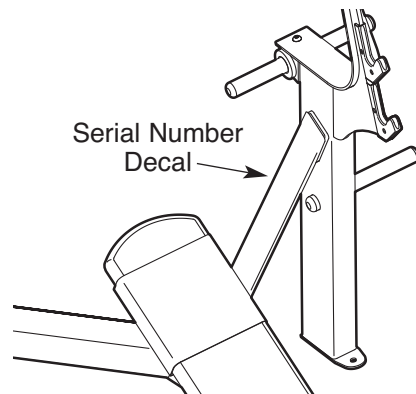


FREEMOTION[®] E P I C[™] Olympic Incline Bench

Model No. F214.0

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.

OWNER'S MANUAL

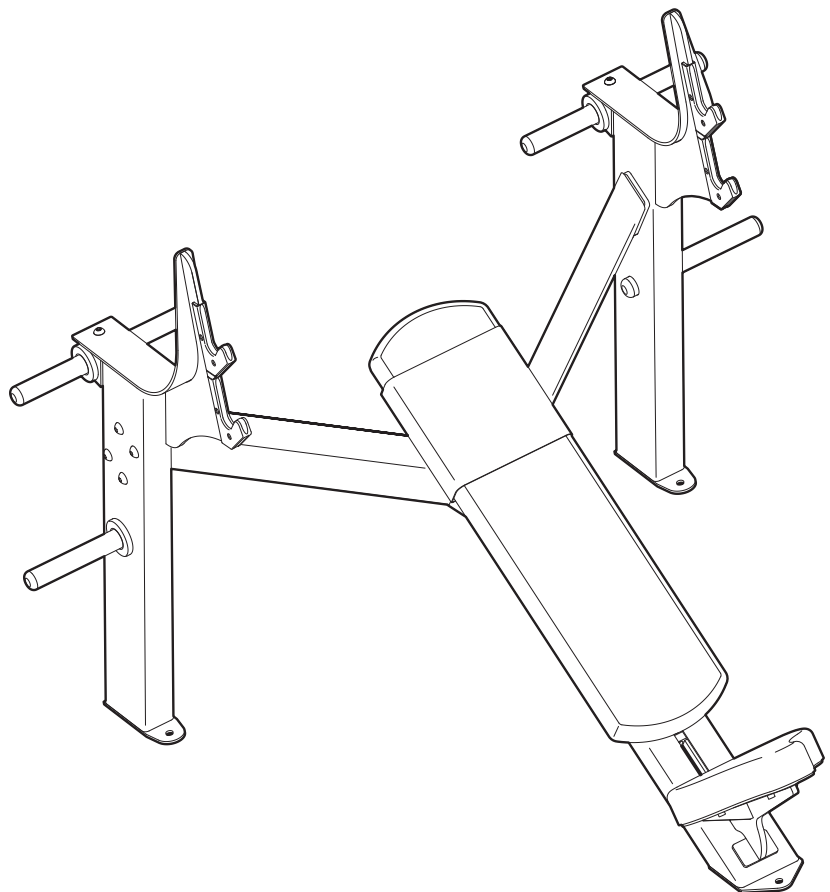
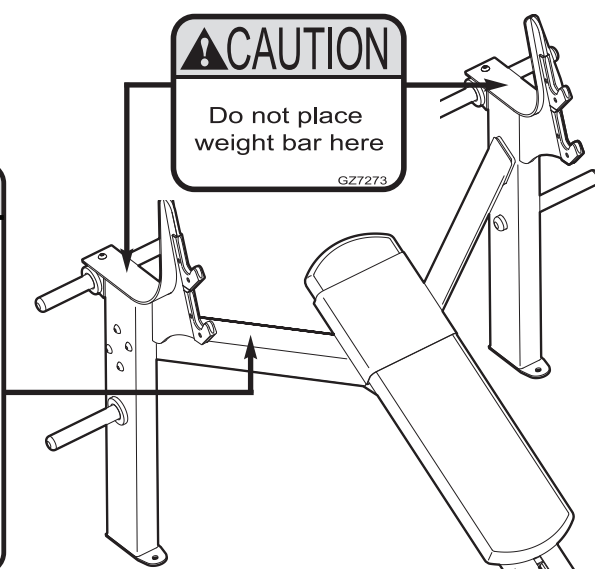
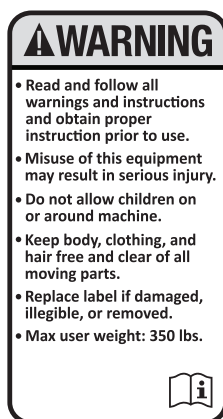


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WARNING DECAL PLACEMENT

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), and a maximum total weight of 600 lbs. (272 kg). Do not use the strength equipment with more than 950 lbs. (431 kg) of weight, including your barbell. Note: The strength equipment does not include a barbell or 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. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
14. 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.

