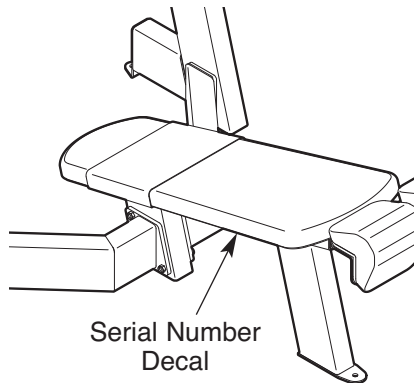


FREEMOTION[®] E P I C[™] Olympic Decline Bench

Model No. F215.0

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

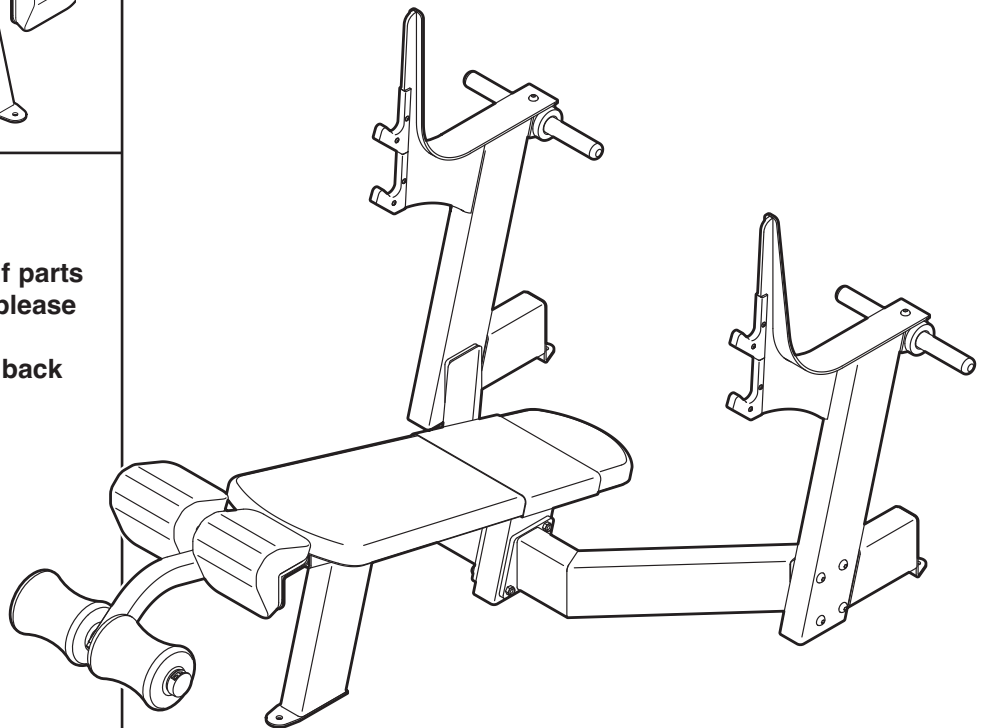
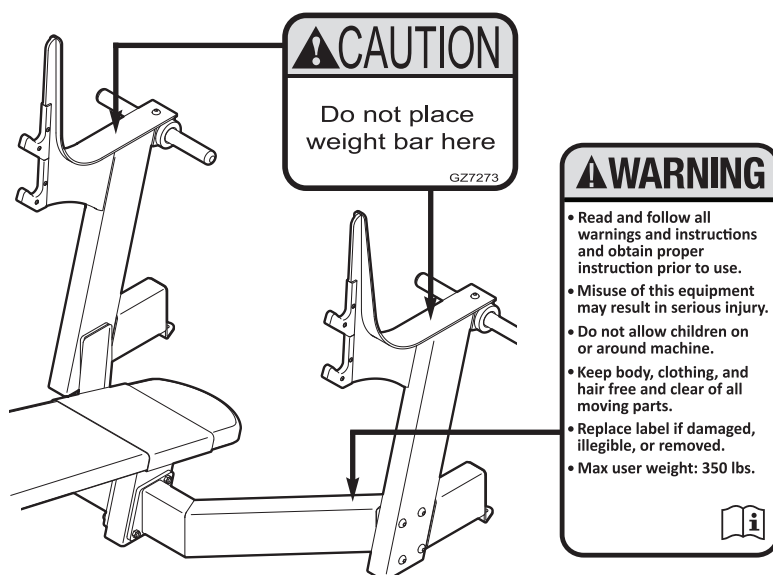


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WARNING DECAL PLACEMENT

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. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
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.

