

FREEMOTION[®]

Dual Cable Cross

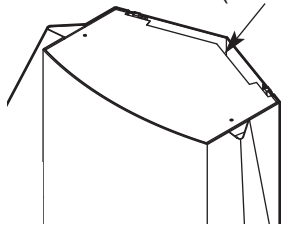
OWNER'S MANUAL

Model No. GZFM6024.3

Serial No. _____

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

Serial Number Decal
(inside tower)

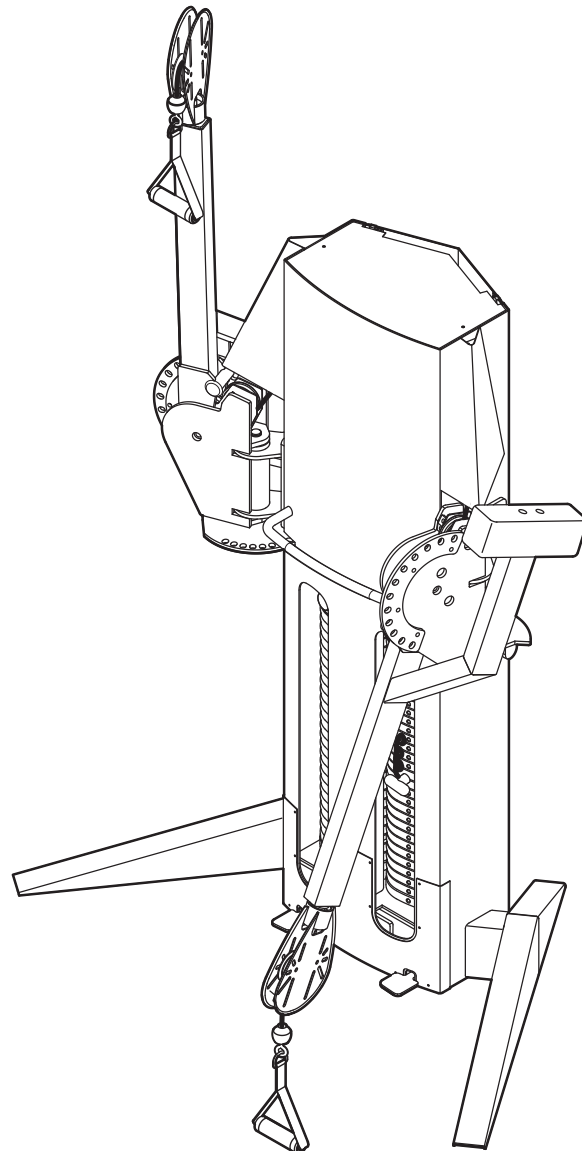


QUESTIONS?

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 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 two 9/16" anchor holes to provide maximum stability, the strength equipment must be anchored 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. 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.
8. Always wear athletic shoes for foot protection while exercising.
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 pins are completely inserted into the weight plates before exercising.
11. Make sure the handles are attached securely before each use of the strength equipment.
12. 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.
13. 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.
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 to order a free replacement decal. Apply the decal in the location shown.



Decal 1
GZ7008

! 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.

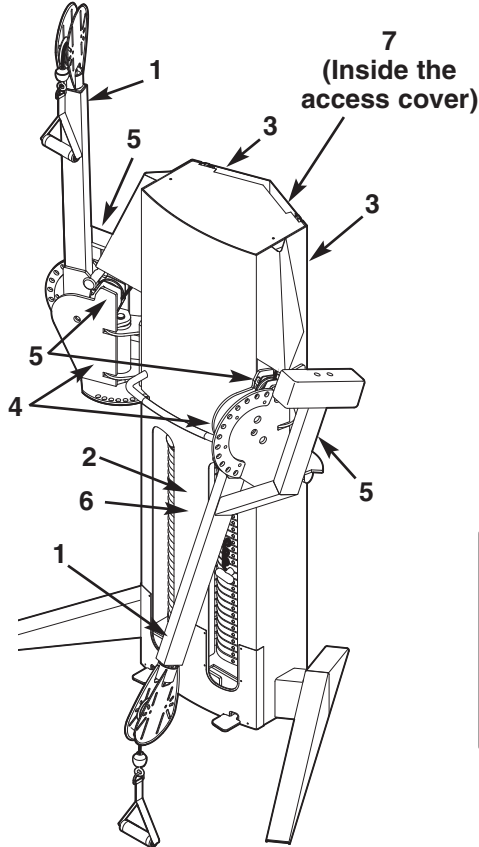
Decal 2
Shown at 70%
GZ7003

! WARNING

DO NOT USE MACHINE FROM THIS SIDE

Part # 7006

Decal 3



! CAUTION

Do not press pedal while weight stack is raised.

