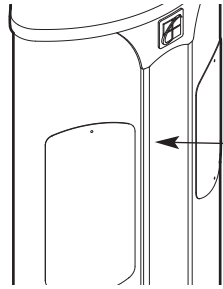


Model No. GZFI8093.2

Serial No. _____

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



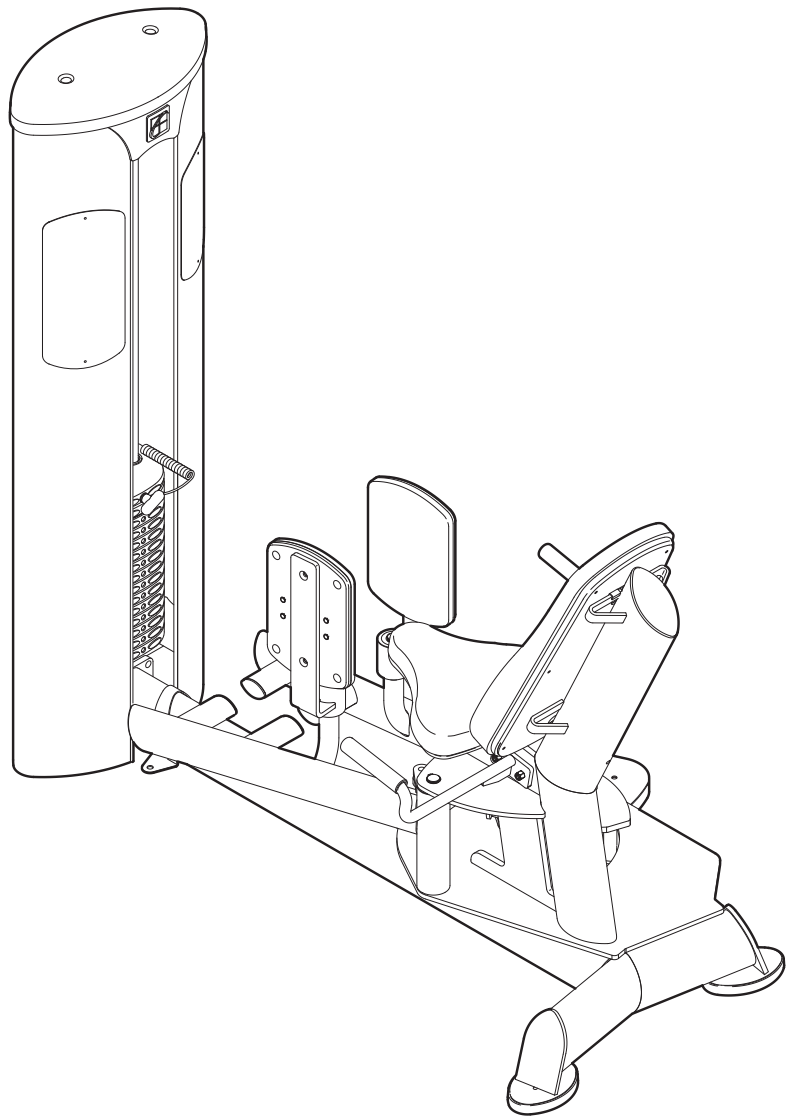
Serial Number
Decal
(inside tower)

EPIC *STRENGTH™* HIP AB/AD

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

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS3
WARNING DECAL PLACEMENT4
BEFORE YOU BEGIN5
ADJUSTMENTS6
MAINTENANCE7
CABLE DIAGRAM12
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 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. Replace all cables at least every two years.
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.

