

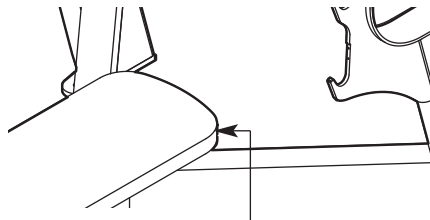
FREEMOTION[®] E P I C[™] Olympic Bench

OWNER'S MANUAL

Model No. GZFW2021.4

Serial No. _____

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



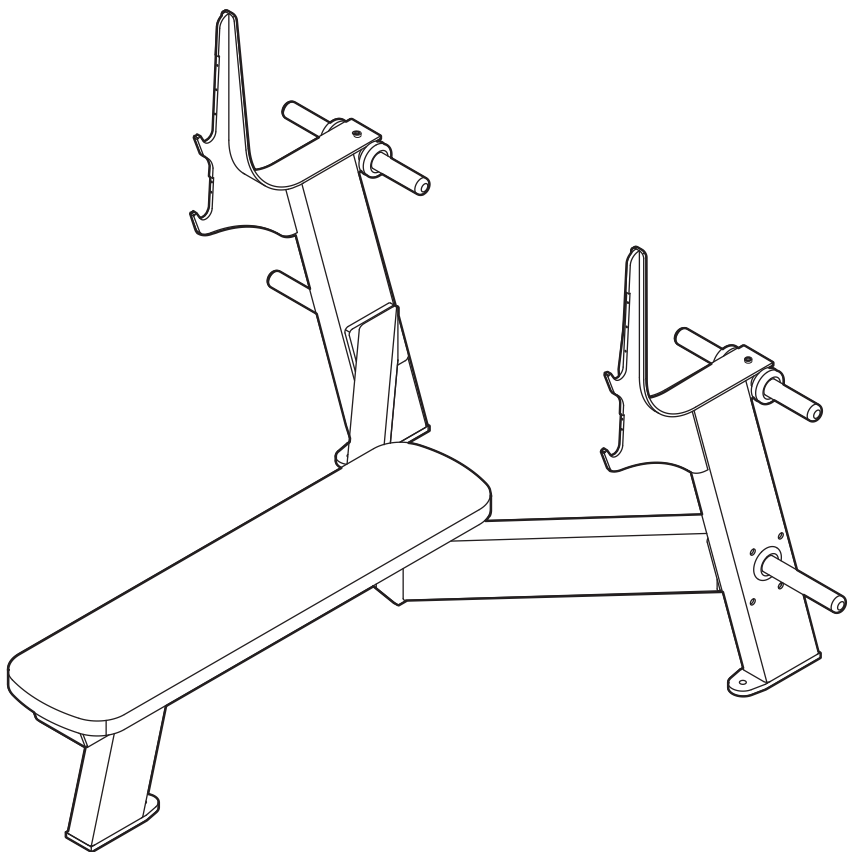
Serial Number Decal
(under spotter platform)

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. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
3. It is the purchaser's responsibility to ensure that there is enough space around the strength equipment for the intended exercises. Do not crowd the strength equipment.
4. Using the three 9/16" anchor holes to provide maximum stability, the strength equipment must be anchored to the floor where required or whenever possible.
5. Make sure that all parts are properly tightened before each use of the strength equipment. Replace any worn parts immediately.
6. It is the responsibility of the owner to ensure that all users of the strength equipment are adequately informed of all precautions.
7. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
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 pounds (159 kg); a maximum of 600 pounds (272 kg) of weight, including a barbell (not included); and a maximum total weight of 950 pounds (431 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. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
13. If you feel pain or dizziness 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.

