

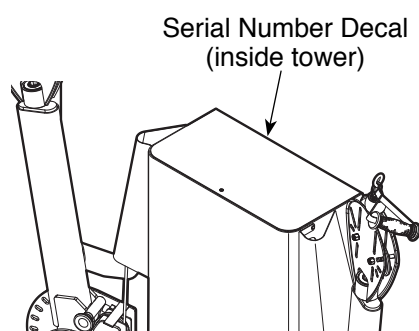
FREEMOTION® | EXT

Dual Cable Cross™

Model No. VFMC4007-INT.0

Serial No. _____

Write the serial number in the space above for reference.



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

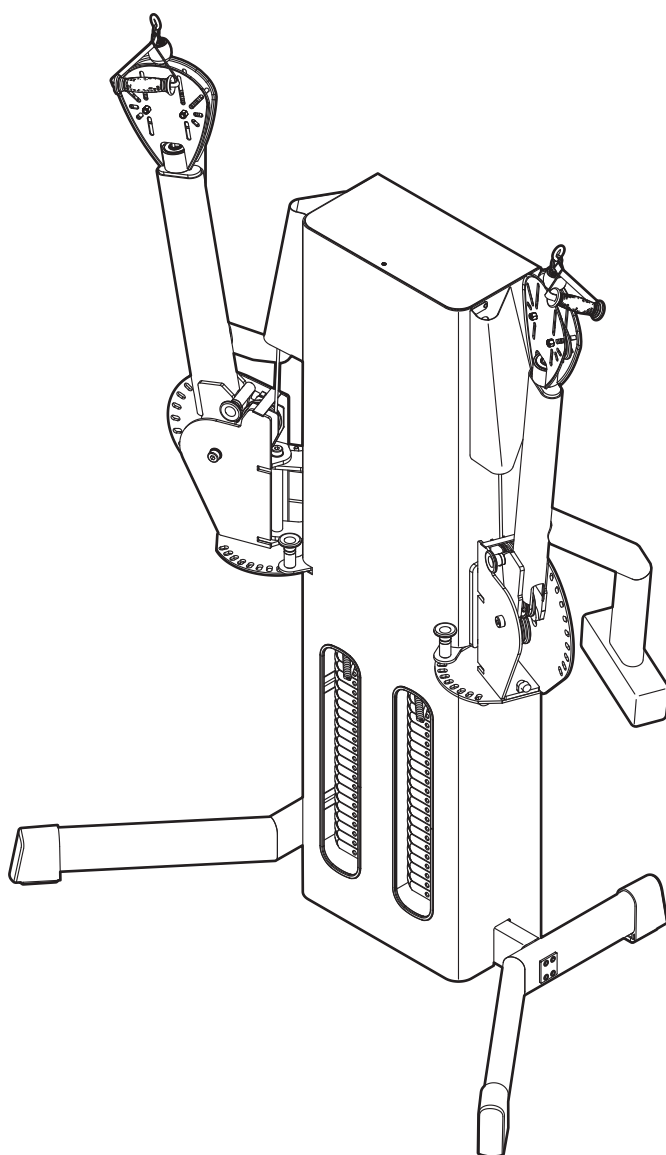


TABLE OF CONTENTS

WARNING DECAL PLACEMENT	3
IMPORTANT PRECAUTIONS	4
BEFORE YOU BEGIN	5
PART IDENTIFICATION CHART	6
ASSEMBLY	7
ADJUSTMENT	13
MAINTENANCE	14
CABLE DIAGRAM	15
EXERCISE GUIDELINES	16
PART LIST	17
EXPLODED DRAWING	18
HOW TO CONTACT CUSTOMER CARE	Back Cover
LIMITED WARRANTY	Back Cover

WARNING DECAL PLACEMENT

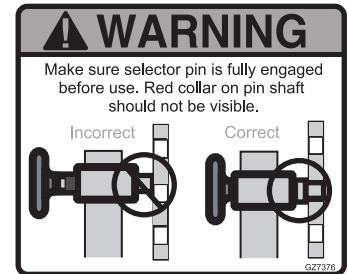
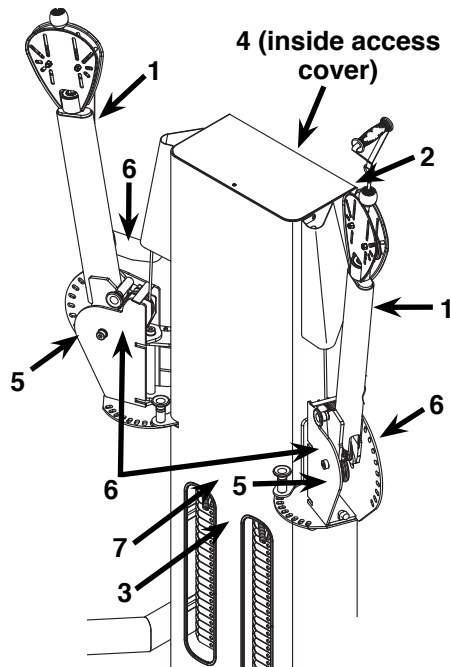
This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decal(s) may not be shown at actual size.



Decal 1 (GZ7008)



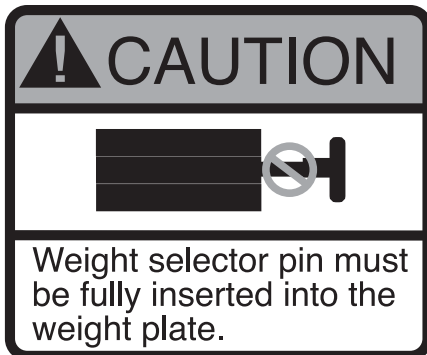
Decal 2 (GZ7006)



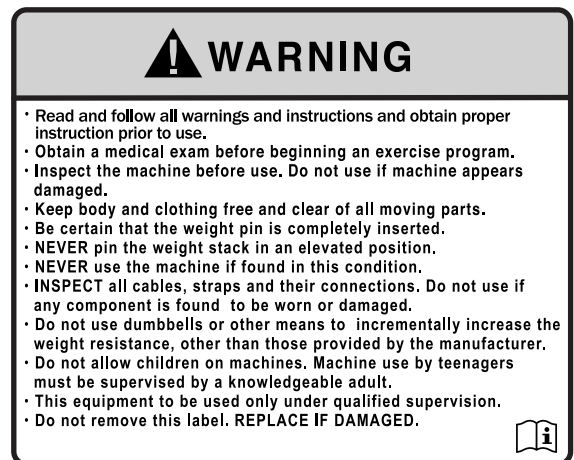
Decal 5 (GZ7376)



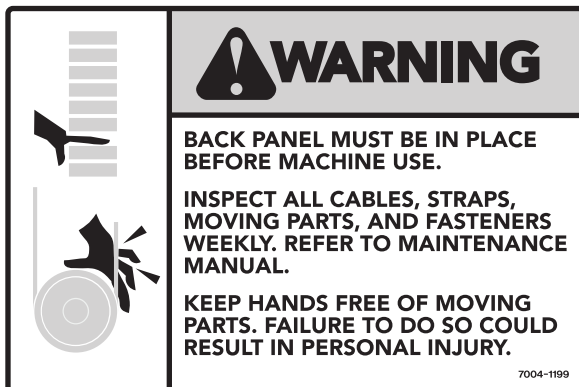
Decal 6 (GZ7005)



Decal 3 (GZ7026)



Decal 7 (298438)



Decal 4 (GZ7004)

