

FREEMOTION

GENESIS™ ABDOMINAL

MODEL # F611



CABLE STRENGTH GENESIS™

A standing ab machine has a very big advantage: Members can build core strength and balance while targeting six different abdominal muscles. The Genesis Abdominal has a simple, adjustable pad for the small of the back, while multi-position straps create user-determined tension. Less adjustment means more workout - and by adding a twist or side bend, people can hit upper, lower, and side muscles for a comprehensive, customized workout.



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PRODUCT FEATURES

- ① **WHEELCHAIR ACCESSIBLE**
An open design makes this piece wheelchair accessible and welcoming to users of all fitness levels.
- ② **VERTICAL DESIGN**
Standing while using the ab machine can lessen stress on the neck and takes up less space at your facility.
- ③ **LUMBAR SUPPORT**
This lumbar pad adjusts to various positions to fit people of all sizes.
- ④ **INDUSTRIAL CONSTRUCTION**
Built with 11 and 7-gauge steel and electrostatically powder-coated, this machine is built to last.
- ⑤ **SWIVEL PULLEYS**
The pulley design creates fluid cable travel and an extensive range of motion.
- ⑥ **INDEPENDENT ARM MOVEMENT**
Unilateral arm straps move independently to create single or dual-arm exercises that build strength with balance and symmetry.
- ⑦ **WEIGHT STACK**
The protected, enclosed weight stack limits access to moving parts to better prevent accidents or injury.
- ⑧ **KICK PLATES**
Large, 16-gauge, stainless steel kick plates protect the machine from wear and tear.

SPECIFICATIONS

Weight Stack	150 lbs (68 kg)
Weight Stack Configuration	5 - 50 X 5 lbs (2.2 - 22.6 X 2.2 kg)
Resistance	1 Arm - 75 lbs (34 kg) 2 Arms - 150 lbs (68 kg)
Cable Travel	2 Arms - 42 in (106.6 cm)
Rubber Feet	Molded floor protectors
Wheelchair Accessible	Yes
Standard Frame Colors	Platinum Sparkle
Optional Frame & Upholstery Colors	On Request
Product (L x W x H)	34 x 36 x 77 in (86.3 x 91.4 x 195.5 cm)
Shipping Weight	431 lbs (195.4 kg)
Regulatory Approval	EN957, CE

WARRANTY | US AND INTERNATIONAL

10-Year Frame | 3-Year Bearings, Guide Rods, Pulleys and Weight Stacks | 1-Year Cable and Labor
120-Days Upholstery, Handles and Accessories.