

FREEMOTION.

GENESIS™ DUAL-CABLE CROSS

MODEL # F624



CABLE STRENGTH GENESIS™

The Genesis Dual-Cable Cross enhances strength by allowing users to perform movements that mimic activities in everyday life. Every muscle and plane of motion can be worked and challenged on this unique machine. Lead one-on-one personal training sessions or small group circuits for a strength, stability and balance component you won't find on fixed-isolated machines. The open design makes it welcoming for all fitness levels. Add a bench or stability ball to create a truly customized workout for members who want to focus on ab work.



GENESIS™ DUAL-CABLE CROSS

PRODUCT FEATURES

ENDLESS POSSIBILITIES

Each independently rotating arm has 12 vertical and 9 horizontal settings to accommodate virtually any movement pattern. Arms are counterbalanced for easy positioning.

CABLE TRAVEL

The long cable length and flexibility allows for full exercise extension. Two arms: 97 in (246 cm).

WEIGHT STACK

Enclosed weight stacks limit access to moving parts for safety. Dual independent stacks allow two users to workout simultaneously.

KICK PLATES

Large, 16-gauge, stainless steel kick plates protect the machine from wear and tear.

SWIVEL PULLEYS

The pulley design creates fluid cable travel and nearly unlimited range of motion.

PERSONALIZE YOUR WORKOUT

Unilateral arms move independently to create single or dual-arm exercises that build strength with balance and symmetry.

INDUSTRIAL CONSTRUCTION

Built with 11 and 7-gauge steel and electrostatically powder-coated, this machine is built to last.

WHEELCHAIR ACCESSIBLE

An open design makes this piece wheelchair accessible and welcoming to users of all fitness levels.

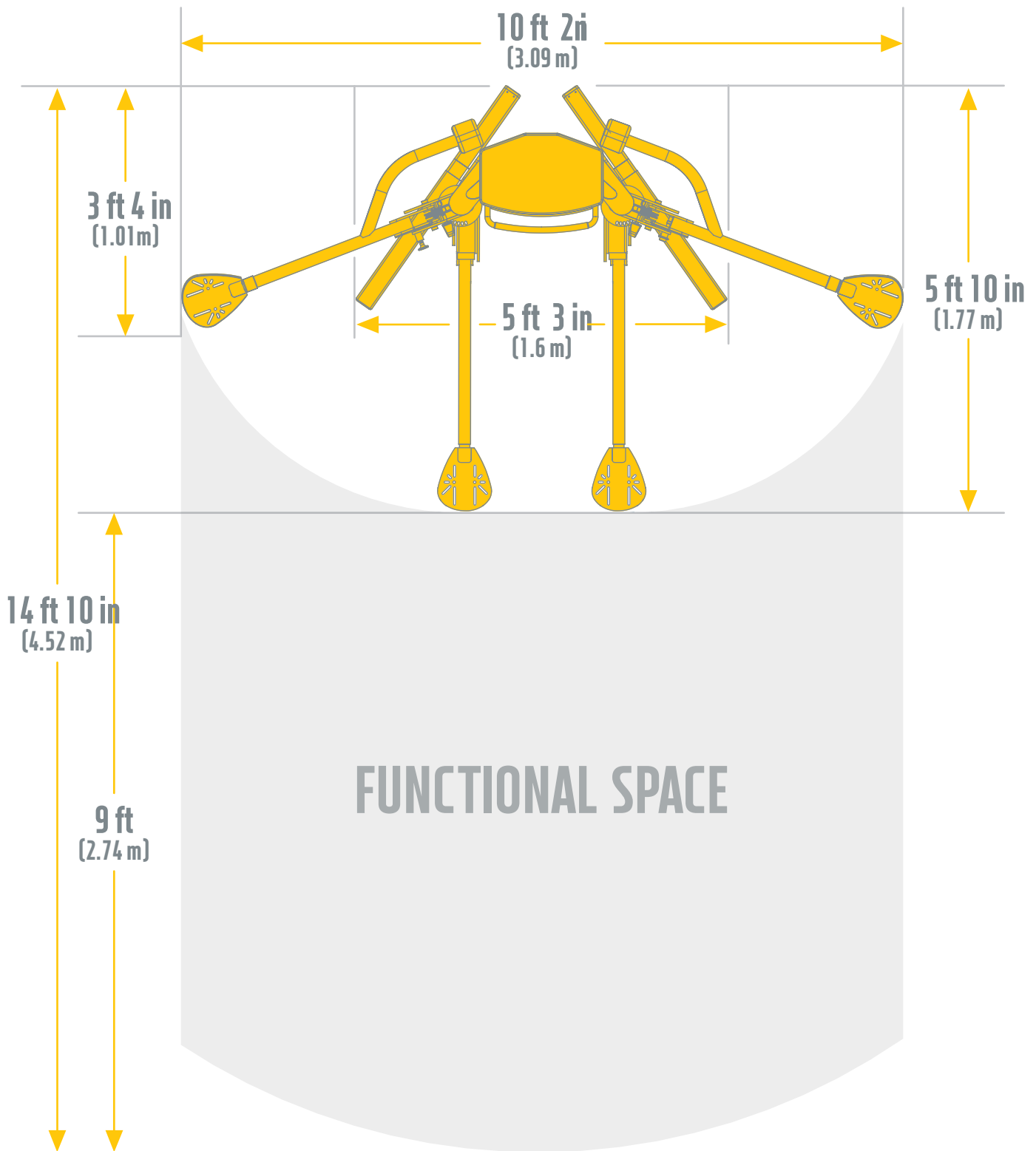
WARRANTY | US AND INTERNATIONAL

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

SPECIFICATIONS

Weight Stack	Two 240 lbs (108.8 kg) Stacks
Weight Stack Configuration	3.3 - 80 lbs (1.4-36 kg) each
Effective Resistance	80 lbs (36 kg) each stack
Cable Travel	97 in (246.3 cm) per side
Rubber Feet	Molded floor protectors
Standard Frame Colors	Platinum Sparkle, Red Baron, Black, White
Product Dimensions At Full Extension (L x W x H)	70 x 122 x 92 in (177.8 x 309.8 x 233.6 cm)
Shipping Weight	1,246 lb (565.17 kg)
Wheelchair Accessible	Yes
Regulatory Approval	EN957, CE

DUAL CABLE CROSS #F624



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