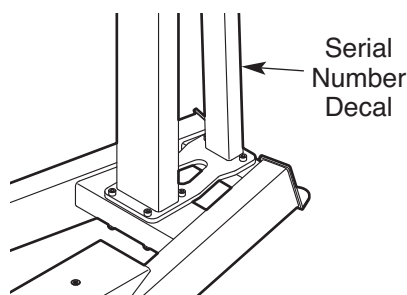




Model No. F207.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

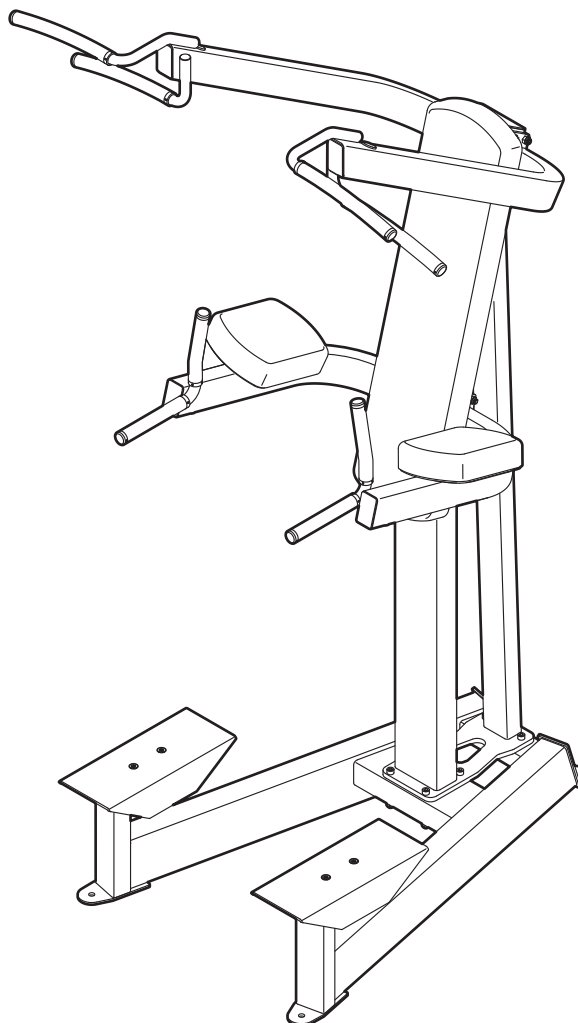
If you have questions, or if parts are damaged or missing, please see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

Dip Chin Ab

OWNER'S MANUAL



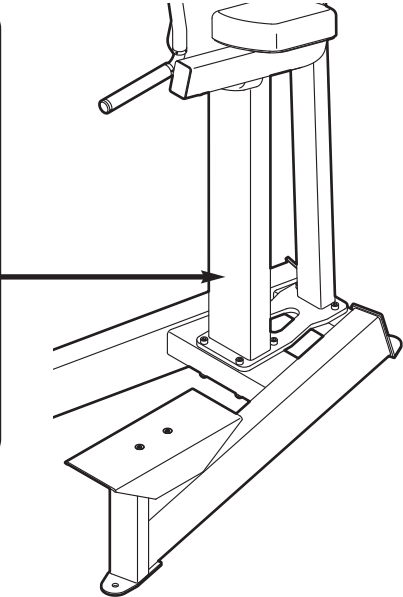
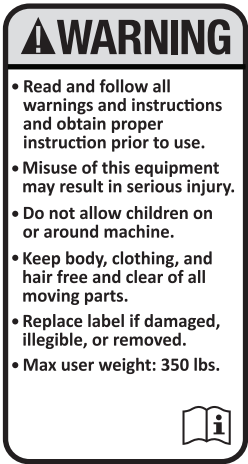
www.freemotionfitness.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	6
MAINTENANCE AND TROUBLESHOOTING	9
PART LIST	10
EXPLODED DRAWING	11
HOW TO CONTACT CUSTOMER CARE	Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your strength equipment before using your strength equipment. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the strength equipment only as described in this manual.
3. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
4. It is the responsibility of the owner to ensure that there is enough space around the strength equipment for the intended exercise. Do not crowd the strength equipment.
5. Using the four 14 mm anchor holes to provide maximum stability, the strength equipment must be anchored to the floor where required or whenever possible.
6. Make sure that all parts are properly tightened before each use of the strength equipment.
7. It is the responsibility of the owner to ensure that all users of the strength equipment are adequately informed of all precautions, have read and understood all warning and caution decals, and are informed of how to use the strength equipment properly.
8. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
9. The strength equipment is designed to support a maximum user weight of 350 lbs. (159 kg). Do not use the strength equipment with weights.
10. Keep children under age 12 and pets away from the strength equipment at all times.
11. Always wear athletic shoes for foot protection while using the strength equipment.
12. Do not lean on or rest your hands on the strength equipment when it is in use.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

