

LifeFitness



DUAL ADJUSTABLE PULLEY

with **Progressive Stabilization**

THE PRODUCT

The Life Fitness Dual-Adjustable Pulley with Progressive Stabilization delivers the ultimate cable training experience. Including a low starting resistance, cabling for dynamic movements, and our patented adjustable stability pad for support during key movements, this functional trainer sets the standard for versatility and workout effectiveness—allowing for nearly endless strength exercises.

THE FEATURES

- **Patented Progressive Stabilization Pad** for support during key exercises
- **Laser-Etched Numbers** for easy identification of carriage adjustment positions
- **Simple Carriage Adjustment** uses ball bearings for smooth adjustments
- **Multi-Grip Pull-Up Bar*** for performing a variety of pull-ups / chin-ups
- **Included Grips:** 2 Long Grips, 2 Short Grips, Triceps Rope, Ankle Strap
- **Integrated Grip Storage** to keep the training space organized and accessible

*Multi-Grip Pull-Up Bar is optional

12 FT (366 CM) CABLE TRAVEL



PROGRESSIVE STABILIZATION SYSTEM

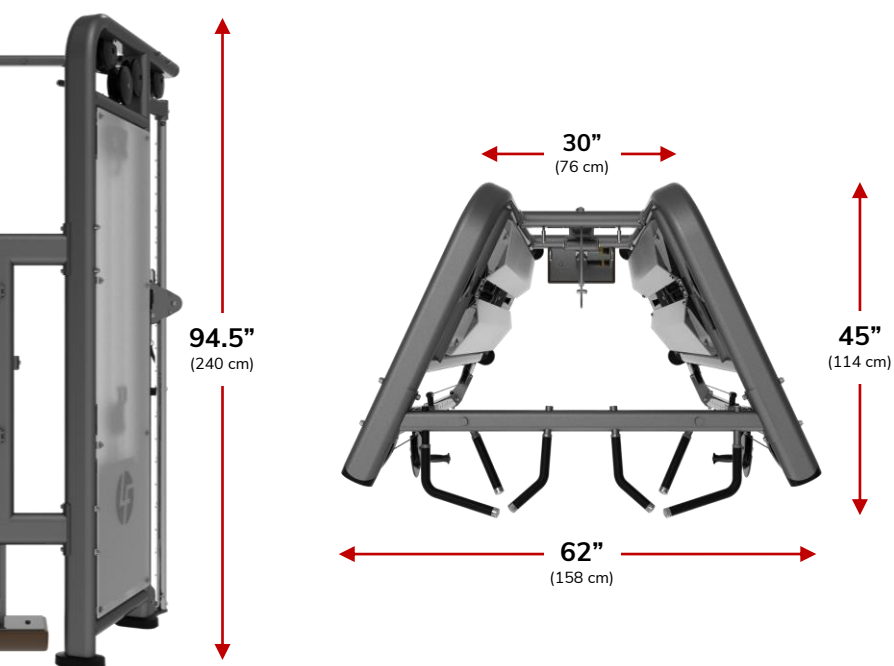


MULTI-GRIP PULL-UP



UNLIMITED WORKOUT VARIETY.

Expand your workout possibilities with our Progressive Stabilization system. Whether supporting the chest, back, or providing stability, the applications are limitless.

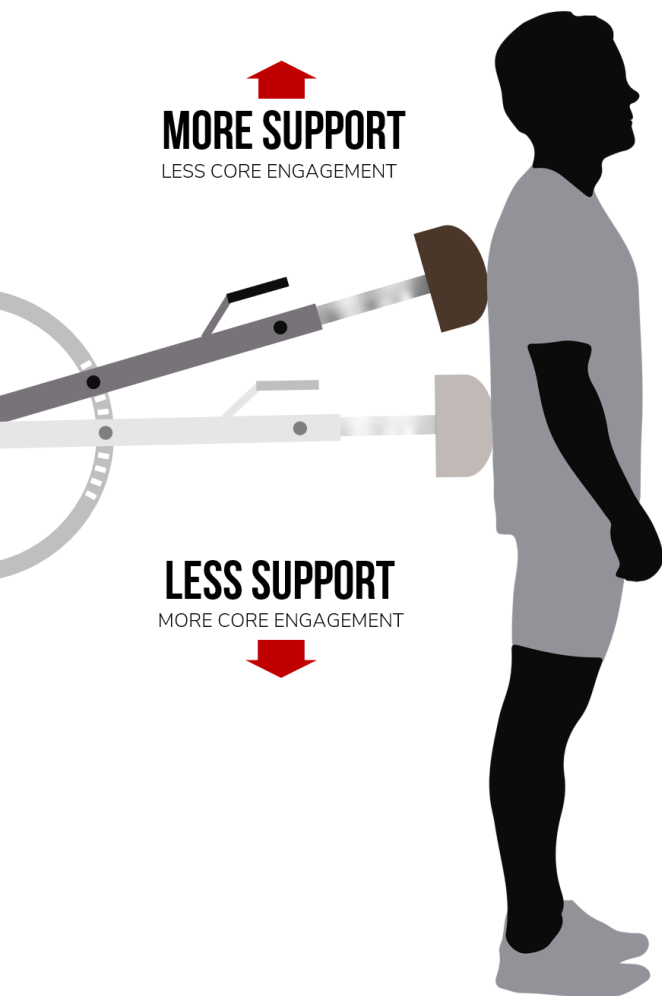


THE SPECS

- Size (D x W x H): 45" x 62" x 94.5" (114 x 158 x 240 cm)
- Weight: 1,300 lbs (590 kg)
- 4:1 Cable Ratio (for performing dynamic movements)
- 2 Independent, Adjustable Columns with 22 Positions
 - Lowest Position (from floor): 6.5" (17 cm)
 - Highest Position (from floor): 78.5" (200 cm)
- Dual Weight Stacks – 402 lbs each (182 kg)
- User Effective Resistance: 2.5 – 100.5 lbs (per stack)
- 2 – 2.5 lbs increment Weights (per stack)
- 12' (366 cm) Cable Travel



WHAT IS **PROGRESSIVE STABILIZATION**



INCREASED LOAD CAPACITY

The Life Fitness Dual-Adjustable Pulley features our patented Progressive Stabilization system, which is a pad that adjusts for height and horizontal positioning. Unlike other functional trainers, this system provides optional support for more load to be pressed or pulled.

MORE CORE ENGAGEMENT

As illustrated in the image on the left, the Progressive Stabilization system offers versatility by allowing adjustment to various heights. Positioning the pad higher on the body provides increased support while reducing core engagement. Conversely, lowering the pad decreases support while increasing core engagement. This ensures users can customize their workout experience based on individual preferences and goals.

GREATER EXERCISE VARIETY

While standard functional trainers are highly versatile products, adding our Progressive Stabilization system multiplies the range of exercises available. Whether utilized as a back support for pressing movements or leaned upon for stability, the potential applications of this system are limited only by your imagination*.

*Progressive Stabilization System is not meant to be sat or stood on.



LifeFitness