

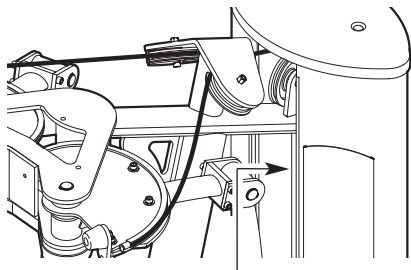
FREEMOTION E P I C

OWNER'S MANUAL

Model No. GZFI8063.4

Serial No. _____

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



Serial Number Decal (inside tower)

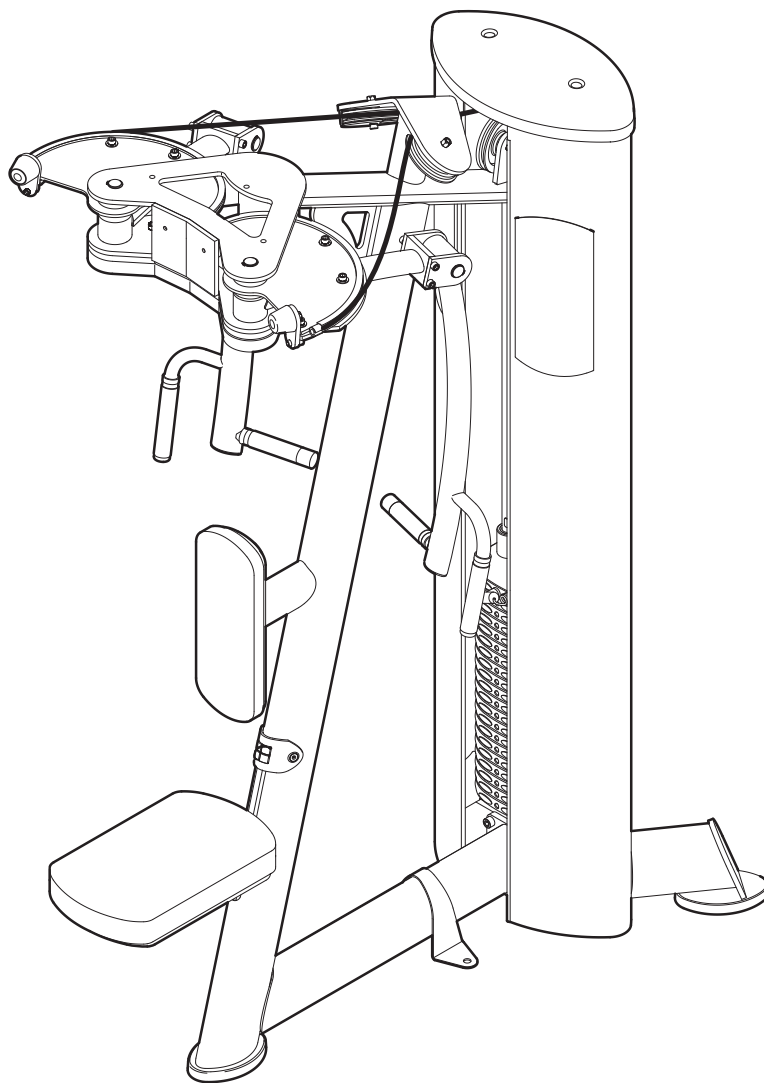
QUESTIONS?

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.

FLY/REAR DELT



Visit our website at

www.freemotionfitness.com

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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the strength equipment. Use the strength equipment only as described in this manual.
2. It is the purchaser's responsibility to ensure that there is enough space around the strength equipment for the intended exercise. Do not crowd the strength equipment.
3. Using the anchor strap to provide maximum stability, anchor the strength equipment to the floor where required or whenever possible.
4. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
5. It is the responsibility of the owner to ensure that all users of the strength equipment are adequately informed of all precautions, have read and understood all warning and caution labels, and are informed of how to use the strength equipment properly.
6. Keep children under 12 and pets away from the strength equipment 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 equipment when it is in use.
9. All users of the strength equipment should be instructed to report any injury or strength equipment 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 equipment. 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. Replace all cables at least every two years.
13. The strength equipment is designed to support a maximum user weight of 350 lbs. (159 kg).
14. Keep the strength equipment indoors, away from moisture and dust. Do not put the strength equipment 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.

