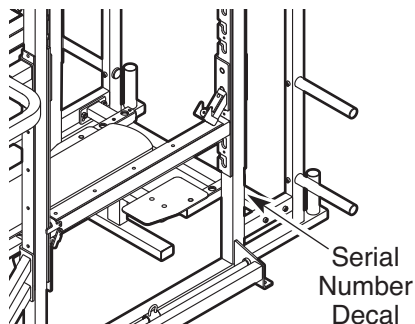




Model No. F400.1

Serial No. _____

Write the serial number in the space above for reference.



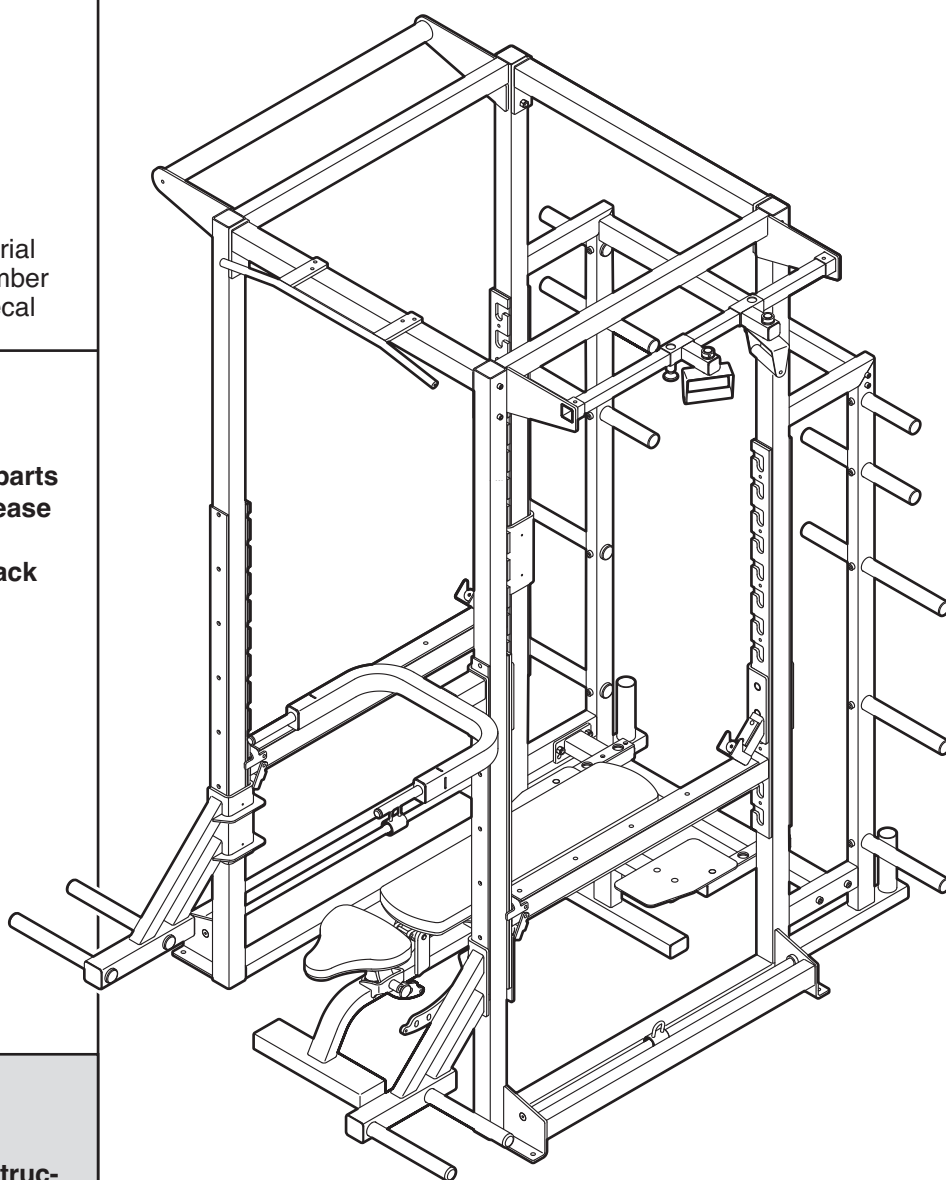
QUESTIONS?

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



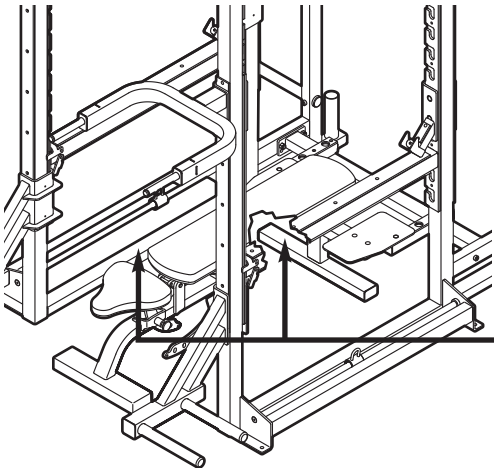
www.freemotionfitness.com

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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.



⚠ 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: 400 lbs.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise rack before using your exercise rack. 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 exercise rack only as described in this manual.
3. Use the exercise rack only on a level surface. Cover the floor beneath the exercise rack to protect the floor.
4. It is the responsibility of the owner to ensure that there is enough space around the exercise rack for the intended exercise. Do not crowd the exercise rack.
5. Using the four 14 mm anchor holes to provide maximum stability, the exercise rack 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 exercise rack.
7. It is the responsibility of the owner to ensure that all users of the exercise rack are adequately informed of all precautions, have read and understood all warning and caution decals, and are informed of how to use the exercise rack properly.
8. All users of the exercise rack should be instructed to report any injury or exercise rack irregularity to facility staff immediately.
9. The exercise rack, bench, and stands are designed to support a maximum user weight of 400 lbs. (181 kg), a maximum of 495 lbs. (225 kg) of weight, including a barbell (not included), or a maximum total weight of 895 lbs. (406 kg), including the user weight. The dip bar, pull-up bar, grip bar, and freestyle bar are designed to support a maximum user weight of 400 lbs. (181 kg).
10. Keep children under age 12 and pets away from the exercise rack at all times.
11. Always wear athletic shoes for foot protection while using the exercise rack.
12. 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.

