



Keeping South Florida Healthy &
Fit for over 25 Years!

BODYCRAFT

EXP SERIES

DFT FUNCTIONAL TRAINER

The BODYCRAFT EXP Series DFT Functional Trainer features a smart design, providing a wide range of exercises in a compact space. It offers adjustable weight increments and a 2:1 pulley ratio for easy intensity control and progression. From the multi-grip pull-up bar to color-coded adjustment points and illustrated exercise placards, it ensures intuitive use for all users and trainers.



Choose from various versatile grips: wide for overall engagement, close for precision, or rock climbing grips to boost grip strength and forearm development. Alternatively, use the loop hook for suspension training.

HIGHLIGHTS

DUAL ADJUSTABLE
ROTATING PULLEYS
W/EASY HEIGHT
ADJUSTMENTS



32 PRECISION LASERED
HEIGHT POSITIONS



OPTIONAL
5LB ADD-ON
WEIGHT



Contoured D-Handles, Triceps Rope,
Ankle Cuff, Sports Stick, Long Bar, Long Strap,
Chains, & Optional 5lb add-on weights.



250 LB UPGRADEABLE WEIGHT STACKS



CONNECT 22 TOUCHSCREEN TABLET



F703 BENCH

Featuring an instructive
placard for exercises and
offers the choice to attach a
Connect 22 Touchscreen
Tablet, enabling workout
videos, and personalized
fitness resources.

*SHOW WITH OPTIONAL CONNECT 22



Built-in accessory tray.

**OPTIONAL
ADD-ONS**



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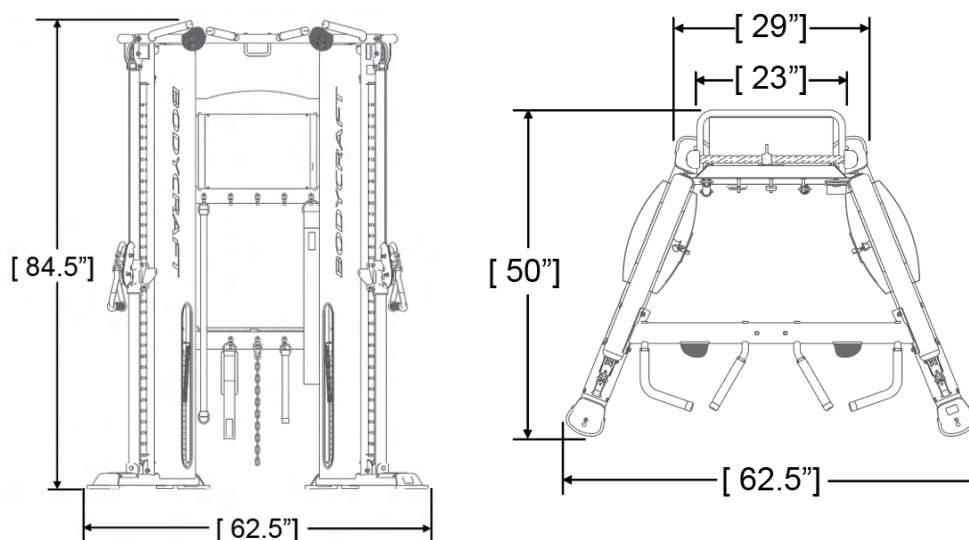
DFT FUNCTIONAL TRAINER

FEATURES AND SPECIFICATIONS

FRAME	Heavy-Gauge Oval Tubing W/ Laser Cut Steel Plates
CABLE COLUMNS	Independent, Adjustable Cable Columns Pulleys w/ 32 Height Positions. Rotate 200 Degrees
ACCESSORIES	Dual Contoured Single Handles, Sports Stick, Long Bar, Triceps Rope, Ankle Cuff, Long Strap, Dual Heavy-Duty 21 Link Chains, Storage Tray, Exercise Placard, Optional Dual 5lb Add-On Weight
PULLEY TRAVEL	61" Vertical Travel with 32 Height Positions
CABLE TRAVEL	77" (Using One Side)
AESTHETICS	Blue Aluminum Pulleys & Selector Pins. All Black Hardware, Blue Adjustment Knob, Single Handle Accents & Braided Triceps Rope. Chrome Hooks.
STABILITY	Non Skid Extra Wide Stabilizer Rubber Feet w/ Scratch Plate for Protection.
PAINT FINISH	Diamond Gray and Textured Black Electrostatic Powder-Coated Finish
PULLEYS	3.5" Pulleys with Sealed Maintenance-Free Precision Ball Bearings
CABLES	Flexible PU Coated, 7 X 19 Strand Aircraft Cable Rated at Over 2000 lbs. Tensile Strength.
CHIN BAR	(Wide – Classic – Narrow) Uses Include: Pull-Ups, Loop for Suspension Training, Bands, Rock Grips
WEIGHT STACKS	Dual 200 LBS Weight Stacks with Magnetic Selector Pins W/ Lanyard. 2:1 Ratio. Optional Upgrade to 250 LBS Each.
GUIDE RODS	Heavy Duty Solid 3/4" Chrome Plated
FINISH	Diamond Gray and Textured Black electrostatic powder-coated finish
SHROUD	Noise Dampening & Laser Cut w/ Blue Logo
DIMENSIONS	62.5"W x 50"D x 84.5"H
WEIGHT	(Assembled) 800 LBS (900 LBS W/ Upgraded 250 LB Stacks)

WARRANTY

10 YEARS	Structural main frames & welds.
5 YEARS	Parts: bearings, pulleys, bushings, guide rods, & weight plates.
1 YEAR	Upholstery & cables.
90 DAYS	Labor



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