

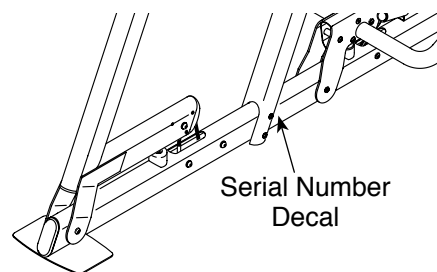
FREEMOTION® **1020 SY**

www.iconfitness.com

Model No. FMSY9012.0

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

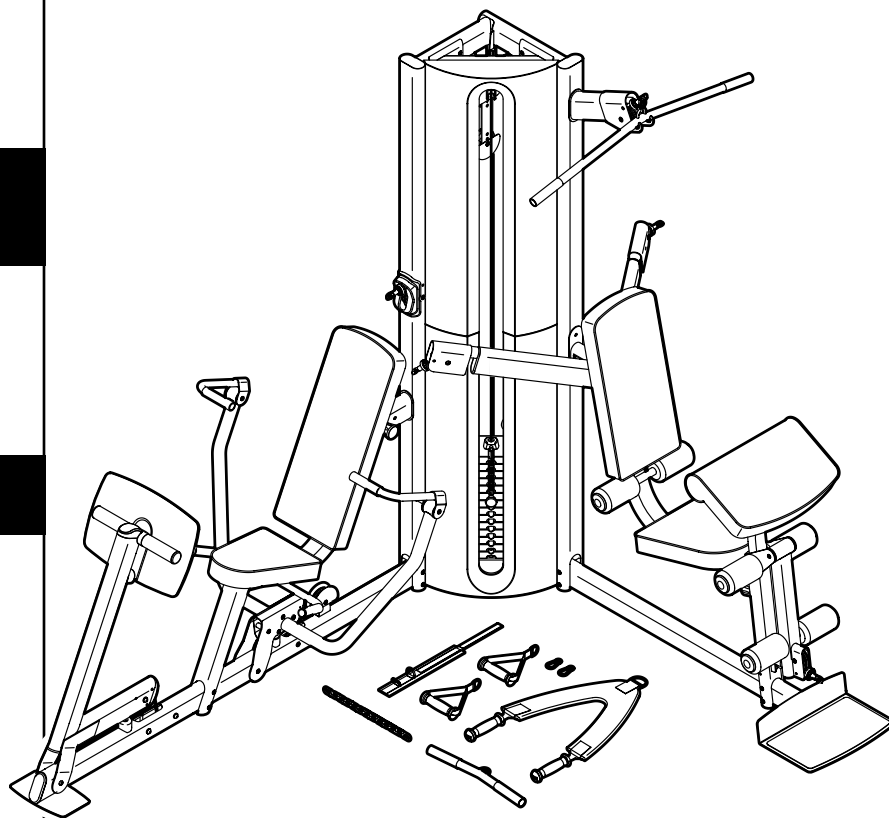


TABLE OF CONTENTS

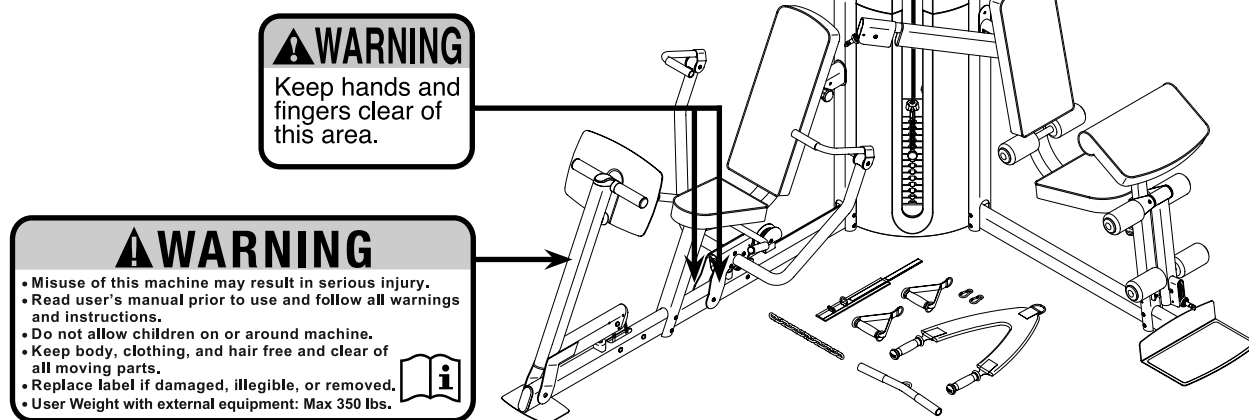
WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
PART IDENTIFICATION CHART	6
ASSEMBLY	8
ADJUSTMENT	38
WEIGHT RESISTANCE CHART	40
CABLE DIAGRAMS	41
MAINTENANCE	43
EXERCISE GUIDELINES	44
PART LIST	47
EXPLODED DRAWING	49
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

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 a 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 enough clearance around the weight system to mount, dismount, and use the weight system. To protect the floor or carpet from damage, place a mat under the weight system.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the weight system at all times.
9. The weight system should not be used by persons weighing more than 350 lbs. (159 kg).
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. Keep hands and feet away from moving parts.
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. 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.
14. Always secure the weight stack with the lock pin and lock after exercising to prevent unauthorized use of the weight system (see **LOCKING THE WEIGHT STACK** on page 39).
15. Always stand on the foot plate when performing an exercise that could cause the weight system to tip.
16. Never release the arms, leg lever, lat bar, leg press, ab strap, or handle while weights are raised. The weights will fall with great force.
17. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
18. 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.**



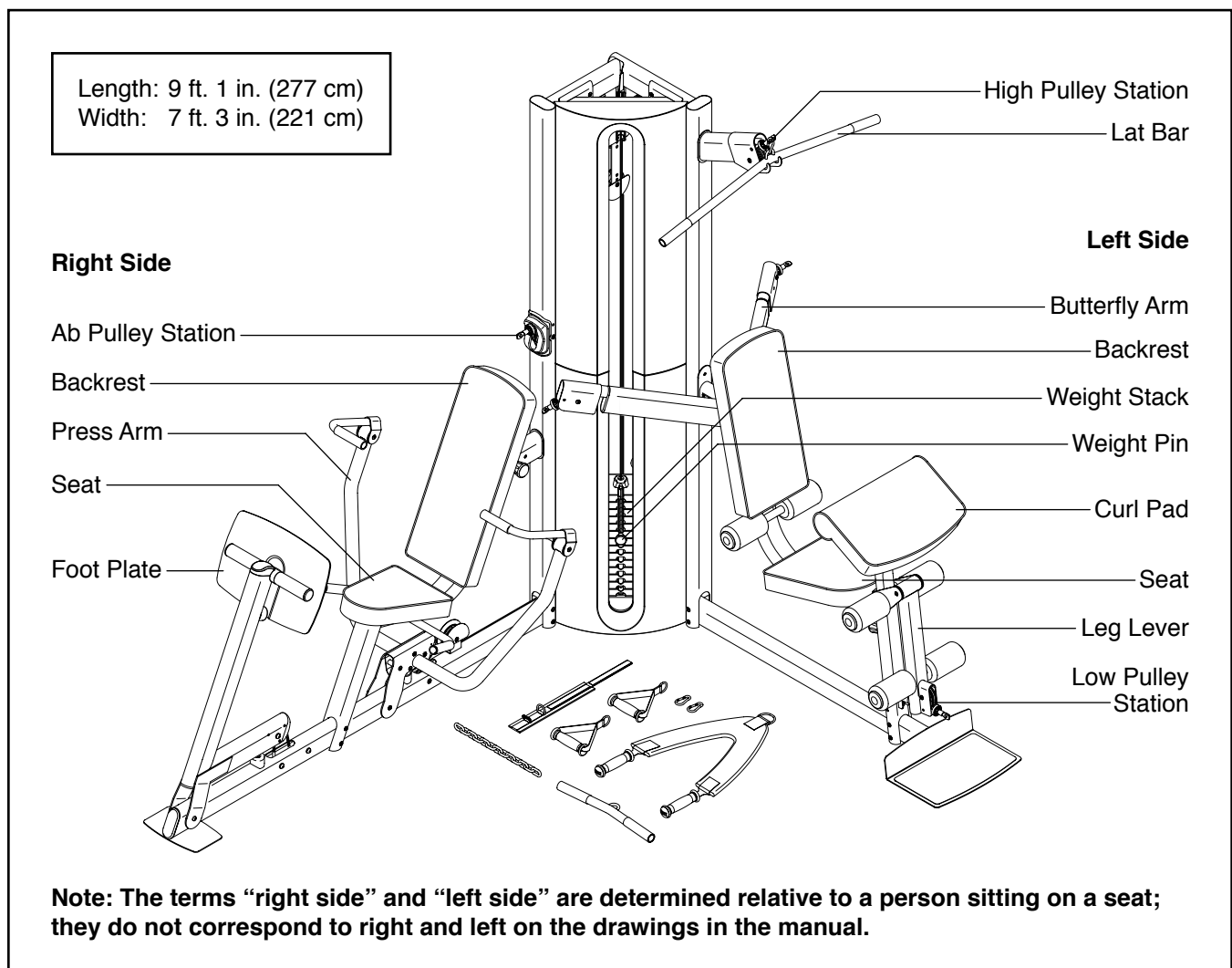
BEFORE YOU BEGIN

Thank you for selecting the versatile FREEMOTION® 1020 SY weight system. The weight system offers an impressive array of weight 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.

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

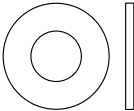
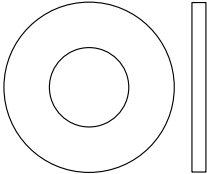
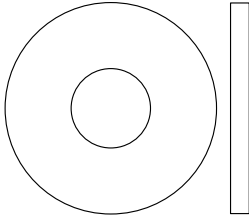
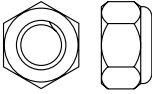
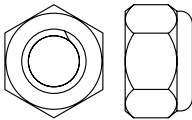
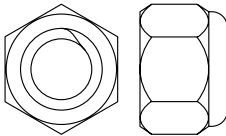
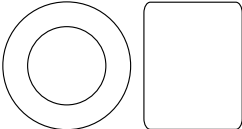
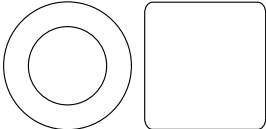
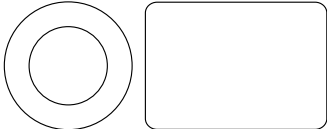
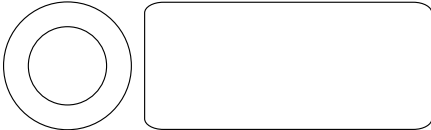
after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

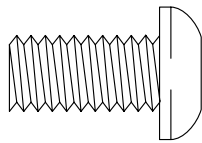
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



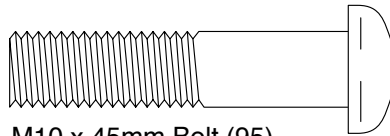
PART IDENTIFICATION CHART

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

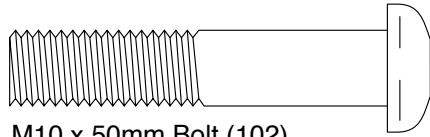
		
M6 Washer (92)	M10 Washer (93)	M10 Large Washer (116)
		
M6 Locknut (103)	M8 Locknut (119)	M10 Locknut (84)
		
13mm Spacer (86)	16mm Spacer (100)	24mm Spacer (87)
		
38mm Spacer (105)	48mm Spacer (81)	



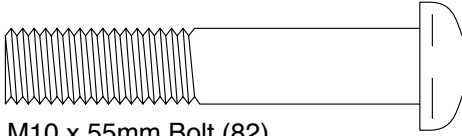
**M10 x 20mm
Screw (101)**



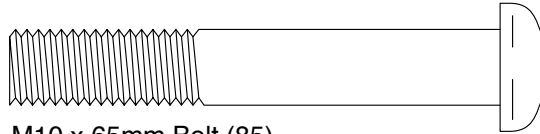
M10 x 45mm Bolt (95)



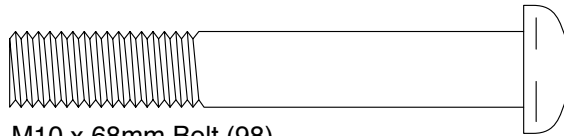
M10 x 50mm Bolt (102)



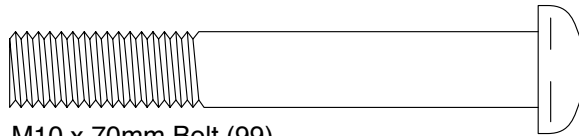
M10 x 55mm Bolt (82)



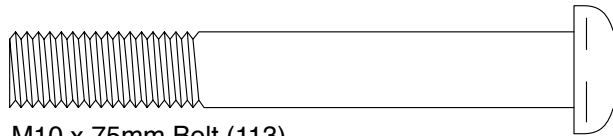
M10 x 65mm Bolt (85)



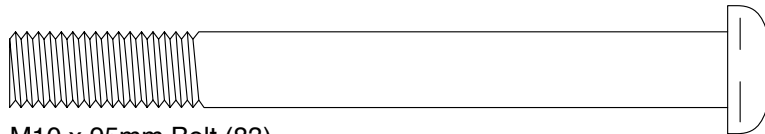
M10 x 68mm Bolt (98)



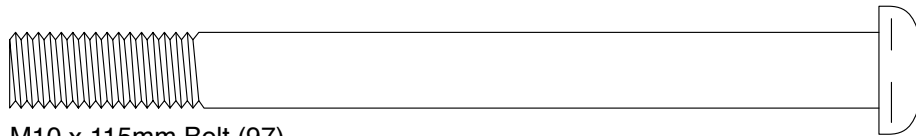
M10 x 70mm Bolt (99)



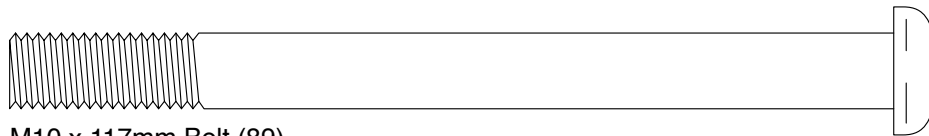
M10 x 75mm Bolt (113)



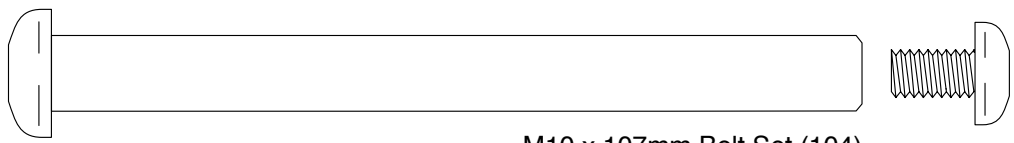
M10 x 95mm Bolt (83)



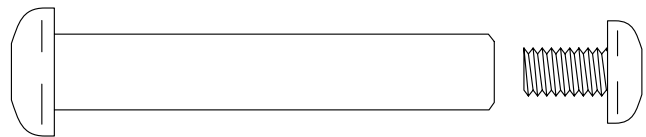
M10 x 115mm Bolt (97)



M10 x 117mm Bolt (89)



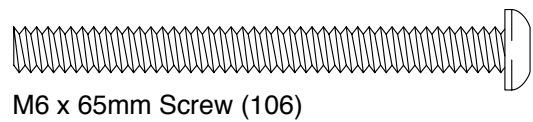
M10 x 107mm Bolt Set (104)



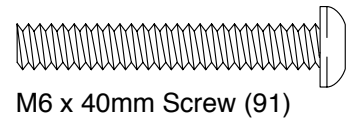
M10 x 59mm Bolt Set (115)



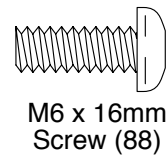
M10 x 45mm Hex Bolt (112)



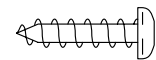
M6 x 65mm Screw (106)



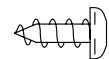
M6 x 40mm Screw (91)



**M6 x 16mm
Screw (88)**



**ST4.2 x 16mm
Screw (90)**



**ST4.2 x 10mm
Screw (117)**

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 weight system.
- 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.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- To identify small parts, see page 6.
- In addition to the included tool(s), assembly requires the following tool(s):

one Phillips screwdriver



two adjustable wrenches



one rubber mallet



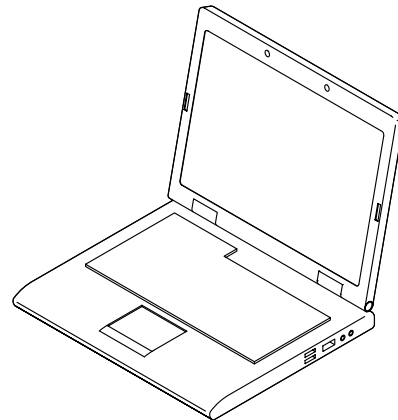
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

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

- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

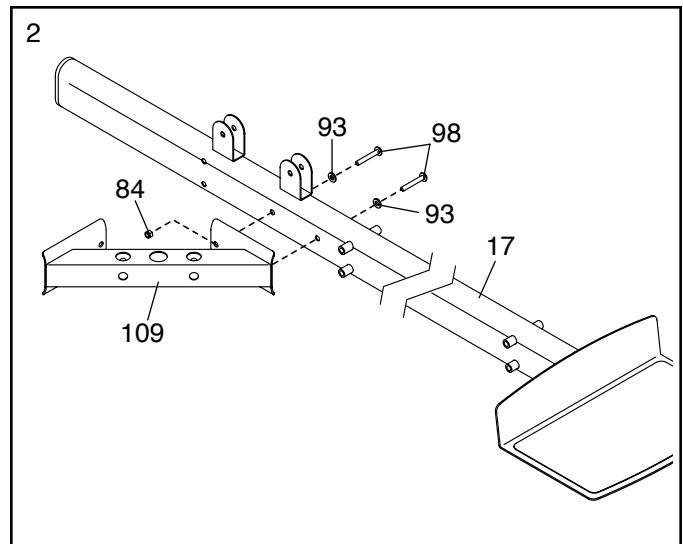
Note: If you do not have Internet access, call CUSTOMER CARE (see the front cover of this manual) and register your product.

1



2. Identify the Short Base (17) and the Weight Stack Base (109). Orient both parts as shown.

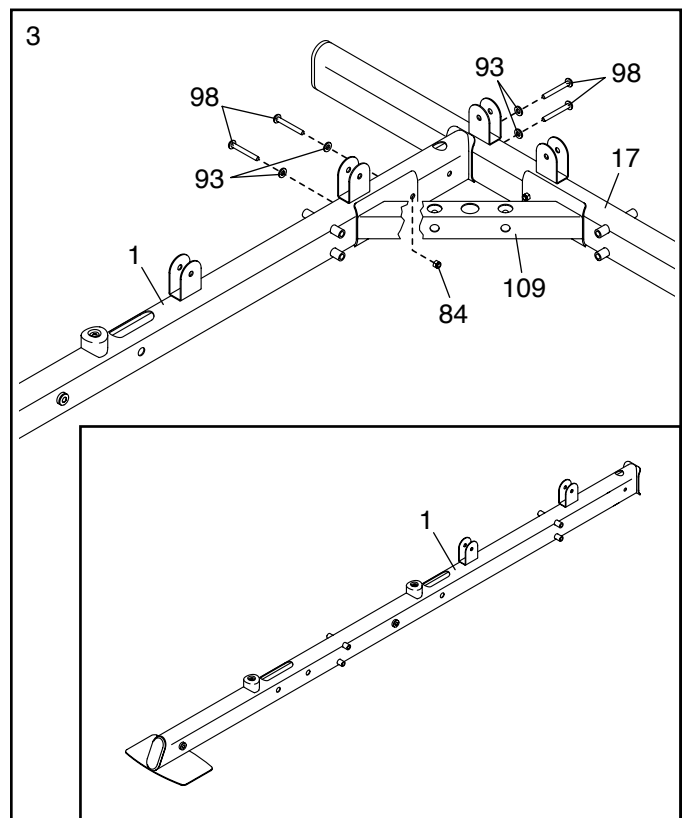
Attach the Short Base (17) to the Weight Stack Base (109) with two M10 x 68mm Bolts (98), two M10 Washers (93), and an M10 Locknut (84); **do not tighten the Bolts yet.**



3. **See the inset drawing.** Identify the Long Base (1).

