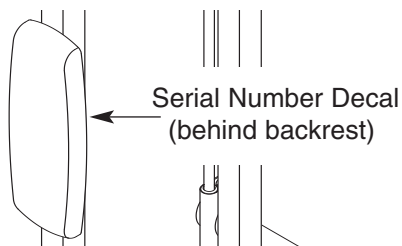


# FREEMOTION<sup>®</sup>

Model No. FMBE9097.0

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

Write the serial number in the space above for future reference.



## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

**IMPORTANT:** You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

**1-866-799-8946**

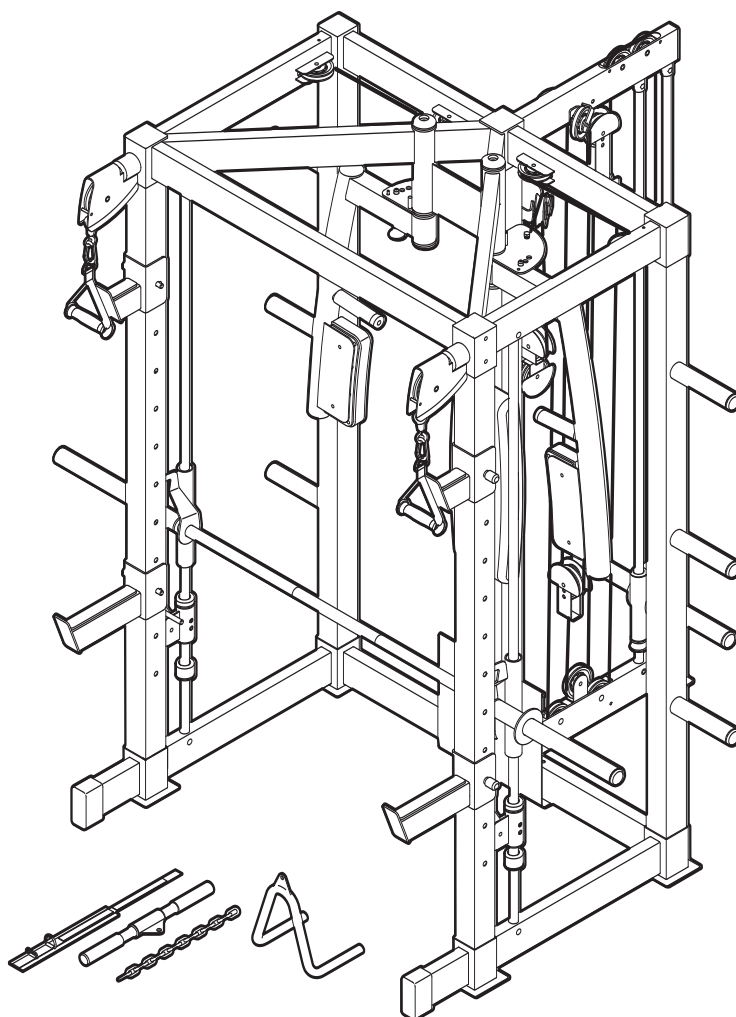
Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

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

## USER'S MANUAL



## CAUTION

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



Visit our website at

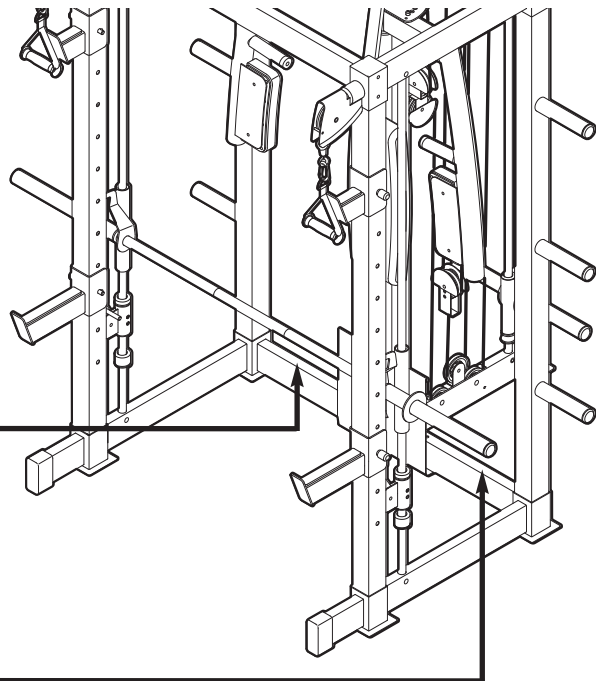
[www.freemotionfitness.com](http://www.freemotionfitness.com)

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## WARNING DECAL PLACEMENT

The decals shown here have been applied to the weight system. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.



**⚠ WARNING**

User Weight: Max 300 LBS  
 Weight Crutch: Max 310 LBS  
 Leg Developer: Max 150 LBS  
 Weight Carriage: Max 150 LBS  
 Chest Fly Per Arm: Max 50 LBS

Product may not offer all listed exercises.

**⚠ WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.

# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight system before using the weight system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of the weight system.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. Use the weight system only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
4. The weight system is intended for home use only. Do not use the weight system in a commercial, rental, or institutional setting.
5. Keep the weight system indoors, away from moisture and dust. Place the weight system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight system to mount, dismount, and use it.
6. Keep children under age 12 and pets away from the weight system at all times.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Make sure that the pins and knobs are fully engaged before the weight system is used.
9. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
10. The weight system is designed to support a maximum user weight of 300 lbs. (136 kg) and a maximum total weight of 610 lbs. (277 kg). Do not place more than 310 lbs. (141 kg), including a barbell, on the weight rests. Do not place more than 150 lbs. (68 kg) on the weight carriage. Note: The weight system does not include weights.
11. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys. Replace all cables at least every two years.
12. Always set all the weight rests and safety spotters at the same height.
13. Always place an equal amount of weight on each side of the weight carriage or barbell.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. Always disconnect the lat bar when performing an exercise that does not require the lat bar.
16. If you feel pain or dizziness while exercising, stop immediately and cool down.

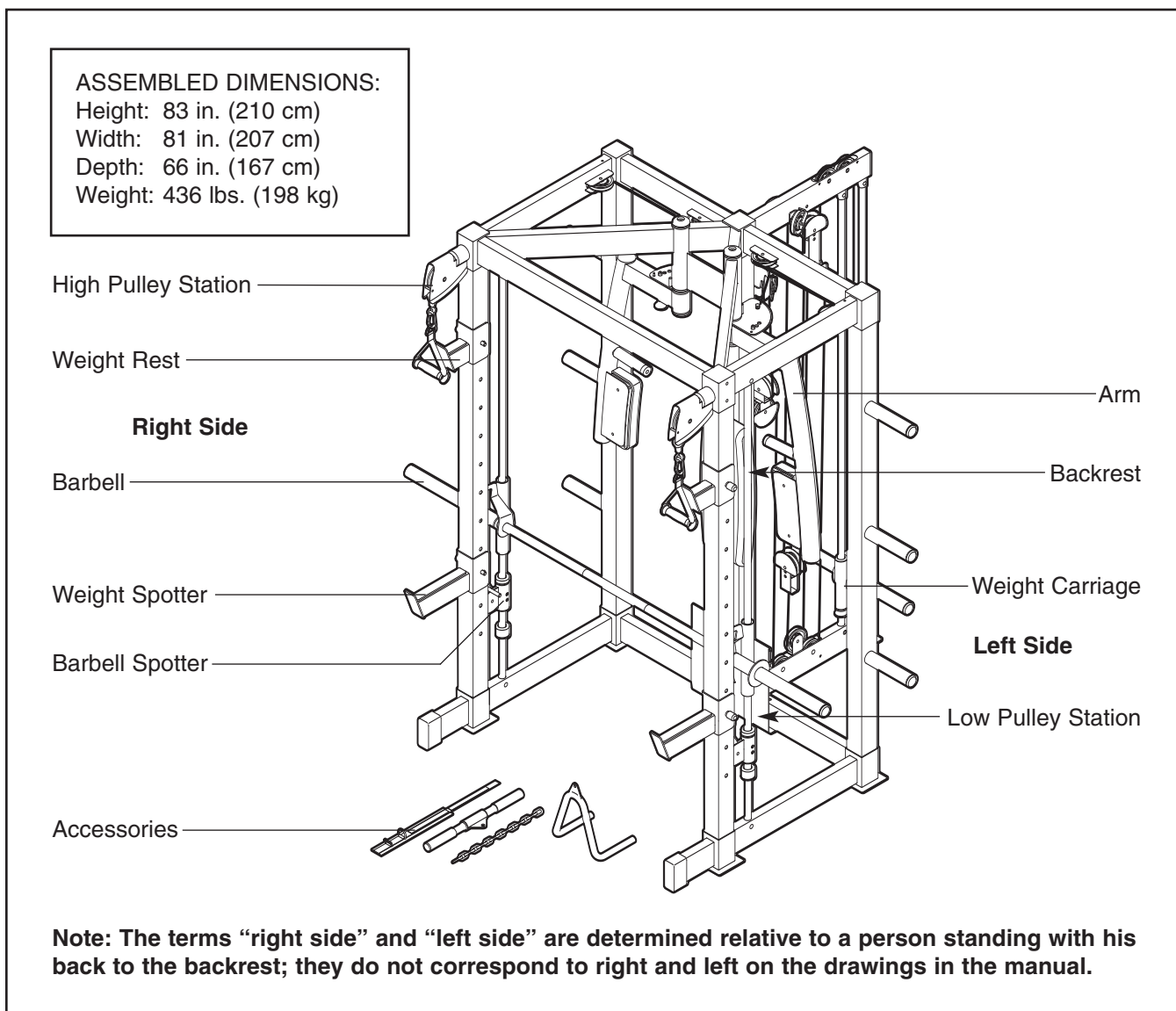
# BEFORE YOU BEGIN

Thank you for selecting the versatile FREEMOTION® weight system. The weight system offers an impressive selection of exercise stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

reading this manual, please see the front 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.

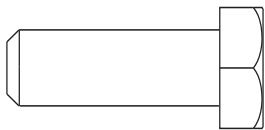
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

**For your benefit, read this manual carefully before using the weight system.** If you have questions after

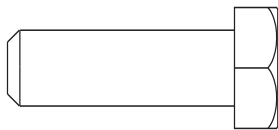


# PART IDENTIFICATION CHART

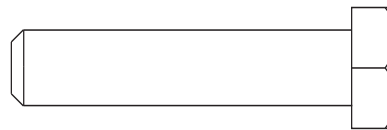
See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the parts bag, check to see if it has been preattached.**



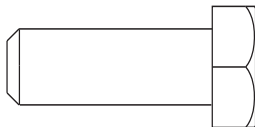
M10 x 25mm Screw (118)



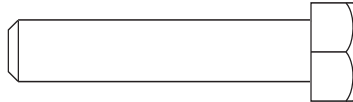
M10 x 30mm Screw (54)



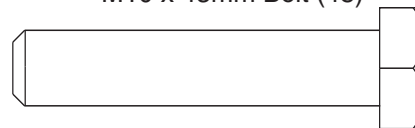
M10 x 45mm Bolt (48)



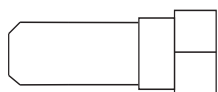
M10 x 25mm Bolt (10)



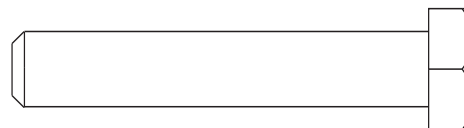
M8 x 40mm Bolt (52)



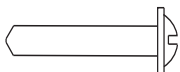
M10 x 48mm Bolt (121)



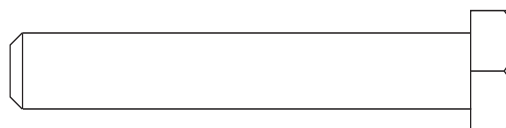
M8 x 22mm Shoulder Bolt (45)



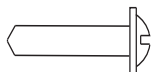
M10 x 55mm Bolt (119)



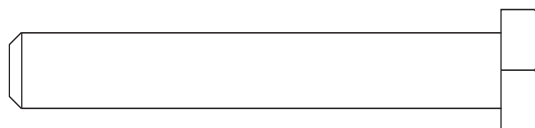
M4 x 20mm Self-tapping Screw (120)



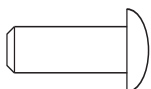
M10 x 60mm Bolt (55)



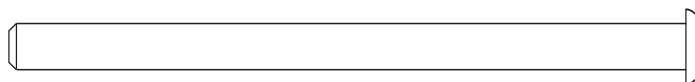
M4 x 16mm Self-tapping Screw (42)



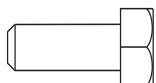
M10 x 65mm Bolt (51)



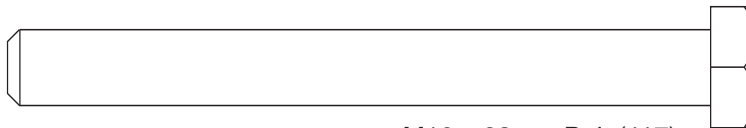
M6 x 16mm Screw (47)



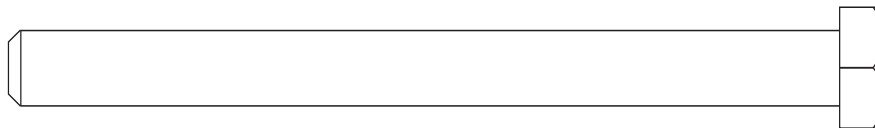
M6 x 90mm Screw (122)



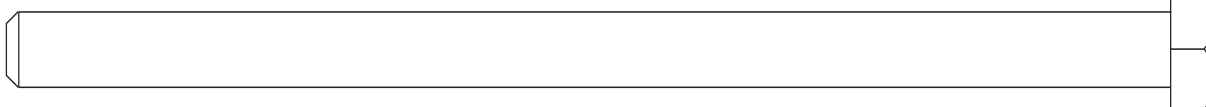
M6 x 15mm Bolt (44)



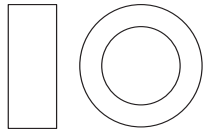
M10 x 93mm Bolt (117)



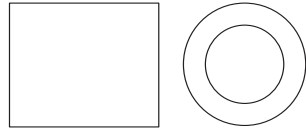
M10 x 110mm Screw (116)



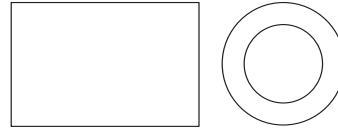
M10 x 155mm Screw (79)



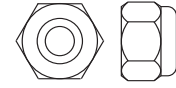
M10 x 6.5mm  
Spacer (38)



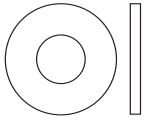
M10 x 20mm  
Spacer (39)



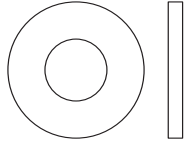
M10 x 25mm  
Spacer (9)



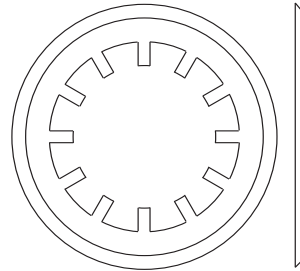
M6 Nylon  
Locknut (36)



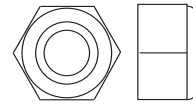
M6 Washer (40)



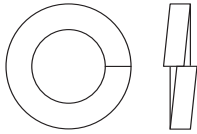
M8 Washer (32)



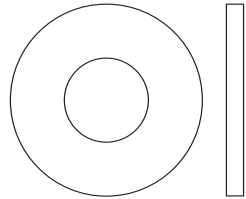
Bracket Retainer (73)



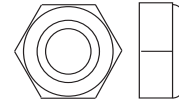
M8 Nylon  
Locknut (8)



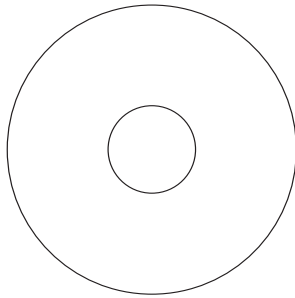
M10 Lock Washer (86)



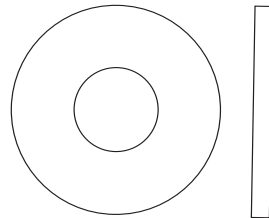
M10 Washer (41)



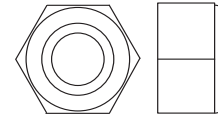
M8 Jamnut  
(2)



Large Washer (53)



M10 Large Washer (7)



M10 Nylon  
Locknut (37)

# ASSEMBLY

## Make Assembly Easier

Everything in this manual is designed to ensure that the weight system can be assembled successfully by almost anyone. By setting aside plenty of time, assembly will go smoothly.





Before beginning assembly, carefully read the following information and instructions:

- To hire an authorized service technician to assemble the weight system, call 1-800-445-2480.
- Assembly requires two persons. Some steps may require three persons.
- Because of its size, the weight system should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight system as you assemble it.
- Place all parts in a cleared area and remove the

packing materials. Do not dispose of the packing materials until assembly is completed.

