

FF-WMMFT

FRENCH FITNESS WALL MOUNTED MIRROR FUNCTIONAL TRAINER

FRENCH FITNESS



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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FEATURES

- Front mirror
- Cable length: 98 in (2480 mm)
- Pulley height: 26 adjustable heights
- 2:1 Weight to Pulley Ratio (110 lbs per side will feel like 55 lbs per side)
- Excellent surface painting finish
- Smooth welding
- Heavy duty steel construction
- Quick and easy adjustments

TECH SPECS

- Weight stack: 110 lbs (50kg) each side
- Dimensions: 84 in x 48 in x 5 in (2120 mm x 1220 mm x 128 mm)

WARRANTY

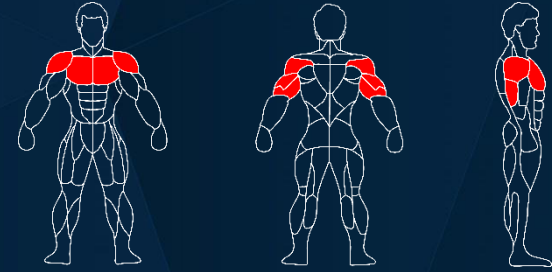
- 10 Years Parts, 1 Year Labor (Home)

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Alternating chest press

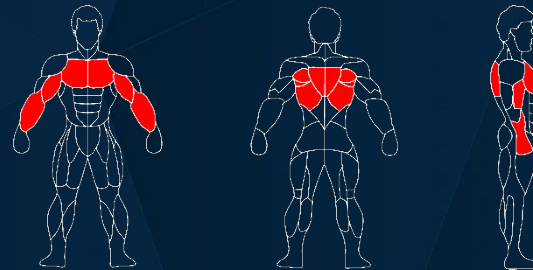


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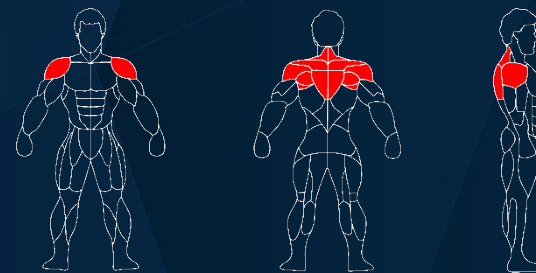
Kneeling pulldown



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Reverse cable x-over

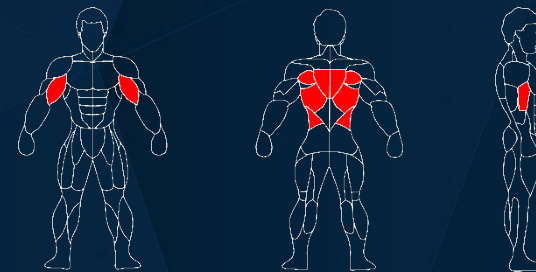


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Reverse fly

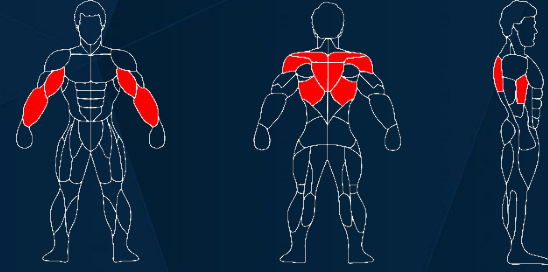


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Floor seated row

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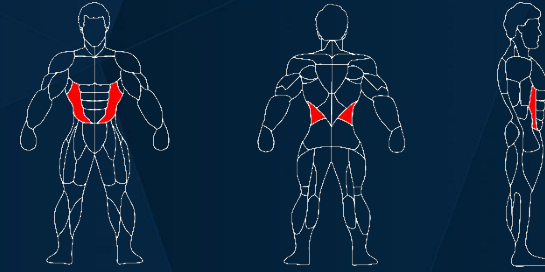


