

FREEMOTION[®]

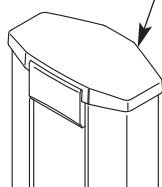
Squat

Model No. F610.0

Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal
(inside tower)



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.

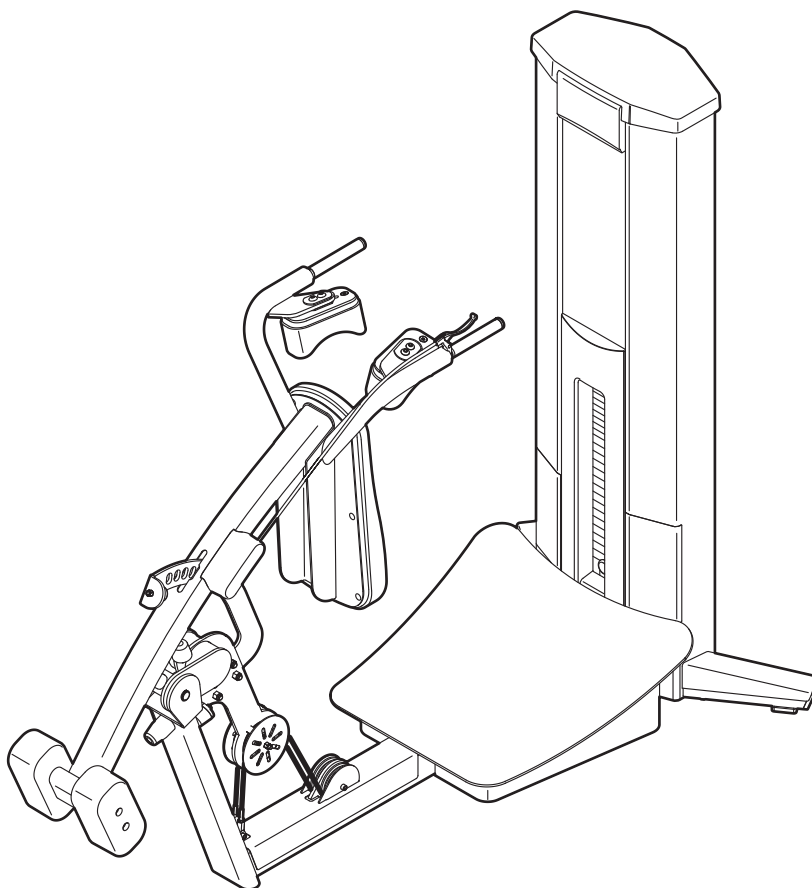


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HOW TO CONTACT CUSTOMER CARE	Back Cover

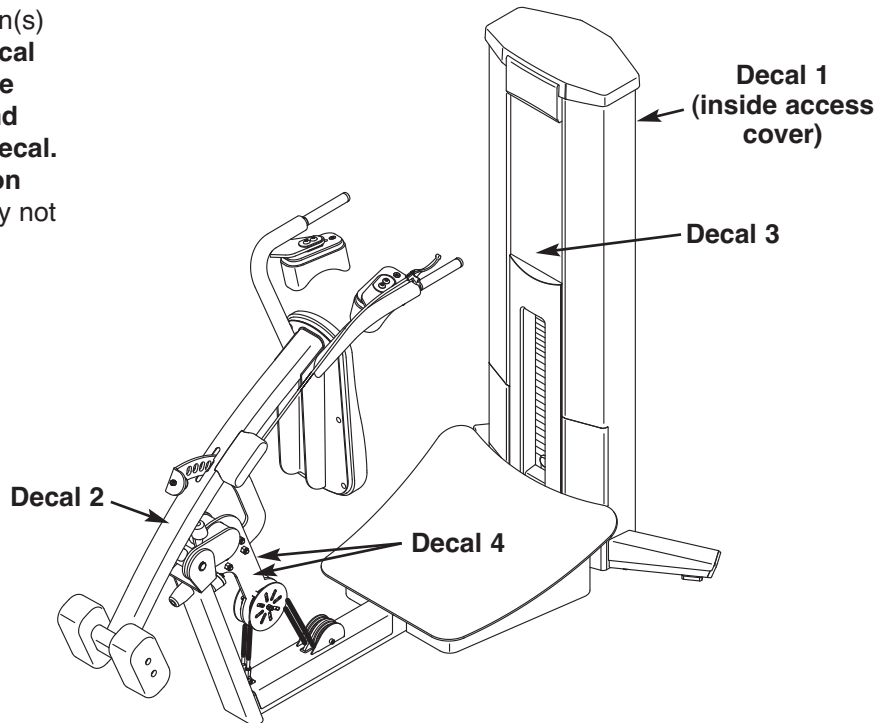
IMPORTANT PRECAUTIONS

⚠️ 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.

