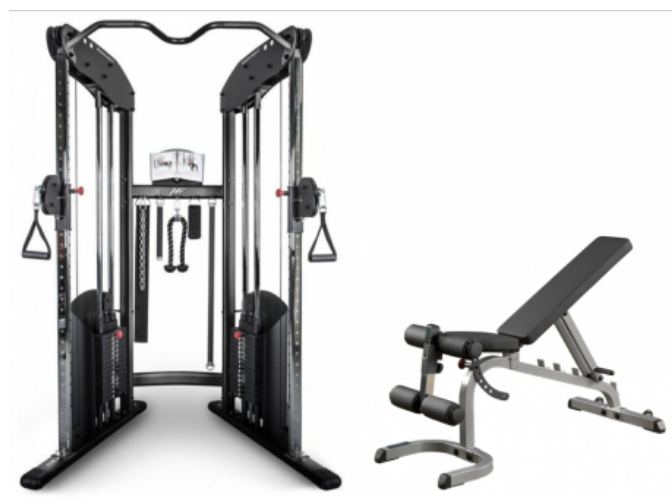




BodyCraft HFT Home Functional Trainer including Body Solid Universal Bench GFID31



The **HFT Home Functional Trainer** from **BodyCraft** including **GFID31 universal bench** from **Body Solid** 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 2'389.00

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 Functional Trainer HFT:

- 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

The eight-position seat pad adjustment of the Body Solid Universal Bench GFID31 allows users of all sizes to perform sit-ups with bent knees and abs with proper lower back support and hip flexor alignment. Includes T-bar leg support attachment and thick, rich DuraFirm™ padding. With wheels for easy mobility. Over 300kg capacity.

Features GFID31 universal bench:

- robust, stable frame construction
- Includes adjustable T-bar leg support attachment
- Extra strong, high-quality DuraFirm seat and backrest upholstery, tear-resistant with double stitching
- easily adjustable seat (8 positions)
- Easily adjustable backrest (6 positions)
- length of the backrest cushion 80 cm
- with transport castors for easy relocation
- Bicep pad and leg section optionally available

Use: Home to light commercial use, payload: approx. 250kg

Device dimensions: L150 x W68 x H56/128cm (upholstery dimensions: back upholstery L80 x W24.5 x D6cm / seat upholstery L13 x W24.5 x D6cm), weight 32kg

Accessories: leg holder

Options: Bicep pad, leg section for leg extension/bending exercise

Warranty: 2 years on labor and spare parts (excluding consumables)