



FREEMOTION®

FREEMOTION CATALOG



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BELIEVE IN NEXT

WE ARE BELIEVERS IN WHAT'S NEXT, WHAT'S POSSIBLE, AND WHAT'S WORTH EVERY DROP OF SWEAT.

Every fitness company calls itself innovative. But what does that mean? At Freemotion, being innovative means laying the groundwork that the rest follow. We are pioneers of commercial cardio, group and strength training solutions that elevate moods, minds and total fitness. For over 20 years, Freemotion has set the industry standard in fitness equipment and technology, introducing the world to cable-based strength training, the Incline Trainer and the first road-simulating bike.

Today, Freemotion is at the cutting-edge of innovative experiences that redefine the next generation of interactive, connected fitness. Our presence spans the globe, with a robust internal infrastructure and distribution network that provides our diverse customers with an extensive range of revolutionary fitness solutions and exceptional service. Freemotion is a subsidiary of iFIT Health & Fitness Inc., whose family of industry-leading brands, including NordicTrack, ProForm, Weider, Sweat and 29029, make us part of the #1 health and fitness platform in the world.

Innovative is more than a word. It means driving conversations, setting trends— and it's what gets us out of bed every day. At Freemotion, we don't call ourselves innovators. We live innovation each and every day.



OUR HISTORY



1999

GROUND ZERO DESIGN
Established in Colorado Springs, CO

FIRST FULL CIRCUIT CABLE STRENGTH
GENESIS™ Line

FIRST PRECISION QUICKSPEED™ & QUICK INCLINE CONTROLS
For Instant Adjustments



2000

ICON HEALTH & FITNESS
Acquires Ground Zero Design



2001

GROUND ZERO DESIGN RENAMED
Freemotion Fitness

FIRST INCLINE TRAINER
Treadmill & Stair Climber in One Machine

FIRST INTEGRATED FLAT SCREEN TVS
On Cardio Equipment



2003

FIRST EPIC SELECTORIZED LINE
Next-Level Machine-Defined Training



2009

FREEMOTION RELOCATES
To Logan, UT, ICON HQ

LAUNCH OF iFIT
On the Incline Trainer Console



2010

FIRST REFLEX™ TREADMILL
With Proprietary Cushioning

OUR HISTORY



2012

FIRST LIVEAXIS™
Progressive Resistance Technology



2013

INTRODUCTION OF GENESIS™ DS
Dual-Station Cable Strength Training Line

LAUNCH OF TOUR DE FRANCE BIKE
With Road-Simulating Incline And Decline



2016

FIRST FITRIG™
Functional Training
For Everyday Life



2017

FREEMOTION REBRANDS
To Reignite Passion & Solidify
Commitment to the Fitness Industry



2019

LAUNCH OF SMARTSERIES™
Cardio Line Enabled by iFIT



2020

LAUNCH OF THE COACHBIKE™
An Immersive Cycling Experience with
Incline & Decline

LAUNCH OF FUSION TEAM TRAINING
The COVID-safe Small Group
Training Program

OUR HISTORY

ICON HEALTH & FITNESS BECOMES iFIT HEALTH & FITNESS INC.

Providing Unmatched Fitness Experiences & Solutions

FREEMOTION REBRANDS

To Freemotion from iFIT

INTRODUCTION OF 22 SERIES

Cardio Experiences Powered by iFIT

LAUNCH OF GENESIS™ DUAL CABLE CROSS - INCLUSIVE USE

Meets ASTM Standards to accommodate exercisers with mobility and visual disabilities.

2021



OUR GLOBAL PRESENCE

THE SUPPORT OF A PROGRESSIVE GLOBAL COMMUNITY

Freemotion has teams, offices, studios, facilities and warehouses located around the world. Our internal infrastructure and distribution network offers our customers an extensive range of game-changing fitness solutions and exceptional service.

When you partner with Freemotion, you become a valued member of the global Freemotion Family, a strong, passionate, and growing community of like-minded individuals and brands committed to changing people's lives for the better by providing unrivaled experiences and results.

“UNITED AS ONE, WE ENABLE PEOPLE TO LIVE HEALTHIER, HAPPIER, AND MORE FULFILLED LIVES.”

FREEMOTION PARTNERS WITH CUSTOMERS ACROSS A DIVERSE RANGE OF MARKET SEGMENTS, INCLUDING:





WHY WORK WITH FREEMOTION

TOGETHER WE CAN DO MORE

How would you like to partner with a brand built on a foundation of stability and a culture of integrity, with a passionate team committed to innovation and driving the future of fitness forward?

With over 20 years of industry-leading experience, Freemotion understands operators' needs and exercisers' expectations better than anyone else. A subsidiary of iFIT Health & Fitness Inc., the world's #1 health and fitness platform, Freemotion delivers transformative experiences with its groundbreaking products found in facilities around the world.

Utilizing a global team of experienced researchers, designers, engineers, educators and fitness professionals, Freemotion knows where the market is going, what makes facilities successful and has the solutions exercisers need to reach their goals.

GLOBAL REACH

We are a subsidiary of iFIT Health & Fitness Inc., the world's #1 health and fitness platform.

STAYING POWER

Over 20 years— and counting— of profitable growth and success.

CONTINUOUS EVOLUTION

We always seek to raise the bar with innovative products and solutions.

BUILT ON HERITAGE. DRIVEN BY INNOVATION.

UNCOMPROMISING INTEGRITY

Our word is our bond, and we honor our commitments.

CUSTOMER LOYALTY

Your success is our success— and we mean it.

EMPOWERED TEAMS

We foster a spirit of “we before me” and strive for excellence daily.

NordicTrack®

PRO-FORM®

FREEMOTION®

WEIDER®

SWEAT

29029

iFIT

THE WORLD'S #1 HEALTH & FITNESS PLATFORM

Since 1977, iFIT Health & Fitness Inc. (fka, ICON Health & Fitness Inc.) has been fueled by a passion for innovation, growth and providing exercisers with solutions that elevate their fitness journey. iFIT is an integrated health and fitness platform that connects to proprietary software, interactive hardware and experiential content, offering unrivaled connected fitness experiences.

iFIT is a thriving community with more than six million total members in over 120 countries worldwide. Its hardware and technology are protected by over 400 issued and pending patents that can be found on the broadest range of modalities, including treadmills, indoor bikes, ellipticals, strength training equipment and more. Its brands, including iFIT, NordicTrack, ProForm, Freemotion, Weider, Sweat and 29029, are leaders in the fitness industry.

In its continuous pursuit to maintain and improve the human body, iFIT is a trailblazer, delivering transformative fitness experiences that change people's lives.



T H E i F I T

EXPERIENCE

iFIT: FOR EVERYONE, EVERYWHERE

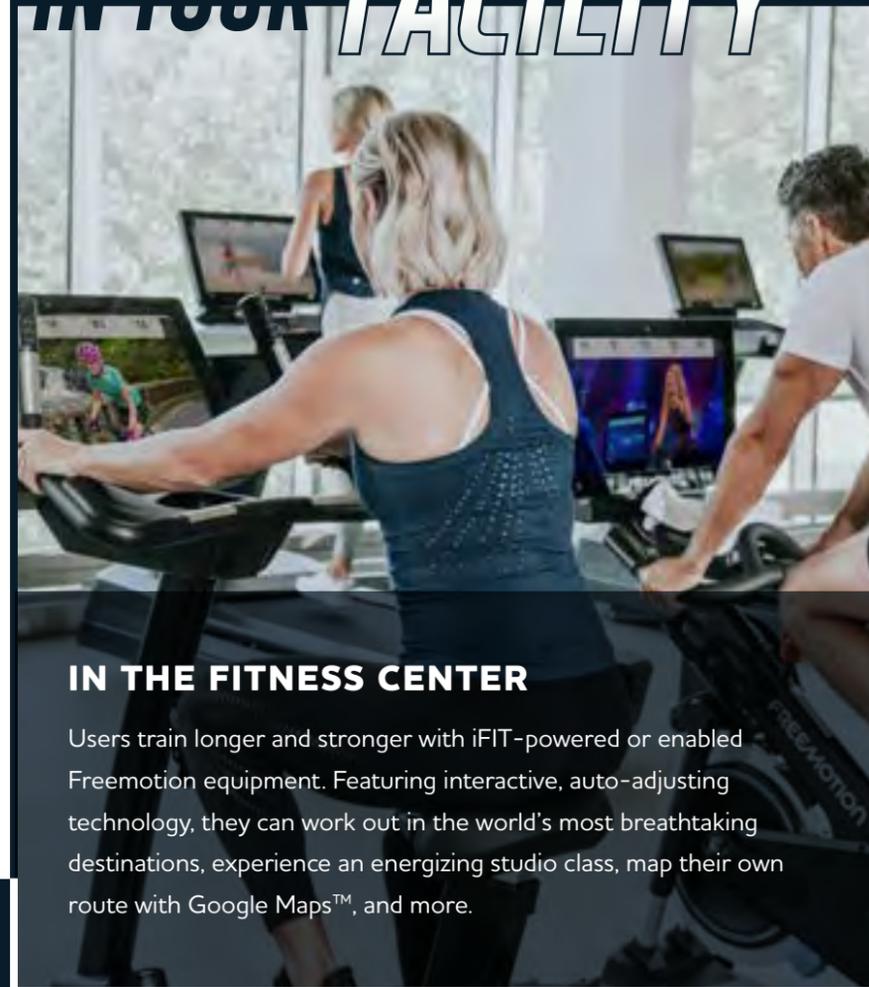
OMNICHANNEL SOLUTIONS FOR YOUR BUSINESS

Omnichannel is the future of our industry— and that future is already here. Consumers are more tech-savvy than ever before, and today's exercisers are no exception.

HOW WILL YOU MEET THEIR CHANGING NEEDS AND INCREASING EXPECTATIONS?

With iFIT interactive, connected fitness, omnichannel means more than just streaming videos. It means fully immersing exercisers in an entire ecosystem of health and wellness. Whether at your facility on Freemotion equipment, at home or on the go, you can create genuine omnichannel experiences, reducing attrition and increasing retention.

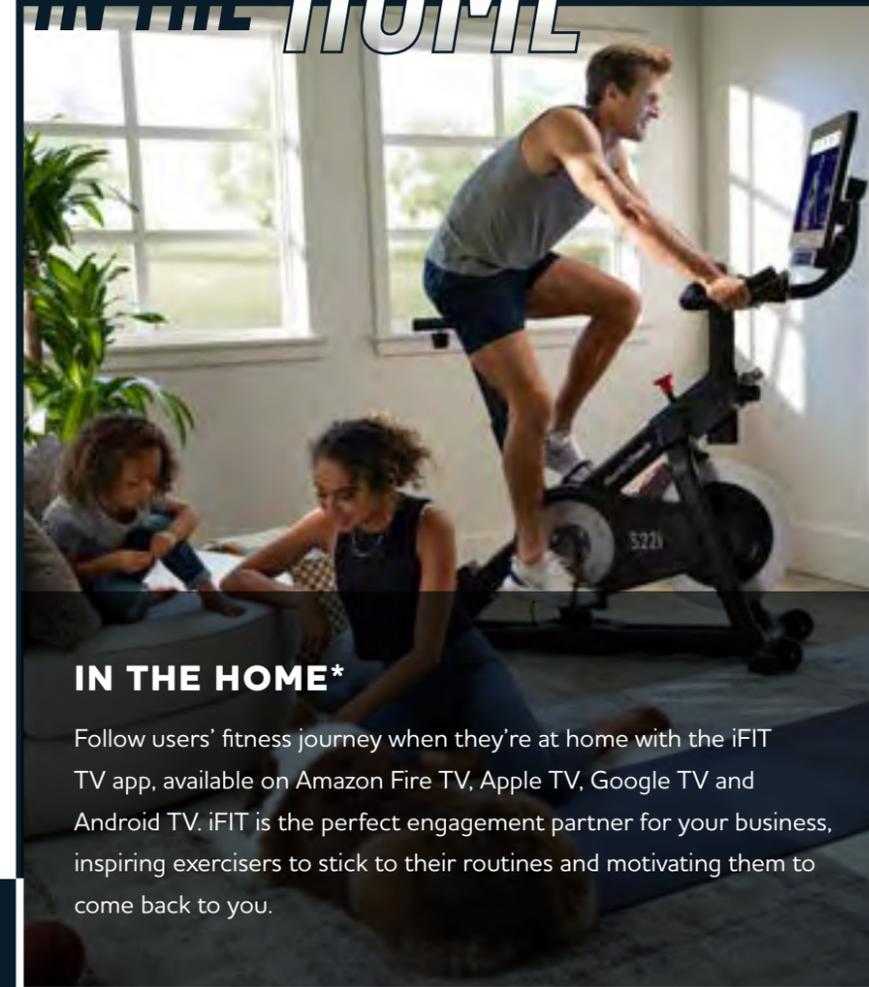
IN YOUR FACILITY



IN THE FITNESS CENTER

Users train longer and stronger with iFIT-powered or enabled Freemotion equipment. Featuring interactive, auto-adjusting technology, they can work out in the world's most breathtaking destinations, experience an energizing studio class, map their own route with Google Maps™, and more.

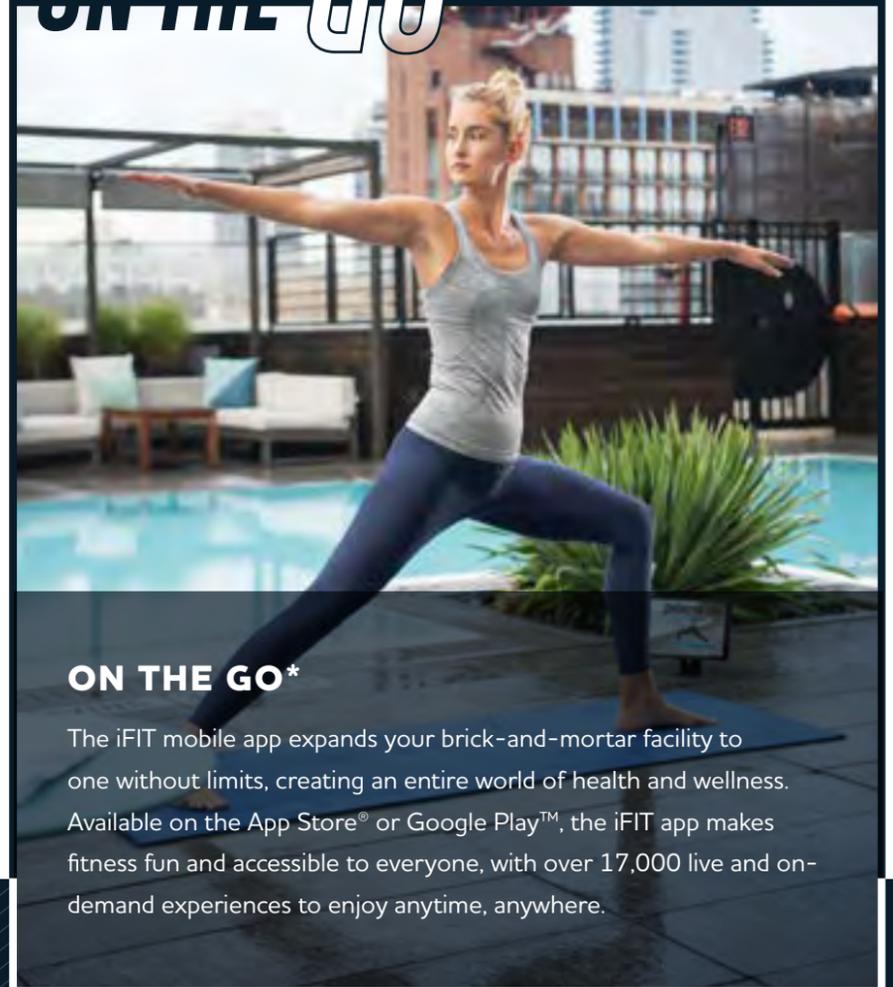
IN THE HOME



IN THE HOME*

Follow users' fitness journey when they're at home with the iFIT TV app, available on Amazon Fire TV, Apple TV, Google TV and Android TV. iFIT is the perfect engagement partner for your business, inspiring exercisers to stick to their routines and motivating them to come back to you.

ON THE GO



ON THE GO*

The iFIT mobile app expands your brick-and-mortar facility to one without limits, creating an entire world of health and wellness. Available on the App Store® or Google Play™, the iFIT app makes fitness fun and accessible to everyone, with over 17,000 live and on-demand experiences to enjoy anytime, anywhere.

THE iFIT EXPERIENCE

*Individual iFIT membership required.



NO MONTHLY OR ANNUAL FEES REQUIRED

Engaging, interactive and progressive, iFIT offers experiential content that keeps exercisers immersed and motivated, so you can focus on doing what you do best— making your facility the best it can be. With iFIT, it's easier than ever to offer unbeatable experiences they won't find anywhere else.

Better still, **no monthly or annual membership fees are required for you to offer iFIT content** on Freemotion 22 SERIES cardio machines.

**Individual iFIT membership required.*



LEADERBOARD*



10 LANGUAGES



iFIT MILESTONES

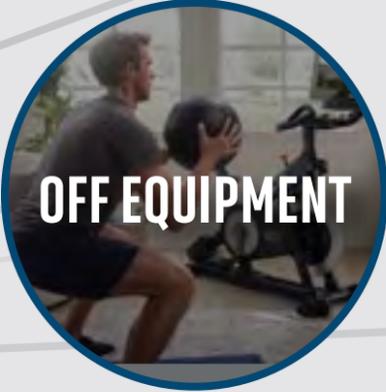


THE iFIT ECOSYSTEM

MUSIC

SMARTADJUST™*

FIT SCORE



MOBILE & TV APPS

ACTIVEPULSE™*



REWARDS & RECOGNITION



THIRD-PARTY INTEGRATIONS

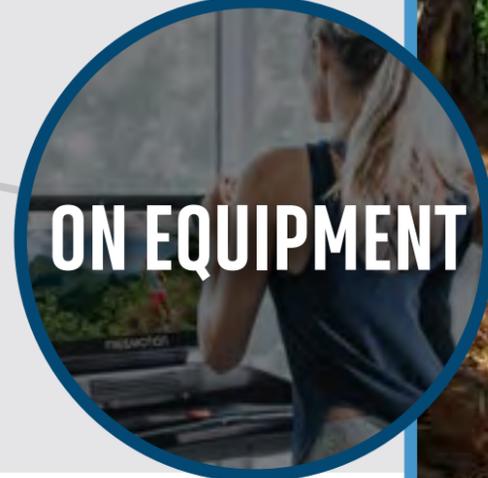
iFIT CHALLENGES



LIVE SCHEDULING



CLOSED CAPTIONING





JONNIE GALE

GIDEON AKANDE

CHRIS CLARK

ASHLEY PAULSON

BEAU DANIEL

NICOLE MELINE

TOMMY RIVERS PUZEY

JOHN PEEL

HANNAH EDEN

ENDLESS EXPERIENCES

When you can make every workout a new experience for your exercisers, they'll reach their goals faster, creating an unbreakable bond with you. iFIT offers an ever-growing library of progressive workouts that build up fitness and confidence over time. This, in turn, helps them develop positive, lasting habits that benefit both you and them.

THE FOUNDATIONS OF HEALTH & FITNESS ON ONE PLATFORM

iFIT integrates all elements of health— physical fitness, mental fitness, nutrition, and recovery— on one seamless, interactive platform.

THOUSANDS OF IMMERSIVE, INTERACTIVE, COACH-LED WORKOUTS

iFIT users can explore an ever-growing library of live and on-demand workouts led by master coaches from around the world. Filtering by workout duration, trainer, intensity, target area, location and more creates a truly personalized workout experience.

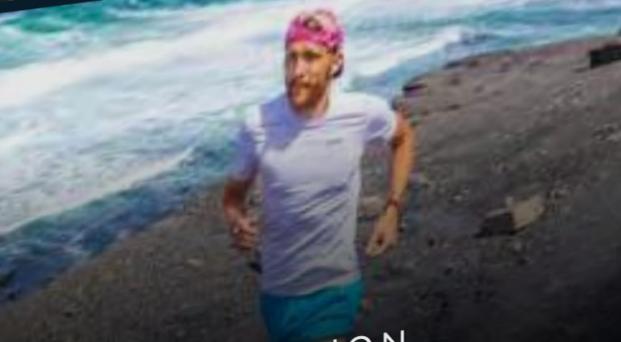
REGAN PEARCE

EVAN DOLLARD

ASHLEY DAVIS

ANG TSHERING LAMA

ANJA GARCIA



RAMY ROMANY

STACIE CLARK

JESSE CORBIN

DR. EVAN ANTONIO

ON-DEMAND ACCESS TO WORLD-RENOUNDED TRAINERS

People of all fitness levels can workout with 200+ world-class coaches— including Olympic champions, professional athletes, physical therapists, celebrity trainers and historians who motivate, engage and educate.

TRAINERS WHO INSPIRE

iFIT trainers not only teach the mechanics and methodology that make every workout count, but they also inspire everyone to push themselves further to reach their goals.

MORE THAN PERSONAL COACHING

Your members can virtually travel to unique destinations across all seven continents with guides who share insightful historical information, transforming workouts into educational experiences.

-  *Olympic Champions*
-  *Professional Athletes*
-  *Celebrity Guides*
-  *Historians*
-  *Physical and Mental Wellbeing Coaches*
-  *Marathoners*



WORLD-RENOUNDED
iFIT TRAINERS

EXPLORE THE WORLD WITH GLOBAL WORKOUTS



A VIRTUAL PASSPORT

iFIT offers a virtual passport to work out in thousands of the world's most breathtaking destinations. Users become globe-trotting adventurers from a guided walking tour of Ancient Egypt's iconic ruins to ascending Mount Fuji at sunset and so much more without leaving the cardio floor.



60+ COUNTRIES ON ALL 7 CONTINENTS

With iFIT, anyone can explore gorgeous beaches in French Polynesia, charming European villages and awe-inspiring mountain peaks with workouts shot on-location in over 60 countries across all seven continents.



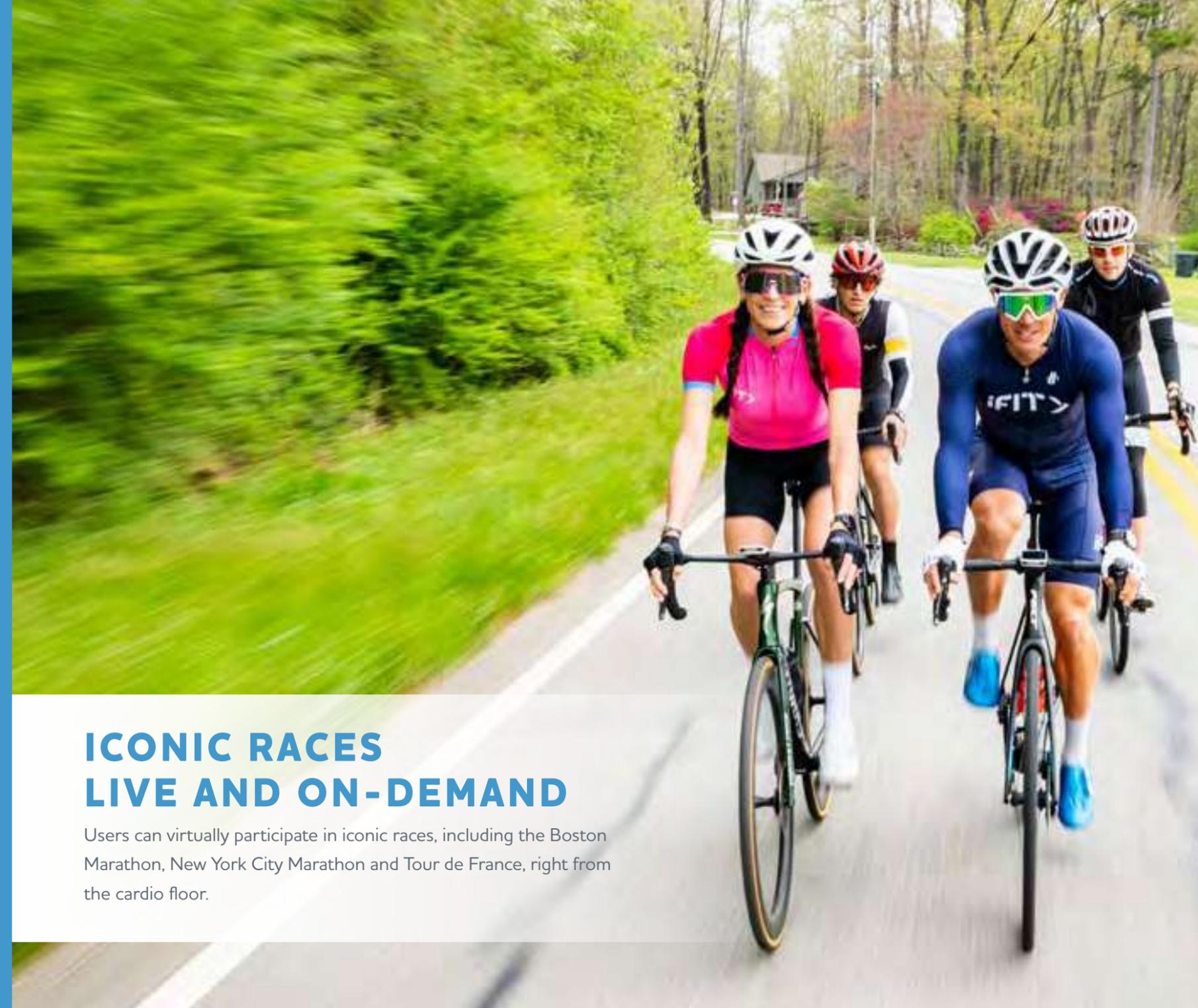
MT EVEREST



JAPAN



VIETNAM



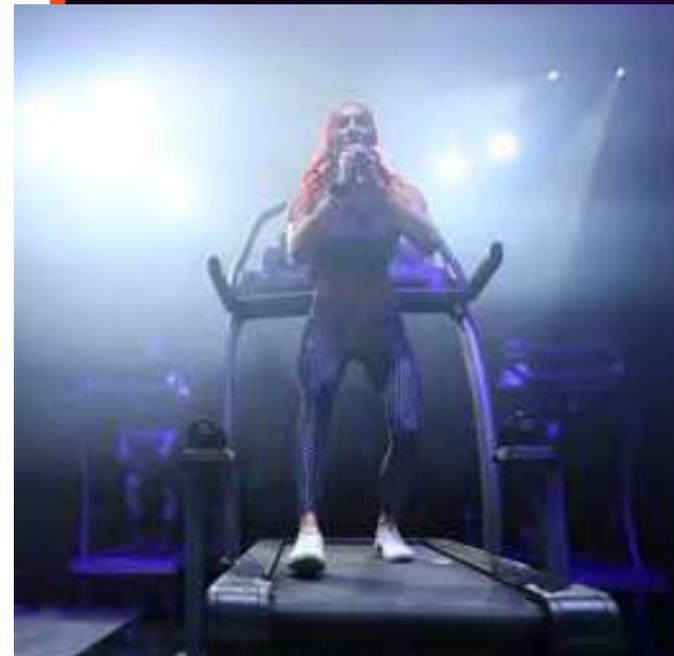
ICONIC RACES LIVE AND ON-DEMAND

Users can virtually participate in iconic races, including the Boston Marathon, New York City Marathon and Tour de France, right from the cardio floor.



EXPERIENCE THE HYPE

Boring video workouts are officially canceled with iFIT. Exercisers can access thousands of high-energy live and on-demand studio workouts, delivering the excitement that will push them further. Supplementing your in-person classes with iFIT is the perfect combination that keeps everyone racing to return.