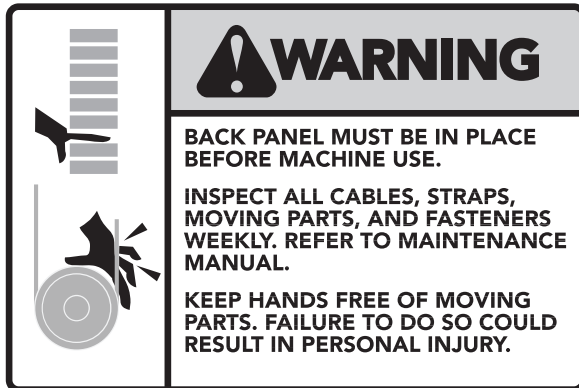
1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the strength equipment only as described in this manual.
3. It is the purchaser's responsibility to ensure that there is enough space around the strength equipment for the intended exercise. Do not crowd the strength equipment.
4. Using the two 9/16" anchor holes in the base of the tower to provide maximum stability, the strength equipment must be anchored to the floor where required or whenever possible.
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 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.
7. Keep children under age 12 and pets away from the strength equipment at all times.
8. 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.
9. Always wear athletic shoes for foot protection while exercising.
10. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
11. Make sure the weight pin is completely inserted into one of the weight plates.
12. Make sure the handles are attached securely before each use of the strength equipment.
13. Check all cables, cable connections, and pulleys before each use of the strength equipment. Make sure all parts are properly tightened. Replace any worn parts immediately.
14. Make sure the cable remains on the pulleys at all times. If the cable binds while you are exercising, stop immediately and make sure the cable is on the pulleys and nothing is interfering with the cable or pulleys.
15. The strength equipment is designed to support a maximum user weight of 350 lbs. (159 kg).
16. 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.

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.



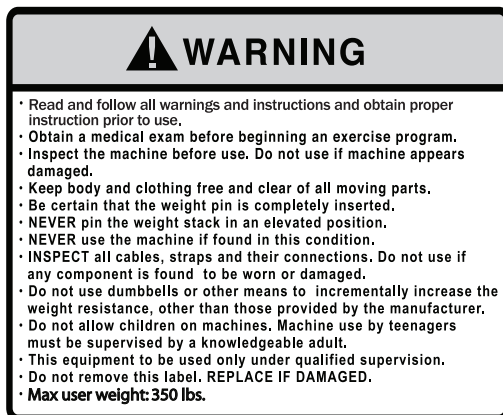
Decal 1



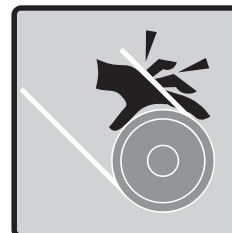
Decal 2



Decal 3 (This decal is part of the instruction placard)



Decal 4



BEFORE YOU BEGIN

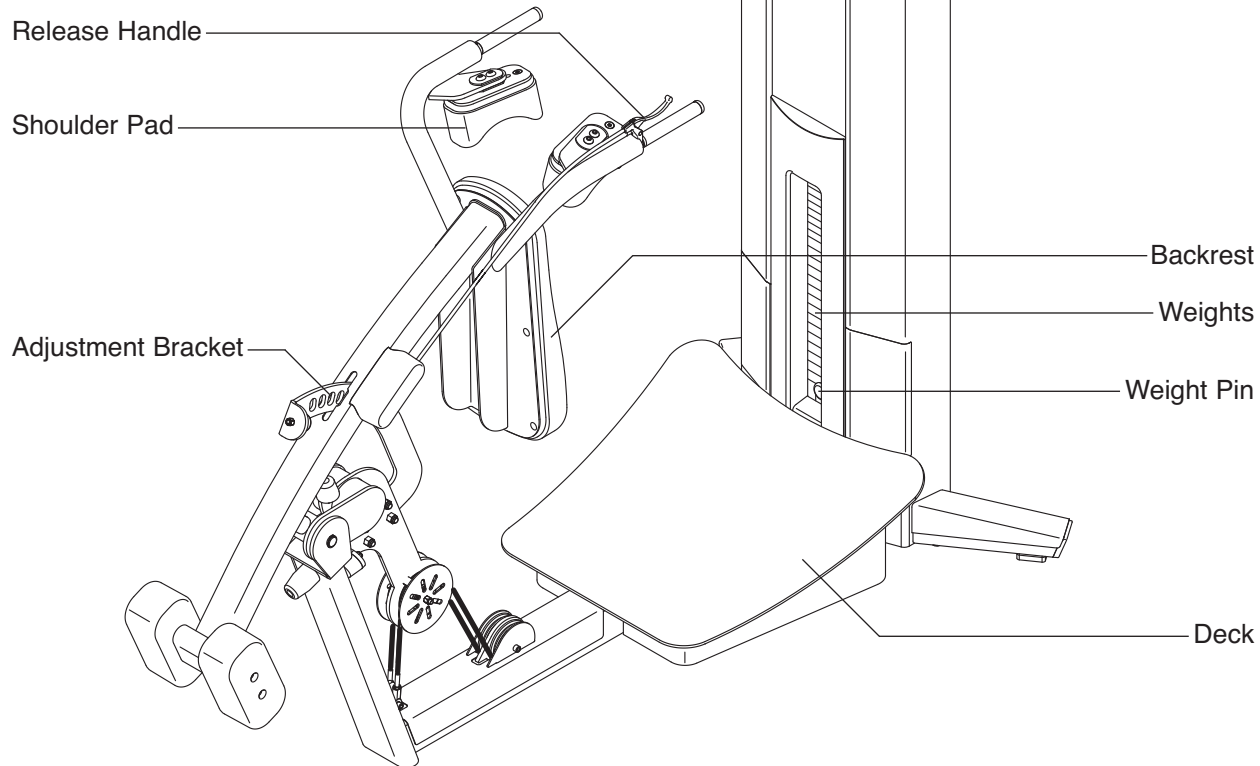
Thank you for selecting the FREEMOTION® SQUAT strength equipment. With unrestricted motion, you can work your body's muscle groups together—the same way you do naturally—and train more specifically and efficiently.