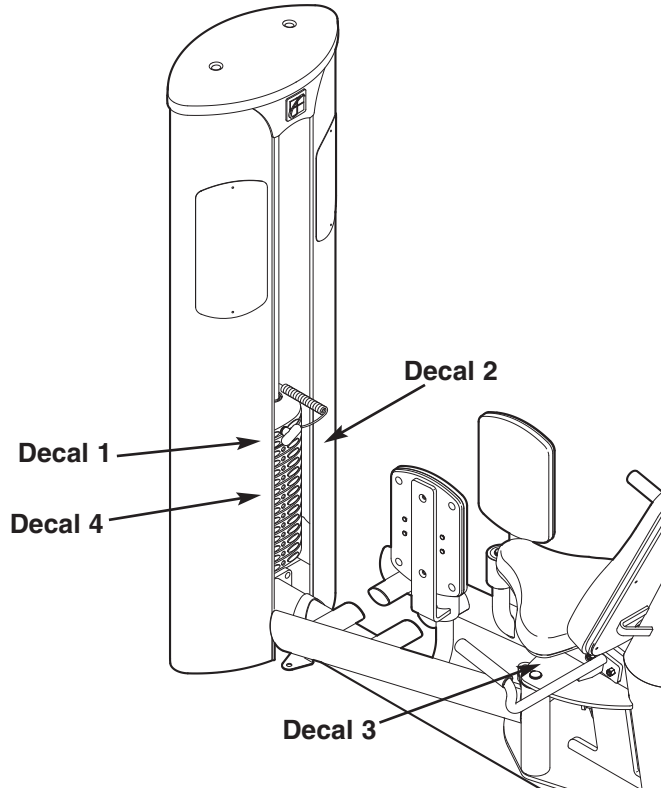
WARNING DECAL PLACEMENT

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 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



