

FUNCTIONAL TRAINERS



TRUE FITNESS STRENGTH:
FUNCTIONAL TRAINERS

VERSATILE + FUNCTIONAL

Offering unparalleled versatility, TRUE functional trainers come equipped with a range of integrated accessories, allowing your members to customize and vary their workouts according to their preferences within a compact footprint. And, like all TRUE strength equipment, you can count on durable construction and quality components.



USER-FRIENDLY FEATURES

Easily accessible and clear exercise placards provide a convenient reference for targeted muscle groups and correct machine usage.



SPACE-EFFICIENT DESIGN

Maximize every inch of your facility with a TRUE functional trainer. Users can benefit from full and varied workouts for each body part within a compact footprint.



FUNCTIONAL TRAINER
XFT-900



The premium commercial-quality XFT-900 Functional Trainer provides dozens of upper and lower body exercises, with unique vertical adjustment columns that rotate 360 degrees to allow unrestricted movement in multiple planes.

- + Vertical adjustment columns rotate 360 degrees to allow unrestricted movement in multiple planes
- + Multi-position chin bar accommodates optional suspension bracket for suspension training
- + Fold-down foot platform assists access to chin bar and retracts into frame when not in use
- + Integrated storage hooks conveniently store wide range of training accessories



FUNCTIONAL TRAINER
FT-900



Provide your members with dozens of upper and lower body exercises with the premium FT-900 Functional Trainer. Constructed with commercial-grade materials and integrated with multiple storage options and features, the FT-900 is ideal option for your member's functional strength training.

- + Multi-position chin bar accommodates optional suspension bracket for suspension training
- + Fold-down foot platform assists access to chin bar and retracts into frame when not in use
- + Integrated storage hooks conveniently store wide range of training accessories



FUNCTIONAL TRAINER
XFT-100



Rotating vertical adjustment columns and multi-position Extreme Swing Arms allow unrestricted movement in multiple planes making the value engineered XFT-100 the ideal tool for sports performance, athletic conditioning and fitness training in any facility where space and budget are limited.

- + Dual weight stack design Choice of 20 vertical positions through a range of 58 inches
- + Step-by-step exercise chart with easy-to-follow user instructions



FUNCTIONAL TRAINER
FS-100



With commercial quality construction and premium aesthetics, the FS-100 is the perfect choice for hotels and resorts, corporate fitness centers, police and fire agencies, apartment and condominium complexes, personal training studios or any facility where space and budget are limited.

- + Pulley housings rotate 270 degrees to allow multiple plane movement
- + Choice of 23 vertical positions marked 1-23 on adjustment tube
- + Color-coded exercise guide illustrates the starting and ending positions
- + Optional Accessory Kit includes Triceps Rope, Sports Handle, Ankle Strap, Teardrop Handle (2)



FUNCTIONAL TRAINER
FS-70



Featuring a compact footprint, small weight increments, and an adjustable dual pulley housing, the FS-70 is the perfect solution for fitness training and rehabilitation in facilities with limited space and budgets.

- + FPulley housing adjusts easily and includes dual pulleys that rotate freely to allow multiple plane movement
- + Choice of 15 vertical positions from 11.5" (29cm) to 73" (185cm)
- + Exercise guide with starting and ending positions of 10 primary exercises



FUNCTIONAL TRAINER
SM-1000



The Functional Trainer encompasses fully-shrouded weight stacks to provide increased safety, as well as premium aesthetics. This piece exudes a style that will capture the attention of any user, and will provide them with a fitness experience incomparable to any other that will leave them craving for more.

- + Dual weight stack design allows users to train each arm separately or simultaneously
- + Unique twist and roll pulley handles allow for effortless one-handed adjustments
- + 31 height increments
- + Instruction placards of beginning and ending positions for 20 common exercises
- + Multi-grip pull-up bar enhances versatility
- + Integrated accessory tray with water bottle holder



QUICKFIT PRO
SM-1050



Featuring modern styling, high-quality commercial construction, and a compact and space efficient footprint, the multi-purpose Quickfit Pro 1050 by TRUE is the perfect choice for hotels and resorts, corporate fitness centers, police and fire agencies, apartment and condominium complexes, personal training studios or any facility where space and budget are limited.

- + 6 engagement points offer a wide range of traditional, sports specific, and functional training exercises
- + Color-coded procedure label includes beginning and ending positions for 18 exercises
- + Training accessories include Nylon D Handles (4), Long Nylon D Handles (2), and Thigh Strap



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