



Go Series Functional Trainer

GO-FT3 / GO-FT4

Now you can make functional training accessible to all with a versatile functional trainer that fits your space, budget and members' needs.

- 1 central weight stack allows for quick and easy weight adjustments between sets
- 1:2 pulley ratio when both handles are in use for heavier controlled lifts. 1:4 pulley ratio when only 1 handle is in use for more explosive movements
- Optional Handle Package: GO-FTHP handle package includes 5 training handles (straight bar, EZ curl bar, rope, sports handle, ankle cuff)
- Knurled multi-grip pull-up bar for greater exercise variety
- Compact 212 cm / 83.5" overall height allows unit to be placed in facilities with lower ceilings
- Placard highlights targeted muscle groups and proper user positioning for a wide range of exercises
- Enclosed handle provides safe and secure mounting point for exercise bands
- One-handed pulley adjustment offers easy operation

ADJUSTMENTS

COLOR-CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	25 user start options

FRAME & CABLES

CABLE TRANSMISSION	Internally lubricated cables and fittings
MACHINE ANCHORING LOCATIONS	Yes

TECH SPECS

MAX TRAINING WEIGHT	180 kg / 400 lbs.
PRODUCT WEIGHT (GO-FT4)	292 kg / 643.4 lbs.
PRODUCT WEIGHT (GO-FT3)	246.5 kg / 543.4 lbs.
MAX USER WEIGHT	136 kg / 300 lbs.
OVERALL DIMENSIONS (L X W X H)	129.5 x 137.5 x 212 cm / 51" x 54" x 83.5"

USER AMENITIES	
ACCESSORY STORAGE	Integrated storage for attachments and optional accessories
MULTI-GRIP PULL-UP BARS	Various grip angles for variety of exercise
PLACARDS	Muscle call-outs, color-coded, start and finish exercise illustrations
PLACARD COLOR CODING	Yellow (upper body), blue (lower body), green (core)

WEIGHT STACK	
GO-FT3 WEIGHT STACK	68 kg / 150 lbs. of effective resistance with both handles in use (1:2 pulley ratio)
GO-FT3 WEIGHT STACK	34 kg / 75 lbs. of effective resistance with one handle in use (1:4 pulley ratio)
GO-FT4 WEIGHT STACK	91 kg / 200 lbs. of effective resistance with both handles in use (1:2 pulley ratio)
GO-FT4 WEIGHT STACK	45 kg / 100 lbs. of effective resistance with one handle in use (1:4 pulley ratio)
WEIGHT STACK GUARDING	Full front and rear shields
GO-FT3 WEIGHT STACK	136 kg / 300 lbs. actual weight
GO-FT4 WEIGHT STACK	180 kg / 400 lbs. actual weight