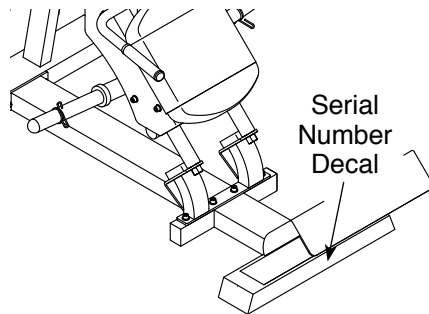


FREEMOTION[®] Calf

Model No. F308.0

Serial No. _____

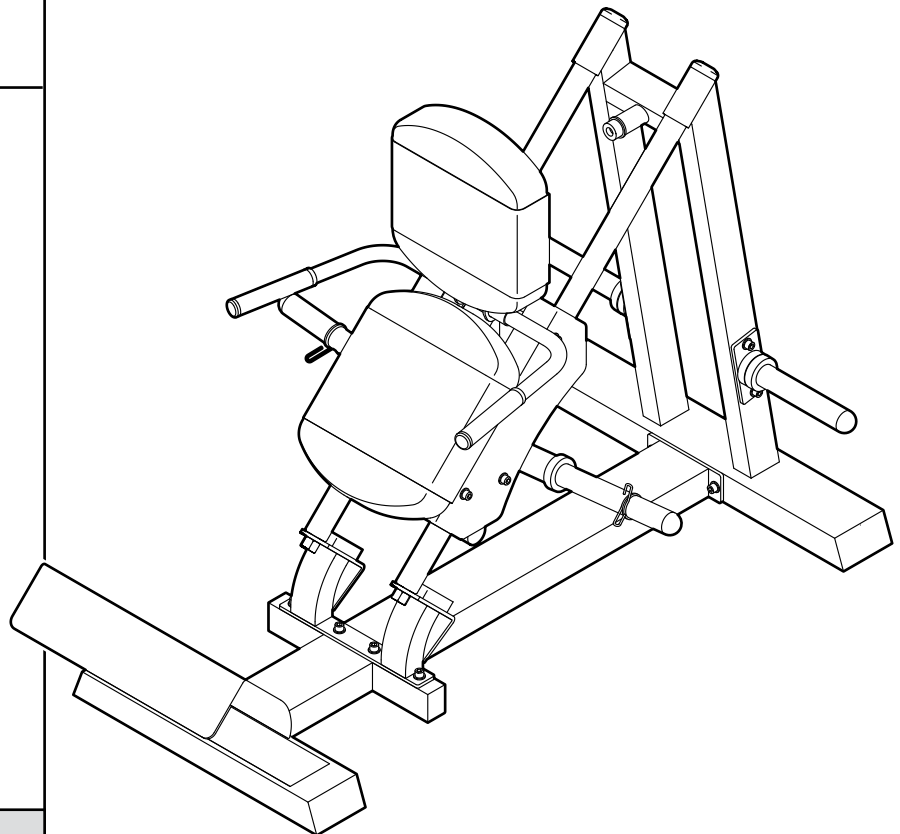
Write the serial number in the space above for reference.



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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LIMITED WARRANTY	Back Cover

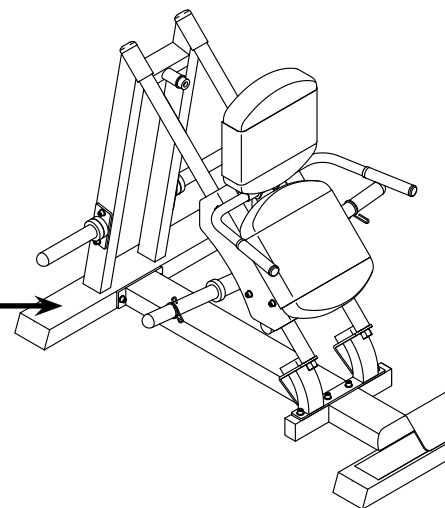
WARNING DECAL PLACEMENT

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.

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.
- Maximum user weight: 400 lbs / 181 kgs
- Maximum weight per bar: 270 lbs / 122 kgs



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 270 lbs. (122 kg) of weight (not included) on each weight bar. Always place the same amount of weight on both weight bars. 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, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

