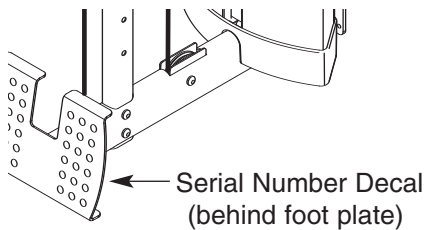


FREEMOTION[®] *CARBON*[™] Traveling Pulley

USER'S MANUAL

Model No. VMSY80507.0
Serial No. _____

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

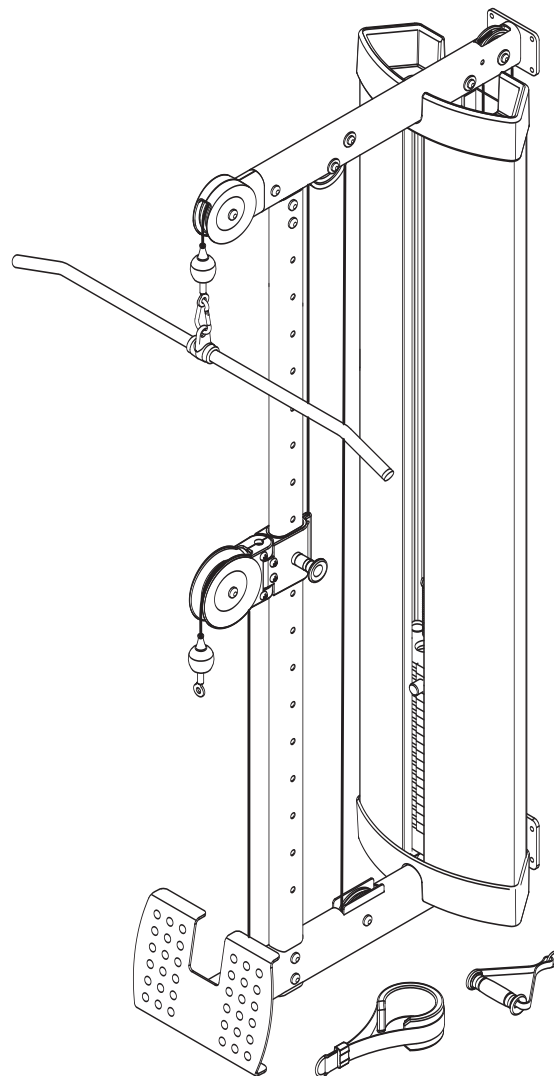


QUESTIONS?

At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.

CAUTION

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



Visit our website at

www.freemotionfitness.com

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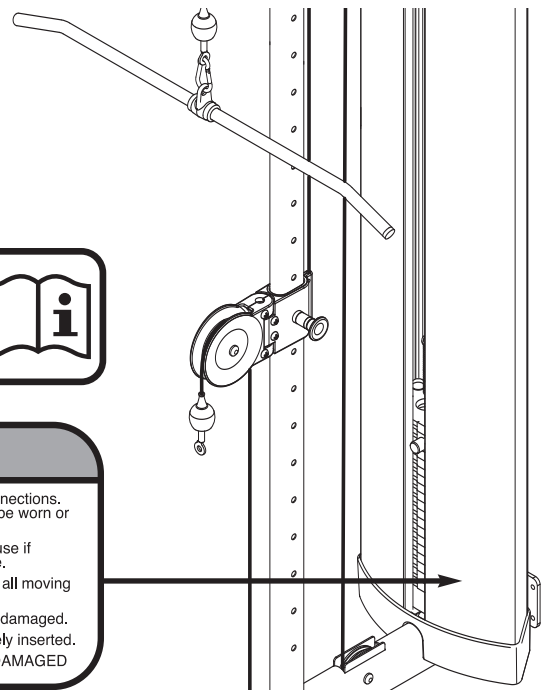
WARNING DECAL PLACEMENT

The decal shown here has been placed in the indicated location. **If the decal is missing or illegible, call the telephone number on the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal 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 the weight station before using the weight station. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of the weight station.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. Use the weight station only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the weight station are adequately informed of all precautions.
4. Keep the weight station indoors, away from moisture and dust. Place the weight station 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 station 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 weight station at all times.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. 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.
9. Wear appropriate clothes while exercising. Always wear athletic shoes for foot protection while exercising.
10. Always make sure that the weight pin is fully inserted into the weight stack before you exercise.
11. To prevent the weight system from tipping over, always assemble another station (sold separately) to the center column (sold separately) before assembling the TRAVELING PULLEY station.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.

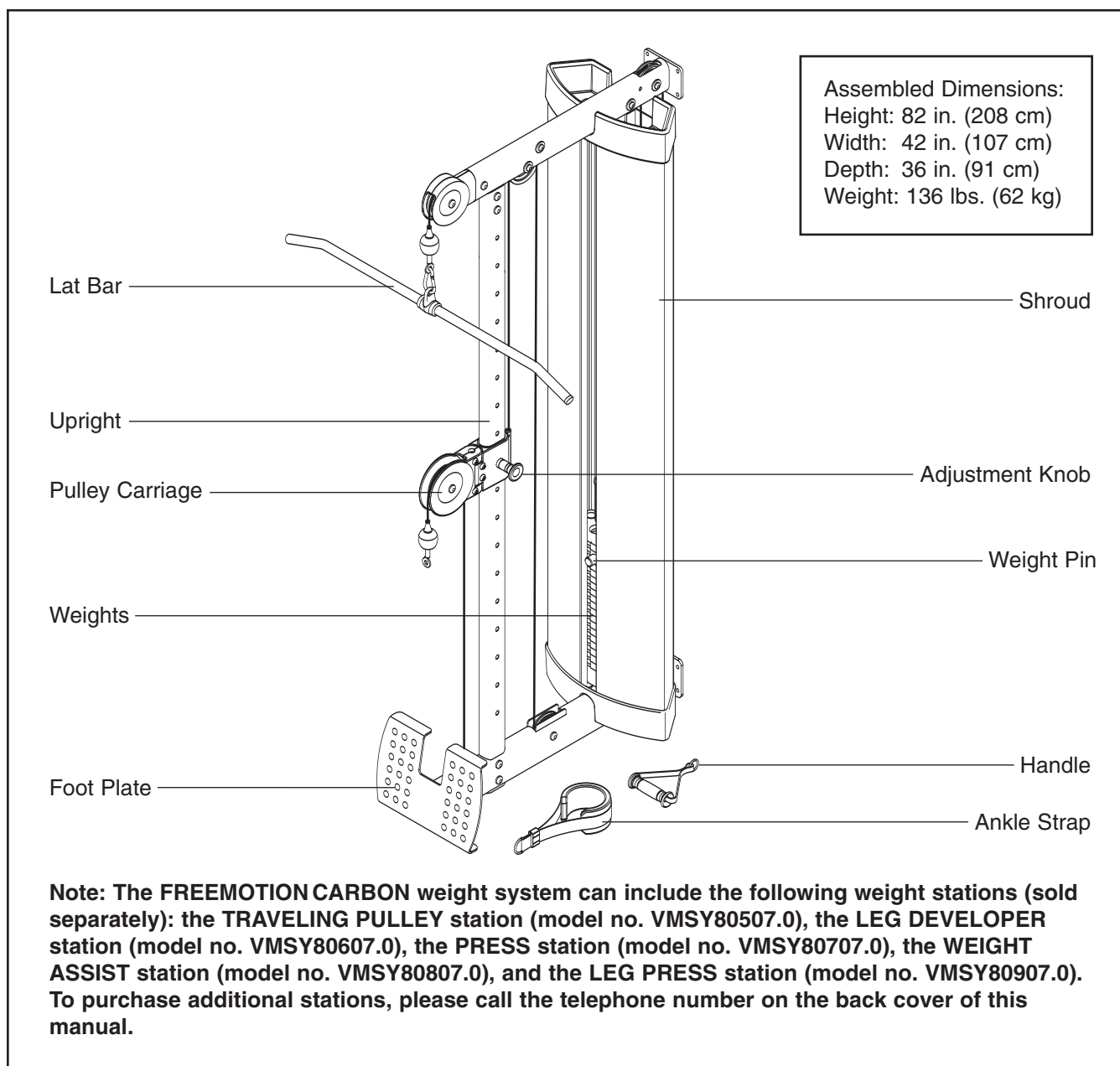
BEFORE YOU BEGIN

Thank you for selecting the TRAVELING PULLEY station for the versatile FREEMOTION® CARBON™ weight system. The TRAVELING PULLEY station is one of a series 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 that you want.

