



F701 SHOULDER

LINE › FreeMotion

TYPE › Selectorized

MODEL › F701

FEATURE › Progressive Resistance

The FreeMotion LIVEAXIS™ Shoulder targets muscles in the shoulders, arms and chest. Train for sport-specific movements like boxing and swimming on one machine. Live-sliding pulleys follow your path of movement—offering progressive resistance and optimum muscle activation throughout your entire exercise. Plus, the FreeMotion Shoulder works to engage your core and stabilizer muscles to improve overall strength.

» 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 › Because the pulleys swivel, it allows the user to target specific muscles and recruit the muscles being used to stabilize and balance the body.

INDEPENDENT ARM MOVEMENT › Handles move independently for a wide variety of shoulder exercises and single arm movements.

CABLE TRAVEL › Extensive cable travel allows for a full exercise flexion of 37" per arm (94 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	53" H x 79" W x 74" L 135 cm H x 200 cm W x 188 cm L
Effective Resistance	1 arm – 50 lbs. (22 kg) 2 arms – 200 lbs. (90 kg)
Weight Stack Configuration	10 – 200 x 10 lbs. (4 – 90 x 4 kg)
Weight	435 lbs. (197 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