

# FREEMOTION<sup>®</sup> Dual Cable Cross

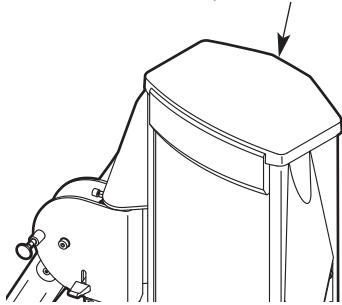
## OWNER'S MANUAL

Model No. F624.3

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

Write the serial number in the space above for reference.

Serial Number Decal  
(inside tower)

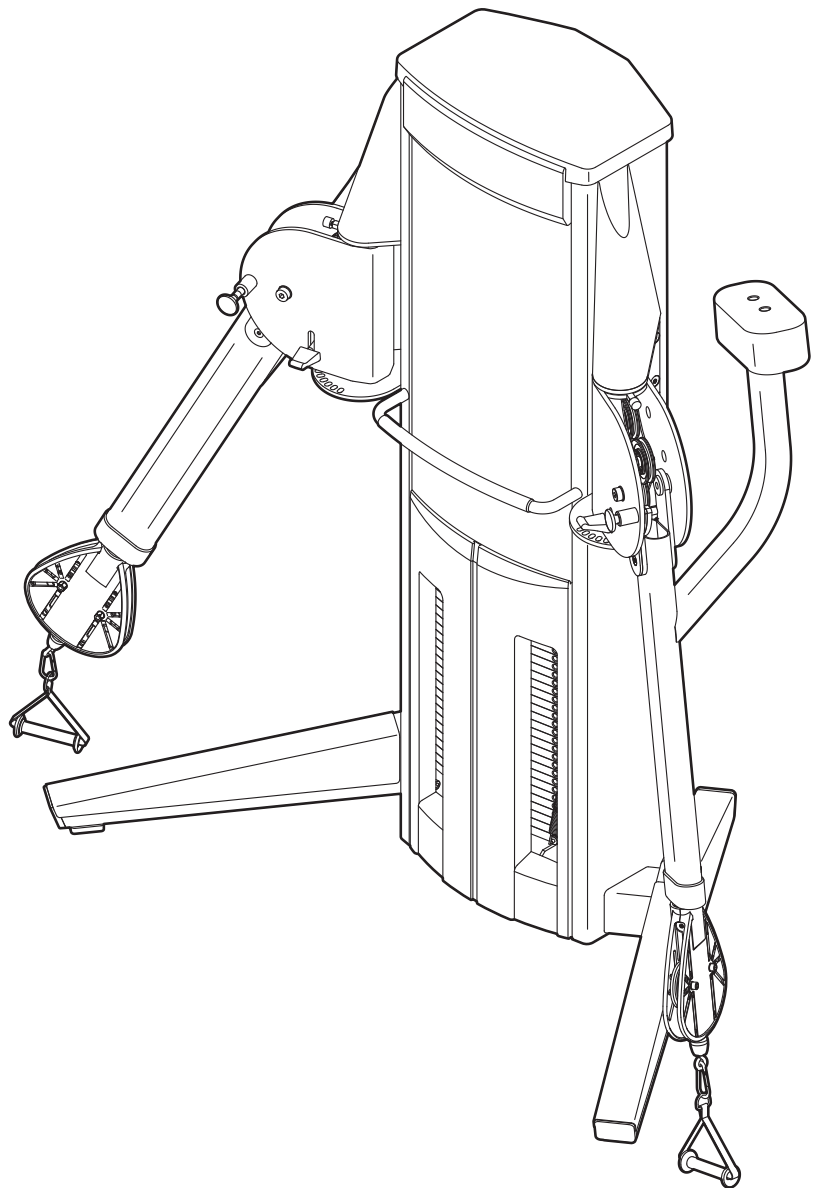


### QUESTIONS?

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.



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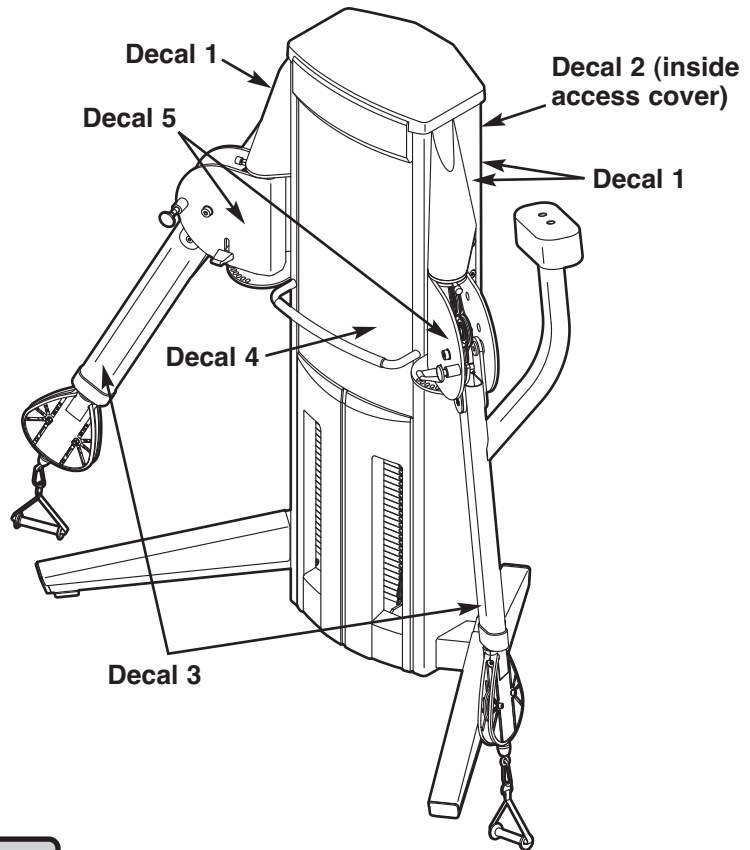
# IMPORTANT PRECAUTIONS

