

FREEMOTION[®] E P I C[™]

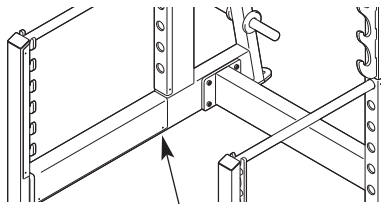
Squat Rack

OWNER'S MANUAL

Model No. GZFW2121.3

Serial No. _____

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



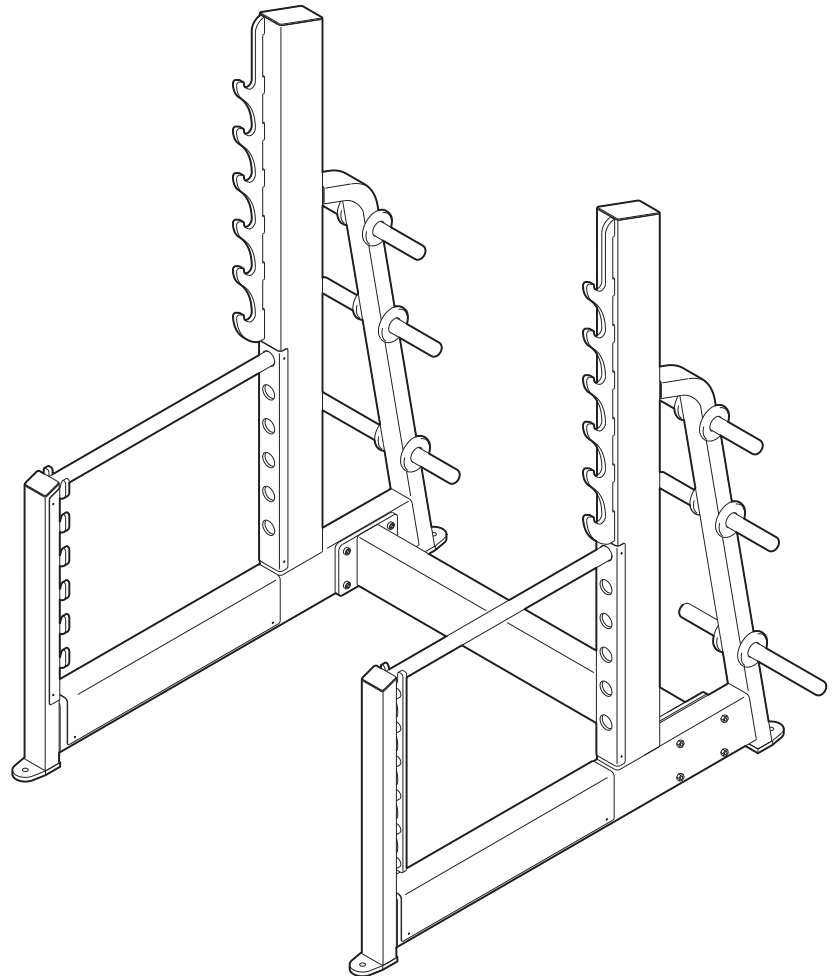
Serial Number Decal

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.



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 three 9/16" anchor holes to provide maximum stability, the strength equipment must be anchored to the floor where required or whenever possible.
4. It is the responsibility of the owner to ensure that all users of the strength equipment are adequately informed of all precautions.
5. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
6. Make sure all parts are properly tightened before each use of the strength equipment. Replace any worn parts immediately.
7. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment 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 strength equipment when it is in use.
10. Keep children under age 12 and pets away from the strength equipment at all times.
11. 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).
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.