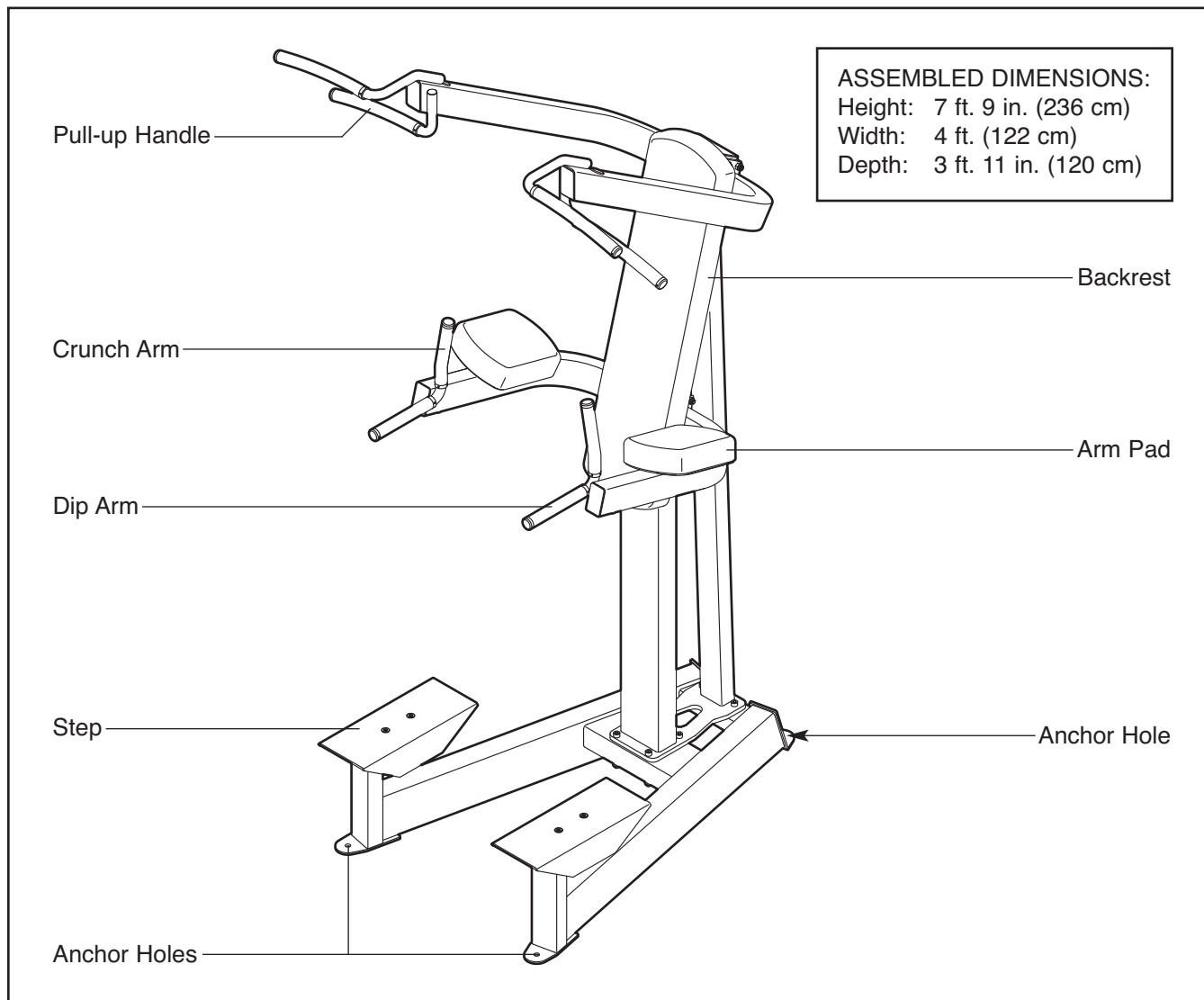
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® EPIC™ DIP CHIN AB strength equipment. The DIP CHIN AB is designed to help you develop the major muscle groups of your upper body. Whether your goal is to tone your body or build dramatic muscle size and strength, the DIP CHIN AB will help you to achieve the specific results you want.