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 serial number are found on the serial number decal. The location of the serial number decal is 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.

Assembled Dimensions:
Height: 6 ft. 8 in. (203 cm)
Width: 3 ft. (91 cm)
Depth: 7 ft. 5 in. (226 cm)

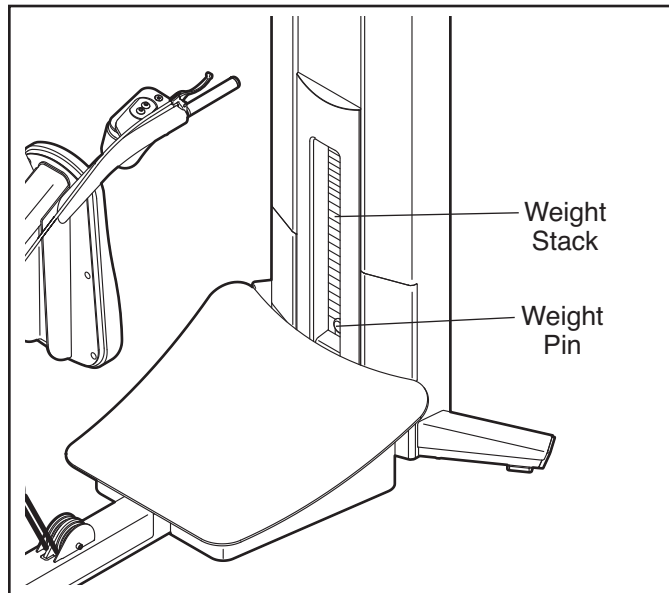


ADJUSTMENT

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

ADJUSTING THE RESISTANCE

To change the amount of resistance for your workout, insert the weight pin into the desired weight. Make sure that the weight pin is fully inserted into the weight stack.



SETTING UP THE STRENGTH MACHINE

Stand on the deck with your back against the backrest. Lift the shoulder pads and squeeze the latch release handle to disengage the latch (not shown) from the adjustment bracket.

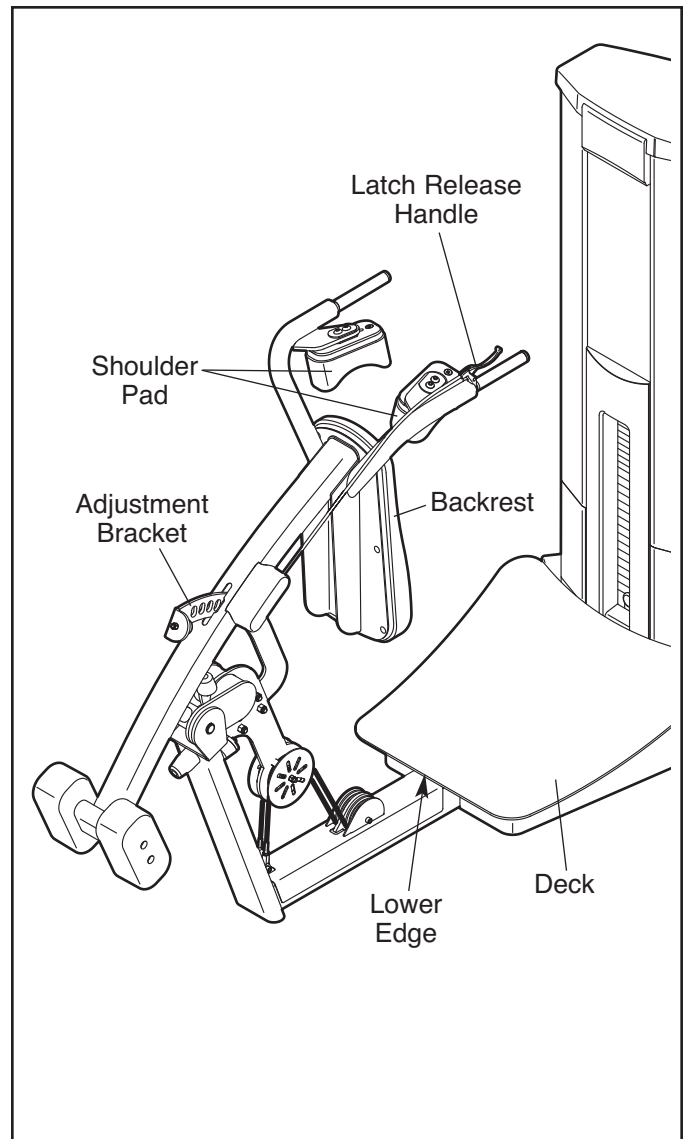
Lower the shoulder pads to the lowest position to which you want them to go. **This position should be one that will allow the squat exercise to be performed, but not allow the user to become pinned under the shoulder pads if a repetition cannot be completed.**

Release the latch release handle and engage the latch into the adjustment bracket.

! IMPORTANT: The user's feet should be close enough to the lower edge of the deck that the lower back does not move away from the backrest as the backrest is lowered. Shorter users should stand closer to the lower edge of the deck than taller users. Improper positioning of the feet will cause discomfort in the lower back.