HIGH-ENERGY STUDIO WORKOUTS



THE iFIT EXPERIENCE

LIVE TRAINING WITH A GLOBAL COMMUNITY

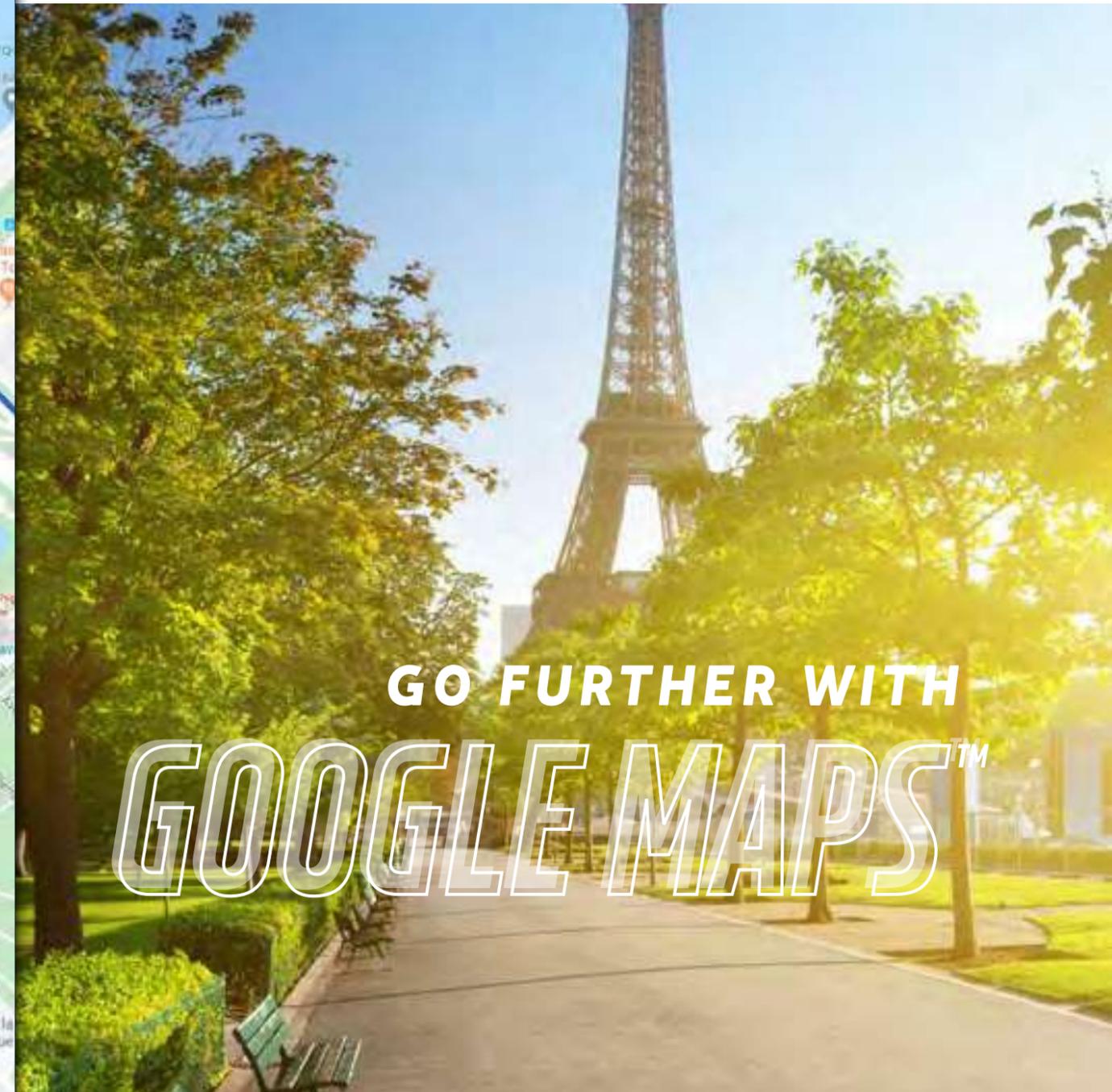
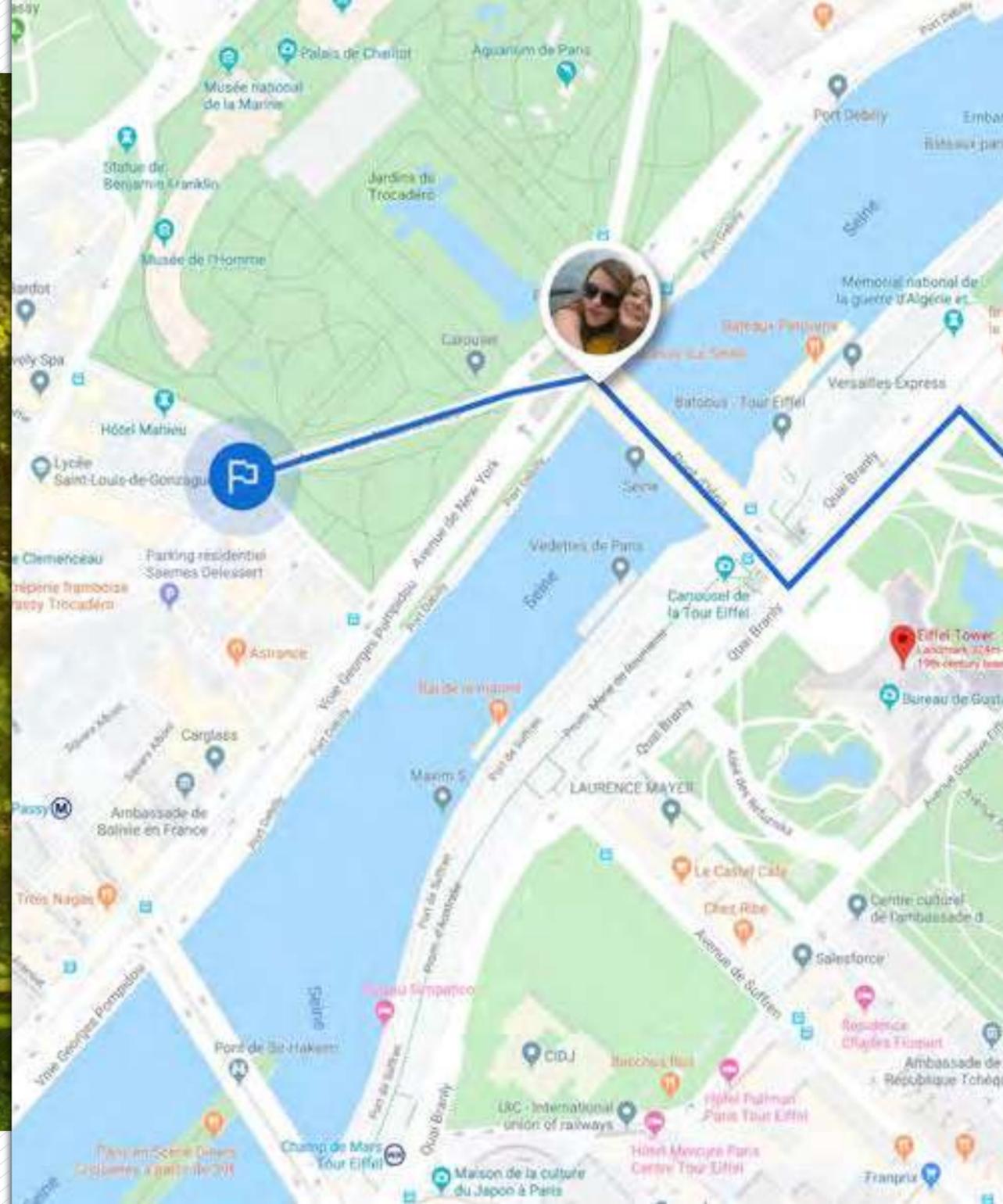
Exercisers can work out with top iFIT trainers and millions of iFIT users in real-time with Live Workouts. Auto-adjusting technology on their machines seamlessly matches the trainer's instructions. They can also connect directly with their iFIT trainer by scanning a QR Code on a smart device and sending a text. Once the workout starts, trainers respond to questions and comments live.



WORKOUT ANYWHERE IN THE WORLD

iFIT users can chart their own course with Google Maps™ and virtually explore 10 million miles (16 million km) of mapped locations. Whether touring a trendy neighborhood, taking a trip down memory lane, or ticking off a destination on their bucket list, they'll never run out of new places to discover.

EIFEL TOWER - PARIS, FRANCE



GO FURTHER WITH
GOOGLE MAPS™

iFIT MIND



MAKING MEANINGFUL CHANGES WITH IFIT MIND

Offer transformative wellness experiences with iFIT Mind. Rooted in holistic, interactive, personalized training, iFIT Mind infuses a complete approach to total well-being. Users learn from experts in both physical and mental training with workouts filmed in blissful locations, empowering them to change their lives— body, mind and soul.

A STRONG MIND IS JUST AS IMPORTANT AS A STRONG BODY.

MINDFULNESS



MEDITATION



MOVEMENT



NUTRITION





MAXIMIZE YOUR MEMBERS' JOURNEY

The age-old issue operators see the world over is how exercisers quickly lose interest if they don't get the right support to reach their goals. iFIT is more than award-winning, game-changing digital content. It's a hyper-personalized solution that integrates directly with your offering, showcasing the relationship between engagement, retention and the motivation people need to strive and thrive.



iFIT CHALLENGES

iFIT Challenges are progressive and take training to the next level. Each month, iFIT releases new challenges available on or off iFIT-powered and enabled machines, and is just what exercisers need to stay focused on their journey.



LEADERBOARD*

iFIT members embrace their competitive spirit with iFIT Leaderboard. This feature helps them stay engaged while sparking friendly competition with family, friends and millions of other users from around the world.



FIT SCORE*

Fit Score monitors the most essential workout stats, like workout frequency, calories burned, net calories and workout time, keeping iFIT members on track to reaching their goals.

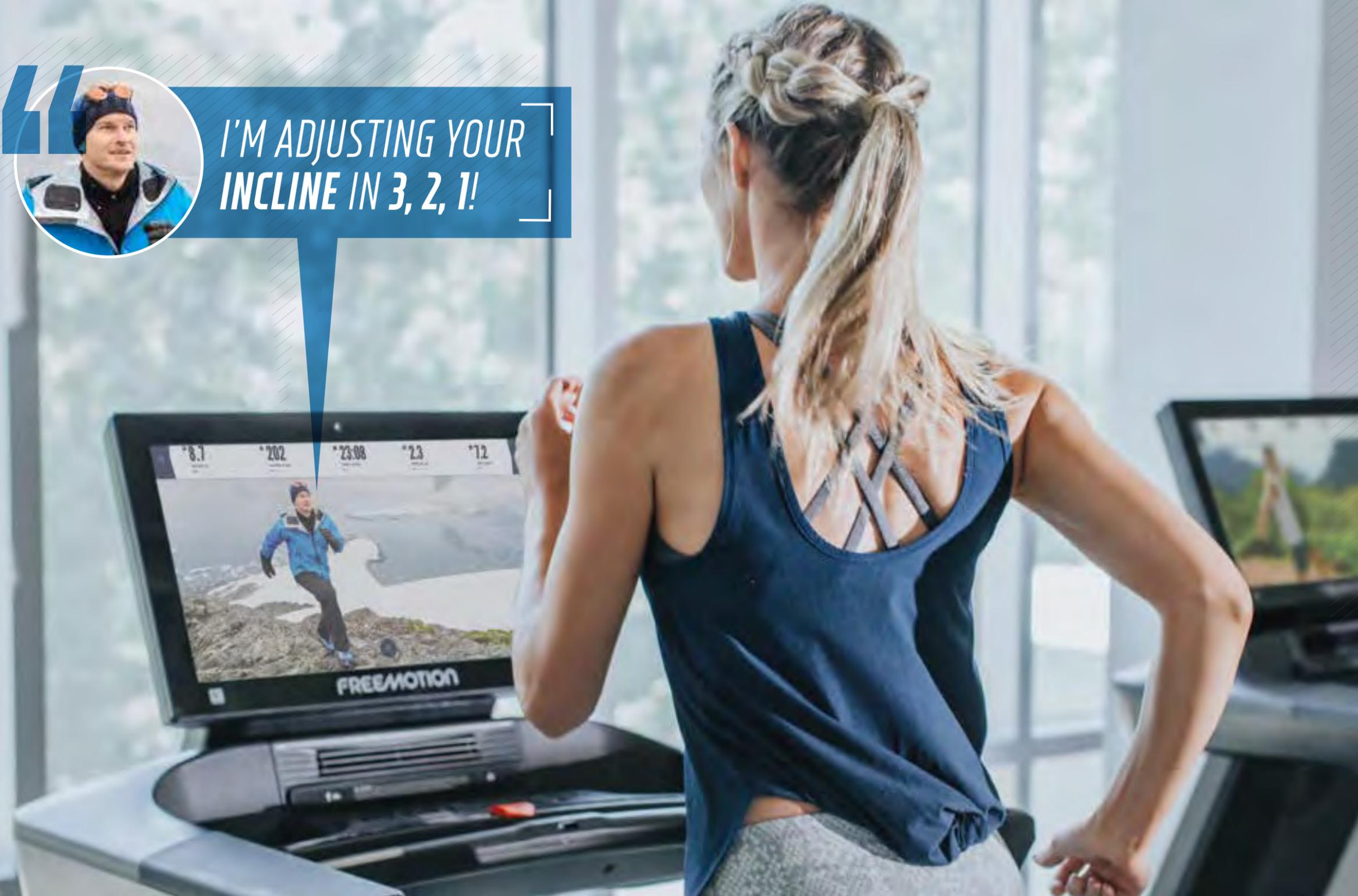


iFIT MILESTONES*

Each iFIT Milestone marks a significant workout feat— and there's no workout too big or small. Whenever iFIT members reach a Milestone, iFIT will send them an email with tips and tricks to stay motivated, along with exclusive rewards to the iFIT Shop.



I'M ADJUSTING YOUR
INCLINE IN 3, 2, 1!



MAKING WORKOUTS MORE PERSONAL

iFIT enhances exercisers' training by customizing their workouts to match their needs, preferences and goals. When connected to iFIT, Freemotion incline trainers, treadmills, ellipticals and indoor bikes make fitness interactive and personalized, ultimately maximizing their results.

AUTO-ADJUSTING TECHNOLOGY

With auto-adjusting technology, iFIT trainers can automatically adjust the machine's incline, decline, speed and/or resistance, creating an immersive, interactive, and true-to-life training experience.

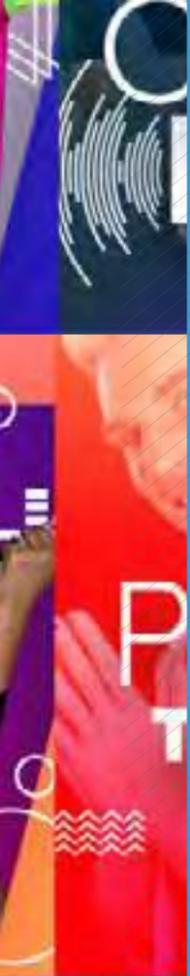
ACTIVEPULSE™*

ActivePulse™ uses real-time heart rate data to provide instant insight into how effective the workout is and how the body responds to it. iFIT-powered cardio equipment will automatically speed up or slow down to maintain a heart rate "sweet spot."

SMARTADJUST™*

SmartAdjust™ scales workouts as iFIT members make speed or incline adjustments, so you can always follow your iFIT trainer— but at your own pace. Over time, SmartAdjust™ caters to their preferences and history while balancing workouts with the trainer's instructions.

*Individual iFIT membership required.



MUSIC

Research shows motivational music helps exercisers push through fatigue. They can amp up their routines and “get in the zone” with iFIT’s music stations. From pop and hip-hop to classic rock, dance and country, the only question is, “Which station will they choose?”

LANGUAGES

iFIT content can be streamed in multiple languages. Users can enjoy their favorite iFIT workouts in English, Spanish, French, German, Portuguese, Italian, Russian, Norwegian, Dutch and Mandarin Chinese.

CLOSED CAPTIONING

With closed captioning available in English and Spanish on most iFIT on-demand workouts, iFIT provides interactive experiences that are also inclusive and accessible to everyone.



FREEMOTION EXPERIENCES

NOT ALL EXPERIENCES ARE EQUAL

Freemotion creates immersive, engaging and results-driven experiences that redefine the way the world thinks about cardio, strength and small group training, empowering all exercisers to do more, be more and achieve more. Because experiences are what truly delivers the ultimate engagement, retention and revenue.

What makes every Freemotion experience stand out from the crowd, benefitting exercisers and facilities? Let's take a closer look...



CARDIO

RE-IMAGINED CARDIO EXPERIENCES

It's no longer good enough for cardio equipment to simply look great and feel great. In an increasingly content and tech-driven world where consumers crave personalization, connectivity and a constant flow of fresh experiences, facilities must offer multi-layered engagement.

Freemotion cardio machines have been thoughtfully designed to deliver engaging, immersive and interactive experiences. Combining unrivaled engineering, technology and content, Freemotion provides facilities with solutions that elevate engagement and retention.

- >> IMMERSIVE
- >> ENGAGING
- >> INTERACTIVE

MULTI-DIMENSIONAL STRENGTH TRAINING

Encompassing the philosophy, principles and programming of functional training and machine-defined fitness, Freemotion strength experiences have been developed to give exercisers every advantage in their daily lives, active pursuits and physical performance. Allowing them to train their bodies freely without restrictions, based on their range of motion and physical abilities, makes strength training inclusive and progressive for all.

- >> FUNCTIONAL
- >> PROGRESSIVE
- >> INCLUSIVE



STRENGTH

SMALL GROUP TRAINING

GAME-CHANGING SMALL GROUP TRAINING

Think you know small group training? Think again! Exercisers are hungry for new ways to speed up their workouts and achieve lasting results, all within a safe, fun and inspiring environment. So, Freemotion did what any great innovator would do— it ripped up the rulebook on this well-loved fitness format and created exciting experiences and revenue-boosting opportunities.

Change your game with engaging, community-building small group experiences from Freemotion, and say hello to increased retention.

- >> COACH-LED
- >> HIGH-ENERGY
- >> COMMUNITY-BUILDING

CARDIO

EXPERIENCES

INTERACTIVE FITNESS REIMAGINED

The Freemotion 22 SERIES line offers users the chance to explore the world right from the cardio floor, boosting their motivation and your engagement and retention. Powered by iFIT, the world's only truly interactive, connected fitness platform, the 22 SERIES immerses users in thousands of live and on-demand workouts filmed in the most breathtaking destinations on Earth. Led by hundreds of world-class iFIT trainers and groundbreaking auto-adjusting technology, the 22 SERIES delivers unprecedented cardio experiences that are second to none.

*For fitness facilities





INTERACTIVE, CONNECTED CARDIO EXPERIENCES

This entire line of iFIT-powered, 22 SERIES cardio machines gives users access to a world-class workout experience that immerses them in an interactive, connected world of fitness and wellness.

HD CAPACITIVE TOUCHSCREEN

The 1080p ISP LCD screen will continue displaying content beautifully while responding to every touch for years to come, thanks to the high durability of the 22 in (56 cm) capacitive touchscreen.

A COOL WORKOUT

Users stay cool throughout the workout with a conveniently-located 3-speed fan, or they can select the AutoBreeze™ function to enjoy a variable flow that responds to their pace. (Available on the Incline Trainer, REFLEX™ Treadmill and CoachBike™).

22 SERIES INTERACTIVE FITNESS REIMAGINED



i22.9 INCLINE TRAINER



t22.9 REFLEX™ TREADMILL



e22.9 ELLIPTICAL



b22.7 COACHBIKE™



r22.9 RECUMBENT BIKE



u22.9 UPRIGHT BIKE

*For fitness facilities

ENGAGE AND EMPOWER

The SmartSeries™ line features an LED display that zeroes in on fundamental workout metrics. The industry's first "Bring Your Own Device" solution, these versatile machines allow users to get on and start exercising immediately or can be connected to a smart device so they can experience the engaging and immersive world of iFIT.



FREEMOTION SMARTSERIES

ENABLED BY *iFIT*



INTERACTIVE, IMMERSIVE CARDIO EXPERIENCE

Users can sync a smart device to create an immersive, engaging training experience, where the machine's incline, decline, speed and/or resistance matches the on-screen workout.

EXTENSIVE LIVE & ON-DEMAND WORKOUT LIBRARY

iFIT has an ever-growing library of over 17,000 live and on-demand workouts filmed in-studio and in breathtaking destinations around the world. Users can search or sort by location, trainer, exercise type, workout duration, intensity, and more.

CUSTOM ROUTES WITH GOOGLE MAPS™

With Google Maps™, users can run, walk, or bike across 10 million miles (16 million km) of mapped locations as iFIT automatically adjusts the machine to match the terrain.

SMARTSERIES

ENABLED BY iFIT



i10.9b INCLINE TRAINER



t10.9b REFLEX™ TREADMILL



e10.9b ELLIPTICAL



r10.9b RECUMBENT BIKE



u10.9b UPRIGHT BIKE

QUINT-ESSENTIAL CARDIO

The 8 SERIES line features simplified consoles packed with all the essentials for an incredible workout—with the ability to also offer a uniquely immersive one. Users who want to switch up their routines can sync their smart device to the iFIT mobile app and access thousands of interactive experiences with world-class iFIT trainers that automatically adjust the machine's incline, decline, speed, and/or resistance.

FREEMOTION 8 SERIES

ENABLED BY *iFIT*



SIMPLIFIED USER INTERFACE

8 SERIES users get all the workout information they need in one place. Easy-to-read results let them know what they've accomplished during the workout.

“BRING YOUR OWN DEVICE” SOLUTION

Users can sync a smart device to create an interactive training experience, where the machine's incline, decline, speed and/or resistance matches the on-screen workout.

BUILT-IN WORKOUTS

Users can choose between pre-programmed workouts, fitness tests and heart rate control workouts at the touch of a button.

8 SERIES

ENABLED BY *iFIT*



t8.9b TREADMILL



e8.9b ELLIPTICAL



r8.9b RECUMBENT BIKE



u8.9b UPRIGHT BIKE

INCLINE TRAINERS

THE ORIGINAL INCLINE TRAINER

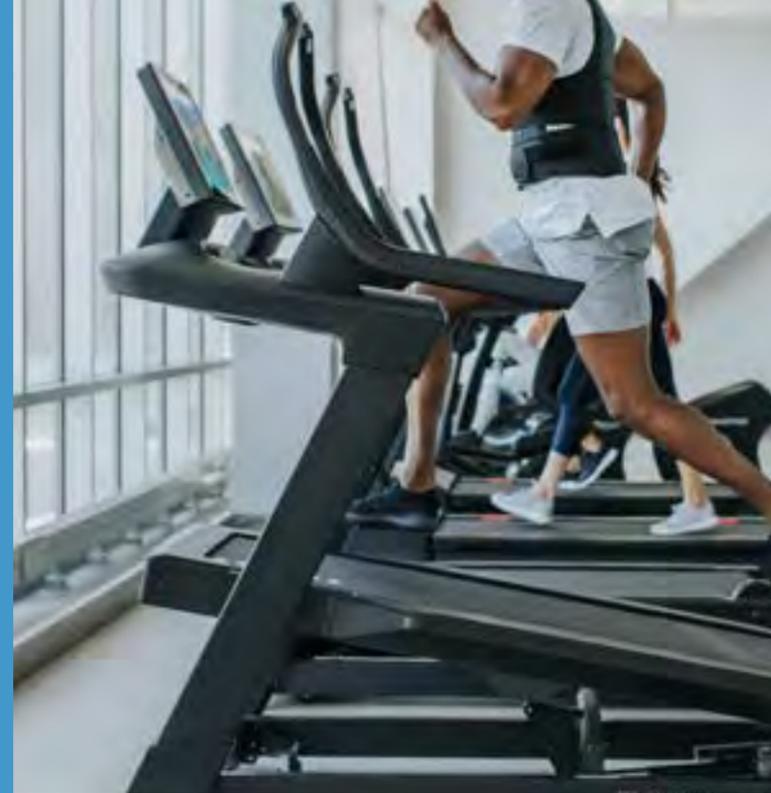
Offer a world-class cardio experience with Incline Trainers from Freemotion, featuring an industry-leading 30% incline and -3% decline. Whether running or walking, training at an incline increases heart rate, muscle activation and calorie expenditure while reducing the impact that leads to injury. A Freemotion Incline Trainer is a “must-have” for your cardio floor if you want to deliver faster results and increase engagement.





At 27% incline and above, **glutes fire at 100%, hamstrings 73%, and calf muscles 90%***

*Based on a university study comparing posterior chain activation while walking on a flat surface compared to incline training.



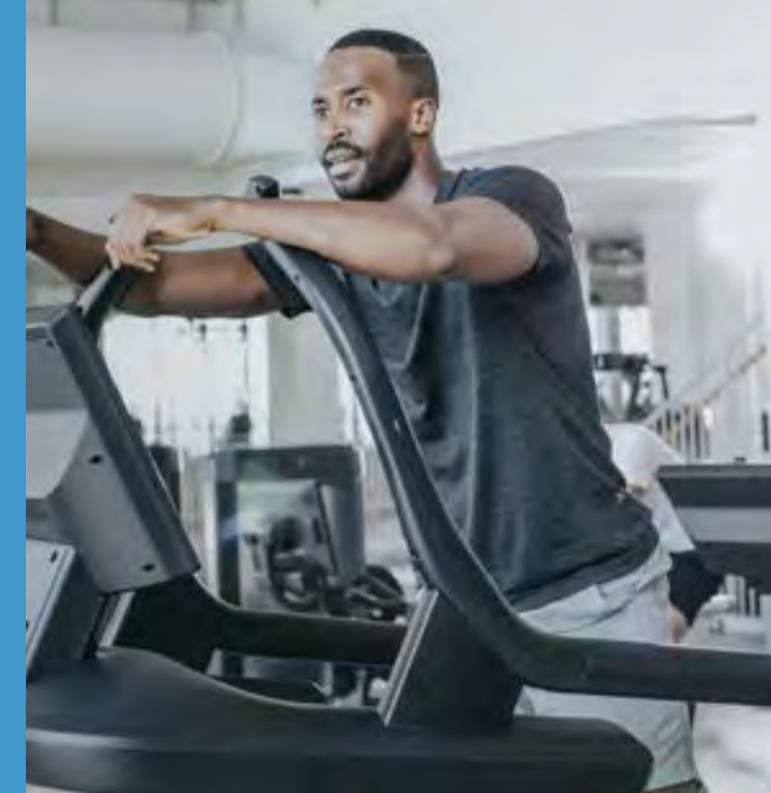
USERS BURN MORE CALORIES

Featuring an industry-leading +30% incline and a -3% decline users burn more fat calories on Freemotion Incline Trainers, with less perceived exertion. With the primary fuel source coming from fat, walking at a 30% incline burns 3.6 times more calories than walking on a flat surface. To deliver better, faster results in the safest way possible, look no further than the Incline Trainer!



ELEVATE RESULTS

Incline training improves fitness faster than working out on flat surfaces. Whether a user is running or walking, training at an incline increases heart rate, muscle activation and calorie expenditure, all with less perceived exertion while reducing the impact that leads to injury.



DELIVER AN EFFICIENT, FEEL GOOD WORKOUT

By increasing the incline and taking their workouts up a notch or two, users will achieve an elevated heart rate and increase the efficiency of their routines. With double the incline potential of a standard treadmill, they can get their hearts pumping faster and endorphins (those feel-good hormones) flowing more freely, no matter whether they're running or walking at an incline.

THE SCIENCE BEHIND INCLINE TRAINING

**AT 27% INCLINE AND ABOVE, GLUTES FIRE AT 100%,
HAMSTRINGS 73%, AND CALF MUSCLES 90%.***

TWO WORKOUTS IN ONE

Exercisers can build and strengthen lower-body muscles while improving their cardiovascular fitness on Freemotion Incline Trainers. More effective than flat surface and stair training, walking or running at an incline increases muscle activation throughout the posterior chain and delivers an excellent workout, especially for the glutes.

EMPOWER EXERCISERS TO DEVELOP ECCENTRIC STRENGTH

Decline training teaches the body to decelerate and develop eccentric strength while helping to prevent falls in a safe environment. Exercisers can utilize decline training to better prepare for races or outdoor running while improving postural awareness.

ADDS VARIETY TO WORKOUTS

The unique rear motor design of the Freemotion line of Incline Trainers creates the perfect platform for dynamic agility training, like side shuffles, high knee skipping and carioca.

*Based on a university study comparing posterior chain activation while walking on a flat surface compared to incline training.



i22.9 INCLINE TRAINER

The iFIT-powered i22.9 Incline Trainer offers your members the ability to build muscle and burn calories faster with an engaging, immersive, and interactive workout experience.



AUTO-ADJUSTING TECHNOLOGY

In each interactive workout, the iFIT trainer remotely adjusts the incline, decline and/or speed of the i22.9 Incline Trainer to match the on-screen terrain.

MAKE EVERY SECOND COUNT

Users receive real-time data during their workouts thanks to built-in EKG grips, so they know when they're in the ideal heart-healthy zone. This feature is also compatible with ANT+ and Polar®.

SHIFT GEARS QUICKLY

By pressing two 1-STEP™ Controls back-to-back— for example, pressing '2' and '5' will adjust the speed to 2.5 mph (4 km/h)— users can quickly reach their ideal speed.

POWER UP

A convenient USB port allows users to charge devices during their workouts. An essential feature for today's exercisers.

STUNNING HIGH-DEFINITION DISPLAY

The i22.9 Incline Trainer immerses users in the stunning imagery of workouts filmed in the world's most breathtaking destinations, or they can watch a favorite TV program on this high-definition 22-in (55 cm) capacitive touchscreen.

HIIT-FRIENDLY CARDIO SOLUTION

1-STEP™ Controls lets users quickly adjust their speed, incline and/or decline with ease. Great for HIIT training.

COOL WORKOUTS IN A BREEZE

Users can enjoy the feeling of staying cool throughout their workouts using a conveniently located, adjustable, three-speed fan, or they can select the AutoBreeze™ function for a variable flow that responds to their pace.



i10.9b INCLINE TRAINER

i10.9b INCLINE TRAINER

FMTK74218 | FMTK74218-INT

The best-selling Incline Trainer gets an upgrade with iFIT, the incline-matching technology that simulates routes from around the world. The i10.9b Incline Trainer is made for HIIT training with +30% incline and -3% decline, instant response 1-STEP™ Controls and a simplified console. Users can connect their smart device and access thousands of workouts filmed in stunning locations around the world.

OPTIONAL UPGRADES*

» HD Personal TV 15.6 in (39.6 cm)

» TV Receiver 900/800 MHz

*For more information, visit [Page 117](#)

SMARTSERIES™

ENABLED BY iFIT®

ENABLED BY IFIT

iFIT wirelessly controls the speed, incline and/or decline when synced with the i10.9b Incline Trainer. This hands-free solution takes users across all seven continents for an interactive and immersive workout experience that's truly unparalleled.

