

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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WALL MOUNTED DUAL CABLE COLUMN FUNCTIONAL TRAINER

FRENCH FITNESS

FEATURES

- Brand: French Fitness
- Dual 165 lb weight stacks for balanced resistance training
- Twenty-six height adjustment points for precise setup
- Rotating pulleys that allow movement from multiple angles
- Heavy-duty steel frame with smooth welds
- Electrostatic paint finish for long-term surface protection
- Rubber feet for added stability
- Quick adjustment system for efficient session flow
- Wall-mounted design that keeps the footprint compact

TECH SPECS

- Cable Reach: 63"
- Height Adjustment Points: 26
- Dimensions: 39"W x 4.3"D Frame (8.3" w/Cables) x 77.5"H
- Wall Mounting:
 - - Four Mounting Holes
 - - (2) at 15.25" high
 - - (2) at 65.25" high
 - - All spaced 20.5" apart

WARRANTY

- **Lifetime Frame Warranty**
- **10 Years Parts Warranty***
- **1 Year Labor Warranty***

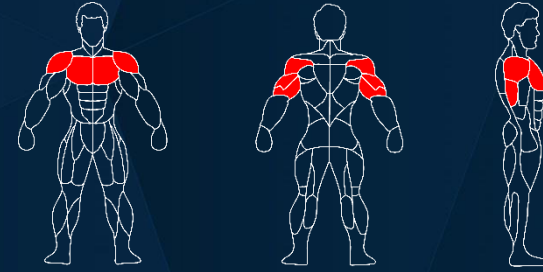
*What is covered? See complete [French Fitness Warranty](#) details.

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Alternating chest press

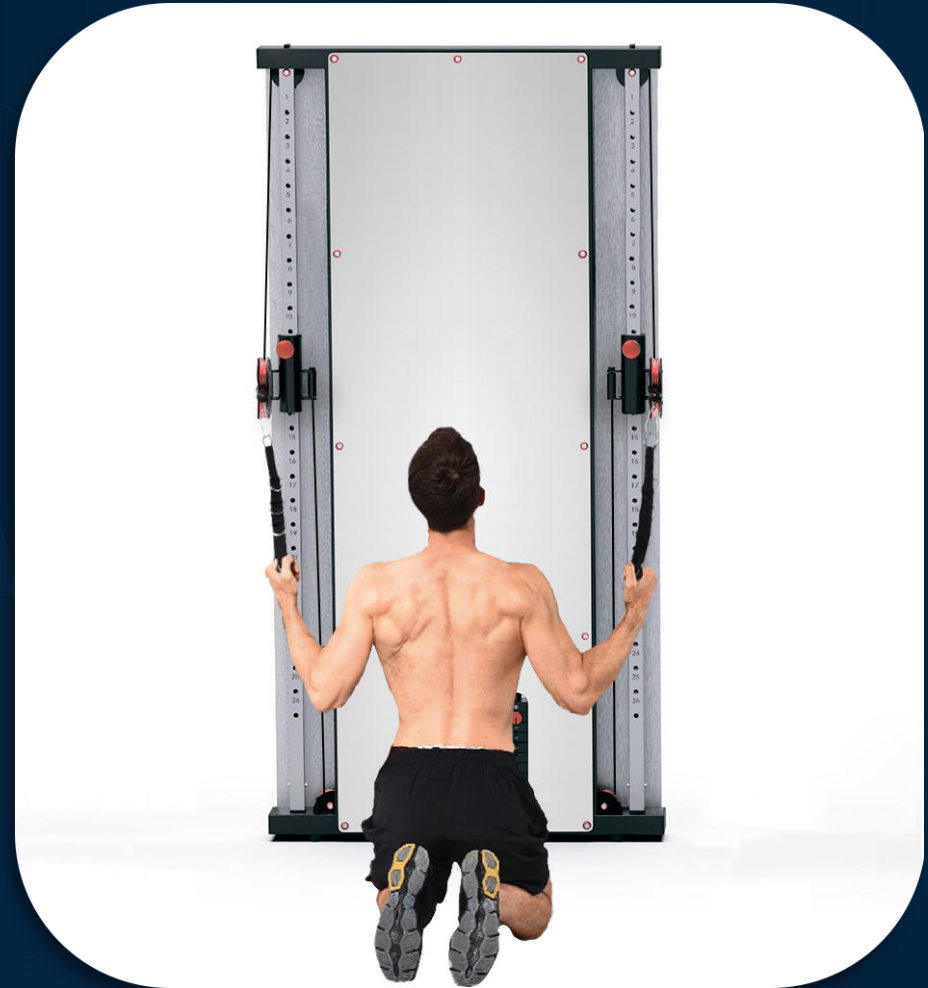
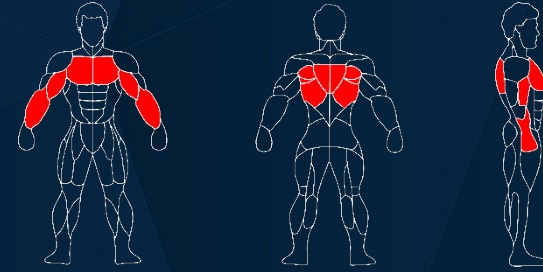


