

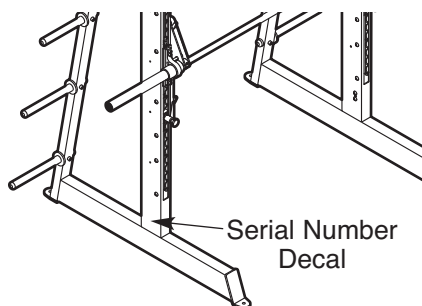


Smith Machine

Model No. F211.0

Serial No. _____

Write the serial number in the space above for reference.

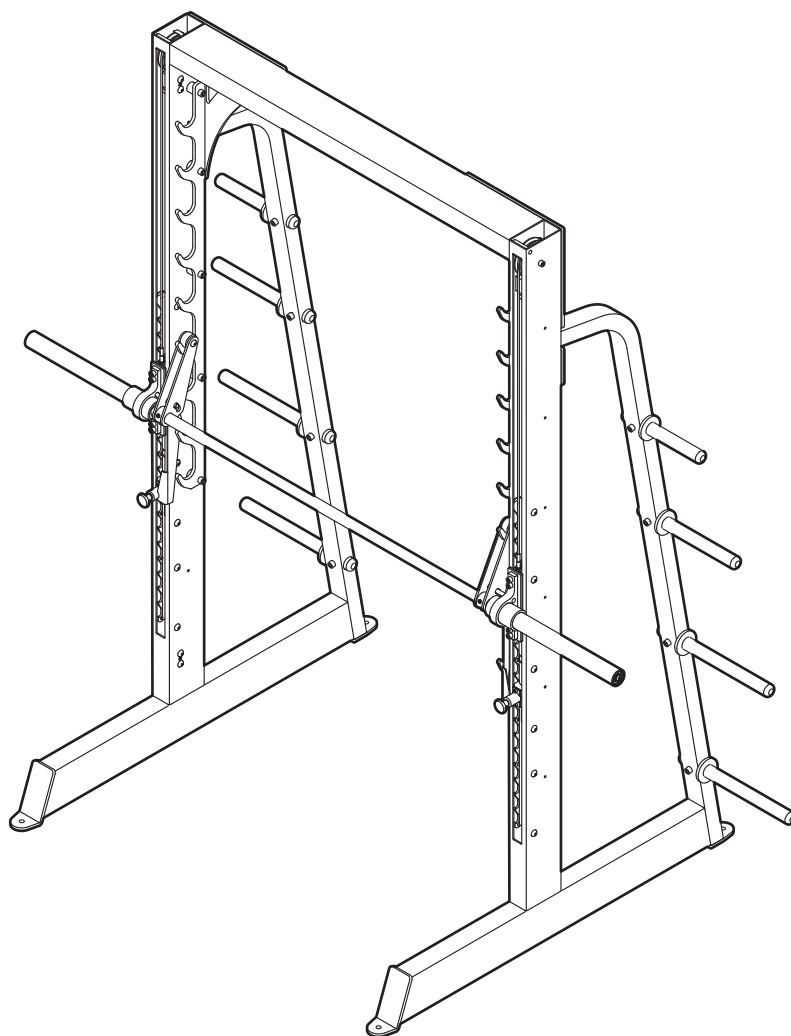


QUESTIONS?

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.



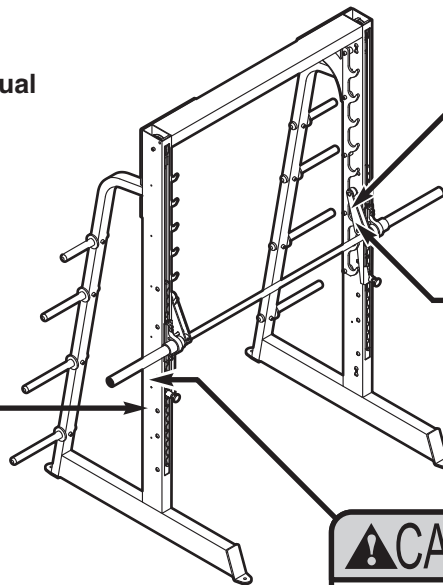
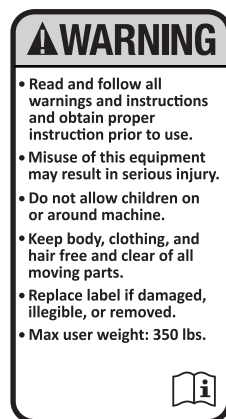
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WARNING DECAL PLACEMENT

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.



