

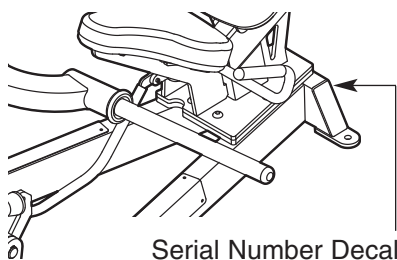


OWNER'S MANUAL

Model No. GZFW2185.2

Serial No. _____

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



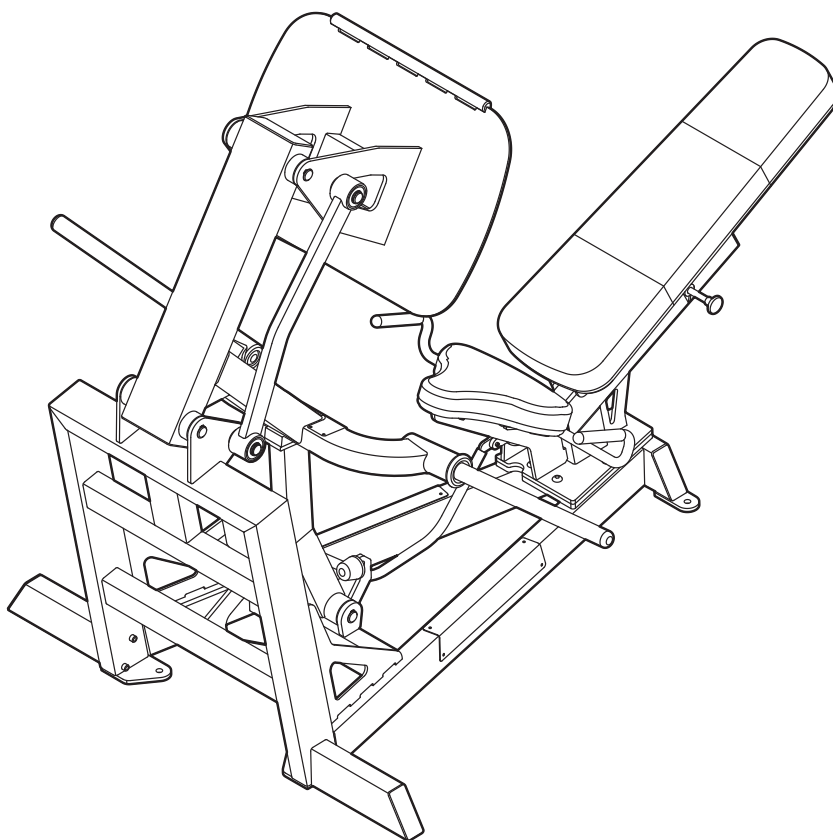
QUESTIONS?

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 LEG PRESS



Visit our website at

www.freemotionfitness.com

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
WARNING DECAL PLACEMENT	3
BEFORE YOU BEGIN	4
ASSEMBLY	5
ADJUSTMENT	8
MAINTENANCE AND TROUBLESHOOTING	9
PART LIST	10
EXPLODED DRAWING	11
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 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. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
7. Keep children under age 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. 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 (160 kg). Do not place more than 450 pounds (204 kg) 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. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING DECAL PLACEMENT

