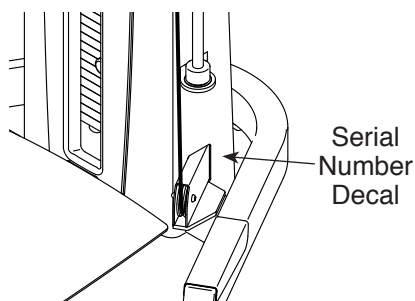


FREEMOTION[®] Squat

Model No. F705.1

Serial No. _____

Write the serial number in the space above for reference.



OWNER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, please see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

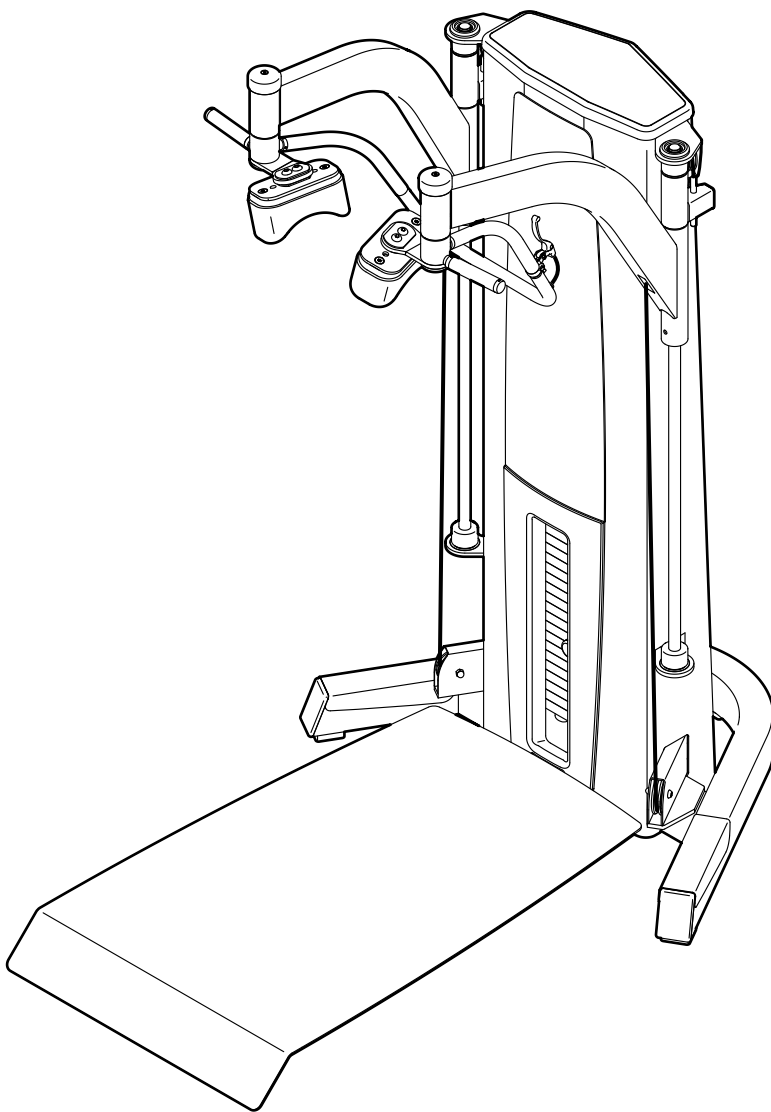


TABLE OF CONTENTS

IMPORTANT PRECAUTIONS.....	3
WARNING DECAL PLACEMENT	4
BEFORE YOU BEGIN.....	5
MAINTENANCE AND TROUBLESHOOTING.....	6
CABLE DIAGRAM.....	10
PART LIST	12
EXPLODED DRAWING.....	14
HOW TO CONTACT CUSTOMER CARE.....	Back Cover
LIMITED WARRANTY.....	Back Cover

FREEMOTION is a registered trademark of ICON Health & Fitness, Inc.
FORMULA 409 is a registered trademark of The Clorox Company.
SIMPLE GREEN is a registered trademark of Sunshine Makers, Inc.
Teflon is a registered trademark of E. I. du Pont de Nemours and Company.
The name Lubriplate® is a registered trademark owned by Lubriplate Lubricants Company.
Dynalife is a registered trademark of ConocoPhillips Company or its subsidiaries.
Super Lube is a registered trademark of Synco Chemical Corporation.

