

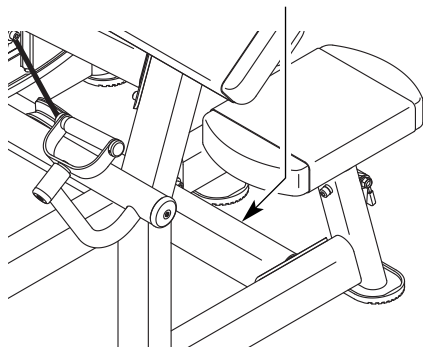
FREEMOTION[®] EPIC[™] BICEPS

Model No. F810.0

Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal



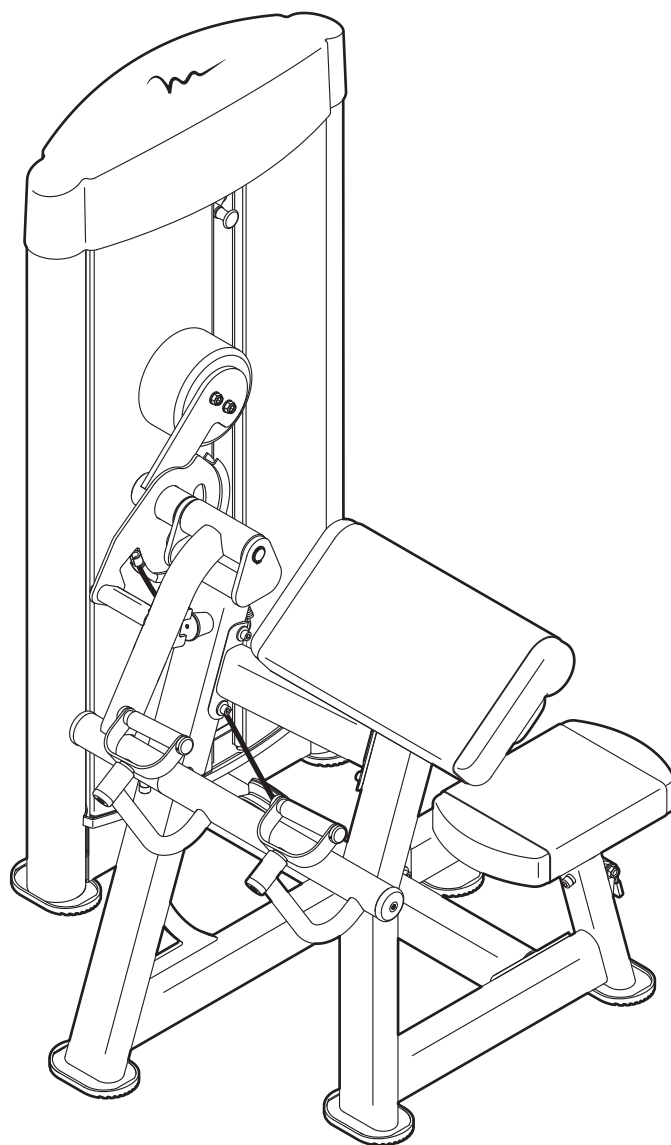
OWNER'S MANUAL

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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TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	3
WARNING DECAL PLACEMENT	4
BEFORE YOU BEGIN	5
PART IDENTIFICATION CHART	6
ASSEMBLY	7
ADJUSTMENT	18
MAINTENANCE AND TROUBLESHOOTING	19
CABLE DIAGRAM	20
PART LIST	21
EXPLODED DRAWING	22
HOW TO CONTACT CUSTOMER CARE	Back Cover

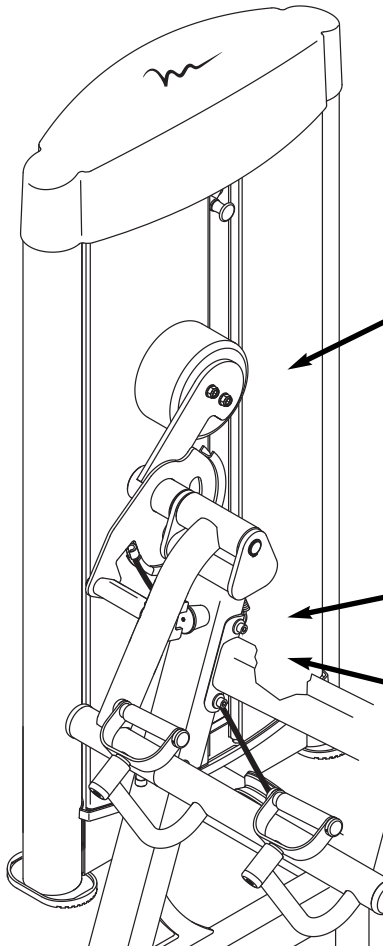
IMPORTANT PRECAUTIONS

⚠️ 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 responsibility of the owner to ensure that there is enough space around the strength equipment for the intended exercise.
4. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
5. Anchor the strength equipment to the floor with the anchor strap where required or where possible to provide maximum stability.
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. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
8. Keep children under age 12 and pets away from the strength equipment at all times.
9. The strength equipment is designed to support a maximum user weight of 350 lbs. (159 kg).
10. Always wear athletic shoes for foot protection while exercising.
11. Keep hands and feet away from moving parts. Do not lean on or rest your hands on the strength equipment while it is in use.
12. Make sure that the weight pin is completely inserted into one of the weight plates.
13. Check each **cable**, **cable** connection, and pulley before each use of the strength equipment. Make sure that all parts are properly tightened. Replace any worn parts immediately.
14. Make sure that each **cable** remains on the pulleys at all times. If a **cable** binds while you are exercising, stop immediately and make sure that the **cable** is on the pulleys and that nothing is interfering with the **cable** or the pulleys.
15. 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.



WARNING

- Read and follow all warnings and instructions and obtain proper instruction prior to use.
- Obtain a medical exam before beginning an exercise program.
- Inspect the machine before use. Do not use if machine appears damaged.
- Keep body and clothing free and clear of all moving parts.
- Be certain that the weight pin is completely inserted.
- NEVER pin the weight stack in an elevated position.
- NEVER use the machine if found in this condition.
- INSPECT all cables, straps and their connections. Do not use if any component is found to be worn or damaged.
- Do not use dumbbells or other means to incrementally increase the weight resistance, other than those provided by the manufacturer.
- Do not allow children on machines. Machine use by teenagers must be supervised by a knowledgeable adult.
- This equipment to be used only under qualified supervision.
- Do not remove this label. REPLACE IF DAMAGED.
- Max user weight: 350 lbs.

CAUTION



WEIGHT SELECTOR PIN
MUST BE FULLY INSERTED
INTO THE WEIGHT PLATE.

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

WARNING



BACK PANEL MUST BE IN PLACE
BEFORE MACHINE USE.

INSPECT ALL CABLES, STRAPS,
MOVING PARTS, AND FASTENERS
WEEKLY. REFER TO MAINTENANCE
MANUAL.

KEEP HANDS FREE OF MOVING
PARTS. FAILURE TO DO SO
COULD RESULT IN PERSONAL INJURY.

7004-1199

CAUTION



Weight selector pin must
be fully inserted into the
weight plate.

