

FREEMOTION.

# GENESIS™ CABLE COLUMN

MODEL # GZFM6016

## CABLE STRENGTH GENESIS™

Get back to basics with an authentic, hardcore workout. The Cable Column by Freemotion is the foundation to any effective, strength-building workout with the flexibility to work well for all fitness levels and gym environments. Switch out the pull handle for an ankle cuff and have a lower body workout that tightens glutes and builds all over leg strength. The sweat-wicking pull handles are the perfect launch pad for an upper body workout that hits all the angles: shoulders, back, biceps and triceps. Levelers and locking wheels create an unusually diverse machine that can be wheeled over to the cardio or functional training floor to create a custom circuit or HIIT training experience. Tremendous cable travel and adjustable height make this essential yet modest-looking piece the hardest working tool in your gym.



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### PRODUCT FEATURES

- ① **MADE TO FIT**  
The adjustable pulley carriage system adjusts from 14 to 84 in (35.5 to 213.3 cm) to allow for a variety of exercises and accommodate people of various heights.
- ② **ENDLESS POSSIBILITIES**  
With 96 in (243.8 cm) of cable travel, users can perform unlimited exercises with full range of motion.
- ③ **ACCESSORIES**  
Each Cable Column comes with two long handles, one short handle and an ankle cuff for a wide variety of exercises.
- ④ **ANGLED LEGS**  
The designed, angled legs stabilize the Cable Column while in use and allow multiple units to be stored compactly.
- ⑤ **FEELS SMOOTH**  
This swivel pulley system on-board this machine has a fluid-cable feel and a nearly unlimited range of motion.
- ⑥ **INDUSTRIAL CONSTRUCTION**  
Built out of 11 and 7-gauge steel with an electrostatically powder coated, heat set finish.
- ⑦ **ENCLOSED WEIGHT STACK**  
The protected, enclosed weight stack limits access to moving parts to better prevent accidents or injury.
- ⑧ **LOCKING WHEELS**  
Heavy-duty wheels make it easy to move and lock in place for user safety.

### SPECIFICATIONS

Weight Stack	200 lbs (90.7 kg)
Weight Stack Configuration	10 - 200 x 10 lbs (4.5 - 90.7 x 4.5 kg)
Effective Resistance	50 lbs
Cable Travel	96 in (243.8 cm)
Rubber Feet	Molded floor protectors
Wheelchair Accessible	Yes
Standard Frame Colors	Platinum Sparkle
Product Dimensions (L x W x H)	35 x 43 x 91 in (89 x 109 x 231 cm)
Product Weight	430 lbs (195 kg)

#### WARRANTY | US AND INTERNATIONAL

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