



## FTS Glide

Icarian® Functional Selectorized

# Functional Training System

The FTS Glide is easy to use and 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 most home gyms. This professional functional fitness training system is featured in commercial fitness facilities across the globe including clubs, YMCAs, universities, and hotels.



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## Exercise Variability

With its adjustable height options for the pulleys, a pull-up bar, and a host of accessories, the FTS Glide offers a huge variety of movements to work every muscle group. Consider adding one of our [home or professional model benches](#) to provide even more exercise options.

## Ample Weight in a Compact Footprint

Two weight stacks, each 200 lb (90kg), provide a lot of lifting potential in a frame that's only 85 in (216 cm) high. Perfect for your home gym to get 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 has suggestions for various exercises.

## Color Option

Two refined colorways to choose from, Gloss Metallic Silver or Black Pearl, to more better suit your home gym.

## Specifications

**Dimensions (L x W x H):** 53 x 48 x 85 in / 135 x 123 x 216 cm

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

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

**Workout Area (L x H):** 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 [www2.precor.com/warranty](http://www2.precor.com/warranty) for warranty terms.



Gloss Metallic Silver



Black Pearl

