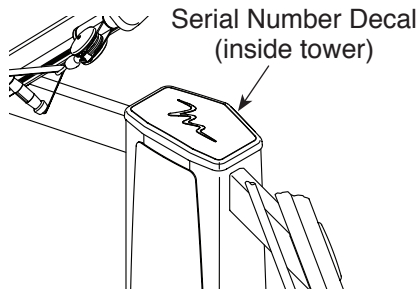


FREEMOTION® Lat

Model No. F709.0

Serial No. _____

Write the serial number in the space above for reference.



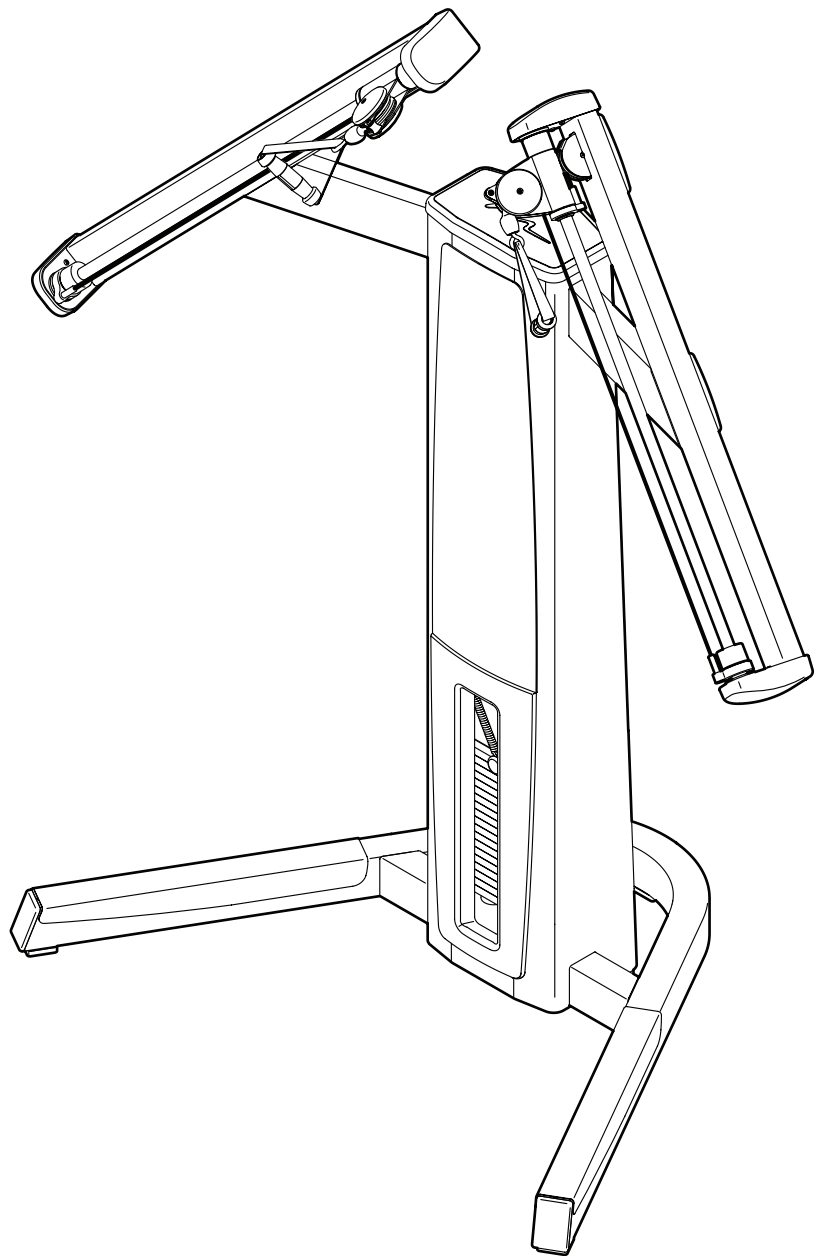
QUESTIONS?

