



## F816 LATERAL RAISE

**LINE** › FreeMotion® EPIC

**TYPE** › selectorized

**MODEL** › F816

**FEATURE** › unilateral arm movement

### FEATURES & BENEFITS

**UNILATERAL ARM MOVEMENT** › Arms move independently for single or two-arm exercises.

**SWIVELING HANDLES** › Handles swivel to accommodate users of various arm lengths.

**SEAT ADJUSTMENT** › Seat adjusts to multiple positions to accommodate all user heights.

**CABLE** › Heavy-duty, ¼" cable is rated to 4,200 lb. minimum tensile strength.

**WEIGHT STACK AND INCREMENT SYSTEM** › Featuring a 205 lb. weight stack with a 5 lb. drop-down increment weight, the FreeMotion® EPIC Lateral Raise delivers incredible versatility.

**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.

### PRODUCT SPECIFICATIONS

Dimensions (LWH)	46" x 43" x 60" (117 cm x 109 cm x 152 cm)
Weight Stack Configuration	(1) 20 lb. plate (9 kgs) (17) 10 lb. plates (4.5 kgs) (1) 10 lb. top plate (4.5 kgs) (1) 5 lb. increment weight (2.25 kgs)
Product Weight	474 lbs. (215 kgs)
Maximum User Weight	350 lbs. (159 kgs)
Warranty	10 Years Structural Frame 3 Years Bearings, Guide Rods, Pulleys, Weight Stacks 1 Year Cables, Labor 120 Days Upholstery, Handles & Accessories
Bolt Down Strap	Bolt Equipment to Floor