**⚠️ 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. 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 purchaser's responsibility to ensure that there is enough space around the strength equipment for the intended exercise. Do not crowd the strength equipment.
4. Using the two 9/16" anchor holes in the base of the tower to provide maximum stability, the strength equipment must be anchored to the floor where required or whenever possible.
5. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
6. It is the responsibility of the owner to ensure that all users of the strength equipment are adequately informed of all precautions, have read and understood all warning and caution labels, and are informed of how to use the strength equipment properly.
7. Keep children under age 12 and pets away from the strength equipment at all times.
8. Keep hands and feet away from moving parts. Do not lean on or rest your hands on the strength equipment when it is in use.
9. Always wear athletic shoes for foot protection while exercising.
10. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
11. Make sure the weight pin is completely inserted into one of the weight plates.
12. Make sure the handles are attached securely before each use of the strength equipment.
13. Check all cables, cable connections, and pulleys before each use of the strength equipment. Make sure all parts are properly tightened. Replace any worn parts immediately.
14. Make sure the cables remain on the pulleys at all times. If the cable binds while you are exercising, stop immediately and make sure the cable is on the pulleys and nothing is interfering with the cable or pulleys.
15. The strength equipment is designed to support a maximum user weight of 350 lbs. (159 kg).
16. 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.

# WARNING DECAL PLACEMENT

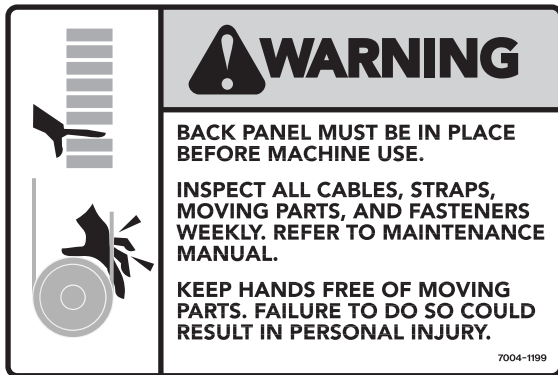
This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decal(s) may not be shown at actual size.



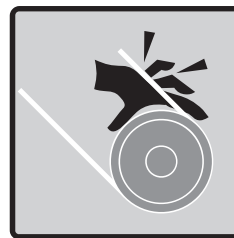
Decal 1



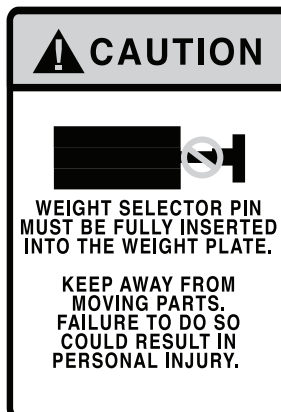
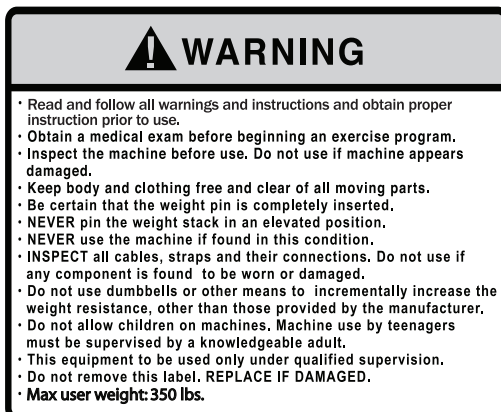
Decal 2



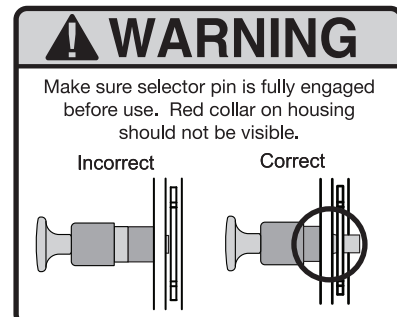
Decal 3



Decal 4 (This decal is part of the instruction placard)