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Side bend

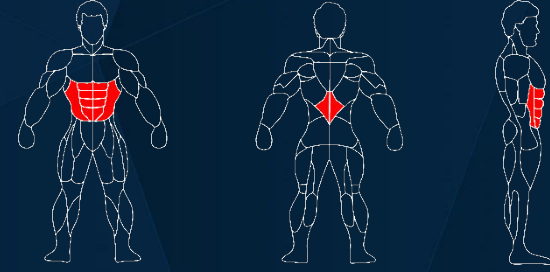


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Rotational row single leg

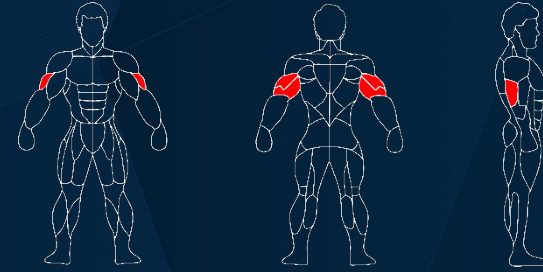


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Woodchopper

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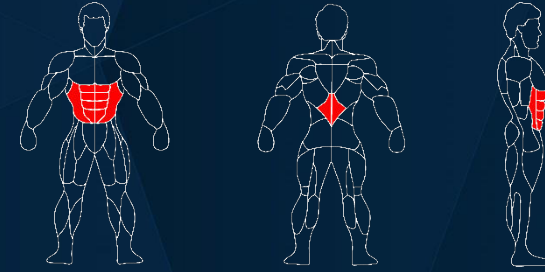


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Anti-rotation

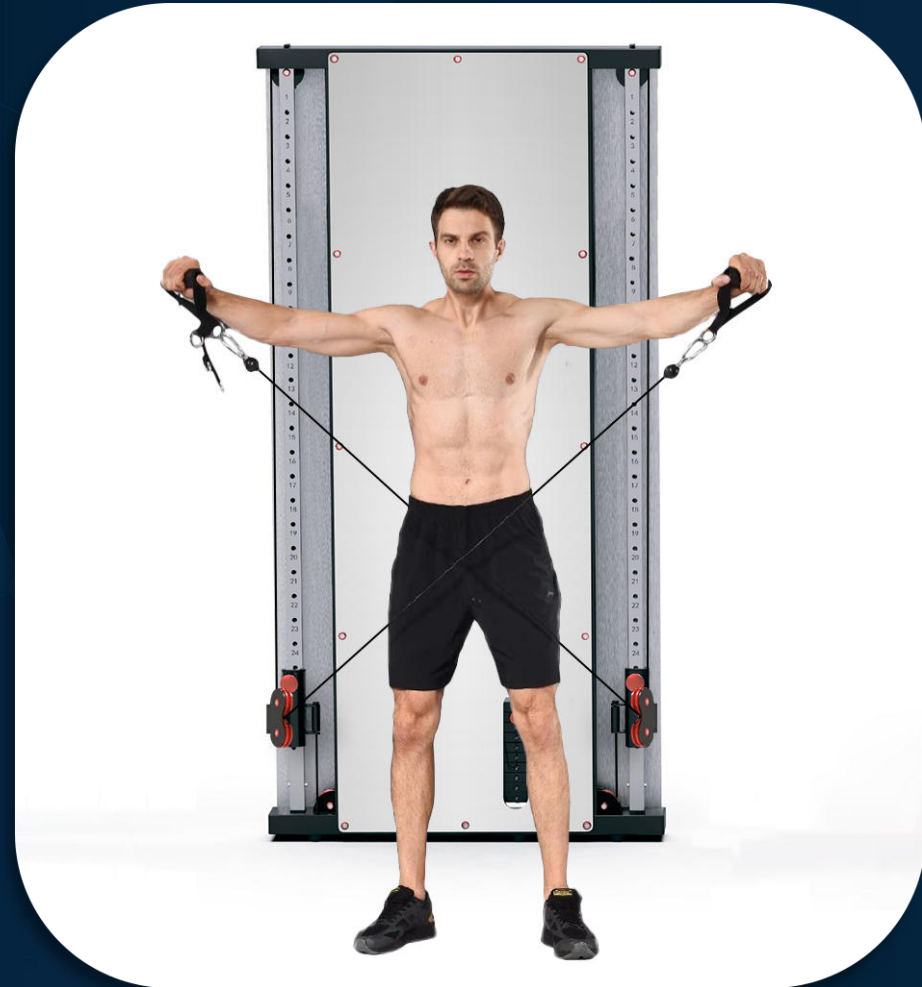
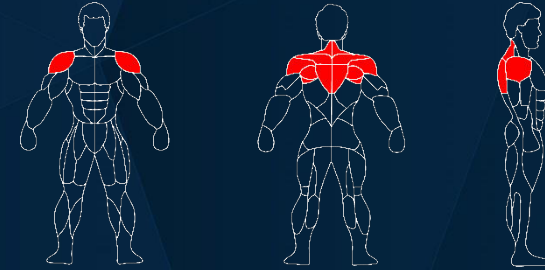


