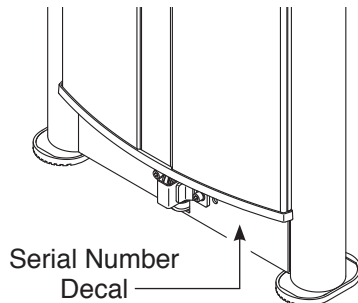


# FREEMOTION® CALF EXTENSION

**Model No. F813.0**

**Serial No.** \_\_\_\_\_

Write the serial number in the space above for reference.



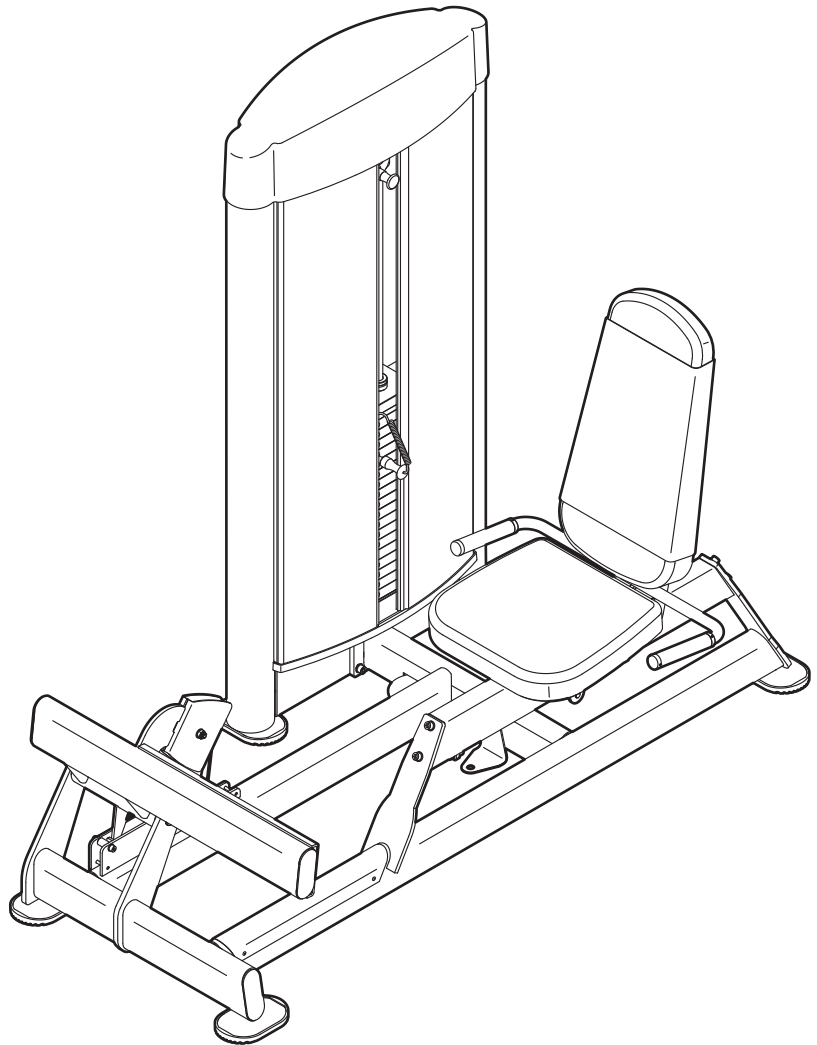
## QUESTIONS?

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](http://www.freemotionfitness.com)

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

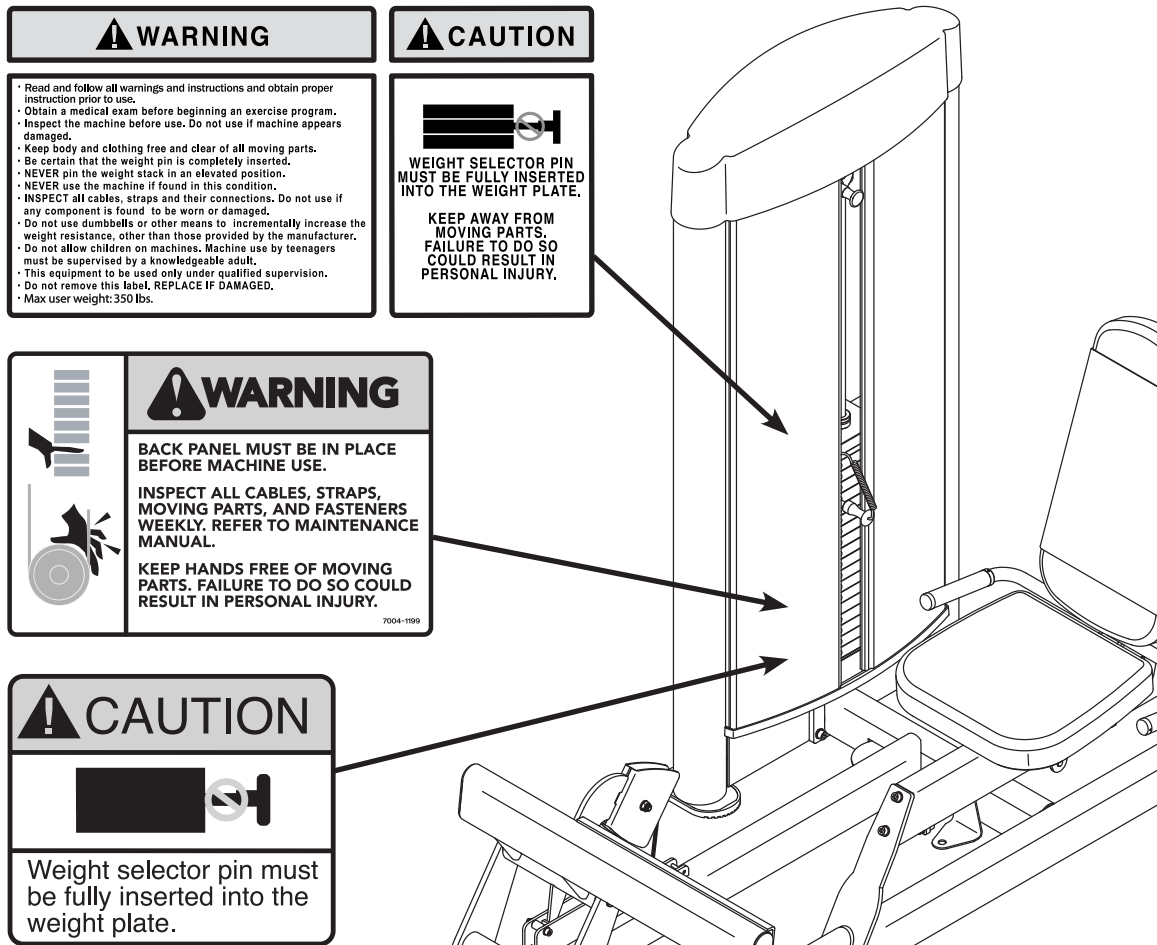
# IMPORTANT PRECAUTIONS

**⚠ 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. 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.
14. 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.
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.



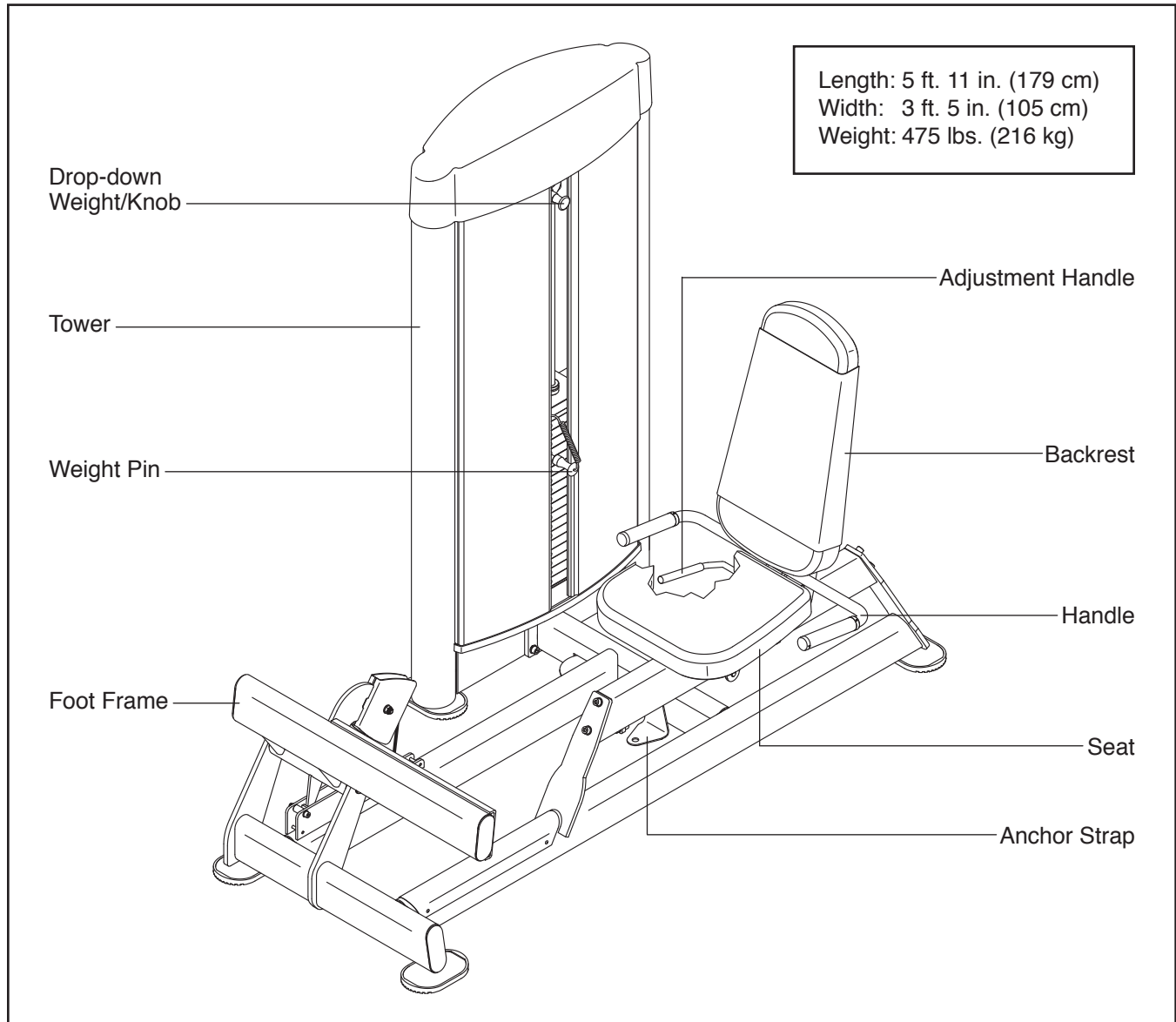
# BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® CALF 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

