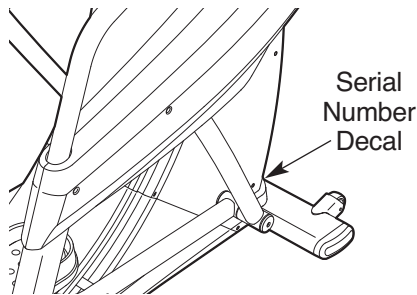


# FREEMOTION®

Model No. FMSR84409.1  
Model No. FMSR84509.1  
Serial No. \_\_\_\_\_

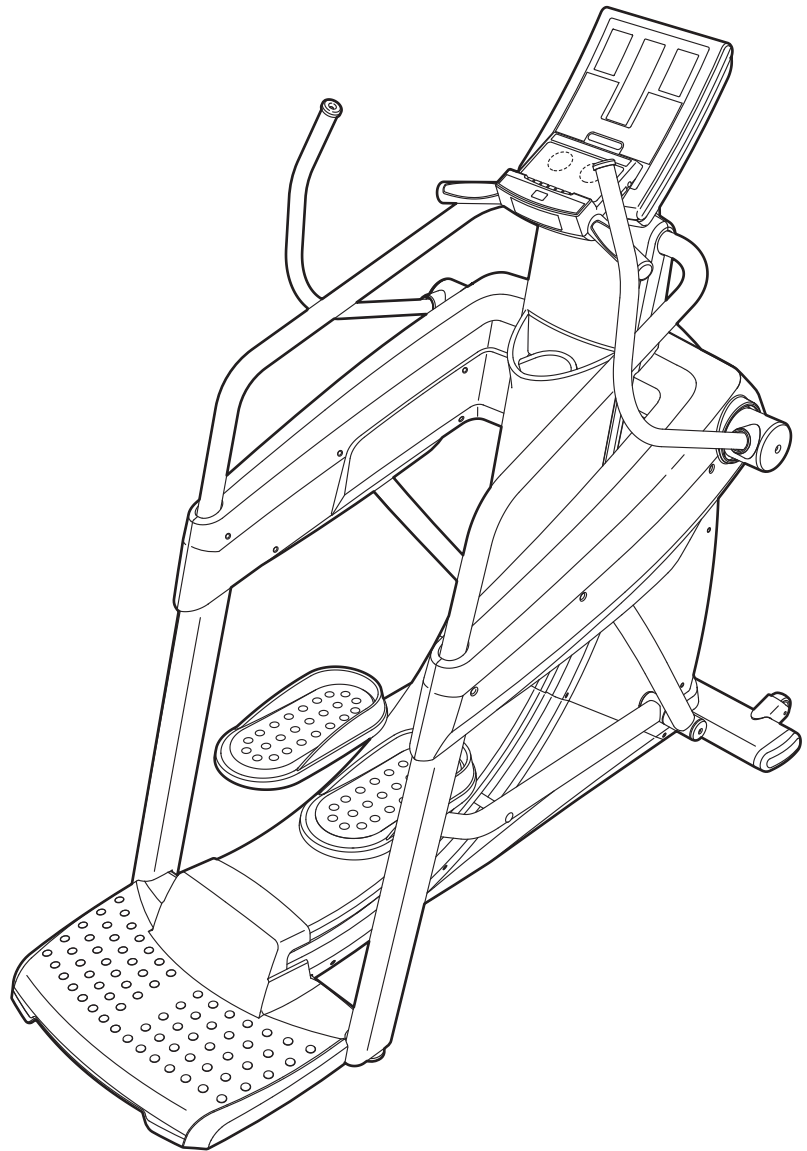
Write the serial number in the space above for reference.



## USER'S MANUAL

### 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.

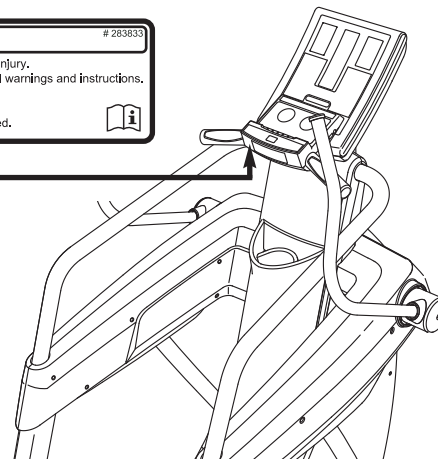
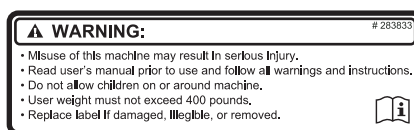
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## WARNING DECAL PLACEMENT

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.



# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your strider before using your strider. 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 strider only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the strider are adequately informed of all precautions.
4. Keep the strider indoors, away from moisture and dust. Do not put the strider in a garage or covered patio, or near water.
5. Place the strider on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the strider and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the strider.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the strider at all times.
8. The strider should not be used by persons weighing more than 400 lbs. (181 kg).
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the strider. Always wear athletic shoes for foot protection while exercising.
10. Hold the handgrip pulse sensors, the handlebars, or the handrails when mounting, dismounting, or using the strider.
11. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. Keep your back straight while using the strider; do not arch your back.
13. When you stop exercising, allow the pedals to slowly come to a stop.
14. 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.
15. Do not modify the power adapter or use an adapter to connect the power adapter to an improper receptacle. Keep the power adapter away from heated surfaces. Do not use an extension cord.

