



FOLD AWAY STRENGTH TRAINER



Unlock Your Power



Intelligent Power

Train the way your body moves



We live and play in a 3-dimensional world.

So if you want to live stronger and play harder, you must train in 3-dimensional motion.

The F7 is more than a new philosophy of strength training.

It is a Next Generation in equipment design.



Brain power applied to muscle power.

To emulate human movement like no other system.

For results you'll feel in everything you do.

Results we call Intelligent Power.

Workout where you live



Folded away, the F7 blends with the decor of living areas, with a small footprint that doesn't take over the room.



Opened up, the F7 delivers all the exercise variety of home gyms that take up 2-3 times the space.



No more workouts in the basement or utility room.

When you can workout in more pleasant surroundings, you're less likely to skip your workout.

Make boredom a thing of the past



The F7 is integrated with HyperStrike, the world's leading online personal training resource.



750 exercise instructional videos help you get the most from every minute of exercise.

Abundant variety for every muscle group reduces fatigue and boredom like never before.



Unlimited variety in workouts and meal plans means you can train at your own pace and your own level.



FOLD AWAY STRENGTH TRAINER

Product Overview

The F7 is a dual weight stack gym with true independent left-right function in 3-dimensional space, the way your body moves in real life. The system accommodates users of all sizes with swivel pulleys adjustable to 30 positions and two different widths. Exercisers are automatically aligned in the correct position by the docking station for the optional flat-to-incline bench. Users at all levels can perform difficult exercises such as chinups and chest presses with an assist strap function. The entire system folds away into a 40 inch footprint yet provides all the exercise variety of home gyms that take up 2-3 times the space.

Key Features

Dual independent weight stacks - for simultaneous isolateral movement
 Dual adjustable column widths - 46 & 57 inch to accommodate all users
 Dual swivel pulleys with 30 adjustments in 2 inch steps along 93 inch columns
 Built-in storage fixture for standard equipment and accessories
 Bench docking station for proper alignment of the optional flat-to-incline bench
 Chin-up function with multiple grip locations and weight assist strap function
 Fast-Attach™ coupling system for one-handed attachment and removal of accessories
 Torque Fork™ enables quick and easy weight plate selection
 Sound-dampening bushings eliminate weight stack contact for quieter operation

Standard Equipment

- 2 independent 150 lb. (91 kg) weight stacks
- 2T-Grip™ strap handles
- Straight bar emulates freeweight bar
- 2 Universal adapters with snap hooks
- Leg boot
- Chin/press assist strap
- Workout tracking clipboard

Optional Equipment & Accessories

- Adjustable bench with back angles 0°, 30°, 45°, 60°, & 75°, and seat angles 0° & 15°
- Low row bar
- Golf club handle
- Ab/triceps strap
- Tennis racquet handle
- Baseball bat attachment
- Adjustable strap handles
- Baseball ball attachment



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FOLD AWAY STRENGTH TRAINER

Construction

Frame:

- Heavy-gauge round and oval tubing
- Electrostatic high gloss metallic powder-coated finish

Cables:

- 1/8 inch (3 mm) military spec 7 x 19 strand cables rated for 2000 lb. tensile strength
- internally lubricated cables
- Coated with 3/16 inch (5 mm) nylon jacket

Pulleys:

- Nylon/fiberglass construction
- ABEC-rated maintenance free ball bearings for added durability and smooth feel

Warranty

Residential:

- Frame and welds: Lifetime
- Parts: Lifetime
- Upholstery, cables, grips and strap handles: 10 years

Light commercial:

- Frame and welds: 10 years
- Parts: 1 year
- Upholstery, cables, grips and strap handles: 90 days

Dimensions

| | <u>Closed</u> | <u>Open</u> |
|--------|---|-------------|
| Length | 39.5 inches | 62 inches |
| Width | 39.5 inches | 62 inches |
| Height | 83 inches | 83 inches |
| Weight | 563 pounds with 2 150 pound weight stacks | |



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