

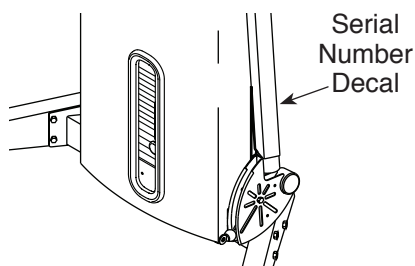


www.iconfitness.com

Model No. FMSY1912.0

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to www.iconservice.com/registration.

CUSTOMER CARE

For service at any time, go to www.iconservice.com.

Or call 1-800-999-3756
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

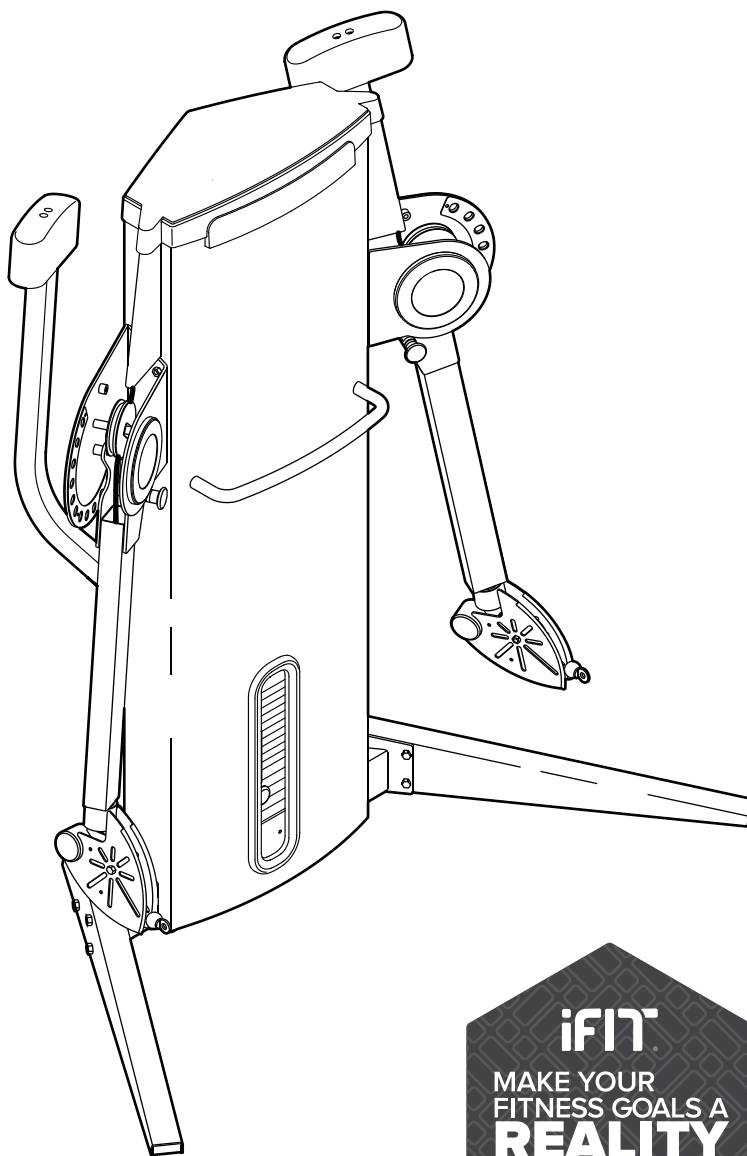


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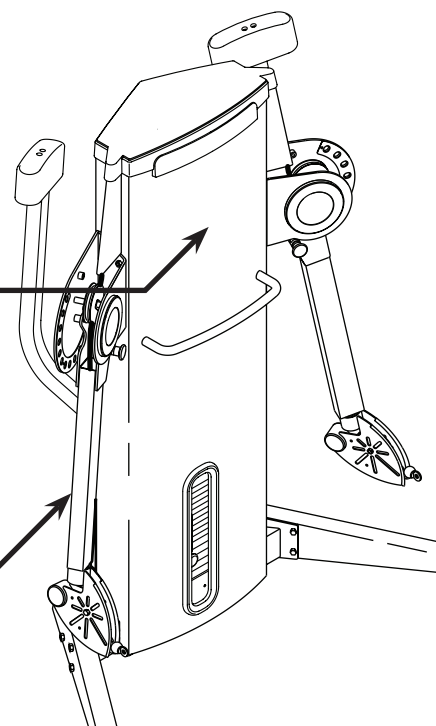
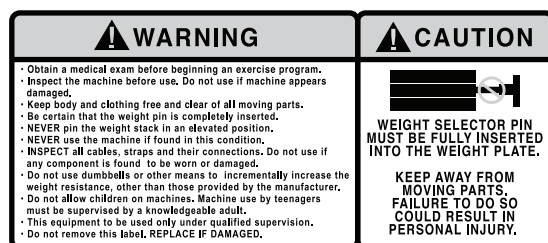
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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s).