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

CAUTION

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

OWNER'S MANUAL



www.freemotionfitness.com

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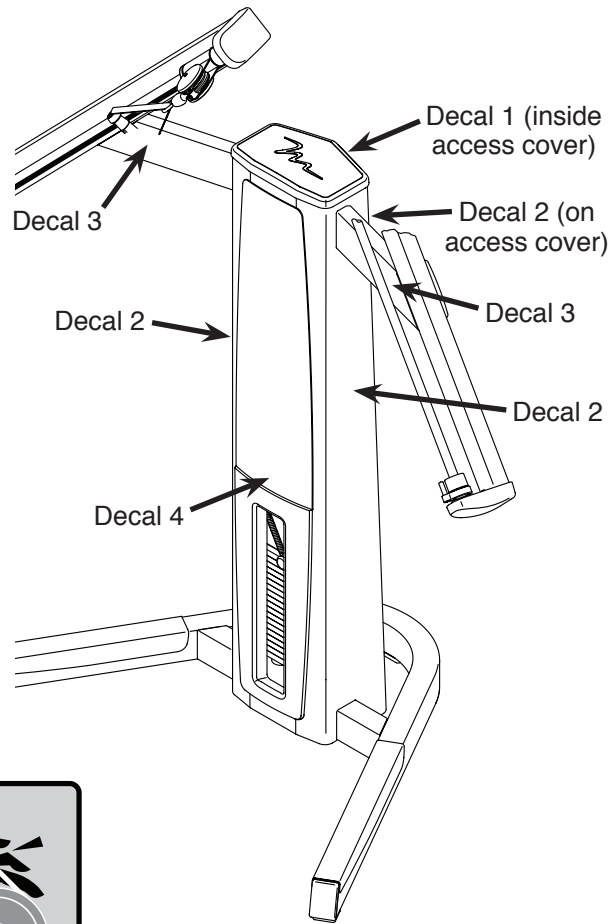
IMPORTANT PRECAUTIONS

⚠️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.

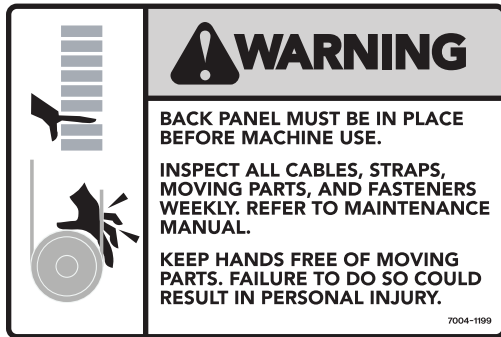
1. It is the responsibility of the owner to ensure that all users of the strength equipment are adequately informed of all precautions, have read and understood all warning and caution labels, and are informed of how to use the strength equipment properly.
2. All users of the strength equipment should 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 to provide maximum stability, anchor the strength equipment to the floor where required or wherever possible.
8. Keep children under age 12 and pets away from the strength equipment at all times.
9. Always wear athletic shoes for foot protection while exercising.
10. 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.
11. Make sure that the weight pin is completely inserted into one of the weights.
12. Make sure that 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 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 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.



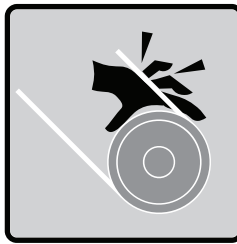
Decal 1



Decal 2



Decal 3



Decal 4 (Part of the instruction placard)