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. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the strength equipment are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the strength equipment only as described in this manual.
4. Keep the strength equipment indoors, away from moisture and dust. Do not put the strength equipment in a garage or covered patio, or near water.
5. 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.
6. Keep hands and feet away from moving parts.
7. Keep children under age 12 and pets away from the strength equipment at all times.
8. The strength equipment is designed to support a maximum user weight of 350 lbs. (159 kg).
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the strength equipment. Always wear athletic shoes for foot protection while exercising.
10. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
11. 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.
12. Make sure that the weight pins are fully inserted into the weight stacks before you exercise.
13. Make sure that the four adjustment knobs are fully engaged before you exercise.
14. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

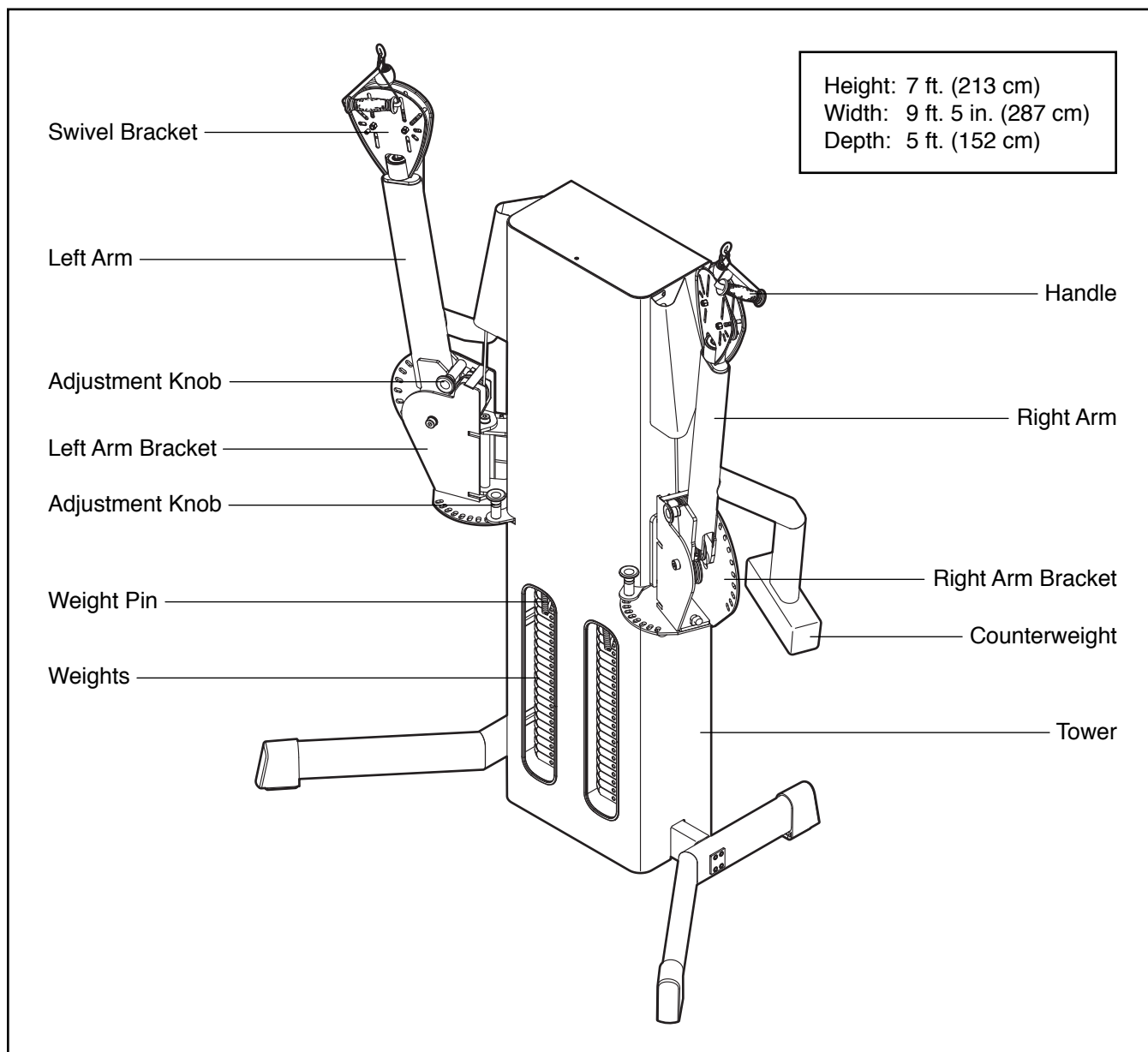
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® EXT DUAL CABLE CROSS™ strength equipment. With unrestricted motion, you can work your body's muscle groups together—the same way you do naturally—and train more specifically and efficiently.

For your benefit, read this manual carefully before using the incline trainer. If you have questions after

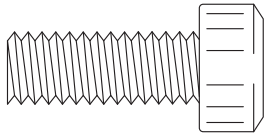
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

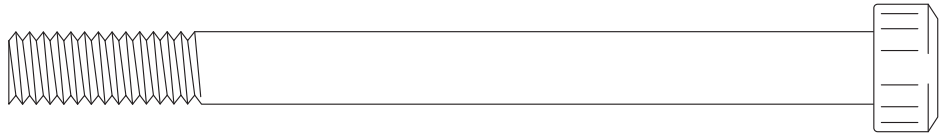


PART IDENTIFICATION CHART

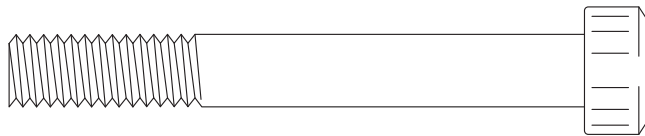
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been preattached. To avoid damaging parts, do not use power tools for assembly.**



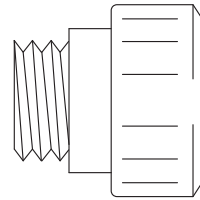
3/8" x 1" Bolt (50)



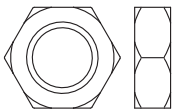
3/8" x 4 1/2" Screw (11)



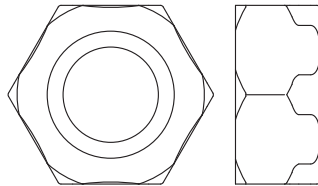
3/8" x 3" Bolt (70)



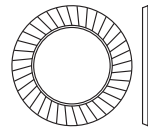
3/4" x 1/2" Shoulder Bolt (42)



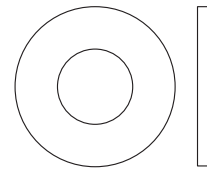
3/8" Nut (16)



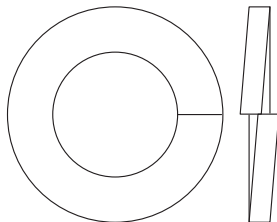
5/8" Jam Nut (55)



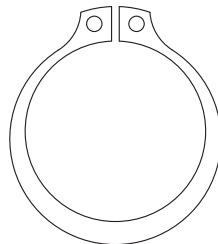
3/8" Serrated Washer (20)



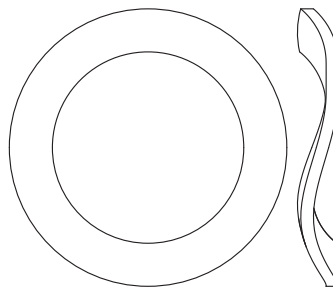
3/8" Washer (78)



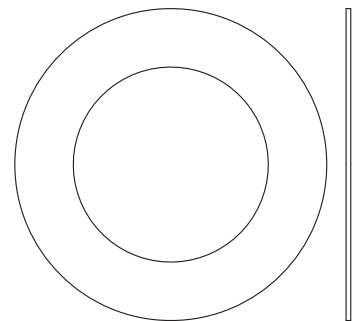
5/8" Split Washer (54)



Retainer Ring (28)



1" Wave Washer (33)



1" Thin Washer (32)

ASSEMBLY

- Assembly requires two persons.
- Because of its size and weight, assemble the strength equipment 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.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.
- To identify small parts, see page 6.
- Some parts described in the assembly steps may be preassembled.