220015

Decal 4

! CAUTION

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

7005-1199

Decal 5
Shown at 85%

! CAUTION

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

Decal 6
GZ7026

Decal 7
Shown at 50%

! 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

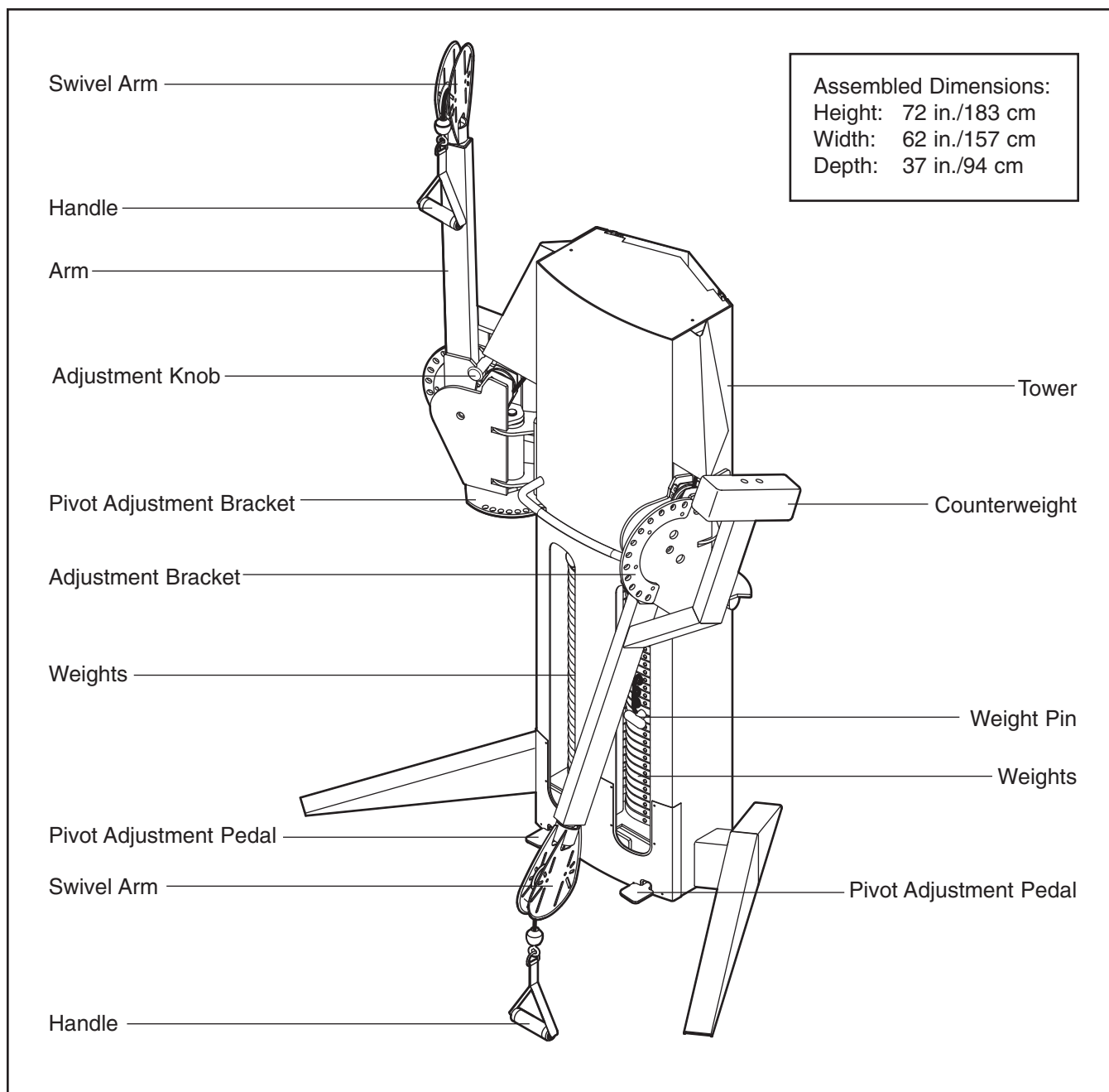
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® DUAL CABLE CROSS strength equipment. 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 DUAL CABLE CROSS strength equipment 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 is GZFM6024.3. 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.

