

FREEMOTION[®] E P I C BICEP

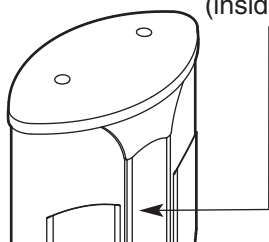
OWNER'S MANUAL

Model No. GZF18103.5

Serial No. _____

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

Serial Number Decal
(inside tower)

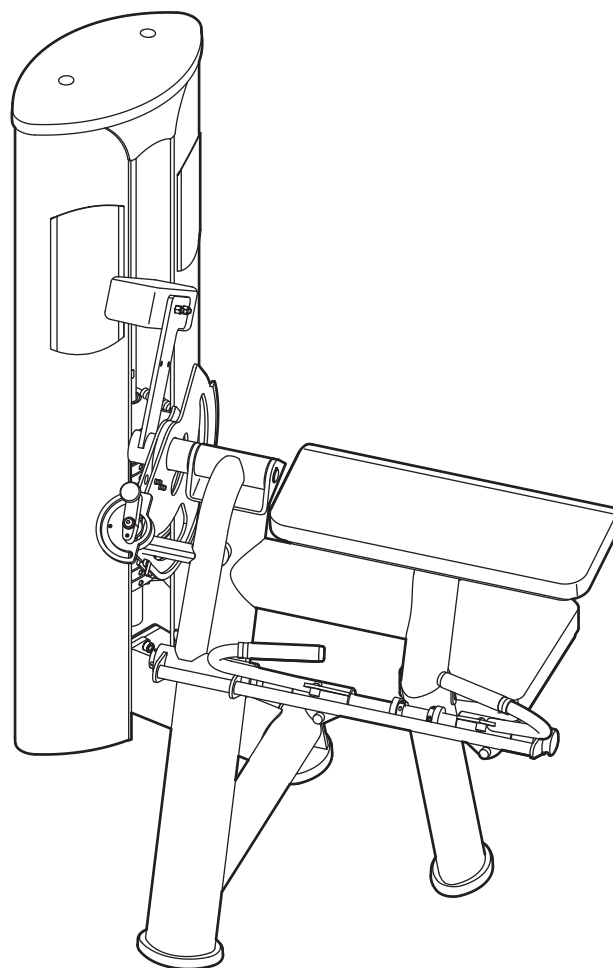


QUESTIONS?

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

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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 owner'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. Make sure the weight pin is completely inserted into one of the weight plates.
9. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
10. 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.
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 the cable at least every two years.
13. The strength equipment is designed to support a maximum user weight of 160 kg (350-lbs.).
14. Keep the resistance system indoors, away from moisture and dust. Do not put the resistance system 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.

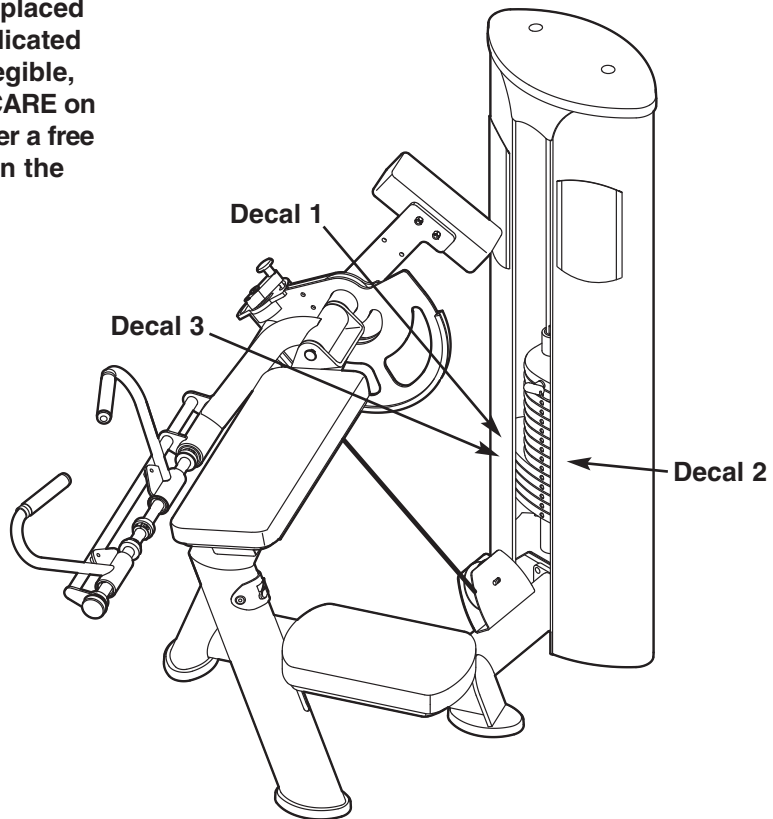
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained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