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART on pages 5 and 6.

- In addition to the included tools, assembly requires the following tools (not included):

two adjustable wrenches	
one rubber mallet	
one standard screwdriver	
one Phillips screwdriver	

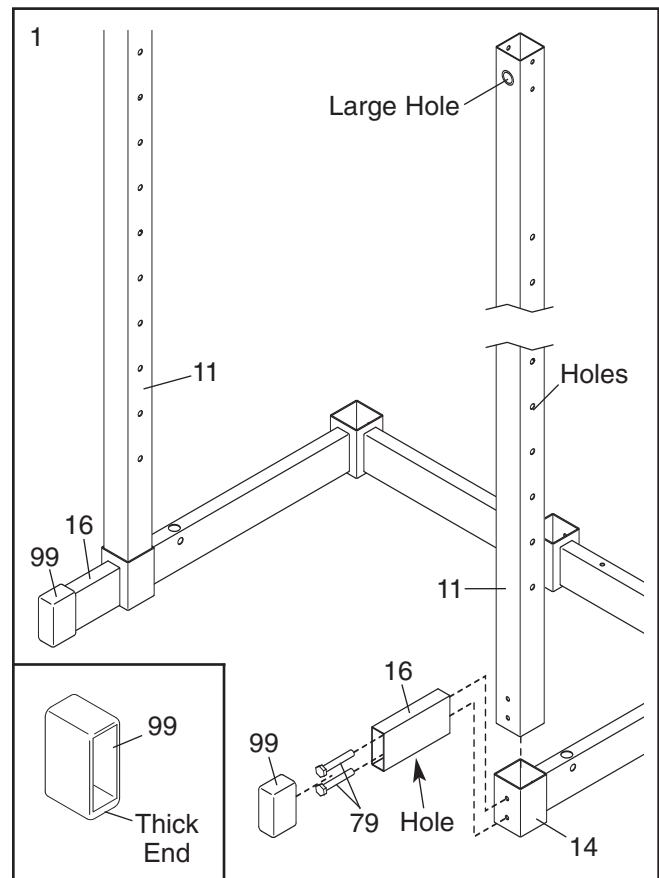
Some assembly steps also require a socket set with an extension.

1.

**Before beginning assembly, read the important information in the box above. See the PART IDENTIFICATION CHART on pages 5 and 6 for help identifying small parts.**

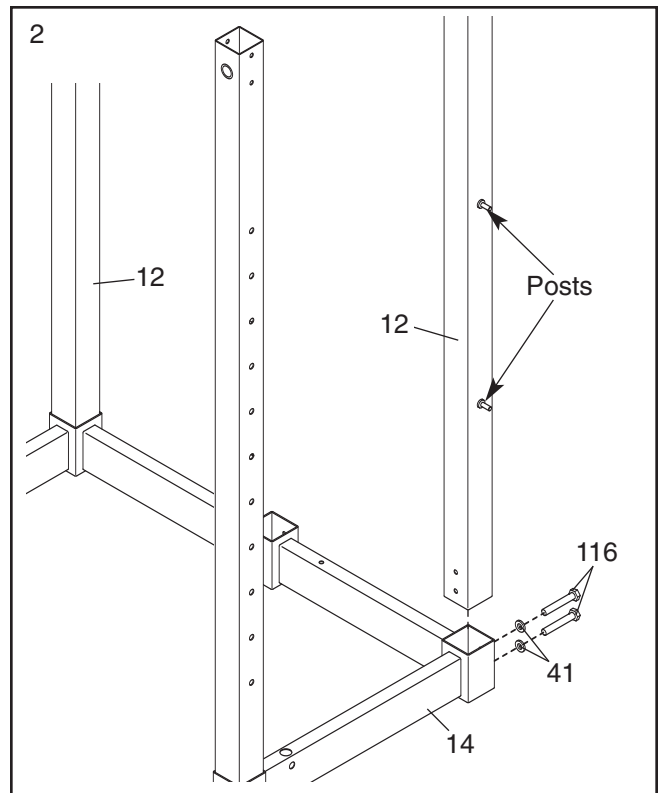
Orient one of the Front Uprights (11) and one of the Base Feet (16) as shown. Attach the Front Upright and the Base Foot to the Base (14) with two M10 x 155mm Screws (79). Then, orient a 38mm x 100mm Large Outer Cap (99) so that the thick end is at the bottom (**see the inset drawing**), and press it onto the Base Foot.

**Attach the other Front Upright (11), Base Foot (16), and 38mm x 100mm Large Outer Cap (99) in the same way.**



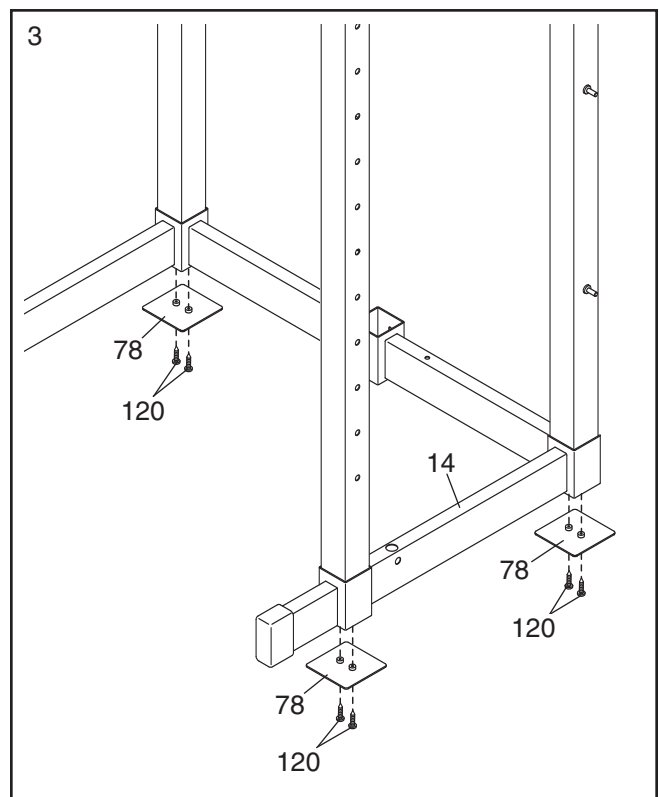
2. Orient a Rear Upright (12) as shown. Attach the Rear Upright to the Base (14) with two M10 x 110mm Screws (116) and two M10 Washers (41). **Do not tighten the Screws yet.**

**Attach the other Rear Upright (12) to the Base (14) in the same way.**



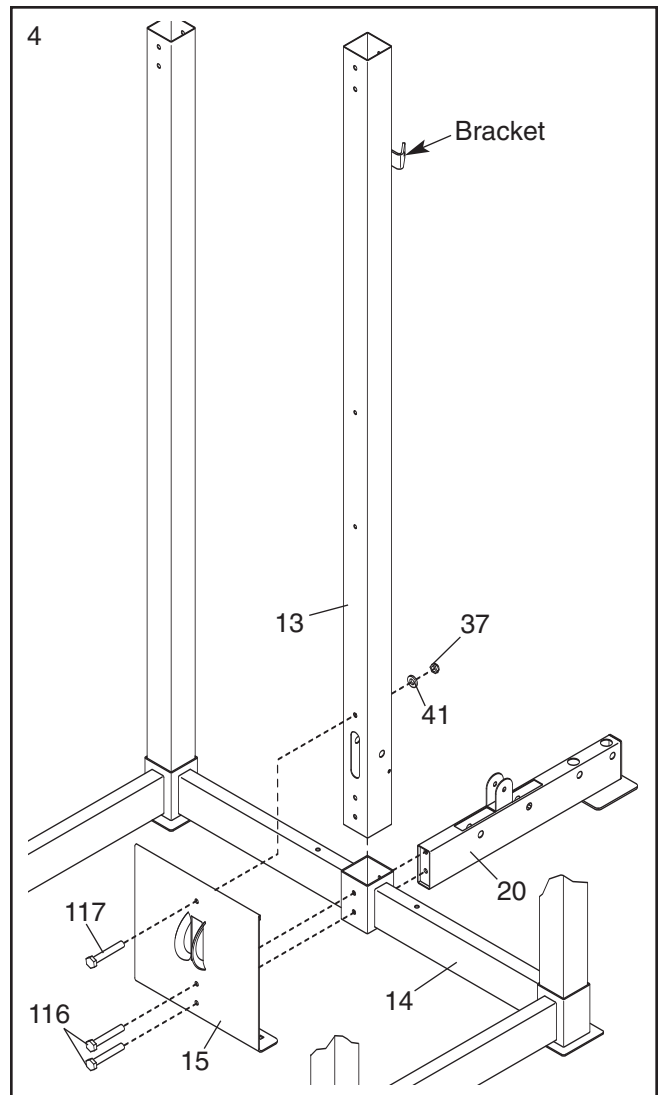
3. Attach a Floor Guard (78) to the Base (14) with two M4 x 20mm Self-tapping Screws (120).

**Attach the remaining three Floor Guards (78) to the Base (14) in the same way.**



4. Orient the Center Upright (13) as shown and insert it into the Base (14). Hold the Foot Plate (15) and the Weight Carriage Base (20) against the Base. Attach the Foot Plate, Center Upright, and Weight Carriage Base to the Base with two M10 x 110mm Screws (116). **Do not tighten the Screws yet.**

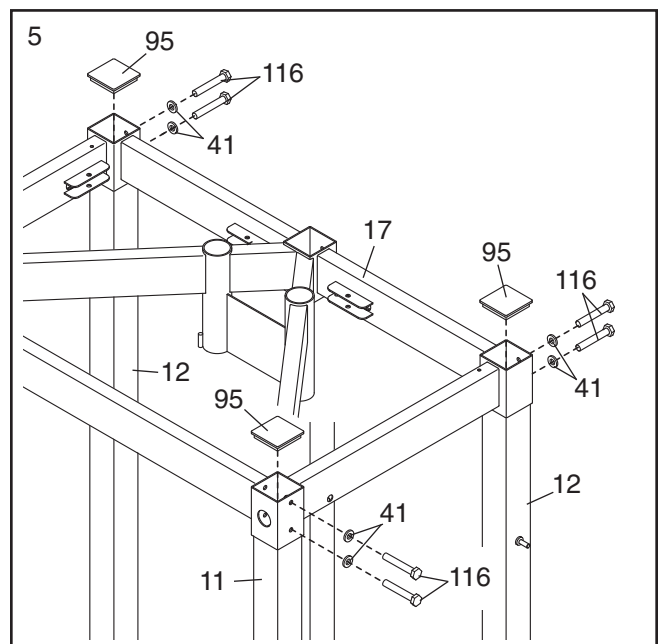
Attach the Foot Plate (15) to the Center Upright (13) with an M10 x 93mm Bolt (117), an M10 Washer (41), and an M10 Nylon Locknut (37).



5. Attach the Top Frame (17) to the Rear Uprights (12) with four M10 x 110mm Screws (116) and four M10 Washers (41). **Do not tighten the Screws yet.**

**Attach the Top Frame (17) to the Front Uprights (11) in the same way.**

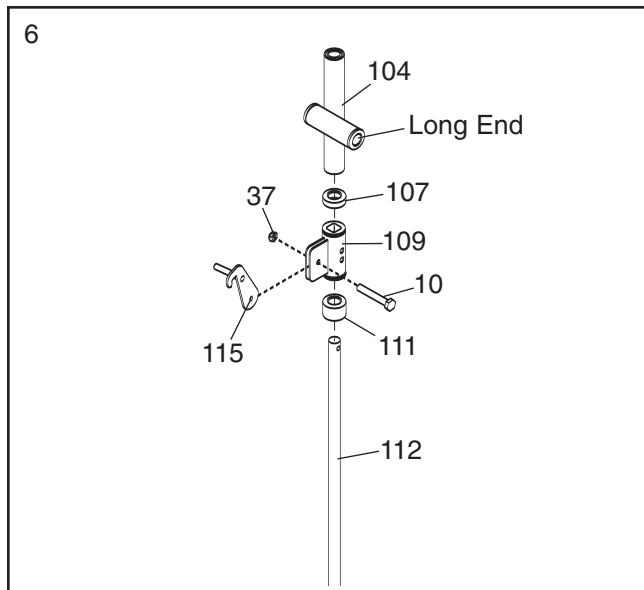
Press four 75mm Square Inner Caps (95) into the corners of the Top Frame (17).



- Attach the Left Spotter Hook (115) to a Barbell Spotter (109) with an M10 x 25mm Bolt (10) and an M10 Nylon Locknut (37). **Do not overtighten the Nylon Locknut; the Left Spotter Hook must pivot easily.**

Identify a Barbell Guide (112), which is slightly shorter than a Weight Carriage Guide (not shown). Slide a Barbell Spotter Bumper (111) and the Barbell Spotter (109) onto the Barbell Guide.

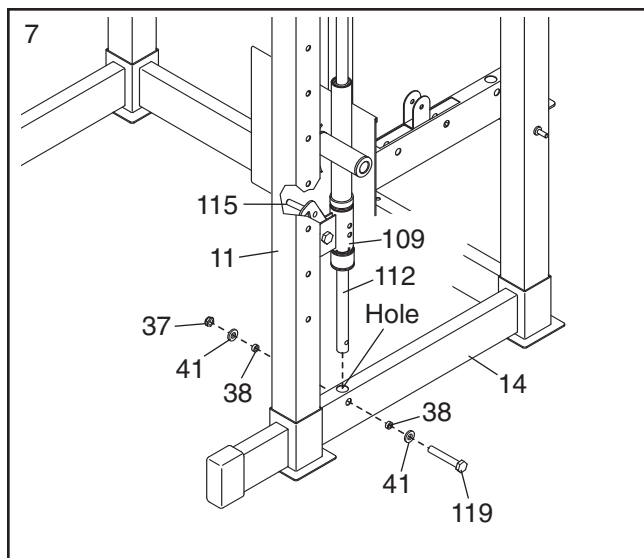
Orient a Barbell Carriage (104) as shown. Slide a Barbell Bumper (107) and the Barbell Carriage onto the Barbell Guide (112).



- Insert the Barbell Guide (112) into the indicated hole in the Base (14). Next, lift the Barbell Guide up into the hole in the Top Frame (not shown). Attach the Barbell Guide to the Base with an M10 x 55mm Bolt (119), two M10 Washers (41), two M10 x 6.5mm Spacers (38), and an M10 Nylon Locknut (37).

Engage the Left Spotter Hook (115) into an adjustment slot near the bottom of the Front Upright (11).

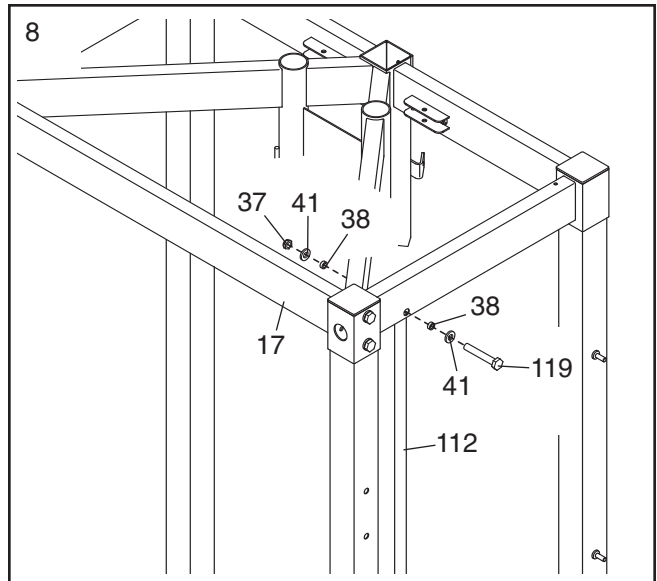
**Repeat steps 6 and 7 with the other Barbell Guide (not shown). Always position both Barbell Spotters (109) at the same height.**



8. Attach a Barbell Guide (112) to the Top Frame (17) with an M10 x 55mm Bolt (119), two M10 Washers (41), two M10 x 6.5mm Spacers (38), and an M10 Nylon Locknut (37).