! WARNING: Do not lower the backrest to a position that causes the lower back to move away from the backrest.

When finished with the exercise, squeeze the latch release handle and raise the shoulder pads. Release the latch release handle and engage the latch into the adjustment bracket.



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.

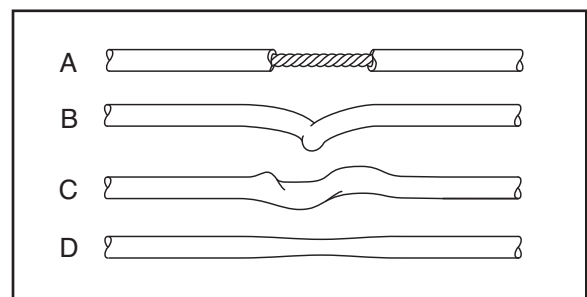
WEEKLY MAINTENANCE

Hardware

Check all nuts and bolts and tighten them as required. **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.

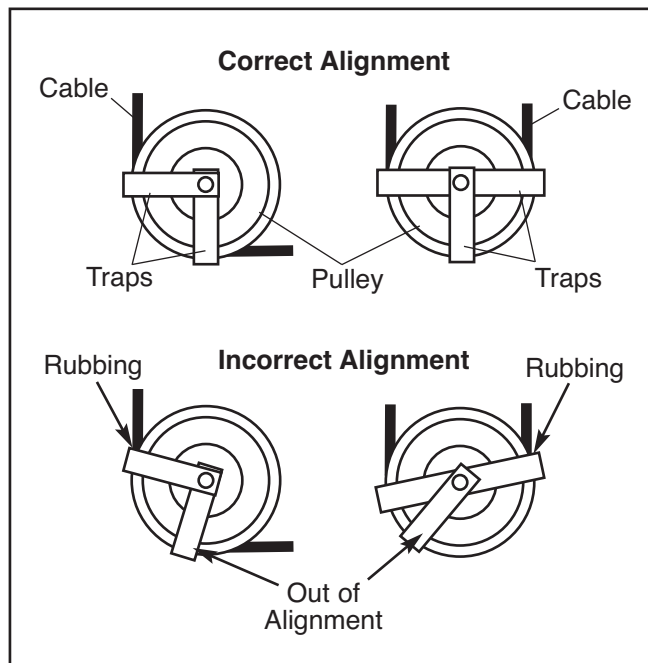
Cable

1. Check the cable for proper tension (see CABLE ADJUSTMENT on page 9).
2. Check the entire length of the cable by slowly performing one repetition on the strength equipment; inspect the cable that is exposed on the exterior of the strength equipment and the cable inside the tower. Run your fingers along the cable, paying close attention at the bends and attachment points. Watch for the following conditions, which may indicate a worn cable in need of replacement:
 - A. a torn or split cable sheath that exposes the cable
 - B. a kinked or severely bent cable
 - C. a curled or twisted sheath
 - D. a stretched cable sheath, showing a thinning cross-section



Cable Traps

Check the cable traps to ensure that they are not rubbing against the cable and that they are holding the cable in the grooves of the pulleys. If a cable trap is not correctly aligned, loosen the bolt slightly, readjust the cable trap as necessary, and retighten the bolt.



WEIGHT GUIDE LUBRICATION

Clean and lubricate the full length of each weight guide by wiping it with a soft cloth containing a light-weight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length of the weight guide. **Do not use TEFLON®-based lubricants.**

CABLE ADJUSTMENT

For the strength equipment to function correctly, the cable must be tensioned correctly. To check the tension of the cable, insert the weight pin into the weight carriage. Next, slowly raise and lower the weight carriage by performing one repetition. The weight carriage should come to rest just on top of the next weight when the repetition is completed.

If there is too much tension on the cable, the weight carriage will not rest on the next weight, and it may be difficult to insert the weight pin into the weights.

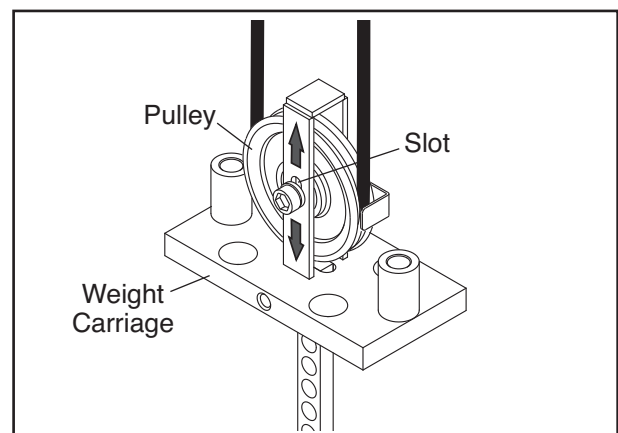
If there is not enough tension on the cable, the weight carriage will not be lifted immediately when the repetition is begun. Ideally, the cable should not move more than 1/2 in. (1.3 cm) from the resting position before the weight carriage is lifted.

If there is too much tension or not enough tension on the cable, adjust the cable as described in the following steps.

Weight Carriage Pulley Adjustment

Tools required: 5/16" hex key, 9/16" open-end wrench

1. Remove the access cover by pulling it free at the bottom and then sliding it upward until the two sets of tabs release.
2. Loosen the locknut attaching the pulley in the bracket on the weight carriage.