! CAUTION

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

7005-1199

Decal 3
Shown at 85%

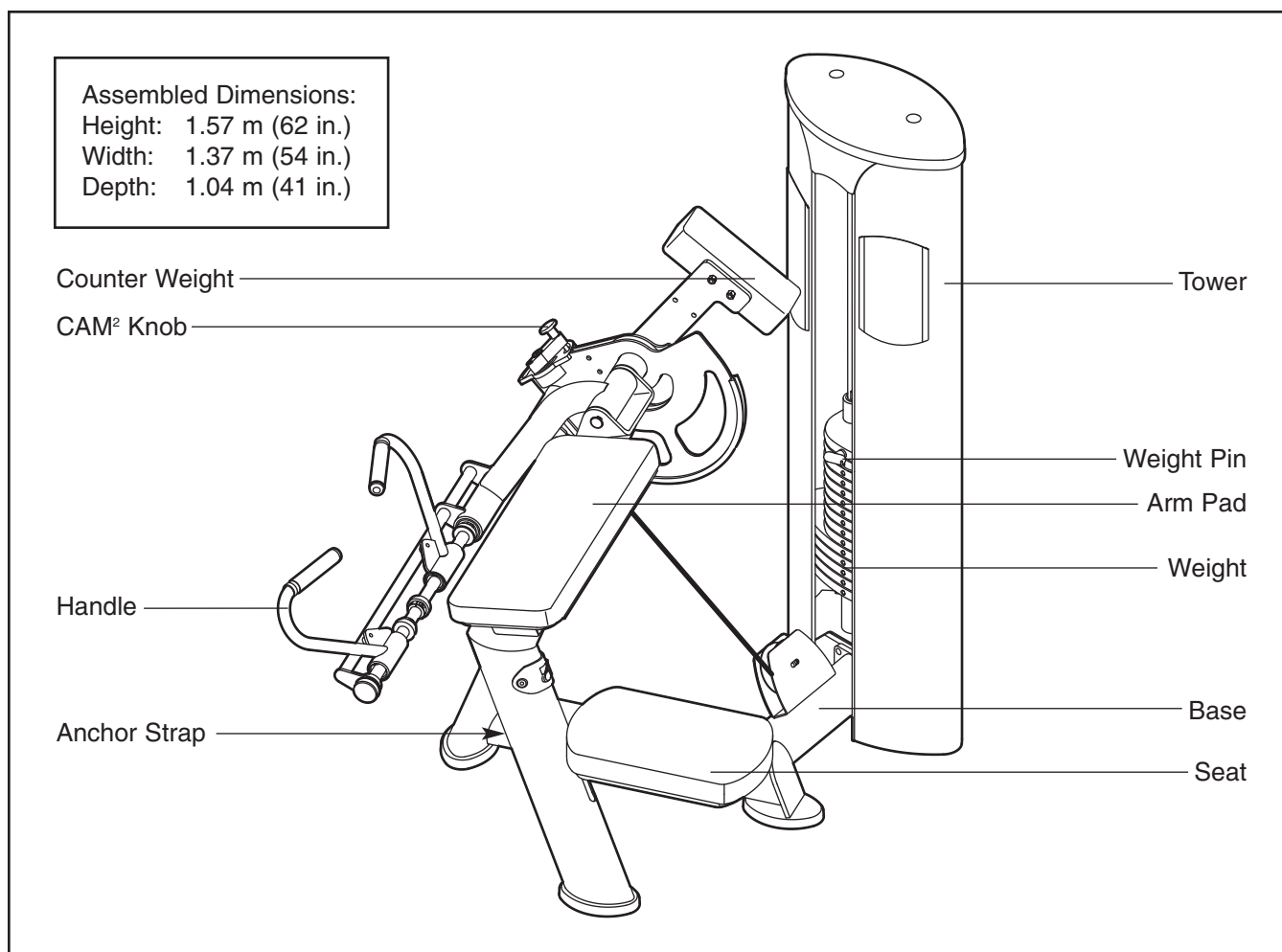
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION EPIC™ BICEP 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. The advanced solutions to isolating individual muscle groups make the BICEP 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 GZFI8103.5. 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.