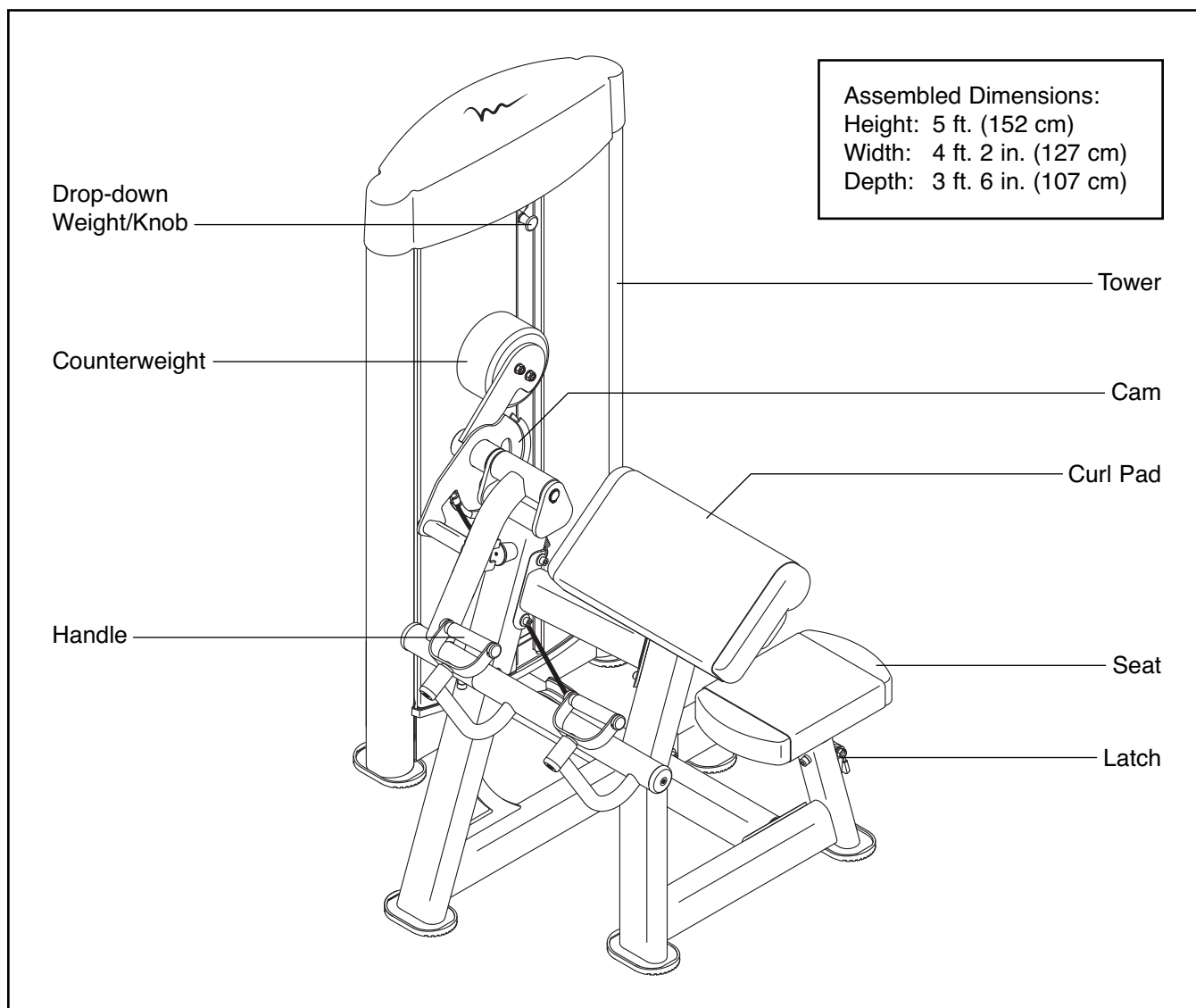
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® EPIC™ BICEPS strength equipment. With unrestricted motion, you can work your body's muscle groups the way you do naturally, to train more effectively 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

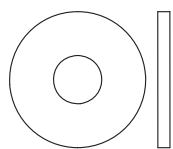
of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

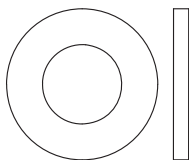
Refer to the drawings below to identify small parts used for assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preattached. To avoid damaging parts, do not use power tools.**



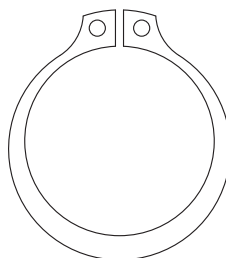
M6 Washer
(34)–4



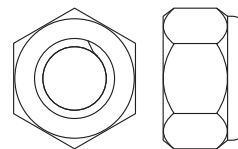
M8 Washer
(76)–4



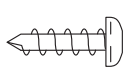
M10 Washer
(31)–18



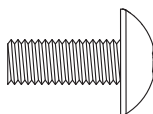
25mm Snap
Ring (39)–2



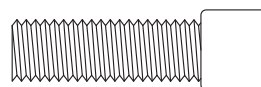
M10 Locknut
(32)–2



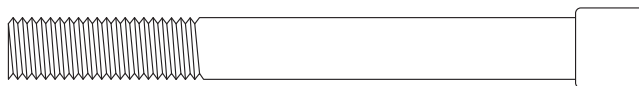
M4 x 13mm
Self-tapping
Screw (27)–2



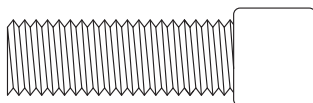
M6 x 15mm
Screw (35)–4



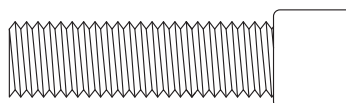
M8 x 25mm Socket
Screw (75)–2



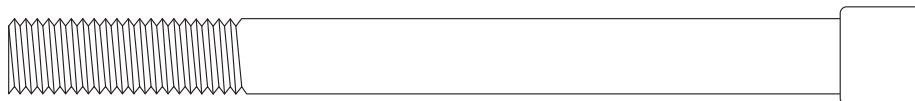
M8 x 75mm Socket Screw (83)–2



M10 x 30mm Socket
Screw (30)–12



M10 x 35mm Socket
Screw (71)–4



M10 x 110mm Socket Bolt (78)–2

ASSEMBLY

- Assembly requires two persons.
- Because of its weight and size, assemble the strength equipment in the location where it will be used. Make sure that there is enough clearance around the strength equipment.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- For help identifying small parts, see page 6.

- The following tools (not included) are required for assembly:

one adjustable wrench



one Phillips screwdriver



a set of metric hex keys



snap ring pliers



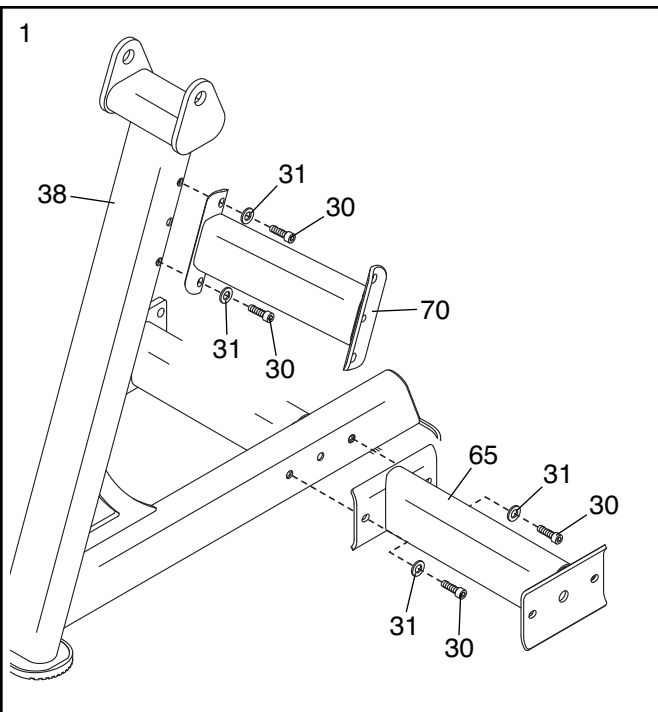
Assembly may be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1.

Before beginning assembly, make sure that you understand the information in the box above.

Attach the Lower Crossbar (65) to the Main Frame (38) with two M10 x 30mm Socket Screws (30) and two M10 Washers (31). **Do not tighten the Socket Screws yet.**

Attach the Upper Crossbar (70) to the Main Frame (38) in the same way.

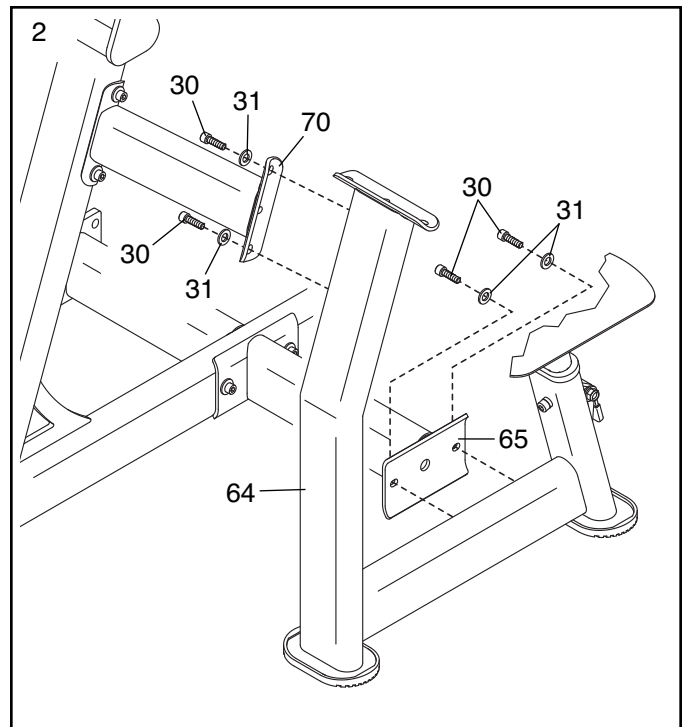


2. Attach the Lower Crossbar (65) to the Pad Frame (64) with two M10 x 30mm Socket Screws (30) and two M10 Washers (31). **Do not tighten the Socket Screws yet.**

Attach the Upper Crossbar (70) to the Pad Frame (64) in the same way.