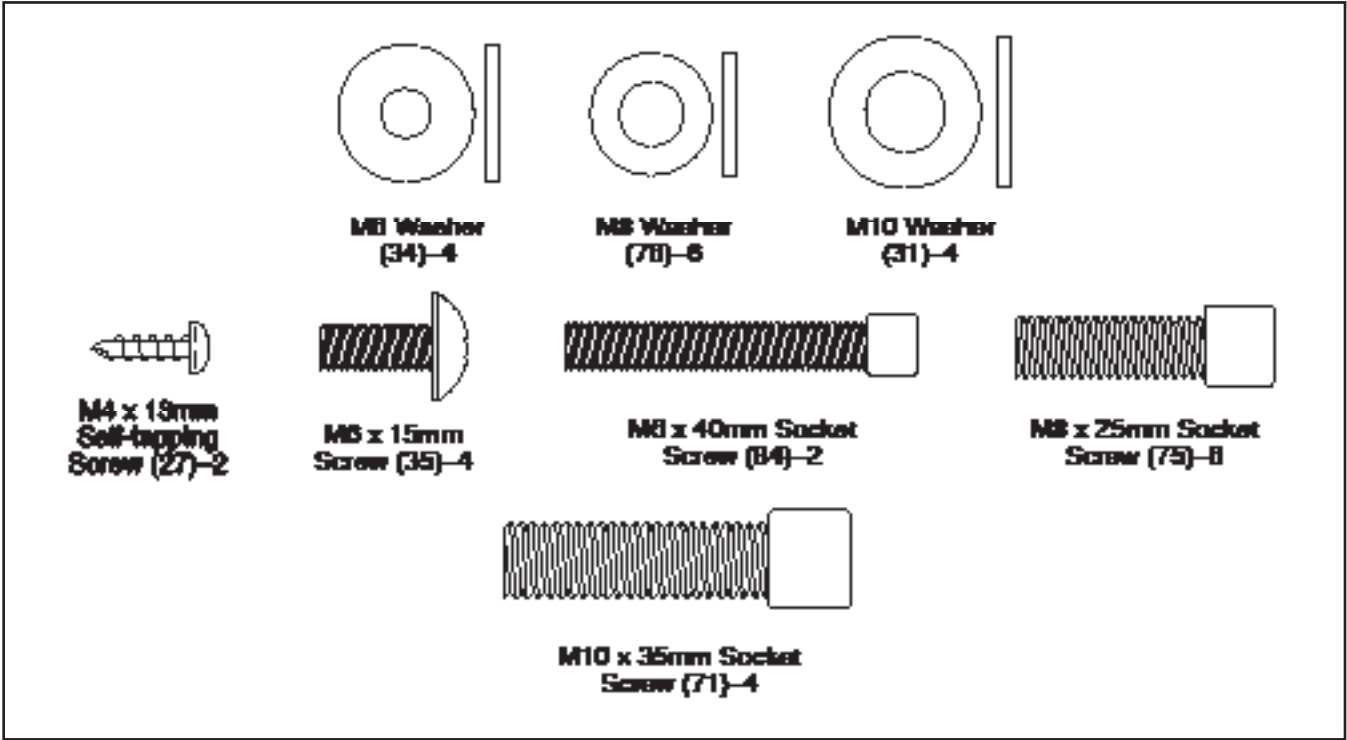
of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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 the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



# 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:

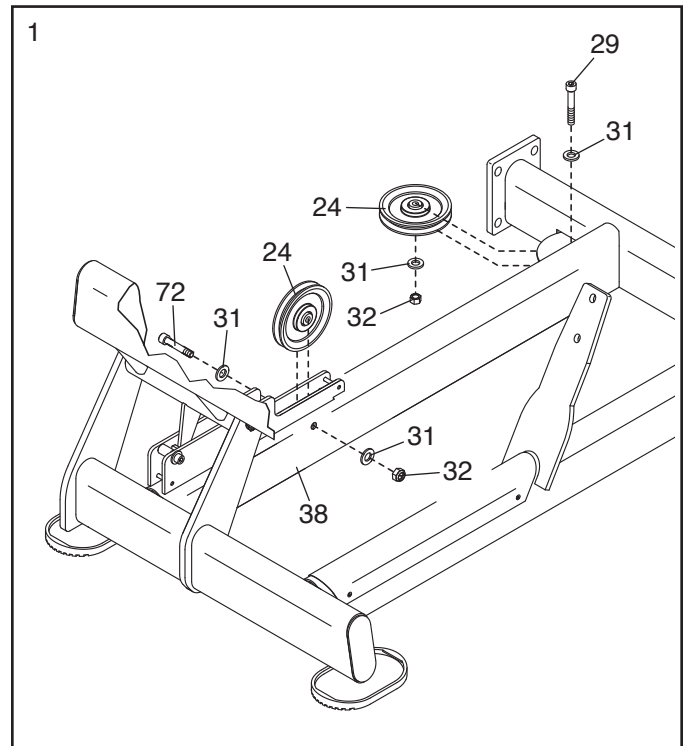
one Phillips screwdriver 

a set of metric hex keys 

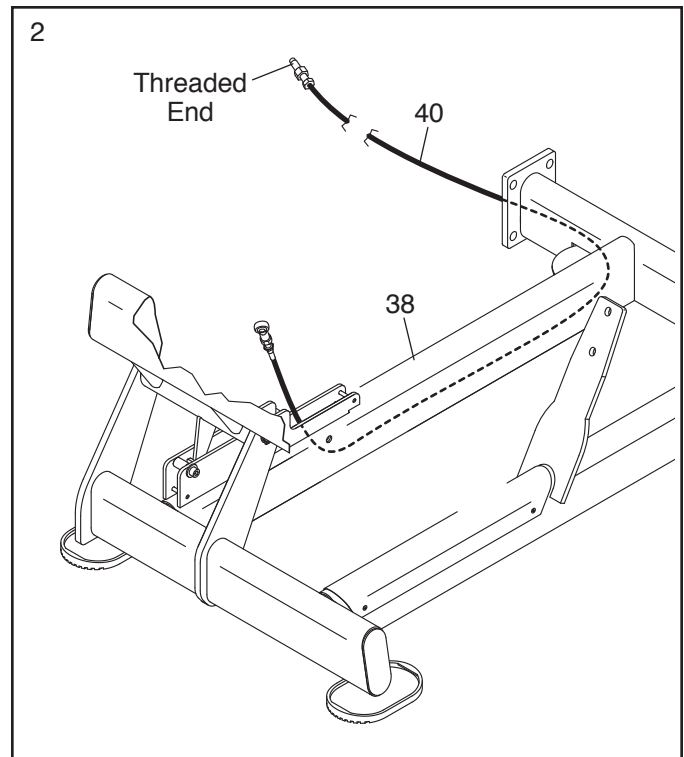
snap ring pliers 

Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

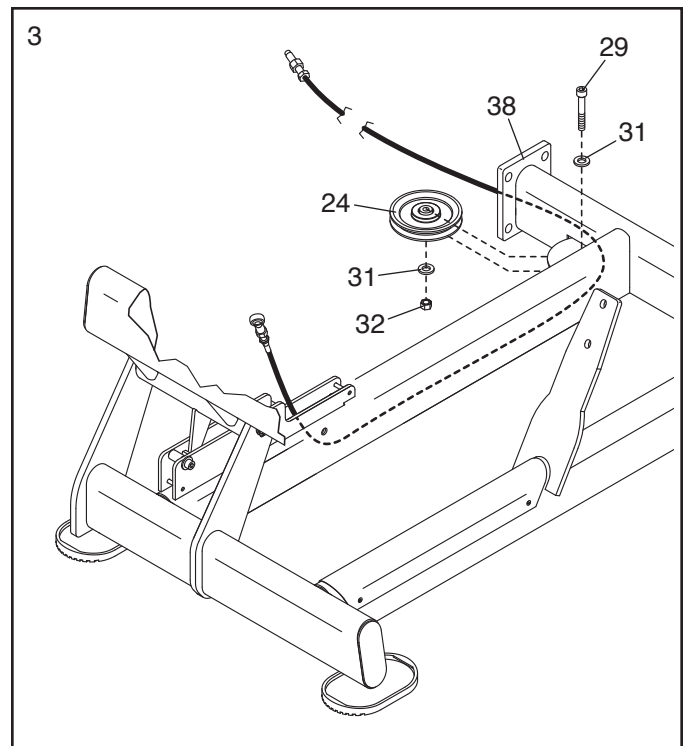
1. Remove the indicated M10 Locknuts (32), M10 Washers (31), M10 x 50mm Socket Bolt (29), M10 x 65mm Socket Bolt (72), and Large Pulleys (24) from the Main Frame (38).



