

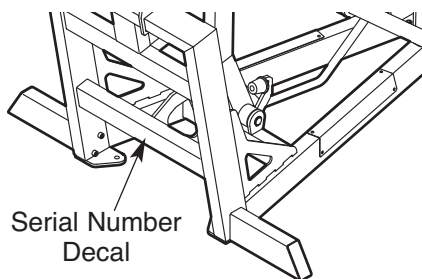
FREEMOTION[®]

Plate Loaded Leg Press

Model No. F218.0

Serial No. _____

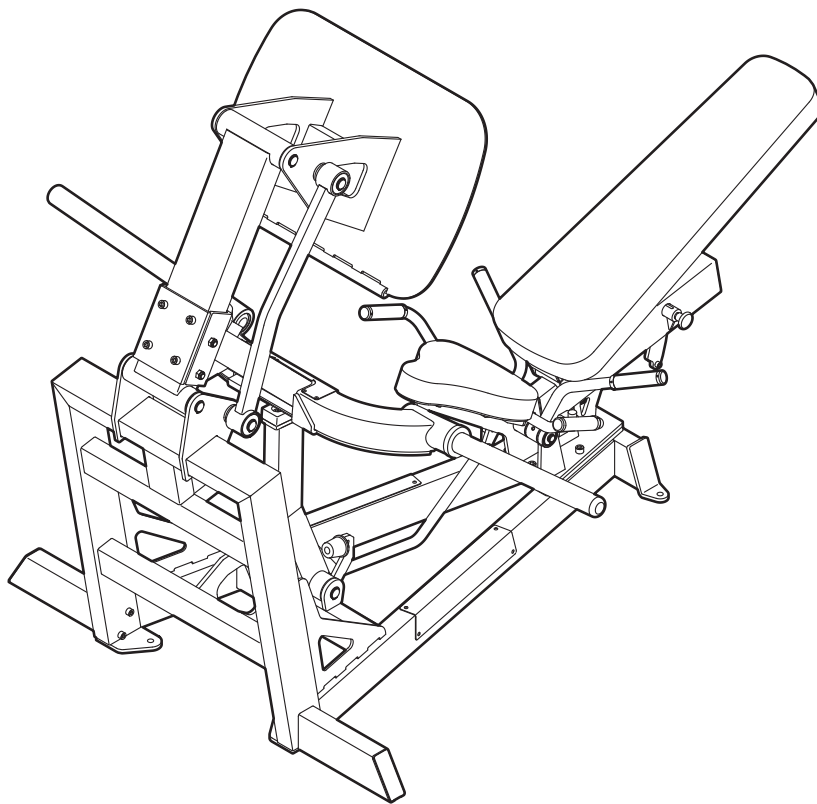
Write the serial number in the space above for reference.



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

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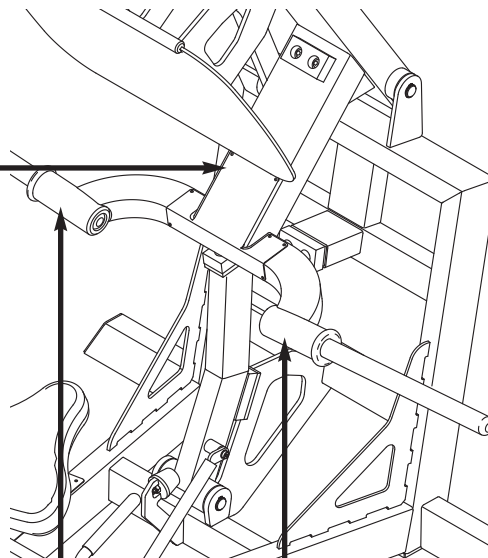
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WARNING DECAL PLACEMENT

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.

WARNING

- Read and follow all warnings and instructions and obtain proper instruction prior to use.
- Misuse of this equipment may result in serious injury.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.
- Max user weight: 350 lbs.



CAUTION

**KEEP AWAY FROM
MOVING PARTS. FAILURE
TO DO SO COULD RESULT
IN PERSONAL INJURY.**

7005-1199

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. Always place the same amount of weight on both weight bars. Note: The strength equipment does not include weights.
10. The strength equipment is designed to support a maximum user weight of 350 lbs. (160 kg). Do not place more than 450 lbs. (204 kg) on each weight bar. Always place an equal amount of weight on each weight bar.
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.

