

FREEMOTION[®]

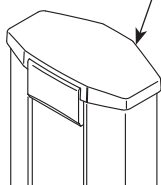
Squat

Model No. F610.1

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.

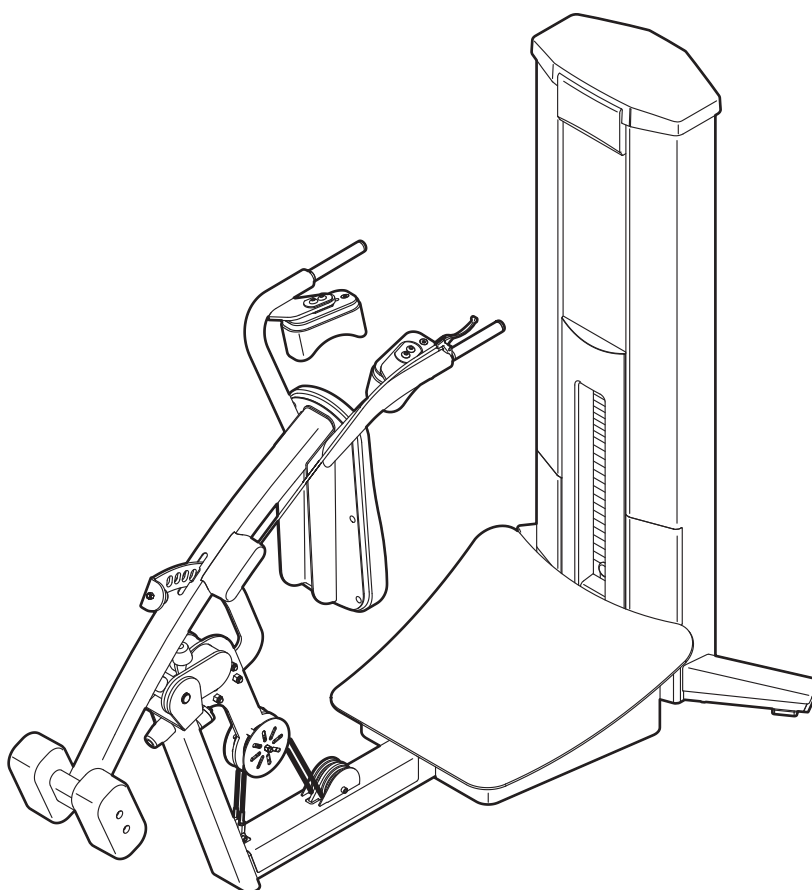


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FORMULA 409 is a registered trademark of The Clorox Company.
SIMPLE GREEN is a registered trademark of Sunshine Makers, Inc.
Teflon is a registered trademark of E. I. du Pont de Nemours and Company.
FREEMOTION is a registered trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

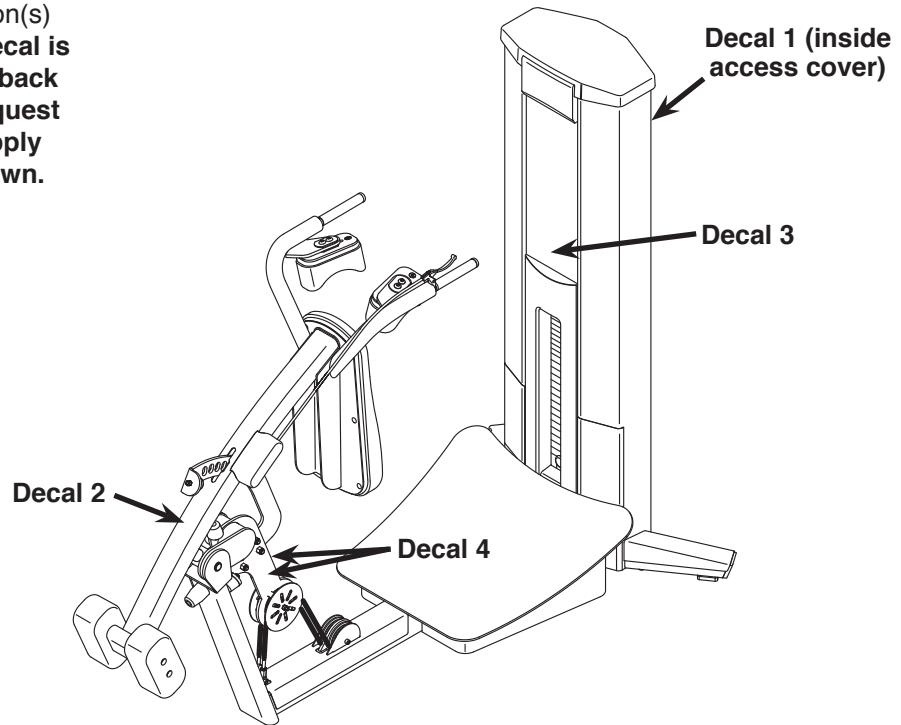
⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your strength equipment before using your strength equipment. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through 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.
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 (see page 5), anchor the strength equipment to the floor to provide maximum stability.
8. The strength equipment is designed to support a maximum user weight of 350 lbs. (159 kg).
9. Keep children under age 13 and pets away from the strength equipment at all times.
10. Always wear athletic shoes for foot protection while exercising.
11. 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.
12. Make sure the weight pin is completely inserted into one of the weight plates.
13. Make sure the handles are attached securely before each use of the strength equipment.
14. 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.
15. 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.
16. 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.