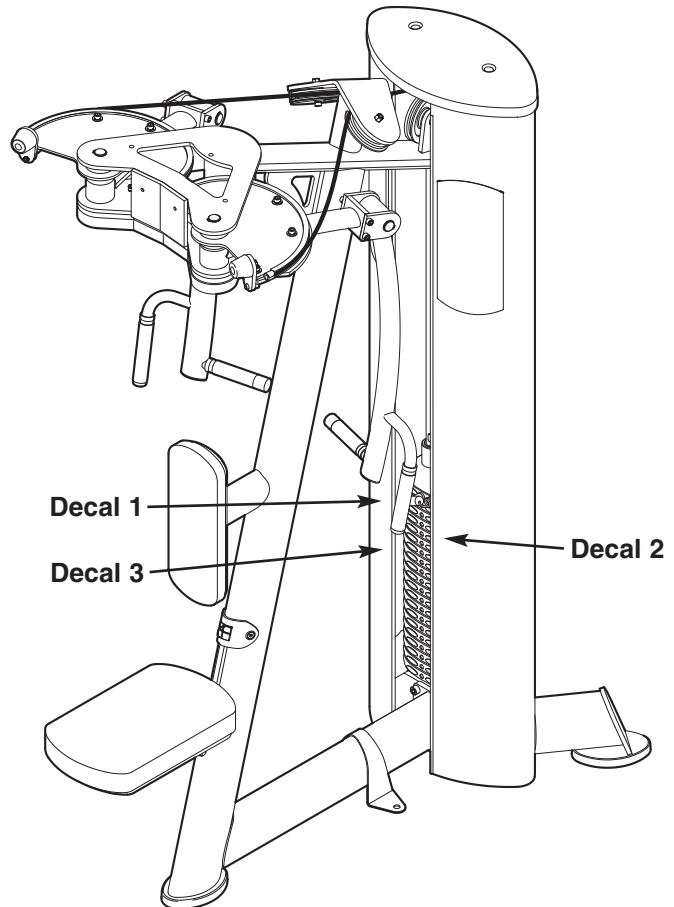
WARNING DECAL PLACEMENT

The decals shown below have been placed on the strength equipment in the indicated locations. If a decal is missing or illegible, see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual and 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

