

FORGE

Model No. FDSS30040

Serial No. _____

Locate the serial number decal on the inside of one of the cabinet doors. Write the serial number in the space above for reference.

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-877-660-1666

Mon.–Fri., 6 a.m.–6 p.m. MST

CAUTION

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

USER'S MANUAL

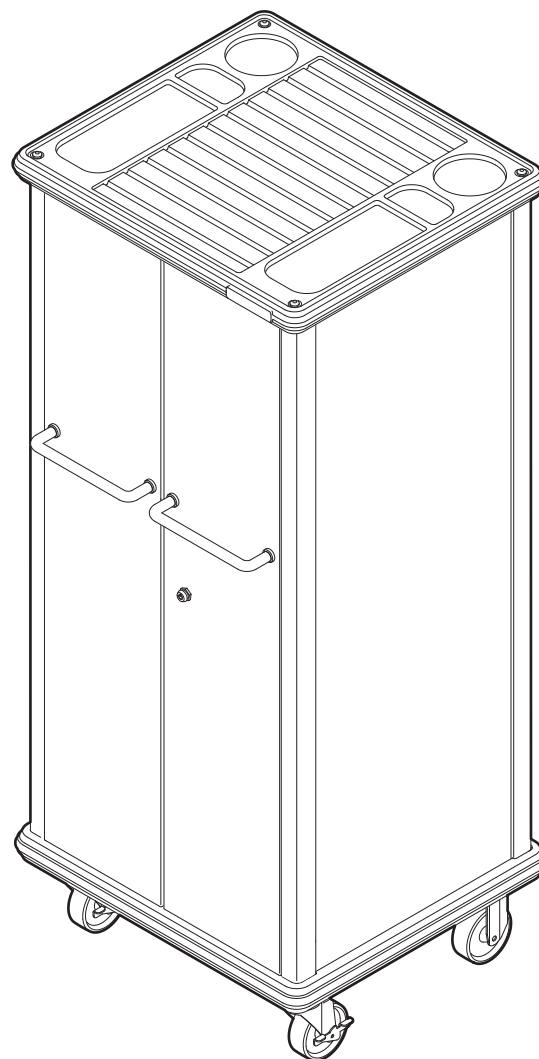


TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	2
ASSEMBLY	3
PART LIST	6
EXPLODED DRAWING	7
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the tall cabinet.

1. Read all instructions in this manual before using the tall cabinet.
2. Use the tall cabinet only as described in this manual.
3. It is the responsibility of the owner to make sure that all users of the tall cabinet are adequately informed of all precautions.
4. Do not use the tall cabinet as a ladder or a step stool.
5. Regularly inspect and tighten all parts of the tall cabinet. Replace any worn parts immediately.
6. Do not allow children to play on the tall cabinet; do not allow them to move or ride on the tall cabinet.
7. When the tall cabinet is in the desired position, lock the front casters.
8. The tall cabinet is designed to support a maximum weight of 300 pounds; each shelf is designed to support a maximum of 50 pounds. Always distribute weight as evenly as possible on the cabinet top and the shelves.
9. Load the tall cabinet with the heaviest objects at the bottom. Remove heavy objects from the top before unloading the bottom.

⚠ WARNING: Read all instructions before using the tall cabinet. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the versatile FORGE tall cabinet. The FORGE tall cabinet offers a selection of features designed to organize and enhance your workspace.

For your benefit, read this manual carefully before using the tall cabinet. If you have questions after reading this manual, please call our Customer Service

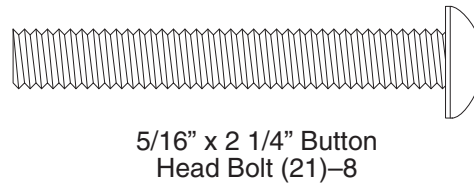
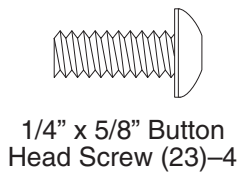
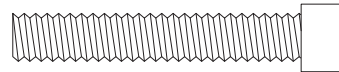
Department toll-free at 1-877-660-1666, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is FDSS30040. The serial number can be found on a decal attached to the tall cabinet (see the front cover of this manual for the location of the decal).

