

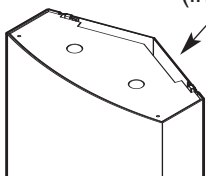
FREEMOTION[®] Calf

Model No. GZFM6007.7

Serial No. _____

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

Serial Number Decal
(inside tower)



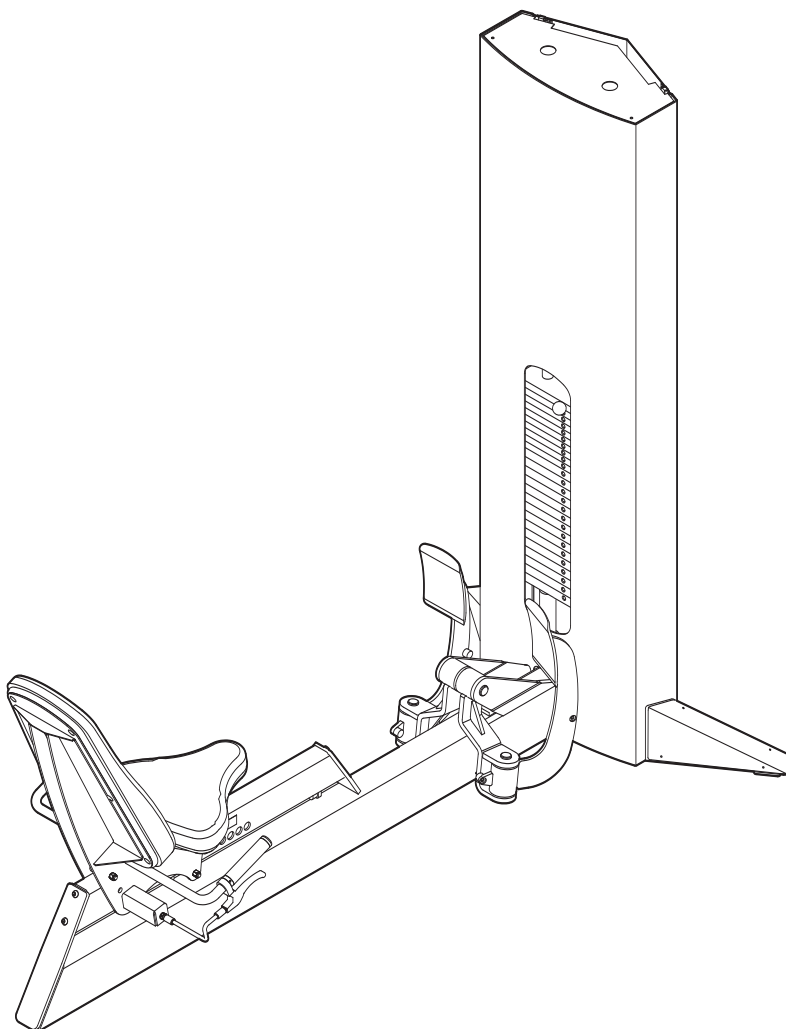
QUESTIONS?

At FreeMotion Fitness, we're 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.

OWNER'S MANUAL



Visit our website at

www.freemotionfitness.com

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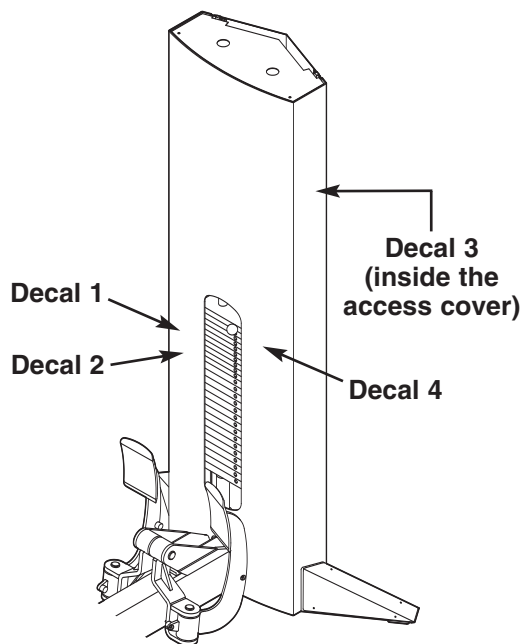
IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all the important precautions and instructions in this manual and all warnings on the strength equipment before using the strength equipment. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. 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.
2. Use the strength equipment only as described in this manual.
3. 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.
4. Using the two 9/16" anchor holes to provide maximum stability, the strength machine must be anchored to the floor where required or whenever possible.
5. Use the strength machine only on a level surface. Cover the floor beneath the strength machine to protect the floor.
6. 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.
7. Keep children under age 12 and pets away from the strength machine at all times.
8. Always wear athletic shoes for foot protection while exercising.
9. 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.
10. All users of the strength machine should be instructed to report any injury or strength machine irregularity to facility staff immediately.
11. Make sure that the weight pin is completely inserted into one of the weights.
12. Check all cables, cable connections, and pulleys before each use of the strength machine. Make sure that all parts are properly tightened. Replace any worn parts immediately.
13. 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.
14. The strength machine is designed to support a maximum user weight of 350 lbs. (159 kg).
15. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