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

two adjustable wrenches



one rubber mallet



one standard screwdriver



one Phillips screwdriver



three hex keys



one pair of snap ring pliers



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.

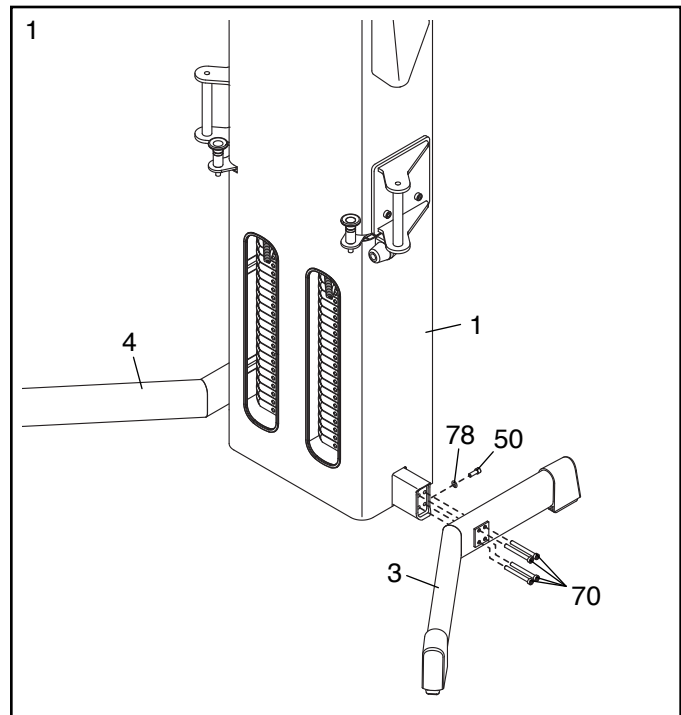
Before beginning assembly, read the information in the box above.

Have another person hold the Tower (1) and tip it to one side slightly.

Attach the Right Leg (3) to the Tower (1) with four 3/8" x 3" Bolts (70), one 3/8" x 1" Bolt (50), and one 3/8" Washer (78). **Do not tighten the Bolts yet.**

Attach the Left Leg (4) in the same way.

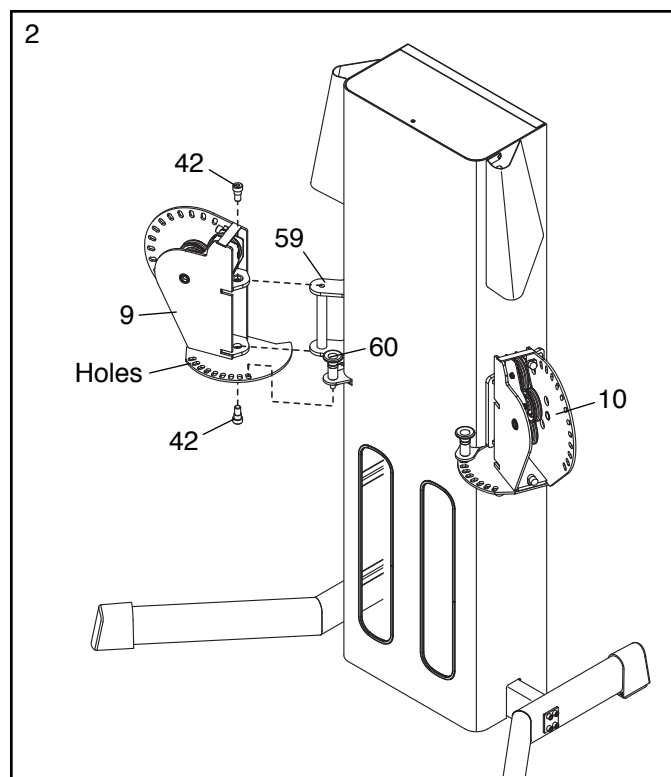
Tighten the eight 3/8" x 3" Bolts (70) and the two 3/8" x 1" Bolts (50).



2. Lift the indicated Adjustment Knob (60), slide the Left Arm Bracket (9) onto the left Pivot (59), and engage the Adjustment Knob into one of the adjustment holes in the Left Arm Bracket.

Attach the Left Arm Bracket (9) to the left Pivot (59) with two 3/4" x 1/2" Shoulder Bolts (42).

Attach the Right Arm Bracket (10) in the same way.



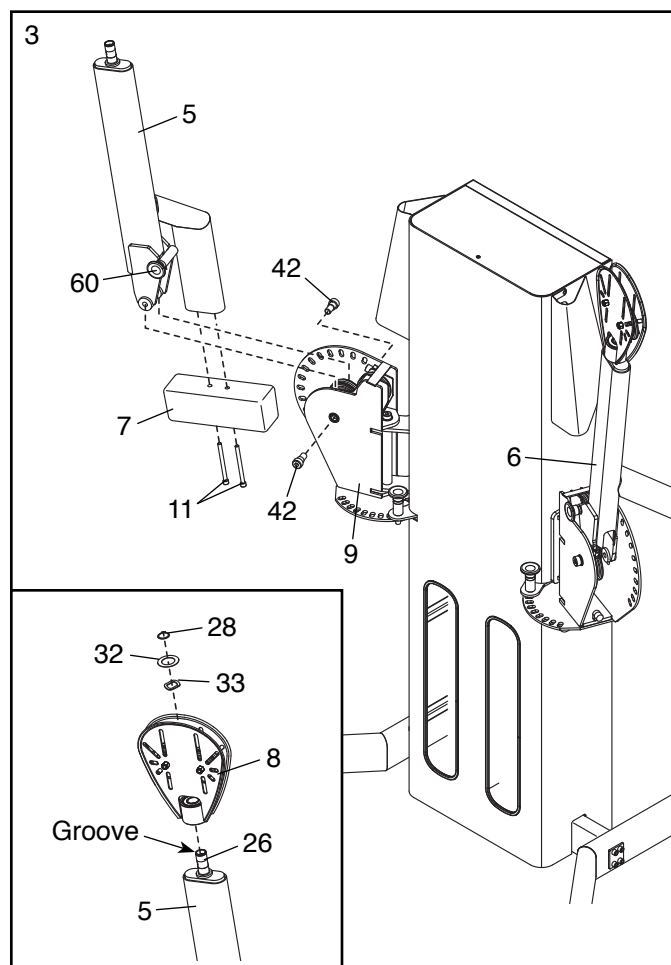
3. Pull the Adjustment Knob (60) on the Left Arm (5) outward, hold the end of the Left Arm inside the Left Arm Bracket (9), and engage the Adjustment Knob into one of the adjustment holes in the Left Arm Bracket.

Attach the Left Arm (5) to the Left Arm Bracket (9) with two 3/4" x 1/2" Shoulder Bolts (42).

Next, attach a Counterweight (7) to the Left Arm (5) with two 3/8" x 4 1/2" Screws (11).