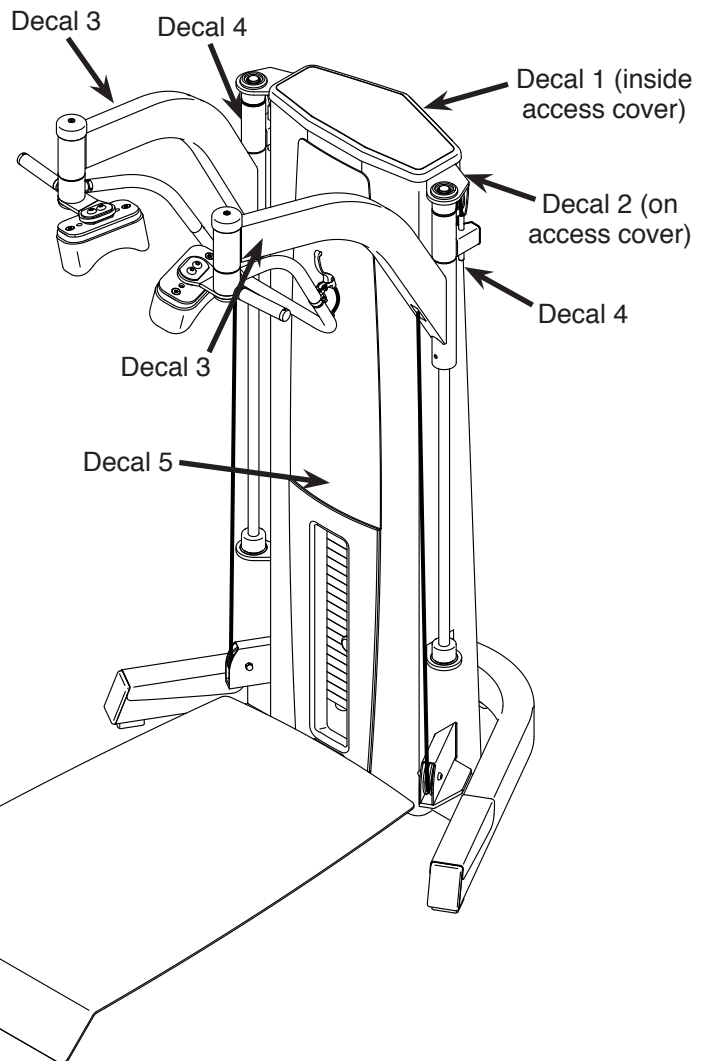
IMPORTANT PRECAUTIONS

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

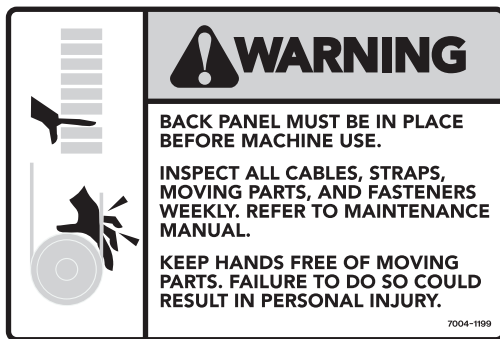
1. It is the responsibility of the owner to ensure that all users of the strength equipment are adequately informed of all precautions, have read and understood all warning and caution labels, and are informed of how to use the strength equipment properly.
2. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
3. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
4. Use the strength equipment only as described in this manual.
5. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
6. It is the responsibility of the owner to ensure that there is enough space around the strength equipment for the intended exercise.
7. Using the anchor holes (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 400 lbs. (181 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 while it is in use.
12. Make sure that the weight pin is completely inserted into one of the weight plates.
13. Check all cables, cable connections, and pulleys before each use of the strength equipment. Make sure that all parts are properly tightened. Replace any worn parts immediately.
14. Make sure that the cables remain on the pulleys at all times. If a cable binds while you are exercising, stop immediately and make sure that the cable is on the pulleys and that nothing is interfering with the cable or the pulleys.
15. 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



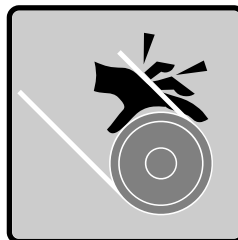
Decal 2



Decal 3



Decal 4



Decal 5 (Part of the instruction placard)