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 request 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

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

7005-1199

Decal 2
GZ7005

! WARNING

BACK PANEL MUST BE IN PLACE BEFORE MACHINE USE.

INSPECT ALL CABLES, STRAPS, MOVING PARTS, AND FASTENERS WEEKLY. REFER TO MAINTENANCE MANUAL.

KEEP HANDS FREE OF MOVING PARTS. FAILURE TO DO SO COULD RESULT IN PERSONAL INJURY.

7004-1199

Decal 3
GZ7004

! CAUTION

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

Decal 4
GZ7026

BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® CALF strength machine. With unrestricted motion, you can work your body's muscle groups together—the same way you do in real life—and train more specifically and efficiently. Whether your goal is to tone your body, build dramatic muscle size and strength, improve your cardiovascular system, or train muscles for precise patterns of movement, the CALF strength machine will help you to achieve the specific results you want.

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 and the location of the serial number decal are shown on the front cover of this manual.

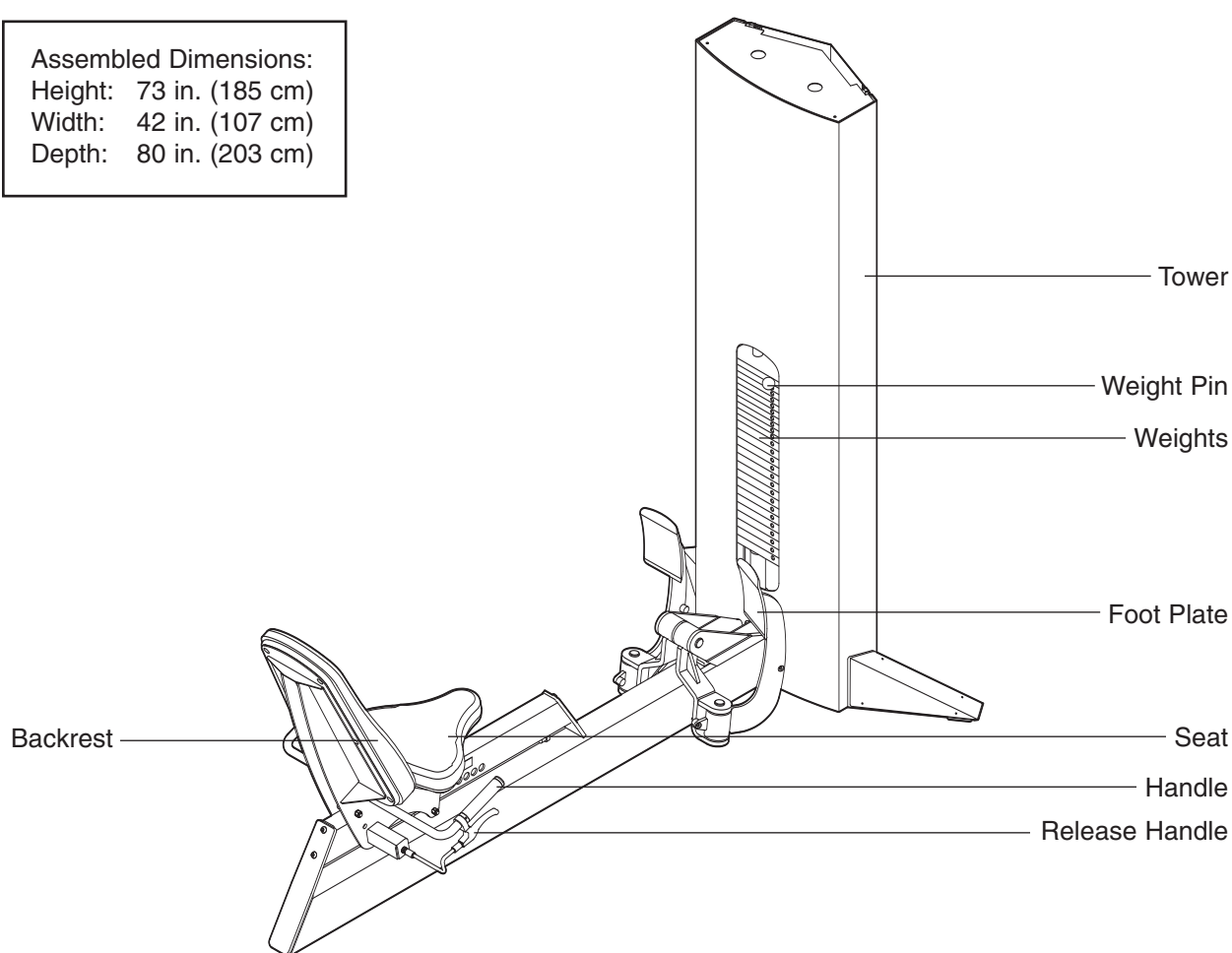
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Assembled Dimensions:

