

FRENCH FITNESS

FF-SRFT8

FRENCH FITNESS SRFT8 SQUAT RACK FUNCTIONAL TRAINER



CONDITIONING

Strengthens your heart and lungs while increasing your metabolic rate.



POWER

Increases speed and agility by activating fast twitch muscle fibers.



STRENGTH

Increase muscle, tendon and ligament strength; bone density; metabolic rate while improving heart and body composition.



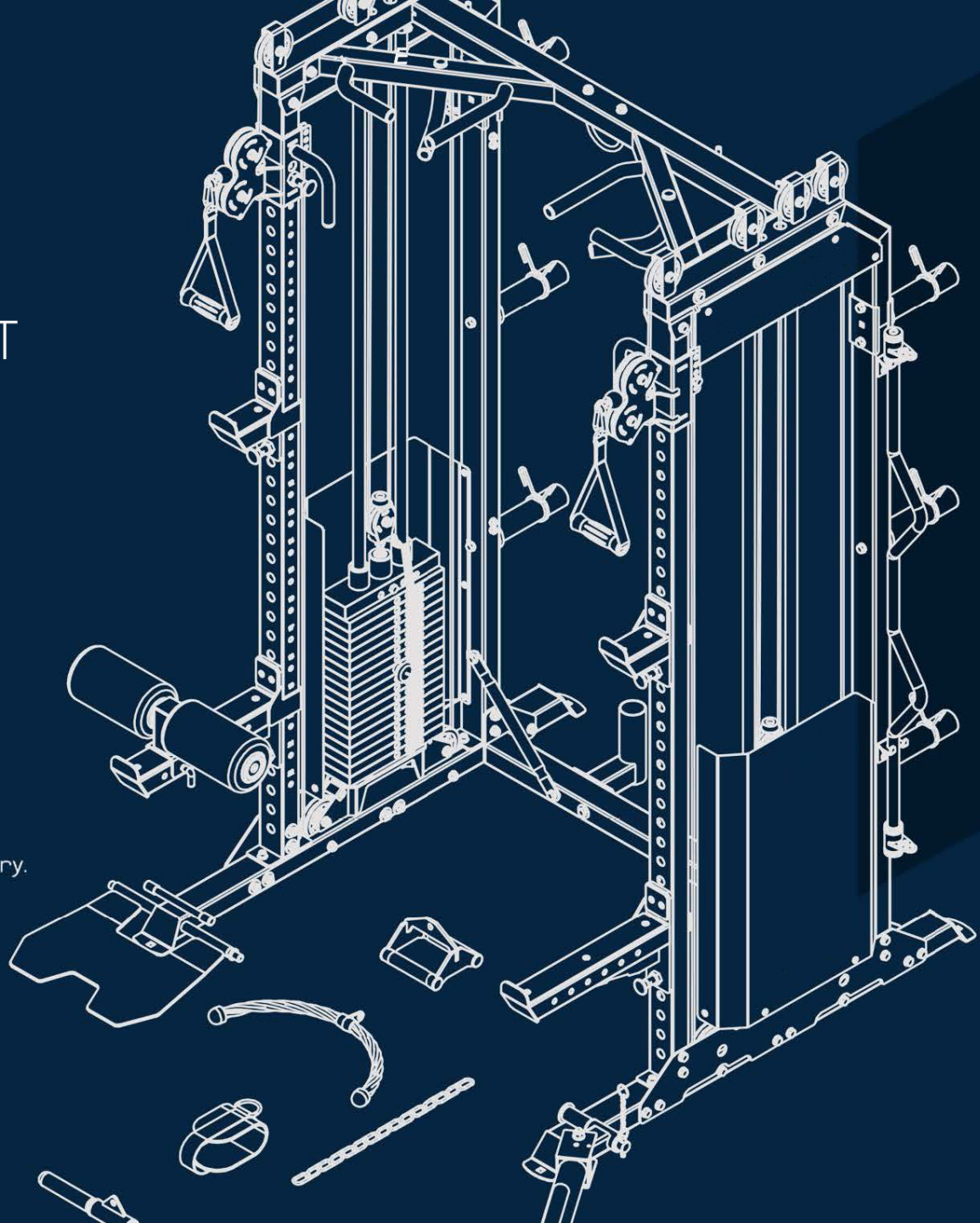
FLEXIBILITY

Increase range of motion, flexibility and reduce the risk of injury.



WARNING

Consult your physician before beginning this or any exercise program. Keep out of reach of children.

