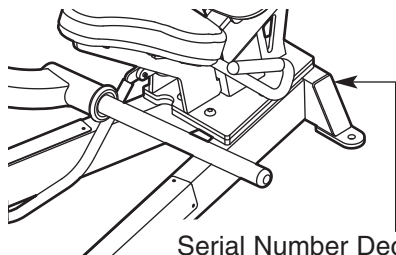


Model No. GZFW2185.0

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

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



Serial Number Decal

## QUESTIONS?

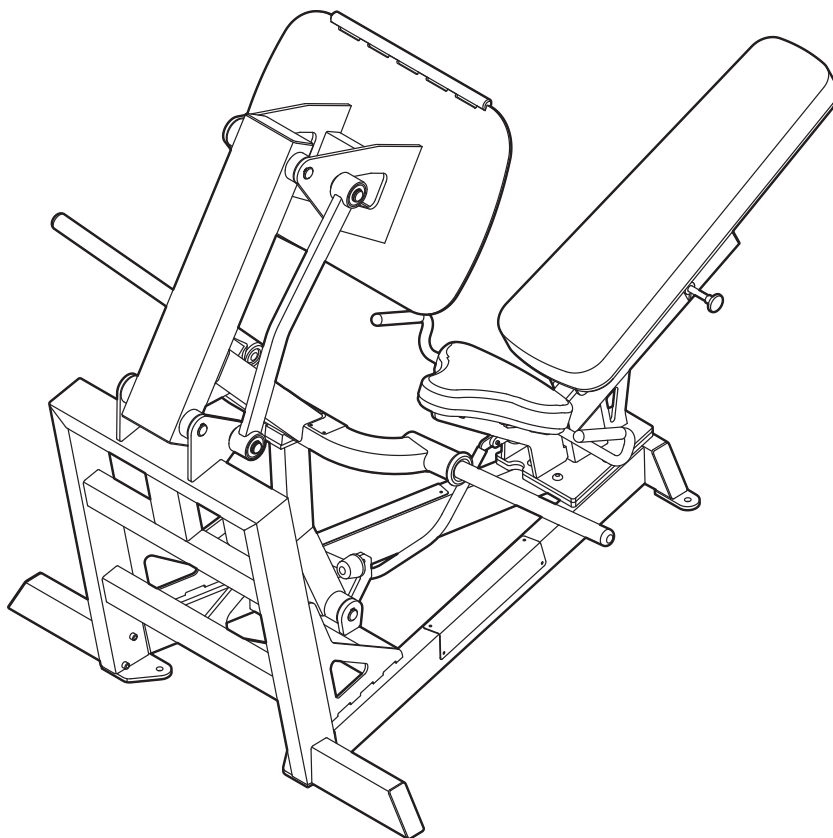
At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.

## ⚠ CAUTION

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

# **EPIC** *STRENGTH* **PLATE LOADED LEG PRESS**

## OWNER'S MANUAL



Visit our website at

[www.freemotionfitness.com](http://www.freemotionfitness.com)

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# IMPORTANT PRECAUTIONS

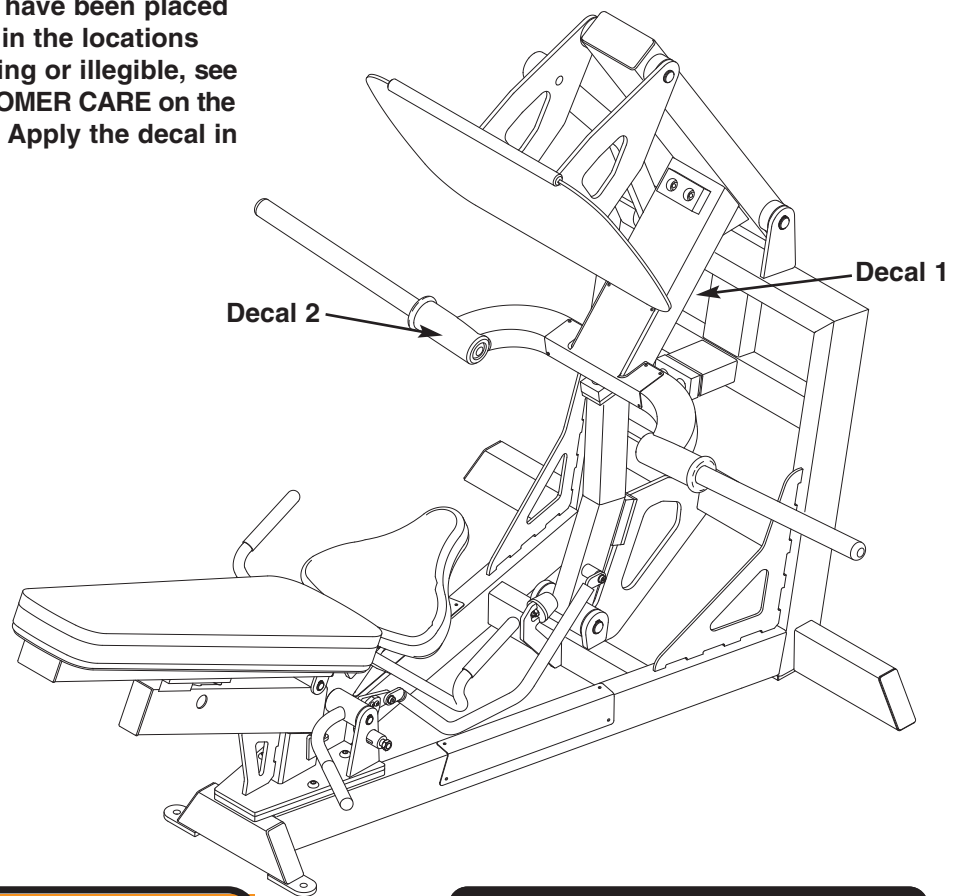
**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the strength machine.

