

SFT160

FUNCTIONAL TRAINER

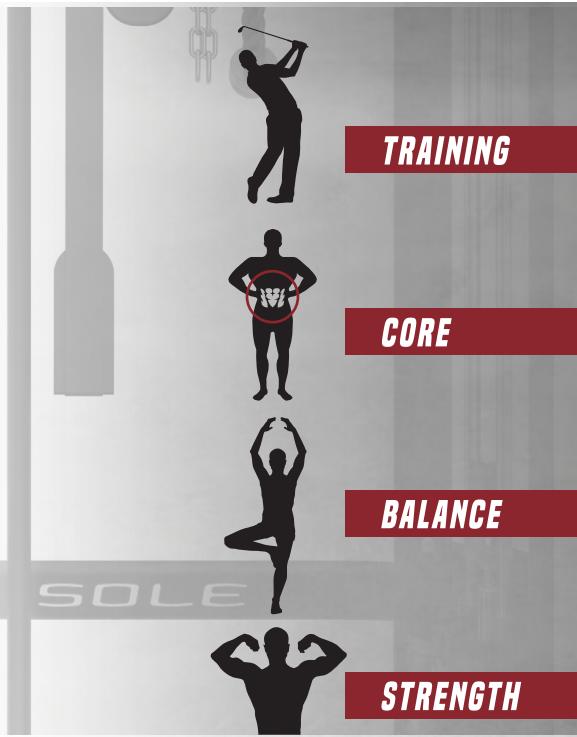
Every Workout Matters



SFT160 FUNCTIONAL TRAINER

- Ultimate exercise variety on one piece of equipment
- Independant chromed steel upright columns with 31 height positions for multiple training positions
- 2:1 cable ratio, smooth action and greater range
- Multi-position textured pull up/chin up bar
- Dual 160lbs weight stacks with 10lb incremental adjustments
- 180 degrees handle rotation for greater range of motion
- Compact size - can be placed up against a wall or in a corner
- Integrated tablet/exercise book holder

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SFT160 FEATURES

The SOLE Fitness SFT160 Functional Trainer lets you train your way. Functional Training is known to better improve coordination, balance, and increase core strength. With the SFT160, you will have the power to strengthen and better yourself. We have carefully crafted the SFT160 for durability, versatility, safety, and performance resulting in a product that allows for a full body workout experience. The included attachments, pull-up bars, and pulley positions provide an almost endless array of possible exercises all from one machine. Like every SOLE product the SFT160 is built to last, with a heavy-gauge steel frame and powder-coated finish. Can be conveniently placed up against a wall or in a corner depending on your needs or space requirements. Whether it is movement for strength training, sport specific, or otherwise the SFT160 will help make it possible!

EQUIPMENT SPECIFICATIONS

Frame	Heavy-gauge flat oval tubing
Accessories	long bar, 2 single handles, ankle strap, tricep rope, assisted pull-up strap, 2 extension chains
Weight Stack	2:1 ratio - each 160 lb. weight stack provides up to a total of 80 lbs. resistance in 5lb. increments
Cable & Pulleys	Adjustable height, flexible nylon coated cables and pulleys with 180 degrees rotation
Shipping Weight	592 lb/269 kg
Max User Weight	330 lb/150 kg
Dimensions	Compact size 52" - 35" (back) x 42" x 81" / 132 cm - 88.5 cm (back) x 105 cm x 206 cm
Packaging	83.3" x 40.4" x 11"/211.5 cm x 102.5 cm x 27 cm
UPC	693315 09160 5

WARRANTY INFORMATION

Residential Warranty: Frame: Lifetime, Parts: 10 years, Accessories: 1 year

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