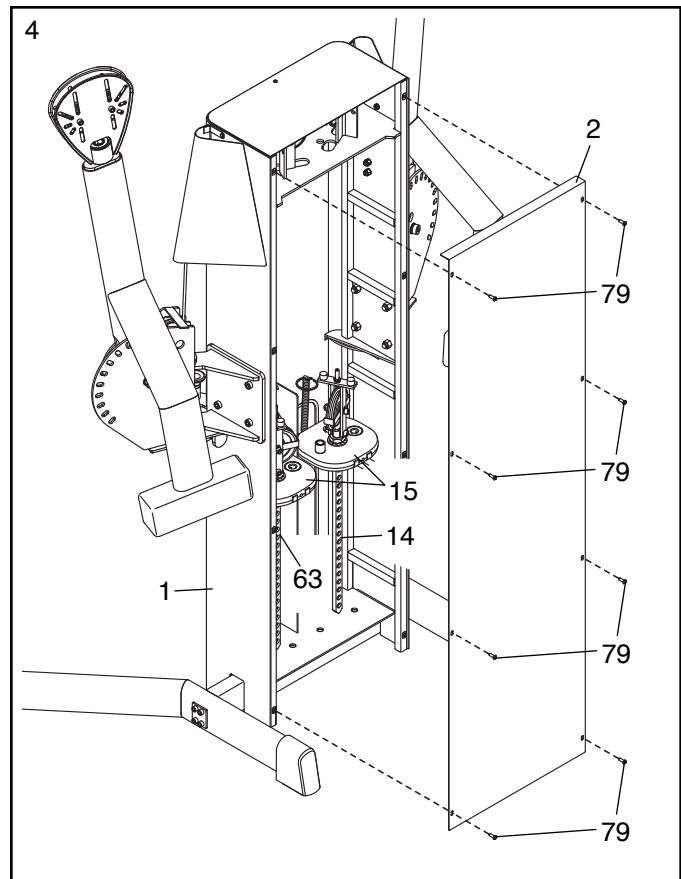
See the inset drawing. Slide a Swivel Bracket (8), a 1" Wave Washer (33), and a 1" Thin Washer (32) onto the Trunnion (26) on the Left Arm (5). Then, using a snap ring tool, attach the Retainer Ring (28) onto the indicated groove in the Trunnion.

Repeat this step on the right side of the strength equipment.



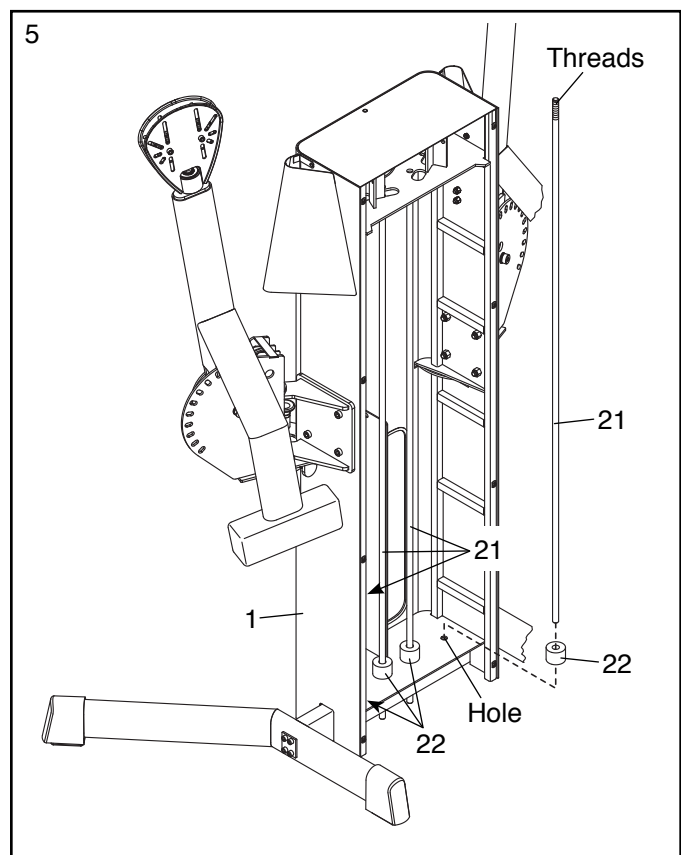
4. Remove the eight 1/4" x 3/4" Screws (79) from the Access Cover (2) on the back of the Tower (1). Then, remove the Access Cover.

Next, remove the two Top Weights (15) and the Left and Right Weight Selectors (14, 63) from the Tower (1).



5. Set a Weight Bumper (22) over the indicated hole in the Tower (1). Then, orient a Weight Guide (21) so that the threaded end is at the top, and insert the Weight Guide into the Weight Bumper and the hole.

Repeat this step with the other three Weight Bumpers (22) and Weight Guides (21).

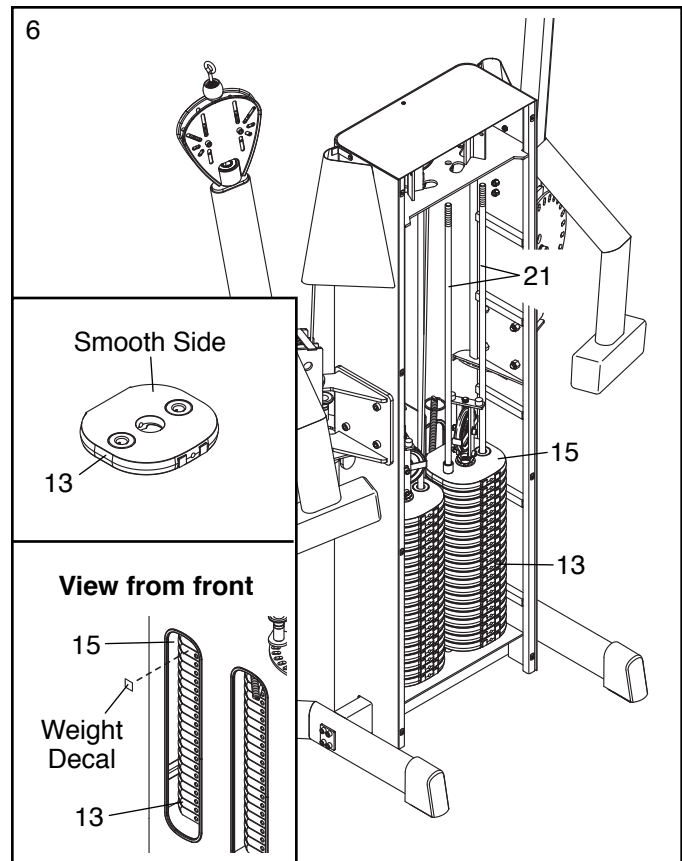


6. Orient twenty Weights (13) as shown in the upper inset drawing. Slide the Weights onto the left Weight Guides (21). **Note: If there are numbered decals on the Weights, make sure to slide the Weight with the highest number onto the Weight Guides first.**

Next, slide the Top Weight (15) and the Left Weight Selector (not shown) onto the left Weight Guides (21).

If the Weights (13) do not have numbered decals, locate the included sheet of numbered decals. Apply a numbered decal to the Top Weight (15) and to each Weight in the location shown in the lower inset drawing; **make sure to apply the decal with the lowest number to the Top Weight.**

Repeat this step on the other side of the strength equipment.

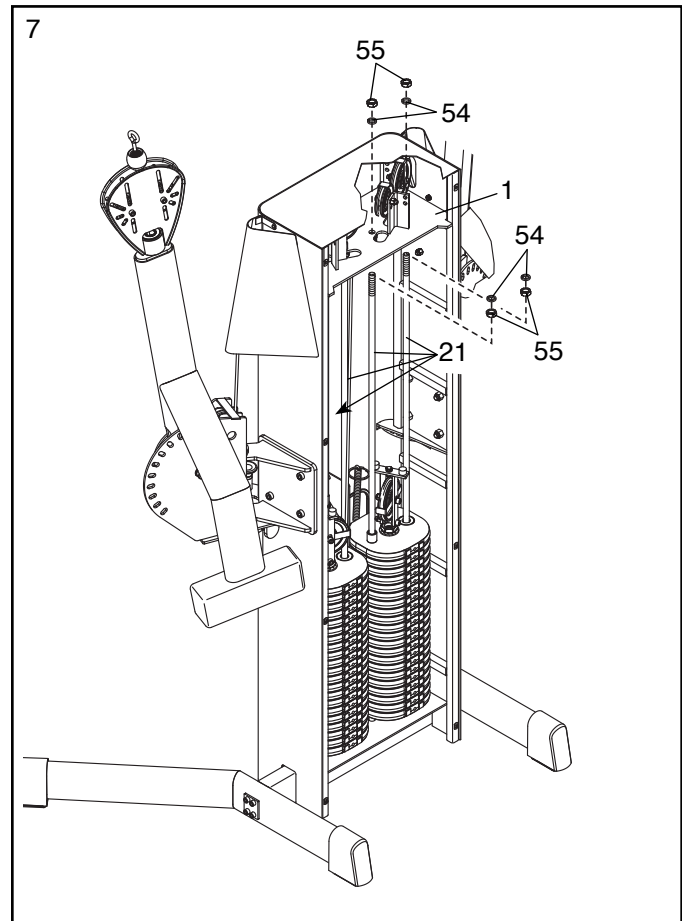


7. Tighten a 5/8" Jam Nut (55) as far as possible onto a Weight Guide (21), and then slide a 5/8" Split Washer (54) onto the Weight Guide.

