

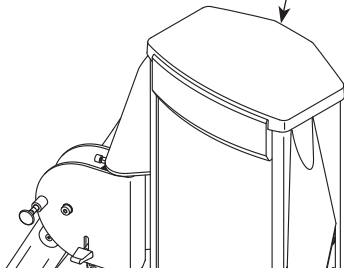
FREEMOTION[®] Dual Cable Cross

Model No. F630.0

Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal
(inside tower)



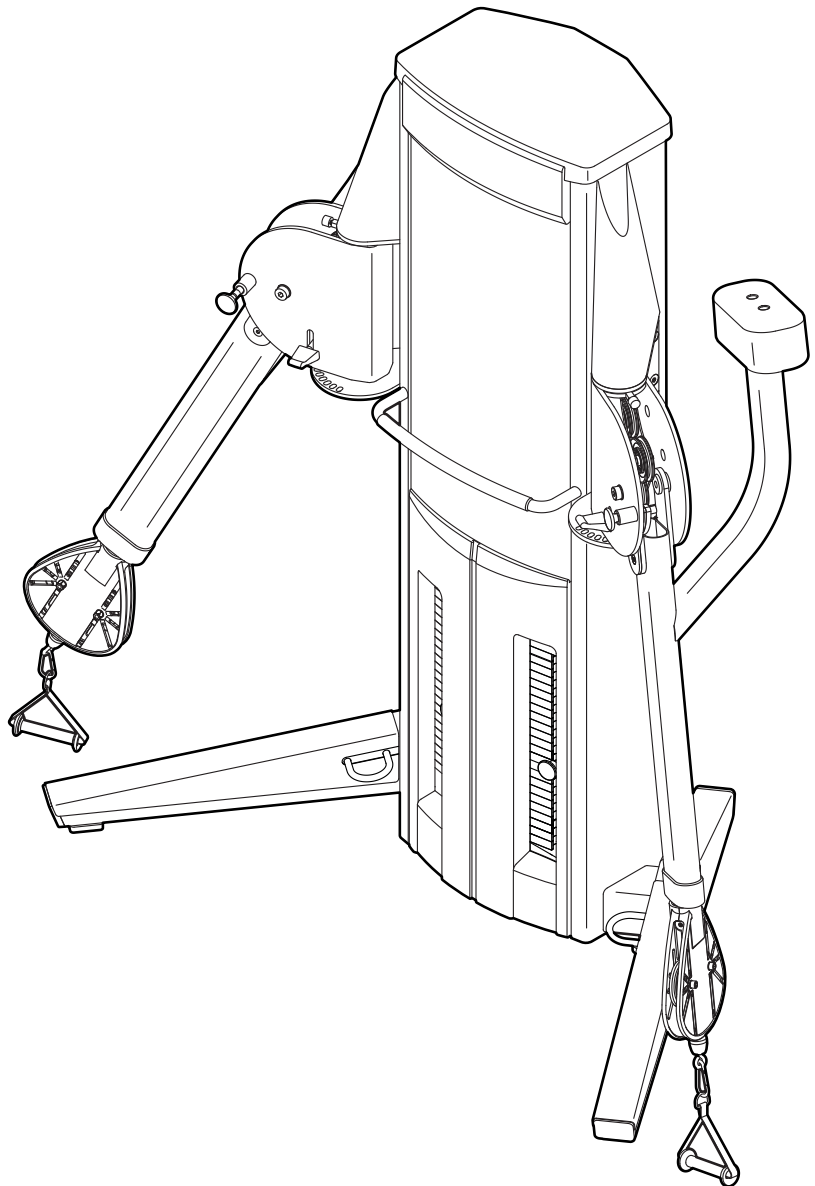
QUESTIONS?

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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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.

IMPORTANT PRECAUTIONS

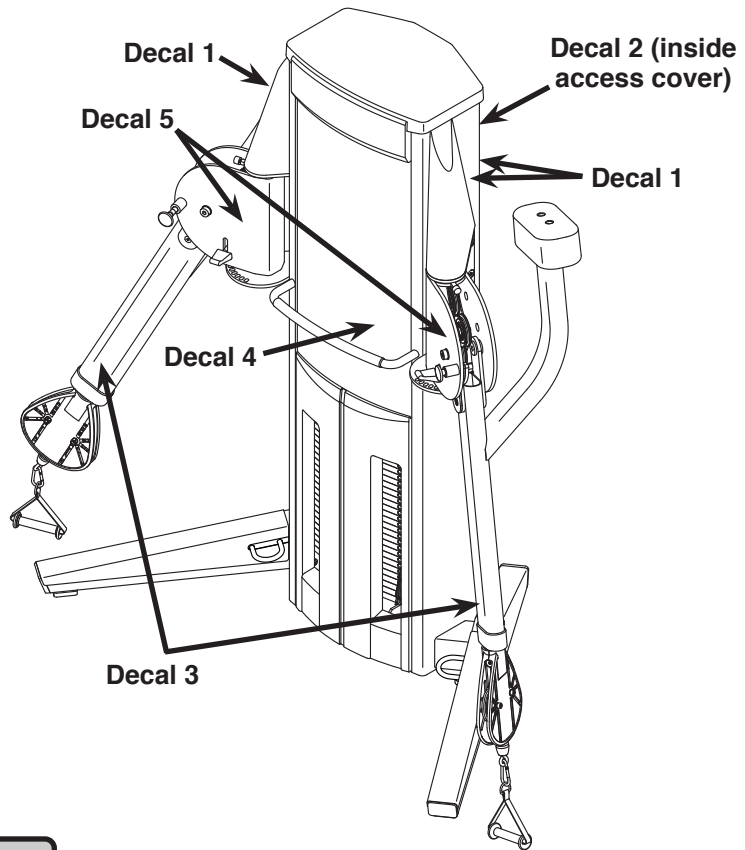
⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your strength equipment before using your strength equipment. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the purchaser's responsibility to ensure that there is enough space around the strength equipment for the intended exercise. Do not crowd the strength equipment.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the strength equipment only as described in this manual.
4. Using the anchor holes, anchor the strength equipment to the floor to provide maximum stability.
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 13 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 cables remain 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, 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.

