



2024 CATALOG

FREEMOTION®



# TABLE OF CONTENTS

## 1 || WHO WE ARE

- A. Believe in Next
- B. Our History of Innovation
- C. Our Global Presence
- D. Why Work With Freemotion
- E. About iFIT Health & Fitness Inc.

## 2 || THE iFIT EXPERIENCE

- A. Omnichannel Fitness Solutions
- B. The iFIT Ecosystem
  - » Endless Experiences
  - » Maximizing the Fitness Journey
  - » Making Workouts More Personal

## 3 || FREEMOTION EXPERIENCES

## 4 || CARDIO EXPERIENCES

### INCLINE TRAINERS

- A. i22.9 Incline Trainer
- B. i10.9b Incline Trainer

### REFLEX™ TREADMILLS

- A. t22.9 REFLEX™ Treadmill
- B. t10.9b REFLEX™ Treadmill

### ELLIPTICALS

- A. e22.9 Elliptical
- B. e10.9b Elliptical

### COACHBIKE™

- A. b22.7 CoachBike™

### RECUMBENT BIKES

- A. r22.9 Recumbent Bike
- B. r10.9b Recumbent Bike

### UPRIGHT BIKES

- A. u22.9 Upright Bike
- B. u10.9b Upright Bike

### ENTERTAINMENT OPTIONS

## 5 || STRENGTH EXPERIENCES

### FUNCTIONAL TRAINING

- A. GENESIS™
- B. GENESIS™ DS
- C. EPIC Free Weights
- D. Racks
- E. FitRig™

### MACHINE-DEFINED TRAINING

- A. EPIC Selectorized

## 6 || SMALL GROUP TRAINING

- A. FitRig™ Team Training

## 7 || EDUCATION

- A. Benefits of Freemotion Education
- B. Courses We Offer

## 8 || SERVICES

- A. Global Sales
- B. Design & Layouts
- C. Marketing
- D. Leasing & Financing
- E. Delivery & Installation
- F. Global Service & Support

## 9 || SPECIFICATIONS

- A. Cardio
- B. Strength
- C. Small Group Training

## 10 || CONTACT US

# ***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, and Sweat, 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

## 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

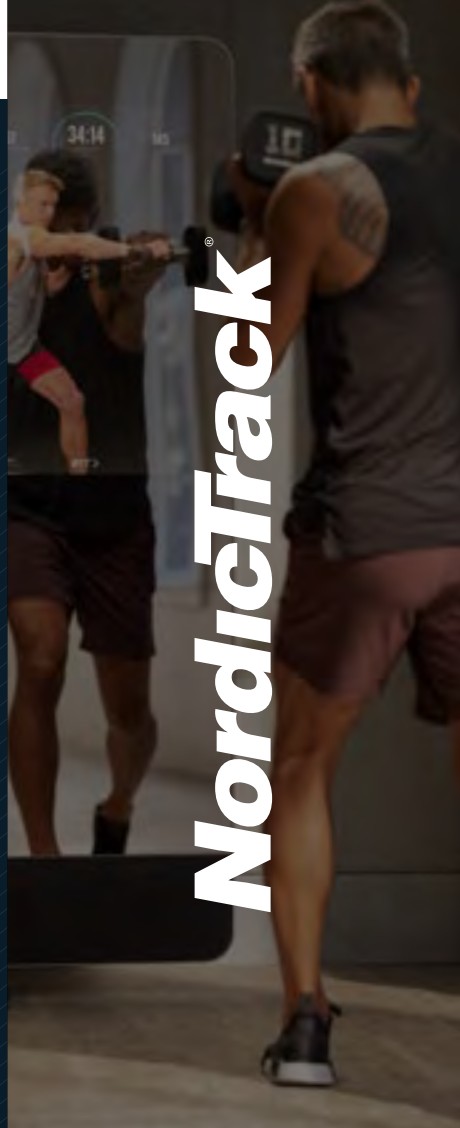
Our word is our bond, and we honor our commitments.

## CUSTOMER LOYALTY

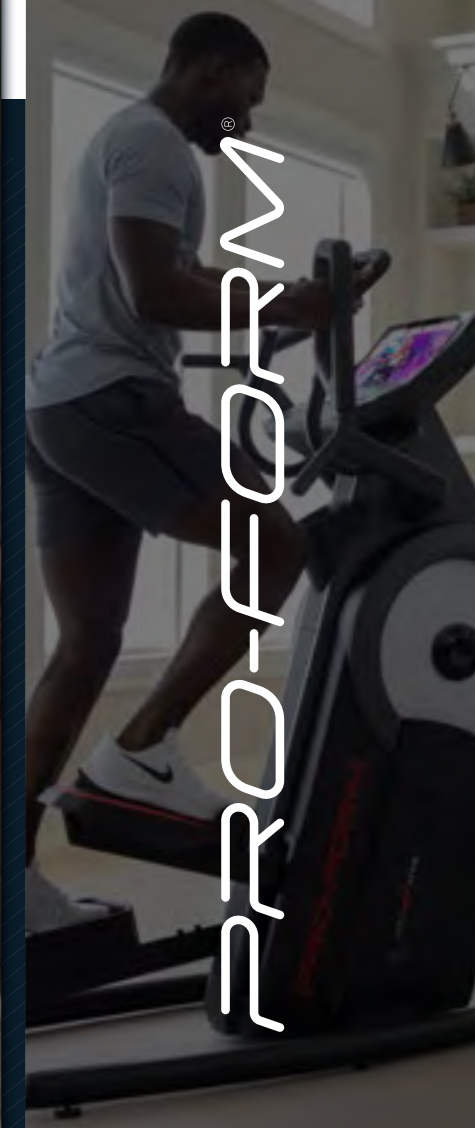
Your success is our success— and we mean it.

## EMPOWERED TEAMS

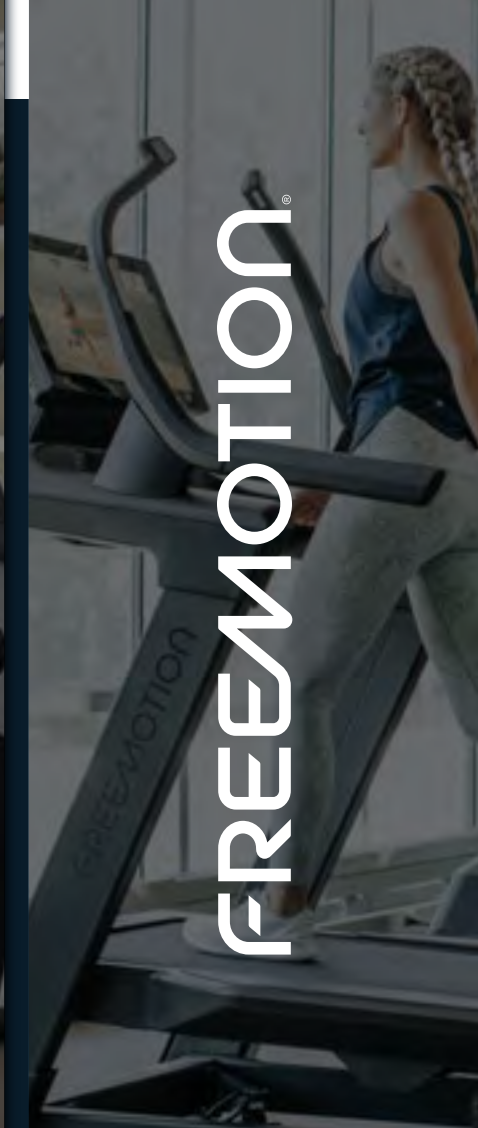
We foster a spirit of “we before me” and strive for excellence daily.



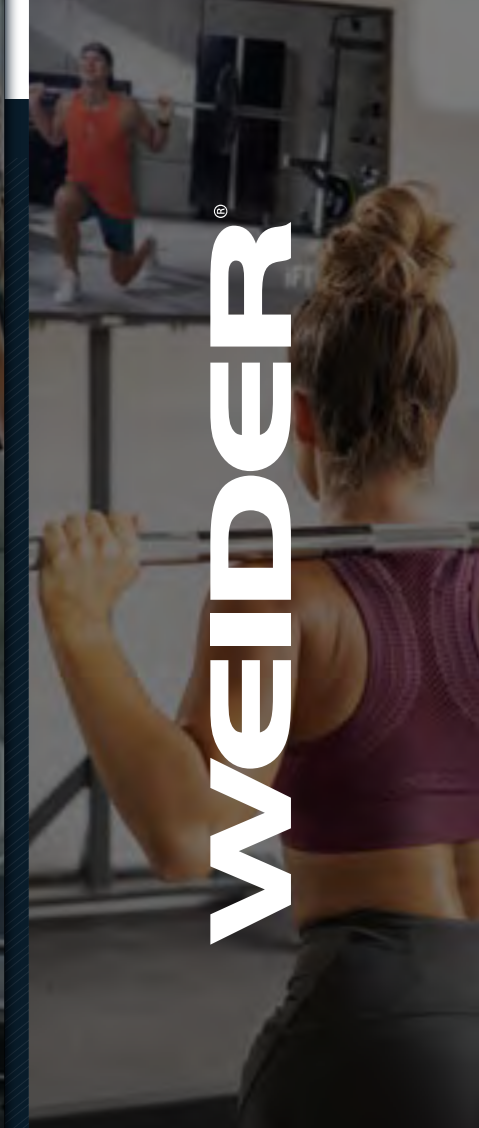
NordicTrack®



PRO-FORM®



FREEMOTION®



WEIDER®

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 and Weider, 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.



**THE iFIT**

**EXPERIENCE**

# iFIT: FOR EVERYONE, EVERYWHERE

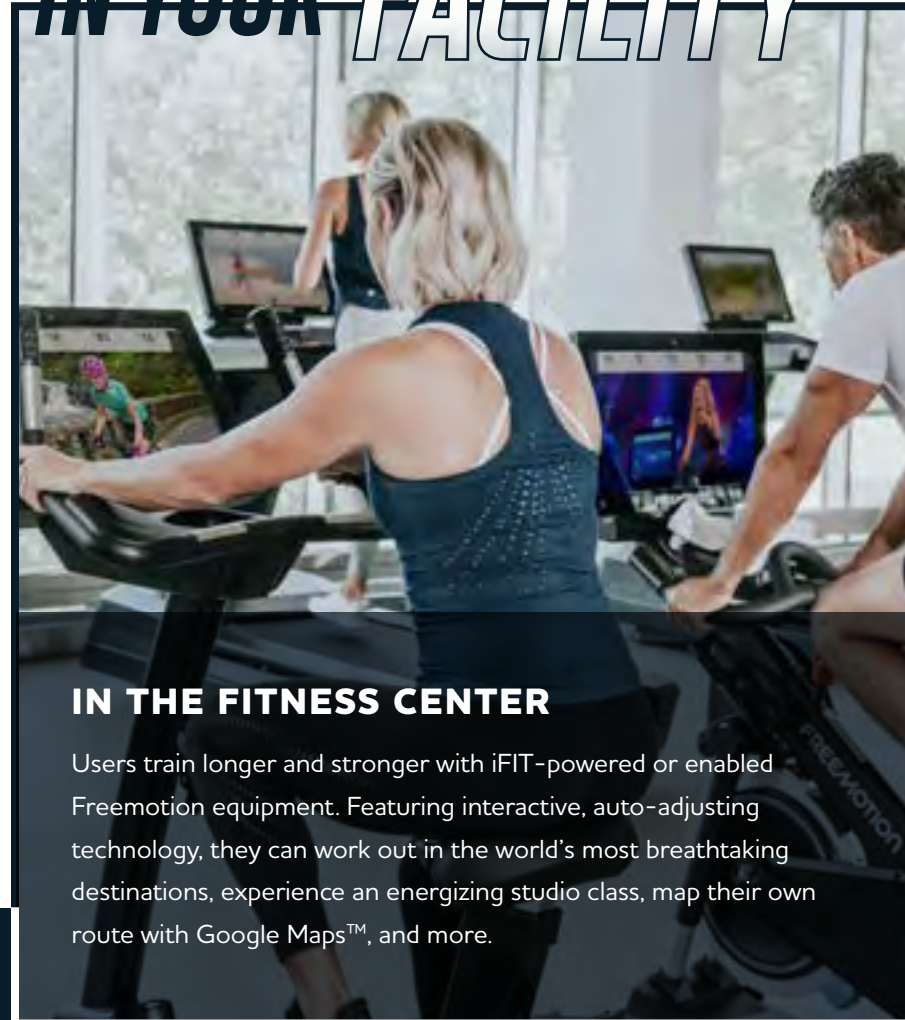
## OMNICHANNEL SOLUTIONS FOR YOUR BUSINESS

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.

