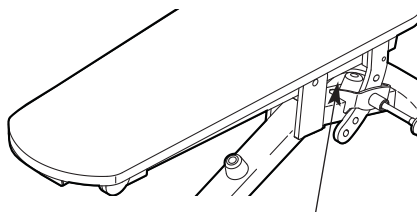


Model No. GZFW21310

Serial No. _____

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



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

1-800-201-2109

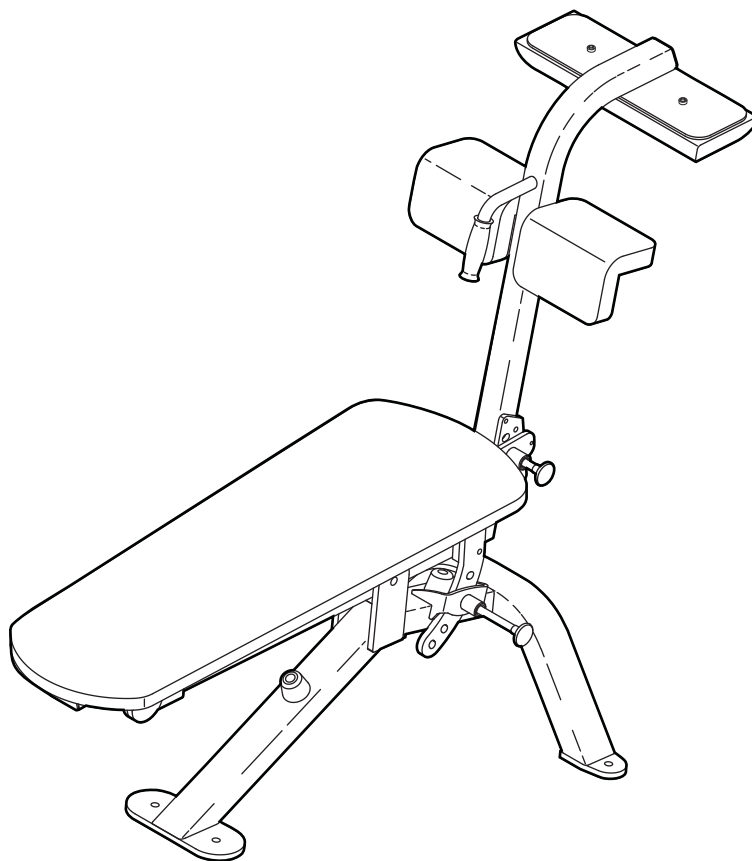
Mon.–Fri., 8 a.m.–5 p.m. MST

⚠ CAUTION

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

EPIC *STRENGTH™* **Ab Bench**

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 strength bench.

1. Read all instructions in this manual before using the strength bench. Use the strength bench only as described in this manual.
2. It is the purchaser's responsibility to ensure that there is enough space around the strength bench for the intended exercise. Do not crowd the strength bench.
3. Using the four 9/16" anchor holes to provide maximum stability, the strength bench 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 bench are adequately informed of all precautions.
5. All users of the strength bench should be instructed to report any injury or strength bench irregularity to facility staff immediately.
6. Use the strength bench only on a level surface. Cover the floor beneath the strength bench to protect the floor.
7. Always wear athletic shoes for foot protection while exercising.
8. Make sure all parts are properly tightened before each use of the strength bench. Replace any worn parts immediately.
9. Keep hands and feet away from moving parts. Do not lean on or rest your hands on the strength bench when it is in use.
10. Keep children under 12 and pets away from the strength bench at all times.
11. The strength bench is designed to support a maximum user weight of 350 pounds. Do not use the bench with weights.
12. Sit on the end of the backrest next to the handle only; sitting on the other end will cause the bench to tip. Only use the strength bench with your legs under the ankle lock.
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.