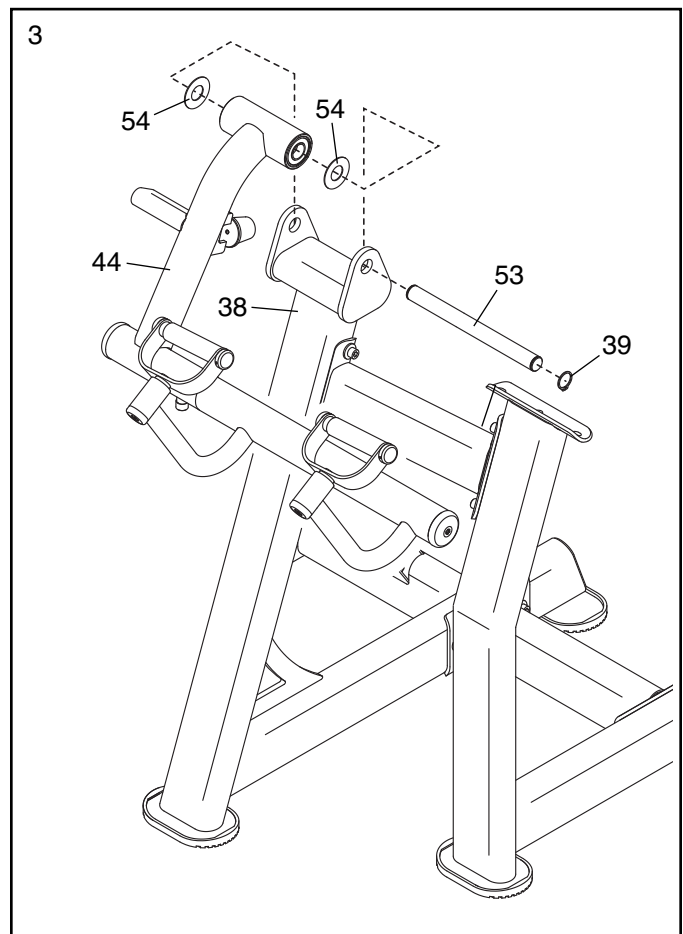
Tighten the four M10 x 30mm Socket Screws (30) used in this step.

See step 1. Tighten the four M10 x 30mm Socket Screws (30) used in step 1.



3. Attach a 25mm Snap Ring (39) to one end of the Axle (53).

Have a second person hold the end of the Pivot Frame (44) and two Plastic Washers (54) inside the bracket on top of the Main Frame (38). Insert the Axle (53) through the bracket, the Plastic Washers, and the Pivot Frame.

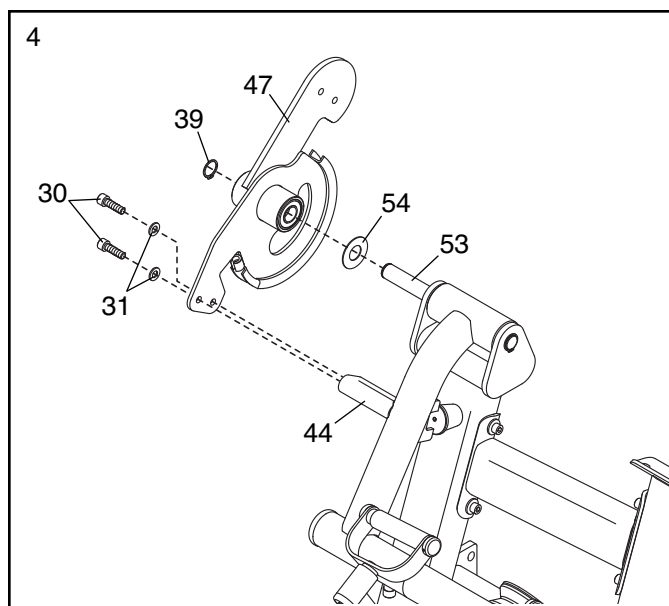


4. Orient the Cam (47) as shown.

Slide a Plastic Washer (54) and the Cam (47) onto the Axle (53).

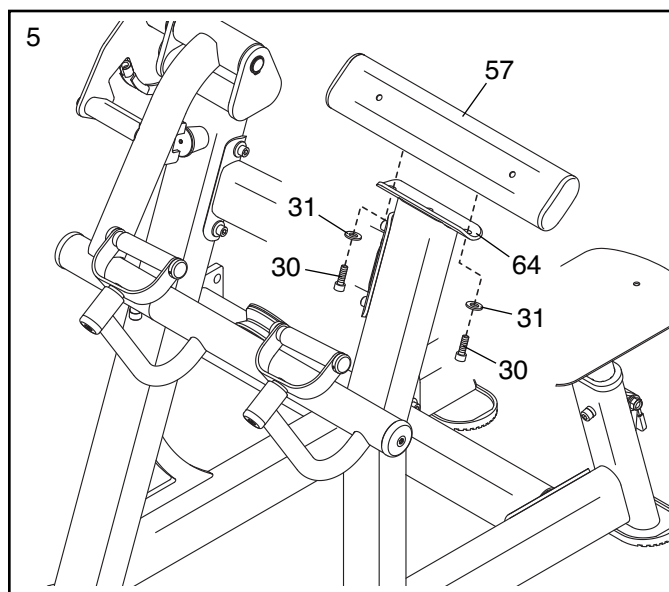
Next, attach a 25mm Snap Ring (39) to the Axle (53).

Attach the lower end of the Cam (47) to the Pivot Frame (44) with two M10 x 30mm Socket Screws (30) and two M10 Washers (31).

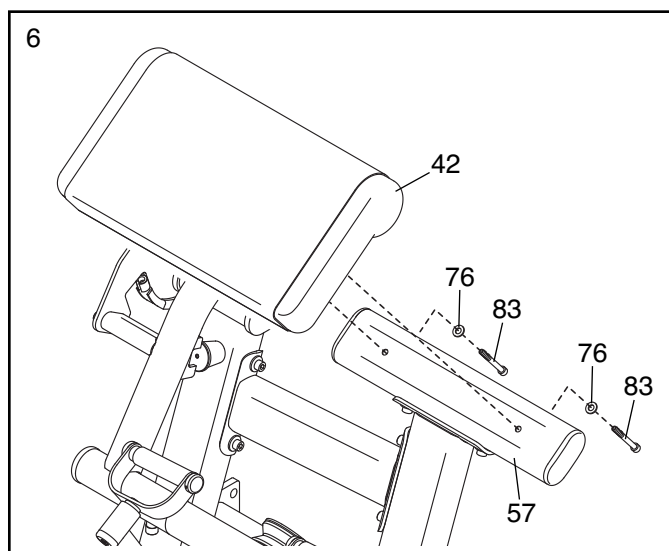


5. Orient the Curl Pad Frame (57) as shown.

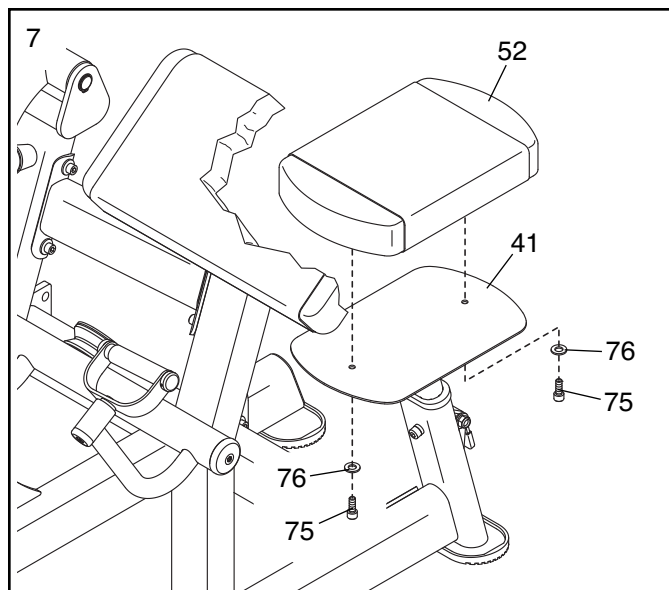
Attach the Curl Pad Frame (57) to the Pad Frame (64) with two M10 x 30mm Socket Screws (30) and two M10 Washers (31).