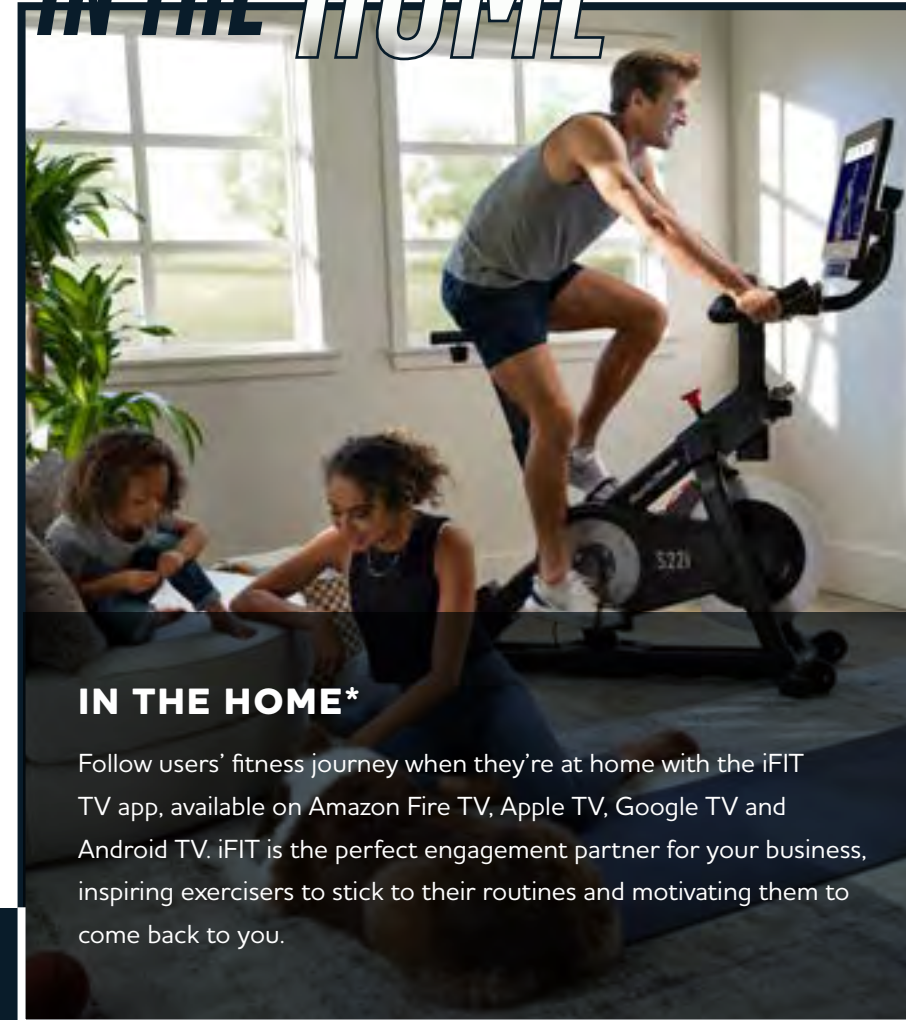
## IN YOUR FACILITY



### 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.

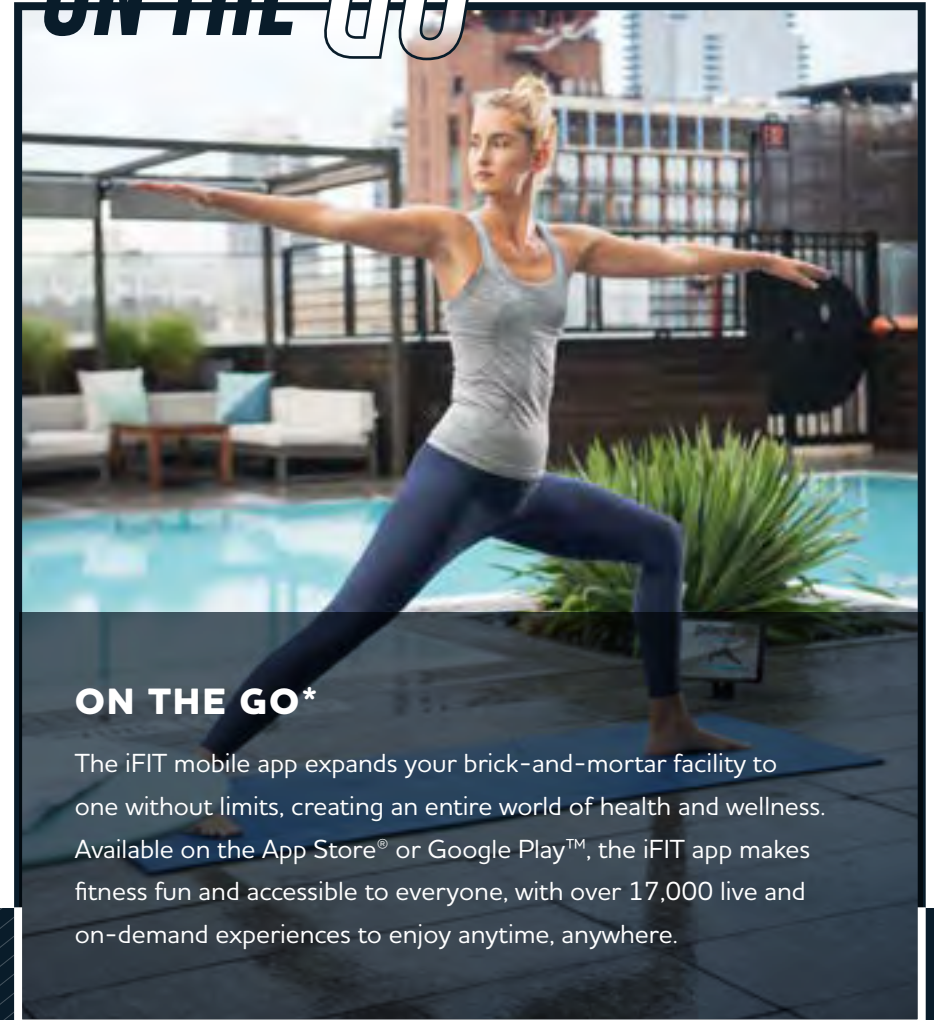
## IN THE HOME



### 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

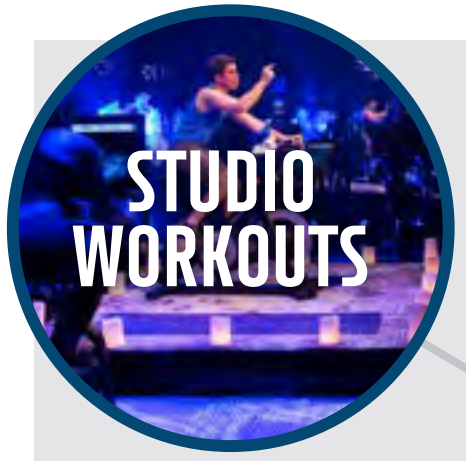
\*Individual iFIT membership required.



