



F703 DEAD LIFT

- LINE** › FreeMotion
- TYPE** › Selectorized
- MODEL** › F703
- FEATURE** › Progressive Resistance

The FreeMotion LIVEAXIS™ Dead Lift increases strength for activities such as lifting objects from the ground. Live-sliding pulleys follow your path of movement—offering progressive resistance and optimum muscle activation throughout your entire exercise. The Dead Lift utilizes functionally trains the muscles of the legs and back to work together and builds muscle to protect the spine.

» 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 › Allows the user to target specific muscles and recruit the muscles being used to stabilize and balance the body.

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

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 25" (64 cm) per arm.

ENCLOSED 400 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.

» PRODUCT SPECIFICATIONS

Dimensions	74" H x 44" W x 71" L 188 cm H x 112 cm W x 180 cm L
Effective Resistance	1 arm – 100 lbs. (45 kg) 2 arms – 200 lbs. (90 kg)
Weight Stack Configuration	20 – 400 x 20 lbs. (9 – 181 x 9 kg)
Weight	876 lbs. (398 kg)
Cable Diameter	Exerflex Pro®: 5/32-inch rated to 980 lbs. (445 kg)
Warranty	3-Year Ball Bearings, Rods, Pulleys, Weight Stack 1-Year Cables, Linear Bearings, Labor