

QUALITY FITNESS EQUIPMENT AT REASONABLE PRICES

WITHOUT A DOUBT, THE MOST FUNCTION PIECE OF GYM EQUIPMENT YOU CAN PURCHASE



Without a doubt the most versatile piece of equipment that you can add to your fitness

OUR UNIQUE DOUBLE SWIVEL PULLEY SYSTEM ALLOWS UNILATERAL LEFT AND RIGHT INDEPENDENT FUNCTION FOR MOST EXERCISES PLUS IT WILL PROVIDE THE EXTRA WORKING WEIGHT REQUIRED FOR THOSE HEAVY LIFTS





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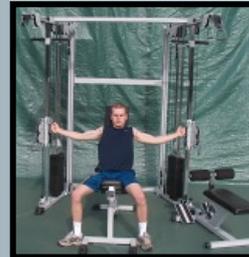
FUNCTIONAL TRAINER SAMPLE EXERCISES



UNILATERAL SEATED LAT PULL



UNILATERAL SEATED CABLE ROW



UNILATERAL MID PECTORAL FLY OR PRESS



UNILATERAL SHOULDER PRESS



PRONE UNILATEAL BENCH PRESS



STANDING UNILATERAL BENCH PRESS



STANDING UNILATERL INCLINE PRESS



STANDING UNILATERAL DECLINE PRESS



STANDING UNILATERAL BICEPS CURL



STANDING UNILATERAL UPRIGHT ROW



STANDING UNILATERAL REVERSE FLY



TRICEPS PRESS DOWN



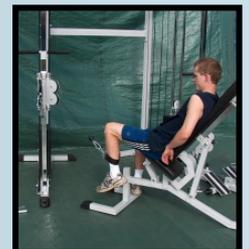
SIDE BENDS



LOWER BACK DEAD LIFT



STANDING UNILATERAL LEG CURL



SEATED UNILATERAL LEG CURL



SEATED UNILATERAL LEG EXTENSION



STANDING UNILATERAL LEG EXTENSION



HIP ADDUCTION



HIP ABDUCTION



HIP EXTENSION