



EPIC

m FREEMOTION®





FreeMOTION

INTRODUCING the new line of FreeMotion® EPIC Selectorized Equipment. **NEW DESIGNS FEATURE** a reduced tower height for easier maintenance, and to sophisticate the line's look, heavy-duty 11-gauge tubing with a flat-oval design and consistent alignment and footprints for easier floor planning. **SEVERAL OF OUR NEW PIECES** feature individual improvements including better ergonomics with overhead rotation on the Rotary Torso, an ergonomically angled pad design for better muscle isolation on the Tricep and Bicep, and a long-lasting coil spring on the Abdominal machine. **THE FREEMOTION® EPIC GLUTE** is brand-new for the 2011 line. **EACH MODEL** undergoes one million cycles of testing to ensure proper performance for every user. **WITH SLEEK DESIGNS**, innovative functional training and overall quality, the FreeMotion® EPIC Selectorized line delivers the results your gym members want.

- » F800 CHEST
- » F801 LEG EXTENSION
- » F802 LAT/HIGH ROW
- » F803 LEG CURL
- » F804 LEG PRESS
- » F806 FLY/REAR DELT
- » F807 SHOULDER
- » F809 HIP ADDUCTION/ABDUCTION
- » F810 BICEP
- » F811 TRICEP
- » F812 ASSISTED DIP-CHIN
- » F813 CALF EXTENSION
- » F814 PRONE LEG CURL
- » F815 BACK EXTENSION
- » F816 LATERAL RAISE
- » F817 SEATED ROW
- » F818 ROTARY TORSO
- » F819 ABDOMINAL
- » F820 GLUTE



F800 CHEST

FEATURES & BENEFITS

CONVERGING AXIS ARMS › Arms move in a converging axis pattern, providing natural movement and increased muscle concentration. **UNILATERAL ARM MOVEMENT** › Arms move independently for single or dual-arm exercises. **EXTENDED HANDLES** › Longer handles fit a wide variety of users. **SEAT ADJUSTMENT** › Seat adjusts to multiple positions to accommodate all user heights. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 295 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Chest delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	43" x 60" x 73" (109 cm x 152 cm x 185 cm)
Weight Stack Configuration	(10) 20 lb. plates (9 kgs) (8) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	700 lbs. (317 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



F801 LEG EXTENSION

FEATURES & BENEFITS

MULTIPLE START POSITIONS › Leg assembly can be set in one of eleven start positions to fit a wide variety of users. **ADJUSTABLE BACK PAD** › Back pad adjusts horizontally to support the back and isolate the quadriceps. **ADJUSTABLE LEG ASSEMBLY** › To accommodate users of various heights, the leg assembly can be adjusted to one of three positions. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 285 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Leg Extension delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	50" x 57" x 60" (127 cm x 145 cm x 152 cm)
Weight Stack Configuration	(11) 20 lb. plates (9 kgs) (5) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	644 lbs. (292 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



F802 LAT/HIGH ROW

FEATURES & BENEFITS

UNILATERAL ARM MOVEMENT › Arms move independently for single or dual-arm exercises. **MULTIPLE HANDLE POSITIONS** › L-shaped handles allow for multiple grips for both lat and row exercises. **ADJUSTABLE THIGH PADS** › Thigh pads adjust in height and swivel to fit a wide variety of users. **CABLE** › Heavy-duty, 1/4" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 305 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Lat/High Row delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	67" x 52" x 79" (170 cm x 132 cm x 201 cm)
Weight Stack Configuration	(11) 20 lb. plates (9 kgs) (7) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	520 lbs. (236 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



F803 LEG CURL

FEATURES & BENEFITS

MULTIPLE START POSITIONS › Leg assembly can be set in one of eleven start positions to fit a wide variety of users. **ADJUSTABLE BACK PAD** › Back pad adjusts horizontally to support the back and isolate the quadriceps. **ADJUSTABLE LEG ASSEMBLY** › To accommodate users of various heights, the leg assembly can be adjusted to one of three positions. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 205 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Leg Curl delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	48" x 60" x 60" (122 cm x 152 cm x 152 cm)
Weight Stack Configuration	(3) 20 lb. plates (9 kgs) (13) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	573 lbs. (260 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