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Kneeling pulldown

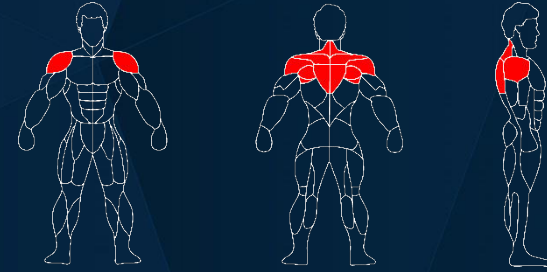


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Reverse cable x-over

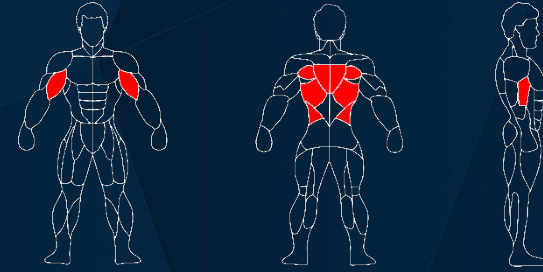


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Reverse fly

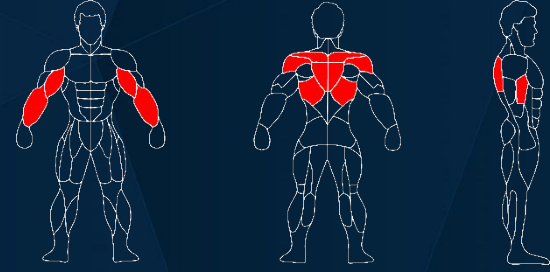


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Floor seated row



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Side bend

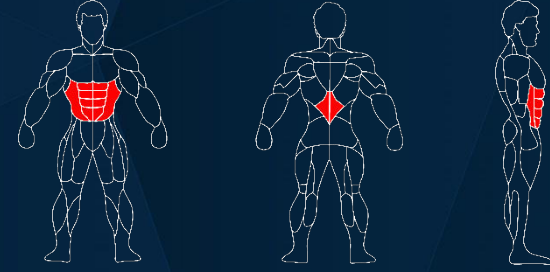


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Rotational row single leg

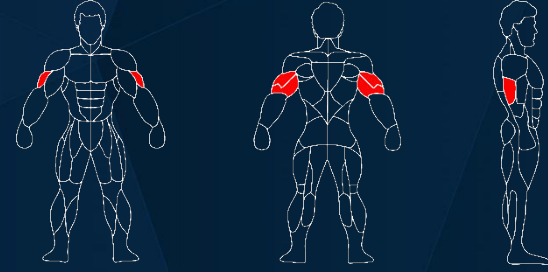


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Woodchopper

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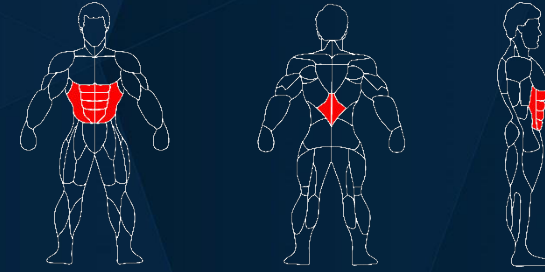


