

FREEMOTION[®] E P I C[™]

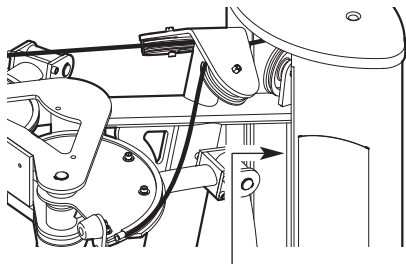
FLY/REAR DELT

OWNER'S MANUAL

Model No. GZFI8063.5

Serial No. _____

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



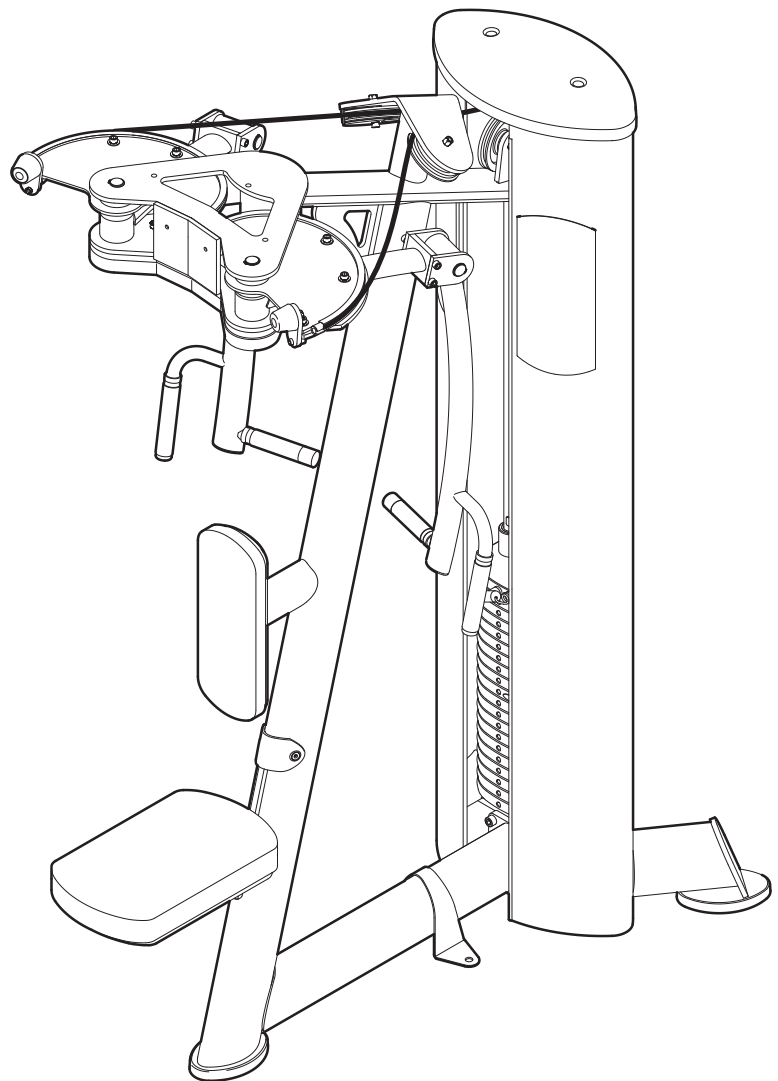
Serial Number Decal (inside tower)

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.



