

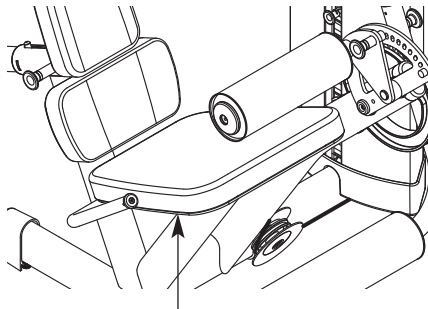
HOTEL FITNESS[®]

Leg Developer

Model No. HF-FMXMLT.0

Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal (under seat)

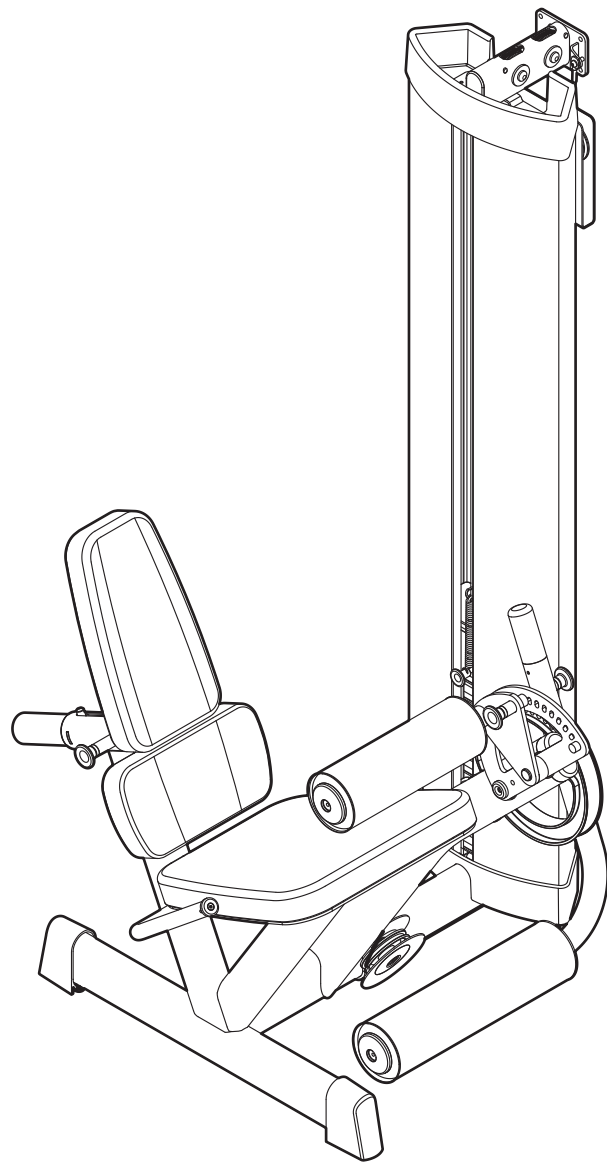
QUESTIONS?

If you have questions, or if parts are damaged or missing, please 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. Keep this manual for future reference.

USER'S MANUAL



www.HotelFitness.com

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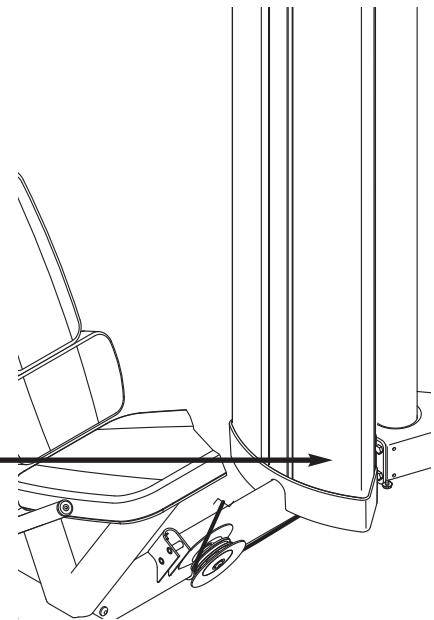
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



⚠ WARNING

- Do not use dumbbells or other means to incrementally increase the weight resistance, other than those provided by the manufacturer.
- Do not allow children on machines. Machine use by teenagers must be supervised by a knowledgeable adult.
- This equipment to be used only under qualified supervision.
- NEVER pin the weight stack in an elevated position.
- Obtain a medical exam before beginning an exercise program.
- INSPECT all cables, straps and their connections. Do not use if any component is found to be worn or damaged.
- Inspect the machine before use. Do not use if machine appears damaged or inoperable.
- Keep body and clothing free and clear of all moving parts.
- NEVER use if any component is worn or damaged.
- Be certain that the weight pin is completely inserted.
- Do not remove this label. REPLACE IF DAMAGED



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your strength equipment before using your strength equipment. Hotel Fitness and FreeMotion Fitness assume no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the strength equipment only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the strength equipment are adequately informed of all precautions.
4. Keep the strength equipment indoors, away from moisture and dust. Place the strength equipment on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the strength equipment to mount, dismount, and use it.
5. Keep hands and feet away from moving parts.
6. Keep children under age 12 and pets away from the strength equipment at all times.
7. The strength equipment is designed to support a maximum user weight of 350 lbs. (159 kg).
8. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
9. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
10. Make sure that the cables remain on the pulleys at all times. If a cable binds while you are exercising, stop immediately and make sure that the cable is on the pulleys.
11. Always make sure that the weight pin is fully inserted into the weight stack before you exercise.
12. If assembling the PRESS STATION (model number HF-FMXMTT.0) with the LEG DEVELOPER (model number HF-FMXMLT.0), make sure that the LEG DEVELOPER is positioned on the right of the PRESS STATION to avoid interference.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

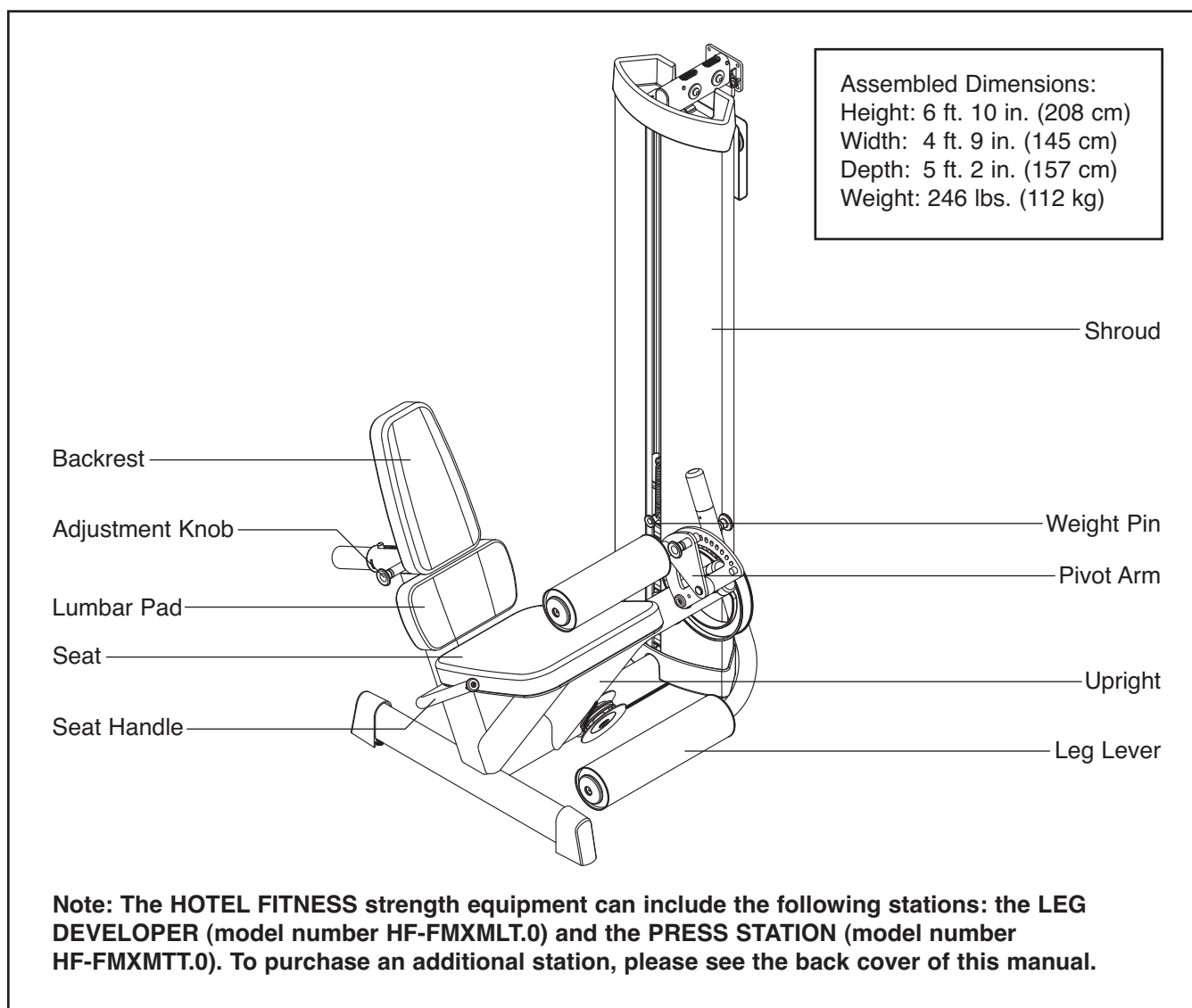
BEFORE YOU BEGIN

Thank you for selecting the HOTEL FITNESS® LEG DEVELOPER strength equipment. With unrestricted motion, you can work your body's muscle groups together in a way that simulates everyday movement, allowing you to train more effectively for specific activities. 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 you use the strength equipment. If you have ques-

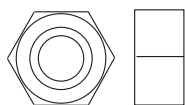
tions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: If a part is not in the hardware kit, check to see if it has been preattached.**



M8 Nut (46)



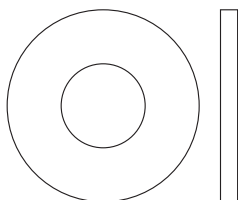
M10 x 10mm
Nut (98)



