

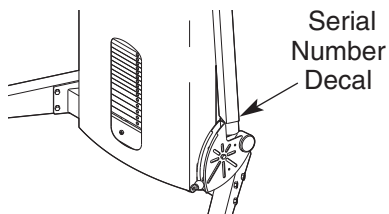
# FREEMOTION<sup>®</sup>

## CABLE CROSS XLS

Model No. VFMCS3016.0

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

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



### QUESTIONS?

At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE CONTACT CUSTOMER CARE DIRECTLY.**

CALL TOLL-FREE:

**1-800-201-2109**

Mon.–Fri., 7 a.m.–6 p.m. MST

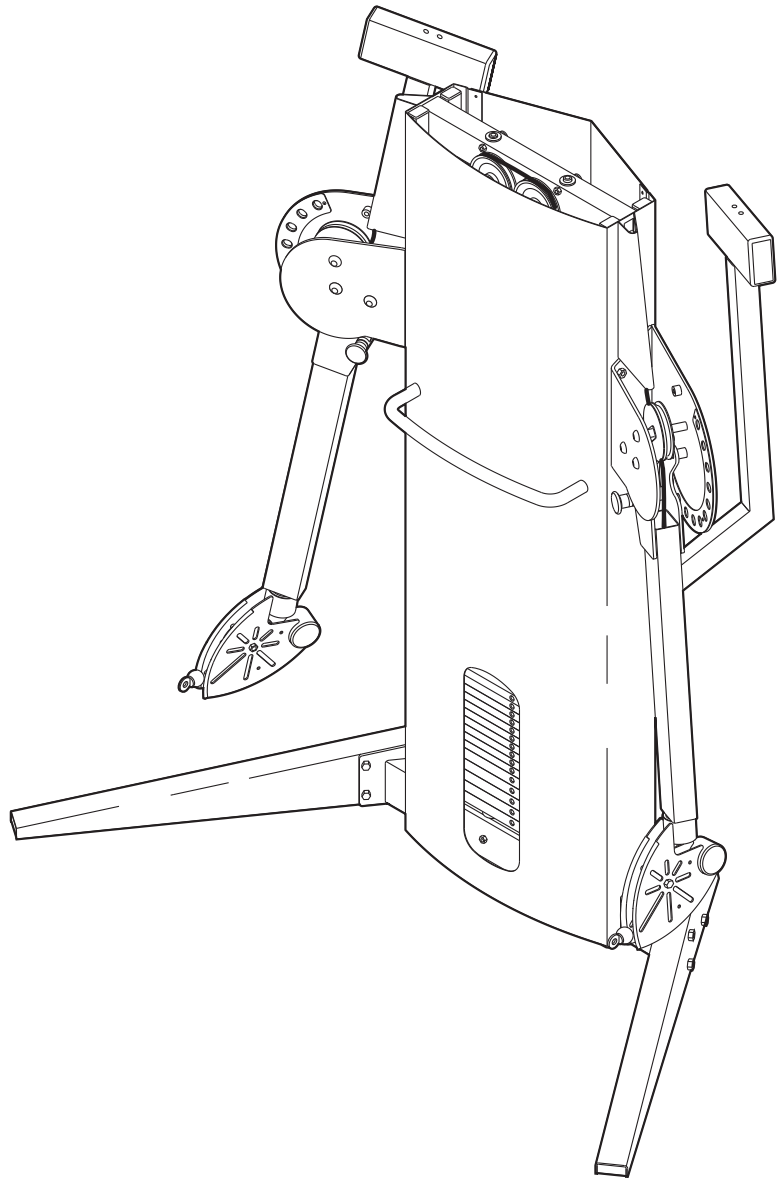
ON THE WEB:

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

### CAUTION

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

## USER'S MANUAL



Visit our website at

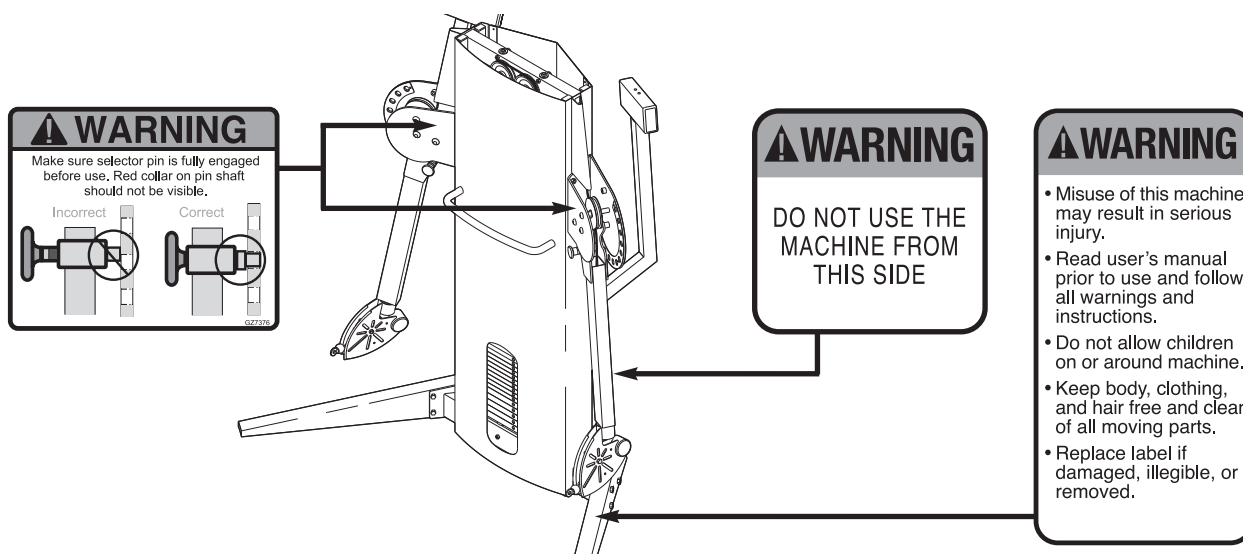
[www.freemotionfitness.com](http://www.freemotionfitness.com)

