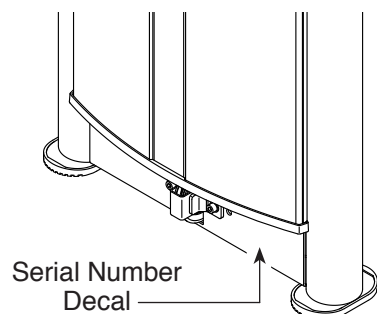


FREEMOTION® LEG EXTENSION

Model No. F801.0

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.

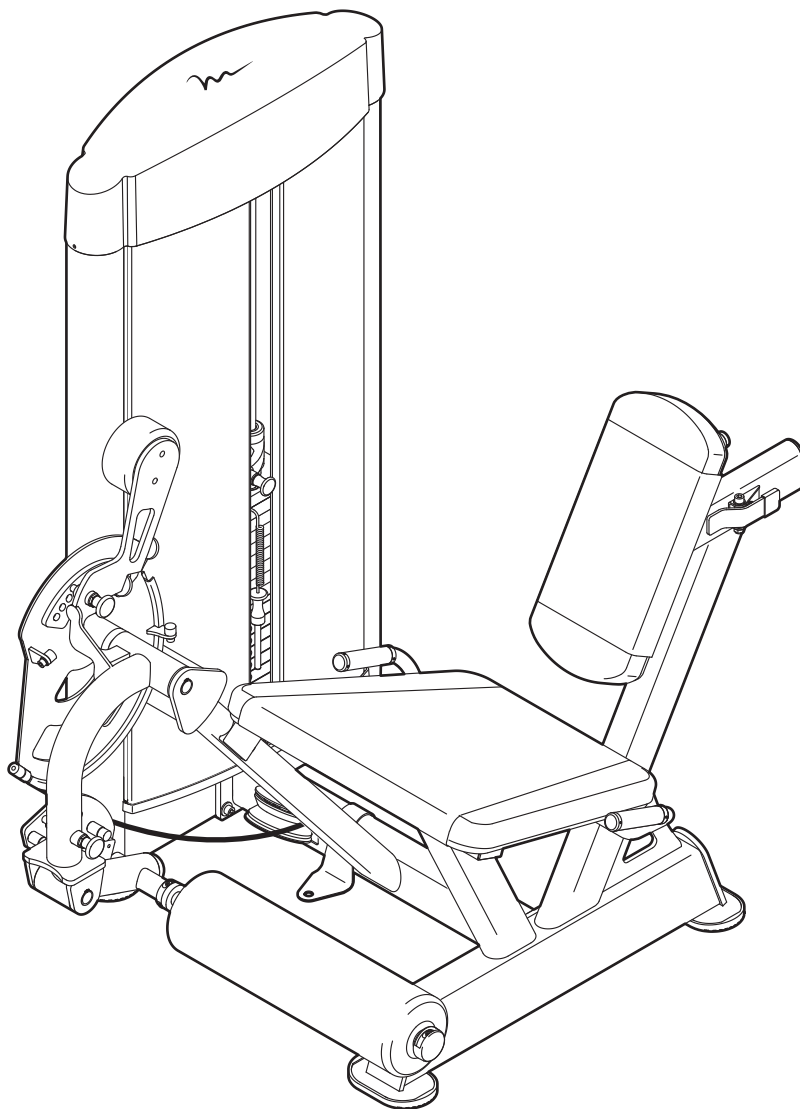


TABLE OF CONTENTS

IMPORTANT PRECAUTIONS.....3

WARNING DECAL PLACEMENT4

BEFORE YOU BEGIN.....5

PART IDENTIFICATION CHART.....6

ASSEMBLY7

ADJUSTMENT19

MAINTENANCE AND TROUBLESHOOTING.....21

CABLE DIAGRAM.....23

PART LIST24

EXPLODED DRAWING A.....26

HOW TO CONTACT CUSTOMER CARE..... Back Cover

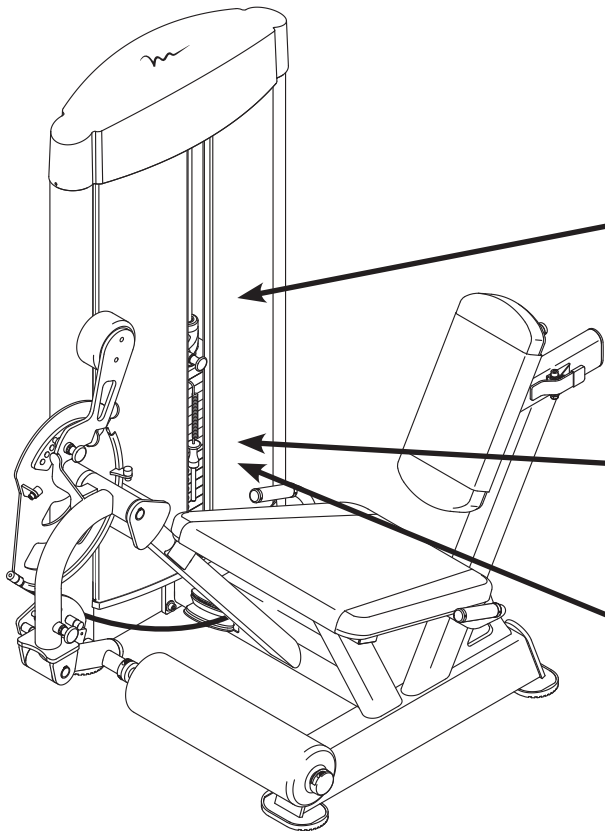
IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the strength equipment only as described in this manual.
3. It is the responsibility of the owner to ensure that there is enough space around the strength equipment for the intended exercise.
4. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
5. Anchor the strength equipment to the floor with the anchor strap where required or where possible to provide maximum stability.
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. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
8. Keep children under age 12 and pets away from the strength equipment at all times.
9. The strength equipment is designed to support a maximum user weight of 350 lbs. (159 kg).
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. Make sure that the handles are attached securely before each use of the strength equipment.
14. Check each cable, cable connection, and pulley before each use of the strength equipment. Make sure that all parts are properly tightened. Replace any worn parts immediately.
15. Make sure that each cable remains 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.
16. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decal(s) may not be shown at actual size.



⚠ WARNING

- Read and follow all warnings and instructions and obtain proper instruction prior to use.
- Obtain a medical exam before beginning an exercise program. Inspect the machine before use. Do not use if machine appears damaged.
- Keep body and clothing free and clear of all moving parts.
- Be certain that the weight pin is completely inserted.
- NEVER pin the weight stack in an elevated position.
- NEVER use the machine if found in this condition.
- INSPECT all cables, straps and their connections. Do not use if any component is found to be worn or damaged.
- Do not use dumbbells or other means to incrementally increase the weight resistance, other than those provided by the manufacturer. Do not allow children on machines. Machine use by teenagers must be supervised by a knowledgeable adult.
- This equipment to be used only under qualified supervision.
- Do not remove this label. REPLACE IF DAMAGED.
- Max user weight: 350 lbs.

⚠ CAUTION



WEIGHT SELECTOR PIN MUST BE FULLY INSERTED INTO THE WEIGHT PLATE.

KEEP AWAY FROM MOVING PARTS. FAILURE TO DO SO COULD RESULT IN PERSONAL INJURY.

⚠ WARNING

BACK PANEL MUST BE IN PLACE BEFORE MACHINE USE.

INSPECT ALL CABLES, STRAPS, MOVING PARTS, AND FASTENERS WEEKLY. REFER TO MAINTENANCE MANUAL.

KEEP HANDS FREE OF MOVING PARTS. FAILURE TO DO SO COULD RESULT IN PERSONAL INJURY.

7004-1199

⚠ CAUTION



Weight selector pin must be fully inserted into the weight plate.