ASSEMBLY

Assembly requires two persons. Place all parts of the tall cabinet in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included hex keys and elastic band.

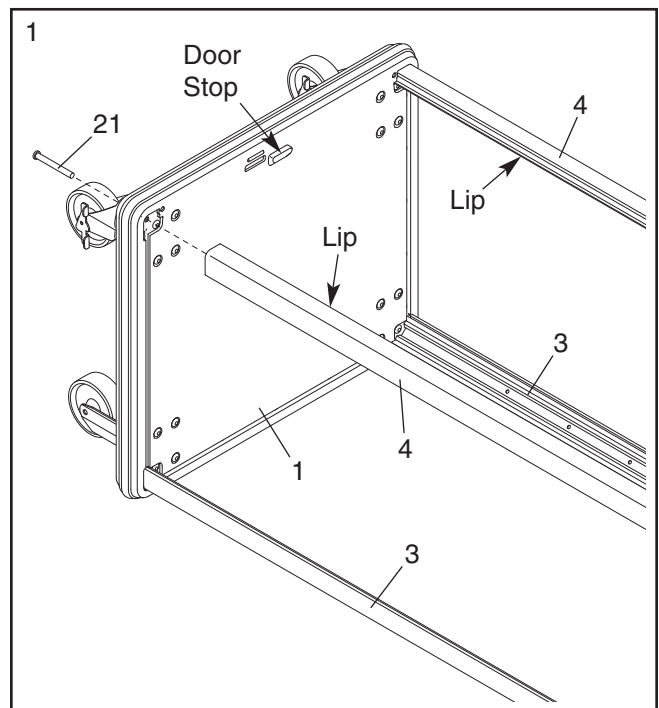
Use the drawings below to identify the small parts used during assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on page 6. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**



1. Have a second person hold the Cabinet Base (1) in the position shown, with the door stop at the top.

Identify the two Front Posts (4); each Front Post has a lip on one side.

Attach one of the Front Posts (4) to the Cabinet Base (1) with a 5/16" x 2 1/4" Button Head Bolt (21). Attach the other Front Post and the two Rear Posts (3) to the Cabinet Base in the same manner.

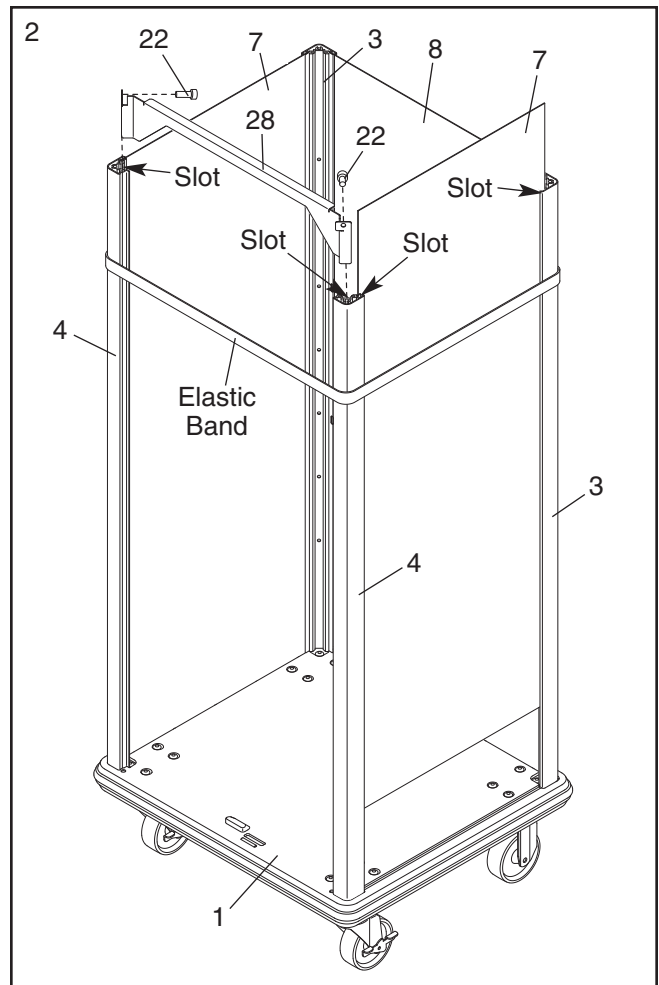


2. Lift the Cabinet Base (1) to the position shown.

Slide one of the Side Panels (7) into the indicated slots in one of the Front Posts (4) and one of the Rear Posts (3). Insert the other Side Panel and the Rear Panel (8) in the same manner.

