

FREEMOTION.

GENESIS™ ***LIFT***

MODEL # **F612**



CABLE STRENGTH GENESIS™

Sure, it's versatile, sure it's adjustable to fit users of all sizes. But that's not what's the most exciting part of the Genesis Lift by Freemotion. It's the fact that this strength machine doubles as a speed training device that doesn't need to focus on heavy loads to be effective. This machine does everything that lifting barbells can - without anyone dropping the bars. Personal trainers can introduce a progressive workout to clients; guide them through one move one week and next week introduce something new. Build on client success and increased strength to keep the workout ever-changing and the client motivated to come back. Supported by a wide, gripping platform, a 'never lose' weight stack pin, and upgraded handles, this easy to clean Freemotion machine is must-have piece for gyms who want versatile, multi-use piece that's safer to use than free weights.

FREEMOTION



GENESIS™ LIFT

PRODUCT FEATURES

- ① **INDEPENDENTLY ADJUSTABLE ARMS**
Independent arms adjust vertically in six settings, creating a wide variety of exercises to build all over strength.
- ② **SWIVEL PULLEYS**
The pulley design creates fluid cable travel and nearly unlimited range of motion.
- ③ **CABLE TRAVEL**
The long cable length and flexibility allows for full exercise extension. 120 in (304.8 cm).
- ④ **TEXTURED PLATFORM**
The uniquely designed platform with super grip texture ensures stable footing.
- ⑤ **INDUSTRIAL CONSTRUCTION**
Built with 11 and 7-gauge steel and electrostatically powder-coated, this machine is built to last.
- ⑥ **WEIGHT STACK**
The protected, enclosed weight stack limits access to moving parts to better prevent accidents or injury.
- ⑦ **KICK PLATES**
Large, 16-gauge, stainless steel kick plates protect the machine from wear and tear.

SPECIFICATIONS

Weight Stack	400 lbs (181 kg)
Weight Stack Configuration	5 - 50 X 5 lbs (2.2 - 22.6 X 2.2 kg) 60 - 200 X 10 lbs (27.2 - 90.7 X 4.5 kg)
Resistance	1 Arm - 100 lbs (45.3 kg) 2 Arms - 200 lbs (90.7 kg)
Cable Travel	120 in (304.8 cm)
Rubber Feet	Molded floor protectors
ADA Compliant	Yes
Standard Frame Colors	Platinum Sparkle, Red Baron, Black, White
Optional Frame & Upholstery Colors	On Request
Product (L x W x H)	71 x 42 x 77 in (180.3 x 106.6 x 195.5 cm)
Shipping Weight	973 lbs (441.3 kg)
Regulatory Approval	EN957, CE

WARRANTY | US AND INTERNATIONAL

10-Year Frame | 3-Year Bearings, Guide Rods, Pulleys and Weight Stacks | 1-Year Cable and Labor
120-Days Upholstery, Handles and Accessories.