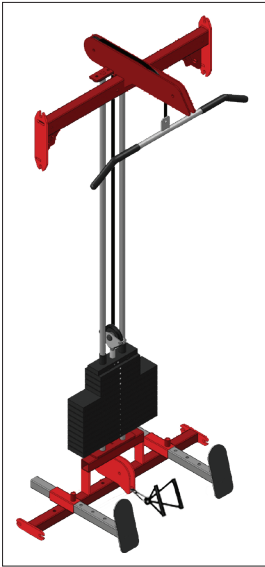


# MOTIVATE MULTIFUNCTIONAL TRAINER

## PMX-MFT HALF RACK & FUNCTIONAL TRAINER COMBO



**Optional HI Lat Low Row  
MFT-HL Attachment.**



**Shown with Optional  
Smith Machine, Landmine  
and Band Attachments.**

### FEATURES

- Adjustable Cable Columns with 300lb weight stacks in 15lb increments
- 2:1 pulley ratio on weight stacks
- 2 Safety Arms, 2 J-Hooks (bar catches)
- 2 Base-mounted Olympic Bar Holders
- 2 Stainless Steel Selectorized Uprights (3x3, 11g steel)
- Top/Base: 3x2 11g steel, powder coated
- Rear uprights: 3x3 11g steel, powder coated
- Cable attachment storage hangers (rear)
- 8 Weight horns (bottom pair 14" long)
- Multi-grip chin up
- CA-TRAKHANDLE: Rotating Trak handles Included

### COMPATIBLE ATTACHMENTS

- MFT-10: Smith Machine
- MFT-HL: HI Lat/Low Row 300lb weight stack in 15lb increments with 1:1 pulley ratio
- PMX-BA: Band attachment
- 50423: Landmine
- SP-220: Dip station attachment
- SP-385: Single-leg squat attachment

### PMX-MFT DIMENSIONS

#### PMX-MFT OR PMX-MFT WITH MFT-HL HI LAT/LOW ROW ATTACHMENT:

- Floor footprint excluding weight horns and safety arms  
78L x 48W x 100H
- Including weight horns and safety arms  
92L x 76W x 100H

#### PMX-MFT WITH MFT-10 SMITH MACHINE ATTACHMENT:

- Floor footprint excluding weight horns and safety arms  
78L x 48W x 100H
- Including weight horns, safety arms, and smith bar  
92L x 86W x 100H