2. Orient the Cable (40) as shown. Insert the Cable through the Main Frame (38).

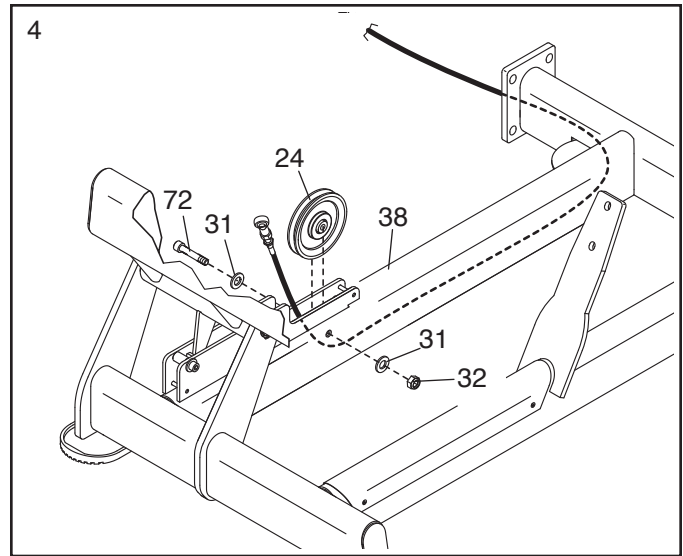


3. Attach one of the Large Pulleys (24) that you removed in step 1 to the Main Frame (38) with the M10 x 50mm Socket Bolt (29), two of the M10 Washers (31), and one of the M10 Locknuts (32) that you removed in step 1.





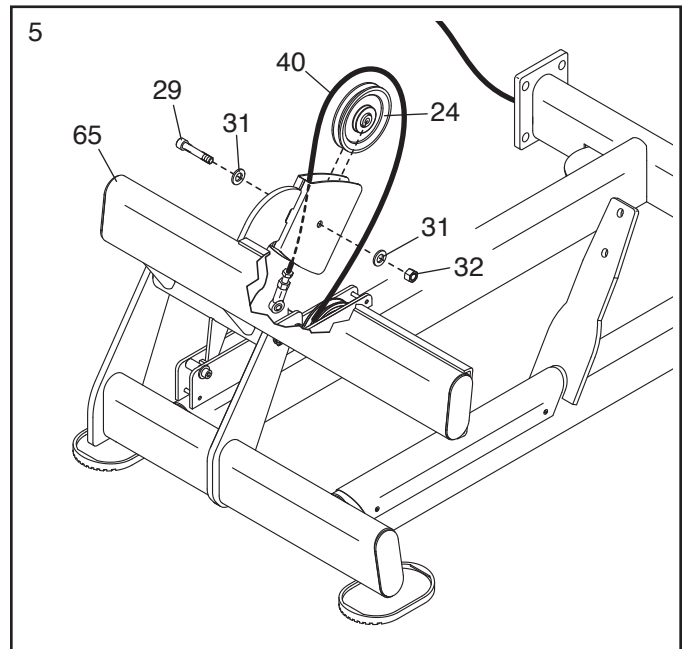
4. Attach the other Large Pulley (24) to the Main Frame (38) with the M10 x 65mm Socket Bolt (72), the other two M10 Washers (31), and the other M10 Locknut (32) that you removed in step 1.



5. Remove all parts (24, 29, 31, and 32) from the pulley bracket on the Foot Frame (65).

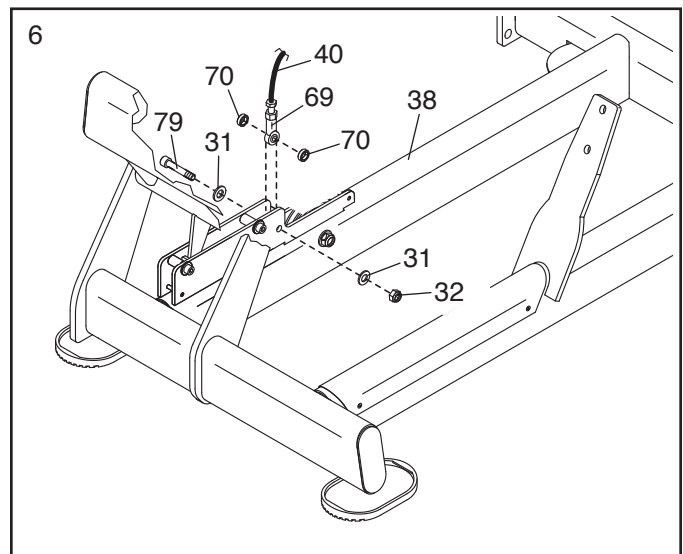
Route the Cable (40) over the Large Pulley (24) that you just removed.

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 just removed.

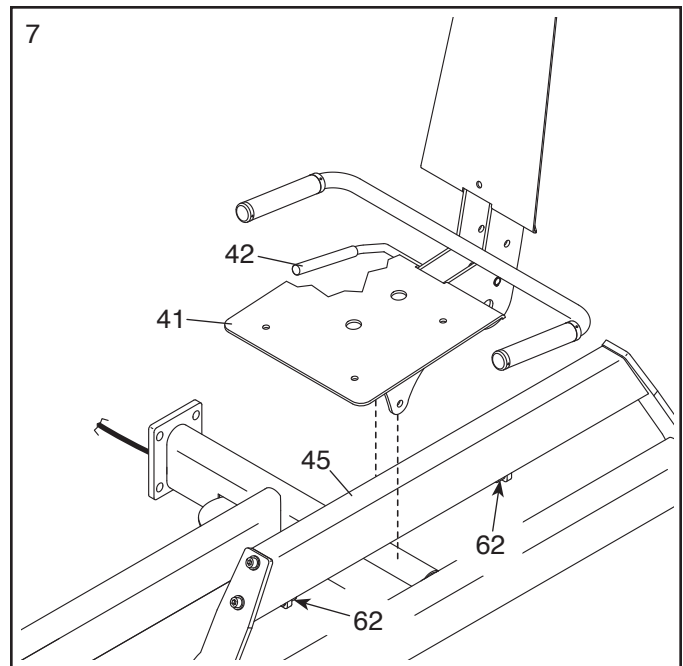


6. Remove the indicated M10 Locknut (32), M10 Washers (31), and M10 x 55mm Socket Bolt (79) from the Main Frame (38).

Attach the Joint Bearing (69) on the Cable (40) and two Joint Bushings (70) inside the Main Frame (38) with the M10 x 55mm Socket Bolt (79), the two M10 Washers (31), and the M10 Locknut (32) that you just removed.

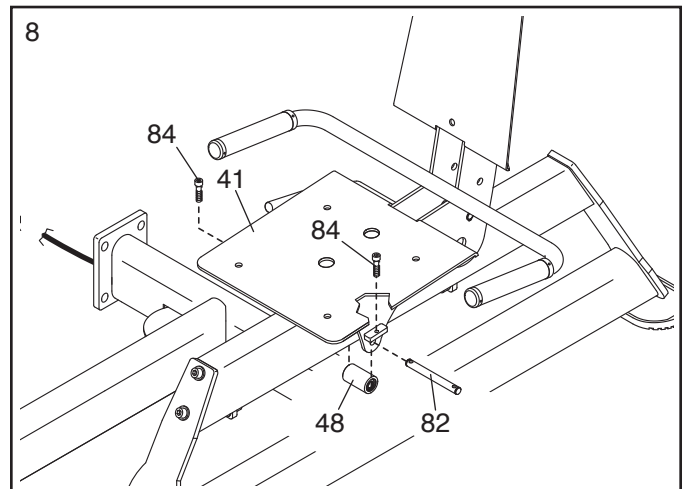


7. Pull upward on the Adjustment Handle (42), set the Seat Frame (41) on the Seat Rail (45), and then release the Adjustment Handle. **Move the Seat Frame forward or backward to make sure that the Adjustment Handle is engaged in one of the adjustment holes in the Seat Rail. Make sure that the lower end of the Seat Frame is between the Seat Frame Bumpers (62).**

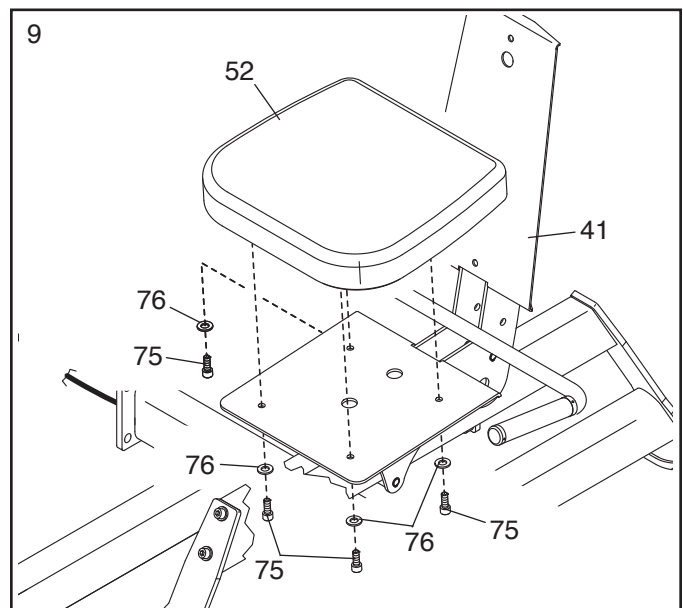


8. Hold the Roller (48) inside the lower end of the Seat Frame (41). Insert the Medium Axle (82) into the Seat Frame and the Roller.