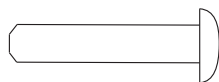
M10 Locknut (38)



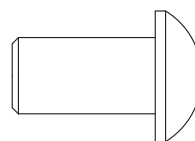
M6.5 Washer (94)



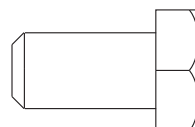
M10 Washer (37)



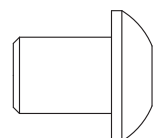
M5 x 25mm Screw (47)



M10 x 19mm Screw (83)



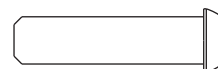
M10 x 19mm
Hex Screw (40)



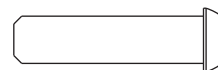
M10 x 13mm
Screw (35)



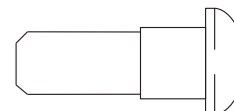
M8 x 8mm
Set Screw (45)



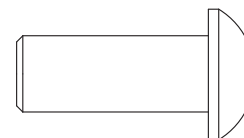
M6 x 25mm Thin Screw (84)



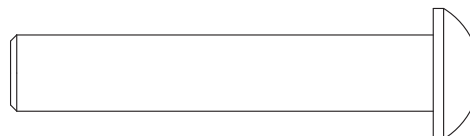
M6 x 25mm Thick Screw (74)



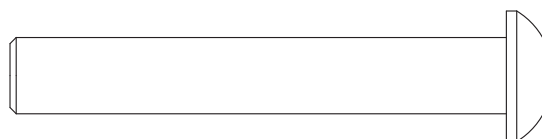
M8 x 25mm Shoulder Bolt (103)



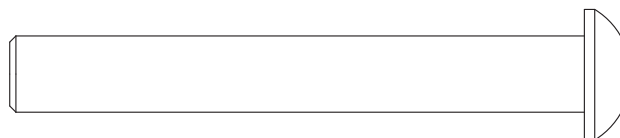
M10 x 25mm Screw (117)



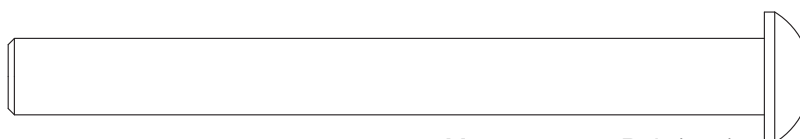
M10 x 56mm Bolt (86)



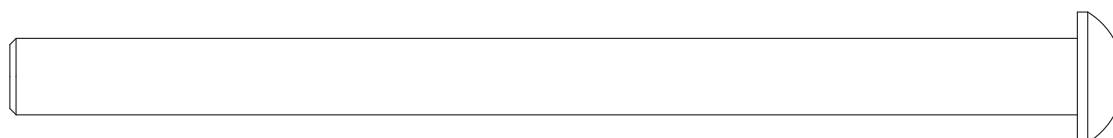
M10 x 66mm Screw (34)



M10 x 75mm Screw (112)



M10 x 100mm Bolt (104)



M10 x 140mm Screw (91)

ASSEMBLY

To make assembly easier, carefully read the following information and instructions:

- Assembly requires two persons.
- Because of its weight and size, the strength equipment should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the strength equipment as you assemble it. **If attaching an additional station to the column, leave enough clearance for that station.**
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, see the PART IDENTIFICATION CHART on page 5.

- The following tools (not included) may be required for assembly:

two adjustable wrenches



one rubber mallet



one standard screwdriver



one Phillips screwdriver



one torque wrench (not shown)

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

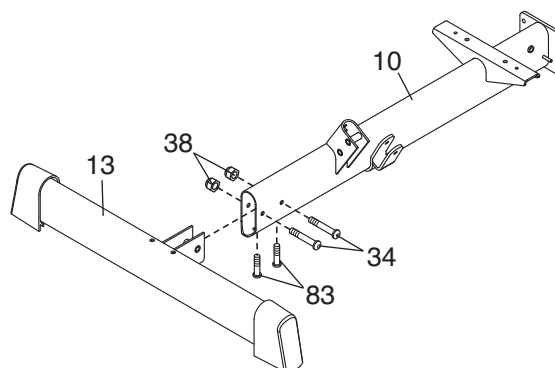
1.

Before beginning assembly, make sure that you understand the information in the box above. Note: Some parts described in the assembly steps may be preassembled.

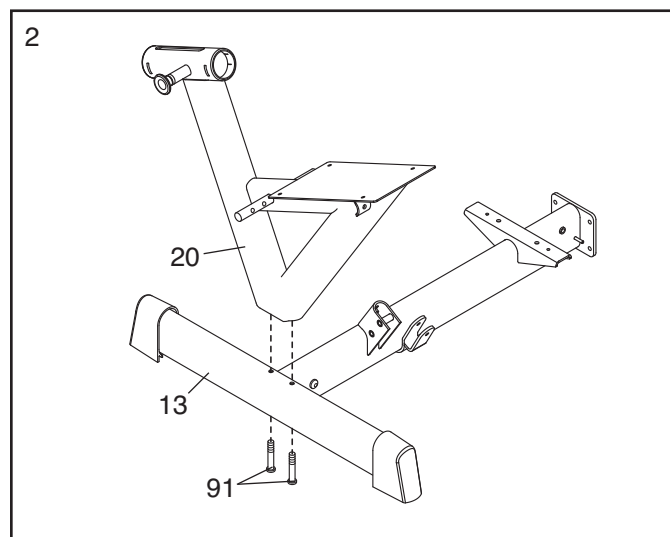
IMPORTANT: To prevent interference, the LEG DEVELOPER must be positioned on the right of the PRESS STATION (model number HF-FMXMTT.0).

Attach the Stabilizer (13) to the Base (10) with two M10 x 19mm Screws (83), two M10 x 66mm Bolts (34), and two M10 Locknuts (38).

1



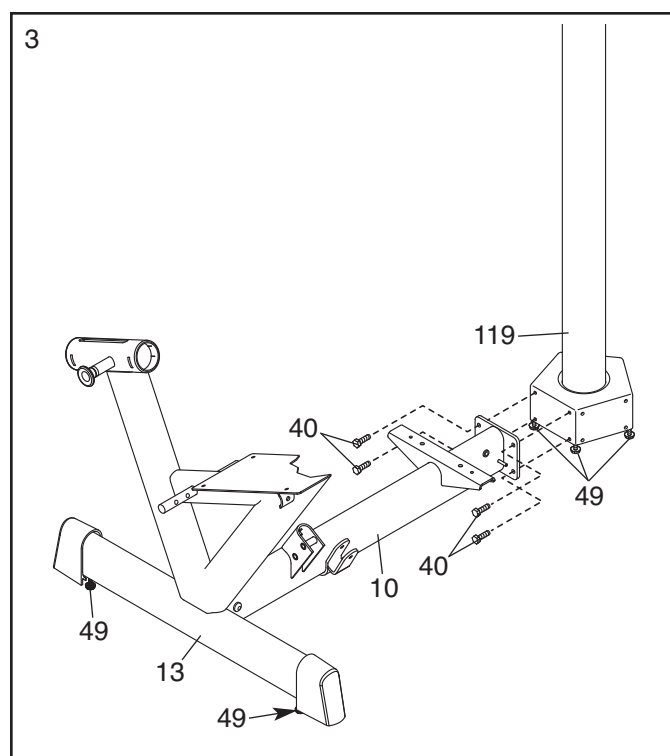
2. Attach the Seat Frame (20) to the Stabilizer (13) with two M10 x 140mm Screws (91).



3. Make sure that five Leveling Feet (49) are attached to the Center Column (119).

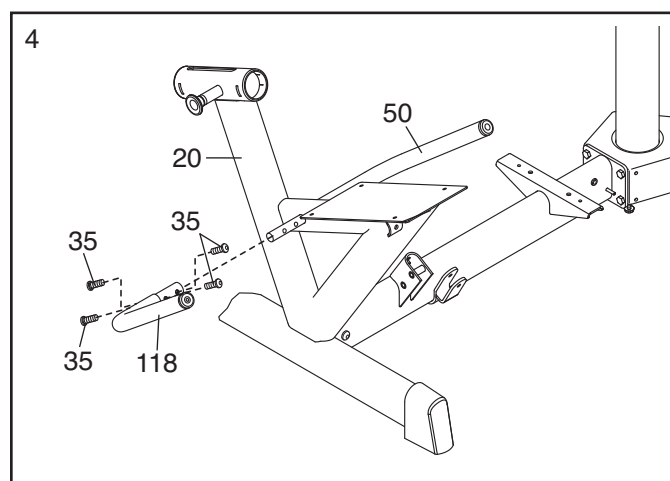
Attach the Base (10) to the Center Column (119) with four M10 x 19mm Hex Screws (40).

Adjust the two Leveling Feet (49) on the Stabilizer (13) so that the Base (10) is level with the Center Column (119).

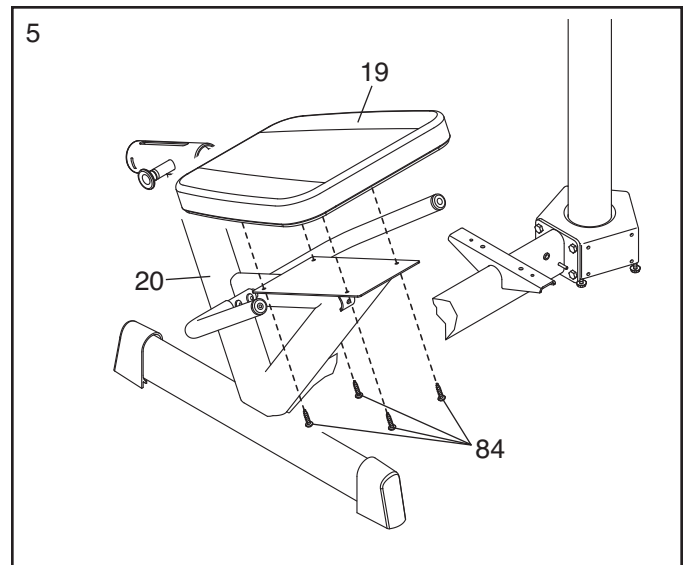


4. Attach the Right Seat Handle (118) to the right side of the Seat Frame (20) with four M10 x 13mm Screws (35).

Attach the Left Seat Handle (50) to the Seat Frame (20) in the same way.

