

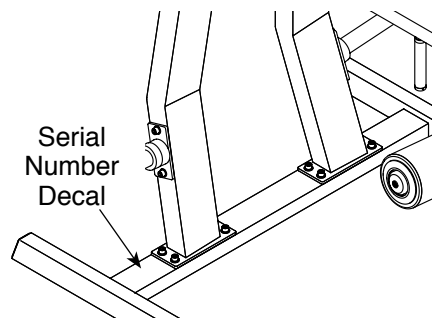
# FREEMOTION<sup>®</sup>

## Lat Pull Down

Model No. F303.0

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

Write the serial number in the space above for reference.



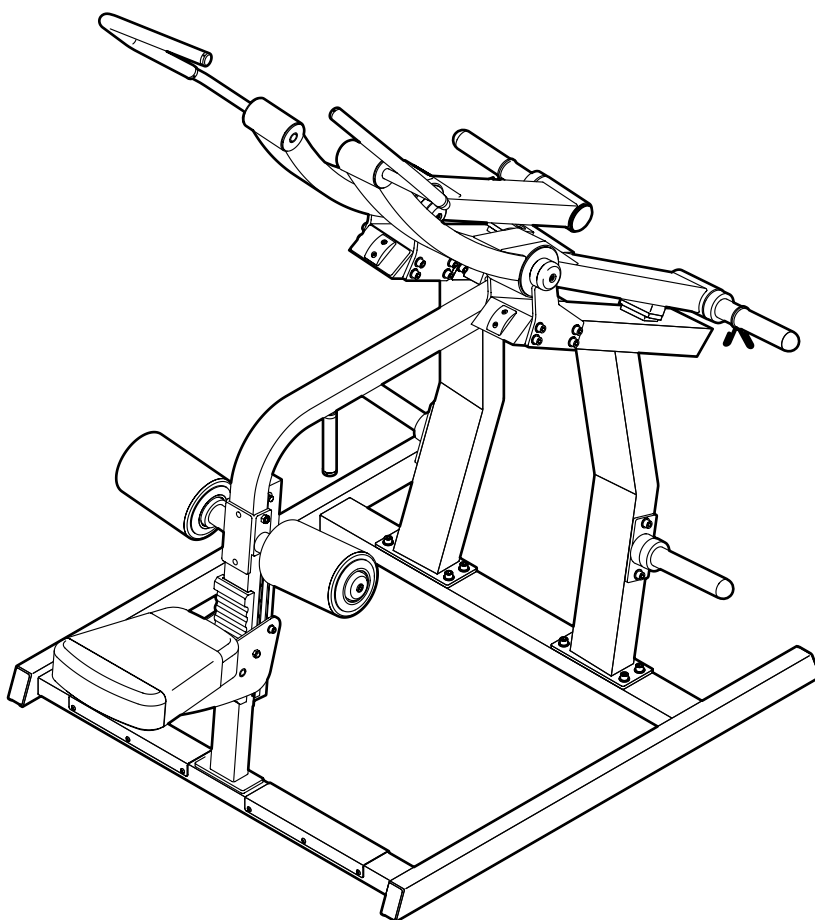
### QUESTIONS?

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



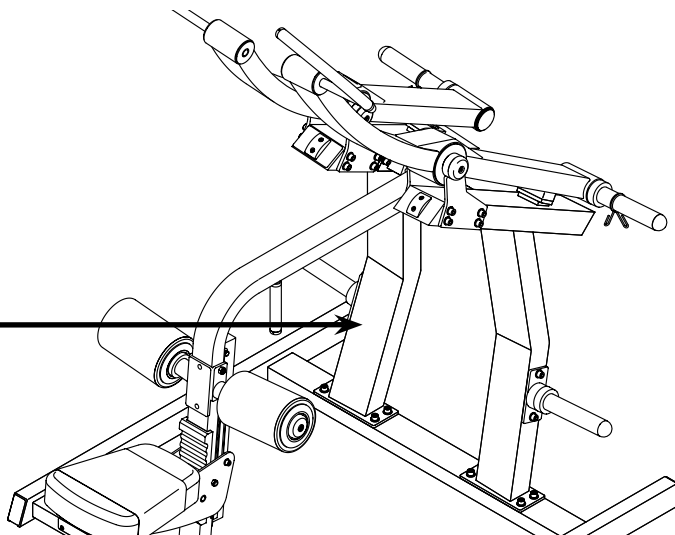
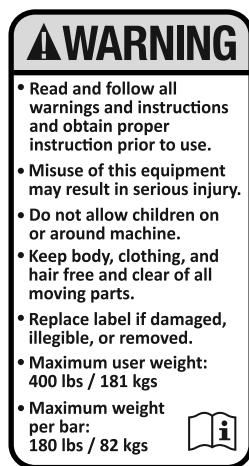
[www.freemotionfitness.com](http://www.freemotionfitness.com)

# TABLE OF CONTENTS

|                                       |            |
|---------------------------------------|------------|
| WARNING DECAL PLACEMENT .....         | 2          |
| IMPORTANT PRECAUTIONS .....           | 3          |
| BEFORE YOU BEGIN .....                | 4          |
| PART IDENTIFICATION CHART .....       | 5          |
| ASSEMBLY .....                        | 6          |
| ADJUSTMENT .....                      | 11         |
| MAINTENANCE AND TROUBLESHOOTING ..... | 12         |
| PART LIST .....                       | 13         |
| EXPLODED DRAWING .....                | 14         |
| 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. 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 labels, and are informed of how to use the strength equipment properly.
2. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
3. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Use the strength equipment only as described in this manual.
5. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
6. It is the responsibility of the owner to ensure that there is enough space around the strength equipment for the intended exercise.
7. Using the anchor holes to provide maximum stability, anchor the strength equipment to the floor where required or whenever possible.
8. Keep children under age 12 and pets away from the strength equipment at all times.
9. The strength equipment is designed to support a maximum user weight of 400 lbs. (181 kg).
10. Do not put more than 180 lbs. (82 kg) of weight (not included) on each arm. Always place the same amount of weight on both arms. Always secure weight plates with the weight clips.
11. Always wear athletic shoes for foot protection while exercising.
12. Keep hands and feet away from moving parts. Do not lean on or rest your hands on the strength equipment while it is in use.
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.