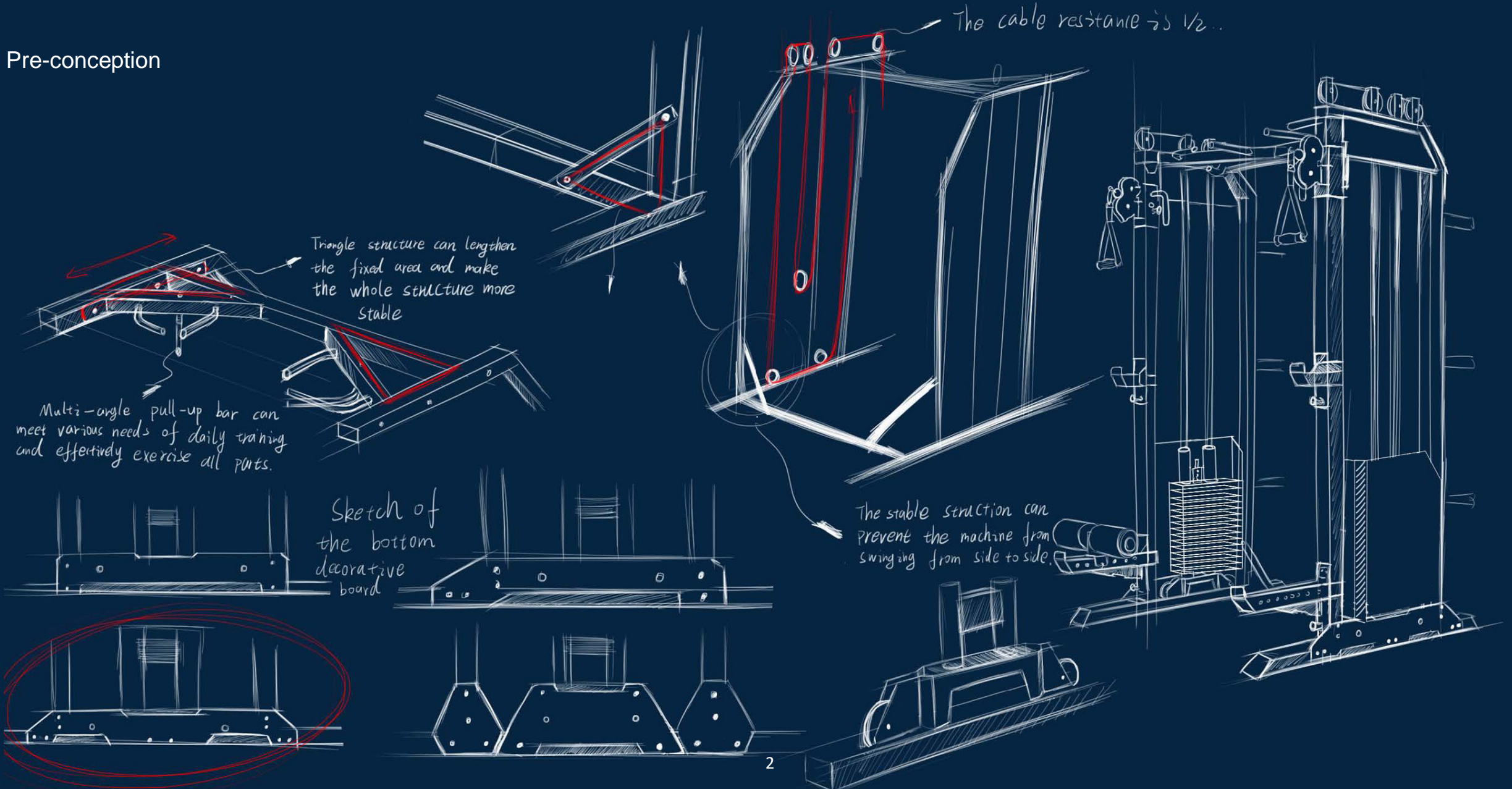


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Pre-conception



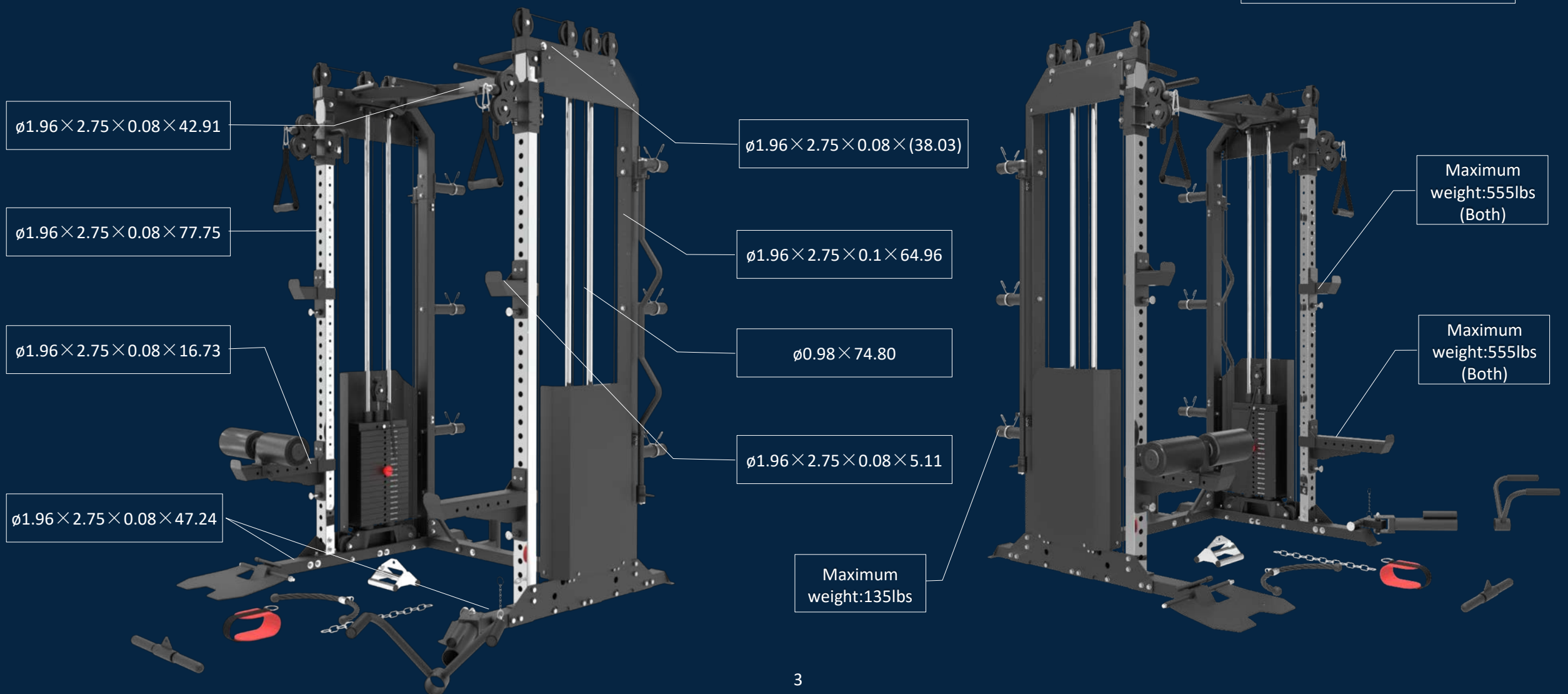
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Main tube size and Maximum weight (in)

