



Keeping South Florida Healthy  
& Fit for over 25 Years!

# HFT PRO FUNCTIONAL TRAINER

## BODYCRAFT



### LIMIT LESS TRAINING

The HFT PRO'S Dual Stainless Steel Cable Columns Feature Independent 180 Degree Rotational Adjustable Swivel Pulleys with 31 Precision Laseed Height Positions. 61" of Vertical Travel 80" of Cable Travel (Single Side) and have an Effective Width of 55" Allowing You to Perform Limitless Functional Exercises.



### ALL THE ACCESSORIES

The HFT PRO Comes with all the Functional Accessories You Will Ever Need. We Loaded this Machine with Dual Contoured Single Handles, Sports Stick, Long Bar, Triceps Rope, Padded Ankle Cuff, Chin/ Push-Up Assist Strap, Dual Heavy-Duty 21 Link Adjustment Chain Set and Exercise Book.



### HERE COMES THE SPEED

The OPTIONAL Speed Trainer takes your HFT PRO to the Next Level! Adding the Speed Trainer Allows You to Perform High Speed Exercises such as Boxing, Full Intensity Gott Swings, or Intense Movements such as Power Cleans on the HFT PRO without the Cables and Weight Stack Temporarily Losing Tension. The Speed Trainer Offers You a Brand New Way to Train. Keeping You Motivated while Increasing Your Strength. Power. and Gains.





# BODYCRAFT

## TRAIN THE WAY YOU MOVE

Whether the Motion is for Strength Training. Sport Specific. or Maybe it's a Movement You Perform at Work or During Leisure Activities. the BODYCRAFT HFT PRO Allows You to Train the Way You Move. You Define the Path of Motion Allowing You to Strengthen Every Part of Your Body for the way You want to Live. It's that Simple. Functional Training also Improves Coordination. Balance. and Increases Core Strength.

### FEATURES / SPECS

- **FRAME**, Heavy-Gauge Oval Tubing W/ Laser Cut Steel Plates
- **INDEPENDENT ADJUSTABLE CABLE COLUMNS**, Stainless Steel W/ 31 Precision Lasered Height Positions W/ Dual Independent 180 Degree Rotational Adjustable Swivel Pulleys - 61" Vertical Travel - 55" Width
- **ACCESSORIES**, Dual Contoured Single Handles. Sports Stick. Long Bar. Tricep Rope. Padded Ankle Cuff. Chin/Push-Up Assist Strap. Dual Heavy-Duty 21 Link Adjustment Chain Set. Exercise Book
- **MULTI-GRIP CHIN BAR**, (Wide - Classic - Narrow) Uses Include. Pull-Ups. Hanging Ab Straps. Bands. Inversion Boots. Etc.
- **STABILITY**: Non Skid Extra Wide Stabilizer End Caps
- **AESTHETICS**, Easy Install End-Caps. All Black Hardware. Updated Laser-Cut Workout Guide Plate. Blue Anodized Aluminum Selector Pins and Pop-Pins and Blue Single Handle Accents
- **PAINT FINISH**, Diamond Gray and Textured Black Electrostatic Powder-Coated Finish
- **PULLEYS**, 3.5" Diameter. Fiberglass Impregnated Nylon Pulleys with Sealed Maintenance-Free Precision Ball Bearings.
- **CABLES**, The Most Flexible Nylon Coated. 7 X 19 Strand Aircraft Cable Rated at Over 2000 lbs. Tensile Strength.
- **CABLE TRAVEL**: 80" (Using One Side)
- **WEIGHT STACKS**, Dual 150 LBS Weight Stacks with Magnetic Selector Pins W/ Lanyard. 2:1 Ratio. Optional Upgrade to 200 LBS Each.
- **GUIDE RODS**, Heavy Duty Chrome Plated
- **DIMENSIONS**: 40" L x 55" W x 82" H **BOXED**: I Box L: B L S' l x B' W x T H) !Weight 116 LBS) I Box 2: 50" l x 24" W x n) !Weight 143 LBS)
- **WEIGHT**: (Assembled) 540 LBS (640 LBS W/ Upgraded 200 LB Stacks)

### MULTI-GRIP CHIN BAR

Offering 3 Different Grip Positions (Wide - Classic - Narrow) the HFT Chin/Pull-Up Bar Allows You to Perform Many Types of Upper Body and Core Exercises.



### CHANGE YOUR GAME

Functional Training Allows You to Train the Way Your Body Moves. Improve Your Coordination. Balance. Core Strength and Even Your Gott Swing with the HFT Pro.

### BASE WARRANTY

- **RESIDENTIAL**: Frame, Life | Parts, Life
- **COMMERCIAL**, Frame, 10 Years/ Parts, 2 Years  
! \*Up to 8 hrs per day.



EXERCISE BOOK W/ ACCESSORY RACK



BLUE ANODIZED ALUMINUM WEIGHT STACK PIN WITH LANYARD



31 PRECISION LASERED HEIGHT POSITIONS



DUAL 150 LB WEIGHT STACKS UPGRADEABLE TO 200 LBS



NON SKID EXTRA WIDE STABILIZER END CAPS





# BODYCRAFT

## SPEED TRAINER HFT UPGRADE PROGRESSIVE RESISTANCE

Keeping South Florida  
Healthy & Fit for over 24  
Years!



### CHOOSE YOUR INTENSITY

We included 8 Power Bands with the Speed Trainer Kit. Choose from up to 4 Power Bands per side (single stack) with up to 100lbs of progressive resistance for an intense training session. Each pair of Power Bands offer you up to 25lbs of progressive resistance.

### HERE COMES THE SPEED

The Speed Trainer takes your HFT to the next level! Adding the Speed Trainer allows you to perform High Speed exercises such as Boxing. Full Intensity Golf Swings. or Intense Movements such as Power Cleans on the HFT without the cables and weight stack temporarily losing tension. The Speed Trainer offers you a brand new way to train. keeping you motivated while increasing your Strength. Power. and Gains.



### MAGNETIC STORAGE

Our Power Bands are equipped with Magnets for simple and clean storage when not in use. Quickly change from traditional strength training to progressive strength training in seconds.

Designed for the BODYCRAFT HFT Functional Trainer, the Speed Trainer provides new and exciting varieties of strength training exercises that could not be performed without it. Mix up your routine by combining progressive resistance and speed training with traditional functional training. The Speed Trainer allows for quick intense sports specific movements like boxing and golf swings without weight-stack/cable slack. The ultimate HFT upgrade? We think so.



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