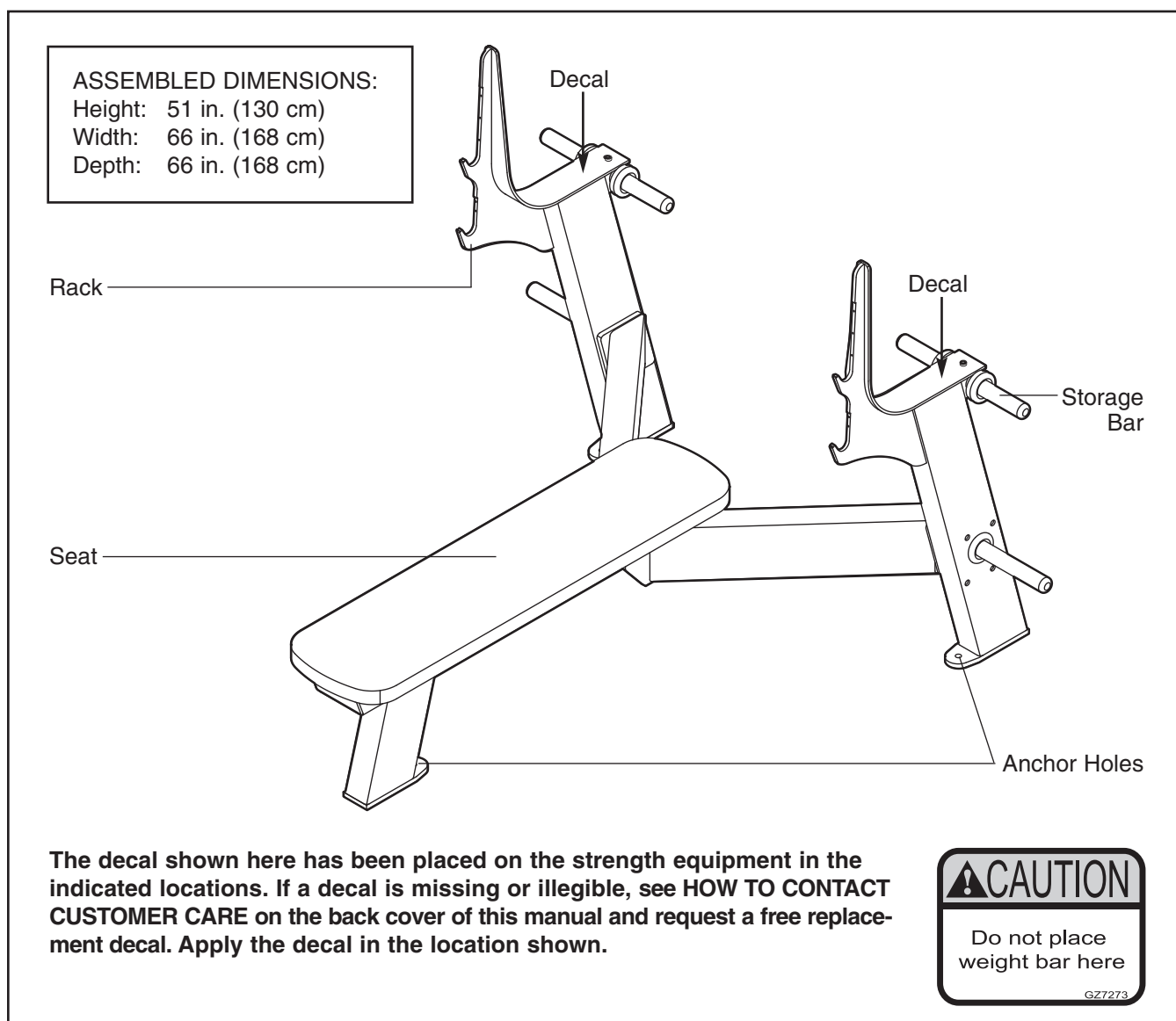
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® EPIC™ OLYMPIC BENCH strength equipment. The strength equipment is designed to help develop the major muscle groups of the upper body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the strength equipment will help you 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 contacting us. The model number is GZFW2021.4. 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.