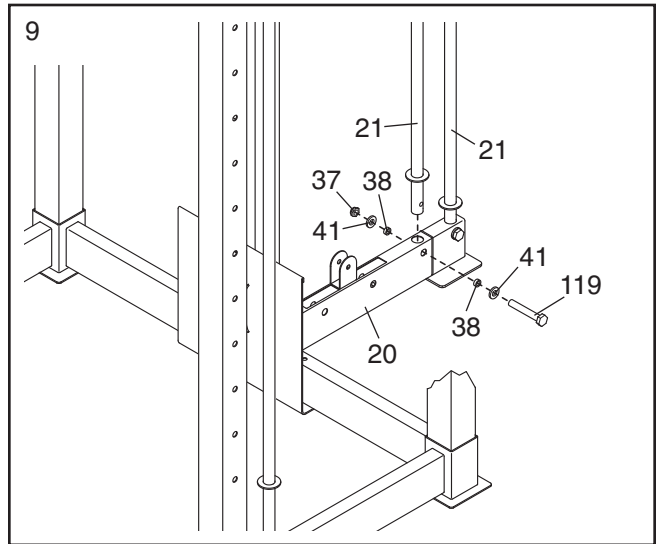
**Attach the other Barbell Guide (not shown) to the Top Frame (17) in the same way.**

**See steps 2, 4 and 5. Tighten the M10 x 110mm Screws (116).**



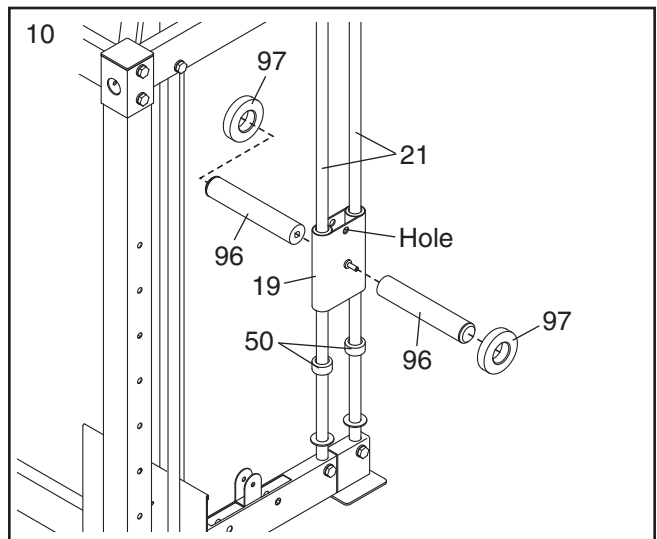
9. Attach a Weight Carriage Guide (21) to the Weight Carriage Base (20) with an M10 x 55mm Bolt (119), two M10 Washers (41), two M10 x 6.5mm Spacers (38), and an M10 Nylon Locknut (37). **Do not tighten the Nylon Locknut yet.**

**Attach the other Weight Carriage Guide (21) to the Weight Carriage Base (20) in the same way.**

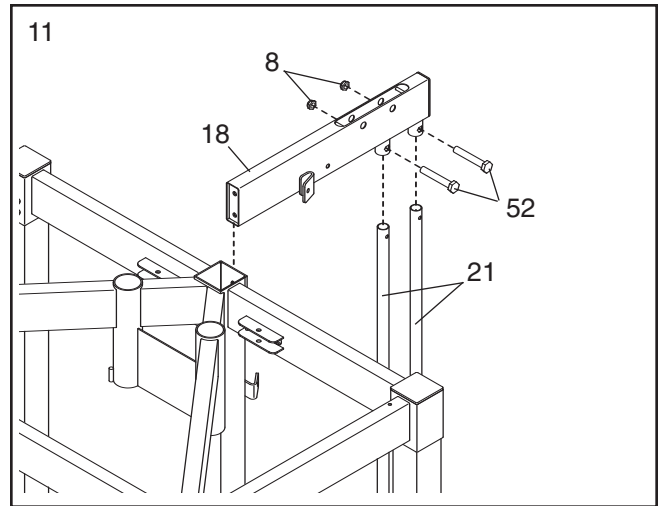


10. Slide the two Weight Carriage Bumpers (50) onto the Weight Carriage Guides (21).

Orient the Weight Carriage (19) as shown, and slide it onto the Weight Carriage Guides (21). Tighten the two Weight Carriage Tubes (96) onto the Weight Carriage. Next, slide the Weight Bumpers (97) onto the Weight Carriage Tubes.



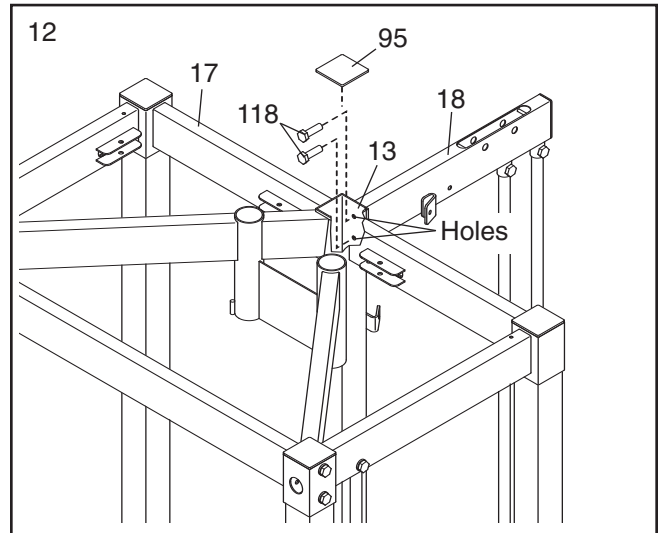
11. Attach the Weight Carriage Frame (18) to the Weight Carriage Guides (21) with two M8 x 40mm Bolts (52) and two M8 Nylon Locknuts (8). **Do not tighten the Nylon Locknuts yet.**



12. Locate the indicated holes inside the Center Upright (13). Insert an M10 x 25mm Screw (118) into the **lower hole**, and tighten the Screw into the Weight Carriage Frame (18). Next, tighten an M10 x 25mm Screw into the upper hole.

Press a 75mm Square Inner Cap (95) into the Top Frame (17).

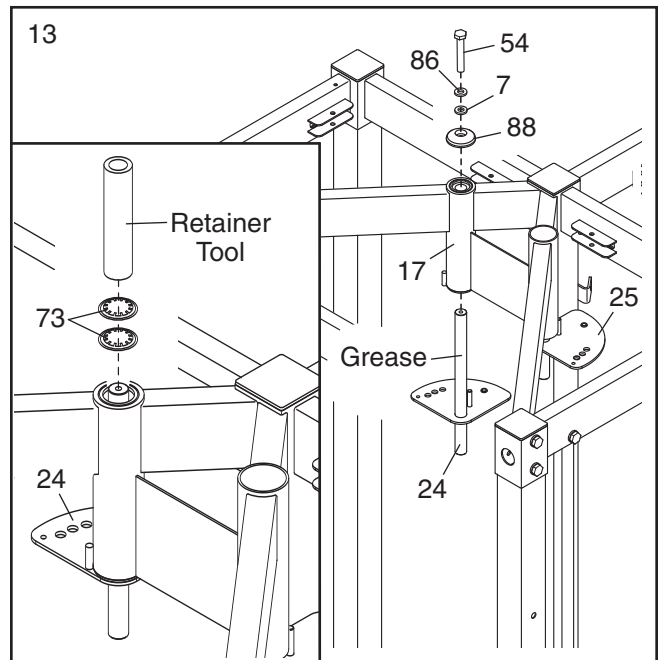
**See step 9. Tighten the M10 Nylon Locknut (37). See step 11. Tighten the M8 Nylon Locknuts (8).**



13. Grease the top of the Right Adjustment Bracket (24), and insert it into the Top Frame (17). **See the inset drawing.** Orient two Bracket Retainers (73) so that the teeth bend **upward**. Using the included retainer tool, tap the Bracket Retainers onto the Right Adjustment Bracket.

Attach the Right Adjustment Bracket (24) to the Top Frame (17) with an M10 x 30mm Screw (54), an M10 Lock Washer (86), an M10 Large Washer (7), and a Bushing Cap (88). **Do not overtighten the Screw; the Right Adjustment Bracket must pivot easily.**

**Attach the Left Adjustment Bracket (25) in the same way.**

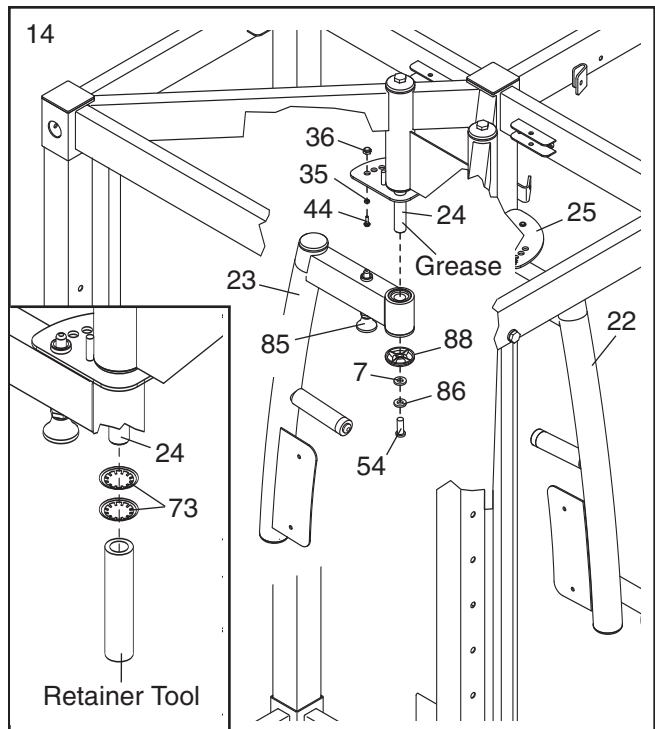


14. Grease the bottom of the Right Adjustment Bracket (24), and slide the Right Arm (23) onto the Right Adjustment Bracket. **See the inset drawing.** Orient two Bracket Retainers (73) so that the teeth bend **downward**. Tap the Bracket Retainers onto the Right Adjustment Bracket.

Attach the Right Arm (23) to Right Adjustment Bracket (24) with an M10 x 30mm Screw (54), an M10 Lock Washer (86), an M10 Large Washer (7), and a Bushing Cap (88). **Do not overtighten the Screw; the Right Arm must pivot easily.**

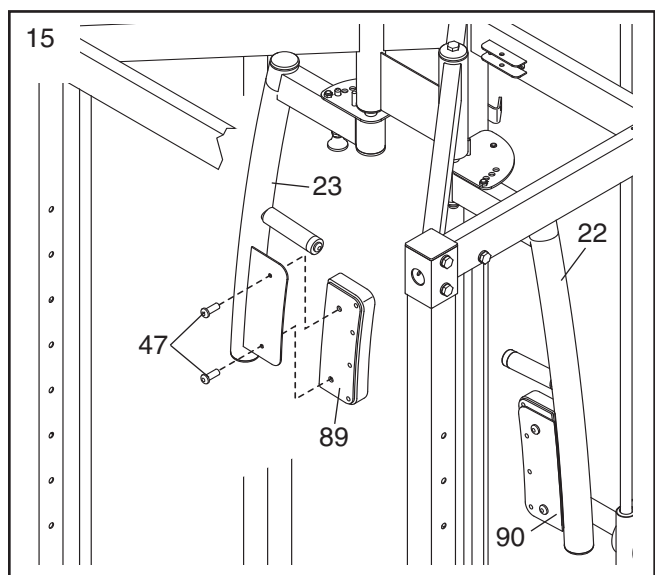
Pull the Arm Knob (85), and engage it into a hole in the Right Adjustment Bracket (24). Then, attach an M6 x 15mm Bolt (44) to the Right Adjustment Bracket with an Adjustment Bracket Bushing (35) and an M6 Nylon Locknut (36).

**Attach the Left Arm (22) to the Left Adjustment Bracket (25) in the same way.**

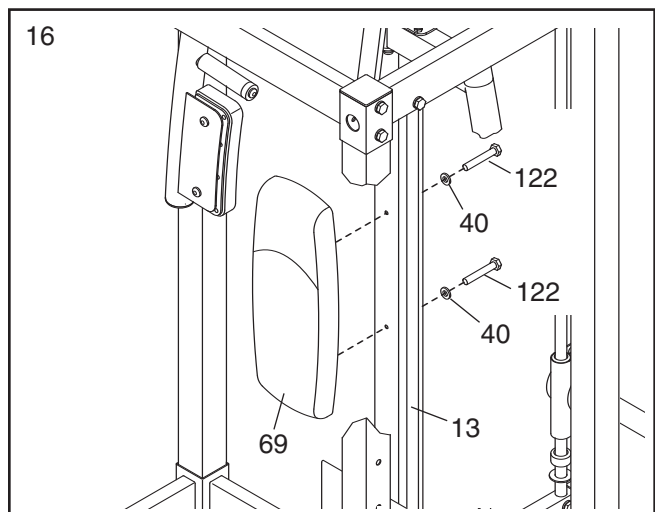


15. Identify the Right Arm Pad (89), which is labeled with an "R." Attach the Right Arm Pad to the Right Arm (23) with two M6 x 16mm Screws (47).

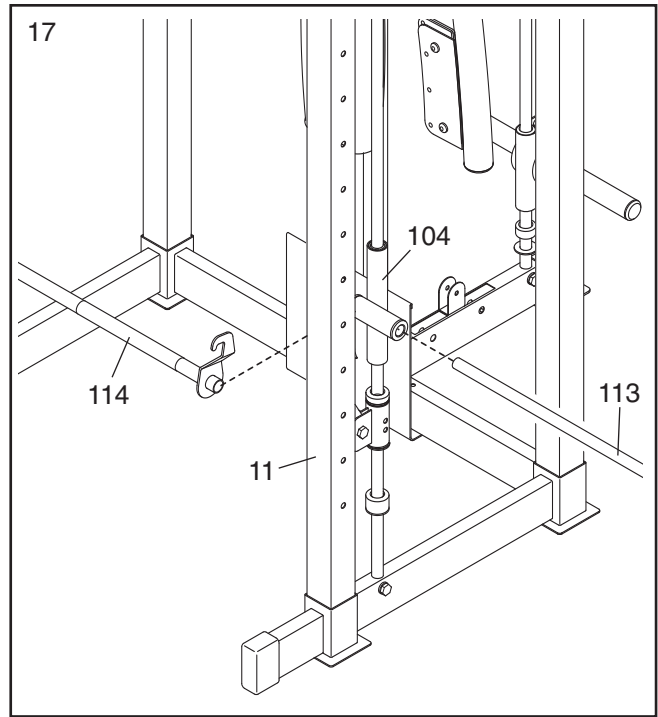
**Attach the Left Arm Pad (90) to the Left Arm (22) in the same way.**



16. Orient the Butterfly Backrest (69) as shown, and attach it to the Center Upright (13) with two M6 x 90mm Screws (122) and two M6 Washers (40).

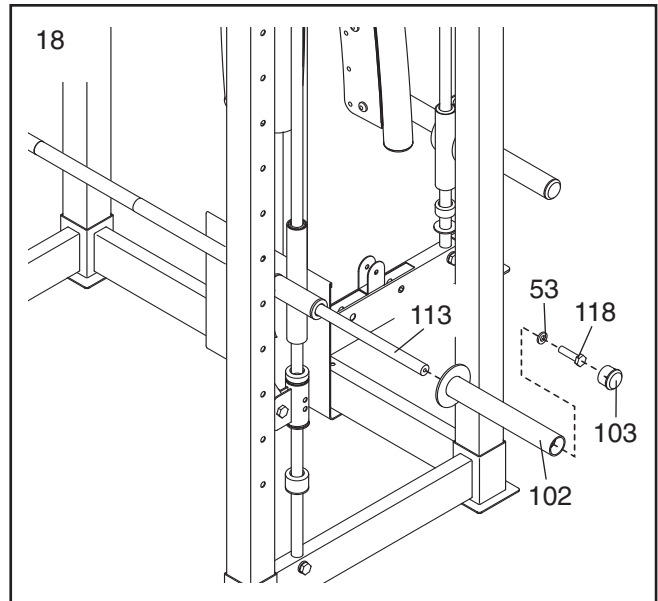


17. Orient the Locking Bar (114) as shown. Hold the Locking Bar between the left Barbell Carriage (104) and the right Barbell Carriage (not shown). Insert the Barbell (113) into the left Barbell Carriage, the Locking Bar, and the right Barbell Carriage. **Center the Barbell in the Barbell Carriages.** Then, engage the Locking Bar into slots in the Front Uprights (11).



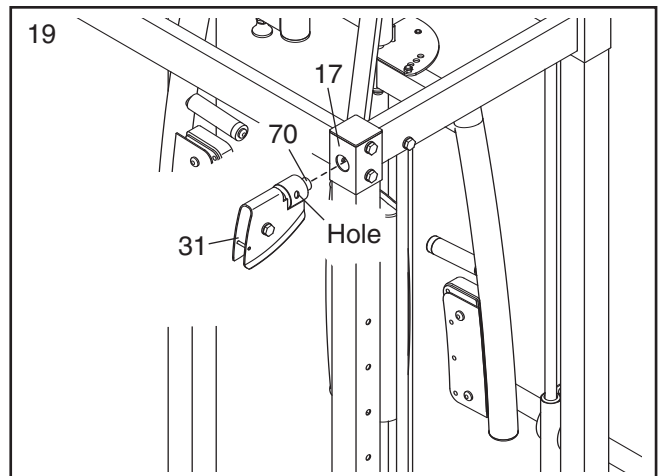
18. Attach a Barbell Adapter (102) to the Barbell (113) with an M10 x 25mm Screw (118) and a Large Washer (53). Then, press a 48mm x 3mm Round Inner Cap (103) into the Barbell Adapter.

