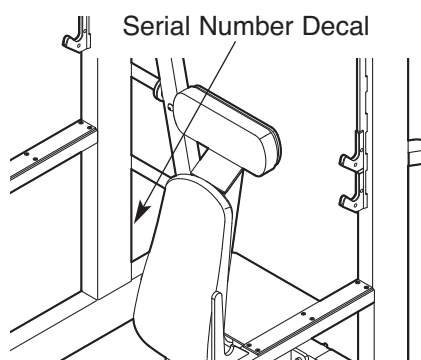


FREEMOTION[®] E P I C[™] Military Press

Model No. F216.0

Serial No. _____

Write the serial number in the space above for reference.



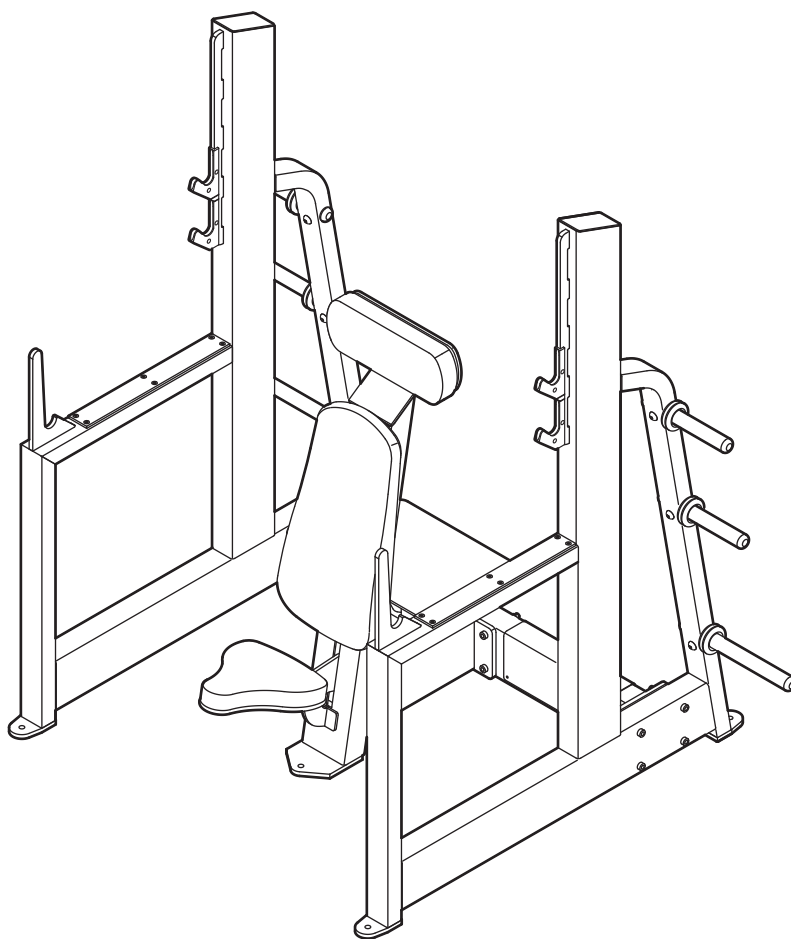
QUESTIONS?

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



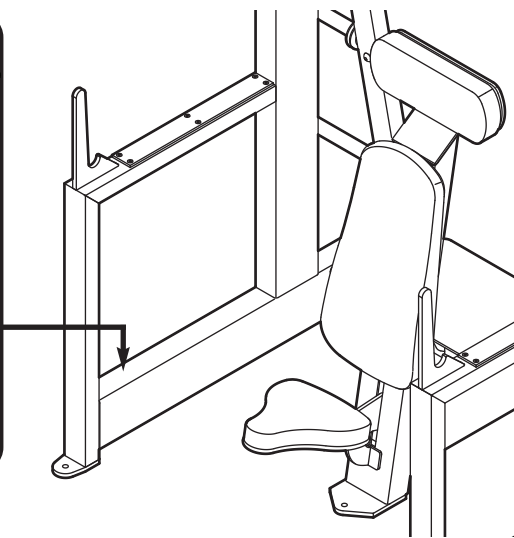
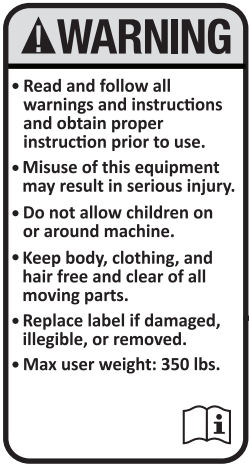
www.freemotionfitness.com

