

S3.23 Functional Trainer

The optimal strength training system for users of all sizes and fitness levels. The S3.23 Functional Trainer is a dual stack gym offering a true isolateral workout in a compact footprint. The S3.23 Functional Trainer helps users build total body strength through unlimited exercise options. Users benefit from building a strong core, improved balance, increased stability and coordination, leading to an overall improvement in doing daily life activities.

Features	<ul style="list-style-type: none"> • Dual independent weight stacks- Rather than working on just one or two planes of your body, the dual weight stack allows you to engage more than one muscle and often more than one joint for isolateral resistance training. • Compact footprint- Space-efficient design makes the S3.23 easy to incorporate into your home. • User-friendly adjustments- Unique pulley system with one-handed ergonomic handle easily adjusts to over thirty optimal starting positions, allowing unlimited exercises to keep routines fresh. • Fully concealed weight stacks- This attractive functional trainer offers fully enclosed weight stacks to conceal moving parts. • Instructional placard- Nine key exercises illustrated on shroud for quick reference. Comes with instructional DVD of specific exercises. • Integrated bar- Allows for back, ab work-outs and chin-ups. • Smooth and sturdy- High-mass/low-travel weight stack reduces bounce and friction for a smooth feel. High-grade components offer substantial sturdiness and meet American Standards for Testing and Materials (ASTM) standards. • Optional adjustable bench- Has 6 different positions and easily wheels in and out of the functional trainer. • Adjustable accessory straps- Accommodates all user sizes and variety of exercises. • Easy to install- Under an hour with 2 installers. • Machine accessibility- Users can easily enter and exit machine. • Allows for progressive exercise training- Users can progress from training with the bench to training with a stability ball to standing/unstabilized training. 		
Resistance	<ul style="list-style-type: none"> • High-mass/low-travel weight stack – reduces bounce and friction for a smooth feel and gives the user better control of resistance. • Stack weight – Stack is a 1 to 2 resistance factor; actual single stack weight is 150 lbs (75 lbs effective resistance) actual combined stack weight (2 stacks total) is 300 lbs total (150 lbs effective resistance). • Top plate- Starting weight is 10 lbs actual weight (5 lbs to the user). • Low starting weight and full weight range accommodates all range of users. 		
Frame	<ul style="list-style-type: none"> • Height: 6 ft 11 in (211 cm). • Electrostatic powder-coating for added durability. 		
Optional Bench	<ul style="list-style-type: none"> • 6 adjustment positions. • User-friendly handle allows easy movement in and out of machine. • Black stitched vinyl over contoured foam. 		
Pulleys	<ul style="list-style-type: none"> • Nylon/Fiberglass pulleys for added durability. • ABEC rated ball bearings for added durability and smooth feel. • Cables - 1/8 inch military spec cables with nylon sheath. Tested to 2,000 (909kg) tensile strength with swiveling cable ends. 		
Other Features	<ul style="list-style-type: none"> • 2 instructional placards are mounted on the inner shrouds to show users a total-body exercise routine. • Instructional DVD gives users a personal training instructional program for a total body workout as well as sports specific exercises. • Adjustable accessory straps accommodate all user sizes and allow users to take advantage of endless exercise possibilities. 		
Ease of Assembly	<ul style="list-style-type: none"> • Easy to assemble in under an hour with 2 installers. • Removable shrouds for easy access to weight stacks for servicing and maintenance. 		
Warranty	<ul style="list-style-type: none"> • Lifetime frame and welds, 10 years parts and wear items, 1 year labor 		
• Accessories	• Ankle strap and 2 d-ring grips	• Cables	• 1/8 in military spec cables with nylon sheath, 2,000 lbs (909 kg) tensile strength, swiveling cable ends
• Stack	• Dual	• Pulleys	• Nylon/fiberglass pulleys
• Effective Stack Weight (single)	• 75 lbs. (34 kg)	• Ball bearings	• ABEC rated ball bearings

Product Specification

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| • Combined Effective Stack Weight | 150 lbs. (68 kg) | • Frame Finish | Electrostatic powder-coating |
| • Product Height | 6 ft 11 in (211 cm) | • Top plate | Cast Iron 5 lbs (2.25 kg) |
| • Upholstery | Black stitched vinyl over contoured foam | • Foot Print | 4 ft 5 in x 3 ft 2 in (135 cm x 97 cm) |
| • Guide rods | Free-floating 1" diameter chromed steel | | |
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