

LIVEAXIS™



ABOUT FREEMOTION FITNESS™

FreeMotion® Fitness was founded in 1999, based on a simple, yet bold observation: One-dimensional training doesn't carry over to a three-dimensional world. We live in a place where twisting, turning and moving in all planes is a natural occurrence. This observation resulted in the fitness breakthrough of FreeMotion. Training the body should be consistent with its

functional design and basic human movement patterns. Every FreeMotion product line allows you to train for life and sport by replicating and strengthening their movements. Enhance life's movements and be better than you were yesterday with FreeMotion.



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LIVEAXIS™

» ENHANCE LIFE'S MOVEMENTS

Introducing LIVEAXIS™ by FreeMotion—the world's first cable-based strength training system featuring progressive resistance throughout every movement. LIVEAXIS was created from the FreeMotion belief that stability, resistance and free movement are vital to fitness. Replicate movements in sport and life and let the machine adjust to you. Unlock your full potential with LIVEAXIS.

» INNOVATIVE TECHNOLOGY

LIVE-SLIDING TECHNOLOGY Revolutionary live-sliding pulley technology allows your muscles to stay at optimum activation throughout the entire movement. Other strength training equipment varies resistance and muscle activation. LIVEAXIS pulleys move with you to provide the same amount of resistance throughout your movement. **SIMPLY MOVE TO CHANGE POINT OF MUSCLE ACTIVATION** Live-sliding pulley technology allows you to activate multiple muscles on one machine by simply changing your position. Instantly change the point of muscle activation by moving from side-to-side to front-to-back, and change progression by altering your position during a set.



Live-Sliding Technology



One Machine - Multiple Muscle Groups



Enclosed Weight Stack



Solid Steel Construction

» ADVANCED TRAINING

TARGETS THE ENTIRE BODY All LIVEAXIS products target different areas of your body. Each individual machine's unique shape is scientifically designed to maximize muscle activation for a particular area of your body. **IMPROVE BALANCE AND STABILITY** All LIVEAXIS products require you to stand throughout the workout because a majority of physical activity is performed with an upright and active body. Many injuries occur from a lack of balance and stability. Strength-training while standing forces your entire body to adjust to every movement—improving balance, stability and reducing risk of injury. **TRAIN FOR LIFE AND SPORT** Live-sliding pulley technology allows you to train for every movement in sport and life. The machine doesn't dictate where you can move—you do. No matter the sport, no matter the movement—LIVEAXIS has the machine to increase your performance. **ENCLOSED WEIGHT STACK** Each weight stack is enclosed to limit access to moving parts and ensure your safety. **SOLID STEEL CONSTRUCTION** Built to survive the most rigorous of workouts, all LIVEAXIS products are built with 11 and 7-gauge welded steel that are electrostatically powder-coated—ensuring tough, rust-resistant products that will last you for years to come.

» SOLID WARRANTY

- 10-Year Frame Warranty.
- 3-Year Bearings, Rods, Pulleys and Weight Stack Warranty.
- 1-Year Cables and Labor Warranty.
- 120-Day Handles, Accessories Warranty.

PRODUCT ASSORTMENT



F700 CHEST



F701 SHOULDER



F702 LOW PULL



F703 DEAD LIFT



F704 HIGH PULL



F705 SQUAT



F706 QUAD



F707 HAMSTRING



F708 ROTARY



F709 LAT