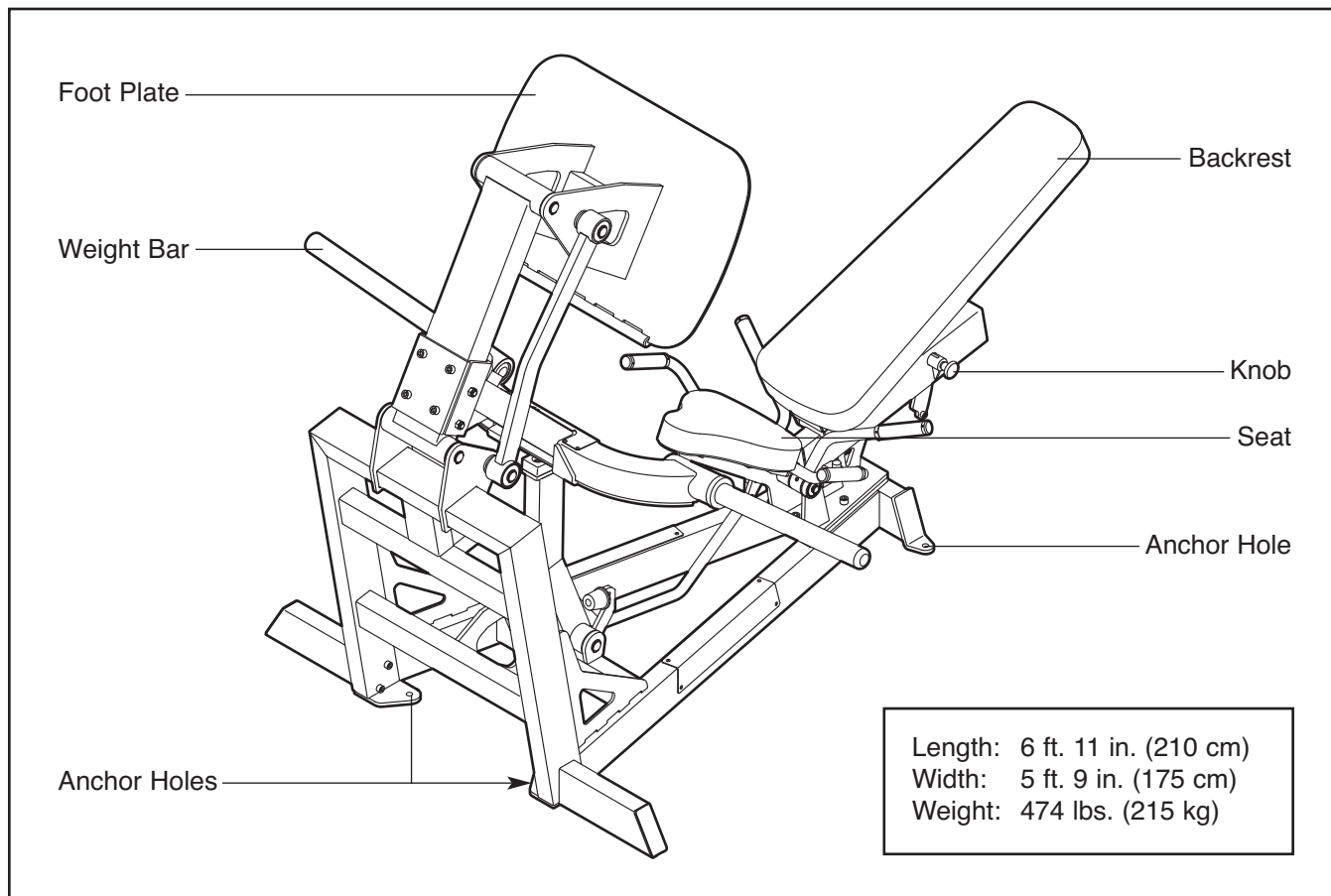
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® PLATE LOADED LEG PRESS strength equipment. The PLATE LOADED LEG PRESS 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 LEG 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-

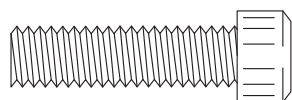
tions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

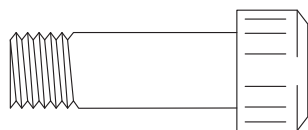


PART IDENTIFICATION CHART

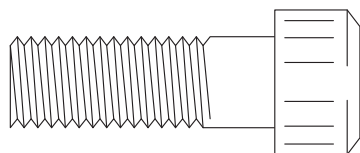
This chart is provided to help you identify the small parts used in assembly. The number in parentheses below each part refers to the key number of the part from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **IMPORTANT: If you cannot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