**Attach the other Barbell Adapter (not shown) in the same way.**



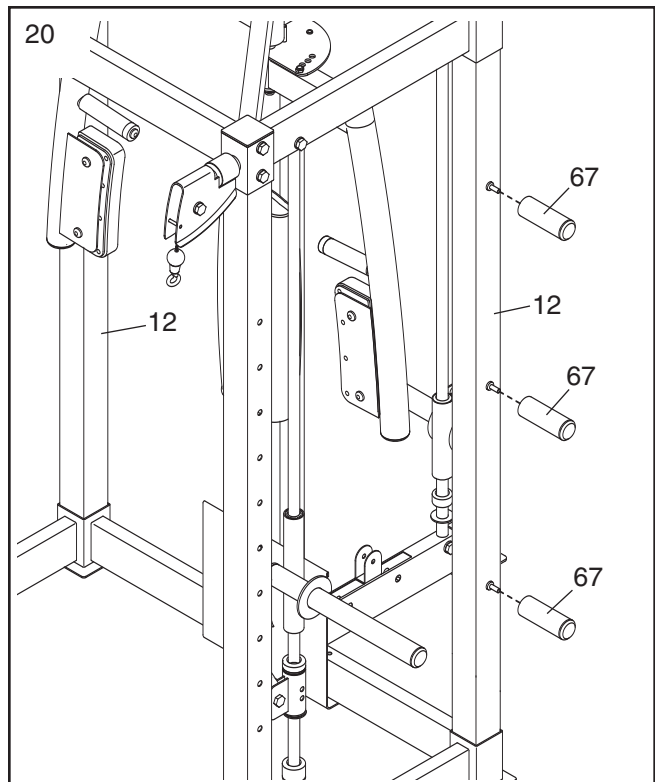
19. Insert a Phillips screwdriver into the indicated hole in a Swivel Bracket (31). Use the Phillips screwdriver to tighten the Trunnion (70) and the Swivel Bracket into the Top Frame (17).

**Attach the other Swivel Bracket (not shown) in the same way.**



20. Tighten three Weight Storage Tubes (67) onto a Rear Upright (12).

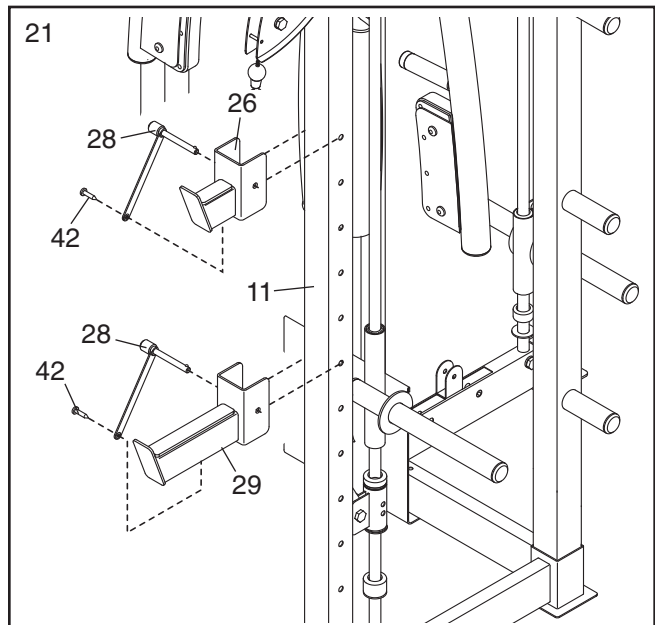
**Attach the remaining three Weight Storage Tubes (not shown) onto the other Rear Upright (12) in the same way.**



21. Attach an Upright Pin/Tether (28) to a Weight Rest (26) with an M4 x 16mm Self-tapping Screw (42). Hold the Weight Rest against one of the Front Uprights (11), and fully insert the Upright Pin into the Weight Rest and into one of the holes in the Front Upright. **Do not overtighten the Screw; the Tether must rotate easily.**

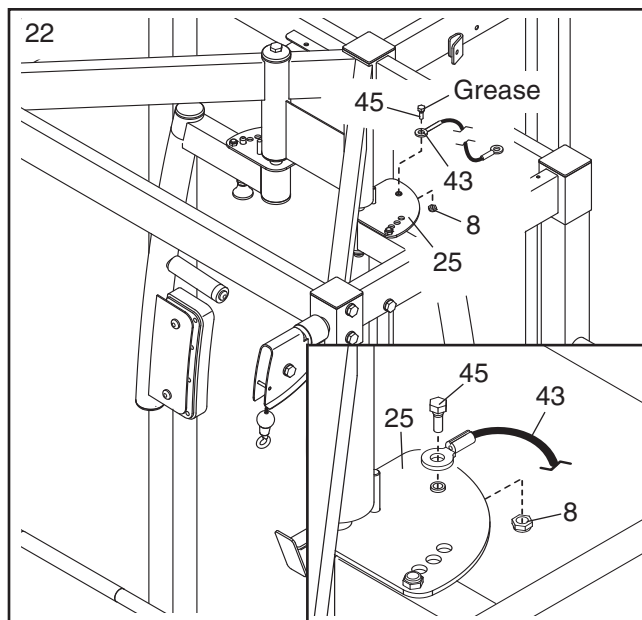
Attach an Upright Pin/Tether (28) to a Weight Spotter (29) with an M4 x 16mm Self-tapping Screw (42). Hold the Weight Spotter against the Front Upright (11), and fully insert the Upright Pin into the Weight Spotter and into one of the holes in the Front Upright.

**Attach the other Weight Rest (not shown) and the other Weight Spotter (not shown) to the other Front Upright (not shown) in the same way.**

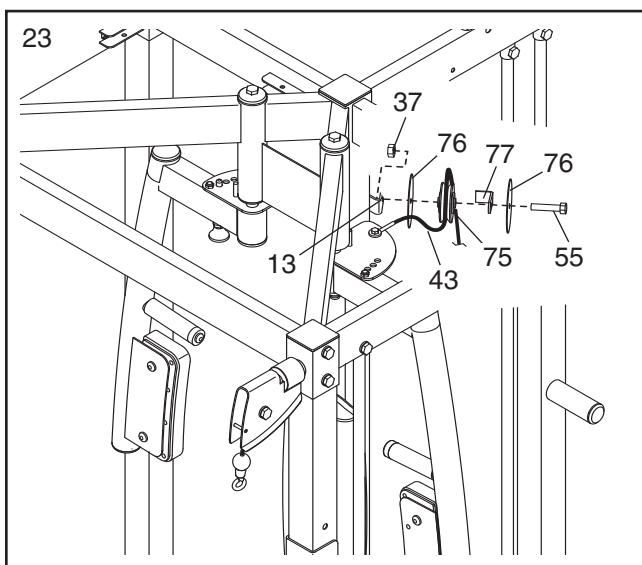


22. See the **CABLE DIAGRAM** on page 29 to identify the cables as you assemble them.

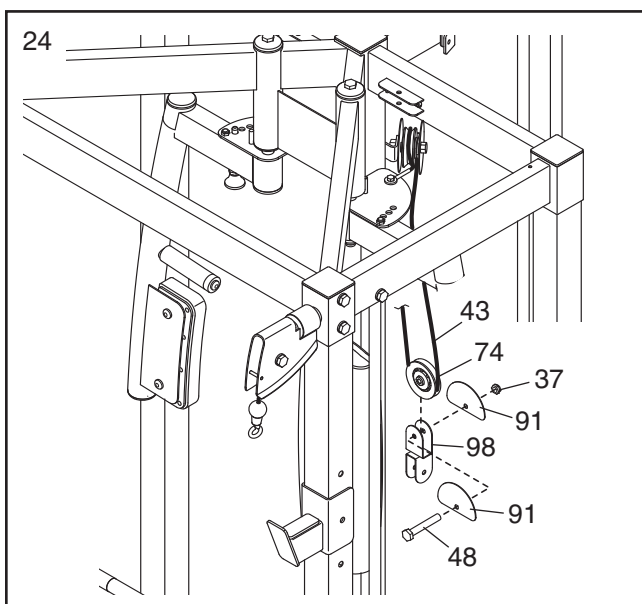
**Identify the Arm Cable (43).** Grease an M8 x 22mm Shoulder Bolt (45). Attach the Arm Cable to the Left Adjustment Bracket (25) with the Shoulder Bolt and an M8 Nylon Locknut (8). **Make sure that the flat edge of the cable is against the Left Adjustment Bracket. Do not overtighten the Shoulder Bolt; the Arm Cable must pivot easily.**



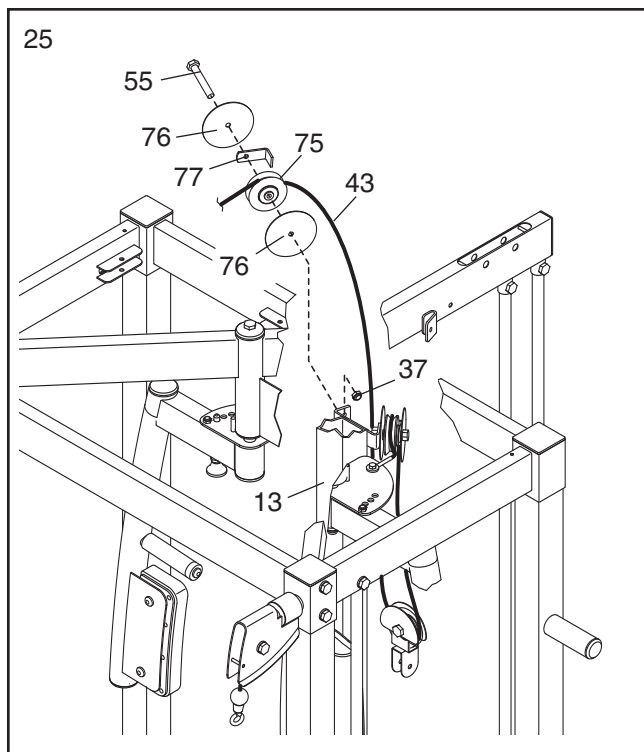
23. **Identify the two “V”-pulleys (75), which are wider than the other pulleys.** Wrap the Arm Cable (43) over a “V”-pulley. Attach the “V”-pulley, a Large Cable Trap (77), and two Full Pulley Guards (76) to the indicated bracket on the Center Upright (13) with an M10 x 60mm Bolt (55) and an M10 Nylon Locknut (37). **Make sure that the Large Cable Trap is oriented to hold the Arm Cable in the groove of the “V”-pulley.**



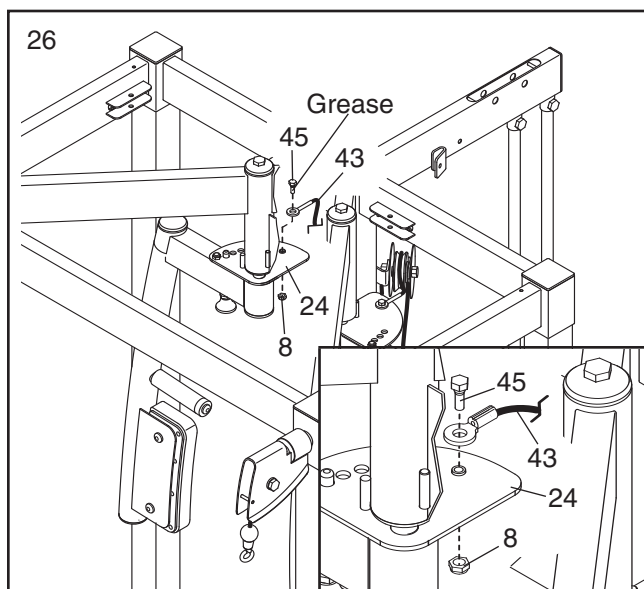
24. Wrap the Arm Cable (43) under a Small Pulley (74). Attach the Small Pulley and two Half Pulley Guards (91) to the Double “U”-bracket (98) with an M10 x 45mm Bolt (48) and an M10 Nylon Locknut (37). **Make sure that the Half Pulley Guards are oriented as shown.**



25. Wrap the Arm Cable (43) over a “V”-pulley (75). Attach the “V”-pulley, a Large Cable Trap (77), and two Full Pulley Guards (76) to the other side of the bracket on the Center Upright (13) with an M10 x 60mm Bolt (55) and an M10 Nylon Locknut (37). **Make sure that the Large Cable Trap is oriented to hold the Arm Cable in the groove of the “V”-pulley.**

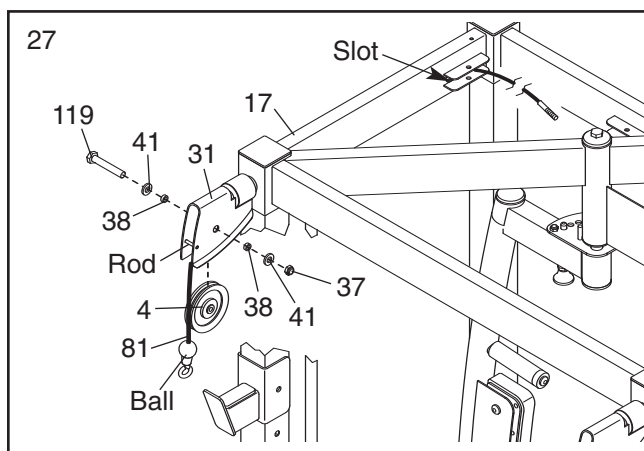


26. Grease an M8 x 22mm Shoulder Bolt (45). Attach the Arm Cable (43) to the Right Adjustment Bracket (24) with the Shoulder Bolt and an M8 Nylon Locknut (8). **See the inset drawing. Make sure that the flat edge of the cable is against the Right Adjustment Bracket. Do not over-tighten the Shoulder Bolt; the Arm Cable must pivot easily.**

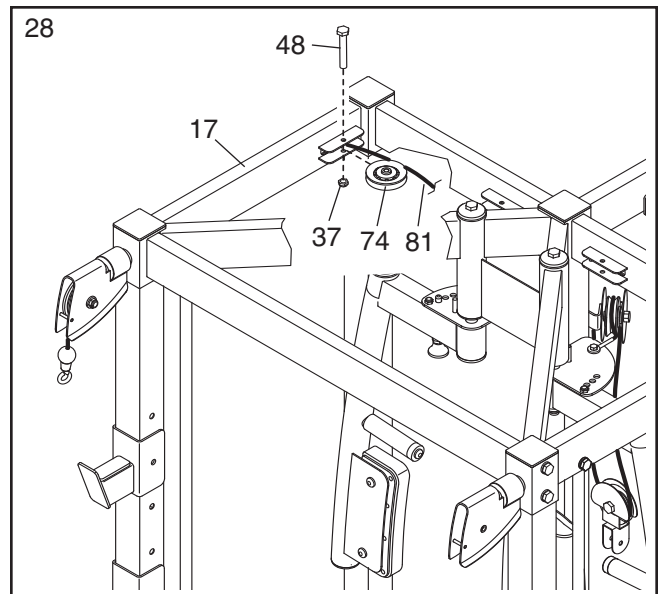


27. **Identify the High Cable (81).** Feed the High Cable under the indicated rod into the right Swivel Bracket (31). Continue feeding the High Cable into the Top Frame (17), and then pull the end of the High Cable out of the indicated slot in the Top Frame.

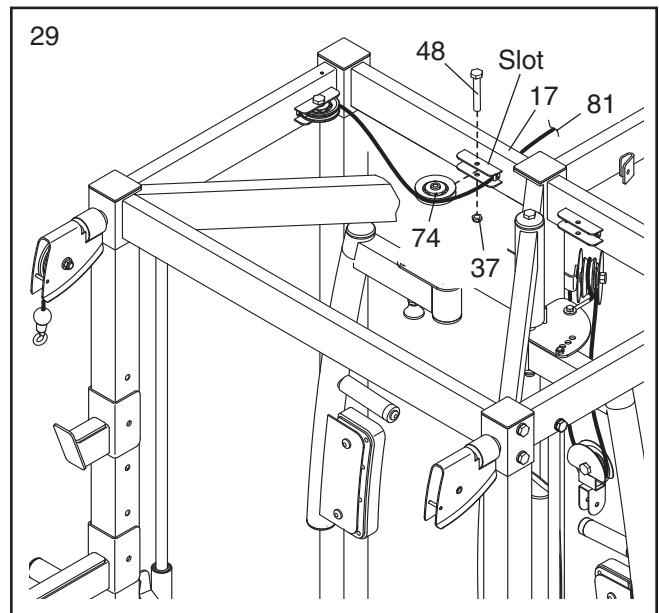
Wrap the High Cable (81) over a Large Pulley (4). Attach the Large Pulley inside the Swivel Bracket (31) with an M10 x 55mm Bolt (119), two M10 Washers (41), two M10 x 6.5mm Spacers (38), and an M10 Nylon Locknut (37).