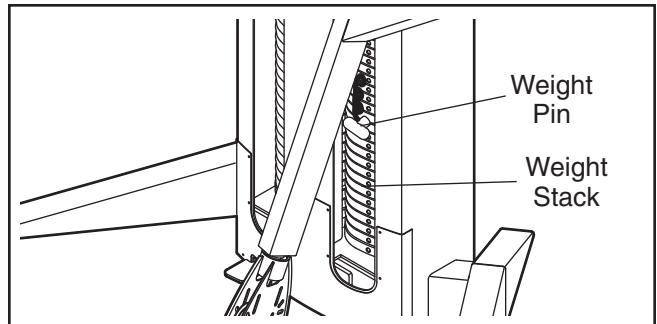


ADJUSTMENTS

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. The strength equipment can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

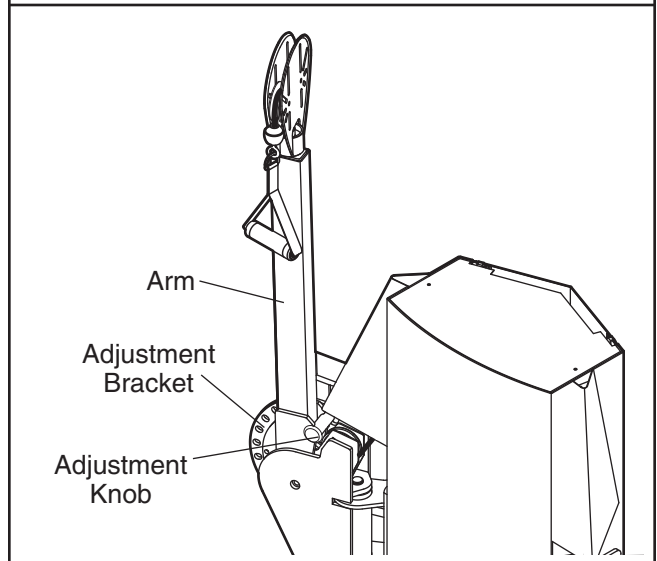
ADJUSTING THE RESISTANCE

To change the amount of resistance for your workout, insert a weight pin into the desired weight. Make sure that the weight pin is fully inserted into the weight stack.



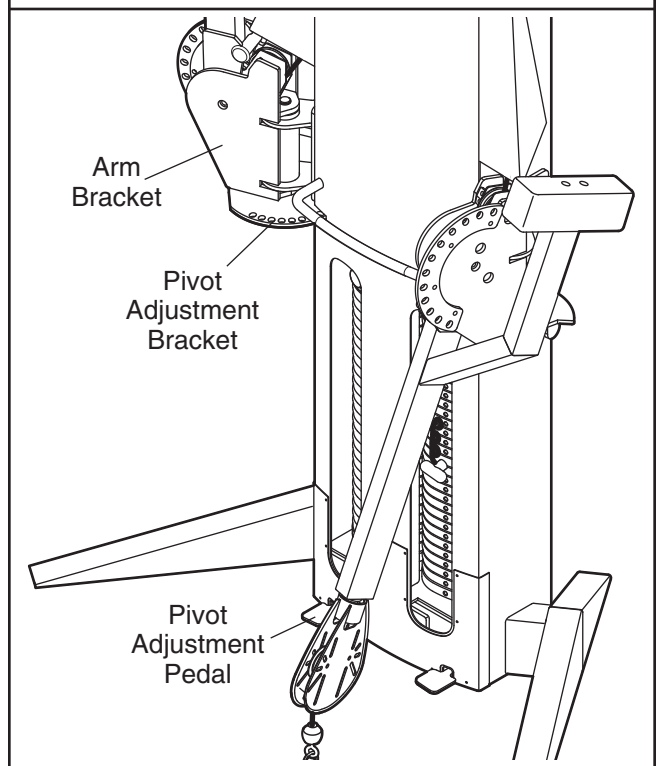
ADJUSTING THE ARMS

To change the position of an arm, pull the adjustment knob out and move the arm to the desired position. Reengage the knob into the adjustment bracket.



ADJUSTING THE ARM BRACKETS

To change the position of an arm bracket, step on the pivot adjustment pedal to disengage the pin (not shown) and move the arm bracket to the desired position. Release the pivot adjustment pedal and reengage the pin into the pivot adjustment bracket.



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 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. 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 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 such as lacquer thinner, kerosene, gasoline, or similar liquids.

4. Stainless Steel Covers:

- 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.
- To remove corrosion, use available commercial stainless steel polishing compounds. Follow manufacturers' instructions.

5. Handles/Heel Strap:

- Check all straps for wear.
- Visually check each strap along the full length for signs of wear such as cuts, tears, or nicks. Replace the strap immediately if necessary.
- A "fuzz" will appear on straps over time and is not a concern unless it appears to be worn through strands of the weave.

