

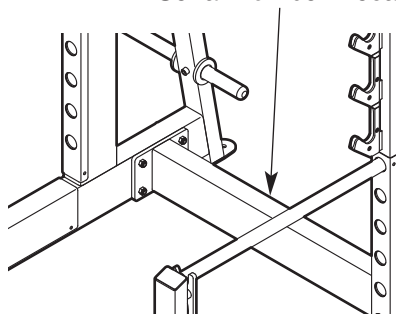
FREEMOTION[®] E P I C[™] Olympic Squat Rack

Model No. F212.0

Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal



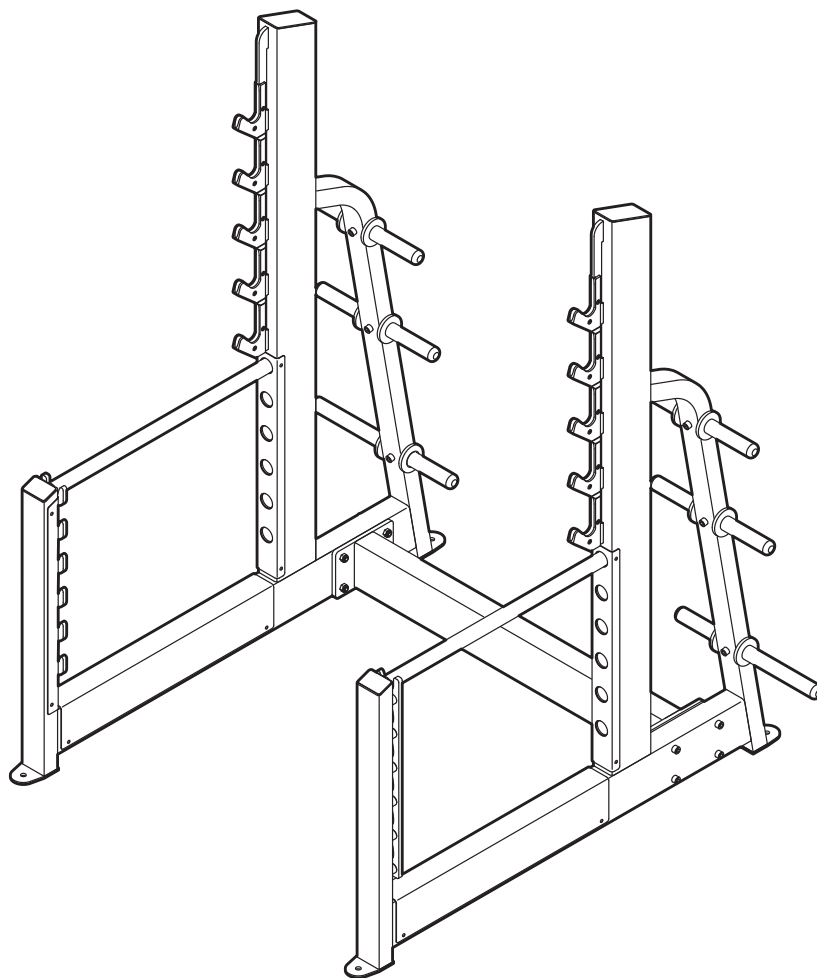
QUESTIONS?

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



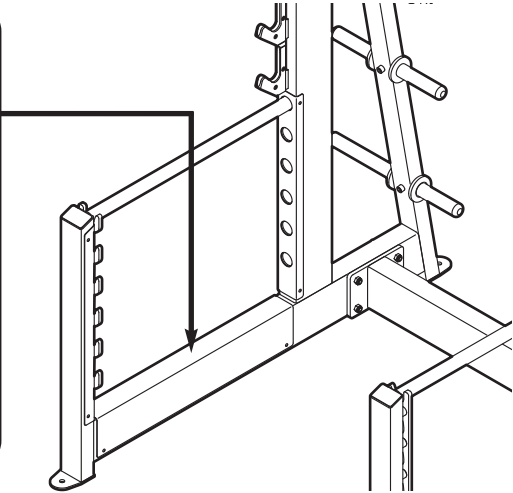
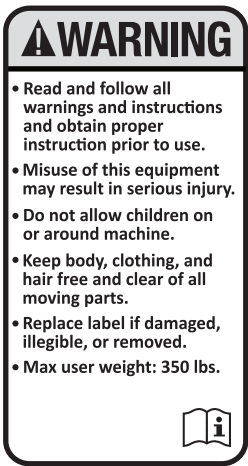
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TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY AND ADJUSTMENT	6
MAINTENANCE AND TROUBLESHOOTING	8
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), a maximum of 600 lbs. (272 kg) of weight, including a barbell (not included), and a maximum total weight of 950 lbs. (431 kg).
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.