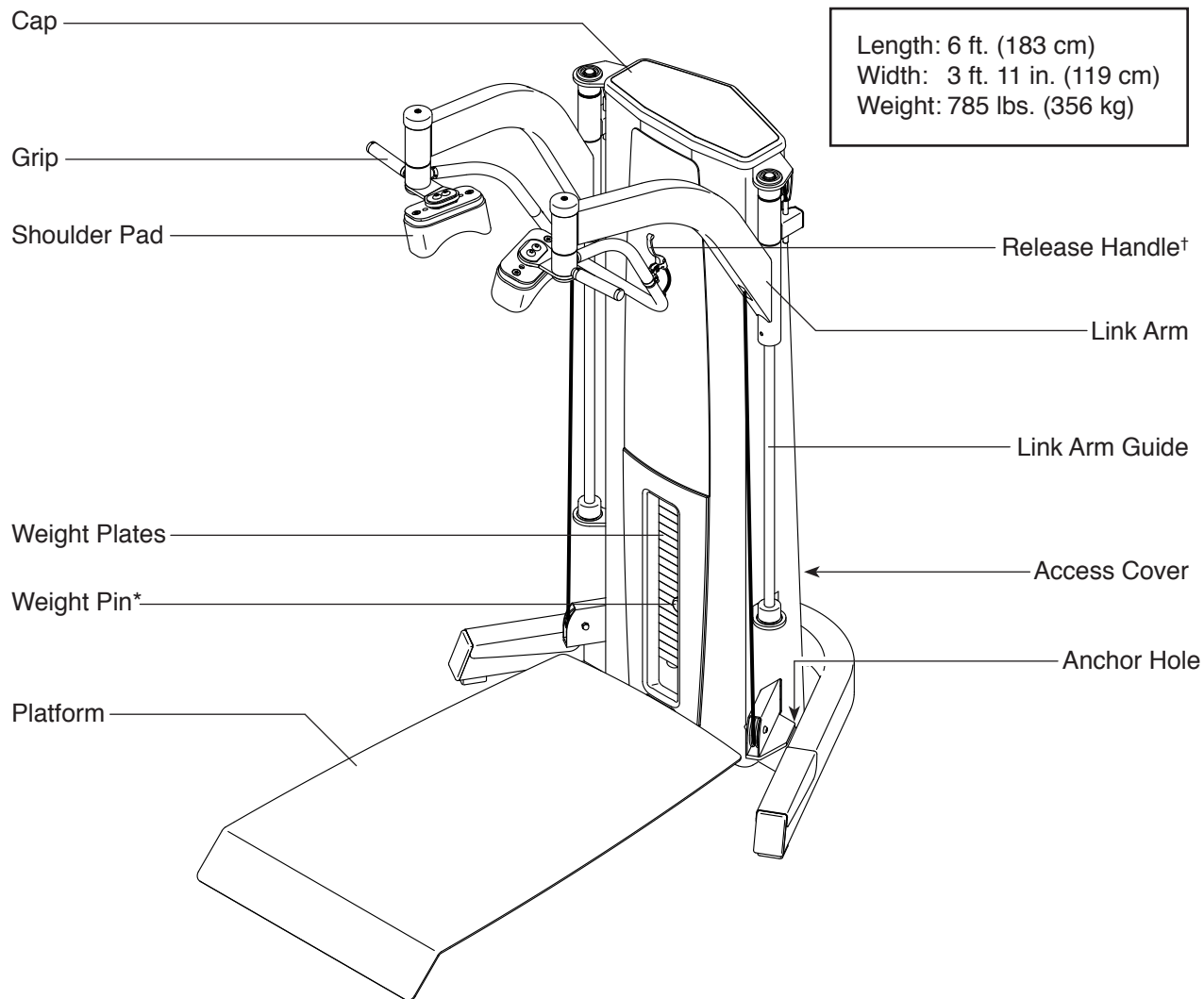
BEFORE YOU BEGIN

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

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.



*To select a resistance setting, pull the weight pin, slide the weight pin upward or downward to the desired weight plate, and then **fully insert the weight pin** into the weight plate.

†To position the shoulder pads, squeeze the release handle, raise or lower the shoulder pads, and then release the release handle.

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

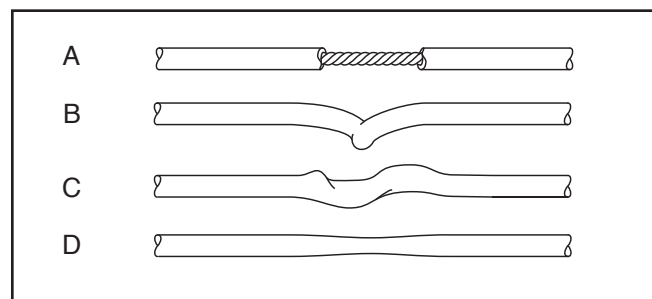
Check all nuts, bolts, and screws, and tighten them if necessary. Replace any worn parts immediately.

