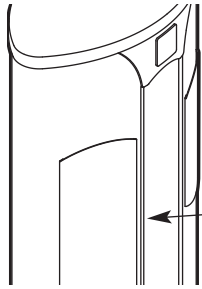


Model No. GZFI8023.3

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

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



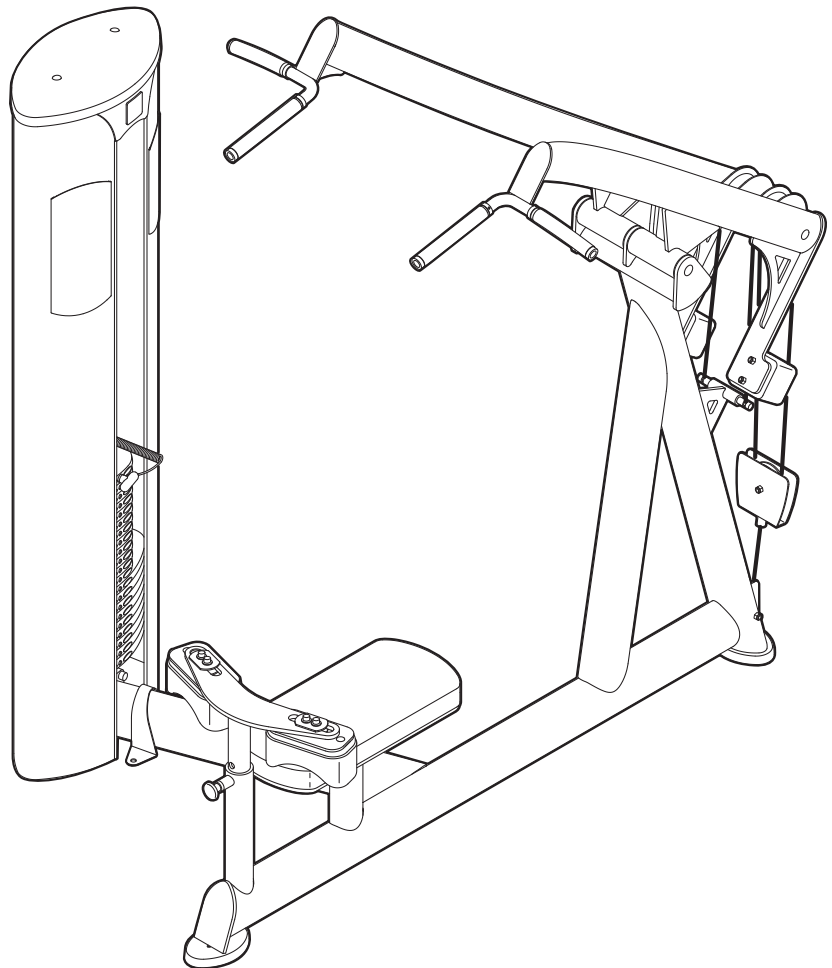
Serial Number  
Decal  
(inside of tower)

# EPIC *STRENGTH™* LAT/HIGH ROW

## OWNER'S MANUAL

### QUESTIONS?

At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, 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. Save this manual for future reference.



Visit our website at

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

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HOW TO CONTACT CUSTOMER CARE .....Back Cover

# IMPORTANT PRECAUTIONS

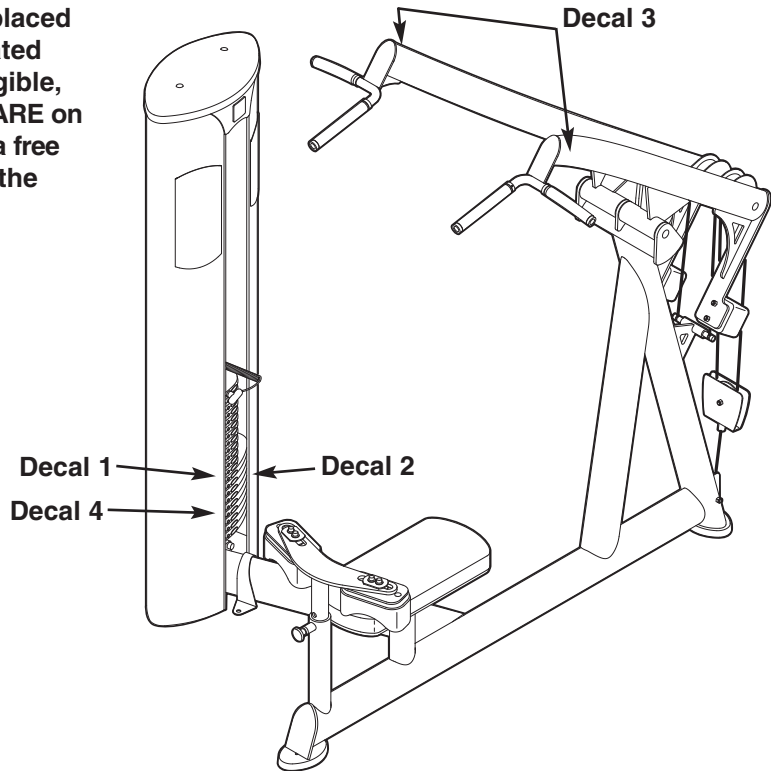
**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the strength machine.

