

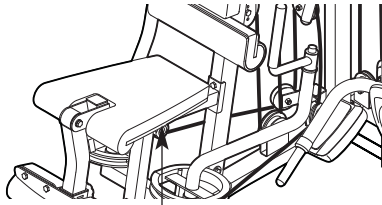
# FREEMOTION<sup>®</sup>

## S75 STRENGTH TRAINER

Model No. FMSY99530

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

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



Serial Number Decal (Under Seat)

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

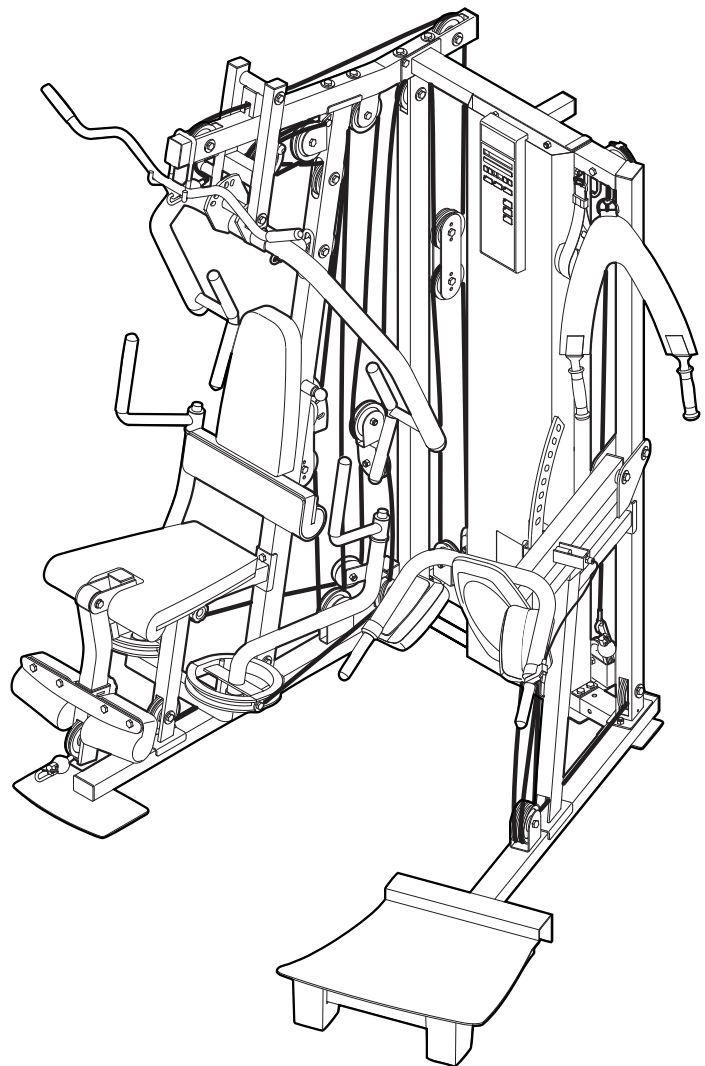
**1-800-995-2699**

Mon.–Fri., 6 a.m.–6 p.m. MST

### 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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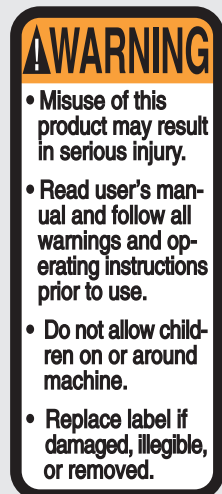
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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

# 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 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. The weight system is intended for home use only. Do not use the weight system in any commercial, rental, or institutional setting.
4. Use the weight system only on a level surface. Cover the floor beneath the weight system to protect the floor.
5. Make sure all parts are properly tightened each time the weight system is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight system at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
10. Never release the press arm, butterfly arm, leg lever, lat bar, or ab strap while the weights are raised; the weights will fall with great force.
11. Use only the top 20 weights with the butterfly arms. Using the additional weights with the butterfly arms may cause damage to the weight system.
12. The weight system is designed to support a maximum user weight of 300 pounds.
13. Always make sure the weight pin is fully inserted into the weight stack before exercising.
14. Always disconnect the lat bar from the weight system when performing an exercise that does not use the lat bar.
15. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
16. The decal shown has been placed on the weight system in the location shown on page 4. If the decal is missing or illegible, call our Customer Service Department toll-free at 1-800-995-2699 and order a free replacement decal. Apply the decal in the location shown.



**⚠ 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

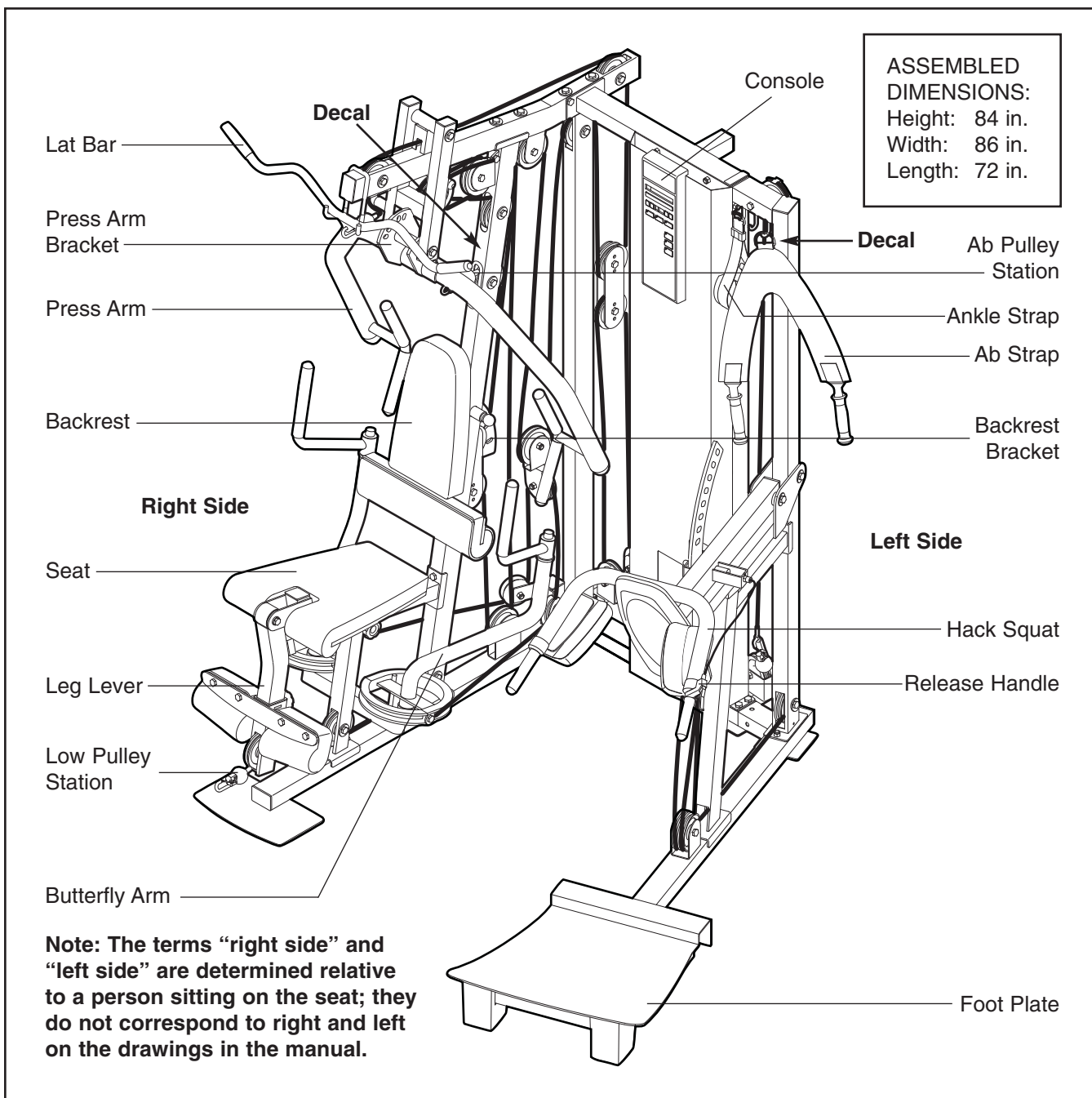
# BEFORE YOU BEGIN

Thank you for selecting the versatile FREEMOTION® S75 STRENGTH TRAINER 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.

tions, please call our Customer Service Department toll-free at 1-800-995-2699, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is FMSY99530. The serial number can be found on a decal attached to the weight system (see the front cover of this manual).

**For your benefit, read this manual carefully before using the weight system.** If you have additional ques-

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



# ASSEMBLY

## Make Assembly Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. **Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.**

## Assembly Requires Two Persons

For your convenience and safety, assemble the weight system with the help of another person.

## Set Aside Enough Time

Due to the many features of the weight system, the assembly process will take a several hours. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. You may want to assemble the weight system over a couple of evenings.





## Select a Location for the Weight System

Because of its weight and size, the weight system should be assembled in the location where it will be used. Make sure that there is enough room to walk around the weight system as you assemble it.

## How to Unpack the Box

To make assembly as easy as possible, we have divided the assembly process into four stages. The parts needed for each stage are found in individual bags. **Important: Wait until you begin each stage to open the parts bag for that stage.** Place all parts of the weight system in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

## Make sure you have the following tools:

- Two adjustable wrenches 
- One standard screwdriver 
- One phillips screwdriver 
- One rubber mallet 
- You will also need grease or petroleum jelly, a small amount of soapy water, and clear tape or masking tape.

Note: 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.

## How to Identify Parts

To help you identify the small parts used in assembly, we have included a PART IDENTIFICATION CHART in the center of this manual. Place the chart on the floor and use it to easily identify parts during each assembly step. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**

## How to Orient Parts

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

## Tightening Parts

Tighten all parts as you assemble them, unless instructed to do otherwise.

## Questions?

If you have questions after reading the assembly instructions, please call our Customer Service Department at **1-800-995-2699**.

## The Four Stages of the Assembly Process

**Frame Assembly**—You will begin by assembling the base and the uprights that form the skeleton of the weight system.

**Arm Assembly**—During this stage you will assemble the arms and the leg lever.

**Cable Assembly**—During this stage you will attach the cables and pulleys that connect the arms to the weights.

**Seat Assembly**—During the final stage you will assemble the seats and the backrests.

# Frame Assembly

1. Before beginning assembly, make sure you have read and understood the information on page 5. This brief introduction will save you much more time than it takes to read it!

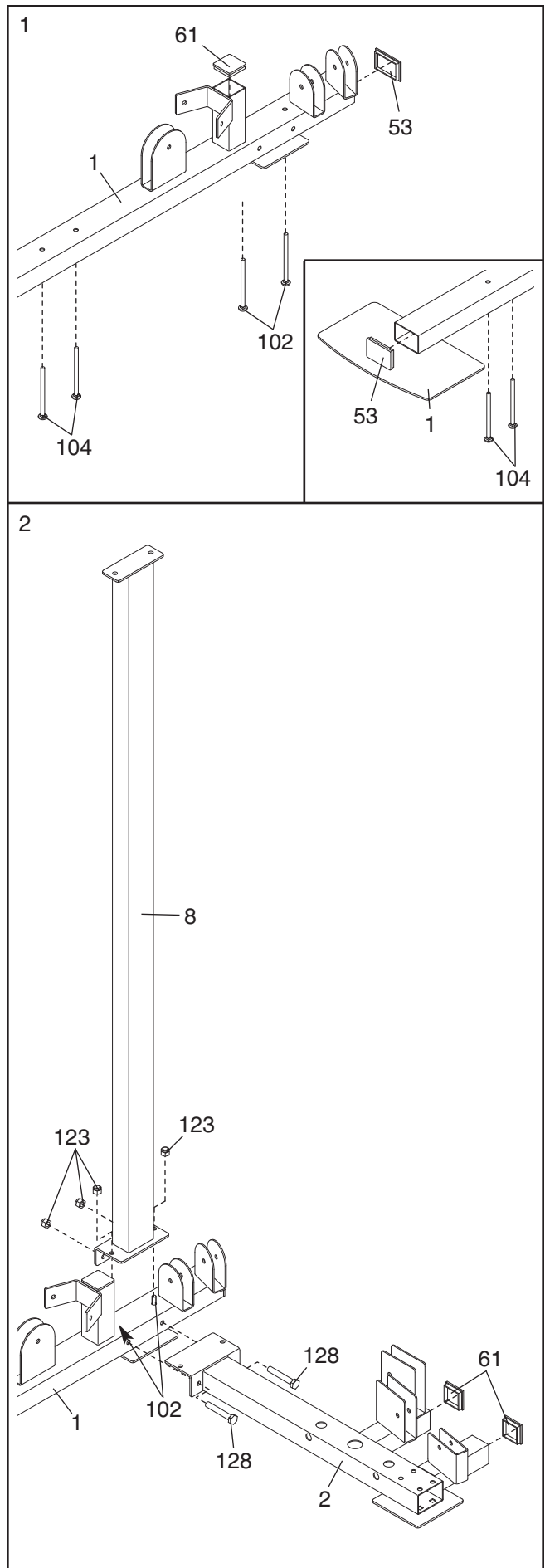
Locate and open the parts bag labeled "FRAME ASSEMBLY."

Press a 50mm Square Inner Cap (61) and two 50mm x 75mm Inner Caps (53) into the Press Base (1).

Insert four M10 x 68mm Carriage Bolts (104) and two M10 x 74mm Carriage Bolts (102) up through the bottom of the Press Base (1). Place the Press Base flat on the floor. **Note: If the Bolts fall out, stick a piece of tape over the bolt heads to hold them in place.**

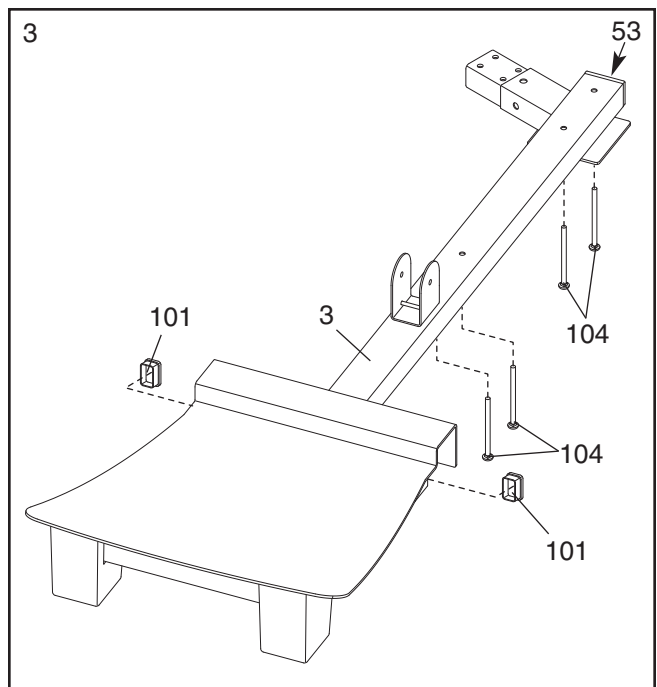
2. Press two 50mm Square Inner Caps (61) into the extensions on the Rear Base (2).

Attach the Rear Base (2) and the Right Rear Upright (8) to the Press Base (1) with the indicated pair of M10 x 74mm Carriage Bolts (102), two M10 x 100mm Bolts (128), and four M10 Nylon Locknuts (123). **Do not tighten the Locknuts yet.**



3. Press two 25mm x 50mm Inner Caps (101) and a 50mm x 75mm Inner Cap (53) into the Hack Squat Base (3).

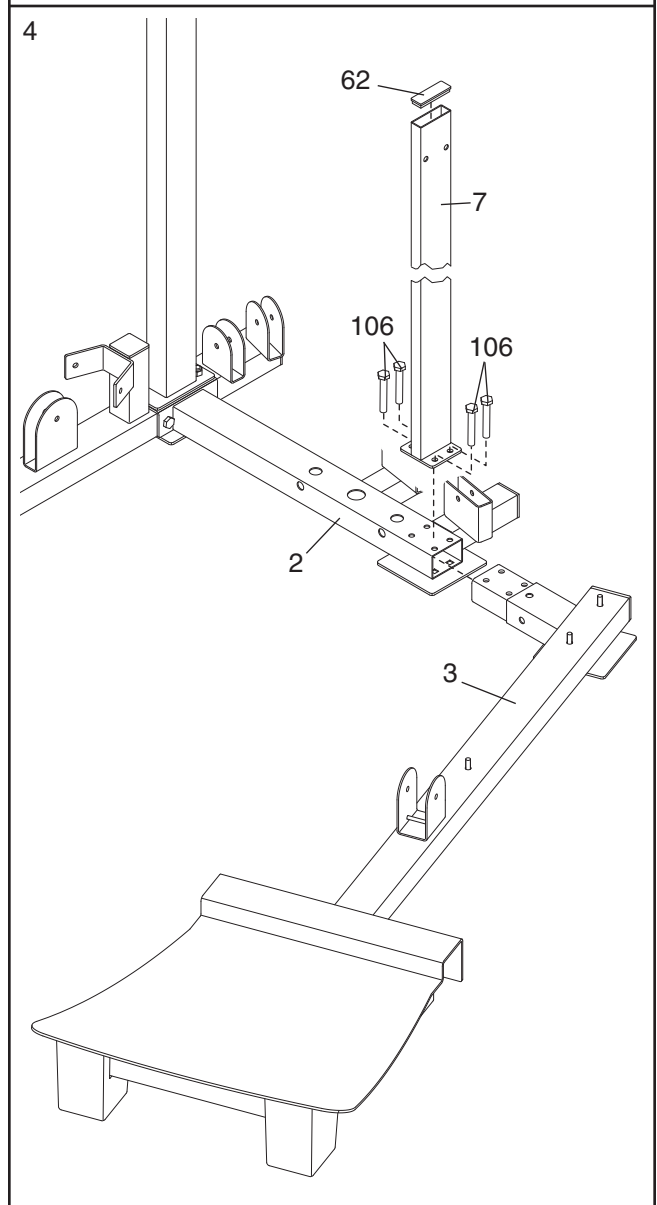
Insert four M10 x 68mm Carriage Bolts (104) up through the Hack Squat Base (3). Place the Base flat on the floor. **Note: If the Bolts fall out, stick a piece of tape over the bolt heads to hold them in place.**



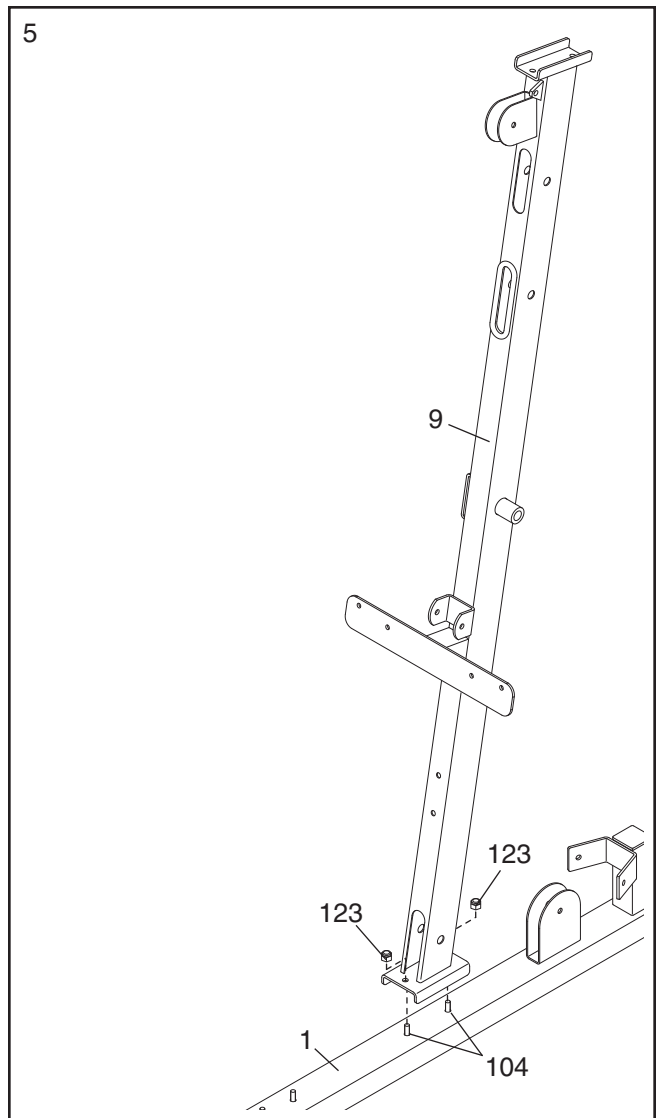
4. Press a 26mm x 76mm Inner Cap (62) into the Left Rear Upright (7).