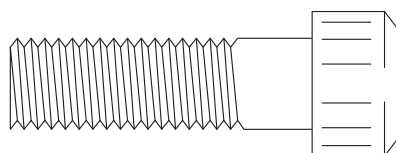
M8 x 25mm
Screw (46)-4



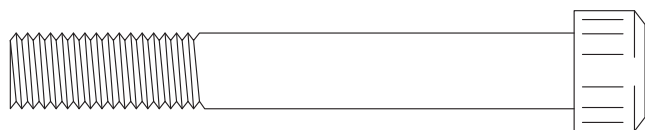
M10 x 30mm Bolt
(52)-1



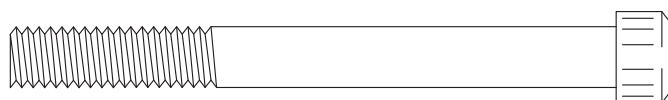
M12 x 35mm Screw (40)-4



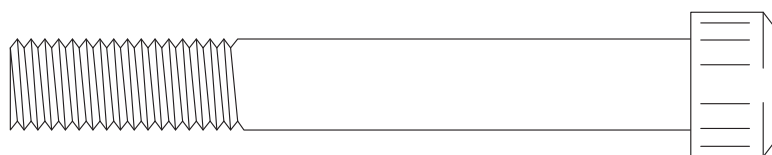
M12 x 40mm Bolt (58)-2



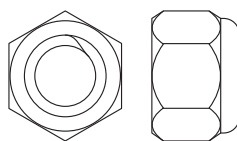
M10 x 75mm Screw (39)-4



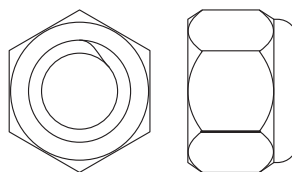
M8 x 80mm Screw (59)-2



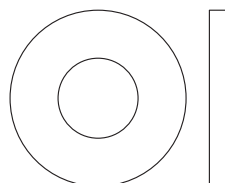
M12 x 90mm Screw (17)-4



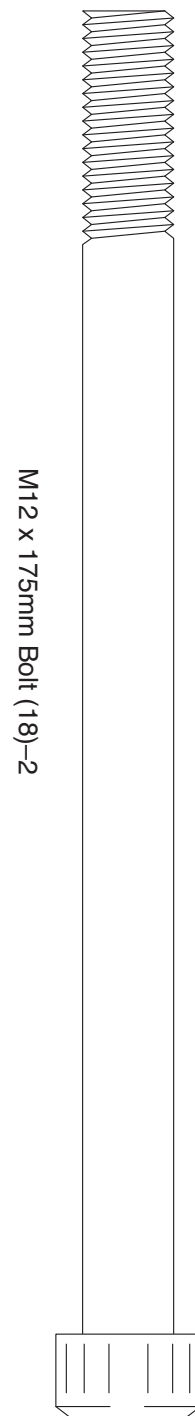
M10 Locknut
(48)-1



M12 Locknut
(27)-4



M10 Nylon
Washer (63)-1



M12 x 175mm Bolt (18)-2

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

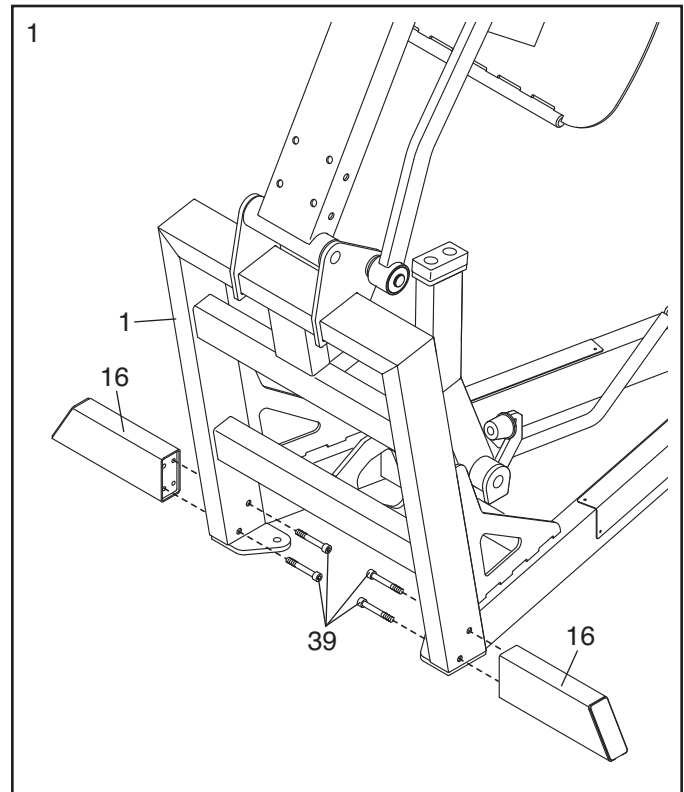