## **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.



**STUDIO WORKOUTS**

MUSIC



**AUTO-ADJUSTING TECHNOLOGY**

10 LANGUAGES



**GLOBAL WORKOUTS**

iFIT MILESTONES



**COACH-LED WORKOUTS**

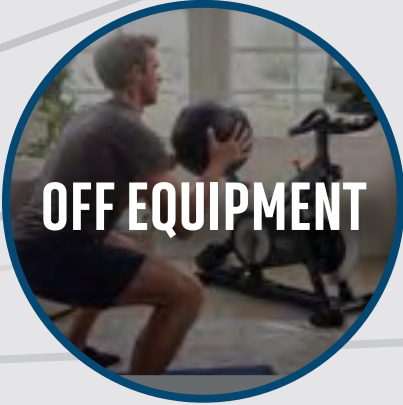
# THE iFIT ECOSYSTEM

FIT SCORE

SMARTADJUST™\*



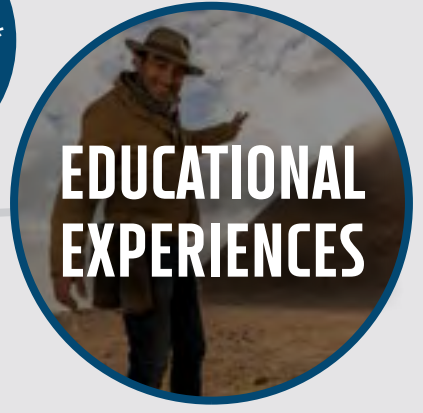
GOOGLE MAPS™



**OFF EQUIPMENT**

MOBILE & TV APPS

ACTIVEPULSE™\*



**EDUCATIONAL EXPERIENCES**



**GLOBAL COMMUNITY**

REWARDS & RECOGNITION



**LIVE EVENTS**

THIRD-PARTY INTEGRATIONS

iFIT CHALLENGES



**ON-DEMAND WORKOUTS**

WORKOUT SCHEDULE

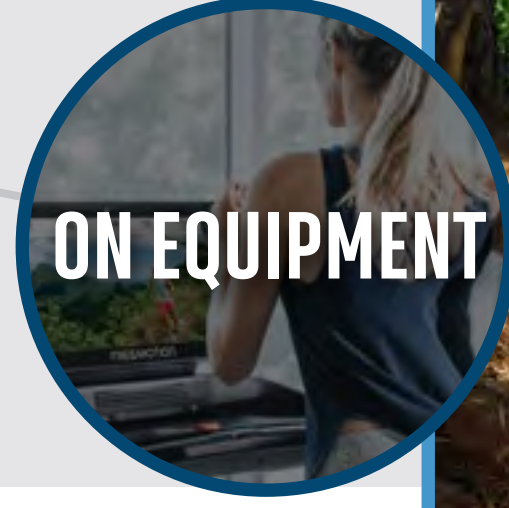


**PROGRESSIVE SERIES**



**iFIT MIND**

CLOSED CAPTIONING



**ON EQUIPMENT**





JONNIE GALE

GIDEON AKANDE

CHRIS CLARK

ASHLEY PAULSON

NICOLE MELINE

TOMMY RIVERS PUZEY

JOHN PEEL

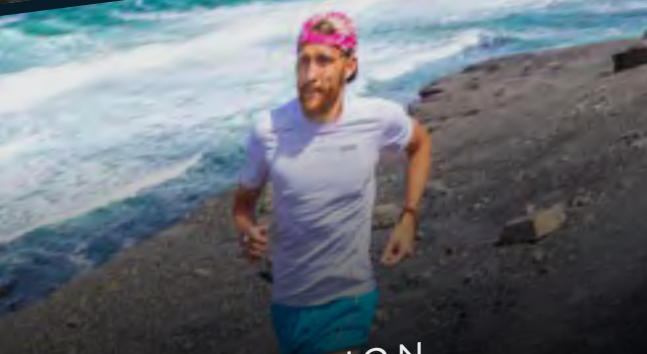
HANNAH EDEN

REGAN PEARCE

EVAN DOLLARD

ASHLEY DAVIS

ANG TSHERING LAMA



JESSE CORBIN

STACIE CLARK

## 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.

## 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.



## 70+ 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 70+ countries across all seven continents.



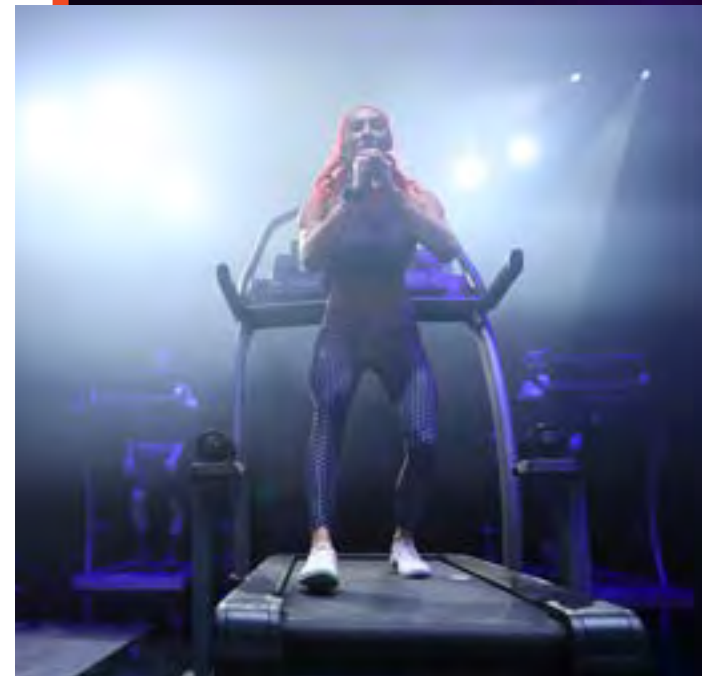
## ICONIC RACES LIVE AND ON-DEMAND

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 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 EVENTS WITH A GLOBAL COMMUNITY

Exercisers can work out with top iFIT trainers and millions of iFIT users in real-time with Live Events. 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.



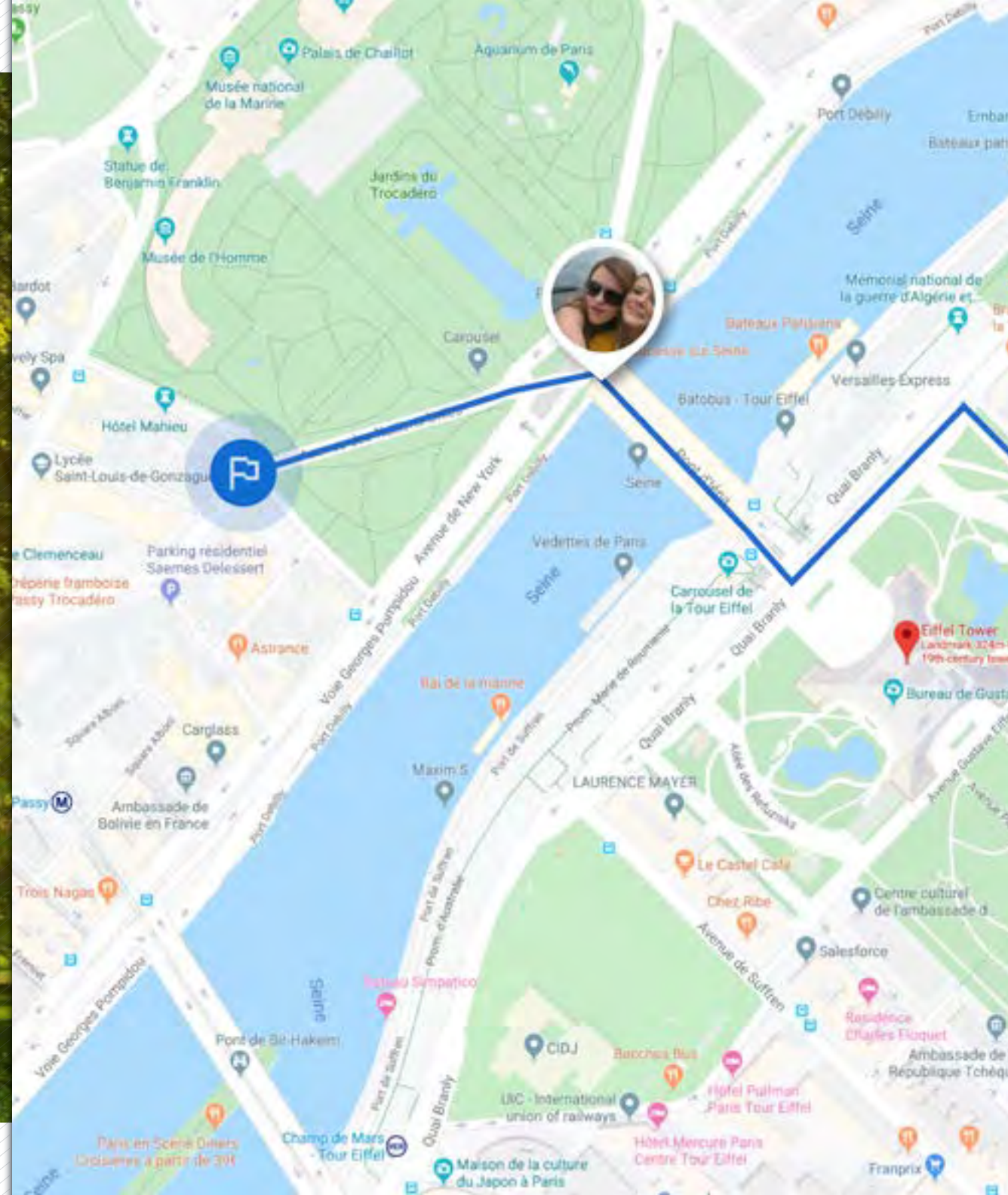
MOTIVATING

LIVE EVENTS

## 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.

EIFFEL TOWER - PARIS, FRANCE



GO FURTHER WITH  
**GOOGLE MAPS™**

# iFIT MIND

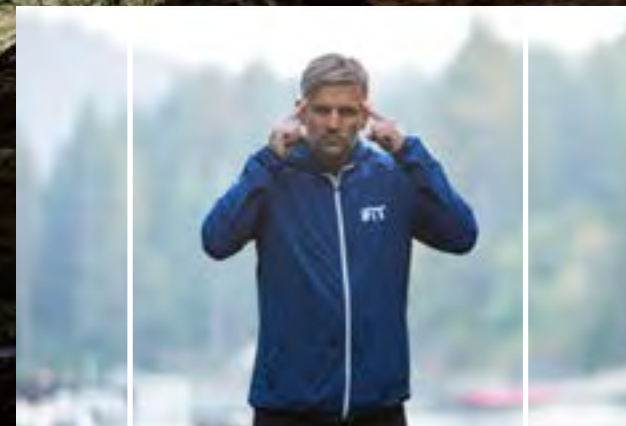


## MAKING MEANINGFUL CHANGES WITH iFIT MIND

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**





## MAXIMIZING THE FITNESS 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.



### **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.

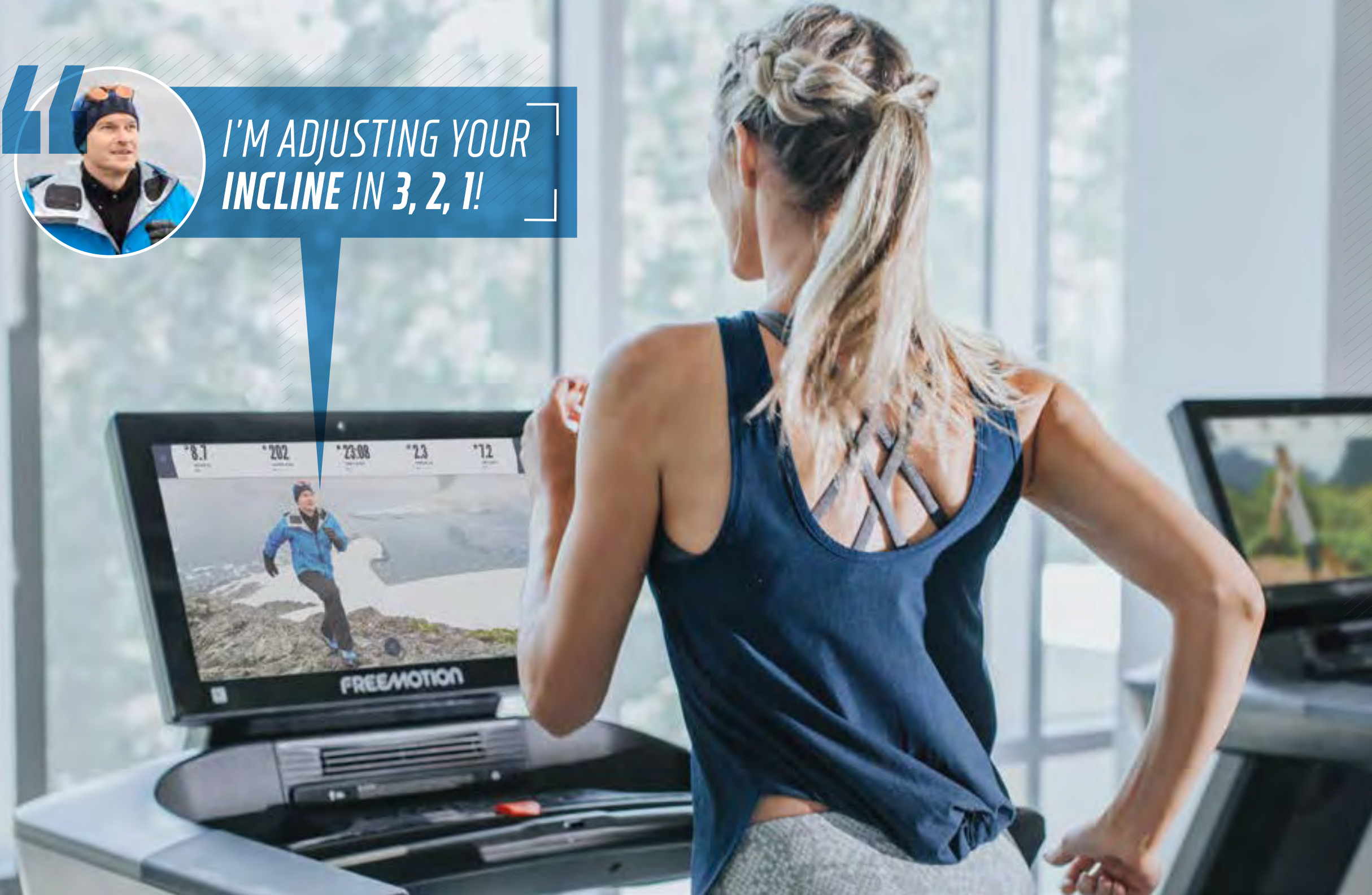


### **iFIT MILESTONES\***

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

Users can enjoy their favorite iFIT workouts in multiple languages.