+30% INCLINE TO -3% DECLINE

Muscle activation is the power behind incline training. Users burn more calories and enhance their performance through optimum muscle activation of the quads, calves and more.

1-STEP™ CONTROLS

Featuring 1-STEP™ Controls, users can quickly adjust the speed, incline and/or decline with convenient console controls, making the i10.9b Incline Trainer the ideal solution for a HIIT workout or functional training.



TREADMILLS

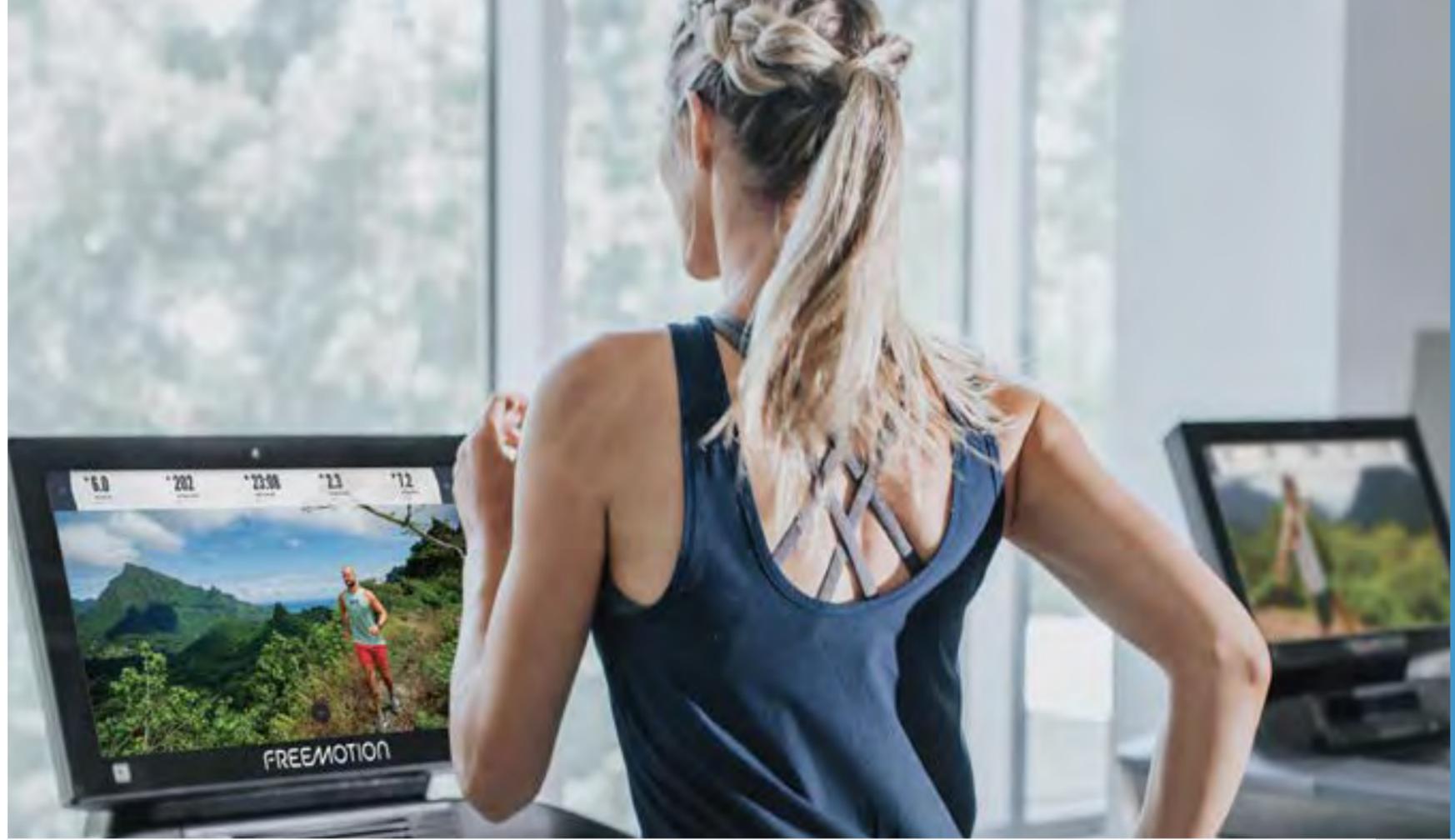
NO ORDINARY TREAD

Deliver the best-in-class cardio experience with the Freemotion line of REFLEX™ Treadmills, the preferred treadmill of boutique studios around the world, including Orangetheory Fitness, BLAST and SWEAT1000. The Proprietary cushioning deck reduces impact and enables a longer, stronger and healthier run to drive retention and enhance exercisers' results.

DURABLE, RESPONSIVE, AND IN A LEAGUE OF THEIR OWN

Freemotion treadmills are known for their ability to stand up to the toughest workouts, all day, every day. REFLEX™ Cushioning responds under impact, creating a run like no other. 1-STEP™ Controls allow users to push one button, one time, and get instant access to speed and incline. Everything about REFLEX™ Treadmills has been designed to give users a more effective, efficient and engaging experience.





A SAFER, HEALTHIER CARDIO EXPERIENCE

Easier on hips, knees, and ankles, the REFLEX™ proprietary cushioning deck is a complete game-changer, especially for endurance athletes and HIIT enthusiasts. It absorbs the joint and muscle impact that often leads to injury, enabling the user to run longer, stronger and with more confidence. Providing a 52% greater reduction in tibial shock compared to flat surface running,* the REFLEX™ Deck allows users to walk, jog or run comfortably, helping them stay active, reach their goals and have fun in the process.

*29% greater reduction in impact force
20.5% greater reduction in tibial shock
Compared to the competition**



*Based on a Freemotion-commissioned university study comparing the impact of running on a Freemotion REFLEX™ series treadmill, a Life Fitness 95TS, a Precor TRM 835, and an in-ground treadmill with force plate.



t22.9 REFLEX™ TREADMILL

The best-in-class treadmill experience goes further with the t22.9 REFLEX™ Treadmill. Powered by iFIT, users can explore the world through thousands of coach-led workouts and auto-adjusting technology that delivers an immersive and interactive cardio experience.



22 IN (55 CM)

*Based on a university study comparing posterior chain activation while walking on a flat surface compared to incline training.

NEXT-LEVEL DISPLAY. NEXT-LEVEL EXPERIENCE.

Whether users choose to follow an immersive iFIT workout filmed in stunning locations around the world or watch TV, the high-definition 22-in (55 cm) capacitive touchscreen will keep them engaged and raring to return. A next-level display for a next-level experience.

AUTO-ADJUSTING TECHNOLOGY

Each interactive workout allows the iFIT trainer to remotely adjust the incline or speed of the treadmill to mirror the on-screen content, creating a uniquely immersive, interactive, and engaging training experience.

IN THEIR ZONE MAKE EVERY SECOND COUNT

Users receive real-time data during their workouts thanks to built-in EKG grips, so they know when they're in the ideal heart-healthy zone. This feature is also compatible with ANT+ and Polar®.

SHIFT GEARS QUICKLY

By pressing two 1-STEP™ Controls back-to-back— for example, pressing '2' and '5' will adjust the speed to 2.5 mph (4 km/h)— users can quickly reach their ideal speed to make every second of their workout count. Great for HIIT classes, too!

POWER UP

Charging devices during a workout is a must-have for today's exercisers. That's why REFLEX™ Treadmills feature a convenient USB port, ensuring users never run out of power to listen to their favorite tracks or programs.

t10.9b REFLEX™ TREADMILL



i10.9b REFLEX™ TREADMILL

FMTL70718 | FMTL70718-INT

The t10.9b REFLEX™ treadmill features a groundbreaking cushioning deck and 1-STEP™ Controls for HIIT workouts. When synced to a smart device, the workout becomes interactive and automatically takes over the speed and incline of the machine. Users can choose from thousands of iFIT workouts filmed in breathtaking locations across the globe or in-studio, led by hundreds of the world's best athletes and trainers.

OPTIONAL UPGRADES*

- » HD Personal TV 15.6 in (39.6 cm)
- » TV Receiver 900/800 MHz
- *For more information, visit [Page 117](#)

SMARTSERIES™

ENABLED BY iFIT®

ENABLED BY iFIT®

Users can sync a smart device with the treadmill to initiate incline- and speed-matching technology. Move from a simplified console into an interactive experience— without replacement costs or software upgrades.

REFLEX™ CUSHIONING

The proprietary REFLEX™ Cushioning rebounds under impact, creating a more comfortable walk, run or sprint.

1-STEP™ CONTROLS

Users get instant response and immediate action with 1-STEP™ Controls, made for personal trainers and HIIT-class settings.



t10.9

INTERVAL REFLEX™ TREADMILL



REFLEX™ CUSHIONING

The proprietary REFLEX™ Cushioning rebounds under impact, creating a more comfortable walk, run or sprint.

1-STEP™ CONTROLS

Get instant response and immediate action with 1-STEP Controls, made for personal trainers and HIIT-class settings.

SIMPLIFIED USER INTERFACE

All the workout information users need is at their fingertips, in one place, exactly how they want it.

t10.9 REFLEX™ TREADMILL

#FMTL39818 || #FMTL39818-INT

The proprietary REFLEX™ Cushioning reduces impact allowing for a longer, stronger run. The rebound effect of our unique deck suspension system propels people to take that next stride, helping them achieve a more effective and efficient workout.



t8.9b TREADMILL

#VMTL29818 / #VMTL29818-INT

Enabled by iFIT, the t8.9b Treadmill has speed and incline-matching technology that simulates routes from around the world, meaning exercisers can interact and connect with their workouts like never before.

- » Simplified User Interface
- » In-Handle Controls For Incline and Speed
- » 4.0 HP AC Commercial Motor



COLOR OPTIONS

- » INCLINE TRAINERS
- » REFLEX™ TREADMILLS



FLAT BLACK

PLATINUM SPARKLE

WHITE

YELLOW

RED BARON

TOTAL BODY ELLIPTICALS

LOW-IMPACT CARDIO FOR THE ENTIRE BODY

ACCELERATE RESULTS

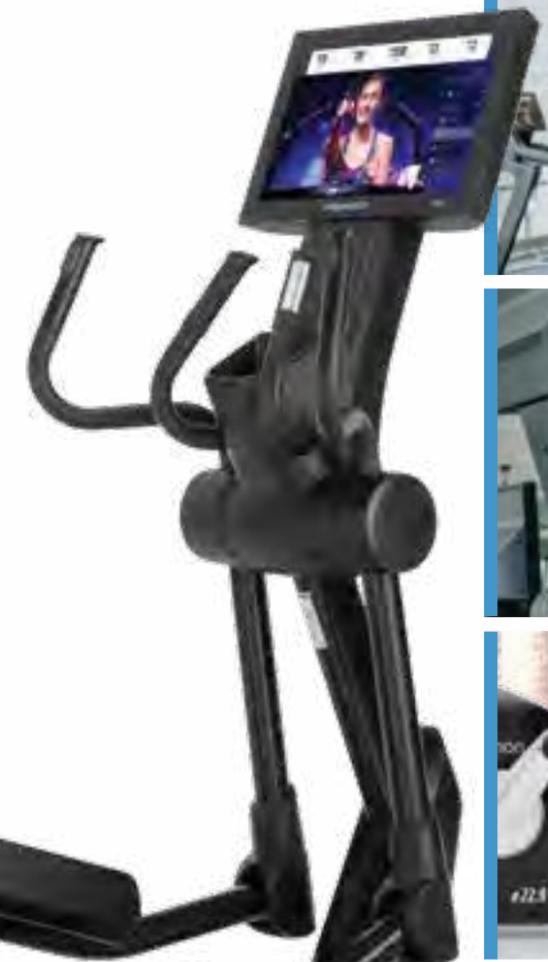
Deliver an engaging, total-body workout with this ergonomically-enhanced, low-impact cardio solution. With Freemotion Ellipticals, exercisers burn more calories faster with less joint strain and improved balance and mobility.

COMPLETE TRAINING

The Freemotion line of Ellipticals combines total-body training with smooth-flowing motions. Exercisers can cross-train to their fitness goals with a low-impact, joint-friendly workout.

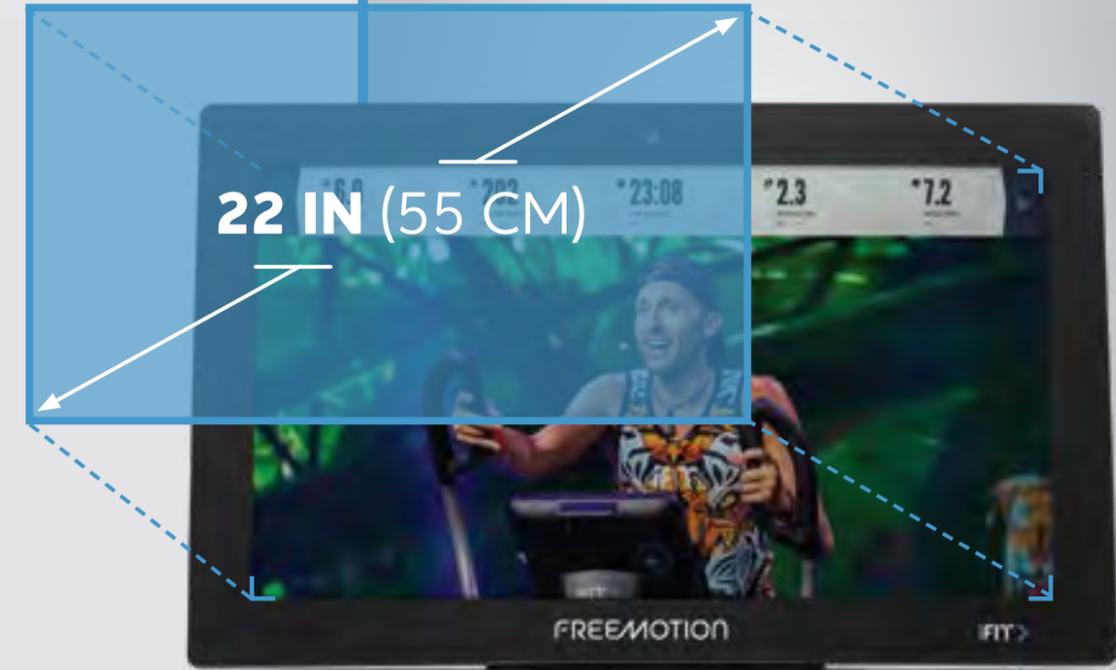


e22.9 ELLIPTICAL #FMEL84418



e22.9 ELLIPTICAL

The e22.9 Elliptical is a low-impact cardio machine that unlocks a world of fitness and wellness for users, with access to thousands of engaging coach-led iFIT workouts filmed in-studio and in breathtaking destinations around the world.



HIGH-DEFINITION DISPLAY

Designed to immerse users in amazing workouts beautifully filmed around the world, the e22.9 Elliptical comes with a stunning 22-in (55 cm), high-definition, capacitive touchscreen.

ACCESSIBLE AND ENGAGING

Users can participate in the high-energy studio classes they've always wanted to attend but were uncomfortable joining because of equipment accessibility. With a 9.5 in (24.1 cm) step-up height and ergonomically engineered 20 in (50.8 cm) stride, the e22.9 Elliptical gives them the power to thrive.

LOW-IMPACT CARDIO SOLUTION

This low-impact cardio workout is easy on users' joints while engaging the muscles and heart with a stimulating and effective experience.

AUDIO-ENHANCED EXPERIENCE

Connecting via Bluetooth or headphone jack delivers an enhanced audio experience that deeply immerses users in their workouts.

ON-THE-FLY ADJUSTMENTS

Users can override or adapt the programming to meet their needs by quickly adjusting the elliptical's resistance with controls conveniently placed directly on the handlebars.

REAL-TIME TRACKING

With built-in EKG grips, users receive real-time data during their workouts, so they know when they're in the ideal heart-healthy zone. This feature is also compatible with ANT+ and Polar®.

e10.9b

TOTAL BODY ELLIPTICAL



e10.9b TOTAL BODY ELLIPTICAL

#FMEL84418

Low impact, all adventure. The e10.9b Elliptical comes with a simplified console that can be upgraded with the addition of a smart device. When users sync this iFIT-compatible machine, the elliptical will match the resistance to recreate the actual route on the screen.

OPTIONAL UPGRADES*

- » HD Personal TV 15.6 in (39.6 cm)
- » TV Receiver 900/800 MHz

*For more information, visit [Page 117](#)

SMARTSERIES™

ENABLED BY iFIT®

ENABLED BY iFIT®

Upgrade the user experience from streamlined to tech-enhanced with the addition of a smart device.

TOTAL-BODY WORKOUT

With the help of the machine's upper-body workout arms, users get a total-body, low-impact workout.

KNOWLEDGE IS POWER

An easy-to-read, simplified console that tracks RPM/speed, distance/time, watts/calories, level and heart rate means users are always in sync with their bodies and workouts.

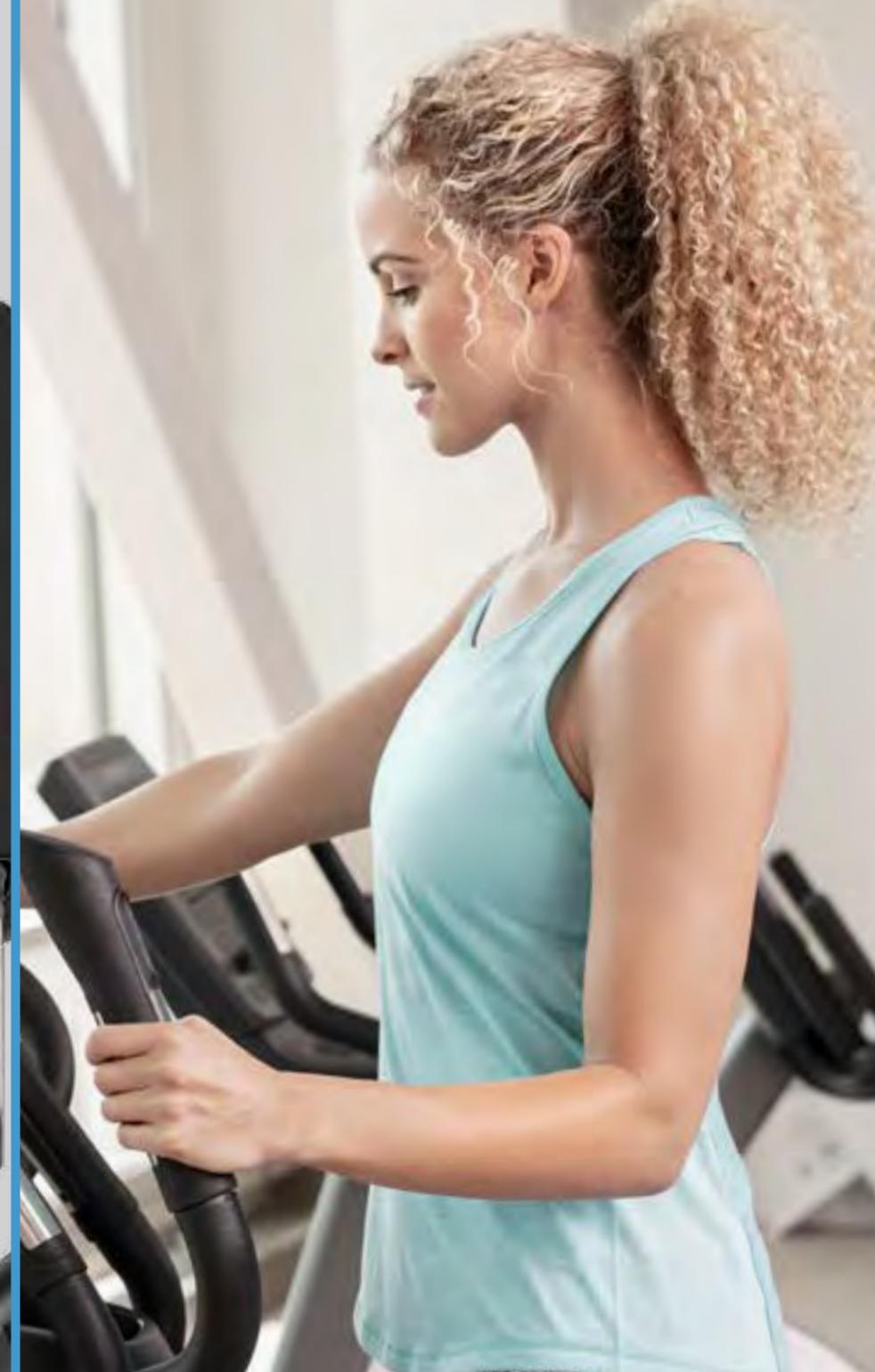


t8.9b TOTAL BODY ELLIPTICAL

#VMEL81918

When syncing a smart device to the e8.9b Elliptical, users can tap into thousands of workouts with iFIT trainers from around the world. The e8.9b Elliptical responds to the workout on screen with automatic resistance changes to simulate the actual route.

- » *iFIT-enabled with a smart device*
- » *Simplified User Interface*
- » *Self Generator Resistance System*



INDOOR BIKE

COACHBIKE™: THE CARDIO EXPERIENCE REIMAGINED

The Freemotion CoachBike™ is an immersive cycling experience that keeps users coming back for more. Powered by iFIT — the world's only truly interactive connected fitness platform — the CoachBike™ takes indoor cycling to the next level. Users stay engaged as iFIT technology automatically adjusts the speed, incline, decline and/or resistance to match the on-screen terrain of live and on-demand workouts filmed in the world's most breathtaking destinations.



b22.7 COACHBIKE #FMEX82820

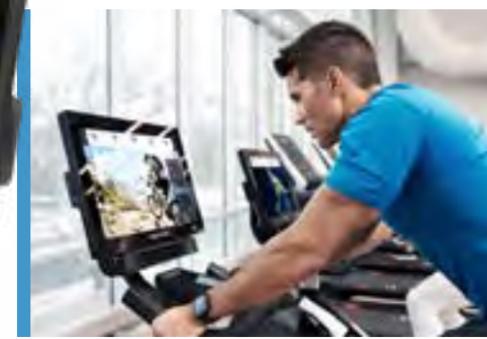
COACHBIKE™



+20%



-10%



b22.7 COACHBIKE™

Engage and retain your members with the immersive cycling experience that keeps them coming back for more. With auto-adjusting technology that matches the incline and decline of the on-screen terrain the CoachBike delivers an unrivaled immersive experience.



22 IN (55 CM)

IMMERSIVE CYCLING EXPERIENCE

Users can cycle in stunning locations around the world as the CoachBike™ bike immersively inclines up to 20% during hill climbs and declines to -10% for breathtaking mountain descents.

SMOOTH AND EFFECTIVE WORKOUT

The maintenance-free Gates Carbon Drive System delivers the same quiet, smooth ride that a belt drive provides, with the strength and production of a chain.

MAXIMUM PERFORMANCE

Dual-sided pedals accommodate both high-performance SPD cleats and traditional fitness footwear to maximize power and performance results.

HIGH-DEFINITION DISPLAY

Users will be instantly immersed in the imagery of workouts filmed in destinations from around the globe, displayed on this stunning, high-definition 22-in (55 cm) capacitive touchscreen.

A COOL WORKOUT

Users stay cool throughout their workout with a 3-speed fan or AutoBreeze™ function that responds to their pace.

ON-THE-FLY ADJUSTMENTS

Users can override or adapt the programming to meet their needs by quickly adjusting the bike's resistance with controls conveniently placed directly on the handlebars.

AUDIO-ENHANCED EXPERIENCE

Users will be deeply immersed in their workout with an enhanced audio experience when connecting via Bluetooth or headphone jack.

ADVANCED WORKOUT METRICS

The CoachBike™ features real-time metrics that go beyond traditional feedback, leveraging heart rate, intensity, incline statistics and more.

RECUMBENT BIKE

PUTTING EXERCISERS IN THE COMFORT SEAT

BACK-FRIENDLY CARDIO SOLUTION

The Freemotion line of Recumbent Bikes enables exercisers to experience high-energy studio classes or immersive workouts filmed in the most stunning locations on Earth comfortably. These bikes feature an ergonomic seat and Step Thru™ design and are perfect for anyone who wants to reach their fitness goals.



r22.9 RECUMBENT BIKE #FMEX82520



r22.9 RECUMBENT BIKE

The r22.9 Recumbent Bike is the low-impact cardio solution that offers incredible lower back support. Enabled by iFIT, users stay engaged with thousands of live and on-demand workouts filmed around the world, and auto-adjusting technology that delivers an immersive cardio experience.



22 IN (55 CM)

HIGH-DEFINITION DISPLAY

Users will be instantly immersed in the imagery of workouts filmed in destinations from around the globe, displayed on this stunning, high-definition 22-in (55 cm) captive touchscreen.

ACCESSIBLE AND INCLUSIVE

The r22.9 Recumbent Bike allows users to participate in the high-energy studio classes they've always wanted to attend but were uncomfortable joining because of equipment accessibility. With a Step-Thru™ design and ergonomically engineered seat, this machine gives them the power to thrive.

LOW-IMPACT CARDIO SOLUTION

This low-impact cardio workout is easy on users' joints while engaging the muscles and heart with a stimulating and effective experience.

AUDIO-ENHANCED EXPERIENCE

Users will be deeply immersed in their workout with an enhanced audio experience when connecting via Bluetooth or headphone jack.

ON-THE-FLY ADJUSTMENTS

Users can override or adapt the programming to meet their needs by quickly adjusting the bike's resistance with controls conveniently placed directly on the handlebars.

DATA THAT GETS USERS IN "THE ZONE"

Users get real-time data during their workout with built-in EKG handles, so they know when they're in the ideal heart-healthy zone. This feature is also compatible with ANT+ and Polar®.

r10.9b RECUMBENT BIKE



r10.9b RECUMBENT BIKE

#FMEX82518

Exercisers can enjoy the r10.9b Recumbent Bike “as is” and track workout essentials such as calories, time and distance. When synced to a smart device, they can choose from thousands of live and on-demand iFIT workouts filmed on location around the world, as the bike matches the workout with increased and/or decreased resistance.

OPTIONAL UPGRADES*

- » HD Personal TV 15.6 in (39.6 cm)
- » TV Receiver 900/800 MHz

*For more information, visit [Page 117](#)

SMARTSERIES™

ENABLED BY iFIT®

ENABLED BY iFIT®

Users can transform their experience from streamlined to tech-enhanced with the addition of a smart device.

FRONT AND CENTER

Users can keep an eye on all the metrics that keep them motivated: speed, resistance, distance, calories, time, heart rate and pace on the simplified console.

STEP THRU™ DESIGN

The innovative design eliminates the traditional base, making it easier to get on and off the bike and more accessible for users.



r8.9b RECUMBENT BIKE

#VMEX82018

When synced with the iFIT mobile app on a smart device, the r8.9b Recumbent Bike automatically increases or decreases resistance to match the real-life terrain of breathtaking, awe-inspiring routes from across the globe.

- » iFIT-enabled with a smart device
- » Simplified User Interface
- » Self Generator Resistance System



UPRIGHT BIKES

POISED TO DELIVER REAL RESULTS

INSPIRED RIDES

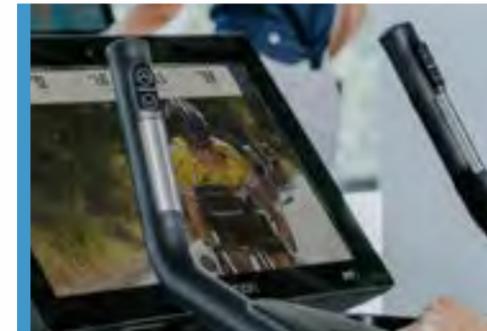
Offer exercisers an effective, motivating, low-impact cardio workout with the Freemotion line of Upright Bikes as they cycle the world's most breathtaking locations without leaving your facility.

CONSISTENT CYCLING SOLUTION

From the Quicklift™ Overmolded Seat to the innovative Step Thru™ design, Freemotion Upright Bikes are a “go-to” cardio solution. Users can enjoy a consistent and efficient cardio experience by either sitting down and starting to pedal or exploring the seven continents of the world with their favorite iFIT trainers through thousands of coach-led workouts.



u22.9 UPRIGHT BIKE #FMEX82420



u22.9 UPRIGHT BIKE

Give your member a consistent cardio workout while cycling the world's most iconic routes and thrilling locations with hundreds of world-class trainers who motivate and inspire.



HIGH-DEFINITION DISPLAY

Designed to immerse exercisers in amazing workouts beautifully filmed around the world, the u22.9 Upright Bike comes with a stunning 22-in (55 cm), high-definition, capacitive touchscreen.

ACCESSIBLE AND ENGAGING

The u22.9 Upright Bike allows users to participate in the high-energy studio classes they've always wanted to attend but were uncomfortable joining because of equipment accessibility. With a Step-Thru™ design and ergonomically engineered seat, this machine gives them the power to thrive.

LOW-IMPACT CARDIO SOLUTION

This low-impact cardio workout is easy on users' joints while engaging the muscles and heart with a stimulating and effective experience.

AUDIO-ENHANCED EXPERIENCE

Users will be deeply immersed in their workout with an enhanced audio experience when connecting via Bluetooth or headphone jack.

ON-THE-FLY ADJUSTMENTS

Users can override or adapt the programming to meet their needs by quickly adjusting the bike's resistance with controls conveniently placed directly on the handlebars.

