

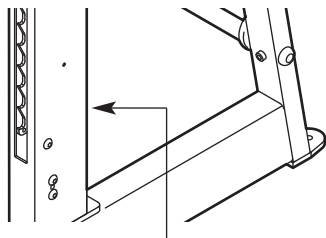
FREEMOTION E P I C

OWNER'S MANUAL

Model No. GZFW2114.1

Serial No. _____

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



Serial Number Decal (on upright)

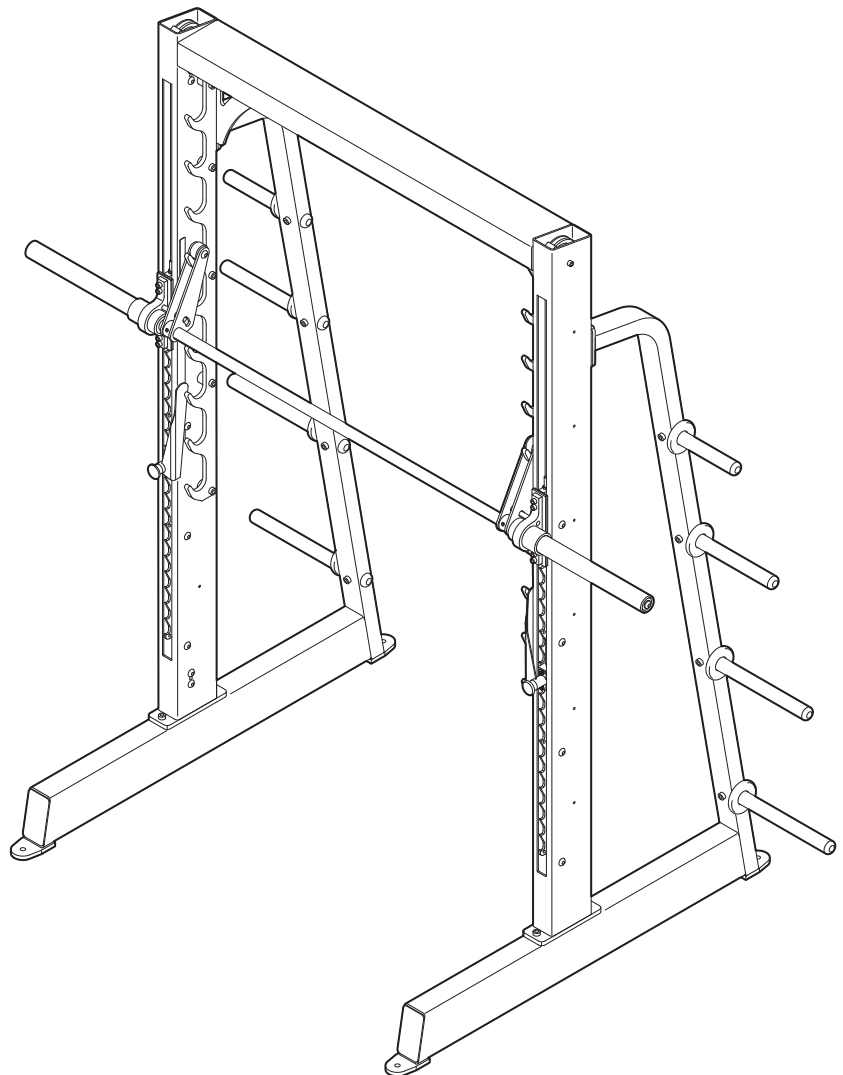
QUESTIONS?