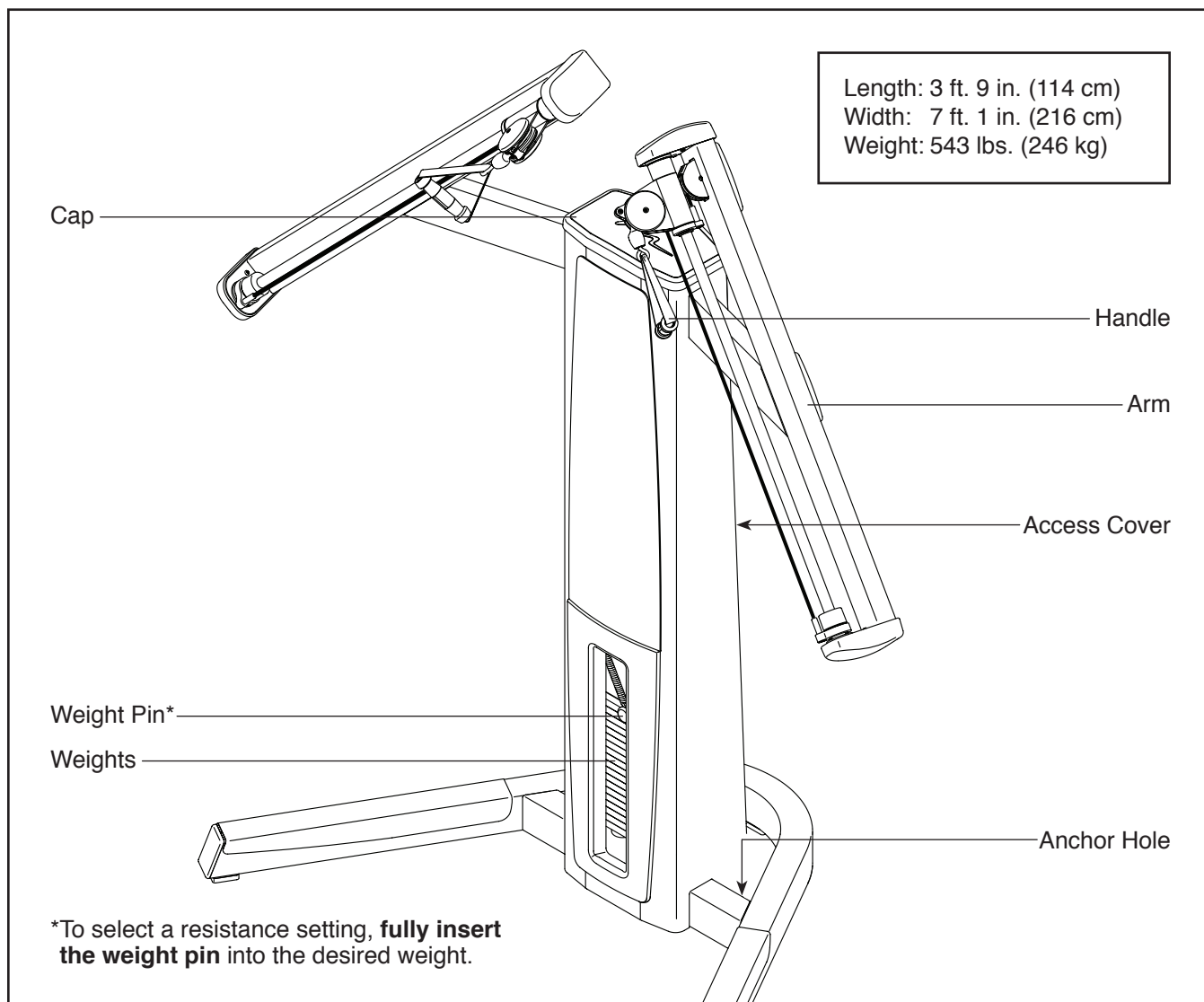
BEFORE YOU BEGIN

Thank you for selecting the innovative FREEMOTION® LAT 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.



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

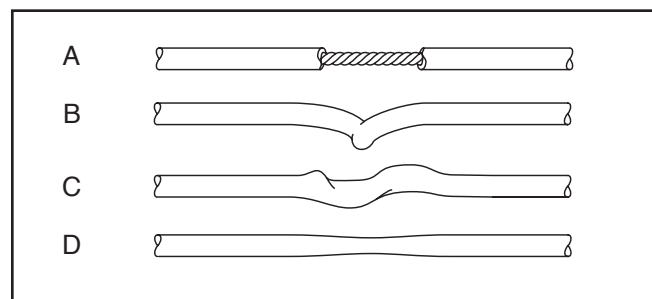
Check all nuts, bolts, and screws, and tighten them if necessary. Replace any worn parts immediately.

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

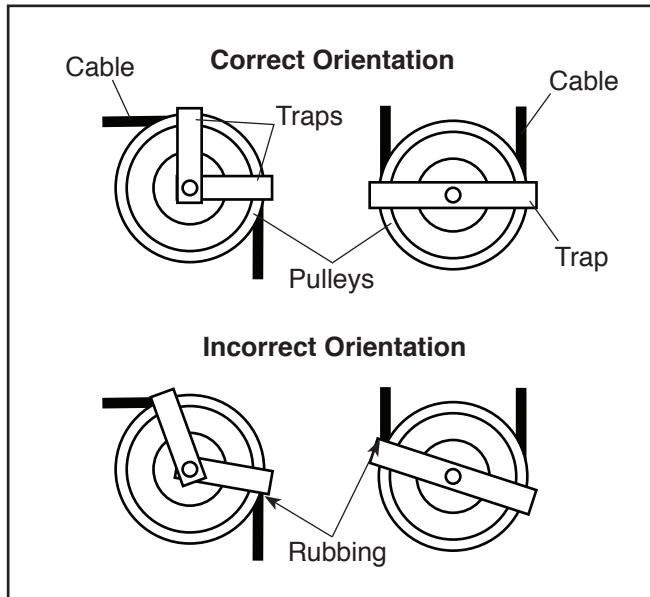
Check the entire length of each cable by slowly performing one repetition on the strength equipment. Inspect the cable on the exterior of the strength equipment and the cable on the interior. Run your fingers along the cable, paying close attention at the bends and attachment points. Watch for the following 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.

