

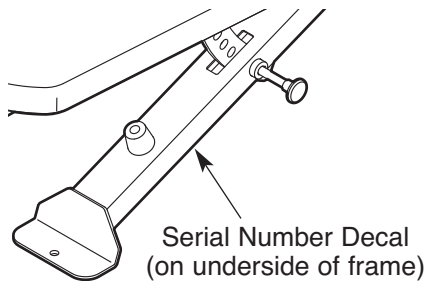
FREEMOTION[®] E P I C[™]

Abdominal Bench

Model No. F213.0

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.

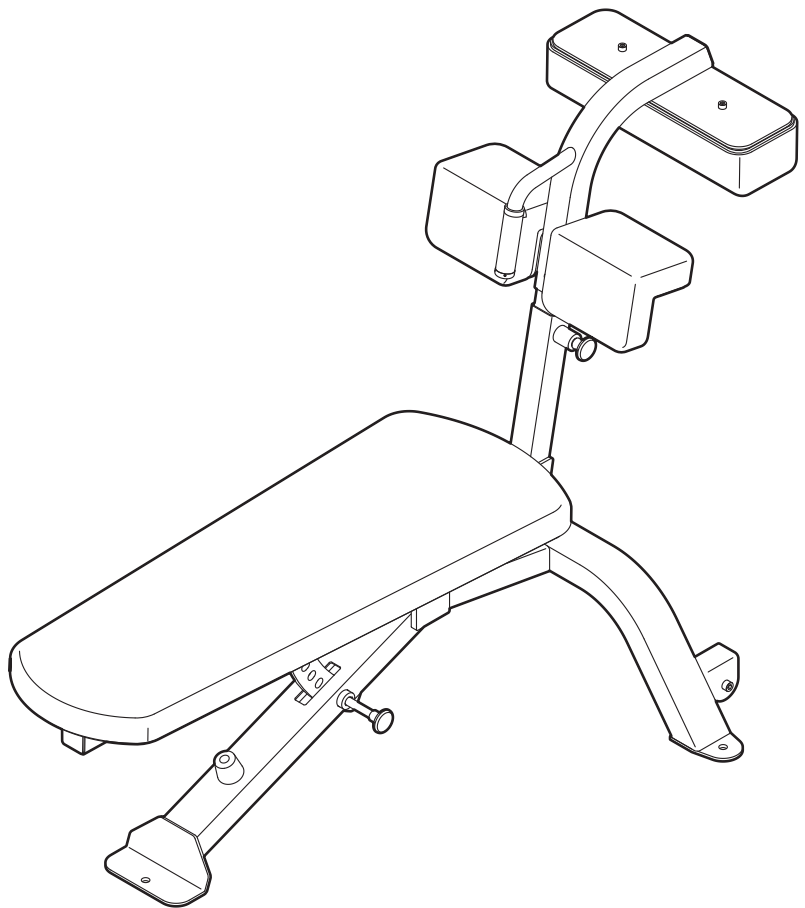
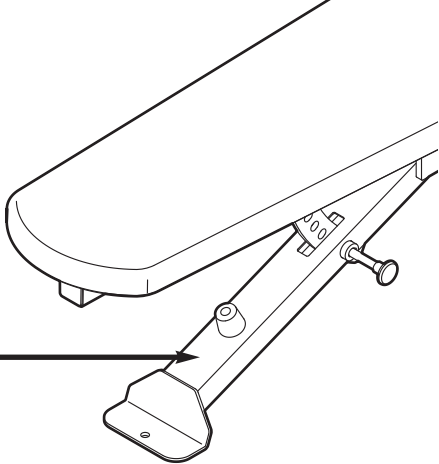
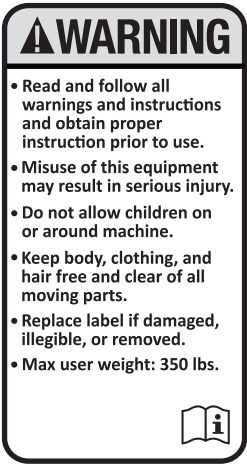


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WARNING DECAL PLACEMENT

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. Do not crowd the strength equipment.
5. Using the three 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. 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.