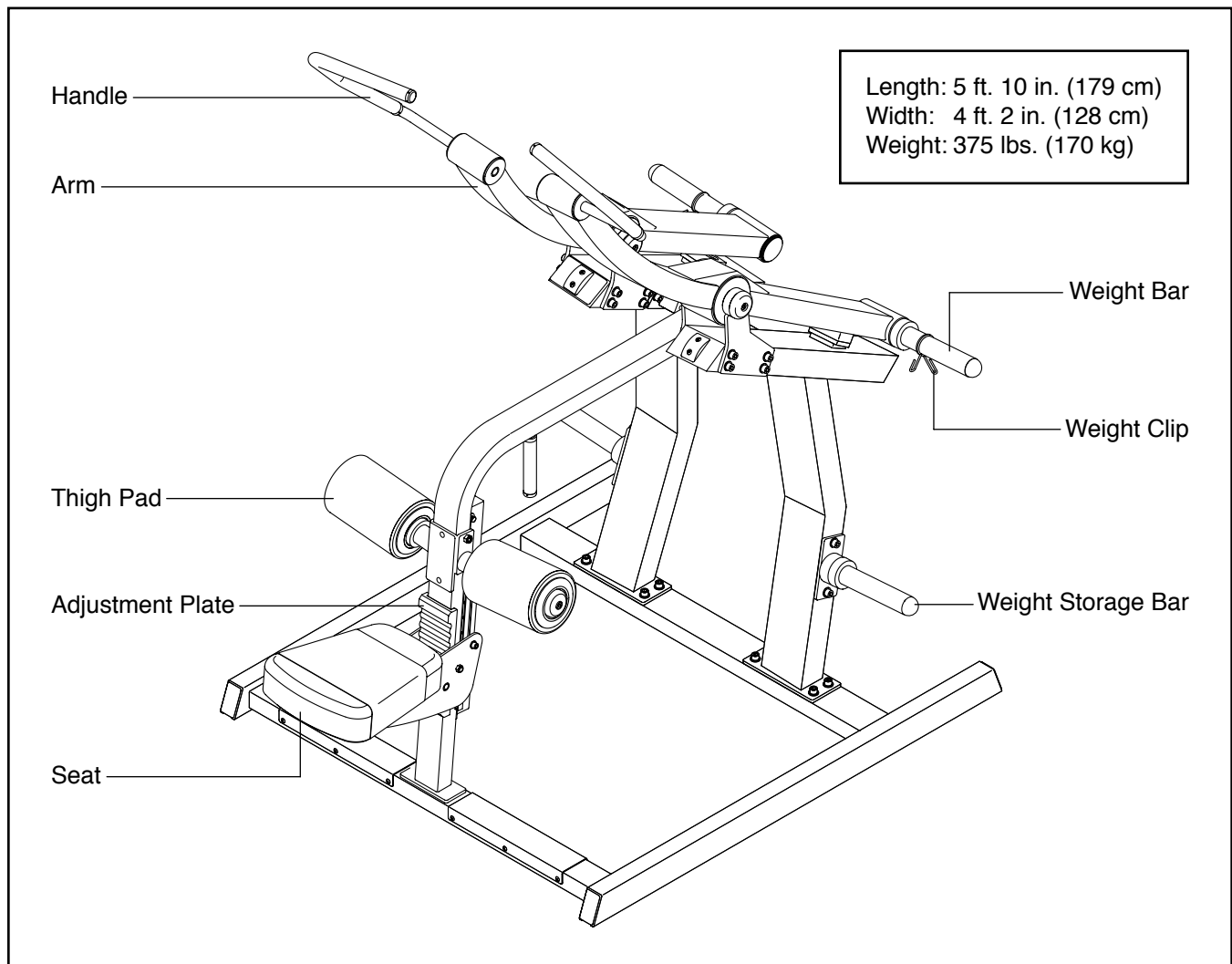
# BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® LAT PULL DOWN strength equipment. With unrestricted motion, you can work your body's muscle groups the way you do naturally, to train more effectively and efficiently.

**For your benefit, read this manual carefully before using the strength equipment.** If you have questions after reading this manual, please see the back cover

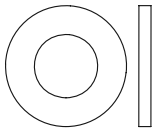
of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

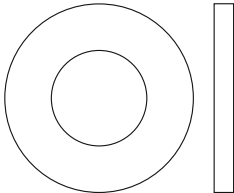


# PART IDENTIFICATION CHART

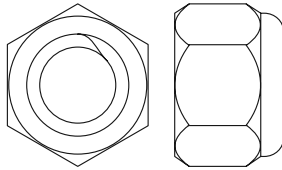
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



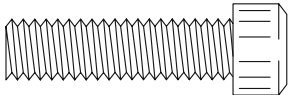
M8 Washer  
(44)–4



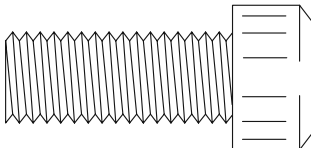
M12 Washer  
(41)–42



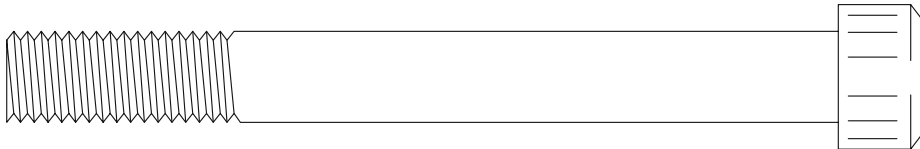
M12 Locknut  
(50)–1



M8 x 30mm  
Screw (34)–4



M12 x 30mm  
Screw (32)–40



M12 x 115mm Bolt (33)–1

# ASSEMBLY

- Assembly requires two persons.
- Because of its weight and size, assemble the strength equipment in the location where it will be used. Make sure that there is enough clearance around the strength equipment.
- 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, see page 5.

- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- The following tools (not included) are required for assembly:

one adjustable wrench



a set of metric hex keys

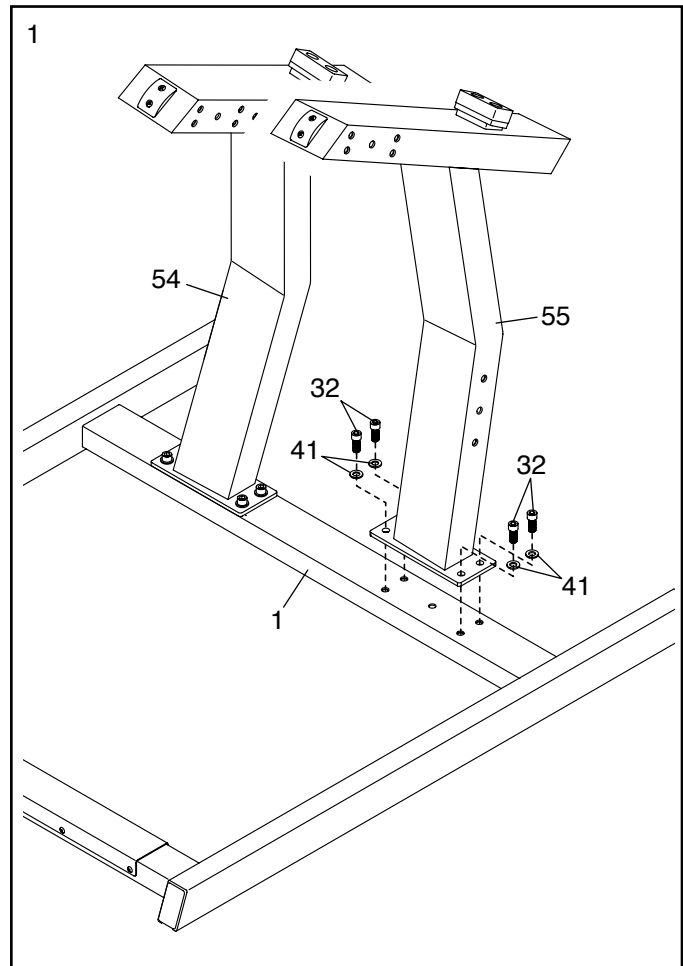


Assembly may be more convenient if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Identify the Right Upright (55), and orient it as shown.

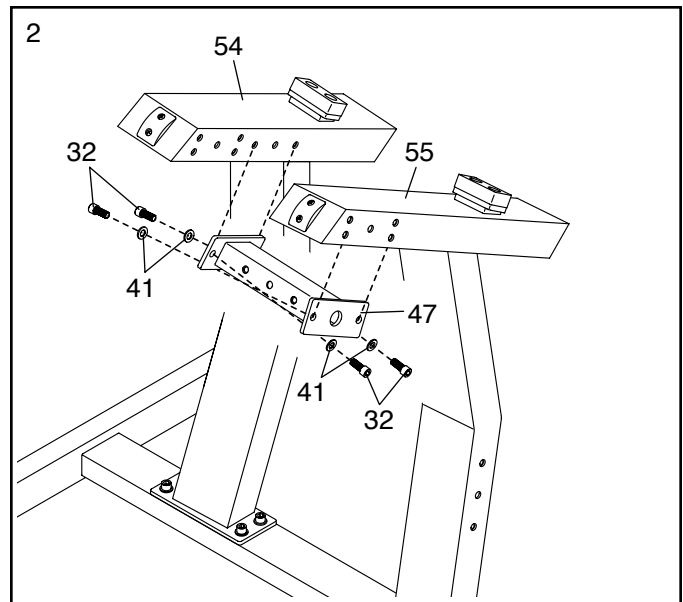
Attach the Right Upright (55) to the Base (1) with four M12 x 30mm Screws (32) and four M12 Washers (41); **do not tighten the Screws yet.**

**Attach the Left Upright (54) to the Base (1) in the same way.**



2. Orient the Crossbar (47) as shown.

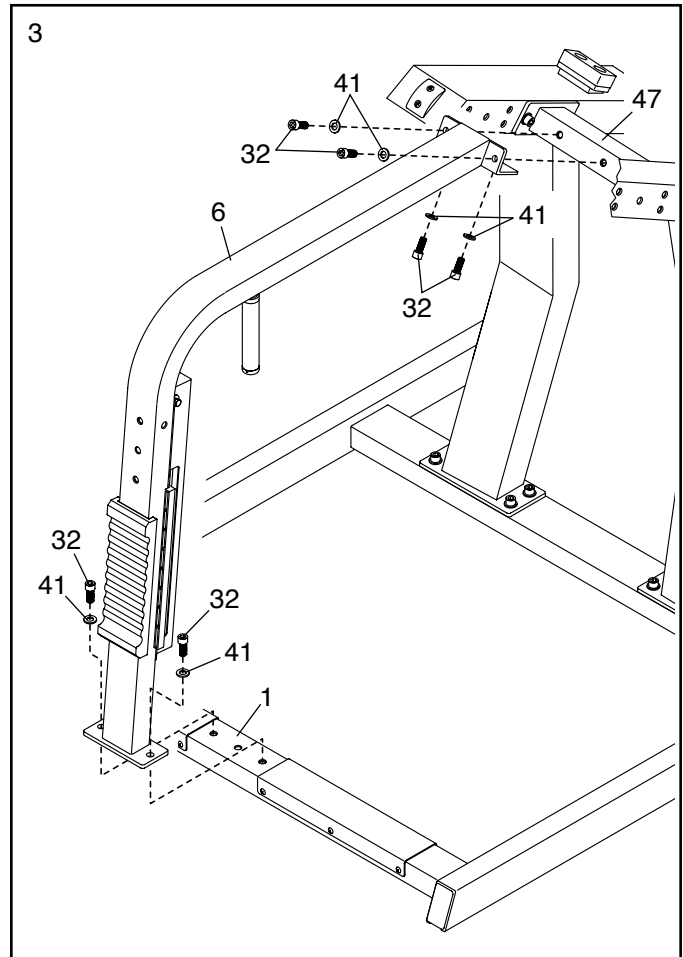
Attach the Crossbar (47) to the Left and Right Uprights (54, 55) with four M12 x 30mm Screws (32) and four M12 Washers (41); **do not tighten the Screws yet.**