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.
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 weight of 540 lbs. (245 kg) on the barbell, and a maximum total weight of 800 lbs. (363 kg) on the barbell and storage bars. Note: The strength equipment does not include 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. Keep hands and feet away from moving parts. 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.

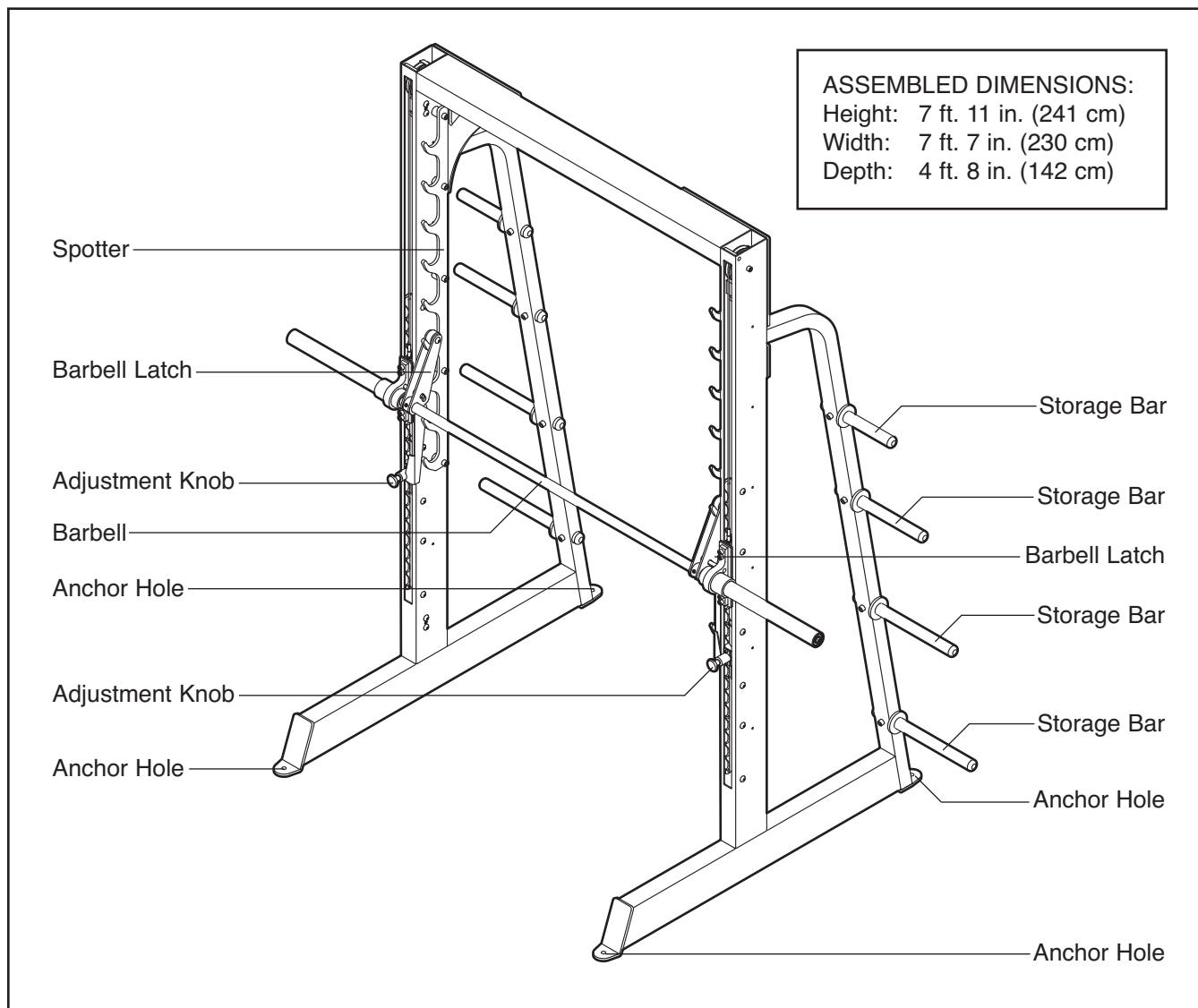
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® EPIC™ SMITH MACHINE strength equipment. The SMITH MACHINE is designed to help you develop the major muscle groups of your body. Whether your goal is to tone your body or build dramatic muscle size and strength, the SMITH MACHINE 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-