REAL-TIME TRACKING

Users get real-time data during their workout with built-in EKG handles, so they know when they're in the ideal heart-healthy zone. This feature is also compatible with ANT+ and Polar®.

u10.9b UPRIGHT BIKE



u10.9b UPRIGHT BIKE

#FMEX82418

The u10.9b Upright Bike matches exercisers moods, whether they want to get on and go or experience an immersive adventure. By syncing their smart device, the bike recreates the route with captivating iFIT workouts and automatic resistance that matches the terrain.

OPTIONAL UPGRADES*

- » HD Personal TV 15.6 in (39.6 cm)
- » TV Receiver 900/800 MHz

*For more information, visit [Page 117](#)

SMARTSERIES™

ENABLED BY iFIT®

ENABLED BY iFIT®

Users can transform their experience from streamlined to tech-enhanced with the addition of a smart device.

DATA-DRIVEN WORKOUT

With a simplified console that tracks speed, resistance, distance, calories, time, heart rate and pace, users will have all the information they need to get an effective workout.

QUICK SELECT START & STOP

Users can start and stop the workout at any time with the simple touch of a button.



u8.9b UPRIGHT BIKE

#VMEX81418

With a simplified console and intuitive design, the u8.9b Upright Bike is a customizable cardio experience. By syncing a smart device, users can ride with thousands of interactive workouts filmed around the world, as the bike recreates the route with breathtaking video and automatic resistance that matches the terrain.

- » iFIT-enabled with a smart device
- » Simplified User Interface
- » Self Generator Resistance System



ENTERTAINMENT OPTIONS



A MORE ENTERTAINING WORKOUT

Increase engagement with an all-inclusive entertainment experience that can be enjoyed during workouts. With high-definition screens made specifically for Freemotion machines, exercisers can always find the perfect entertainment combination. Personal TVs can be installed quickly, won't rattle and are easy to clean.

TV PROGRAMMER || MYE900PROG

Designed for complete compatibility with the cardio receiver, the TV Programmer offers personal entertainment for users on the Freemotion machine's add-on screen.

TV RECEIVER 900/800 MHZ || MYE900RCVR

The TV Programmer offers you the ability to program preferred channels on each cardio machine that uses a TV. Only one TV Programmer is needed per facility.

HD PERSONAL TV 15.6 IN (39.6 CM)

The HD Personal TV 15.6 in (39.6 cm) offers users a personalized viewing experience for the Freemotion SMARTSERIES™ cardio machines.



TV Programmer
MYE900PROG



TV Receiver 900/800 MHz
MYE900RCVR



HD Personal TV 15.6 in / 39.6 cm

INCLINE TRAINERS

#FMTV74817-16 | #FMTV74817-16INT

REFLEX™ TREADMILLS

#FMTV70817-16 | #FMTV70817-16INT

e10.9b ELLIPTICAL

#FMTV84418-16 | #FMTV84418-16INT

r10.9b RECUMBENT BIKE

#FMTV82518-16 | #FMTV82518-16INT

u10.9b UPRIGHT BIKE

#FMTV82418-16 | #FMTV82418-16INT

*Not available on Freemotion 22 SERIES cardio machines.

STRENGTH TRAINING:

GO BEYOND BUILDING MUSCLES

Freemotion offers a comprehensive and diverse range of world-class strength training experiences to complement any facility, user or goal. Supercharge your strength solutions with best-in-class Cable Strength Training, Machine Defined Training or Free Weight Training that embodies over 20 years of industry-leading innovation. This is Strength Training— redefined.



FUNCTIONAL TRAINING

A NATURAL WAY TO MOVE

Upgrade your strength offering with ground-breaking functional training equipment from Freemotion— the perfect intersection where movement meets strength. With the best-selling GENESIS™ and GENESIS™ DS lines, exercisers are sure to fall in love with functional training.



MACHINE-DEFINED TRAINING

ELEVATING THE STANDARD

You can maximize exercisers' results with the EPIC Selectorized line of machine-defined strength equipment. Comprising 19 machines that train different parts of the body, each piece has been expertly designed to inspire confidence by supporting the user's form and ensuring targeted muscles are being engaged. Requiring little supervision, the EPIC Selectorized line is a must-have for any weight room or strength training area.

FUNCTIONAL TRAINING



GENESIS™

FREEDOM OF MOVEMENT

Users can train for all of life's movements with GENESIS™, the first full circuit of cable-based strength training that targets the entire body. Unlike other isolating strength-training equipment, GENESIS™ lets users dictate their own movements and instantly change their plane of motion. From seated stable positions to standing dynamic movement patterns, GENESIS™ allows users to progress their workouts with endless possibilities. The sleek design, durable construction and small footprint enable your facility to maximize floor space and success.



GENESIS™ DUAL CABLE CROSS



DUAL CABLE CROSS ACCESSORY HOLDER

#G24AH

Constructed with 11-gauge steel and electrostatically powder-coated, this accessory holder features seven sets of handle hooks (two hooks per set). Compatible with G624, and G424 Dual Cable Cross products.

DUAL CABLE CROSS #G624

THE MACHINE WITH ITS OWN FANBASE!

A functional training legend, the GENESIS™ Dual Cable Cross works the entire body. Users will improve their strength, balance, stability and coordination by performing movements that mimic life's everyday activities. The Dual Cable Cross has two independent weight stacks, accommodating two users at the same time, and an open design, making it inclusive for all fitness abilities, including users in wheelchairs.

USER-DEFINED MOVEMENT

In virtually any movement pattern, counterbalanced arms rotate independently with 12 vertical and 9 horizontal settings.

FREE TO BE YOU

The intelligent, swivel pulley design creates fluid cable travel and a nearly unlimited range of motion.

CABLE TRAVEL

The long cable length allows for full exercise extension. Two arms: 97 in (246 cm).



FLAT BLACK

PLATINUM SPARKLE

WHITE RIVER



*Main photo in black river.



GENESIS™

MULTI-PLANE CHEST #G600



The GENESIS™ Multi-Plane Chest delivers a wide range of motion and incredible function, allowing users to progress through their workouts from seated to standing and from one arm to two.

- » Independent Arm Movement
- » Never Lose *FIST® Pin
- » Inclusive To All Users

GENESIS™

MULTI-PLANE SHOULDER #G601



Experience a better way to build shoulder definition with the GENESIS™ Multi-Plane Shoulder. When seated, users can pinpoint their efforts exactly where they want to see results. Standing behind the seat activates a total-body workout that improves stability and balance.

- » Swivel Pulleys
- » Never Lose *FIST® Pin
- » Inclusive To All Users

GENESIS™

BICEPS #G602



The GENESIS™ Biceps features a dual-position seat for seated or standing positions to isolate the biceps or activate stabilizers. The patented Freemotion cable allows full flexion and extension, delivering smooth, consistent resistance for user-defined strength training.

- » Isolation to Integration
- » Never Lose *FIST® Pin
- » Patented Cable Design

GENESIS™

TRICEPS #G603



The GENESIS™ Triceps offers unparalleled versatility to target the upper arms and build strength in the elbow joints. Users can progress through any number of triceps exercises, from seated supported to standing unsupported. The extensive cable travel delivers smooth, consistent resistance for user-defined strength training.

- » Independent Arm Movement
- » Swivel Pulleys
- » Extensive Cable Travel



GENESIS™

ROW #G604

The GENESIS™ Row is an essential tool for building strength to maintain good posture. Single or dual-arm movements open additional workout possibilities— chop, twist, press or punch. Users can turn a typical strength-training workout into an aerobic, calorie-crusher.

- » Independent Arm Movement
- » Swivel Pulleys
- » Adjustable Thigh Pads



GENESIS™

MULTI-PLANE CALF #G607

The GENESIS™ Multi-Plane Calf builds a strong foundation for the body. Users' feet and ankles operate in a 3D world, and the machine's multi-pivoting pedals move independently, mimicking real-life movements. The padded seat offers additional comfort, and the textured grip on the foot pedals helps secure foot placement.

- » Multi-Pivoting Pedals
- » Independently Moving Foot Pedals
- » Comfortable, Padded Seat



GENESIS™

SQUAT #G610

The GENESIS™ Squat ensures proper form without sacrificing resistance. Whether performing a single-leg, split or traditional squat, this machine defines the glutes and legs. The curved platform alleviates stress on the ankles, allowing users to press their backs firmly against the pad to reduce potential injuries.

- » Curved Platform
- » Advanced Linkage System
- » Contoured Shoulder Pads



GENESIS™

ABDOMINAL #G611

Users target abdominal muscles while building balance and overall core strength with the GENESIS™ Abdominal. Fewer adjustments create a more productive workout that targets upper, lower and oblique muscles for complete, customized results.

- » Swivel Pulleys
- » Functional, Vertical Design
- » Lumbar Support



GENESIS™

MULTI-PLANE LIFT #G612

The GENESIS™ Multi-Plane Lift helps train lower body muscles, glutes and lumbar spine to effectively work together. The low-profile platform is textured for secure foot placement when moving or stepping off. A never-lose *FIST® pin and upgraded handles add to the luxury of this multi-use machine.

- » Independent Arm Movement
- » Never Lose *FIST® Pin
- » Line-X® Coated Platform



GENESIS™

STEP #G614

The GENESIS™ Step builds balance and strength through user-defined movements. Ideal for anyone rehabbing injuries, training for explosive step-ups, or simply building strength to walk up the stairs, the Step accommodates a wide range of motion for compound exercises.

- » Swivel Pulleys
- » Adjustable Step Height
- » Line-X® Coated Step and Platform



GENESIS™

LAT #G620

Whether users want to build mass or functional strength, the GENESIS™ Lat engages the back, lower body and core without making seat adjustments. Users can sit and pull independent handles to create a completely customized workout.

- » Independent Arm Movement
- » Adjustable Thigh Pads
- » Swivel Pulleys



GENESIS™

CABLE COLUMN #G625

Versatile and portable, with tremendous cable travel and adjustable height, the GENESIS™ Cable Column will be the hardest working tool in your facility. Users can switch out the handles for an ankle cuff to build all-over leg strength.

- » Adjustable Pulley System
- » Locking Wheels
- » Inclusive To All Users



GENESIS™
**MULTI-PULL
 ROTATION LOW #G626**

The GENESIS™ Multi-Pull/Rotation Low has live-sliding pulleys that provide progressive resistance and muscle activation throughout the entire workout. Independent arm movements target the back, shoulders and arms.

- » Progressive Resistance
- » Swivel Pulleys
- » Independent Arm Movement



GENESIS™
**MULTI-PULL
 ROTATION HIGH #G627**

Even beginners can walk up to the GENESIS™ Multi-Pull/Rotation High and start working out with ease. This user-friendly machine also features an open design making it inclusive for all fitness abilities, including users in wheelchairs, so everyone can build upper body and core strength.

- » Progressive Resistance
- » Swivel Pulleys
- » Inclusive To All Users



GENESIS™
**TOTAL QUAD
 HIP #G628**

The GENESIS™ Total Quad/Hip trains the anterior leg muscles to develop stability and mobility. Live-sliding pulleys follow the path of movement with progressive resistance and optimum muscle activation.

- » Progressive Resistance
- » Swivel Pulleys
- » Dual Independent Tracks



GENESIS™
**TOTAL GLUTE
 HAMSTRING #G629**

Whether performing a straight-leg hip extension, a traditional curl or a dynamic kick-back, the GENESIS™ Total Glute/Hamstring trains muscles from hips to heels from a standing position. Multi-grip handles give users the option to isolate the upper body or assist with balance.

- » Progressive Resistance
- » Swivel Pulleys
- » Center Pulley Track



DUAL CABLE CROSS LITE #G424

The GENESIS™ Dual Cable Cross Lite boasts the same features of the original Dual Cable Cross on a smaller footprint and with lighter weight stacks. Ideal for rehab facilities, hotel fitness centers and rec centers, this hybrid strength training/aerobic machine burns calories and builds muscles, giving users the chance to double their results in half the time.

- » *Independently Rotating Arms*
- » *Dual Weight Stacks*
- » *Inclusive To All Users*



GENESIS DS™

INSTANT CIRCUIT TRAINING

Maximize your facility's space with GENESIS™ DS, the two-in-one strength training line delivered by Freemotion. With two workout stations on every GENESIS™ DS machine, small group sessions and circuit training take on a new meaning thanks to an innovative cable that delivers consistent, reliable resistance.





CHEST/SHOULDER #GD500

The GENESIS™ DS Chest/Shoulder has swiveling pulleys and a cable-based functional design. With options to train while seated or standing, users can progress through a variety of exercises to challenge stability. With a flip of the seat, they can quickly transition from a chest press to a squat to a front raise.

- » *Multiple Shoulder/Chest Press Options*
- » *Fold-Away Seat*
- » *Independent Arm Movement*



ABDOMINAL/BICEPS #GD501

Freemotion combined bicep training and ab work in one machine with the GENESIS™ DS Abdominal/Biceps. This cable-based machine targets the core, upper, lower and oblique abdominals, as well as the arms and shoulders.

- » *Multiple Abdominal Crunch/Bicep Curl Positions*
- » *Aluminum Swivel Pulleys*
- » *Independent Arm Movement*



LAT PULLDOWN/HIGH ROW #GD502

The GENESIS™ DS Lat Pulldown/High Row engages the arms, shoulders, back, and stabilizer muscles to improve overall core strength and balance. The pivoting seat can be quickly folded away for standing workout positions.

- » *Multiple Pulling Options*
- » *Adjustable Thigh Pad*
- » *Independent Arm Movement*



QUAD/HAMSTRING #GD503

Users unlock explosive leg power with the GENESIS™ DS Quad/Hamstring. Every movement utilizes cable training with a swivel pulley design to create exercise flexion and targeted muscle training.

- » *Multiple Anterior and Posterior Training Options*
- » *Large Line-X® Platform*
- » *Aluminum Swivel Pulleys*



LIFT/STEP #GD504

The GENESIS™ DS Lift/Step combines low pulling and rotational movements with step and lunge movements to engage a total-body workout. Users train their leg and back muscles, which improves strength for everyday lifting and stepping.

- » *Multiple Low Pulling/Stepping Options*
- » *Textured Line-X® Platform*
- » *Extensive Cable Travel*



MULTI-PULL PRESS #GD505

The GENESIS™ DS Multi-Pull Press strengthens forearms, shoulders, chest and neck. Cable-based training and interchangeable snap-clip pulleys give users the freedom to simulate many movement patterns from a seated or standing position.

- » *Multiple Mid/Low Pull Options*
- » *Adjustable Thigh Pad*
- » *Independent Arm Movement*



GENESIS & GENESIS DS ACCESSORIES

Freemotion offers multiple accessories that create truly personalized GENESIS™ and GENESIS™ DS strength training experiences, from benches to stability balls and more. These accessories are perfect for people who want to target specific muscle groups or take their workouts to the next level.



**Handle Strap,
(22 in / 55.8 cm)**
GZ5109-02



Handle Strap, 3 Ring
GZ5109-09



Grip Black
GZ1032-01



**Handle Grip Blk,
6 in / 15.2 cm**
286625



**Handle Strap,
(34 in / 86.4 cm)**
GZ5109-03



**Handle Strap,
Ab, 2 Loop**
GZ5109-10



Grip Red
GZ1032-02



Handle Strap, Ab, 4 Loop
GZ5109-05



Handle Strap, 2 Ring
GZ5109-04



Handle Pad Ham
GZ5109-11



Handle Strap, 2 Ring
284617



**Handle Grip,
22 in / 55.8 cm**
280562



**Handle Strap,
Ab, 4 Loop**
GZ5109-05



**Handle Strap,
66 in / 167.6 cm W/Ring**
GZ5109-12



Handle Strap, 3 Ring
GZ5109-24



**Handle Strap,
21 in / 53.3 cm W/Ring**
281229



Handle Strap, Quad
GZ5109-06



**Leg Curl Foot Harness
W/Handle**
GZ5109-14



**Handle Strap,
34 in / 86.4 cm**
281121



Quad Foot Harness
375586



Handle Strap, Ham
GZ5109-07



**Multi-Use
Ankle/Wrist Strap**
GZ5109-15



**Handle Grip Blk,
5 in / 12.7 cm**
287254



**Handle Strap,
(21 in / 53.3 cm)**
GZ5109-08



**Strap, Foot,
Leg Extension**
GZ5109-16



Handle Strap, Ham
GZ5109-07

FREE WEIGHTS

GETTING STRONGER, ONE WORKOUT AT A TIME

When it comes to free weights, Freemotion has every base covered with an extensive selection of dumbbells, barbells, kettlebells and medicine balls, as well as benches, racks and plate-loaded equipment. With the EPIC Free Weights line, your facility can offer engaging and unlimited weight training experiences.

GO EPIC!

A successful workout begins with a solid foundation, and the EPIC Free Weights line is where fitness journeys begin. Every piece is built to last with durable, easy to clean vinyl, powder-coated steel and a design that always keeps convenience and comfort in mind.





FLAT BENCH #EF201

The EPIC Flat Bench was built for durability with heavy-duty 11-gauge steel. Electrostatically powder-coated for a sleek finish, it also has 3-in (7.6 cm) transport wheels, an easy-grip handle and bolt-down holes.

- » Padded Vinyl Seat
- » Easy Portability
- » Industrial Construction



UTILITY BENCH #EF204

This short-back bench makes it easier for users to do overhead presses. Built for comfort and safety, the EPIC Utility Bench has wear-resistant vinyl and high-density foam on the contoured backrest.

- » Durable, Comfortable Seat and Backrest
- » Easy Portability
- » Industrial Construction



FID BENCH #FMDY509063

Whether it's a decline press, overhead press or isolated crunches, the Freemotion FID Bench delivers the right fit for users' movements. The back pad, seat bottom and rolling shin pads provide comfortable support, and wheels make it easy to move.

- » Precise Seat Adjustments
- » Rolling Shin Pads
- » Easy Portability



PREACHER CURL #EF205

The biggest difference in the EPIC Preacher Curl is the slight slant to the arm padding that comfortably supports the user's upper body. The tripod design creates ultimate stability, and coated hooks can decrease the noise level in your facility.

- » Sturdy Tripod Design
- » Contoured Arm Pad
- » Industrial Construction



ADJUSTABLE BENCH #EF203

The EPIC Adjustable Bench can fit everyone in your facility. The backrest tilts from -5 to 80 degrees, and the seat goes to a 30-degree incline. The efficient tripod frame design also features transport wheels and a handle for easy portability.

- » Durable Seat and Backrest
- » Easy Portability
- » Industrial Construction



DIP CHIN/AB #EF207

Enjoy three workout stations in one machine. Curved handles create multiple grips for chin-up exercises while big padded elbow rests are angled to guide proper form.

- » Curved Handles
- » Padded Armrests
- » Industrial Construction



ABDOMINAL BENCH #EF213

The EPIC Abdominal Bench offers targeted positioning for decline, flat and incline crunches and rotations. The leg pads adjust to comfortably fit users of varying heights. Made with 11-gauge steel construction, the bench is electrostatically powder-coated for a durable finish.

- » Backrest Adjustment
- » Adjustable Leg Pads
- » Industrial Construction



OLYMPIC DECLINE BENCH #EF215

The EPIC Olympic Decline Bench allows users to lift more comfortably and safely. The unique, Y-shaped frame allows the spotter close proximity to the lifter for added safety. The backrest is set at 15-degrees to target lower chest muscles. Leg pads adjust to 10 settings and have contoured, sliding shin pads to customize the fit.

- » Y-Shaped Frame
- » Tripod Base Design
- » Industrial Construction



OLYMPIC FLAT BENCH #EF202

The unique Y-shaped frame of the EPIC Olympic Flat Bench gets the spotter closer to the lifter for increased safety. Six plate holders positioned near the bar make loading and unloading weight easier. The extended bar racks provide wider than usual hand position options.

- » Multiple Bar Racks
- » Integrated Weight Plate Holders
- » Industrial Construction



OLYMPIC MILITARY PRESS #EF216

The open design, catch ramp and spotter stand are just three reasons why the EPIC Military Press will add functionality to your facility. Polyurethane-coated catch bars reduce noise and protect the press.

- » Safety Catch Bars
- » Open Design
- » Industrial Construction



OLYMPIC INCLINE BENCH #EF214

The EPIC Olympic Incline Bench has a Y-shaped frame that gets the spotter closer to the lifter. The adjustable seat has thick foam and vinyl, and the inclined backrest creates the perfect foundation for upper chest presses.

- » Y-Shaped Frame
- » Adjustable Seat
- » Industrial Construction



SMITH MACHINE #EF211

By eliminating the crossbar, Freemotion created an easy walk-in/workout tool with the EPIC Smith Machine. Featuring an 82.5 in (209.5 cm) bar height and 51 in (129 cm) squatting and pressing range, this piece has built-in safety stops that secure the barbell in place.

- » Walk-Through Design
- » Safety Stops
- » Industrial Construction



PLATE-LOADED SQUAT #EF217

The EPIC Plate-Loaded Squat features a textured Line-X® platform that helps ensure secure foot placement even under heavy loads and is curved to guide the user's stance.

- » Contoured Platform
- » Comfortable Shoulder Pads
- » Industrial Construction



45° BACK EXTENSION #EF206

Targeting the back, the split-angle foam pads on the EPIC 45° Back Extension create proper positioning to reduce pelvic pressure for users. Pop-pin height adjustments and secure plate placement make the workout as safe and beneficial as possible.

- » Split-Angle Thigh Pads
- » Height Adjustments
- » Industrial Construction



PLATE-LOADED LEG PRESS #EF218

The EPIC Plate Loaded Leg Press is a heavy-duty piece of equipment with a starting resistance of 90 lbs (40.8 kg) and a maximum load weight of 900 lbs (408 kg). The four-bar linkage allows the lower body to move in a more natural motion and helps reduce stress on the knees.

- » Adjustable Seat
- » Dual-Sided Weight Locking Lever
- » Industrial Construction



GLUTE-HAM DEVELOPER #FMDY709072

The Freemotion Glute-Ham Developer offers precise positioning and comfortable support while isolating the lower legs and hips. Users can feel the stability of the footplate and anti-tip design even during wide ranges of motion.

- » Optimized for Comfort
- » Precise Adjustments
- » Sturdy Design



PLATE-LOADED CALF #EF222

The EPIC Plate-Loaded Calf targets users' calf and foot muscles. The non-slip Line-X® coating stabilizes foot placement and optimizes muscle activation.

- » Convenient Step-In Design
- » Non-Slip Line-X® Coating
- » Industrial Construction



RACKS

A ONE-OF-A-KIND WORKOUT EXPERIENCE

Smart storage meets incredible versatility with Freemotion Racks. Maximize your space and organize your weights to create the ultimate training ground in your facility.





ANNEXED PRO HALF RACK

#FMDY500052

The Annexed Pro Half Rack combines durability and storage in one versatile system. Its side-by-side configuration has conveniently placed plate storage pegs to make it easy to load the bar.

FRAME CONTENTS

- » 3 x 3 in (7.6 x 7.6 cm) steel uprights.
- » Fiber-Laser cut numbering system for exact attachment positioning
- » Multi-Grip Chin-up Bar
- » 14 in (35.5 cm) Plate Storage Pegs (12)
- » UHMW plastic on J-Hooks and Safeties to prevent Upright, Bar and J-Hook Damage
- » Fiber-Laser cut upright holes for fast and solid J-Hook and Safety Arm adjustments
- » Footplate anchor options for maximum rack stability
- » Carriage bolt hardware for a smooth and clean finish

DOUBLE PRO HALF RACK

#FMDY500016

The Double Half Rack is where weight training and organization come together. Sharp-looking and hardworking with ample storage and multiple workout stations.

FRAME CONTENTS

- » 3 x 3 in (7.6 x 7.6 cm) steel uprights.
- » Fiber-Laser cut numbering system for exact attachment positioning
- » Multi-Grip Chin-up Bar
- » 14 in (35.5 cm) Plate Storage Pegs (24)
- » Olympic Plate Storage
- » UHMW plastic on J-Hooks and Safeties to prevent Upright, Bar and J-Hook Damage
- » Fiber-Laser cut upright holes for fast and solid J-Hook and Safety Arm adjustments
- » Footplate anchor options for maximum rack stability
- » Carriage bolt hardware for a smooth and clean finish





PRO HALF RACK

#FMDY704003

The Pro Half Rack is everything facilities need for smart storage while offering users a better functional training experience. Laser-cut numbers and plastic liners on the bar storage give it a competitive edge.

FRAME CONTENTS

- » 3 x 3 in (7.6 x 7.6 cm) steel uprights.
- » Fiber-Laser cut numbering system for exact attachment positioning
- » Multi-Grip Chin-up Bar
- » Two place bar storage
- » Band peg pair
- » 14 in (35.5 cm) Plate Storage Pegs (12)
- » UHMW plastic on J-hooks and safeties to prevent upright, bar and J-hook damage
- » Fiber-laser cut upright holes for fast and solid J-hook and safety Arm adjustments
- » Footplate anchor options for maximum rack stability
- » Carriage bolt hardware for a smooth and clean finish

PRO POWER RACK

#FMDY704004

The Pro Power Rack is designed for safety even during dynamic lifts. Its rugged cage construction is adjustable to set range of motion. Catch bars, bar hooks and uprights are coated to protect the machine for years of rigorous use.

FRAME CONTENTS

- » 3 x 3 in (7.6 x 7.6 cm) steel uprights.
- » Fiber-Laser cut numbering system for exact attachment positioning
- » Multi-Grip Chin-up Bar
- » Two place bar storage
- » Band peg pair
- » 14 in (35.5 cm) Plate Storage Pegs (12)
- » UHMW plastic on J-hooks and safeties to prevent upright, bar and J-hook damage
- » Fiber-laser cut upright holes for fast and solid J-hook and safety Arm adjustments
- » Footplate anchor options for maximum rack stability
- » Carriage bolt hardware for a smooth and clean finish



OLYMPIC SQUAT RACK #EF212

Multiple bar racks are placed at an extended width, so wide handle positions are easy to perform on the EPIC Olympic Squat Rack. The solid steel, nickel-plated catch bars can safely contain a dropped bar.

- » Safety Catch Bars
- » Multiple Bar Racks
- » Industrial Construction



SINGLE TIER DUMBBELL RACK #EF208

Users can enjoy a safe, organized workout with the EPIC Single Tier Dumbbell Rack. Holding up to 10 standard dumbbells (up to 1,250 lbs - 566.9 kg), molded holders protect the weights and prevent rolling.

- » Holds 10 Standard Dumbbells
- » Bolt-Down Holes
- » Industrial Construction



TWIN TIER DUMBBELL RACK #EF209

Give members a safe, organized workout with the EPIC Twin Tier Dumbbell Rack. Holding up to 20 standard dumbbells (up to 2,500 lbs - 1,133 kg), molded holders protect the weights and prevent rolling.

- » Holds 20 Standard Dumbbells
- » Bolt-Down Holes
- » Industrial Construction



HEX DUMBBELL RACK (8FT/2.4M) #FMDY509083

Keep up to 36 hex-shaped dumbbells (18 pairs) organized with the Hex Dumbbell Rack (8 ft / 2.4 m). Three levels of organization maximize square footage.

- » Holds 36 Hex-Shaped Dumbbells
- » Flat Shelf For Versatile Positioning
- » Industrial Construction



HEX DUMBBELL RACK (5 FT / 1.5 M) #FMDY109083

The Hex Dumbbell Rack (5 ft / 1.5 m) can hold up to 24 hex-shaped dumbbells (12 pairs) on a three-shelf rack that still leaves a small footprint.

- » Holds 24 Hex-Shaped Dumbbells
- » Flat Shelf For Versatile Positioning
- » Industrial Construction



SADDLE DUMBBELL RACK #FMDY509081

The Saddle Dumbbell Rack features a three-tier, cascading shelf designed to hold up to 36 dumbbells. The molded urethane holders accommodate dumbbells of nearly any shape.

- » Holds 36 Dumbbells
- » Fits Nearly Any Dumbbell Shape
- » Industrial Construction



BARBELL RACK #EF210

The A-frame design of the EPIC Barbell Rack takes up less space than other racks. It can hold up to 10 standard barbells (up to 1,250 lbs - 566 kg) and be bolted down for added stability.

- » Holds 10 Standard Barbells
- » A-Frame Design
- » Industrial Construction



WEIGHT PLATE & BAR STORAGE #EF219

The EPIC Weight Plate and Bar Storage holds two Olympic-sized straight and/or curl bars and has flared edges to secure bar placement. Able to store up to 1,270 lbs / 576 kg, this hardworking rack keeps everything organized.

- » Holds 2 Straight and/or Curl Bars
- » Stores Up To 1,270 Lbs / 576 Kg
- » Industrial Construction



POWER SLED #FMDY109990

Whether pushing or pulling, the Power Sled performs with smooth resistance. With vertical push poles and padded push handles, users of all fitness levels can efficiently work on their total body conditioning.

- » Versatile Training Options
- » Smooth Push/Pull Resistance
- » Industrial Construction



MULTI-STORAGE UNIT (16 FT / 4.8 M) #FMDY400025

The Multi-Storage Unit (16 ft / 4.8 m) can be customized to fit your facility. Rack uprights have many attachment positions to customize shelf placement. Specialized shelves and hangers can store mats, half-ball balance trainers, medicine/slam/wall balls, kettlebells, dumbbells and more.

