



## F612 FUNCTIONAL LIFT

**LINE** › FreeMotion®

**TYPE** › Selectorized

**MODEL** › F612

**FEATURE** › adjustable arm height

### FEATURES & BENEFITS

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

**INDEPENDENTLY ADJUSTABLE ARMS** › Arms adjust vertically in six settings, allowing users to perform a wide variety of exercises.

**TEXTURED PLATFORM** › Unique platform with grip texture helps to ensure stable foot positioning.

**CABLE TRAVEL** › Extensive cable travel allows for full exercise extension or flexion, single arm: 120 inches (305 cm), two arms: 60 inches (152 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)	76" x 42" x 73" (193 cm x 107 cm x 185 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	940 lbs. (427 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.

**FreeMotion**  
877.363.8449 › www.freemotionfitness.com