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## WARNING DECAL PLACEMENT

The decals shown below have been placed on the weight system. If a decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decals may not be shown at actual size.



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# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the weight system before using the weight system. Use the weight system only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight system are adequately informed of all precautions.
3. Keep the weight system indoors, away from moisture and dust. Place the weight system on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the weight system to mount, dismount, and use it.
4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
5. Keep hands and feet away from moving parts.
6. Keep children under age 12 and pets away from the weight system at all times.
7. Always wear athletic shoes for foot protection while exercising.
8. Make sure that the cable remains on the pulleys at all times. If the cable binds while you are exercising, stop immediately and make sure that the cable is on the pulleys. Replace the cable at least every two years.
9. The weight system is designed to be used only with the included weight. Do not use the weight system with dumbbells or any other type of weight to increase the resistance.
10. Always make sure that the weight pin is inserted fully into the weight stack before exercising.
11. 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. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

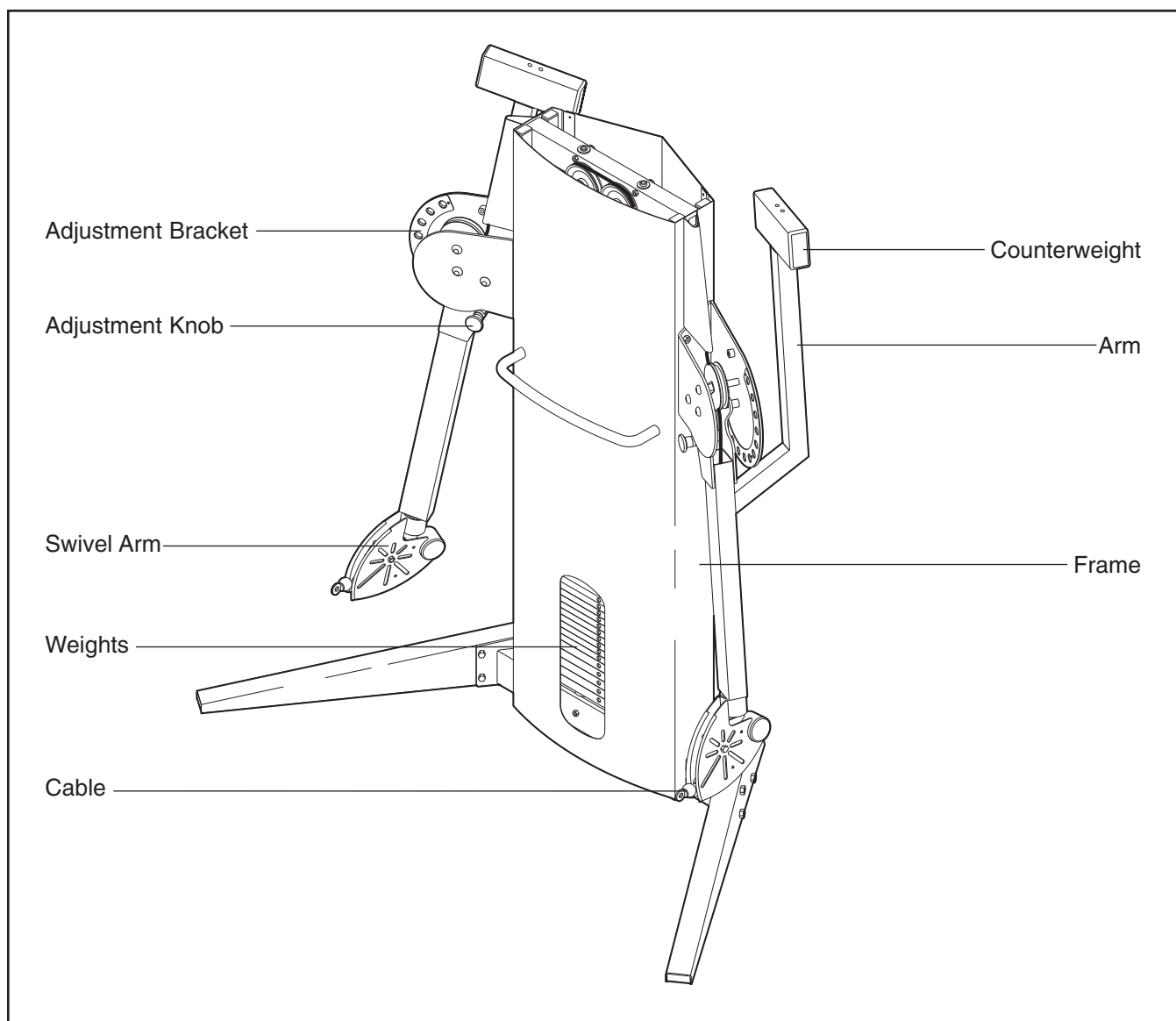
# BEFORE YOU BEGIN

Thank you for selecting the versatile FREEMOTION® CABLE CROSS XLS weight system. The weight system offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight system will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight system.** If you have questions after

reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number is VFMCS3016.0. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

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



# ASSEMBLY

## Make Assembly Easier

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. Most people find that by setting aside plenty of time, assembly will go smoothly.

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

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.

**Assembly requires the included hex keys and the following tools (not included):**

- **Two adjustable wrenches** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant (three grease packets are included)**

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.

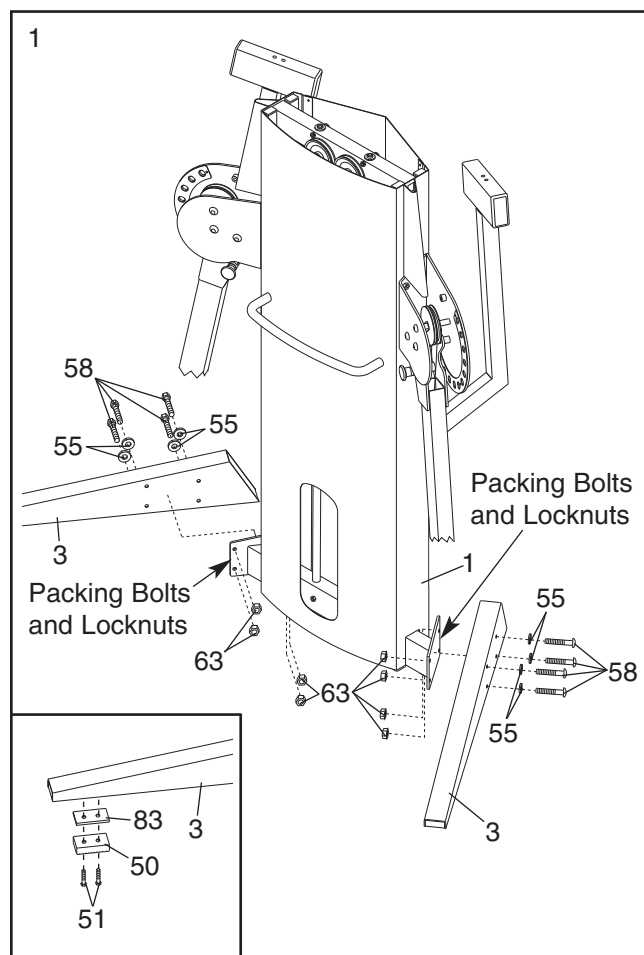
**Before beginning assembly, make sure that you understand the information in the box above. Important: Some of the parts described in the assembly steps may be preassembled.**

Remove the four packing bolts and locknuts (not shown) from the indicated locations at the base of the Frame (1) and the pallet (not shown). Discard the packing bolts, locknuts, and pallet.

Attach a Stabilizer (3) to the base of the Frame (1) with four M10 x 84mm Button Head Screws (58), four M10 Washers (55), and four M10 Nylon Locknuts (63) as shown.

**Attach the other Stabilizer (3) to the other side of the Frame (1) in the same manner.**

**If the floor beneath the weight system is uneven, level the weight system by placing Foot Spacers (83) between one or more of the Rubber Feet (50) and the Stabilizers (3) (see the inset drawing).**



- Remove the Shroud (not shown) from the back of the weight system. (**Note: For clarity, the cover on the Frame [1] is not shown; the cover cannot be removed.**) Remove the four indicated M6 x 64mm Bolts (59) from the Frame. Next, remove the Weight Guides (16).

Lubricate the insides of the welded tubes on the Top Weight (15) with grease.

**See the inset drawing.** Position the Arms (19, 20) as shown (see ADJUSTING THE ARMS on page 7). Connect the ends of the Cable (33) with two Cable Clips (10) as shown.

