

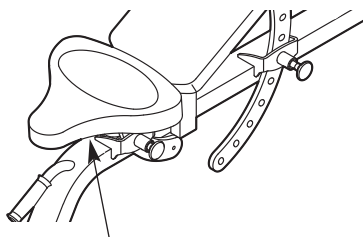


OWNER'S MANUAL

Model No. GZFW2031.4

Serial No. _____

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



Serial Number Decal (Under Seat)

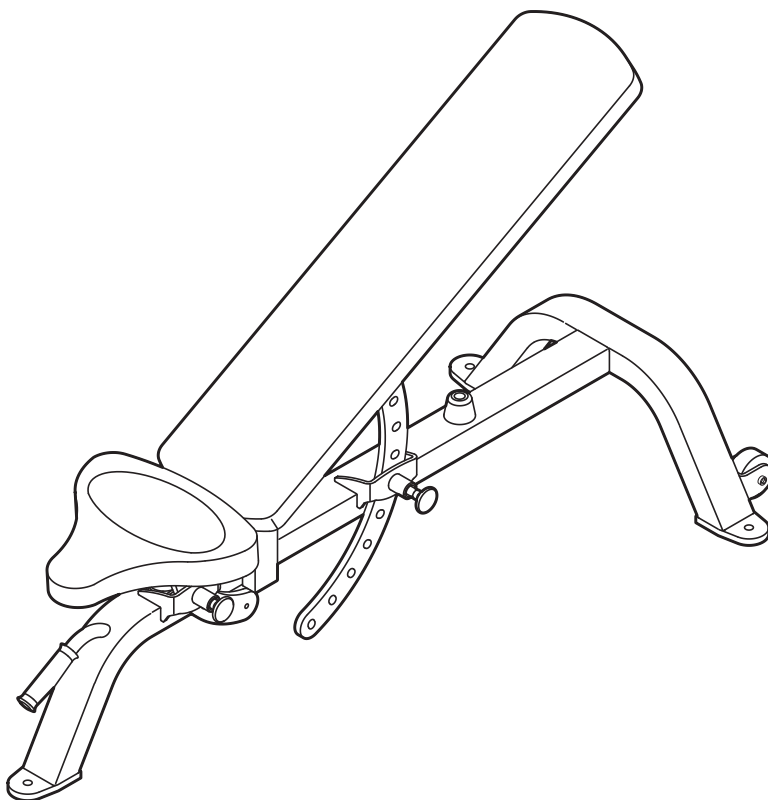
QUESTIONS?

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.

Adjustable Bench



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. 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.
3. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
4. 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.
5. 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.
6. 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.
7. Keep children under age 12 and pets away from the strength equipment at all times.
8. The strength equipment is designed to support a maximum user weight of 350 pounds (159 kg), and a maximum total weight of 795 pounds (361 kg). Do not use the bench with more than 445 pounds (222 kg) of weight, including a barbell. Note: The strength equipment does not include a barbell or weights.
9. Always wear athletic shoes for foot protection while exercising.
10. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
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. Make sure all parts are properly tightened before each use of the strength equipment. Replace any worn parts immediately.
13. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
14. 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. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