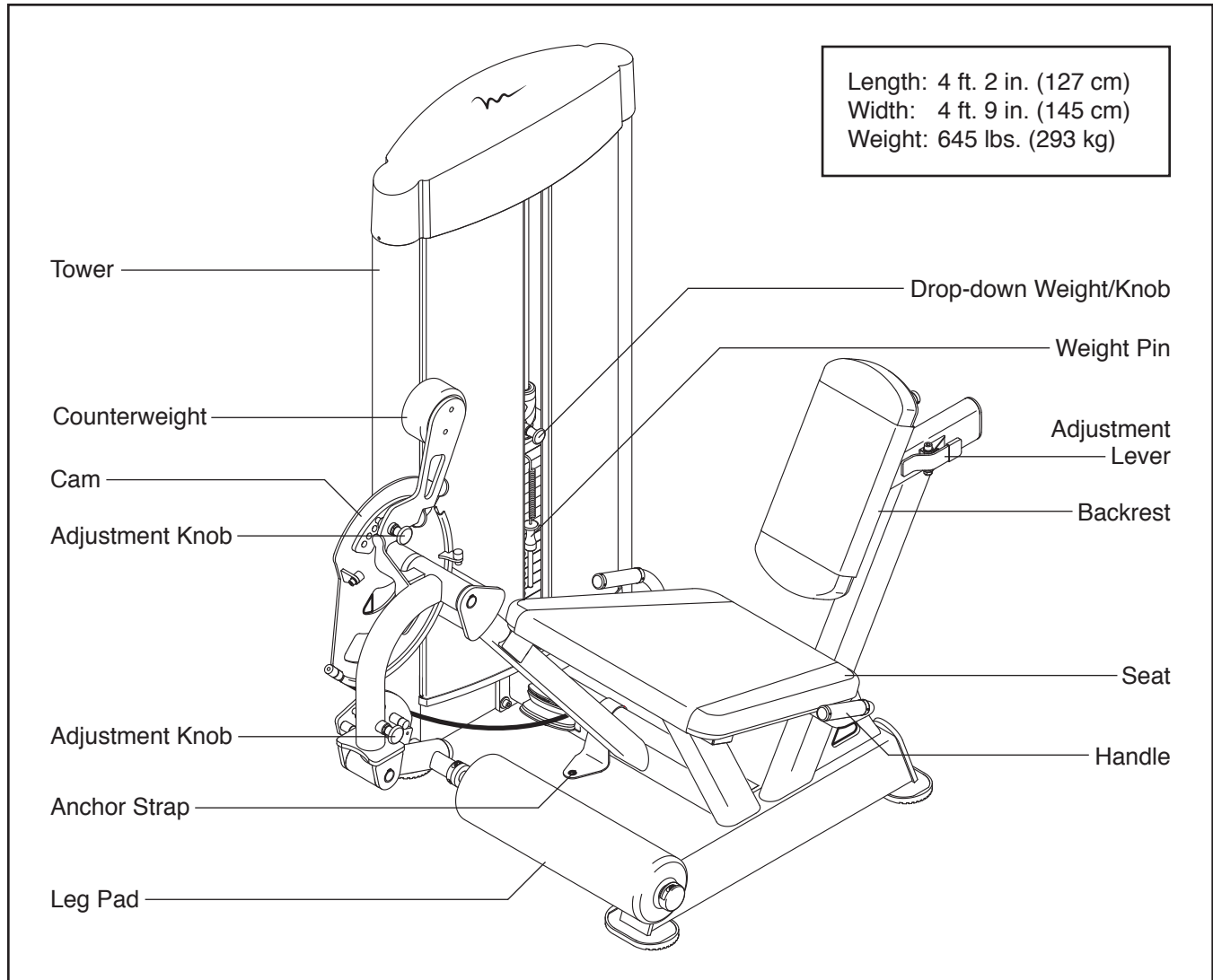
BEFORE YOU BEGIN

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

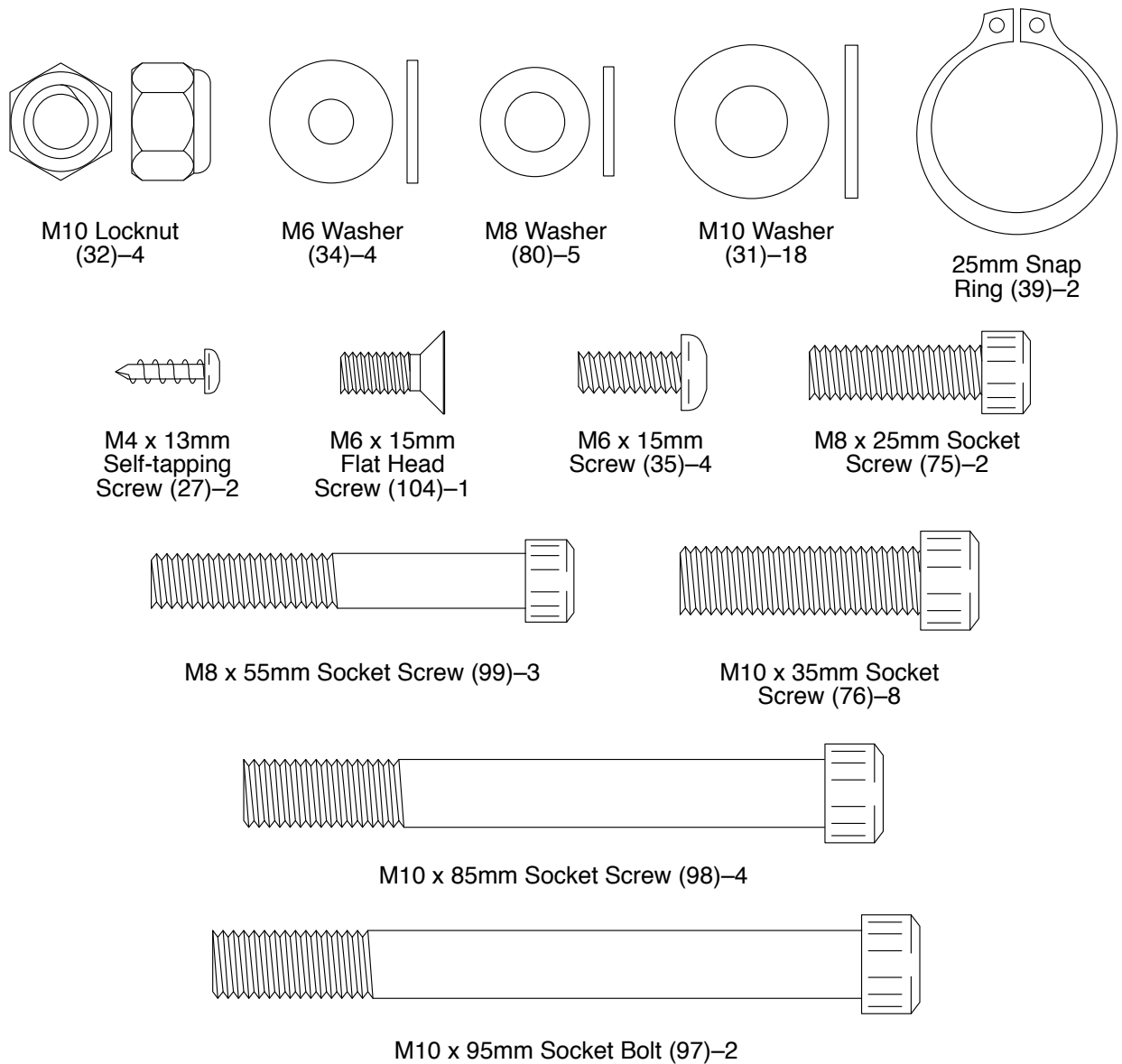
of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



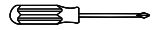
PART IDENTIFICATION CHART

Use the drawings below to identify small parts used for assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preattached.**



ASSEMBLY

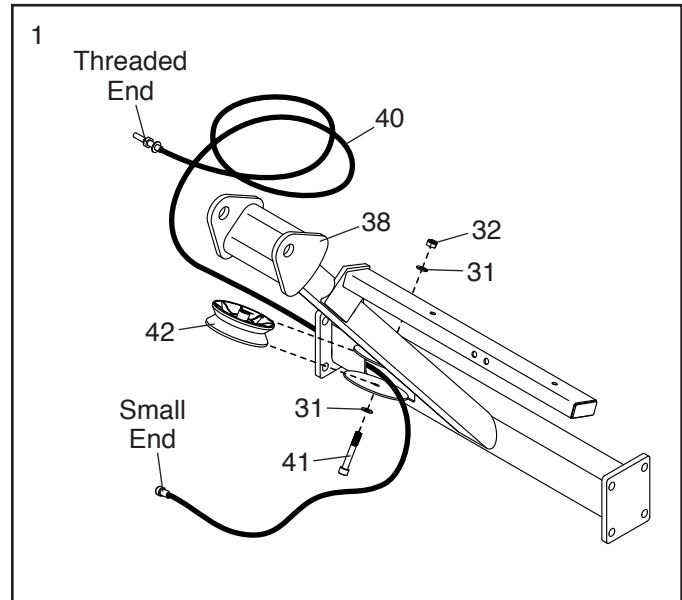
- Assembly requires two persons.
- Because of its weight and size, assemble the strength equipment in the location where it will be used. Make sure that there is enough clearance around the strength equipment.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, see page 6.
- The following tools (not included) are required for assembly:
 - one adjustable wrench
 - one Phillips screwdriver
 - a set of metric hex keys
 - snap ring pliers
- Assembly may be more convenient if you have your own set of wrenches. To avoid damaging parts, do not use power tools.



1. Remove all parts (31, 32, 41, and 42) from the Connecting Frame (38).

Orient the Cable (40) as shown, and insert it through the Connecting Frame (38).

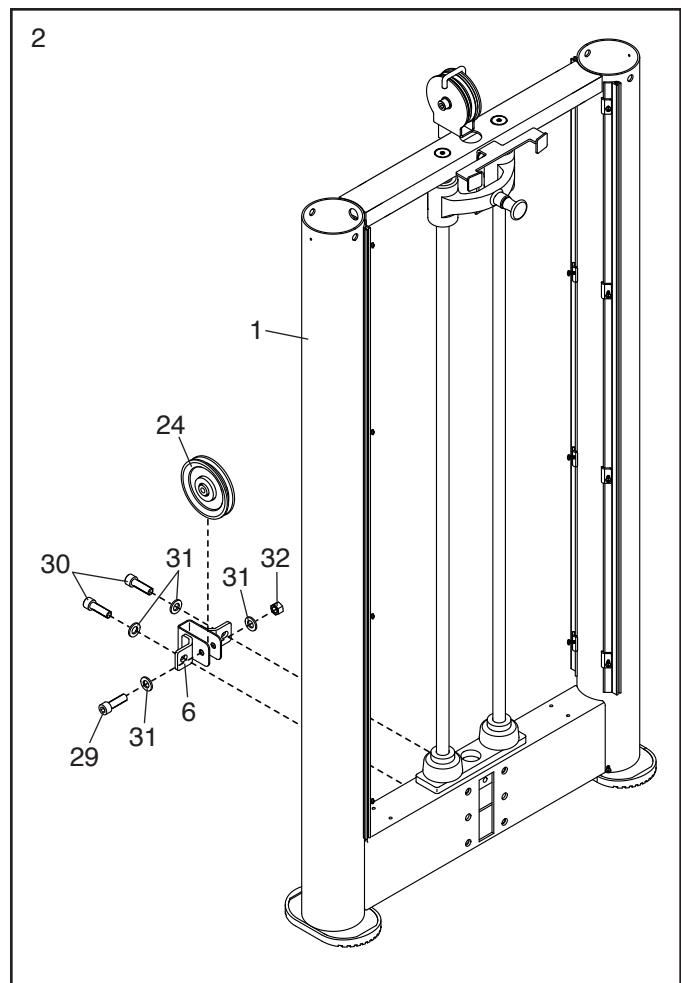
Attach the V-pulley (42) to the Connecting Frame (38) with the M10 x 70mm Socket Bolt (41), the two M10 Washers (31), and the M10 Locknut (32) that you just removed. **Make sure that the Cable (40) is routed around the V-pulley.**



2. Orient the Tower Frame (1) as shown. **Have a second person hold the Tower Frame to prevent it from falling until you complete step 4.**

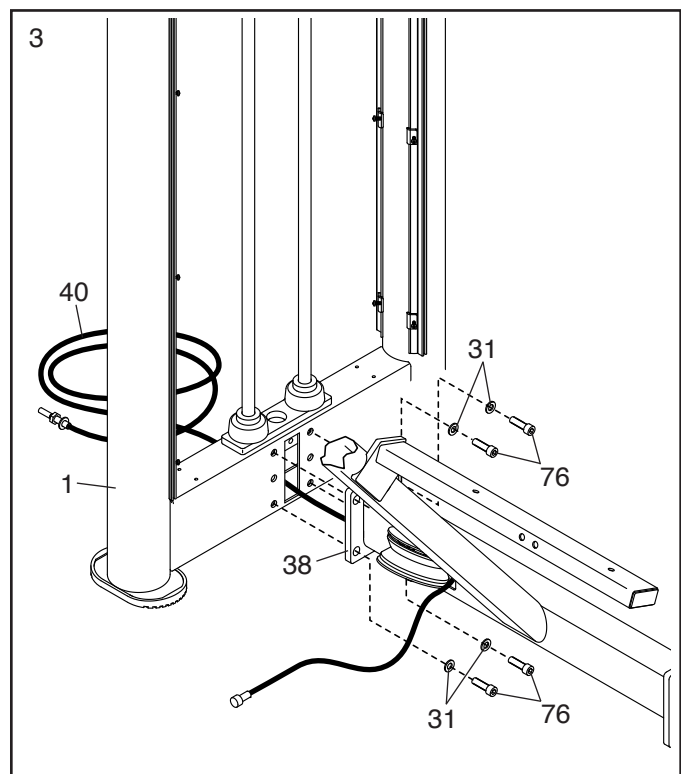
Remove the two M10 x 30mm Socket Screws (30), the two M10 Washers (31), and the Pulley Bracket (6) from the back of the Tower Frame (1).

Next, remove the M10 Locknut (32), the M10 x 50mm Socket Bolt (29), the two M10 Washers (31), and the Large Pulley (24) from the Pulley Bracket (6).



