

FREEMOTION

# LIVEAXIS™

PROGRESSIVE RESISTANCE



## CONTACT

PHONE +1 877.363.8449

EMAIL [sales@freemotionfitness.com](mailto:sales@freemotionfitness.com)

WEBSITE [freemotionfitness.com](http://freemotionfitness.com)

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### BETTER STARTS HERE

The LiveAxis™ line functionally trains the entire body with live-sliding pulleys that follow a natural path of movement. Progressive resistance creates optimum muscle activation with two independent handles to activate both sides of the body. Because there are no seats on any of the LiveAxis machines, users improve their overall balance and stability while getting stronger.

# LIVEAXIS™

## PROGRESSIVE RESISTANCE

Sliding pulley technology allows muscles to stay at optimum activation with constant resistance throughout the entire movement.

## SWIVEL PULLEYS

Freemotion's exclusive pulley design ensures fluid cable travel and unrestricted range of motion for users of various fitness levels.

## BUILD CORE STRENGTH

There are no seats on the Freemotion LiveAxis line. Users stand during the exercise to strengthen core, stability and balance.

## NO ADJUSTMENTS

Once the weight is set, there are no adjustments users have to make.

## ENCLOSED WEIGHT STACK

The protected weight stack limits access to moving parts, making it safer.

## NEVER LOSE A PIN AGAIN

Weight pins slide effortlessly through the weight stack without completely coming out, meaning no more lost pins.

## ADA COMPLIANT

Most machines in the LiveAxis line are compliant with the Americans With Disabilities Act.



### CHEST #F700

PRODUCT DIMENSIONS  
59 x 77 x 74 in (149.8 x 195.5 x 187.9 cm)  
WEIGHT STACK  
200 lbs (90 kg)



### SHOULDER #F701

PRODUCT DIMENSIONS  
44 x 80 x 74 in (111.6 x 203.2 x 187.9 cm)  
WEIGHT STACK  
200 lbs (90 kg)



### LOW PULL #F702

PRODUCT DIMENSIONS  
44 x 63 x 74 in (111.6 x 160 x 187.9 cm)  
WEIGHT STACK  
200 lbs (90 kg)



### DEAD LIFT #F703

PRODUCT DIMENSIONS  
72 x 44 x 74 in (182.8 x 111.6 x 187.9 cm)  
WEIGHT STACK  
400 lbs (181 kg)



### HIGH PULL #F704

PRODUCT DIMENSIONS  
44 x 63 x 74 in (111.6 x 160 x 187.9 cm)  
WEIGHT STACK  
200 lbs (90 kg)



### SQUAT #F705

PRODUCT DIMENSIONS  
72 x 46 x 85 in (182.8 x 116.8 x 215.9 cm)  
WEIGHT STACK  
400 lbs (181 kg)



### QUAD #F706

PRODUCT DIMENSIONS  
75 x 46 x 73 in (190.5 x 116.8 x 185.4 cm)  
WEIGHT STACK  
150 lbs (68 kg)



### HAMSTRING #F707

PRODUCT DIMENSIONS  
70 x 46 x 74 in (177.8 x 116.8 x 187.9 cm)  
WEIGHT STACK  
150 lbs (68 kg)



### ROTARY #F708

PRODUCT DIMENSIONS  
44 x 89 x 74 in (111.6 x 226 x 187.9 cm)  
WEIGHT STACK  
300 lbs (136 kg)



### LAT #F709

PRODUCT DIMENSIONS  
44 x 85 x 91 in (111.6 x 215.9 x 231.1 cm)  
WEIGHT STACK  
200 lbs (90 kg)