



*TRAIN THE WAY
YOUR BODY MOVES*



FOLD-AWAY FUNCTIONAL TRAINING GYM SYSTEM

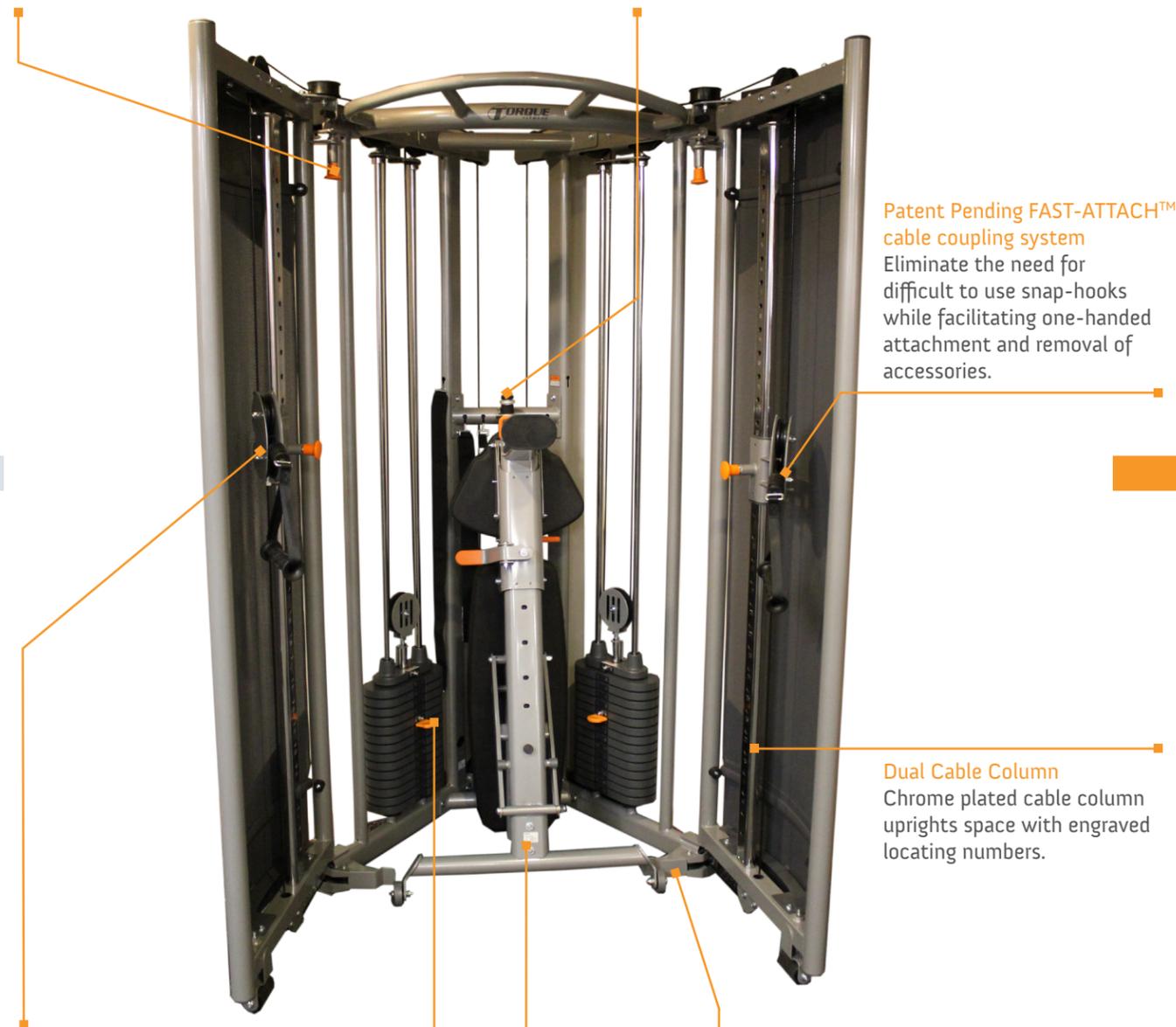
FOLD AWAY STRENGTH TRAINER

The F7 Fold Away Strength Trainer is a dual weight stack gym that offers true independent functional training packaged in a small fold-away footprint. With two adjustable swivel pulleys - each with 30 positions - and two different widths, the F7 accommodates users of all sizes in performing unlimited movements. The docking station for the optional flat-to-incline bench automatically aligns exercisers in the correct position, and the multi-use chin-up/push assist strap enables users of all skill levels to perform exercises they otherwise couldn't do. Plus, the cable columns, bench, and optional exercise balls and training accessories all can be hidden away inside the attractive closing doors. Equipped with several standard accessories, the F7 provides unlimited functional variety for training.

Dimensions (doors closed)	L x W x H: 39.5" x 39.5" x 83" (100cm x 100cm x 211cm)
Dimensions (doors open)	L x W x H: 62" x 62" x 83" (157cm x 157cm x 211cm)
Machine weight	599 lbs (272 kg) including two 150 lb weight stacks
Weight stack	Two 150 lb (68 kg) weight stacks-Opt. 200 lb. (91 kg)
Weight ratio	0.5:1 each pulley
Cable travel (150lb stack)	94" (238cm) each cable with 150 lb weight stacks
Frame	Heavy-gauge robotically welded tubing
Finish	Platinum powder coat and chrome plating
Cables	1/8" (3 mm) military spec 7 x 19 strand internally lubricated cables coated with 3/16" (5 mm) nylon jacket - rated for 2000 lb. tensile strength
Pulleys	Nylon/fiberglass, ABEC-rated maintenance free ball bearings for added durability and smooth feel
Included accessories	T-grip short strap handles, swivel straight bar with non-absorbing rubber grips secured with aluminum collars, chin-up/push-up assist strap, leg boot, squat harness, universal adapters and snap hooks
Included workout book	Yes
Workout videos	Online workout videos and DVD included