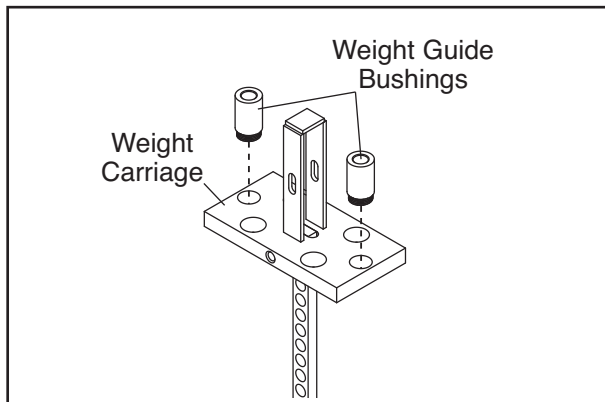


3. Move the pulley to the appropriate location in the bracket. If more slack is needed in the cable, move the pulley upward. If less slack is needed in the cable, move the pulley downward.
4. Make sure that the cable trap is properly oriented (see CABLE TRAPS at the left) and retighten the locknut attaching the pulley to the bracket.
5. Check the tension of the cable as described above. Readjust as necessary.
6. Slowly perform a repetition using a light load and have someone make sure that the cable is not derailed from a pulley or rubbing on a cable trap.
7. Replace the access cover.

WEIGHT STACK SERVICING

Servicing the weight stack involves replacing the bushings in the weight carriage. To order these parts, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

1. Remove the access cover by pulling it free at the bottom and then sliding it upward until the two sets of tabs release.
2. Loosen the top bolt or nuts on each weight guide. Remove the bolts or nuts and let the weight guides slide down to the floor.
3. To remove the weight carriage, first unbolt the pulley(s) to release the cable using a 5/16" hex key and a 9/16" open-end wrench.
4. Slide the weight carriage upward off the top of the weight guides. Note: Pull the weight guides toward the back of the equipment for increased clearance.
5. Unscrew and remove the two existing weight guide bushings from the weight carriage. Discard the weight guide bushings you just removed.



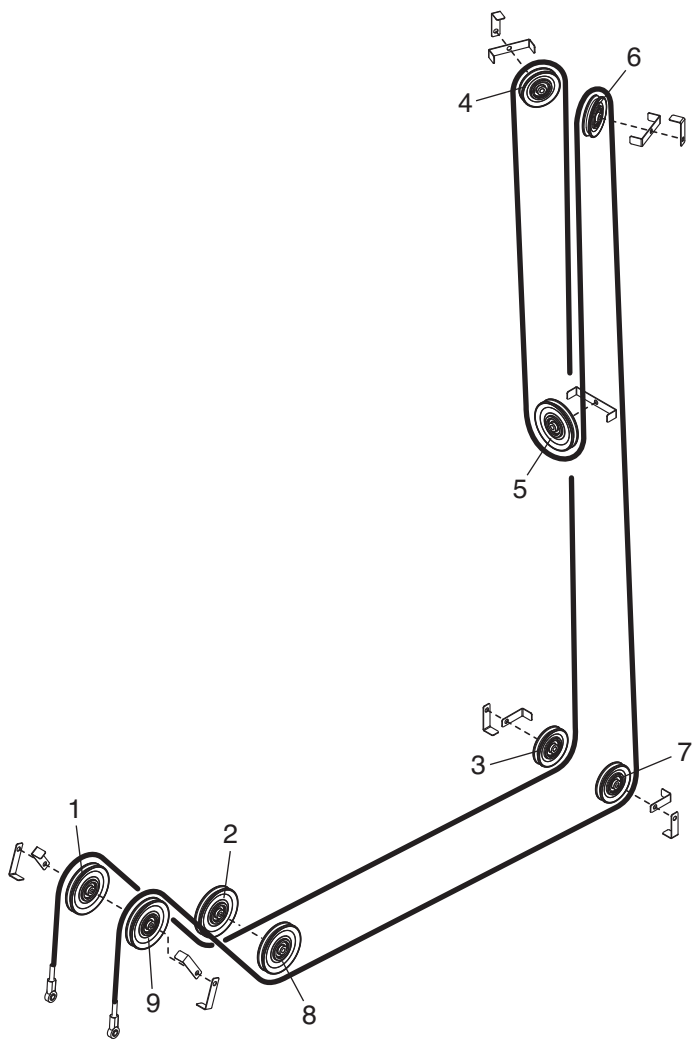
6. Tighten two new weight guide bushings into the weight carriage.

7. Clean and lubricate the weight guides by wiping them using a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length. See WEIGHT GUIDE LUBRICATION on page 9.
8. Replace the weight carriage on the weight guides. Reattach the pulley, cable, and cable traps.
9. Reattach the weight guides to the top of the tower.
10. Insert the weight pin into the weight carriage. Move the lift frame upward, lifting the weight carriage all the way to the top. Slowly return the lift frame to the resting position.

If the weight carriage sticks, loosen one of the weight guide bolts or nuts. Lift the weight carriage to the top again. Retighten the weight guide bolt or nuts. Check the full travel again and readjust the weight guides if necessary.
11. Slowly perform a repetition and have someone make sure that the cable is not derailed from a pulley or rubbing on a cable trap.
12. Replace the access cover.