1. Read all instructions in this manual before using the strength machine. Use the strength machine only as described in this manual.
2. It is the purchaser's responsibility to ensure that there is enough space around the strength machine for the intended exercise. Do not crowd the strength machine.
3. Using the anchor strap to provide maximum stability, anchor the strength machine to the floor where required or whenever possible.
4. Use the strength machine only on a level surface. Cover the floor beneath the strength machine to protect the floor.
5. It is the responsibility of the owner to ensure that all users of the strength machine are adequately informed of all precautions, have read and understood all warning and caution labels, and are informed of how to use the strength machine properly.
6. Keep children under 12 and pets away from the strength machine at all times.
7. Always wear athletic shoes for foot protection while exercising.
8. Keep hands and feet away from moving parts. Do not lean on or rest your hands on the strength machine when it is in use.
9. All users of the strength machine should be instructed to report any injury or strength machine irregularity to facility staff immediately.
10. Make sure the weight pin is completely inserted into one of the weight plates.
11. Check all cables, cable connections, and pulleys before each use of the strength machine. Make sure all parts are properly tightened. Replace any worn parts immediately.
12. Make sure the cable remains on the pulleys at all times. If the cable binds while you are exercising, stop immediately and make sure the cable is on the pulleys and nothing is interfering with the cable or pulleys.
13. The strength machine is designed to support a maximum user weight of 350 lbs. (159 kg).
14. Keep the strength machine indoors, away from moisture and dust. Do not put the strength machine in a garage or covered patio, or near water.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

# WARNING DECAL PLACEMENT

The decals shown below have been placed on the strength machine in the indicated locations. If a decal is missing or illegible, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual to order a free replacement decal. Apply the decal in the location shown.



**! WARNING**

- Obtain a medical exam before beginning an exercise program.
- Inspect the machine before use. Do not use if machine appears damaged or inoperable.
- Keep body and clothing free and clear of all moving parts.
- Be certain that the weight pin is completely inserted.
- NEVER pin the weight stack in an elevated position. NEVER use the machine if found in this condition.
- INSPECT all cables, straps and their connections. Do not use if any component is found to be worn or damaged.
- Do not use dumbbells or other means to incrementally increase the weight resistance, other than those provided by the manufacturer.
- Do not allow children on machines. Machine use by teenagers must be supervised by a knowledgeable adult.
- This equipment to be used only under qualified supervision.
- Do not remove this label. REPLACE IF DAMAGED.

**Decal 1**  
Shown at 70%  
GZ7003

**! CAUTION**

Weight selector pin must be fully inserted into the weight plate.

**Decal 2**  
GZ7026

**! CAUTION**

Keep Clear

208842

**Decal 3**

**! CAUTION**

KEEP AWAY FROM MOVING PARTS. FAILURE TO DO SO COULD RESULT IN PERSONAL INJURY.