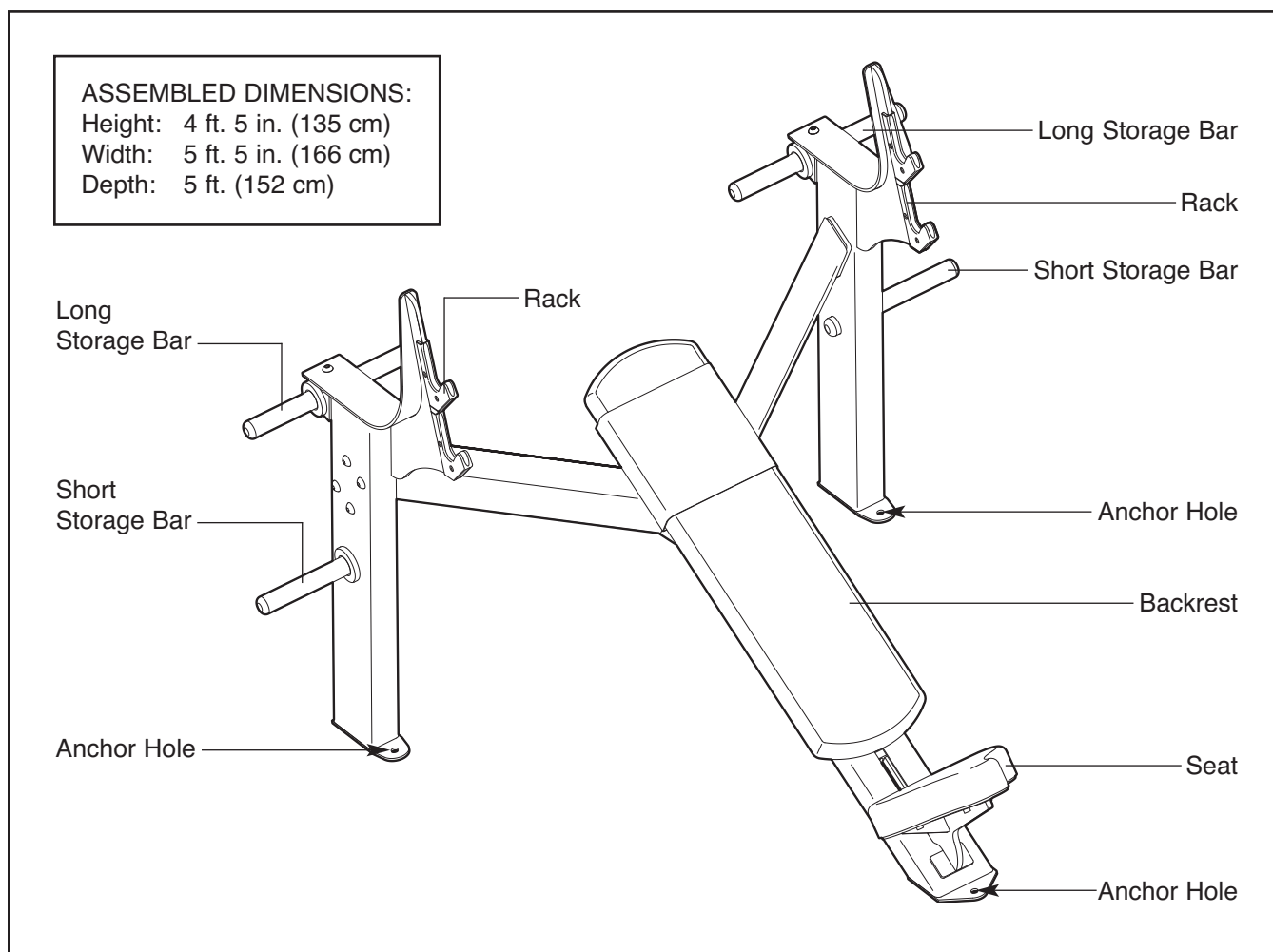
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® EPIC™ OLYMPIC INCLINE BENCH strength equipment. The OLYMPIC INCLINE 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 OLYMPIC INCLINE 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-

