

FREEMOTION.

LIVEAXIS™ HAMSTRING

MODEL # F707



CABLE STRENGTH LIVEAXIS™

The LiveAxis™ Hamstring builds stabilizer muscle strength to protect joints. Live-sliding pulleys follow a natural path of movement—with progressive resistance and optimum muscle activation throughout the entire exercise. Ascending contraction throughout the movement make this Freemotion machine the most effective hamstring trainer in the market. Target muscles in the upper leg, glutes and quads to increase strength for walking or running while reducing risk of potential hamstring injury. The foot harness fits a wide variety of users and ergonomic handles are excellent balance aids.



LIVEAXIS™ HAMSTRING

PRODUCT FEATURES

- ① **INDUSTRIAL CONSTRUCTION**
Built strong with 11 and 7-gauge steel tubing, this machine has been electrostatically powder-coated with paint tested by 2,000 hours of salt spray testing.
- ② **MAX BURN**
Live-sliding pulley technology keeps muscles to stay at maximum activation with never-ending resistance throughout the entire movement.
- ③ **CENTER PULLEY TRACK**
The pulley glides forward and backward with each movement—creating never-ending resistance and a more effective workout.
- ④ **KICK PLATES**
Strong 18-gauge, stainless steel kick plates protect this machine from wear and tear.
- ⑤ **VERTICAL HANDLES**
Vertical handles near the tower edges create multiple grip positions to help balance and position.
- ⑥ **ENCLOSED 150 LB (68 KG) WEIGHT STACK**
A protected weight stack limits access to moving parts, making it safer for your trainers and members.
- ⑦ **FOOT HARNESS**
Feet stay secure with Freemotion's specially designed harness, that fits almost any foot size.
- ⑧ **TEXTURED PLATFORM**
This unique platform with grip texture helps ensure stable foot positioning.

WARRANTY US AND INTERNATIONAL

10-Year Frame | 3-Year Bearings, Guide Rods, Pulleys and Weight Stacks | 1-Year Cable & Labor
120-Days Upholstery, Handles and Accessories.

SPECIFICATIONS

Weight Stack	150 lbs (68 kg)
Resistance System	75 lbs (34 kg) per leg
Frame and Finish	Powdercoated steel frame
Weight Stack Configuration	5 - 50 X 5 lbs (2.2 - 22.6 x 2.2 kg) 60 - 150 X 10 lbs (27.2 - 68 X 4.5 kg)
Cable Travel	40 in (101.6 cm)
ADA Compliant	Yes
Workout Area	23.36 ft ² (2.08 m ²)
Standard Frame Colors	Platinum Sparkle
Product Dimensions (LxWxH)	70 x 46 x 74 in (177.8 x 116.8 x 187.9 cm)
Shipping Dimensions (LxWxH)	60.9 x 35.3 x 76.8 in (154.6 x 89.6 x 195 cm)
Shipping Weight	552 lbs (268.5 kg)
Regulatory Approval	EN957, CE