

RFT POWER RACK-FUNCTIONAL TRAINER

BODYCRAFT

A FUNCTIONAL ADVANTAGE

Our Rack Functional Trainer (RFT) is Built for MAXIMUM Flexibility and Safety. Rugged Construction and Adjustable Spotter Arms Make Your Workout Enjoyable, Quick and Safe. Combine the RFT with the Optional Dip Handles, and a Utility Bench for a Complete Strength Training System.



FUNCTIONAL FRONT

Dual Front Adjustable Swiveling Pulleys with 23 Height Positions. Adjust the Pulley Height by Simply Releasing the Pop-Pin and Sliding the Pulley to Your Desired Position. The Laser Etched #'s on the Inside of Each Upright Will Make Sure Both Pulleys are at Equal Heights.



GET LOW

In the Rear of the RFT are Dual Independent Low Pulleys. This Functional Station is Ideal for Rows, Bicep Curls, Ab Exercises, ect.



BRING IT DOWN

The RFT Features Dual Independent Swiveling High Pulleys Mounted at the Top Rear of the Rack. These Can be Used in Conjunction with the Included Lat Bar or Single Handles. Work Your Shoulders, Back, Arms, and More!

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FEATURES AND SPECS

FEATURES

- Pop-Pin Adjustments: Easy to Adjust and Always out of the Way of your Bar
- Two Inch Spacing: Precise Adjustments to Safely and Effectively Customize Your Workout
- Laser Etched #'s on all 4 Uprights
- Chin Up Bar: Uses Include, Pull Ups, Hanging Ab Straps, Bands, Inversion Boots, Etc.
- High-Density Rubber: Securely Screwed Down to the Safety Hooks and Spotters
- Dual Independent 150lb Weight Stacks – Upgradeable to the 200lbs Each
- Dual Adjustable Functional Pulleys: Swiveling, Independent
- Dual High Pulleys: Swiveling, Independent
- Dual Low Pulleys: Independent
- Accessories: Long Lat Bar, Short Lat Bar, Ankle Strap, 2 Single Handles, 2 Chains

SPECS

- 2" Spacing Between Each Adjustment Point
- 34.5" Depth Between Uprights (Working Space)
- 43" Wide Between Uprights (Working Space)
- Rugged Heavy Gauge Steel 2" X 3" Steel Tubing
- 1/2" Hardened Steel Bolts at All Connection Points
- Bar Catches and Safety Spotters Rated for: Up to 1,200 lbs.
- Triangular Gussets in Corners
- Dimensions: 65" L x 59" W x 83.2" H (Allow for Extra Width for Olympic Bar)

WARRANTY

- RESIDENTIAL: Frame: Life / Parts: Life
- LIGHT COMMERCIAL: Frame: 10 year / Parts: 2 year / Wear Items: 6 Months



USE OPTIONAL DIP HANDLES AS KNEE HOLD DOWN



OPTIONAL DIP HANDLES ATTACHMENT



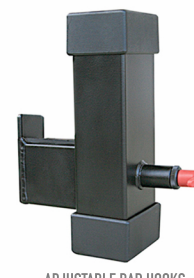
SAFETY SPOTTERS



DUAL 150LB WEIGHT STACKS - UPGRADEABLE TO 200LBS



LASER ETCHED HEIGHT SETTINGS



ADJUSTABLE BAR HOOKS