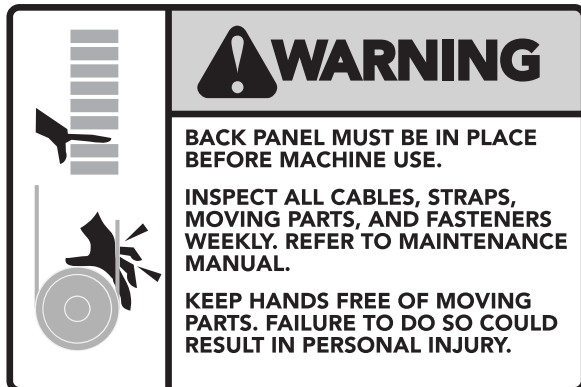
WARNING DECAL PLACEMENT

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.



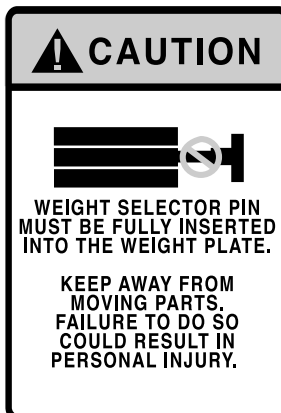
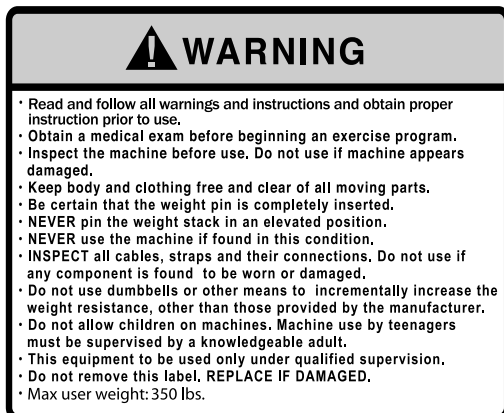
Decal 1