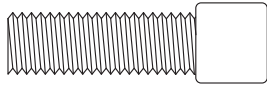
tions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

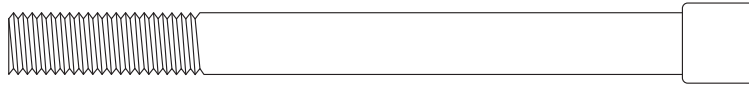


PART IDENTIFICATION CHART

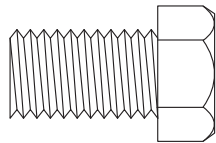
This chart is provided to help you identify the small parts used in assembly. The number in parentheses below each part is the key number of the part from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **IMPORTANT: If you cannot find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



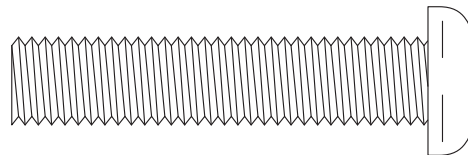
M8 x 25mm Screw (23)–4



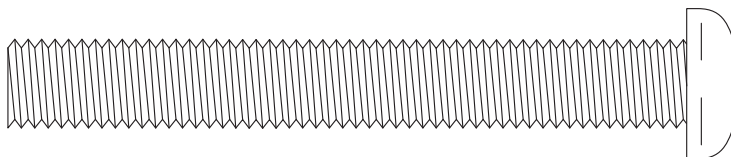
M8 x 90mm Screw (24)–2



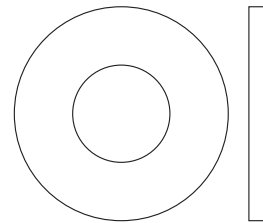
M12 x 20mm
Hex Screw (20)–4



M12 x 55mm Button
Screw (21)–2



M12 x 90mm Button Screw (22)–10



M12 Washer (18)–4

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

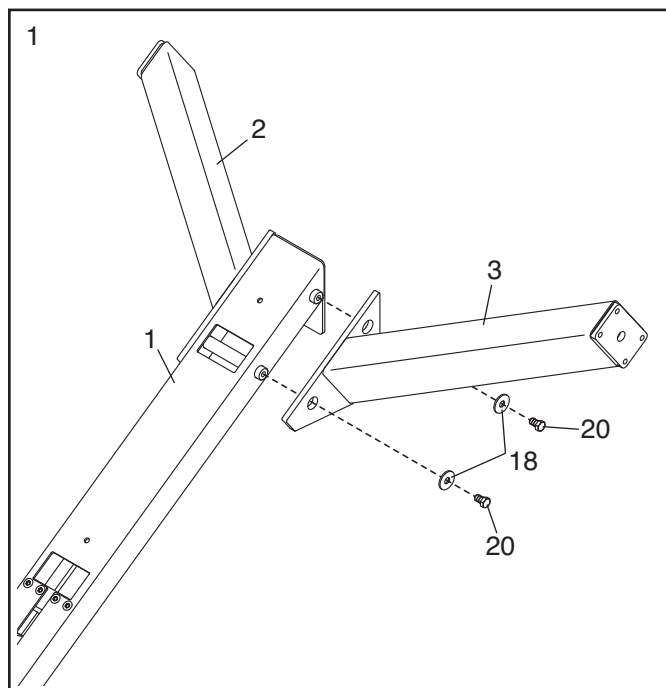


Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Identify the Left Frame (3), which is marked with an "L" sticker.

Attach the Left Frame (3) to the Center Frame (1) with two M12 x 20mm Hex Screws (20) and two M12 Washers (18).

Attach the Right Frame (2) in the same way.