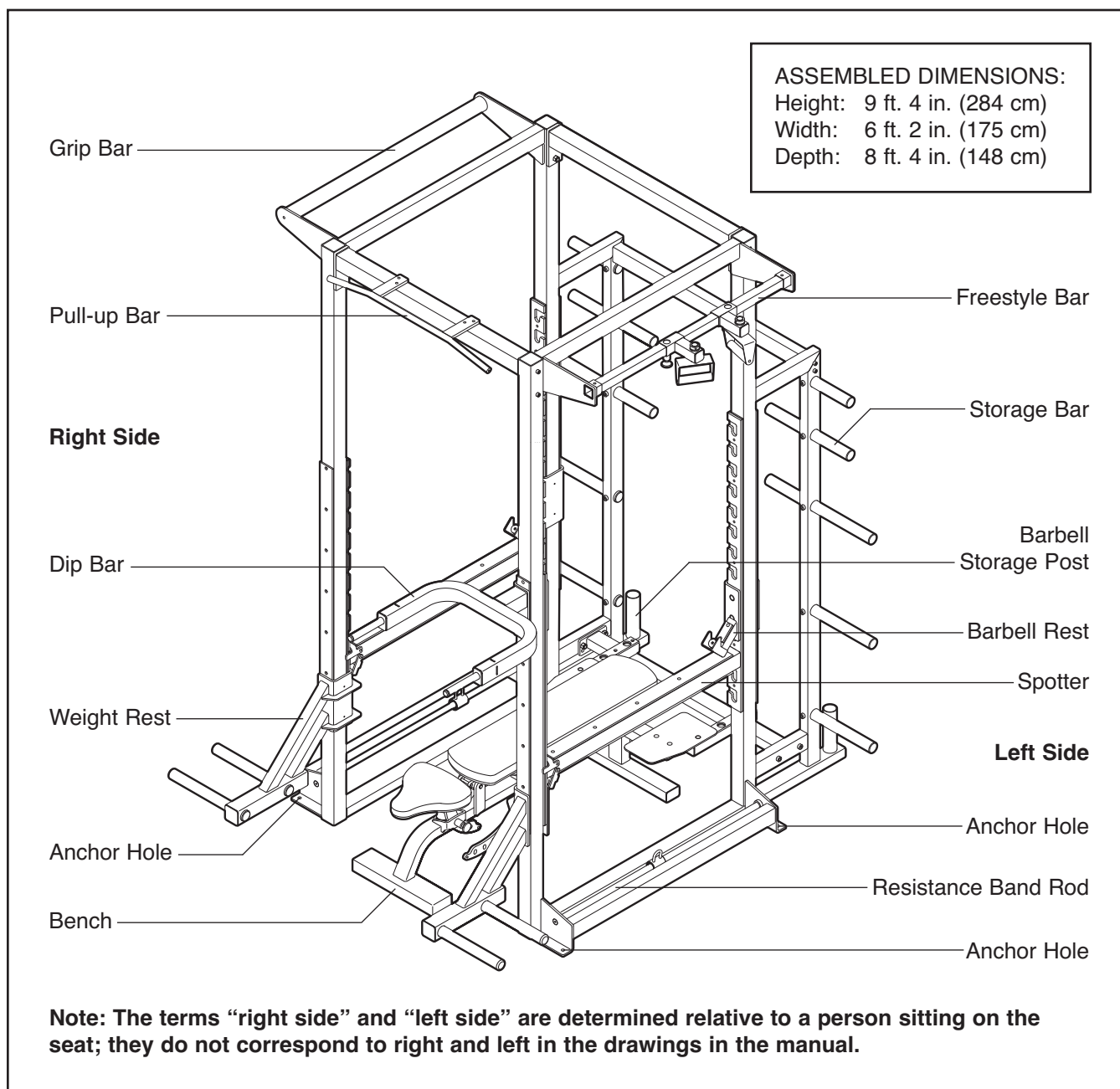
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION EPIC™ exercise rack. The exercise rack is designed to help you develop the major muscle groups of your body. Whether your goal is to tone your body or build dramatic muscle size and strength, the exercise rack will help you to achieve the specific results you want.

For your benefit, read this manual carefully before you use the exercise rack. If you have questions

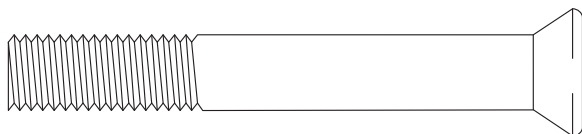
after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

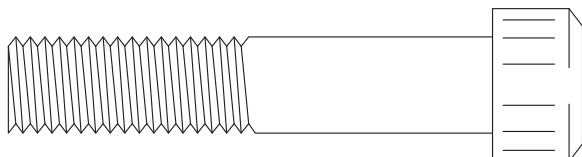


PART IDENTIFICATION CHART

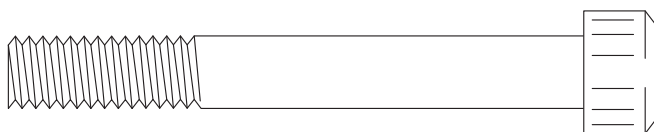
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **IMPORTANT: If you cannot find a part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



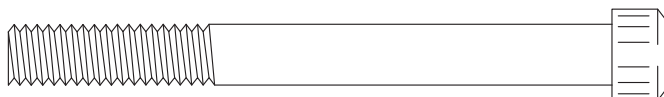
M10 x 70mm Flat Head Bolt (74)–4



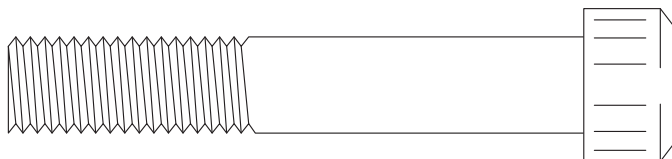
1/2" x 2 1/2" Socket Screw (66)–14



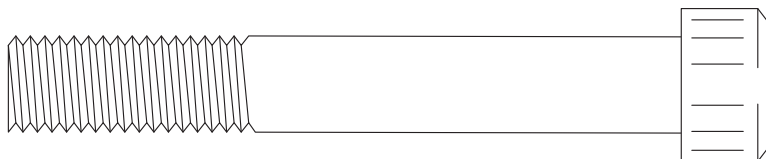
3/8" x 3" Socket Screw (67)–4



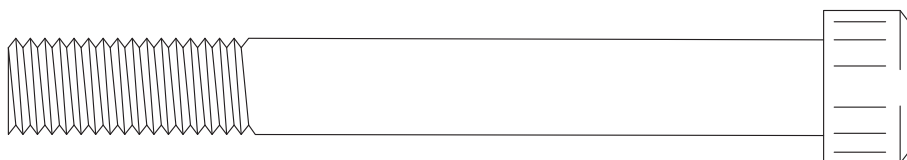
M8 x 80mm Socket Screw (73)–1



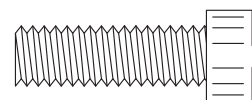
1/2" x 3" Socket Bolt (70)–4



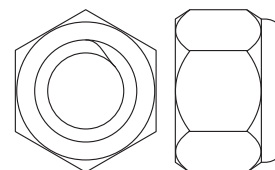
1/2" x 3 1/2" Socket Screw (68)–4



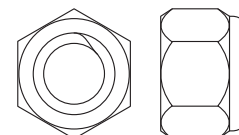
1/2" x 4 1/4" Socket Bolt (69)–4



M8 x 25mm Socket Screw (72)–5



1/2" Locknut (84)–8



M10 Locknut (85)–4

ASSEMBLY

To make assembly easier, carefully read the following information and instructions:

- Assembly requires two to four persons.
- Because of its weight and size, the exercise rack should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the exercise rack as you assemble it.
- Place all parts in a cleared area and remove the packing materials until assembly is completed.

- Assembly requires the following tools (not included):

an adjustable wrench



a metric hex key



a standard hex key



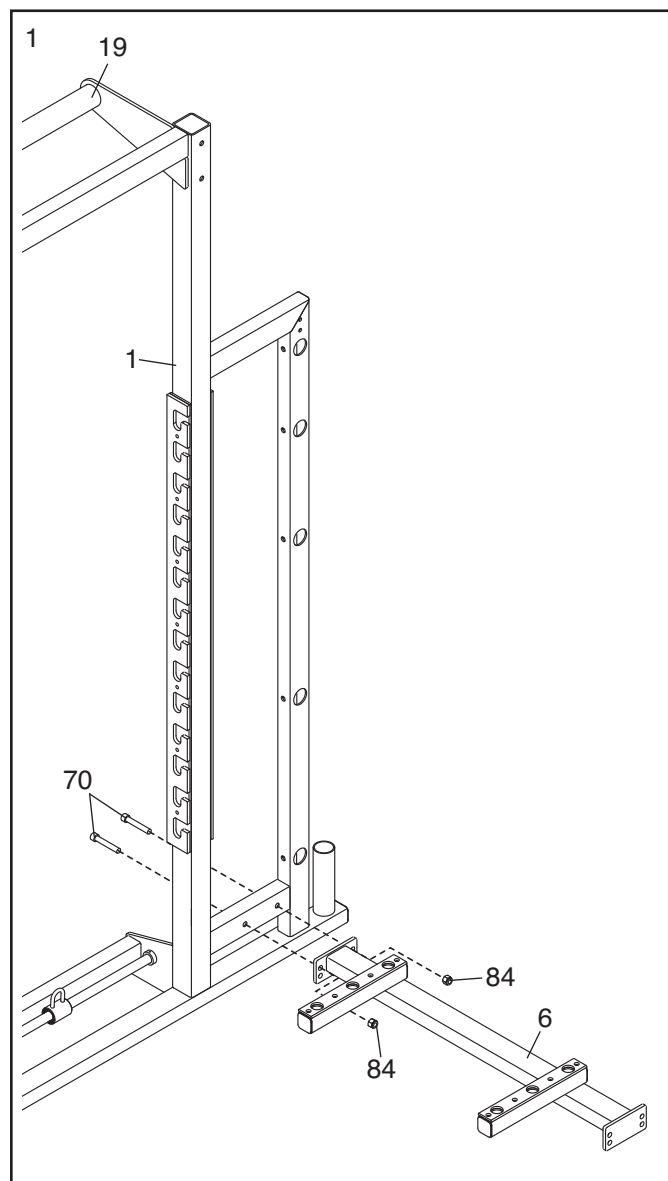
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches. **To avoid damaging parts, do not use power tools.**

1. Identify the Right Frame (1), which has a Grip Bar (19) attached to the top.

Tip: See step 2. The Left Frame (2) has a Freestyle Bar (20) attached to the top.