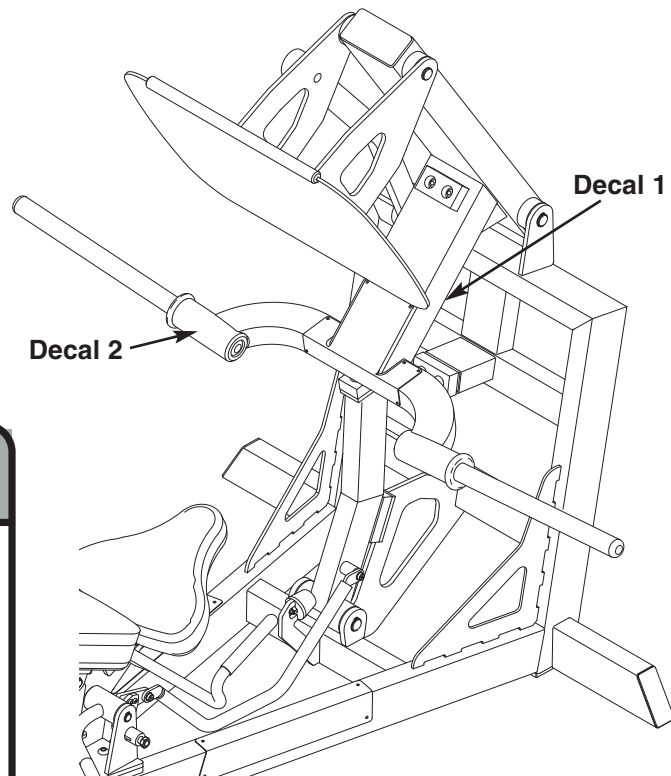
The decals shown below have been placed on the strength equipment in the indicated locations. If a decal is missing or illegible, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual to request a free replacement decal. Apply the decal in the location shown. Note: The decals may not be shown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

Decal 1
7058

! 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



Decal 2
7005

! CAUTION

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

7005-1199

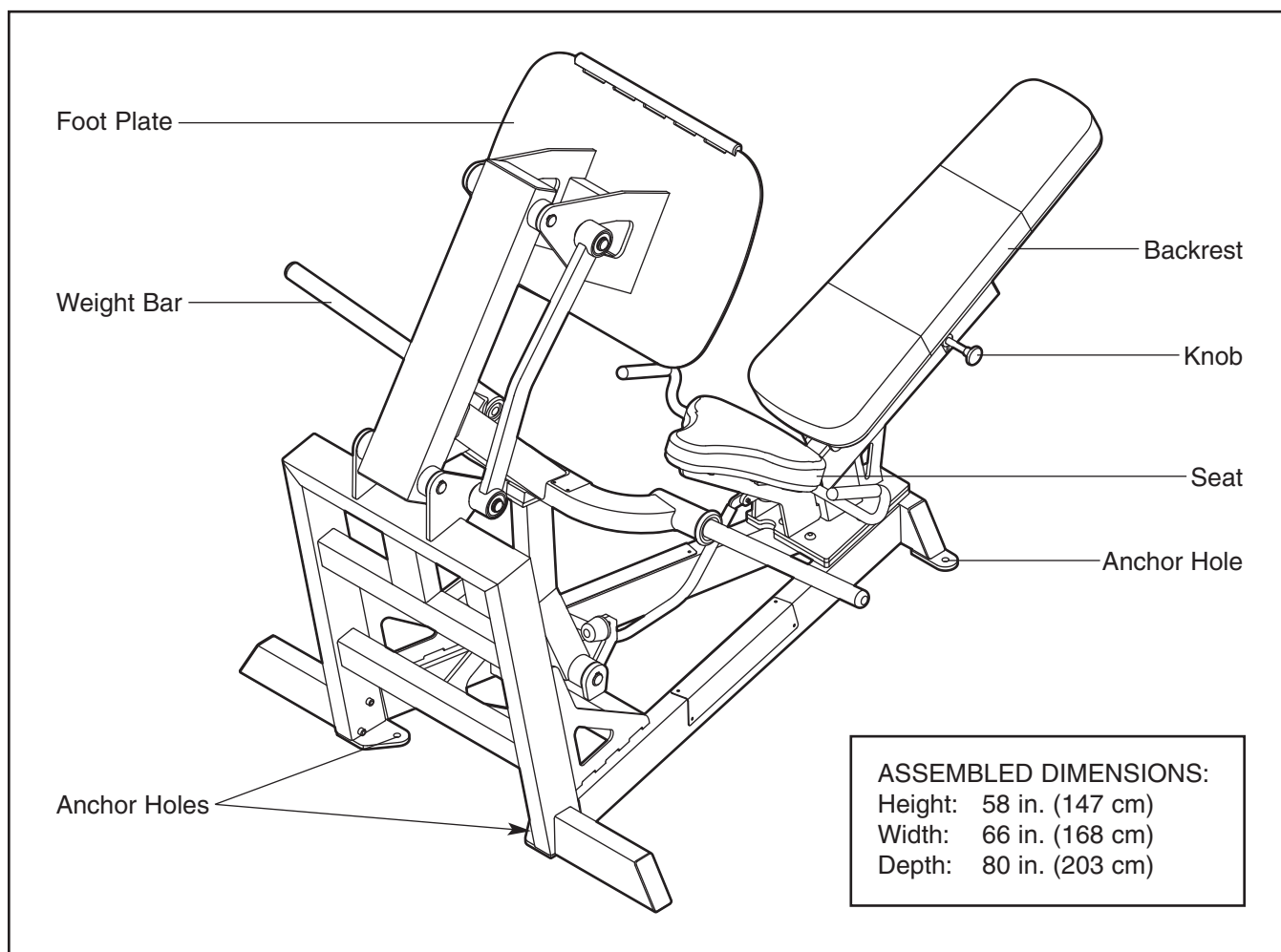
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® EPIC™ PLATE LOADED LEG PRESS strength equipment. 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 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 GZFW2185.2. 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.



