



### **Product Description**

The No Shortcuts Fitness Course is the perfect all-in-one package for saving time and achieving maximum fitness results. It's literally a dream come true for gym enthusiasts as it comes with eight different machines to target different body parts. First, there's Quad Station Warm-up and Single Station Fit Rider to kick off the workout with a power-packed full-body warmup. Then, if you don't want to focus on a single muscle group, you can hop onto the Single Station Country Skier for a little more intense full-body workout or use the Double Station Sky Walker, especially for toning legs, shoulders, and back. For focusing on a specific muscle group like the Chest, use the Double Station Pec Deck Fly. For a toned back, go with the Double Station Lat Pulldown. Then, if you want chiseled abs, hop onto Single Station Sit Up Bench and use the Double Station Leg Press for shredded legs.

### **Product Specifications**

**Price:** \$16,470.<sup>00</sup>

**Model Number:** PFT103

**Age Range:** 13 years +

**Muscle Group:** Full Body

**Product Type:** Fitness Course

**Unit Size:** 31' x 17'