Attach the Long Base (1) to the Weight Stack Base (109) with two M10 x 68mm Bolts (98), two M10 Washers (93), and an M10 Locknut (84); **do not tighten the Bolts yet.**

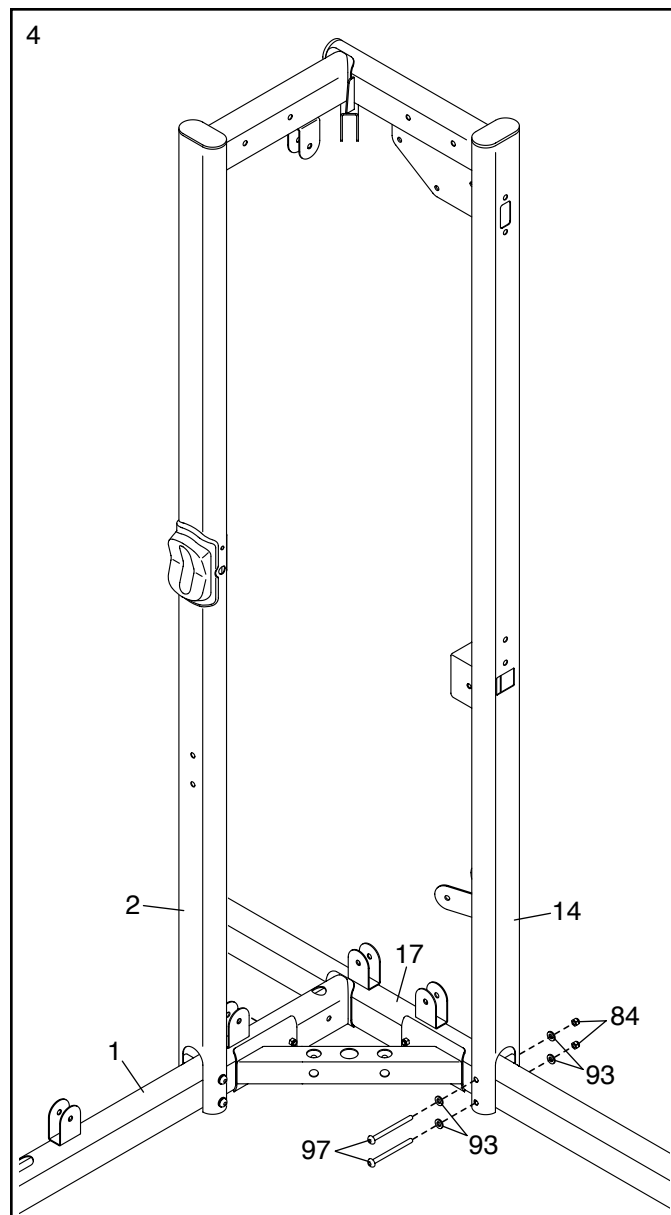
Then, attach the Long Base (1) to the Short Base (17) with two M10 x 68mm Bolts (98) and two M10 Washers (93); **do not tighten the Bolts yet.**



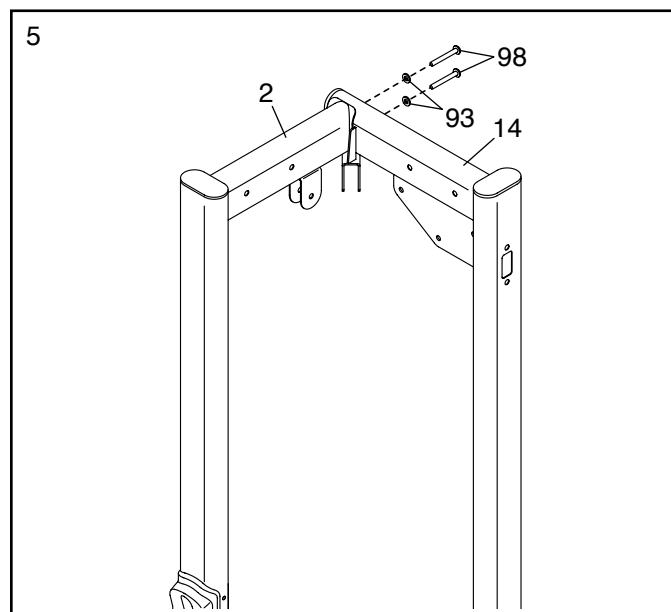
4. Identify the Right and Left Uprights (2, 14).
Orient both parts as shown.

Attach the Left Upright (14) to the Short Base (17) with two M10 x 115mm Bolts (97), four M10 Washers (93), and two M10 Locknuts (84); **do not tighten the Bolts yet.**

Attach the Right Upright (2) to the Long Base (1) in the same way.



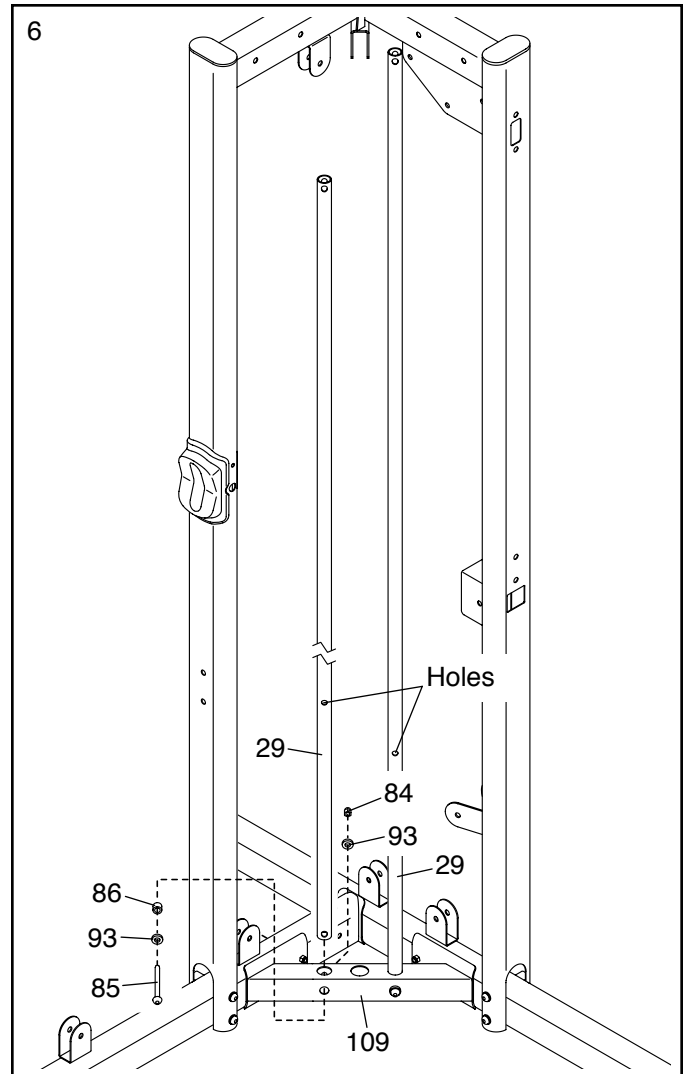
5. Attach the Right Upright (2) to the Left Upright (14) with two M10 x 68mm Bolts (98) and two M10 Washers (93); **do not tighten the Bolts yet.**



6. Orient the Weight Guides (29) so that the indicated holes are in the locations shown.

Attach a Weight Guide (29) to the Weight Stack Base (109) with an M10 x 65mm Bolt (85), two M10 Washers (93), a 13mm Spacer (86), and an M10 Locknut (84); **do not tighten the Bolt yet.**

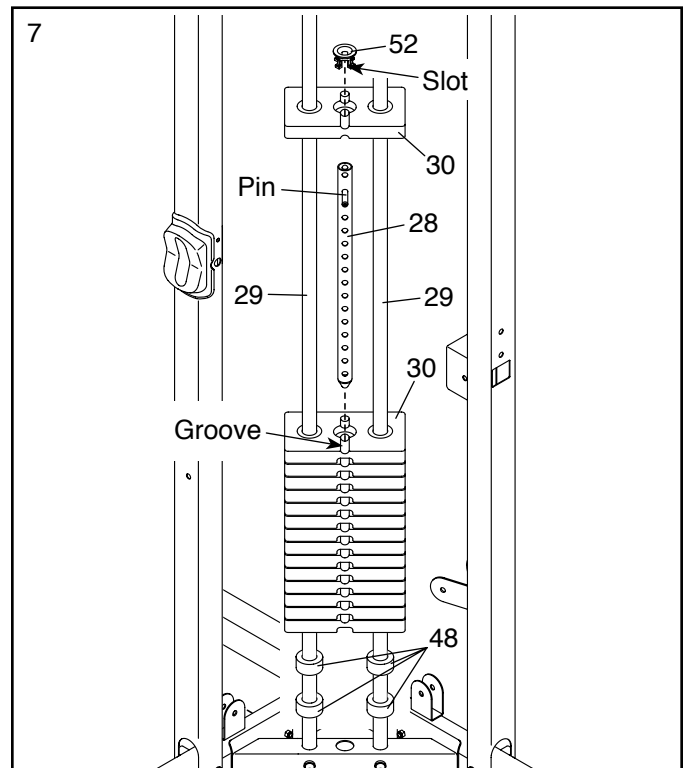
Attach the other Weight Guide (29) in the same way.



7. Slide two Round Weight Bumpers (48) onto each Weight Guide (29). Next, slide fourteen Weights (30) onto the Weight Guides.

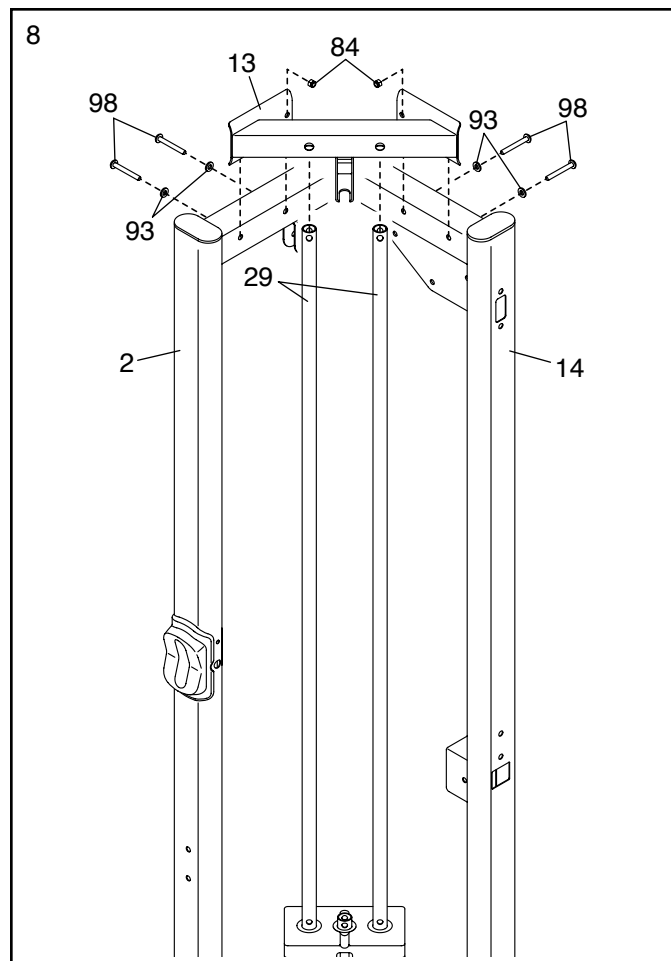
Insert the Weight Selector (28) into the stack of Weights (30). **Make sure that the pin on the Weight Selector sits in the groove in the top Weight.**

Press the Plastic Bushing (52) into the center hole in the fifteenth Weight (30). Then, slide the Weight onto the Weight Guides (29); **make sure that the Plastic Bushing is turned so that one of the slots slides over the pin on the Weight Selector (28).**



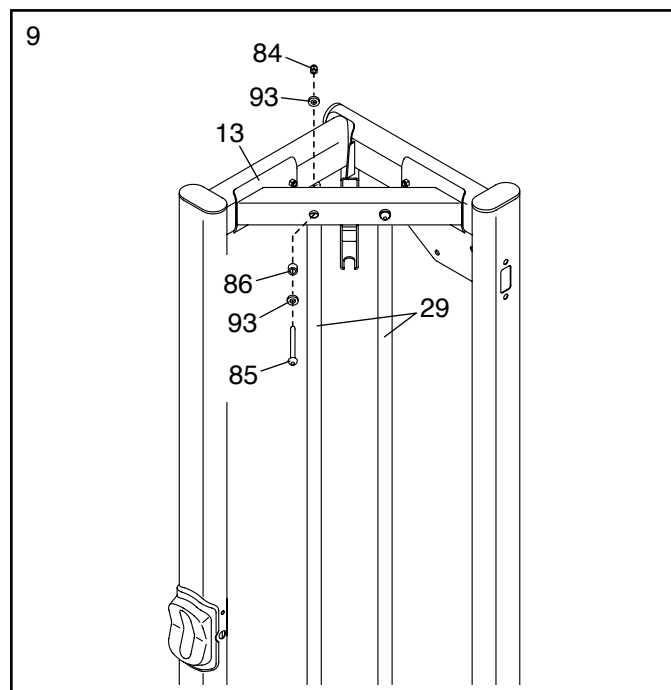
8. Orient the Weight Stack Top (13) as shown. Set the Weight Stack Top on the Weight Guides (29).

Attach the Weight Stack Top (13) to the Right and Left Uprights (2, 14) with four M10 x 68mm Bolts (98), four M10 Washers (93), and two M10 Locknuts (84); **do not tighten the Bolts yet.**



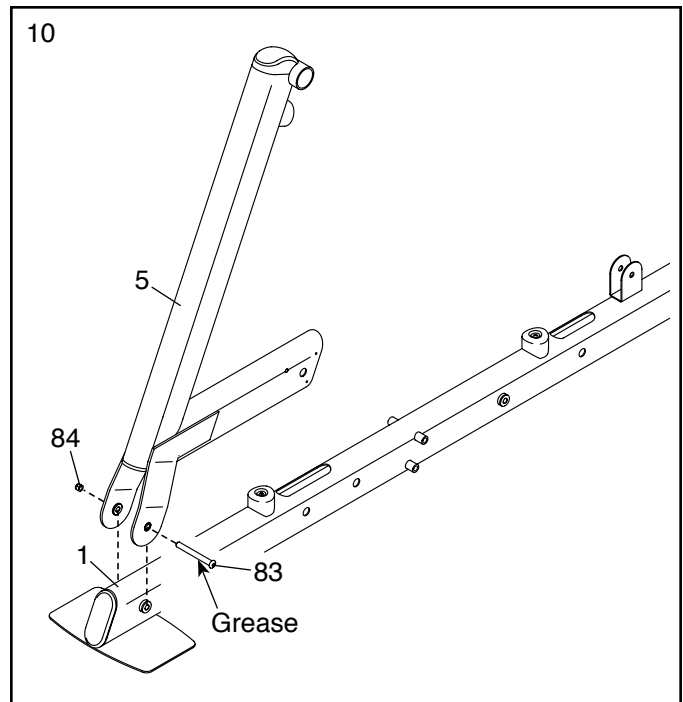
9. Attach a Weight Guide (29) to the Weight Stack Top (13) with an M10 x 65mm Bolt (85), two M10 Washers (93), a 13mm Spacer (86), and an M10 Locknut (84); **do not tighten the Bolt yet.**

Repeat this step with the other Weight Guide (29).



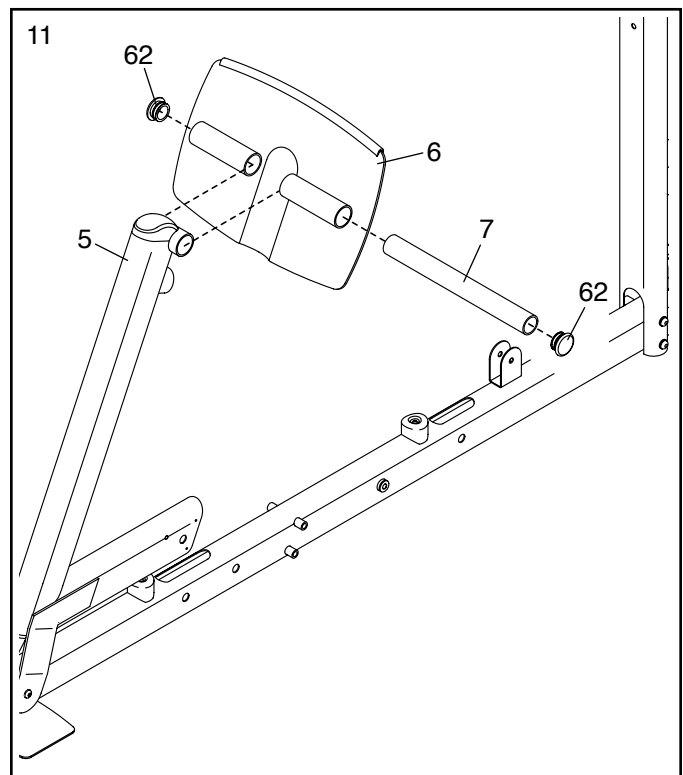
10. Using a plastic bag to keep your fingers clean, apply some of the included grease to an M10 x 95mm Bolt (83).

Attach the Leg Press Frame (5) to the Long Base (1) with the M10 x 95mm Bolt (83) and an M10 Locknut (84). **Do not overtighten the Locknut; the Press Frame must pivot easily.**



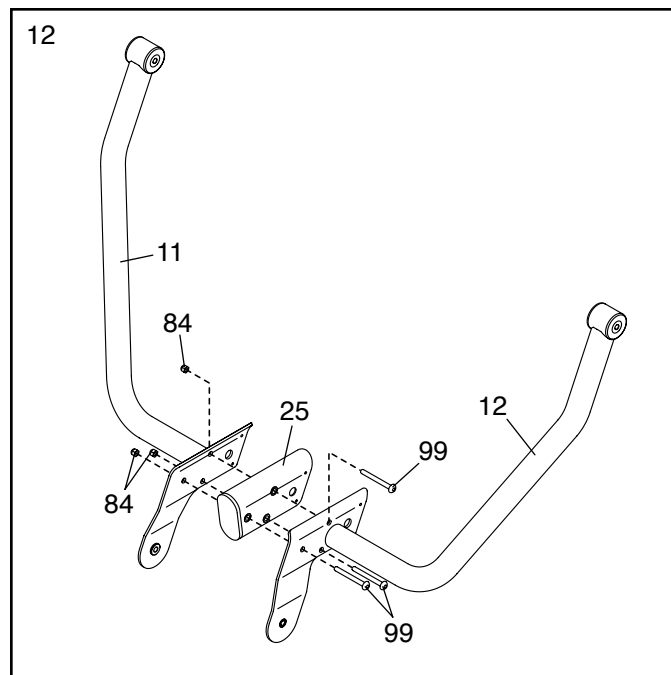
11. While a second person holds the Foot Plate (6) against the Leg Press Frame (5), insert the Foot Plate Tube (7) through the Foot Plate and the Leg Press Frame.

Then, press a Foot Plate Tube Cap (62) into each end of the Foot Plate Tube (7).



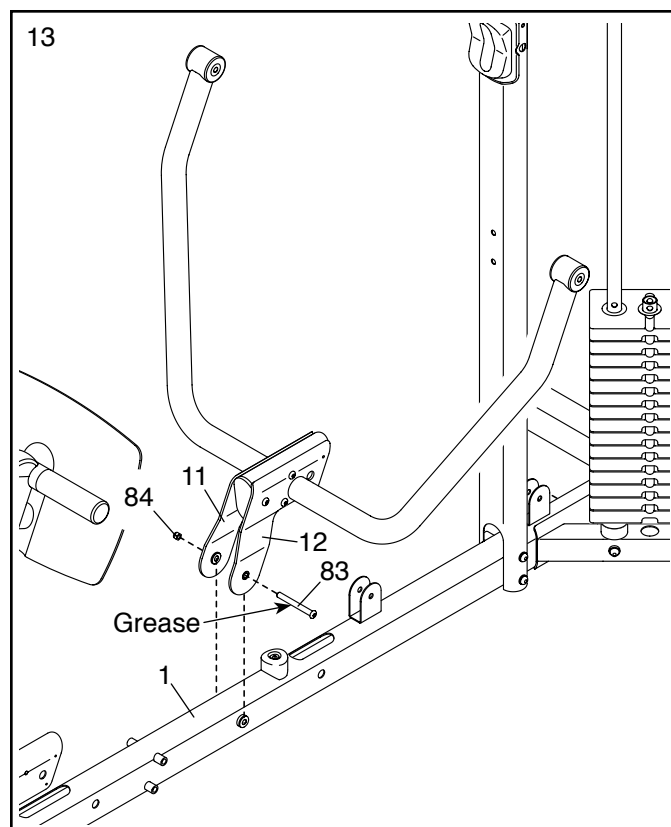
12. Identify the Right and Left Press Arms (11, 12) and the Press Arm Bracket (25). Orient the parts as shown.

Attach the Right and Left Press Arms (11, 12) to the Press Arm Bracket (25) with three M10 x 70mm Bolts (99) and three M10 Locknuts (84); **do not tighten the Bolts yet.**



13. Apply grease to an M10 x 95mm Bolt (83).

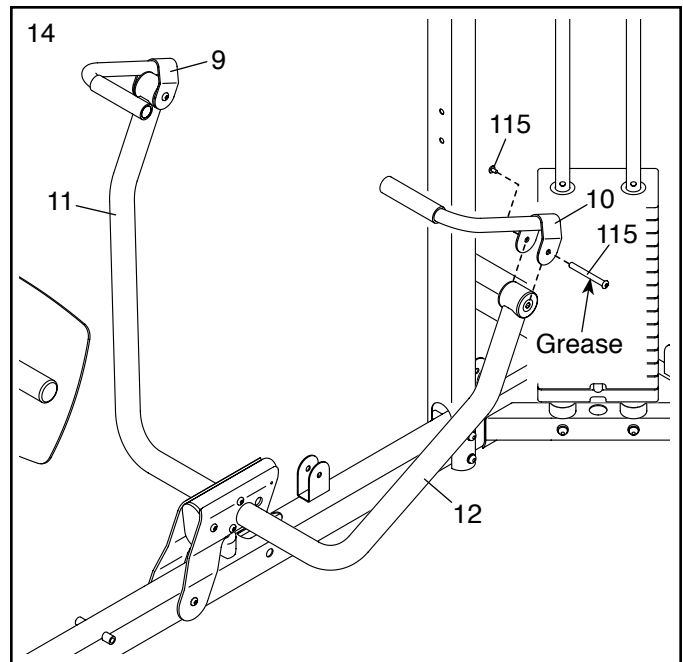
Attach the Right and Left Press Arms (11, 12) to the Long Base (1) with the M10 x 95mm Bolt (83) and an M10 Locknut (84). **Do not over-tighten the Locknut; the Press Arms must pivot easily.**



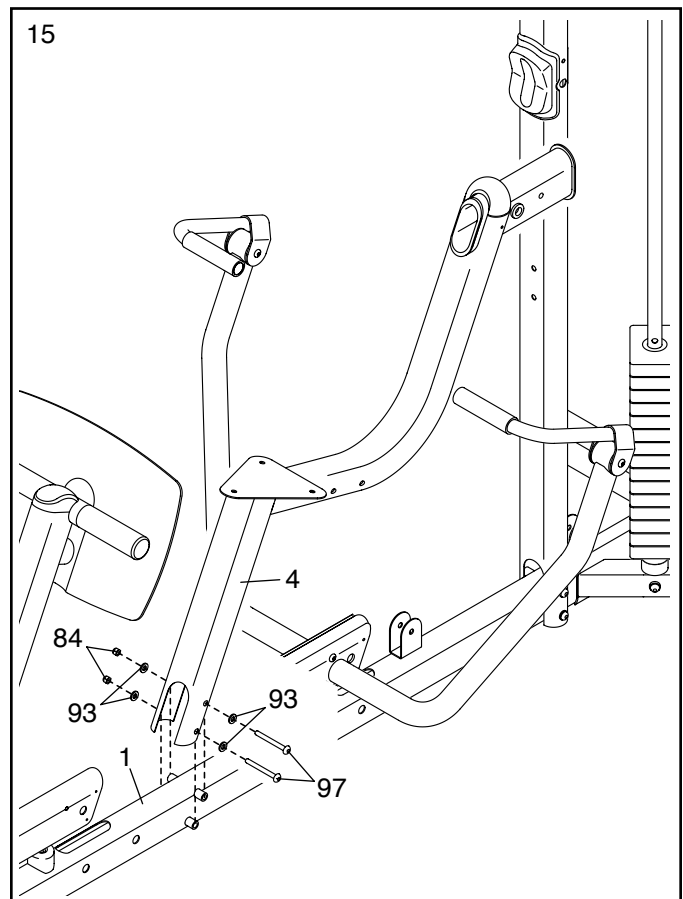
14. Apply grease to an M10 x 59mm Bolt Set (115).