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

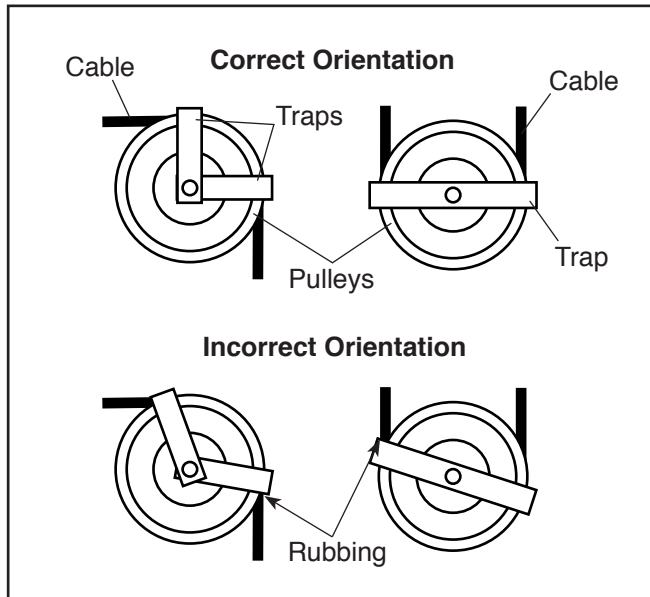
Check the entire length of each cable by slowly performing one repetition on the strength equipment. Inspect the cable on the exterior of the strength equipment and the cable on the interior. Run your fingers along the cable, paying close attention at the bends and attachment points. Watch for the following 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 cables and that they are holding the cables in the grooves of the pulleys. If a cable trap is not correctly aligned, loosen the locknut slightly, readjust the cable trap as necessary, and then retighten the locknut.



MONTHLY MAINTENANCE

Grips

Check the grips and replace them if needed.
Note: Your strength equipment may not have grips.

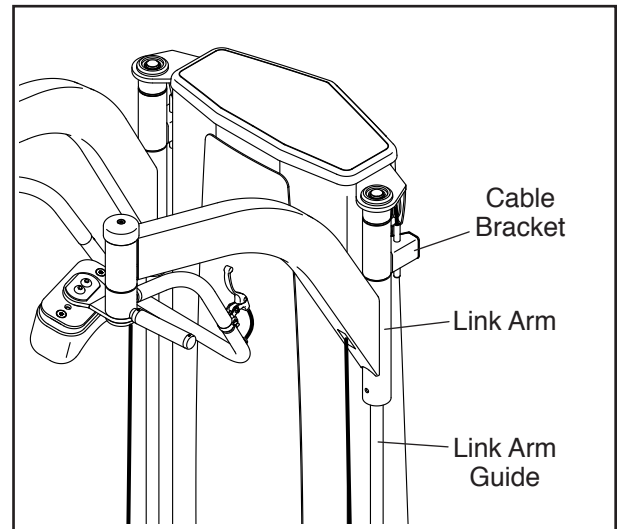
Weight Guide Lubrication

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

Linear Bearing Lubrication

To purchase grease for the linear bearings, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual. Approved alternatives are Lubriplate® MAG-00, Dynalife® L-EP 000, Castrol® HD Lithium 000, and Super Lube® 00/000 grease. **IMPORTANT: To avoid permanently damaging the linear bearings, do not use any other type of grease.**

1. Using a soft cloth, clean one of the link arm guides; make sure to remove the accumulated grease and debris from the ends of the link arm guide.



2. Insert the weight pin into the weight stack, and have a second person move the link arms until the cable bracket is in the center of the link arm guide.
3. Apply drops of the specified grease all around the link arm guide above and below the cable bracket.
4. Have the second person move the link arms repeatedly so that the cable bracket moves along the entire length of the link arm guide several times.
5. Repeat steps 3 and 4 once or twice more until the grease begins to accumulate near the ends of the link arm guide. Then, wipe off the accumulated grease.
6. Repeat steps 1–5 for the other link arm guide.

CABLE ADJUSTMENT

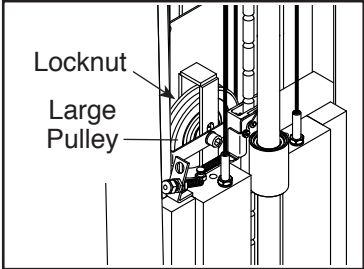
For the strength equipment to function correctly, the cables must be tensioned correctly. To check the tension of the cables, first pull the weight pin and slide it to the bottom of the weight stack; **do not insert the weight pin into a weight plate**. Next, slowly raise and lower the weight carriage 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 cable should not move more than 1/2 in. (1.3 cm) from the resting position before the weight carriage is lifted.