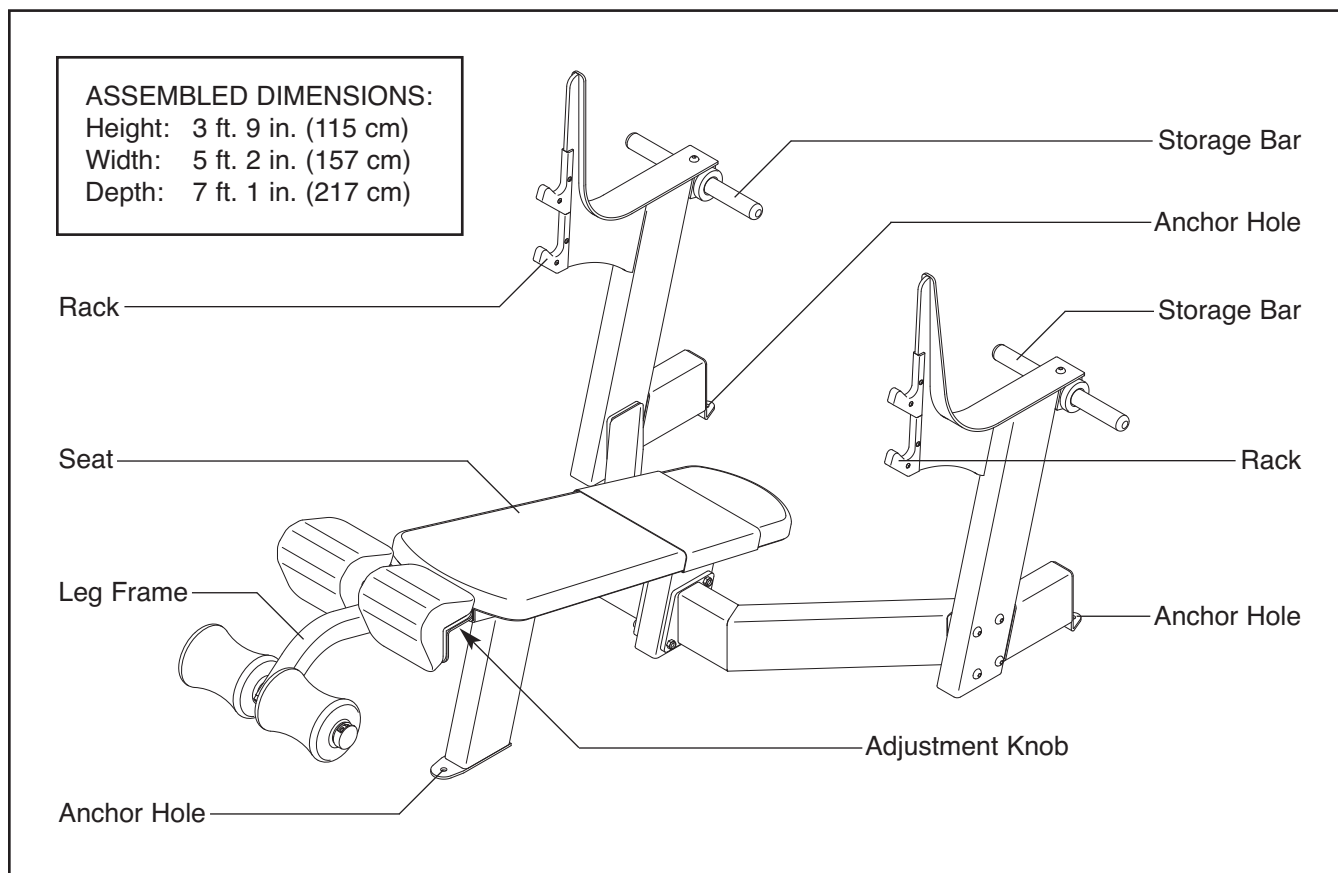
BEFORE YOU BEGIN

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

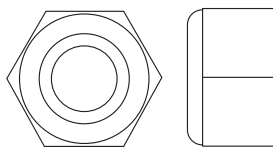
tions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