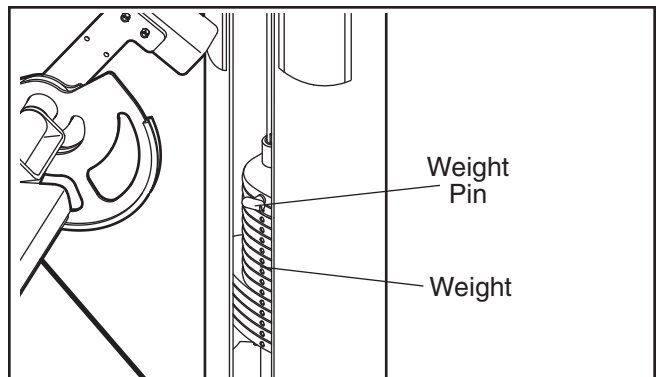


ADJUSTMENTS

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.

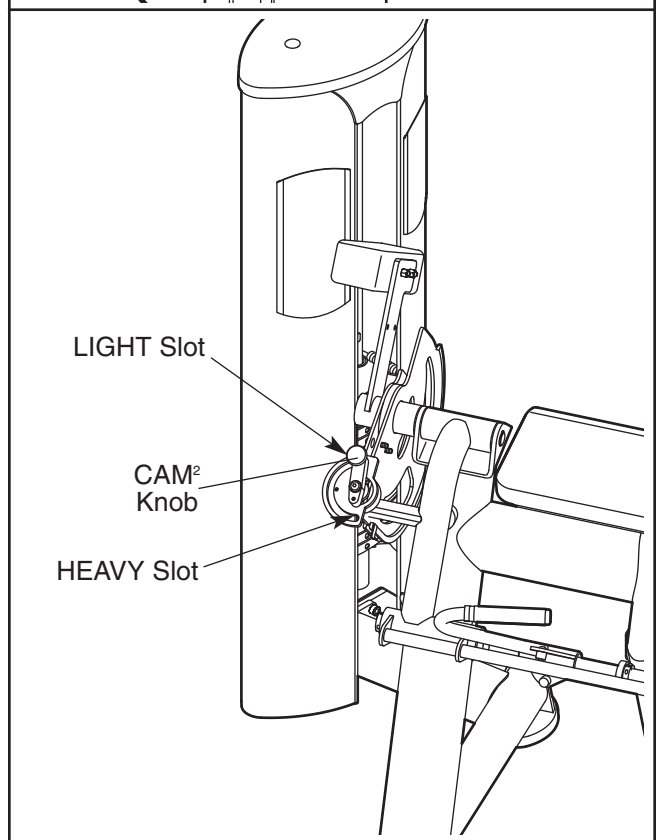


ADJUSTING THE CAM² RESISTANCE

The CAM² resistance can be adjusted to either a 1:1 or a 1:2 ratio to the weight stack. At a 1:1 ratio, the resistance will be equal to the weight of the weight stack. At a 1:2 ratio, the resistance will be equal to one-half the weight of the weight stack.

To change the CAM² resistance to a 1:1 ratio, pull the CAM² knob out and move the CAM² to the HEAVY slot in the pivot plate. Make sure the knob fully engages the slot.

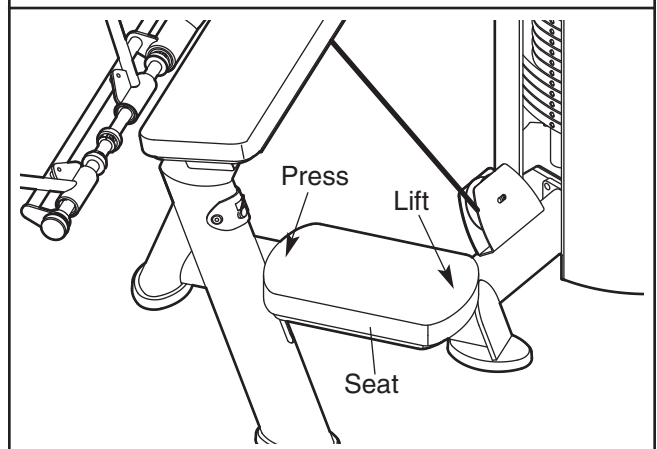
To change the CAM² resistance to a 1:2 ratio, pull the CAM² knob out and move the CAM² to the LIGHT slot in the pivot plate. Make sure the knob fully engages the slot.



