

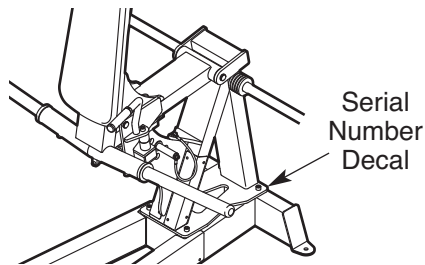


## Plate Loaded Squat

Model No. F217.0

Serial No. \_\_\_\_\_

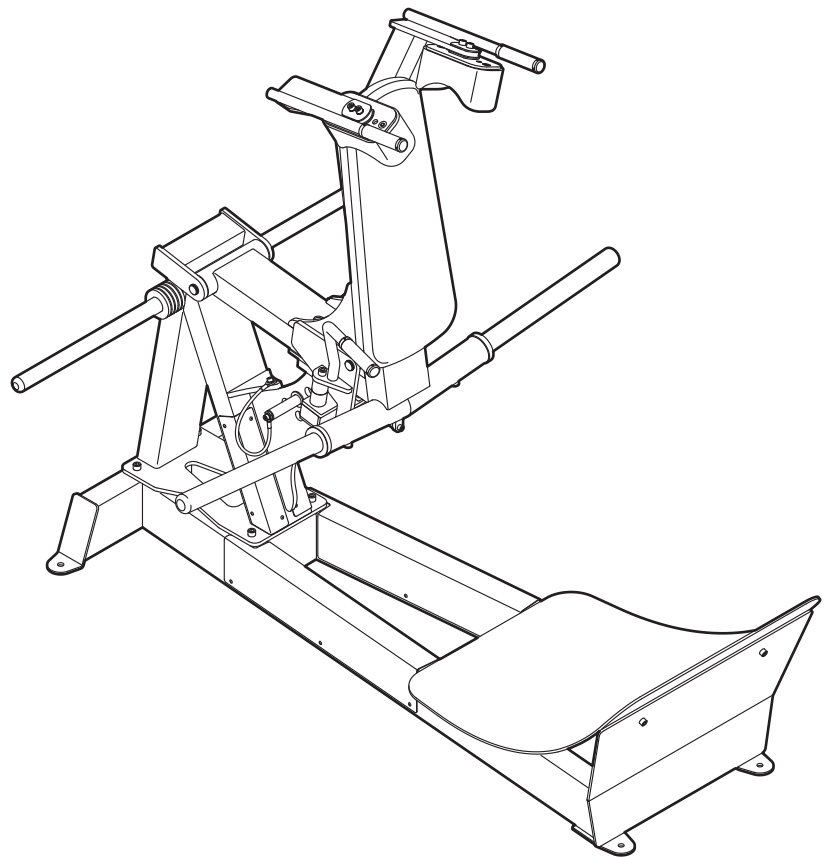
Write the serial number in the space above for reference.



## OWNER'S MANUAL

### 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.

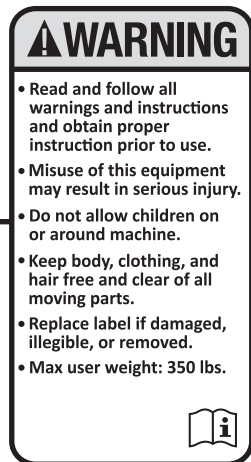
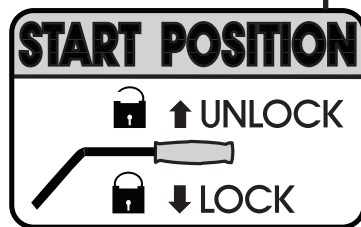
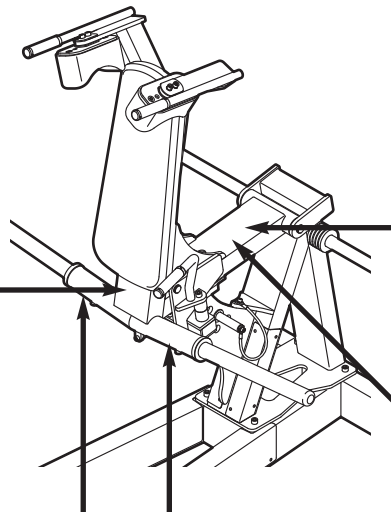
[www.freemotionfitness.com](http://www.freemotionfitness.com)