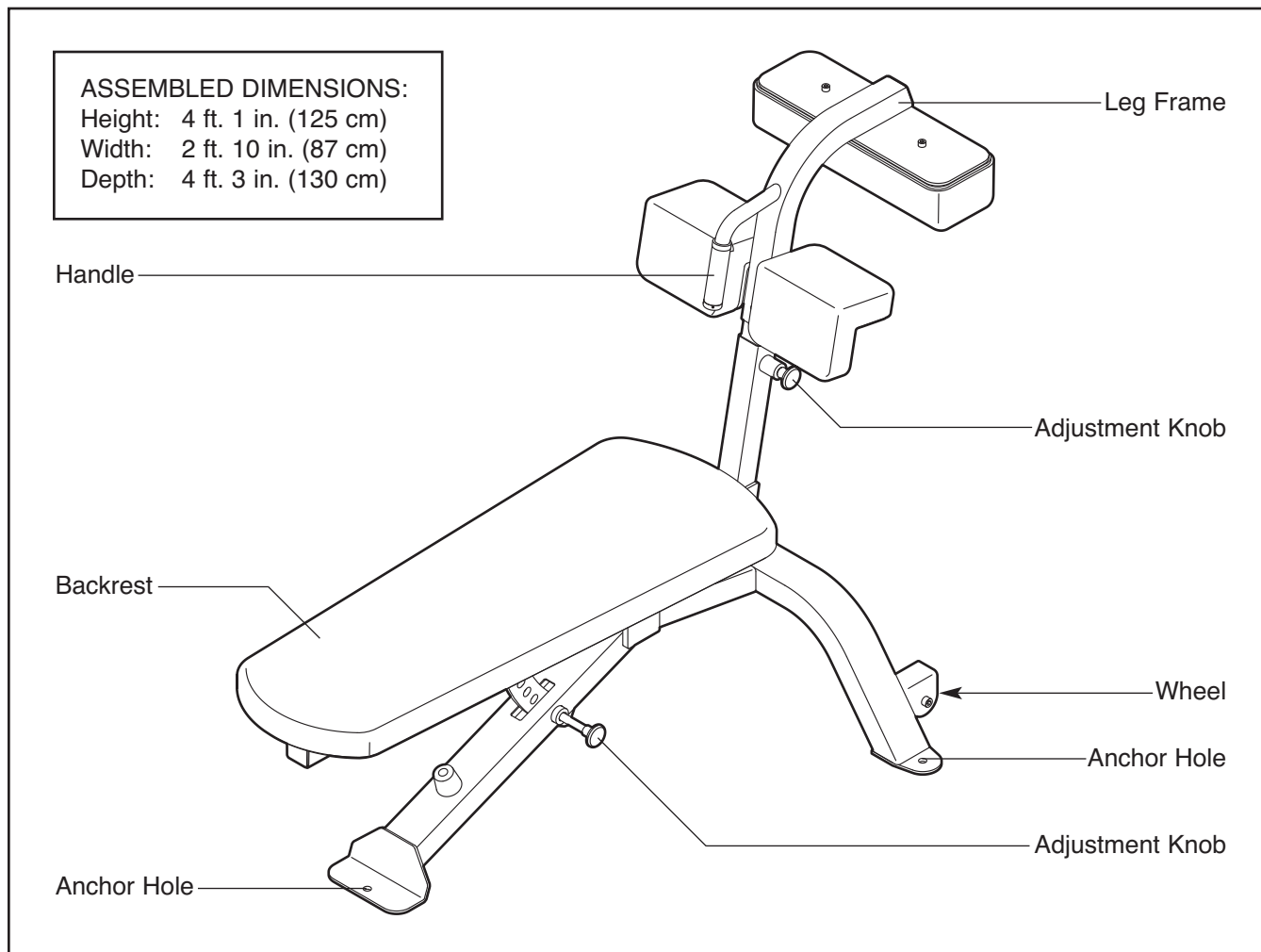
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® EPIC™ ABDOMINAL BENCH strength equipment. The ABDOMINAL BENCH 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 ABDOMINAL BENCH 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.