Attach the Left Press Handle (10) to the Left Press Arm (12) with the M10 x 59mm Bolt Set (115).

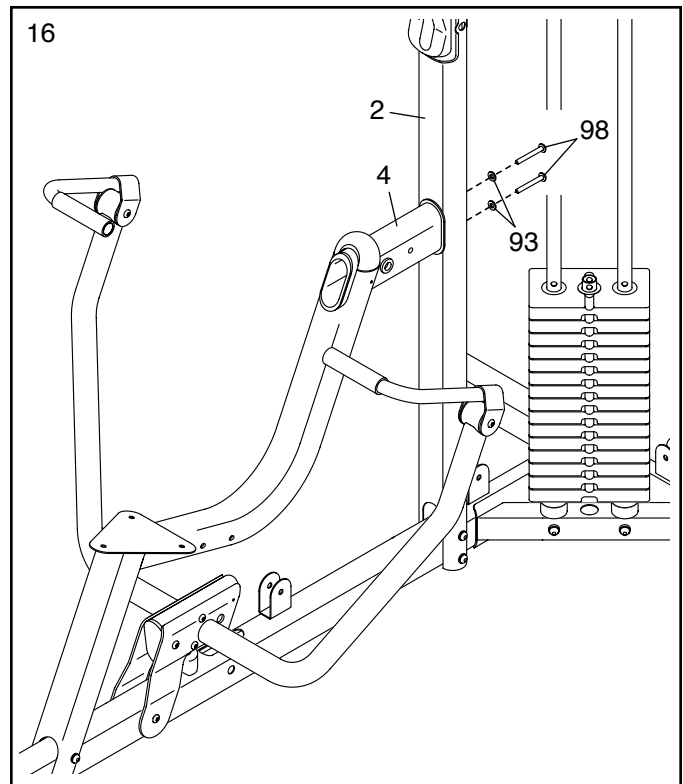
Attach the Right Press Handle (9) to the Right Press Arm (11) in the same way.



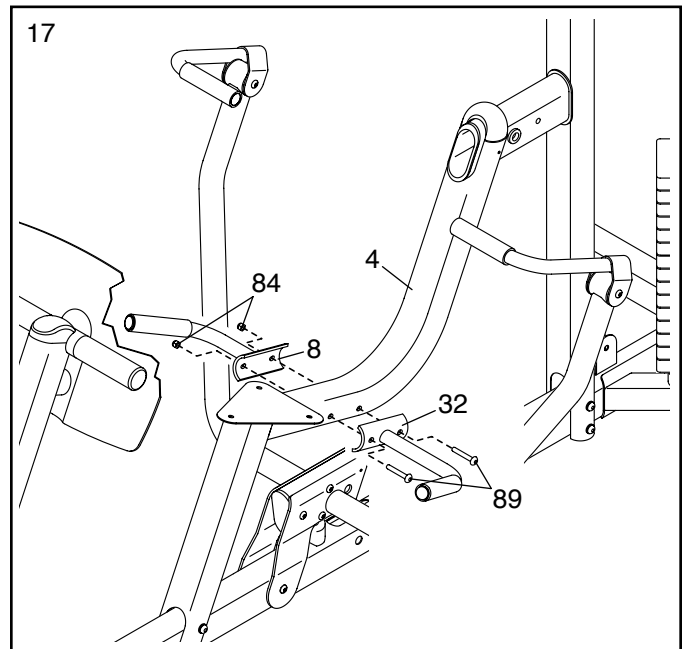
15. Attach the Right Seat Frame (4) to the Long Base (1) with two M10 x 115mm Bolts (97), four M10 Washers (93), and two M10 Locknuts (84); **do not tighten the Bolts yet.**



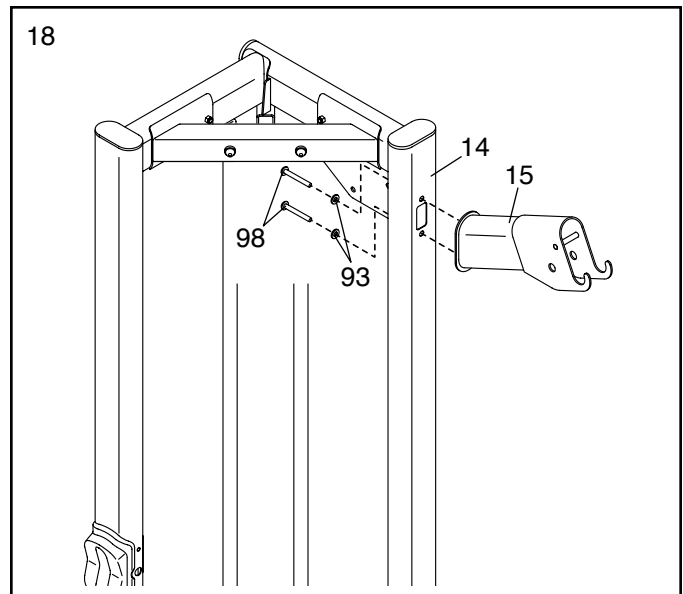
16. Attach the Right Seat Frame (4) to the Right Upright (2) with two M10 x 68mm Bolts (98) and two M10 Washers (93); **do not tighten the Bolts yet.**



17. Attach the Right and Left Seat Handles (8, 32) to the Right Seat Frame (4) with two M10 x 117mm Bolts (89) and two M10 Locknuts (84).



18. Attach the Lat Bar Bracket (15) to the Left Upright (14) with two M10 x 68mm Bolts (98) and two M10 Washers (93).

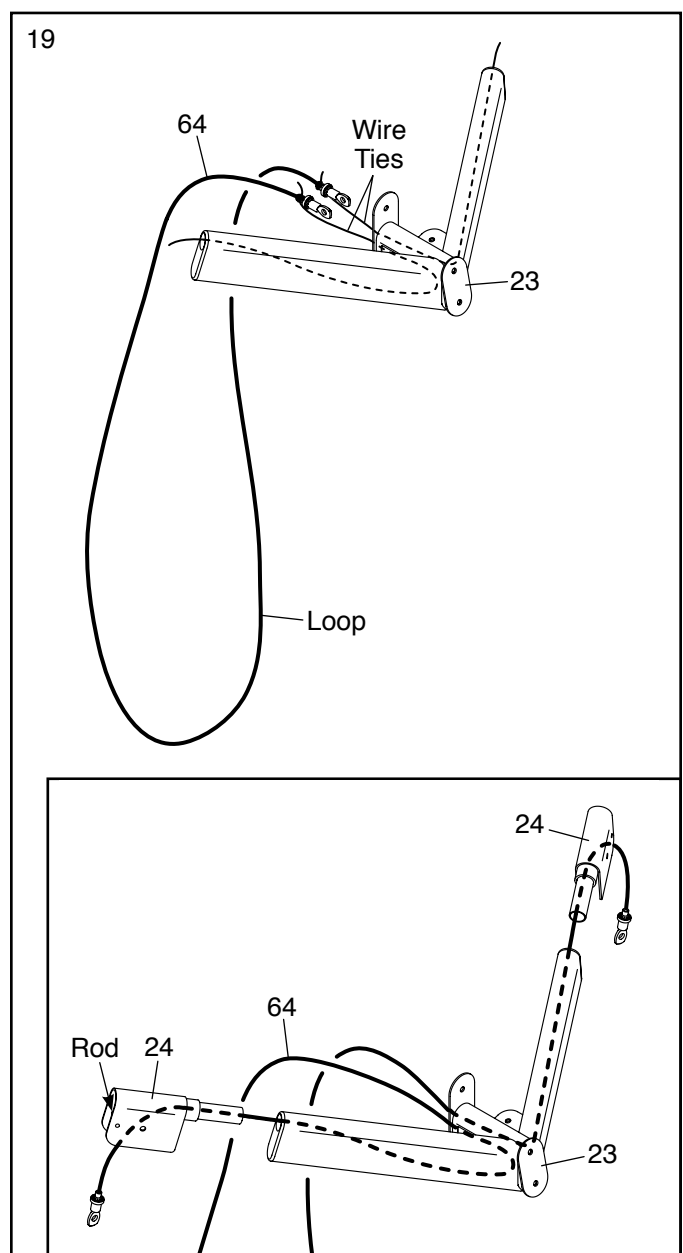


19. See the **CABLE DIAGRAMS** starting on page 41 to identify the cables.

Locate Cable B (64). Hold the ends of Cable B near the center of the Butterfly Arm (23) as shown.

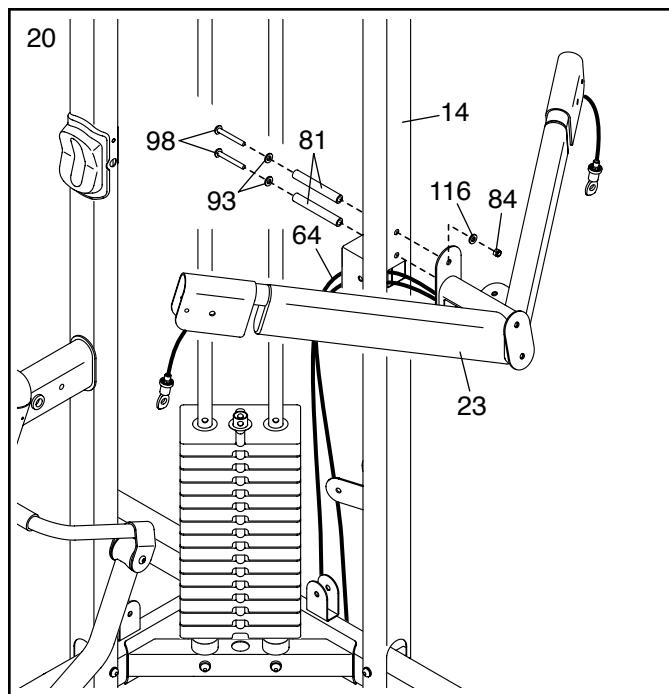
Locate the two wire ties in the center of the Butterfly Arm (23). Tie one wire tie to each end of Cable B (64) as shown. Next, pull the other ends of the wire ties until Cable B is routed through the Butterfly Arm. Then, remove and discard the wire ties. **Make sure to leave a loop of cable extending from the center of the Butterfly Arm.**

See the inset drawing. Insert the ends of Cable B (64) through the two Swivel Brackets (24). **Make sure that the ends of Cable B are under the rods in the Swivel Brackets.** Next, press the Swivel Brackets into the Butterfly Arm (23).



20. While a second person holds the Butterfly Arm (23) near the Left Upright (14), insert the loop of Cable B (64) through the hole in the Left Upright.

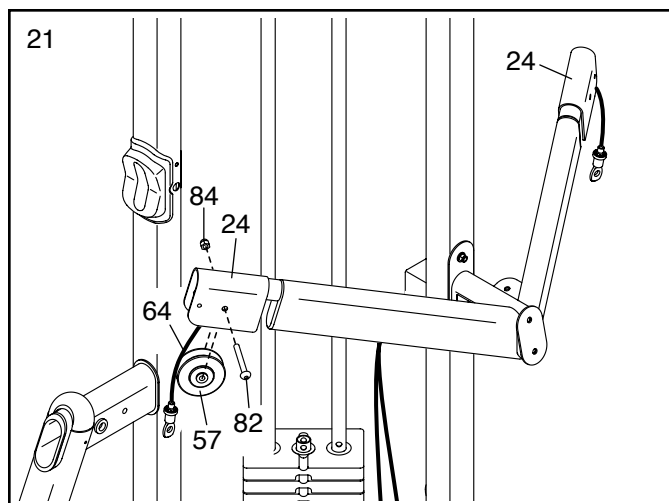
Attach the Butterfly Arm (23) to the Left Upright (14) with two M10 x 68mm Bolts (98), two M10 Washers (93), two 48mm Spacers (81), an M10 Large Washer (116), and an M10 Locknut (84); **do not tighten the Bolts yet.**



21. Insert a V-pulley (57) into a Swivel Bracket (24) under Cable B (64).

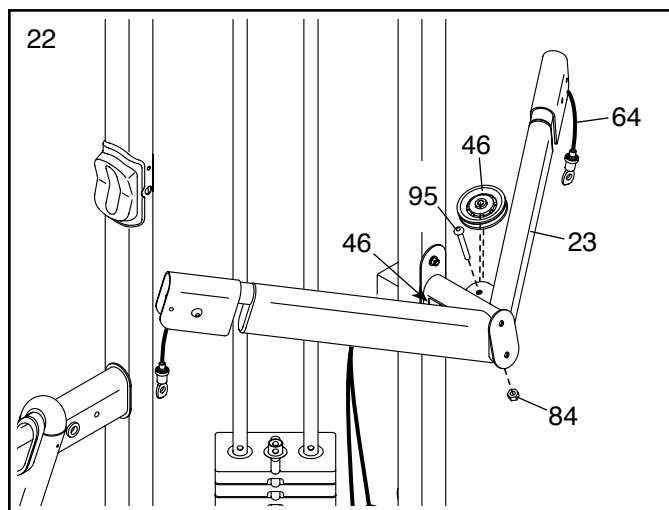
Attach the V-pulley (57) with an M10 x 55mm Bolt (82) and an M10 Locknut (84).

Repeat this step with the other Swivel Bracket (24).



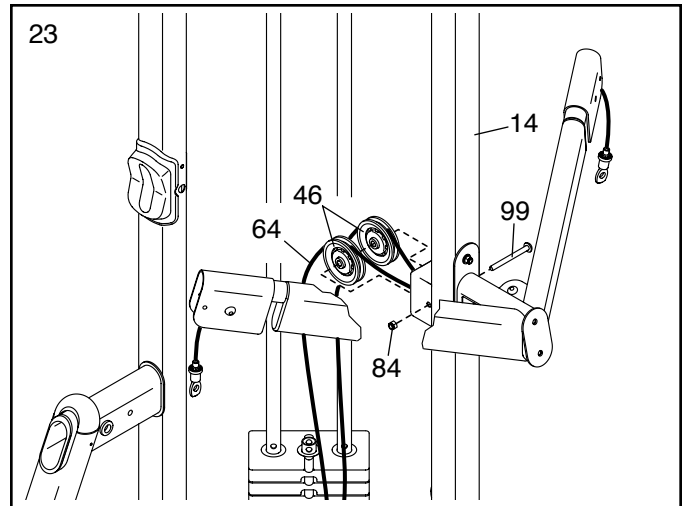
22. Attach a Pulley (46) to one side of the Butterfly Arm (23) over Cable B (64) with an M10 x 45mm Bolt (95) and an M10 Locknut (84).

Attach a Pulley (46) to the other side of the Butterfly Arm (23) in the same way.



23. Route Cable B (64) over two Pulleys (46). Then, insert the Pulleys into the Left Upright (14). **Make sure that Cable B is not twisted.**

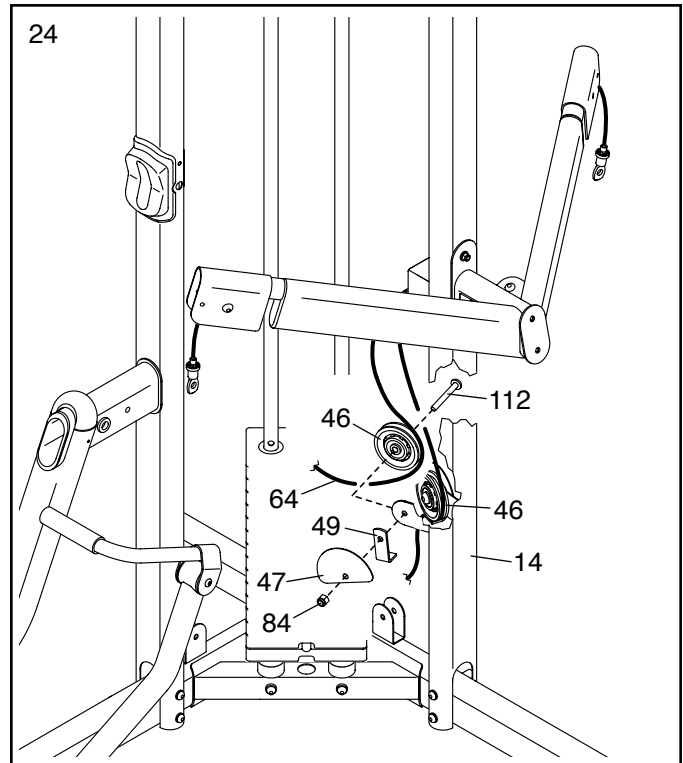
Attach the Pulleys (46) with an M10 x 70mm Bolt (99) and an M10 Locknut (84).



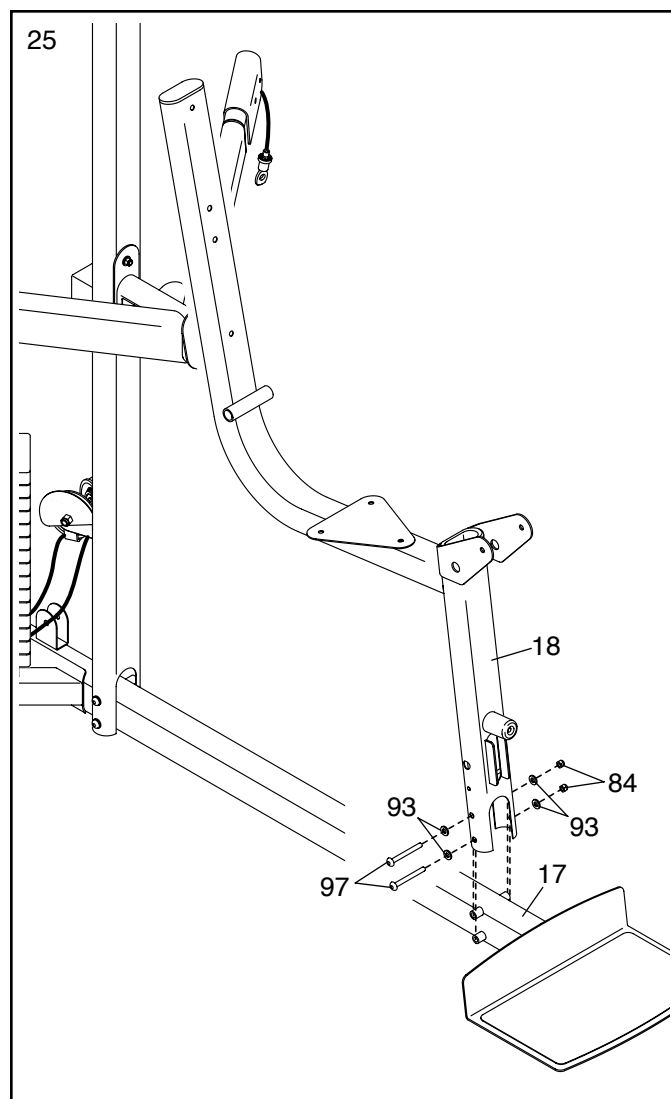
24. Route Cable B (64) around a Pulley (46).

Attach the Pulley (46) **inside** the bracket on the Left Upright (14), and a Cable Trap (49) and a Half Guard (47) **outside** the bracket, with an M10 x 45mm Hex Bolt (112) and an M10 Locknut (84). **Make sure that the Cable Trap and the Half Guard are oriented as shown.**

Attach a Pulley (46), a Cable Trap (not shown), and a Half Guard (not shown) to the other side of the bracket on the Left Upright (14) in the same way.

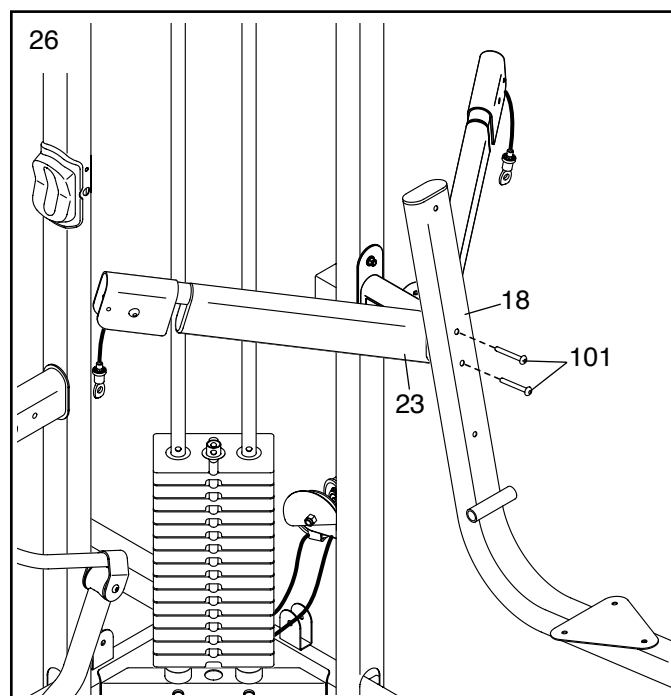


25. Attach the Left Seat Frame (18) to the Short Base (17) with two M10 x 115mm Bolts (97), four M10 Washers (93), and two M10 Locknuts (84); **do not tighten the Bolts yet.**



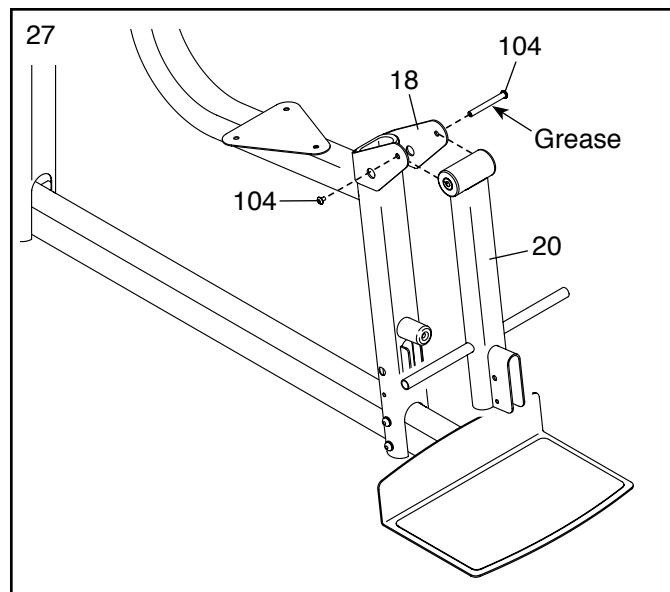
26. Attach the Left Seat Frame (18) to the Butterfly Arm (23) with two M10 x 20mm Screws (101).