If a decal is missing or illegible, see the front 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 weight system before using your weight system. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the weight system only as described in this manual.
4. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
5. Keep the weight system indoors, away from moisture and dust. Do not put the weight system in a garage or covered patio, or near water.
6. 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 the weight system.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep hands and feet away from moving parts.
9. Keep children under 12 and pets away from the weight system at all times.
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the weight system. Always wear athletic shoes for foot protection while exercising.
11. Make sure that the cable remains on the pulleys at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on the pulleys. Replace all cables at least every two years.
12. The weight system is designed to be used only with the included weight. Do not use the weight system with dumbbells or any other type of weight to increase the resistance.
13. Always make sure that the weight pin is inserted fully into the weight stack before exercising.
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.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



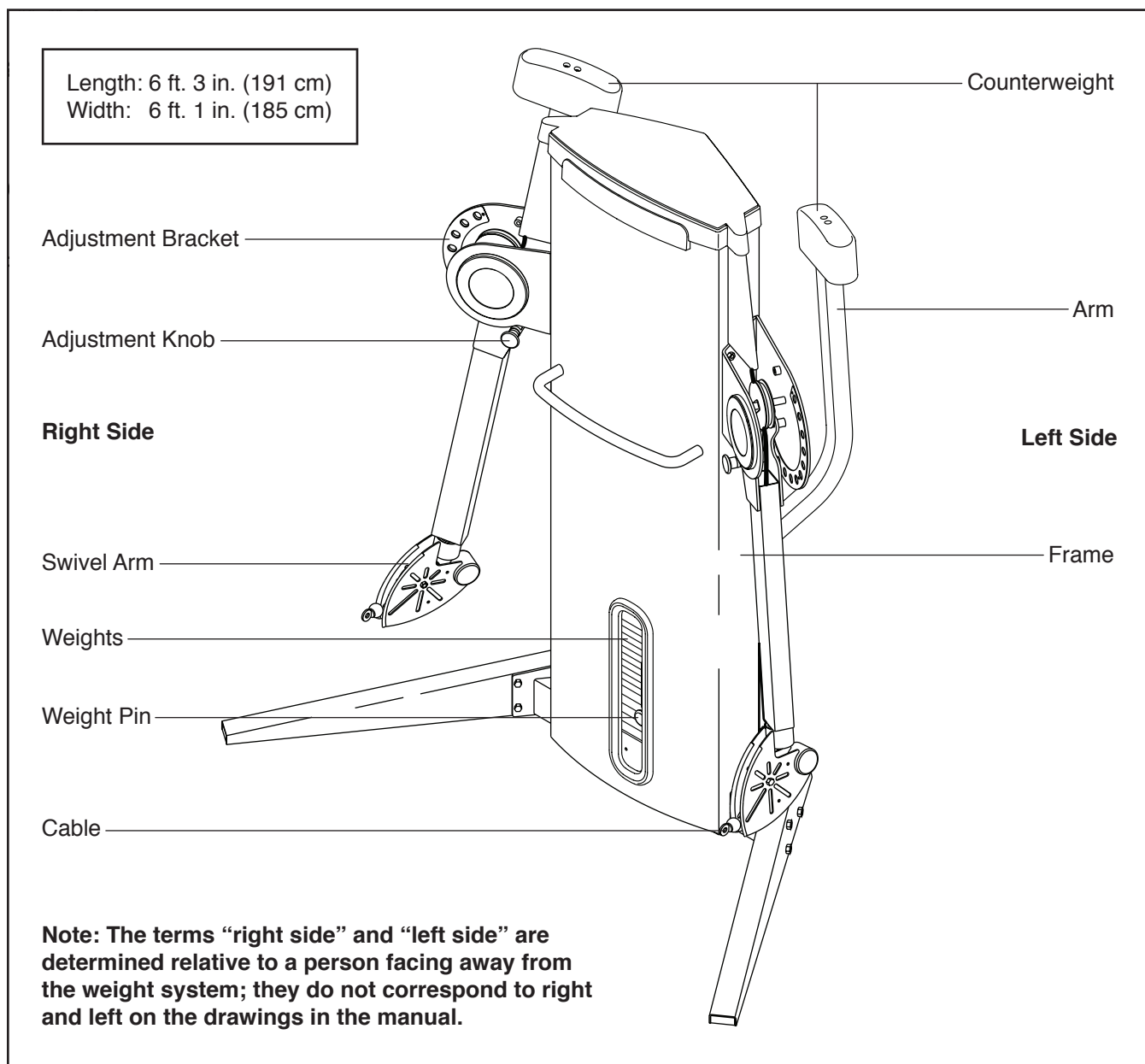
BEFORE YOU BEGIN

Thank you for selecting the versatile FREEMOTION® weight system. With unrestricted motion, you can work your body's muscle groups the way you do naturally, to train more effectively and efficiently.

For your benefit, read this manual carefully before using the weight system. If you have questions after reading this manual, 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 familiarize yourself with the parts that are labeled in the drawing below.

