



F501 AB-BICEP

LINE › FreeMotion

TYPE › Genesis DS™

MODEL › F501

FEATURE › Multiple Abdominal Crunch, Bicep Curl Options

The Genesis DS™ Ab-Bicep combines the strength training benefits of bicep training and abdominal training in one dynamic machine. The Ab-Bicep utilizes cable-based training with aluminum swivel pulleys to target different muscles in the core, upper, lower and oblique abdominal, arm and shoulder regions.

» FEATURES & BENEFITS

MULTIPLE ABDOMINAL CRUNCH/BICEP CURL OPTIONS › Engage your abdominals and biceps in a variety of workout options including basic and oblique crunches, core rotation, and pronated, supinated and hammer bicep curls.

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.

INDEPENDENT ARM MOVEMENT › Handles move independently for a wide variety of exercises that target your abdominal and bicep muscles.

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 › Built to last, the Genesis DS™ Ab-Bicep press can accommodate up to 400 lbs.

» PRODUCT SPECIFICATIONS

Dimensions	73" H x 36" W x 47" L (185 cm H x 91 cm W x 119 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	639 lbs. (290 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