Decal 5



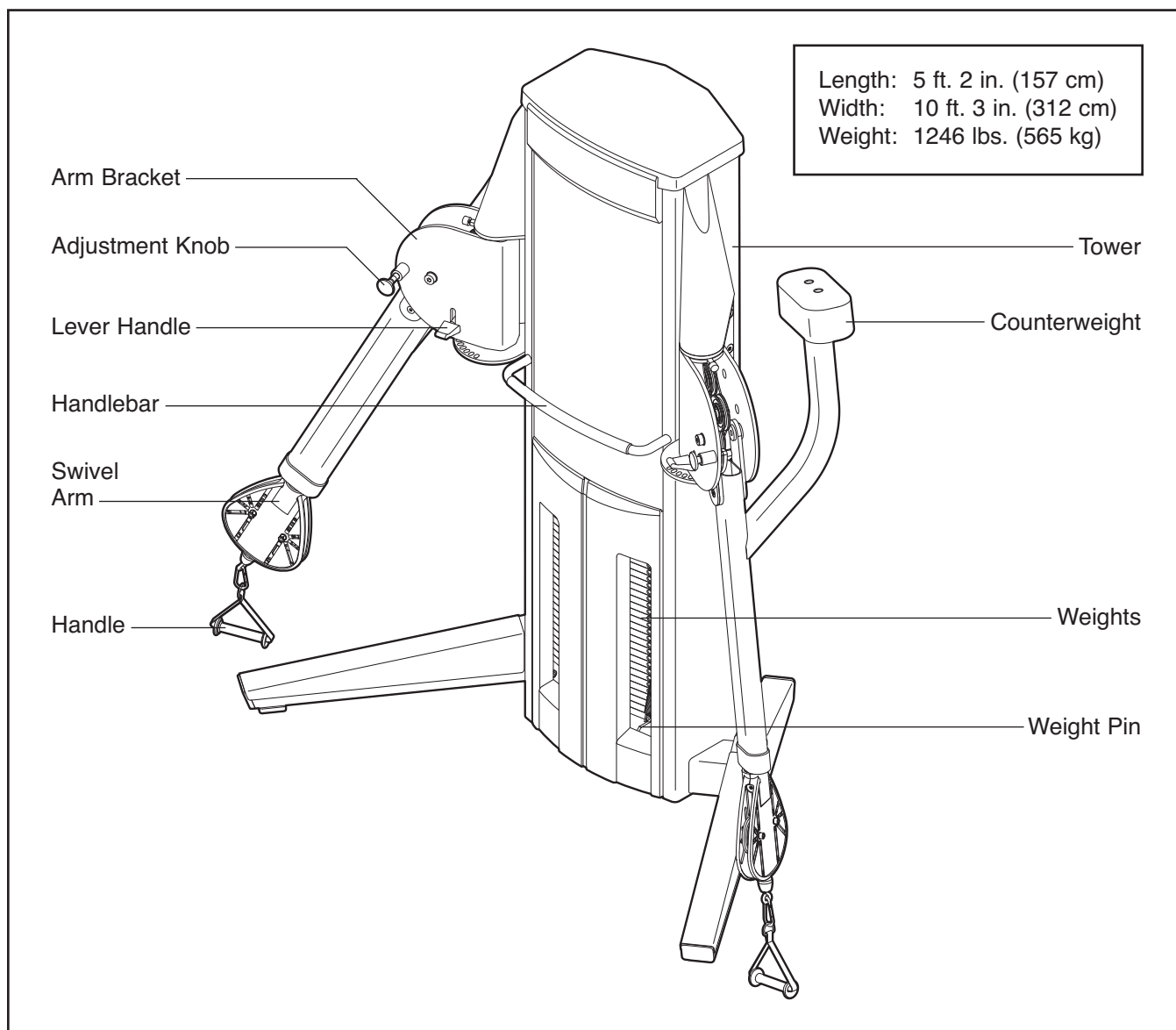
# BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® 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 strength equipment.** 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 review the drawing below and familiarize yourself with the parts that are labeled.



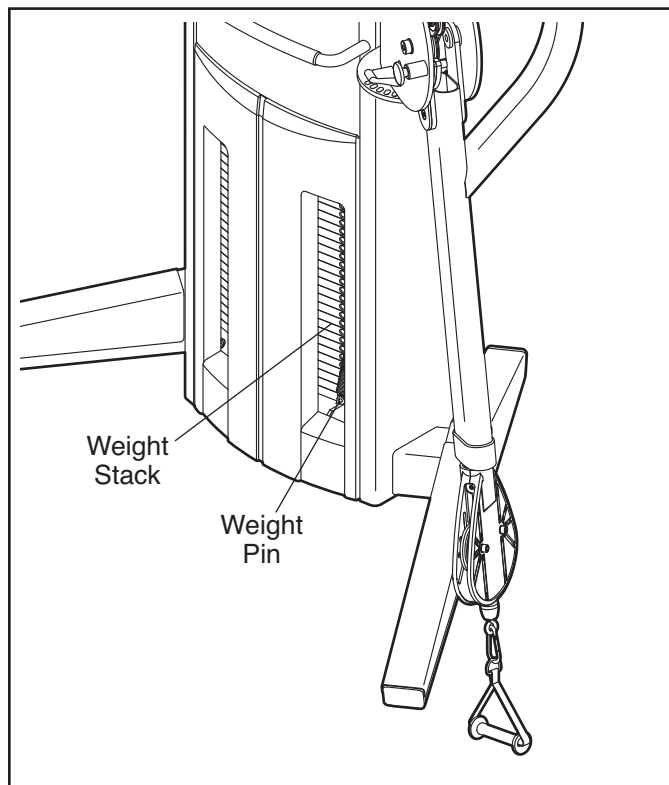
# ADJUSTMENTS

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

## ADJUSTING THE RESISTANCE

To change the amount of resistance for your workout, insert a weight pin into the desired weight.

**Make sure that the weight pin is fully inserted into the weight stack.**

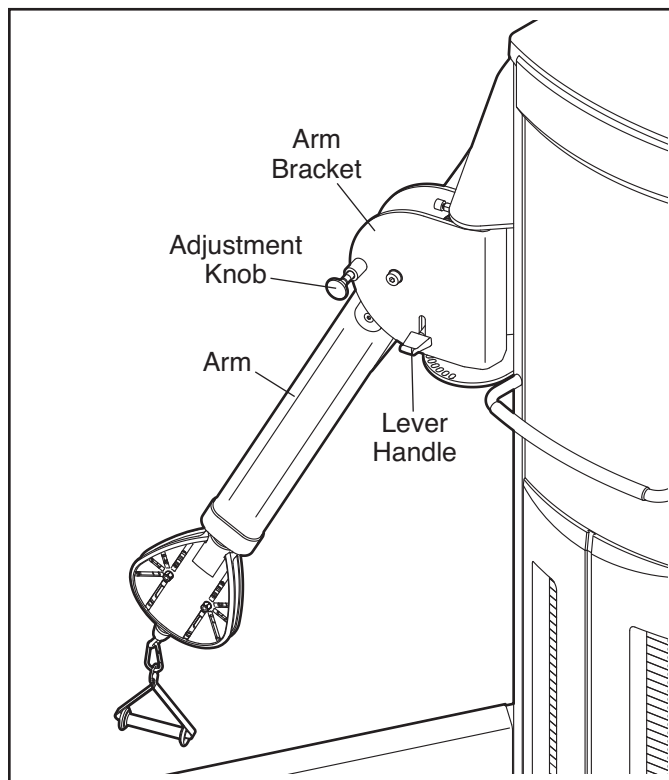


## ADJUSTING THE ARMS

To change the position of an arm, pull the adjustment knob outward and move the arm to the desired position. Engage the knob into the arm bracket. **Make sure that the collar on the adjustment knob is not visible.**

## ADJUSTING THE ARM BRACKETS

To change the position of an arm bracket, press the lever handle to disengage the selector pin (not shown) and move the arm bracket to the desired position. Release the lever handle and engage the selector pin into the arm bracket.