# TABLE OF CONTENTS

|                                       |            |
|---------------------------------------|------------|
| WARNING DECAL PLACEMENT .....         | 2          |
| IMPORTANT PRECAUTIONS .....           | 3          |
| BEFORE YOU BEGIN .....                | 4          |
| PART IDENTIFICATION CHART .....       | 5          |
| ASSEMBLY .....                        | 6          |
| ADJUSTMENT .....                      | 9          |
| MAINTENANCE AND TROUBLESHOOTING ..... | 11         |
| PART LIST .....                       | 14         |
| EXPLODED DRAWING .....                | 15         |
| 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.
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). Do not place more than 450 lbs. (204 kg) on each weight bar, or on each side of the storage bar. Always place the same amount of weight on both weight bars. Note: The strength equipment does not include weights.
10. Always make sure that the safety stop is inserted into the hole in the pivot frame that is appropriate for the height of the user, so that the safety stop will prevent the squat frame from being lowered far enough to trap the user.
11. Keep children under age 12 and pets away from the strength equipment at all times.
12. Always wear athletic shoes for foot protection while using the strength equipment.
13. 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.
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.

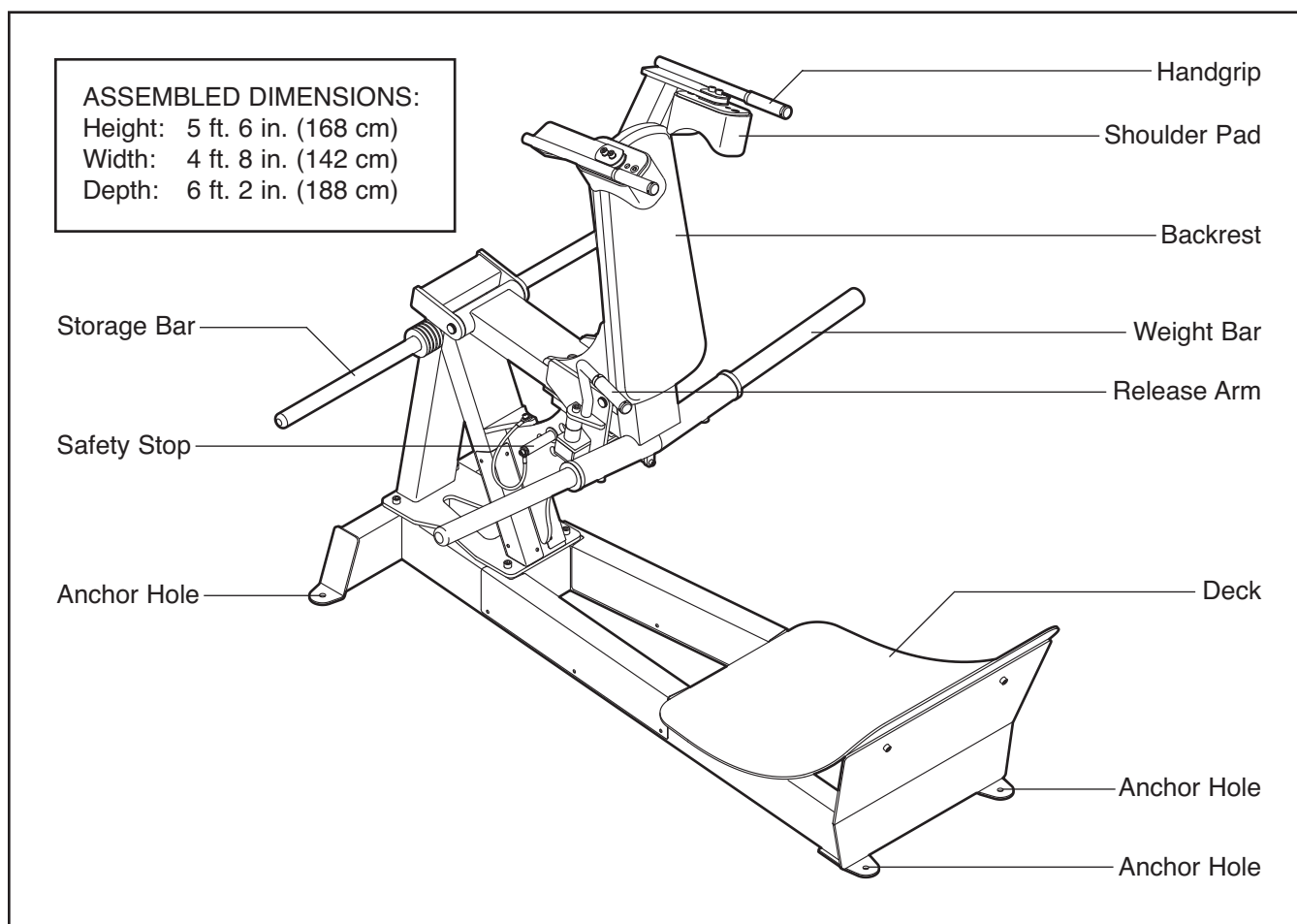
# BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® EPIC™ PLATE LOADED SQUAT strength equipment. The PLATE LOADED SQUAT 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 PLATE LOADED SQUAT 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-