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%

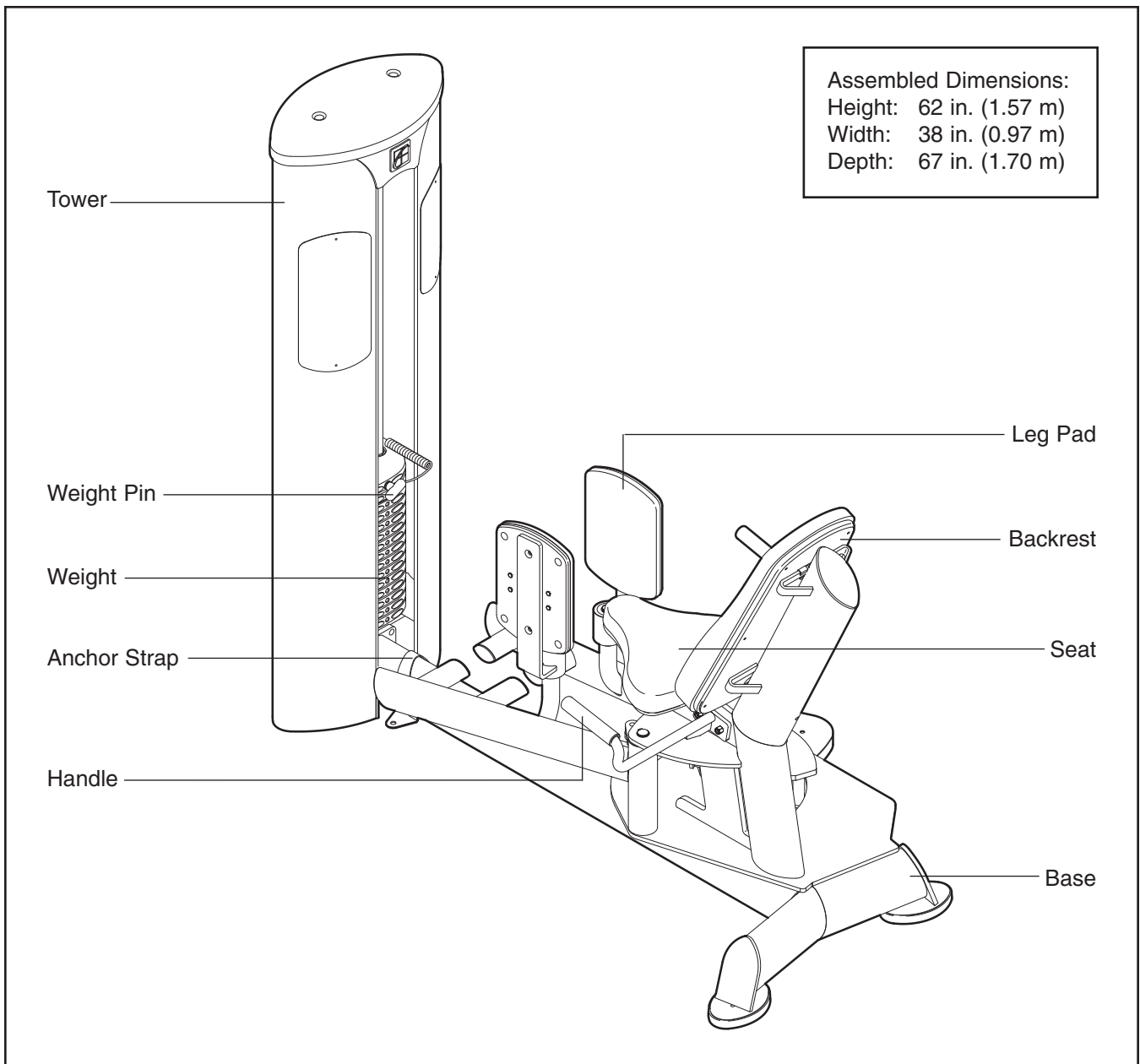
BEFORE YOU BEGIN

Thank you for selecting the EPIC STRENGTH™ HIP AB/AD 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 HIP AB/AD 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 GZFI8093.2. 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.

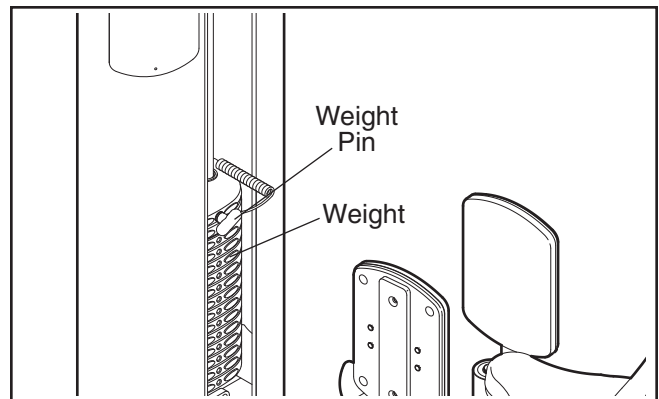


ADJUSTMENTS

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.

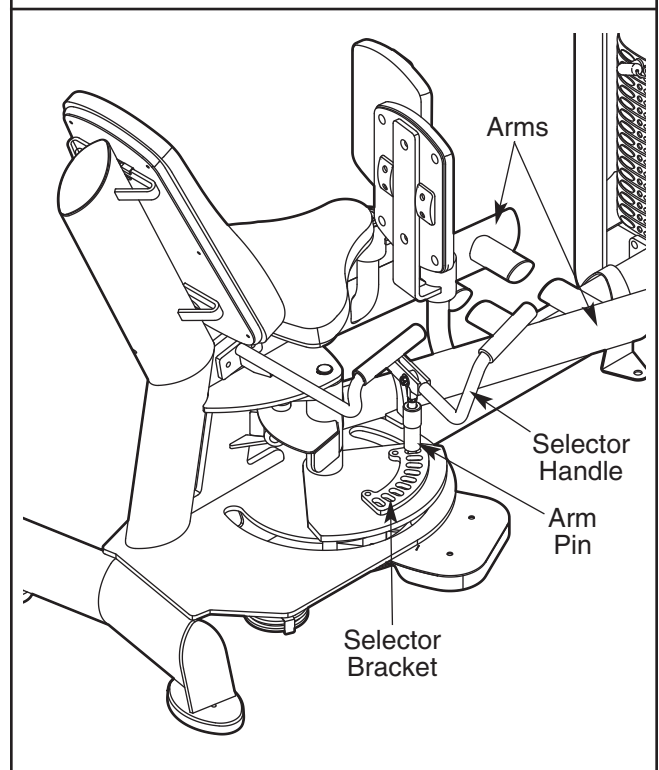
ADJUSTING THE RESISTANCE

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 ARMS

To change the position of the arms, pull the selector handle and move the arms to the desired position. Reengage the arm pin into the selector bracket.



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 the manufacturer of each 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.

