Our Rack Functional Trainer (RFT) is built for MAXIMUM Flexibility and Safety. Rugged construction and adjustable spotter arms make your workout enjoyable, quick and safe. Combine the RFT with the optional dip handles, and a utility bench for a complete strength training system.

FUNCTIONAL FRONT
Dual Front Adjustable Swiveling Pulleys with 23 Height Positions. Adjust the pulley height by simply releasing the pop-pin and sliding the pulley to your desired position. The laser etched #’s on the inside of each upright will make sure both pulleys are at equal heights.

GET LOW
In the rear of the RFT are dual independent low pulleys. This functional station is ideal for rows, bicep curls, ab exercises, etc.

BRING IT DOWN
The RFT features dual independent swiveling high pulleys mounted at the top rear of the rack. These can be used in conjunction with the included lat bar or single handles. Work your shoulders, back, arms, and more!
RFT POWER RACK—FUNCTIONAL TRAINER

FEATURES
- Pop-Pin Adjustments. Easy to Adjust and Always out of the Way of your Bar
- Two Inch Spacing. Precise Adjustments to Safety and Effectively Customize Your Workout
- Laser Etched #5s on all 4 Uprights
- High-Density Rubber: Securely Screwed Down to the Safety Hooks and Spotters
- Dual Independent 150lb Weight Stacks – Upgradeable to the 300lbs Each
- Dual Adjustable Functional Pulleys: Swiveling, Independent
- Dual High Pulleys: Swiveling, Independent
- Dual Low Pulleys: Independent
- Accessories: Long Lat Bar, Short Lat Bar, Ankle Strap, 2 Single Handles, 2 Chains

SPECS
- 2” Spacing Between Each Adjustment Point
- 34.5” Depth Between Uprights (Working Space)
- 43” Wide Between Uprights (Working Space)
- Rugged Heavy Gauge Steel 2” X 3” Steel Tubing
- 1/2” Hardened Steel Bolts at All Connection Points
- Bar Catches and Safety Spotters Rated for: Up to 1,200 lbs.
- Triangular Baskets in Corners
- Dimensions: 65” L x 59” W x 83.2” H (Allow for Extra Width for Olympic Bar)

WARRANTY
- RESIDENTIAL: Frame: Life / Parts: Life
- LIGHT COMMERCIAL: Frame: 10 year / Parts: 2 year / Wear Items: 6 Months

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*We reserve the right to make improvements or changes at anytime.