



Functional Training System 360

Designed for enjoying your life



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Functional Training System 360

Steelflex





Functional Training System 360



Instructions

The functional training system features various configuration types, maximizing exercise choices and functions while minimizing space.

This innovation has transformed a dreamy fitness concept into a realistic solution for any facility.

This optimum series is suited for the current fitness trend of group training and satisfies the needs of operators at various exercise levels and abilities.

It attracts individuals seeking inventive and enjoyable workouts that spark their creativity. Each package includes not only workout accessories but also promotes wellness education





FTS360P

Package Items:

FRS1 + FWB1 + FWH1 + FWH2 + FRP1-30 + FRP1-50 + FRO2 + FCA1 + FPU1 + FPU2 + FPU3 +
FCO1 + FCO2 + FCO2-1 + FCO2-3 + FIB1 + FPB1 + FHB1 + FMR1 + FRG1 + FHM1 + FHM1-2 + FMB2

SPEC





FTS362P

Package Items:

FRS1 + FWB1 + FWH1 + FWH2 + FRP1-30 + FRP1-50 + FRO2 + FCA1 + FPU1 + FPU2 + FPU3 +
FCO1 + FCO2 + FCO2-1 + FCO2-3 + FIB1 + FPB1 + FHB1 + FMR1 + FRG1 + FHM1 + FHM1-2 + FMB2

SPEC





FTS363P

Package Items:

FRP1-50 + FRO2 + FPU2 + FPU3 + FCO2-3 + FIB1 + FPB1 + FHB1 + FRC1 + FBP1 + FBR1 + FSQ2

SPEC





FTS360

FMK1 x 5 + FMK5 x 1 + FMK6 x 2

Dimensions:

278 × 142 × 278cm / 110" × 56" × 110"

Live Working Area:

580 × 208 × 329cm / 228" × 82" × 130"

SPEC



FTS362

FMK1 x 7 + FMK2 x 1 + FMK6 x 2

Dimensions:

260 × 142 × 240cm / 102" × 56" × 94.5"

SPEC





FTS363

FMK1 x 3 + FMK3 x 1 + FMK6 x 2

Dimensions:

140×142×240cm / 55.5"×56"×94.5"

SPEC



FTS364

FMK4 x 3 + FMK5 x 1 + FMK6 x 2

Dimensions:

278×142×278cm / 110"×56"×110"

SPEC



Renegade System

Dimensions (L×W×H)

FDB1:24215(L)mm

FDB1-2:988×749×837mm

FDB1-3:299×292×13mm

FWH1:512(L)mm

FWH2:728(L)mm

FWB1:757(L)mm

FWB2:630(L)mm

FRS1:990×758×972mm

FRG1:1814(L)mm



FDB1



FDB1-2



FDB1-3



FWH1



FWH2



FWB1



FWB2



FRS1



FRG1

Pulley System

Dimensions (L×W×H)

FPU1: 140×156×320mm

FCA1: 1152×925(r)×895mm

FRP1-30: Ø38×9500(L)mm

FPU3: 2120(L)mm

FCO2-3: 150×150×50mm

FPU2 : 460(L)×405(L)mm

FLO1: Ø8×750(L)mm

FRP2-15: Ø38 x 457(L)mm



FPU1



FCA1



FRP1-30



FPU3



FCO2-3



FPU2



FLO1



FRP2-15

Core System

Dimensions (L×W×H)

FRO1: 391(L)×132(W)mm

FRO2: 1210×220×266mm

FRP1-50: Ø38×15000(L)mm

FCO1: 1450(L)×230(W) mm/

About max 2900(L) mm

FCO2: 1450(L)×850(W) mm/

About max 2900(L) mm

FCO2-1: 1964(L) mm

FCO2-2: 150×100×67mm



FRO1



FRO2



FRP1-50



FCO1



FCO2



FCO2-1



FCO2-2

Climb System

Dimensions (L×W×H)

FIB1 : 150×100×115mm

FHB1 : 220(L) × 70(W)mm

FRC1 : 1220×335×406mm

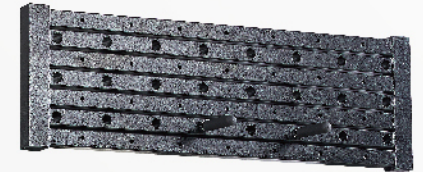
FMR1 : 1328×488×588mm



FIB1



FHB1



FRC1



FMR1

Plate Loaded System

Dimensions (L×W×H)