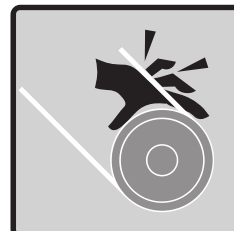
Decal 2



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



Decal 4



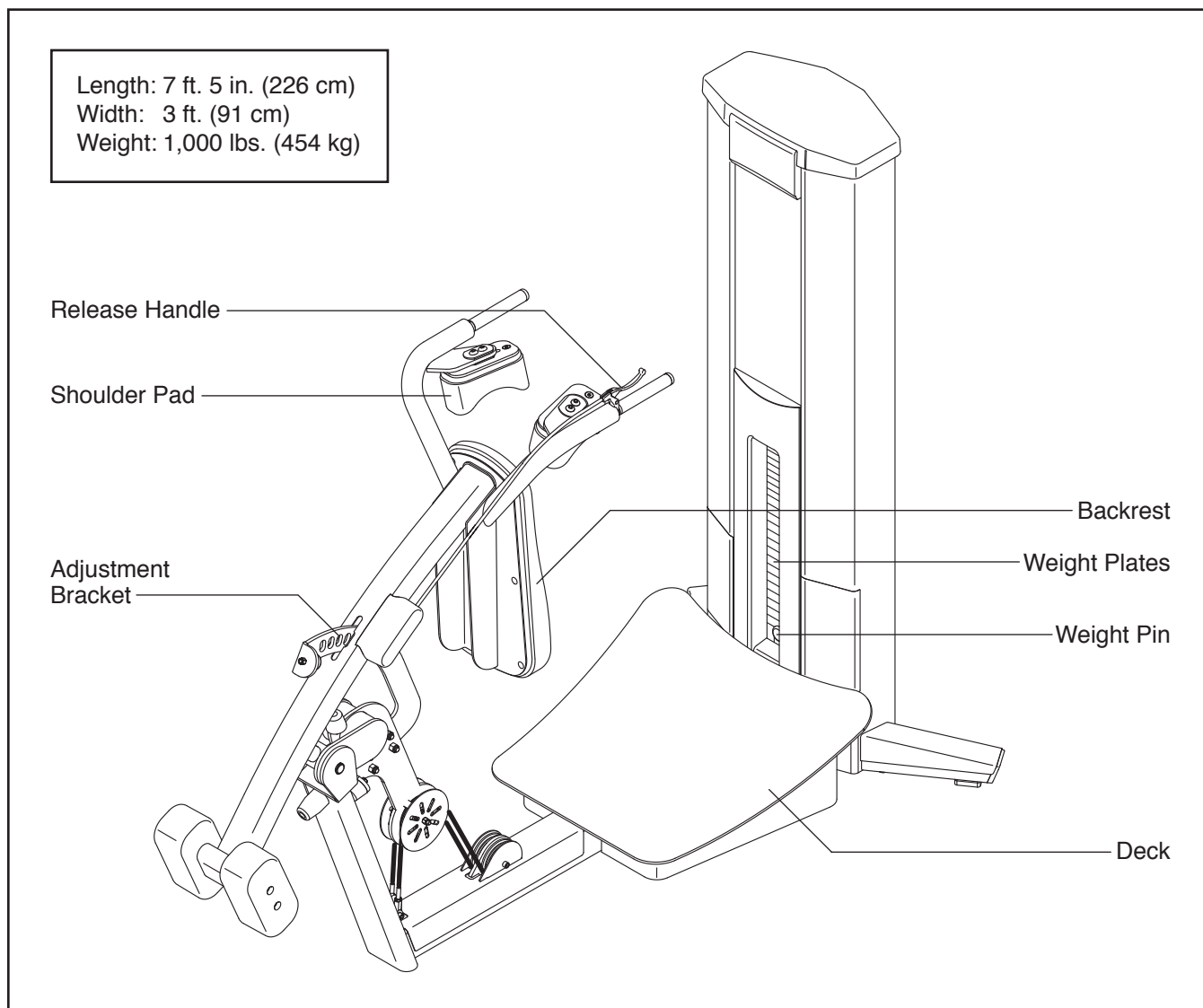
BEFORE YOU BEGIN

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.

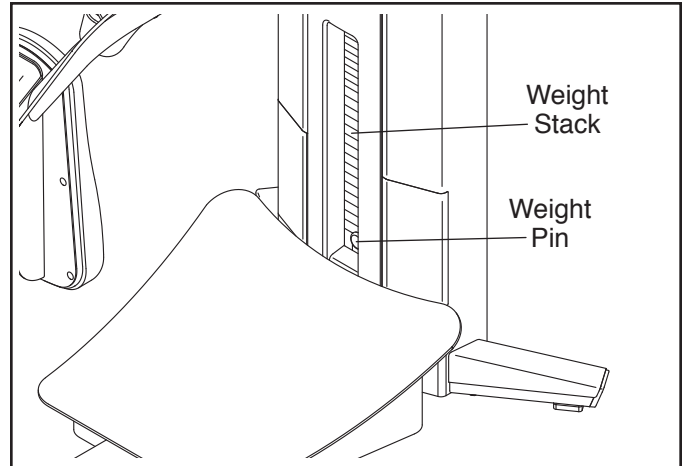


ADJUSTMENT

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 during your workout, pull the weight pin, slide the weight pin upward or downward to the desired weight plate, and then insert the weight pin into the hole in the weight plate; **make sure that the weight pin is fully inserted.**