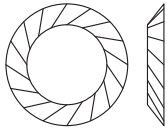
tions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

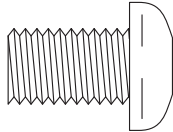


PART IDENTIFICATION CHART

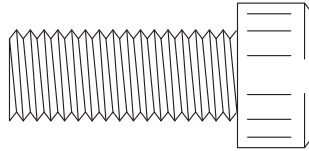
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **IMPORTANT: If you cannot find a part in the hardware kit, check to see if it has been preassembled.**



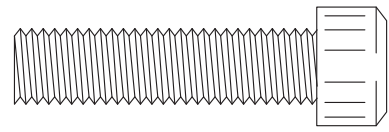
Serrated Washer
(57)–8



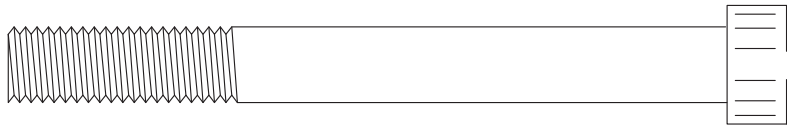
M10 x 15mm
Button Screw
(49)–6



M12 x 30mm
Socket Screw (46)–8



M10 x 40mm Socket
Screw (44)–8



M10 x 95mm Socket
Screw (58)–2

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.

- Assembly requires the following tools (not included):

an adjustable wrench



a metric hex key



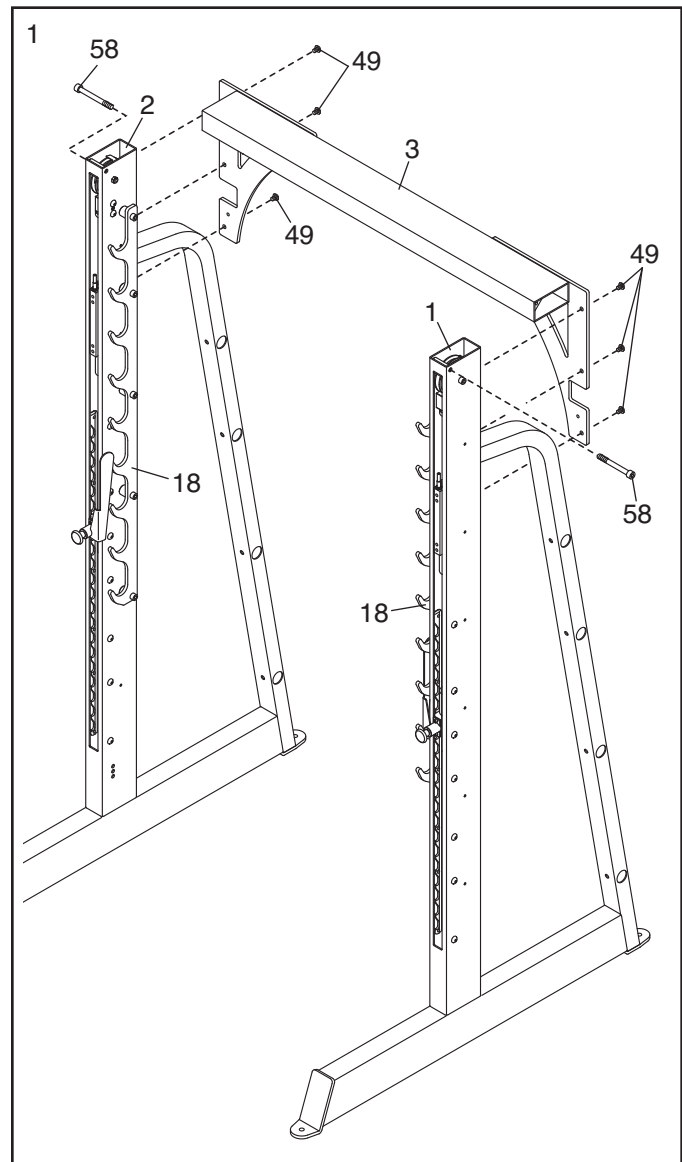
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches. **To avoid damaging parts, do not use power tools.**

1. Orient the Left and Right Uprights (1, 2) as shown. **Make sure that the Spotter Plates (18) are in the indicated locations.**

Have another person hold the Uprights (1, 2) until you complete this step.

