

FREEMOTION.

# GENESIS™ SQUAT

MODEL # F610



## CABLE STRENGTH GENESIS™

The 70 lbs (31 kg) counter weight of the Genesis Squat is just one of the advantages of this machine. Designed by Freemotion trainers, the rugged, curved platform alleviates stress and pressure on the ankle, while the 'over the shoulder' pad is extra plush. The machine naturally puts the member in the perfect squat position and weight selection is easy: squat deep and the machine will pick up the ideal weight. Put one leg behind and now you've got a calorie-burning weighted lunge.

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### PRODUCT FEATURES

- 1 SHOULDER PADS**  
Contoured shoulder pads swivel and slide to comfortably fit a wide variety of users.
- 2 WEIGHT CARRIAGE**  
This backrest helps maintain proper form and is counter-balanced for easy positioning.
- 3 ADVANCED LINKAGE SYSTEM**  
The Freemotion Squat has an upgraded linkage system- a spring has been added as a safety feature to prevent loads from releasing while under pressure.
- 4 INDUSTRIAL CONSTRUCTION**  
Built with 11 and 7-gauge steel and electrostatically powder-coated, this machine is built to last.
- 5 WEIGHT ENGAGEMENT**  
The weight carriage moves down to instantly engage the desired weight when the workout begins.
- 6 WEIGHT STACK**  
The protected, enclosed weight stack limits access to moving parts to better prevent accidents or injury.
- 7 CONTOURED PLATFORM**  
The unique design of this textured platform helps maintain correct ankle alignment and foot stability.
- 8 KICK PLATES**  
Large, 16-gauge, stainless steel kick plates protect the machine from wear and tear.

### SPECIFICATIONS

<b>Weight Stack</b>	400 lbs (181 kg)
<b>Weight Stack Configuration</b>	10 - 100 x 10 lbs (4.5 - 45.3 x 4.5 kg) 120 - 400 x 20 lbs (54.4 - 181.4 x 9 kg)
<b>Resistance</b>	400 lbs Max (181 kg)
<b>Rubber Feet</b>	Molded floor protectors
<b>Standard Frame Colors</b>	Platinum Sparkle
<b>Optional Frame &amp; Upholstery Colors</b>	On Request
<b>Upholstery Color</b>	Black
<b>Product (L x W x H)</b>	90 x 36 x 73 in (228.6 x 91.4 x 185.4 cm)
<b>Shipping Weight</b>	485 lbs (219.9 kg)
<b>Regulatory Approval</b>	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.