7005-1199

**Decal 4**  
Shown at 85%

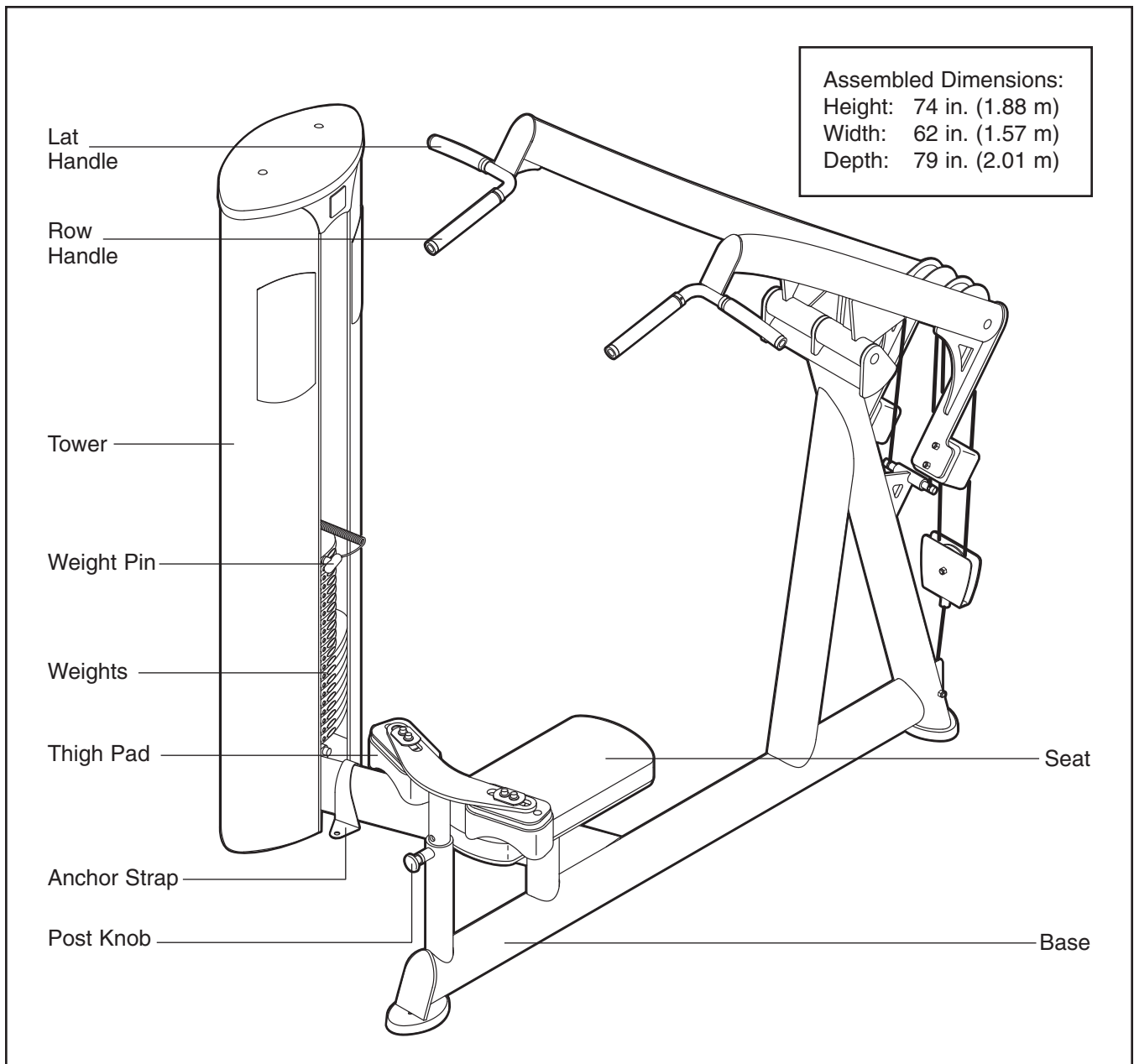
# BEFORE YOU BEGIN

Thank you for selecting the EPIC STRENGTH™ LAT/HIGH ROW strength machine. The strength machine's stylish ergonomic design and never-before-seen features improve upon traditional strength training. The innovative features and quality construction provide a reliable product for your club. And the advanced solutions to isolating individual muscle groups make the LAT/HIGH ROW strength machine a key tool for members to reach their goals.

**For your benefit, read this manual carefully before using the strength machine.** If you have questions

after reading this manual, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is GZFI8023.3. The serial number can be found on a decal attached to the strength machine (see the front cover of this manual).

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

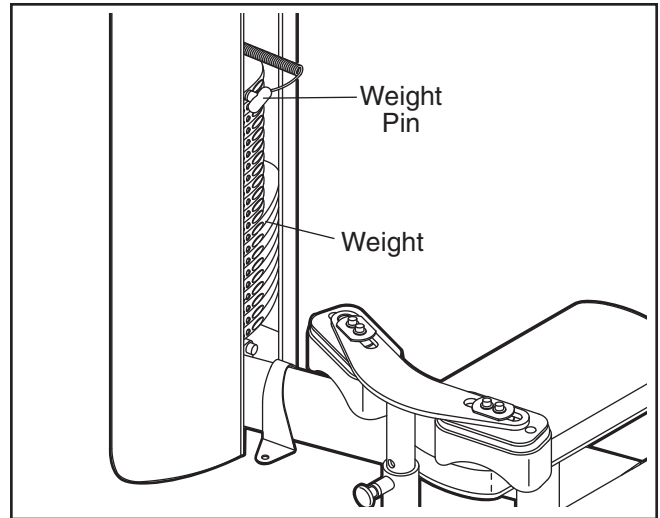


# ADJUSTMENTS

This section explains how to adjust the strength machine. Make sure all parts are properly tightened each time the strength machine is used. Replace any worn parts immediately.

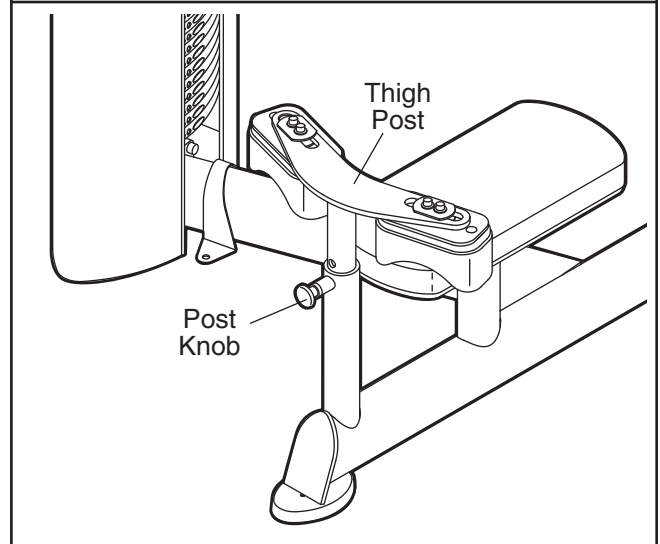
## ADJUSTING THE RESISTANCE

To change the amount of resistance for your workout, insert the weight pin into the desired weight. Make sure that the weight pin is fully inserted into the weight.