ASSEMBLY

Make Assembly Easier

Everything in this manual is designed to ensure that the strength equipment can be assembled successfully by most people. Setting aside plenty of time will help assembly go smoothly.

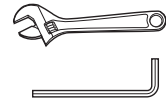
Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the strength equipment, make sure that all parts are oriented as shown in the drawings.

The following tools (not included) are required for assembly:

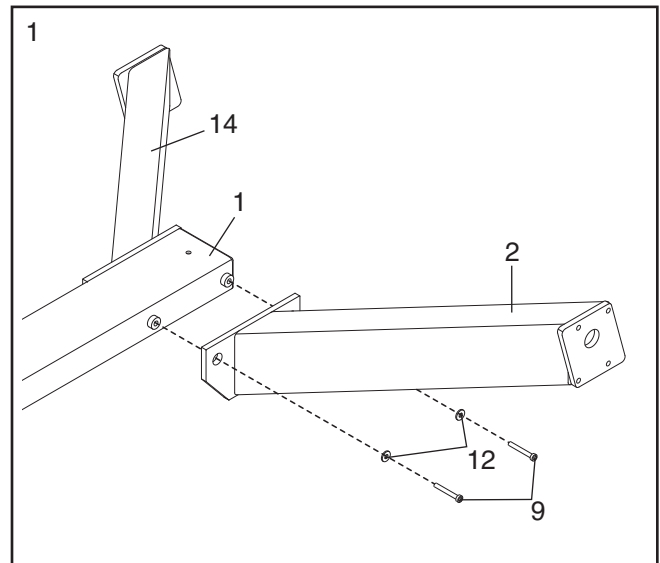
- One adjustable wrench
- One hex key



Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. Attach the Left Arm (2) to the Base (1) with two 1/2" x 1" Bolts (9) and two 1/2" Washers (12).

Attach the Right Arm (14) in the same manner.

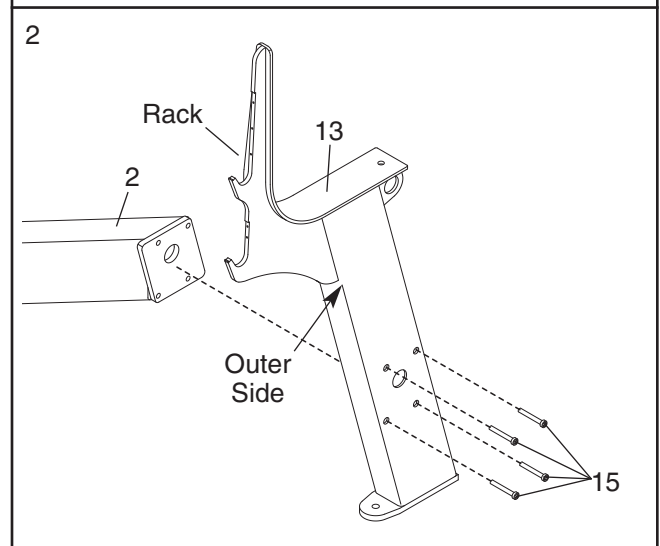


2. Identify the Left Upright (13) and the Right Upright (not shown). **Note: The racks are offset toward the outer sides of the Uprights.**

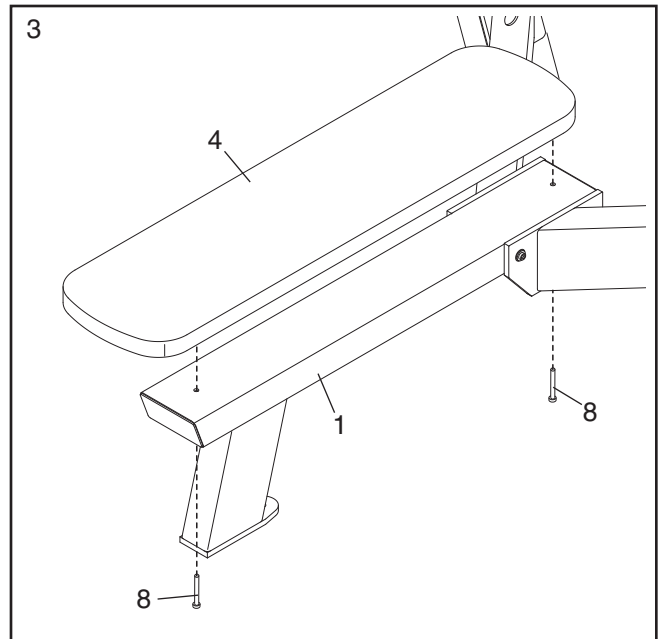
Attach the Left Upright (13) to the Left Arm (2) with four 1/2" x 3 1/2" Button Head Bolts (15). **Do not tighten the Button Head Bolts yet.**

