

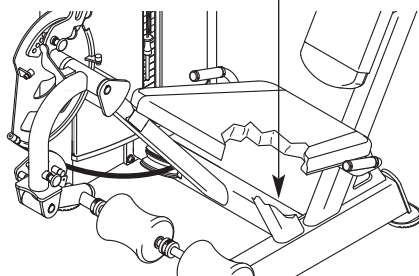
FREEMOTION® EPIC™ LEG EXTENSION

Model No. F801.0

Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal



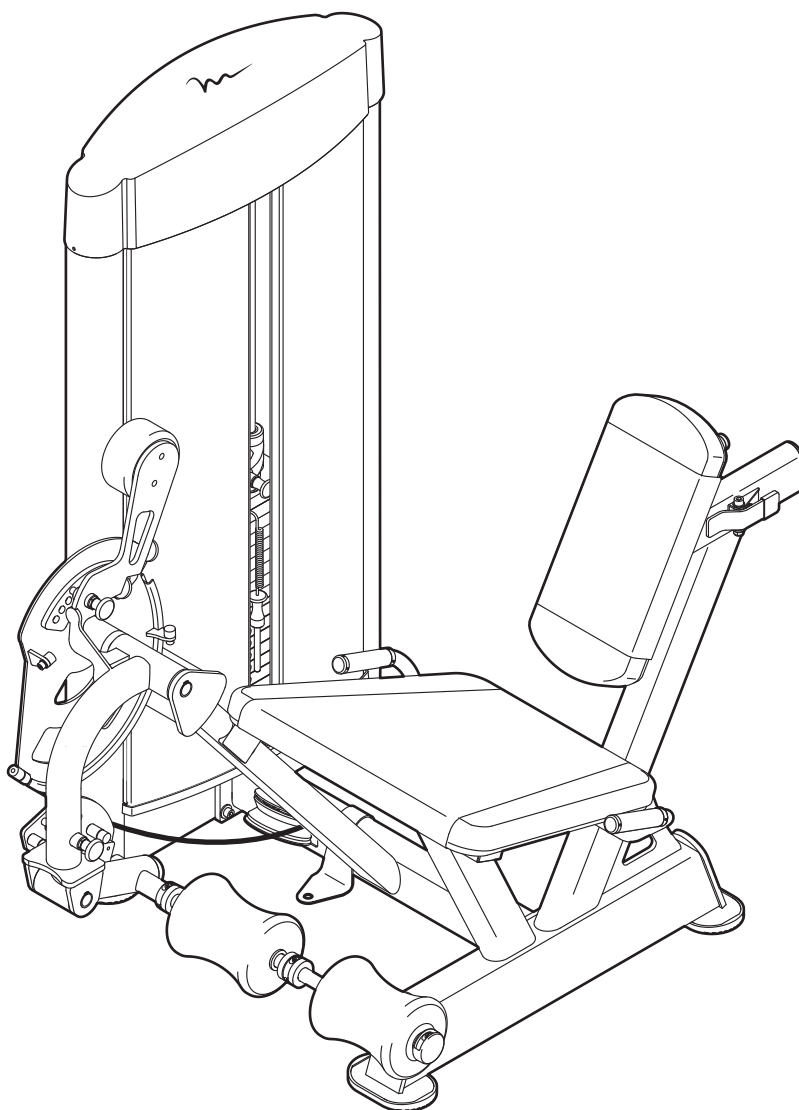
QUESTIONS?

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

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	3
WARNING DECAL PLACEMENT	4
BEFORE YOU BEGIN	5
PART IDENTIFICATION CHART	6
ASSEMBLY	7
ADJUSTMENT	19
MAINTENANCE AND TROUBLESHOOTING	21
CABLE DIAGRAM	23
PART LIST	24
EXPLODED DRAWING	26
HOW TO CONTACT CUSTOMER CARE	Back Cover

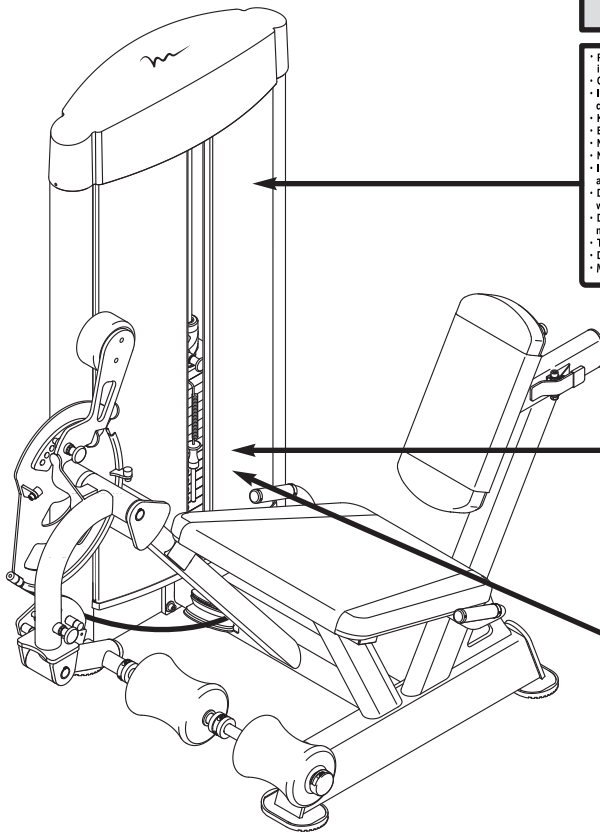
IMPORTANT PRECAUTIONS

⚠️ 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 (see page 5) 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 the cable, the cable connections, and the pulleys before each use of the strength equipment. Make sure that all parts are properly tightened. Replace any worn parts immediately.
15. Make sure that the cable remains on the pulleys at all times. If the cable binds while you are exercising, stop immediately and make sure the cable is on the pulleys and 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.

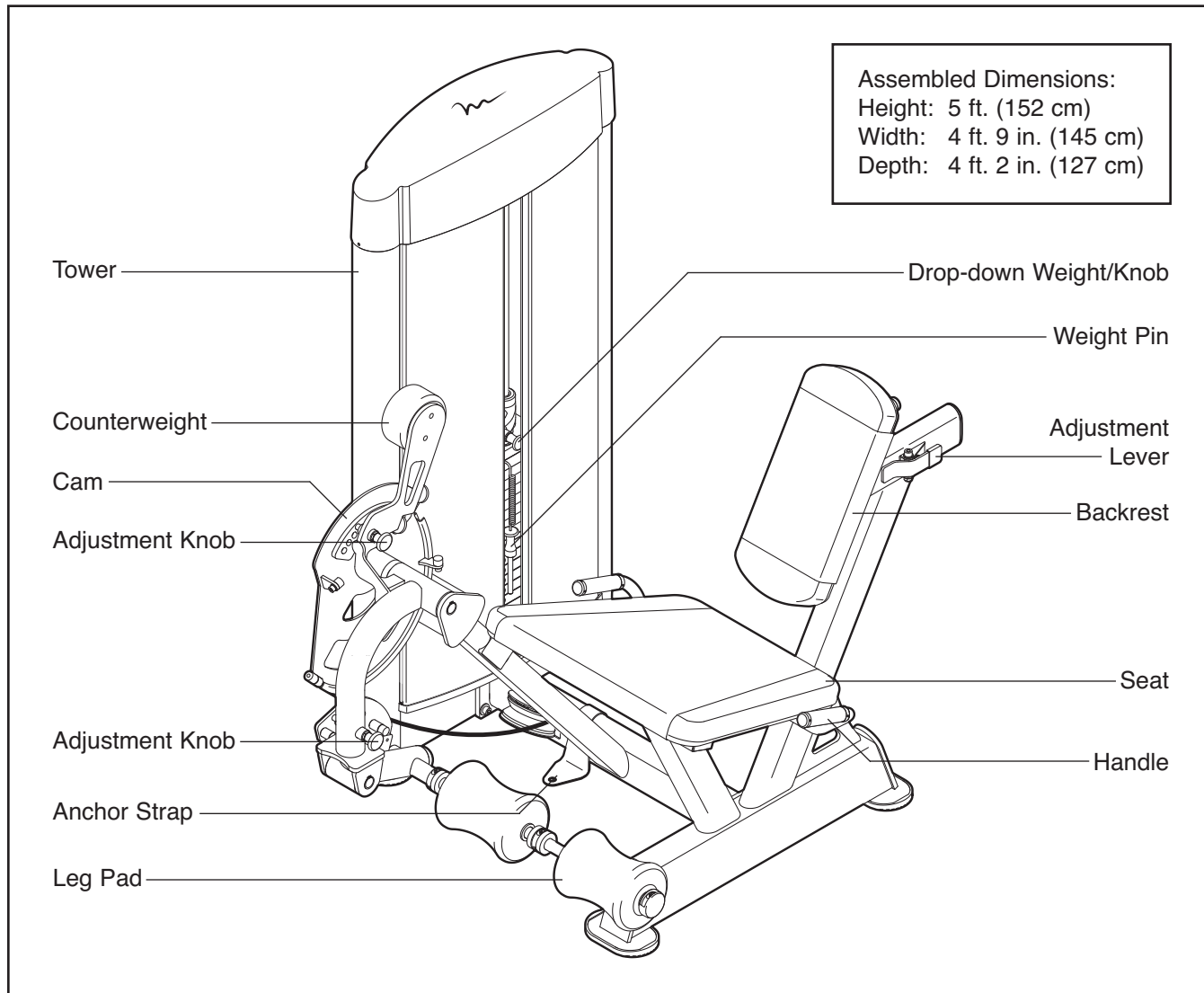
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® EPIC™ 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

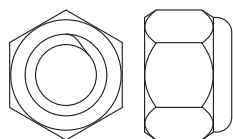
of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

