

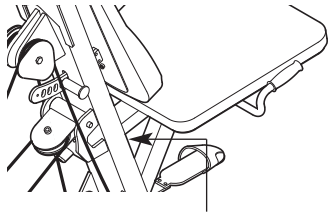
FREEMOTION®

Plate Loaded Quad

Model No. GZPL40320

Serial No. _____

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



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

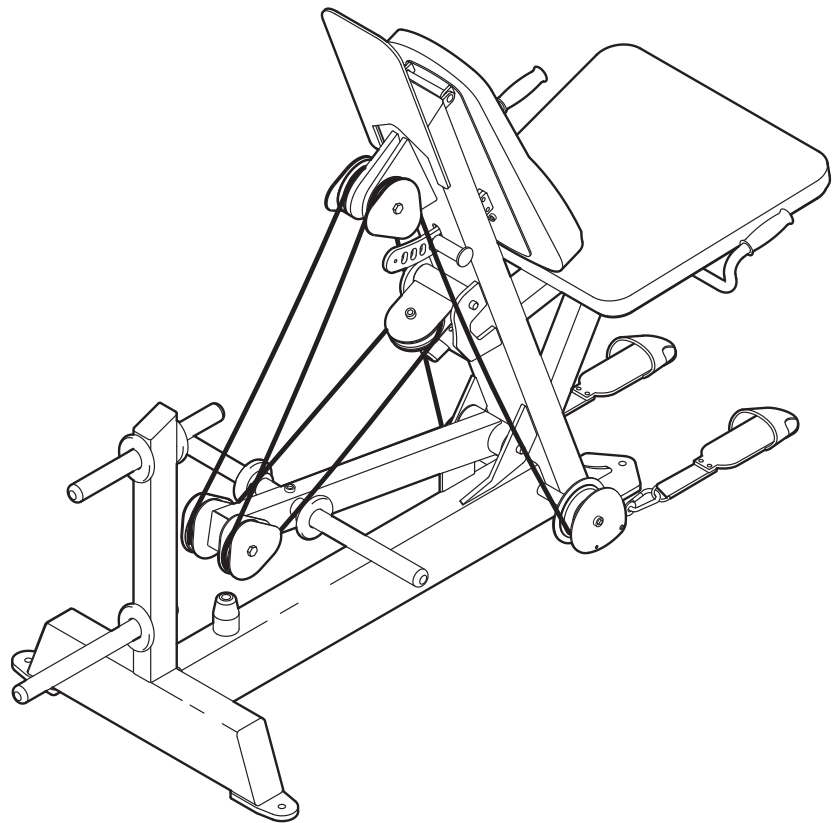
CUSTOMER HOT LINE:

1-800-201-2109

Mon.–Fri., 8 a.m.–5 p.m. MST

CAUTION

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



OWNER'S MANUAL



Visit our website at

www.freemotionfitness.com

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IMPORTANT PRECAUTIONS

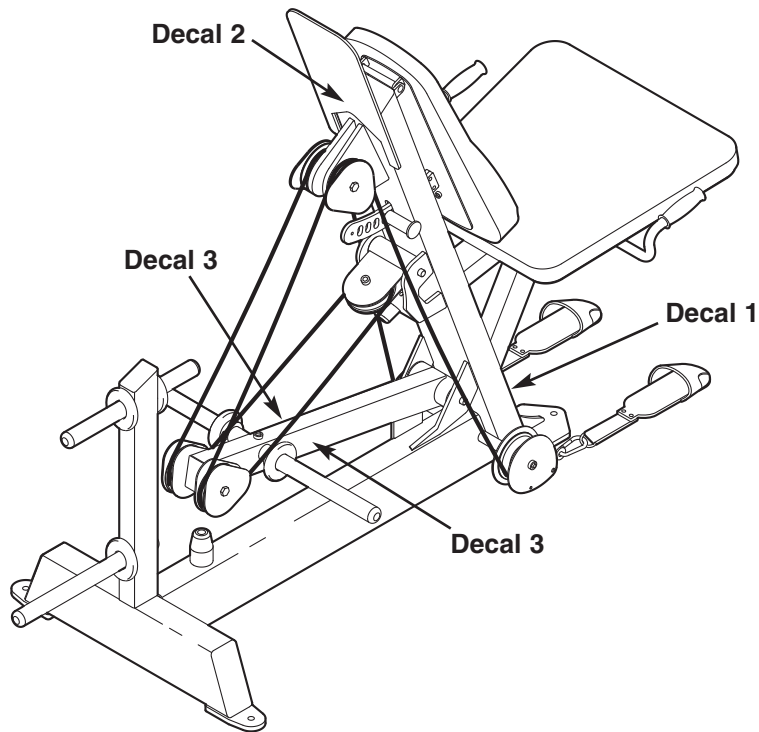
⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the strength machine.