# MAINTENANCE AND TROUBLESHOOTING

For optimal performance of the strength equipment and to reduce the chances of injury to users, you must perform preventive maintenance on a regular basis. Instruct all personnel to perform the procedures described in this section. Personnel must also record and report any accident. To maintain the strength equipment's warranty, use only FREEMOTION parts for repair or replacement. If there are any questions or concerns, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

## DAILY MAINTENANCE

### Upholstery and Frame—General Cleaning

1. Clean the strength equipment using a soft cloth dampened with a light solution of mild soap and warm water. If necessary, use a soft bristle brush with the cleaning solution.
2. Rinse the area thoroughly using a soft cloth dampened with clean water. Dry thoroughly.

### Upholstery—Difficult Stains

1. Spray the stain with a non-abrasive household cleaner such as FORMULA 409® cleaner, SIMPLE GREEN®, or a similar product. Rub the stained area gently and let the cleaning solution sit for a few minutes.
2. Rinse the area thoroughly using a soft cloth dampened with clean water. Dry thoroughly.
3. Repeat these steps if necessary using a soft bristle brush.

### Optional Method for Difficult Stains

1. Rub the stained area gently using a soft cloth dampened with rubbing alcohol.
2. Rinse the area thoroughly using a soft cloth dampened with clean water. Dry thoroughly.

**CAUTION:** When using any cleaning product, try it first in an unnoticeable place to ensure that there is no damage to the material. Follow the directions and the safety precautions of the manufacturer of each cleaning product used. FreeMotion Fitness and its vendors cannot be held liable for damage or injuries resulting from the use or misuse of cleaning products. **IMPORTANT:** Do not use abrasive cleaners, which may scratch the strength equipment. Strong cleaners and abrasives will damage decals; use caution around decals. Do not use solvents such as lacquer thinner, kerosene, gasoline, or similar liquids.

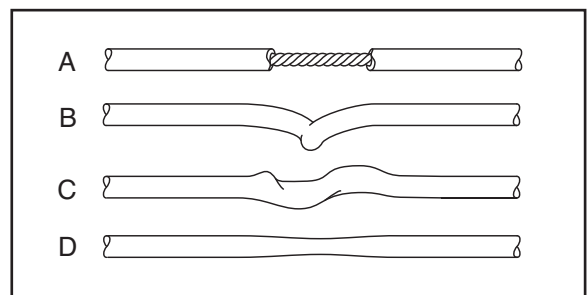
## WEEKLY MAINTENANCE

### Hardware

Check all nuts and bolts and tighten them as required. **IMPORTANT:** All FREEMOTION cushions have dense plywood supports with tee-nuts that are used to bolt the cushions to the strength equipment. Because the tee-nuts are held by the plywood, they will not withstand the torque that standard nuts and bolts will. When tightening the bolts securing a cushion, turn them only until they are snug and the cushion does not move or feel loose. Overtightening may strip the tee-nuts from the plywood and make it impossible to remove the cushion in the future.

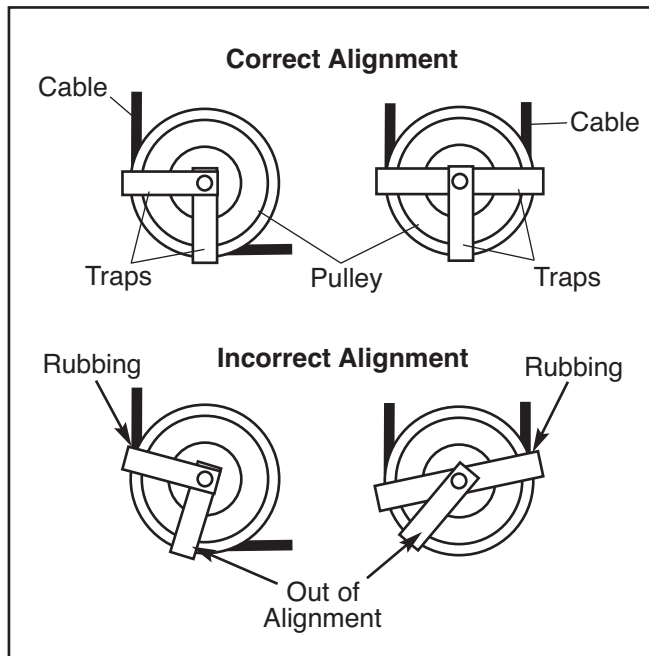
### Cables

1. Check each cable for proper tension (see CABLE ADJUSTMENT on page 8).
2. 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 following conditions, which may indicate a worn cable in need of replacement:
  - A. a torn or split cable sheath that exposes the cable
  - B. a kinked or severely bent cable
  - C. a curled or twisted sheath
  - D. a stretched cable sheath, showing a thinning cross-section



## Cable Traps

Check the cable traps to ensure that they are not rubbing against the cables and that they are holding the cables in the grooves of the pulleys. If a cable trap is not correctly aligned, loosen the bolt slightly, readjust the cable trap as necessary, and retighten the bolt.



## WEIGHT GUIDE LUBRICATION

Clean and lubricate the full length of each weight guide by wiping it with a soft cloth containing a light-weight 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 ADJUSTMENT

For the strength equipment to function correctly, the cables must be tensioned correctly. To check the tension of the cables, insert the weight pin into the weight carriage. Next, slowly raise and lower the weight carriage by performing one repetition. The weight carriage should come to rest just on top of the next weight when the repetition is completed.

If there is too much tension on the cables, the weight carriage will not rest on the next weight, and it may be difficult to insert the weight pin into the weights.