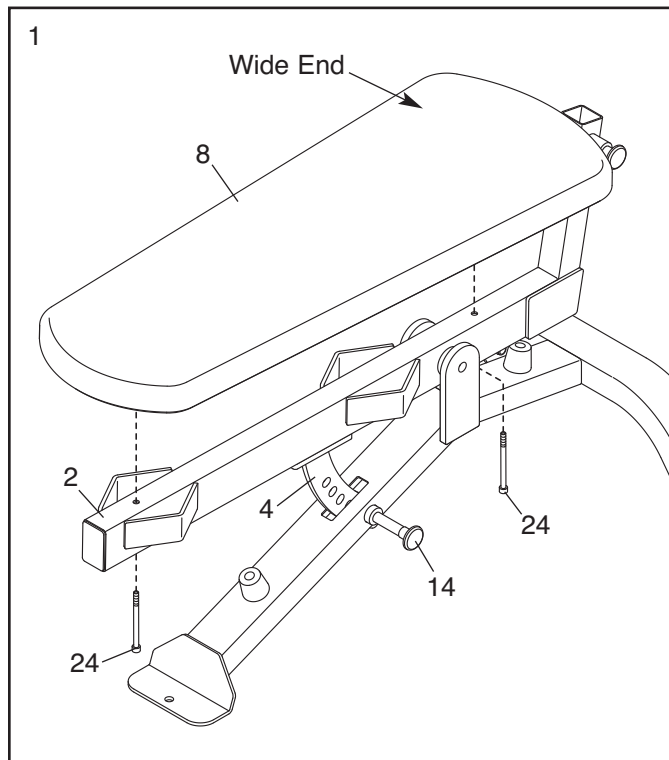
ASSEMBLY AND ADJUSTMENT

Place all parts of the strength equipment in a cleared area and remove the packing materials; **do not dispose of the packing materials until assembly is completed. Assembly requires a metric hex key (not included).**

1. Orient the Backrest (8) so that the wide end is in the position shown.

Attach the Backrest (8) to the Backrest Frame (2) with two M8 x 105mm Socket Screws (24).

To adjust the angle of the Backrest (8), first hold the Backrest with one hand and pull the indicated Knob (14) outward. Raise or lower the Backrest to the desired position, and engage the Knob into a hole in the Adjustment Bracket (4). **Make sure that the Knob is firmly engaged in a hole in the Adjustment Bracket.**



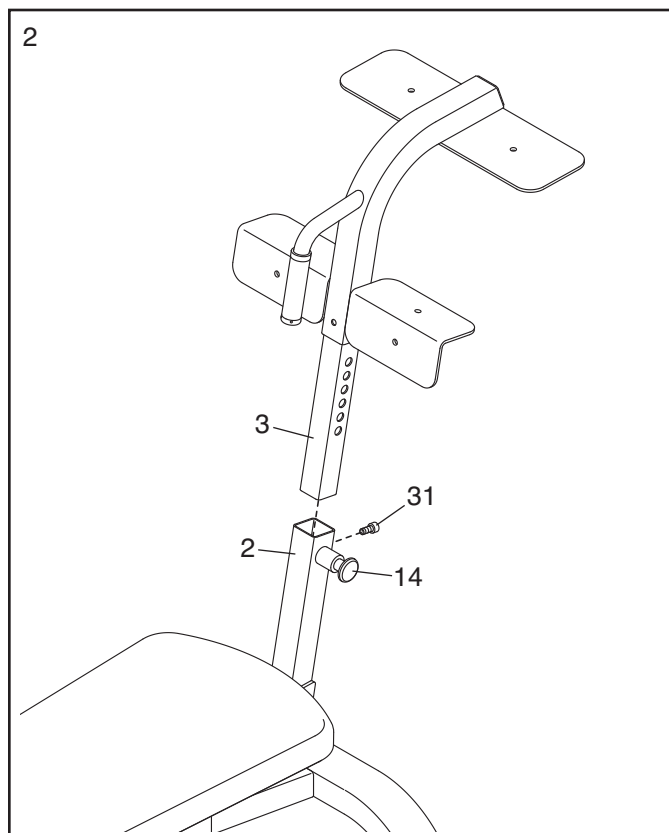
2. Remove the M10 x 16mm Screw (31) from the Backrest Frame (2).

