



# INFLIGHT FITNESS

## FT1000

functional trainer



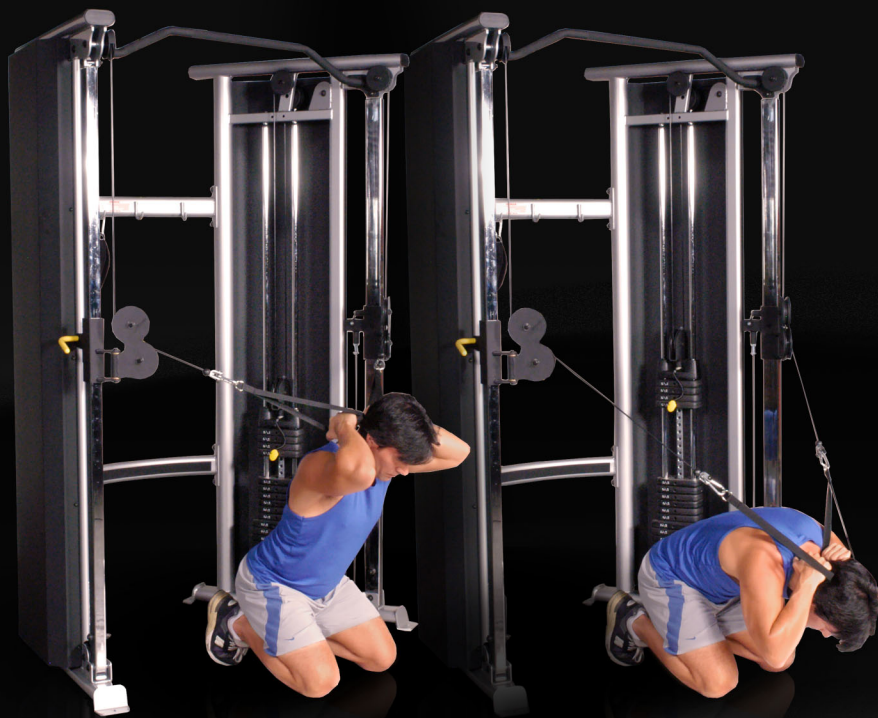
start bicep curl finish



start squat finish



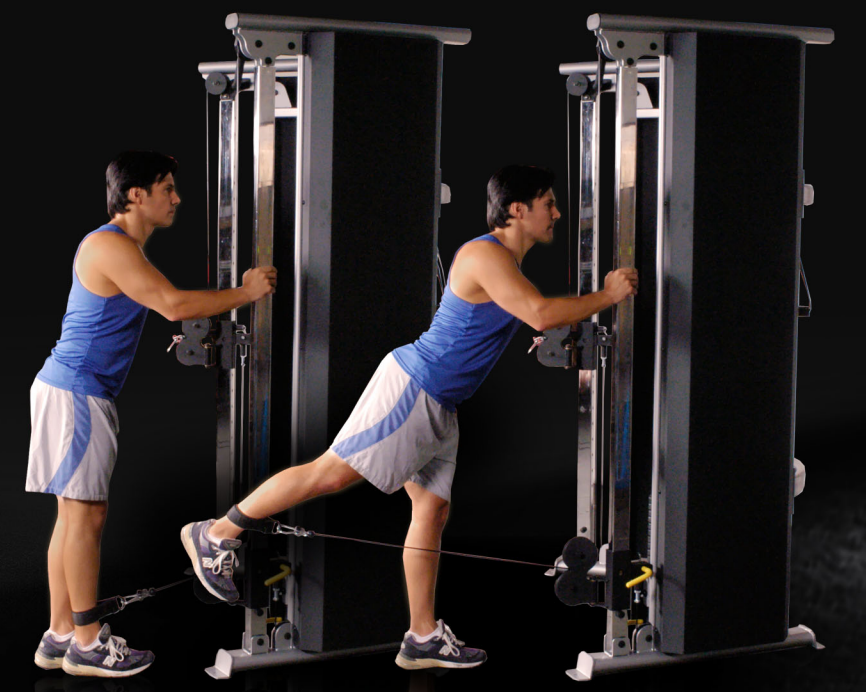
start military press finish



start ab crunch finish



start pull up finish



start leg kickback finish



start high row finish



start lateral raise finish



start seated overhead tricep finish

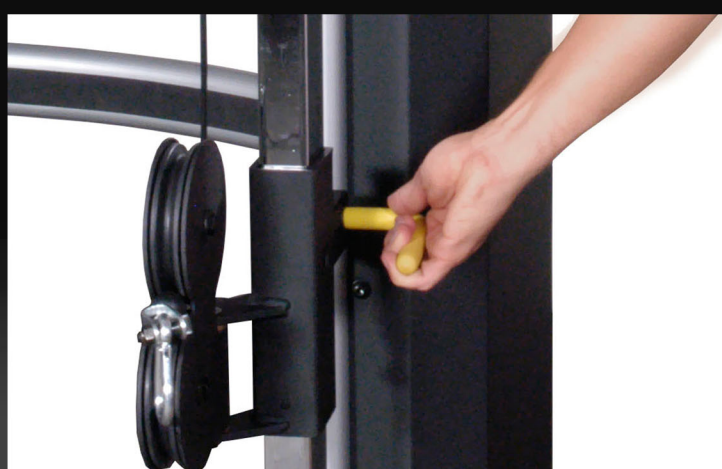
## IMPORTANT NOTICES

Read all warnings and labels prior to using this machine.

Do not alter this machine or remove this placard.

Always consult a physician and an exercise professional before using this or any other exercise equipment.

[www.inflightfitness.com](http://www.inflightfitness.com)



Rotate the yellow handle up to adjust the height of the pulley carriage.



Use the step to reach the pull-up bar. Lower the step when not in use.





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## FT1000

functional trainer



start

standing  
chest press

finish



start

standing  
shoulder press

finish



start

lat pull

finish



start

seated  
mid row

finish



start

seated  
lat pull

finish



start

seated  
chest press

finish



start

inner thigh

finish



start

outer thigh

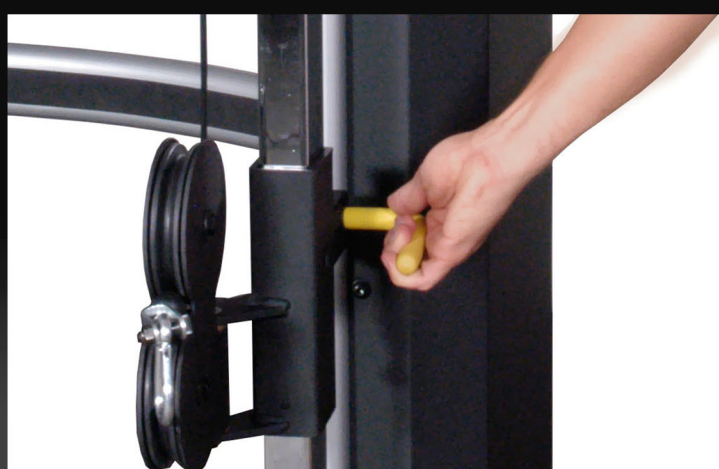
finish



start

standing  
leg curl

finish



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