

# SELECTORIZED



**FREEMOTION®**



## F620 LAT

**LINE** › FreeMotion®

**TYPE** › Selectorized

**MODEL** › F620

**FEATURE** › adjustable thigh pads

### FEATURES & BENEFITS

**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.

**ARM POSITION** › Wide arm positioning allows complete flexion and extension for full range of motion.

**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 flexion, single arm: 85 inches (215 cm), two arms: 40 inches (102 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 65" x 85" (142 cm x 164 cm x 216 cm)
Weight Stack Configuration	10 – 100 x 10 lbs. (4.5 – 45 x 4.5 kg) 120 – 200 x 20 lbs. (54 – 90 x 9 kg)
Product Weight	575 lbs. (261 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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