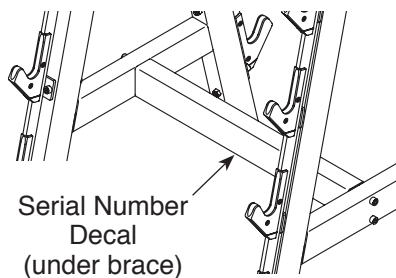


FREEMOTION[®] Barbell Rack

Model No. F210.1

Serial No. _____

Write the serial number in the space above for reference.



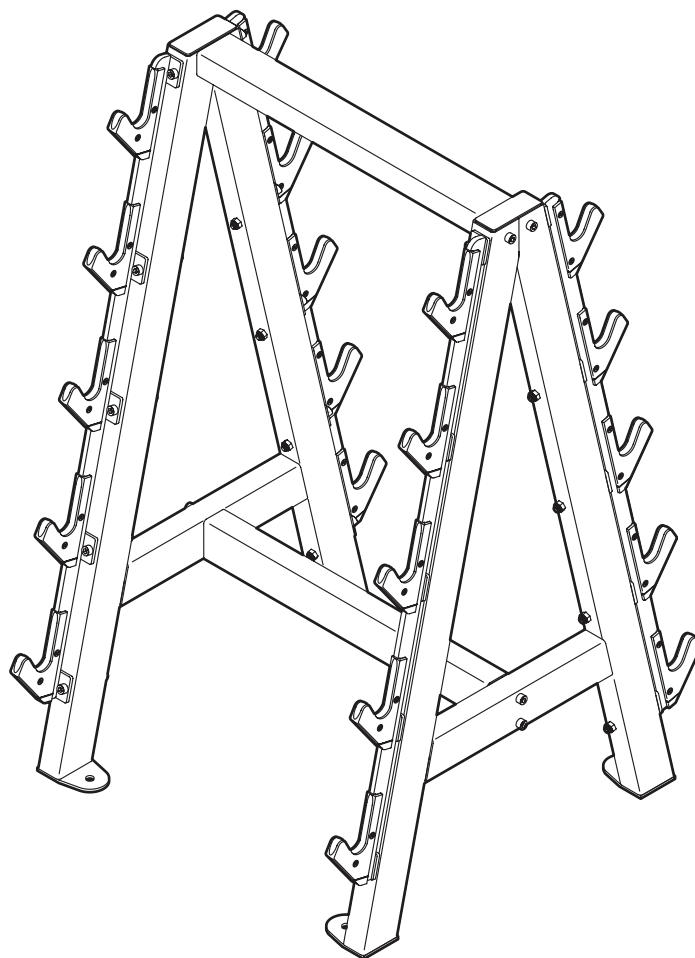
QUESTIONS?

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.

OWNER'S MANUAL



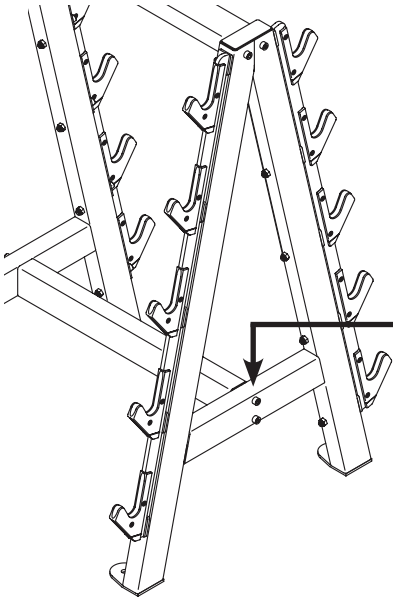
www.freemotionfitness.com

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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.



⚠ WARNING

- Read and follow all warnings and instructions and obtain proper instruction prior to use.
- Misuse of this equipment may result in serious injury.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.
- Max weight: 1250 lbs.

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 purchaser's responsibility 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 total weight of 1,250 lbs. (567 kg) or ten 125-lb. (57-kg) barbells.
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. 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.