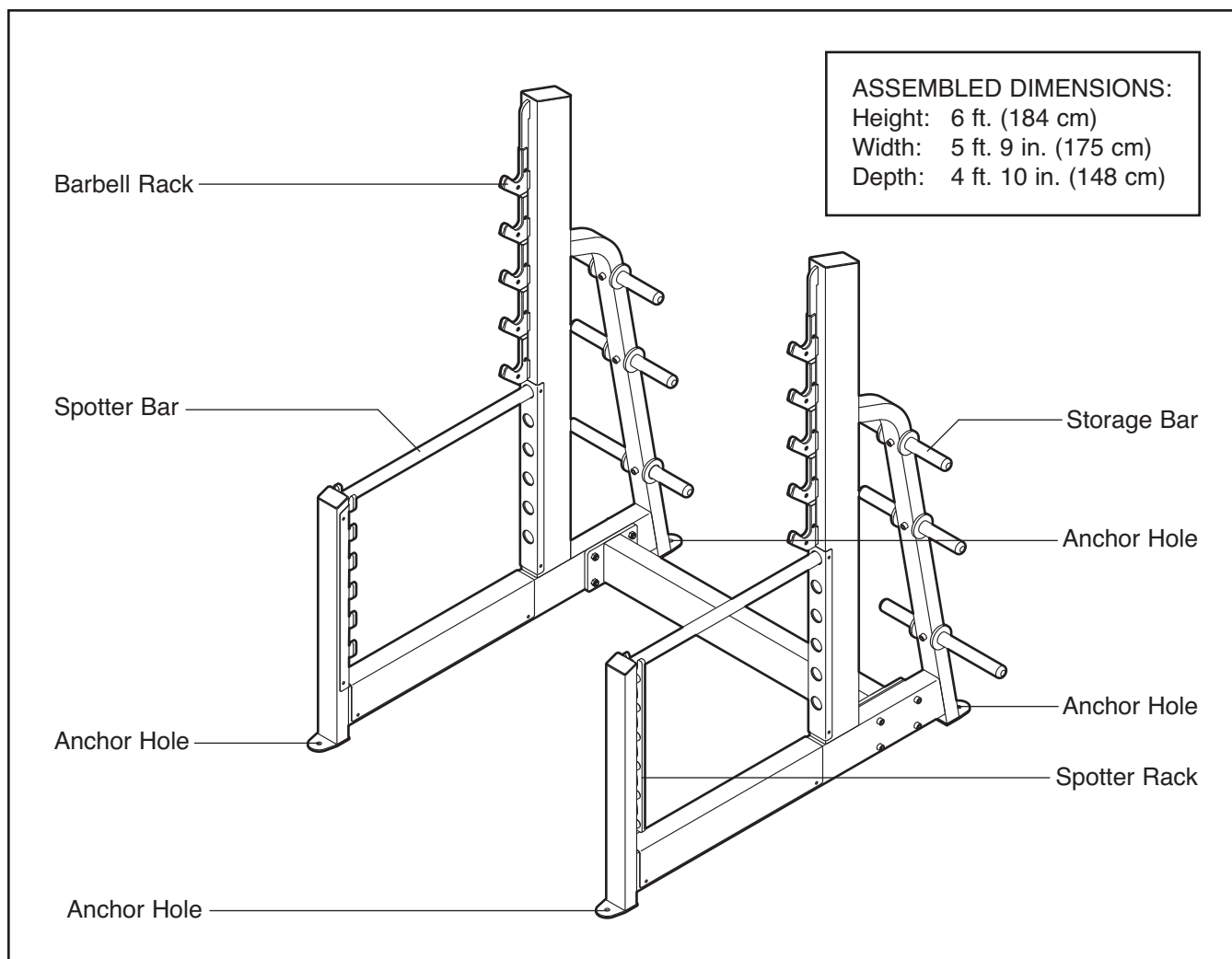
BEFORE YOU BEGIN

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



ASSEMBLY AND ADJUSTMENT

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

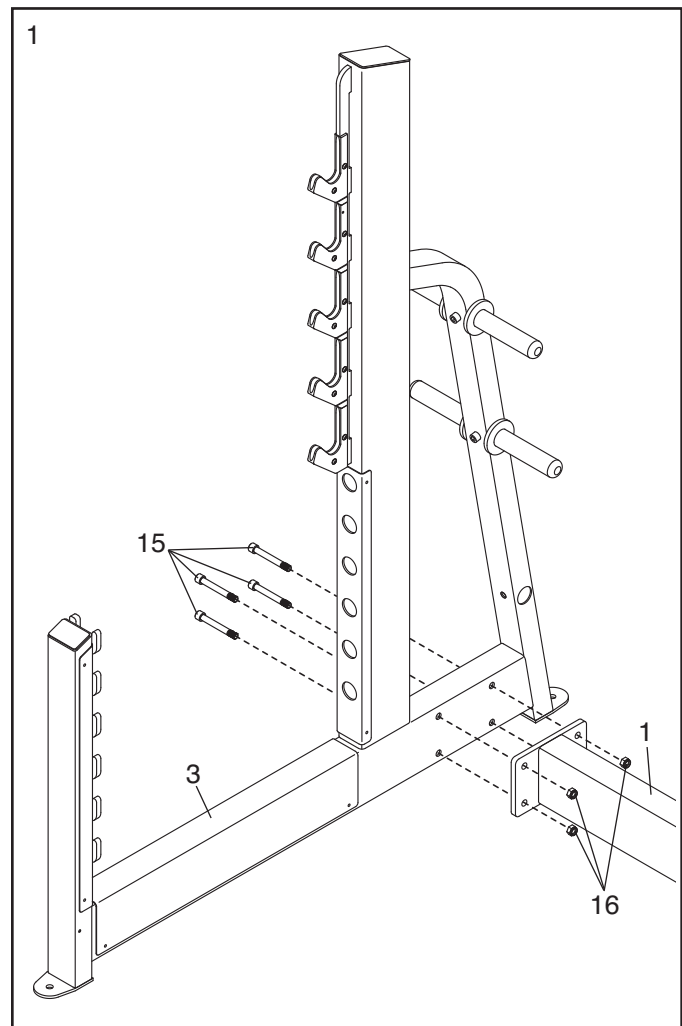


Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Identify the Right Frame (3), which is marked with an "R" sticker. Then, orient the Right Frame and the Base (1) as shown.

