

FREEMOTION.

# GENESIS™

MACHINES THAT DO MORE.

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### FREEDOM OF MOVEMENT

Train your body for everyday life with GENESIS, the first full circuit of cable-based strength training that targets the entire body. Unlike strength training equipment that focuses on working isolated muscles, GENESIS allows you to easily change the point of muscle activation by merely adjusting your plane of motion. This innovative strength line also includes products that feature Freemotion's patented LiveAxis™ technology, which provides progressive resistance throughout the entire range of motion. GENESIS' sleek design, sophisticated construction, and small footprint allow your club to maximize floor space and client results.



# GENESIS™

## RANGE OF MOTION

Handles move independently for a wide variety of unilateral or bilateral movements while the extensive cable travel and flexibility allows for a full range of motion.

## VARIOUS TRAINING OPTIONS

Seated and standing positions allow users to target more muscle activation with a single piece of equipment.

## WHEELCHAIR ACCESSIBLE

The open design of most pieces in the Genesis line make them wheelchair accessible and welcoming to users of all fitness levels.

## ALUMINUM SWIVEL PULLEYS

Freemotion's exclusive and ever-improving pulley design ensures fluid cable travel and unrestricted range of motion for users of various fitness levels.

## WEIGHT STACK & PIN DESIGN

The enclosed weight stack provides extremely smooth transitions between loads, improving user safety while ensuring there are no more lost pins.

## INDUSTRIAL CONSTRUCTION

Equipment 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.

## \*PROGRESSIVE RESISTANCE

LiveAxis™ pieces feature sliding pulley technology allows muscles to stay at optimum activation with constant resistance throughout the entire movement.



**MULTI-PLANE CHEST #G600**

PRODUCT DIMENSIONS  
69 x 53 x 73 in (175.2 x 134.6 x 185.4 cm)  
WEIGHT STACK  
200 lbs (90 kg)



**MULTI-PLANE SHOULDER #G601**

PRODUCT DIMENSIONS  
60 x 52 x 73 in (152.4 x 132 x 185.4 cm)  
WEIGHT STACK  
150 lbs (68 kg)



**BICEPS #G602**

PRODUCT DIMENSIONS  
52 x 36 x 77 in (132 x 91.4 x 195.5 cm)  
WEIGHT STACK  
150 lbs (68 kg)



**TRICEPS #G603**

PRODUCT DIMENSIONS  
52 x 36 x 77 in (132 x 91.4 x 195.5 cm)  
WEIGHT STACK  
150 lbs (68 kg)



**ROW #G604**

PRODUCT DIMENSIONS  
56 x 36 x 77 in (142.4 x 91.4 x 195.5 cm)  
WEIGHT STACK  
200 lbs (90 kg)



**MULTI-PLANE CALF #G607**

PRODUCT DIMENSIONS  
74 x 36 x 77 in (187.9 x 91.4 x 195.5 cm)  
WEIGHT STACK  
200 lbs (90 kg)



**SQUAT #G610**

PRODUCT DIMENSIONS  
90 x 36 x 73 in (228.6 x 91.4 x 185.4 cm)  
WEIGHT STACK  
400 lbs (181 kg)



**ABDOMINAL #G611**

PRODUCT DIMENSIONS  
34 x 36 x 77 in (86.3 x 91.4 x 195.5 cm)  
WEIGHT STACK  
150 lbs (68 kg)



**MULTI-PLANE LIFT #G612**

PRODUCT DIMENSIONS  
71 x 42 x 77 in (180.3 x 106.6 x 195.5 cm)  
WEIGHT STACK  
400 lbs (181 kg)



**STEP #G614**

PRODUCT DIMENSIONS  
73 x 36 x 77 in (185.4 x 91.4 x 195.5 cm)  
WEIGHT STACK  
150 lbs (68 kg)



**LAT #G620**

PRODUCT DIMENSIONS  
56 x 52 x 87 in (142.2 x 132 x 220.9 cm)  
WEIGHT STACK  
200 lbs (90 kg)



**CABLE COLUMN #G625**

PRODUCT DIMENSIONS  
35 x 43 x 91 in (89 x 109 x 231 cm)  
PRODUCT WEIGHT  
430 lbs (195 kg)



**DUAL CABLE CROSS #G624**

PRODUCT DIMENSIONS  
70 x 122 x 92 in (177.8 x 309.8 x 233.6 cm)  
WEIGHT STACK  
Two: 240 lbs (108.8 kg) Stacks



**DUAL CABLE CROSS LITE #G424**

PRODUCT DIMENSIONS  
65 x 113 x 85 in (165.1 x 287 x 215 cm)  
WEIGHT STACK  
Two: 210 lbs (95.2 kg)



**\*MULTI-PULL ROTATION LOW #G626**

PRODUCT DIMENSIONS  
46 x 64 x 74 (116.84 x 162.56 x 187.9 cm)  
WEIGHT STACK  
200 lbs (90 kg)



**\*MULTI-PULL ROTATION HIGH #G627**

PRODUCT DIMENSIONS  
46 x 64 x 74 in (116.84 x 162.56 x 187.9 cm)  
WEIGHT STACK  
200 lbs (90 kg)



**\*TOTAL QUAD / HIP #G628**

PRODUCT DIMENSIONS  
75 x 47 x 74 in (190.5 x 119.4 x 187.9 cm)  
PRODUCT WEIGHT  
150 lbs (68 kg)



**\*TOTAL GLUTE HAMSTRING #G629**

PRODUCT DIMENSIONS  
71 x 47 x 74 in (180.3 x 119.4 x 187.9 cm)  
PRODUCT WEIGHT  
150 lbs (68 kg)