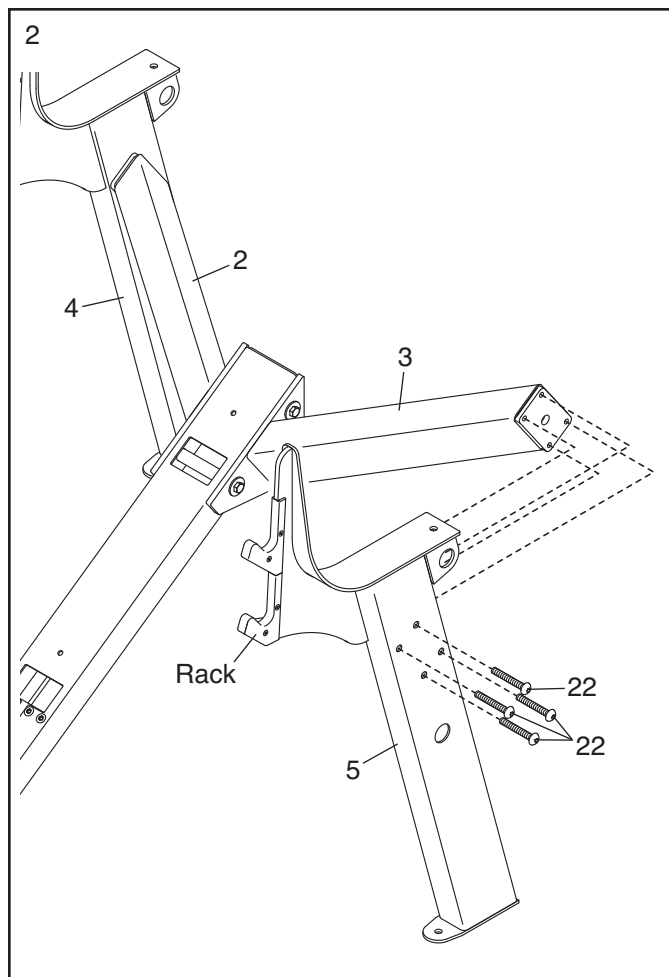


2. Identify the Left Upright (5), which is marked with an "L" sticker; **do not confuse the Left Upright with the Right Upright (4).**

Attach the Left Upright (5) to the Left Frame (3) with four M12 x 90mm Button Screws (22); **do not tighten the Button Screws yet.**

Attach the Right Upright (4) to the Right Frame (2) in the same way.

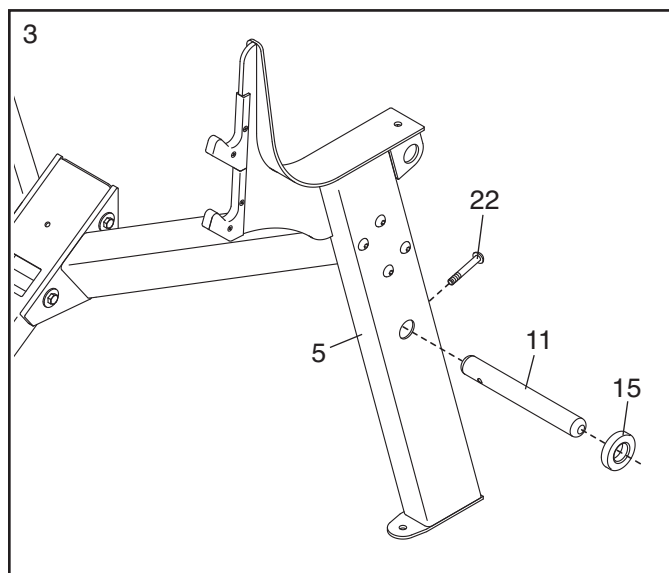
Make sure that the racks on the Left and Right Uprights (5, 4) are aligned, and then tighten the eight M12 x 90mm Button Screws (22).



3. Attach a Short Storage Bar (11) to the Left Upright (5) with an M12 x 90mm Button Screw (22).

Next, slide a Weight Bumper (15) onto the Short Storage Bar (11).

