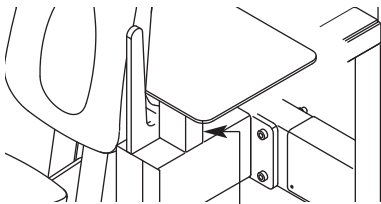


Model No. GZFW2164.0

Serial No. _____

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



Serial Number Decal (under spotter platform)

QUESTIONS?

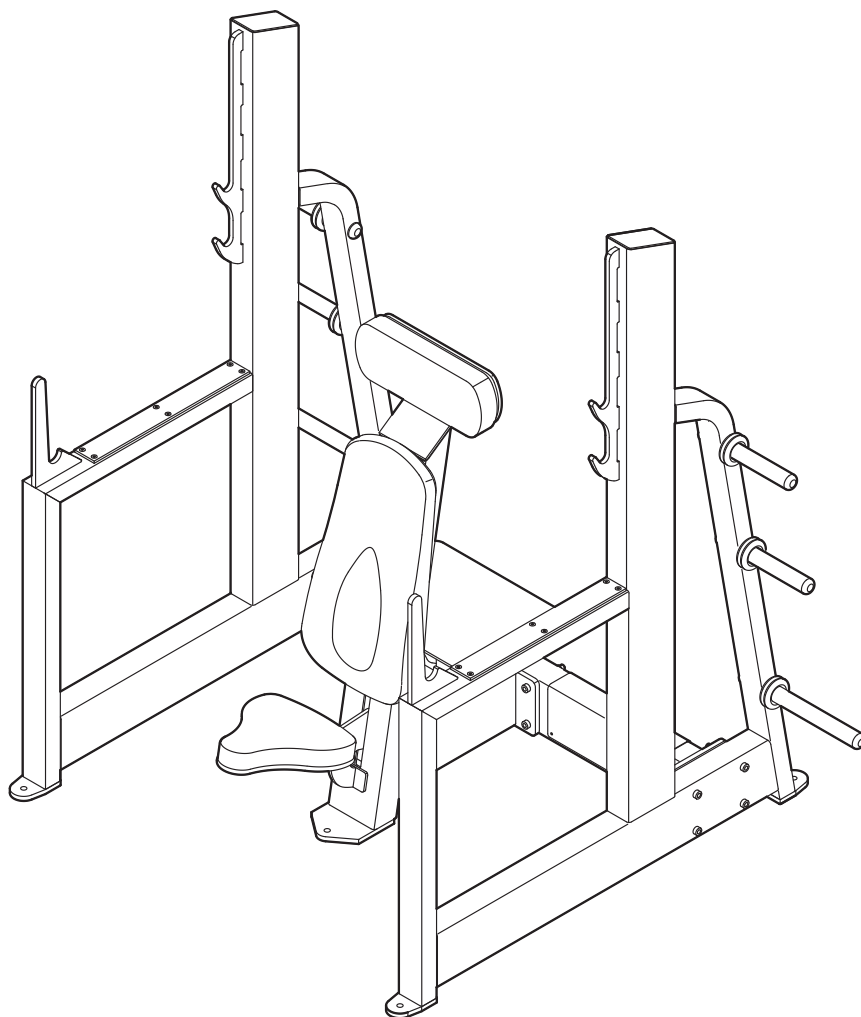
At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.

⚠ CAUTION

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

EPIC *STRENGTH™* **Military Press**

OWNER'S MANUAL



Visit our website at

www.freemotionfitness.com

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	3
ADJUSTMENTS	4
MAINTENANCE	5
PART LIST	6
EXPLODED DRAWING	7
HOW TO CONTACT CUSTOMER CARE	Back Cover

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 owner'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 five 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, have read and understood all warning and caution labels, and are informed of how to use the strength bench properly.
5. All users of the strength bench should be instructed to report any injury or strength bench irregularity to facility staff immediately.
6. Make sure all parts are properly tightened before each use of the strength bench. Replace any worn parts immediately.
7. Keep children under 12 and pets away from the strength bench at all times.
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 bench when it is in use.
10. Use the strength bench only on a level surface. Cover the floor beneath the strength bench to protect the floor.
11. The strength bench is designed to support a maximum user weight of 350 pounds, and a maximum total weight of 850 pounds. Do not use the bench with more than 500 pounds of weight, including a barbell. Note: The strength bench does not include a barbell or weights.
12. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
13. Keep the strength bench indoors, away from moisture and dust. Do not put the strength bench in a garage or covered patio, or near water.
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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