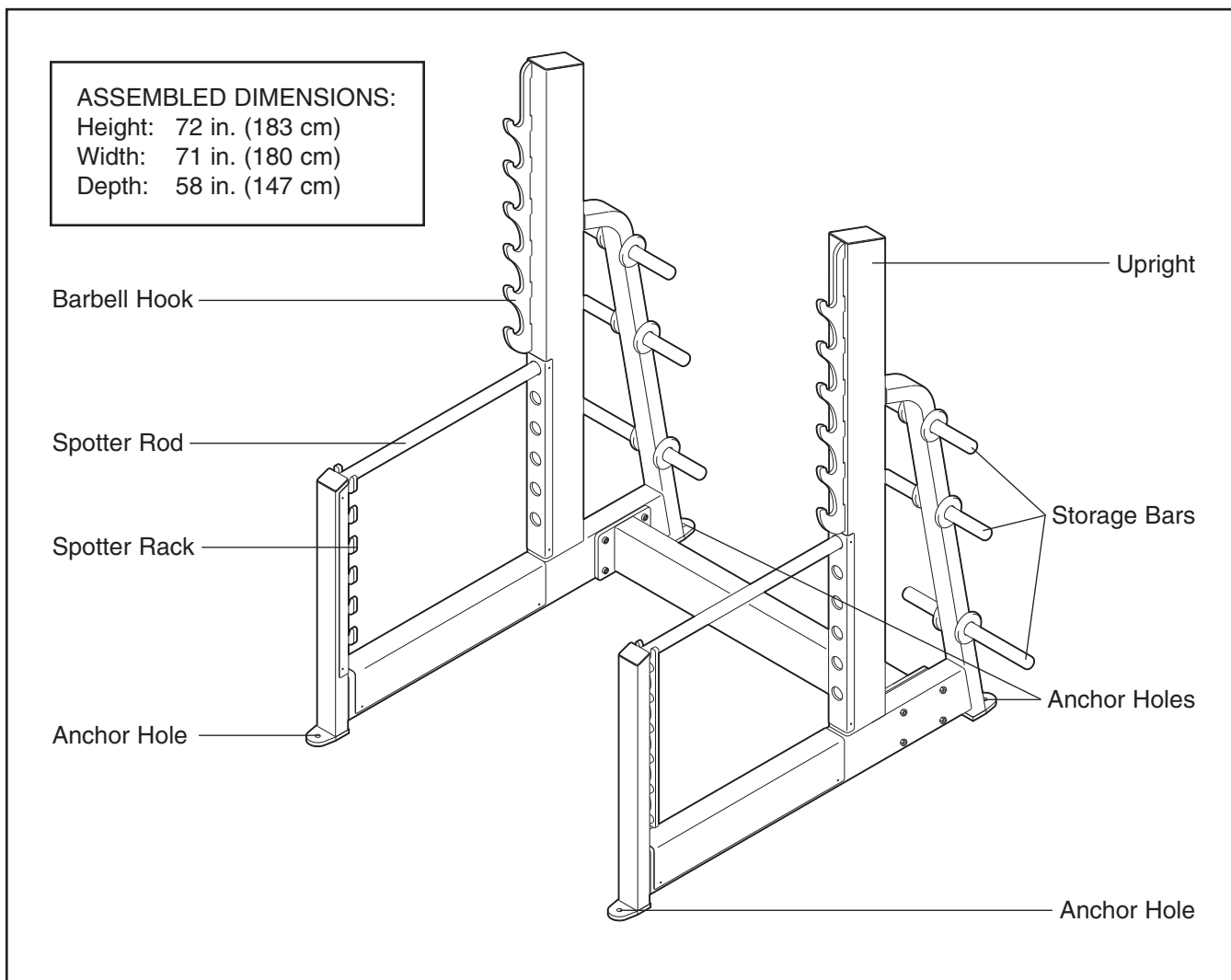
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® EPIC™ SQUAT RACK strength equipment. The strength equipment is designed to help develop the major muscle groups of the 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, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is GZFW2121.3. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