Maximum user weight:350lbs



$\phi 1.96 \times 2.75 \times 0.08 \times 42.91$

$\phi 1.96 \times 2.75 \times 0.08 \times (38.03)$

$\phi 1.96 \times 2.75 \times 0.08 \times 77.75$

$\phi 1.96 \times 2.75 \times 0.1 \times 64.96$

$\phi 1.96 \times 2.75 \times 0.08 \times 16.73$

$\phi 0.98 \times 74.80$

Maximum weight:555lbs (Both)

$\phi 1.96 \times 2.75 \times 0.08 \times 47.24$

$\phi 1.96 \times 2.75 \times 0.08 \times 5.11$

Maximum weight:555lbs (Both)

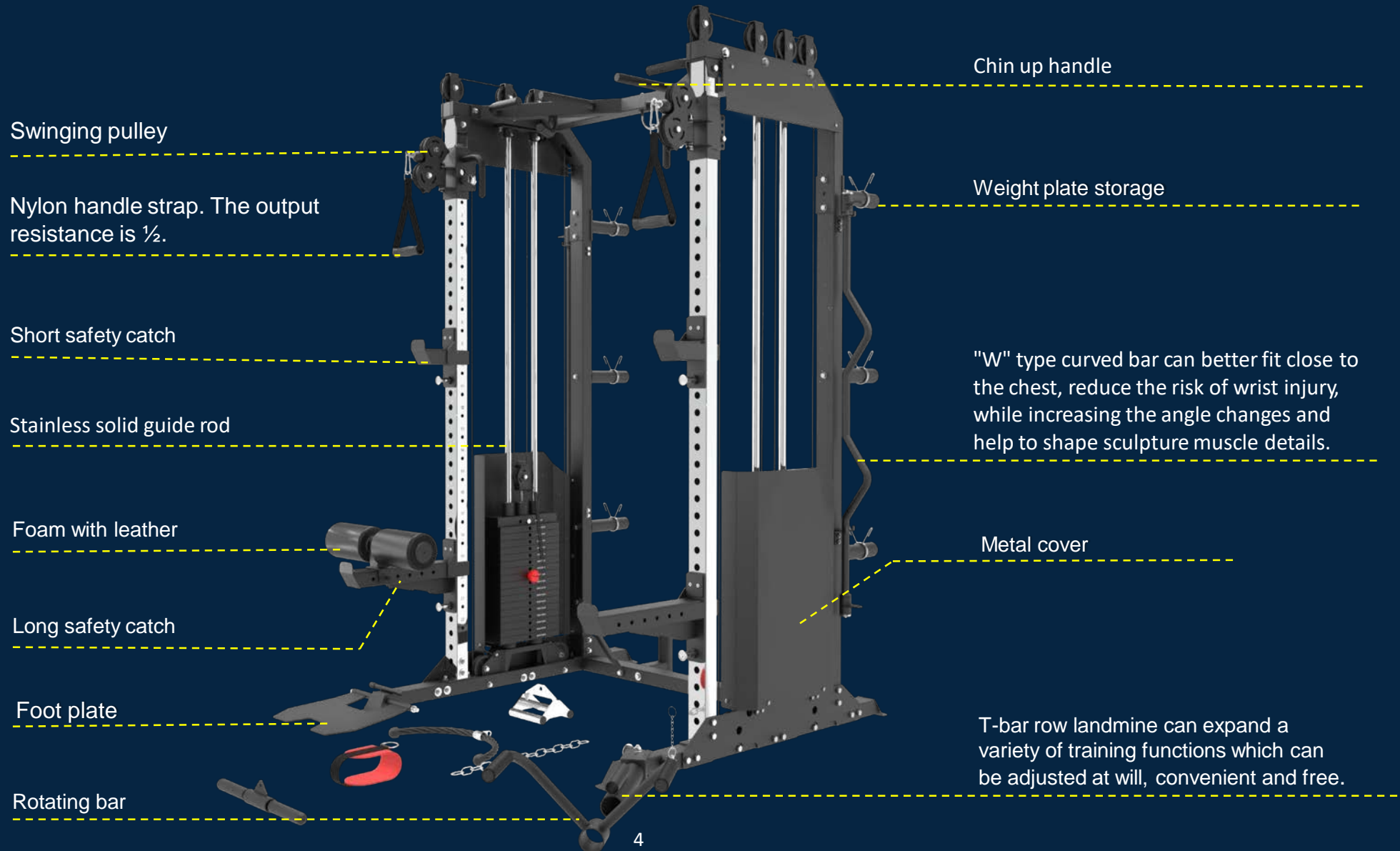
Maximum weight:135lbs

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Characteristic



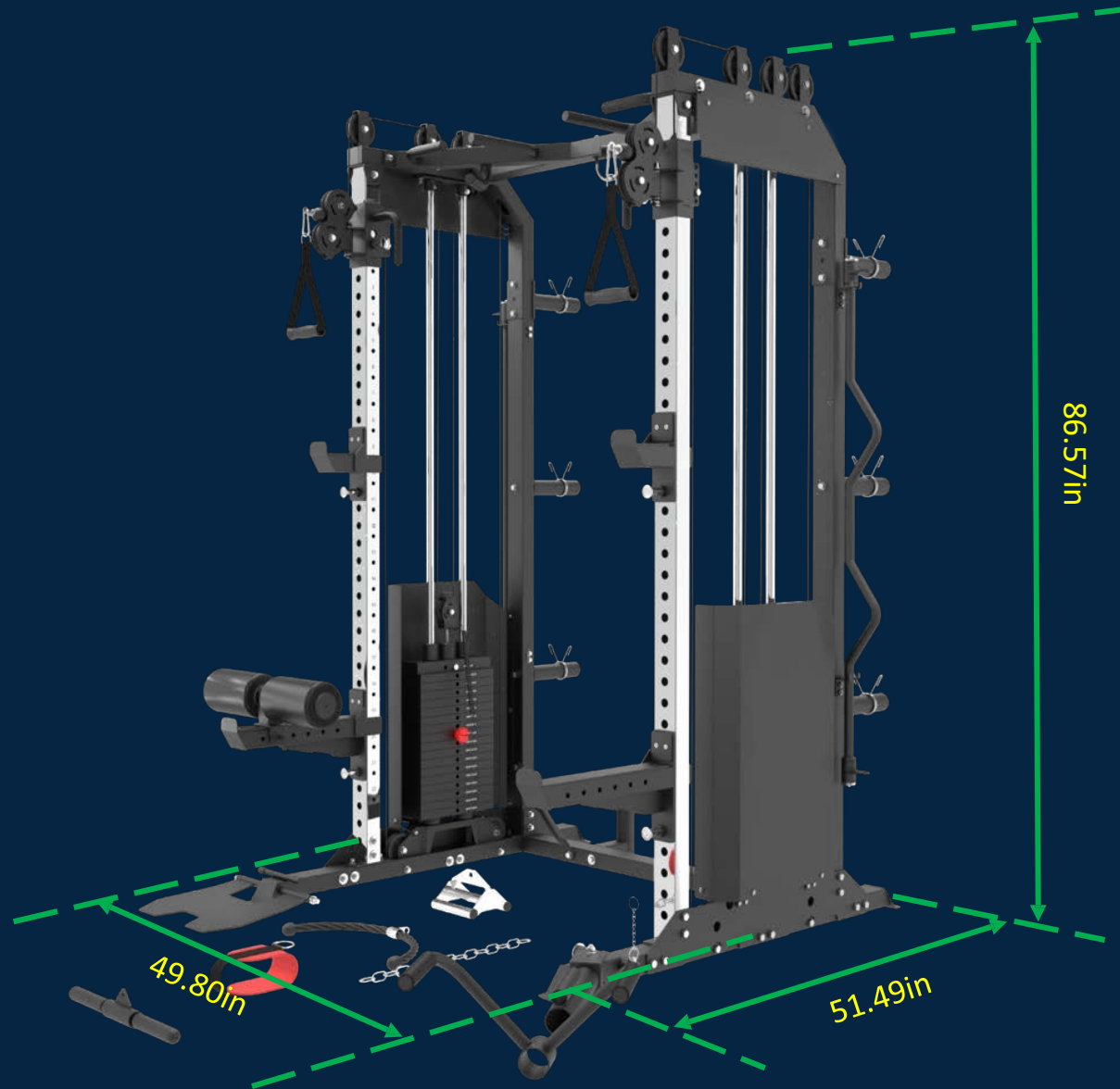
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Assembled dimensions

The largest area is about **2635 in²**



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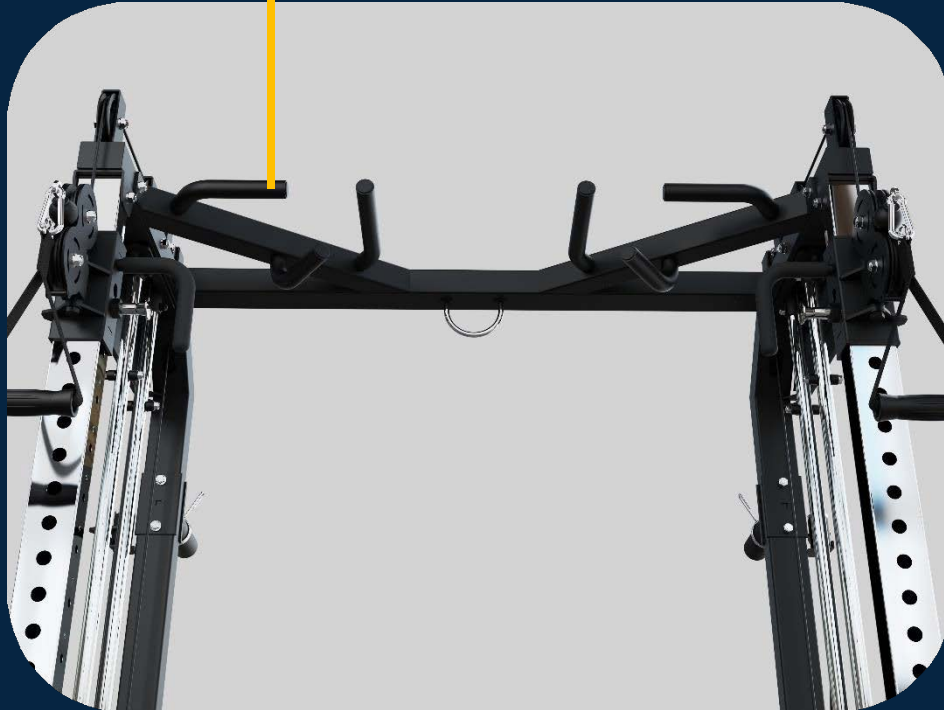
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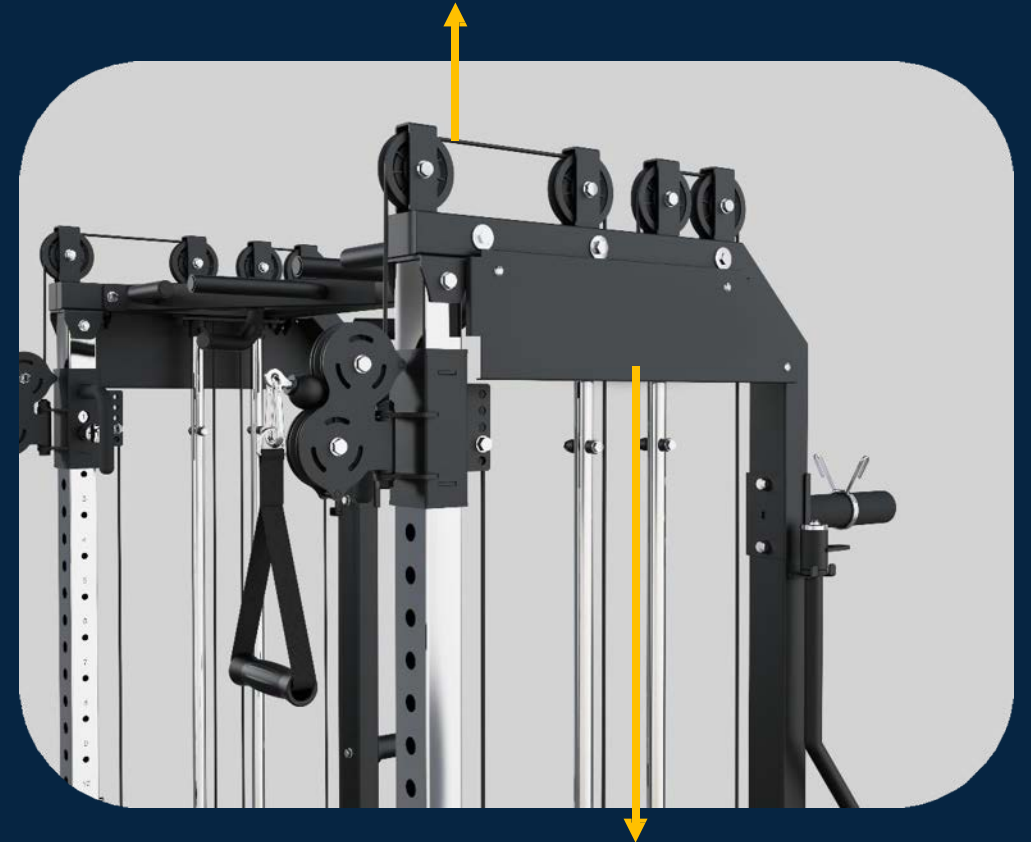
Chin up