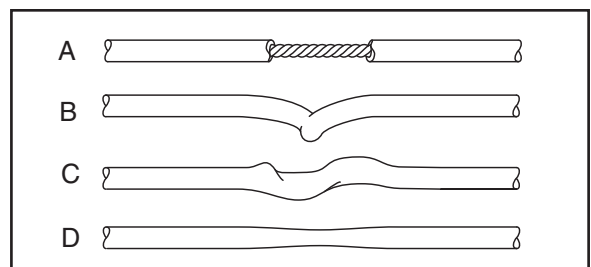
WEEKLY

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 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 in. (13mm) 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

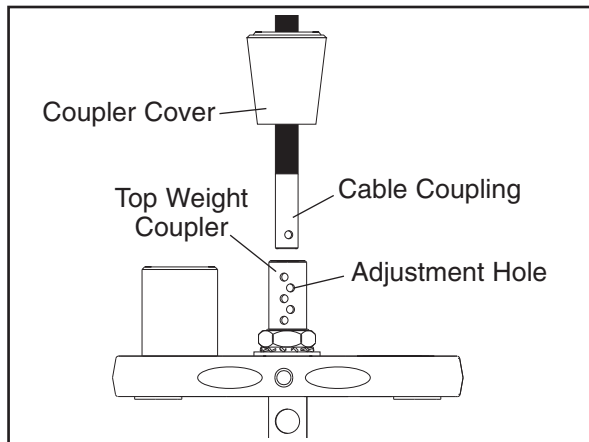
CAUTION: After making any cable adjustment, pull the leg lever using a light load and have someone make sure that the cable is not derailed from a pulley or rubbing on a guard (see CABLE GUARDS on page 10).

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.



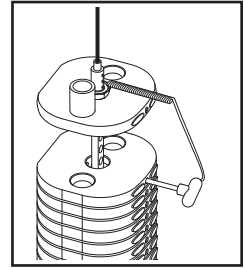
2. Remove the roll pin from the top weight coupler with an 1/8" punch and a hammer.
3. Align the hole in the cable coupling with the appropriate adjustment hole in the top weight coupler:
 - If more slack is needed in the cable, align the cable coupling with a higher hole.
 - If less slack is needed 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 ADJUSTMENTS

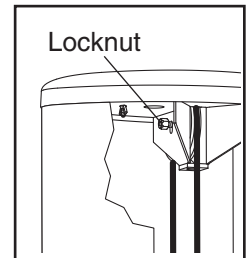
Tower Pulley Adjustment—

Tools required: 5/16" Allen wrench/hex key, 9/16" open end 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 locknut attaching the pulley to the bracket in the top of the tower.

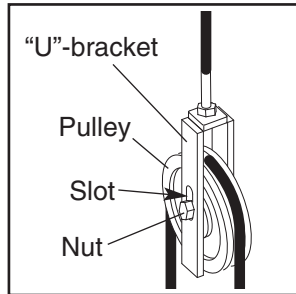


3. Move the pulley to the appropriate location in the bracket:
 - If more slack is needed in the cable, move the pulley down.
 - If less slack is needed in the cable, move the pulley up.
4. Make sure that the cable guard is properly oriented (see CABLE GUARDS on page 10) and retighten the locknut attaching 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.

Pulley Adjustment—

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

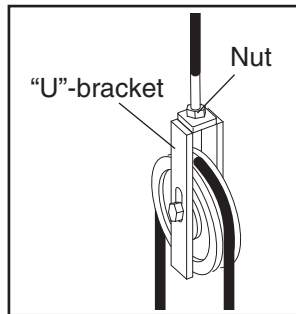
1. Loosen the nut holding the pulley in the "U"-bracket.
2. To increase the tension, slide the pulley up in the slot. To decrease the tension, slide the pulley down.
3. Tighten the nut and check the tension as described in CABLE TENSION CHECK, on page 8. If necessary, readjust the pulley.