Visit our website at

www.freemotionfitness.com

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS3
WARNING DECAL PLACEMENT4
BEFORE YOU BEGIN5
ADJUSTMENT6
MAINTENANCE AND TROUBLESHOOTING7
CABLE DIAGRAM10
PART LIST14
EXPLODED DRAWING15
HOW TO CONTACT CUSTOMER CAREBack Cover

IMPORTANT PRECAUTIONS

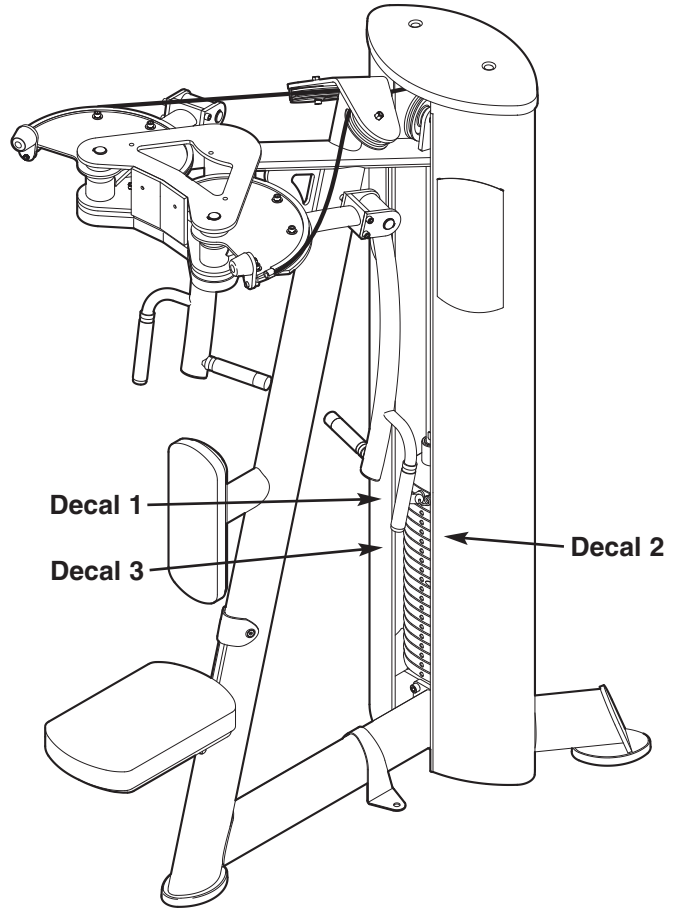
⚠️ WARNING: To reduce the risk of serious injury, read the following important precautions before using the strength equipment.

1. Read all instructions in this manual before using the strength equipment.
2. Use the strength equipment only as described in this manual.
3. 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.
4. 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.
5. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
6. 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.
7. Using the anchor strap for maximum stability, anchor the strength equipment to the floor where required or whenever possible.
8. Keep children under age 12 and pets away from the strength equipment at all times.
9. The strength equipment is designed to support a maximum user weight of 350 lbs. (159 kg).
10. Always wear athletic shoes for foot protection while exercising.
11. 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.
12. Check the cable, cable connections, and pulleys before each use of the strength equipment. Make sure that all parts are properly tightened. Replace any worn parts immediately.
13. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
14. Make sure that the weight pin is completely inserted into one of the weight plates.
15. Make sure that the cable remains on the pulleys at all times. If the cable binds while you are exercising, stop immediately and make sure that the cable is on the pulleys and that nothing is interfering with the cable or pulleys. Replace the cable at least every two years.
16. 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. FreeMotion Fitness 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. Note: The decals may not be shown at actual size.