Insert the Hack Squat Base (3) into the Rear Base (2).

Attach the Hack Squat Base (3) and the Left Rear Upright (7) to the Rear Base (2) with four M10 x 25mm Bolts (106). **Do not tighten the Bolts yet.**

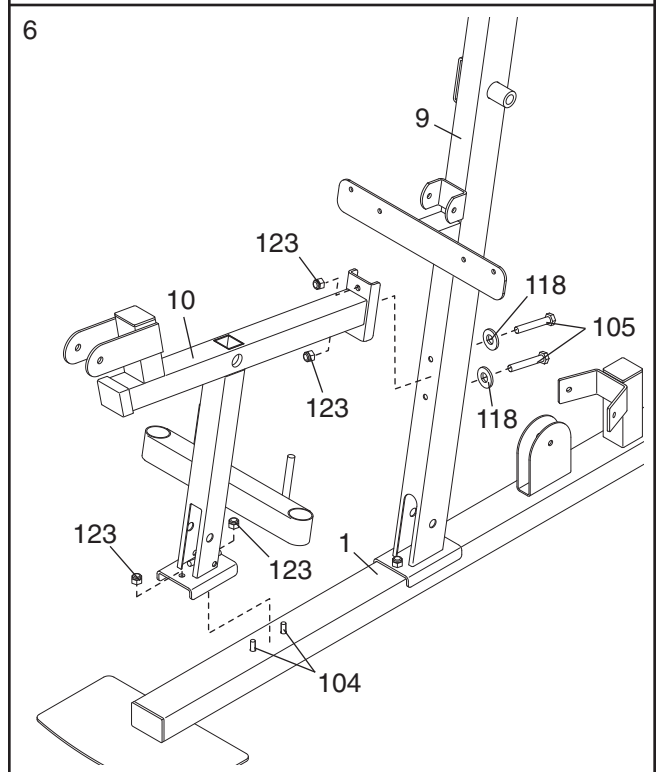


- Attach the Front Upright (9) to the Press Base (1) with the indicated two M10 x 68mm Carriage Bolts (104) and two M10 Nylon Locknuts (123). **Do not tighten the Locknuts yet.**



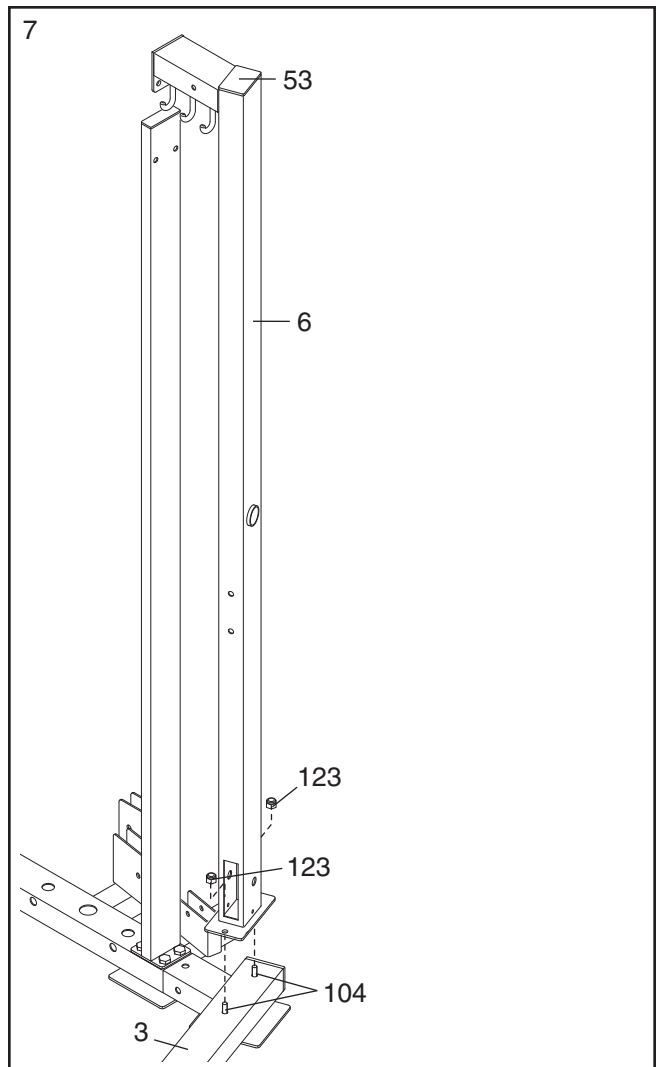
- Attach the Seat Frame (10) to the Press Base (1) with the indicated two M10 x 68mm Carriage Bolts (104) and two M10 Nylon Locknuts (123). **Do not tighten the Locknuts yet.**

Attach the Seat Frame (10) to the Front Upright (9) with two M10 x 95mm Bolts (105), two M10 Washers (118), and M10 Nylon Locknuts (123). **Do not tighten the Locknuts yet.**



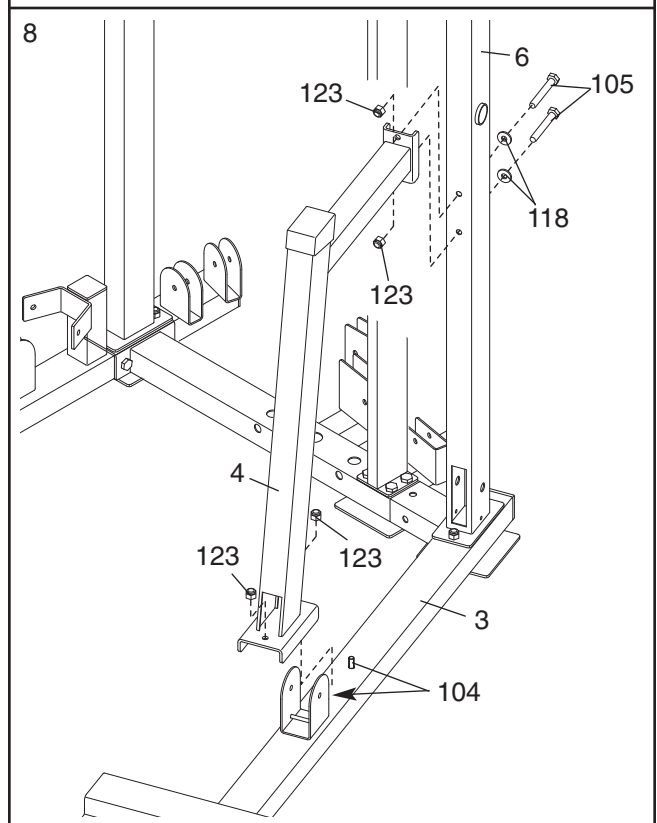
7. Press a 50mm x 75mm Inner Cap (53) into the top of the Hack Squat Upright (6).

Attach the Hack Squat Upright (6) to the Hack Squat Base (3) with the indicated pair of M10 x 68mm Carriage Bolts (104) and two M10 Nylon Locknuts (123). **Do not tighten the Locknuts yet.**



8. Attach the Hack Squat Leg (4) to the Hack Squat Base (3) with the indicated pair of M10 x 68mm Carriage Bolts (104) and two M10 Nylon Locknuts (123). **Do not tighten the Locknuts yet.**

Attach the Hack Squat Leg (4) to the Hack Squat Upright (6) with two M10 x 95mm Bolts (105), two M10 Washers (118), and two M10 Nylon Locknuts (123). **Do not tighten the Locknuts yet.**



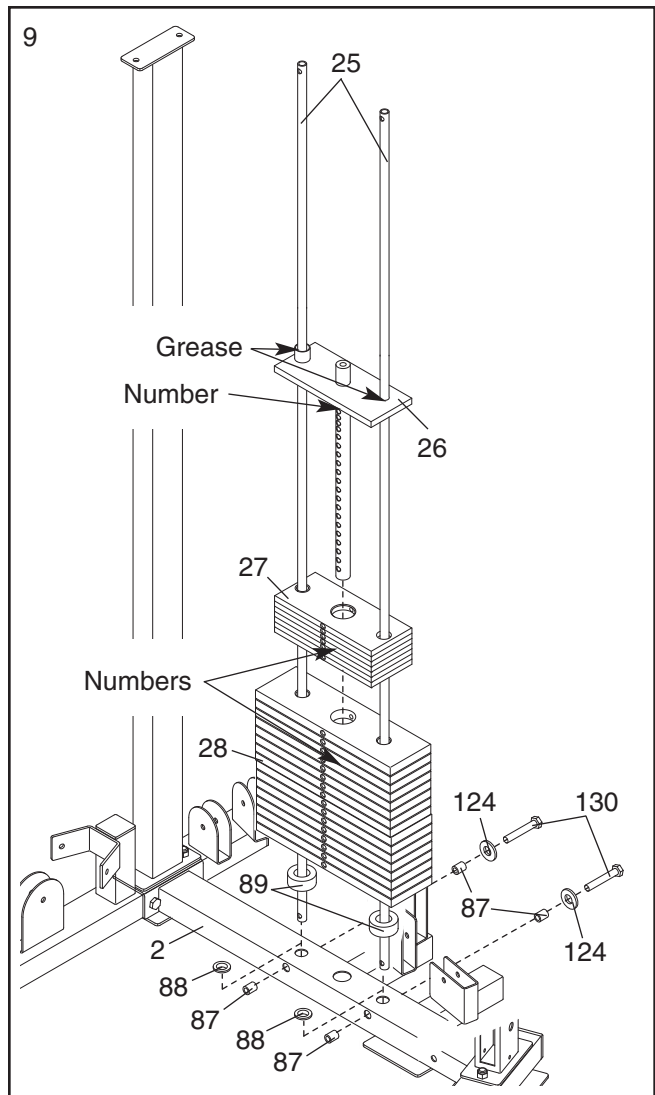
9. Press two Inner Bushings (88) into the Rear Base (2). Set the two Weight Guides (25) in the indicated holes in the Rear Base.

Attach the Weight Guides (25) to the Rear Base (2) with two M8 x 90mm Bolts (130), two M8 Washers (124), and four 15mm x 30mm Spacers (87).

Slide two Weight Bumpers (89) onto the Weight Guides (25). Make sure the large hole faces down.

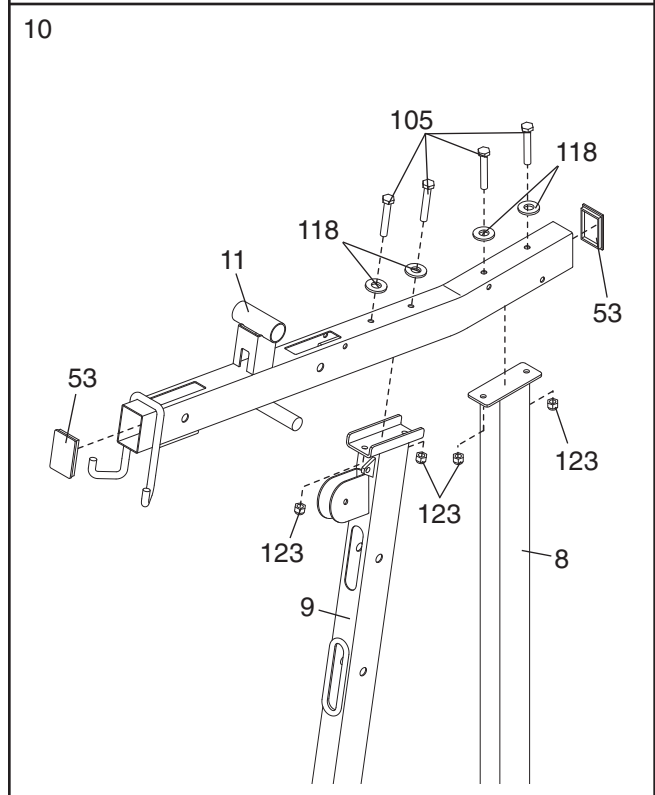
Slide the sixteen Large Weights (28), the seven Small Weights (27) onto the Weights Guides (25). **Make sure the numbers are on the indicated side and are in order.**

Grease the indicated holes in the Top Weight (26). Slide the Top Weight onto the Weight Guides (25). **Make sure the number is in the indicated position.**



10. Press two 50mm x 75mm Inner Caps (53) into the ends of the Press Top Frame (11).

Attach the Press Top Frame (11) to the Front Upright (9) and the Right Rear Upright (8) with four M10 x 95mm Bolts (105), four M10 Washers (118), and four M10 Nylon Locknuts (123). **Do not tighten the Locknuts yet.**



11. Press a 50mm Square Inner Cap (61) and two Inner Bushings (88) into the Rear Top Frame (12). Press a 25mm Round Outer Cap (65) onto the Rear Top Frame. Set the Rear Top Frame onto the two Weight Guides (25).

Attach the Rear Top Frame (12) to the Press Top Frame (11) with two M10 x 70mm Bolts (114), two M10 Washers (118), and two M10 Nylon Locknuts (123). **Do not tighten the Locknuts yet.**

Attach the Rear Top Frame (12) to the Left Rear Upright (7) and Hack Squat Upright (6) with two M10 x 50mm Bolts (111) and two M10 Nylon Locknuts (123). **Do not tighten the Locknuts yet.**

**Tighten the M10 Nylon Locknuts (123) used in steps 2–11, and the M10 x 25mm Bolts (106) used in step 4.**

**Note: The remaining hardware from the parts bag will be used in step 63.**

## Arm Assembly

12. **Locate and open the parts bag labeled “ARM ASSEMBLY.”**

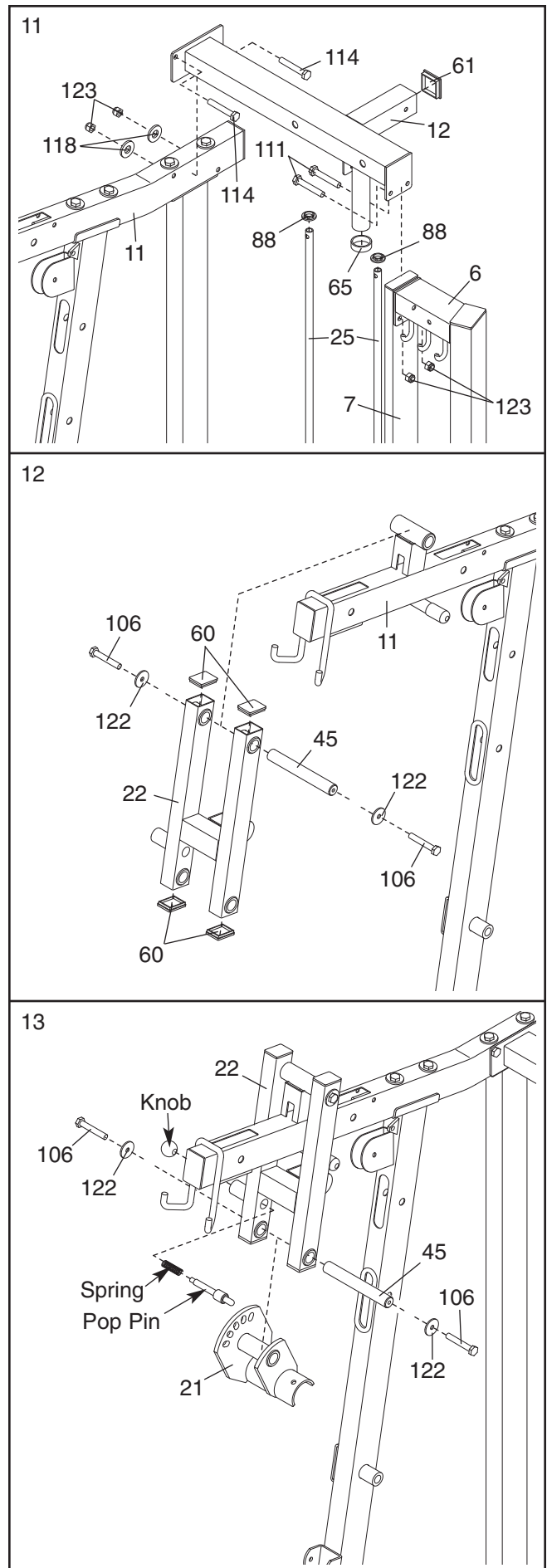
Press four 40mm x 50mm Inner Caps (60) into the Press Frame (22)

Attach the Press Frame (22) to the Press Top Frame (11) with a Long Pivot Rod (45), two M10 Large Washers (122), and two M10 x 25mm Bolts (106).

13. **Note: The Press Knob (78) must be disassembled for this step.** Insert the pop pin through the spring and the Press Frame (22). Tighten the knob onto the pop pin. **Make sure the knob is fully tightened.**

Have a second person pull the Press Knob (78) out as far as it can go. Slide a Long Pivot Rod (45) through the Press Frame (22) and the Press Bracket (21). Engage the Press Knob into a hole in the Bracket.

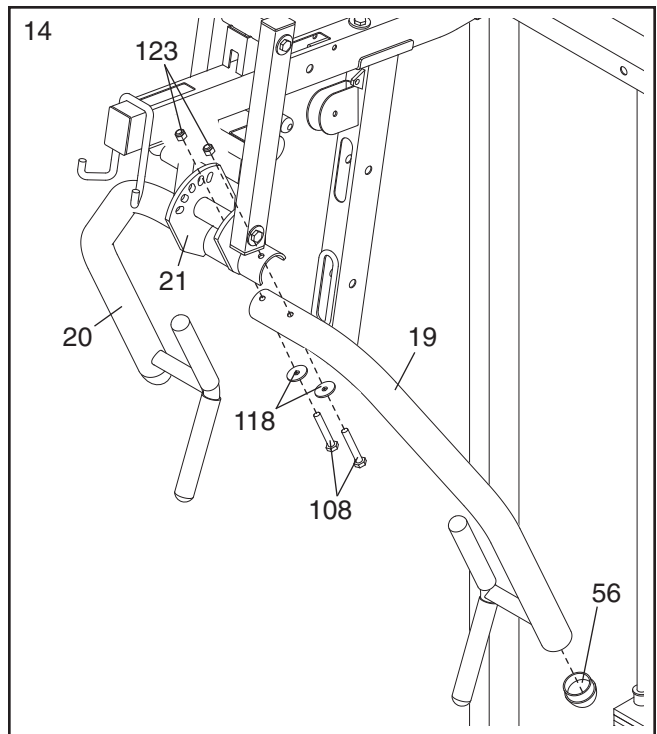
Tighten two M10 x 25mm Bolts (106) and two M10 Large Washers (122) into the Long Pivot Rod (45).



14. Press a 56mm Round Inner Cap (56) into the end of the Left Press Arm (19).

Orient the Left Press Arm (19) as shown. Attach the Arm to the Press Bracket (21) with two M10 x 78mm Bolts (108), two M10 Washers (118), and two M10 Nylon Locknuts (123).

**Repeat this step with the Right Press Arm (20).**

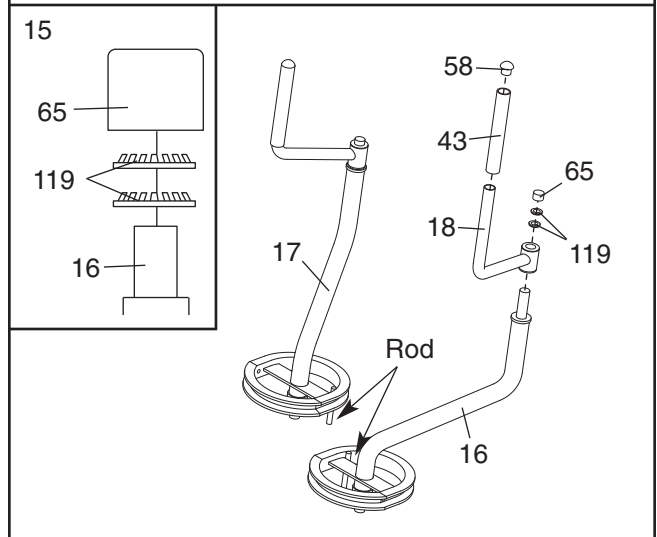


15. Slide a Butterfly Handgrip (43) onto a Butterfly Handle (18). Press a 25mm Round Inner Cap (58) into the Handle.

**Identify the Left and Right Butterfly Arms (16, 17) by the location of the rods.**

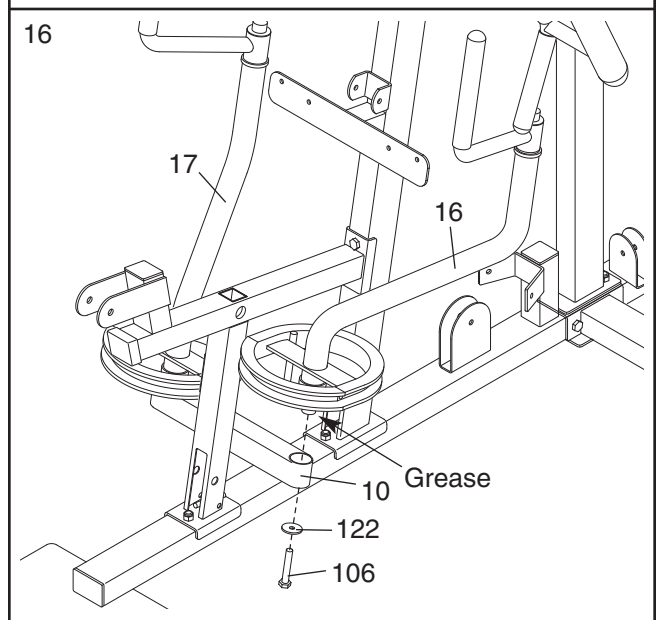
Slide the Butterfly Handle (18) onto the Left Butterfly Arm (16). Place two 25mm Retainers (119) under a 25mm Round Outer Cap (65), as shown in the inset drawing. **Make sure the teeth on the Retainers bend toward the Cap.** Tap the Cap and Retainers onto the Butterfly Arm.