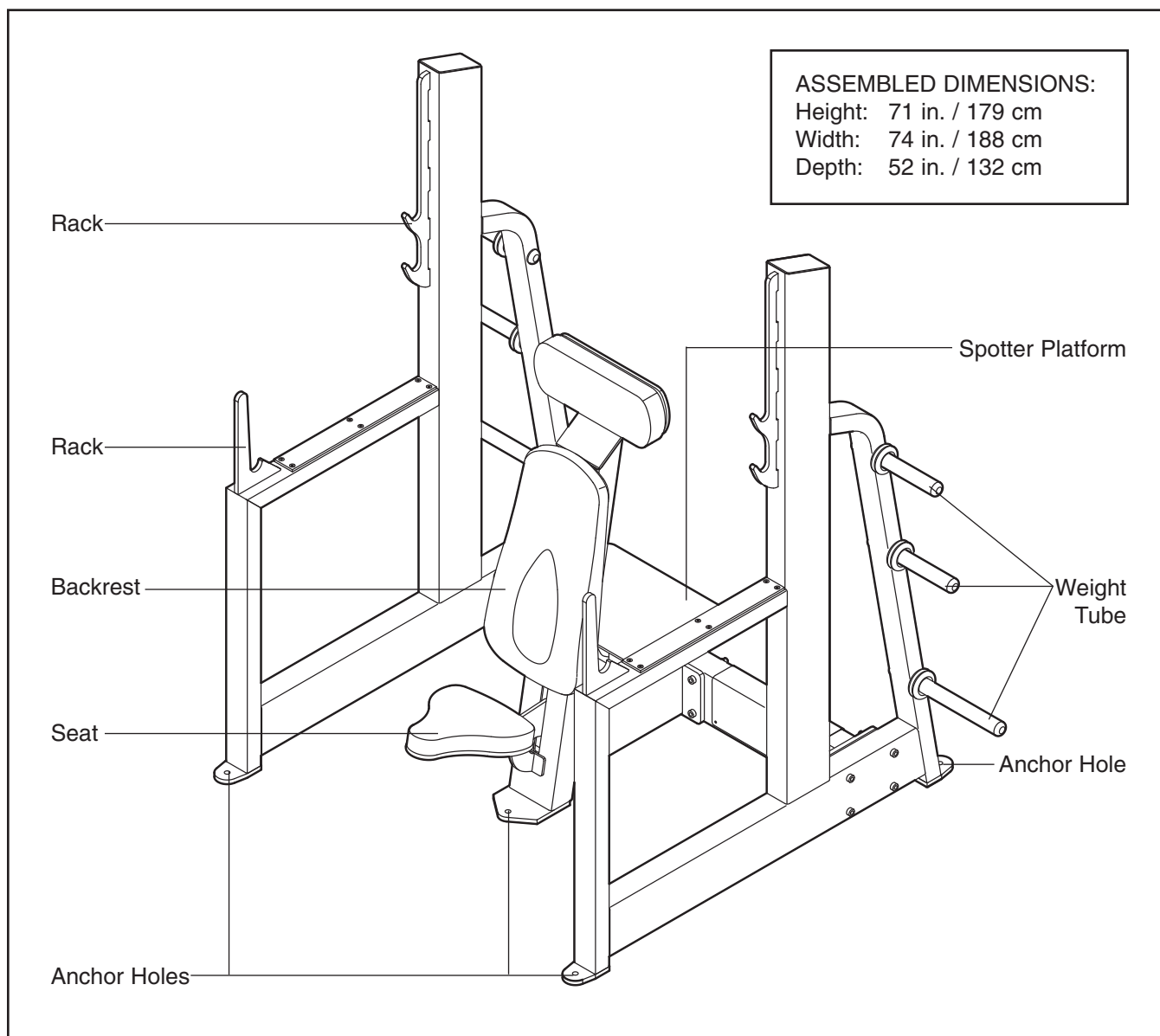
BEFORE YOU BEGIN

Thank you for selecting the EPIC STRENGTH™ MILITARY PRESS strength bench. The strength bench 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 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 questions after reading this manual, see HOW TO CONTACT CUS-

TOMER 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 GZFW2164.0. 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.