Orient the Leg Frame (3) as shown.

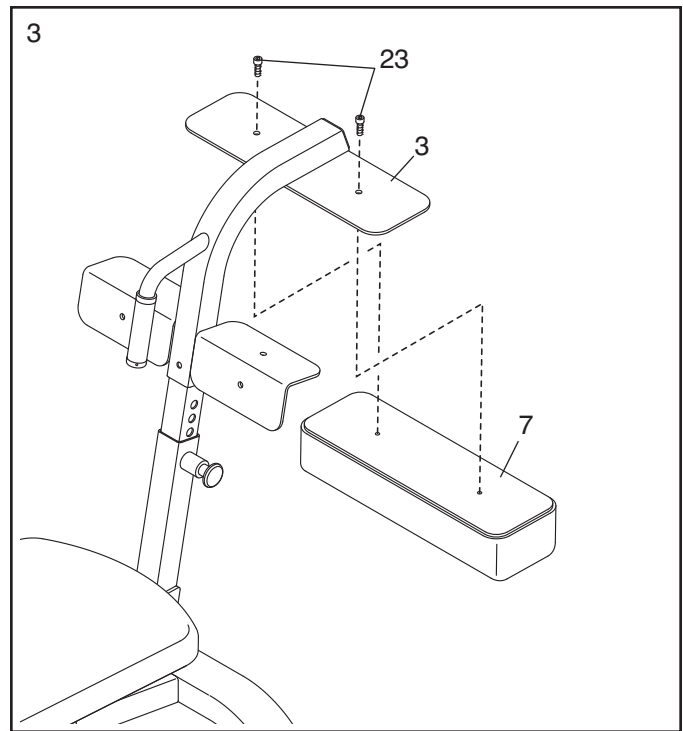
Pull the indicated Knob (14) outward and insert the Leg Frame (3) into the Backrest Frame (2). Then, engage the Knob into an adjustment hole in the Leg Frame.

Tighten the M10 x 16mm Screw (31) into the Backrest Frame (2).

To adjust the height of the Leg Frame (3), first hold the Leg Frame with one hand and pull the indicated Knob (14) outward. Raise or lower the Leg Frame to the desired position, and engage the Knob into an adjustment hole in the Leg Frame. **Make sure that the Knob is firmly engaged in an adjustment hole in the Leg Frame.**