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Anti-rotation

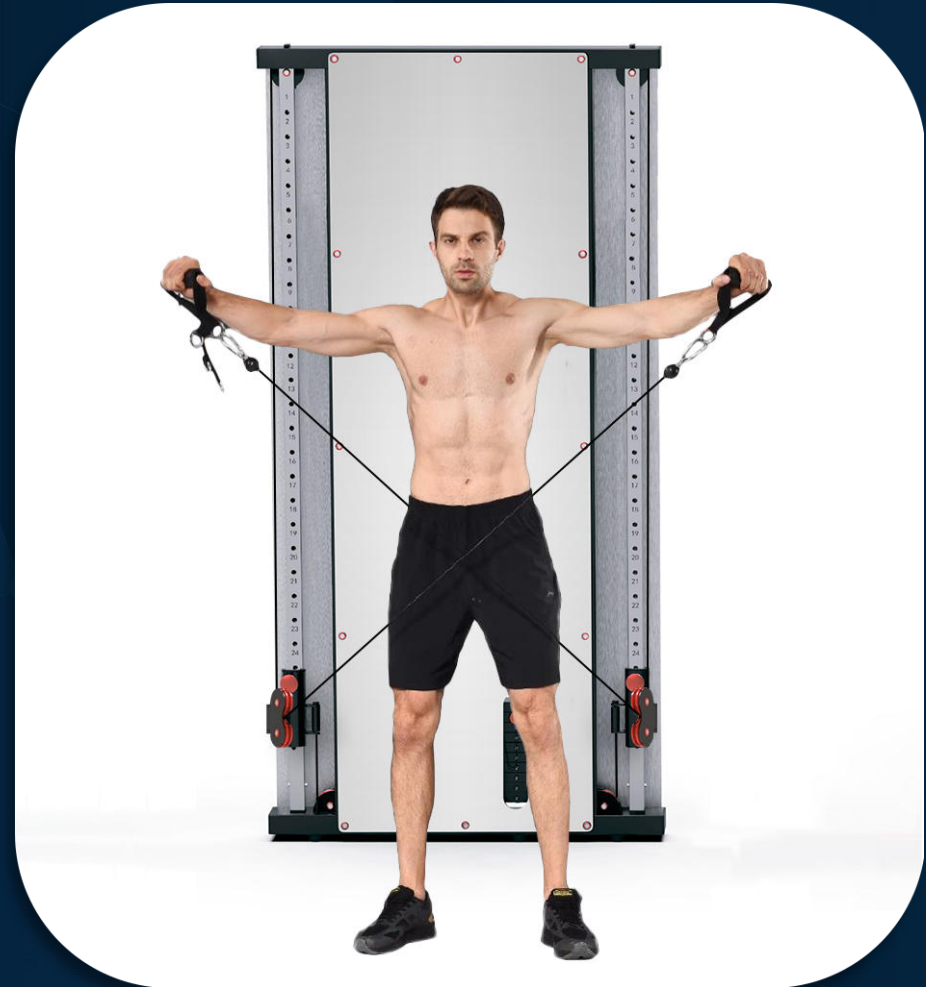