## ADJUSTING THE THIGH POST

To adjust the thigh post, pull out the post knob and move the thigh post to the desired height. Reengage the post knob into the thigh post.



# MAINTENANCE

For safe and trouble-free operation of your EPIC STRENGTH strength equipment, it is important to perform preventive maintenance on a regular basis. Make sure that all parts are properly tightened each time the strength machine is used. Replace any worn parts immediately. The strength machine can be cleaned with a cloth dampened with water and a mild, non-abrasive soap. Do not use solvents.

**Note:** Instruct all personnel to perform equipment inspection and maintenance requirements. Personnel must record and report any accident. For any questions or concerns, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Use only original EPIC STRENGTH parts for repair or replacement to maintain your machine's warranty.

**FreeMotion Fitness recommends the following procedures:**

## SCHEDULED MAINTENANCE

### DAILY

#### 1. Upholstery—General cleaning:

- Wipe using a cloth dampened with a solution of warm water and a mild soap.
- If necessary, use a soft bristle brush with the cleaning solution.
- Always remove the cleaning solution using a cloth dampened with clean water. Rinse often.

#### 2. Upholstery—Difficult stains:

- Spray the stain with a non-abrasive household cleaner such as FORMULA 409® cleaner, SIMPLE GREEN®, or a similar product.
- Rub the area gently and let it sit for a few minutes.
- Rinse thoroughly using a cloth dampened with clean water.
- Repeat if necessary using a soft bristle brush.

Optional method for difficult stains:

- Rub the area gently using a cloth dampened with rubbing alcohol.
- Rinse thoroughly using a cloth dampened with clean water to remove alcohol residue.

**CAUTION:** When using any cleaning product, try it first in an inconspicuous place to ensure there is no damage to the material. Follow directions and adhere to safety precautions of each manufacturer of cleaning agent used. FreeMotion Fitness and its vendors cannot be held liable for damage or injuries resulting from the use or misuse of cleaning products.

#### 3. Towers and Frames:

- Wipe using a cloth dampened with a solution of warm water and a mild soap.
- Rinse and dry thoroughly.

**Important:** Do not use abrasive cleaners because they may scratch the equipment. Strong cleansers and abrasives will damage decals. Use caution around decals. Do not use solvents such as lacquer thinner, kerosene, gasoline, or similar liquids.

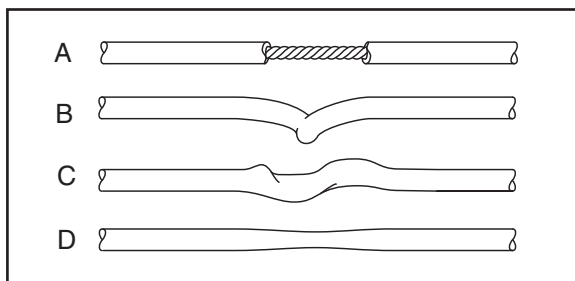
### WEEKLY

#### 1. Hardware:

- Check all nuts and bolts. Tighten them as required.

#### 2. Cables:

- Check all cables for proper tension.
- Check the entire length of the cable by pulling each handle individually to its fully extended position and inspecting the cable that is exposed on the exterior of the machine, as well as the cable inside of the cut stack tower.
- Run your fingers along the cable, paying close attention at the bends and attachment points.
- Watch for the following conditions, which may indicate a worn cable in need of replacement:
  - A. torn or split cable sheath that exposes the cable
  - B. kinked or severely bent cable
  - C. curled or twisted sheath
  - D. stretched cable sheath, showing a thinning cross-section



## MONTHLY

### 1. Grips:

- Check and replace as needed.

## YEARLY OR AS REQUIRED

### 1. Weight Stack Guide Rods:

- Clean and lubricate the full length by wiping using a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Only a light coating over the entire length is needed.

**Note: Do not use TEFLON® or silicone-based lubricants.**

## CUSHION ATTACHMENT

**Important:** All EPIC STRENGTH cushions are fabricated using dense plywood with tee-nuts installed for bolting to the machine framework. Because these tee-nuts are held by the plywood, they will not withstand the torque that standard nuts and bolts will.

Therefore, when tightening the cushion bolts, turn them only until they are snug and the cushion does not move or feel loose. Overtightening may strip the tee-nuts from the plywood and make it impossible to remove the cushion in the future.

## CABLE TENSION CHECK

1. Insert the weight pin into the top weight plate.
2. Slowly raise and lower the top weight by normal machine use. The top weight should come to rest just on top of the second weight when the handle is returned to the resting position.
  - If there is too much tension on the cable, the top weight will not rest on the second weight, and it may be difficult to insert the weight pin into the weight plates.
  - If there is not enough tension on the cable, the top weight will not be lifted immediately when one of the handles is pulled. Ideally, the handle/cable should not move more than 1/2" from the resting position before the top weight begins to be lifted.
3. If there is too much or not enough tension on the cable, adjust the cable as described in CABLE ADJUSTMENTS.

