

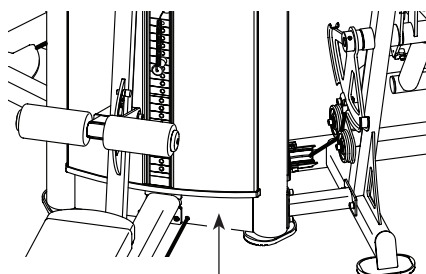
FREEMOTION[®]

3-STATION MULTI-GYM

Model No. F821.0

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

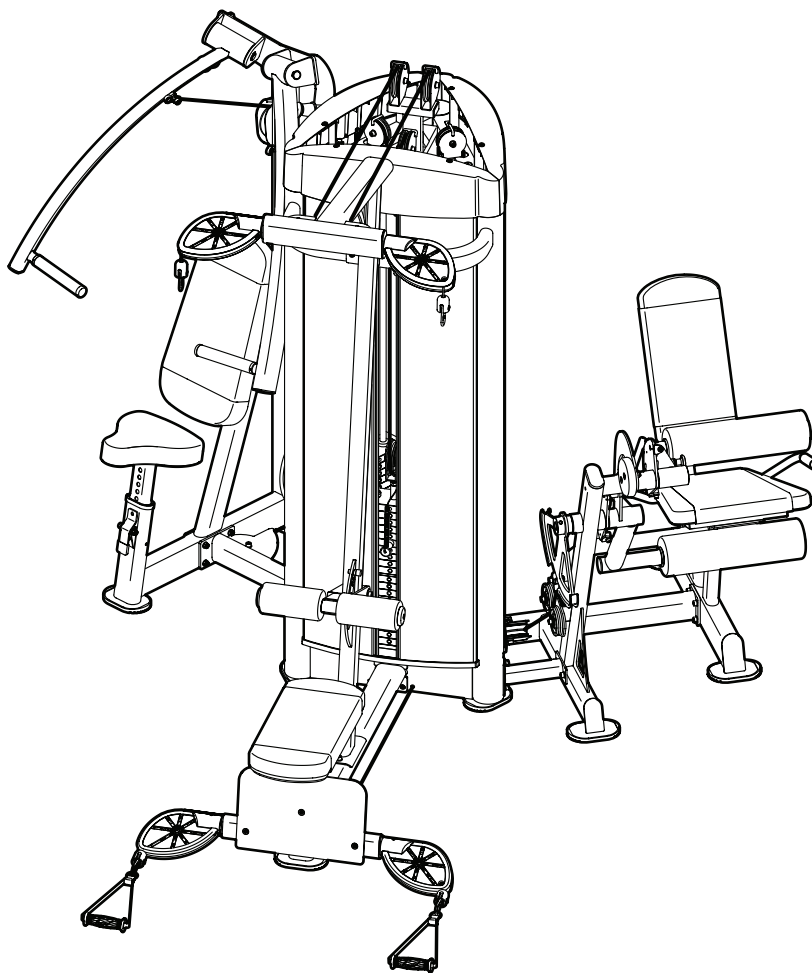


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HOW TO CONTACT CUSTOMER CARE..... Back Cover

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. 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



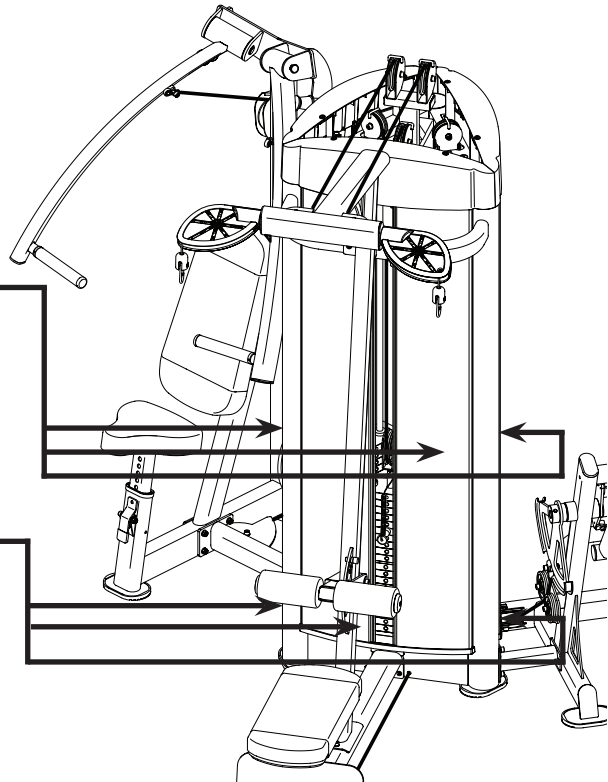
WEIGHT SELECTOR PIN
MUST BE FULLY INSERTED
INTO THE WEIGHT PLATE.

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

CAUTION



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



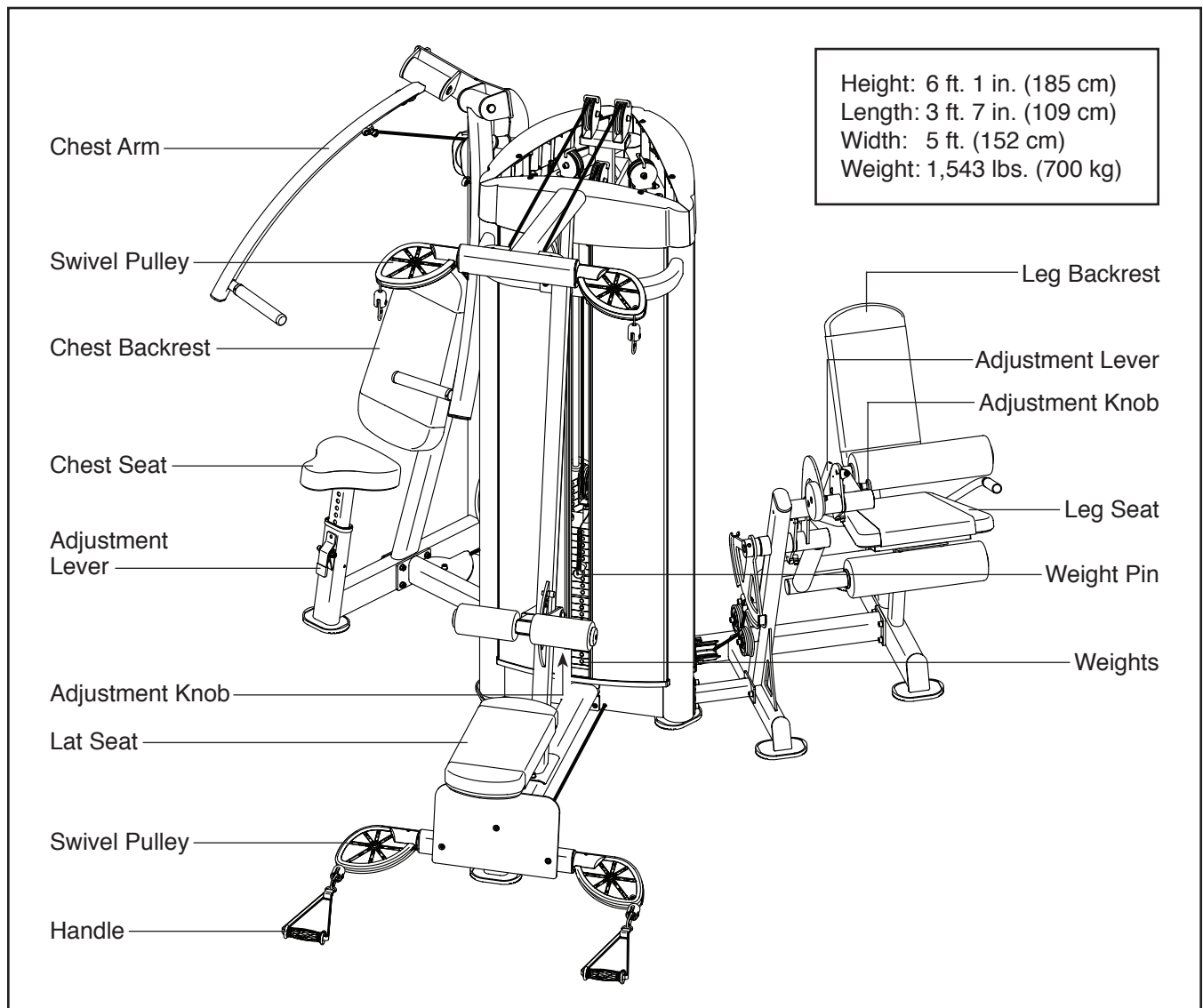
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® 3-STATION MULTI-GYM 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

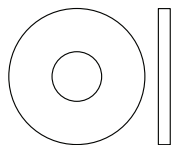
of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

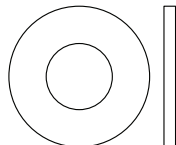


PART IDENTIFICATION CHART

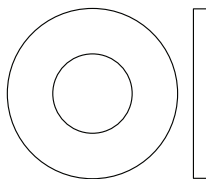
Use the drawings below to identify small parts used for assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware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



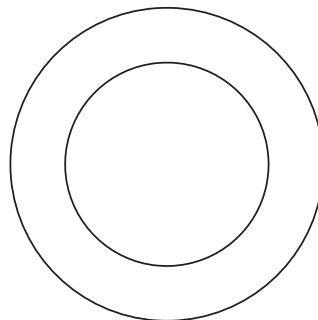
M6 x 18mm
Washer (43)–18



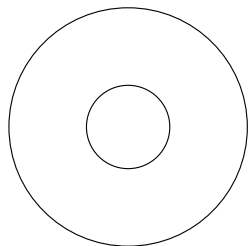
M8 x 16mm
Washer (73)–13



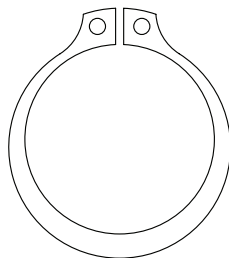
M10 x 20mm
Washer (44)–47



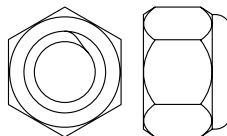
Plastic Washer
(88)–4



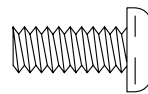
34mm Washer
(58)–2



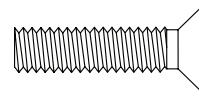
25mm Snap
Ring (33)–4



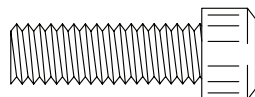
M10 Locknut
(42)–9



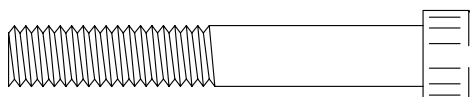
M6 x 15mm
Screw (41)–18



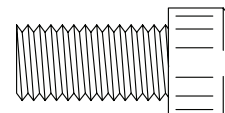
M6 x 25mm
Screw (57)–4



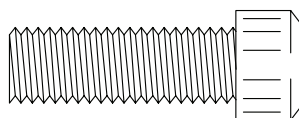
M8 x 25mm
Screw (68)–10



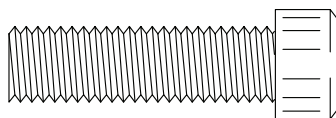
M8 x 55mm Screw (136)–3



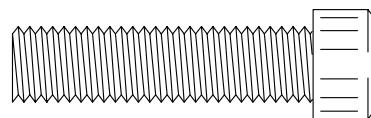
M10 x 20mm
Screw (59)–2



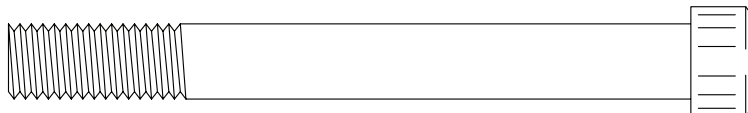
M10 x 30mm
Screw (35)–11



M10 x 35mm
Screw (36)–18



M10 x 40mm
Bolt (138)–3



M10 x 90mm Bolt (23)–4



M10 x 95mm Bolt (143)–2

ASSEMBLY

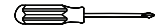
- Assembly requires two persons.
- Because of its weight and size, assemble the strength equipment in the location where it will be used. Make sure that there is enough clearance around the strength equipment.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the 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



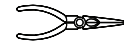
one Phillips screwdriver



a set of metric hex keys



snap ring pliers



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

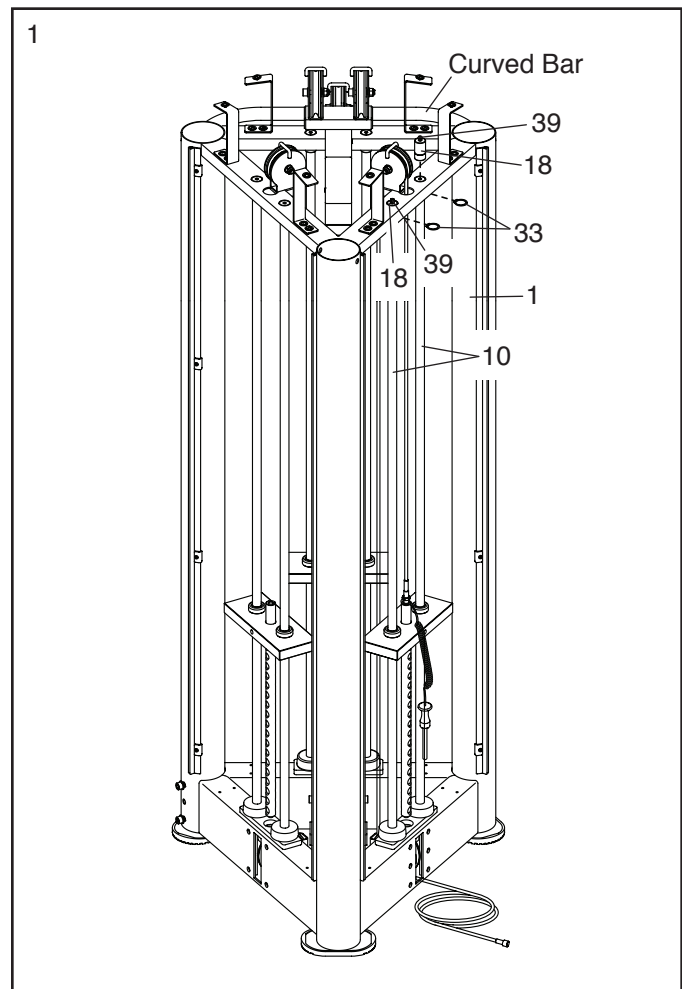
1. **Note: For clarity, some assembled cables are not shown in the assembly drawings.**

Orient yourself so that the curved bar is in the indicated location on the Tower Frame (1).

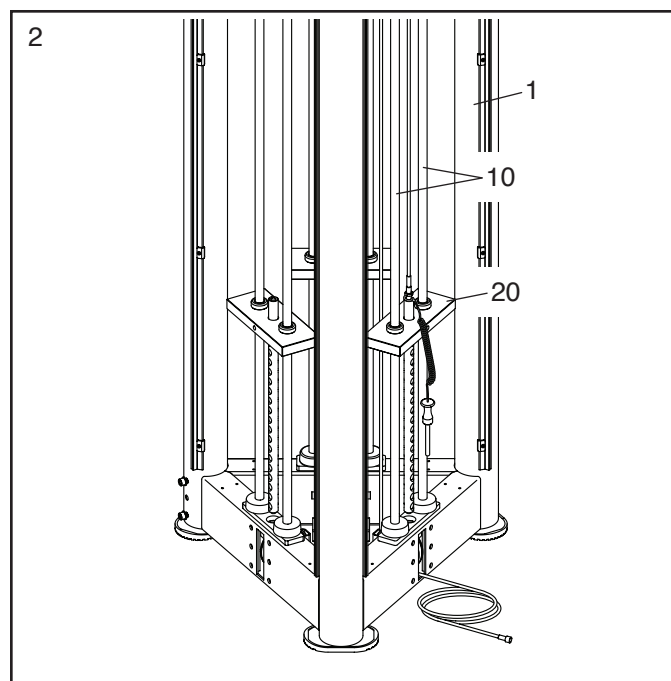
Loosen the two indicated M8 x 35mm Set Screws (39) a few complete turns; **it is not necessary to remove the Set Screws.**

Next, remove the two 25mm Snap Rings (33) from the two Weight Guide Bushings (18).

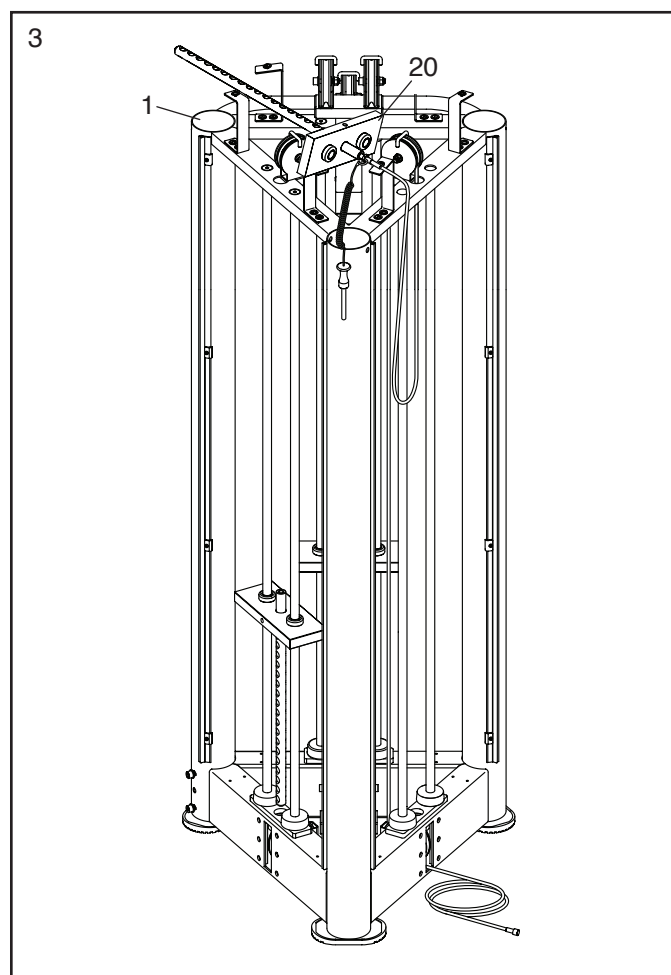
Have a second person hold the Weight Guides (10). Lift the Weight Guide Bushings (18) out of the Tower Frame (1).



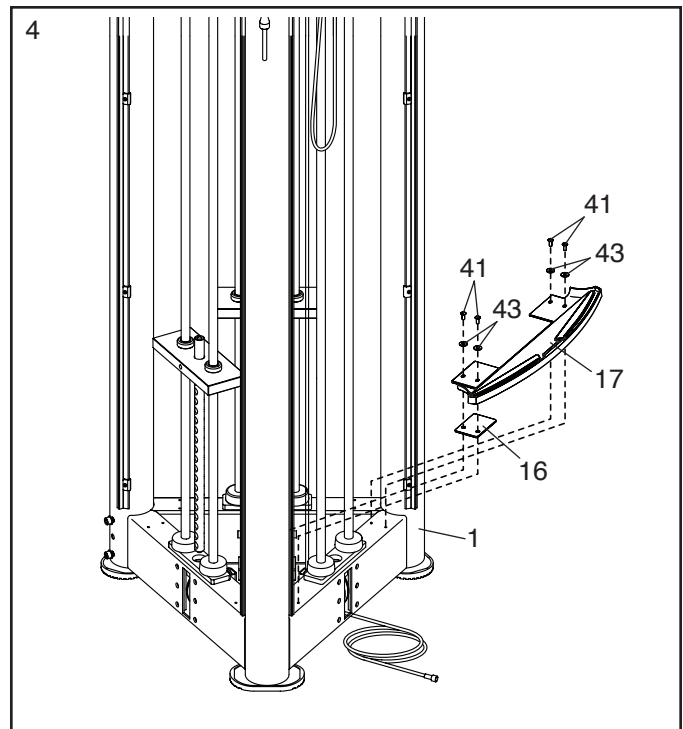
2. Tip the upper ends of the Weight Guides (10) toward yourself, and slide the Top Weight (20) upward off the Weight Guides.



3. Set the Top Weight (20) on top of the Tower Frame (1).



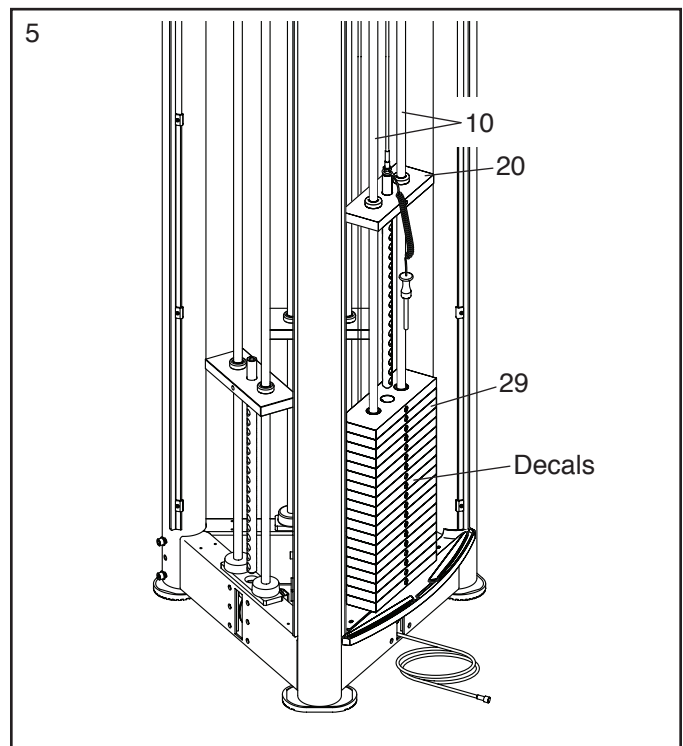
4. Attach a Shroud Base (17) and a Shroud Base Spacer (16) to the Tower Frame (1) with four M6 x 15mm Screws (41) and four M6 x 18mm Washers (43).