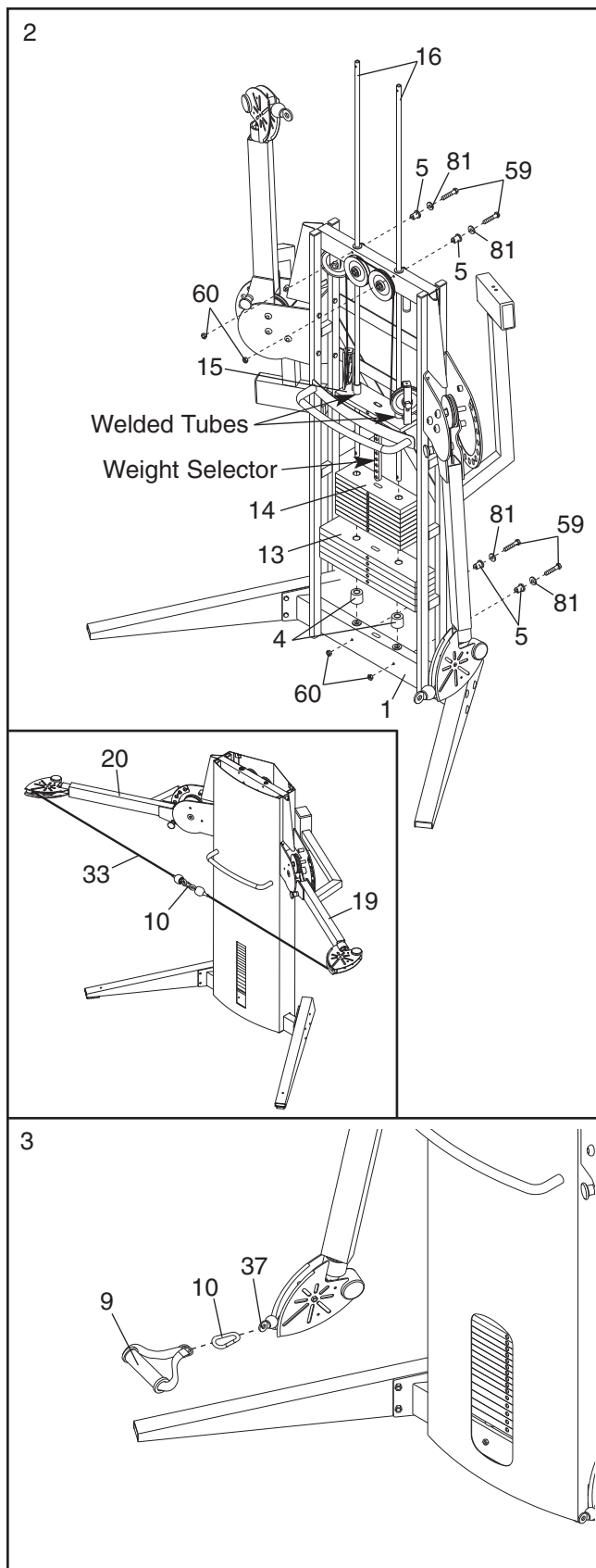
Set the wide ends of the two Weight Bumpers (4) over the indicated holes in the base of the Frame (1). Insert the two included dowels (not shown) into the Weight Bumpers and the Frame. Next, slide the five 20-pound Weights (13) and the nine 10-pound Weights (14) onto the dowels. **Make sure that the Weights are stacked in order with the 10-pound Weight marked “1 5” on top, and the 20-pound Weight marked “15 100” on the bottom.**

Remove one of the dowels (not shown) from the stack of Weights (13, 14). Next, insert one of the Weight Guides (16) into the Frame (1) and the stack of Weights. **Repeat with the other Weight Guide.** Secure the Weight Guides to the Frame with the four M6 x 64mm Bolts (59), four M6 Washers (81), four Weight Guide Spacers (5), and four M6 Nylon Locknuts (60).

Disconnect the ends of the Cable (33) and lower the Top Weight (15) so that the weight selector is inserted into the middle hole in the stack of Weights (13, 14).

**Make sure that the cable traps are oriented as shown on page 9.** Replace the Shroud (not shown).

- Attach a Handle (9) to a Cable Eye (37) with a Cable Clip (10). Attach the other Handle to the other Cable Eye in the same manner.
- Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENT beginning on the following page.**



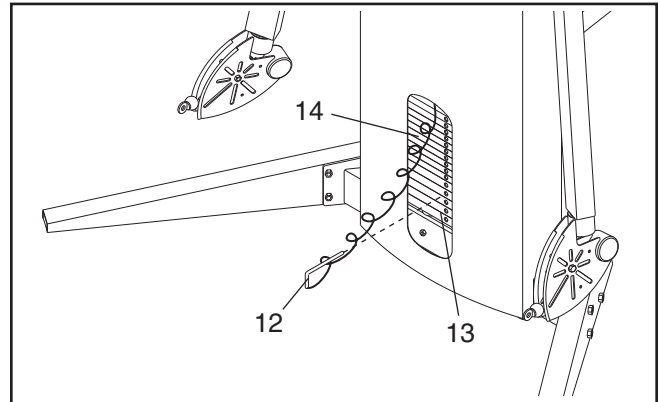
# ADJUSTMENT

This section explains how to adjust the weight system. Refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure that all parts are properly tightened each time the weight system is used. Replace any worn parts immediately. The weight system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