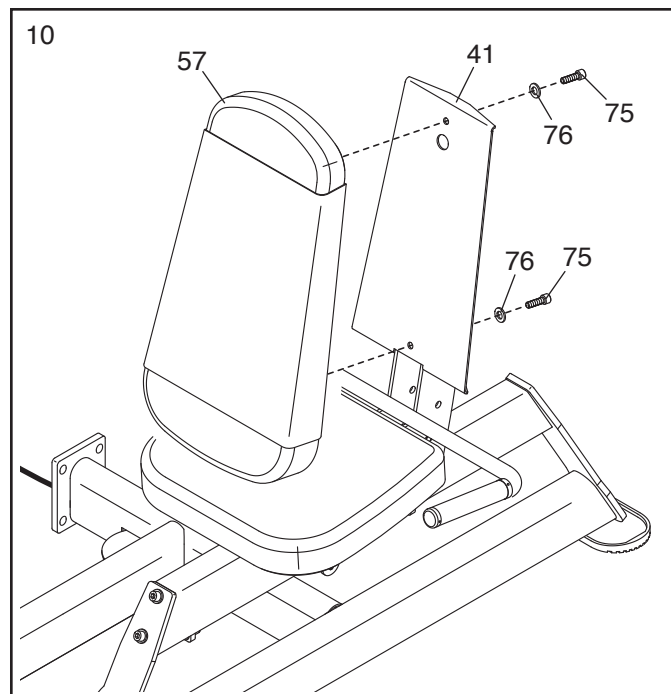
Next, insert an M6 x 40mm Socket Screw (84) into each side of the Seat Frame (41), and tighten the Socket Screws into the ends of the Medium Axle (82).



9. Attach the Seat (52) to the Seat Frame (41) with four M8 x 25mm Socket Screws (75) and four M8 Washers (76).



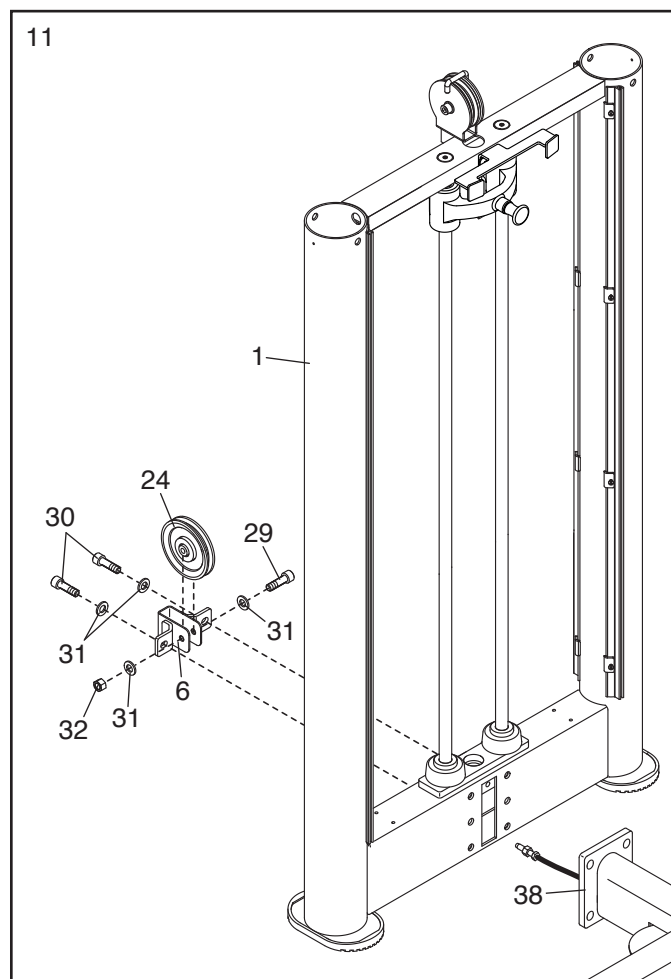
10. Attach the Backrest (57) to the Seat Frame (41) with two M8 x 25mm Socket Screws (75) and two M8 Washers (76).



11. Orient the Tower Frame (1) as shown, and set it near the Main Frame (38). **Have a second person hold the Tower Frame to prevent it from falling until you complete step 12.**

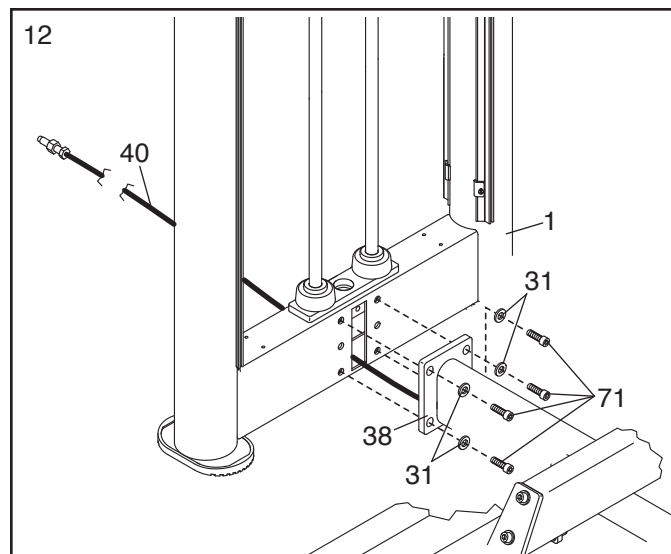
Remove the two M10 x 30mm Socket Screws (30), the two M10 Washers (31), and the Pulley Bracket (6) from the back of the Tower Frame (1).

Next, remove all parts (24, 29, 31, and 32) from the Pulley Bracket (6).



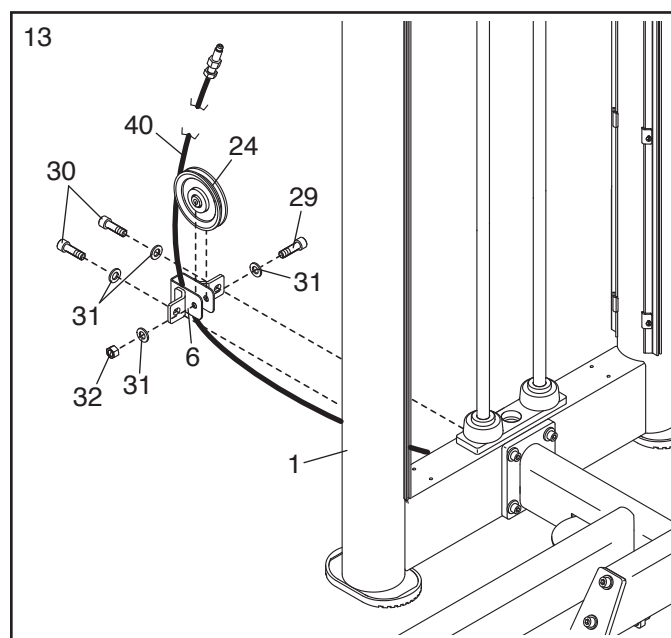
12. Insert the Cable (40) through the Tower Frame (1) as shown.

Attach the Main Frame (38) to the Tower Frame (1) with four M10 x 35mm Socket Screws (71) and four M10 Washers (31).



13. 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 11.

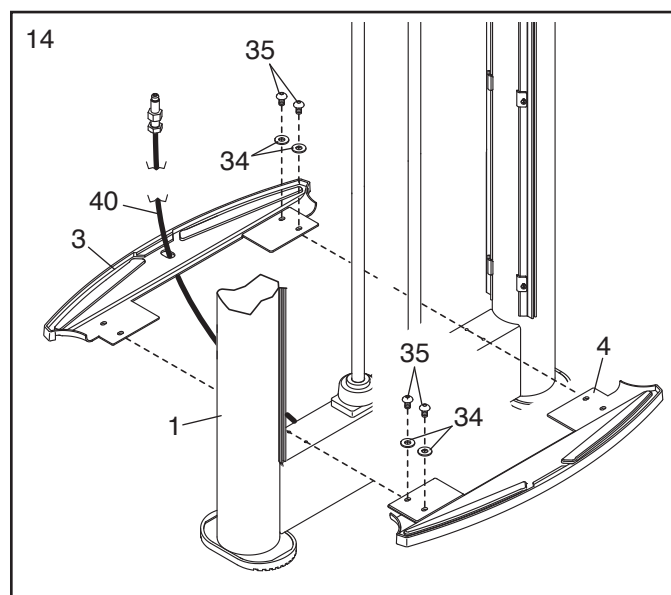
Then, attach the Pulley Bracket (6) to the Tower Frame (1) with the two M10 x 30mm Socket Screws (30) and the two M10 Washers (31) that you removed in step 11.



14. 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).