5. Look at the decals on nineteen 10-pound Weights (29). Find the decal that has the **largest** number. Orient that Weight so that the decal is facing outward, and slide the Weight onto the Weight Guides (10).

Repeat this step until all nineteen 10-pound Weights (29) are on the Weight Guides (10).

Then, slide the Top Weight (20) onto the Weight Guides (10).

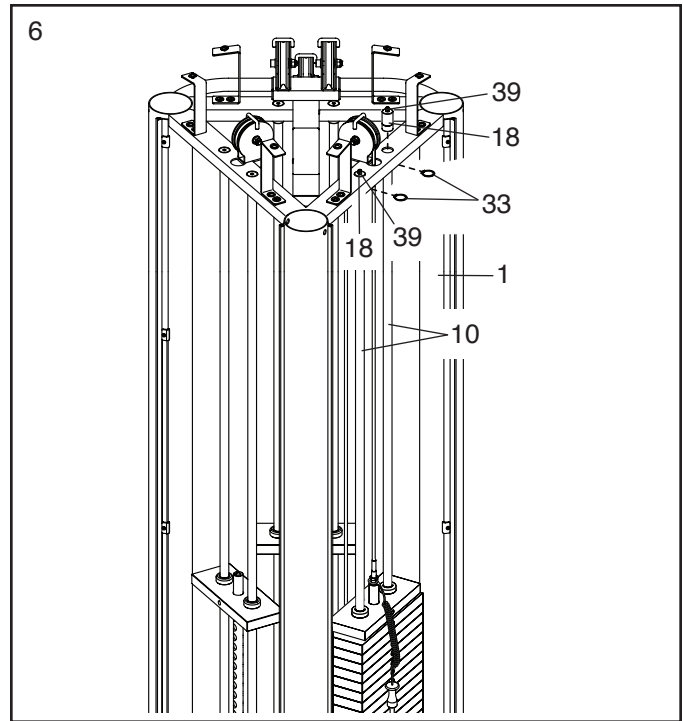


- Slide the two 25mm Snap Rings (33) onto the Weight Guides (10).

Next, insert the two Weight Guide Bushings (18) into the Tower Frame (1), and slide them onto the upper ends of the Weight Guides (10).

Attach the two 25mm Snap Rings (33) to the Weight Guide Bushings (18).

Then, tighten the two M8 x 35mm Set Screws (39) in the Weight Guide Bushings (18).

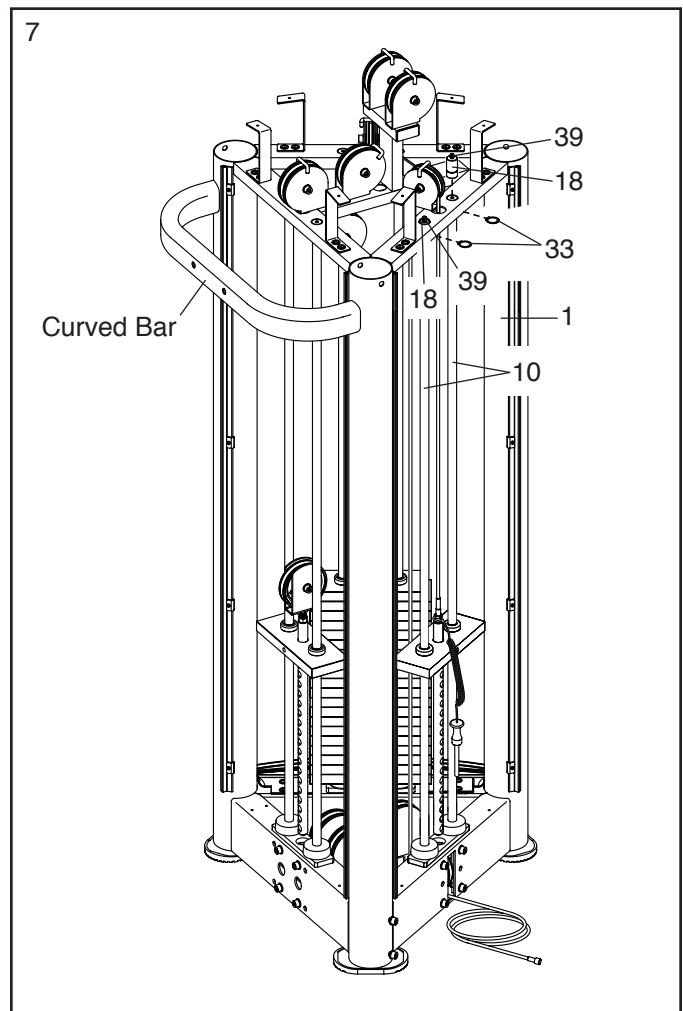


- Orient yourself so that the curved bar is in the indicated location on the Tower Frame (1).

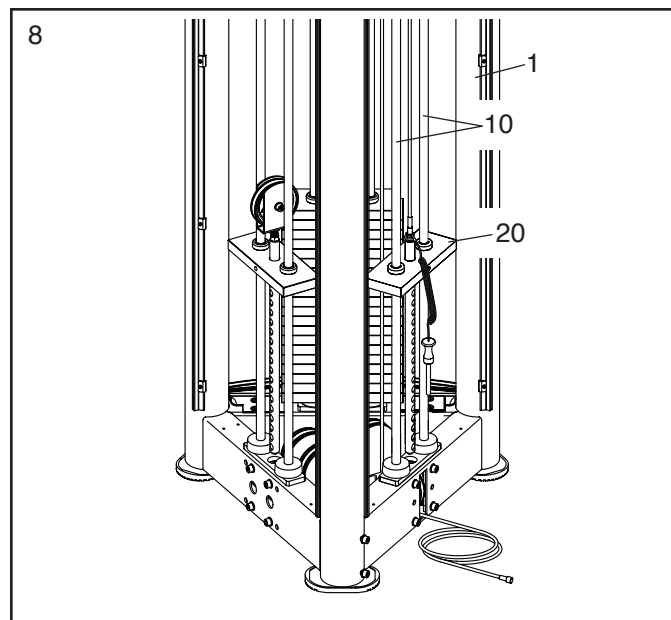
Loosen the two indicated M8 x 35mm Set Screws (39) a few complete turns; **it is not necessary to remove the Set Screws.**

Next, remove the two 25mm Snap Rings (33) from the two Weight Guide Bushings (18).

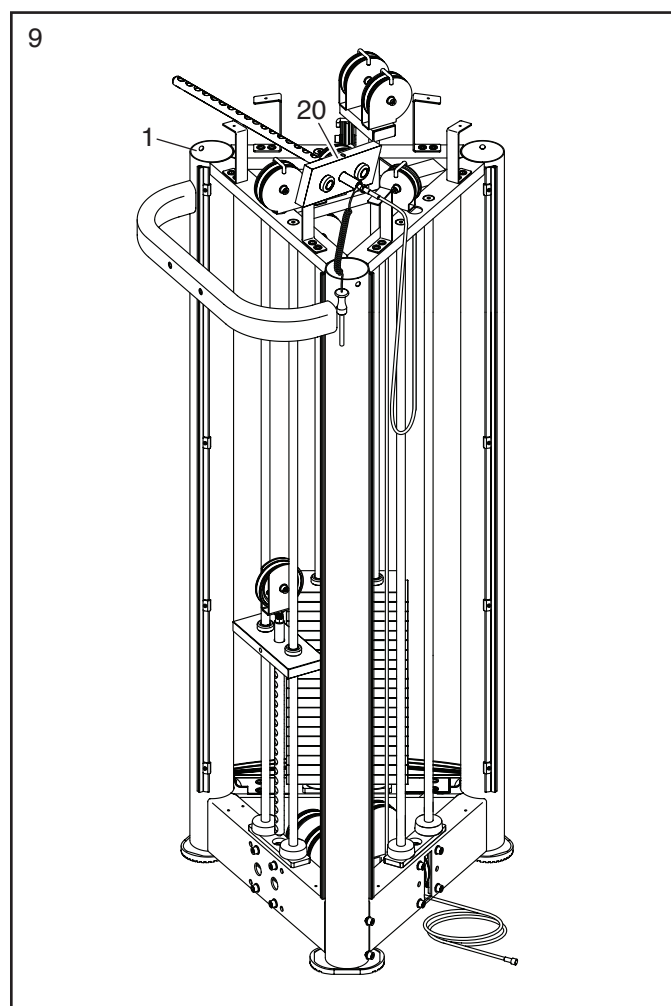
Have a second person hold the Weight Guides (10). Lift the Weight Guide Bushings (18) out of the Tower Frame (1).



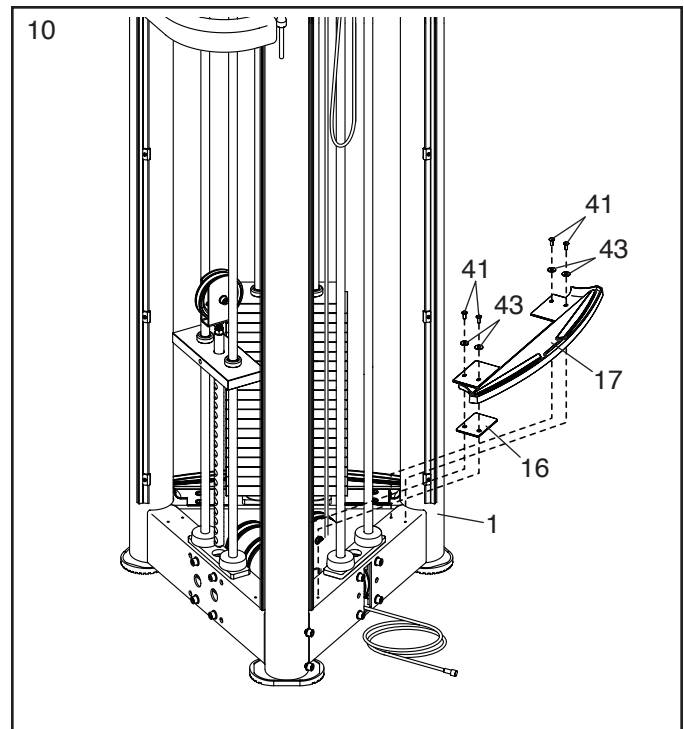
8. Tip the upper ends of the Weight Guides (10) toward yourself, and slide the Top Weight (20) upward off the Weight Guides.



9. Set the Top Weight (20) on top of the Tower Frame (1).



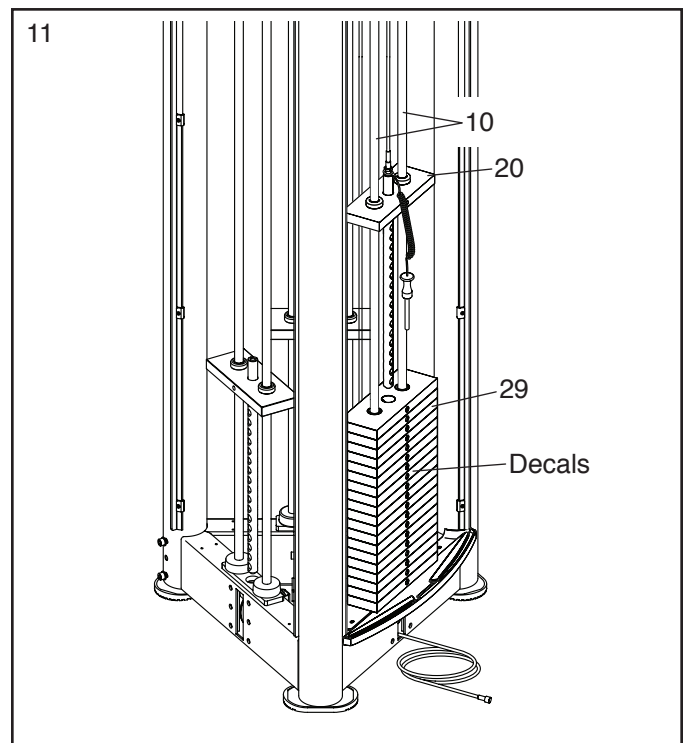
10. Attach a Shroud Base (17) and a Shroud Base Spacer (16) to the Tower Frame (1) with four M6 x 15mm Screws (41) and four M6 x 18mm Washers (43).



11. Look at the decals on nineteen 10-pound Weights (29). Find the decal that has the **largest** number. Orient that Weight so that the decal is facing outward, and slide the Weight onto the Weight Guides (10).

Repeat this step until all nineteen 10-pound Weights (29) are on the Weight Guides (10).

Then, slide the Top Weight (20) onto the Weight Guides (10).

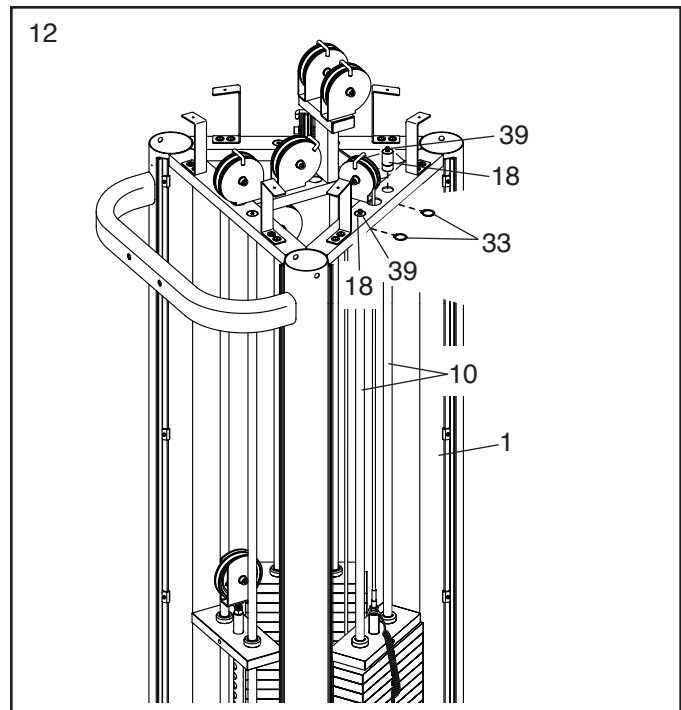


12. Slide the two 25mm Snap Rings (33) onto the Weight Guides (10).

Next, insert the two Weight Guide Bushings (18) into the Tower Frame (1), and slide them onto the upper ends of the Weight Guides (10).

Attach the two 25mm Snap Rings (33) to the Weight Guide Bushings (18).

Then, tighten the two M8 x 35mm Set Screws (39) in the Weight Guide Bushings (18).

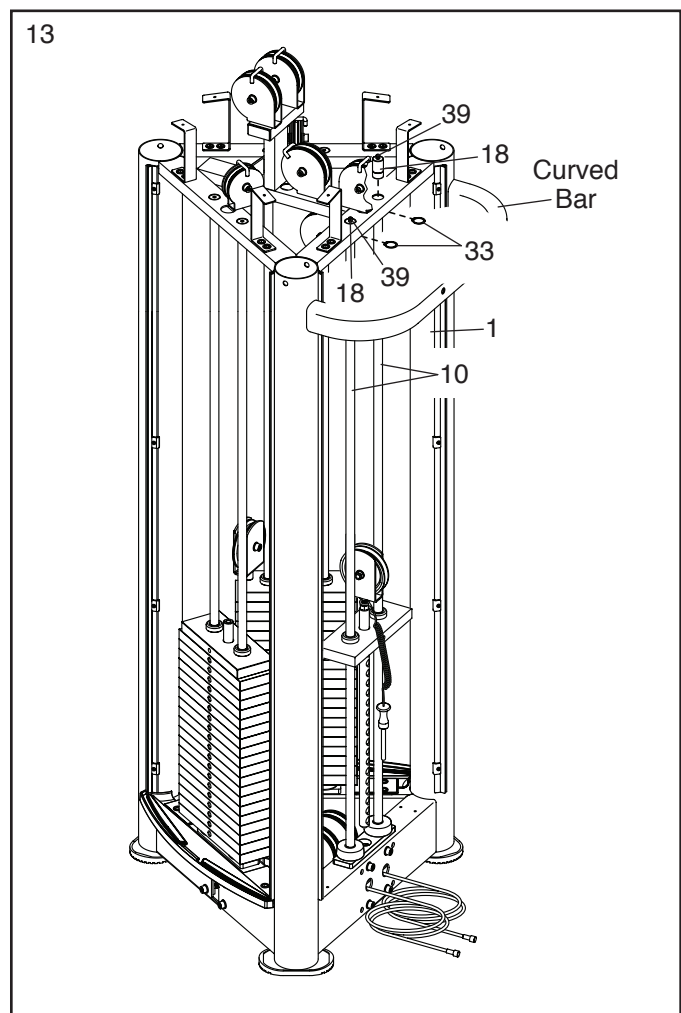


13. Orient yourself so that the curved bar is in the indicated location on the Tower Frame (1).

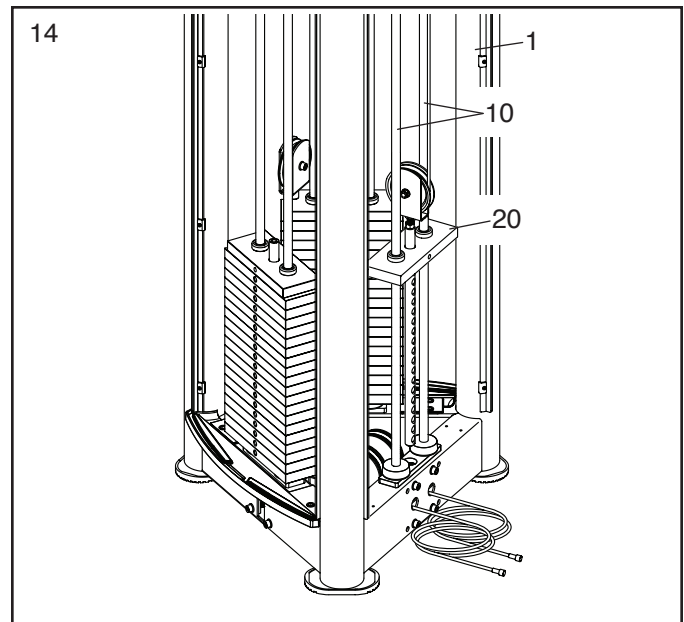
Loosen the two indicated M8 x 35mm Set Screws (39) a few complete turns; **it is not necessary to remove the Set Screws.**

Next, remove the two 25mm Snap Rings (33) from the two Weight Guide Bushings (18).

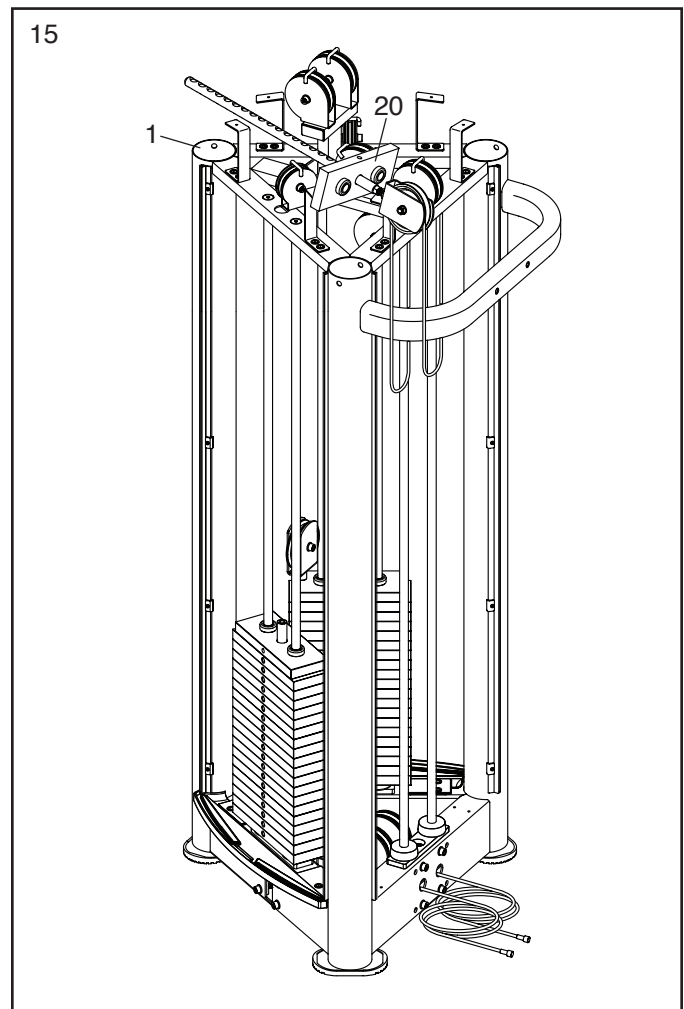
Have a second person hold the Weight Guides (10). Lift the Weight Guide Bushings (18) out of the Tower Frame (1).