Decal 3
Shown at 85%

CAUTION

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

7005-1199

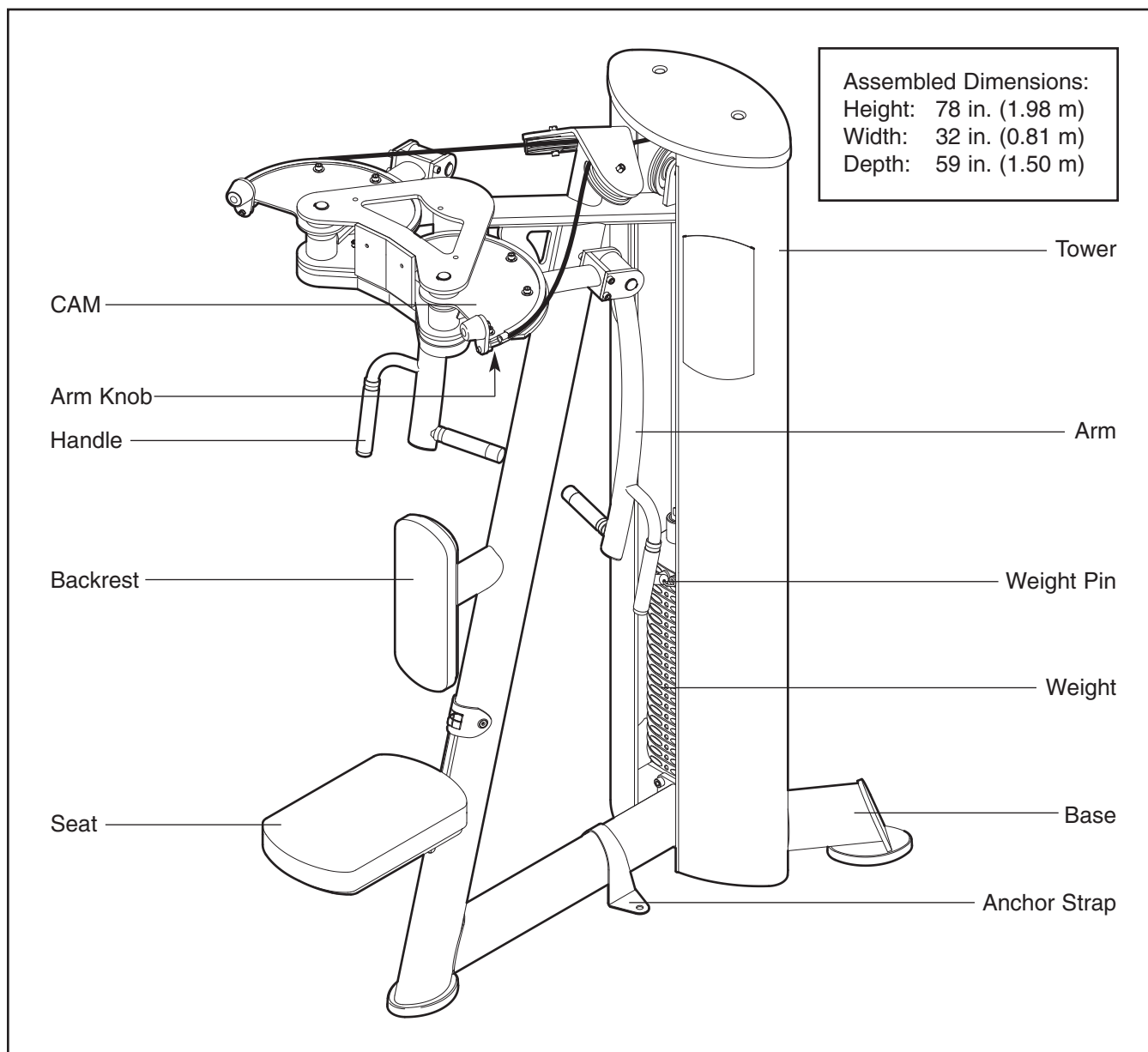
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION EPIC FLY/REAR DELT strength equipment. The strength equipment'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 FLY/REAR DELT strength equipment a key tool for members to reach their goals.

For your benefit, read this manual carefully before using the strength equipment. 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 GZFI8063.4. The serial number can be found on a decal attached to the strength equipment (see the front cover of this manual).