For your benefit, read this manual carefully before you use the weight station. If you have questions

after reading this manual, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual. To help us assist you, note the product 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

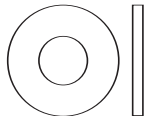
See the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see if it has been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



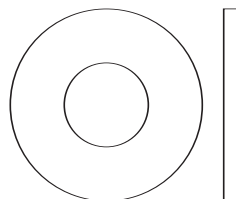
M6 Nylon
Locknut (53)



M10 Thick Nylon
Locknut (38)



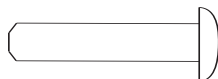
M6.5 Washer (54)



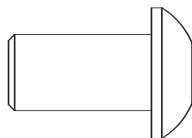
M10 Washer (37)



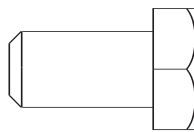
M8 x 8mm
Set Screw (45)



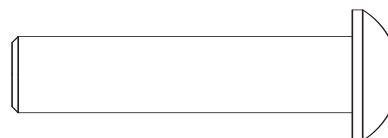
M5 x 25mm
Screw (47)



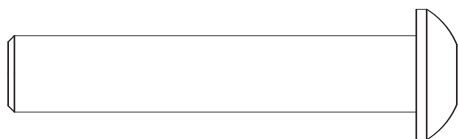
M10 x 19mm
Screw (52)



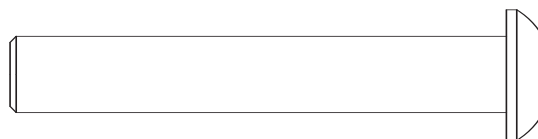
M10 x 19mm
Hex Screw (40)



M10 x 45mm Bolt (56)



M10 x 54mm Bolt (41)



M10 x 66mm Bolt (34)

ASSEMBLY

Make Assembly Easier

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

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

- Assembly requires two persons.
- Because of its weight and size, the weight station should be assembled in the location where it will be used. Make sure that there is enough clearance to walk around the weight station as you assemble it. **If attaching additional stations to the column, leave enough clearance for those stations.**
- 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, use the **PART IDENTIFICATION CHART** on page 5.
- As you assemble the weight station, make sure all parts are oriented as shown in the drawings.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- Assembly requires the included hex key and grease and may require the following tools:

Two adjustable wrenches



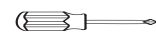
One rubber mallet



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.

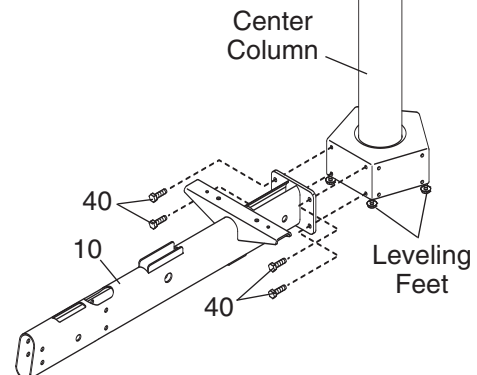
Before beginning assembly, make sure that you understand the information in the box above. Note: Some parts described in the assembly steps may be preassembled.

IMPORTANT: To prevent the weight system from tipping over, always assemble another station (sold separately) to the center column (sold separately) before assembling the **TRAVELING PULLEY** station.

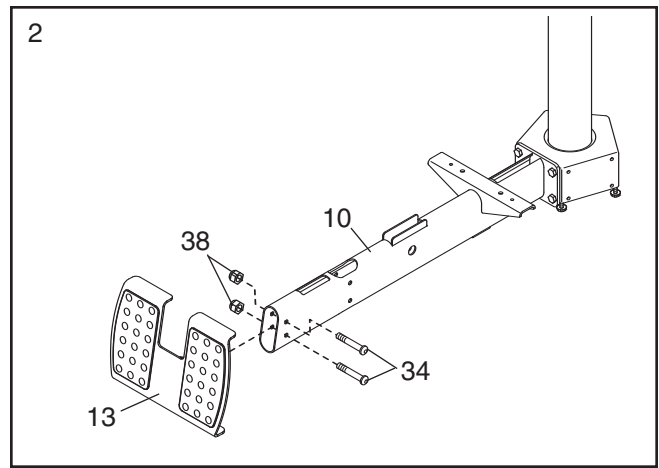
Attach the Base (10) to the center column with four M10 x 19mm Hex Screws (40).

1

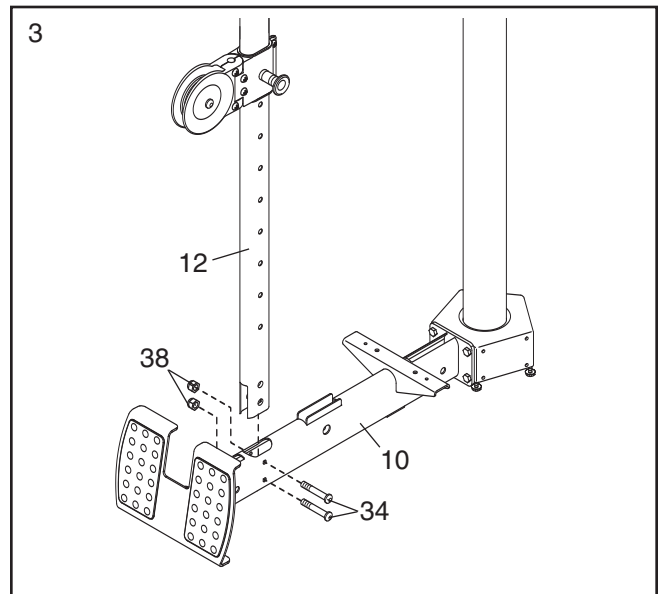
Make sure that the five leveling feet are attached to the center column (see the User's Manual included with the center column).



2. Attach the Foot Plate (13) to the Base (10) with two M10 x 66mm Bolts (34) and two M10 Thick Nylon Locknuts (38).

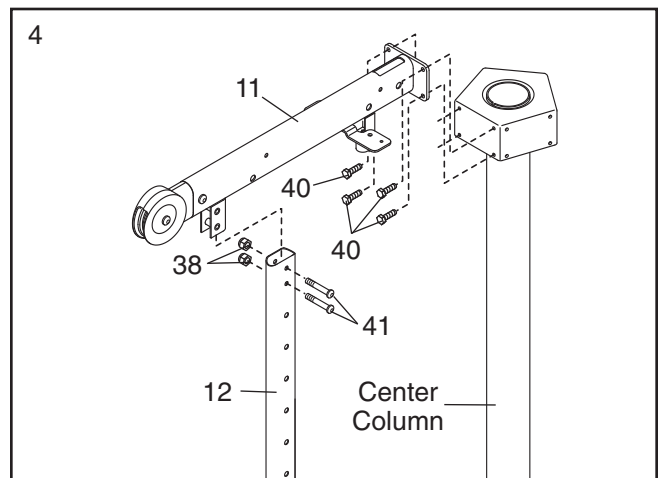


3. Attach the Upright (12) to the Base (10) with two M10 x 66mm Bolts (34) and two M10 Thick Nylon Locknuts (38). **Do not tighten the Thick Nylon Locknuts yet.**



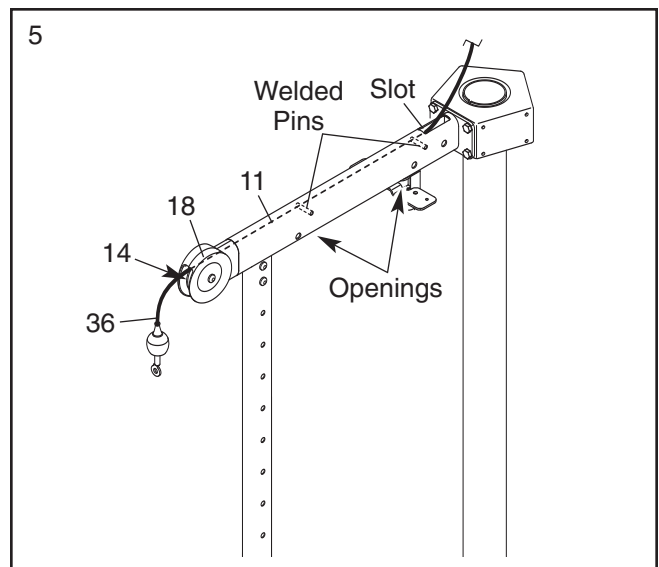
4. Attach the Top Frame (11) to the center column with four M10 x 19mm Hex Screws (40). **Do not tighten the Screws yet.**