Orient the Frame Tube (3) as shown.

Attach the Frame Tube (3) to the Left and Right Uprights (1, 2) with six M10 x 15mm Button Screws (49) and two M10 x 95mm Socket Screws (58). **Tip: Start the Button Screws, tighten the Socket Screws, and then tighten the Button Screws.**

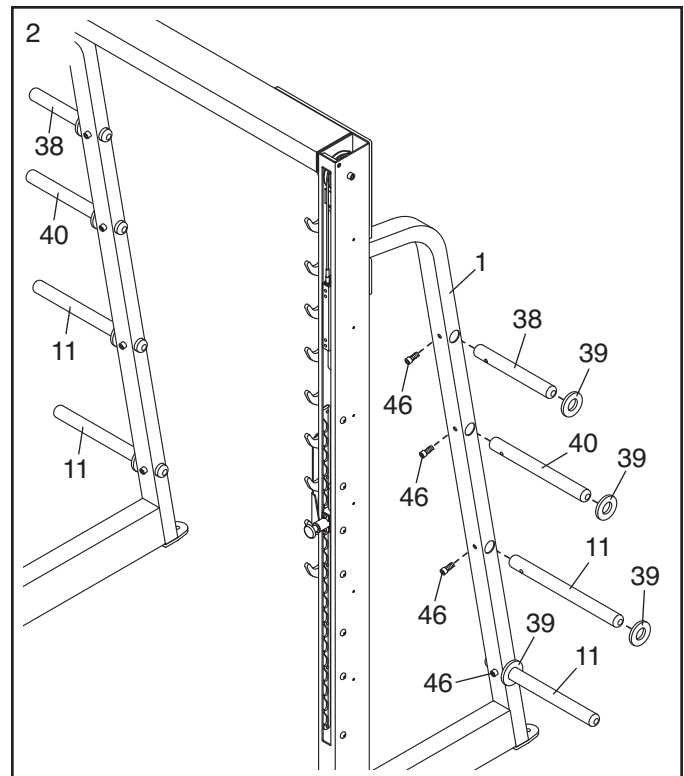


2. Identify the Short Storage Bars (38), the Medium Storage Bars (40), and the Long Storage Bars (11).

Attach a Short Storage Bar (38) to the Left Upright (1) in the location shown with an M12 x 30mm Socket Screw (46).

Slide a Weight Bumper (39) onto the Short Storage Bar (38).

Attach the other Short Storage Bar (38), the Medium Storage Bars (40), and the Long Storage Bars (11) in the same way.

