

S3.23 Functional Trainer

Designed for home use, this optimal strength training system is 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, and developing improved balance, increased stability and coordination, for improved daily life activities.

Features

- Dual High/Low Pulleys – Dual high/low pulleys with user-friendly ergonomic handles easily adjust to 30 height positions for maximum adjustability and range of motion, and unlimited exercise options.
- 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.
- Wide range of motion – The high mass/low travel, 1:2 resistance ratio allows you to feel a functional weight (the lifting weight) of half of that selected on the weight stack. This provides a smooth, positive feel and a long range of cable motion because the weight stack moves only half as far at the cable end, lessening the chances of the stack stopping abruptly against the end of its travel path.
- Fully concealed weight stacks – This attractive functional trainer offers fully enclosed weight stacks to conceal moving parts.
- Complements your home – The subtle color pallet and smooth lines of the S3.23 complements your home décor and suits your lifestyle.
- Compact footprint – Space-efficient design makes the S3.23 easy to incorporate into your home.
- Integrated top bar – Allows for back, abdominal workouts and chin-ups.
- Adjustable accessory straps – Accessories included are (1) foot/ankle strap, (2) D-ring handgrips, which accommodate all user sizes and a variety of exercises.
- Instructional wall charts – Two easy-to-read instructional wall charts are mounted to the inner walls of the S3.23 to show you a total-body exercise routine.
- Instructional DVD – The included DVD provides you a personal training program for a total body workout and sports specific exercises.
- Machine accessibility – You can easily enter and exit the machine.
- High-grade components – The S3.23 offers substantial sturdiness and meets American Society for Testing and Materials (ASTM) standards.

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| Options | <ul style="list-style-type: none"> • Optional multi-angle bench – Matching bench adjusts to 6 different positions and easily wheels in and out of the functional trainer with user-friendly handles. Bench is upholstered in brown vinyl over contoured foam. • Optional Accessory Kit – The kit expands your workout options with a straight bar featuring pivoting ends and rubber grips, a curved curl bar with knurled grips and (1) adjustable foot/ankle strap. |
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| Resistance | <ul style="list-style-type: none"> • Stack weight – The S3.23 stack has a 1:2 ratio resistance factor, meaning the user feels a functional resistance weight of half of the selected weight. The actual single stack weight is 150 lbs (68 kg), which is 75 lbs (34 kg) functional resistance. The actual combined stack weight (2 stacks total) is 300 lbs (136 kg) total, which is 150 lbs (68 kg) functional resistance. • Top plate – Cast aluminum top plate has starting weight of 10 lbs (4.5 kg) with a functional weight of 5 lbs (2 kg) to the user. • Low starting weight and full weight range accommodate all range of users. |
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| Frame | <ul style="list-style-type: none"> • Electrostatic powder-coated for added durability. • Guide rods are free-floating 1 inch (25.4 mm) diameter chromed steel. |
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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 (3 mm) military spec cables with nylon sheath. Tested to 2,000 lbs (909 kg) tensile strength with swiveling cable ends.
Installation	<ul style="list-style-type: none"> Easy to install – The S3.23 can be installed in under an hour with 2 installers. Servicing and maintenance - Removable weight stack shrouds make servicing and maintenance easy.
Warranty	<ul style="list-style-type: none"> Within the USA and Canada, lifetime frame and welds, 10 years parts and wear items. 1 year labor. Warranties outside the United States and Canada may vary. Please contact your local dealer for details.

Measurements

S3.23	
Width	4 ft 5 in (135 cm)
Depth	3 ft 2 in (97 cm)
Height	6 ft 11 in (211 cm)
S3.23 Weight	584 lbs (265 kg) Including 2 stacks at 150 lbs (68 kg) each
Optional Multi Angle Bench	
Length	4 ft 4 in (133 cm)
Width	2 ft (61 cm)
Height	1 ft 4 in (42 cm)
Bench Weight	55 lb (25 kg)
Optional Accessory Kit	
Straight Bar	Straight 44 in wide (112 cm) steel bar
Curl Bar	Curved 14 in wide (35 cm) steel bar
Foot/angle strap	Nylon with D-ring connectors

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