More comfortable Chin-Up bar can ensure more professional movement to meet the various users' different training.

ordinary grip
underhand grip
mixed grip
sternum pull-up
one-hand pull-up
one-arm pull-up



Φ5mm Cable. Pass through 1763.7 lbs tension test. The cable is tensile, wear-resisting and safe.



Decorative plate covering the internal pulley cable system. Most advanced powder coating equipment makes the painting high bright and beautiful.

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Functional trainer

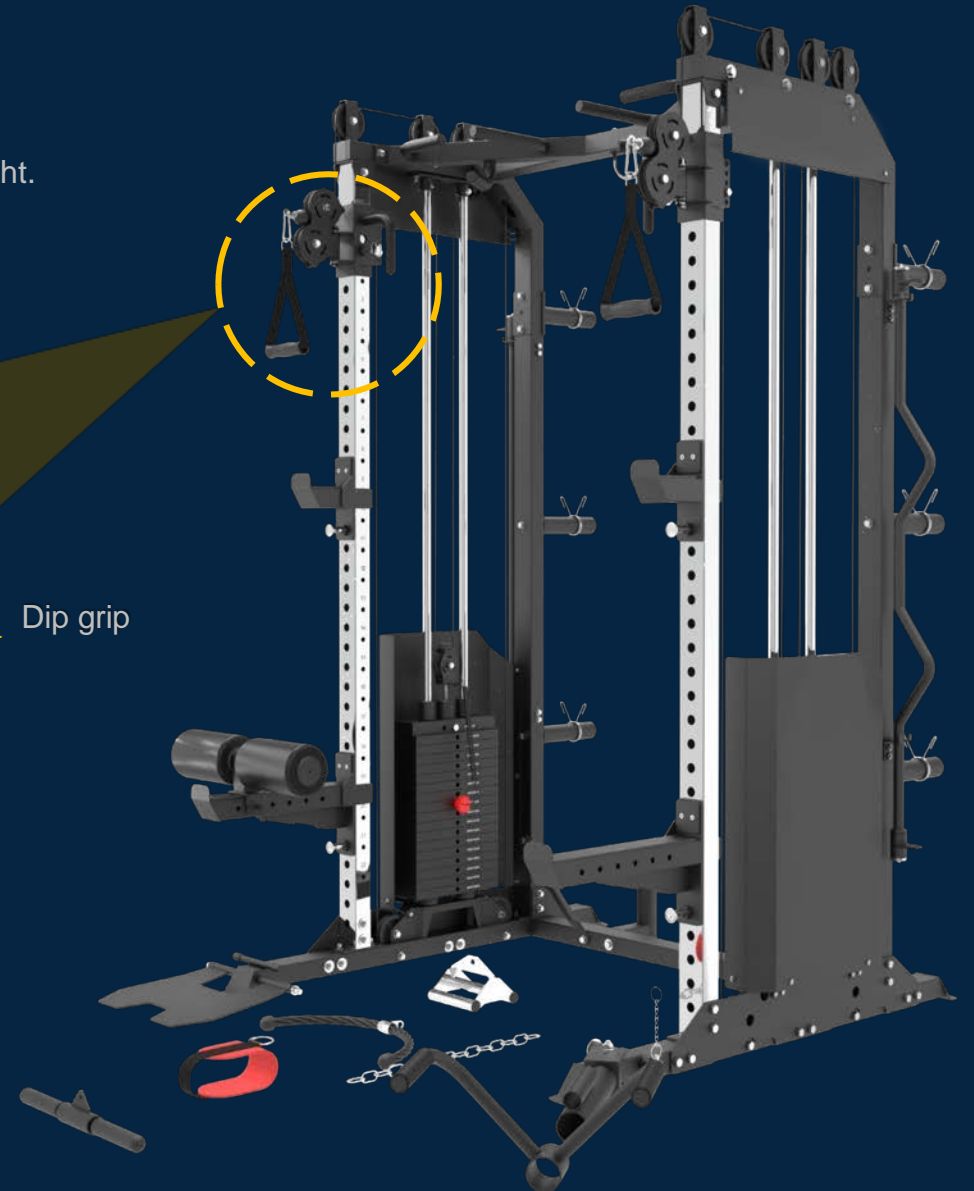
You can see the digital through the hole , Adjustable height.