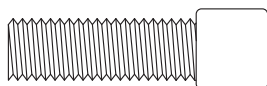


PART IDENTIFICATION CHART

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.**



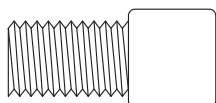
M12 Locknut (29)–2



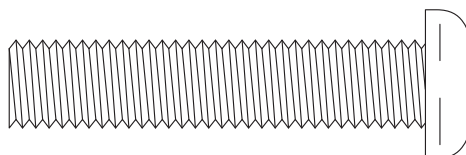
M8 x 25mm Screw (22)–4



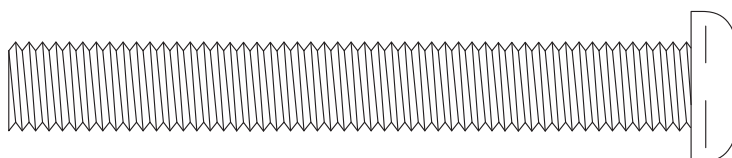
M8 x 90mm Screw (23)–3



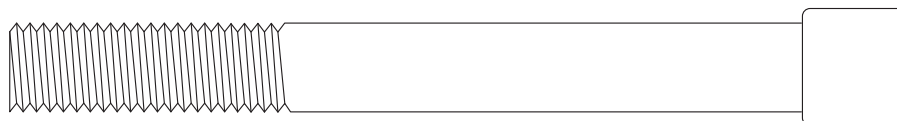
M10 x 16mm
Screw (12)–1



M12 x 55mm Button Screw (27)–2



M12 x 90mm Button Screw (28)–8



M12 x 105mm Bolt (25)–2

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.

- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

- Assembly requires the following tools (not included):

an adjustable wrench

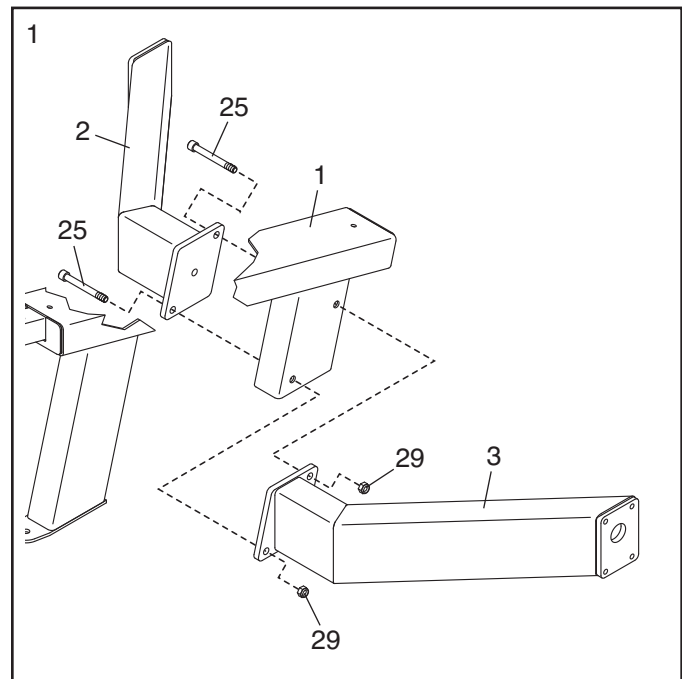


a set of metric hex keys



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. With the help of another person, attach the Left Frame (3) and the Right Frame (2) to the Center Frame (1) with two M12 x 105mm Bolts (25) and two M12 Locknuts (29).