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

CAUTION

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

SMITH MACHINE



Visit our website at

www.freemotionfitness.com

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IMPORTANT PRECAUTIONS

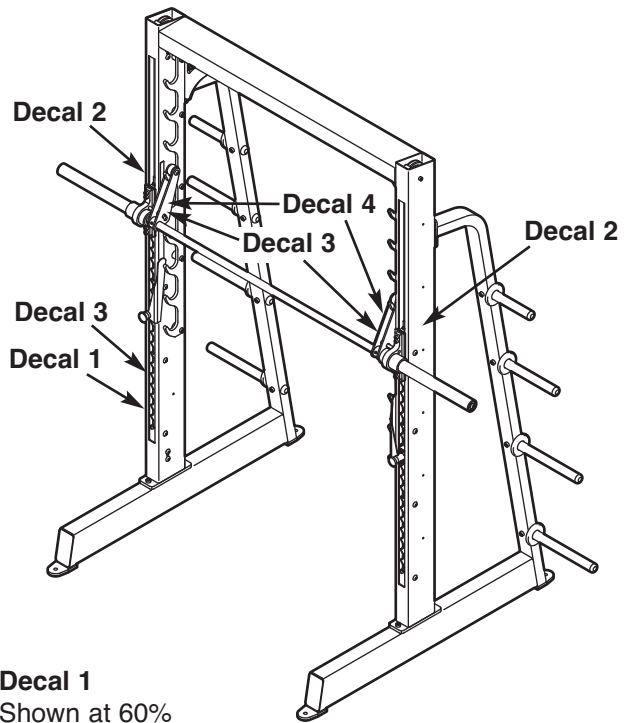
⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the strength rack.

1. Read all instructions in this manual and all warnings on the strength rack before using the strength rack. Use the strength rack only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the strength rack are adequately informed of all precautions, have read and understood all warning and caution labels, and are informed of how to use the strength rack properly.
3. All users of the strength rack should be instructed to report any injury or strength rack irregularity to facility staff immediately.
4. It is the owner's responsibility to ensure that there is enough space around the strength rack for the intended exercise. Do not crowd the strength rack.
5. Use the strength rack only on a level surface. Cover the floor beneath the strength rack to protect the floor.
6. Keep the strength rack indoors, away from moisture and dust. Do not put the strength rack in a garage or covered patio, or near water.
7. Using the four 9/16" anchor holes to provide maximum stability, anchor the strength rack to the floor where required or whenever possible.
8. Make sure all parts are properly tightened before each use of the strength rack. Replace any worn parts immediately.
9. The strength rack is designed to support a maximum weight of 540 pounds on the barbell, and a maximum total weight of 800 pounds on the barbell and storage tubes. Note: The strength rack does not include weights.
10. Keep children under 12 and pets away from the strength rack at all times.
11. Always wear athletic shoes for foot protection while exercising.
12. Keep hands and feet away from moving parts. Do not lean on or rest your hands on the strength rack when it is in use.
13. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING DECAL PLACEMENT

The decals shown below have been placed on the strength machine in the locations shown. If a decal is missing or illegible, see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual, and order a free replacement decal. Apply the decal in the location shown.



! WARNING

1. Obtain a medical exam before beginning an exercise program.
2. Inspect the machine before use. **Do not** use if machine appears damaged or inoperable.
3. Keep body and clothing free and clear of all moving parts.
4. **Never** pin or prop the weights in an elevated position. **Never** use the machine in this condition.
5. **Inspect** all cables, straps, and their connections. Do not use if any component is found to be worn or damaged.
6. Do not use dumbbells or other means to incrementally increase the weight resistance other than those means provided by the manufacturer.
7. Do not allow children on machines. Machines use by teenagers must be supervised by a knowledgeable adult.
8. This equipment to be used only under qualified supervision.
9. Do not remove this label.
REPLACE IF DAMAGED.

Part# 7058

Decal 3

! CAUTION

KEEP AWAY FROM MOVING PARTS. FAILURE TO DO SO COULD RESULT IN PERSONAL INJURY.