Optional bench	Yes, FSFIB Flat-Incline Bench
Optional accessories	Yes, see website
Total body training capabilities	Yes

Patent Pending Adjustable Column Width
Elevated door latches help keep the system locked and safe when not in use and provide two column widths - 46" (117cm) and 57" (145cm) that provide unrestricted movement through multiple planes.

Accessory storage
Neatly store included strap handles, straight bar, squat strap, chin-up/push-up assist strap, leg boot, universal adapters and optional accessories.



Patent Pending FAST-ATTACH™ cable coupling system
Eliminate the need for difficult to use snap-hooks while facilitating one-handed attachment and removal of accessories.

Dual Cable Column
Chrome plated cable column uprights space with engraved locating numbers.

Dual Adjustable Swivel Pulleys
Feature one-handed adjustments that have 30 positions in 2-1/4" (55 cm) increments and provide 94" (238 cm) of travel for virtually any movement.

Docking station
Positions optional flat-incline bench to correctly align user for all exercises without any guess work..

Innovative Torque Fork and Weight Stack
Magnetic Torque-Fork weight selection system keeps weight plates flat during movement producing smooth operation while the sound-dampening weight stack contains bushings that eliminate metal-on-metal contact.

Optional Flat-Incline Bench
Flat-to-incline bench - Integrates with docking location, stores inside enclosure, and features five different back pad positions (0°, >>30°, 45°, 60°, 75°) and two seat pad angles (0°, -15°) all operated with fingertip selection

TRAIN THE WAY YOUR BODY MOVES



WARRANTY

Frame and welds
Parts
Upholstery, cables, grips, handles

RESIDENTIAL

Lifetime
Lifetime
10 years

COMMERCIAL

10 years
1 year
90 days



Torque Fitness
13750 Crosstown Drive NW
Suite L100
Andover MN, 55304
info@torquefitness.com
Toll Free 1-877-867-7835
www.torquefitness.com

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