CABLE DIAGRAM

The cable diagram shows the proper route of the cable. Use the diagram to make sure that the cable and the cable traps have been assembled correctly. If the cable has not been correctly routed, the strength equipment will not function properly and damage may occur. The numbers show the correct route of the cable. **Make sure that the cable traps do not touch or bind the cable.**



PART LIST—Model No. F610.0

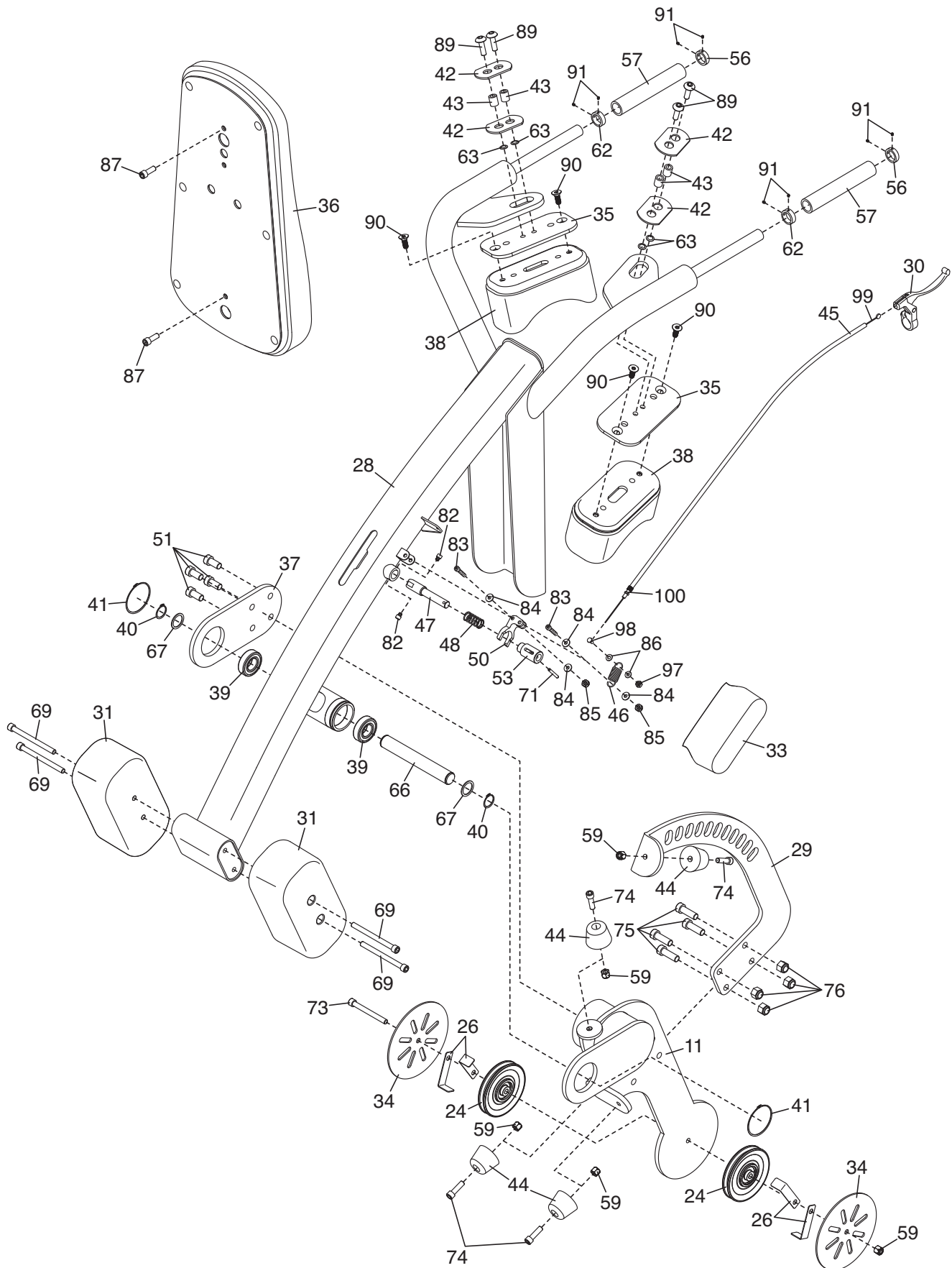
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower	52	6	3/8" x 1/2" Button Screw
2	1	Tower Cover	53	1	Latch Cylinder
3	1	Left Stabilizer	54	8	3/8" x 1" Socket Patch Screw
4	1	Right Stabilizer	55	2	3/8" x 3" Socket Bolt
5	1	Left Stabilizer Cover	56	2	Handle Cap
6	1	Right Stabilizer Cover	57	2	Handgrip
7	2	Stabilizer Cap	58	7	1/4" x 3/8" Button Screw
8	3	Foot	59	14	3/8" Locknut
9	1	Upper Cover	60	4	5/8" Jam Nut
10	1	Lower Cover	61	2	Frame Pulley Cover
11	1	Lift Bracket	62	2	Handle Bushing
12	1	Deck	63	8	3/8" Serrated Lock Washer
13	1	Rear Cover	64	4	5/8" Split Washer
14	1	Weight Carriage	65	2	Ball End
15	9	Small Weight Plate	66	1	Pivot Axle
16	15	Weight Plate	67	2	1" Washer
17	2	Weight Cushion	68	2	Small Double Trap
18	2	Weight Guide	69	4	3/8" x 4 1/2" Socket Screw
19	2	Weight Guide Bushing	70	1	Large Double Trap
20	1	Weight Pin	71	1	Roll Pin
21	1	Weight Bumper	72	1	3/8" x 2 1/4" Socket Bolt
22	6	Small Cable Trap	73	1	3/8" x 3 1/2" Socket Bolt
23	1	Frame Cover	74	8	3/8" x 1 1/4" Socket Bolt
24	5	Large Pulley	75	4	1/2" x 1 1/2" Socket Bolt
25	4	Small Pulley	76	4	1/2" Locknut
26	4	Large Cable Trap	77	2	5 1/2" Magnetic Tape
27	1	Frame	78	2	63" Magnetic Tape
28	1	Lift Frame	79	1	Hook Fastener Tape
29	1	Large Adjustment Bracket	80	1	Loop Fastener Tape
30	1	Latch Release Handle	81	1	Cable
31	2	Counterweight	82	2	1/4" x 1/4" Socket Screw
32	2	Weight Spacer	83	2	1/4" x 1 1/4" Socket Screw
33	1	Latch Cover	84	2	1/4" Nylon Washer
34	2	Lift Pulley Cover	85	3	1/4" Locknut
35	2	Pad Bracket	86	2	#10 Washer
36	1	Backrest	87	2	3/8" x 1" Socket Screw
37	1	Small Adjustment Bracket	88	3	3/8" x 2" Socket Screw
38	2	Shoulder Pad	89	4	3/8" x 1 1/4" Button Screw
39	2	Bearing	90	4	3/8" x 1" Flat Head Screw
40	2	Small Snap Ring	91	8	#10 x 1/8" Set Screw
41	2	Large Snap Ring	92	4	#8 x 1" Flat Head Screw
42	4	Pad Bushing	93	1	3/8" Jam Nut
43	4	Pad Spacer	94	2	Tower Guard
44	5	Bumper	95	1	3/8" x 3/4" Socket Screw
45	1	Latch Cable Housing	96	2	3/8" Cable Nut
46	1	Relief Spring	97	1	M5 Locknut
47	1	Latch	98	1	M5 Cable Bolt
48	1	Latch Spring	99	1	Latch Cable
49	4	#8 x 3/4" Screw	100	1	Adjustment Barrel
50	1	Latch Lever	*	—	Owner's Manual
51	8	1/2" x 1" Socket Screw	*	—	Assembly Tool