Attach the Right Upright (not shown) to the Right Arm (not shown) in the same manner.

Make sure that the racks are aligned, and tighten the eight 1/2" x 3 1/2" Button Head Bolts (15).

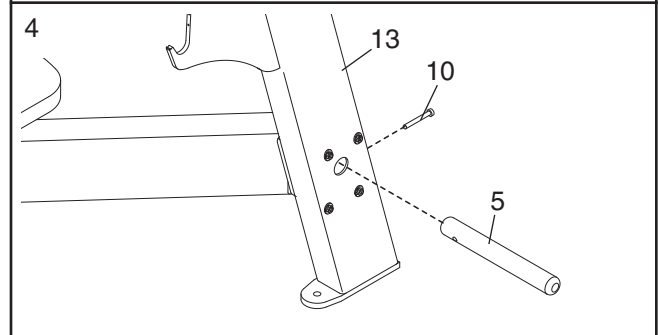


3. Attach the Seat (4) to the Base (1) with two 3/8" x 4" Bolts (8).



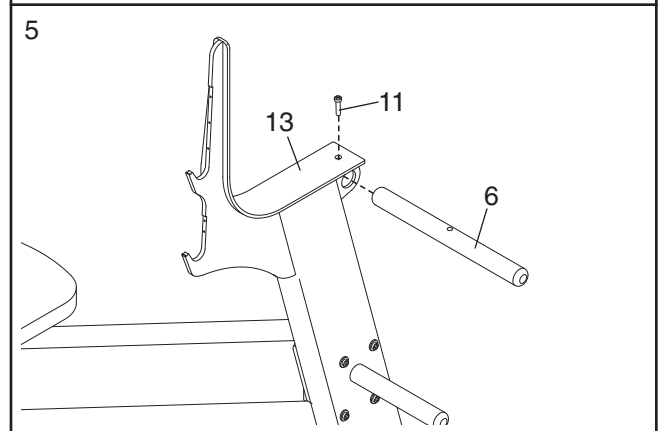
4. Attach a Short Weight Bar (5) to the Left Upright (13) with a 1/2" x 3" Bolt (10).

Attach a Short Weight Bar (not shown) to the Right Upright (not shown) in the same manner.



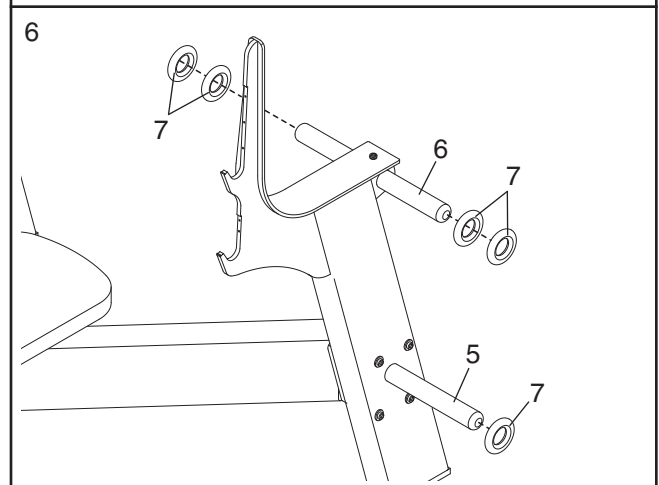
5. Attach a Long Weight Bar (6) to the Left Upright (13) with a 1/2" x 1 1/4" Button Head Bolt (11).