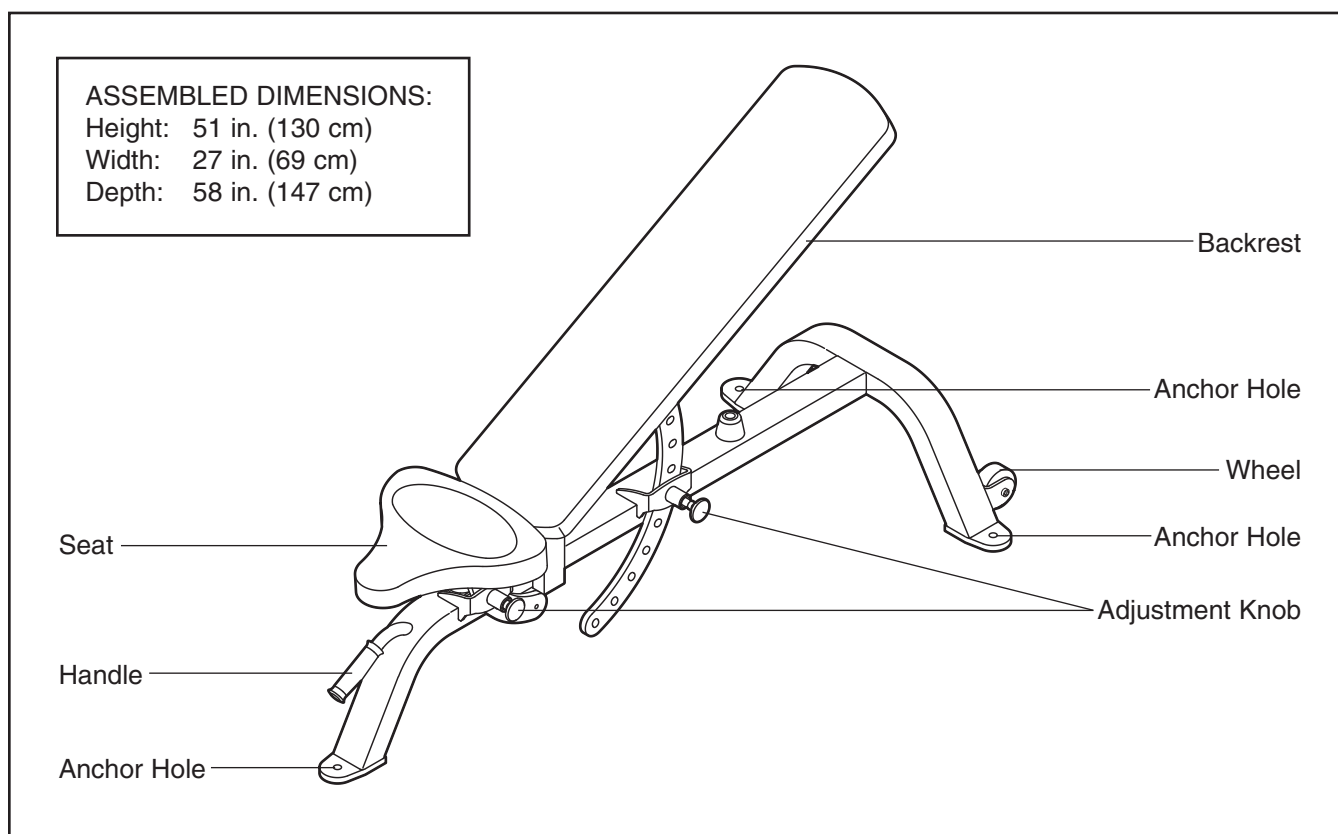
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® EPIC™ ADJUSTABLE 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 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 contacting us. The model number is GZFW2031.4. 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.



ADJUSTMENT

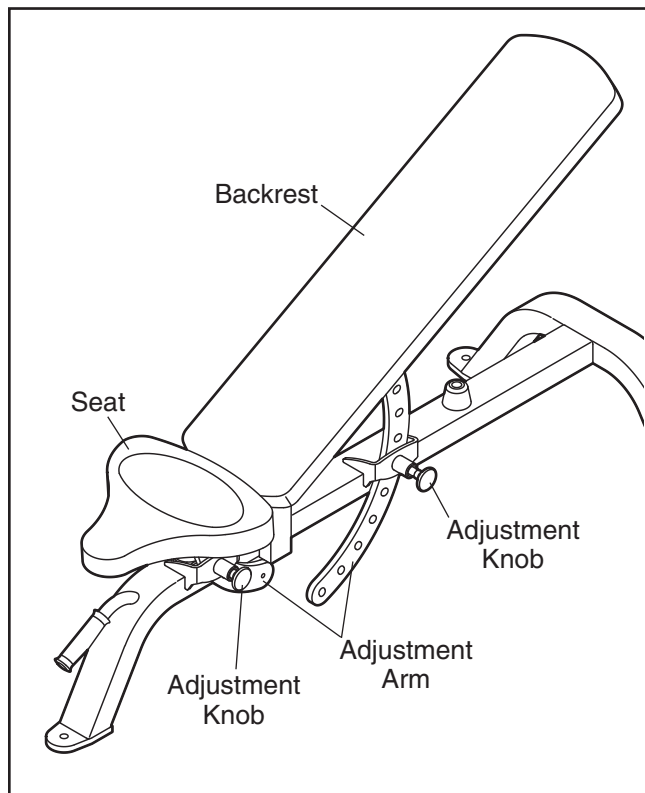
This section explains how to adjust the strength equipment for exercising. Make sure all parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately.

