



**Steelflex**

## Functional Training System 360

Designed for enjoying your life

**Steelflex**

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# Functional Training System 360



## **/// Main Racks Overview**



# 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

Functional Training System 360 with Package

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

Functional training system 362 with package

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

Functional Training System 363 with Package

Package Items:

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

SPEC





## FTS360

Functional Training System 360

FMK1 x 5 + FMK5 x 1 + FMK6 x 2

### Dimensions:

278 × 142 × 278 cm / 110" × 56" × 110"

### -Live Working Area:

580 × 208 × 329 cm / 228" × 82" × 130"

SPEC



## FTS362

Functional Training System 362

FMK1 x 7 + FMK2 x 1 + FMK6 x 2

### Dimensions:

260 × 142 × 254 cm / 102" × 56" × 100"

SPEC





## FTS363

Functional Training System 363

FMK1 x 3 + FMK3 x 1 + FMK6 x 2

**Dimensions:**

141 × 142 × 254 cm / 55.6" × 56" × 100"

SPEC



## FTS364

Functional Training System 364

FMK4 x 1 + FMK5 x 1 + FMK6 x 2

**Dimensions:**

160 × 142 × 267 cm / 63" × 56" × 105"

**-Live Working Area:**

160 × 142 cm / 63" × 56"

SPEC



# Renegade System

Dimensions (L×W×H)

## /// FDB1 Dual Fitness Bar:

2490×602×296 mm

Live Working Area:2786×4980 mm

## /// FDB1-2 Landmine Stand:

988×749×1078 mm

Live Working Area:988×749 mm

## /// FDB1-3 Dual Fitness Bar Hook:

593×299×13 mm

Live Working Area:593×299 mm

## /// FWH1 Landmine Club Grip:

512×70(81) mm

## /// FWH2 Landmine Club Grip:

783×70(90) mm

## /// FWB1 Wishbone:

748×244×828 mm

## /// FWB2 Wishbone:

1616×122×701 mm

## /// FRS1 Landmine Stand with Holder:

989×770×732(Max932) mm

## /// FRG1 Fitness Bar:

1889×100×106 mm

Live Working Area:1932×3662 mm



/// FDB1 ///



/// FDB1-2 ///



/// FDB1-3 ///



/// FWH1 ///



/// FWH2 ///



/// FWB1 ///



/// FWB2 ///



/// FRS1 ///



/// FRG1 ///

# Pulley System

Dimensions (L×W×H)



## FPU1 Rope Pulley Block:

140×117×311 mm

Live Working Area:140×117 mm

## FCA1 Training Rope Bracket:

1171×426×1201mm

Live Working Area:1171×426 mm

## FRP1-30 Battle Rope:

Ø38×L9500 mm

## FPU3 Suspension Straps:

2130×194×61 mm

Live Working Area:2130×2886 mm

## FCO2-3 O-Link Attachment:

154×150×15 mm

Live Working Area:154×150 mm

## FPU2 Fabric Stirrup Handle:

539×77×464 mm

Live Working Area:539×77 mm

## FLO1 Prusik Rope:

Ø8×L750 mm

## FRP2-15 Climbing Rope:

Ø38×L457 mm



FPU1



FCA1



FRP1-30



FPU3



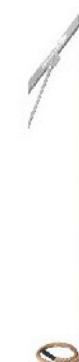
FCO2-3



FPU2



FLO1



FRP2-15

# Core System

Dimensions (L×W×H)



## FR01 Battle Rope Anchor:

391×132×404 mm

Live Working Area:391×132 mm

## FR02 Battle Rope Anchor:

1210×220×266 mm

Live Working Area:1210×220 mm

## FRP1-50 Battle Rope:

Ø38×L15000 mm

## FCO1 Resistance Training Kit:

1450×326×50 mm

Live Working Area:2900×326 mm

## FCO2 Resistance Training Kit:

1450×946×50 mm

Live Working Area:2900×594 mm

## FCO2-1 Adjustable Core Training Rig:

1964×159×159 mm

Live Working Area:1964×159 mm

## FCO2-2 O-Link Attachment:

150×100×67 mm

Live Working Area:150×100 mm



FR01



FR02



FRP1-50



FCO1



FCO2



FCO2-1



FCO2-2

# Climb System

Dimensions (L×W×H)