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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 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 400 lbs. (181 kg) of weight, including a barbell (not included); and a maximum total weight of 750 lbs. (340 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. 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.

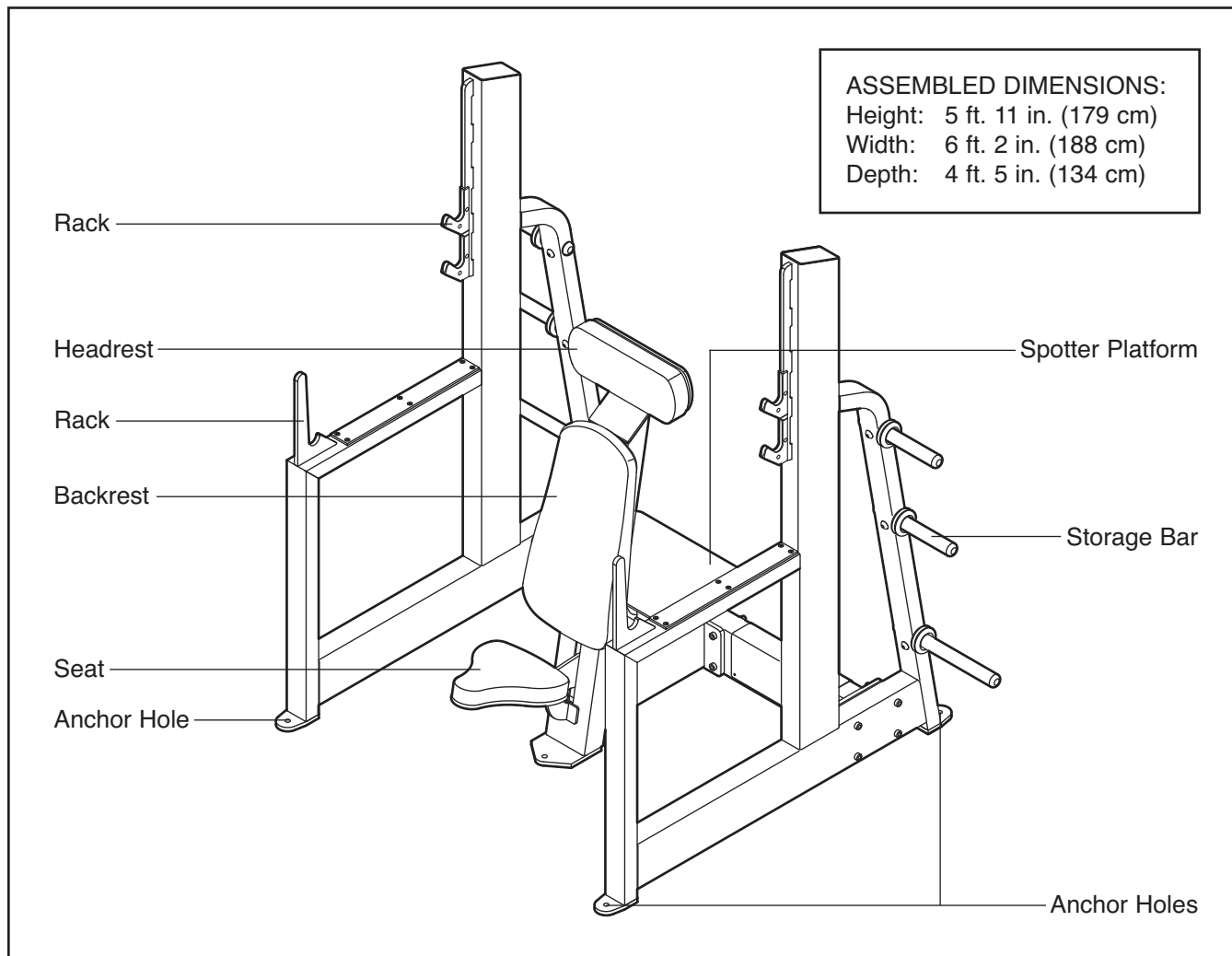
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® EPIC™ MILITARY PRESS strength equipment. The MILITARY PRESS 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 MILITARY PRESS 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-