For your benefit, read this manual carefully before you use the strength equipment. If you have ques-

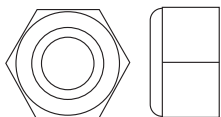
tions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

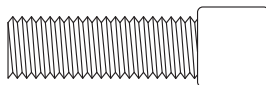


PART IDENTIFICATION CHART

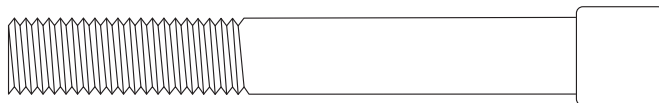
This chart is provided to help you identify the small parts used in assembly. The number in parentheses below each part refers to the key number of the part from the PART LIST near the end of this manual. **IMPORTANT: If you cannot find a part in the hardware kit, check to see if it has been preassembled.**



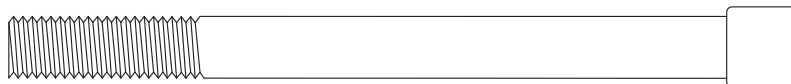
M10 Locknut
(22)–14



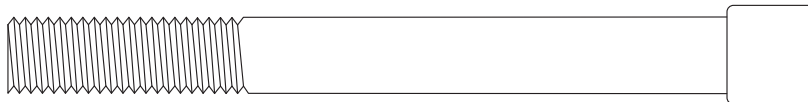
M8 x 25mm Socket
Screw (15)–8



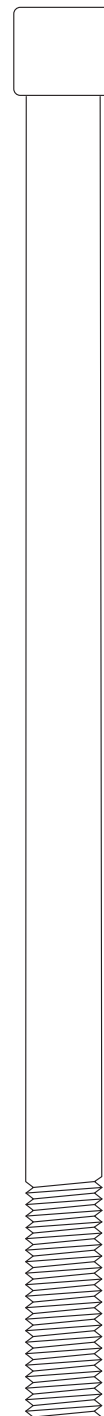
M10 x 75mm Socket Bolt (17)–2



M8 x 95mm Socket Screw (16)–2



M10 x 95mm Socket Bolt (18)–4



M10 x 175mm Socket Bolt (19)–8

ASSEMBLY

To make assembly easier, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the strength equipment should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the strength equipment as you assemble it.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

- Assembly requires the following tools (not included):