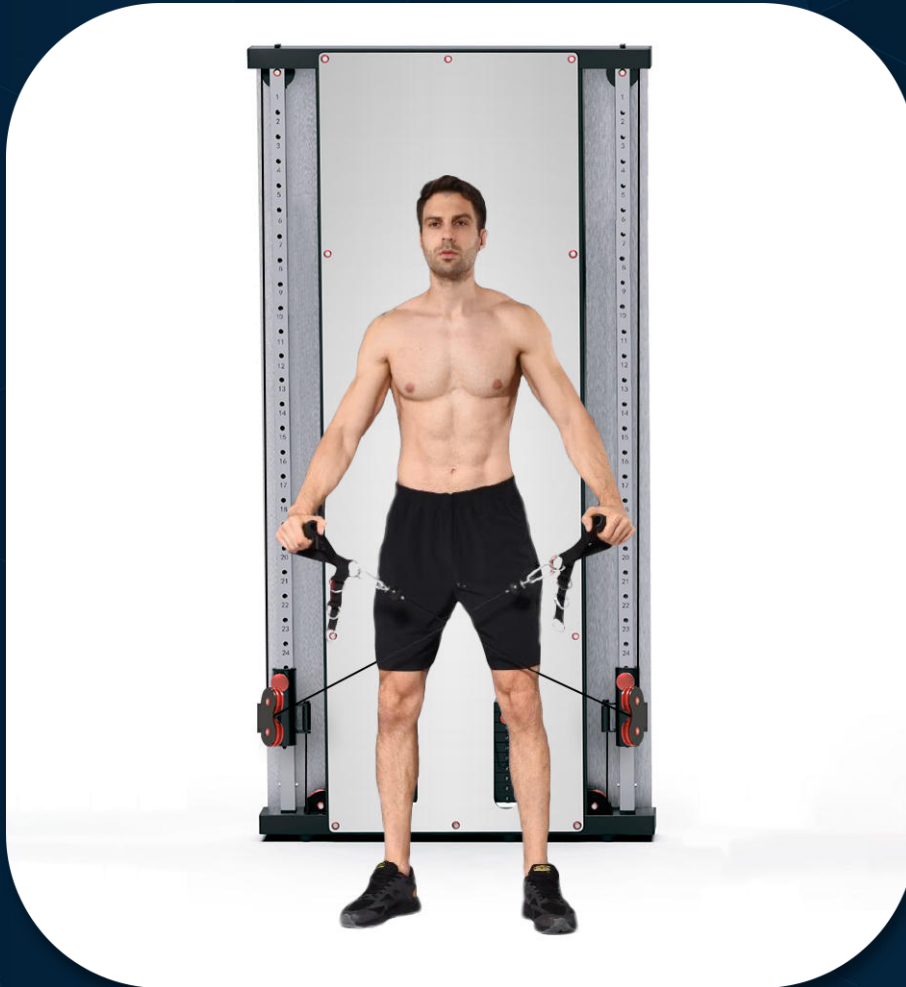
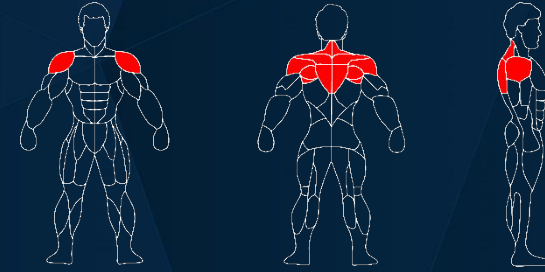