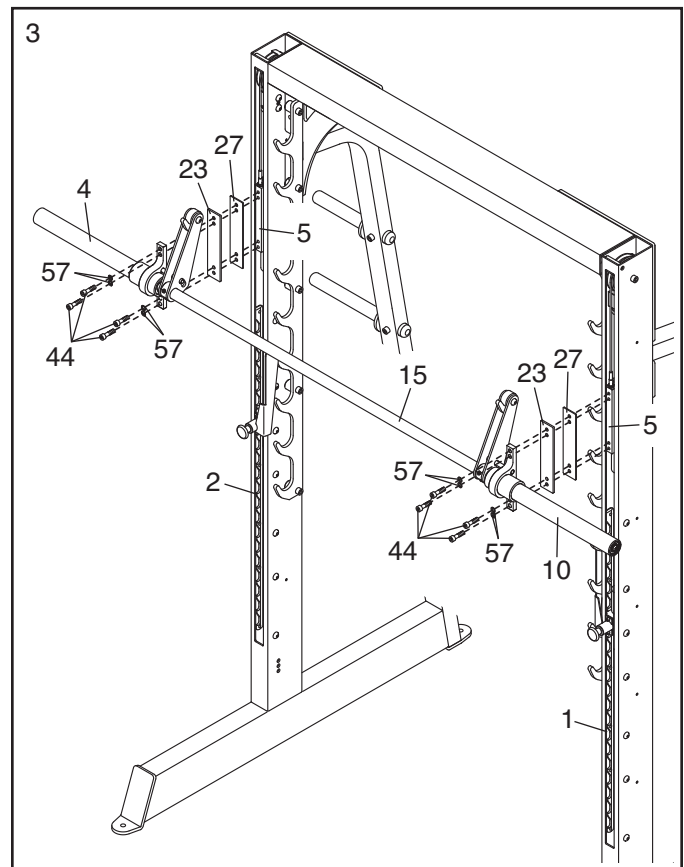


3. Identify the Barbell Bracket Plates (23), which are made of metal, and the Barbell Carriage Plates (27), which are made of plastic.

Have another person hold the Barbell (15) assembly near the Left and Right Uprights (1, 2) until you complete this step.

Attach the Right Barbell Bracket (4), a Barbell Bracket Plate (23), and a Barbell Carriage Plate (27) to the Barbell Carriage (5) inside the Right Upright (2) with four M10 x 40mm Socket Screws (44) and four Serrated Washers (57).

Attach the Left Barbell Bracket (10) in the same way.



4. **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.

ADJUSTMENT

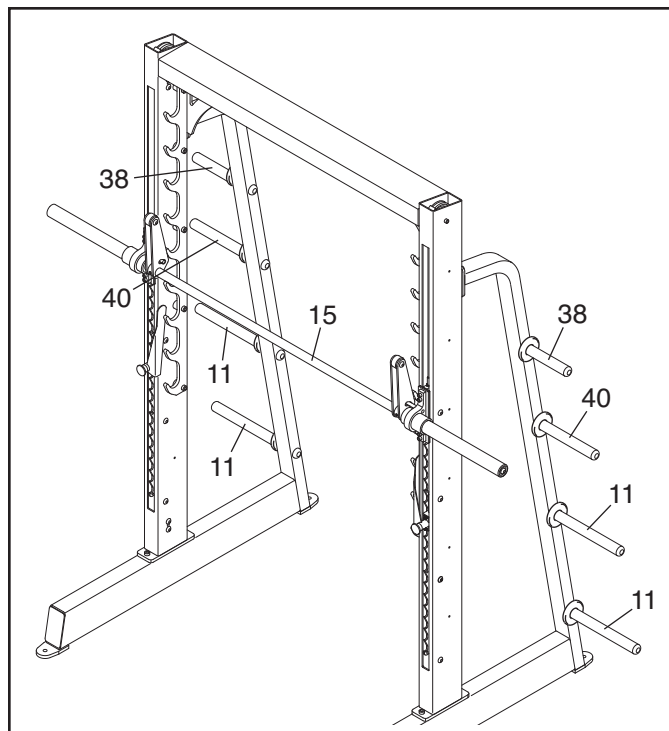
This section explains how to adjust the strength equipment. Make sure that all parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately.

STORING WEIGHTS

Store weights on the Storage Bars (38, 40, 11).

⚠ WARNING: Each Short Storage Bar (38) can hold up to 150 lbs. (63 kg). Each Medium Storage Bar (40) can hold up to 200 lbs. (91 kg). Each Long Storage Bar (11) can hold up to 225 lbs. (102 kg). Do not place more than a total of 800 lbs. (363 kg) on the Barbell (15) and Storage Bars.

Do not place more than 540 lbs. (245 kg) on the Barbell (15). Always place the same amount of weight on both ends of the Barbell.