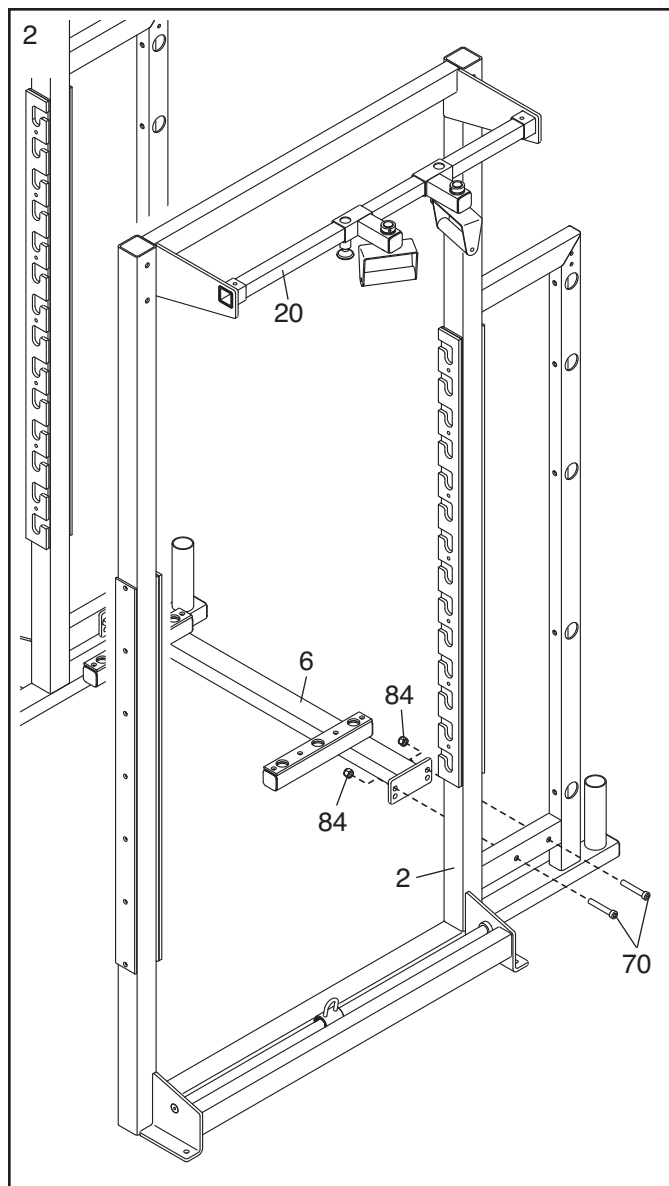
Orient the Right Frame (1) and the Bench Crossbar (6) as shown. **Have another person hold the Right Frame in the position shown until you complete this step.**

Attach the Bench Crossbar (6) to the Right Frame (1) with two 1/2" x 3" Socket Bolts (70) and two 1/2" Locknuts (84).



2. Orient the Left Frame (2) as shown.

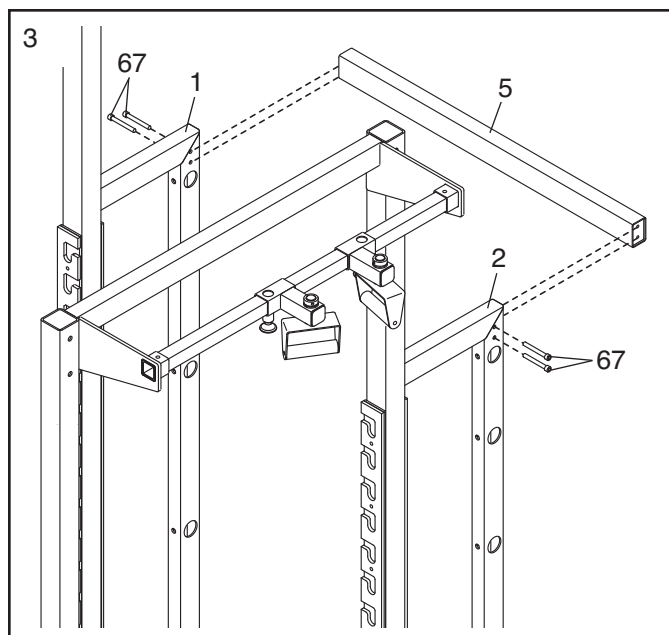
Attach the Bench Crossbar (6) to the Left Frame (2) with two 1/2" x 3" Socket Bolts (70) and two 1/2" Locknuts (84). **Have another person hold the Left Frame in the position shown until you complete this step.**



3. Identify the Rear Crossbar (5).

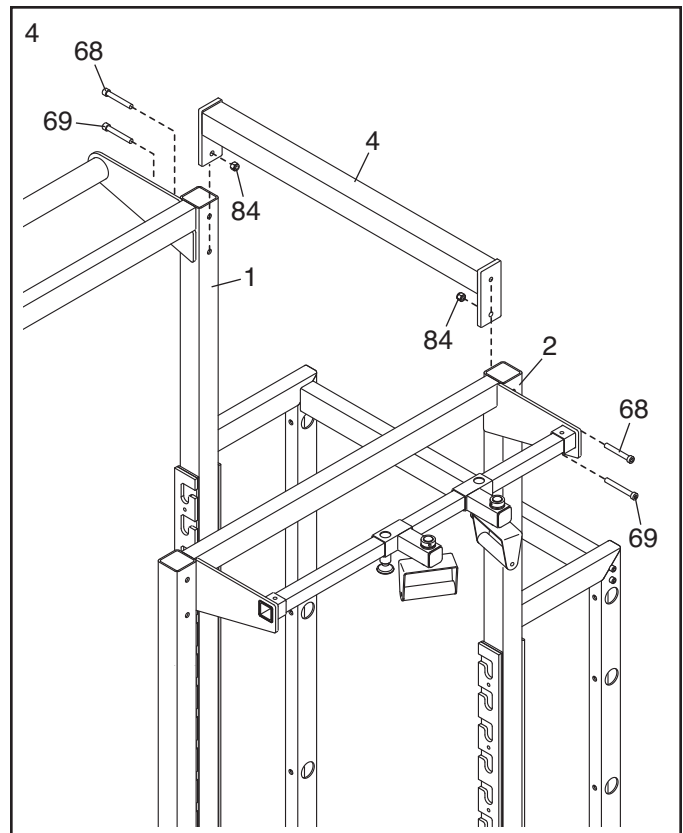
Tip: See step 4. Compare the Rear Crossbar (5) with the Center Crossbar (4) to identify the Rear Crossbar.

Attach the Rear Crossbar (5) to the Right and Left Frames (1, 2) with four 3/8" x 3" Socket Screws (67).



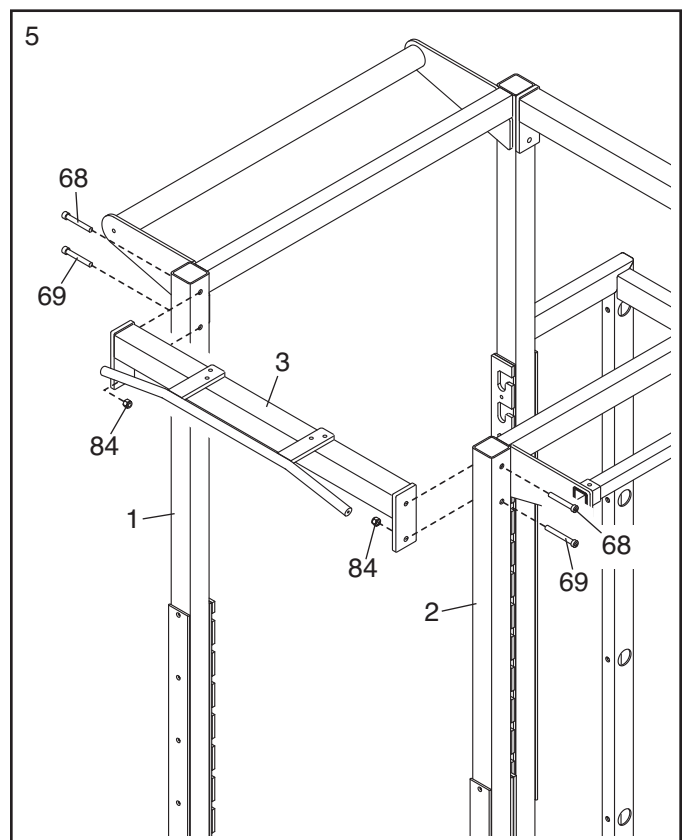
4. Orient the Center Crossbar (4) as shown.