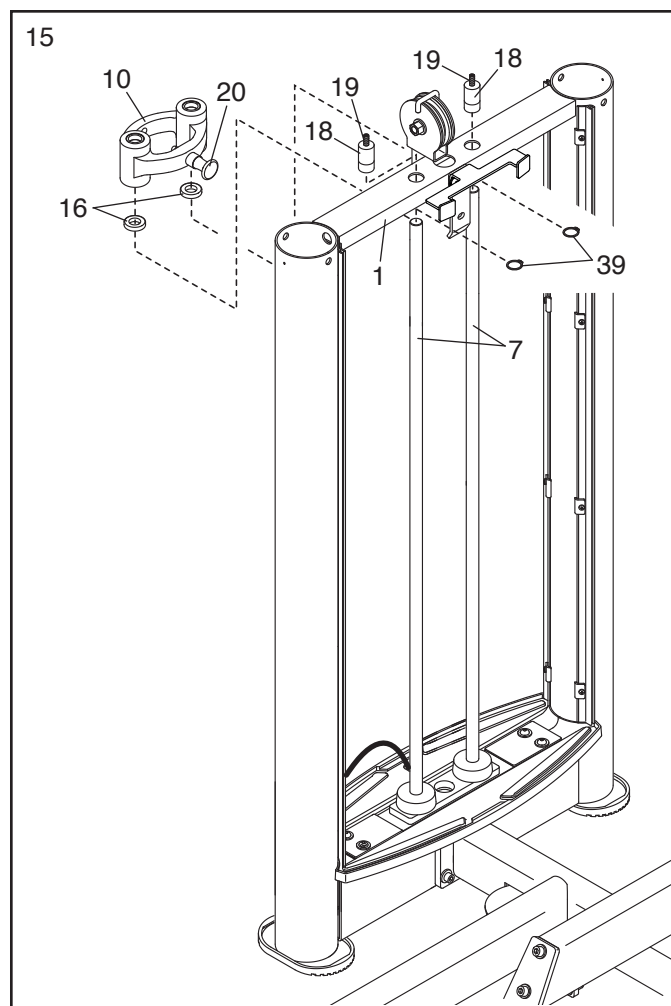
15. Pull the Drop-down Weight Knob (20) and slide the Drop-down Weight (10) downward on the Weight Guides (7).

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).

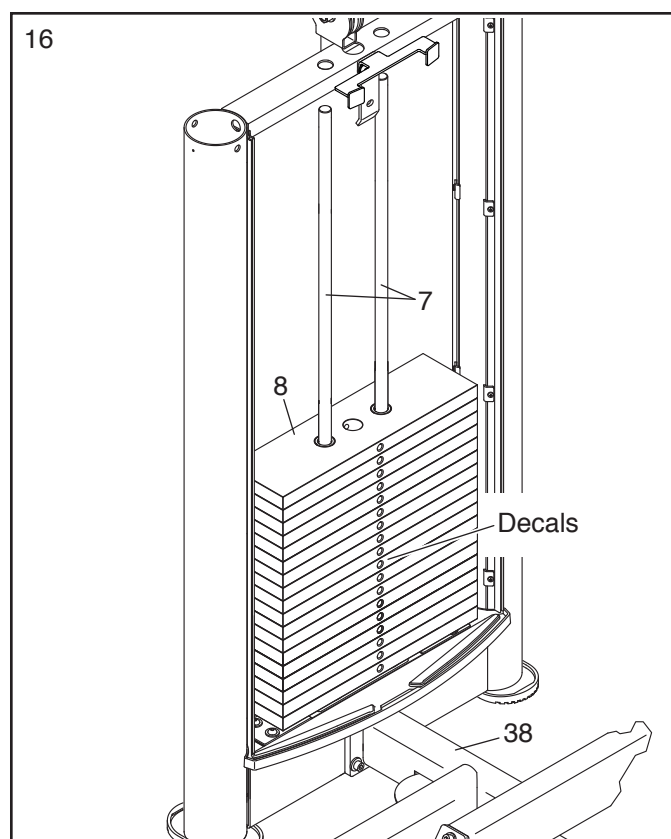
Have a second person hold the Weight Guides (7). Lift the Weight Guide Bushings (18) out of the Tower Frame (1).

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.



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

**Repeat this step with the remaining 20-pound Weights (8).**



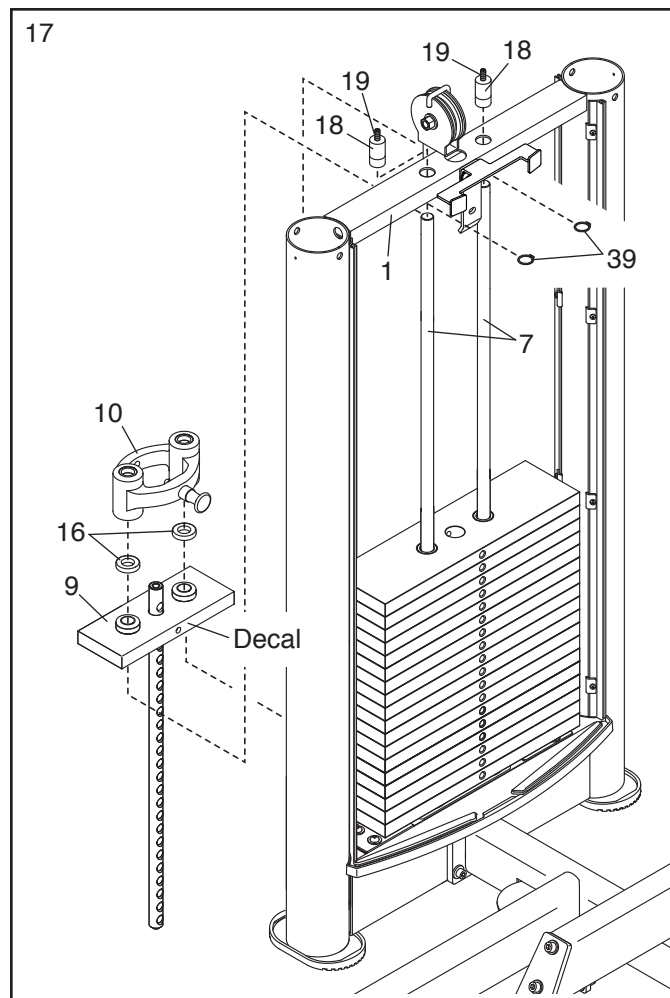
17. Orient the Top Weight (9) and the Drop-down Weight (10) as shown.

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).

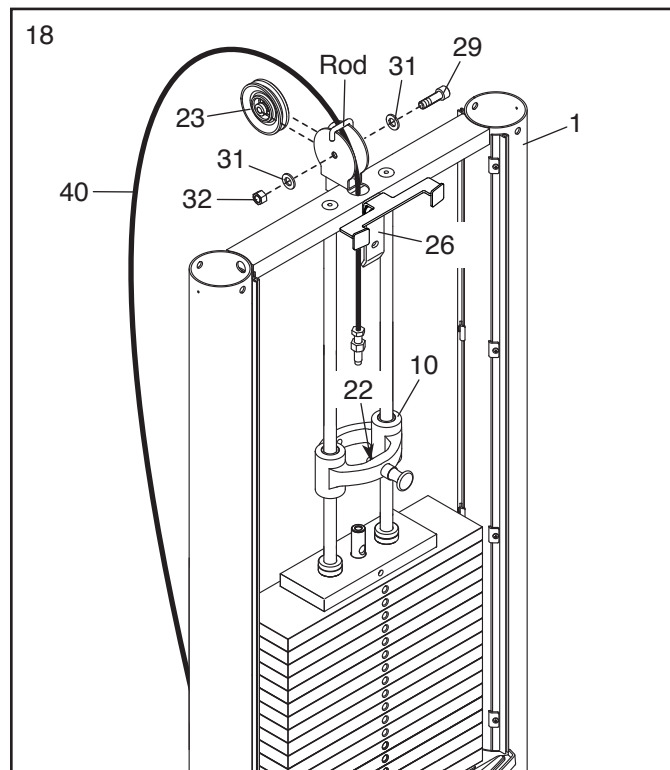


18. Remove all parts (23, 29, 31, and 32) from the pulley bracket on the Tower Frame (1).

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.**

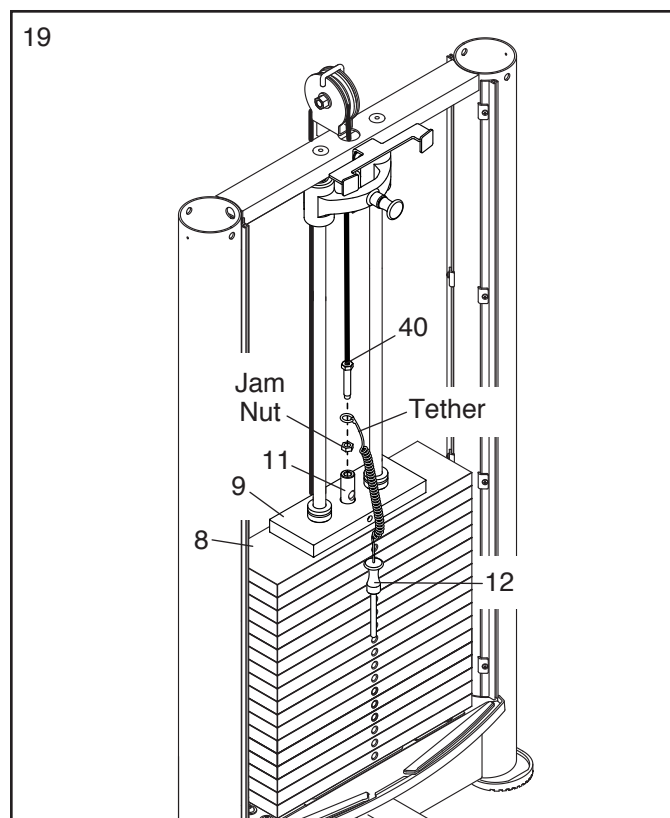
Next, slide the Drop-down Weight (10) upward until the Drop-down Weight Pin (22) snaps into the hole in the Latch Bracket (26). **Make sure that the Drop-down Weight Pin is engaged in the hole.**



19. 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 Cable.