Height: 73 in. (185 cm)

Width: 42 in. (107 cm)

Depth: 80 in. (203 cm)

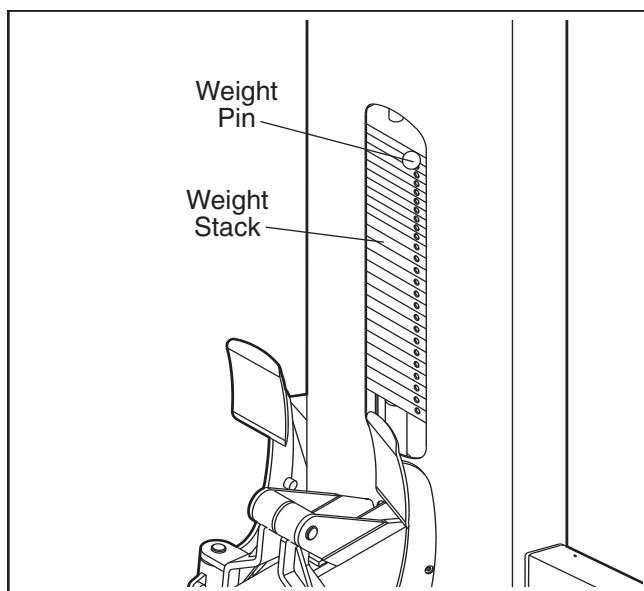


ADJUSTMENT

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

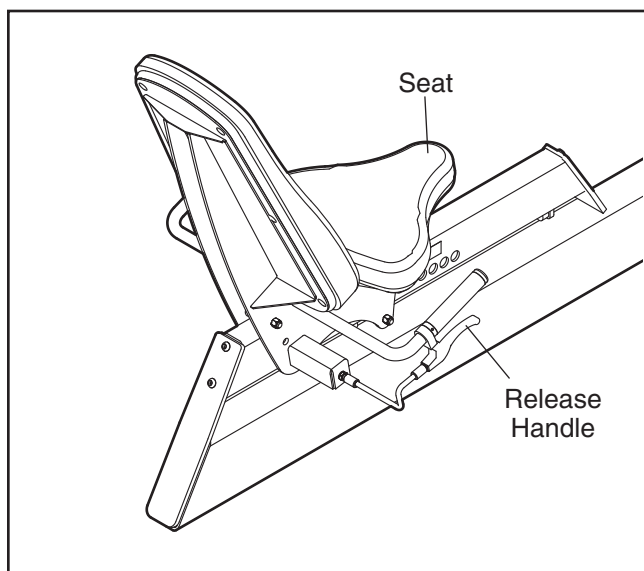
ADJUSTING THE RESISTANCE

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 stack.



ADJUSTING THE SEAT

Squeeze the release handle to disengage the release pin (not shown). Next, slide the seat to the desired position. Then, release the release handle to engage the release pin.