6. Straps with Rings:

- If a ring is pulling through the strap or tearing away from the edge of the strap, replace it immediately.
- Check stitching points on straps for tears, worn spots or separation. Replace if necessary.

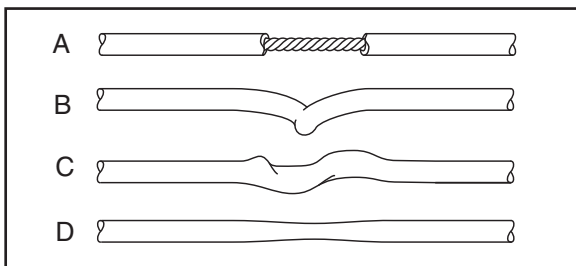
WEEKLY

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 OR AS REQUIRED

1. Grips:

- Check and replace as needed.

2. Weight stack guide rods:

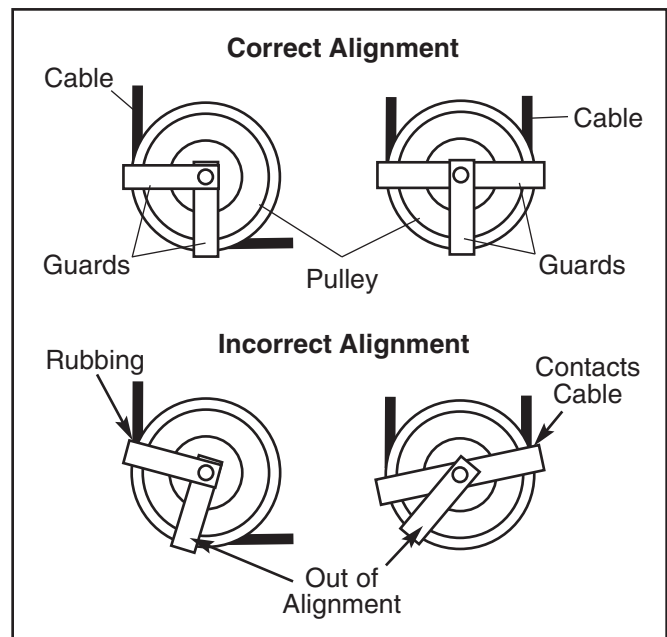
- Clean and lubricate the guide rods by wiping them with a soft cloth containing a light weight motor oil, 10/40 or straight 30 weight. Apply only a light coating over the entire length. **Note: Do not use Teflon or Silicone based lubricants.**

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 handle 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 one of the handles is pulled. Ideally, the handle/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 on page 9.

CABLE GUARDS

Periodically check the alignment of the cable guards to ensure that they are not dragging on the cable and that they are performing their intended function. If the cable guards are not aligned correctly, loosen the bolts slightly and adjust the cable guards as necessary.



CABLE ADJUSTMENTS

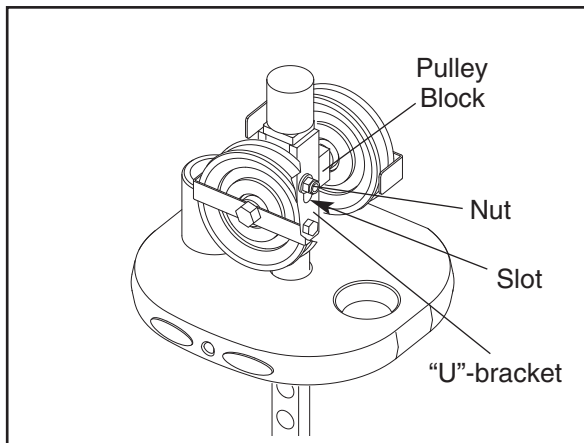
CAUTION: After making any cable adjustment, pull the handle using a light load and have someone make sure that the cable is not derailed from a pulley or rubbing on a guard (see CABLE GUARDS on page 8).

INITIAL ADJUSTMENT

Top Weight Pulley Adjustment—

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

1. Remove the access cover by pulling it free at the bottom and then sliding it up until the two sets of tabs release.
2. Loosen the nut holding the pulley block in the "U"-bracket.



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

ADDITIONAL ADJUSTMENTS

Handle End Adjustment—

Tools required: 1/8" hex key, cable cutters, utility knife, torque wrench

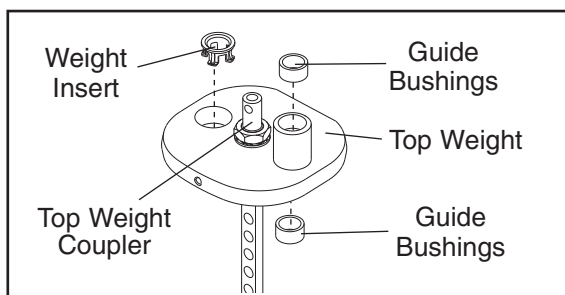
Note: Make this adjustment only if the pulley block in the top weight has been fully adjusted to the bottom of the slot and the cable requires more tension.