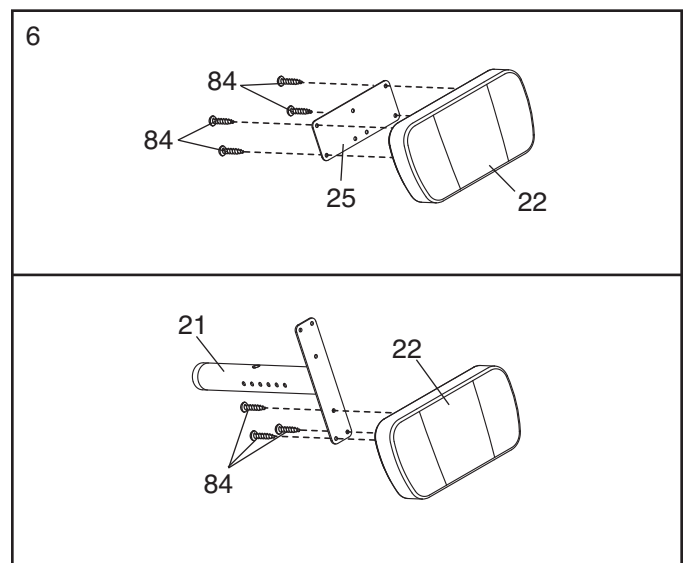


5. Attach the Seat (19) to the Seat Frame (20) with four M6 x 25mm Thin Screws (84).



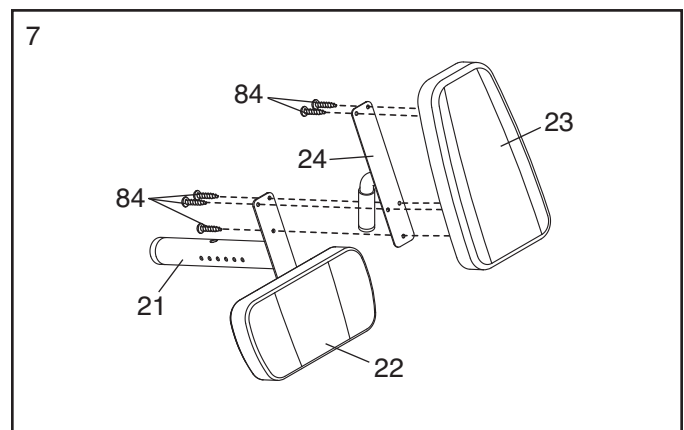
6. **See the upper drawing.** Attach the Lumbar Pad (22) to the Lumbar Plate (25) with four M6 x 25mm Thin Screws (84).

See the lower drawing. Attach the Lumbar Pad (22) and the Lumbar Plate (not shown) to the Backrest Frame (21) with three M6 x 25mm Thin Screws (84).



7. Attach the Backrest (23) to the Backrest Plate (24) with two M6 x 25mm Thin Screws (84).

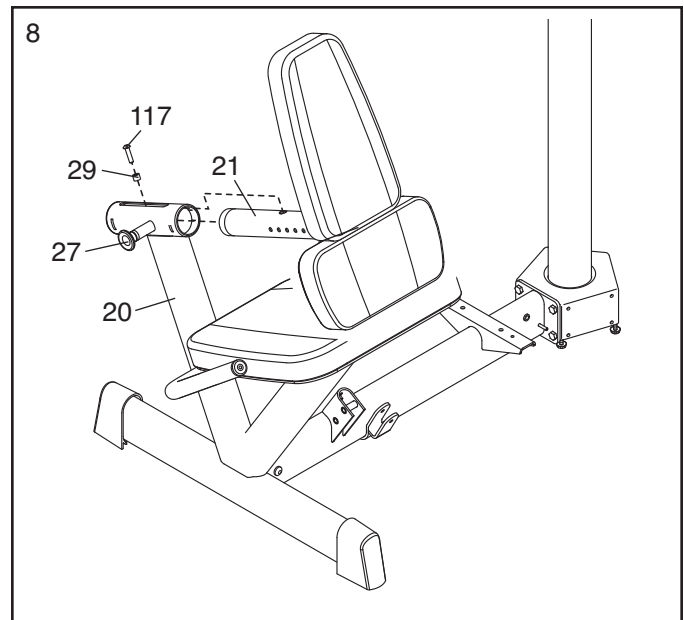
Then, attach the Backrest (23) and the Backrest Plate (24) to the Backrest Frame (21) with three M6 x 25mm Thin Screws (84).



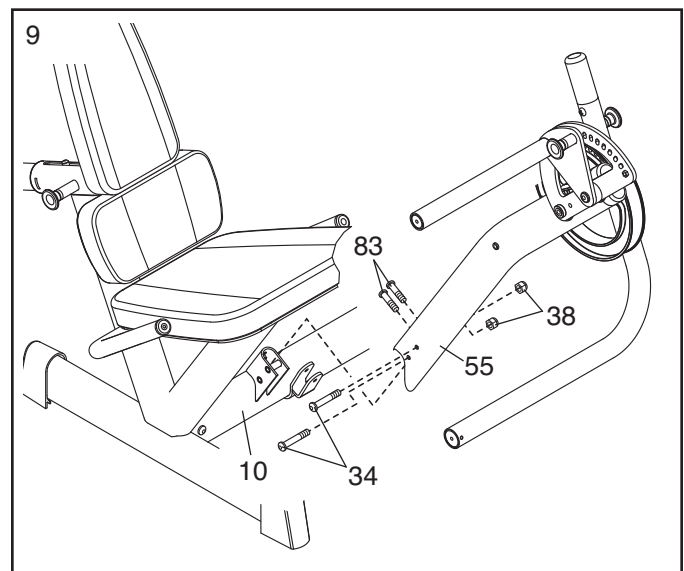
8. Pull the Small Adjustment Knob (27), and insert the Backrest Frame (21) into the Seat Frame (20).

Engage the Small Adjustment Knob (27) into the Seat Frame (20) and one of the adjustment holes in the Backrest Frame (21).

Attach a Pulley Spacer (29) to the Backrest Frame (21) with an M10 x 25mm Screw (117).



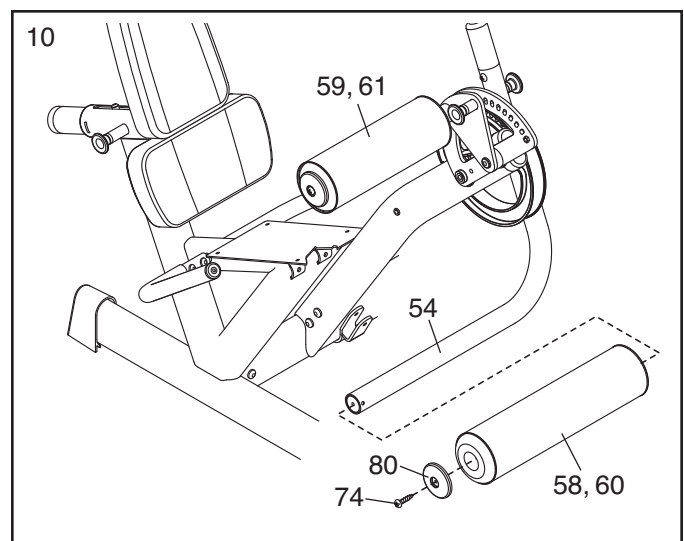
9. Attach the Upright (55) to the Base (10) with two M10 x 19mm Screws (83), two M10 x 66mm Bolts (34), and two M10 Locknuts (38). **Do not tighten the Screws or the Locknuts yet.**



10. Slide the Large Foam Pad (58) and the Large Pad Cover (60) onto the Leg Lever (54).

Attach a Pad Cap (80) to the Leg Lever (54) with an M6 x 25mm Thick Screw (74).

Attach the Small Foam Pad (59) and the Small Pad Cover (61) in the same way.

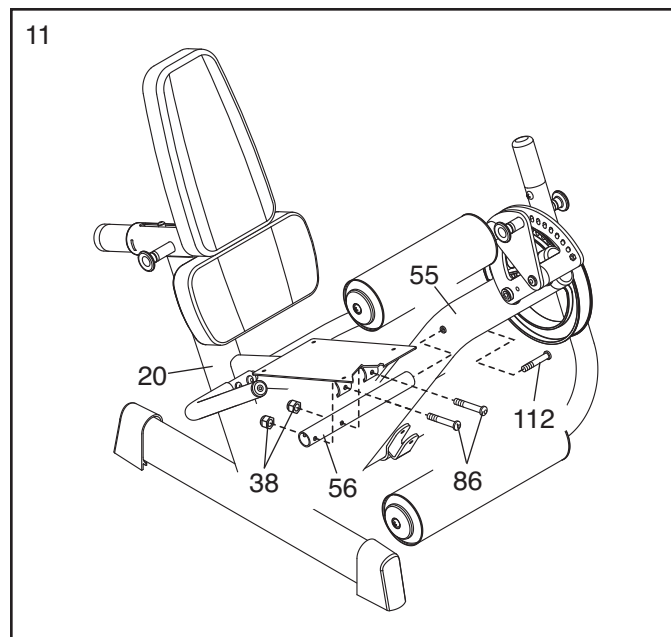


11. **Note: For clarity, the Seat is not shown in the drawing.**

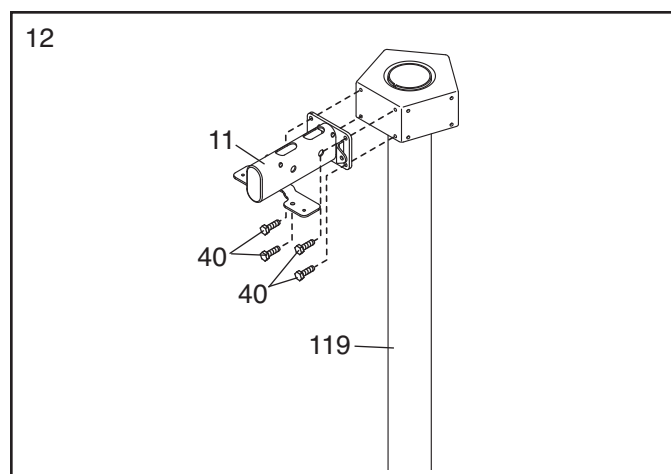
Attach the Upright Connector (56) to the Seat Frame (20) with two M10 x 56mm Bolts (86) and two M10 Locknuts (38).