- » Customizable Configuration
- » Specialized Racks
- » Easy Integration



MULTI-STORAGE UNIT (10 FT / 3 M) #FMDY400021

The Multi-Storage Unit (10 ft / 3 m) is your facility's answer to personalized storage. Keep everything in one organized space: dumbbells, medicine balls, resistance bands, kettlebells and more.

- » Customizable Configuration
- » Specialized Racks
- » Easy Integration



MULTI-STORAGE UNIT (6 FT / 1.8 M) #FMDY400023

The Multi-Storage Unit (6 ft / 1.8 m) does the work of multiple dumbbell and storage racks in a single unit. Add on attachments to create a functional training space.

- » Customizable Configuration
- » Specialized Racks
- » Easy Integration



FITRIG™

FUN, FUNCTIONAL, FIT-DRIVEN

For over 20 years, Freemotion has led the functional training revolution with game-changing solutions. The innovative FitRig™ line offers the versatile training exercisers want and the durable, space-saving solution you need. With options for small and large floor plans, plus hundreds of attachments and accessories (sold separately), Freemotion has the perfect rig for your facility.

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 180**.





14 FT / 4.2 M PREMIUM 4.5 RIG #FMDY14XRG

TRAIN UP TO 14 PEOPLE

Expand your group training classes to 14 users simultaneously with the FitRig™ 14 ft / 4.2 m Premium 4.5 Rig. Personalize it to fit your facility's needs with additional accessories and attachments and create the ultimate training space for users of all fitness levels.

RECOMMENDED ATTACHMENTS

- » 1–Plate Storage Tray, 6 ft / 1.8m
- » 1–Ball Storage Tray, 6 ft / 1.8m
- » 1–Dumbbell Storage Tray, 6 ft / 1.8m
- » 1–Kettlebell Storage Tray, 6 ft / 1.8m
- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D–Handle
- » 1–Plyo Step
- » 1–Chin Up Bar
- » 1–Landmine, Basic
- » 1–Pair Safety Arms
- » 1–Pair Take Off J–Cups
- » 1–22 in / 56 cm Ball Target w/ Logo
- » 1–Flying Monkey Bar Extension 4 ft / 1.2m

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Shackle W/ Carabiner
- » Band Anchor Uprights

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 180**.

RECOMMENDED ATTACHMENTS

- » 3–Plate Storage Peg, Fixed
- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Landmine, Basic
- » 1–Pair Safety Arms
- » 1–Pair Take Off J-Cups



4 FT / 1.2 M MONKEY BAR RIG #FMDY4MBR

TRAIN UP TO 5 PEOPLE

Designed to make the most of small areas, the FitRig™ 4 ft / 1.2 m Monkey Bar Rig can be customized with accessories and attachments to build the ultimate training station. Up to five users can work out simultaneously.



6 FT / 1.8 M MONKEY BAR RIG #FMDY6MBR

TRAIN UP TO 8 PEOPLE

The FitRig™ 6 ft / 1.8 m Monkey Bar Rig allows for up to eight people to train at the same time. With customizable accessories and attachments available, users can enjoy a near-endless selection of workout possibilities.

RECOMMENDED ATTACHMENTS

- » 2–Plate Storage Peg, Fixed
- » 1–Ball Storage Tray, 6 ft / 1.8m
- » 1–Dumbbell Storage Tray, 6 ft / 1.8m
- » 1–Kettlebell Storage Tray, 6 ft / 1.8m
- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Plyo Step
- » 1–Landmine, Basic
- » 1–Shackle W/ Carabiner
- » 1–22 in / 56 cm Ball Target w/ Logo

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Plate Storage Peg, Take Off
- » Plyo Step
- » Chin Up Bar
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Shackle W/ Carabiner
- » Cantilever Arm W/Shackle
- » Band Anchor Uprights
- » 22 in / 56 cm Ball Target w/ Logo
- » Flying Monkey Bar Extension 4 ft / 1.2m

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Plate Storage Peg, Take Off
- » Landmine, Double Knuckle

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 180**.

RECOMMENDED ATTACHMENTS

- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Plyo Step
- » 1–Landmine, Basic
- » 2–Pair Safety Arms
- » 2–Pair Take Off J-Cups
- » 22 in / 56 cm Ball Target w/ Logo



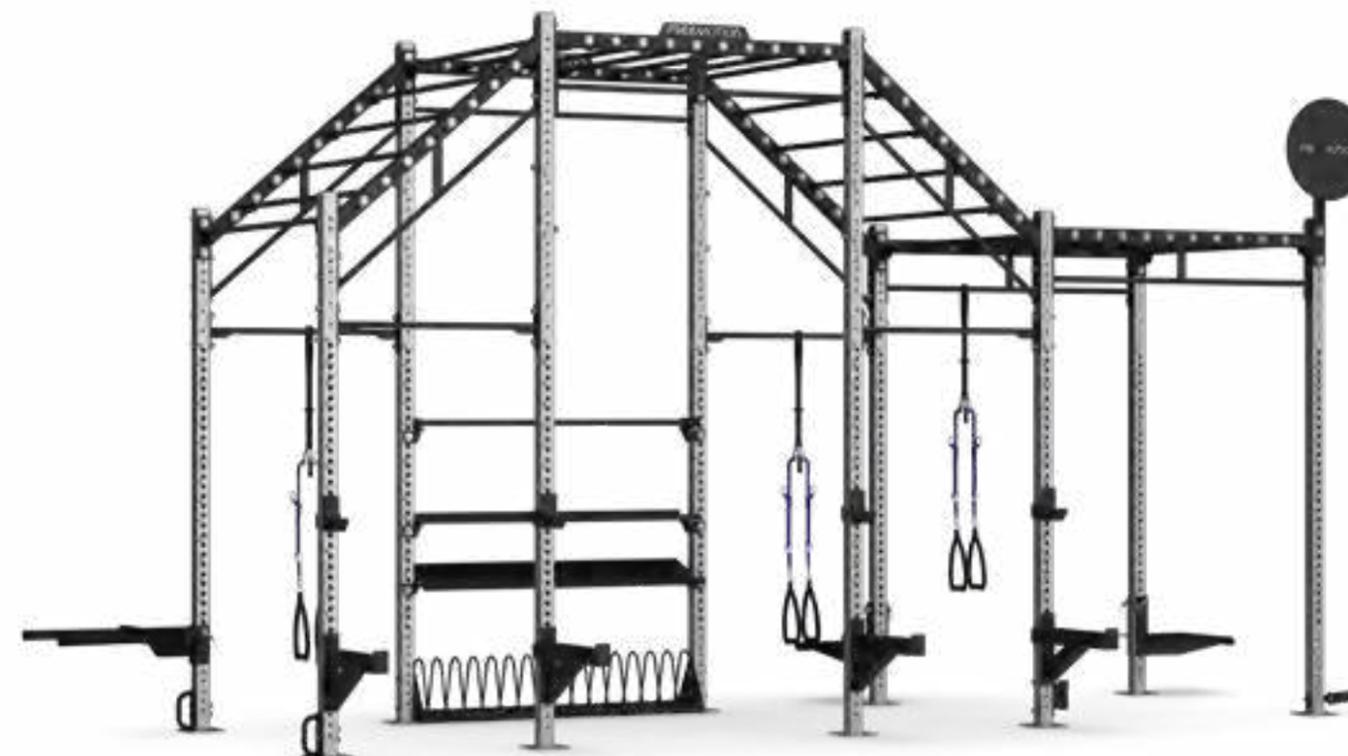
14 FT / 4.2 M MONKEY BAR RIG #FMDY14MBR

TRAIN UP TO 10 PEOPLE

The FitRig™ 14 ft / 4.2 m Monkey Bar Rig has multiple workout stations to facilitate cardio, strength and stability training. It can support up to 10 users at once and is customizable with additional accessories and attachments. This rig maximizes your space, is cross-functional and ideal for small group training.

RECOMMENDED ATTACHMENTS

- » 1–Plate Storage Tray, 6 ft / 1.8m
- » 1–Ball Storage Tray, 6 ft / 1.8m
- » 1–Dumbbell Storage Tray, 6 ft / 1.8m
- » 1–Kettlebell Storage Tray, 6 ft / 1.8m
- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 2–D-Handle
- » 2–Plyo Step
- » 1–Landmine, Basic
- » 2–Pair Safety Arms
- » 2–Pair Take Off J-Cups
- » 1–22 in / 56 cm Ball Target w/ Logo



20 FT / 6 M MONKEY BAR RIG #FMDY20IMBR

TRAIN UP TO 18 PEOPLE

Train up to 18 people simultaneously with the FitRig™ 20 ft / 6 m Monkey Bar Rig. Designed to fit your facility's needs and floor plan, this rig offers a near-limitless combination of stations and can be customized with a wide range of accessories and attachments.

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Landmine, Double Knuckle
- » Band Anchor Uprights

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 180**.

RECOMMENDED ATTACHMENTS

- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Plyo Step
- » 1–Landmine, Basic
- » 1–Pair Safety Arms
- » 1–Pair Take Off J-Cups

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Chin Up Bar
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Shackle W/ Carabiner
- » Band Anchor Uprights
- » 22 in / 56 cm Ball Target w/ Logo



10 FT / 3 M STANDARD RIG #FMDY10W6D

TRAIN UP TO 10 PEOPLE

Compact and versatile, the FitRig™ 10 ft / 3 m Standard Rig supports up to 10 people at the same time. Customizable with accessories and attachments, users can enjoy endless possibilities to improve their overall fitness and strength.



14 FT / 4.2 M STANDARD RIG #FMDY14W6D

TRAIN UP TO 12 PEOPLE

Support up to 12 users at once with the FitRig™ 14 ft / 4.2 m Standard Rig. This rig delivers complete functional training combined with optimal storage. Add different accessories and attachments to create the ultimate group training solution.

RECOMMENDED ATTACHMENTS

- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 2–D-Handle
- » 1–Plyo Step
- » 1–Landmine, Basic
- » 2–Pair Safety Arms
- » 2–Pair Take Off J-Cups

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Chin Up Bar
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Band Anchor Uprights
- » 22 in / 56 cm Ball Target w/ Logo

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 180**.

RECOMMENDED ATTACHMENTS

- » 2–Single Weight Bar Storage
- » 2–Dip Station
- » 2–D-Handle
- » 2–Plyo Step
- » 2–Landmine, Basic
- » 3–Pair Safety Arms
- » 3–Pair Take Off J-Cups



24 FT / 7.3 M STANDARD RIG #FMDY24W6D

TRAIN UP TO 16 PEOPLE

As many as 16 people can work out simultaneously with the spacious FitRig™ 24 ft / 7.3 m Standard Rig. The near-limitless combination of different stations, along with accessories and attachments, creates a dynamic training space.

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Chin Up Bar
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Band Anchor Uprights
- » 22 in / 56 cm Ball Target w/ Logo



6 FT / 1.8 M PREMIUM 2.0 RIG #FMDYM3Z3

TRAIN UP TO 8 PEOPLE

The FitRig™ 6 ft / 1.8 m Premium 2.0 Rig trains up to eight people at once and is the perfect solution for multi-functional areas. With each visit to your facility, users will experience new fitness, strength and cross-functional workout opportunities with each visit.

RECOMMENDED ATTACHMENTS

- » 2–Plate Storage Peg, Fixed
- » 1–Ball Storage Tray, 6 ft / 1.8m
- » 1–Dumbbell Storage Tray, 6 ft / 1.8m
- » 1–Kettlebell Storage Tray, 6 ft / 1.8m
- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Plyo Step
- » 1–Landmine, Basic
- » 1–Cantilever Arm W/Shackle
- » 22 in / 56 cm Ball Target w/ Logo

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Plate Storage Peg, Take Off
- » Landmine, Double Knuckle
- » Shackle W/ Carabiner

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 180**.

RECOMMENDED ATTACHMENTS

- » 2–Plate Storage Tray, 4 ft / 1.2m
- » 2–Ball Storage Tray, 4 ft / 1.2m
- » 2–Dumbbell Storage Tray, 4 ft / 1.2m
- » 2–Kettlebell Storage Tray, 4 ft / 1.2m
- » 2–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Plyo Step
- » 1–Chin Up Bar
- » 1–Landmine, Basic
- » 1–Pair Safety Arms
- » 1–Pair Take Off J-Cups
- » 1–Cantilever Arm W/Shackle
- » 22 in / 56 cm Ball Target w/ Logo
- » 1–Flying Monkey Bar Extension 4 ft / 1.2 m

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Shackle W/ Carabiner
- » Band Anchor Uprights



12 FT / 3.6 M PREMIUM 3.0 RIG #FMDYMRZ4

TRAIN UP TO 12 PEOPLE

Host functional training group classes that can accommodate up to 12 people at once with the FitRig™ 12 ft / 3.6 m Premium 3.0 Rig. With many accessories and attachments available, your facility can organize the perfect combination of fitness, strength and cross-functional training stations.



14 FT / 4.2 M PREMIUM 4.0 RIG #FMDY14R2E

TRAIN UP TO 12 PEOPLE

With heavy-duty construction and maximum versatility, the FitRig™ 14 ft / 4.2 m Premium 4.0 Rig can be its own weight room. Able to accommodate up to 12 people at once, this rig can be customized with a variety of accessories and attachments to fit every user's fitness and strength needs.

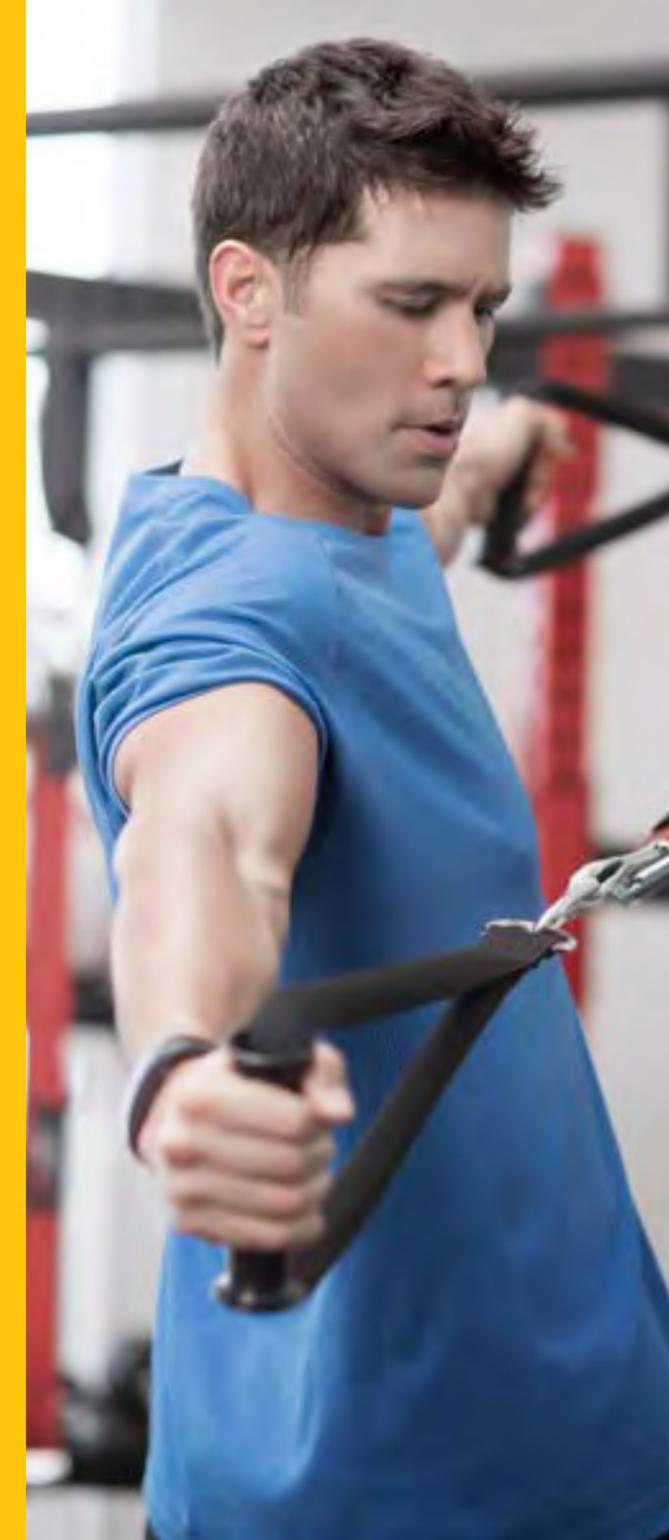
RECOMMENDED ATTACHMENTS

- » 1–Plate Storage Tray, 6 ft / 1.8m
- » 1–Ball Storage Tray, 6 ft / 1.8m
- » 1–Dumbbell Storage Tray, 6 ft / 1.8m
- » 1–Kettlebell Storage Tray, 6 ft / 1.8m
- » 1–Single Weight Bar Storage
- » 1–Dip Station
- » 1–D-Handle
- » 1–Plyo Step
- » 1–Landmine, Basic
- » 4–Pair Safety Arms
- » 4–Pair Take Off J-Cups

OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Chin Up Bar
- » Pull Up Ball, Fixed, 3 in / 7.6 cm
- » Pull Up Ball, Fixed, 4 in / 10.2 cm
- » Landmine, Double Knuckle
- » Band Anchor Uprights
- » 22 in / 56 cm Ball Target w/ Logo
- » Flying Monkey Bar Extension 4 ft / 1.2m

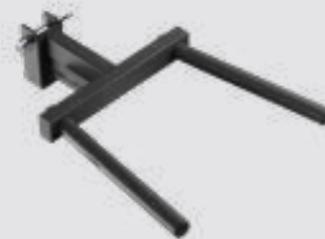
For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 180**.



FITRIG™ ATTACHMENTS

Whether you want to outfit a new facility, or just upgrade your existing space, Freemotion offers an array of innovative accessories and attachments* for the FitRig™. From J-Cups and safety catches for lifting and pegs for plate storage to dip bars, plyo steps and more, the options are near-endless to offer total-body experiences that will keep exercisers engaged and coming back for more.

*A list of compatible FitRigs™ for these attachments is available on [page 274](#) of the catalog.



FMFR85020 DIP STATION

The Dip Station is a fixed frame with two bars that help users perform multiple exercises targeting the core, triceps, back, abs and chest.



FMFR85920 PLYO STEP

With a simple design and sturdy platform, the Plyo Step is an essential piece of equipment for users who want to get an effective plyometrics workout.



FMFR85120 PAIR SAFETY ARMS

When training alone at the facility, the Safety Arms can protect both the lifter and the bar itself.



FMFR86020 SHACKLE W/ THREADED CONNECTING LINK

The Shackle w/ Threaded Connecting Link is a versatile tool for connecting lifting slings, chains and fitness ropes for lifting and/or pulling exercises.



FMFR85220 PAIR TAKE OFF J-CUPS

J-Cups are an essential tool for barbell lifts, ensuring the user's performance will not be compromised with any slippage or movement.



FMFR86120 SINGLE BAR FRAME STORAGE

The Single Bar Frame Storage is a storage solution that will help keep your facility organized.



FMFR85320 PLATE STORAGE PEG - FIXED

The Plate Storage Peg - Fixed is designed to store weights efficiently while saving space that bulky weight racks take up.



FMFR86220 BALL TARGET W/ LOGO (22 IN / 55.8 CM)

The Ball Target w/ Logo (22 in / 55.8 cm) attaches to your FitRig™ and is used for all-around, functional training exercises, from shoulders to legs.



FMFR85520 D-HANDLE

D-Handles are ideal for attaching fitness ropes, and can also be used for upper-body workouts.



FMFR86620 LANDMINE - BASIC

The Landmine - Basic accommodates all types of barbells and keeps them from constantly moving when rotating and being pushed or pulled.



FMFR86920

CANTILEVER ARM W/ SHACKLE & THREADED CONNECTING LINK

The Cantilever Arm w/ Shackle & Threaded Connecting Link provides support for punching bags or speed bags on your FitRig™.



FMFR88020

PULL UP BALL - FIXED (3 IN / 7.6 CM)

The Pull Up Ball - Fixed (3 in / 7.6 cm) attaches to your FitRig™ to improve back and grip strength.



FMFR86420

BALL STORAGE TRAY (4 FT / 1.2 M)

The Ball Storage Tray (4 ft / 1.2 m) is a compact solution that stores and secures exercise balls.



FMFR87020

CHIN UP BAR

The Chin Up Bar increases strength and mass in the back, biceps and shoulders.



FMFR88120

PULL UP BALL - FIXED (4 IN / 10.2 CM)

The Pull Up Ball - Fixed (4 in / 10.2 cm) attaches to your FitRig™ to improve back and grip strength.



FMFR86520

KETTLEBELL STORAGE TRAY (4 FT / 1.2 M)

The Kettlebell Storage Tray (4 ft / 1.2 m) is a compact solution that stores and secures kettlebells.



FMFR87220

BAND ANCHOR UPRIGHTS

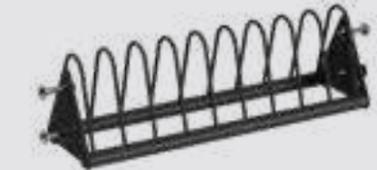
Band Anchor Uprights are used to anchor resistance bands and strengthen the back, shoulders and biceps.



FMFR88620

BAR/HANDLE ACCESSORY STORAGE BRACKET

The Bar/Handle Accessory Storage Bracket accommodates longer bar attachments and provides storage for a wide variety of handle accessories.



FMFR86720

PLATE STORAGE TRAY (4 FT / 1.2 M)

The Plate Storage Tray (4 ft / 1.2 m) is a compact solution that stores and secures weight plates.



FMFR87620

LANDMINE - DOUBLE KNUCKLE

The Landmine - Double Knuckle accommodates all types of barbells and allows for multi-plane movements and exercises.



FMFR85720

FLYING PULL UP EXTENSION (4 FT / 1.2 M)

The Flying Pull Up Extension (4 ft / 1.2 m) is angled and attaches directly to your FitRig™ and adds diversity to users' routines.



FMFR87920

PLATE STORAGE TRAY - MOBILE (4 FT / 1.2 M)

The Plate Storage Tray - Mobile (4 ft / 1.2 m) is a compact and portable solution that stores and secures weight plates.



FMFR87820

PLATE STORAGE PEG - TAKE OFF

The Plate Storage Peg - Take Off is designed to store weights efficiently while saving space that bulky weight racks take up.



FMFR86320

DUMBBELL STORAGE TRAY (4 FT / 1.2 M)

The Dumbbell Storage Tray (4 ft / 1.2 m) is a compact solution that stores and secures dumbbells.



FMFR88320

MULTIPURPOSE FLAT SHELF (4 FT / 1.2 M)

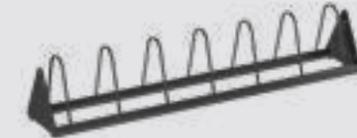
The Multipurpose Flat Shelf (4 ft / 1.2 m) stores your FitRig™ accessories and exercise equipment.



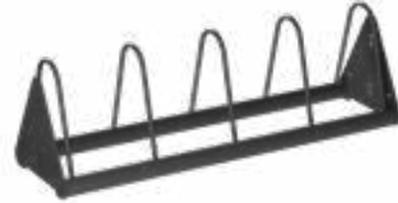
FMFR88520
STABILITY BALL STORAGE TRAY
 (4 FT / 1.2 M)
 The Stability Ball Storage Tray (4 ft / 1.2 m) is a compact solution that stores and secures stability balls.



FMFR85620
DUMBBELL STORAGE TRAY
 (6 FT / 1.8 M)
 The Freemotion FitRig™ Dumbbell Storage Tray (6 ft / 1.8 m) is attached to your FitRig™ and securely stores dumbbells.



FMFR88820
HALF BALL BALANCE TRAINER TRAY
 (6 FT / 1.8 M)
 The Half Ball Balance Trainer Tray (6 ft / 1.8 m) is bigger to store and secure half balls.



FMFR88920
HALF BALL BALANCE TRAINER TRAY
 (4 FT / 1.2 M)
 The Half Ball Balance Trainer Tray (4 ft / 1.2 m) is a compact solution that stores and secures half balls.



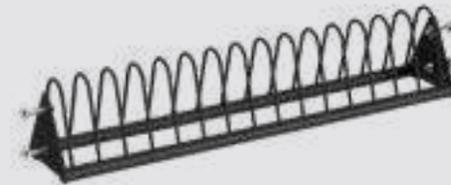
FMFR85820
KETTLEBELL STORAGE TRAY
 (6 FT / 1.8 M)
 The Freemotion FitRig™ Kettlebell Storage Tray (6 ft / 1.8 m) is attached to your FitRig™ and securely stores kettlebells.



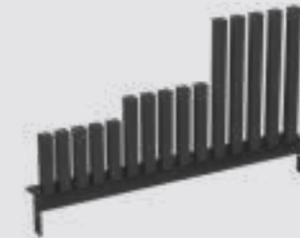
FMFR89020
MULTIPURPOSE STORAGE BAR
 (6 FT / 1.8 M)
 The Multipurpose Storage Bar (6 ft / 1.8 m) is bigger to store and secure straps, resistance bands and other FitRig™ accessories.



FMFR89120
MULTIPURPOSE STORAGE BAR
 (4 FT / 1.2 M)
 The Multipurpose Storage Bar (4 ft / 1.2 m) is a compact solution that stores and secures straps, resistance bands and other FitRig™ accessories.



FMFR86820
PLATE STORAGE TRAY
 (6 FT / 1.8 M)
 The Freemotion FitRig™ Plate Storage Tray (6 ft / 1.8 m) is attached to your FitRig™ and securely stores weight plates.



FMFR89220
VERTICAL DUMBBELL STORAGE TRAY
 (6 FT / 1.8 M)
 The Vertical Dumbbell Storage Tray (6 ft / 1.8 m) is a bigger, upright solution that stores and secures dumbbells.



FMFR89320
VERTICAL DUMBBELL STORAGE TRAY
 (4 FT / 1.2 M)
 The Vertical Dumbbell Storage Tray (4 ft / 1.2 m) is an upright solution that stores and secures dumbbells.



FMFR88220
MULTIPURPOSE FLAT SHELF
 (6 FT / 1.8 M)
 The Multipurpose Flat Shelf (6 ft / 1.8 m) is bigger to store your FitRig™ accessories and exercise equipment.



FMRIP19
RIP:60 TOTAL BODY SUSPENSION
 Rip:60 is a complete suspension training system that is adjustable, compact and combines cardio with strength training for users of all fitness levels.



FMFR85420
BALL STORAGE TRAY
 (6 FT / 1.8 M)
 The Freemotion FitRig™ Ball Storage Tray (6 ft / 1.8 m) is attached to your FitRig™ and securely stores exercise balls.



FMFR88420
STABILITY BALL STORAGE TRAY
 (6 FT / 1.8 M)
 The Stability Ball Storage Tray (6 ft / 1.8 m) is bigger to store and secure stability balls.



RIP:60 TOTAL-BODY SUSPENSION TRAINING #FMRIP19

SUSPENDED ROTATION | DURABLE NYLON STRAPS

The Freemotion Rip:60™ Suspension Trainer is a complete and compact training system that works for all fitness levels. The ideal companion for any Freemotion FitRig™, RIP:60 suspension trainers create targeted, total body workouts that combine cardio and strength training. The easy attachments and adjustments take minutes to set-up, while the straps themselves stand up to continuous use and a wide range of weight.



RIP:60

CLUB

FEATURES

SUSPENDED ROTATION

The secret to the Rip:60™ Suspension Trainer is suspended rotation. Users' bodies are forced to stabilize and balance throughout the workout to engage more muscles and constantly engage the core with every move.

OPTIMIZATION ZONE

Each workout offers a beginner, intermediate and advanced position. Extreme body angles create a more intense, challenging workout, while smaller angles make the workout easier.

SIMPLE, DURABLE DESIGN

The unique design of the Rip:60™ Suspension Trainer is perfect for users of all levels. It adjusts with every movement, so everyone gets the workout they want. Its made of aircraft-quality aluminum and heavy-duty nylon with comfortable hand and ankle straps capable of holding up to 600 lbs (272 kg).

INCLUDED ACCESSORIES

- » Durable nylon suspension trainer
- » 2 ankle straps with sliding handles
- » Wall chart
- » Owners manual



MACHINE-DEFINED TRAINING



EPIC SELECTORIZED

DESIGNED TO BE EPIC

Take machine-defined training to the next level with the Freemotion EPIC Selectorized line. Accessible and approachable, this line meets the needs of facilities and users' fitness goals. With lower towers, molded seat design, Line-X® footplates, and contoured counterweights, the EPIC Selectorized line is the result of customer feedback, research, development and pure Freemotion innovation.





CHEST PRESS #ES800

Strengthen and isolate chest muscles with the EPIC Selectorized Chest Press. This machine utilizes natural motion to create a progressive workout that's effective for everyone.

- » *Low Profile Tower Design*
- » *Converging Axis Arms*
- » *Independent Arm Movement*
- » *Natural Range of Motion*



LAT PULLDOWN/HIGH ROW #ES802

The L-shaped handle of the EPIC Selectorized Lat Pulldown/High Row creates multiple grip positions to target different muscle groups in the back.

- » *Low Profile Tower Design*
- » *Independent Arm Movement*
- » *Multiple Handle Positions*
- » *Adjustable Thigh Pads*

EPIC SELECTORIZED



LEG EXTENSION #ES801

The EPIC Selectorized Leg Extension isolates quad muscles in three positions.