a metric hex key

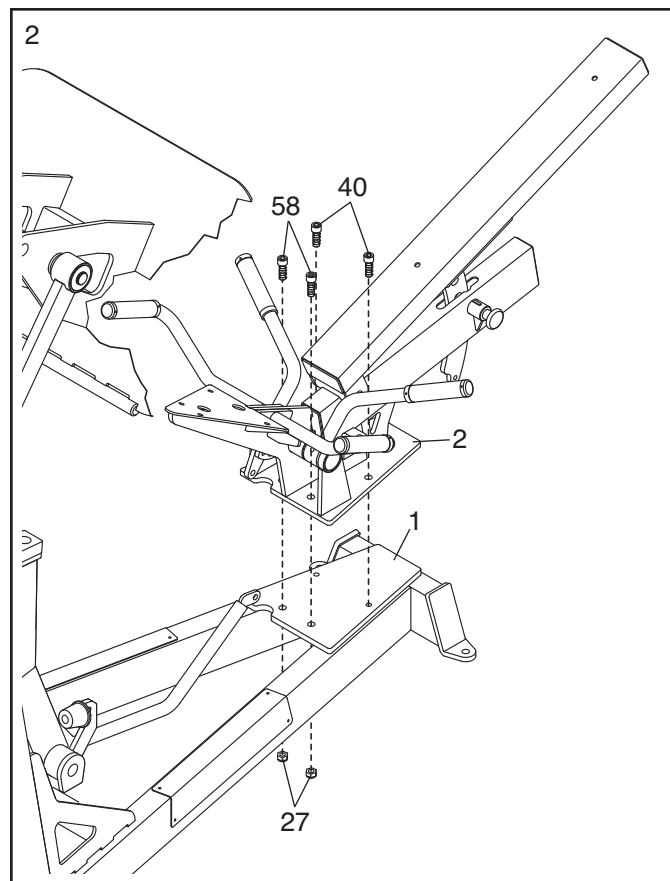


Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches. **To avoid damaging parts, do not use power tools.**

1. Attach each Base Leg (16) to the Base (1) with two M10 x 75mm Screws (39).

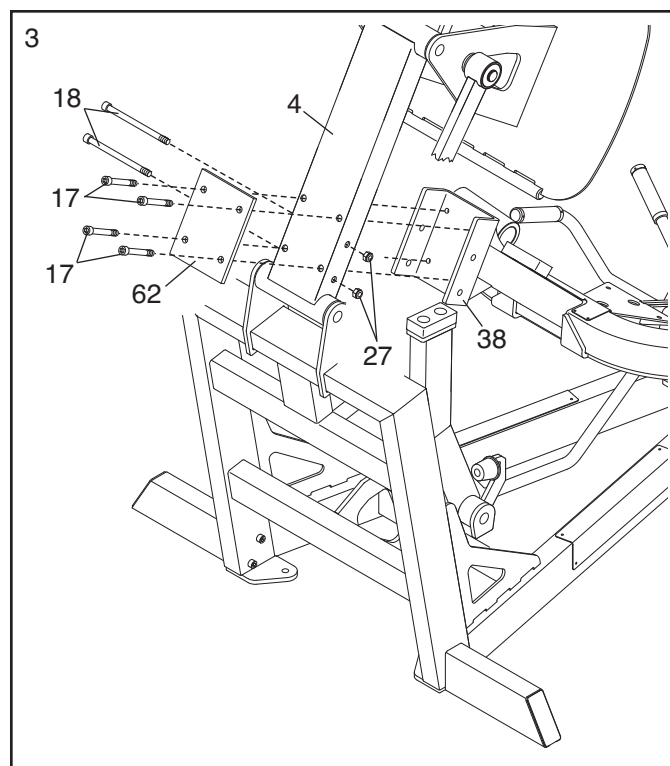


2. Attach the Seat Frame (2) to the Base (1) with two M12 x 35mm Screws (40), two M12 x 40mm Bolts (58), and two M12 Locknuts (27).



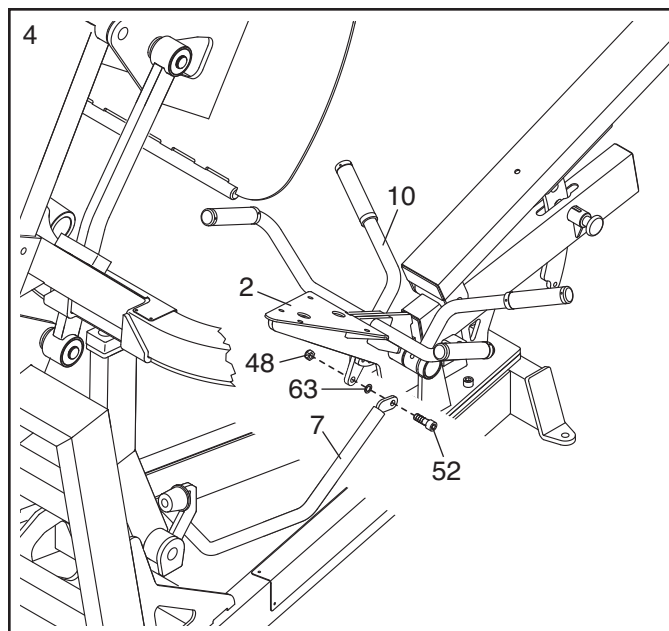
3. Identify the Weight Frame (38) and orient it as shown.

Attach the Weight Frame (38) to the Foot Plate Frame (4) with four M12 x 90mm Screws (17), the Frame Plate (62), two M12 x 175mm Bolts (18), and two M12 Locknuts (27).