Then, attach the Upright Connector (56) to the Upright (55) with an M10 x 75mm Screw (112).

See step 9. Tighten the M10 x 19mm Screws (83) and the M10 Locknuts (38).

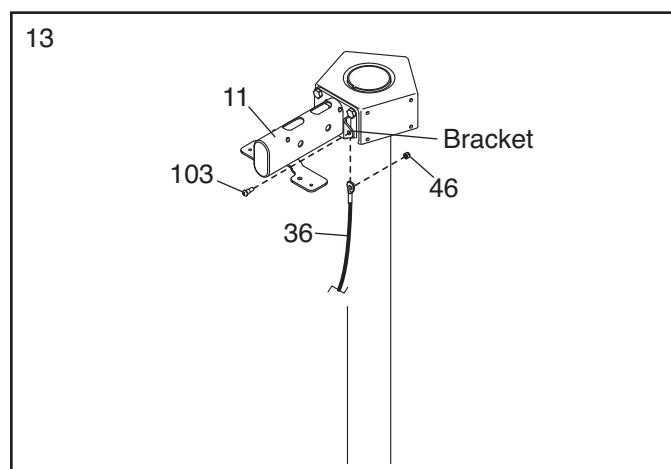


12. Attach the Top Frame (11) to the Center Column (119) with four M10 x 19mm Hex Screws (40). **Do not tighten the Hex Screws yet.**

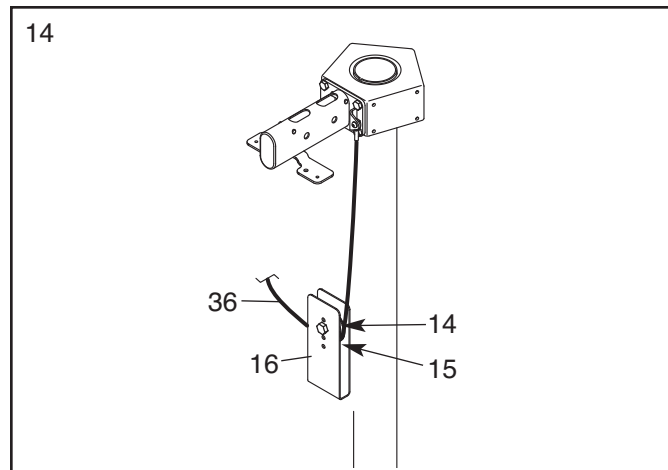


13. **See the CABLE DIAGRAM on page 20 to identify the cables as you assemble them.**

Identify the Short Cable (36). Attach the eyelet on the Cable **behind** the indicated bracket on the Top Frame (11) with an M8 x 25mm Shoulder Bolt (103) and an M8 Nut (46).



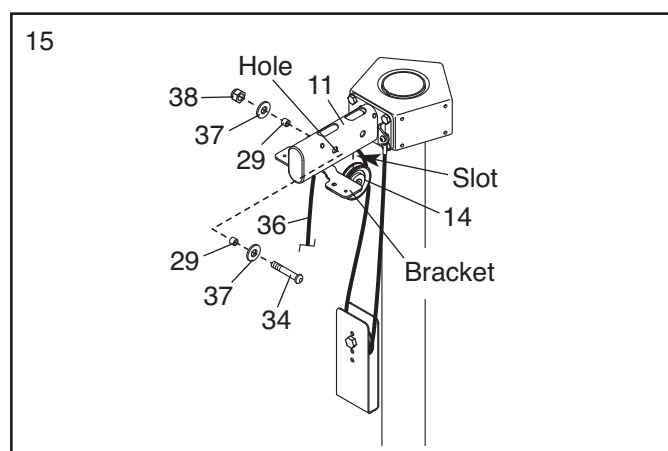
14. Route the Short Cable (36) under the Small Pulley (14) that is attached to the U-bracket (16). **Make sure that the Short Cable is between the Small Pulley and the Cable Trap (15).**



15. Route the Short Cable (36) through the Top Frame (11) and over the indicated bracket.

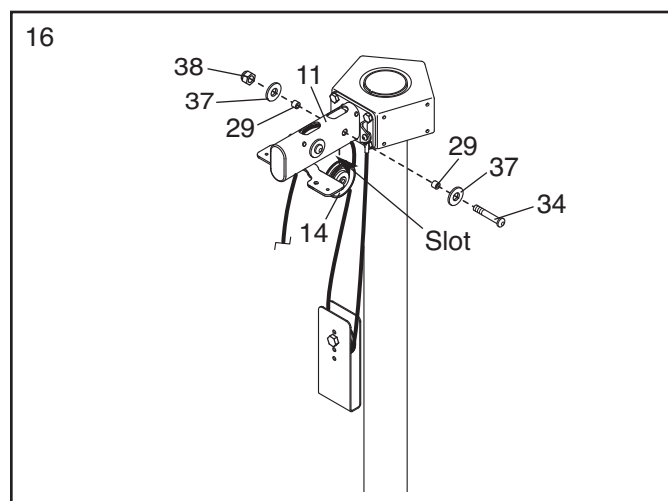
Insert a Small Pulley (14) upward into the indicated slot in the Top Frame (11) so that the Short Cable (36) is on top of the Small Pulley.

Attach the Small Pulley (14) at the indicated hole with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Locknut (38).



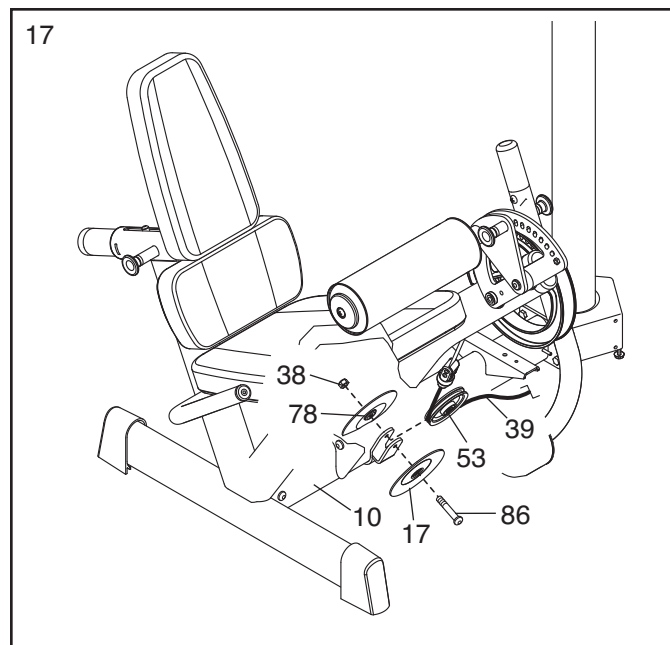
16. Insert another Small Pulley (14) upward into the indicated slot in the Top Frame (11).

Attach the Small Pulley (14) with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Locknut (38).



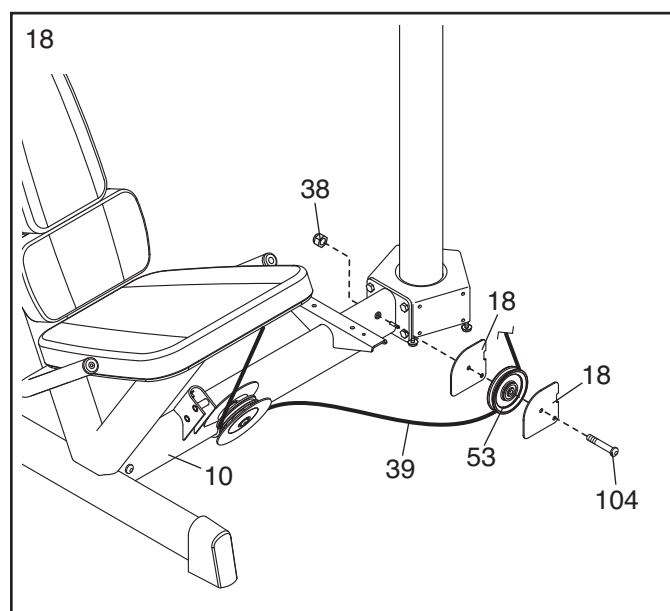
17. **Identify the Long Cable (39).** Wrap the Cable under a Large Pulley (53).

Attach the Large Pulley (53), a Half Guard (78), and a Round Guard (17) to the Base (10) with an M10 x 56mm Bolt (86) and an M10 Locknut (38).