ASSEMBLY

Make Things Easier for Yourself

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

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

- Assembly requires two persons.
- 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 equipment, make sure that all parts are oriented as shown in the drawings.

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

- **An adjustable wrench**



- **A hex key**

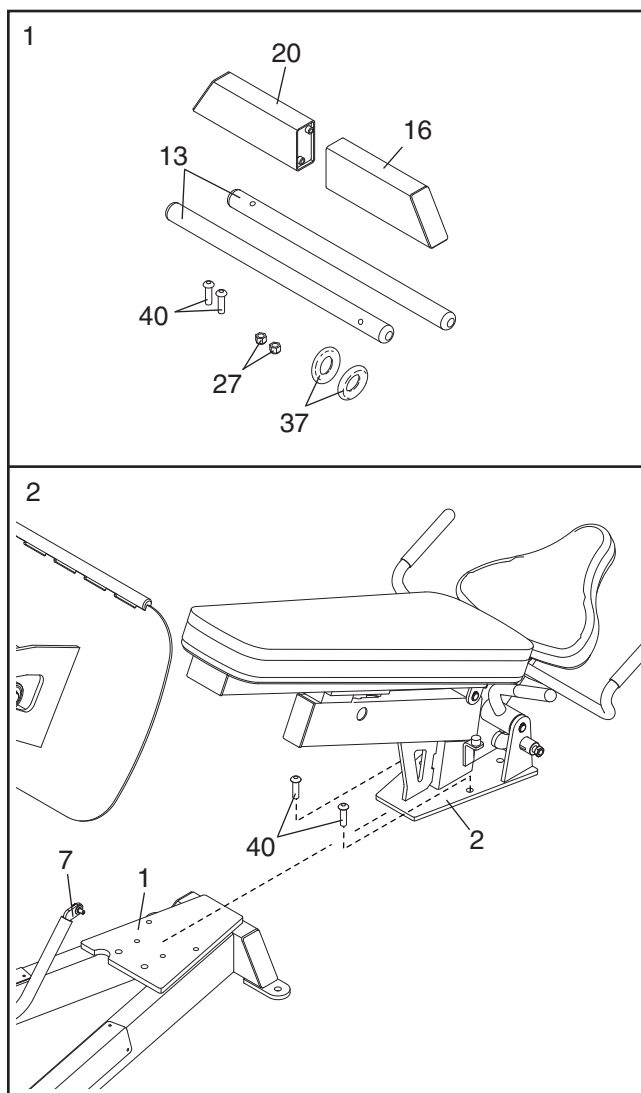


Assembly will be more convenient if you have a set of open-end or closed-end wrenches or a set of ratchet wrenches.

