

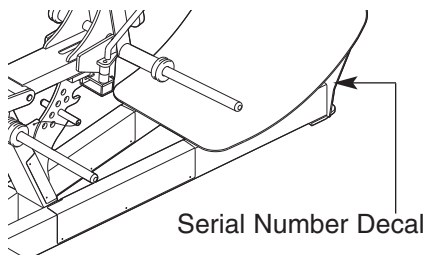


OWNER'S MANUAL

Model No. GZFW2174.2

Serial No. _____

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



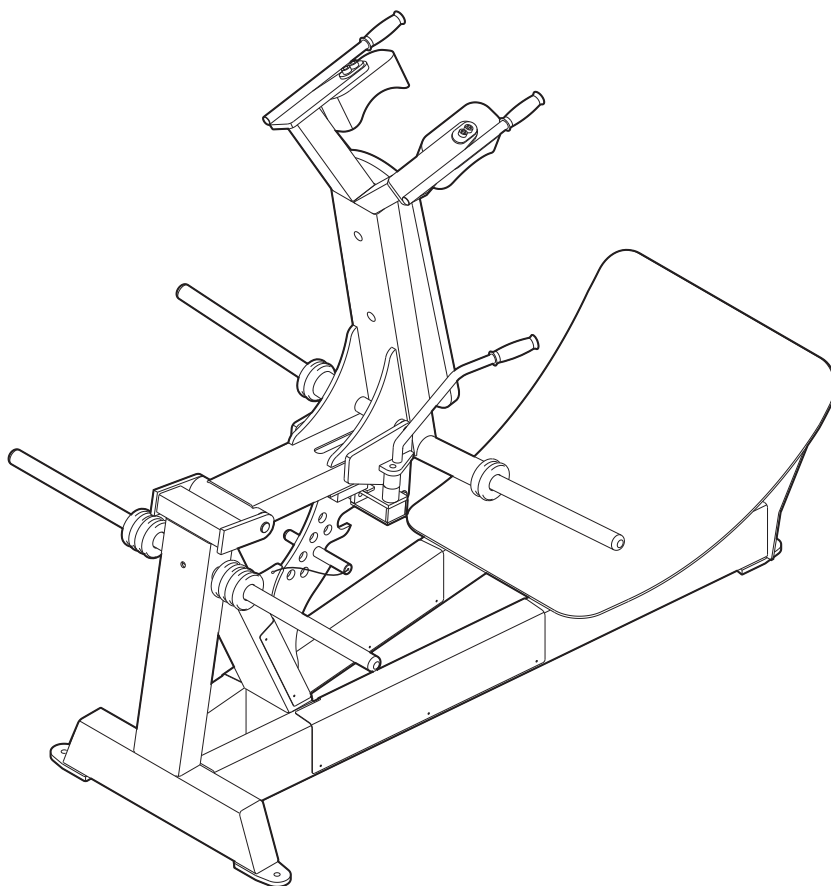
QUESTIONS?

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.

PLATE LOADED SQUAT



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 four 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. Keep children under age 12 and pets away from the strength equipment at all times.
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. Make sure all parts are properly tightened before each use of the strength equipment. Replace any worn parts immediately.
11. Always place an equal amount of weight on each weight bar. Note: The strength equipment does not include weights.
12. The strength equipment is designed to support a maximum user weight of 350 pounds (159 kg). Do not place more than 450 pounds (204 kg) on each weight bar, or on each side of the storage bar. Always place an equal amount of weight on each weight bar.
13. Always make sure the safety stop is inserted into the proper hole in the base for the user, so the safety stop will not allow the frame to be lowered enough to trap the user.
14. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