1. Read all instructions in this manual before using the strength machine. Use the strength machine only as described in this manual.
2. It is the purchaser's responsibility to ensure that there is enough space around the strength machine for the intended exercise. Do not crowd the strength machine.
3. Using the four 9/16" anchor holes to provide maximum stability, the strength machine 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 machine are adequately informed of all precautions.
5. All users of the strength machine should be instructed to report any injury or strength machine irregularity to facility staff immediately.
6. Use the strength machine only on a level surface. Cover the floor beneath the strength machine to protect the floor.
7. Keep children under 12 and pets away from the strength machine 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 machine when it is in use.
10. Make sure all parts are properly tightened before each use of the strength machine. Replace any worn parts immediately.
11. Always place an equal amount of weight on each weight bar. Note: The strength machine does not include weights.
12. The strength machine is designed to support a maximum user weight of 350 pounds. Do not place more than 450 pounds on each weight bar. Always place an equal amount of weight on each weight bar.
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. ICON 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 machine in the locations shown. If a decal is missing or illegible, see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual. Apply the decal in the location shown.



## **WARNING**

1. Obtain a medical exam before beginning an exercise program.
2. Inspect the machine before use. **Do not** use if machine appears damaged or inoperable.
3. Keep body and clothing free and clear of all moving parts.
4. **Never** pin or prop the weights in an elevated position. **Never** use the machine in this condition.
5. **Inspect** all cables, straps, and their connections. Do not use if any component is found to be worn or damaged.
6. Do not use dumbbells or other means to incrementally increase the weight resistance other than those means provided by the manufacturer.
7. Do not allow children on machines. Machines use by teenagers must be supervised by a knowledgeable adult.
8. This equipment to be used only under qualified supervision.
9. Do not remove this label.  
REPLACE IF DAMAGED.