! 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
GZ7003

! CAUTION

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

Decal 2
GZ7026

! CAUTION

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

7005-1199

Decal 3
GZ7005

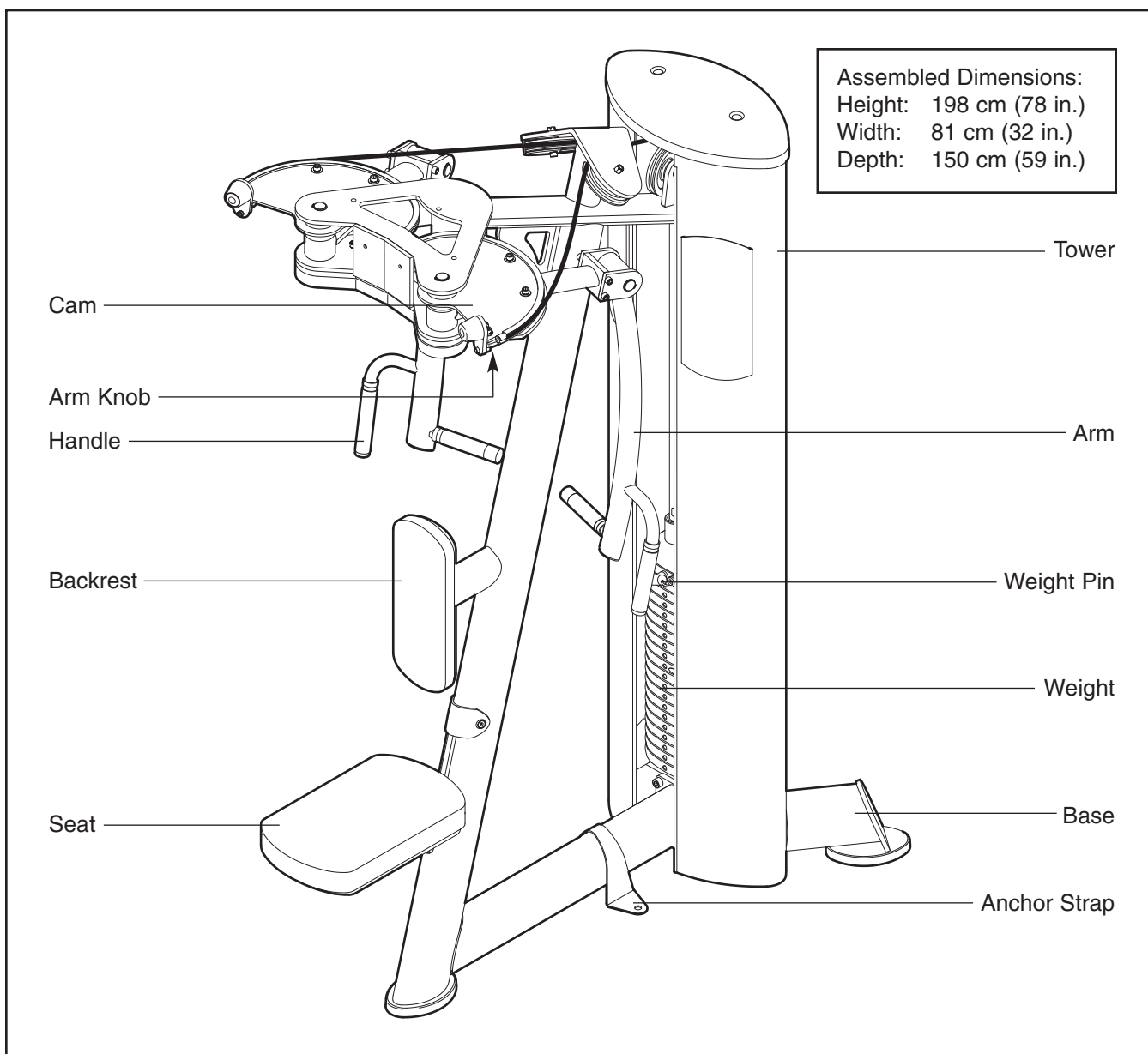
BEFORE YOU BEGIN

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 GZF18063.5. 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.

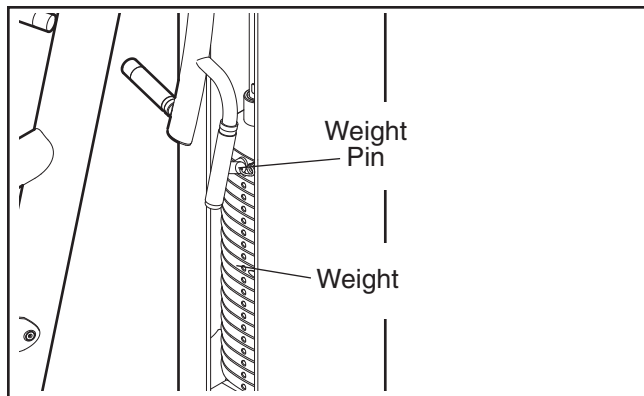


ADJUSTMENT

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.