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

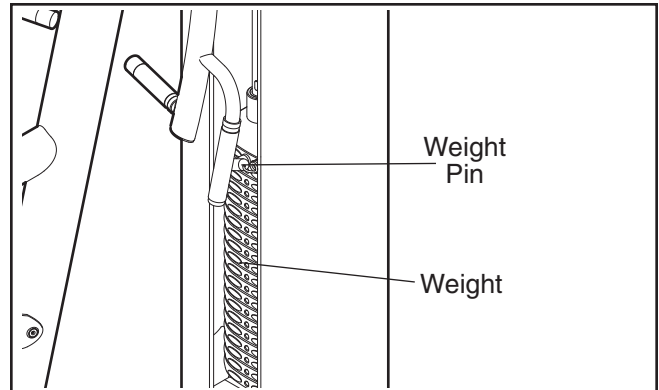


ADJUSTMENTS

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

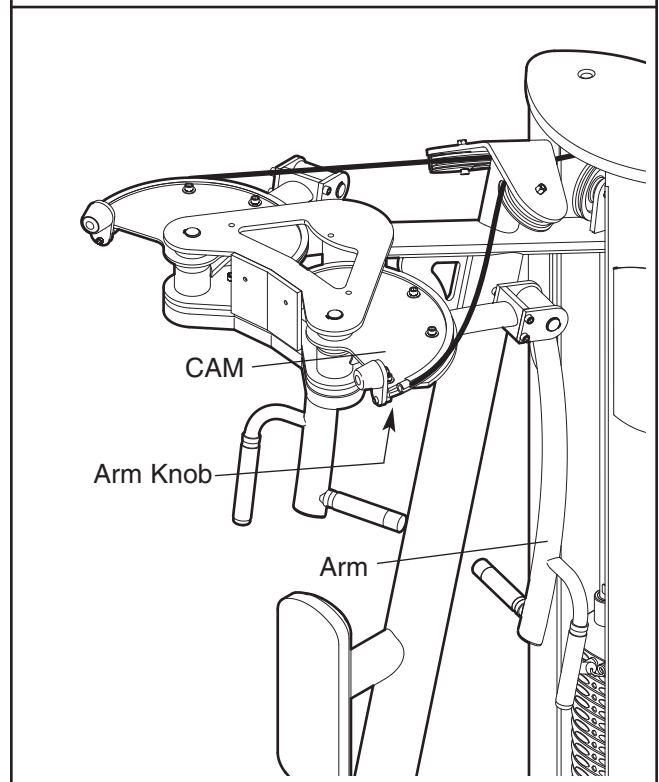
ADJUSTING THE RESISTANCE

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.



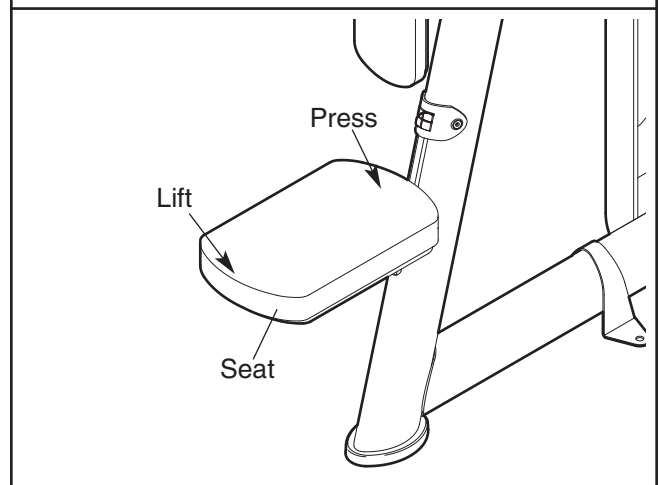
ADJUSTING THE ARMS

To change the position of each arm, pull the arm knob down and move the arm to the desired position. Reengage the arm knob into the selector bracket on the bottom of the cam.



ADJUSTING THE SEAT

To raise the seat, lift on the end of the seat and move the seat to the desired position. To lower the seat, lift on the end of the seat and press down on the back of the seat until the seat is at the desired height.



MAINTENANCE

It is important for safe and trouble-free operation of your FREEMOTION EPIC strength equipment to perform routine preventive maintenance on a regular basis. Instruct all personnel to perform equipment inspection and maintenance requirements. Personnel must record and report any accident. To maintain the strength bench's warranty, use only FREEMOTION EPIC parts for repair or replacement. For any questions or concerns, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

SCHEDULED MAINTENANCE

DAILY

1. Upholstery—General cleaning:

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

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 soft cloth dampened with clean water. Dry thoroughly.
- 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 soft cloth dampened with clean water. Dry thoroughly.

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 the manufacturer of each cleaning product 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 soft cloth dampened with a light solution of mild soap and warm water.
- Rinse thoroughly using a soft cloth dampened with clean water. 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.

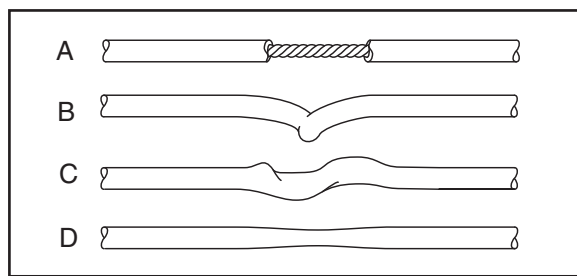
WEEKLY

1. Hardware:

- Check all nuts and bolts. Tighten them as required. **Important:** All FREEMOTION EPIC 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.

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.

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 leg lever 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 the leg lever is lifted. Ideally, the leg lever/cable should not move more than 1/2" (1.3 cm) 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 on page 9.

