



F505 Deltoid

LINE › FreeMotion

TYPE › Genesis DS™

MODEL › F505

FEATURE › Multiple Pulling Options

Strengthen your forearms, shoulders, chest and neck with the versatile Genesis DS™ Deltoid machine. Utilizing cable-based training with convenient, interchangeable snap-clip aluminum swivel pulleys—the Deltoid machine allows you to target specific arm muscles from a seated or standing position. An adjustable thigh pad comfortably secures your legs throughout your workout and the pivoting seat pad allows you to quickly fold away the padded seat to switch between seated and standing workout positions.

» FEATURES & BENEFITS

MULTIPLE MID/LOW PULLEY OPTIONS › Engage your forearms, shoulders, chest and neck in a variety of pulling options including the row, straight arm shoulder, lateral and frontal raises and the sagittal plane movements.

ADJUSTABLE THIGH PAD › Contoured, thigh pads adjust in height and swivel and slide to fit a wide variety of users.

PIVOT SEAT PAD › Quickly fold up the padded seat to change from a seated to standing workout position.

INDEPENDENT ARM MOVEMENT › Handles move independently for a wide variety of shoulder exercises and single arm movements.

ALUMINUM SWIVEL PULLEYS › Because the pulleys swivel, it allows the user to target specific muscles and recruit the muscles being used to stabilize and balance the body.

SNAP CLIP DESIGN › Quickly move the handles to the pulley system of your choice for a variety of different exercises that target different muscles groups.

KICK PLATES › 16-gauge, stainless steel kick plates protect the machine from wear and tear.

CABLE TRAVEL › Extensive cable travel allows for a full exercise flexion of 72 inches per arm (183 cm).

TWO ENCLOSED 180 LB. WEIGHT STACKS › Limits access to moving parts for user safety.

ADA COMPLIANT › Compliant with the Americans with Disabilities Act for wheelchair accessibility.

INDUSTRIAL CONSTRUCTION › Equipment is built with 11- and 7-gauge steel tubing and is electrostatically powder-coated with paint that has undergone 2,000 hours of salt spray testing.

WEIGHT CAPACITY › Built to last, the Genesis DS™ Deltoid can accommodate up to 400 lbs.

» PRODUCT SPECIFICATIONS

Dimensions	64" x 32" x 65" (162 cm x 800 cm x 165 cm)
Effective Resistance	1 arm – 90 lbs. (41 kg) 2 arms – 180 lbs. (82 kg)
Weight Stack Configuration	(2) 180 lb. weight stacks, (2) 10 lb. top plates, (34) 10 lb. plates
Weight	661 lbs. (300 kg)
Cable Diameter	Exerflex Pro®: 5/32-inch rated to 980 lbs. (445 kg)
Warranty	10-Year Frame, 3-Year Parts, 1-Year Cables and Labor, 120-Day Other