Next, raise the Weight Guide (21) as far as possible into the Tower (1).

Then, slide another 5/8" Split Washer (54) onto the Weight Guide (21), and tighten another the 5/8" Jam Nut (55) onto the Weight Guide.

Repeat this step for the remaining three Weight Guides (21).

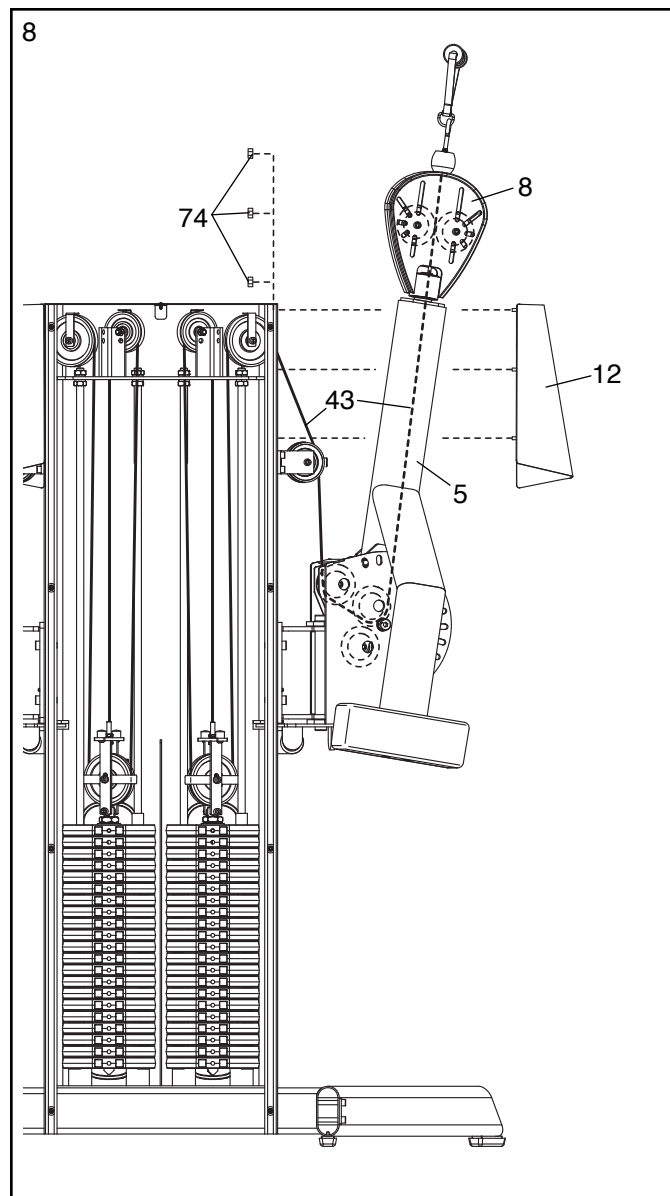


8. Remove the three 1/4" Nuts (74) attaching the Left Cable Cover (12) to the strength equipment. Then, remove the Left Cable Cover.

Route one of the Cables (43) downward into the left Swivel Bracket (8) and through the Left Arm (5) as shown. See the CABLE DIAGRAM on page 15 and route the Cable around the pulleys on the left side of the strength equipment as shown.

Tip: It may be helpful to loosen the nuts and bolts attaching the cable traps as you route the Cable (43) around the pulleys. After you route the Cable, retighten the nuts and bolts.

Make sure that the cable traps are oriented as shown in the CABLE DIAGRAM on page 15; if the Cables (43) rub against the cable traps, the Cables will become damaged.



9. **See the inset drawing.** Tighten a 3/8" Nut (16) about halfway onto the threaded end of the Cable (43).

Next, slide a 3/8" Serrated Washer (20) onto the Cable and insert the Cable into the hole in the top of the left U-bracket (65).

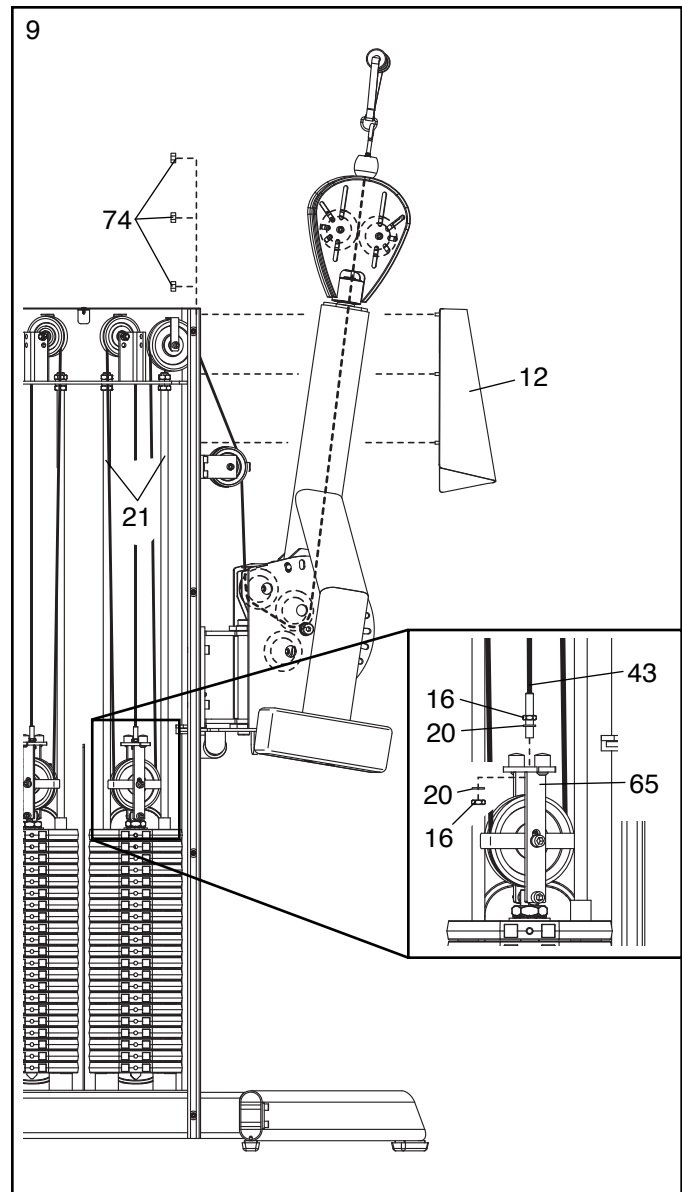
Then, slide another 3/8" Serrated Washer (20) onto the Cable and tighten another 3/8" Nut (16) onto the Cable.

Reattach the Left Cable Cover (12) with the three 1/4" Nuts (74).

Repeat step 8 and this step on the other side of the strength equipment.

See WEIGHT GUIDE LUBRICATION on page 14 and lubricate the Weight Guides (21). Then, see CABLE ADJUSTMENT on page 14 and properly tighten the Cables (43).