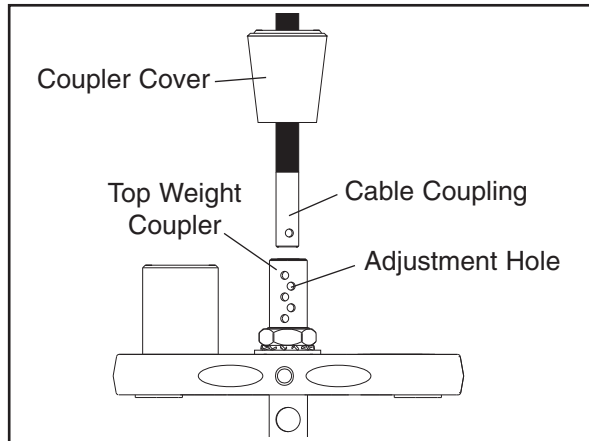
## CABLE ADJUSTMENTS

**CAUTION:** After making any cable adjustment, pull the handle using a light load and have someone make sure that the cable is not derailed from a pulley or rubbing on a guard (see CABLE GUARDS on page 10).

### INITIAL ADJUSTMENT

#### Top Weight Adjustment—

Tools required: Hammer, 1/8" punch, 3/16" roll pin



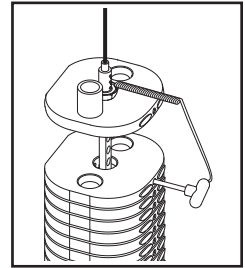
1. Lift the coupler cover from the top weight coupler.
2. Remove the roll pin from the top weight coupler with an 1/8" punch and a hammer.
3. Align the hole in the cable coupling with the appropriate adjustment hole in the top weight coupler:
  - If more slack is needed in the cable, align the cable coupling with a higher hole.
  - If less slack is needed in the cable, align the cable coupling with a lower hole.
4. With the cable coupling aligned with the new hole, drive a new roll pin into the top weight coupler and cable coupler.
5. Lower the coupler cover over the top weight coupler.

## ADDITIONAL ADJUSTMENT

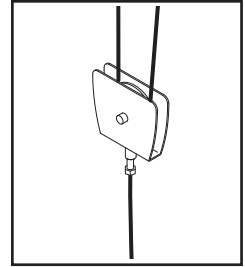
### Floating Pulley Adjustment—

Tools required: Adjustable wrench/spanner

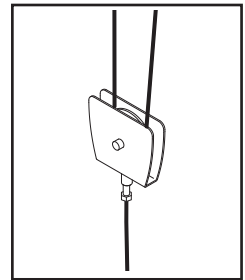
1. Lift the top weight off the weight stack and insert the weight pin into the second weight and the sixth hole from the top of the weight rod.



2. Loosen the nut on the tower cable away from the "U"-bracket.



3. To remove slack from the cables, turn the tower cable clockwise into the "U"-bracket.



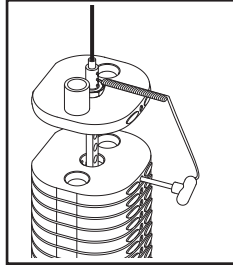
To add slack to the cables, turn the tower cable counterclockwise out of the "U"-bracket.

4. Retighten the nut on the tower cable against the "U"-bracket.
5. Lift the top weight and remove the weight pin. Lower the top weight onto the second weight.
6. Readjust as necessary.

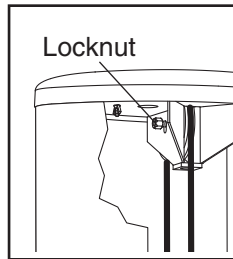
## Tower Pulley Adjustment–

Tools required: Two 3/8" wrenches/spanners

1. Lift the top weight off the weight stack and insert the weight pin into the second weight and the sixth hole from the top of the weight rod.



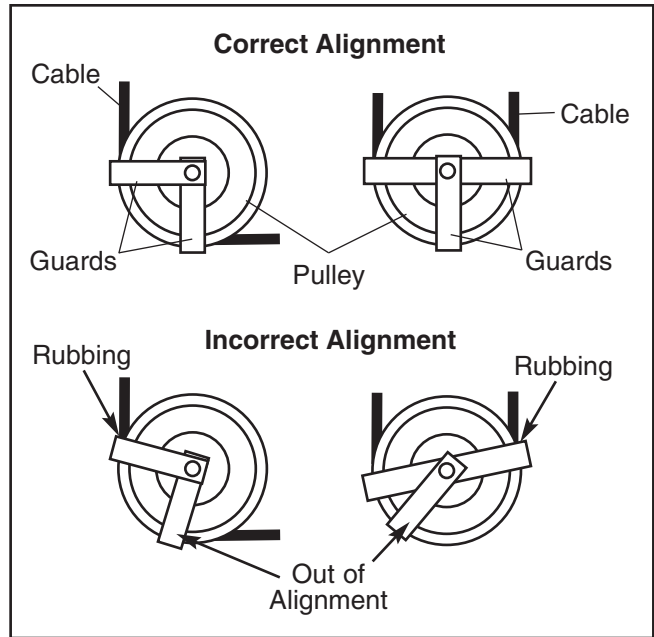
2. Loosen the locknut attaching the pulley to the bracket in the top of the tower.



