

PH FITNESS

Functional Trainer

Smith Machine • Dual Cable Crossover • Leg Press • Pull-Up Bar • Jammer Arms • Functional Training
2×80 kg Weight Stacks • 100+ Exercises • Semi-Commercial Grade
USER MANUAL & ASSEMBLY GUIDE | Model: F2



Your gym. Your performance. Your pace.

Model Functional Trainer	Document Type User Manual	Version 1.0 — 2025
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1. Safety Instructions

Read all safety instructions before assembling or using this equipment. This machine is commercial-grade and contains heavy components. Failure to follow these instructions may result in serious injury or death.

⚠ WARNING: Assembly requires a MINIMUM of 3 persons. The machine weighs approximately 340 kg. Many individual sub-assemblies require 2 persons minimum. Never attempt solo assembly of any major component.

⚠ WARNING: SMITH MACHINE SAFETY: Always set both safety catches (#29 Short Safety Catch and #30 Long Safety Catch) to 5–10 cm below your lowest range of motion before every Smith machine set. Never train alone on the Smith machine without safety catches set.

⚠ WARNING: CABLE SAFETY: Inspect all three wire rope types (#13, #14, #15) before every use. Replace immediately at any sign of fraying, kinking or strand breakage. Never use damaged cables.

⚠ WARNING: Maximum load: verify the specific rated load for each station from the specifications. Do not exceed rated limits on any station — including Smith machine bar load, cable stack load and leg press load.

1.1 General Safety

- For healthy adults only. Consult a physician before starting any new exercise programme.
- Always train with a spotter for heavy Smith machine exercises (bench press, squat).
- Keep children and pets away from all moving parts, cables and weight stacks at all times.
- Inspect all cables, bolts and safety catches before each training session.
- Do not modify any component — modifications void the warranty and create serious safety risks.
- Minimum ceiling height: 250 cm. Minimum floor area: 300 × 250 cm.
- Rubber gym flooring (minimum 15 mm thickness) is strongly recommended under this machine.
- Ensure the machine is levelled and all base bolts are fully tightened before use.

1.2 Smith Machine Safety

- Set safety catches before EVERY set — even light warm-up sets.
- Short safety catches (#29): use for exercises where bar travels within rack uprights.
- Long safety catches (#30): use for wider exercises or additional catch coverage.
- Never adjust safety catch height while weight is loaded on the bar.
- The J-hooks on the Smith bar lock clockwise. Verify hook is fully engaged before releasing.

1.3 Cable System Safety

- Three separate cable types route through different paths — each must be correctly installed.
- After any cable adjustment or re-routing, always test with minimum weight before full loading.
- The cable crossover sliding sleeves (#17, #18) must have locking pins fully engaged.
- Never release a loaded cable handle without maintaining full control.

1.4 Assembly Safety Requirements

- Minimum 3 persons required for assembly. Some steps require 4 persons.
- Both right (#1) and left (#2) main frames weigh over 50 kg each — always lift with assistance.
- Clear minimum 400 × 300 cm assembly area before starting.
- Do not fully tighten any bolt until the step instructs final tightening.
- Re-check all torque after first 2 weeks of use and every 3 months thereafter.

2. Product Overview & Stations

Integrated Training Stations

Smith Machine	Rail-guided barbell system. J-hook safety locks. Short + long safety catches. Suitable for all major barbell lifts.
Dual Cable Crossover	Height-adjustable sliding sleeves (left #17 + right #18) on 4× stainless steel guide tubes (#26). Full-height cable crossover for hundreds of exercises.
Lat Pulldown / Low Row	Upper cable lat pulldown via high pull handle (#20). Low row with seat and foot platform.
Multi-Grip Pull-Up Bar	Integrated pull-up weldment (#5) with multiple grip positions — wide, close and neutral grips.
Leg Press / Ab Station	Angled leg press assembly (#38) with foam pad (#40), seat support bracket (#39) and seat cushion (#41).
Jammer Arms (L+R)	Left (#33) and Right (#34) jammer arms for rotational pressing, pushing and functional sport-specific movements.

3. Technical Specifications

Machine Specifications

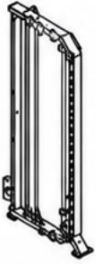
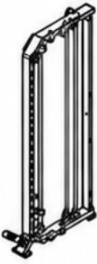
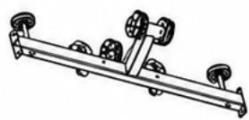
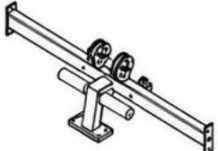
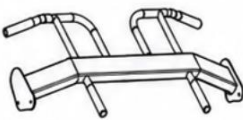
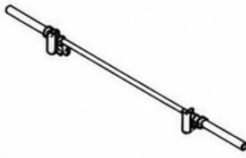
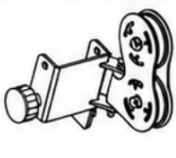
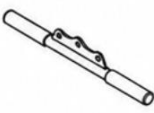
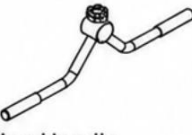
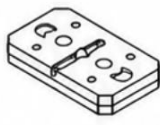
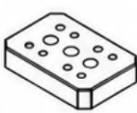
Model	F2 Functional Trainer
Weight Stacks	2 × 80 kg — fully independent dual cable stacks
Total Stack Weight	160 kg
Machine Gross Weight	~340 kg (fully assembled)
Approximate Dimensions	~230 cm W × ~160 cm D × ~230 cm H
Frame	Heavy-duty steel, black powder coating
Smith Machine	Linear bearing guided — smooth barbell travel
Cable System	3 types of steel wire rope
Pulleys	4× hanging pulleys + multiple fixed pulleys
Cable Crossover	Height-adjustable sleeves on 4× stainless guide tubes
Pull-Up Bar	Integrated multi-grip — pull-up weldment
Jammer Arms	Left + Right — Olympic sleeve compatible
Leg Press	Folding leg press assembly with foam pad
Safety Catches	2× short + 2× long — adjustable height

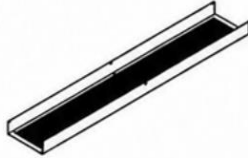
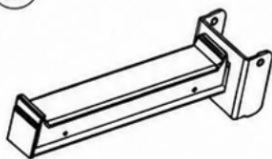
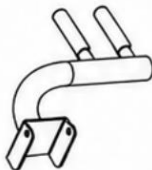
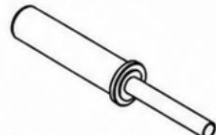
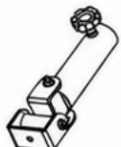
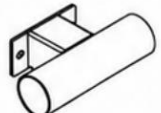
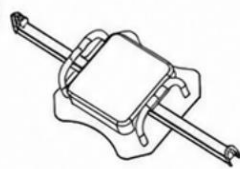
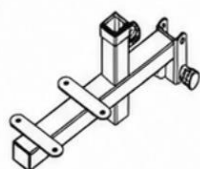
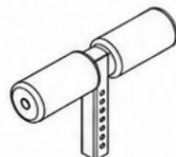
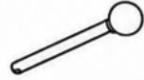
Installation Requirements

Minimum Ceiling Height	250 cm
Recommended Floor Area	300 cm × 250 cm minimum (machine only)
Training Clear Space	120 cm on all open sides
Floor Type	Hard level surface — rubber gym mat (15 mm+) strongly recommended
Assembly Persons	Minimum 3 — some steps require 4
Assembly Time	Estimated 4–6 hours
Warranty	2 years from date of purchase

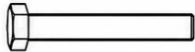
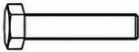
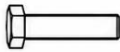
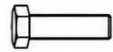
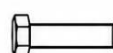
4. Parts Identification (Parts Lists 1–3)

The F2 consists of 44 structural/functional parts (Parts Lists 1 and 2) and 13 fastener types (Parts List 3).
Unpack all components carefully and verify against the lists below before starting assembly.

