

PLATE LOADED

FREEMOTION

F303 LAT PULL DOWN

LINE › FreeMotion

TYPE › Plate Loaded

MODEL › F303

FEATURE › Progressive Resistance

The FreeMotion Plate Loaded Lat Pull Down strengthens and isolates the back muscles to build core strength and reduce risk of injury. The padded seat adjusts to accommodate a variety of different user heights and the high-density foam roll thigh pad comfortably stabilizes your legs throughout each set. 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 pull down 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.

THIGH PADS › High-density foam thigh pads comfortably stabilize your legs throughout each set.

ASSIST HANDLE FOR SINGLE ARM EXERCISES › Foam-grip assist handle provides a comfortable, firm grip for one arm while you work out the other.

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)	› 77" H x 50" W x 55" L (196 cm H x 127 cm W x 140 cm L)
WEIGHT	› 458 lbs. (208 kg)
WARRANTY	› 10 Years: Structural Frame › 3 Year: Bearings & Pulley › 1 Year: Cables & Labor › 120 Days: Day other