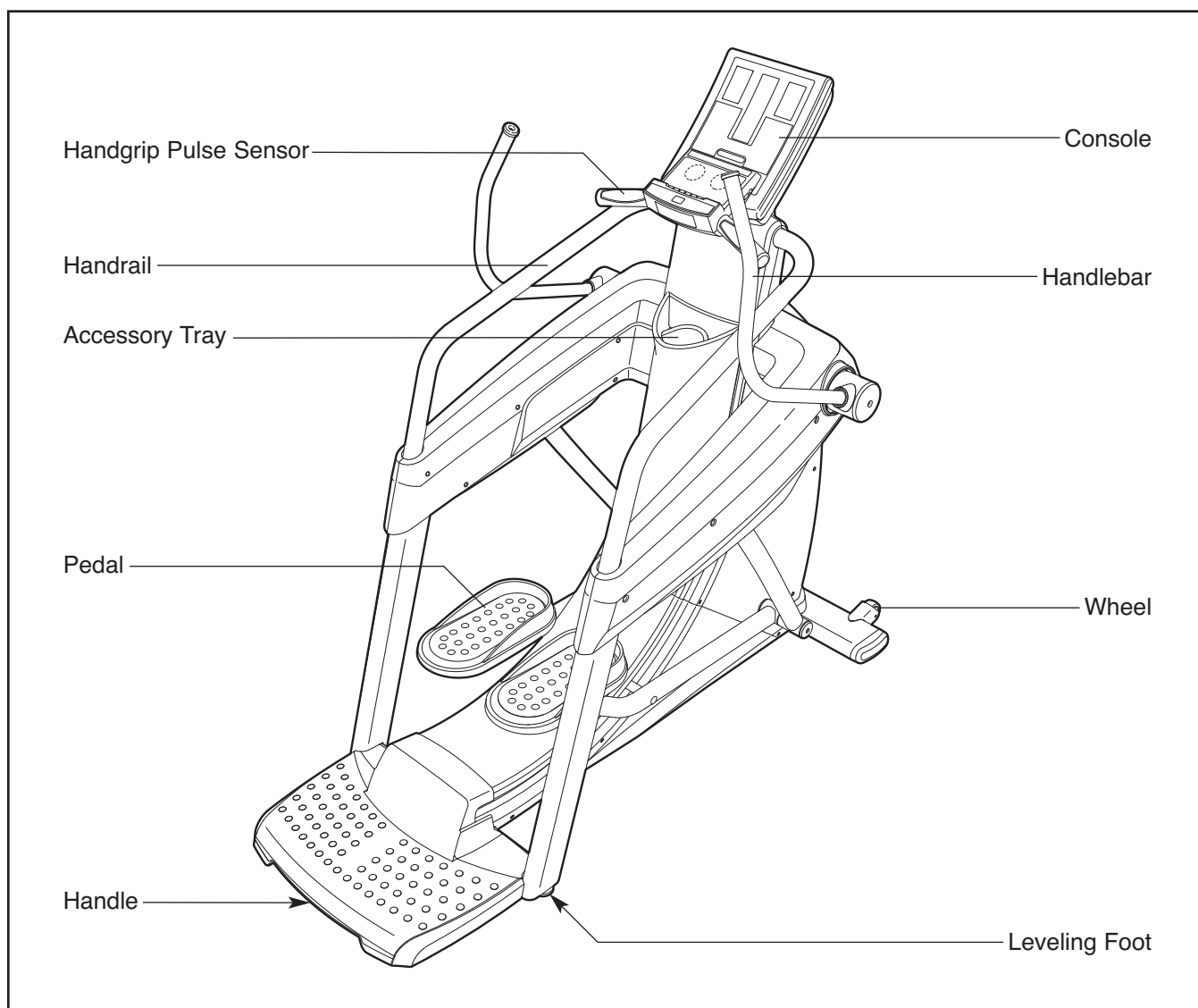
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® strider. The strider provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

**For your benefit, read this manual carefully before you use the strider.** 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 familiarize yourself with the parts that are labeled in the drawing below.



# ASSEMBLY

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

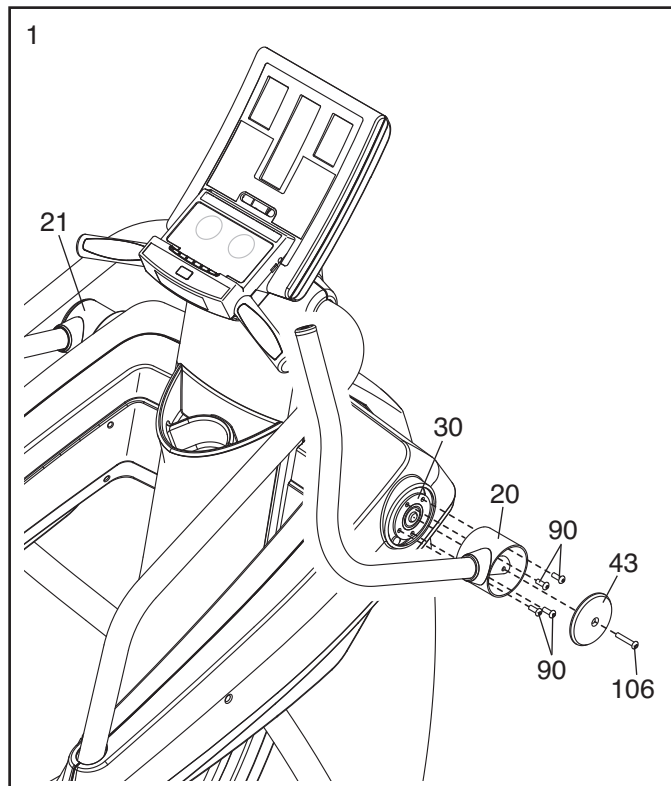
**Assembly requires only the included tool(s).**