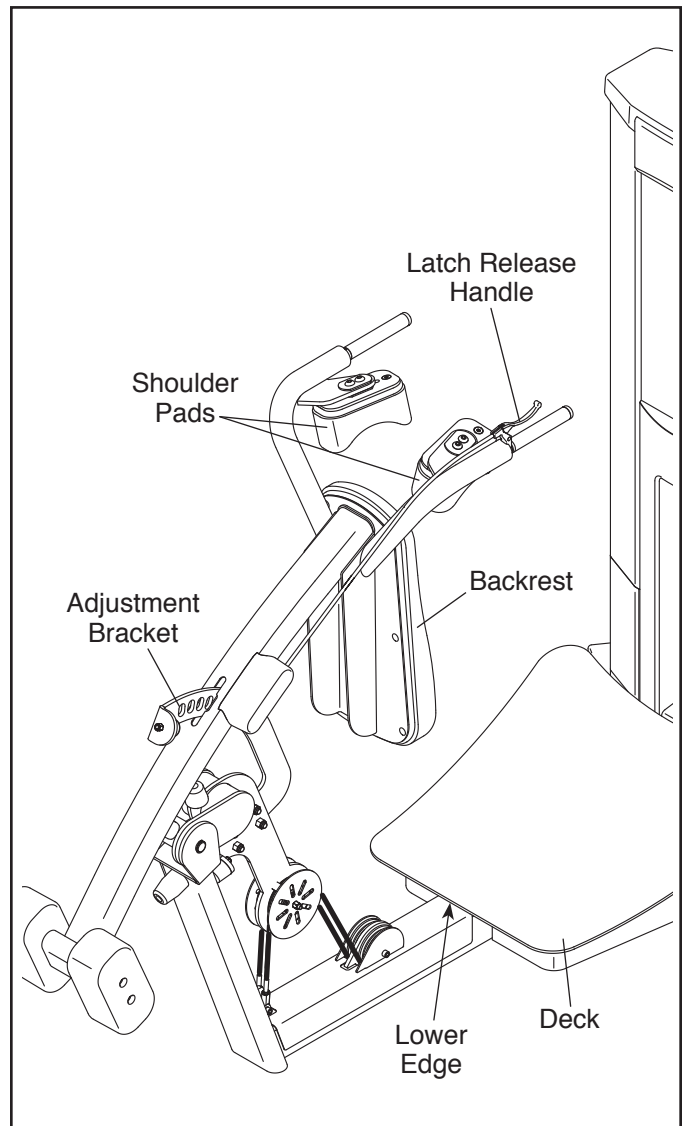
SETTING UP THE STRENGTH MACHINE

Stand on the deck with your back against the backrest. Lower 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. Do not lower the backrest to a position that causes the lower back to move away from the backrest.

When finished with the exercise, lower the shoulder pads until the weight stack is at rest, and then 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

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

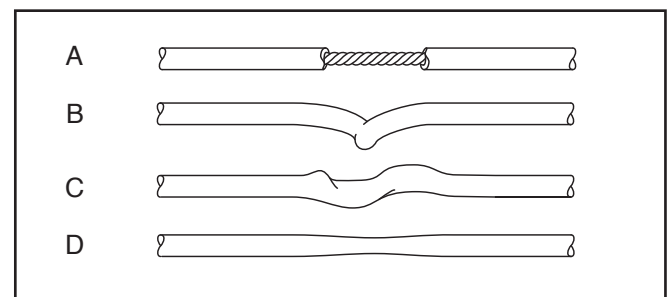
Check all nuts, bolts, and screws, and tighten them if necessary. Replace any worn parts immediately.

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.

Cable Inspection

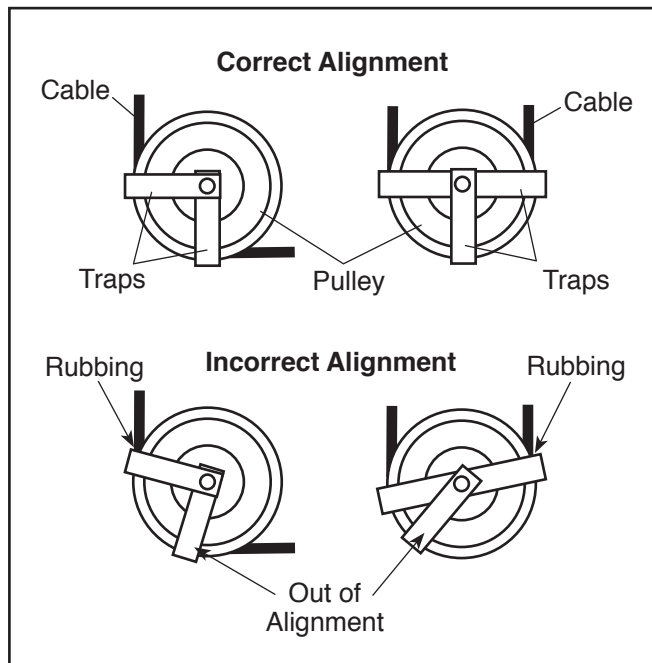
Check the entire length of each cable by slowly performing one repetition on the strength equipment. Inspect the cable on the exterior of the strength equipment and the cable on the interior. Run your fingers along the cable, paying close attention at the bends and attachment points. Watch for the following conditions, which may indicate a worn cable that should be replaced:

- A. a torn or split sheath that exposes the cable
- B. a kinked or severely bent cable
- C. a curled or twisted sheath
- D. a stretched sheath with 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 lightweight 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, first pull the weight pin and slide it to the bottom of the weight stack; **do not insert the weight pin into a weight plate**. Next, slowly raise and lower the weight carriage by performing one repetition. The weight carriage should come to rest just on top of the top weight plate when the repetition is completed.

