

FTS GLIDE PULLEY / DUAL CABLE

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

Adjustable Positions

With a variety of attachments, you can raise or lower your start positions to do a vast variety of exercises to target many different body parts which incorporate core stabilization.



HEALTH
HUB

Remember to never lock your joints, keep your body in line, control the speed & never drop the weight.
ALWAYS put back any equipment you have used & wipe down.

PRECOR