3. Move the pulley to the appropriate location in the bracket:
  - If more slack is needed in the cable, move the pulley down.
  - If less slack is needed in the cable, move the pulley up.
4. Make sure that the cable guard is properly oriented (see CABLE GUARDS) and retighten the locknut attaching the pulley to the bracket.
5. Lift the top weight and remove the weight pin. Lower the top weight onto the second weight.
6. Readjust as necessary.

## CABLE GUARDS

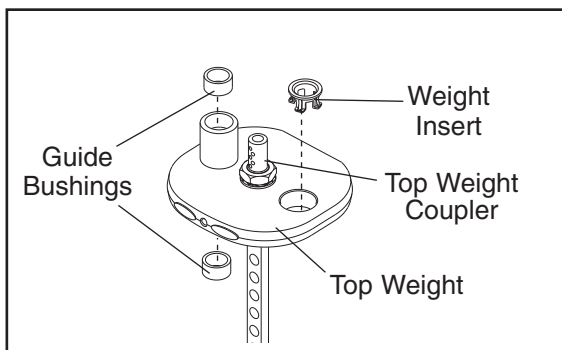
Check for alignment periodically to ensure that cable guards are not rubbing on the cable and that they are performing their intended duty. If the alignment is not proper, loosen the bolt slightly, readjust the cable guard as necessary, and retighten the bolt.



## SERVICING THE WEIGHT STACK

For required parts, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

1. Remove the wingnuts under the tower cap and remove the tower cap from the tower.
2. Remove the screw from the top of each guide rod.
3. Lift the coupler cover and drive the roll pin from the top weight coupler with an 1/8" punch and a hammer—this will release the cable.
4. Lift the guide rods out of the top of the tower.
5. Lift and rotate the top weight and weight pin, and remove them through the front opening of the tower.
6. Servicing the weight stack involves replacing the two guide bushings and the weight insert in the top weight. First, use a punch to drive the two existing guide bushings and weight insert out of the top weight.



7. To insert the new guide bushings and weight insert, hold a bushing square to the face of one of the holes in the top weight, place a protective piece of wood on top of the bushing, and lightly tap the bushing into place. The bushing should be flush with the surface. Repeat with the other guide bushing and weight insert.

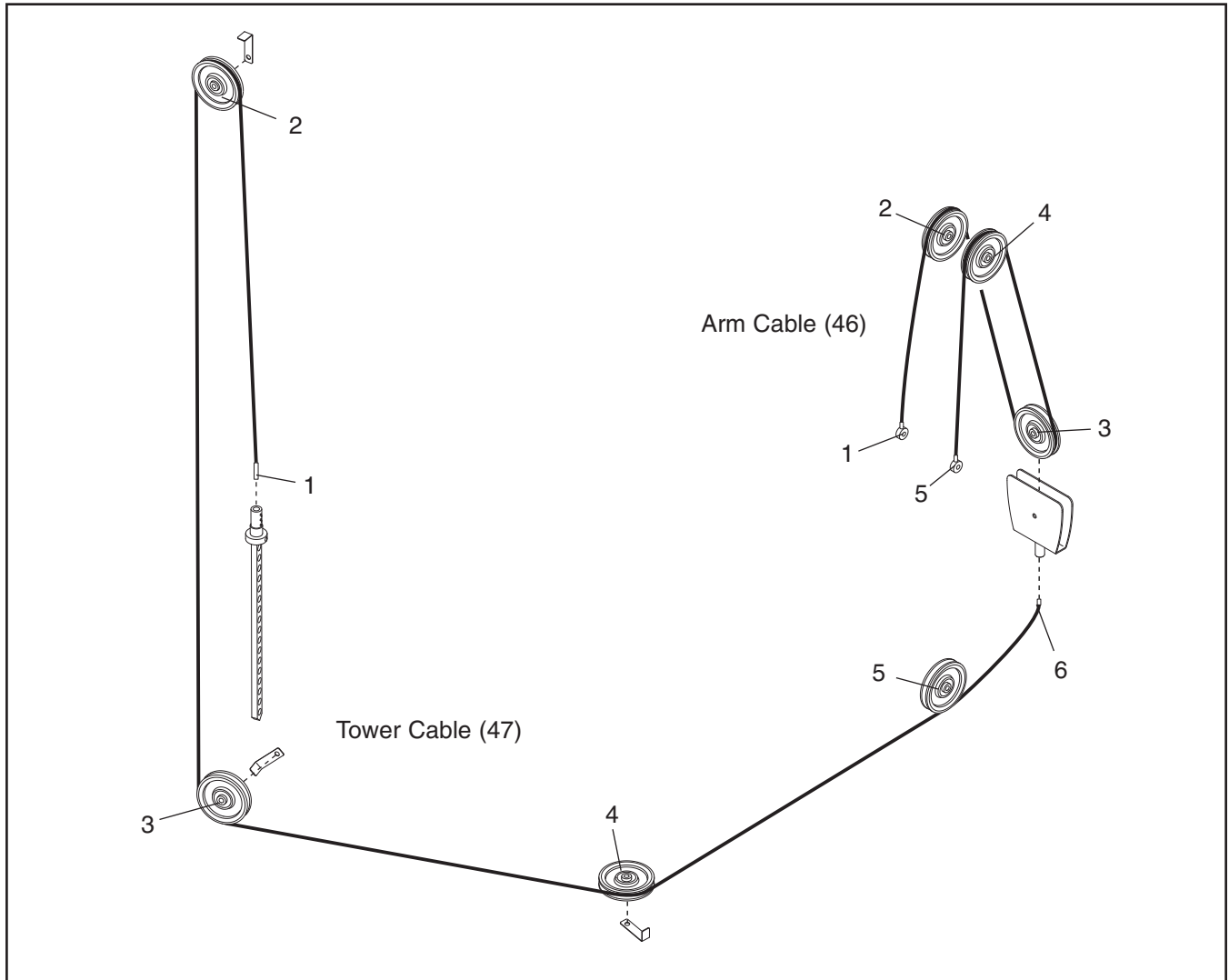
8. Replace the top weight and weight pin on top of the weight stack.
9. Reattach the cable to the top weight coupler.
10. Clean and lubricate the guide rods by wiping them with a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length. **Note: Do not use TEFLON® or silicone-based lubricants.**
11. Reinsert the guide rods through the top of the tower and into the weight stack. **Note: If the weight stack has shifted, use a short bar to realign the holes in the weight plates. Hold the weight plates while inserting the guide rods.**