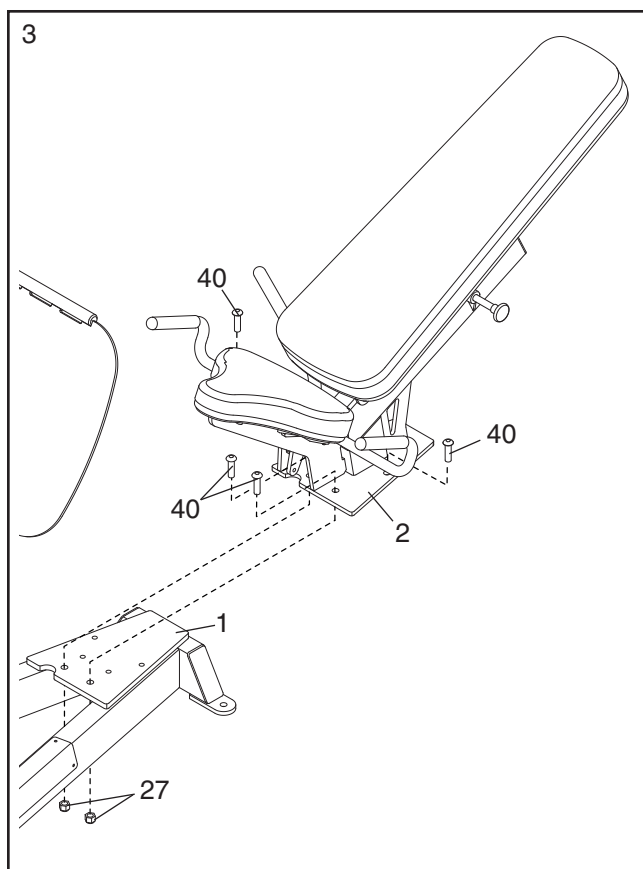
1. Locate the following parts: the Right Base Leg (20), the Left Base Leg (16), two Weight Bars (13), two 1/2" x 2" Screws (40), two 1/2" Nylon Locknuts (27), and two Bumper Rings (37).

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.

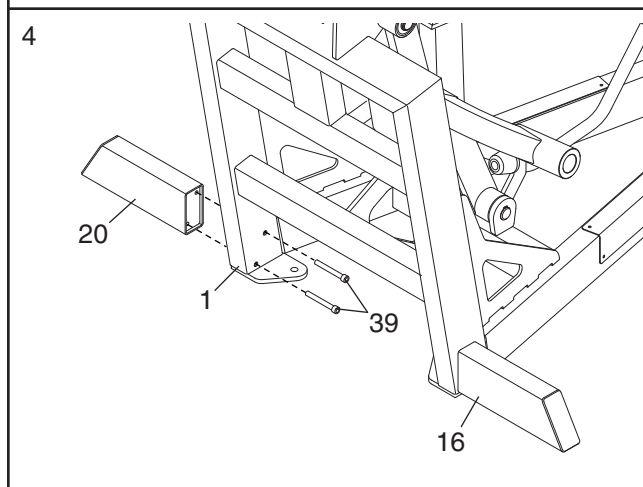


3. Orient the Seat Frame (2) as shown and set it on the Base (1). Attach the Seat Frame to the Base with four 1/2" x 2" Screws (40) and two 1/2" Nylon Locknuts (27).



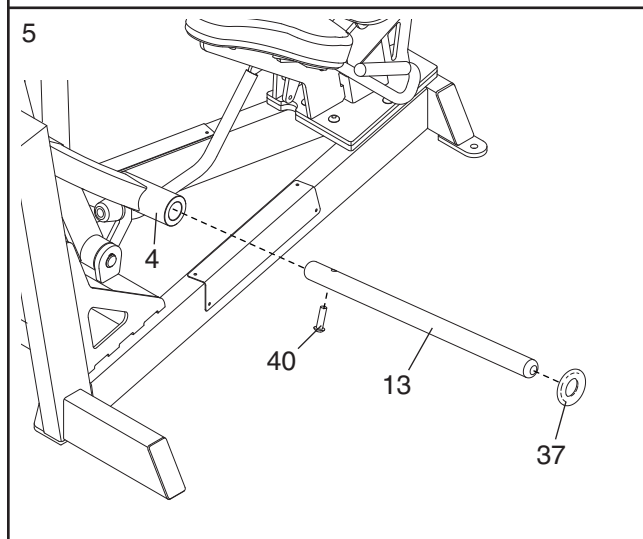
4. Remove the two 3/8" x 3" Screws (39) from the Left Base Leg (16). Attach the Left Base Leg to the Base (1) with the two Screws.