Tighten the end of the Cable (40) into the Weight Selector (11) until the Top Weight (9) is lifted off the 20-pound Weights (8). Then, loosen the end of the Cable until the Top Weight just rests on the 20-pound Weights.

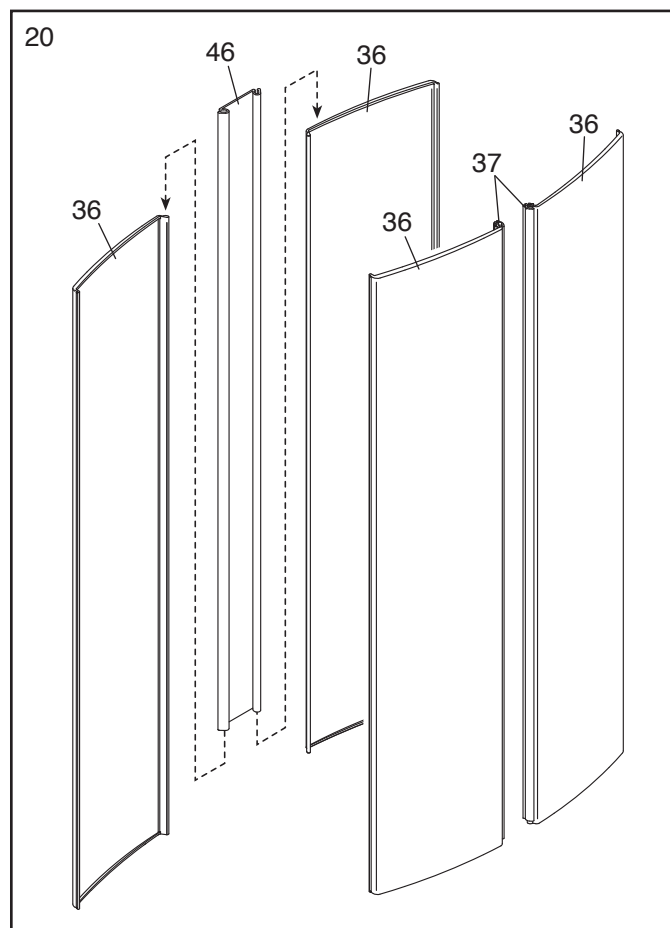
Then, tighten the jam nut against the Weight Selector (11).



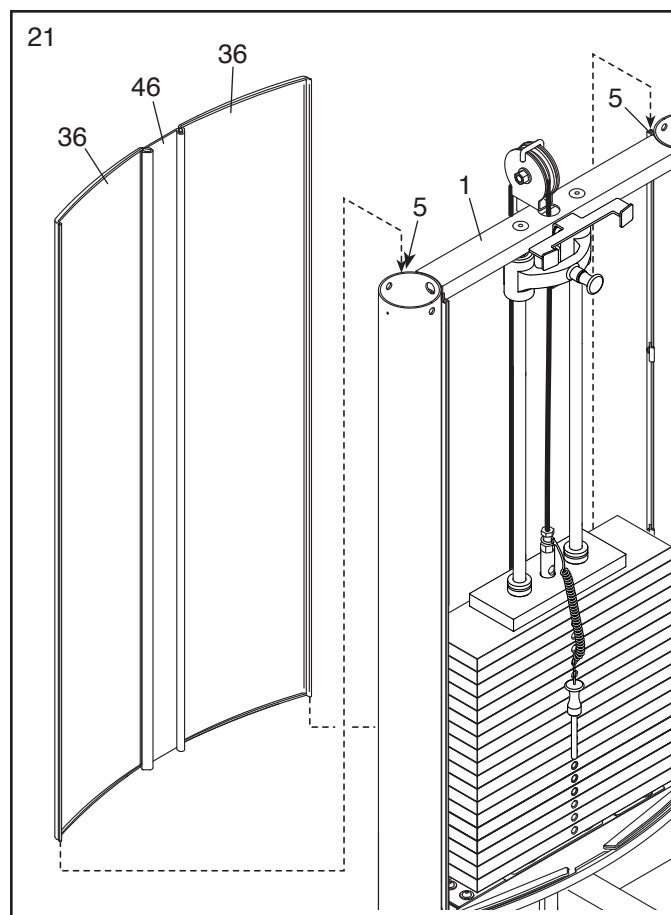
20. Note: The parts shown in this step may be preassembled.

Look at the four Shrouds (36), and find the two Shrouds that have attached strips of Inner Trim (37).

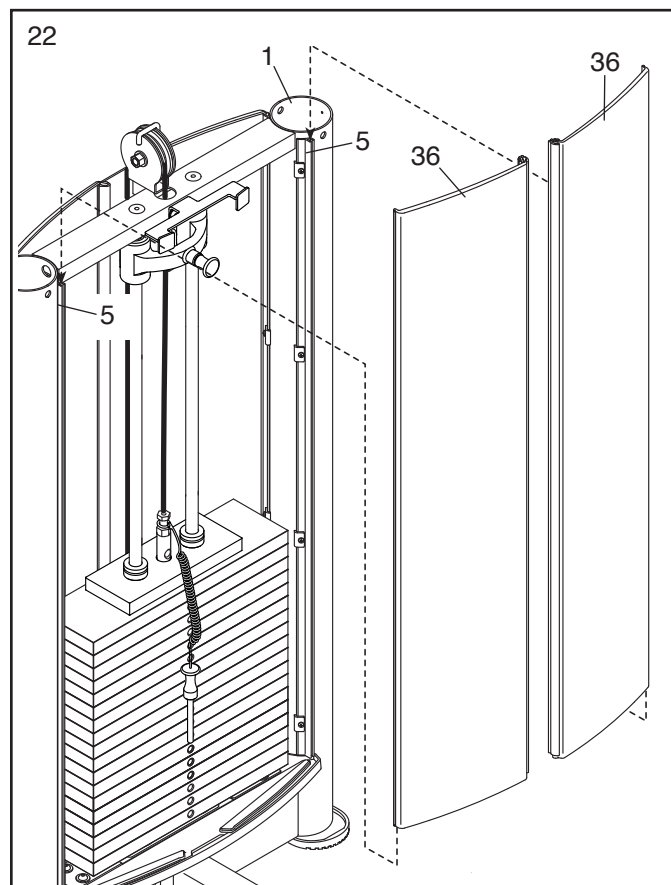
Slide the Shroud Panel (46) downward onto the two Shrouds (36) that do **not** have attached strips of Inner Trim (37).



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).



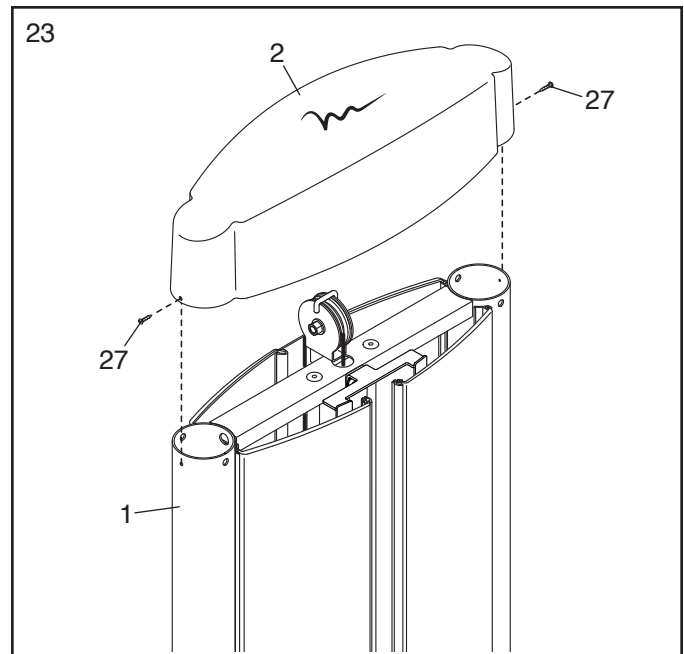
22. Slide the remaining two Shrouds (36) downward into the two strips of Outer Trim (5) on the front of the Tower Frame (1).





23. 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).