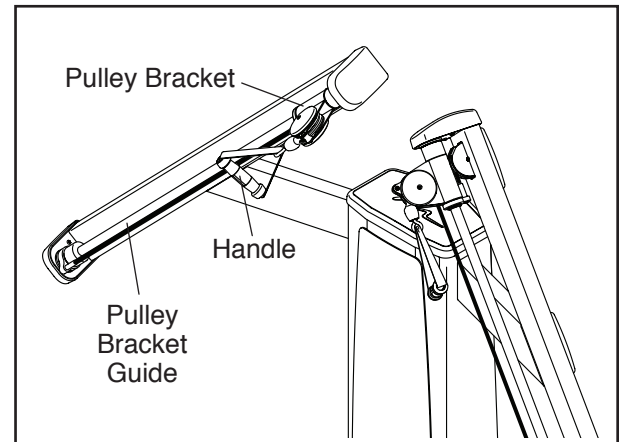
Weight Guide Lubrication

Clean and lubricate each weight guide 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, 76 DYNALIFE® L-EP 000, CASTROL® HD 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 pulley bracket guides; make sure to remove the accumulated grease and debris from the ends of the pulley bracket guide.



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

CABLE ADJUSTMENT

For the strength equipment to function correctly, the cables must be tensioned correctly. To check the tension of the cables, first 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 cables, the weight carriage will not rest on the next weight, and it may be difficult to insert the weight pin into the weights.

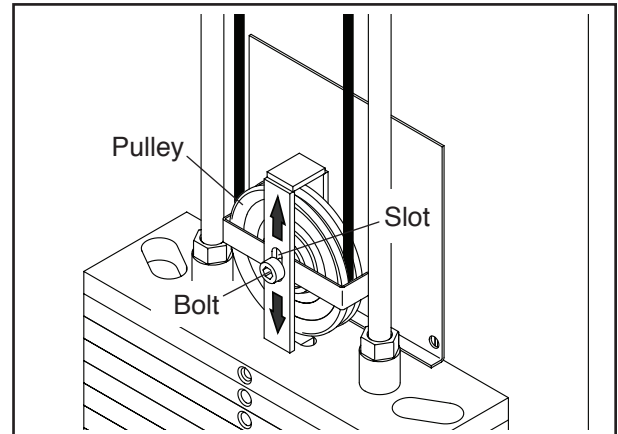
If there is not enough tension on the cables, the weight carriage will not be lifted immediately when the repetition is begun. Ideally, the cable should not move more than 1/2 in. (1.3 cm) from the resting position before the weight carriage is lifted.

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

Weight Carriage Pulley Adjustment

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

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. Loosen the locknut (not shown) on the bolt attaching the pulley to the bracket on the weight carriage.



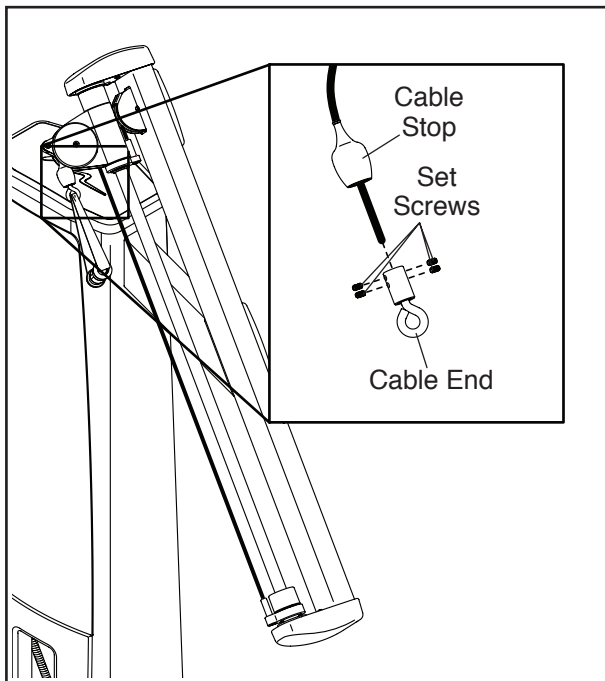
3. To loosen the cables, move the pulley upward. To tighten the cables, move the pulley downward.
4. Make sure that the cable trap is properly oriented (see CABLE TRAPS on page 7), and retighten the locknut.
5. Check the tension of the cables as described above. Readjust as necessary.
6. Slowly perform 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. Reattach the access cover and the cap.