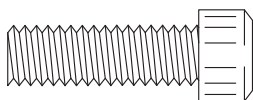
tions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

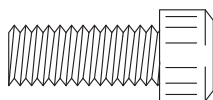


PART IDENTIFICATION CHART

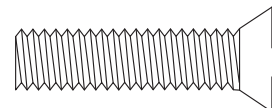
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **IMPORTANT: If you cannot find a part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



M8 x 25mm
Screw (21)–4



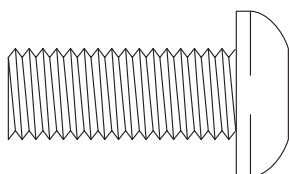
M8 x 20mm
Screw (23)–4



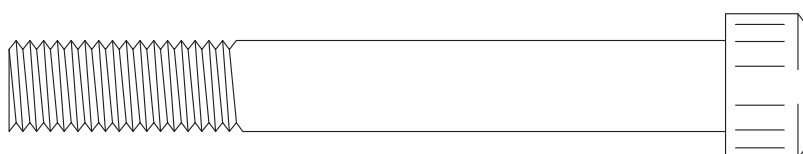
M8 x 30mm Flat
Head Screw (2)–2



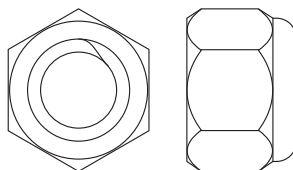
M8 x 90mm Screw (25)–2



M12 x 30mm
Screw (15)–6



M12 x 95mm Bolt (17)–12



M12 Locknut
(22)–12

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

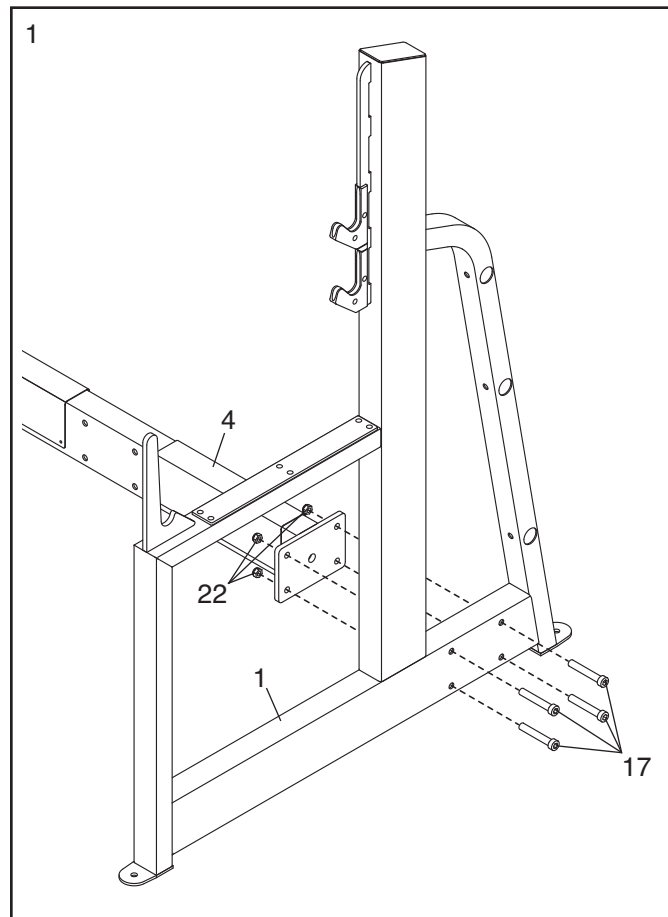


Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches. **To avoid damaging parts, do not use power tools.**

