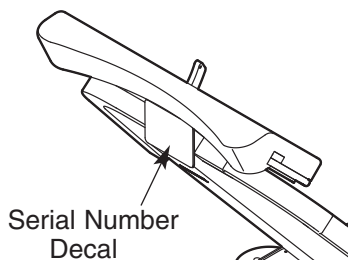


Model No. GZFW2054.3

Serial No. _____

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



QUESTIONS?

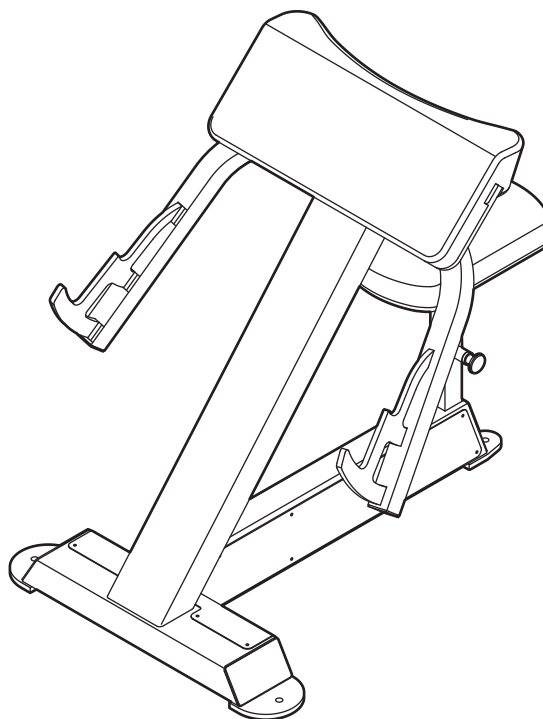
At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.

CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Preacher Curl



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 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 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.
4. 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.
5. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
6. 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.
7. 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.
8. Make sure that all parts are properly tightened before each use of the strength equipment. Replace any worn parts immediately.
9. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
10. The strength equipment is designed to support a maximum user weight of 350 lbs. (160 kg) and a maximum total weight of 550 lbs. (250 kg). Do not use the strength equipment with more than 200 lbs. (90 kg) of weight, including a barbell. Note: The strength equipment does not include a barbell or weights.
11. Keep children under age 12 and pets away from the strength equipment at all times.
12. Always wear athletic shoes for foot protection while using the strength equipment.
13. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

