



F502 Lat Pull-High Row

LINE › FreeMotion
TYPE › Genesis DS™

MODEL › F502
FEATURE › Multiple Pulling Options

The Genesis DS™ Lat Pull-High Row engages the arms, shoulders, back and stabilizer muscles to improve overall core strength and balance. The Lat Pull-High Row utilizes cable-based training and free range of movement to functionally train your upper body for pulling and lifting movements. An adjustable thigh pad comfortably secures your legs throughout your workout and the pivoting seat pad allows you to quickly fold away the padded seat to switch between seated and standing workout positions.

» FEATURES & BENEFITS

MULTIPLE PULLING OPTIONS › Engage your arms, shoulders, back and stabilizer muscles in a variety of pulling options including the frontal plane, rotational pull and unilateral pull.

ADJUSTABLE THIGH PAD › Contoured, thigh pads adjust in height and swivel and slide to fit a wide variety of users.

PIVOT SEAT PAD › Quickly fold away the padded seat to change from seated row movements to standing lat movements.

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 lat exercises and single arm movements.

CABLE TRAVEL › Extensive cable travel allows for a full exercise flexion of 72 inches per arm (183 cm).

KICK PLATES › 16-gauge, stainless steel kick plates protect the machine from wear and tear.

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™ Lat Pull-High Row press can accommodate up to 400 lbs.

» PRODUCT SPECIFICATIONS

Dimensions	84" H x 47" W x 53" L (213 cm H x 120 cm W x 135 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	728 lbs. (330 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