Part# 7058

## **CAUTION**

**KEEP AWAY FROM  
MOVING PARTS. FAILURE  
TO DO SO COULD RESULT  
IN PERSONAL INJURY.**

7005-1199

Decal 2

Decal 1  
Shown at 60%

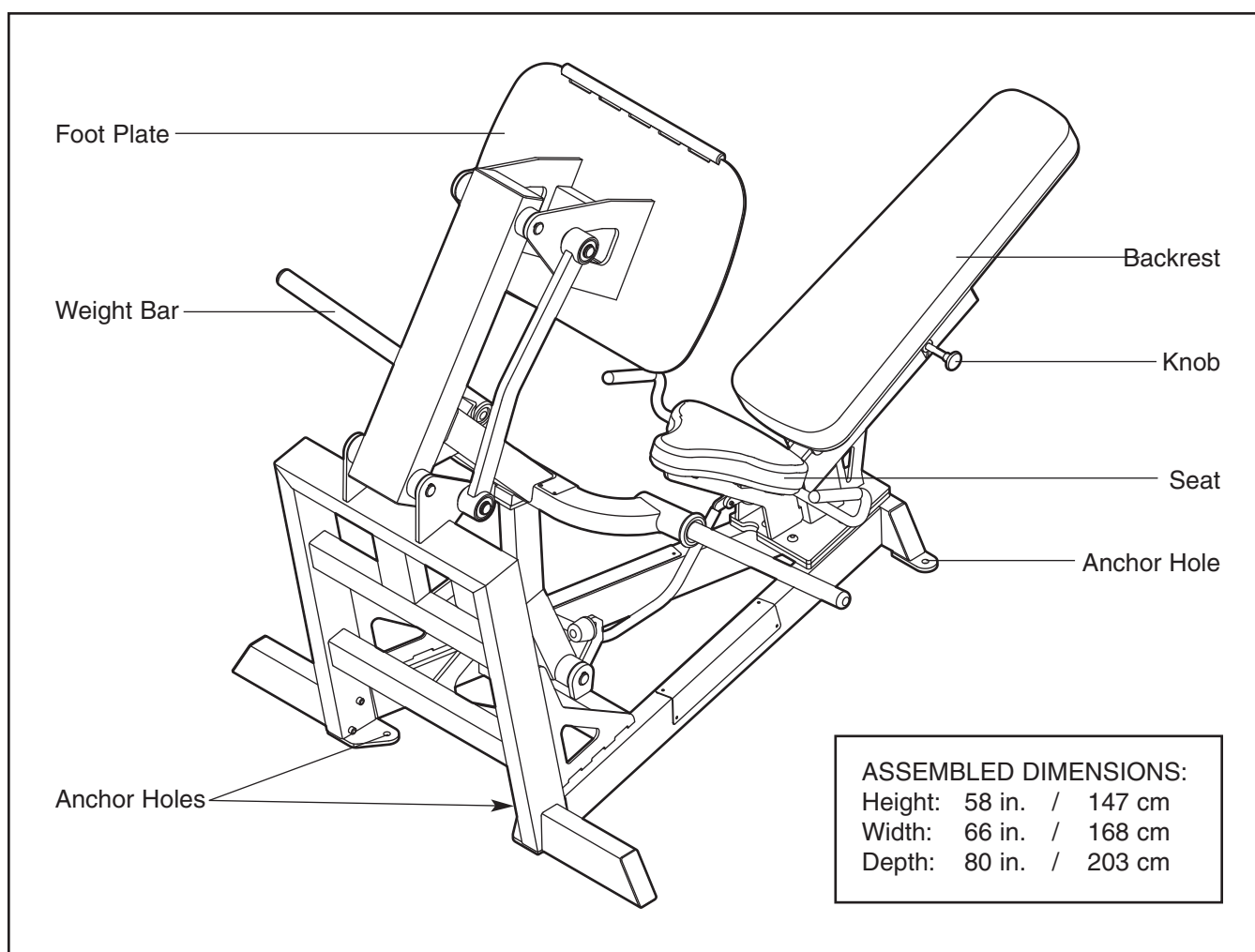
# BEFORE YOU BEGIN

Thank you for selecting the EPIC STRENGTH® PLATE LOADED LEG PRESS strength machine. With unrestricted motion, you can work your body's muscle groups together—the same way you do in real life—and train more specifically and efficiently. Whether your goal is to tone your body, build dramatic muscle size and strength, improve your cardiovascular system, or train muscles for precise patterns of movement, the PLATE LOADED LEG PRESS strength machine will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the strength machine.** 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 GZFW2185.0. The serial number can be found on a decal attached to the strength machine (see the front cover of this manual).

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



# ASSEMBLY

## Make Things Easier for Yourself

Everything in this manual is designed to ensure that the strength machine can be assembled successfully by anyone.

**Before beginning assembly, carefully read the following information and instructions:**

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the strength machine, make sure all parts are oriented as shown in the drawings.

