

LINE › FreeMotion
 TYPE › Selectorized

FREEMOTION ABDOMINAL



MODEL › F611
 FEATURE › Vertical Design



FEATURES AND BENEFITS

Introducing the new line of FreeMotion Fitness strength equipment. Generation II offers a sleek design, sophisticated construction and advanced upgrades so you can train your body the way it was meant to move.

The FreeMotion Abdominal targets muscles in the core, upper, lower and oblique abdominal regions. Functionally trains the core to support rotational movements.

Swivel Pulleys › Pulley design ensures fluid cable travel and provides nearly unlimited range of motion.

Independent Arm Movement › Arm straps move independently for a wide variety of abdominal exercises and single arm movements.

Vertical Design › Standing exercises lessen stress on the user's neck and occupies a much smaller footprint.

Lumbar Support › Lumbar pad adjusts to various positions to fit a variety of users.

Industrial Construction › Equipment is built with 11- and 7-gauge steel and is electrostatically powder-coated.

Kick Plates › 16-gauge, stainless steel kick plates protect the machine from wear and tear.

ADA Compliant › Compliant with Americans with Disabilities Act for wheel-chair accessibility.

SPECS

› FreeMotion Abdominal

MODEL F611

Dimensions (LWH)	34" x 36" x 74" (87 cm x 92 cm x 188 cm)
Effective Resistance	1 arm – 75 lbs. (34 kg) 2 arms – 150 lbs. (68 kg)
Weight Stack Configuration	5 – 50 x 5 lbs. (2.25 – 22.75 x 2.25 kg) 60 – 150 x 10 lbs. (27.25 – 68.25 x 4.5 kg)
Weight	460 lbs. (209 kg)
Cable Diameter	3/16-inch rated to 2,000 lbs.

› WARRANTY

10 YEARS: STRUCTURAL FRAME, 3 YEARS: BEARINGS, GUIDE RODS, PULLEYS, WEIGHT STACKS
 1 YEAR: CABLES, 1 YEAR: LABOR, 120 DAYS: UPHOLSTERY, HANDLES & ACCESSORIES