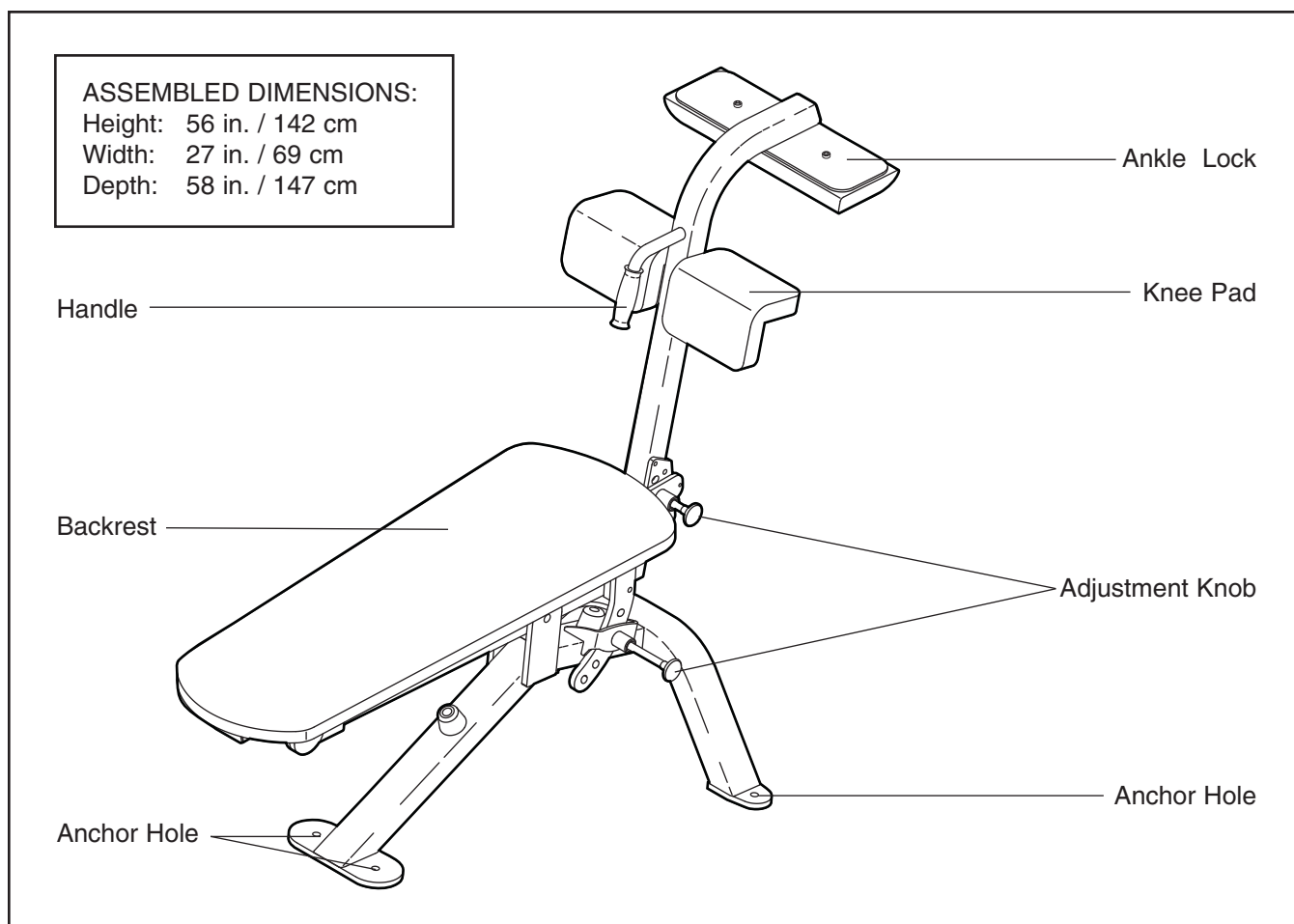
BEFORE YOU BEGIN

Thank you for selecting the EPIC STRENGTH™ AB BENCH strength bench. The strength bench is designed to help develop the major muscle groups of the body core. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the strength bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the strength bench. If you have additional questions, please call our Customer Service

Department toll-free at 1-800-201-2109, Monday through Friday, 8 a.m. until 5 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is GZFW21310. The serial number can be found on a decal attached to the strength bench (see the front cover of this manual).