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

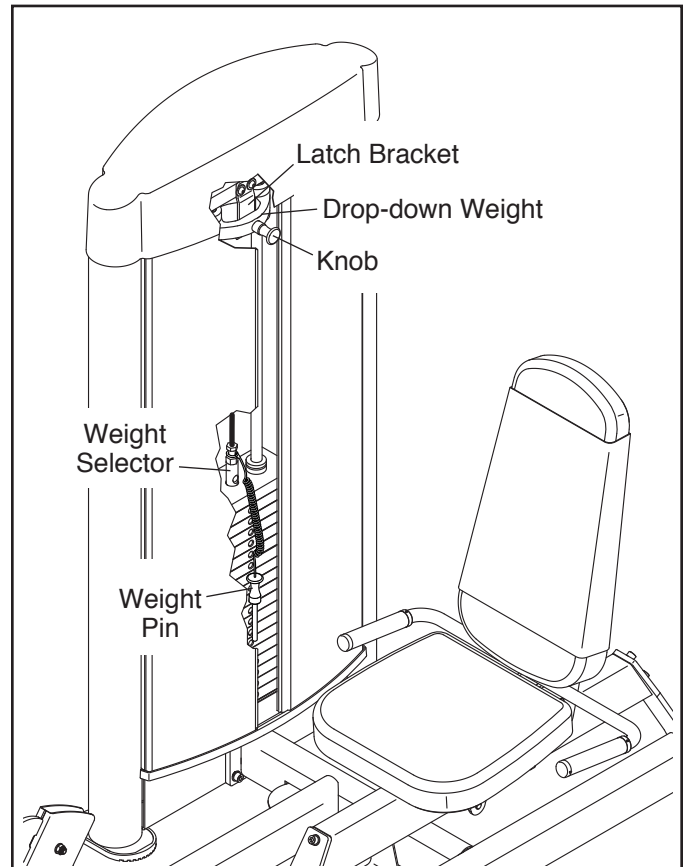
This section explains how to adjust the strength equipment. Make sure that all that parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately.

## 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.** Note: To use only the top weight, insert the weight pin into the hole in the weight selector above the top weight.

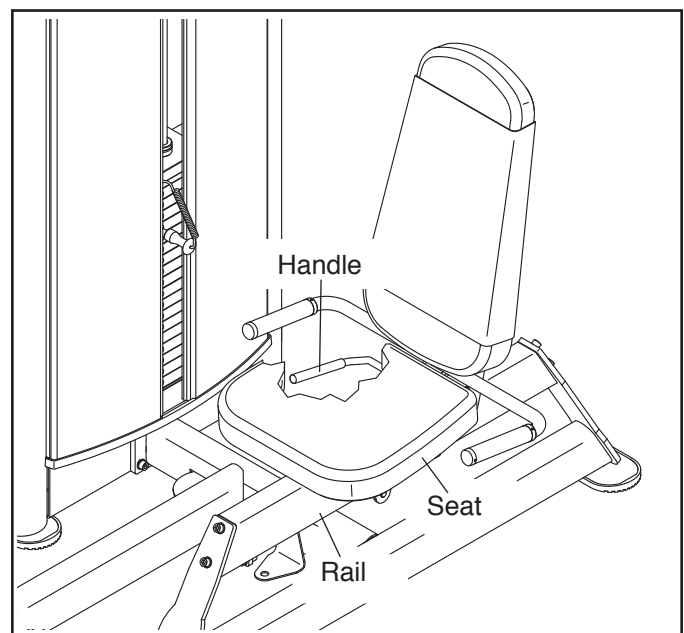
To add 5 lbs. (2.25 kg) of resistance, pull the indicated knob and lower the drop-down weight onto the weight stack.

When you are not using the drop-down weight, slide it upward 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 SEAT

To adjust the position of the seat, pull the adjustment handle upward, slide the seat forward or backward, and then release the adjustment handle. **Move the seat forward or backward slightly to make sure that the adjustment handle is engaged in one of the adjustment holes in the seat rail.**



# 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

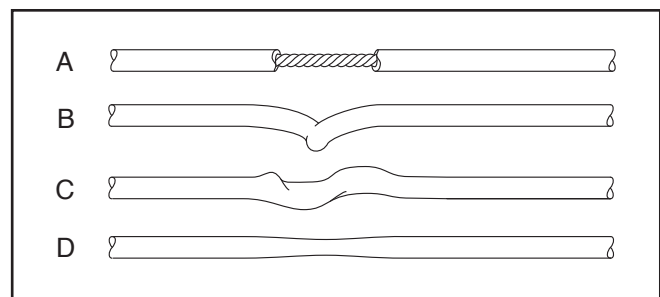
### Hardware

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



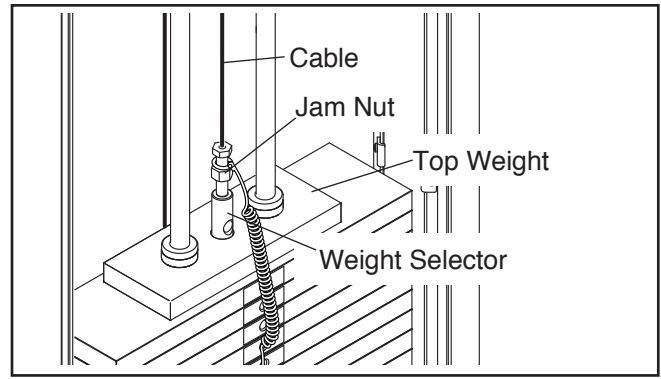
### Cable Adjustment

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.

**See the drawing at the right.** 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

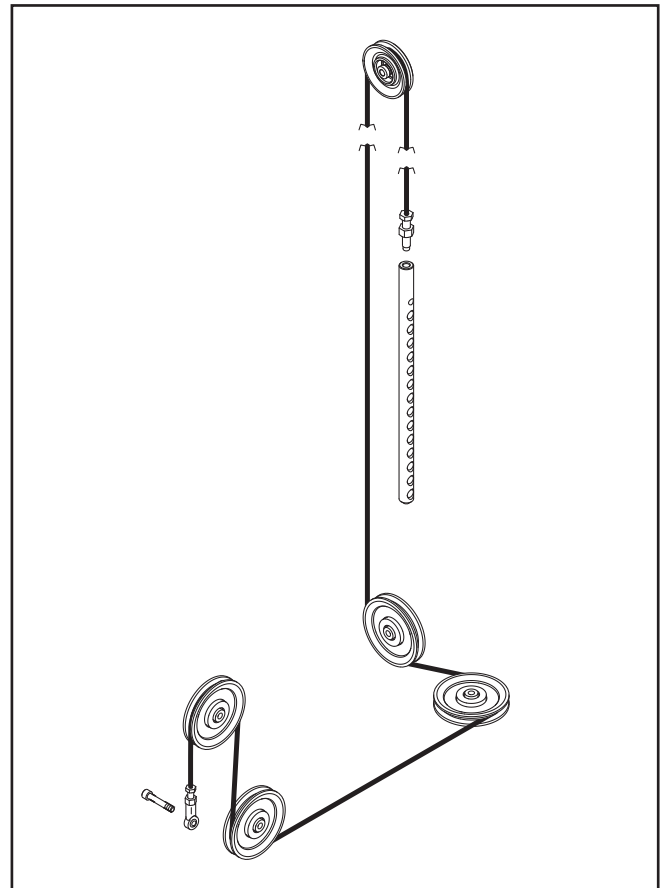
Check the grips and replace them if needed.

#### 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 at the right 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 a cable.**



