

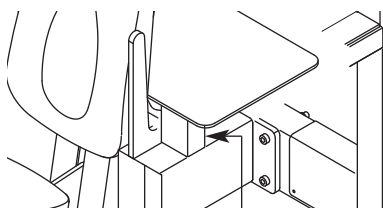
# FREEMOTION E P I C

## OWNER'S MANUAL

Model No. GZFW2164.1

Serial No. \_\_\_\_\_

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



Serial Number Decal  
(under spotter platform)

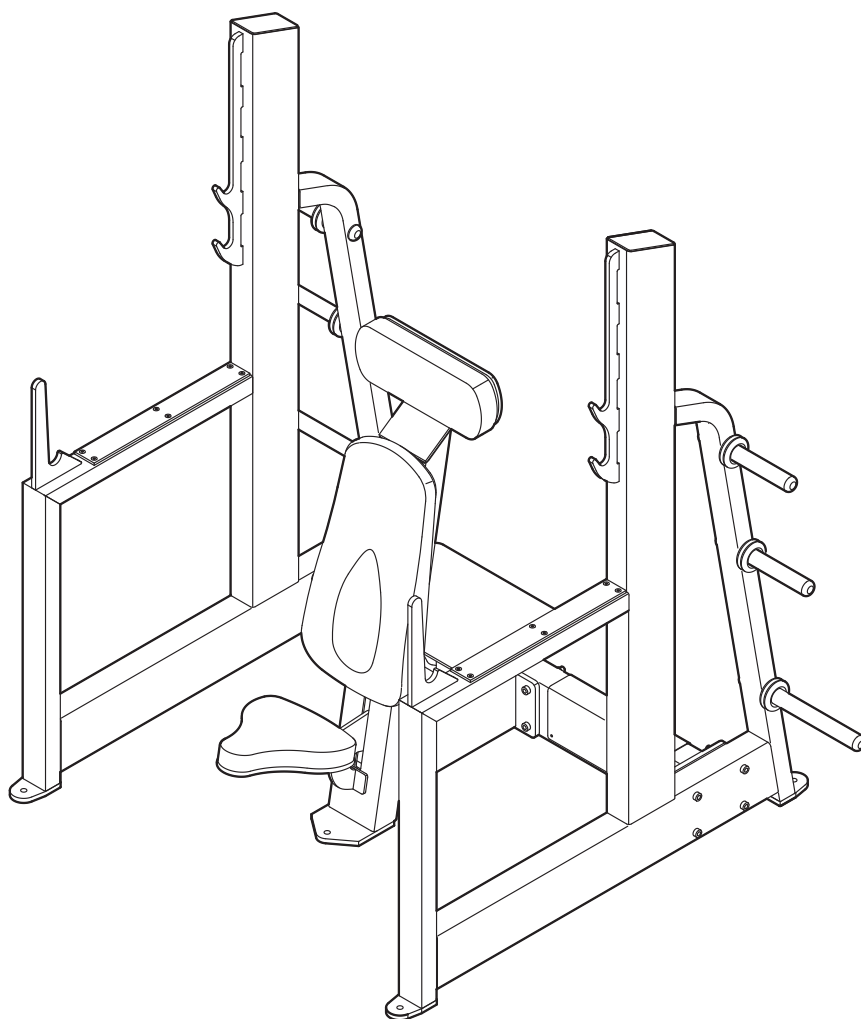
## QUESTIONS?

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.

## Military Press



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[www.freemotionfitness.com](http://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 owner'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 five 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, have read and understood all warning and caution labels, and are informed of how to use the strength equipment properly.
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. Keep children under 12 and pets away from the strength equipment 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 equipment when it is in use.
10. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
11. The strength equipment is designed to support a maximum user weight of 160 kg (350 lbs.), and a maximum total weight of 385 kg (850 lbs.). Do not use the equipment with more than 227 kg (500 lbs.) of weight, including a barbell. Note: The strength equipment 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 equipment indoors, away from moisture and dust. Do not put the strength equipment 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.