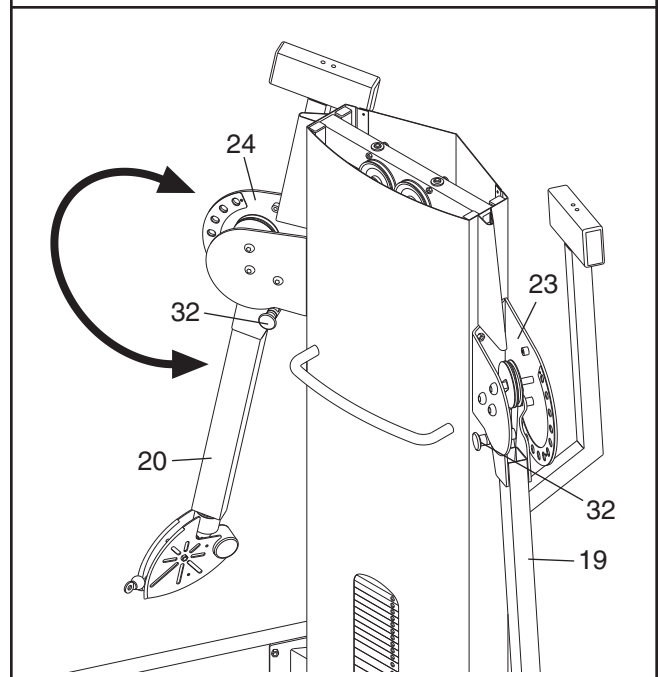
## CHANGING THE WEIGHT SETTING

To change the weight setting of the weight stack, insert the Weight Pin (12) under the desired Weight (13, 14). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end upward. **Note: The weight system works best when at least two Weights are used.**



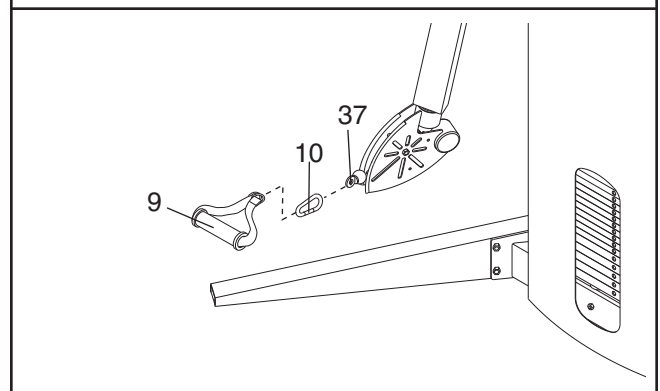
## ADJUSTING THE ARMS

The Arms (19, 20) can be adjusted to any of eleven positions for different exercises. To position an Arm, first pull the Adjustment Knob (32) out as far as it will go. Move the Arm to the desired position, and then engage the Adjustment Knob into a hole in the Adjustment Bracket (23, 24).



## CHANGING ACCESSORIES

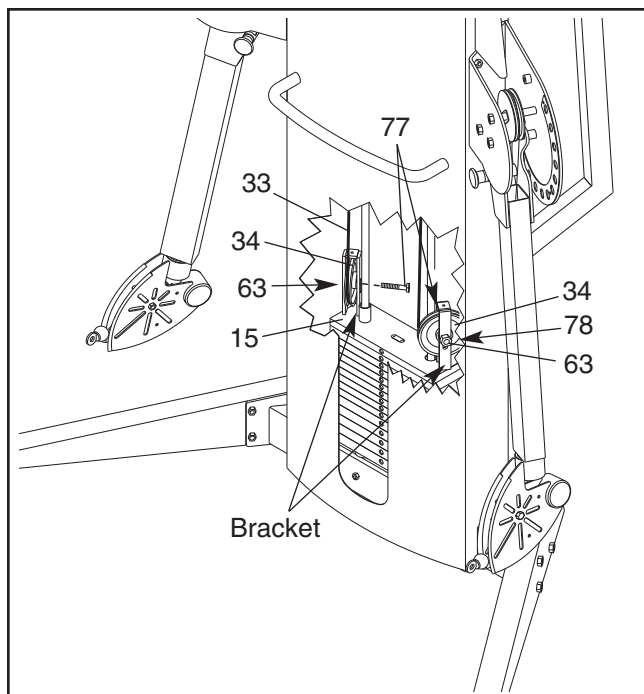
A Handle (9) or the Ankle Strap (not shown) can be attached to a Cable Eye (37) with a Cable Clip (10). Attach the other Handle to the other Cable Eye in the same manner.



## TIGHTENING THE CABLE

Woven cable, the type used on the weight system, can stretch slightly when it is first used. If there is slack in the Cable (33) **when the arms are in the straight upward position** before resistance is felt, the Cable should be tightened. Note: There will be slack in the Cable when the arms are in any other position.

You can remove slack from the Cable (33) by moving either or both of the indicated 115mm Pulleys (34) in the brackets on the Top Weight (15). First, remove the Shroud (not shown). Then, loosen an M10 x 60mm Bolt (77) and an M10 Nylon Locknut (63) and move the Pulley downward. Finally, **make sure that the Cable Traps (78) are oriented as shown in the CABLE DIAGRAM on page 9**. Then, retighten the Bolt and the Nylon Locknut and reattach the Shroud.