F804 LEG PRESS

FEATURES & BENEFITS

MULTIPLE START POSITIONS › Leg assembly can be set in one of ten start positions to fit a wide variety of users. **PLATFORM ADJUSTMENT** › Users simply press the pedal to release for a personalized fit. **BACKREST ADJUSTMENT** › Position the backrest upright to focus on the quadriceps and hamstrings. To target the glutes and hip extensors, adjust the backrest to a reclined position. **ARC MOVEMENT** › The arc-shaped movement pattern allows the user's body to fully extend. **CONTOURED PLATFORM** › Textured with Line-X® wear guards to prevent feet from slipping, the platform is contoured to maintain foot alignment in various positions. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **BELT** › Two-inch wide by 0.125" thick belt is rated to 10,000 lbs. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 475 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Leg Press delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	91" x 42" x 78" (231 cm x 107 cm x 198 cm)
Weight Stack Configuration	(23) 20 lb. plates (9 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	1162 lbs. (527 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



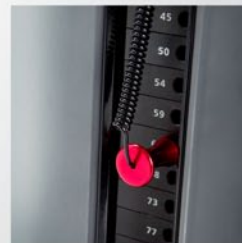
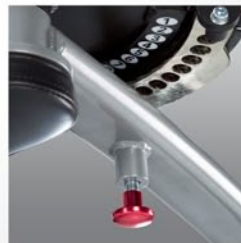
F806 FLY/REAR DELT

FEATURES & BENEFITS

PIVOTING ARMS › Arms pivot to accommodate a wide variety of users and allow a natural movement pattern. **UNILATERAL ARM MOVEMENT** › Arms move independently for single or dual-arm exercises. **MULTIPLE HANDLE POSITIONS** › Unique handle design allows for multiple grips for both standard pec fly and rear delt exercises. **SEAT ADJUSTMENT** › Seat adjusts to multiple positions to accommodate all user heights. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 195 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Fly/Rear Delt delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	53" x 67" x 76" (135 cm x 170 cm x 193 cm)
Weight Stack Configuration	(18) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	606 lbs. (275 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



F807 SHOULDER

FEATURES & BENEFITS

CONVERGING AXIS ARMS › Arms move in a converging axis pattern, providing natural movement and increased muscle concentration. **UNILATERAL ARM MOVEMENT** › Arms move independently for single or dual-arm exercises. **MULTIPLE HANDLE POSITIONS** › Unique handle design allows for multiple grips for both standard and neutral press exercises. **SEAT ADJUSTMENT** › Seat adjusts to multiple positions to accommodate all user heights. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 205 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Shoulder delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	65" x 61" x 60" (165 cm x 155 cm x 152 cm)
Weight Stack Configuration	(5) 20 lb. plates (9 kgs) (9) 10 lb. plates (5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	672 lbs. (305 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



F809 HIP ADDUCTION/ABDUCTION

FEATURES & BENEFITS

PIVOTING THIGH PADS › Padded for comfort, thigh pads pivot to allow users to perform both hip adductions and abductions. **MULTIPLE START POSITIONS** › Leg assembly can be set in one of nine start positions to fit a wide variety of users. **FOOT PEGS** › Foot pegs are textured for secure placement, allowing the user to isolate the lower leg. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 155 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Hip Adduction/Abduction delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	64" x 60" x 60" (163 cm x 152 cm x 152 cm)
Weight Stack Configuration	(14) 10 lb. plates (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	522 lbs. (237 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



