

FUNCTIONAL TRAINER

STRENGTH STARTS AT HOME

Already trusted in health clubs around the world, now you can get the powerful, versatile performance of a Matrix functional trainer in your home. Our incredibly smooth functional trainer lets you take on explosive athletic movements and heavy, controlled movements for a true full-body workout. Club-quality components stand up to the most intense use, and the low-height, open-frame design means our functional trainer will fit your space like it was made for it — because it was.

strength



THOUGHTFUL HOME DESIGN

An overall height of just 212 cm / 83.5" makes it easy to fit our functional trainer into spaces with lower ceilings. Cleanly routed cables and a walk-through frame offer freedom of movement and a more attractive aesthetic for the home.

STYLISH, SHIELDED & SECURE

A commercial-quality shroud completes a look that's sleek and robust while securely shielding moving components, reducing noise and preventing dust and debris from falling into the weight stack.



ENDLESS EXERCISE VARIETY

Fully enclosed pulley handles let you secure bands for added exercise variety, while the knurled pull-up bar provides both wide and narrow grips for multiple bodyweight exercises.



Specifications subject to change without notice. For more information about Matrix Fitness: matrixfitness.com

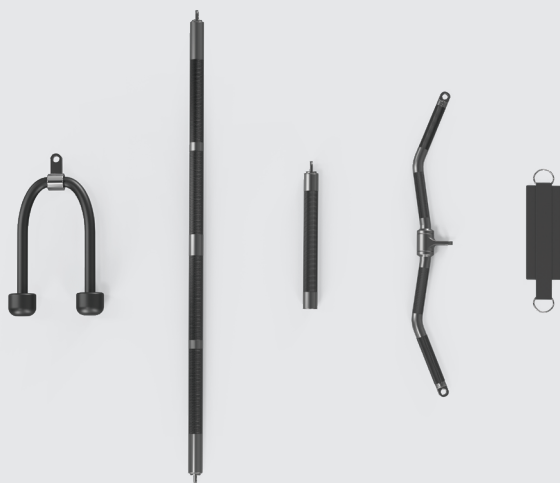
FUNCTIONAL TRAINER

FTR30

WEIGHT STACK	136 kg / 300 lbs. (standard); 45 kg / 100 lbs. (FTRHS heavy stack add-on)
EFFECTIVE RESISTANCE	
1-HANDLE IN USE	1:4 Pulley Ratio: 34 kg / 75 lbs. (standard); 45 kg / 100 lbs. (FTRHS heavy stack add-on)
2-HANDLES IN USE	1:2 Pulley Ratio: 68 kg / 150 lbs. (standard); 91 kg / 200 lbs. (FTRHS heavy stack add-on)
PRODUCT WEIGHT	245 kg / 540 lbs. (standard); 290.5 kg / 640 lbs. (FTRHS heavy stack add-on)
WEIGHT STACK GUARDING	Full front and rear shields
ADJUSTMENTS	25 handle start positions; enclosed carriage handles and color-coded pull-pins
OVERALL DIMENSIONS (LxWxH)	129.5 x 137.5 x 212 cm / 51 x 54 x 83.5 in.
CABLE TRAVEL (BOTH HANDLES IN USE)	231 cm / 91 in.
MAX USER WEIGHT	136 kg / 300 lbs.
MAX TRAINING WEIGHT	180 kg / 400 lbs.
HANDLES	2 D-handles (standard); straight bar, EZ curl bar, rope, sports handle, ankle cuff (FTRHP Optional Handle Package)
MULTI-GRIP PULL-UP BAR	Knurled, allows users to perform wide or narrow grip pull-ups
PLACARDS	Color-coded muscle call-outs, start & finish exercise illustrations
STORAGE	5 storage hooks; magnetic clip included for phone or tablet storage



strength



OPTIONS FOR YOUR GOALS

To take functional training to the next level, add an additional 45 kg / 100 lbs. to the weight stack with our **FTRHS heavy stack add-on** and our optional **FTRHP handle package** that includes a straight bar, EZ-curl bar, rope, sport handle and ankle cuff for additional training variety.



MATRIX HOME FITNESS APP

Start your strength program at home with the Matrix Home Fitness app. Use the exercise library and sample workouts with step-by-step videos to guide your movements, log your reps and sets and create your own workouts. Download the free app to begin your fitness journey.



A GUIDED TRAINING EXPERIENCE

Color-coded exercise placards offer guidance to help you focus on the muscles that matter to your goals, and a magnetic device holder lets you bring along training apps, videos or music.