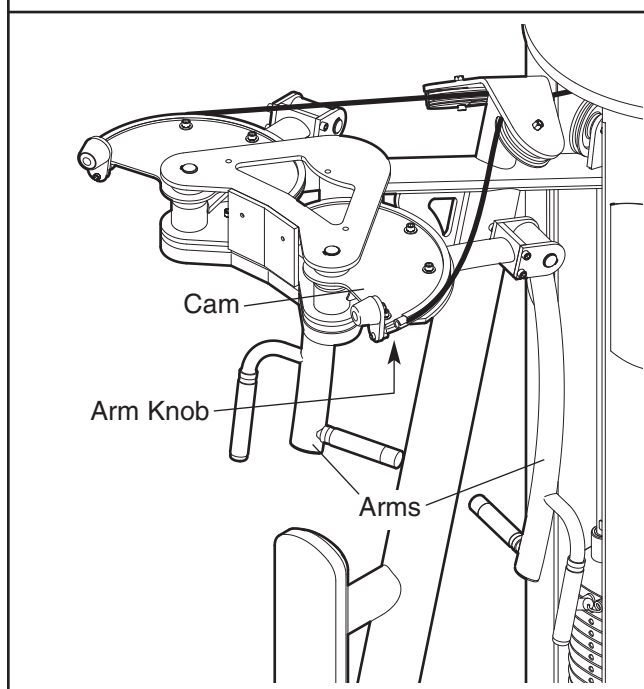
ADJUSTING THE RESISTANCE

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.



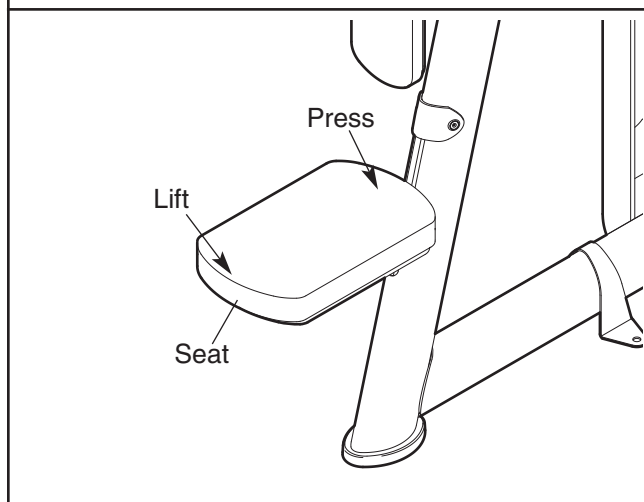
ADJUSTING THE ARMS

To change the position of each arm, pull the arm knob downward, move the arm to the desired position, and reengage the arm knob into the selector bracket on the bottom of the cam. **Make sure that both arms are in the same position.**



ADJUSTING THE SEAT

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



MAINTENANCE AND TROUBLESHOOTING

For optimal performance of the strength equipment and to reduce the chances of injury to users, you must perform preventive maintenance on a regular basis. Instruct all personnel to perform the procedures described in this section. Personnel must also record and report any accident. To maintain the strength equipment's warranty, use only FREEMOTION EPIC parts for repair or replacement. If there are any questions or concerns, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

DAILY MAINTENANCE

Upholstery and Frame—General Cleaning

1. Clean the strength equipment 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.
2. Rinse the area thoroughly using a soft cloth dampened with clean water and dry thoroughly.

Upholstery—Difficult Stains

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

Optional Method for Difficult Stains

1. Rub the stained area gently using a soft cloth dampened with rubbing alcohol.
2. Rinse the area thoroughly using a soft cloth dampened with clean water and dry thoroughly.