Note: This adjustment is only for increasing the cable tension because it requires shortening the cable. Only one end of the cable should be shortened.

1. Create slack in the cable by removing the weight pin and pulling the handle out 15–20 cm (6–8 in.). Insert the weight pin into the third weight plate and the tube on the bottom of the top weight.
2. Push the black rubber cover off the aluminum coupler and slide the cover up the cable until it contacts the pulley in the swivel arm.
3. Loosen the four oval-point, 1/4"-20-unc set screws in the coupler and pull the cable free.
4. Cut off 2.5 cm (1 in.) of the cable end using cable cutters. **Note: Using any other tool may flatten or disrupt the end strands so that it may be difficult to reinsert the cable into the hole of the coupler.**
5. Cut off 2.5 cm (1 in.) of the black cable sheath from the end of the cable.
6. Reinsert the cable and the sheath into the coupler so that all of the bare cable is in the hole.
7. Retighten the four set screws into the threaded holes. Tighten the set screws equally until they contact the cable. Then, tighten each screw alternately 1/4 turn, until all are set to 85 inch-pounds (9.6 Newton-meters).
8. Slide the rubber cover over the coupler, remove the weight pin, and lower the handle.
9. Check for proper tension on the cable as described in CABLE TENSION CHECK on page 8.

SERVICING THE WEIGHT STACKS

1. Remove the access cover by pulling it free at the bottom and then sliding it up until the two sets of tabs release.
2. Remove the guide rod nuts and washers from the top of each guide rod.
3. To remove the top weight, first unbolt the “U”-bracket from the weight rod.
4. Slide the top weight off the top of the guide rods. Note: Pull the guide rods toward the back of the machine for increased clearance.
5. Servicing the weight stack involves replacing the two guide bushings and 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.



6. 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.

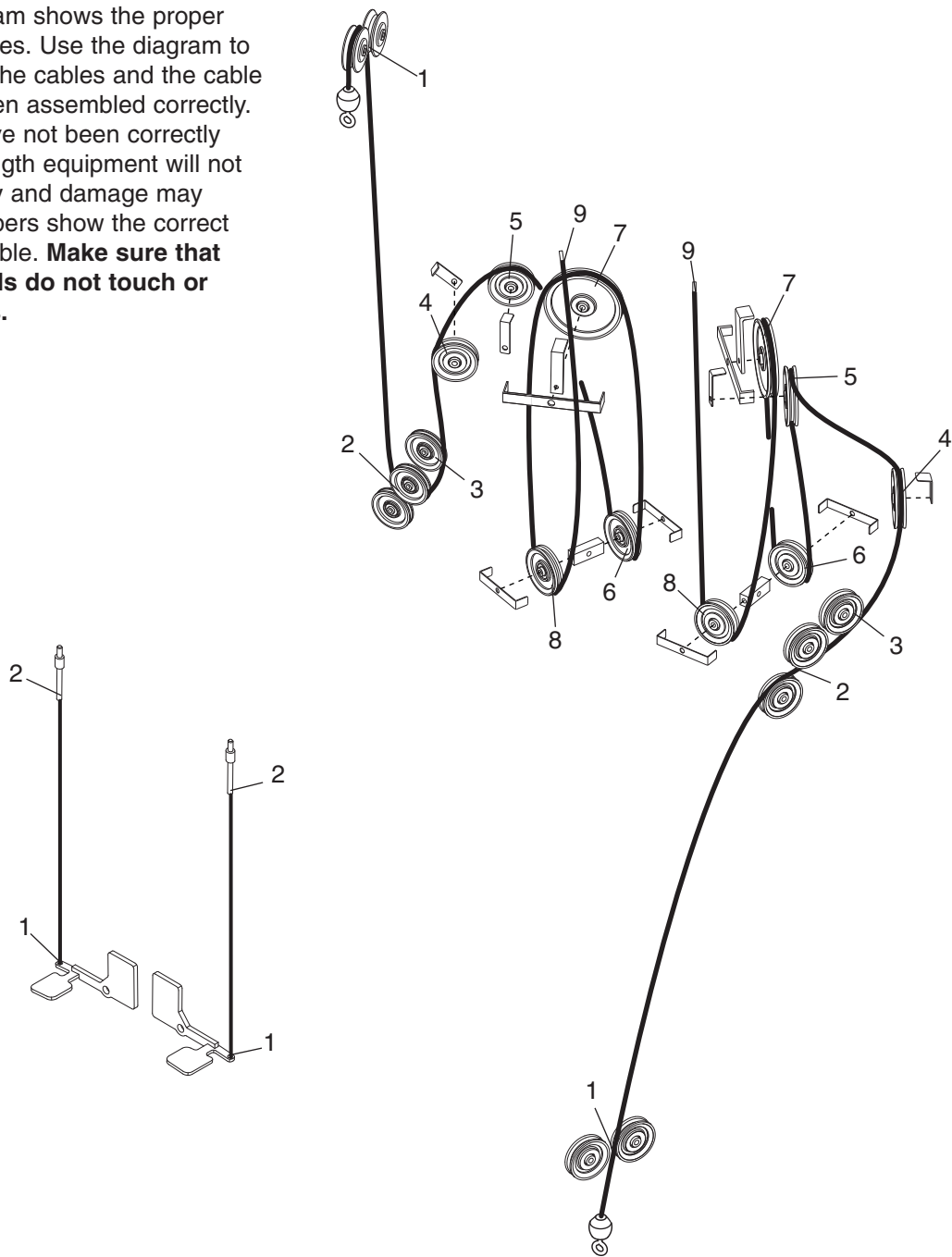
7. Replace the top weight on top of the weight stack.
8. Reattach the “U”-bracket to the top weight coupler.
9. Clean and lubricate the guide rods by wiping them with a soft cloth containing a light weight motor oil, 10/40 or straight 30 weight. Apply only a light coating over the entire length. **Note: Do not use Teflon or Silicone based lubricants.**
10. Reattach the guide rods to the top of the frame with the two bolts.
11. 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 the screws on the guide rods. Lift the top weight to the top again. Retighten the screws. Check the full travel again and readjust the guide rods if necessary.