1. Hold the lower end of the Right Handlebar (20) against the Right Handlebar Hub (30), and align the four holes in the Right Handlebar with the four holes in the Right Handlebar Hub.

Attach the Right Handlebar (20) with four 5/16" x 3/4" Patch Screws (90).

Next, attach a Handlebar Cover (43) to the Right Handlebar (20) with a 5/16" x 1 3/8" Screw (106).

**Attach the Left Handlebar (21) in the same way.**



2. **Make sure that all parts of the strider are properly tightened.** To protect the floor or carpet from damage, place a mat under the strider.

# HOW TO SET UP THE STRIDER

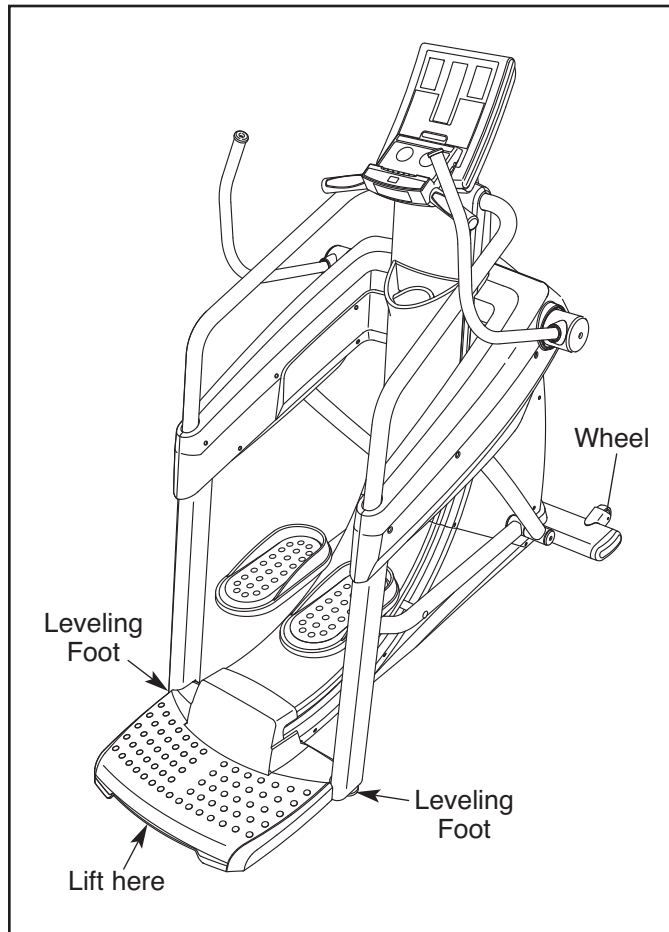
## HOW TO MOVE AND LEVEL THE STRIDER

**Make sure that the power adapter is unplugged.**

(Note: If a CATV cable or an RCA component video cable is connected to the strider, it may be necessary to disconnect the cable if the strider will be moved far.)

**Due to the size and weight of the strider, moving it requires two persons.** Have two persons lift the indicated end of the strider until the strider will roll on the front wheels. Carefully move the strider to the desired location and then lower it to the level position. **CAUTION: To decrease the risk of injury, bend your legs and keep your back straight. Make sure to use your legs rather than your back to lift the strider. Do not attempt to move the strider over an uneven surface.**