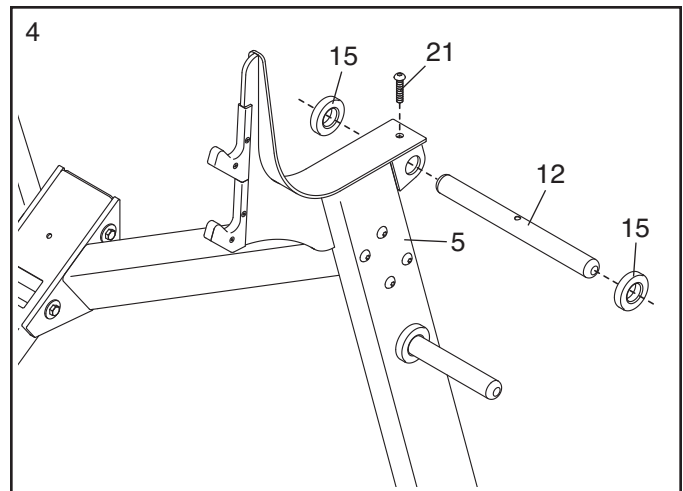
Repeat this step on the other side of the strength equipment.



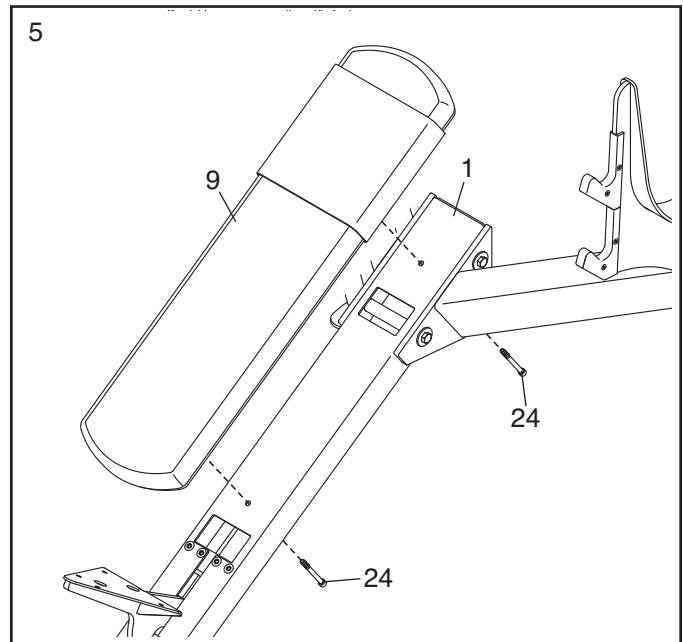
4. Attach a Long Storage Bar (12) to the Left Upright (5) with an M12 x 55mm Button Screw (21).

Next, slide two Weight Bumpers (15) onto the Long Storage Bar (12).

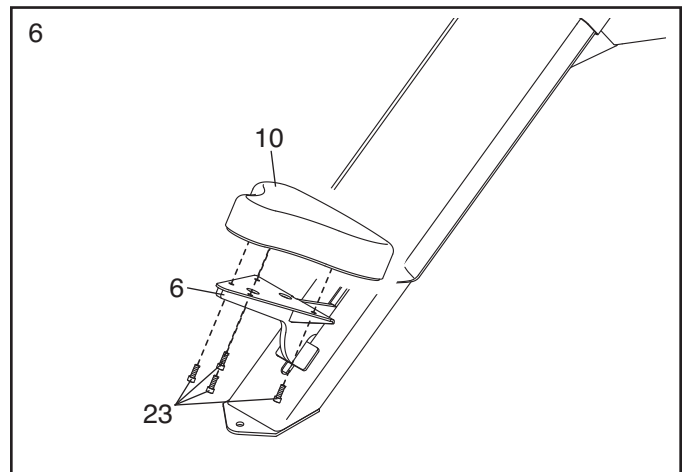
Repeat this step on the other side of the strength equipment.



5. Attach the Backrest (9) to the Center Frame (1) with two M8 x 90mm Screws (24); **to avoid damaging the Backrest, tighten the Screws only until the Backrest does not move or feel loose.**



6. Attach the Seat (10) to the Seat Frame (6) with four M8 x 25mm Screws (23); **to avoid damaging the Seat, tighten the Screws only until the Seat does not move or feel loose.**



7. **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.