**The following tools (not included) are required for assembly:**

- An adjustable wrench



- An Allen wrench

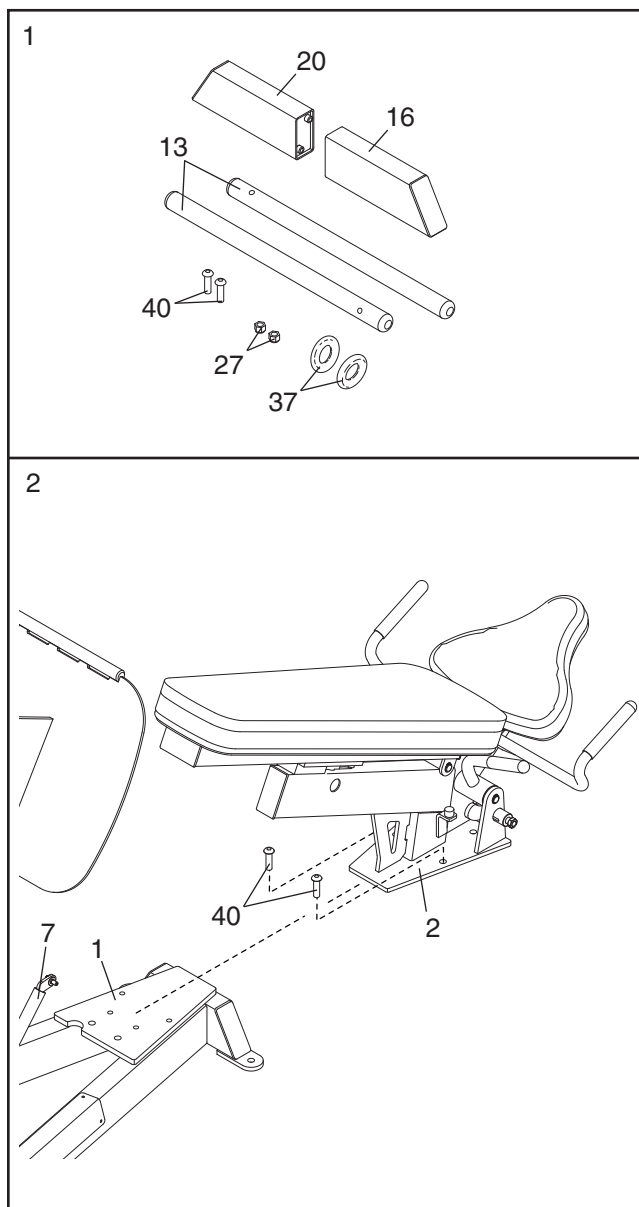


Assembly will be more convenient if you have a set of open-end or closed-end wrenches or a set of ratchet wrenches.

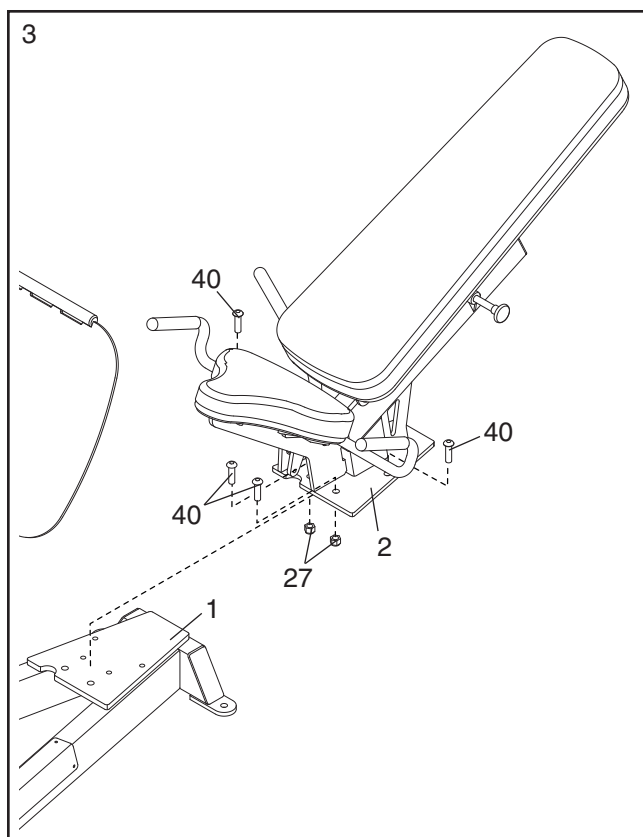
1. Locate the following parts: the Right Base Leg (20), the Left Base Leg (16), two Weight Bars (13), two 1/2" x 2" Screws (40), two 1/2" Nylon Locknuts (27), and two Bumper Rings (37).

2. Remove the two 1/2" x 2" Screws (40) from the Seat Frame (2) and the Base (1). Lift the Seat Frame off the Base.

Lower the Support Arm (7) to the position shown.

