

CYBEX[®]
Serious about fitness.

FT-360s FUNCTIONAL TRAINER



CYBEX experience

The FT-360s Lets Users:

- Define their motion against resistance from virtually any direction
- Perform ground based training movements
- Perform unilateral, bilateral or reciprocal movements

CYBEX FT-360s functional trainer

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- Arms adjust independently in two planes of motion, for virtually limitless variety and are counterbalanced for ease of adjustment
 - Swiveling pulleys rotate 180 degrees to allow the cable to follow the user through their movement with minimal drag
 - The ingenious drive system significantly reduces momentum, allowing movement that emulates real life activities
 - Designed to be used with benches or stability balls for additional training opportunities
 - The fully enclosed structure is designed to meet ASTM and EN safety standards while presenting a clean, approachable look
- In addition to the molded hand grips, the hip harness and ankle cuff provide for even more variety in lower body training

* Physioball not included



- Standing (ground based) exercises emphasize dynamic stabilization



- Users can perform complex motions to meet specific performance needs



strength training for the REAL WORLD

The CYBEX FT-360s has virtually infinite adjustability which means an unlimited variety of training movements for your clients or members. The FT-360s lets them work against resistance from every direction just like everyday life movement does. Plus, the low inertia weight stack allows for movement at more functional speeds of motion. For anyone with functional or performance training goals the FT-360s, with its space efficient design, is the perfect machine.

specifications

Product Number	9100
Dimensions	Stored: 54" L x 54" W x 87" H (196 cm x 159 cm x 93 cm, 72 cm) Max In Use: 54" L x 113" W x 90" H (137 cm x 287 cm x 229 cm)
Weight	600 lbs (273 kg)
Weight Stack	300 lbs (136 kg)
Effective Resistance	5 lbs (2.25 kg) per plate per handle
Lifting Ratio	Unilaterally – 4:1 ratio; Bilaterally – 2:1 ratio
Maximum Resistance	Unilaterally – 75 lbs (34 kg); Bilaterally – 150 lbs (68 kg)
Beginning Resistance	Unilaterally – 5 lbs (2.25 kg); Bilaterally – 10 lbs (4.5 kg)
Rotation Assembly	180° available rotation
Reach Assembly	15° starting reach, 45° maximum reach
Colors	Standard CYBEX Color Options – enclosure only
Standard Accessories	Soft 4" crossover handles (2), padded hip harness, ankle strap



CYBEX Strength products are Made in the USA

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