

FREEMOTION

# LIVEAXIS™

## HIGH PULL

MODEL # **F704**



## CABLE STRENGTH LIVEAXIS™

The LiveAxis™ High Pull does the work of many different machines in one single footprint. Made to work the upper body, the High Pull incorporates side chiseling chop movements, bicep and tricep muscles and just about everything in between. Because the LiveAxis High Pull doesn't have a seat, the workout intensifies by pulling in core and stability development all while experiencing an ever-moving pulley that goes where you want it to go. This machine is a training bridge between strength and cardio; lessen the weight and amp up the movement to create a sweat-inducing workout that will burn calories. Load up the plates to create a user-determined workout that's truly customizable.



## LIVEAXIS™ HIGH PULL

### PRODUCT FEATURES

- 1 MUSCLES STAY ACTIVATED**  
Live-sliding pulley technology allows muscles to stay at optimum activation with never-ending resistance throughout the entire movement.
- 2 DUAL INDEPENDENT TRACKS**  
Each pulley glides up and down on an independent track—ensuring never-ending resistance and a more effective workout.
- 3 ENCLOSED 200 LB (90.7 KG) WEIGHT STACK**  
A protected weight stack limits access to moving parts, making it safer for your trainers and members.
- 4 KICK PLATES**  
Strong 18-gauge, stainless steel kick plates protect this machine from wear and tear.
- 5 SWIVEL PULLEYS**  
Because the pulleys swivel on this Freemotion machine, it's easy to target specific muscles. As a bonus, core muscles are engaged to promote all over body stabilization and balance.
- 6 CABLE TRAVEL**  
Extensive cable travel creates a full exercise flexion, single arm: 58 in (147 cm), two arms: 42 in (107 cm).
- 7 INDUSTRIAL CONSTRUCTION**  
Built strong with 11- and 7-gauge steel tubing, this Freemotion machine has been electrostatically powder-coated with paint tested by 2,000 hours of salt spray testing.

### SPECIFICATIONS

<b>Weight Stack</b>	200 lb (90.7 kg)
<b>Resistance System</b>	1 Arm- 50 lbs (22.6 kg) 2 Arms- 100 lbs (45.3 kg)
<b>Frame and Finish</b>	Powdercoated steel frame
<b>Weight Stack Configuration</b>	20 - 400 X 20 lbs (8 - 181 X 4 kg)
<b>Cable Travel</b>	2 Arm: 42 in (106.6 cm) 1 Arm: 58 in (147.3 cm)
<b>ADA Compliant</b>	Yes
<b>Workout Area</b>	19.25 ft <sup>2</sup> (1.79 m <sup>2</sup> )
<b>Standard Frame Colors</b>	Platinum Sparkle
<b>Product Dimensions (LxWxH)</b>	44 x 63 x 74 in (111.6 x 160 x 187.9 cm)
<b>Shipping Dimensions (LxWxH)</b>	57.2 x 39.1 x 72.8 in (99.3 x 184.9 x 188.6 cm)
<b>Shipping Weight</b>	416 lbs (188.6 kg)
<b>Regulatory Approval</b>	EN957, CE

#### WARRANTY US AND INTERNATIONAL

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