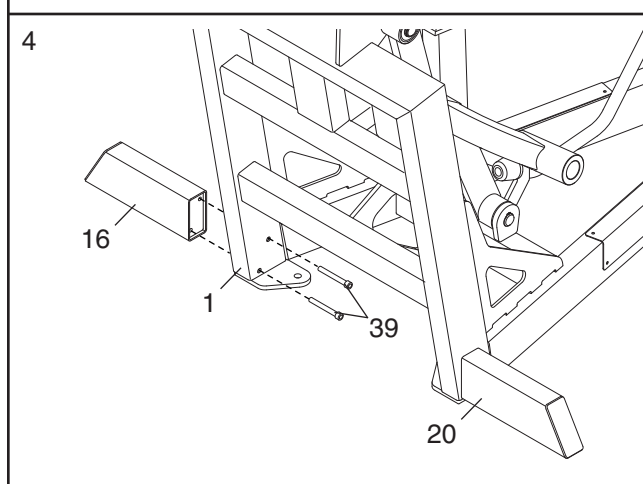


3. Orient the Seat Frame (2) as shown and set the Seat Frame on the Base (1). Attach the Seat Frame to the Base with four 1/2" x 2" Screws (40) and two 1/2" Nylon Locknuts (27).



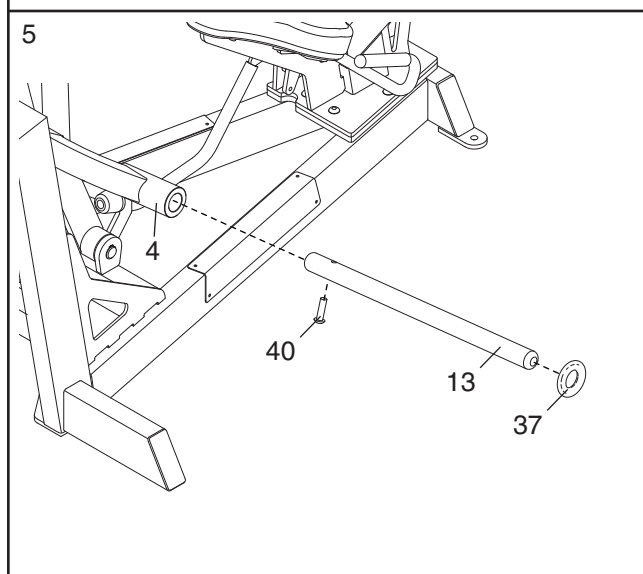
4. Remove the two 3/8" x 3" Screws (39) from the Left Base Leg (16). Attach the Left Base Leg to the Base (1) with the two Screws.

Repeat this step with the Right Base Leg (20).



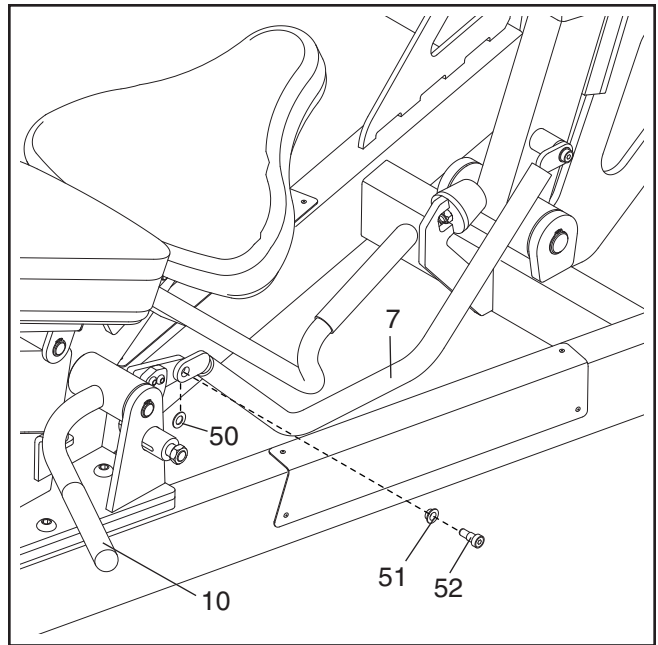
5. Remove the 1/2" x 2" Screw (40) from a Weight Bar (13). Attach the Weight Bar to the Foot Plate Frame (4) with the Screw. Slide a Bumper Ring (37) onto the Weight Bar.

Repeat this step with the other Weight Bar (13).



6. Remove the indicated 3/8" x 3/8" Shoulder Bolt (52) from the Support Arm (7).

Make sure that the 3/8" Nylon Washer (50) is between the Support Arm (7) and the Adjustment Arm (10), and that the 3/8" Bushing (51) is pressed into the Support Arm. Attach the Support Arm to the Adjustment Arm with the 3/8" x 3/8" Shoulder Bolt (52).