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X-over latraise

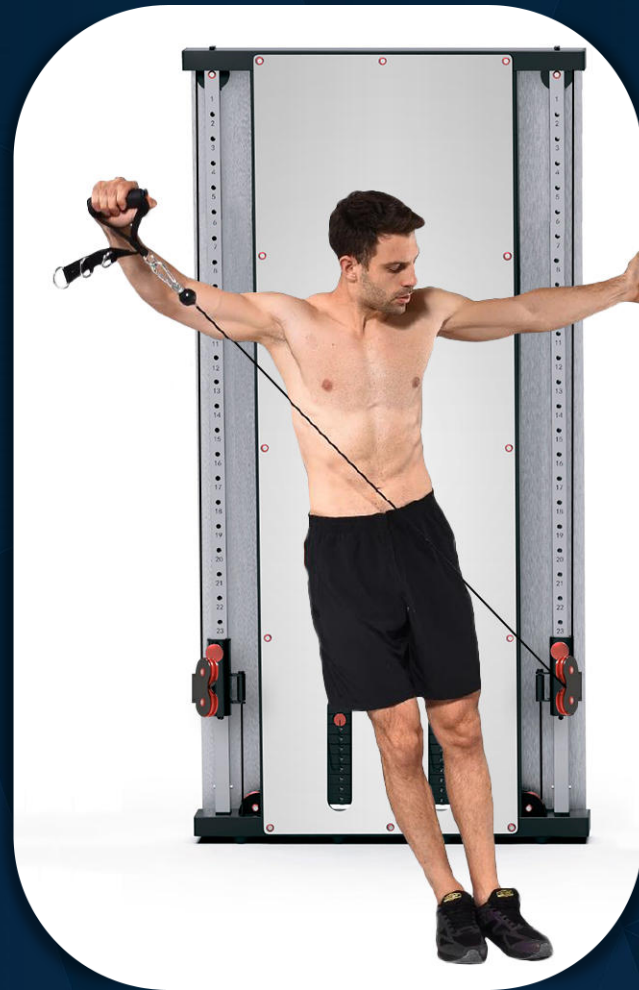


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Lateral raise

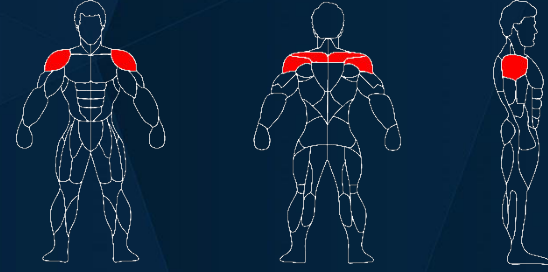


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External rotation

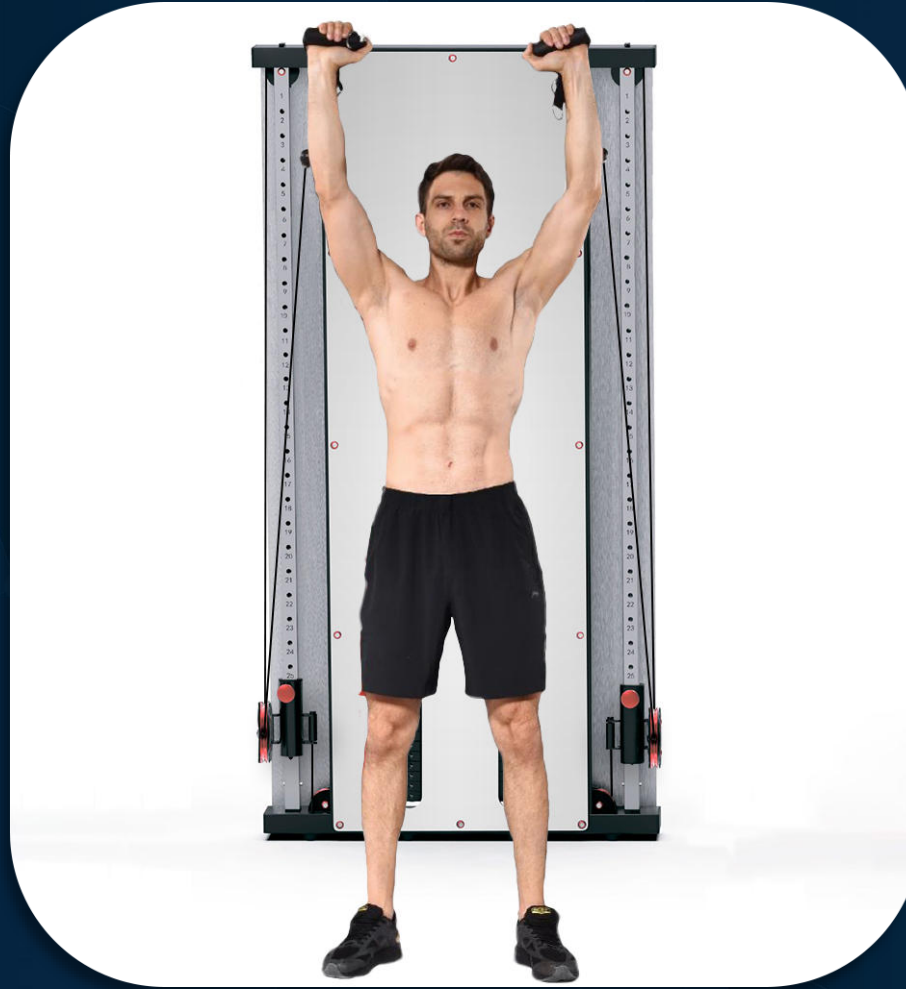
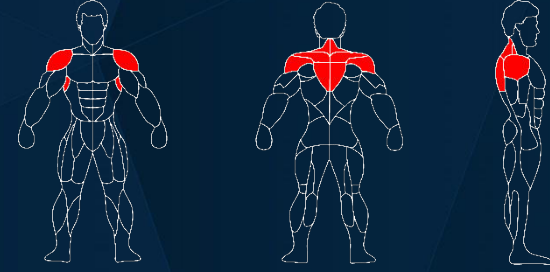