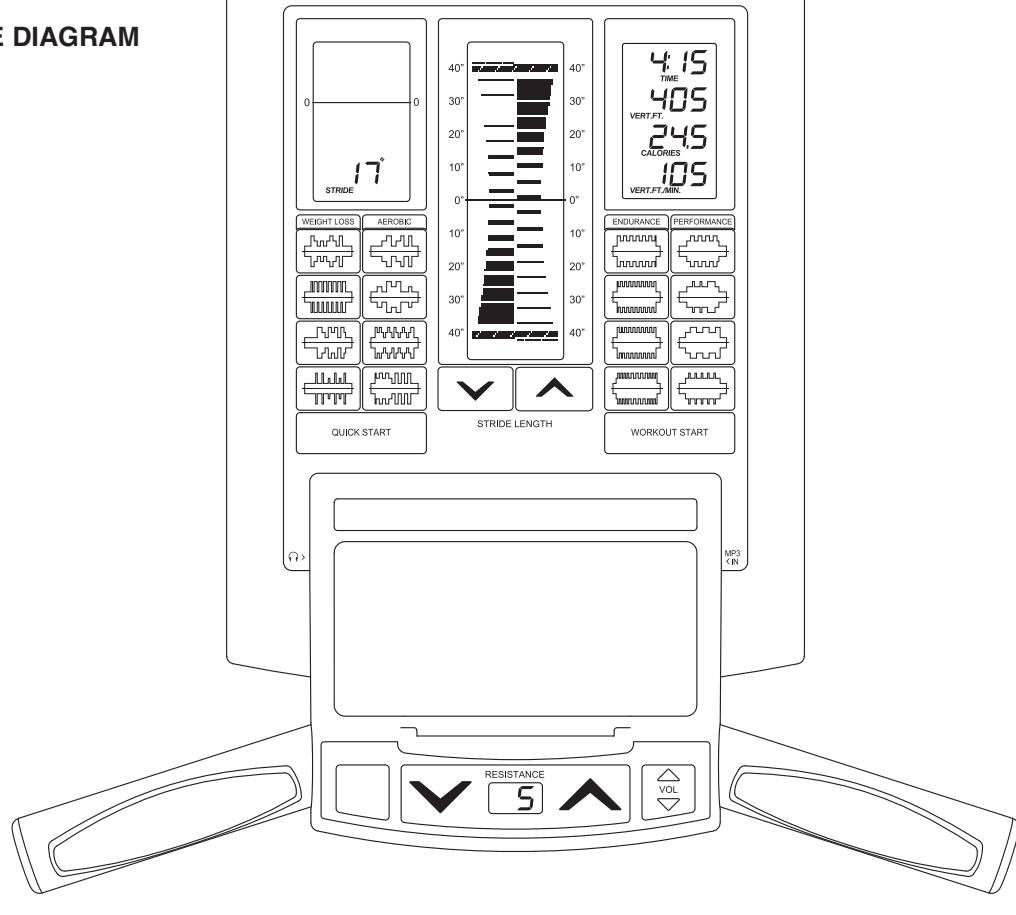
If the strider rocks slightly on the floor during use, turn one or both of the leveling feet beneath the rear of the frame until the rocking motion is eliminated.



## HOW TO CONNECT THE POWER ADAPTER

The power adapter must be used to operate the strider. Plug one end of the power adapter into the jack on the frame of the strider. Plug the other end of the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

## CONSOLE DIAGRAM



## FEATURES OF THE CONSOLE

This console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the quick start mode of the console, you can change the resistance of the pedals or set a target stride length with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or an optional Polar®-compatible chest pulse sensor.

The console offers sixteen preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to maintain a target stride length as it guides you through an effective workout.

The console also features the iFit interactive workout system, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. **To purchase iFit cards, see the back cover of this manual or go to [www.iFit.com](http://www.iFit.com). iFit cards are also available at select stores.**

You can even connect your iPod to the console and charge your iPod while listening to your favorite workout music or audio books during your workouts. You can also connect your headphones to the console for use with iFit workouts or the optional Workout TV.

**To activate the console**, see page 8. **To turn off the console**, see page 8. **To use the quick start mode**, see page 8. **To use a preset workout**, see page 10. **To use an iFit workout**, see page 11. **To charge your iPod**, see page 11. **To use headphones**, see page 11. **To use the maintenance mode**, see page 12.

Note: Some models of the strider have an optional Workout TV. To learn about the features of the Workout TV console, see the user's manual included with the Workout TV console.

## HOW TO ACTIVATE THE CONSOLE

The included power adapter must be used to operate the strider. See HOW TO CONNECT THE POWER ADAPTER on page 6. When the power adapter is plugged in, the displays will light and the console will be ready for use.

**IMPORTANT: If the console has been exposed to cold temperatures, allow it to warm to room temperature before activating the console. Otherwise, you may damage the console displays or other electronic components.**

## HOW TO TURN OFF THE CONSOLE

If the pedals are not moved for a short period of time, the console will enter an idle mode and a screen saver will appear in the center display. Unplug the power adapter when the strider is not in use.

## HOW TO USE THE QUICK START MODE

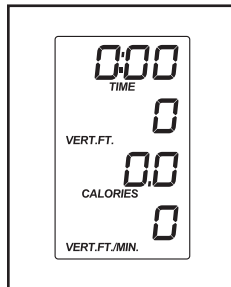
The quick start mode allows you to start exercising, adjust the resistance of the pedals manually, and set a target stride length manually.

### 1. Press the QUICK START button to activate the console.

See HOW TO ACTIVATE THE CONSOLE above.

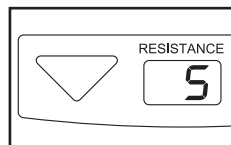
### 2. Select the quick start mode.

When you activate the console, the quick start mode will be selected. If you have selected a workout, reselect the quick start mode by pressing any of the workout buttons repeatedly until zeros appear in the right display.



### 3. Change the resistance of the pedals as desired.

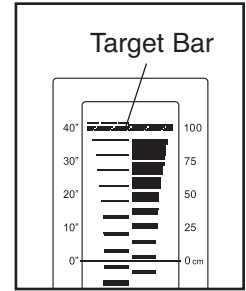
As you stride, change the resistance of the pedals by pressing the RESISTANCE increase and decrease buttons. Note: After you press a RESISTANCE button, it will take a moment for the pedals to reach the selected resistance level.