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.

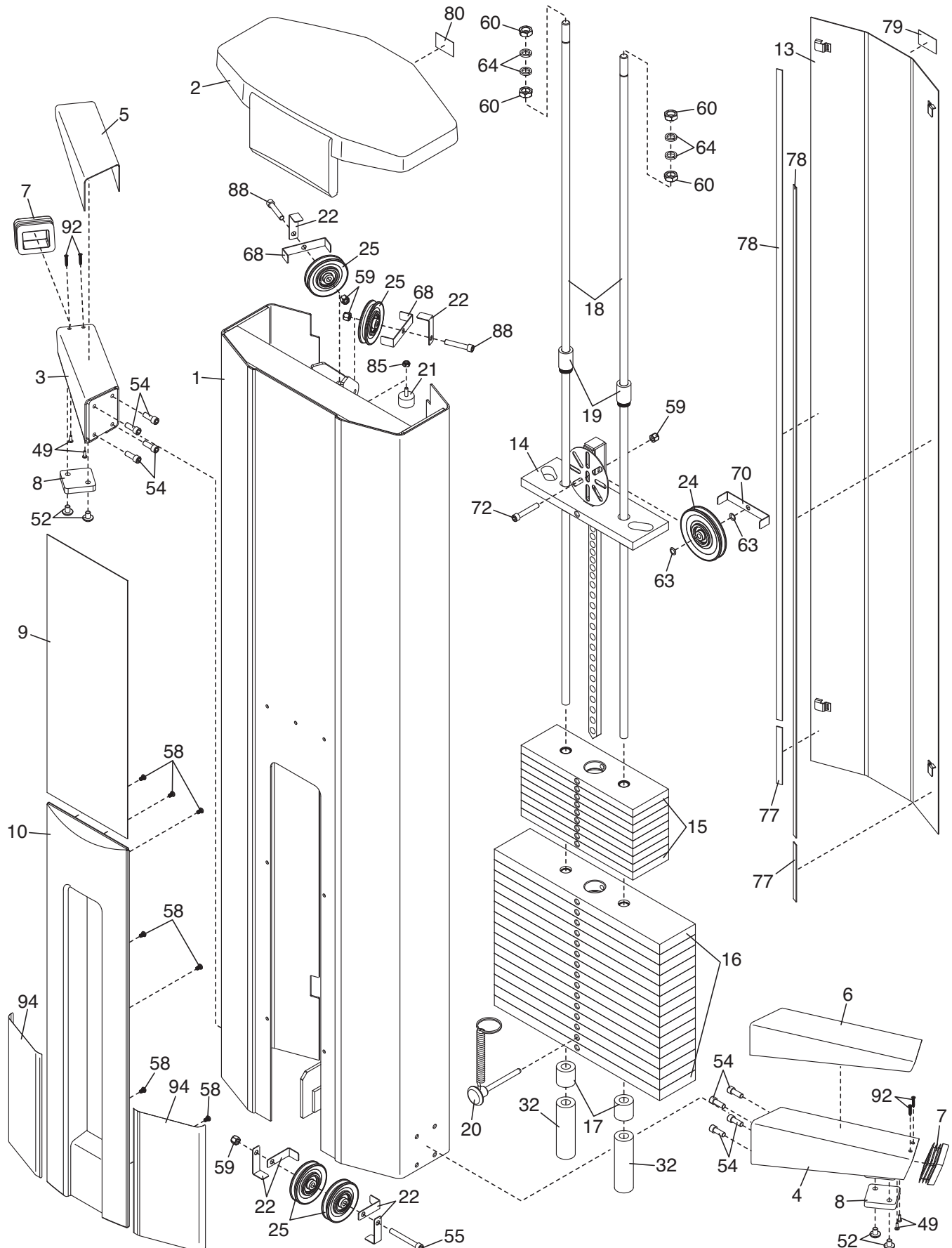
EXPLODED DRAWING A—Model No. F610.0

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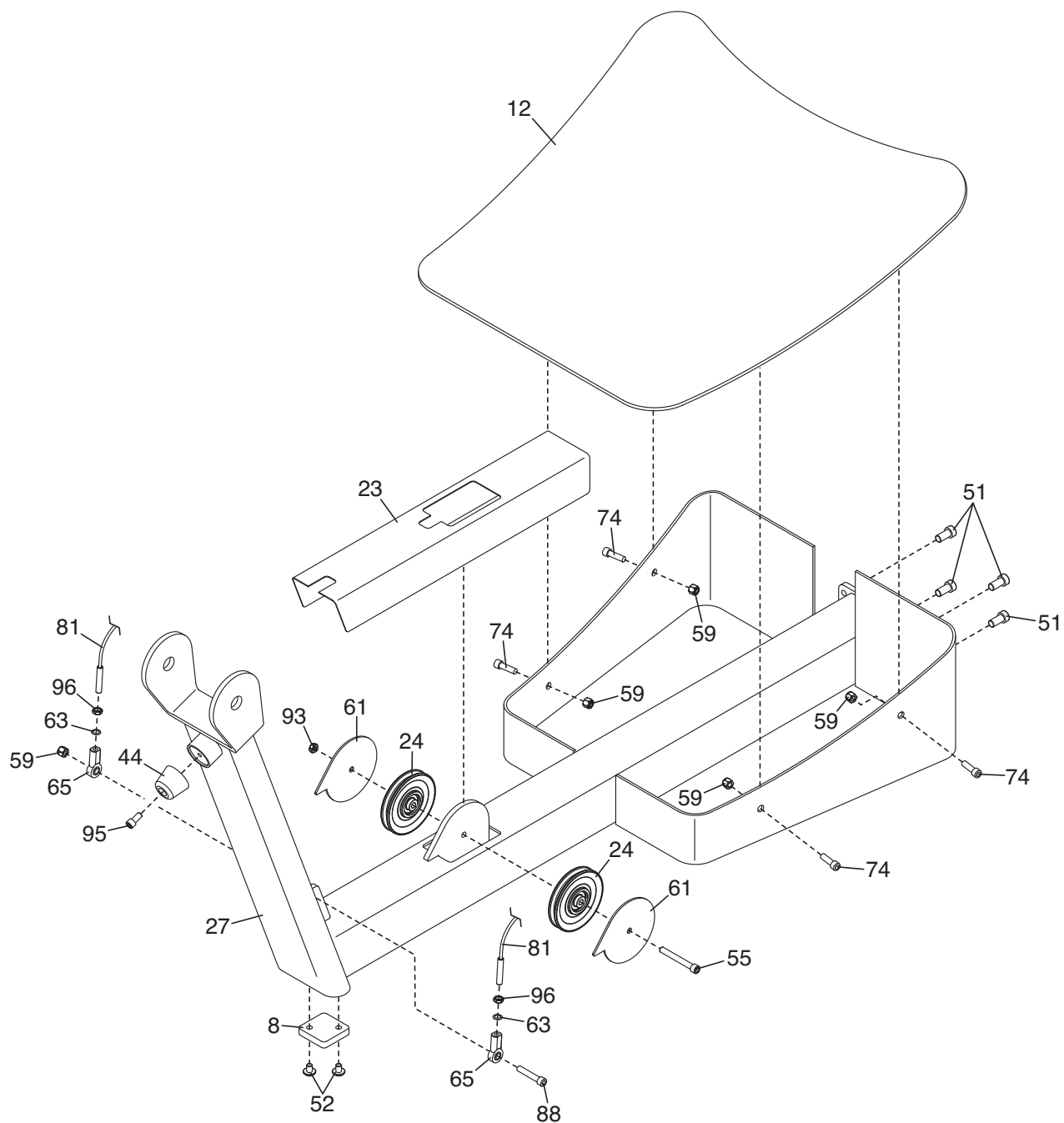
EXPLODED DRAWING B—Model No. F610.0

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EXPLODED DRAWING C—Model No. F610.0

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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 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