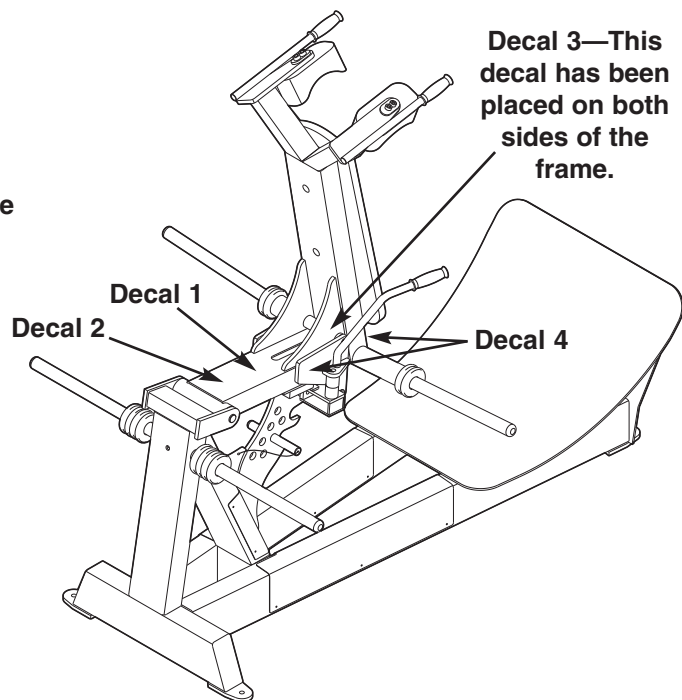
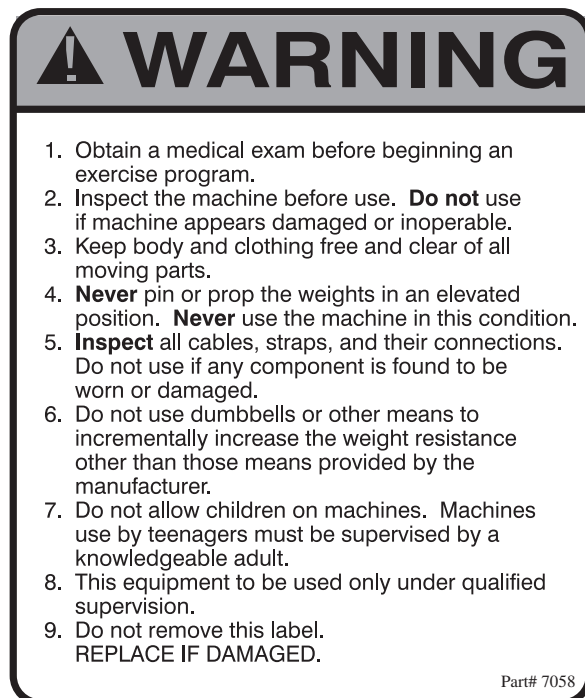
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING DECAL PLACEMENT

The decals shown below have been placed on the strength equipment in the indicated locations. If a decal is missing or illegible, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals may not be shown at actual size.



