

LINE › FreeMotion EXT
 TYPE › strength

DUAL CABLE CROSS



MODEL › VFMCS4007
 FEATURE › Swivel Pulleys



FEATURES AND BENEFITS

Straight from the health club, the FreeMotion EXT Dual Cable Cross offers users versatility and durability from the company that innovated selectorized functional strength training equipment.

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

Independently Rotating Arms › Each arm rotates vertically in 12 settings and horizontally in 10 settings to accommodate virtually any movement pattern. Arms are counterbalanced for easy positioning.

Cable Travel › Extensive cable travel allows for full exercise range of motion. Single arm: 86 inches (218 cm). Two arms: 86 inches (218 cm).

Weight Stacks › The weight stacks are enclosed to limit access to moving parts. Each weight stack is independent, allowing two people to work out together.

Industrial Construction › Designed after the commercial FreeMotion Dual Cable Cross, this machine is constructed from 7 and 11 gauge steel tubing and is electrostatically powder-coated.

Ankle Cuff › For lower-body exercises, the included ankle cuff is padded with velcro for comfortable, secure placement.



› US/Metric

L - 60" / 152 cm

W - 34" / 86 cm

H - 84" / 213 cm

Weight - 925 lbs. / 420 kg

› Ankle Cuff Accessory



SPECS

› Dual Cable Cross

MODEL VFMCS4007

Weight Stack Configuration	3 - 70 x 3.3 lbs. (1.5 - 31.5 x 1.5 kg)
Effective Resistance	per arm - 70 lbs. (31.5 kg)
Cable Diameter	3/16-inch rated to 2,000 lbs.
Max. User Weight	350 lbs. / 159 kg
Warranty	lifetime frame, 10 years parts, 1 year cables and labor, 90 days grips and accessories