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X-over latraise

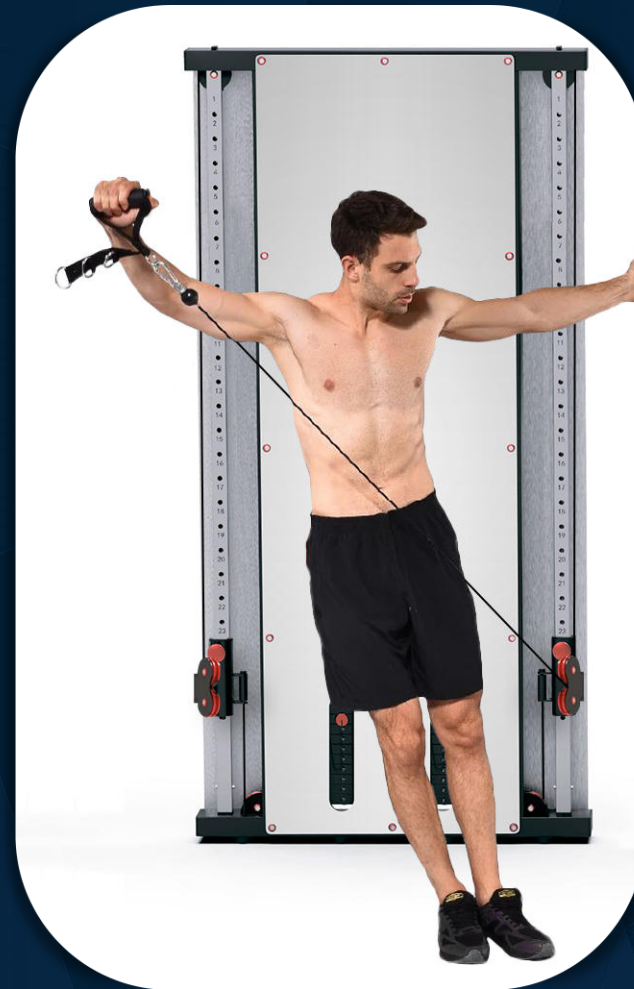
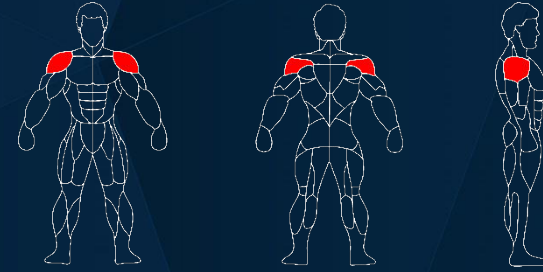