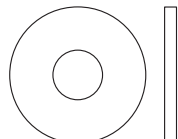


PART IDENTIFICATION CHART

Refer to 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. To avoid damaging parts, do not use power tools.**



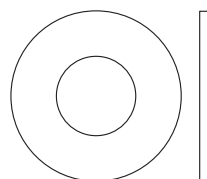
M10 Locknut
(32)–2



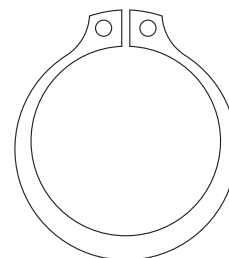
M6 Washer
(34)–4



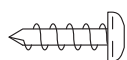
M8 Washer
(80)–5



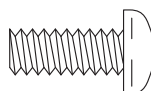
M10 Washer
(31)–14



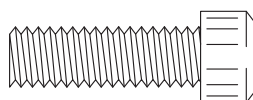
25mm Snap
Ring (39)–4



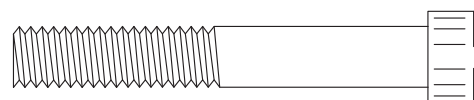
M4 x 13mm
Self-tapping
Screw (27)–2



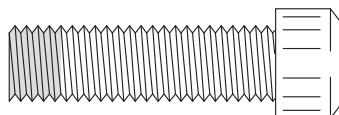
M6 x 15mm Button
Screw (35)–4



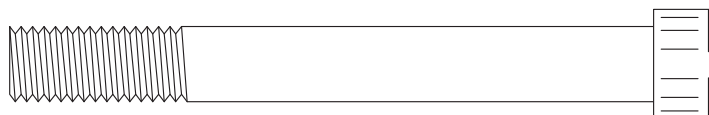
M8 x 25mm Socket
Screw (75)–2



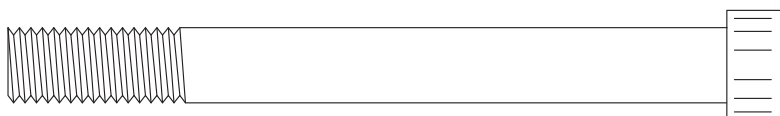
M8 x 55mm Socket Screw (99)–3



M10 x 35mm Socket
Patch Screw (76)–8



M10 x 85mm Socket Screw (98)–2

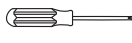


M10 x 95mm Socket Bolt (97)–2

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 

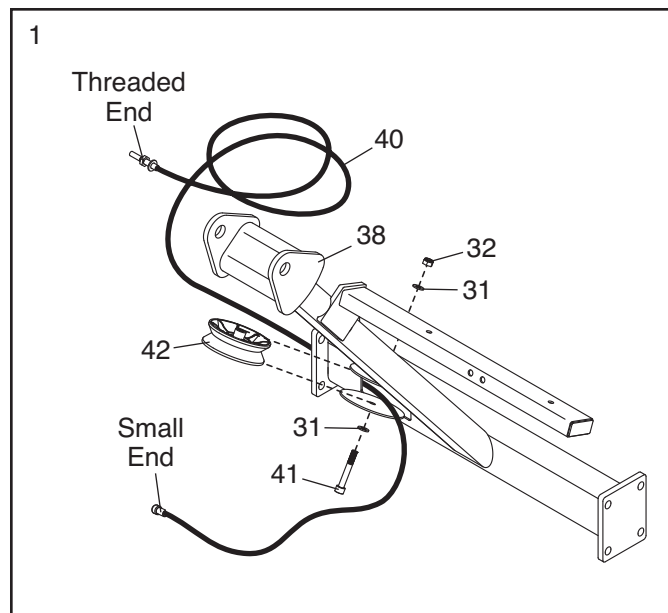
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

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).

Route the Cable (40) around the V-pulley (42).

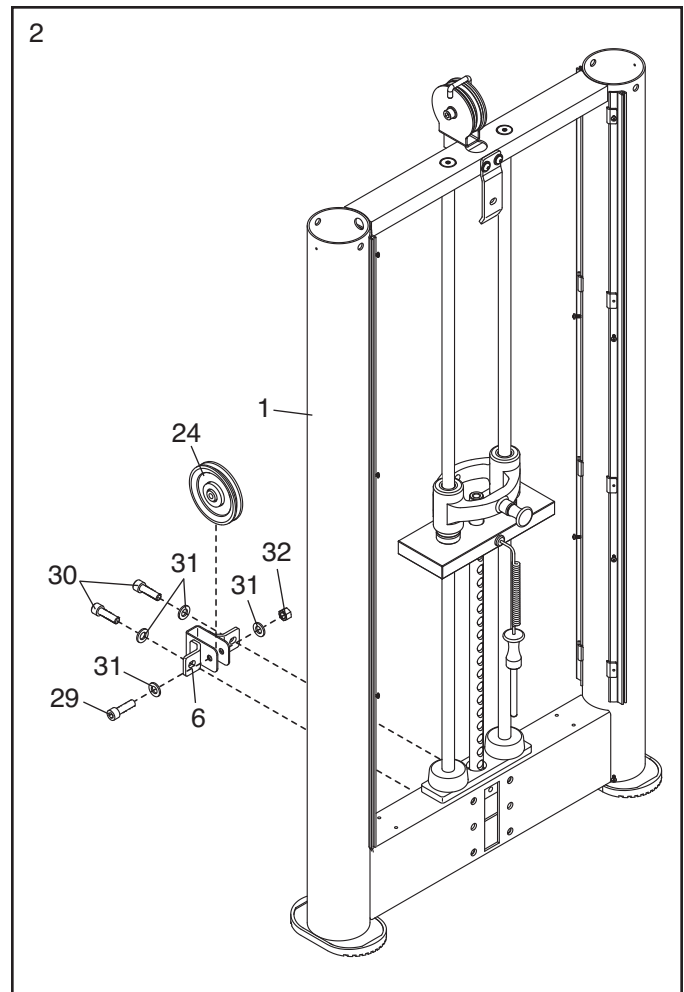
Attach the V-pulley (42) to the Connecting Frame (38) with the M10 x 70mm Socket Bolt (41), the two M10 Washers (31), and the M10 Locknut (32) that you just removed.



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 3.**

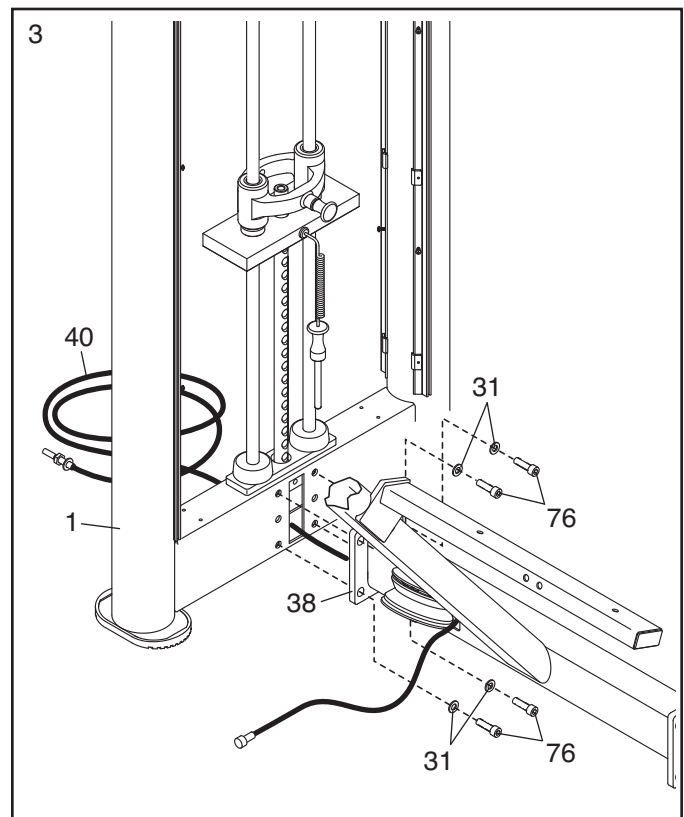
Remove the two M10 x 30mm Socket Patch Screws (30), the two M10 Washers (31), and the Pulley Bracket (6) from the back of the Tower Frame (1).

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).



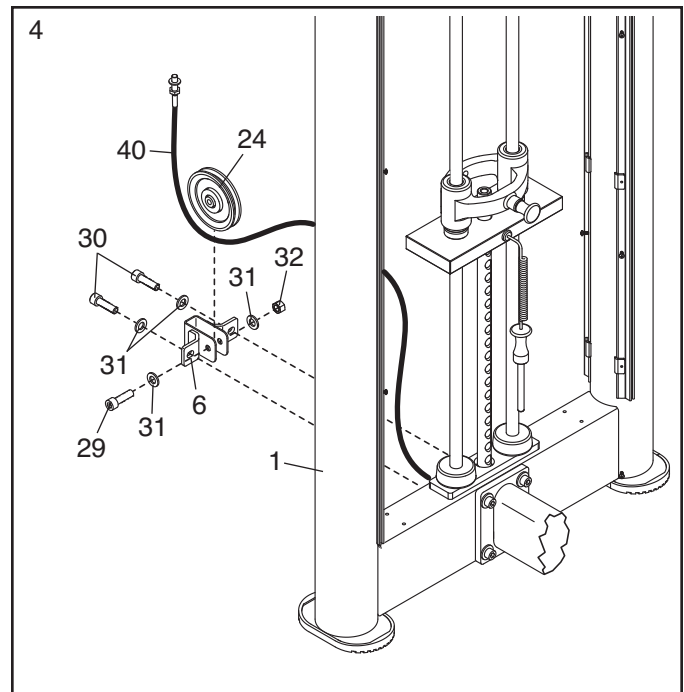
3. Insert the Cable (40) through the Tower Frame (1) as shown.