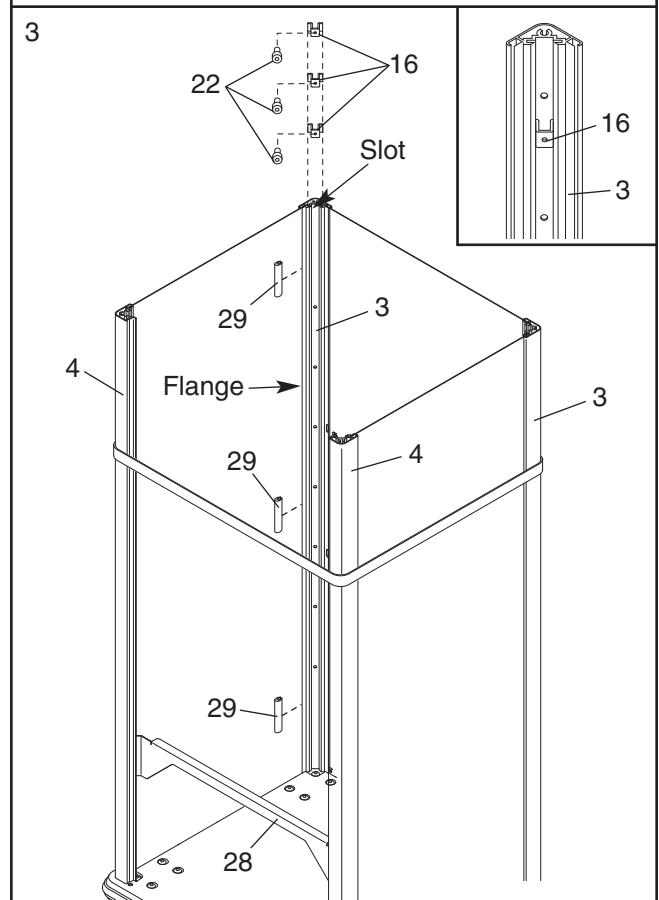
Stretch the large elastic band around the Posts (3 and 4) as shown; the elastic band will hold the Posts in position until step 5 is completed.

Insert the Shelf Brace (28) into the indicated slots in the Front Posts (4). Secure the Shelf Brace at the desired height with two 1/4" x 1 1/2" Cap Screws (22). Note: The lowest Shelf (not shown) will rest on the Shelf Brace.