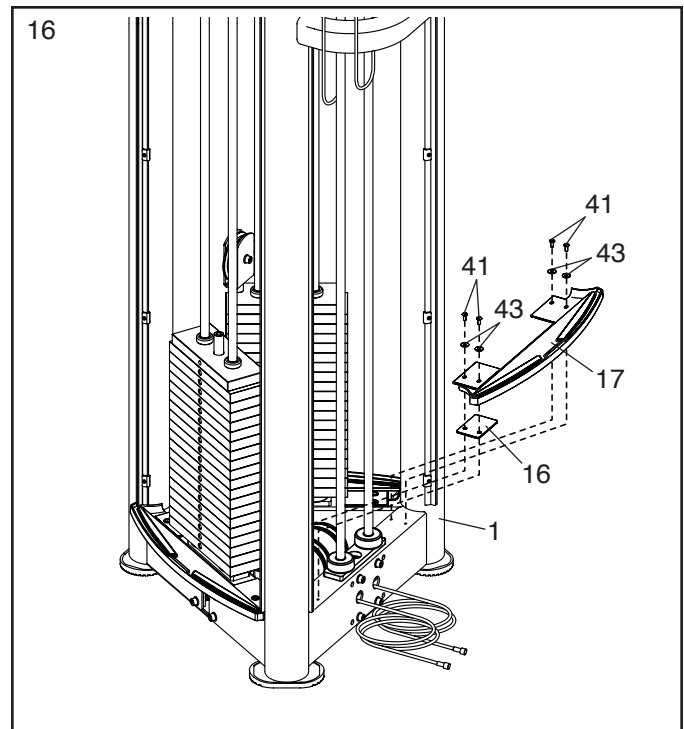
14. Tip the upper ends of the Weight Guides (10) toward yourself, and slide Top Weight (20) upward off the Weight Guides.



15. Set the Top Weight (20) on top of the Tower Frame (1).

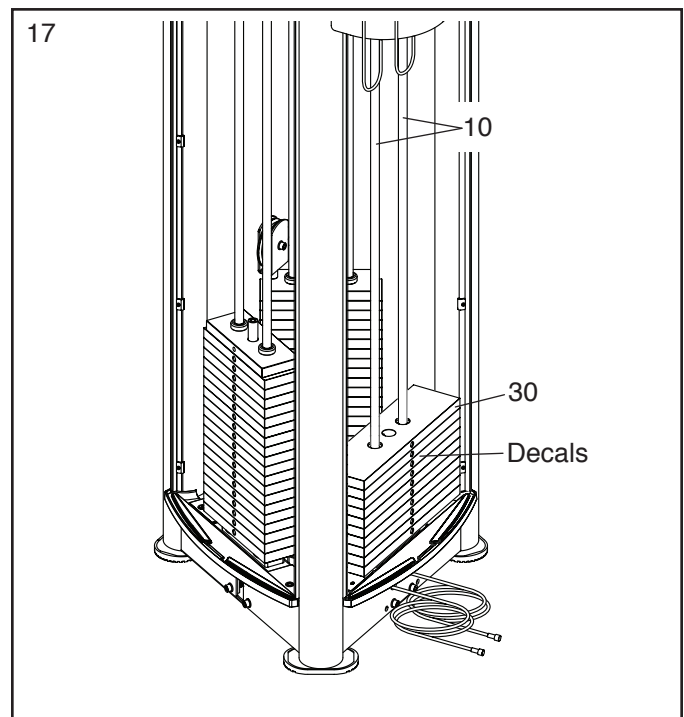


16. Attach a Shroud Base (17) and a Shroud Base Spacer (16) to the Tower Frame (1) with four M6 x 15mm Screws (41) and four M6 x 18mm Washers (43).



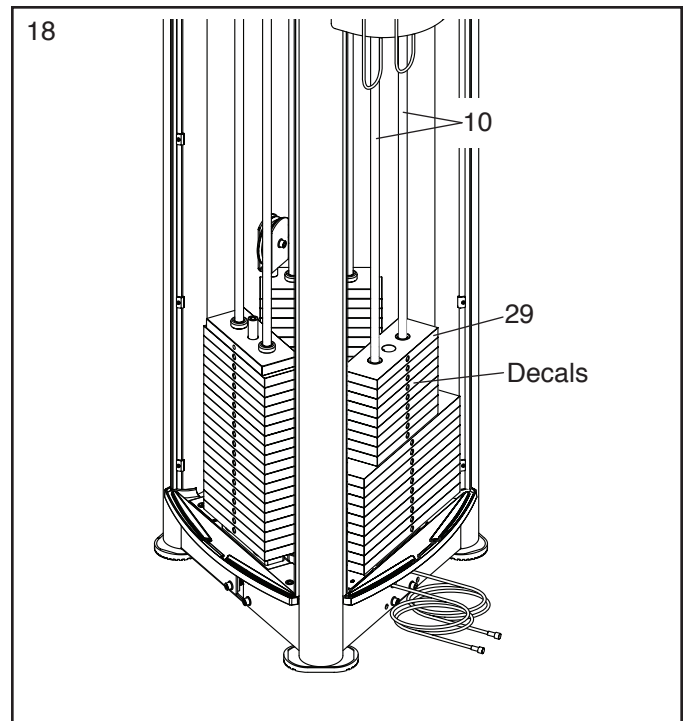
17. Look at the decals on the ten 20-pound Weights (30). Find the decal that has the **largest** number. Orient that Weight so that the decal is facing outward, and slide the Weight onto the Weight Guides (10).

Repeat this step until all ten 20-pound Weights (30) are on the Weight Guides (10).

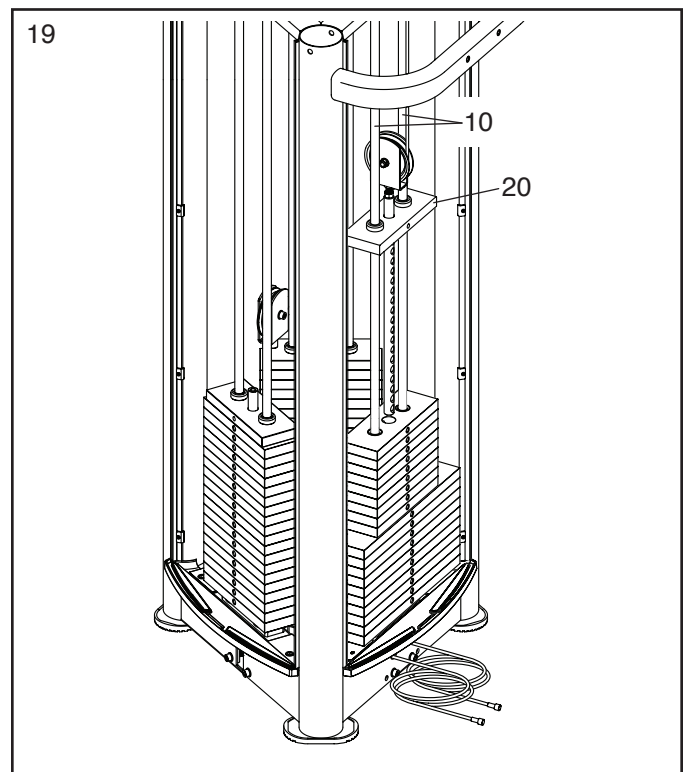


18. Look at the decals on the nine 10-pound Weights (29). Find the decal that has the **largest** number. Orient that Weight so that the decal is facing outward, and slide the Weight onto the Weight Guides (10).

Repeat this step until all nine 10-pound Weights (29) are on the Weight Guides (10).



19. Slide the Top Weight (20) onto the Weight Guides (10).

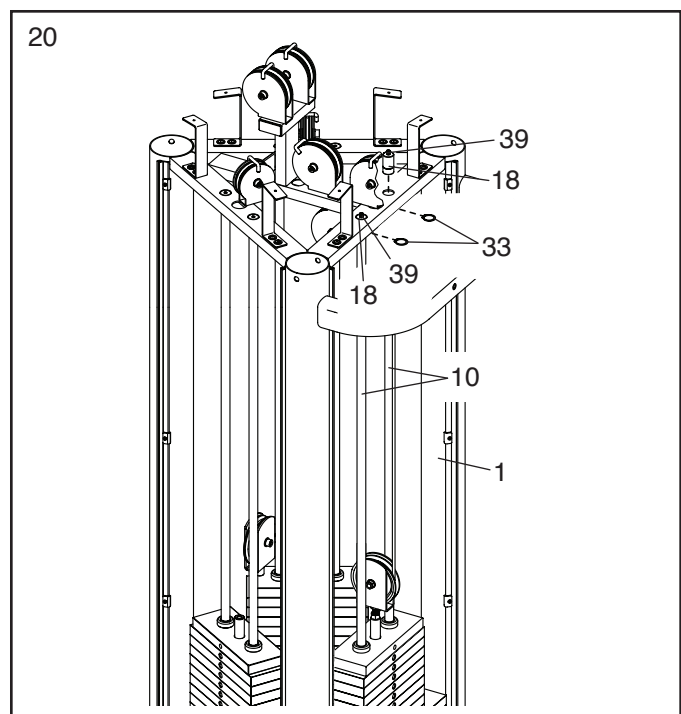


20. Slide the two 25mm Snap Rings (33) onto the Weight Guides (10).

Next, insert the two Weight Guide Bushings (18) into the Tower Frame (1), and slide them onto the upper ends of the Weight Guides (10).

Attach the two 25mm Snap Rings (33) to the Weight Guide Bushings (18).

Then, tighten the two M8 x 35mm Set Screws (39) in the Weight Guide Bushings (18).



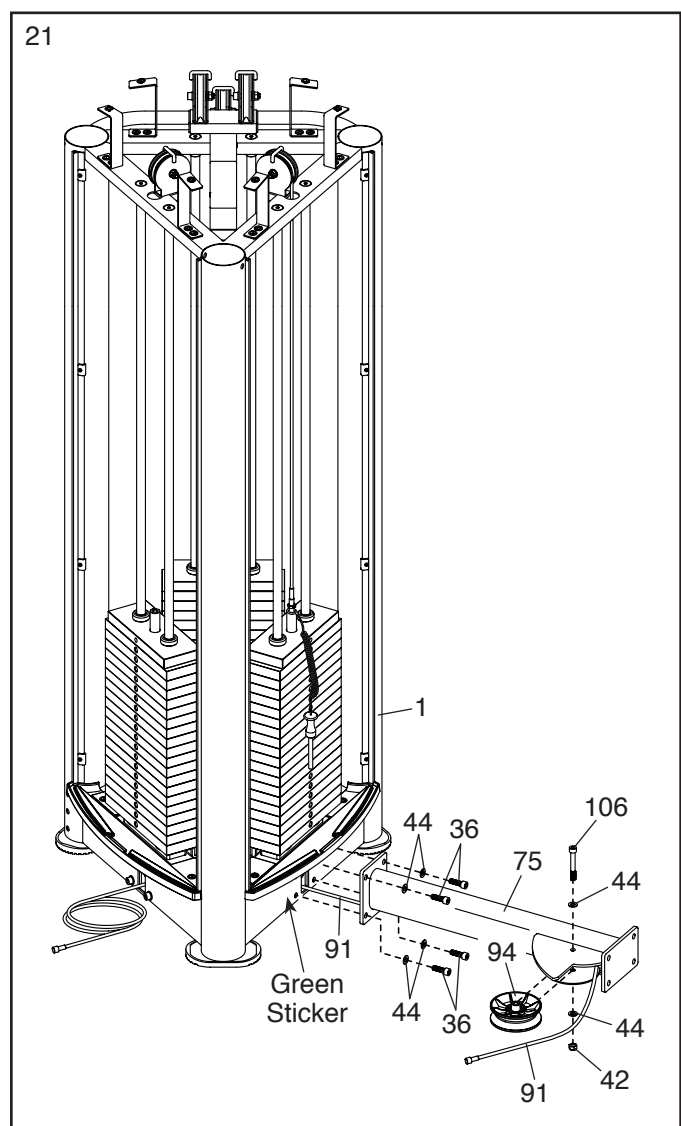
21. Locate the side of the Tower Frame (1) marked with a green sticker. Set the Chest Connection Frame (75) on that side of the Tower Frame.

Remove all parts (42, 44, 94, and 106) from the pulley bracket on the Chest Connection Frame (75).

Route the Long Chest Cable (91) through the Chest Connection Frame (75).

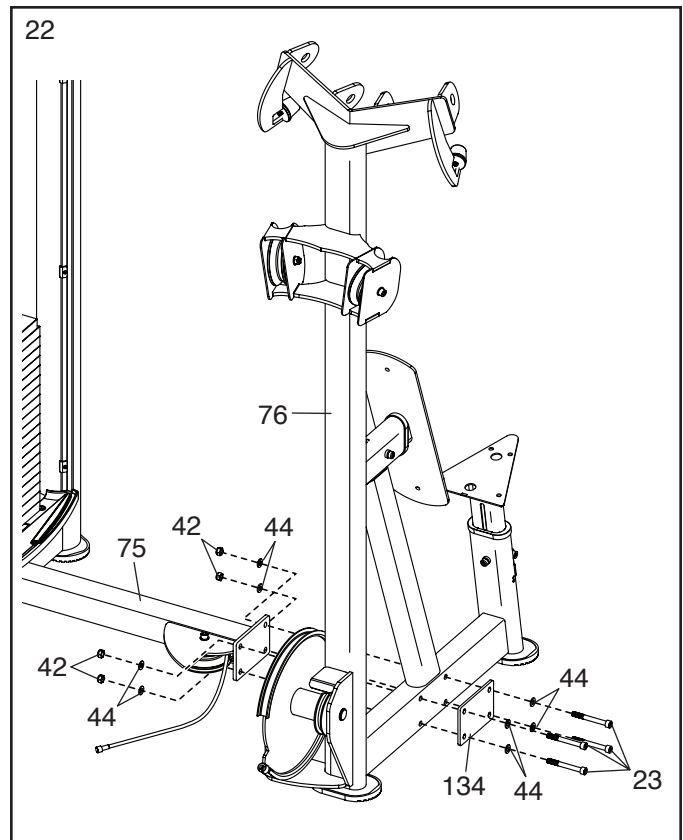
Attach the Chest Connection Frame (75) to the Tower Frame (1) with four M10 x 35mm Screws (36) and four M10 x 20mm Washers (44).

Insert the V-pulley (94) over the Long Chest Cable (91). Attach the V-pulley to the Chest Connection Frame (75) with the M10 x 75mm Bolt (106), the two M10 x 20mm Washers (44), and the M10 Locknut (42) that you just removed.



22. Orient the Chest Upright Frame (76) as shown.

Attach the Chest Upright Frame (76) to the Chest Connection Frame (75) with a Leg Plate (134), four M10 x 90mm Bolts (23), eight M10 x 20mm Washers (44), and four M10 Locknuts (42).



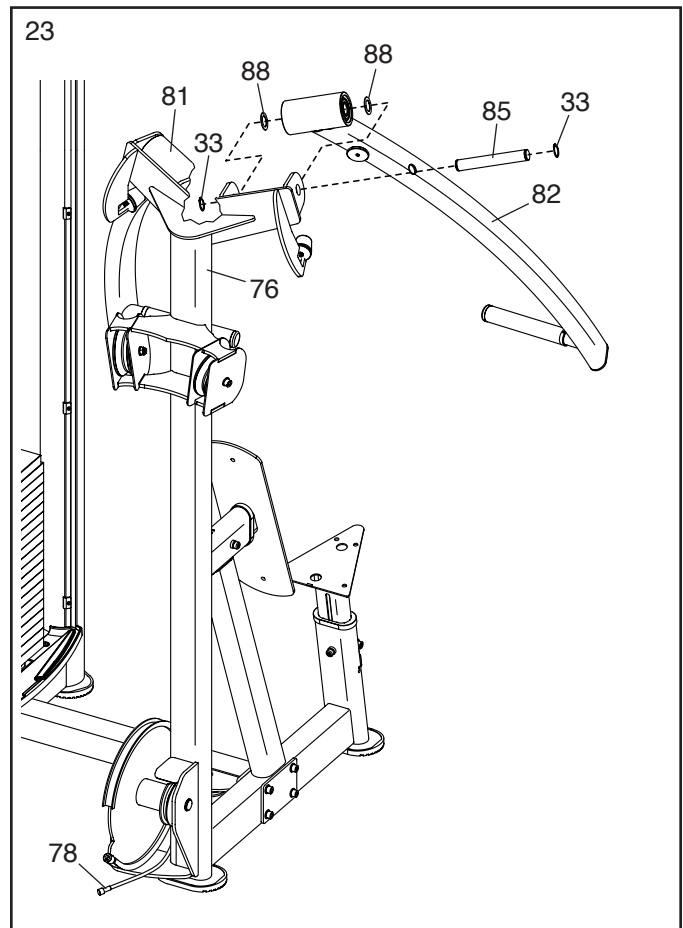
23. Orient the Right Arm (82) as shown.

Have a second person hold the Right Arm (82) and two Plastic Washers (88) inside the right bracket on the Chest Upright Frame (76).

Insert the Arm Axle (85) through the Plastic Washers (88) and the Right Arm (82).

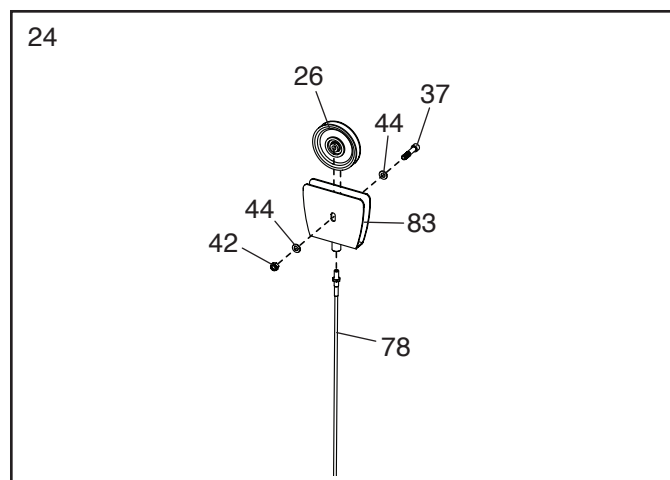
Attach a 25mm Snap Ring (33) to each end of the Arm Axle (85).

Repeat this step for the Left Arm (81).



24. Remove all parts (26, 37, 42, and 44) from the U-bracket (83).

Tighten the U-bracket (83) onto the Short Chest Cable (78) (see the drawing in step 23 for the location of the Short Cable).



25. Identify the Medium Chest Cable (92).

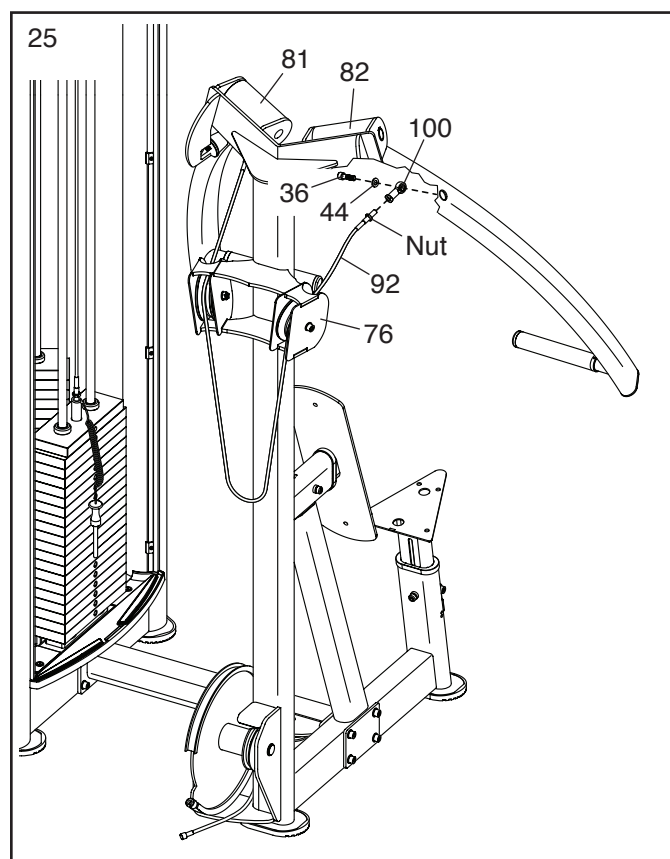
Remove the Ball Joint (100) from one end of the Medium Chest Cable (92).

Route the Medium Chest Cable (92) through the Chest Upright Frame (76) as shown.

Tighten the Ball Joint (100) as far as possible onto the end of the Medium Chest Cable (92). Then, tighten the indicated nut against the Ball Joint.