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 three 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. Make sure all parts are properly tightened before each use of the strength machine. Replace any worn parts immediately.
7. Use the strength machine only on a level surface. Cover the floor beneath the strength machine to protect the floor.
8. Make sure that the cable remains on the pulleys at all times. If the cable binds as you are exercising, stop immediately and make sure that the cable is on the pulleys.
9. Always wear athletic shoes for foot protection while exercising.
10. 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.
11. Keep children under 12 and pets away from the strength machine at all times.
12. Always place an equal amount of weight on each side of the weight bar on the weight arm. Note: The strength machine does not include weights.
13. Always secure the weights with the weight pins when they are mounted on the weight bar.
14. Make sure the boots are attached securely before each use of the strength machine.
15. The strength machine is designed to support a maximum user weight of 350 pounds. Do not place more than 600 pounds on the weight bar. Always place an equal amount of weight on each side of the weight bar. Do not place more than 315 pounds on the long storage bar. Do not place more than 100 pounds on the short storage bars.
16. 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.

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, please call our Customer Service Department toll-free at 1-800-201-2109, Monday through Friday, 8 a.m. until 5 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.



Decal 1
Shown at 60%

! 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

! WARNING

**DO NOT USE
MACHINE FROM
THIS SIDE**

Part # 7006

Decal 3
Shown at 70%

! WARNING

INSPECT ALL CABLES, STRAPS, MOVING PARTS, AND FASTENERS WEEKLY. REFER TO MAINTENANCE MANUAL.

KEEP HANDS FREE OF MOVING PARTS. FAILURE TO DO SO COULD RESULT IN PERSONAL INJURY.

