



# LINK

FREE TRAINER



SWIVELING DUAL PULLEYS WITH 23  
LASER ENGRAVED HEIGHT  
ADJUSTMENTS

DUAL POSITION BENCH DOCK  
ALLOWS PERFECT BENCH  
PLACEMENT FOR SEATED  
EXERCISES AND PROVIDES FULL  
SIZED STEP FOR CHIN UP/HANGING  
MOVEMENTS

WEIGHT ASSISTED CHIN UP  
STATION PERFECTLY COUNTER  
BALANCES USERS WEIGHT TO  
ALLOW FULL RANGE/SET CHIN UPS

DEDICATED SUSPENSION TRAINER  
ANCHOR POINT

BUILT-IN STORAGE FOR EXERCISE  
AND STRENGTH BANDS

ADJUSTABLE ROLLER ASSEMBLY  
LOCKS ROLLER PADS IN POSITION  
FOR HOLD DOWN ON LAT PULL  
EXERCISES.

PERFORM SQUATS, CURLS, ROWS,  
AND MORE WITH STANDARD BAR  
ATTACHMENTS

LARGER FOOT PLATES FOR CALF  
STRETCHING AND LOW ANCHOR  
POINTS FOR RESISTANCE BAND  
TRAINING

360 DEGREE ROTATING BALANCE  
HANDLES HELP STABILIZE USERS  
WHILE USING SINGLE COLUMN  
AS WELL AS AIDING WITH  
STRETCHING MOVEMENTS



DEMO



HEIGHT : 7'-4"  
WEIGHT : 938 LBS



*\*OPTIONAL FZ-6X F.I.D. BENCH*