### CLOSED CAPTIONING

iFIT provides interactive experiences that are also inclusive and accessible to everyone with closed captioning.



# 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 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.





## 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 (55 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**

## 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***

# ***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.



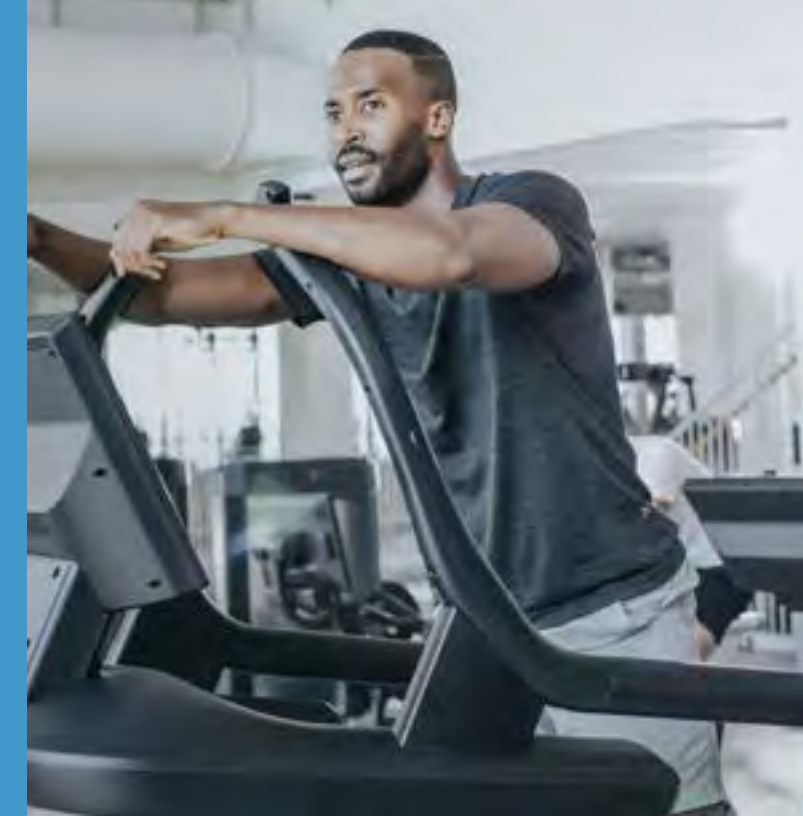
### USERS BURN MORE CALORIES

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 #FMTK74819



## 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

# SMARTSERIES™

ENABLED BY iFIT®

## i10.9b INCLINE TRAINER

FMTK74222M1 | FMTK74222K2

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 105](#).

### 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.

+30%



-3%

# 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.

\*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.

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



**REFLEX™ CUSHIONING**



## 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)

### 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.

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

# t10.9b REFLEX™ TREADMILL



# SMARTSERIES™

ENABLED BY iFIT®

## i10.9b REFLEX™ TREADMILL

FMTL70722M1 | FMTL70722K2

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 105](#).

### 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.



# t8.9b TREADMILL



## iFIT® SYNC

Users sync their smart device to the machine to create an interactive workout experience. With over 17,000+ workouts, iFIT® Sync creates a hands-off solution where the machine's incline and speed is controlled by the on-screen workout and iFIT® trainer.

## 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.

## t8.9b TREADMILL

#VMTL29822M1 || #VMTL29822K2

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.



# 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

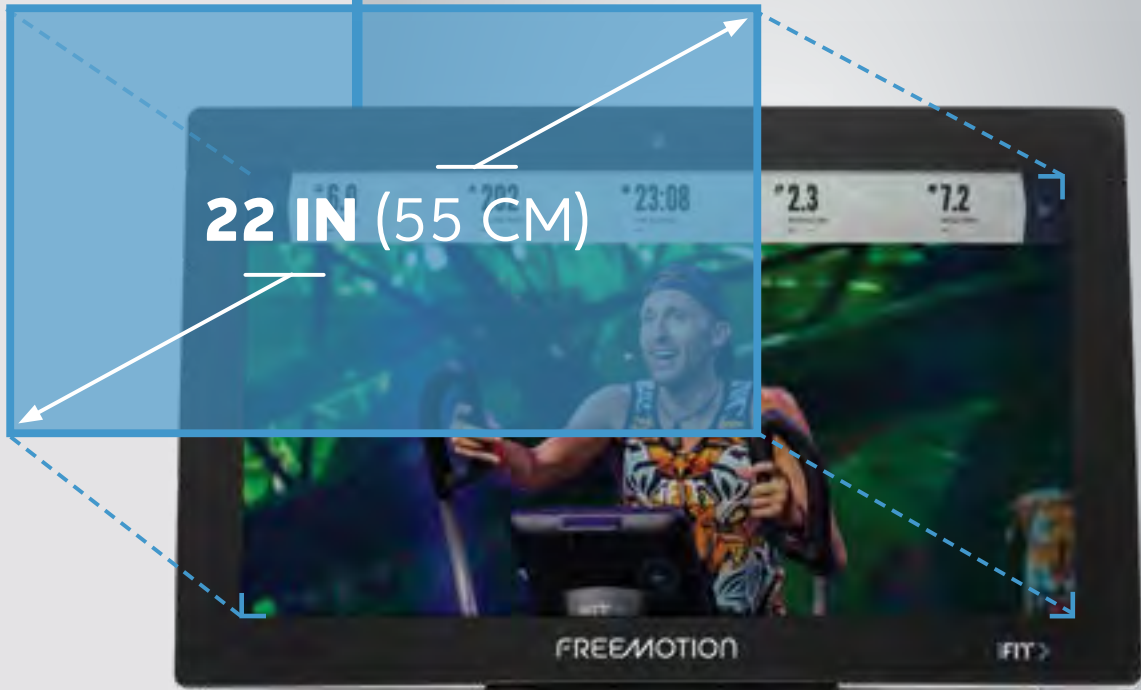
The Freemotion line of Ellipticals combines total-body training with smooth-flowing motions. Exercisers can cross-train to their fitness goals with a low-impact, joint-friendly workout.





## e22.9 ELLIPTICAL

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

#FMEL84422

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 105](#).

# 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, pace and heart rate means users are always in sync with their bodies and workouts.



# 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 incline, decline and/or resistance to match the on-screen terrain of on-demand workouts filmed in the world's most breathtaking destinations.



b22.7 COACHBIKE #FMEX84821

# 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.



### 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 on-demand rides filmed around the world, and auto-adjusting technology that delivers an immersive cardio experience.



### 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.

### 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

#FMEX82522

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 on-demand iFIT rides filmed on location around the world, as the bike matches the increased or decreased resistance.

### OPTIONAL UPGRADES\*

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

\*For more information, visit [Page 105](#).

# 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.



# UPRIGHT BIKES

## POISED TO DELIVER REAL RESULTS

### INSPIRED RIDES

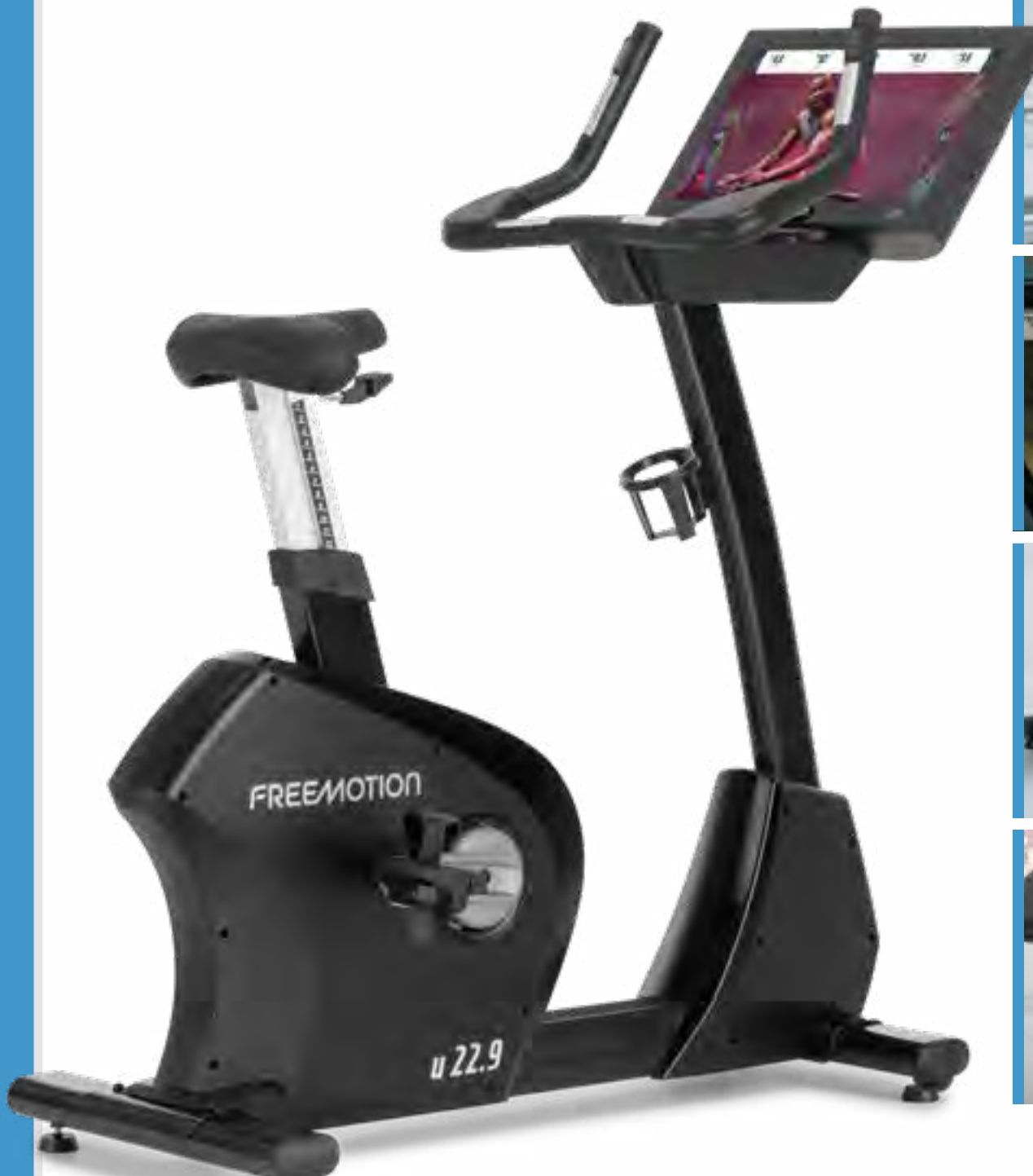
Offer exercisers an effective, motivating, low-impact cardio workout with the Freemotion line of Upright Bikes as they cycle the world's most breathtaking locations without leaving your facility.