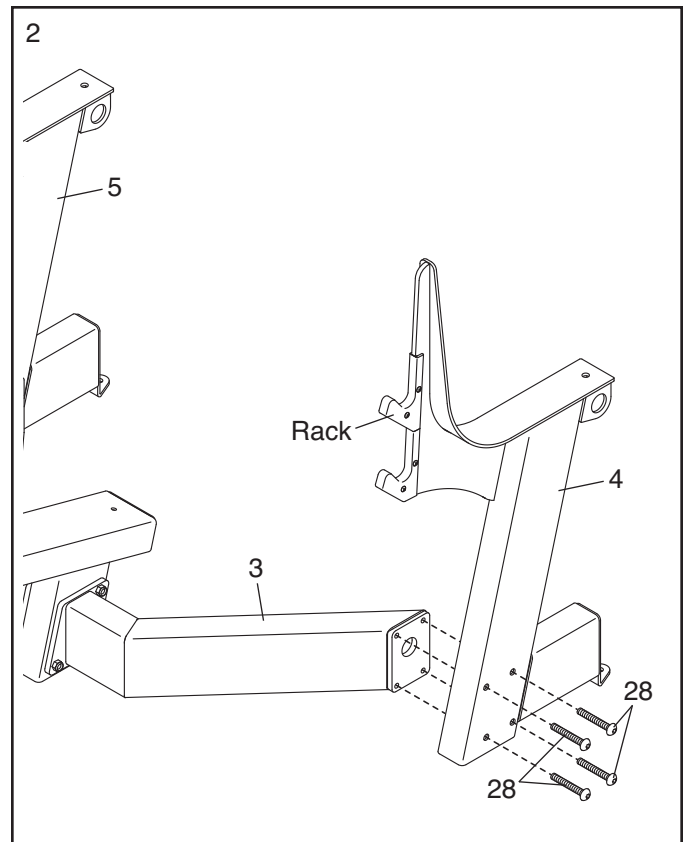


2. Identify the Left Upright (4), which is marked with an “L” sticker; **do not confuse the Left Upright with the Right Upright (5).**

Attach the Left Upright (4) to the Left Frame (3) with four M12 x 90mm Button Screws (28); **do not tighten the Button Screws yet.**

Attach the Right Upright (5) to the Right Frame (not shown) in the same way.

Make sure that the racks on the Left and Right Uprights (4, 5) are aligned, and then tighten all of the M12 x 90mm Button Screws (28).