Attach the Right Frame (3) to the Base (1) with four M12 x 95mm Socket Bolts (15) and four M12 Locknuts (16) (only three are shown).

Attach the Left Frame (not shown) to the Base (1) in the same way.



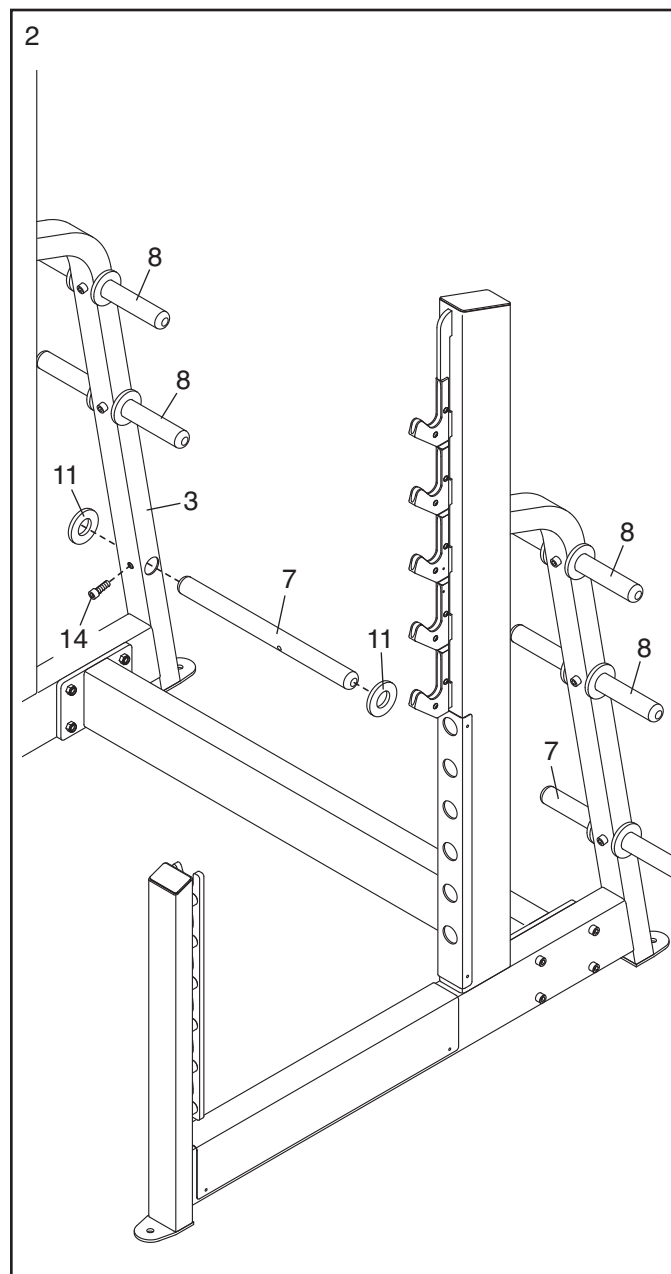
2. Identify the two Long Storage Bars (7) and the four Short Storage Bars (8).