7005-1199

! CAUTION

Must use weight clamps while operating machine

221215

Decal 2

! CAUTION

**Load limit
270 lbs. per side.**

221214

Decal 4

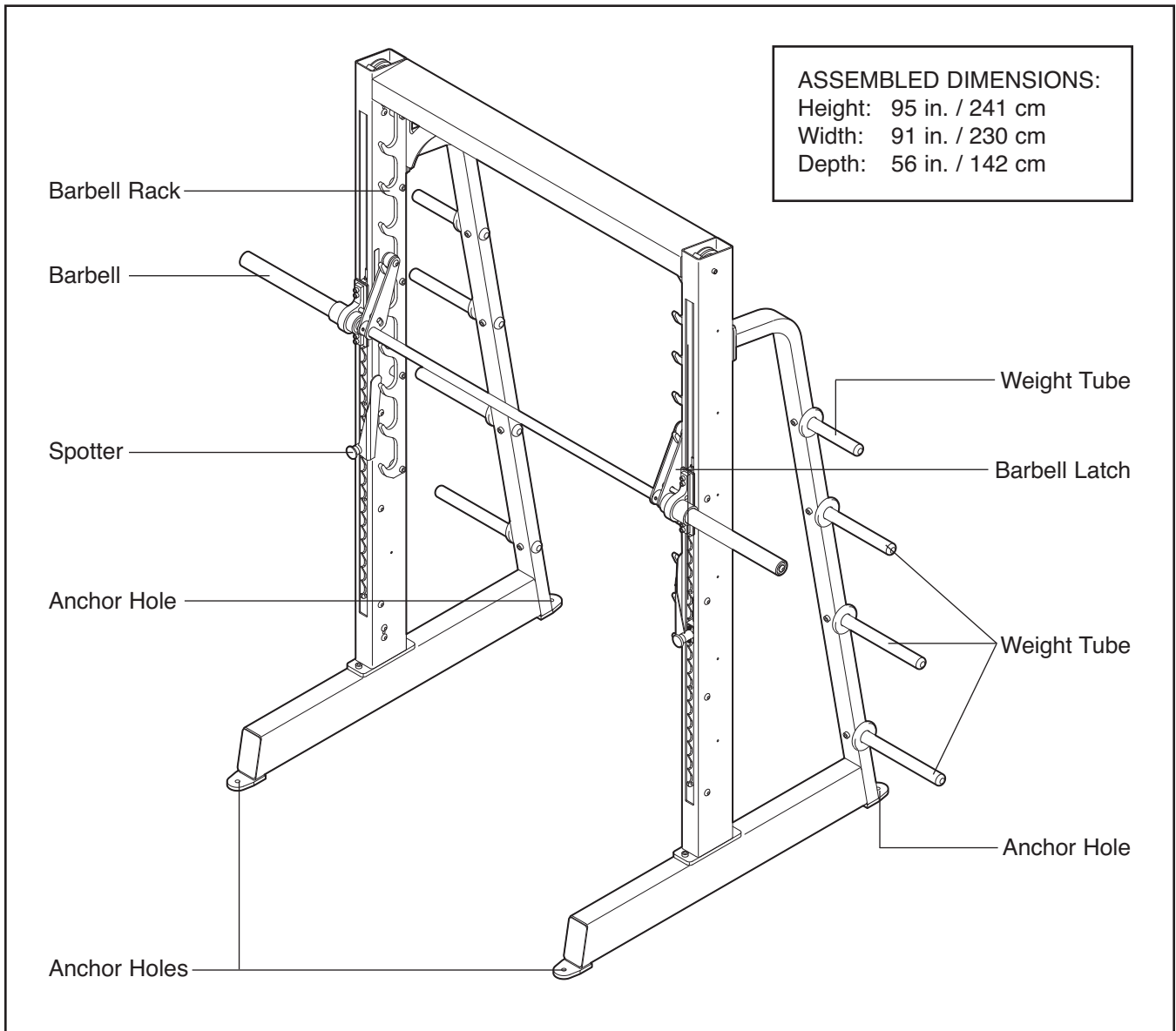
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION EPIC™ SMITH MACHINE strength rack. The strength rack is designed to help 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 strength rack will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the strength rack. If you have questions after reading this manual, see HOW TO CONTACT CUS-

TOMER CARE on the back cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is GZFW2114.1. The serial number can be found on a decal attached to the strength rack (see the front cover of this manual).