7066

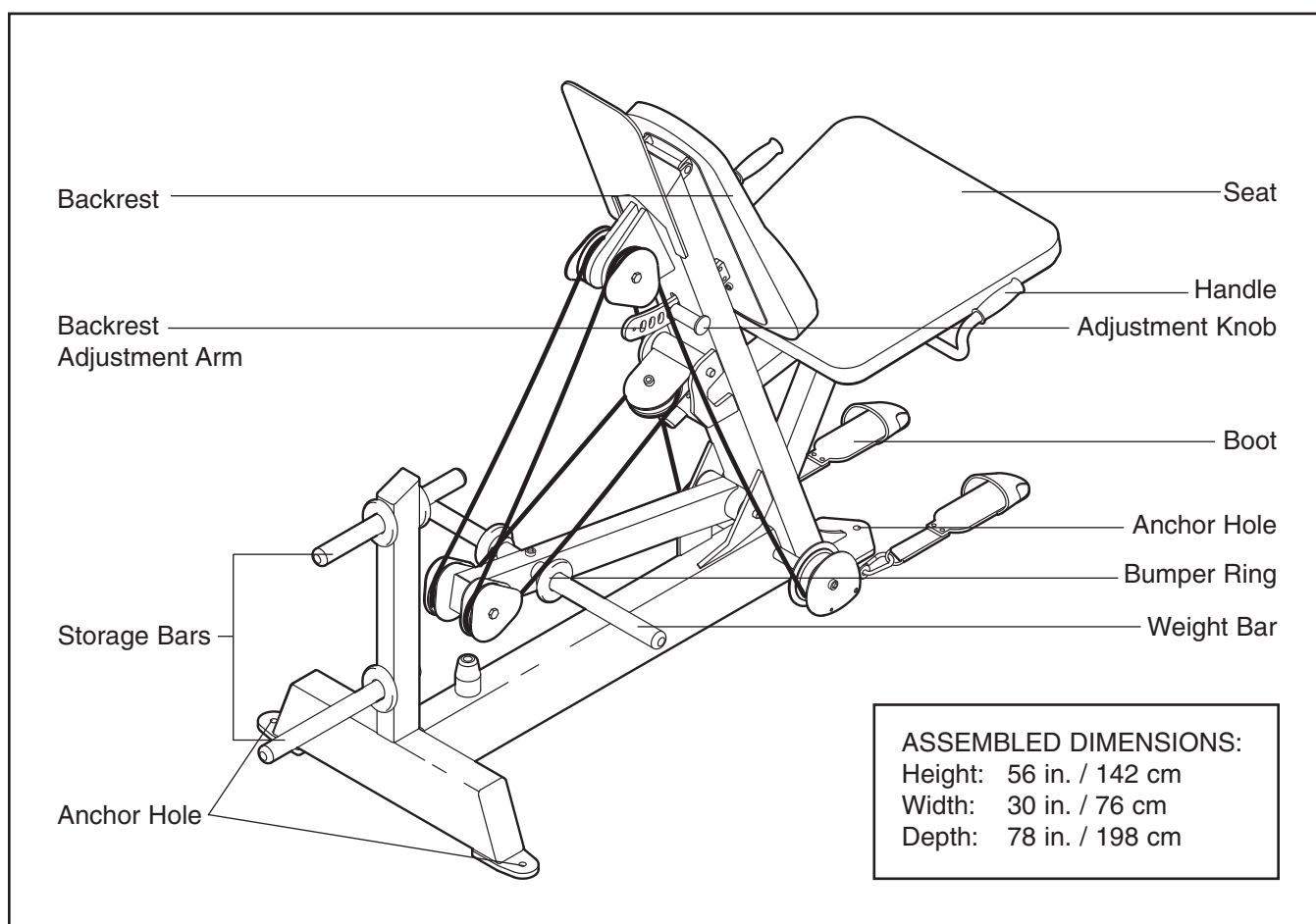
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® PLATE LOADED QUAD 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 QUAD 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 additional

questions, please call our Customer Service Department toll-free at 1-800-201-2109, Monday through Friday, 8 a.m. until 5 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is GZPL40320. 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.



ADJUSTMENTS

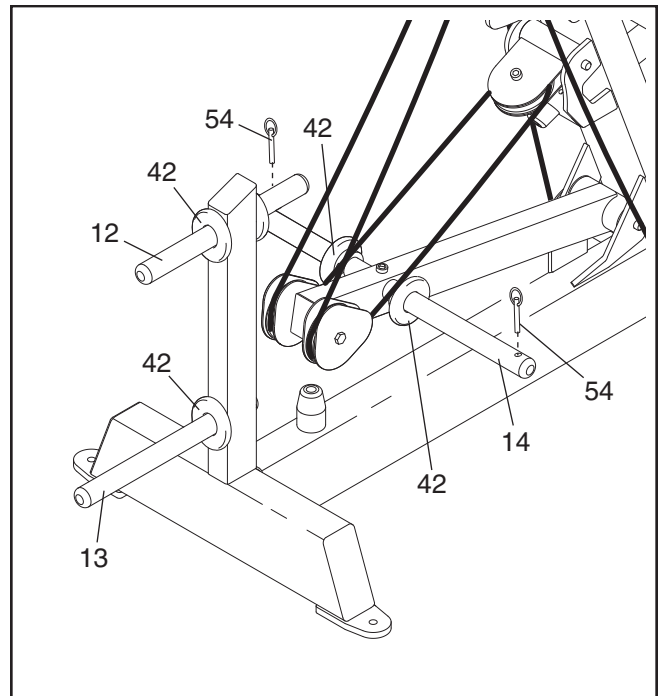
This section explains how to adjust the strength machine. Make sure all parts are properly tightened each time the strength machine is used. Replace any worn parts immediately.