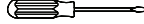


ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Because of its weight and size, assemble the weight system in the location where it will be used. Make sure that there is enough clearance around the strength equipment.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.

- In addition to the included tool(s), assembly requires the following tool(s):

one Phillips screwdriver 

one standard screwdriver 

two adjustable wrenches 

one rubber mallet 

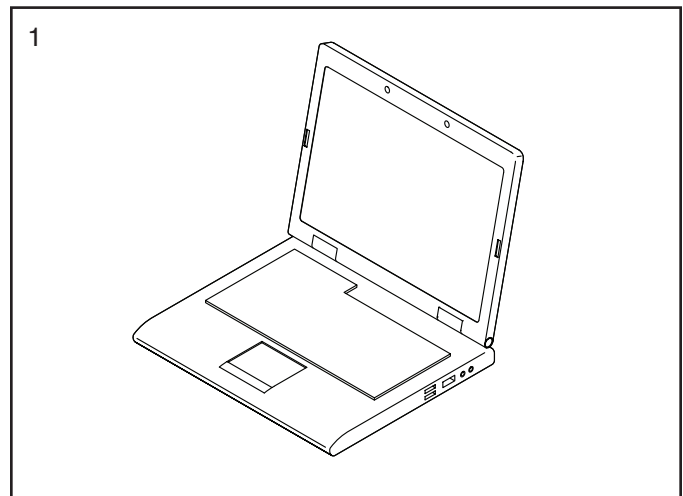
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Go to www.iconservice.com/registration and register your product.

Registration provides the following benefits:

- activates your product manufacturer's warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of special offers

Note: If you do not have Internet access, call CUSTOMER CARE (see the front cover of this manual) to register your product.

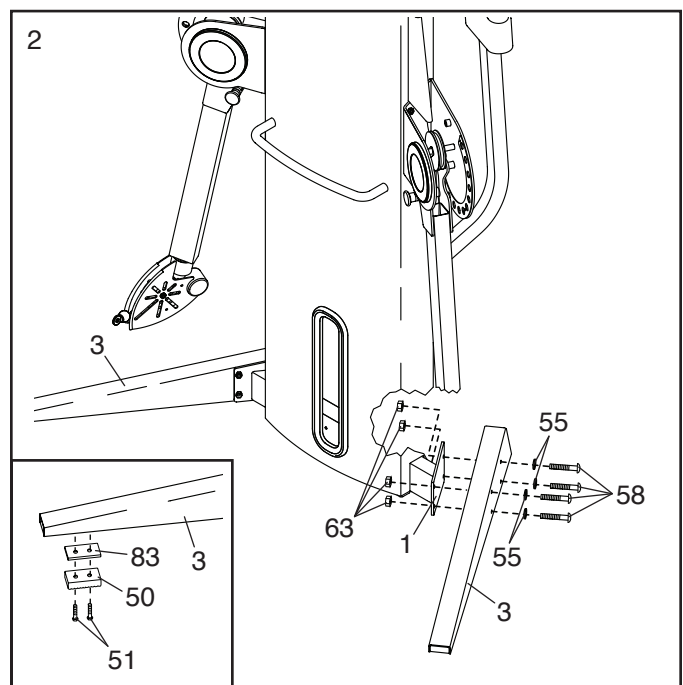


2. Remove the four packing bolts and locknuts (not shown) from the base of the Frame (1) and the pallet (not shown). Discard the packing bolts, locknuts, and pallet.

Attach a Stabilizer (3) to the base of the Frame (1) with four M10 x 84mm Bolts (58), four M10 Washers (55), and four M10 Locknuts (63) as shown.

Attach the other Stabilizer (3) to the other side of the Frame (1) in the same way.

See the inset drawing. If the floor beneath the weight system is not even, level the weight system by attaching Foot Spacers (83) between the appropriate Rubber Feet (50) and the Stabilizer (3).



3. **Note: The cover on the Frame (1) is shown removed for clarity; the cover cannot be removed.**

Remove the Shroud (not shown) from the back of the weight system. Next, remove the four indicated M6 x 64mm Bolts (59) from the Frame (1). Then, remove the Weight Guides (16).

Using a plastic bag to keep your fingers clean, apply some of the included grease to the inside of the welded tubes on the Top Weight (15).

See the lower drawing. Position the Arms (19, 20) as shown (see ADJUSTING THE ARMS on page 9). Connect the two ends of the Cable (33) together with two Cable Clips (10).

Orient the two Weight Bumpers (4) so that the wide ends are over the indicated holes in the bottom of the Frame (1).

