

freemotion

# EPIC *MILITARY PRESS* FREE WEIGHT

MODEL # **F216**



## *STRENGTH EPIC FREE WEIGHT*

The open design, convenient catch ramp and spotter stand are just three reasons why a EPIC Military Press can add functionality to your gym. The 1.5 in (3.8 cm) foam seat covered with wear-resistant vinyl can be adjusted to fit people of all sizes. Convenient catch bars are protected with a polyurethane coating to quiet noise and protect the press. Stainless steel kick plates, plate load design, multiple bar racks and bolt-down holes all add to the versatility of this one machine. Heavy-duty steel construction and an electrostatically powder-coating gives it superior polish and amazing durability.



## EPIC FREE WEIGHT MILITARY PRESS

### PRODUCT FEATURES

#### RAMP UP

Getting a front bar rack onto the machine is easier with this built-in ramp.

#### OPEN DESIGN

Users can exit the machine from the rear when a bar is on the front rack.

#### SPOTTER STAND

Textured, non-slip platform with thigh rest is built behind the seat to offer a safer, easier location for spotting.

#### ADJUSTABLE SEAT

Choose from several height settings to accommodate different users or workout preferences. Seat is made with high-quality vinyl and 1.5 (3.8 cm) foam for comfort and durability.

#### SAFETY CATCH BARS

Durable catch bars are protected by polyurethane and can safely contain a dropped bar.

#### KICK PLATES

For added protection and durability, the kick plates are made with stainless steel.

#### PLATE LOAD DESIGN

Plate holders are positioned near the bar racks for easy loading and unloading.

#### MULTIPLE BAR RACKS

For maximum bar clearance, the Military Press was designed with 1 front rack and 2 rear racks. The bar racks feature molded covers for added durability and reduced wear. They were built and placed at an extended width to accommodate wide hand positions.

#### BOLT-DOWN HOLES

For added safety, this bench can be bolted to the floor through pre-drilled holes.

#### INDUSTRIAL CONSTRUCTION

The Military Press is built with heavy-duty steel. It's also electro-statically powder-coated for a commercial, sleek finish.

### SPECIFICATIONS

Adjustments	Adjustable seat bottom
Upholstery	Stretched/Sewn vinyl 1.5 in thick high density foam
Max User Weight	350 lbs (159 kg)
Workout Area	26.36 ft <sup>2</sup> (2.45 m <sup>2</sup> )
Standard Frame	Platinum Sparkle (Black River - Optional)
Upholstery Colors	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red, Grand Sierra Wheat
Product Dimensions (LxWxH)	52 x 73 x 70 in (132 x 185.4 x 177.8 cm)
Shipping Dimensions (LxWxH)	Box 1: 71.6 x 54.7 x 6.1 in (181.6 x 138.9 x 15.4 cm) Box 2: 48.8 x 36 x 16.4 in (123.9 x 91.4 x 41.6 cm) Box 3: 25.9 x 6.5 x 14.5 in (65.7 x 16.5 x 36.8 cm)
Shipping Weight	Box 1: 176 lbs (79.8 kg) Box 2: 303 lbs (137.4 kg) Box 3: 10 lbs (4.5 kg)
Regulatory Approval	EN957, CE

### WARRANTY US AND INTERNATIONAL

10 Year Frame | 3 Year Bearings and Pulleys

1 Year Cables and Labor | 120 Days Upholstery, Handles and Accessories