Attach the Center Crossbar (4) to the Right and Left Frames (1, 2) with two 1/2" x 3 1/2" Socket Screws (68), two 1/2" x 4 1/4" Socket Bolts (69), and two 1/2" Locknuts (84).



5. Orient the Front Crossbar (3) as shown.

Attach the Front Crossbar (3) to the Right and Left Frames (1, 2) with two 1/2" x 3 1/2" Socket Screws (68), two 1/2" x 4 1/4" Socket Bolts (69), and two 1/2" Locknuts (84).



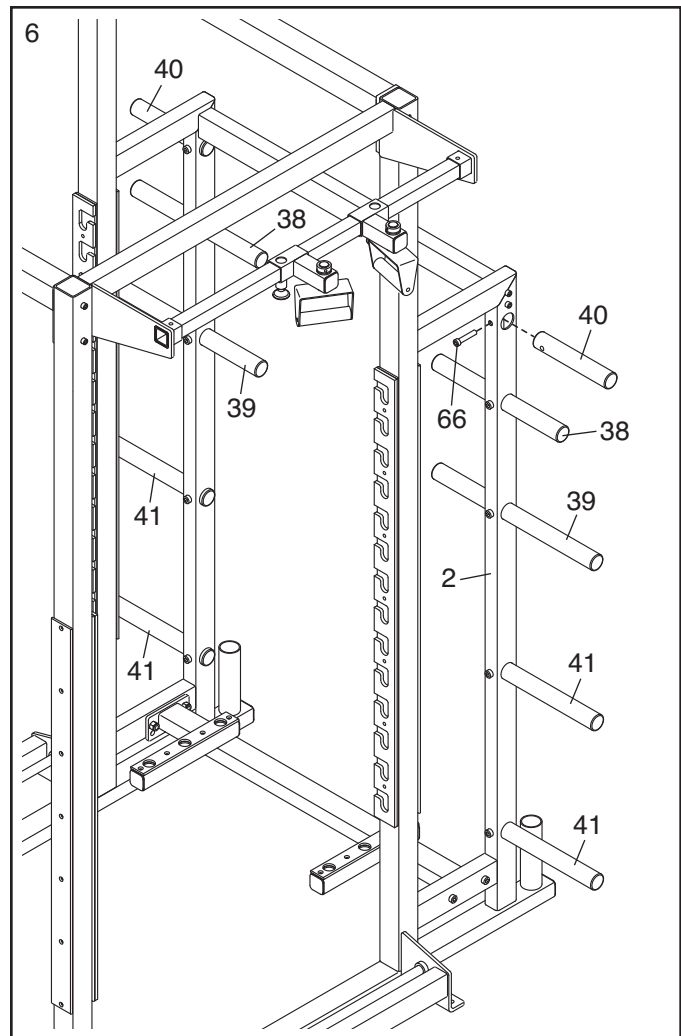
6. Identify the Short Dual Weight Bars (38), the Long Dual Weight Bars (39), the Short Weight Bars (40), the Medium Weight Bars (41), and the Long Weight Bars (not shown).

Tip: See the drawing in assembly step 7 to identify the Long Weight Bars (42).

Attach a Short Weight Bar (40) to the Left Frame (2) in the location shown with a 1/2" x 2 1/2" Socket Screw (66).

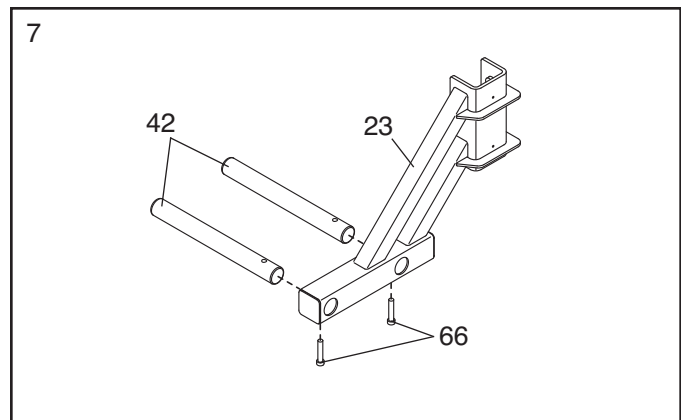
Attach the other Short Weight Bar (40), the Short Dual Weight Bars (38), the Long Dual Weight Bars (39), and the Medium Weight Bars (41) in the same way.

⚠ WARNING: Each Short Dual Weight Bar (38) can hold up to 200 lbs. (91 kg). Each Long Dual Weight Bar (39) can hold up to 350 lbs. (159 kg). Each Short Weight Bar (40) can hold up to 80 lbs. (36 kg). Each Medium Weight Bar (41) can hold up to 270 lbs. (122 kg). Do not place a total of more than 495 lbs. (225 kg), including a barbell (not included), on the barbell rests, the weight rests, and the Weight Bars.



7. Attach two Long Weight Bars (42) to the Right Weight Rest (23) with two 1/2" x 2 1/2" Socket Screws (66).

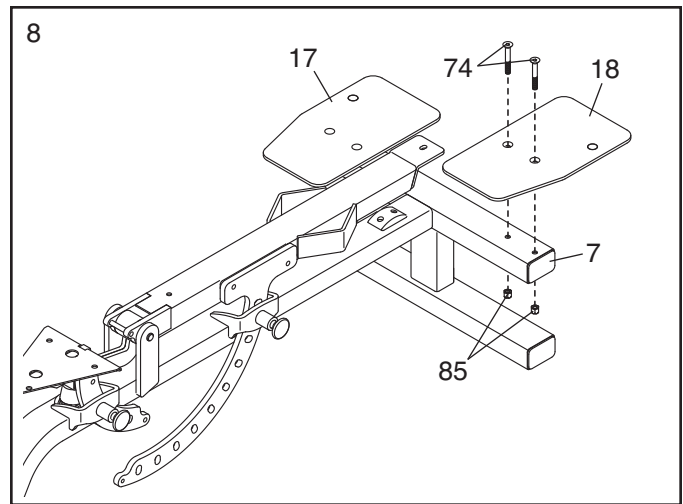
Repeat this step for the Left Weight Rest (not shown).



8. Identify the Right and Left Spotter Steps (17, 18) and orient them as shown.

Attach the Left Spotter Step (18) to the Bench Frame (7) with two M10 x 70mm Flat Head Bolts (74) and two M10 Locknuts (85).

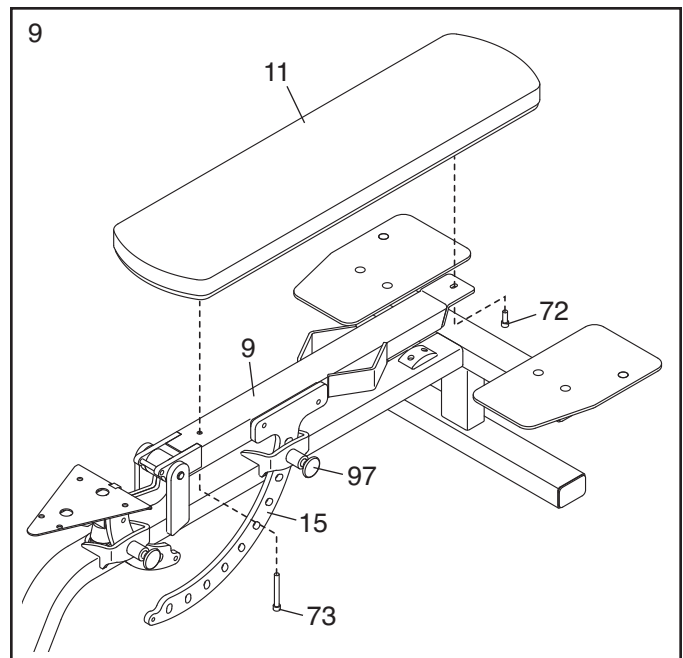
Attach the Right Spotter Step (17) in the same way.



