

METAGENICS FITNESS

Universal Super Functional trainer



- Conventional 2:1 ratio functional trainer with standard stacks of 200 lbs and optional stacks of 260 & 300 lbs.
- Lat pull cable (1:1 ratio) with seat attachment that can be removed.
- Seated row foot pad attachment that can be removed.
- One pair of J cups and safety catches.
- Three lower pegs on each side for dynamic lifting.
- Side vertical Olympic bar holder to store the bar when not in use.
- Six plate horns for plate storage.
- Landmine attachment.
- Adjustable and rotational chin bars on the cross bar.
- Middle bar to store components and accessories when not in use.



- Robust gauge 11 commercial structure with 75*75 mm upright tubes and 3 mm thickness. The uprights are perforated with 26 mm diameter holes.
- Extremely compact foot print for a full body workout.
- Size: Depth 1550 Width 1350 Height 2380mm
61"x53.15"x94" Weight:540kg
- Maintenance free adjustable pulley box with rollers instead of plastic bushings.



Exercises that can be done in the Universal Super Functional trainer:

1. Squats with Olympic bar.
2. Chin-ups, pronated and neutral grip.
3. Lat pull down.
4. Seated Row.
5. Biceps curl and Triceps extension.
6. Functional trainer cables with several accessories that are included; adjustable handles, triceps rope, ankle strap and short bar.
7. Flat, incline, decline Olympic lifting with the use of a multi bench in the middle.