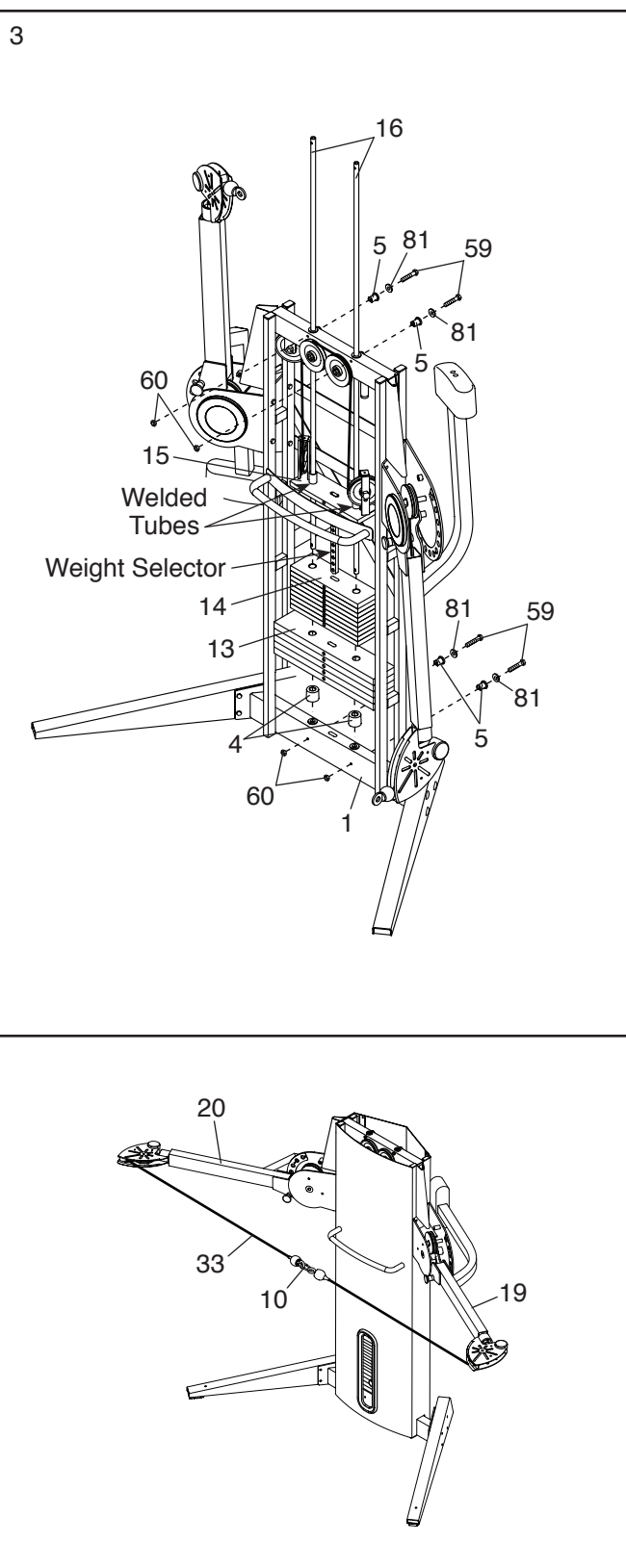
Insert the two included dowels (not shown) into the Weight Bumpers (4) and the Frame (1). Slide the five 20-pound Weights (13) and the nine 10-pound Weights (14) onto the dowels. **Make sure that the Weights are stacked in order so that the 10-pound Weight marked “5” is on top, and the 20-pound Weight marked “100” is on the bottom.**

Remove a dowel (not shown) from the stack of Weights (13, 14). Reinsert a Weight Guide (16) into the Frame (1) and the hole in the Weights. **Repeat this action with the other Weight Guide.**

Attach the Weight Guides (16) to the Frame (1) with four M6 x 64mm Bolts (59), four M6 Washers (81), four Weight Guide Spacers (5), and four M6 Locknuts (60).

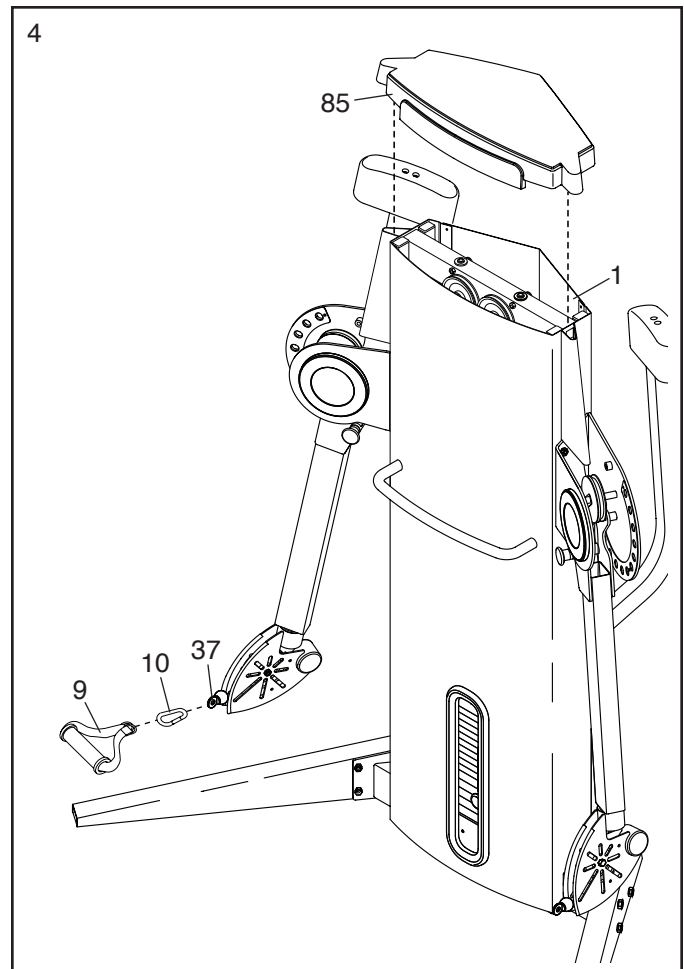
Disconnect the ends of the Cable (33), and lower the Top Weight (15) so that the weight selector is inserted into the middle hole in the stack of Weights (13, 14).