3. Orient the Frame (6) as shown.

Attach the upper end of the Frame (6) to the Crossbar (47) with four M12 x 30mm Screws (32) and four M12 Washers (41); **do not tighten the Screws yet.**

Attach the lower end of the Frame (6) to the Base (1) with two M12 x 30mm Screws (32) and two M12 Washers (41); **do not tighten the Screws yet.**

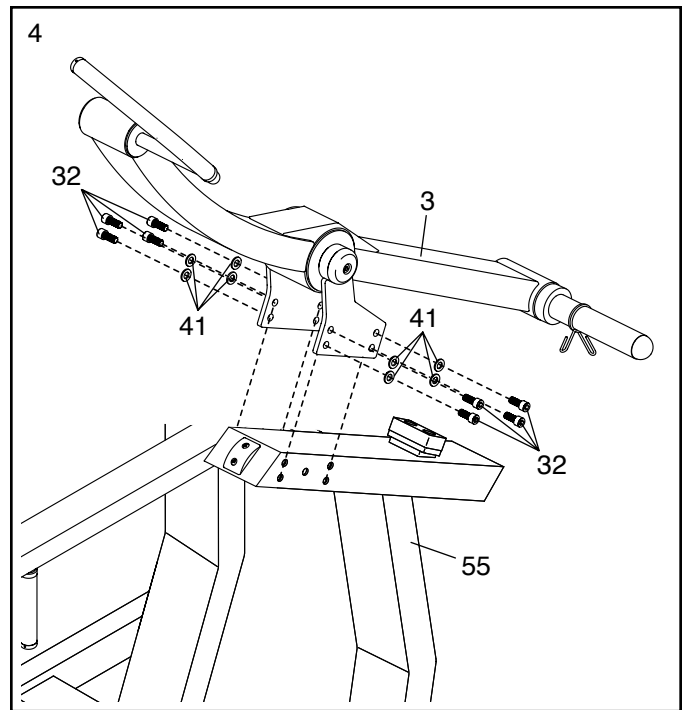


4. Identify the Right Arm (3), and orient it as shown.

Attach the Right Arm (3) to the Right Upright (55) with eight M12 x 30mm Screws (32) and eight M12 Washers (41).

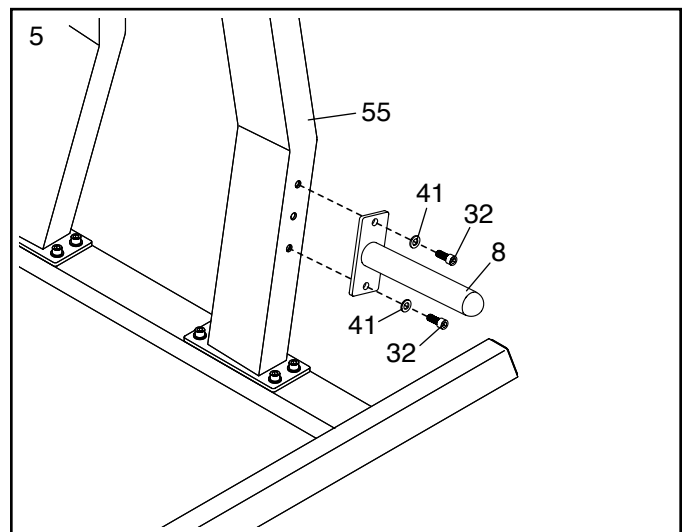
**Attach the Left Arm (not shown) to the Left Upright (not shown) in the same way.**

**See steps 1–3.** Tighten the M12 x 30mm Screws (32).



5. Attach a Weight Storage Bar (8) to the Right Upright (55) with two M12 x 30mm Screws (32) and two M12 Washers (41).

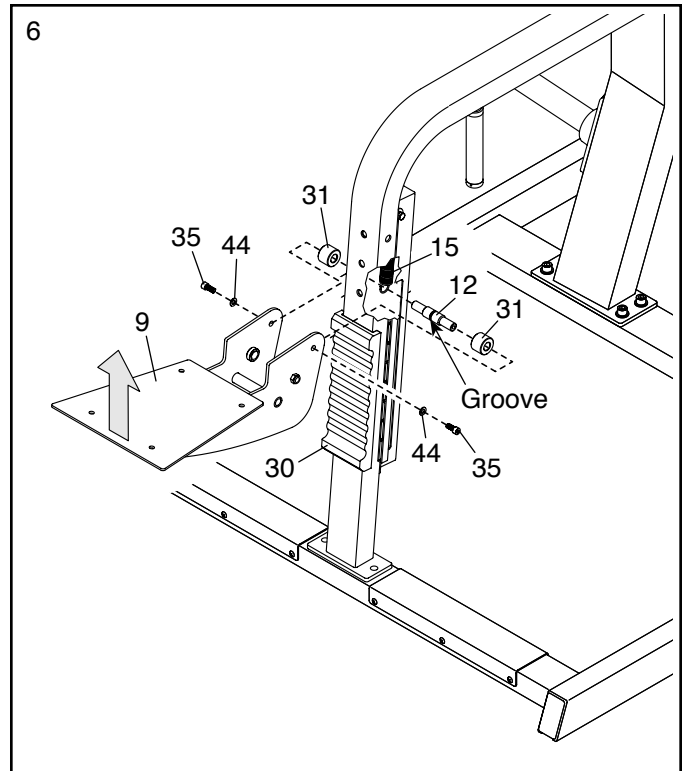
**Repeat this step on the other side of the strength equipment.**



6. Remove the two M8 x 20mm Screws (35), the two M8 Washers (44), the Spring Axle (12), and the two Rollers (31) from the Seat Frame (9).