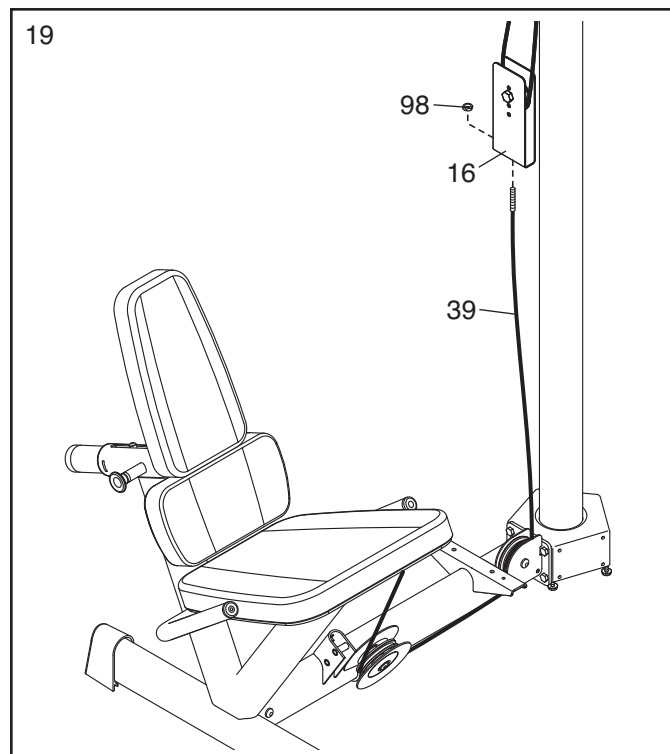


18. Wrap the Long Cable (39) under a Large Pulley (53).

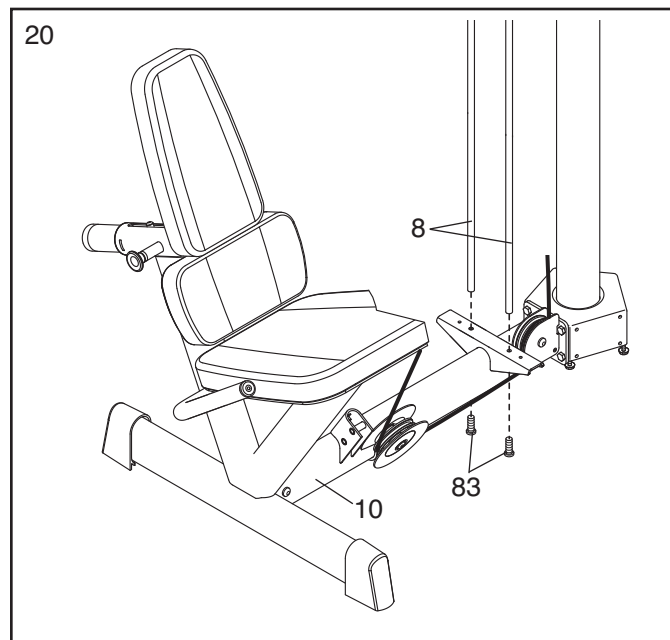
Attach the Large Pulley (53) and the two Square Guards (18) to the Base (10) with an M10 x 100mm Bolt (104) and an M10 Locknut (38).



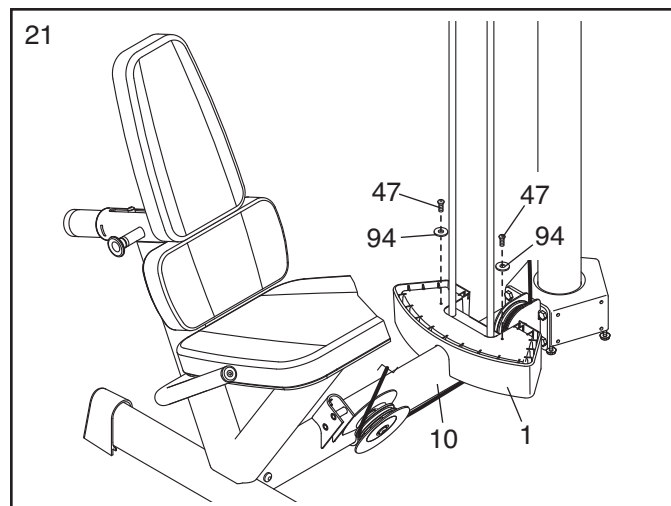
19. Attach the Long Cable (39) to the bottom of the U-bracket (16) with an M10 x 10mm Nut (98).



20. Attach the two Weight Guides (8) to the Base (10) with two M10 x 19mm Screws (83). **Do not tighten the Screws yet.**

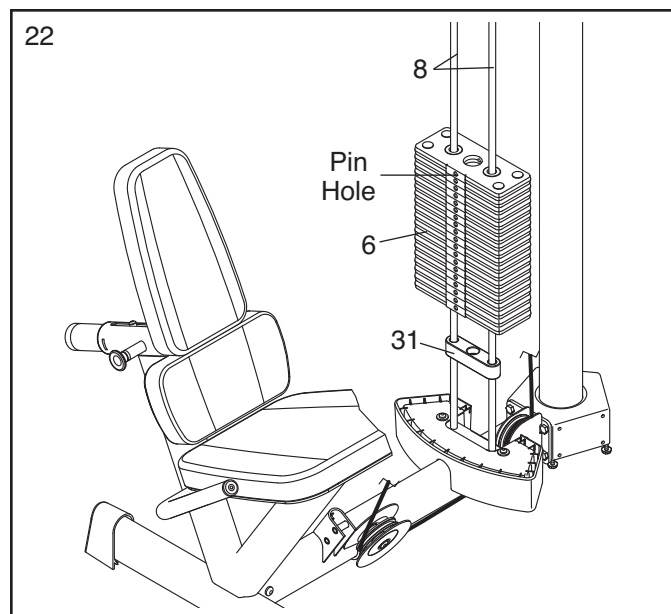


21. Attach the Shroud Base (1) to the Base (10) with two M5 x 25mm Screws (47) and two M6.5 Washers (94).



22. Orient the Weight Bumper (31) as shown, and slide it onto the Weight Guides (8).

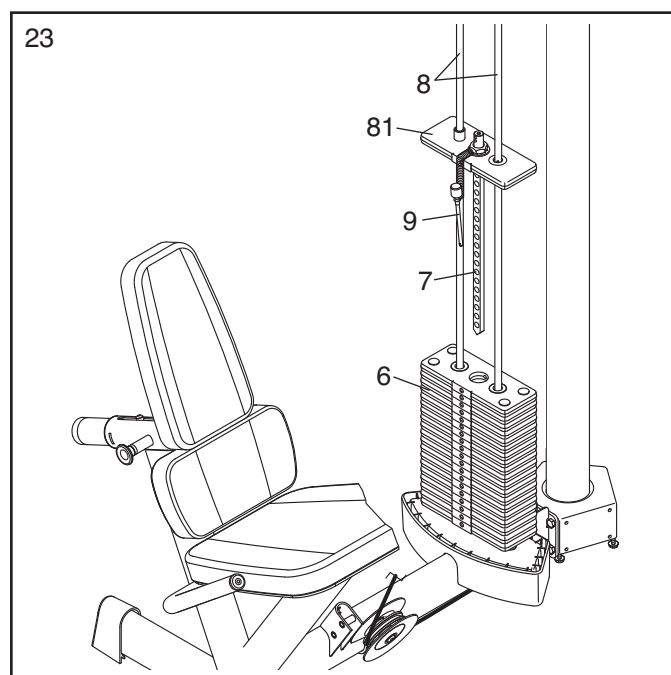
Orient the nineteen Weights (6) so that the pin holes are positioned as shown. Slide the Weights onto the Weight Guides (8).



23. Orient the Top Weight (81) as shown.

Slide the Top Weight (81) onto the Weight Guides (8).

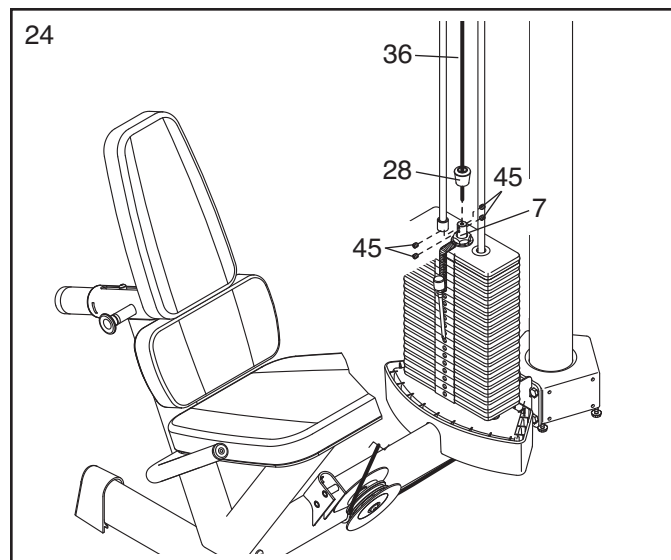
Insert the Weight Pin (9) into the Weights (6) and the Weight Tube (7).



24. Slide the Weight Tube Cover (28) onto the Short Cable (36).

Insert the Short Cable (36) into the Weight Tube (7) until all four M8 x 8mm Set Screws (45) can be tightened against the Short Cable.

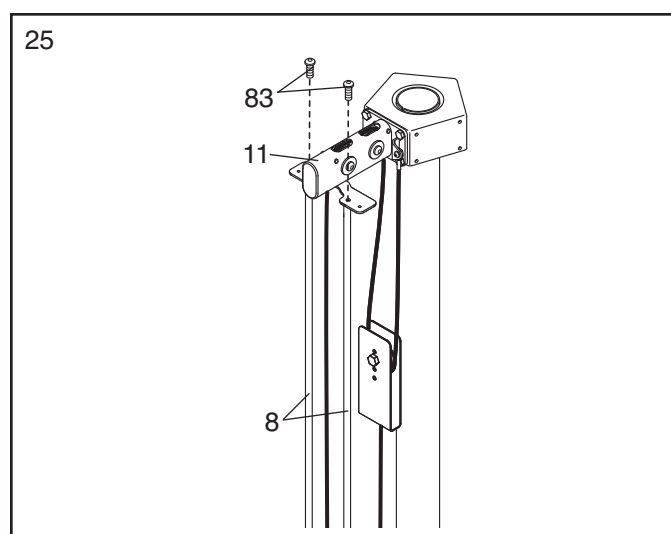
Tighten each M8 x 8mm Set Screw (45) alternately 1/4 turn, until all are set to 85 inch/pounds (9.6 Newton-meters).



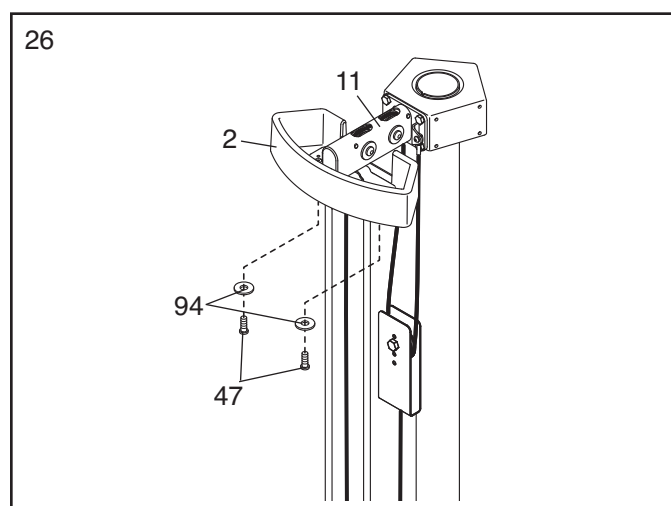
25. Attach the Weight Guides (8) to the Top Frame (11) with two M10 x 19mm Screws (83).