MAINTENANCE

For optimal performance of the strength machine 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 accidents. To maintain the strength machine's warranty, use only FREEMOTION 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 machine 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. 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. 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. 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 machine. Strong cleaners and abrasives will damage decals; use caution around decals. Do not use solvents such as lacquer thinner, kerosene, gasoline, or similar liquids.

Stainless Steel Covers

Wipe with a light solution of mild soap and warm water. Rinse and dry thoroughly. If desired, or to remove corrosion, use a commercial stainless steel polishing compound. Follow the directions and the safety precautions of the manufacturer of the steel polishing compound.

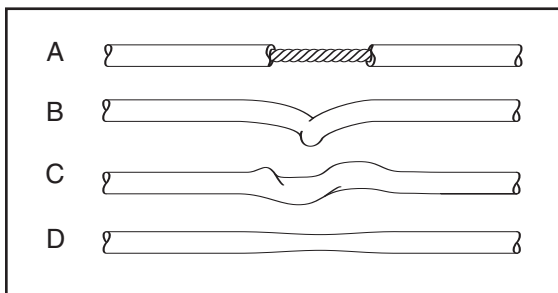
WEEKLY MAINTENANCE

Hardware

Check all nuts and bolts and tighten them as required. **Important:** All FREEMOTION cushions have dense plywood supports with tee-nuts that are used to bolt the cushions to the strength machine. 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.

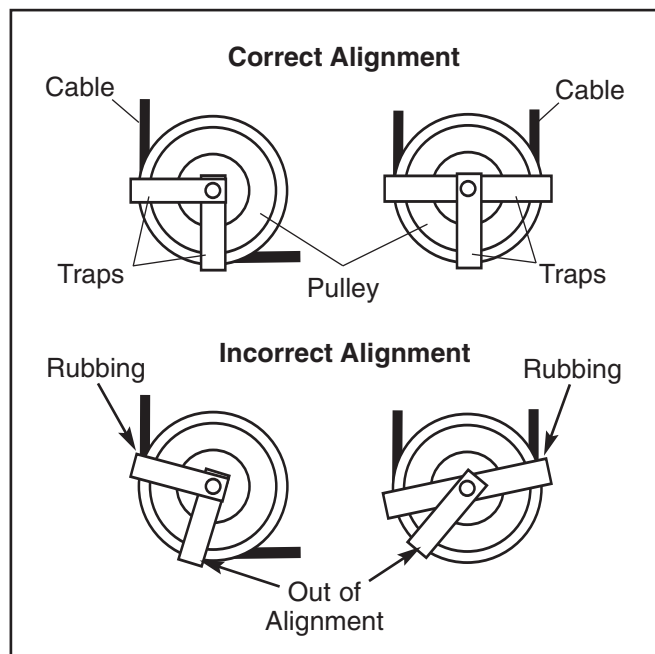
Cables

1. Check each cable for proper tension (see CABLE ADJUSTMENT on page 9).
2. Check the entire length of each cable by slowly performing one repetition on the strength machine; inspect the cable that is exposed on the exterior of the strength machine 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 Traps

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



MONTHLY MAINTENANCE

Grips

Check the grips and replace them if needed.

WEIGHT GUIDE LUBRICATION

Clean and lubricate the full length of each weight guide by wiping it with a soft cloth containing a light-weight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length of the weight guide. **Do not use TEFLON®-based lubricants.**

CABLE ADJUSTMENT

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

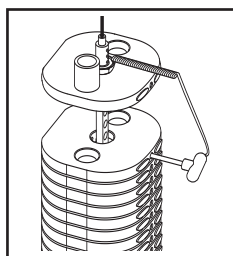
If there is too much tension on the cables, the top weight will not rest on the next weight, and it may be difficult to insert the weight pin into the weights. If there is not enough tension on the cables, the top weight will not be lifted immediately when the repetition is begun. Ideally, the cable 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 the cable, adjust the cable as described in the following steps.