- » *Low Profile Tower Design*
- » *Multiple Start Positions*
- » *Adjustable Back Pad*
- » *Adjustable Leg Assembly*



LEG CURL #ES803

A wide range of motion puts the focus on strengthening leg muscles. Spring-loaded and counterbalanced, the EPIC Selectorized Leg Curl has a lowered tower height that promotes an open feel.

- » *Low Profile Tower Design*
- » *Multiple Start Positions*
- » *Adjustable Back Pad*
- » *Adjustable Leg Assembly*



LEG PRESS #ES804

With a wide-open design, the EPIC Selectorized Leg Press works for users of all fitness levels. They can target the upper legs with an arc-shaped movement pattern that fully extends the body.

- » *Open Design*
- » *Multiple Start Positions*
- » *Platform Adjustment*
- » *Backrest Adjustment*



SHOULDER PRESS #ES807

The EPIC Selectorized Shoulder Press targets shoulder and chest muscles through independent arm movement. Users will enjoy a natural range of motion that's versatile and effective.

- » *Low Profile Tower Design*
- » *Converging Axis Arms*
- » *Independent Arm Movement*
- » *Multiple Handle Positions*

EPIC SELECTORIZED



PEC FLY/REAR DELT #ES806

The EPIC Selectorized Fly/Rear Delt is a freestyle machine that builds strength through natural movement. Designed with a lowered weight stack, the dual function training strengthens back and chest muscles with easy-to-adjust pivoting arms.

- » *Low Profile Tower Design*
- » *Pivoting Arms*
- » *Independent Arm Movement*
- » *Multiple Handle Positions*



HIP ADDUCTION/ABDUCTION #ES809

The non-restrictive design of the EPIC Selectorized Hip Adduction/Abduction has pivoting pads to create two leg workouts in one machine. Nine different start positions isolate and strengthen inner and outer upper leg muscles, while the lower weight tower adds to your floor space.

- » *Low Profile Tower Design*
- » *Pivoting Thigh Pads*
- » *Multiple Start Positions*
- » *Textured Foot Pegs*



BICEPS CURL #ES810

The EPIC Selectorized Bicep Curl has user-defined movement that targets the upper body with a natural range of motion. The easy seat adjustment allows users to create a truly personalized workout.

- » *Low Profile Tower Design*
- » *Unique Handle Design*
- » *Comfortable Arm Pad*
- » *Seat Adjustments*



DIP CHIN ASSIST #ES812

The EPIC Selectorized Dip-Chin Assist gives users the option of weight-assisted exercise. Curved upper handles allow for a natural grip, whether wide, narrow, pronated or supinated. Textured foot platforms and a weighted bar allow for secure foot placement.

- » *Low Profile Tower Design*
- » *Multi-Position Handles*
- » *Weighted Bar*
- » *Heavy Duty Cable*

EPIC SELECTORIZED



TRICEPS EXTENSION #ES811

With an "easy in" adjustment pin, full pad and big wrist stops, it's easier for users to push weight on the EPIC Selectorized Triceps Extension.

- » *Low Profile Tower Design*
- » *Seat Back Adjustment*
- » *Comfortable Arm Pad and Hip Support*
- » *Heavy Duty Cable*



CALF EXTENSION #ES813

The EPIC Selectorized Calf Extension helps users build muscle and mobility used in everyday life. Floating, independent footrests make this machine truly unique.

- » *Low Profile Tower Design*
- » *Seat Adjustments*
- » *Line-X® Coating*
- » *Heavy Duty Cable*



PRONE LEG CURL #ES814

The EPIC Selectorized Prone Leg Curl enhances strength and muscle with a specialized, contoured arm that supports and isolates the hamstrings.

- » *Low Profile Tower Design*
- » *Adjustable Leg Assembly*
- » *Contoured Arm Supports*
- » *Heavy Duty Cable*



LATERAL RAISE #ES816

The EPIC Selectorized Lateral Raise builds strength in the shoulders with arms that move independently to create single or dual exercises.

- » *Low Profile Tower Design*
- » *Independent Arm Movement*
- » *Swiveling Handles*
- » *Seat Adjustment*

EPIC SELECTORIZED



BACK EXTENSION #ES815

The EPIC Selectorized Back Extension builds stabilizer muscle strength along the spinal column to improve posture and balance. The lowered tower height creates an open and inviting feel.

- » *Low Profile Tower Design*
- » *Adjustable Back Pad*
- » *Textured Foot Plate*
- » *Footplate Adjustment*



SEATED ROW #ES817

With no fixed cables and an extensive range of motion, the EPIC Selectorized Seated Row works the back, shoulders and arms. The lowered tower height creates an open and inviting feel.

- » *Low Profile Tower Design*
- » *Freegrip™ Handles*
- » *Unilateral Arm Movements*
- » *Adjustable Chest Pad*



TORSO ROTATION #ES818

The EPIC Selectorized Torso Rotation builds core strength, stability and overall balance. With a quick pin adjustment, plush pads and a lower weight tower, this modern gym training piece is easy to use and easy to clean.

- » *Low Profile Tower Design*
- » *Rotating Arm Pad*
- » *Leg Pads*
- » *Start Position Adjustment*



GLUTE #ES820

Standing while working the glute on the EPIC Selectorized Glute builds balance and stability for users' everyday life.

- » *Low Profile Tower Design*
- » *Adjustable Chest Pad*
- » *Start Position Adjustment*
- » *Linear Bearings*

EPIC SELECTORIZED



ABDOMINAL CRUNCH #ES819

Two pivoting points, dense padding and skid-resistant footrests make the EPIC Selectorized Abdominal Crunch stand out. The 4-bar linkage system provides a full range of motion to make the workout smooth.

- » *Low Profile Tower Design*
- » *Contoured Shoulder Pads*
- » *Pivoting Seat*
- » *Shin Pads*

COLOR OPTIONS

EPIC SELECTORIZED COLOR OPTIONS

EPIC FREE WEIGHT UPHOLSTERY COLORS ONLY

FRAME

BLACK RIVER

PLATINUM SPARKLE

UPHOLSTERY

BLACK

GRAPHITE

BLUE RIDGE

BURGUNDY

AMERICAN BEAUTY RED

SMALL GROUP TRAINING

EXPERIENCES

SMALL GROUP TRAINING

MAKE SMALL GROUP TRAINING EXPERIENCES MORE PERSONAL

Fitness trends come and go, but small group training will always be here to stay. Participants reap the benefits of a personal trainer with the camaraderie that helps them stay motivated to reach their goals. Freemotion has your facility covered— leading the way in revolutionizing small group training with FUSION Team Training and FitRig™ Team Training.



FUSION TEAM TRAINING

DYNAMIC, COACH-LED WORKOUTS

FUSION Team Training is a high-energy, fat-burning and muscle-building small group class like no other. Large enough to be fun but small enough to offer one-on-one engagement, FUSION Team Training workouts offer the expertise of a coach plus the motivation and excitement of a group environment.



FITRIG™ TEAM TRAINING

MOVEMENTS IN A 3-D WORLD

Your FitRig™ is the springboard to participants realizing their goals with the help of your expert trainers. FitRig™ Team Training offers fast-paced, total-body, small group classes that utilize Freemotion FitRig™ equipment.

FUSION TEAM TRAINING



FUSION TEAM TRAINING

REVOLUTIONIZE SMALL GROUP TRAINING

Offer the ultimate fusion of cardio and strength training in a 45-minute, high-energy, fat-burning, muscle-building small group class. FUSION Team Training is engaging and motivating and creates a new profit center for your facility in the process.





FUSION TEAM TRAINING

PERSONAL SPACE IN A TEAM ENVIRONMENT

Each FUSION Team Training participant trains on their own Fusion CST (Cardio Strength Trainer), meaning there's no need to share equipment or wipe down multiple stations. You can provide health-conscious participants peace of mind about their space with this naturally social distancing workout.

MADE FOR EVERYONE

With FUSION Team Training, participants select their own pace and intensity, making these small group workouts welcoming to everyone. The open design of Fusion CST offers participants of all fitness abilities the opportunity to work out.





FUSION CST



LIMITLESS MOVEMENTS

With 6 independent swivel pulleys that create fluid cable travel, the Fusion CST allows virtually any exercise and movement pattern.

SMR™ SILENT MAGNETIC RESISTANCE

With Silent Magnetic Resistance and 20 power settings, the Fusion CST delivers a quiet, smooth, high-powered strength training experience.

CONCENTRIC RESISTANCE

Offering concentric training without eccentric resistance, Fusion CST users achieve a high-calorie cardio burn and a significant increase in muscle fiber diameter while reducing soreness and shortening recovery time.

EXTENSIVE ROPE TRAVEL

Designed to accommodate high-velocity and power movements through balance and symmetry, Fusion CST users can extend and stretch each rope with 100 in (254 cm) of independent travel.

MOBILE DESIGN

The Fusion CST enables your team to quickly transition between group classes with an easy-lift mechanism and convenient transport wheels.

WATTS DISPLAY

The conveniently located Watts console motivates Fusion CST users by displaying the power output they generate with each heart-pumping movement.

WELCOMING TO ALL

The open design and versatile movement options make the Fusion CST inclusive for all fitness levels, including exercisers in wheelchairs.

FITRIG™ TEAM TRAINING



FITRIG TEAM TRAINING EXPERIENCE

MAKE THE MOST OF YOUR FITRIG™

Do you need a clear roadmap to generate revenue and maximize the ROI of your FitRig™? Freemotion offers an educational and experiential solution to help your facility increase revenue with a powerful, engaging functional training class: FitRig™ Team Training.

These 45-minute, fast-paced small group classes target the entire body and are designed to increase power, stability and strength while improving participants' ability to move dynamically in a 3D world. Adding FitRig™ Team Training classes to your facility gives your team the knowledge and tools they need to develop and maintain a successful and profitable small group experience.

ADD FITRIG TEAM TRAINING TO YOUR ORDER TO GIVE YOUR TEAM THE EDUCATION AND SUPPORT THEY NEED TO DEVELOP AND MAINTAIN A SUCCESSFUL AND PROFITABLE SMALL-GROUP EXPERIENCE.

ADD FITRIG TEAM TRAINING TO ANY OF THE FOLLOWING

20 FT / 6 M **MONKEY BAR RIG**
SUPPORTS UP TO 18 PEOPLE



FMDY20IMBR

12 FT / 3.6 M **PREMIUM 3.0 RIG**
SUPPORTS UP TO 12 PEOPLE



FMDYMRZ4

14 FT / 4.2 M **PREMIUM 4.0 RIG**
SUPPORTS UP TO 12 PEOPLE



FMDY14R2E

14 FT / 4.2 M **PREMIUM 4.5 RIG**
SUPPORTS UP TO 14 PEOPLE



FMDY14XRG

FREEMOTION

EDUCATION

EDUCATION

KNOWLEDGE IS POWER

The fitness industry is constantly evolving to meet the ever-changing needs, expectations and behaviors of today's exercisers. The Freemotion Education Program exists to equip your facility with the skills, knowledge and mindsets needed to deliver exceptional experiences.





BENEFITS OF FREEMOTION EDUCATION

The Freemotion Education Program builds on, challenges and progresses foundational fitness principles to help expand your team's reach and elevate their expertise, in turn boosting your facility's commercial results. These include:

- 1 | Implementation and integration of Freemotion products and programming.
- 2 | In-person and virtual training courses from Freemotion Master Coaches.
- 3 | Continuing Education Credits (CECs) through NASM and ACE-accredited Freemotion courses.
- 4 | Access to Freemotion Academy courses and continued education opportunities.
- 5 | Ongoing education and programming support from Freemotion Education.

EDUCATION

COURSES WE OFFER

We offer many in-person and virtual courses to support and maximize the Freemotion experience in your facility. With a continually expanding curriculum, Freemotion ensures that your team can deliver world-class experiences at the leading edge of health and fitness. Supercharging engagement and boosting your success starts here.



THE FUSION TEAM TRAINING COACH COURSE

offers eight hours of hands-on coaching, providing advanced FUSION training physiology and philosophy, advanced coaching techniques, an extensive exercise library, and FUSION workout profiles. Freemotion Master Coaches will arm your team with the tools needed to create lasting connections and deliver best-in-class FUSION Team Training experiences.



THE FITRIG™ TEAM TRAINING COACH COURSE

is a high-intensity training experience for your team. Freemotion Master Coaches empower you with the tools you need to bring people together through encouragement and motivation. This eight-hour hands-on course examines the science behind exercise, workout protocols and coaching expertise of FitRig™ Team Training, including a manual, exercise libraries and class planning worksheets for a successful program launch.



THE FUNCTIONAL CABLE TRAINING COURSE

is designed for experienced personal trainers looking to enhance their expertise and upgrade their clients' experiences. In this six-hour hands-on learning opportunity, Freemotion Master Coaches will help you learn the Freemotion Movement Pattern Training Approach, the Functional Path to Progression and the Freemotion Coaching Philosophy.



FREEMOTION
SERVICES

SERVICES

FREEMOTION HAS YOUR BACK

The most rewarding journeys are created by those who help you along the way. Freemotion is here to make your business run smoother, better and stronger. From a network of highly trained and responsive technicians to a customer care team who go above and beyond, Freemotion is always here when you need us.





GLOBAL SALES

PERSONALIZED SALES EXPERIENCES

With a robust network of highly experienced, enthusiastic sales consultants and offices located across the world, Freemotion is ready to serve you, wherever you are. We recognize the fundamental importance of regional knowledge, so you will always work with a team that has a strong understanding of your country, area, market and the latest industry trends— providing you with an unbeatable level of personal support; because the path to success is best traveled together.

FREEMOTION



MARKETING **DRIVEN TO YOUR SUCCESS**

There's more to fitness than the best machines; it also takes the best training, support and marketing. It's about getting people excited to make a change in their lives and inspiring them to show up each day to put in the work. Freemotion Marketing helps build that excitement by offering personalized content and engaging marketing tools.



LEASING & FINANCING* **FROM VISION TO REALITY**

Freemotion works with facilities and businesses to bring their dreams to life. Our leasing and financing gets you closer to opening your doors or revitalizing your facility with cutting-edge fitness equipment and technology, creating unique fitness experiences for your exercisers. Freemotion also works with third-party leasing partners, giving you custom finance solutions that work for your timeline and your business plan.

*Only available in the U.S.



DELIVERY & INSTALLATION **READY WHEN YOU ARE**

Freemotion Delivery and Installation Teams work with you to safely and correctly get your machines up and running with minimal impact on your facility. Expertly trained and meticulously organized, Freemotion knows that your business is personal, and we treat it that way.



GLOBAL SERVICE & SUPPORT **BETTER TOGETHER**

Our success comes from your success. With a global team of customer care representatives and repair technicians who are never more than a phone call away and sales consultants who will always follow up, when you invest in Freemotion, we invest in you.

FREEMOTION PRODUCT
SPECIFICATIONS

INCLINE TRAINERS



i22.9 Incline Trainer
FMTK74819 (M1, M2, K1, K2)



i10.9b Incline Trainer
FMTK74218 | FMTK74218-INT



i22.9 INCLINE TRAINER
FMTK74819 (M1, M2, K1, K2)



i10.9b INCLINE TRAINER
FMTK74218 | FMTK74218-INT



iFIT EXPERIENCE		
iFIT Workouts	Powered	Enabled
Global Workouts	Yes	Yes
Studio Workouts	Yes	Yes
Google Maps	Enabled	N/A
Number of Programs	Ever-growing library of iFIT, coach-led workouts.	44
Content Languages	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT
CONSOLE FEATURES		
Display Type	22 in / 55 cm High-Definition Capacitive Touchscreen	Simplified User Interface
Controls	Touchscreen, On-Handle, 1-STEP™ Touch Controls, Precision Quick Speed Controls	1-STEP™ Controls, Precision Quick Speed Controls
Workout Metrics	Speed, Incline, Distance, Vertical Meters, Calories, Calories/Hour, Heart Rate, Average Heart Rate, Pace, Elapsed Time, Time Remaining, Time Of Day	Speed, Time, Incline/Decline, Distance, Vertical Feet, Cal, Cal/HR, Heart Rate and Pace
Optional Upgrades	N/A	Personal HDTV (15.6 in / 39.6 cm) with On-console Controls 900/800 MHz Receiver
Console Language(s)	English	English, French-Canadian
CONNECTIVITY		
Internet Connection	Dedicated Ethernet - Cat 6 (Recommended)	N/A
WiFi Connection	2.4 / 5 GHz (Dedicated Ethernet Strongly Recommended)	N/A
Other Connections	HDMI & COAX	CSAFE
PRODUCT FEATURES		
Workout Fan	Adjustable CrossFlow™ 3-Speed Fan with AutoBreeze™	Adjustable CrossFlow™ 3-Speed Fan with AutoBreeze™
Heart Rate Monitoring	Dual EKG Pulse Sensors, ANT+, and Polar Compatible	Dual Grip Pulse Sensors and Polar® Wireless Receiver
Deck	1 in / 2.5 cm Double-sided, Cushioned Deck	1 in / 2.5 cm Double-Sided, Cushioned Deck
Belt	21.5 x 60 in / 54.6 x 152 cm Double Layered Quiet Belt	21.5 x 60 in / 54.6 x 152 cm Double Layer Belt
Drive Motor	Rear-mounted AC 5.0 CHP Commercial Drive Motor	Rear-mounted AC 5.0 CHP Commercial Drive Motor
Elevation System	-3% decline to +30% incline	-3% decline to +30% incline
PRODUCT SPECIFICATIONS		
Maximum User Weight	400 lb / 182 kg	400 lb / 182 kg
Step-up Height	10.4 in / 26.4 cm	10.7 in / 27.2 cm
Running Surface	21.5 x 60 in / 54.6 x 152 cm	21.5 x 60 in / 54.6 x 152 cm
Speed Range	0-15 mph / 0-24 km/h	0-12 mph / 0-20 km/h
Standard Color	Flat Black (Custom colors available upon request)	Dell Gray (Custom colors available upon request)
TV Tuner	US & Canada: NTSC/ATSC, QAM, Pro Idiom, Set-Top Box Ready International: PAL B/G, PAL I, SECAM D/K, SECAM L, DVB-T, DVB-T2, DVB-C	N/A
Certifications	cTUVus, FCC/IC, BQB	FCC/IC, BQB
DIMENSIONS & WEIGHT		
Product Dimensions L x W x H	82 x 34.8 x 75.3 in / 208.3 x 88.3 x 191.3 cm	80 x 34.8 x 76 in / 203.2 x 88.3 x 193 cm
Product Weight	750 lbs / 340.2 kg	
POWER REQUIREMENTS		
U.S. & Canada	110-120 VAC, 20 Amp, Dedicated Circuit	110-120 VAC, 20 Amp, Dedicated Circuit
International	220-240 VAC, 15 Amp, Dedicated Circuit	220-240 VAC, 15 Amp, Dedicated Circuit
WARRANTY		
Worldwide	Frame, Drive Motor (7 Years) - Parts (2 Years) - Labor (1 Year)	

For more information, visit [FreemotionFitness.com](https://www.freemotionfitness.com)

TREADMILLS



t22.9 REFLEX™ Treadmill
FMTL70920 (M1, M2, K1, K2)



t10.9b REFLEX™ Treadmill
FMTL70718 | FMTL70718-INT



t10.9 Interval REFLEX™ Treadmill
FMTL39818 | FMTL39818-INT



t8.9b Treadmill 8 SERIES
VMTL29818 | VMTL29818-INT



t22.9 REFLEX™ TREADMILL
FMTL70920 (M1, M2, K1, K2)



t10.9b REFLEX™ TREADMILL
FMTL70718 | FMTL70718-INT



t8.9b TREADMILL
VMTL29818 | VMTL29818-INT

iFIT EXPERIENCE

iFIT Workouts	Powered	Enabled	Enabled
Global Workouts	Yes	Yes	Yes
Studio Workouts	Yes	Yes	Yes
Google Maps	Enabled	N/A	N/A
Number of Programs	Ever-growing library of iFIT, coach-led workouts.	43	26
Content Languages	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT

CONSOLE FEATURES

Display Type	22 in / 55 cm High-Definition Capacitive Touchscreen	Simplified User Interface	Simplified User Interface
Controls	1-STEP™ Incline Controls, 1-STEP™ Speed Controls, Precision Quick Speed Controls	1-STEP™ Incline Controls, 1-STEP™ Speed Controls, Precision Quick Speed Controls	1-STEP™ Incline Controls, 1-STEP™ Speed Controls
Workout Metrics	Speed, Incline, Distance, Vertical Meters, Calories, Calories/Hour, Heart Rate, Average Heart Rate, Pace, Elapsed Time, Time Remaining, Time Of Day	Speed, Time, Incline, Distance, Vertical Feet, Pace, Calories, Cal/Hr, Heart Rate	Speed, Time, Incline, Distance, Vertical Feet, Pace, Calories Burned, Calories Burned Per Hour and Heart Rate.
Optional Upgrades	N/A	N/A	N/A
Console Language(s)	English	English, French-Canadian	English, French-Canadian

CONNECTIVITY

Internet Connection	Dedicated Ethernet - Cat 6	N/A	N/A
WiFi Connection	2.4 / 5 GHz (Dedicated Ethernet Strongly Recommended)	2.4 / 5 GHz	2.4 / 5 GHz
Other Connections	HDMI & COAX	CSAFE	CSAFE

PRODUCT FEATURES

Workout Fan	Adjustable CrossFlow™ 3-Speed, 8 in / 20.3 cm Fan with Auto-Breeze™	Removable 8 in / 20.3 cm CrossFlow™ Fan	Removable 8 in / 20.3 cm CrossFlow™ Fan
Heart Rate Monitoring	Dual EKG Pulse Sensors, ANT+ and Polar Compatible	EKG Grip Pulse Sensors/ Polar Receiver Included	Dual Grip Pulse Sensors, Polar Wireless Receiver
Deck	2-Sided REFLEX™ Deck	2-Sided REFLEX™ Deck	Cushioned 2-Sided Deck
Belt	21.5 x 60 in / 54.6 x 152 cm Double Layered Quiet Belt	21.5 x 60 in / 54 x 152 cm Quiet Belt	21.5 x 60 in / 54 x 152 cm Quiet Belt
Drive Motor	AC 5.0 CHP Commercial Drive Motor	5.0 HP AC Commercial Drive Motor	4.0 HP AC Commercial Drive Motor
Elevation System	0% to +15% incline	0% to +15% incline	0% to +15% incline

PRODUCT SPECIFICATIONS

Maximum User Weight	400 lb / 181 kg	400 lb / 181 kg	400 lb / 182 kgs
Step-up Height	12 in / 30.5 cm	12.2 in / 31.1 cm	6.7 in / 17 cm
Running Surface	21.5 in x 60 in / 54.6 x 152 cm	21.5 in x 60 in / 54.6 cm x 152 cm	21.5 in x 60 in / 54.6 cm x 152 cm
Speed Range	0-15 mph / 0-24 km/h	0-12 mph / 0-20 km/h	0-12 mph / 0-19 km/h
Standard Color	Flat Black (Custom colors available upon request)	Dell Gray (Custom colors available upon request)	N/A (Dell Gray is standard color)
TV Tuner	US & Canada: NTSC/ATSC, QAM, Pro Idiom, Set-Top Box Ready International: PAL B/G, PAL I, SECAM D/K, SECAM L, DVB-T, DVB-T2, DVB-C	N/A	N/A
Certifications	cTUVus, FCC/IC, BQB	cTUVus, FCC/IC, BQB	cTUVus, FCC/IC, BQB

DIMENSIONS & WEIGHT

Product Dimensions L x W x H	87 x 34 x 66 in / 221 x 86.3 x 167.6 cm	87.7 x 34 x 66 in / 222.8 x 86.3 x 167.6 cm	81 x 36 x 60 in / 205.7 x 91.4 x 152.4 cm
Product Weight	619 lb / 280.8 kg	487 lb / 220.8 kg	358.7 lb / 162.7 kg

POWER REQUIREMENTS

U.S. & Canada	110-120 VAC, 20 Amp, Dedicated Circuit	110-120 VAC, 20 Amp, Dedicated Circuit	120 VAC, 20 Amp
International	220-240 VAC, 15 Amp, Dedicated Circuit	220-240 VAC, 15 Amp, Dedicated Circuit	220-230 VAC, 10 Amp

WARRANTY

Worldwide	Frame, Drive Motor (7 Years) - Parts (2 Years) - Labor (1 Year)		
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TREADMILLS



‡10.9 INTERVAL REFLEX™ TREADMILL FMTL39818 | FMTL39818-INT

iFIT EXPERIENCE

iFIT Workouts	Enabled
Global Workouts	Yes
Studio Workouts	Yes
Google Maps	N/A
Number of Programs	N/A
Content Languages	English

CONSOLE FEATURES

Display Type	Simplified User Interface
Controls	1-STEP™ Incline Controls, 1-STEP™ Speed Controls, Precision Quick Speed Controls
Workout Metrics	Speed, Time, Incline, Distance, Pace
Optional Upgrades	N/A
Console Language(s)	English

CONNECTIVITY

Internet Connection	N/A
WiFi Connection	N/A
Other Connections	CSAFE

PRODUCT FEATURES

Workout Fan	Removable 8 in / 20.3 cm CrossFlow™ Fan
Heart Rate Monitoring	EKG Grip Pulse Sensors, Polar® ANT+ Receiver Included
Deck	2-Sided REFLEX™ Deck
Belt	21.5 x 60 in / 54 x 152 cm Quiet Belt
Drive Motor	5.0 HP AC Commercial Drive Motor
Elevation System	0% to +15% incline

PRODUCT SPECIFICATIONS

Maximum User Weight	400 lb / 182 kgs
Step-up Height	12.2 in / 31.1 cm
Running Surface	21.5 in x 60 in / 54.6 cm x 152 cm
Speed Range	0-12 mph / 0-20 km/h
Standard Color	N/A (Dell Gray is standard color)
TV Tuner	N/A
Certifications	cTUVus

DIMENSIONS & WEIGHT

Product Dimensions L x W x H	87.7 x 34 x 66 in / 222.8 x 86.3 x 167.6 cm
Product Weight	487 lb / 220.8 kg

POWER REQUIREMENTS

U.S. & Canada	110-120 VAC, 20 Amp, Dedicated Circuit
International	220-240 VAC, 15 Amp, Dedicated Circuit

WARRANTY

Worldwide	Frame, Drive Motor (7 Years) - Parts (2 Years) - Labor (1 Year)
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For more information, visit [FreemotionFitness.com](https://www.freemotionfitness.com)



ELLIPTICALS



e22.9 Elliptical
FMEL84420 | FMEL84420-INT



e8.9b Total Body Elliptical
VMEL81918



e10.9b Total Body Elliptical
FMEL84418



e22.9 TOTAL BODY ELLIPTICAL
FMEL84420 | FMEL84420-INT



e10.9b TOTAL BODY ELLIPTICAL
FMEL84418



e8.9b TOTAL BODY ELLIPTICAL
VMEL81918

iFIT EXPERIENCE			
iFIT Workouts	Powered	Enabled	Enabled
Global Workouts	Yes	Yes	Yes
Studio Workouts	Yes	Yes	Yes
Google Maps	Enabled	N/A	N/A
Number of Programs	Ever-growing library of iFIT, coach-led workouts.	24	14
Content Languages	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT
CONSOLE FEATURES			
Display Type	22 in / 55 cm HD Capacitive Touchscreen	Simplified User Interface	Simplified User Interface
Controls	Touchscreen, On-handle Digital Controls	Digital resistance control	Digital resistance control
Workout Metrics	Speed, Incline, Distance, Vertical Meters, Calories, Calories/Hour, Heart Rate, Average Heart Rate, Pace, Elapsed Time, Time Remaining, Time of Day	Speed, Resistance, RPM, Distance, Calories, Time, Heart Rate, Watts and Pace	Speed, Resistance, RPM, Distance, Calories, Time, Heart Rate, Watts, Pace
Additional Options	Quick-start Manual Mode	N/A	N/A
Console Language(s)	English	English, French-Canadian	English, French-Canadian
CONNECTIVITY			
Internet Connection	Dedicated Ethernet - Cat 6	N/A	N/A
WiFi Connection	2.4 / 5 GHz (Dedicated Ethernet Strongly Recommended)	2.4 / 5 GHz	2.4 / 5 GHz
Other Connections	HDMI & COAX	CSAFE	CSAFE
PRODUCT FEATURES			
Drive System	Quiet Belt Drive System, Hutchinson J10 Space-efficient rear drive	Quiet Belt Drive System, Hutchinson J10 Space-efficient rear drive	Quiet Belt Drive System, Hutchinson J10 Space-efficient rear drive
Resistance System	400 Watt EMS Brake Resistance System	400 Watt self-generator resistance system	250 Watt self-generator resistance system
Grips	Soft touch upper body grips	Soft touch upper body grips	Soft touch upper body grips
Accessory Holder(s)	Water Bottle Holder, Secure Phone Holder	Water bottle holder	Water bottle holder
Gear Ratio	8.85:1	8.85:1	8.85:1
Heart Rate Monitoring	Dual EKG Pulse Sensors, ANT+ and Polar Compatible	Dual-Grip Pulse Sensors, Polar® Wireless Receiver	Dual-Grip Pulse Sensors, Polar® Wireless Receiver
PRODUCT SPECIFICATIONS			
Maximum User Weight	400 lb / 181 kg	400 lb / 182 kg	400 lb / 182 kg
Stride Length	20 in / 50.8 cm stride length	20 in / 50.8 cm stride length	20 in / 50.8 cm stride length
Step-up Height	9.5 in / 24.1 cm	9.5 in / 24.1 cm	9.5 in / 24.1 cm
Crank & Axle	2 PC, 20 in / 50.8 cm Stroke	2 PC, 20 in / 50.8 cm Stroke	2 PC, 20 in / 50.8 cm Stroke
Pedals	Non-Skid Traction Control Pedals	Non-skid, traction control cushion pedals	Non-skid, traction control cushion pedals
Resistance Levels	1-24 Levels of Resistance	1-24 Levels of Resistance	1-24 Levels of Resistance
TV Tuner	US & Canada: NTSC/ATSC, QAM, Pro Idiom, Set-Top Box Ready International: PAL B/G, PAL I, SECAM D/K, SECAM L, DVB-T, DVB-T2, DVB-C	N/A	N/A
Certifications	cTUVus, FCC/IC, BQB	FCC, BQB	CE, BQB
CERTIFICATIONS			
Product Dimensions L x W x H	87.2 x 28.5 x 71 in / 221.5 x 72.3 x 180.3 cm	85 x 27 x 63 in / 215.9 x 68.5 x 160 cm	83.5 x 24.6 x 62.7 in / 212 x 62.4 x 159.2 cm
Product Weight	279.4 lbs / 126.7 kg	286.4 lb / 130.2 kg	235.2 lb / 106.6 kg
POWER REQUIREMENTS			
U.S. & Canada	Input 110~240V, Output 15V 3A	Input 110~240V, Output 15V 3A	Input 110~240V, Output 15V 3A
International	Input 110~240V, Output 15V 3A	Input 110~240V, Output 15V 3A	Input 110~240V, Output 15V 3A
WARRANTY			
Worldwide	Frame, Drive Motor (7 Years) - Parts (2 Years) - Labor (1 Year)		