⚠ WARNING: Do not force the weights onto the guide rods; doing so will damage the bushings and weight inserts.

12. 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.
13. Replace the access cover.

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 equipment will not function properly and damage may occur. The numbers show the correct route of each cable. **Make sure that the cable guards do not touch or bind the cables.**



PART LIST—Model No. GZFM6024.3

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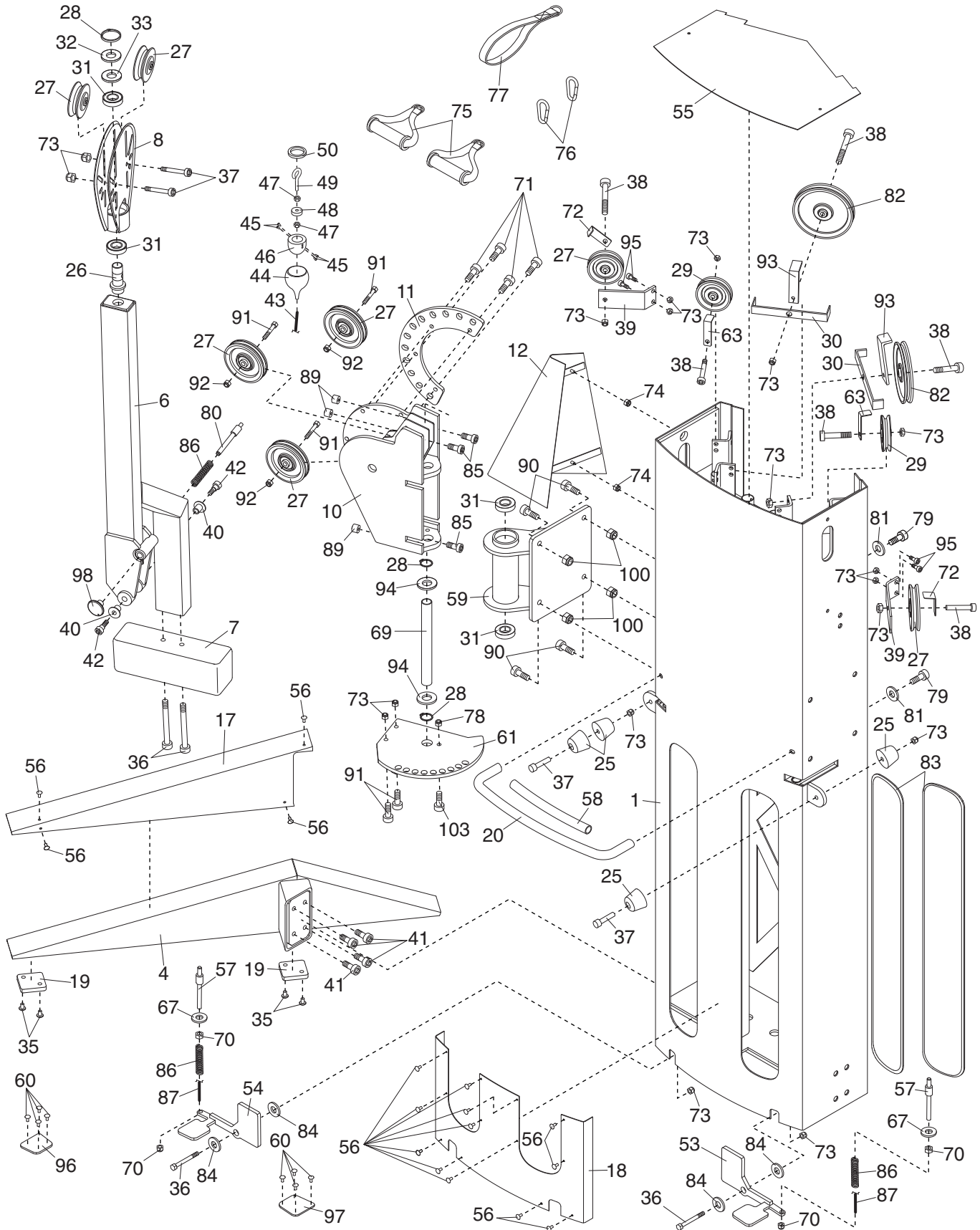
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower	53	1	Right Pivot Pedal
2	1	Access Cover	54	1	Left Pivot Pedal
3	1	Right Support Leg	55	1	Top Tower Plate
4	1	Left Support Leg	56	20	Short Rivet
5	1	Right Arm	57	2	Tapered Pop Pin
6	1	Left Arm	58	1	Grip Cover
7	2	Counterweight	59	2	Pivot Plate
8	2	Swivel Arm	60	8	Long Rivet
9	1	Right Arm Bracket	61	1	Left Pivot Adjustment Bracket
10	1	Left Arm Bracket	62	1	Right Pivot Adjustment Bracket
11	2	Adjustment Bracket	63	2	4" Single Cable Guard
12	1	Left Cable Cover	64	1	Right Cable Cover
13	58	Weight	65	2	"U"-bracket
14	2	Weight Rod	66	2	Pulley Block
15	2	Top Weight	67	10	3/8" Serrated Washer
16	1	Right Support Leg Cover	68	118	Weight Bushing
17	1	Left Support Leg Cover	69	2	Shaft
18	1	Tower Cover	70	8	3/8"-24 Jamnut
19	4	Floor Bumper	71	8	3/8" x 3/4" Button Screw