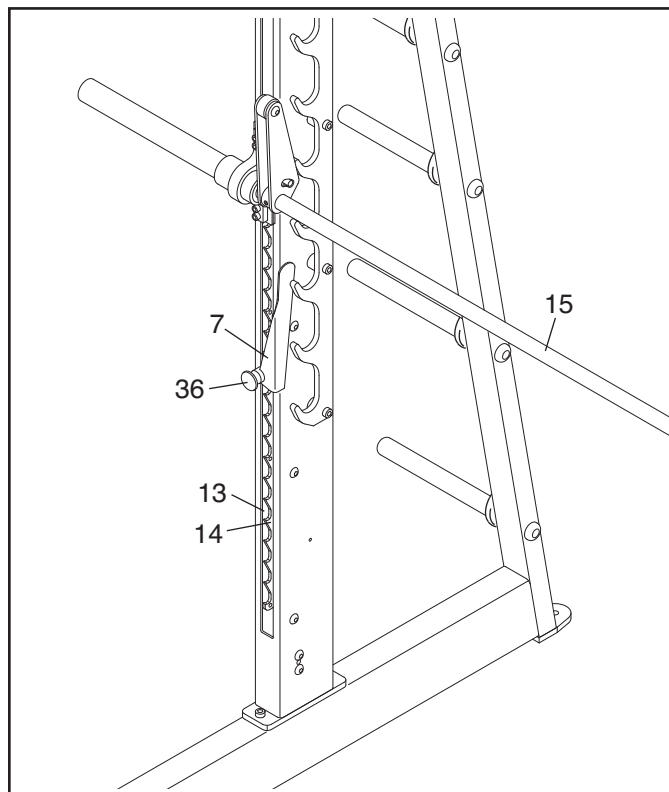
ADJUSTING THE STOP INDICATORS

The Right Stop Indicator (7) and the Left Stop Indicator (not shown) show the lowest point to which the Barbell (15) can move during an exercise.

To adjust the position of the Right Stop Indicator (7), pull the Adjustment Knob (36) and move the Right Stop Indicator to the desired height. Then, release the Adjustment Knob.

Adjust the Left Stop Indicator (not shown) in the same way.

⚠ WARNING: Always adjust the Right Stop Indicator (7) and the Left Stop Indicator (not shown) to the same height and make sure that they fully engage the Stop Plates (13, 14) before you use the strength equipment.



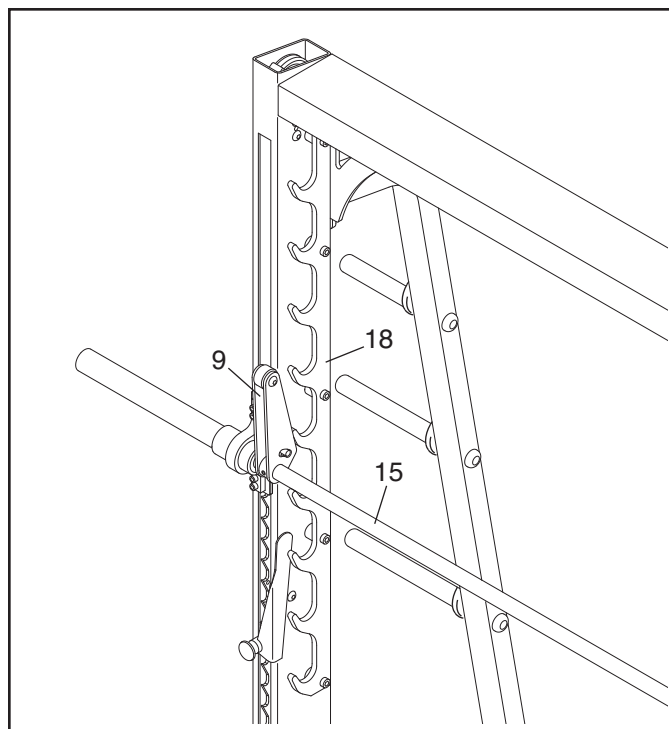
USING THE BARBELL

Place the desired amount of weight (not included) on each end of the Barbell (15).

Lift the Barbell (15) and rotate it to disengage the Barbell Latches (9) from the Spotter Plates (18) (only one side is shown).

When finished with the exercise, rotate the Barbell (15) to reengage the Barbell Latches (9).

⚠ WARNING: Always make sure that both Barbell Latches (9) fully engage the Spotter Plates (18) before you release the Barbell (15).



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

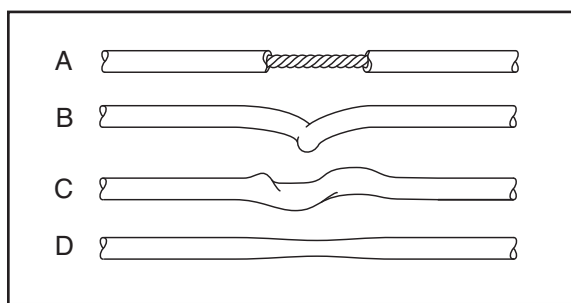
Hardware

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.