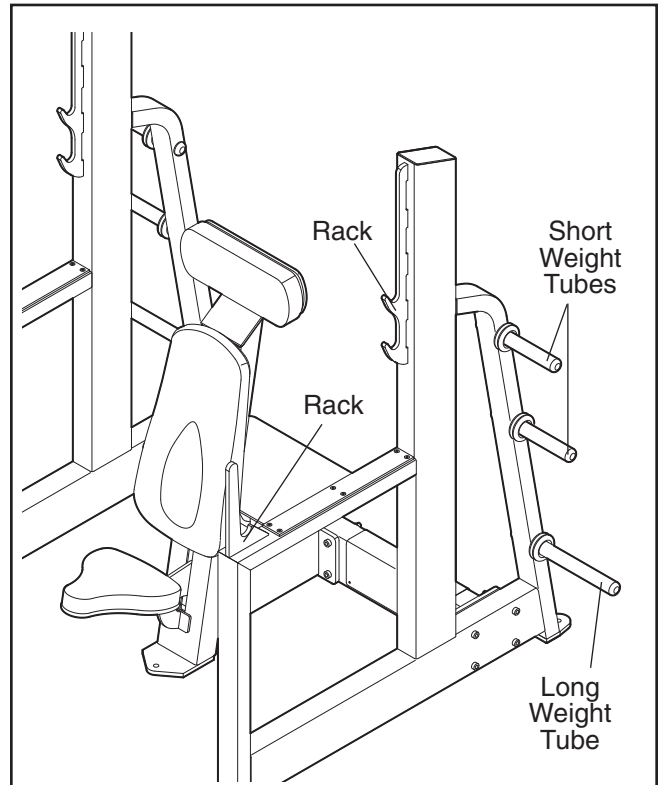
ADJUSTMENTS

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.

STORING WEIGHTS

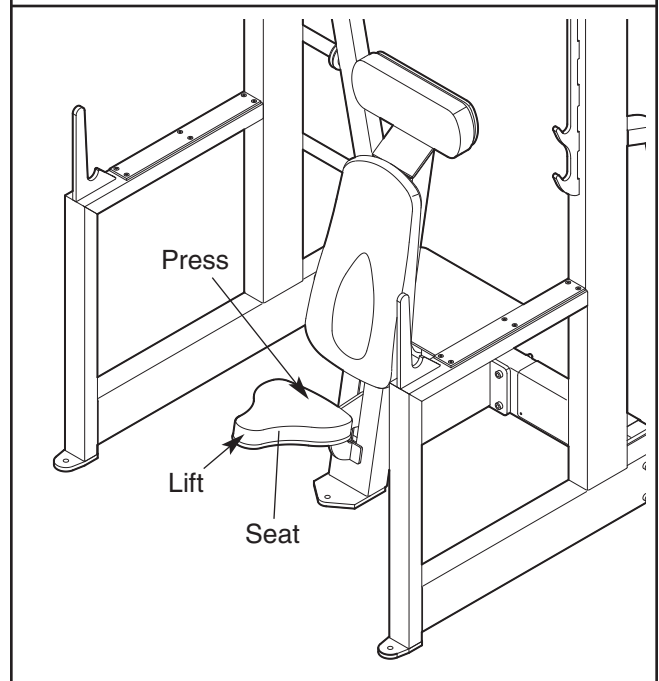
Store unused weights on the weight tubes.

⚠ WARNING: Each short weight tube can hold up to 150 pounds. Each long weight tube can hold up to 150 pounds. Do not place more than a total of 600 pounds, including the barbell (not included), on the racks and storage tubes. Always place an equal amount of weight on each side of your barbell.



ADJUSTING THE SEAT

To raise the seat, lift on the end of the seat and move the seat to the desired position. To lower the seat, lift on the end of the seat and press down on the back of the seat until the seat is at the desired height.



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. 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 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 the manufacturer of each 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.