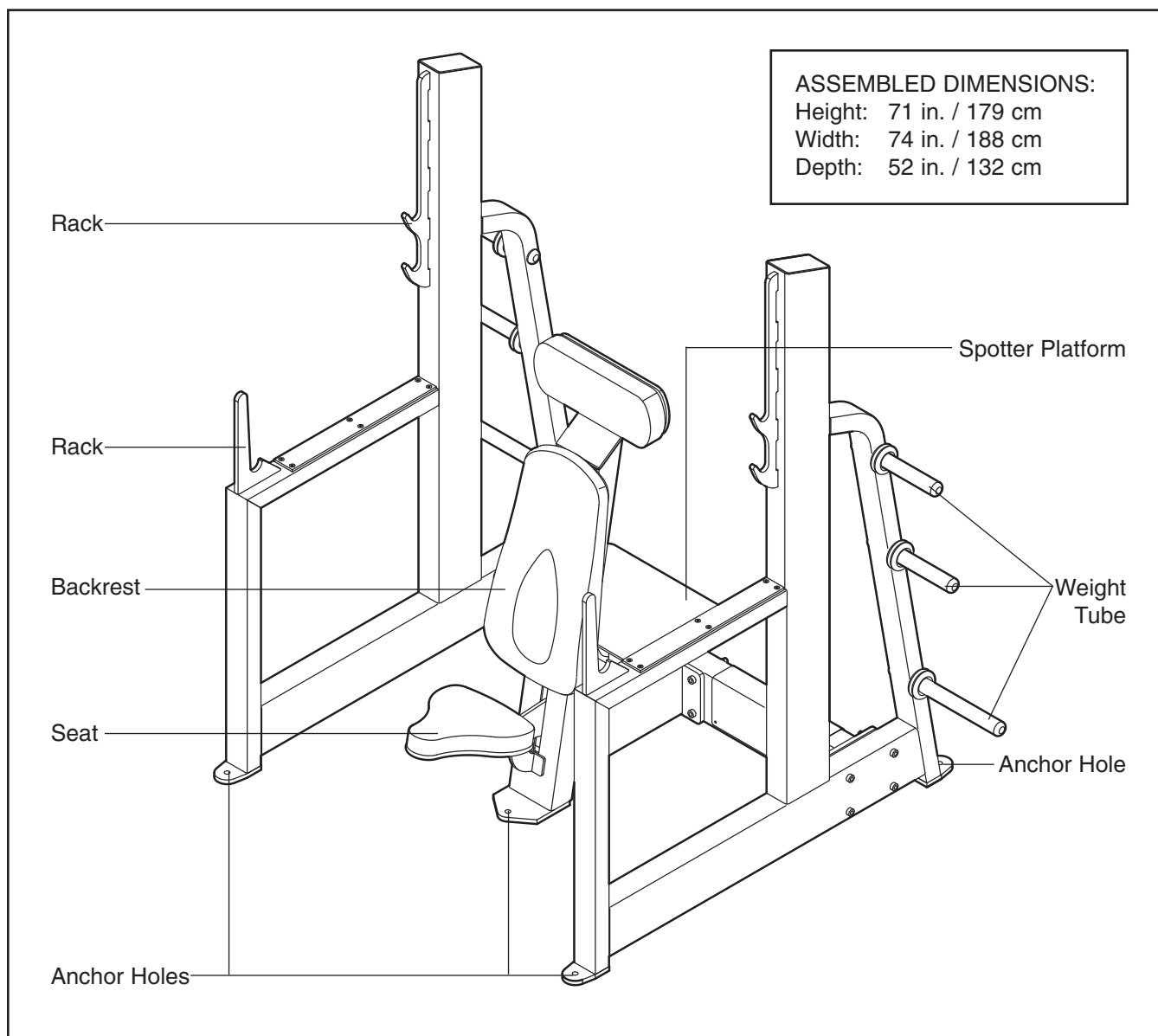
# BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION EPIC™ MILITARY PRESS 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 is GZFW2164.1. The serial number can be found on a decal attached to the strength equipment (see the front cover of this manual).

