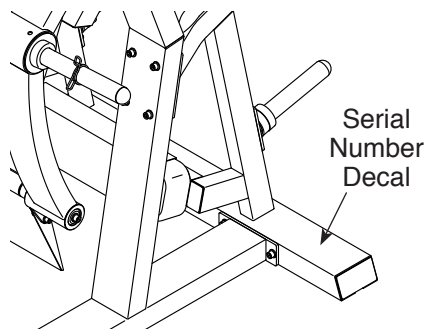


FREEMOTION[®] Rear Kick

Model No. F309.0

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.

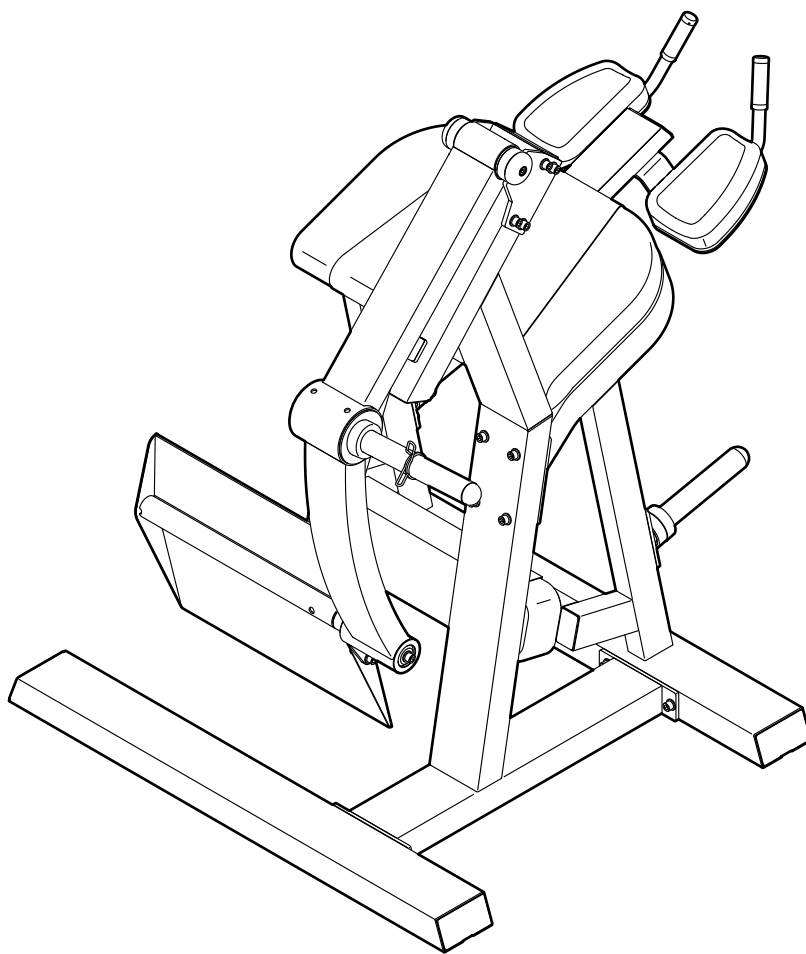
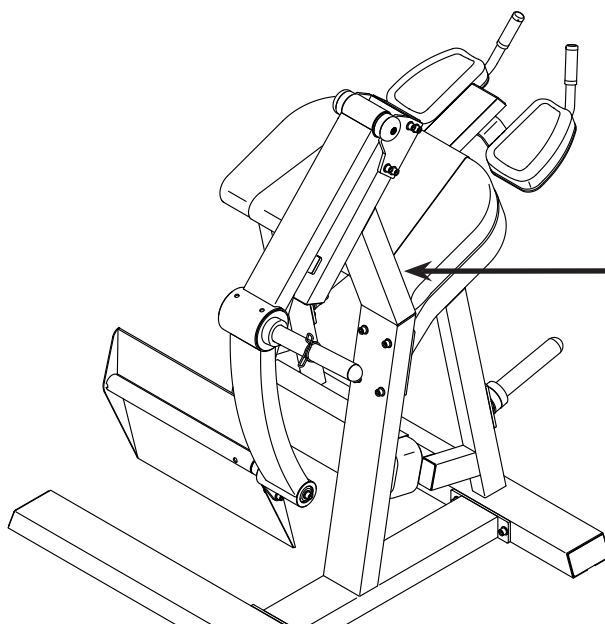


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WARNING DECAL PLACEMENT

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.
- Maximum user weight: 400 lbs / 181 kgs
- Maximum weight per bar: 315 lbs / 143 kgs

FREEMOTION is a registered trademark of ICON Health & Fitness, Inc.
FORMULA 409 is a registered trademark of The Clorox Company.
SIMPLE GREEN is a registered trademark of Sunshine Makers, Inc.

