



F819 **ABDOMINAL**

LINE › FreeMotion® EPIC

TYPE › selectorized

MODEL › F819

FEATURE › pivoting seat

▶ **FEATURES & BENEFITS**

SHOULDER PAD ASSEMBLY › Contoured and padded for comfort, the shoulder pad assembly features a coil spring to raise the pads for easy entry/exit of the machine.

PIVOTING SEAT › Seat bottom pivots upward as the upper body pivots downward to better engage the abdominals through a natural range of motion.

SHIN PADS › Contoured shin pads fit a wide variety of users and offer support to isolate the abdominals.

CABLE › Heavy-duty, 1/4-inch cable is rated to 4,200 lb. minimum tensile strength.

WEIGHT STACK AND INCREMENT SYSTEM › Featuring a 155 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Abdominal delivers incredible versatility.

FLOOR PROTECTORS › Made of molded rubber, these guards protect the floor.

SERVICEABILITY › The tower design allows for simple cable service while the removable upholstery allows for easy replacement of wear items.

▶ **PRODUCT SPECIFICATIONS**

Dimensions (LWH)	44" x 49" x 60" (112 cm x 124 cm x 152 cm)
Weight Stack Configuration	(14) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	505 lbs. (229 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	10 Years Structural Frame 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks 1 Year Cables, Labor 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor

FreeMotion
877.363.8449 › www.freemotionfitness.com