CAUTION: When using any cleaning product, try it first in an unnoticeable place to ensure that there is no damage to the material. Follow the directions and the 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.

Important: Do not use abrasive cleaners, which may scratch the strength equipment. Strong cleaners and abrasives will damage decals; use caution around decals. Do not use solvents such as lacquer thinner, kerosene, gasoline, or similar liquids.

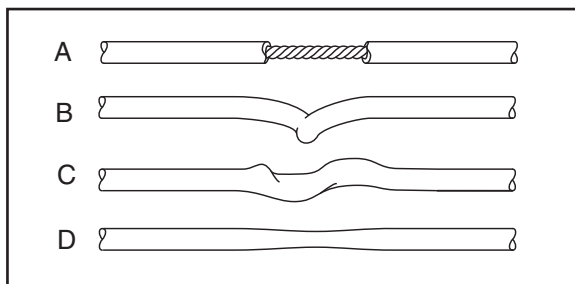
WEEKLY MAINTENANCE

Hardware

Check all nuts and bolts and tighten them as required. **Important:** All FREEMOTION EPIC cushions have dense plywood supports with tee-nuts that are used to bolt the cushions to the strength equipment. Because the tee-nuts are held by the plywood, they will not withstand the torque that standard nuts and bolts will. When tightening the bolts securing a cushion, 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.

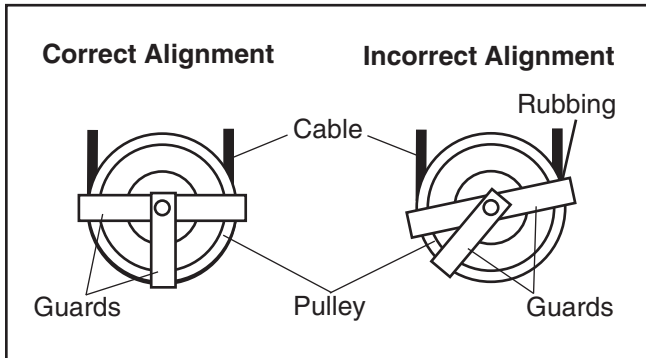
Cables

1. Check each cable for proper tension (see CABLE ADJUSTMENT on page 8).
2. Check the entire length of the cable by slowly performing one repetition on the strength equipment; inspect the cable that is exposed on the exterior of the strength equipment and the cable inside the 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. a torn or split cable sheath that exposes the cable
 - B. a kinked or severely bent cable
 - C. a curled or twisted sheath
 - D. a stretched cable sheath, showing a thinning cross-section



Cable Guards

Check the cable guards to ensure that they are not rubbing against the cable and that they are holding the cable in the grooves of the pulleys. If the cable guard is not correctly aligned, loosen the bolt slightly, readjust the cable guard as necessary, and retighten the bolt.



MONTHLY MAINTENANCE

Grips

Check the grips and replace them if needed.

GUIDE ROD LUBRICATION

Clean and lubricate the full length of each guide rod by wiping it with a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length of the guide rod.

Do not use TEFLON® or silicone-based lubricants.

CABLE ADJUSTMENT

For the strength equipment to function correctly, the cable must be tensioned correctly. To check the tension of the cable, insert the weight pin into the top weight plate. Next, slowly raise and lower the top weight by performing one repetition. The top weight should come to rest just on top of the second weight when the repetition is completed.