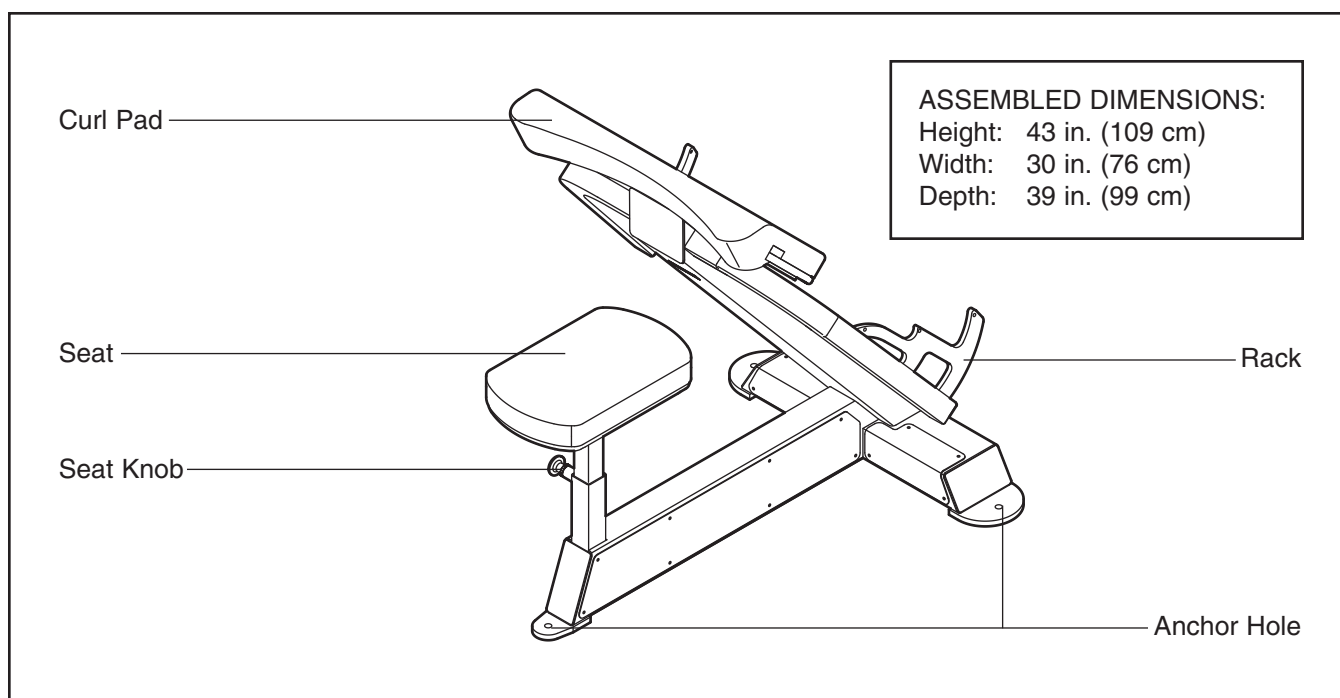
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION EPIC™ PREACHER CURL 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 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.

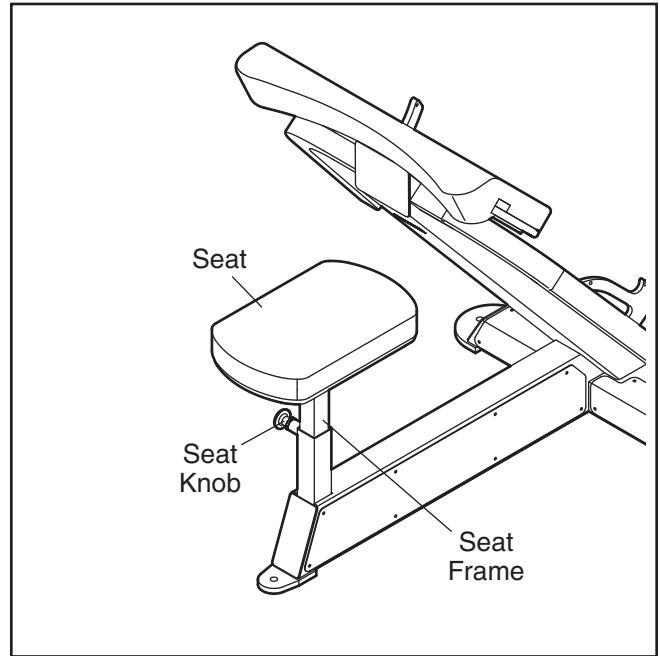


ADJUSTMENT

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

ADJUSTING THE SEAT

To change the height of the seat, pull the seat knob, raise or lower the seat, and then engage the seat knob into the seat frame.



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. For 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. Then, dry the area 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. Then, dry the area 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. Then, dry the area 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 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.