Attach a Long Weight Bar (not shown) to the Right Upright (not shown) in the same manner.



6. Slide four Bumper Rings (7) onto a Long Weight Bar (6). Slide a Bumper Ring (7) onto a Short Weight Bar (5).

Repeat with the other Weight Bars (not shown).



7. Make sure that all parts are properly tightened.

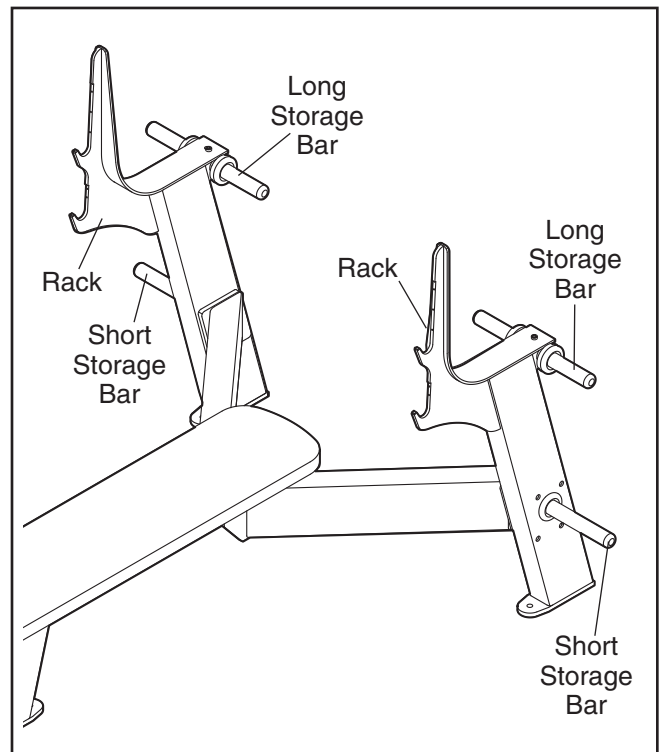
ADJUSTMENT

This section explains how to use the strength equipment for storing weights. Make sure that all parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately.

STORING WEIGHTS

Store unused weights on the storage bars. Place lighter weights on the top storage bars; place heavier weights on the bottom storage bars.

⚠ WARNING: Each long storage bar can hold up to 150 pounds (68 kg). Each short storage bar can hold up to 225 pounds (102 kg). Do not place more than a total of 600 pounds (272 kg), including the barbell (not included), on the racks and storage bars. Always place an equal amount of weight on each side of your barbell.



MAINTENANCE

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. 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 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.