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. GZFW2164.0

R0205A

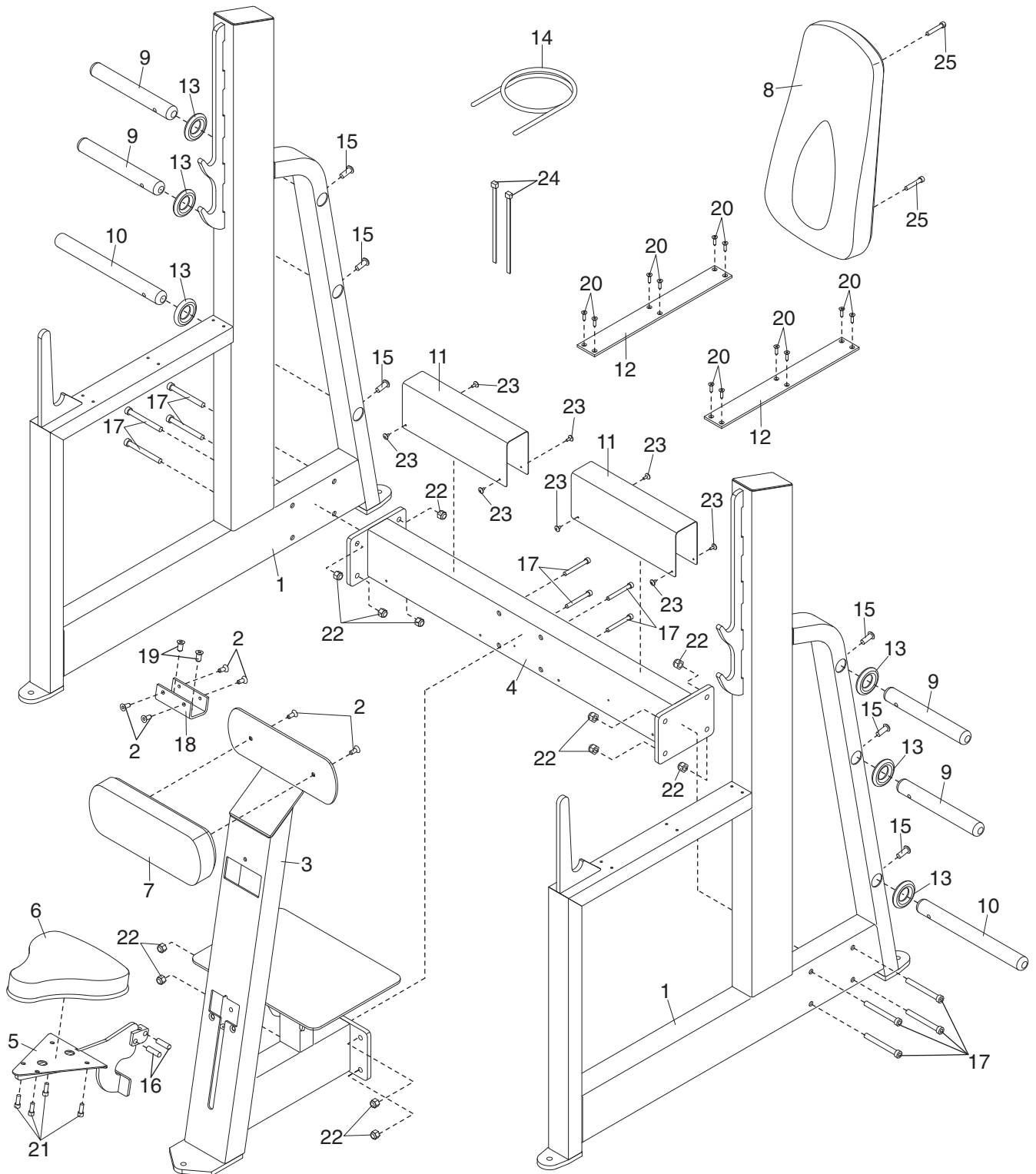
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Side Base	14	1	Bungee Cord
2	6	3/8" x 1" Flathead Screw	15	6	1/2" x 1 1/4" Bolt
3	1	Seat Back	16	2	1/2" Pin Dowel
4	1	Center Base	17	12	1/2" x 4 1/2" Bolt
5	1	Seat Frame	18	1	Seat Rail Cap
6	1	Seat	19	2	1/2" x 1" Flathead Screw
7	1	Head Pad	20	12	1/4" x 3/4" Flathead Screw
8	1	Backrest	21	4	3/8" x 1" Non-patch Bolt
9	4	Short Weight Tube	22	12	1/2" Nylon Locknut
10	2	Long Weight Tube	23	8	Rivet
11	2	Center Base Cover	24	2	Cable Tie
12	2	Plastic Guard	25	2	3/8" x 4" Non-patch Screw
13	6	Weight Bumper	#	1	Owner's Manual

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

EXPLODED DRAWING—Model No. GZFW2164.0

R0205A



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 (GZFW2164.0)
- The NAME of the product (EPIC STRENGTH MILITARY PRESS strength bench)
- 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 Drive, Suite 600 • Colorado Springs, CO 80907**