### 4. Set a target stride length as desired.

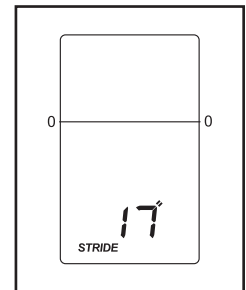
The stride length meter in the center display allows you to set a target stride length.

To set a target stride length, press the STRIDE LENGTH increase and decrease buttons below the stride length meter repeatedly until the target bars appear next to the desired stride length. Note: Stride length is measured in inches.



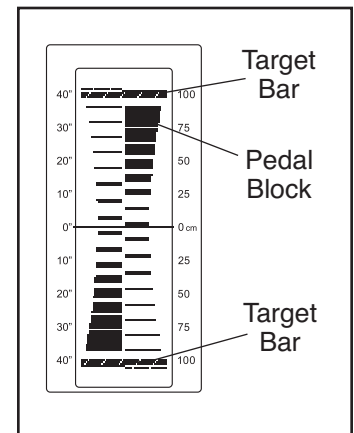
### 5. Follow your progress with the displays.

**Left display**—This display shows the length of your stride in inches. Note: When you select a workout, this display will also show the workout profile and the elapsed time for each segment of the workout.



**Center display**—This display shows the stride length meter. The stride length meter compares your actual stride length to the target stride length.

The target bars in the stride length meter indicate the target stride length. The pedal blocks track the actual movement of the pedals while you exercise.



As you exercise, keep your stride length near the target stride length by striding so that the pedal blocks move back and forth between the target bars.

In addition, the center display will light with different colors to indicate your exercise intensity:

Color	Exercise Intensity
Blue	Low
Green	Medium
Red	High

**Right display**—This display has four sections that show the following exercise information:

**First section**—This section shows the elapsed time.

Note: When you select a workout, the display will show the time remaining in the workout instead of the elapsed time.



**Second section**—This section shows the distance (miles) you have stridden and the distance (vertical feet) you have climbed.



**Third section**—This section shows the approximate number of calories you have burned and the approximate number of calories you are burning per hour.



This section of the display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor (see step 6 at the right).

**Fourth section**—This display shows your striding pace (speed) in revolutions per minute and your climbing pace in vertical feet per minute.



**Lower display**—This display shows the resistance level of the pedals.

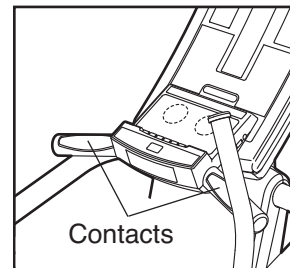


## 6. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip pulse sensor or an optional Polar®-compatible chest pulse sensor (see page 11 for information about the optional chest pulse sensor).

Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

**If there are sheets of plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. Avoid moving your hands or gripping the contacts tightly.**



When you hold the handgrip pulse sensor, a small heart symbol will appear in the right display. Then, when your pulse is detected, your heart rate will be shown in the display next to the heart symbol. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.



If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

## 7. When you are finished using the elliptical strider, the console will automatically enter an idle mode.

See HOW TO TURN OFF THE CONSOLE on page 8.

## HOW TO USE A PRESET WORKOUT

A preset workout automatically changes the resistance of the pedals and prompts you to maintain a target stride length.

### 1. Press any button or begin striding to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 8.

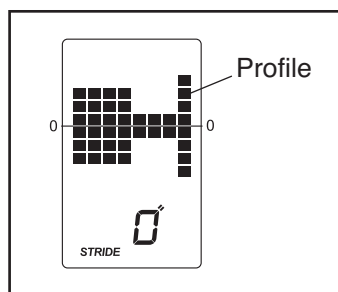
### 2. Select a preset workout.

To select a preset workout, first press the button with the profile of the desired preset weight loss, aerobic, endurance, or performance workout.

The following information will appear in the center display:

- The name of the workout
- A profile of the target stride lengths
- The duration of the workout
- The maximum stride length
- The maximum speed (in steps per minute)

A profile of the target stride lengths for the workout will also appear in the left display.

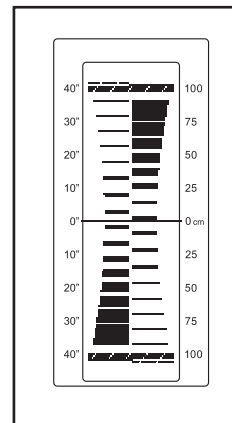


### 3. Press the WORKOUT START button to start the workout.

Each preset workout is divided into 25, 30, 45, or 60 one-minute segments. One resistance level and one stride length is programmed for each segment. Note: The same resistance level and/or stride length may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The flashing column of the profile represents the current segment of the workout. The height of the flashing column indicates the stride length for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level of the pedals will then change.

As you exercise, keep your stride length near the target stride length for the current segment, which is shown in the stride length meter in the center display. **IMPORTANT: The target stride length settings are intended only to provide motivation. Your actual stride length may be shorter or longer than the target stride length. Make sure to stride at a length that is comfortable for you.**



If the stride length for the current segment is too long or too short, you can manually override the setting by pressing the STRIDE LENGTH buttons. However, when the current segment ends, the stride length meter will automatically adjust to the target stride length setting for the next segment.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the RESISTANCE buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

The workout will continue in this way until the last segment of the profile flashes. To stop the workout at any time, stop striding. To resume the workout, simply resume striding or press the WORKOUT START button.