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 13 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 315 lbs. (143 kg) of weight (not included) on the arm. Always secure weight plates with the weight clip.
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.

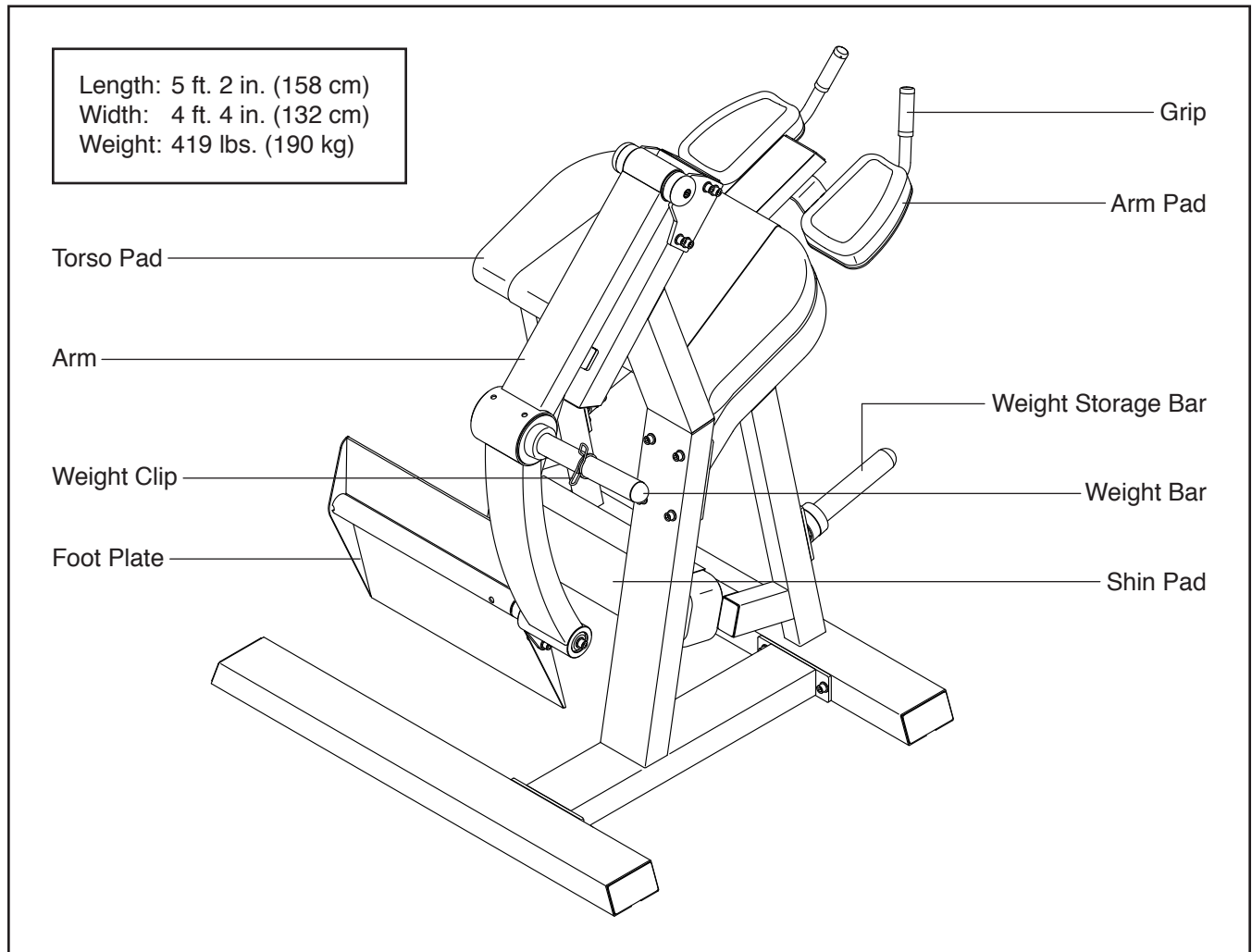
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® REAR KICK 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