1. Orient a Side Upright (1) and the Base (4) as shown.

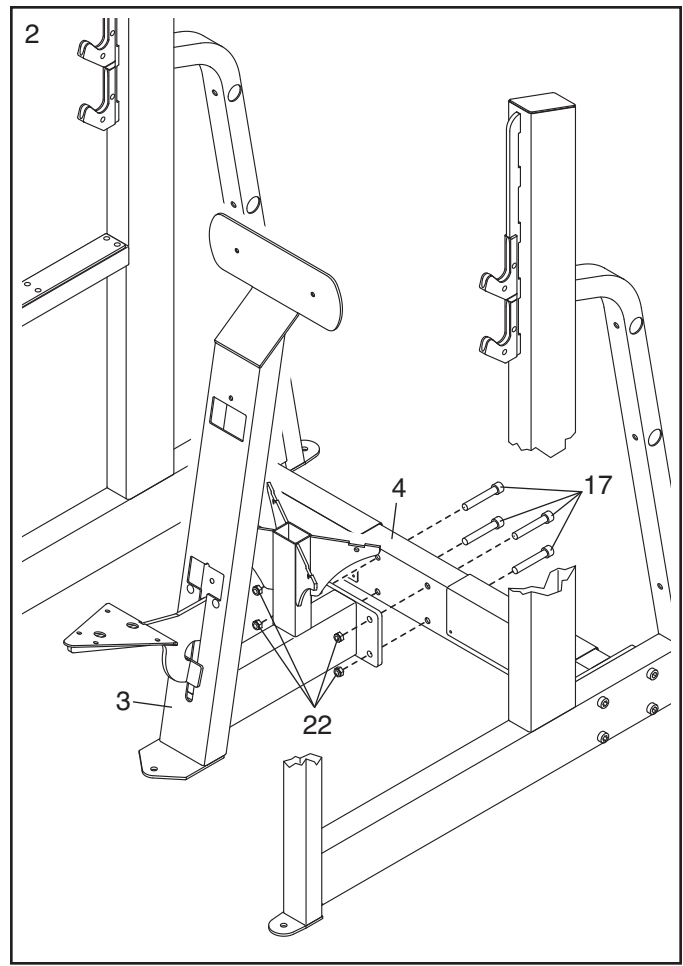
Attach the Side Upright (1) to the Base (4) with four M12 x 95mm Bolts (17) and four M12 Locknuts (22) (only three are shown).

Attach the other Side Upright (not shown) to the Base (4) in the same way.