ADDING WEIGHTS TO THE WEIGHT ARM

To add resistance to your workout, slide an equal amount of weight (not included) onto each side of the Weight Bar (14). Make sure that the weights are pushed against the Bumper Rings (42). Secure the weights with the two Weight Pins (54)

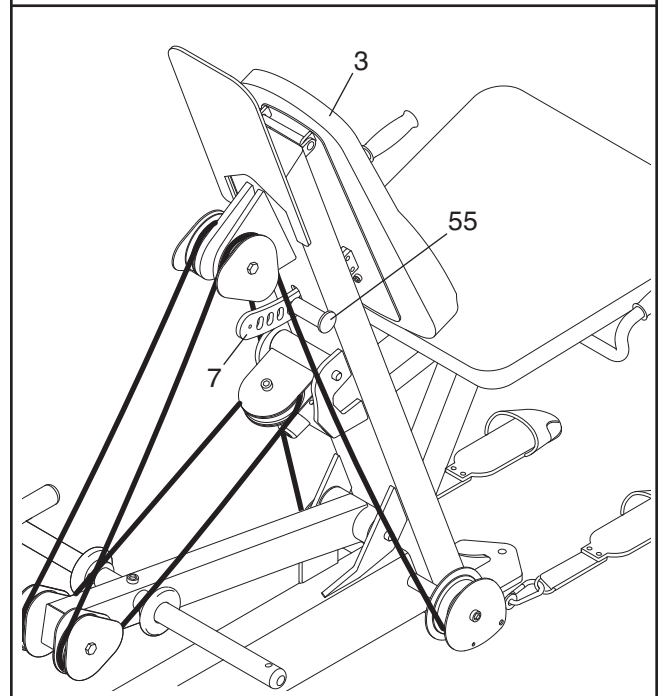
Store unused weights on the Long and Short Storage Bars (13, 12). The Long Storage Bar can hold seven 45-pound weights. The Short Storage Bar can hold four 25-pound weights.

⚠ WARNING: Do not place more than 600 pounds on the Weight Bar (14). Always place an equal amount of weight on each side of the Weight Bar. Always secure the weights with the Weight Pins (54).



ADJUSTING THE BACKREST

To adjust the Backrest (3), pull the Adjustment Knob (56) out as far as it will go. Slide the Backrest to the desired position and engage the Adjustment Knob into a hole in the Backrest Adjustment Arm (7).



MAINTENANCE

It is important for safe and trouble-free operation of your FreeMotion Fitness® strength equipment to perform routine preventative 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 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. Contact FreeMotion Fitness Customer Service at 1-800-201-2109 with any questions or concerns.

Use only original FreeMotion Fitness 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 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 each manufacturer of 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.

4. Stainless Steel Covers:

- Wipe with a light solution of mild soap and warm water. Rinse and dry thoroughly.
- If desired, use available commercial stainless steel polishing compounds. Follow manufacturers' instructions.

5. Handles/Boots:

- Check all handle straps for wear.
- Visually check each strap along the full length for signs of wear such as cuts, tears, or nicks. Replace the strap immediately if necessary.
- A "fuzz" will appear on straps over time and is not a concern unless it appears to be worn through strands of the weave.

6. Straps with Rings:

- If a ring is pulling through the strap or tearing away from the edge of the strap, replace immediately.
- Check stitching points on straps for tears, worn spots or separation. Replace if necessary as required.

