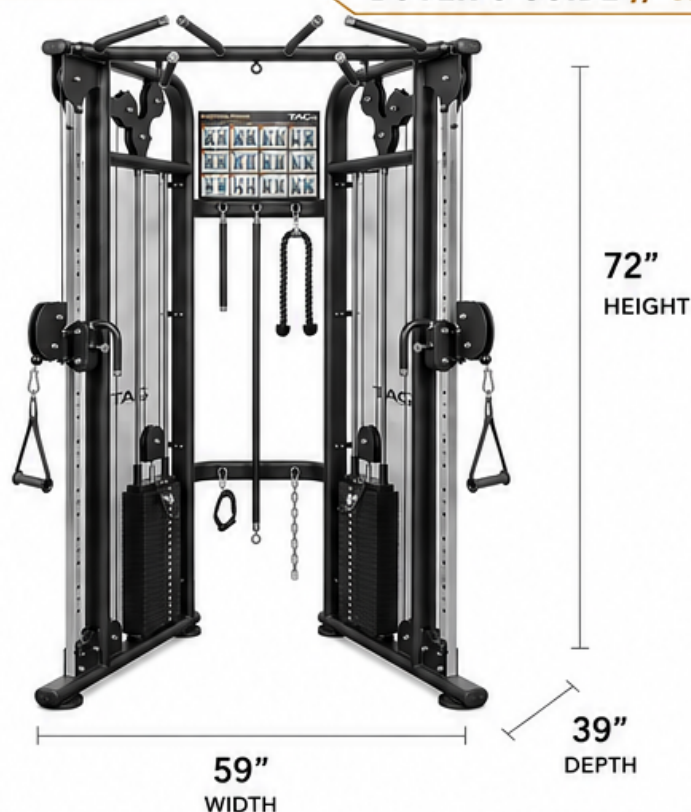


FUNCTIONAL TRAINER

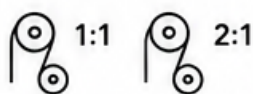
BUYER'S GUIDE

WHAT TO KNOW BEFORE YOU BUY.

A functional trainer is one of the most versatile investments in any facility. The right unit should match your users, training goals, space and expected traffic while delivering smooth performance, durability and easy adjustability.



01 PULLEY RATIO MATTERS



1:1 Ratio – More resistance at the handle. Ideal for strength training and heavier loads.

2:1 Ratio – Less resistance at the handle. Provides smoother feel and greater range of motion.

TIP: Match the ratio to your training style and user population.

02 STACK SIZE VS. EFFECTIVE RESISTANCE



A larger stack allows for heavier weights, but effective resistance can change based on pulley ratio.

Common stack sizes:

- 160 lb
- 200 lb
- 250 lb

TIP: Choose a stack size that fits your strongest users and training needs.

03 CABLE TRAVEL & ADJUSTABILITY



Look for smooth, full-range cable travel with multiple adjustment points on each column.

More adjustment points = more exercise variety for all user heights.

TIP: More adjustability means more versatility and better training results.

04 ATTACHMENTS INCLUDED



Check what's included standard and what's optional.

Common attachments:

- Lat pulldown bar
- Tricep rope
- D-handle straps
- Ankle strap

TIP: Quality attachments make a big difference in performance and durability.

05 FOOTPRINT & CEILING CLEARANCE



Measure your space and ceiling height before you buy.

- Ensure enough clearance for all exercises
- Account for user movement around the unit

TIP: Add at least 24" of clearance around the unit for safe movement.

06 SINGLE STACK VS. DUAL STACK



Single Stack – Space-saving and cost-effective. Great for lighter training environments.

Dual Stack – Independent weight stacks allow two users to train simultaneously.

TIP: Dual stack units add versatility and maximize facility usage.

07 BUILD QUALITY & LONG-TERM VALUE



Look for commercial-grade materials and construction.

- Heavy-gauge steel frame
- Smooth pulley system
- Quality cables
- Durable finish

TIP: Better construction means less maintenance and a longer lifespan.

BEFORE YOU BUY

- ☐ Define your users and training goals
- ☐ Measure your space and ceiling height
- ☐ Confirm footprint and clearance needs
- ☐ Determine pulley ratio preference (1:1 or 2:1)
- ☐ Choose stack size for your strongest users
- ☐ Decide on single or dual stack
- ☐ Review included attachments
- ☐ Check warranty and service support
- ☐ Verify delivery access and installation



THE DEPOT RULE

VERSATILITY. QUALITY. LONG-TERM VALUE.

A functional trainer should deliver smooth performance, withstand heavy use, and adapt to a wide range of exercises for all fitness levels.

BUY ONCE. BUY RIGHT.



NEED HELP SPEC'ING YOUR SPACE?

Send us your room dimensions, user population and goals. We'll help you choose the right functional trainer and build the perfect package for your facility.

WE'RE HERE TO HELP YOU BUILD IT RIGHT.

