

BODYCRAFT

PFT

PROFESSIONAL FUNCTIONAL TRAINER!

Most activities in life and sports require you to move in multiple planes, and utilize multiple muscle groups. With the BODYCRAFT PFT, you define the motion, allowing you to strengthen every part of your body using everyday activities. The PFT provides an unlimited array of training movements to aid your favorite activities, or sports.

The PFT can provide all the same exercises as a set of dumbbells or a barbell, but can also provide exercises that engage multiple muscle groups creating a strong foundation, and core. Functional training not only increases strength, it also improves coordination and balance.

INDEPENDENT, ADJUSTABLE CABLE COLUMNS!

The two independent steel 160 lbs. graduated weight stacks allow for resistance from any angle, at any height. A 2:1 weight stack to resistance ratio allows for high speed and extended range training movements. The first ten plates create a resistance of 5 pounds each, and the last ten plates create a resistance of 10 pounds each. Optional 210 pound weight stacks are available (no 5lbs. graduation).

COMPACT!

Only 40 inches deep x 53 inches wide x 83 inches tall!

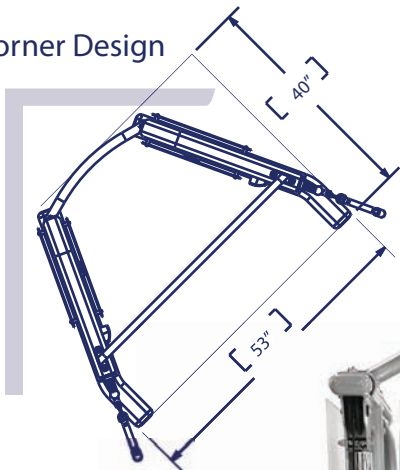
Quality!

Great for home, or commercial environments!

Bodycraft™ is a division of Recreation Supply, Inc.
P.O. Box 181 Sunbury, OH 43074
Phone 800-990-5556
Fax:740-965-2449
www.bodycraft.com
info@bodycraft.com



Corner Design



BODYCRAFT

PFT



PFT With Optional
Flat To Incline Bench F603

Specifications:

Frame: Heavy 11 gauge, 3.25" x 1.75" oval steel tubing.

Dimensions: 83" H x 52" W x 40" D

Finish: Platinum Gray finish is electromagnetically applied in powder form to evenly coat all surfaces, then baked on at high temperatures for a tough, long lasting finish.

Pulleys: 4.5" diameter, fiberglass impregnated nylon pulleys with sealed ball bearings.

Cable: The most flexible nylon coated, 7 X 19 strand aircraft cable rated at over 2000 lbs. tensile strength.

Weight Stack: Dual Steel 160-lbs. graduated weight. The weight stack to user weight ratio is 2:1. Each 160 lb. weight stack provides up to a total of 80 lbs. resistance.

Weight Stack Enclosures:

Full length acrylic panels provide safety and beauty.

Guide Rods:

Chrome plated 1" diameter tubular steel.

Accessories: Ankle Strap and two Single Handles are included.

Optional Accessories:

Sports Stick rotates on sealed bearings and simulates the use of golf club, tennis racquet, baseball bat, etc. Long Bar attaches to both cables and rotates on sealed bearings. Great for two handed presses, and pulls.

Warranty: In Home: Lifetime everything, no labor.
Commercial: Lifetime Frame, 2 years parts.