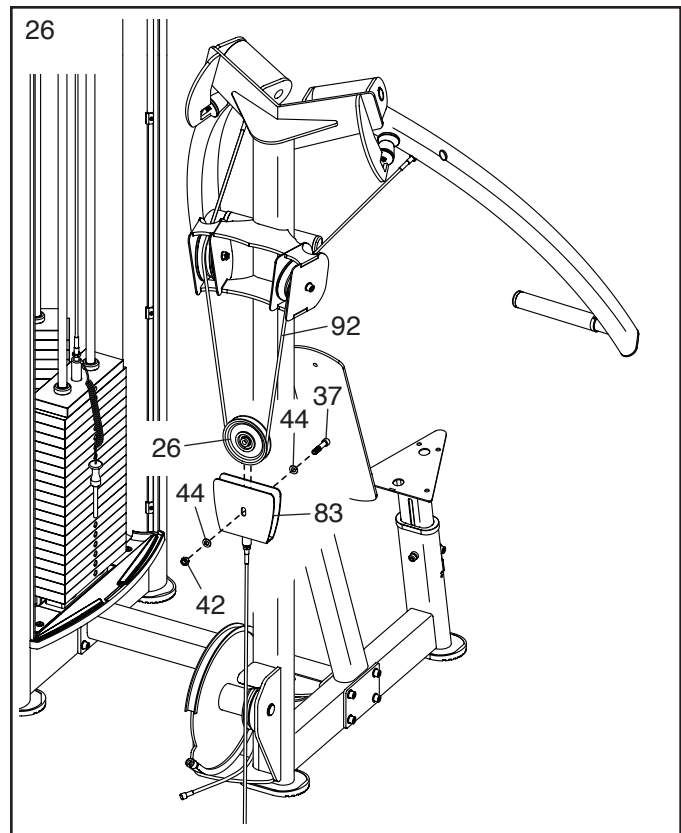
Attach the Ball Joint (100) to the Right Arm (82) with an M10 x 35mm Screw (36) and an M10 x 20mm Washer (44).

Attach the other Ball Joint (100) to the Left Arm (81) in the same way.



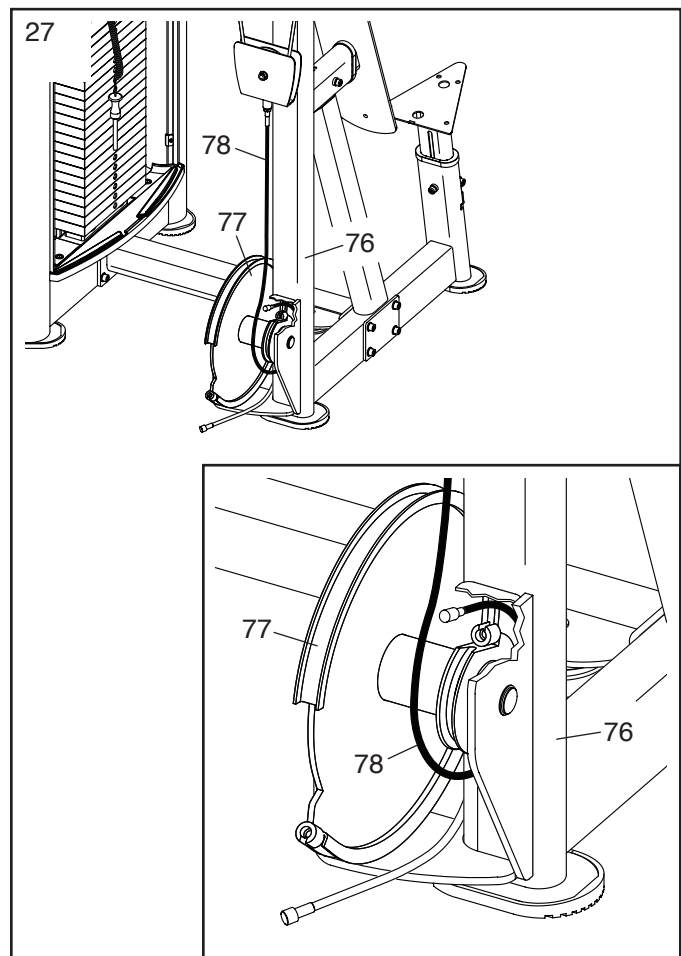
26. Hold the 4 1/2" Pulley (26) that you removed in step 24 on the Medium Chest Cable (92).

Attach the 4 1/2" Pulley (26) to the U-bracket (83) with the M10 x 50mm Screw (37), the two M10 x 20mm Washers (44), and the M10 Locknut (42) that you removed in step 24.

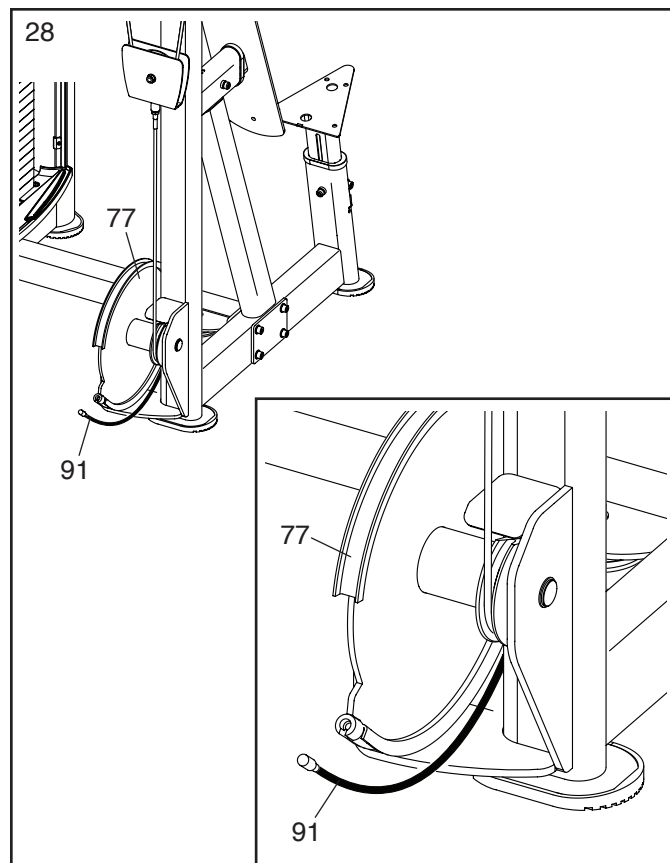


27. Route the Short Chest Cable (78) around the small pulley on the Cam (77) in the direction shown.

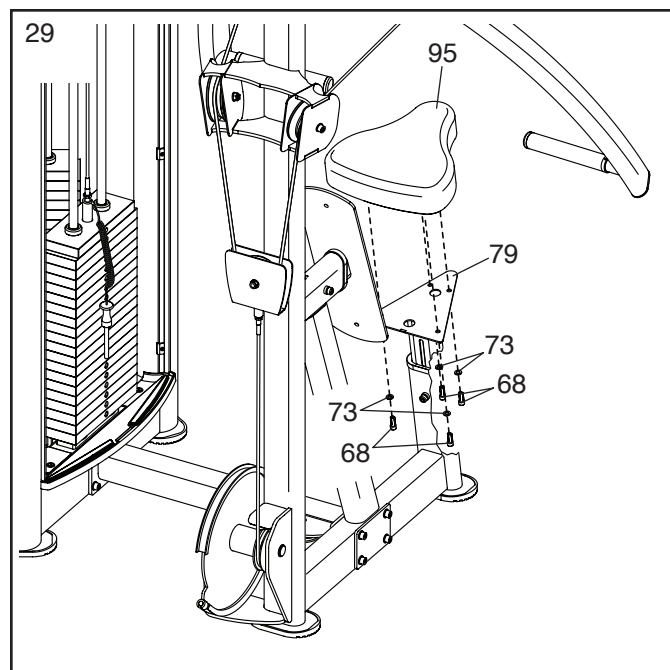
Then, press the end of the Short Chest Cable (78) as far as possible into the socket on the Cam (77).



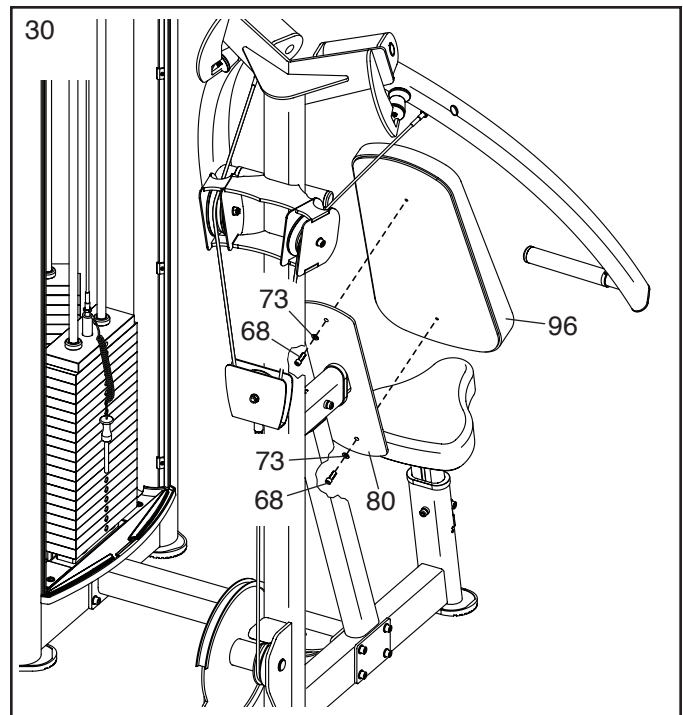
28. Route the Long Chest Cable (91) under the Cam (77). Then, press the end of the Long Chest Cable as far as possible into the socket on the Cam.



29. Attach the Chest Seat (95) to the Seat Bracket (79) with four M8 x 25mm Screws (68) and four M8 x 16mm Washers (73).



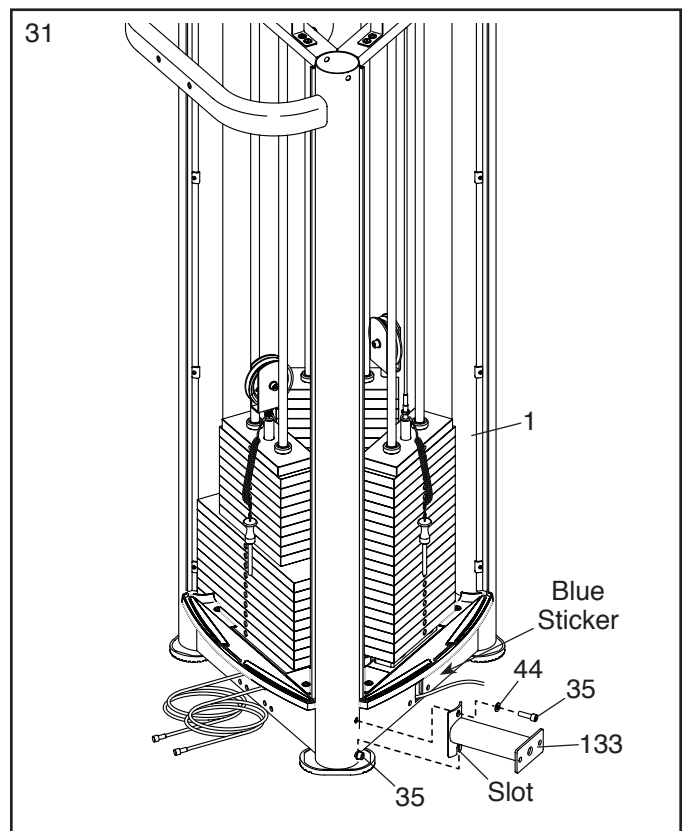
30. Attach the Chest Backrest (96) to the Backrest Bracket (80) with two M8 x 25mm Screws (68) and two M8 x 16mm Washers (73).



31. Locate the side of the Tower Frame (1) marked with a blue sticker. Set the Connection Bracket (133) on that side of the Tower Frame.

Slide the indicated slot in the Connection Bracket (133) onto the M10 x 30mm Screw (35) in the Tower Frame (1).

Attach the Connection Bracket (133) to the Tower Frame (1) with an M10 x 30mm Screw (35) and an M10 x 20mm Washer (44).

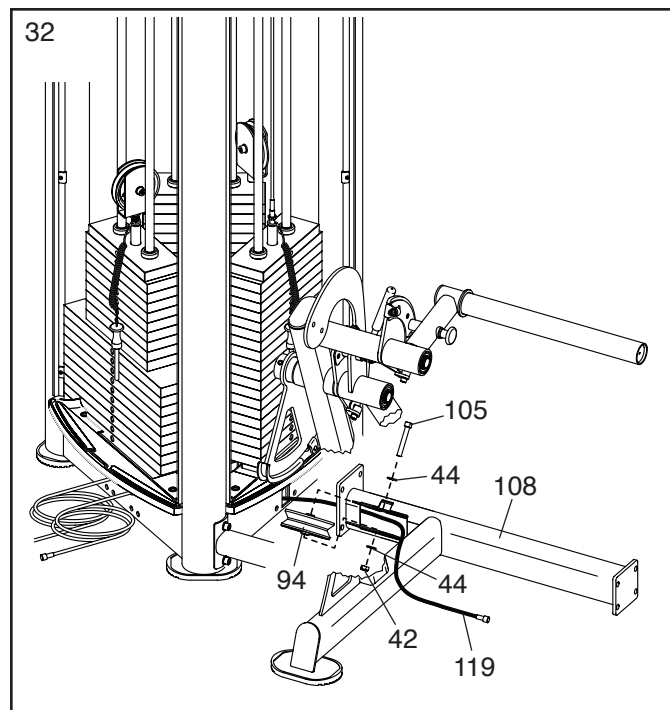


32. Orient the Leg Connection Frame (108) as shown.

Remove all parts (42, 44, 94, and 105) from the Leg Connection Frame (108).

Route the Leg Cable (119) through the Leg Connection Frame (108).

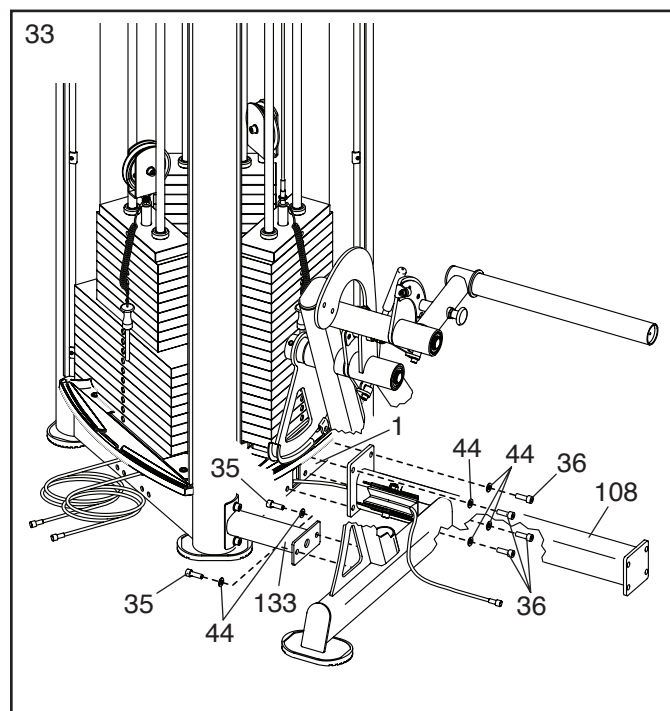
Insert the V-pulley (94) over the Leg Cable (119). Attach the V-pulley to the Leg Connection Frame (108) with the M10 x 70mm Bolt (105), the two M10 x 20mm Washers (44), and the M10 Locknut (42) that you just removed.



33. **Tip: Start all the Screws (35, 36) before tightening them.**

Attach the Leg Connection Frame (108) to the Tower Frame (1) with four M10 x 35mm Screws (36) and four M10 x 20mm Washers (44).

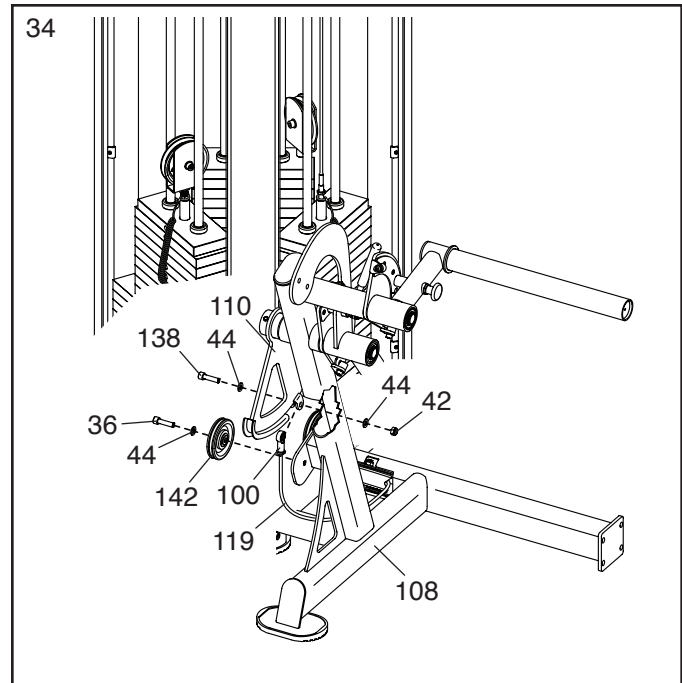
Then, attach the Leg Connection Frame (108) to the Connection Bracket (133) with two M10 x 30mm Screws (35) and two M10 x 20mm Washers (44).



34. Remove the indicated parts (36, 44, and 142) from the Leg Connection Frame (108).

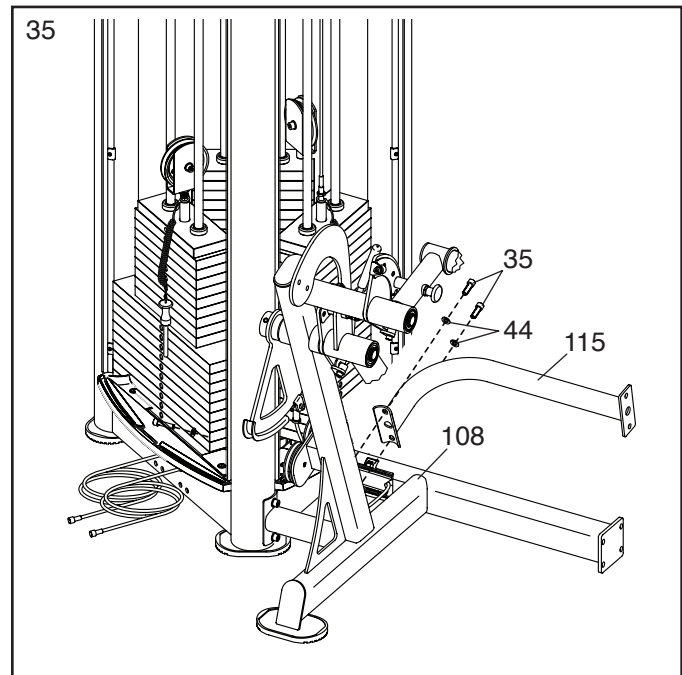
Attach the Ball Joint (100) on the Leg Cable (119) to the Cable Bracket (110) with an M10 x 40mm Bolt (138), two M10 x 20mm Washers (44), and an M10 Locknut (42).

Attach the 4" Pulley (142) to the Leg Connection Frame (108) with the M10 x 35mm Screw (36) and the M10 x 20mm Washer (44) that you just removed. **Make sure that the Leg Cable (119) is between the two Pulleys.**



35. Orient the Frame Support (115) as shown.

Attach the Frame Support (115) to the Leg Connection Frame (108) with two M10 x 30mm Screws (35) and two M10 x 20mm Washers (44).