Cable End Adjustment—

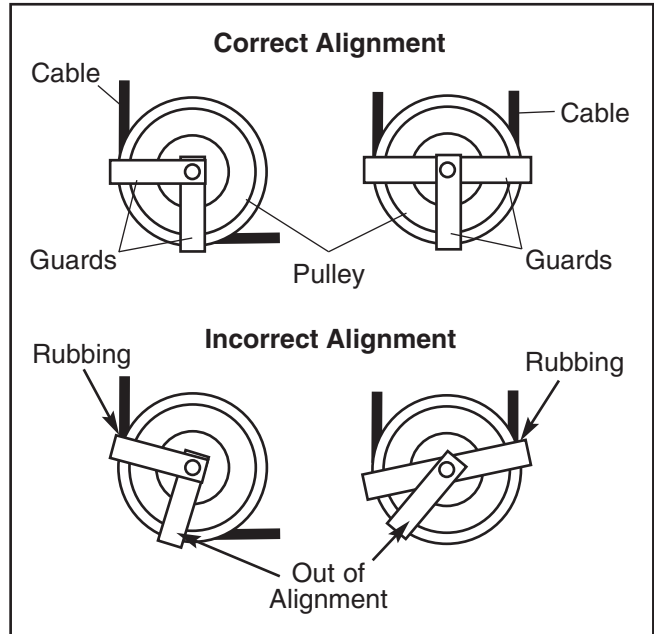
Tools required: 9/16" open or box-end wrench/spanner

1. Loosen the nut on the end of the cable, over the "U"-bracket.
2. Turn the threaded end of the cable to adjust the amount of slack in the cable:
 - If more slack is needed in the cable, turn the end of the cable counter-clockwise, out of the "U"-bracket.
 - If less slack is needed in the cable, turn the end of the cable clockwise, into the "U"-bracket.
3. Retighten the nut on the end of the cable, against the "U"-bracket.



CABLE GUARDS

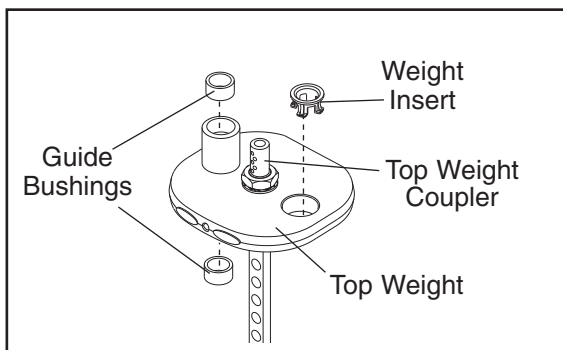
Check for alignment periodically to ensure that cable guards are not rubbing on the cable and that they are performing their intended duty. If the alignment is not proper, loosen the bolt slightly, readjust the cable guard as necessary, and retighten the bolt.



SERVICING THE WEIGHT STACK

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 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. Use a punch to drive the two existing guide bushings and the weight insert out of the top weight.



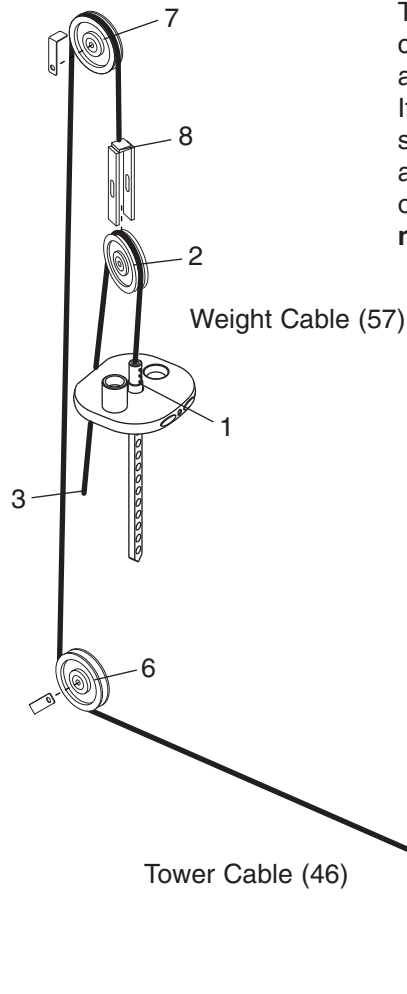
7. To insert the new bushings and weight insert, hold a bushing square to the face of one of the holes in the top weight, place a protective piece of wood on top of the bushing, and lightly tap the bushing into place. The bushing should be flush with the surface. Repeat with the other bushing and weight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

12. Reattach the guide rods to the top of the frame with the two screws.
13. Insert the weight pin into the top weight. Lift the leg lever, raising the top weight all of the way to the top of the guide rods. Slowly return the leg lever to the resting position. If the top weight sticks, loosen one of the screws on the guide rod. Raise the top weight to the top again. Retighten the screw. Check the full travel again and readjust the guide rods as necessary.
14. While slowly lifting the leg lever, 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 button bolts.