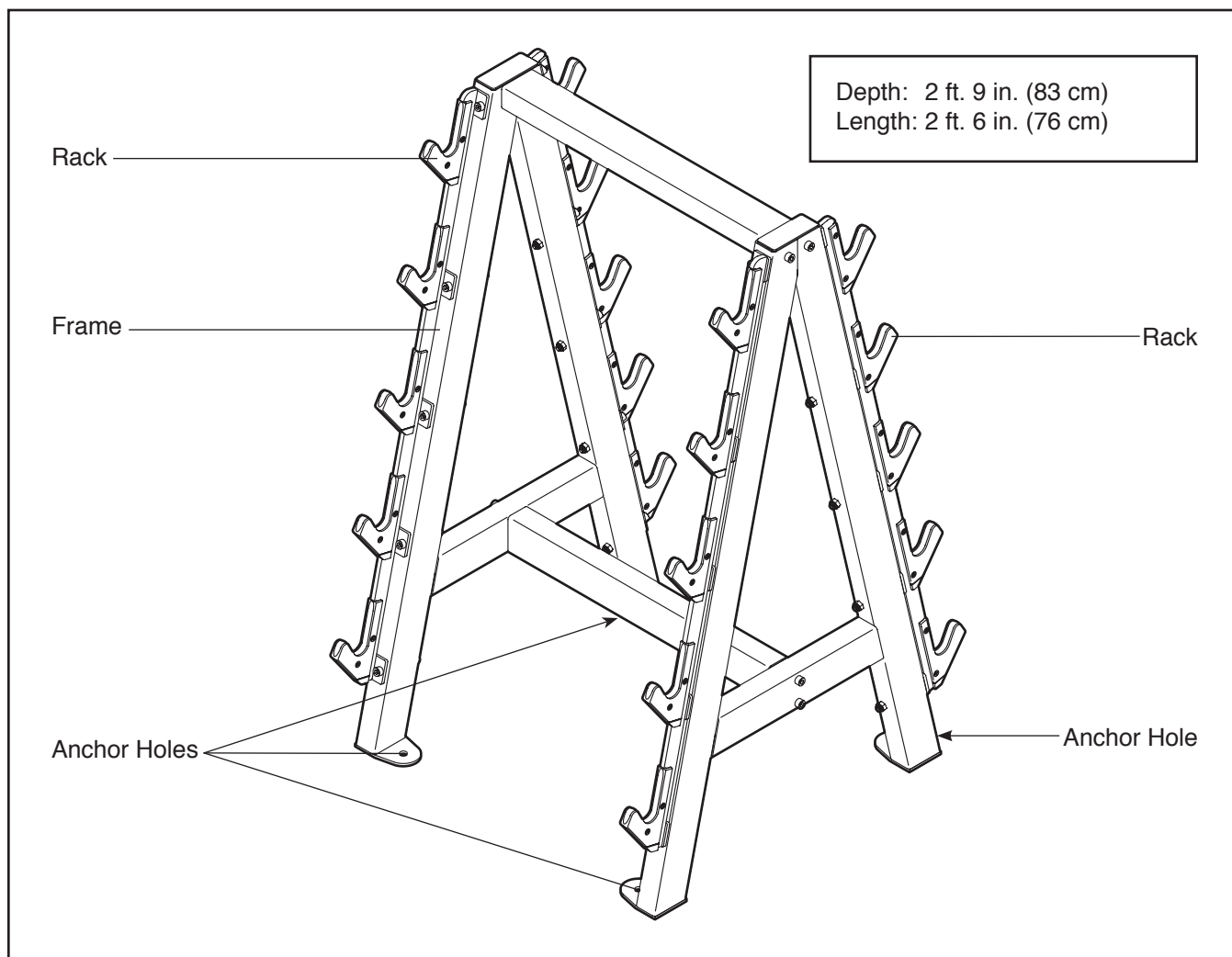
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® BARBELL RACK strength equipment. The BARBELL RACK is designed to provide convenient storage and easy access for your barbells.