Attach the Top Frame (11) to the Upright (12) with two M10 x 54mm Bolts (41) and two M10 Thick Nylon Locknuts (38). **Do not tighten the Thick Nylon Locknuts yet.**

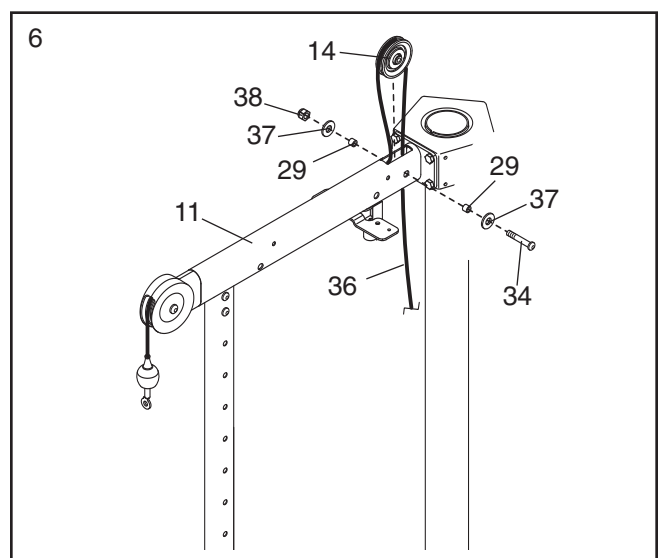


5. See the **CABLE DIAGRAM** on page 18 to identify the cables as you assemble them.

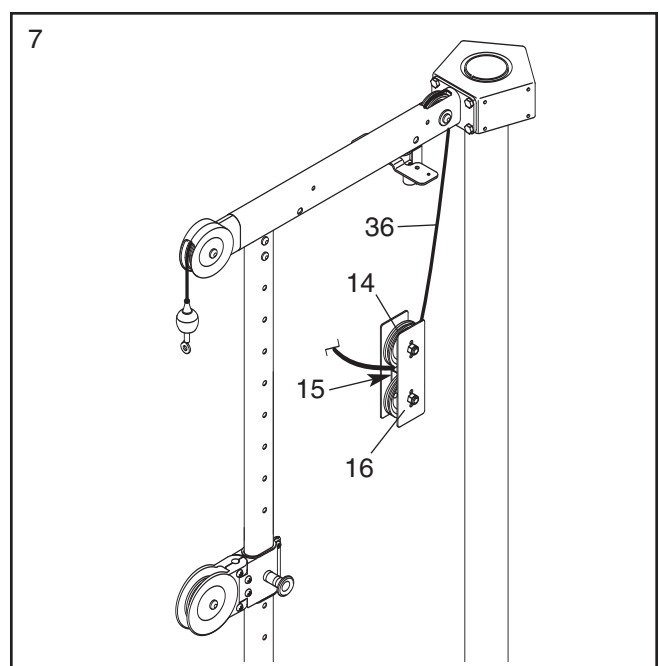
Identify the Short Cable (36). Feed the threaded end of the Cable through the Small Pulley Bracket (18), above the Small Pulley (14) that is inside the Small Pulley Bracket. Continue feeding the Cable into the Top Frame (11); **look up into the indicated openings and make sure that the Cable is above the two welded pins inside the Top Frame.** Then, pull the end of the Cable out of the indicated slot in the Top Frame.



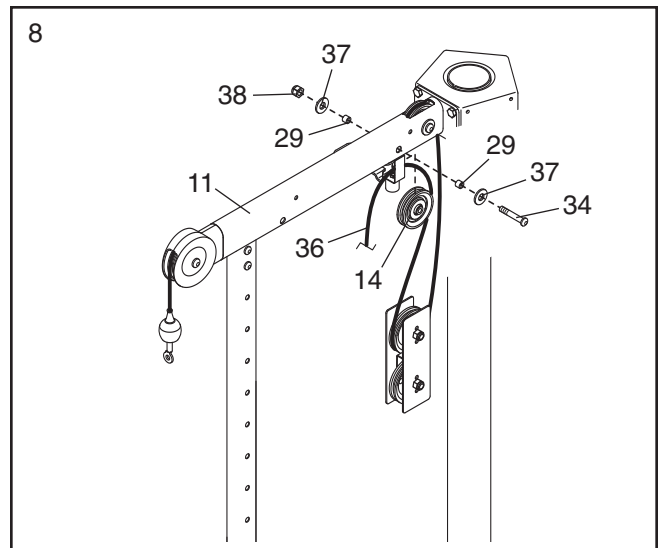
6. Route the Short Cable (36) downward through the Top Frame (11) as shown. Insert a Small Pulley (14) into the slot in the Top Frame. Attach the Small Pulley with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Thick Nylon Locknut (38).



7. Route the Short Cable (36) under a Small Pulley (14) that is attached between the Pulley Plates (16). **Make sure that the Cable is between the Small Pulley and the Cable Trap (15).**

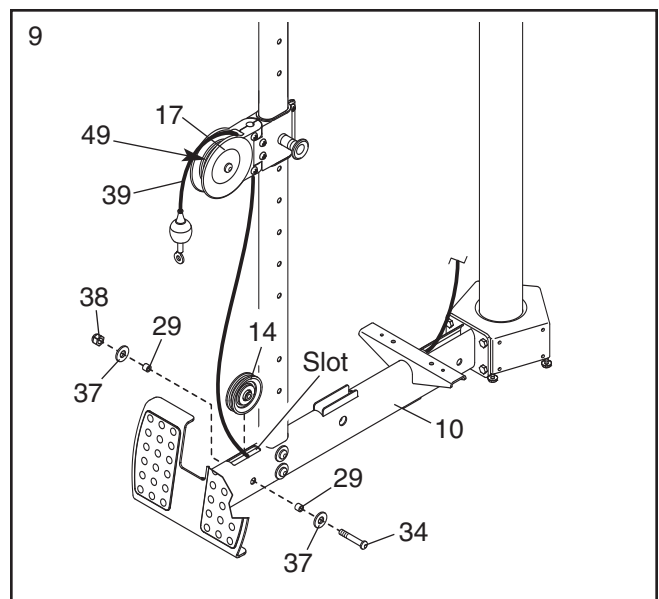


8. Route the Short Cable (36) through the bumper bracket as shown. Next, wrap the Cable over a Small Pulley (14). Attach the Small Pulley inside the Top Frame (11) with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Thick Nylon Locknut (38).

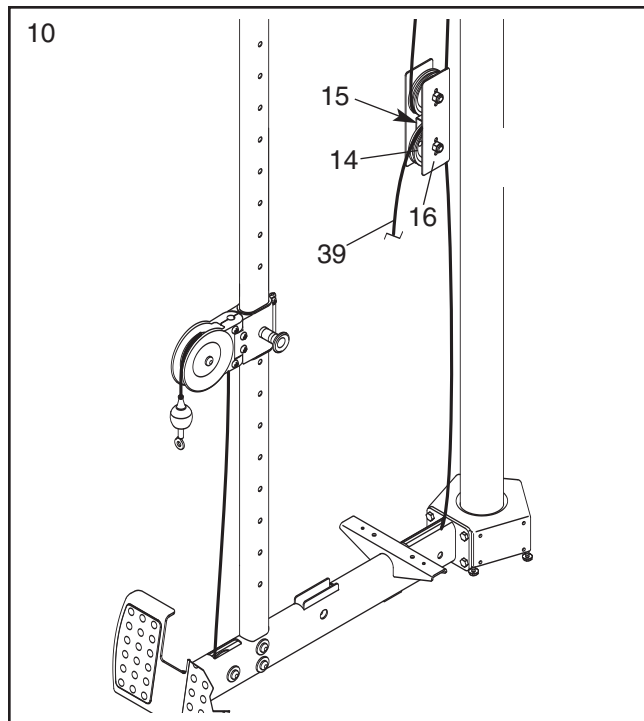


9. **Identify the Long Cable (39).** Feed the threaded end of the Cable through the Large Pulley Bracket (17). Wrap the Cable over the Large Pulley (49) that is inside the Large Pulley Bracket.

