

FREEMOTION.

MODEL # F502

GENESIS DS™ LAT PULL/HIGH ROW



CABLE STRENGTH GENESIS DS

The Genesis DS™ Lat Pull-High Row engages the arms, shoulders, back and stabilizer muscles to improve overall core strength and balance. An adjustable thigh pad comfortably secures legs throughout the workout while the pivoting, padded seat pad can be quickly folded away for standing workout positions.

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PRODUCT FEATURES

- ① **STRENGTHEN THE PLANE**
Engage arms, shoulders, back and stabilizer muscles in a variety of pulling options including the frontal plane, rotational pull and unilateral pull.
- ② **INDEPENDENT ARM MOVEMENT**
Handles can move together or one at a time to create results-driven lat exercises and single arm strength movements.
- ③ **PIVOT SEAT PAD**
Quickly fold away the padded seat to change from seated to standing movements.
- ④ **PERFECT FIT**
Contoured, thigh pads adjust in height and swivel and slide to fit people of all sizes.
- ⑤ **KICK PLATES**
Solid 16-gauge, stainless steel kick plates protect the machine from wear and tear.
- ⑥ **ALUMINUM SWIVEL PULLEYS**
Because the pulleys swivel, it's easier to target specific muscles and improve overall stabilize and balance.
- ⑦ **INDUSTRIAL CONSTRUCTION**
This machine is built with 11 and 7-gauge steel tubing and has been electrostatically powder-coated with paint that has been through 2,000 hours of salt spray testing.
- ⑧ **TWO ENCLOSED WEIGHT STACKS**
Protected, limited access to moving parts is safer for your members and trainers.
- ⑨ **WEIGHT CAPACITY**
Built to last, the Genesis DS™ Lat Pull-High Row press works for people 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	54 x 48 x 84 in (137.1 x 121.9 x 213.3 cm)
Product Weight	709.8 lbs (322 kg)
Shipping Dimensions (LxWxH)	Box 1: 74.8 x 38.9 x 47.5 in (198.9 x 99 x 120.7 cm) Box 2: 38.9 x 11.8 x 5.1 in (99 x 29.9 x 13 cm)
Shipping Weight	830 lbs (376.6 kg)
Regulatory Approval	EN957, CE

WARRANTY US & INTERNATIONAL

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