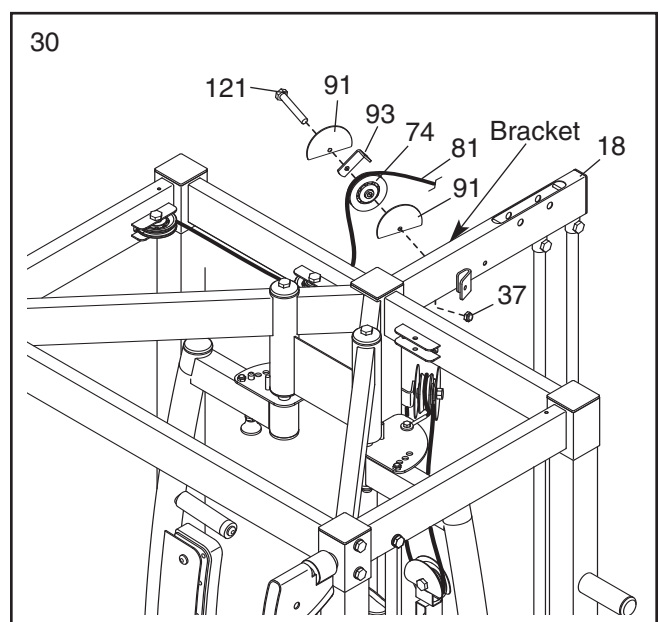
28. Wrap the High Cable (81) around a Small Pulley (74). Attach the Small Pulley to the Top Frame (17) with an M10 x 45mm Bolt (48) and an M10 Nylon Locknut (37).



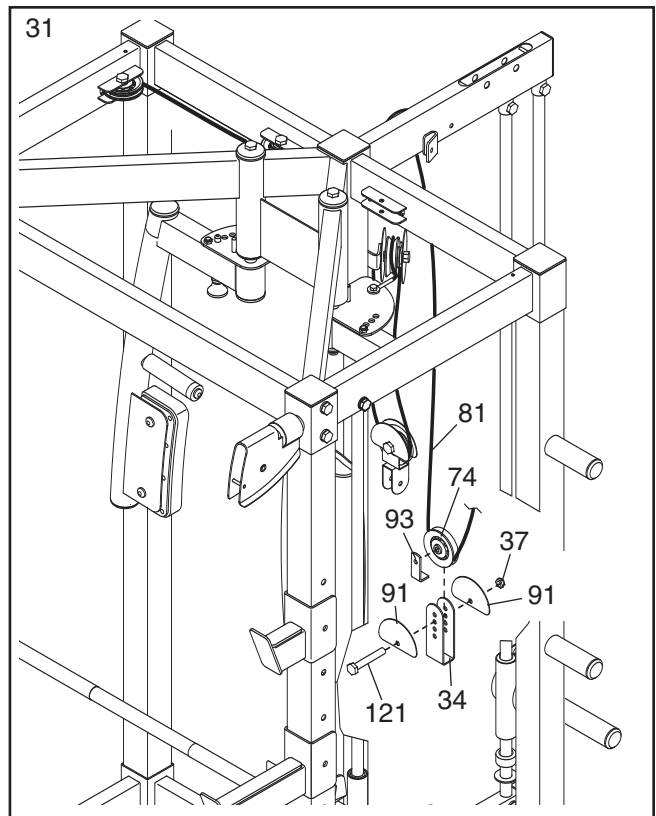
29. Feed the High Cable (81) through the indicated slot in the Top Frame (17). Wrap the High Cable around a Small Pulley (74). Attach the Small Pulley to the Top Frame with an M10 x 45mm Bolt (48) and an M10 Nylon Locknut (37).



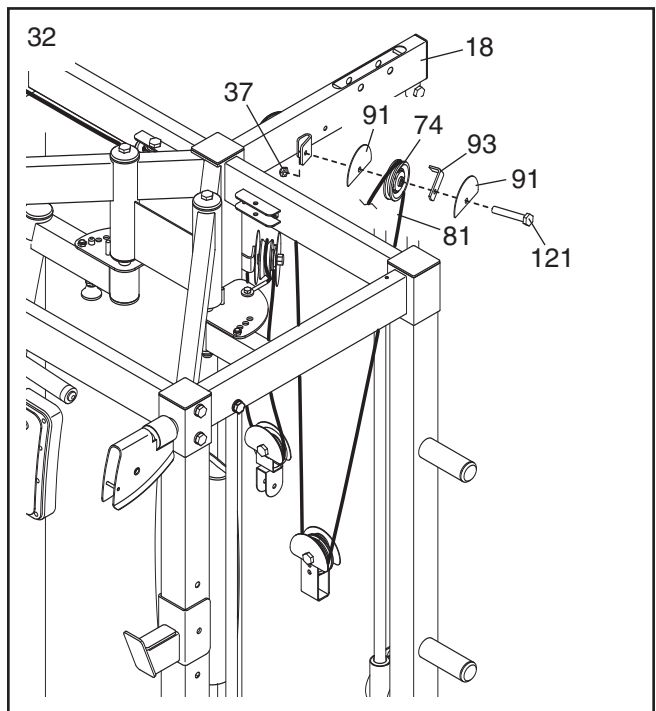
30. Wrap the High Cable (81) over a Small Pulley (74). Attach the Small Pulley, a Small Cable Trap (93), and two Half Pulley Guards (91) to the indicated bracket on the Weight Carriage Frame (18) with an M10 x 48mm Bolt (121) and an M10 Nylon Locknut (37). **Make sure that the Small Cable Trap and the Half Pulley Guards are oriented as shown.**



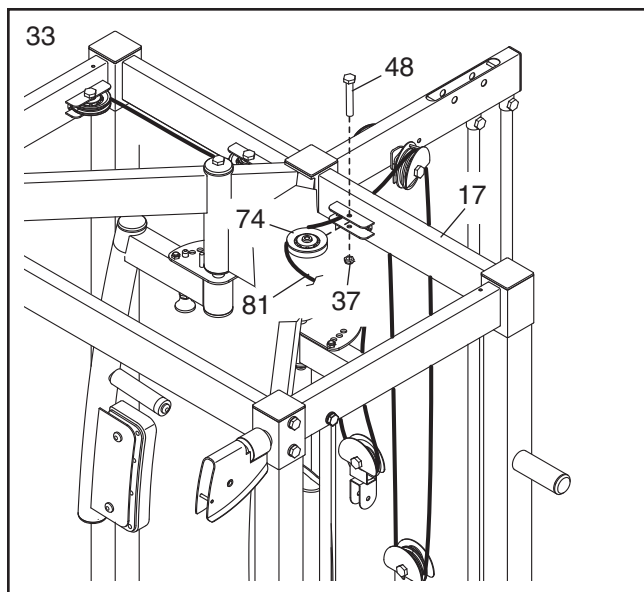
31. Wrap the High Cable (81) under a Small Pulley (74). Attach the Small Pulley, a Small Cable Trap (93), and two Half Pulley Guards (91) to the second hole from the top of the "U"-bracket (34) with an M10 x 48mm Bolt (121) and an M10 Nylon Locknut (37). **Make sure that the Small Cable Trap and the Half Pulley Guards are oriented as shown.**



32. Wrap the High Cable (81) over a Small Pulley (74). Attach the Small Pulley, a Small Cable Trap (93), and two Half Pulley Guards (91) to the indicated bracket on the Weight Carriage Frame (18) with an M10 x 48mm Bolt (121) and an M10 Nylon Locknut (37). **Make sure that the Small Cable Trap and the Half Pulley Guards are oriented as shown.**

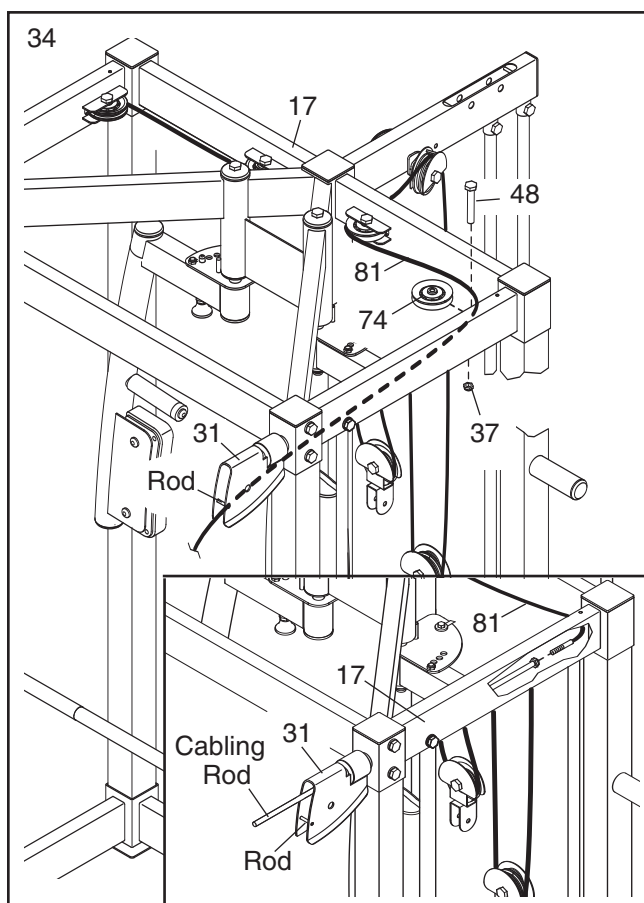


33. Feed the High Cable (81) through the indicated slot in the Top Frame (17). Wrap the High Cable around a Small Pulley (7). Attach the Small Pulley to the Top Frame with an M10 x 45mm Bolt (48) and an M10 Nylon Locknut (37).



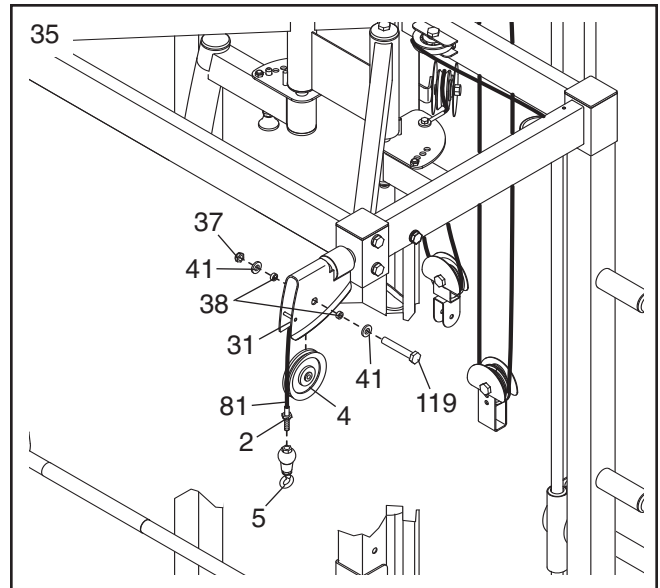
34. **See the inset drawing.** Insert the cabling rod into the left Swivel Bracket (31) and the Top Frame (17). Attach the cabling rod to the High Cable (81). Then, pull the cabling rod and the High Cable out of the Swivel Bracket. **Make sure that the High Cable is under the indicated rod.**

Wrap the High Cable (81) around a Small Pulley (74). Attach the Small Pulley to the Top Frame (17) with an M10 x 45mm Bolt (48) and an M10 Nylon Locknut (37).

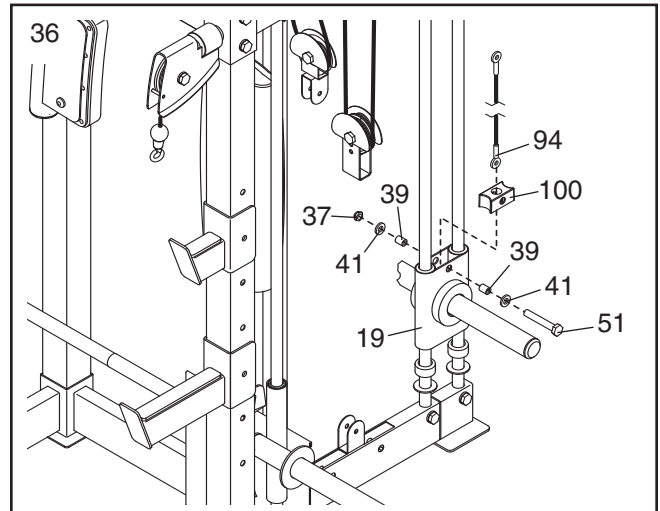


35. Wrap the High Cable (81) over a Large Pulley (4). Attach the Large Pulley inside the Swivel Bracket (31) with an M10 x 55mm Bolt (119), two M10 Washers (41), two M10 x 6.5mm Spacers (38), and an M10 Nylon Locknut (37).

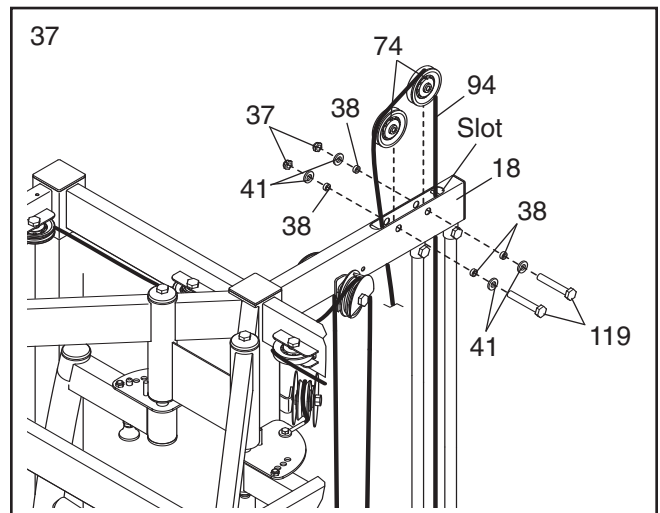
Remove the M8 Jamnut (2) from the High Cable (81), and slide the Cable Stop (6) onto the Cable. Next, tighten the Jamnut onto the Cable as far as possible, tighten the Cable Eyelet (5) onto the Cable as far as possible, and then tighten the Jamnut against the Cable Eyelet. Then, slide the Cable Stop down onto the Cable Eyelet.



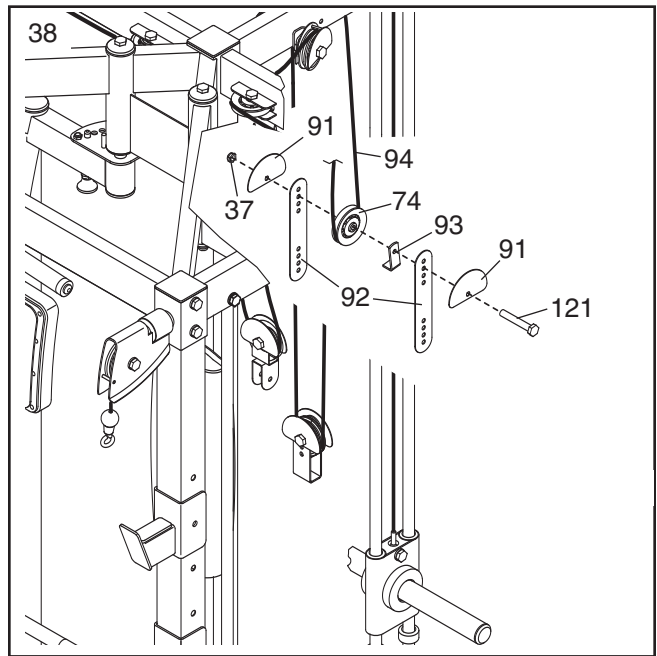
36. **Identify the Rear Cable (94).** Press the Weight Carriage Block (100) into the Weight Carriage (19). Insert one end of the Rear Cable into the center of the Weight Carriage Block. Attach the Rear Cable and the Weight Carriage Block to the Weight Carriage with an M10 x 65mm Bolt (51), two M10 Washers (41), two M10 x 20mm Spacers (39), and an M10 Nylon Locknut (37).



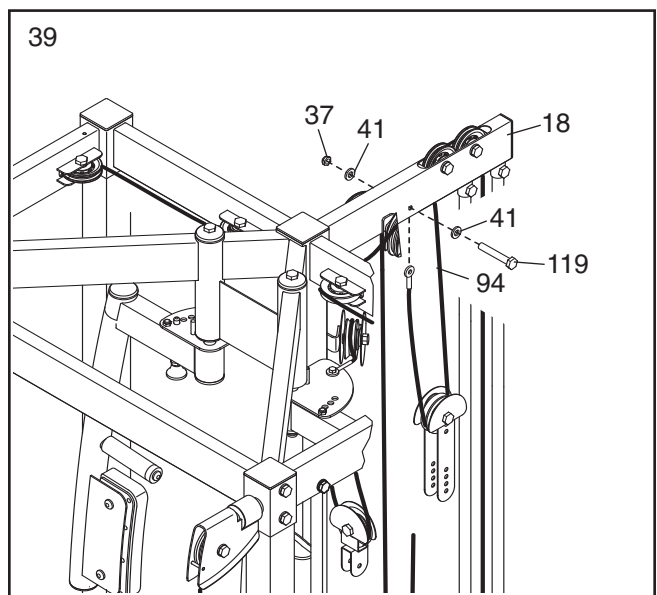
37. Route the Rear Cable (94) through the Weight Carriage Frame (18) as shown. Insert a Small Pulley (74) into the slot in the Weight Carriage Frame. Then, insert another Small Pulley (74). Attach each Small Pulley with an M10 x 55mm Bolt (119), two M10 Washers (41), two M10 x 6.5mm Spacers (38), and an M10 Nylon Locknut (37).



