

PLATE LOADED

FREEMOTION

F300 PLATE LOADED CHEST

LINE › FreeMotion

TYPE › Plate Loaded

MODEL › F300

FEATURE › Progressive Resistance

The FreeMotion Plate Loaded Chest targets muscles in the chest and upper arms with a comfortable and customizable chest press workout. Quickly add weights to the nickel-plated weight tubes and the precision pivot bearings will ensure each rep is smooth and natural. Padded, ergonomic chair back design and an adjustable padded seat provide a comfortable workout. Build the upper body you crave with the Plate Loaded Chest machine.

FEATURES & BENEFITS

HEAVY DUTY FOAM GRIP › High-density foam grips provide a comfortable, secure grip throughout every set.

PRECISION PIVOT BEARINGS › Every rep is smooth and natural so the only resistance you feel are the weights, not the machine.

NICKEL-PLATED WEIGHT PLATE STORAGE BARS › The durable steel storage bars are nickel-plated to withstand corrosion, rust and heavy use.

INSTRUCTION CHART › Located on the side of the machine, this chart instructs the user how to perform the chest press and which muscles they will activate throughout the set.

ADJUSTABLE, PADDED SEAT › The padded seat can be quickly adjusted to the height of your choice for ultimate comfort and convenience.

ERGONOMIC BACKSEAT DESIGN › Sit comfortably and work out with proper back positioning with a backseat designed to support you throughout every set.

INDUSTRIAL CONSTRUCTION › Equipment is built with 11-gauge steel tubing and is electrostatically powder-coated with paint that has undergone 2,000 hours of salt spray testing.

MAX LOAD WEIGHT › Each load bar holds up to 300 lbs. per side (600 lbs. total) and is positioned to facilitate easy entry/exit of the machine.

PRODUCT SPECIFICATIONS

DIMENSIONS (LWH)	› 66" H x 68" W x 54" L (168 cm H x 173 cm W x 137 cm L)
WEIGHT	› 517 lbs. (235 kg)
WARRANTY	› 10 Years: Structural Frame › 3 Year: Bearings & Pulley › 1 Year: Cables & Labor › 120 Days: Day other