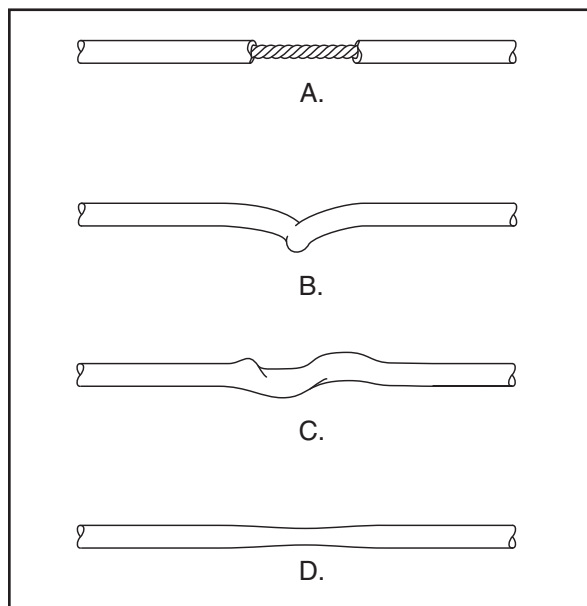
WEEKLY

1. Hardware:

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

2. Cables:

- Check all cables for proper tension.
- Check the entire length of the cable by pulling each handle individually to its fully extended position and inspecting the cable that is exposed on the exterior of the machine, as well as the cable inside of the cut stack tower.
- Run your fingers along the cable, paying close attention at the bends and attachment points.
- Watch for the following conditions, which may indicate a worn cable in need of replacement:
 - A. Torn or split cable sheath that exposes the cable
 - B. Kinked or severely bent cable
 - C. Curled or twisted sheath
 - D. Stretched cable sheath, showing a thinning cross-section



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 FreeMotion Fitness™ 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.

CABLE TENSION CHECK

1. Slowly raise and lower the load arm by normal machine use. The load arm should just come to rest on the bumper when the handle is returned to the resting position.
 - If there is too much tension in the cable, the load arm will not seat on the bumper.
 - If there is not enough tension in the cable, the load arm will not lift immediately when one of the handles is pulled. Ideally, the handle/cable should not move more than 1/2" from its resting position before the load arm begins to be lifted.
2. If there is too much or not enough tension in the cable, adjust the cable as described in CABLE ADJUSTMENTS, on page 9.

CABLE ADJUSTMENTS

CAUTION: Following any cable adjustment, pull the handle with a light load and have someone check to be sure that the cable is not derailed from a pulley or rubbing on a guard.

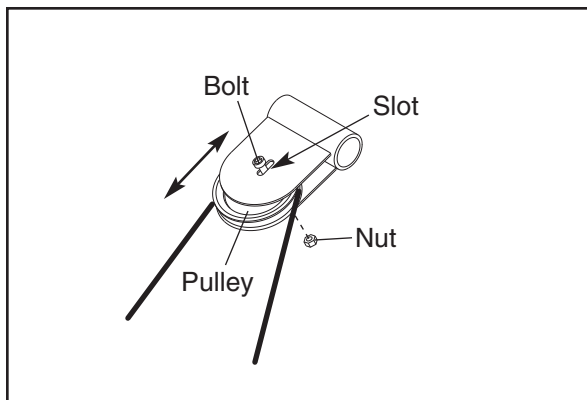
INITIAL ADJUSTMENT

Center Pulley Adjustment– All machines.

Tools required: 9/16" open or box-end wrench, 5/16" Allen wrench

Note: This is the primary adjustment for all machines. If this adjustment does not remove the excess slack, refer to ADDITIONAL ADJUSTMENTS.

1. Using a 5/16" Allen wrench and a 9/16" open or box-end wrench, loosen the nut holding the pulley on the center pulley bracket.
2. To increase the tension, slide the pulley upward in the slot. (To loosen the cable, lower the pulley.)



3. Tighten the nut and check the tension as described in CABLE TENSION CHECK, on page 8. If necessary, readjust the pulley.

ADDITIONAL ADJUSTMENTS

Boot Ends Adjustment– All machines with a strap and handle, a heel strap, or a boot.

