

FREEDOM TRAINER SINGLE STACK! A 98-7 5@

ITEM # **F3FT!A**



FOR YOUR PROTECTION, THIS EQUIPMENT HAS BEEN TREATED WITH mPale™ ANTIMICROBIAL.

www.mpactusa.com

For years, the Nautilus® Freedom Trainer has been the most popular, functional exercise machine on the market!

- Best cable travel ratio in dual planes. 4:1 weight ratio increases cable travel, reduces the negative effect of inertia and decreases the beginning weight to 3.75 lbs at each grip.
- Improves strength in integrated movements that imitate specific activities--either sports-related or the movements that make up daily life.
- The arms adjust in a horizontal and vertical plane and are counterbalanced for ease of adjustment.
- Visually-affirmed, positive locking vertical adjustments provide an additional measure of safety
- Versatility allows for an infinite number of exercises. Exercises can be performed standing, seated or in a supine or prone position with the use of a ball, bench or seated chair (optional benches available)
- Accessories include: Iliac crest belt, 42"- 3 pound bi-lateral bar, adjustable D handles, 4-point ankle harness
- ADA Compliant. Wheelchair accessible. Horizontal plane adjustment.
- Maximum width with arms straight out - 142", Maximum height with arms at max height position - 100"
- Maximum depth with arms straight forward - 67"

*\$-lb. weight stack. Machine weight: *\$ lbs.

Warranty: 8&S_ WbSfeS Vi VW_ Wfe >XVW_ W ? VWZS [US^bSfe,%kV&cb- I V&dbSfe, (_ a fZe- >STad #kV&sd />STadi SdS fk Sbb ↑V&a` k fa GE3 S V 5S SVSž 8adUa_ bVWVWS[ea` kagd f [fVW i SdS fkl b V&eV&WV? VWZf EkefW_ ey>L [fVW I SdS fka` agdi VVefVWSf i i i ž Sgf[geLa_ _ VUSVLa_ ži

In the interest of product development and improvement, specifications subject to change without notice.