

FREEMOTION.

MODEL # F500

# GENESIS DS™

## CHEST/SHOULDER



### CABLE STRENGTH GENESIS DS

The Genesis DS™ Chest-Shoulder machine targets muscles in the shoulders, arms and chest. Aluminum swivel pulleys with a snap clip design kick-start multiple muscle groups. The unique design of the pulley arms accommodates multiple shoulder and chest press options. For added convenience, the seat quickly folds down and away to switch between seated and standing positions.

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### PRODUCT FEATURES

- ① **ALUMINUM SWIVEL-PULLEYS**  
Because the pulleys on this machine swivel, specific muscles can be targeted to improve muscle mass, stability and balance.
- ② **THE WORKOUT THAT WORKS**  
The specially designed handles move together or one at a time to customize shoulder exercises and single-arm movements.
- ③ **PIVOT SEAT PAD**  
Quickly fold away the padded seat to change from seated to standing movements.
- ④ **EASY ADJUSTMENTS**  
Snap Clip design allow handle lengths to be adjusted without having to remove them from the machine.
- ⑤ **FREESTYLE MOVEMENT**  
Extensive cable travel allows for a full exercise flexion of 72 in (183 cm) per arm.
- ⑥ **INDUSTRIAL CONSTRUCTION**  
This machine is built with 11 and 7-gauge steel tubing and is electrostatically powder-coated with paint that has undergone 2,000 hours of salt spray testing.
- ⑦ **ADA COMPLIANT**  
Proudly compliant with the Americans with Disabilities Act for wheelchair accessibility.
- ⑧ **MULTIPLE SHOULDER, CHEST PRESS OPTIONS**  
Engage the upper body in multiple chest and shoulder press options such as the front plane press, butterfly press, horizontal press, and incline/decline press.
- ⑨ **TWO ENCLOSED WEIGHT STACKS**  
Protected, limited access to moving parts is safer for your members and trainers.
- ⑩ **WEIGHT CAPACITY**  
The sturdy Genesis DS™ Chest-Shoulder machine can accommodate up to 400 lbs (181 kg).

### SPECIFICATIONS

Weight Stack	QTY. 2- 180 lbs (81.6 kg)
Resistance	1 Arm- 90 lbs (40.8 kg) 2 Arms- 180 lbs (81.6 kg)
Cable Travel	72 in (183 cm) per arm
ADA Compliant	Yes
Standard Frame Color	Dell Gray
Upholstery Color	Black Vinyl
Product Dimensions	47 x 64 x 64 in (119.3 x 162.5 x 162.5 cm)
Product Weight	609.5 lbs (276.5 kg)
Shipping Dimensions (LxWxH)	Box 1: 51.9 x 36.2 x 75.6 in (132 x 91.9 x 192.2 cm) Box 2: 48.8 x 14.9 x 3.9 in (124 x 37.9 x 10 cm)
Shipping Weight	734.3 lbs (333.1 kg)
Regulatory Approval	EN957, CE

#### WARRANTY US & INTERNATIONAL

10-Year Frame | 3-Year Parts | 1-Year Cable & Labor  
120-Day Other