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



ADJUSTMENTS

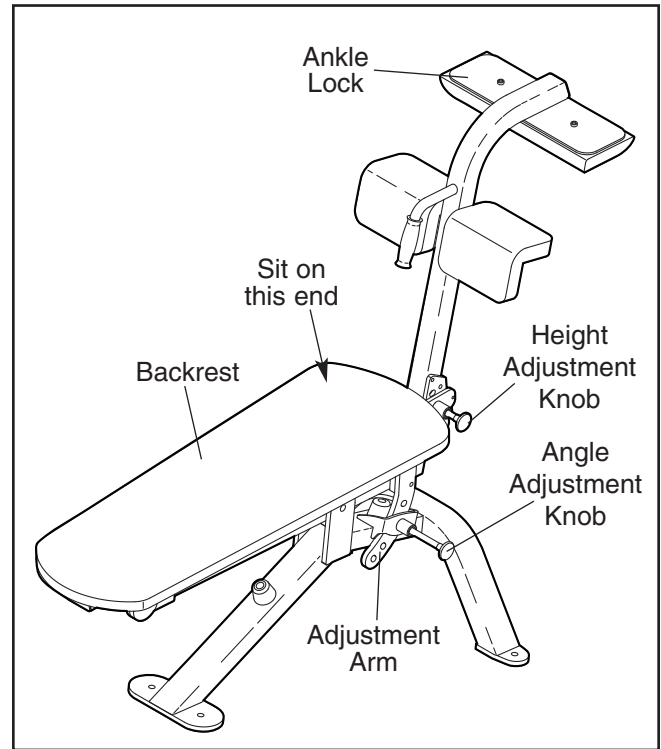
This section explains how to adjust the strength bench for exercising. Make sure all parts are properly tightened each time the strength bench is used. Replace any worn parts immediately.

ADJUSTING THE BACKREST

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

Adjust the height of the backrest in the same manner, using the height adjustment knob.

⚠ WARNING: Sit on the indicated end of the backrest only; sitting on the other end will cause the bench to tip. Only use the strength bench with your legs under the ankle lock.



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 strength bench is used. Replace any worn parts immediately. The strength bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

Note: Instruct all personnel to perform equipment inspection and maintenance requirements. Personnel must record and report any accident. Contact FreeMotion Fitness Customer Service at 1-800-201-2109 with any questions or concerns.

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

FreeMotion Fitness recommends the following procedures:

SCHEDULED MAINTENANCE

DAILY

1. Upholstery—General cleaning:

- Wipe using a soft cloth dampened with a light solution of household dish detergent and warm water.
- 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 clean, water-dampened cloth.
- Repeat if necessary using a soft bristle brush.

Optional method for difficult stains:

- Rub the area gently using a soft cloth dampened with rubbing alcohol.
- Rinse thoroughly using a water-dampened cloth 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 light solution of mild soap and warm water. 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.

2. Shock Tension:

- Shock should prevent the bench from dropping rapidly when adjusted. Replace as needed.

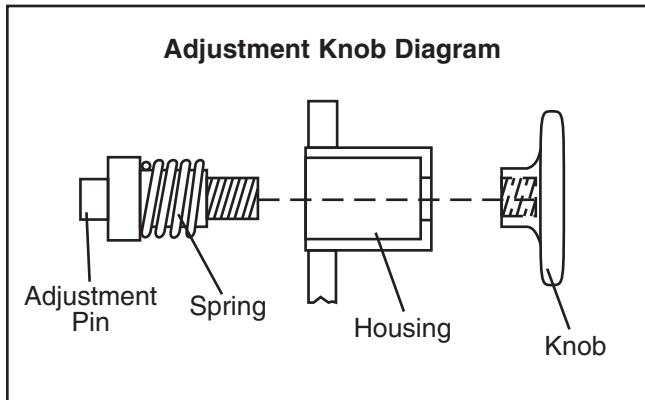
MONTHLY OR AS REQUIRED

1. Grips:

- Check and replace as 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, refer to ORDERING REPLACEMENT PARTS on the back cover of this manual.