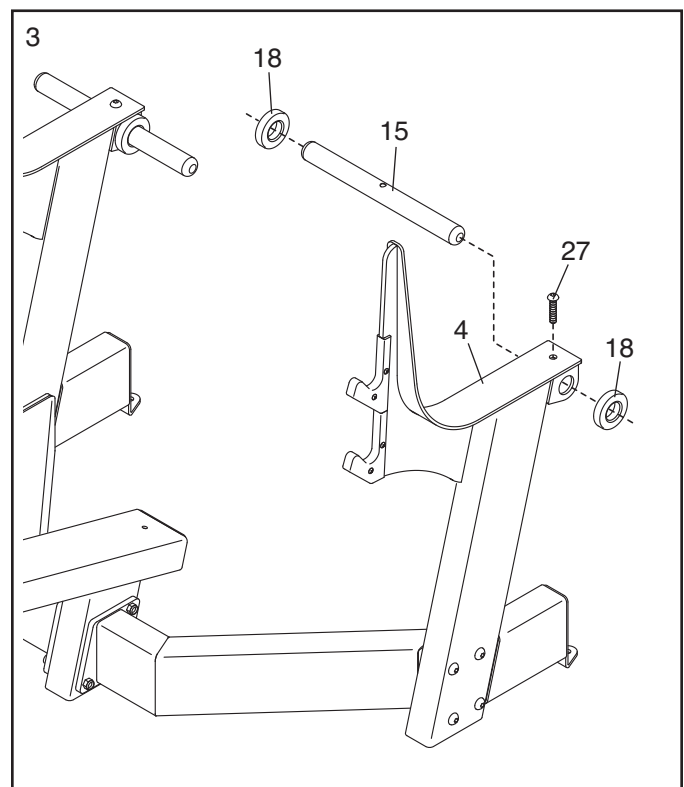


3. Attach a Storage Bar (15) to the Left Upright (4) with an M12 x 55mm Button Screw (27).

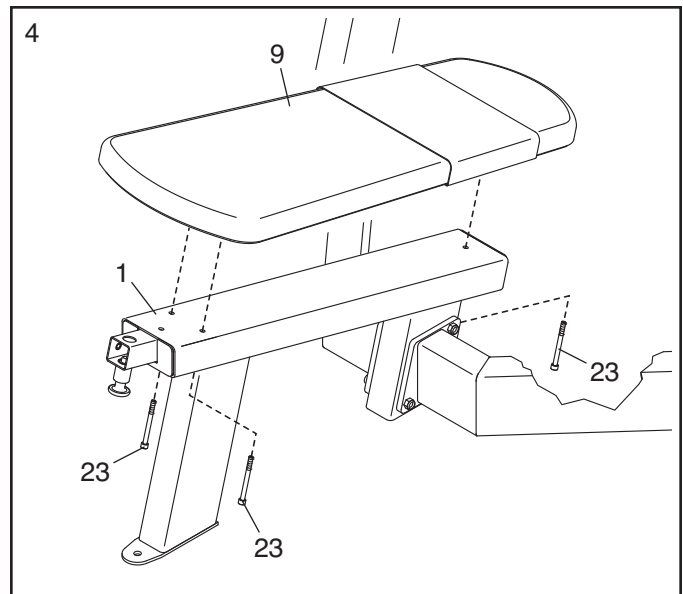
Next, slide a Weight Bumper (18) onto each end of the Storage Bar (15).

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

⚠ WARNING: Each Storage Bar (15) can hold up to 150 lbs. (68 kg). Do not place a total of more than 800 lbs. (363 kg), including your barbell (not included), on the storage bars and the racks. Always place the same amount of weight on both ends of your barbell.



4. Attach the Seat (9) to the Center Frame (1) with three M8 x 90mm Screws (23). **To avoid damaging the Seat, tighten the Screws only until the Seat does not move or feel loose.**

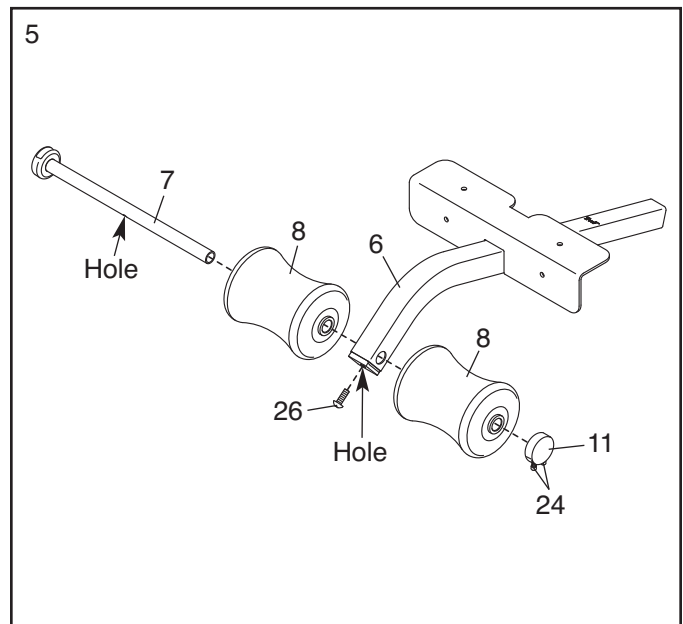


5. Identify the Pad Tube (7). Loosen, but do not remove, the two M6 x 15mm Screws (24) in one of the Clamp Covers (11). Then, remove the Clamp Cover.

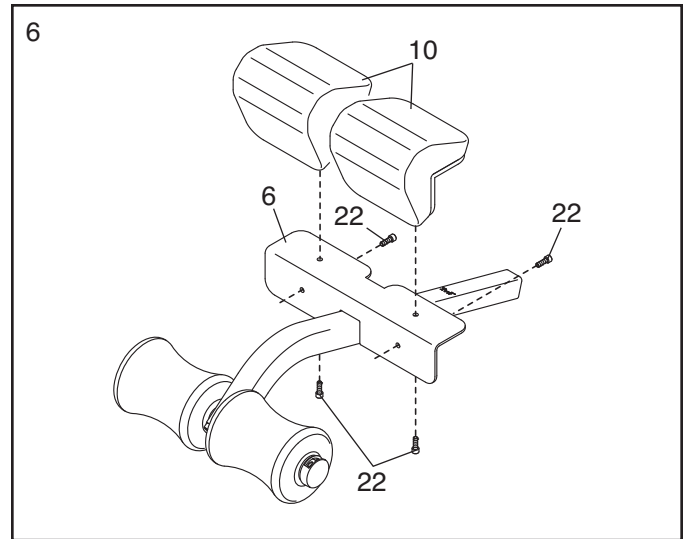
Slide a Shin Pad (8) onto the Pad Tube (7). Then, insert the Pad Tube through the Leg Frame (6).

