

VITALITY™ STRENGTH

# Functional Training System

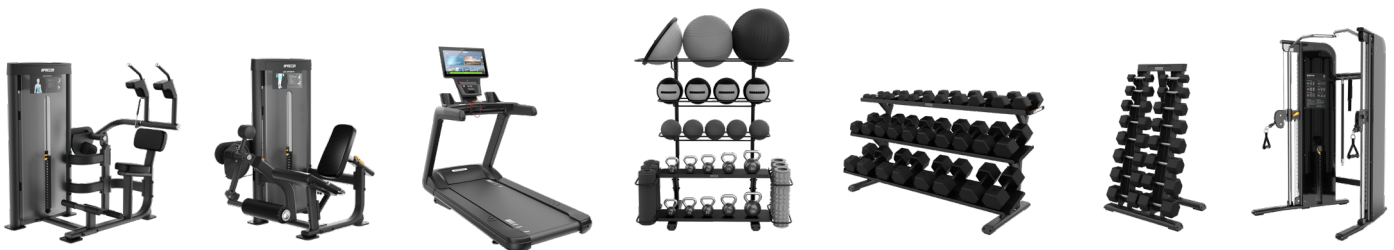
## FTS Glide



Incorporate strength training into your fitness offerings while staying true to your brand and working within budget and space limitations, Vitality Strength is an ideal collection of essential equipment for strength training. The Vitality Series offers a wide range of exercises designed specifically for lower-traffic facilities, with a sleek appearance and user-friendly design that allows exercisers to get started quickly and easily. High-quality materials and construction deliver a refined appearance for years to come.

With attention to fit and feel, comfortable touch points, and easy-to-use adjustments, the FTS Glide helps exercisers of all abilities benefit from strength training. To complement your facility, every machine is durable and streamlined with a long track record of reliability.

The FTS Glide offers resistance training with freedom of motion to increase core strength, balance, stability and coordination. Designed with a compact footprint and low height to fit any fitness facility, the FTS Glide is easy to use.



# Functional Training System

## FTS Glide

### Product Features

#### EXERCISE VARIABILITY

With its adjustable height options for the pulleys, a pull-up bar, and a collection of accessories, the FTS Glide offers a huge variety of movements to work every muscle group. Consider adding our Flat-Incline-Decline Bench (VBR6117) to provide even more options for your exercisers.

#### AMPLE WEIGHT IN A COMPACT FOOTPRINT

Two weight stacks, each 200 lb (91kg), provide a lot of lifting potential in a frame that's only 85 in (216 cm) high. Perfect for smaller facilities that want to offer a serious, full-body workout in a single machine.

#### EASE OF USE

The FTS Glide features an illustrated instructional placard that assists both novice and experienced exercisers in set up, and with suggestions for various exercises. Ideal for lightly staffed or unmanned facilities.

### Specifications

**Dimensions (L x W x H):** 58 x 52 x 85 in / 147 x 132 x 216 cm

**Product Weight:** 672 lb / 305 kg

**Weight Stacks:** 200 lb / 91 kg each

**Workout Area:** 53 x 85 in / 135 x 216 cm

**NOTE:** 12 in / 30 cm of additional clearance is needed above machine for pull-ups

**Frame:** 11 gauge 2 x 4" racetrack steel tubing

**Finish:** Electrostatically applied, heat-cured powder coat

**Instructional Placard:** Guide to model exercise guidance and link to QR code for video instruction

**Standard Accessories:** Two d-rings, over-molded strap handles; one ankle/thigh strap; one straight pull bar

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

### Color Options\*

**Frame**      **Upholstery**



Black Pearl      Black

\* Colors may vary.