an adjustable wrench



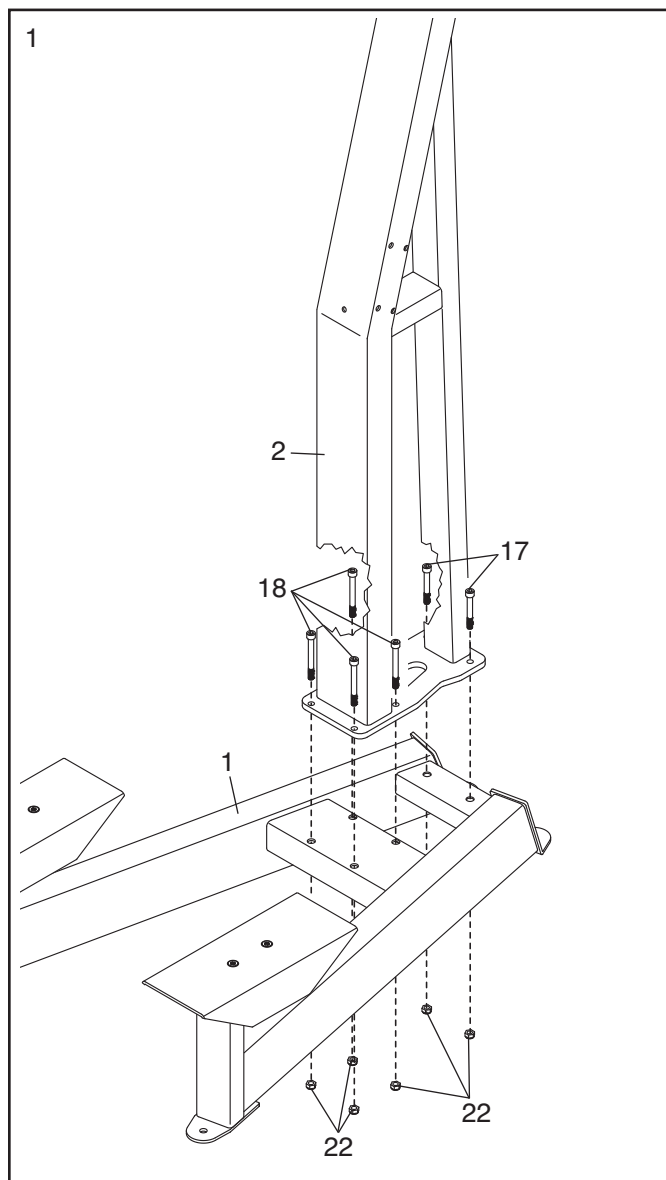
a set of metric hex keys



Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

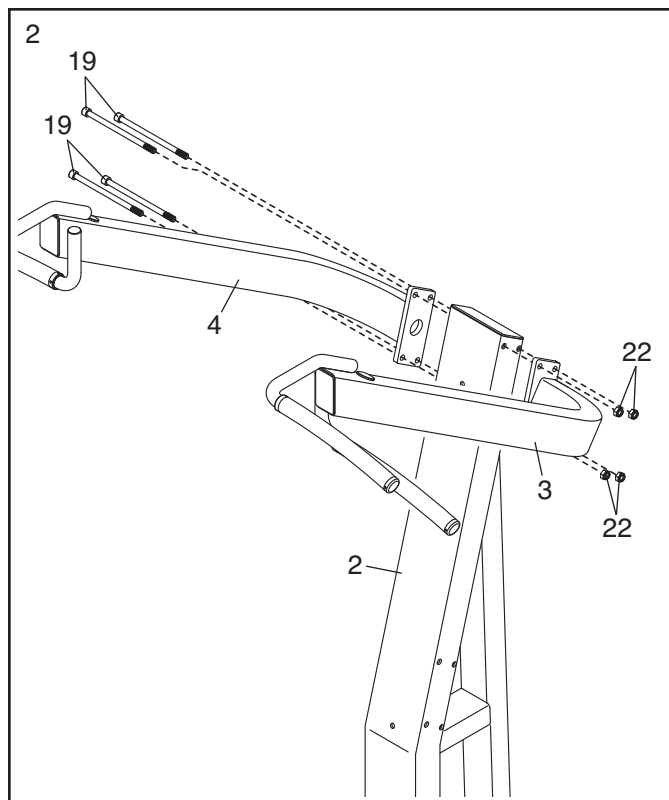
1. Orient the Base (1) and the Upright (2) as shown.

Attach the Upright (2) to the Base (1) with two M10 x 75mm Socket Bolts (17), four M10 x 95mm Socket Bolts (18), and six M10 Locknuts (22).



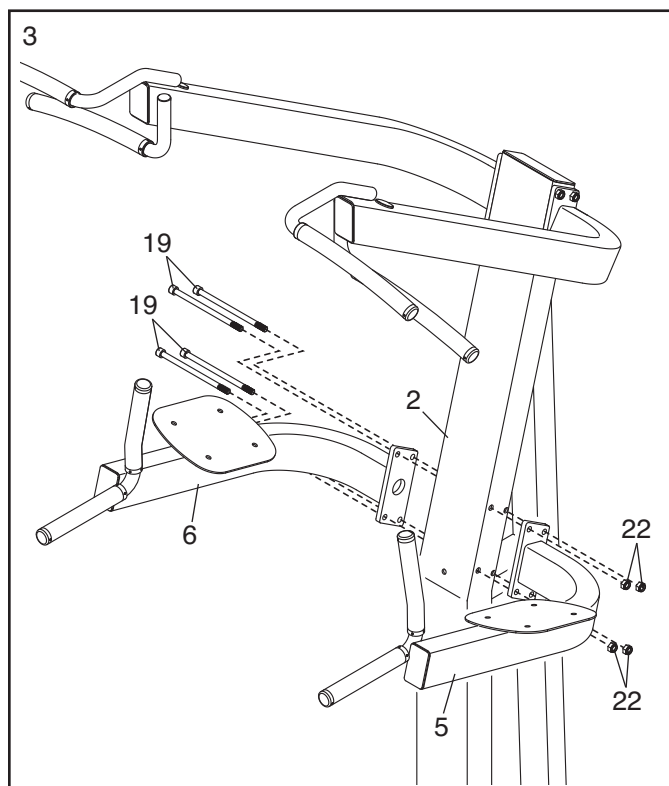
2. Identify the Left and Right Upper Arms (3, 4), which are marked with “L” and “R” stickers, and orient them as shown.