Short Cable Adjustment

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

IMPORTANT: Make this adjustment only if there is slack in one of the short cables. This adjustment is only for increasing the cable tension, because it requires shortening the cable.

1. To create slack in the short cable, remove the weight pin, pull the handle out several inches, and then insert the weight pin into the third weight and into the hole in the lower end of the weight carriage.
2. Push the cable stop off the cable end and slide the cable stop upward onto the cable as shown.

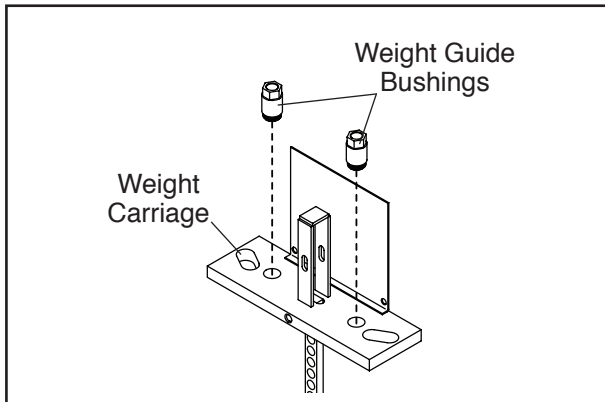


3. Loosen the four set screws in the cable end, and pull out the end of the cable. Note: The drawing shows the set screws removed; however, it is not necessary to remove the set screws.
4. Using cable cutters, cut off one inch of the end of the cable. **IMPORTANT: Other tools may flatten or bend the cable strands so that it may be difficult for you to reinsert the cable into the cable end.**
5. Cut off one inch of the black sheath from the end of the cable.
6. Reinsert the cable and the sheath into the cable end so that all of the bare cable is in the hole.
7. Retighten the four set screws equally until they contact the cable. Then, tighten each set screw alternately 1/4 turn, until all are set to 85 inch/pounds (9.6 Newton-meters).
8. Slide the cable stop onto the cable end, remove the weight pin, and lower the handle.
9. Check for proper tension on the cable as described in CABLE ADJUSTMENT on page 8.

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. To remove the weight carriage, first remove the nut, bolt, washers, pulley, and cable trap using a 5/16" hex key and a 9/16" open-end wrench.
4. Slide the weight carriage upward off the tops 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.