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



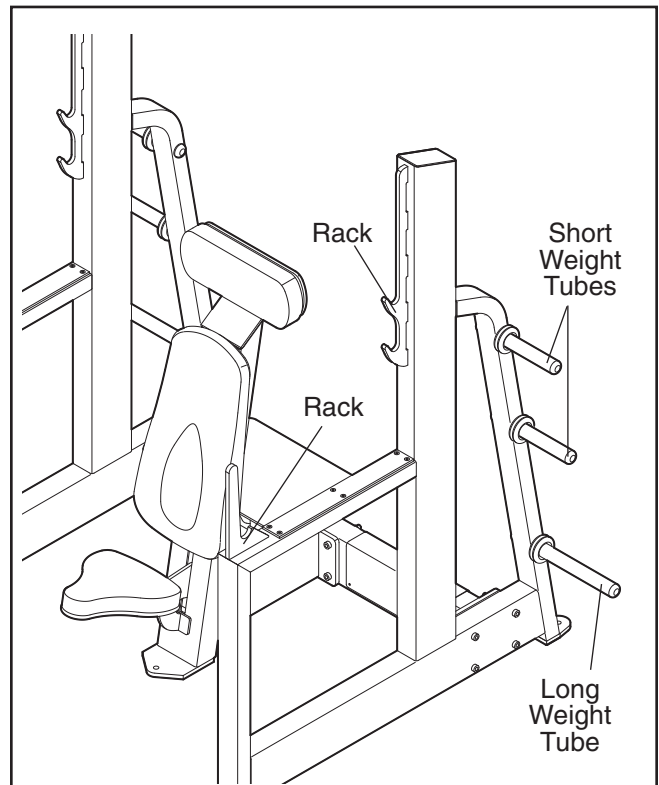
# ADJUSTMENTS

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

## STORING WEIGHTS

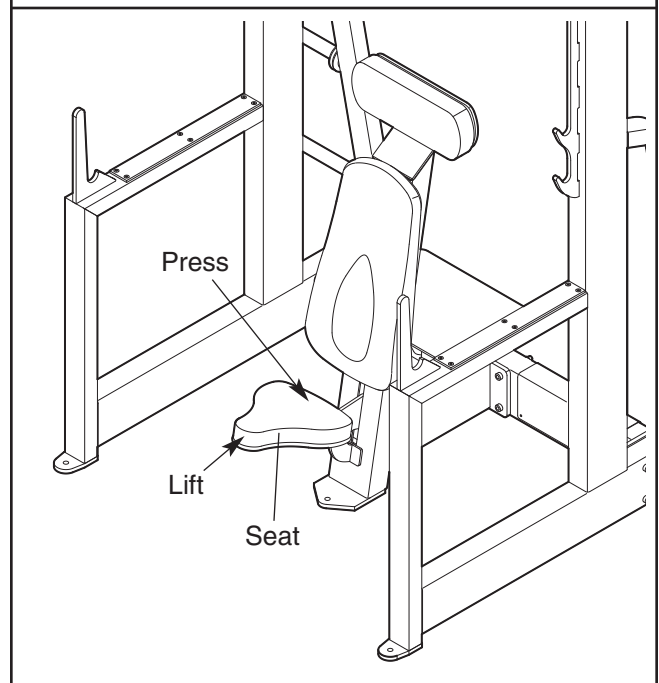
Store unused weights on the weight tubes.

**⚠ WARNING:** Each short weight tube can hold up to 68 kg (150 lbs.). Each long weight tube can hold up to 68 kg (150 lbs.). Do not place more than a total of 272 kg (600 lbs), 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.



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# 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.

## SCHEDULED MAINTENANCE

### DAILY

#### 1. Upholstery—General cleaning:

- Wipe 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.
- Rinse thoroughly using a soft cloth dampened with clean water. Dry thoroughly.

#### 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 soft cloth dampened with clean water. Dry thoroughly.
- 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 soft cloth dampened with clean water. Dry 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 adhere to 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.

#### 3. Frames:

- 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.

**Important:** Do not use abrasive cleaners because they may scratch the 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

#### 1. Hardware:

- Check all nuts and bolts. Tighten them as required. **Important:** All FREEMOTION EPIC 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.

#### 2. Grips:

- Check and replace as needed.

#### 3. Wheels:

- Wheels should roll easily. Tighten or replace as needed.

