

SELECTORIZED



FREEMOTION®



F604 ROW

LINE › FreeMotion®

TYPE › Selectorized

MODEL › F604

FEATURE › Adjustable thigh pads

FEATURES & BENEFITS

NON-WEARING COUNTERWEIGHT › The FreeMotion Row Generation II upgraded to a non-wearing counterweight used to dampen paddle movement.

SWIVEL PULLEYS › Pulley design ensures fluid cable travel and provides nearly unlimited range of motion.

INDEPENDENT ARM MOVEMENT › Handles move independently for a wide variety of back exercises and single arm movements.

ADJUSTABLE THIGH PADS › Contoured, thigh pads adjust in height and swivel and slide to fit a wide variety of users.

SEATED POSITION › Users can sit to perform traditional seated exercises or stand for added intensity.

CABLE TRAVEL › Extensive cable travel allows for full exercise extension, single arm: 74 inches (188 cm), two arms: 37 inches (94 cm).

WEIGHT STACK › Enclosed weight stack limits access to moving parts for user safety.

INDUSTRIAL CONSTRUCTION › Equipment is built with 11- and 7-gauge steel and is electrostatically powder-coated.

KICK PLATES › 16-gauge, stainless steel kick plates protect the machine from wear and tear.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	56" x 36" x 74" (142 cm x 92 cm x 188 cm)
Weight Stack Configuration	5 – 50 x 5 lbs. (2.25 – 22.75 x 2.25 kg) 60 – 200 x 10 lbs. (27.25 – 91 x 4.5 kg)
Product Weight	500 lbs. (227 kg)
Effective Resistance	1 arm – 100 lbs. (45.5 kg) 2 arms – 200 lbs. (91 kg)
Warranty	10 Years Structural Frame 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks 1 Year Cables, Labor 120 Days Upholstery, Handles & Accessories
Cable Diameter	3/16-inch rated to 2,000 lbs.

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877.363.8449 › www.freemotionfitness.com