

# PLATE LOADED

FREEMOTION

## F306 WIDE CHEST PRESS

**LINE** › FreeMotion

**TYPE** › Plate Loaded

**MODEL** › F306

**FEATURE** › Isolated Chest and Shoulder Training

The FreeMotion Plate Loaded Chest Press strengthens and isolates your pectoral, triceps and deltoid muscles to maximize pushing movements in everyday life activities. An adjustable, padded seat can accommodate different user heights and the ergonomic back pad 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

<b>DIMENSIONS (LWH)</b>	› 69" H x 72" W x 53" L (175 cm H x 183 cm W x 135 cm L)
<b>WEIGHT</b>	› 572 lbs. (259 kg)
<b>WARRANTY</b>	› 10 Years: Structural Frame › 3 Year: Bearings & Pulley › 1 Year: Cables & Labor › 120 Days: Day other