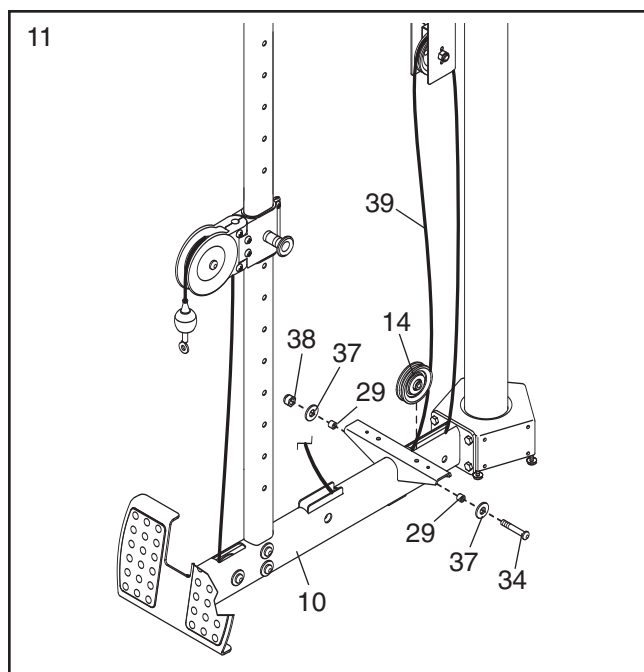
Route the Long Cable (39) through the Base (10) as shown. Attach a Small Pulley (14) inside the indicated slot in the Base with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Thick Nylon Locknut (38).



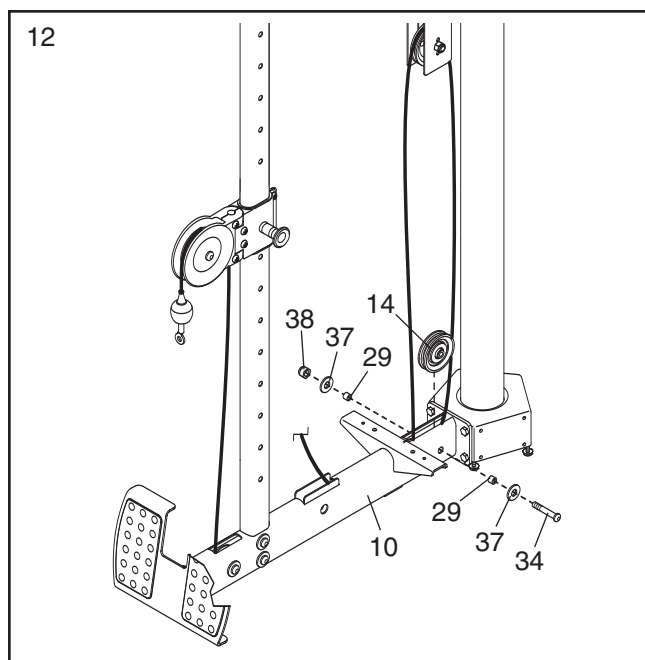
10. Route the Long Cable (39) over the Small Pulley (14) that is attached to bottom of the Pulley Plates (16). **Make sure that the Cable is between the Pulley and the Cable Trap (15).**



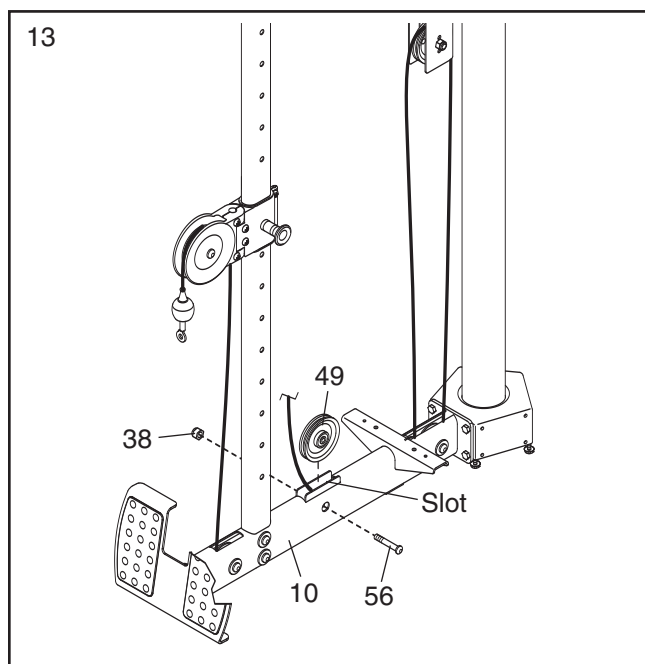
11. Route the Long Cable (39) through the Base (10) as shown. Attach a Small Pulley (14) inside the Base with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Thick Nylon Locknut (38).



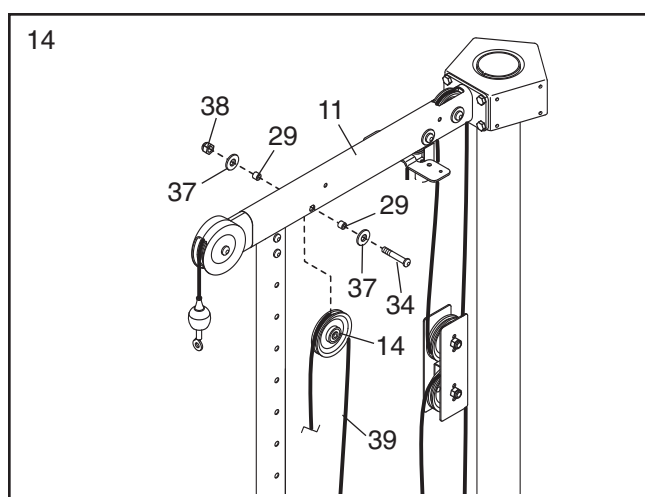
12. Attach a Small Pulley (14) inside the Base (10) with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Thick Nylon Locknut (38).



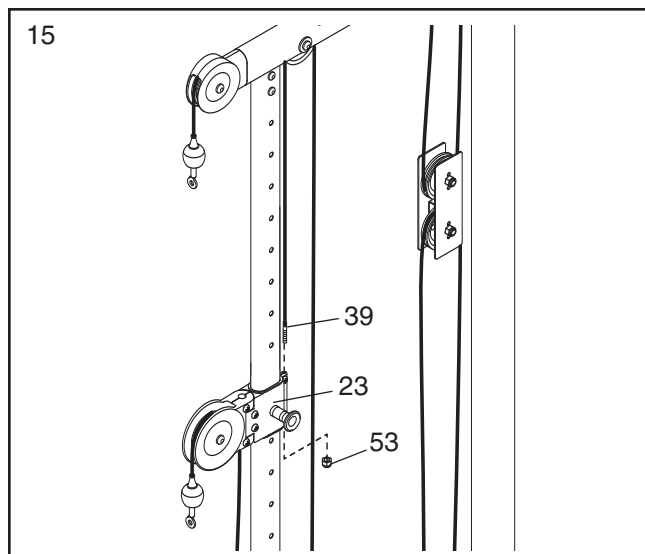
13. Attach a Large Pulley (49) inside the indicated slot in the Base (10) with an M10 x 45mm Bolt (56) and an M10 Thick Nylon Locknut (38).



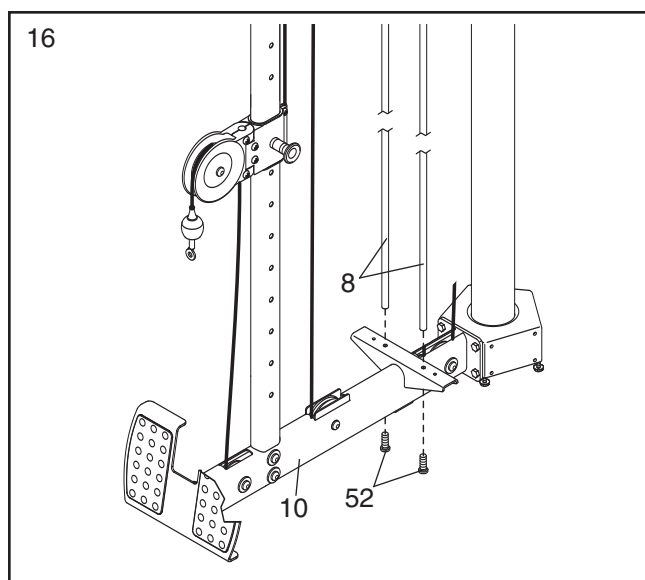
14. Wrap the Long Cable (39) over a Small Pulley (14). Attach the Small Pulley inside the Top Frame (11) with an M10 x 66mm Bolt (34), two M10 Washers (37), two Pulley Spacers (29), and an M10 Thick Nylon Locknut (38).