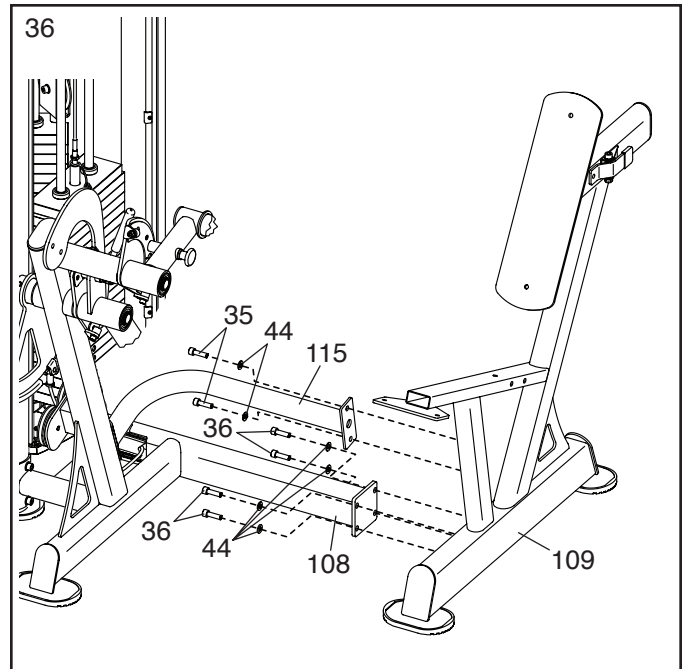


36. Orient the Leg Frame (109) as shown.

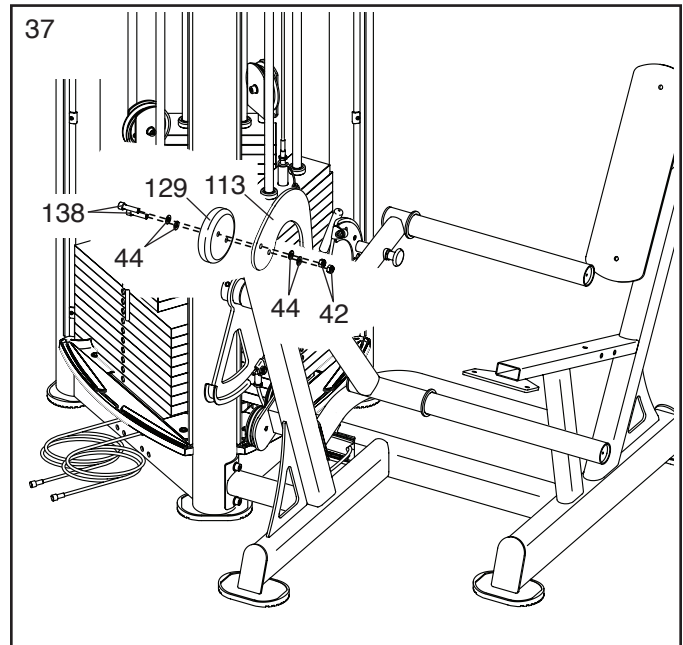
Tip: Start all the Screws (35, 36) before tightening them.

Attach the Leg Connection Frame (108) to the Leg Frame (109) with four M10 x 35mm Screws (36) and four M10 x 20mm Washers (44).

Then, attach the Frame Support (115) to the Leg Frame (109) with two M10 x 30mm Screws (35) and two M10 x 20mm Washers (44).

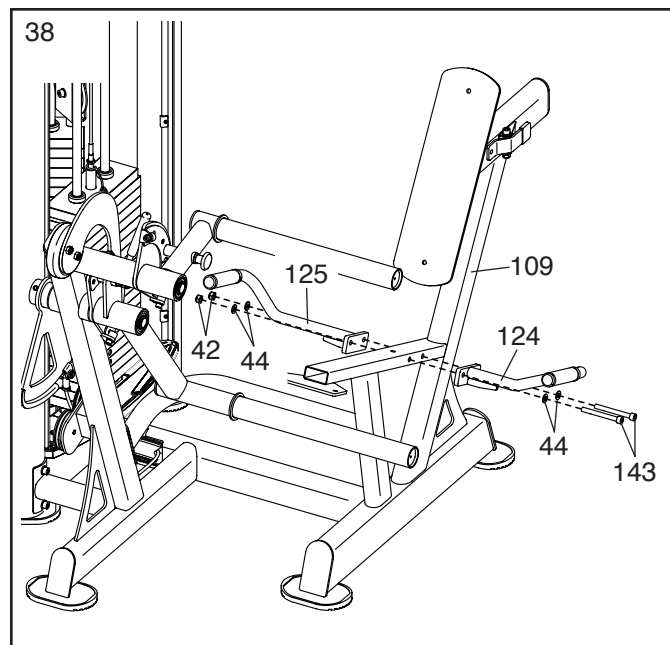


37. Attach the Counterweight (129) to the Leg Bar (113) with two M10 x 40mm Bolts (138), four M10 x 20mm Washers (44), and two M10 Locknuts (42).

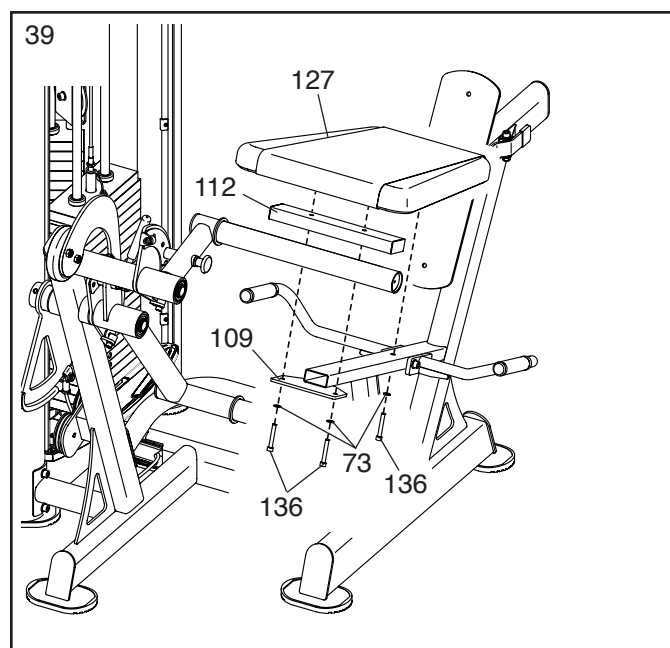


38. Orient the Left and Right Handlebars (124, 125) as shown.

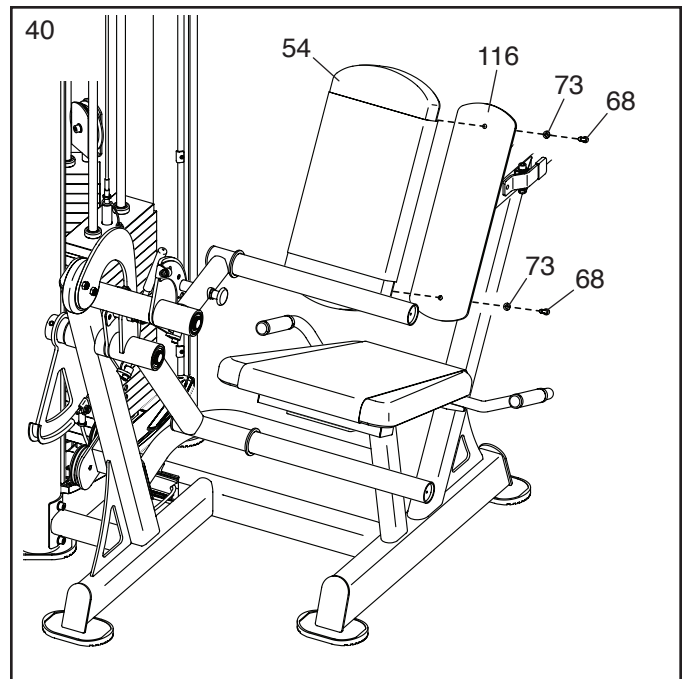
Attach the Left and Right Handlebars (124, 125) to the Leg Frame (109) with two M10 x 95mm Bolts (143), four M10 x 20mm Washers (44), and two M10 Locknuts (42).



39. Attach the Leg Seat (127) and the Leg Seat Support (112) to the Leg Frame (109) with three M8 x 55mm Screws (136) and three M8 x 16mm Washers (73).

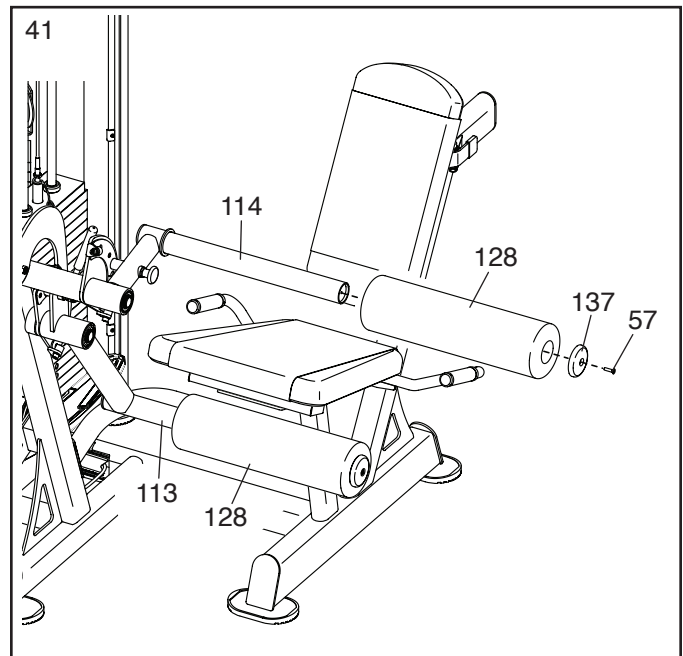


40. Attach the Leg Backrest (54) to the Leg Backrest Bracket (116) with two M8 x 25mm Screws (68) and two M8 x 16mm Washers (73).



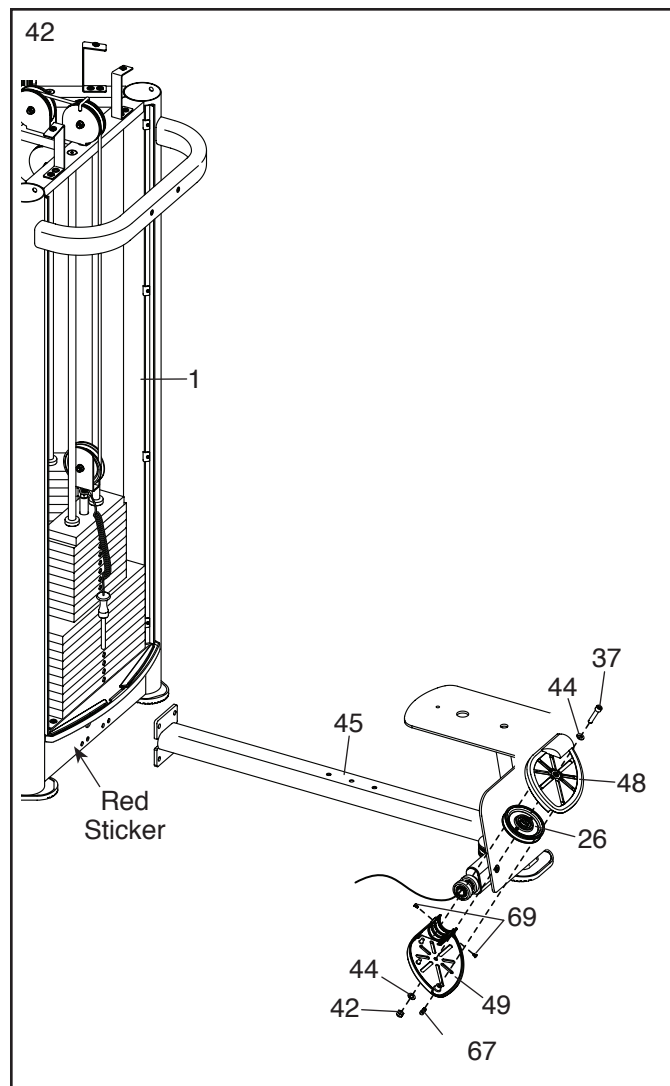
41. Slide a Roll Pad (128) onto the Thigh Bar (114). Attach a Bar Cap (137) to the Thigh Bar with an M6 x 25mm Screw (57).

Attach a Roll Pad (128) to the Leg Bar (113) in the same way.



42. Locate the side of the Tower Frame (1) marked with a red sticker. Set the Lat Frame (45) on that side of the Tower Frame.

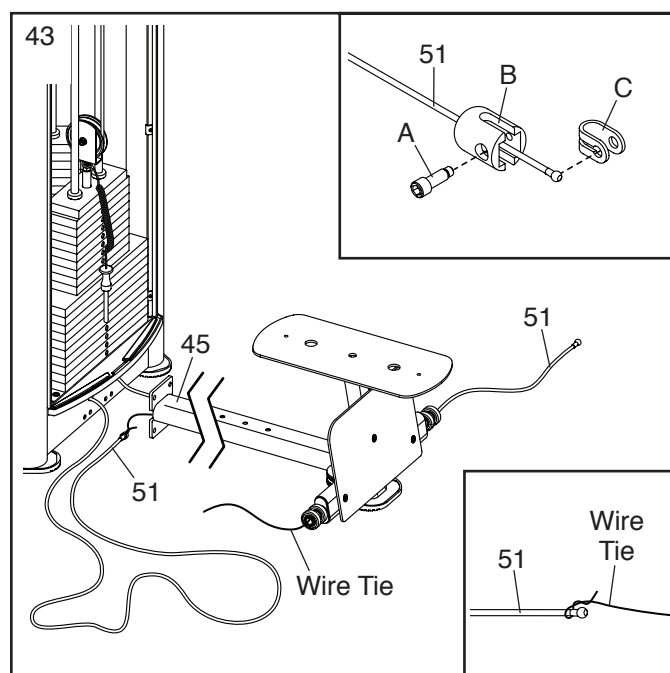
Remove the indicated parts (26, 37, 42, 44, 48, 49, 67, and 69) from the Lat Frame (45).



43. **See the upper inset drawing.** Remove the screw (A) from the cable cover (B) on one end of the indicated Long Lat Cable (51). Then, remove the clip (C) and the cable cover from the Long Lat Cable.

Locate the indicated wire tie in the Lat Frame (45). Tie the wire tie to the end of the Long Lat Cable (51) (**see the lower inset drawing**). Then, pull the other end of the wire tie until the Long Lat Cable is routed through the Lat Frame.

Repeat this step for the other end of the Long Lat Cable (51).

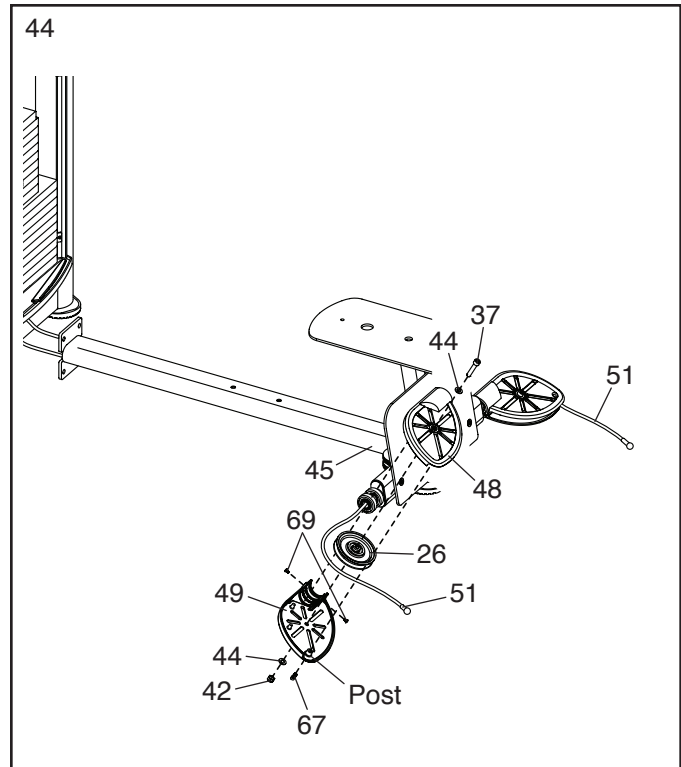


44. Route one end of the indicated Long Lat Cable (51) over the 4 1/2" Pulley (26) that you removed in step 42.

Next, attach two Swivel Pulley Covers A and B (48, 49) and the 4 1/2" Pulley (26) to the Lat Frame (45) with the M10 x 50mm Screw (37), the two M10 x 20mm Washers (44), and the M10 Locknut (42) that you removed in step 42. **Make sure that the Long Lat Cable (51) is between the Pulley and the indicated post.**

Then, tighten the M6 x 15mm Screw (67) and the two M5 x 10mm Screws (69) that you removed in step 42 into the Swivel Pulley Covers A and B (48, 49).

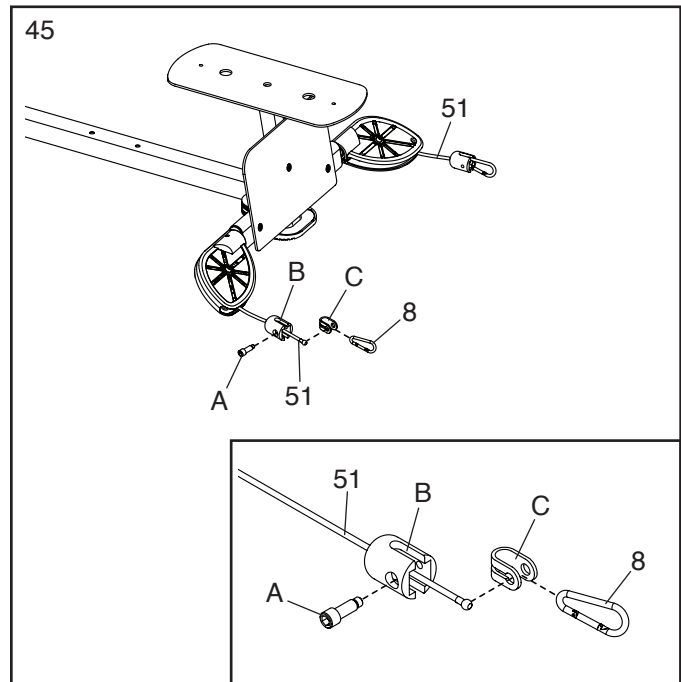
Repeat this step for the other end of the Long Lat Cable (51).



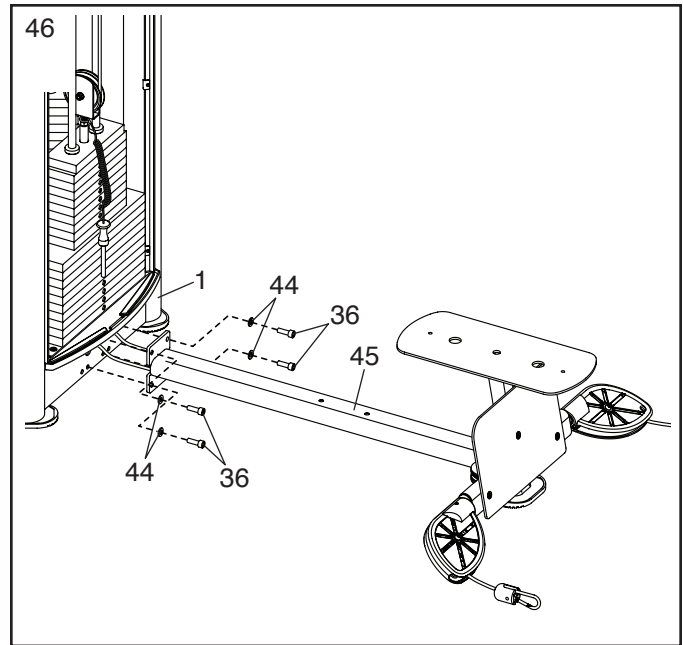
45. **See the inset drawing.** Slide a cable cover (B) onto one end of a Long Lat Cable (51). Next, insert the end of the Long Lat Cable into a clip (C). Then, insert a Cable Clip (8) into the clip and hold it in place.

Slide the cable cover (B) over the clip (C). Attach the cable cover and the clip with the screw (A). **Make sure that the screw (A) is inserted through the Cable Clip (8).**

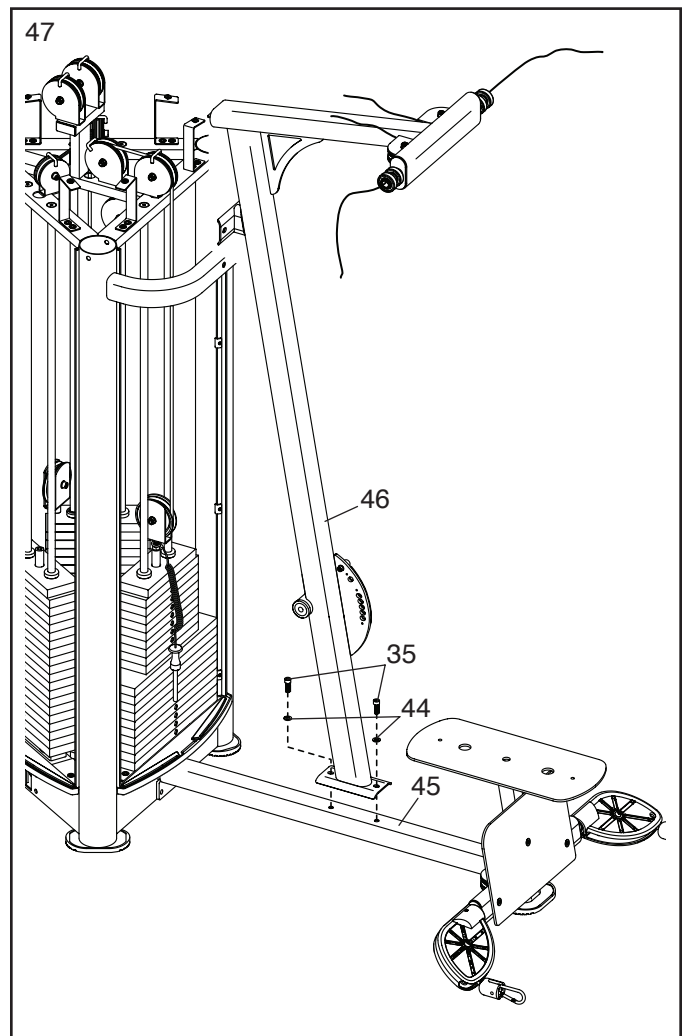
Repeat this step for the other end of the Long Lat Cable (51).



