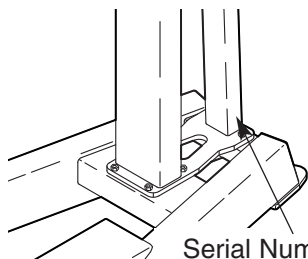


Model No. GZFW2071.1

Serial No. _____

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



Serial Number Decal

QUESTIONS?

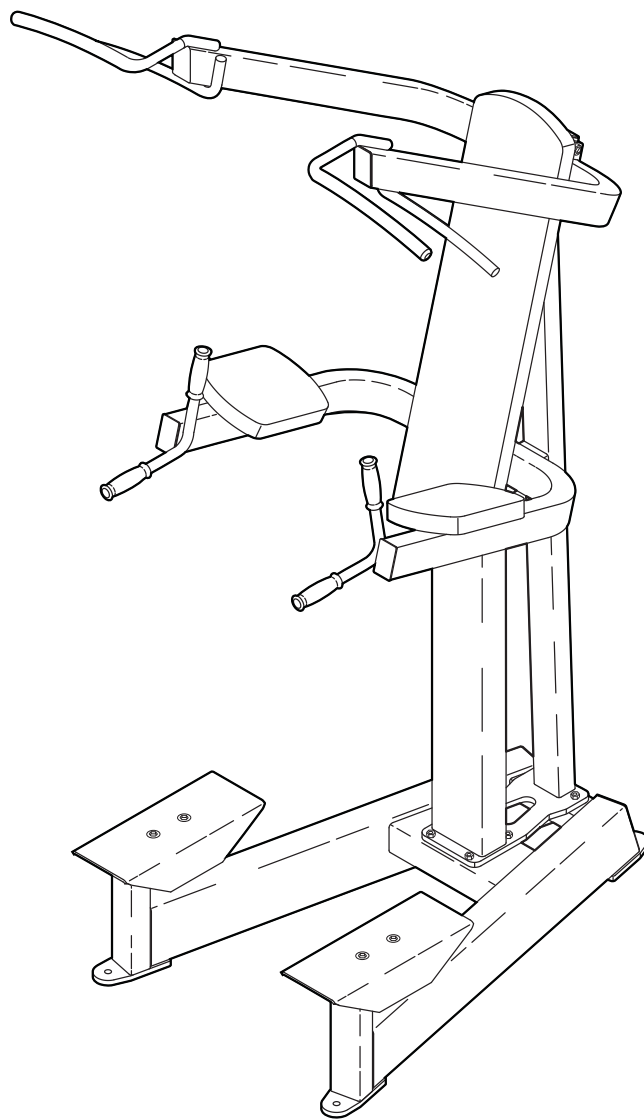
At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.

CAUTION

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

EPIC *STRENGTH™* **Dip Chin Ab**

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 the following important precautions before using the exercise station.

1. Read all instructions in this manual before using the exercise station. Use the exercise station only as described in this manual.
2. It is the purchaser's responsibility to ensure that there is enough space around the exercise station for the intended exercise. Do not crowd the exercise station.
3. Using the four 9/16" anchor holes to provide maximum stability, anchor the exercise station to the floor where required or whenever possible.
4. It is the responsibility of the owner to ensure that all users of the exercise station are adequately informed of all precautions.
5. All users of the exercise station should be instructed to report any injury or exercise station irregularity to facility staff immediately.
6. Make sure all parts are properly tightened before each use of the exercise station. Replace any worn parts immediately.
7. Use the exercise station only on a level surface. Cover the floor beneath the exercise station to protect the floor.
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 exercise station when it is in use.
10. Keep children under 12 and pets away from the exercise station at all times.
11. The exercise station is designed to support a maximum user weight of 350 pounds. Do not use the exercise station with weights.
12. Keep the exercise station indoors, away from moisture and dust. Do not put the exercise station in a garage or covered patio, or near water.
13. 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.