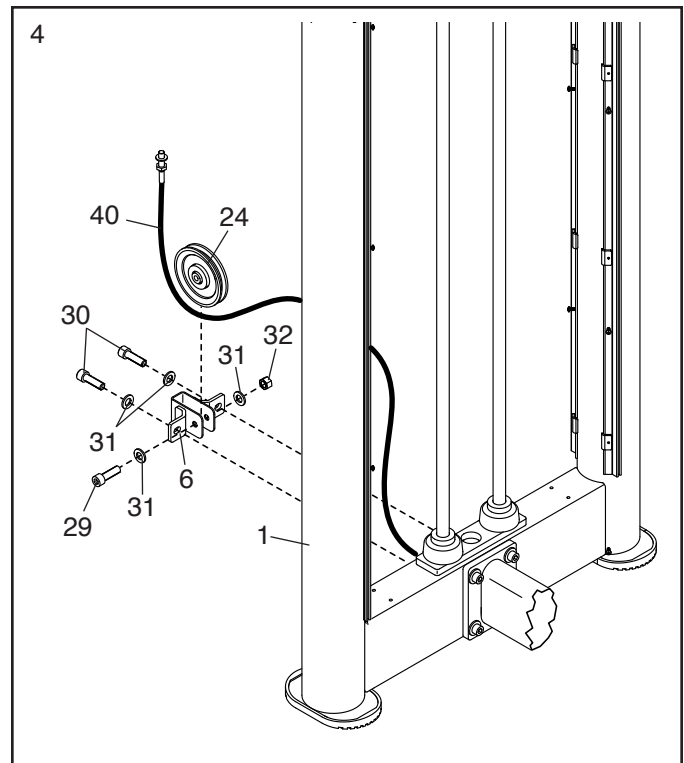
3. Insert the Cable (40) through the Tower Frame (1) as shown.

Attach the Connecting Frame (38) to the Tower Frame (1) with four M10 x 35mm Socket Screws (76) and four M10 Washers (31). **Do not tighten the Socket Screws yet.**



4. Route the Cable (40) upward through the Pulley Bracket (6). Attach the Large Pulley (24) inside the Pulley Bracket with the M10 x 50mm Socket Bolt (29), the two M10 Washers (31), and the M10 Locknut (32) that you removed in step 2.

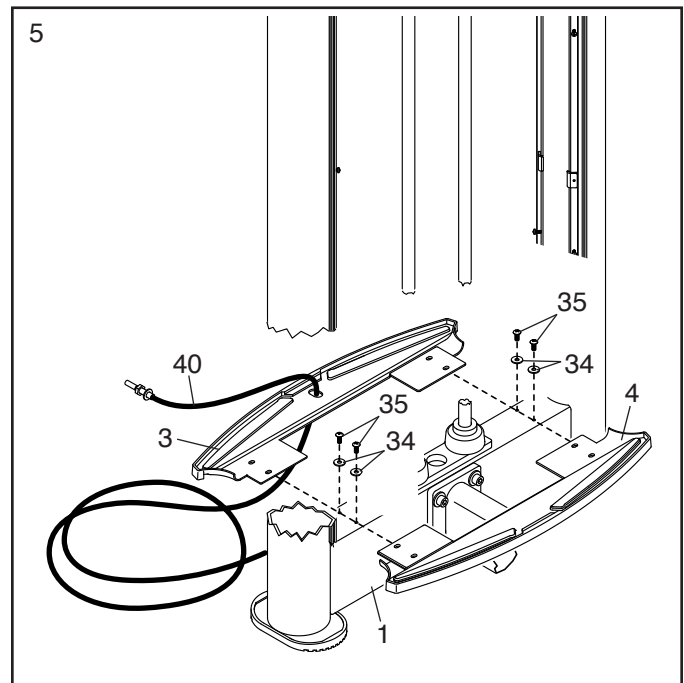
Then, attach the Pulley Bracket (6) to the Tower Frame (1) with the two M10 x 30mm Socket Screws (30) and the two M10 Washers (31) that you removed in step 2.



5. Identify the Rear Shroud Base (3), which has a hole in the center, and the Front Shroud Base (4). Orient the Shroud Bases as shown.

Insert the end of the Cable (40) upward through the Rear Shroud Base (3).

Attach the Shroud Bases (3, 4) to the Tower Frame (1) with four M6 x 15mm Screws (35) and four M6 Washers (34).



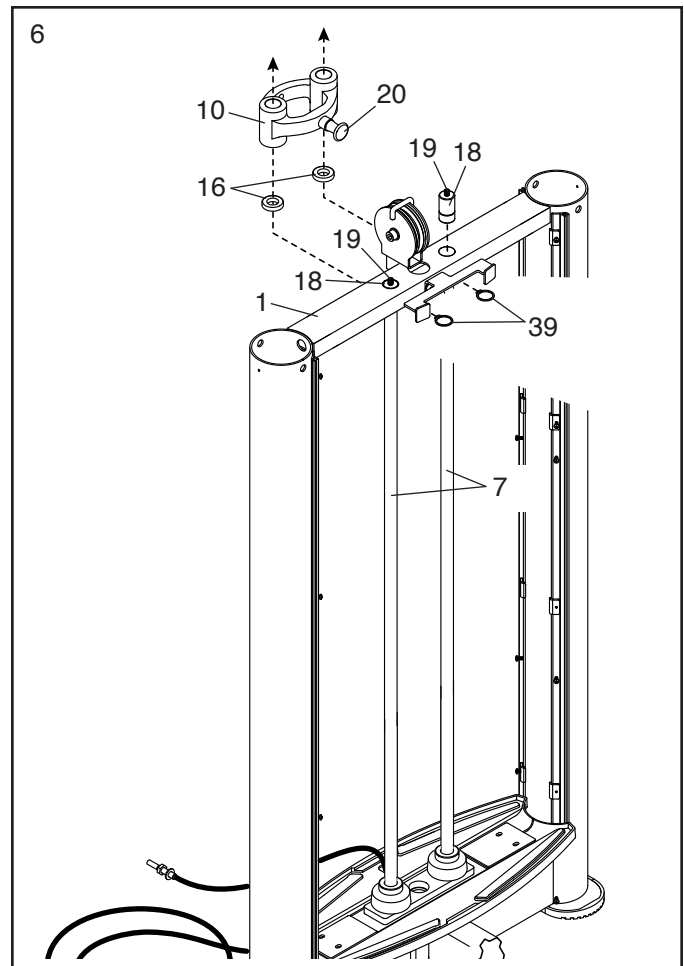
6. Pull the Drop-down Weight Knob (20) and slide the Drop-down Weight (10) downward on the Weight Guides (7).

Next, loosen the two M8 x 35mm Set Screws (19) a few complete turns; **it is not necessary to remove the Set Screws.**

Look under the top of the Tower Frame (1) and remove the two 25mm Snap Rings (39) from the two Weight Guide Bushings (18).

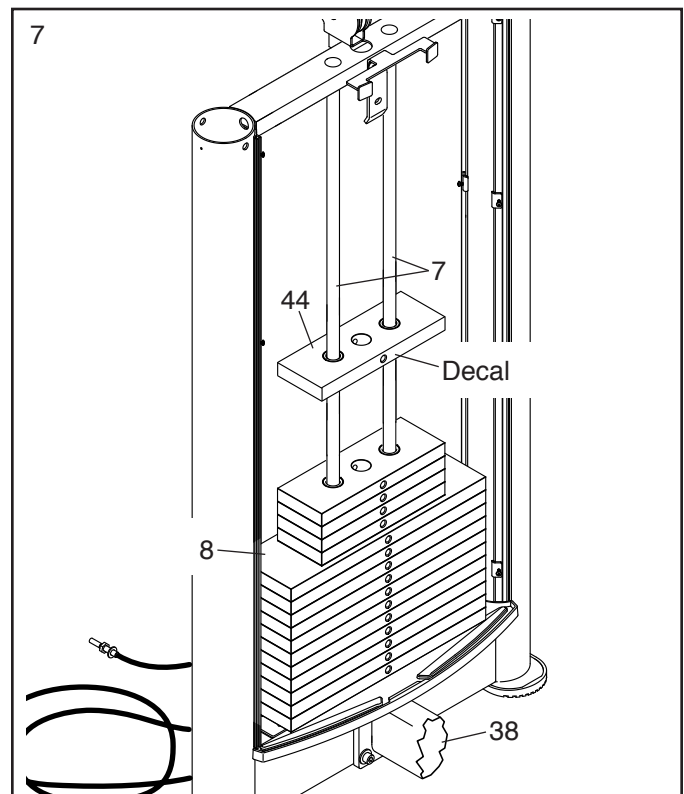
Have a second person hold the Weight Guides (7). Lift the Weight Guide Bushings (18) out of the Tower Frame (1).

Then, tip the upper ends of the Weight Guides (7) forward or backward, and slide the Drop-down Weight (10) and the Upper Weight Bumpers (16) upward off the Weight Guides.



7. Look at the decals on the eleven 20-pound Weights (8), and find the decal that has the **largest** number. Orient that Weight so that the decal is facing the Connecting Frame (38), and slide the Weight onto the Weight Guides (7).

Repeat this step until all eleven 20-pound Weights (8) and the five 10-pound Weights (44) are on the Weight Guides (7).



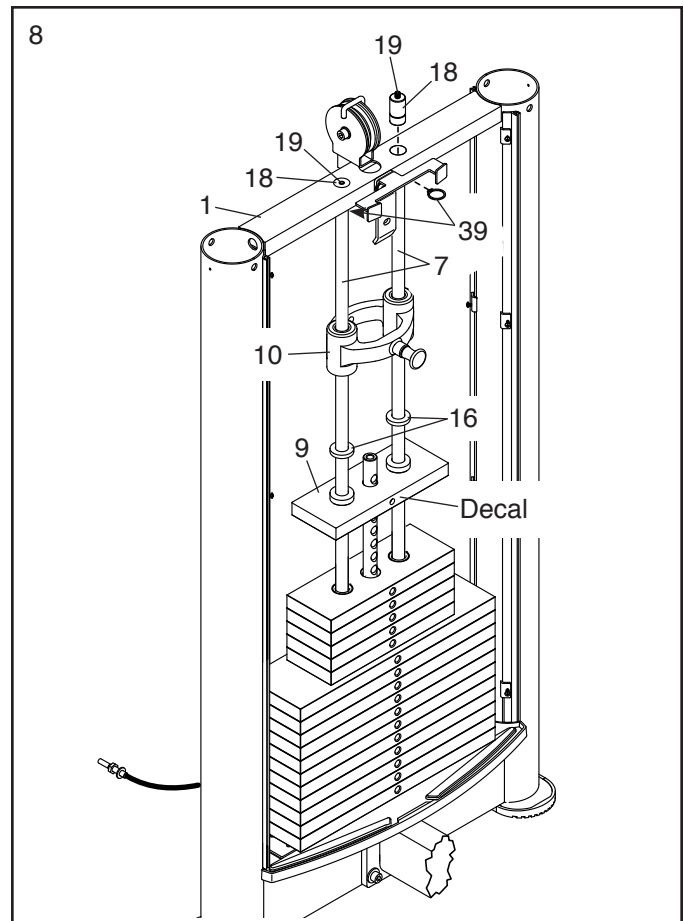
8. Orient the Top Weight (9) and the Drop-down Weight (10) as shown.

Slide the Top Weight (9), the two Upper Weight Bumpers (16), the Drop-down Weight (10), and the two 25mm Snap Rings (39) onto the Weight Guides (7).

Next, insert the two Weight Guide Bushings (18) into the Tower Frame (1), and slide them onto the upper ends of the Weight Guides (7).