Decal 2
7058

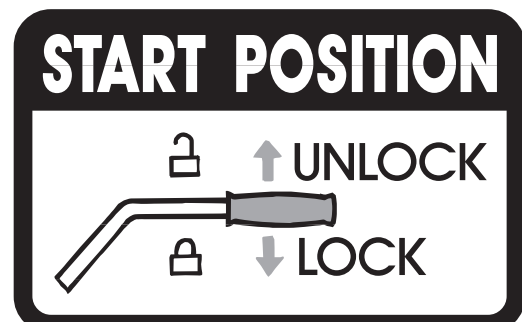


Decal 1
GZ7045

Decal 3
7005



Decal 4
GZ7044



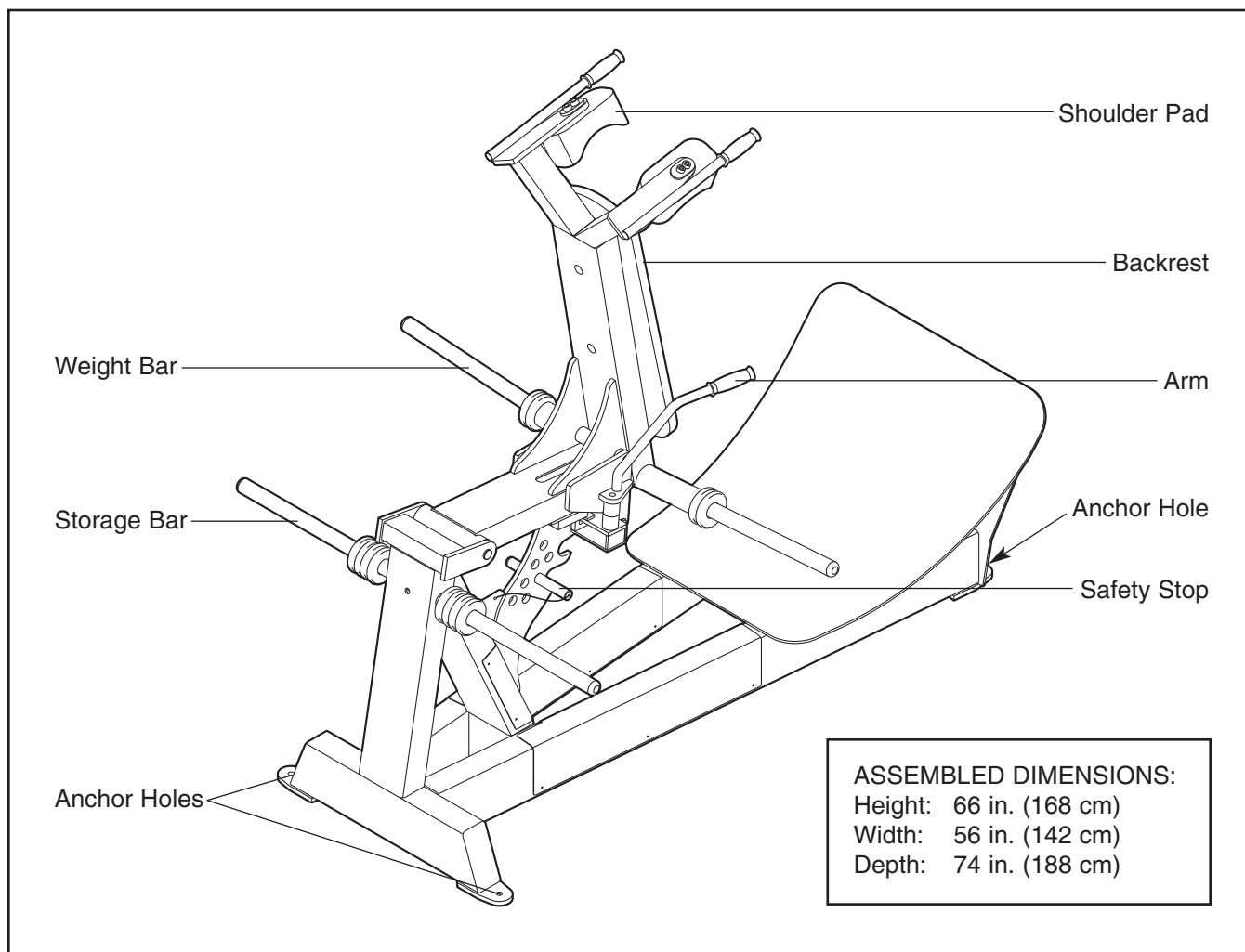
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® EPIC™ PLATE LOADED SQUAT 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 contacting us. The model number is GZFW2174.2. 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.