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



ADJUSTMENTS

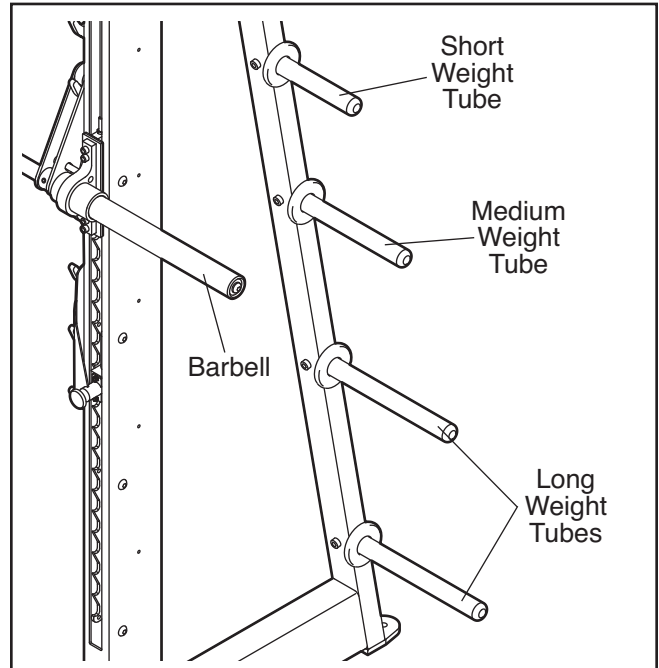
This section explains how to adjust the strength rack for exercising. Make sure all parts are properly tightened each time the strength rack is used. Replace any worn parts immediately.

STORING WEIGHTS

Store unused weights on the weight tubes.

WARNING: Each short weight tube can hold up to 150 pounds. Each medium weight tube can hold up to 200 pounds. Each long weight tube can hold up to 225 pounds. Do not place more than a total of 800 pounds on the barbell and storage tubes.

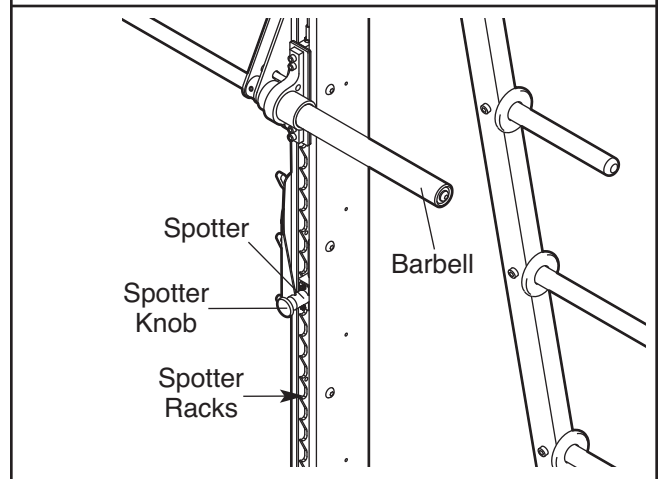
Do not place more than 540 pounds on the barbell. Always place an equal amount of weight on each side of the barbell.



ADJUSTING THE SPOTTERS

The spotters will determine the lowest point to which the barbell can go during an exercise. To adjust the position of a spotter, pull the spotter knob out and move the spotter to the desired height. Then, release the spotter knob. Repeat with the other spotter.

