

LINK FREE TRAINER

THE MOST FUNCTIONAL - *of All Free Cable Trainers*

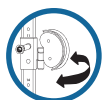


CLICK OR SCAN

360° View



*Shown with
LFT-AP



SWIVELING DUAL PULLEYS

with 23 laser engraved height adjustments every 3 inches



DUAL POSITION BENCH DOCK

Provides optimal bench positioning for seated exercises and a full-size step for chin-ups



WEIGHT ASSISTED CHIN UP STATION

roller assembly counter balances users weight to allow a full range set of chin ups



DEDICATED SUSPENSION TRAINER

anchor point (suspension trainer sold separately)



ADJUSTABLE ROLLER ASSEMBLY

locks roller pads in position for hold down on lat pull exercises



BUILT-IN ACCESSORY STORAGE

stores standard bar attachments and optional power and exercise bands



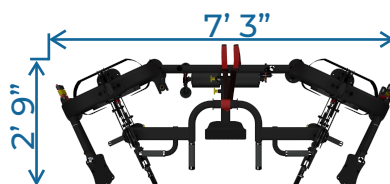
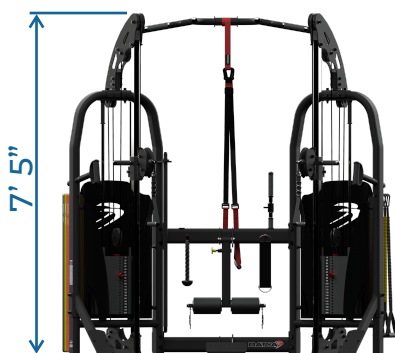
LARGER FOOT PLATES

for calf stretches and low anchor points for resistance band training



360° ROTATING BALANCE HANDLES

stabilize users while using single column and aiding with stretching movements



WEIGHT: 950 lbs



LFT with
Optional
FZ- 6X
Bench



DURABLE
BUILT TO LAST
HEAVY USE



FUNCTIONAL
ALL-IN-ONE
STORAGE SOLUTION



EASY ACCESS
EVERYTHING IN
ITS PLACE



SPACE EFFICIENT
MAXIMIZE YOUR
WORKOUT AREA

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REFINED STRENGTH FOR EVERY SPACE

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