See step 4. Reattach the Access Cover (2) with the eight 1/4" x 3/4" Screws (79).



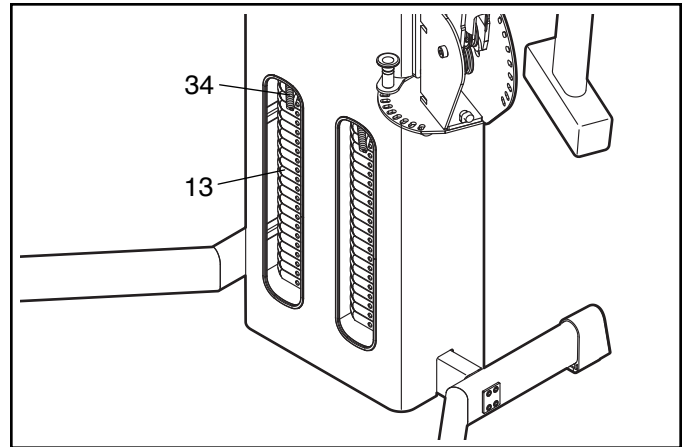
10. **Make sure that all parts have been properly tightened before the strength equipment is used.** Note: Some hardware may be left over after assembly is completed.

ADJUSTMENT

This section explains how to adjust the strength equipment. See the EXERCISE GUIDELINES on page 16 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 either weight stack, insert the Weight Pin (34) into the hole in the desired Weight (13). **Make sure that the Weight Pin is fully inserted into the Weight Selector (not shown).**



ADJUSTING THE ARMS

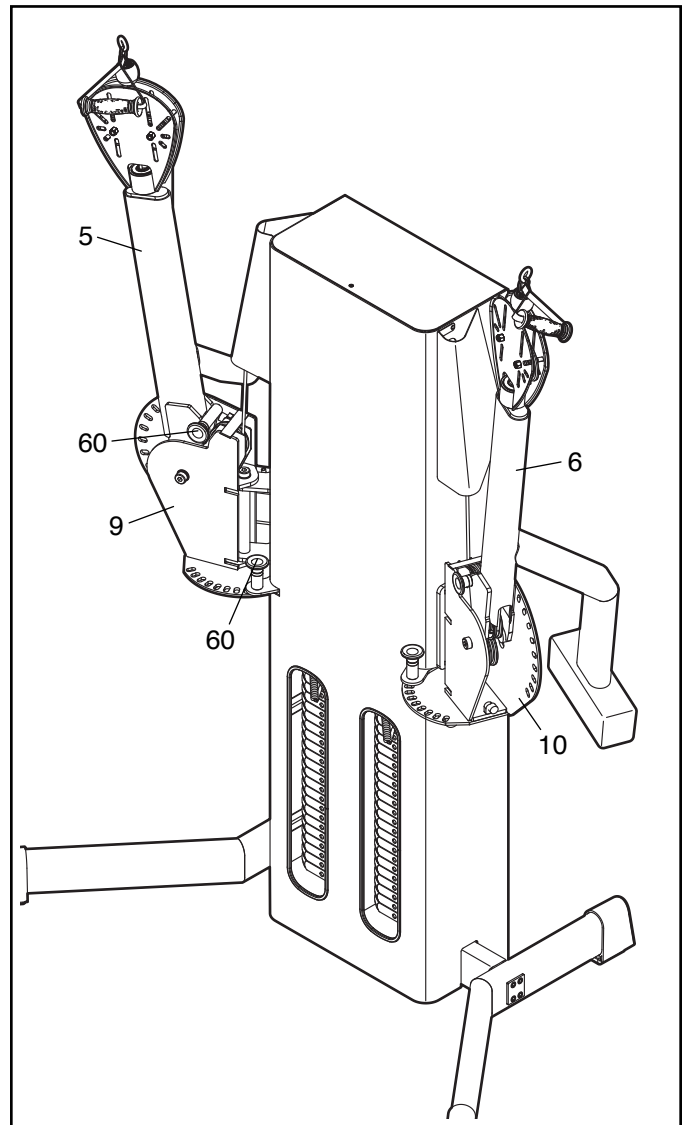
To adjust the position of the Left Arm (5), pull the upper Adjustment Knob (60), rotate the Left Arm to the desired position, and then engage the Adjustment Knob in one of the adjustment holes in the Left Arm Bracket (9). **Make sure that the Adjustment Knob is engaged in one of the adjustment holes.**

Adjust the Right Arm (6) in the same way.

ADJUSTING THE ARM BRACKETS

To change the position of the Left Arm Bracket (9), pull the lower Adjustment Knob (60), move the Left Arm Bracket to the desired position, and then engage the Adjustment Knob in one of the adjustment holes in the Left Arm Bracket. **Make sure that the Adjustment Knob is fully engaged in one of the adjustment holes; the red collar on the pin should not be visible.**

Adjust the Right Arm Bracket (10) in the same way.



MAINTENANCE

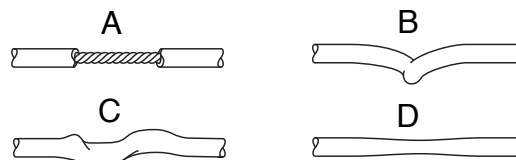
Make sure that all parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately. Clean the strength equipment with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the strength equipment.**

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 the weight guide. **Do not use TEFLON®-based lubricants.**

CABLE INSPECTION

Check the entire length of each cable by slowly performing one repetition on the strength 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.



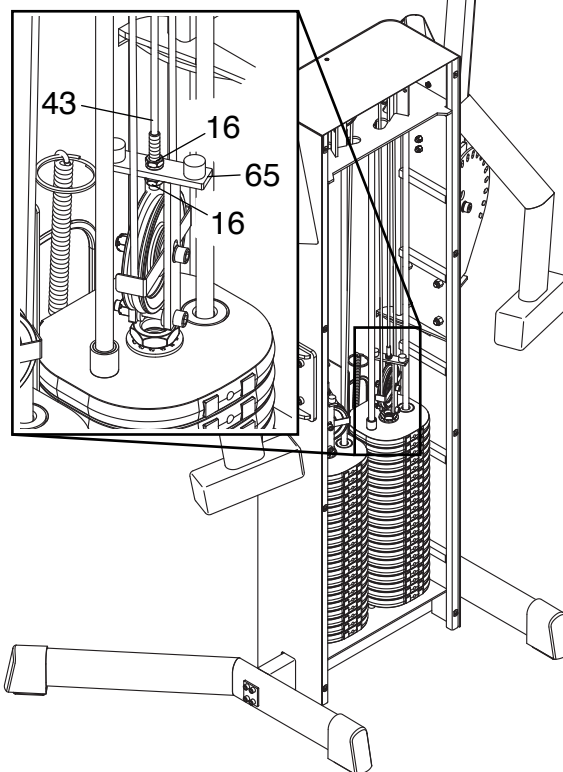
- A. torn or split cable sheath
- B. kinked or severely bent cable
- C. curled or twisted sheath
- D. stretched or thinning cable sheath

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 a cable before resistance is felt, the cable should be tightened.

