



## F700 CHEST

**LINE** › FreeMotion

**TYPE** › Selectorized

**MODEL** › F700

**FEATURE** › Progressive resistance

The FreeMotion LIVEAXIS™ Chest targets muscles in the shoulders, arms and chest. Live-sliding pulleys follow your path of movement—offering progressive resistance and optimum muscle activation throughout your entire exercise. Plus, it helps engage your stabilizer muscles to improve core strength and overall balance. Its purpose is to functionally train the upper body to work together in pushing movements.

### » FEATURES & BENEFITS

**PROGRESSIVE RESISTANCE** › Live-sliding pulley technology allows the user's muscles to stay at optimum activation with never-ending resistance throughout the entire 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 ARMS** › Arms horizontally adjust to a wide position for a fly movement pattern, or to a standard position for a chest press movement pattern.

**CABLE TRAVEL** › Extensive cable travel allows for a full exercise flexion of 31" per arm (79 cm).

**ENCLOSED 200 LB. WEIGHT STACK** › Limits access to moving parts for user safety.

**KICK PLATES** › 18-gauge, stainless steel kick plates protect the machine from wear and tear.

**INDUSTRIAL CONSTRUCTION** › Equipment is built with 11- and 7-gauge steel tubing and is electrostatically powder-coated with paint that has undergone 2,000 hours of salt spray testing.

**ADA COMPLIANT** › Compliant with the Americans with Disabilities Act for wheelchair accessibility.

### » PRODUCT SPECIFICATIONS

Dimensions	74" H x 102" W x 50" L 188 cm H x 259 cm W x 127 cm L
Effective Resistance	1 arm – 50 lbs. (23 kg) 2 arms – 100 lbs. (45 kg)
Weight Stack Configuration	10 – 200 x 10 lbs. (4 – 90 x 4 kg)
Weight	580 lbs. (264 kg)
Cable Diameter	3/16-inch rated to 2,000 lbs.
Warranty	3-Year Ball Bearings, Rods, Pulleys, Weight Stack 1-Year Cables, Linear Bearings, Labor