

STRENGTH / FUNCTIONAL TRAINERS



AF 9928 MULTI FUNCTIONAL TRAINER - (SO)



Specifications Dimensions Folded: (In) • Length 60" • Width 108" • Height 98"

Weight Stack 361 Lbs Both Sides / Effective Weight = 180.5 Lbs / 82 Kgs (Each Side)

Frame High Tensile Strength Steel, Continuous Welded, Factory Assembled Weight Frame.

Cable Heavy Rated Steel Cable With Nylon Coated.

Tube Round Tubing (Wicket Combination Or Weight Stack Frame) And Oval Tubing (Main Frame).

Pulley Fiber Glass Reinforced Nylon Pulleys With 'V' Grooved Channel.

Workouts Triceps Extension, Triceps Pushdown, Standing Low Row, Biceps Exercise, Pull-Up, 180 Degree Deltoid Raise, 45 Degree Deltoid Raise, Ab Crunch (Cable), Back Kick, Cable Crossover, Standing Inner Thigh.