Insert a Long Storage Bar (7) through the lowest hole in the Right Frame (3). Attach the Long Storage Bar with an M12 x 35mm Socket Screw (14).

Slide a Weight Bumper (11) onto each end of the Long Storage Bar (7).

Repeat this step for the other Long Storage Bar (7) and Short Storage Bars (8).

⚠ WARNING: Each long storage bar can hold up to 225 lbs. (102 kg). Each short storage bar can hold up to 150 lbs. (68 kg). Do not place a total of more than 600 lbs. (272 kg), including a barbell (not included), on the racks and the storage bars. Always place the same amount of weight on both sides of your barbell.

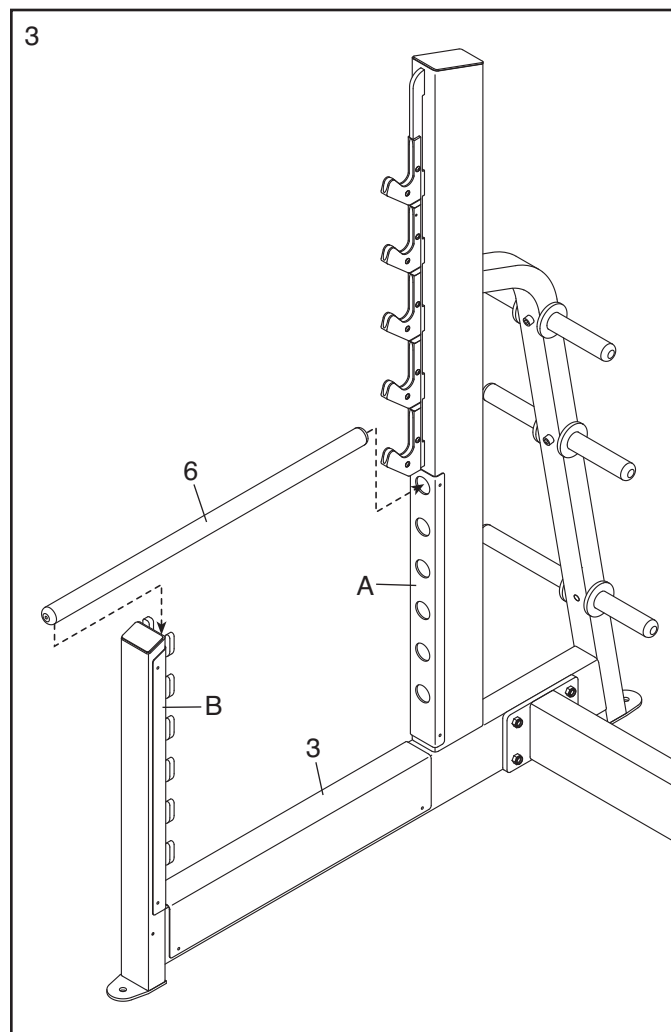


3. Insert a Spotter Bar (6) into the spotter racks on the Right Frame (3) at the desired level.

Tip: First insert the Spotter Bar into a hole in spotter rack A and then insert the Spotter Bar into spotter rack B.

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

Make sure that the left and right Spotter Bars (6) are at the same height.



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.

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.