For your benefit, read this manual carefully before you use the strength equipment. If you have questions after reading this manual, please see the back

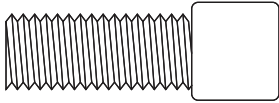
cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

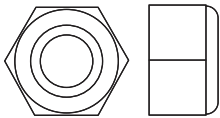
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



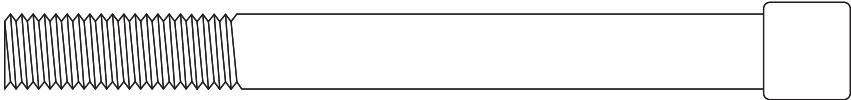
M10 x 25mm
Screw (5)–4



M10 x 70mm Screw (6)–8



M10 Locknut
(8)–16



M10 x 100mm Bolt (7)–16

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 metric hex key

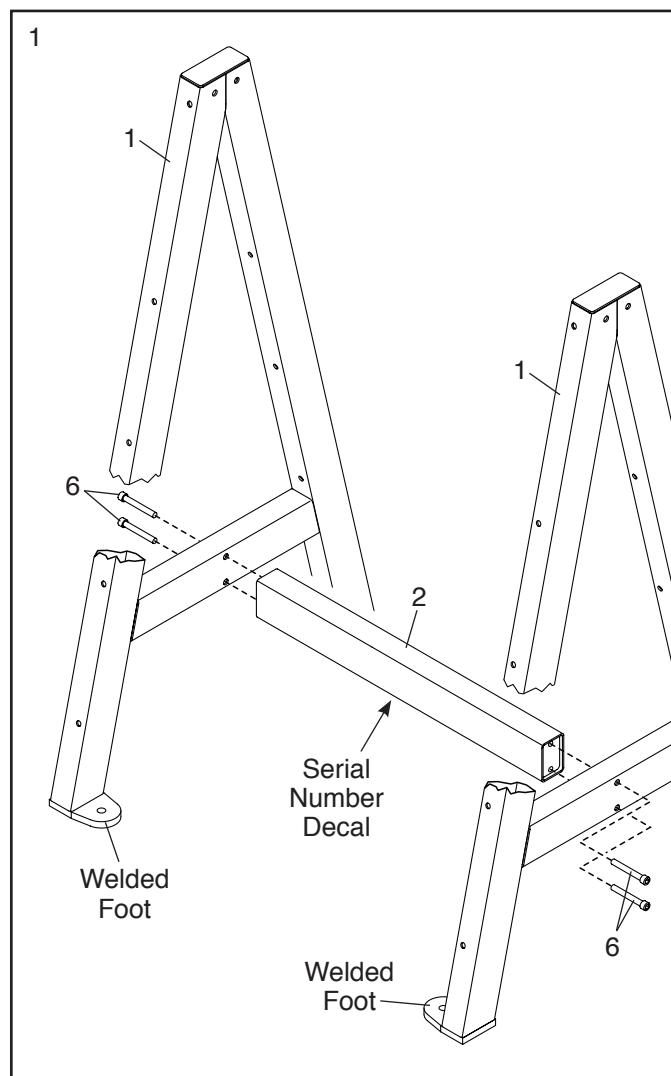


Assembly may be more convenient if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. Have a second person hold the two Frames (1) in the positions shown. **Make sure that the Frames are oriented so that the welded feet are facing each other.**