INDOOR BIKE



b22.7 CoachBike™
FMEX82820



b22.7 COACHBIKE™
FMEX82820

iFIT EXPERIENCE

iFIT Workouts	Powered
Global Workouts	Yes
Studio Workouts	Yes
Google Maps	Enabled
Number of Programs	Ever-growing library of iFIT, coach-led workouts.
Content Languages	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT

CONSOLE FEATURES

Display Type	22 in / 55 cm High-Definition Capacitive Touchscreen
Controls	Touchscreen, On-handle Digital Controls
Workout Metrics	Speed, Incline, Distance, Vertical Meters, Calories, Calories/Hour, Heart Rate, Average Heart Rate, Pace, Elapsed Time, Time Remaining, Time of Day

CONNECTIVITY

Internet Connection	Dedicated Ethernet - Cat 6
WiFi Connection	2.4 / 5 GHZ (Dedicated Ethernet Strongly Recommended)
Other Connections	N/A

PRODUCT FEATURES

Seat	Ergonomic padded saddle with fore and aft adjustments
Pedals	Dual-sided pedals (SPD and strap)
Handlebars	Height Adjustable
Frame	Lightweight, Corrosion-Resistant Aluminum Frame
Resistance System	SMR™ Silent Magnetic Resistance
Accessory Holder(s)	Dual Water Bottle Holders, Secure Phone Holder

PRODUCT SPECIFICATIONS

Maximum User Weight	350 lb / 159 kg
Standard Color	Flat Black
Certifications	cTUVus, FCC/IC, BQB

DIMENSIONS & WEIGHT

Product Dimensions L x W x H	56.5 x 24 x 61.5 in / 143.5 x 61 x 156.2 cm
Product Weight	168 lb / 76.2 kg

POWER REQUIREMENTS

U.S. & Canada	110-120 VAC, 3 Amp
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WARRANTY

Worldwide	Frame, Drive Motor (7 Years) - Parts (2 Years) - Labor (1 Year)
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For more information, visit [FreemotionFitness.com](https://www.freemotionfitness.com)



RECUMBENT BIKE



r22.9 Recumbent Bike
FMEX82520



r10.9b Recumbent Bike
FMEX82518



r8.9b Recumbent Bike
VMEX82018



r22.9 RECUMBENT BIKE
FMEX82520



r10.9b RECUMBENT BIKE
FMEX82518



r8.9b RECUMBENT BIKE
VMEX82018

IFIT EXPERIENCE

iFIT Workouts	Powered	Enabled	Enabled
Global Workouts	Yes	Yes	Yes
Studio Workouts	Yes	Yes	Yes
Google Maps	Enabled	Enabled	Enabled
Number of Programs	Ever-growing library of iFIT, coach-led workouts.	24	14
Content Languages	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT

CONSOLE FEATURES

Display Type	22 in / 55 cm HD Capacitive Touchscreen	Simplified User Interface	Simplified User Interface
Resistance Levels	1-24 Levels of Resistance	1-24 Levels of Resistance	1-24 Levels of Resistance
Preset Programs	Limitless iFIT Training Options	8 Weight Loss, 8 Speed Interval, 3 Race Training, 3 Hill Climb, Heart Rate, Watt Training	4 Weight Loss, 4 Speed Interval, 2 Race Training, 2 Hill Climb, Heart Rate, Watt Training
iFIT Enabled	Yes	Yes	Yes
Console Language(s)	English	English, French-Canadian	English, French-Canadian

CONSOLE LANGUAGE(S)

Internet Connection	Dedicated Ethernet - Cat 6	N/A	N/A
WiFi Connection	2.4 / 5 GHz (Dedicated Ethernet Strongly Recommended)	2.4 / 5 GHz	2.4 / 5 GHz
Other Connections	HDMI & COAX	CSAFE	CSAFE

PRODUCT FEATURES

Resistance System	400 Watt EMS Brake Resistance System	400 Watt Self-Generator Resistance System	250 Watt Self-Generator Resistance System
Accessory Holder(s)	Dual Water Bottle Holders, Phone Holder	Dual Water Bottle Holder	Dual Water Bottle Holder
Heart Rate Monitoring	Dual EKG Pulse Sensors, ANT+ and Polar Compatible	EKG Grip Pulse/POLAR Receiver Included	EKG Grip Pulse/POLAR Receiver Included

PRODUCT SPECIFICATIONS

Maximum User Weight	400 lb / 181 kg	400 lb / 182 kg	400 lb / 182 kg
Crank & Axle	3-Piece Crank	3-Piece Crank	2-Piece Crank
Seat	Overmolded Quick Adjust Seat	Overmolded Quick Adjust Seat	Overmolded Quick Adjust Seat
Pedals	Oversized, Adjustable Pedals	Oversized, Self-leveling Pedals	Oversized, Self-leveling Pedals
TV Tuner	*US & Canada: NTSC/ATSC, QAM, Pro Idiom, Set-Top Box Ready	N/A	N/A
Certifications	International: PAL B/G, PAL I, SECAM D/K, SECAM L, DVB-T, DVB-T2, DVB-C*	CE	CE, BQB

CERTIFICATIONS

Product Dimensions L x W x H	66 x 24 x 50 in / 167.6 x 60.9 x 127 cm	70.9 x 24.5 x 50.8 in / 180 x 62.2 x 129 cm	70.9 x 24.5 x 50.8 in / 180 x 62.2 x 129 cm
Product Weight	221.5 lb / 100.4 kg	204.6 lb / 93 kg	204.2 lb / 92.6 kg

POWER REQUIREMENTS

U.S. & Canada	110-120 VAC, 2 Amp	110-120 VAC, 2 Amp	110-120 VAC, 2 Amp
International	220-240 VAC, 1 Amp	220-240 VAC, 1 Amp	220-240 VAC, 1 Amp

WARRANTY

Worldwide	Frame, Drive Motor (7 Years) - Parts (2 Years) - Labor (1 Year)		
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UPRIGHT BIKE



u22.9 Upright Bike
FMEX82420 | FMEX82420-INT



u8.9b Upright Bike
VMEX81418



u10.9b Upright Bike
FMEX82418



u22.9 UPRIGHT BIKE
FMEX82420 | FMEX82420-INT



u10.9b UPRIGHT BIKE
FMEX82418



u8.9b UPRIGHT BIKE
VMEX81418

IFIT EXPERIENCE

iFIT Workouts	Powered	Enabled	Enabled
Global Workouts	Yes	Yes	Yes
Studio Workouts	Yes	Yes	Yes
Google Maps	Enabled	Enabled	Enabled
Number of Programs	Ever-growing library of iFIT, coach-led workouts.	24	14
Content Languages	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT	EN, CH, NL, FR, DE, IT, NW, RU, SP, PT

CONSOLE FEATURES

Display Type	22 in / 55 cm HD Capacitive Touchscreen	Simplified User Interface	Simplified User Interface
Resistance Levels	1-24 Levels of Resistance	1-24 Levels of Resistance	1-24 Levels of Resistance
Preset Programs	Limitless iFIT Training Options	8 Weight Loss, 8 Speed Interval, 3 Race Training, 3 Hill Climb, Heart Rate, Watt Training	4 Weight Loss, 4 Speed Interval, 2 Race Training, 2 Hill Climb, Heart Rate, Watt Training
iFIT Enabled	Yes	Yes	Yes
Console Language(s)	English	English, French-Canadian	English, French-Canadian

CONSOLE LANGUAGE(S)

Internet Connection	Dedicated Ethernet - Cat 6	N/A	N/A
WiFi Connection	2.4 / 5 GHz (Dedicated Ethernet Strongly Recommended)	2.4 / 5 GHz	2.4 / 5 GHz
Other Connections	HDMI & COAX	CSAFE	CSAFE

PRODUCT FEATURES

Resistance System	400 Watt EMS Brake Resistance System	400 Watt Self-Generator Resistance System	250 Watt Self-Generator Resistance System
Accessory Holder(s)	Dual Water Bottle Holders, Phone Holder	Water Bottle Holder	Water Bottle Holder
Heart Rate Monitoring	Dual EKG Pulse Sensors, ANT+ and Polar Compatible	EKG Grip Pulse/POLAR Receiver Included	EKG Grip Pulse/POLAR Receiver Included

PRODUCT SPECIFICATIONS

Maximum User Weight	400 lb / 181 kg	400 lb / 182 kg	400 lb / 182 kg
Crank & Axle	3-Piece Crank	3-Piece Crank	2-Piece Crank
Seat	Overmolded Quick Adjust Seat	Overmolded Quick Adjust Seat	Overmolded Seat
Pedals	Oversized, Adjustable Pedals	Oversized, Self-leveling Pedals	Oversized, Self-Leveling Pedals
TV Tuner	"US & Canada: NTSC/ATSC, QAM, Pro Idiom, Set-Top Box Ready	N/A	N/A
Certifications	International: PAL B/G, PAL I, SECAM D/K, SECAM L, DVB-T, DVB-T2, DVB-C"	cTUVus, FCC/IC, CE, BQB	CE, BQB

CERTIFICATIONS

Product Dimensions L x W x H	50 x 24 x 58 in / 127 x 60.9 x 147.3 cm	50 x 24 x 58 in / 127 x 61 x 148 cm	50 x 23.5 x 58 in / 127 x 60 x 148 cm
Product Weight	176.4 lb / 80 kg	167.6 lb / 76.2 kg	153.6 lb / 69.6 kg

POWER REQUIREMENTS

U.S. & Canada	110-120 VAC, 2 Amp	110-120 VAC, 2 Amp	110-120 VAC, 2 Amp
International	220-240 VAC, 1 Amp	220-240 VAC, 1 Amp	220-240 VAC, 1 Amp

WARRANTY

Worldwide	Frame, Drive Motor (7 Years) - Parts (2 Years) - Labor (1 Year)		
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GENESIS™

FREEMOTION STRENGTH



Multi-Plane Chest
G600



Multi-Plane Shoulder
G601



Biceps
G602



Triceps
G603



Row
G604



Multi-Plane Calf
G607



Squat
G610



Abdominal
G611



Multi-Plane Lift
G612



Step
G614



Lat
G620



Dual Cable Cross
G624



Cable Column
G625



Multi-Pull
Rotation Low
G626



Multi-Pull
Rotation High
G627



Total Quad/Hip
G628



Total Glute Hamstring
G629



Dual Cable Cross Lite
G424



Multi-Plane Chest
G600



Multi-Plane Shoulder
G601



Biceps
G602



Triceps
G603



Row
G604



Multi-Plane Calf
G607

PRODUCT SPECIFICATIONS

Weight Stack	200 lb / 90 kg	150 lb / 68 kg	150 lb / 68 kg	150 lb / 68 kg	200 lb / 90 kg	200 lb / 90 kg
Weight Stack Configuration	5-50 x 5 lb / 2.2-22.6 x 2.2 kg 60-200 x 10 lb / 27.2-90.7 x 4.5 kg	5 - 50 x 5 lb / 2.2 - 22.6 x 2.2kg 60 - 150 x 10 lb / 27.2 - 68 x 4.5 kg	5 - 50 x 5 lb / 2.2 - 22.6 x 2.2kg 60 - 150 x 10 lb / 27.2 - 68 x 4.5 kg	5 - 50 x 5 lb / 2.2 - 22.6 x 2.2kg 60 - 150 x 10 lb / 27.2 - 68 x 4.5 kg	5 - 50 x 5 lb / 2.2 - 22.6 x 2.2 kg 60 - 200 x 10 lb / 27.2 - 90.7 x 4.5 kg	5 - 50 x 5 lb / 2.2 - 22.6 x 2.2 kg 60 - 200 x 10 lb / 27.2 - 90.7 x 4.5 kg
Resistance	1 arm: 100 lb / 45.3 kg 2 arms: 200 lb / 90.7 kg	1 arm: 75 lb / 34 kg 2 arms: 150 lb / 68 kg	1 arm: 75 lbs / 34 kg 2 arms: 150 lb / 68 kg)	1 arm: 75 lb / 34 kg 2 arms: 150 lb / 68 kg	1 arm: 100 lb / 45.3 kg 2 arms: 200 lb / 90.7 kg	1 pedal: 200 lb / 90.7 kg 2 pedals: 400 lb / 181.4 kg
Pulleys	Swivel pulleys	Swivel pulleys	Swivel pulleys	Swivel pulleys	Swivel pulleys	Advanced internal pulley system
Cable Travel	38 in / 96.5 cm	42 in / 106.6 cm	2 arms: 42 in / 106.6 cm 1 arm: 84 in / 213.3 cm	2 arms: 42 in / 106.6 cm	74 in / 188 cm	N/A
Instructional Placards	Yes	Yes	Yes	Yes	Yes	Yes
Standard Frame Color	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River
Standard Upholstery Color	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red
Certifications	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE

DIMENSIONS & WEIGHT

Product Dimensions L x W x H	69 x 53 x 73 in 175.2 x 134.6 x 185.4 cm	60 x 52 x 73 in 152.4 x 132 x 185.4 cm	52 x 36 x 77 in 132 x 91.4 x 195.5 cm	52 x 36 x 77 in 132 x 91.4 x 195.5 cm	56 x 36 x 77 in 142.4 x 91.4 x 195.5 cm	74 x 36 x 77 in 187.9 x 91.4 x 195.5 cm
Product Weight	487 lb / 220 kg	435 lb / 197.3 kg	404 lb / 183.2 kg	394 lb / 178.7 kg	394 lb / 178.7 kg	300 lb / 136 kg

INCLUSIVITY

Inclusive Use	YES	YES	N/A	N/A	N/A	N/A
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WORLDWIDE WARRANTY

Frame	10 Years
Parts	3 Years
Cables & Labor	1 Year
Cosmetic & Wear Items	6 Months
Upholstery & Padding	120 Days

GENESIS™



Squat
G610



Abdominal
G611



Multi-Plane Lift
G612



Step
G614



Lat
G620



Cable Column
G625



Multi-Pull/Rotation Low
G626



Multi-Pull/Rotation High
G627



Total Quad/Hip
G628



Total Glute/Hamstring
G629



Dual Cable Cross
G624



Dual Cable Cross Lite
G424

PRODUCT SPECIFICATIONS

PRODUCT SPECIFICATIONS

Weight Stack	400 lb / 181 kg	150 lb / 68 kg	400 lb / 181 kg	150 lb / 68 kg	200 lb / 90 kg	200 lb / 90 kg	200 lb / 90 kg	200 lb / 90 kg	150 lb / 68 kg	150 lb / 68 kg	Dual Weight Stacks Stack 1: 240 lb / 108.8 kg Stack 2: 240 lb / 108.8 kg	Dual Weight Stacks Stack 1: 210 lb / 95.2 kg Stack 2: 210 lb / 95.2 kg
Weight Stack Configuration	10 - 100 x 10 lb / 4.5 - 45.3 x 4.5 kg 120 - 400 X 20 lb / 54.4 - 181.4 X 9 kg	5 - 50 x 5 lb / 2.2 - 22.6 x 2.2 kg 60 - 150 x 10 lb / 27.2 - 68 x 4.5 kg	5 - 50 x 5 lb / 2.2 - 22.6 x 2.2 kg 60 - 200 x 10 lb / 27.2 - 90.7 x 4.5 kg	0 - 45 x 5 lb / 0 - 20.4 x 2.2 kg 50-150 x 10 lb / 22.6 - 68 x 4.5 kg	5 - 50 x 5 lb / 2.2 - 22.6 x 2.2 kg 60 - 200 x 10 lb / 27.2 - 90.7 x 4.5 kg	10 - 200 x 10 lb / 4.5 - 90.7 x 4.5 kg	10 - 200 x 10 lb / 4 - 90 x 4 kg	10 - 200 x 10 lb / 4 - 90 x 4 kg	5 - 50 x 5 lb / 2.2 - 22.6 x 2.2 kg 60 - 150 x 10 lb / 27.2 - 68 x 4.5 kg	5 - 50 x 5 lb / 2.2 - 22.6 x 2.2 kg 60 - 150 x 10 lb / 27.2 - 68 x 4.5 kg	3.3 - 80 lb / 1.4 - 36 kg each	70 lb / 31.7 kg each
Resistance	400 lb / 181 kg Max Resistance	1 arm: 75 lb / 34 kg 2 arms: 150 lb / 68 kg	1 arm: 100 lb / 45.3 kg 2 arms: 200 lb / 90.7 kg	1 arm: 75 lb / 34 kg 2 arms: 150 lb / 68 kg	1 arm: 100 lb / 45.3 kg 2 arms: 200 lb / 90.7 kg	50 lb / 22.6 kg	1 arm: 50 lb / 22.6 kg 2 arms: 100 lb / 45.3 kg	1 arm: 50 lb / 22.6 kg 2 arms: 100 lb / 45.3 kg	150 lb / 68 kg	150 lb / 68 kg	80 lb / 36 kg each stack	3:1 cable ratio with 3.33 lbs (1.4 kg) of effective resistance per plate.
Pulleys	Advanced internal pulley system	Swivel pulleys	Single swivel pulley	Dual lower swivel pulleys	Swivel pulleys	Swivel pulley	Swivel Pulleys	Swivel Pulleys	Swivel Pulleys	Swivel Pulleys	Dual swivel pulleys	Dual swivel pulleys
Cable Travel	N/A	2 arms: 42 in (106.6 cm)	120 in / 304.8 cm	79.5 in / 201.9 cm	85 in / 215.9 cm	96 in / 243.8 cm	1 arm: 58 in / 147 cm 2 arms: 42 in / 106.6 cm	1 arm: 58 in / 147 cm 2 arms: 42 in / 106.6 cm	37 in / 93.9 cm	40 in / 101.6 cm	97 in / 246 cm per side	89 in / 226 cm per side
Instructional Placards	Yes	Yes	Yes	Yes	Yes	N/A	Yes	Yes	Yes	Yes	Yes	Yes
Standard Frame Color	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River
Standard Upholstery Color	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	N/A	N/A	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Certifications	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE

DIMENSIONS & WEIGHTS

DIMENSIONS & WEIGHTS

Product Dimensions L x W x H	90 x 36 x 73 in 228.6 x 91.4 x 185.4 cm	34 x 36 x 77 in 86.3 x 91.4 x 195.5 cm	71 x 42 x 77 in 180.3 x 106.6 x 195.5 cm	73 x 36 x 77 in 185.4 x 91.4 x 195.5 cm	56 x 52 x 87 in 142.2 x 132 x 220.9 cm	35 x 43 x 91 in 89 x 109 x 231 cm	44 x 63 x 74 in 111.6 x 160 x 187.9 cm	44 x 63 x 74 in 111.6 x 160 x 187.9 cm	75 x 46 x 73 in 190.5 x 116.8 x 185.4 cm	70 x 46 x 74 in 177.8 x 116.8 x 187.9 cm	70 x 122 x 92 in 177.8 x 309.8 x 233.6 cm	65 x 113 x 85 in 165.1 x 287 x 215 cm
Product Weight	1,000 lb / 453.5 kg	423 lb / 191.8 kg	977 lb / 443.1 kg	223 lb / 101.1 kg	648 lb / 293.2 kg	384 lb / 174.2 kg	488 lb / 221.3 kg	488 lb / 221.3 kg	513 lb / 232.6 kg	329 lb / 149.2 kg	1,246 lb / 565.1 kg	997 lb / 452 kg

INCLUSIVITY

INCLUSIVITY

Inclusive Use	N/A	YES	YES	N/A	N/A	YES	YES	YES	N/A	N/A	YES	YES
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WORLDWIDE WARRANTY

WORLDWIDE WARRANTY

Frame	10 Years	10 Years
Parts	3 Years	3 Years
Cables & Labor	1 Year	1 Year
Cosmetic & Wear Items	6 Months	6 Months
Upholstery & Padding	120 Days	120 Days

GENESIS DS™



Chest/Shoulder
GD500



Abdominal/Biceps
GD501



Lat Pulldown/High Row
GD502



Quad/Hamstring
GD503



Lift/Step
GD504



Multi-Pull Press
GD505



Chest/Shoulder
GD500



Abdominal/Biceps
GD501



Lat Pulldown/High Row
GD502



Quad/Hamstring
GD503



Lift/Step
GD504



Multi-Pull Press
GD505

PRODUCT SPECIFICATIONS

Weight Stack	QTY 2 - 180 lb 81.6 kg weight stacks	QTY 2 - 180 lb 81.6 kg weight stacks	QTY 2 - 180 lb 81.6 kg weight stacks	QTY 2 - 180 lb 81.6 kg weight stacks	QTY 2 - 180 lb 81.6 kg weight stacks	QTY 2 - 180 lb 81.6 kg weight stacks
Weight Stack Configuration	2-10 lb top plates, 34-10 lb plates 2-4.5 kg top plates, 34-4.5 kg plates	2-10 lb top plates, 34-10 lb plates 2-4.5 kg top plates, 34-4.5 kg plates	2-10 lb top plates, 34-10 lb plates 2-4.5 kg top plates, 34-4.5 kg plates	2-10 lb top plates, 34-10 lb plates 2-4.5 kg top plates, 34-4.5 kg plates	2-10 lb top plates, 34-10 lb plates 2-4.5 kg top plates, 34-4.5 kg plates	2-10 lb top plates, 34-10 lb plates 2-4.5 kg top plates, 34-4.5 kg plates
Resistance	1 arm: 90 lb / 40.8 kg 2 arms: 180 lb / 81.6 kg	1 arm: 90 lb / 40.8 kg 2 arms: 180 lb / 81.6 kg	1 arm: 90 lb / 40.8 kg 2 arms: 180 lb / 81.6 kg	1 arm: 90 lb / 40.8 kg 2 arms: 180 lb / 81.6 kg	1 arm: 90 lb / 40.8 kg 2 arms: 180 lb / 81.6 kg	1 arm: 90 lb / 40.8 kg 2 arms: 180 lb / 81.6 kg
Pulleys	Aluminum swivel pulleys					
Cable Travel	72 in / 182.8 cm per arm					
Instructional Placards	Yes	Yes	Yes	Yes	Yes	Yes
Standard Frame Color	Black River, Platinum Sparkle					
Standard Upholstery Color	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	N/A	N/A	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red
Certifications	EN957.CE	EN957.CE	EN957.CE	EN957.CE	EN957.CE	EN957.CE

DIMENSIONS & WEIGHT

Product Dimensions L x W x H	47 x 64 x 64 in 1193 x 1625 x 1625 cm	51 x 37 x 72 in 1295 x 939 x 1828 cm	54 x 48 x 84 in 1371 x 1219 x 2133 cm	70 x 32 x 64 in 177.8 x 81.2 x 162.5 cm	65 x 37 x 64 in 165.1 x 93.9 x 162.5 cm	66 x 31 x 64 in 167.6 x 78.7 x 162.5 cm
Product Weight	609.5 lb / 276.5 kg	608.6 lb / 276.1 kg	709.8 lb / 322 kg	615 lb / 279 kg	724.6 lb / 328.7 kg	-

INCLUSIVITY

Inclusive Use	YES	YES	YES	N/A	N/A	N/A
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WORLDWIDE WARRANTY

Frame	10 Years
Parts	3 Years
Cables & Labor	1 Year
Cosmetic & Wear Items	6 Months
Upholstery & Padding	120 Days

EPIC SELECTORIZED



Chest Press
ES800



Leg Extension
ES801



Lat Pulldown/High Row
ES802



Leg Curl
ES803



Leg Press
ES804



Pec Fly/Rear Delt
ES806



Shoulder Press
ES807



Hip Adduction/Abduction
ES809



Biceps Curl
ES810



Triceps Extension
ES811



Dip Chin Assist
ES812



Calf Extension
ES813



Prone Leg Curl
ES814



Back Extension
ES815



Lateral Raise
ES816



Seated Row
ES817



Torso Rotation
ES818



Abdominal Crunch
ES819



Glute
ES820



Chest Press
ES800



Leg Extension
ES801



Lat Pull/High Row
ES802



Leg Curl
ES803



Leg Press
ES804



Pec Fly/Rear Delt
ES806

PRODUCT SPECIFICATIONS

Weight Stack	295 lb / 133.8 kg	285 lb / 129.2 kg	305 lb / 138.3 kg	205 lb / 92.9 kg	475 lb / 215.4 kg	195 lb / 88.4 kg
Weight Stack Configuration	10-80 x 10 lb / 4.5 kg 90-290 x 20 lb / 9 kg	10 lb / 4.5 kg top plate 20-70 x 10 lb / 4.5 kg 80-280 x 20 lb / 9 kg	10-80 x 10 lb / 4.5 kg 90-300 x 20 lb / 9 kg	10 lb / 4.5 kg top plate 20-150 x 10 lbs / 4.5 kg 160-200 x 200 lb / 9 kg	10 lb / 4.5 kg top plate 20-470 x 20 lb / 9 kg	10 lb / 4.5 kg top plate 20-190 x 10 lb / 9 kg
Resistance	2 arms: 295 lb / 133.8 kg	285 lb / 129.2 kg	2 arms: 305 lb / 138.3 kg	205 lb / 92.9 kg	475 lb / 215.4 kg	2 arms: 195 lb / 88.4 kg
Instructional Placards	Yes	Yes	Yes	Yes	Yes	Yes
Standard Frame Color	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle
Standard Upholstery Color	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red
Certifications	CE	CE	CE	CE	CE	CE

DIMENSIONS & WEIGHT

Product Dimensions L x W x H	61.7 x 42 x 72 in 156.7 x 106.7 x 182.9 cm	51.3 x 54 x 57.8 in 130.3 x 137.1 x 146.8 cm	51.8 x 66.5 x 76.8 in 131.5 x 168.9 x 195 cm	48.9 x 59 x 57.8 in 124.2 x 149.8 x 146.8 cm	90.6 x 44.1 x 72.8 in 230.1 x 112 x 184.9 cm	33.3 x 53.5 x 76.2 in 84.5 x 135.8 x 193.5 cm
Product Weight	617.2 lb / 280 kg	573.2 lb / 260 kg	661.3 lb / 300 kg	560 lb / 254.3 kg	1,146.4 lb / 520 kg	529.1 lb / 240 kg

WORLDWIDE WARRANTY

Frame	10 Years
Parts	3 Years
Cables & Labor	1 Year
Cosmetic & Wear Items	6 Months
Upholstery & Padding	120 Days