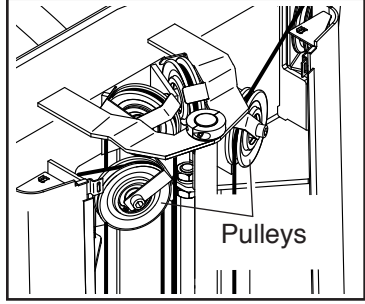
If there is too much tension or not enough tension on the cables, follow the steps below to adjust the cables.

Tower Cable Adjustment

1. Lift the cap off the tower. Next, remove the access cover from the back of the tower by pulling it free at the bottom and then sliding it upward until the tabs release.
2. Loosen the locknut attaching the large pulley to the weight carriage.
A line drawing of the weight carriage assembly. A label 'Locknut' points to a nut on a bolt that secures a 'Large Pulley' to the carriage. The pulley is shown with a cable passing through it.
3. To tighten the cables, move the large pulley downward. To loosen the cables, move the large pulley upward.
4. Make sure that the cable trap is properly oriented (see CABLE TRAPS on page 7), and retighten the locknut.
5. Check the tension of the cables as described above, and readjust the large pulley, if necessary.

6. Slowly perform a repetition using a light load, and have someone make sure that the cables are not derailed from a pulley or rubbing against a cable trap.
7. Reattach the access cover and the cap.

Link Arm Cable Adjustment

1. Lift the cap off the tower. Next, remove the access cover from the back of the tower by pulling it free at the bottom and then sliding it upward until the tabs release.
2. Locate the two indicated pulleys attached to the upper end of the tower. Loosen the locknut (not shown) attaching each pulley.
A line drawing of the upper part of the tower. Two pulleys are shown, one on the left and one on the right, with cables passing through them. A label 'Pulleys' points to both.

3. To tighten the cables, move each pulley upward. To loosen the cables, move each pulley downward.

Note: The pulley on the left side of the tower will adjust the left link arm cable, and the pulley on the right side of the tower will adjust the right link arm cable. You can adjust the left and right link arm cables independently, if necessary.

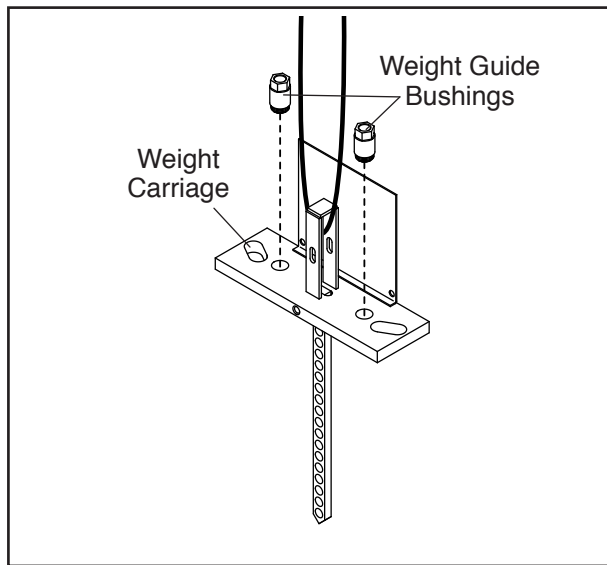
4. Make sure that the cable traps are properly oriented (see CABLE TRAPS on page 7), and retighten the locknuts.
5. Check the tension of the cables as described above, and readjust the pulleys, if necessary.
6. Slowly perform a repetition using a light load, and have someone make sure that the cables are not derailed from a pulley or rubbing against a cable trap.
7. Reattach the access cover and the cap.

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. Lift the cap off the tower. Next, remove the access cover by pulling it free at the bottom and then sliding it upward until the tabs release.
2. Remove the nuts and washers from the upper ends of the weight guides, and let the weight guides slide down to the floor.
3. Remove 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 upper ends of the weight guides. Note: Pull the weight guides toward the back of the strength equipment for increased clearance.
5. Unscrew and remove the two existing weight guide bushings from the weight carriage. Discard the weight guide bushings.
6. Tighten two new weight guide bushings into the weight carriage.
7. Clean and lubricate the weight guides by wiping them with a soft cloth containing 10W-40 or 10W-30 lightweight motor oil. Apply only a light coating over the entire length. **Do not use TEFLON®-based lubricants.**
8. Replace the weight carriage on the weight guides.
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.