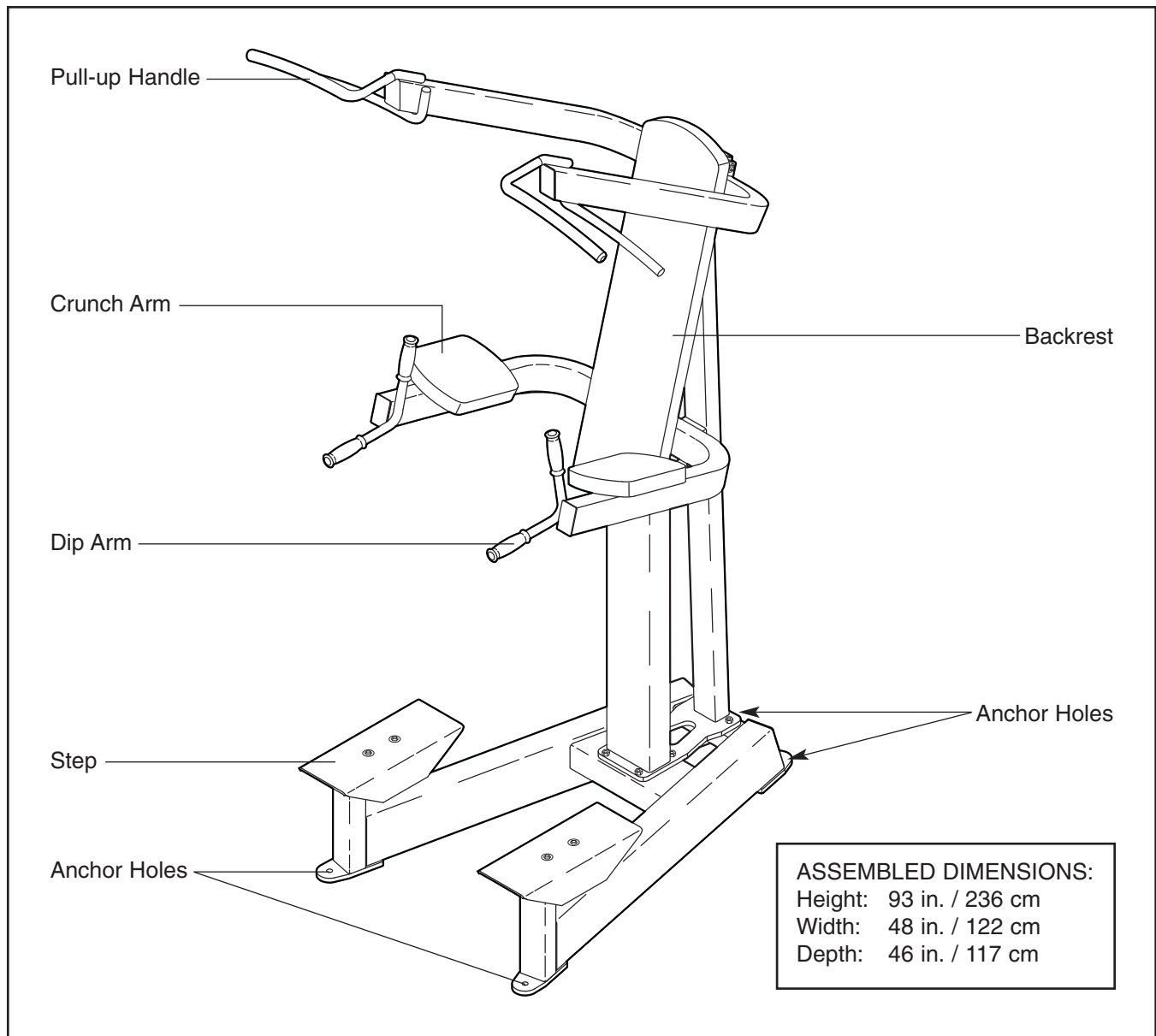
BEFORE YOU BEGIN

Thank you for selecting the EPIC STRENGTH™ DIP CHIN AB exercise station. The exercise station 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 exercise station will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the exercise station. 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 GZFW2071.1. The serial number can be found on a decal attached to the exercise station (see the front cover of this manual).

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



MAINTENANCE

It is important for safe and trouble-free operation of your EPIC STRENGTH strength equipment to perform routine preventative maintenance on a regular basis. Make sure that all parts are properly tightened each time the exercise station is used. Replace any worn parts immediately. The exercise station can be cleaned with a damp cloth and a mild, non-abrasive soap. Do not use solvents.

Note: Instruct all personnel to perform equipment inspection and maintenance requirements. Personnel must record and report any accident. For any questions or concerns, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Use only original EPIC STRENGTH parts for repair or replacement to maintain your exercise station's warranty.

FreeMotion Fitness recommends the following procedures:

SCHEDULED MAINTENANCE

DAILY

1. Upholstery—General cleaning:

- Wipe using a cloth dampened with a solution of warm water and a mild soap.
- If necessary, use a soft bristle brush with the cleaning solution.
- Always remove the cleaning solution using a cloth dampened with clean water. Rinse often.

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 cloth dampened with clean water.
- Repeat if necessary using a soft bristle brush.

Optional method for difficult stains:

- Rub the area gently using a cloth dampened with rubbing alcohol.
- Rinse thoroughly using a cloth dampened with clean water to remove alcohol residue.

CAUTION: When using any cleaning product, try it first in an inconspicuous place to ensure there is no damage to the material. Follow directions and adhere to safety precautions of each manufacturer of cleaning agent used. FreeMotion Fitness and its vendors cannot be held liable for damage or injuries resulting from the use or misuse of cleaning products.

3. Frames:

- Wipe with a cloth dampened with a solution of warm water and a mild soap.
- Rinse and dry thoroughly.

Important: Do not use abrasive cleaners because they may scratch the equipment. Strong cleansers and abrasives will damage decals. Use caution around decals. Do not use solvents such as lacquer thinner, kerosene, gasoline, or similar liquids.

WEEKLY

1. Hardware:

- Check all nuts and bolts. Tighten them as required.

MONTHLY OR AS REQUIRED

1. Grips:

- Check and replace as needed.