⚠ WARNING: Always make sure that the CAM² knob is fully engaged into the slot in the pivot plate before using the strength equipment. Make sure the spring (not shown) is in place and functioning properly.

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 preventive maintenance on a regular basis. Instruct all personnel to perform equipment inspection and maintenance requirements, and to 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.

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 and 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 and dry thoroughly.
- Repeat if necessary using a soft bristle brush.

Optional method for difficult stains:

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

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

3. 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 and dry thoroughly.

Important: Do not use abrasive cleaners because they may scratch the equipment. Strong cleaners and abrasives will damage decals. Use caution around decals. **Do not use solvents.**

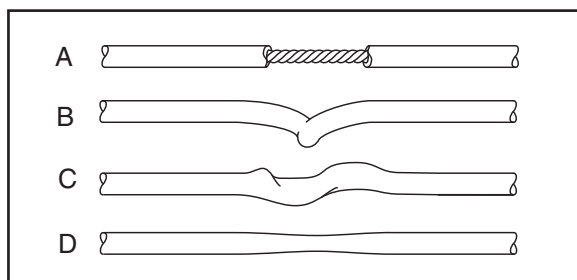
WEEKLY

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 (see CABLE TENSION CHECK on page 8).
- 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. Apply only a light coating over the entire length. **Note: Do not use TEFLON® or silicon-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 1.5 cm (1/2 in.) 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, 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 on page 10).

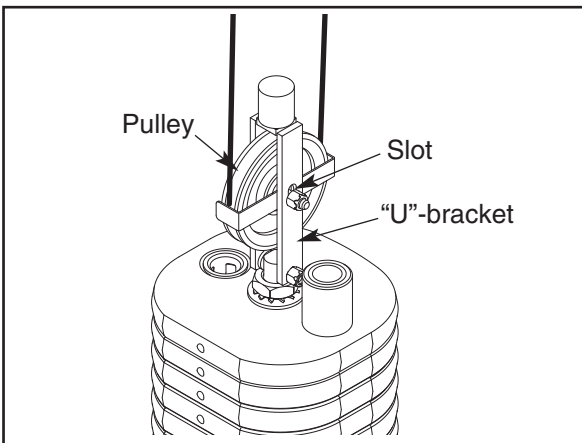
INITIAL ADJUSTMENT

Top Weight Pulley Adjustment—

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

Note: If this adjustment does not remove the excess slack, refer to ADDITIONAL ADJUSTMENTS, below.

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



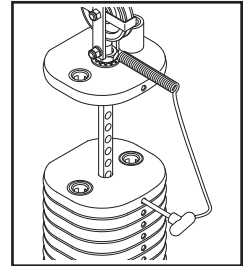
2. To increase the tension, slide the pulley down in the slot. To decrease the tension, slide the pulley up.
3. Tighten the nut and check the tension as described in CABLE TENSION CHECK. If necessary, readjust the pulley.

ADDITIONAL ADJUSTMENTS

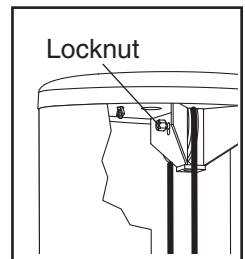
Tower Pulley Adjustment—

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.

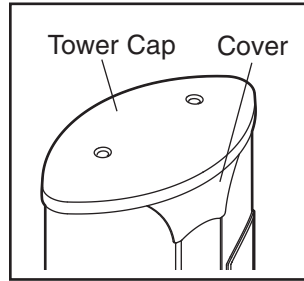


3. Move the pulley to the appropriate location in the bracket:
 - If more slack is needed in the cable, move the pulley down.
 - If less slack is needed in the cable, move the pulley up.
4. Make sure that the cable guard is properly oriented (see CABLE GUARDS on page 10) and retighten the locknut attaching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