Tools required: 1/8" Allen wrench, cable cutters, utility knife

Note: Make this adjustment only if the pulley in the center pulley bracket has been fully adjusted to the top of the slot and the cable requires more tension.

Note: This adjustment is only for increasing the cable tension because it requires shortening the cable. One end is all that requires shortening.

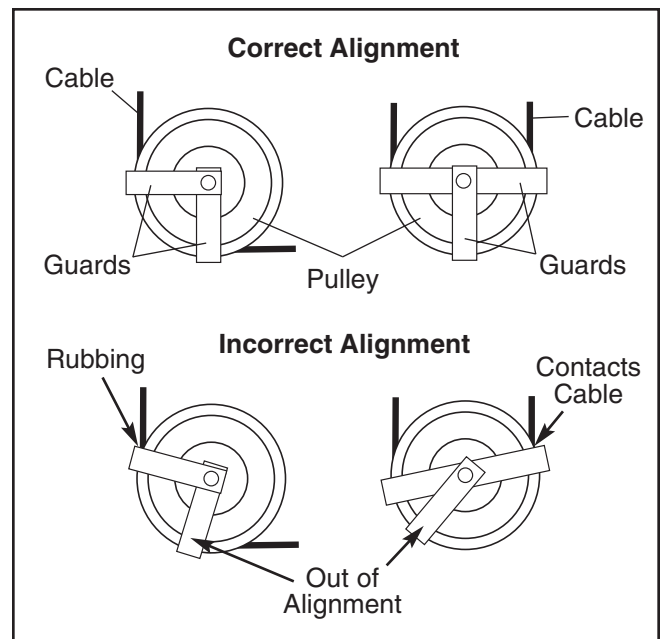
1. Create slack in the cable by pulling the handle out six to eight inches and propping the empty load arm in the raised position.
2. Push the black rubber cover off the aluminum coupler and slide the cover up the cable to contact the pulley in the swivel arm.
3. Loosen the back of the four oval-point, 1/4-20-unc setscrews and pull the cable free.
4. Cut one inch off the cable end with cable cutters.

Note: Using any other tool may flatten or disrupt the end strands so that it may be difficult to reinsert the cable into the hole of the coupler.

5. Cut off one inch of the black outer sheath from the end of the cable.
6. Reinsert the cable and sheath into the coupler until all of the bare cable is in the hole.
7. Retighten the four set screws into the threaded holes. Tighten the set screws equally until they contact the cable. Then, tighten each screw alternately a 1/4 turn, until all are set to 85 inch/pounds.
8. Slide the black rubber cover over the coupler, remove the prop, and lower the load arm.
9. Check for proper cable tension as described in CABLE TENSION CHECK, on page 8.

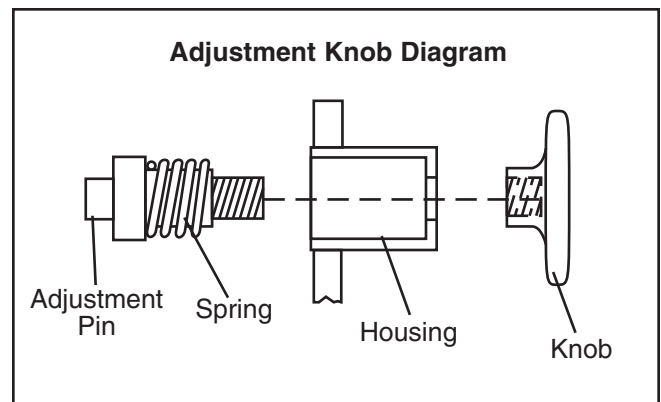
CABLE GUARDS

Check for alignment periodically to ensure that guards are not dragging on the cable and that they are performing their intended duty. If the alignment is not proper, loosen the bolt slightly and readjust as necessary.



