

LINE › FreeMotion  
 TYPE › selectorized

# ROW

MODEL › GZFM6004  
 FEATURE › adjustable thigh pads



## FEATURES AND BENEFITS

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

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

**Adjustable Thigh Pads** › Contoured, thigh pads adjust in height and swivel and slide to fit a wide variety of users.

**Seated Position** › Users can sit to perform traditional seated exercises or stand for added intensity.

**Cable Travel** › Extensive cable travel allows for full exercise flexion, single arm: 74 inches (188 cm), two arms: 37 inches (94 cm).

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

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

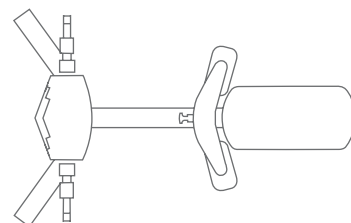
**Kick Plates** › 16-gauge, stainless steel kick plates protect the machine from wear and tear.

## SPECS › Selectorized Row

MODEL GZFM6004

<b>Dimensions (LWH)</b>	56" x 36" x 75" (142 cm x 92 cm x 191 cm)
<b>Effective Resistance</b>	1 arm – 100 lbs. (45.5 kg) 2 arms – 200 lbs. (91 kg)
<b>Weight Stack Configuration</b>	5 – 50 x 5 lbs. (2.25 – 22.75 x 2.25 kg) 60 – 200 x 10 lbs. (27.25 – 91 x 4.5 kg)
<b>Weight</b>	500 lbs. (227 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