CUSHION ATTACHMENT

Important: All EPIC STRENGTH cushions are fabricated using dense plywood with tee-nuts installed for bolting to the machine framework. Because these tee-nuts are held by the plywood, they will not withstand the torque that standard nuts and bolts will. Therefore, when tightening the cushion bolts, 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.

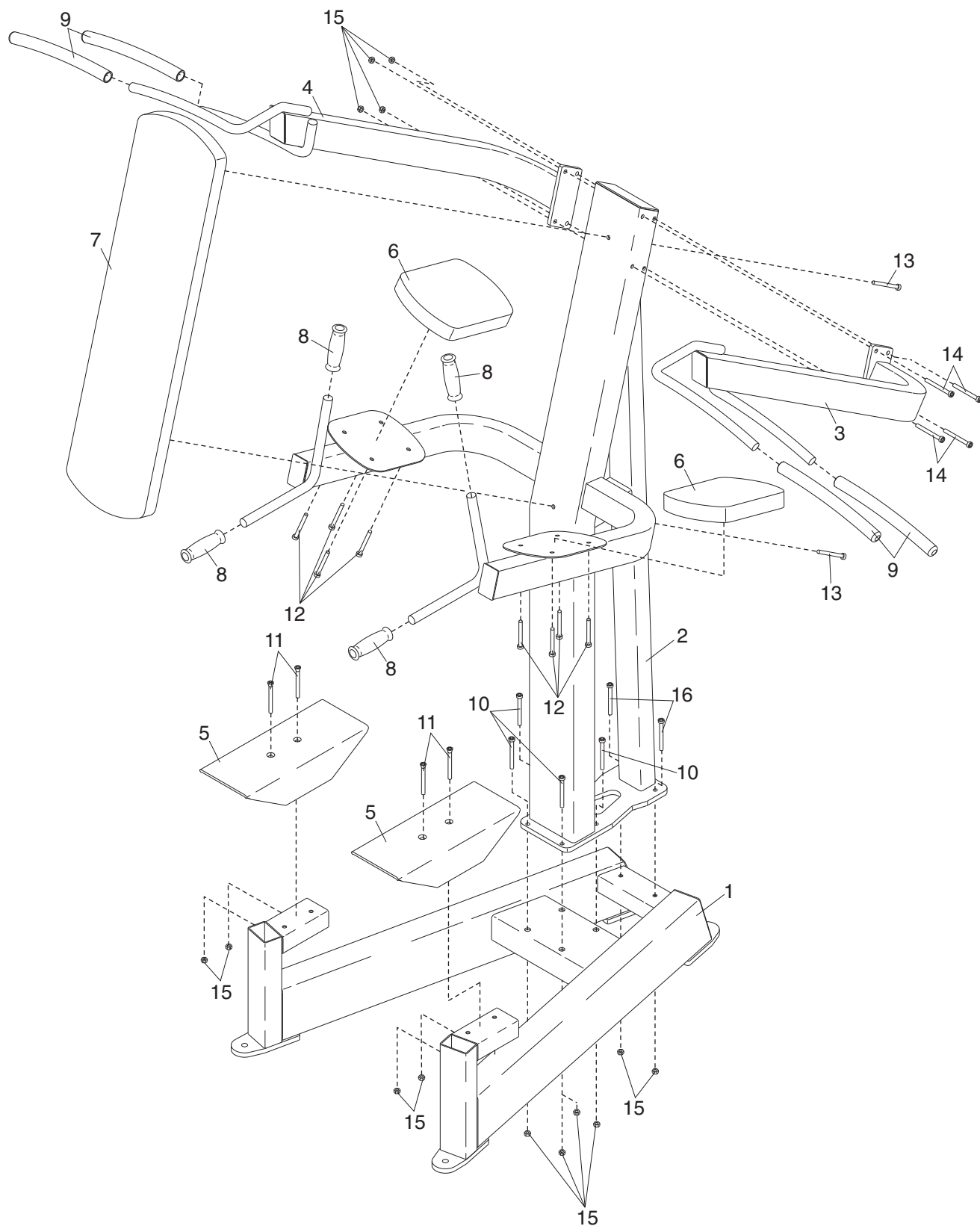
PART LIST—Model No. GZFW2071.1

R0505A

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	Base	10	4	3/8" x 4" Bolt
2	1	Upright	11	4	3/8" x 1 1/4" Flat Head Bolt
3	1	Right Arm	12	8	3/8" x 1" Non-patch Bolt
4	1	Left Arm	13	2	3/8" x 4" Non-patch Bolt
5	2	Foot Rest	14	4	3/8" x 7 1/4" Bolt
6	2	Arm Pad	15	14	3/8" Nylon Locknut
7	1	Backrest	16	2	3/8" x 3" Bolt
8	4	Small Rubber Handgrip	#	1	Owner's Manual
9	4	Large Handgrip			

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



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 (GZFW2071.1).
- The NAME of the product (EPIC STRENGTH DIP CHIN AB 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 6 and 7 of this manual).

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