SIMPLE TRAINER

HD-4000





SPECS

PRODUCT DIMENSIONS
Arms Out (L x W):
43.00” x 126.25” (109 cm x 321 cm)

Arms Fully Down/Up (L x W):
46.00” x 68.25” (117 cm x 173cm)

Height Range (Arms Fully Down/Up):
82.00” - 93.25” (208 cm - 237 cm)

PRODUCT WEIGHT
903 lbs. (410 kg)

CABLE TRAVEL
100” (254 cm) - each side

WEIGHT STACKS
2 x 240 lbs. (109 kg) - each

WEIGHT RATIO
3 to 1 = 80 lbs. (36 kg) maximum at each handle

FEATURES

- HOIST Fitness’ patent-pending, dual-axis adjustment system controls both height and width of arms with a single, easy-to-adjust lever per side
- For added safety, the arms are slightly over-balanced* to prevent falling, and bold indicators show users when they are locked and ready to use
- Cables remain centered with the axis of rotation for the arms, preventing slack as adjustments are made all while providing a smooth, consistent feel
- Arm adjustments features 12 height positions and 9 width positions on each side
- Accessories include stabilizing handles and water bottle/phone holder
- Comes standard with HOIST x2 strap handles

*when paired with HOIST strap handles (x2 included)

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