Attach the two 25mm Snap Rings (39) to the Weight Guide Bushings (18).

Then, tighten the two M8 x 35mm Set Screws (19) into the Weight Guide Bushings (18).

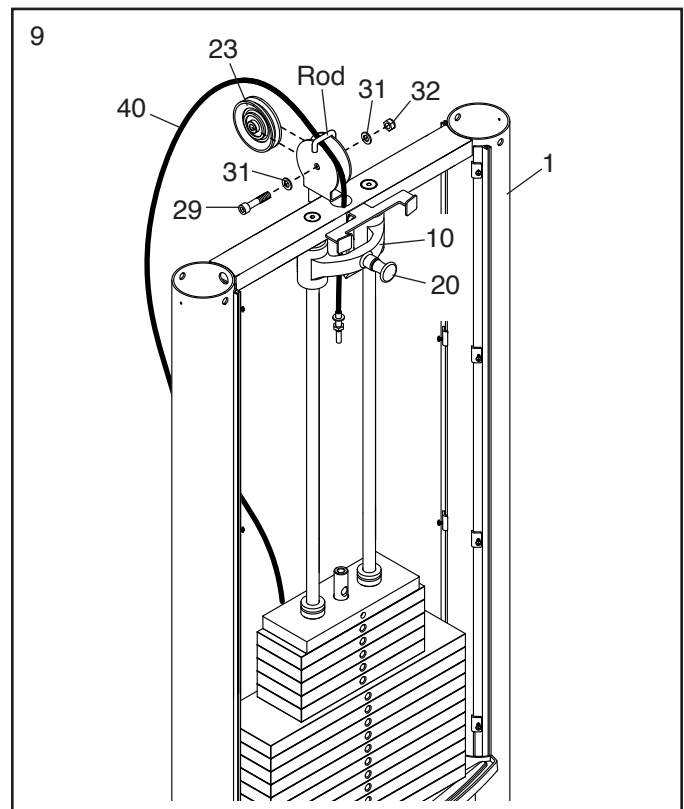


9. Remove all parts (23, 29, 31, and 32) from the pulley bracket on the Tower Frame (1).

Route the Cable (40) through the pulley bracket and downward through the hole in the center of the Tower Frame (1).

Attach the Small Pulley (23) inside the pulley bracket with the M10 x 50mm Socket Bolt (29), the two M10 Washers (31), and the M10 Locknut (32) that you just removed. **Make sure that the Cable (40) is between the Small Pulley and the rod on the pulley bracket.**

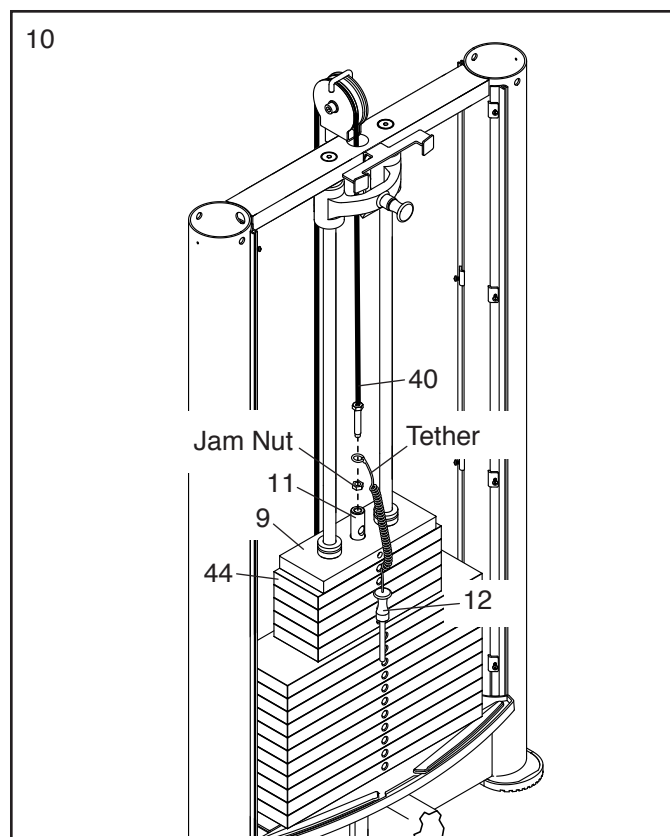
Next, slide the Drop-down Weight (10) upward until the Drop-down Weight Knob (20) snaps into the hole in the Latch Bracket (not shown). **Make sure that the Drop-down Weight Pin is engaged in the hole.**



10. Remove the jam nut from the end of the Cable (40). Next, slide the tether on the Weight Pin (12) onto the end of the Cable. Then, finger tighten the jam nut onto the end of the Cable.

Tighten the end of the Cable (40) into the Weight Selector (11) until the Top Weight (9) is lifted off the 10-pound Weights (44). Then, loosen the end of the Cable until the Top Weight just rests on the Weights.

Then, tighten the jam nut against the Weight Selector (11).



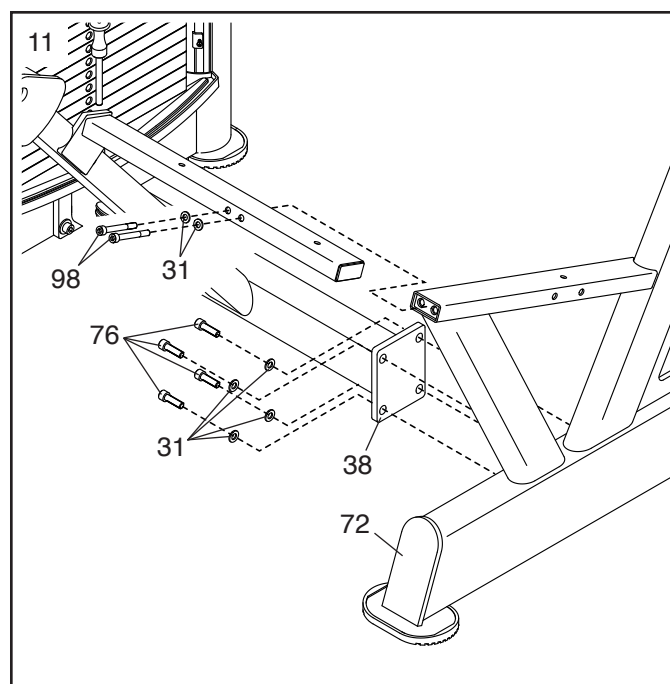
11. **Have a second person hold the Base (72) to prevent it from falling until you complete this step.**

Attach the Connecting Frame (38) to the Base (72) with four M10 x 35mm Socket Screws (76) and four M10 Washers (31). **Do not tighten the Socket Screws yet.**

Next, attach the Connecting Frame (38) to the Base (72) with two M10 x 85mm Socket Screws (98) and two M10 Washers (31).

Then, tighten the four M10 x 35mm Socket Screws (76).

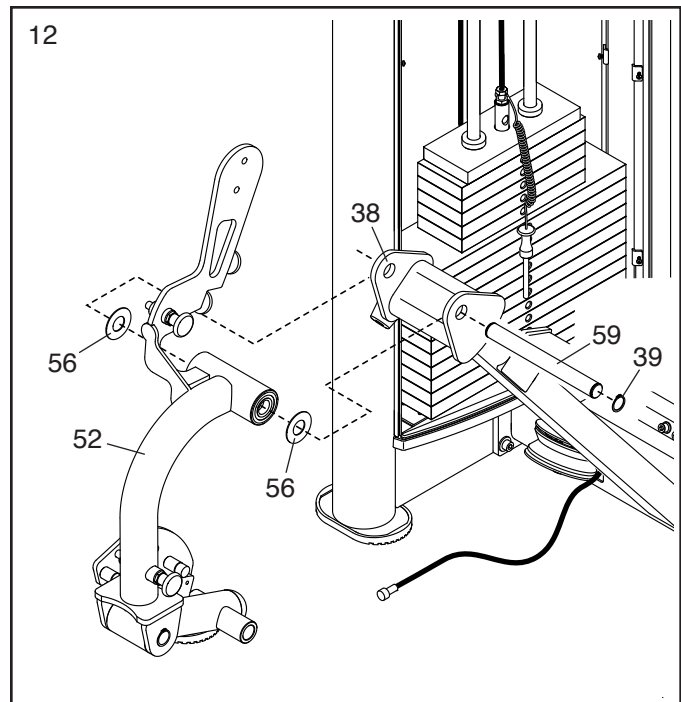
See step 3. Tighten the M10 x 35mm Socket Screws (76).



12. Attach a 25mm Snap Ring (39) to one end of the Long Pivot Axle (59).

Identify the Pivot Arm (52) and orient it as shown.

Have a second person hold the round tube on the Pivot Arm (52) and two Plastic Washers (56) inside the bracket on the Connecting Frame (38). Insert the Long Pivot Axle (59) into the bracket, the Plastic Washers, and the round tube.

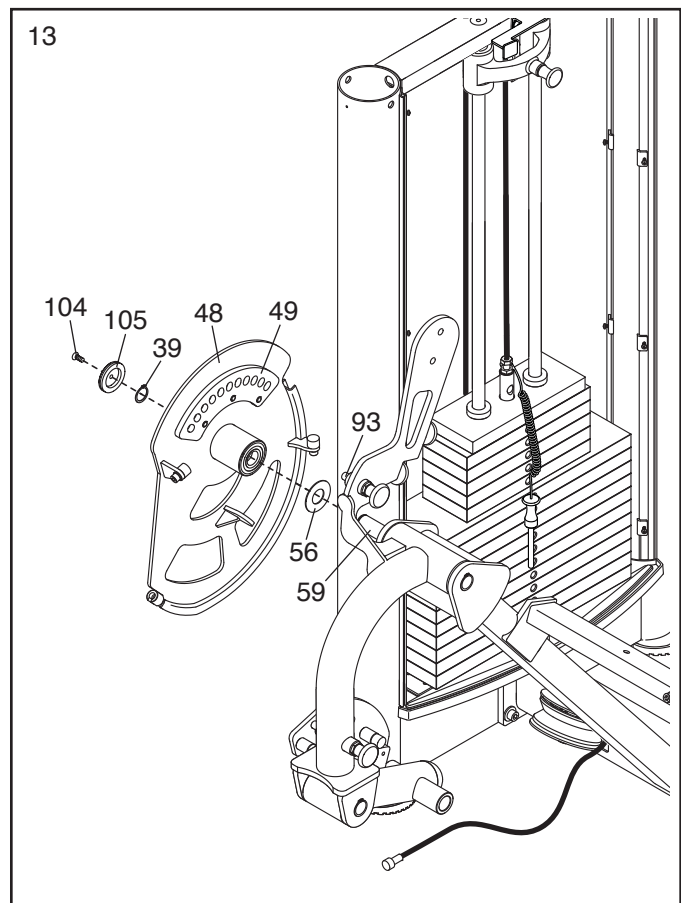


13. Orient the Cam (48) as shown.

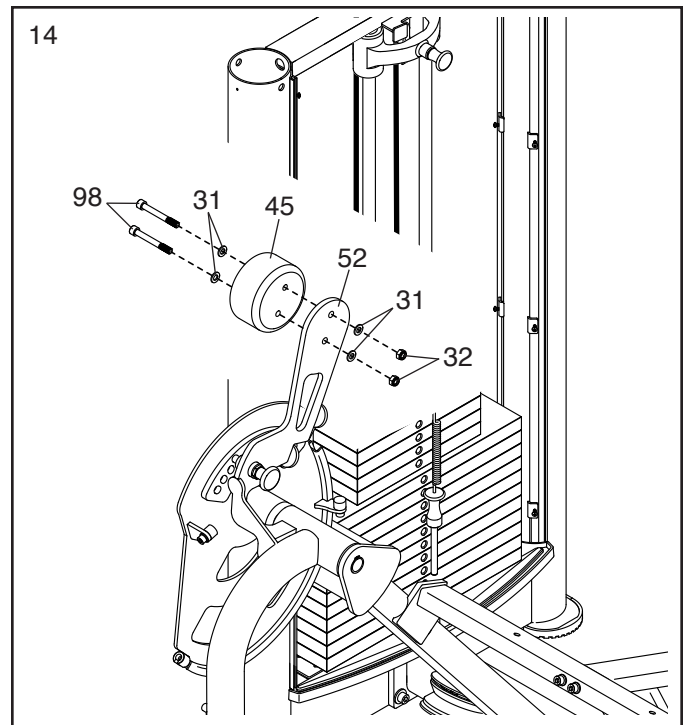
Slide a Plastic Washer (56) and the Cam (48) onto the Long Pivot Axle (59). **Make sure that the Small Pin (93) is inserted into one of the holes in the Cam Selector Plate (49).**

Attach a 25mm Snap Ring (39) to the end of the Long Pivot Axle (59).

