

# Spirit Functional Trainer

**£4,194.99**

## Product Images



## Short Description

A compact way to provide literally hundreds of exercises, the Spirit Functional Trainer is a cable based gym machine that is designed to promote functional fitness - the sort of strength and flexibility exercises that benefit everyday activities. With this option of a comprehensive full-body workout, the Spirit Functional Trainer makes it an efficient and convenient option for people with limited time or space.

Increasingly popular in home gym design, this functional trainer offers a pulley system that provides smooth and fluid movement that ensures the most effective workout. Along with the accessory pack that includes the tricep rope, short straight bar and a wide long bar that attaches to both stacks. This is a commercial grade machine with very durable construction backed up by the standard 3 year parts and labour warranty.

## Why Choose A Functional Trainer?

Functional trainers provide a lot of workouts for the money you invest and the the space they require. With the huge benefit of their customisation in terms of weight, resistance, and the range of motion, you can easily set up the exercises to suit your personal fitness level and goals.

This means that, in particular with the Spirit Functional Trainer, it is suitable for people of different fitness levels from beginners to experienced athletes. Thsi offers a safe way to improve overall fitness, strength, balance, and coordination. From strength training and cardiovascular workouts through to flexibility exercises and rehab it's a superb all in one machine.

## Key Features

- All in one dual adjustable pulley system
- Commercial grade functional trainer

- Smooth pulley and pull movement
- 1:2 ratio on weight stack
- 154kg or 340lb stacks
- Includes a range of accessories
- 3 Year Warranty

## Additional Information

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SKU	SP-3526
Weight	286.000000
Equipment Usage	Home & Commercial Use
Warranty	3 Years Parts & Labour
Length Dimensions	840mm / 33"
Width Dimensions	15200mm / 60"
Height Dimensions	2120mm / 83"