

PLATE LOADED

FREEMOTION

F302 PLATE LOADED SHOULDER

LINE › FreeMotion

TYPE › Plate Loaded

MODEL › F302

FEATURE › Progressive Resistance

The FreeMotion Plate Loaded Shoulder targets the shoulders and chest muscles to tone and strengthen your upper body. The large, comfortable padded seat adjusts to multiple user heights and features an ergonomic back pad for optimal support throughout each press. Precision pivot bearings provide smooth, natural reps don't feel machine resistance, only weight resistance. Nickel-plated weight plate storage bars are designed to withstand corrosion, rust and heavy use.

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 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)	› 64" H x 65" W x 46" L (163 cm H x 165 cm W x 117 cm L)
WEIGHT	› 400 lbs. (181 kg)
WARRANTY	› 10 Years: Structural Frame › 3 Year: Bearings & Pulley › 1 Year: Cables & Labor › 120 Days: Day other