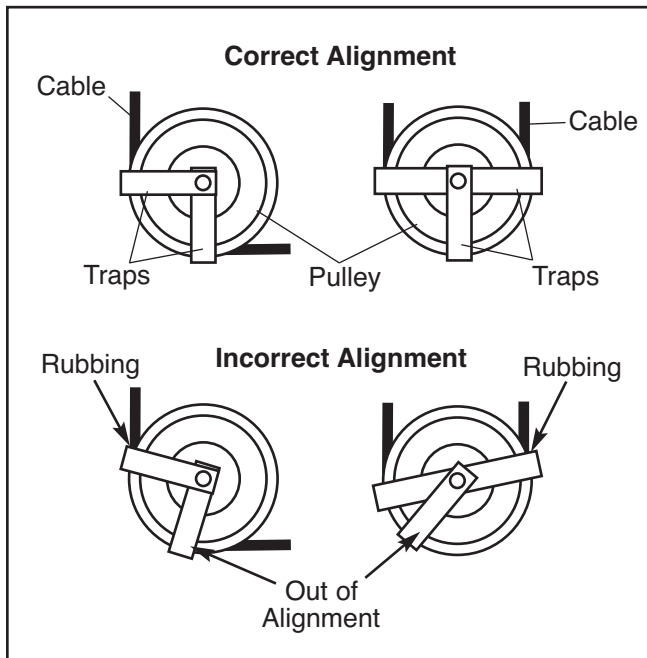
Cables

1. Check each cable for proper tension (see CABLE ADJUSTMENT on page 8).
2. Check the entire length of each cable by slowly performing one repetition on the strength equipment; inspect the cable that is exposed on the exterior of the strength equipment and the cable inside the tower. Run your fingers along the cable, paying close attention at the bends and attachment points. Watch for the following conditions, which may indicate a worn cable in need of replacement:
 - A. a torn or split cable sheath that exposes the cable
 - B. a kinked or severely bent cable
 - C. a curled or twisted sheath
 - D. a stretched cable sheath, showing a thinning cross-section



Cable Traps

Check the cable traps to ensure that they are not rubbing against the cables and that they are holding the cables in the grooves of the pulleys. If a cable trap is not correctly aligned, loosen the bolt slightly, readjust the cable trap as necessary, and retighten the bolt.



WEIGHT GUIDE LUBRICATION

Clean and lubricate the full length of each weight guide by wiping it with a soft cloth containing a light-weight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length of the weight guide. **Do not use TEFLON®-based lubricants.**

NOTES

PART LIST—Model No. F211.0

R0310A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright	31	2	Cable
2	1	Right Upright	32	2	Large Bumper
3	1	Frame Tube	33	4	Spotter Bushing
4	1	Right Barbell Bracket	34	4	Barbell Carriage Bushing
5	2	Barbell Carriage	35	2	Pulley
6	1	Left Stop Indicator	36	2	Adjustment Knob
7	1	Right Stop Indicator	37	2	Spring
8	2	Spotter Carriage	38	2	Short Storage Bar
9	2	Barbell Latch	39	8	Weight Bumper
10	1	Left Barbell Bracket	40	2	Medium Storage Bar
11	4	Long Storage Bar	41	2	Small Barbell Bearing
12	2	Stop Ring	42	2	Large Barbell Bearing
13	2	Right Stop Plate	43	4	M6 x 10mm Socket Screw
14	2	Left Stop Plate	44	8	M10 x 40mm Socket Screw
15	1	Barbell	45	2	M10 x 60mm Socket Bolt
16	2	Counterweight	46	18	M12 x 30mm Socket Screw
17	2	Barbell Guide	47	2	M8 x 15mm Button Screw
18	2	Spotter Plate	48	32	M10 x 10mm Button Screw
19	2	Cable Trap	49	14	M10 x 15mm Button Screw
20	2	Spotter Pin	50	6	M10 x 10mm Set Screw
21	2	Spotter Rod	51	4	M10 x 20mm Set Screw
22	2	Roller Axle	52	2	M10 Locknut
23	2	Barbell Bracket Plate	53	4	M10 Nut
24	2	Latch Roller	54	2	M8 Flat Washer
25	4	Barbell Guide Bracket	55	4	Retainer Ring
26	2	Guide Washer	56	2	Wave Washer
27	2	Barbell Carriage Plate	57	12	Serrated Washer
28	2	Small Bumper	58	2	M10 x 95mm Socket Screw
29	2	Counterweight Guide	*	—	Owner's Manual
30	4	Spotter Carriage Pin			