CUSHION ATTACHMENT

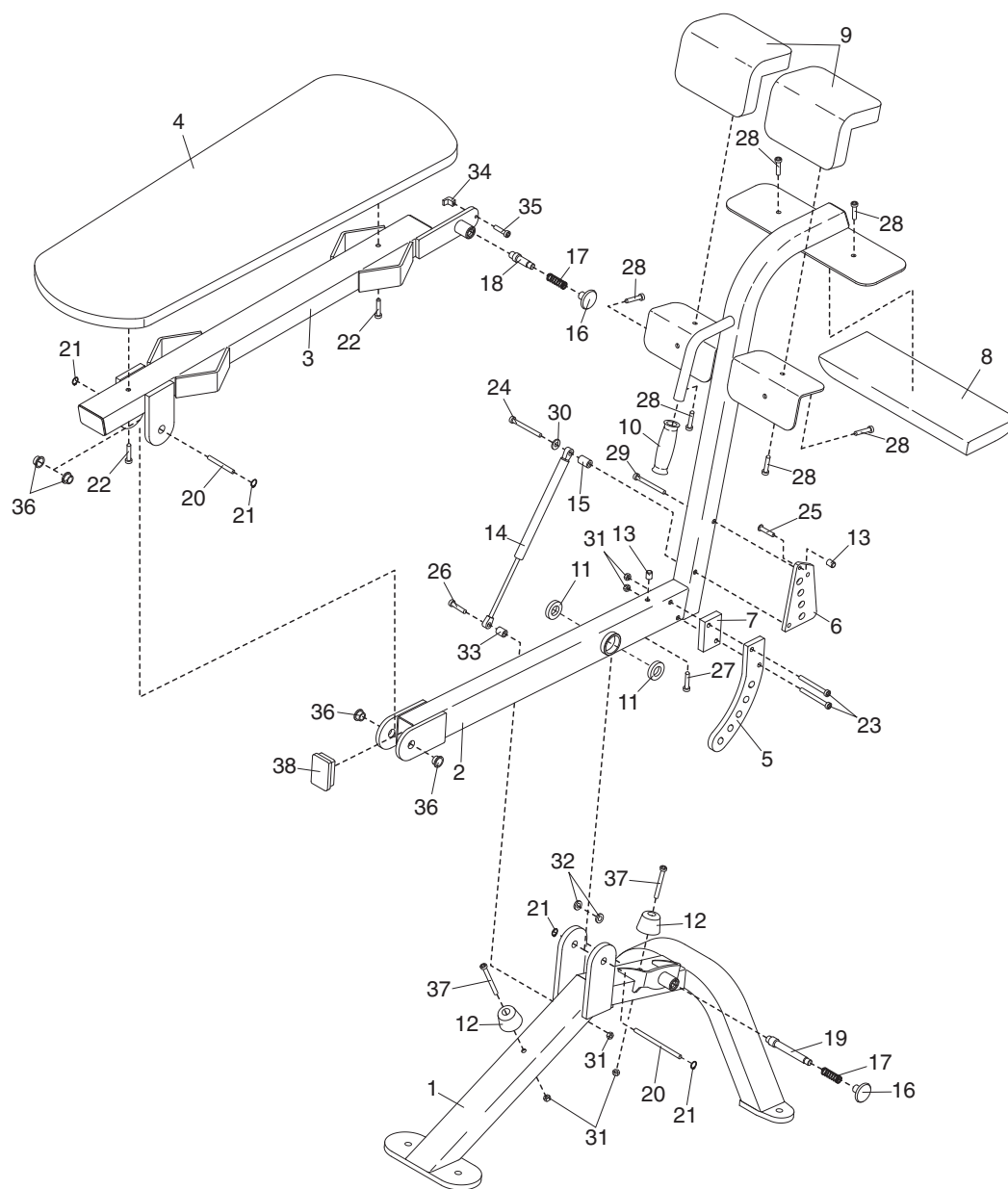
Important: All EPIC STRENGTH™ cushions are fabricated using dense plywood with tee-nuts installed for bolting to the machine framework. Because these tee-nuts are held by the plywood, they will not withstand the torque that standard nuts and bolts will. Therefore, when tightening the cushion bolts, turn 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. GZFW21310

