

Functional Trainer

G3-MSFT300



- 1:4 ratio for low starting resistance and high-speed movements
- Available with 290lb (MSFT300) or 390lb (MSFT400) stacks
- Swivelling accessory station accommodates more training handles and attachments
- Multi-grip position pull-up handles with unique rock climbing attachment
- Integrated foldaway step for easy access

EASE OF USE

Color-coded Pivots & Adjusts	Yes
Instructional Placards	Yes
Bottle & Towel Holder	Yes
Ergo Form Cushions	No

FRAME

Over-sized Frame Tubing	Yes
Frame Finish	Proprietary two-coat powder process
Frame Color	Iced Silver

TECH SPECS

Total Weight Functional Trainer G3-MSFT 300	601 kg / 1324 lbs.
Weight Stack Functional Trainer G3-MSFT 300	2 x 131 kg / 2 x 290 lbs. (1:4 Ratio)
Effective Resistance G3-MSFT 300	32.9 kg / 72.5 lbs (per side)
Total Weight Functional Trainer G3-MSFT 400	697 kg / 1537 lbs.
Weight Stack Functional Trainer G3-MSFT 400	2 x 176 kg / 2 x 390 lbs. (1:4 Ratio)
Effective Resistance G3-MSFT 400	44.2 kg / 97.5 lbs (per side)
Overall Dimensions	169.2 x 130.2 x 234.4 cm / 66.6" x 51.2" x 92.3"
Cable Travel Length	457 cm / 15'

WEIGHT STACK

Weight Pins	Magnetic & tethered
Guards & Pulleys Covers	Yes
Suspension	3-Point Design
Self-lubricating Weight Stack Bushings	Solid cold-rolled steel plate, with Teflon inner bushings.