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Shoulder press

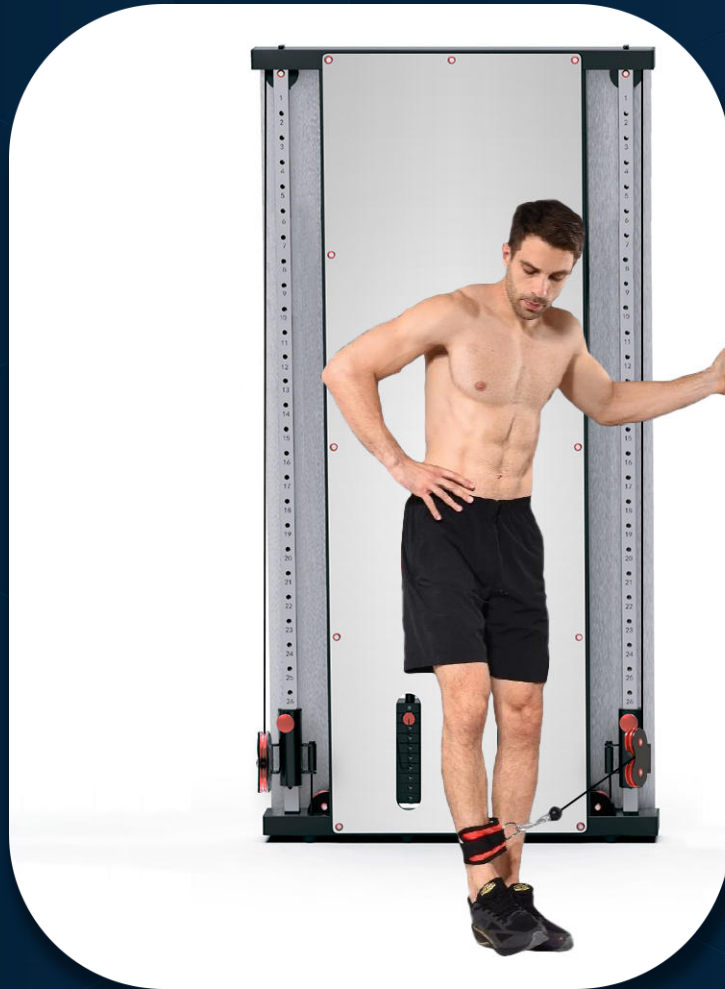
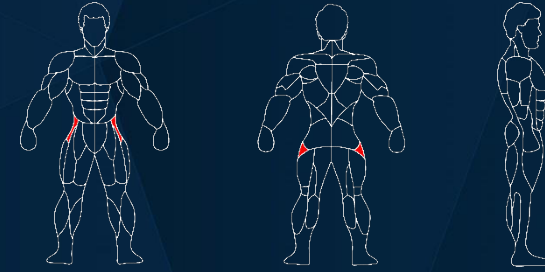