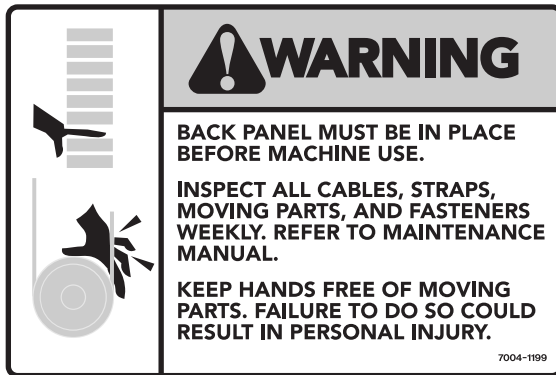
Note: The decal(s) may not be shown at actual size.



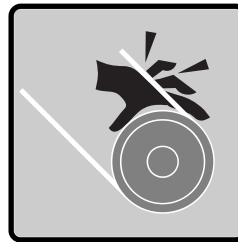
Decal 1



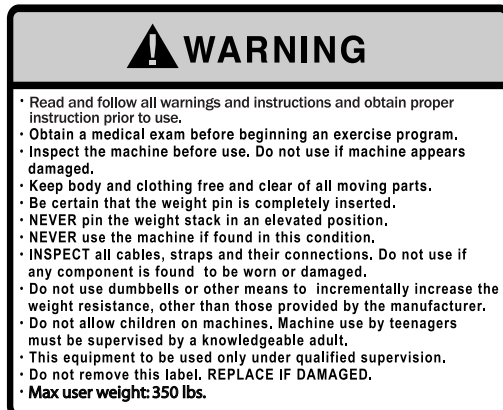
Decal 2



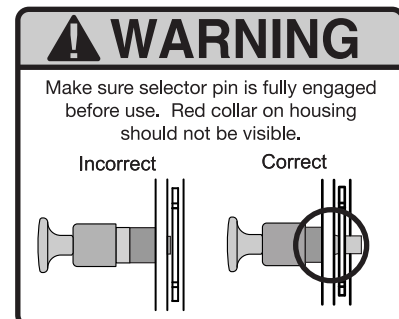
Decal 3



Decal 4



Decal 5



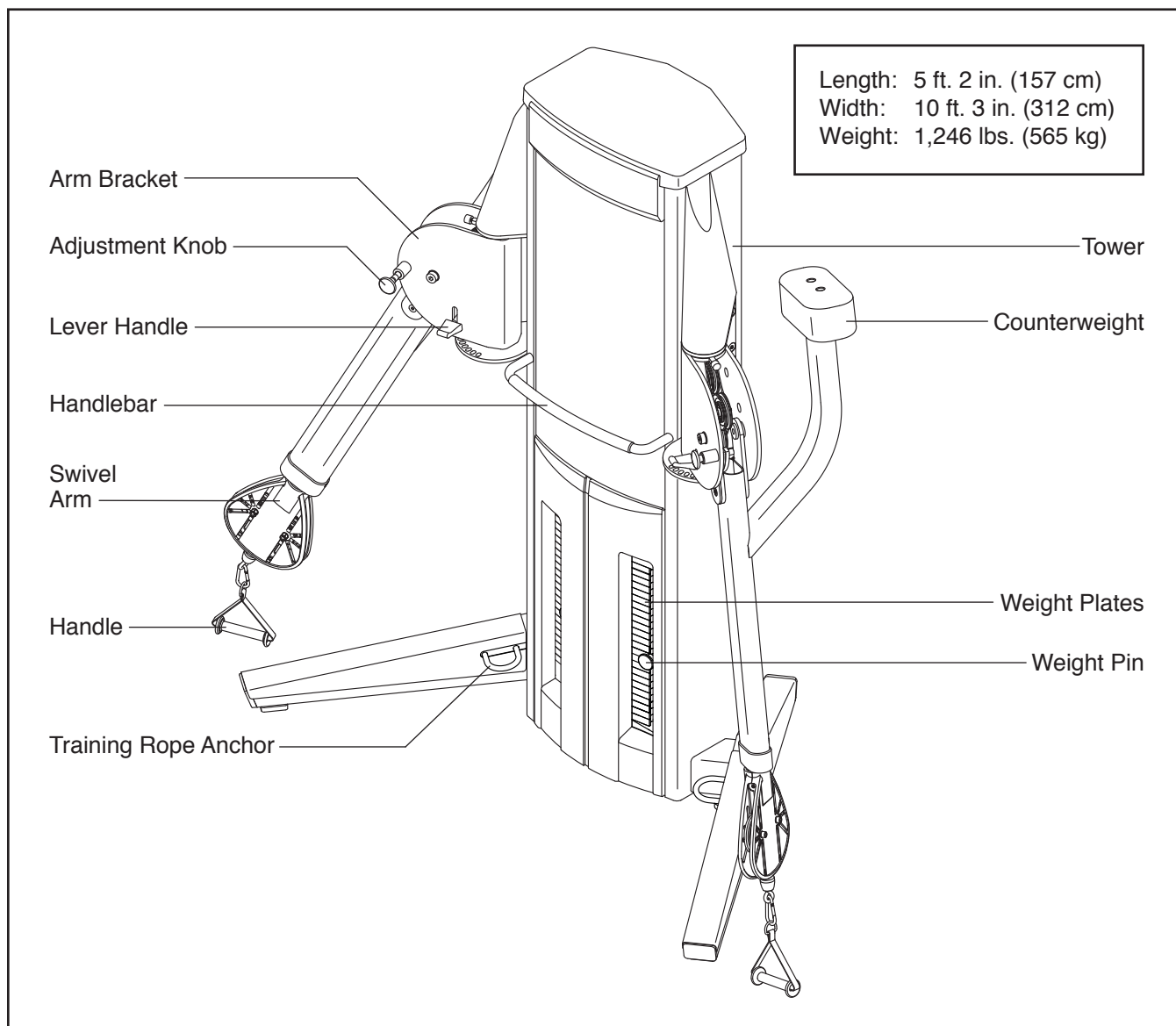
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® DUAL CABLE CROSS 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 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.