ADJUSTMENT

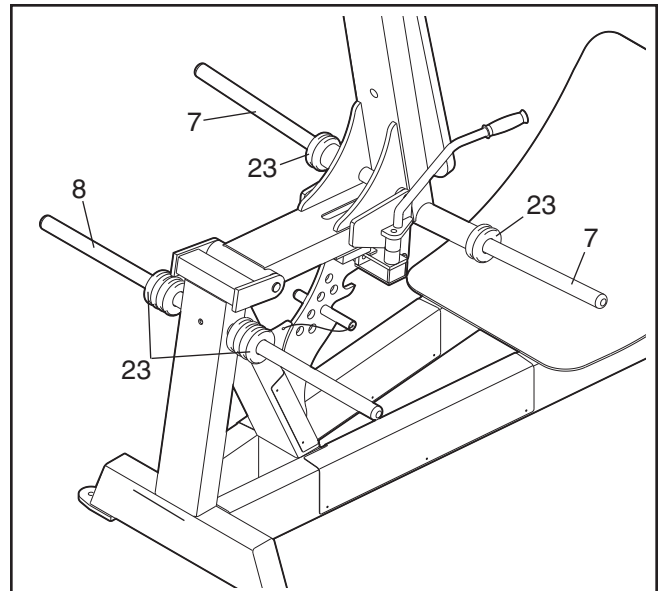
This section explains how to adjust the strength equipment for exercising. Make sure all parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately.

ADDING WEIGHTS TO THE WEIGHT ARM

To add resistance to your workout, slide an equal amount of weight (not included) onto each Weight Bar (7). Make sure that the weights are pushed against the Bumper Rings (23).

Store unused weights on the Storage Bar (8). The Storage Bar can hold up to 450 pounds on each side.

⚠ WARNING: Do not place more than 450 pounds on each Weight Bar (7), or on either side of the Storage Bar (8). Always place an equal amount of weight on each Weight Bar.



SETTING UP THE STRENGTH MACHINE

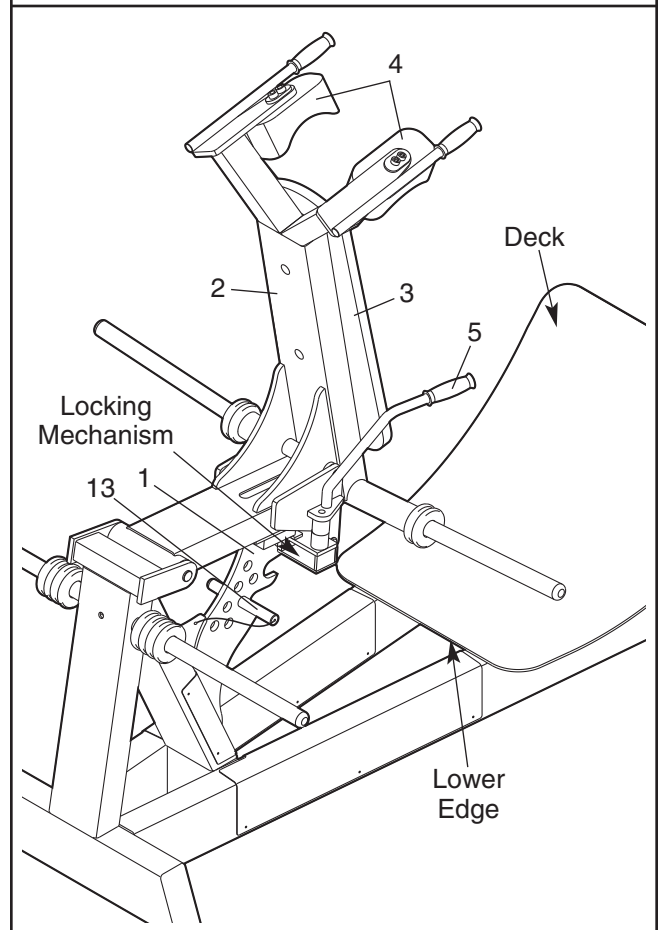
Move the Safety Stop (13) to a hole in the Base (1) that will allow the squat exercise to be performed, but will not allow the user to become pinned under the Shoulder Pads (4) if a repetition cannot be completed.