Then, attach the Bearing Cover (105) to the end of the Long Pivot Axle (59) with an M6 x 15mm Flat Head Screw (104).



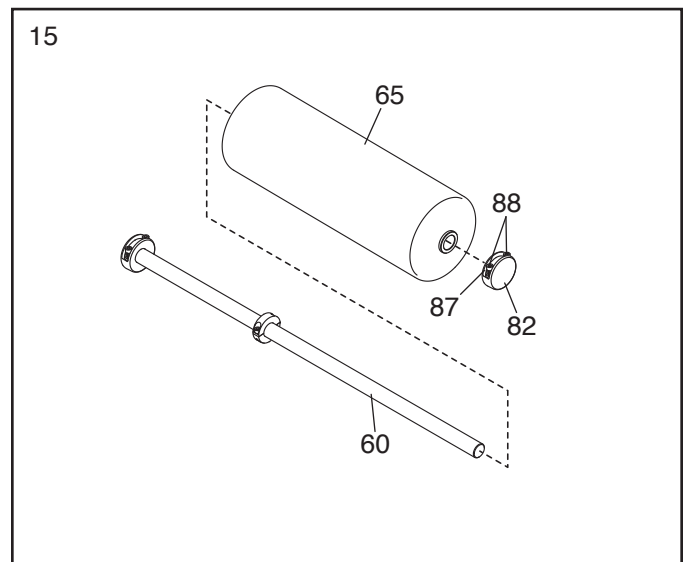
14. Attach the Counterweight (45) to the Pivot Arm (52) with two M10 x 85mm Socket Bolts (98), four M10 Washers (31), and two M10 Locknuts (32).



15. Loosen the two M6 x 15mm Socket Screws (88) in the Bar Clamp (87) on the indicated end of the Pad Bar (60); **it is not necessary to remove the Socket Screws**. Then, slide the Bar Clamp and the Clamp Cover (82) off the Pad Bar.

Next, slide the Leg Pad (65) onto the Pad Bar (60).

Then, slide the Bar Clamp (87) and the Clamp Cover (82) onto the Pad Bar (60), and tighten the two M6 x 15mm Socket Screws (88).



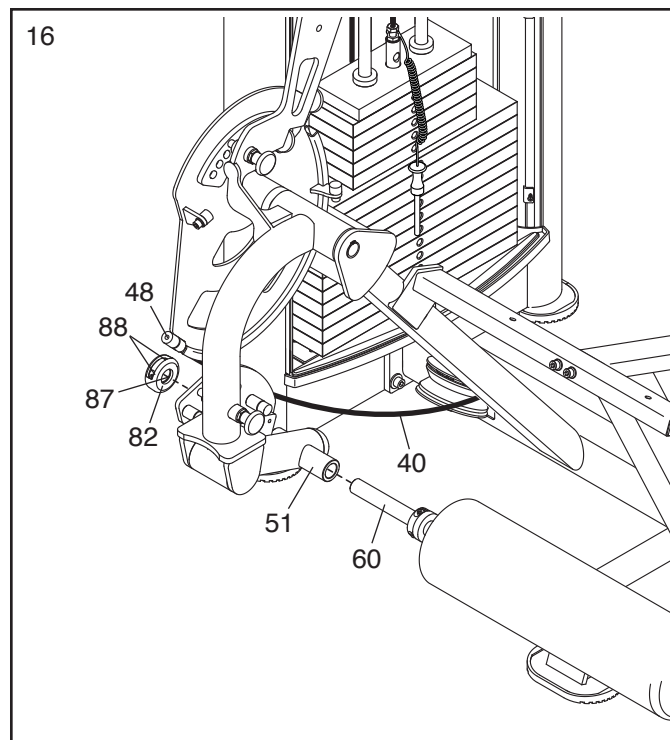
16. Press the end of the Cable (40) as far as possible into the socket on the Cam (48).

Next, loosen the two M6 x 15mm Socket Screws (88) in the Bar Clamp (87) on the indicated end of the Pad Bar (60); **it is not necessary to remove the Socket Screws**. Then, slide the Bar Clamp and the Clamp Cover (82) off the Pad Bar.

Insert the end of the Pad Bar (60) through the Pivot Leg (51).

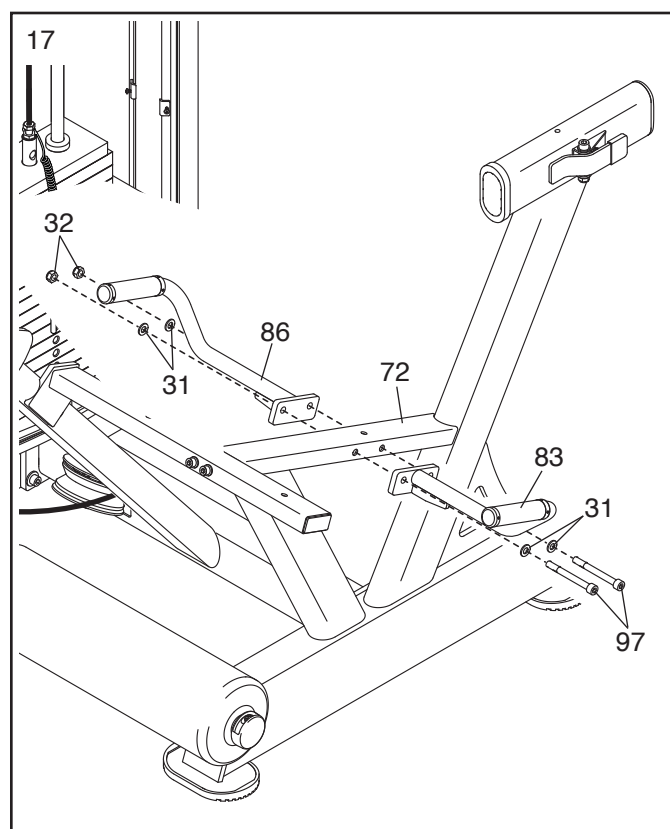
Slide the Bar Clamp (87) and the Clamp Cover (82) onto the Pad Bar (60). Then, tighten the two M6 x 15mm Socket Screws (88).

Then, rotate the Clamp Cover (82) so that the opening is facing the floor.

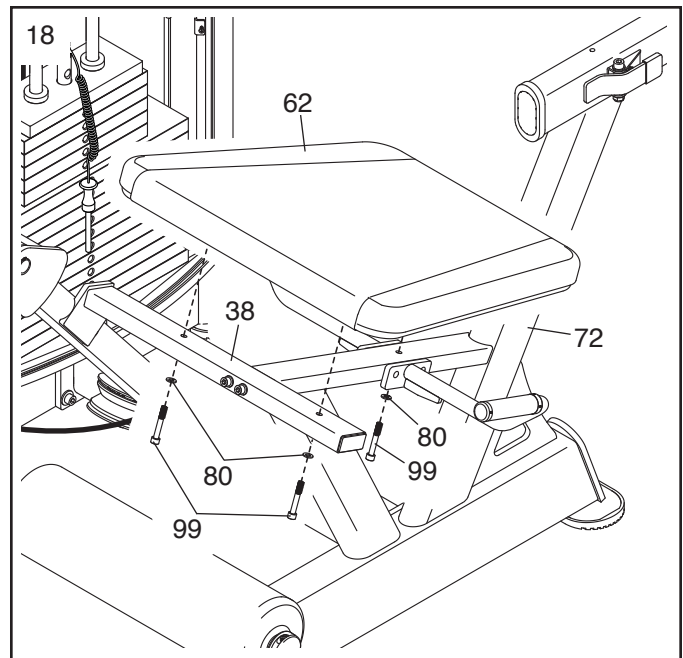


17. Identify the Left and Right Handlebars (83, 86), and orient them as shown.

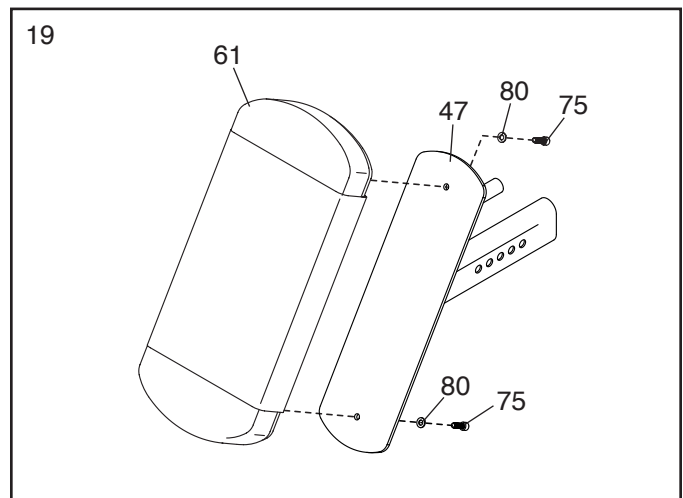
Attach the Left and Right Handlebars (83, 86) to the Base (72) with two M10 x 95mm Socket Bolts (97), four M10 Washers (31), and two M10 Locknuts (32).



18. Attach the Seat (62) to the Base (72) and the Connecting Frame (38) with three M8 x 55mm Socket Screws (99) and three M8 Washers (80).