9. Attach the Backrest (11) to the Backrest Frame (9) with an M8 x 25mm Socket Screw (72) and an M8 x 80mm Socket Screw (73).

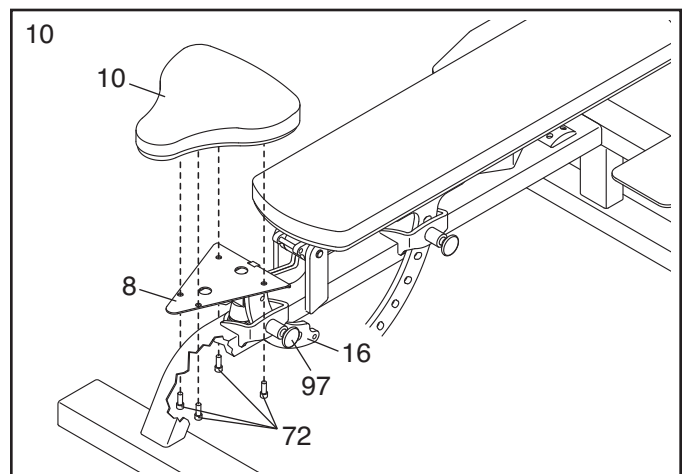
To adjust the angle of the Backrest (11), hold the Backrest with one hand and pull the indicated Adjustment Knob (97) with your other hand. Pivot the Backrest to the desired angle, and reengage the Adjustment Knob into the Backrest Adjustment Bracket (15).

⚠ WARNING: Always hold the Backrest (11) before pulling the Adjustment Knob (97); the Backrest can fall with great force.



10. Attach the Seat (10) to the Seat Frame (8) with four M8 x 25mm Socket Screws (72).

To adjust the angle of the Seat (10), hold the Seat with one hand and pull the indicated Adjustment Knob (97) with your other hand. Pivot the Seat to the desired angle, and reengage the Adjustment Knob into the Seat Adjustment Bracket (16).



11. **Make sure that all parts of the exercise rack are properly tightened.** The use of all remaining parts will be explained in ADJUSTMENT, beginning on page 11.

ADJUSTMENT

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

HOW TO ATTACH THE BENCH

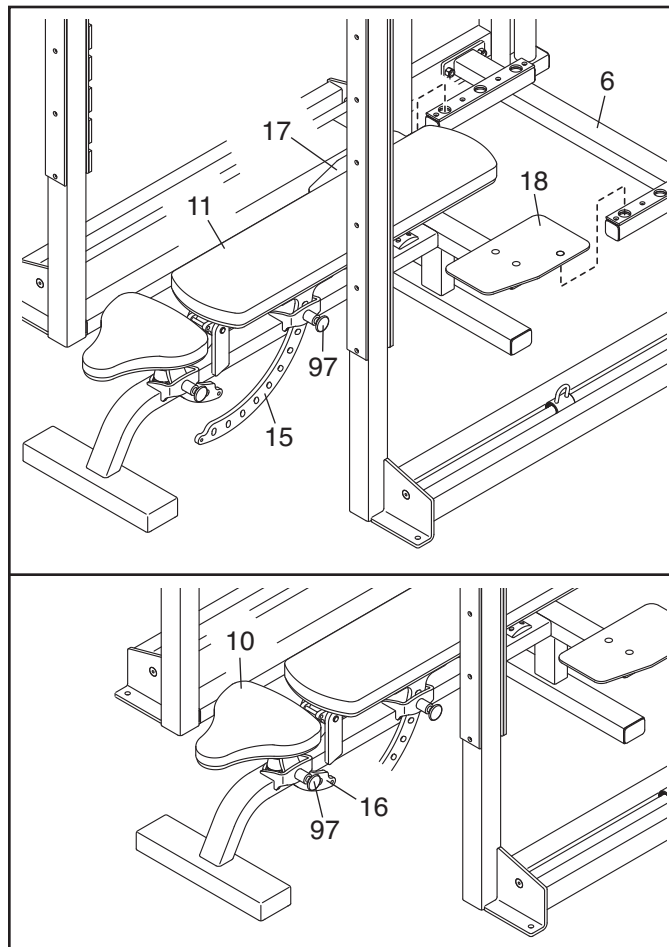
See the upper drawing. To use the bench with the exercise rack, set the Right and Left Spotter Steps (17, 18) on the Bench Crossbar (6). **Make sure that the pins on the underside of the Spotter Steps are inserted securely into the indicated holes in the Bench Crossbar.**

HOW TO ADJUST THE BACKREST

See the upper drawing. To adjust the angle of the Backrest (11), hold the Backrest with one hand and pull the indicated Adjustment Knob (97) with your other hand. Pivot the Backrest to the desired angle, and reengage the Adjustment Knob into the Backrest Adjustment Bracket (15).

HOW TO ADJUST THE SEAT

See the lower drawing. To adjust the angle of the Seat (10), hold the Seat with one hand and pull the indicated Adjustment Knob (97) with your other hand. Pivot the Seat to the desired angle, and reengage the Adjustment Knob into the Seat Adjustment Bracket (16).



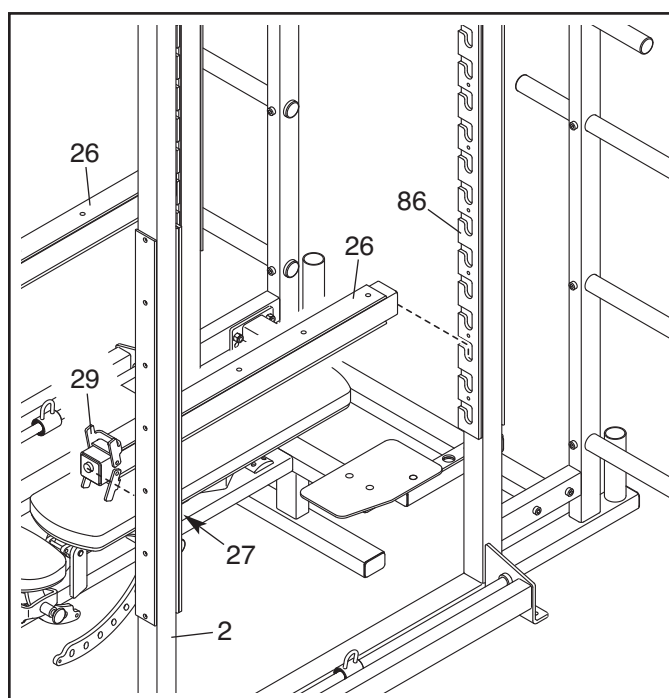
HOW TO ATTACH THE SPOTTERS

Orient a Spotter (26) as shown.

At the desired height, insert the Spotter (26) into the slots in the Short and Long Adjustment Brackets (27, 86) on the Left Frame (2).

Press the Spotter Lock (29) on the upper side of the Spotter (26) downward against the Short Adjustment Bracket (27).

Attach the other Spotter (26) to the other side of the exercise rack in the same way.



⚠ WARNING: Always set both Spotters (26) at the same height.

HOW TO ATTACH THE RESTS AND THE DIP BAR

See the upper drawing. Orient the Left Barbell Rest (22) as shown.

At the desired height, insert the Left Barbell Rest (22) into the slots in the Long Adjustment Bracket (86) on the Left Frame (2).