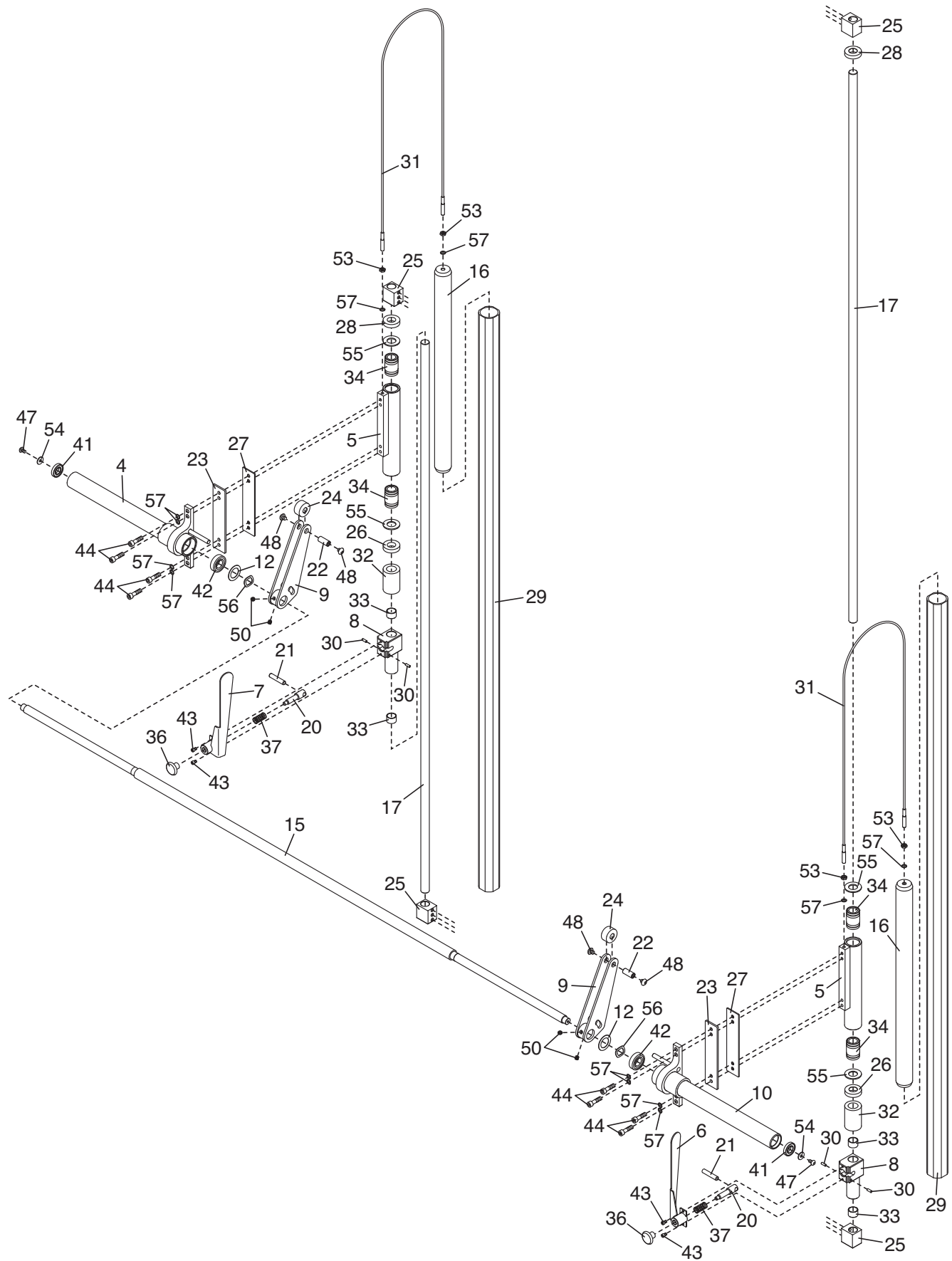
Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

R0310A



EXPLODED DRAWING B—Model No. F211.0

R0310A



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