



Chin-up power assist enables gradual progression to unassisted chin-ups



Squat Strap provides an easy way to perform highly beneficial lower-body exercises



Straight Bar emulates free weight resistance in three-dimensional space



# FOLD AWAY STRENGTH TRAINER™

The Torque F7 Fold Away Strength Trainer was designed to deliver everything that people look for in a home gym: Aesthetics that blend with your home decor; a small Footprint to conserve space; three-dimensional motion to train the way your body moves in everyday life and sporting activities; more Exercise Variety to eliminate physical and mental fatigue.

## Intelligent Power

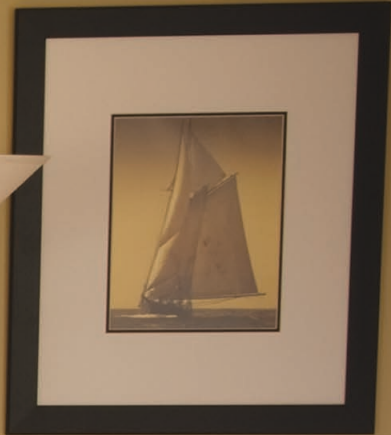
Intelligent Power is the exercise philosophy engineered into every inch of the F7. It requires resistance that can emulate anatomical movement in three-dimensional space, so that you train the way your body moves in everyday life and sporting activities. It calls for function that is independent between left and right. It demands an infinite repertoire of exercises for the infinite variety of activities in life. With workout variety limited only by your imagination, boredom is a thing of the past. All of this, and so much more, defines "Intelligent Power" in the F7.



Optional bench folds inside for storage and is removable providing an open platform for expanded exercise capability.



(\*Burst-resistant exercise ball sold separately)

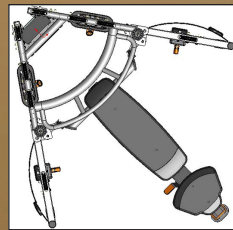


## Compact Corner Footprint

Closed Footprint:  
39.5" x 39.5"

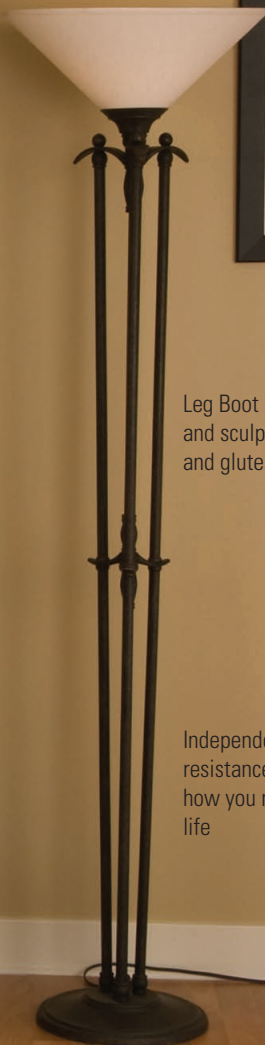
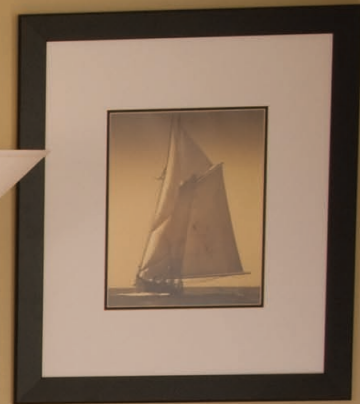


Open Footprint:  
62" x 62"





TRAIN THE WAY YOUR BODY MOVES



Leg Boot helps target and sculpt thighs, hips and glutes



Independent left-right resistance replicates how you move in real life



Intelligent Power

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