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



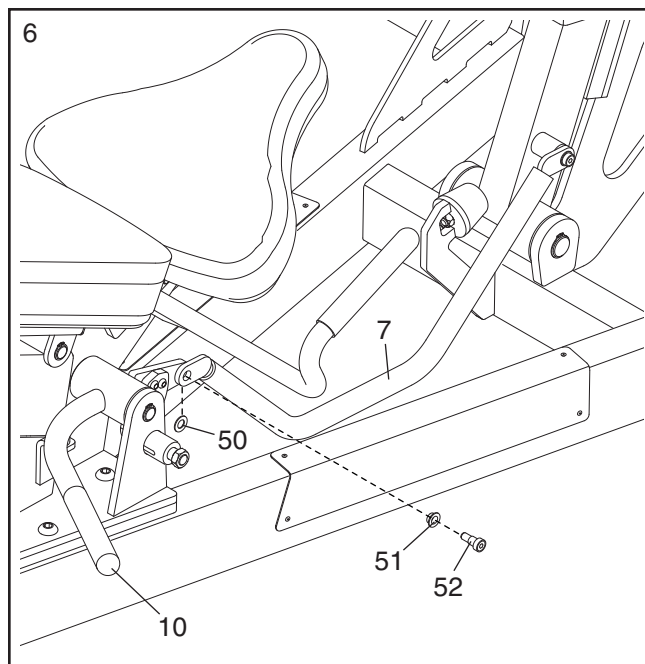
5. Remove the 1/2" x 2" Screw (40) from a Weight Bar (13). Attach the Weight Bar to the Foot Plate Frame (4) with the Screw. Slide a Bumper Ring (37) onto the Weight Bar.

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.

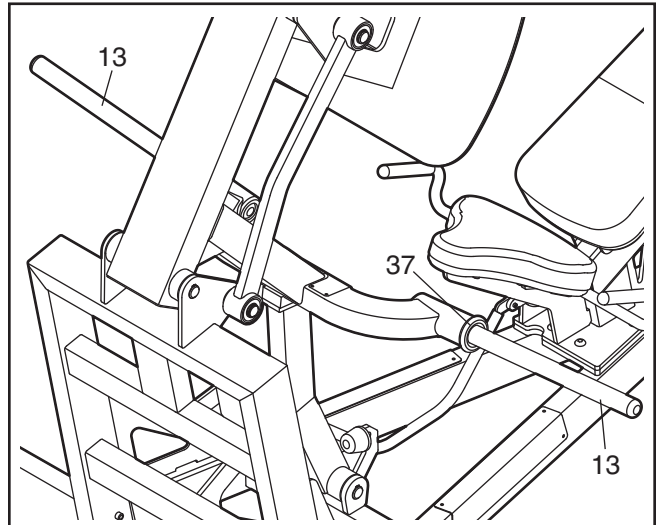
ADJUSTMENT

This section explains how to adjust the strength equipment. 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

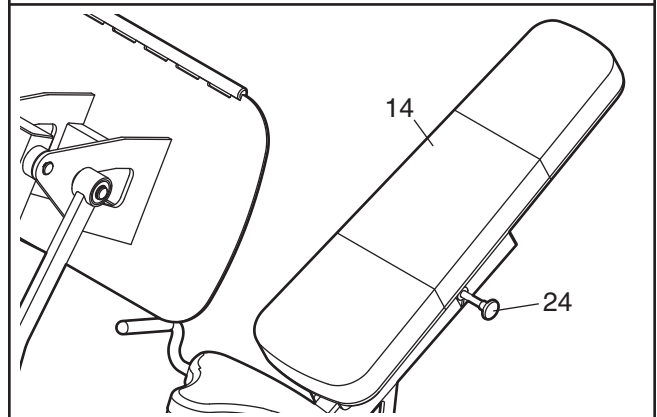
To add resistance to your workout, slide an equal amount of weight (not included) onto each Weight Bar (13). Make sure that the weights are pushed against the Bumper Rings (37).

⚠ WARNING: Do not place more than 450 pounds (204 kg) on each Weight Bar (13). Always place an equal amount of weight on each Weight Bar.