46. Attach the Lat Frame (45) to the Tower Frame (1) with four M10 x 35mm Screws (36) and four M10 x 20mm Washers (44).



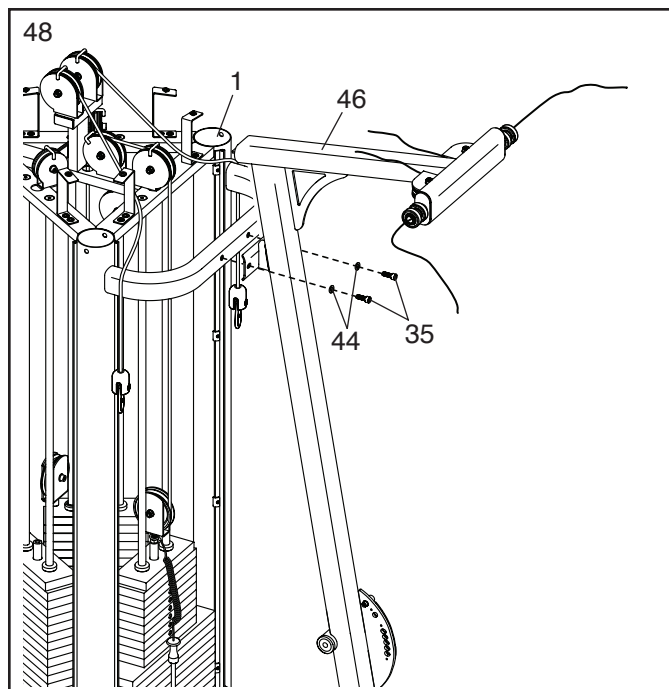
47. Attach the lower end of the Lat Upright Frame (46) to the Lat Frame (45) with two M10 x 30mm Screws (35) and two M10 x 20mm Washers (44); **do not fully tighten the Screws yet.**



48. Attach the upper end of the Lat Upright Frame (46) to the Tower Frame (1) with two M10 x 30mm Screws (35) and two M10 x 20mm Washers (44).

See step 47. Tighten the two M10 x 30mm Screws (35).

See step 42. Remove the same parts shown in step 42 (26, 37, 42, 44, 48, 49, 67, and 69) from both sides of the Lat Upright Frame (46).

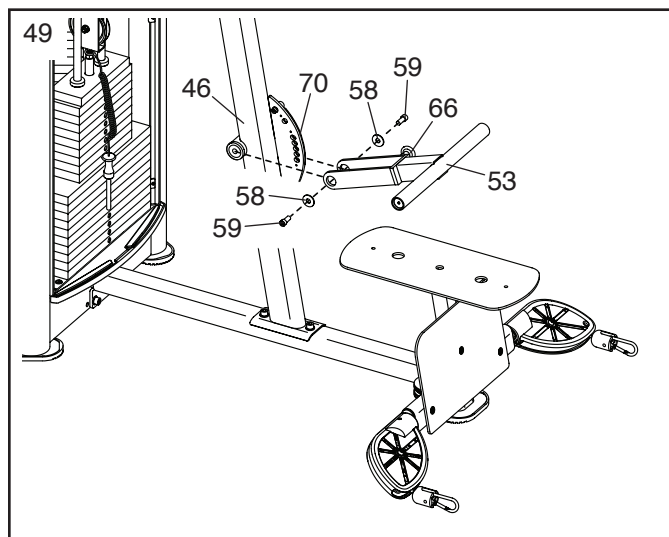


49. Orient the Lap Bar (53) so that the Adjustment Knob (66) is on the indicated side.

Pull the Adjustment Knob (66), slide the Lap Bar (53) onto the Lat Upright Frame (46), and release the Adjustment Knob into an adjustment hole in the Lap Adjustment Plate (70).

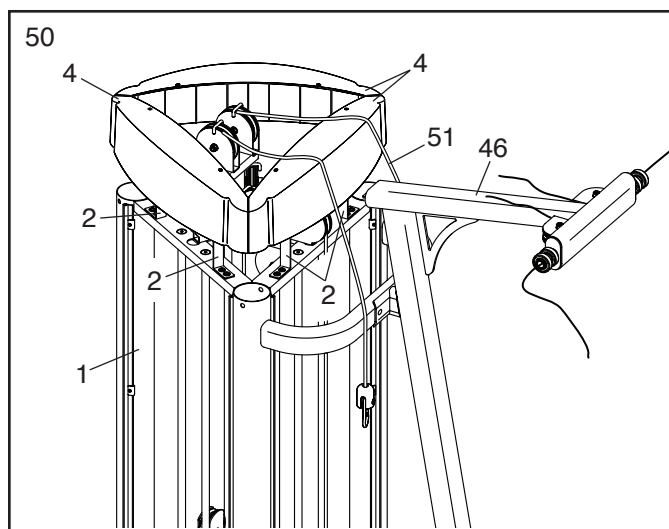
Make sure that the Adjustment Knob is in an adjustment hole.

Attach the Lap Bar (53) to the Lat Upright Frame (46) with two M10 x 20mm Screws (59) and two 34mm Washers (58).



50. Set the three Top Covers (4) on the six Top Cover Brackets (2) on the Tower Frame (1) (only four Top Cover Brackets are shown).

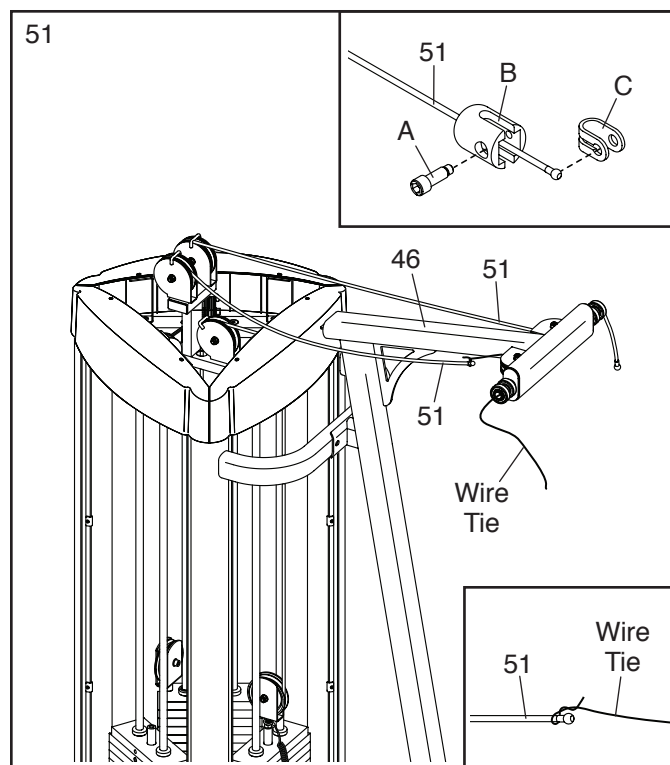
Route the ends of the indicated Long Lat Cable (51) above the Top Cover (4) closest to the Lat Upright Frame (46).



51. **See the upper inset drawing.** Remove the screw (A) from the cable cover (B) on one end of the indicated Long Lat Cable (51). Then, remove the clip (C) and the cable cover from the Long Lat Cable.

Locate the indicated wire tie in the Lat Upright Frame (46). Tie the wire tie to the end of the Long Lat Cable (51) (**see the lower inset drawing**). Then, pull the other end of the wire tie until the Long Lat Cable is routed through the Lat Upright Frame.

Repeat this step for the other end of the Long Lat Cable (51).



52. Route one end of the indicated Long Lat Cable (51) over one of the 4 1/2" Pulleys (26) that you removed in step 48.

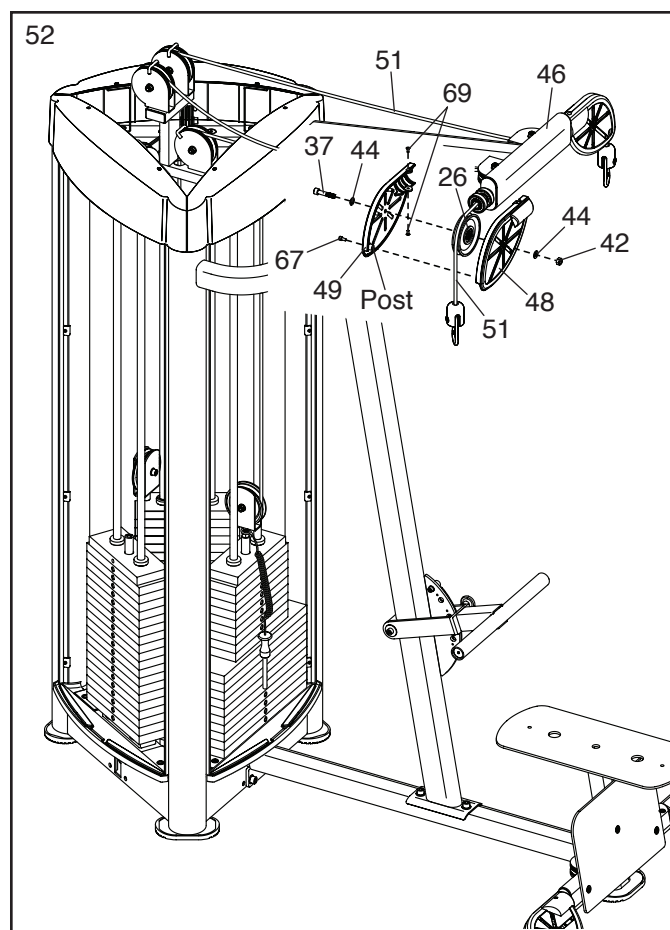
Next, attach two Swivel Pulley Covers A and B (48, 49) and the 4 1/2" Pulley (26) to the Lat Upright Frame (46) with one of the M10 x 50mm Screws (37), two M10 x 20mm Washers (44), and an M10 Locknut (42) that you removed in step 48. **Make sure that the Long Lat Cable (51) is between the Pulley and the indicated post.**

Then, tighten one of the M6 x 15mm Screws (67) and two M5 x 10mm Screws (69) that you removed in step 48 into the Swivel Pulley Covers A and B (48, 49).

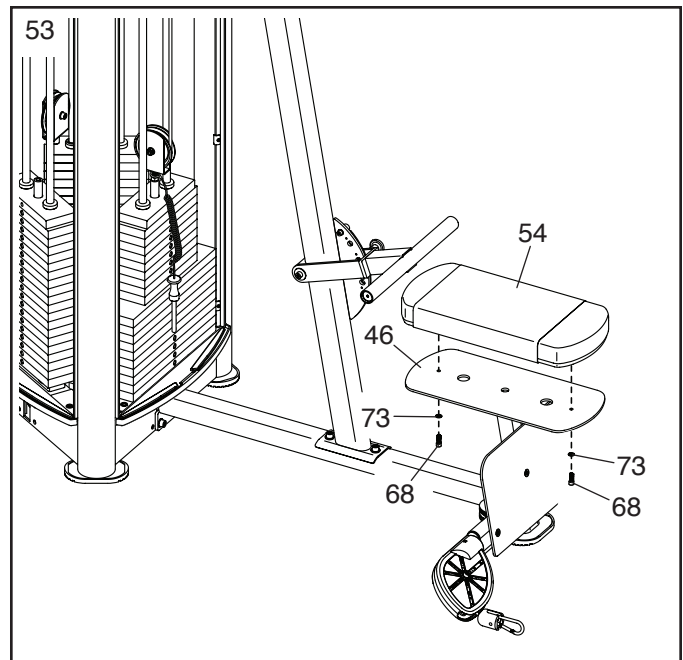
See the upper inset drawing in step 51.

Reattach the screw (A), cable cover (B), and clip (C) to the end of the Long Lat Cable (51).

Repeat this step for the other end of the Long Lat Cable (51).



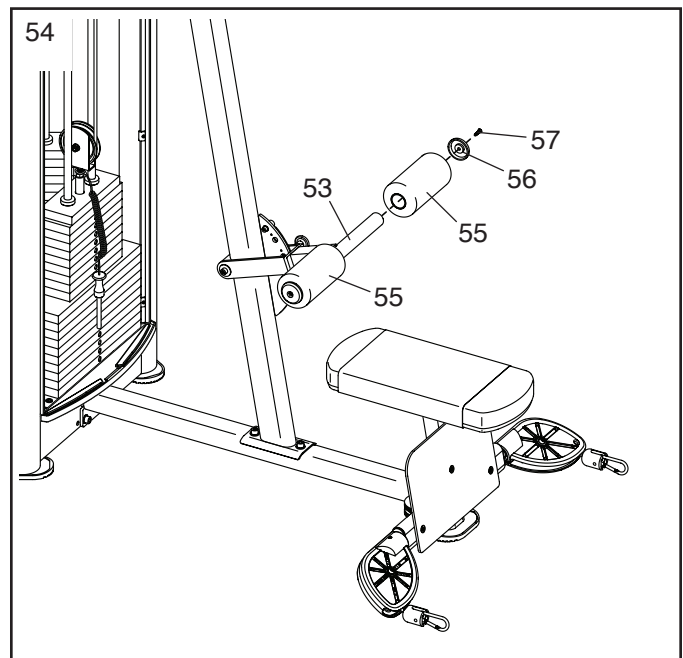
53. Attach the Lat Seat (54) to the Lat Frame (45) with two M8 x 25mm Screws (68) and two M8 x 16mm Washers (73).



54. Slide a Lap Pad (55) onto one side of the Lap Bar (53). Attach a Lap Pad Cover (56) to the Lap Bar with an M6 x 25mm Screw (57).

Attach the other Lap Pad (55) in the same way.

Before you begin step 55, the cables should be adjusted. See page 39 and adjust the cables.

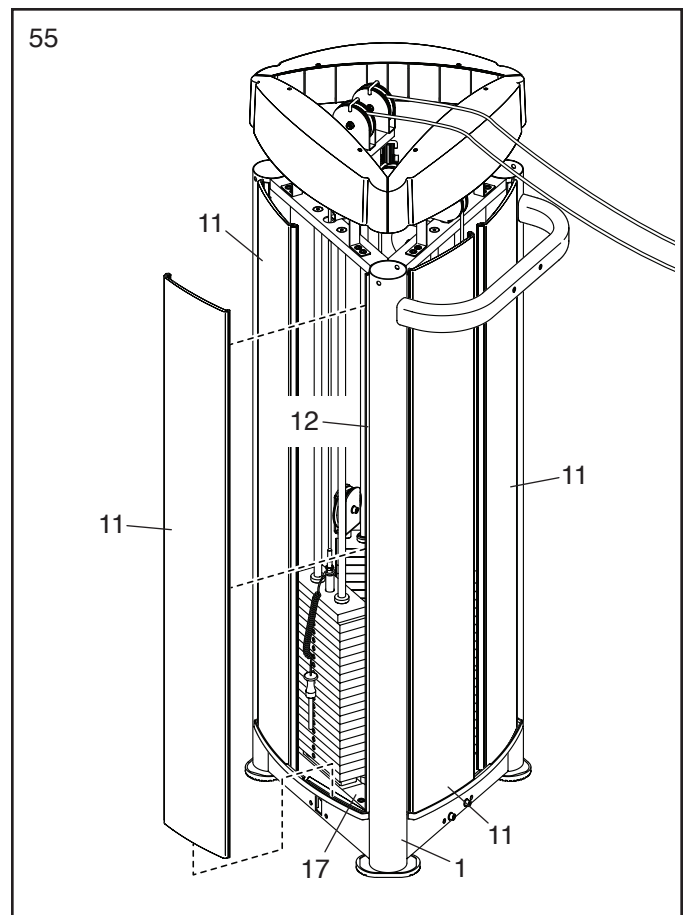


55. **Note: For clarity, some assembled parts are not shown in this step.**

Locate the six Shrouds (11) (only four Shrouds are shown). Note that there are exercise charts and warning decals on the Shrouds. Identify which Shrouds should be on each side of the Tower Frame (1).

Press one of the Shrouds (11) into the Tower Trim (12) on the Tower Frame (1). Slide the lower end of the Shroud into the Shroud Base (17) beneath it.

Attach the other five Shrouds (11) in the same way.

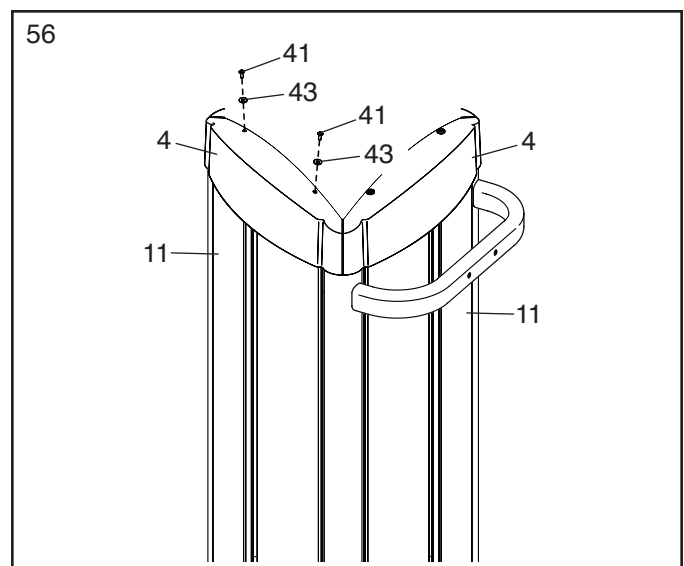


56. **Note: For clarity, some assembled parts are not shown in this step.**

Slide the three Top Covers (4) downward onto the Shrouds (11) (only two Top Covers are shown).

Attach one of the Top Covers (4) with two M6 x 15mm Screws (41) and two M6 x 18mm Washers (43); **do not tighten the Screws yet.**

Attach the other two Top Covers (4) in the same way. Then, tighten all six M6 x 15mm Screws (41).



57. **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.

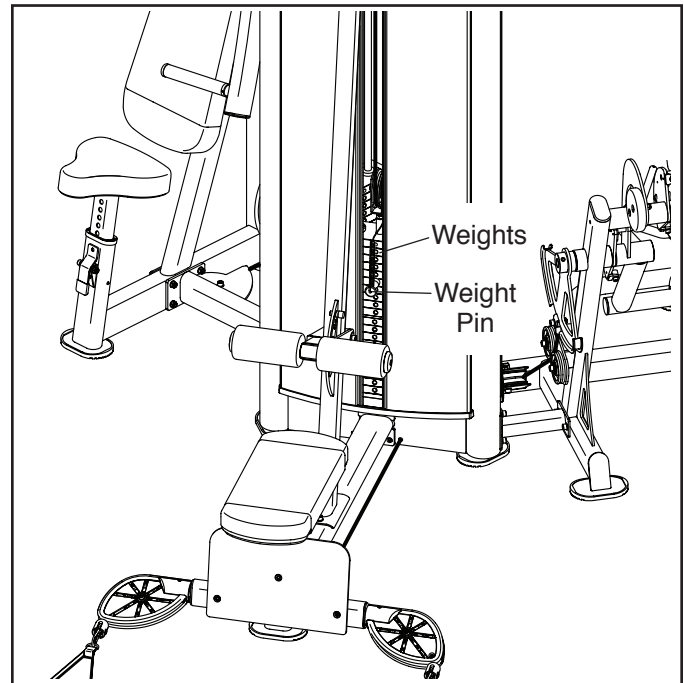
ADJUSTMENT

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 resistance of any of the weight stacks, insert the weight pin into the desired weight.

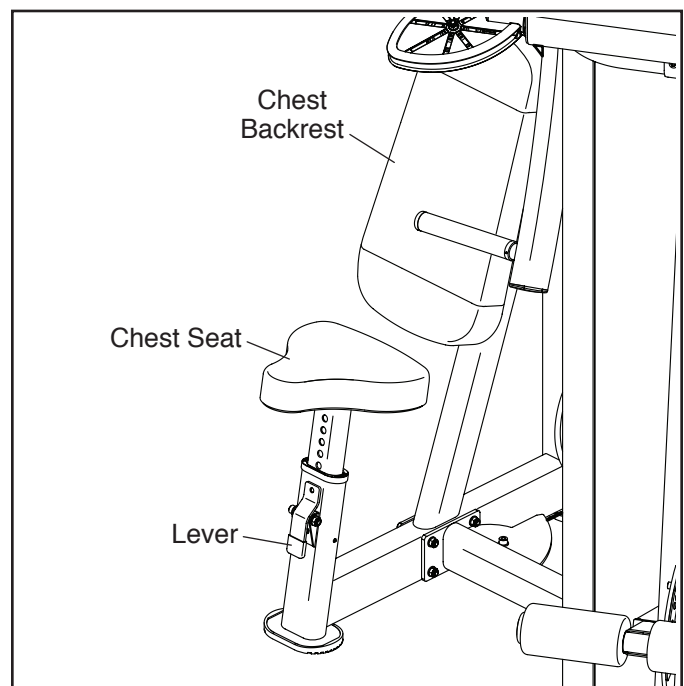
Make sure to fully insert the weight pin. Note: To use only the top weight, insert the weight pin into the hole in the weight selector above the top weight.