## REINSTALLING THE CABLE

**If the cable repeatedly slips off the pulleys, it may have become twisted. Remove the cable and then reinstall it as described below.**

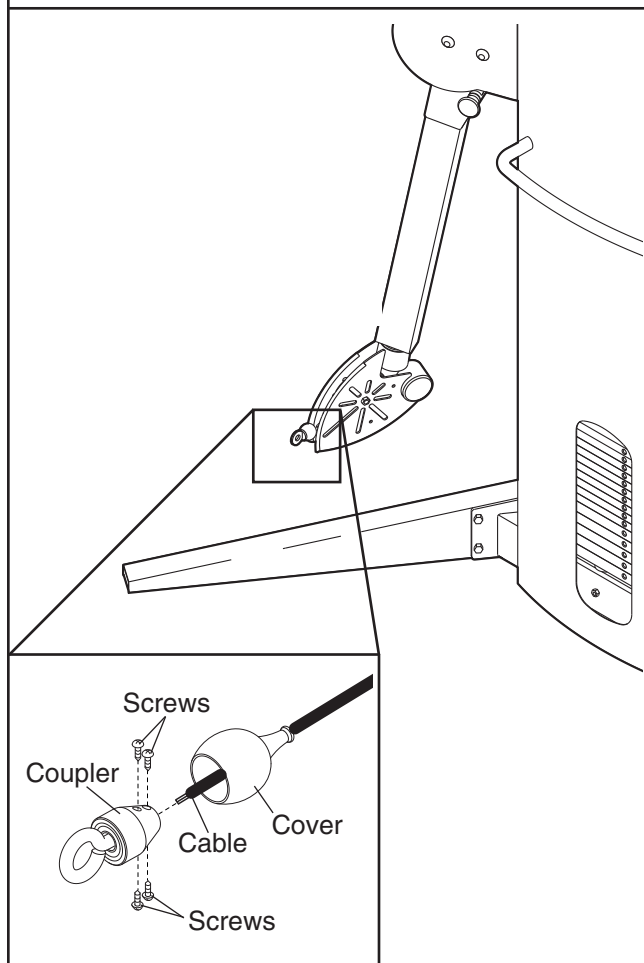
Remove the weight pin, pull one of the handles out about eight inches, and insert the weight pin into the third weight plate and the tube on the top weight.

**See the inset drawing.** Push the rubber cover off the aluminum coupler and slide the cover up the cable. Loosen the four screws in the coupler and pull the cable free.

Remove the cable from the weight system, and then reinstall the cable (see page 9 for proper routing).

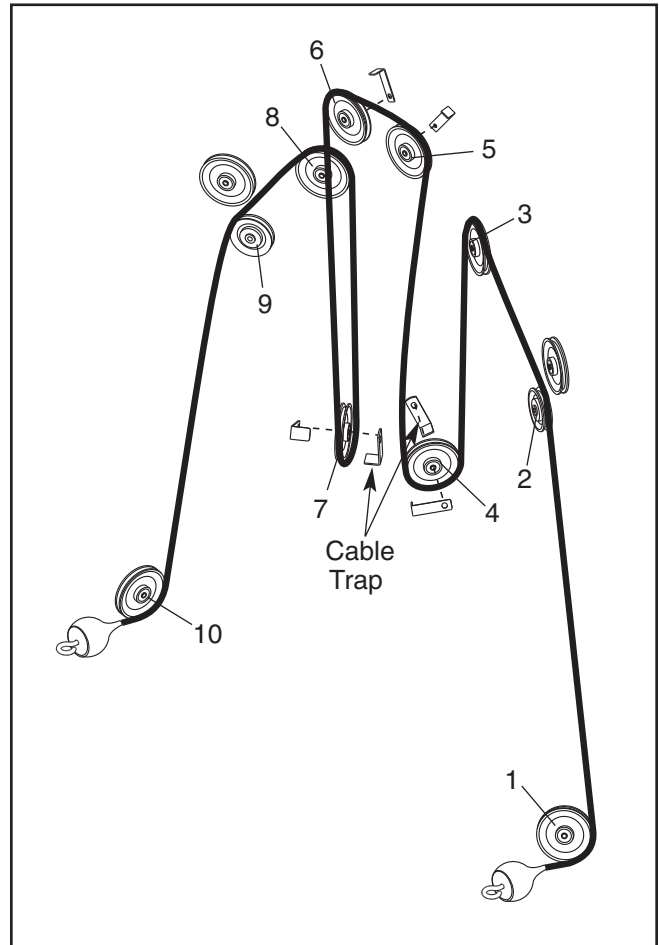
Reinsert the end of the cable into the coupler until all of the bare cable is inside the hole. Next, tighten the four screws equally until they all contact the cable. Then, tighten each screw alternately 1/4 turn, until all are tightened to 85 inch-pounds (9.6 Newton-meters). Then, slide the cover back onto the coupler, remove the weight pin, and return the handle to the resting position.