ADJUSTMENTS

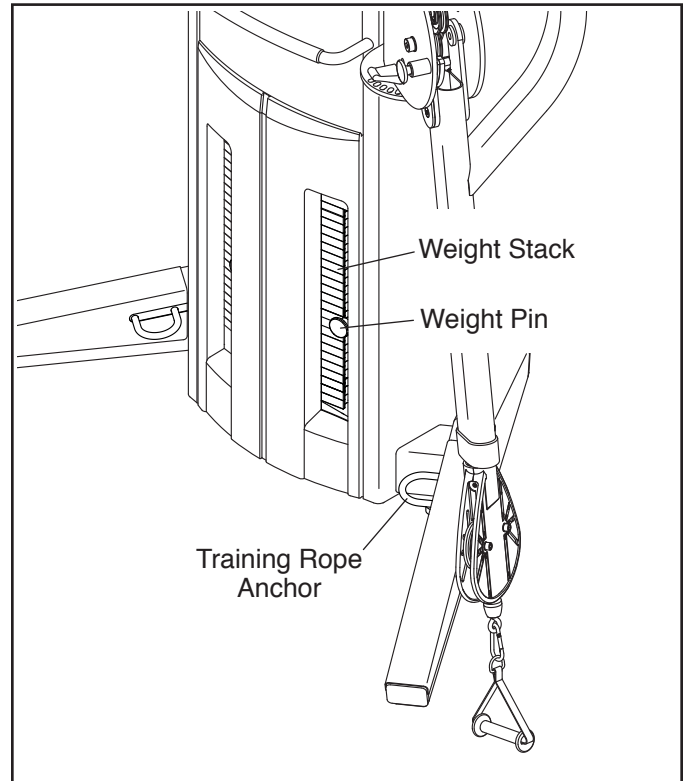
This section explains how to adjust the strength equipment. Make sure all parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately.

ADJUSTING THE RESISTANCE

To change the amount of resistance during your workout, pull a 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.**

ATTACHING TRAINING ROPES

If desired, attach training ropes (not included) to the anchors on the stabilizers.

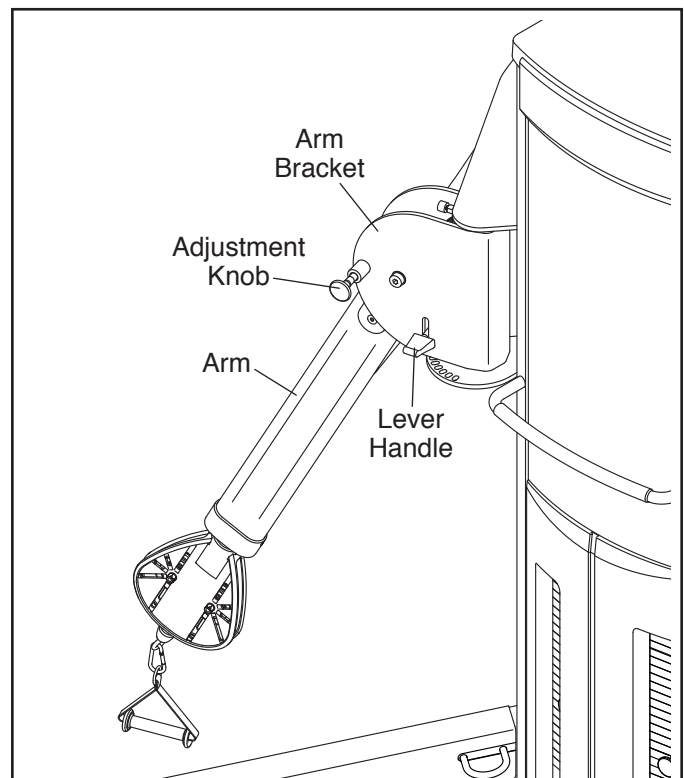


ADJUSTING THE ARMS

To change the position of an arm, pull the adjustment knob outward and move the arm to the desired position. Engage the knob into the arm bracket. **Make sure that the collar on the adjustment knob is not visible.**

ADJUSTING THE ARM BRACKETS

To change the position of an arm bracket, press the lever handle to disengage the selector pin (not shown) and move the arm bracket to the desired position. Release the lever handle and engage the selector pin into the arm 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.