38. Wrap the Rear Cable (94) under a Small Pulley (74). Attach the Small Pulley, a Small Cable Trap (93), and two Half Pulley Guards (91) at the second hole from either end of the two Pulley Plates (92) with an M10 x 48mm Bolt (121) and an M10 Nylon Locknut (37). **Make sure that the Small Cable Trap and the Half Pulley Guards are oriented as shown.**

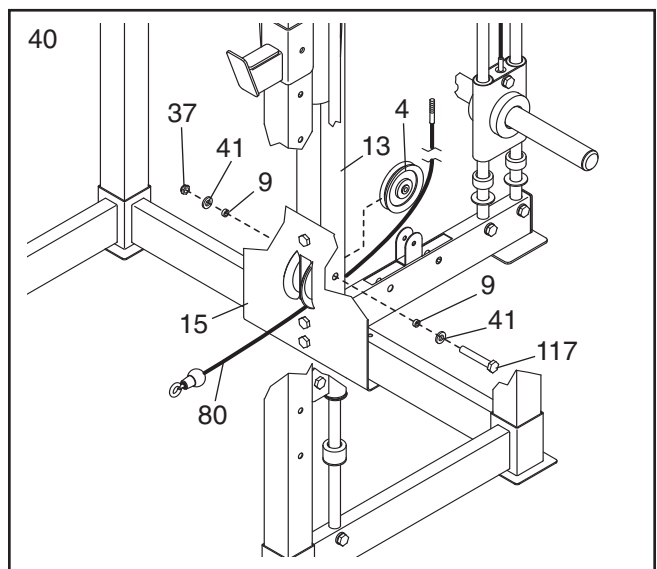


39. Attach the Rear Cable (94) inside the Weight Carriage Frame (18) with an M10 x 55mm Bolt (119), two M10 Washers (41), and an M10 Nylon Locknut (37).

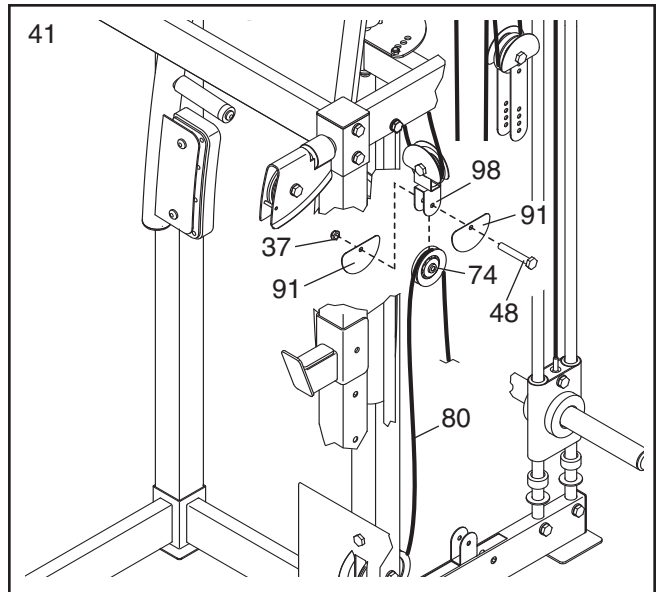


40. **Identify the Low Cable (80).** Route the threaded end of the Low Cable through the Foot Plate (15) and the Center Upright (13).

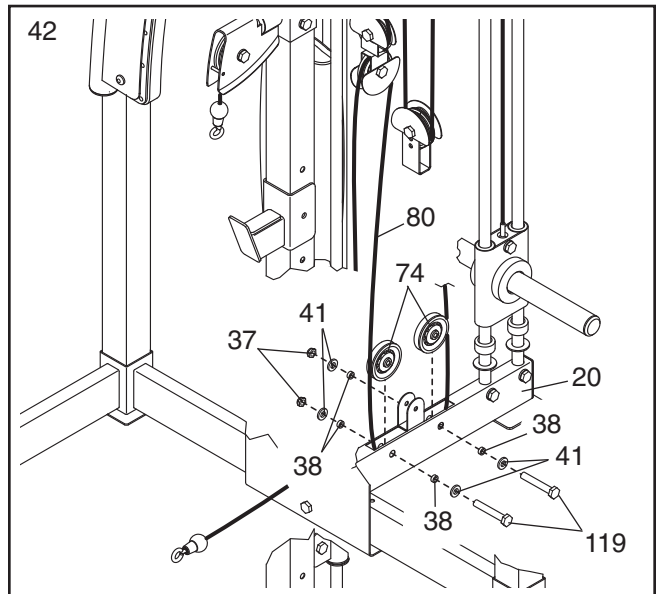
Wrap the Low Cable (80) under a Large Pulley (4). Attach the Large Pulley inside the Center Upright (13) with an M10 x 93mm Bolt (117), two M10 Washers (41), two M10 x 25mm Spacers (9), and an M10 Nylon Locknut (37).



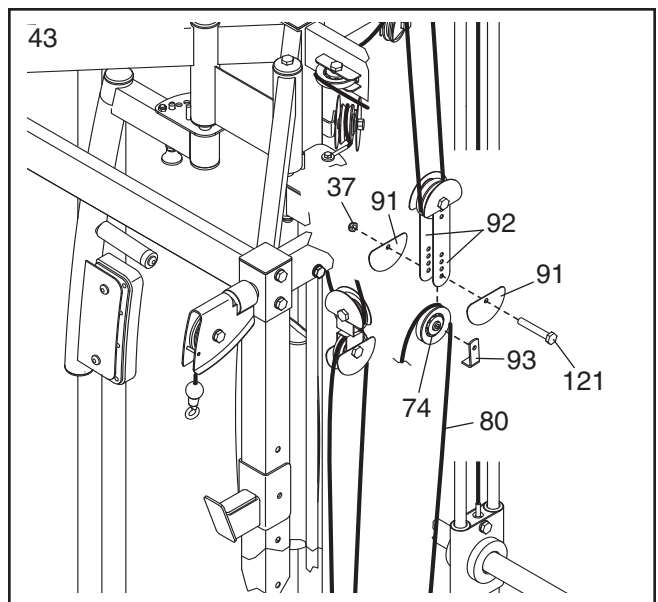
41. Wrap the Low Cable (80) over a Small Pulley (74). Attach the Small Pulley and two Half Pulley Guards (91) to the Double "U"-bracket (98) with an M10 x 45mm Bolt (48) and an M10 Nylon Locknut (37). **Make sure that the Half Pulley Guards are oriented as shown.**



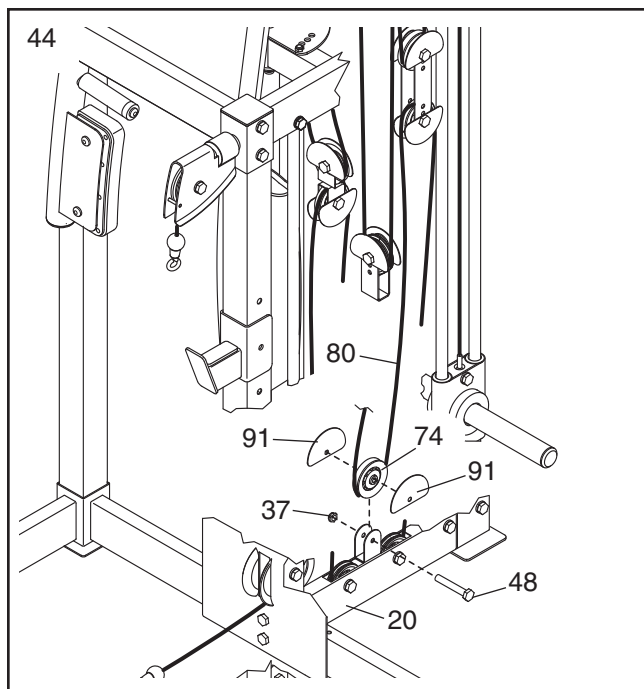
42. Route the Low Cable (80) through the Weight Carriage Base (20) as shown. Attach two Small Pulleys (74) inside the Weight Carriage Base with two M10 x 55mm Bolts (119), four M10 Washers (41), four M10 x 6.5mm Spacers (38), and two M10 Nylon Locknuts (37).



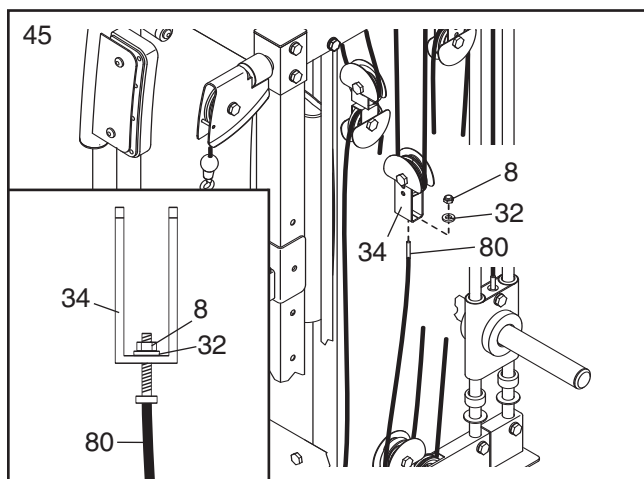
43. Wrap the Low Cable (80) over a Small Pulley (74). Attach the Small Pulley, a Small Cable Trap (93), and two Half Pulley Guards (91) at the second hole from the bottom of the two Pulley Plates (92) with an M10 x 48mm Bolt (121) and an M10 Nylon Locknut (37). **Make sure that the Small Cable Trap and the Half Pulley Guards are oriented as shown.**



44. Wrap the Low Cable (80) under a Small Pulley (74). Attach the Small Pulley and two Half Pulley Guards (91) to the Weight Carriage Base (20) with an M10 x 45mm Bolt (48) and an M10 Nylon Locknut (37). **Make sure that the Half Pulley Guards are oriented as shown.**



45. Attach the Low Cable (80) to the “U”-bracket (34) with an M8 Nylon Locknut (8) and an M8 Washer (32) (see the inset drawing). **Tighten the Nylon Locknut exactly two full turns onto the Low Cable.**



46. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT, beginning on the following page.

Before using the weight system, pull each cable a few times to make sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 29 for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables. See MAINTENANCE on page 28.**

# ADJUSTMENT

This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 30 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

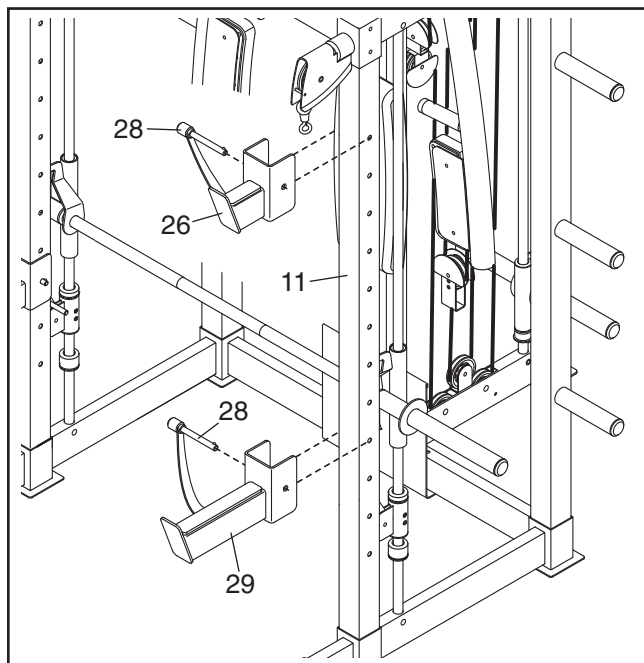
## USING THE WEIGHT RESTS AND THE WEIGHT SPOTTERS

Before using a separate barbell (not included), set the Weight Spotters (29) at the lowest point to which you want your barbell to move.

To do this, hold a Weight Spotter (29) and pull out the Upright Pin (28). Move the Weight Spotter to the desired height, and reengage the Upright Pin into the Weight Spotter and the Front Upright (11).

**Adjust the other Weight Spotter (not shown) and the two Weight Rests (26) in the same way.**

**⚠ WARNING:** Always adjust both Weight Spotters (29) and both Weight Rests (26) to the same height.

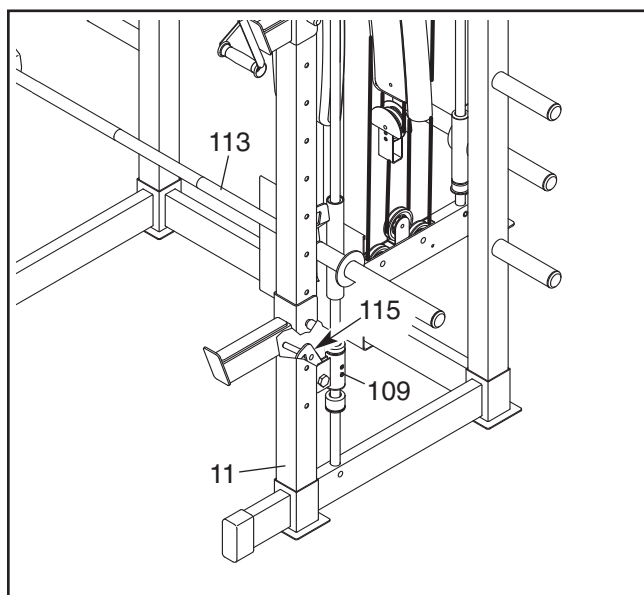


## MOVING THE BARBELL SPOTTERS

To move the left Barbell Spotter (109), grip the handle on the Left Spotter Hook (115) and pull the hook out of the slot in the Front Upright (11). Raise or lower the Barbell Spotter to a new position, and pivot the hook back into a slot in the Front Upright. **Note: Always start an exercise with the Barbell Spotters positioned at the lowest point to which you want the Barbell (113) to move during the exercise.**

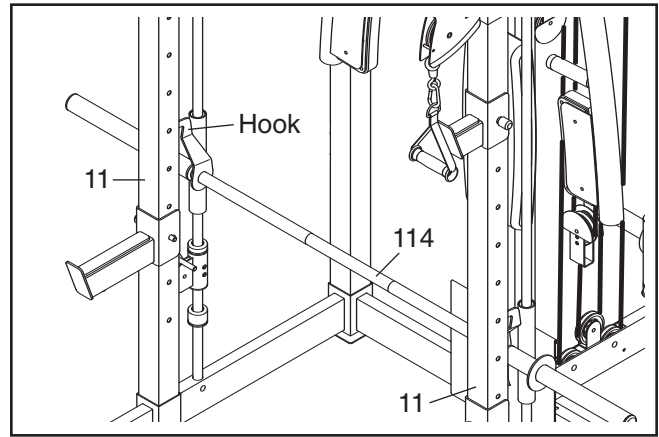
**Adjust the right Barbell Spotter (not shown) in the same way.**

**⚠ WARNING:** Always set both Barbell Spotters (109) at the same height.



## USING THE LOCKING BAR

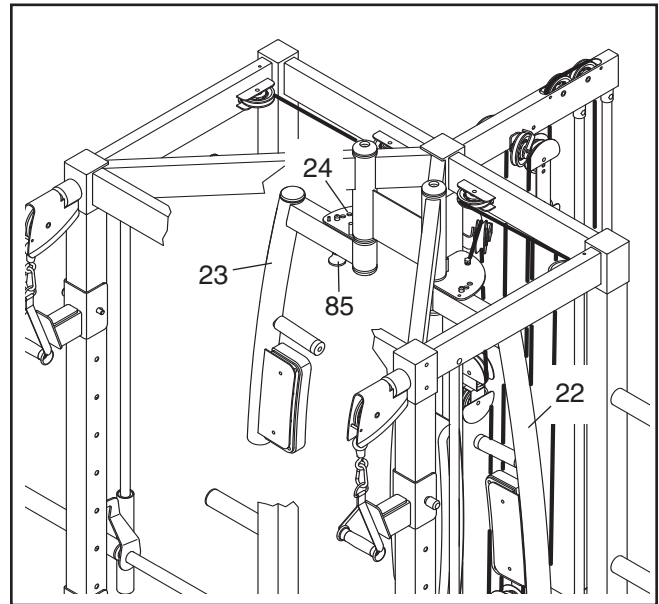
Grip the Locking Bar (114) with both hands. Turn the Locking Bar until the two hooks disengage the slots in the Front Uprights (11). Raise or lower the Locking Bar to a new position and turn it until the hooks engage slots in the Front Uprights.