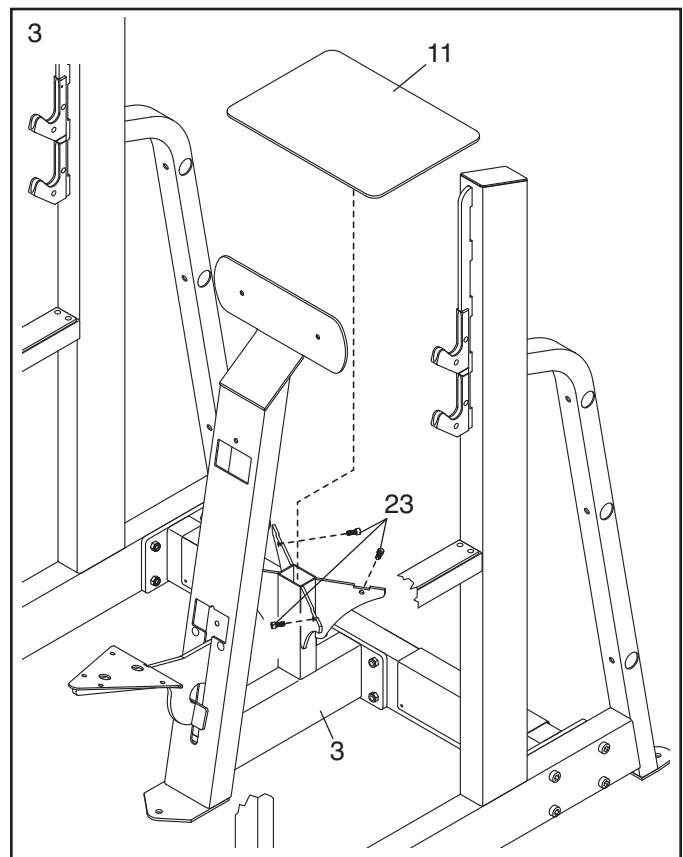


2. Orient the Main Frame (3) as shown.

Attach the Main Frame (3) to the Base (4) with four M12 x 95mm Bolts (17) and four M12 Locknuts (22).



3. Attach the Spotter Platform (11) to the Main Frame (3) with four M8 x 20mm Screws (23) (only three are shown).

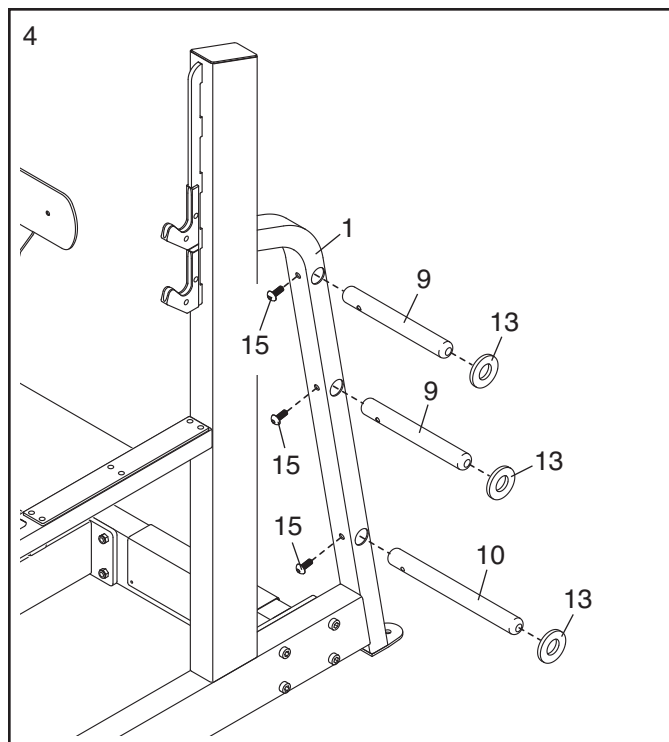


4. Identify two Short Storage Bars (9) and a Long Storage Bar (10).

Attach each Storage Bar (9, 10) to a Side Upright (1) in the location shown with an M12 x 30mm Screw (15).

Then, slide a Weight Bumper (13) onto each Storage Bar (9, 10).

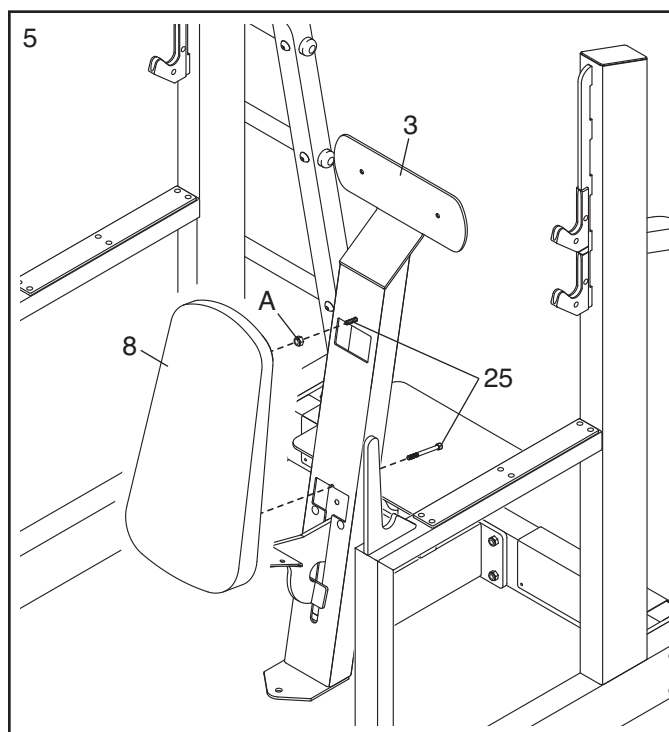
Repeat this step on the other side of the strength equipment.