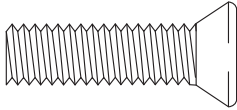
tions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

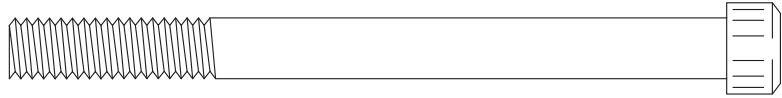


## PART IDENTIFICATION CHART

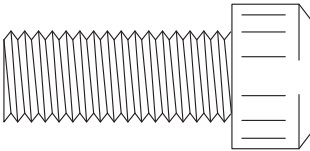
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **IMPORTANT: If you cannot find a part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



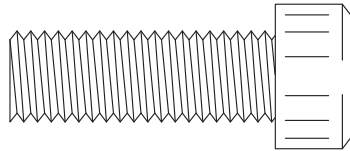
M8 x 25mm Flat  
Head Screw (33)–4



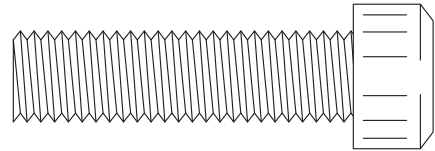
M8 x 95mm Socket Screw (41)–2



M12 x 30mm  
Socket Screw (21)–4



M12 x 35mm  
Socket Screw (47)–4



M12 x 45mm  
Socket Screw (22)–1

# 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.

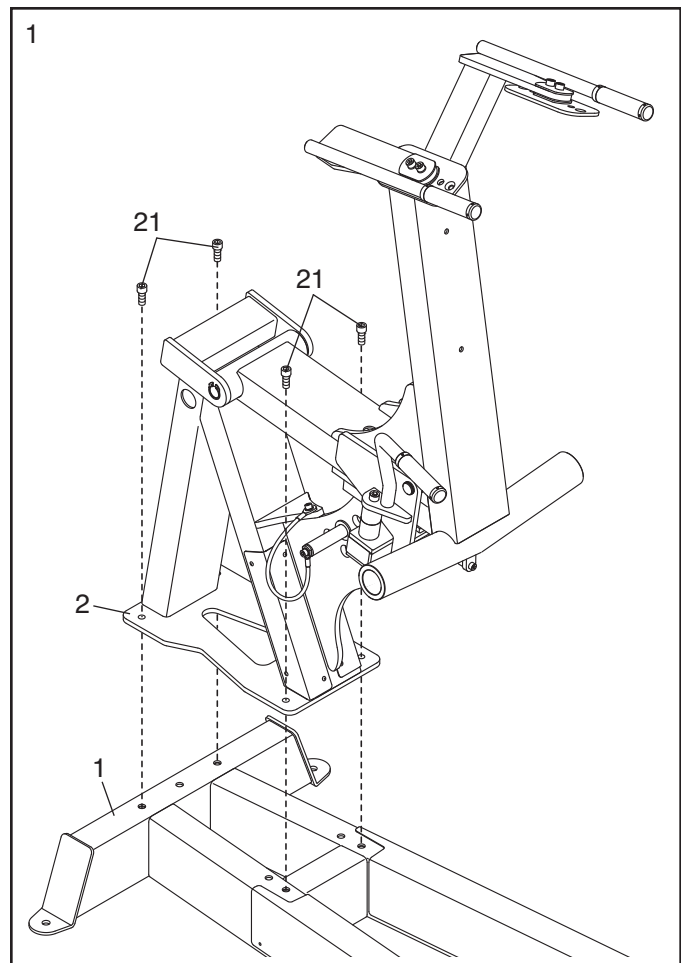
- Assembly requires the following tools (not included):

