

SELECTORIZED



FREEMOTION®

VFMCS4007 **DUAL CABLE CROSS**



LINE › FreeMotion® EXT

TYPE › Selectorized

MODEL › VFMCS4007

FEATURE › Swivel Pulleys

FEATURES & BENEFITS

INDEPENDENTLY ROTATING ARMS › Each arm rotates vertically in 12 settings and horizontally in 9 settings to accommodate virtually any movement pattern. Arms are counterbalanced for easy positioning.

SWIVEL PULLEYS › Pulley design ensures fluid cable travel and provides nearly unlimited range of motion.

CABLE TRAVEL › Extensive cable travel allows for full exercise range of motion. Single arm: 89 inches (218 cm). Two arms: 89 inches (218 cm).

WEIGHT STACKS › Two weight stacks of 210 pounds each are independent, allowing two people to work out at the same time. Innovative 3-to-1 cable ratio provides extensive cable travel and smooth resistance when performing high speed movements.

INDUSTRIAL CONSTRUCTION › Designed after the commercial FreeMotion Dual Cable Cross, this machine is constructed from 7- and 11-gauge steel tubing and is electrostatically powder-coated.

ANKLE CUFF › For lower-body exercises, the included ankle cuff is padded with velcro for comfortable, secure placement.

PRODUCT SPECIFICATIONS

Dimensions (LWH)	60" x 34" x 84" (152 cm x 86 cm x 213 cm)
Weight Stack Configuration	3 – 70 x 3.3 lbs. (1.5 – 31.5 x 1.5 kg)
Product Weight	925 lbs. (420 kg)
Effective Resistance	per arm – 70 lbs. (31.5 kg)
Warranty	Lifetime frame 10 years parts 1 year cables and labor 90 days grips and accessories
Cable Diameter	3/16-inch rated to 2,000 lbs.

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877.363.8449 › www.freemotionfitness.com