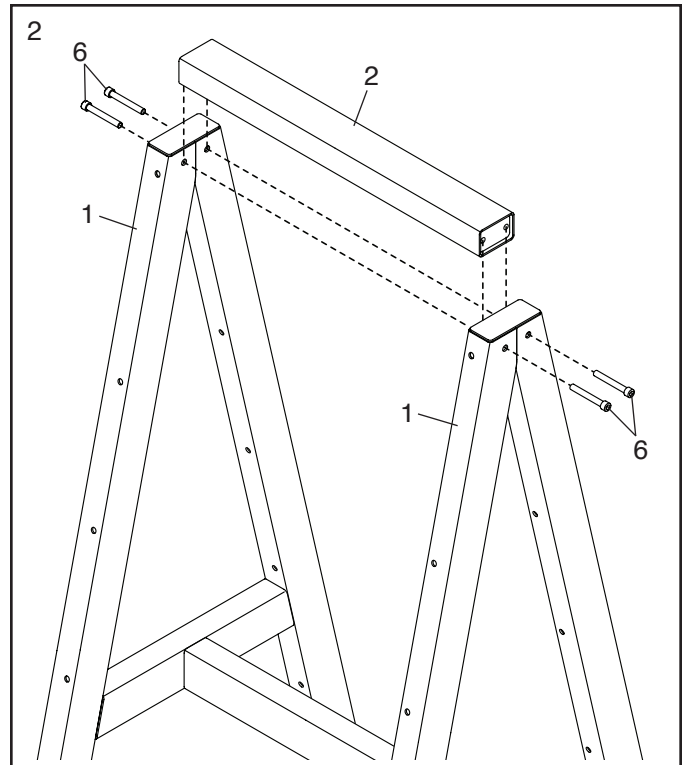
Locate the Brace (2) that has the serial number decal attached to it. Orient the Brace so that the decal is facing the floor.

Attach the Brace (2) between the Frames (1) with four M10 x 70mm Screws (6). **Do not tighten the Screws yet.**



2. Attach the other Brace (2) between the Frames (1) with four M10 x 70mm Screws (6).

Tighten the M10 x 70mm Screws (6) used in this step and in step 1.

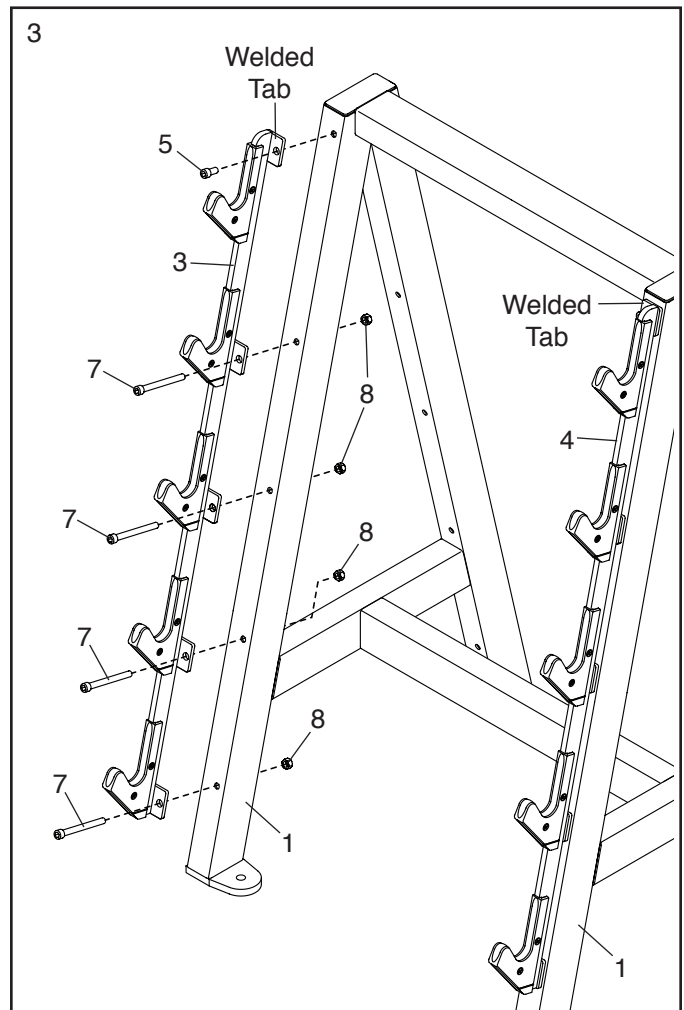


3. Identify a Left Rack (3), which is marked with a “Left” sticker. Note: There are two Left Racks.

Stand facing the two Frames (1). Hold the Left Rack (3) against the left Frame. **Make sure that the Left Rack is oriented so that the welded tabs are on the side shown.** Attach the Left Rack with an M10 x 25mm Screw (5), four M10 x 100mm Bolts (7), and four M10 Locknuts (8).