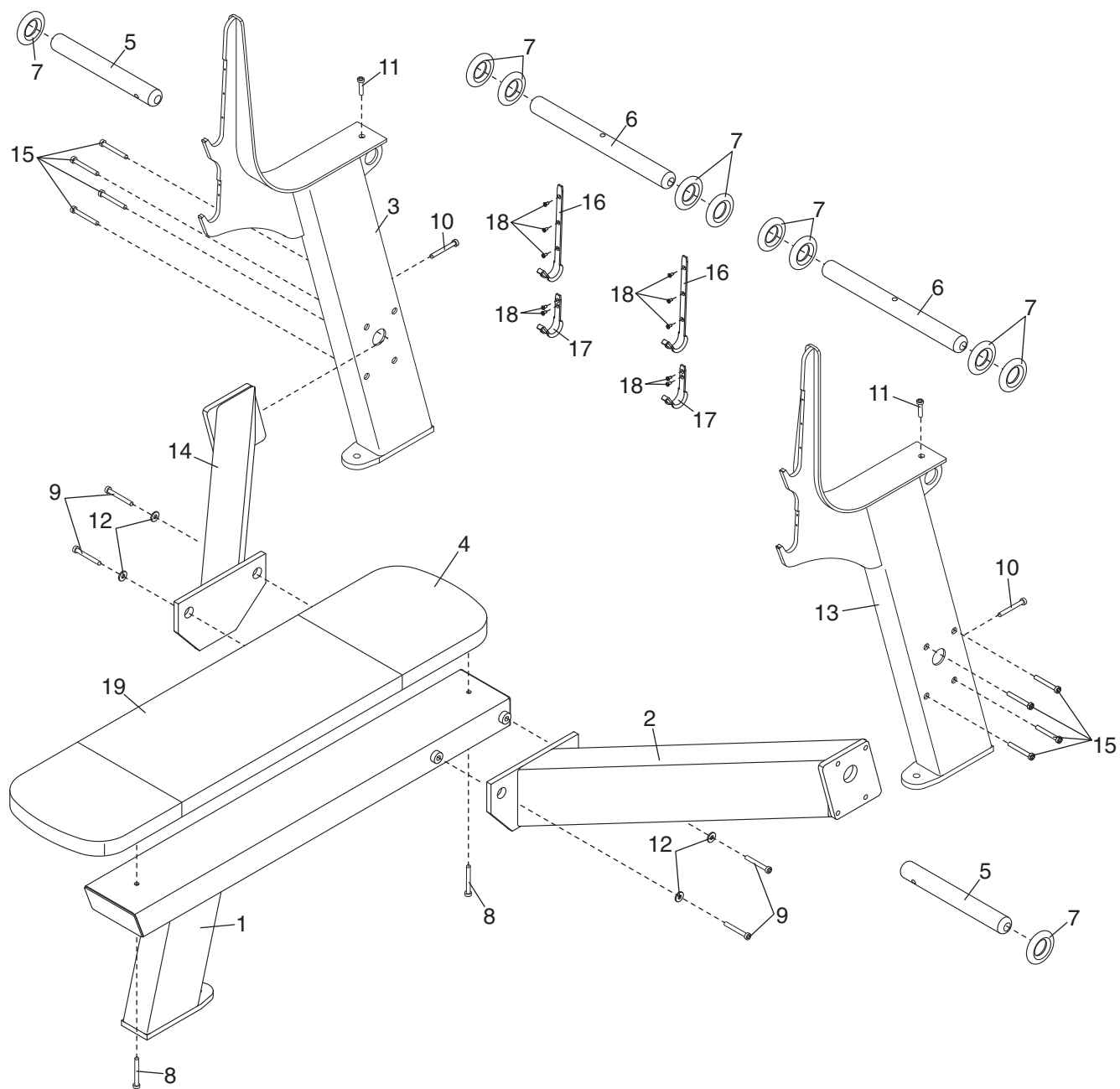
NOTES

PART LIST—Model No. GZFW2021.4

R0207A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	11	2	1/2" x 1 1/4" Button Head Bolt
2	1	Left Arm	12	4	1/2" Washer
3	1	Right Upright	13	1	Left Upright
4	1	Seat	14	1	Right Arm
5	2	Short Weight Bar	15	8	1/2" x 3 1/2" Button Head Bolt
6	2	Long Weight Bar	16	2	Long Wear Cover
7	10	Bumper Ring	17	2	Short Wear Cover
8	2	3/8" x 4" Bolt	18	10	Wear Cover Screw
9	4	1/2" x 3/4" Bolt	19	1	Seat Wear Cover
10	2	1/2" x 3" Bolt	*	-	Owner's Manual

Note: "*" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



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 provide the following information:

- the MODEL NUMBER of the product (GZFW2021.4)
- the NAME of the product (FREEMOTION EPIC OLYMPIC BENCH 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 10 and 11).

Customer Care: 1-800-201-2109, Monday–Friday, 8 a.m.–5 p.m. Mountain Time
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