

LINE
TYPE
› FreeMotion
› Selectorized

FREEMOTION BICEP



MODEL
FEATURE
› F602
› Rotating, 2-Position Seat



FEATURES AND BENEFITS

Introducing the new line of FreeMotion Fitness strength equipment. Generation II offers a sleek design, sophisticated construction and advanced upgrades so you can train your body the way it was meant to move.

The FreeMotion Bicep targets muscles in the forearm, biceps and shoulders. Functionally trains arms and shoulders to work together in gripping, pulling and lifting movements.

New! 2-Position Seat › The FreeMotion Bicep Generation II is equipped with a rotating, 2-Position Seat with a preacher curl. Users can sit to perform traditional seated exercises or stand for added intensity.

New! Stop Collar › The FreeMotion Bicep Generation II offers a durable stop collar for optimal handle positioning.

New! Narrower Footprint › The FreeMotion Bicep Generation II offers a smaller, narrower footprint for a more convenient setup.

Swivel Pulleys › Pulley design ensures fluid cable travel and provides nearly unlimited range of motion.

Independent Arm Movement › Handles move independently for a wide variety of shoulder exercises and single arm movements.

Cable Travel › Extensive cable travel allows for full exercise extension, single arm: 84 inches (213 cm), two arms: 42 inches (107 cm).

Weight Stack › Enclosed weight stack limits access to moving parts for user safety.

Industrial Construction › Equipment is built with 11 and 7 gauge steel and is electrostatically powder-coated.

Kick Plates › 16-gauge, stainless steel kick plates protect the machine from wear and tear.

SPECS
› FreeMotion Bicep

MODEL F602

Dimensions (LWH)	64" x 36" x 74" (162 cm x 91 cm x 188 cm)
Effective Resistance	1 arm – 75 lbs. (34 kg) 2 arms – 150 lbs. (68 kg)
Weight Stack Configuration	5 – 50 x 5 lbs. (2.25 – 22.75 x 2.25 kg) 60 – 150 x 10 lbs. (27.25 – 68.25 x 4.5 kg)
Weight	440 lbs. (200 kg)
Cable Diameter	3/16-inch rated to 2,000 lbs.

WARRANTY

10 YEARS: STRUCTURAL FRAME, 3 YEARS: BEARINGS, GUIDE RODS, PULLEYS, WEIGHT STACKS
1 YEAR: CABLES, 1 YEAR: LABOR, 120 DAYS: UPHOLSTERY, HANDLES & ACCESSORIES