Double pull functional trainer's height is easy to be adjust with 21 pulley positions. It also can rotate 180 degree.



Dip grip

Zinc plated Lock Pin



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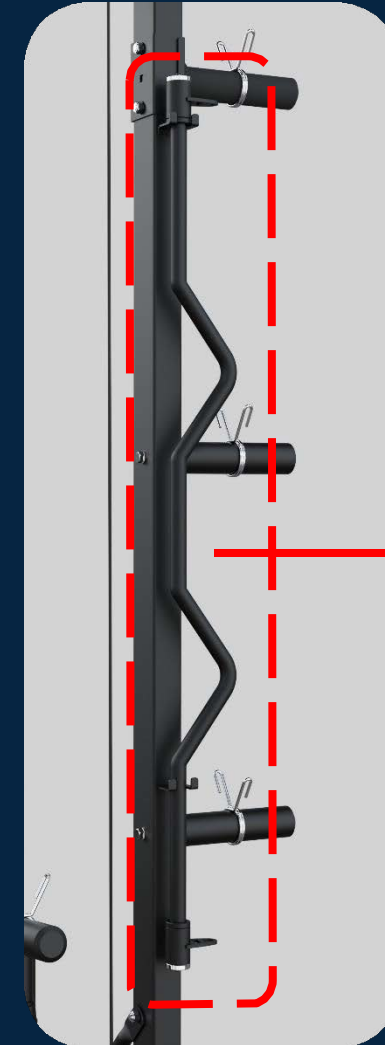
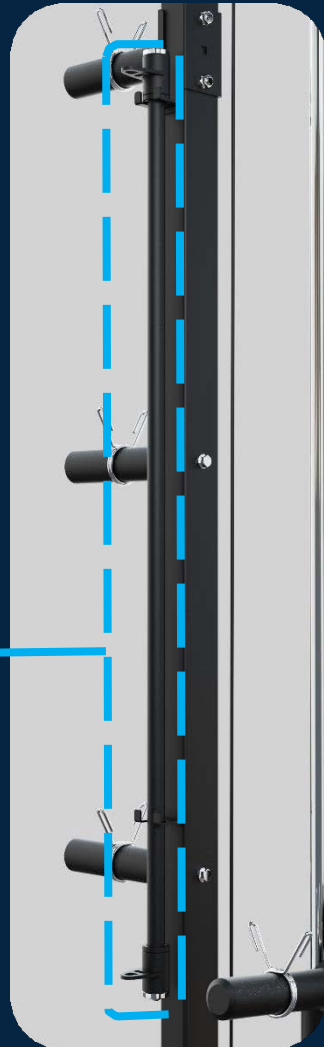
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Lat bar storage

There are three barbell storage bars and two lat bar storages on both sides for easy storage and taking.

Easy conversion of straight bar and curved bar can meet different training needs.

Straight Bar



"W" type curved bar can better fit close to the chest, reduce the risk of wrist injury, while increasing the angle changes and help to shape sculpture muscle details.

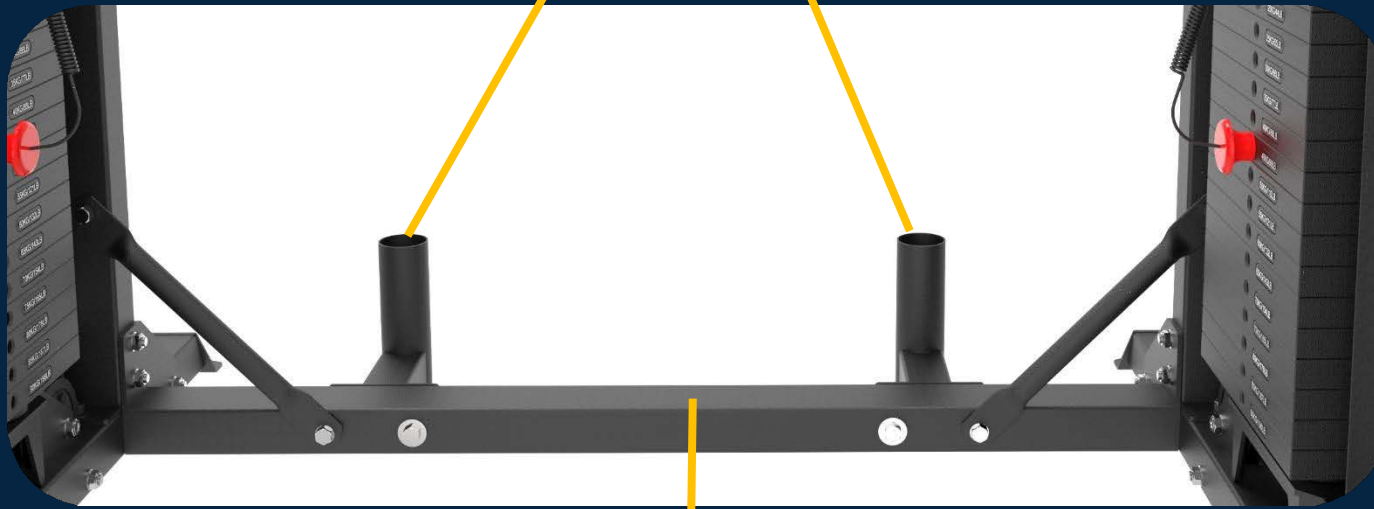
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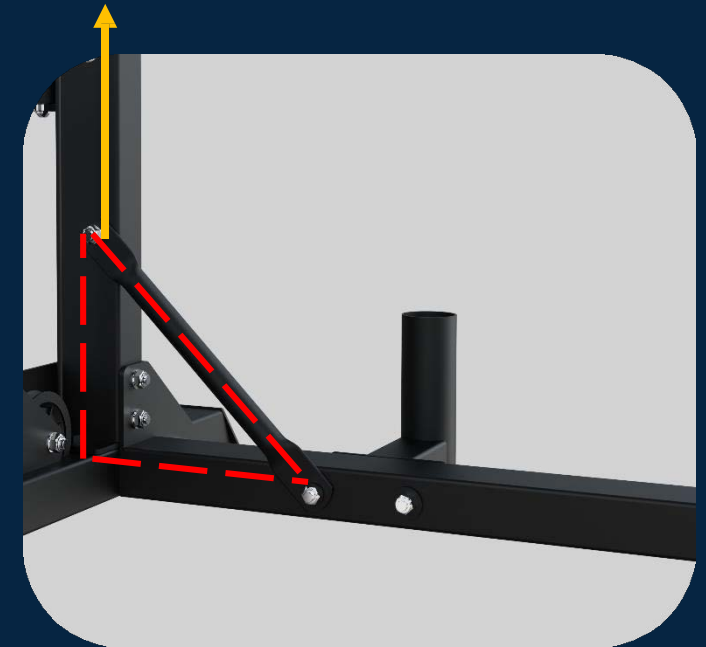
Details