7. Make sure that all parts are properly tightened.

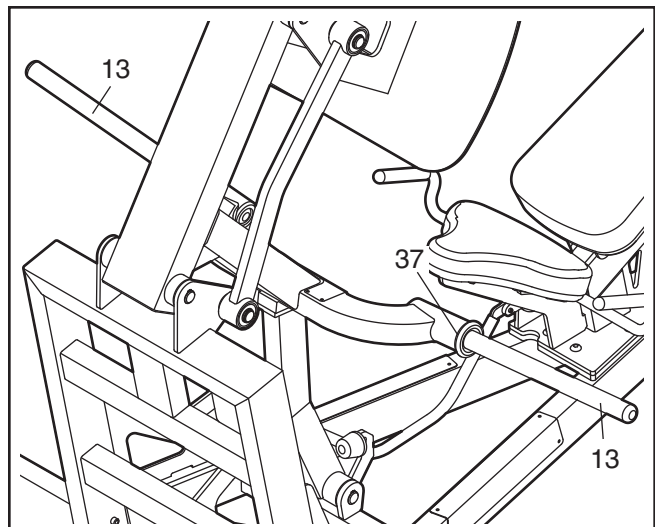
# ADJUSTMENTS

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

## ADDING WEIGHTS TO THE WEIGHT ARM

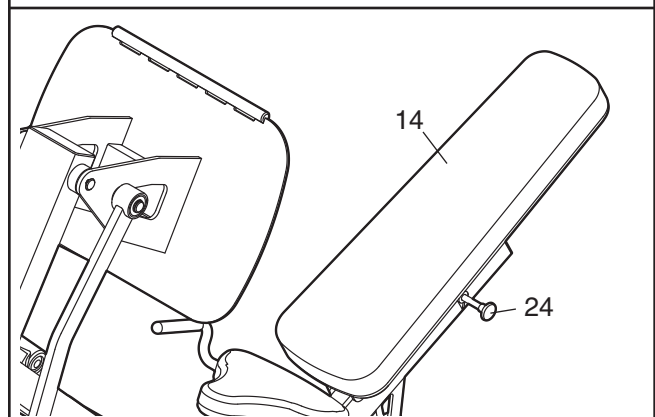
To add resistance to your workout, slide an equal amount of weight (not included) onto each Weight Bar (13). Make sure that the weights are pushed against the Bumper Rings (37).

**⚠ WARNING:** Do not place more than 450 pounds on each Weight Bar (13). Always place an equal amount of weight on each Weight Bar.



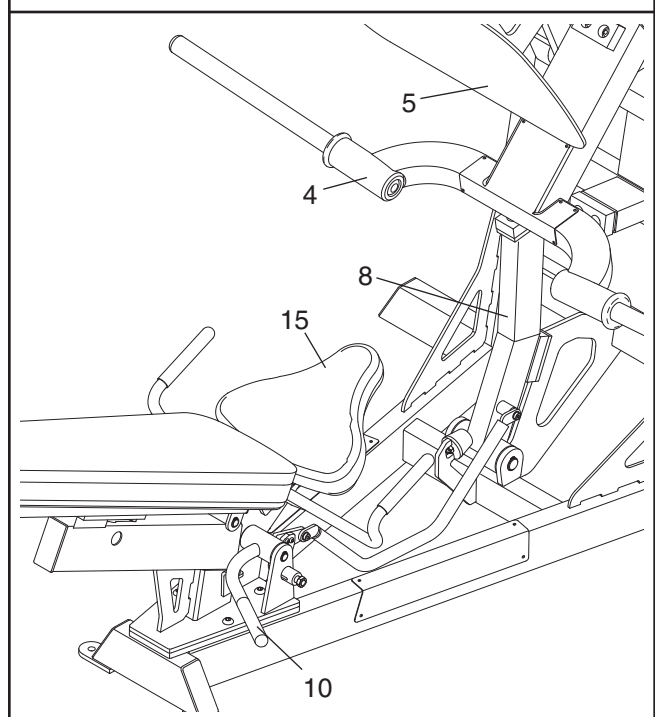
## ADJUSTING THE BACKREST

To change the angle of the Backrest (14), pull the Knob (24) out and move the Backrest to the desired position. Reengage the Knob into the Backrest Bracket (not shown).



## ADJUSTING THE FRAME SUPPORT

To allow the Foot Plate (5) to descend, push it up and lift the Adjustment Arm (10) so that the Frame Support (8) pivots toward the Seat (15). When you are finished exercising, return the Frame Support to its position under the Foot Plate Frame (4).



