



**Versa Functional Trainer w/18" Storage**

VS-VFT + VS-FTS18

The smart design of our functional trainer provides a remarkable range of exercise options in a space-saving footprint. Incremental weight adjustment and a 1:2 pulley ratio make it easy to control exercise intensity and create progressions right for everyone from deconditioned users to elite athletes. Everything about our functional trainer — from the multi-grip pull-up bar to the color-coded adjustment points to the professionally illustrated exercise placards — offers intuitive operation for users and trainers alike. Optional storage makes it easy to organize and stow accessories for instant access, and the completely enclosed design protects moving parts while creating a solid, cohesive aesthetic on your floor. A 46 cm / 18" connection provides storage for functional training accessories. Options include VS-VFT60 heavy stack for an additional 27.2 kg / 60 lbs. of resistance per side, VS-FTHP handle package with four training handles (v-bar, curl bar, ropes, ankle strap) and VS-FTIW 2.2-kg / 5-lb. incremental weight.

- 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
- Clearly indicated adjustments for ease of use
- Compact design accommodates placement in spaces with ceilings as low as 244 cm / 8'
- Standard effective resistance 34 kg / 75 lbs. (per side)
- 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
- Optional accessory: VS-FTHP handle package includes four training handles (v-bar, curl bar, ropes, ankle strap)
- Optional: VS-FTIW 2.2 kg / 5 lb. increment weight
- 46 cm / 18" connection accommodates optional training handles

**ADJUSTMENTS**

**USER ADJUSTMENT RANGE**

18 user start options

COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
<b>FRAME &amp; CABLES</b>	
FRAME GUARDS	Bolt-on lower guards protect frame from damage
MACHINE ANCHORING	Machine anchoring locations
FRAME COLOR	Iced Silver
FRAME FINISH	Proprietary two-coat powder process
CABLE TRANSMISSION	Internally lubricated cables & fittings

<b>TECH SPECS</b>	
PRODUCT WEIGHT (STANDARD STACK)	355 kg / 782 lbs.
OVERALL DIMENSIONS (L X W X H)	111.8 x 160 x 237.6 cm / 44" x 63" x 93.5"
PRODUCT WEIGHT (HEAVY STACK)	409 kg / 902 lbs.

<b>USER AMENITIES</b>	
ATTACHMENT STORAGE	Integrated storage for attachments and incremental weights
PERSONAL STORAGE	Bottle holder, storage area and towel holder (towel holder on rep counter only)
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)

<b>WARRANTY</b>	
ACCESSORIES	6 months

<b>WEIGHT STACK</b>	
HEAVY STACK	95 kg / 210 lbs. (47.5 kg / 105 lbs. per side)
INCREMENTAL WEIGHT	5 lbs (2.3 kg)
STANDARD STACK	68 kg / 150 lbs. (34 kg / 75 lbs. per side)
WEIGHT STACK GUARDING	Full front and rear shields