

Performance
CYBEX

The **CYBEX FT 360s** FUNCTIONAL TRAINER

Strength Training for the REAL WORLD

The CYBEX FT 360s is so versatile it practically has infinite adjustability. Which means an unlimited variety of training movements for your clients or members. The FT 360s lets them work against resistance from every direction just like everyday life movement does. Plus, the low inertia weight stack allows for movement at more functional speeds of motion. For anyone with performance or training goals the FT 360s, with its space efficient design, is the perfect machine.



The FT 360s Lets Users:

- Define their motion against resistance from virtually any direction
- Perform ground based training movements
- Perform unilateral, bilateral or reciprocal movements

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● Arms adjust independently in two planes of motion, for virtually limitless variety and are counterbalanced for ease of adjustment

● Swiveling pulleys rotate 180 degrees to allow the cable to follow the user through their movement with minimal drag

● The ingenious drive system significantly reduces momentum, allowing movement that emulates real life activities

● Designed to be used with benches or stability balls for additional training opportunities

● The fully enclosed structure is designed to meet ASTM and EN safety standards while presenting a clean, approachable look

● In addition to the molded hand grips, the hip harness and ankle cuff provide for even more variety in lower body training

● *Physioball not included*





● Standing (ground based) exercises emphasize dynamic stabilization



● Users can perform complex motions to meet specific performance needs





PRODUCT SPECIFICATIONS

Product Number	9101
Foot Print	54" (137 cm) W × 54" (137 cm) L × 75" (221 cm) H (when stored) 113" (287 cm) W × 54" (137 cm) L × 90" (229 cm) H (maximum in use)
Weight	600 lbs. (273 kg)
Weight Stack	300 lbs. (136 kg)
Effective Resistance	5 lbs (2.25 kg) per plate per handle
Lifting Ratio	Unilaterally—4:1 ratio Bilaterally—2:1 ratio
Maximum Resistance	Unilaterally—75 lbs. (34 kg) Bilaterally—150 lbs. (68 kg)
Beginning Resistance	Unilaterally—5 lbs. (2.25 kg) Bilaterally—10 lbs. (4.5 kg)
Rotation Assembly	180° available rotation
Reach Assembly	15° starting reach, 45° maximum reach
Color	Standard CYBEX Color Options—enclosure only
Standard Accessories	Soft 4" crossover handles (2), padded hip harnesss, ankle strap


www.cybexintl.com

WORLD HEADQUARTERS 10 Trotter Drive + Medway, MA 02053 + T 1.508.533.4300 +
F 1.508.533.5500

CYBEX INTERNATIONAL, UK LTD. Oak Tree House + Atherstone Road + Measham + Swadlincote,
Derbyshire, DE12 7EL UK + T 44.845.606.0228 + F 44.845.606.0227