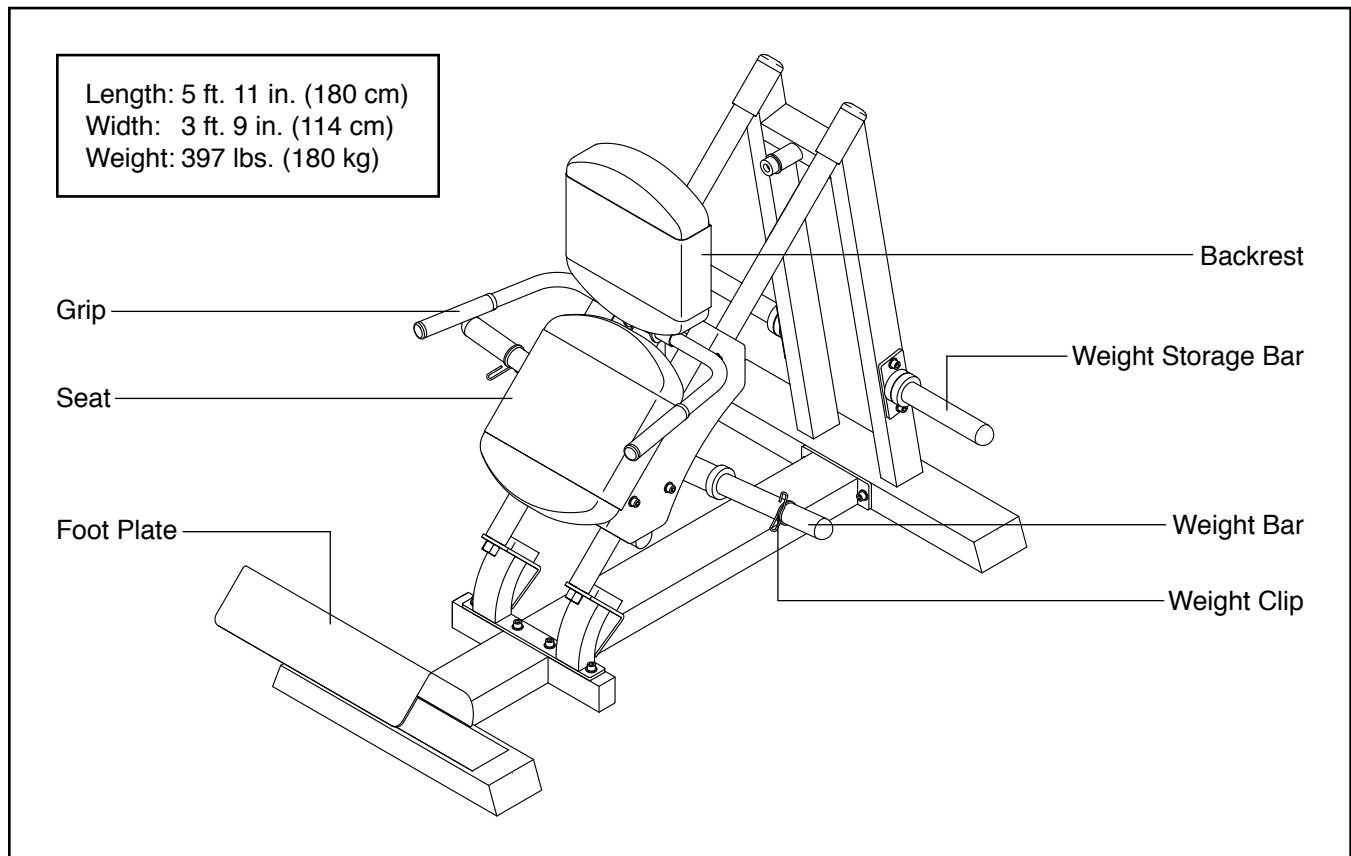
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® CALF 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

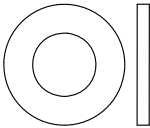
of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

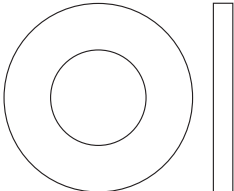


PART IDENTIFICATION CHART

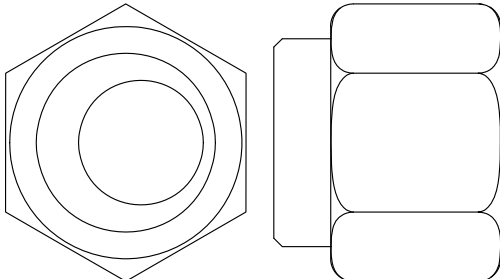
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



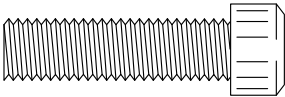
M8 Washer
(31)–8



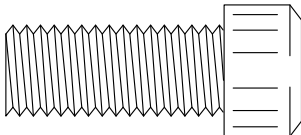
M12 Washer
(30)–20



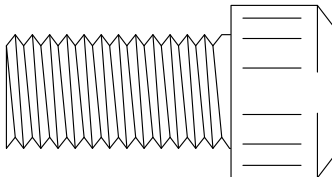
Guide Rod Nut (28)–2



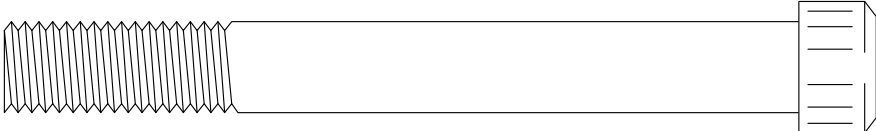
M8 x 30mm Screw (29)–8



M12 x 30mm Screw (26)–14



Guide Rod Screw (27)–4



M12 x 105mm Screw (33)–6

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.

