



## F707 HAMSTRING

**LINE** › FreeMotion

**TYPE** › Selectorized

**MODEL** › F707

**FEATURE** › Progressive Resistance

The FreeMotion LIVEAXIS™ Hamstring builds stabilizer muscle strength to protect joints. With progressive resistance, your muscles remain engaged throughout your entire movement allowing you to maximize your workout. It targets muscles in the upper leg and glutes to increase strength for activities such as walking or running and reduce risk of hamstring injury during athletic activity.

### » FEATURES & BENEFITS

**PROGRESSIVE RESISTANCE** › Live-sliding pulley technology allows the users muscles to stay at optimum activation with never-ending resistance throughout the entire movement.

**CENTER PULLEY TRACK** › The pulley glides forward and backward with each movement—ensuring never-ending resistance and a more effective workout

**CABLE TRAVEL** › Extensive cable travel allows for a full exercise flexion of 39 inches (100 cm).

**FOOT HARNESS** › New and improved harness fits a wide variety of users

**TEXTURED PLATFORM** › Unique platform has grip texture to help ensure stable foot positioning.

**ENCLOSED 150 LB. WEIGHT STACK** › Limits access to moving parts for user safety.

**VERTICAL HANDLES** › Vertical handles near the tower edges allow for more grip positions and add balance to your workout.

**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 46" W x 70" L 188 cm H x 117 cm W x 177 cm L
Effective Resistance	37.5 lbs. per leg (17 kg)
Weight Stack Configuration	5 – 50 x 5 lbs. (2 – 23 x 2 kg) 60 – 150 x 10 lbs. (27 – 68 x 4.5 kg)
Weight	538 lbs. (244 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