19. Attach the Backrest (61) to the Backrest Frame (47) with two M8 x 25mm Socket Screws (75) and two M8 Washers (80).

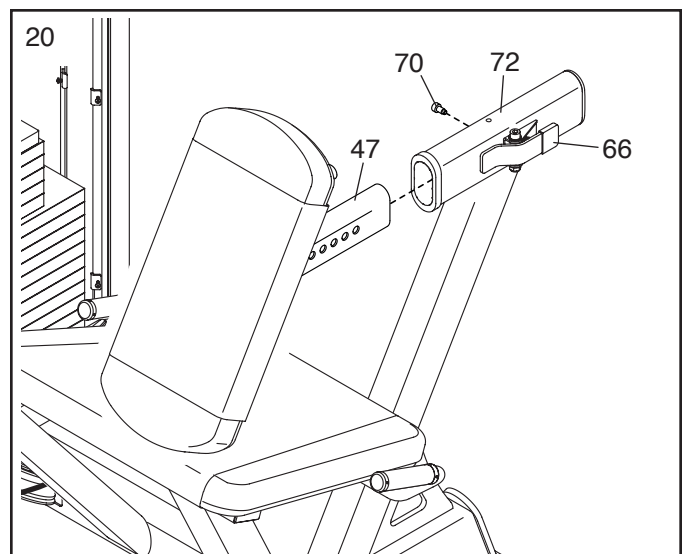


20. Remove the M10 x 18mm Stop Screw (70) from the Base (72).

Next, press the Adjustment Lever (66), insert the Backrest Frame (47) into the Base, and then release the Adjustment Lever into one of the adjustment holes in the Backrest Frame.

Make sure that the Adjustment Lever (66) is firmly engaged in an adjustment hole.

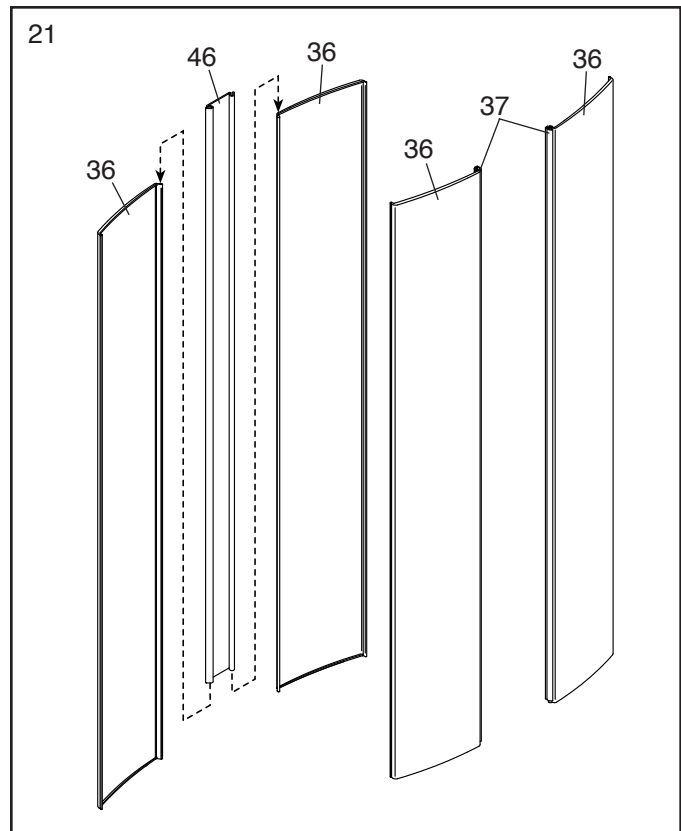
Then, tighten the M10 x 18mm Stop Screw (70) that you just removed into the Base (72).



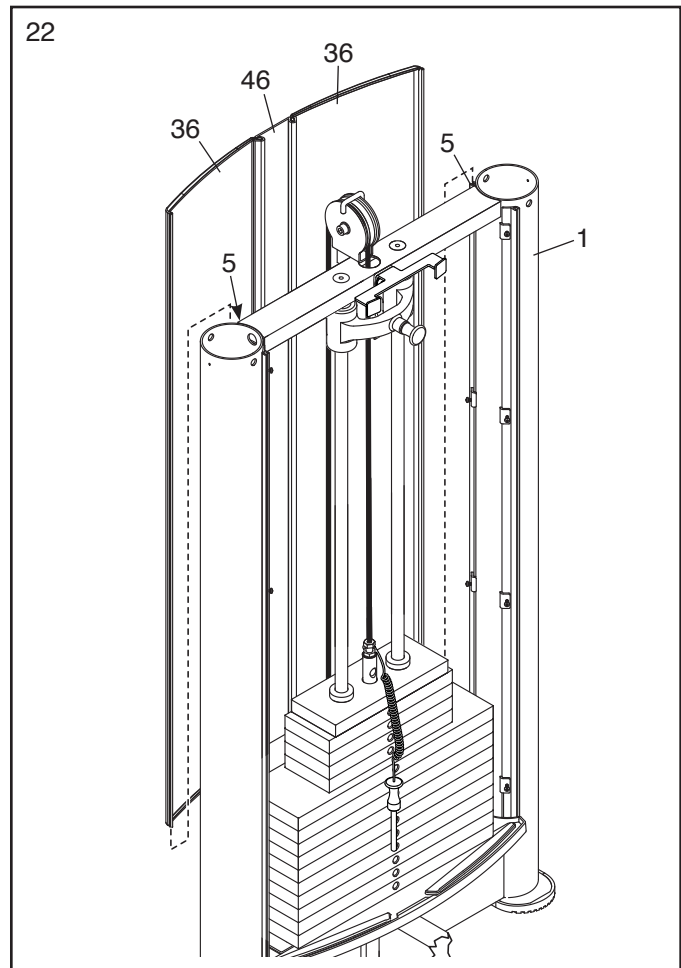
21. Note: The parts shown in this step may be preassembled.

Look at the four Shrouds (36), and identify the two Shrouds that have strips of Inner Trim (37) and the two Shrouds that do not.

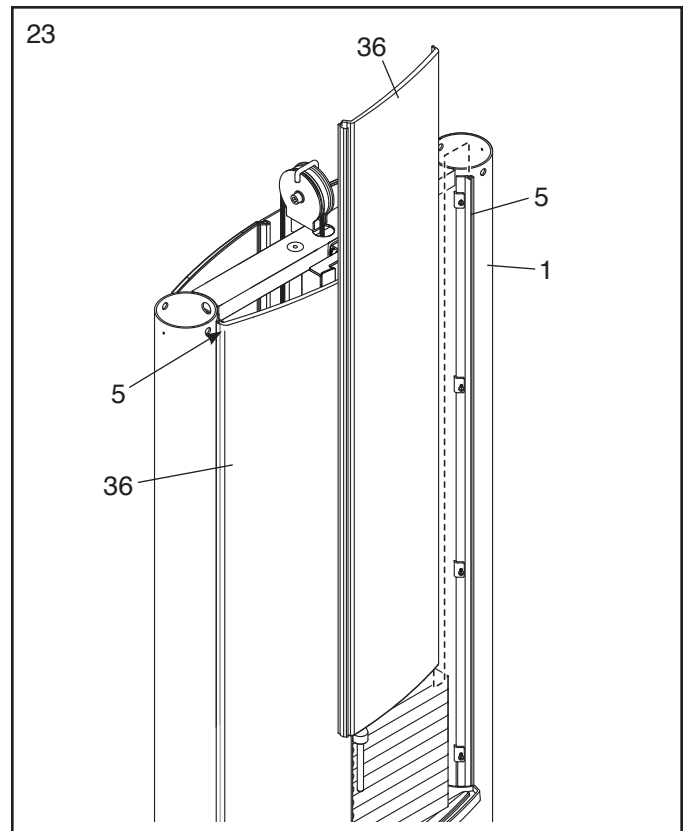
Slide the Shroud Panel (46) downward onto the two Shrouds (36) that do **not** have strips of Inner Trim (37).



22. Slide the two Shrouds (36) with the Shroud Panel (46) downward into the two strips of Outer Trim (5) on the back of the Tower Frame (1).

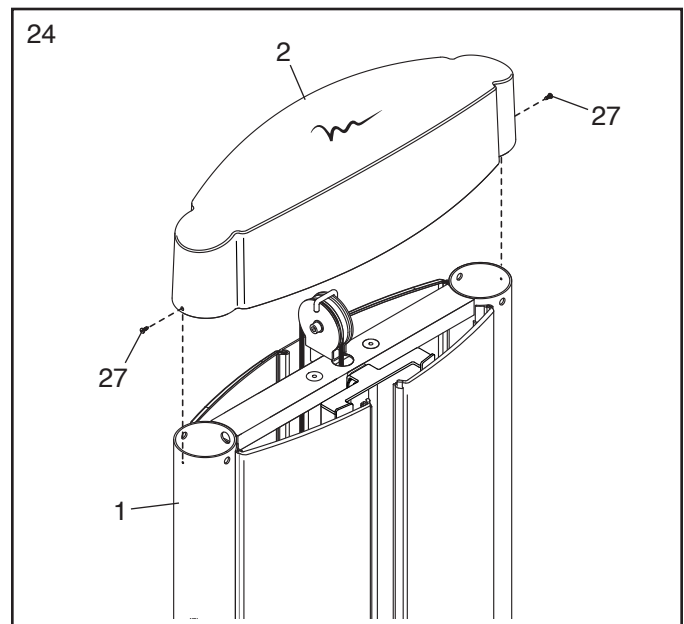


23. Slide the two remaining Shrouds (36) downward into the two strips of Outer Trim (5) on the front of the Tower Frame (1).



24. Orient the Tower Cap (2) as shown.

Slide the Tower Cap (2) downward onto the Tower Frame (1). Attach the Tower Cap with two M4 x 13mm Self-tapping Screws (27).



25. **Make sure that all parts of the strength equipment are properly tightened.** To protect the floor or carpet from damage, place a mat under the strength equipment.

ADJUSTMENT

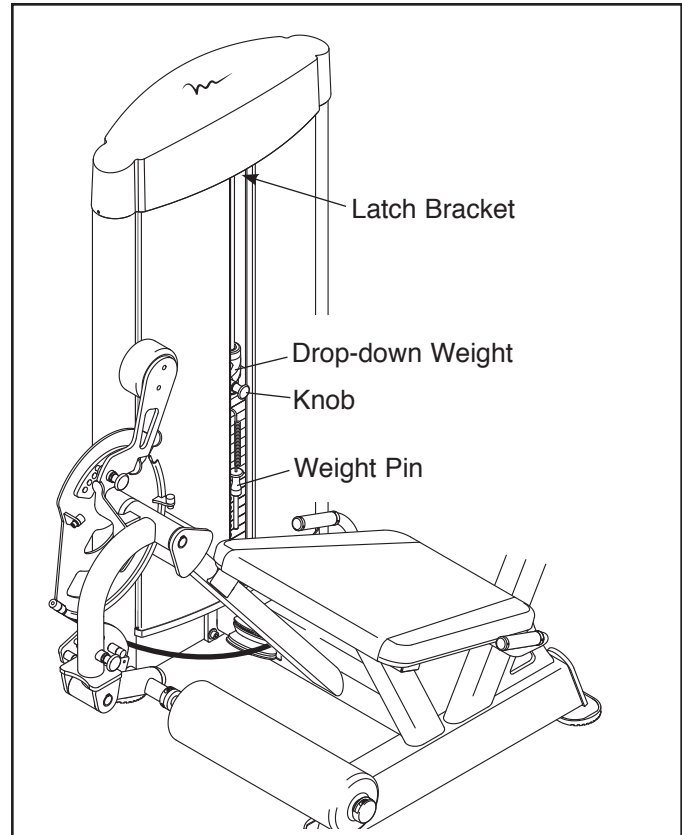
This section explains how to adjust the strength equipment. **Make sure that all parts are properly tightened each time the strength equipment is used.** Replace any worn parts immediately.