CABLE ADJUSTMENTS

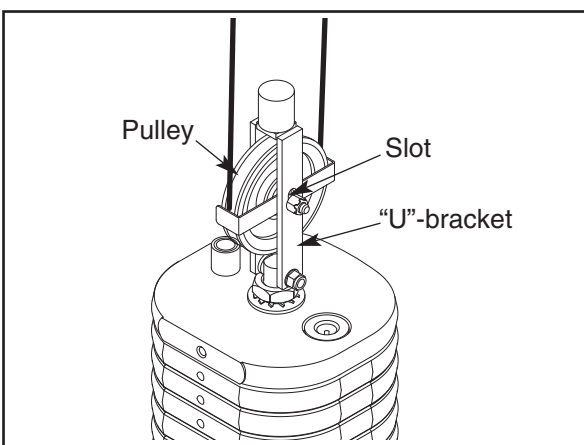
CAUTION: After making any cable adjustment, use the strength equipment to lift a few weights while someone makes sure that the cable is not derailed from a pulley or rubbing on a cable guard (see CABLE GUARDS).

ADJUSTMENT

Top Weight Pulley Adjustment—

Tools required: 9/16" open or box-end wrench/spanner, 5/16" hex key

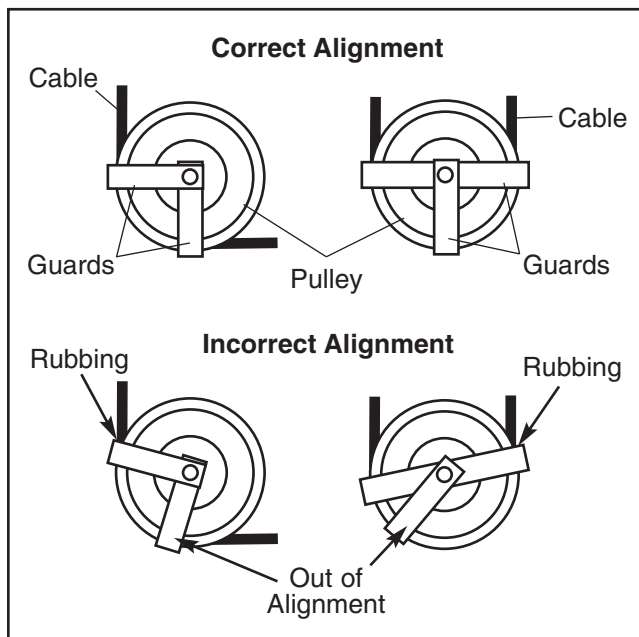
1. Using a 5/16" hex key and a 9/16" open or box-end wrench/spanner, loosen the nut holding the pulley in the "U"-bracket.



2. To increase the tension, slide the pulley down in the slot. To decrease the tension, slide the pulley up.
3. Tighten the nut and check the tension as described in CABLE TENSION CHECK on page 8. If necessary, readjust the pulley.

CABLE GUARDS

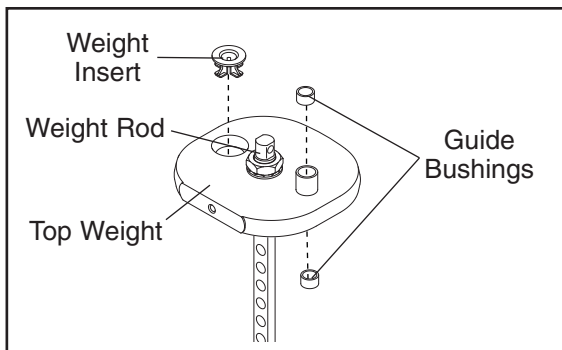
Check for alignment periodically to ensure that cable guards are not rubbing on the cable and that they are performing their intended duty. If the alignment is not proper, loosen the bolt slightly, readjust the cable guard as necessary, and retighten the bolt.



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 two guide rod nuts and guide rod washers from the top of each guide rod.
3. Remove the 3/8" nylon locknut and two 3/8" washers from the 3/8" x 2 1/4" bolt attaching the "U"-bracket to the weight rod.
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 guide 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.