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

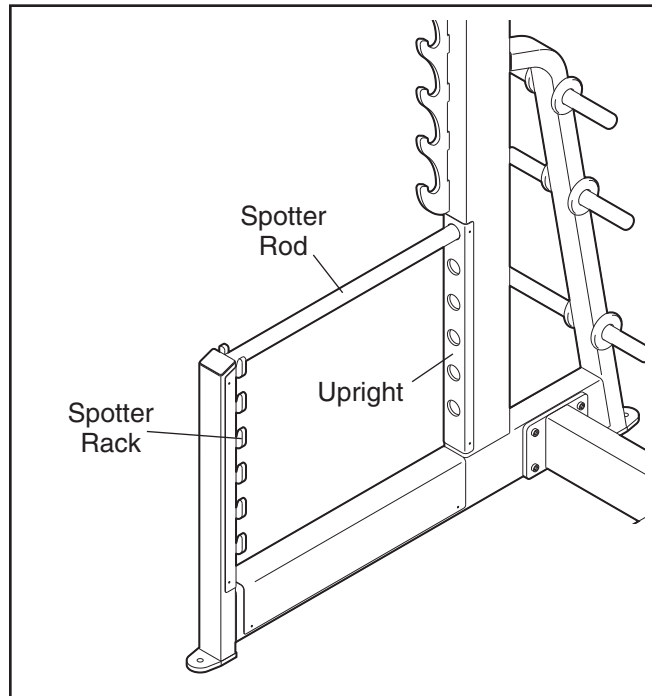


ADJUSTMENT

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

ADJUSTING THE SPOTTER RODS

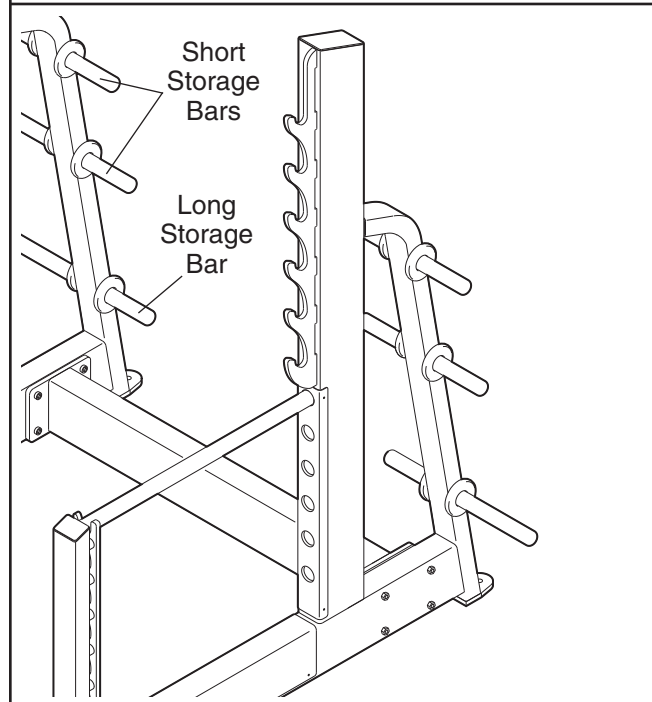
To adjust the height of the spotter rod, slide one end into the desired hole in the upright and rest the other end in the corresponding slot in the spotter rack



STORING WEIGHTS

Store unused weights on the storage bars.

⚠ WARNING: Each short storage bar can hold up to 150 pounds (68 kg). Each long 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 the 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

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.

Stainless Steel Covers

1. 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. Dry thoroughly.
2. If desired, or to remove corrosion, use available commercial stainless steel polishing compounds. Follow manufacturers' instructions.

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. Tighten them as required.

Weight Bars

Make sure that the bolts are tight and the bars are secure.

