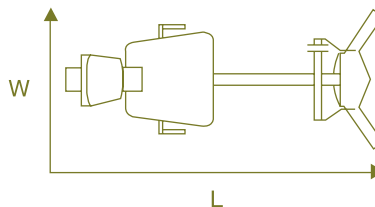




selectorized **SEATED HAMSTRING**



specifications	GZFM6017
<p><b>effective resistance:</b> 1 leg - 100 lbs. (45.5 kg)</p> <p><b>configuration:</b> 2.5 - 25 x 2.5 lbs. (1.25 - 11.5 x 1.25 kg) 30 - 100 x 5 lbs. (13.5 - 45.5 x 2.25 kg)</p>	<p><b>US / METRIC</b> <b>L</b> - 82" / 208 cm <b>W</b> - 36" / 92 cm <b>H</b> - 80" / 203 cm</p> <p>450 lbs. / 205 kg</p> <p><b>cable diameter:</b> 3/16-inch rated to 2,000 lbs.</p>



**Butterfly Pulley** - With a deeper "V" shape, this pulley ensures cable tracking and wider range of motion.

**Traditional Seated Position** - A supported position is ideal for traditional and first-time exercisers. To further challenge the body, advanced users may perform exercises off the backrest.

**Foot Harness** - Specially designed harness fits a wide variety of users.

**Sliding Pulley** - Pulley assembly slides and locks to respective side to work the right or left leg.

**Handgrips** - Users can grasp the handgrips for added stability and isolation.

**Weight Stack** - Enclosed weight stack limits access to moving parts for user safety.

**Industrial Construction** - Equipment is built with 11- and 7-gauge steel and is electrostatically powder-coated.

**Kick Plates** - 16-gauge, stainless steel kick plates protect the machine from wear and tear.