## ADJUSTING THE ARMS

To change the position of the Right Arm (23), pull the Arm Knob (85) out of the Right Adjustment Bracket (24). Then, rotate the Right Arm to the desired position, and reengage the Arm Knob into the Right Adjustment Bracket. **Change the position of the Left Arm (22) in the same way.**

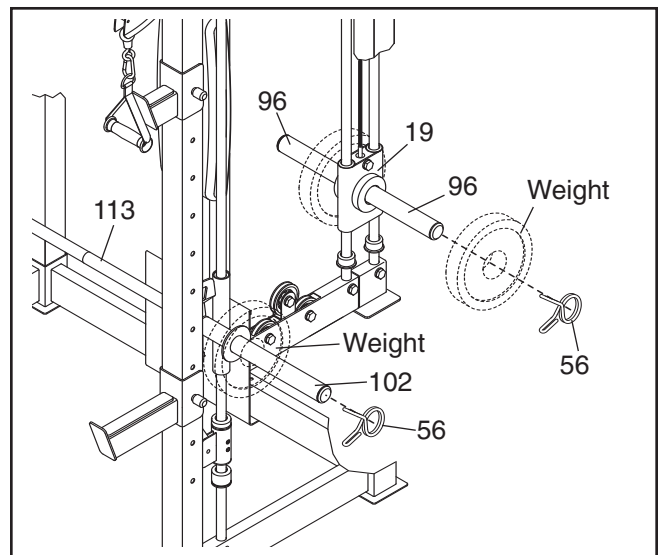
**WARNING:** Always adjust both the Arms (22, 23) to the same position.



## ADDING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE

To use the Barbell (113) or the Weight Carriage (19), slide the desired amount of weight (not included) onto the Barbell Adapters (102) or the Weight Carriage Tubes (96). Secure the weights with the Weight Clips (56).

**WARNING:** Do not place more than 310 lbs. (140 kg) on the Barbell (113), or 150 lbs. (68 kg) on the Weight Carriage (19). Always place the same amount of weight on each side of the Barbell or the Weight Carriage. Always secure weights with the Weight Clips (56).

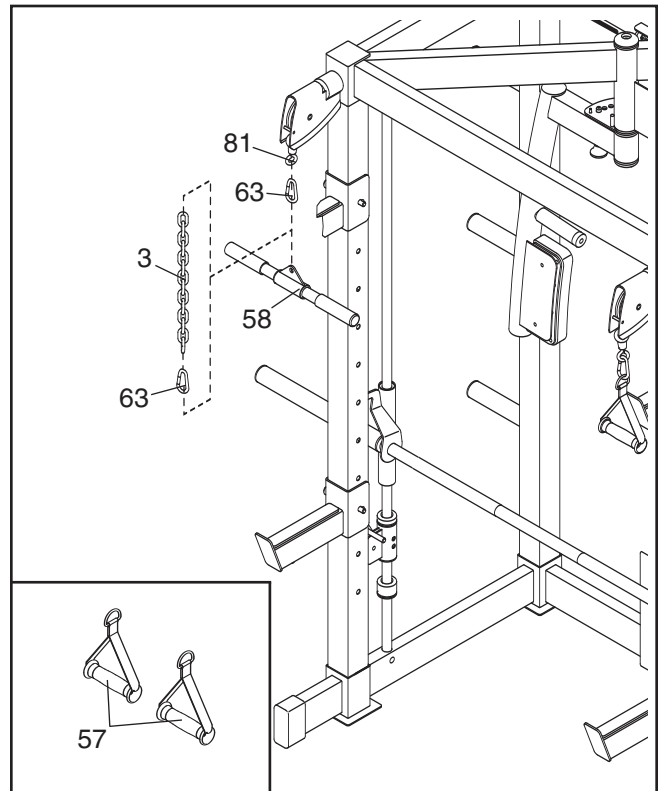


## ATTACHING THE ACCESSORIES TO THE HIGH PULLEY STATION

To use the high pulley station, first place the desired weights on the weight carriage (see **ADDING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE** on page 26). Next, attach the Lat Bar (58) to the High Cable (81) with a Cable Clip (63). For some exercises, the Chain (3) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

**See the inset drawing.** The Pulley Handles (57) can be attached to the High Cable (81) in the same way.

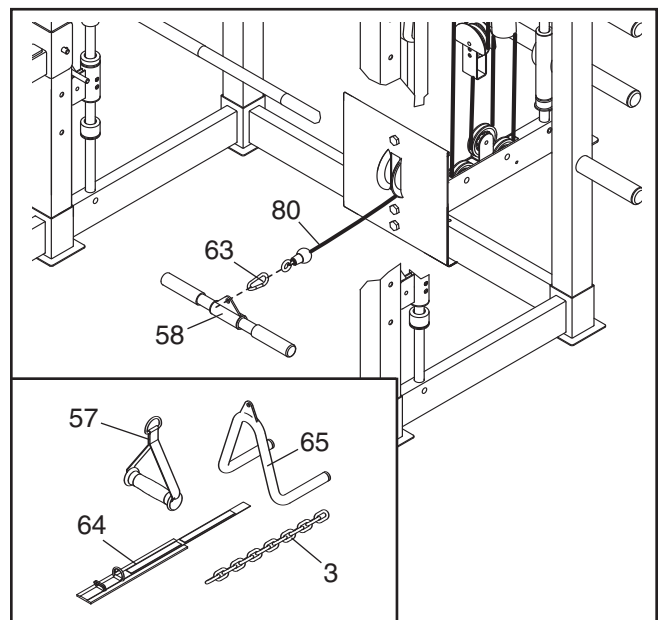
**⚠ WARNING:** Always disconnect the Lat Bar (58) when performing an exercise that does not require using the Lat Bar.



## ATTACHING THE ACCESSORIES TO THE LOW PULLEY STATION

To use the low pulley station, first place the desired weights on the weight carriage (see **ADDING WEIGHTS TO THE BARBELL OR THE WEIGHT CARRIAGE** on page 26). Next, attach the Lat Bar (58) to the Low Cable (80) with a Cable Clip (63). For some exercises, the Chain (3) should be attached between the Lat Bar and the Cable with two Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so that the Lat Bar is in the correct starting position for the exercise to be performed.**

**See the inset drawing.** The Ankle Strap (64), a Pulley Handle (57), and the Row Bar (65) can be attached to the Low Cable (80) in the same way.



# MAINTENANCE

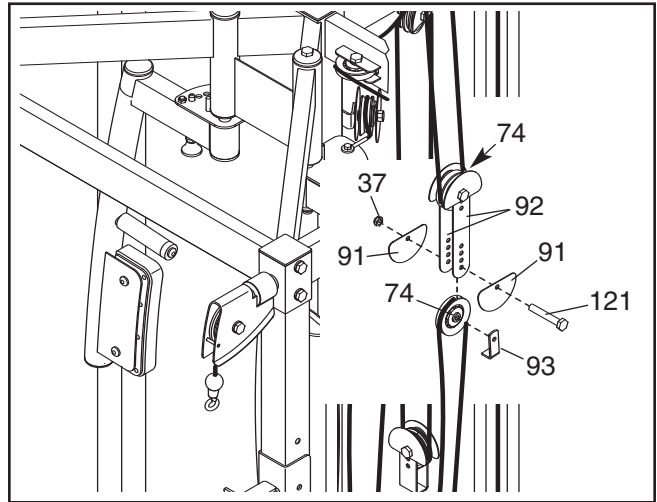
Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight system.**

## TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. **See ADDING WEIGHTS TO THE WEIGHT CARRIAGE in the ADJUSTMENT section of this manual.** Add some weights to the weight carriage. Slack can be removed from the cables several ways:

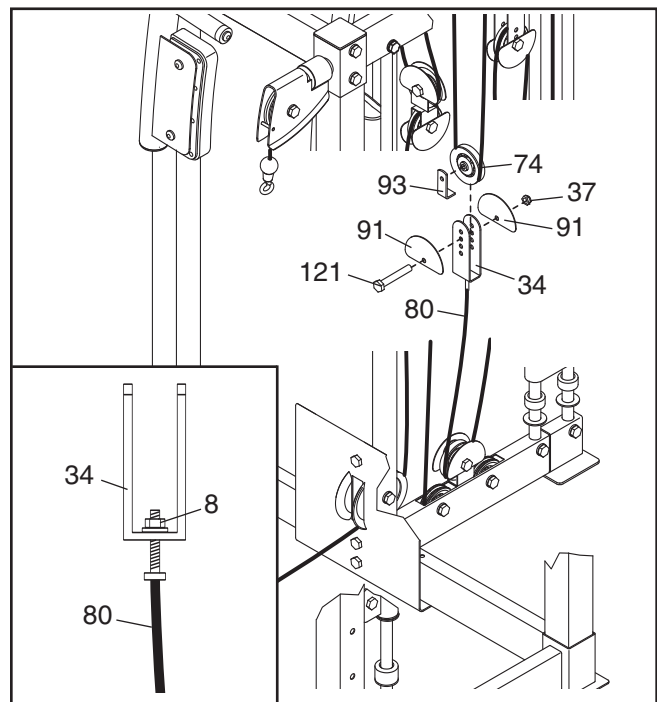
Remove the M10 Nylon Locknut (37) and the M10 x 48mm Bolt (121) from the two Half Pulley Guards (91), the Small Cable Trap (93), and the Small Pulley (74) near the lower end of the two Pulley Plates (92). Reattach the Small Pulley, Small Cable Trap, and Half Pulley Guards to a hole closer to the center of the Pulley Plates. **Make sure that the Small Cable Trap is in the proper position and that the Low Cable (80) and Small Pulley move smoothly.**

If necessary, adjust the position of the Small Pulley (74) near the upper end of the Pulley Plates (92) in the same way.



**See the inset drawing.** Tighten the M8 Nylon Locknut (8) that connects the end of the Low Cable (80) to the “U”-bracket (34).

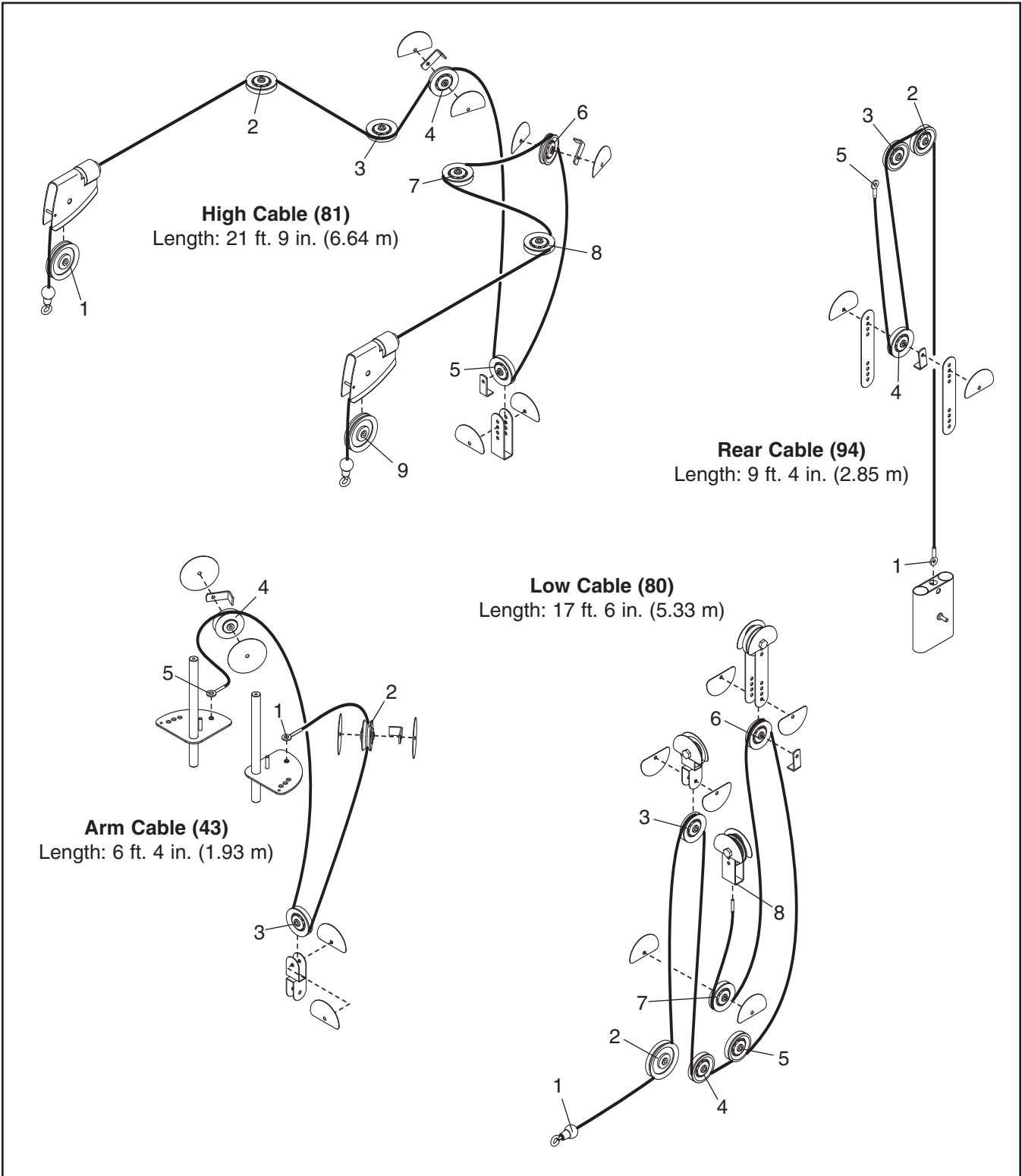
Remove the M10 Nylon Locknut (37) and the M10 x 48mm Bolt (121) from the two Half Pulley Guards (91), the Small Cable Trap (93), and the Small Pulley (74) attached to the “U”-bracket (34). Reattach the Small Pulley, Small Cable Trap, and Half Pulley Guards to a lower hole in the “U”-bracket. **Make sure that the Small Cable Trap is in the proper position and that the Low Cable (80) and Small Pulley move smoothly.**



**Do not overtighten the cables. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it.** If a cable needs to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.

# CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper routing for that cable. Use the diagram to make sure that the cables, cable traps, and pulley guards are assembled correctly. If the cables, cable traps, and pulley guards are not assembled correctly, the weight system will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**



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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

### Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stage. Never hold your breath.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

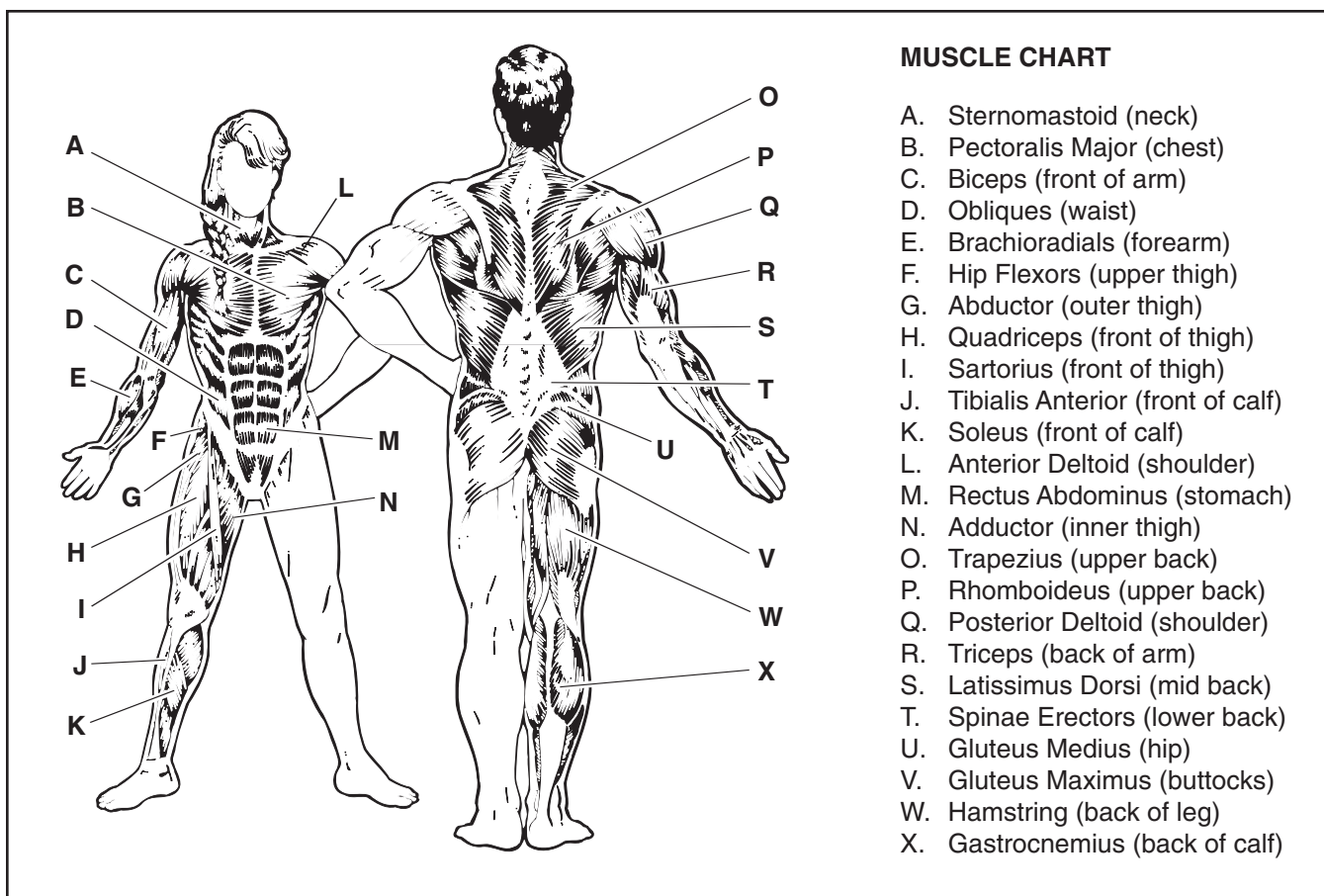
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

## COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

## STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



<b>MONDAY</b> Date: _____ / /	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>

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**TUESDAY**      **AEROBIC EXERCISE**  
 Date: \_\_\_\_\_  
 / /

<b>WEDNESDAY</b> Date: _____ / /	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>

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**THURSDAY**      **AEROBIC EXERCISE**  
 Date: \_\_\_\_\_  
 / /

<b>FRIDAY</b> Date: _____ / /	<b>EXERCISE</b>	<b>WEIGHT</b>	<b>SETS</b>	<b>REPS</b>

Make photocopies of this page for scheduling and recording your workouts.