R0204A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	21	4	5/8" Retainer Ring
2	1	Frame	22	2	3/8" x 3" Non-patch Bolt
3	1	Seat Frame	23	2	3/8" x 3 3/4" Bolt
4	1	Seat	24	1	3/8" x 4" Bolt
5	1	Large Adjustment Bracket	25	1	5/16" x 5/8" Set Screw
6	1	Small Adjustment Bracket	26	1	3/8" x 2" Bolt
7	1	Bracket Spacer	27	1	5/16" x 3/8" Bolt
8	1	Large Pad	28	6	3/8" x 1" Non-patch Bolt
9	2	Small Pad	29	1	3/8" x 2 1/4" Bolt
10	1	Rubber Grip	30	1	3/8" Washer
11	2	Bearing	31	5	3/8" Nylon Locknut
12	2	Large Bumper	32	2	5/8" Nylon Washer
13	2	Small Bumper	33	1	Bottom Shock Spacer
14	1	Shock	34	1	Guide
15	1	Top Shock Spacer	35	1	1/4" x 3/4" Screw
16	2	Adjustment Pin Handle	36	4	5/8" Bushing
17	2	Spring	37	2	3/8" x 3" Bolt
18	1	Small Adjustment Pin	38	1	Inner Cap
19	1	Large Adjustment Pin	#	1	Owner's Manual
20	2	5/8" Shaft			

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.



WARRANTY TERMS AND CONDITIONS

Limited Warranty on Commercial Equipment

FreeMotion Fitness, Inc. warrants that all new equipment will be free of manufacturing defects in workmanship and materials, becoming effective at the date of original installation. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. Labor must be performed at a FreeMotion Fitness commercial service facility or by a FreeMotion Fitness authorized commercial service provider.

Terms and Conditions of Coverage

1. Warranty applies only while:
 - (A) it remains in the possession of the original purchaser and proof of purchase is demonstrated,
 - (B) it has not been subject to accident, misuse, abuse, improper service, or modification, and
 - (C) claims are made within the warranty period.
2. All coverage is provided by specific Product according to the guidelines listed below.
3. If the Product or any covered part must be returned to a service facility for repairs, We, FreeMotion Fitness, Inc., will pay all transportation and insurance charges for the first year. We must approve transportation and insurance previous to shipping. You are responsible for transportation and insurance charges during the remaining years.
4. We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.
5. This warranty does not cover damage or equipment failure caused by failure to provide reasonable and necessary maintenance as outlined in the owner's manual. Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any destruction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without written authorization, or by failure on your part to use, operate, and maintain the Product as set in your owner's manual will void this warranty. **All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii, and Canada) and are then subject to the terms provided by that country's local authorized FreeMotion Fitness representative.**
6. During the labor period, FreeMotion Fitness, Inc. compensates Servicers for warranty trips within their normal service area to repair Product at the consumer's location. You may be charged a trip charge outside the service area.
7. FreeMotion Fitness, Inc. Limited Warranty service may be obtained by contacting Customer Care at 1-800-201-2109.
8. Product limited warranty is void when Product is installed in a country other than where sold.

Limited warranty does not apply to:

1. Repairs performed on Product with missing, altered, or defaced serial numbers.
2. Service calls to correct installation of the Product or instruct owners on how to use the Product.
3. Repair pick-up, delivery, or freight charges other than specified above.
4. Any labor costs incurred beyond the applicable labor warranty period.

Limited Warranty

Parts are warranted to be free from defects in materials and workmanship for the duration of the warranty period as described below. Labor is warranted for one year except for upholstery and grips.

- 10 years: Structural frame
- 3 years: Bearings, guide rods, pulleys, cams, weight stacks
- 1 year: Cables
- 120 days: Upholstery, grips, selector pins, knobs, decals

Your Responsibility

Retain proof of purchase; use, operate, and maintain the Product as specified in the Owner's Manual; notify Customer Care of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement, or, if necessary, the entire Product for repair.

Owner's Manual

It is very important that you read the Manual before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

Receipt of Parts and Service

Simply call Customer Care toll-free at 1-800-201-2109, Monday through Friday from 8 a.m. to 5 p.m. Mountain Time, and give your name, address, and the serial number of your Product. A representative will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service.

Before Shipping:

1. Obtain a Return Authorization Number (RA#) from Customer Care.
2. Securely pack your Product.
3. Write the RA# on the outside of the carton.
4. Insure the Product.
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

Exclusive Warranty

FreeMotion Fitness, Inc. is not responsible or liable for indirect, special, or consequential damages arising out of, or in connection with, the use or performance of the Product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation, or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

Unauthorized Changes to Warranty

No one is authorized to change, modify, or extend the terms of this limited warranty.

State Laws

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-201-2109, Monday through Friday, 8 a.m. until 5 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (GZFW21310)
- The NAME of the product (EPIC STRENGTH™ AB BENCH strength bench)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on pages 8 and 9 of this manual)