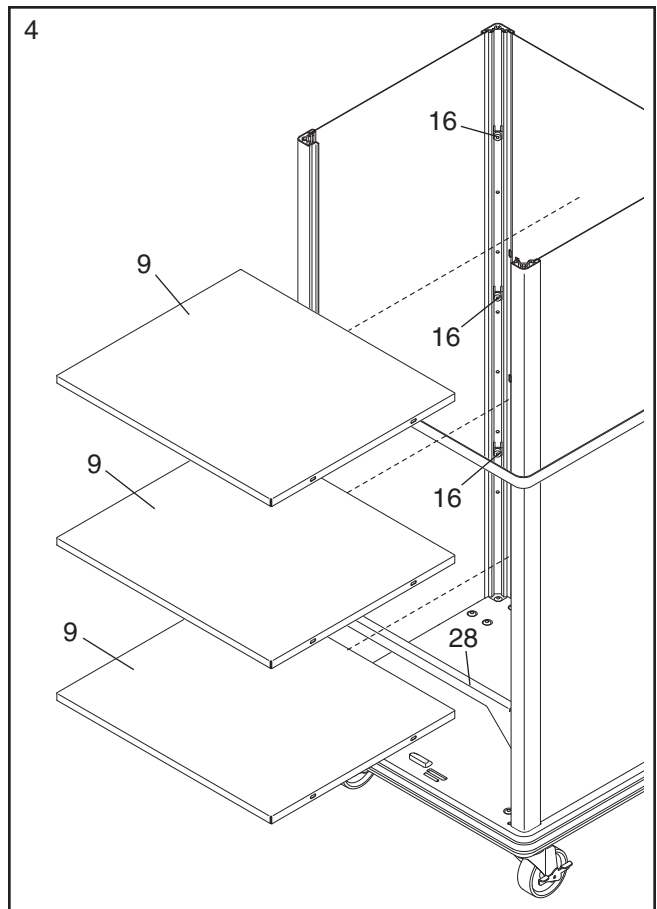


3. Insert three Shelf Brackets (16) into the indicated slot in one of the Rear Posts (3) (see the inset drawing). Secure the Shelf Brackets at the desired heights with three 1/4" x 1 1/2" Cap Screws (22). Insert three Shelf Brackets into the other Rear Post (3). Insert two Shelf Brackets into each of the two Front Posts (4). Secure the Shelf Brackets with 1/4" x 1 1/2" Cap Screws. **Make sure the lowest two Shelf Brackets are at the same height as the Shelf Brace (28), the middle four Shelf Brackets are at the same height, and the highest four Shelf Brackets are at the same height.**

Press three Panel Spacers (29), evenly spaced, onto the indicated flange on a Rear Post (3). Next, press three Panel Spacers onto the other flange on the Rear Post. Repeat for the flanges on the other Rear Post and the Front Posts (4). **Note: Each Front Post has only one flange and requires only three Spacers.**

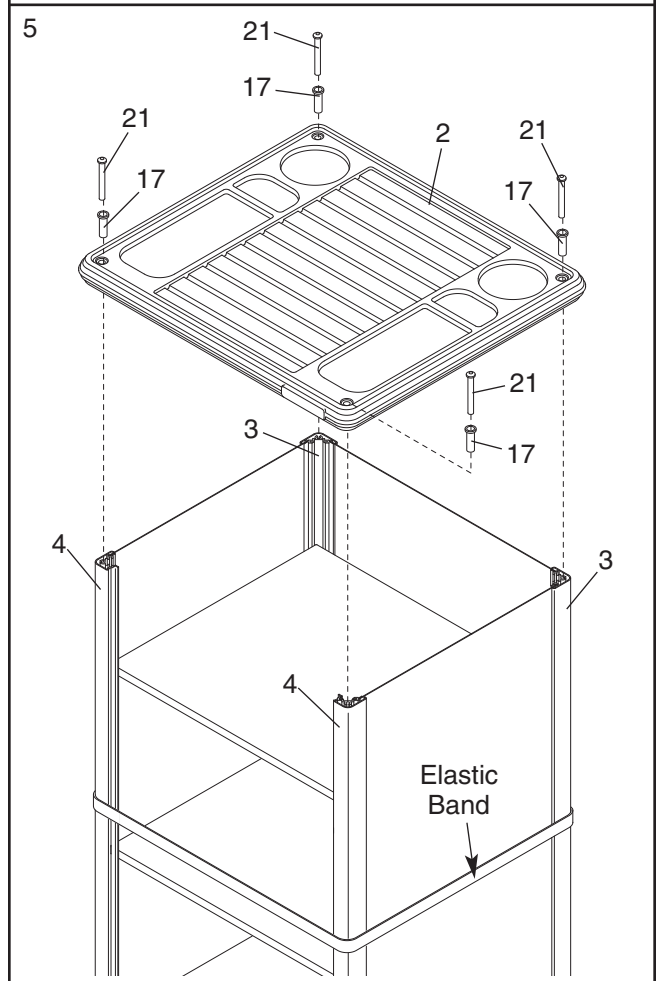


4. Set a Shelf (9) on each set of Shelf Brackets (16).
Note: The lower Shelf will rest on two Shelf Brackets and the Shelf Brace (28).



5. Set the Cabinet Top (2) on the four Posts (3 and 4). Thread four 5/16" x 2 1/4" Button Head Bolts (21) with four Spacer Inserts (17) **two complete turns** into the Cabinet Top and the Posts; **do not tighten the Button Head Bolts yet.**

Remove the elastic band from the Posts (3 and 4).