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. Attach the Pivot Frame (2) to the Base (1) with four M12 x 30mm Socket Screws (21).

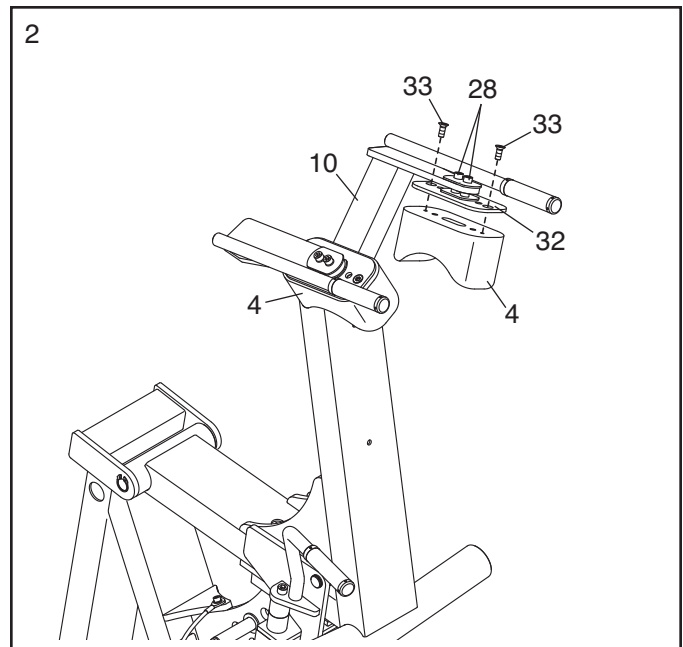


2. Loosen, but do not remove, the indicated two M10 x 30mm Socket Screws (28) in the Squat Frame (10).

Rotate the Shoulder Pad Plate (32) slightly. Attach a Shoulder Pad (4) to the Shoulder Pad Plate with two M8 x 25mm Flat Head Screws (33).

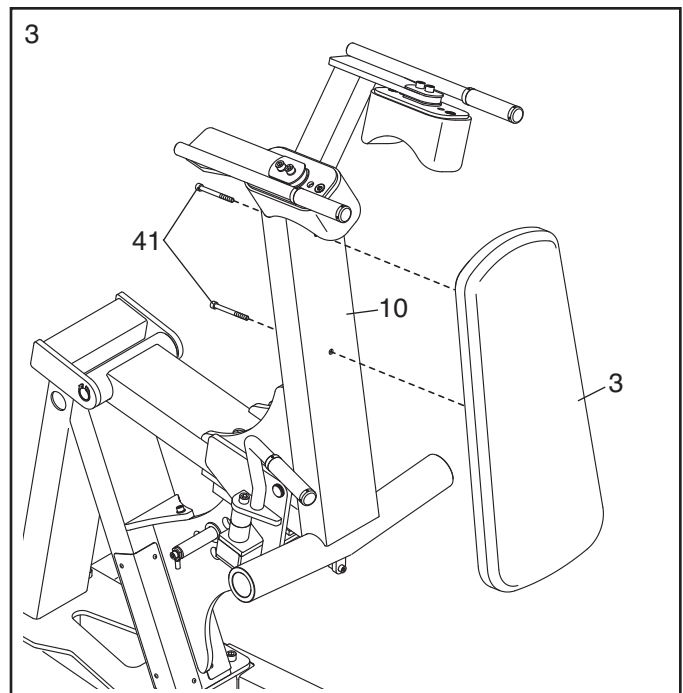
Retighten the M10 x 30mm Socket Screws (28).