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# MAINTENANCE

For safe and trouble-free operation of your EPIC STRENGTH strength equipment, it is important to perform preventive maintenance on a regular basis. Make sure that all parts are properly tightened each time the strength machine is used. Replace any worn parts immediately. The strength machine can be cleaned with a cloth dampened with water and a mild, non-abrasive soap. 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 machine's warranty.

**FreeMotion Fitness recommends the following procedures:**

## SCHEDULED MAINTENANCE

### DAILY

#### 1. Upholstery—General cleaning:

- Wipe using a cloth dampened with a solution of warm water and a mild soap.
- 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 cloth dampened with clean water.
- Repeat if necessary using a soft bristle brush.

Optional method for difficult stains:

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

#### 4. Stainless Steel Covers:

- Wipe using a cloth dampened with a solution of warm water and a mild soap.
- Rinse and dry thoroughly.
- If desired, or to remove corrosion, use available commercial stainless steel polishing compounds. Follow manufacturers' instructions.

### WEEKLY

#### 1. Hardware:

- Check all nuts and bolts. Tighten them as required.

### MONTHLY OR AS REQUIRED

#### 1. Grips:

- Check and replace as needed.

#### 2. Pivoting Shafts:

- Check to ensure the retainer rings are in place on both ends of the shafts.

#### 3. Weight Bars:

- Check to ensure that the bolts are tight and the bars are secure.

