



* VS-VFT + VS-FTS30 shown

Our functional trainer provides a remarkable range of exercise options in a smart, space-saving footprint. Incremental weight adjustment and a 1:2 pulley ratio make it easy to control exercise intensity and create progressions. Design details like the multi-grip pull-up bar, the color-coded adjustment points and the professionally illustrated exercise placards offer intuitive operation for users and trainers alike.

TECH SPECS

VS-VFT + VS-FTS18

Overall Dimensions FTS18	111.8 x 160 x 237.6 cm / 44" x 63" x 93.5"
Product Weight FTS18 (Standard)	355 kg / 782 lbs.
Product Weight FTS18 (Heavy)	409 kg / 902 lbs.
Total Stack Weight (Standard)	68 kg / 150 lbs. (34 kg / 75 lbs. per side)
Total Stack Weight (Heavy)	122.5 kg / 270 lbs. (61.25 kg / 135 lbs. per side)

VS-VFT + VS-FTS30

Overall Dimensions FTS30	122.7 x 145.8 x 237.6 cm / 48.3" x 57.4" x 93.5"
Product Weight FTS30 (Standard)	369 kg / 814 lbs.
Product Weight FTS30 (Heavy)	424 kg / 934 lbs.
Total Stack Weight (Standard)	68 kg / 150 lbs. (34 kg / 75 lbs. per side)
Total Stack Weight (Heavy)	122.5 kg / 270 lbs. (61.25 kg / 135 lbs. per side)

*Product specifications subject to change without notice.



EXERCISE PLACARDS

Placards offer color-coded illustrations to guide stretching and identify targeted muscle groups.



PULL-UP BARS WITH MULTIPLE GRIP POSITIONS

Multiple grip positions offer a comfortable, secure grip for a range of pull-up styles.



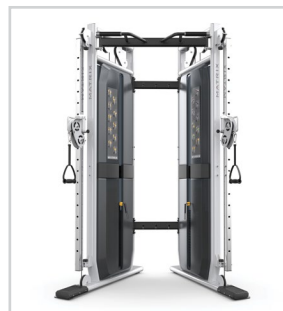
STAINLESS-STEEL CABLE GUIDES

Stainless-steel cable guides provide added protection for lasting durability.



PROTECTIVE FRAME GUARDS

Guards protect the frame from chips, scratches and rust while minimizing noise during use and adjustment.



ALSO AVAILABLE

VS-VFT + VS-FTS18 Functional Trainer with 46 cm / 18" connection to accommodate optional training handles.