**Attach the other Shoulder Pad (4) in the same way.**



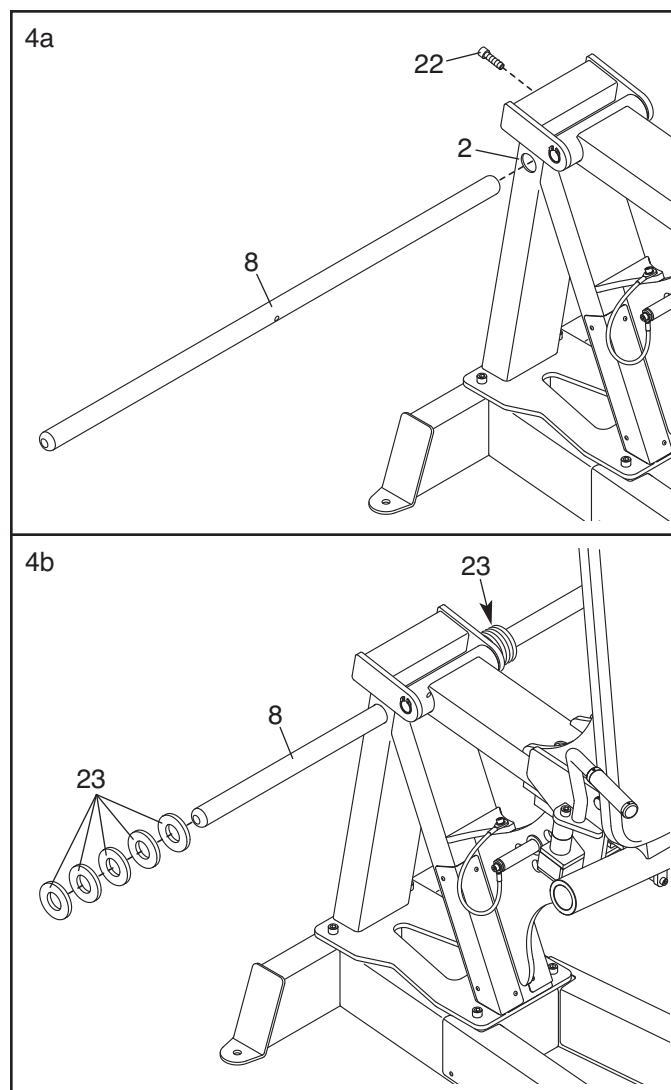
3. Orient the Backrest (3) as shown.

Attach the Backrest (3) to the Squat Frame (10) with two M8 x 95mm Socket Screws (41); **to avoid damaging the Backrest, tighten the Socket Screws only until the Backrest does not move or feel loose.**



4. **See drawing 4a.** Attach the Storage Bar (8) to the Pivot Frame (2) with an M12 x 45mm Socket Screw (22).

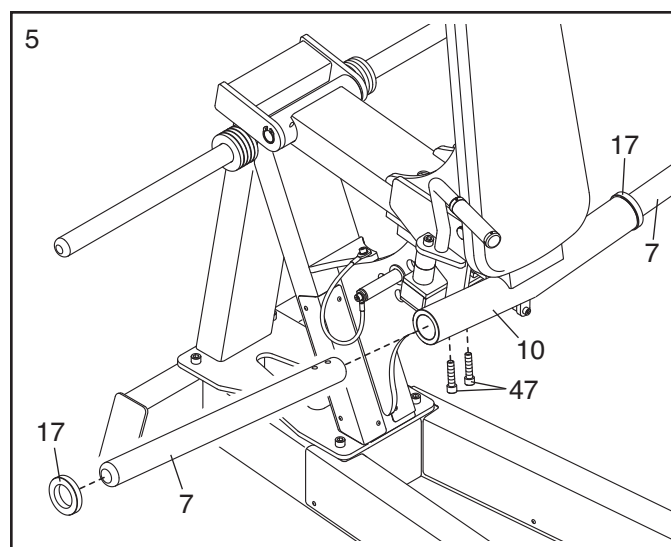
**See drawing 4b.** Slide five Small Weight Bumpers (23) onto each side of the Storage Bar (8).