EPIC SELECTORIZED



Shoulder Press
ES807



Hip Adduction/Abduction
ES809



Biceps Curl
ES810



Triceps Extension
ES811



Dip Chin Assist
ES812



Calf Extension
ES813



Prone Leg Curl
ES814



Back Extension
ES815



Lateral Raise
ES816



Seated Row
ES817



Torso Rotation
ES818



Abdominal Crunch
ES819



Glute
ES820

PRODUCT SPECIFICATIONS

PRODUCT SPECIFICATIONS

Weight Stack	205 lb / 92.9 kg	155 lb / 70.3 kg	205 lb / 92.9 kg	205 lb / 92.9 kg	225 lb / 102 kg	375 lb / 170 kg	195 lb / 88.4 kg	265 lb / 120 kg	205 lb / 92.9 kg	255 lb / 115.6 kg	175 lb / 79.3 kg	155 lb / 70.3 kg	305 lb / 138.3 kg
Weight Stack Configuration	10 lb / 4.5 kg top plate 20-100 x 10 lb / 4.5 kg 110-200 x 20 lb / 9 kg	10 lb / 4.5 kg top plate 20-150 x 10 lb / 4.5 kg	10 lb / 4.5 kg top plate 20-110 x 10 lb / 4.5 kg 120-200 x 20 lb / 9 kg	10 lb / 4.5 kg top plate 20-110 x 10 lb / 4.5 kg 120-200 x 20 lbs / 9 kg	10 lb / 4.5 kg top plate 20-170 x 10 lb / 4.5 kg 180-220 x 20 lb / 9 kg	10 lb / 4.5 kg top plate 20-190 x 10 lb / 4.5 kg 200-370 20 lb / 9 kg	10 lb / 4.5 kg top plate 20-190 x 10 lb / 4.5 kg	10 lb / 4.5 kg top plate 20-190 x 10 lb / 4.5 kg	10 lb / 4.5 kg top plate 20-180 x 10 lb / 4.5 kg 190-200 x 20 lb / 9 kg	10 lb / 4.5 kg top plate 20-50 x 10 lb / 4.5 kg 60-250 x 20 lb / 9 kg	10 lb / 4.5 kg top plate 20-170 x 10 lb / 4.5 kg	10 lb / 4.5 kg top plate 20-150 x 10 lb / 4.5 kg	10 lb / 4.5 kg top plate 20-190 x 10 lb / 4.5 kg
Resistance	2 arms: 205 lb / 92.9 kg	155 lb / 70.3 kg	205 lb / 92.9 kg	205 lb / 92.9 kg	225 lb / 102 kg	375 lb / 170 kg	195 lb / 88.4 kg	265 lb / 120 kg	2 arms: 205 lb / 92.9 kg	2 arms: 255 lb / 115.6 kg	175 lb / 79.3 kg	155 lb / 70.3 kg	305 lb / 138.3 kg
Instructional Placards	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Standard Frame Color	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle
Standard Upholstery Color	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	N/A	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red
Certifications	CE	CE	CE	CE	CE	CE	CE	CE	CE	CE	CE	CE	CE

DIMENSIONS & WEIGHT

DIMENSIONS & WEIGHT

Product Dimensions L x W x H	61.4 x 64.1 x 57.8 in 155.9 x 162.8 x 146.8 cm	62.5 x 28.5 x 58 in 158.7 x 72.3 x 147.3 cm	40.5 x 50 x 57.8 in 102.8 x 127 x 146.8 cm	40.5 x 50.6 x 57.8 in 102.8 x 128.5 x 146.8 cm	48.3 x 62.1 x 99.6 in 122.6 x 157.7 x 252.9 cm	68.9 x 43.3 x 57.8 in 175 x 190.9 x 146.8 cm	53.4 x 66.4 x 57.8 in 135.6 x 168.6 x 146.8 cm	53.4 x 66.4 x 57.8 in 135.6 x 168.6 x 146.8 cm	33.4 x 45.3 x 57.8 in 84.8 x 115 x 146.8 cm	39.7 x 69 x 57.8 in 100.8 x 175.2 x 146.8 cm	60.5 x 47 x 79.2 in 153.6 x 119.3 x 201.1 cm	47.4 x 40.5 x 57.8 in 120.3 x 102.8 x 146.8 cm	72.8 x 31.9 x 57.8 in 4.9 x 81 x 146.8 cm
Product Weight	617.2 lb / 280 kg	573 lb / 218.7 kg	591.7 lb / 229.7 kg	605 lb / 233.8 kg	749.5 lb / 340 kg	705.4 lb / 320 kg	487.4 lb / 221.1 kg	487.4 lb / 221.1 kg	440.9 lb / 200 kg	573.2 lb / 260 kg	573.2 lb / 260 kg	440.9 lb / 200 kg	604.9 lbs / 274.4 kg

WORLDWIDE WARRANTY

WORLDWIDE WARRANTY

Frame	10 Years	10 Years
Parts	3 Years	3 Years
Cables & Labor	1 Year	1 Year
Cosmetic & Wear Items	6 Months	6 Months
Upholstery & Padding	120 Days	120 Days

FREE WEIGHTS



Flat Bench
EF201



FID Bench
FMDY509063



Adjustable Bench
EF203



Utility Bench
EF204



Preacher Curl
EF205



Dip Chin-Ab
EF207



Abdominal Bench
EF213



Olympic Flat Bench
EF202



Olympic Incline Bench
EF214



Olympic Decline Bench
EF215



Olympic Military Press
EF216



Smith Machine
EF211



Plate-Loaded Squat
EF217



Plate-Loaded Leg Press
EF218



Plate-Loaded Calf
EF222



45° Back Extension
EF206



Glute-Ham Developer
FMDY709072



Flat Bench
EF201



FID Bench
FMDY509063



Adjustable Bench
EF203



Seated Bench
EF204



Preacher Curl
EF205



Dip Chin-Ab
EF207

PRODUCT SPECIFICATIONS

Adjustments	N/A	Back Pad tilts -20 to 80 degrees, Seat Bottom tilts to a 20 degree incline	Back Pad tilts -5 to 80 degrees Seat Bottom tilts to a 30 degree incline	N/A	Pop-pin adjustable seat	N/A
Maximum User Weight	350 lb / 159 kg	400 lb / 181 kg	350 lb / 159 kg	350 lb / 159 kg	350 lb / 159 kg	350 lb / 159 kg
Maximum Total Weight	600 lb / 272.1 kg	900 lb / 408 kg	795 lb / 360.6 kg	795 lb / 360.6 kg	550 lb / 249.4 kg	-
Frame	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction
Standard Frame Color	Black River, Platinum Sparkle	Black River, Flat Black, Platinum Sparkle, White River	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle
Standard Upholstery Color	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red
Certifications	EN957, CE	-	EN957, CE	EN957, CE	EN957, CE	EN957, CE

DIMENSIONS & WEIGHT

Product Dimensions L x W x H	55 x 29 x 17 in 139.7 x 73.6 x 43.18 cm	64.9 x 24.5 x 18.6 in 64.8 x 62.2 x 47.2 cm	58 x 28 x 51 in 147.3 x 71.7 x 129.5 cm	56 x 29 x 41 in 142.2 x 73.6 x 104.1 cm	44 x 30 x 40 in 111.7 x 76.2 x 101.6 cm	47 x 48 x 93 in 119.3 x 121.9 x 236.2 cm
Product Weight	57 lb / 25.9 kg	153.9 lb / 69.8 kg	68.5 lbs (31.1 Kg)	80 lb / 36.2 kg	138 lb / 62.5 kg	268.9 lb / 122 kg

WORLDWIDE WARRANTY

Frame	10 Years
Parts	3 Years
Cables & Labor	1 Year
Cosmetic & Wear Items	6 Months
Upholstery & Padding	120 Days

FREE WEIGHT



Abdominal Bench
EF213



Olympic Flat Bench
EF202



Olympic Incline Bench
EF214



Olympic Decline Bench
EF215



Military Press
EF216



Smith Machine
EF211



Plate-Loaded Squat
EF217



Plate-Loaded Leg Press
EF218



Plate-Loaded Calf
EF222



45° Back Extension
EF206



Glute-Ham Developer
FMDY709072

PRODUCT SPECIFICATIONS

PRODUCT SPECIFICATIONS

Adjustments	Adjustable leg pads to fit many users Adjustable backrest - 6 settings	N/A	N/A	Adjustable leg pads	Adjustable seat bottom	Adjustable safety stop	Safety stop	Seat adjustment and dual-sided safety stop	N/A	Adjustable thigh pads	Pop pin angular horizontal adjustment, Pop pin vertical footplate adjustment
Maximum User Weight	350 lb / 159 kg	350 lb / 159 kg	350 lb / 159 kg	350 lb / 159 kg	350 lb / 159 kg	N/A	350 lb / 159 kg	400 lb / 181 kg			
Maximum Total Weight	-	950 lb / 430.9 kg	-	-	-	-	-	-	-	-	-
Frame	Heavy duty, 11-gauge steel construction	Heavy duty, 7-gauge steel construction	Heavy duty, 7-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction
Standard Frame Color	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Flat Black, Platinum Sparkle, White River
Standard Upholstery Color	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red	N/A	Black, Graphite, Blue Ridge, Burgundy, American Beauty Red				
Certifications	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE	CE, Class S, ISO 20957-1, -2, -4	EN957, CE	CE, Class S, ISO 20957-1

DIMENSIONS & WEIGHT

DIMENSIONS & WEIGHT

Product Dimensions L x W x H	59 x 34 x 41 in 149.8 x 86.3 x 104.1 cm	64 x 65 x 51 in 162.5 x 165.1 x 129.5 cm	63 x 65 x 51 in 160 x 165.1 x 129.5 cm	45 x 62 x 89 in 114.3 x 157.4 x 226 cm	52 x 73 x 70 in 132 x 185.4 x 177.8 cm	56 x 91 x 94 in 142.2 x 231.1 x 238.7 cm	75 x 57 x 68 in 190 x 144.7 x 172.7 cm	82 x 69 x 58 in 208.2 x 175.2 x 147.3 cm	50 x 45 x 71 in 127 x 114 x 180 cm	40 x 27 x 53 in 101.6 x 68.5 x 134.6 cm	63.6 x 39.7 x 52.6 in 161.5 x 100.8 x 133.6 cm
Product Weight	130 lb / 58.9 kg	228 lb / 103.4 kg	233 lb / 105.6 kg	233 lb / 105.6 kg	257 lb / 116.5 kg	224 lb / 101.6 kg	530 lb / 240.4 kg	507 lb / 229.9 kg	397 lb / 180 kg	129 lb / 58.5 kg	256.5 lb / 116.3 kg

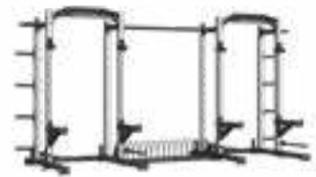
WORLDWIDE WARRANTY

WORLDWIDE WARRANTY

Frame	10 Years	10 Years
Parts	3 Years	3 Years
Cables & Labor	1 Year	1 Year
Cosmetic & Wear Items	6 Months	6 Months
Upholstery & Padding	120 Days	120 Days

RACKS

FREEMOTION STRENGTH



Annexed Pro Half Rack
FMDY500052



Double Pro Half Rack
FMDY500016



Pro Half Rack
FMDY704003



Pro Power Rack
FMDY704004



Olympic Squat Rack
EF212



Single Tier
Dumbbell Rack
EF208



Twin Tier
Dumbbell Rack
EF209



Hex Dumbbell Rack
(8 ft / 2.4 m)
FMDY509083



Saddle Dumbbell Rack
FMDY509081



Hex Dumbbell Rack
(Short)
FMDY109083



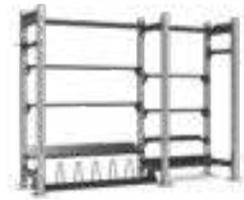
Weight Plate &
Bar Storage
EF219



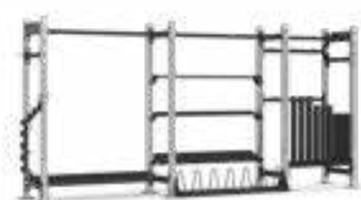
Multi-Storage Unit
(6 ft / 1.8 m)
FMDY400023



Multi-Storage Unit
(10 ft / 3 m)
FMDY400021



Multi-Storage Unit
(16 ft / 4.8 m)
FMDY400025



Power Sled
FMDY109990



Annexed Pro Half Rack System
FMDY500052



Double Pro Half Rack
FMDY500016



Pro Half Rack
FMDY704003



Pro Power Rack
FMDY704004



Olympic Squat Rack
EF212

PRODUCT SPECIFICATIONS

Adjustments	N/A	N/A	N/A	N/A	Adjustable catch bars
Frame	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction			
Standard Frame Color	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Platinum Sparkle
Pegs	12	24	12	12	12

DIMENSIONS & WEIGHT

Product Dimensions L x W x H	60.5 x 189 x 94.5 in 1537 x 480.1 x 240 cm	120.5 x 73 x 94.5 in 306.1 x 185.4 x 240 cm	60.5 x 73 x 94.5 in 153.7 x 185.4 x 240 cm	79.5 x 73 x 94.5 in 244.8 x 202 x 240 cm	58 x 69 x 73 in 147.3 x 175.2 x 185.4 cm
Product Weight	860 lb / 390.1 kg	810 lb / 530.7 kg	415 lb / 188.2 kg	560 lb / 254 kg	415 lb / 188.2 kg

WORLDWIDE WARRANTY

Frame	10 Years
Parts	3 Years
Cables & Labor	1 Year
Cosmetic & Wear Items	6 Months
Upholstery & Padding	120 Days

RACKS



Single Tier Dumbbell Rack
EF208



Twin Tier Dumbbell Rack
EF209



Hex Dumbbell Rack (8 ft/2.4 m)
FMDY509083



Saddle Dumbbell Rack
FMDY509081



Hex Dumbbell Rack (Short)
FMDY109083



Barbell Rack
EF210



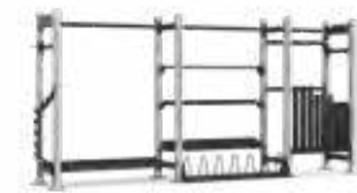
Weight Plate & Bar Storage
EF219



Multi-Storage Unit (6 ft/1.8 m)
FMDY400023



Multi-Storage Unit (10 ft/3 m)
FMDY400021



Multi-Storage Unit (16 ft/4.8 m)
FMDY400025



Power Sled
FMDY109990

PRODUCT SPECIFICATIONS

PRODUCT SPECIFICATIONS

Adjustments	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Adjustable shelf placement	Adjustable shelf placement	Adjustable shelf placement	N/A
Frame	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction	Heavy duty, 11-gauge steel construction
Standard Frame Color	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River	Black River, Flat Black, Platinum Sparkle, White River

DIMENSIONS & WEIGHT

DIMENSIONS & WEIGHT

Product Dimensions L x W x H	28 x 93 x 31 in 71.1 x 236.2 x 78.7 cm	30 x 91 x 31 in 76.2 x 231.1 x 78.7 cm	35 x 101 x 40 in 88.9 x 256.5 x 101.6 cm	34.7 x 101 x 40 in 88.1 x 256.5 x 101.6 cm	52 x 34.7 x 38.8 in 132 x 88.1 x 98.5 cm	32 x 30 x 52 in 81.2 x 76.2 x 132 cm	22 x 31 x 50 in 55.8 x 78.7 x 127 cm	38 x 85 x 90.5 in 96.5 x 215.9 x 229.8 cm	38 x 131 x 90.5 in 96.5 x 332.7 x 229.8 cm	40.5 x 205 x 90.5 in 102.8 x 520.7 x 229.8 cm	41 x 31 x 38 in 104.1 x 78.7 x 96.5 cm
Product Weight	137 lb / 62.1 kg	205.4 lb / 93.2 kg	237.5 lb / 107.7 kg	402 lb / 182.3 kg	154 lb / 69.8 kg	151 lb / 68.4 kg	97 lb / 43.9 kg	489.9 lb / 222.2 kg	726.8 lb / 329.6 kg	997.1 lb / 452.2 kg	96 lb / 43.5 kg

WORLDWIDE WARRANTY

WORLDWIDE WARRANTY

Frame	10 Years	10 Years
Parts	3 Years	3 Years
Cables & Labor	1 Year	1 Year
Cosmetic & Wear Items	6 Months	6 Months
Upholstery & Padding	120 Days	120 Days

FITRIG™

FREEMOTION STRENGTH



4 ft / 1.2 m
MONKEY BAR RIG
FMDY4MBR



6 ft / 1.8 m
MONKEY BAR RIG
FMDY6MBR



14 ft / 4.2 m
MONKEY BAR RIG
FMDY14MBR



20 ft / 6 m
MONKEY BAR RIG
FMDY20IMBR



10 ft / 3 m
STANDARD RIG
FMDY10W6D



14 ft / 4.2 m
STANDARD RIG
FMDY14W6D



24 ft / 7.3 m
STANDARD RIG
FMDY24W6D



6 ft / 1.8 m
PREMIUM 2.0 RIG
FMDYM3Z3



12 ft / 3.6 m
PREMIUM 3.0 RIG
FMDYMRZ4



14 ft / 4.2 m
PREMIUM 4.0 RIG
FMDY14R2E



14 ft / 4.2 m
PREMIUM 4.5 RIG
FMDY14XRG



4 ft / 1.2 m
Monkey Bar Rig
FMDY4MBR



6 ft / 1.8 m
Monkey Bar Rig
FMDY6MBR



14 ft / 4.2 m
Monkey Bar Rig
FMDY14MBR



20 ft / 6 m
Monkey Bar Rig
FMDY20IMBR



10 ft / 3 m
Standard Rig
FMDY10W6D



14 ft / 4.2 m
Standard Rig
FMDY14W6D

PRODUCT SPECIFICATIONS

Frame	11-gauge, 3 x 3 in / 7.6 x 7.6 cm Tubular Steel Frame	11-gauge, 3 x 3 in / 7.6 x 7.6 cm Tubular Steel Frame	11-gauge, 3 x 3 in / 7.6 x 7.6 cm Tubular Steel Frame	11-gauge, 3 x 3 in / 7.6 x 7.6 cm Tubular Steel Frame	11-gauge, 3 x 3 in / 7.6 x 7.6 cm Tubular Steel Frame	11-gauge, 3 x 3 in / 7.6 x 7.6 cm Tubular Steel Frame
Accessory Upgrade	Yes	Yes	Yes	Yes	Yes	Yes
Standard Frame Color	Black River, Flat Black, Platinum Sparkle, White River					

RECOMMENDED ATTACHMENTS

Recommended Attachments	3-Plate Storage Peg, Fixed 1-Single Weight Bar Storage 1-Dip Station 1-D-Handle 1-Landmine, Basic 1-Pair Safety Arms 1-Pair Take Off J-Cups	2-Plate Storage Peg, Fixed 1-Ball Storage Tray, 6 ft / 1.8 m 1-Dumbbell Storage Tray, 6 ft / 1.8 m 1-Kettlebell Storage Tray, 6 ft / 1.8 m 1-Single Weight Bar Storage 1-Dip Station 1-D-Handle 1-Plyo Step 1-Landmine, Basic 1-Shackle with Carabiner 1-22 in / 56 cm Ball Target with Logo	1-Single Weight Bar Storage 1-Dip Station 1-D-Handle 1-Plyo Step 1-Landmine, Basic 2-Pair Safety Arms 2-Pair Take Off J-Cups 22 in / 56 cm Ball Target with Logo	1-Plate Storage Tray, 6 ft / 1.8 m 1-Ball Storage Tray, 6 ft / 1.8 m 1-Dumbbell Storage Tray, 6 ft / 1.8 m 1-Kettlebell Storage Tray, 6 ft / 1.8 m 1-Single Weight Bar Storage 1-Dip Station 2-D-Handle 2-Plyo Step 1-Landmine, Basic 2-Pair Safety Arms 2-Pair Take Off J-Cups 1-22 in / 56 cm Ball Target with Logo	1-Single Weight Bar Storage 1-Dip Station 1-D-Handle 1-Plyo Step 1-Landmine, Basic 1-Pair Safety Arms 1-Pair Take Off J-Cups	1-Single Weight Bar Storage 1-Dip Station 2-D-Handle 1-Plyo Step 1-Landmine, Basic 2-Pair Safety Arms 2-Pair Take Off J-Cups
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DIMENSIONS & WORKOUT AREA

Product Dimensions L x W x H	54 x 54 x 112 in 137.2 x 137.2 x 284.5 cm	78 x 78 x 112 in 198.1 x 198.1 x 284.5 cm	78 x 170 x 112 in 198.1 x 431.8 x 284.5 cm	78 x 240 x 143.2 in 198.1 x 609.6 x 363.7 cm	78 x 124 x 112 in 198.1 x 315 x 284.5 cm	78 x 170 x 112 in 198.1 x 431.8 x 284.5 cm
Maximum Workout Area	16 x 6 ft / 4.8 x 1.8 m	30 x 8 ft / 9.1 x 2.4 m	16 x 24 ft / 4.8 x 7.3 m	38 x 10 ft / 11.5 x 3 m	34 x 9 ft / 10.3 x 2.7 m	16 x 25 ft / 4.8 x 7.6 m

WORLDWIDE WARRANTY

Frame	10 Years
Parts	3 Years
Cables & Labor	1 Year
Cosmetic & Wear Items	6 Months
Upholstery & Padding	120 Days

FITRIG™



24 ft / 7.3 m
Standard Rig
FMDY24W6D



6 ft / 1.8 m
Premium 2.0 Rig
FMDYM3Z3



12 ft / 3.6 m
Premium 3.0 Rig
FMDYMRZ4



14 ft / 4.2 m
Premium 4.0 Rig
FMDY14R2E



14 ft / 4.2 m
Premium 4.5 Rig
FMDY14XRG

PRODUCT SPECIFICATIONS

Frame	11-gauge, 3 x 3 in / 7.6 x 7.6 cm Tubular Steel Frame	11-gauge, 3 x 3 in / 7.6 x 7.6 cm Tubular Steel Frame	11-gauge, 3 x 3 in / 7.6 x 7.6 cm Tubular Steel Frame	11-gauge, 3 x 3 in / 7.6 x 7.6 cm Tubular Steel Frame	11-gauge, 3 x 3 in / 7.6 x 7.6 cm Tubular Steel Frame
Accessory Upgrade	Yes	Yes	Yes	Yes	Yes
Standard Frame Color	Black River, Flat Black, Platinum Sparkle, White River				

PRODUCT SPECIFICATIONS

Recommended Attachments	2–Single Weight Bar Storage 2–Dip Station 2–D-Handle 2–Plyo Step 2–Landmine, Basic 3–Pair Safety Arms 3–Pair Take Off J-Cups	2–Plate Storage Peg, Fixed 1–Ball Storage Tray, 6 ft / 1.8 m 1–Dumbbell Storage Tray, 6 ft / 1.8 m 1–Kettlebell Storage Tray, 6 ft / 1.8 m 1–Single Weight Bar Storage 1–Dip Station 1–D-Handle 1–Plyo Step 1–Landmine, Basic 1–Cantilever Arm with Shackle 22 in / 56 cm Ball Target with Logo	2–Plate Storage Tray, 4 ft / 1.2 m 2–Ball Storage Tray, 4 ft / 1.2 m 2–Dumbbell Storage Tray, 4 ft / 1.2 m 2–Kettlebell Storage Tray, 4 ft / 1.2 m 2–Single Weight Bar Storage 1–Dip Station 1–D-Handle 1–Plyo Step 1–Chin-Up Bar 1–Landmine, Basic 1–Pair Safety Arms 1–Pair Take Off J-Cups 1–Cantilever Arm with Shackle 22 in / 56 cm Ball Target with Logo 1–Flying Monkey Bar Extension 4 ft / 1.2 m	1–Plate Storage Tray, 6 ft / 1.8 m 1–Ball Storage Tray, 6 ft / 1.8 m 1–Dumbbell Storage Tray, 6 ft / 1.8 m 1–Kettlebell Storage Tray, 6 ft / 1.8 m 1–Single Weight Bar Storage 1–Dip Station 1–D-Handle 1–Plyo Step 1–Landmine, Basic 4–Pair Safety Arms 4–Pair Take Off J-Cups	1–Plate Storage Tray, 6 ft / 1.8 m 1–Ball Storage Tray, 6 ft / 1.8 m 1–Dumbbell Storage Tray, 6 ft / 1.8 m 1–Kettlebell Storage Tray, 6 ft / 1.8 m 1–Single Weight Bar Storage 1–Dip Station 1–D-Handle 1–Plyo Step 1–Chin-Up Bar 1–Landmine, Basic 1–Pair Safety Arms 1–Pair Take Off J-Cups 1–22 in / 56 cm Ball Target with Logo 1–Flying Monkey Bar Extension 4 ft / 1.2 m
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DIMENSIONS & WORKOUT AREA

Product Dimensions L x W x H	78 x 286 x 112 in 198.1 x 726.4 x 284.5 cm	69.5 x 78 x 107.2 in 176.5 x 198.1 x 107.2 cm	128.5 x 146 x 120.3 in 326.4 x 370.8 x 305 cm	101 x 170 x 112 in 256.5 x 431.8 x 284.5 cm	198.5 x 170 x 120.3 in 504.2 x 431.8 x 305 cm
Maximum Workout Area	32 x 23 ft / 9.7 x 7 m	11 x 25 ft / 3.3 x 7.6 m	16 x 26 ft / 4.8 x 7.9 m	31 x 10 ft / 9.4 x 3 m	15 x 33 ft / 4.5 x 10 m

WORLDWIDE WARRANTY

Frame	10 Years
Parts	3 Years
Cables & Labor	1 Year
Cosmetic & Wear Items	6 Months
Upholstery & Padding	120 Days



ATTACHMENTS

FITRIG / RACKS

- ✓ Compatible Attachments
- ✓ Recommended Attachments
- ✓* Compatible, but not necessarily recommended

Dip Station	FMFR85020
Pair Safety Arms	FMFR85120
Pair Take Off J-Cups	FMFR85220
Plate Storage Peg - Fixed	FMFR85320
Ball Storage Tray (6 ft / 1.8 m)	FMFR85420
D-Handle	FMFR85520
Dumbbell Storage Tray (6 ft / 1.8 m)	FMFR85620
Flying Pull Up Extension (4 ft / 1.2 m)	FMFR85720
Kettlebell Storage Tray (6 ft / 1.8 m)	FMFR85820
Plyo Step	FMFR85920
Shackle w/ Threaded Connecting Link	FMFR86020
Single Bar Frame Storage	FMFR86120
Ball Target w/ Logo (22 in / 55.8 cm)	FMFR86220
Dumbbell Storage Tray (4 ft / 1.2 m)	FMFR86320
Ball Storage Tray (4 ft / 1.2 m)	FMFR86420
Kettlebell Storage Tray (4 ft / 1.2 m)	FMFR86520
Landmine - Basic	FMFR86620
Plate Storage Tray (4 ft / 1.2 m)	FMFR86720
Plate Storage Tray (6 ft / 1.8 m)	FMFR86820

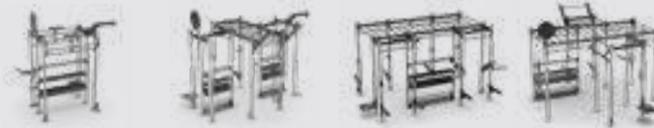
MONKEY BAR RIGS



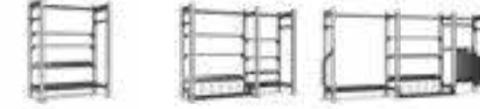
STANDARD RIGS



PREMIUM RIGS



MULTI-STORAGE



RACKS



4-FT / 1.2 M MONKEY BAR RIG FMDY4MBR	6-FT / 1.8 M MONKEY BAR RIG FMDY6MBR	14-FT / 4.2 M MONKEY BAR RIG FMDY14MBR	20-ft / 6 m MONKEY BAR RIG FMDY20IMBR	10-FT / 3 M STANDARD RIG FMDY10W6D	14-FT / 4.2 M STANDARD RIG FMDY14W6D	24-FT / 7.3 M STANDARD RIG FMDY24W6D	6-FT / 1.8 M PREMIUM 2.0 RIG FMDYM3Z3	12-FT / 3.6 M PREMIUM 3.0 RIG FMDYMRZ4	14-FT / 4.2 M PREMIUM 4.0 RIG FMDY14R2E	14-FT / 4.2 M PREMIUM 4.5 RIG FMDY14XRG	(6 FT / 1.8 M) MULTI-STORAGE UNIT FMDY400023	(10 FT / 3 M) MULTI-STORAGE UNIT FMDY400021	(16 FT / 4.8 M) MULTI-STORAGE UNIT FMDY400025	PRO HALF RACK FMDY704003	PRO POWER RACK FMDY704004	DOUBLE PRO HALF RACK FMDY500016	ANNEXED PRO HALF RACK FMDY500052
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FUSION CST



Fusion CST
FMSY59719

TABLET STAND FMMC02220

The adjustable, independent tablet stand gives you the freedom to do any kind of workout without losing sight of your trainer. The Fusion CST lets you be extremely mobile during any workout.



FUSION CST
FMSY59719

CONSOLE

Display Type	LED
Controls	1-20 Resistance Levels
Console Language	English
Workout Metrics	Metric (Watts)
Resistance	100 lb / 45 kg per pulley
Resistance System	SMR™ (Silent Magnetic Resistance)
Pulleys	Three pairs of swivel pulleys
Rope & Travel	Double-Braided Coated Polyester Rope with 100 in / 254 cm of travel
Rubber Feet	4 rubber pads to support and prevent movement during workouts
Accessories	6 handles and 2 ankle straps per machine
Standard Frame Color	Flat Black
Certifications	EN957, CE, BQB, FCC/IC

DIMENSIONS, WEIGHT AND WORKOUT AREA

Product Dimensions L x W x H	42 x 67 x 75 in 107 x 170 x 191 cm
Product Weight	422 lb / 191.5 kg
Maximum workout area	267 x 126.5 in 678.18 x 321.3 cm

POWER REQUIREMENTS

US & Canada	110-120 VAC, 0.2 Amps
International	220-240 VAC, 0.1 Amps

INCLUSIVITY

Americans with Disabilities Act (ADA)	Wheelchair Accessible
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WORLDWIDE WARRANTY

Frame	10 Years
Parts	2 Years
Ropes & Labor	1 Year
Cosmetic & Wear Items	6 Months

For more information, visit FreemotionFitness.com



FREEMOTION *FITNESS.COM*

PHONE: +1 (877) 363-8449 || **EMAIL:** sales@FreemotionFitness.com

FREEMOTION.