### 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

#FMEX82422

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 105](#).

# 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.

### 24 LEVELS OF DIGITAL RESISTANCE

To burn more calories, crank up the intensity. To improve muscle tone, choose one of the 24 resistance levels.

# 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 Receiver 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

#FMTV74222M1-16 | #FMTV74222K2-16

### REFLEX™ TREADMILLS

#FMTV70722M1-16 | #FMTV70722K2-16

### e10.9b ELLIPTICAL

#FMTV84422M1-16 | #FMTV84422K2-16

### r10.9b RECUMBENT BIKE

#FMTV82522M1-16 | #FMTV82522K2-16

### u10.9b UPRIGHT BIKE

#FMTV82422M1-16 | #FMTV82422K2-16

\*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™

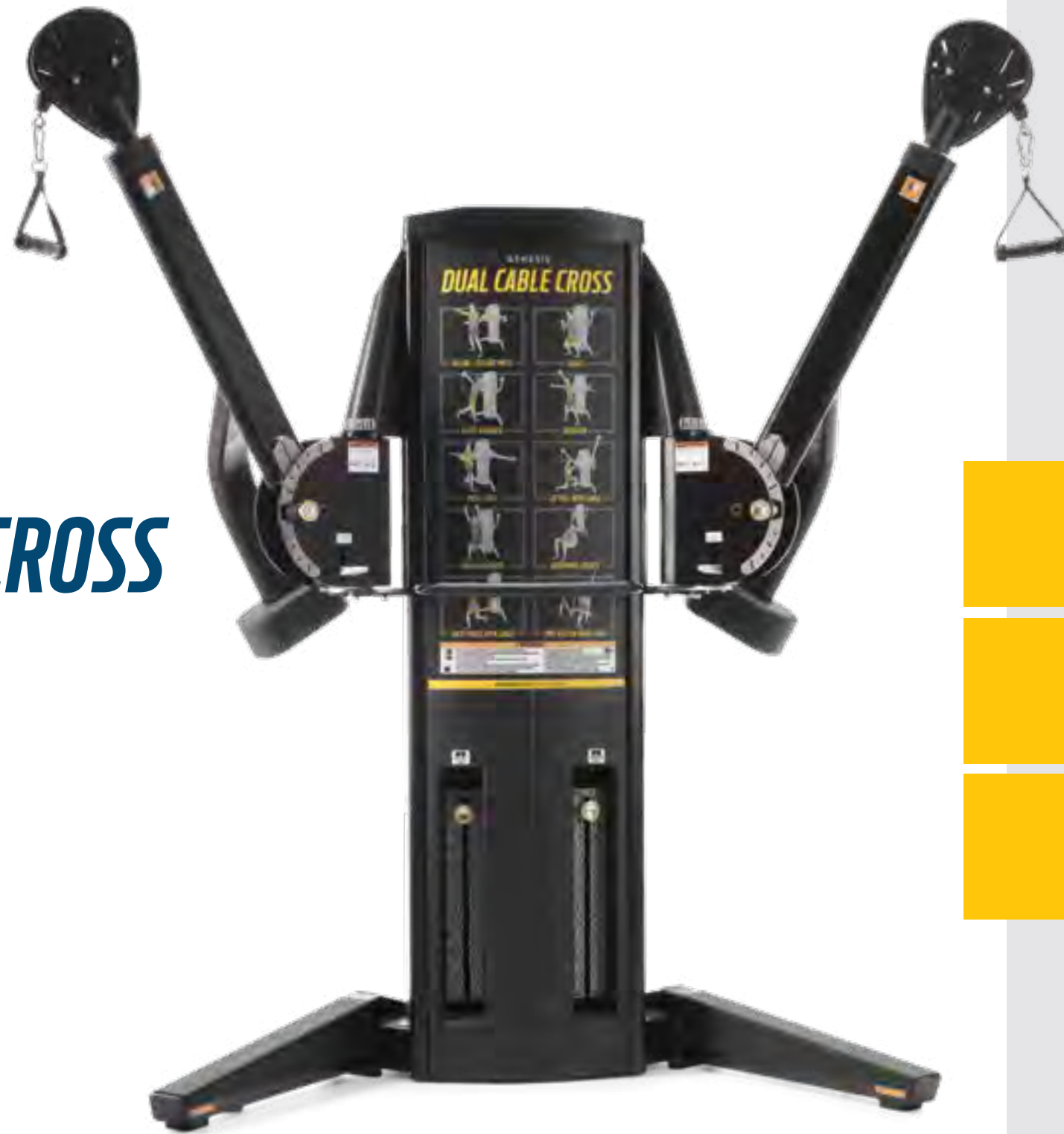
## FREEDOM OF MOVEMENT

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.



# DUAL CABLE CROSS

#G624



## THE MACHINE WITH ITS OWN FANBASE!

Offering a large variety of functional exercise options with the simple and unique ability to precisely position angles with just one hand, the GENESIS Dual Cable Cross can simulate a multitude of movements from life and sport. Each arm rotates vertically and horizontally, independently of one another.

### FREEDOM TO MOVE

The swivel pulley design combined with the extensive cable travel allows users a wide, fluid range of motion.

### FINE-TUNE RANGE OF MOTION

Arms adjust both vertically and horizontally with just a single hand. This ability to precisely position the handles allows users of all fitness levels to mimic nearly any movement in life or sport.

### MOVEMENT VARIETY

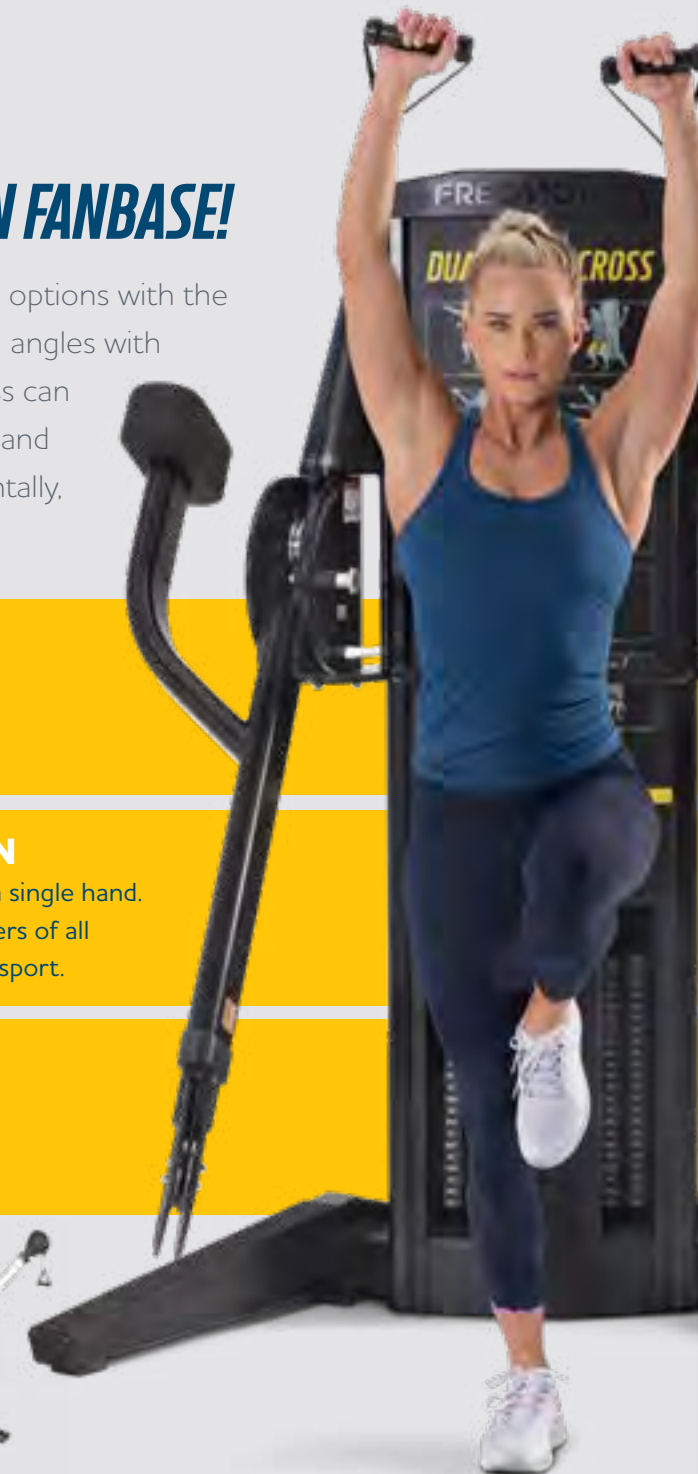
Handles move independently of each other for single and alternating exercises.



FLAT BLACK

PLATINUM SPARKLE

WHITE RIVER



## ACCESSIBILITY

### ARM ADJUSTMENTS

Exercisers can personalize their workout by adjusting the machine's arms both horizontally and vertically

### TACTILE ADJUSTMENT MARKINGS

While adjusting the machine, users easily find the exact position they want through the use of touch.

### DESIGNED FOR USERS OF ALL LEVELS

Every detail of this machine has been thoughtfully designed to deliver a personalized strength workout.



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



**DUAL CABLE CROSS  
ACCESSORY HOLDER**  
G24AH

# 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



### 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



### FLAT/INCLINE LADDER BENCH #FMDY509062

The EPIC Flat/Incline Ladder Bench can fit everyone in your facility. The backrest tilts from 0 to 80 degrees, and the seat adjusts from 0 to 20 degrees. The front handle and transport wheels provide easy portability.

- » Durable Seat and Backrest
- » Precise Seat Adjustments
- » Easy Portability



### 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



### 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



### 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



### 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



### 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 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*



### 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*

# ***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.





## 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-optic 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-optic 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-optic 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-optic 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



## **SQUAT RACK #EF212**

Multiple bar racks are placed at an extended width, so wide handle positions are easy to perform on the EPIC 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.

