

FREEMOTION.

# GENESIS™ ROW

MODEL # F604



## CABLE STRENGTH GENESIS™

Because it starts from a higher position, the Genesis Row was designed to do more than a typical row. Extra plush thigh pads support the legs as members pull down to a relaxed shoulder position - counteracting the shoulder shrug from sitting at a desk all day. With single arm or dual arm movements, levers move independently to open up a ton of workout possibilities - chop, twist, press, punch. Turn a typical strength training workout into an aerobic, heart pounder.

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### PRODUCT FEATURES

- 1 SWIVEL PULLEYS**  
Pulley design ensures fluid cable travel and provides nearly unlimited range of motion.
- 2 CABLE TRAVEL**  
Extensive cable travel creates full exercise extension. 74 in (188 cm).
- 3 INDEPENDENT ARM MOVEMENT**  
Unilateral handles move independently to create single or dual-arm exercises that build strength with balance and symmetry.
- 4 SEATED POSITION**  
Choose to sit or stand to personalize the workout intensity
- 5 INDUSTRIAL CONSTRUCTION**  
Built with 11 and 7-gauge steel and electrostatically powder-coated, this machine is built to last.
- 6 NON-WEARING COUNTERWEIGHT**  
The Freemotion Row has been upgraded to a non-wearing counterweight to dampen paddle movement.
- 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	200 lbs (90 kg)
Weight Stack Configuration	5 - 50 X 5 lbs (0 - 22.6 X 2.2 kg) 60 - 200 X 10 lbs (27.2 - 90.7 X 4.5 kg)
Resistance	1 Arm - 100 lbs (45.3 kg) 2 Arms - 200 lbs (90.7 kg)
Cable Travel	74 in (188 cm)
Rubber Feet	Molded floor protectors
Standard Frame Colors	Platinum Sparkle
Optional Frame & Upholstery Colors	On Request
Product (L x W x H)	56 x 36 x 77 in (142.4 x 91.4 x 195.5 cm)
Shipping Weight	485 lbs (219.9 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.