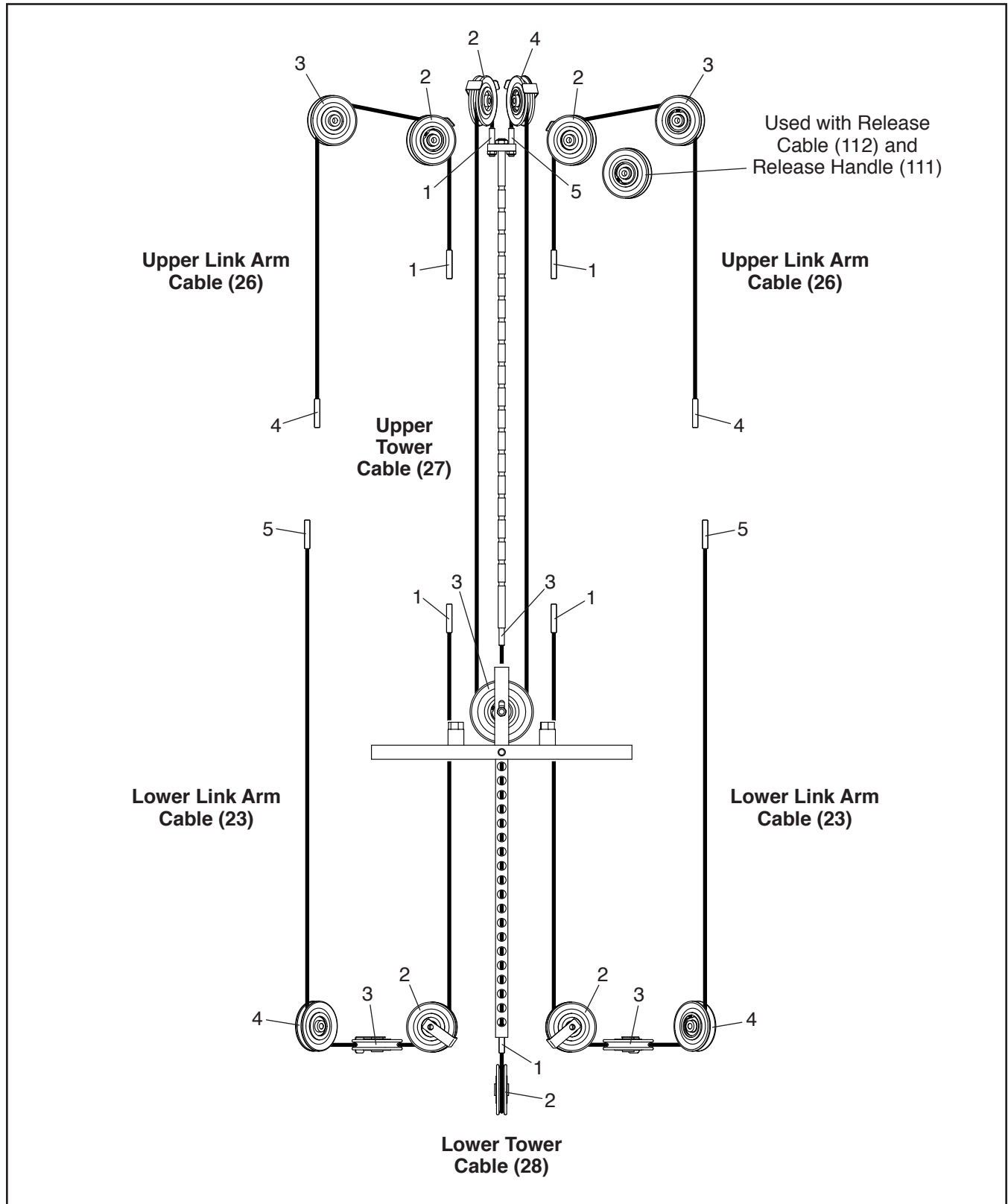
If the weight carriage sticks, loosen the nuts on the upper end of one of the weight guides. Lift the weight carriage to the top again. Retighten the nuts. Check the full travel again and readjust the weight guides as necessary.
11. Slowly perform a repetition and have someone make sure that the cables are not derailed from a pulley or rubbing against a cable trap.