Cable End Adjustment—

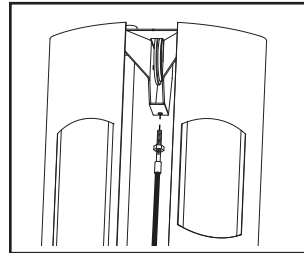
Tools required: adjustable wrench/spanner

1. Remove the wingnuts on the bottom side of the tower cap and remove the tower cap from the tower.



2. Remove the cover from the tower.

3. Loosen the nut on the end of the cable, under the top of the tower.



4. Turn the threaded end of the cable to adjust the amount of slack in the cable:

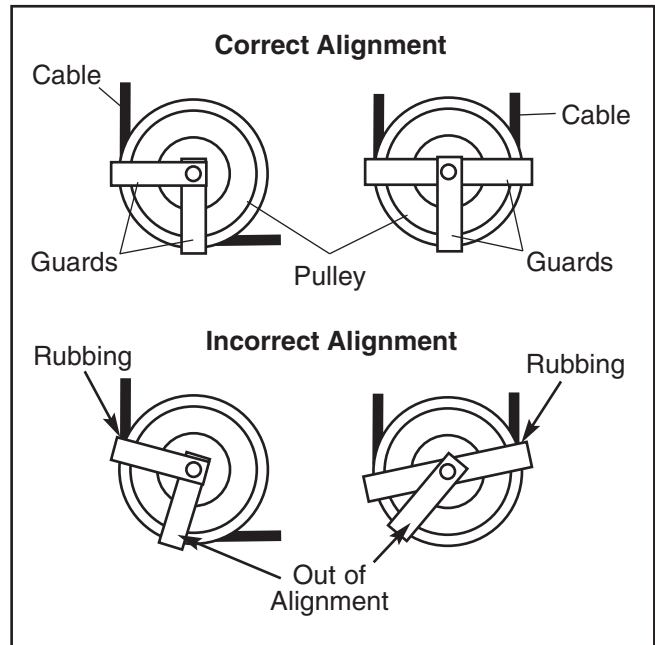
- If more slack is needed in the cable, turn the end of the cable counter-clockwise, out of the tower.
- If less slack is needed in the cable, turn the end of the cable clockwise, into of the tower.

5. Retighten the nut on the end of the cable, against the top of the tower.

6. Replace the cover and the tower cap and retighten the wingnuts onto the button bolts.

CABLE GUARDS

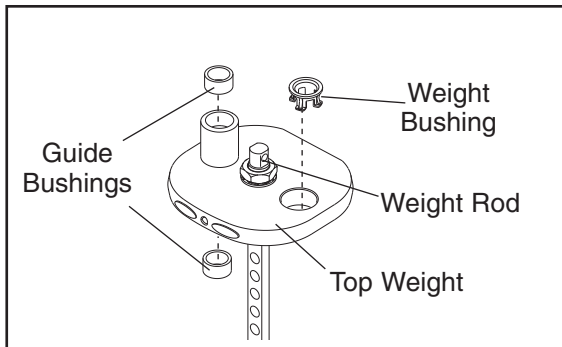
Check for alignment periodically to ensure that cable guards are not rubbing on the cable and that they are performing their intended duty. If the alignment is not proper, loosen the bolt slightly, readjust the cable guard as necessary, and retighten the bolt.



SERVICING THE WEIGHT STACK

Servicing the weight stack involves replacing the two guide bushings and 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 four 5/8" jamnuts and 5/8" lock 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. 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 bushing and weight insert.