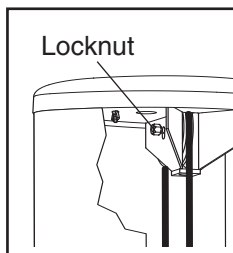
Tower Pulley Adjustment

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

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



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



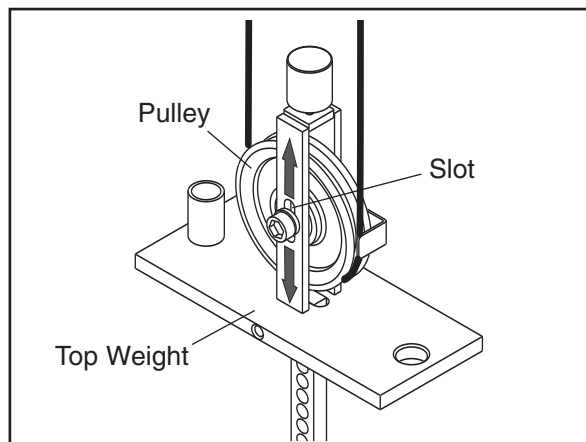
3. Move the pulley to the appropriate location in the bracket. If more slack is needed in the cable, move the pulley down. If less slack is needed in the cable, move the pulley up.

4. Make sure that the cable trap is properly oriented (see CABLE TRAPS on page 8) 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 next weight.
6. Readjust as necessary.
7. 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 trap.

Top Weight Pulley Adjustment

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

1. Remove the access cover by pulling it free at the bottom and then sliding it upward until the two sets of tabs release.
2. Using a 5/16" hex key and a 9/16" open or box-end wrench, loosen the nut holding the pulley in the bracket on the top weight.

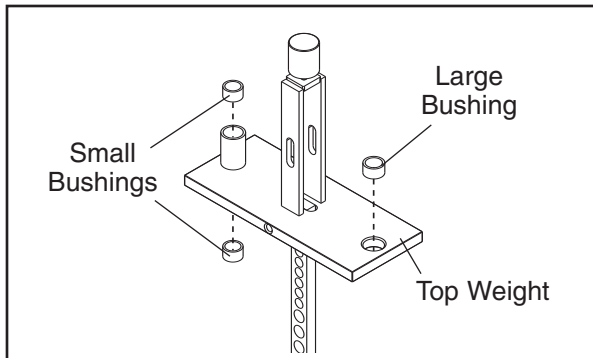


3. To increase the tension, slide the pulley downward in the slot. To decrease the tension, slide the pulley upward.
4. Tighten the nut and check the tension as described in CABLE ADJUSTMENT on the left. If necessary, readjust the pulley.
5. Replace the access cover.

WEIGHT STACK SERVICING

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

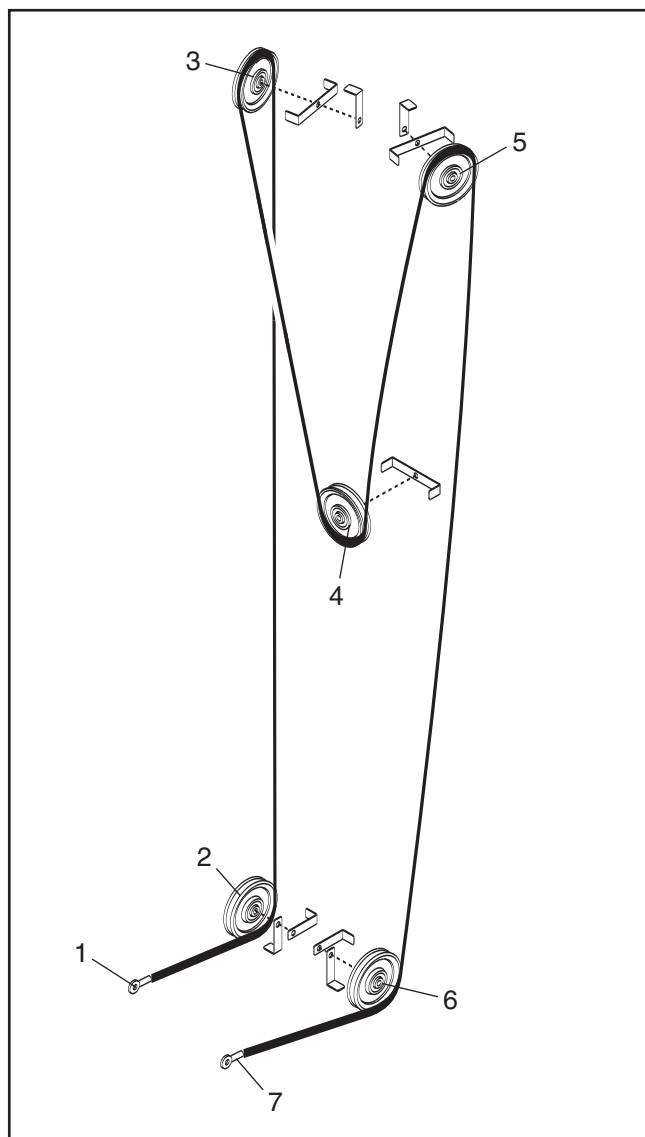
1. Remove the access cover by pulling it free at the bottom and then sliding it upward until the two sets of tabs release.
2. Loosen the top bolt or nut on each weight guide. Remove the bolts or nuts and let the weight guides slide down to the floor.
3. To remove the top weight, use a 5/16" hex key and a 9/16" open-end wrench to unbolt the pulley(s) and release the cable.
4. Slide the top weight off the top of the weight guides. Note: Pull the weight guides toward the back of the machine for increased clearance.
5. Servicing the weight stack involves replacing the three bushings in the top weight. First, use a punch to drive the three existing bushings out of the top weight.