See steps 2–9, 15, 16, 20, and 25. Tighten the Bolts used in these steps.



27. Apply grease to an M10 x 107mm Bolt Set (104).

Attach the Leg Lever (20) to the Left Seat Frame (18) with the M10 x 107mm Bolt Set (104).

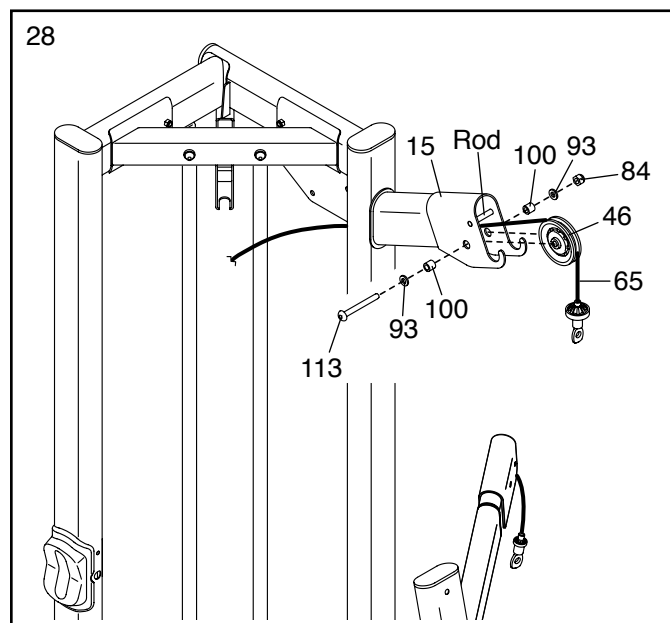


28. See the **CABLE DIAGRAMS** starting on page 41 to identify the cables.

Locate Cable C (65). Route Cable C through the Lat Bar Bracket (15). **Make sure that Cable C is under the indicated rod.**

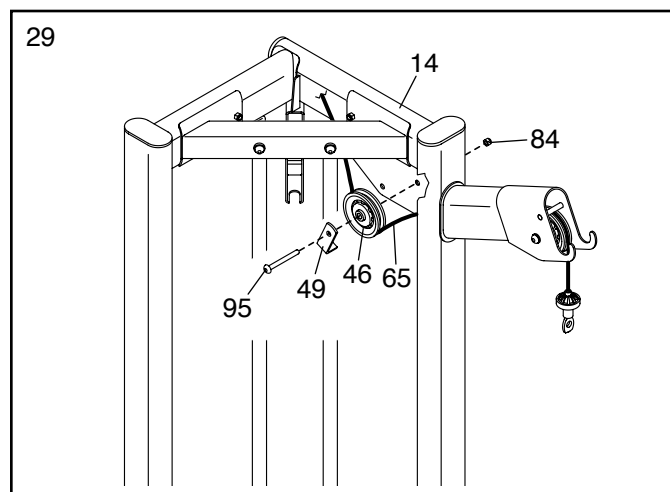
Insert a Pulley (46) into the Lat Bar Bracket (15) under Cable C (65).

Attach the Pulley (46) with an M10 x 75mm Bolt (113), two M10 Washers (93), two 16mm Spacers (100), and an M10 Locknut (84).



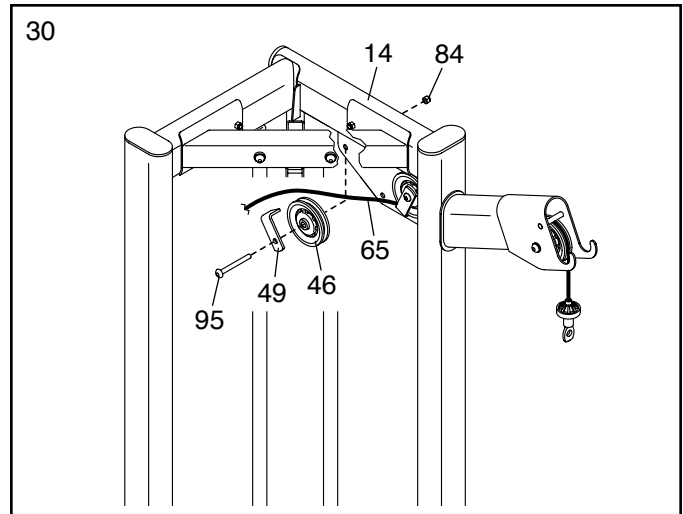
29. Route Cable C (65) under a Pulley (46).

Attach the Pulley (46) and a Cable Trap (49) to the Left Upright (14) with an M10 x 45mm Bolt (95) and an M10 Locknut (84). **Make sure that the Cable Trap is oriented as shown.**



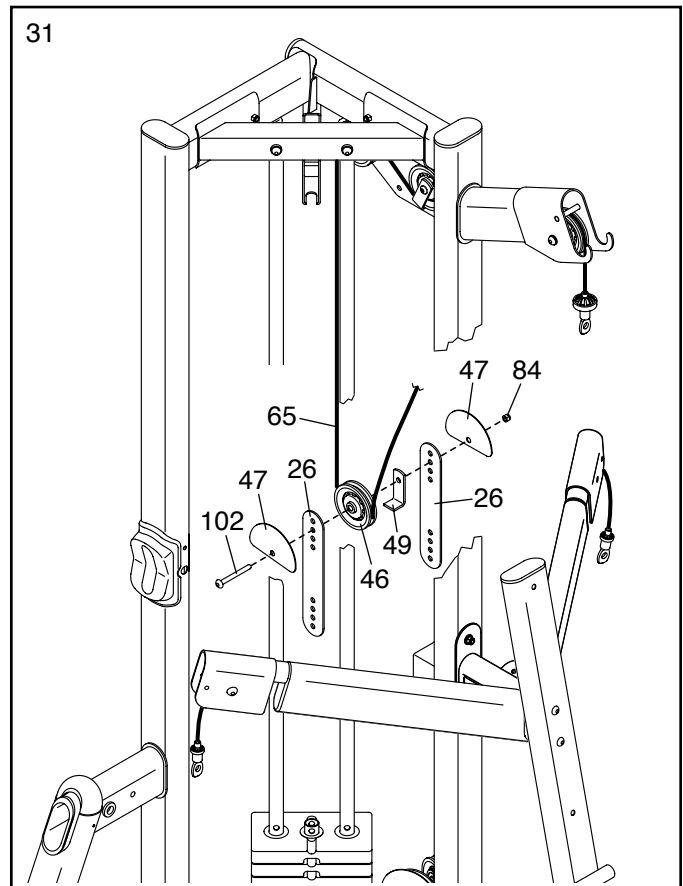
30. Route Cable C (65) over a Pulley (46).

Attach the Pulley (46) and a Cable Trap (49) to the Left Upright (14) with an M10 x 45mm Bolt (95) and an M10 Locknut (84). **Make sure that the Cable Trap is oriented as shown.**



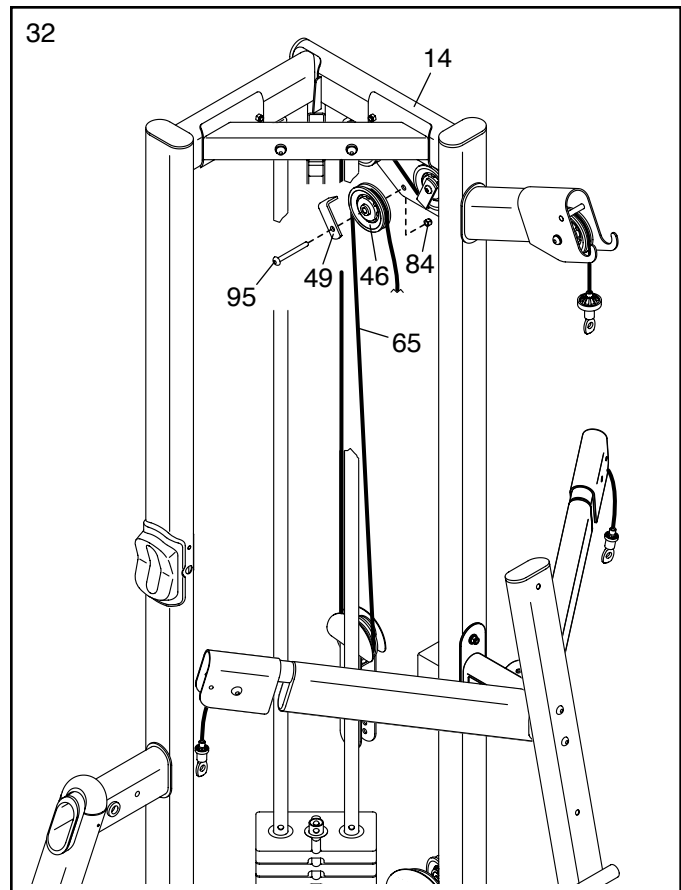
31. Route Cable C (65) under a Pulley (46).

Attach the Pulley (46), a Cable Trap (49), and two Half Guards (47) to the second set of holes in two Pulley Plates (26) with an M10 x 50mm Bolt (102) and an M10 Locknut (84). **Make sure that the Cable Trap and the Half Guards are oriented as shown.**

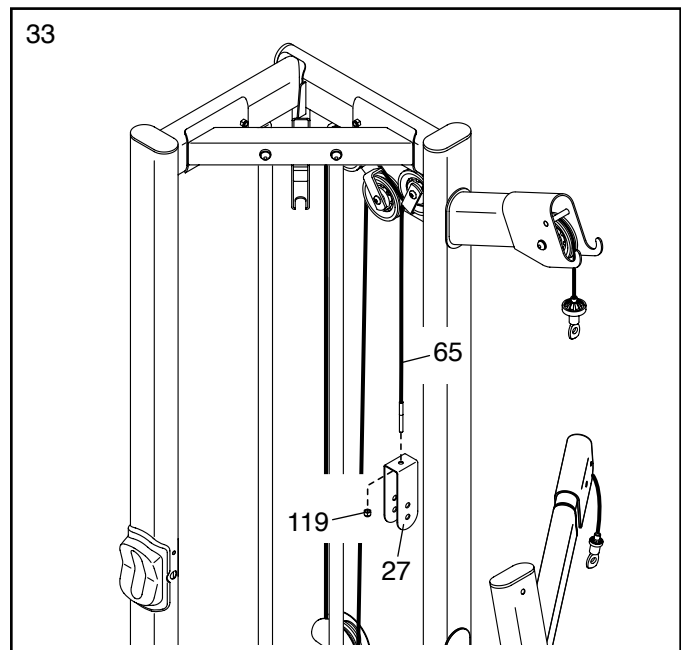


32. Route Cable C (65) over a Pulley (46).

Attach the Pulley (46) and a Cable Trap (49) to the Left Upright (14) with an M10 x 45mm Bolt (95) and an M10 Locknut (84). **Make sure that the Cable Trap is oriented as shown.**

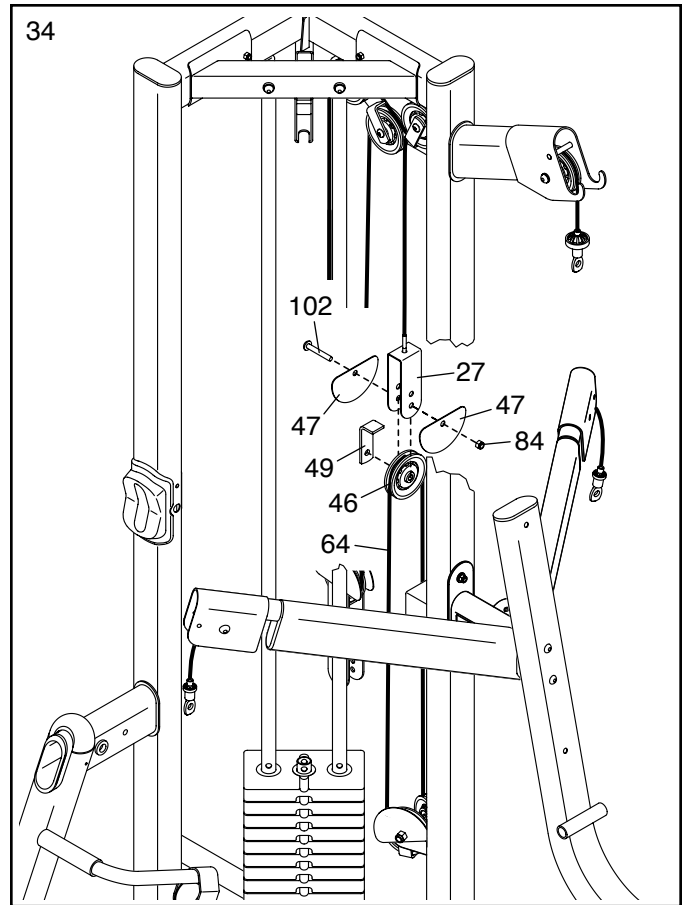


33. Insert the end of Cable C (65) into a U-bracket (27). Tighten an M8 Locknut (119) onto the end of Cable C.



34. Insert a Pulley (46) into the loop of Cable B (64).

Attach the Pulley (46), a Cable Trap (49), and two Half Guards (47) to the U-bracket (27) with an M10 x 50mm Bolt (102) and an M10 Locknut (84). **Make sure that the Cable Trap and the Half Guards are oriented as shown.**

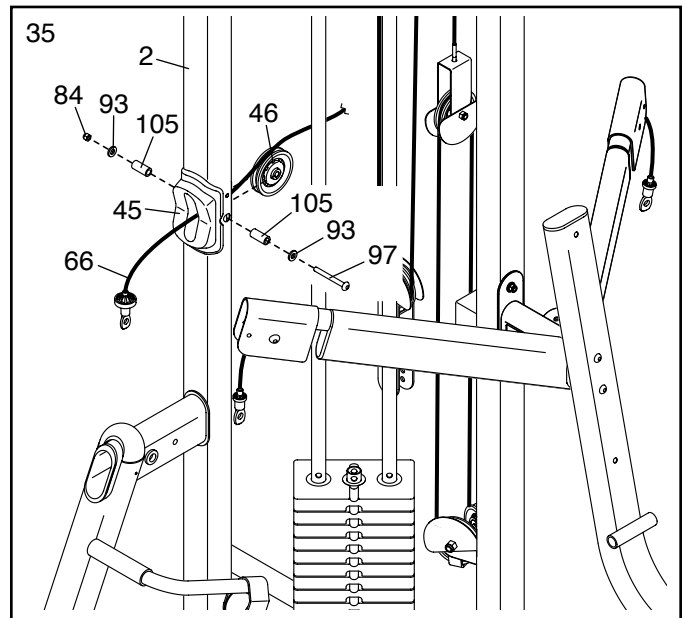


35. See the **CABLE DIAGRAMS** starting on page 41 to identify the cables.

Locate Cable D (66). Route Cable D through the Ab Station Bracket (45).

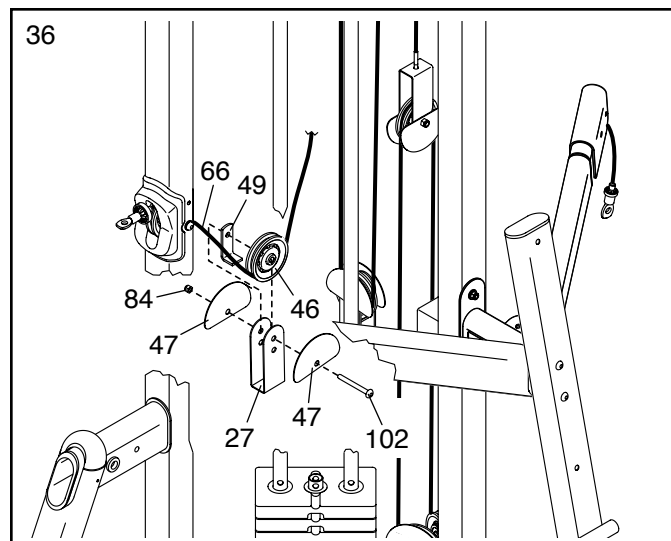
Insert a Pulley (46) into the Right Upright (2) under Cable D (66).

Attach the Pulley (46) with an M10 x 115mm Bolt (97), two M10 Washers (93), two 38mm Spacers (105), and an M10 Locknut (84).



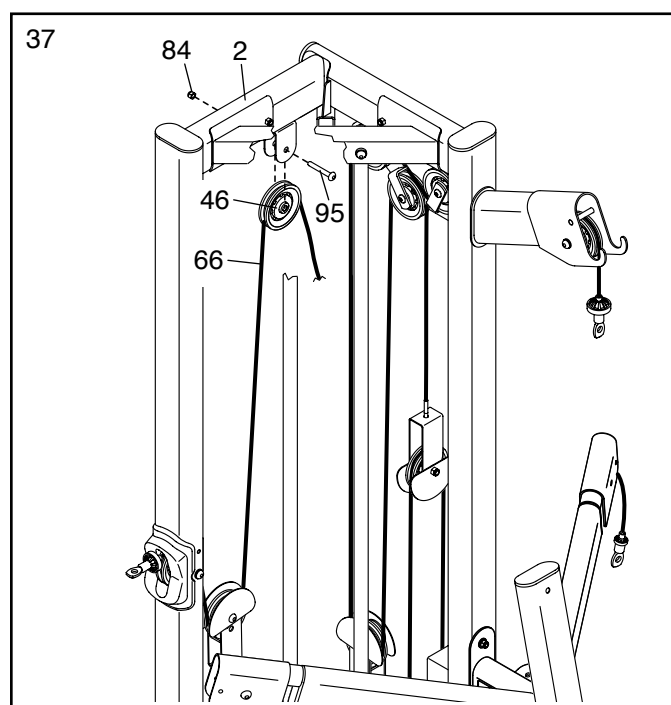
36. Route Cable D (66) under a Pulley (46).

Attach the Pulley (46), a Cable Trap (49), and two Half Guards (47) to the first set of holes in a U-bracket (27) with an M10 x 50mm Bolt (102) and an M10 Locknut (84). **Make sure that the Cable Trap and the Half Guards are oriented as shown.**



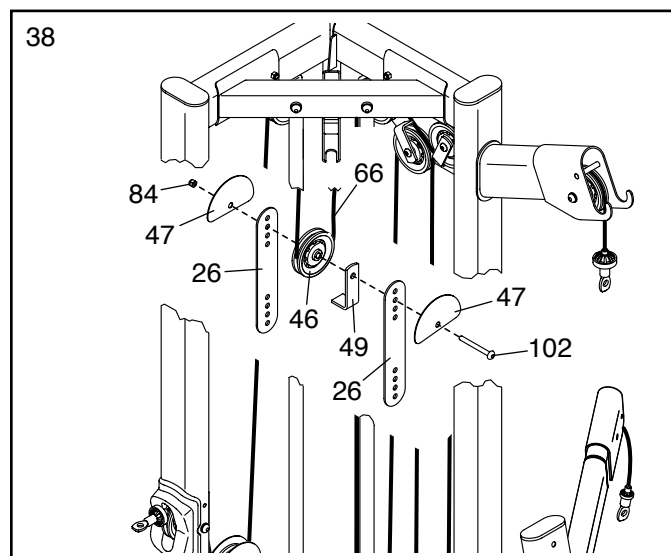
37. Route Cable D (66) over a Pulley (46).

Attach the Pulley (46) to the Right Upright (2) with an M10 x 45mm Bolt (95) and an M10 Locknut (84).



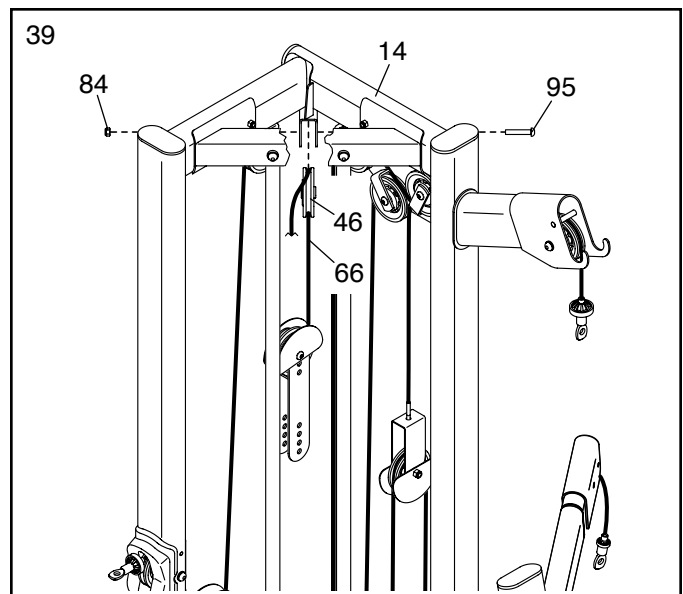
38. Route Cable D (66) under a Pulley (46).