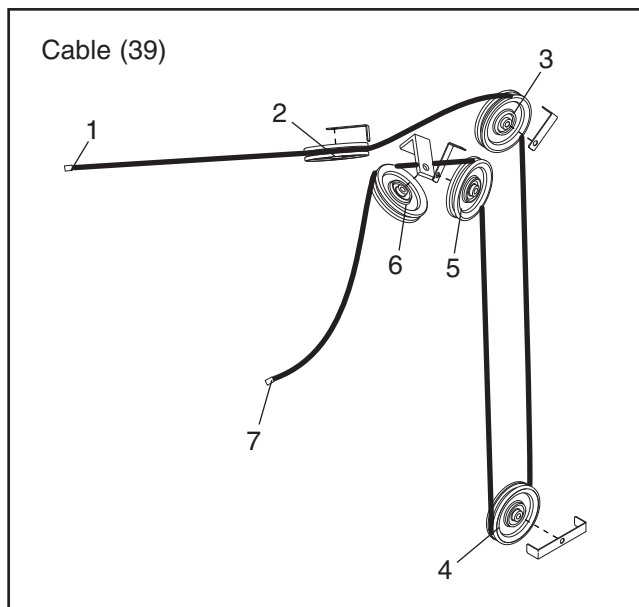
8. Replace the top weight and weight pin on top of the weight stack.
9. Reattach the "U"-bracket to the weight rod with the bolt, two washers, and locknut.
10. Clean and lubricate the guide rods by wiping them with a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a 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 bushings and weight inserts.

12. Reattach the guide rods to the top of the frame with the four guide rod nuts and guide rod washers.
13. Insert the weight pin into the top weight. Pull the handle, lifting the top weight all of the way to the top. Slowly return the handle to the resting position. If the top weight sticks, loosen one of the guide rod nuts. Lift the top weight to the top again. Retighten the guide rod nut. 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 shows the proper route of the cable. Use the diagram to make sure that the cable and the cable guards have been assembled correctly. If the cable has not been correctly routed, the strength equipment will not function properly and damage may occur. The numbers show the correct route of the cable. **Make sure that the cable guards do not touch or bind the cable.**