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

one adjustable wrench



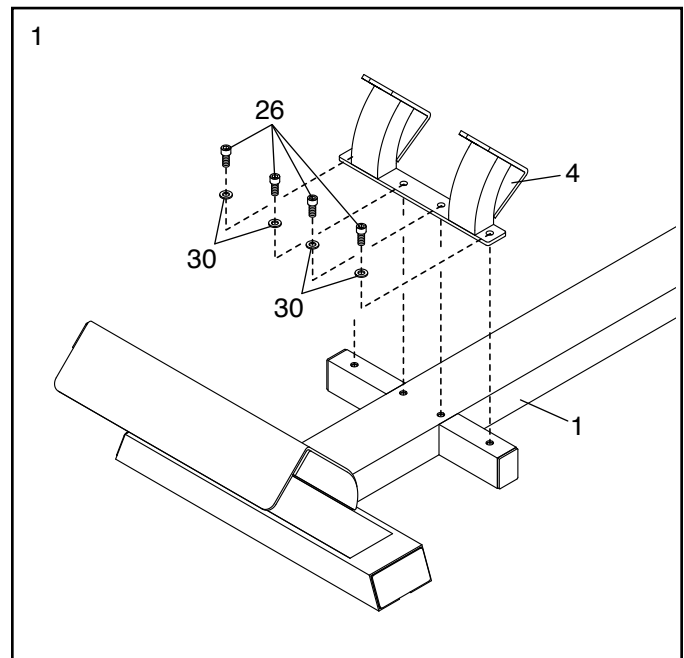
a set of metric hex keys



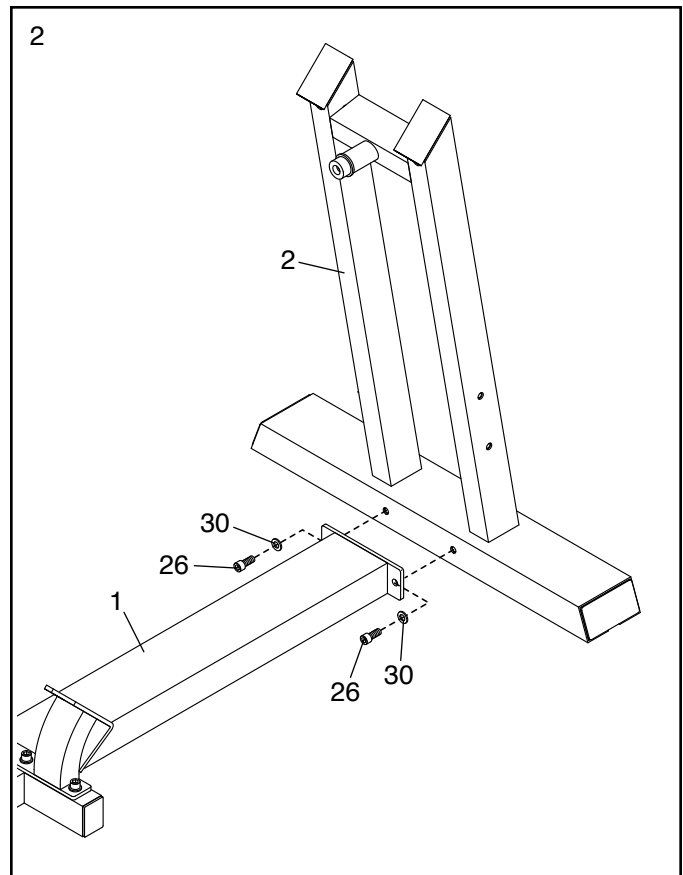
Assembly may be more convenient if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Orient the Guide Rod Base (4) as shown.

Attach the Guide Rod Base (4) to the Base (1) with four M12 x 30mm Screws (26) and four M12 Washers (30); **do not tighten the Screws yet.**



