GRONK FITNESS XFT

SKU-5001-G3

The Gronk Fitness XFT Functional Trainer brings versatile cable training to a compact dual-stack design. Two 200 lb weight stacks and a 2:1 cable ratio support controlled movements for a wide variety of exercises.

Featuring adjustable pulley positions, 180-degree swivel movement, aluminum pulleys, and an integrated multi-grip pull-up station, the XFT is built for full-body strength training at home or in light-commercial settings.



PRODUCT FEATURES

DUAL 200 LB WEIGHT STACKS
Independent stacks support bilateral and unilateral cable work.

2:1 CABLE RATIO
Smooth, controlled resistance for versatile training.

ADJUSTABLE CABLE STATIONS
Change pulley positions for upper- and lower-body exercises.

180-DEGREE SWIVEL PULLEYS
Flexible cable direction expands movement options.

ALUMINUM PULLEYS
Durable pulley components for consistent cable travel.

MULTI-GRIP PULL-UP BAR
Integrated upper-body station adds bodyweight training.

BUILD YOUR GREAT

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DEPTH
41 in



HEIGHT
83 in

WIDTH
61 in

EQUIPMENT SPECIFICATIONS

DIMENSIONS 41 in D x 61 in W x 83 in H	**PRODUCT WEIGHT** 675 lb
WEIGHT STACKS 2 x 200 lb	**CABLE RATIO** 2:1
PULLEY MOVEMENT 180-degree swivel	**USE RATING** Residential / Light Commercial

WARRANTY

RESIDENTIAL

Frame / Parts: Lifetime
Labor: 1 Year

LIGHT COMMERCIAL

Frame: 10 Years / Parts: 5 Years
Labor: 1 Year

COMMERCIAL SALES
1-800-537-0516

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