FBP1 : 958 × 757 × 912mm

FBR1 : 885 × 793 × 806mm

FMB2 : 1822 × 683 × 930mm

FPB1 : 268 × 100 × 150mm



FBP1



FBR1



FMB2



FPB1

Bar and Rack

Dimensions (L×W×H)

Monkey Bar :

FMK1 : 1500×100×150mm

FMK2 : 2286×1324×310mm

FMK3 : 1420(L)×1414(W)mm

FMK4 : 2473×1107×353mm

FMK5 : 2473×1310×368mm

FMK6 : 2401(H) mm



FMK1



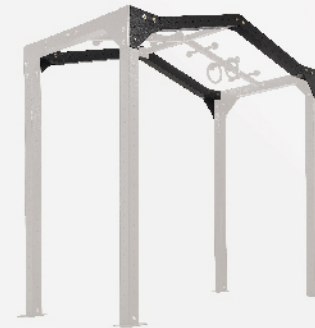
FMK2



FMK3



FMK4



FMK5



FMK6

Boxing

Dimensions (L×W×H)

FOB1: ∅400×1300(L)mm

FCO2-3: 50×150×50mm



FOB1



FCO2-3

Rotation

Dimensions (L×W×H)

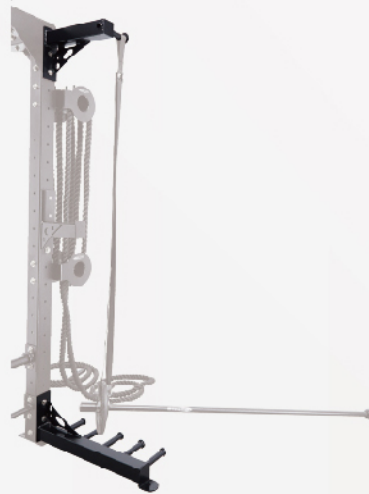
FSR1 : 830×1657×286mm

FSR1-2 : 1779×38mm

FSR1-3 : Ø140×2000(L)mm

FSB1 : 2080(L)×2.2(T)×45(W)mm

FSB1-2 : 2080(L)×4.4(T)×45(W)mm



FSR1



FSR1-2



FSR1-3



FSB1



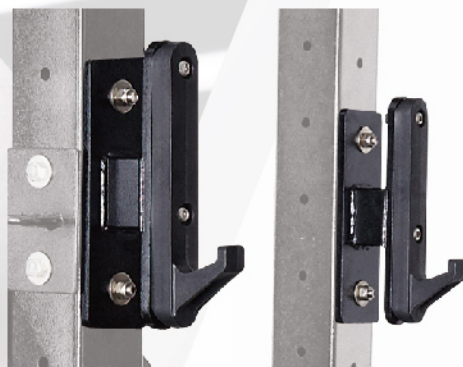
FSB1-2

Power Rack

Dimensions (L×W×H)

FSQ1 : 164×1310×300mm

FSQ2 : 255×1310×365mm



FSQ1



FSQ2

Other Accessories

Dimensions (L×W×H)

FAD1 : 779 x 696 x 203mm

FAS1 : 753 x 598 x 214mm

FCR1 : 1107 x 275 x 159mm

FHM1: ∅113×872(L)mm

FHM1-2: 510×510×40(T)mm

FPR112 : 98×72×100cm / 39"×28"×39"



FAD1



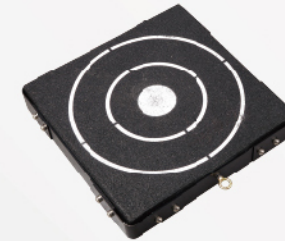
FAS1



FCR1



FMR1



FHM1



FPR112



FPR112 Instructions

The power runner FPR112 comes from innovations that provide a new solution to surmount the pain points of traditional resistance training.

As a role model of CrossFit workout equipment, the FPR112 facilitates exercisers to perform various running workouts, including sprints, shuttle runs, retro running, and s-curve runs.

With a compact but sturdy construction, the FPR112 is easy to carry around and can withstand both outside and indoor environments. During exercise, the digital console accurately and instantly reflects workout data to improve fitness training efficiency and reduce the risk of injuries.

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