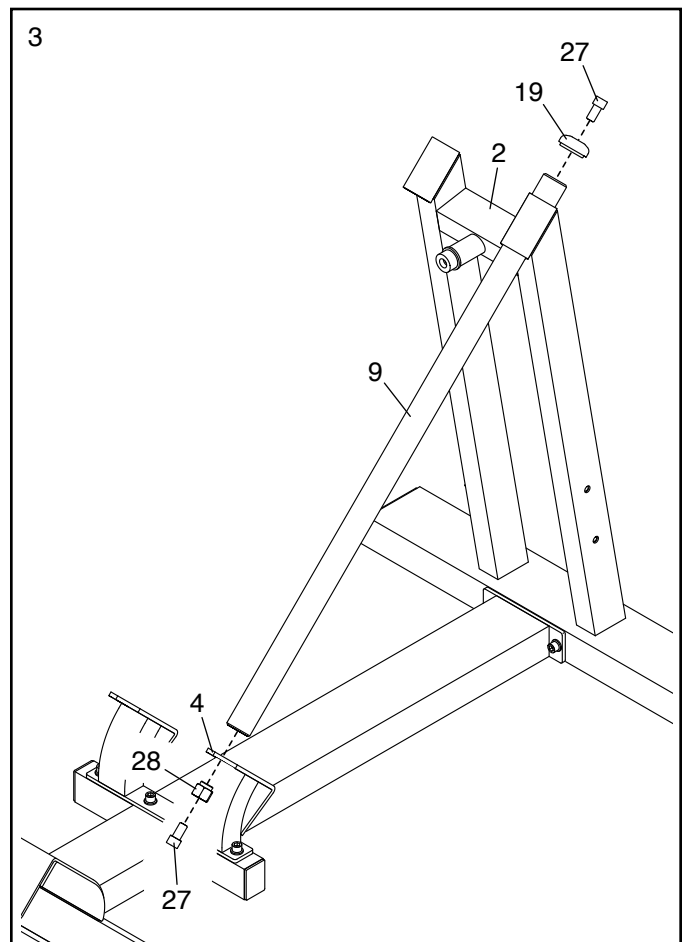
2. Attach the Upright (2) to the Base (1) with two M12 x 30mm Screws (26) and two M12 Washers (30); **do not tighten the Screws yet.**



3. Insert a Guide Rod (9) downward through the indicated side of the Upright (2).

Attach the lower end of the Guide Rod (9) to the Guide Rod Base (4) with a Guide Rod Screw (27) and a Guide Rod Nut (28).

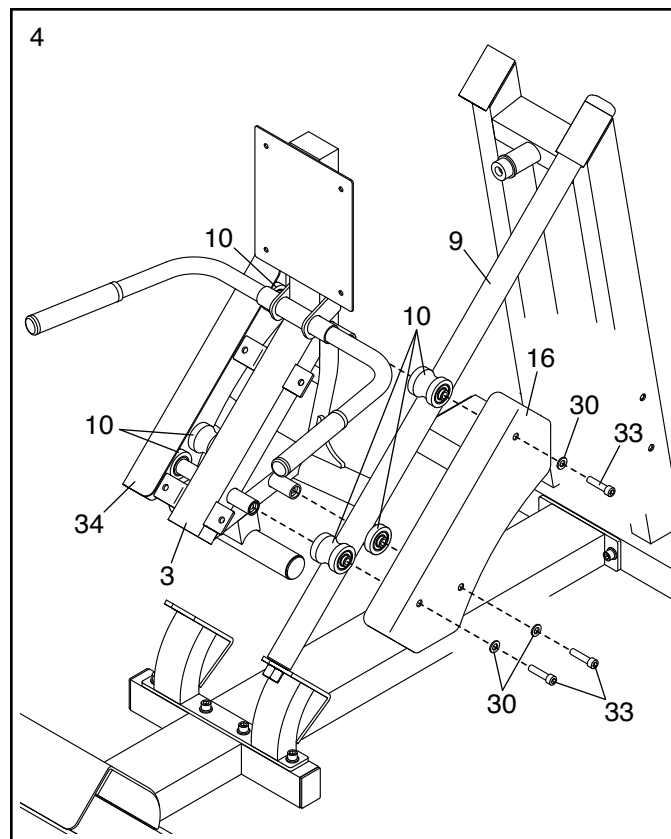
Attach a Guide Rod Cap (19) to the upper end of the Guide Rod (9) with a Guide Rod Screw (27).



4. Orient the Seat Frame (3), three Rollers (10), and the Left Roller Bracket (16) as shown.

Attach the left side of the Seat Frame (3), the three Rollers (10), and the Left Roller Bracket (16) around the Guide Rod (9) with three M12 x 105mm Screws (33) and three M12 Washers (30).

Attach the other three Rollers (10) and the Right Roller Bracket (34) to the right side of the Seat Frame (3) in the same way.