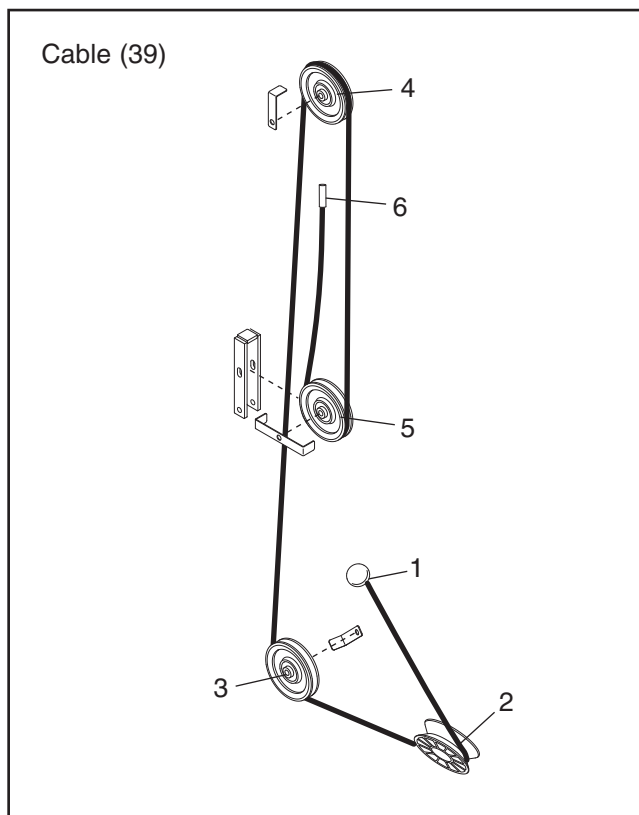
8. Replace the top weight and weight pin on top of the weight stack.
9. Reattach the "U"-bracket to the weight rod with the bolt, two washers, and locknut.
10. Clean and lubricate the guide rods by wiping them with a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length. **Note: Do not use TEFLON® or silicon-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 5/8" jamnuts and 5/8" lock washers.
13. Insert the weight pin in 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 screws. Lift the top weight to the top again. Retighten the guide rod screw. 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 button 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.**



