



F500 CHEST-SHOULDER

LINE › FreeMotion

TYPE › Genesis DS™

MODEL › F500

FEATURE › Multiple Shoulder, Chest Press Options

The Genesis DS™ Chest-Shoulder targets muscles in the shoulders, arms and chest. Aluminum swivel pulley's with snap clip design allows you to quickly target multiple muscle groups in each workout. The unique design of the pulley arms accommodates multiple shoulder and chest press options. Plus, quickly fold away the seat to switch between a seated to standing workout position.

» FEATURES & BENEFITS

MULTIPLE SHOULDER, CHEST PRESS OPTIONS › Engage your upper body in a variety of chest and shoulder press options including the frontal plane press, butterfly press, horizontal press, incline press and decline press.

PIVOT SEAT PAD › Quickly fold away the padded seat to change from a seated to standing workout position.

ALUMINUM 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.

SNAP CLIP DESIGN › Quickly move the handles to the pulley system of your choice for a variety of different exercises that target different muscles groups.

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 72 inches per arm (183 cm)

TWO ENCLOSED 180 LB. WEIGHT STACKS › Limits access to moving parts for user safety.

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.

WEIGHT CAPACITY › Weight Capacity › Built to last, the Genesis DS™ Chest-Shoulder press can accommodate up to 400 lbs.

» PRODUCT SPECIFICATIONS

Dimensions	64" H x 60" W x 48" L (162 cm H x 152 cm W x 122 cm L)
Effective Resistance	1 arm – 90 lbs. (41 kg) 2 arms – 180 lbs. (82 kg)
Weight Stack Configuration	(2) 180 lb. weight stacks, (2) 10 lb. top plates, (34) 10 lb. plates
Weight	540 lbs. (245 kg)
Cable Diameter	Exerflex Pro®: 5/32-inch rated to 980 lbs. (445 kg)
Warranty	10-Year Frame, 3-Year Parts, 1-Year Cables and Labor, 120-Day Other