F810 BICEP

FEATURES & BENEFITS

HANDLE DESIGN › Unique handle design allows for a comfortable, natural grip for multiple hand positions. **SEAT ADJUSTMENT** › Seat adjusts to multiple positions to accommodate all user heights. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 205 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Bicep delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	42" x 50" x 60" (107 cm x 127 cm x 152 cm)
Weight Stack Configuration	(5) – 20 lb. plates (9 kgs) (9) – 10 lb. plates (4.5 kgs) (1) – 10 lb. top plate (4.5 kgs) (1) – 5 lb. increment weight (2.25 kgs)
Product Weight	556 lbs. (252 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



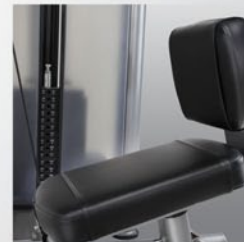
F811 TRICEP

FEATURES & BENEFITS

SEAT BACK ADJUSTMENT › Seat back pad adjusts to multiple positions to accommodate all user heights. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 205 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Tricep delivers incredible versatility. **FLOOR PROTECTORS** › Made of molded rubber, these guards protect the floor.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	49" x 51" x 60" (124 cm x 130 cm x 152 cm)
Weight Stack Configuration	(5) 20 lb. plates (9 kgs) (9) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	593 lbs. (269 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



F812 ASSISTED DIP-CHIN

FEATURES & BENEFITS

TEXTURED WEIGHT ASSIST FOOT PLATFORM › Platform features Line-X® coating to prevent user's foot from slipping and pivots up for user to exercise unassisted. **MULTI-POSITION HANDLES** › Dip handles rotate for different widths to allow for various users. Curved pull-up handles give user options for multiple hand positions and grip widths. **TEXTURED STEP AND PLATFORM** › Coated with Line-X®, steps allow users secure foot placement when preparing for exercise. **CABLE** › Heavy-duty, 1/4" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 225 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Assisted Dip-Chin delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	66" x 47" x 101" (168 cm x 119 cm x 257 cm)
Weight Stack Configuration	(3) 20 lb. plates (9 kgs) (15) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	639 lbs. (290 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



F813 CALF EXTENSION

FEATURES & BENEFITS

TEXTURED FOOT ASSEMBLY › The Line-X® coated foot pedal provides users secure foot placement during exercise. **SEAT ADJUSTMENT** › Seat adjusts to multiple positions to accommodate all user heights. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 375 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Calf Extension delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	70" x 41" x 60" (179 cm x 105 cm x 152 cm)
Weight Stack Configuration	(18) 20 lb. plates (9 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	701 lbs. (318 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



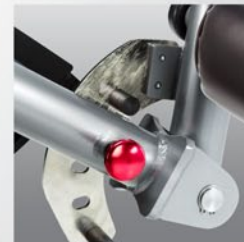
F814 PRONE LEG CURL

FEATURES & BENEFITS

ADJUSTABLE LEG ASSEMBLY › To accommodate users of various heights, the leg assembly can be adjusted to one of three positions. **CONTOURED ARM SUPPORTS** › Designed for comfort, arm supports are contoured to help isolate the lower body. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 195 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Prone Leg Curl delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	67" x 47" x 60" (170 cm x 119 cm x 152 cm)
Weight Stack Configuration	(18) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	551 lbs. (250 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



F815 BACK EXTENSION

FEATURES & BENEFITS

ADJUSTABLE BACK PAD › Users can select from five start positions. Comfortable, back pad is oversized to fit users of various heights and swivels up to 20° for a comfortable range of motion. **TEXTURED FOOT PLATE** › Coated with Line-X®, the foot plate provides secure foot placement to isolate the lower body. **FOOT PLATE ADJUSTMENT** › Plate adjusts to multiple positions to accommodate users of various sizes. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 265 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Back Extension delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	40" x 53" x 60" (101 cm x 134 cm x 152 cm)
Weight Stack Configuration	(7) 20 lb. plates (9 kgs) (11) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	630 lbs. (286 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