Attach the Left and Right Upper Arms (3, 4) to the Upright (2) with four M10 x 175mm Socket Bolts (19) and four M10 Locknuts (22).



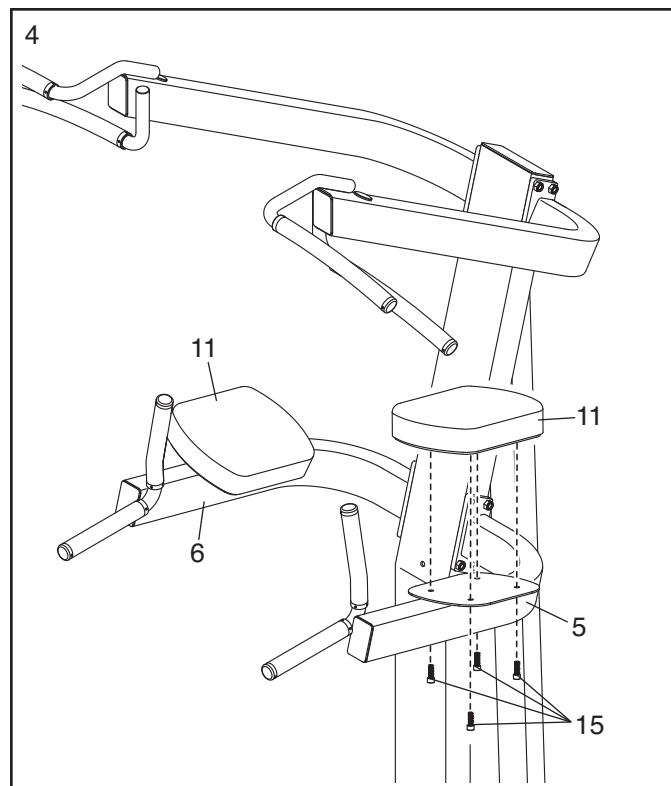
3. Identify the Left and Right Lower Arms (5, 6), which are marked with “L” and “R” stickers, and orient them as shown.

Attach the Left and Right Upper Arms (5, 6) to the Upright (2) with four M10 x 175mm Socket Bolts (19) and four M10 Locknuts (22).