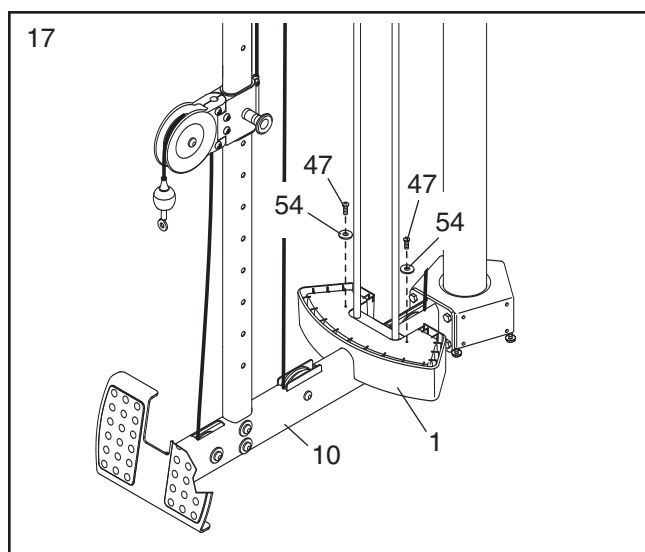
15. Feed the Long Cable (39) downward into the back of the Pulley Carriage (23). Tighten an M6 Nylon Locknut (53) onto the end of the Cable.



16. Attach the two Weight Guides (8) to the Base (10) with two M10 x 19mm Screws (52). **Do not tighten the Screws yet.**

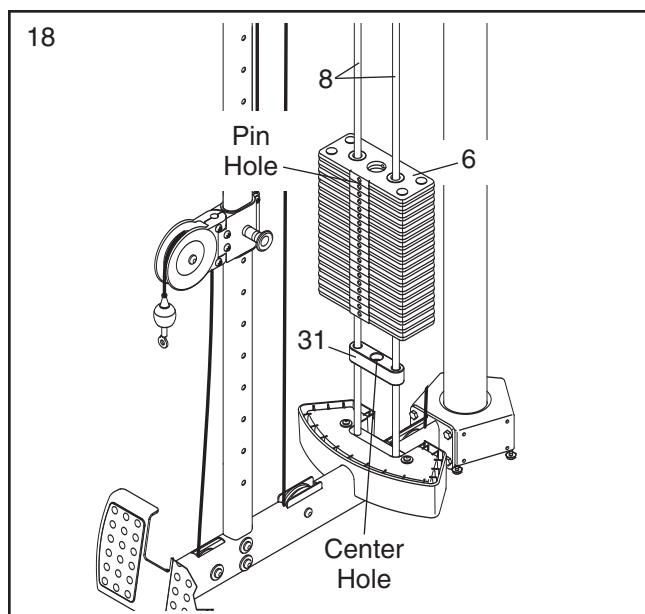


17. Attach the Shroud Base (1) to the Base (10) with two M5 x 25mm Screws (47) and two M6.5 Washers (54).

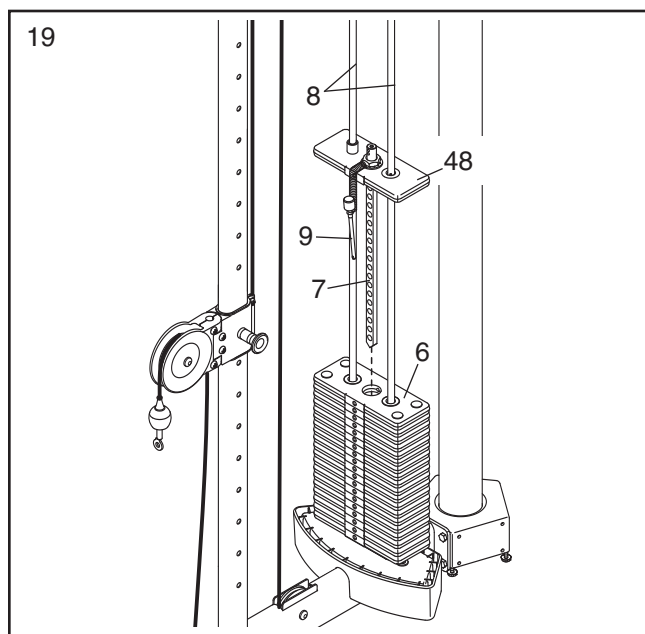


18. Orient the Weight Bumper (31) as shown, and then slide it onto the Weight Guides (8).

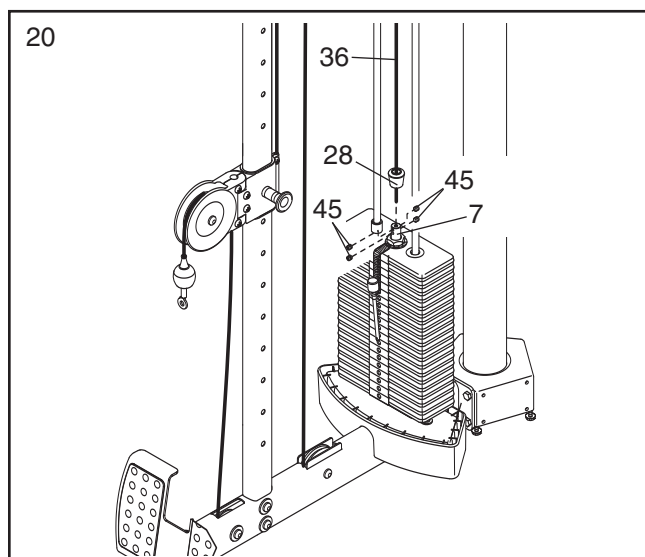
Orient the nineteen Weights (6) so that the pin holes are positioned as shown. Slide the Weights onto the Weight Guides (8).



19. Orient the Top Weight (48) as shown. Slide the Top Weight onto the Weight Guides (8). Insert the Weight Pin (9) into the hole in a Weight (6) and a hole in the Weight Tube (7).



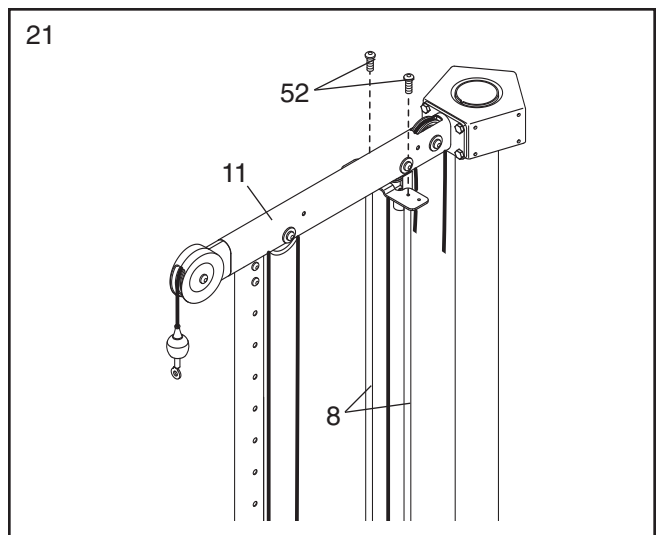
20. Slide the Weight Tube Cover (28) over the Short Cable (36). Then, insert the Cable into the Weight Tube (7) until all four M8 x 8mm Set Screws (45) can be tightened against the Cable. Tighten each Screw alternately 1/4 turn, until all are set to 85 inch/pounds (9.6 Newton-meters).



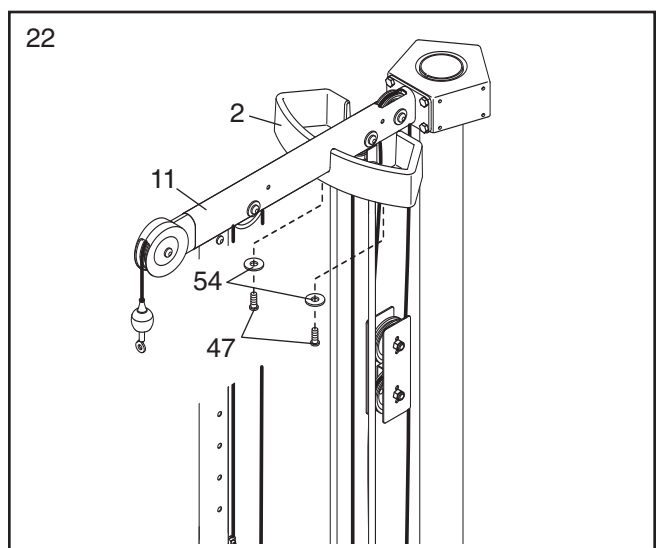
21. Attach the Weight Guides (8) to the Top Frame (11) with two M10 x 19mm Screws (52).