5. Remove and discard the indicated nut (A) from the M8 x 90mm Screw (25) that is preattached to the Main Frame (3). **Do not remove the Screw.**

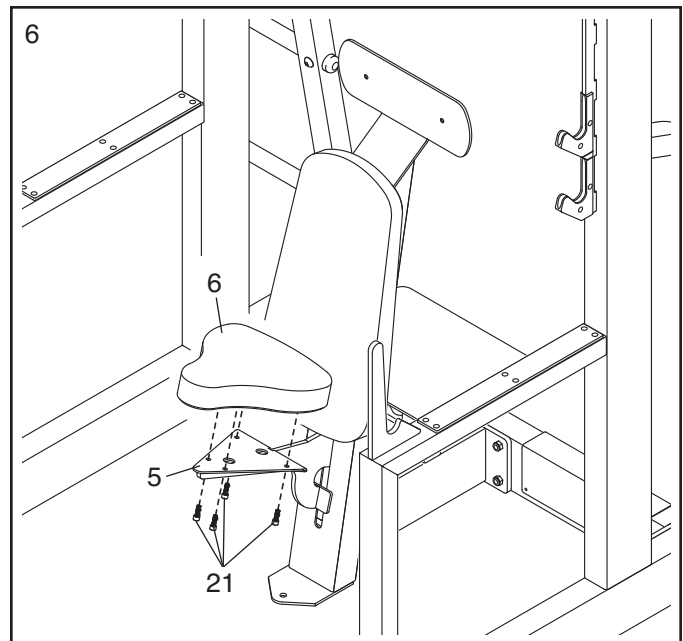
Orient the Backrest (8) as shown.

Attach the Backrest (8) to the Main Frame (3) with two M8 x 90mm Screws (25).

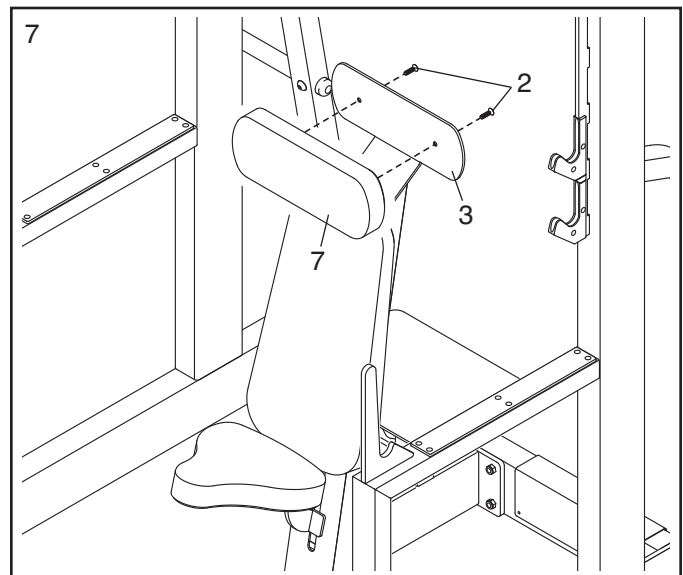


6. Orient the Seat (6) as shown.

Attach the Seat (6) to the Seat Frame (5) with four M8 x 25mm Screws (21).



7. Attach the Headrest (7) to the Main Frame (3) with two M8 x 30mm Flat Head Screws (2).



8. **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.

