



## TuffStuff CXT200 corner training station with multi-press CXT225



Robust, multifunctional corner training station TuffStuff CXT200 including multi press CXT225 - the Tuff Stuff CXT-200 multi-functional trainer with multi press CXT225 offers a wide range of exercise and adjustment options for functional full-body training. Muscle building, sport-specific training, body toning, compensation of muscular imbalances, rehabilitation training or simply the improvement of general fitness. The CXT-200/225 is designed as a corner station. It requires 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 6'490.00**

The heart of the CXT-200 power station is the height-adjustable double cable tower. The height of the left and right cable pulleys can be adjusted independently of each other 15 times. This allows pulling exercises to be performed from top to bottom, horizontally and from bottom to top. The swivel joints (steel swivel axles) always bring the cable pulls into the optimum starting position for the exercise in question. They also prevent the ropes from rubbing against corners or edges. This enables smooth, flowing movements on the CXT-200 and guarantees the longevity of the ropes. A metal handle is attached to each of the two height-adjustable cable pulleys. This serves as a handhold for some exercises.

Each of the two cable pulls is connected to a separate weight block (67.5 kg). This allows the two halves of the body to be loaded independently of each other. The cable pulleys on the CXT-200 multi-functional trainer can be used for unilateral or bilateral training. Bilateral means that both limbs, i.e. both legs or arms, are moved in unison. Unilateral means 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 and thus counteract muscular imbalances in a targeted manner.



It is very quick and easy to switch between 1:2 and 1:4 ratios. To do this, the pull handle simply needs to be connected to one (1:4 ratio) or both (1:2 ratio) carabiners on the cable pulley. This makes it possible to fine-tune the training weight. This means that the TuffStuff CXT-200 can be used for both intensive muscle-building strength training and rehabilitation training with low training weights.

The two upper and lower cable pulleys are each connected to a weight block (67.5 kg). This means that unilateral and bilateral training is also possible on the upper and lower cable pulleys. The transmission ratio of the upper and lower cable pulleys is 1:2. If the maximum weight of 67.5 kg is set and a single cable pulley is connected, the user actually moves 33.75 kg (ratio 1:2). If both cable pulls are connected to a handle or bar, the maximum training weight is 67.5kg (ratio 1:1).

Attached to the frame of the Tuff Stuff CXT-200 Multi-Functional Trainer, the Tuff Stuff CXT-225 expands the functional trainer with a multi press that can be used to perform a wide range of exercises. The CXT-225 multi press has an incline of 7°. This incline corresponds to the natural movement of the body during pushing and pulling exercises. The bar moves along guided paths. The easy-grip barbell has a maximum grip width of 116 cm. This allows you to perform exercises with different grip widths. Without weight plates attached, the barbell bar weighs 13.5 kg including the guide system. The barbell bar can be loaded up to 245kg. The bar can be placed on one of the 15 safety stoppers by turning the wrist. Additional emergency stoppers can be set to the desired position and increase safety. When not training on the multi press, the barbell can be placed in the highest position and the CXT-200 multi-functional trainer can be used for training without restrictions.

#### **Features:**

- Upper double pulley for a variety of pulling exercises in the upper body area (lat pulldown, triceps, abdominal crunch, crossover) - unilateral or bilateral movements possible
- Lower double cable pulley for a variety of exercises (abductors, adductors, hip and gluteal muscles, calf raises, standing/sitting bicep curl, seated rowing, standing neck pull) - unilateral or bilateral movements possible
- 2 height-adjustable cable pulleys (15 positions) for a wide range of training options
- Adjustable cable ratio of 1:2 or 1:4 for extended cable path - 2 connection options on the cable pulls: Single attachment 1:4 resistance on the handle, double attachment 1:2 resistance on the handle
- 3-dimensional pulling directions allow unlimited anatomical training exercises from different angles for general strength training or sport-specific training exercises
- two weight magazines enable independent, isolateral movements on the left and right sides
- a gear ratio of 1:2 (33.75 kg) applies to the lat pulldown and rowing pulldown - if both weight blocks are attached together, the maximum training weight is 67.5 kg
- 2 x 67.5 kg weight magazine made of high-quality black steel
- wide base frame for easy access to wheelchair, rehabilitation equipment, training bench or exercise ball
- rotating accessory rack for storing all handles/bars
- rubberized floor protectors on the feet
- weight magazine cover
- Exercise illustrations on the cover
- all bolts and nuts on the main frame are galvanized
- Ball bearing mounted guide rollers
- electro-welded stable frame construction
- high-quality powder coating



- plastic-coated steel cables from the aircraft industry
- Frame color: Platinum
- **including multi-press** with 7° incline and angled, ultra-light aluminum barbell bar including adjustable safety stoppers (with 50mm disc support) and 15 suspension steps. Starting weight 13.5kg. Grip width of the bar 116cm.

Application: Home to light institutional use, payload: approx. 200kg, maximum weight capacity multi-press 245kg (51mm discs)

Equipment dimensions: L168 x W201 x H213cm, weight 336kg

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

Option: 51mm discs, 2x22.5kg additional weights

Warranty: 2 years on labor and spare parts (excluding consumables such as pads/cables)