

 **MAXFIT**<sup>®</sup>  
N.J.

# PRIME FUNCTIONAL TRAINER

WITH SQUAT RACK



where Strength meets Versatility



The PRIME combines a dual functional trainer  
with a full squat rack – in one powerful,  
space-efficient design

 **MAXFIT**<sup>®</sup>  
N.J.

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

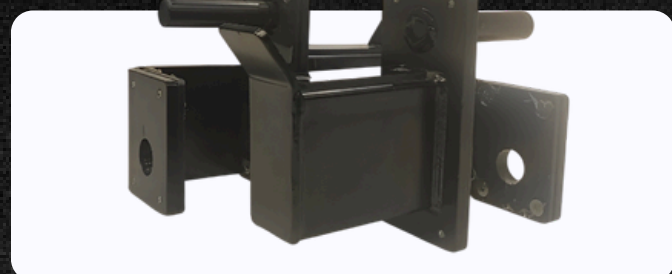


CONTACT US

+91 6309434141



## Key Functional Highlights



### HEAVY-DUTY J HOOKS

Securely rack Olympic barbells for squats, presses, and rack pulls.



### SAFETY SPOTTER ARMS

Essential protection for solo training sessions



### MULTI-ANGLE PULL-UP BAR

Wide, neutral, and angled grips to target the entire upper body with comfort and precision



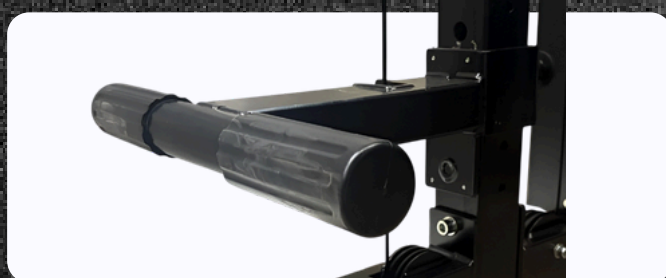
### RESISTANCE BAND HOLDERS

Add progressive overload and explosive resistance training with band support.



### LAT PULLDOWN SEAT ATTACHMENT

Transforms the system into a full lat station for focused back training.



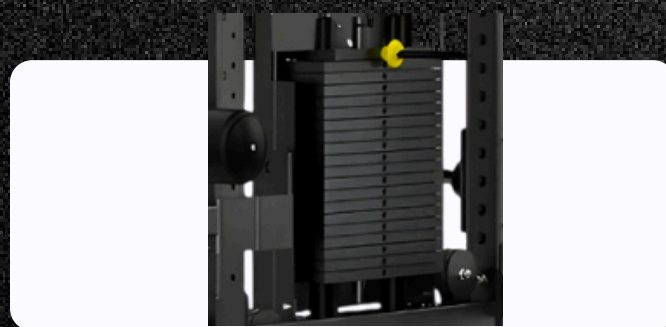
### SEATED ROW FOOT PLATFORM

Integrated rowing support allows users to brace securely and perform powerful seated rows with stability.



### ERGONOMIC CABLE HANDLES

Comfortable grip and fluid motion for consistent, joint-friendly workouts.



### DUAL ADJUSTABLE PULLEY SYSTEM

Smooth high-low pulleys allow presses, flys, rows, curls, extensions, and more – with dual 100kgs weight stack.



## Train Every Muscle Group

Designed to support complete strength and functional training in one compact system.

### LOWER BODY STRENGTH



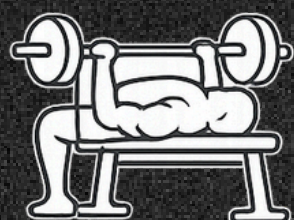
- Barbell Squats
- Band-Resisted Squats
- Rack Pulls
- Bulgarian Split Squats
- Cable Front Squats

### BACK & LATS



- Lat Pulldown
- Seated Row
- Straight Arm Pulldown
- Face Pull
- Pull-Ups (Multi-Grip)

### CHEST TRAINING



- Bench Press
- Cable Fly Chest
- Cable Chest Press
- Low-to-High Fly

### SHOULDERS TRAINING



- Shoulder Press
- Cable Lateral Raises
- Front Raises
- Rear Delt Fly

### BICEP & TRICEP



- Bicep Curls
- Tricep Pushdowns
- Overhead Tricep Extensions
- Hammer Curls

### CORE & FUNCTIONAL



- Cable Woodchoppers
- Pallof Press
- Cable Crunch
- Functional Rotational Drills
- Band-Resisted Movements

## Build the Complete Training Package

Pair the Prime Functional Trainer with the **Horizon NX Adjustable Bench**, along with a full set of dumbbells, rods, and plates – and create a truly complete strength training environment.



**Complete Strength. Minimal Space. Maximum Value**