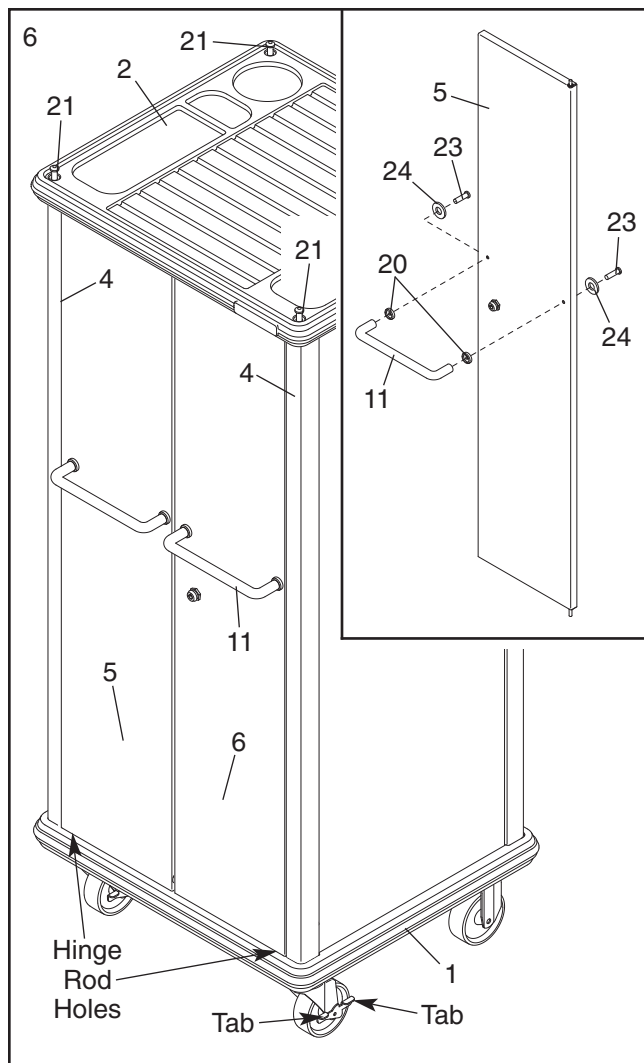


6. See the inset drawing. Attach a Handle (11) to the Left Cabinet Door (5) with two 1/4" x 5/8" Button Head Bolts (23), two 1/4" Washers (24), and two Handle Trims (20) as shown.

Attach a Handle (11) to the Right Cabinet Door (6) in the same manner.

Insert the Left Cabinet Door (5) into the left hinge rod hole (not shown) in the Cabinet Base (1). Insert the Right Cabinet Door (6) into the right hinge rod hole. Lift the Cabinet Top (2), and insert the Cabinet Doors into the hinge rod holes in the Cabinet Top. Note: It may be necessary to completely loosen the front 5/16" x 2 1/4" Button Head Bolts (21).

Tighten the four 5/16" x 2 1/4" Button Head Bolts (21).



LOCKING THE CASTERS

The locking casters can be locked to prevent the tall locker from moving. To lock the casters, press down on the tabs labeled "on." To unlock the casters, press down on the tabs labeled "off."