**Attach the other Butterfly Handle (18) to the Right Butterfly Arm (17) in the same manner.**



16. Use an included grease packet to grease the axle on the Left Butterfly Arm (16). Attach the Left Butterfly Arm to the Seat Frame (10) with an M10 x 25mm Bolt (106) and an M10 Large Washer (122).

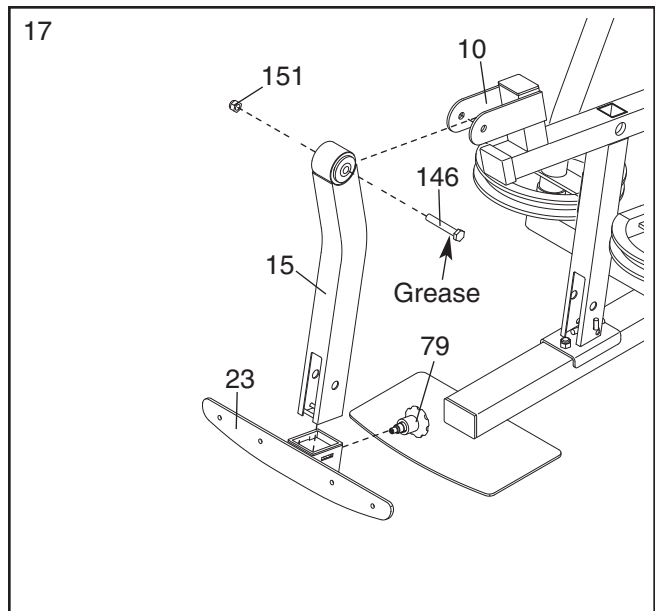
**Attach the Right Butterfly Arm (17) in the same manner.**



17. Attach the Pad Frame Knob (79) to the Leg Lever (15). **Make sure the Knob is fully tightened.**

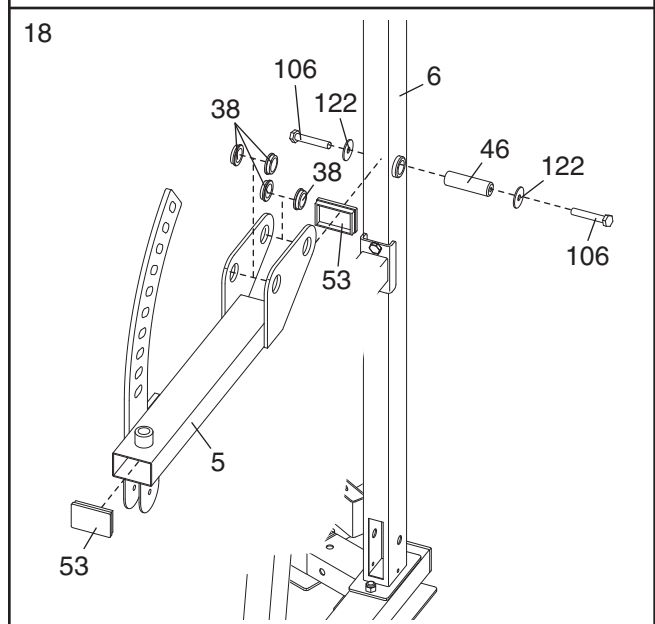
Pull the knob on the Pad Frame Knob (79) out and slide the Pad Frame (23) onto the Leg Lever (15). Engage the knob into a hole in the Leg Lever.

Grease the M12 x 78mm Bolt (146). Attach the Leg Lever (15) to the Seat Frame (10) with the Bolt and an M12 Nylon Locknut (151). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**



18. Press two 50mm x 75mm Inner Caps (53) and four Small Support Bushings (38) into the Hack Squat Bracket (5).

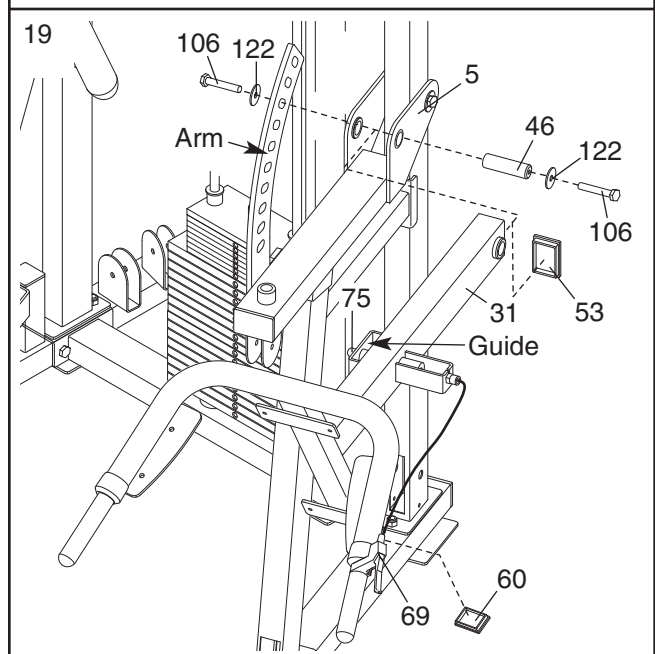
Attach the Hack Squat Bracket (5) to the Hack Squat Upright (6) with a Short Pivot Rod (46), two M10 Large Washers (122), and two M10 x 25mm Bolts (106).



19. Press a 50mm x 75mm Inner Cap (53) and a 40mm x 50mm Inner Cap (60) into the Hack Squat Frame (31).

Squeeze the Release Handle (69) and slide the guide on the Hack Squat Frame (31) over the arm on the Hack Squat Bracket (5). Let go of the Release Handle so that the Release Pin (75) engages the arm.

Attach the Hack Squat Frame (31) to the Hack Squat Bracket (5) with a Short Pivot Rod (46), two M10 Large Washers (122), and two M10 x 25mm Bolts (106).



## Cable Assembly

20. Locate and open the parts bag labeled "CABLE ASSEMBLY."

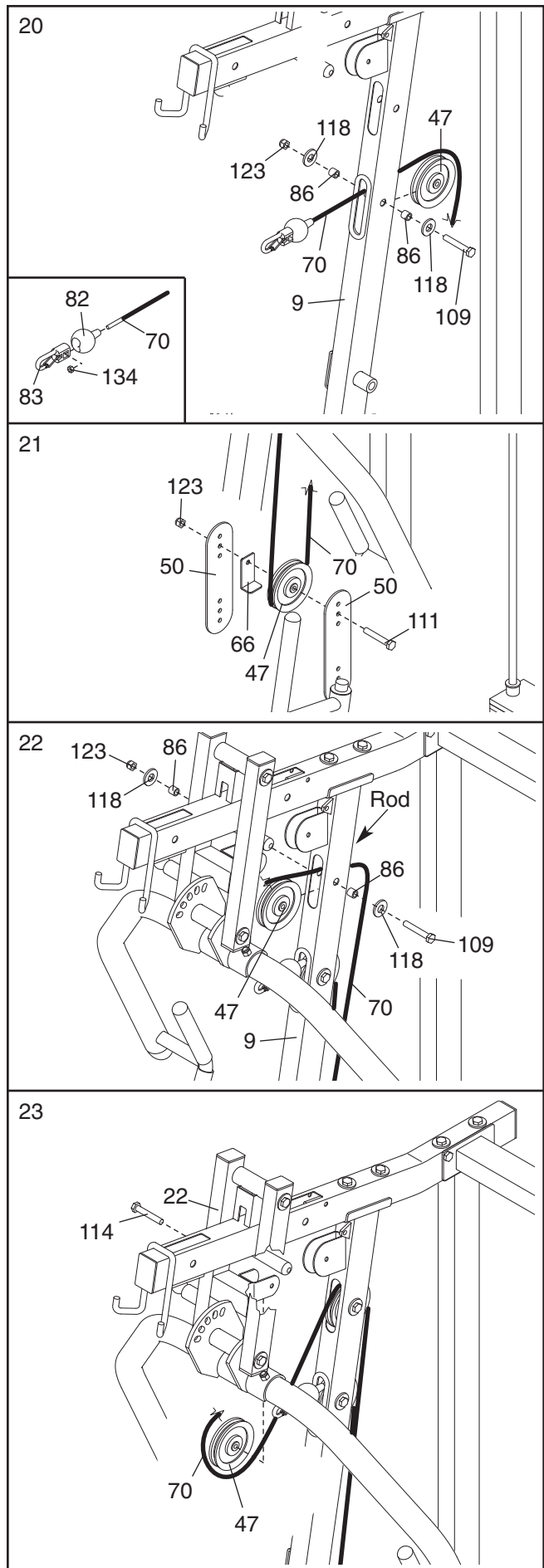
Refer to the **CABLE DIAGRAMS** on pages 32 and 33 to identify the cables. Do not overtighten the locknuts used to attach the pulleys; the pulleys must be able to pivot easily.

**Locate the Ab Cable (70).** Slide a Cable Ball (82) onto the end of the Cable. Hold an M8 Nylon Locknut (134) inside a Clip End (83), and insert the Cable into the Clip End and Locknut. Insert a screwdriver between the Locknut and the Clip End. Rotate the screwdriver, Clip End, and Locknut together until two threads of the Cable show past the Locknut.

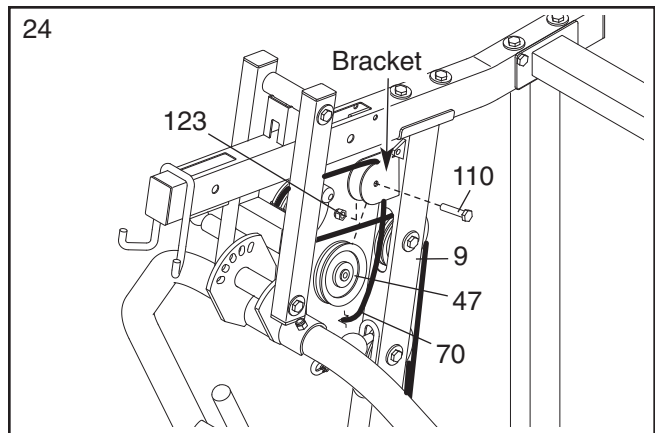
Route the end of the Cable without the ball through the indicated hole in the Front Upright (9) and over a 115mm Pulley (47).

Attach the 115mm Pulley (47) inside the Front Upright (9) with an M10 x 67mm Bolt (109), two M10 Washers (118), two 15mm x 12mm Spacers (86), and an M10 Nylon Locknut (123).

21. Wrap the Ab Cable (70) under a 115mm Pulley (47). Attach the Pulley and a Cable Trap (66) to the top set of holes in two Pulley Plates (50) with an M10 x 50mm Bolt (111) and an M10 Nylon Locknut (123). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**
22. Route the Ab Cable (70) over a 115mm Pulley (47) and through the Front Upright (9). **Make sure the Cable is under the rod in the Upright.** Attach the Pulley inside the Upright with an M10 x 67mm Bolt (109), two M10 Washers (118), two 15mm x 12mm Spacers (86), and an M10 Nylon Locknut (123).
23. Wrap the Ab Cable (70) under a 115mm Pulley (47). Attach the Pulley to the bracket on the Press Frame (22) with an M10 x 70mm Bolt (114). **Do not thread a locknut onto the Bolt yet.**

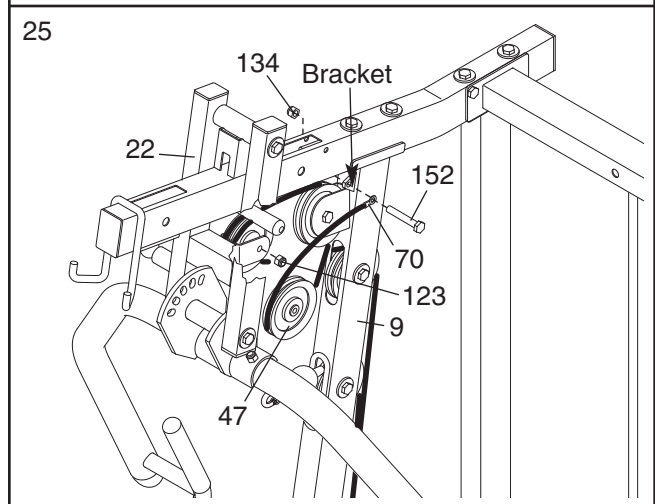


24. Wrap the Ab Cable (70) over a 115mm Pulley (47). Attach the Pulley to the bracket on the Front Upright (9) with an M10 x 45mm Bolt (110) and an M10 Nylon Locknut (123).



25. Wrap the Ab Cable (70) under a 115mm Pulley (47). Attach the Pulley to the bracket on the Press Frame (22) with the M10 x 70mm Bolt (not shown) used in step 23 and an M10 Nylon Locknut (123).

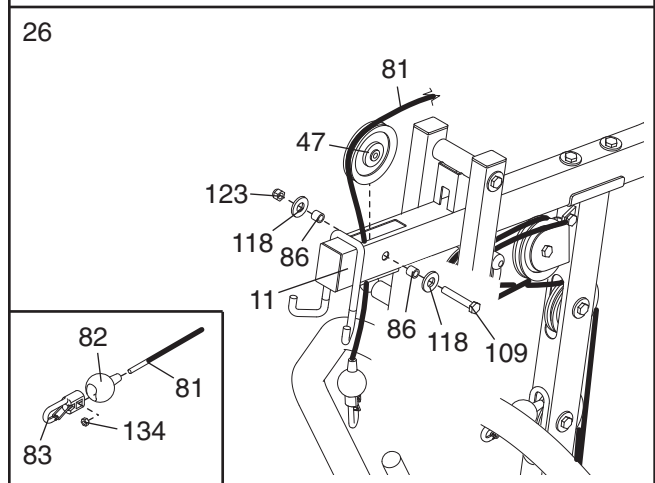
Attach the end of the Ab Cable (70) to the indicated bracket on the Front Upright (9) with an M8 x 23mm Shoulder Bolt (152) and an M8 Nylon Locknut (134).



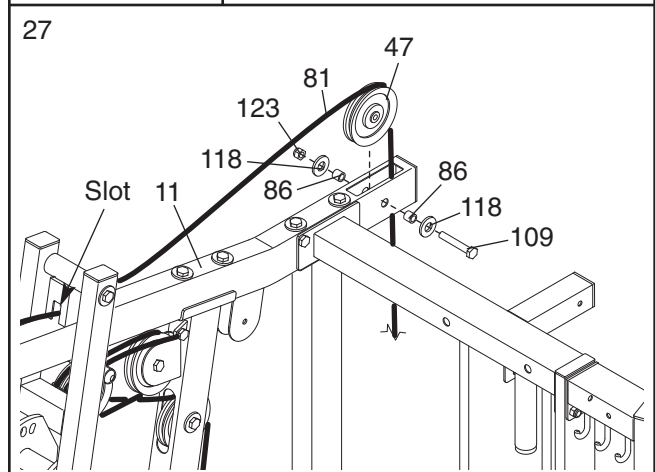
26. **Locate the High Cable (81).** Slide a Cable Ball (82) onto the end of the Cable. Hold an M8 Nylon Locknut (134) inside a Clip End (83), and insert the Cable into the Clip End and Locknut. Insert a screwdriver between the Locknut and the Clip End. Rotate the screwdriver, Clip End, and Locknut together until two threads of the Cable show past the Locknut.

Route the other end of the High Cable (81) up through the Press Top Frame (11).

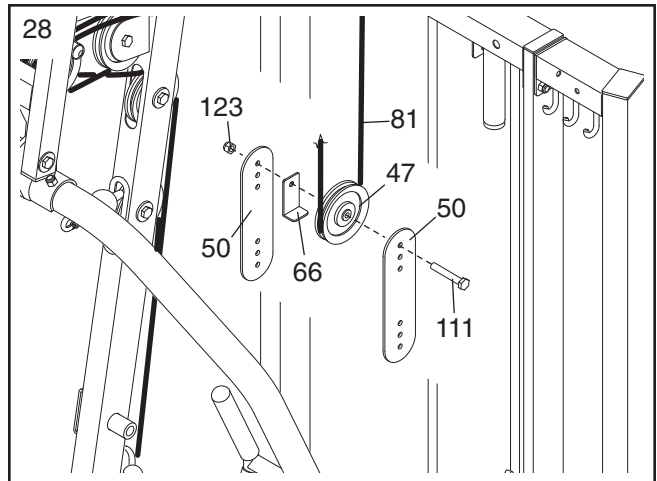
Wrap the High Cable (81) over a 115mm Pulley (47). Attach the Pulley inside the Press Top Frame (11) with an M10 x 67mm Bolt (109), two M10 Washers (118), two 15mm x 12mm Spacers (86), and an M10 Nylon Locknut (123).



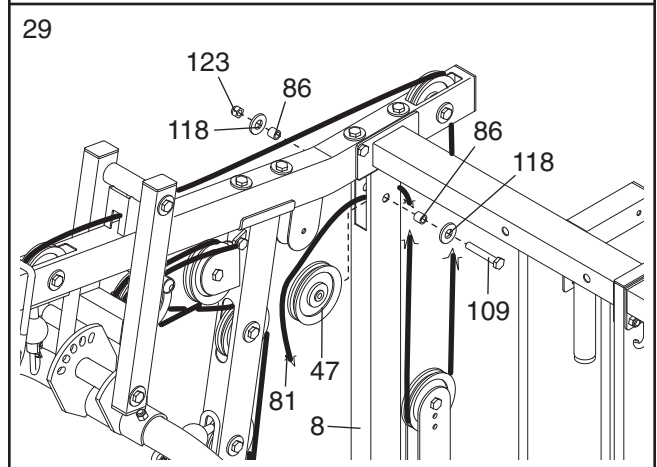
27. Route the High Cable (81) through the indicated slot in the Press Top Frame (11), over a 115mm Pulley (47), and down through the Press Top Frame. Attach the Pulley inside the Press Top Frame with an M10 x 67mm Bolt (109), two M10 Washers (118), two 15mm x 12mm Spacers (86), and an M10 Nylon Locknut (123).