See step 12. Tighten the M10 x 19mm Hex Screws (40).

See step 20. Tighten the M10 x 19mm Screws (83).



26. Attach the Shroud Top (2) to the Top Frame (11) with two M5 x 25mm Screws (47) and two M6.5 Washers (94).

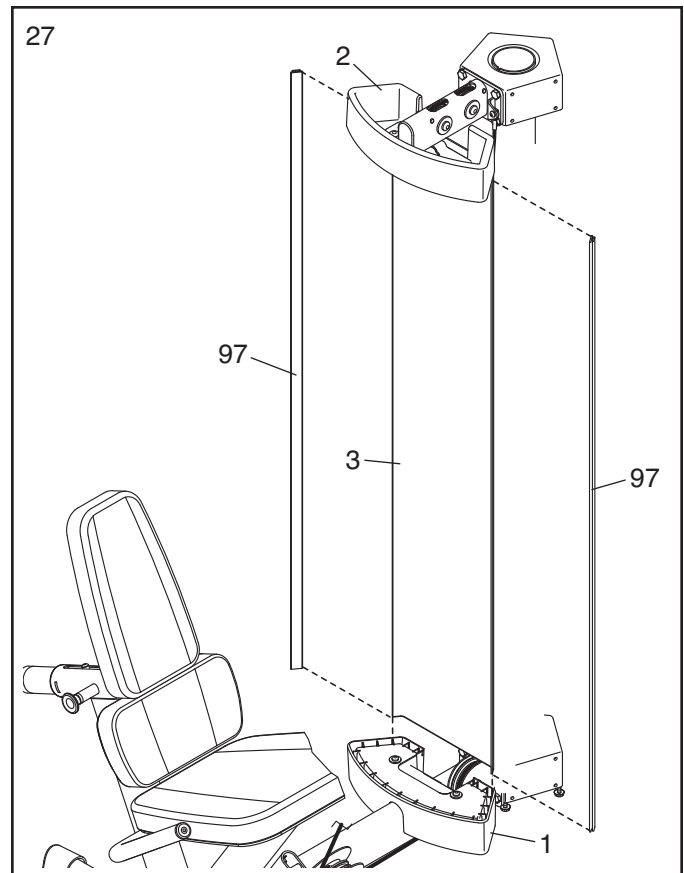


27. For clarity, the weight stack is not shown in steps 27 and 28.

Lift the Rear Shroud (3) upward into the back of the Shroud Top (2).

Then, slide the Rear Shroud (3) downward into the Shroud Base (1).

Press the Shroud Joints (97) onto both sides of the Rear Shroud (3). **Have a second person hold the Shroud Joints until step 28 is completed.**

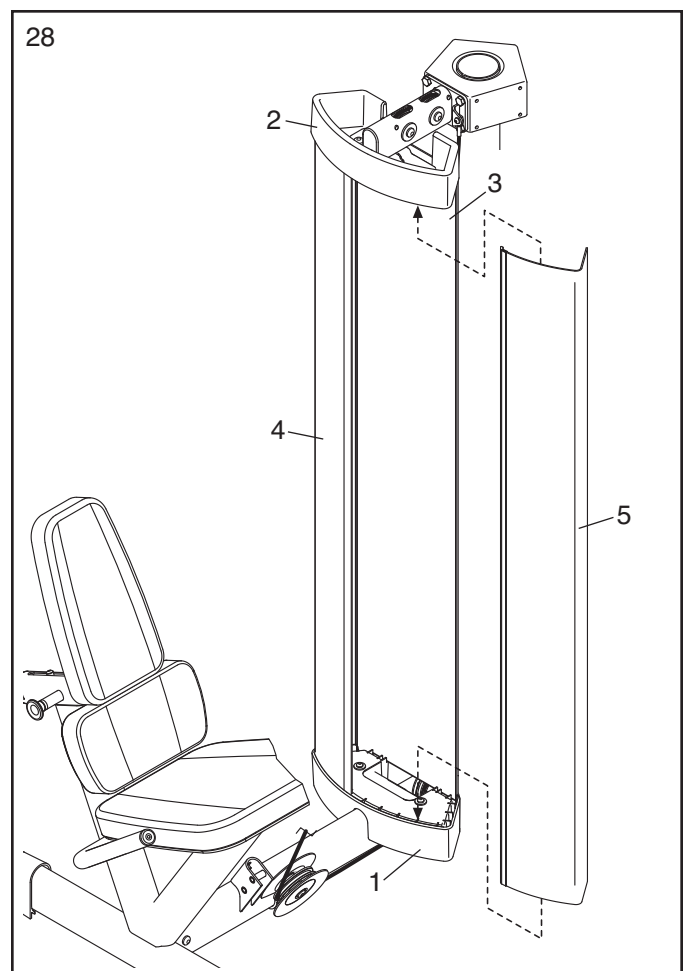


28. Lift the Left Shroud (4) upward into the front of the Shroud Top (2).

Then, slide the Left Shroud (4) downward into the Shroud Base (1).

Slide the Right Shroud (5) into the Shroud Base (1) in the same way.

Attach the Rear Shroud (3) to the Left and Right Shroud (4, 5) with the two Shroud Joints (not shown).



29. Make sure that all parts are properly tightened before you use the strength equipment. The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 17.

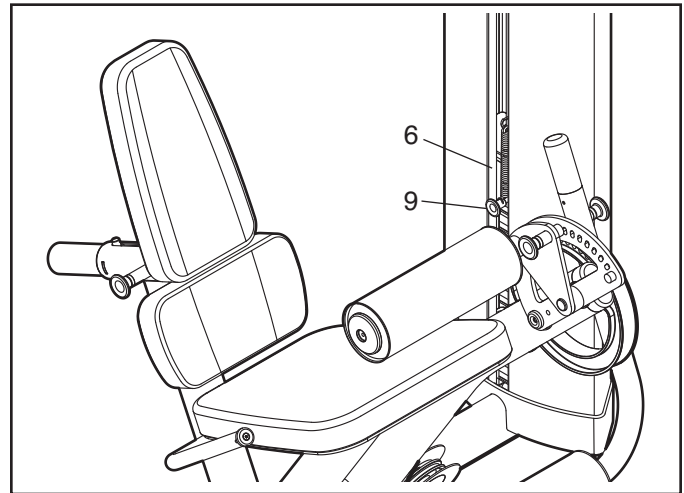
ADJUSTMENT

This section explains how to adjust the strength equipment. See the EXERCISE GUIDELINES on page 21 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for several exercises.

CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (9) into the hole in the desired Weight (6).

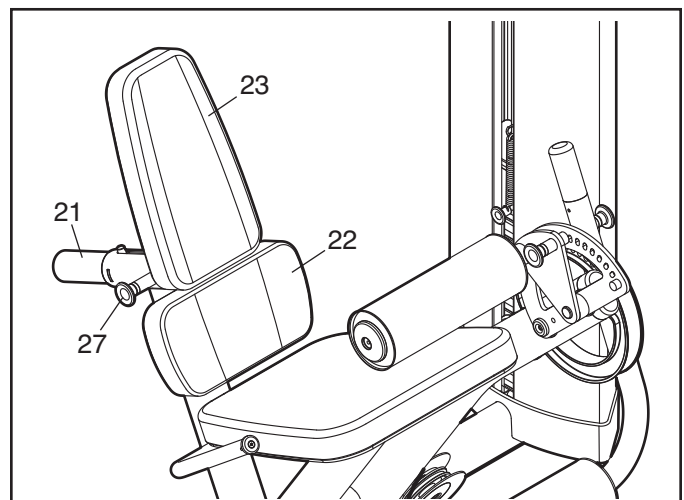
Make sure that the Weight Pin (9) is inserted into the Weight Tube (not shown).



ADJUSTING THE BACKREST

To adjust the position of the Lumbar Pad (22) and the Backrest (23), pull the Small Adjustment Knob (27), slide the Backrest Frame (21) to the desired position, and then release the Small Adjustment Knob.

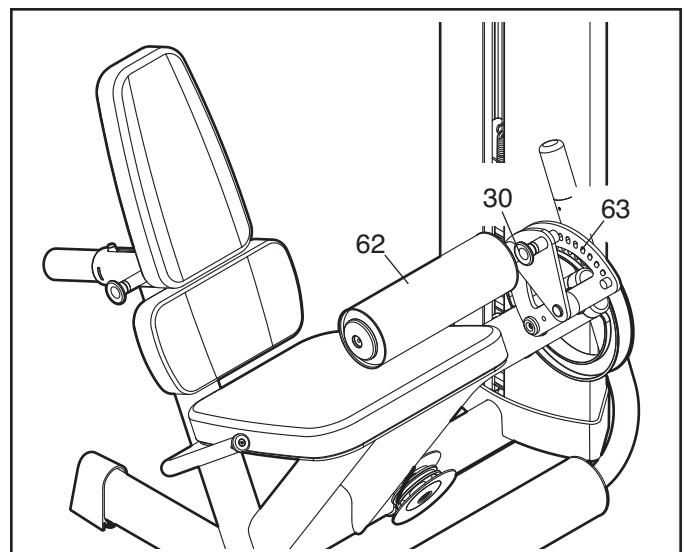
Make sure that the Small Adjustment Knob (27) is engaged in one of the adjustment holes in the Backrest Frame (21).



ADJUSTING THE PIVOT ARM

To adjust the position of the Pivot Arm (62), pull the Large Adjustment Knob (30), rotate the Pivot Arm to the desired position, and then release the Large Adjustment Knob.

