

FREEMOTION.

# GENESIS™

## EXT DUAL-CABLE CROSS

MODEL # VFMCS4007



### CABLE STRENGTH GENESIS™

Slightly smaller than the original Dual Cable Cross, this modified version is ideal for rehab facilities, studios, hospitality and rec centers. The same amazing flexibility and full body benefits as the traditional machine, the Dual Cable Cross Lite is a hybrid strength training and aerobic machine that boosts the heart rate to burn calories and build muscle mass. One-of-a-kind Freemotion cable creates a workout that's as beneficial going down through the initial movement as it is going up. The counter-balanced arms make it effortless to change positions and target a different part of the body, while the open design makes it welcoming for all body types and ADA compliant. The generous cable travel make the Dual Cable Cross Lite open to a variety of movement and works well for training two people at once.

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### PRODUCT FEATURES

- ① **FREE RANGE MOVEMENT**  
Freemotion's free swinging swivel pulley allows smooth and extensive cable travel to provide a full range of motion.
- ② **FOLLOWING YOUR LEAD**  
Counterbalanced, independently rotating arms have 12 vertical and nine horizontal settings, in virtually any movement pattern.
- ③ **INDUSTRIAL CONSTRUCTION**  
Built with 11 and 7-gauge steel and electrostatically powder-coated, this machine is built to last.
- ④ **MOVE HOW YOU WANT TO**  
The long cable length allows for full exercise extension and a wide range of travel.  
Two arms: 89 in (218 cm).
- ⑤ **WEIGHT STACKS**  
Two 210 lbs (95.2 kg) independent weight stacks allow two people to work out at the same time. The innovative 3-to-1 cable ratio provides extensive cable travel and smooth resistance for performing high speed movements.
- ⑥ **ADA COMPLIANT**  
Compliant with the Americans with Disabilities Act for wheelchair accessibility.

### SPECIFICATIONS

Dual Weight Stack	Two 210 (95.2 kg) Stacks
Effective Resistance	3:1 cable ratio with 3.33 lbs (1.4 kg) effective resistance
Rubber Feet	Molded floor protectors
Standard Frame Colors	Platinum Sparkle
Optional Frame Colors	On Request
Product Dimensions (L x W x H)	65 x 113 x 85 in (165.1 x 287 x 215 cm)
Shipping Dimensions (L x W x H)	Box 1: 75 x 33.5 x 13.5 in (190.5 x 85 x 34.2 cm) Box 2: 50 x 27 x 12 in (127 x 76.5 x 30.4 cm) Box 3: 9 x 8 x 6 in (22.8 x 20.3 x 15.2 cm)
Shipping Weight	Box 1: 341 lbs (154.6 kg) Box 2: 229 lbs (103.8 kg) Box 3: 51 lbs (23.1 kg)
ADA Compliant	Yes

#### 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.

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