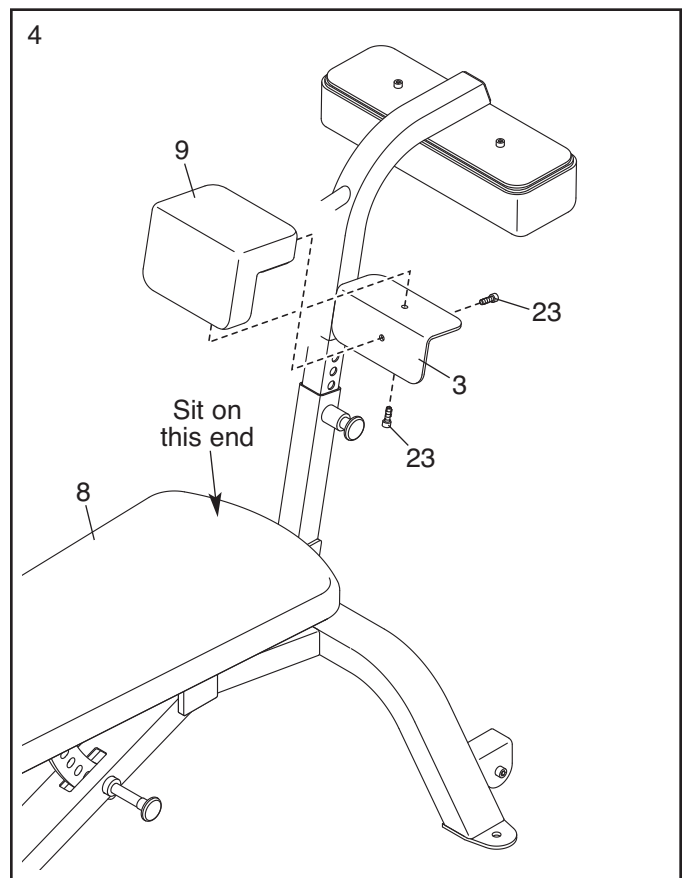
3. Attach the Large Pad (7) to the Leg Frame (3) with two M8 x 25mm Socket Screws (23).



4. Attach a Small Pad (9) to the Leg Frame (3) with two M8 x 25mm Socket Screws (23).

Repeat this step for the other Small Pad (not shown).

⚠ WARNING: Sit on the indicated end of the Backrest (8) only; sitting on the other end will cause the strength equipment to tip. Use the strength equipment only with your legs under the Leg Frame (3).



5. Make sure that all parts of the strength equipment are properly tightened.

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.

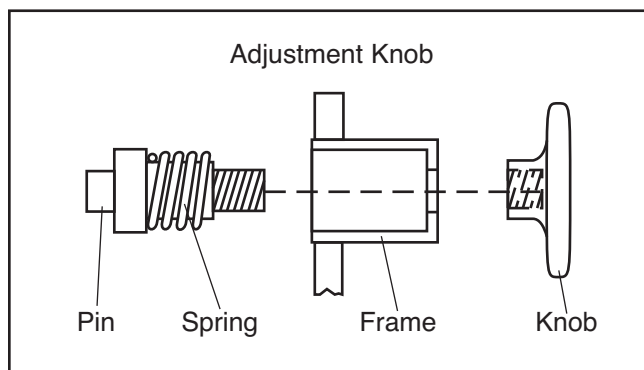
IMPORTANT: All FREEMOTION cushions have dense plywood supports with tee-nuts that are used to bolt the cushions to the strength equipment. Because the tee-nuts are held by the plywood, they will not withstand the torque that standard nuts and bolts will. When tightening the bolts securing a cushion, 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.

Wheels

The wheels should roll easily. Tighten or replace the wheels if necessary.

Adjustment Knob

If an adjustment knob sticks, it will need to be relubricated. Unscrew the knob and apply a light coating of lithium grease. Reassemble the knob as shown in the drawing below. If the adjustment knob still does not function properly, the spring may need to be replaced. To order a new spring, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.



