



FREEMOTION®

F821 3 STATION GYM

MODEL › F821

FEATURE › Chest Station, Lat Pull-Down/Row Station and Leg Extension/Leg Curl Station



PRODUCT SPECIFICATIONS

Footprint	86" x 107" x 103" (218 cm x 271 cm x 261 cm)
Maximum User Weight	Per Station
Warranty	<ul style="list-style-type: none"> › Lifetime Frame › 10-Year Parts › 1-Year Cables › 1-Year Labor › 90-Day Grips and Accessories
Bolt Down Strap	Bolt Equipment to Floor

FEATURES & BENEFITS

CHEST STATION

200 LB. WEIGHT STACK › Featuring a 200 lb. weight stack, the FreeMotion® 3 Station Gym delivers incredible versatility.
CONVERGING AXIS ARMS › Arms move in a converging axis pattern, providing natural movement and increased muscle concentration.
UNILATERAL ARM MOVEMENT › Arms move independently for single or two-arm exercises in a diverging movement pattern.
HANDLES › Extended handles move independently to add variety with single-arm and alternating arm exercises.
SEAT ADJUSTMENT › Seat adjusts to multiple positions to accommodate all user heights.

LAT PULL-DOWN / ROW STATION

300 LB. WEIGHT STACK › Lat Pull-Down/Row Station features a 300 lb. weight stack.
THIGH PADS › Adjustable thigh pads customize fit, encourage proper posture and isolate the trunk during rotation.
TEXTURED FOOT PLATFORM › Platform features Line-X® coating to prevent user's foot from slipping and pivots up for user to exercise unassisted.
HIGH PULLEY › Sculpt lats and back muscles.
LOW PULLEYS › Tone glutes and lean leg muscles

LEG EXTENSION / LEG CURL STATION

WEIGHT STACK › Leg Extension/ Leg Curl Station features a 200 lb. weight stack.
MULTIPLE START POSITIONS › Leg assembly can be set in one of nine start positions to fit a wide variety of users.
ADJUSTABLE BACK PAD › Users can select from five start positions. Comfortable, back pad is oversized to fit users of various heights and swivels up to 20° for a comfortable range of motion.
ADJUSTABLE THIGH PAD › Thigh pads adjust in height and swivel to fit a wide variety of users.
ADJUSTABLE LEG LEVER ASSEMBLY › To accommodate users of various heights, the leg assembly can be adjusted to one of three positions.
CABLE › Heavy-duty, 1/4" cable is rated to 4,200 lb. minimum tensile strength.
FLOOR PROTECTORS › Made of molded rubber, these guards protect the floor.
SERVICEABILITY › The tower design allows for simple cable service while the removable upholstery allows for easy replacement of wear items.
SEWN PADDED SEATS › Not only do they look nicer, but box stitched and sewn seats are more comfortable and more durable than vinyl seats that are just stretched and stapled to the frame.

FREEMOTION®

877.363.8449 › www.freemotionfitness.com

© 2012 ICON Health & Fitness, Inc. All rights reserved. Specifications subject to change.