6. Attach the Curl Pad (42) to the Curl Pad Frame (57) with two M8 x 75mm Socket Screws (83) and two M8 Washers (76).

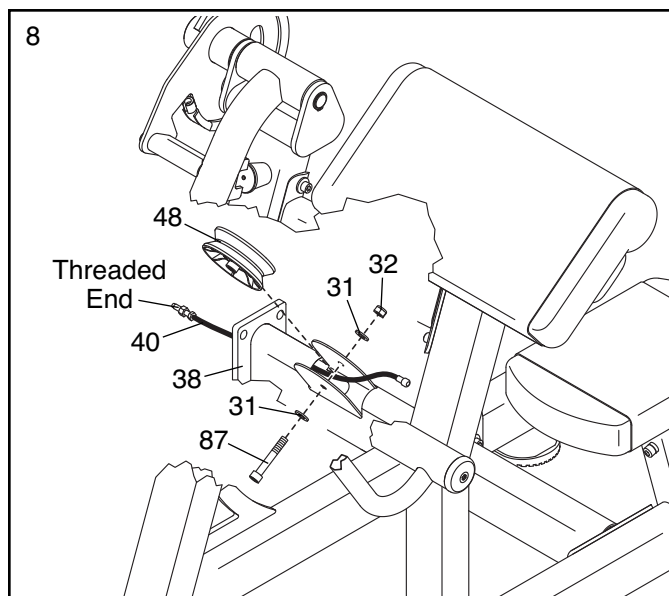


7. Attach the Seat (52) to the Seat Frame (41) with two M8 x 25mm Socket Screws (75) and two M8 Washers (76).

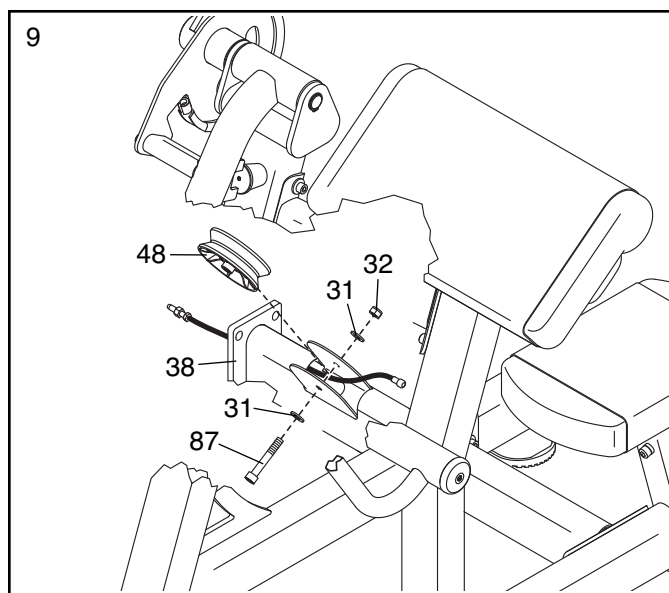


8. Remove all parts (31, 32, 48, and 87) from the pulley bracket on the Main Frame (38).

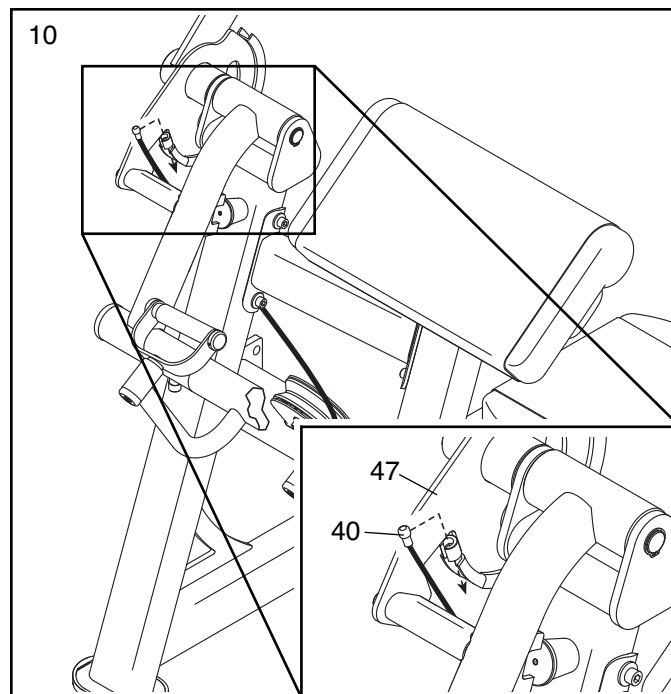
Orient the Cable (40) as shown, and insert it through the Main Frame (38) and through the pulley bracket.



9. Attach the V-pulley (48) inside the pulley bracket on the Main Frame (38) with the M10 x 70mm Socket Bolt (87), the two M10 Washers (31), and the M10 Locknut (32) that you removed in step 8.



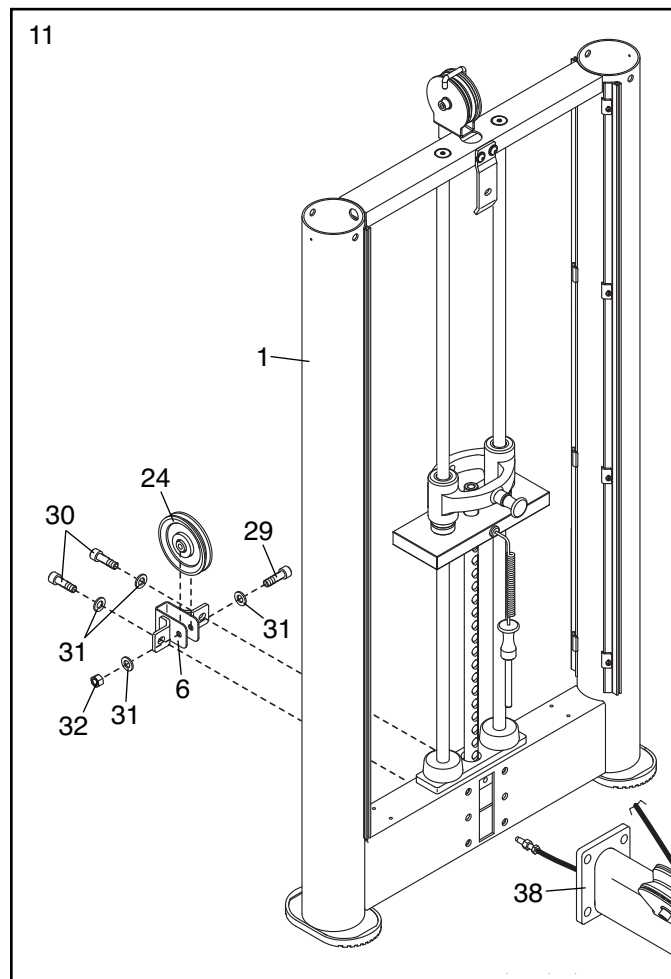
10. **See the inset drawing.** Press the end of the **Cable** (40) as far as possible into the socket on the Cam (47).



11. Orient the Tower Frame (1) as shown, and set it near the Main Frame (38). **Have a second person hold the Tower Frame to prevent it from falling until you complete step 12.**

Remove the two M10 x 30mm Socket Screws (30), the two M10 Washers (31), and the Pulley Bracket (6) from the back of the Tower Frame (1).

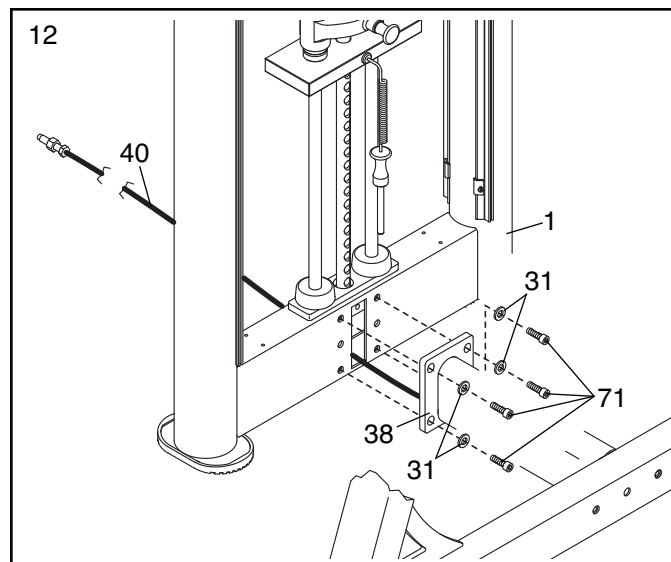
Next, remove all parts (24, 29, 31, and 32) from the Pulley Bracket (6).