6. To insert the new bushings, hold each 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 bushings should be flush with the surface. Note: There are two sizes of bushings. The slightly larger bushing is for the single hole in the top weight; the smaller bushings are for the top and bottom of the cylindrical standoff.
7. Clean and lubricate the weight guides by wiping them using a soft cloth containing automotive engine oil. Apply only a light coating over the entire length.
8. Replace the top weight on the weight guides. Bolt the pulley, cable, and cable traps into place.
9. Reattach the weight guides to the top of the frame.
10. Insert the weight pin into the top weight. Pull the handle, lifting the top weight all the way to the top. Slowly return the handle to the resting position. If the top weight sticks, loosen one of the weight guide nuts. Lift the top weight to the top again. Retighten the weight guide nuts. Check the full travel again and readjust the weight guides if necessary.
11. While slowly pulling the handle, have another person check the top weight pulley trap to ensure that it is not dragging or rubbing on the cable.
12. Replace the access cover.

CABLE DIAGRAM

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



NOTES

NOTES

PART LIST—Model No. GZFM6007.7

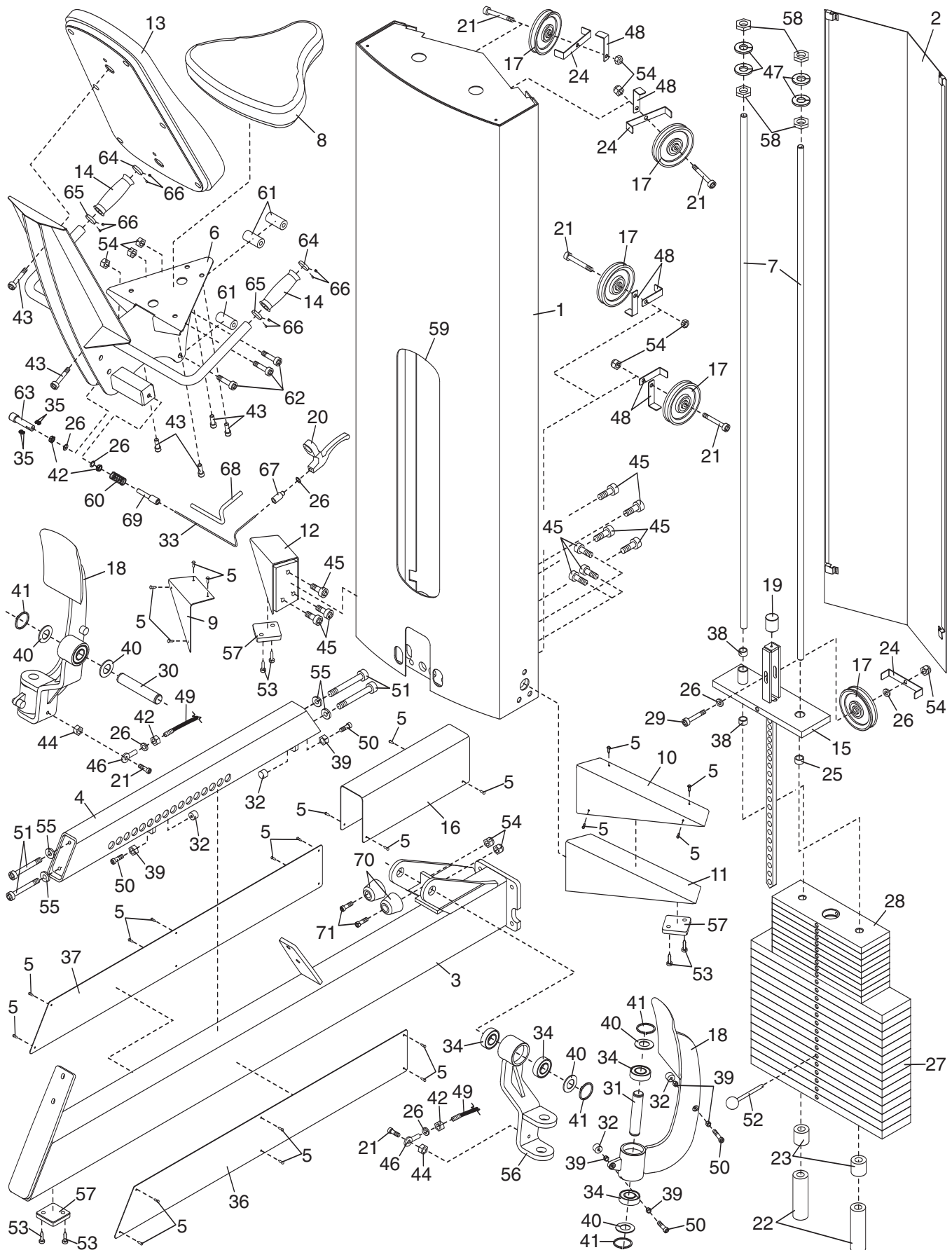
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower	37	1	Left Base Cover
2	1	Access Cover	38	2	Small Bushing
3	1	Base Frame	39	10	5/16" Nut
4	1	Seat Rail	40	7	1" Nylon Washer
5	24	Rivet	41	6	1" Retainer Ring
6	1	Seat Frame	42	4	3/8" Fine Nut
7	2	Weight Guide	43	6	3/8" x 1" Screw