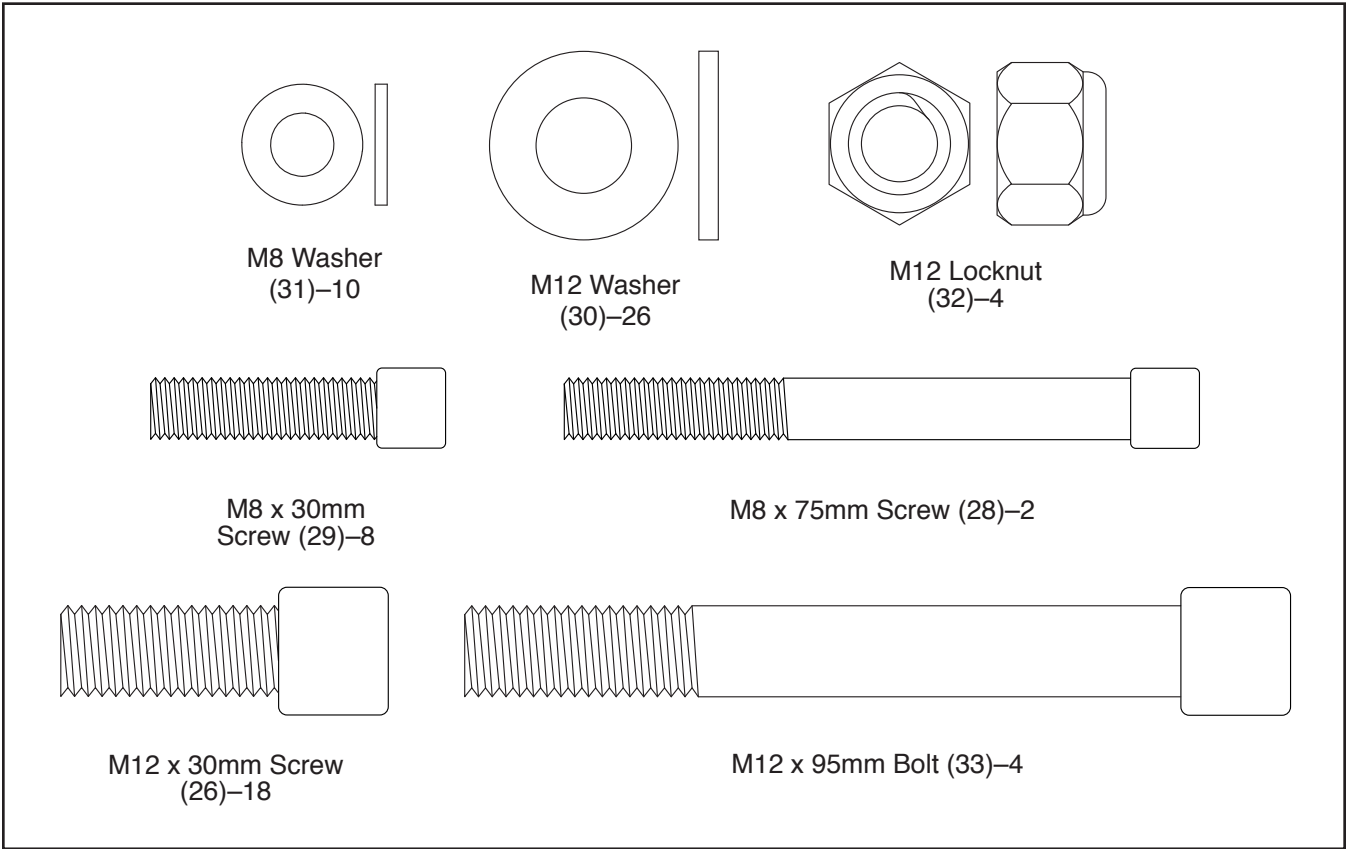
of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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.**