12. Insert the **Cable** (40) through the Tower Frame (1) as shown.

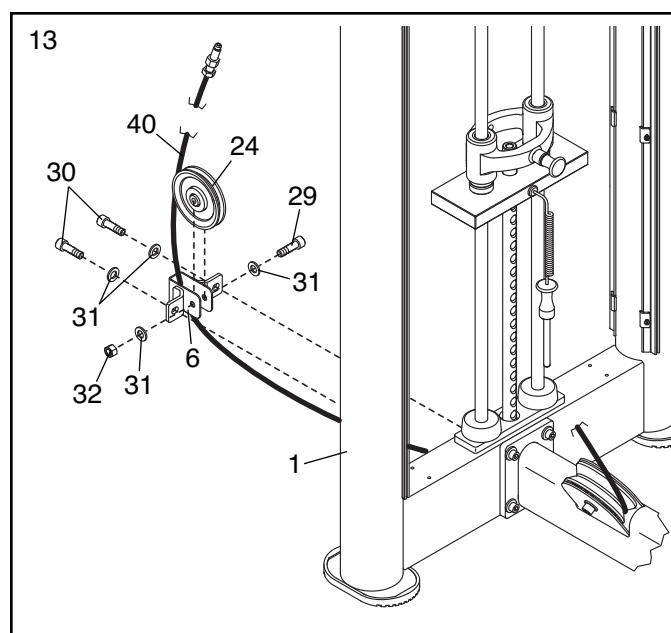
Attach the Main Frame (38) to the Tower Frame (1) with four M10 x 35mm Socket Screws (71) and four M10 Washers (31).

See steps 1 and 2. Tighten the eight M10 x 30mm Socket Screws (30).



13. Route the **Cable** (40) upward through the Pulley Bracket (6). Attach the Large Pulley (24) inside the Pulley Bracket with the M10 x 50mm Socket Bolt (29), the two M10 Washers (31), and the M10 Locknut (32) that you removed in step 11.

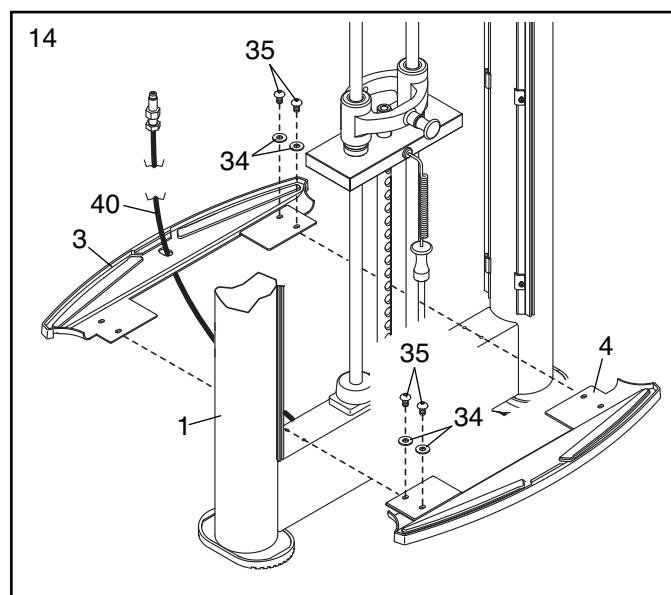
Then, attach the Pulley Bracket (6) to the Tower Frame (1) with the two M10 x 30mm Socket Screws (30) and the two M10 Washers (31) that you removed in step 11.



14. Identify the Rear Shroud Base (3), which has a hole in the center, and the Front Shroud Base (4). Orient the Shroud Bases as shown.

Insert the end of the **Cable** (40) upward through the Rear Shroud Base (3).

Attach the Shroud Bases (3, 4) to the Tower Frame (1) with four M6 x 15mm Screws (35) and four M6 Washers (34).

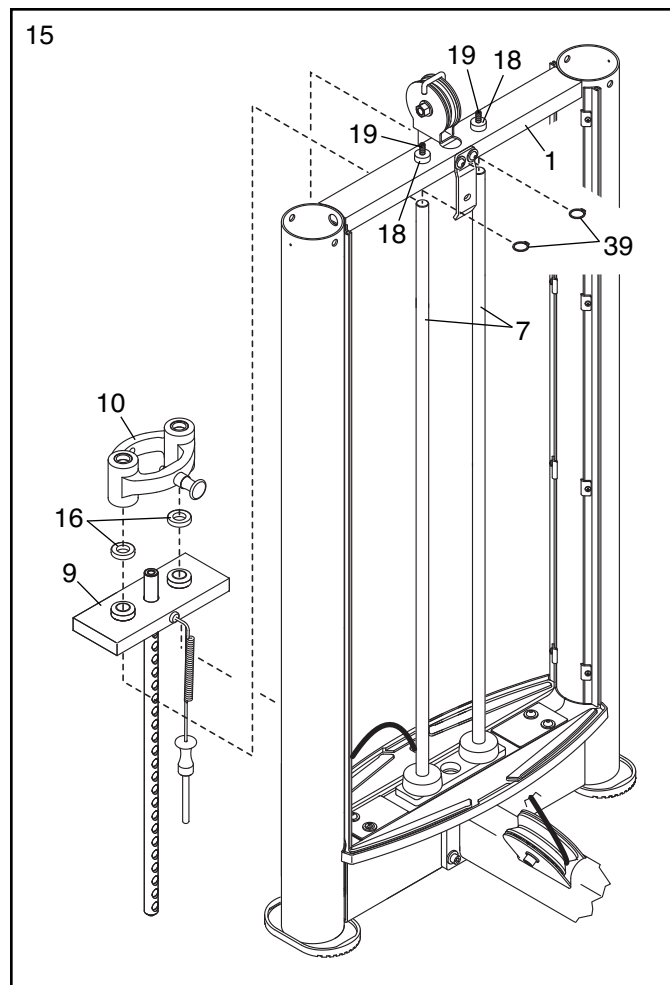


15. Loosen the two M8 x 35mm Set Screws (19) a few complete turns; **it is not necessary to remove the Set Screws.**

Look under the top of the Tower Frame (1) and remove the two 25mm Snap Rings (39) from the two Weight Guide Bushings (18).

Lift the Weight Guide Bushings (18) until the upper ends of the Weight Guides (7) are free.

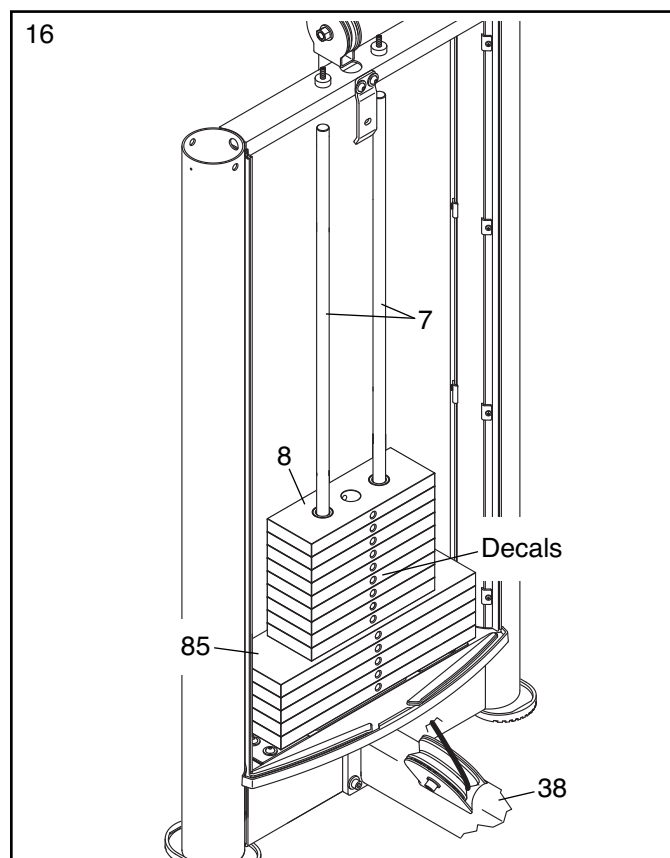
Next, tip the upper ends of the Weight Guides (7) forward or backward, and slide the two 25mm Snap Rings (39), the Drop-down Weight (10), the two Upper Weight Bumpers (16), and the Top Weight (9) upward off the Weight Guides.



16. Look at the decals on the five 20-pound Weights (85), and find the decal that has the **largest** number on it. Orient that 20-pound Weight so that the decal is facing the Main Frame (38), and slide the 20-pound Weight onto the Weight Guides (7).

Repeat this step with the remaining 20-pound Weights (85).

Then, repeat this step with the nine 10-pound Weights (8).