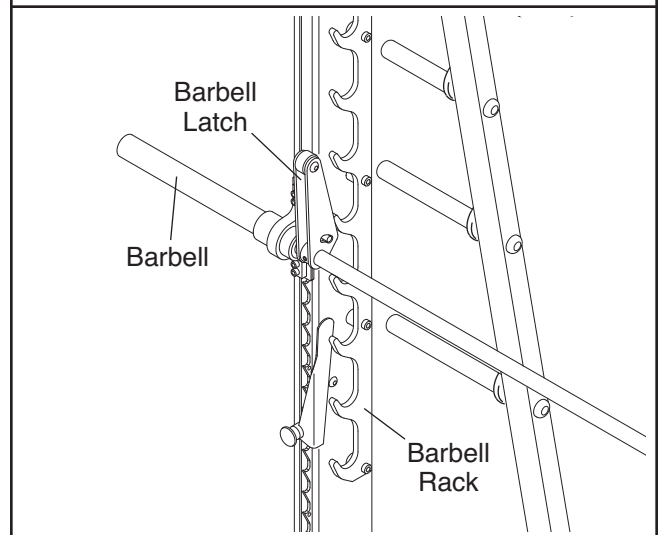
WARNING: Always adjust both spotters to the same height and make sure that they fully engage the spotter racks before using the strength rack.



USING THE BARBELL

Place the desired amount of weight (not included) onto the barbell. Lift the barbell and rotate it to disengage the barbell latches from the barbell racks. When finished with the exercise, rotate the barbell back to reengage the barbell latches.

WARNING: Always make sure that both barbell latches fully engage the barbell racks before releasing the barbell.



MAINTENANCE

It is important for safe and trouble-free operation of your FREEMOTION EPIC strength equipment to perform routine preventive maintenance on a regular basis. Instruct all personnel to perform equipment inspection and maintenance requirements. Personnel must record and report any accident. To maintain the strength bench's warranty, use only FREEMOTION EPIC parts for repair or replacement. For any questions or concerns, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

SCHEDULED MAINTENANCE

DAILY

1. Frames:

- Wipe using a cloth dampened with a solution of warm water and mild soap.
- Rinse and dry thoroughly.

Important: Do not use abrasive cleaners because they may scratch the equipment. Strong cleansers and abrasives will damage decals. Use caution around decals. Do not use solvents such as lacquer thinner, kerosene, gasoline, or similar liquids.

WEEKLY

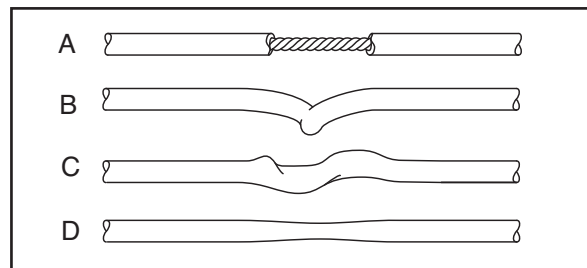
1. Hardware:

- Check all nuts and bolts. Tighten them as required.

2. Cables:

- Check all cables for proper tension.
- Check the entire length of each cable by lowering the barbell to its lowest position and inspecting the cable inside the frame.
- 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. torn or split cable sheath that exposes the cable
- B. kinked or severely bent cable
- C. curled or twisted sheath
- D. stretched cable sheath, showing a thinning cross-section



MONTHLY OR AS REQUIRED

1. Weight Tubes:

- Check to ensure that the bolts are tight and the bars are secure.