Make sure the Cable Traps (78) are oriented as shown in the CABLE DIAGRAM on page 12. Replace the Shroud (not shown).



4. Press the Top Cover (85) onto the Frame (1).

Attach a Handle (9) to a Cable Eye (37) with a Cable Clip (10). **Attach the other Handle to the other Cable Eye in the same way.**



5. **Make sure that all parts have been properly tightened.** The use of the remaining parts will be explained in ADJUSTMENTS beginning on the following page.

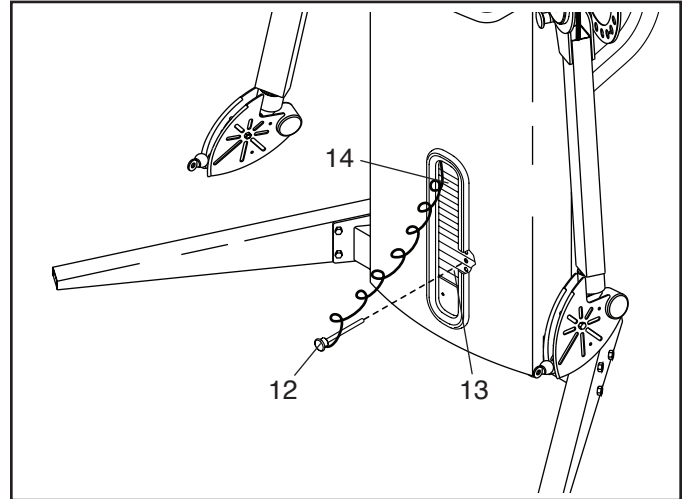
ADJUSTMENTS

This section explains how to adjust the weight system. Refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure that all parts are properly tightened each time you use the weight system. 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.**

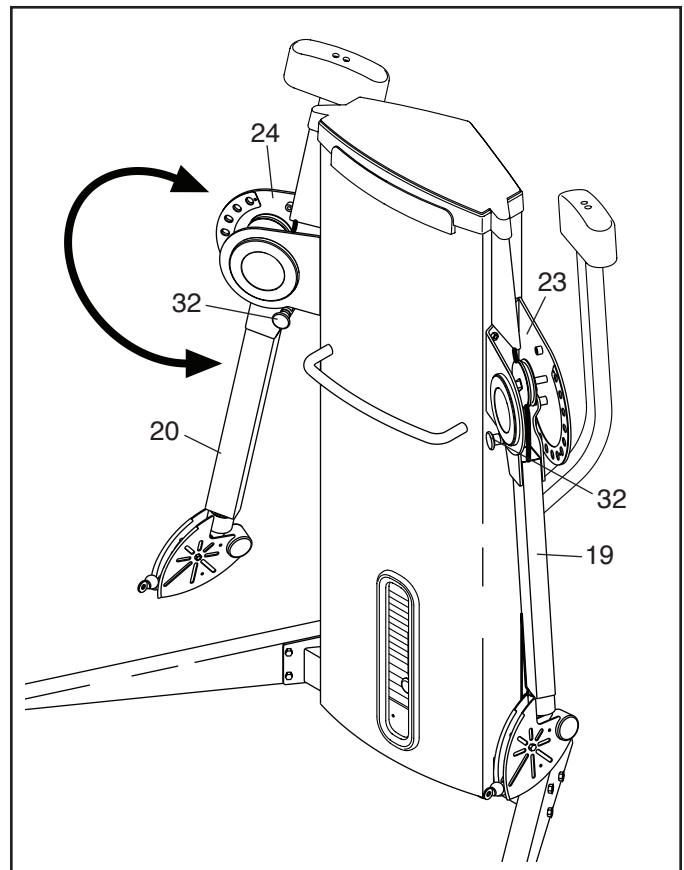
CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (12) under the desired Weight (13, 14). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end upward. **Note: The weight system works best when at least two Weights are used.**



