

FREEMOTION®

GENESIS™

ABDOMINAL

MODEL # G611

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.



GENESIS™ ABDOMINAL

PRODUCT FEATURES

WHEELCHAIR ACCESSIBLE

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

VERTICAL DESIGN

Standing while using the ab machine can lessen stress on the neck and takes up less space at your facility.

LUMBAR SUPPORT

This lumbar pad adjusts to various positions to fit people of all sizes.

INDUSTRIAL CONSTRUCTION

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

SWIVEL PULLEYS

The pulley design creates fluid cable travel and an extensive range of motion.

INDEPENDENT ARM MOVEMENT

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

WEIGHT STACK

The protected, enclosed weight stack limits access to moving parts to better prevent accidents or injury.

KICK PLATES

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

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	150 lbs (68 kg)
Weight Stack Configuration	5 - 50 X 5 lbs (2.2 - 22.6 X 2.2 kg) 60 - 150 X 10 lbs (27.2 - 68 X 4.5 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