ADJUSTING THE BACKREST AND SEAT

To adjust the backrest, hold the it with one hand and pull the adjustment knob out. Move the backrest to the desired position. Reengage the knob into the adjustment arm.

Adjust the seat in the same manner.

⚠ WARNING: Always hold the backrest firmly before disengaging the adjustment knob; the backrest will drop quickly.



MAINTENANCE AND TROUBLESHOOTING

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 you have 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 and 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 and 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 and 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.

Grips

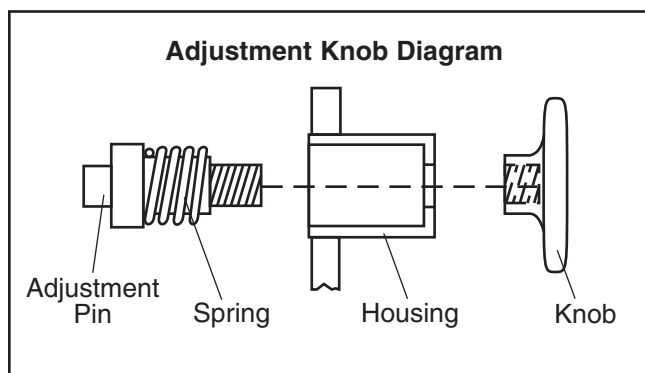
Check the grips and replace them if needed.

Wheels

Wheels should roll easily. Tighten or replace the wheels if needed.

Adjustment Knob

If an adjustment knob sticks, it will need to be relubricated. Disassemble the knob and apply a light coating of lithium grease. Reassemble the knob as shown in the diagram. If the adjustment knob still does not function properly, the spring may need to be replaced. To order a new spring, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.