**Note: If the cable needs to be replaced, see HOW TO ORDER 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 weight system 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. Note: The indicated cable traps on pulleys 4 and 7 should be in a five o'clock position, as shown.**



# PART LIST—Model No. VFMCS3016.0

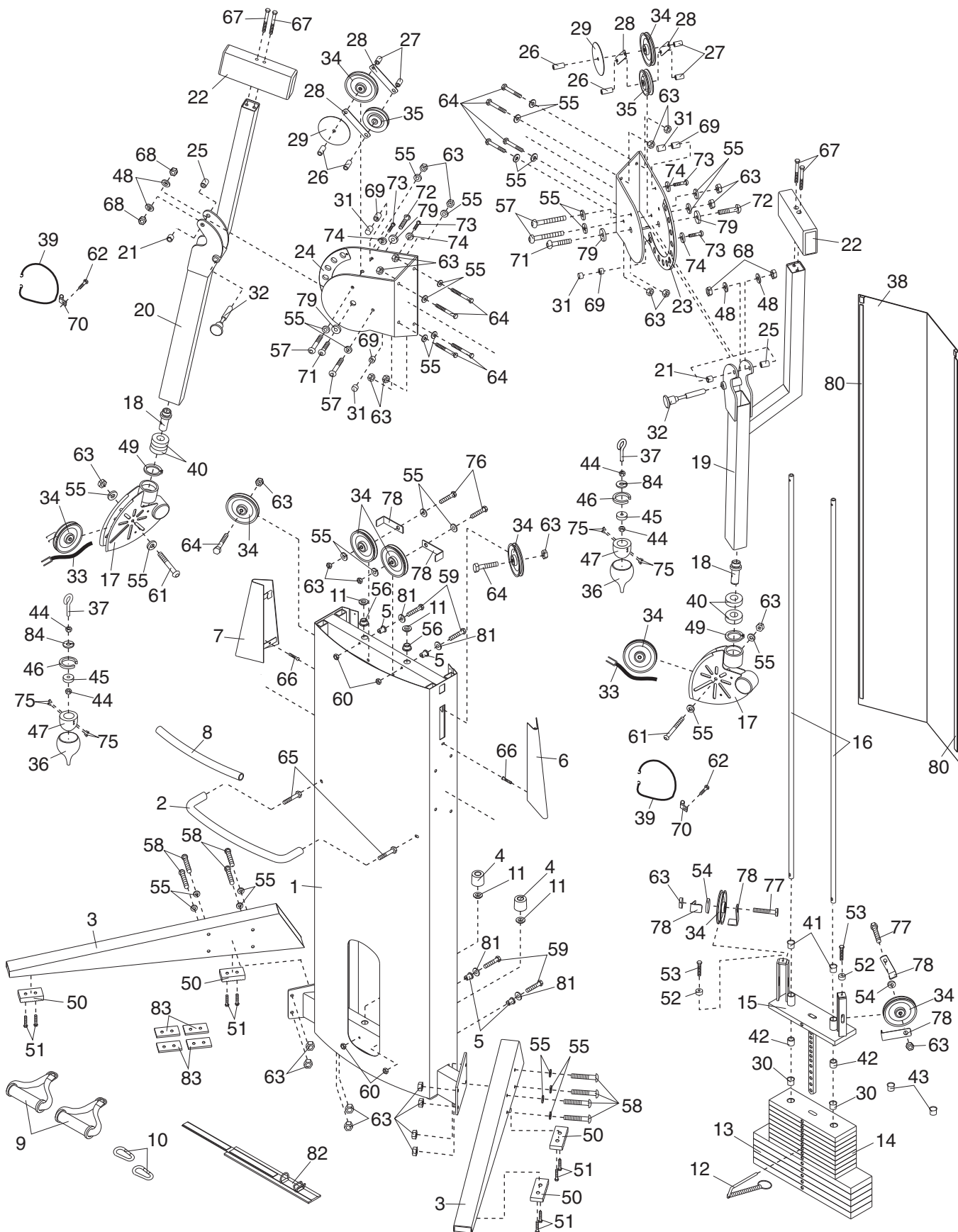
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| Key No. | Qty. | Description               | Key No. | Qty. | Description                   |
|---------|------|---------------------------|---------|------|-------------------------------|
| 1       | 1    | Frame                     | 45      | 2    | Cable Bearing                 |
| 2       | 1    | Frame Handle              | 46      | 2    | Inner C-clip                  |
| 3       | 2    | Stabilizer                | 47      | 2    | Coupler                       |
| 4       | 2    | Weight Bumper             | 48      | 4    | M12 Washer                    |
| 5       | 4    | Weight Guide Spacer       | 49      | 2    | Outer C-clip                  |
| 6       | 1    | Left Side Cover           | 50      | 4    | Rubber Foot                   |
| 7       | 1    | Right Side Cover          | 51      | 8    | M4 x 25mm Screw               |
| 8       | 1    | Frame Handle Pad          | 52      | 2    | Top Weight Bumper             |
| 9       | 2    | Handle                    | 53      | 2    | M5 x 25mm Screw               |
| 10      | 2    | Cable Clip                | 54      | 2    | M10 Star Washer               |
| 11      | 4    | Weight Guide Bushing      | 55      | 32   | M10 Washer                    |
| 12      | 1    | Weight Pin                | 56      | 2    | Long Weight Guide Bushing     |
| 13      | 5    | 20-pound Weight           | 57      | 4    | M10 x 126mm Button Head Screw |
| 14      | 9    | 10-pound Weight           | 58      | 8    | M10 x 84mm Button Head Screw  |
| 15      | 1    | Top Weight                | 59      | 4    | M6 x 64mm Bolt                |
| 16      | 2    | Weight Guide              | 60      | 4    | M6 Nylon Locknut              |
| 17      | 2    | Swivel Arm                | 61      | 2    | M10 x 50mm Button Head Screw  |
| 18      | 2    | Trunnion                  | 62      | 2    | M4 x 15mm Screw               |
| 19      | 1    | Left Arm                  | 63      | 28   | M10 Nylon Locknut             |