### 4. Follow your progress with the displays.

See step 5 on page 8.

### 5. Measure your heart rate if desired.

See step 6 on page 9.

### 6. When you are finished using the elliptical strider, the console will automatically enter an idle mode.

See HOW TO TURN OFF THE CONSOLE on page 8.

## HOW TO USE AN IFIT WORKOUT

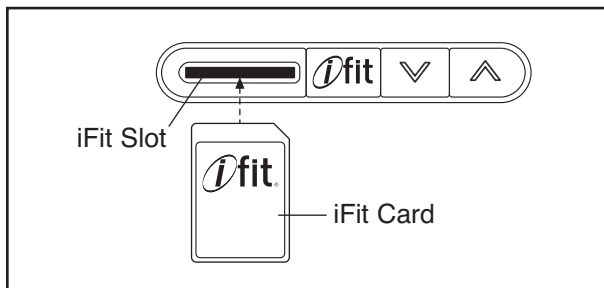
iFit cards are available separately. To purchase iFit cards, go to [www.iFit.com](http://www.iFit.com) or see the back cover of this manual. iFit cards are also available at select stores.

### 1. Press any button or begin striding to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 8.

### 2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot, which is located on the side of the console. The iFit card should slide easily into the slot. If it does not, turn the iFit card and try again.



iFit workouts function in the same way as preset workouts. To use the workout, see steps 3 to 7 on page 10. Note: Some iFit cards contain more than one workout. To select a workout, use the increase and decrease buttons located next to the iFit slot.

### 3. When you are finished exercising, remove the iFit card.

Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

## HOW TO CHARGE YOUR IPOD

The music port for iPod on the console will charge your iPod while you are using it. This product has been designed specifically to work with iPod and has been certified by the developer to meet Apple performance standards.

Plug one end of the iFit universal iPod connector into the music port for iPod and plug the other end into your iPod. **Make sure that the iFit universal iPod connector is fully plugged in.**

Next, press the play button on your iPod. Adjust the volume level on your iPod.

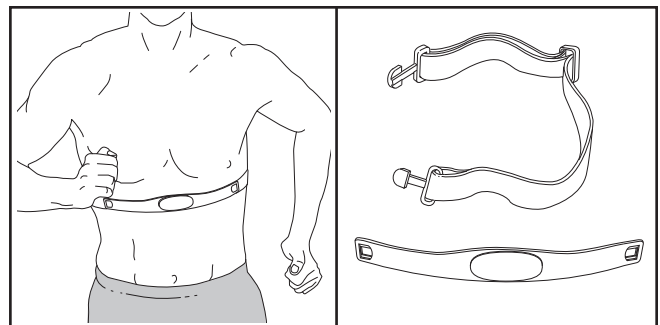
Note: While your iPod is connected to the console, you can also connect the headphones for your iPod to the headphones jack on the console and adjust the volume level by pressing the VOL increase and decrease buttons on the console.

## HOW TO USE HEADPHONES

You can use your own headphones with the console, with an iFit workout (see HOW TO USE AN IFIT WORKOUT to the left) or with the optional Workout TV (see the user's manual included with the Workout TV console). To use your headphones, plug the jack on your headphones into the headphones jack on the console; **make sure that the headphones cable is fully plugged in.** Adjust the volume level by pressing the VOL increase and decrease buttons on the console.

## THE OPTIONAL CHEST PULSE SENSOR

The optional Polar®-compatible chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, see the back cover of this manual.**



## HOW TO USE THE MAINTENANCE MODE

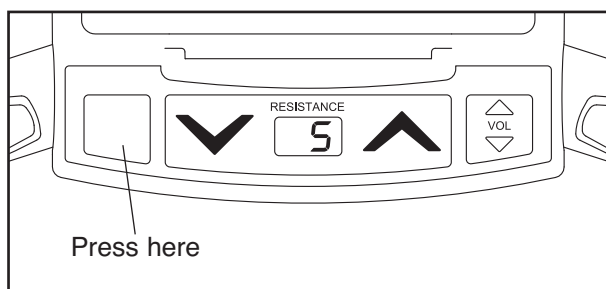
The console features a maintenance mode that allows you to access usage information and to view and change console settings.

### 1. Press any button or begin striding to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 8.

### 2. Select the maintenance mode.

Press the indicated location on the console for a few seconds to select the maintenance mode.



When the maintenance mode is selected, usage information and an input setting for the strider will appear in the center display.

### 3. View and reset the usage information if desired.

The first section of the center display will show the total number of hours that the strider has been used, the total number of vertical feet that the pedals have climbed, and the total distance that the pedals have been moved.

To reset the usage information to zero, press and hold down the Resistance increase and decrease buttons simultaneously for several seconds.

### 4. View and change the input setting if desired.

The second section of the center display will show the default input for the console.

You can set the default input for the console as MP3, TV, or RCA. To change the default input, press the VOL increase and decrease buttons repeatedly until the desired setting is selected.

Note: Some models of the strider have an optional Workout TV. The TV and RCA input options are for use with the optional Workout TV.