**⚠ WARNING:** Do not force the guide rods into the weights; doing so will damage the guide bushings and the weight inserts.

12. Reattach the guide rods to the top of the frame with the two screws.
13. Insert the weight pin in the top weight. Pull the handle, lifting the top weight all of the way to the top of the guide rods. Slowly return the handle to the resting position. If the top weight sticks, loosen one of the guide rod screws. Lift the top weight to the top again. Retighten the guide rod screws. Check the full travel again and readjust the guide rods as necessary.
14. While slowly pulling the handle, have someone check the cable guard on the top weight to ensure that it is not dragging or rubbing on the cable.
15. Replace the tower cap and retighten the wingnuts onto the bolts.

# CABLE DIAGRAM

The cable diagram below shows the proper route of the cables. Use the diagram to make sure that the cables and the cable guards have been assembled correctly. If the cables have not been correctly routed, the strength machine will not function properly and damage may occur. The numbers show the correct route of the cables. **Make sure that the cable guards do not touch or bind the cables.**





# PART LIST—Model No. GZFI8023.3

R0405A

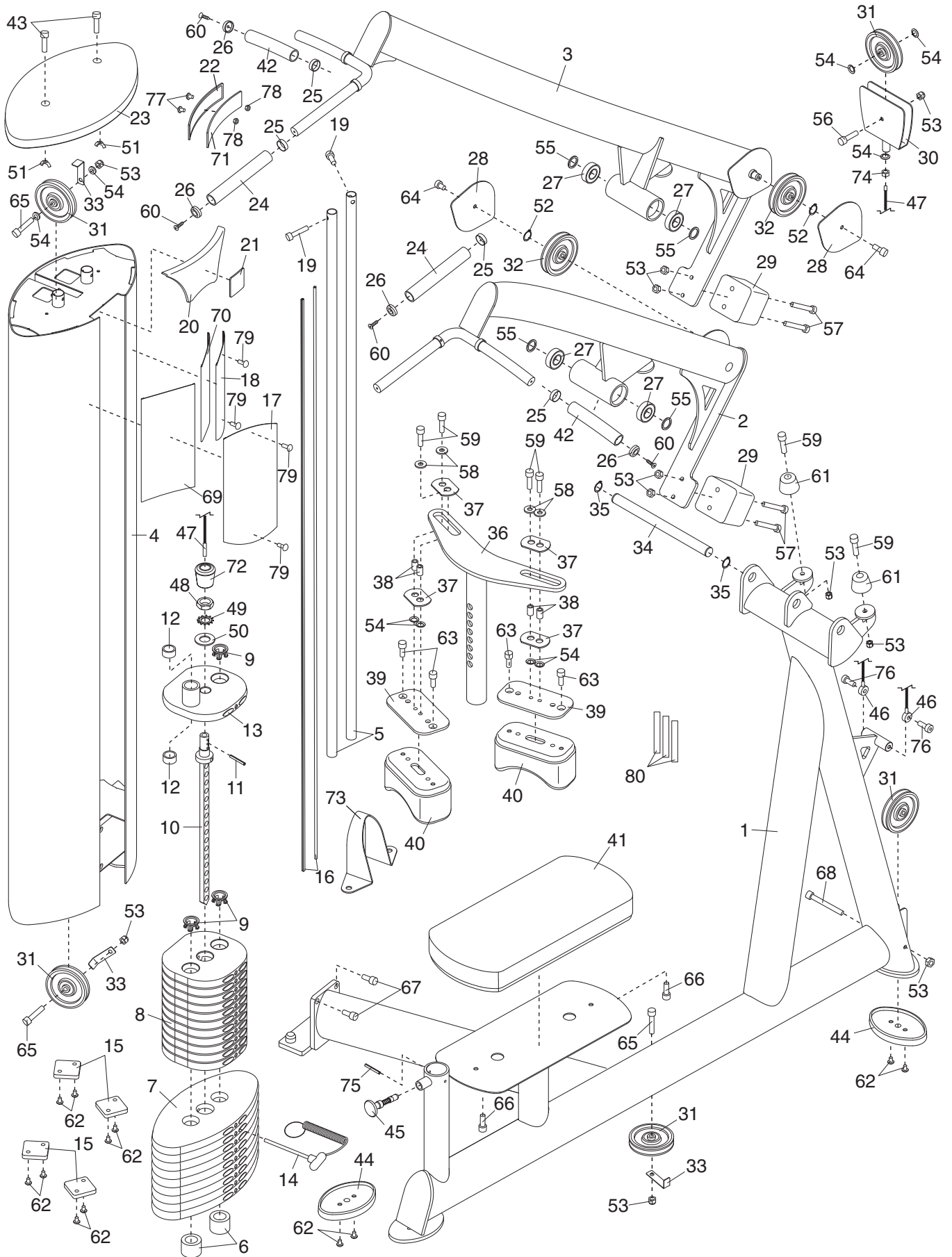
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	42	2	Curved Handle
2	1	Left Arm	43	2	1/4" x 1" Button Bolt
3	1	Right Arm	44	2	Frame Foot
4	1	Tower	45	1	Pop Pin
5	2	Guide Rod	46	1	Arm Cable
6	2	Weight Bumper	47	1	Tower Cable
7	9	20-pound Plate	48	1	Rod Nut
8	11	10-pound Plate	49	1	Star Washer
9	41	Weight Insert	50	1	Rod Washer
10	1	Weight Rod	51	2	Wingnut
11	1	3/16" Roll Pin	52	2	17mm Snap Ring
12	2	Guide Bushing	53	11	3/8" Nylon Locknut
13	1	Top Weight	54	9	Serrated Washer
14	1	Weight Pin	55	4	Pivot Washer
15	4	Tower Foot	56	1	3/8" x 1 3/4" Bolt