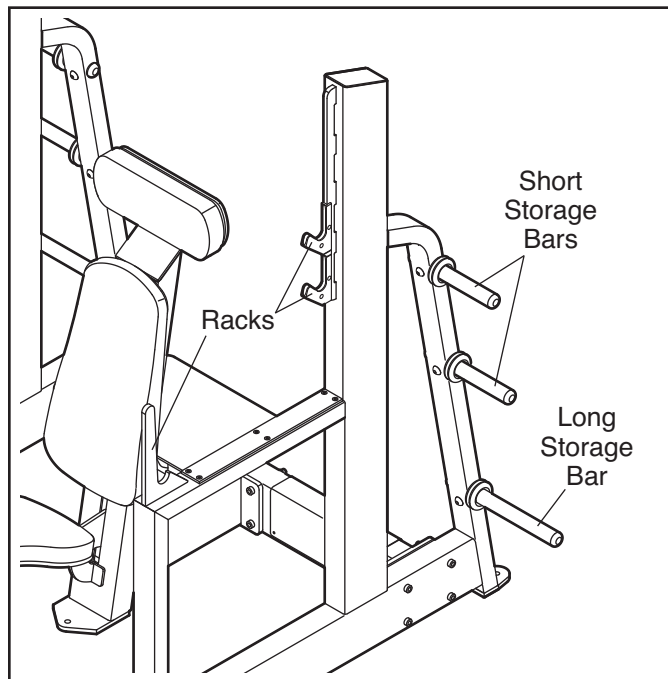
ADJUSTMENT

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

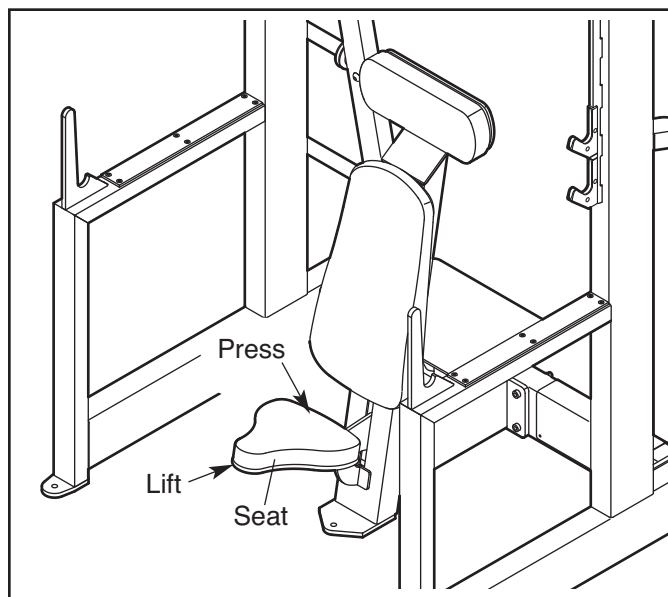
Store unused weights on the storage bars.

⚠ WARNING: Each short storage bar can hold up to 150 lbs. (68 kg). Each long storage bar can hold up to 150 lbs. (68 kg). Do not place more than a total of 400 lbs. (181 kg), including a barbell (not included), on the racks and the storage bars. Always place the same amount of weight on both ends of your barbell.



ADJUSTING THE SEAT

To raise the seat, lift the end of the seat and move the seat to the desired position. To lower the seat, lift the end of the seat and press downward on the back of the seat until the seat is at the desired height.



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.**

NOTES

NOTES

PART LIST—Model No. F216.0

R0410A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Side Upright	16	2	Guide Pin
2	2	M8 x 30mm Flat Head Screw	17	12	M12 x 95mm Bolt
3	1	Main Frame	18	1	Seat Rail Stop
4	1	Base	19	2	M12 x 25mm Flat Head Screw
5	1	Seat Frame	20	12	M6 x 10mm Flat Head Screw
6	1	Seat	21	4	M8 x 25mm Screw
7	1	Headrest	22	12	M12 Locknut
8	1	Backrest	23	4	M8 x 20mm Screw
9	4	Short Storage Bar	24	2	Wire Tie
10	2	Long Storage Bar	25	2	M8 x 90mm Screw
11	1	Spotter Platform	26	2	Upper Wear Cover
12	2	Upright Wear Cover	27	2	Lower Wear Cover
13	6	Weight Bumper	28	16	M5 x 12mm Screw
14	1	Bungee Cord	29	4	M10 x 20mm Flat Head Screw
15	6	M12 x 30mm Screw	*	—	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.

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