



\*Equipment shown in custom colors

## FREEDOM TRAINER DUAL STACK HSFT3

HumanSport is so simple, intuitive and natural that it feels as if it were custom-built for each and every user. Seven cable-based machines with dual weight stacks provide a complete range of workouts for total body training. When paired with the provided programming designed by our Master Trainers, HumanSport makes a powerful addition to any facility.

### PRODUCT DIMENSIONS

<b>WIDTH</b>	75 IN (191 CM) - Arms Extended Left and Right 125 IN (317 CM)
<b>LENGTH</b>	43 IN (108 CM)
<b>HEIGHT</b>	72 IN (182 CM) - Arms Extended Vertically Up 92 IN (234 CM)
<b>STACK WEIGHT</b>	2X 80 LB (2X 36 KG)
<b>OVERALL WEIGHT</b>	1,100 LB (499 KG)
<b>SHIPPING WEIGHT</b>	1150 LB (522 KG)

## ADJUSTMENTS & MOVEMENTS

<b>USER DEFINED RANGE OF MOTION</b>	Yes, cable-based training utilizing multiple planes of motion. Nine horizontal position options and 12 vertical position adjustment options
<b>ASSISTED ADJUSTMENTS</b>	Yes, counter balanced on vertical adjustment arm ends
<b>COLOR CODED PIVOT POINTS AND ADJUSTMENTS</b>	Yes, including visual indicators when pull pin is disengaged
<b>UNILATERAL OR BILATERAL MOVEMENT</b>	Yes, independent arms use for user defined path of motion by incorporating independent weight stacks and swivel pulleys
<b>CONVERGING OR DIVERGING MOVEMENTS</b>	Yes, user defined
<b>PULLEY RATIO</b>	3:1 ratio with 9.5 ft (289.5 cm) training space and 113 in (287 cm) cable travel

## FRAME SPECIFICATIONS & CABLE INFORMATION

<b>STANDARD FRAME COLOR OPTIONS</b>	Silver with wood trim, Silver with carbon fiber trim, Black with carbon fiber trim, Black with wood trim
<b>STANDARD UPHOLSTERY COLOR OPTIONS</b>	N/A
<b>FRAME FINISH</b>	Electrostatic Powder coating
<b>CUSTOMIZABLE PAINT OPTIONS AVAILABLE</b>	Yes with additional fees and extended lead times
<b>CUSTOMIZABLE UPHOLSTERY OPTIONS AVAILABLE</b>	N/A
<b>CUSTOMIZABLE BRANDING OPTIONS AVAILABLE</b>	Yes with additional fees and extended lead times
<b>CABLE VS. BELT DRIVEN TRANSMISSION</b>	4mm cable driven
<b>BOLT DOWN LOCATIONS DEFINED</b>	Yes, 3 defined bolt down locations located on weight stack tower
<b>INTEGRATED LEVELING SYSTEM</b>	No, rubber feet for floor protection
<b>HARDWARE TYPE</b>	Hex / Button Head
<b>TUBING STYLE &amp; THICKNESS</b>	Modern blend of square and round tubing. Most are 3 or 2.5 mm / 11 ga

## USER SPECIFIC INFORMATION

<b>STATIC PLACARDS</b>	12 pre-defined exercises with static placards with start and finish diagrams
<b>MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE</b>	Yes
<b>ANIMATED LENTICULAR</b>	No
<b>SAFETY CATCH &amp; STOPS</b>	N/A
<b>WATER BOTTLE HOLDER</b>	No
<b>PHONE HOLDER</b>	No
<b>GRIP SPECIFICATIONS</b>	Oversized, rubber grips on stabilization handles which provide ideal positioning for hip, knee and ankle exercises
<b>FOOT PLATFORM</b>	N/A
<b>CONTOURED PADS</b>	N/A
<b>RESTRAINT SYSTEM</b>	N/A

## WEIGHT STACK SPECIFICATIONS

<b>TOTAL STACK WEIGHT</b>	User Feels Stack Weight Capacity: 2x 80 lb (2x 36 kg) at each handle through two, independent and enclosed weight stacks. Actual weight stack, 2x 240 lb (109 kg)
<b>INCREMENTAL WEIGHT SYSTEM</b>	No
<b>WEIGHT STACK TOWER HEIGHT</b>	68.5 in (174 cm)
<b>PLATE LOADED</b>	N/A
<b>WEIGHT STORAGE SOLUTION</b>	No but it does include accessory rack for multiple pulley attachments: – Grip Handles (2) – Ankle strap – Long bar
<b>LNL TECHNOLOGY</b>	Yes, standard
<b>ADD-ON RESISTANCE AVAILABLE</b>	No
<b>WEIGHT STACK SHROUD SPECIFICATIONS</b>	Inside and outside steel shrouds.

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