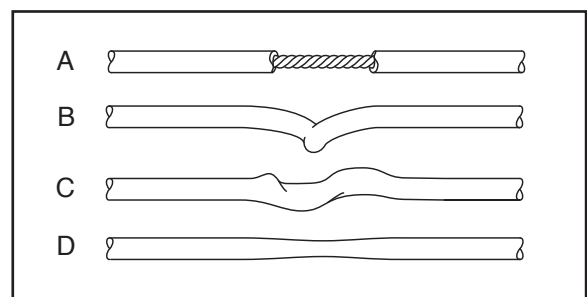
WEEKLY MAINTENANCE

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.

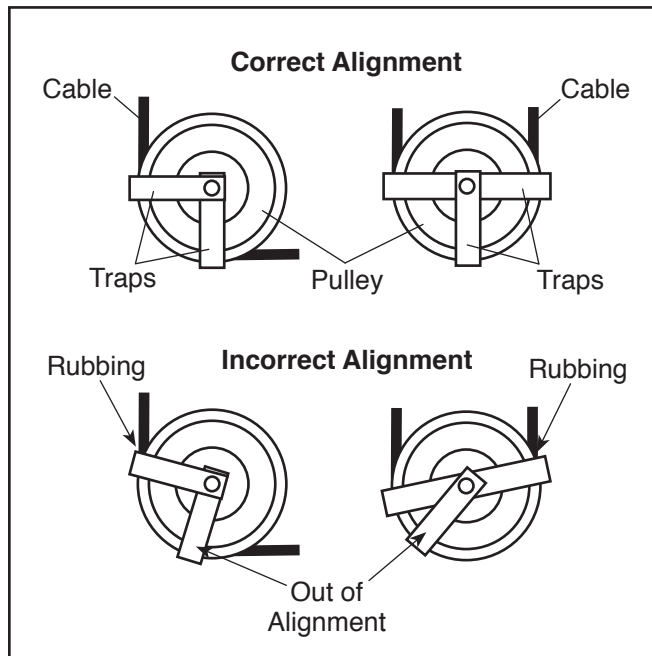
Cables

1. Check each cable for proper tension (see CABLE ADJUSTMENT on page 8).
2. Check the entire length of each 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 cables and that they are holding the cables 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 cables must be tensioned correctly. To check the tension of each 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 cables, 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.

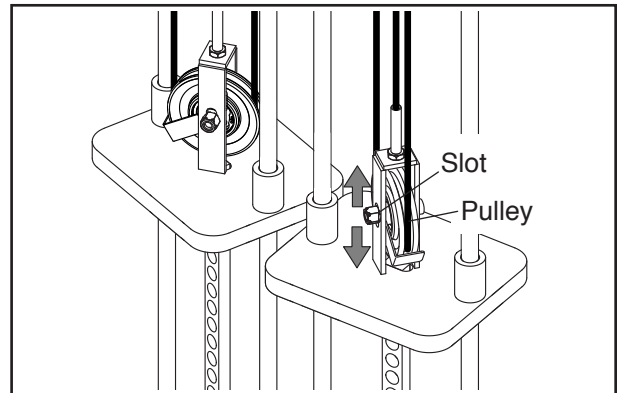
If there is not enough tension on the cables, the weight carriage will not be lifted immediately when the repetition is begun. Ideally, the cables should not move more than 1/2 in. (1.3 cm) from the resting position before the weight carriage is lifted.

If there is too much tension or not enough tension on a 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 desired 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 traps are properly oriented (see CABLE TRAPS at the left), and retighten the locknut attaching the pulley in 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.

ADDITIONAL ADJUSTMENTS

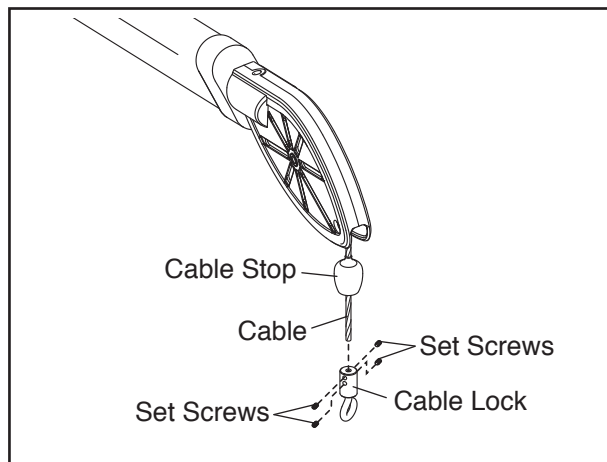
Handle End Adjustment

Tools required: 1/8" hex key, cable cutters, torque wrench, utility knife

Note: Make this adjustment only if the pulley in a weight carriage has been fully adjusted to the bottom of the slot in the bracket and the cable requires more tension.

Note: This adjustment is only for increasing the cable tension, because it requires shortening the cable. Only one end of the cable should be shortened.

1. To create slack in the cable, pull the weight pin, pull either handle out six to eight inches, and then insert the weight pin into the third weight plate and into the tube on the bottom of the weight carriage.
2. Push the black rubber cable stop off the aluminum cable lock and slide the cable stop upward a few inches.