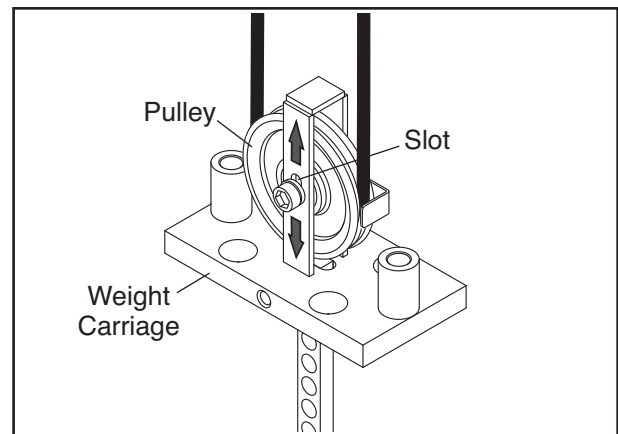
If there is not enough tension on the cables, the weight carriage will not be lifted immediately when the repetition is begun. Ideally, the cables should not move more than 1/2 in. (1.3 cm) from the resting position before the weight carriage is lifted.

If there is too much tension or not enough tension on a cable, adjust the cable as described in the following steps.

## Weight Carriage Pulley Adjustment

Tools required: 5/16" hex key, 9/16" open-end wrench

1. Remove the access cover by pulling it free at the bottom and then sliding it upward until the two sets of tabs release.
2. Loosen the locknut attaching the pulley in the bracket on the weight carriage.



3. Move the pulley to the appropriate location in the bracket. If more slack is needed in the cable, move the pulley upward. If less slack is needed in the cable, move the pulley downward.
4. Make sure that the cable trap is properly oriented (see CABLE TRAPS at the left) and retighten the locknut attaching the pulley to the bracket.
5. Check the tension of the cables as described above. Readjust as necessary.
6. Slowly perform a repetition using a light load and have someone make sure that the cable is not derailed from a pulley or rubbing on a cable trap.
7. Replace the access cover.



## ADDITIONAL ADJUSTMENTS

### Handle End Adjustment

Tools required: 1/8" hex key, cable cutters, torque wrench, utility knife

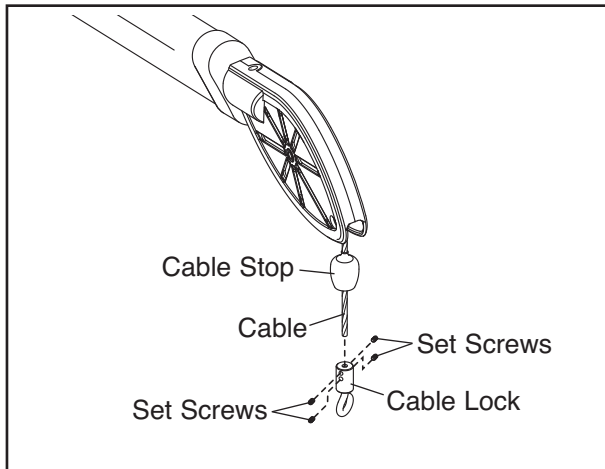
**Note:** Make this adjustment only if the pulley in the weight carriage has been fully adjusted to the bottom of the slot in the bracket and the cable requires more tension.

**Note:** This adjustment is only for increasing the cable tension, because it requires shortening the cable. Only one end of the cable should be shortened.

1. Create slack in the cable by removing the weight pin and pulling the handle out six to eight inches.

Insert the weight pin into the third weight plate and the tube on the bottom of the weight carriage.

2. Push the black rubber cable stop off the aluminum cable lock and slide the cable stop upward a few inches.

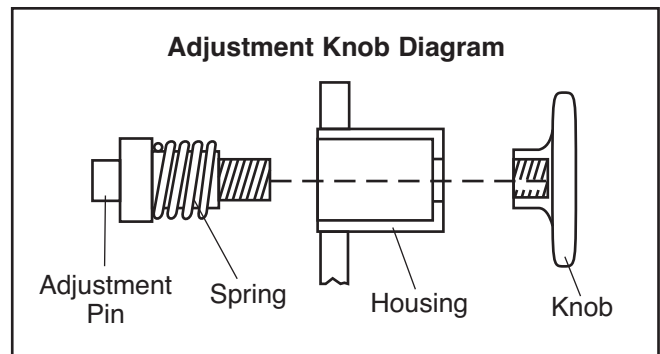


3. Loosen the four set screws in the cable lock and pull the cable free.

4. Cut off one inch of the cable end using cable cutters. **Note: Using any other tool may flatten or disrupt the end strands so that it may be difficult to reinsert the cable into the hole of the cable lock.**
5. Cut off one inch of the black cable sheath from the end of the cable.
6. Reinsert the cable and the sheath into the cable lock so that all of the bare cable is in the hole.
7. Retighten the four set screws into the threaded holes. Tighten the set screws equally until they contact the cable. Then, tighten each screw alternately 1/4 turn, until all are set to 85 inch/pounds (9.6 Newton-meters).
8. Slide the rubber cable stop over the cable lock, remove the weight pin, and lower the handle.
9. Check for proper tension on the cable as described in CABLE ADJUSTMENT, on page 8.

### ADJUSTMENT KNOB

If an adjustment knob sticks, it will need to be relubricated. Disassemble the knob and apply a light coating of lithium grease. Reassemble the knob as shown in the diagram.

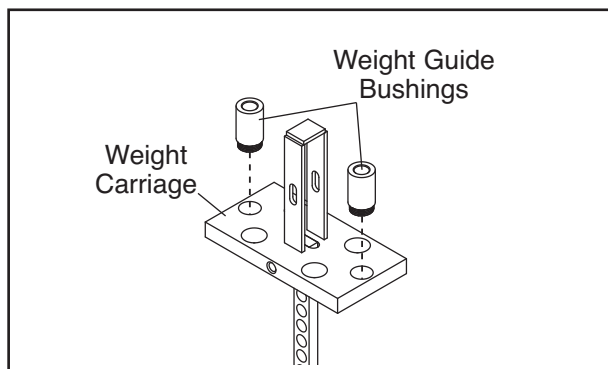


If the adjustment knob still does not function properly, the spring may need to be replaced. To order a new spring, see the back cover of this manual.