ADJUSTING THE RESISTANCE

To change the amount of resistance, insert the weight pin into the desired weight. **Make sure that the weight pin is fully inserted.** Note: To use only the top weight, insert the weight pin into the weight selector (not shown) above the top weight.

To add 5 lbs. (2.25 kg) of resistance, pull the indicated knob and lower the drop-down weight onto the weight stack.

When you are not using the drop-down weight, slide it upward until the knob on the drop-down weight snaps into the hole in the latch bracket (not shown). **Move the drop-down weight upward and downward slightly to make sure that the knob is firmly engaged in the hole.**

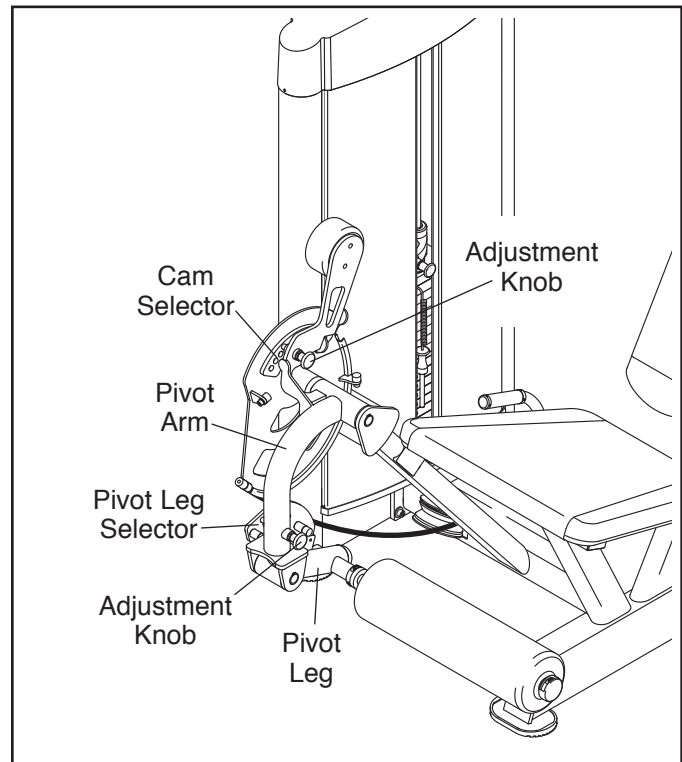


ADJUSTING THE LEG LEVER

To change the position of the pivot leg, hold it with one hand while pulling the adjustment knob out of the pivot leg selector. Move the pivot leg to the desired position, and reengage the adjustment knob into the pivot leg selector.

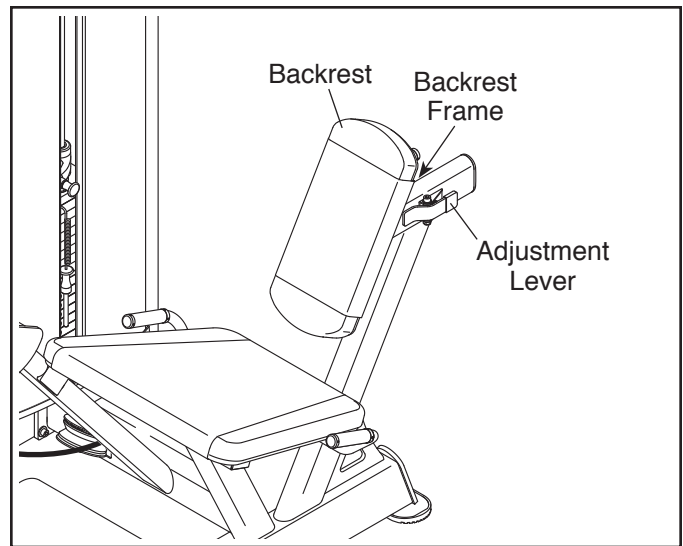
To change the position of the pivot arm, hold it with one hand while pulling the adjustment knob out of the cam selector. Move the pivot arm to the desired position, and reengage the adjustment knob into the cam selector.

⚠ WARNING: Always make sure that the adjustment knobs are fully engaged in the selectors before you use the leg lever.



ADJUSTING THE BACKREST

To adjust the backrest, press the adjustment lever, move the backrest frame forward or backward to the desired position, and then release the adjustment lever into an adjustment hole in the backrest frame. **Make sure that the adjustment lever is firmly engaged in an adjustment hole.**



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® cleaner, 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 an unnoticeable 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

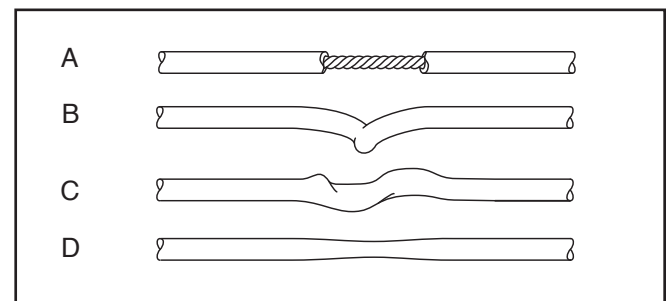
Hardware

Check all nuts, bolts, and screws, and tighten them if necessary. **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.

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



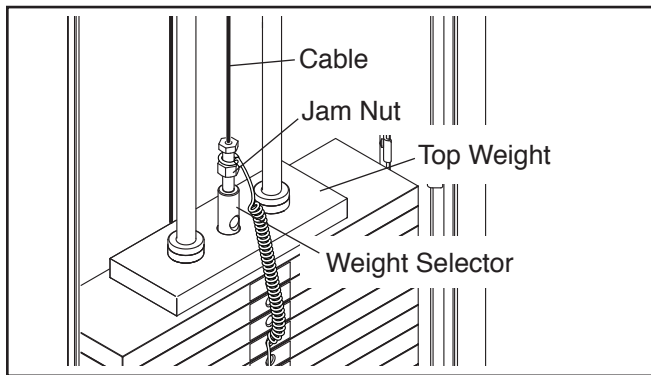
Cable Adjustment

To determine whether each cable is properly adjusted, slowly raise and lower the top weight by performing one repetition.

If the cable is loose, the top weight will not be lifted immediately when you begin the repetition.

If the cable is too tight, the top weight will not rest on the weight beneath it when you complete the repetition. It may also be difficult to insert the weight pin into the weights.

If the cable is too loose or too tight, loosen the jam nut on the end of the cable attached to the weight selector. Next, tighten the end of the cable into the weight selector until the top weight is lifted off the weight beneath it. Next, loosen the end of the cable until the top weight just rests on the weight beneath it. Then, tighten the jam nut against the weight selector.



MONTHLY MAINTENANCE

Grips

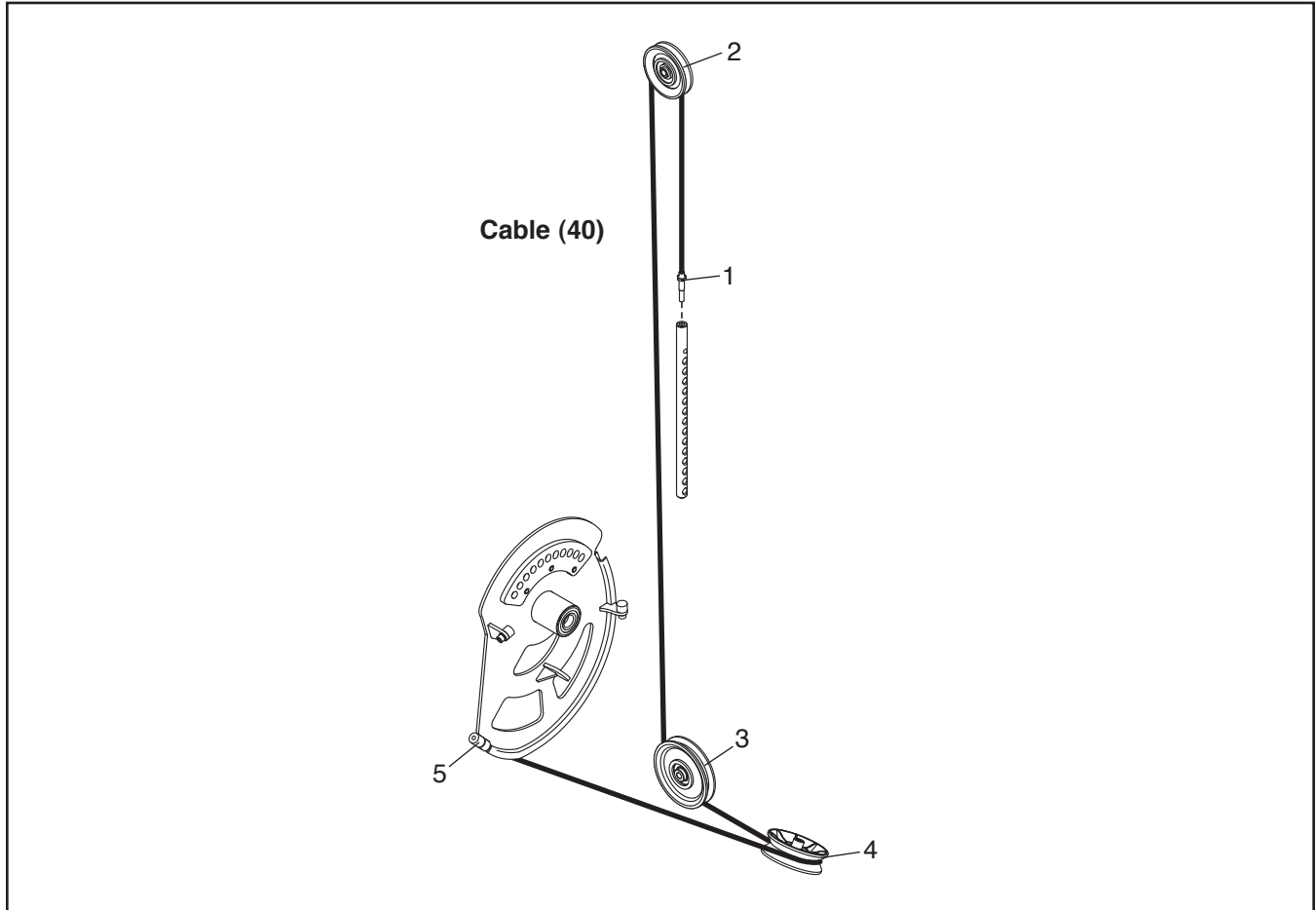
Check the grips and replace them if needed.

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.**

CABLE DIAGRAM

The diagram below shows the correct route of the cable. Use the diagram to make sure that the cable is correctly routed. **If the cable is not correctly routed, the strength equipment will not function properly and damage may occur.** If the strength equipment has one or more cable traps, make sure that no cable trap is touching or binding the cable.