16	2	Trim	57	4	3/8" x 4 1/2" Bolt
17	1	Long Tower Plate	58	4	5/16" Washer
18	1	Short Tower Plate	59	6	3/8" x 1 1/4" Bolt
19	2	3/8" x 3/4" Self-tapping Screw	60	4	1/4" x 1" Flathead Screw
20	1	Cover	61	2	Arm Bumper
21	1	Epic Insignia	62	12	3/8" x 1/2" Button Screw
22	1	Rear Name Plate	63	4	3/8" x 1" Flathead Bolt
23	1	Tower Cap	64	2	3/8" x 3/4" Bolt
24	2	Straight Handle	65	3	3/8" x 2" Bolt
25	4	Handle Bushing	66	2	3/8" x 1" Non-patch Bolt
26	4	Handle Endcap	67	2	1/2" x 1 1/4" Bolt
27	4	1" Bearing	68	1	3/8" x 6" Bolt
28	2	Pulley Plate	69	1	Long Plate Frame
29	2	Counter Weight	70	1	Short Plate Frame
30	1	"U"-bracket	71	1	Rear Plate Frame
31	5	Pulley	72	1	Coupler Cover
32	2	Pulley w/o Bushing	73	1	Anchor Strap
33	3	Cable Guard	74	1	3/8" Fine Thread Nut
34	1	Pivot Rod	75	1	1/4" x 2" Roll Pin
35	2	1" Snap Ring	76	2	3/8" x 1" Bolt
36	1	Thigh Post	77	2	#4 x 5/8" Screw
37	4	Slide Plate	78	2	#4 Nut
38	4	Aluminum Spacer	79	4	Rivet
39	2	Thigh Plate	80	3	Teflon Tape
40	2	Thigh Pad	#	1	Owner's Manual
41	1	Bench Pad			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

# EXPLODED DRAWING—Model No. GZFI8023.3

R0405A



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# HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if you require assistance, please contact Customer Care at the address and phone number listed below. Please be prepared to give the following information:

- The MODEL NUMBER of the product (GZFI8023.3).
- The NAME of the product (EPIC STRENGTH LAT/HIGH ROW strength machine).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- When ordering replacement parts, please also give the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15 of this manual).

**Customer Care: 1-800-201-2109, Monday–Friday, 8 a.m.–5 p.m. Mountain Time  
FreeMotion Fitness, Inc. • 1096 Elkton Dr., Suite 600 • Colorado Springs, CO 80907**