

LINE › FreeMotion
TYPE › Selectorized

FREEMOTION QUAD



MODEL › F609
FEATURE › Line-X Platform



FEATURES AND BENEFITS

Introducing the new line of FreeMotion Fitness strength equipment. Generation II offers a sleek design, sophisticated construction and advanced upgrades so you can train your body the way it was meant to move.

The FreeMotion Quad functionally trains leg muscles to work together using the front of the leg, hip and knee. Single leg movements allow for a variety of exercise motion and increase balance. Plus, it engages your stabilizer muscles to improve core strength.

New! Upgraded Handle › The FreeMotion Quad has an upgraded handle with improved ergonomics and multiple gripping positions. This is perfect for the first-time exerciser, they can hold the bar as an aid for balance.

New! Line-X Platform › The new Line-X Platform was added to make foot positioning more flexible and comfortable.

Swivel Pulleys › Unique platform has grip texture to help ensure stable foot positioning.

Foot Harness › Specially designed harness fits a wide variety of users.

Cable Travel › Extensive cable travel allows for full exercise extension, single arm: 84 inches (213 cm), two arms: 42 inches (107 cm).

Weight Stack › Enclosed weight stack limits access to moving parts for user safety.

Industrial Construction › Equipment is built with 11- and 7-gauge steel and is electrostatically powder-coated.

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

SPECS › FreeMotion Quad

MODEL F609

Dimensions (LWH)	66" x 36" x 74" (167 cm x 91 cm x 188 cm)
Effective Resistance	1 leg – 75 lbs. (34 kg)
Weight Stack Configuration	2.5 – 25 x 2.5 lbs. (1.3 – 11.5 x 1.13 kg) 30 – 75 x 5 lbs. (13.5 – 34 x 2.25 kg)
Weight	440 lbs. (200 kg)
Cable Diameter	3/16-inch rated to 2,000 lbs.

› WARRANTY

10 YEARS: STRUCTURAL FRAME, 3 YEARS: BEARINGS, GUIDE RODS, PULLEYS, WEIGHT STACKS
1 YEAR: CABLES, 1 YEAR: LABOR, 120 DAYS: UPHOLSTERY, HANDLES & ACCESSORIES