

CommFIT

CORE  **NAUTILUS**
HEALTH & FITNESS

FREEDOM TRAINER DUAL STACK HSFT3

PRODUCT DIMENSIONS

WIDTH	75 IN (191 CM) - Arms Extended Left and Right 125 IN (317 CM)
LENGTH	43 IN (108 CM)
HEIGHT	72 IN (182 CM) - Arms Extended Vertically Up 92 IN (234 CM)
STACK WEIGHT	2X 80 LB (2X 36 KG)
OVERALL WEIGHT	1,100 LB (499 KG)
SHIPPING WEIGHT	1150 LB (522 KG)



ADJUSTMENTS & MOVEMENTS

USER DEFINED RANGE OF MOTION	Yes, cable-based training utilizing multiple planes of motion. Nine horizontal position options and 12 vertical position adjustment options
ASSISTED ADJUSTMENTS	Yes, counter balanced on vertical adjustment arm ends
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	Yes, including visual indicators when pull pin is disengaged
UNILATERAL OR BILATERAL MOVEMENT	Yes, independent arms use for user defined path of motion by incorporating independent weight stacks and swivel pulleys
CONVERGING OR DIVERGING MOVEMENTS	Yes, user defined
PULLEY RATIO	3:1 ratio with 9.5 ft (289.5 cm) training space and 113 in (287 cm) cable travel

FRAME SPECIFICATIONS & CABLE INFORMATION

STANDARD FRAME COLOR OPTIONS	Silver with wood trim, Silver with carbon fiber trim, Black with carbon fiber trim, Black with wood trim
STANDARD UPHOLSTERY COLOR OPTIONS	N/A
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CUSTOMIZABLE UPHOLSTERY OPTIONS AVAILABLE	N/A
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CABLE VS. BELT DRIVEN TRANSMISSION	4mm cable driven
BOLT DOWN LOCATIONS DEFINED	Yes, 3 defined bolt down locations located on weight stack tower
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5 mm / 11 ga

WEIGHT STACK SPECIFICATIONS

TOTAL STACK WEIGHT	User Feels Stack Weight Capacity: 2x 80 lb (2x 36 kg) at each handle through two, independent and enclosed weight stacks. Actual weight stack, 2x 240 lb (109 kg)
INCREMENTAL WEIGHT SYSTEM	No
WEIGHT STACK TOWER HEIGHT	68.5 in (174 cm)
PLATE LOADED	N/A
WEIGHT STORAGE SOLUTION	No but it does include accessory rack for multiple pulley attachments: – Grip Handles (2) – Ankle strap – Long bar
LNL TECHNOLOGY	Yes, standard
ADD-ON RESISTANCE AVAILABLE	No
WEIGHT STACK SHROUD SPECIFICATIONS	Inside and outside steel shrouds.