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

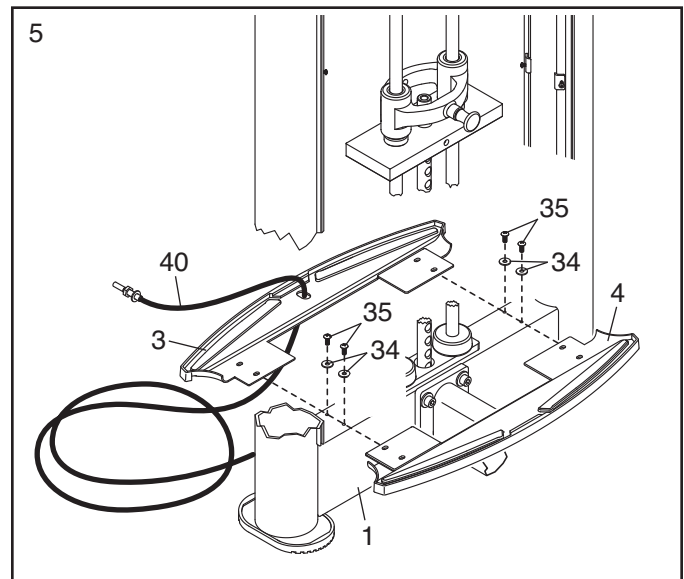
Then, attach the Pulley Bracket (6) to the Tower Frame (1) with the two M10 x 30mm Socket Patch Screws (30) and the two M10 Washers (31) that you removed in step 2.



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 Button Screws (35) and four M6 Washers (34).

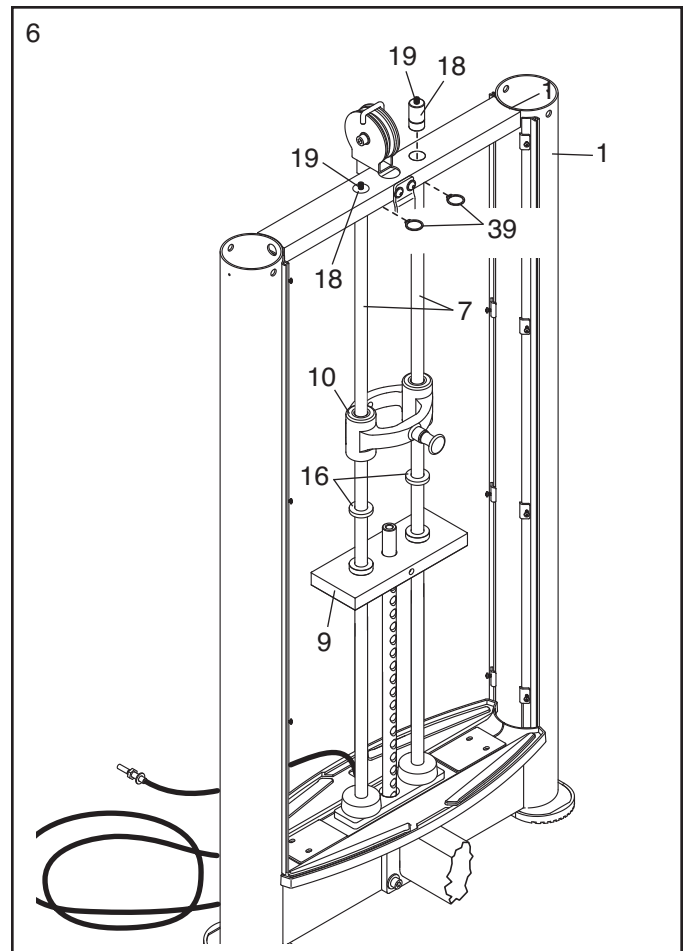


6. Loosen the two M8 x 35mm Set Screws (19) a few complete turns; **it is not necessary to remove the Set Screws.**

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

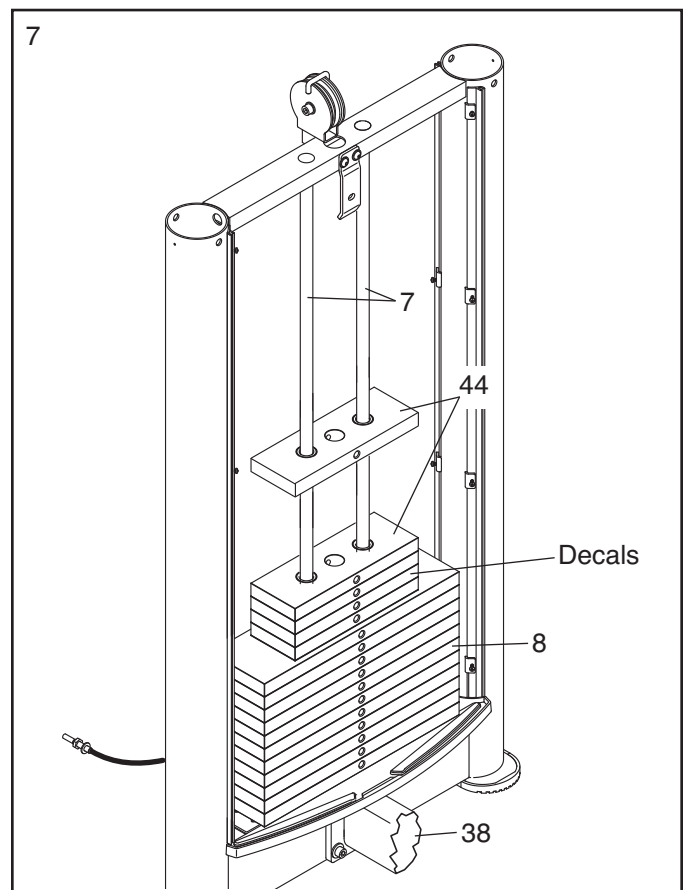
Lift the Weight Guide Bushings (18) until the upper ends of the Weight Guides (7) are free.

Next, tip the upper ends of the Weight Guides (7) forward or backward, and slide the two 25mm Snap Rings (39), the Drop-down Weight (10), the two Upper Weight Bumpers (16), and the Top Weight (9) upward off the Weight Guides.



7. Look at the decals on the sixteen Weights (8, 44), 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 sixteen Weights are on the Weight Guides (7).



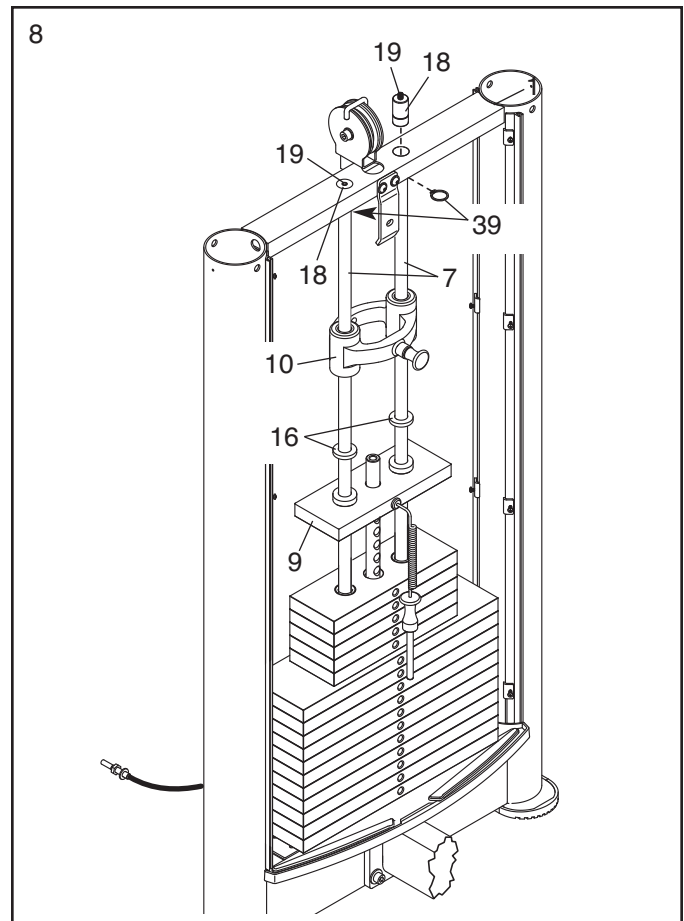
8. Orient the Top Weight (9) and the Drop-down Weight (10) as shown.

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, slide the two Weight Guide Bushings (18) onto the upper ends of the Weight Guides (7).

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

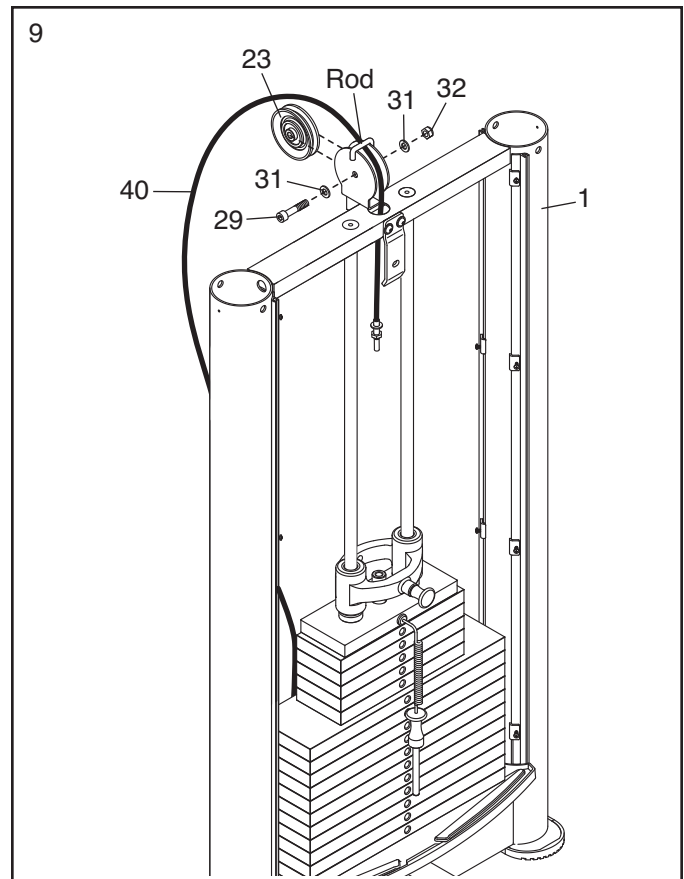
Then, tighten the two M8 x 35mm Set Screws (19) into the Weight Guide Bushings (18).