**FIB1 Mounted Cannonball Grip:**

150×100×151 mm

Live Working Area:150×100 mm

**FHB1 Cannonball Grips:**

226×70×70 mm

Live Working Area:226×70 mm

**FRC1 Hangboard:**

1220×335×406 mm

Live Working Area:1220×335 mm

**FMR1 Revolving Pull-up Bar:**

1328×488×588 mm

Live Working Area:1328×488 mm



**FIB1**



**FHB1**



**FRC1**



**FMR1**

# Plateloaded System

Dimensions (L×W×H)

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## FBP1 Chest Press Arms:

961×757×919 mm

## FBR1 Back Row Arms:

885×793×818 mm

## FMB2 Adjustable Jammer Arms:

1829×685×931 mm

## FPB1 Weight Plate Horn Attachment:

268×100×150 mm



FBP1



FBR1



FMB2



FPB1

# Bar and Rack System

Dimensions (L×W×H)



## FMK1 Monkey Bar:

1107 x 150 x 100 mm

Live Working Area: 1107 × 150 mm

## FMK2 Connecting Rack:

2286 × 1310 × 310 mm

Live Working Area: 2286 × 1310 mm

## FMK3 Connecting Rack:

1104 × 1310 × 310 mm

Live Working Area: 1104 × 1310 mm

## FMK4 Connecting Rack with Gymnastic Rings:

2473 × 1107 × 353 mm

Live Working Area: 2473 × 1107 mm

## FMK5 Connecting Rack:

2473 × 1310 × 368 mm

Live Working Area: 2473 × 1310 mm

## FMK6 Rack Extension:

362 × 1420 × 2416 mm

Live Working Area: 362 × 1420 mm



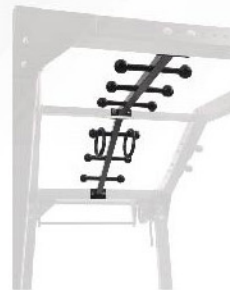
FMK1



FMK2



FMK3



FMK4



FMK5



FMK6

# Boxing System

Dimensions (L×W×H)

✓ **FOB1 Boxing Punch Bag:**

∅400×L1300 mm

✓ **FCO2-3 O-Link Attachment:**

154×150×15 mm

Live Working Area: 154×150 mm

SPEC



✓ **FOB1** ✓



✓ **FCO2-3** ✓

# Rotation System

**Dimensions (L×W×H)**



**FSR1 Bracket with Band Pegs:**

830×1657×280 mm

**FSR1-2 Fitness Strap:**

1779×38 mm

**FSR1-3 Core Training Bar:**

2012×140×140 mm

**FSB1 Resistance Band:**

2080×T2.2×W45 mm

**FSB1-2 Resistance Band:**

2080×T4.4×W45 mm



**FSR1**



**FSR1-2**



**FSR1-3**



**FSB1**



**FSB1-2**

# Power Rack System

Dimensions (L×W×H)

SPEC



## FSQ1 J-Cups(Pair):

164×95×300 mm

## FSQ2 Safety Spotters(Pair):

255×81×350 mm



FSQ1



FSQ2

## Other Accessories

Dimensions (L×W×H)

SPEC



### ✓FAD1 Dip Handle Attachment:

779×696×200 mm

### ✓FAS1 Step Attachment:

753×598×214 mm

### ✓FCR1 Storage Tray:

1107×275×159 mm

### ✓FHM1 Steel Mace:

872×113×113 mm

Live Working Area:872×113 mm

### ✓FHM1-2 Crash Pad:

573×545×83 mm

Live Working Area:573×545 mm

### ✓FPR112 Power Runner:

979.5×720×1003 mm



✓FAD1



✓FAS1



✓FCR1



✓FHM1



✓FHM1-2

### ✓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.

# **Steelflex**

[www.steelflexfitness.com](http://www.steelflexfitness.com)



## **INTERNATIONAL**

3F28, No.5, Shin-Yi road., Sec.5,  
Taipei,Taiwan  
Tel : +886-2-27209982  
Fax : +886-2-2722-9750  
E-mail : joong@ms13.hinet.net  
<https://www.steelflexfitness.com>

## **USA**

Fitness Master Inc.  
11419 Mathis Avenue #200  
Farmers Branch, Texas 75234  
Office & Fax : 214-350-8884  
Toll Free : 855-846-0087  
Email : [info@fmiamerica.com](mailto:info@fmiamerica.com)  
<https://fmiamerica.com>

## **CHINA**

Steelflex Fitness Equipment Trade Co., Ltd  
608A, No. 1055 Pingcheng Road, Jiading Town,  
Jiading District, Shanghai, China  
Tel : +0086-021-63514782  
<http://www.steelflex.com.cn>