 Right Main Frame × 1PC	 Left Main Frame × 1PC	 Upper Connecting Assembly × 1PC	 Lower Connecting Assembly × 1PC
 Pull-up Weldment × 1PC	 Rear Support Column × 1PC	 Smith Bar × 1PC	 Left SafetyHook × 1PC
 Right Safety Hook × 1PC	 Shock Absorbing Pad × 12PCS	 Spring × 2PCS	 Smooth Shaft × 2PCS
 Steel Wire Rope 1 × 2PCS	 Steel WireRope2 × 2PCS	 Steel WireRope3 × 2PCS	 Hanging Pulley × 4PCS
 Cable Crossover Sliding Sleeve (Right) × 1PC	 Cable Crossover Sliding Sleeve (Left) × 1PC	 Handle Strap × 2PCS	 High PullHandle × 1PC
 Low Pull Handle × 1PC	 Lifting Handle × 1PC	 Weight Plate × 24PCS	 Top Weight Spacer × 2PCS

 Knurled Bar × 2PCS	 Stainless Steel Guide Tube × 4PCS	 Left & Right Shield × 2PCS	 Rear Shield × 1PC
 Short SafetyCatch × 2PCS	 Long SafetyCatch × 2PCS	 Dual Bar Bracket (Left) × 1PC	 Dual Bar Bracket (Right) × 1PC
 Jammer Arm (Left) × 1PC	 Jammer Arm (Right) × 1PC	 Sleeve × 6PCS	 Bar Holder × 1PC
 Pin InsertTool × 1PC	 Leg Press Assembly × 1PC	 Seat SupportBracket × 1PC	 Leg Press Foam Pad × 1PC
 Seat Cushion × 1PC	 Long LockPin × 10PCS	 Short LockPin × 1PC	 Wrench × 2PCS
			

4.3 Hardware Reference — Parts List 3

(A) M10*100-8pcs 	(B) M10*80-1pc 	(C) M10*70-1pc 	(D) M10*60-2pcs 
(E) M10*20-4pcs 	(F) M10Washer-27pcs 	(G) M10Nut -11pcs 	(A1) M8*50-3pcs 
(B1) M8*40-4pcs 	(C1) M8*20-4pcs 	(D1) M8Washer-24pcs 	(E1) M8Nut -7pcs 
(F1) M8*30-4pcs 			

5. Assembly Instructions (Steps 1–8)

⚠ WARNING: MINIMUM 3 PERSONS required throughout assembly. Estimated time: 4–6 hours. Do NOT fully tighten any bolt until the step specifies final tightening. Read all steps before starting.

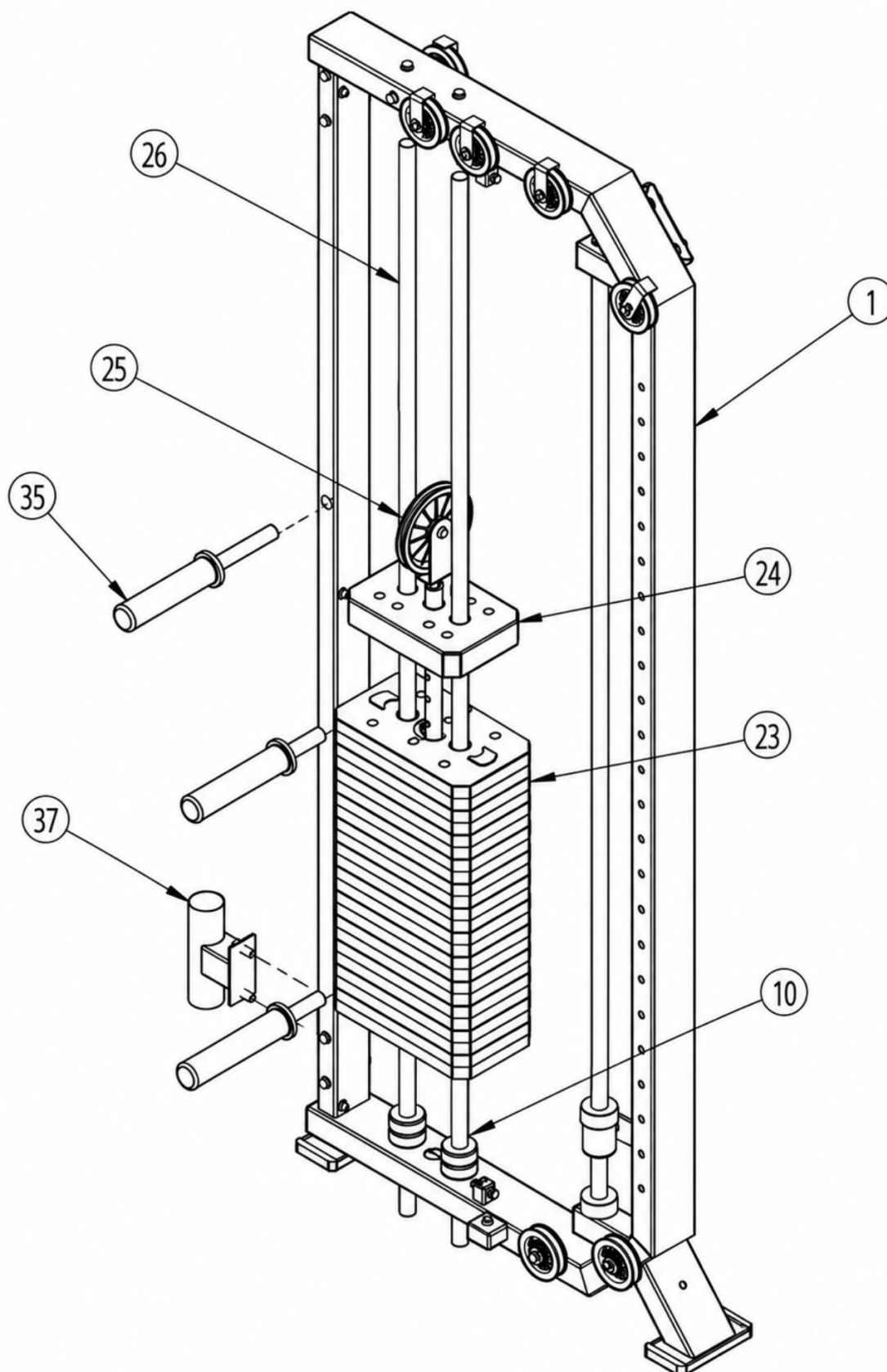
i NOTE: Refer to the original PDF assembly diagrams (Steps 1–8) for detailed component placement. This manual provides written guidance to accompany those diagrams. Both must be used together.