# PART LIST—Model No. GZFW2164.1

R00106A

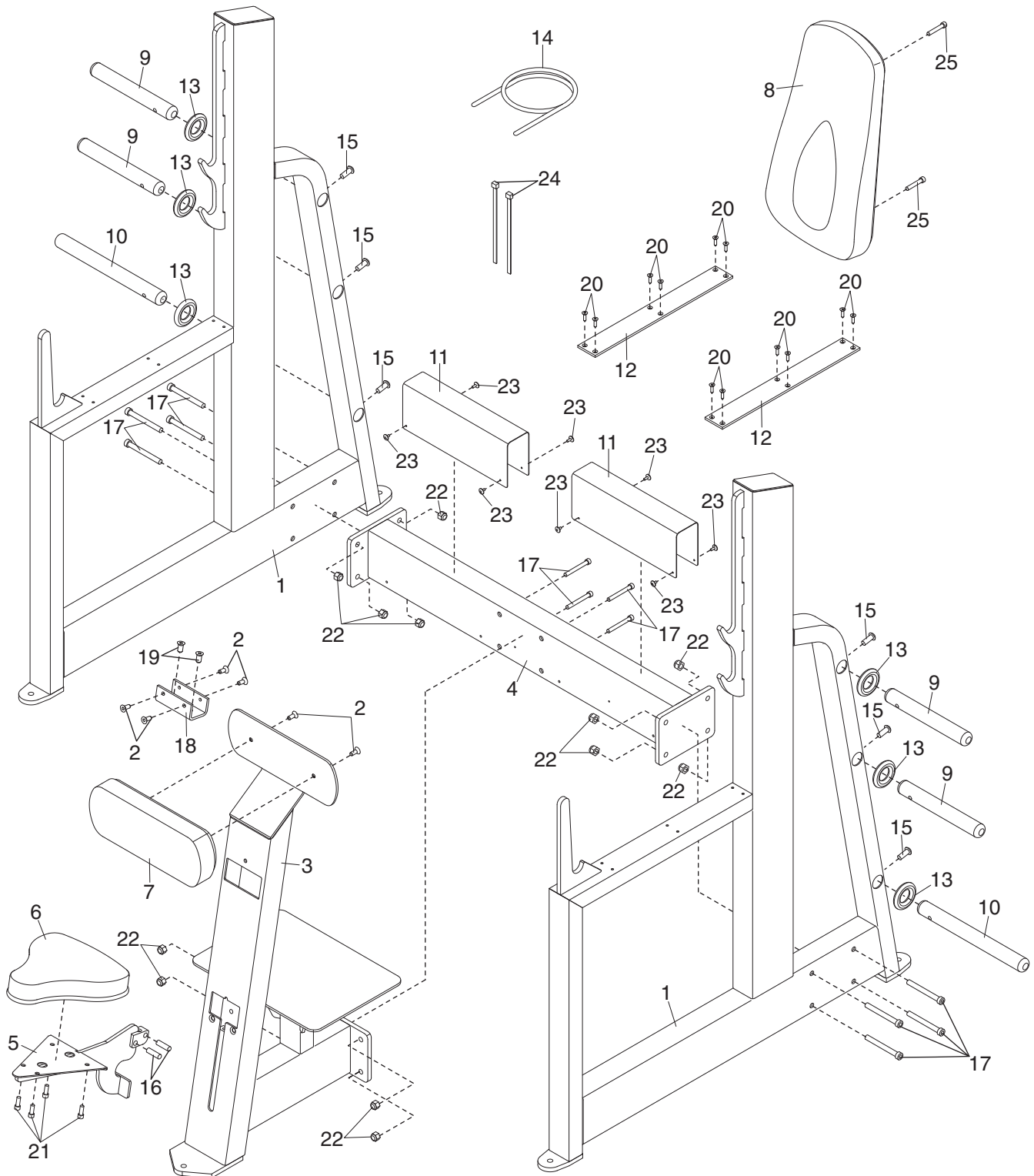
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

| 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. GZFW2164.1

R0106A



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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 and phone number listed below. Please be prepared to give the following information:

- The MODEL NUMBER of the product (GZFW2164.1)
- The NAME of the product (FREEMOTION EPIC MILITARY PRESS 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 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**