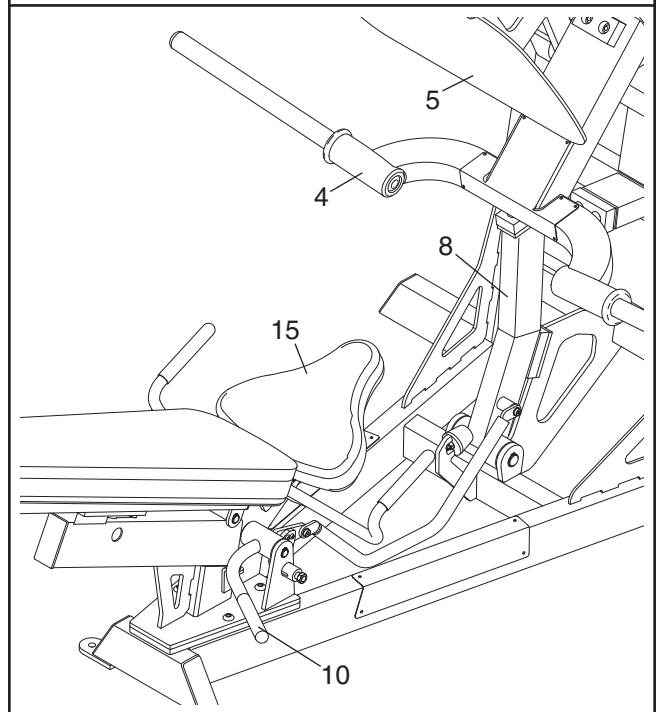
ADJUSTING THE BACKREST

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).



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. 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. 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. 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.