5.1 Pre-Assembly Requirements

1. Clear minimum 400 × 300 cm floor area. Lay protective rubber matting.
2. Verify ceiling height minimum 250 cm.
3. Unpack all components — verify all 44+ parts against Parts Lists 1 and 2.
4. Sort all fasteners (Parts List 3) into labelled containers before starting.
5. Have all 3+ assembly persons briefed on the full process before starting.
6. Keep original PDF assembly diagrams (Steps 1–8) visible during assembly.

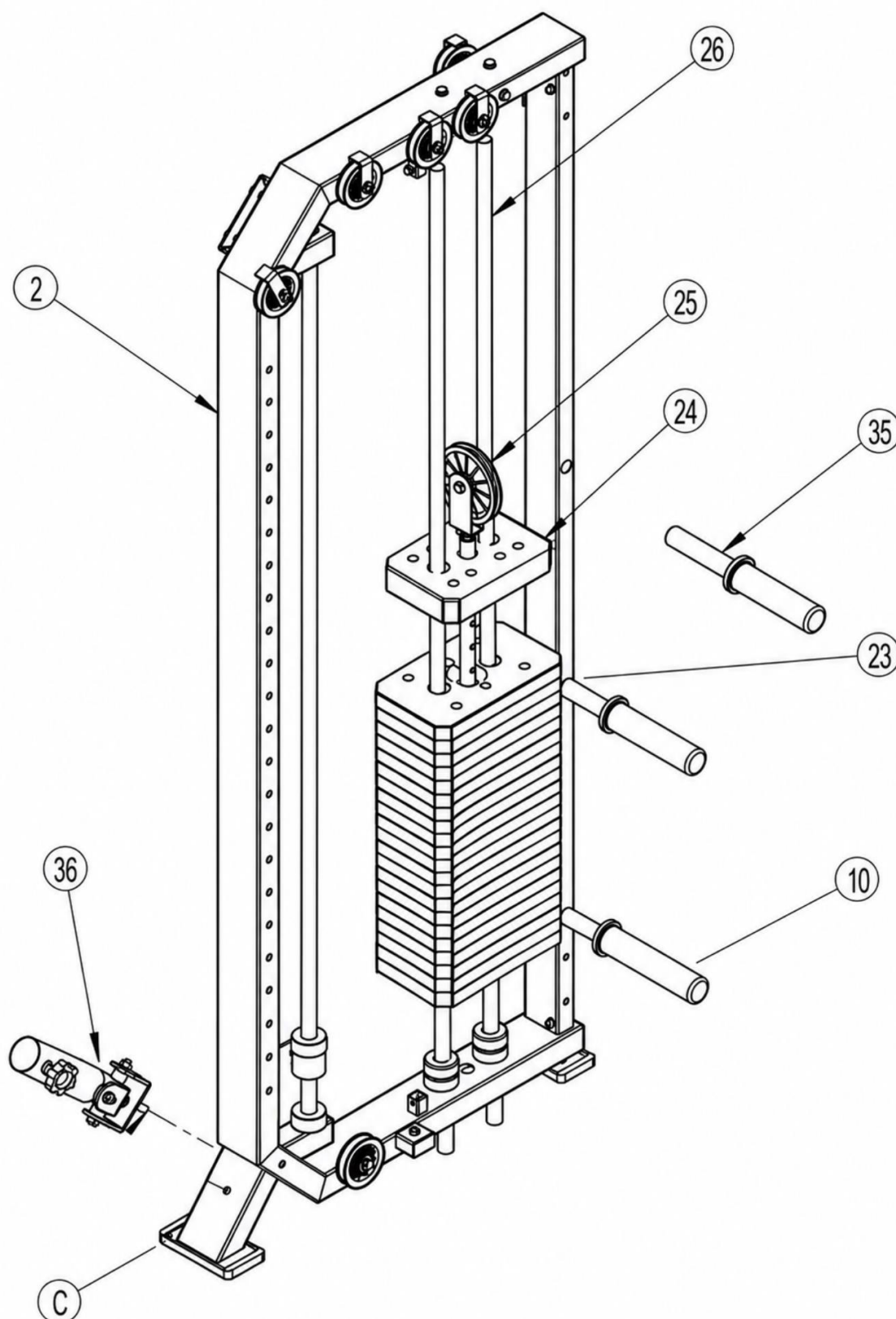
1**Assemble the Left Weight Stack Tower**

Install the guide rods into the left tower frame and slide the weight plates onto the guide rods. Position the top plate with the upper pulley assembly, then install the weight storage pegs and accessory holder onto the frame. Ensure the guide rods are fully seated and verify that the weight stack moves freely before proceeding.



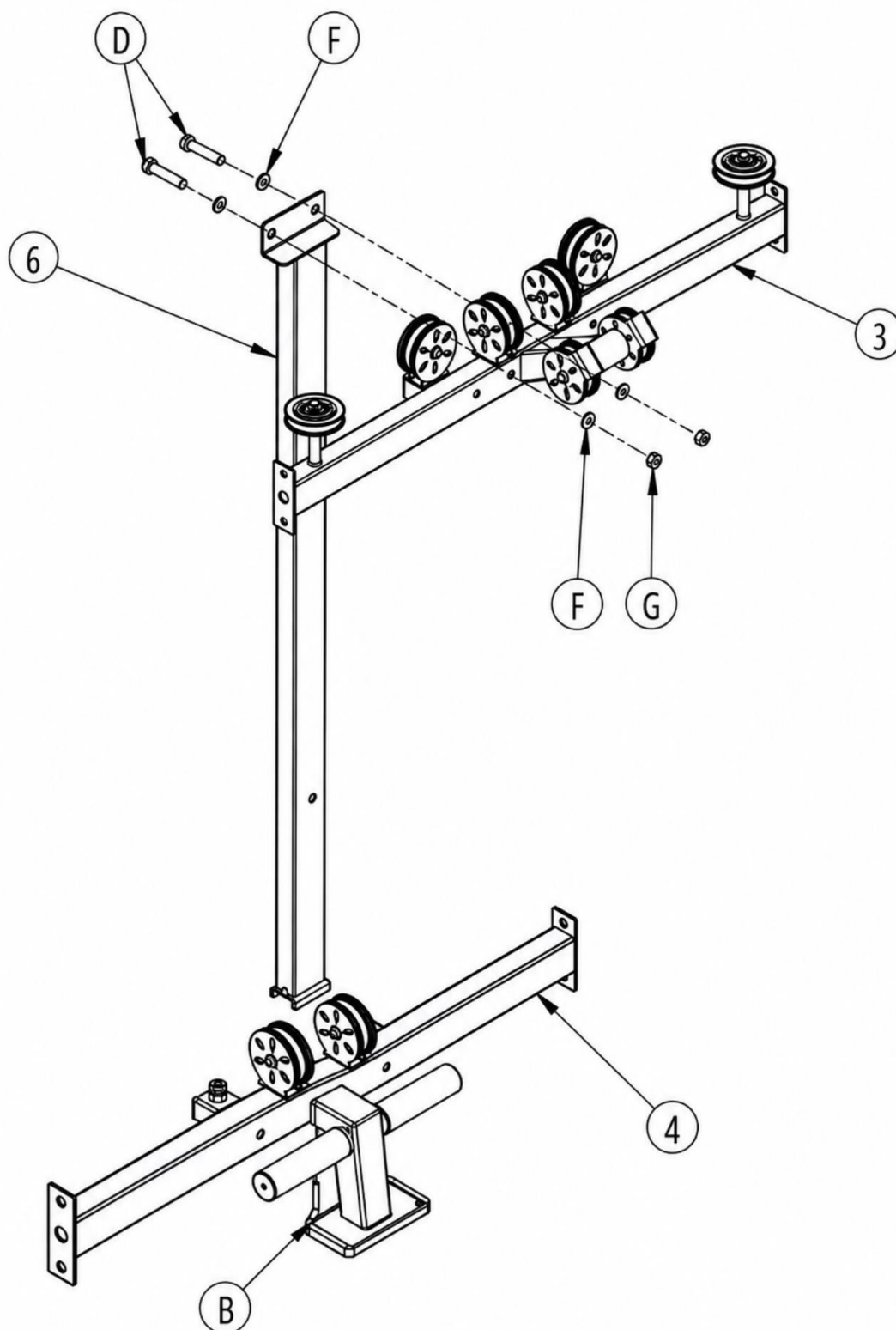
2**Assemble the Right Weight Stack Tower**