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



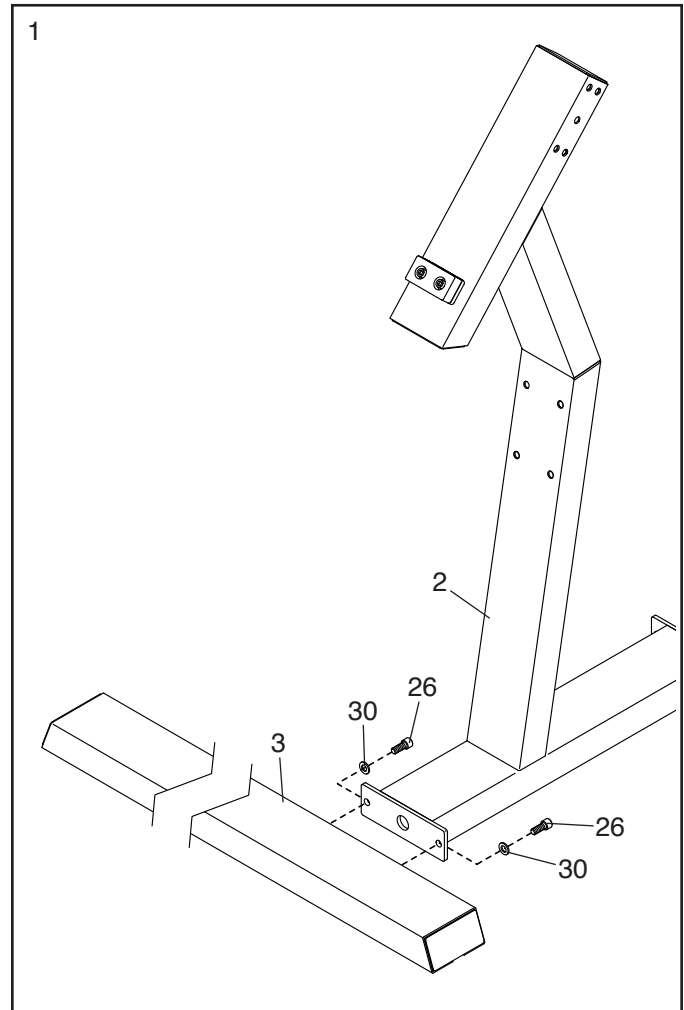
a set of metric hex keys



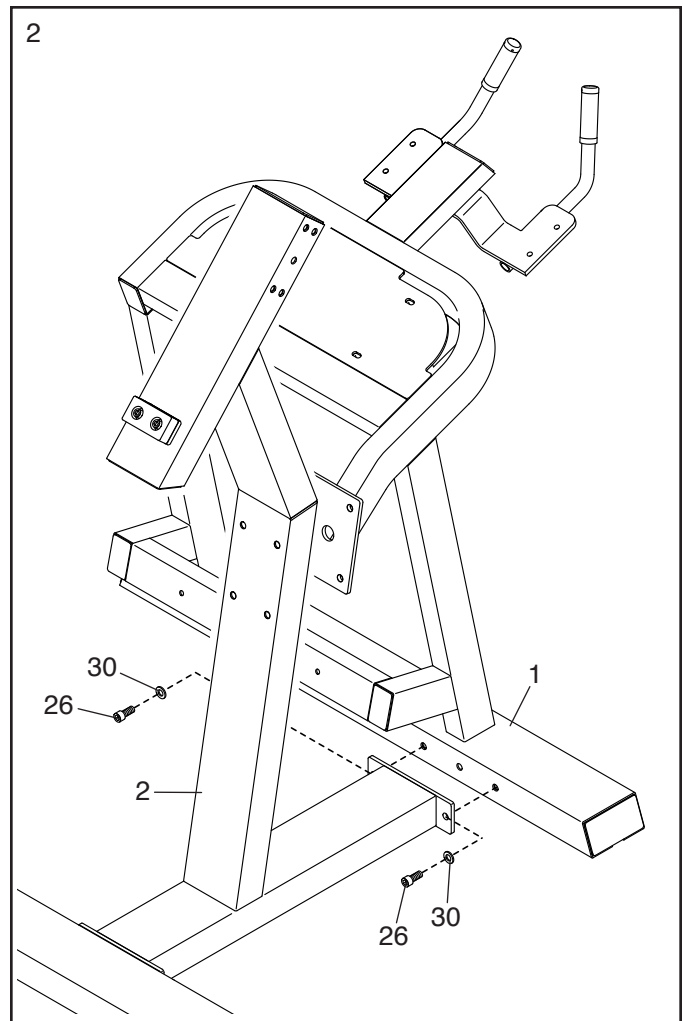
Assembly may be more convenient if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Orient the Upright (2) as shown.

Attach the Stabilizer (3) to the Upright (2) with two M12 x 30mm Screws (26) and two M12 Washers (30); **do not tighten the Screws yet.**

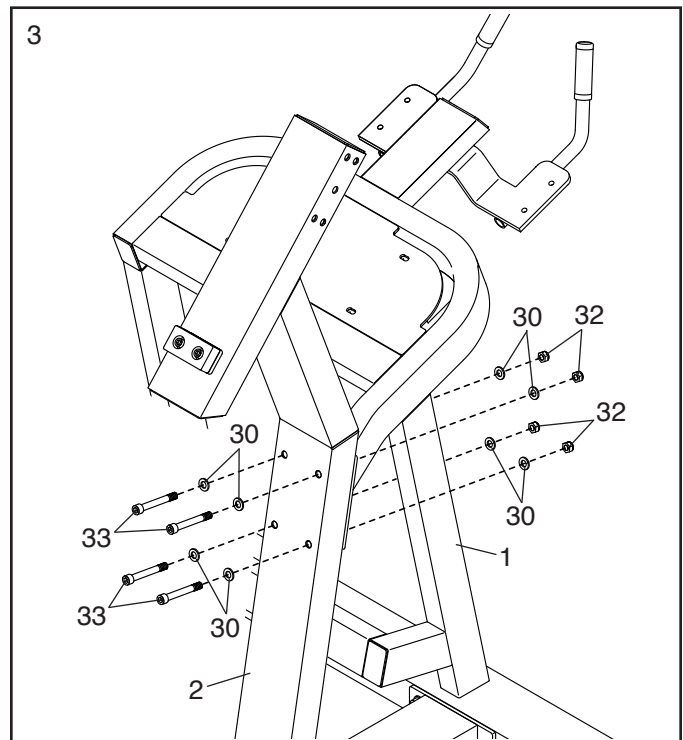


2. Attach the lower end of the Upright (2) to the Frame (1) with two M12 x 30mm Screws (26) and two M12 Washers (30); **do not tighten the Screws yet.**

