

FREEMOTION.

MODEL # F501

GENESIS DSTM

AB/BICEP

CABLE STRENGTH GENESIS DS

Freemotion has combined bicep strength training with abdominal training in one dynamic machine. The Genesis DS Ab-Bicep creates a cable-based workout with aluminum swivel pulleys that target the core, upper, lower and oblique abdominals, arms and shoulders.

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GENESIS DS AB/BICEP

PRODUCT FEATURES

- ① **ALUMINUM SWIVEL PULLEYS**
Because the pulleys swivel, specific muscle groups can be targeted and used to stabilize and balance the body.
- ② **MADE TO LAST**
Built tough and made to last, the Genesis DS™ Ab-Bicep can accommodate up to 400 lbs (181 kg).
- ③ **INDUSTRIAL CONSTRUCTION**
This machine is built with 11 and 7-gauge steel tubing and is electrostatically powder-coated with paint that has undergone 2,000 hours of salt spray testing.
- ④ **NATURAL MOVEMENT**
Handles move independently to create a wide variety of shoulder exercises that target abdominal and bicep muscles.
- ⑤ **CABLE TRAVEL**
Extensive cable travel allows for a full exercise flexion of 72 in (183 cm) per arm.
- ⑥ **MULTIPLE ABDOMINAL CRUNCH/BICEP CURL OPTIONS**
Engage abdominals and biceps in a wide variety of workout options including basic and oblique crunches, core rotation, and pronated, supined and hammer bicep curls.
- ⑦ **TWO ENCLOSED WEIGHT STACKS**
Protected, limited access to moving parts is safer for your members and trainers.
- ⑧ **WHEELCHAIR ACCESSIBLE** The open design of this piece makes it wheelchair accessible and welcoming to users of all fitness levels.

SPECIFICATIONS

Weight Stack	QTY. 2- 180 lbs (81.6 kg)
Resistance	1 Arm - 90 lbs (40.8 kg) 2 Arms - 180 lbs (81.6 kg)
Cable Travel	72 in (183 cm) per arm
Wheelchair Accessible	Yes
Standard Frame Color	Dell Gray
Upholstery Color	Black Vinyl
Product Dimensions	51 x 37 x 72 in (129.5 x 93.9 x 183 cm)
Product Weight	608.6 lbs (276.1 kg)
Shipping Dimensions (LxWxH)	Box 1: 74.8 x 38.9 x 47.5 in (198.9 x 99 x 120.7 cm) Box 2: 38.9 x 11.8 x 5.1 in (99 x 29.9 x 13 cm)
Shipping Weight	731.9 lbs (332 kg)
Regulatory Approval	EN957, CE

WARRANTY US & INTERNATIONAL

10-Year Frame | 3-Year Parts | 1-Year Cable & Labor
120 -Day Other