Repeat the assembly procedure for the right tower by installing the guide rods, weight plates, top plate, and upper pulley assembly. Install the weight storage pegs and the lower accessory mounting bracket as shown. Confirm that the weight stack travels smoothly and that all components are securely installed.



3**Assemble the Center Support Frame**

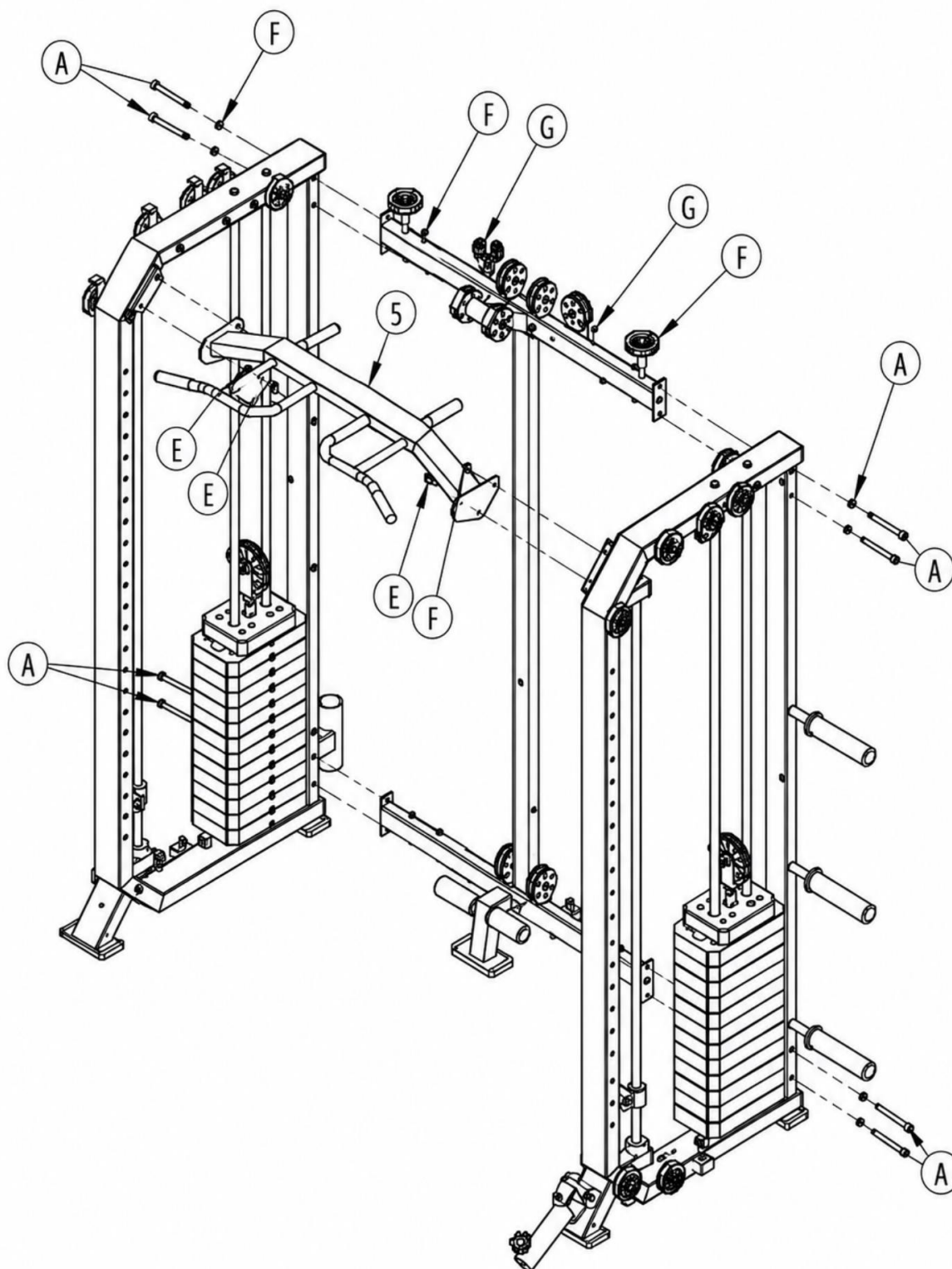
Attach the vertical support column between the upper and lower crossmembers. Install the pulley assemblies onto the upper crossmember and secure the pulley axle using the supplied hardware. Check that every pulley rotates freely before tightening all fasteners.