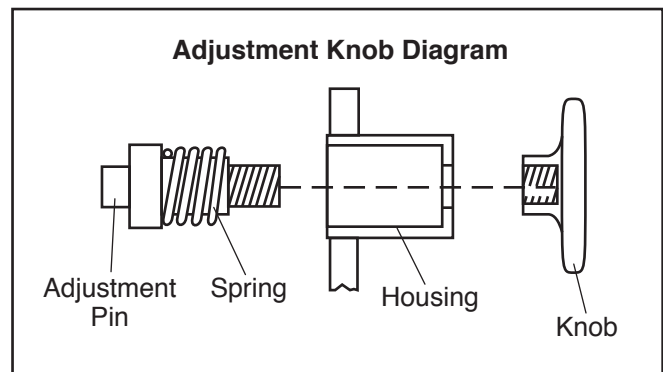


3. Loosen the four set screws in the cable lock and pull the cable free.

4. Cut off one inch of the cable end using cable cutters. **Note: Using any other tool may flatten or disrupt the end strands so that it may be difficult to reinsert the cable into the hole of the cable lock.**
5. Cut off one inch of the black cable sheath from the end of the cable.
6. Reinsert the cable and the sheath into the cable lock so that all of the bare cable is in the hole.
7. Retighten the four set screws into the threaded holes. Tighten the set screws equally until they contact the cable. Then, tighten each screw alternately 1/4 turn, until all are set to 85 inch/pounds (9.6 Newton-meters).
8. Slide the rubber cable stop over the cable lock, remove the weight pin, and lower the handle.
9. Check for proper tension on the cable as described in CABLE ADJUSTMENT, on page 8.

Adjustment Knob

If an adjustment knob sticks, it will need to be relubricated. Disassemble the knob and apply a light coating of lithium grease. Reassemble the knob as shown in the diagram.

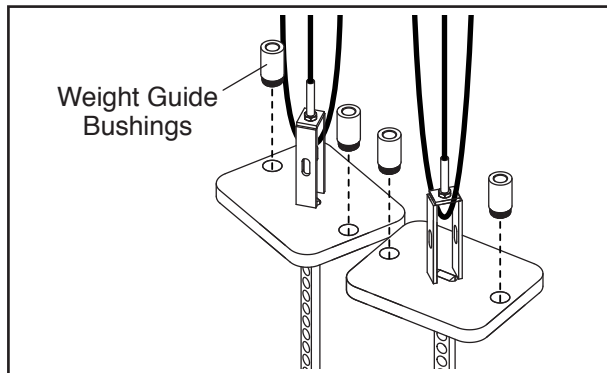


If the adjustment knob still does not function properly, the spring may need to be replaced. To order a new spring, see the back cover of this manual.

WEIGHT STACK SERVICING

Servicing a 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 tops 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 that you just removed.