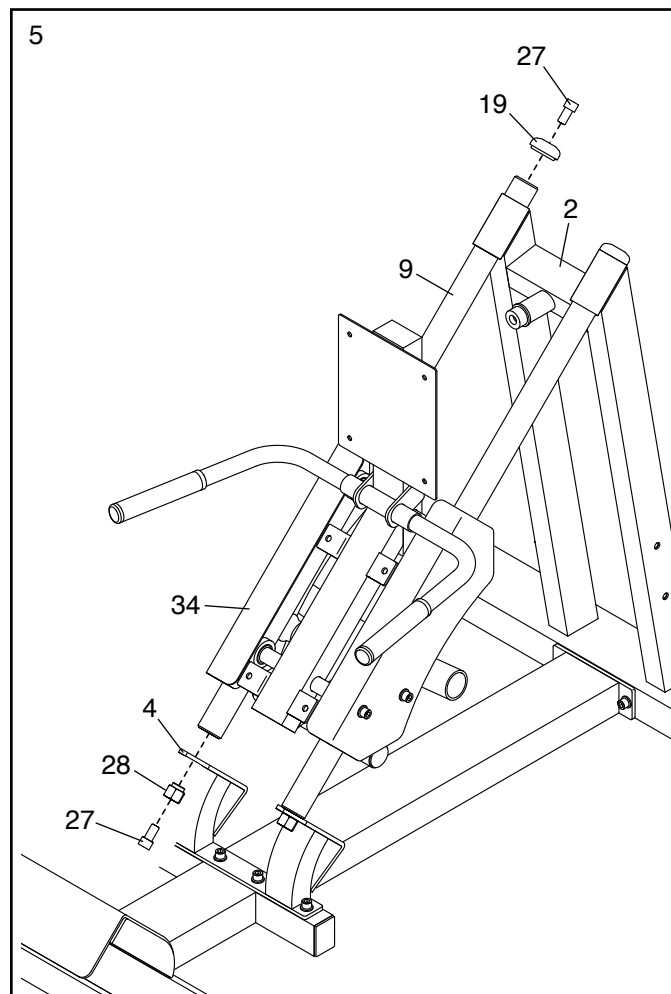


5. Insert the other Guide Rod (9) downward through the other side of the Upright (2) and the Right Roller Bracket (34).

Attach the lower end of the Guide Rod (9) to the Guide Rod Base (4) with a Guide Rod Screw (27) and a Guide Rod Nut (28).

Attach the other Guide Rod Cap (19) to the upper end of the Guide Rod (9) with a Guide Rod Screw (27).

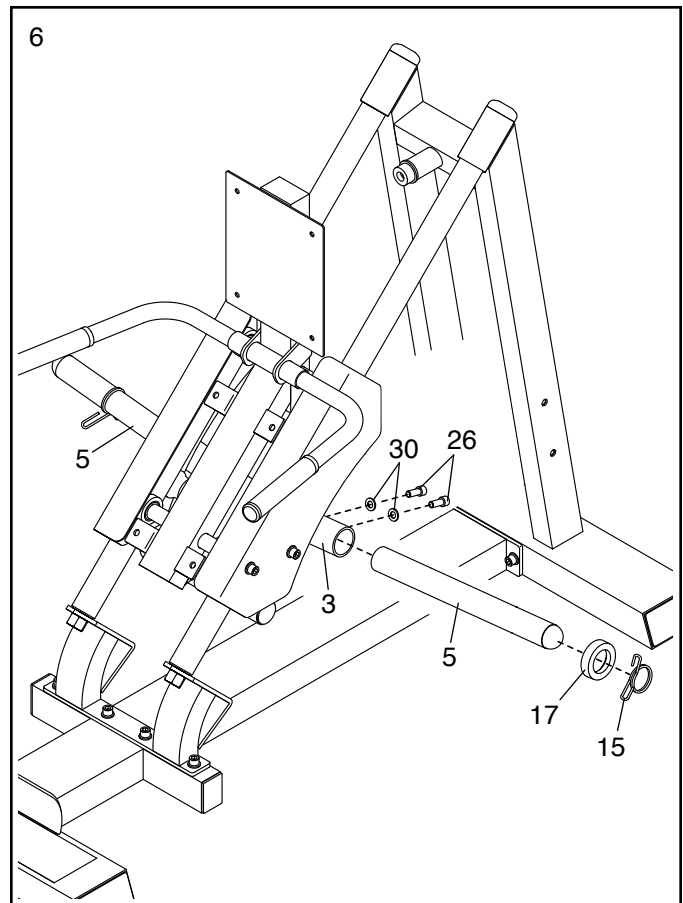
See steps 1 and 2. Tighten the M12 x 30mm Screws (26).



6. Attach a Weight Bar (5) to the Seat Frame (3) with two M12 x 30mm Screws (26) and two M12 Washers (30).

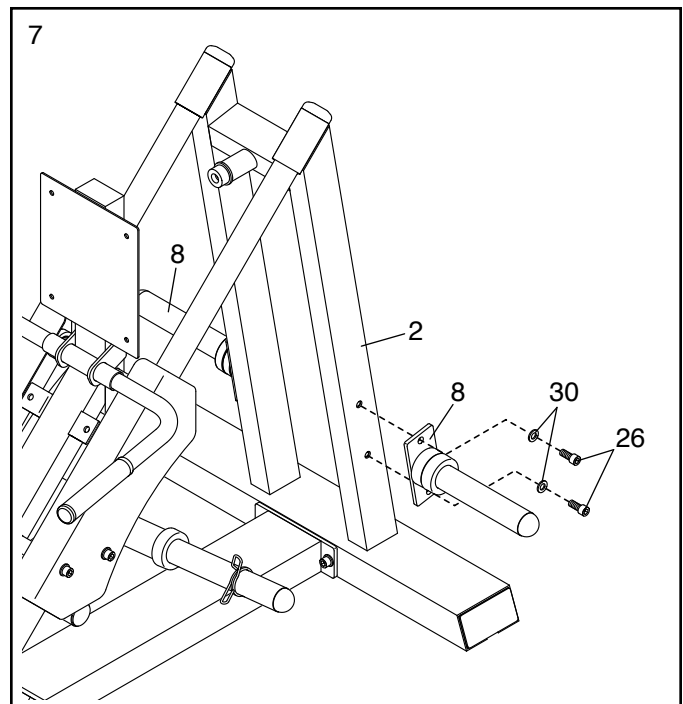
Then, slide a Weight Bumper (17) and a Weight Clip (15) onto the Weight Bar (5).

