



# SHUA | INSPIRE FT1 FUNCTIONAL TRAINER

SKU: SH-G6520





PRODUCT  
DESCRIPTION

Shua | Inspire's FT1 for functional training allows you to have complete freedom of movement in any direction or plane while performing weight resistance exercises. These unrestricted exercises are designed to move the way your body naturally moves. Many of the freestanding exercises incorporate core, secondary, and stabilizing muscles, giving you a more efficient workout.

The Shua | Inspire FT1 is an excellent training machine for athletes interested in sport specific exercise movements or for people looking to strenghten their overall bodies, increase stamina and coordination or lose weight.

SPECIFICATIONS

- Frame: Heavy-duty rectangular and round tubular steel
- Powder Coated Finish: The Electrostatic Powder Coat offers a durable, maintenance free finish
  - Tablet Holder: Scan QR-CODE and view workout from your tablet
- User-friendly adjustments: The quick, one-handed adjustable high/low pulley system adjusts to more than 30 height positions for all of your exercise needs
- Dual Independent Weight Stacks: The dual weight stacks allow you to work each side of the body independently for a more balanced workout
- Split Resistance: 2:1 resistance ratios provide a smooth, continuous feel and a longer range of motion for more versatility in your exercise movements
- Weight Stacks: 2 x 72.8kg Commercial Weight Stacks with Solid Guide Rods and Center Drilled Weight Plates (4.55kg increment)
  - Rotating Accessory Holder: Includes the Multi-Functional Belt, Easy Curl Bar, Straight Bar, Ankle Cuff, Swing Handle, Tricep Rope, 2- Single Handles



ADDITIONAL  
INFORMATION

More Information	
Warranty	Mainframe: Lifetime, Other parts: 1 year
Product Weight	274kg
Product Dimension	101 x 137 x 215cm (L x W x H)