PART LIST—Model No. FDSS30040

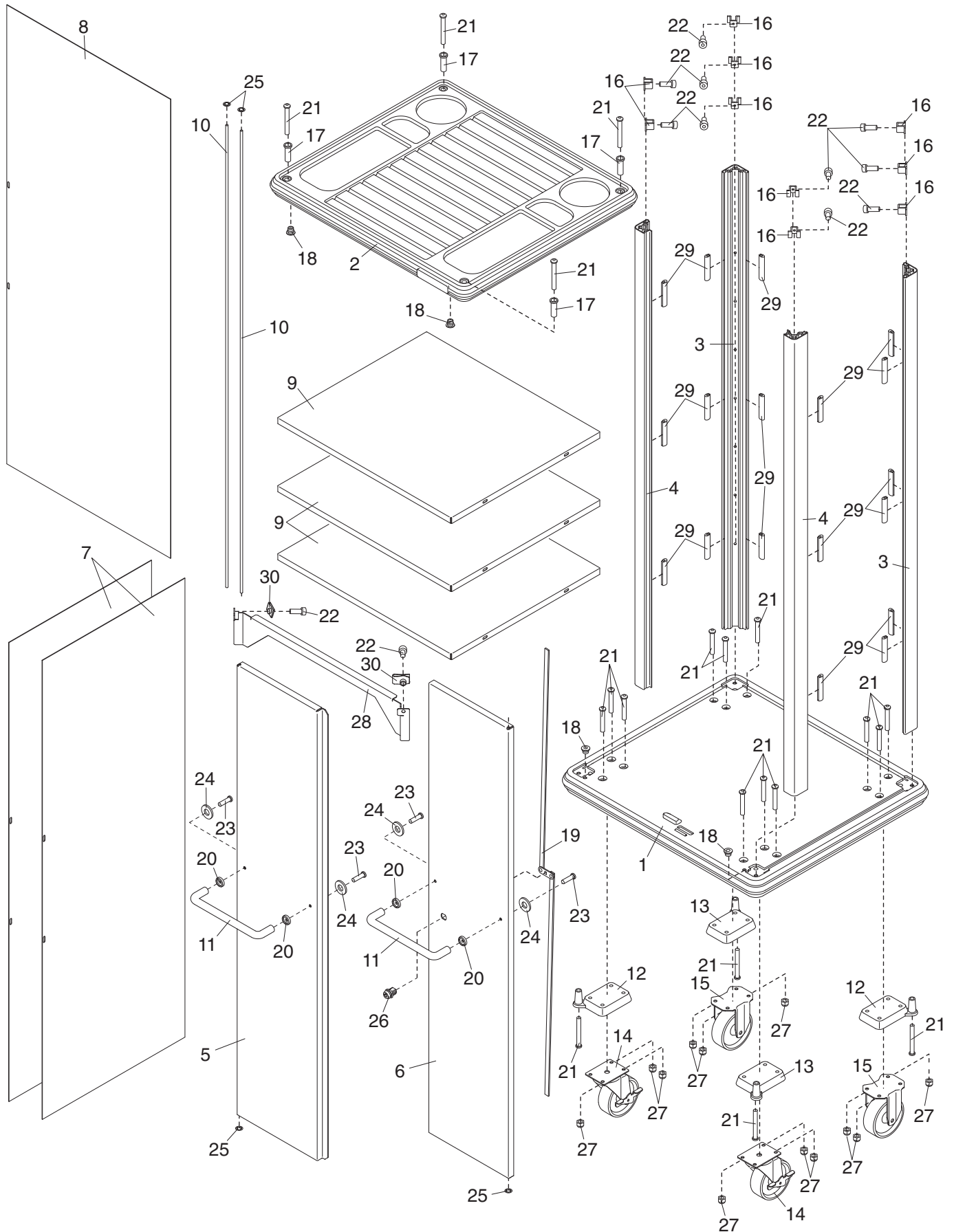
R0304A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Cabinet Base	18	4	Bushing
2	1	Cabinet Top	19	1	Lock Cam
3	2	Rear Post	20	4	Handle Trim
4	2	Front Post	21	20	5/16" x 2 1/4" Button Head Bolt
5	1	Left Cabinet Door	22	12	1/4" x 1 1/2" Cap Screw
6	1	Right Cabinet Door	23	4	1/4" x 5/8" Button Head Screw
7	2	Side Panel	24	4	1/4" Washer
8	1	Rear Panel	25	4	Hinge Retainer Ring
9	3	Shelf	26	1	Lock Assembly
10	2	Hinge Rod	27	12	5/16" Nylon Locknut
11	2	Handle	28	1	Shelf Brace
12	2	Left-Tab Insert	29	18	Panel Spacer
13	2	Right-Tab Insert	30	2	"U" Nut
14	2	Locking Caster	#	1	User's Manual
15	2	Non-Locking Caster	#	1	Elastic Band
16	10	Shelf Bracket	#	1	5/32" Hex Key
17	4	Spacer Insert	#	1	3/16–7/32" Hex Key

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. FDSS30040

R0304A



ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-877-660-1666, Monday through Friday, 6 a.m. until 6 p.m. MST (excluding holidays). Please be prepared to give the following information:

- The MODEL NUMBER of the product (FDSS30040)
- The NAME of the product (FORGE tall cabinet)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on pages 6 and 7)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813