

POWER LIFT®

POWERFUL IDEAS FOR POWERFUL RESULTS

3 X 3 DUAL STACK FUNCTIONAL TRAINER

The Power Lift 3x3 Dual Stack Functional Training unit features 2 adjustable columns with a dual handle design. Each column features a 300 lb weight stack and provides a 2:1 resistance ratio when the handles are used individually and a 1:1 ratio when the handles are connected. The 3x3 polished stainless steel adjustable column provides 1" holes on 2" center on each side, this allows for the Power Lift 3x3 attachments to be used in conjunction with the cable column. Other standard features include a multi-grip chin handle, and adjustable/removable t-bar that can be used for kneeling lat pulldowns or low rows, and accessory storage tray and 6 storage hooks for handle attachments.

KEY FEATURES:

- 3x3 11ga polished stainless steel adjustable column (compatible with all 3x3 upright attachments)
 - Adjustable column upright provides 1" holes spaced 2" apart on all 4 sides
- Pulley Handle Adjustment Features
 - Smooth effortless vertical adjustments of Pulley Handle
 - Constructed with machined aluminum pulley housings for lightweight
 - 4 rollers machined from Delrin® High Strength plastic on 2 sides of upright, designed for low friction motion when adjusting the cable column
 - Each Delrin® Roller contains (2) 608 2RS Abec-7 Bearings, 8 in total
 - Use of the plastic provides corrosion resistance, lightweight construction, and reduced noise, while the ball bearings enhance durability and rotational efficiency
 - 1-inch Knurled Aluminum handle
- Dual handle assembly on each upright
 - (2:1 pull ratio for each handle or 1:1 pull ratio when both handles are connected.)
 - Dual handle connectors included
- 300lb stack w/ 5lb add on plate
- Standard band attachment pegs
- Adjustable & removable T-Bar
 - Storage for T-Bar is incorporated into base of DSFT-33
- Multi grip chin handle w/ Accessory loops
- Accessory storage tray
- 6 storage hooks for handle attachments
- Laser cut banner sign (can be upgraded to a custom logo)



Overall Dimensions:

84 3/16" (W) x 41 31/32" (D) x 99 1/4" (H)
1,225 lbs. (Approximate Weight)

Warranty:

Lifetime conditional warranty on frame components. Five years on rotary bearings, guide rods, pulleys and weight plates. One year on belts, cables and grips. Ninety days on upholstery and items not specified.

Part Number:

34405A

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