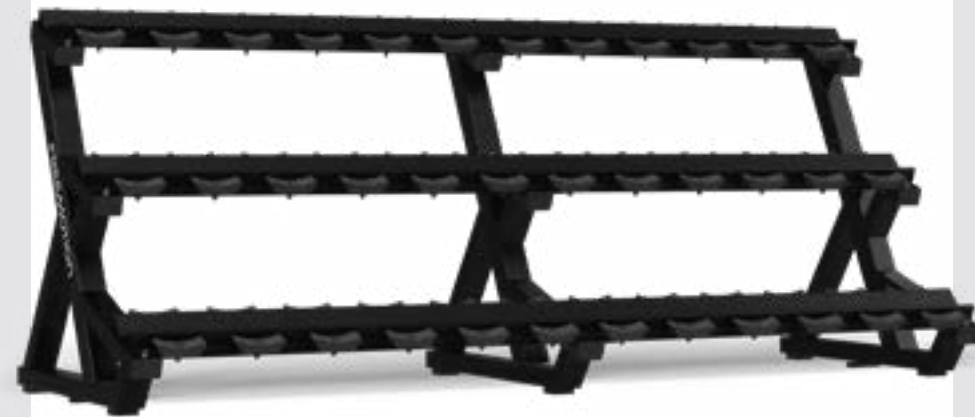
- » Holds 24 Hex-Shaped Dumbbells
- » Flat Shelf For Versatile Positioning
- » Industrial Construction



## 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

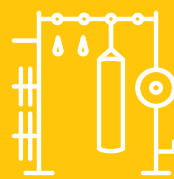


# ***FITRIG™***

## **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 162**.



## 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. (Product shown with recommended attachments and Suspension Trainer - sold separately.)

## 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



## 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. (Product shown with recommended attachments - sold separately.)

## 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
- » 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
- » Landmine, Double Knuckle

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 162**.

## 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. (Product shown with recommended attachments - sold separately.)

## OTHER ATTACHMENT OPTIONS

- » Plate Storage Tray, Mobile, 4 ft / 1.2m
- » Ball Storage Tray, 6 ft / 1.8m
- » Dumbbell Storage Tray, 6 ft / 1.8m
- » Kettlebell Storage Tray, 6 ft / 1.8m
- » 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

## 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



## 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. (Product shown with recommended attachments and Suspension Trainer - sold separately.)

## 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

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 162**.

## 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



### 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. (Product shown with recommended attachments and Suspension Trainer – sold separately.)

## 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

## 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. (Product shown with recommended attachments and Suspension Trainer – sold separately.)

## 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 162**.

## 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



## 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. (Product shown with recommended attachments - sold separately.)



## 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. (Product shown with recommended attachments and Suspension Trainer - sold separately.)

## 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

For More Information on FitRig™ Attachments (Sold Separately), Refer to **Page 162**.

## 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



## 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. (Product shown with recommended attachments - sold separately.)

## 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

## 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



## 14 FT / 4.2 M PREMIUM 4.5 RIG #FMDY14XRG

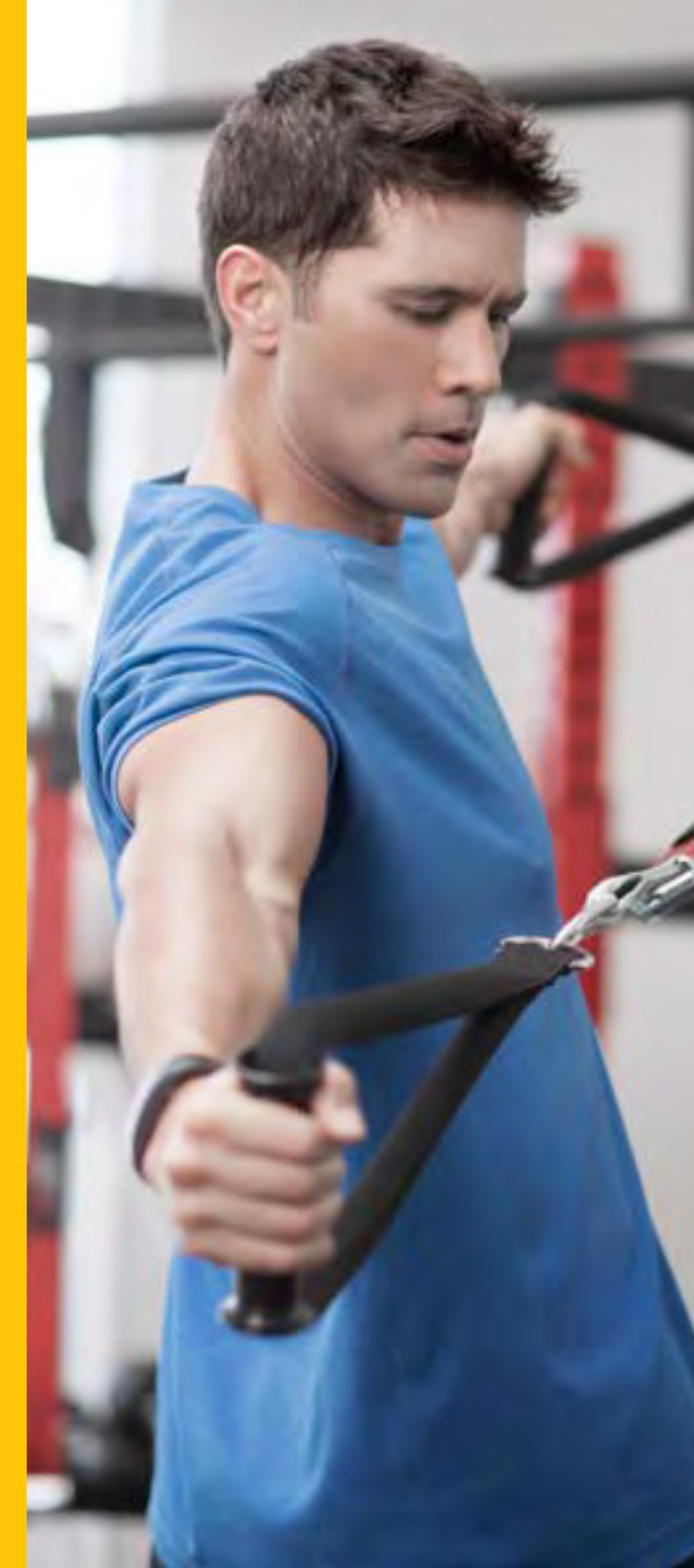
### TRAIN UP TO 14 PEOPLE

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. (Product shown with recommended attachments and Suspension Trainer - sold separately.)

## 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 162**.



## FITRIG™ ATTACHMENTS

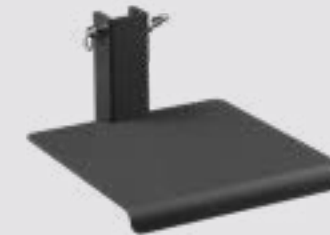
Whether you want to outfit a new facility, or just upgrade your existing space, Freemotion offers an array of innovative accessories and attachments\* for the FitRig™. From J-cups and safety catches for lifting and pegs for plate storage to dip bars, plyo steps and more, the options are near-endless 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 240](#) 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 / 10.16 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**

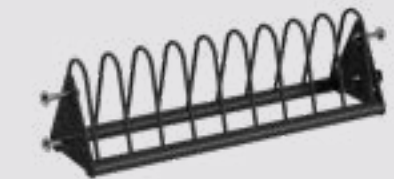
Band Anchor Uprights are used to anchor resistance bands and strengthen the back, shoulders and biceps.



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.



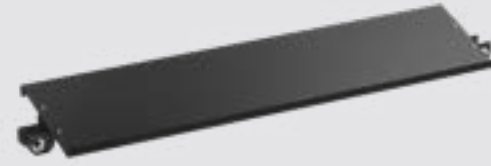
FMFR88320

**MULTIPURPOSE FLAT SHELF (4 FT / 1.2 M)**

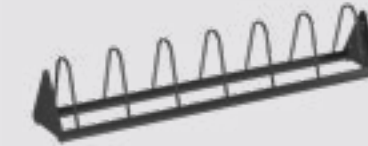
The Multipurpose Flat Shelf (4 ft / 1.2 m) stores your FitRig™ accessories and exercise equipment.



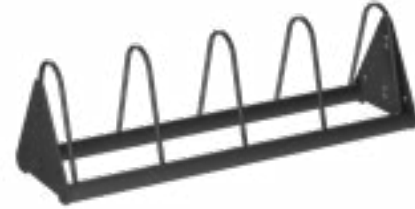
**FMFR88520**  
**STABILITY BALL STORAGE TRAY**  
 (4 FT / 1.2 M)  
 The Stability Ball Storage Tray (4 ft / 1.2 m) is a compact solution that stores and secures stability balls.



**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.



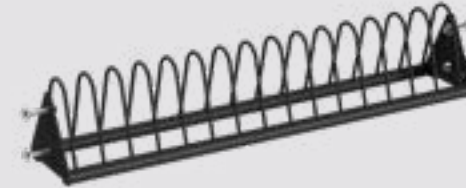
**FMFR85820**  
**KETTLEBELL STORAGE TRAY**  
 (6 FT / 1.8 M)  
 The Freemotion FitRig™ Kettlebell Storage Tray (6 ft / 1.8 m) is attached to your FitRig™ and securely stores kettlebells.



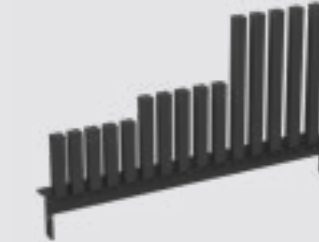
**FMFR89020**  
**MULTIPURPOSE STORAGE BAR**  
 (6 FT / 1.8 M)  
 The Multipurpose Storage Bar (6 ft / 1.8 m) is bigger to store and secure straps, resistance bands and other FitRig™ accessories.



**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.



**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.

# ***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.

- » *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 Pec 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 Biceps 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.

- » *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.

- » *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 the forearms and rotating, cylindrical pad to isolate 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
- » Left and Right Leg Adjustment Bar
- » 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 Back
- » 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***

### ***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 FitRig™ Team Training.



## ***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.

***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

**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 Academy exists to equip your facility with the skills, knowledge and mindsets needed to deliver exceptional experiences.





## BENEFITS OF FREEMOTION EDUCATION

The Freemotion Education Academy 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 INCLINE TEAM TRAINING COURSE

is a powerful cardio experience that is highly effective in a group setting. Consisting of five to 15 participants, each participant utilizes an Incline Trainer for the entirety of the workout. The trainer's role is to personalize the experience for exercisers of all fitness levels and abilities by motivating, connecting and energizing the group. This results in a challenging, engaging and results-focused cardio workout.