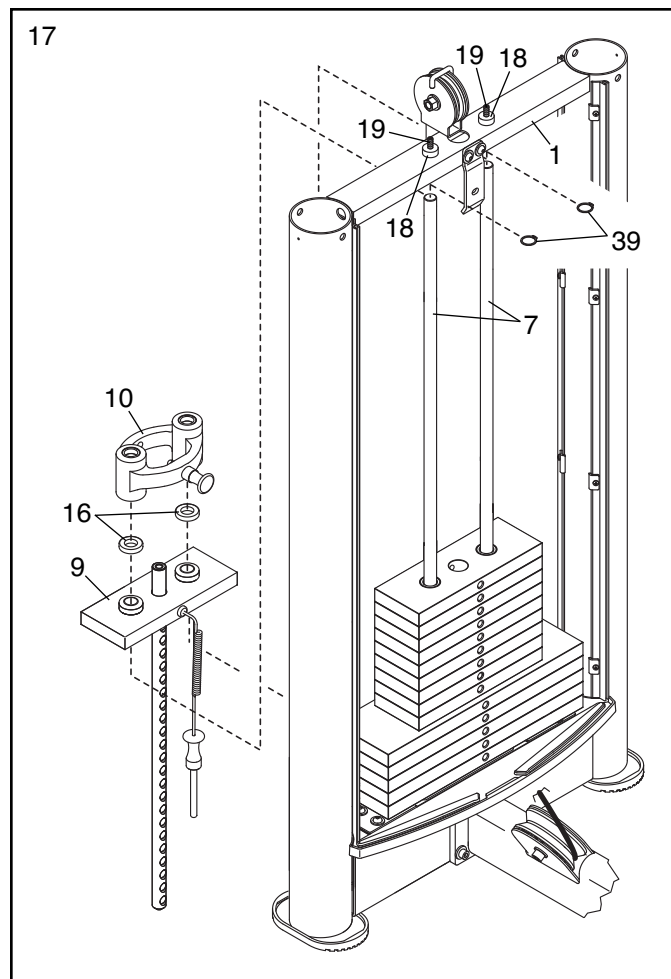
17. Orient the Top Weight (9) and the Drop-down Weight (10) as shown.

Slide the Top Weight (9), the two Upper Weight Bumpers (16), the Drop-down Weight (10), and the two 25mm Snap Rings (39) onto the Weight Guides (7).

Next, slide the two Weight Guide Bushings (18) onto the upper ends of the Weight Guides (7).

Attach the two 25mm Snap Rings (39) to the Weight Guide Bushings (18).

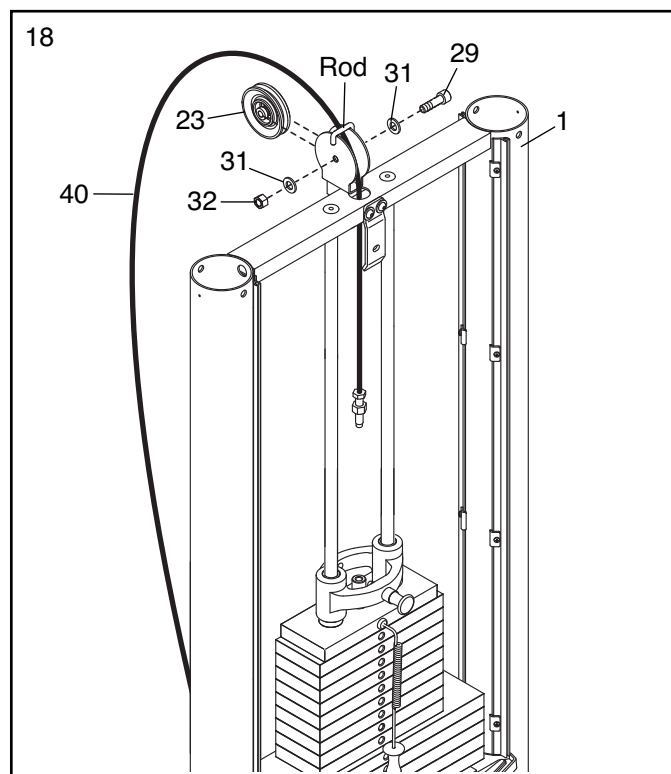
Then, tighten the two M8 x 35mm Set Screws (19) into the Weight Guide Bushings (18).



18. Remove all parts (23, 29, 31, and 32) from the pulley bracket on the Tower Frame (1).

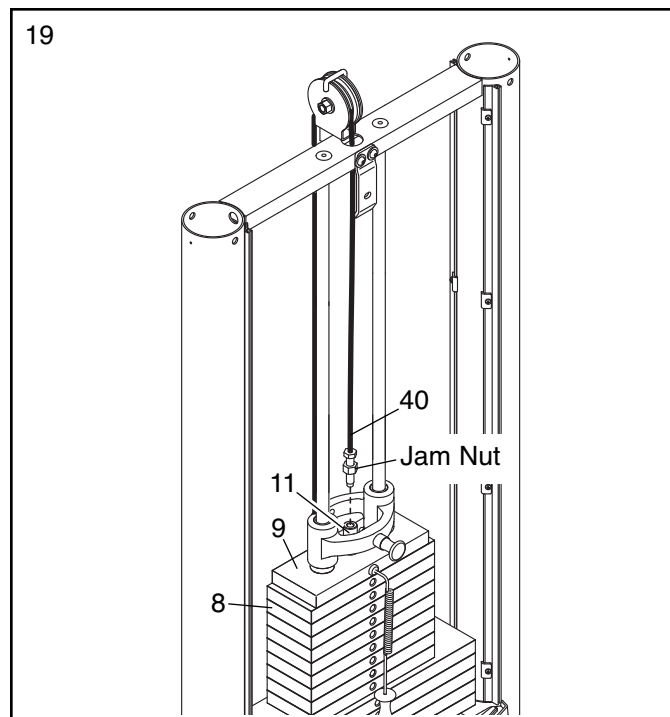
Route the **Cable** (40) through the pulley bracket and downward through the hole in the center of the Tower Frame (1).

Attach the Small Pulley (23) inside the pulley bracket with the M10 x 50mm Socket Bolt (29), the two M10 Washers (31), and the M10 Locknut (32) that you just removed. **Make sure that the **Cable** (40) is between the Small Pulley and the rod on the pulley bracket.**



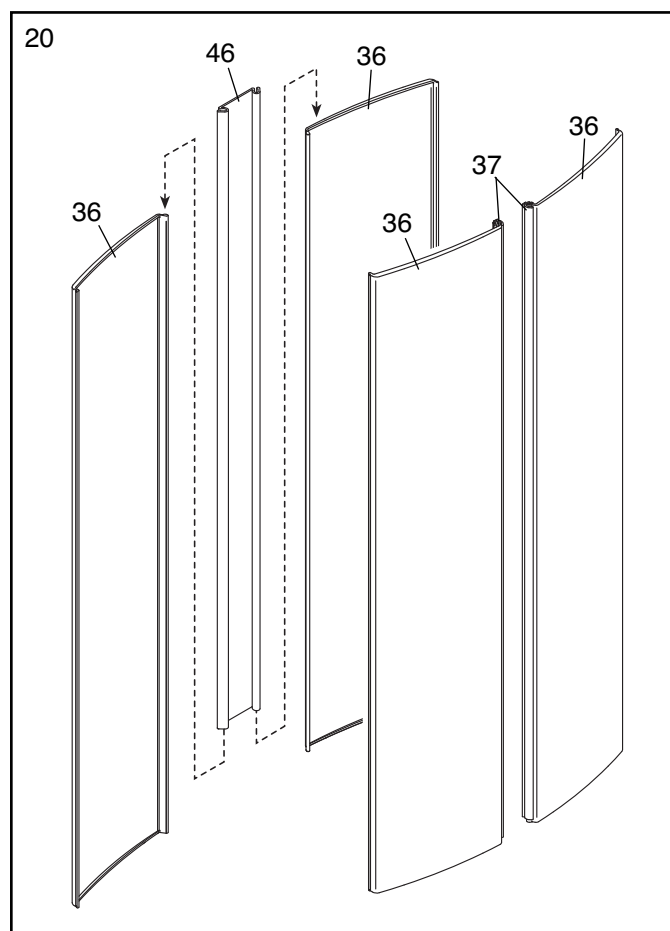
19. Tighten the end of the **Cable** (40) into the Weight Selector (11) until the Top Weight (9) is lifted off the 10-pound Weights (8). Then, loosen the end of the **Cable** until the Top Weight just rests on the 10-pound Weights.

Then, tighten the jam nut on the end of the **Cable** (40) against the Weight Selector (11).