Next, identify a Right Rack (4), which is marked with a “Right” sticker. Note: There are two Right Racks.

Hold the Right Rack (4) against the right Frame (1). **Make sure that the Right Rack is oriented so that the welded tabs are on the side shown.** Attach the Right Rack in the same way that you attached the Left Rack (3).

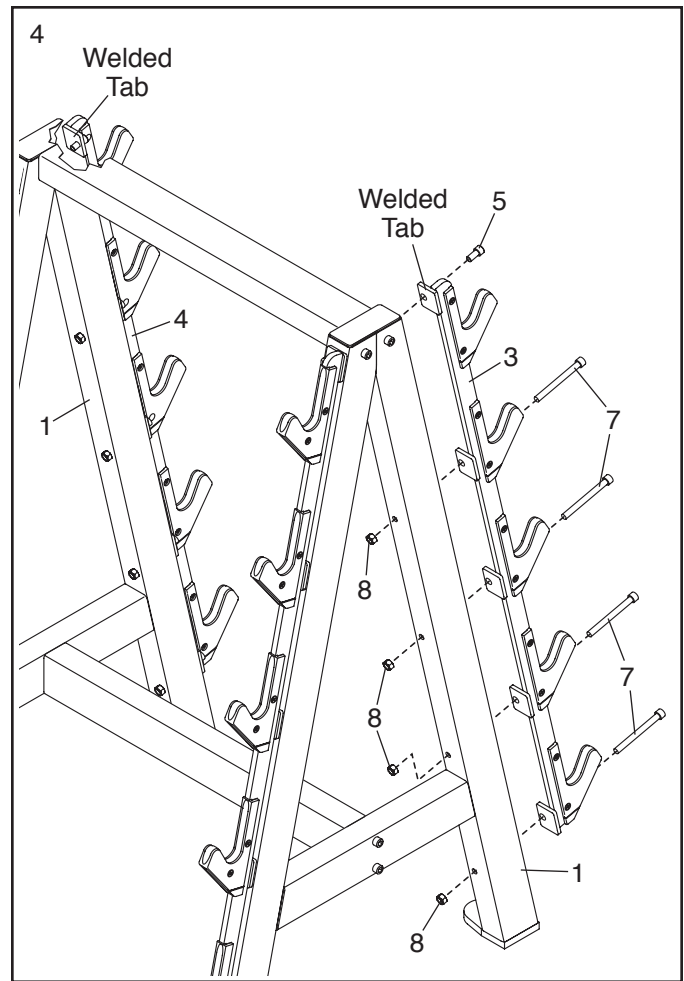


4. Identify the other Left Rack (3), which is marked with a “Left” sticker.

Stand facing the two Frames (1). Hold the Left Rack (3) against the left Frame. **Make sure that the Left Rack is oriented so that the welded tabs are on the side shown.** Attach the Left Rack with an M10 x 25mm Screw (5), four M10 x 100mm Bolts (7), and four M10 Locknuts (8).

Next, identify the other Right Rack (4), which is marked with a “Right” sticker.

Hold the Right Rack (4) against the right Frame (1). **Make sure that the Right Rack is oriented so that the welded tabs are on the side shown.** Attach the Right Rack in the same way that you attached the Left Rack (3).



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

1. Clean the strength equipment using a soft cloth dampened with a 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. Then, dry the area thoroughly.

CAUTION: When using any cleaning product, try it first in an inconspicuous place to ensure that there is no damage to the material. Follow the directions and adhere to 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, because they may scratch the strength equipment. Strong cleaners and abrasives may also damage decals. Do not use solvents such as lacquer thinner, kerosene, gasoline, or similar liquids to clean the strength equipment.

