

STRENGTH / FUNCTIONAL TRAINERS



## AF 9928 MULTI FUNCTIONAL TRAINER - (SO)



**Specifications** Dimensions Folded: (In) • Length 60" • Width 108" • Height 98"

**Weight Stack** 361 Lbs Both Sides / Effective Weight = 180.5 Lbs / 82 Kgs (Each Side)

**Frame** High Tensile Strength Steel, Continuous Welded, Factory Assembled Weight Frame.

**Cable** Heavy Rated Steel Cable With Nylon Coated.

**Tube** Round Tubing (Wicket Combination Or Weight Stack Frame) And Oval Tubing (Main Frame).

**Pulley** Fiber Glass Reinforced Nylon Pulleys With 'V' Grooved Channel.

**Workouts** Triceps Extension, Triceps Pushdown, Standing Low Row, Biceps Exercise, Pull-Up, 180 Degree Deltoid Raise, 45 Degree Deltoid Raise, Ab Crunch (Cable), Back Kick, Cable Crossover, Standing Inner Thigh.