ADJUSTING THE CHEST SEAT AND THE CHEST BACKREST

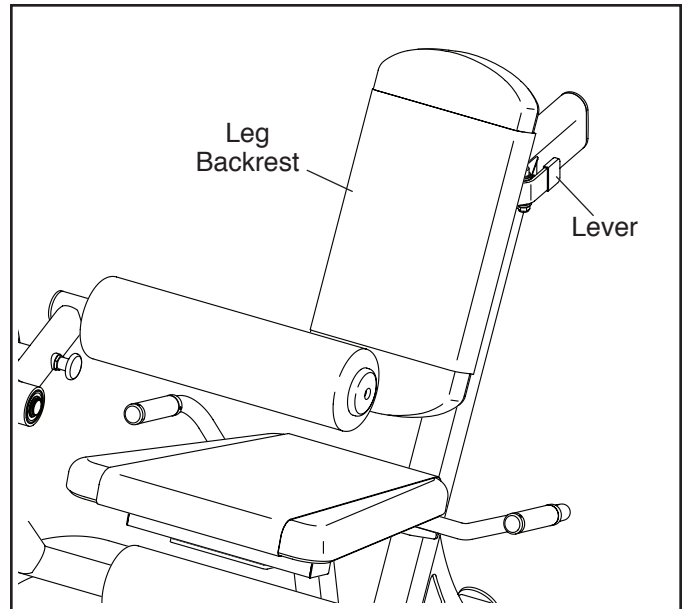
To adjust the chest seat, hold the chest seat with one hand and press the indicated adjustment lever. Move the chest seat to the desired position, and then release the adjustment lever into an adjustment hole. **Make sure that the adjustment lever is engaged in an adjustment hole.**

Adjust the chest backrest in the same way.



ADJUSTING THE LEG BACKREST

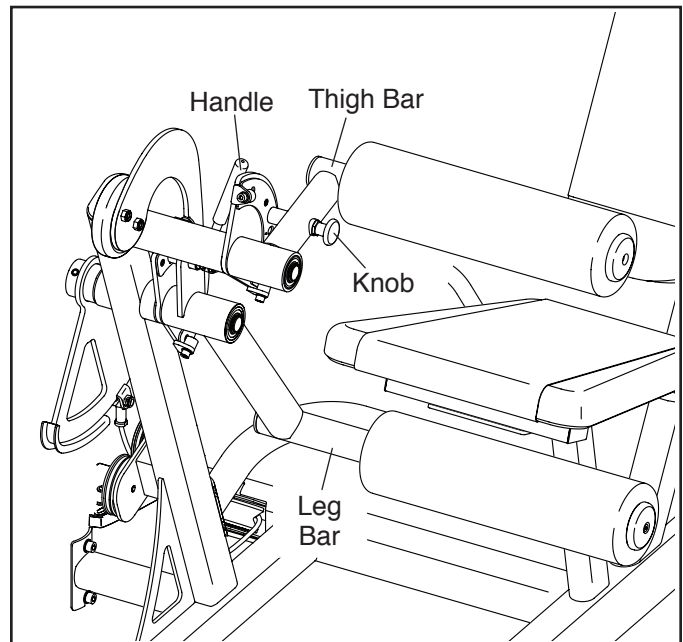
To adjust the leg backrest, press the indicated adjustment lever, move the leg backrest to the desired position, and then release the adjustment lever into an adjustment hole. **Make sure that the adjustment lever is engaged in an adjustment hole.**



ADJUSTING THE THIGH BAR AND THE LEG BAR

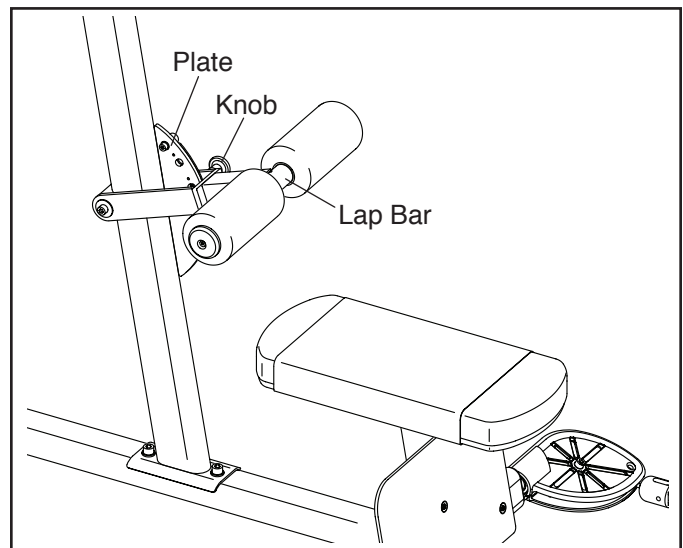
To adjust the thigh bar, hold the thigh bar with one hand and pull the indicated adjustment knob. Move the thigh bar to the desired position, and then release the adjustment knob into an adjustment hole. **Make sure that the adjustment knob is engaged in an adjustment hole.**

To adjust the leg bar, hold the leg bar with one hand and push the adjustment handle. Move the leg bar to the desired position, and then release the adjustment handle into an adjustment hole in the leg adjustment plate. **Make sure that the adjustment handle is engaged in an adjustment hole.**



ADJUSTING THE LAP BAR

To adjust the lap bar, hold the lap bar with one hand and pull the indicated adjustment knob. Move the lap bar to the desired position, and then release the adjustment knob into an adjustment hole. **Make sure that the adjustment knob is 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

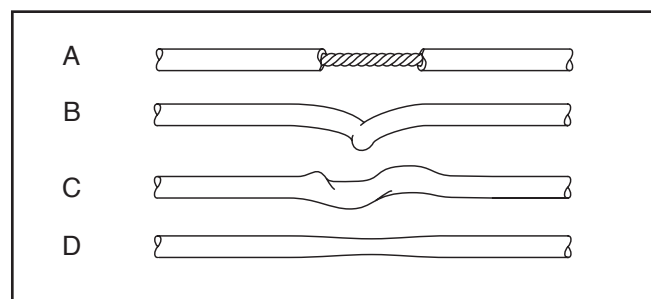
Hardware

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



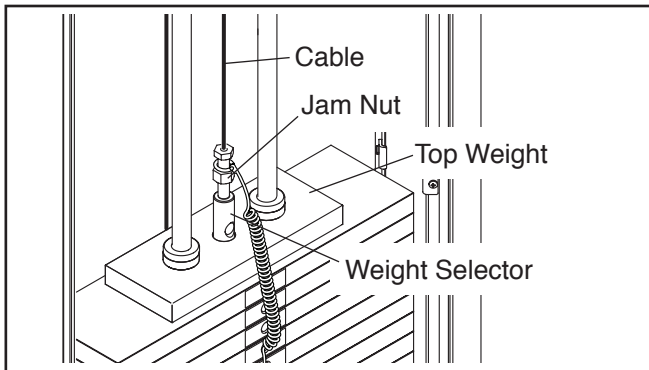
Cable Adjustment

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

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

If a 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 a 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

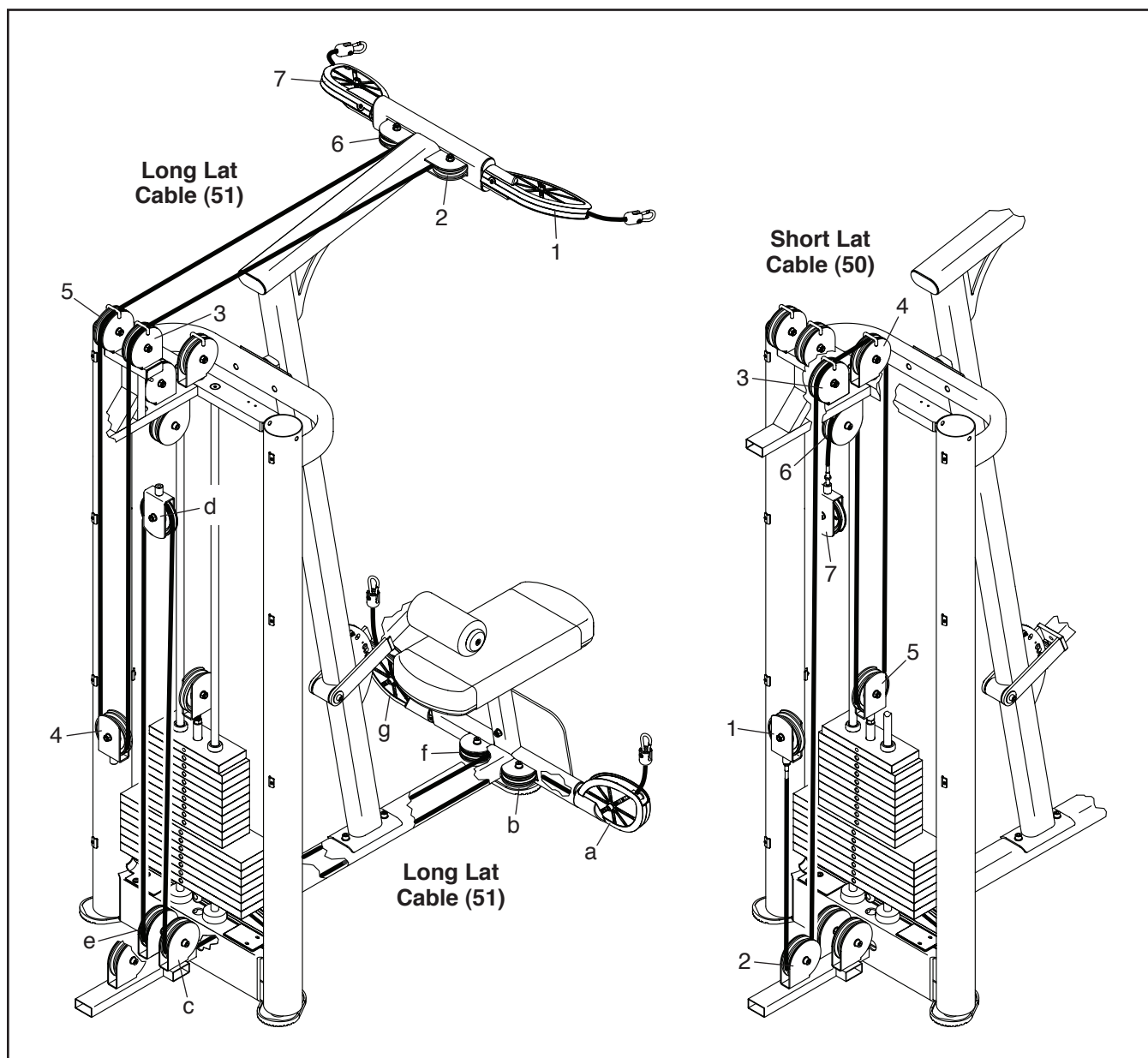
Check the grips and replace them if needed.

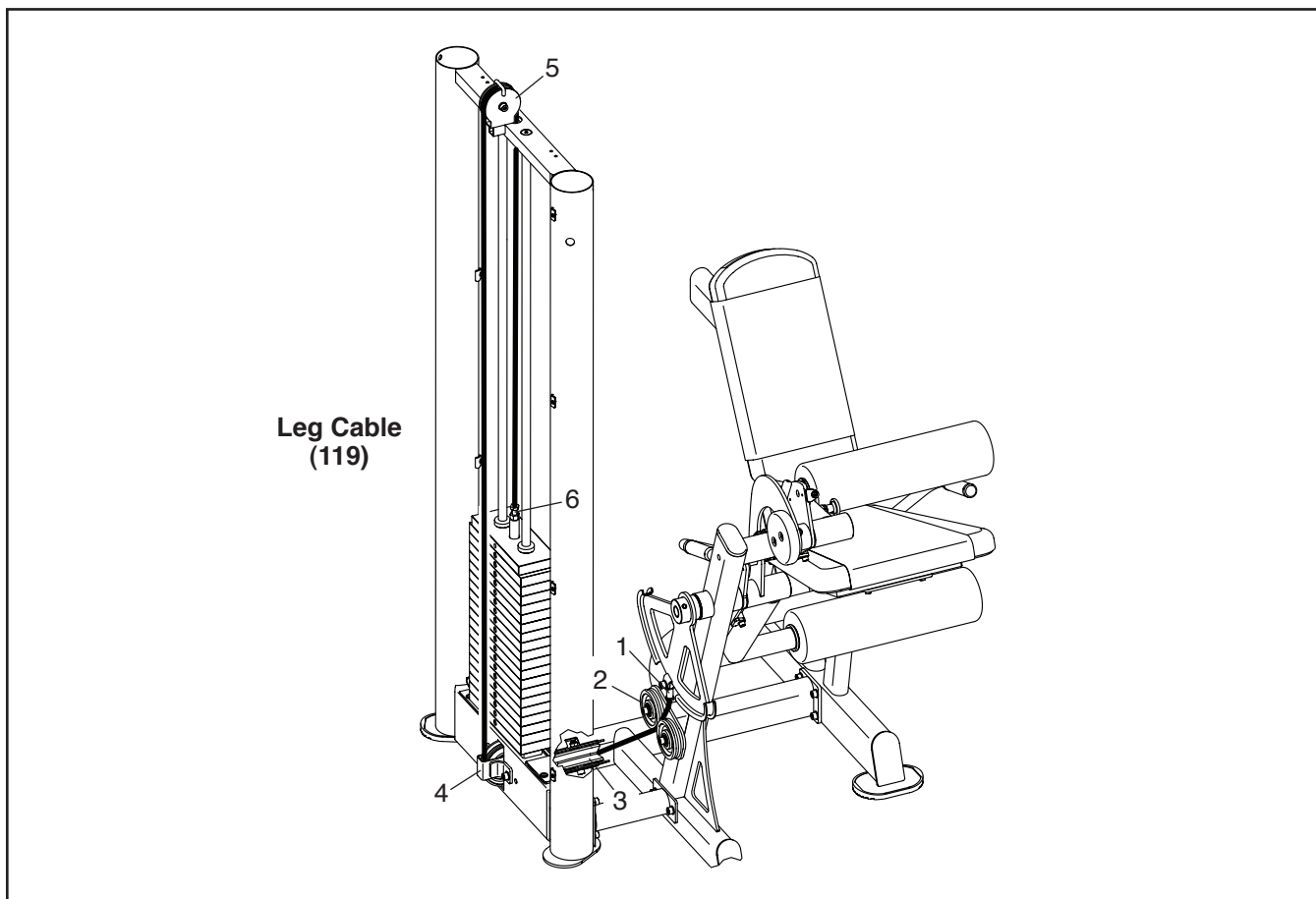
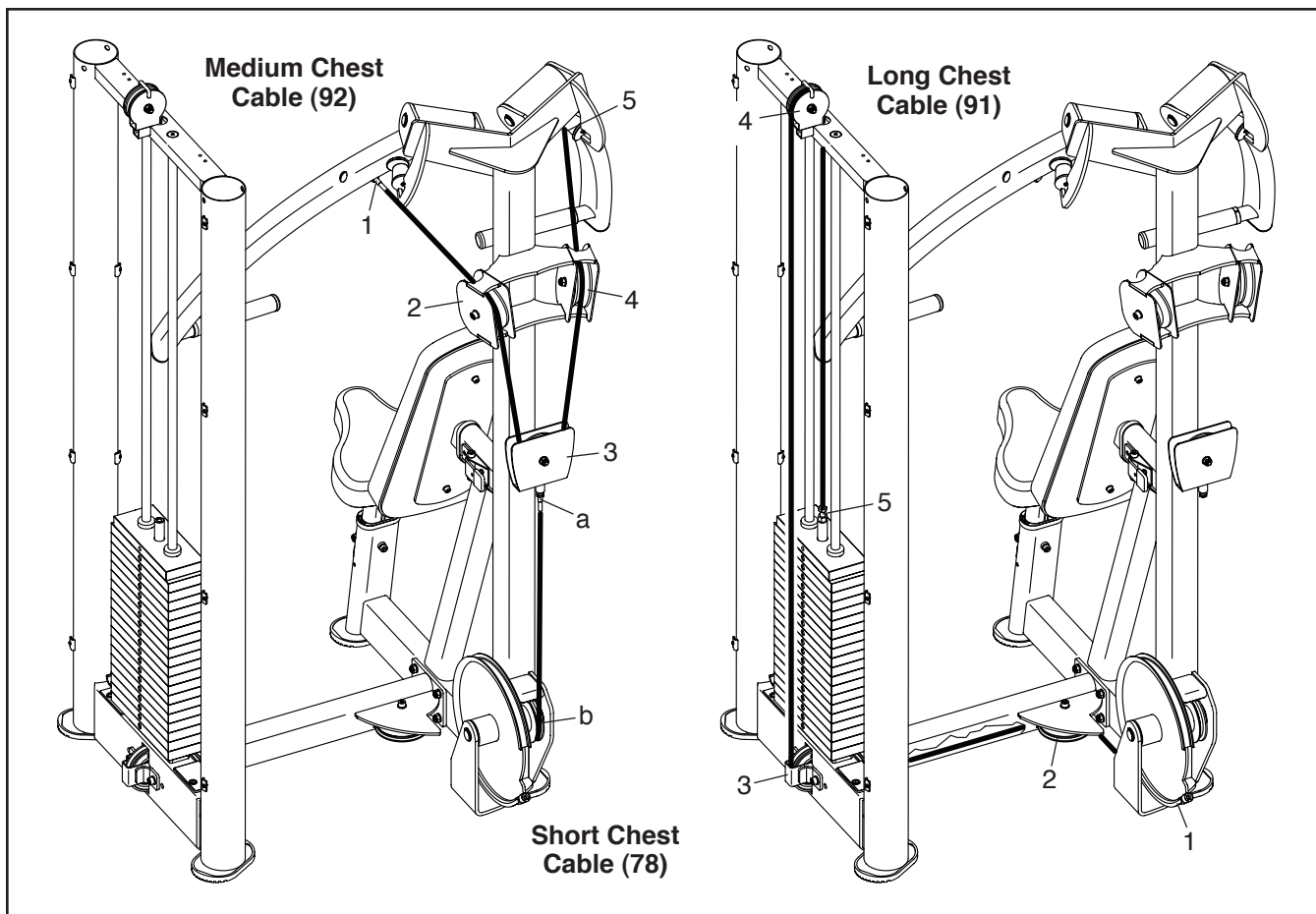
Weight Guide Lubrication

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 diagrams in this section show the correct route of each cable. The numbers or letters in each diagram show the correct route of that cable. Use the diagrams 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.**