See steps 3 and 4. Tighten the M10 x 19mm Hex Screws (40) and the M10 Thick Nylon Locknuts (38).

See step 16. Tighten the M10 x 19mm Screws (52).



22. Attach the Shroud Top (2) to the Top Frame (11) with two M5 x 25mm Screws (47) and two M6.5 Washers (54).

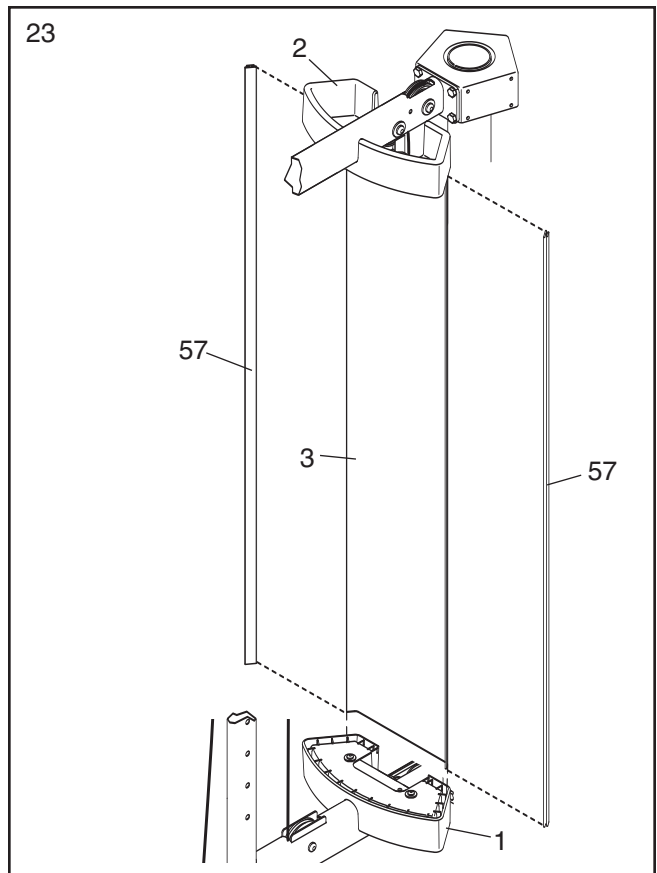


23. **Note: If attaching all the stations to the center column, it is not necessary to attach the Rear Shroud (3) and the Shroud Joints (57).**

For clarity, the weight stack is not shown in steps 23 and 24.

Lift the Rear Shroud (3) up into the back of the Shroud Top (2). Then, slide the Rear Shroud downward into the Shroud Base (1).

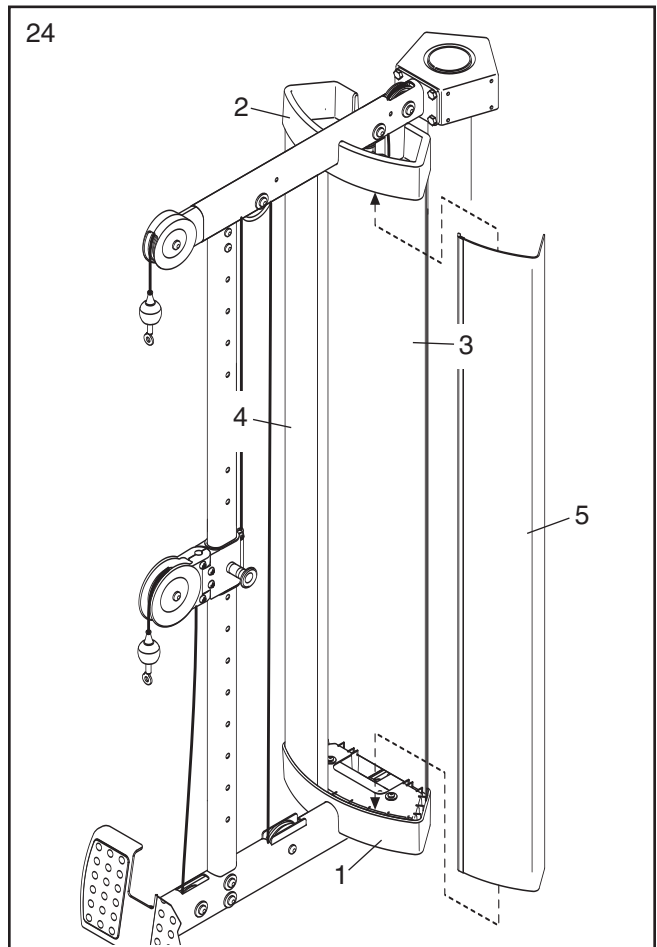
Press the Shroud Joints (57) onto both sides of the Rear Shroud (3). Have a second person hold the Shroud Joints until step 24 is completed.



24. Lift the Left Shroud (4) up into the front of the Shroud Top (2). Then, slide the Left Shroud downward into the Shroud Base (1).

Next, slide the Right Shroud (5) into the Shroud Base (1) in the same way.

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



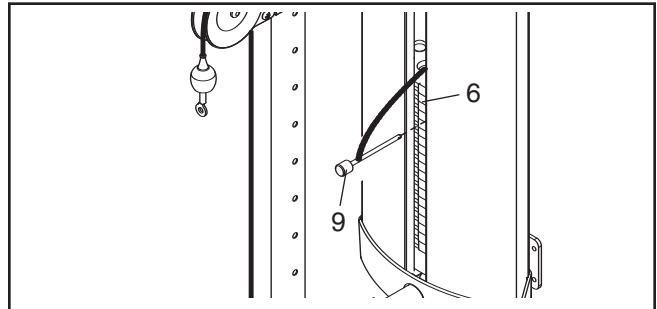
25. **Make sure that all parts are properly tightened before you use the weight station.** The use of the remaining parts will be explained in ADJUSTMENT, beginning on page 16.

ADJUSTMENT

This section explains how to adjust the weight station. See the EXERCISE GUIDELINES on page 19 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.

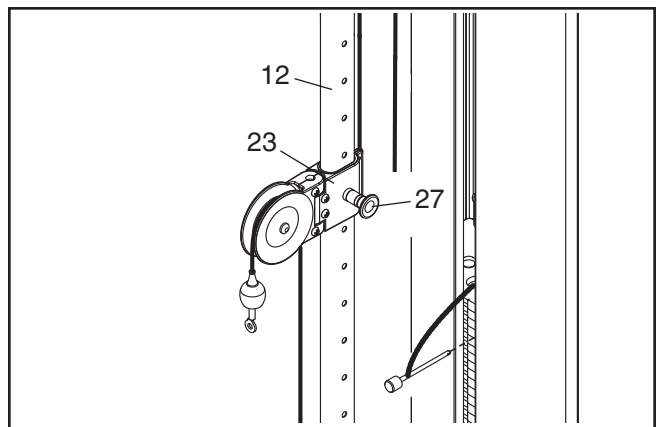
CHANGING THE WEIGHT SETTING

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 goes into the Weight Tube (not shown).**



ADJUSTING THE PULLEY CARRIAGE

To adjust the height of the Pulley Carriage (23), pull the Adjustment Knob (27), slide the Pulley Carriage to the desired height, and then engage the Adjustment Knob into one of the adjustment holes in the Upright (12). **Make sure that the Adjustment Knob is fully engaged in one of the holes in the Upright.**

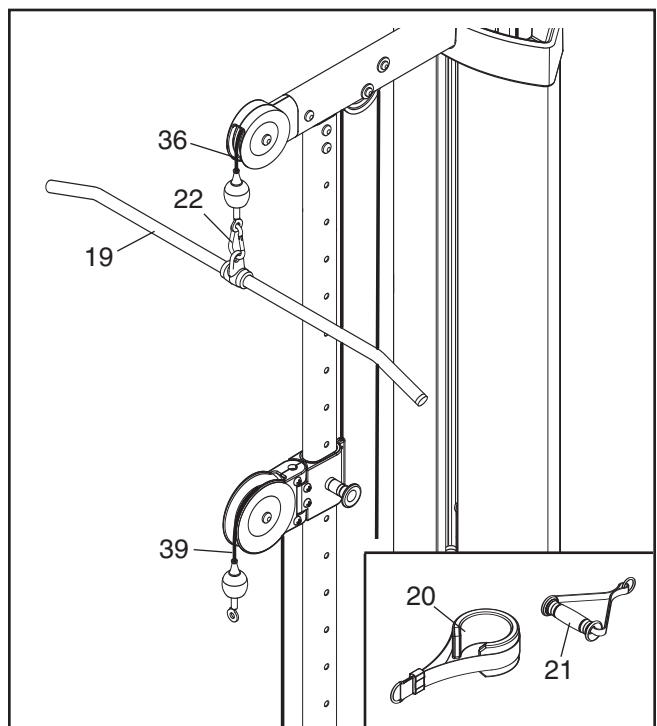


ATTACHING THE ACCESSORIES

To use the Short Cable (36), first select the desired weight setting (see CHANGING THE WEIGHT SETTING above). Next, attach the Lat Bar (19) to the Short Cable with a Cable Clip (22).

