



LIVEAXIS

FREEMOTION



F709 LAT

LINE › FreeMotion

TYPE › Selectorized

MODEL › F709

FEATURE › Progressive Resistance

The FreeMotion LIVEAXIS™ Lat functionally trains the arms, shoulders, and back to work together in pulling and lifting movements. Live-sliding pulleys follow your path of movement—offering progressive resistance and optimum muscle activation throughout your entire exercise. Plus, the FreeMotion Lat engages your stabilizer muscles helping you improve core strength and overall balance.

» 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 inches 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	91" H x 85" W x 44" L 31 cm H x 216 cm W x 113 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	543 lbs. (246 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, Accessories