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

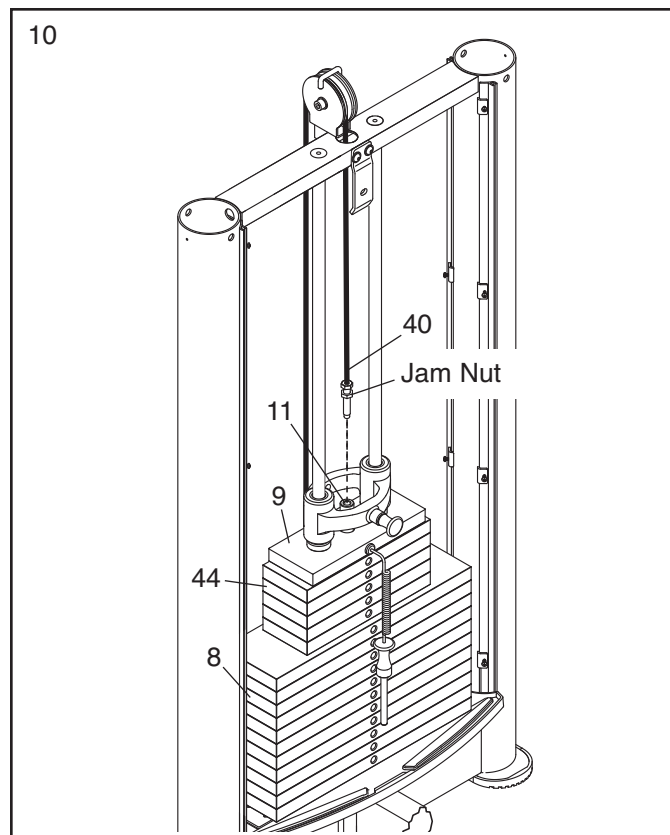
Route the Cable (40) through the pulley bracket and downward through the hole in the center of the Tower Frame (1).

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.**



10. Tighten the end of the Cable (40) into the Weight Selector (11) until the Top Weight (9) is lifted off the Weights (8, 44). Then, loosen the end of the Cable until the Top Weight just rests on the Weights.

Then, tighten the jam nut on the end of the Cable (40) against the Weight Selector (11).

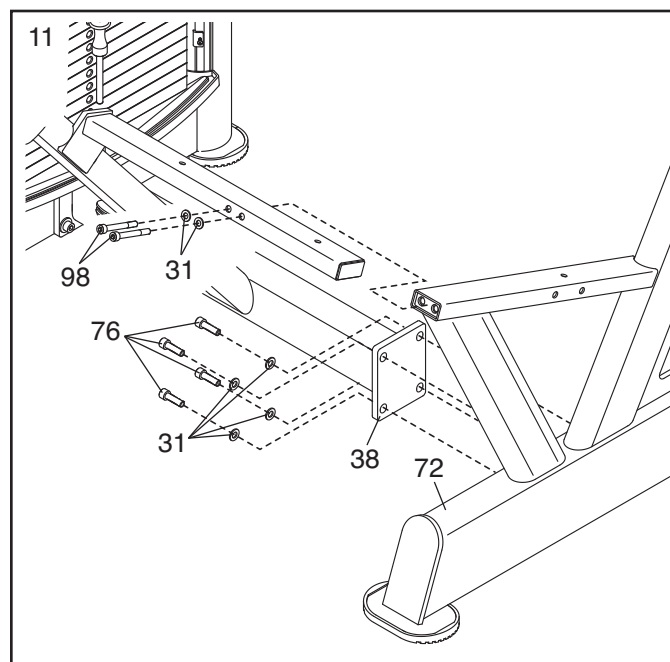


11. **Have a second person hold the Base (72) to prevent it from falling until you complete this step.**

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

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

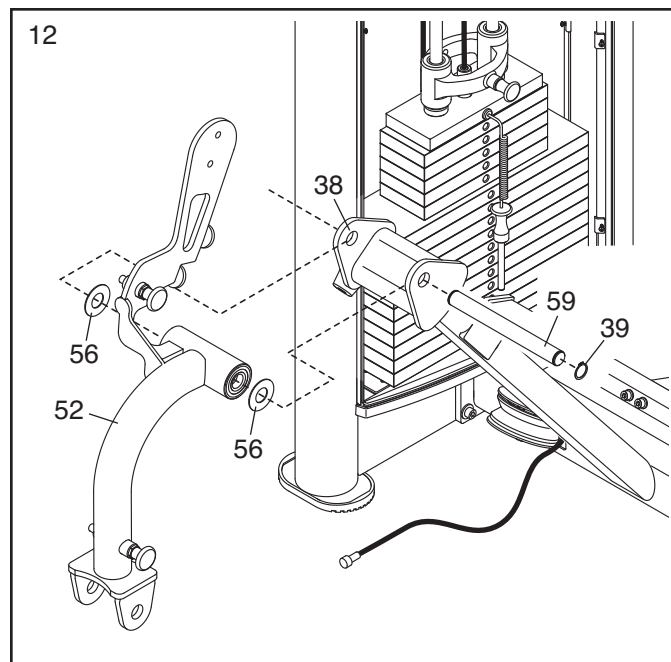
See steps 3 and 11. Tighten the M10 x 35mm Socket Patch Screws (76).



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

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

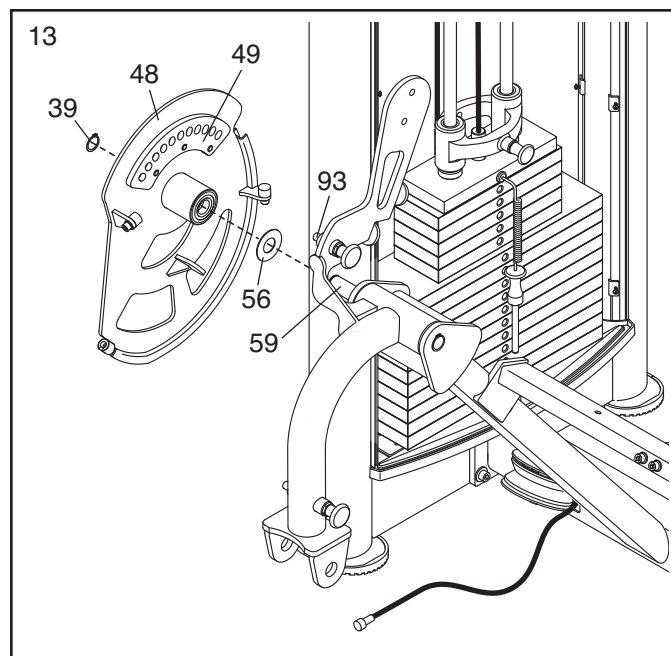
Have a second person hold the round tube on the Pivot Arm (52) and two Plastic Washers (56) inside the bracket on the Connecting Frame (38). Insert the Cam Pivot Axle (59) into the bracket, the Plastic Washers, and the round tube.



13. Orient the Cam (48) as shown.

Slide a Plastic Washer (56) and the Cam (48) onto the Cam 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 Cam Pivot Axle (59).



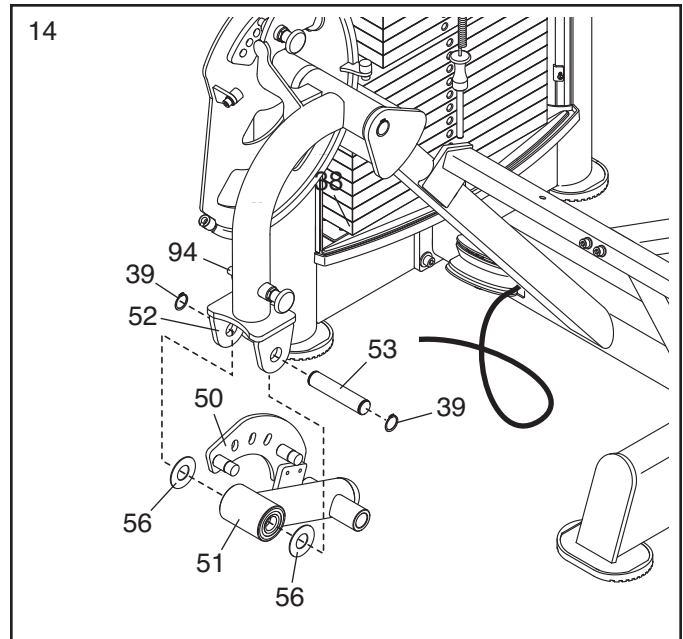
14. Attach a 25mm Snap Ring (39) to one end of the Pivot Axle (53).

Identify the Pivot Leg (51) and orient it as shown.

Have a second person hold the round tube on the Pivot Leg (51) and two Plastic Washers (56) inside the bracket on the Pivot Arm (52).