Attach the Pulley (46), a Cable Trap (49), and two Half Guards (47) to the second set of holes in two Pulley Plates (26) with an M10 x 50mm Bolt (102) and an M10 Locknut (84). **Make sure that the Cable Trap and the Half Guards are oriented as shown.**



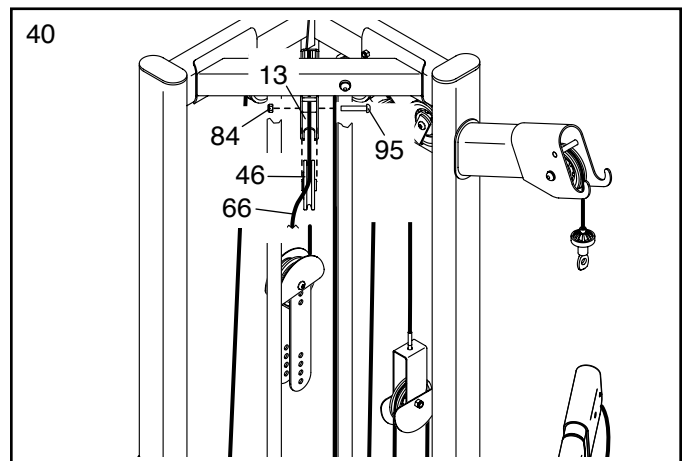
39. Route Cable D (66) over a Pulley (46).

Attach the Pulley (46) to the Left Upright (14) with an M10 x 45mm Bolt (95) and an M10 Locknut (84).



40. Route Cable D (66) through the bracket on the Weight Stack Top (13) and over a Pulley (46).

Attach the Pulley (46) to the Weight Stack Top (13) with an M10 x 45mm Bolt (95) and an M10 Locknut (84).

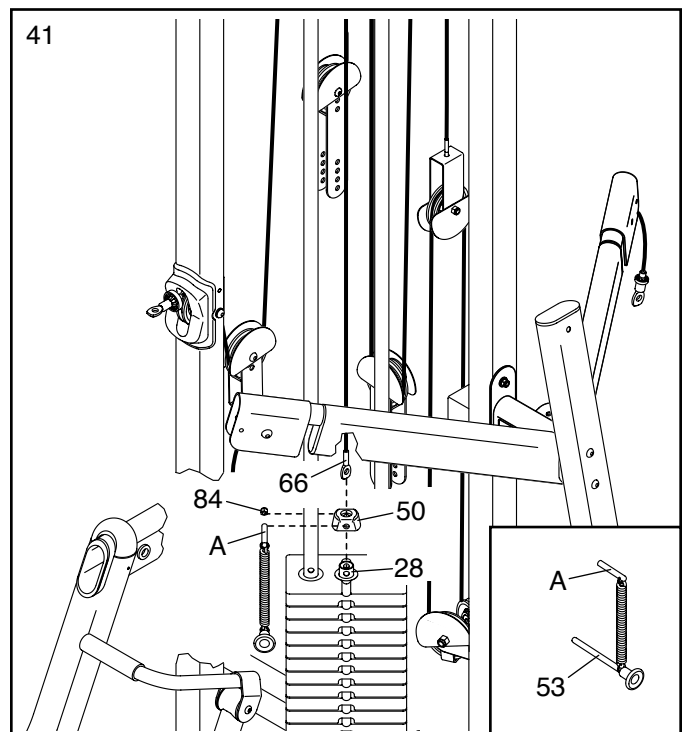


41. Set the Weight Selector Bumper (50) on the Weight Selector (28).

Next, insert the end of Cable D (66) into the Weight Selector Bumper (50) and the Weight Selector (28).

See the inset drawing. Locate the bolt (A) attached to the Weight Pin (53).

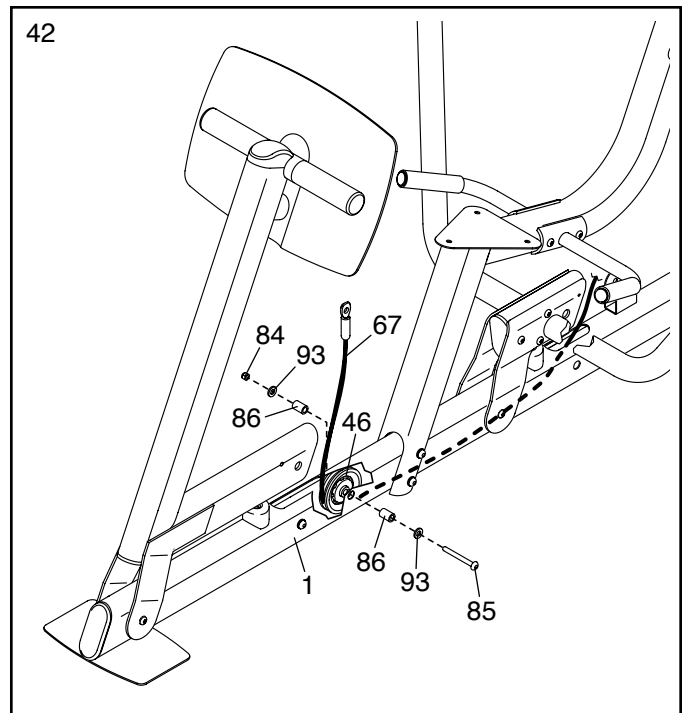
Insert the bolt (A) through the Weight Selector Bumper (50), the Weight Selector (28), and the end of Cable D (66). Then, tighten an M10 Locknut (84) onto the end of the bolt.



42. See the **CABLE DIAGRAMS** starting on page 41 to identify the cables.

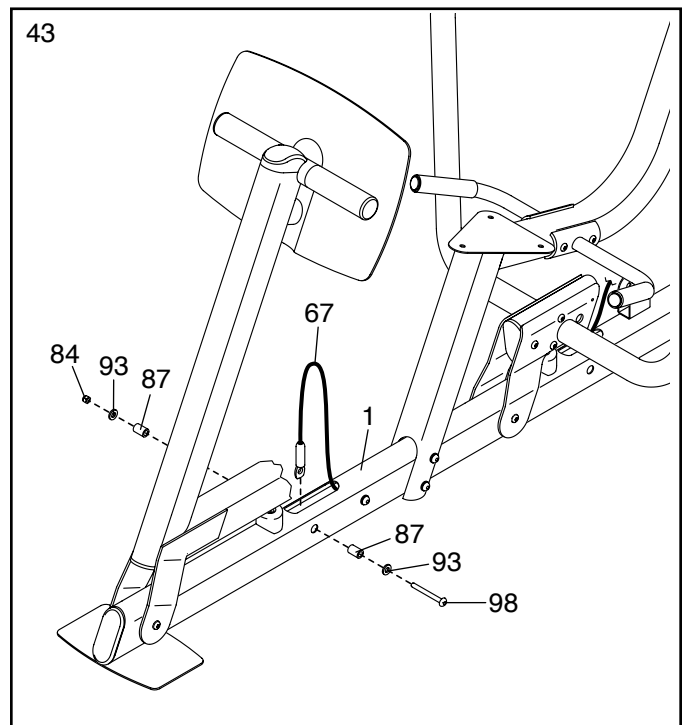
Locate Cable E (67). Route Cable E through the Long Base (1) as shown. Then, insert a Pulley (46) into the Long Base over Cable E.

Attach the Pulley (46) with an M10 x 65mm Bolt (85), two M10 Washers (93), two 13mm Spacers (86), and an M10 Locknut (84).



43. Insert the end of Cable E (67) into the Long Base (1).

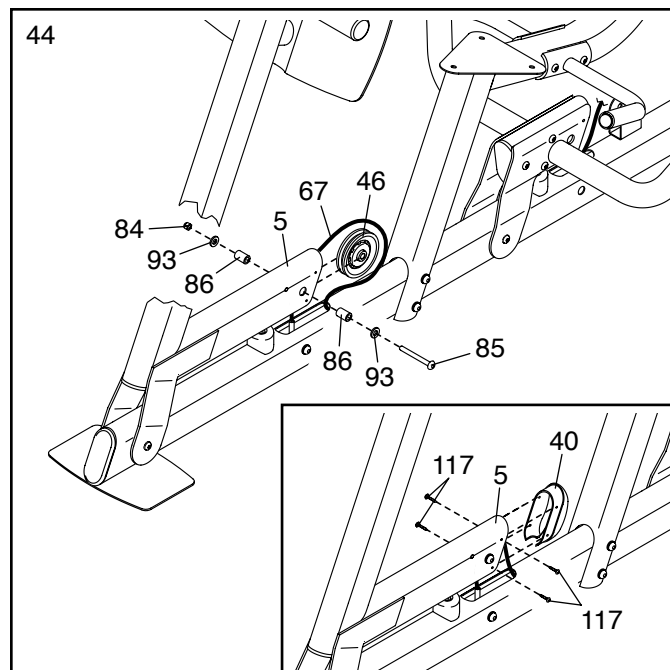
Attach Cable E (67) with an M10 x 68mm Bolt (98), two M10 Washers (93), two 24mm Spacers (87), and an M10 Locknut (84).



44. Insert a Pulley (46) into the Leg Press Frame (5) under Cable E (67).

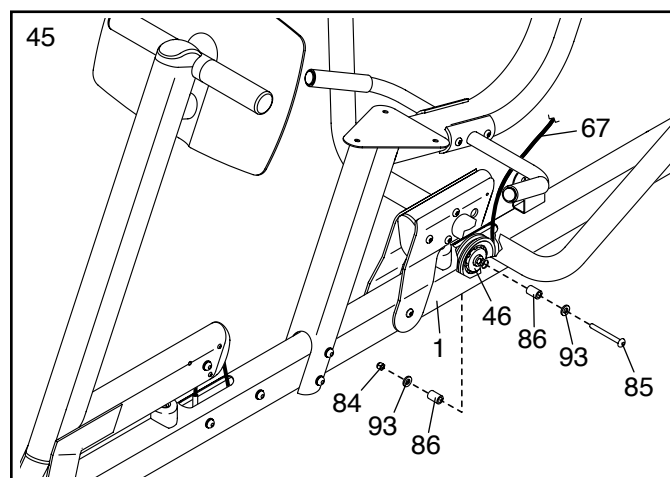
Attach the Pulley (46) with an M10 x 65mm Bolt (85), two M10 Washers (93), two 13mm Spacers (86), and an M10 Locknut (84).

See the inset drawing. Attach a Frame Cap (40) to the Leg Press Frame (5) with four ST4.2 x 10mm Screws (117).



45. Insert a Pulley (46) into the Long Base (1) over Cable E (67).

Attach the Pulley (46) with an M10 x 65mm Bolt (85), two M10 Washers (93), two 13mm Spacers (86), and an M10 Locknut (84).

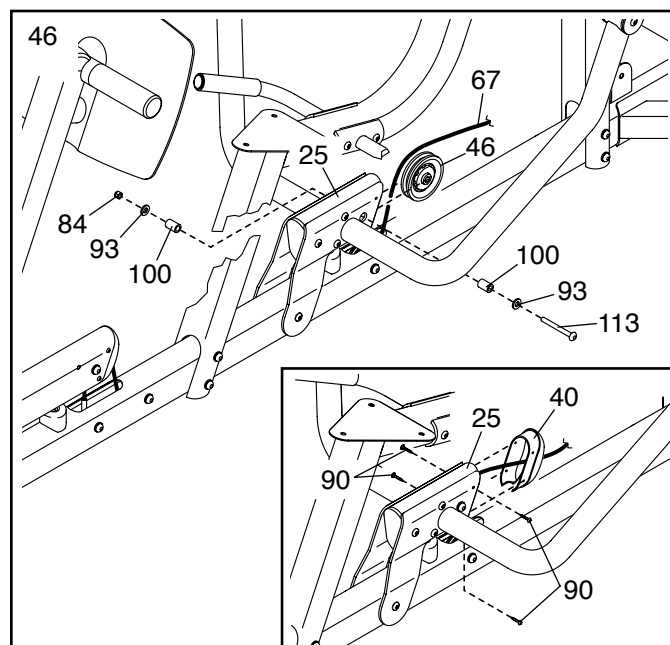


46. Insert a Pulley (46) into the Press Arm Bracket (25) under Cable E (67).

Attach the Pulley (46) with an M10 x 75mm Bolt (113), two M10 Washers (93), two 16mm Spacers (100), and an M10 Locknut (84).

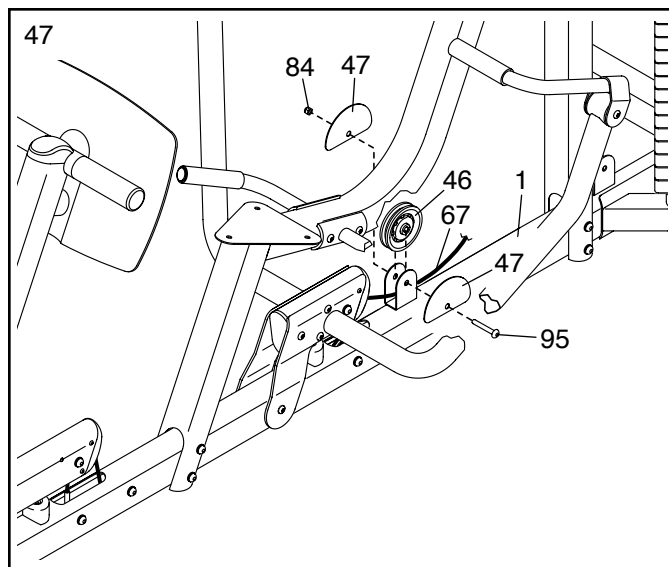
See the inset drawing. Attach a Frame Cap (40) to the Press Arm Bracket (25) with four ST4.2 x 16mm Screws (90).

See step 12. Tighten the M10 x 70mm Bolts (99) used in this step.



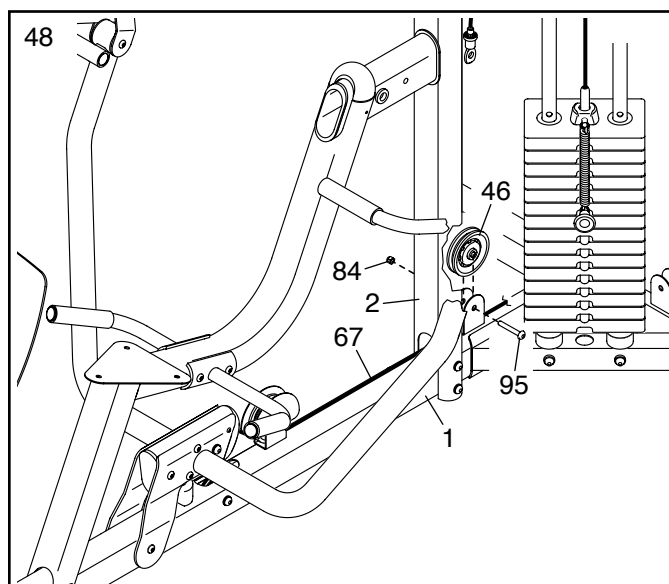
47. Route Cable E (67) through the bracket on the Long Base (1).

Attach a Pulley (46) and two Half Guards (47) to the bracket on the Long Base (1) with an M10 x 45mm Bolt (95) and an M10 Locknut (84). **Make sure that the Half Guards are oriented as shown.**

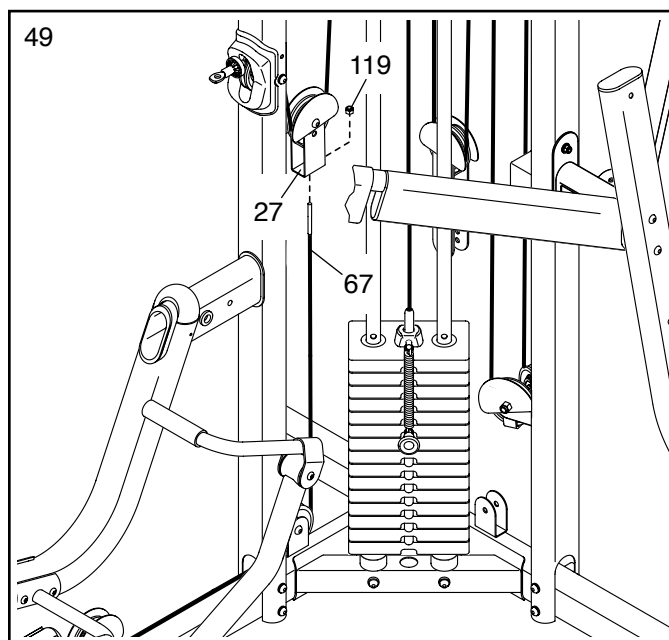


48. Route Cable E (67) through the Right Upright (2) and the bracket on the Long Base (1).

Attach a Pulley (46) to the bracket on the Long Base (1) with an M10 x 45mm Bolt (95) and an M10 Locknut (84).



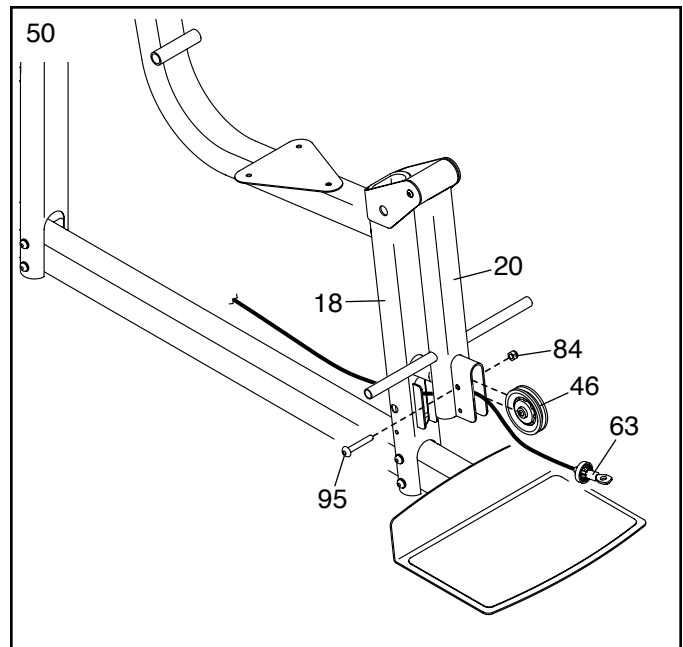
49. Insert the end of Cable E (67) into the U-bracket (27). Tighten an M8 Locknut (119) onto the end of Cable E.



50. **Locate Cable A (63).** Route Cable A through the Leg Lever (20) and the Left Seat Frame (18).

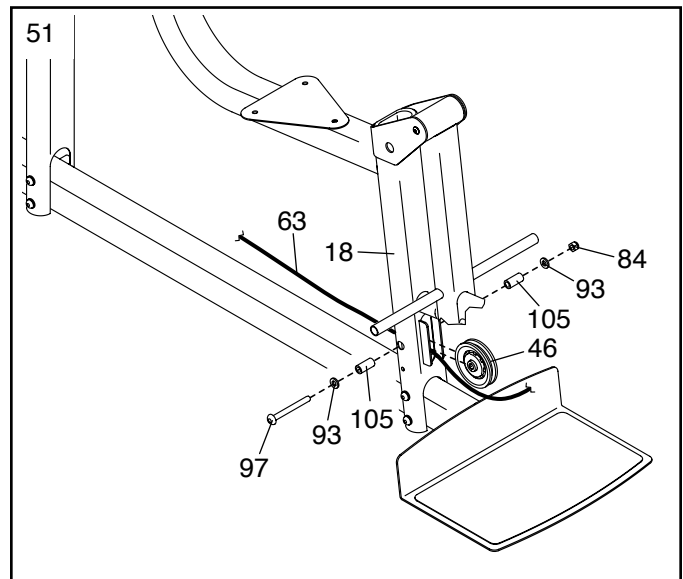
Insert a Pulley (46) into the Leg Lever (20) over Cable A (63).

Attach the Pulley (46) with an M10 x 45mm Bolt (95) and an M10 Locknut (84).



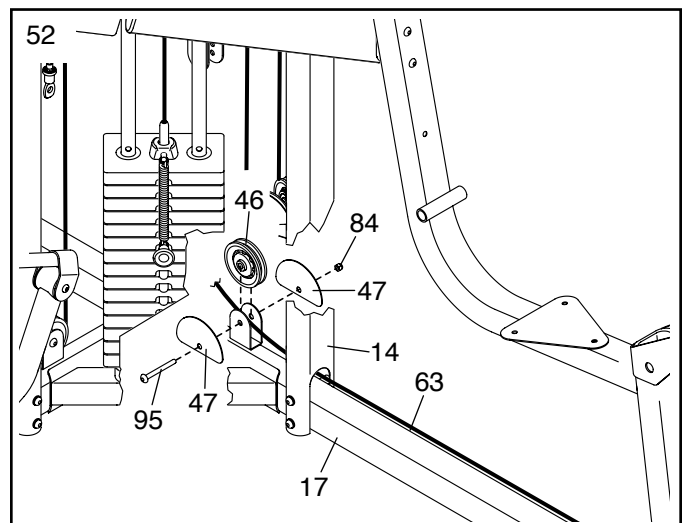
51. Insert a Pulley (46) into the Left Seat Frame (18) over Cable A (63).

Attach the Pulley (46) with an M10 x 115mm Bolt (97), two M10 Washers (93), two 38mm Spacers (105), and an M10 Locknut (84).



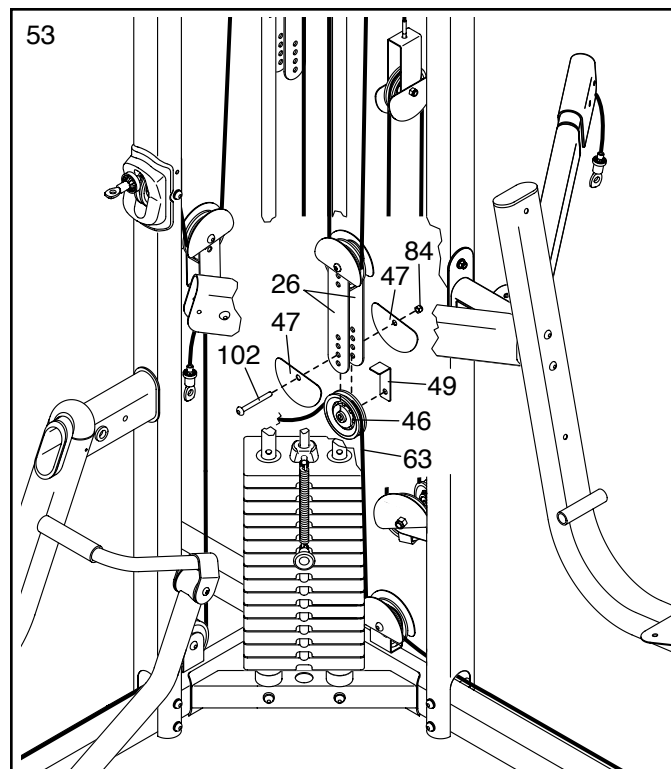
52. Route Cable A (63) through the Left Upright (14) and the bracket on the Short Base (17).