4. Identify the Right Adjustment Arm (10), which is attached to the Seat Frame (2).

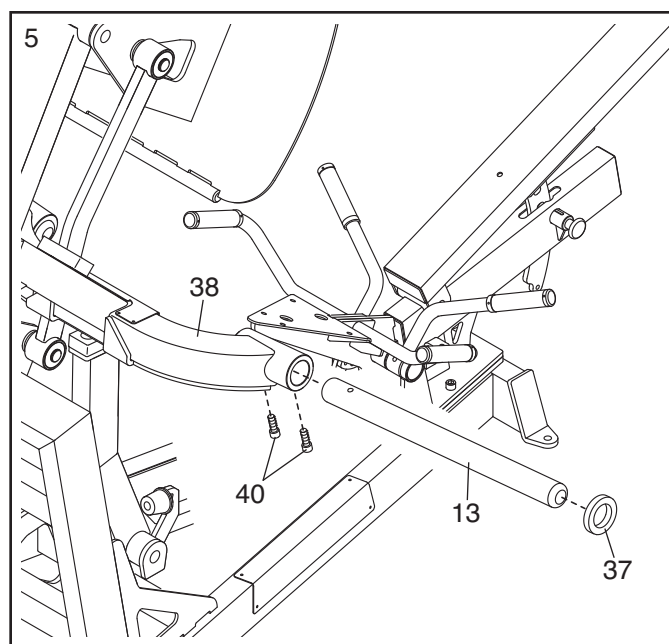
Attach the Support Arm (7) to the Right Adjustment Arm (10) with an M10 x 30mm Bolt (52), an M10 Nylon Washer (63), and an M10 Locknut (48).



5. Attach a Weight Bar (13) to the left side of the Weight Frame (38) with two M12 x 35mm Screws (40).

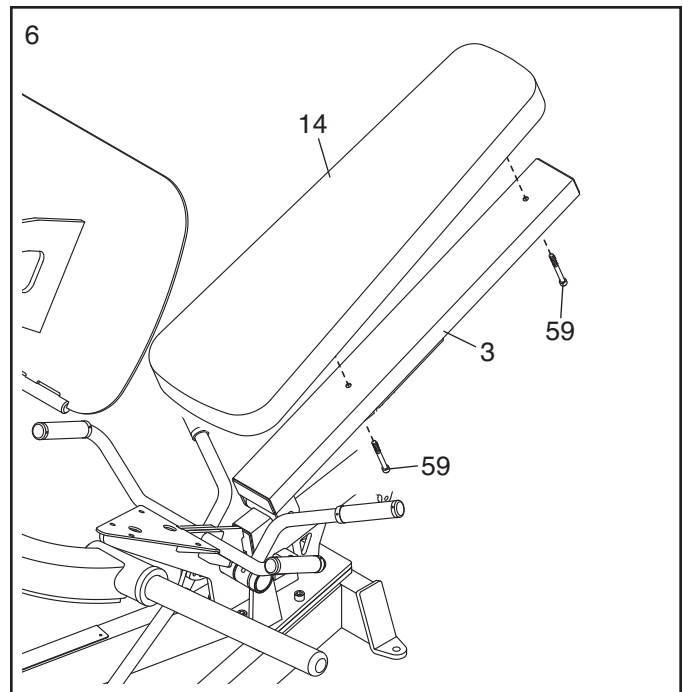
Slide a Weight Bumper (37) onto the Weight Bar (13).

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

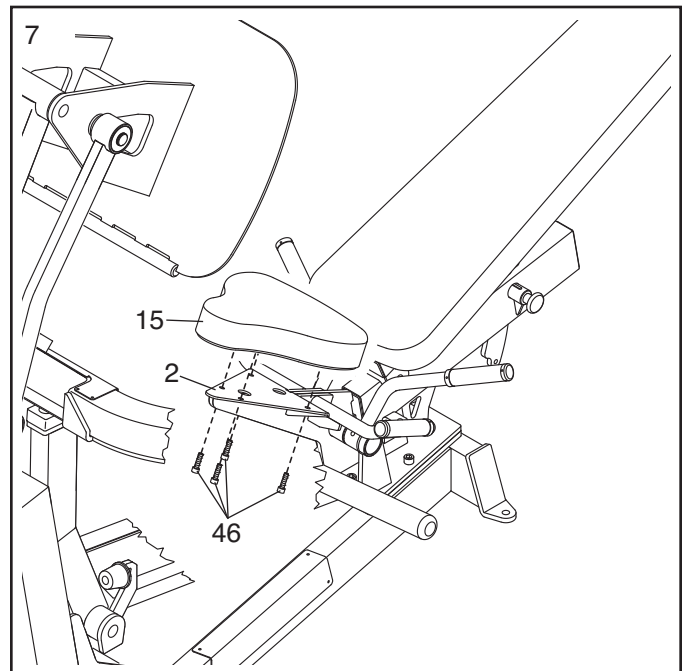


6. Orient the Backrest (14) as shown.

Attach the Backrest (14) to the Backrest Frame (3) with two M8 x 80mm Screws (59).



7. Attach the Seat (15) to the Seat Frame (2) with four M8 x 25mm Screws (46).



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.