Insert the Spring Axle (12) into the lower end of the Spring (15); **the hook on the Spring must be in the groove in the Spring Axle**. Then, slide a Roller (31) onto each side of the Spring Axle.

Next, tip the front of the Seat Frame (9) upward and slide the Seat Frame downward onto the Adjustment Plate (30). Then, attach the Seat Frame to the Spring Axle (12) with the two M8 x 20mm Screws (35) and the two M8 Washers (44).

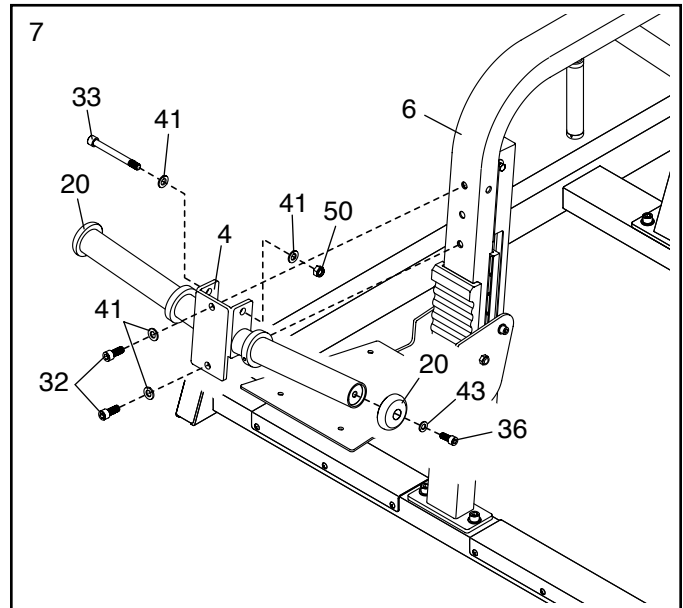


7. Attach the Pad Frame (4) to the Frame (6) with an M12 x 115mm Bolt (33), two M12 Washers (41), and an M12 Locknut (50); **do not tighten the Bolt yet**.

Then, attach the Pad Frame (4) to the Frame (6) with two M12 x 30mm Screws (32) and two M12 Washers (41).

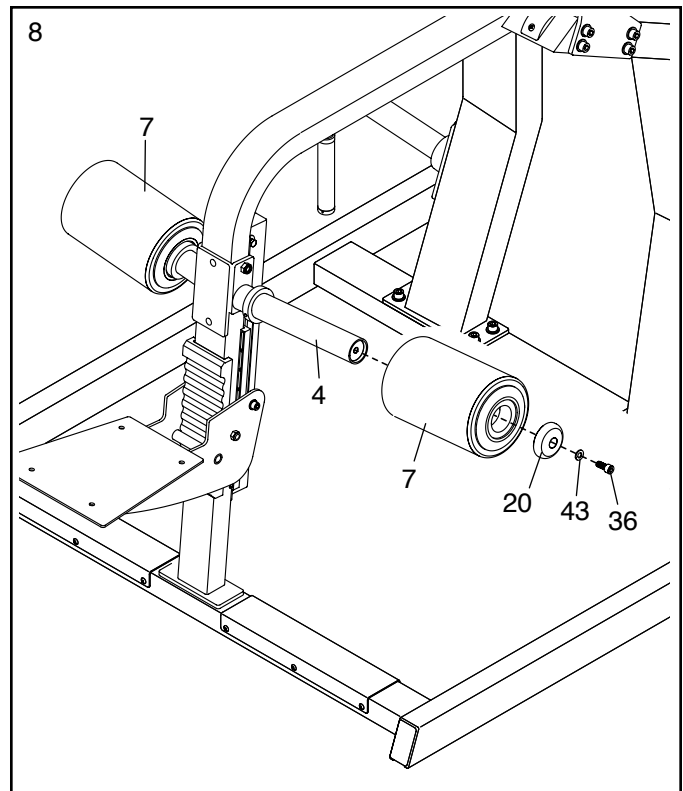
**Tighten the M12 x 115mm Bolt (33).**

Remove the M10 x 25mm Screw (36), the M10 Washer (43), and the Pivot Cover (20) from each side of the Pad Frame (4). Set these parts aside for step 8.