Insert the Pivot Axle (53) into the bracket, the Plastic Washers (56), and the round tube. **Make sure that the Large Pin (94) is inserted into one of the holes in the Pivot Leg Selector Plate (50).**

Attach a 25mm Snap Ring (39) to the other end of the Pivot Axle (53).



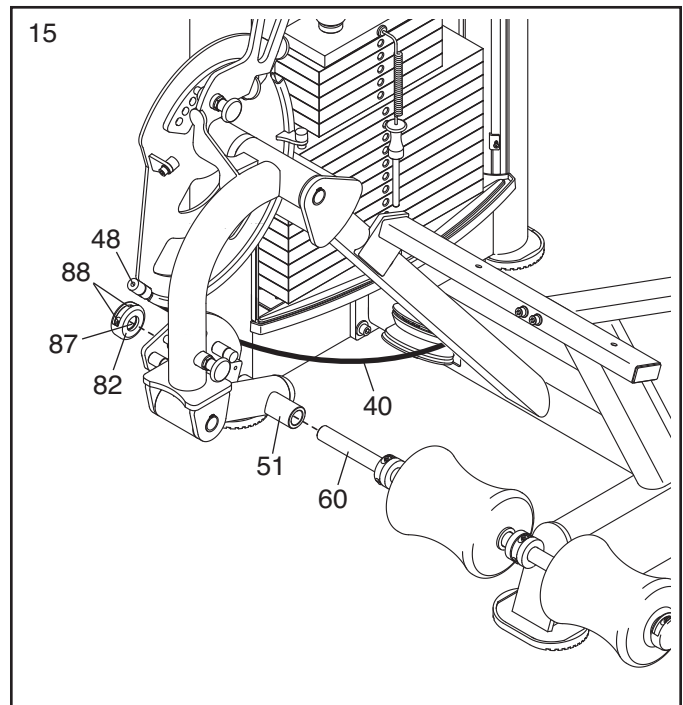
15. Press the end of the Cable (40) as far as possible into the socket on the Cam (48).

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).

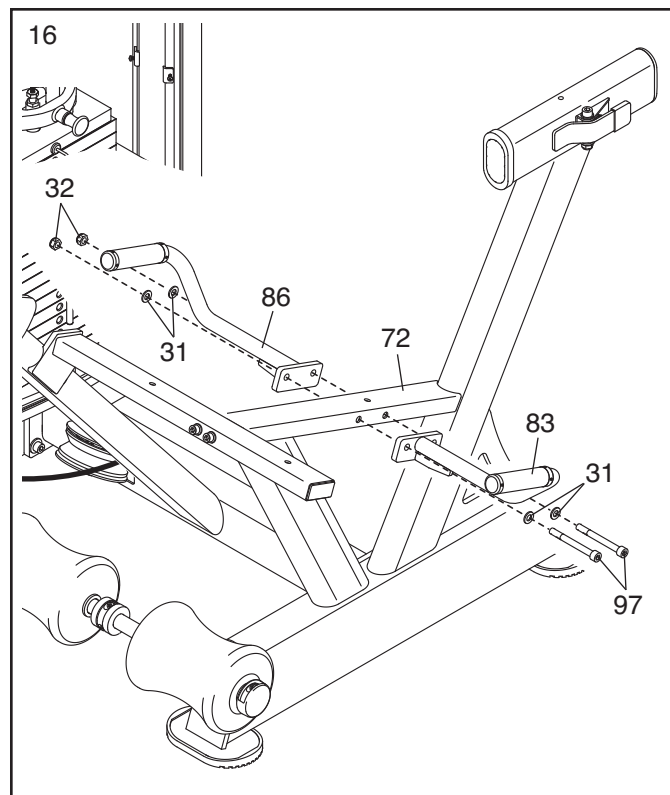
Slide the Bar Clamp (87) and the Clamp Cover (82) onto the Pad Bar (60). Then, tighten the two M6 x 15mm Socket Screws (88).

Rotate the Clamp Cover (82) so that the opening is facing the floor.

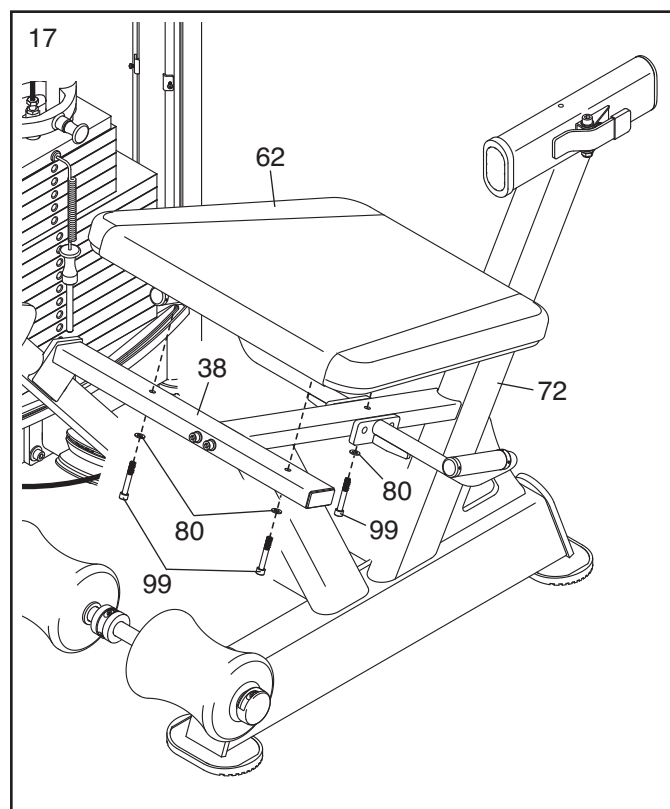


16. Identify the Left and Right Handlebars (83, 86), and orient them as shown.

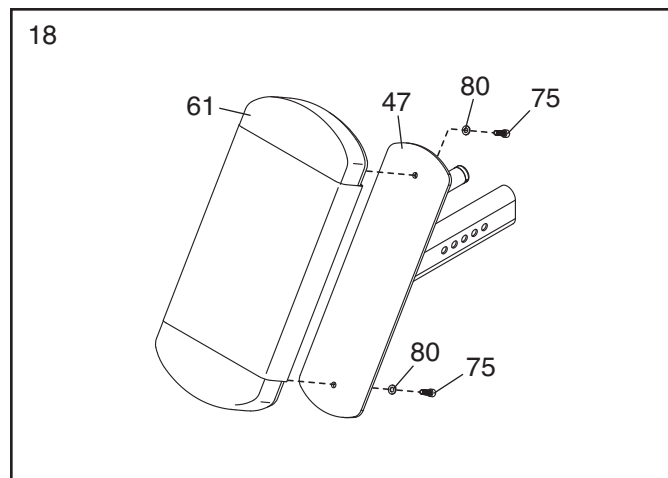
Attach the Left and Right Handlebars (83, 86) to the Base (72) with two M10 x 95mm Socket Bolts (97), four M10 Washers (31), and two M10 Locknuts (32).



17. 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).



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

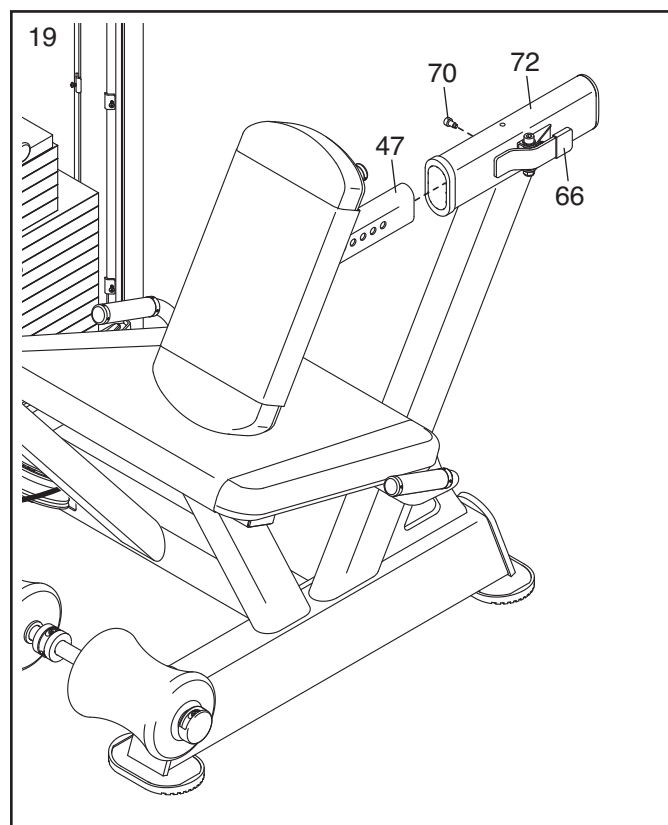


19. Remove the M10 x 18mm Stop Screw (70) from the Base (72).

Press the Adjustment Lever (66) on the Base (72), insert the Backrest Frame (47) into the Base, and then release the Adjustment Lever into one of the adjustment holes in the Backrest Frame.