20	1	Handlebar	72	2	3" Single Cable Trap
21	4	Weight Guide Rod	73	26	3/8" Nylon Locknut
22	4	Weight Bumper	74	4	1/4" Nut
23	2	Top Weight Bumper	75	2	Handle
24	4	Guide Bushing	76	2	Spring Clip
25	4	Arm Bumper	77	1	Ankle Strap
26	2	Trunnion	78	2	3/8" Nylon Jamnut
27	12	3 1/2" Pulley	79	2	3/8" x 3/4" Socket Screw
28	6	Retainer Ring	80	2	Pop Pin
29	6	4 1/2" Pulley	81	2	5/16" Washer
30	2	Large Double Cable Guard	82	2	Large Pulley
31	8	Pivot Pulley Bearing	83	2	Trim
32	2	1" Washer	84	4	Bushing
33	2	1" Wave Washer	85	6	5/16" x 5/8" Bolt
34	2	Weight Pin	86	4	Spring
35	8	3/8" x 1/2" Button Screw	87	2	Pedal Cable
36	6	3/8" x 4 1/2" Socket Head Screw	88	4	Double Cable Guard
37	10	3/8" x 1 3/4" Bolt	89	6	Bumper
38	10	3/8" x 2" Bolt	90	8	1/2" x 1 1/2" Sockethead Bolt
39	2	Pulley Bracket	91	10	3/8" x 1 1/2" Buttonhead Bolt
40	4	3/4" Bushing	92	6	3/8" Pinch Nut
41	8	1/2" x 1 1/4" Socket Head Screw	93	2	Large Single Cable Guard
42	4	3/4" x 1/2" Shoulder Bolt	94	4	1" Nylon Washer
43	2	Weight Cable	95	4	3/8 x 1 1/4" Bolt
44	2	Rubber Cover	96	1	Left Pedal Cover
45	8	1/4"-20-unc Set Screw	97	1	Right Pedal Cover
46	2	Aluminum Coupler	98	2	Knob
47	4	3/8"-16 Jamnut	99	2	Star Washer
48	2	Cable Bearing	100	8	1/2" Nylon Locknut
49	2	Eyebolt	101	8	5/8" Jamnut
50	2	1 1/8" Internal Retainer Ring	102	8	5/8" Lock Washer
51	2	1" Nut	103	7	3/8" x 1 1/4" Buttonhead Bolt
52	2	1" Washer	#	1	Owner's Manual

