



FT-300

FUNCTIONAL TRAINER



Adjustment columns rotate 360° to allow unrestricted movement in multiple planes.



Choice of 23 vertical positions through a range of 64" clearly marked A-W.

The FT-300 features the same high quality commercial construction and modern styling as the XFT-300 but without the Extreme Swing Arms.

Conveniently located color coded exercise guide clearly illustrates the starting and ending positions of 18 primary exercises divided into 6 categories.

- Sport Specific
- Chest & Back
- Core
- Shoulders
- Legs
- Arms



PEC FLY Vertical A-W



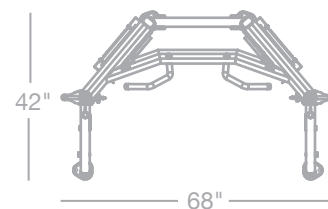
BICEPS CURL Vertical W



FOREHAND SWING Vertical I-P



OUTER THIGH Vertical W



US/Metric
 D - 42" / 107 cm
 W - 68" / 173 cm
 H - 92" / 234 cm

FRAME PAINT COLORS:
 SILVER

Paramount Fitness Corp.

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