5. Attach a Weight Bar (7) to one side of the Squat Frame (10) with two M12 x 35mm Socket Screws (47).

Slide a Large Weight Bumper (17) onto the Weight Bar (7).

**Attach the other Weight Bar (7) in the same way.**



6. **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

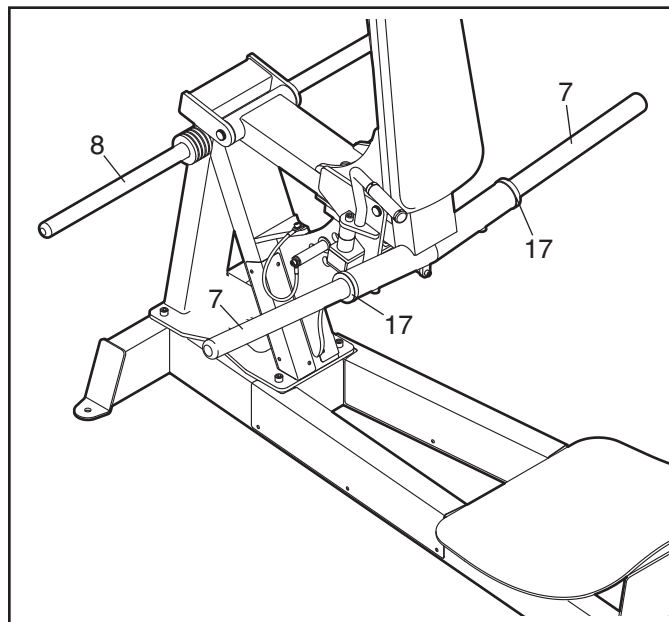
This section explains how to adjust the strength equipment. Make sure that all parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately.

## ADDING WEIGHTS TO THE WEIGHT BARS

To add resistance to your workout, slide the same amount of weight (not included) onto both Weight Bars (7). Make sure that the weights are pushed against the Large Weight Bumpers (17).

Store unused weights on the Storage Bar (8).

**⚠ WARNING:** Do not place more than 450 lbs. (204 kg) on each Weight Bar (7), or on each side of the Storage Bar (8). Always place the same amount of weight on both Weight Bars.



## SETTING UP THE STRENGTH EQUIPMENT

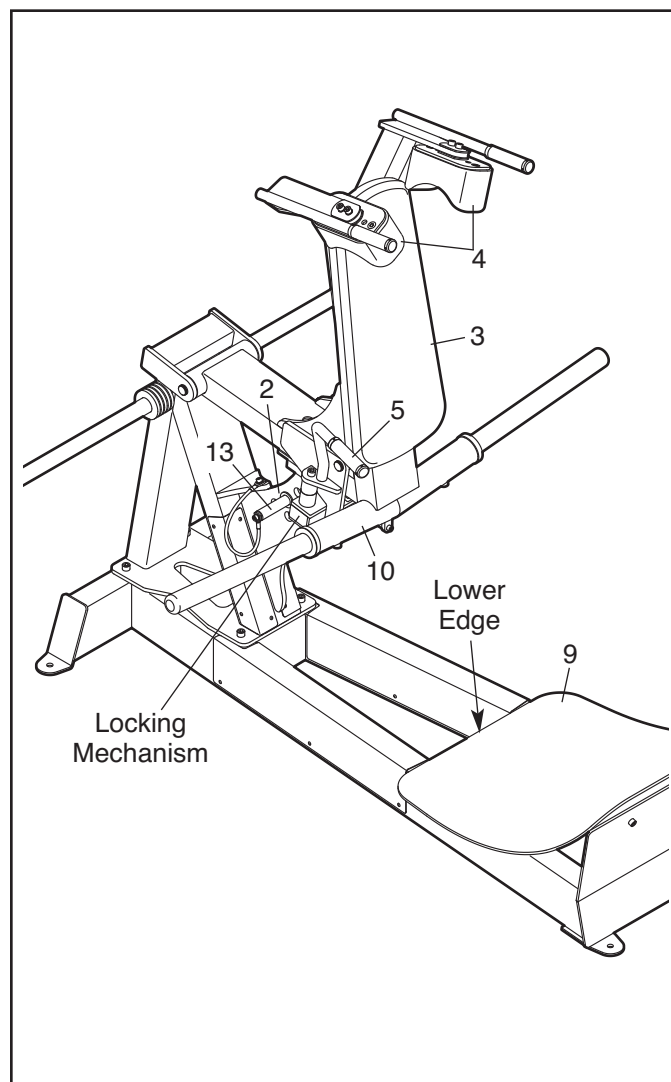
Move the Safety Stop (13) to a hole in the Pivot Frame (2) that will allow the squat exercise to be performed, but will not allow the user to become pinned under the Shoulder Pads (4) if a repetition cannot be completed.