## WEIGHT STACK SERVICING

Servicing the weight stack involves replacing the bushings in the weight carriage. To order these parts, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

1. Remove the access cover by pulling it free at the bottom and then sliding it upward until the two sets of tabs release.
2. Loosen the top bolt or nuts on each weight guide. Remove the bolts or nuts and let the weight guides slide down to the floor.
3. To remove the weight carriage, first unbolt the pulley(s) to release the cable using a 5/16" hex key and a 9/16" open-end wrench.
4. Slide the weight carriage upward off the top of the weight guides. Note: Pull the weight guides toward the back of the equipment for increased clearance.
5. Unscrew and remove the two existing weight guide bushings from the weight carriage. Discard the weight guide bushings you just removed.



6. Tighten two new weight guide bushings into the weight carriage.

7. Clean and lubricate the weight guides by wiping them using a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length. See WEIGHT GUIDE LUBRICATION on page 8.
8. Replace the weight carriage on the weight guides. Reattach the pulley, cable, and cable traps.
9. Reattach the weight guides to the top of the tower.
10. Insert the weight pin into the weight carriage. Pull the handle, lifting the weight carriage all the way to the top. Slowly return the handle to the resting position.

If the weight carriage sticks, loosen one of the weight guide bolts or nuts. Lift the weight carriage to the top again. Retighten the weight guide bolt or nuts. Check the full travel again and readjust the weight guides if necessary.

11. Slowly perform a repetition and have someone make sure that the cable is not derailed from a pulley or rubbing on a cable trap.
12. Replace the access cover.



# PART LIST

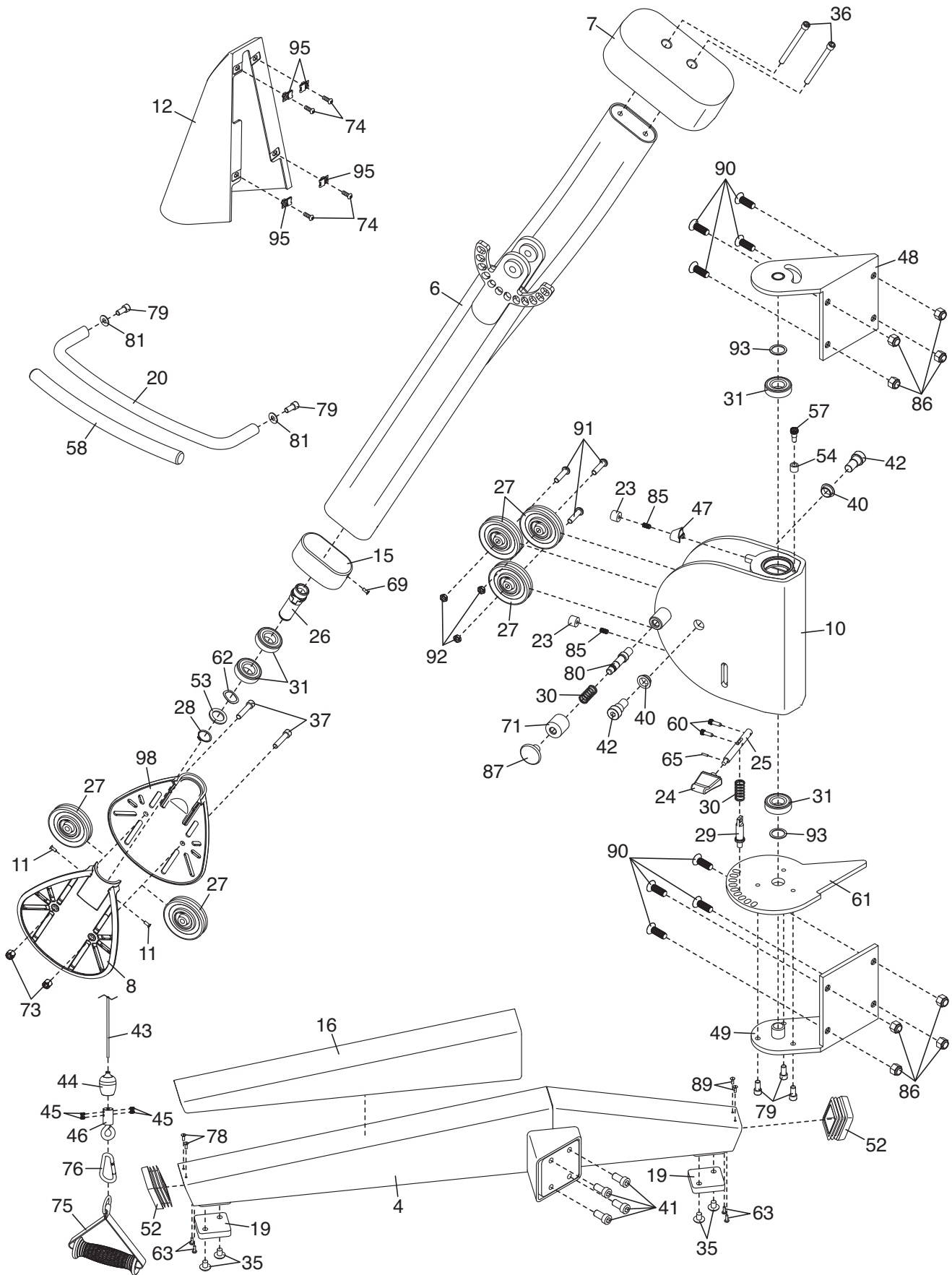
Model No. F624.3 R0413A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower	51	1	Lower Right Pivot Plate
2	1	Rear Cover	52	4	Stabilizer Cap
