

LINE › FreeMotion  
TYPE › Selectorized

# FREEMOTION STEP



MODEL › F614  
FEATURE › Adjustable Step Height

## FEATURES AND BENEFITS

Introducing the new line of FreeMotion Fitness strength equipment. Generation II offers a sleek design, sophisticated construction and advanced upgrades so you can train your body the way it was meant to move.

**The FreeMotion Step builds balance, strength and coordination. Targets muscles in the entire lower body to increase strength for activities such as climbing stairs.**

**New! Stop Collar** › The FreeMotion Step Generation II offers a durable stop collar for optimal handle positioning.

**Swivel Pulleys** › Pulley design ensures fluid cable travel and provides nearly unlimited range of motion.

**Adjustable Step** › The step adjusts vertically in seven settings and is counter-balanced for easy positioning.

**Textured Step and Platform** › Both the step and platform are textured to ensure stable foot position.

**Cable Travel** › Extensive cable travel allows for full exercise extension or flexion, single arm: 76 inches (193 cm), two arms: 38 inches (96.5 cm).

**Weight Stack** › Enclosed 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.



SPECS › FreeMotion Step

MODEL F614

<b>Dimensions (LWH)</b>	72" x 36" x 74" (182 cm x 91 cm x 188 cm)
<b>Effective Resistance</b>	1 arm – 100 lbs. (45.5 kg) 2 arms – 200 lbs. (91 kg)
<b>Weight Stack Configuration</b>	5 – 50 x 5 lbs. (2.25 – 22.75 x 2.25 kg) 60 – 150 x 10 lbs. (27.25 – 68 x 4.5 kg)
<b>Weight</b>	610 lbs. (277 kg)
<b>Cable Diameter</b>	3/16-inch rated to 2,000 lbs.

› WARRANTY

10 YEARS: STRUCTURAL FRAME, 3 YEARS: BEARINGS, GUIDE RODS, PULLEYS, WEIGHT STACKS  
1 YEAR: CABLES, 1 YEAR: LABOR, 120 DAYS: UPHOLSTERY, HANDLES & ACCESSORIES