Stand on the Deck (9) with your back against the Backrest (3). Lift the Shoulder Pads (4) to disengage the locking mechanism.

**IMPORTANT:** The user's feet should be close enough to the lower edge of the Deck (9) that the lower back does not move away from the Backrest (3) as the Squat Frame (10) is lowered. Shorter users should stand closer to the lower edge of the Deck than taller users. Improper positioning of the feet will cause discomfort in the lower back.

**⚠ WARNING:** Do not lower the Squat Frame (10) to a position that causes the lower back to move away from the Backrest (3).

When finished with the exercise, push downward on the Release Arm (5) while lowering the Squat Frame (10), until the locking mechanism is fully engaged.



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# 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.

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## NOTES

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## NOTES

# PART LIST—Model No. F217.0

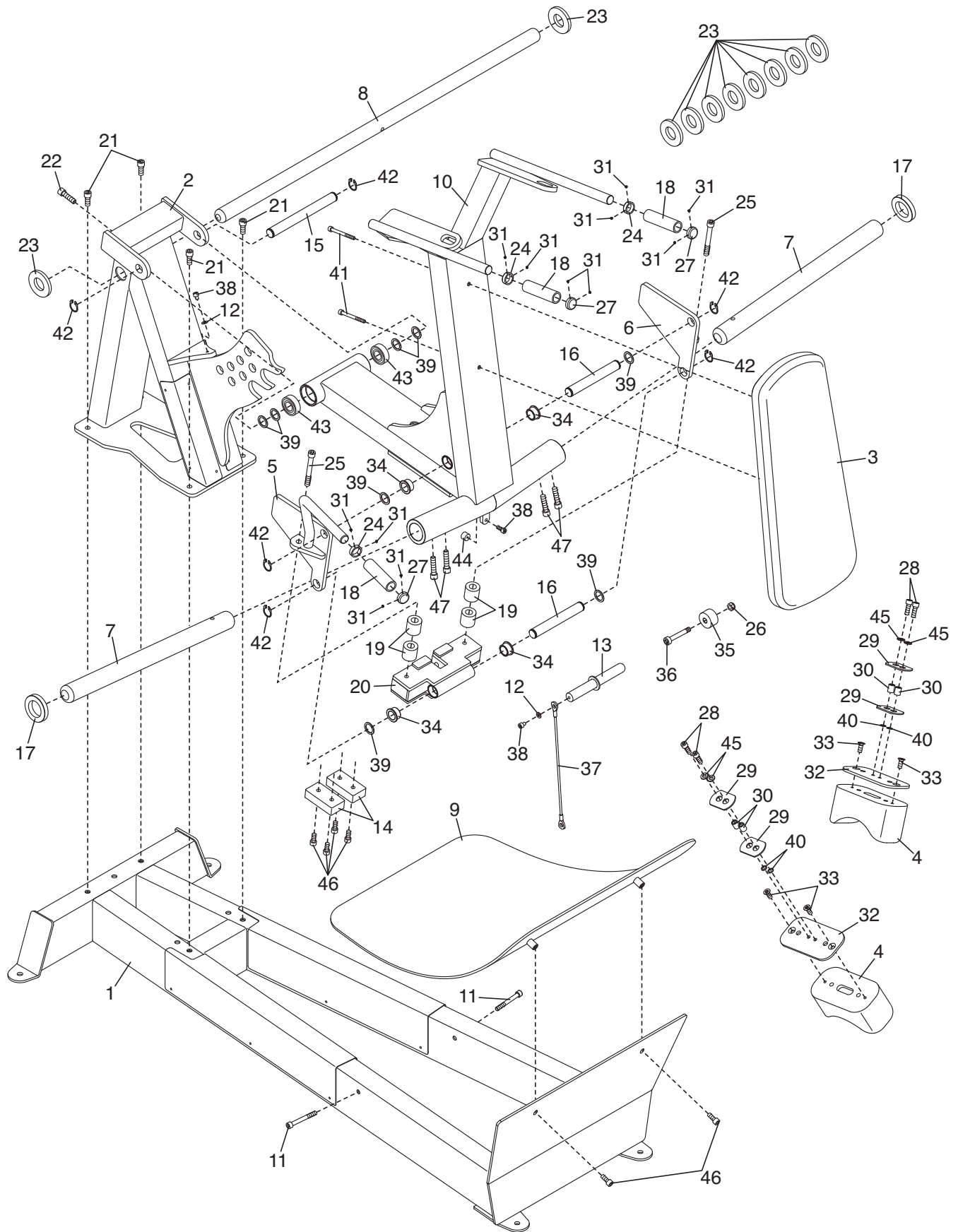
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| Key No. | Qty. | Description             | Key No. | Qty. | Description               |
|---------|------|-------------------------|---------|------|---------------------------|
| 1       | 1    | Base                    | 25      | 2    | M12 x 105mm Socket Screw  |
| 2       | 1    | Pivot Frame             | 26      | 1    | M12 Locknut               |
| 3       | 1    | Backrest                | 27      | 3    | Handgrip Cap              |
| 4       | 2    | Shoulder Pad            | 28      | 4    | M10 x 30mm Socket Screw   |
| 5       | 1    | Release Arm             | 29      | 4    | Nylon Spacer              |
| 6       | 1    | Arm Plate               | 30      | 4    | Shoulder Pad Spacer       |