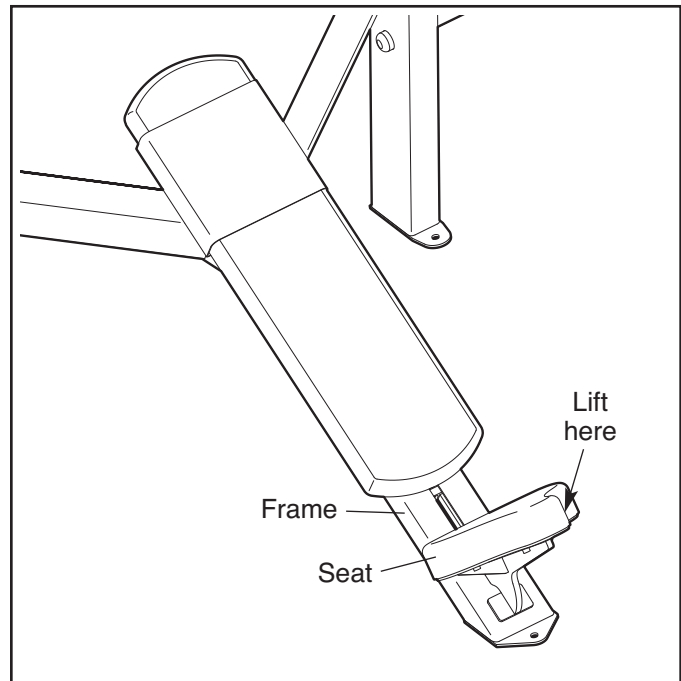
ADJUSTMENT

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.**

ADJUSTING THE SEAT

To raise the seat, lift the front of the seat, slide the seat to the desired position, and then lower the front of the seat. **Make sure that the seat lock reengages in the new position.**

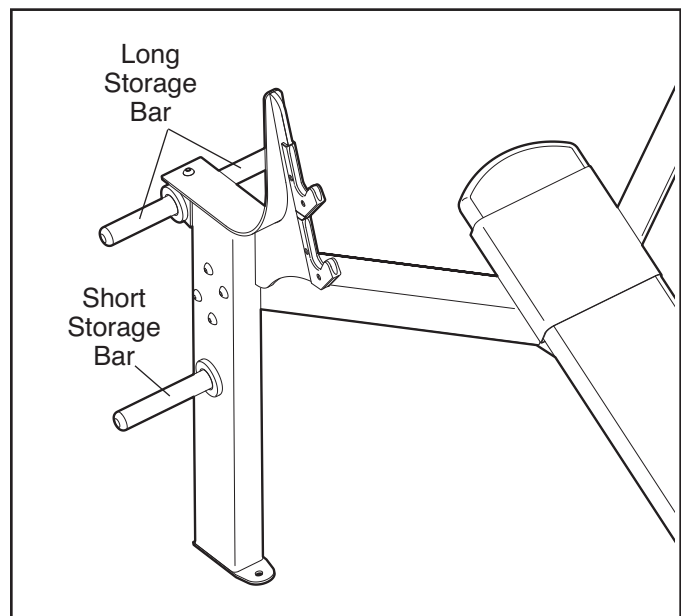
To lower the seat, lift the front of the seat, push downward on the seat near the frame, and then lower the front of the seat. **Make sure that the seat lock reengages in the new position.**



STORING WEIGHTS

Unused weights (not included) can be stored on the storage bars on the strength equipment. Place lighter weights on the long (upper) storage bars; place heavier weights on the short (bottom) storage bars.

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



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.