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Lateral raise

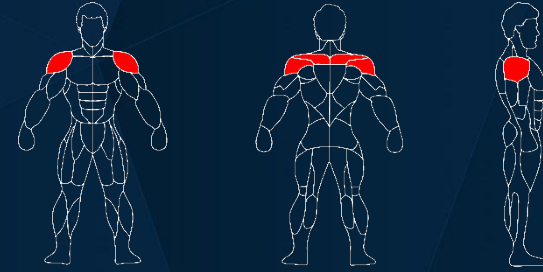


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External rotation

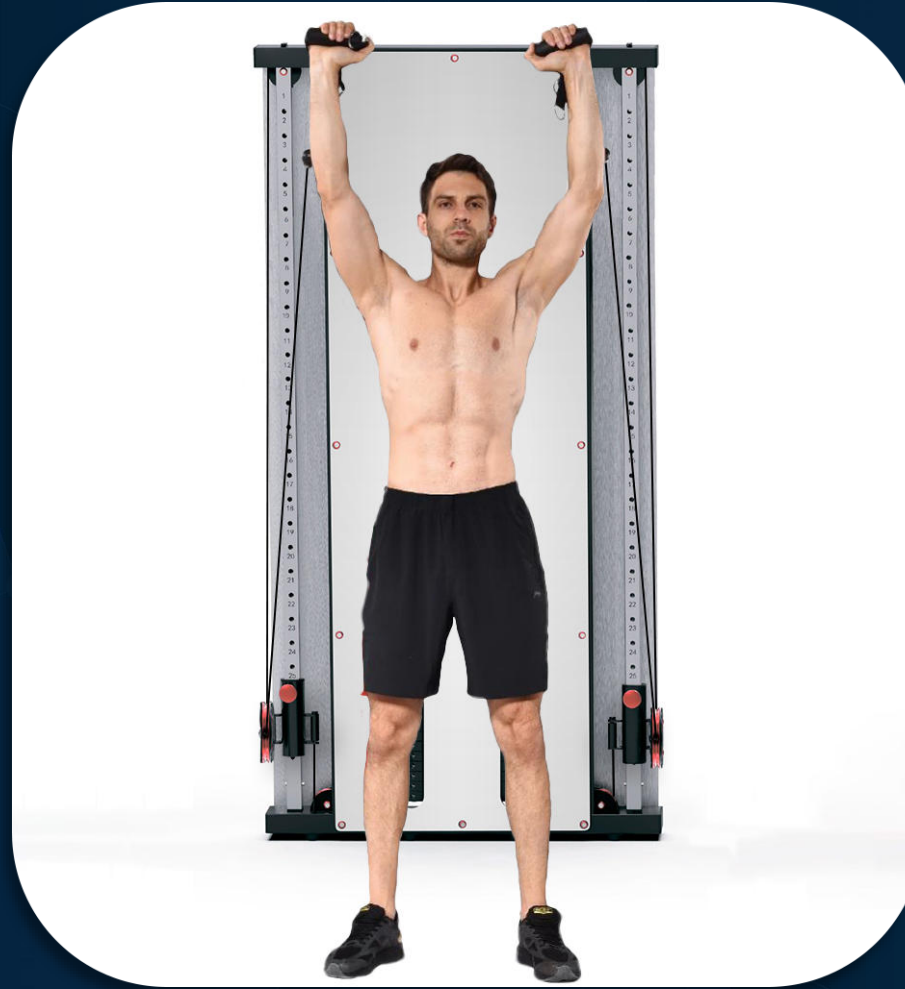


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Shoulder press

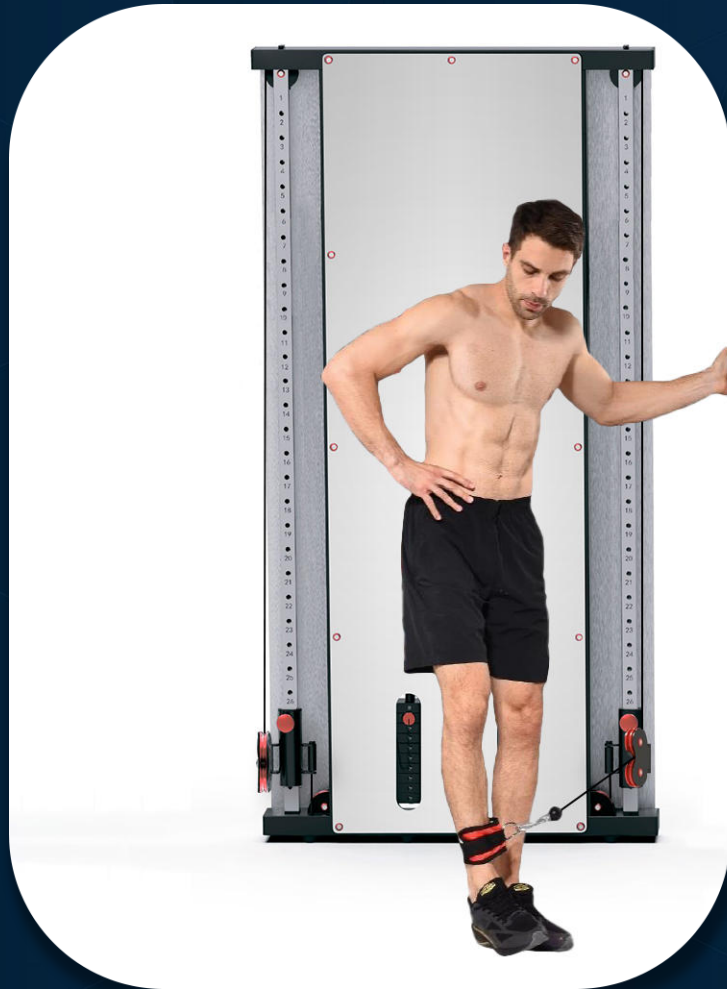
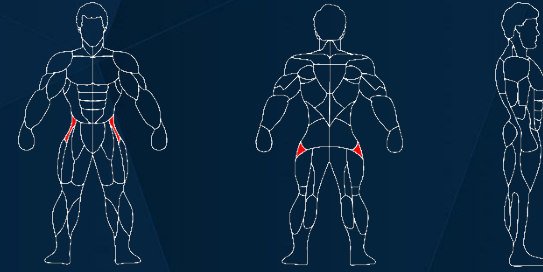


