



Keeping South Florida Healthy
& Fit for over 20 Years!

BODYCRAFT

RFT FUNCTIONAL TRAINER

Our Rack Functional Trainer (RFT) is built for MAXIMUM flexibility and safety. Rugged construction and pop pin adjustable spotter arms make your workout enjoyable, quick and safe. Optional Band Pegs, Landmine, Battle Rope, Weight Tree, Dip Handles, & Speed Trainer Available.



Dual Independent Low Pulleys.

2 Built In Olympic Sized Bar Holders/Foot Plates

Dual Front Adjustable Swiveling Pulleys with 25 Height Positions. The Laser Etched #'s on the Inside of Each Upright Will Make Sure Both Pulleys are at Equal Heights.

DUAL INDEPENDENT
150 LB WEIGHT STACKS
(UPGRADEABLE TO 200LBS)



DUAL INDEPENDENT
HIGH PULLEYS



STEEL REINFORCED
BAR HOOKS



OPTIONAL ADD-ONS



F737 LANDMINE ATTACHMENT



SPEED TRAINER OPTION



F739 BATTLE ROPE ATTACHMENT

*RFT shown with optional Speed Trainer, F732, F735, F734, F739, and F737



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RFT FUNCTIONAL TRAINER

FEATURES AND SPECIFICATIONS

FRAME	Heavy-Gauge 2 x 3 Rectangle Tubing w/Laser Cut Steel Plates
CABLE COLUMNS / UPRIGHTS	25 Precision Lasered Height Positions
ACCESSORIES	Dual Independent 180 Degree Rotational Adjustable Swivel Pulleys
CHIN BAR	Dual Contoured Single Handles, Sports Stick, Long Bar, Padded Ankle Cuff, Chin/Push-Up Assist Strap, Dual Heavy-Duty 21 Link Adjustment Chain Set
HOOKS & SPOTTERS	(Wide – Classic – Narrow) Uses Include, Pull-Ups, Hanging Ab Straps, Bands, Inversion Boots
STABILITY	High-Density Rubber Securely Screwed Down. Prevents Scratching
AESTHETICS	Non Skid Extra Wide Stabilizer End Caps
PAINT FINISH	Easy Install End-Caps, All Black Hardware, Blue Anodized Aluminum Selector Pins and Pop-Pins and Blue Single Handle Accents
PULLEYS	Diamond Gray and Textured Black Electrostatic Powder-Coated Finish
CABLES	3.5" Diameter, Fiberglass Impregnated Nylon Pulleys with Sealed Maintenance-Free Precision Ball Bearings
WEIGHT STACKS	Nylon Coated, 7 X 19 Strand Aircraft Cable Rated at Over 2000 lbs. Tensile Strength
WEIGHT CAPACITY	Dual 150 LBS Weight Stacks with Magnetic Selector Pins W/ Lanyard. 2:1 Ratio. Optional Upgrade to 200 LBS Each.
WORKING SPACE	Rated for up to 1,000 lbs.
GUIDE RODS	34.5" Depth by 43" Wide Between Uprights
HARDWARE	Heavy Duty Chrome Plated
DIMENSIONS	1/2" Hardened Steel Bolts at all Connection Points
WEIGHT	65"L x 59"W x 83.2"H
	665lbs. for the 150lb. stack version and 715lbs. for the 200lb. stack version

WARRANTY

COMMERCIAL	Frame: 10 Years / Parts: 2 Years / Wear items: 6 Months
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ADD-ONS

SPEED TRAINER	Allows for quick intense sports specific movements without weight-stack/cable slack.
POWER ROW	Rower option for weighted rows
F732	Dip Attachment Option
F733	Extra Band Catches
F734	Band Pegs Option
F735	Plate Rack Option
F737	Landmine Option
F739	Battle Ropes Option
F704	FID Utility Bench
F705	FID Utility Bench