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

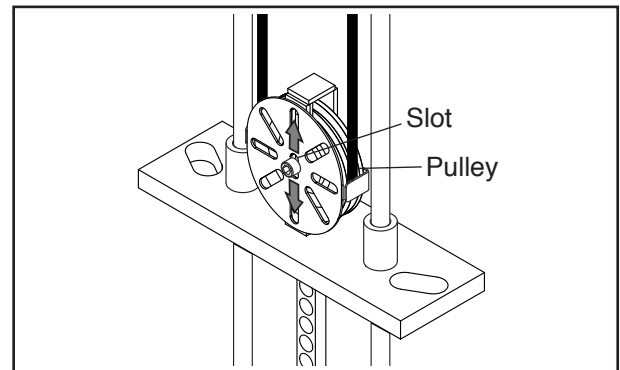
If there is not enough tension on the cable, the weight carriage will not be lifted immediately when the repetition is begun. Ideally, the cable should not move more than 1/2 in. (1.3 cm) from the resting position before the weight carriage is lifted.

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 to the bracket on the weight carriage.

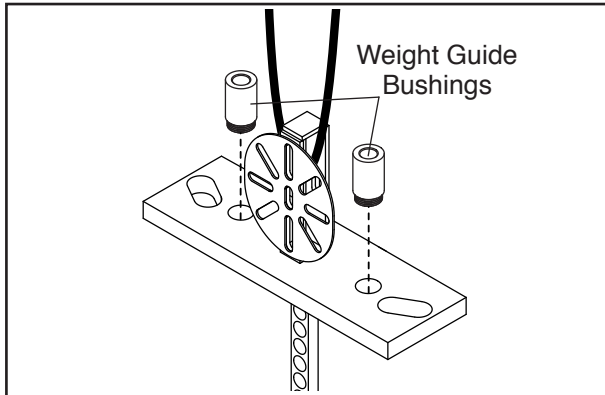


3. If more slack is needed in the cable, move the pulley upward. If less slack is needed, move the pulley downward.
4. Make sure that the cable trap is properly oriented (see CABLE TRAPS at the left), and retighten the locknut attaching the pulley to the bracket.
5. Check the tension of the cable as described above, and readjust it, if 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. Unbolt the pulley on the weight carriage using a 5/16" hex key and a 9/16" open-end wrench. This will make it easier to replace the weight guide bushings
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 existing weight guide bushings from the weight carriage. Discard the weight guide bushings you just removed.