PART LIST—Model No. GZFW2031.4

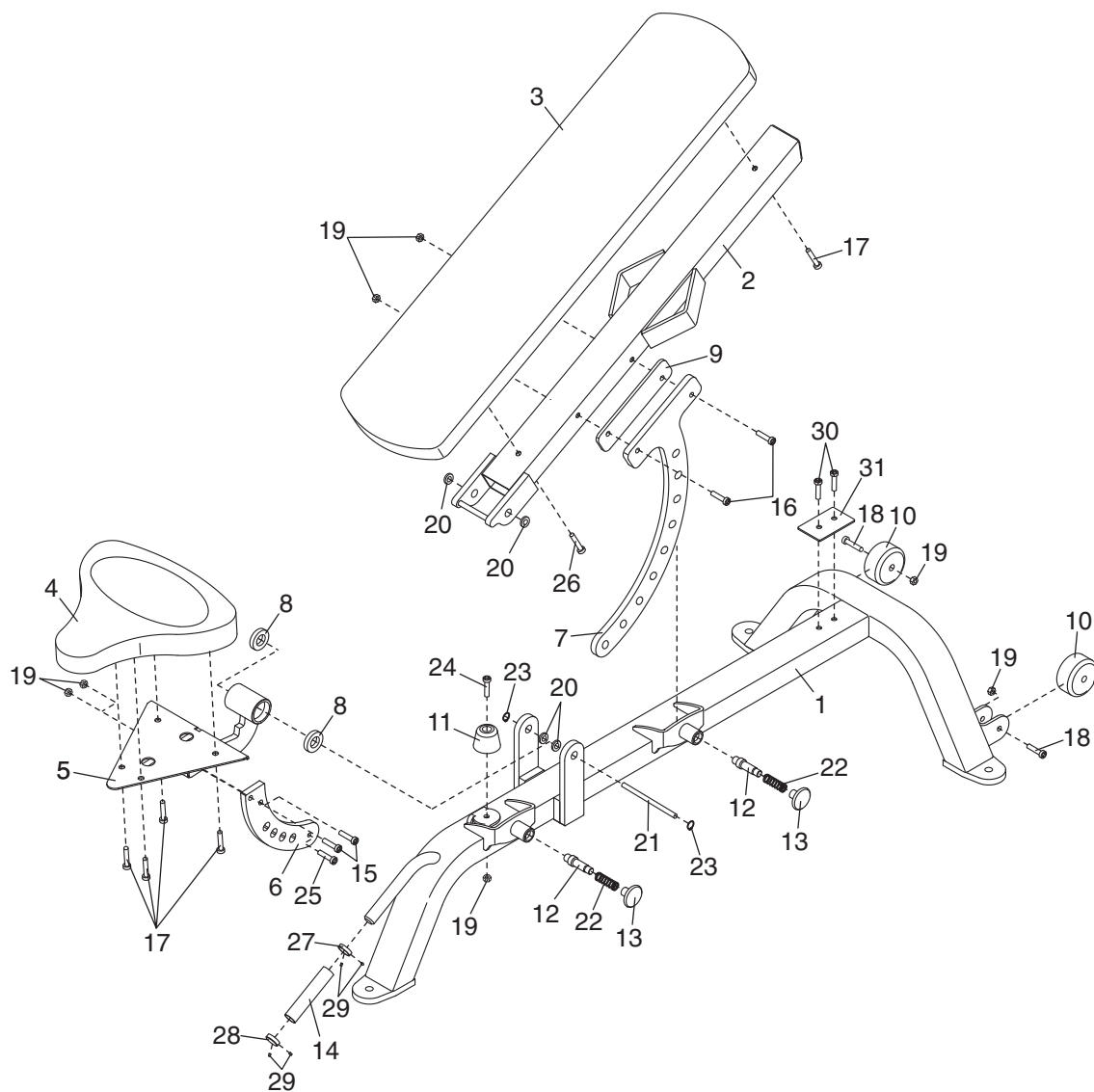
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	17	5	3/8" x 1" Non-patch Bolt
2	1	Backrest Frame	18	2	3/8" x 2 3/4" Bolt
3	1	Backrest	19	7	3/8" Nylon Locknut
4	1	Seat	20	4	5/8" Nylon Washer
5	1	Seat Plate	21	1	5/8" Shaft
6	1	Small Adjustment Bracket	22	2	Spring
7	1	Large Adjustment Bracket	23	2	5/8" Retainer Ring
8	2	Bearing	24	1	3/8" x 4" Bolt
9	1	Bracket Plate	25	1	3/8" x 1/2" Bolt
10	2	Wheel	26	1	3/8" x 3" Non-patch bolt
11	1	Bumper	27	1	Collar
12	2	Adjustment Pin	28	1	Endcap
13	2	Adjustment Knob	29	4	Set Screw
14	1	Rubber Grip	30	2	#8 Self-tapping Screw
15	2	3/8" x 3" Bolt	31	1	Flat Bumper
16	2	3/8" x 4 1/4" Bolt	*	—	Owner's Manual

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

EXPLODED DRAWING—Model No. GZFW2031.4

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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 provide the following information:

- the MODEL NUMBER of the product (GZFW2031.4)
- the NAME of the product (FREEMOTION EPIC ADJUSTABLE 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 6 and 7).

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

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