PART LIST—Model No. GZFW2185.2

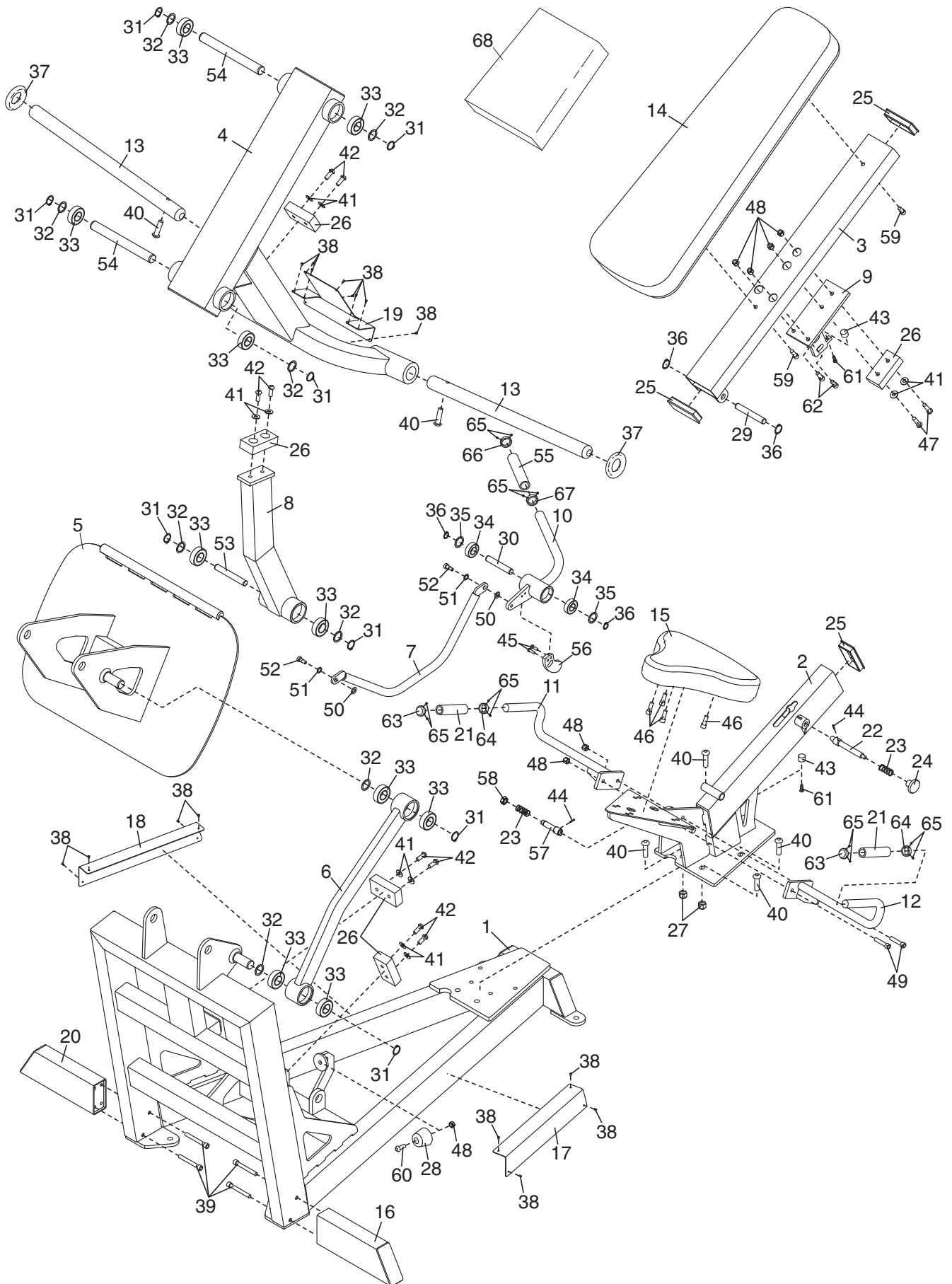
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	36	4	5/8" Retainer Ring
2	1	Seat Frame	37	2	Bumper Ring
3	1	Backrest Frame	38	16	Rivet
4	1	Foot Plate Frame	39	4	3/8" x 3" Screw
5	1	Foot Plate	40	6	1/2" x 2" Screw
6	1	Foot Plate Arm	41	10	3/8" Washer
7	1	Support Arm	42	8	3/8" x 1" Screw
8	1	Frame Support	43	2	Small Bumper
9	1	Backrest Bracket	44	2	5/8" Roll Pin
10	1	Adjustment Arm	45	2	1/4" x 3/4" Screw
11	1	Right Handle	46	4	3/8" x 1" Non-patch Screw
12	1	Left Handle	47	2	3/8" x 1 1/2" Bolt
13	2	Weight Bar	48	7	3/8" Nylon Locknut
14	1	Backrest	49	2	3/8" x 1 3/4" Bolt
15	1	Seat	50	2	3/8" Nylon Washer
16	1	Left Base Leg	51	2	3/8" Bushing
17	1	Left Cover	52	2	3/8 x 3/8" Shoulder Bolt
18	1	Right Cover	53	1	6 1/2" Axle
19	1	Center Cover	54	2	9 1/4" Axle
20	1	Right Base Leg	55	1	Red Handgrip
21	2	Black Handgrip	56	1	Adjustment Bracket
22	1	Pin	57	1	Adjustment Pin
23	2	Spring	58	1	1/2" Hex Nut
24	1	Knob	59	2	3/8" x 3" Non-patch Screw
25	3	2" x 4" Cap	60	1	3/8" x 1 1/4" Bolt
26	5	Rectangle Bumper	61	2	1/4" x 1/2" Screw
27	2	1/2" Nylon Locknut	62	2	3/8" x 1" Screw
28	1	Bumper	63	2	Black Handgrip Cap
29	1	5/8" x 3 3/4" Axle	64	2	Black Handgrip Collar
30	1	5/8" x 4 1/2" Axle	65	12	5/16" Set Screw
31	8	1" Retainer Ring	66	1	Red Handgrip Cap
32	8	1" Nylon Washer	67	1	Red Handgrip Collar
33	10	1" Bearing	68	1	Slip Cover
34	2	5/8" Bearing	*	-	Owner's Manual
35	2	5/8" Nylon Washer			

*These parts are not illustrated. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. GZFW2185.2

R0707A



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 (GZFW2185.2)
- the NAME of the product (FREEMOTION EPIC PLATE LOADED LEG 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 10 and 11).

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