ADJUSTING THE ARMS

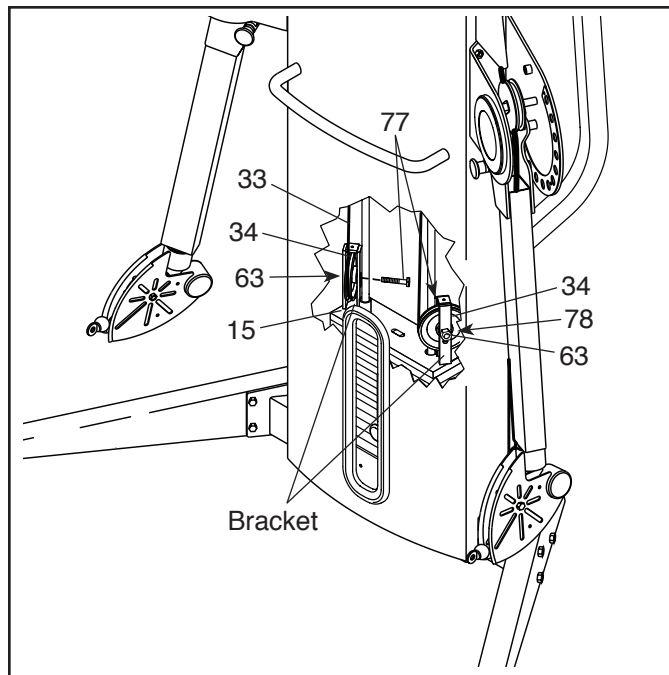
The Arms (19, 20) can be adjusted to any of eleven positions for different exercises. To position an Arm, first pull the Knob (32) outward. Move the Arm to the desired position, and then engage the Knob into a hole in the Adjustment Bracket (23, 24).



TIGHTENING THE CABLE

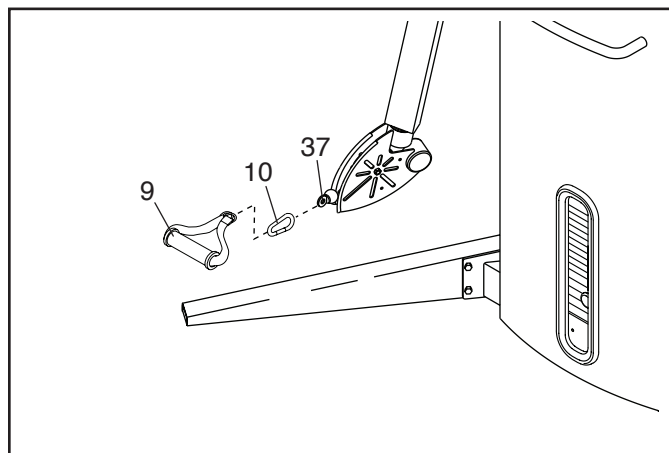
Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the Cable (33) **when the arms are in the straight up position** before resistance is felt, the Cable should be tightened. Note: There will be slack in the Cable when the arms are in any other position.

Slack can be removed from the Cable (33) by moving either or both of the indicated 115mm Pulleys (34) in the brackets on the Top Weight (15). First, remove the Shroud (not shown). Then, loosen an M10 x 60mm Bolt (77) and an M10 Locknut (63), and move the Pulley downward. Finally, **make sure the Cable Traps (78) are oriented as shown in the CABLE DIAGRAM on page 12**, and retighten the Bolt and the Locknut. Then, replace the Shroud.



CHANGING ACCESSORIES

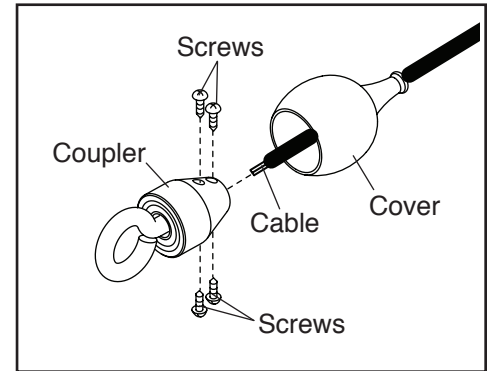
A Handle (9) or the Ankle Strap (not shown) can be attached to a Cable Eye (37) with a Cable Clip (10). **Attach the other Handle or Ankle Strap to the other Cable Eye in the same way.**



REINSTALLING THE CABLE

If the cable tends to slip off the pulleys, the cable may have become twisted. Remove the cable and re-install it.