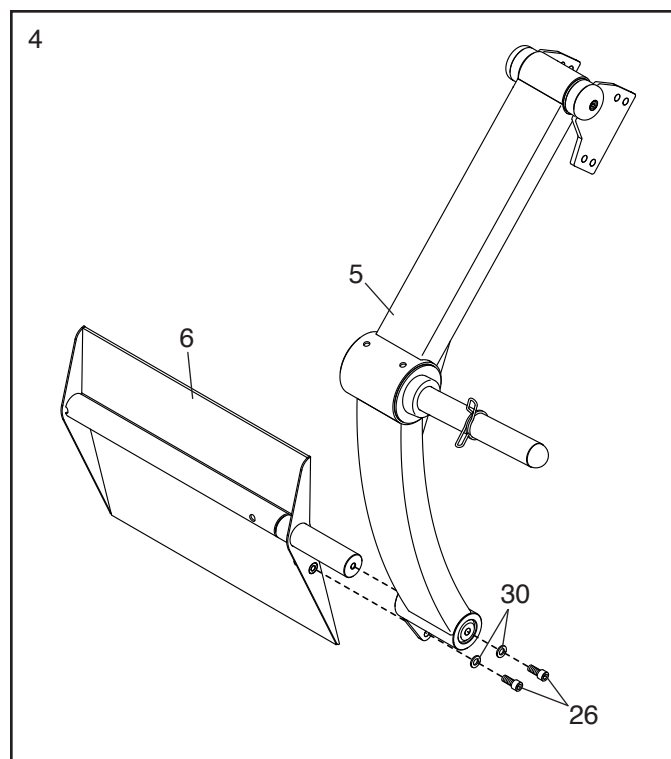


3. Attach the center of the Upright (2) to the Frame (1) with four M12 x 95mm Bolts (33), eight M12 Washers (30), and four M12 Locknuts (32).

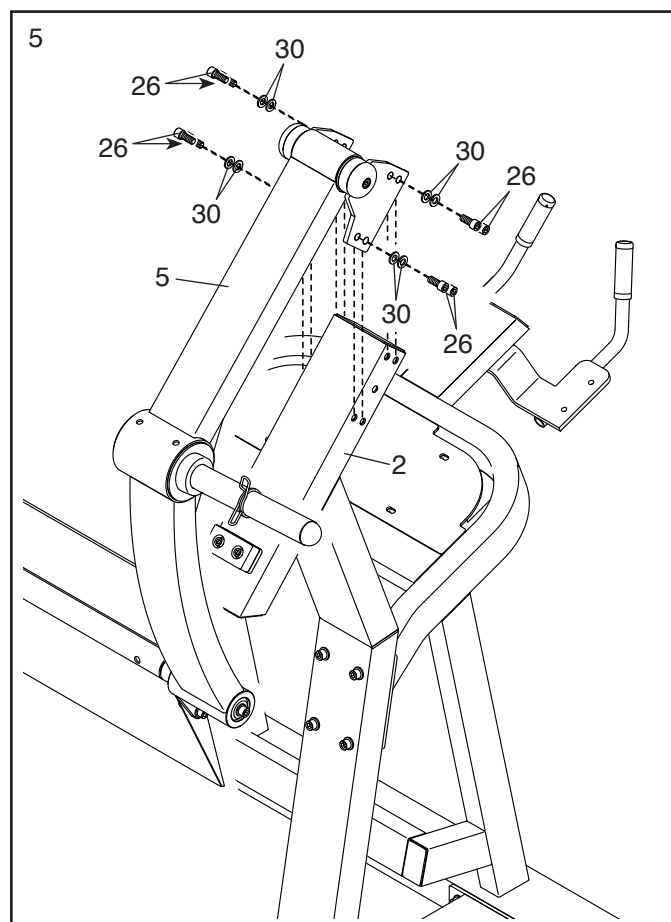
See steps 1 and 2. Tighten the M12 x 30mm Screws (26).