12. Reattach the access cover and the cap.

CABLE DIAGRAM

The diagram below shows the proper routes of the cables. The numbers show the correct route of each cable. Use the diagram to make sure that the cables and the cable traps are assembled correctly. If a cable is not correctly routed, the strength equipment will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cable.**



NOTES

PART LIST

Model No. F705.1 R0516A

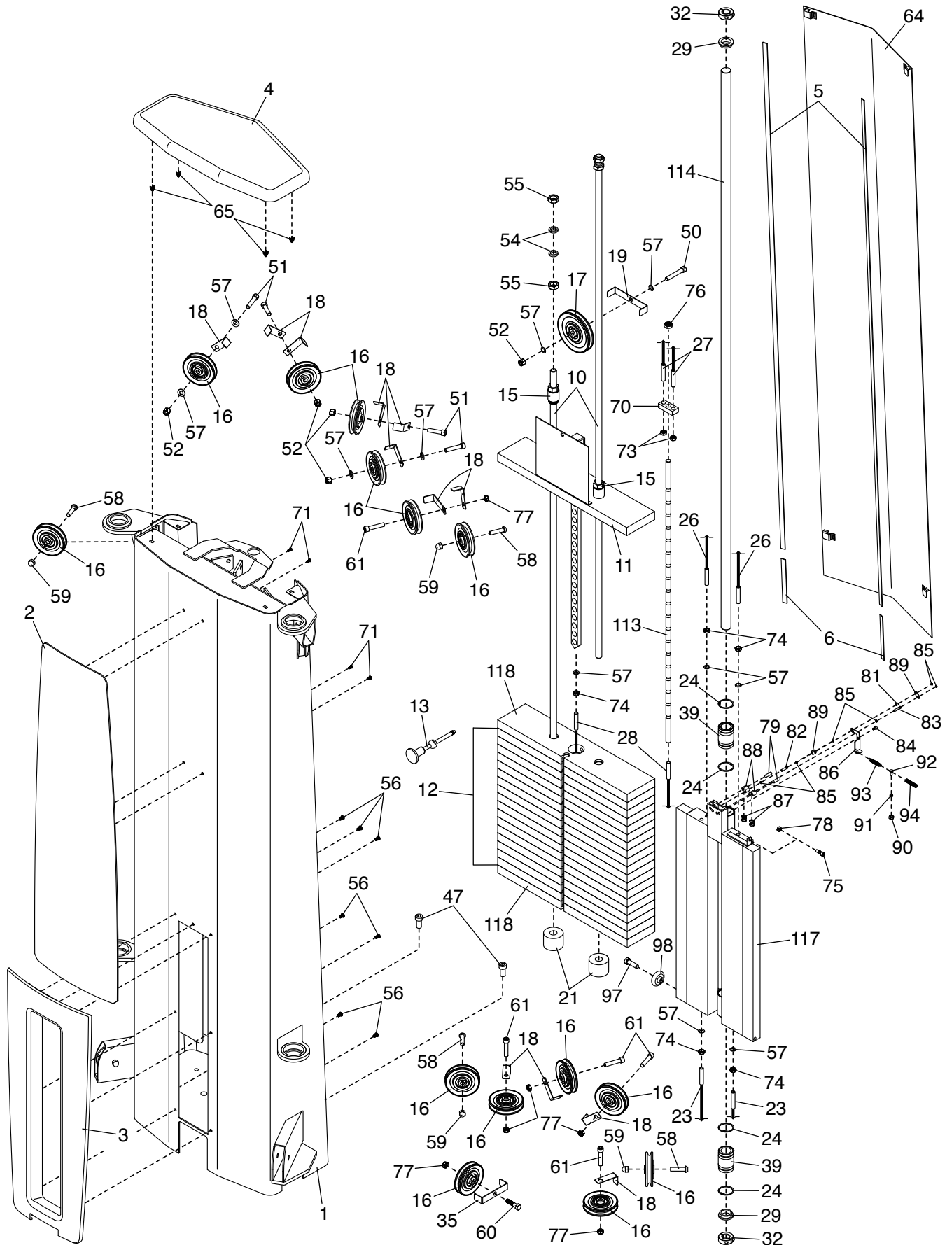
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower	51	4	3/8" x 2" Bolt
2	1	Upper Cover	52	9	3/8" Locknut
3	1	Lower Cover	53	1	Left Shoulder Pivot
4	1	Cap	54	4	5/8" Split Washer
5	2	Long Magnet Strip	55	4	5/8" Jam Nut
6	2	Short Magnet Strip	56	11	1/4" x 3/8" Screw
7	1	Tower Base	57	23	3/8" Serrated Washer
8	1	Platform	58	4	3/8" x 1 1/2" Bolt
9	2	Link Arm Guide	59	4	3/8" Acorn Nut
10	2	Weight Guide	60	1	3/8" x 1 1/2" Bolt
11	1	Weight Carriage	61	5	3/8" 1 3/4" Bolt
12	17	Weight Plate	62	4	1/2" x 4" Screw
13	1	Weight Pin	63	1	Right Cable Bracket
14	4	Foot	64	1	Access Cover
15	2	Weight Guide Bushing	65	4	Cap Fastener
16	14	Small Pulley	66	4	Grip Collar
17	1	Large Pulley	67	2	Grip Cap
18	12	Cable Trap	68	4	3/8" x 5 1/2" Bolt
19	1	Large Dual Cable Trap	69	12	#10 x 1/8" Set Screw
20	1	Left Link Arm	70	1	Selector Plate
21	2	Weight Bumper	71	4	#8 x 3/8" Screw
22	1	Release Cable Housing	72	1	Cable Housing End
23	2	Lower Link Arm Cable	73	6	3/8" Jam Locknut
24	6	1 9/16" Retainer Ring	74	5	3/8" Jam Nut
25	1	Right Link Arm	75	2	Cable Strain Relief
26	2	Upper Link Arm Cable	76	1	1/2" Thin Locknut
27	1	Upper Tower Cable	77	6	3/8" Thin Locknut
28	1	Lower Tower Cable	78	2	Strain Relief Nut
29	2	Flange Bushing	79	2	Latch Dowel Pin
30	4	Linear Bearing	80	2	Spring Dowel Pin
31	4	Pulley Bracket Bumper	81	1	Short Latch Pin
32	6	Clamp	82	1	Medium Latch Pin
33	8	Large Bearing	83	1	Long Latch Pin
34	2	Short Grip	84	1	#8 x 1/8" Shoulder Screw
35	1	Small Dual Cable Trap	85	6	3/16" Snap Ring
36	6	Bumper Washer	86	1	Latch Bracket
37	2	1 3/8" Snap Ring	87	2	Selector Spring
38	4	Small Bearing	88	2	Selector Latch
39	2	Counterweight Guide Bearing	89	2	Link Plate
40	2	Nylon Washer	90	1	M5 Nut
41	4	5/16" Washer	91	1	Lock Spacer
42	1	Left Cable Bracket	92	1	Cable Lock Bolt
43	2	1" Snap Ring	93	1	Slack Spring
44	1	Left Torsion Spring	94	1	Return Spring
45	2	Spring Ring	95	1	Platform Base
46	1	Right Shoulder Pivot	96	2	3/8" Washer
47	2	1/2" x 1" Screw	97	1	5/16" x 1" Screw
48	8	3/8" x 1/2" Screw	98	1	Wheel
49	2	Bearing Spacer	99	1	Right Torsion Spring
50	1	3/8" x 2 1/4" Bolt	100	2	Pad Plate