Slide the other Shin Pad (8) onto the Pad Tube (7). Then, press the Clamp Cover (11) onto the end of the Pad Tube and tighten the two M6 x 15mm Screws (24).

Align the hole in the Pad Tube (7) with the indicated hole in the Leg Frame (6). Attach the Pad Tube with an M8 x 30mm Button Screw (26).



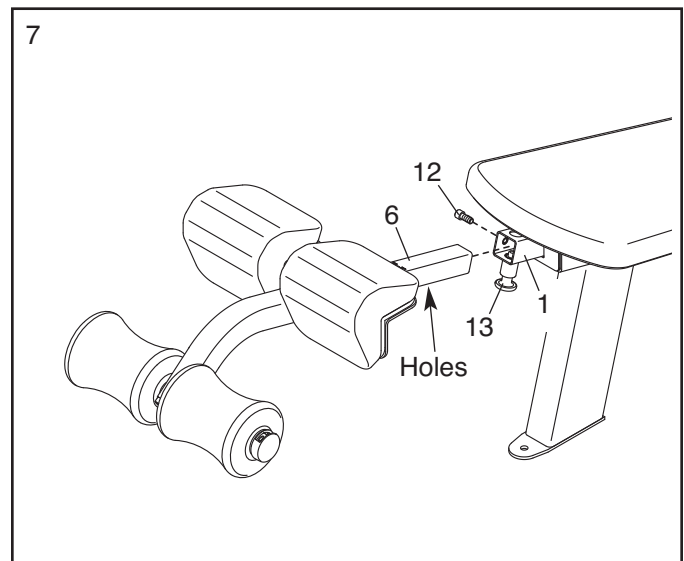
6. Attach the two Knee Pads (10) to the Leg Frame (6) with four M8 x 25mm Screws (22). **To avoid damaging the Knee Pads, tighten the Screws only until the Knee Pads do not move or feel loose.**



7. Pull the Adjustment Knob (13) downward, insert the Leg Frame (6) into the Center Frame (1), and engage the Adjustment Knob into one of the holes in the underside of the Leg Frame.

Next, tighten an M10 x 16mm Screw (12) into the Center Frame (1) in the location shown.

To change the position of the Leg Frame (6), pull the Adjustment Knob (13), slide the Leg Frame to the desired position, and engage the Adjustment Knob into one of the holes in the underside of the Leg Frame. **Push and pull the Leg Frame to make sure that the Adjustment Knob is engaged in one of the holes.**



8. **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.

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

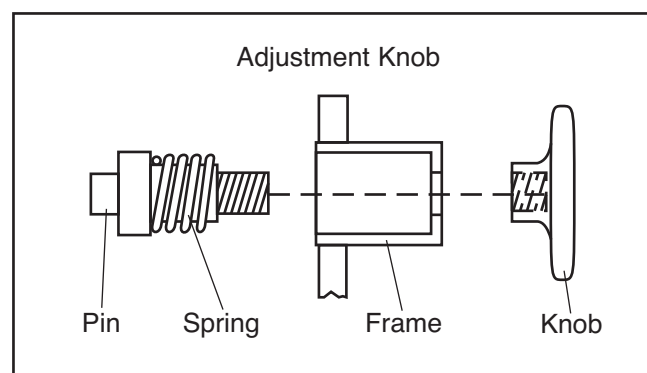
Hardware

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.