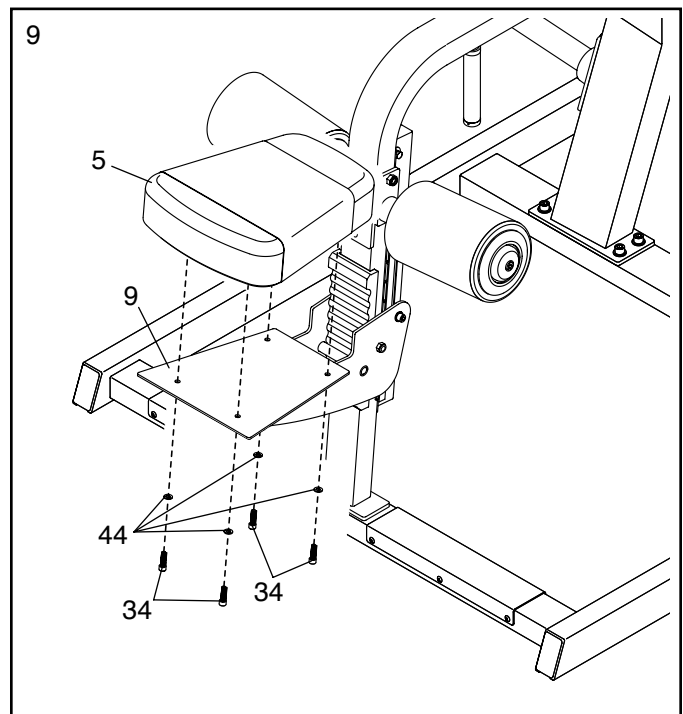


8. Slide a Pad (7) onto each side of the Pad Frame (4).

Then, tighten an M10 x 25mm Screw (36), an M10 Washer (43), and a Pivot Cover (20) into each side of the Pad Frame (4).



9. Attach the Seat (5) to the Seat Frame (9) with four M8 x 30mm Screws (34) and four M8 Washers (44).



10. **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.

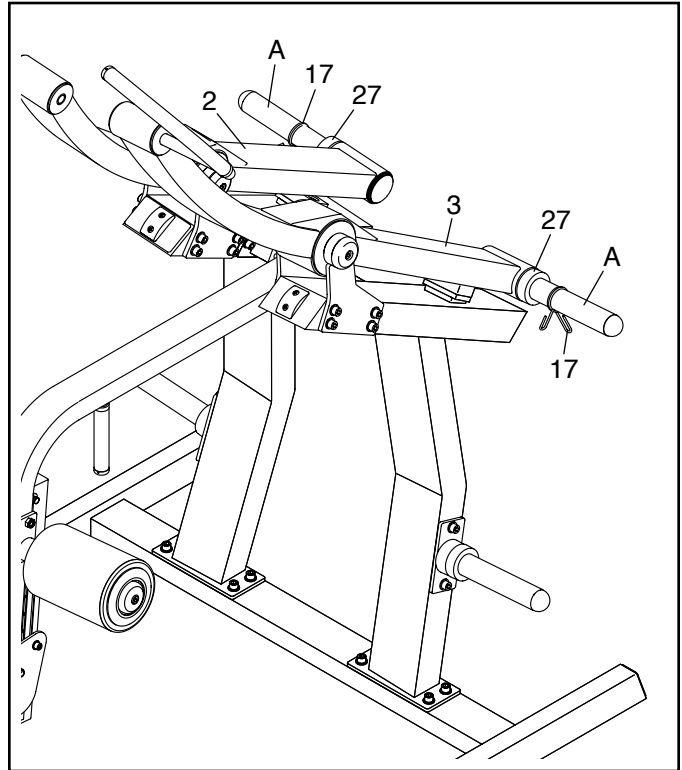
# ADJUSTMENT

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.

## ADDING WEIGHTS

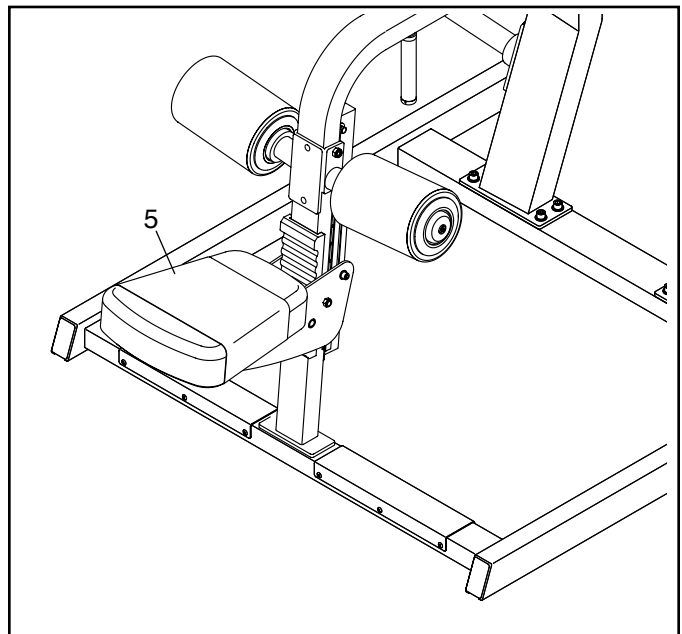
Slide the same amount of weight (not included) onto the weight bars (A) on the Left and Right Arms (2, 3). Make sure that the weight plates are pushed against the Weight Bumpers (27). **Secure the weight plates with the Weight Clips (17).**

**⚠ WARNING:** Do not put more than 180 lbs. (82 kg) of weight (not included) on each Arm (2, 3). Always place the same amount of weight on both Arms. Always secure weight plates with the Weight Clips (17).



## ADJUSTING THE SEAT

To adjust the height of the Seat (5), lift the front of the Seat, move the seat upward or downward to the desired position, and then press the front of the Seat downward. **Make sure that the Seat is securely 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

### General Cleaning

Clean the strength equipment using a soft cloth dampened with mild soap and warm water. If necessary, use a soft bristle brush with the cleaning solution.

Then, rinse the strength equipment using a soft cloth dampened with clean water, and thoroughly dry it.

### Difficult Stains

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 then let the cleaning solution sit for a few minutes.

Then, rinse the strength equipment using a soft cloth dampened with clean water, and thoroughly dry it.

If necessary, repeat these steps using a soft bristle brush.

### Optional Method for Difficult Stains

Rub the stained area gently using a soft cloth dampened with rubbing alcohol.

Then, rinse the strength equipment using a soft cloth dampened with clean water, and thoroughly dry it.