PART LIST—Model No. GZFI8063.4

R0106A

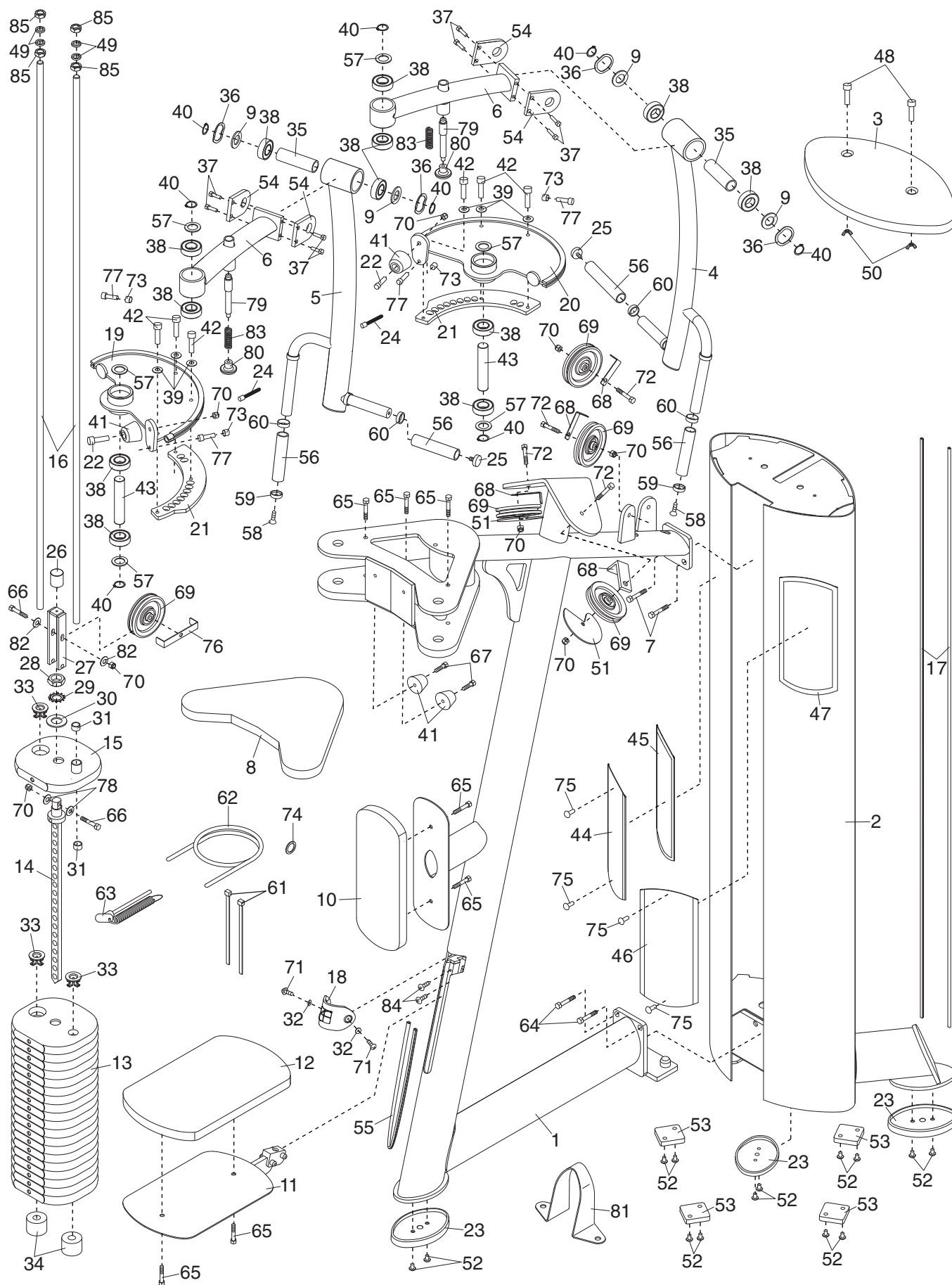
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	44	1	Long Panel
2	1	Tower	45	1	Long Panel Frame
3	1	Tower Cap	46	1	Short Panel
4	1	Left Lower Arm	47	1	Short Panel Frame
5	1	Right Lower Arm	48	2	1/4" x 1" Button Bolt
6	2	Upper Arm	49	4	Guide Rod Washer
7	2	1/2" x 3/4" Bolt	50	2	Wingnut
8	1	Head Pad	51	2	Finger Guard
9	4	Felt Washer	52	14	3/8" x 1/2" Button Screw
10	1	Backrest	53	4	Tower Foot
11	1	Seat Frame	54	4	Arm Bracket
12	1	Seat	55	1	Short Trim
13	19	Weight	56	4	Handle Grip
14	1	Weight Rod	57	6	Large Pivot Washer
15	1	Top Weight	58	2	1/4" x 1" Flat Head Screw
16	2	Weight Guide	59	2	Handle Grip Cap
17	2	Long Trim	60	4	Handle Bushing
18	1	Insignia Strap	61	2	Wire Tie
19	1	Left Cam	62	1	Bungee Cord
20	1	Right Cam	63	1	Weight Pin
21	2	Selector Bracket	64	2	1/2" x 1 1/4" Bolt
22	2	3/8" x 1 1/4" Bolt	65	7	3/8" x 1" Non-patch Bolt
23	3	Base Foot	66	2	3/8" x 2 1/4" Bolt
24	1	Cable	67	2	3/8" x 5/8" Bolt
25	2	Handle Bumper	68	4	CableGuard
26	1	Pulley Bumper	69	5	4" Pulley
27	1	"U"-bracket	70	8	3/8" Locknut
28	1	Rod Nut	71	2	#8 x 3/4" Self-tapping Screw
29	1	Star Washer	72	4	3/8" x 2" Bolt
30	1	Rod Washer	73	4	Small Bumper
31	2	Guide Bushing	74	1	Bungee Ring
32	2	1/4" Washer	75	4	Rivet
33	39	Weight Insert	76	1	Double Cable Guard
34	2	Weight Bumper	77	4	5/16" x 5/8" Screw
35	2	Short Pivot Rod	78	2	Small Nylon Washer
36	4	Wave Washer	79	2	Arm Pin
37	8	3/8" x 3/4" Bolt	80	2	Arm Knob
38	12	1" Bearing	81	1	Anchor Strap
39	6	3/8" Washer	82	2	Serrated Washer
40	8	Snap Ring	83	2	Spring
41	4	Large Bumper	84	2	1/4" x 3/8" Bolt
42	6	5/16" x 1" Screw	85	4	Guide Rod Nut
43	2	Long Pivot Rod	#	1	Owner's Manual

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

EXPLODED DRAWING—Model No. GZFI8063.4

R0106A



NOTES

NOTES

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 (GZFI8063.4).
- The NAME of the product (FREEMOTION EPIC FLY/REAR DELT strength equipment).
- 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 12 and 13 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