



F503 Quad-Ham

LINE › FreeMotion

TYPE › Genesis DS™

MODEL › F503

FEATURE › Multiple Anterior, Posterior Leg Training Options

Engage multiple muscles and unlock explosive leg power with the Genesis DS™ Quad-Ham. The Quad-Ham functionally trains the leg muscles to work together to increase power, stability and joint protection in everyday life activities. Each leg movement utilizes cable-based training with swivel pulley design to provide the user with full exercise flexion and targeted muscle training. Vertical handles and the large, textured Line-X® platform provide excellent and grip and stability. t

» FEATURES & BENEFITS

MULTIPLE ANTERIOR, POSTERIOR TRAINING OPTIONS › Engage and your quad, hamstring and a wide range of other leg muscles in a variety of pulling options including the hip stabilization and flexion, knee extension and flexion.

VERTICAL HANDLES › Front and rear handles provide excellent grip and stability for every exercise on the Quad-Ham.

LARGE LINE-X® PLATFORM › The large platform is coated with textured Line-X coating for stable foot positioning and advanced durability.

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.

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

FOOT HARNESS › Specially designed harness fits a wide variety of users.

CABLE TRAVEL › Extensive cable travel allows for a full exercise flexion of 72 inches per pulley (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.

WEIGHT CAPACITY › Built to last, the Genesis DS™ Quad-Ham press can accommodate up to 400 lbs.



» PRODUCT SPECIFICATIONS

Dimensions	64" H x 32" W x 68" L (163 cm H x 81 cm W x 175 cm L)
Effective Resistance	1 pulley – 90 lbs. (41 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