4. Attach the Foot Plate (6) to the Arm (5) with two M12 x 30mm Screws (26) and two M12 Washers (30).

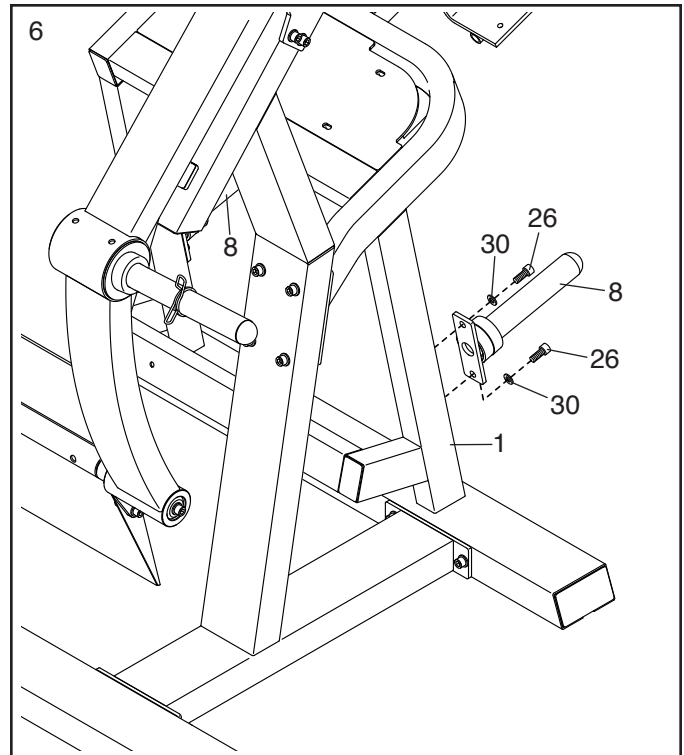


5. Attach the Arm (5) to the Upright (2) with eight M12 x 30mm Screws (26) and eight M12 Washers (30).

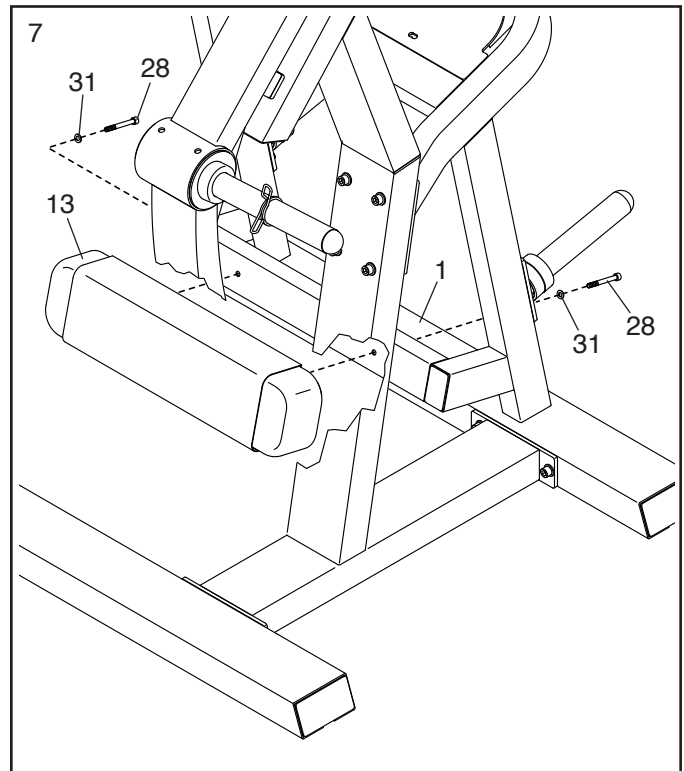


6. Attach a Weight Storage Bar (8) to the Frame (1) with two M12 x 30mm Screws (26) and two M12 Washers (30).

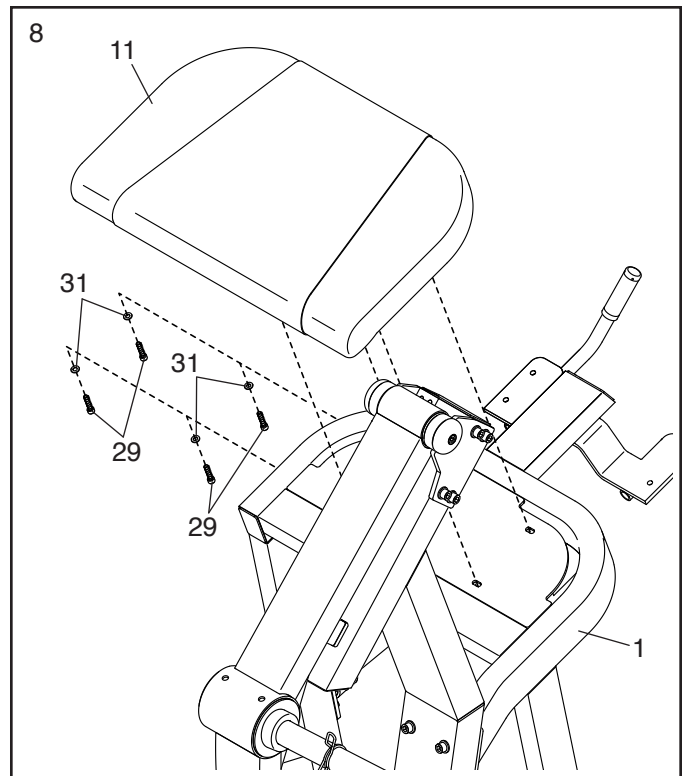
Attach the other Weight Storage Bar (8) in the same way.



