



## Fold Away Strength Trainer™

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The F7 Fold Away Strength Trainer is a dual weight stack gym that offers true independent functional training packaged in a small fold-away footprint. With two adjustable swivel pulleys - each with 30 positions - and two different widths, the F7 accommodates users of all sizes in performing unlimited exercises. The docking station for the optional flat-to-incline bench automatically aligns exercisers in the correct position, and the multi-use chin/press assist strap enables users of all skill levels to perform exercises. Plus, the cable columns, bench, and optional exercise balls or training accessories all can be hidden away inside the attractive closing doors. Equipped with several standard accessories, the F7 provides the most functional variety for training today for all levels of exercisers.

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### Features

- > Dual independent weight stacks - Allow for simultaneous isolateral movement of both sides of the body
  - > Dual adjustable column width - 46 inch (117cm) and 57 inch (145 cm) widths accommodate all users in performing a variety of exercises
  - > Dual cable column adjustable swivel pulleys - Feature one-handed adjustments that have 30 positions in 2 inch (5 cm) increments
  - > Fold away doors - Enclose gym and all training accessories in a aesthetically pleasing manner
  - > Accessory storage - Built-in information/accessory zone neatly stores all standard equipment and accessories
  - > Docking station - Positions optional flat-to-incline bench to correctly align users for all exercises
  - > Integrated chin-up - With multiple grip locations and weight assist
  - > Fast-Attach™ coupling system - Facilitates one-handed attachment and removal of accessories
  - > Torque Fork™ - Allows for quick and easy weight plate selections
  - > Sound-dampening weight stack - Bushings eliminate metal-on-metal contact for quieter operation
  - > Standard accessories - Complete functional training provided with the two T-grip™ strap handles, chin/press assist strap, straight bar, leg boot, squat harness and two universal adapters for using other non-proprietary Torque accessories
  - > Free HyperStrike membership - Online training includes exercise instruction with 3-D animation, workout schedules, diet instruction and motivation
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### Standard Equipment

- > (2) independent 150 lb (91 kg) weight stacks
  - > (2) T-grip™ strap handles
  - > Straight bar
  - > Chin/press assist strap
  - > Leg boot
  - > (2) universal adapters with snap hooks
  - > Workout tracking clipboard for use with HyperStrike customized workouts
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### Optional Equipment

- > Flat-to-incline bench - Bench integrates with docking location, stores inside enclosure, and features 7 different back pad positions and two seat pad adjustment angles, all operated with fingertip operation
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### Optional Accessories

- > TQASH - Adjustable strap handles
- > TQLR - Low row bar
- > TQATS - Ab/triceps strap
- > TQGC - Golf club handle
- > TQTR - Tennis racquet handle
- > TQB - Baseball attachment
- > TQBB - Baseball bat attachment

## Frame

- > Heavy-gauge round and oval tubing
- > Electrostatic high gloss metallic powder-coated finish

## Cable

- > 1/8 inch (3 mm) military spec 7 x 19 strand internally lubricated cables coated with 3/16 inch (5 mm) nylon jacket - rated for 2000 lb tensile strength

## Pulleys

- > Nylon/fiberglass pulleys
- > ABEC-rated maintenance free ball bearings for added durability and smooth feel

## Warranty

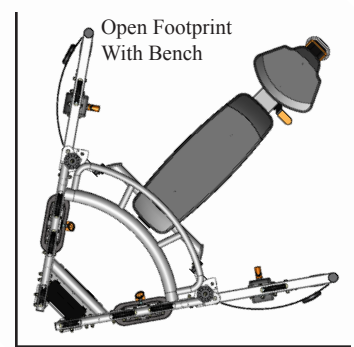
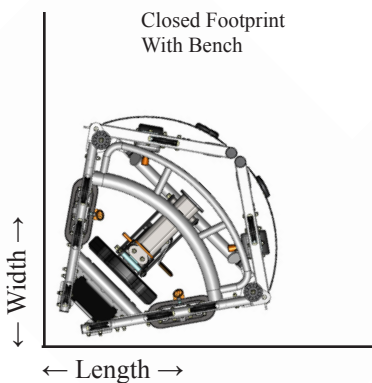
### Residential:

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| > Frame and welds:                             | Lifetime |
| > Parts:                                       | Lifetime |
| > Upholstery, cables, grips and strap handles: | 10 years |

### Light commercial:

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| > Frame and welds:                             | 10 years |
| > Parts:                                       | 1 year   |
| > Upholstery, cables, grips and strap handles: | 90 days  |

## Measurements



F7 with bench	Closed	Open	Live working area
Length	39.5 in (100 cm)	62 in (157 cm)	80 in (203 cm)
Width	39.5 in (100 cm)	62 in (157 cm)	80 in (203 cm)
Height	83 in (211 cm)	83 in (211 cm)	95 in (241 cm)

F7 weight: 562 lbs (255 kg) including two stacks at 150 lbs (68 kg) each

Optional Bench	Dimensions
Length	51 in (129 cm)
Width	29 in (74 cm)
Height	18.5 in (47 cm)

Bench weight: 66 lbs (30 kg)