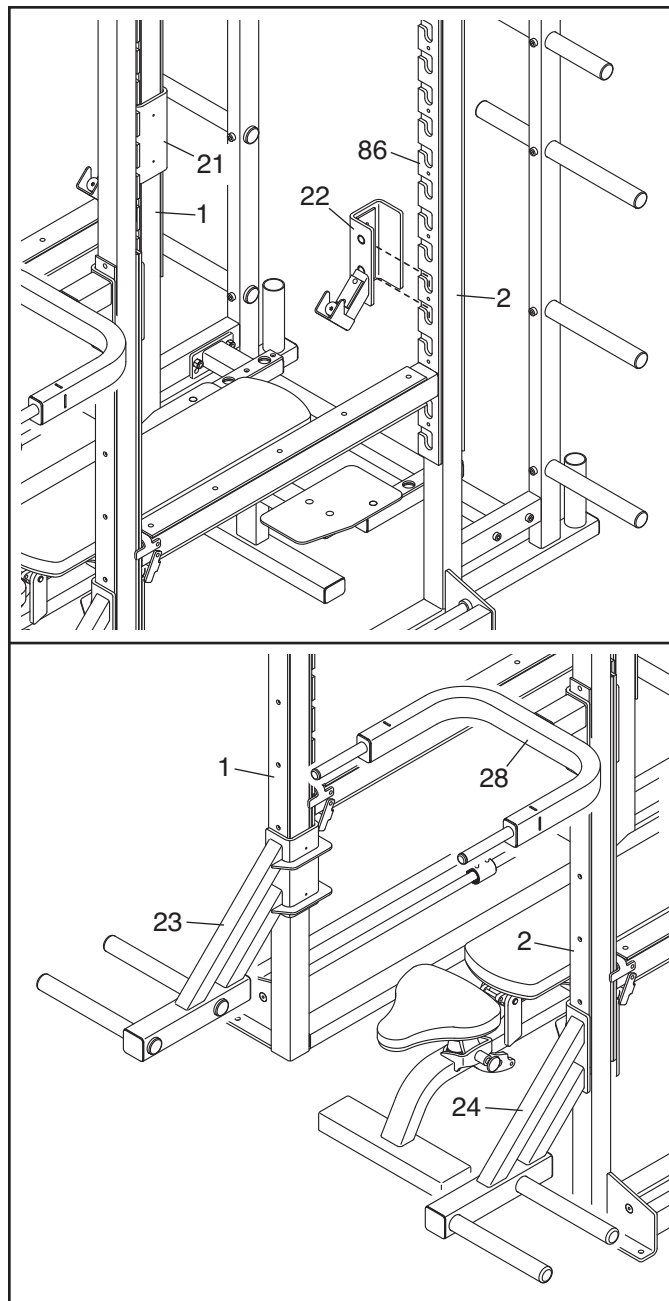
Attach the Right Barbell Rest (21) to the Right Frame (1) in the same way.

See the lower drawing. Attach the Right and Left Weight Rests (23, 24) and the Dip Bar (28) to the Right and Left Frames (1, 2) in the same way.

⚠ WARNING: Always set both Barbell Rests (21, 22) and both Weight Rests (23, 24) at the same height.

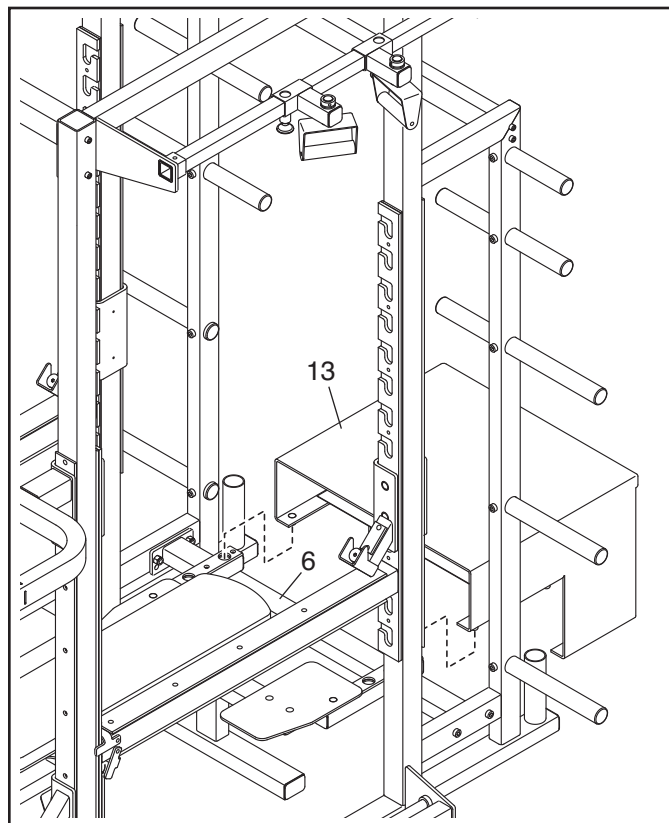
The Barbell Rests (21, 22), the Weight Rests (23, 24), and the weight bars are designed to support a maximum weight of 495 lbs. (225 kg), including a barbell (not included). Always place the same amount of weight on both sides of your barbell.

The Dip Bar (28) is designed to support a maximum user weight of 400 lbs. (181 kg).



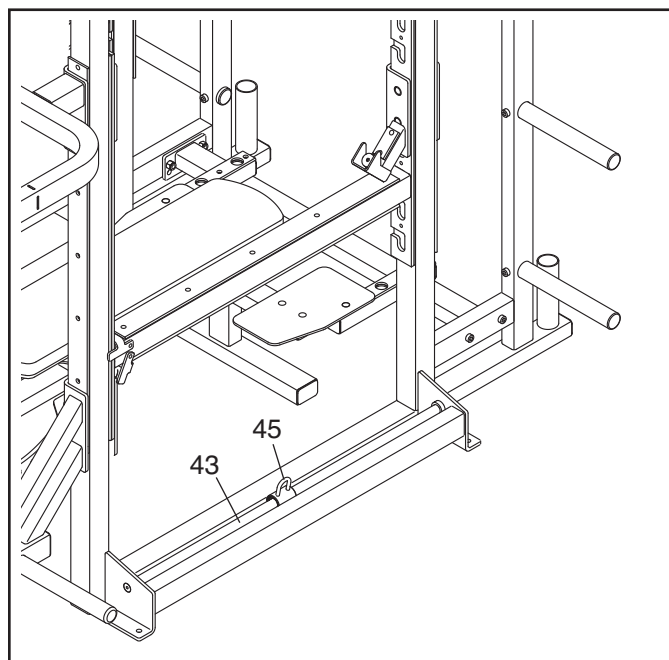
HOW TO ATTACH THE STANDS

To use the Short Stand (13) or the Tall Stand (not shown) with the exercise rack, set the Stand on the Bench Crossbar (6). **Make sure that the pins on the underside of the Stand are inserted securely into the holes in the Bench Crossbar.**



HOW TO ATTACH RESISTANCE BANDS

To use resistance bands (not included) with a barbell (not included), attach the resistance bands to the Loop Brackets (45) on the Rods (43).

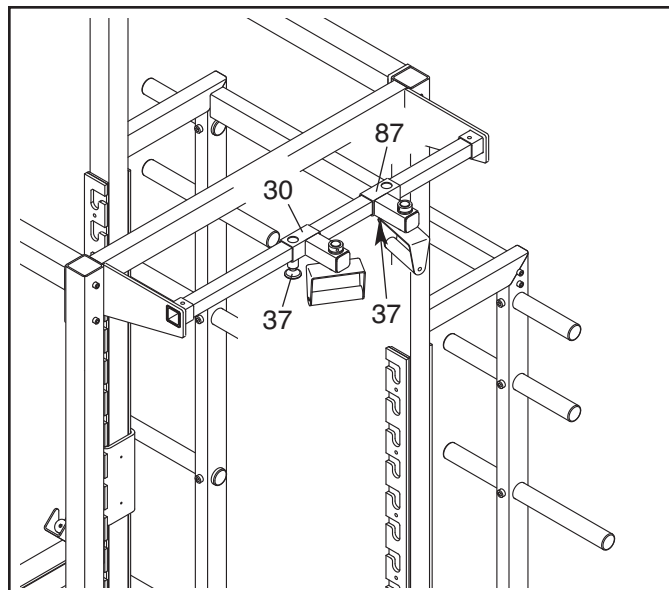


HOW TO ADJUST THE FREESTYLE FRAMES

To adjust the Left Freestyle Frame (30), pull the left Freestyle Knob (37), slide the Left Freestyle Frame to the desired position, and then release the Freestyle Knob.

Adjust the Right Freestyle Frame (87) in the same way.

⚠ WARNING: The pull-up bar, the grip bar, and the freestyle bar are designed to support a maximum user weight of 400 lbs. (181 kg).



MAINTENANCE AND TROUBLESHOOTING

For optimal performance of the exercise rack 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 exercise rack'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 exercise rack 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 exercise rack. 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.