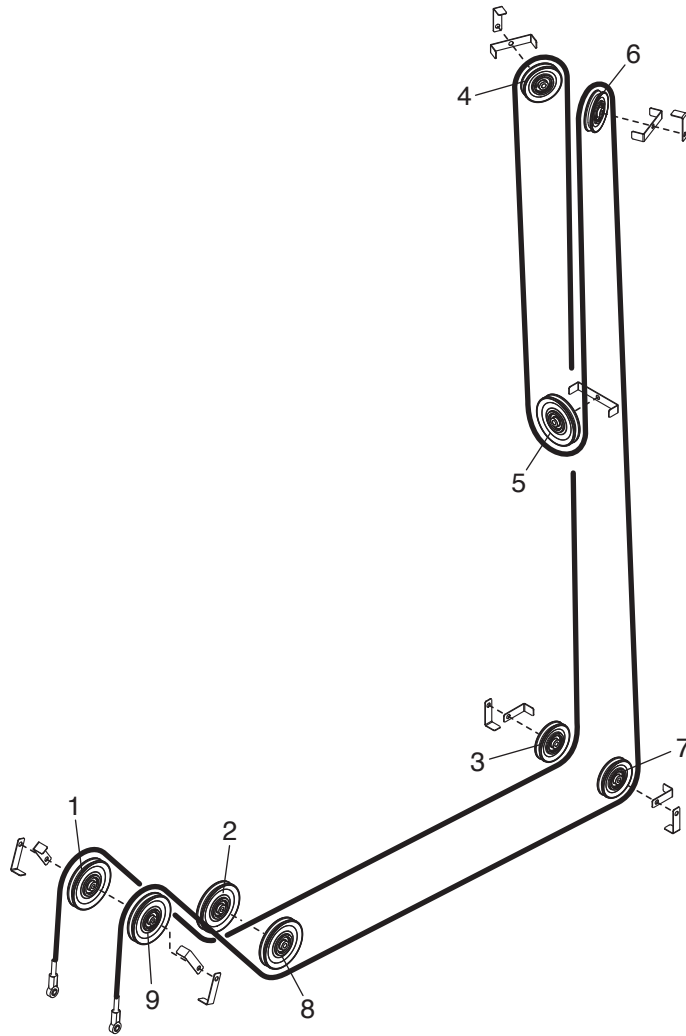


6. Tighten new weight guide bushings into the weight carriage.
7. Clean and lubricate the weight guides by wiping them using a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length. See WEIGHT GUIDE LUBRICATION on page 8.
8. Replace 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. Pull the weight pin and slide it to the bottom of the weight stack; **do not insert the weight pin into a weight plate**. Then, pull the handle, lifting the weight carriage all the way to the top. Slowly return the handle 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. F610.1 R0417A

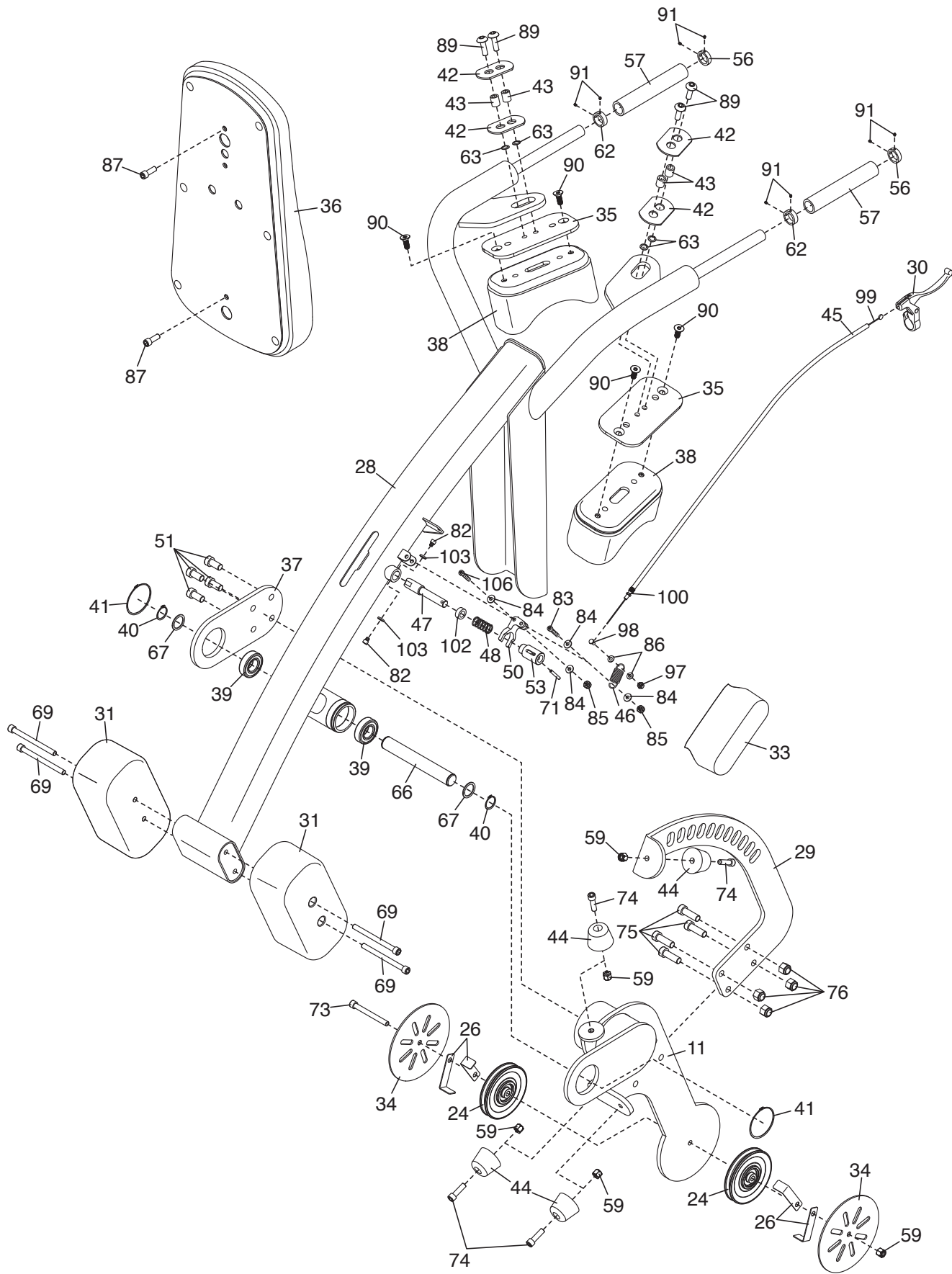
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower	51	8	1/2" x 1" Socket Screw
2	1	Tower Cover	52	6	3/8" x 1/2" Button Screw
3	1	Left Stabilizer	53	1	Latch Cylinder
4	1	Right Stabilizer	54	8	3/8" x 1" Socket Patch Screw
5	1	Left Stabilizer Cover	55	2	3/8" x 3" Socket Bolt
6	1	Right Stabilizer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