3	1	Right Stabilizer	53	2	1" Steel Washer
4	1	Left Stabilizer	54	2	Locator
5	1	Right Arm	55	1	Tower Cover
6	1	Left Arm	56	9	1/4" x 3/8" Button Head Screw
7	2	Counterweight	57	2	3/8" x 1/2" Shoulder Screw
8	2	Pulley Paddle A	58	1	Handlebar Cover
9	1	Right Arm Bracket	59	4	5/16" x 5/8" Socket Head Screw
10	1	Left Arm Bracket	60	4	1/4" x 3/4" Socket Head Screw
11	4	#10 x 1/2" Flat Head Screw	61	2	Horizontal Adjustment Bracket
12	1	Left Cable Cover	62	2	1" Wave Washer
13	46	Weight	63	8	Stabilizer Cap Screw
14	1	Left Weight Carriage	64	1	Right Cable Cover
15	2	Arm Cover	65	2	Roller Pin
16	2	Stabilizer Cover	66	2	Long Magnetic Tape
17	1	Right Weight Carriage	67	2	Short Magnetic Tape
18	1	Lower Cover	68	4	Weight Guide Bushing
19	4	Foot	69	2	#10 x 1/2" Screw
20	1	Handlebar	70	4	3/8" Jam Nut
21	4	Weight Guide	71	2	Pop Pin Cover
22	4	Weight Cushion	72	12	Cable Trap
23	8	Bumper	73	16	3/8" Locknut
24	2	Lever Handle	74	8	1/4" x 1/2" Button Screw
25	2	Lever	75	2	Handle
26	2	Trunnion	76	2	Cable Clip
27	18	Pulley	77	1	Ankle Strap
28	2	Retainer Ring	78	4	#8 x 1" Flat Head Screw
29	2	Selector Pin	79	8	3/8" x 3/4" Socket Screw
30	4	Spring	80	2	Pop Pin
31	8	Pivot Pulley Bearing	81	2	5/16" Washer
32	2	3/8" x 2 1/4" Bolt	82	8	5/8" Lock Washer
33	4	Serrated Washer	83	2	Cover Spacer
34	2	Weight Pin	84	8	5/8" Jam Nut
35	8	3/8" x 1/2" Button Screw	85	4	5/16" x 5/8" Set Screw
36	4	3/8" x 4 1/2" Socket Head Screw	86	16	1/2" Locknut
37	4	3/8" x 1 3/4" Bolt	87	2	Knob
38	6	3/8" x 2" Bolt	88	4	3/8" x 1" Bolt
39	2	Pulley Bracket	89	4	#8 x 1" Pan Head Screw
40	4	3/4" Bushing	90	16	1/2" x 1 1/2" Socket Flat Head Bolt
41	8	1/2" x 1" Socket Head Screw	91	6	3/8" x 1 1/2" Button Head Bolt
42	4	3/4" x 1/2" Shoulder Bolt	92	6	3/8" Pinch Nut
43	2	Cable	93	4	1" Nylon Washer
44	2	Cable Stop	94	2	Double Cable Trap
45	8	1/4" x 3/8" Set Screw	95	8	1/4" Clip Nut
46	2	Cable Lock	96	1	Hook Fastener
47	2	Indicator	97	1	Loop Fastener
48	1	Upper Left Pivot Plate	98	2	Pulley Paddle B
49	1	Lower Left Pivot Plate	*	-	Owner's Manual
50	1	Upper Right Pivot Plate			