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Hip abduction

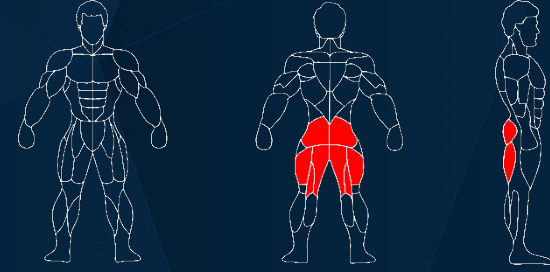


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Leg curl

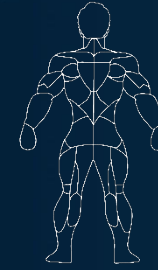


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Hip adduction

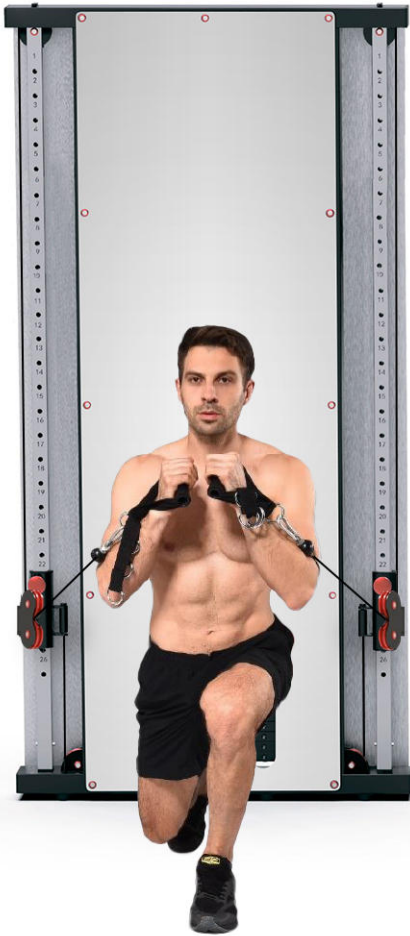
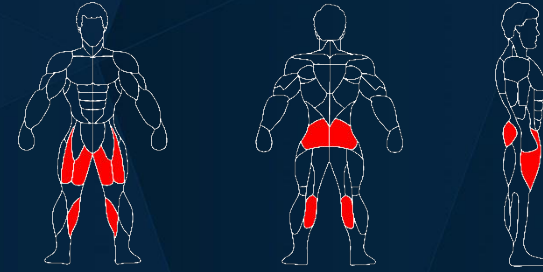


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Lunge

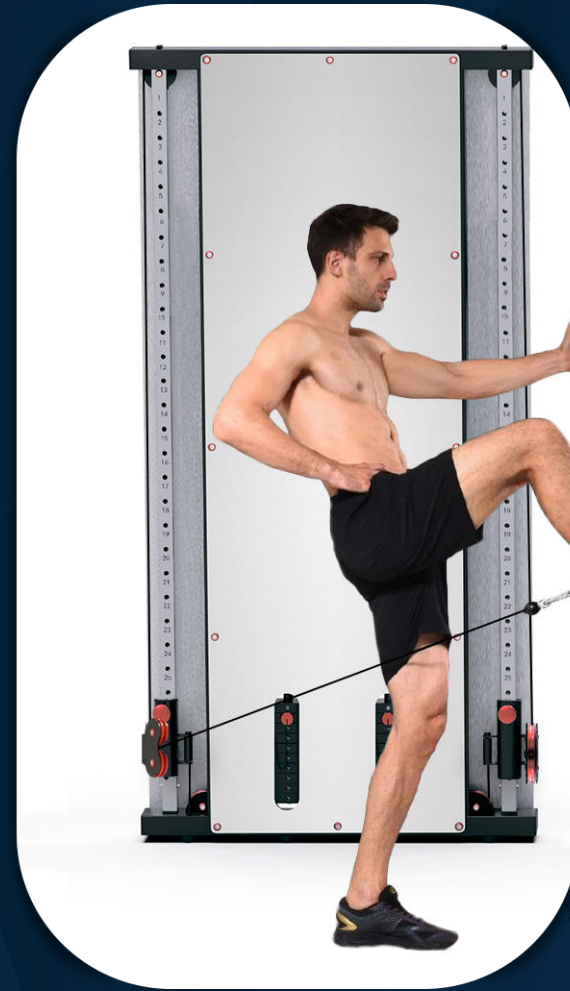


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Hip flexion

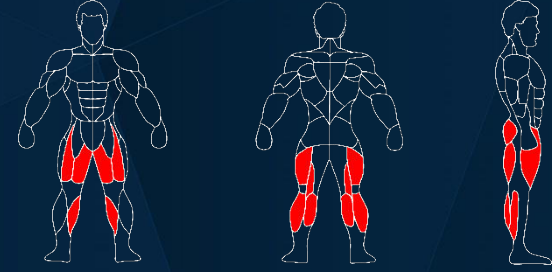


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Kneeling superman





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THE LEADER OF PROFESSIONAL STRENGTH FITNESS EQUIPMENTS

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