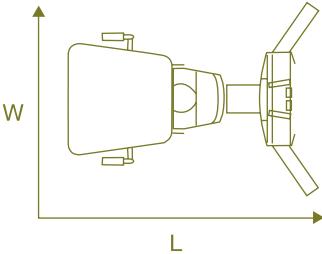




## selectorized SEATED QUAD



<p><b>specifications</b></p>	<p><b>GZFM6018</b></p>	
<p><b>effective resistance:</b> 1 leg - 100 lbs. (45.5 kg) 2 legs - 200 lbs. (91 kg)</p> <p><b>configuration:</b> 5 - 50 x 5 lbs. (2.25 - 22.75 x 2.25 kg) 60 - 200 x 10 lbs. (27.25 - 91 x 4.5 kg)</p>	<p><b>US / METRIC</b> <b>L</b> - 54" / 137 cm <b>W</b> - 42" / 107 cm <b>H</b> - 73" / 185 cm</p> <p>725 lbs. / 330 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.

**Independent Leg Movement** - Harnesses move independently to allow both single and dual leg exercises.

**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.

**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.