If there is too much tension on the cables, the top weight will not rest on the second weight, and it may be difficult to insert the weight pin into the weight

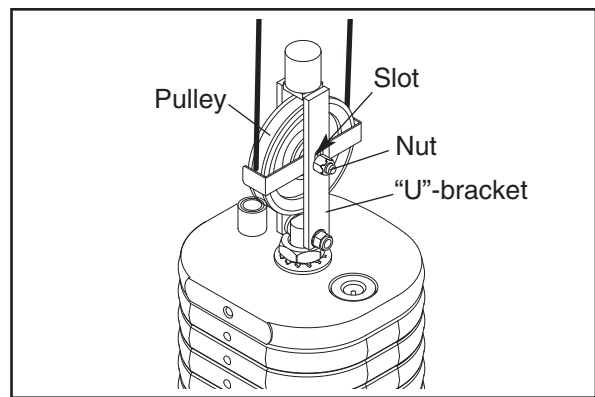
plates. If there is not enough tension on the cables, the top weight will not be lifted immediately when the repetition is begun. Ideally, the cable should not move more than 1/2 in. (1.5 cm) from the resting position before the top weight is lifted.

If there is too much tension or not enough tension on a cable, adjust the cable as described in the following steps.

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, loosen the nut holding the pulley in the "U"-bracket.

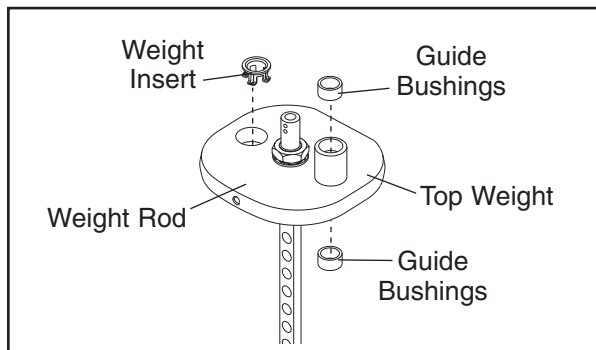


2. To increase the tension, slide the pulley downward in the slot. To decrease the tension, slide the pulley upward.
3. Tighten the nut and check the tension of the cable as described at the left. If necessary, readjust the pulley.
4. Slowly perform a repetition using a light load and have someone make sure that the cable is not derailed from a pulley or rubbing on a cable guard.

WEIGHT STACK SERVICING

Servicing the weight stack involves replacing the two guide bushings and the weight insert in the top weight. To order these 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 5/8" jamnuts and 5/8" washers from the top of each guide rod.
3. Remove the 3/8" nylon locknut and the 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 the weight pin, and remove them through the front opening of the tower.
6. Using a punch, drive the two existing guide bushings and the weight insert out of the top weight.



7. Hold one of the new guide bushings square to the face of one of the holes in the top weight, place a protective piece of wood on top of the guide bushing, and lightly tap the guide bushing until it is flush with the surface. **Insert the other guide bushing and the weight insert in the same way.**

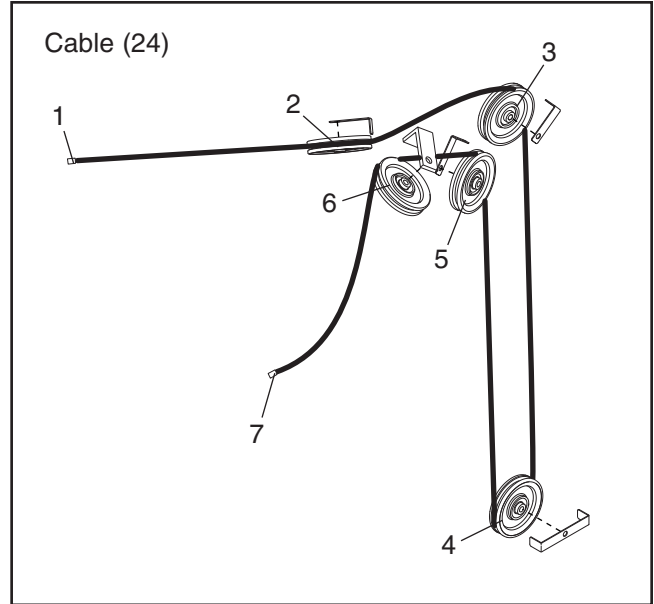
8. Replace the top weight and the weight pin on top of the weight stack.
9. Reattach the "U"-bracket to the weight rod with the bolt, the two washers, and the locknut.
10. Clean and lubricate the guide rods by wiping them with a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length. **Note: Do not use TEFLON® or silicone-based lubricants.**
11. Reinsert the guide rods into 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 two 5/8" jamnuts and 5/8" washers.
13. Insert the weight pin into the top weight. Slowly perform a repetition, lifting the top weight as far as possible. Then, slowly lower the top weight. If the top weight sticks, loosen one of the guide rod nuts. Slowly perform another repetition. Retighten the guide rod nut. Check the full travel again and readjust the guide rod nuts as necessary.
14. Slowly perform a repetition using a light load and have someone make sure that the cable is not derailed from a pulley or rubbing on a cable guard.
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.**