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	3/4" Washer	105	1	Large Bottom Weight Plate
102	1	Collar	106	1	1/4" x 1/2" Socket Screw
103	2	1/4" Split Washer	*	—	Owner's Manual
104	1	Small Top Weight Plate			

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.

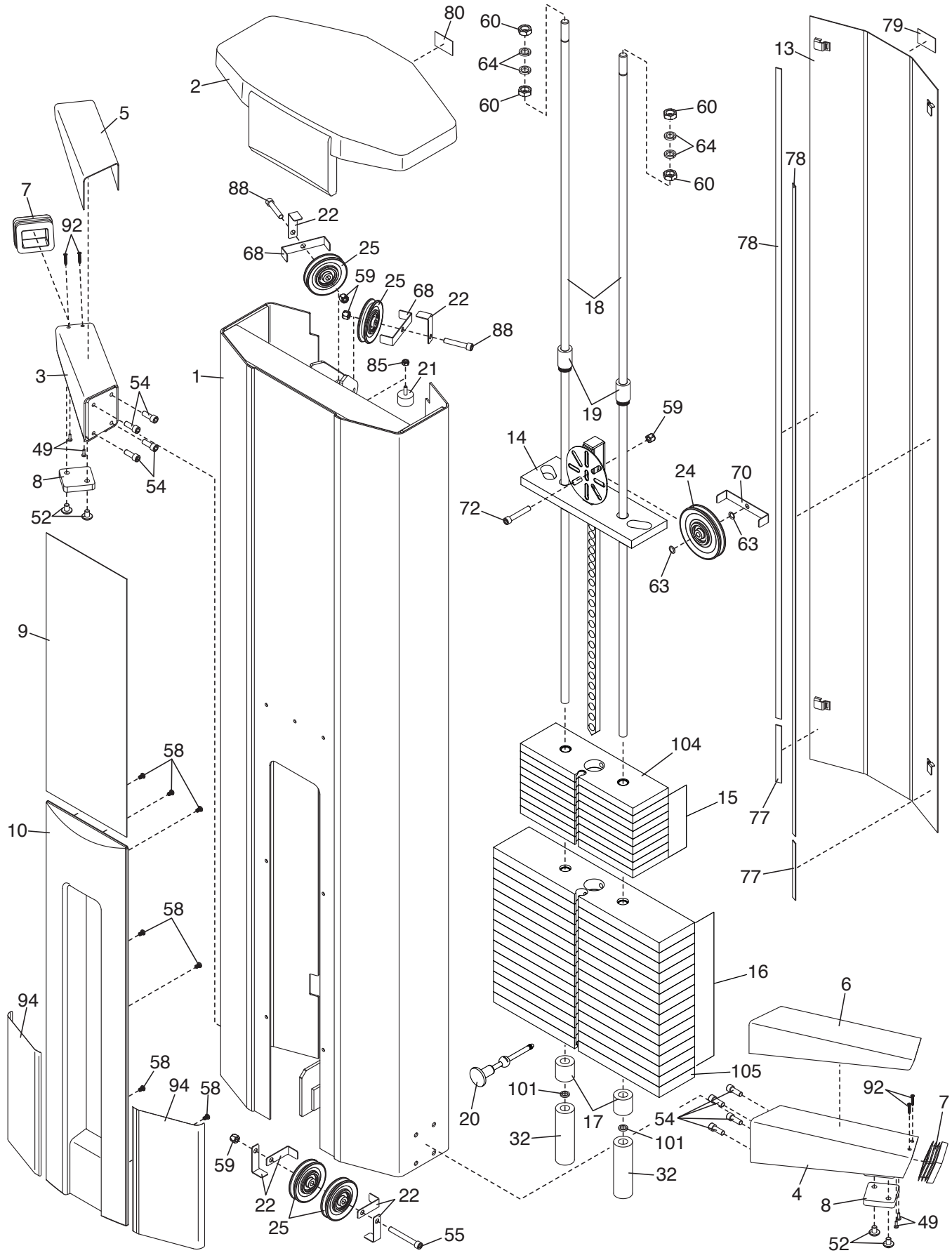
EXPLODED DRAWING A Model No. F610.1 R0417A