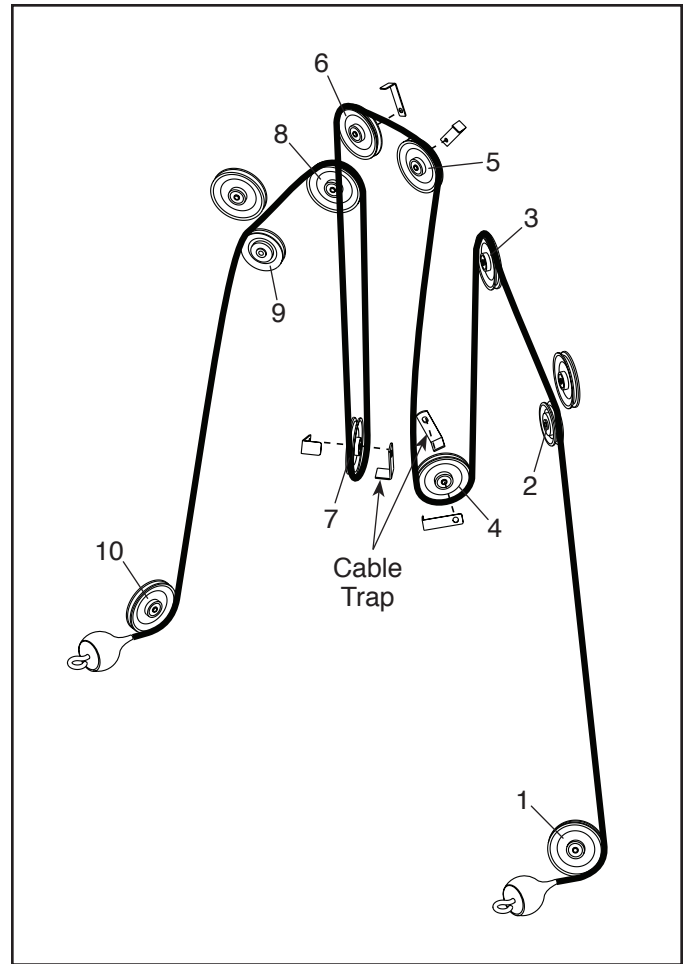
1. Create slack in the cable by removing the weight pin and pulling one of the handles out six to eight inches. Insert the weight pin into the third weight plate and the tube on the bottom of the top weight.
2. Push the black rubber cover off the aluminum coupler and slide the cover up the cable to contact the swivel arm.
3. Loosen the four set screws in the coupler and pull the cable free.
4. Remove the cable from the weight system.
5. Reinstall the cable. (Refer to the CABLE DIAGRAM on page 12 for proper cable routing.)
6. Reinsert the cable and the sheath into the coupler so that all of the bare cable is in the hole.
7. Retighten the four set screws into the threaded holes. Tighten the screws equally until they contact the cable. Then, tighten each set screw alternately 1/4 turn, until all are set to 85 inch-pounds (9.6 Newton-meters).
8. Slide the rubber coupler cover over the coupler, remove the weight pin, and lower the handle.



Note: If the cable needs to be replaced, see **ORDERING REPLACEMENT PARTS** on the back cover of this manual.

CABLE DIAGRAM

The cable diagram shows the proper routing of the cable. Use the diagram to make sure that the cable and the cable traps have been assembled correctly. If the cable has not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for the cable. **Make sure that the cable traps do not touch or bind the cable. Note: The indicated cable traps on pulleys 4 and 7 should be in a five o'clock position, as shown.**



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine 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—Tone your muscles by working 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—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each

workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

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.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

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 FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. 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:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