8	1	Seat	44	2	3/8" Nut
9	1	Left Stabilizer Cover	45	10	1/2" x 1" Bolt
10	1	Right Stabilizer Cover	46	2	Rod End
11	1	Right Stabilizer	47	4	5/8" Lock Washer
12	1	Left Stabilizer	48	6	Single Cable Trap
13	1	Backrest	49	1	Cable Assembly
14	2	Handgrip	50	6	5/16" x 1" Screw
15	1	Top Weight/Weight Selector	51	4	3/8" x 1" Bolt
16	1	Base Frame Cover	52	1	Weight Pin
17	5	Pulley	53	6	3/8" x 1/2" Screw
18	2	Foot Plate	54	10	3/8" Nylon Locknut
19	1	Top Weight Bumper	55	4	3/8" Washer
20	1	Release Handle	56	2	Pivot Mount
21	6	3/8" x 2" Bolt	57	3	Floor Bumper
22	2	Weight Stack Support	58	4	5/8" Nut
23	2	Weight Bumper	59	1	Trim
24	3	Double Cable Trap	60	1	Spring
25	1	Top Weight Bushing	61	3	Nylon Seat Roller
26	7	3/8" Serrated Lock Washer	62	3	1/2" x 2 1/2" Shoulder Bolt
27	15	Large Weight	63	1	Release Pin
28	9	Small Weight	64	2	Grip Endcap
29	1	3/8" x 2 1/4" Bolt	65	2	Grip Ring
30	1	Long Pivot Rod	66	8	#10 Set Screw
31	2	Short Pivot Rod	67	1	Short Threaded Cable End
32	6	Small Bumper	68	1	Release Cable Housing
33	1	Release Cable	69	1	Long Threaded Cable End
34	8	1" Bearing	70	2	Large Bumper
35	4	1/4" Set Screw	71	2	3/8" x 1 1/4" Bolt
36	1	Right Base Cover	*	—	Owner's Manual

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. GZFM6007.7

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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 or phone number listed below. Please be prepared to give the following information:

- the MODEL NUMBER of the product (GZFM6007.7)
- the NAME of the product (FREEMOTION CALF 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).

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