# PART LIST

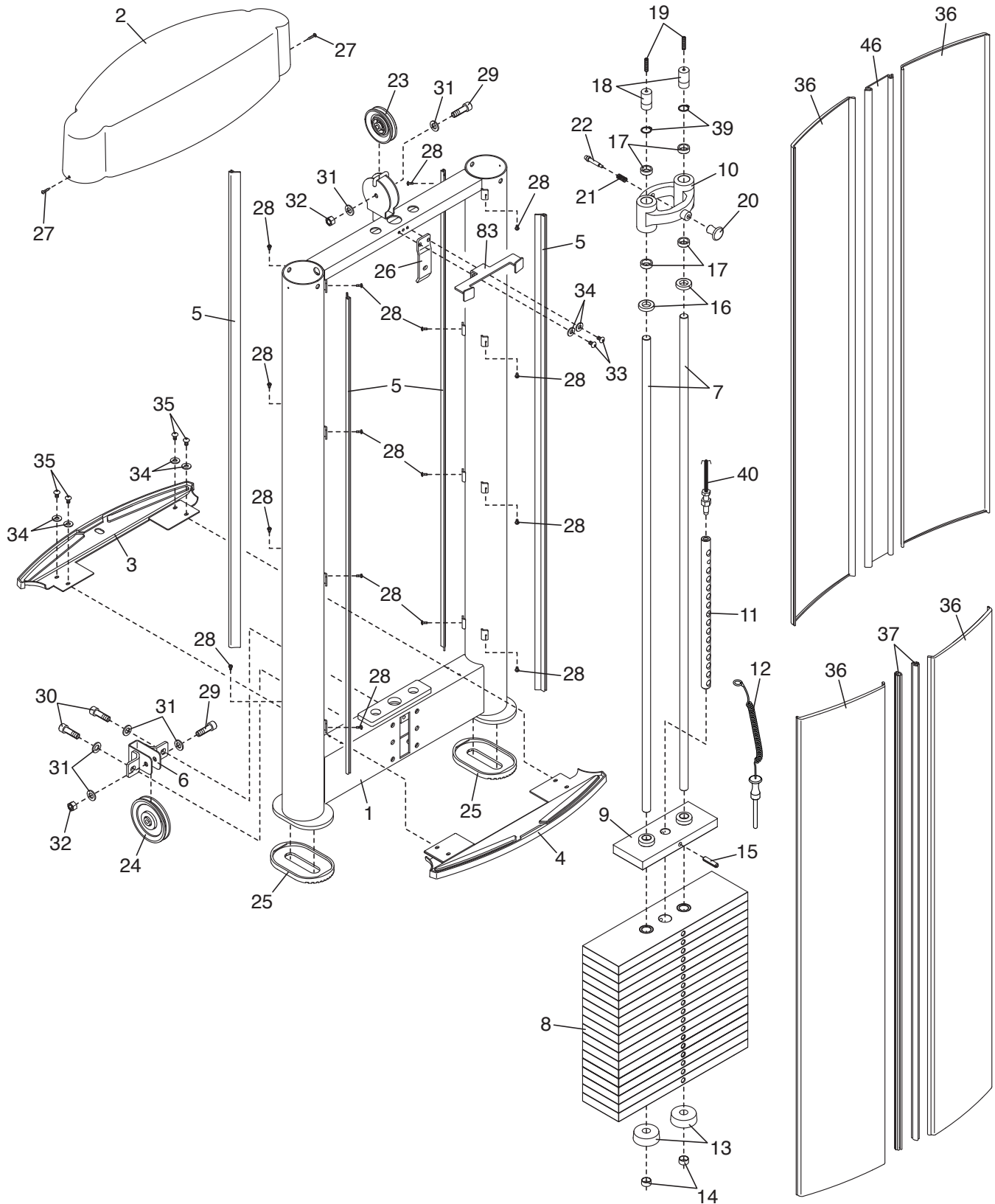
Model No. F813.0 R0312A

| Key No. | Qty. | Description                  | Key No. | Qty. | Description             |
|---------|------|------------------------------|---------|------|-------------------------|
| 1       | 1    | Tower Frame                  | 44      | 1    | Small Handgrip          |
| 2       | 1    | Tower Cap                    | 45      | 1    | Seat Rail               |
| 3       | 1    | Rear Shroud Base             | 46      | 1    | Shroud Panel            |
| 4       | 1    | Front Shroud Base            | 47      | 1    | Large Axle              |
| 5       | 4    | Outer Trim                   | 48      | 3    | Roller                  |
| 6       | 1    | Pulley Bracket               | 49      | 2    | Handle Collar           |
| 7       | 2    | Weight Guide                 | 50      | 2    | Handle Cap              |
| 8       | 18   | 20-pound Weight              | 51      | 1    | Handle Pin              |
| 9       | 1    | Top Weight                   | 52      | 1    | Seat                    |
| 10      | 1    | Drop-down Weight             | 53      | 2    | Small Axle              |
| 11      | 1    | Weight Selector              | 54      | 2    | Plastic Washer          |
| 12      | 1    | Weight Pin                   | 55      | 1    | Backrest Cover          |
| 13      | 2    | Lower Weight Bumper          | 56      | 4    | Small Snap Ring         |
| 14      | 2    | Weight Guide Cap             | 57      | 1    | Backrest                |
| 15      | 1    | Roll Pin                     | 58      | 2    | Spacer                  |
| 16      | 2    | Upper Weight Bumper          | 59      | 2    | M5 x 27mm Socket Bolt   |
| 17      | 4    | Drop-down Weight Bushing     | 60      | 2    | M5 Acorn Nut            |
| 18      | 2    | Weight Guide Bushing         | 61      | 2    | Large Bearing           |
| 19      | 2    | M8 x 35mm Set Screw          | 62      | 2    | Seat Frame Bumper       |
| 20      | 1    | Drop-down Weight Knob        | 63      | 2    | Large Handgrip          |
| 21      | 1    | Small Spring                 | 64      | 6    | Small Bearing           |
| 22      | 1    | Drop-down Weight Pin         | 65      | 1    | Foot Frame              |
| 23      | 1    | Small Pulley                 | 66      | 8    | M4 x 3mm Set Screw      |
| 24      | 4    | Large Pulley                 | 67      | 1    | Large Spring            |
| 25      | 5    | Foot                         | 68      | 6    | Medium Snap Ring        |
| 26      | 1    | Latch Bracket                | 69      | 1    | Joint Bearing           |
| 27      | 2    | M4 x 13mm Self-tapping Screw | 70      | 2    | Joint Bushing           |
| 28      | 16   | M4 x 10mm Screw              | 71      | 4    | M10 x 35mm Socket Screw |
| 29      | 4    | M10 x 50mm Socket Bolt       | 72      | 1    | M10 x 65mm Socket Bolt  |
| 30      | 6    | M10 x 30mm Socket Screw      | 73      | 4    | M5 Washer               |
| 31      | 22   | M10 Washer                   | 74      | 2    | M8 x 20mm Socket Screw  |
| 32      | 6    | M10 Locknut                  | 75      | 6    | M8 x 25mm Socket Screw  |
| 33      | 2    | M6 x 20mm Screw              | 76      | 12   | M8 Washer               |
| 34      | 6    | M6 Washer                    | 77      | 2    | M8 Locknut              |
| 35      | 4    | M6 x 15mm Screw              | 78      | 2    | M8 x 50mm Socket Bolt   |
| 36      | 4    | Shroud                       | 79      | 1    | M10 x 55mm Socket Bolt  |
| 37      | 2    | Inner Trim                   | 80      | 1    | Foot Plate              |
| 38      | 1    | Main Frame                   | 81      | 6    | M6 x 10mm Screw         |
| 39      | 4    | 25mm Snap Ring               | 82      | 1    | Medium Axle             |
| 40      | 1    | Cable                        | 83      | 1    | Shroud Bracket          |
| 41      | 1    | Seat Frame                   | 84      | 2    | M6 x 40mm Socket Screw  |
| 42      | 1    | Adjustment Handle            | 85      | 2    | M6 Small Washer         |
| 43      | 1    | Anchor Strap                 | *       | —    | 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.

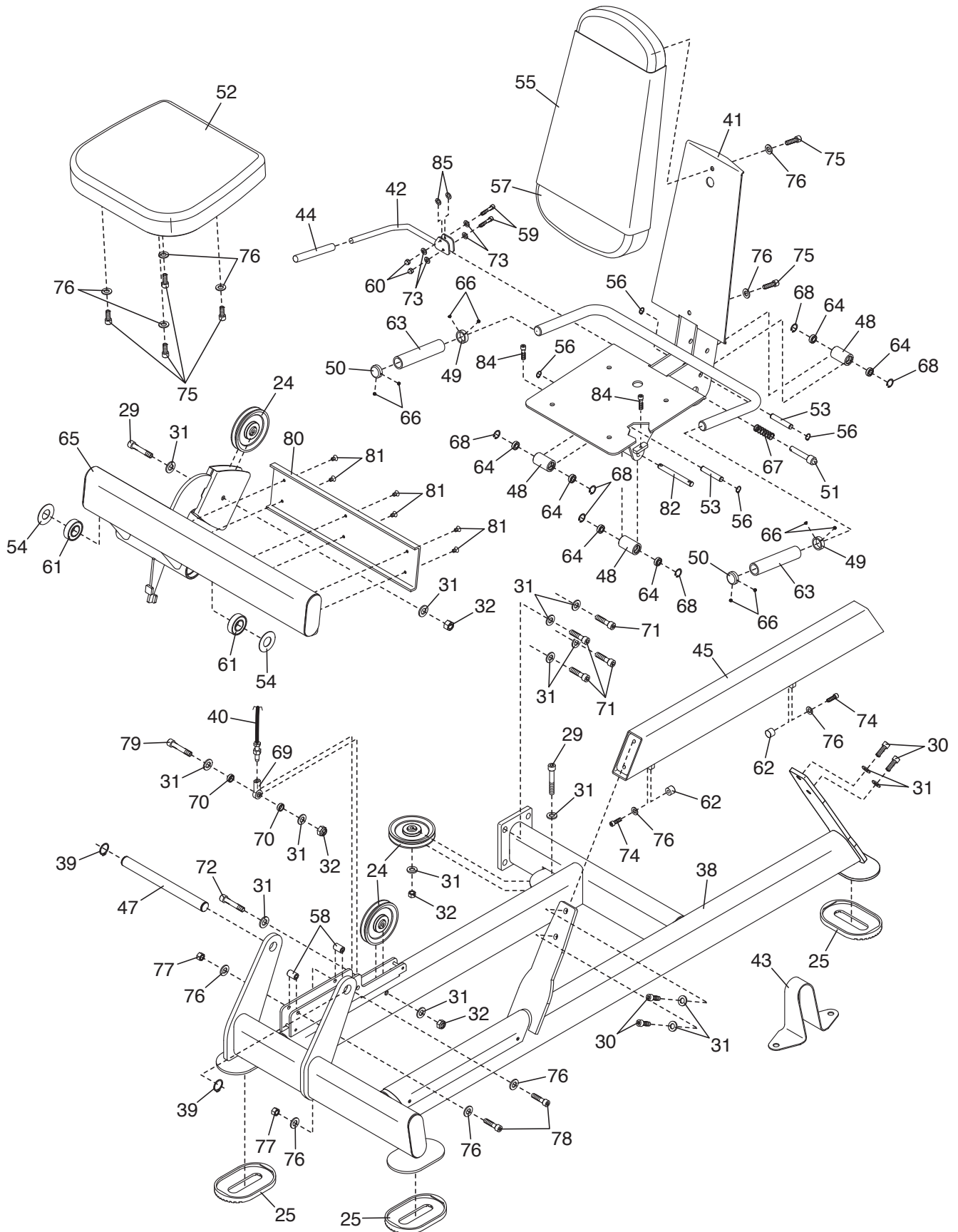
# EXPLODED DRAWING A

Model No. F813.0 R0312A



# EXPLODED DRAWING B

Model No. F813.0 R0312A



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# 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](mailto:intlcustomercare@freemotionfitness.com)