CABLE DIAGRAM



The cable diagram 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.**

NOTES

PART LIST—Model No. GZFI8093.2

R0505A

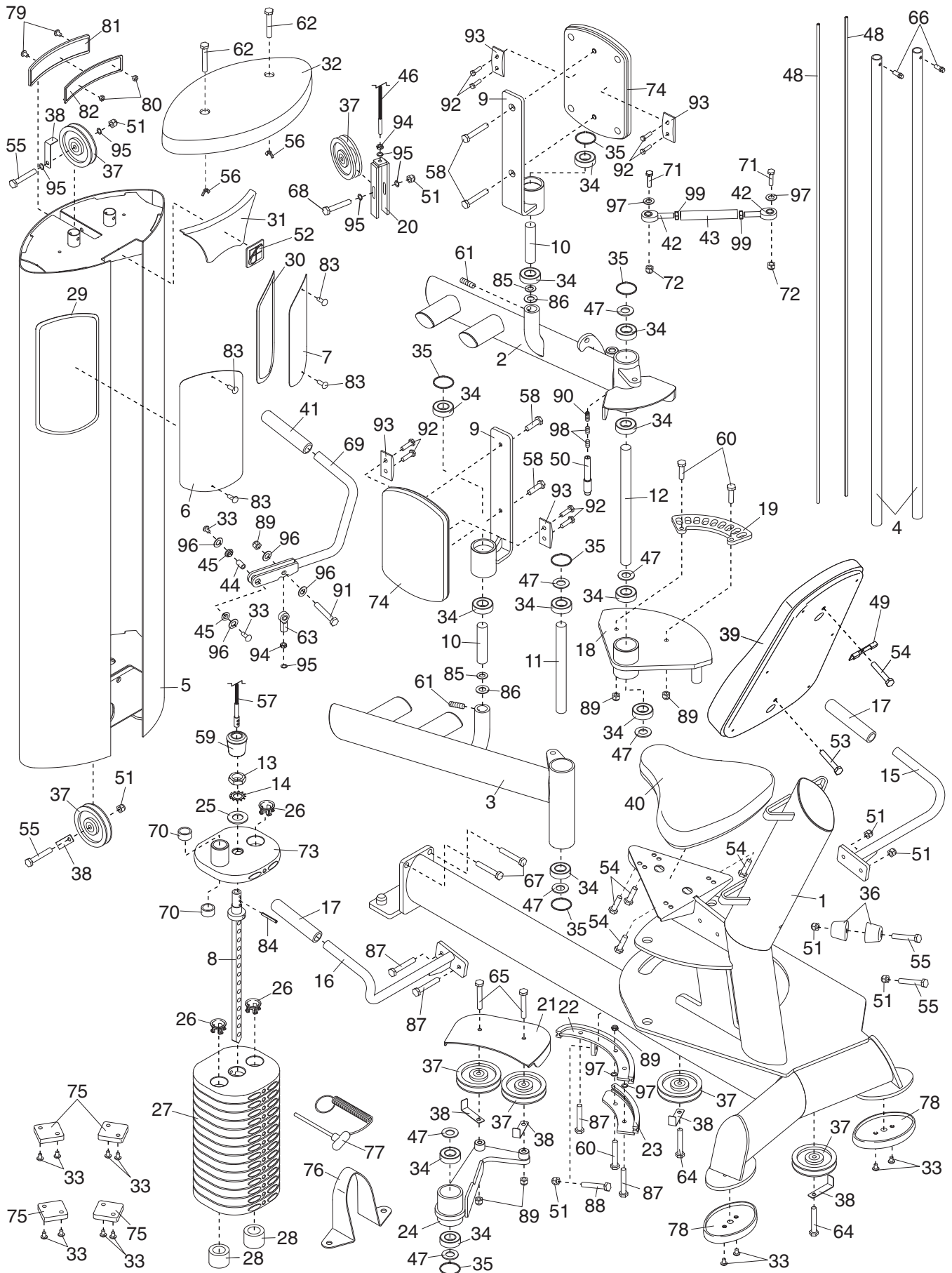
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	52	1	Insignia
2	1	Right Arm	53	1	3/8" x 6 1/2" Non-patch Bolt
3	1	Left Arm	54	5	3/8" x 1" Non-patch Screw
4	2	Weight Guide	55	4	3/8" x 2" Bolt
5	1	Tower	56	2	Wingnut
6	1	Long Panel	57	1	Weight Cable
7	1	Short Panel	58	4	3/8" x 1" Non-patch Flat Head Screw
8	1	Weight Rod			
9	2	Leg Pad Frame	59	1	Coupler Cover
10	2	Short Pivot Rod	60	3	3/8" x 1 1/4" Socket Bolt
11	1	Medium Pivot Rod	61	2	1/4" x 3/8" Set Screw
12	1	Long Pivot Rod	62	2	1/4" x 1" Button Bolt
13	1	Weight Rod Nut	63	1	Short Rod End
14	1	Star Washer	64	2	3/8" x 1 1/4" Hex Bolt
15	1	Right Handle	65	2	3/8" x 2 3/4" Bolt
16	1	Left Handle	66	2	3/8" x 3/4" Self-tapping Screw
17	2	Black Handgrip	67	2	1/2" x 1 1/4" Socket Bolt
18	1	Selector Frame	68	1	3/8" x 2 1/4" Bolt
19	1	Selector Bracket	69	1	Selector Handle
20	1	Pulley Bracket	70	2	Guide Bushing
21	1	Pulley Plate	71	2	1/2" x 1 3/4" Socket Screw
22	1	Large Cam	72	2	1/2" Jamnut
23	1	Small Cam	73	1	Top Weight
24	1	Pulley Arm	74	2	Leg Pad
25	1	Rod Washer	75	4	Tower Foot
