



F611 **ABDOMINAL**

LINE › FreeMotion®

TYPE › Selectorized

MODEL › F611

FEATURE › vertical design, ADA compliant

▶ **FEATURES & BENEFITS**

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

INDEPENDENT ARM MOVEMENT › Arm straps move independently for a wide variety of abdominal exercises and single arm movements.

VERTICAL DESIGN › Standing exercises lessen stress on the user's neck and occupies a much smaller footprint.

ADA COMPLIANT › Compliant with Americans with Disabilities Act for wheel-chair accessibility.

LUMBAR SUPPORT › Lumbar pad adjusts to various positions to fit a variety of users.

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)	34" x 36" x 75" (87 cm x 92 cm x 191 cm)
Weight Stack Configuration	5 – 50 x 5 lbs. (2.25 – 22.75 x 2.25 kg) 60 – 150 x 10 lbs. (27.25 – 68.25 x 4.5 kg)
Product Weight	460 lbs. (209 kg)
Effective Resistance	1 arm – 75 lbs. (34 kg) 2 arms – 150 lbs. (68 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.

FreeMotion
877.363.8449 › www.freemotionfitness.com