PART LIST—Model No. GZFW2121.3

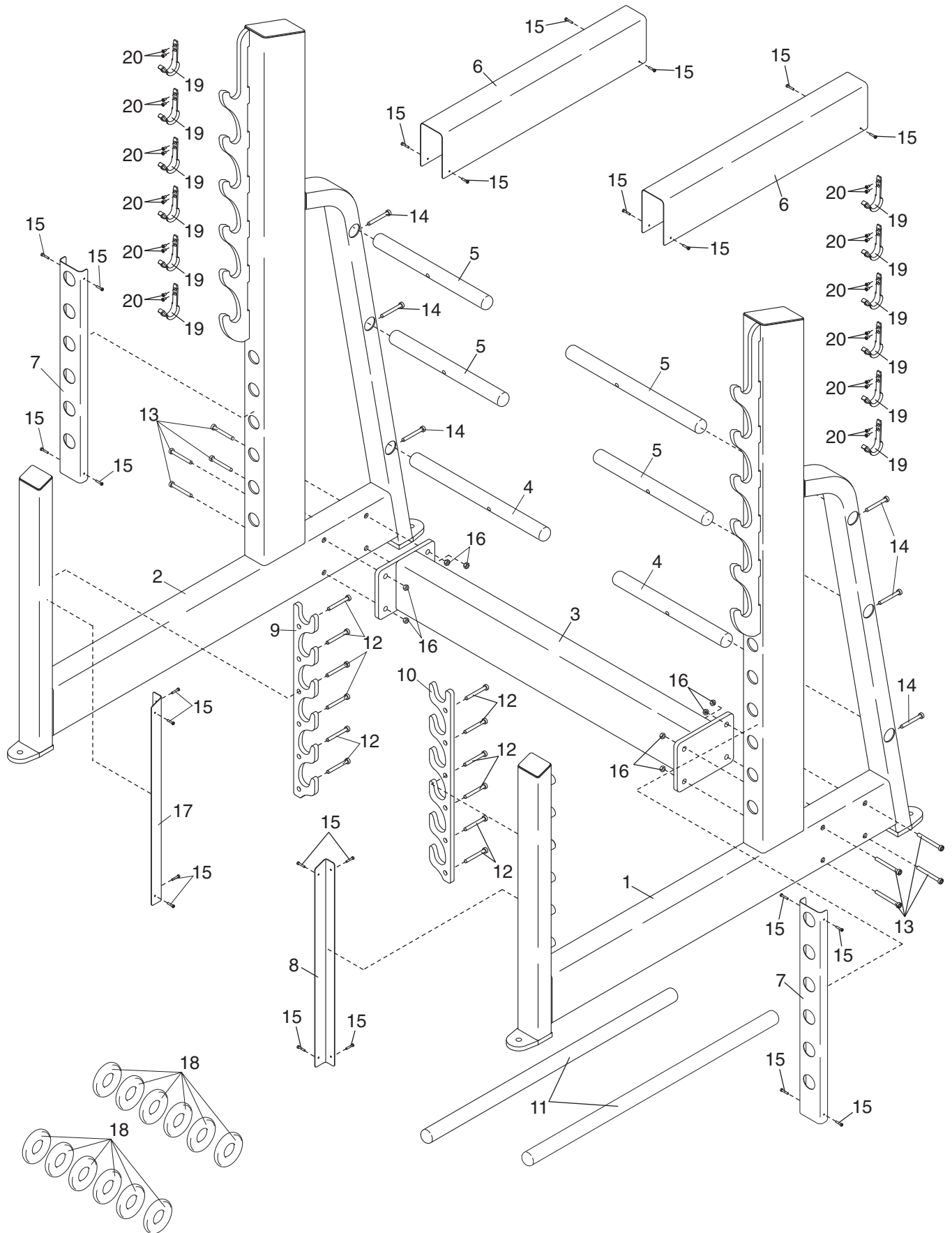
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Base	12	12	1/2" x 1" Flat Head Bolt
2	1	Right Base	13	8	1/2" x 4 1/2" Bolt
3	1	Center Base	14	6	1/2" x 1" Bolt
4	2	Long Storage Bar	15	24	Rivet
5	4	Short Storage Bar	16	8	1/2" Nylon Locknut
6	2	Base Cover	17	1	Right Leg Cover
7	2	Upright Cover	18	12	Bumper Ring
8	1	Left Leg Cover	19	12	Wear Cover
9	1	Right Spotter Rack	20	24	Wear Cover Screw
10	1	Left Spotter Rack	#	-	Owner's Manual
11	2	Spotter Bar			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the owner's manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. GZFW2121.3

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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 (GZFW2121.3)
- the NAME of the product (FREEMOTION EPIC SQUAT RACK 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**