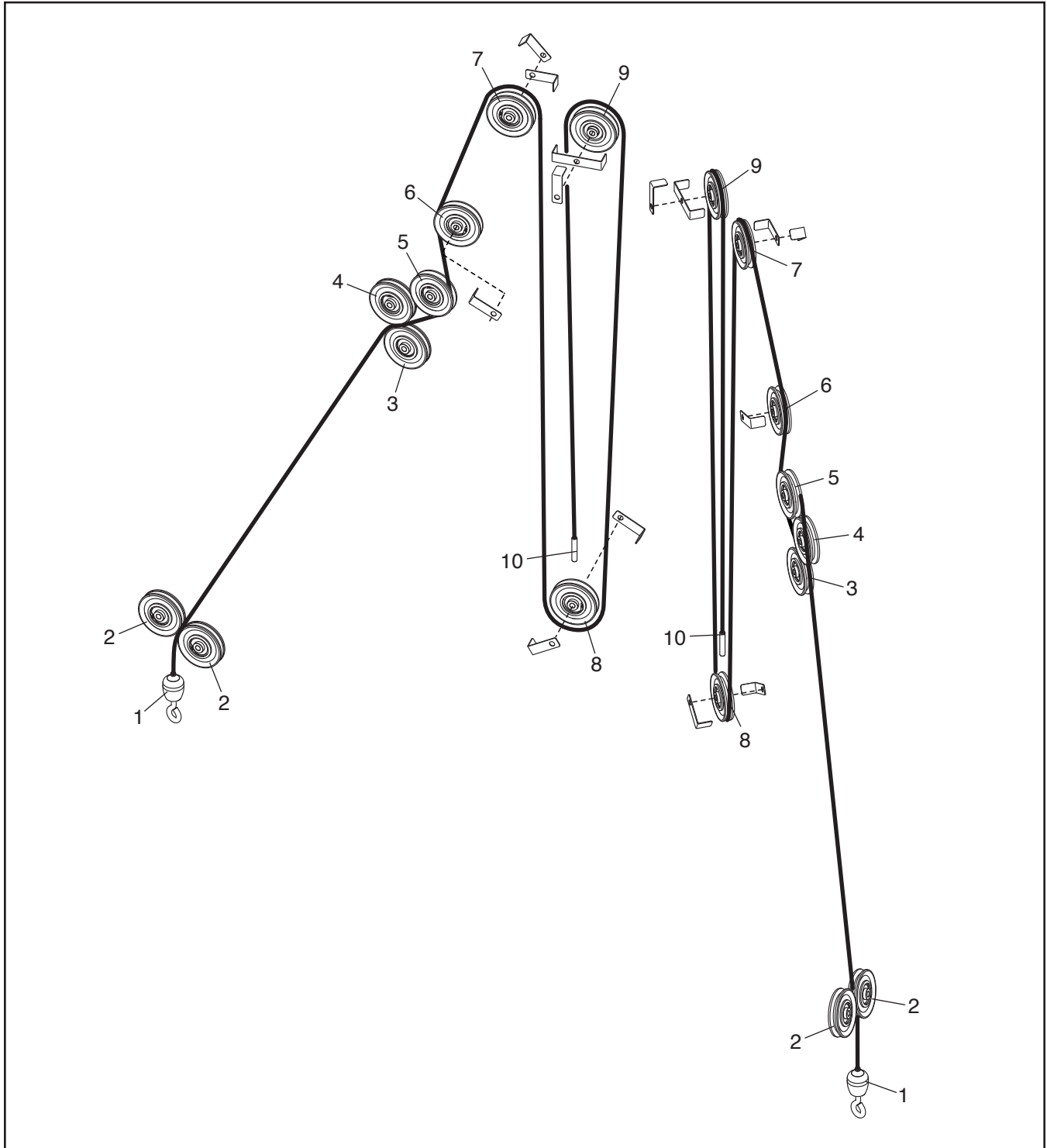


6. Tighten new weight guide bushings into the weight carriage.
7. Clean and lubricate the weight guides by wiping them using a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length. See WEIGHT GUIDE LUBRICATION on page 8.
8. Replace 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 correct routes of the cables. Use the diagram to make sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the strength equipment will not function properly and damage may occur. The numbers show the correct routes of the cables. **Make sure that the cable traps do not touch or bind the cables.**



PART LIST

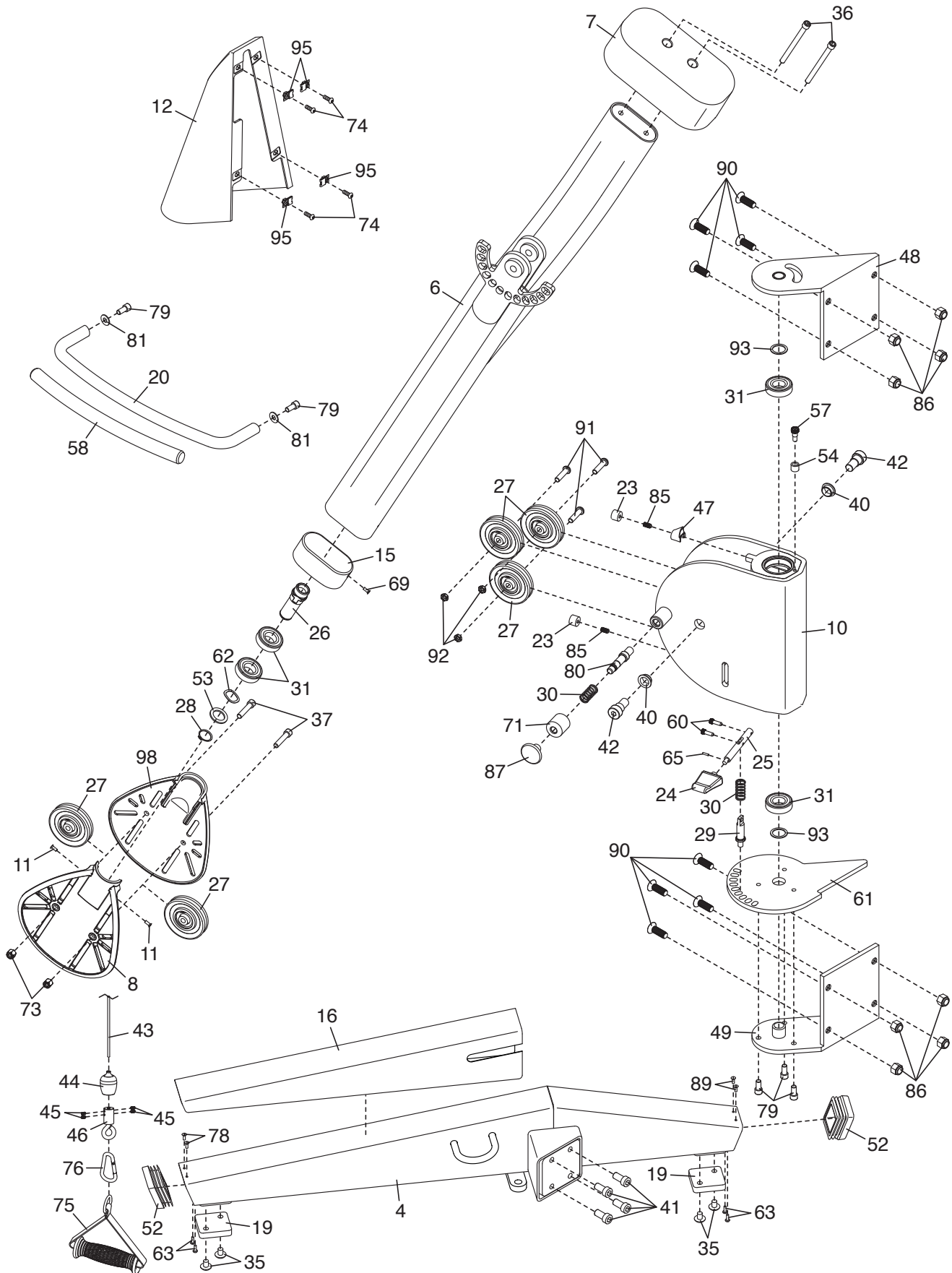
Model No. F630.0 R1116A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower	52	4	Stabilizer Cap
2	1	Rear Cover	53	2	1" Steel Washer
3	1	Right Stabilizer	54	2	Locator
4	1	Left Stabilizer	55	1	Tower Cover
5	1	Right Arm	56	9	1/4" x 3/8" Button Screw
6	1	Left Arm	57	2	3/8" x 1/2" Shoulder Screw
7	2	Counterweight	58	1	Handlebar Cover
8	2	Pulley Paddle A	59	4	5/16" x 5/8" Socket Screw
9	1	Right Arm Bracket	60	4	1/4" x 3/4" Socket Screw
10	1	Left Arm Bracket	61	2	Horizontal Adjustment Bracket
11	4	#10 x 1/2" Flat Head Screw	62	2	1" Wave Washer
12	1	Left Cable Cover	63	8	Stabilizer Cap Screw
13	42	Weight Plate	64	1	Right Cable Cover
14	1	Left Weight Carriage	65	2	Roller Pin
15	2	Arm Cover	66	2	Long Magnetic Tape
16	1	Left Stabilizer Cover	67	2	Short Magnetic Tape
