



F705 SQUAT

LINE › FreeMotion

TYPE › Selectorized

MODEL › F705

FEATURE › Progressive Resistance

The FreeMotion LIVEAXIS™ Squat targets muscles in the lower body and core. Functionally trains the muscles of the legs and trunk to work together and builds stabilizer muscle strength to protect hip, knee and ankle joints.

» FEATURES & BENEFITS

ADJUSTABLE STARTING POSITION › The shoulder arms can be conveniently raised or lowered to fit a variety of different user heights.

CONTOURED PLATFORM › Unique platform design enables users to maintain correct ankle alignment and is textured to ensure stable foot placement.

SHOULDER PADS › Contoured shoulder pads swivel and slide to comfortably fit a wide variety of users.

ENCLOSED 400 LB. 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)	89" x 36" x 80" (226 cm x 91 cm x 203 cm)
Effective Resistance	1 leg – 400 lbs. (182 kg) 2 legs – 400 lbs. (182 kg)
Weight Stack Configuration	10 – 100 x 10 lbs. (4.5 – 45.5 x 4.5 kg)
Weight	850 lbs. (387 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, Laborles, Accesories