4

Join Both Towers with the Main Crossmembers

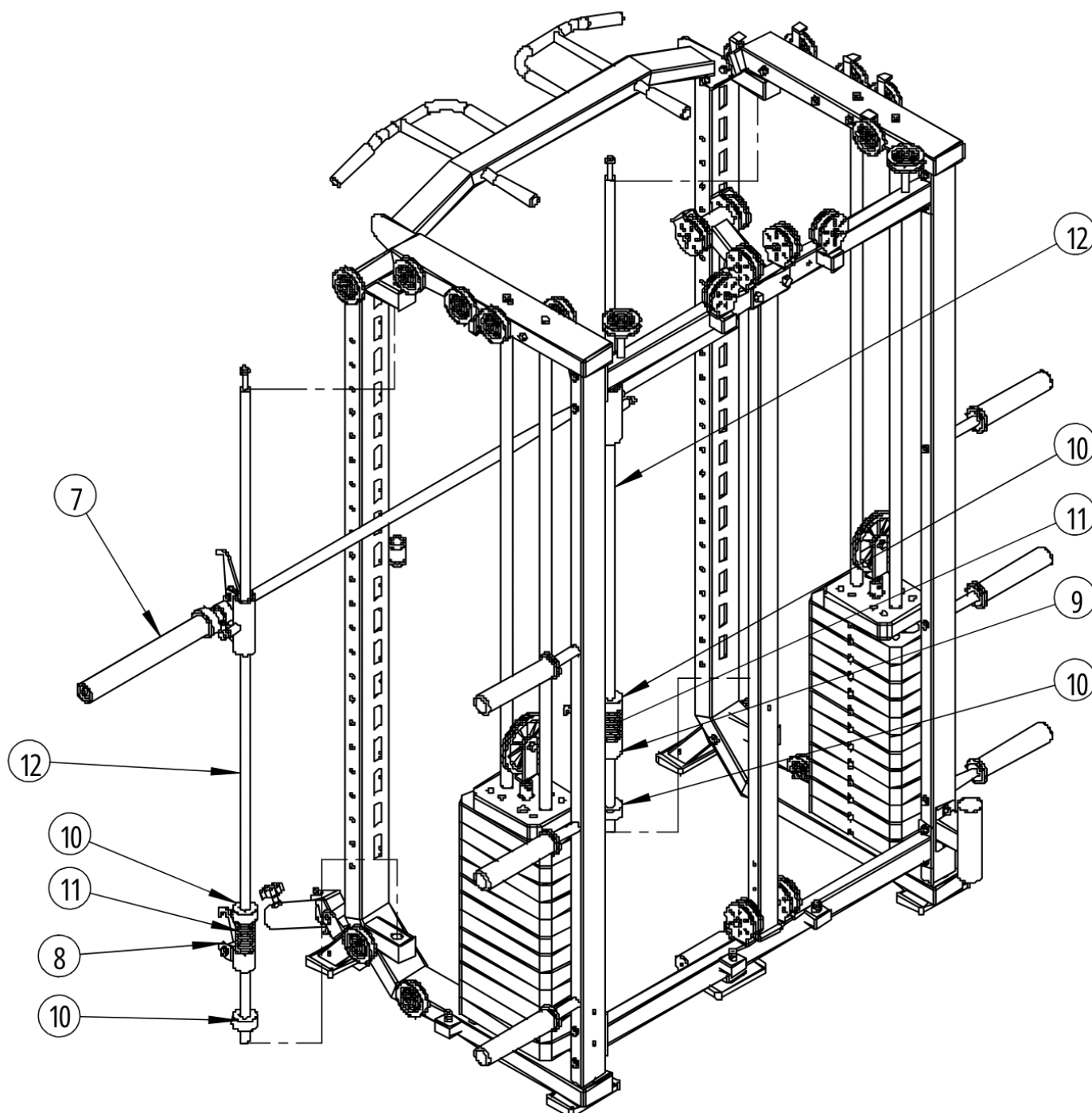
Position both weight stack towers upright and connect them using the upper crossmember, lower crossmember, and multi-grip pull-up bar assembly. Secure all structural mounting points while keeping the frame square and level. Fully tighten all hardware once the complete frame has been aligned.



5

Install the Smith System and Guide Assemblies

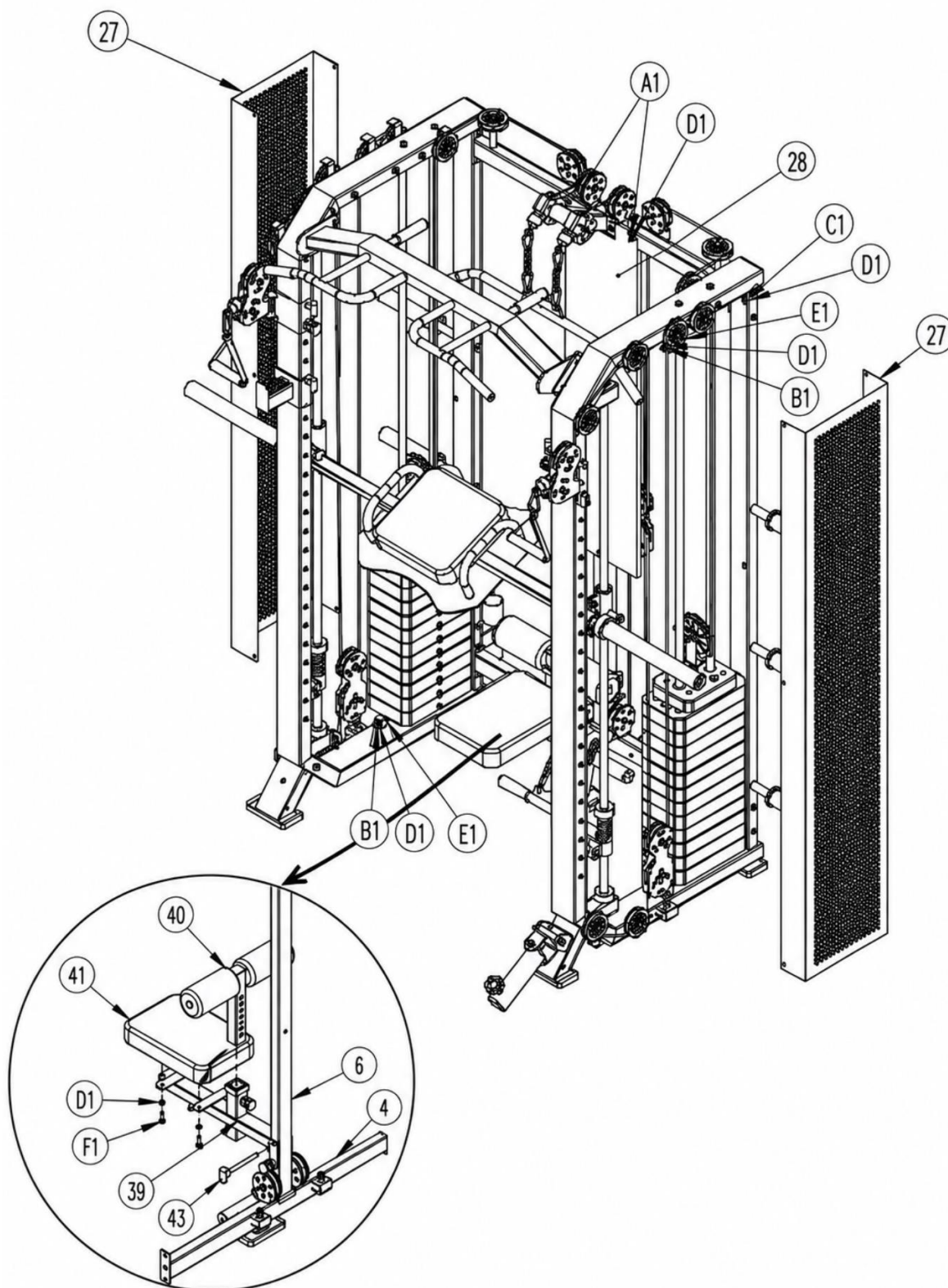
Install the Smith bar guide rods, stainless steel guide tubes, weight plates, and top spacer assemblies. Fit the safety hooks, shock-absorbing pads, and spring assemblies as shown. Verify that the Smith bar and weight stack move smoothly before proceeding.



