

PLATE LOADED



FreeMotion FREEMOTION

F304 LEG PRESS

- LINE** › FreeMotion
- TYPE** › Plate Loaded
- MODEL** › F304
- FEATURE** › Progressive Resistance

The FreeMotion Plate Loaded Leg Press targets and strengthens your upper legs for explosive power in every day activities. The foot platform features textured, non-slip Line-X® coating for stable foot positioning throughout your sets. For added safety, the weight lock lever keeps the weights in place when not in use. 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

- LINE-X® PLATFORM** › The large platform is coated with textured Line-X coating for stable foot positioning and advanced durability.
- HEAVY DUTY FOAM GRIP** › High-density foam grips provide a comfortable, secure grip throughout every set.
- WEIGHT-LOCKING LEVER** › To begin exercising, simply place feet on platform, extend to start position and pull the locking lever up. To exit the machine, return to start position, push the lever down and release the platform.
- 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 BACK PAD** › The padded back pad quick-adjusts to accommodate different user heights.
- 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 450 lbs. per side (900 lbs. total) and is positioned to facilitate easy entry/exit of the machine.



PRODUCT SPECIFICATIONS

DIMENSIONS (LWH)	› 60" H x 54" W x 97" L (152 cm H x 137 cm W x 246 cm L)
WEIGHT	› 572 lbs. (259 kg)
WARRANTY	› 10 Years: Structural Frame › 3 Year: Bearings & Pulley › 1 Year: Cables & Labor › 120 Days: Day other