



## TuffStuff CXT200 Corner Training Station



TuffStuff CXT200 robust multifunctional corner training station - the Tuff Stuff CXT-200 multi-functional trainer offers a variety of exercise and adjustment options for a functional full-body workout. Muscle building, sport specific training, body toning, correcting muscular imbalances, a rehabilitation workout or simply improving general fitness. The CXT-200 is designed as a corner station. It takes up less than 2.5m<sup>2</sup> of space and fits perfectly into any corner of a room thanks to its intelligent, right-angled frame design, making it extremely space-saving.

**CHF 4'690.00**

The heart of the CXT-200 power station is the height-adjustable double pull tower. The left and right cable pulls are independently adjustable 15-fold in height. This allows pulling exercises to be performed from top to bottom, horizontally and from bottom to top. The swiveling joints (steel swivel axles) always bring the cable pulls into the optimal starting position for the respective exercise. They also prevent the ropes from rubbing over corners or edges. This allows smooth flowing movements on the CXT-200 and guarantees the longevity of the ropes. A metal stirrup handle is attached to each of the two height-adjustable cable pulls. This serves as a grab handle for some exercises.

Each of the two cable pulls is connected to a separate weight block (67.5kg). This allows the two halves of the body to be loaded independently of each other. The cable pulleys of the Multi-Functional-Trainer CXT-200 can be used for unilateral or bilateral training. Bilateral means that both limbs, i.e. both legs or arms, are moved in unison. Unilateral that the load is concentrated on one limb. Training with unilateral exercises allows the two halves of the body to be loaded to different degrees, thus counteracting muscular imbalances in a targeted manner.

It can be changed very quickly and easily between the transmission ratios 1:2 and 1:4. To do this, simply connect the pull handle to one (1:4 ratio) or both (1:2 ratio) carabiners on the cable pull. This allows fine adjustment of the training weight. Thus, it is possible to perform both intensive muscle-building strength training and rehabilitation training with low training weights on the TuffStuff CXT-200.

The integrated pull-up bar is extra wide. This allows pullups and chinups to be performed with different



grip widths. The grip surface has ribbing for a secure grip. The two upper and lower cable pulls are each connected to a weight block (67.5kg). This allows for unilateral and bilateral training on both the upper and lower cable pulls. The transmission ratio of the upper and lower cable pulls is 1:2. If the maximum weight of 67.5kg is set and a single cable pull is connected, the exerciser actually moves 33.75kg. If both cable pulls are connected with one handle or bar, the maximum training weight is 67.5kg.

### Equipment:

- Upper double cable pull for a variety of upper body pulling exercises (lat pull, triceps, ab crunch, crossover) - unilateral or bilateral movement execution possible.
- Lower double cable pulley for a variety of exercises (abductors, adductors, hip and gluteal muscles, calf raises, biceps curl standing/sitting, seated rowing, neck pull standing) - unilateral or bilateral movement execution possible
- 2 height-adjustable cable pulls (15 positions) for a wide range of training possibilities
- adjustable cable ratio of 1:2 or 1:4 for extended cable travel - 2 connection options on the cable pulls: single connection 1:4 resistance at the handle, double connection 1:2 resistance at the handle
- 3-dimensional pull directions allow unlimited anatomical training exercises from different angles for general strength training or sport-specific training exercises
- two weight magazines allow independent left and right isolateral movements
- for the lat pulldown and the rowing pulldown a ratio of 1:2 (33,75kg) applies - if both weight magazines are used together the maximum training weight is 67,5kg (ratio 1:1)
- 2 x 67,5kg weight magazine made of black high quality steel
- integrated pull-up bar
- wide base frame for easy accessibility of wheelchair, rehab material, training bench or exercise ball
- rotating accessory rack for storage of all handles/bars
- rubberized floor pads on the feet
- weight magazine cover
- exercise illustrations on the panelling
- all nuts and bolts on the main frame are galvanized
- ball bearing guide rollers
- electro-welded stable frame construction
- high quality powder coating
- plastic-coated steel cables from the aircraft industry
- frame color: Platinum
- **optionally** available multi-press with angled and ultra-light aluminum barbell bar incl. adjustable safety stops (with 50mm disc support)

Use: home use to light institutional use, payload: approx.200kg

Equipment dimensions: L112 x W201 x H213cm, weight 336kg

Accessories: lat bar, rowing bar, foot strap, 2 hand straps short, squat bar

Options: CXT-225 Multi Press, 2x22,5kg additional weights

Warranty: 2 years on labor and spare parts (excludes consumables like pads/cables)