| 20      | 1    | Right Arm                 | 64      | 10   | M10 x 50mm Bolt               |
| 21      | 2    | 38mm x 14mm Spacer        | 65      | 2    | M10 x 40mm Bolt               |
| 22      | 2    | Counterweight             | 66      | 2    | M6 x 15mm Button Screw        |
| 23      | 1    | Left Adjustment Bracket   | 67      | 4    | M10 x 105mm SHC Screw         |
| 24      | 1    | Right Adjustment Bracket  | 68      | 4    | M12 Nylon Locknut             |
| 25      | 2    | 38mm x 30mm Spacer        | 69      | 4    | Plastic Spacer                |
| 26      | 4    | 16mm x 23mm Spacer        | 70      | 2    | Bungee Cord Attachment        |
| 27      | 4    | 16mm x 42mm Spacer        | 71      | 2    | M12 x 38mm Button Head Screw  |
| 28      | 4    | Pulley Plate              | 72      | 2    | M12 x 52mm Button Head Screw  |
| 29      | 2    | Pulley Disc               | 73      | 4    | M8 x 48mm Button Head Screw   |
| 30      | 18   | 10-pound Weight Bushing   | 74      | 4    | M8 Washer                     |
| 31      | 4    | Spacer Cap                | 75      | 8    | M5 x 8mm Button Screw         |
| 32      | 2    | Adjustment Knob           | 76      | 2    | M10 x 95mm Bolt               |
| 33      | 1    | Cable                     | 77      | 2    | M10 x 60mm Bolt               |
| 34      | 10   | 115mm Pulley              | 78      | 6    | Cable Trap                    |
| 35      | 2    | 90mm Pulley               | 79      | 4    | 50mm Washer                   |
| 36      | 2    | Coupler Cover             | 80      | 2    | Magnetic Strip                |
| 37      | 2    | Cable Eye                 | 81      | 4    | M6 Washer                     |
| 38      | 1    | Shroud                    | 82      | 1    | Ankle Strap                   |
| 39      | 2    | Bungee Cord               | 83      | 4    | Foot Spacer                   |
| 40      | 4    | Pulley Arm Bearing        | 84      | 2    | M10 Lock Washer               |
| 41      | 2    | Top Weight Top Bushing    | #       | -    | User's Manual                 |
| 42      | 2    | Top Weight Bottom Bushing | #       | -    | Exercise Guide                |
| 43      | 10   | 20-pound Weight Bushing   | #       | -    | Hex Key                       |
| 44      | 4    | M10 Nut                   | #       | -    | Grease Packet                 |

