



FTS GLIDE Functional Training System ICARIAN® SERIES

The Icarian Series FTS Glide supports a variety of ergonomic strength exercises to increase core strength, balance, stability, and coordination. A compact footprint and low height make it a perfect fit for fitness rooms in hotels, apartment complexes, office buildings, and more.

Every aspect of our fitness equipment is made to mirror human movement — fluid, natural, and familiar. Intuitive engineering and thoughtful design offer an invigorating workout that keeps exercisers moving. Arising from our heritage of providing quality fitness solutions that work, Precor fitness equipment keeps your exercisers satisfied, no matter what their goal.

Learn More: go.precor.com/ftsglide

PRECOR
Fitness Made Personal


BEYOND THE BASICS

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FTS GLIDE Functional Training System

ICARIAN® SERIES

Product Features

1. Compact Footprint

Standing just 85 in (216 cm) tall with a stable, space-efficient design, the FTS Glide makes the most of any dedicated fitness area.

2. Easy-to-Use Pulley Adjustments

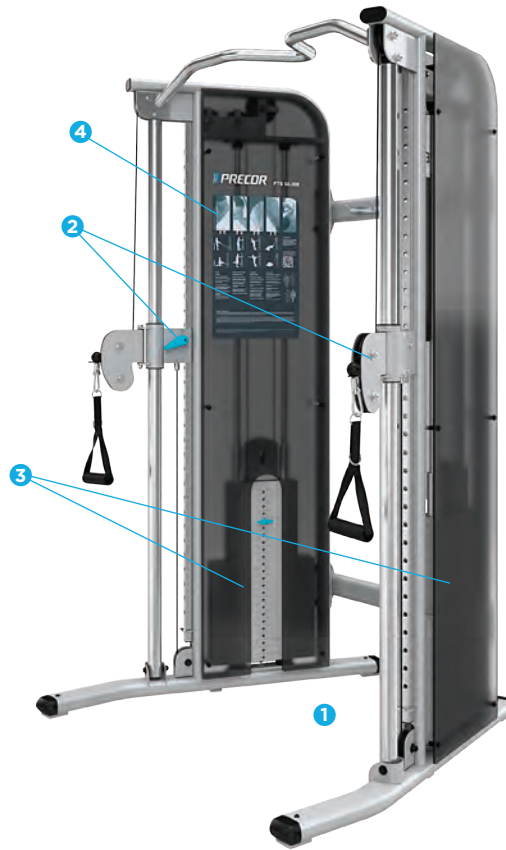
Pulleys can be adjusted with one hand for quick transitions from one exercise to the next. Exercisers can choose from 33 pulley positions to offer workout variety and ensure personal comfort for each core exercise.

3. Dual Weight Stacks

The 2:1 lift ratio of the dual weight stacks allow exercisers to engage more than one muscle and often more than one joint at a time for true isolateral resistance training with exerciser-defined motion paths.

4. Instructional Placard

An illustrated instructional placard guides exercisers through various exercise positions.



SPECIFICATIONS

Dimensions (L x W x H): 53 x 48 x 85 in (135 x 122 x 216 cm)

Workout Area (L x W): 53 x 84 in (135 x 214 cm)

Product Weight: 672 lb / 305 kg

Weight Stack (per stack): 2 x 200 lb (2 x 91 kg)

Frame and Finish: 11 gauge, 2 x 4 inch (6 x 10 cm) steel tubing

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

Standard Color Options

Frame



Gloss Metallic
Silver

www.tbfitness.ca

403.265.1377



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