6

Install the Protective Covers and Seat Assembly

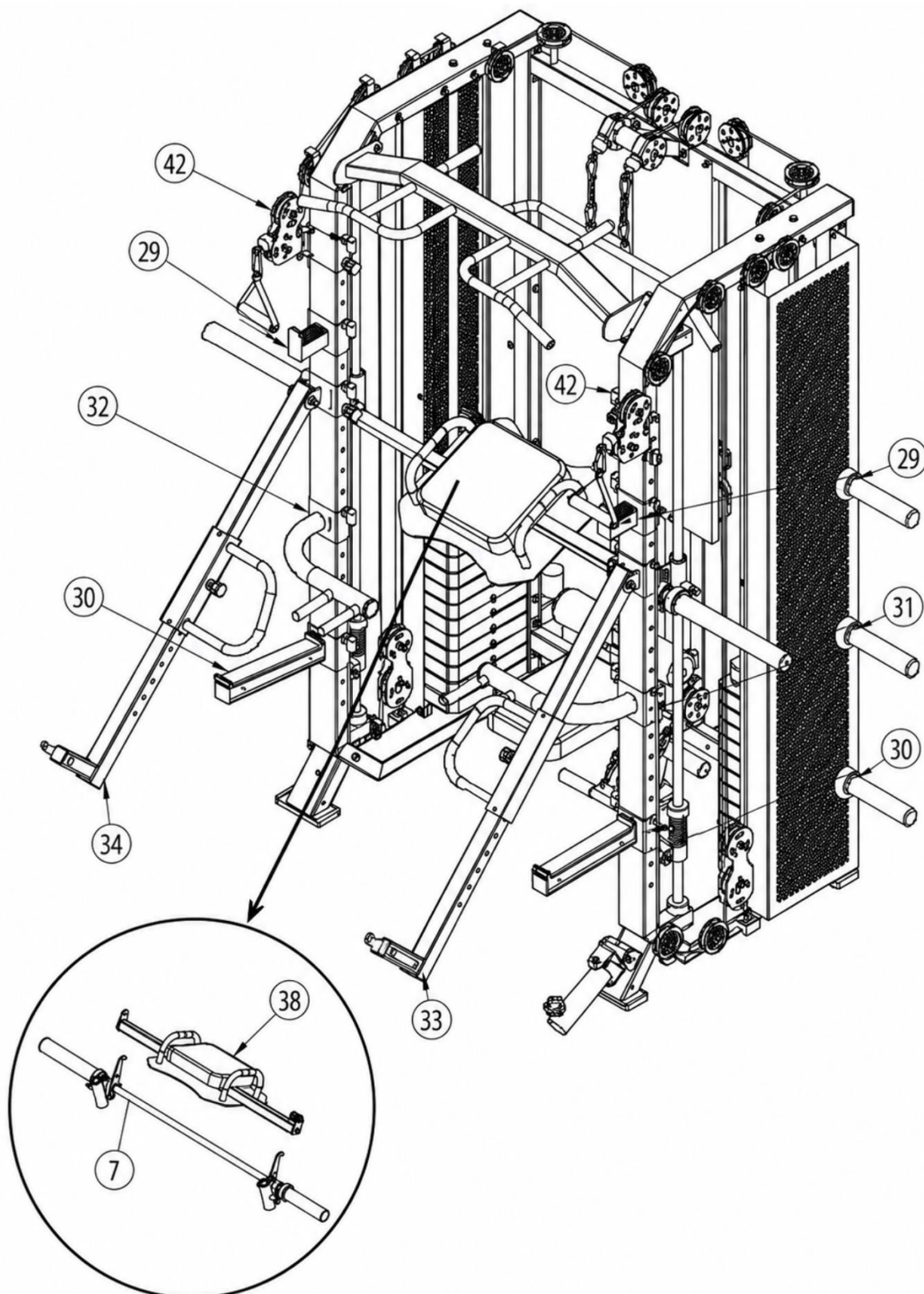
Attach the rear protective shrouds to both weight stack towers. Install the seat support bracket, seat cushion, footplate, and remaining center accessories as shown. Secure all mounting hardware and verify that the seat assembly is stable before continuing.



7

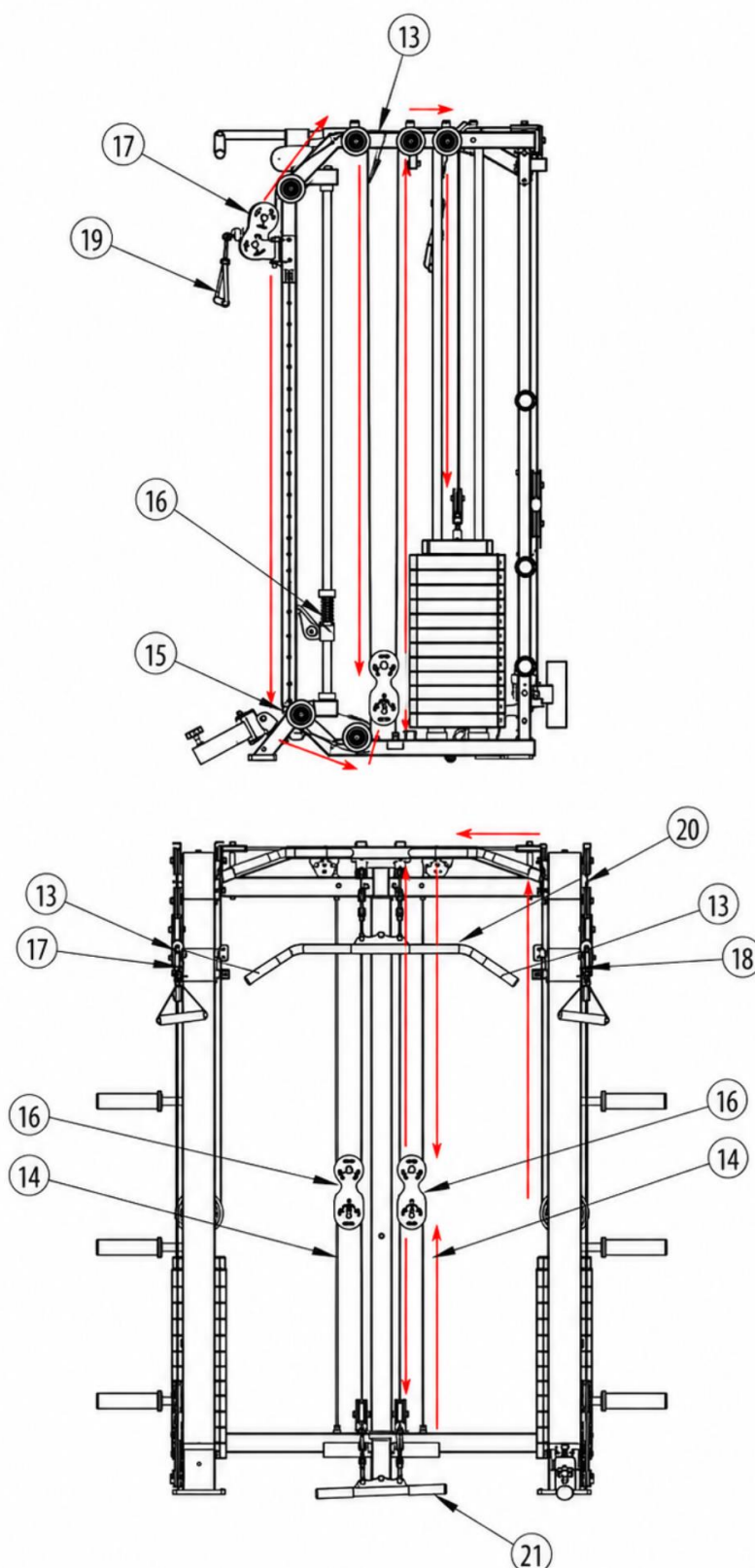
Install the Jammer Arms and Safety Attachments and Perform Final Inspection

Install the dip handles, jammer arms, spotter arms, storage pegs, and remaining exercise attachments onto the main frame. Attach the barbell pad to the Smith bar and confirm that all adjustable components lock securely. Perform a final inspection to ensure all hardware is tightened, cables are correctly tensioned, and every moving part operates smoothly before use.



