



GENESIS DS™

FREEMOTION



F504 Lift-Step

LINE › FreeMotion

TYPE › Genesis DS™

MODEL › F504

FEATURE › Multiple Low Pulling/Stepping Options

Train the muscles in your legs and back to work together and improve strength for every day lifting and stepping activities with the Genesis DS™ Lift-Step. The Lift-Step combines low pulling and rotational movements with stepping and lunging movements to engage your body in a total-body workout. The Line-X® platform features a shock and quick release handle that allows you to adjust the height of the platform for a personalized workout. Cable-based training with aluminum swivel-pulley technology allows you to target specific muscles and allows free range of movement.

» FEATURES & BENEFITS

MULTIPLE LOW PULLING/STEPPING OPTIONS › The Lift-Step combines pulling and stepping movements to engage your body in a total-body, strength-training workout.

TEXTURED LINE-X® PLATFORM › The heavy duty platform is coated with textured Line-X® for stable foot positioning and ultimate durability.

GAS SHOCK ASSIST WITH QUICK RELEASE HANDLE › Quickly adjust the height of the Line-X platform by using the quick release handle. The handle engages a shock that makes every platform adjustment quick and easy.

INDEPENDENT ARM MOVEMENT › Handles move independently for a wide variety of exercises and single arm movements designed to engage your entire body.

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.

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.

WEIGHT CAPACITY › Built to last, the Genesis DS™ Lift-Step can accommodate up to 400 lbs.

» PRODUCT SPECIFICATIONS

Dimensions	64" H x 37" W x 66" L (163 cm H x 94 cm W x 167 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	794 lbs. (360 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