**CAUTION:** 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 injuries or damage resulting from the use or misuse of cleaning products. **IMPORTANT:** When using any cleaning product, try it first in an unnoticeable place to ensure that there is no damage to the material. Do not use abrasive cleaners; strong cleaners; or solvents such as lacquer thinner, kerosene, gasoline, or similar liquids. Such substances may scratch the strength equipment, damage plastic parts and decals, or cause other damage.

## WEEKLY MAINTENANCE

### Hardware

Check all nuts, bolts, and screws, and tighten them if necessary. **IMPORTANT:** All cushions have dense plywood supports with tee-nuts that are used to attach the cushions to the strength equipment. Because the tee-nuts are held by the plywood, they will not withstand the torque that standard nuts will. When tightening the bolts or screws 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.

## MONTHLY MAINTENANCE

### Grips

Check the grips and replace them if needed.

# PART LIST

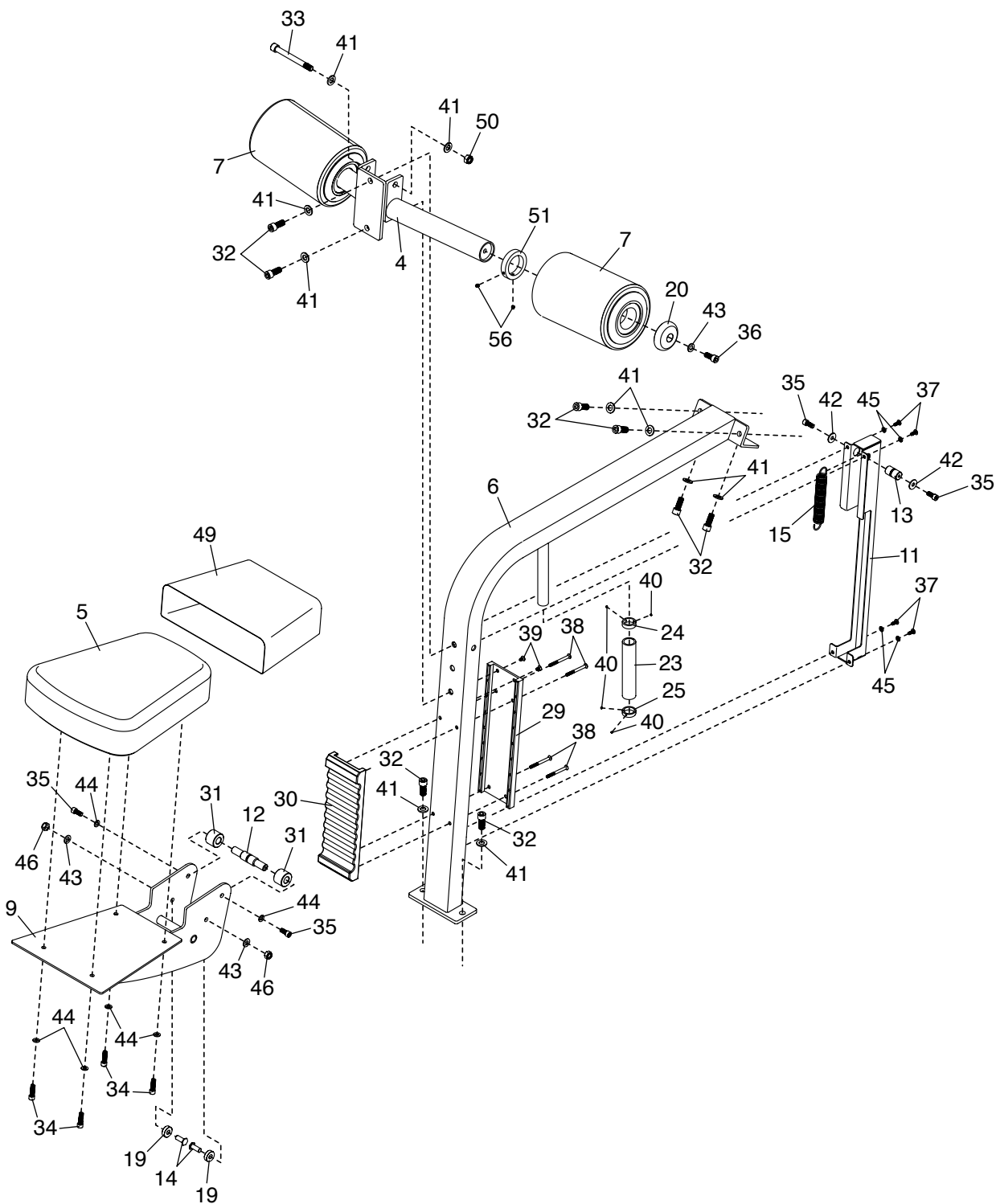
Model No. F303.0 R1112A

| Key No. | Qty. | Description        | Key No. | Qty. | Description        |
|---------|------|--------------------|---------|------|--------------------|
| 1       | 1    | Base               | 30      | 1    | Adjustment Plate   |
| 2       | 1    | Left Arm           | 31      | 2    | Roller             |
| 3       | 1    | Right Arm          | 32      | 40   | M12 x 30mm Screw   |
| 4       | 1    | Pad Frame          | 33      | 1    | M12 x 115mm Bolt   |
| 5       | 1    | Seat               | 34      | 4    | M8 x 30mm Screw    |
| 6       | 1    | Frame              | 35      | 4    | M8 x 20mm Screw    |
| 7       | 2    | Pad                | 36      | 10   | M10 x 25mm Screw   |
| 8       | 2    | Weight Storage Bar | 37      | 20   | M6 x 16mm Screw    |
| 9       | 1    | Seat Frame         | 38      | 4    | M6 x 65mm Screw    |
| 10      | 4    | Arm Bracket        | 39      | 2    | M6 x 10mm Screw    |