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PART LIST—Model No. GZFI8063.5

R1106A

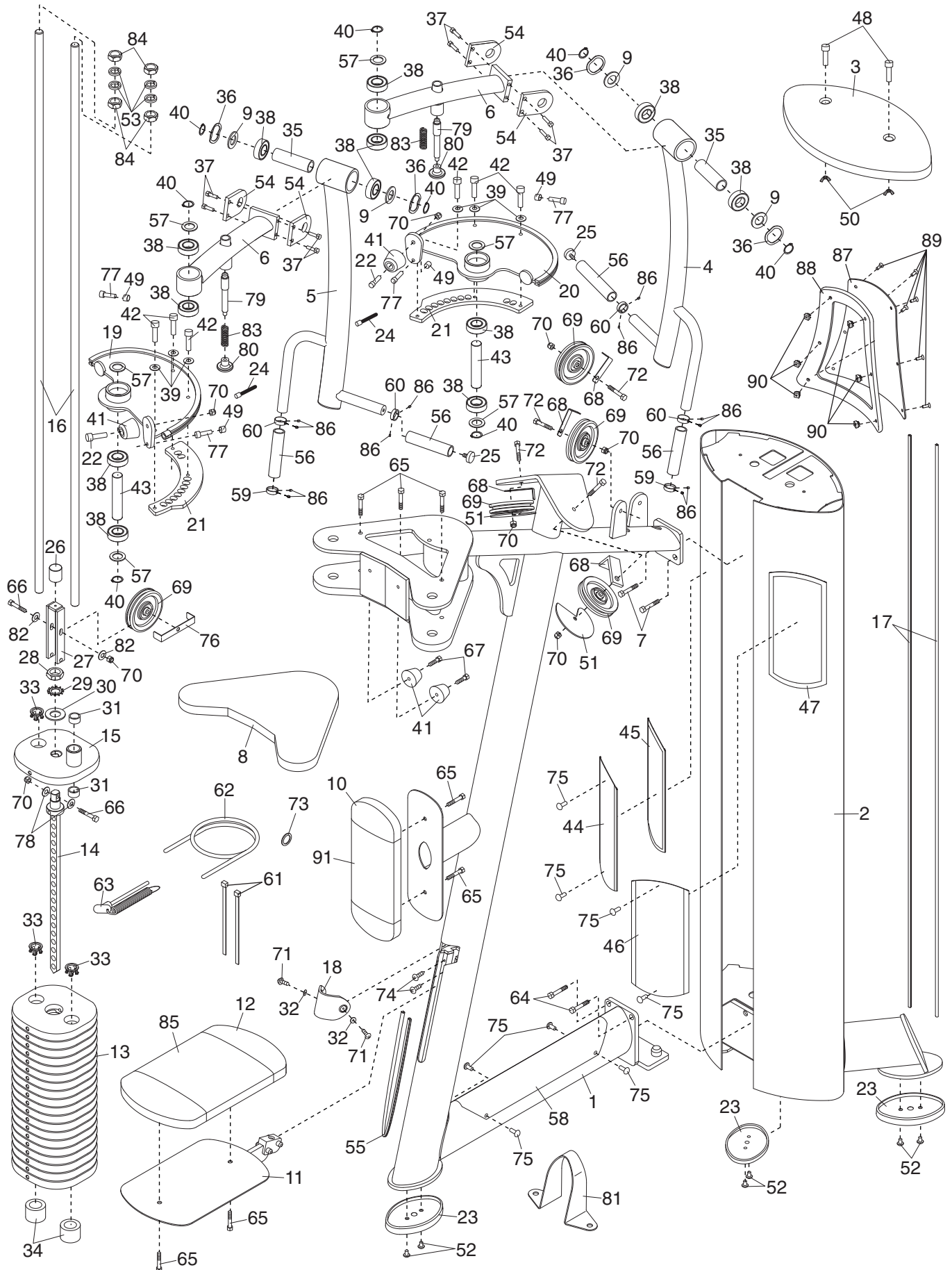
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	47	1	Short Panel Frame
2	1	Tower	48	2	1/4" x 1" Button Bolt
3	1	Tower Cap	49	4	Small Bumper
4	1	Left Lower Arm	50	2	Wingnut
5	1	Right Lower Arm	51	2	Finger Guard
6	2	Upper Arm	52	6	3/8" x 1/2" Button Screw
7	2	1/2" x 3/4" Bolt	53	4	5/8" Washer
8	1	Head Pad	54	4	Arm Bracket
9	4	Felt Washer	55	1	Short Trim
10	1	Backrest	56	4	Handle Grip
11	1	Seat Frame	57	6	Large Pivot Washer
12	1	Seat	58	1	Wear Plate
13	19	Weight	59	2	Handle Grip Cap
14	1	Weight Rod	60	4	Handle Bushing
15	1	Top Weight	61	2	Wire Tie
16	2	Weight Guide	62	1	Bungee Cord
17	2	Long Trim	63	1	Weight Pin
18	1	Insignia Strap	64	2	1/2" x 1 1/4" Bolt
19	1	Left Cam	65	7	3/8" x 1" Non-patch Bolt
20	1	Right Cam	66	2	3/8" x 2 1/4" Bolt
21	2	Selector Bracket	67	2	3/8" x 5/8" Bolt
22	2	3/8" x 1 1/4" Bolt	68	4	Cable Guard
23	3	Base Foot	69	5	4" Pulley
24	1	Cable	70	8	3/8" Locknut
25	2	Handle Bumper	71	2	#8 x 3/4" Self-tapping Screw