Model No. F610.1 R0417A



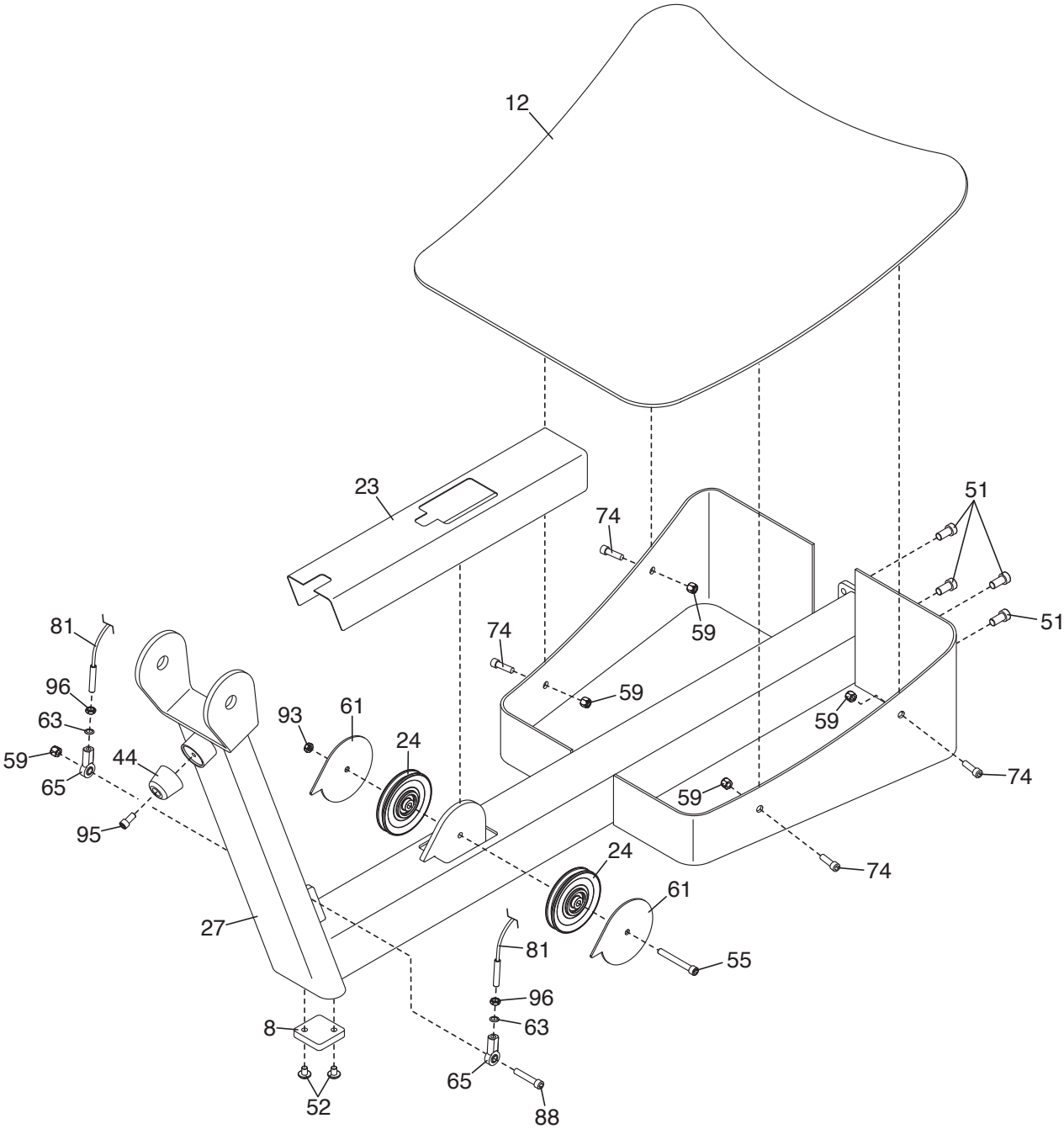
EXPLODED DRAWING B

Model No. F610.1 R0417A



EXPLODED DRAWING C

Model No. F610.1 R0417A



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.