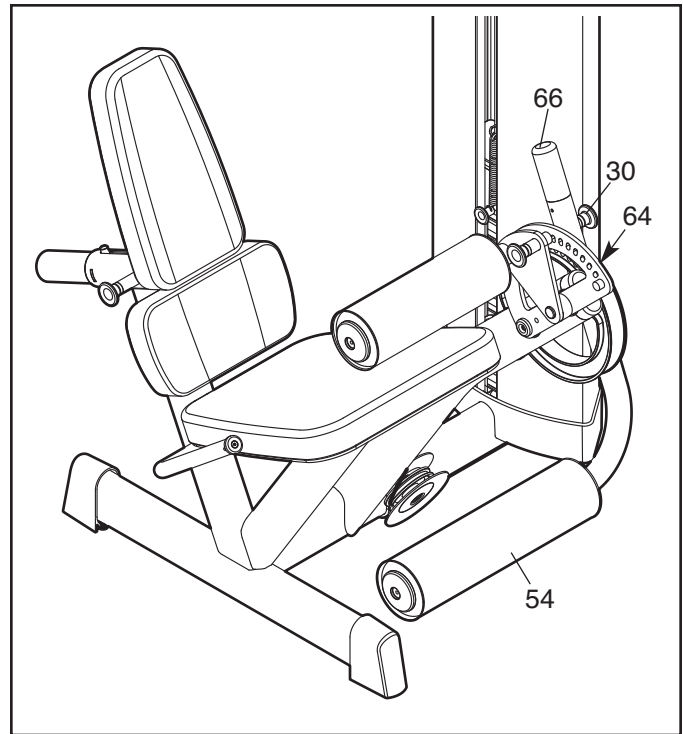
Make sure that the Large Adjustment Knob (30) is engaged in one of the adjustment holes in the Pivot Bracket (63).



ADJUSTING THE LEG LEVER

To adjust the position of the Leg Lever (54), pull the Large Adjustment Knob (30), hold the Leg Lever Handle (66), rotate the Leg Lever to the desired position, and then release the Large Adjustment Knob.

Make sure that the Large Adjustment Knob (30) is engaged in one of the adjustment holes in the Cam (64).



MAINTENANCE

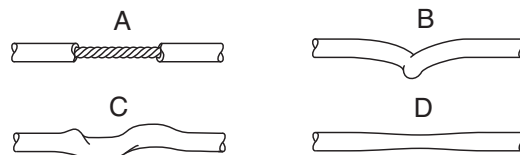
Make sure that all parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately. Clean the strength equipment with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the strength equipment.**

WEIGHT GUIDE LUBRICATION

Clean and lubricate the full length of each weight guide by wiping it with a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length of each weight guide. **Do not use TEFLON® or silicone-based lubricants.**

CABLE INSPECTION

Check the entire length of each cable by slowly performing one repetition on the exercise equipment; inspect the cable that is exposed on the exterior of the strength equipment and the cable inside the tower. Run your fingers along the cable, paying close attention at the bends and attachment points. Watch for the conditions shown at the right, which may indicate a worn cable in need of replacement.



- A. torn or split cable sheath
- B. kinked or severely bent cable
- C. curled or twisted sheath
- D. stretched or thinning cable sheath

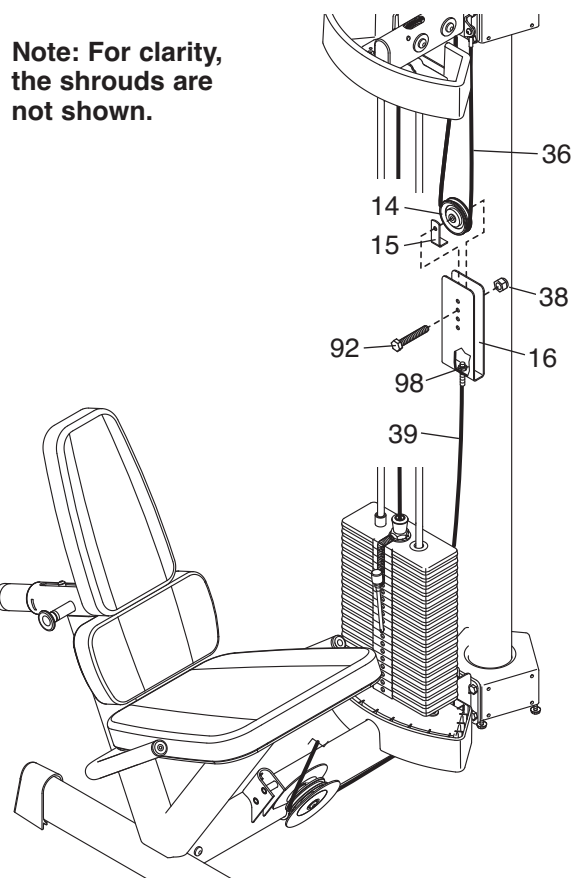
CABLE ADJUSTMENT

Woven cable, the type of cable used on the strength equipment, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened.

Remove the M10 Locknut (38) and the M10 x 53mm Bolt (92) from the U-bracket (16), the Cable Trap (15), and the Small Pulley (14). Reattach the Small Pulley and the Cable Trap to a lower hole in the U-bracket. **Make sure that the Cable Trap is in the proper position and that the Short Cable (36) and the Small Pulley move smoothly.**

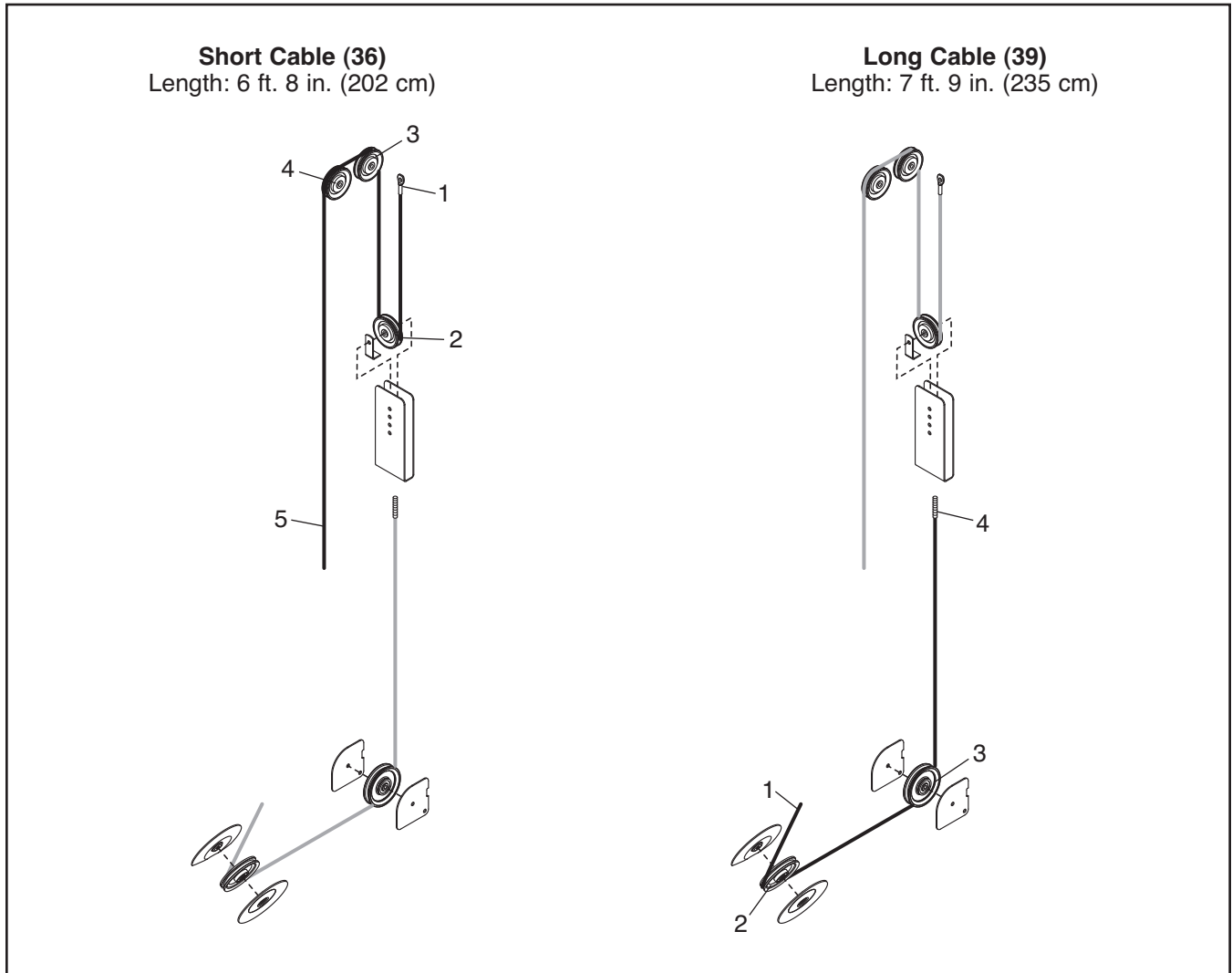
To further tighten the cables, tighten the M10 x 10mm Nut (98) that connects the end of the Long Cable (39) to the U-bracket (16).

Do not overtighten the cables. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If a cable needs to be replaced, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.



CABLE DIAGRAM

The diagram below shows the proper routing of the cables. The numbers in each drawing show the proper routing for that cable. Use the diagram to make sure that the cables and cable traps are assembled correctly. If the cables and cable traps are not assembled correctly, the strength equipment will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**



EXERCISE GUIDELINES

FOUR TYPES OF STRENGTH WORKOUTS

Note: A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.

Muscle Building—Work your muscles near their maximum capacity and progressively increase the intensity of your exercise. Adjust the intensity level of an individual exercise as follows:

- Change the amount of resistance used.
- Change the number of repetitions or sets performed.

Use your own judgment to determine the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning—Tone your muscles by working them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss—To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training—Combine strength training and aerobic exercise by following this type of program:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20 to 30 minutes of aerobic exercise on Tuesday and Thursday.
- One full day of rest each week to give your body time to regenerate.

WORKOUT GUIDELINES

Familiarize yourself with the equipment and learn the proper form for each exercise. Use your own judgment to determine the appropriate length of time for each workout, and the numbers of repetitions and sets to complete. Progress at your own pace and be sensitive to your body’s signals. Follow each workout with at least one day of rest.