| 11      | 1    | Spring Cover       | 40      | 12   | M4 x 3mm Set Screw |
| 12      | 1    | Spring Axle        | 41      | 42   | M12 Washer         |
| 13      | 1    | Spring Hanger      | 42      | 2    | M8 Fender Washer   |
| 14      | 2    | Bearing Axle       | 43      | 12   | M10 Washer         |
| 15      | 1    | Spring             | 44      | 6    | M8 Washer          |
| 16      | 8    | Snap Ring          | 45      | 8    | M6 Washer          |
| 17      | 2    | Weight Clip        | 46      | 2    | M10 Locknut        |
| 18      | 4    | Large Bearing      | 47      | 1    | Crossbar           |
| 19      | 2    | Small Bearing      | 48      | 2    | Base Cover         |
| 20      | 6    | Pivot Cover        | 49      | 1    | Seat Cover         |
| 21      | 4    | Storage Bar Cap    | 50      | 1    | M12 Locknut        |
| 22      | 2    | Grip               | 51      | 2    | Pad Collar         |
| 23      | 1    | Short Grip         | 52      | 2    | Bumper             |
| 24      | 3    | Grip Collar        | 53      | 2    | Plug               |
| 25      | 3    | Grip Cap           | 54      | 1    | Left Upright       |
| 26      | 2    | Arm Bumper         | 55      | 1    | Right Upright      |
| 27      | 6    | Weight Bumper      | 56      | 4    | M6 x 8mm Set Screw |
| 28      | 2    | Arm Cap            | *       | —    | User's Manual      |
| 29      | 1    | Slide              |         |      |                    |

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.

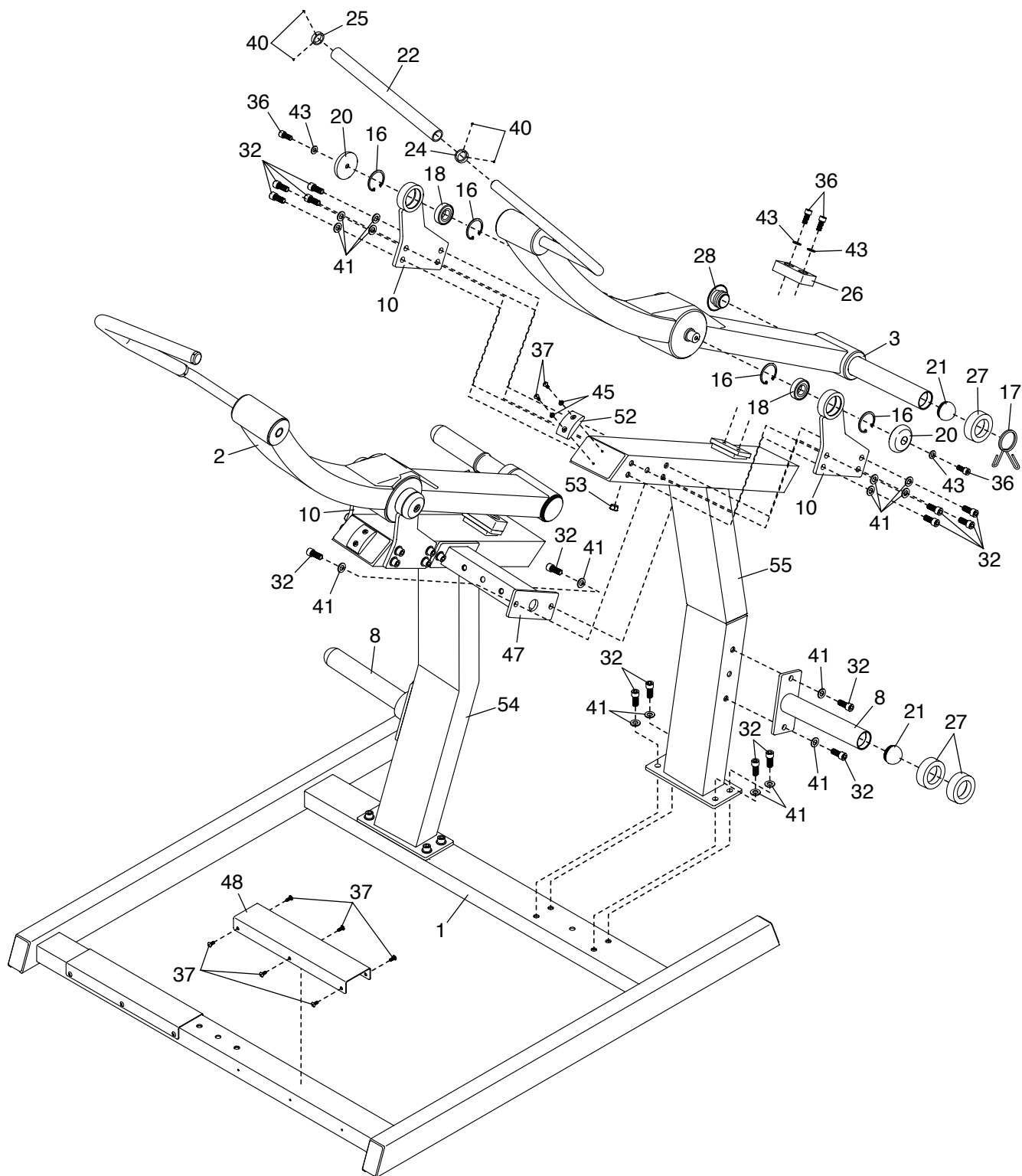
# EXPLODED DRAWING A

Model No. F303.0 R1112A



# EXPLODED DRAWING B

Model No. F303.0 R1112A



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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 one of 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: 001-800-527-5417 or 001-435-786-3521

Mon.–Fri. 6 a.m.–6 p.m. USA Mountain Time

Email: [intlcustomercare@freemotionfitness.com](mailto:intlcustomercare@freemotionfitness.com)