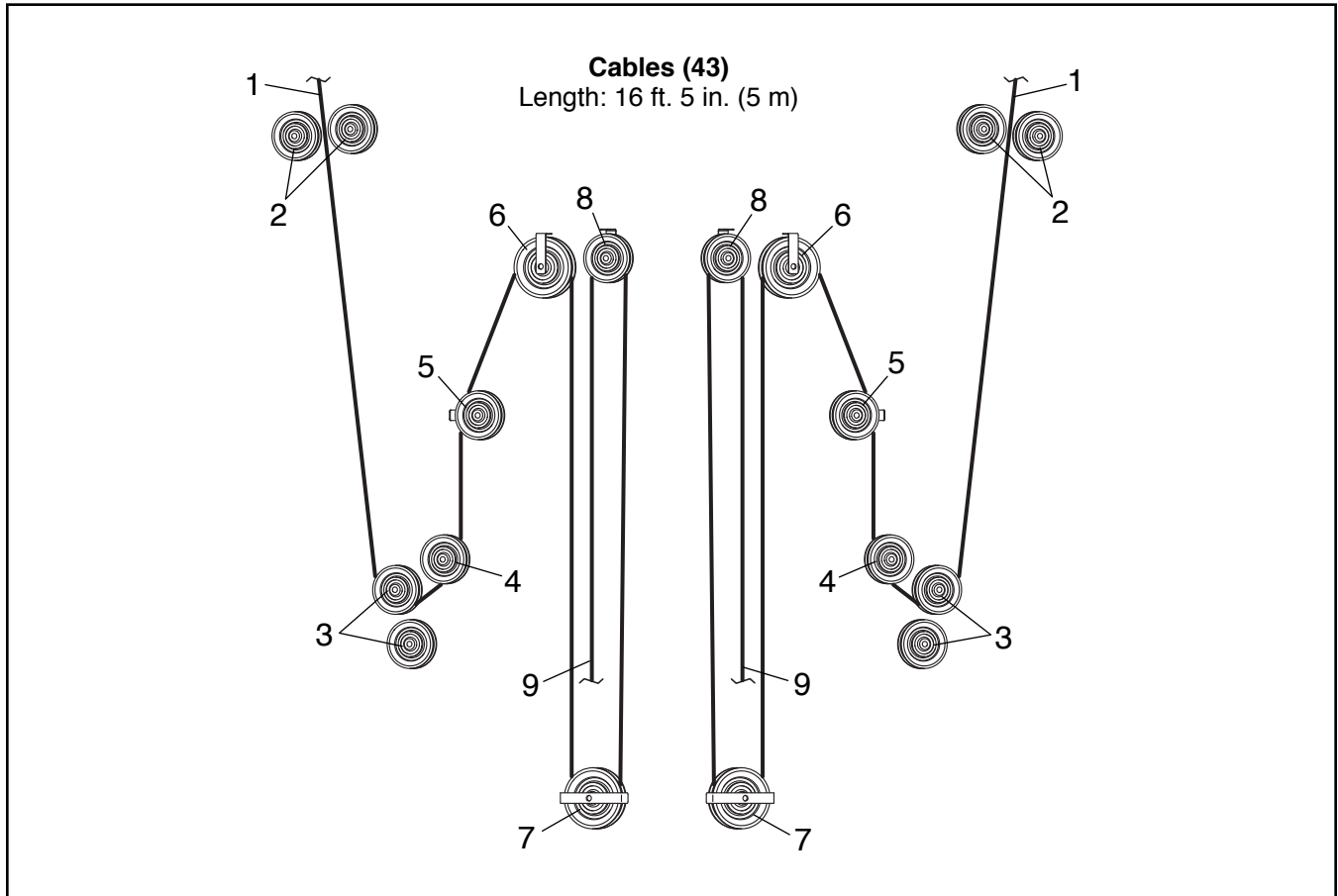
To tighten either of the Cables (43), first loosen the upper 3/8" Nut (16) that connects the end of the Cable to the U-bracket (65). Next, tighten the lower 3/8" Nut (16) until the Cable is tight. Then, tighten the upper Nut against the U-bracket.

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, please contact the store where you purchased the strength equipment.



CABLE DIAGRAM

The numbers in the diagram below show the proper routing of the cables. Use the diagram to make sure that the cables and the cable traps are assembled correctly. If the cables and the 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.

PART LIST

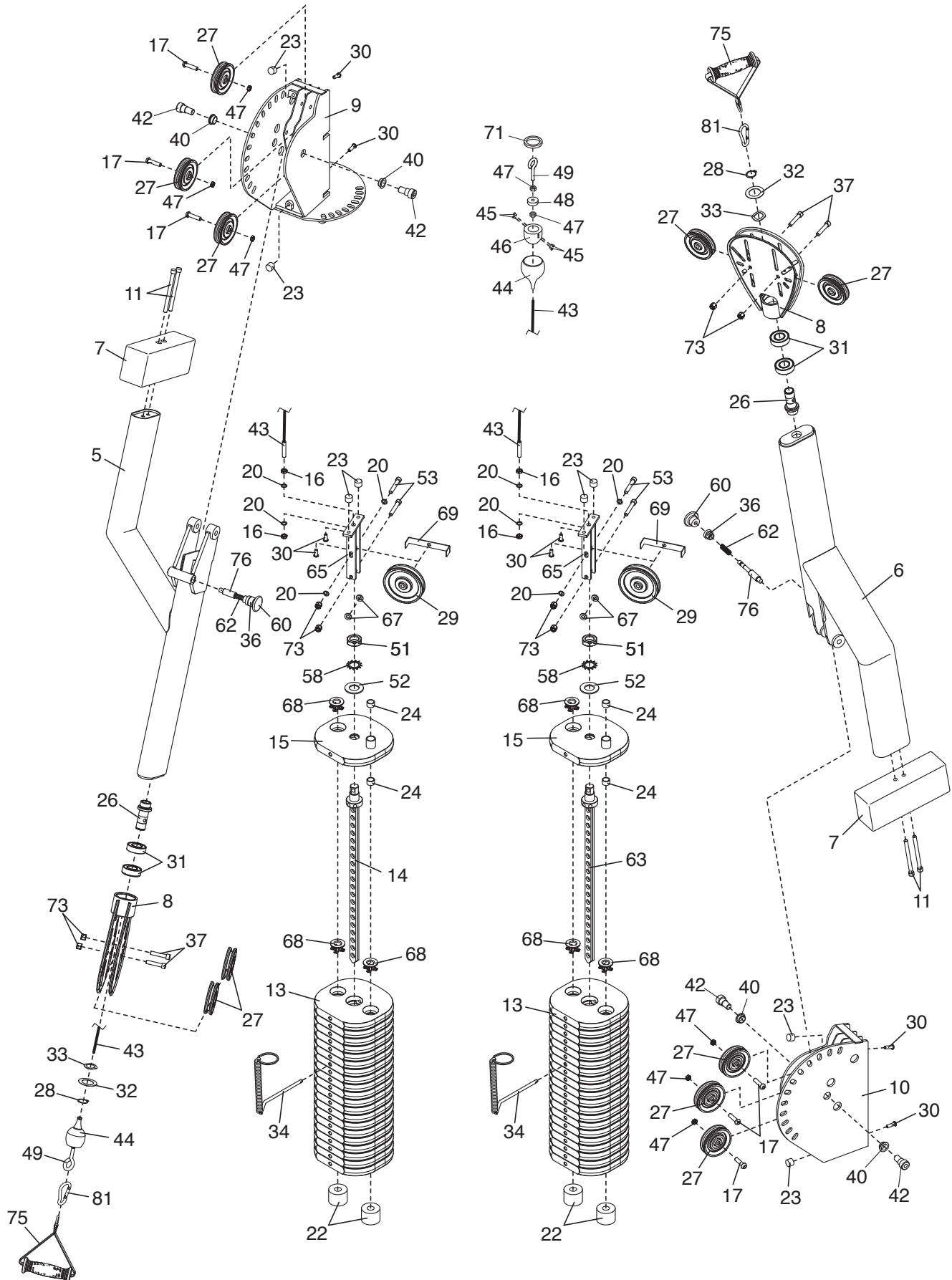
Model No. VFMC4007-INT.0 R0814A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower	44	2	Plastic Cover
2	1	Access Cover	45	8	1/4"-20-unc Set Screw
3	1	Right Leg	46	2	Coupler
4	1	Left Leg	47	10	3/8"-16 Jam Nut
5	1	Left Arm	48	2	Cable Bearing
6	1	Right Arm	49	2	Eyebolt
7	2	Counterweight	50	6	3/8" x 1" Bolt
8	2	Swivel Bracket	51	2	1" Nut
9	1	Left Arm Bracket	52	2	1" Thick Washer
10	1	Right Arm Bracket	53	4	3/8" x 2 1/4" Bolt
11	4	3/8" x 4 1/2" Screw	54	8	5/8" Split Washer
12	1	Left Cable Cover	55	8	5/8" Jam Nut
13	40	Weight	56	8	1/2" Locknut
14	1	Left Weight Selector	57	2	Small Adjustment Pin
15	2	Top Weight	58	2	Star Washer
16	4	3/8" Nut	59	2	Pivot
17	6	3/8" x 1 1/2" Button Head Bolt	60	4	Adjustment Knob
18	1	Tower Cover	61	2	Large Single Cable Trap
19	4	Leg Bumper	62	4	Spring
20	8	3/8" Serrated Washer	63	1	Right Weight Selector
21	4	Weight Guide	64	1	Right Cable Cover
22	4	Weight Bumper	65	2	U-bracket
23	8	Top Weight Bumper	66	1	#8 Screw
24	4	Guide Bushing	67	4	3/8" Nylon Washer
25	4	Arm Bumper	68	82	Weight Bushing
26	2	Trunnion	69	2	Double Cable Trap
27	14	3 1/2" Pulley	70	8	3/8" x 3" Bolt
28	2	Retainer Ring	71	2	1 1/8" Internal Retainer Ring
29	4	4 1/2" Pulley	72	4	3" Single Cable Trap
30	8	5/16" Screw	73	20	3/8" Locknut
31	4	Pivot Pulley Bearing	74	6	1/4" Nut
32	2	1" Thin Washer	75	2	Handle
33	2	1" Wave Washer	76	2	Large Adjustment Pin
34	2	Weight Pin	77	2	Trim
35	8	1/4" x 3/4" Patch Screw	78	2	3/8" Washer
36	4	Adjustment Pin Cap	79	8	1/4" x 3/4" Screw
37	6	3/8" x 1 3/4" Bolt	80	4	Leg Cap
38	6	3/8" x 2" Bolt	81	2	Cable Clip
39	2	Pulley Bracket	82	1	Ankle Strap
40	8	3/4" Bushing	*	—	User's Manual
41	8	1/2" x 1 1/2" Socket Head Screw	*	—	Exercise Guide
42	8	3/4" x 1/2" Shoulder Bolt	*	—	Weight Decal Sheet
43	2	Cable			