26	29	Guide Bushing	76	1	Anchor Strap
27	14	Weight	77	1	Weight Pin
28	2	Weight Bumper	78	2	Frame Foot
29	1	Long Panel Frame	79	2	#4 x 5/8" Screw
30	1	Short Panel Frame	80	2	#4 Nut
31	1	Cover	81	1	Rear Name Plate
32	1	Tower Cap	82	1	Rear Plate Frame
33	14	3/8" x 1/2" Button Screw	83	4	Rivet
34	12	Pivot Bearing	84	1	Roll Pin
35	6	Snap Ring	85	2	Wave Washer
36	2	Large Bumper	86	2	1" Steel Washer
37	7	Pulley	87	4	3/8" x 1 3/4" Bolt
38	6	Cable Guard	88	1	3/8" x 1" Bolt
39	1	Backrest	89	6	3/8" Nylon Jamnut
40	1	Seat	90	1	3/8" x 1 1/4" Fine-thread Set Screw
41	1	Yellow Handgrip	91	1	3/8" x 1 1/2" Button Bolt
42	2	Rod End	92	8	#8 x 1/2" Screw
43	1	Connecting Rod	93	4	Bumper
44	1	1" Spacer	94	2	3/8" Fine-thread Nut
45	2	Bushing	95	6	Serrated Washer
46	1	Tower Cable	96	4	5/16" Washer
47	7	1" Nylon Washer	97	4	1/2" Washer
48	2	Trim	98	2	Spring
49	1	Backrest Bracket	99	2	1/2" Fine-thread Nut
50	1	Arm Pin	#	1	Owner's Manual
51	8	3/8" Nylon Locknut			

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

EXPLODED DRAWING—Model No. GZFI8093.2

R0505A



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 (GZFI8093.2).
- The NAME of the product (EPIC STRENGTH HIP AB/AD 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**