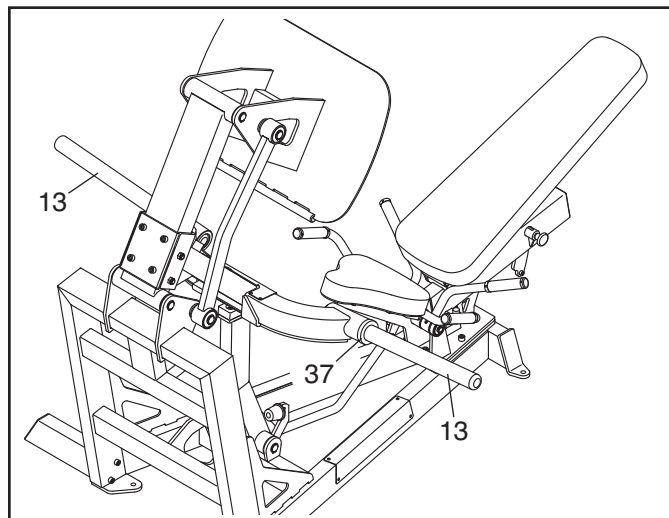
ADJUSTMENT

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.

ADDING WEIGHTS TO THE WEIGHT ARM

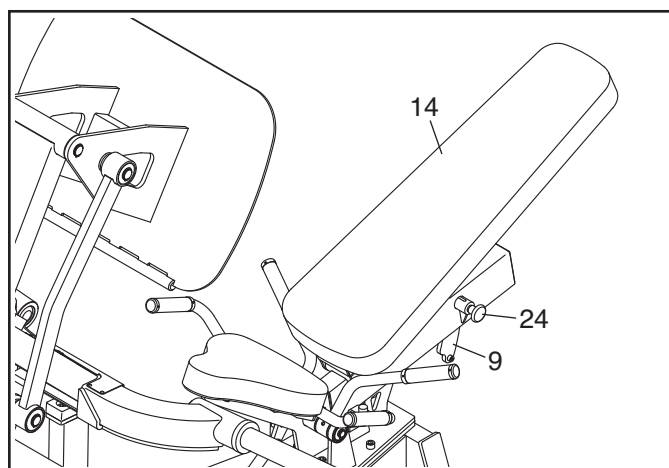
To add resistance to your workout, slide the same amount of weight (not included) onto both Weight Bars (13). Make sure that the weights are pushed against the Weight Bumpers (37).

⚠ WARNING: Do not place more than 450 lbs. (204 kg) on each Weight Bar (13). Always place the same amount of weight on both Weight Bars.



ADJUSTING THE BACKREST

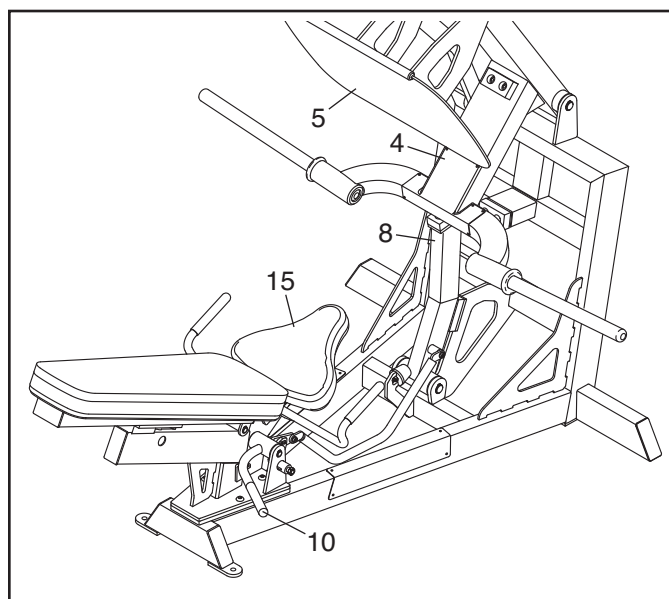
To change the angle of the Backrest (14), pull the Knob (24) outward and move the Backrest to the desired position. Then, reengage the Knob into the Backrest Adjustment Bracket (9).



ADJUSTING THE FRAME SUPPORT

To allow the Foot Plate (5) to descend, push it upward and lift the Right Adjustment Arm (10) so that the Frame Support (8) pivots toward the Seat (15).

When you are finished exercising, return the Frame Support (8) to its position under the Foot Plate Frame (4).