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.

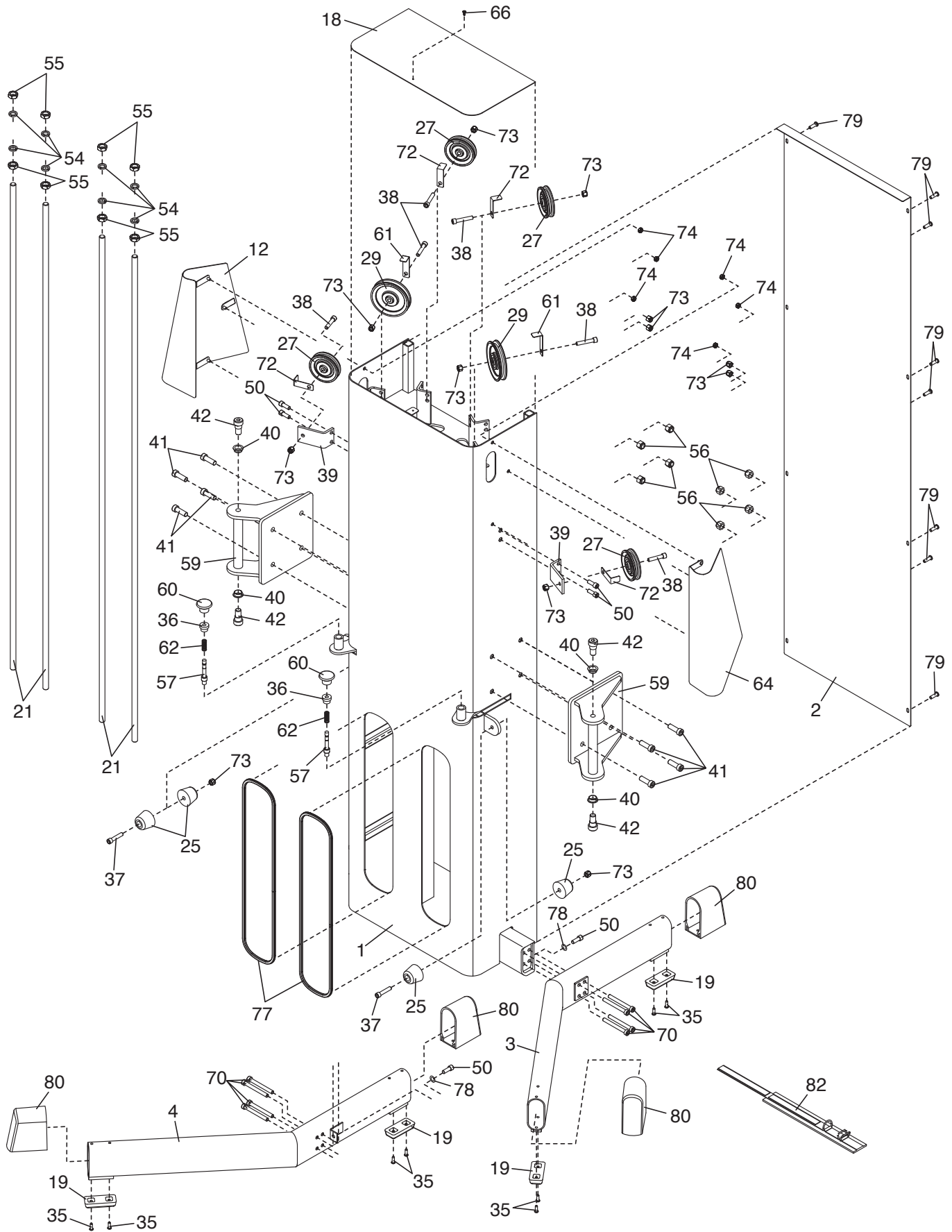
EXPLODED DRAWING A

Model No. VFMC4007-INT.0 R0814A



EXPLODED DRAWING B

Model No. VFMC4007-INT.0 R0814A



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 one of the phone numbers or addresses 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).**

In the United States

Call: 1-800-201-2109, Mon.–Fri. 6 a.m.–6 p.m. MT

Email: customercare@freemotionfitness.com

Write:

FreeMotion Fitness
1500 South 1000 West
Logan, UT 84321-9813
United States

Outside the United States

Call: 001-800-527-5417 or 001-435-786-3521

Mon.–Fri. 6 a.m.–3 p.m. USA Mountain Time

Email: intlcustomercare@freemotionfitness.com

LIMITED WARRANTY

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 warranted for use in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations; use of this product in such facilities will void this warranty.

WARRANTY PERIODS AND COVERAGE

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. Parts and labor are warranted for one (1) year, unless otherwise specified on the invoice.

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.

CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:

1. This warranty applies only to the original owner and is non-transferable.
2. The labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users who weight more than the maximum user weight listed in this manual. Note: This product may not have a maximum user weight.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.

7. Damage caused by improper wiring or insufficient electrical current. Note: This product may not have wiring.

This warranty shall not apply to the following:

1. Cosmetic items including grips, decals, and labels.
2. Pick-up and 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 the authorized dealer from which you purchased this product. 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.

FreeMotion Fitness 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; 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 regions 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 region to region.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE above.