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.

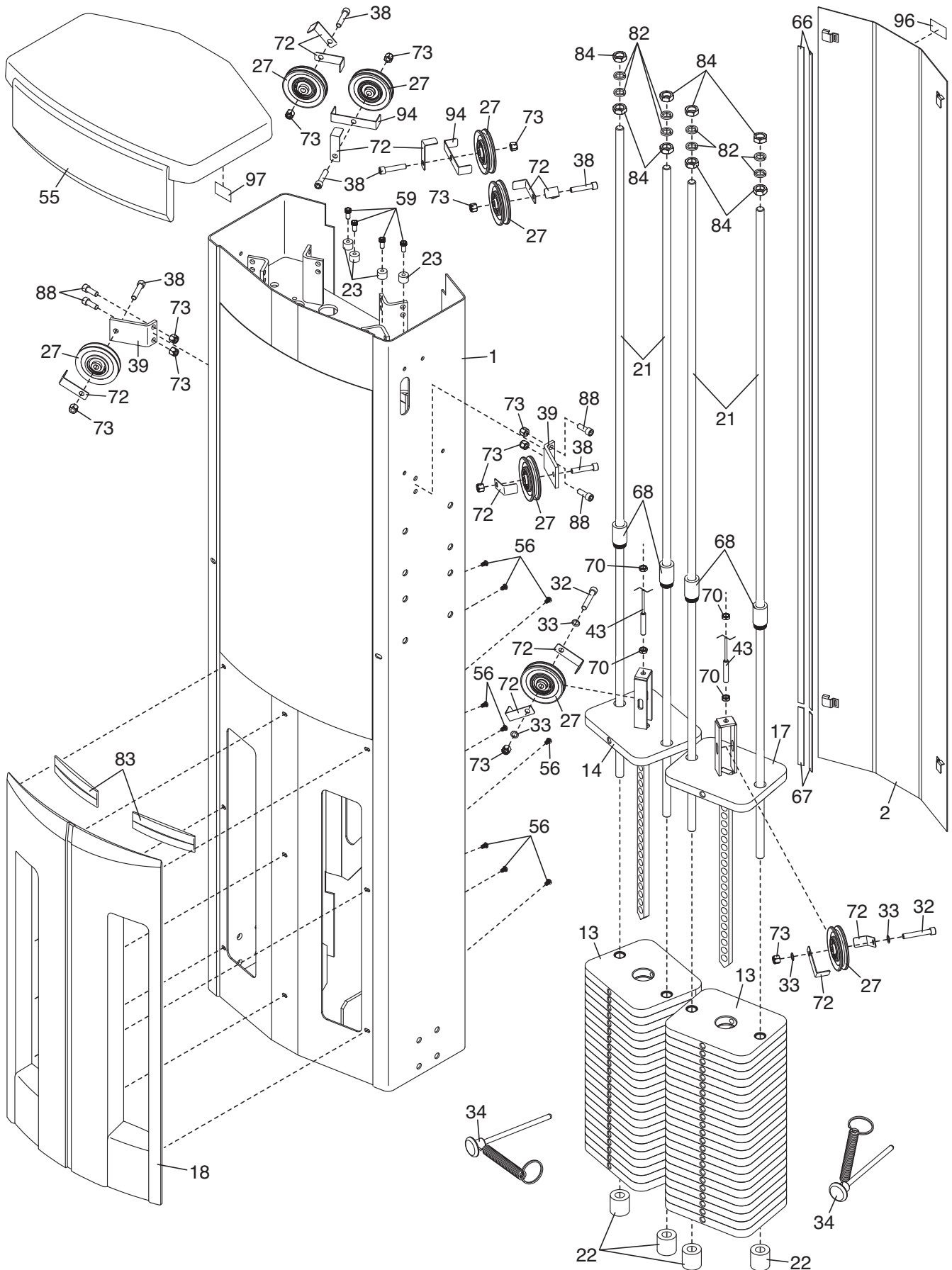
# EXPLODED DRAWING A

Model No. F624.3 R0413A



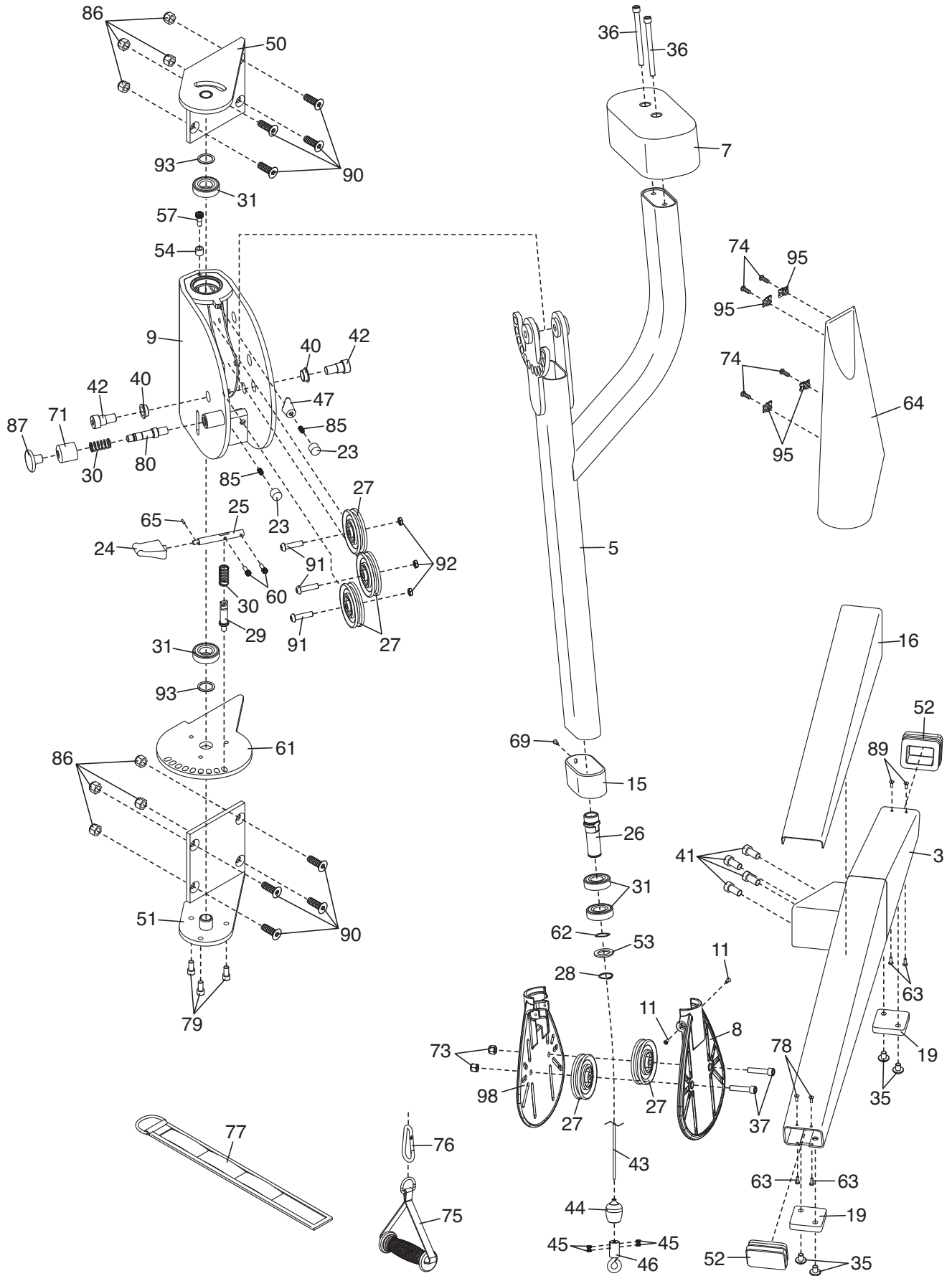
# EXPLODED DRAWING B

Model No. F624.3 R0413A



# EXPLODED DRAWING C

Model No. F624.3 R0413A



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# 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 and Canada**

Call: 1-800-201-2109, Mon.–Fri. 8 a.m.–5 p.m. MT

Write:

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

## **Outside the United States and Canada**

Call: 001-435-786-3521

Email: [intlcustomercare@freemotionfitness.com](mailto:intlcustomercare@freemotionfitness.com)