

FT 360

Advanced design for more effective functional training

The space efficient CYBEX FT 360 Functional Trainer is an advanced strength training tool, ideal for physical therapists, personal trainers or anyone interested in performance and functional training. The FT 360, with its 180° rotating pulleys, allows users to determine their own path of movement and make adjustments in two planes of motion, resulting in virtually unlimited training variation.

The FT 360 allows users to:

- Make adjustments in two planes of motion for ultimate user-definition
- Take advantage of virtually unlimited training variations
- Perform functional movements with decreased momentum

Engineered for maximum results:

- The FT 360's unique drive system provides either 4:1 or 2:1 lifting ratio that provides a minimum resistance of 5 lb (2.2 kg) unilaterally or 10 lb (4.5 kg) bilaterally
- The unilateral action with its 4:1 lifting ratio provides reduced inertia that is ideal for performance and fitness training with its exceptional high speed capabilities
- In bilateral reciprocal movements, the drive system virtually eliminates the detrimental effects of inertia

Product Number 9100

Foot Print 54" W x 54" L x 87" H (when stored)

137 x 137 x 221 cm

113" W x 54" L x 90" H (maximum in use)

287 x 137 x 229 cm

Weight 600 lb (273 kg)

Weight Stack 300 lb (136 kg)



