

LINE › FreeMotion  
 TYPE › selectorized

# ABDOMINAL

MODEL › GZFM6011  
 FEATURE › vertical design  
 › ADA compliant



## FEATURES AND BENEFITS

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

**Independent Arm Movement** › Arm straps move independently for a wide variety of abdominal exercises and single arm movements.

**Vertical Design** › Standing exercises lessen stress on the user's neck and occupies a much smaller footprint.

**ADA Compliant** › Compliant with Americans with Disabilities Act for wheel-chair accessibility.

**Lumbar Support** › Lumbar pad adjusts to various positions to fit a variety of users.

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

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

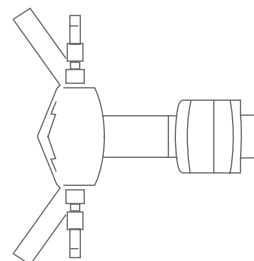
**Kick Plates** › 16-gauge, stainless steel kick plates protect the machine from wear and tear.

## SPECS › Selectorized Abdominal

MODEL GZFM6011

<b>Dimensions (LWH)</b>	34" x 36" x 75" (87 cm x 92 cm x 191 cm)
<b>Effective Resistance</b>	1 arm – 75 lbs. (34 kg) 2 arms – 150 lbs. (68 kg)
<b>Weight Stack Configuration</b>	5 – 50 x 5 lbs. (2.25 – 22.75 x 2.25 kg) 60 – 150 x 10 lbs. (27.25 – 68.25 x 4.5 kg)
<b>Weight</b>	460 lbs. (209 kg)
<b>Cable Diameter</b>	3/16-inch rated to 2,000 lbs.

Top View



### › WARRANTY

10 YEARS: STRUCTURAL FRAME

3 YEARS: BEARINGS, GUIDE RODS, PULLEYS, WEIGHT STACKS

1 YEAR: CABLES

1 YEAR: LABOR

120 DAYS: UPHOLSTERY, HANDLES & ACCESSORIES