Stand on the deck with your back against the Backrest (3). Lift the Shoulder Pads (4) to disengage the locking mechanism.

Important: The user's feet should be close enough to the lower edge of the deck that the lower back does not move away from the Backrest (3) as the Frame (2) is lowered. Shorter users should stand closer to the lower edge of the deck than taller users. Improper positioning of the feet will cause discomfort in the lower back.

⚠ WARNING: Do not lower the Frame (2) to a position that causes the lower back to move away from the Backrest (3).

When finished with the exercise, push down on the Release Arm (5) while lowering the Frame (2), until the locking mechanism is fully engaged.



MAINTENANCE AND TROUBLESHOOTING

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

Upholstery and 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 and dry thoroughly.

Upholstery—Difficult Stains

1. Spray the stain with a non-abrasive household cleaner such as FORMULA 409® cleaner, SIMPLE GREEN®, or a similar product. Rub the stained area gently and let the cleaning solution sit for a few minutes.
2. Rinse the area thoroughly using a soft cloth dampened with clean water and dry thoroughly.
3. Repeat these steps if necessary using a soft bristle brush.

Optional Method for Difficult Stains

1. Rub the stained area gently using a soft cloth dampened with rubbing alcohol.
2. Rinse the area thoroughly using a soft cloth dampened with clean water and dry thoroughly.

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 and tighten them as required.

Important: All FREEMOTION EPIC cushions have dense plywood supports with tee-nuts that are used to bolt the cushions to the strength equipment. Because the tee-nuts are held by the plywood, they will not withstand the torque that standard nuts and bolts will. When tightening the bolts securing a cushion, 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.

Grips

Check the grips and replace them if needed.

