

FREEMOTION.

# GENESIS™

## EXT DUAL-CABLE CROSS

MODEL #VFMC4007-INT



### CABLE STRENGTH GENESIS™

Slightly smaller than the original Dual-Cable Cross, this modified version is ideal for rehab facilities, studios, hospitality and rec centers. The same amazing flexibility and full body benefits as the traditional machine, the Dual-Cable Cross Lite is a hybrid strength training and aerobic machine that boosts the heart rate to burn calories and build muscle mass. One-of-a-kind Freemotion cable creates a workout that's as beneficial going down through the initial movement as it is going up. The counter-balanced arms make it effortless to change positions and target a different part of the body, while the open design makes it welcoming for all body types. The generous cable travel make the Dual-Cable Cross Lite open to a variety of movement and works well for training two people at once.

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### PRODUCT FEATURES

- ① **FREE RANGE MOVEMENT**  
Freemotion's free swinging swivel pulley allows smooth and extensive cable travel to provide a full range of motion.
- ② **FOLLOWING YOUR LEAD**  
Counterbalanced, independently rotating arms have 12 vertical and nine horizontal settings, in virtually any movement pattern.
- ③ **INDUSTRIAL CONSTRUCTION**  
Built with 11 and 7-gauge steel and electrostatically powder-coated, this machine is built to last.
- ④ **MOVE HOW YOU WANT TO**  
The long cable length allows for full exercise extension and a wide range of travel.  
Two arms: 89 in (218 cm).
- ⑤ **WEIGHT STACKS**  
Two 210 lbs (95.2 kg) independent weight stacks allow two people to work out at the same time. The innovative 3-to-1 cable ratio provides extensive cable travel and smooth resistance for performing high speed movements.

### SPECIFICATIONS

Dual Weight Stack	Two 210 (95.2 kg) Stacks
Effective Resistance	3:1 cable ratio with 3.33 lbs (1.4 kg) effective resistance
Rubber Feet	Molded floor protectors
Standard Frame Colors	Platinum Sparkle
Optional Frame Colors	On Request
Product Dimensions (L x W x H)	65 x 113 x 85 in (165.1 x 287 x 215 cm)
Shipping Dimensions (L x W x H)	Box 1: 75 x 33.5 x 13.5 in (190.5 x 85 x 34.2 cm)
	Box 2: 50 x 27 x 12 in (127 x 76.5 x 30.4 cm)
	Box 3: 9 x 8 x 6 in (22.8 x 20.3 x 15.2 cm)
Shipping Weight	Box 1: 341 lbs (154.6 kg) Box 2: 229 lbs (103.8 kg) Box 3: 51 lbs (23.1 kg)
Wheelchair Accessible	Yes

### 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.

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