

Functional Trainer with 46 cm / 18" Connection

VS-VFT + VS-FTS18



- Optional: VS-FTIW 2.2 kg / 5 lb. increment weight
- Optional accessory: VS-FTHP handle package includes four training handles (v-bar, curl bar, ropes, ankle strap)
- Optional: VS-VFT60 heavy stack for added 13.6 kg / 30 lbs. of effective resistance per side for 47.6 kg / 105 lbs. total effective resistance
- 46 cm / 18" connection accommodates optional training handles
- Compact design accommodates placement in spaces with ceilings as low as 244 cm / 8'
- Standard effective resistance 34 kg / 75 lbs. (per side)
- Clearly indicated adjustments for ease of use
- Multi-position pull-up handles for greater exercise variety
- Fully enclosed weight stacks protect the machine's internal components
- Enhanced placards highlight targeted muscle groups and proper user positioning for a wide range of exercises
- 1:2 pulley ratio provides smooth operation
- One-handed pulley adjustment offers easy operation
- Frame guards protect against chips and scratches

ADJUSTMENTS

Color coded pivots & points of adjustment	Yes
User adjustment range	18 user start options

FRAME & CABLES

Frame color	Iced Silver
Frame finish	Proprietary two-coat powder process
Cable transmission	Internally lubricated cables & fittings
Machine anchoring	Machine anchoring locations
Frame Guards	Bolt-on lower guards protect frame from damage

TECH SPECS

Overall Dimensions (L x W x H)	111.8 x 160 x 237.6 cm / 44" x 63" x 93.5"
Product Weight (Standard Stack)	355 kg / 782 lbs.
Product Weight (Heavy Stack)	409 kg / 902 lbs.

USER AMENITIES

Attachment Storage	Integrated storage for attachments and incremental weights
Multi-grip pull-up bars	Various grip angles for variety of exercise
Placards	Muscle call outs, color-coded, start & finish exercise illustrations
Placard color coding	Yellow (upper body), Blue (lower body), Green (core)
Personal storage	Bottle holder, storage area and towel holder (towel holder on rep counter only)

WARRANTY

Frame and welds (not coatings)	10 years
Weight Stacks	5 years
Pulleys & Pivot Bearings	5 years
Other Items Not Specified	3 years
Labor	3 years
Upholstery/cables/grips/springs	1 year
Accessories	6 months

WEIGHT STACK

Weight stack guarding	Full front and rear shields
Incremental weight	5 lbs (2.3 kg)
Standard Stack	68 kg / 150 lbs. (34 kg / 75 lbs. per side)
Heavy Stack	95 kg / 210 lbs. (47.5 kg / 105 lbs. per side)