F816 LATERAL RAISE

FEATURES & BENEFITS

UNILATERAL ARM MOVEMENT › Arms move independently for single or two arm exercises. **SWIVELING HANDLES** › Handles swivel to accommodate users of various arm lengths. **SEAT ADJUSTMENT** › Seat adjusts to multiple positions to accommodate all user heights. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 205 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Lateral Raise delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	46" x 43" x 60" (117 cm x 109 cm x 152 cm)
Weight Stack Configuration	(1) 20 lb. plates (9 kgs) (17) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	474 lbs. (215 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



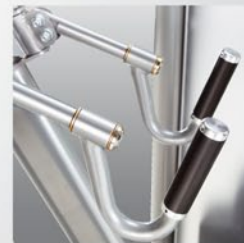
F817 SEATED ROW

FEATURES & BENEFITS

FREEGRIP™ HANDLES › Handles swivel 360° for various rowing exercises and to accommodate natural wrist movement. They tilt vertically and horizontally for a natural, user-defined range of motion. **UNILATERAL ARM MOVEMENT** › Arms move independently for single or two-arm exercises in a diverging movement pattern. **ADJUSTABLE CHEST PAD** › To help isolate the upper body and accommodate users with various arm lengths, the chest pad can be adjusted. **SEAT ADJUSTMENT** › Seat adjusts to multiple positions to accommodate all user heights. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 255 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Seated Row delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	68" x 41" x 60" (173 cm x 104 cm x 152 cm)
Weight Stack Configuration	(10) 20 lb. plates (9 kgs) (4) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	606 lbs. (275 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



F818 ROTARY TORSO

FEATURES & BENEFITS

ARM PAD ASSEMBLY › Rotating cam assembly is angled to comfortably fit users of different sizes and encourages proper upright body positioning. Upper body rotation better simulates natural range of motion. **LEG PADS** › Encourage proper posture and isolate the trunk during rotation. **START POSITION ADJUSTMENT** › Located on the overhead cam, users simply adjust and rotate the shoulder pad assembly to engage in one of thirteen positions. **CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 175 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Rotary Torso delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	60" x 54" x 77" (152 cm x 137 cm x 196 cm)
Weight Stack Configuration	(16) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	622 lbs. (282 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



F819 ABDOMINAL

FEATURES & BENEFITS

SHOULDER PAD ASSEMBLY › Contoured and padded for comfort, the shoulder pad assembly features a coil spring to raise the pads for easy entry/exit of the machine. **PIVOTING SEAT** › Seat bottom pivots upward as the upper body pivots downward to better engage the abdominals through a natural range of motion. **SHIN PADS** › Contoured shin pads fit a wide variety of users and offer support to isolate the abdominals. **CABLE** › Heavy-duty, 1/4-inch cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 155 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Abdominal delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	44" x 49" x 60" (112 cm x 124 cm x 152 cm)
Weight Stack Configuration	(14) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	505 lbs. (229 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



F820 GLUTE

FEATURES & BENEFITS

ADJUSTABLE CHEST PAD ASSEMBLY › Featuring a gas shock assist, the chest pad adjusts to accommodate all users. **LINEAR BEARINGS** › Ensure smooth motion throughout the entire movement pattern. **START POSITION ADJUSTMENT** › Foot pedal flips over for left and right foot placement. **CABLE** › Heavy-duty, 1/4" cable is rated to 4,200 lb. minimum tensile strength. **WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 195 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Glute delivers incredible versatility.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	73" x 31" x 78" (185 cm x 79 cm x 198 cm)
Weight Stack Configuration	(18) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	485 lbs. (220 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	› 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor



	DIMENSIONS (LWH)	WEIGHT STACK CONFIGURATION	PRODUCT WEIGHT	MAXIMUM USER WEIGHT	WARRANTY
F800 CHEST	43" x 60" x 73" (109 cm x 152 cm x 185 cm)	(10) 20 lb. plates (9 kgs) (8) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	700 lbs. (317 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F801 LEG EXTENSION	50" x 57" x 60" (127 cm x 145 cm x 152 cm)	(11) 20 lb. plates (9 kgs) (5) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	644 lbs. (292 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F802 LAT/HIGH ROW	67" x 52" x 79" (170 cm x 132 cm x 201 cm)	(11) 20 lb. plates (9 kgs) (7) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	520 lbs. (236 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F803 LEG CURL	48" x 60" x 60" (122 cm x 152 cm x 152 cm)	(3) 20 lb. plates (9 kgs) (13) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	573 lbs. (260 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F804 LEG PRESS	91" x 42" x 78" (231 cm x 107 cm x 198 cm)	(23) 20 lb. plates (9 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	1162 lbs. (527 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F806 FLY/REAR DELT	53" x 67" x 76" (135 cm x 170 cm x 193 cm)	(18) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	606 lbs. (275 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F807 SHOULDER	65" x 61" x 60" (165 cm x 155 cm x 152 cm)	(5) 20 lb. plates (9 kgs) (9) 10 lb. plates (5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	672 lbs. (305 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F809 HIP ADDUCTION / ABDUCTION	64" x 60" x 60" (163 cm x 152 cm x 152 cm)	(14) 10 lb. plates (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	522 lbs. (237 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F810 BICEP	42" x 50" x 60" (107 cm x 127 cm x 152 cm)	(5) – 20 lb. plates (9 kgs) (9) – 10 lb. plates (4.5 kgs) (1) – 10 lb. top plate (4.5 kgs) (1) – 5 lb. increment weight (2.25 kgs)	556 lbs. (252 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F811 TRICEP	49" x 51" x 60" (124 cm x 130 cm x 152 cm)	(5) 20 lb. plates (9 kgs) (9) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	593 lbs. (269 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories

	DIMENSIONS (LWH)	WEIGHT STACK CONFIGURATION	PRODUCT WEIGHT	MAXIMUM USER WEIGHT	WARRANTY
F812 ASSISTED DIP-CHIN	66" x 47" x 101" (168 cm x 119 cm x 257 cm)	(3) 20 lb. plates (9 kgs) (15) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	639 lbs. (290 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F813 CALF EXTENSION	70" x 41" x 60" (179 cm x 105 cm x 152 cm)	(18) 20 lb. plates (9 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	701 lbs. (318 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F814 PRONE LEG CURL	67" x 47" x 60" (170 cm x 119 cm x 152 cm)	(18) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	551 lbs. (250 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F815 BACK EXTENSION	40" x 53" x 60" (101 cm x 134 cm x 152 cm)	(7) 20 lb. plates (9 kgs) (11) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	630 lbs. (286 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F816 LATERAL RAISE	46" x 43" x 60" (117 cm x 109 cm x 152 cm)	(1) 20 lb. plates (9 kgs) (17) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	474 lbs. (215 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F817 SEATED ROW	68" x 41" x 60" (173 cm x 104 cm x 152 cm)	(10) 20 lb. plates (9 kgs) (4) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	606 lbs. (275 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F818 ROTARY TORSO	60" x 54" x 77" (152 cm x 137 cm x 196 cm)	(16) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	622 lbs. (282 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F819 ABDOMINAL	44" x 49" x 60" (112 cm x 124 cm x 152 cm)	(14) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	505 lbs. (229 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories
F820 GLUTE	73" x 31" x 78" (185 cm x 79 cm x 198 cm)	(18) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)	485 lbs. (220 kgs)	350 lbs. (159 kgs)	<ul style="list-style-type: none"> › 10 Years Structural Frame › 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks › 1 Year Cables, Labor › 120 Days Upholstery, Handles & Accessories





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A photograph of a man in a gym setting, viewed through a red-tinted overlay. He is looking off to the side with a focused expression. The background is a solid red color.

EPIC