26	1	Pulley Bumper	72	4	3/8" x 2" Bolt
27	1	"U"-bracket	73	1	Bungee Ring
28	1	Rod Nut	74	2	1/4" x 3/8" Bolt
29	1	Star Washer	75	8	Rivet
30	1	Rod Washer	76	1	Double Cable Guard
31	2	Guide Bushing	77	4	5/16" x 5/8" Screw
32	2	1/4" Washer	78	2	Small Nylon Washer
33	39	Weight Insert	79	2	Arm Pin
34	2	Weight Bumper	80	2	Arm Knob
35	2	Short Pivot Rod	81	1	Anchor Strap
36	4	Wave Washer	82	2	Serrated Washer
37	8	3/8" x 3/4" Bolt	83	2	Spring
38	12	1" Bearing	84	4	5/8" Jamnut
39	6	3/8" Washer	85	1	Seat Wear Cover
40	8	Snap Ring	86	12	Small Set Screw
41	4	Large Bumper	87	1	Rear Access Panel
42	6	5/16" x 1" Screw	88	1	Access Panel Gasket
43	2	Long Pivot Rod	89	6	1/4" X 3/4" Bolt
44	1	Long Panel	90	6	1/4" Cage Nut
45	1	Long Panel Frame	91	1	Backrest Wear Cover
46	1	Short Panel	#	1	Owner's Manual

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

EXPLODED DRAWING—Model No. GZFI8063.5

R1106A



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 (GZFI8063.5)
- 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 14 and 15).

**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**