7. Attach the Shin Pad (13) to the Frame (1) with two M8 x 75mm Screws (28) and two M8 Washers (31).



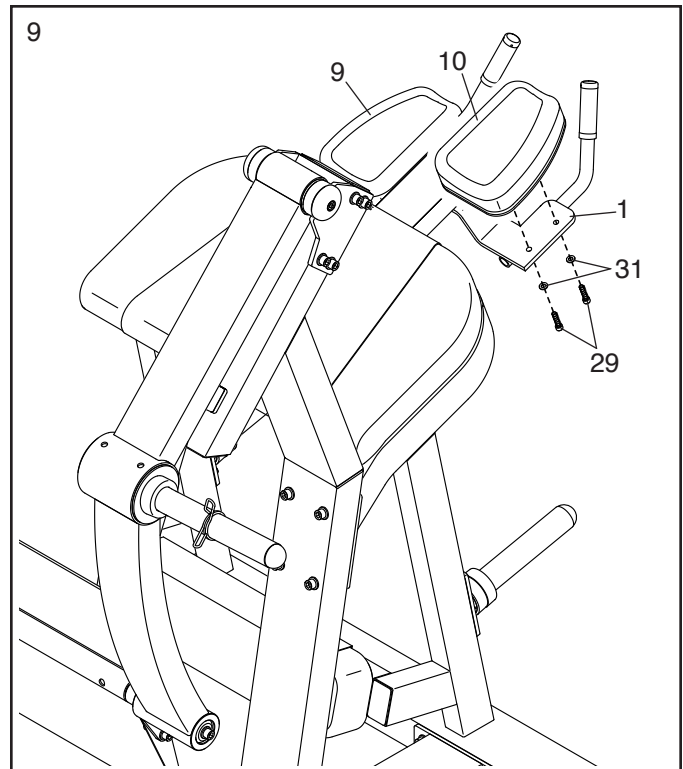
8. Attach the Torso Pad (11) to the Frame (1) with four M8 x 30mm Screws (29) and four M8 Washers (31).



9. Identify the Right Arm Pad (10).

Attach the Right Arm Pad (10) to the right side of the Frame (1) with two M8 x 30mm Screws (29) and two M8 Washers (31).

Attach the Left Arm Pad (9) in the same way.



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.

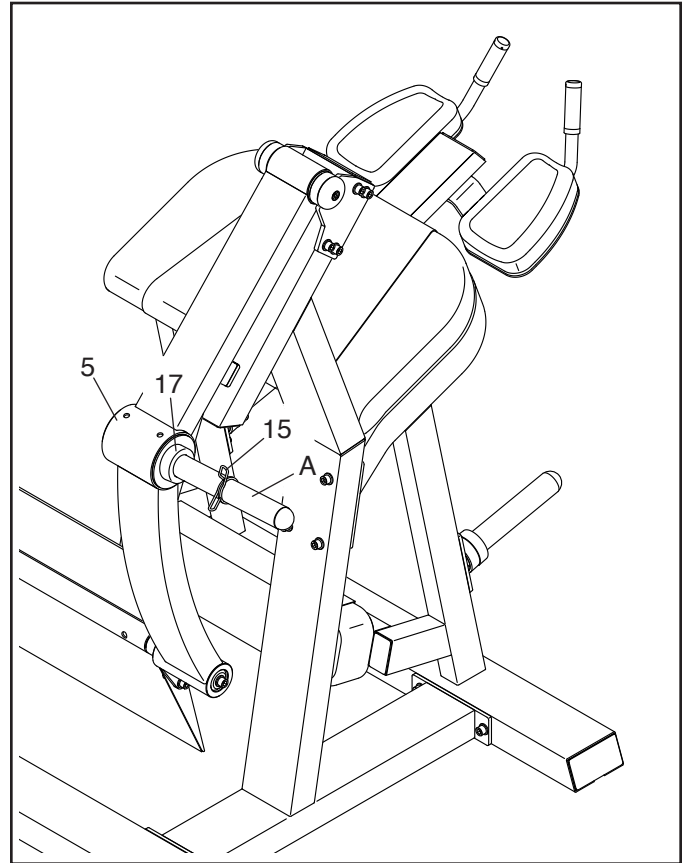
ADJUSTMENT

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 desired amount of weight (not included) onto the weight bar (A) on the Arm (5). Make sure that the weight plates are pushed against the Weight Bumper (17). **Secure the weight plates with the Weight Clip (15).**

⚠ WARNING: Do not put more than 315 lbs. (143 kg) of weight (not included) on the Arm (5). Always secure the weight plates with the Weight Clip (15).



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.