Key No.	Qty.	Description	Key No.	Qty.	Description
101	4	Slide Plate	111	1	Release Handle
102	4	3/8" x 1 1/4" Screw	112	1	Release Cable
103	4	Slide Spacer	113	1	Counterweight Selector
104	2	Shoulder Pad	114	1	Counterweight Guide
105	1	Handlebar	115	2	Long Grip
106	4	3/8" x 1" Flat Head Screw	116	2	Cable Bracket Cap
107	4	1/4" x 9/16" Flat Head Screw	117	1	Counterweight
108	2	Top Pivot Cap	118	2	End Weight Plate
109	2	Bottom Pivot Cap	*	—	Owner's Manual
110	2	Base Cover			

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. F705.1 R0516A



This diagram is an exploded view of a mechanical assembly, likely a piece of industrial equipment. It features numerous numbered components and their assembly relationships indicated by dashed lines. Key parts include:

- Base and Support Structure:** Components like 7, 8, 9, 14, 48, and 95 form the main frame and support elements.
- Vertical Assembly:** A central vertical column (9) supports various components including 30, 31, 32, 33, 34, 36, 37, 38, 40, 42, 43, 44, 45, 46, 49, and 73.
- Horizontal Arm and End Effector:** A horizontal arm (25) extends from the vertical column, ending in a complex assembly of parts including 100, 101, 102, 103, 104, 106, 107, 108, 109, 110, 111, 112, 115, and 116.
- Fasteners and Connectors:** A wide variety of screws (e.g., 52, 56, 57, 62, 66, 67, 68, 69, 72, 75, 78), bolts (e.g., 22, 23, 24, 26, 27, 28, 29, 35, 41, 47, 50, 51, 53, 54, 55, 58, 59, 60, 61, 63, 64, 65, 70, 71, 74, 76, 77, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116), and other fasteners are shown throughout the assembly.

The diagram uses standard engineering conventions, with dashed lines indicating the alignment and assembly path for each component.

15

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.