PART LIST

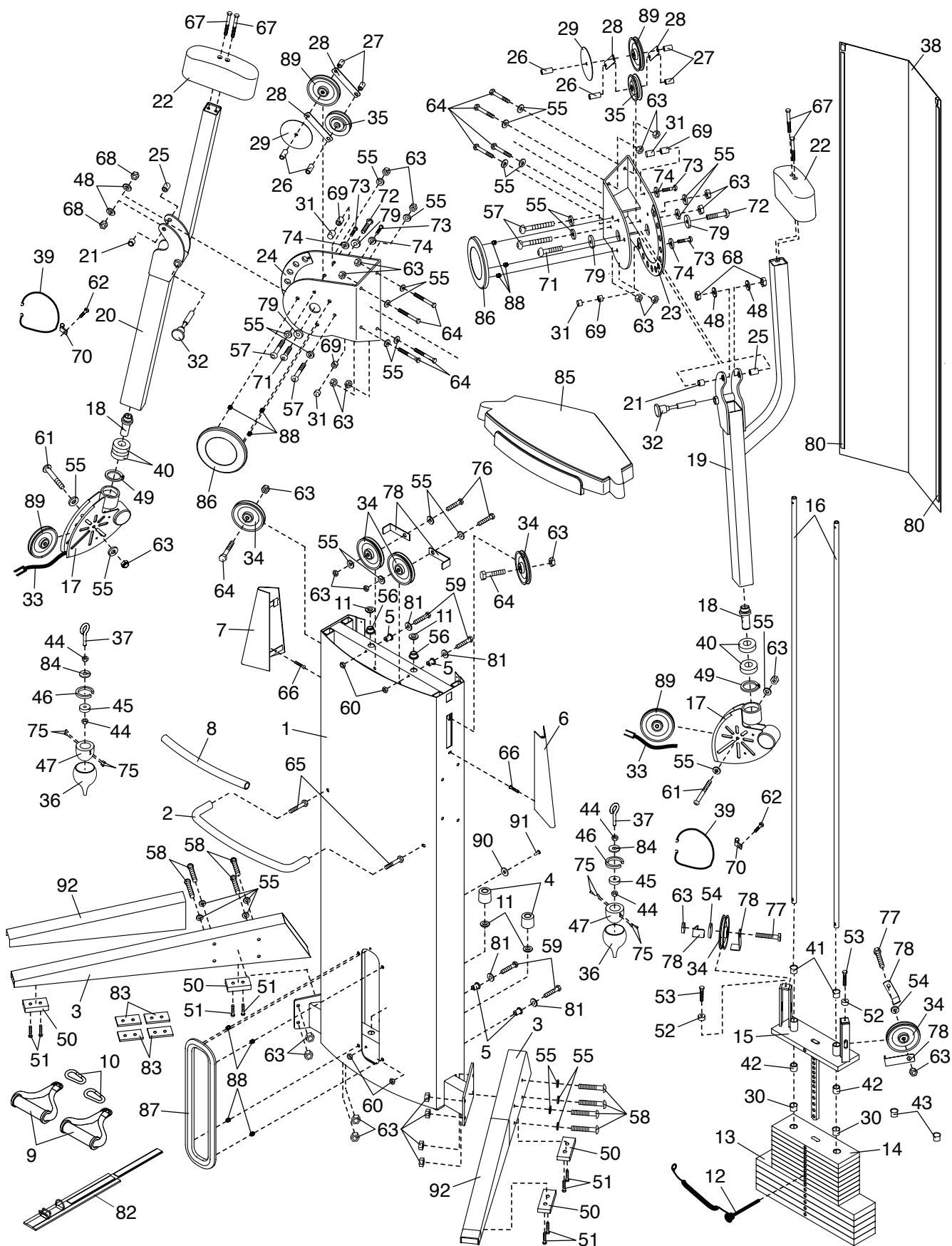
Model No. FMSY1912.0 R0113A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	49	2	Outer C-clip
2	1	Frame Handle	50	4	Rubber Foot
3	2	Stabilizer	51	8	M4 x 25mm Self-tapping Screw
4	2	Weight Bumper	52	2	Top Weight Bumper
5	4	Weight Guide Spacer	53	2	M5 x 25mm Screw
6	1	Left Side Cover	54	2	M10 Star Washer
7	1	Right Side Cover	55	32	M10 Washer
8	1	Frame Handle Pad	56	2	Long Weight Guide Bushing
9	2	Handle	57	4	M10 x 126mm Screw
10	2	Cable Clip	58	8	M10 x 84mm Bolt
11	6	Weight Guide Bushing	59	4	M6 x 64mm Bolt
12	1	Weight Pin	60	4	M6 Locknut
13	5	20-pound Weight	61	2	M10 x 50mm Screw
14	9	10-pound Weight	62	2	M4 x 15mm Self-tapping Screw
15	1	Top Weight	63	28	M10 Locknut
16	2	Weight Guide	64	10	M10 x 50mm Bolt
17	2	Swivel Arm	65	2	M10 x 40mm Bolt
18	2	Trunnion	66	2	M6 x 15mm Screw
19	1	Left Arm	67	4	M10 x 120mm Screw
20	1	Right Arm	68	4	M12 Locknut
21	2	38mm x 18mm Spacer	69	4	Plastic Spacer
22	2	Counterweight	70	2	Bungee Cord Attachment
23	1	Left Adjustment Bracket	71	2	M12 x 40mm Screw
24	1	Right Adjustment Bracket	72	2	M12 x 55mm Screw
25	2	38mm x 30mm Spacer	73	4	M8 x 48mm Screw
26	4	16mm x 23mm Spacer	74	4	M8 Washer
27	4	16mm x 42mm Spacer	75	8	M6 x 10 Set Screw
28	4	Pulley Plate	76	2	M10 x 95mm Bolt
29	2	Pulley Disc	77	2	M10 x 60mm Bolt
30	18	10-pound Weight Bushing	78	6	Cable Trap
31	4	Spacer Cap	79	4	50mm Washer
32	2	Adjustment Knob	80	2	Magnetic Strip
33	1	Cable	81	4	M6 Washer
34	6	115mm Pulley	82	1	Ankle Strap
35	2	90mm Pulley	83	4	Foot Spacer
36	2	Coupler Cover	84	2	M10 Lock Washer
37	2	Cable Eye	85	1	Top Cover
38	1	Shroud	86	2	Pivot Cover
39	2	Bungee Cord	87	1	Selector Bezel
40	4	Pulley Arm Bearing	88	10	Fastener w/Screw
41	2	Top Weight Top Bushing	89	4	115mm Aluminum Pulley
42	2	Top Weight Bottom Bushing	90	1	M4 Washer
43	10	20-pound Weight Bushing	91	1	M4 x 10 Self-tapping Screw
44	4	M10 Nut	92	2	Wear Plate
45	2	Cable Bearing	*	—	User's Manual
46	2	Inner C-clip	*	—	Exercise Guide
47	2	Coupler	*	—	Assembly Tool
48	4	M12 Washer	*	—	Grease Packet

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

Model No. FMSY1912.0 R0113A



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

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized 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. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 are limited in their 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 the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813