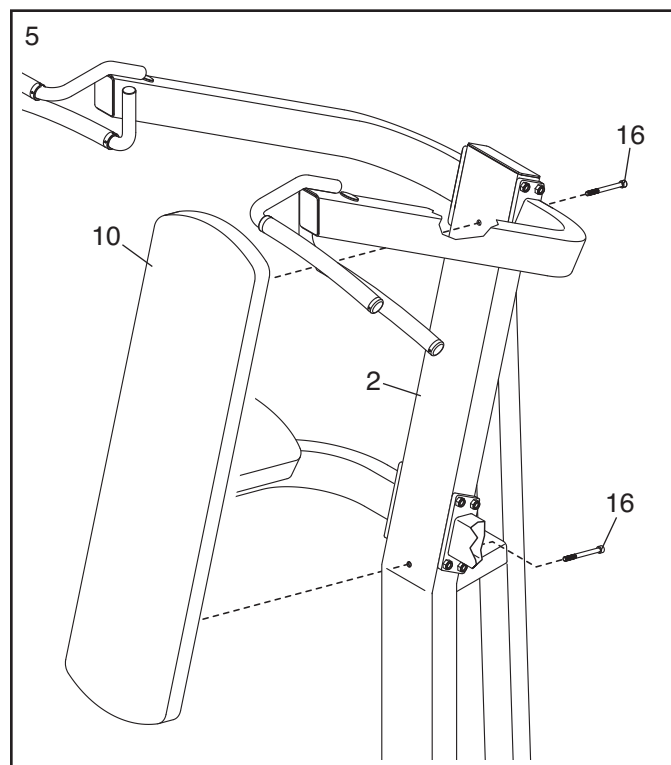


4. Attach an Arm Pad (11) to the Left Lower Arm (5) with four M8 x 25mm Socket Screws (15).

Repeat this step on the other side of the strength equipment.



5. Attach the Backrest (10) to the Upright (2) with two M8 x 95mm Screws (16); **to avoid damaging the Backrest, tighten the Screws only until the Backrest does not move or feel loose.**



6. **Make sure that all parts of the strength equipment are properly tightened.** To protect the floor or carpet from damage, place a mat under the strength equipment.

MAINTENANCE AND TROUBLESHOOTING

For optimal performance of the strength equipment and to reduce the chances of injury to users, you must perform preventive maintenance on a regular basis. Instruct all personnel to perform the procedures described in this section. Personnel must also record and report any accident. To maintain the strength equipment's warranty, use only FREEMOTION parts for repair or replacement. If there are any questions or concerns, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

DAILY MAINTENANCE

Upholstery and Frame—General Cleaning

1. Clean the strength equipment using a soft cloth dampened with a light solution of mild soap and warm water. If necessary, use a soft bristle brush with the cleaning solution.
2. Rinse the area thoroughly using a soft cloth dampened with clean water. Dry thoroughly.

Upholstery—Difficult Stains

1. Spray the stain with a non-abrasive household cleaner such as FORMULA 409® cleaner, SIMPLE GREEN®, or a similar product. Rub the stained area gently and let the cleaning solution sit for a few minutes.
2. Rinse the area thoroughly using a soft cloth dampened with clean water. Dry thoroughly.
3. Repeat these steps, if necessary, using a soft-bristle brush.

Optional Method for Difficult Stains

1. Rub the stained area gently using a soft cloth dampened with rubbing alcohol.
2. Rinse the area thoroughly using a soft cloth dampened with clean water. Dry thoroughly.

CAUTION: When using any cleaning product, try it first in an unnoticeable place to ensure that there is no damage to the material. Follow the directions and the safety precautions of the manufacturer of each cleaning product used. FreeMotion Fitness and its vendors cannot be held liable for damage or injuries resulting from the use or misuse of cleaning products. **IMPORTANT: Do not use abrasive cleaners, which may scratch the strength equipment. Strong cleaners and abrasives will damage decals; use caution around decals. Do not use solvents such as lacquer thinner, kerosene, gasoline, or similar liquids.**

WEEKLY MAINTENANCE

Hardware

Check all nuts and bolts, and tighten them if necessary.

IMPORTANT: All FREEMOTION cushions have dense plywood supports with tee-nuts that are used to bolt the cushions to the strength equipment. Because the tee-nuts are held by the plywood, they will not withstand the torque that standard nuts and bolts will. When tightening the bolts securing a cushion, turn them only until they are snug and the cushion does not move or feel loose. Overtightening may strip the tee-nuts from the plywood and make it impossible to remove the cushion in the future.