Attach the other Weight Bar (5) to the Seat Frame (3) in the same way.

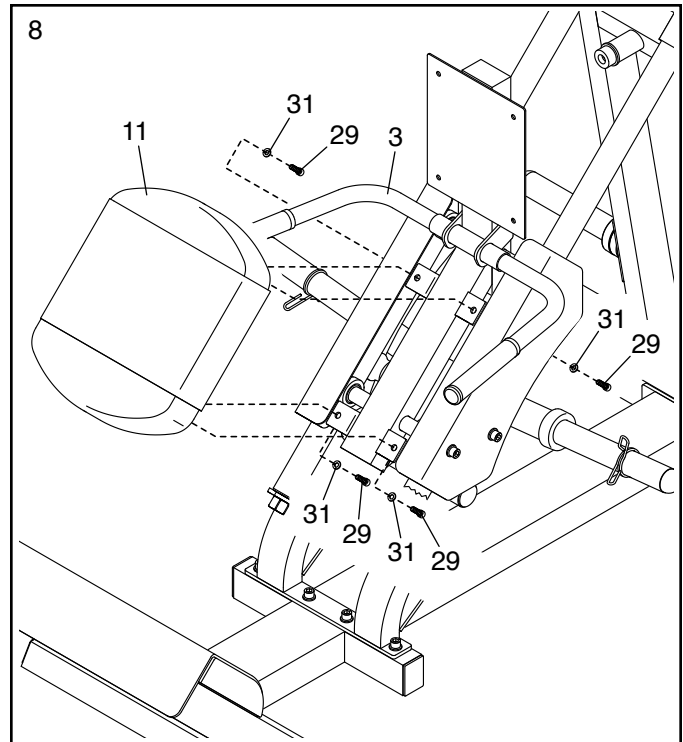


7. Attach a Weight Storage Bar (8) to the Upright (2) with two M12 x 30mm Screws (26) and two M12 Washers (30).

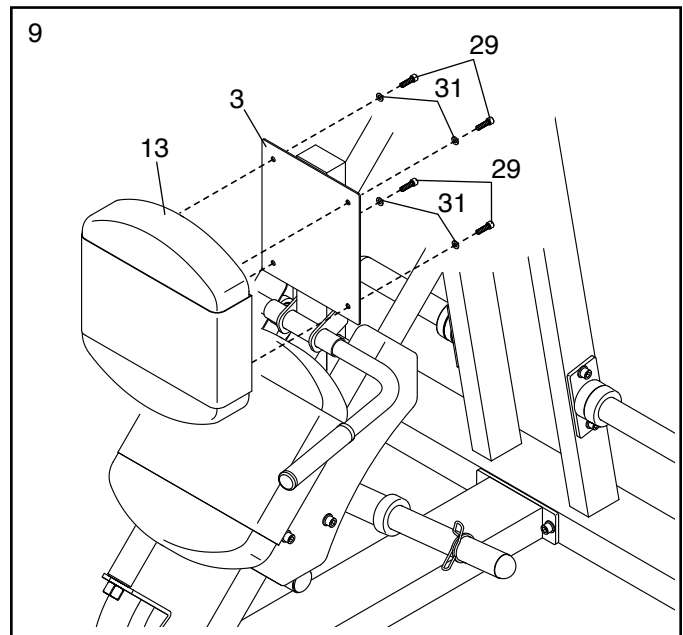
Attach the other Weight Storage Bar (8) to the Upright (2) in the same way.



8. Attach the Seat (11) to the Seat Frame (3) with four M8 x 30mm Screws (29) and four M8 Washers (31).



9. Attach the Backrest (13) to the Seat Frame (3) with four M8 x 30mm Screws (29) and four M8 Washers (31).



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.