WEEKLY MAINTENANCE

Hardware

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

NOTES

PART LIST

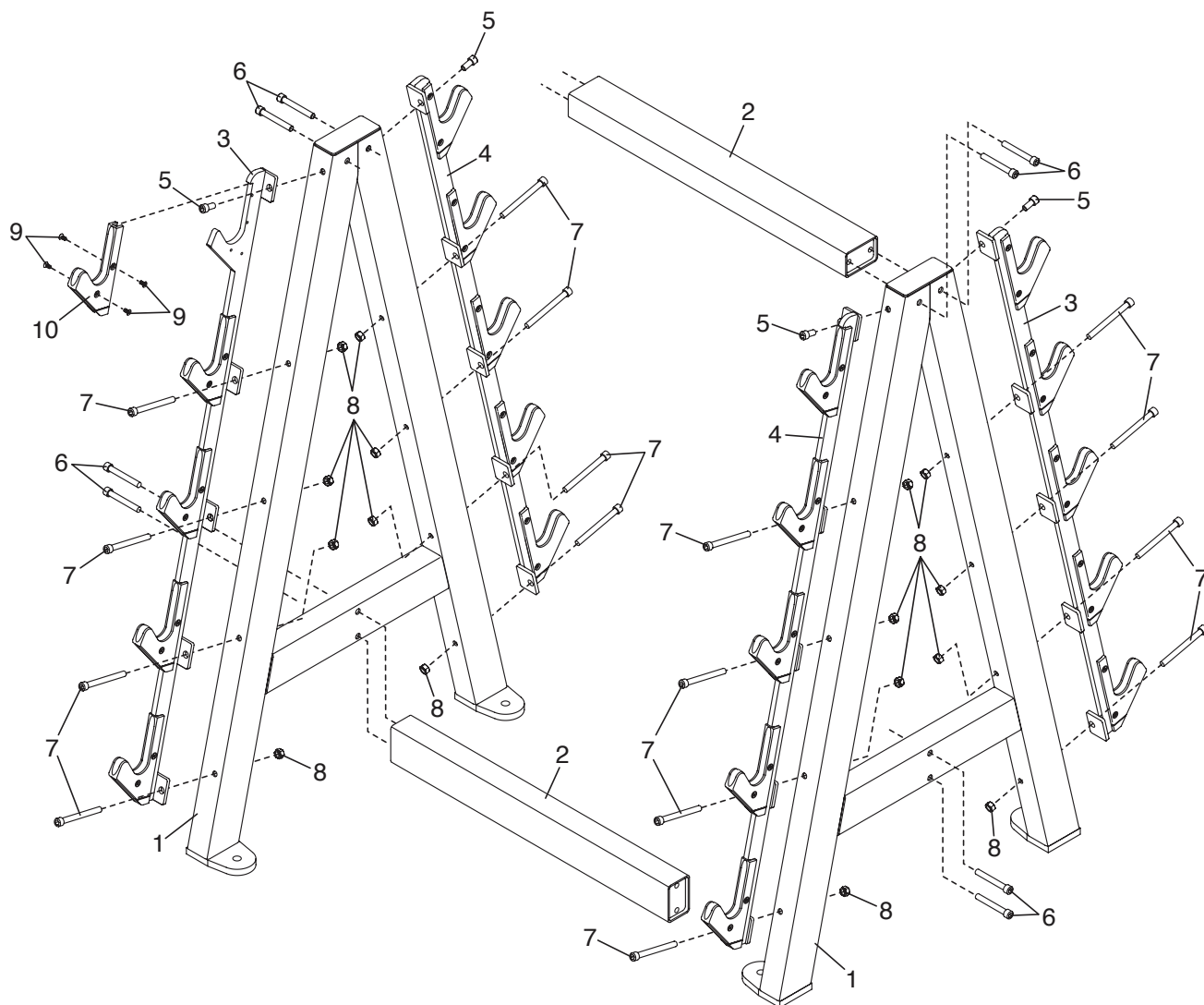
Model No. F210.1 R0312A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Frame	7	16	M10 x 100mm Bolt
2	2	Brace	8	16	M10 Locknut
3	2	Left Rack	9	80	M5 x 12mm Screw
4	2	Right Rack	10	20	Rack Cover
5	4	M10 x 25mm Screw	*	—	Owner's Manual
6	8	M10 x 70mm Screw			

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. F210.1 R0312A



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 one of 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