Attach a Pulley (46) and two Half Guards (47) to the bracket on the Short Base (17) with an M10 x 45mm Bolt (95) and an M10 Locknut (84). **Make sure that the Half Guards are oriented as shown.**



53. Route Cable A (63) over a Pulley (46).

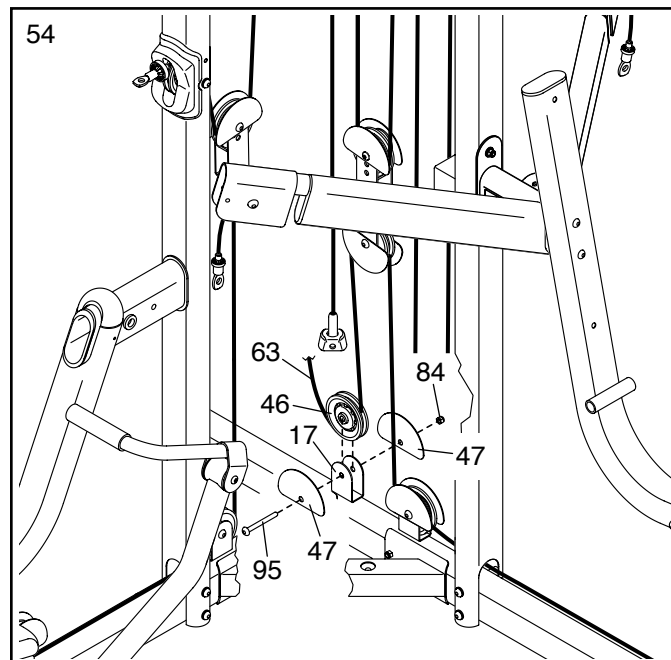
Attach the Pulley (46), a Cable Trap (49), and two Half Guards (47) to the third set of holes in two Pulley Plates (26) with an M10 x 50mm Bolt (102) and an M10 Locknut (84). **Make sure that the Cable Trap and the Half Guards are oriented as shown.**



54. Note: For clarity, the weight stack is not shown in the drawing.

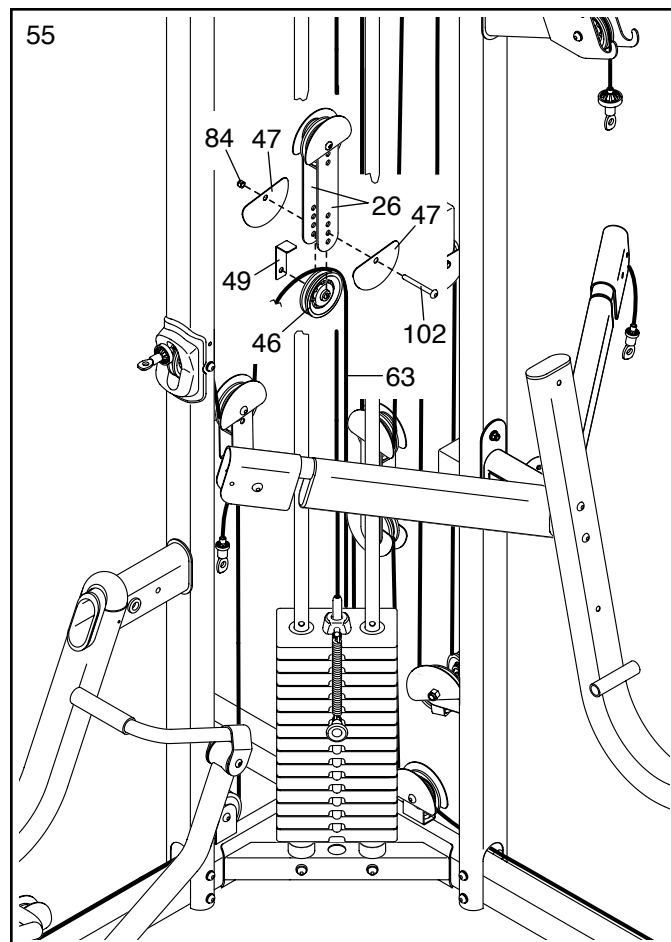
Route Cable A (63) under a Pulley (46).

Attach the Pulley (46) and two Half Guards (47) to the bracket on the Short Base (17) with an M10 x 45mm Bolt (95) and an M10 Locknut (84). **Make sure that the Half Guards are oriented as shown.**



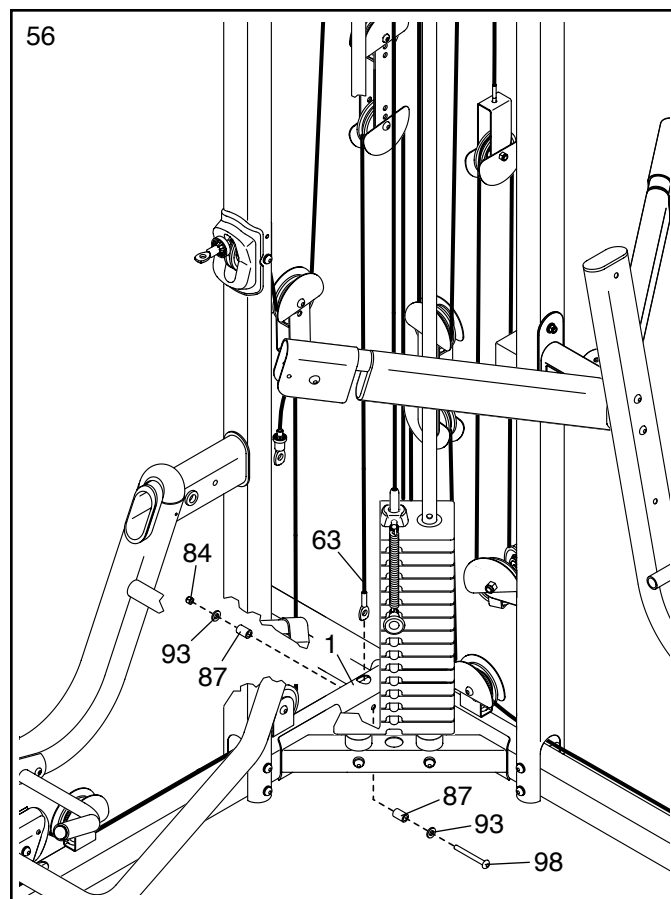
55. Route Cable A (63) over a Pulley (46).

Attach the Pulley (46), a Cable Trap (49), and two Half Guards (47) to the third set of holes in two Pulley Plates (26) with an M10 x 50mm Bolt (102) and an M10 Locknut (84). **Make sure that the Cable Trap and the Half Guards are oriented as shown.**

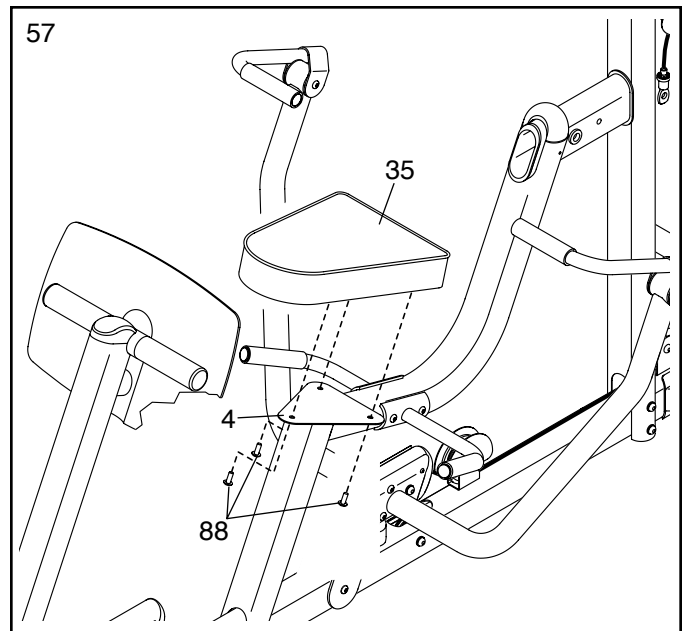


56. Insert the end of Cable A (63) into the hole in the Long Base (1).

Attach Cable A (63) with an M10 x 68mm Bolt (98), two M10 Washers (93), two 24mm Spacers (87), and an M10 Locknut (84).

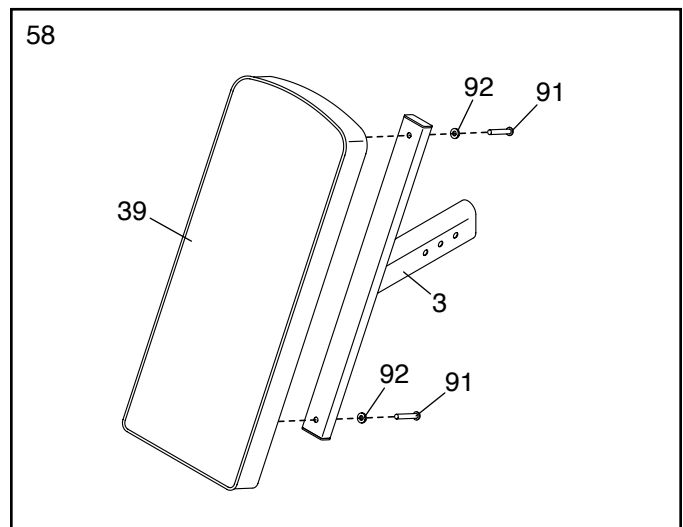


57. Identify the Narrow Seat (35). Attach the Narrow Seat to the Right Seat Frame (4) with three M6 x 16mm Screws (88).



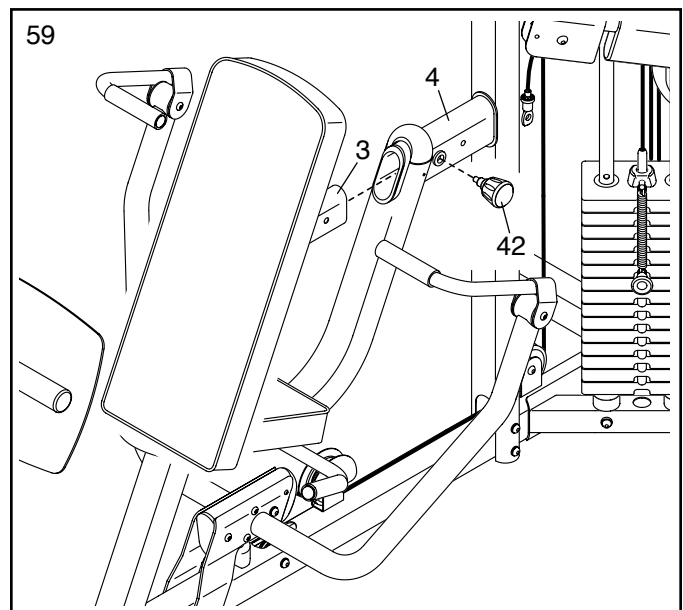
58. Identify the Long Backrest (39). Orient the Long Backrest and the Backrest Frame (3) as shown.

Attach the Long Backrest (39) to the Backrest Frame (3) with two M6 x 40mm Screws (91) and two M6 Washers (92).

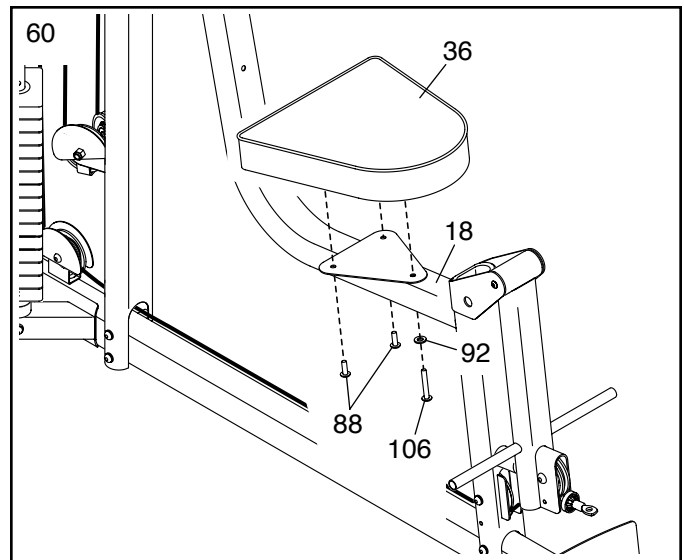


59. Insert the Backrest Frame (3) into the Right Seat Frame (4).

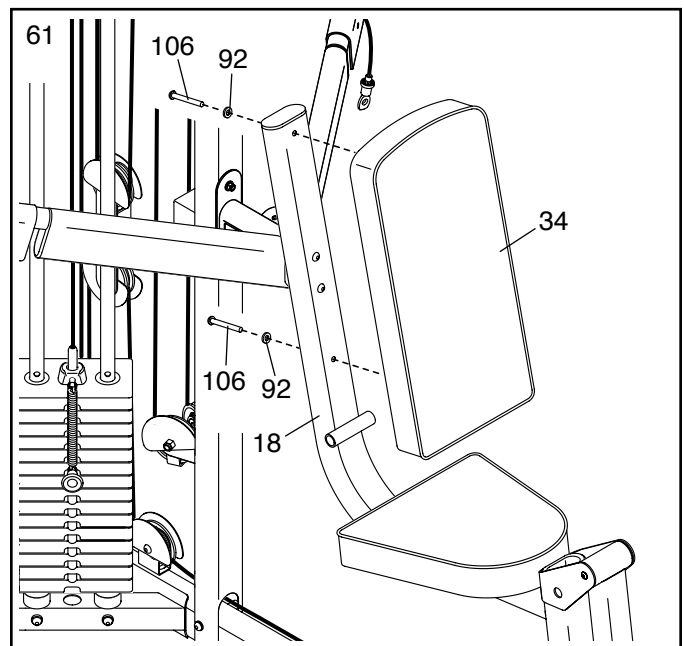
Tighten an Adjustment Knob (42) into the Right Seat Frame (4) and into an adjustment hole in the Backrest Frame (3). **Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.**



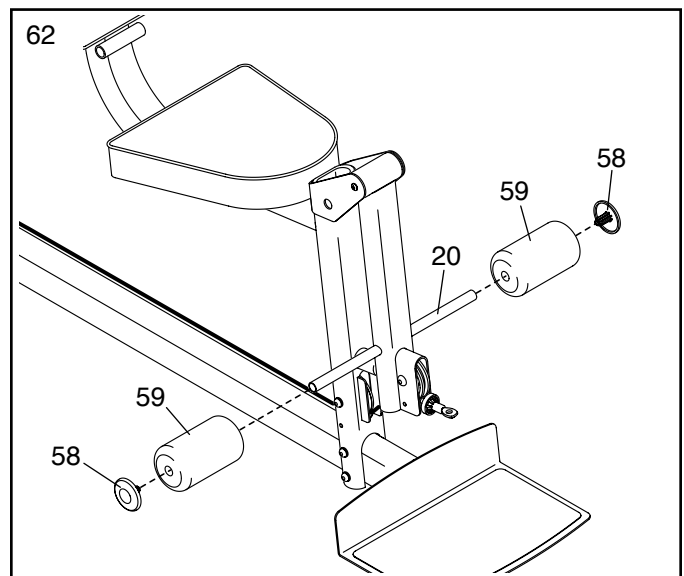
60. Attach the Wide Seat (36) to the Left Seat Frame (18) with two M6 x 16mm Screws (88), an M6 x 65mm Screw (106), and an M6 Washer (92).



61. Attach the Short Backrest (34) to the Left Seat Frame (18) with two M6 x 65mm Screws (106) and two M6 Washers (92).



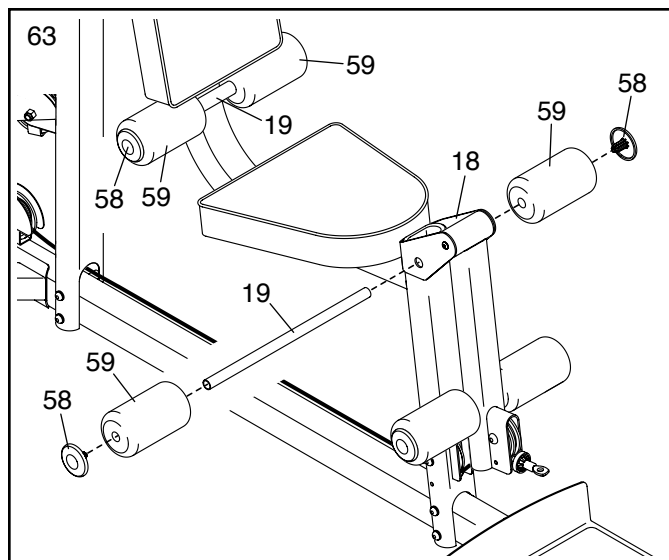
62. Slide a Foam Pad (59) onto each side of the Leg Lever (20). Then, press a Foam Pad Cap (58) into each end of the Leg Lever.



63. Insert a Foam Pad Tube (19) into the Left Seat Frame (18).

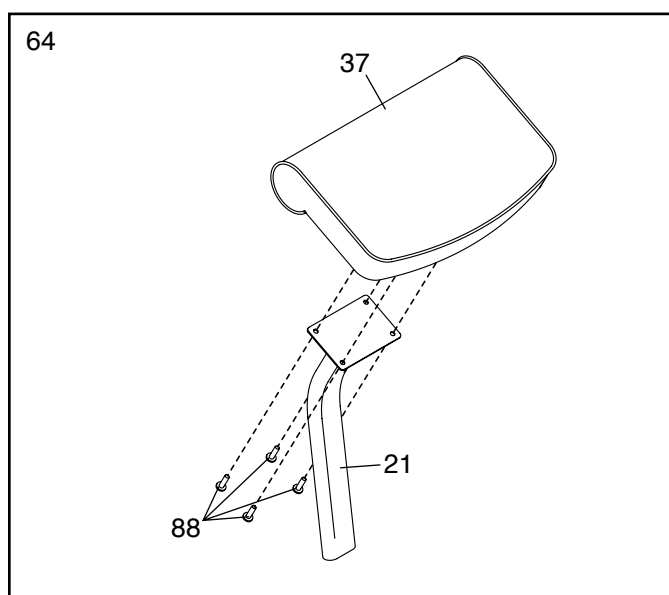
Slide a Foam Pad (59) onto each side of the Foam Pad Tube (19). Press a Foam Pad Cap (58) into each end of the Foam Pad Tube.

Repeat this step with the other Foam Pad Tube (19), Foam Pads (59), and Foam Pad Caps (58).



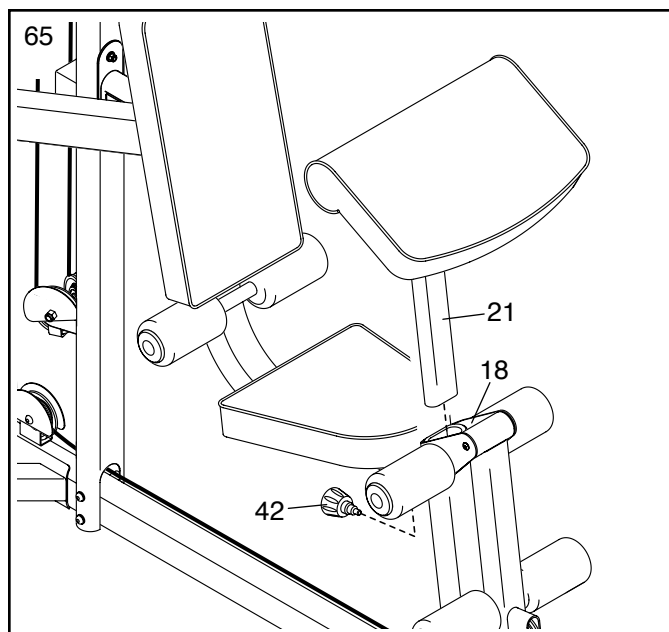
64. Orient the Curl Pad (37) and the Curl Pad Frame (21) as shown.

Attach the Curl Pad (37) to the Curl Pad Frame (21) with four M6 x 16mm Screws (88).



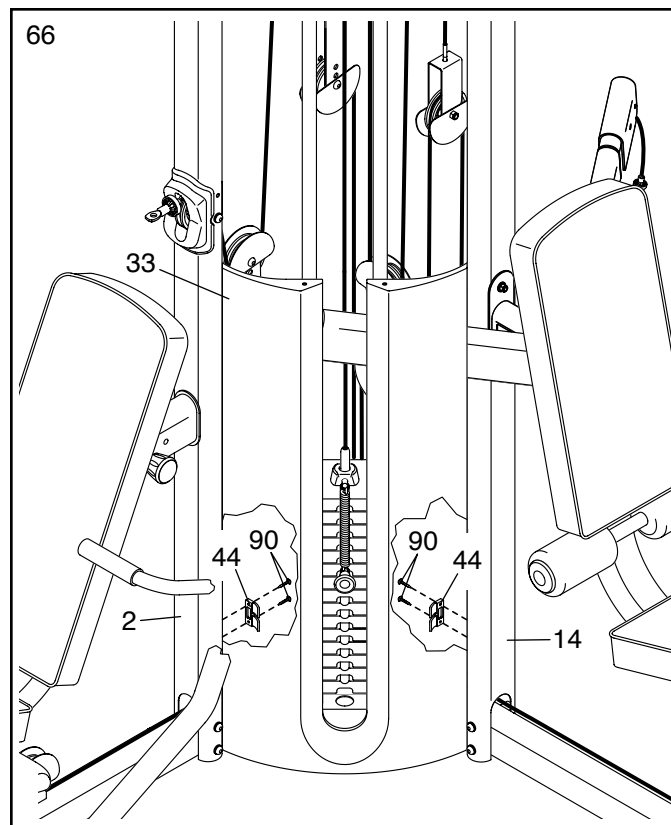
65. Insert the Curl Pad Frame (21) into the Left Seat Frame (18).