To use the Long Cable (39), attach the Lat Bar (19) to the Long Cable in the same way.

See the inset drawing. The Pulley Handle (21) and the Ankle Strap (20) can be attached to the Cables (36, 39) in the same way.



⚠ WARNING: Always disconnect the Lat Bar (19) when performing an exercise that does not require using the Lat Bar.

MAINTENANCE

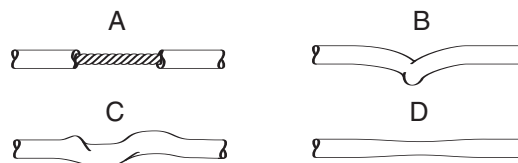
Make sure that all parts are properly tightened each time the weight station is used. Replace any worn parts immediately. Clean the weight station with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the weight station.**

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® 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 on 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

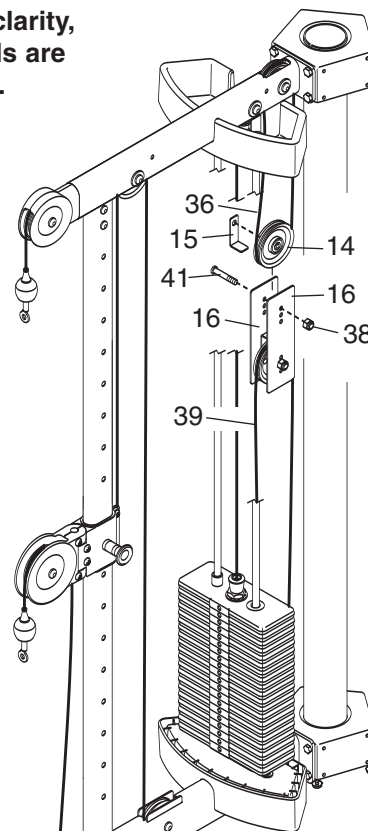
CABLE ADJUSTMENT

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

See CHANGING THE WEIGHT SETTING on page 16. Insert the pin into one of the weights. Next, remove an M10 Thick Nylon Locknut (38) and an M10 x 54mm Bolt (41) from the two Pulley Plates (16), a Cable Trap (15), and a Small Pulley (14). Reattach the Small Pulley and the Cable Trap to a hole closer to the center of the Pulley Plates. **Make sure that the Cable Trap is in the proper position and that the Short Cable (36), the Long Cable (39), and the Small Pulleys move smoothly.**

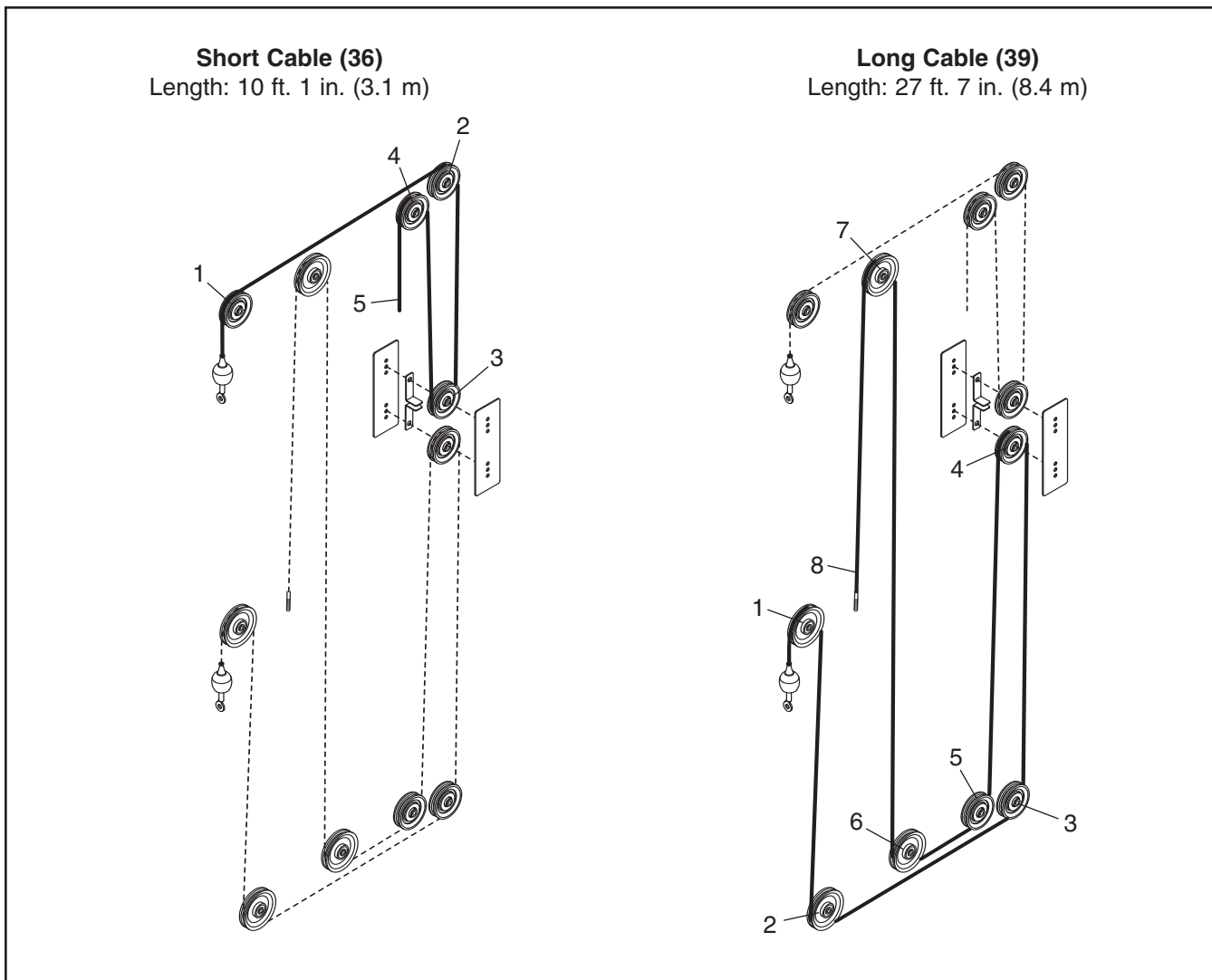
Do not overtighten the cables. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If a cable needs to be replaced, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Note: For clarity, the shrouds are not shown.



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 weight station will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select 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

You can tone your muscles by pushing 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

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the appropriate length of time for each workout, and the numbers of repetitions and sets to complete, is an individual matter. Avoid overdoing it during the first few months of your exercise program. Progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness while exercising, stop immediately and cool down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from workout to workout.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled way will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. See the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

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Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