17	1	Right Weight Carriage	68	4	Weight Guide Bushing
18	1	Lower Cover	69	2	#10 x 1/2" Screw
19	4	Foot	70	4	3/8" Jam Nut
20	1	Handlebar	71	2	Pop Pin Cover
21	4	Weight Guide	72	12	Cable Trap
22	4	Weight Cushion	73	16	3/8" Locknut
23	8	Bumper	74	8	1/4" x 5/8" Button Screw
24	2	Lever Handle	75	2	Handle
25	2	Lever	76	2	Cable Clip
26	2	Trunnion	77	1	Ankle Strap
27	18	Pulley	78	4	#8 x 1" Flat Head Screw
28	2	Retainer Ring	79	8	3/8" x 3/4" Socket Screw
29	2	Selector Pin	80	2	Pop Pin
30	4	Spring	81	2	5/16" Washer
31	8	Pivot Pulley Bearing	82	8	5/8" Lock Washer
32	2	3/8" x 2 1/4" Bolt	83	2	Cover Spacer
33	4	Serrated Washer	84	8	5/8" Jam Nut
34	2	Weight Pin	85	4	5/16" x 5/8" Set Screw
35	8	3/8" x 1/2" Button Screw	86	16	1/2" Locknut
36	4	3/8" x 4 1/2" Socket Screw	87	2	Knob
37	4	3/8" x 1 3/4" Bolt	88	4	3/8" x 1" Bolt
38	6	3/8" x 2" Bolt	89	4	#8 x 1" Pan Head Screw
39	2	Pulley Bracket	90	16	1/2" x 1 1/2" Socket Flat Head Bolt
40	4	3/4" Bushing	91	6	3/8" x 1 1/2" Button Bolt
41	8	1/2" x 1" Socket Screw	92	6	3/8" Pinch Nut
42	4	3/4" x 1/2" Shoulder Bolt	93	4	1" Nylon Washer
43	2	Cable	94	2	Double Cable Trap
44	2	Cable Stop	95	8	1/4" Clip Nut
45	8	1/4" x 3/8" Set Screw	96	1	Hook Fastener
46	2	Cable Lock	97	1	Loop Fastener
47	2	Indicator	98	2	Pulley Paddle B
48	1	Upper Left Pivot Plate	99	4	End Weight Plate
49	1	Lower Left Pivot Plate	100	1	Right Stabilizer Cover
50	1	Upper Right Pivot Plate	*	—	Owner's Manual
51	1	Lower Right Pivot 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.

