



FTS Glide

Icarian® Strength Line

Functional Training System

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.



[GO.PRECOR.COM/FTS-GLIDE](https://go.precor.com/fts-glide)

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 **PRECOR®**

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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 multi-adjustable bench (DBR 119) 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.

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

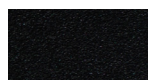
Instructional Placard: Guide to model exercise guidance and link to QR code for video instruction

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

Warranty: Visit www.precor.com for warranty terms.



Gloss Metallic Silver



Black Pearl