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Hip abduction

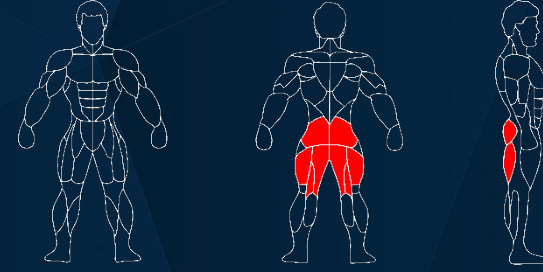


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Leg curl

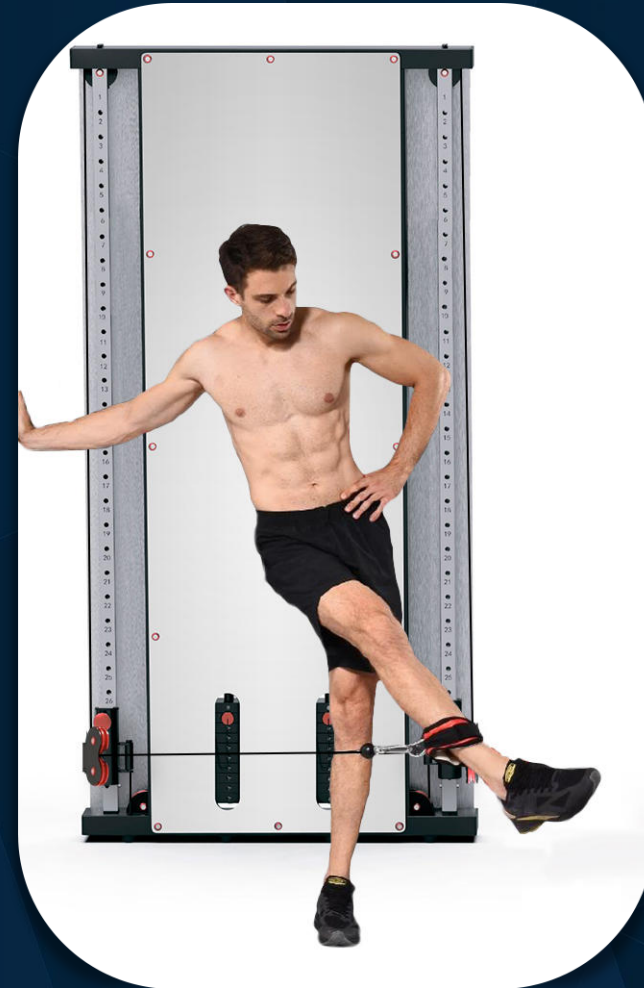
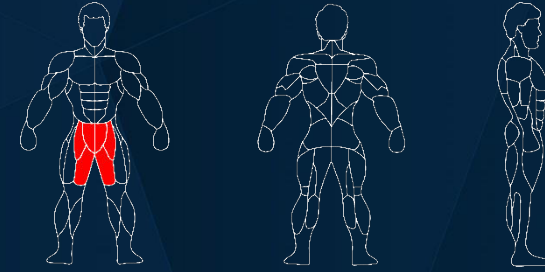


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Hip adduction

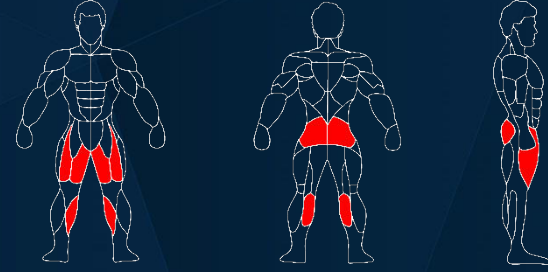


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Lunge

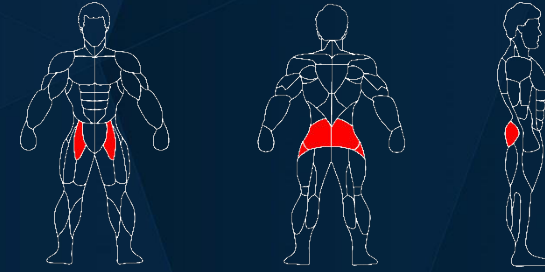


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Hip flexion

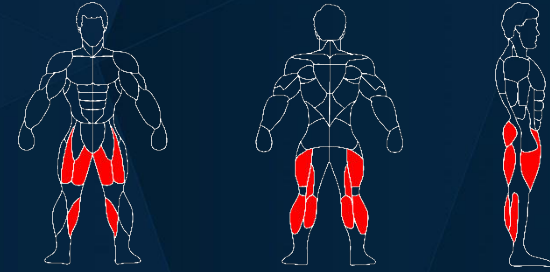


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Kneeling superman





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