## 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. GZFW2185.0

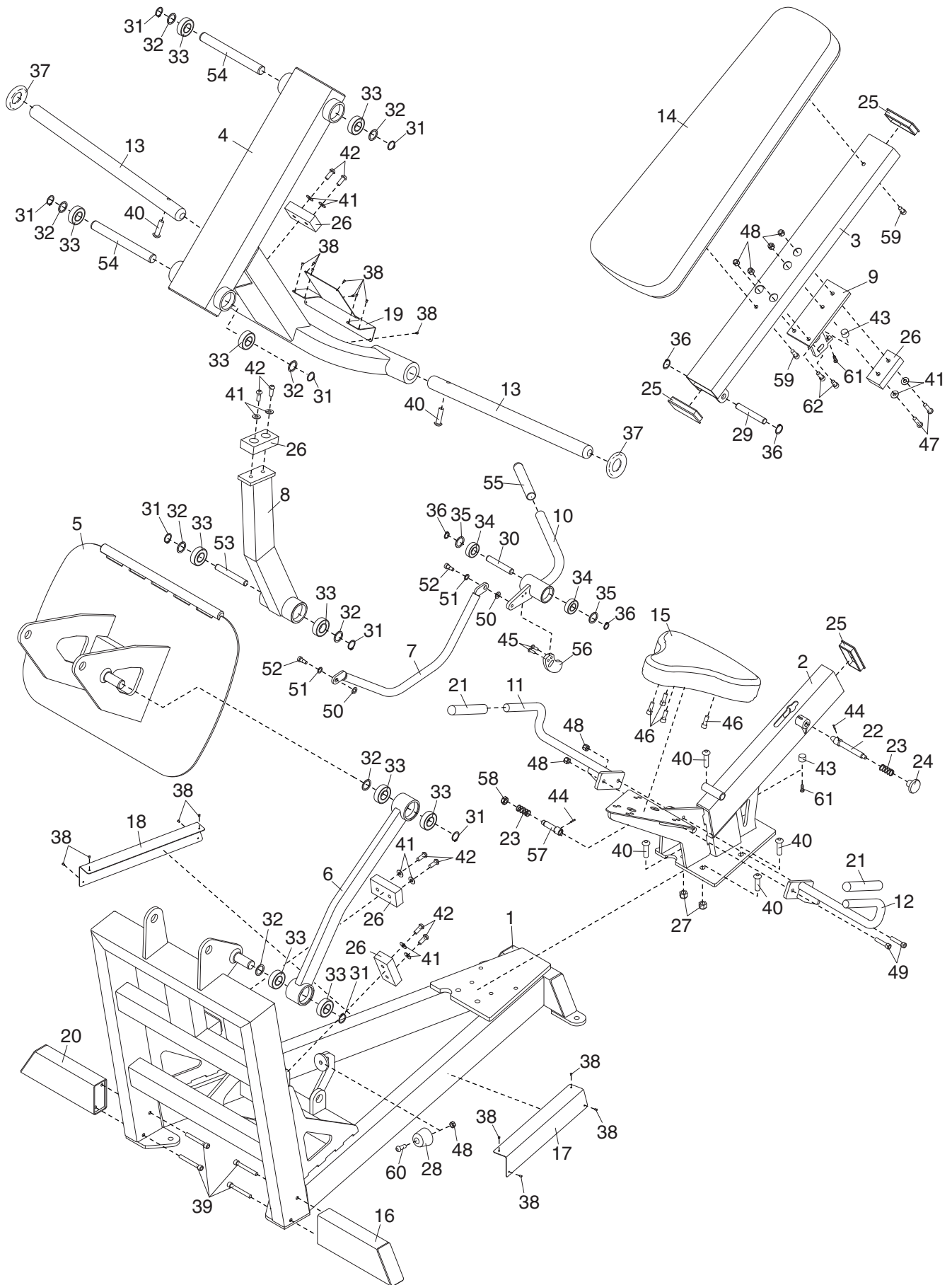
R1105A

| Key No. | Qty. | Description        | Key No. | Qty. | Description               |
|---------|------|--------------------|---------|------|---------------------------|
| 1       | 1    | Base               | 33      | 10   | 1" Bearing                |
| 2       | 1    | Seat Frame         | 34      | 2    | 5/8" Bearing              |
| 3       | 1    | Backrest Frame     | 35      | 2    | 5/8" Nylon Washer         |
| 4       | 1    | Foot Plate Frame   | 36      | 4    | 5/8" Retainer Ring        |
| 5       | 1    | Foot Plate         | 37      | 2    | Bumper Ring               |
| 6       | 1    | Foot Plate Arm     | 38      | 16   | Rivet                     |
| 7       | 1    | Support Arm        | 39      | 4    | 3/8" x 3" Screw           |
| 8       | 1    | Frame Support      | 40      | 6    | 1/2" x 2" Screw           |
| 9       | 1    | Backrest Bracket   | 41      | 10   | 3/8" Washer               |
| 10      | 1    | Adjustment Arm     | 42      | 8    | 3/8" x 1" Screw           |
| 11      | 1    | Right Handle       | 43      | 2    | Small Bumper              |
| 12      | 1    | Left Handle        | 44      | 2    | 5/8" Roll Pin             |
| 13      | 2    | Weight Bar         | 45      | 2    | 1/4" x 3/4" Screw         |
| 14      | 1    | Backrest           | 46      | 4    | 3/8" x 1" Non-patch Screw |
| 15      | 1    | Seat               | 47      | 2    | 3/8" x 1 1/2" Bolt        |
| 16      | 1    | Left Base Leg      | 48      | 7    | 3/8" Nylon Locknut        |
| 17      | 1    | Left Cover         | 49      | 2    | 3/8" x 1 3/4" Bolt        |
| 18      | 1    | Right Cover        | 50      | 2    | 3/8" Nylon Washer         |
| 19      | 1    | Center Cover       | 51      | 2    | 3/8" Bushing              |
| 20      | 1    | Right Base Leg     | 52      | 2    | 3/8 x 3/8" Shoulder Bolt  |
| 21      | 2    | Black Handle Grip  | 53      | 1    | 6 1/2" Axle               |
| 22      | 1    | Pin                | 54      | 2    | 9 1/4" Axle               |
| 23      | 2    | Spring             | 55      | 1    | Red Handle Grip           |
| 24      | 1    | Knob               | 56      | 1    | Adjustment Bracket        |
| 25      | 3    | 2" x 4" Cap        | 57      | 1    | Adjustment Pin            |
| 26      | 5    | Rectangle Bumper   | 58      | 1    | 1/2" Hex Nut              |
| 27      | 2    | 1/2" Nylon Locknut | 59      | 2    | 3/8" x 3" Non-patch Screw |
| 28      | 1    | Bumper             | 60      | 1    | 3/8" x 1 1/4" Bolt        |
| 29      | 1    | 5/8" x 3 3/4" Axle | 61      | 2    | 1/4" x 1/2" Screw         |
| 30      | 1    | 5/8" x 4 1/2" Axle | 62      | 2    | 3/8" x 1" Screw           |
| 31      | 8    | 1" Retainer Ring   | #       | 1    | Owner's Manual            |
| 32      | 8    | 1" Nylon Washer    |         |      |                           |

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

# EXPLODED DRAWING—Model No. GZFW2185.0

R1105A



# 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.

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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 (GZFW2185.0).
- The NAME of the product (EPIC STRENGTH PLATE LOADED LEG PRESS strength machine).
- 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 12 and 13 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**