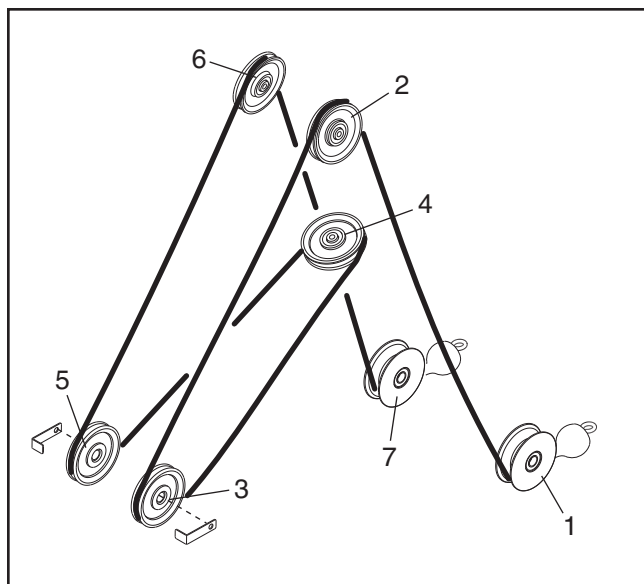
ADJUSTMENT KNOB

If an adjustment knob sticks, it will need to be relubricated. Disassemble the knob and apply a light coating of lithium grease. Reassemble the knob as shown in the diagram. If the adjustment knob still does not function properly, the spring may need to be replaced. To order a new spring, refer to ORDERING REPLACEMENT PARTS on the back cover of this manual.



CABLE DIAGRAM

The cable diagram shows the proper routing of the cable. Use the diagram to make sure that the cable and the cable traps have been assembled correctly. If the cable has not been correctly routed, the strength machine will not function properly and damage may occur. The numbers show the correct route for the cable. **Make sure that the cable traps do not touch or bind the cable.**



