

FREEMOTION.

MODEL # F504

# GENESIS DS™

LIFT/STEP



## CABLE STRENGTH GENESIS DS

Train the muscles in your legs and back to work together and improve strength for everyday lifting and stepping with the Genesis DS™ Lift-Step. The Lift-Step combines low pulling and rotational movements with stepping and lunging movements to engage a total-body workout. The Line-X® platform features a shock and quick release handle that adjusts the height of the platform for a personalized workout. Cable-based training with aluminum swivel-pulley technology targets specific muscles with free range of movement.



## GENESIS DS LIFT/STEP

### PRODUCT FEATURES

- ① **ONE AND DONE**  
Customize the height of the Line-X® platform by using the quick release handle. The gas shock assist handle engages a shock that makes easy, custom adjustments in seconds.
- ② **MULTIPLE LOW PULLING/STEPPING OPTIONS**  
The Freemotion Lift/Step machine combines pulling with stepping to create a total-body, strength-training workout.
- ③ **BEST FOOT FORWARD**  
The heavy-duty platform is coated with textured Line-X® for stable foot positioning and ultimate durability.
- ④ **SNAP CLIP DESIGN**  
Quickly Snap Clip design allow handle lengths to be adjusted without having to remove them from the machine, meaning there's less chance of handles going missing.
- ⑤ **INDUSTRIAL CONSTRUCTION**  
This machine is built with 11 and 7-gauge steel tubing and has been electrostatically powder-coated with paint that endured 2,000 hours of salt spray testing.
- ⑥ **WEIGHT CAPACITY**  
Built to last, this Genesis DS™ works for people up to 400 lbs (181 kg).
- ⑦ **TWO ENCLOSED WEIGHT STACKS**  
Protected, limited access to moving parts is safer for your members and trainers.
- ⑧ **INDIVIDUALIZED WORKOUTS**  
Handles move one at a time to perform single-arm movements that will engage the entire body.
- ⑨ **SWIVEL AND SLIDE**  
Target specific muscles with the swiveling pulleys on this machine. Muscles will also be firing to stabilize and balance the body.

### SPECIFICATIONS

Weight Stack	QTY. 2- 180 lbs (81.6 kg)
Resistance	1 Arm- 90 lbs (40.8 kg) 2 Arms- 180 lbs (81.6 kg)
Cable Travel	72 in (182.8 cm) per arm
Standard Frame Color	Dell Gray
Upholstery Color	Black Vinyl
Product Dimensions	65 x 37 x 64 in (165.1 x 93.9 x 162.5 cm)
Product Weight	615 lbs (279 kg)
Shipping Dimensions (LxWxH)	74.8 x 38.9 x 45.3 in (189.9 x 99 x 115.1 cm)
Shipping Weight	886.4 lbs (393 kg)
Regulatory Approval	EN957, CE

#### WARRANTY US & INTERNATIONAL

10-Year Frame | 3-Year Parts | 1-Year Cable & Labor  
120-Day Other