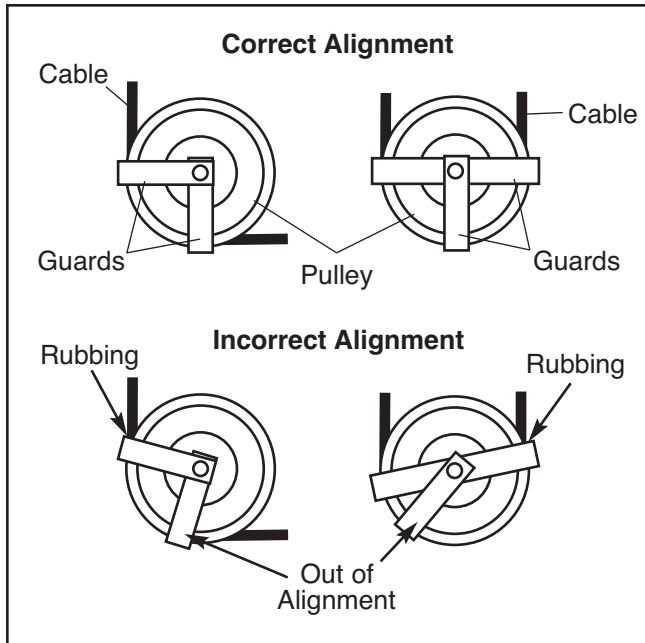
YEARLY OR AS REQUIRED

1. Guide Rods:

- Clean and lubricate the full length by wiping using a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Only a light coating over the entire length is needed. **Note: Do not use TEFLON® or silicone-based lubricants.**

CABLE GUARDS

Check for alignment periodically to ensure that cable guards are not dragging on the cable and that they are performing their intended duty. If the alignment is not proper, loosen the bolt slightly, readjust the cable guard as necessary, and retighten the bolt.