Olympic bar storage



The use of the bottom rear frame can significantly reduce the overall shaking, providing users with a safer and more comfortable fitness experience

Perfect mechanical structure design
More stable with double triangular structure.



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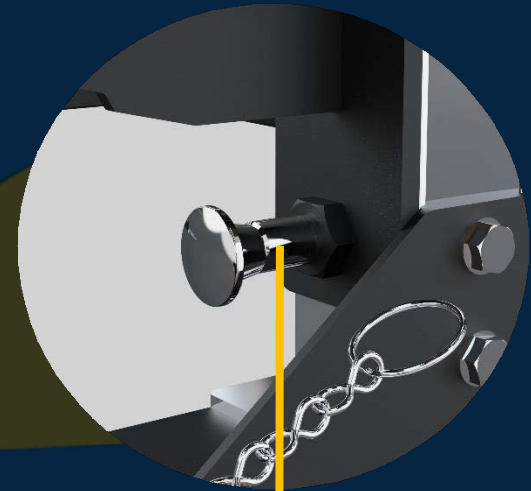
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Long safety rack and Leather FOAM

High-quality leather FOAM with anti-sweat, wear-resistant, odorless and clear leather texture will not break or peel after long use.

ABS pad, antiwear and deformation resistance



It can adjust the position of Foam rack with six holes to meet the needs of different trainers

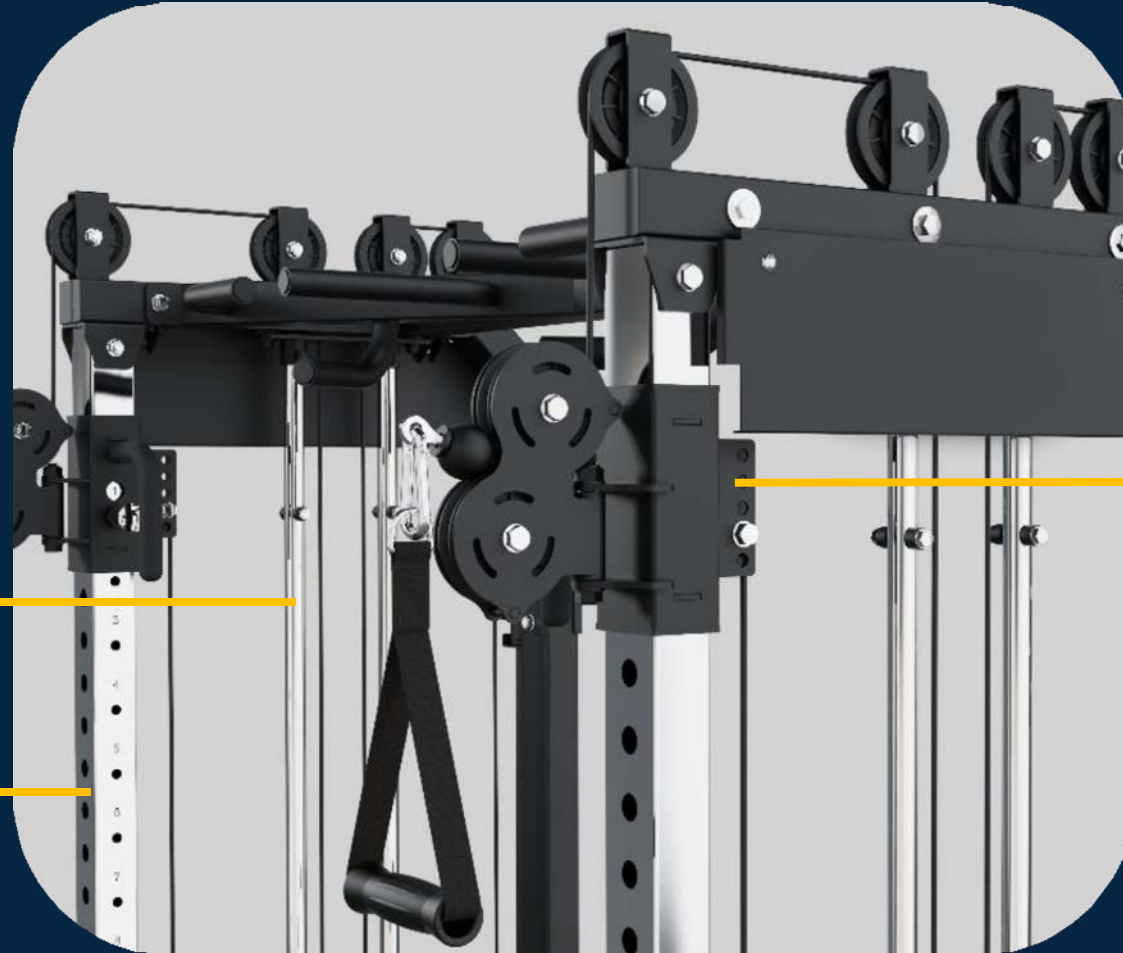
Steel safety rack has the protective function.

