

SELECTORIZED



FREEMOTION®



F608 HAMSTRING

LINE › FreeMotion®

TYPE › Selectorized

MODEL › F608

FEATURE › vertical handles

FEATURES & BENEFITS

VERTICAL HANDLES › The Generation II upgrade on the FreeMotion Hamstring adds vertical handles near the tower edges. This allows for more grip positions, perfect for multiple users.

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

TEXTURED PLATFORM › Unique platform has grip texture to help ensure stable foot positioning.

FOOT HARNESS › Specially designed harness fits a wide variety of users.

CABLE TRAVEL › Extensive cable travel allows for full exercise extension, single leg: 81 inches (206 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)	52" x 36" x 74" (132 cm x 91 cm x 188 cm)
Weight Stack Configuration	2.5 – 25 x 2.5 lbs. (1.3 – 11.5 x 1.13 kg) 30 – 75 x 5 lbs. (13.5 – 34 x 2.25 kg)
Product Weight	430 lbs. (196 kg)
Effective Resistance	1 leg – 75 lbs. (34 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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