| 7       | 2    | Weight Bar              | 31      | 12   | M4 x 3mm Set Screw        |
| 8       | 1    | Storage Bar             | 32      | 2    | Shoulder Pad Plate        |
| 9       | 1    | Deck                    | 33      | 4    | M8 x 25mm Flat Head Screw |
| 10      | 1    | Squat Frame             | 34      | 4    | Bushing                   |
| 11      | 2    | M10 x 85mm Socket Screw | 35      | 1    | Locking Box Bearing       |
| 12      | 2    | M8 Washer               | 36      | 1    | M12 x 65mm Socket Bolt    |
| 13      | 1    | Safety Stop             | 37      | 1    | Tether                    |
| 14      | 2    | Squat Frame Bumper      | 38      | 3    | M8 x 15mm Socket Screw    |
| 15      | 1    | Long Pivot Axle         | 39      | 8    | Large Nylon Washer        |
| 16      | 2    | Short Pivot Axle        | 40      | 4    | M10 Serrated Washer       |
| 17      | 2    | Large Weight Bumper     | 41      | 2    | M8 x 95mm Socket Screw    |
| 18      | 3    | Handgrip                | 42      | 6    | 25mm Snap Ring            |
| 19      | 4    | Locking Box Spacer      | 43      | 2    | Pivot Bearing             |
| 20      | 1    | Locking Box             | 44      | 1    | Small Bumper              |
| 21      | 4    | M12 x 30mm Socket Screw | 45      | 4    | M10 Washer                |
| 22      | 1    | M12 x 45mm Socket Screw | 46      | 6    | M10 x 25mm Socket Screw   |
| 23      | 10   | Small Weight Bumper     | 47      | 4    | M12 x 35mm Socket Screw   |
| 24      | 3    | Handgrip Collar         | *       | —    | 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. F217.0

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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](mailto:intlcustomercare@freemotionfitness.com)