

DFT

FUNCTIONAL TRAINER

BODYCRAFT

TRAIN THE WAY YOU MOVE

Whether the Motion is for Strength Training, Sport Specific, or Maybe it's a Movement You Perform at Work or During Leisure Activities, the BODYCRAFT DFT Allows You to Train the Way You Move. You Define the Path of Motion Allowing You to Strengthen Every Part of Your Body for the way You Want to Live. It's that Simple. Functional Training also Improves Coordination, Balance, and Increases Core Strength.



LIMITLESS TRAINING

The DFT's Dual Stainless Steel Cable Columns Feature Independent 200 Degree Rotational Adjustable Swivel Pulleys with 32 Precision Lasered Height Positions, 61" of Vertical Travel, 77" of Cable Travel, (Single Side) and have an Effective Width of 62.5" Allowing You to Perform Limitless Functional Exercises.



ALL THE ACCESSORIES

The DFT Comes with all the Functional Accessories You Will Ever Need. We Loaded this Machine with Dual Contoured Single Handles, Sports Stick, Long Bar, Tricep Rope, Padded Ankle Cuff, Chin/Push-Up Assist Strap, Dual Heavy-Duty 21 Link Adjustment Chain Set, Exercise Placard, And Included Storage Tray.



HERE COMES THE SPEED

The **OPTIONAL** Connect 22 Touchscreen Tablet is a versatile addition to your workout routine. It offers virtual personal training sessions, streaming options, and workout guides. The included workout guides & videos ensure proper form and technique. Attaching the tablet enables access to workout videos led by expert trainers, catering to various fitness levels and preferences. Whether you're into cardio, strength training, or yoga, the Connect 22 Tablet provides personalized fitness resources to keep you motivated and on track with your goals.

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FEATURES AND SPECS

FEATURES / SPECS

- **FRAME:** Heavy-Gauge Oval Tubing W/ Laser Cut Steel Plates
- **INDEPENDENT ADJUSTABLE CABLE COLUMNS:** Stainless Steel W/ 32 Precision Lasered Height Positions W/ Dual Independent 200 Degree Rotational Adjustable Swivel Pulleys - 62" Vertical Travel - 62.5" Width
- **ACCESSORIES:** Dual Contoured Single Handles, Sports Stick, Long Bar, Triceps Rope, Ankle Cuff, Long Strap, Dual Heavy-Duty 21 Link Chains, Storage Tray, Exercise Placard, Optional Dual 5lb Add-On Weight
- **MULTI-GRIP CHIN BAR:** (Wide - Classic - Narrow) Uses Include: Pull-Ups, Loop for Suspension Training, Bands, Rock Grips
- **STABILITY:** Non Skid Extra Wide Stabilizer Rubber Feet w/ Scratch Plate for Protection
- **AESTHETICS:** Blue Aluminum Pulleys & Selector Pins. All Black Hardware, Blue Adjustment Knob, Single Handle Accents & Braided Triceps Rope. Chrome Hooks.
- **PAINT FINISH:** Diamond Gray and Textured Black Electrostatic Powder-Coated Finish
- **PULLEYS:** 3.5" Diameter, Fiberglass Impregnated Nylon Pulleys with Sealed Maintenance-Free Precision Ball Bearings.
- **CABLES:** The Most Flexible Nylon Coated, 7 X 19 Strand Aircraft Cable Rated at Over 2000 lbs. Tensile Strength.
- **CABLE TRAVEL:** 77" (Using One Side)
- **WEIGHT STACKS:** Dual 200 LBS Weight Stacks with Magnetic Selector Pins W/ Lanyard. 2:1 Ratio. Optional Upgrade to 250 LBS Each.
- **GUIDE RODS:** Heavy Duty Chrome Plated
- **SHROUDS:** Noise Dampening & Laser Cut w/ Blue Logo
- **DIMENSIONS:** 62.5"W x 50"D x 84.5"H
- **WEIGHT:** (Assembled) 800 LBS (900 LBS W/ Upgraded 250 LB Stacks)

BASE WARRANTY

- **RESIDENTIAL:** Frame: Life / Parts: 10 Years / Labor: 90 Days

MULTI-GRIP CHIN BAR

Offering 3 Different Grip Positions (Wide - Classic - Narrow) the DFT Chin/Pull-Up Bar Allows You to Perform Many Types of Upper Body and Core Exercises.



CHANGE YOUR GAME

Functional Training Allows You to Train the Way Your Body Moves. Improve Your Coordination, Balance, Core Strength and Even Your Golf Swing with the DFT.



EXERCISE PLACARD W/ ACCESSORY RACK



DUAL 150 LB WEIGHT STACKS UPGRADEABLE TO 200 LBS



32 PRECISION LASERED HEIGHT POSITIONS



OPTIONAL F703 UTILITY BENCH



OPTIONAL 5 LB ADD ON WEIGHTS