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Working Out—Include 6 to 10 different exercises in each workout. Select exercises for every major muscle group, emphasizing areas that you want to develop. To give balance and variety to your workouts, vary the exercises from workout to workout.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FORM

Move through the full range of motion for each exercise and move only the appropriate parts of the body. Perform the repetitions in each set smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set:

- Muscle Building—Rest for three minutes after each set.
- Toning—Rest for one minute after each set.
- Weight Loss—Rest for 30 seconds after each set.

STAYING MOTIVATED

For motivation, keep a record of each workout. Write the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements once a month. To achieve good results, make exercise a regular and enjoyable part of your life.

NOTES

NOTES

PART LIST—Model No. HF-FMXMLT.0

R0410A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Shroud Base	51	2	Seat Handle Grip
2	1	Shroud Top	52	3	Handle Cap
3	1	Rear Shroud	53	2	Large Pulley
4	1	Left Shroud	54	1	Leg Lever
5	1	Right Shroud	55	1	Upright
6	19	Weight	56	1	Upright Connector
7	1	Weight Tube	57	1	Upright Cap
8	2	Weight Guide	58	1	Large Foam Pad
9	1	Weight Pin	59	1	Small Foam Pad
10	1	Base	60	1	Large Pad Cover
11	1	Top Frame	61	1	Small Pad Cover
12	1	Top Frame Cap	62	1	Pivot Arm
13	1	Stabilizer	63	1	Pivot Bracket
14	3	Small Pulley	64	1	Cam
15	1	Cable Trap	65	1	Cable Belt
16	1	U-bracket	66	1	Leg Lever Handle
17	1	Round Guard	67	1	Leg Lever Spacer
18	2	Square Guard	68	6	Large Bearing
19	1	Seat	69	1	M25 Washer
20	1	Seat Frame	70	1	Wedge
21	1	Backrest Frame	71	1	Wedge Plate
22	1	Lumbar Pad	72	1	Cam Pin
23	1	Backrest	73	4	Small Bearing
24	1	Backrest Plate	74	4	M6 x 25mm Thick Screw
25	1	Lumbar Plate	75	1	Bearing Plate
26	2	Backrest Bushing	76	1	Base Foot
27	2	Small Adjustment Knob	77	2	M4 x 13mm Screw
28	1	Weight Tube Cover	78	1	Half Guard
29	5	Pulley Spacer	79	1	Pivot Bracket Spacer
30	1	Large Adjustment Knob	80	2	Pad Cap
31	1	Weight Bumper	81	1	Top Weight
32	39	Weight Bushing	82	1	Large Washer
33	2	Top Weight Spacer	83	11	M10 x 19mm Screw
34	6	M10 x 66mm Bolt	84	16	M6 x 25mm Thin Screw
35	8	M10 x 13mm Screw	85	3	M6 x 25mm Flat Head Screw
36	1	Short Cable	86	3	M10 x 56mm Bolt
37	4	M10 Washer	87	1	M8 x 19mm Bolt
38	11	M10 Locknut	88	1	M8 Locknut
39	1	Long Cable	89	1	Coupler
40	8	M10 x 19mm Hex Screw	90	2	M6 x 13mm Screw
41	1	Handle Grip	91	2	M10 x 140mm Screw
42	1	Star Washer	92	1	M10 x 53mm Bolt
43	1	M25 Nut	93	2	Roller
44	1	Large M25 Washer	94	6	M6.5 Washer
45	4	M8 x 8mm Set Screw	95	1	M8 x 13mm Stop
46	1	M8 Nut	96	2	Shroud Edging
47	4	M5 x 25mm Screw	97	2	Shroud Joint
48	2	Stabilizer Cap	98	1	M10 x 10mm Nut
49	7	Leveling Foot	99	2	M6 x 40mm Screw
50	1	Left Seat Handle	100	2	M6.35 x 10mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	M6 Nut	113	1	M10 x 13mm Screw
102	1	Top Weight Pin	114	2	Bushing
103	1	M8 x 25mm Shoulder Bolt	115	1	Leg Lever Cap
104	1	M10 x 100mm Bolt	116	2	Belt Clamp
105	1	Backrest Frame Cap	117	1	M10 x 25mm Screw
106	4	M6 x 10mm Screw	118	1	Right Seat Handle
107	2	M5 x 15mm Screw	119	1	Center Column
108	3	M10 x 8mm Nut	*	—	User's Manual
109	1	Small Bearing	*	—	Exercise Guide
110	1	Retainer Clip	*	—	Assembly Tool
111	1	M10 x 45mm Bolt	*	—	Grease Packet
112	1	M10 x 75mm Screw			

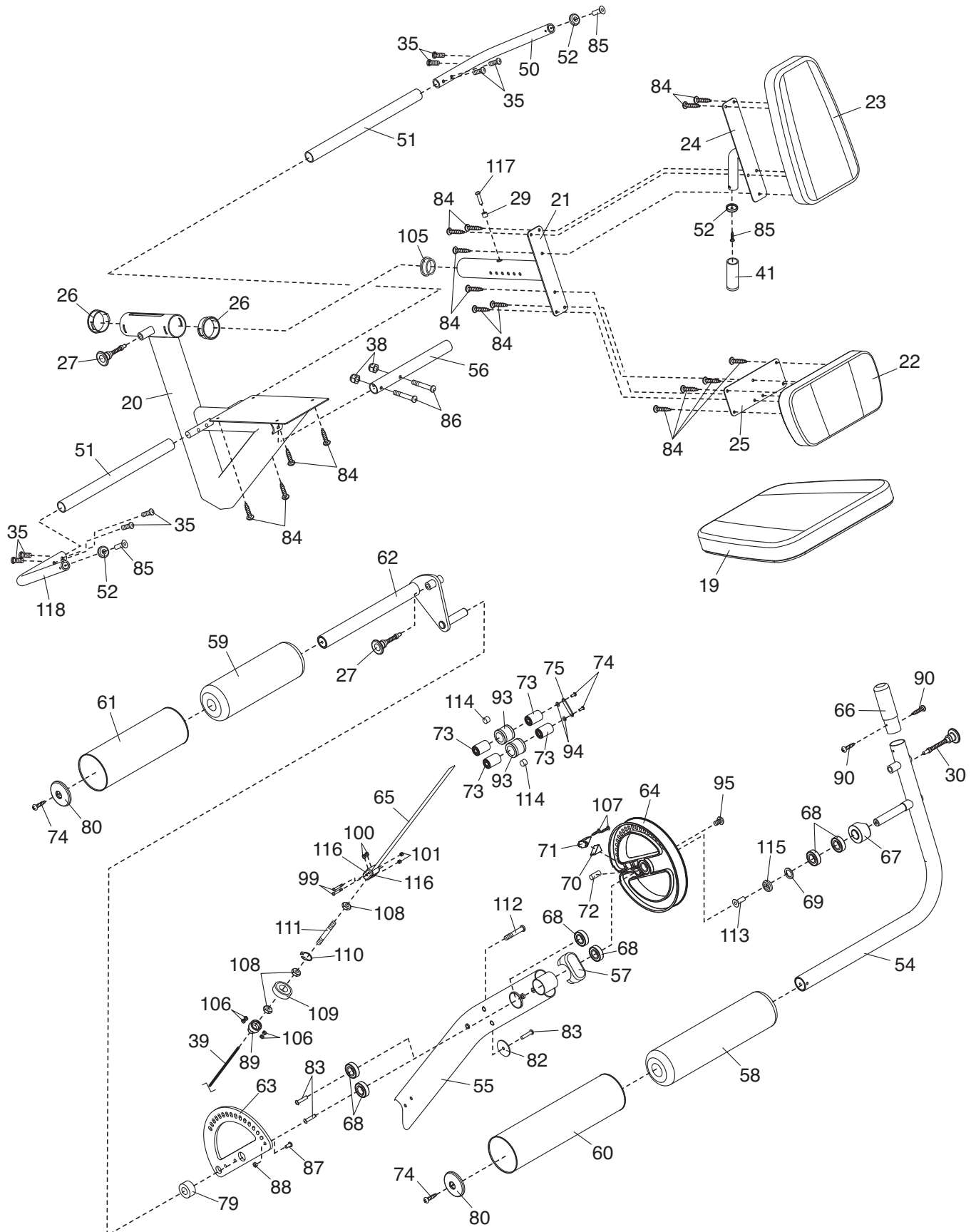
Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

R0410A



EXPLODED DRAWING B—Model No. HF-FMXMLT.0

R0410A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at the phone number, email address, or postal address listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

Call toll free: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MT

Email: fmfvcustomerservice@freemotionfitness.com

Write: FreeMotion Fitness, 1500 S. 1000 W., Logan, UT 84321-9813

To contact Product Sales, call Hotel Fitness toll-free at 1-800-291-0403, send a fax to 1-800-813-1102, send an email to sales@HotelFitness.com, or go to www.HotelFitnessClub.com.

This product is proudly designed and produced by FreeMotion Fitness, a subsidiary of ICON Health & Fitness, Inc.

LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

WARRANTY PERIODS AND COVERAGE

Frame: Lifetime
Parts: 10 years
Cables/Belts: 1 year
Upholstery: 90 days
Accessories: 90 days
Labor: 1 year

This product is warranted for use in non-dues-paying institutional settings to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not intended to be used in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations.

CONDITIONS AND LIMITATIONS

This warranty applies only to the original owner and is non-transferable. The labor warranty applies only to products sold in the US. The following will void the warranty on this product:

1. Any misuse, abuse, or improper service.
2. Users who weigh more than 350 lbs. (159 kg).
3. Damage caused by moving the product or improper storage including moving or storing the product on its side.
4. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.

This warranty shall not apply to the following:

1. Cosmetic items including grips, seats, decals, and labels.
2. Pick-up, delivery, or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

FreeMotion Fitness warranty service may be obtained by contacting Customer Care. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

Hotel Fitness and FreeMotion Fitness are not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or cost of removal or installation; or other consequential damages. Some states do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights, and you may have other rights that vary from state to state.

HOW TO CONTACT CUSTOMER CARE

See HOW TO CONTACT CUSTOMER CARE at the top of this page.