NOTES

PART LIST

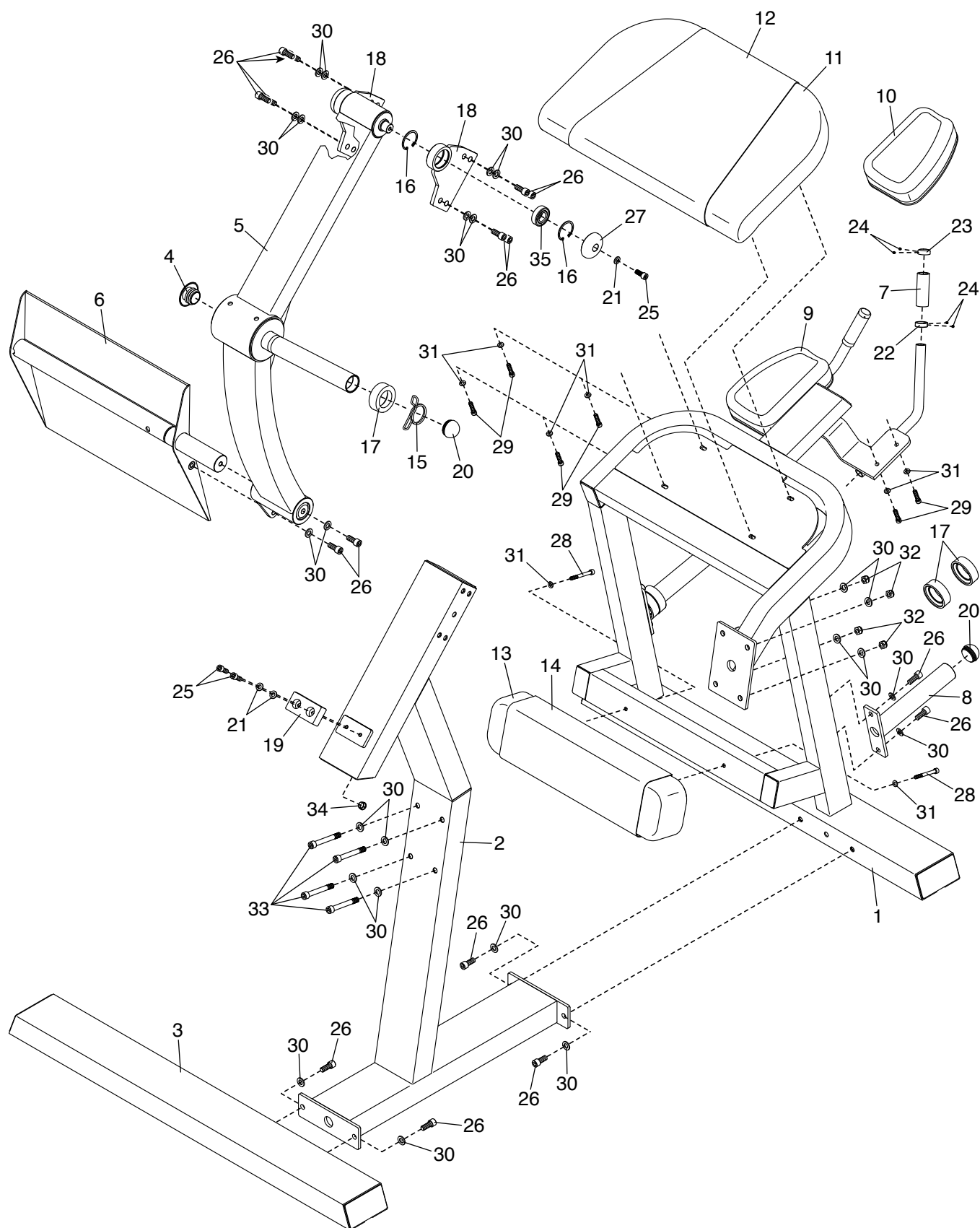
Model No. F309.0 R0817A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	19	1	Arm Bumper
2	1	Upright	20	3	Dome Cap
3	1	Stabilizer	21	4	M10 Washer
4	1	Arm Cap	22	2	Grip Collar
5	1	Arm	23	2	Grip Cap
6	1	Foot Plate	24	8	M4 x 3mm Set Screw
7	2	Grip	25	4	M10 x 25mm Screw
8	2	Weight Storage Bar	26	18	M12 x 30mm Screw
9	1	Left Arm Pad	27	2	Pivot Cover
10	1	Right Arm Pad	28	2	M8 x 75mm Screw
11	1	Torso Pad	29	8	M8 x 30mm Screw
12	1	Torso Pad Cover	30	26	M12 Washer
13	1	Shin Pad	31	10	M8 Washer
14	1	Shin Pad Cover	32	4	M12 Locknut
15	1	Weight Clip	33	4	M12 x 95mm Bolt
16	4	Snap Ring	34	1	Hole Cap
17	5	Weight Bumper	35	2	Bearing
18	2	Arm Bracket	*	—	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. F309.0 R0817A



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. Note: This product may not have a maximum user weight.
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.