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Details



∅0.98in stainless guide is smooth and durable

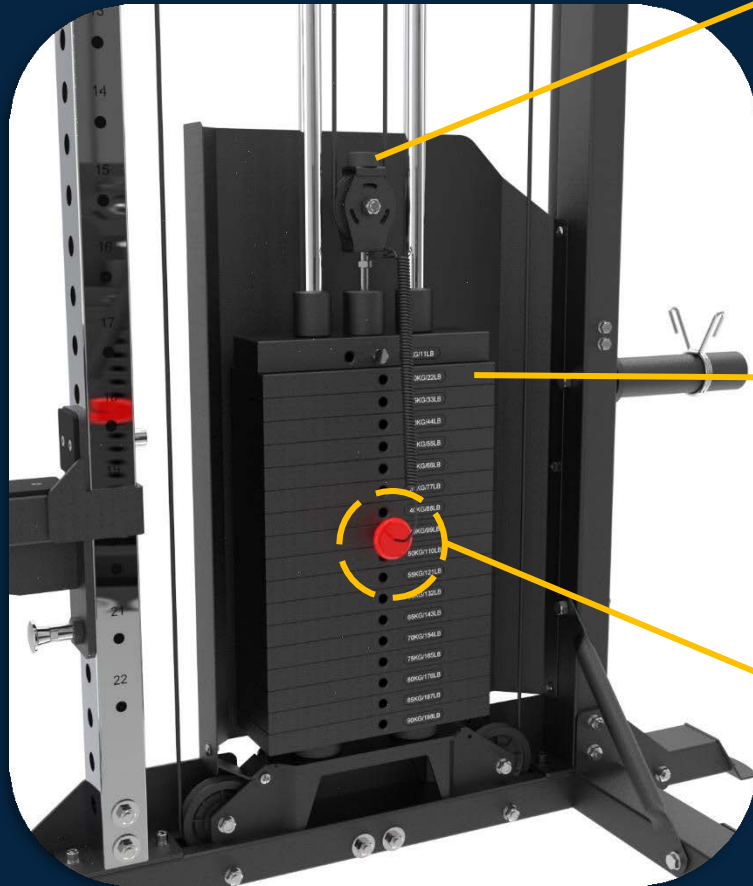
0.08in thickness steel frame is sturdy and steady.

Adjustable pulley bracket with holes

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Weight stack



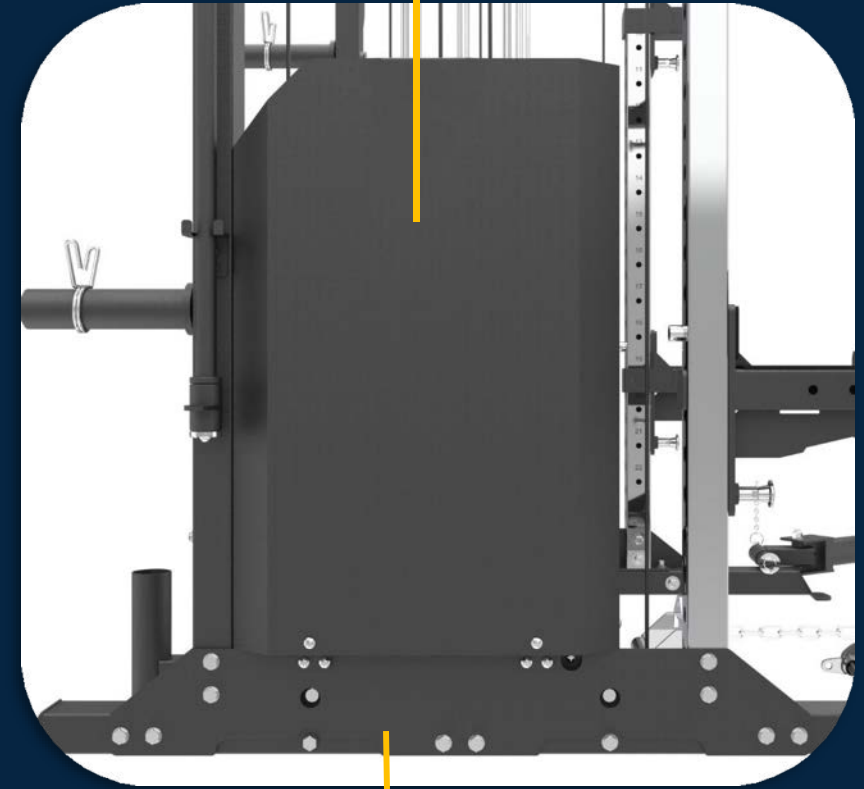
The rubber pad can effectively protect the upper equipment from large impact.

Total weight stack weight : $11\text{lbs} \times 17 + 11\text{lbs} \times 1 = 198\text{lbs}$ precision steel weight stack. 198lbs each side, and only needs to be easily adjusted by the bolt to start the fitness journey.

Weight selector pin avoids sliding during exercise, Large Beautiful and durable large aluminum alloy handle is easy to be adjusted.

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The stickers with large area of metal wiredrawing texture look fine and high end.



The whole large fixed plate can effectively enhance the stability of the structure, while hiding the bottom pulley to make the machine look more integrated.



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THE LEADER OF PROFESSIONAL STRENGTH FITNESS EQUIPMENTS

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