### THE FREEMOTION 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 with 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  
FMTK74222M1 | FMTK74222K2



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



i10.9b INCLINE TRAINER  
FMTK74222M1 | FMTK74222K2



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)	Flat Black (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

FREEMOTION CARDIO



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



t10.9b REFLEX™ Treadmill  
FMTL70722M1 | FMTL70722K2



t8.9b Treadmill 8 SERIES  
VMTL29822M1 | VMTL29822K2



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



t10.9b REFLEX™ TREADMILL  
FMTL70722M1 | FMTL70722K2



t8.9b TREADMILL  
VMTL29822 | VMTL29822-INT

## IFIT EXPERIENCE

<b>iFIT Workouts</b>	Powered	Enabled	Enabled
<b>Global Workouts</b>	Yes	Yes	Yes
<b>Studio Workouts</b>	Yes	Yes	Yes
<b>Google Maps</b>	Enabled	N/A	N/A
<b>Number of Programs</b>	Ever-growing library of iFIT, coach-led workouts.	43	26
<b>Content Languages</b>	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

<b>Display Type</b>	22 in / 55 cm High-Definition Capacitive Touchscreen	Simplified User Interface	Simplified User Interface
<b>Controls</b>	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
<b>Workout Metrics</b>	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.
<b>Optional Upgrades</b>	N/A	N/A	N/A
<b>Console Language(s)</b>	English	English, French-Canadian	English, French-Canadian

## CONNECTIVITY

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

## PRODUCT FEATURES

<b>Workout Fan</b>	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
<b>Heart Rate Monitoring</b>	Dual EKG Pulse Sensors, ANT+ and Polar Compatible	EKG Grip Pulse Sensors/ Polar Receiver Included	Dual Grip Pulse Sensors, Polar Wireless Receiver
<b>Deck</b>	2-Sided REFLEX™ Deck	2-Sided REFLEX™ Deck	Cushioned 2-Sided Deck
<b>Belt</b>	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
<b>Drive Motor</b>	AC 5.0 CHP Commercial Drive Motor	5.0 HP AC Commercial Drive Motor	4.0 HP AC Commercial Drive Motor
<b>Elevation System</b>	0% to +15% incline	0% to +15% incline	0% to +15% incline

## PRODUCT SPECIFICATIONS

<b>Maximum User Weight</b>	400 lb / 181 kg	400 lb / 181 kg	400 lb / 182 kgs
<b>Step-up Height</b>	12 in / 30.5 cm	12.2 in / 31.1 cm	6.7 in / 17 cm
<b>Running Surface</b>	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
<b>Speed Range</b>	0-15 mph / 0-24 km/h	0-12 mph / 0-20 km/h	0-12 mph / 0-19 km/h
<b>Standard Color</b>	Flat Black (Custom colors available upon request)	Flat Black (Custom colors available upon request)	(Flat Black is standard color)
<b>TV Tuner</b>	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
<b>Certifications</b>	cTUVus, FCC/IC, BQB	cTUVus, FCC/IC, BQB	cTUVus, FCC/IC, BQB

## DIMENSIONS & WEIGHT

<b>Product Dimensions</b> 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
<b>Product Weight</b>	619 lb / 280.8 kg	487 lb / 220.8 kg	358.7 lb / 162.7 kg

## POWER REQUIREMENTS

<b>U.S. &amp; Canada</b>	110-120 VAC, 20 Amp, Dedicated Circuit	110-120 VAC, 20 Amp, Dedicated Circuit	120 VAC, 20 Amp
<b>International</b>	220-240 VAC, 15 Amp, Dedicated Circuit	220-240 VAC, 15 Amp, Dedicated Circuit	220-230 VAC, 10 Amp

## WARRANTY

<b>Worldwide</b>	Frame, Drive Motor (7 Years) - Parts (2 Years) - Labor (1 Year)		
------------------	---	--	--

# ELLIPTICALS

FREEMOTION CARDIO



e22.9 Elliptical  
FMEL84420 | FMEL84420-INT



e10.9b Total Body Elliptical  
FMEL84422



e22.9 TOTAL BODY ELLIPTICAL  
FMEL84420 | FMEL84420-INT



e10.9b TOTAL BODY ELLIPTICAL  
FMEL84422



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.	24
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 HD Capacitive Touchscreen	Simplified User Interface
Controls	Touchscreen, On-handle Digital Controls	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
Additional Options	Quick-start Manual Mode	N/A
Console Language(s)	English	English, French-Canadian
CONNECTIVITY		
Internet Connection	Dedicated Ethernet - Cat 6	N/A
WiFi Connection	2.4 / 5 GHz (Dedicated Ethernet Strongly Recommended)	2.4 / 5 GHz
Other Connections	HDMI & COAX	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
Resistance System	400 Watt EMS Brake Resistance System	400 Watt self-generator resistance system
Grips	Soft touch upper body grips	Soft touch upper body grips
Accessory Holder(s)	Water Bottle Holder, Secure Phone Holder	Water bottle holder
Gear Ratio	8.85:1	8.85:1
Heart Rate Monitoring	Dual EKG Pulse Sensors, ANT+ and Polar Compatible	Dual-Grip Pulse Sensors, Polar® Wireless Receiver
PRODUCT SPECIFICATIONS		
Maximum User Weight	400 lb / 181 kg	400 lb / 182 kg
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
Crank & Axle	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
Resistance Levels	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
Certifications	cTUVus, FCC/IC, BQB	FCC, 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
Product Weight	279.4 lbs / 126.7 kg	286.4 lb / 130.2 kg
POWER REQUIREMENTS		
U.S. & Canada	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
WARRANTY		
Worldwide	Frame, Drive Motor (7 Years) - Parts (2 Years) - Labor (1 Year)	

# INDOOR BIKE



b22.7 CoachBike™  
FMEX84821



b22.7 COACHBIKE™  
FMEX84821

## 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 with Gas Assist
Frame	Heavy Duty, Powder-Coated Steel Construction
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	217 lb / 98.4 kg

## POWER REQUIREMENTS

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

## WARRANTY

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

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



# RECUMBENT BIKE

FREEMOTION CARDIO



r22.9 Recumbent Bike  
FMEX82520 | FMEX82520-INT



r10.9b Recumbent Bike  
FMEX82522



r22.9 RECUMBENT BIKE  
FMEX82520 | FMEX82520-INT



r10.9b RECUMBENT BIKE  
FMEX82522



## iFIT EXPERIENCE

iFIT Workouts	Powered	Enabled
Global Workouts	Yes	Yes
Studio Workouts	Yes	Yes
Google Maps	Enabled	Enabled
Number of Programs	Ever-growing library of iFIT, coach-led workouts.	24
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 HD Capacitive Touchscreen	Simplified User Interface
Resistance Levels	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
iFIT Enabled	Yes	Yes
Console Language(s)	English	English, French-Canadian

## CONSOLE LANGUAGE(S)

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

## PRODUCT FEATURES

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

## PRODUCT SPECIFICATIONS

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

## 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
Product Weight	221.5 lb / 100.4 kg	204.6 lb / 93 kg

## POWER REQUIREMENTS

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

## WARRANTY

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

# UPRIGHT BIKE

FREEMOTION CARDIO



u22.9 Upright Bike  
FME82420 | FME82420-INT



u10.9b Upright Bike  
FME82422



u22.9 UPRIGHT BIKE  
FME82420 | FME82420-INT



u10.9b UPRIGHT BIKE  
FME82422

## iFIT EXPERIENCE

iFIT Workouts	Powered	Enabled
Global Workouts	Yes	Yes
Studio Workouts	Yes	Yes
Google Maps	Enabled	Enabled
Number of Programs	Ever-growing library of iFIT, coach-led workouts.	24
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 HD Capacitive Touchscreen	Simplified User Interface
Resistance Levels	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
iFIT Enabled	Yes	Yes
Console Language(s)	English	English, French-Canadian

## CONSOLE LANGUAGE(S)

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

## PRODUCT FEATURES

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

## PRODUCT SPECIFICATIONS

Maximum User Weight	400 lb / 181 kg	400 lb / 182 kg
Crank & Axle	3-Piece Crank	3-Piece Crank
Seat	Overmolded Quick Adjust Seat	Overmolded Quick Adjust Seat
Pedals	Oversized, Adjustable Pedals	Oversized, Self-leveling Pedals
TV Tuner	"US & Canada: NTSC/ATSC, QAM, Pro Idiom, Set-Top Box Ready	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

## 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
Product Weight	176.4 lb / 80 kg	167.6 lb / 76.2 kg

## POWER REQUIREMENTS

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

## WARRANTY

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



# 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**



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**



Dual Cable Cross  
Accessory Holder  
**G624AH**



Multi-Plane Chest  
**G600**



Multi-Plane Shoulder  
**G601**



Biceps  
**G602**



Triceps  
**G603**



Row  
**G604**



Multi-Plane Calf  
**G607**

## PRODUCT SPECIFICATIONS

<b>Weight Stack</b>	200 lb / 90 kg	150 lb / 68 kg	150 lb / 68 kg	150 lb / 68 kg	200 lb / 90 kg	200 lb / 90 kg
<b>Weight Stack Configuration</b>	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
<b>Resistance</b>	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
<b>Pulleys</b>	Swivel pulleys	Swivel pulleys	Swivel pulleys	Swivel pulleys	Swivel pulleys	Advanced internal pulley system
<b>Cable Travel</b>	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
<b>Instructional Placards</b>	Yes	Yes	Yes	Yes	Yes	Yes
<b>Standard Frame Color</b>	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
<b>Standard Upholstery Color</b>	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
<b>Certifications</b>	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE

## DIMENSIONS & WEIGHT

<b>Product Dimensions L x W x H</b>	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
<b>Product Weight</b>	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

<b>Inclusive Use</b>	YES	YES	N/A	N/A	N/A	N/A
----------------------	-----	-----	-----	-----	-----	-----

## WORLDWIDE WARRANTY

<b>Frame</b>	10 Years
<b>Parts</b>	3 Years
<b>Cables &amp; Labor</b>	1 Year
<b>Cosmetic &amp; Wear Items</b>	6 Months
<b>Upholstery &amp; Padding</b>	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**

<b>Weight Stack</b>	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
<b>Weight Stack Configuration</b>	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
<b>Resistance</b>	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.
<b>Pulleys</b>	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
<b>Cable Travel</b>	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
<b>Instructional Placards</b>	Yes	Yes	Yes	Yes	Yes	N/A	Yes	Yes	Yes	Yes	Yes	Yes
<b>Standard Frame Color</b>	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
<b>Standard Upholstery Color</b>	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
<b>Certifications</b>	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**

<b>Product Dimensions L x W x H</b>	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
<b>Product Weight</b>	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**

<b>Inclusive Use</b>	N/A	YES	YES	N/A	N/A	YES	YES	YES	N/A	N/A	YES	YES
----------------------	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

**WORLDWIDE WARRANTY**

**WORLDWIDE WARRANTY**

<b>Frame</b>	10 Years	10 Years
<b>Parts</b>	3 Years	3 Years
<b>Cables &amp; Labor</b>	1 Year	1 Year
<b>Cosmetic &amp; Wear Items</b>	6 Months	6 Months
<b>Upholstery &amp; Padding</b>	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

<b>Weight Stack</b>	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
<b>Weight Stack Configuration</b>	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
<b>Resistance</b>	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
<b>Pulleys</b>	Aluminum swivel pulleys	Aluminum swivel pulleys	Aluminum swivel pulleys	Aluminum swivel pulleys	Aluminum swivel pulleys	Aluminum swivel pulleys
<b>Cable Travel</b>	72 in / 182.8 cm per arm	72 in / 182.8 cm per arm	72 in / 182.8 cm per arm	72 in / 182.8 cm per arm	72 in / 182.8 cm per arm	72 in / 182.8 cm per arm
<b>Instructional Placards</b>	Yes	Yes	Yes	Yes	Yes	Yes
<b>Standard Frame Color</b>	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle
<b>Standard Upholstery Color</b>	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
<b>Certifications</b>	EN957.CE	EN957.CE	EN957.CE	EN957.CE	EN957.CE	EN957.CE