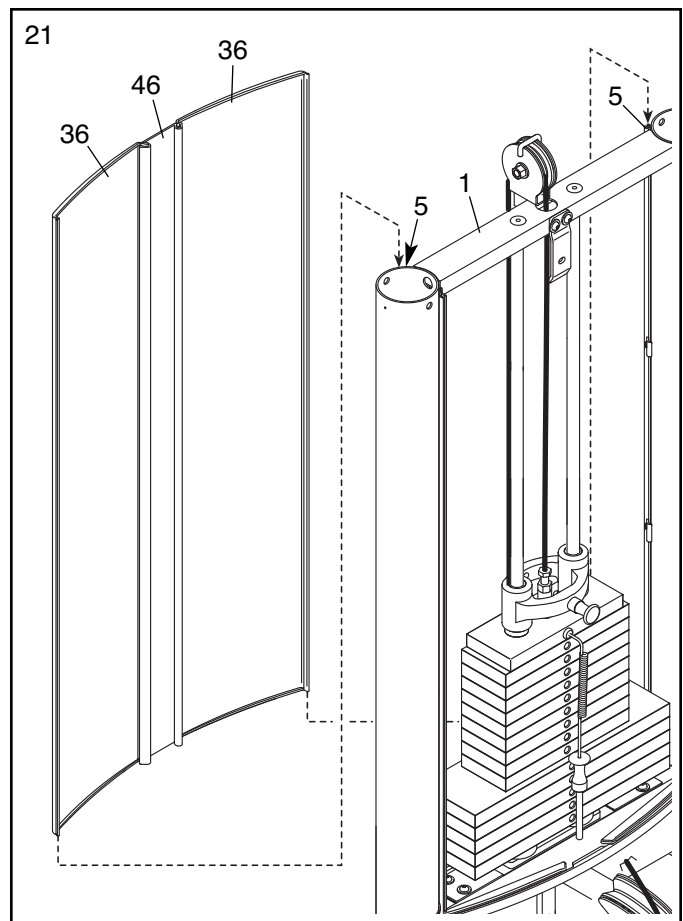


20. Look at the four Shrouds (36), and find the two Shrouds that have strips of Inner Trim (37) and the two Shrouds that do not.

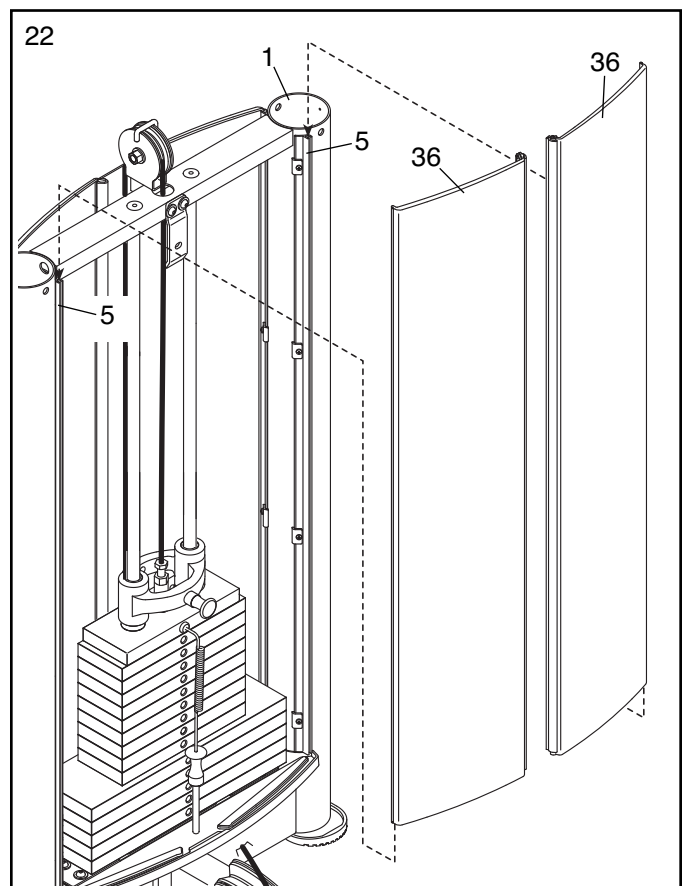
Slide the Shroud Panel (46) downward onto the two Shrouds (36) that do **not** have strips of Inner Trim (37).



21. Slide the two Shrouds (36) with the Shroud Panel (46) downward into the two strips of Outer Trim (5) on the back of the Tower Frame (1).

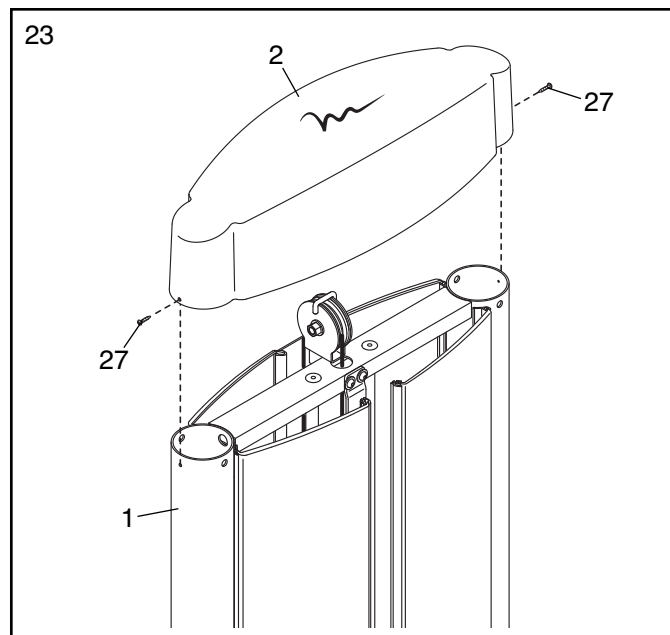


22. Slide the two remaining Shrouds (36) downward into the two strips of Outer Trim (5) on the front of the Tower Frame (1).

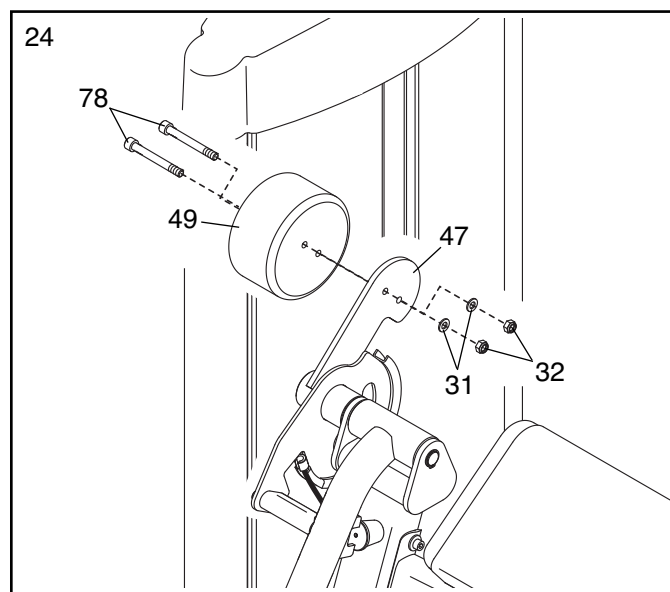


23. Orient the Tower Cap (2) as shown.

Slide the Tower Cap (2) downward onto the Tower Frame (1). Attach the Tower Cap with two M4 x 13mm Self-tapping Screws (27).



24. Attach the Counterweight (49) to the Cam (47) with two M10 x 110mm Socket Bolts (78), two M10 Washers (31), and two M10 Locknuts (32).



25. **Make sure that all parts of the strength equipment are properly tightened.** To protect the floor or carpet from damage, place a mat under the strength equipment.

ADJUSTMENT

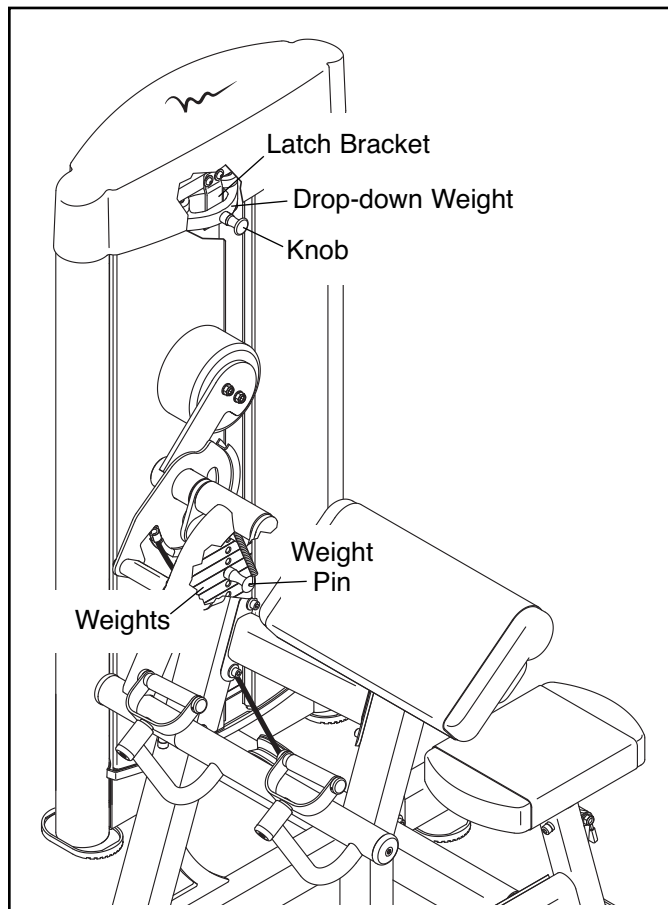
This section explains how to adjust the strength equipment. Make sure all that parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately.