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

NOTES

PART LIST—Model No. F215.0

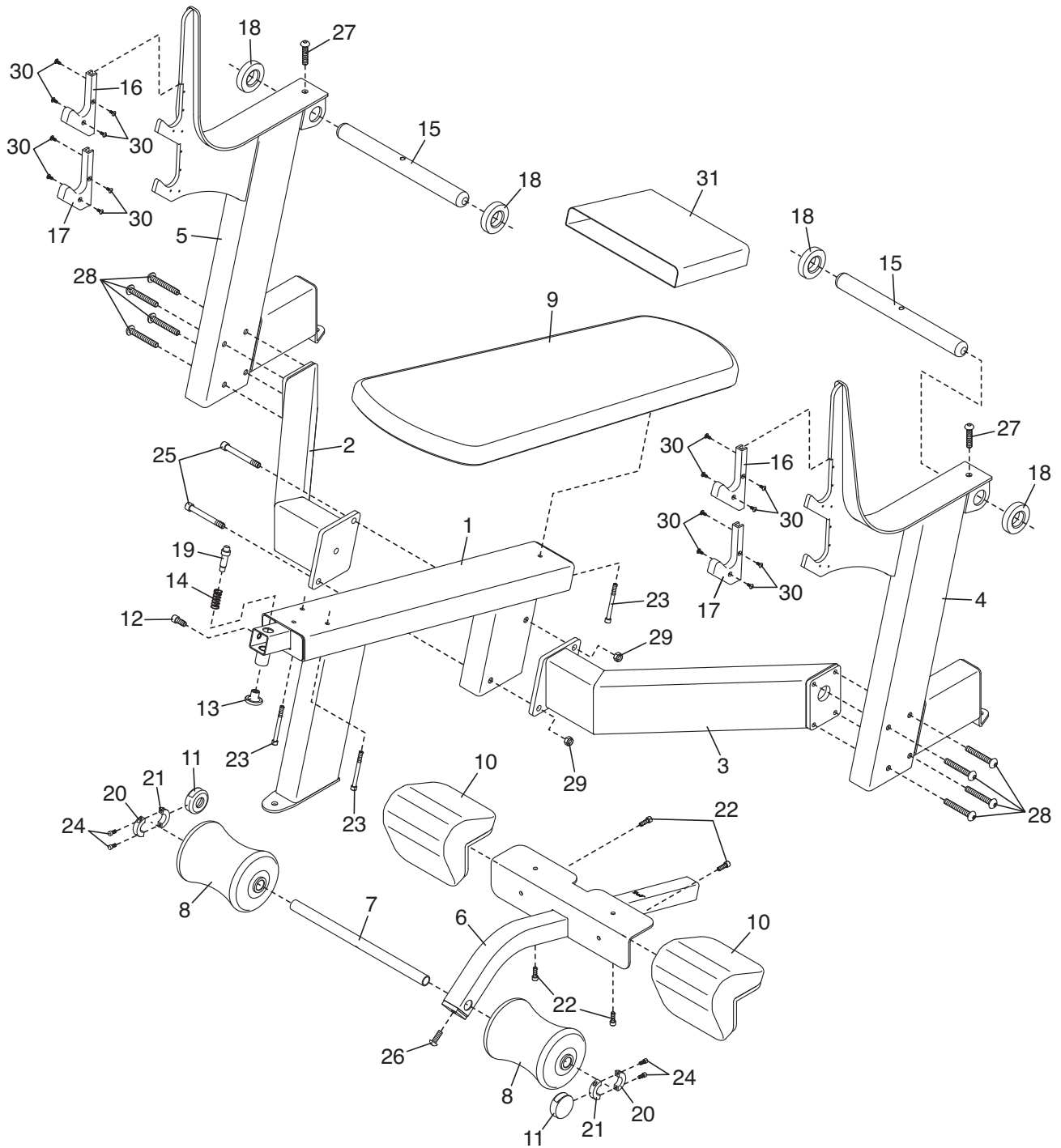
R0410A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Center Frame	17	2	Lower Rack Cover
2	1	Right Frame	18	4	Weight Bumper
3	1	Left Frame	19	1	Adjustment Pin
4	1	Left Upright	20	2	Unthreaded Clamp Section
5	1	Right Upright	21	2	Threaded Clamp Section
6	1	Leg Frame	22	4	M8 x 25mm Screw
7	1	Pad Tube	23	3	M8 x 90mm Screw
8	2	Shin Pad	24	4	M6 x 15mm Screw
9	1	Seat	25	2	M12 x 105mm Bolt
10	2	Knee Pad	26	1	M8 x 30mm Button Screw
11	2	Clamp Cover	27	2	M12 x 55mm Button Screw
12	1	M10 x 16mm Screw	28	8	M12 x 90mm Button Screw
13	1	Adjustment Knob	29	2	M12 Locknut
14	1	Spring	30	16	M5 x 12mm Screw
15	2	Storage Bar	31	1	Wear Cover
16	2	Upper Rack 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.

EXPLODED DRAWING—Model No. F215.0

R0410A



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