Tighten an Adjustment Knob (42) into the Left Seat Frame (18) and an adjustment hole in the Curl Pad Frame (21). **Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.**

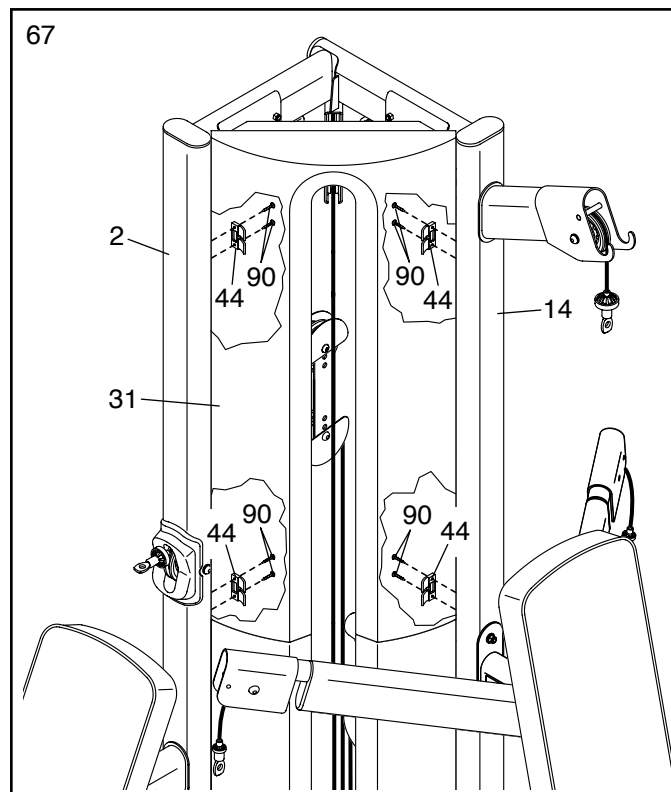


66. Identify the Lower Shroud (33), which has a “1020 SY” decal; the Upper Shroud (not shown) has a “FREEMOTION” decal.

While a second person holds the Lower Shroud (33) against the Right and Left Uprights (2, 14), attach two Shroud Fasteners (44) in the indicated locations with four ST4.2 x 16mm Screws (90); **do not tighten the Screws yet.**

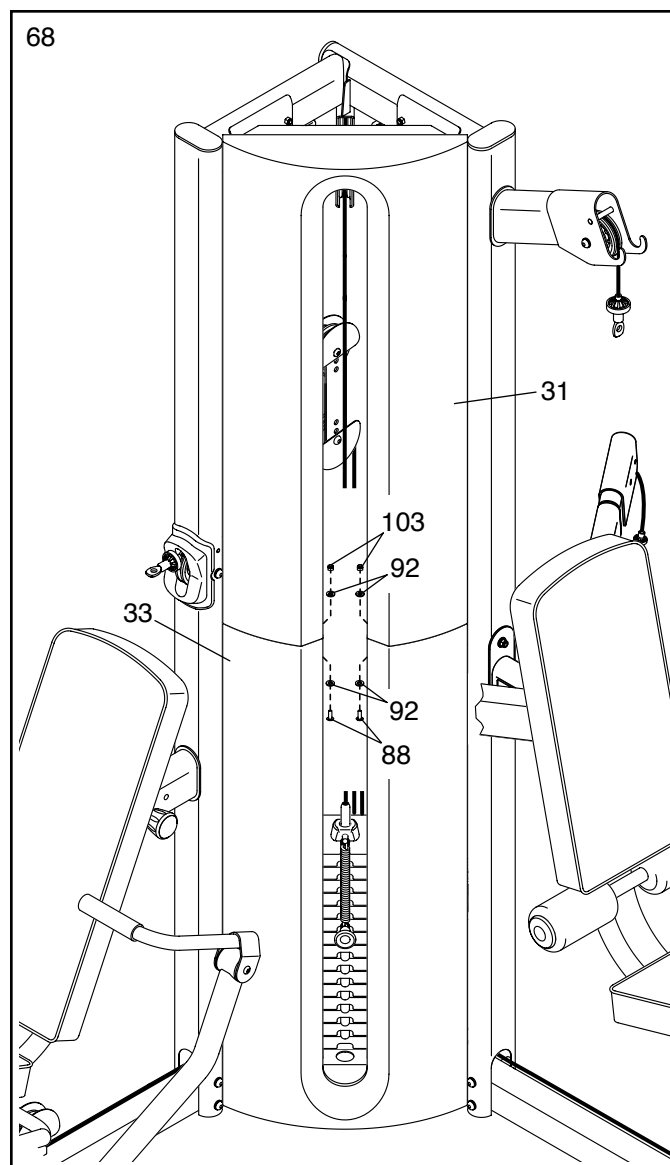


67. While a second person holds the Upper Shroud (31) against the Right and Left Uprights (2, 14), attach four Shroud Fasteners (44) in the indicated locations with eight ST4.2 x 16mm Screws (90); **do not tighten the Screws yet.**



68. Attach the Lower Shroud (33) to the Upper Shroud (31) with two M6 x 16mm Screws (88), four M6 Washers (92), and two M6 Locknuts (103).

See steps 66 and 67. Tighten the ST4.2 x 16mm Screws (90) used in these steps.



69. Make sure that all parts are properly tightened. The use of the remaining parts will be explained in ADJUSTMENT beginning on page 38.

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 DIAGRAMS starting on page 41 for proper cable routing. If there is any slack in the cables, you will need to remove the slack by tightening the cables (see MAINTENANCE on page 43).**

ADJUSTMENT

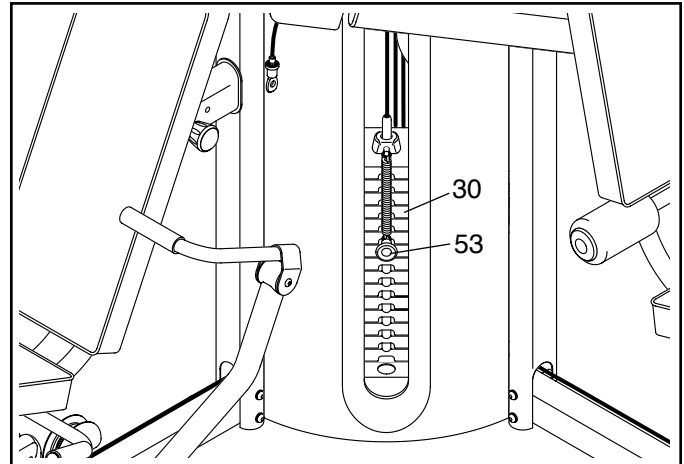
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 44 for important information about how to get the most benefit from your exercise program. Also, see the accompanying exercise guide to see the correct form for several exercises.

Make sure 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.

CHANGING THE WEIGHT SETTING

To change the setting of the weight stack, insert the Weight Pin (53) under the desired Weight (30).

Note: Due to the cables and pulleys, the amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 40 to find the approximate amount of resistance at each weight station.

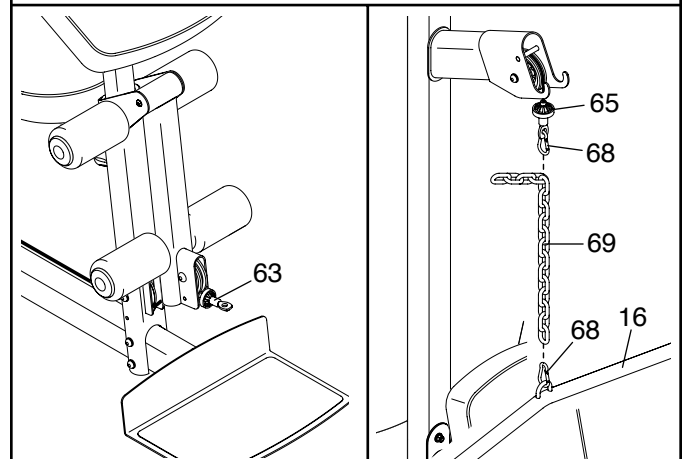
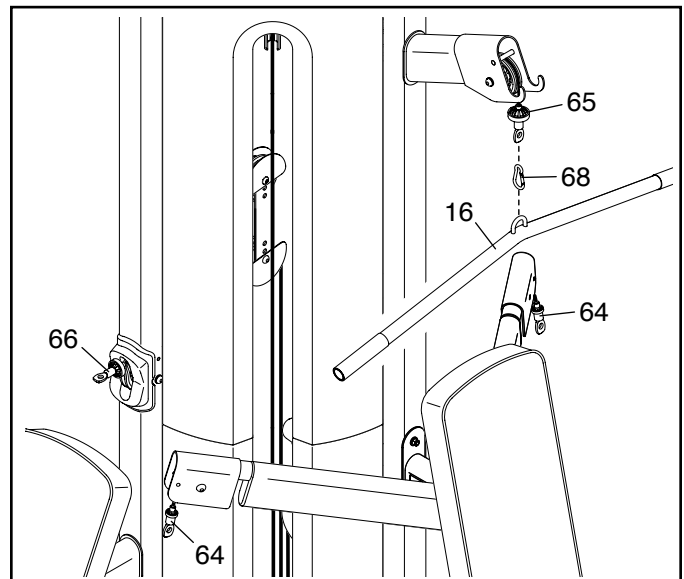


ATTACHING ACCESSORIES TO A PULLEY STATION

Attach the Lat Bar (16) to Cable C (65) at the high pulley station with a Cable Clip (68).

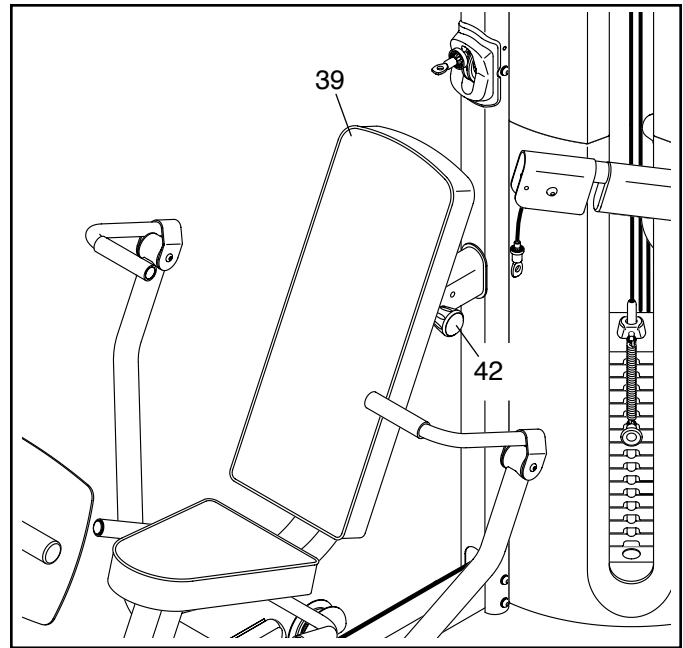
See the lower right drawing. For some exercises, the Chain (69) should be attached between the Lat Bar (16) and Cable C (65) with two Cable Clips (68). **Adjust the length of the Chain between the Lat Bar and Cable C so that the Lat Bar is in the correct starting position for the exercise to be performed.**

A Handle (not shown), the Row Bar (not shown), the Ab Strap (not shown), the Double Strap (not shown), or the Ankle Strap (not shown) can be attached to a Cable (63, 64, 65, 66) at any pulley station in the same way.



ADJUSTING THE LONG BACKREST

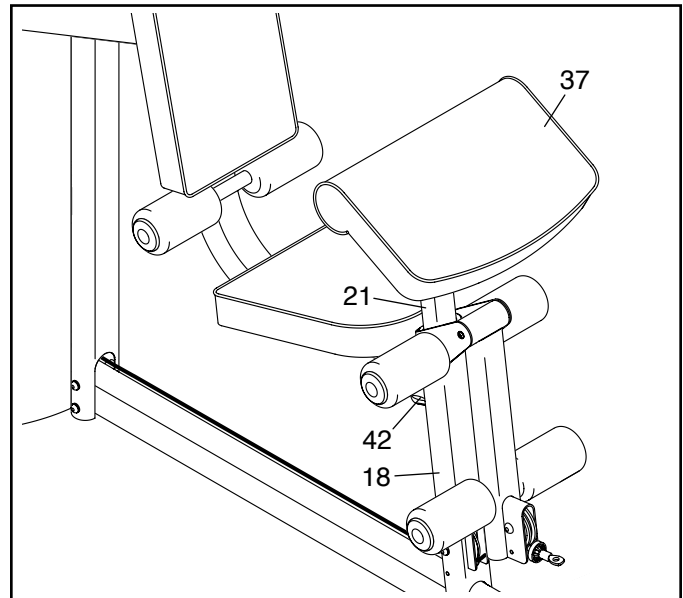
To adjust the Long Backrest (39), first loosen the indicated Adjustment Knob (42). Next, pull the Adjustment Knob, move the Long Backrest to the desired position, and release the Adjustment Knob into an adjustment hole in the Backrest Frame (not shown). **Move the Long Backrest slightly to make sure that the Adjustment Knob is engaged in an adjustment hole.** Then, tighten the Adjustment Knob.



USING THE CURL PAD

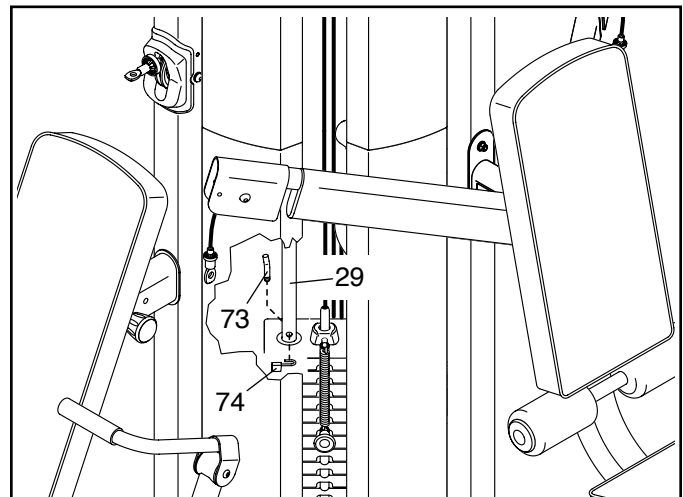
To use the Curl Pad (37), first loosen the indicated Adjustment Knob (42). Next, pull the Adjustment Knob and insert the Curl Pad Frame (21) into the Left Seat Frame (18). Slide the Curl Pad to the desired height, and release the Adjustment Knob into an adjustment hole in the Curl Pad Frame. **Move the Curl Pad Frame slightly to make sure that the Adjustment Knob is engaged in an adjustment hole.** Then, tighten the Adjustment Knob.

When performing an exercise that does not require the Curl Pad (37), remove the Curl Pad Frame (21). Store the Curl Pad away from the weight system.



LOCKING THE WEIGHT STACK

To lock the weight stack, insert the Lock Pin (73) through a Weight Guide (29), and secure the Lock (74) onto the Lock Pin.



WEIGHT RESISTANCE CHART

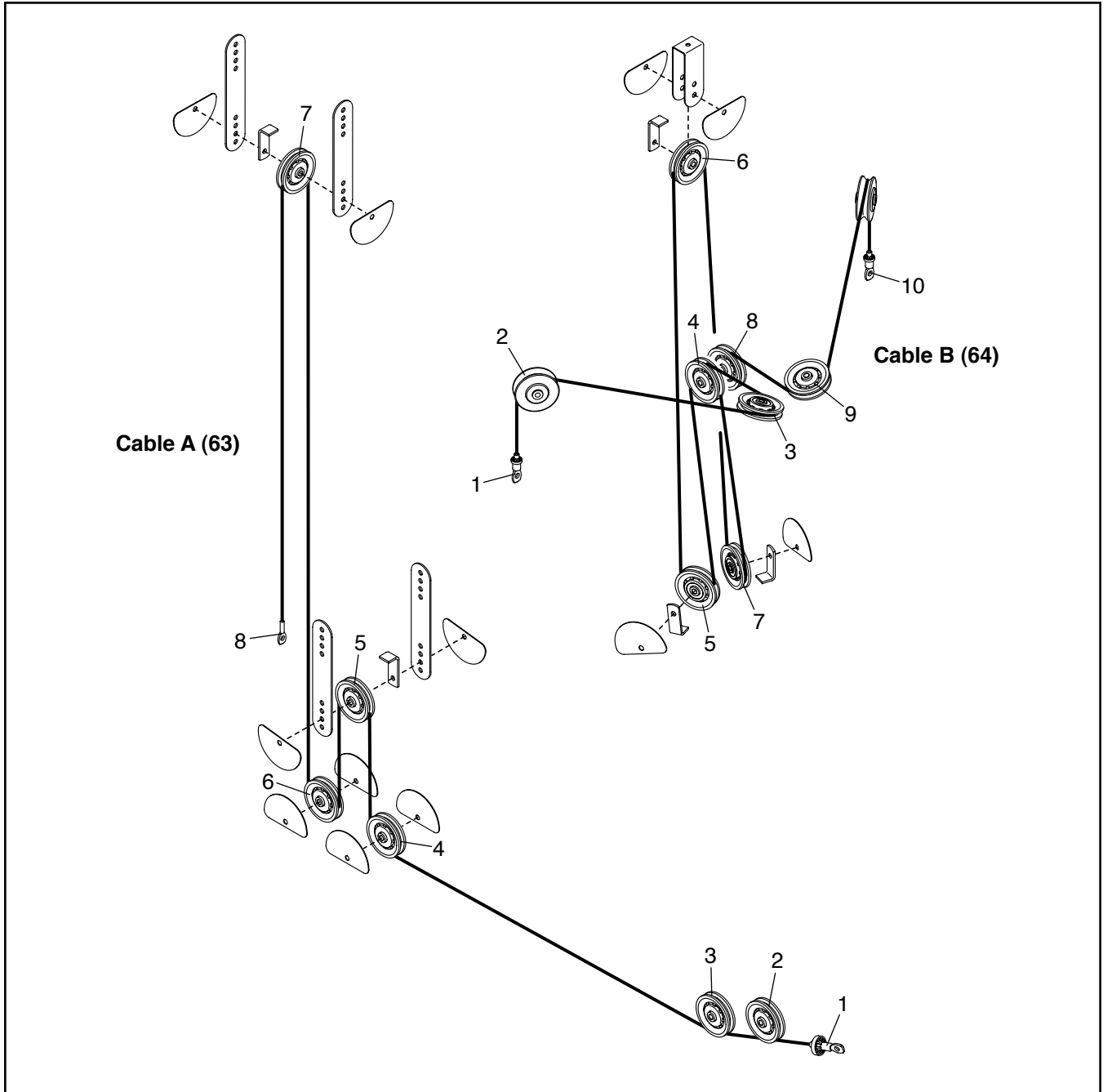
The chart below shows the approximate weight resistance at each exercise station. The numbers in the left column refer to the 10-lb. weights. **Note: The weight resistance shown for the butterfly arm station is for each arm. The actual resistance at each station may vary due to differences in individual weights as well as friction between the cables, pulleys, and weight guides.**

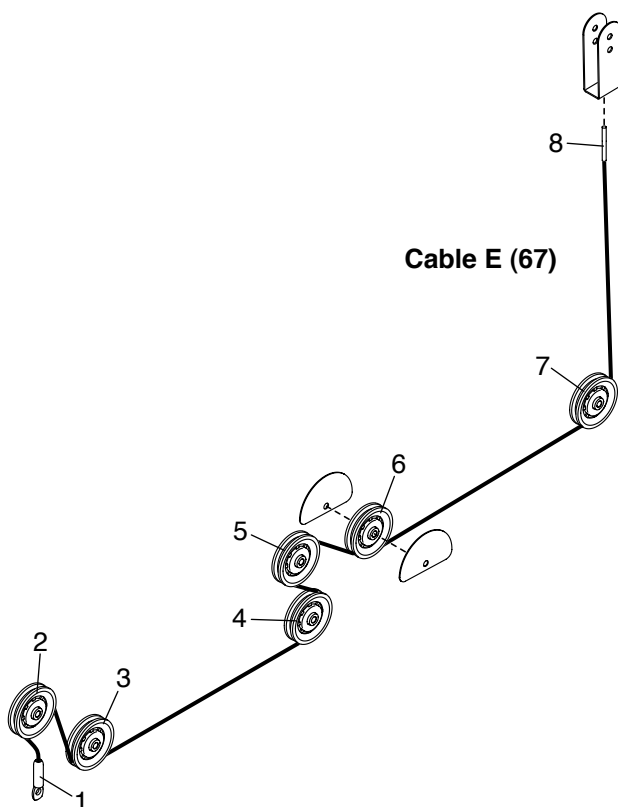
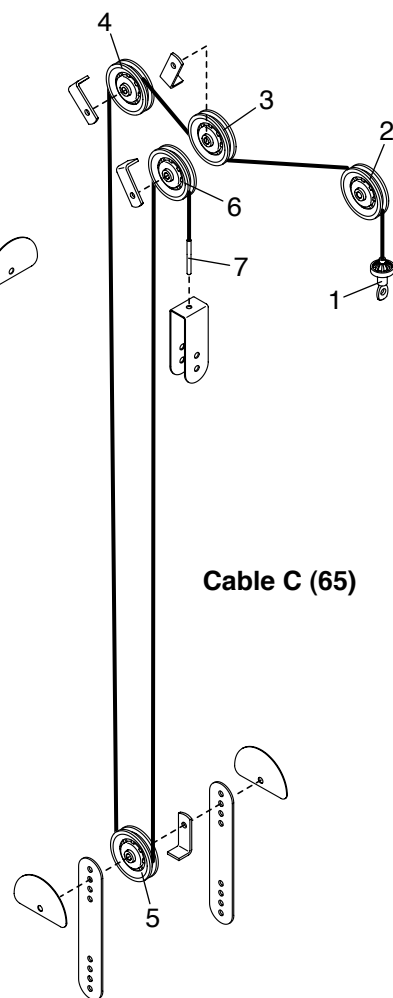
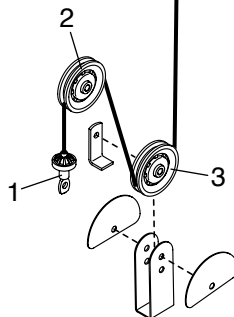
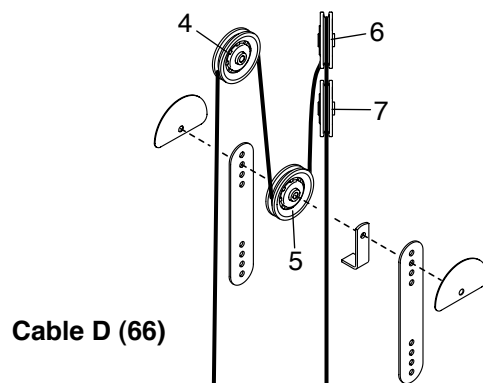
WEIGHT	AB STATION (lbs./kg)	BUTTER- FLY ARM (lbs./kg)	HIGH PULLEY (lbs./kg)	LEG LEVER (lbs./kg)	LEG PRESS (lbs./kg)	LOW PULLEY (lbs./kg)	PRESS ARM (lbs./kg)
1	20 / 9	10 / 4	15 / 7	21 / 10	57 / 26	16 / 7	27 / 12
2	31 / 14	15 / 7	26 / 12	35 / 16	80 / 36	27 / 12	42 / 19
3	42 / 19	21 / 9	39 / 18	53 / 24	109 / 49	41 / 19	56 / 25
4	53 / 24	27 / 12	53 / 24	67 / 30	141 / 64	53 / 24	63 / 29
5	66 / 30	34 / 16	64 / 29	88 / 40	171 / 78	67 / 30	76 / 34
6	80 / 36	42 / 19	77 / 35	106 / 48	208 / 95	83 / 38	93 / 42
7	93 / 42	46 / 21	93 / 42	120 / 54	219 / 100	90 / 41	104 / 47
8	101 / 46	54 / 24	100 / 45	133 / 61	257 / 117	103 / 47	113 / 51
9	113 / 51	57 / 26	116 / 52	152 / 69	298 / 135	115 / 52	127 / 58
10	124 / 56	64 / 29	127 / 58	167 / 76	318 / 144	125 / 57	141 / 64
11	137 / 62	73 / 33	141 / 64	189 / 86	339 / 154	138 / 63	151 / 69
12	148 / 67	78 / 36	158 / 72	196 / 89	364 / 165	153 / 70	173 / 79
13	155 / 70	83 / 38	163 / 74	201 / 91	392 / 178	165 / 75	181 / 82
14	167 / 76	88 / 40	181 / 82	218 / 99	448 / 203	178 / 81	210 / 95
15	183 / 83	95 / 43	193 / 87	242 / 110	488 / 222	188 / 85	230 / 104