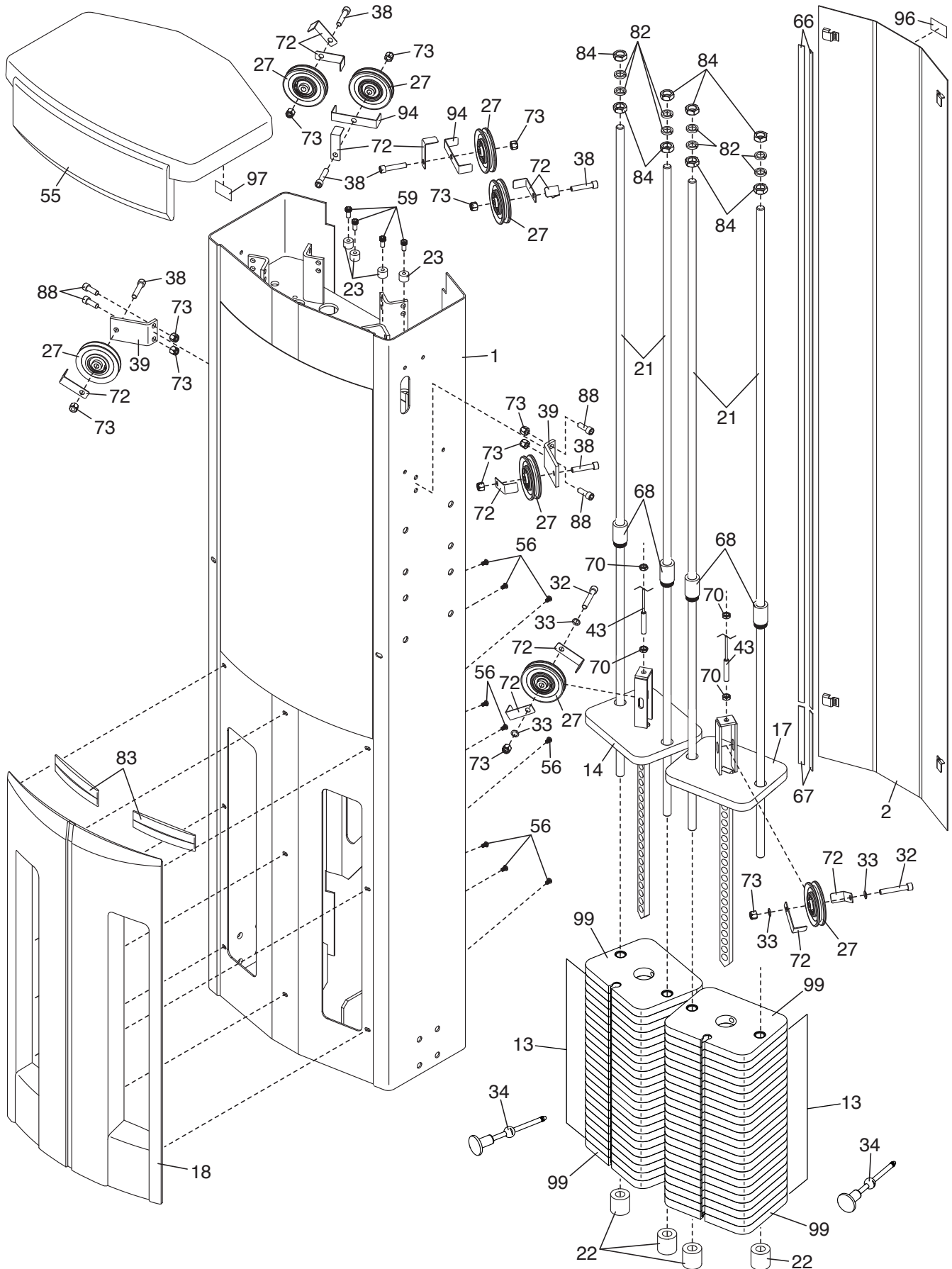
EXPLODED DRAWING A

Model No. F630.0 R1116A



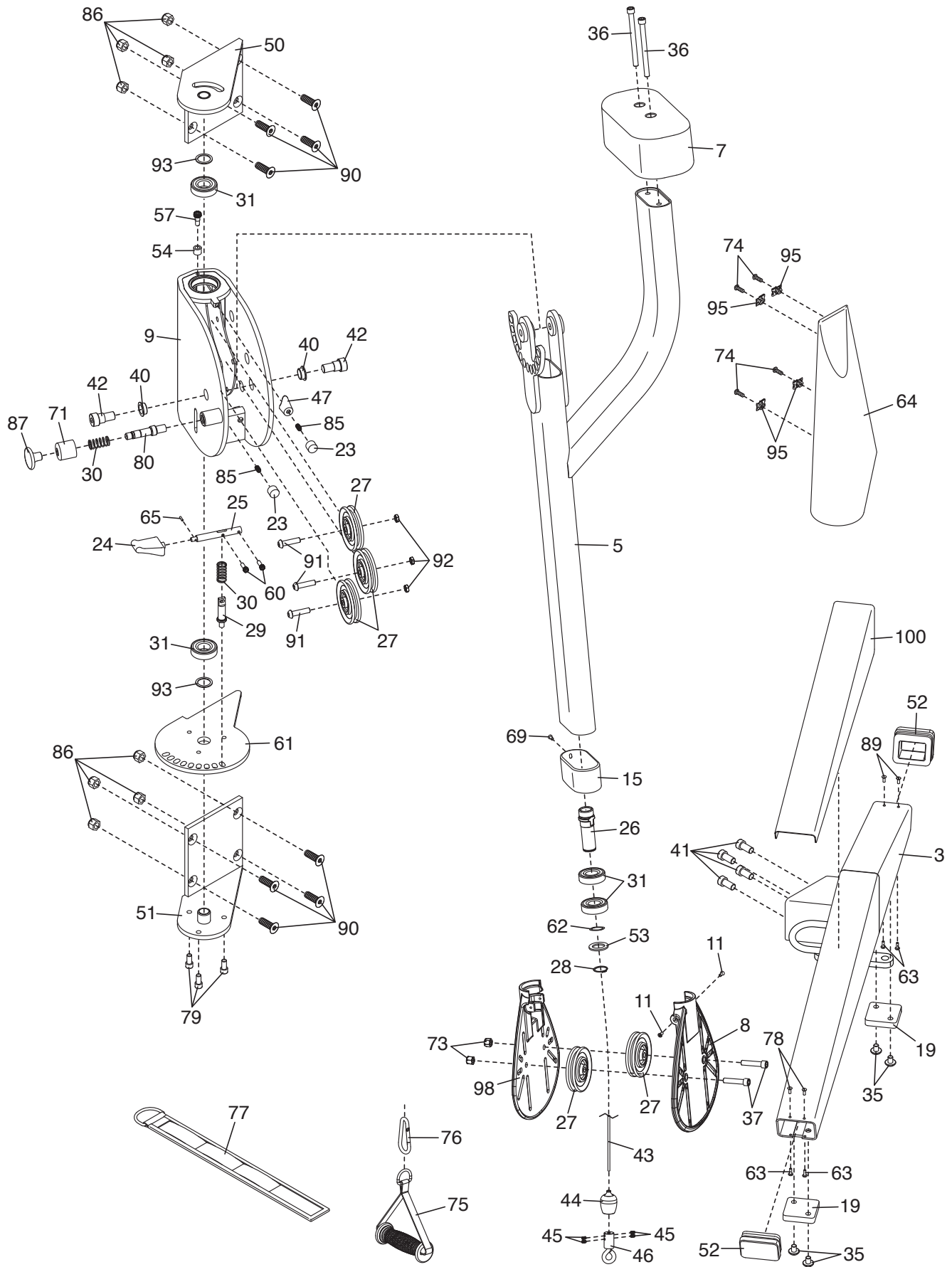
EXPLODED DRAWING B

Model No. F630.0 R1116A



EXPLODED DRAWING C

Model No. F630.0 R1116A



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.