

FREEMOTION.

MODEL # F503

# GENESIS DS™ QUAD/HAMSTRING



## CABLE STRENGTH GENESIS DS

Engage multiple muscles and unlock explosive leg power with the Genesis DS™ Quad-Ham machine. This machine functionally trains the leg muscles to work together to increase power, stability and joint protection for everyday life activities. Each leg movement utilizes cable-based training with innovative swivel pulley design to provide full exercise flexion and targeted muscle training. Vertical handles and the large textured Line-X® platform provide excellent grip and stability.



## GENESIS DS QUAD/HAMSTRING

### PRODUCT FEATURES

- ① **CHOOSE YOUR GRIP**  
Front and rear vertical handles provide excellent grip and stability so you can stabilize the core.
- ② **WORK YOUR BODY**  
Fire off the quads, hamstrings and more with this machine's profound versatility, including hip stabilization/flexion and knee extension/flexion.
- ③ **WEIGHT CAPACITY**  
Built to last, the Genesis DS™ Quad/Hamstring is ideal for people up to 400 lbs (181 kg).
- ④ **LARGE LINE-X® PLATFORM**  
The large platform is coated with textured Line-X® coating for stable foot positioning and advanced durability.
- ⑤ **INDUSTRIAL CONSTRUCTION**  
This machine is built with 11 and 7-gauge steel tubing and has been electrostatically powder-coated with paint that has been through 2,000 hours of salt spray testing.
- ⑥ **CABLE TRAVEL**  
Extensive cable travel allows for a full exercise flexion of 72 in (183 cm) per arm.
- ⑦ **FOOT HARNESS**  
Specially designed harness fits a wide variety of users and keeps feet firmly in place.
- ⑧ **TWO ENCLOSED WEIGHT STACKS**  
Protected, limited access to moving parts is safer for your members and trainers.
- ⑨ **KICK PLATES**  
Solid 16-gauge, stainless steel kick plates protect the machine from wear and tear.

### 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
Standard Frame Color	Dell Gray
Upholstery Color	Black Vinyl
Product Dimensions	70 x 32 x 64 in (177.8 x 81.2 x 162.5 cm)
Product Weight	615 lbs (279 kg)
Shipping Dimensions (LxWxH)	74.8 x 39.9 x 34.7 in (198.9 x 99 x 88.1 cm)
Shipping Weight	866.4 lbs (393 kg)
Regulatory Approval	EN957, CE

#### WARRANTY US & INTERNATIONAL

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