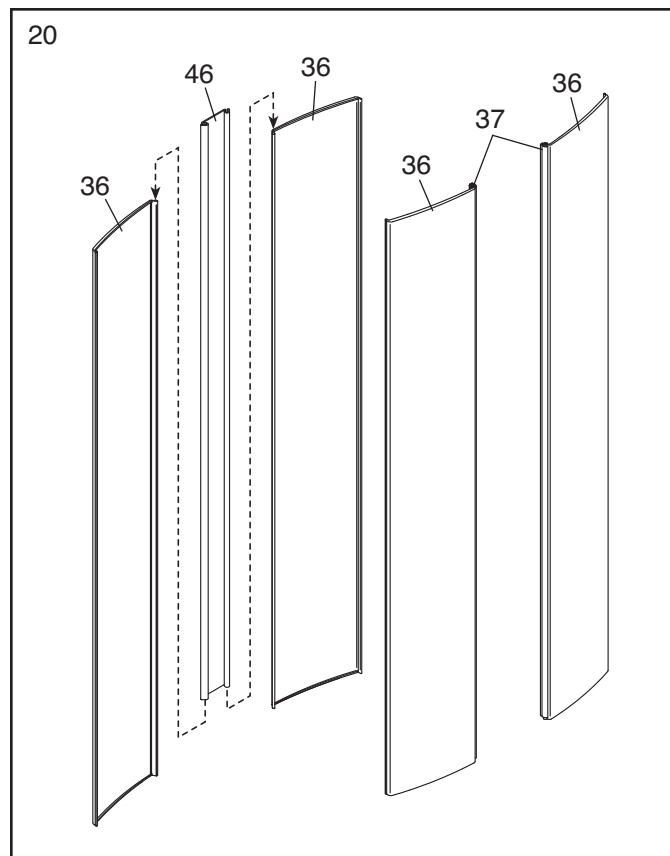
Make sure that the Adjustment Lever (66) is firmly engaged in an adjustment hole.

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

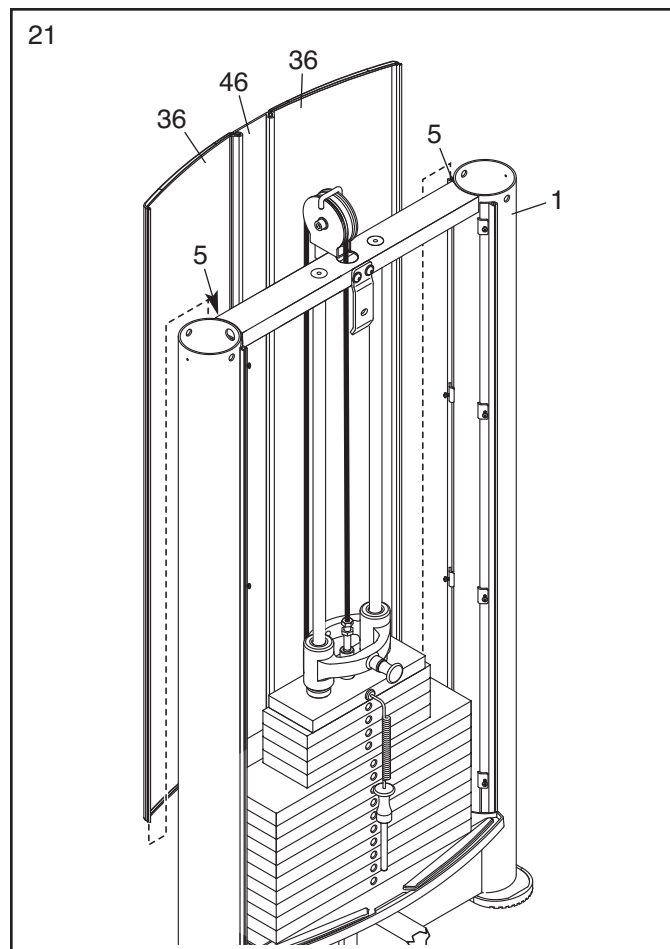


20. Look at the four Shrouds (36), and find the two Shrouds that have strips of Inner Trim (37) and the two Shrouds that do not.

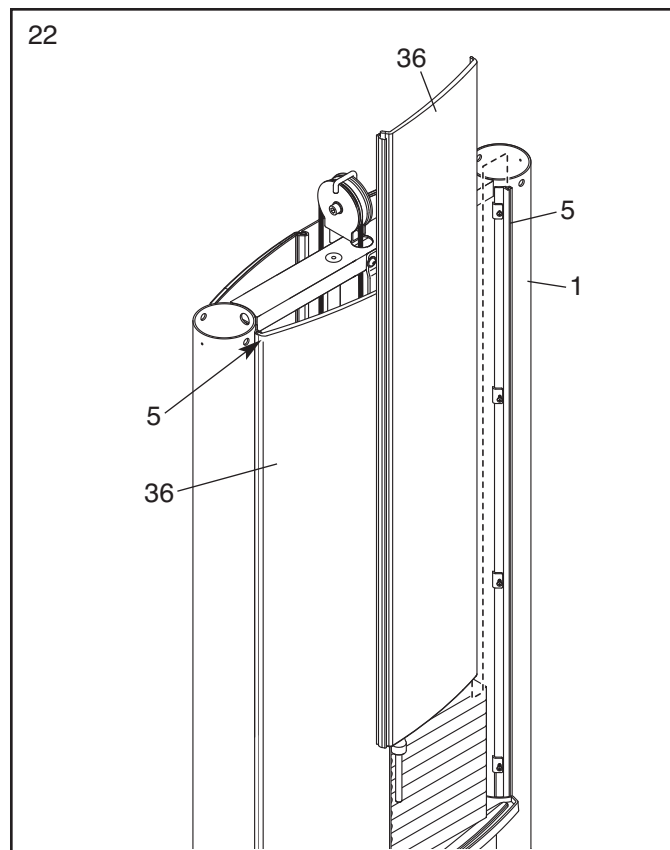
Slide the Shroud Panel (46) downward onto the two Shrouds (36) that do **not** have strips of Inner Trim (37).



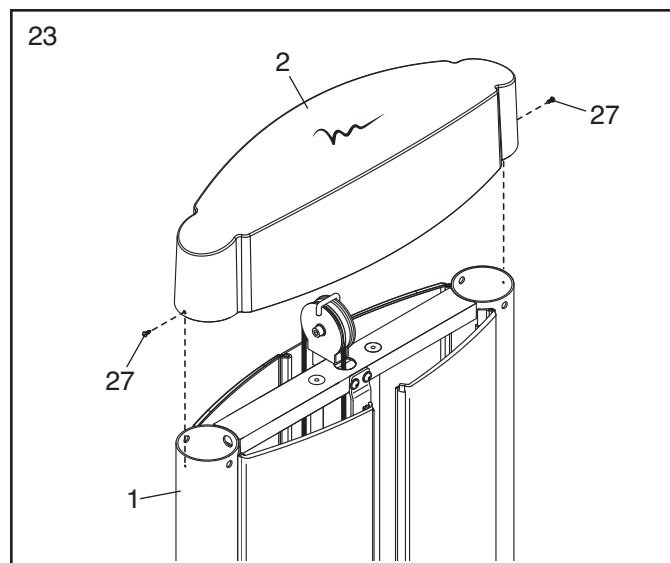
21. Slide the two Shrouds (36) with the Shroud Panel (46) downward into the two strips of Outer Trim (5) on the back of the Tower Frame (1).



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



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



24. **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

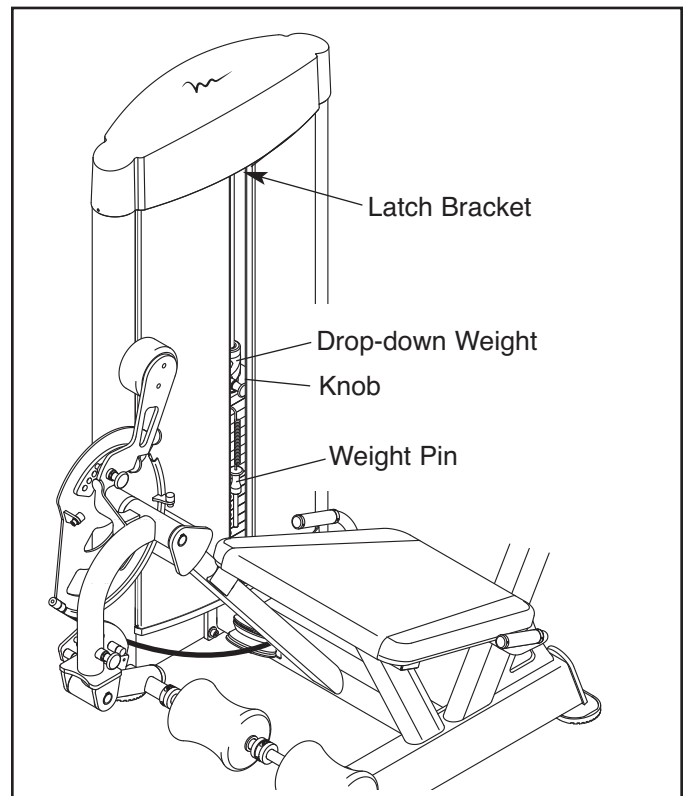
This section explains how to adjust the strength equipment. Make sure all that parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately.

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.**

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 and engage the knob into the latch bracket. **Move the drop-down weight upward and downward slightly to make sure that the knob is engaged in the latch bracket.**

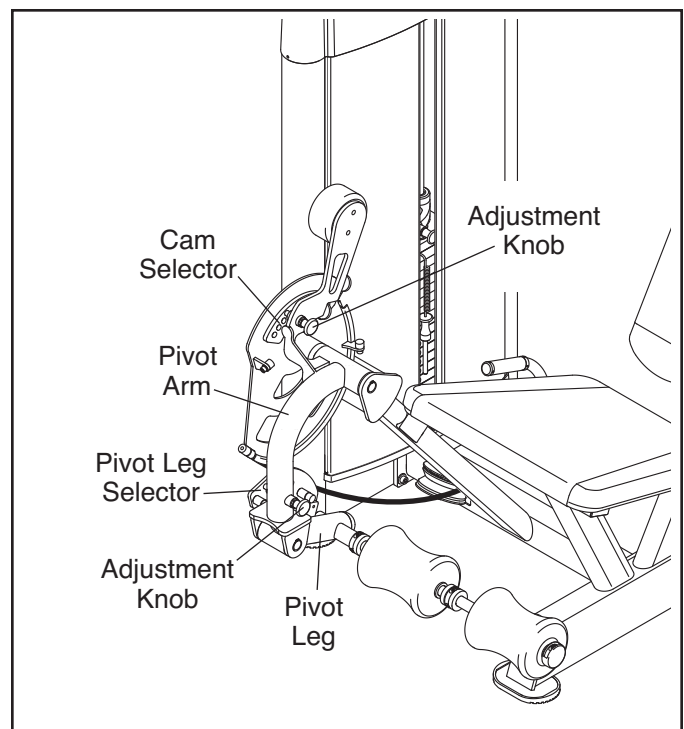


ADJUSTING THE LEG LEVER

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.

