

RFT PRO

RACK
FUNCTIONAL TRAINER

BODYCRAFT

FREE MEETS FUNCTIONAL

The ever-popular Rack Functional Trainer (RFT) has been upgraded to the all-new RFT Pro! Virtually every Strength Training option is available with this versatile and compact System. Commercial Quality construction and Pop-pin adjustable Bar catches and Safety spotters make your workout enjoyable, quick and safe. The 6 swivel pulleys allow for movement along multiple planes, and dual weight stacks greatly increase the number of exercises that can be performed. Add the optional Dip Handles, Battle Rope Loop, Landmine option, Band Pegs, Weight storage racks, and a Utility Bench for a Complete Strength Training System.



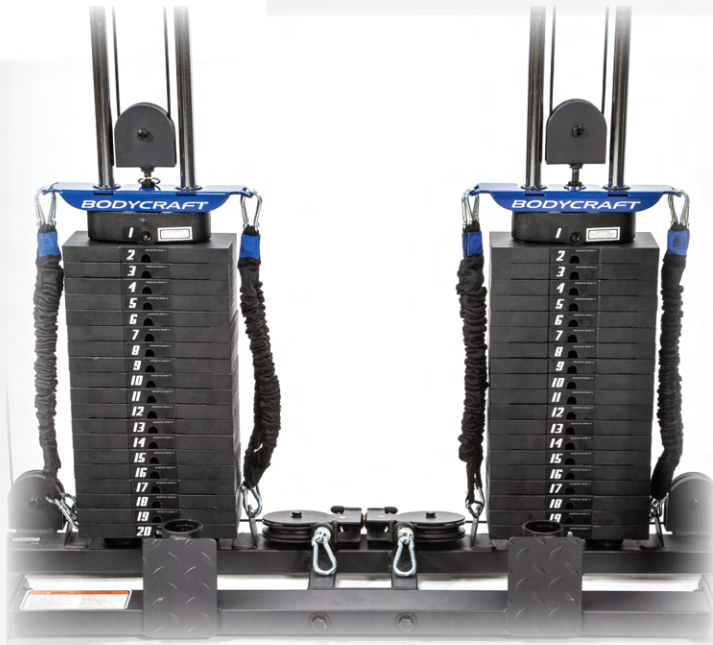
DUAL INDEPENDENT HIGH PULLEYS

This feature allows users to perform a wide range of exercises with each pulley operating separately. The independence of the high pulleys enhances versatility, enabling users to engage in diverse and customized strength training movements, targeting different muscle groups simultaneously.



STEEL REINFORCED BAR CATCHES

The bar hooks on the Functional Trainer are not only height-adjustable but also durable, providing long-lasting reliability during strength training exercises.



DUAL INDEPENDENT WEIGHT STACKS

The RFT Pro features dual independent 150 lb weight stacks, with the option to upgrade each stack to 200 lbs. This allows users to customize resistance for a variety of exercises. Additionally, the optional addition of the speed trainer enhances the equipment for High-Intensity Interval Training (HIIT), providing a dynamic and versatile workout experience.



RFT PRO RACK FUNCTIONAL TRAINER

BODYCRAFT

FEATURES AND SPECS

FEATURES

- CABLE COLUMNS/ UPRIGHTS: SHOULDER PADS: 25 Precision Lasered Height Positions Dual Independent 180 Degree Rotational Adjustable Swivel Pulleys
- ACCESSORIES: Dual Contoured Single Handles, Lat Bar, Padded Ankle Cuff, Dual Heavy-Duty 21 Link Adjustment Chain Set
- CHIN BAR: (Wide – Classic – Narrow) Uses Include, Pull-Ups, Hanging Ab Straps, Bands, Inversion Boots
- HOOKS & SPOTTERS: High-Density Rubber Securely Screwed Down. Prevents Scratching
- STABILITY: Non Skid Rubber Frame Stabilizers
- AESTHETICS: Black Oxide Hardware, Blue Anodized Aluminum Selector Pins and Pop-Pins and Blue Single Handle Accents
- PULLEYS: 3.5" Diameter, Fiberglass Impregnated Nylon Pulleys with Sealed Maintenance-Free Precision Ball Bearings
- CABLES: Nylon Coated, 7 X 19 Strand Aircraft Cable Rated at Over 2000 lbs. Tensile Strength
- GUIDE RODS: Heavy Duty Chrome Plated

SPECS

- FINISH: Diamond Gray and Black Electrostatic Powder-Coated Finish
- FRAME: Heavy-Gauge 2" x 3" Rectangle Tubing w/Laser Cut Steel Plates
- WEIGHT STACKS: Dual 150 LBS Weight Stacks with Magnetic Selector Pins W/ Lanyard. 2:1 Ratio. Optional Upgrade to 200 LBS Each
- WEIGHT CAPACITY Rated for up to 1,000 lbs.
- WORKING SPACE: 34.5" Depth by 43" Wide Between Uprights
- HARDWARE: 1/2" Hardened Steel Bolts at all Connection Points
- DIMENSIONS: 65"L x 59"W x 83.2"H
- WEIGHT: 665lbs. for the 150lb. stack version and 715lbs. for the 200lb. stack version

WARRANTY

- RESIDENTIAL: Lifetime Frame, Lifetime Parts
- LIGHT COMMERCIAL : 10 years frame, 2 years parts, 6 months wear items



*SHOWN FULLY LOADED WITH ALL OPTIONAL ADD-ONS



F737 LANDMINE ATTACHMENT



F739 BATTLE ROPE ATTACHMENT



F734 BAND PEG ATTACHMENT



F732 DIP ATTACHMENT



SPEED TRAINER