

FREEMOTION.

GENESIS™ *LAT*

MODEL # F620



CABLE STRENGTH GENESIS™

Zero seat adjustments and intuitive design make the Genesis Lat by Freemotion a workhorse machine that goes beyond lats to introduce a full body workout that focuses on strength. Sit and pull the independent moving handles to create a customized workout that's unlimited by user potential. Stand up to fire core muscles, squat to target back end muscles. The Genesis Lat is the safest piece of strength equipment to start on with less risk of injury or overextension. The freedom of cable and choice of sitting or standing, make it adaptable to users of every fitness level. Once people use it, they'll never want to use anything else.

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GENESIS™ LAT

PRODUCT FEATURES

- ① **SWIVEL PULLEYS**
Pulley design ensures fluid cable travel and a nearly unlimited range of motion.
- ② **ARM POSITION**
Wide arm positioning allows for complete extension and a full range of user-defined motion.
- ③ **INDUSTRIAL CONSTRUCTION**
Built with 11 and 7-gauge steel and electrostatically powder-coated, this machine is built to last.
- ④ **ADJUSTABLE THIGH PADS**
Contoured pads adjust in height and swivel and slide to fit a wide variety of people.
- ⑤ **SEATED POSITION**
Mix up the workout by taking a seat or choosing to stand.
- ⑥ **CABLE TRAVEL**
The long cable length and flexibility allows for full exercise extension. 85 in (215.9 cm).
- ⑦ **INDEPENDENT ARM MOVEMENT**
Unilateral arms move independently to create single or dual-arm exercises that build strength with balance and symmetry.
- ⑧ **WEIGHT STACKS**
The protected, enclosed weight stack limits access to moving parts to better prevent accidents or injury.
- ⑨ **KICK PLATES**
Stainless steel, 16-gauge kick plates protect the machine from wear and tear.

SPECIFICATIONS

Weight Stack	200 lbs (90 kg)
Weight Stack Configuration	5 - 50 X 5 lbs (2.2 - 22.6 X 2.2 kg) 60 - 200 X 10 lbs (27.2 - 90.7 X 4.5 kg)
Resistance	1 Arm - 100 lbs (45.3 kg) 2 Arms - 200 lbs (90.7 kg)
Cable Travel	85 in (215.9 cm)
Rubber Feet	Molded floor protectors
Standard Frame Colors	Platinum Sparkle
Optional Frame & Upholstery Colors	On Request
Product (L x W x H)	56 x 52 x 87 in (142.2 x 132 x 220.9 cm)
Shipping Weight	485 lbs (219.9 kg)
Regulatory Approval	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.