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

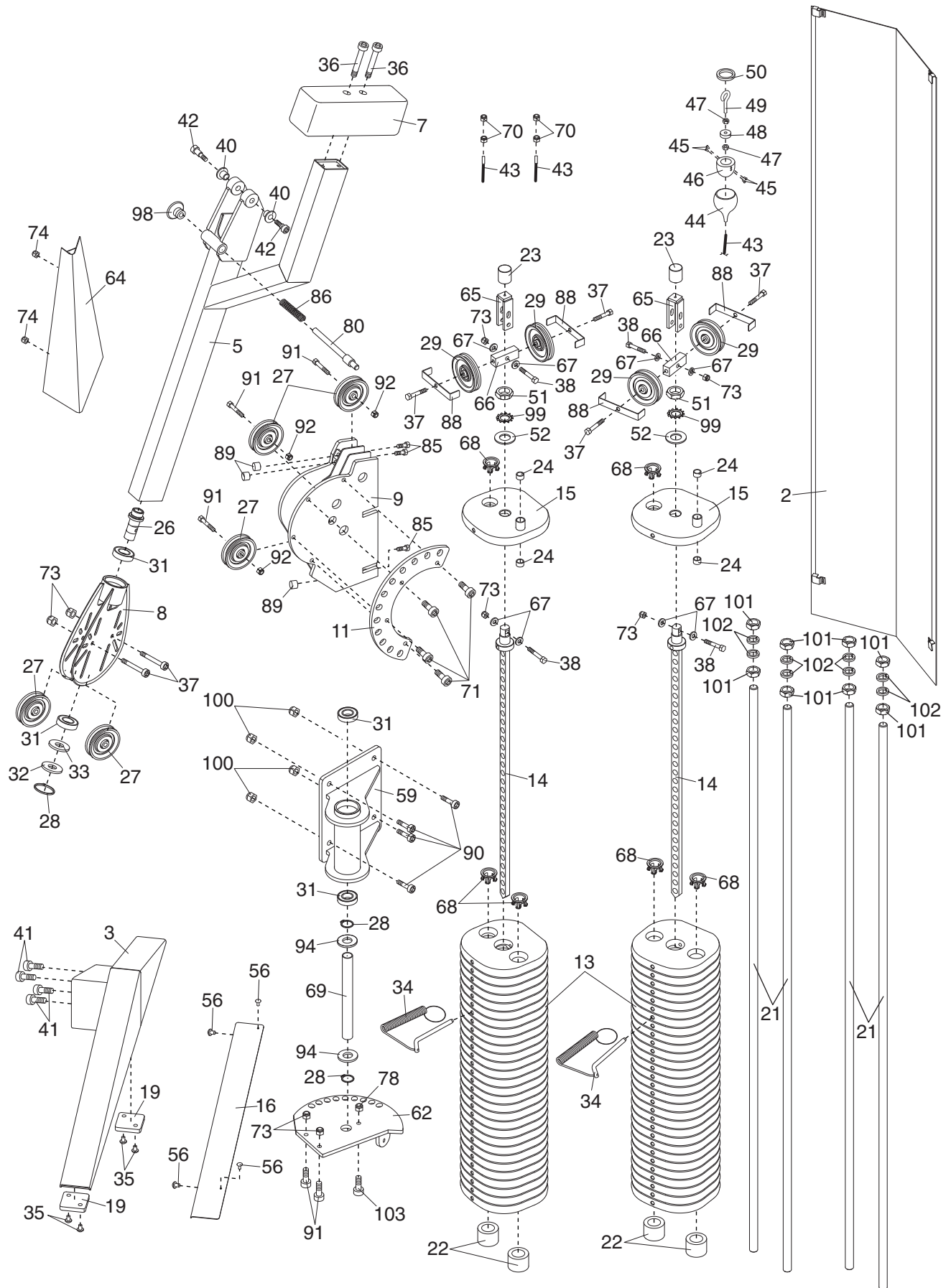
EXPLODED DRAWING A—Model No. GZFM6024.3

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EXPLODED DRAWING B—Model No. GZFM6024.3

R0206A



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 (GZFM6024.3).
- The NAME of the product (FREEMOTION DUAL CABLE CROSS 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 to 14 of this manual).

**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**