PART LIST

Model No. F821.0 R0512A

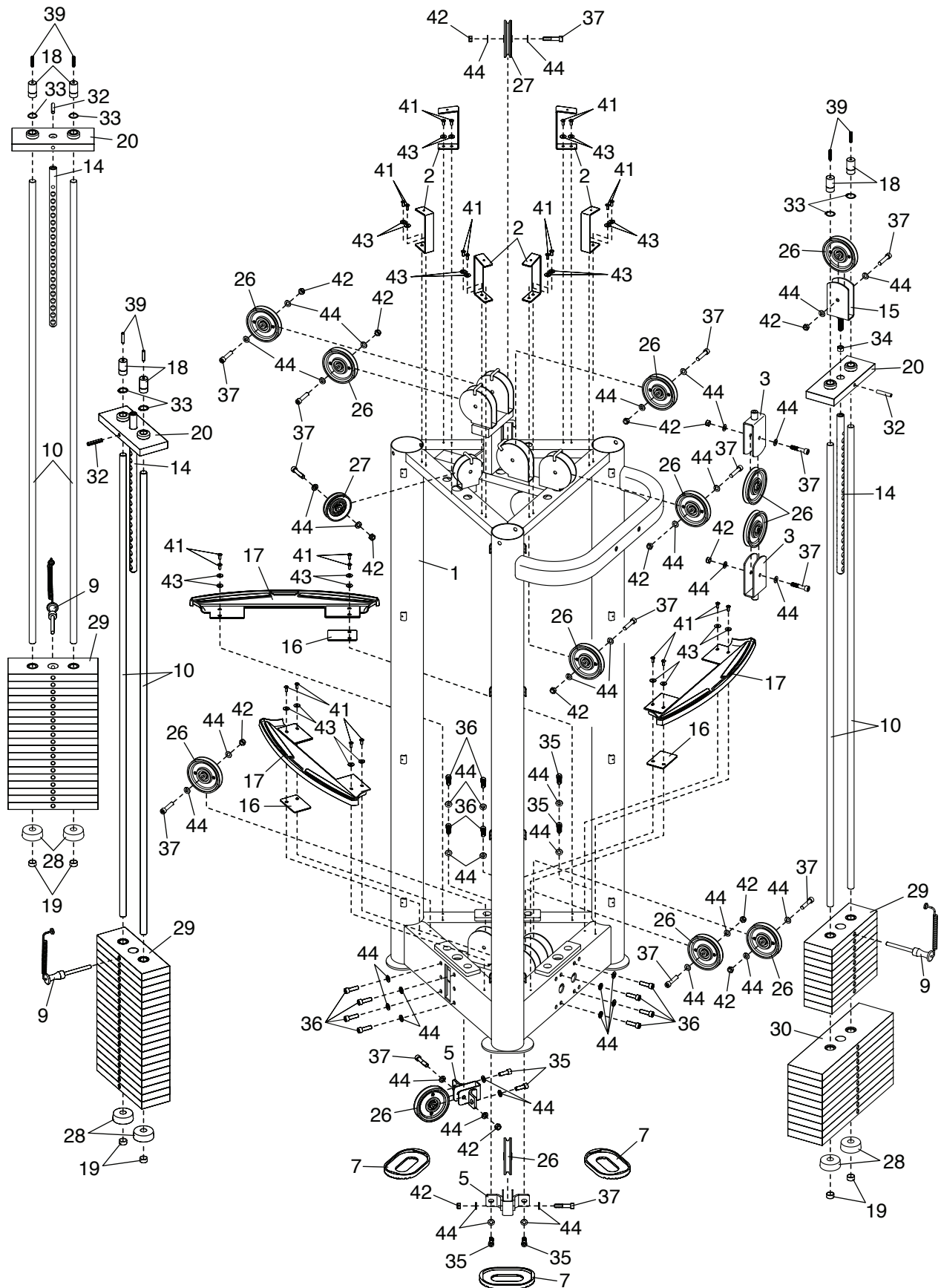
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower Frame	51	2	Long Lat Cable
2	6	Top Cover Bracket	52	2	Handle
3	2	Moveable Pulley Bracket	53	1	Lap Bar
4	3	Top Cover	54	2	Lat Seat/Leg Backrest
5	2	Bottom Pulley Bracket	55	2	Lap Pad
6	3	Rubber Stop	56	2	Lap Pad Cover
7	9	Foot	57	4	M6 x 25mm Screw
8	4	Cable Clip	58	2	34mm Washer
9	3	Weight Pin	59	2	M10 x 20mm Screw
10	6	Weight Guide	60	1	Lap Bar Axle
11	6	Shroud	61	1	18mm Bushing
12	6	Tower Trim	62	16	52mm Bearing
13	6	Center Trim	63	1	73mm Adjustment Pin
14	3	Weight Selector	64	3	Sleeve Nut
15	1	Selector Pulley Bracket	65	3	Spring
16	3	Shroud Base Spacer	66	2	Adjustment Knob
17	3	Shroud Base	67	4	M6 x 15mm Screw
18	6	Weight Guide Bushing	68	11	M8 x 25mm Screw
19	6	Weight Guide Cap	69	17	M5 x 10mm Screw
20	3	Top Weight	70	1	Lap Adjustment Plate
21	3	Frame Sleeve	71	2	M10 x 25mm Screw
22	4	Elliptical Cap	72	1	M10 x 60mm Screw
23	4	M10 x 90mm Bolt	73	17	M8 x 16mm Washer
24	1	Large Roll Pin	74	2	Lap Bar Bushing
25	3	Axle	75	1	Chest Connection Frame
26	18	4 1/2" Pulley	76	1	Chest Upright Frame
27	6	3 1/2" Pulley	77	1	Cam
28	6	Bumper	78	1	Short Chest Cable
29	47	10-pound Weight	79	1	Seat Bracket
30	10	20-pound Weight	80	1	Backrest Bracket
31	6	5mm Snap Ring	81	1	Left Arm
32	3	Roll Pin	82	1	Right Arm
33	18	25mm Snap Ring	83	1	U-bracket
34	1	M12 Nut	84	1	Cam Axle
35	16	M10 x 30mm Screw	85	2	Arm Axle
36	20	M10 x 35mm Screw	86	2	Chest Grip Collar
37	24	M10 x 50mm Screw	87	2	Chest Grip Cap
38	2	Arm Cap	88	10	Plastic Washer
39	6	M8 x 35mm Set Screw	89	2	Chest Handgrip
40	24	M4 x 10mm Screw	90	1	Chest Backrest Cover
41	30	M6 x 15mm Screw	91	1	Long Chest Cable
42	41	M10 Locknut	92	1	Medium Chest Cable
43	48	M6 x 18mm Washer	93	3	Adjustment Lever
44	117	M10 x 20mm Washer	94	4	V-pulley
45	1	Lat Frame	95	1	Chest Seat
46	1	Lat Upright Frame	96	1	Chest Backrest
47	1	Blocking Plate	97	4	Arm Bearing
48	4	Swivel Pulley Cover A	98	2	Lever Spring
49	4	Swivel Pulley Cover B	99	3	Lever Stop Screw
50	1	Short Lat Cable	100	3	Ball Joint

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Arm Bumper	125	1	Right Handlebar
102	16	M4 x 3mm Set Screw	126	3	M8 x 15mm Screw
103	2	M6 x 30mm Screw	127	1	Leg Seat
104	3	M10 x 65mm Bolt	128	2	Roll Pad
105	3	M10 x 70mm Bolt	129	1	Counterweight
106	1	M10 x 75mm Bolt	130	2	Handlebar Collar
107	2	M6 x 12mm Washer	131	2	Handlebar Cap
108	1	Leg Connection Frame	132	1	Bar Bumper
109	1	Leg Frame	133	1	Connection Bracket
110	1	Cable Bracket	134	2	Backrest Cover
111	1	Adjustment Axle	135	2	Handle Bracket
112	1	Leg Seat Support	136	3	M8 x 55mm Screw
113	1	Leg Bar	137	2	Bar Cap
114	1	Thigh Bar	138	3	M10 x 40mm Bolt
115	1	Frame Support	139	2	Leg Hand Grip
116	1	Leg Backrest Bracket	140	1	Thigh Spring
117	1	Adjustment Handle	141	2	Leg Elliptical Cap
118	1	Leg Adjustment Pin	142	2	4" Pulley
119	1	Leg Cable	143	2	M10 x 95mm Bolt
120	1	Leg Adjustment Plate	144	1	Adjustment Handle Grip
121	1	Thigh Adjustment Pin	145	9	M6 x 20mm Bolt
122	1	Thigh Adjustment Plate	146	9	M6 Locknut
123	2	Rectangle Cap	147	1	Leg Seat Cover
124	1	Left Handlebar	*	—	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.

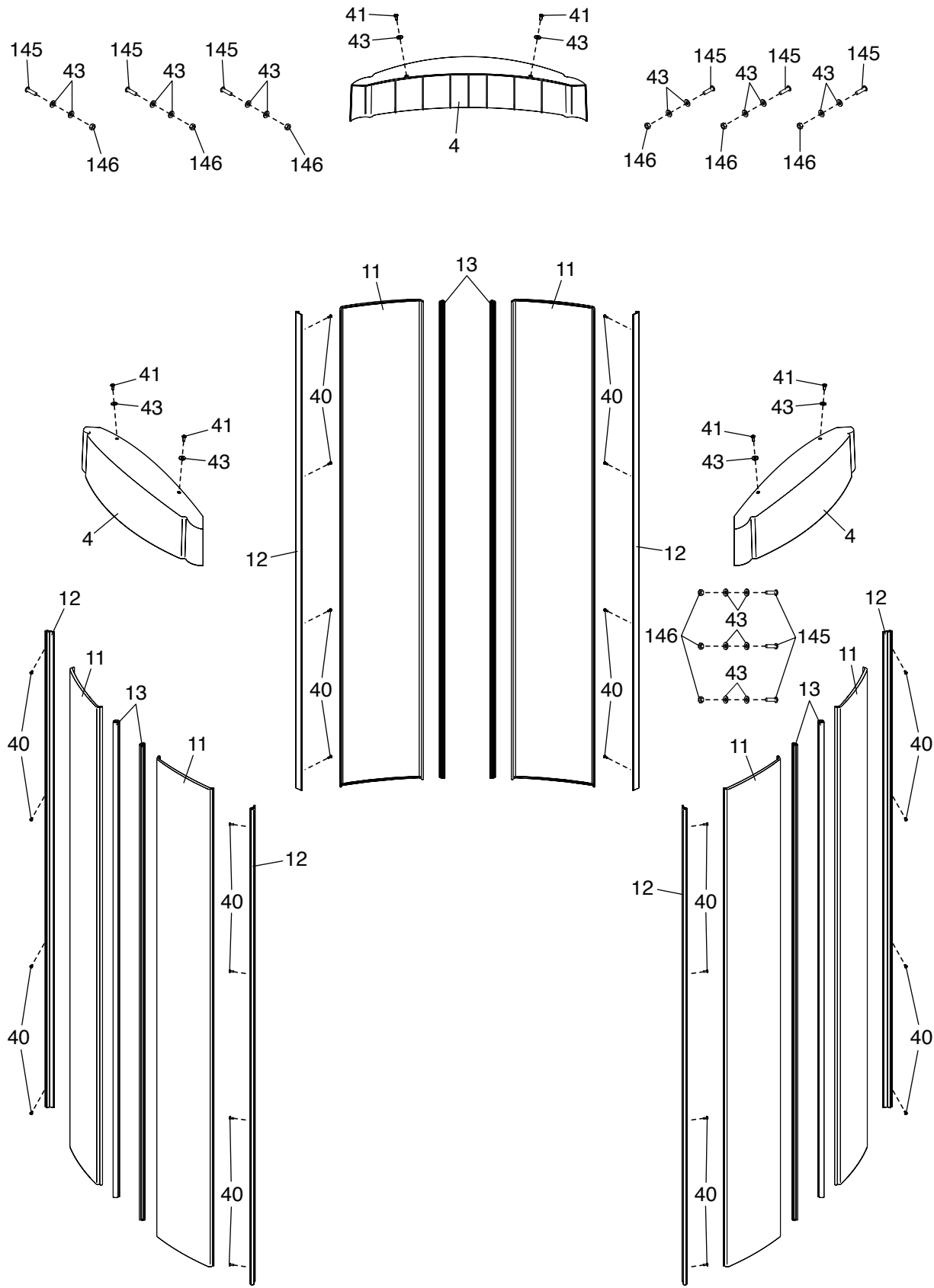
EXPLODED DRAWING A

Model No. F821.0 R0512A



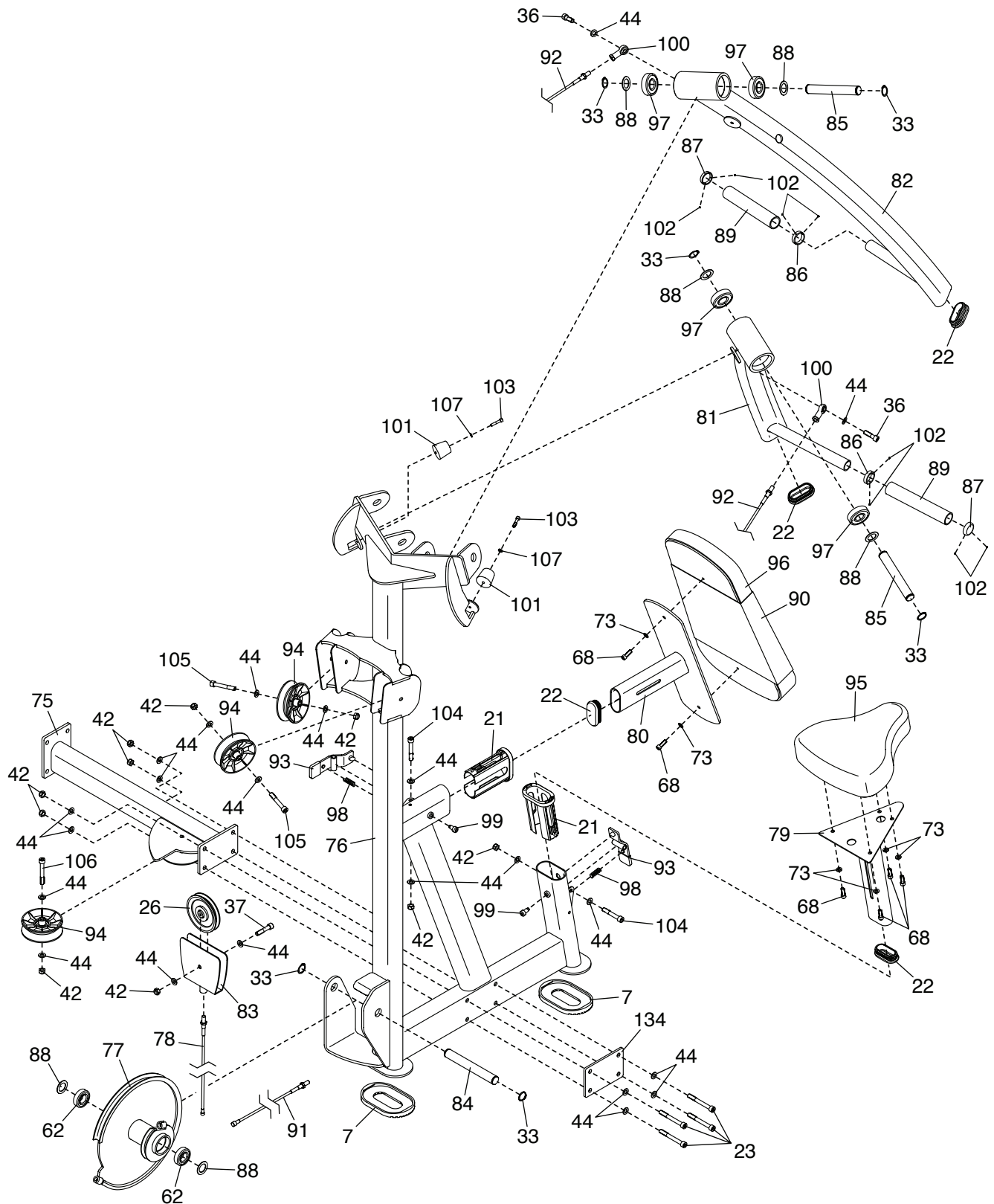
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Model No. F821.0 R0512A



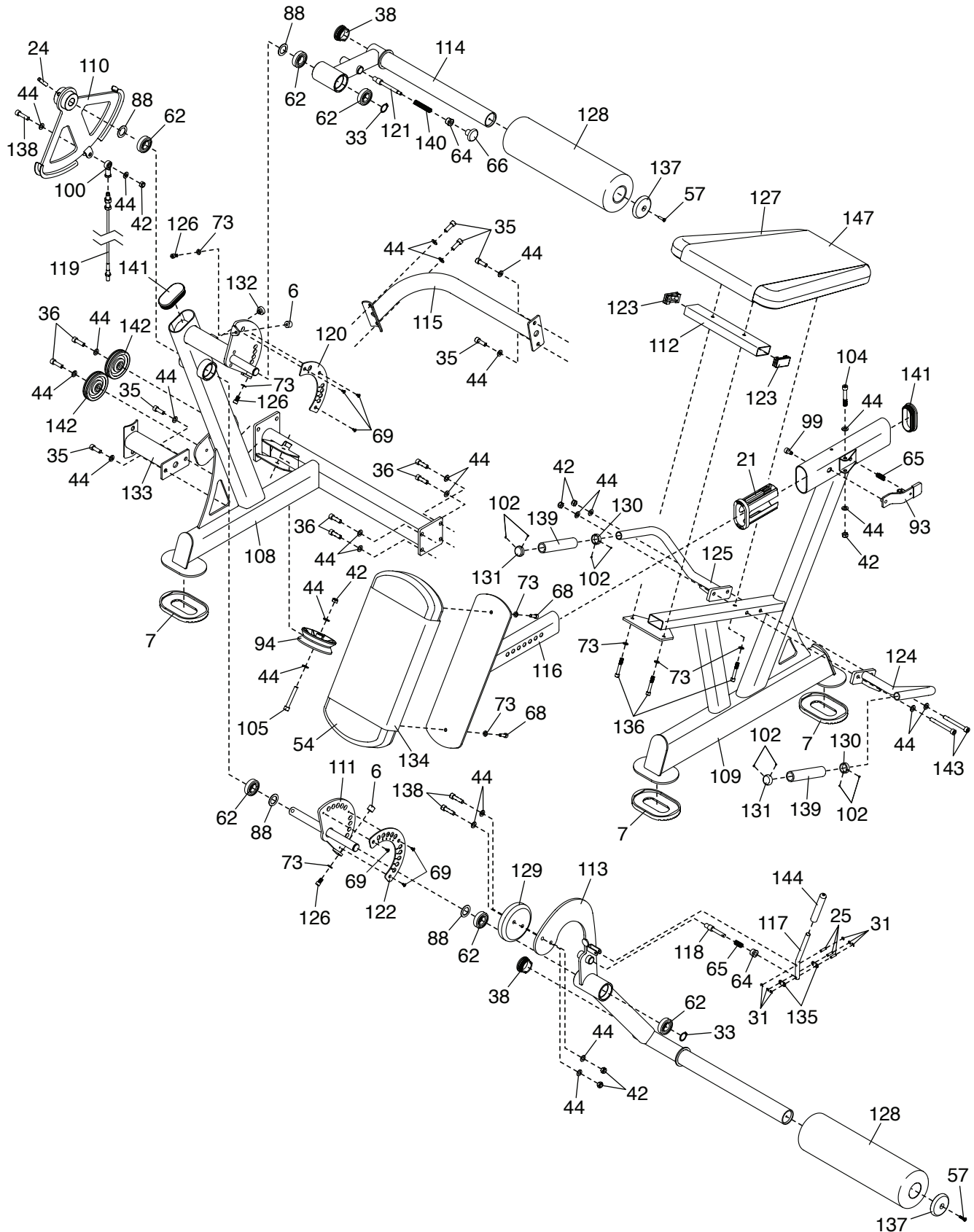
EXPLODED DRAWING C

Model No. F821.0 R0512A



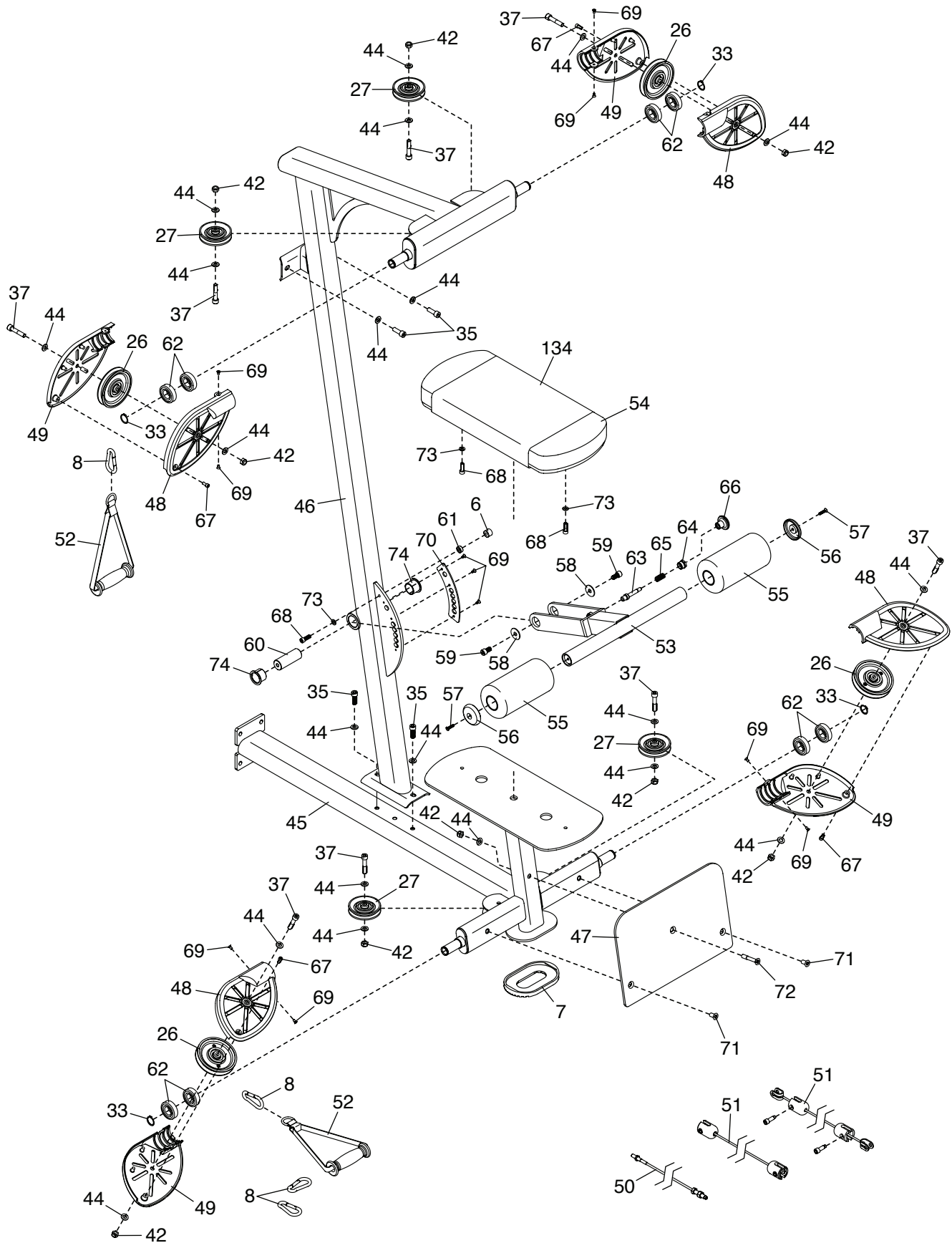
EXPLODED DRAWING D

Model No. F821.0 R0512A



EXPLODED DRAWING E

Model No. F821.0 R0512A



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