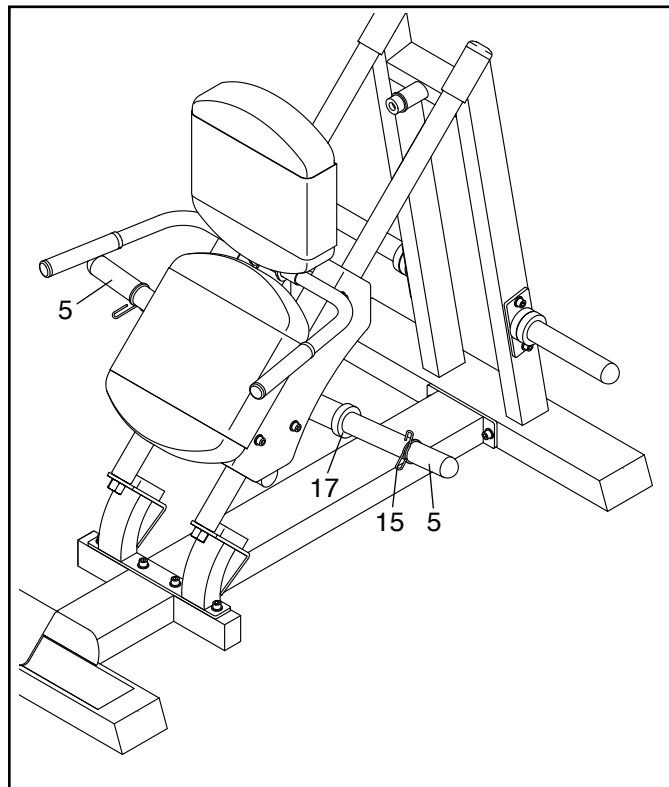
ADJUSTMENT

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

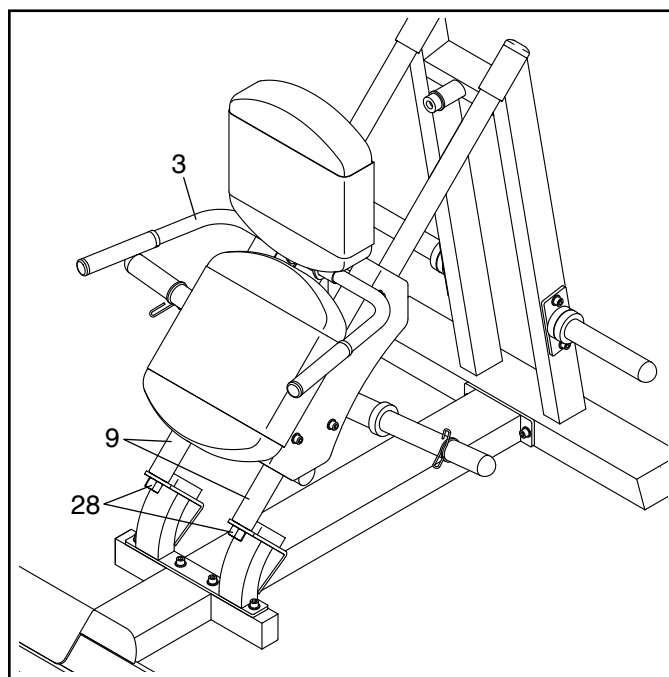
Slide the same amount of weight (not included) onto the Weight Bars (5). Make sure that the weight plates are pushed against the Weight Bumpers (17). **Secure the weight plates with the Weight Clips (15).**

⚠ WARNING: Do not put more than 270 lbs. (122 kg) of weight (not included) on each Weight Bar (5). Always place the same amount of weight on both Weight Bars. Always secure the weight plates with the Weight Clips (15).



ADJUSTING THE GUIDE RODS

If the Seat Frame (3) does not slide smoothly on the Guide Rods (9), turn one or both of the Guide Rod Nuts (28) slightly until the Seat Frame slides smoothly.



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®, 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 a hidden 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. Replace any worn parts immediately.

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. Note: Your strength equipment may not have cushions.

MONTHLY MAINTENANCE

Grips

Check the grips and replace them if needed.

Note: Your strength equipment may not have grips.