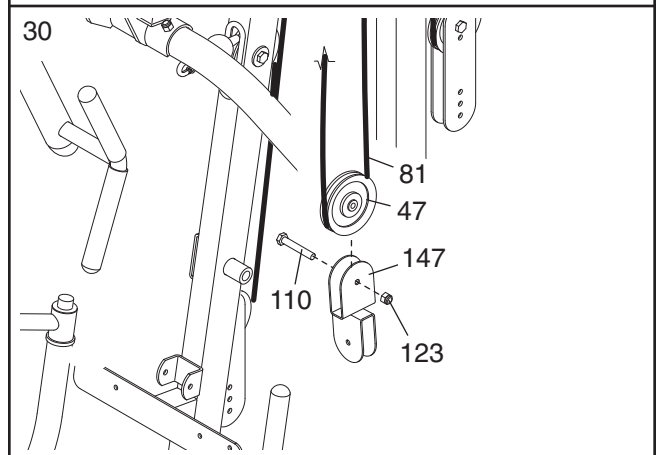
28. Wrap the High Cable (81) under a 115mm Pulley (47). Attach the Pulley and a Cable Trap (66) to the top set of holes in the other pair of Pulley Plates (50) with an M10 x 50mm Bolt (111) and an M10 Nylon Locknut (123). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



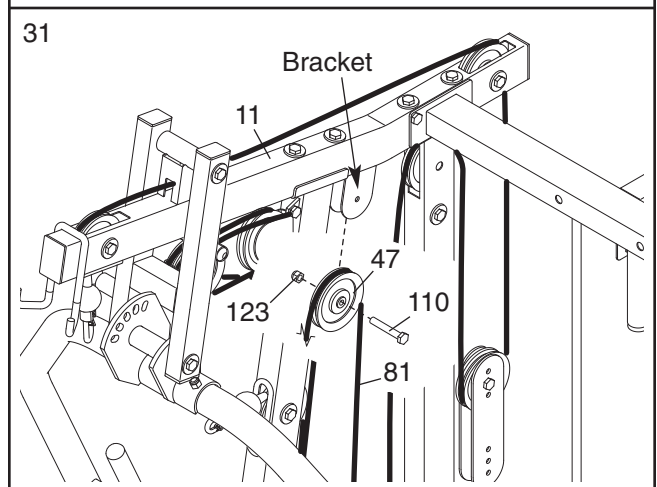
29. Route the High Cable (81) through the Right Rear Upright (8) and over a 115mm Pulley (47). Attach the Pulley inside the Upright with an M10 x 67mm Bolt (109), two M10 Washers (118), two 15mm x 12mm Spacers (86), and an M10 Nylon Locknut (123).



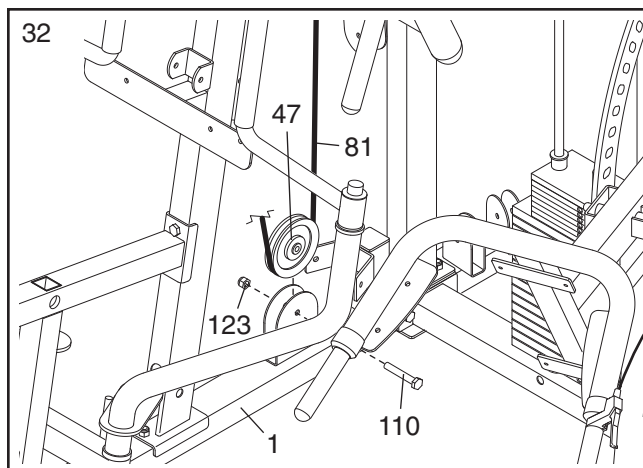
30. Wrap the High Cable (81) under a 115mm Pulley (47). Attach the Pulley to the Double “U”-bracket (147) with an M10 x 45mm Bolt (110) and an M10 Nylon Locknut (123).



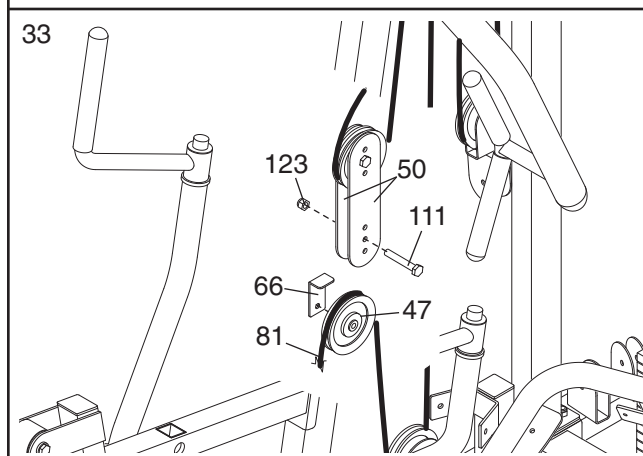
31. Wrap the High Cable (81) over a 115mm Pulley (47). Attach the Pulley to the bracket on the Press Top Frame (11) with an M10 x 45mm Bolt (110) and an M10 Nylon Locknut (123).



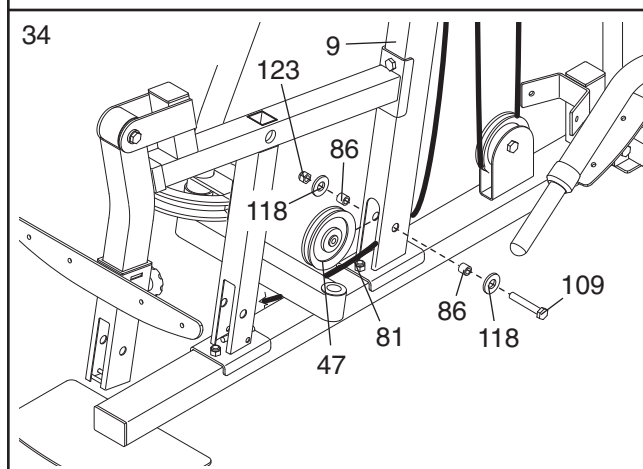
32. Wrap the High Cable (81) under a 115mm Pulley (47). Attach the Pulley to the bracket on the Press Base (1) with an M10 x 45mm Bolt (110) and an M10 Nylon Locknut (123).



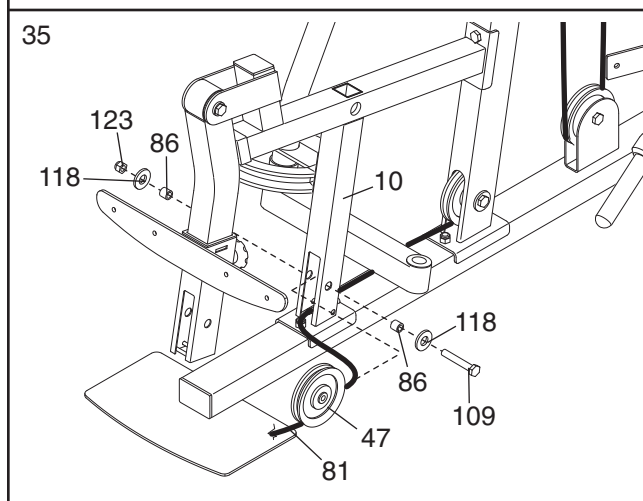
33. Wrap the High Cable (81) over a 115mm Pulley (47). Attach the Pulley and a Cable Trap (66) to the second set of holes from the bottom of the indicated pair of Pulley Plates (50) with an M10 x 50mm Bolt (111) and an M10 Nylon Locknut (123). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



34. Route the High Cable (81) through the Front Upright (9) and under a 115mm Pulley (47). Attach the Pulley inside the Front Upright with an M10 x 67mm Bolt (109), two M10 Washers (118), two 15mm x 12mm Spacers (86), and an M10 Nylon Locknut (123).

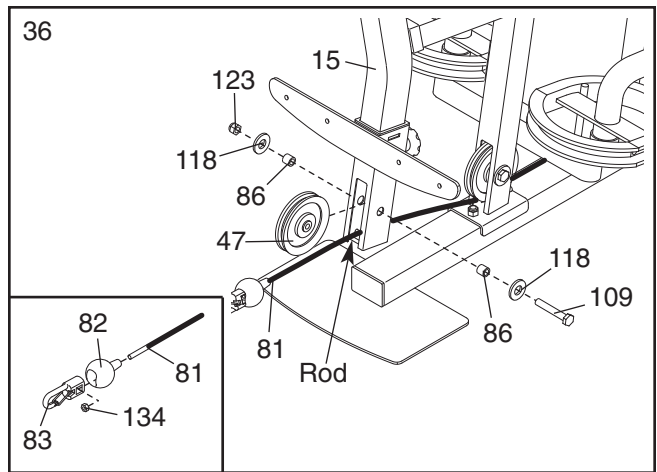


35. Route the High Cable (81) through the Seat Frame (10) and under a 115mm Pulley (47). Attach the Pulley inside the Seat Frame with an M10 x 67mm Bolt (109), two M10 Washers (118), two 15mm x 12mm Spacers (86), and an M10 Nylon Locknut (123).

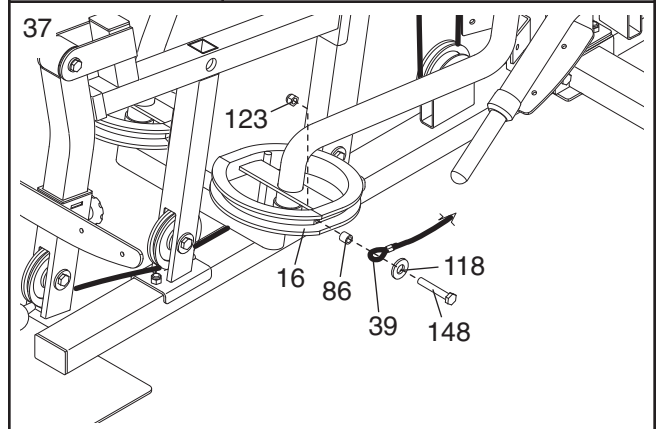


36. Route the High Cable (81) through the Leg Lever (15) and under a 115mm Pulley (47). **Make sure the Cable is over the rod in the Leg Lever.** Attach the Pulley inside the Leg Lever with an M10 x 67mm Bolt (109), two M10 Washers (118), two 15mm x 12mm Spacers (86), and an M10 Nylon Locknut (123).

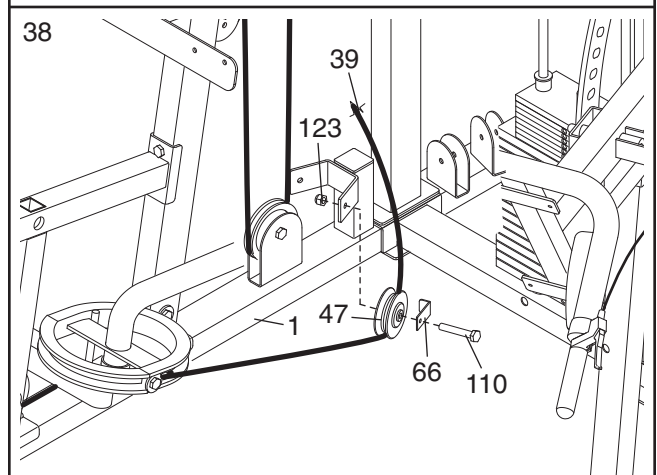
Slide a Cable Ball (82) onto the end of the High Cable (81). Hold an M8 Nylon Locknut (134) inside a Clip End (83), and insert the Cable into the Clip End and Locknut. Insert a screwdriver between the Locknut and the Clip End. Rotate the screwdriver, Clip End, and Locknut together until two threads of the Cable show past the Locknut.



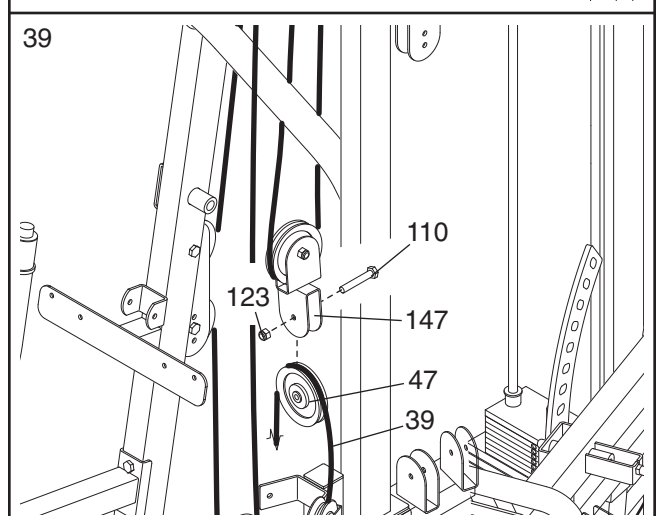
37. **Locate the Butterfly Cable (39).** Attach one end of the Cable to the Left Butterfly Arm (16) with an M10 x 40mm Bolt (148), an M10 Washer (118), a 15mm x 12mm Spacer (86), and an M10 Nylon Locknut (123). **Make sure the loop on the Cable is over the Spacer.**



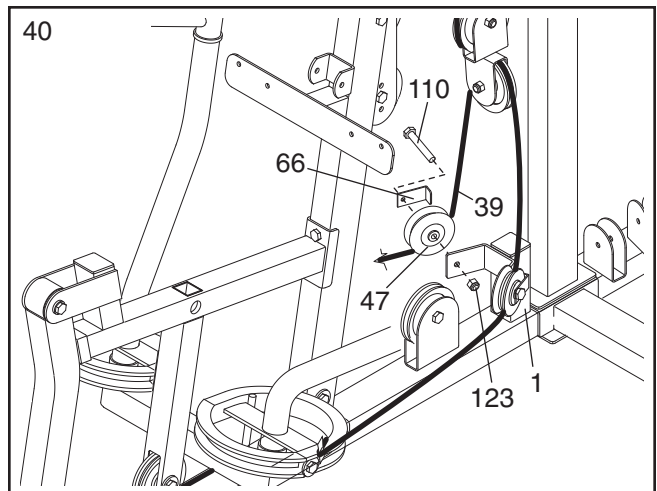
38. Wrap the Butterfly Cable (39) under a 115mm Pulley (47). Attach the Pulley and a Cable Trap (66) to the indicated bracket on the Press Base (1) with an M10 x 45mm Bolt (110) and an M10 Nylon Locknut (123). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



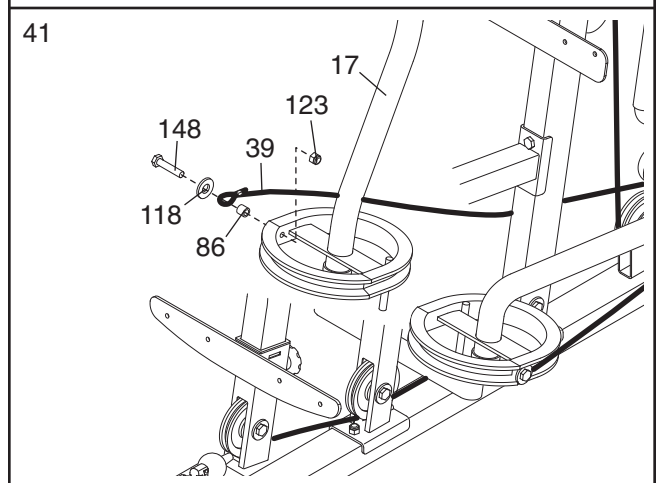
39. Wrap the Butterfly Cable (39) over a 115mm Pulley (47). Attach the Pulley to the bottom of the Double "U"-bracket (147) with an M10 x 45mm Bolt (110) and an M10 Nylon Locknut (123).



40. Wrap the Butterfly Cable (39) under a 115mm Pulley (47). Attach the Pulley and a Cable Trap (66) to the indicated bracket on the Press Base (1) with an M10 x 45mm Bolt (110) and an M10 Nylon Locknut (123). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**

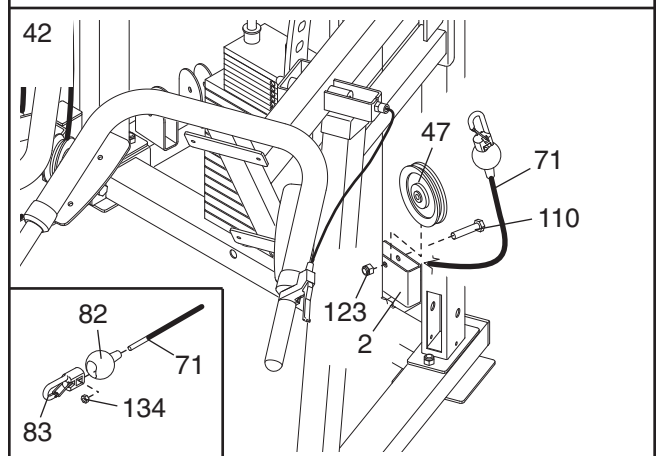


41. Attach the end of the Butterfly Cable (39) to the Right Butterfly Arm (17) with an M10 x 40mm Bolt (148), an M10 Washer (118), a 15mm x 12mm Spacer (86), and an M10 Nylon Locknut (123). **Make sure the loop on the Cable is over the Spacer.**

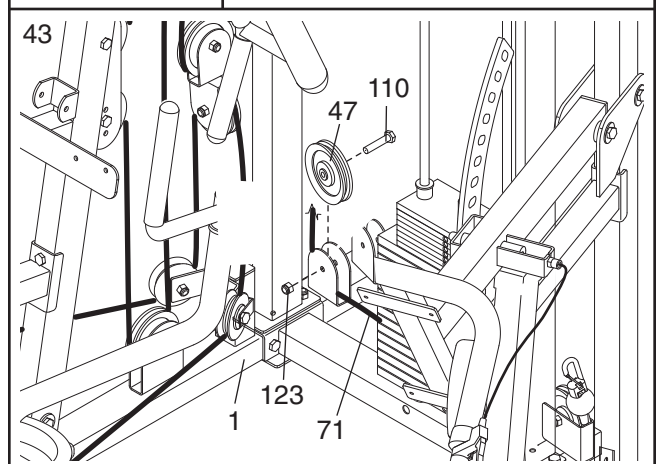


42. **Locate the Low Cable (71).** Slide a Cable Ball (82) onto the end of the Cable. Hold an M8 Nylon Locknut (134) inside a Clip End (83), and insert the Cable into the Clip End and Locknut. Insert a screwdriver between the Locknut and the Clip End. Rotate the screwdriver, Clip End, and Locknut together until two threads of the Cable show past the Locknut.

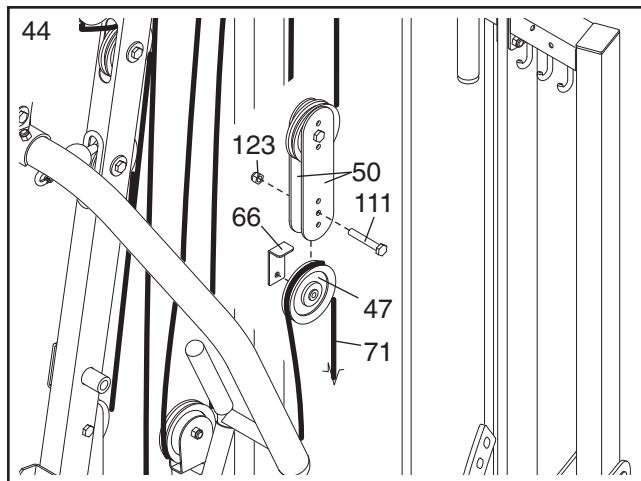
Route the Low Cable (71) under a 115mm Pulley (47). Attach the Pulley to the indicated bracket on the Rear Base (2) with an M10 x 45mm Bolt (110) and an M10 Nylon Locknut (123).



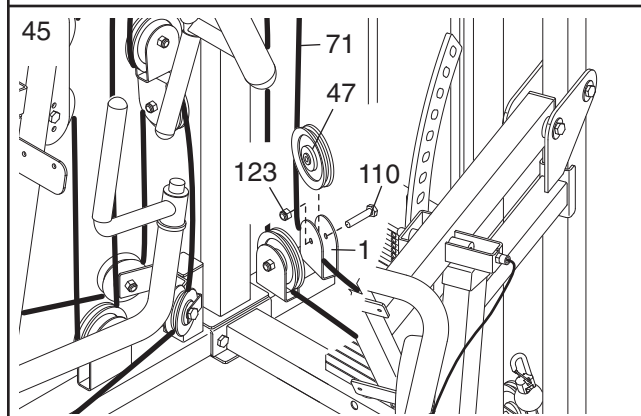
43. Wrap the Low Cable (71) under a 115mm Pulley (47). Attach the Pulley to the indicated bracket on the Press Base (1) with an M10 x 45mm Bolt (110) and an M10 Nylon Locknut (123).



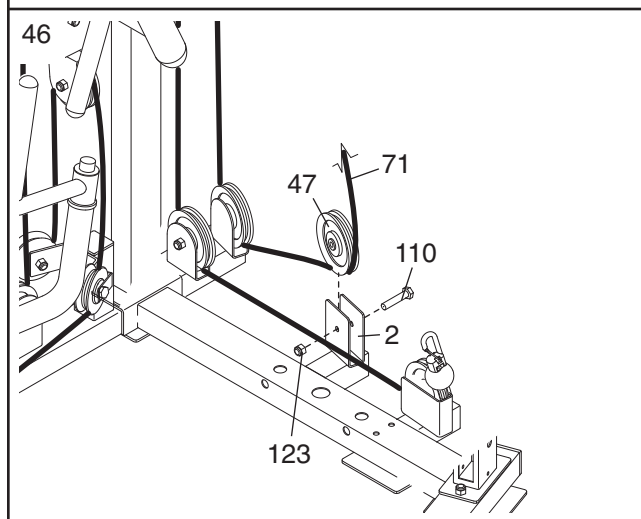
44. Wrap the Low Cable (71) over a 115mm Pulley (47). Attach the Pulley and a Cable Trap (66) to the second set of holes from the bottom of the indicated pair of Pulley Plates (50) with an M10 x 50mm Bolt (111) and an M10 Nylon Locknut (123). **Make sure the Cable Trap is turned to hold the Cable in the groove of the Pulley.**



45. Wrap the Low Cable (71) under a 115mm Pulley (47). Attach the Pulley to the indicated bracket on the Press Base (1) with an M10 x 45mm Bolt (110) and an M10 Nylon Locknut (123).