NOTES

NOTES

PART LIST—Model No. F213.0

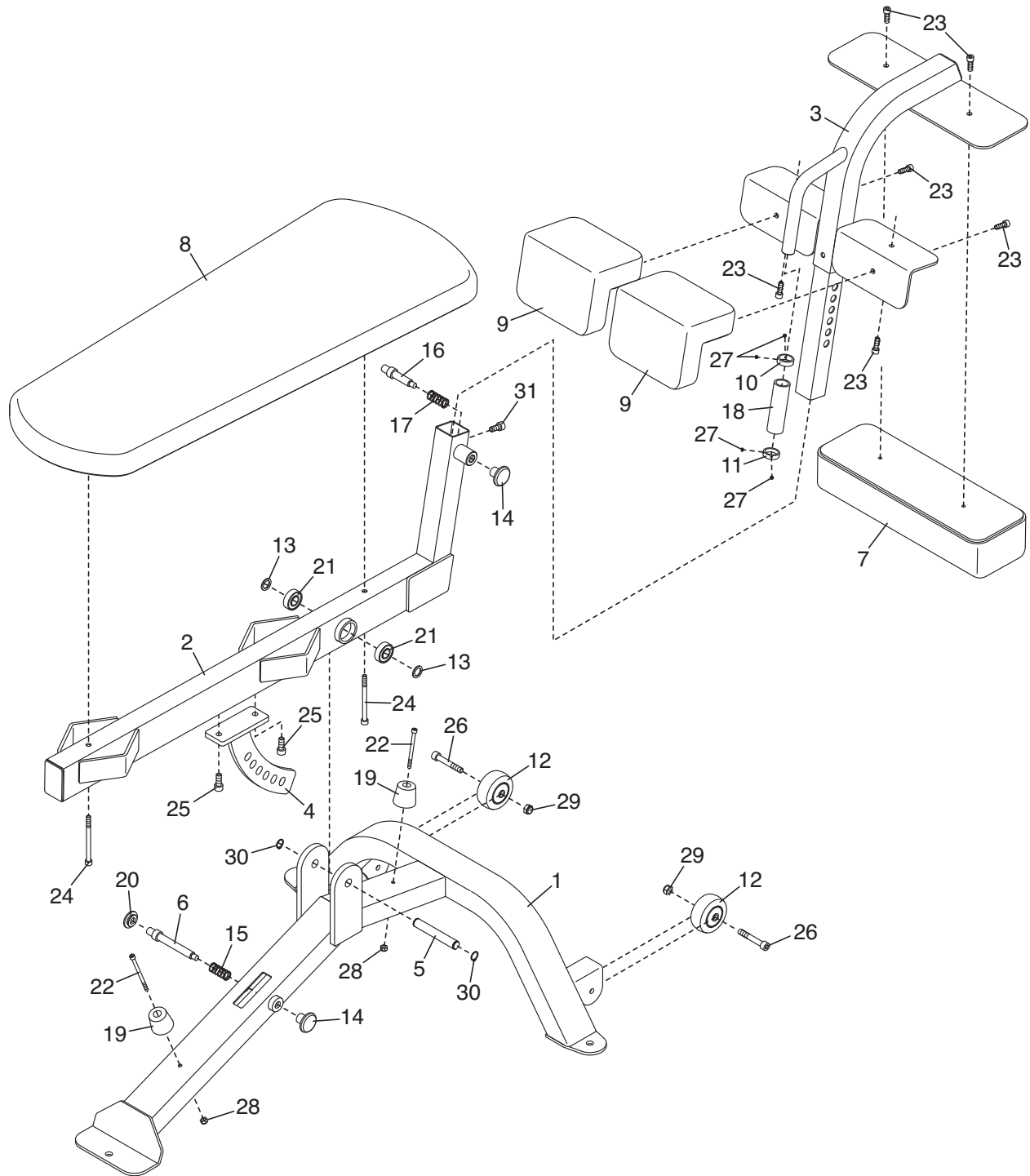
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	17	1	Upper Spring
2	1	Backrest Frame	18	1	Handgrip
3	1	Leg Frame	19	2	Bumper
4	1	Adjustment Bracket	20	1	Base Cap
5	1	Axle	21	2	Bearing
6	1	Large Adjustment Pin	22	2	M6 x 65mm Socket Bolt
7	1	Large Pad	23	6	M8 x 25mm Socket Screw
8	1	Backrest	24	2	M8 x 105mm Socket Screw
9	2	Small Pad	25	2	M10 x 25mm Socket Screw
10	1	Collar	26	2	M10 x 65mm Socket Bolt
11	1	Cap	27	4	M4 x 3mm Set Screw
12	2	Wheel	28	2	M6 Locknut
13	2	Nylon Spacer	29	2	M10 Locknut
14	2	Knob	30	2	Snap Ring
15	1	Lower Spring	31	1	M10 x 16mm Screw
16	1	Small Adjustment Pin	*	—	Owner's Manual

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. F213.0

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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