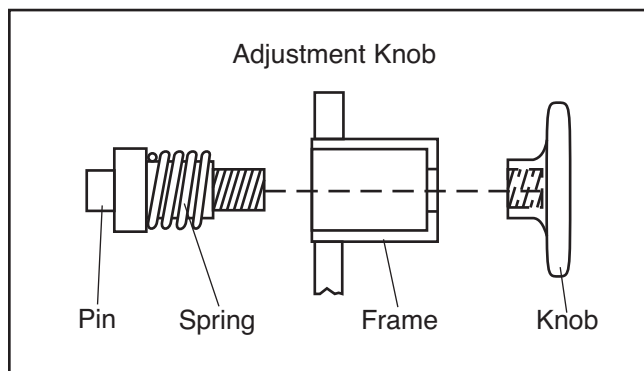
IMPORTANT: All FREEMOTION cushions have dense plywood supports with tee-nuts that are used to bolt the cushions to the exercise rack. Because the tee-nuts are held by the plywood, they will not withstand the torque that standard nuts and bolts will. When tightening the bolts securing a cushion, turn 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.

Wheels

The wheels should roll easily. Tighten or replace the wheels if necessary.

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.



PART LIST

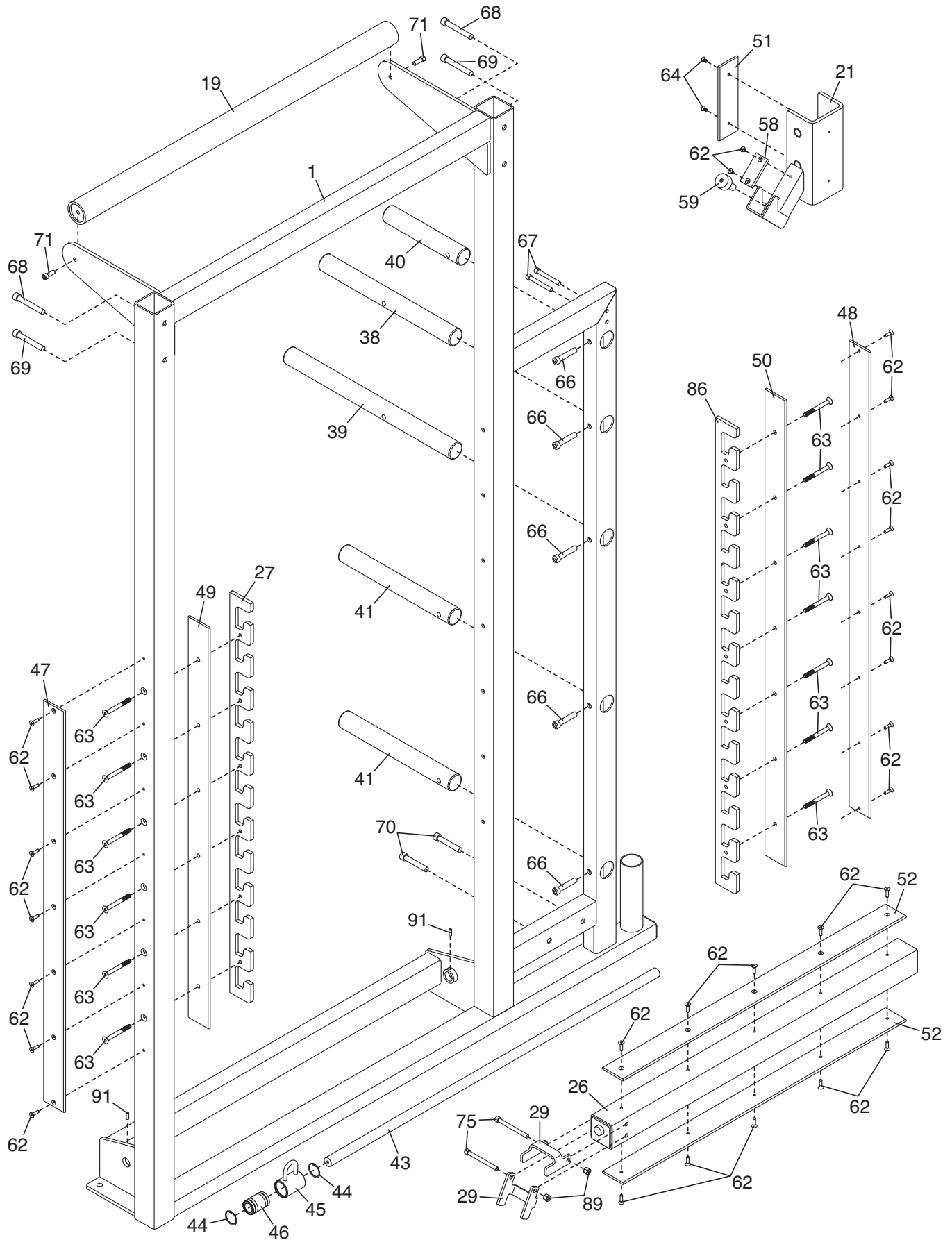
Model No. F400.1 R0711A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Right Frame	51	5	Small Wear Pad
2	1	Left Frame	52	4	Spotter Strike Plate
3	1	Front Crossbar	53	2	Bench Wear Pad
4	1	Center Crossbar	54	1	Bumper
5	1	Rear Crossbar	55	2	Bearing
6	1	Bench Crossbar	56	1	Axle
7	1	Bench Frame	57	2	Snap Ring
8	1	Seat Frame	58	2	Small Strike Plate
9	1	Backrest Frame	59	2	Roller
10	1	Seat	60	2	Retention Collar
11	1	Backrest	61	2	Handgrip
12	1	Tall Stand	62	62	1/4" x 3/4" Flat Head Socket Screw
13	1	Short Stand	63	26	3/8" x 3 5/8" Flat Head Screw
14	1	Pull-up Bar	64	10	1/4" x 1/2" Flat Head Socket Screw
15	1	Backrest Adjustment Bracket	65	2	M6 x 15mm Screw
16	1	Seat Adjustment Bracket	66	14	1/2" x 2 1/2" Socket Screw
17	1	Right Spotter Step	67	4	3/8" x 3" Socket Screw
18	1	Left Spotter Step	68	4	1/2" x 3 1/2" Socket Screw
19	1	Grip Bar	69	4	1/2" x 4 1/4" Socket Bolt
20	1	Freestyle Bar	70	4	1/2" x 3" Socket Bolt
21	1	Right Barbell Rest	71	6	3/8" x 3/4" Socket Screw
22	1	Left Barbell Rest	72	5	M8 x 25mm Socket Screw
23	1	Right Weight Rest	73	1	M8 x 80mm Socket Screw
24	1	Left Weight Rest	74	4	M10 x 70mm Flat Head Bolt
25	1	Bumper Pad	75	8	3/8" x 4" Socket Bolt
26	2	Spotter	76	2	M10 x 110mm Bolt
27	2	Short Adjustment Bracket	77	2	M12 x 85mm Bolt
28	1	Dip Bar	78	1	M6 x 25mm Screw
29	4	Spotter Lock	79	2	Washer
30	1	Left Freestyle Frame	80	2	M10 x 16mm Screw
31	2	Freestyle Bracket	81	2	3/8" x 2 1/2" Socket Bolt
32	2	Freestyle Handle	82	4	Nylon Washer
33	4	Freestyle Bushing	83	6	3/8" Locknut
34	2	Lock Ring	84	8	1/2" Locknut
35	2	Upper Lock Pin	85	8	M10 Locknut
36	2	Freestyle Spring	86	2	Long Adjustment Bracket
37	2	Freestyle Knob	87	1	Right Freestyle Frame
38	2	Short Dual Weight Bar	88	2	Lower Lock Pin
39	2	Long Dual Weight Bar	89	4	3/8" Jam Nut
40	2	Short Weight Bar	90	4	#10 x 1/8" Set Screw
41	4	Medium Weight Bar	91	4	5/16" x 1/4" Set Screw
42	4	Long Weight Bar	92	2	1/4" x 1 3/4" Hex Bolt
43	2	Rod	93	2	1/4" Nut
44	4	Inner Snap Ring	94	2	Wheel
45	2	Loop Bracket	95	2	M10 x 65mm Bolt
46	2	Loop Bushing	96	1	Bracket Plate
47	2	Front Strike Plate	97	2	Adjustment Knob
48	2	Rear Strike Plate	98	2	Bench Spring
49	2	Front Wear Pad	99	2	M12 Locknut
50	2	Rear Wear Pad	*	—	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.