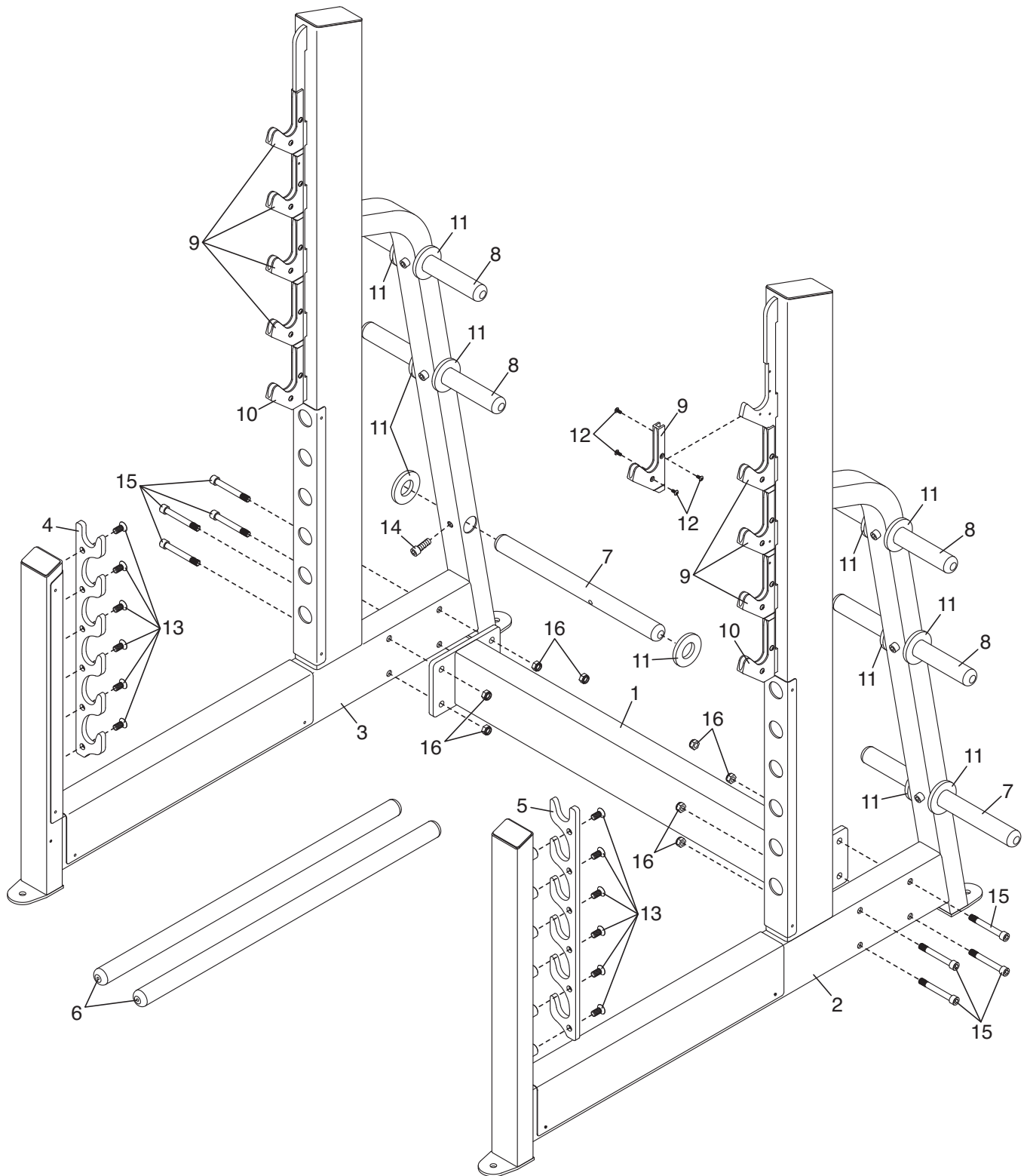
NOTES

PART LIST—Model No. F212.0

R1209A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	10	2	Lower Rack Cover
2	1	Left Frame	11	12	Weight Bumper
3	1	Right Frame	12	40	M5 x 12mm Screw
4	1	Right Spotter Rack	13	12	M12 x 25mm Flat Head Screw
5	1	Left Spotter Rack	14	6	M12 x 35mm Socket Screw
6	2	Spotter Bar	15	8	M12 x 95mm Socket Bolt
7	2	Long Storage Bar	16	8	M12 Locknut
8	4	Short Storage Bar	*	—	User's Manual
9	8	Upper Rack Cover			

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.



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