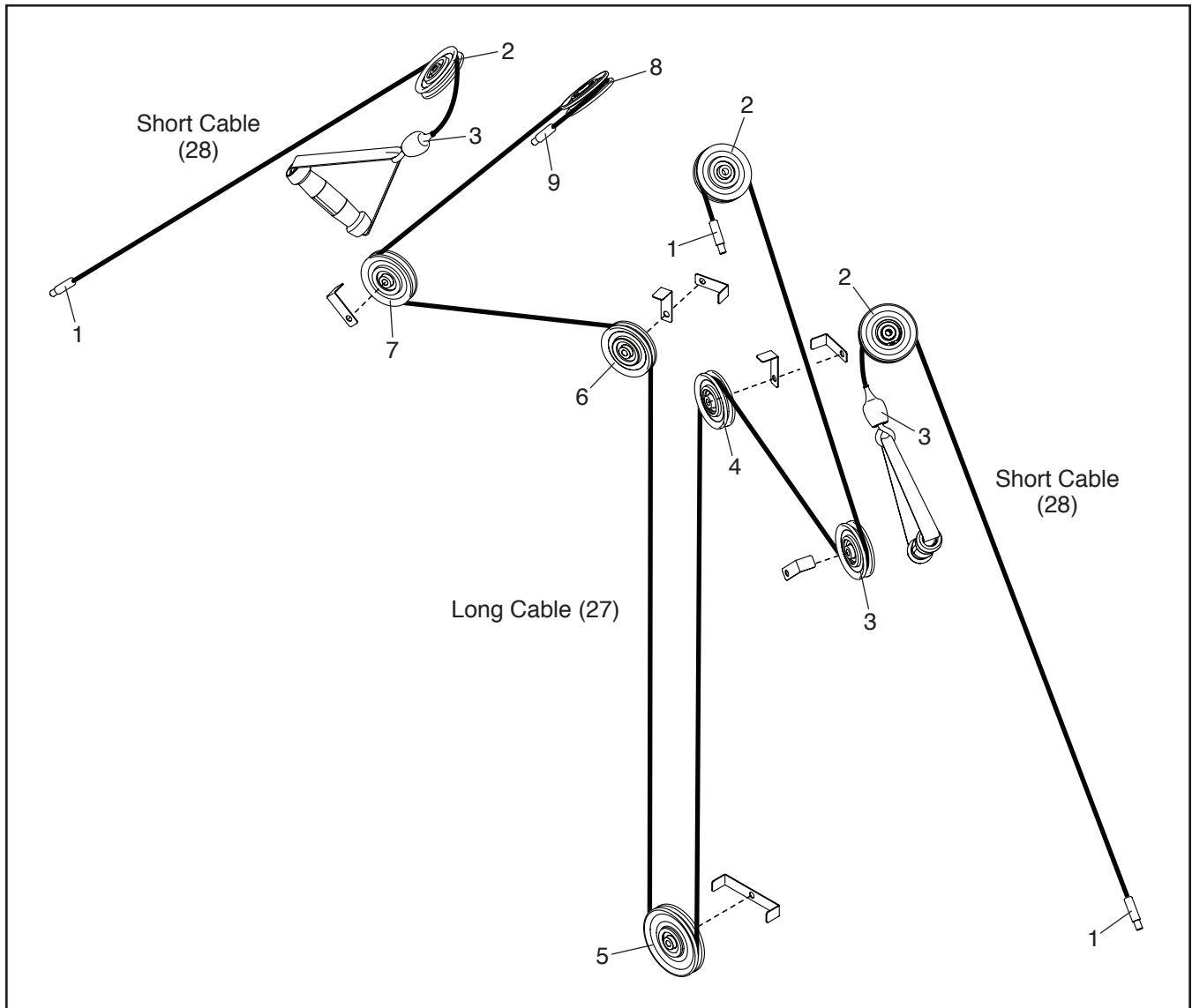


6. Tighten two new weight guide bushings into the weight carriage. **Do not overtighten the weight guide bushings. If they are overtightened, they may make a chattering noise when they move on the weight guides.**
7. Clean and lubricate the weight guides by wiping them with a soft cloth containing 10W-40 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. Reattach the pulley, cable, and cable trap.
9. Reattach the weight guides to the top of the tower.
10. Insert the weight pin into the weight carriage. 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 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. 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