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

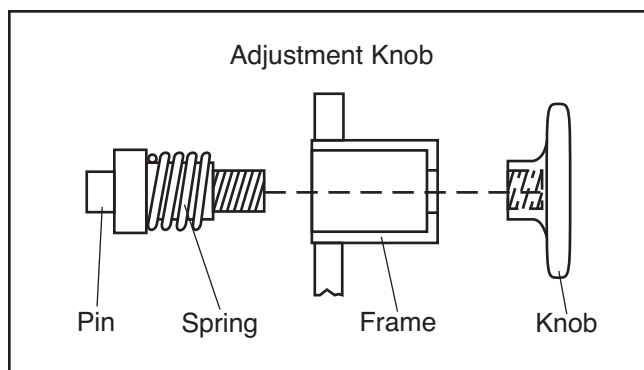
Hardware

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

PART LIST

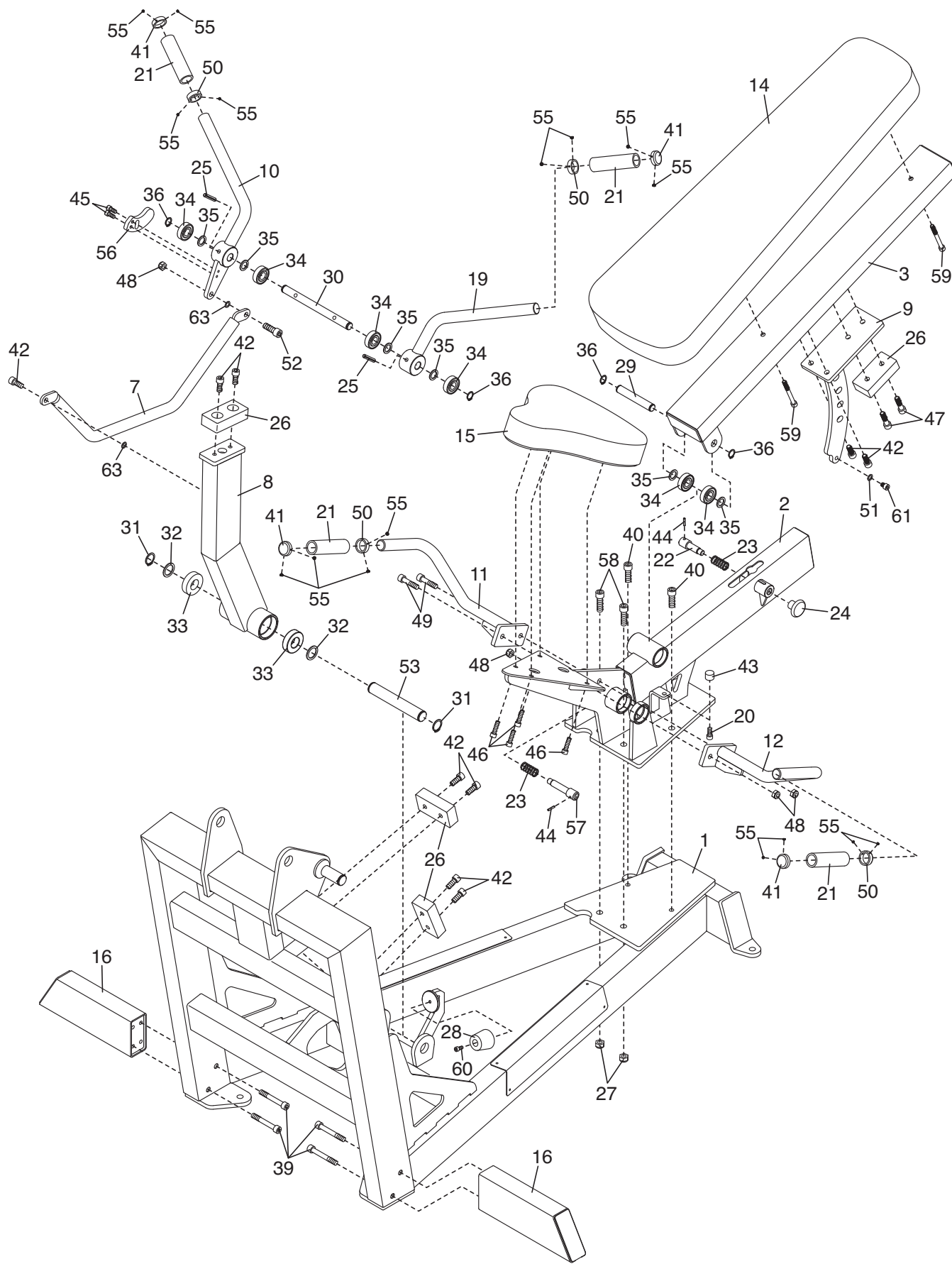
Model No. F218.0 R0312A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	33	10	Large Bearing
2	1	Seat Frame	34	6	Small Bearing
3	1	Backrest Frame	35	6	Small Nylon Washer
4	1	Foot Plate Frame	36	4	Small Retainer Ring
5	1	Foot Plate	37	2	Weight Bumper
6	1	Foot Plate Arm	38	1	Weight Frame
7	1	Support Arm	39	4	M10 x 75mm Screw
8	1	Frame Support	40	6	M12 x 35mm Screw
9	1	Backrest Adjustment Bracket	41	4	Handgrip Cap
10	1	Right Adjustment Arm	42	11	M10 x 25mm Screw
11	1	Right Handle	43	1	Small Bumper
12	1	Left Handle	44	2	Small Roll Pin
13	2	Weight Bar	45	2	M6 x 20mm Screw
14	1	Backrest	46	4	M8 x 25mm Screw
15	1	Seat	47	2	M10 x 40mm Screw
16	2	Base Leg	48	4	M10 Locknut
17	4	M12 x 90mm Screw	49	2	M10 x 45mm Bolt
18	2	M12 x 175mm Bolt	50	4	Handgrip Collar
19	1	Left Adjustment Arm	51	1	M10 Washer
20	1	M8 x 16mm Screw	52	1	M10 x 30mm Bolt
21	4	Handgrip	53	1	Frame Axle
22	1	Backrest Pin	54	2	Foot Plate Axle
23	2	Spring	55	16	M4 x 3mm Set Screw
24	1	Knob	56	1	Arm Adjustment Bracket
25	2	Large Roll Pin	57	1	Arm Pin
26	5	Rectangular Bumper	58	2	M12 x 40mm Bolt
27	4	M12 Locknut	59	2	M8 x 80mm Screw
28	1	Bumper	60	1	M6 x 25mm Screw
29	1	Backrest Axle	61	1	M10 x 16mm Screw
30	1	Arm Axle	62	1	Frame Plate
31	8	Large Retainer Ring	63	2	M10 Nylon Washer
32	8	Large Nylon Washer	*	—	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.