PART LIST

Model No. F801.0 R0312A

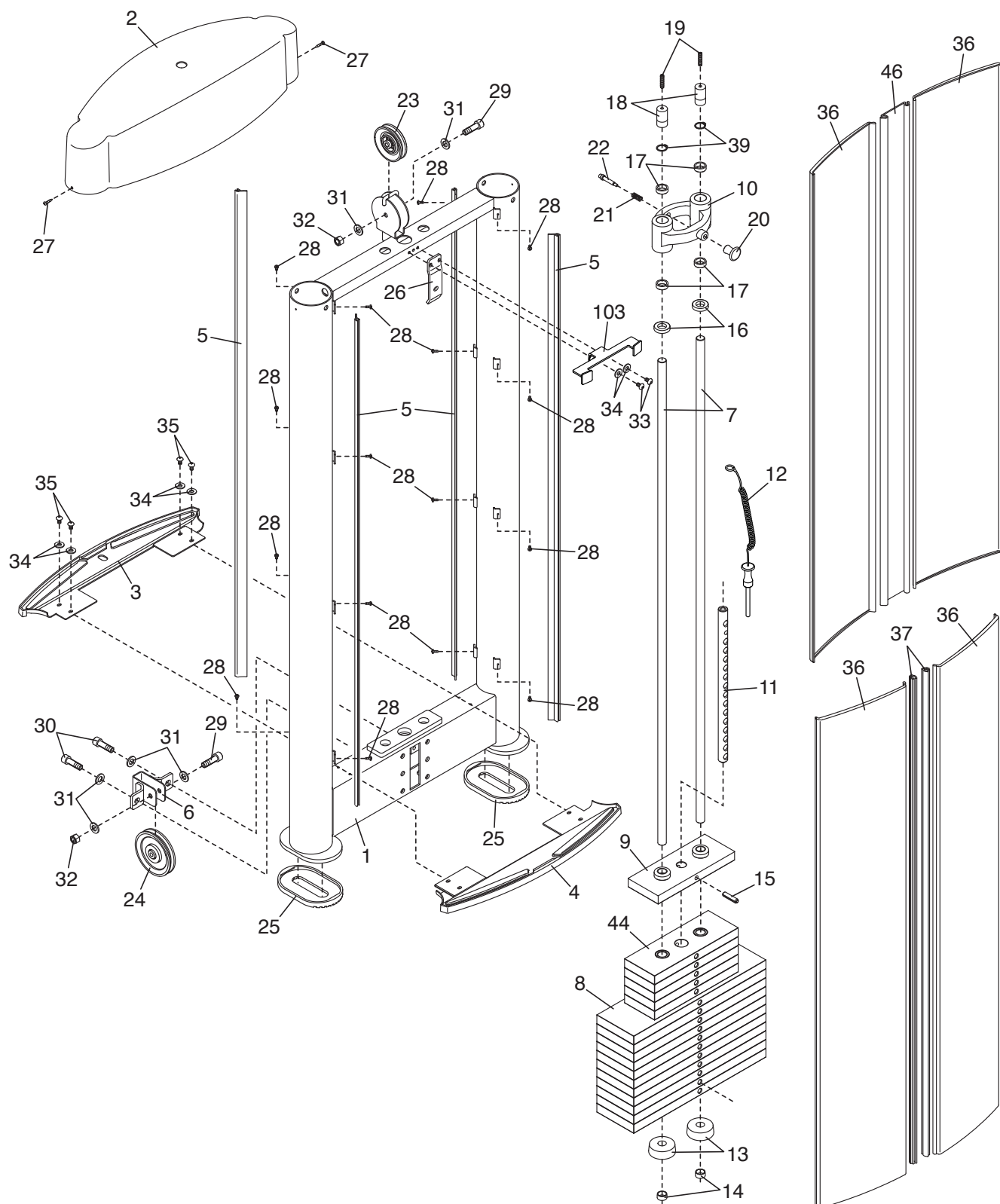
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower Frame	51	1	Pivot Leg
2	1	Tower Cap	52	1	Pivot Arm
3	1	Rear Shroud Base	53	1	Short Pivot Axle
4	1	Front Shroud Base	54	3	Handgrip Collar
5	4	Outer Trim	55	3	Handgrip Cap
6	1	Pulley Bracket	56	5	Plastic Washer
7	2	Weight Guide	57	3	Handgrip
8	11	20-pound Weight	58	1	Backrest Cover
9	1	Top Weight	59	1	Long Pivot Axle
10	1	Drop-down Weight	60	1	Pad Bar
11	1	Weight Selector	61	1	Backrest
12	1	Weight Pin	62	1	Seat
13	2	Lower Weight Bumper	63	1	Round Cap
14	2	Weight Guide Cap	64	6	Bearing
15	1	Roll Pin	65	1	Leg Pad
16	2	Upper Weight Bumper	66	1	Adjustment Lever
17	4	Copper Bushing	67	1	Latch Spring
18	2	Weight Guide Bushing	68	—	Not Used
19	2	M8 x 35mm Set Screw	69	1	Oval Cap
20	1	Drop-down Weight Knob	70	1	M10 x 18mm Stop Screw
21	1	Pin Spring	71	1	Base Bushing
22	1	Drop-down Weight Pin	72	1	Base
23	1	Small Pulley	73	2	Arm Bumper
24	1	Large Pulley	74	12	M4 x 3mm Set Screw
25	4	Foot	75	2	M8 x 25mm Socket Screw
26	1	Latch Bracket	76	8	M10 x 35mm Socket Screw
27	2	M4 x 13mm Self-tapping Screw	77	1	M6 x 55mm Socket Bolt
28	16	M4 x 10mm Screw	78	1	M10 x 65mm Socket Bolt
29	2	M10 x 50mm Socket Bolt	79	2	M6 x 12mm Washer
30	2	M10 x 30mm Socket Screw	80	11	M8 Washer
31	31	M10 Washer	81	1	Seat Cover
32	8	M10 Locknut	82	2	Clamp Cover
33	2	M6 x 20mm Screw	83	1	Left Handlebar
34	6	M6 Washer	84	4	Swing Bumper
35	4	M6 x 15mm Screw	85	2	M8 x 15mm Screw
36	4	Shroud	86	1	Right Handlebar
37	2	Inner Trim	87	3	Bar Clamp
38	1	Connecting Frame	88	6	M6 x 15mm Socket Screw
39	6	25mm Snap Ring	89	2	Adjustment Knob
40	1	Cable	90	2	M20 Nut
41	1	M10 x 70mm Socket Bolt	91	1	Small Pin Spring
42	1	V-pulley	92	1	Large Pin Spring
43	1	Anchor Strap	93	1	Small Pin
44	5	10-pound Weight	94	1	Large Pin
45	1	Counterweight	95	2	Plate Spacer
46	1	Shroud Panel	96	2	M8 x 20mm Socket Screw
47	1	Backrest Frame	97	2	M10 x 95mm Socket Bolt
48	1	Cam	98	4	M10 x 85mm Socket Bolt/Screw
49	1	Cam Selector Plate	99	3	M8 x 55mm Socket Screw
50	1	Pivot Leg Selector Plate	100	1	M6 Locknut

Key No.	Qty.	Description	Key No.	Qty.	Description
101	3	M10 x 20mm Socket Screw	104	1	M6 x 15mm Flat Head Screw
102	2	M8 x 40mm Socket Screw	105	1	Bearing Cover
103	1	Shroud Bracket	*	—	Owner's Manual

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.

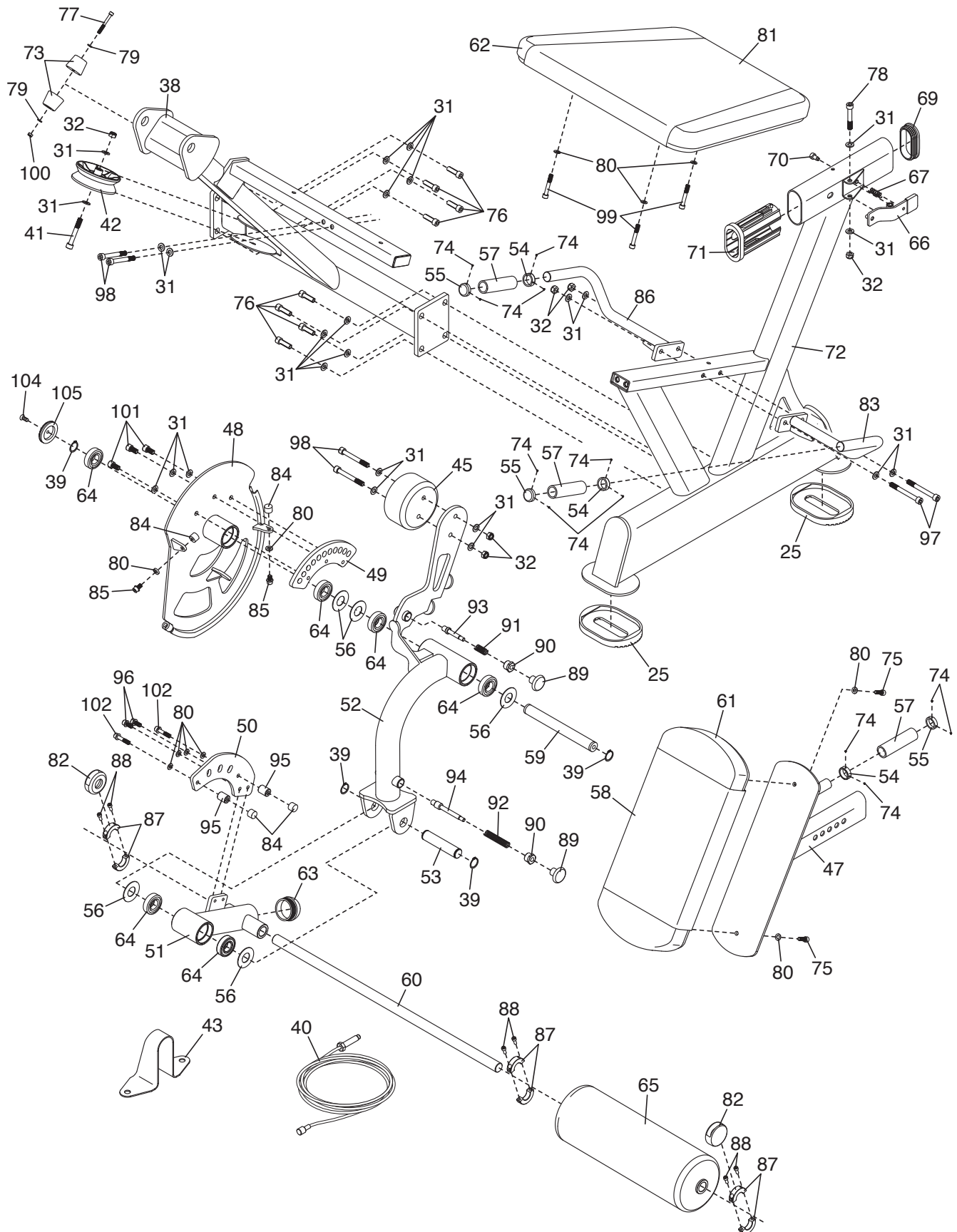
EXPLODED DRAWING A

Model No. F801.0 R0312A



EXPLODED DRAWING B

Model No. F801.0 R0312A



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 and Canada

Call: 1-800-201-2109, Mon.–Fri. 8 a.m.–5 p.m. MT

Write:

FreeMotion Fitness
1500 South 1000 West
Logan, UT 84321-9813
United States

Outside the United States and Canada

Call: 001-435-786-3521

Email: intlcustomercare@freemotionfitness.com