Note: 1 lb. = 0.45 kg

CABLE DIAGRAMS

The drawings below shows the proper routing of the cables. The numbers in each drawing show the proper route of that cable. Use the drawings to make sure that the cables, cable traps, and half guards are assembled correctly. If the cables 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.**





MAINTENANCE

Make sure 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 to clean the weight system.**

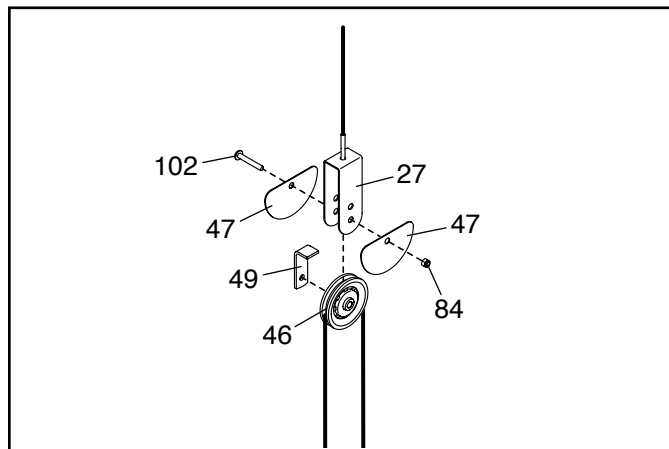
TIGHTENING THE CABLES

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. To tighten the cables, first insert the weight pin into the middle of the weight stack. Slack can be removed from the cables in several ways:

Locate one of the U-brackets (27). Remove the M10 Locknut (84) and the M10 x 50mm Bolt (102) from the Pulley (46), the Cable Trap (49), the two Half Guards (47), and the U-bracket.

Reattach the Pulley (46), the Cable Trap (49), and the Half Guards (47) to the other hole in the U-bracket (27). **Make sure that the Cable Trap and the Half Guards are oriented as shown and that the cable and Pulley move smoothly.**

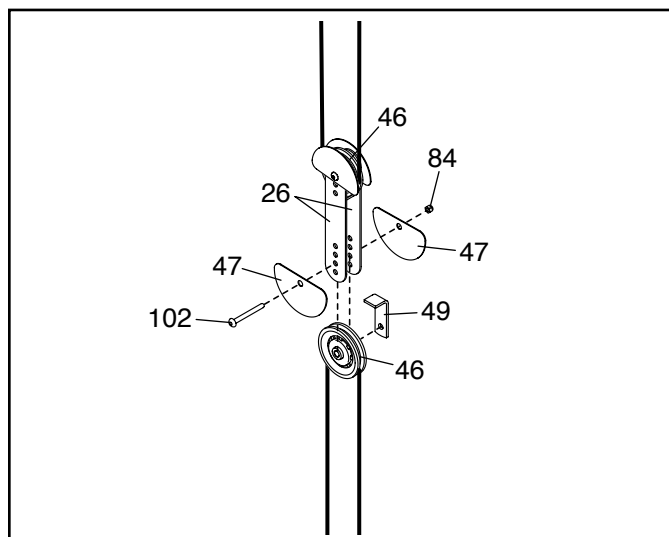
To further tighten the cables, repeat this action with the other U-bracket (not shown).



Locate two of the Pulley Plates (26). Remove the M10 Locknut (84) and the M10 x 50mm Bolt (102) from the Pulley (46), the Cable Trap (49), the two Half Guards (47), and the two Pulley Plates.

Reattach the Pulley (46), the Cable Trap (49), and the Half Guards (47) to the set of holes next closest to the center of the Pulley Plates (26). **Make sure that the Cable Trap and the Half Guards are oriented as shown and that the cable and Pulley move smoothly.**

To further tighten the cables, repeat this action with the other Pulley (46) or with the other two Pulley Plates (not shown).



Do not overtighten the cables. If the cables are overtightened, the top weight will be lifted off the weight stack. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and re-install it. If the cables need to be replaced, see HOW TO ORDER REPLACEMENT PARTS on the back cover of this manual.

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.

EXERCISE LOG

Make copies of this page, and use the copies to schedule and record your strength and aerobic workouts. Scheduling and recording your workouts will help you to make exercise a regular and enjoyable part of your life.

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

Strength

Date:

____/____/____

Exercise	Lbs.	Sets	Reps	Exercise	Lbs.	Sets	Reps
1.				6.			
2.				7.			
3.				8.			
4.				9.			
5.				10.			

Aerobic

Date:

____/____/____

Exercise	Time	Distance	Speed

NOTES

PART LIST

Model No. FMSY9012.0 R0113A

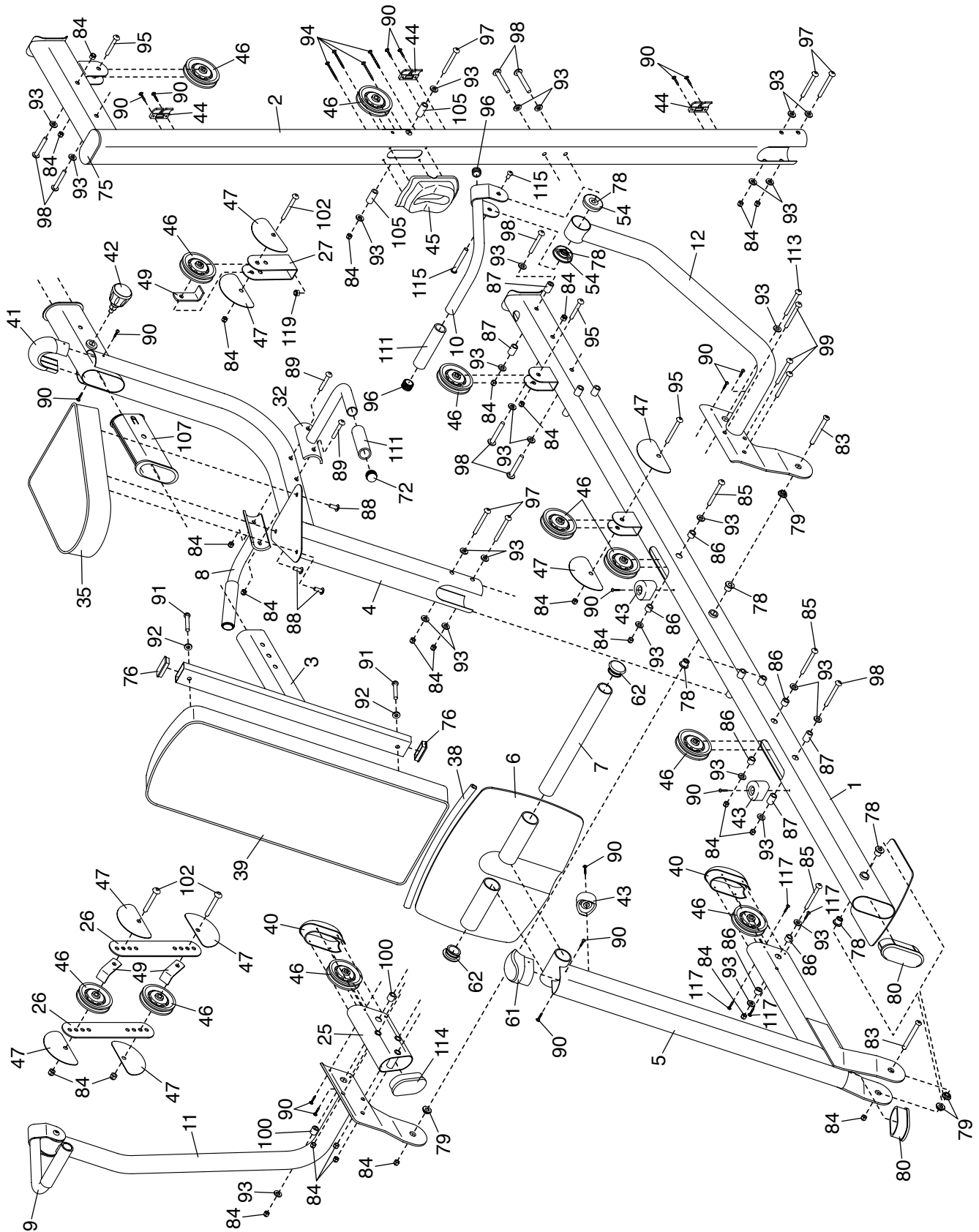
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Long Base	51	1	Weight Selector Cap
2	1	Right Upright	52	31	Plastic Bushing
3	1	Backrest Frame	53	1	Weight Pin
4	1	Right Seat Frame	54	6	Bushing A
5	1	Leg Press Frame	55	4	28mm Round Grip
6	1	Foot Plate	56	2	Lat Bar Cap
7	1	Foot Plate Tube	57	2	V-pulley
8	1	Right Seat Handle	58	6	Foam Pad Cap
9	1	Right Press Handle	59	6	Foam Pad
10	1	Left Press Handle	60	1	Leg Lever Bumper
11	1	Right Press Arm	61	1	Leg Press Frame Cap
12	1	Left Press Arm	62	2	Foot Plate Tube Cap
13	1	Weight Stack Top	63	1	Cable A
14	1	Left Upright	64	1	Cable B
15	1	Lat Bar Bracket	65	1	Cable C
16	1	Lat Bar	66	1	Cable D
17	1	Short Base	67	1	Cable E
18	1	Left Seat Frame	68	3	Cable Clip
19	2	Foam Pad Tube	69	1	Chain
20	1	Leg Lever	70	1	Ankle Strap
21	1	Curl Pad Frame	71	1	Double Strap
22	1	Row Bar	72	2	Seat Handle Cap
23	1	Butterfly Arm	73	1	Lock Pin
24	2	Swivel Bracket	74	1	Lock
25	1	Press Arm Bracket	75	5	Large Oval Cap
26	4	Pulley Plate	76	2	Backrest Frame Cap
27	2	U-bracket	77	2	Butterfly Arm Sleeve
28	1	Weight Selector	78	10	Bushing B
29	2	Weight Guide	79	4	Bushing C
30	15	Weight	80	2	Small Oval Cap
31	1	Upper Shroud	81	2	48mm Spacer
32	1	Left Seat Handle	82	2	M10 x 55mm Bolt
33	1	Lower Shroud	83	2	M10 x 95mm Bolt
34	1	Short Backrest	84	58	M10 Locknut
35	1	Narrow Seat	85	7	M10 x 65mm Bolt
36	1	Wide Seat	86	10	13mm Spacer
37	1	Curl Pad	87	4	24mm Spacer
38	1	Rubber Guard	88	11	M6 x 16mm Screw
39	1	Long Backrest	89	2	M10 x 117mm Bolt
40	2	Frame Cap	90	26	ST4.2 x 16mm Screw
41	1	Left Seat Frame Cap	91	2	M6 x 40mm Screw
42	2	Adjustment Knob	92	9	M6 Washer
43	3	Round Bumper	93	60	M10 Washer
44	6	Shroud Fastener	94	4	ST4.8 x 60mm Screw
45	1	Ab Station Bracket	95	13	M10 x 45mm Bolt
46	30	Pulley	96	4	25mm Round Cap
47	20	Half Guard	97	10	M10 x 115mm Bolt
48	4	Round Weight Bumper	98	20	M10 x 68mm Bolt
49	11	Cable Trap	99	4	M10 x 70mm Bolt
50	1	Weight Selector Bumper	100	4	16mm Spacer

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M10 x 20mm Screw	111	4	25mm Round Foam Grip
102	6	M10 x 50mm Bolt	112	2	M10 x 45mm Hex Bolt
103	2	M6 Locknut	113	2	M10 x 75mm Bolt
104	1	M10 x 107mm Bolt Set	114	1	Press Arm Bracket Cap
105	4	38mm Spacer	115	2	M10 x 59mm Bolt Set
106	3	M6 x 65mm Screw	116	1	M10 Large Washer
107	1	Backrest Frame Sleeve	117	4	ST4.2 x 10mm Screw
108	1	Left Seat Frame Sleeve	118	2	28mm Round Cap
109	1	Weight Stack Base	119	2	M8 Locknut
110	2	Handle	*	—	User's Manual

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

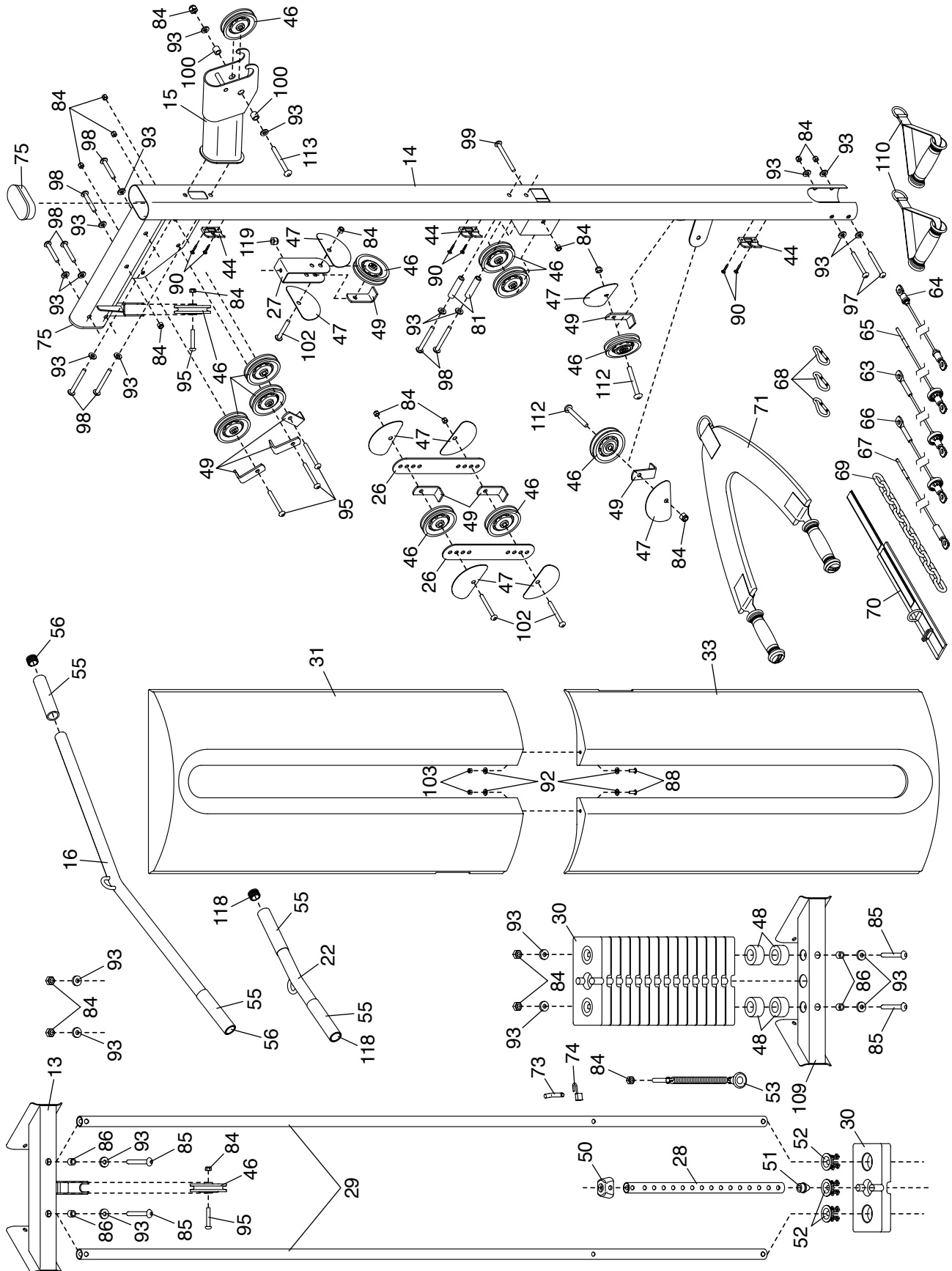
EXPLODED DRAWING A

Model No. FMSY9012.0 R0113A



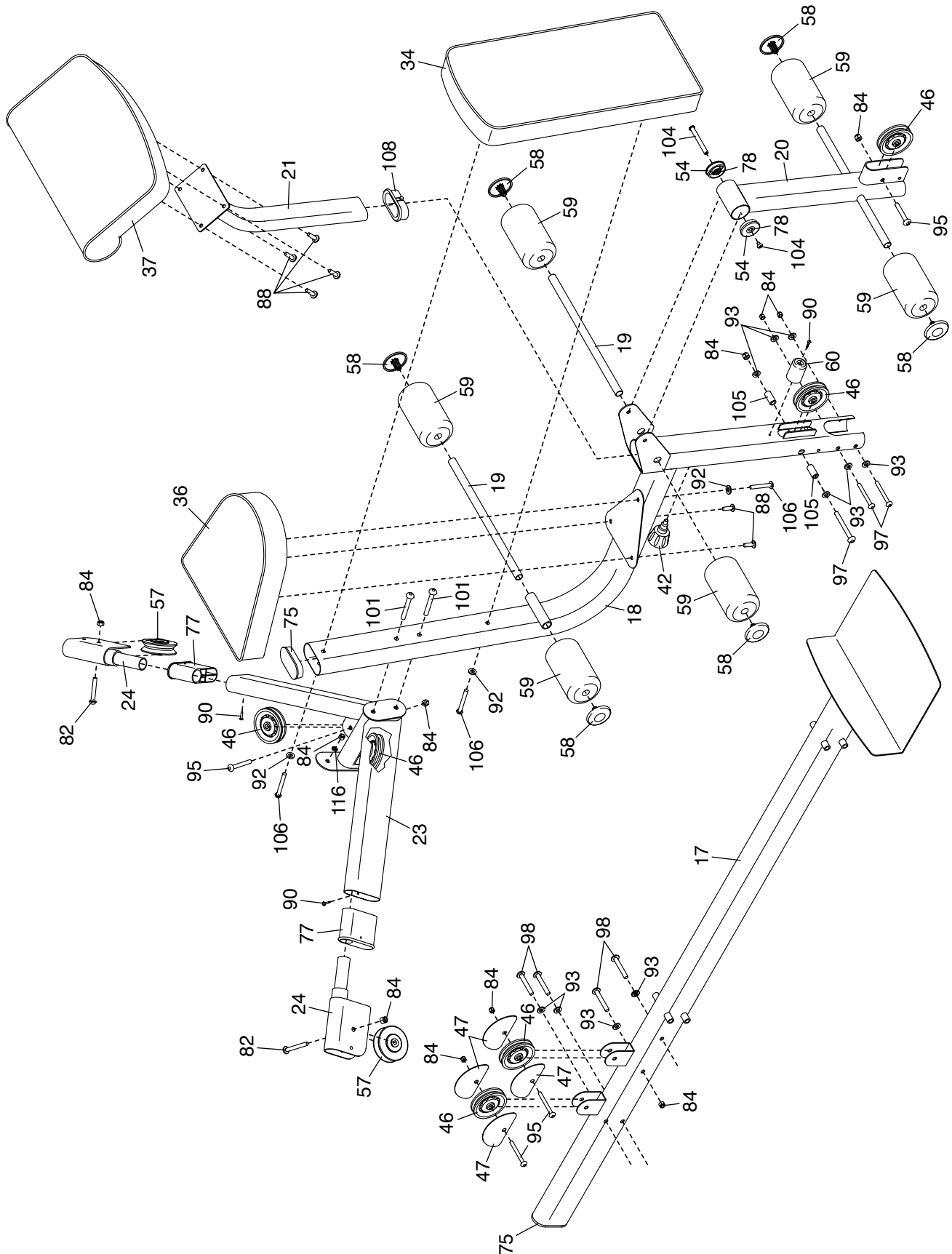
EXPLODED DRAWING B

Model No. FMSY9012.0 R0113A



EXPLODED DRAWING C

Model No. FMSY9012.0 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 ninety (90) days 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