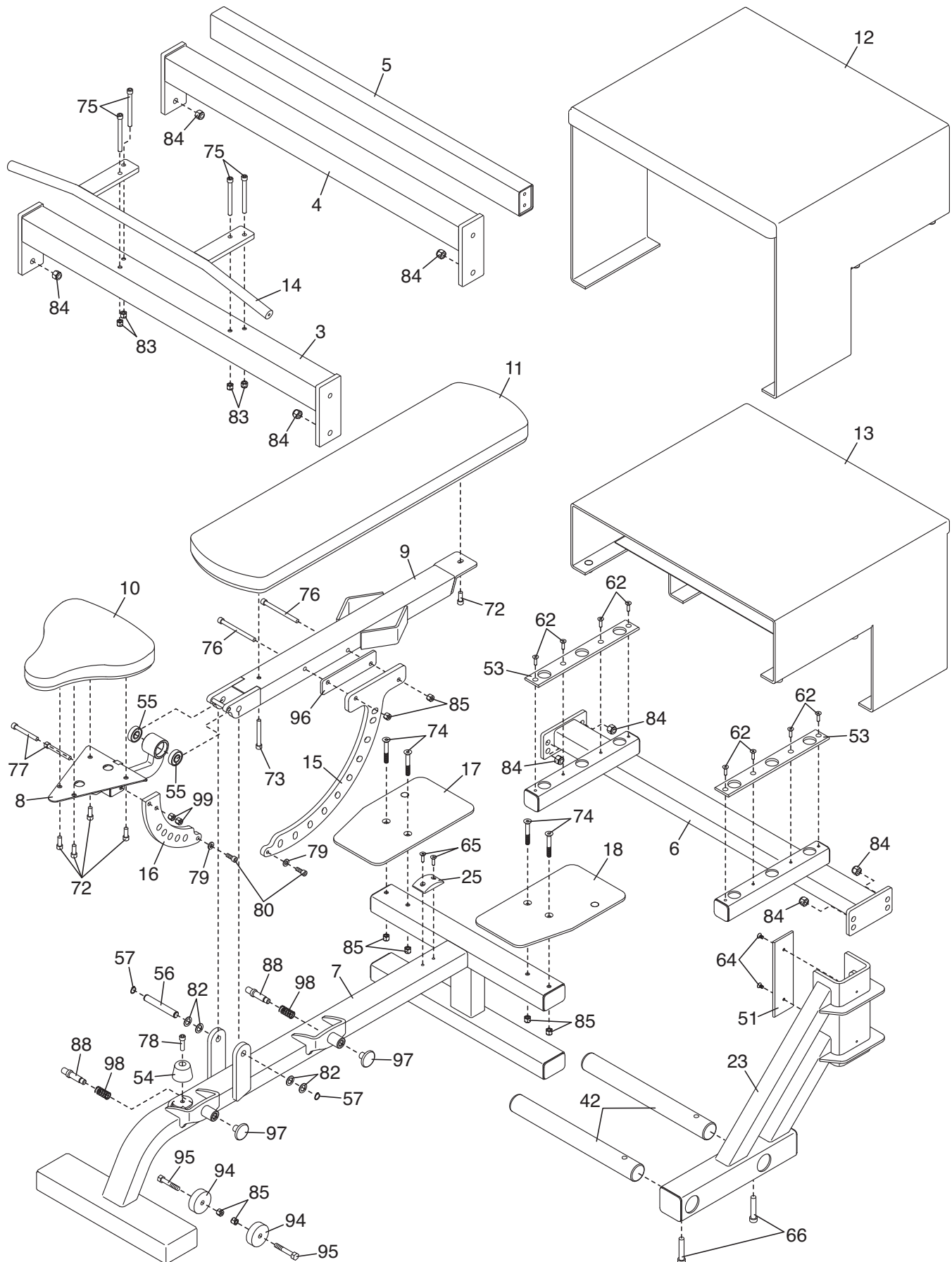
EXPLODED DRAWING A

Model No. F400.1 R0711A



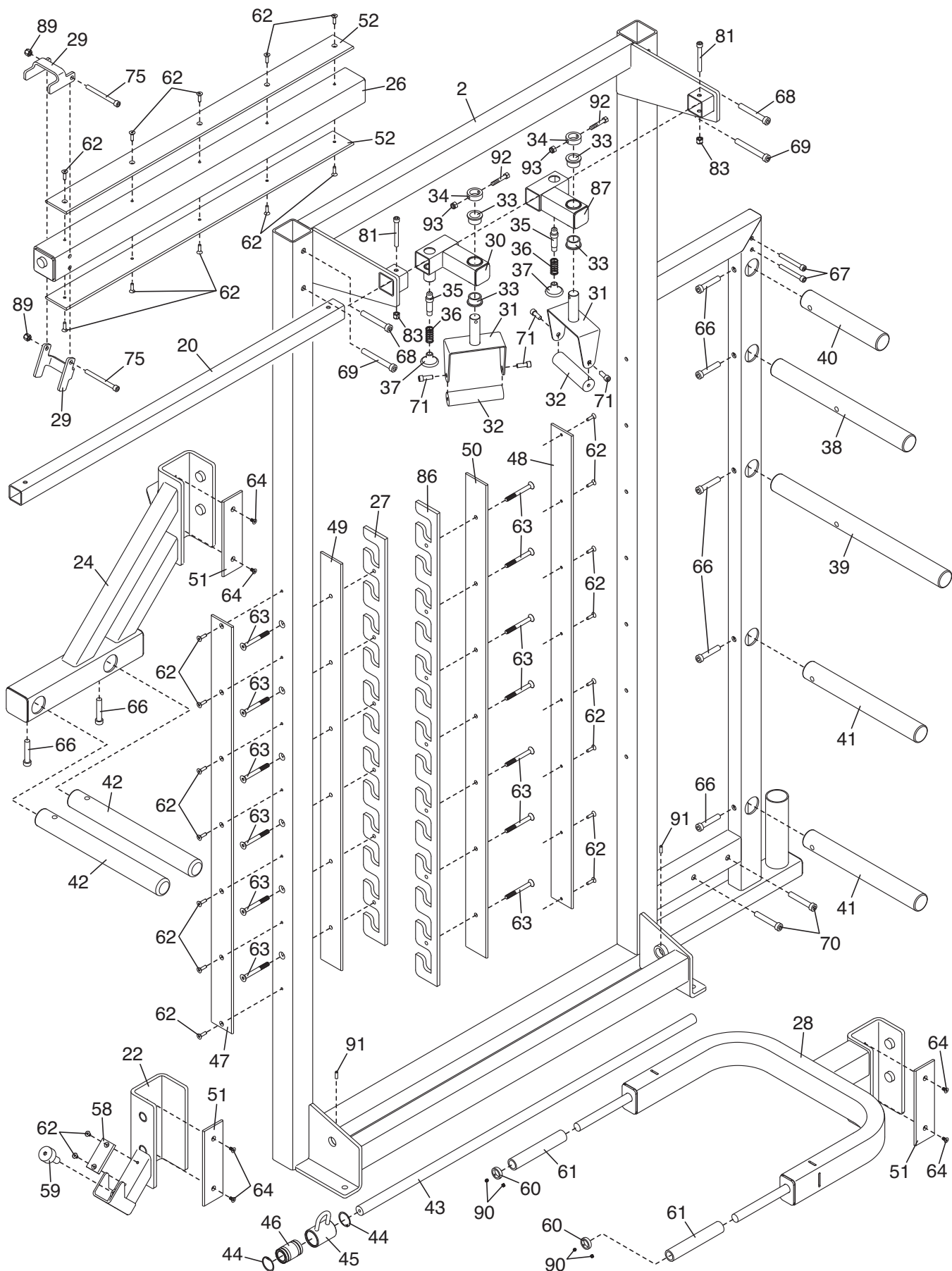
EXPLODED DRAWING B

Model No. F400.1 R0711A



EXPLODED DRAWING C

Model No. F400.1 R0711A



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