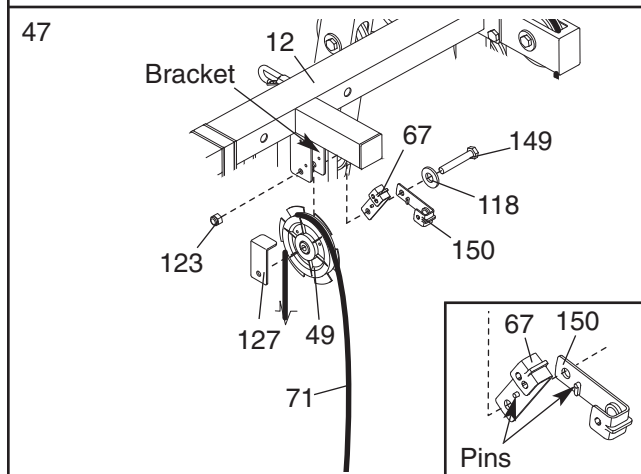


46. Wrap the Low Cable (71) under a 115mm Pulley (47). Attach the Pulley to the indicated bracket on the Rear Base (2) with an M10 x 45mm Bolt (110) and an M10 Nylon Locknut (123).



47. **Note: The following steps are shown from the back of the weight system.**

Wrap the Low Cable (71) over the Special Pulley (49). Attach the Pulley, the Switch Cable Trap (127, this cable trap is labeled), the Two-hole Switch Bracket (67), and the Single-hole Switch Bracket (150) to the indicated bracket on the Rear Top Frame (12) with an M10 x 53mm Bolt (149), an M10 Washer (118), and an M10 Nylon Locknut (123). **Make sure that the Switch Brackets are oriented as shown in the right inset drawing, and that the pins on the Switch Brackets are inserted into the holes in the indicated bracket.**



48. **See inset drawing A.** Insert the indicated sensor on the Reed Switch Wire (80), marked with the tab, into the upper hole in the Two-hole Switch Bracket (67) as shown. Insert the other sensor on the Switch Wire into the Single-hole Switch Bracket (150). **Make sure that the Switch Wire sensors are flush with the inside edge of the Switch Brackets.**

**See inset drawing B.** Attach the Reed Switch Wire (80) to the Flat Tie holder (153) with the Zip Tie (154).

Attach the Flat Tie Holder (153) to the bottom of the Rear Top Frame (12) with an M4 x 20mm Self-tapping Screw (115).

49. Attach the two Pulley Covers (68) to the Rear Top Frame (12) with two M5 x 15mm Screws (117) and two M5 Washers (48).

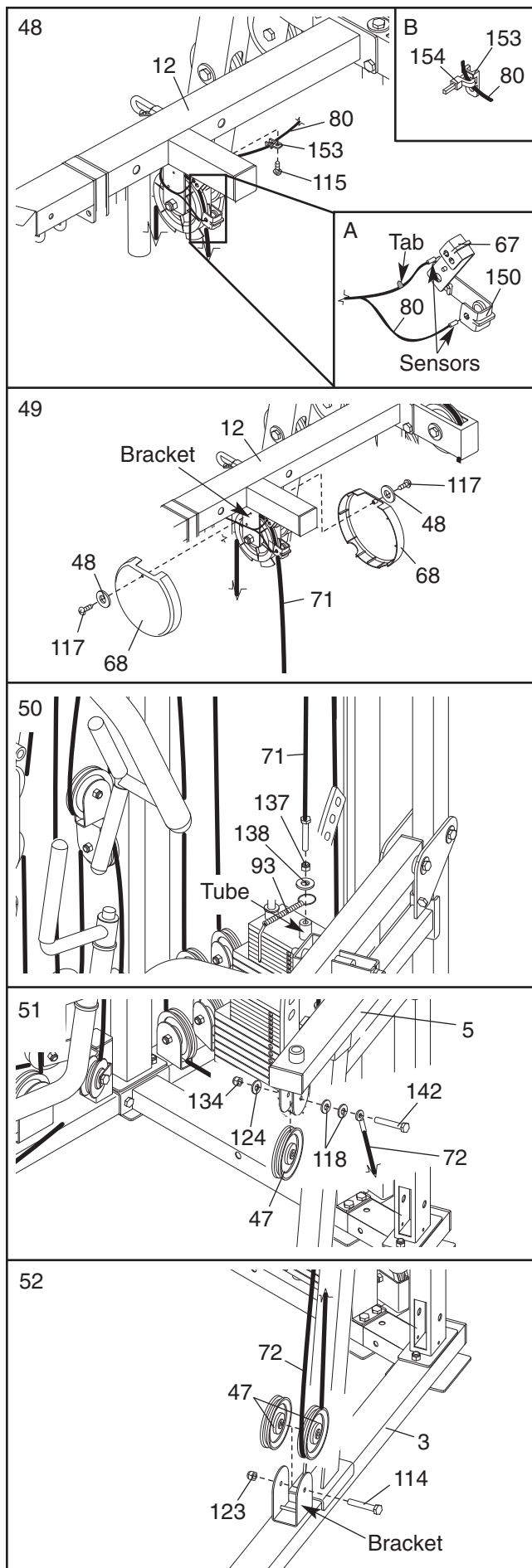
50. Slide the ring on the Weight Pin (93) onto tube on the Top Weight (26). Rest the M12 Washer (138) on the tube.

Thread an M12 Nut (137) onto the end of the Low Cable (71). Thread the Cable into the tube in the Top Weight (26) until there is no slack in the Cable.

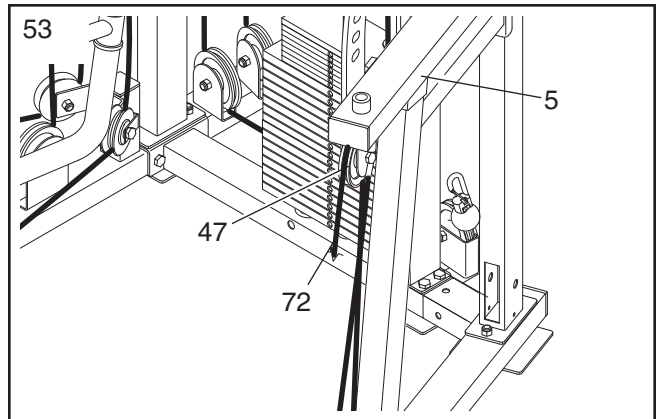
Tighten the M12 Nut (137) against the M12 Washer (138).

51. **Locate the Hack Squat Cable (72).** Attach the Cable and a 115mm Pulley (47) to the Hack Squat Bracket (5) with an M8 x 55mm Shoulder Bolt (142), two M10 Washers (118), an M8 Washer (124), and an M8 Nylon Locknut (134). **Do not tighten the Locknut yet.**

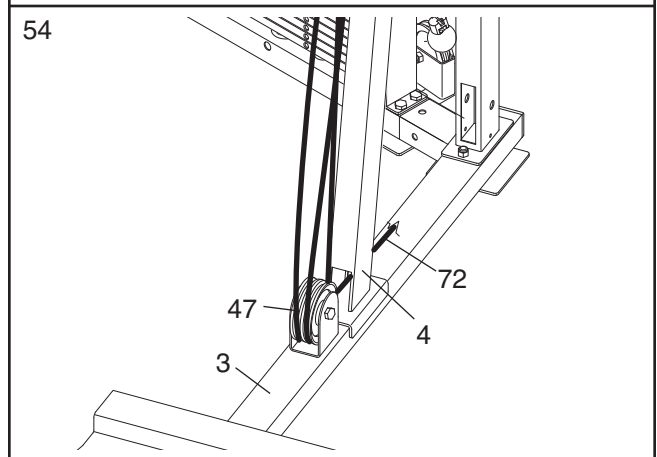
52. Wrap the Hack Squat Cable (72) under a 115mm Pulley (47). Attach the Pulley, along with another 115mm Pulley, to the bracket on the Hack Squat Base (3) with an M10 x 70mm Bolt (114) and an M10 Nylon Locknut (123). **Do not tighten the Locknut yet. Make sure the Cable goes under the indicated Pulley.**



53. Route the Hack Squat Cable (72) over the 115mm Pulley (47) attached to the Hack Squat Bracket (5) in step 49. **Tighten M8 Nylon Locknut (not shown) used in step 51.**

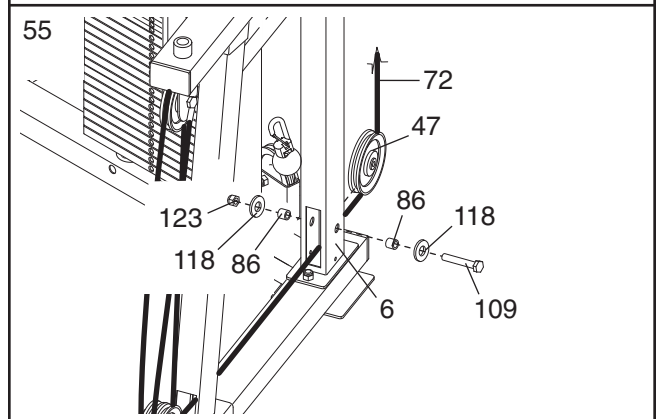


54. Route the Hack Squat Cable (72) under the other 115mm Pulley (47) attached to the Hack Squat Base (3) in step 52, and through the Hack Squat Leg (4).

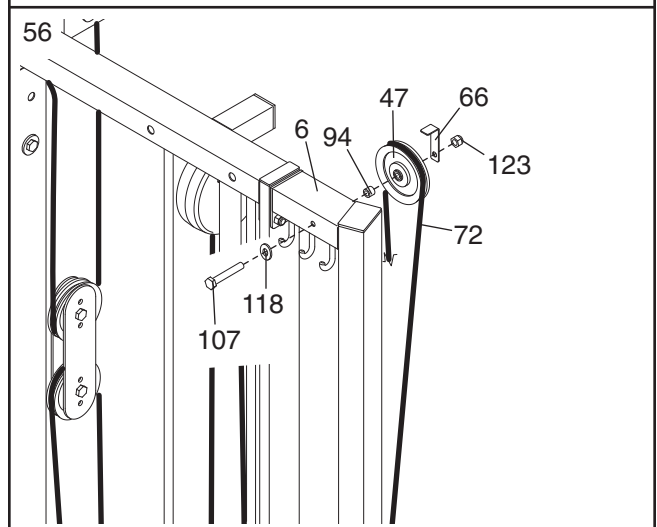


**Tighten the M10 Nylon Locknut (123) used in step 50.**

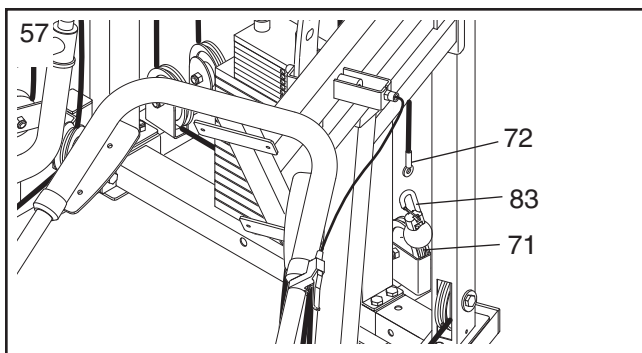
55. Route the Hack Squat Cable (72) under a 115mm Pulley (47) and through the Hack Squat Upright (6). Attach the Pulley inside the Upright with an M10 x 67mm Bolt (109), two M10 Washers (118), two 15mm x 12mm Spacers (86), and a M10 Nylon Locknut (123).



56. Wrap the Hack Squat Cable (72) over a 115mm Pulley (47). Attach the Pulley and a Cable Trap (66) to the Hack Squat Upright (6) with an M10 x 127mm Bolt (107), an M10 Washer (118), a 15mm x 8mm Spacer (94), and an M10 Nylon Locknut (123). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



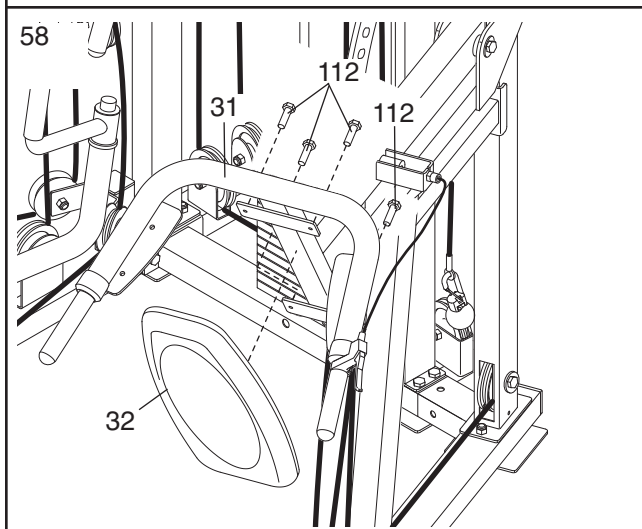
57. Attach the end of the Hack Squat Cable (72) to the Clip End (83) on the Low Cable (71).



## Seat Assembly

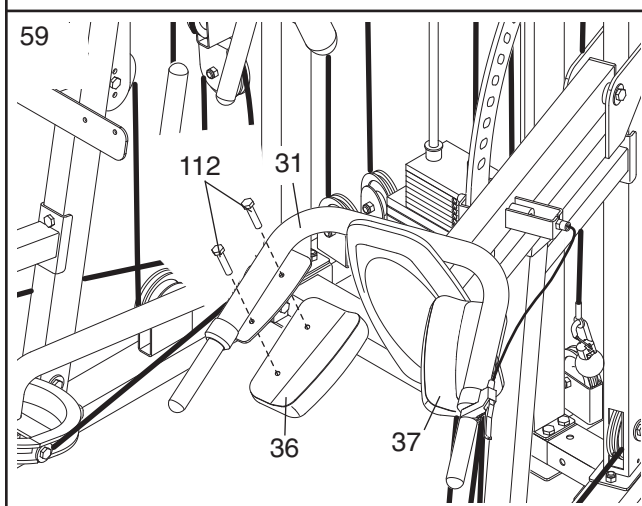
58. Locate and open the parts bag labeled “SEAT ASSEMBLY.”

Attach the Hack Squat Backrest (32) to the Hack Squat Frame (31) with four M6 x 20mm Screws (112).



59. Attach a Right Small Pad (36) to the Hack Squat Frame (31) with two M6 x 20mm Screws (112).

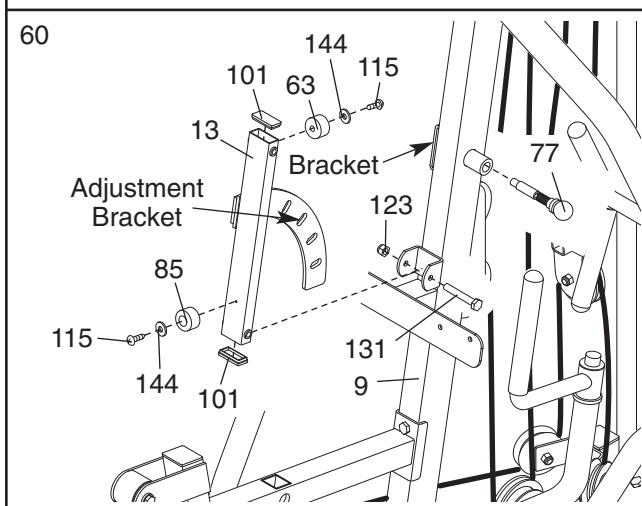
**Attach a Left Small Pad (37) to the Hack Squat Frame (31) in the same manner.**



60. Press two 25mm x 50mm Inner Caps (101) into the Backrest Frame (13). Attach a 25mm Bumper (63) and a 38mm Bumper (85) to the Backrest Frame with two M4 x 20mm Self-tapping Screws (115) and two M4 Washers (144).

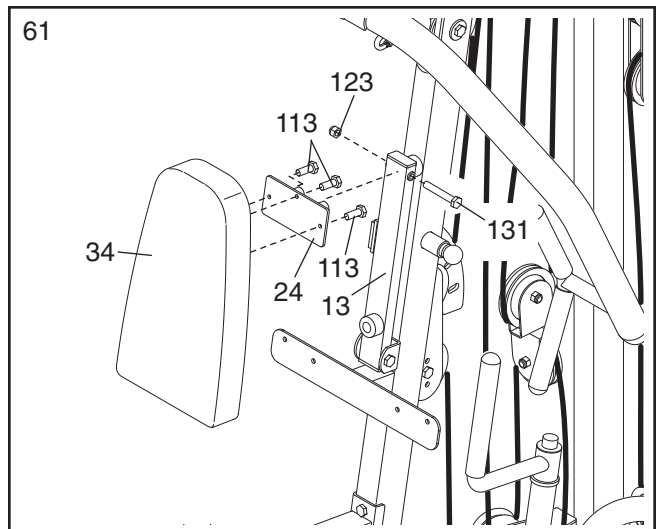
Slide the adjustment bracket on the Backrest Frame (13) through the bracket on the Front Upright (9). Tighten the Backrest Knob (77) into the Upright and engage the adjustment bracket.

Attach the Backrest Frame (13) to the Front Upright (9) with an M10 x 80mm Bolt (131) and an M10 Nylon Locknut (123). **Do not overtighten the Locknut; the Backrest Frame must be able to pivot easily.**

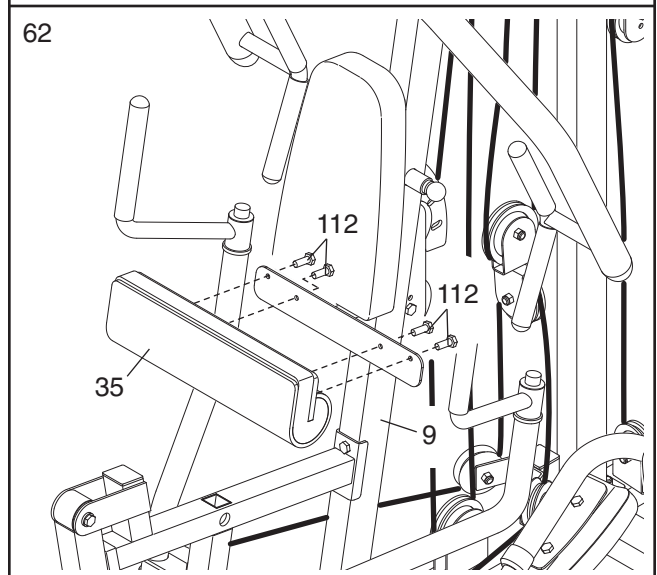


61. Attach the Backrest (34) to the Backrest Plate (24) with three M8 x 20mm Screws (113).

Attach the Backrest Plate (24) to the Backrest Frame (13) with M10 x 80mm Bolt (131) and an M10 Nylon Locknut (123). **Do not overtighten the Locknut; the Backrest Plate must be able to pivot easily.**

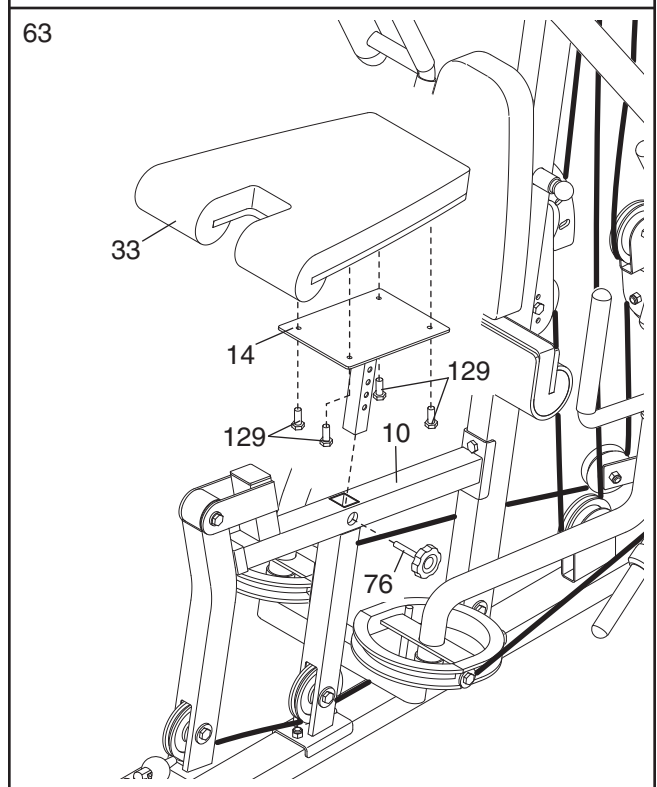


62. Attach the Long Leg Pad (35) to the Front Upright (9) with four M6 x 20mm Screws (112).



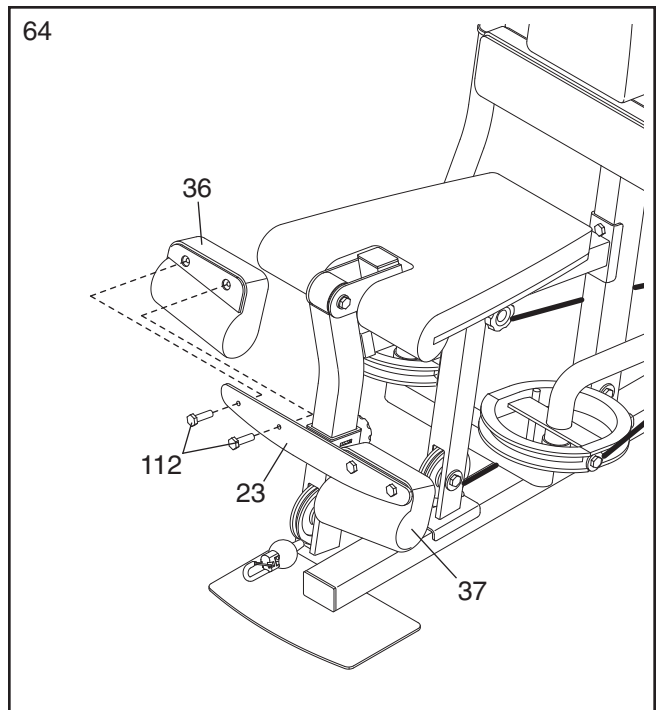
63. Attach the Seat (33) to the Seat Post (14) with four M6 x 25mm Screws (129).