6. Cable Routing

⚠ WARNING: ALL THREE cable types must be routed BEFORE erecting the main frames. This is the most critical phase of assembly. Incorrect cable routing causes malfunction and is a serious safety hazard.



7. Smith Machine Station

7.1 Smith Machine Operating Procedure

7. Set short safety catches (#29) and long safety catches (#30) below intended range of motion.
8. Set J-hooks (#8/#9) at starting barbell height for the exercise.
9. Load weight plates onto Smith bar. Ensure collars are locked.
10. Rotate bar ANTI-CLOCKWISE to release from hooks. Grip bar firmly before releasing.
11. Perform exercise. To rack: guide bar to hooks and rotate CLOCKWISE to lock.
12. Confirm hooks are fully engaged before releasing bar.

7.2 Safety Catch Positioning

- Short safety catches (#29): position 5–10 cm below lowest intended bar travel.
- Long safety catches (#30): use for wider movement patterns or extra safety coverage.
- NEVER remove safety catches. If you cannot complete a rep, lower bar to catches safely.
- Replace safety catches in original position after every session.

8. Cable Crossover & Functional Training

8.1 Adjusting Cable Crossover Height

13. Pull the quick-release pin on the sliding sleeve (#17 or #18).
14. Slide the sleeve to desired height position on the stainless guide tubes (#26).
15. Release pin — it locks into the nearest position.
16. Tug cable attachment to confirm sleeve is locked before loading.
17. For cable crossover exercises: set BOTH sleeves to identical heights.
18. For functional training: set different heights for diagonal cable paths.

8.2 Using the Hanging Pulleys (#16)

The 4 hanging pulleys allow the cable to change direction freely. They are pre-installed during assembly. If a hanging pulley is ever displaced, unload the weight stack completely before repositioning.

9. Jammer Arm Station

12.1 Jammer Arm Operation

1. Insert standard Olympic barbell sleeve into the jammer arm socket.
2. Load weight plates onto the bar and secure collars.
3. Stand between the two jammer arms for bilateral pressing.
4. Single-arm work: use one jammer arm only with appropriate load.

Remove all weight before folding or repositioning jammer

10. Lat Pulldown & Low Row Station

9.1 Lat Pulldown Setup

5. Attach high pull handle (#20) to the upper cable carabiner using handle strap (#19).
6. Install seat support bracket (#39) in desired position.
7. Place seat cushion (#41) on the bracket.
8. Select weight with selector pin.
9. Sit on cushion, knees braced, pull handle to upper chest — control return.

9.2 Low Row Setup

10. Attach low pull handle (#21) or lifting handle (#22) to the low cable.
11. Sit on seat cushion with feet on low row foot platform.
12. Row cable handle to lower abdomen — squeeze shoulder blades at the end point.

11. Pull-Up Bar Station

The integrated pull-up weldment (#5) provides multiple grip positions for bodyweight pulling exercises.

Wide Overhand	Targets latissimus dorsi and posterior deltoid
Shoulder-Width	Balanced lat and bicep recruitment
Close/Neutral Grip	Lower lats and brachialis emphasis
Chin-Up (Underhand)	Biceps-dominant pull — maximum bicep activation
Hanging Knee/Leg Raise	Core and hip flexor training

12. Leg Press Station

11.1 Leg Press Setup

13. Extend the leg press assembly (#38) to the operating position.
14. Secure with the locking mechanism and verify fully locked.
15. Place leg press foam pad (#40) on the assembly.
16. Sit in seat with feet on the press pad — slight foot angle as comfortable.
17. Press through full range. Control the return.
18. To fold away: remove weight load. Release locking mechanism. Fold inward.

13. Exercise Guide (100+ Exercises)

The F2 Functional Trainer supports 100+ exercise variations across all major muscle groups. Always set safety catches and select appropriate weight before starting any exercise.

13.1 Chest

Exercise	Station	Primary Muscles
Smith Bench Press (Flat)	Smith Machine	Pectorals, Triceps, Anterior Deltoid
Smith Incline Press	Smith Machine (inclined bench)	Upper Pectorals, Anterior Deltoid
Smith Decline Press	Smith Machine (declined bench)	Lower Pectorals, Triceps
Cable Fly (High → Low)	Cable Crossover (high)	Pectorals (stretch and contraction)
Cable Chest Press	Cable Crossover (mid)	Pectorals, Anterior Deltoid, Triceps
Cable Crossover	Cable Crossover (high)	Pectorals, Serratus Anterior
Low Cable Fly	Cable Crossover (low)	Lower Pectorals, Serratus Anterior
Jammer Chest Press	Jammer Arms	Pectorals, Anterior Deltoid, Triceps

13.2 Back

Exercise	Station	Primary Muscles
Lat Pulldown (Wide)	Lat Pulldown Station	Latissimus Dorsi, Biceps, Rear Delt
Lat Pulldown (Narrow)	Lat Pulldown Station	Lats, Brachialis, Lower Traps
Lat Pulldown (Reverse)	Lat Pulldown Station	Biceps, Lower Lats
Seated Cable Row	Low Row Station	Rhomboids, Mid-Traps, Biceps
Smith Bent-Over Row	Smith Machine	Lats, Rhomboids, Rear Delt
Straight Arm Pulldown	Cable Crossover (high)	Latissimus Dorsi, Teres Major
Cable Face Pull	Cable Crossover (high-mid)	Rear Delt, External Rotators, Traps
Pull-Up (Wide)	Pull-Up Bar	Latissimus Dorsi, Biceps
Chin-Up	Pull-Up Bar	Biceps Brachii, Latissimus Dorsi
Jammer Row	Jammer Arms	Lats, Rhomboids, Biceps

13.3 Shoulders

Exercise	Station	Primary Muscles
Smith Shoulder Press	Smith Machine	All 3 Deltoid Heads, Triceps
Cable Lateral Raise	Cable Crossover (low)	Medial Deltoid
Cable Front Raise	Cable Crossover (low)	Anterior Deltoid
Cable Rear Delt Fly	Cable Crossover (high)	Posterior Deltoid, Rhomboids
Jammer Shoulder Press	Jammer Arms	All Deltoid Heads, Triceps
Upright Row (Smith)	Smith Machine	Medial Delt, Upper Trapezius

