

FUNCTIONAL TRAINER

HD-3000



*Kettlebells and other accessories not included

SPECS

- ◆ **PRODUCT DIMENSIONS (L x W x H)**
71.6" x 51.1" x 91.7" (130 cm x 181 cm x 233 cm)
- ◆ **PRODUCT WEIGHT**
918 lbs (416 kg)
- ◆ **WEIGHT STACK**
2x 200 lbs (91 kg)

FEATURES

- ◆ Space efficient functional trainer featuring convenient corner design and accessory racks
- ◆ Dual 200 lb Silent Steel® weight stacks provide a 2:1 ratio (50% resistance)
- ◆ 27 pulley positions placed at 2.5" increments
- ◆ Five pull-up/chin-up grip options including patented FLIP-N-GRIP® handles and rock climbing grips
- ◆ Integrated step-up assist for easy access to pull-up grips
- ◆ Suspension trainer attachment for TRX®* and suspension trainer exercises
- ◆ Steel weight shields surround sides and back of weight stacks
- ◆ Comes standard with two (2) Strap Handles, Padded Ankle/Thigh Strap, Aluminum Curl Bar, Dual-Attachment Aluminum Long Bar, Dual-Attachment Long Strap

*TRX Strap not included. TRX is a registered trademark of Fitness Anywhere LLC (TRX)