Slide the Seat Post (14) into the Seat Frame (10) and secure it with the Seat Knob (76).



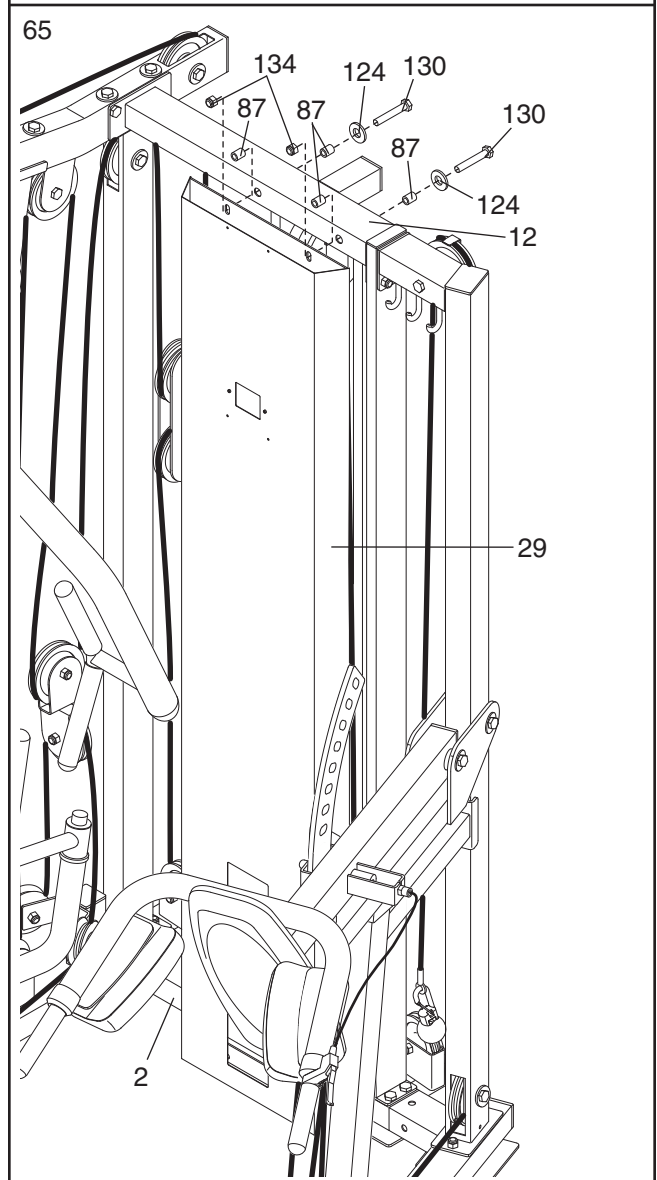
64. Attach the Right Small Pad (36) to the Pad Frame (23) with two M6 x 20mm Bolts (112).

**Attach the Left Small Pad (37) to the Pad Frame (23) in the same manner.**



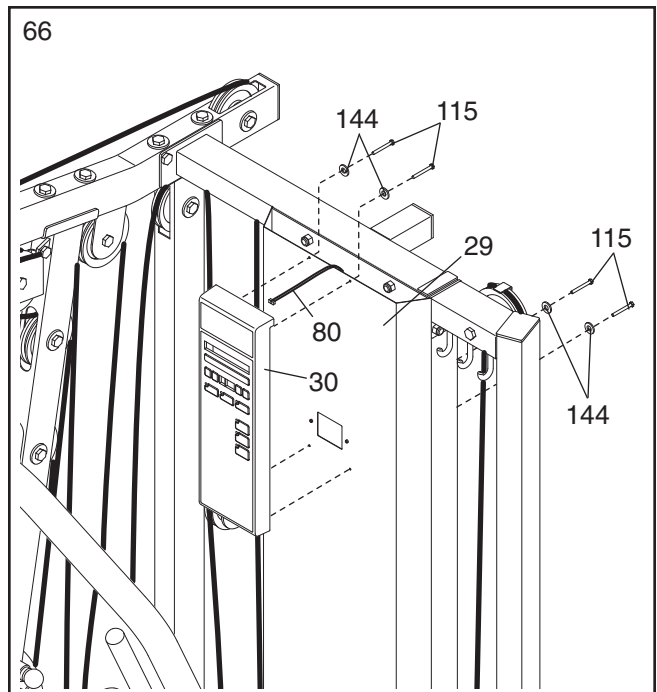
65. Attach the Shroud (29) to the Rear Top Frame (12) with two M8 x 90mm Bolts (130), two M8 Washers (124), four 15mm x 30mm Spacers (87), and two M8 Nylon Locknuts (134).

Attach the Shroud (29) to the Rear Base (2) by tightening the two M8 x 90mm Bolts (not shown) into the weld nuts on the Shroud.

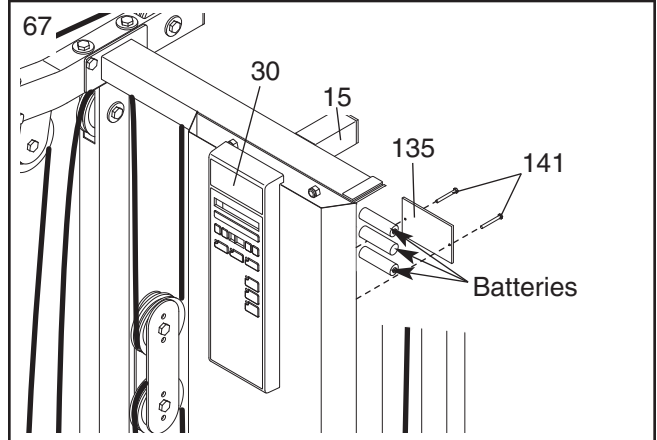


66. Plug the Reed Switch Wire (80) into the Console (30).

Attach the Console (30) to the Shroud (29) with four M4 x 20mm Self-tapping Screws (115) and four M4 Washers (144).



67. Insert three AA batteries into the Console (30). Attach the Battery Cover (135) to the Console with two M4 x 12mm Screws (141).



68. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

Before using the weight system, pull each cable a few times to be sure that the cables move smoothly over the pulleys. If one of the cables does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy weight is used. See the CABLE DIAGRAM on page 32 for proper cable routing. If there is any slack in the cables, you will need to remove it by tightening the cables; see TROUBLESHOOTING AND MAINTENANCE on page 34.**

# ADJUSTMENTS

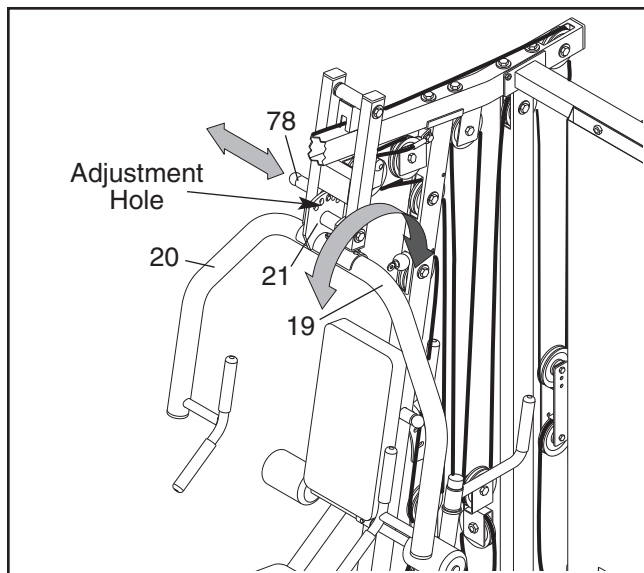
This section explains how to adjust the weight system. See the EXERCISE GUIDELINES on page 35 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure 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.

## ADJUSTING THE PRESS ARM

To adjust the Press Arms (19, 20), pull the Press Knob (78) out as far as it will go. Rotate the Press Bracket (21) to the desired position and engage the Press Knob into an adjustment hole.

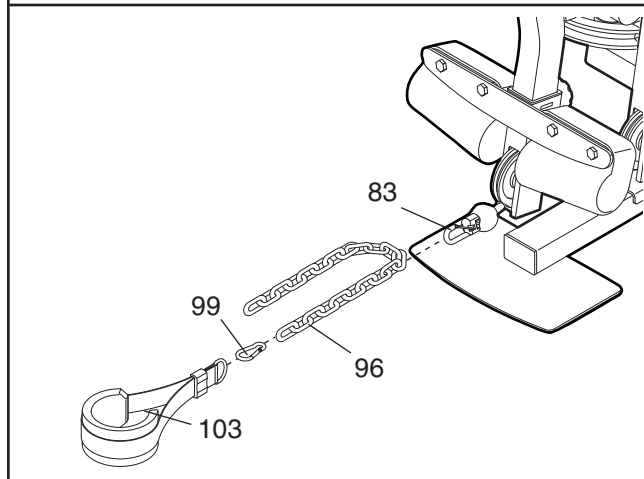
**⚠ WARNING:** Make sure the Press Knob (78) is fully engaged into the Press Bracket (21) before exercising.



## ATTACHING ACCESSORIES

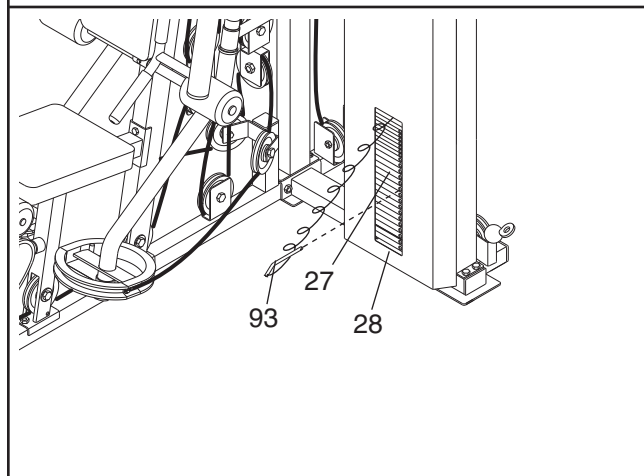
Attach the Ankle Strap (103) to a Clip End (83). For some exercises, the Chain (96) should be attached between the Ankle Strap and the Clip End with a Cable Clip (99). **Adjust the length of the Chain between the Ankle Strap and the Clip End so the Ankle Strap is in the correct starting position for the exercise to be performed.**

The Lat Bar (not shown) or Ab Strap (not shown) can be attached to any Clip End (83) in the same manner.



## CHANGING THE WEIGHT SETTING

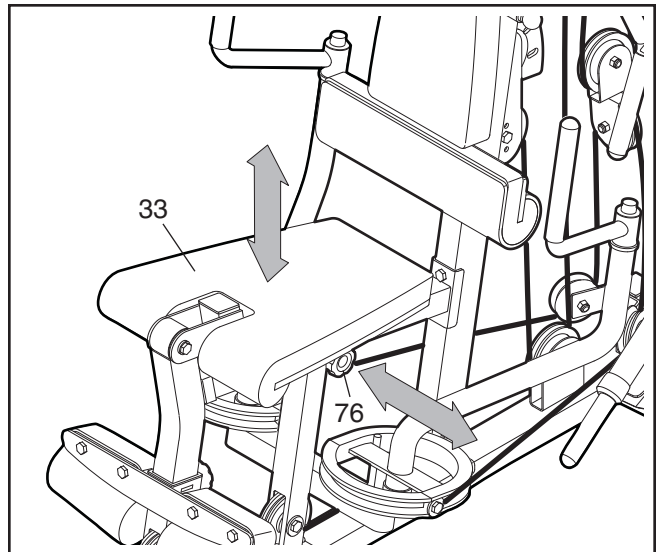
To change the weight setting of the weight stack, insert the Weight Pin (93) under the desired Weight (27, 28). Make sure to insert the Weight Pin until the bent end of the Weight Pin is touching the Weights, and turn the bent end downward. The weight setting of the weight stack can be changed from 5 pounds to 200 pounds, in increments of 5 and 10 pounds. **Note: Due to the cables and pulleys, the actual amount of resistance at each exercise station may vary from the weight setting. Use the WEIGHT RESISTANCE CHART on page 29 to find the approximate amount of resistance at each weight station.**



## ADJUSTING THE SEAT

To adjust the height of the Seat (33), remove the Seat Knob (76). Position the Seat at the desired height and tighten the Knob into an adjustment hole in the Seat Post (not shown). Fully tighten the Knob.

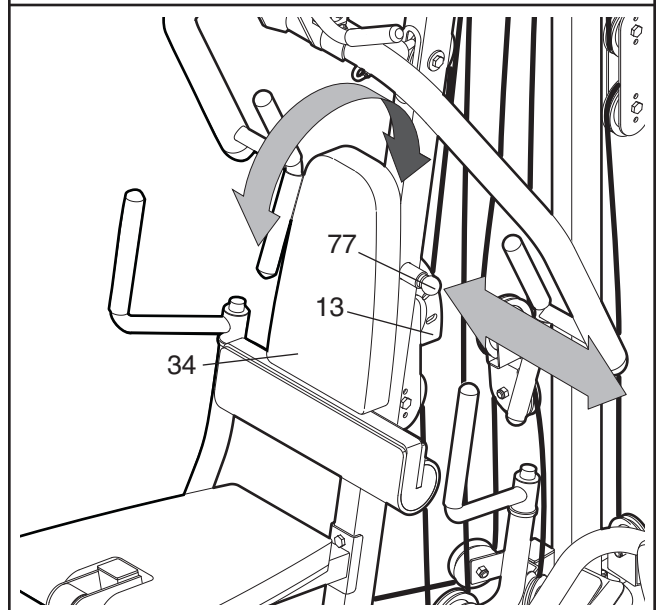
**⚠ WARNING:** Make sure the Seat Knob (76) fully engages the Seat Post (14) before using the Seat (33).



## ADJUSTING THE BACKREST

To adjust the position of the Backrest (34), pull the Backrest Knob (77) out as far as it will go. Set the Backrest in the desired position and engage the Knob into an adjustment hole in the Backrest Frame (13).

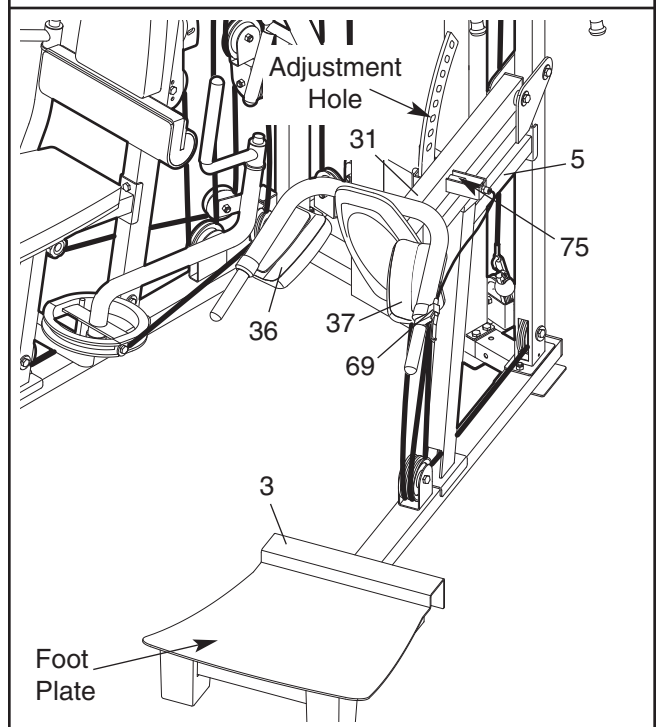
**⚠ WARNING:** Make sure the Backrest Knob (77) fully engages the Backrest Frame (13) before using the Backrest (34).



## ADJUSTING THE HACK SQUAT

Stand on the foot plate on the Hack Squat Base (3) with your shoulders under the Small Pads (36, 37). Squeeze the Release Handle (69) and move the Hack Squat Frame (31) to the desired position. Release the Handle, and engage the Release Pin (75) into an adjustment hole in the Hack Squat Bracket (5).