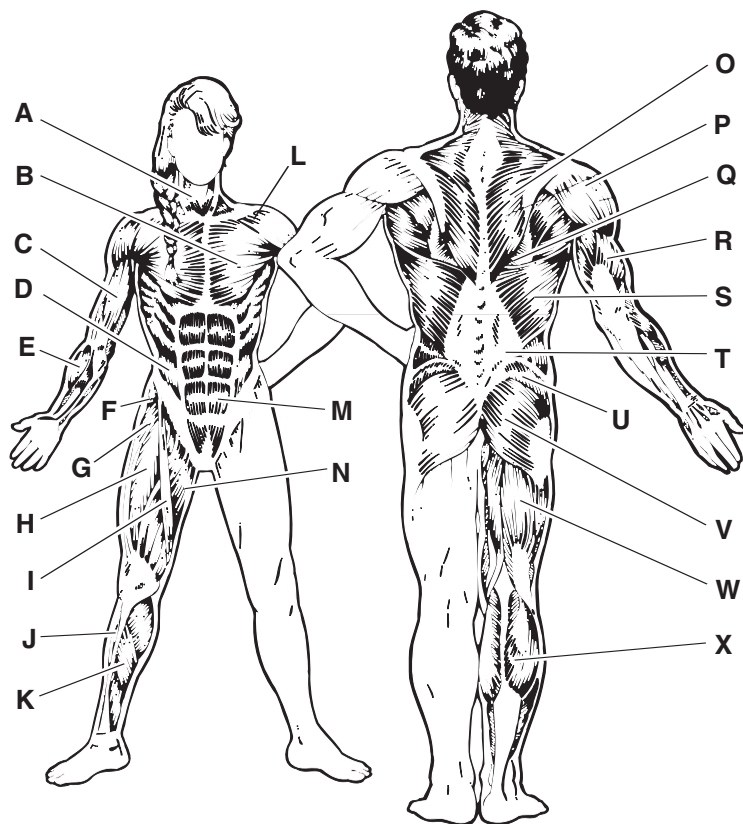
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. The key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Anterior Deltoid (shoulder)
- M. Rectus Abdominus (stomach)
- N. Adductor (inner thigh)
- O. Trapezius (upper back)
- P. Rhomboideus (upper back)
- Q. Posterior Deltoid (shoulder)
- R. Triceps (back of arm)
- S. Latissimus Dorsi (mid back)
- T. Spinae Erectors (lower back)
- U. Gluteus Medius (hip)
- V. Gluteus Maximus (buttocks)
- W. Hamstring (back of leg)
- X. Gastrocnemius (back of calf)

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

Residential and Light Commercial

Frame: Lifetime

Parts: 10 years

Cables/Belts: 1 year

Upholstery and Accessories: 90 days

Labor: 1 year

Light commercial use is defined as a non-dues-paying institutional setting 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. Use of this product in such facilities will void this warranty.

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 1-year 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 in excess of 350 lbs. (159 kg) in 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 spas and pools.

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 your equipment. 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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, cost of removal, 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.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

PART LIST—Model No. VMSY80507.0

R0807A

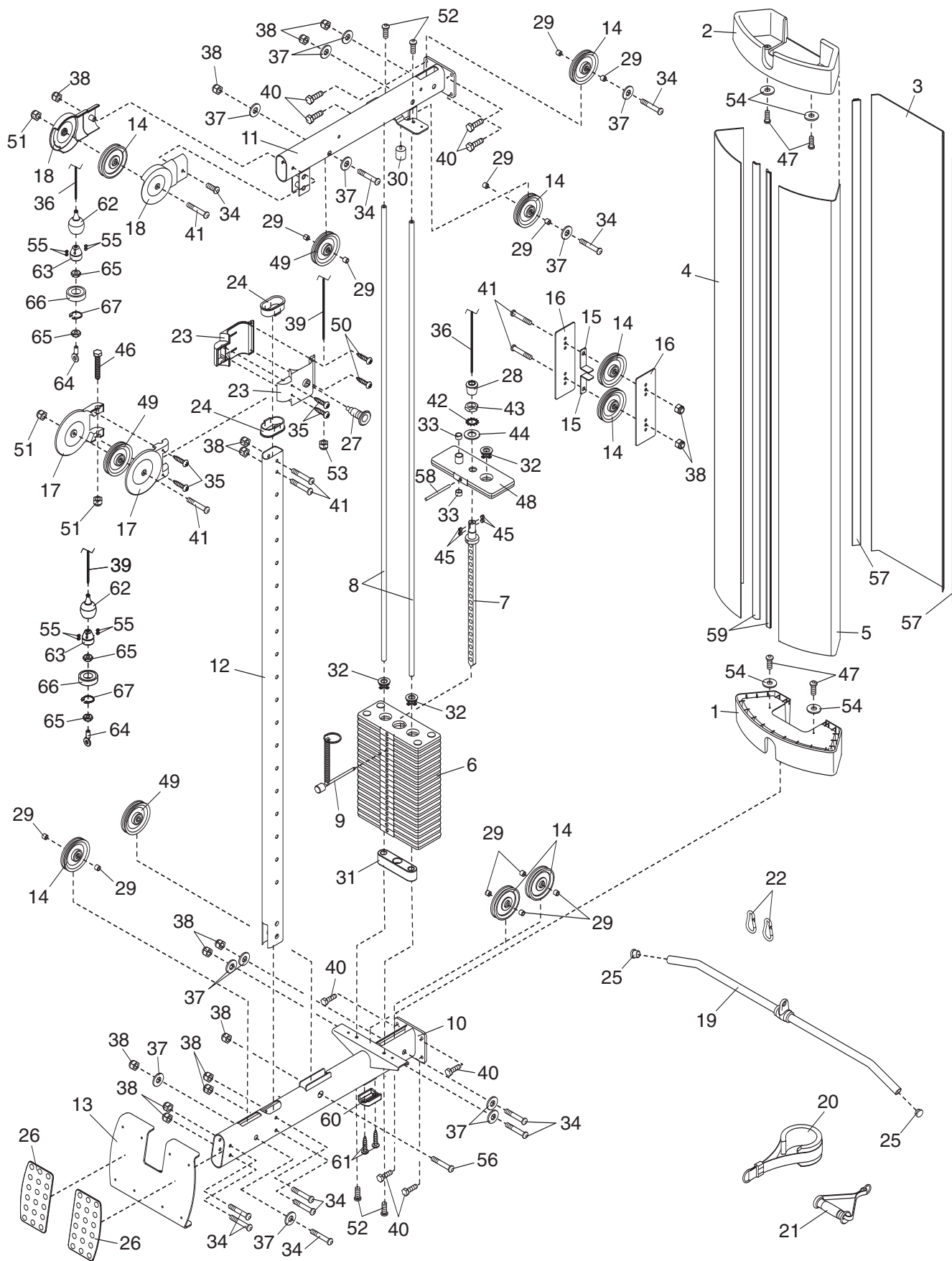
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Shroud Base	37	12	M10 Washer
2	1	Shroud Top	38	16	M10 Thick Nylon Locknut
3	1	Rear Shroud	39	1	Long Cable
4	1	Left Shroud	40	8	M10 x 19mm Hex Screw
5	1	Right Shroud	41	6	M10 x 54mm Bolt
6	19	Weight	42	1	Star Washer
7	1	Weight Tube	43	1	M10 Nut
8	2	Weight Guide	44	1	M50.8 Washer
9	1	Weight Pin	45	4	M8 x 8mm Set Screw
10	1	Base	46	1	M10 x 115 Bolt
11	1	Top Frame	47	4	M5 x 25mm Screw
12	1	Upright	48	1	Top Weight
13	1	Foot Plate	49	3	Large Pulley
14	8	Small Pulley	50	2	M3 x 8mm Screw
15	2	Cable Trap	51	3	M10 Thin Nylon Locknut
16	2	Pulley Plate	52	4	M10 x 19mm Screw
17	2	Large Pulley Bracket	53	1	M6 Nylon Locknut
18	2	Small Pulley Bracket	54	4	M6.5 Washer
19	1	Lat Bar	55	8	M6 x 10mm Screw
20	1	Ankle Strap	56	1	M10 x 45mm Bolt
21	1	Handle	57	2	Shroud Joint
22	2	Weight Clip	58	1	Top Weight Pin
23	2	Pulley Carriage	59	2	Shroud Edging
24	2	Upright Bushing	60	1	Base Foot
25	2	Handle Cap	61	2	M4 x 13mm Screw
26	2	Foot Plate Cover	62	2	Cable Cover
27	1	Adjustment Knob	63	2	Coupler
28	1	Weight Tube Cover	64	2	Cable Eyelet
29	12	Pulley Spacer	65	4	M10 Eyebolt
30	1	Top Frame Spacer	66	2	Bearing
31	1	Weight Bumper	67	2	Retainer Clip
32	39	Weight Bushing	*	—	User's Manual
33	2	Top Weight Spacer	*	—	Exercise Guide
34	11	M10 x 66mm Bolt	*	—	Hex Key
35	4	M3 x 30mm Screw	*	—	Grease Packet
36	1	Short Cable			

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

EXPLODED DRAWING—Model No. VMSY80507.0

R0807A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, if you require assistance, or if you need to order replacement parts, please contact Customer Care at the address or phone number listed below. Please be prepared to provide the following information:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)

When ordering replacement parts, please also provide the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual).

Call

Toll-free in the US: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MST

International: +1-719-533-2911

Email

US: fmmvmcustomerservice@freemotionfitness.com

International: intlcustomercare@freemotionfitness.com

Write

FreeMotion Fitness

1096 Elkton Drive Suite 600

Colorado Springs, CO 80907