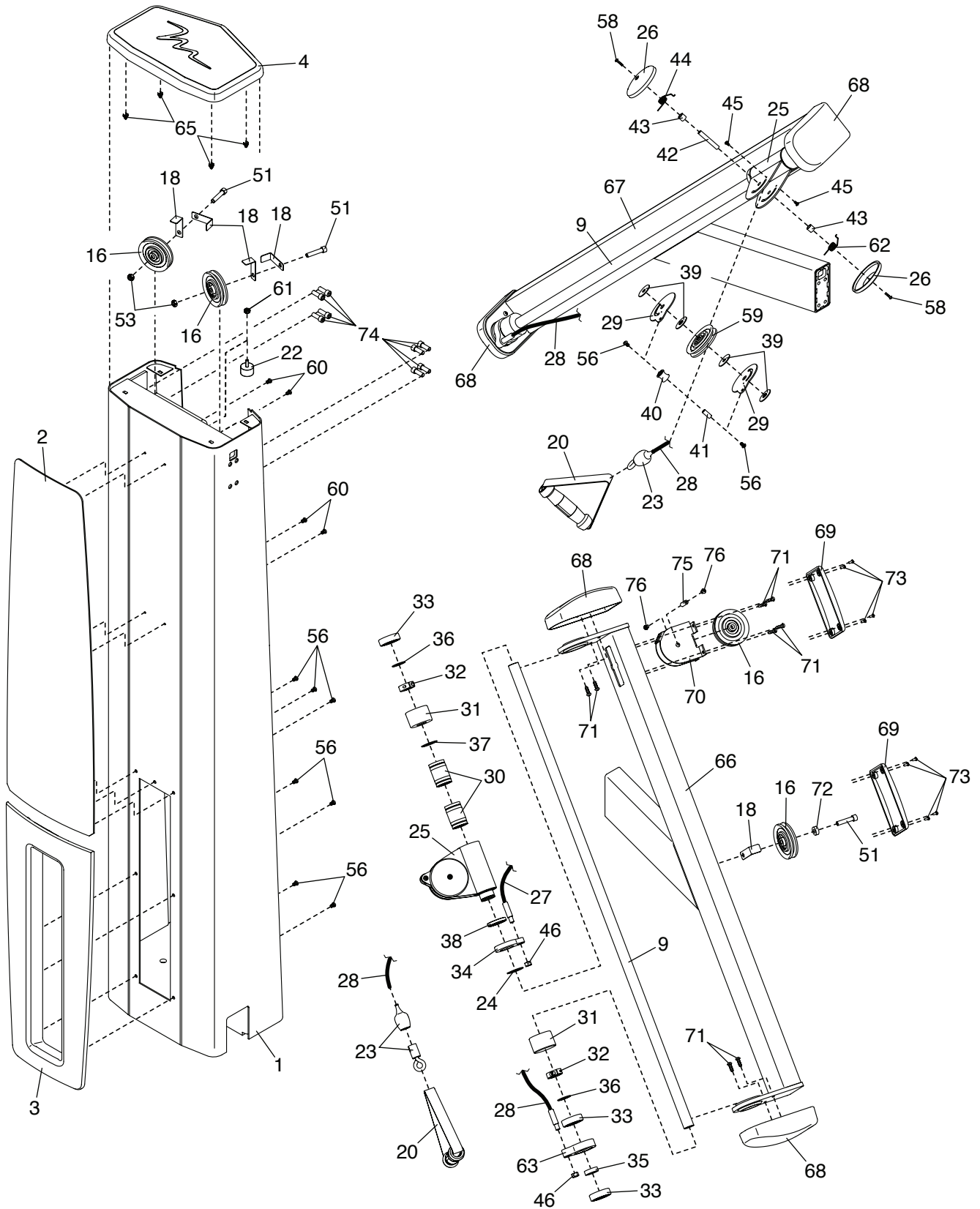
Model No. F709.0 R0413B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower	40	2	Cable Roller
2	1	Upper Cover	41	2	Roller Axle
3	1	Lower Cover	42	2	Long Pulley Axle
4	1	Cap	43	4	Small Pulley Spacer
5	2	Long Magnet Strip	44	2	Left Pulley Spring
6	2	Short Magnet Strip	45	4	#8 x 5/16" Screw
7	1	Base	46	4	3/8" Fine-thread Thin Nut
8	2	Wear Cover	47	2	1/2" x 1" Screw
9	2	Pulley Bracket Guide	48	6	3/8" x 1/2" Screw
10	2	Weight Guide	49	2	1/2" x 4" Screw
11	1	Weight Carriage	50	1	3/8" x 2 1/4" Bolt
12	19	Weight	51	4	3/8" x 1 3/4" Bolt
13	1	Weight Pin	52	1	3/8" Locknut
14	3	Foot	53	2	3/8" Coarse-thread Thin Nut
15	2	Weight Guide Bushing	54	4	5/8" Split Washer
16	6	Small Aluminum Pulley	55	4	5/8" Jam Nut
17	1	Large Aluminum Pulley	56	11	1/4" x 3/8" Screw
18	6	Cable Trap	57	2	3/8" Serrated Washer
19	1	Dual Cable Trap	58	4	#8 x 3/4" Screw
20	2	Handle	59	2	Narrow Pulley
21	2	Weight Bumper	60	4	#8 x 3/8" Screw
22	1	Weight Carriage Bumper	61	1	1/4" Locknut
23	2	Cable End	62	2	Right Pulley Spring
24	2	External Snap Ring	63	2	Lower Cable Bracket
25	2	Pulley Bracket	64	1	Access Cover
26	4	Pulley Bracket Cover	65	4	Cap Fastener
27	1	Long Cable	66	1	Right Arm
28	2	Short Cable	67	1	Left Arm
29	4	Pulley Plate	68	4	Arm Cover
30	4	Linear Bearing	69	4	Pulley Cover
31	4	Pulley Bracket Bumper	70	2	Pulley Housing
32	4	Clamp	71	16	1/4" x 3/4" Screw
33	6	Large Bearing	72	2	Large Pulley Spacer
34	2	Upper Cable Bracket	73	16	#8 x 5/8" Screw
35	2	Cable Bracket Spacer	74	8	3/8" x 1" Screw
36	4	Bumper Washer	75	2	Short Pulley Axle
37	2	Internal Snap Ring	76	4	1/4" x 1/2" Screw
38	2	Small Bearing	*	—	Owner's Manual
39	8	Shoulder Washer			

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.