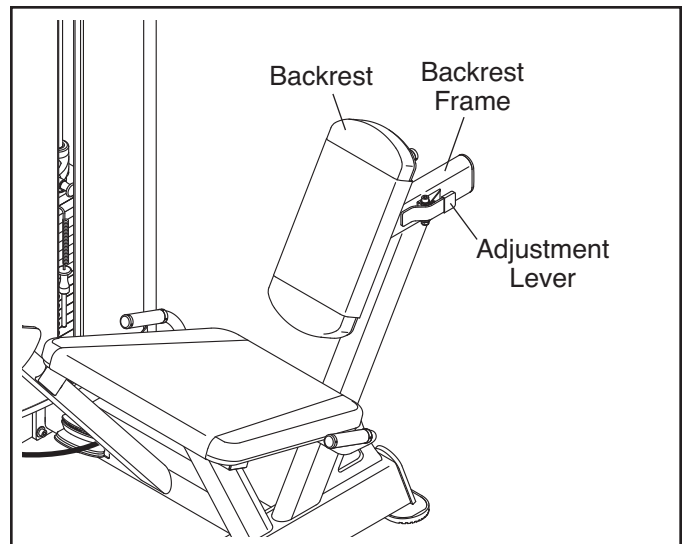
To change the position of the pivot arm, hold it with one hand while pulling the adjustment knob out of the cam selector. Move the pivot arm to the desired position, and reengage the adjustment knob into the cam selector.

⚠ WARNING: Always make sure that the adjustment knobs are fully engaged in the selectors before using 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

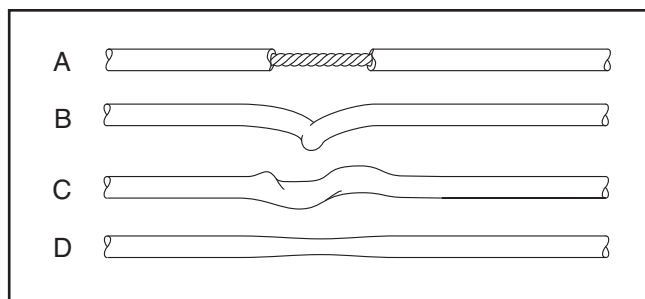
Hardware

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



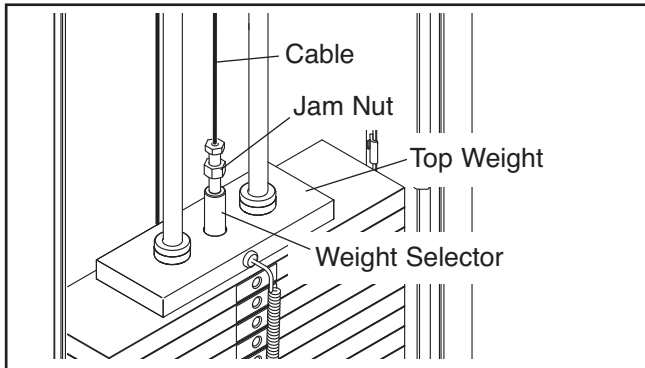
Cable Adjustment

To determine whether the cables are properly adjusted, slowly raise and lower the top weight by performing one repetition.

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

If the cables are too tight, the top weight will not rest on the next weight when you complete the repetition. It may also be difficult to insert the weight pin into the weights.

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



MONTHLY MAINTENANCE

Grips

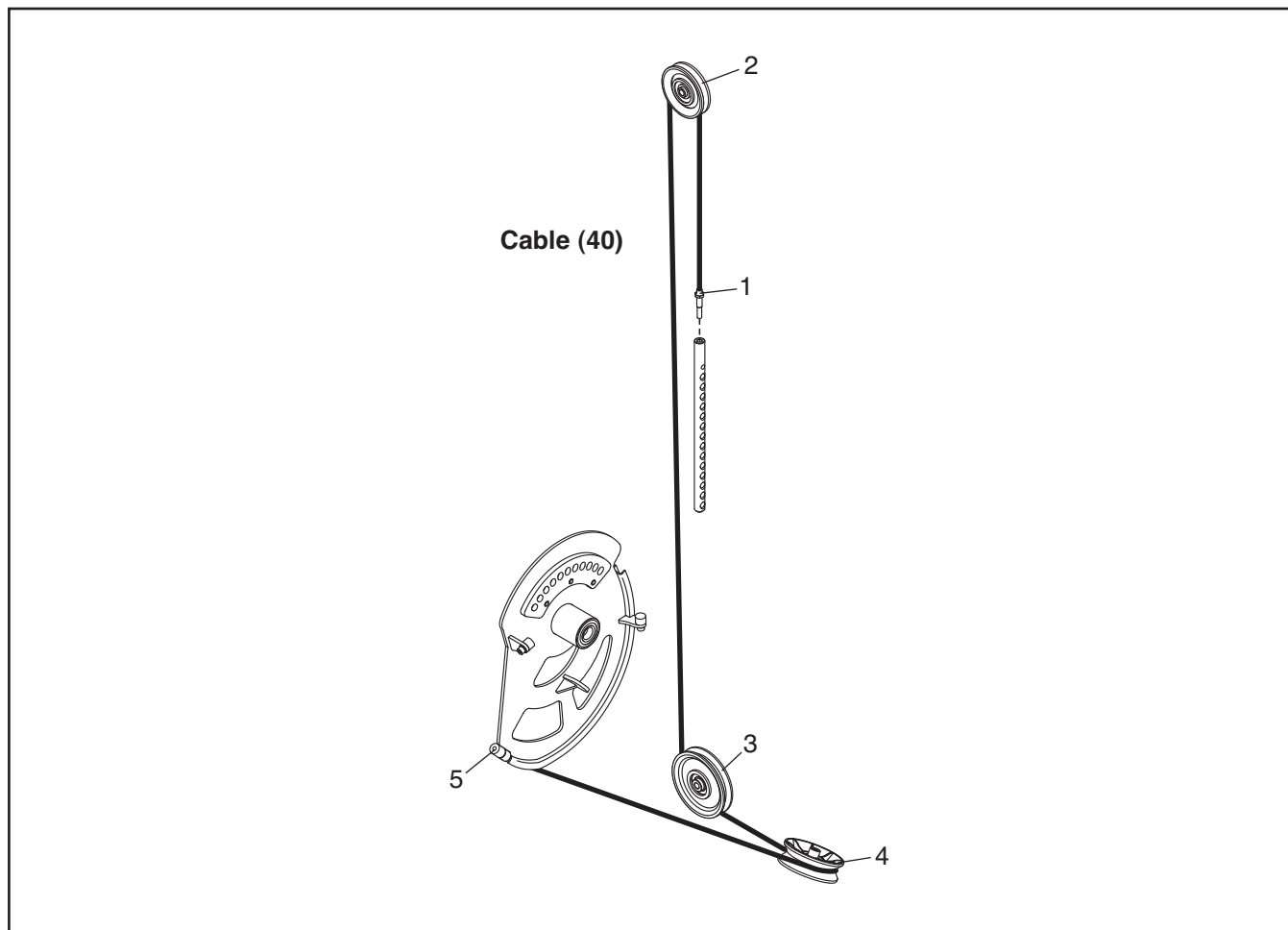
Check the grips and replace them if needed.

Weight Guide Lubrication

Clean and lubricate each weight guide by wiping it with a soft cloth containing 10W-40 or 10W-30 light-weight 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 each cable. The numbers in each drawing show the correct route of that cable. Use the diagram to make sure that each cable is correctly routed. **If a 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 a cable.**