PART LIST—Model No. GZPL40320

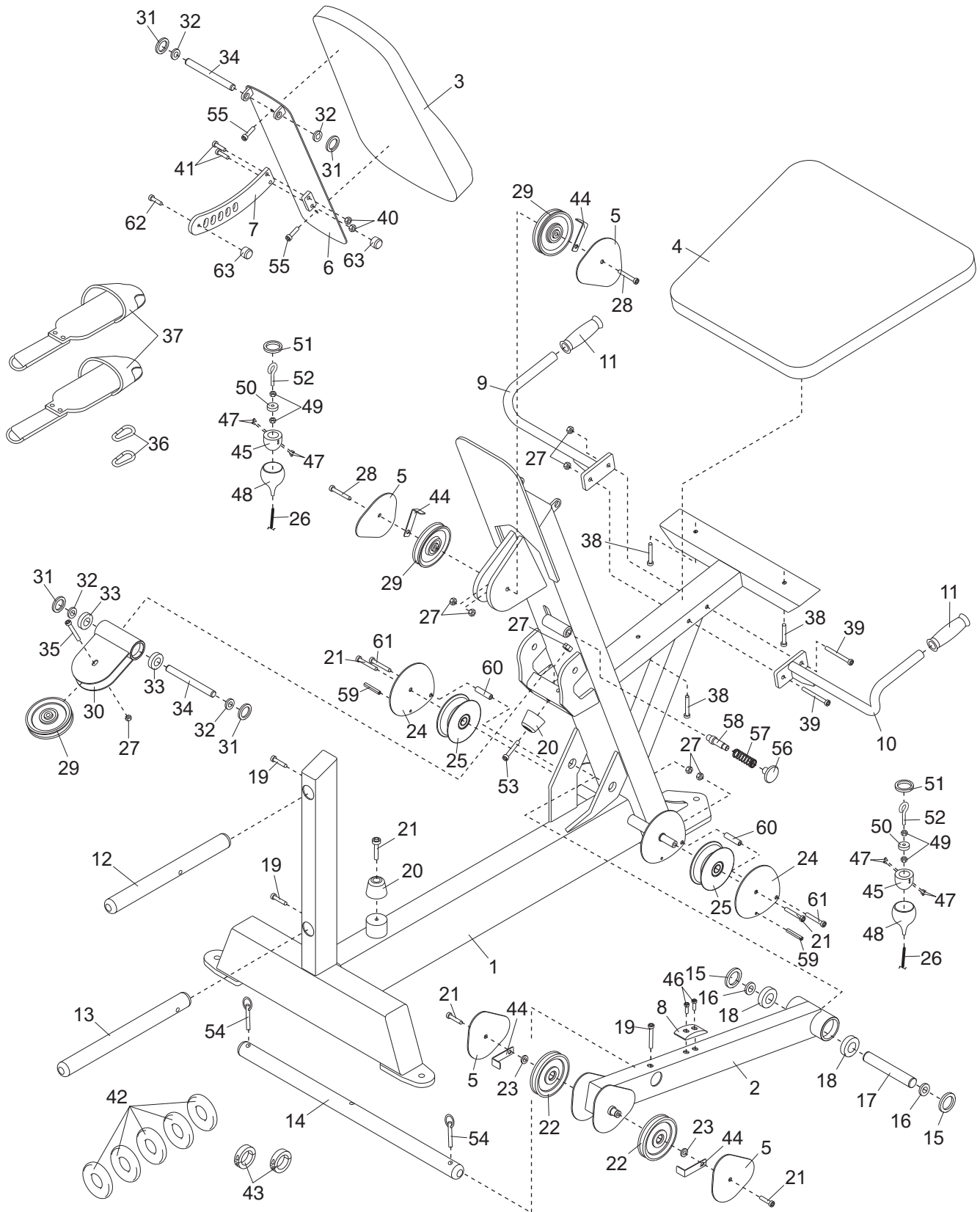
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	33	2	5/8" Bearing
2	1	Weight Arm	34	2	Small Pivot Rod
3	1	Backrest	35	1	3/8" x 1 1/2" Bolt
4	1	Seat	36	2	Cable Clip
5	4	Arm Pulley Plate	37	2	Boot
6	1	Backrest Plate	38	3	3/8" x 3" Bolt
7	1	Backrest Adjustment Arm	39	2	3/8" x 4 1/2" Bolt
8	1	Large Bumper	40	2	5/16" Nylon Locknut
9	1	Left Handle	41	2	5/16" x 1 1/2" Bolt
10	1	Right Handle	42	5	Bumper Ring
11	2	Grip	43	2	Weight Stop
12	1	Short Storage Bar	44	4	Cable Guard
13	1	Long Storage Bar	45	2	Coupler
14	1	Weight Bar	46	2	#8 Self-tapping Screw
15	2	1" Retainer Ring	47	8	1/4" Set Screw
16	2	1" Nylon Washer	48	2	Rubber Cover
17	1	Large Pivot Rod	49	4	Pinch Nut
18	2	1" Bearing	50	2	1/2" Bearing
19	3	1/2" x 1 1/4" Bolt	51	2	1 1/8" Retainer
20	2	Bumper	52	2	Eyebolt
21	5	3/8" x 3/4" Bolt	53	1	3/8" x 1 1/4" Bolt
22	2	Pulley	54	2	Weight Pins
23	2	17mm Retainer Ring	55	2	3/8" x 1" Bolt
24	2	Pulley Plate	56	1	Adjustment Knob
25	2	Wide Pulley	57	1	Spring
26	1	Cable	58	1	Adjustment Pin
27	8	3/8" Nylon Locknut	59	2	Roll Pin
28	2	3/8" x 2" Bolt	60	2	Cable Roller
29	3	Pulley with Bushing	61	2	3/8" x 2 1/2" Bolt
30	1	Center Pulley Bracket	62	1	5/16" x 5/8" Screw
31	4	5/8" Retainer Ring	63	2	Bumper
32	4	5/8" Nylon Washer	#	1	Owner's Manual

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. GZPL40320

R0204A



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, straps, boots

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.

ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-201-2109, Monday through Friday, 8 a.m. until 5 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (GZPL40320)
- The NAME of the product (FREEMOTION® PLATE LOADED QUAD strength machine)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING on pages 12 and 13 of this manual)