

## FTS Glide

Icarian® Functional Selectorized

Functional Training System 

With attention to fit and feel, comfortable touch points, and easy-to-use adjustments, the FTS Glide helps exercisers of all abilities benefit from strength training. To complement your facility, every machine is durable and streamlined with a long track record of reliability.

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 use.



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## Exercise Variability

With its adjustable height options for the pulleys, a pull-up bar, and a collection of accessories, the FTS Glide offers a huge variety of movements to work every muscle group. Consider adding our multi-adjustable bench (DBR 119) to provide even more options for your exercisers.

## Ample Weight in a Compact Footprint

Two weight stacks, each 200 lb (90kg), provide a lot of lifting potential in a frame that's only 85 in (216 cm) high. Perfect for smaller facilities that want to offer a serious, full-body workout in a single machine.

## Ease of Use

The FTS Glide features an illustrated instructional placard that assists both novice and experienced exercisers in set up, and with suggestions for various exercises. Ideal for lightly staffed or unmanned facilities.



Gloss Metallic Silver



Black Pearl

## Specifications

**Dimensions (L x W x H):** 53 x 48 x 85 in / 135 x 123 x 216 cm

**Weight Stacks:** 200 lb / 91 kg each

**Equipment Weight:** 672 lb / 305 kg

**Workout Area (L x H):** 53 x 85 in / 135 x 216 cm

**NOTE:** 12 in / 30 cm of additional clearance is needed above machine for pull-ups

**Standard Accessories:** Two D-Rings, Over-molded Strap Handles; One Ankle/Thigh Strap; One Straight Pull Bar

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.



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