NOTES

NOTES

PART LIST—Model No. GZFW2174.2

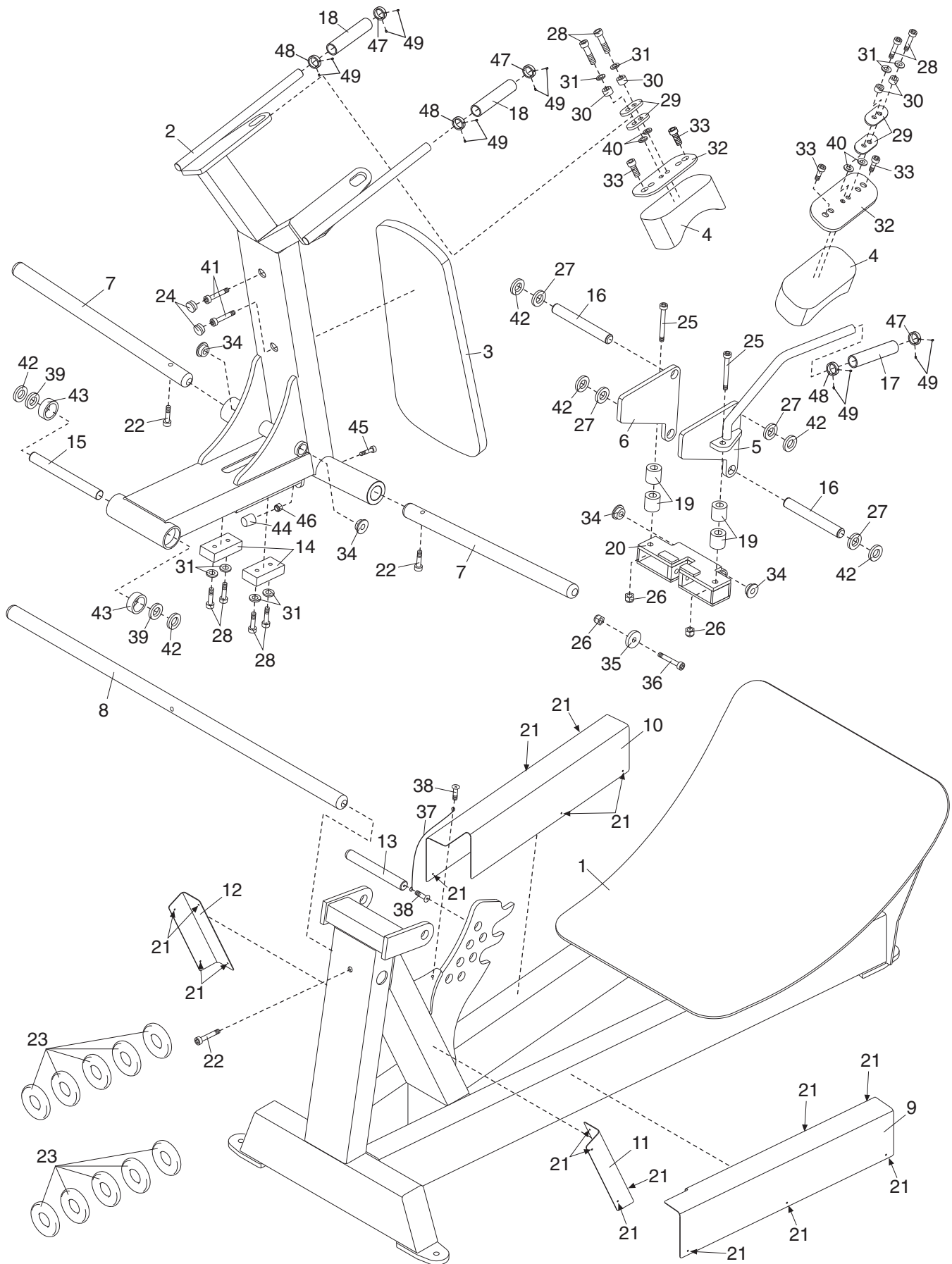
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	27	4	1" Small Nylon Washer
2	1	Frame	28	8	3/8" x 1 1/4" Bolt
3	1	Backrest	29	4	Nylon Spacer
4	2	Shoulder Pad	30	4	Spacer
5	1	Release Arm	31	8	3/8" Washer
6	1	Arm Plate	32	2	Shoulder Pad Plate
7	2	Weight Bar	33	4	3/8" x 1" Flat Head Screw
8	1	Storage Bar	34	4	1" Bushing
9	1	Right Base Cover	35	1	Bearing
10	1	Left Base Cover	36	1	1/2" x 3" Bolt
11	1	Right Cover	37	1	Tether
12	1	Left Cover	38	2	1/4" x 3/8" Screw
13	1	Safety Stop	39	2	1" Large Nylon Washer
14	2	Bumper	40	4	3/8" Serrated Washer
15	1	Long Pivot Bar	41	2	3/8" x 1" Bolt
16	2	Short Pivot Bar	42	6	1" Retainer Ring
17	1	Red Handgrip	43	2	1" Bearing
18	2	Black Handgrip	44	1	Bumper
19	4	Spacer	45	1	5/16" x 1" Screw
20	1	Locking Box	46	1	5/16" Nut
21	18	Rivet	47	2	Handgrip Cap
22	3	1/2" x 1 1/4" Bolt	48	2	Handgrip Collar
23	10	Bumper Ring	49	12	#10 Set Screw
24	2	1" Hole Plug	50	1	Red Handgrip Cap
25	2	1/2" x 4 1/2" Bolt	51	1	Red Handgrip Collar
26	3	1/2" Nylon Locknut	*	-	Owner's Manual

Note: "*" indicates a non-illustrated part. Specifications are subject to change without notice. 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.

EXPLODED DRAWING—Model No. GZFW2174.2

R0207A



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 (GZFW2174.2)
- the NAME of the product (FREEMOTION EPIC PLATE LOADED SQUAT 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 10 and 11 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