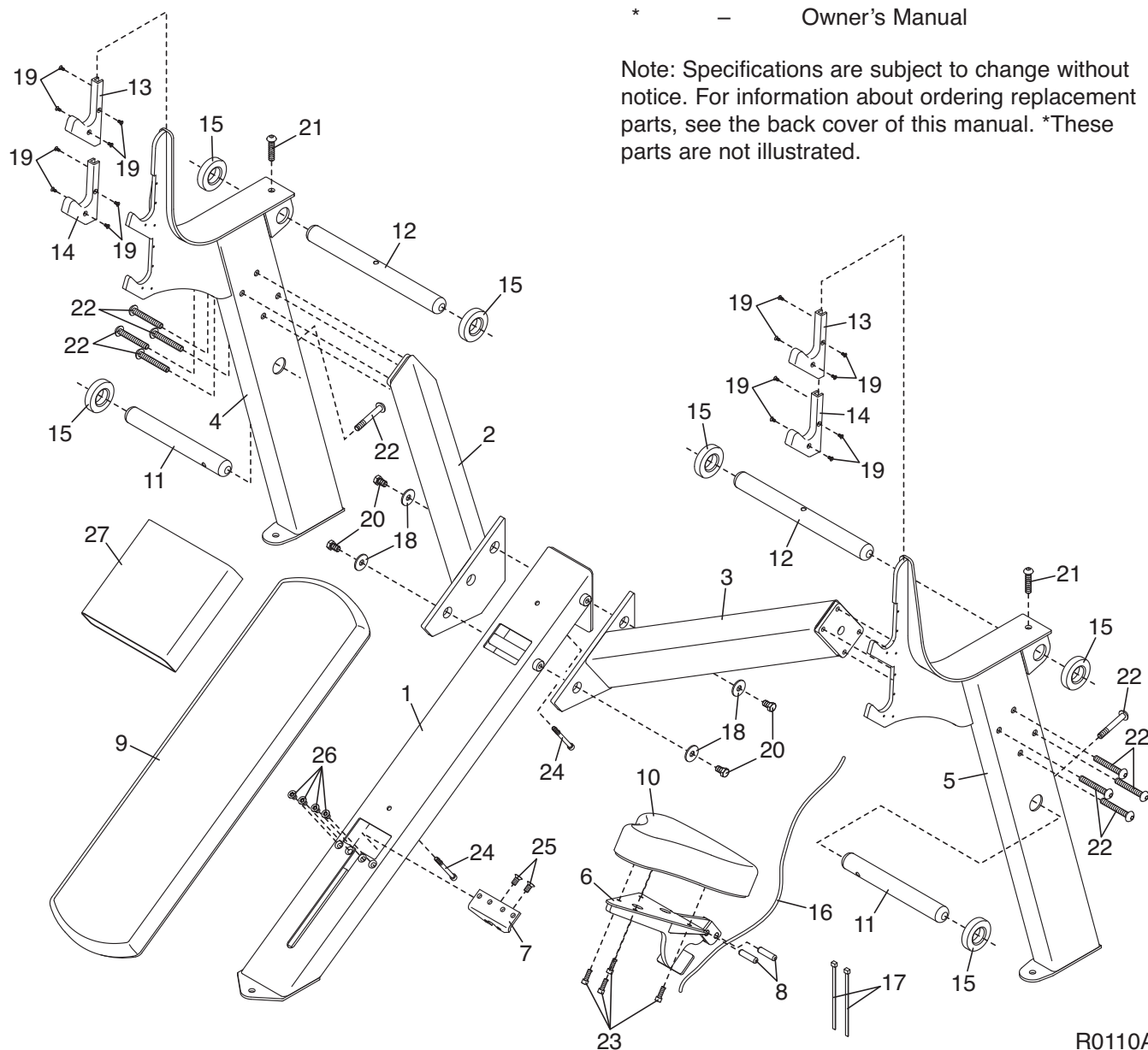
IMPORTANT: All FREEMOTION cushions have dense plywood supports with tee-nuts that are used to bolt the cushions to the strength equipment. Because the tee-nuts are held by the plywood, they will not withstand the torque that standard nuts and bolts will. When tightening the bolts securing a cushion, 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/EXPLODED DRAWING—Model No. F214.0

Key No.	Qty.	Description
1	1	Center Frame
2	1	Right Frame
3	1	Left Frame
4	1	Right Upright
5	1	Left Upright
6	1	Seat Frame
7	1	Seat Stop
8	2	Seat Frame Pin
9	1	Backrest
10	1	Seat
11	2	Short Storage Bar
12	2	Long Storage Bar
13	2	Upper Rack Cover

Key No.	Qty.	Description
14	2	Lower Rack Cover
15	6	Weight Bumper
16	1	Seat Frame Cord
17	2	Wire Tie
18	4	M12 Washer
19	16	M5 x 12mm Screw
20	4	M12 x 20mm Hex Screw
21	2	M12 x 55mm Button Screw
22	10	M12 x 90mm Button Screw
23	4	M8 x 25mm Screw
24	2	M8 x 90mm Screw
25	2	M10 x 20mm Flat Head Screw
26	4	M10 x 16mm Flat Head Screw
27	1	Backrest Wear Cover
*	—	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.



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