NOTES

PART LIST

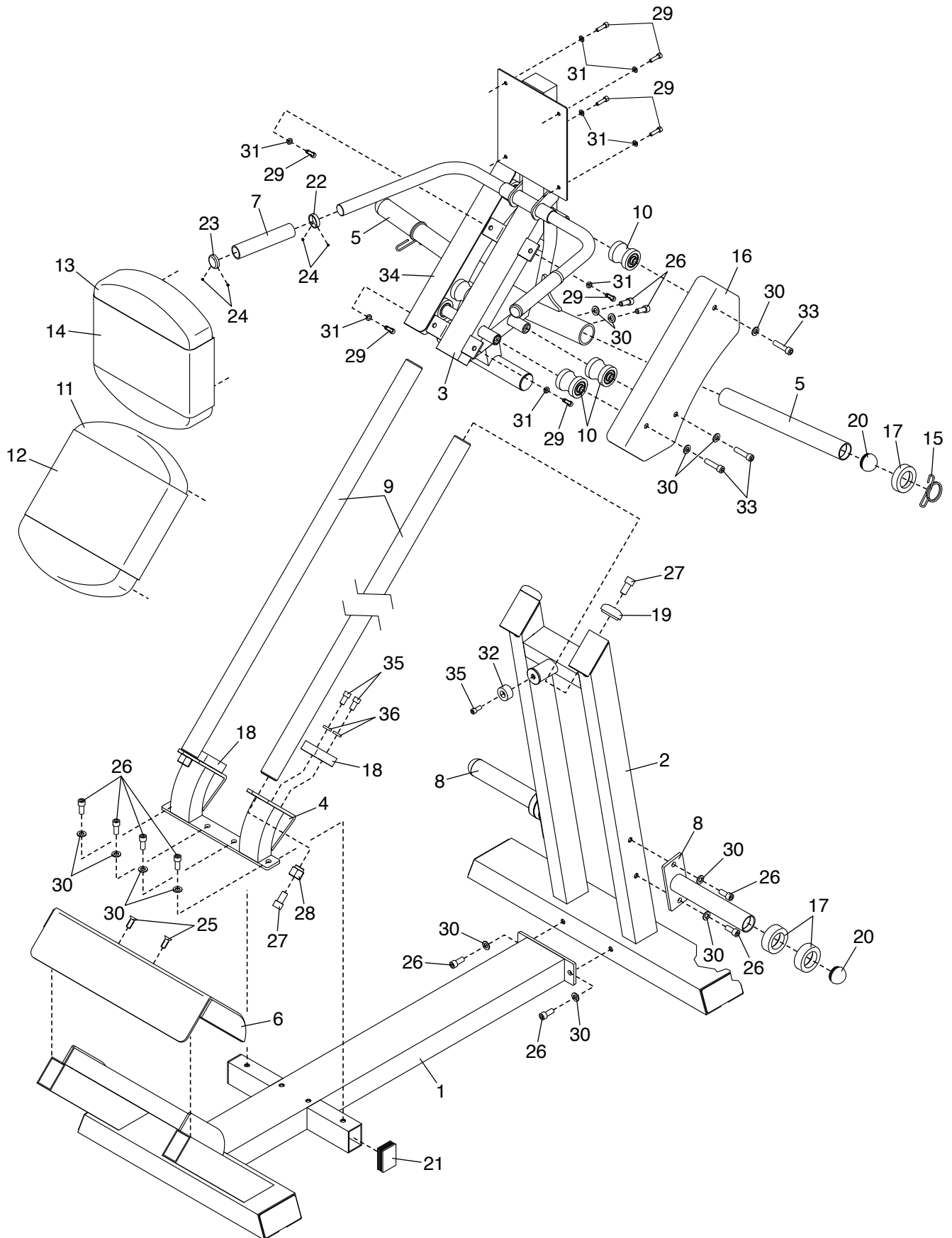
Model No. F308.0 R0215A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	20	4	Dome Cap
2	1	Upright	21	2	Base Cap
3	1	Seat Frame	22	2	Grip Collar
4	1	Guide Rod Base	23	2	Grip Cap
5	2	Weight Bar	24	8	M4 x 3mm Set Screw
6	1	Foot Plate	25	2	M12 x 30mm Flat Head Screw
7	2	Grip	26	14	M12 x 30mm Screw
8	2	Weight Storage Bar	27	4	Guide Rod Screw
9	2	Guide Rod	28	2	Guide Rod Nut
10	6	Roller	29	8	M8 x 30mm Screw
11	1	Seat	30	20	M12 Washer
12	1	Seat Cover	31	8	M8 Washer
13	1	Backrest	32	1	Upright Bumper
14	1	Backrest Cover	33	6	M12 x 105mm Screw
15	2	Weight Clip	34	1	Right Roller Bracket
16	1	Left Roller Bracket	35	5	M10 x 25mm Screw
17	6	Weight Bumper	36	4	M10 Washer
18	2	Seat Frame Bumper	*	—	Assembly Tool
19	2	Guide Rod Cap	*	—	User'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. F308.0 R0215A



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

Call: 1-800-201-2109, Mon.–Fri. 6 a.m.–6 p.m. MT

Email: customercare@freemotionfitness.com

Write:

FreeMotion Fitness
1500 South 1000 West
Logan, UT 84321-9813
United States

Outside the United States

Call: 001-800-527-5417 or 001-435-786-3521,

Mon.–Fri. 6 a.m.–3 p.m. USA Mountain Time

Email: intlcustomercare@freemotionfitness.com

LIMITED WARRANTY

WARRANTY PERIODS AND COVERAGE

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. Parts and labor are warranted for one (1) year, unless otherwise specified on the invoice.

The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:

1. This warranty applies only to the original owner and is non-transferable.
2. The labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users in excess of the maximum user weight listed in this manual.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
7. Damage caused by improper wiring or insufficient electrical current. Note: This product may not have wiring.

This warranty shall not apply to the following:

1. Cosmetic items including grips, decals, and labels.

2. Pick-up and delivery or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

FreeMotion Fitness is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or cost of removal or installation; or other consequential damages. Some regions do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights, and you may have other rights that vary from region to region.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE above.