



BodyCraft HFT Home Functional Trainer



The HFT Home Functional Trainer from BodyCraft for user-defined, isolateral training movements impresses with its function and quality. Two height-adjustable traction elements enable a maximum variety of training exercises, as well as sport-specific exercises, from fitness to rehabilitation.

CHF 1'990.00

Whether for strength training, sport-specific, exercise at work or leisure, the BODYCRAFT HFT with its independently adjustable cable columns allows you to train your movement sequences. You define the movement path, strengthen every part of your body, improve your core, balance and coordination. Beautiful oval tubes, sleek laser-cut plates, chrome-plated posts with laser-engraved numbers and attention to the smallest detail provide exceptional value and aesthetics.

Equipment:

- user-defined, isolateral movement sequences for unrestricted training exercises
- 31 positions for height adjustment of the traction parts
- Quick adjustment of the traction parts
- 180° rotation of the pull handles
- space-saving design
- integrated pull-up bar
- 2 weight blocks of 90kg each with a resistance of 45kg - ratio 2:1 - **optional weight increase to 90kg already included in the price**
- the 20 weight plates consist of 4.5kg weight plates, which provide a resistance of 2.25kg
- the 2:1 ratio allows for very gentle training, deeper weight increments and a greater range of motion
- Weight magazine with small protective steel cover
- Color: diamond grey



Application: Home use

Equipment dimensions: B140 x D102 x H209cm, weight approx. 260kg

Accessories: training instructions with 70 exercise examples, long bar that can be connected to both sides of the pull-up, short pull-up bar, loop that can be connected to both sides (for weight-supported chin-ups), abdominal loop, foot loop, 2 handles, tricep rope

Options: Training bench

Warranty: 3 years on labor and spare parts (excluding consumables)