## DIMENSIONS & WEIGHT

<b>Product Dimensions L x W x H</b>	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
<b>Product Weight</b>	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

<b>Inclusive Use</b>	YES	YES	YES	N/A	N/A	N/A
----------------------	-----	-----	-----	-----	-----	-----

## WORLDWIDE WARRANTY

<b>Frame</b>	10 Years
<b>Parts</b>	3 Years
<b>Cables &amp; Labor</b>	1 Year
<b>Cosmetic &amp; Wear Items</b>	6 Months
<b>Upholstery &amp; Padding</b>	120 Days

# FREE WEIGHTS



Flat Bench  
EF201



Flat/Incline Ladder Bench  
FMDY509062



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



Flat/Incline Ladder Bench  
FMDY509062



FID Bench  
FMDY509063



Adjustable Bench  
EF203



Seated Bench  
EF204



Preacher Curl  
EF205

## PRODUCT SPECIFICATIONS

<b>Adjustments</b>	N/A	Back Pad tilts 0 to 80 degrees, Seat Bottom tilts to a 20 degree incline	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
<b>Maximum User Weight</b>	350 lb / 159 kg	400 lb / 181 kg	400 lb / 181 kg	350 lb / 159 kg	350 lb / 159 kg	350 lb / 159 kg
<b>Maximum Total Weight</b>	600 lb / 272.1 kg	900 lb / 408 kg	900 lb / 408 kg	795 lb / 360.6 kg	795 lb / 360.6 kg	550 lb / 249.4 kg
<b>Frame</b>	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
<b>Standard Frame Color</b>	Black River, Platinum Sparkle	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, Platinum Sparkle
<b>Standard Upholstery Color</b>	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
<b>Certifications</b>	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE	EN957, CE

## DIMENSIONS & WEIGHT

<b>Product Dimensions L x W x H</b>	55 x 29 x 17 in 139.7 x 73.6 x 43.18 cm	60.5 x 24.5 x 19.5 in 153.6 x 62.2 x 49.5 cm	64.9 x 24.5 x 18.6 in 164.8 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
<b>Product Weight</b>	57 lb / 25.9 kg	133.9 lb / 60.7 kg	153.9 lb / 69.8 kg	68.5 lbs / 31.1 Kg	80 lb / 36.2 kg	138 lb / 62.5 kg

## WORLDWIDE WARRANTY

<b>Frame</b>	10 Years
<b>Parts</b>	3 Years
<b>Cables &amp; Labor</b>	1 Year
<b>Cosmetic &amp; Wear Items</b>	6 Months
<b>Upholstery &amp; Padding</b>	120 Days

# FREE WEIGHT



Dip Chin-Ab  
EF207



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

<b>Adjustments</b>	N/A	Adjustable leg pads to fit many users Adjustable back-rest - 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	
<b>Maximum User Weight</b>	350 lb / 159 kg	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	350 lb / 159 kg	350 lb / 159 kg	350 lb / 159 kg	400 lb / 181 kg	
<b>Maximum Total Weight</b>	-	-	950 lb / 430.9 kg	-	-	-	-	-	-	-	-	-	
<b>Frame</b>	Heavy duty, 11-gauge steel construction	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	
<b>Standard Frame Color</b>	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, Flat Black, Platinum Sparkle, White River	
<b>Standard Upholstery Color</b>	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	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	
<b>Certifications</b>	EN957, CE	EN957, CE	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

<b>Product Dimensions</b> L x W x H	47 x 48 x 93 in 119.3 x 121.9 x 236.2 cm	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
<b>Product Weight</b>	268.9 lb / 122 kg	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

<b>Frame</b>	10 Years	10 Years
<b>Parts</b>	3 Years	3 Years
<b>Cables &amp; Labor</b>	1 Year	1 Year
<b>Cosmetic &amp; Wear Items</b>	6 Months	6 Months
<b>Upholstery &amp; Padding</b>	120 Days	120 Days

# RACKS

FREEMOTION STRENGTH



Pro Half Rack  
FMDY704003



Pro Power Rack  
FMDY704004



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



Barbell Rack  
EF210



Weight Plate &  
Bar Storage  
EF219



Pro Half Rack  
FMDY704003



Pro Power Rack  
FMDY704004



Squat Rack  
EF212

## PRODUCT SPECIFICATIONS

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

## DIMENSIONS & WEIGHT

<b>Product Dimensions</b> L x W x H	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
<b>Product Weight</b>	415 lb / 188.2 kg	560 lb / 254 kg	415 lb / 188.2 kg

## WORLDWIDE WARRANTY

<b>Frame</b>	10 Years
<b>Parts</b>	3 Years
<b>Cables &amp; Labor</b>	1 Year
<b>Cosmetic &amp; Wear Items</b>	6 Months
<b>Upholstery &amp; Padding</b>	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

## PRODUCT SPECIFICATIONS

<b>Adjustments</b>	N/A	N/A	N/A	N/A	N/A	N/A	N/A
<b>Frame</b>	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
<b>Standard Frame Color</b>	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

## DIMENSIONS & WEIGHT

<b>Product Dimensions</b> 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
<b>Product Weight</b>	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

## WORLDWIDE WARRANTY

<b>Frame</b>	10 Years
<b>Parts</b>	3 Years
<b>Cables &amp; Labor</b>	1 Year
<b>Cosmetic &amp; Wear Items</b>	6 Months
<b>Upholstery &amp; Padding</b>	120 Days

## PRODUCT SPECIFICATIONS

<b>Adjustments</b>	N/A
<b>Frame</b>	Heavy duty, 11-gauge steel construction
<b>Standard Frame Color</b>	Black River, Platinum Sparkle

## DIMENSIONS & WEIGHT

<b>Product Dimensions</b> L x W x H	32 x 30 x 52 in 81.2 x 76.2 x 132 cm
<b>Product Weight</b>	151 lb / 68.4 kg

## WORLDWIDE WARRANTY

<b>Frame</b>	10 Years
<b>Parts</b>	3 Years
<b>Cables &amp; Labor</b>	1 Year
<b>Cosmetic &amp; Wear Items</b>	6 Months
<b>Upholstery &amp; Padding</b>	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**



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**



10 ft / 3 m  
Standard Rig  
**FMDY10W6D**



14 ft / 4.2 m  
Standard Rig  
**FMDY14W6D**

## PRODUCT SPECIFICATIONS

<b>Frame</b>	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
<b>Accessory Upgrade</b>	Yes	Yes	Yes	Yes	Yes
<b>Standard Frame Color</b>	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

## RECOMMENDED ATTACHMENTS

<b>Recommended Attachments</b>	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-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
--------------------------------	---	--	---	--	--

## DIMENSIONS & WORKOUT AREA

<b>Product Dimensions</b> 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 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
<b>Maximum Workout Area</b>	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	34 x 9 ft / 10.3 x 2.7 m	16 x 25 ft / 4.8 x 7.6 m

## WORLDWIDE WARRANTY

<b>Frame</b>	10 Years
<b>Parts</b>	3 Years
<b>Cables &amp; Labor</b>	1 Year
<b>Cosmetic &amp; Wear Items</b>	6 Months
<b>Upholstery &amp; Padding</b>	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**

<b>Frame</b>	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
<b>Accessory Upgrade</b>	Yes	Yes	Yes	Yes	Yes
<b>Standard Frame Color</b>	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

**PRODUCT SPECIFICATIONS**

<b>Recommended Attachments</b>	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
--------------------------------	--	---	--	---	---

**DIMENSIONS & WORKOUT AREA**

<b>Product Dimensions</b> 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
<b>Maximum Workout Area</b>	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**

<b>Frame</b>	10 Years
<b>Parts</b>	3 Years
<b>Cables &amp; Labor</b>	1 Year
<b>Cosmetic &amp; Wear Items</b>	6 Months
<b>Upholstery &amp; Padding</b>	120 Days





# ATTACHMENTS

## FITRIG / RACKS

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

Cantilever Arm w/ Shackle & Threaded Connecting Link	FMFR86920
Chin Up Bar	FMFR87020
Band Anchor Uprights	FMFR87220
Landmine - Double Knuckle	FMFR87620
Plate Storage Peg - Take Off	FMFR87820
Pull Up Ball - Fixed (3 in / 7.6 cm)	FMFR88020
Pull Up Ball - Fixed (4 in / 10.2 cm)	FMFR88120
Multipurpose Flat Shelf (6 ft / 1.8 m)	FMFR88220
Multipurpose Flat Shelf (4 ft / 1.2 m)	FMFR88320
Stability Ball Storage Tray (6 ft / 1.8 m)	FMFR88420
Stability Ball Storage Tray (4 ft / 1.2 m)	FMFR88520
Bar/Handle Accessory Storage Bracket	FMFR88620
Half Ball Balance Trainer Tray (6 ft / 1.8 m)	FMFR88820
Half Ball Balance Trainer Tray (4 ft / 1.2 m)	FMFR88920
Multipurpose Storage Bar (6 ft / 1.8 m)	FMFR89020
Multipurpose Storage Bar (4 ft / 1.2 m)	FMFR89120
Vertical Dumbbell Storage Tray (6 ft / 1.8 m)	FMFR89220
Vertical Dumbbell Storage Tray (4 ft / 1.2 m)	FMFR89320

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	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
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	✓*
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	✓*
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	✓*
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	✓*
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	✓*
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	✓*
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	✓*
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	✓*

# 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

<b>Weight Stack</b>	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
<b>Weight Stack Configuration</b>	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
<b>Resistance</b>	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
<b>Instructional Placards</b>	Yes	Yes	Yes	Yes	Yes	Yes
<b>Standard Frame Color</b>	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle	Black River, Platinum Sparkle
<b>Standard Upholstery Color</b>	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
<b>Certifications</b>	CE	CE	CE	CE	CE	CE

## DIMENSIONS & WEIGHT

<b>Product Dimensions L x W x H</b>	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
<b>Product Weight</b>	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

<b>Frame</b>	10 Years
<b>Parts</b>	3 Years
<b>Cables &amp; Labor</b>	1 Year
<b>Cosmetic &amp; Wear Items</b>	6 Months
<b>Upholstery &amp; Padding</b>	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**

<b>Weight Stack</b>	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
<b>Weight Stack Configuration</b>	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
<b>Resistance</b>	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
<b>Instructional Placards</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Standard Frame Color</b>	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
<b>Standard Upholstery Color</b>	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
<b>Certifications</b>	CE	CE	CE	CE	CE	CE	CE	CE	CE	CE	CE	CE	CE

**DIMENSIONS & WEIGHT**

**DIMENSIONS & WEIGHT**

<b>Product Dimensions</b> 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
<b>Product Weight</b>	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**

<b>Frame</b>	10 Years	10 Years
<b>Parts</b>	3 Years	3 Years
<b>Cables &amp; Labor</b>	1 Year	1 Year
<b>Cosmetic &amp; Wear Items</b>	6 Months	6 Months
<b>Upholstery &amp; Padding</b>	120 Days	120 Days



# **FREEMOTION** *FITNESS.COM/ES*

**EMAIL:** [info@etenonfitness.com](mailto:info@etenonfitness.com)

**FREEMOTION**®