PART LIST

Model No. F801.0 R1210A

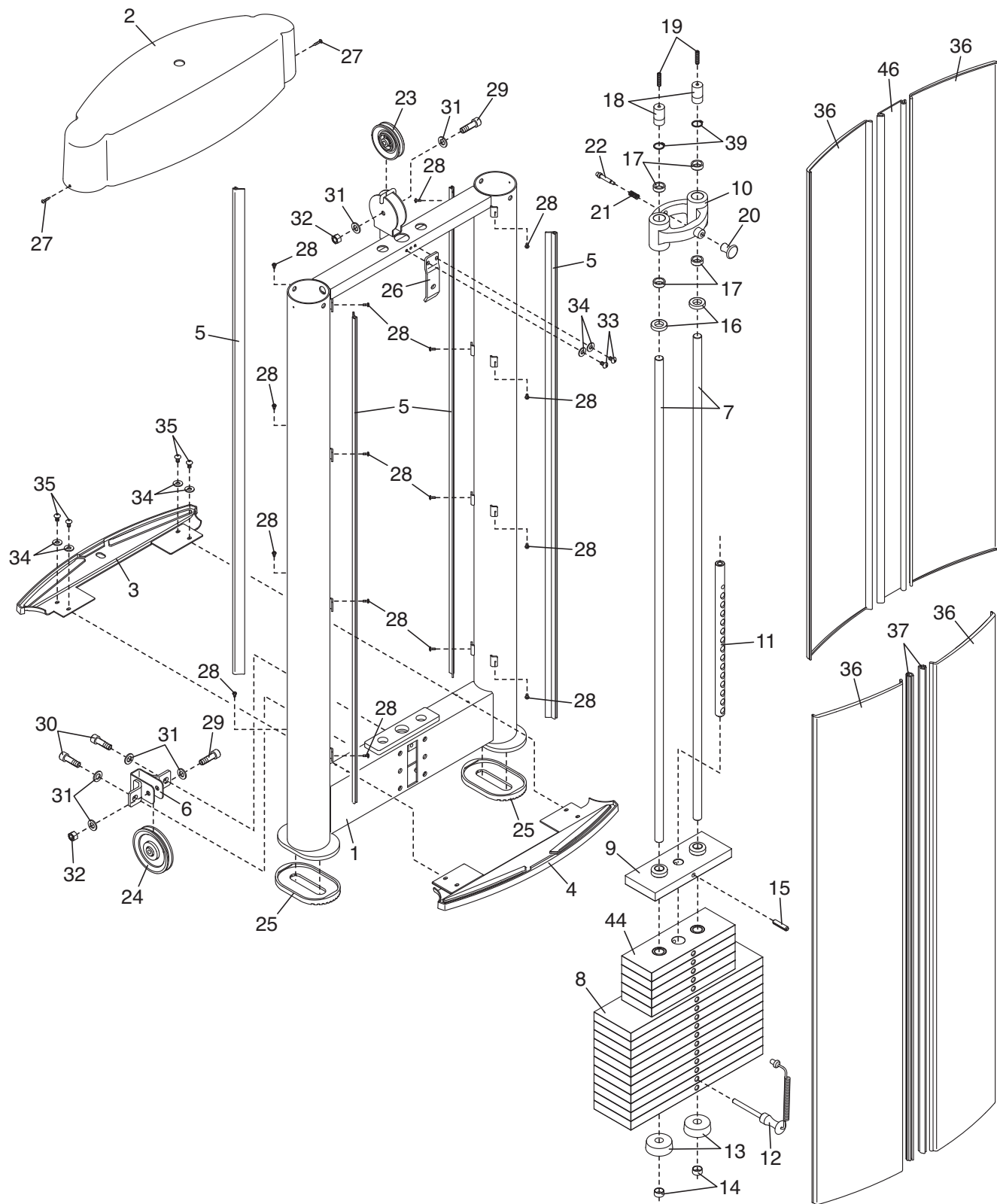
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower Frame	46	1	Shroud Panel
2	1	Tower Cap	47	1	Backrest Frame
3	1	Rear Shroud Base	48	1	Cam
4	1	Front Shroud Base	49	1	Cam Selector Plate
5	4	Outer Trim	50	1	Pivot Leg Selector Plate
6	1	Pulley Bracket	51	1	Pivot Leg
7	2	Weight Guide	52	1	Pivot Arm
8	11	20-pound Weight	53	1	Pivot Axle
9	1	Top Weight	54	3	Handgrip Collar
10	1	Drop-down Weight	55	3	Handgrip Cap
11	1	Weight Selector	56	5	Plastic Washer
12	1	Weight Pin	57	3	Handgrip
13	2	Lower Weight Bumper	58	1	Backrest Cover
14	2	Weight Guide Cap	59	1	Cam Pivot Axle
15	1	Roll Pin	60	1	Pad Bar
16	2	Upper Weight Bumper	61	1	Backrest
17	4	Copper Bushing	62	1	Seat
18	2	Weight Guide Bushing	63	1	Round Cap
19	2	M8 x 35mm Set Screw	64	6	Bearing
20	1	Drop-down Weight Knob	65	2	Leg Pad
21	1	Pin Spring	66	1	Adjustment Lever
22	1	Drop-down Weight Pin	67	1	Latch Spring
23	1	Small Pulley	68	3	Leg Pad Spacer
24	1	Large Pulley	69	1	Oval Cap
25	4	Foot	70	1	M10 x 18mm Stop Screw
26	1	Latch Bracket	71	1	Base Bushing
27	2	M4 x 13mm Self-tapping Screw	72	1	Base
28	16	M4 x 10mm Screw	73	2	Arm Bumper
29	2	M10 x 50mm Socket Bolt	74	12	M4 x 3mm Set Screw
30	2	M10 x 30mm Socket Patch Screw	75	2	M8 x 25mm Socket Screw
31	31	M10 Washer	76	8	M10 x 35mm Socket Patch Screw
32	8	M10 Locknut	77	1	M6 x 55mm Socket Bolt
33	2	M6 x 20mm Patch Screw	78	1	M10 x 65mm Socket Bolt
34	6	M6 Washer	79	2	M6 x 12mm Washer
35	4	M6 x 15mm Button Screw	80	11	M8 Washer
36	4	Shroud	81	1	Seat Cover
37	2	Inner Trim	82	2	Clamp Cover
38	1	Connecting Frame	83	1	Left Handlebar
39	6	25mm Snap Ring	84	4	Swing Bumper
40	1	Cable	85	2	M8 x 15mm Screw
41	1	M10 x 70mm Socket Bolt	86	1	Right Handlebar
42	1	V-pulley	87	4	Bar Clamp
43	1	Anchor Strap	88	8	M6 x 15mm Socket Screw
44	5	10-pound Weight	89	2	Adjustment Knob
45	1	Counter Weight	90	2	M20 Nut

Key No.	Qty.	Description	Key No.	Qty.	Description
91	1	Small Pin Spring	98	4	M10 x 85mm Socket Bolt/Screw
92	1	Large Pin Spring	99	3	M8 x 55mm Socket Screw
93	1	Small Pin	100	1	M6 Locknut
94	1	Large Pin	101	3	M10 x 20mm Patch Socket Screw
95	2	Plate Spacer	102	2	M8 x 40mm Patch Socket Screw
96	2	M8 x 20mm Patch Socket Screw	*	—	Owner's Manual
97	2	M10 x 95mm Socket Bolt			

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.

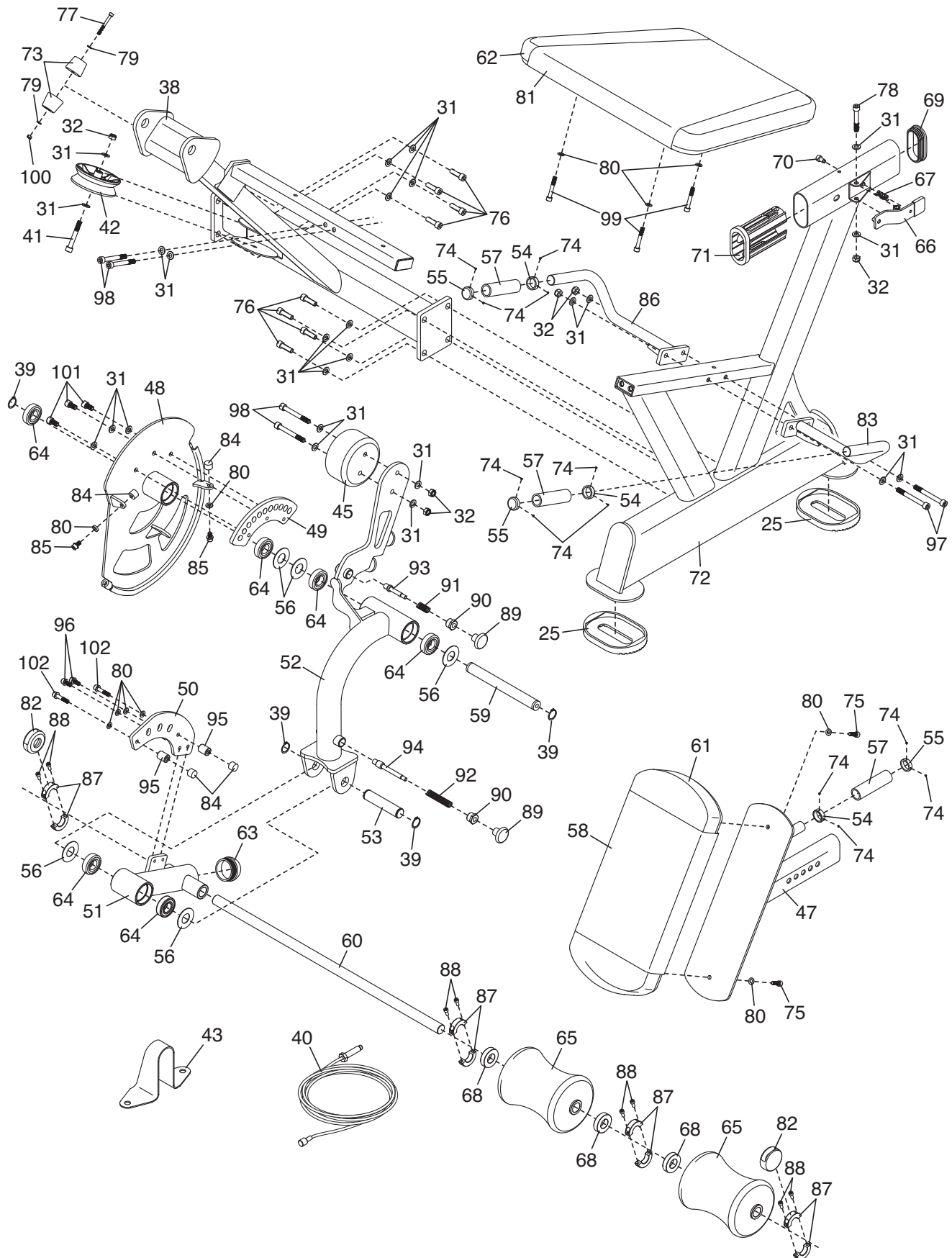
EXPLODED DRAWING A

Model No. F801.0 R1210A



EXPLODED DRAWING B

Model No. F801.0 R1210A



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