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# NOTES

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# NOTES

# PART LIST—Model No. FMBE9097.0

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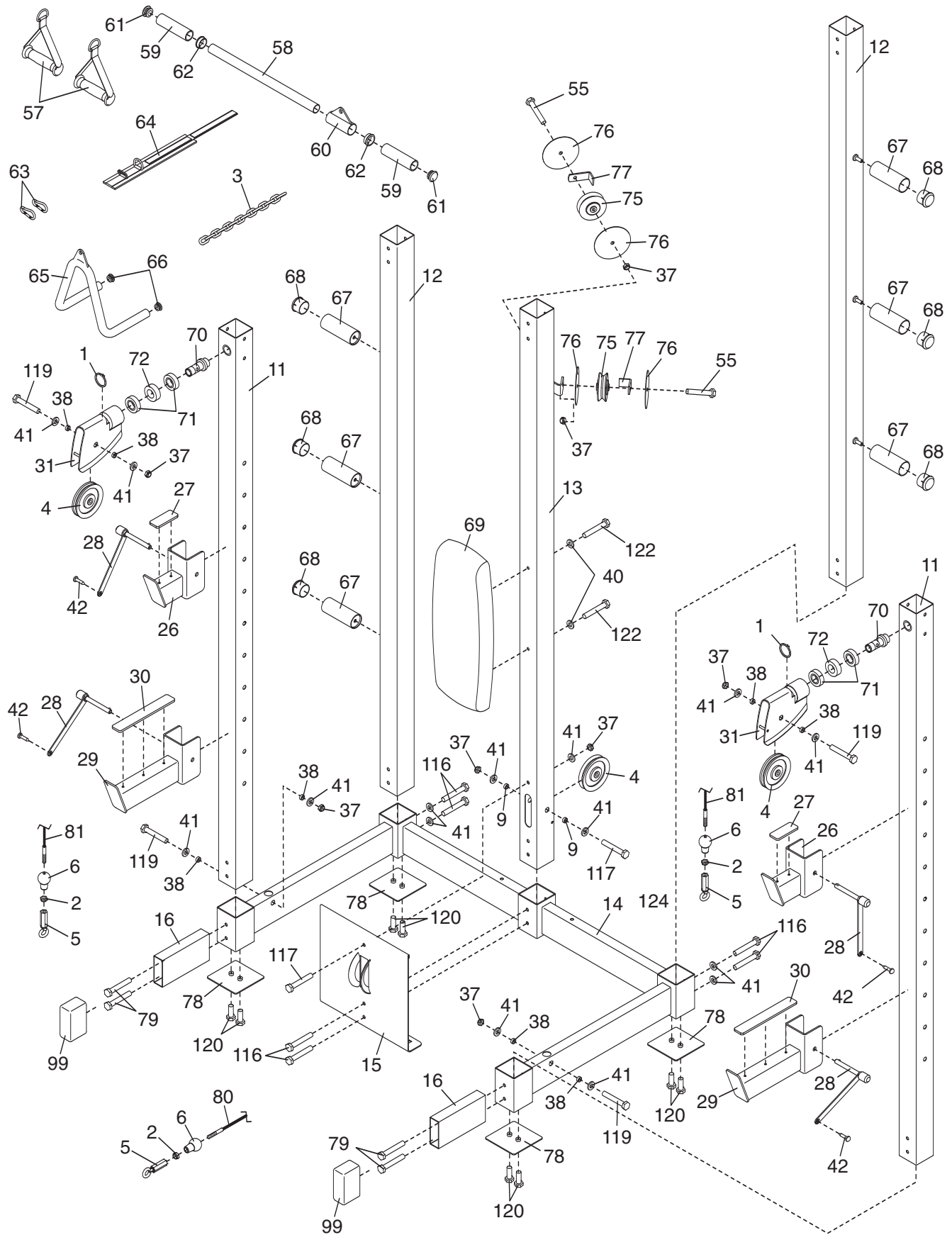
Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Spring Retainer	51	1	M10 x 65mm Bolt
2	3	M8 Jamnut	52	2	M8 x 40mm Bolt
3	1	Chain	53	2	Large Washer
4	3	Large Pulley	54	4	M10 x 30mm Screw
5	3	Cable Eyelet	55	2	M10 x 60mm Bolt
6	3	Cable Stop	56	2	Weight Clip
7	4	M10 Large Washer	57	2	Pulley Handle
8	5	M8 Nylon Locknut	58	1	Lat Bar
9	2	M10 x 25mm Spacer	59	2	Lat Bar Handgrip
10	2	M10 x 25mm Bolt	60	1	Lat Bar Connector
11	2	Front Upright	61	2	38mm Round Inner Cap
12	2	Rear Upright	62	2	Lat Bar Insert
13	1	Center Upright	63	2	Cable Clip
14	1	Base	64	1	Ankle Strap
15	1	Foot Plate	65	1	Row Bar
16	2	Base Foot	66	2	25mm Round Inner Cap
17	1	Top Frame	67	6	Weight Storage Tube
18	1	Weight Carriage Frame	68	8	48mm x 2mm Round Inner Cap
19	1	Weight Carriage	69	1	Butterfly Backrest
20	1	Weight Carriage Base	70	2	Trunnion
21	2	Weight Carriage Guide	71	4	Swivel Bracket Bearing
22	1	Left Arm	72	2	Swivel Bracket Spacer
23	1	Right Arm	73	8	Bracket Retainer
24	1	Right Adjustment Bracket	74	16	Small Pulley
25	1	Left Adjustment Bracket	75	2	“V”-pulley
26	2	Weight Rest	76	4	Full Pulley Guard
27	2	Weight Rest Pad	77	2	Large Cable Trap
28	4	Upright Pin/Tether	78	4	Floor Guard
29	2	Weight Spotter	79	4	M10 x 155mm Screw
30	2	Weight Spotter Pad	80	1	Low Cable
31	2	Swivel Bracket	81	1	High Cable
32	1	M8 Washer	82	4	63.5mm Round Inner Cap
33	4	Barbell Spotter Retainer	83	2	Arm Handgrip
34	1	“U”-bracket	84	2	Arm Handgrip Cap
35	2	Adjustment Bracket Bushing	85	2	Arm Knob
36	2	M6 Nylon Locknut	86	4	M10 Lock Washer
37	32	M10 Nylon Locknut	87	8	Butterfly Bushing
38	24	M10 x 6.5mm Spacer	88	4	Bushing Cap
39	2	M10 x 20mm Spacer	89	1	Right Arm Pad
40	2	M6 Washer	90	1	Left Arm Pad
41	43	M10 Washer	91	16	Half Pulley Guard
42	4	M4 x 16mm Self-tapping Screw	92	2	Pulley Plate
43	1	Arm Cable	93	5	Small Cable Trap
44	2	M6 x 15mm Bolt	94	1	Rear Cable
45	2	M8 x 22mm Shoulder Bolt	95	5	75mm Square Inner Cap
46	2	M6 x 20mm Chamfer Screw	96	2	Weight Carriage Tube
47	4	M6 x 16mm Screw	97	2	Weight Bumper
48	7	M10 x 45mm Bolt	98	1	Double “U”-bracket
49	4	Weight Carriage Bushing	99	2	38mm x 100mm Large Outer Cap
50	2	Weight Carriage Bumper	100	1	Weight Carriage Block

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	38mm x 100mm Inner Cap	115	1	Left Spotter Hook
102	2	Barbell Adapter	116	14	M10 x 110mm Screw
103	2	48mm x 3mm Round Inner Cap	117	2	M10 x 93mm Bolt
104	2	Barbell Carriage	118	4	M10 x 25mm Screw
105	4	Bar Slide Bushing	119	13	M10 x 55mm Bolt
106	4	Barbell Bushing	120	8	M4 x 20mm Self-tapping Screw
107	2	Barbell Bumper	121	5	M10 x 48mm Bolt
108	4	38mm Barbell Spotter Bushing	122	2	M6 x 90mm Screw
109	2	Barbell Spotter	*	–	User's Manual
110	1	Right Spotter Hook	*	–	Exercise Guide
111	2	Barbell Spotter Bumper	*	–	Grease Packet
112	2	Barbell Guide	*	–	Hex Key
113	1	Barbell	*	–	Retainer Tool
114	1	Locking Bar	*	–	Cabling Rod

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. \*These parts are not illustrated.

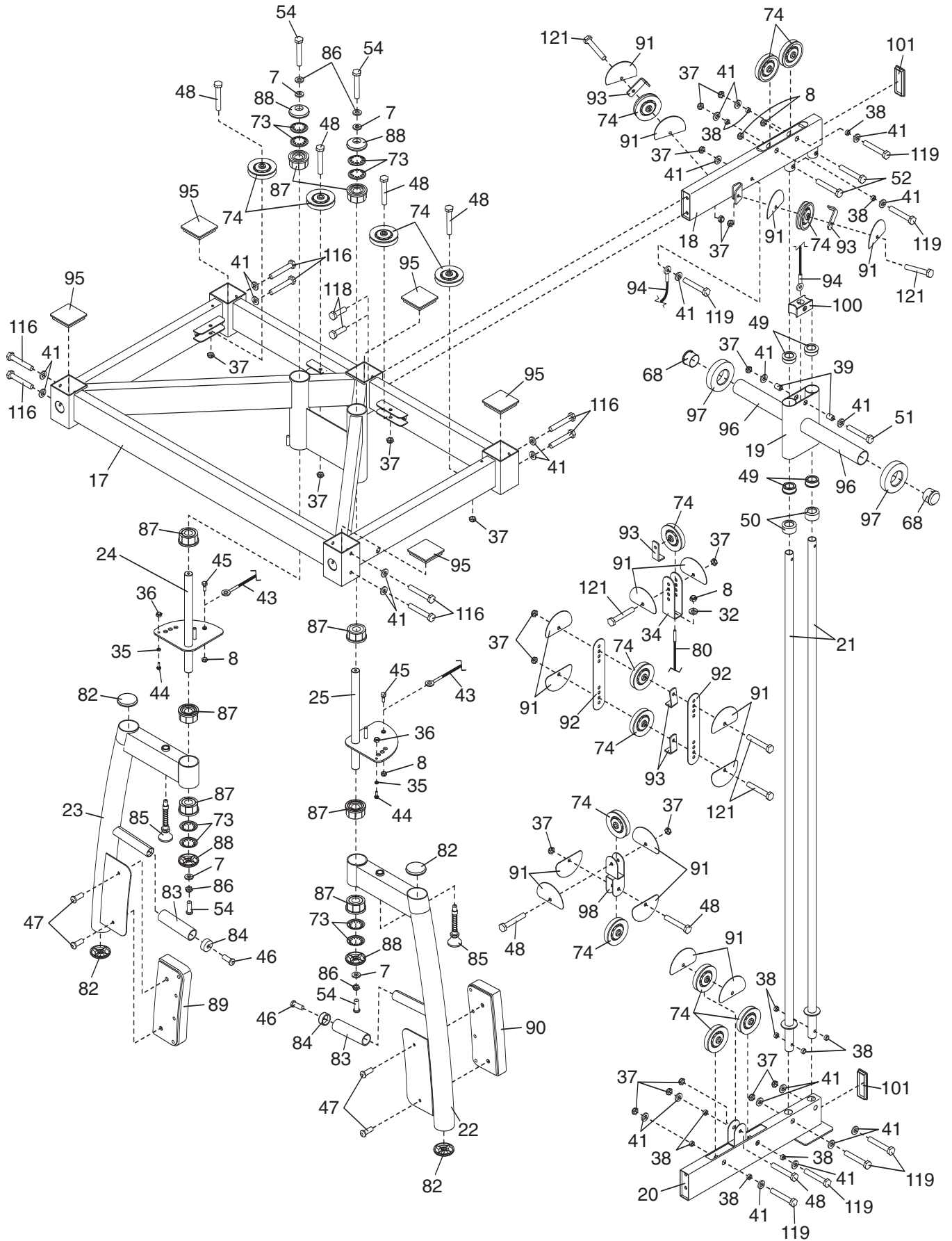
# EXPLODED DRAWING A—Model No. FMBE9097.0

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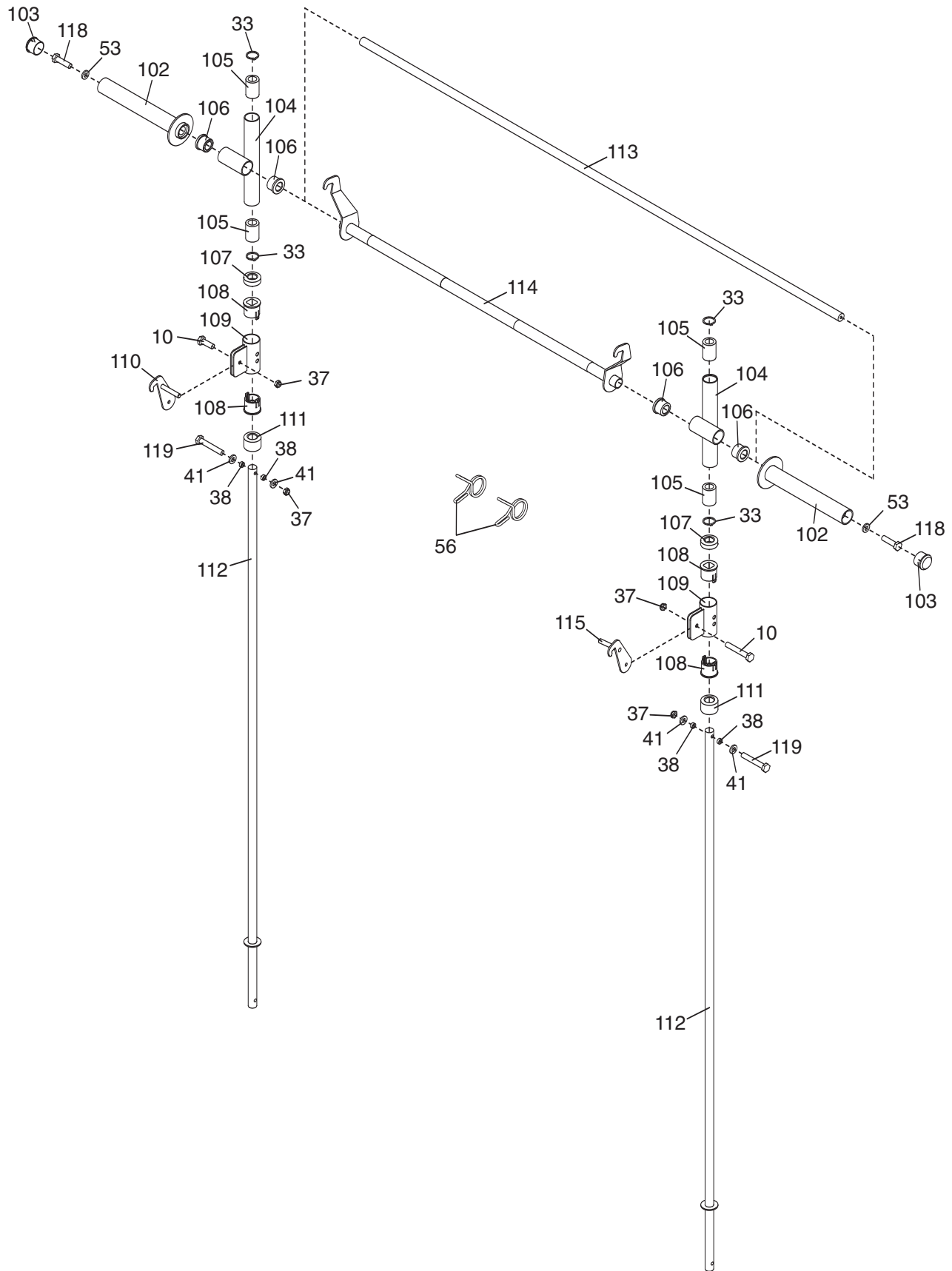
# EXPLODED DRAWING B—Model No. FMBE9097.0

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# EXPLODED DRAWING C—Model No. FMBE9097.0

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# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of the manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## 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. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. 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.

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