

LINE › FreeMotion  
TYPE › Selectorized

# FREEMOTION CALF



MODEL › F607  
FEATURE › multi-pivot pedals



## FEATURES AND BENEFITS

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

The FreeMotion Calf increases strength for activities such as jumping or running. Targets muscles in the foot and calf to build stabilizer muscle strength to protect ankle joint.

**New! 200 lb. Weight Stack with Advanced Pulleys** › Enclosed weight stack limits access to moving parts for user safety. Generation II offers an advanced pulley system for a smoother workout.

**New! Narrower Footprint** › The FreeMotion Calf Generation II offers a smaller, narrower footprint for a more convenient set-up.

**New! Multi-Pivoting Pedals** › Feet can pivot at the ankle and heel to target specific muscles in the calf, ankle and foot. Generation II is equipped with an advanced pedal system for a more ergonomic workout.

**Independently Moving Foot Pedals** › Foot pedals move independently, allowing for single or dual foot movements.

**Seat Adjustment** › Users simply tilt the seat and slide to the appropriate position for an infinite number of settings along the 16-inch rail.

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

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

## SPECS

› FreeMotion Calf

MODEL F607

<b>Dimensions (LWH)</b>	75" x 36" x 74" (190 cm x 91 cm x 188 cm)
<b>Effective Resistance</b>	1 leg – 200 lbs. (91 kg) 2 legs – 400 lbs. (182 kg)
<b>Weight Stack Configuration</b>	10 – 100 x 10 lbs. (4.5 – 45.5 x 4.5 kg) 120 – 400 x 20 lbs. (54.5 – 182 x 9 kg)
<b>Weight</b>	760 lbs. (346 kg)
<b>Cable Diameter</b>	3/16-inch rated to 2,000 lbs.

## › WARRANTY

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