

PLATE LOADED

FREEMOTION

F305 INCLINE CHEST PRESS

LINE › FreeMotion

TYPE › Plate Loaded

MODEL › F305

FEATURE › Isolated Pectoral, Triceps and Deltoid Training

The FreeMotion Plate Loaded Chest Press strengthens and isolates the chest and shoulder muscles for everyday pushing movements. An adjustable, padded seat can accommodate different user heights and the ergonomic back bad allows you to sit comfortably and work out with proper back positioning. 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 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)	› 70" H x 81" W x 44" L (178 cm H x 206 cm W x 112 cm L)
WEIGHT	› 528 lbs. (239 kg)
WARRANTY	› 10 Years: Structural Frame › 3 Year: Bearings & Pulley › 1 Year: Cables & Labor › 120 Days: Day other