### 5. Adjust the contrast level of the console displays if desired.

To adjust the contrast level of the console displays, press the increase and decrease buttons next to the iFit slot until the console displays show the desired contrast. The selected contrast level will appear in the left display.

### 6. Exit the maintenance mode.

Press the QUICK START or the WORKOUT START button to exit the maintenance mode.

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# MAINTENANCE AND TROUBLESHOOTING

**If you have questions about maintenance or troubleshooting, see the back cover of this manual.**

Inspect and tighten all parts of the strider regularly.  
Replace any worn parts immediately.

To clean the strider, use a damp cloth and a small amount of mild soap. Make sure to regularly clean the rollers and the track on which the rollers ride.

**IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## HOW TO LEVEL THE STRIDER

If the strider rocks slightly on your floor during use, see HOW TO MOVE AND LEVEL THE STRIDER on page 6.

# EXERCISE GUIDELINES

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST

Model No. FMSR84409.1, FMSR84509.1 R0211A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Resistance Motor
2	2	Track	52	4	Pulley
3	2	Shield Bracket	53	1	Belt Pulley
4	1	Console	54	2	Cable Spool
5	2	Frame Cap	55	3	Spool Hub
6	1	Right Upper Shield	56	1	Resistance Magnet
7	1	Left Upper Shield	57	1	Magnet Ring
8	1	Right Lower Shield	58	4	M8 Star Washer
9	1	Left Lower Shield	59	1	Spool Axle
10	1	Front Shield	60	1	Resistance Bar
11	1	Upper Track Shield	61	3	Hub Key
12	1	Lower Track Shield	62	2	Foot
13	1	Rear Lower Shield	63	2	Leveling Foot
14	1	Right Outer Shield	64	1	Bumper
15	1	Left Outer Shield	65	1	Wiring Bracket
16	1	Right Inner Shield	66	1	Spool Cover
17	1	Left Inner Shield	67	4	#8 x 1 3/4" Screw
18	1	Accessory Tray	68	15	Hub Screw Washer
19	1	Drive Belt	69	1	#6 x 3/8" Screw
20	1	Right Handlebar	70	3	#8 x 1/2" AB Screw
21	1	Left Handlebar	71	1	M8 x 3 1/2" Flywheel Axle
22	1	Right Link Leg	72	2	Flange Nut
23	1	Left Link Leg	73	2	Wheel Axle
24	1	Right Pedal Arm	74	4	Wheel Spacer
25	1	Left Pedal Arm	75	2	Wheel
26	2	Link Arm	76	1	AC Power Adapter
27	1	Flywheel	77	1	Wire Harness
28	2	Pedal	78	2	#6 Locknut
29	2	Pedal Insert	79	1	Pedal Position Sensor
30	1	Right Handlebar Hub	80	2	M10 Washer
31	1	Left Handlebar Hub	81	1	Power Cable
32	1	Right Cable Arm	82	4	1 1/8" Snap Ring
33	1	Left Cable Arm	83	4	Wheel Bearing
34	2	Long Cable	84	3	Set Screw
35	1	Short Cable	85	2	Hub Bearing
36	1	Pedal Magnet	86	4	1/2" Lock Washer
37	4	Roller Spacer	87	12	Return/Link Bearing
38	2	Roller	88	4	Hanger Bearing
39	2	Cable Arm Spacer	89	2	Link Leg Axle
40	4	Cable Ball End	90	8	5/16" x 3/4" Patch Screw
41	4	Pedal Arm Cover	91	4	Hub Snap Ring
42	2	Pedal Arm Spacer	92	4	#10 Locknut
43	2	Handlebar Cover	93	10	1" Snap Ring
44	2	Handlebar Flange	94	14	3/4" Snap Ring
45	2	Handlebar Cap	95	4	Cable Screw
46	1	Tension Bracket	96	2	1/4" x 1" Flat Head Screw
47	1	Tension Spring	97	4	M8 x 19mm Screw
48	1	Tension Pulley	98	10	1/4" x 1" Screw
49	1	Tension Bushing	99	4	1/2" x 1" Self-tapping Screw
50	1	Flywheel Hub	100	8	#8 x 3/4" Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	8	1/4" x 5/8" Screw	127	2	Thrust Washer
102	4	5/16" x 1/2" Button Screw	128	1	5/16" x 3 1/2" Pivot Axle
103	8	#8 x 3/8" Screw	129	4	1/2" Locknut
104	2	#8 x 2 1/4" Screw	130	4	1/2" Washer
105	2	Wave Washer	131	1	Ring Sensor Bracket
106	2	5/16" x 1 3/8" Screw	132	2	#6 x 3/8" Screw
107	2	3/8" Nut	133	12	#8 x 3/4" Screw
108	2	3/8" x 2 1/2" Bolt	134	4	#8 x 1 1/2" Screw
109	1	Ring Sensor	135	8	1/4" Locknut
110	4	#10 x 3/4" Screw	136	1	3/8" Locknut
111	6	#8 x 1/2" Machine Screw	137	2	Bumper Nut
112	1	5/16" x 1" Bolt	138	28	Frame Plastic Insert
113	14	#8 x 1/2" BPO Screw	139	2	Bumper Screw
114	10	1/4" Jam Nut	140	2	3/4" Flat Washer
115	8	1/4" x 3/4" Screw	141	5	5/16" x 1/2" Screw
116	1	Motor Disc	142	4	Cable Washer
117	22	#8 x 1" Tek Screw	143	2	1/2" Spring
118	12	Track Plastic Insert	144	2	1/2" Thrust Washer
119	2	Pedal Spacer	145	4	Guide Bearing
120	2	V-pulley Bearing	146	2	3/4" Wave Washer
121	2	1/4" x 3/4" Screw	147	2	3/4" Thrust Washer
122	8	1/4" x 1/2" Screw	148	20	1/4" Washer
123	1	Tension Bolt	149	20	1/4" Nylon Washer
124	2	5/16" Locknut	*	-	User's Manual
125	15	Hub Screw	*	-	Assembly Tool
126	1	M8 Locknut			