NOTES

PART LIST—Model No. GZFI8103.5

R0206A

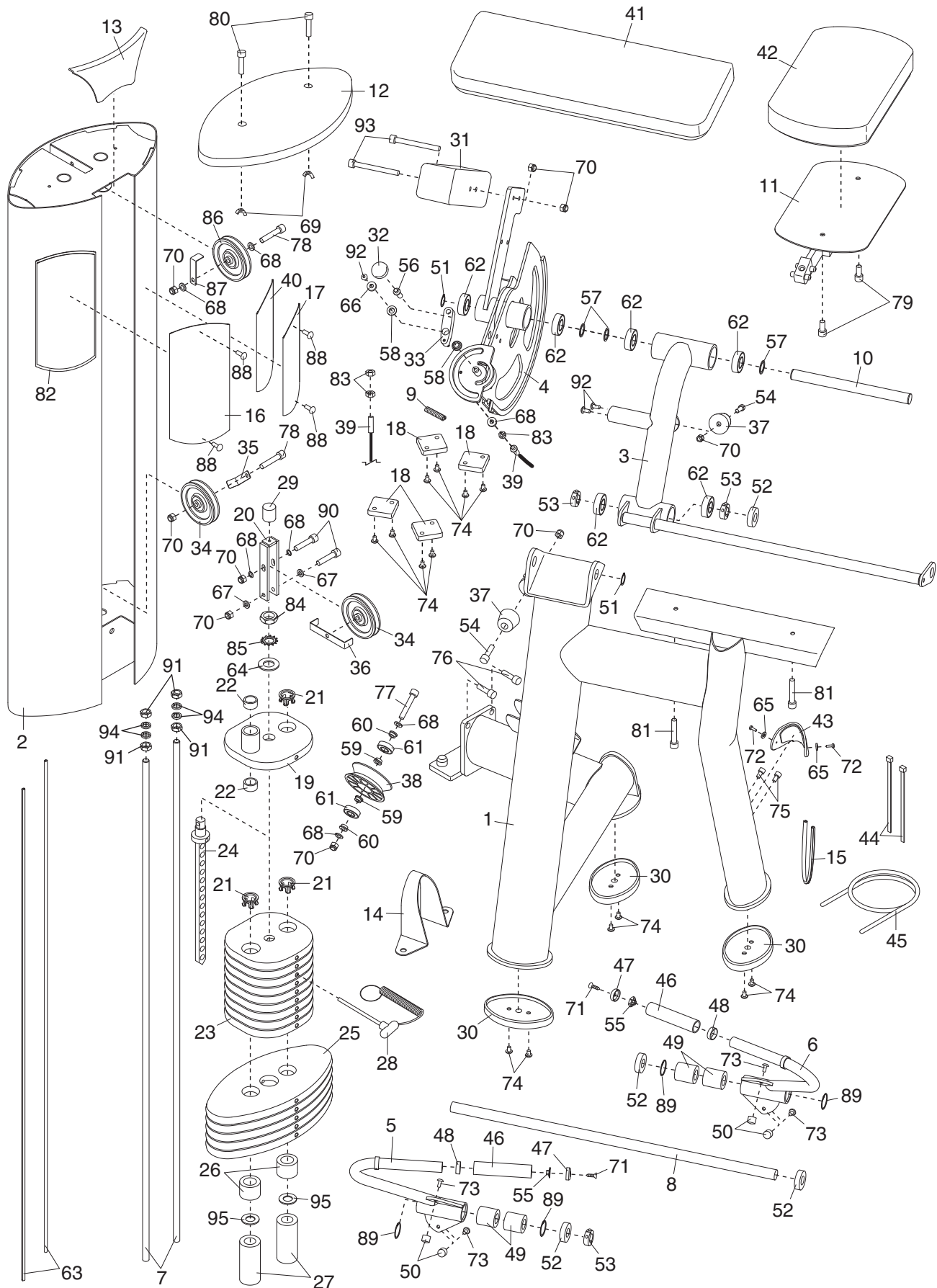
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	49	4	Handle Bearing
2	1	Tower	50	4	Handle Bumper
3	1	Arm	51	2	Snap Ring
4	1	Cam	52	4	Pivot Bumper
5	1	Right Handle	53	3	Pivot Stop
6	1	Left Handle	54	2	3/8" x 1 1/4" Bolt
7	2	Guide Rod	55	2	Spider Nut
8	1	Long Pivot Rod	56	1	Terminal Switch
9	1	Spring	57	3	Pivot Washer
10	1	Short Pivot Rod	58	2	Flange Bushing
11	1	Seat Frame	59	2	Pivot Bushing
12	1	Tower Cap	60	2	Pivot Bushing
13	1	Cover	61	2	"V"-pulley Bearing
14	1	Anchor Strap	62	6	Pivot Bearing
15	1	Short Trim	63	2	Trim
16	1	Long Tower Plate	64	1	Rod Washer
17	1	Short Tower Plate	65	2	1/4" Washer
18	4	Tower Foot	66	1	5/16" Washer
19	1	Top Weight	67	2	3/8" Nylon Washer
20	1	"U"-bracket	68	7	3/8" Serrated Washer
21	29	Weight Bushing	69	2	Wingnut
22	2	Guide Bushing	70	9	3/8" Nylon Locknut
23	9	10-pound Weight	71	2	1/4" x 1" Flathead Screw
24	1	Weight Rod	72	2	#8 Screw
25	5	20-pound Weight	73	4	5/16" x 5/8" Button Screw
26	2	Weight Bumper	74	14	3/8" x 1/2" Button Screw
27	2	Spacer	75	2	1/4" x 3/8" Bolt
28	1	Weight Pin	76	2	1/2" x 1 1/4" Bolt
29	1	Pulley Bumper	77	1	3/8" x 2 1/2" Bolt
30	3	Frame Foot	78	2	3/8" x 2" Bolt
31	1	Counter Weight	79	2	3/8" x 1" Non-patch Bolt
32	1	Knob	80	2	1/4" x 1" Button Bolt
33	1	Selector Lever	81	2	3/8" x 3" Non-patch Bolt
34	2	Pulley	82	1	Long Panel Frame
35	1	Cable Guard	83	3	3/8" Fine-thread Nut
36	1	Double Cable Guard	84	1	Rod Nut
37	2	Cam Bumper	85	1	Star Washer
38	1	"V"-pulley	86	1	Large Pulley
39	1	Cable	87	1	Large Cable Guard
40	1	Short Panel Frame	88	4	Rivet
41	1	Curl Pad	89	4	Large Snap Ring
42	1	Seat	90	2	3/8" x 2 1/4" Non-patch Bolt
43	1	Seat Cover	91	4	5/8" Jamnut
44	2	Wire Tie	92	3	3/8" x 3/4" Button Bolt
45	1	Bungee Cord	93	2	3/8" x 4 1/2" Bolt
46	2	Handle Grip	94	4	5/8" Lock Washer
47	2	Handle Cap	95	2	3/4" Washer
48	2	Handle Ring	#	1	Owner's Manual

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

EXPLODED DRAWING—Model No. GZFI8103.5

R0206A



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 (GZFI8103.5).
- The NAME of the product (FREEMOTION EPIC BICEP 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 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**