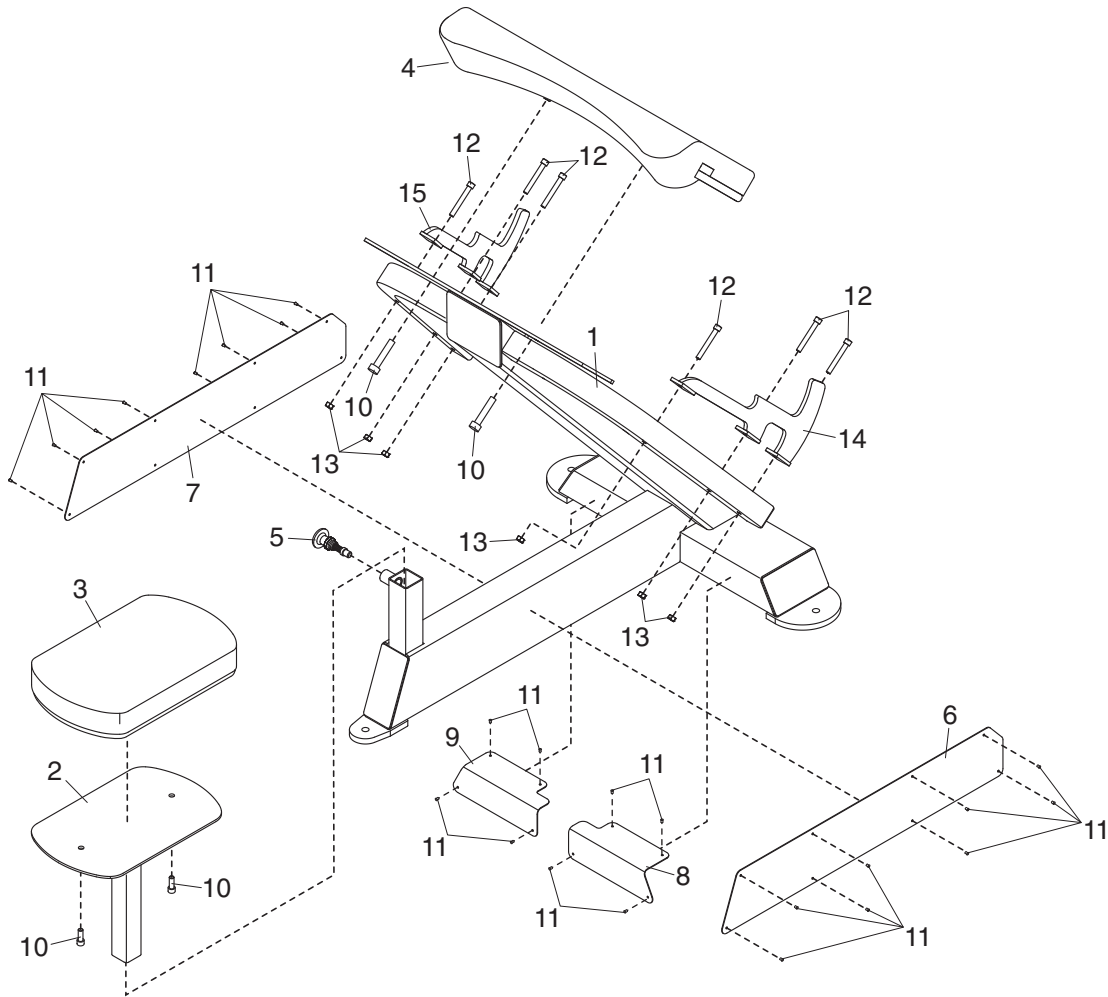
PART LIST—Model No. GZFW2054.3

R0607A

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	9	1	Left Foot Plate
2	1	Seat Frame	10	4	3/8" x 1" Non-patch Screw
3	1	Seat	11	24	1/8" x 3/16" Rivet
4	1	Curl Pad	12	6	3/8" x 2 3/4" Bolt
5	1	Seat Knob	13	6	3/8" Jamnut
6	1	Right Side Plate	14	1	Right Rack
7	1	Left Side Plate	15	1	Left Rack
8	1	Right Foot Plate	*	—	Owner's Manual

Note: Specifications are subject to change without notice. *These parts are not illustrated.



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 (GZFW2054.3)
- The NAME of the product (FREEMOTION EPIC PREACHER CURL 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 Drive, Suite 600 • Colorado Springs, CO 80907

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