13.4 Arms — Biceps & Triceps

Exercise	Station	Primary Muscles
Cable Bicep Curl	Cable Crossover (low)	Biceps Brachii, Brachialis
Preacher Curl (cable)	Cable Crossover (low)	Biceps Brachii (peak contraction)
Overhead Cable Curl	Cable Crossover (high)	Biceps Long Head
Smith Close-Grip Bench	Smith Machine	Triceps Brachii, Pectorals
Tricep Pushdown	Cable Crossover (high)	Triceps Brachii (all 3 heads)
Overhead Tricep Ext.	Cable Crossover (high)	Triceps Long Head
Tricep Kickbacks	Cable Crossover (mid)	Triceps Lateral and Medial Head

13.5 Legs

Exercise	Station	Primary Muscles
Smith Squat	Smith Machine	Quadriceps, Glutes, Hamstrings
Smith Front Squat	Smith Machine	Quadriceps, Core
Smith Romanian Deadlift	Smith Machine	Hamstrings, Glutes, Erectors
Smith Lunges	Smith Machine	Quadriceps, Glutes, Balance
Leg Press	Leg Press Station	Quadriceps, Glutes, Hamstrings
Cable Kickbacks	Cable Crossover (low)	Gluteus Maximus
Cable Hip Abduction	Cable Crossover (low)	Gluteus Medius
Smith Hip Thrust	Smith Machine (low bar)	Gluteus Maximus, Hamstrings
Smith Calf Raise	Smith Machine	Gastrocnemius, Soleus

13.6 Core & Functional

Exercise	Station	Primary Muscles
Cable Woodchopper (H→L)	Cable Crossover (high)	Obliques, Core, Shoulders
Pallof Press	Cable Crossover (mid)	Transverse Abdominis, Obliques
Cable Crunch (kneeling)	Cable Crossover (high)	Rectus Abdominis, Obliques
Hanging Leg Raises	Pull-Up Bar	Core, Hip Flexors
Jammer Press-Rotate	Jammer Arms	Core, Shoulders, Full Body
Jammer Squat-Press	Jammer Arms	Legs, Core, Shoulders
Core Rotation (cable)	Cable Crossover (mid)	External/Internal Obliques

14. Maintenance Schedule

i NOTE: This commercial-grade machine requires regular inspection and maintenance. Sweat, chalk and daily loading accelerate wear on cables and pulleys. Never skip the monthly cable inspection.

Frequency	Component	Task	Standard
Daily	All 6 cables	Visual check for fraying, kinking, strand break	Replace if ANY damage
Daily	Smith bar hooks	Confirm J-hooks fully engage in all notches	No slipping
Daily	Safety catches	Verify catches are set before training	Correct height
Daily	All surfaces	Wipe down sweat from all steel and pads	Dry surface
Weekly	All bolts	Hand torque check — tighten any loose bolts	No movement
Weekly	Pulleys (#16)	Spin each pulley — silent and free rotation	No grinding
Weekly	Cable sleeves #17,#18	Lock/unlock test — smooth slide on guide tubes	Free travel
Weekly	Guide tubes #26	Wipe stainless guide tubes — remove chalk	Clean and dry
Monthly	All 6 cables	Full inspection — trace entire path on each cable	No damage
Monthly	M10/M8 bolts	Full torque wrench check — all structural bolts	55-60/25-30 Nm
Monthly	Smith guide rails	Clean rails — apply light machine oil	Smooth travel
Monthly	Cable clamp bolts	Re-torque all cable-securing bolts	Per specification
Monthly	Frame inspection	Check all welds and steel for stress cracks	No damage
Quarterly	All pulleys	Clean all pulley grooves — dry silicone spray	No cable wear
Quarterly	Shock pads #10	Check weight stack pads for compression/wear	Replace if flat
Quarterly	Jammer arm pivots	Check pivot locking pins — replace if worn	Secure lock
Annually	Professional service	Full cable replacement check, all bolt re-torque	All stations

⚠ WARNING: CABLE REPLACEMENT: Replace all 6 cables at the FIRST sign of fraying, kinking or strand damage. Do not use the machine with a damaged cable. Contact phfitness.nl for approved replacement cable parts.

15. Troubleshooting

Problem	Likely Cause	Solution
Smith bar binds on rails	Rails dry or dirty; carriage bearing worn	Clean rails. Apply light machine oil. Inspect linear bearings — contact PH Fitness if worn.
J-hook slips from rack	Hook not fully rotated into lock position	Rotate bar until hook positively seats. Inspect hook condition — replace if worn.
Cable jumps off pulley	Incorrect routing; cable tension uneven	Fully unload stack. Re-route cable per assembly Steps 1-3. Check all hanging pulleys (#16).
Weight stack rattles	Shock pads (#10) worn or missing	Inspect all 12 shock pads. Replace any flat or compressed pads.
Cable sleeve won't slide	Guide tubes dirty; pin not released	Clean stainless guide tubes (#26). Ensure quick-release pin is fully pulled before sliding.
Machine vibrates under load	Frame bolts loosened	Remove load. Full torque check all M10 bolts to 55-60 Nm. Do not train until resolved.
Safety catch slips	Locking mechanism worn	Replace safety catch. Never train without functional safety catches on Smith machine.
Jammer arm won't lock	Pin not fully inserted	Ensure long lock pin (#42) is fully through the pivot — you should feel it click.
Leg press won't lock open	Safety latch not engaged	Check all locking mechanisms on leg press (#38) before loading any weight.
Pull-up bar creaks	Mounting bolts loosened	Re-tighten all pull-up weldment (#5) bolts to 55-60 Nm.
Cable fraying	Normal end-of-life wear; misaligned pulley	Replace cable immediately. Check pulley alignment — misalignment accelerates wear.

16. Warranty & Customer Support

2-Year Warranty

The PH Fitness Functional Trainer is covered by a 2-year manufacturer warranty from the date of original purchase, covering structural frame defects, mechanical component defects, and factory assembly defects.

Warranty Period	2 years from date of original purchase
Frame	Covered against manufacturing defects and weld failures
Weight Stacks	Covered against manufacturing defects
Smith Machine	Covered — rails, carriage, J-hooks (manufacturing defects)
Cables & Pulleys	Covered against manufacturing defects (normal wear excluded)
Accessories	Covered against manufacturing defects
NOT Covered	Misuse, overloading beyond rated limits, modifications, normal wear, cosmetic damage

Warranty Exclusions

- Damage from improper assembly or use outside this manual
- Exceeding stated limits: 300 kg barbell
- Normal wear items: cables, rubber feet, arm pads, seat cushion
- Cosmetic damage from misuse or environmental exposure
- Damage from unauthorised modifications

Requesting Assistance

Before contacting support, do NOT attempt any repairs. Have the following information ready:

- Your name, address, and telephone number
- Model name: Functional Trainer
- Tax receipt or purchase invoice (if under warranty)
- Clear description and photograph of the problem

Making a Warranty Claim

- Retain your original proof of purchase — required for all warranty claims.
- Photograph the defect clearly from multiple angles.
- Contact PH Fitness customer support via the website or email.
- Provide model (Functional Trainer), date of purchase, and description of defect.
- PH Fitness will advise on repair, replacement, or return procedure within 5 business days.

PH FITNESS

Website: phfitness.nl

Mail: support@phfitness.nl

Your gym. Your performance. Your pace.

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Functional Trainer

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