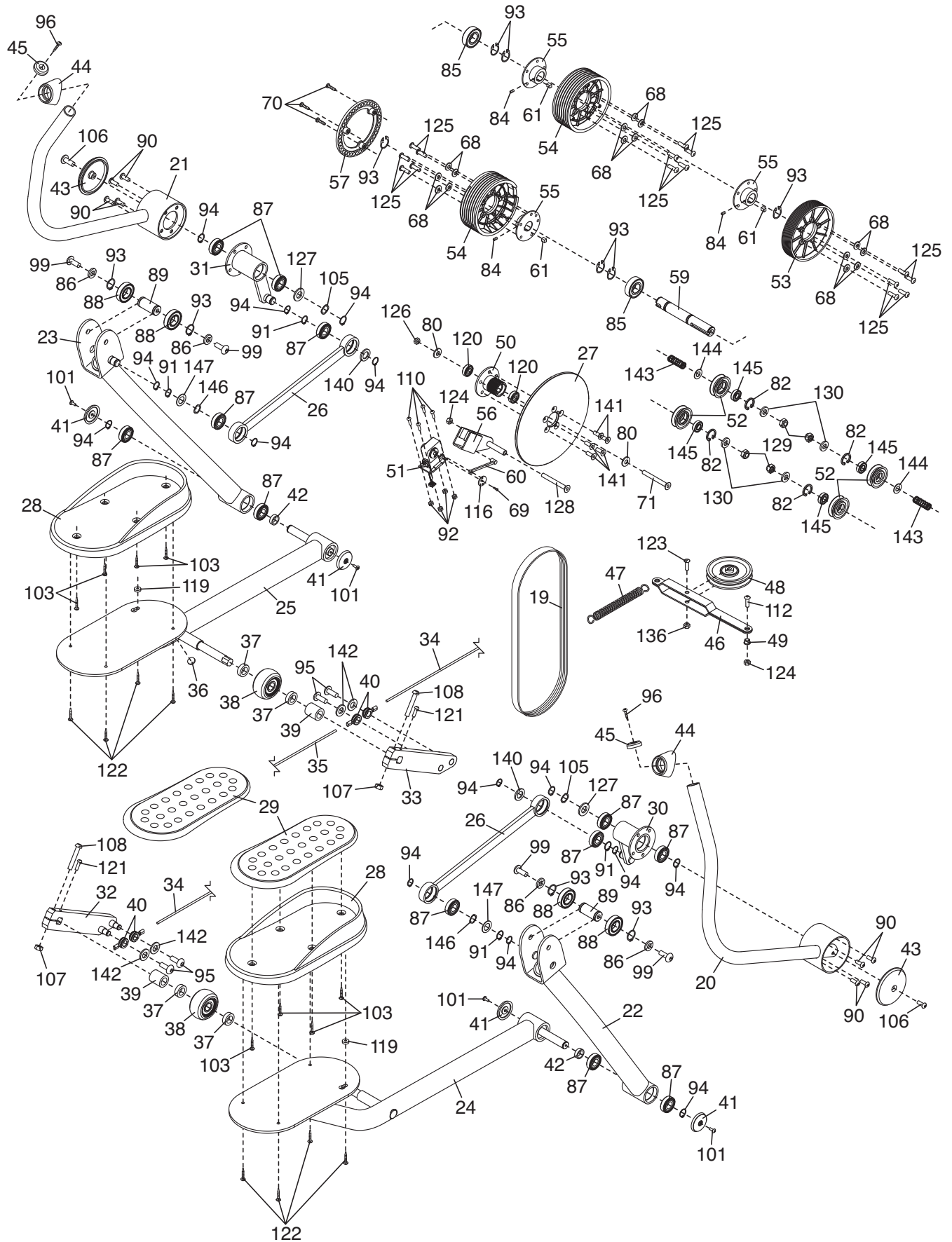
Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.





# EXPLODED DRAWING C

Model No. FMSR84409.1, FMSR84509.1 R0211A



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# HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

## **In the United States and Canada**

Call: 1-800-201-2109, Mon.–Fri. 8 a.m.–5 p.m. MT

Write:

FreeMotion Fitness  
1500 South 1000 West  
Logan, UT 84321-9813  
United States

## **Outside the United States and Canada**

Call: 001-435-786-3521

Email: [intlcustomercare@freemotionfitness.com](mailto:intlcustomercare@freemotionfitness.com)