**⚠ WARNING:** Make sure the Release Pin (75) fully engages the Hack Squat Bracket (5) before using the Hack Squat.



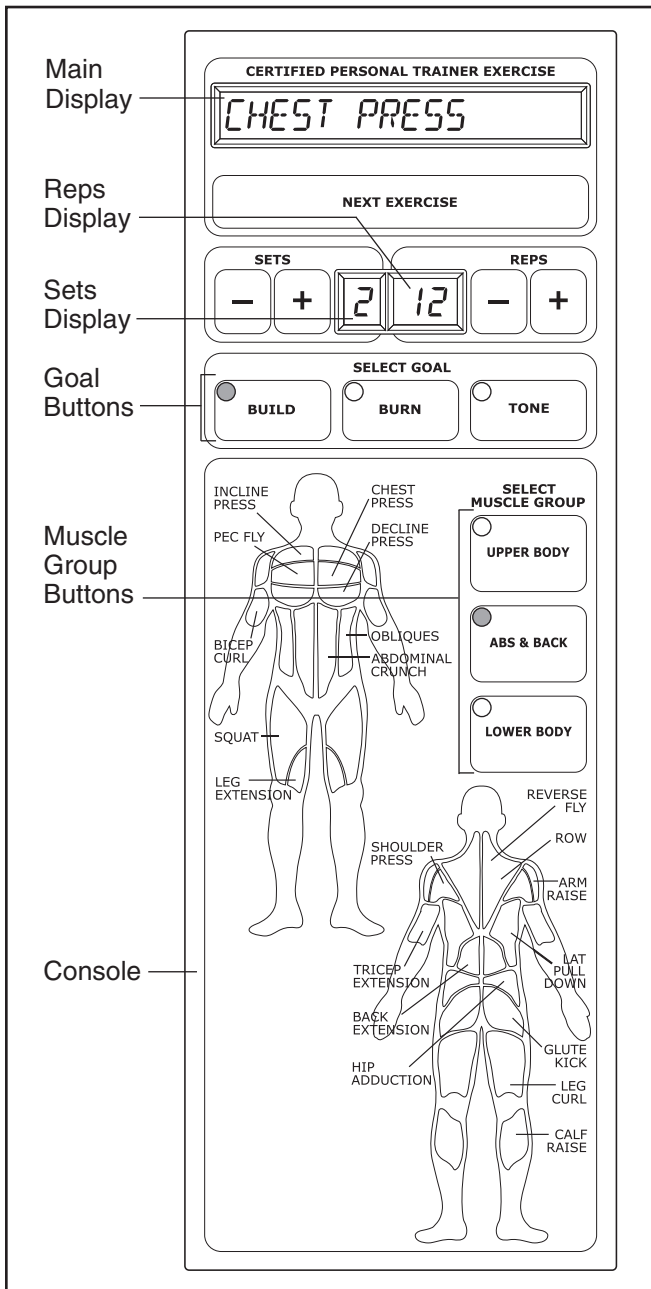
# WEIGHT RESISTANCE CHART

This chart shows the approximate weight resistance at each station. "Top" refers to the 5-pound top weight. The other numbers refer to the seven 5-pound weight plates and the sixteen 10-pound weight plates. **Note: The actual resistance at each weight station may vary due to differences in individual weight plates, as well as friction between the cables, pulleys, and weight guides.** Weight resistance shown for the butterfly arm station is for each butterfly arm. **Note: Use only the top 20 weights with the butterfly arms.**

WEIGHT PLATES	PRESS ARM (lbs.)	BUTTERFLY ARM (lbs.)	LEG LEVER (lbs.)	HIGH PULLEY (lbs.)	AB PULLEY (lbs.)	LOW PULLEY (lbs.)	HACK SQUAT (lbs.)
Top	30	17	20	17	18	20	58
1	35	19	26	22	23	26	70
2	40	22	32	28	27	32	79
3	48	24	36	34	32	36	85
4	52	28	42	41	38	42	105
5	58	32	47	50	42	47	116
6	64	34	52	56	46	52	127
7	70	36	58	65	51	58	135
8	78	40	70	76	63	70	149
9	89	45	82	86	73	82	165
10	100	49	85	96	83	85	181
11	110	54	96	106	93	96	196
12	120	59	105	116	103	105	211
13	131	63	116	126	113	116	226
14	142	67	127	135	124	127	242
15	153	72	138	145	134	138	257
16	164	77	149	158	144	149	272
17	174	81	160	168	153	160	289
18	185	85	172	178	163	172	305
19	196	89	184	188	173	184	319
20	206	94	196	200	183	196	335
21	217	-	206	211	192	206	351
22	227	-	219	221	201	219	366
23	238	-	234	233	211	234	381

# CONSOLE OPERATION

## FEATURES OF THE CONSOLE

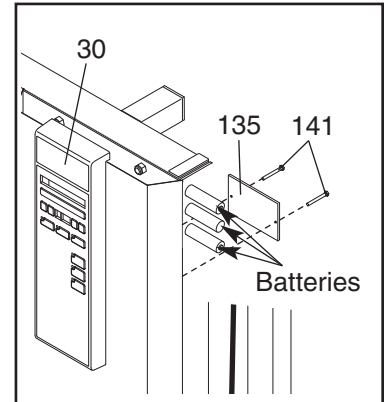


The heart of the weight system is the digital coach console. The console offers both a manual mode and nine workout programs. When a program is selected, the console will guide you through an effective upper body, ab and back, or lower body workout.

To use the manual mode of the console, follow the steps at the right. To use a program, see page 31.

## REPLACING THE BATTERIES

To replace the batteries in the Console (30), remove the two M4 x 12mm Screws (141) from the Battery Cover (135) and the Console. Insert three new AA batteries into the Console. Reattach the Battery Cover with two M4 x 12mm Screws.



## MANUAL OPERATION

### 1. Turn on the console.

Press the NEXT EXERCISE button to turn the console on. When the power is on, the words MANUAL MODE will appear in the main display. To use a program, see PROGRAM OPERATION on page 31.

Note: If you want to return to the manual mode while the console is running a workout program, press and hold the NEXT EXERCISE button.

### 2. Select a weight setting.

Select the desired weight setting as described in CHANGING THE WEIGHT SETTING on page 27.

### 3. Enter the numbers of sets and repetitions that you plan to complete for an exercise.

To enter the number of sets that you plan to do, press the SETS + and – buttons. To enter the number of repetitions that you plan to do, press the REPS + and – buttons.

Note: If you do not enter the numbers of sets and repetitions that you plan to do, the console will count the total number of repetitions that you complete during your workout.

### 4. Perform the exercise.

If you have entered numbers of sets and repetitions, the console will count down the repetitions and sets you have completed. When you complete the exercise, repeat steps 2 and 3 above for the next exercises.

## 5. Turn off the console.

The console will turn off after it has been idle for ten minutes.

## PROGRAM OPERATION

### 1. Turn on the console.

Press the NEXT EXERCISE button to turn the console on. When the power is on, the words MANUAL MODE will appear in the main display.

### 2. Select a program.

To select a program, press one of the three GOAL buttons and one of the three MUSCLE GROUP buttons. The indicators on the buttons you press will light.

Note: The console offers three upper body programs, three ab and back programs, and three lower body programs. If you wish to exercise your upper body and if your goal is to lose weight, for example, press the BURN button and the UPPER BODY button.

### 3. Row for five minutes to warm up.

When a program is selected, the words CARDIO ROW will appear in the main display. To warm up, select the desired weight setting as described in CHANGING THE WEIGHT SETTING on page 27. Perform the cardio row exercise while the main display counts down from 5 minutes.

Note: To see the correct form for the cardio row exercise, see the included exercise guide.

### 4. Adjust the numbers of sets and repetitions for the exercise if desired.

The name of an exercise in the program will appear in the main display. The recommended numbers of sets and repetitions for the exercise will appear in the two displays below the main display.

The recommended numbers of sets and repetitions may be too high or too low for you, depending on such factors as your body size and your physical condition. If desired, adjust the numbers of sets and repetitions by pressing the + and – buttons next to each display.

### 5. Select a weight setting.

Select the desired weight setting as described in CHANGING THE WEIGHT SETTING on page 27.

### 6. Perform the exercise.

As you perform the exercise, the console will count down the numbers of sets and repetitions you have completed.

When you complete the exercise, the word RESTING will appear in the main display. It is recommended that you rest while the main display counts down.

### 7. Perform the remaining exercises in the program.

After you have completed an exercise in the program, press the NEXT EXERCISE button. The name of the next exercise will appear in the main display. Repeat steps 4–6 above for the exercise.

Note: The program may include the same exercise twice, with different numbers of sets and repetitions. If you wish to skip any part of the program, press the NEXT EXERCISE button to advance to the next part of the program.

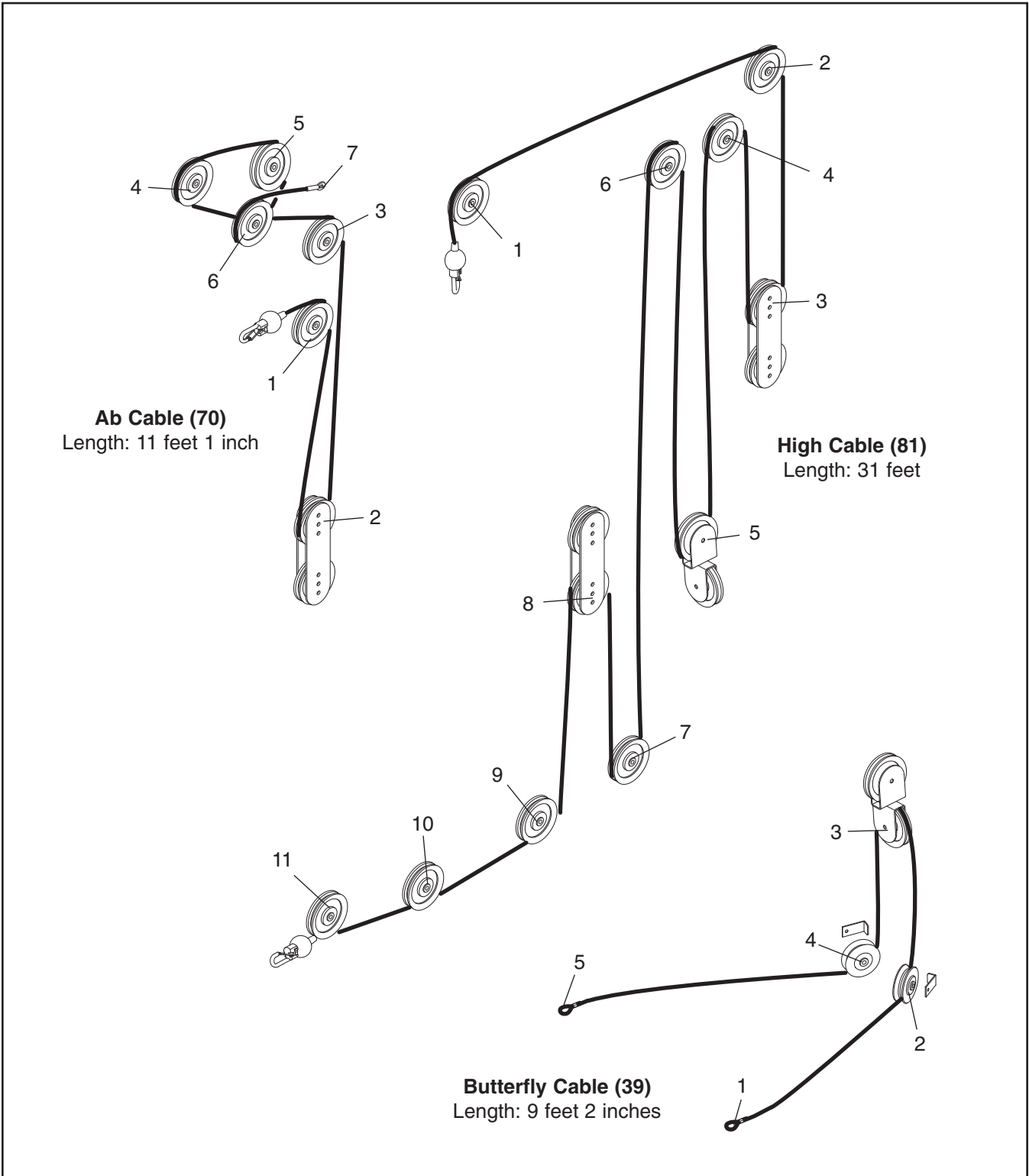
When you complete the program, the words WORKOUT COMPLETE will appear in the main display.

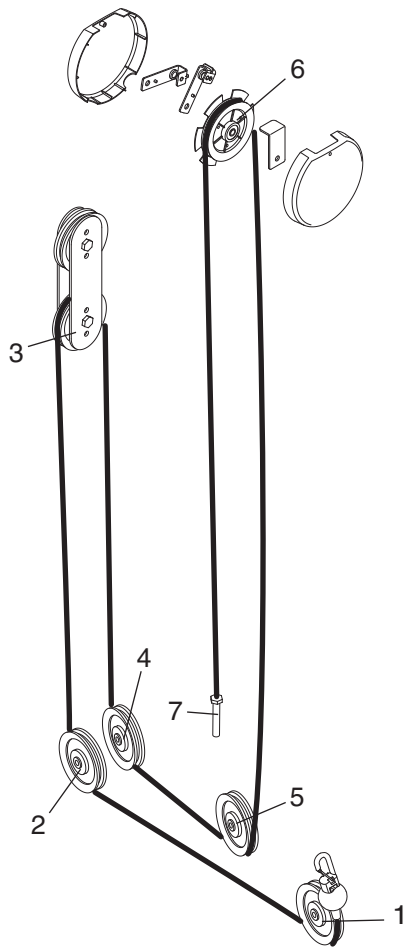
### 8. Turn off the console.

The console will turn off after it has been idle for ten minutes.

# CABLE DIAGRAMS

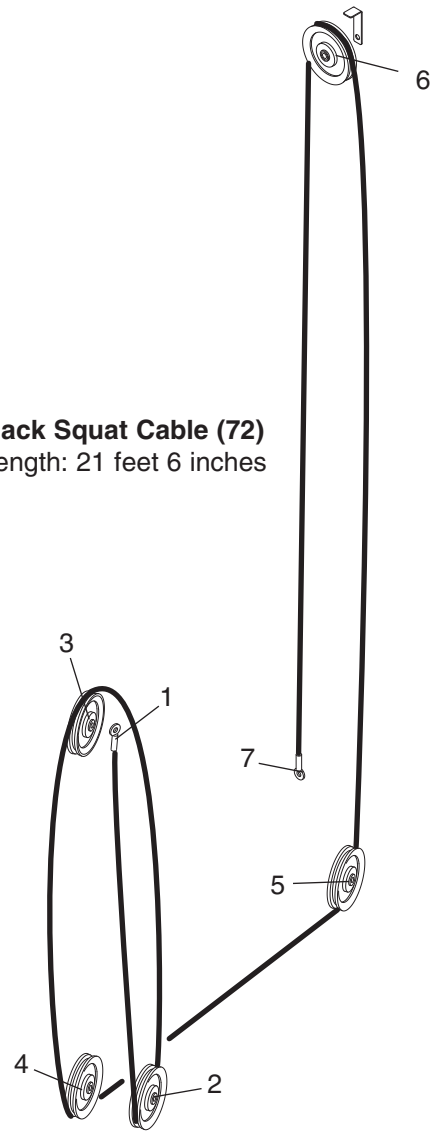
The cable diagrams on page 30 and 31 show the proper routing of the Butterfly Cable (39), the Ab Cable (70), the High Cable (81), the Low Cable (71), and the Hack Squat Cable (72). Use the diagram to make sure that the cables have been assembled correctly. If the cables have not been correctly routed, the weight system will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**





**Low Cable (71)**  
Length: 17 feet 6 inches

**Hack Squat Cable (72)**  
Length: 21 feet 6 inches



# TROUBLESHOOTING AND MAINTENANCE

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

## TIGHTENING THE CABLES

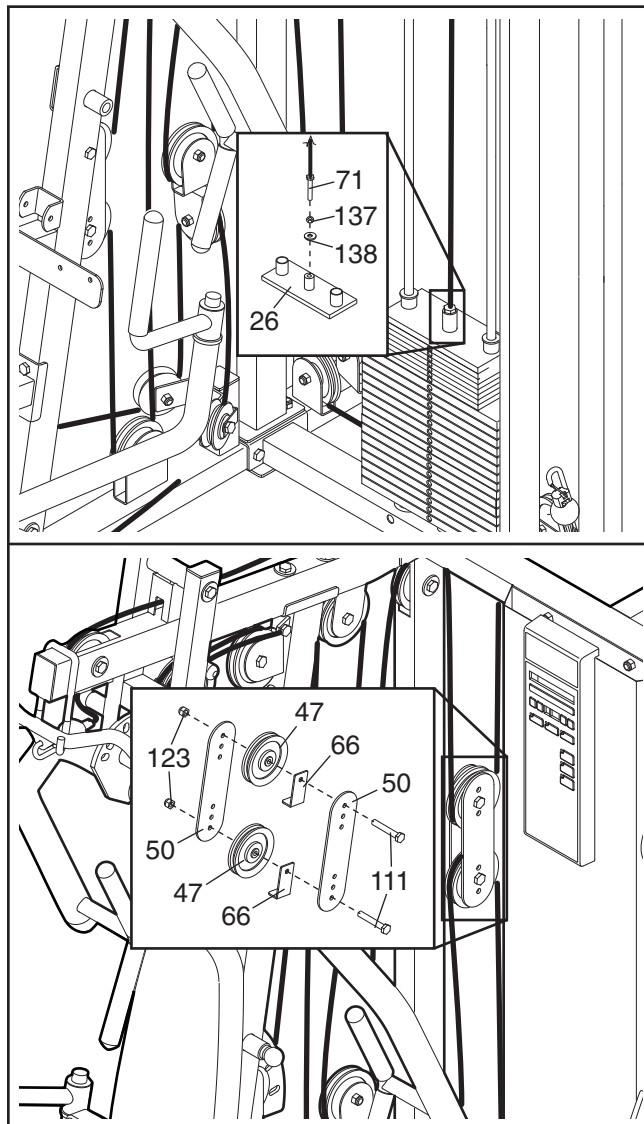
Woven cable, the type of cable used on the weight system, can stretch slightly when it is first used. If there is slack in the cables before resistance is felt, the cables should be tightened. Make sure that the cables are not too tight, or the Top Weight (26) will be lifted off the weight stack.

Slack can be removed from the cables by tightening the Low Cable (71) into the Top Weight (26). To do this, loosen the M12 Nut (137) on the Cable. Turn the Cable a few turns into the Top Weight, until there is no slack in the cables. Retighten the M12 Nut against the M12 Washer (138).

Additional slack can be removed by moving a 115mm Pulley (47) to a set of holes that is closer to the center of two Pulley Plates (50). Remove the M10 Nylon Locknut (123) and the M10 x 50mm Bolt (111) from the Cable Trap (66), Pulley, and Pulley Plates. Re-attach the Pulley and Cable Trap to the Pulley Plates with the Bolt and Locknut. **Make sure that the Cable Trap is positioned to hold the Cable in place, and that the Cable and Pulley move smoothly.**

**Note: If a cable tends to slip off the pulleys often, the cable may have become twisted. Remove the cable and re-install it.**

If the cables need to be replaced, see ORDERING REPLACEMENT PARTS on the back cover of this manual.



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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

**Muscle Building**—Increase your muscle size by using a high amount of resistance. Your muscles will adapt and grow as you progressively increase the intensity of your exercise by:

- changing the level of resistance
- 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. *Rest for 3 minutes after each set.*

**Toning**—Tone your muscles by using a moderate amount of resistance and increasing the number of repetitions in each set. Complete as many sets of 15–20 repetitions as possible without discomfort. Work your muscles by completing more sets rather than by using high amounts of resistance. *Rest for 1 minute after each set.*

**Weight Loss**—Lose weight by using 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 is:

- Strength training workouts on Monday, Wednesday, and Friday.
- 20–30 minutes of aerobic exercise, such as riding an exercise bike or running on a treadmill, 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 exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdo-

ing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling 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 session to session.

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 manner will leave you feeling exhausted.

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. Rest for a short period of time after each set. The time depends on which type of workout you are performing (see THE FOUR BASIC TYPES OF WORKOUTS).