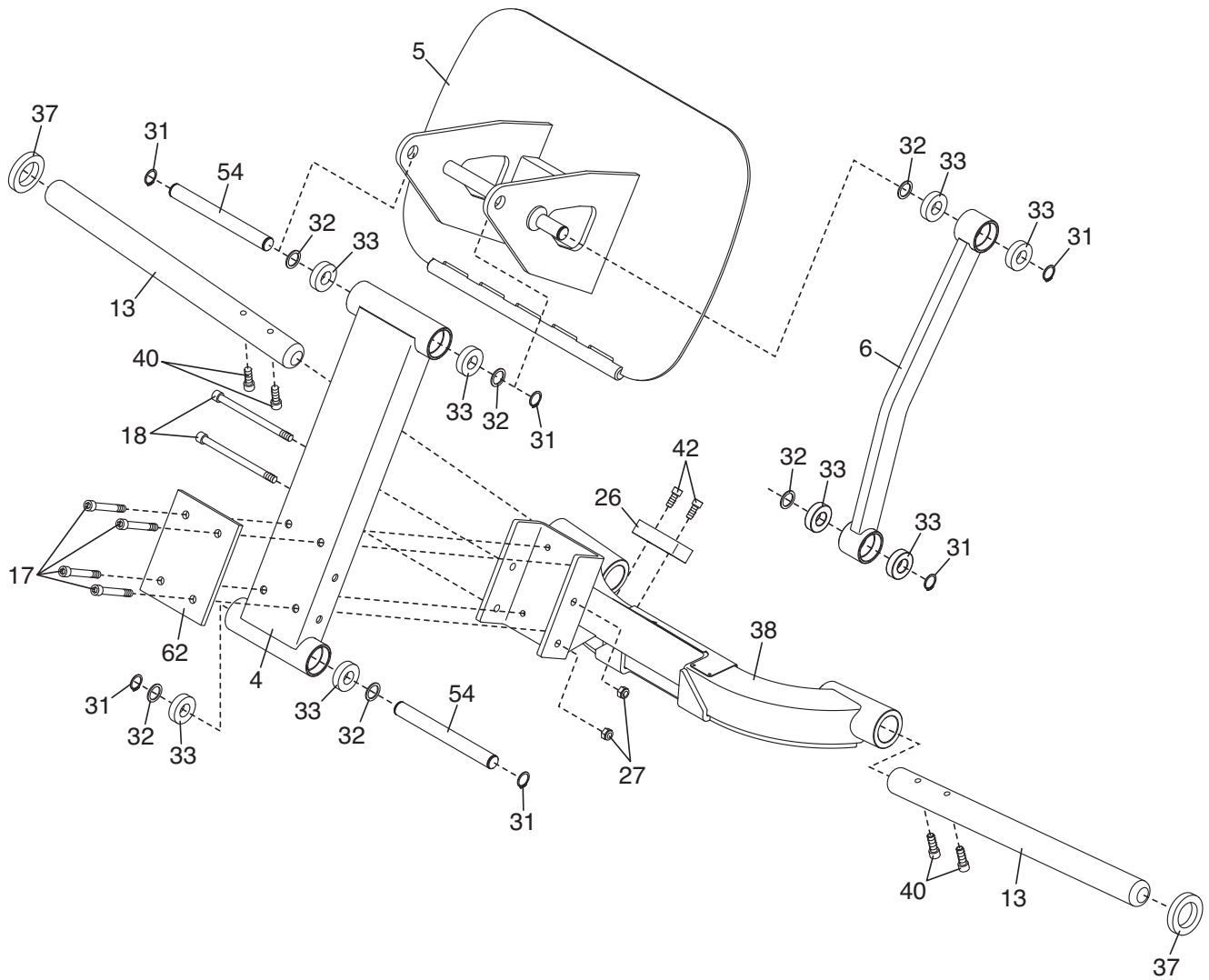
EXPLODED DRAWING A

Model No. F218.0 R0312A



EXPLODED DRAWING B

Model No. F218.0 R0312A



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