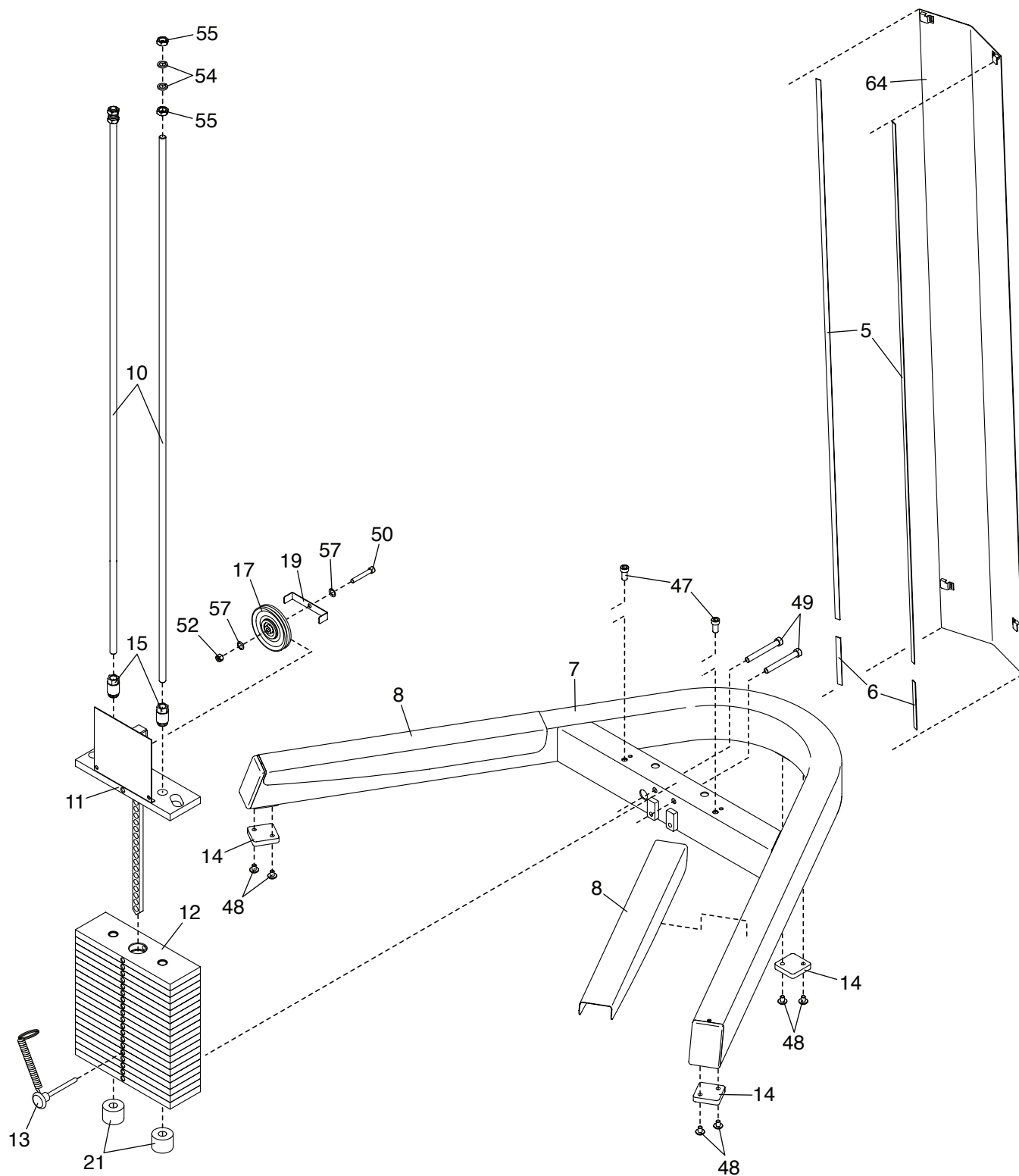
EXPLODED DRAWING A

Model No. F709.0 R0413B



EXPLODED DRAWING B

Model No. F709.0 R0413B



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. 7 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.–6 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.