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

# EXPLODED DRAWING—Model No. VFMCS3016.0

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# HOW TO ORDER REPLACEMENT PARTS

If you have questions after reading this manual, or if you require assistance, please contact Customer Care at the address and phone number listed on the front cover. Please be prepared to give the following information:

- the MODEL NUMBER OF THE PRODUCT (VFMCS3016.0)
- the NAME OF THE PRODUCT (FREEMOTION CABLE CROSS XLS)
- the SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual for the location)

When ordering replacement parts, please also give the KEY NUMBER and DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING on pages 10 and 11).

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## LIMITED WARRANTY

FreeMotion Fitness, Inc. (FreeMotion Fitness) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. Labor is covered for one (1) year. There is a ten (10) year warranty on the frame; a three (3) year warranty on the guide rods, pulleys, and weight stack; and a one (1) year warranty on the cables. There is a one hundred and twenty (120) day warranty on the handles and accessories. This warranty extends only to the original purchaser.

This product is intended to be used only for and is warranted only for home use and limited commercial use. Limited commercial use shall be defined as 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-usage settings such as health clubs, schools/universities, community centers, and military installations. Use of this product in such facilities will void this warranty.

FreeMotion Fitness's obligation under this warranty is limited to replacing or repairing, at FreeMotion Fitness's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by FreeMotion Fitness. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by a FreeMotion Fitness authorized service center; or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by FreeMotion Fitness.

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 this 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.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**FreeMotion Fitness, Inc., 1096 Elkton Drive, Suite 600, Colorado Springs, CO 80907**