

FREEMOTION.

# GENESIS™ HAMSTRING

MODEL # F608



## CABLE STRENGTH GENESIS™

There's no faking it on this machine. The Genesis Hamstring is a genuine muscle builder; plant one foot, slip the other into the heavy-duty cage to start building stability and strength. The burn isn't just in the hamstring - this machine pulls in glute muscles through the superior, consistent resistance of Freeman cable. Twist the leg to hit inner and outer thigh muscles, with a bonus burn in the core. This machine fits everyone, with zero adjustment.

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### PRODUCT FEATURES

- ① **GRIPS THAT STICK**  
The upgraded, vertical handles are placed near the tower edges to create additional grip positions and train two people at once.
- ② **WEIGHT STACK**  
The protected, enclosed weight stack limits access to moving parts to better prevent accidents or injury.
- ③ **CABLE TRAVEL**  
Generous cable length creates full exercise extension, 38 in (96.5 cm).
- ④ **TEXTURED PLATFORM**  
Unique platform has grip texture to help ensure stable foot positioning.
- ⑤ **INDUSTRIAL CONSTRUCTION**  
Built with 11 and 7-gauge steel and electrostatically powder-coated, this machine is built to last.
- ⑥ **SWIVEL PULLEYS**  
The pulley design creates fluid cable travel and nearly unlimited range of motion.
- ⑦ **KICK PLATES**  
Large, 16-gauge, stainless steel kick plates protect the machine from wear and tear.
- ⑧ **FOOT HARNESS**  
The smart design harness fits people of varying foot size.

### SPECIFICATIONS

Weight Stack	200 lbs (90 kg)
Weight Stack Configuration	5 - 50 X 5 lbs (0 - 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	38 in (96.5 cm)
Rubber Feet	Molded floor protectors
Standard Frame Colors	Platinum Sparkle
Optional Frame & Upholstery Colors	On Request
Product (L x W x H)	52 x 36 x 77 in (132 x 91.4 x 195.5 cm)
Shipping Weight	483 lbs (219 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.