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

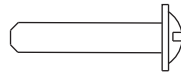
**Cooling Down**—End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to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

# PART IDENTIFICATION CHART—Model No. FMSY99530

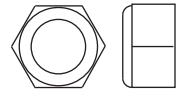
R0504A



M4 Washer (144)



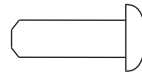
M4 x 20mm Self-tapping Screw (115)



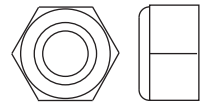
M7 Nut (120)



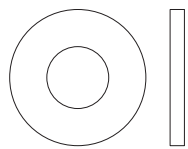
M5 Washer (127)



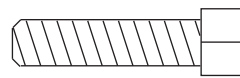
M5 x 15mm Screw (117)



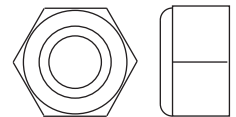
M8 Nylon Locknut (134)



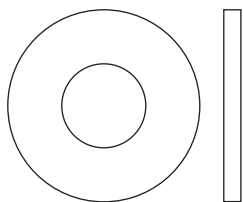
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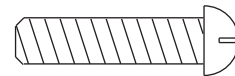
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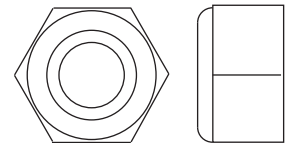
M10 Nylon Locknut (123)



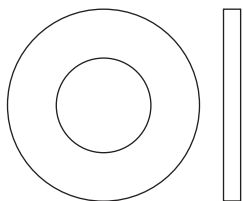
M10 Washer (118)



M6 x 25mm Button Screw (116)



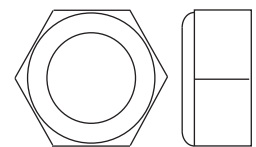
M12 Nylon Locknut (151)



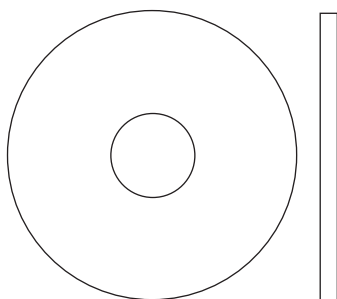
M12 Washer (138)



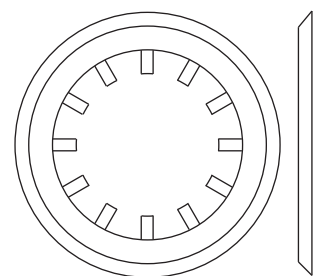
M4 x 12mm Screw (141)



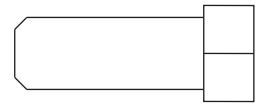
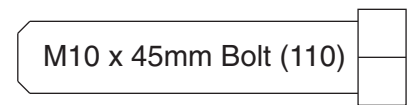
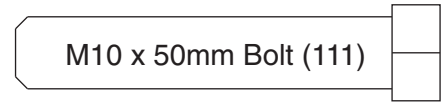
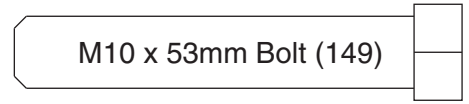
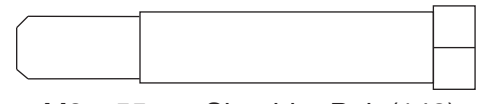
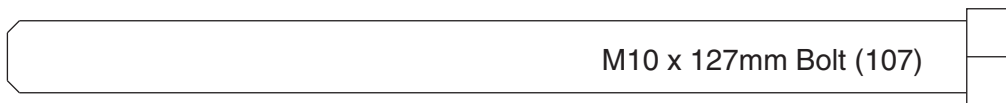
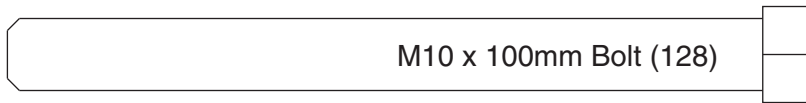
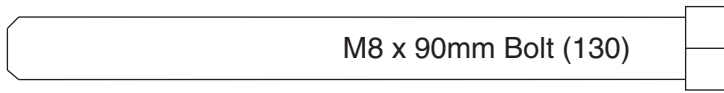
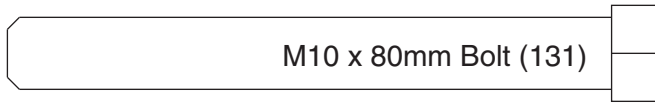
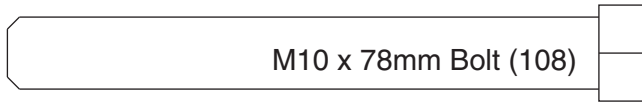
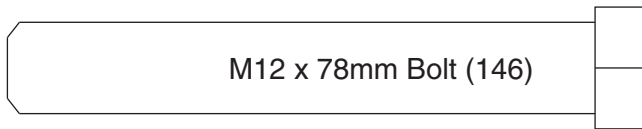
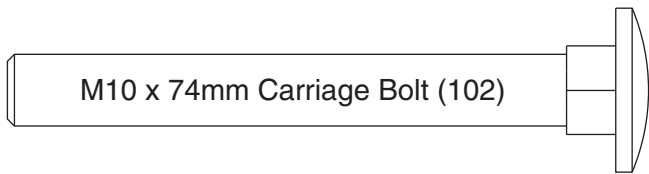
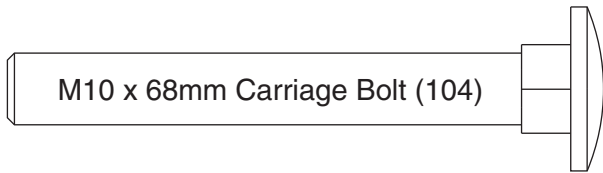
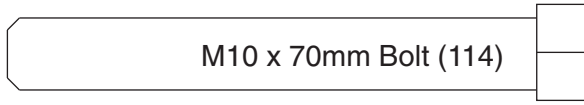
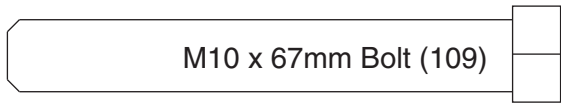
M12 Nut (137)



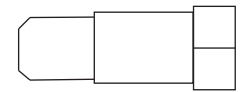
M10 Large Washer (122)



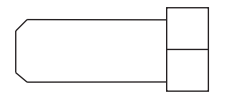
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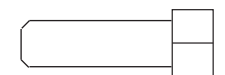
M10 x 25mm Bolt (106)



M8 x 23mm Shoulder Bolt (152)



M8 x 20mm Bolt (113)



M6 x 20mm Bolt (112)



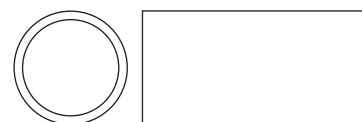
50mm x 75mm Inner Cap (53)



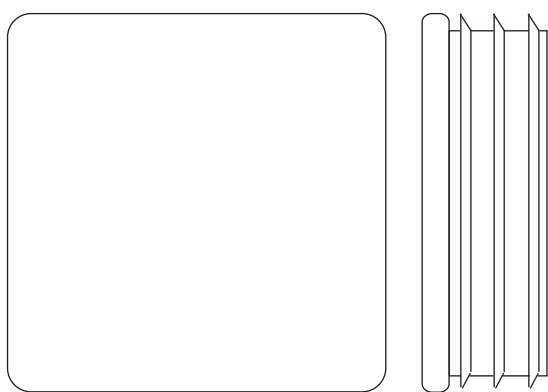
15mm x 8mm Spacer (94)



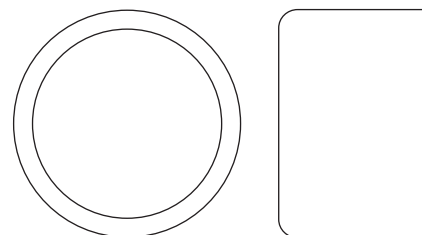
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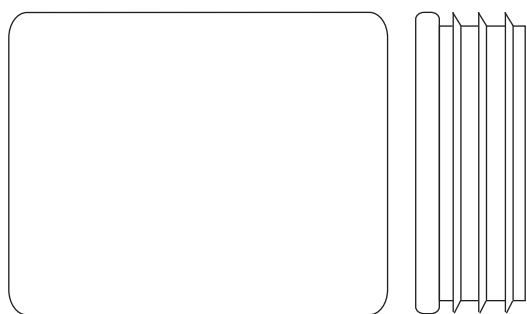
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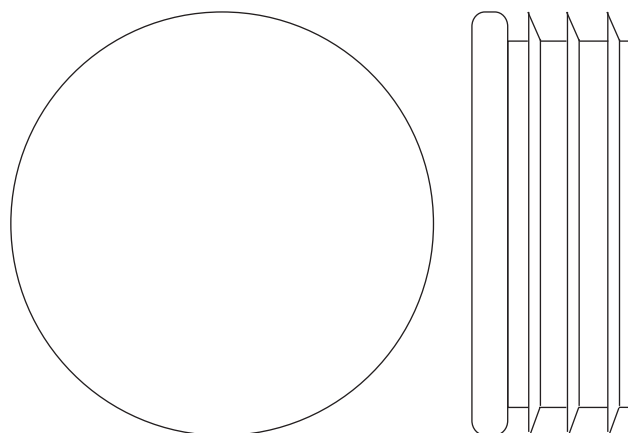
50mm Square Inner Cap (61)



25mm Round Cover Cap (65)



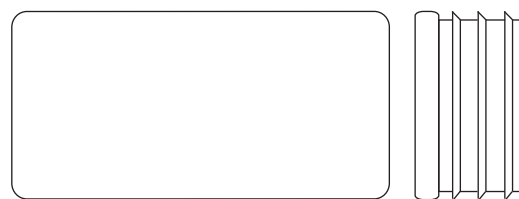
40mm x 50mm Inner Cap (60)



56mm Round Inner Cap (56)



26mm x 76mm Inner Cap (62)



25mm x 50mm Inner Cap (101)

# PART LIST—Model No. FMSY99530

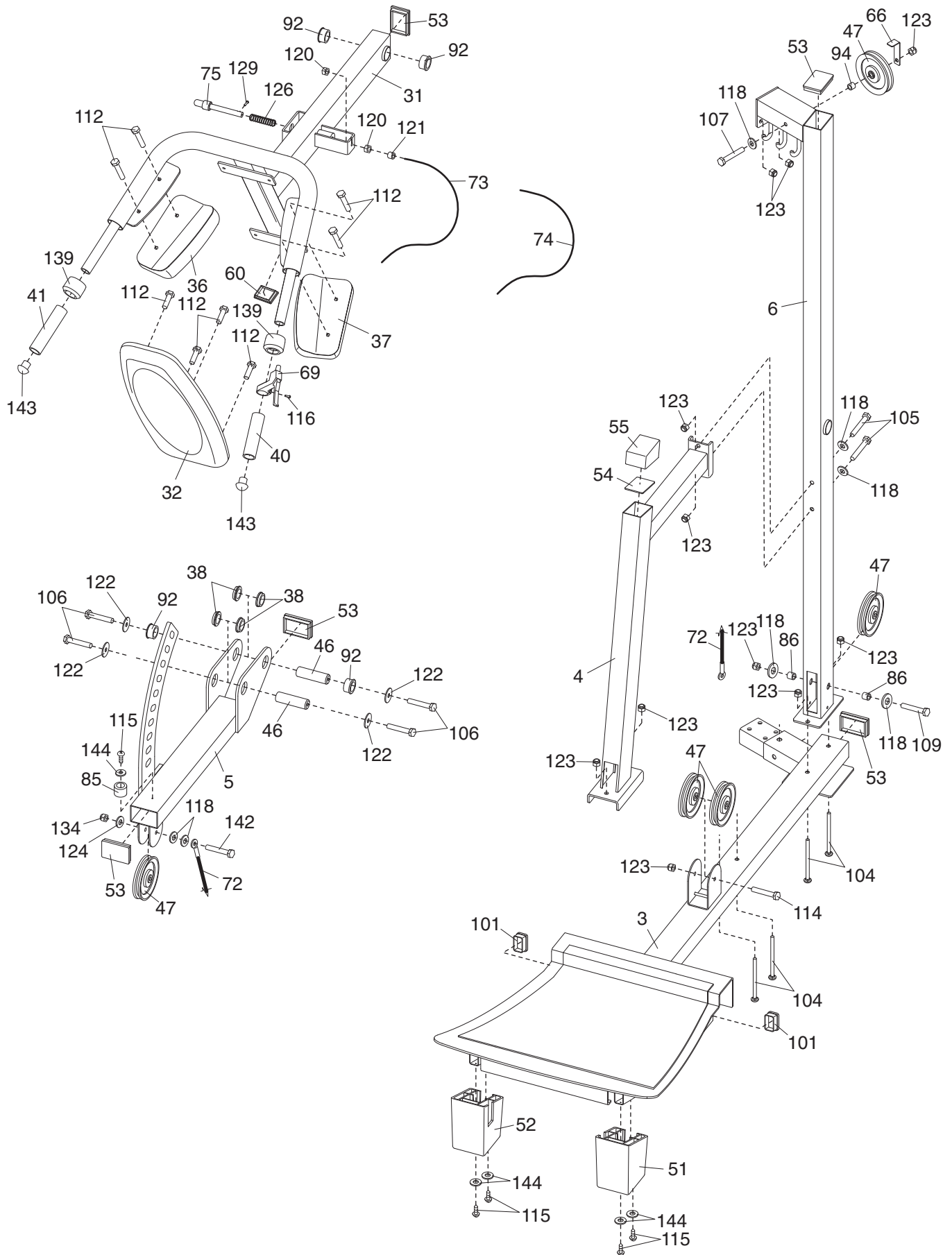
R0504A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Press Base	57	4	Butterfly Handle Bushing	108	4	M10 x 78mm Bolt
2	1	Rear Base	58	6	25mm Round Inner Cap	109	9	M10 x 67mm Bolt
3	1	Hack Squat Base	59	1	56mm Angled Square Outer Cap	110	11	M10 x 45mm Bolt
4	1	Hack Squat Leg	60	5	40mm x 50mm Inner Cap	111	6	M10 x 50mm Bolt
5	1	Hack Squat Bracket	61	4	50mm Square Inner Cap	112	16	M6 x 20mm Bolt
6	1	Hack Squat Upright	62	1	26mm x 76mm Inner Cap	113	3	M8 x 20mm Bolt
7	1	Left Rear Upright	63	1	25mm Bumper	114	4	M10 x 70mm Bolt
8	1	Right Rear Upright	64	1	50mm Angled Square Inner Cap	115	12	M4 x 20mm Self-tapping Screw
9	1	Front Upright	65	3	25mm Round Outer Cap	116	1	M6 x 25mm Button Screw
10	1	Seat Frame	66	7	Cable Trap	117	2	M5 x 15mm Screw
11	1	Press Top Frame	67	1	Two-hole Switch Bracket	118	38	M10 Washer
12	1	Rear Top Frame	68	2	Pulley Cover	119	4	25mm Retainer
13	1	Backrest Frame	69	1	Release Handle	120	2	M7 Nut
14	1	Seat Post	70	1	Ab Cable	121	1	Cable Adjustment Nut
15	1	Leg Lever	71	1	Low Cable	122	10	M10 Large Washer
16	1	Left Butterfly Arm	72	1	Hack Squat Cable	123	60	M10 Nylon Locknut
17	1	Right Butterfly Arm	73	1	Release Cable	124	5	M8 Washer
18	2	Butterfly Handle	74	1	Cable Cover	125	1	51mm x 49mm Plate
19	1	Left Press Arm	75	1	Release Pin	126	1	Spring
20	1	Right Press Arm	76	1	Seat Knob	127	1	Switch Cable Trap
21	1	Press Bracket	77	1	Backrest Knob	128	2	M10 x 100mm Bolt
22	1	Press Frame	78	1	Press Knob	129	5	M6 x 25mm Screw
23	1	Pad Frame	79	1	Pad Frame Knob	130	4	M8 x 90mm Bolt
24	1	Backrest Plate	80	1	Reed Switch Wire	131	2	M10 x 80mm Bolt
25	2	Weight Guide	81	1	High Cable	132	14	5lb. Weight Bushing
26	1	Top Weight	82	4	Cable Ball	133	32	1lb. Weight Bushing
27	7	Small Weight	83	4	Clip End	134	8	M8 Nylon Locknut
28	16	Large Weight	84	2	Rod Cover	135	1	Battery Cover
29	1	Shroud	85	2	38mm Bumper	136	2	Long Press Handgrip
30	1	Console	86	20	15mm x 12mm Spacer	137	1	M12 Nut
31	1	Hack Squat Frame	87	8	15mm x 30mm Spacer	138	1	M12 Washer
32	1	Hack Squat Backrest	88	4	Inner Bushing	139	2	45mm Bushing
33	1	Seat	89	2	Weight Bumper	140	2	21mm Bushing
34	1	Backrest	90	2	Weight Guide Bushing	141	2	M4 x 12mm Screw
35	1	Long Leg Pad	91	4	Press Arm Bushing	142	1	M8 x 55mm Shoulder Bolt
36	2	Right Small Pad	92	16	Support Rod Bushing	143	2	Small Round Inner Cap
37	2	Left Small Pad	93	1	Weight Pin	144	11	M4 Washer
38	4	Small Support Bushing	94	1	15mm x 8mm Spacer	145	2	63mm Bushing
39	1	Butterfly Cable	95	2	60mm x 80mm Bushing	146	1	M12 x 78mm Bolt
40	1	Short Handgrip	96	1	Chain	147	1	Double "U"-bracket
41	1	Long Handgrip	97	1	Lat Bar	148	2	M10 x 40mm Bolt
42	2	Short Press Handgrip	98	2	Lat Bar Handgrip	149	1	M10 x 53mm Bolt
43	2	Butterfly Handgrip	99	1	Cable Clip	150	1	Single-hole Switch Bracket
44	2	Barbell Hook Sleeve	100	1	Ab Strap	151	1	M12 Nylon Locknut
45	2	Long Pivot Rod	101	4	25mm x 50mm Inner Cap	152	1	M8 x 23mm Shoulder Bolt
46	2	Short Pivot Rod	102	2	M10 x 74mm Carriage Bolt	153	1	Flat Wire Holder
47	30	115mm Pulley	103	1	Ankle Strap	154	1	Zip Tie
48	2	M5 Washer	104	8	M10 x 68mm Carriage Bolt	#	1	User's Manual
49	1	Special Pulley	105	8	M10 x 95mm Bolt	#	1	Exercise Guide
50	4	Pulley Plate	106	14	M10 x 25mm Bolt	#	1	Exercise Decal
51	1	Left Foot	107	1	M10 x 127mm Bolt	#	4	Grease Pack
52	1	Right Foot				#	1	Allen Wrench
53	9	50mm x 75mm Inner Cap						
54	1	81mm x 58mm Metal Cap						
55	1	81mm x 58mm Angled Outer Cap						
56	2	56mm Round Inner Cap						

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.

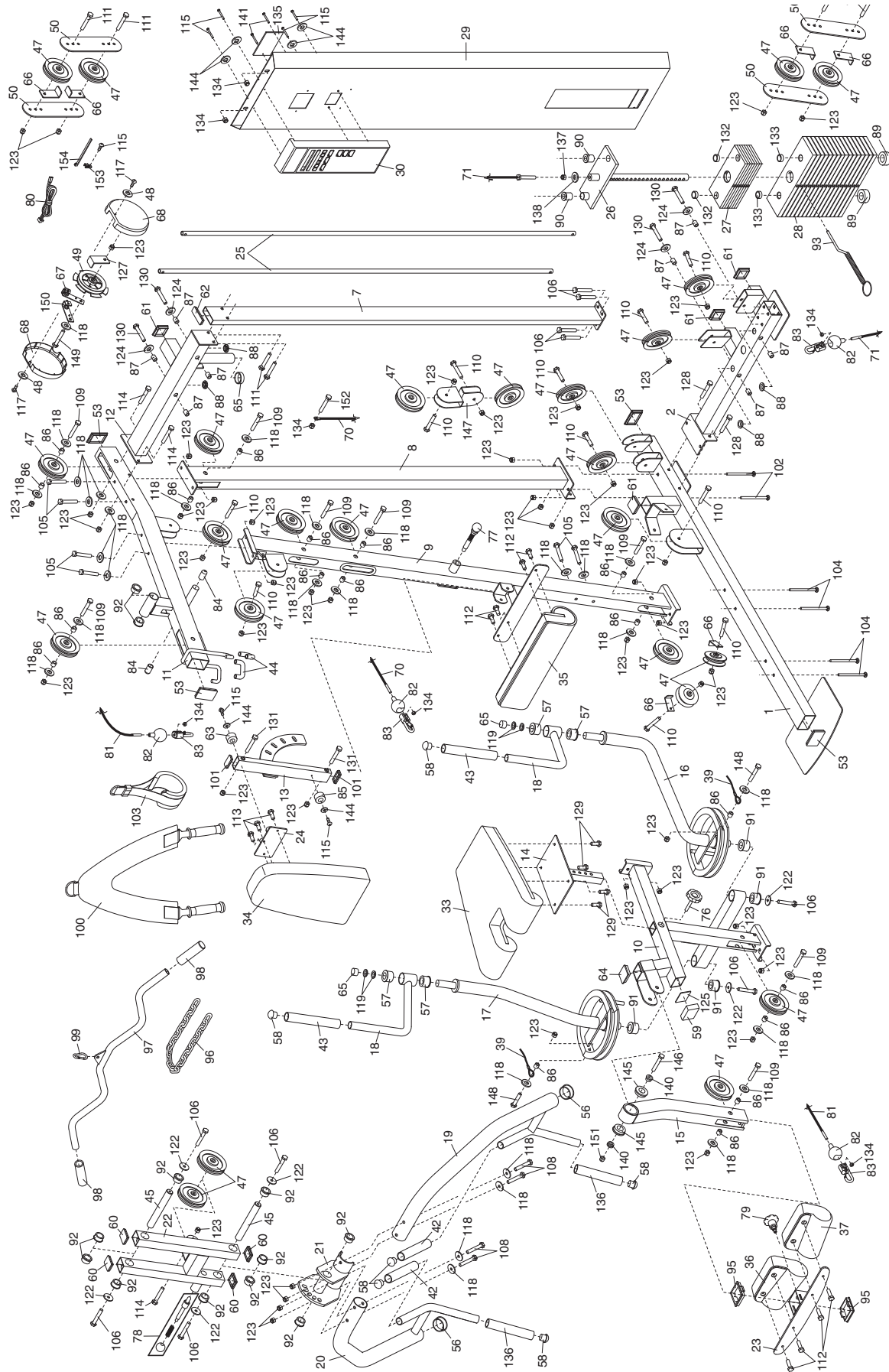
# EXPLODED DRAWING—Model No. FMSY99530

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# EXPLODED DRAWING—Model No. FMSY99530

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# ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-995-2699, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (FMSY99530)
2. The NAME of the product (FREEMOTION® S75 STRENGTH TRAINER weight system)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING at the center of this manual).

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## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON 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, costs of removal, 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.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**