



# Smart

## FUNCTIONAL TRAINING CENTER

FLOOR SERIES  
1 BAY

### 1 BAY PACKAGE

Includes the following product:

- (1) 1 Bay FTC with 3 Storage Trays, Rope Anchor, Mat Rack, and Pull Up Bar
- (1 ea) Smart Stability Ball, 55cm, 65cm, 75cm
- (1 ea) Smart Medicine Ball, 4lb, 6lb, 8lb, 10lb, 15lb
- (4) Smart Mats, 16mm with Grommets
- (2) Smart Recovery Foam Rollers
- (1) Smart Straps Body Weight Training System
- (1) Smart Strength Band, Light, 25-80lb
- (1) Smart Strength Band, Medium, 50-120lb
- (1) Smart Strength Band, Heavy, 60-150lb
- (1 ea) Fitness Cable, 20lb, 40lb, 60lb
- (3) Smart Quick Flip Single Pocket Handles (Pair)
- (1) Conditioning Rope 30ft, 1.5" Diameter
- (2) Smart Speed Jump Ropes
- (1) Smart Core Ab Wheel with Mat

Dimensions: 81"W x 55"D x 93"H

Package SKU: 400-150-179

Rack System Only SKU: 400-150-193

## A BETTER APPROACH A BETTER RESULT

- Floor Mounted 1 Bay Smart Functional Training Center allows for functional exercise and storage all-in-one
- Fast, simple assembly and floor mounting- wall mounting not required!
- 8 floor mounting points for safe install
- Adjustable rods on Mat Rack for desired placement
- 3 storage shelves (space for Db's or Kettlebells)
- Option Smart shot target
- Functional workout area that Accommodates proprietary Smart Self-Guided accessories
- Multi-height chin-up bar options
- 200lb weight capacity on storage shelves
- 350lb load capacity off pull up bar
- Ships complete on a standard 48" x 40" pallet



[www.prismfitnessgroup.com](http://www.prismfitnessgroup.com) • 608.845.8300 • [sales@prismfitnessgroup.com](mailto:sales@prismfitnessgroup.com)