PART LIST—Model No. GZFW2114.1

R0106A

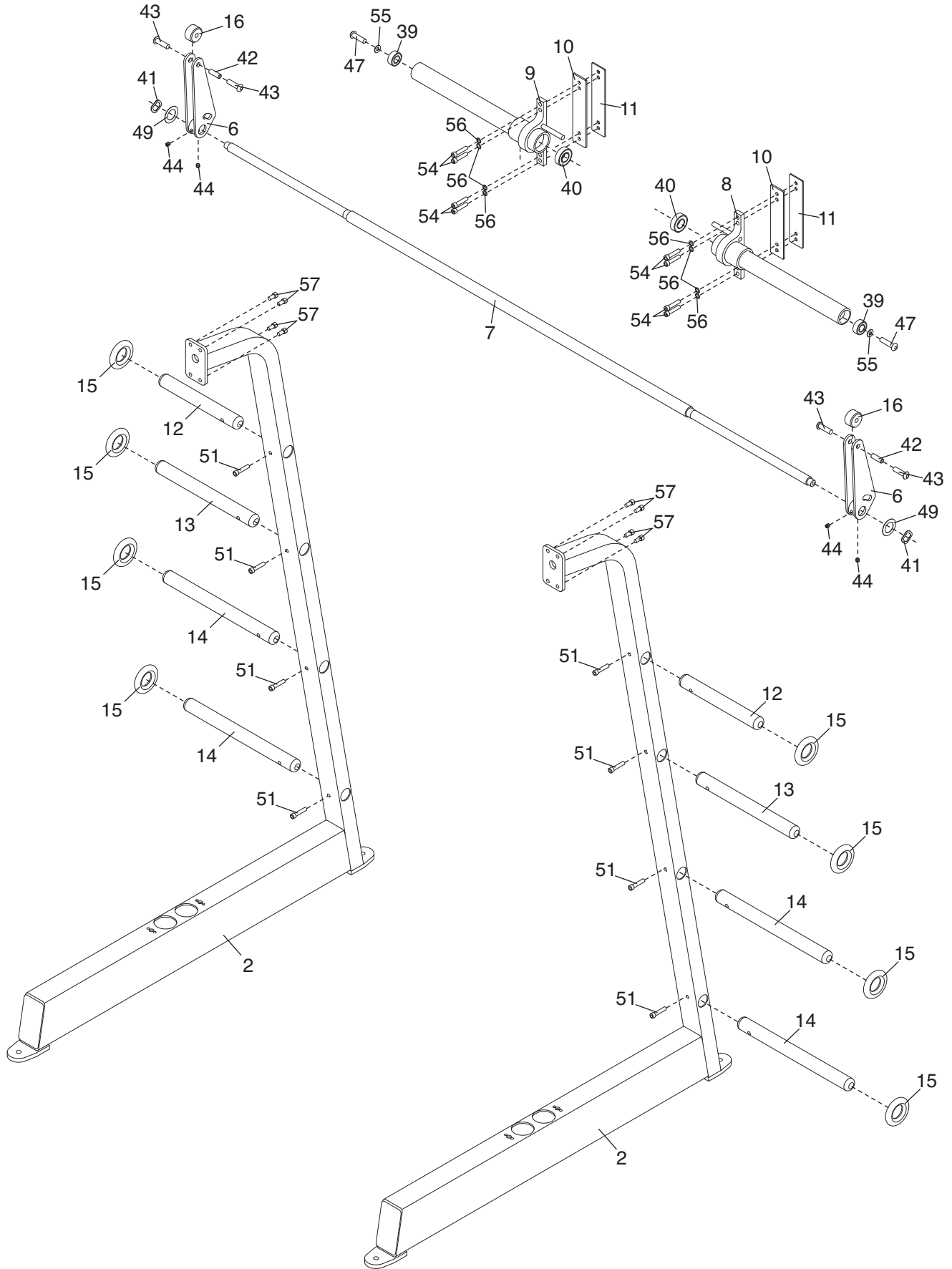
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	31	2	Pulley
2	2	Base	32	4	Cable Guard
3	2	Counterweight Tube	33	4	Spotter Bushing
4	2	Guide Rod	34	2	Spring
5	2	Counterweight	35	2	Spotter Pin
6	2	Barbell Latch	36	2	Spotter Rod
7	1	Barbell	37	4	Small Spotter Rod
8	1	Left Barbell Bracket	38	2	Small Bumper
9	1	Right Barbell Bracket	39	2	3/4" Bearing
10	2	Barbell Bracket Plate	40	2	1" Bearing
11	2	Nylon Bracket Plate	41	2	Wave Washer
12	2	Short Weight Tube	42	2	Threaded Spacer
13	2	Medium Weight Tube	43	4	3/8" x 1/2" Button Screw
14	4	Long Weight Tube	44	4	3/8" x 3/8" Set Screw
15	8	Weight Storage Bumper	45	2	3/8" x 1/2" Set Screw
16	2	Latch Roller	46	4	3/8" x 3/4" Set Screw
17	2	Barbell Guide	47	10	3/8" x 3/4" Button Screw
18	1	Right Stop Indicator	48	2	3/8" x 2 1/2" Socket Bolt
19	1	Left Stop Indicator	49	2	1" Thin Washer
20	2	Spotter Guide	50	2	3/8" Nylon Locknut
21	2	Large Bumper	51	18	1/2" x 1" Socket Screw
22	2	Spotter Knob	52	16	3/8" x 3/8" Button Screw
23	4	Guide Rod Bracket	53	4	3/8" Fine Thread Nut
24	4	Barbell Guide Bearing	54	8	3/8" x 1 3/4" Socket Screw
25	2	Barbell Rack	55	2	5/16" Washer
26	2	Right Spotter Rack	56	12	Serrated Washer
27	2	Left Spotter Rack	57	8	3/8" x 3/4" Socket Screw
28	4	1 9/16" Retainer Ring	58	4	1/2" x 1 1/4" Socket Screw
29	2	1" Washer	59	4	1/4" x 3/8" Socket Screw
30	2	Cable	#	1	Owner's Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice.

EXPLODED DRAWING A—Model No. GZFW2114.1

R0106A



HOW TO CONTACT CUSTOMER CARE

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

- The MODEL NUMBER of the product (GZFW2114.1).
- The NAME of the product (FREEMOTION EPIC SMITH MACHINE strength rack).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- When ordering replacement parts, please also give the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 9 to 11 of this manual).

**Customer Care: 1-800-201-2109, Monday–Friday, 8 a.m.–5 p.m. Mountain Time
FreeMotion Fitness, Inc. • 1096 Elkton Drive Dr., Suite 600 • Colorado Springs, CO 80907**