PART LIST—Model No. F207.0

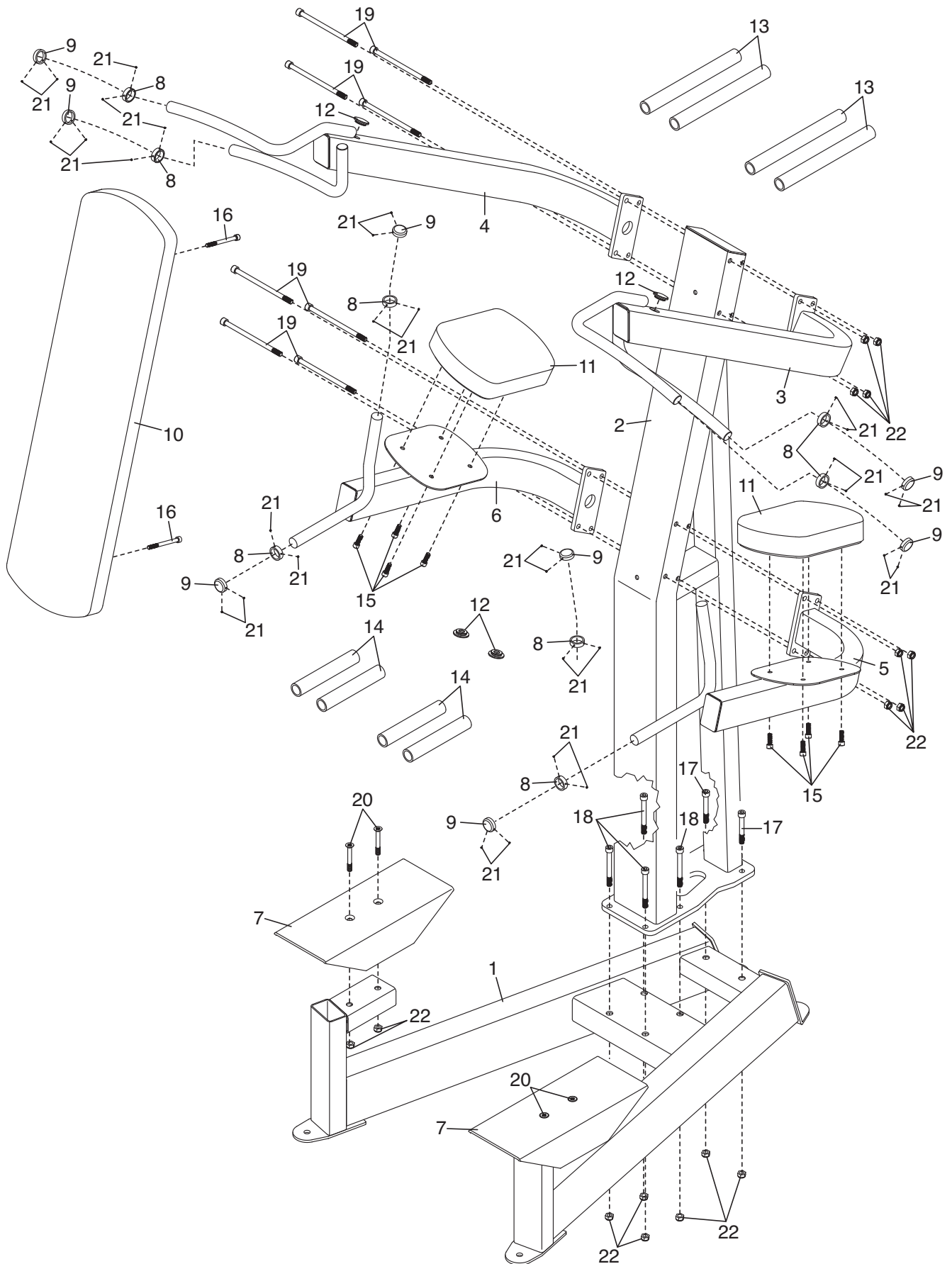
R1209A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	13	4	Long Handgrip
2	1	Upright	14	4	Short Handgrip
3	1	Left Upper Arm	15	8	M8 x 25mm Socket Screw
4	1	Right Upper Arm	16	2	M8 x 95mm Socket Screw
5	1	Left Lower Arm	17	2	M10 x 75mm Socket Bolt
6	1	Right Lower Arm	18	4	M10 x 95mm Socket Bolt
7	2	Footrest	19	8	M10 x 175mm Socket Bolt
8	8	Collar	20	4	M10 x 70mm Flat Head Bolt
9	8	Cap	21	32	M4 x 3mm Set Screw
10	1	Backrest	22	18	M10 Locknut
11	2	Arm Pad	*	—	Owner's Manual
12	4	Tubing Plug			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

EXPLODED DRAWING—Model No. F207.0

R1209A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

In the United States and Canada

Call: 1-800-201-2109, Mon.–Fri. 8 a.m.–5 p.m. MT

Write:

FreeMotion Fitness

1500 South 1000 West

Logan, UT 84321-9813

United States

Outside the United States and Canada

Call: 001-435-786-3521

Email: intlcustomercare@freemotionfitness.com