ADJUSTING THE RESISTANCE

To change the amount of resistance, insert the weight pin into the desired weight. **Make sure that the weight pin is fully inserted.**

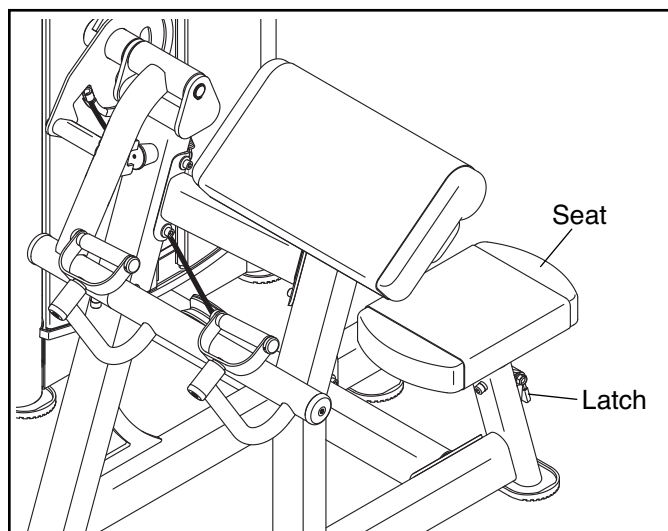
To add 5 lbs. (2.25 kg) of resistance, pull the indicated knob and lower the drop-down weight onto the weight stack.

When you are not using the drop-down weight, slide it upward and engage the knob into the latch bracket. **Move the drop-down weight upward and downward slightly to make sure that the knob is engaged in the latch bracket.**



ADJUSTING THE SEAT

To adjust the height of the seat, press the latch, raise or lower the seat to the desired position, and then release the latch. **Move the seat upward and downward slightly to make sure that the latch is engaged in one of the adjustment holes in the seat frame (not shown).**



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

General Cleaning

Clean the strength equipment using a soft cloth dampened with mild soap and warm water. If necessary, use a soft bristle brush with the cleaning solution.

Then, rinse the strength equipment using a soft cloth dampened with clean water, and thoroughly dry it.

Difficult Stains

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 then let the cleaning solution sit for a few minutes.

Then, rinse the strength equipment using a soft cloth dampened with clean water, and thoroughly dry it.

If necessary, repeat these steps using a soft bristle brush.

Optional Method for Difficult Stains

Rub the stained area gently using a soft cloth dampened with rubbing alcohol.

Then, rinse the strength equipment using a soft cloth dampened with clean water, and thoroughly dry it.

CAUTION: 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 injuries or damage resulting from the use or misuse of cleaning products. **IMPORTANT:** When using any cleaning product, try it first in an unnoticeable place to ensure that there is no damage to the material. Do not use abrasive cleaners; strong cleaners; or solvents such as lacquer thinner, kerosene, gasoline, or similar liquids. Such substances may scratch the strength equipment, damage plastic parts and decals, or cause other damage.

WEEKLY MAINTENANCE

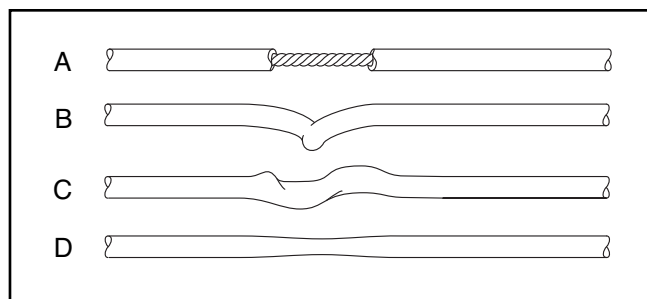
Hardware

Check all nuts, bolts, and screws, and tighten them if necessary. **IMPORTANT:** All cushions have dense plywood supports with tee-nuts that are used to attach the cushions to the strength equipment. Because the tee-nuts are held by the plywood, they will not withstand the torque that standard nuts will. When tightening the bolts or screws 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.

Cable Inspection

Check the entire length of each cable by slowly performing one repetition on the strength equipment. Inspect the cable on the exterior of the strength equipment and the cable on the interior. 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 that should be replaced:

- A. a torn or split sheath that exposes the cable
- B. a kinked or severely bent cable
- C. a curled or twisted sheath
- D. a stretched sheath with a thinning cross-section



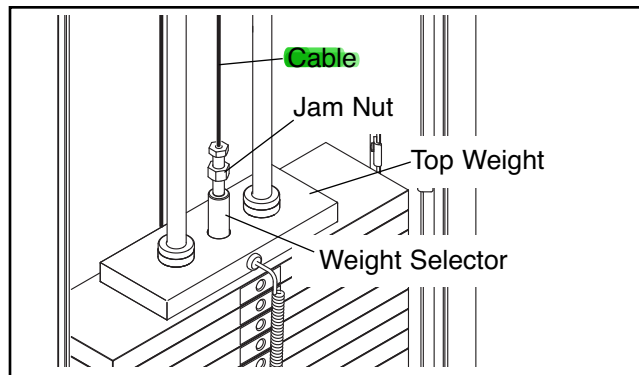
Cable Adjustment

To determine whether each **cable** is properly adjusted, slowly raise and lower the top weight by performing one repetition.

If the **cable** is loose, the top weight will not be lifted immediately when you begin the repetition.

If the **cable** is too tight, the top weight will not rest on the weight beneath it when you complete the repetition. It may also be difficult to insert the weight pin into the weights.

See the drawing at the right. If the **cable** is too loose or too tight, loosen the jam nut on the end of the **cable** attached to the weight selector. Next, tighten the end of the **cable** into the weight selector until the top weight is lifted off the weight beneath it. Next, loosen the end of the **cable** until the top weight just rests on the weight beneath it. Then, tighten the jam nut against the weight selector.



MONTHLY MAINTENANCE

Grips

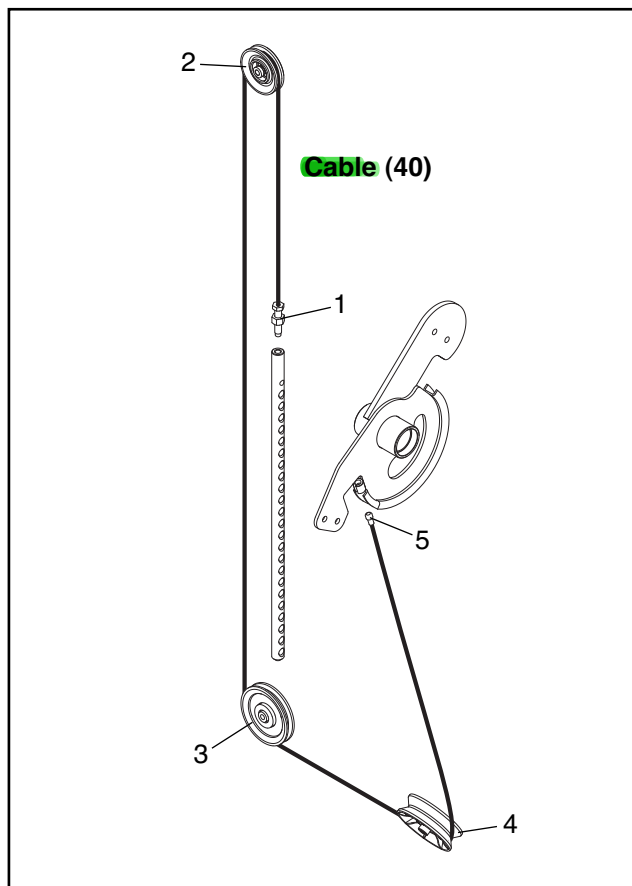
Check the grips and replace them if needed.

Weight Guide Lubrication

Clean and lubricate each weight guide by wiping it with a soft cloth containing 10W-40 or 10W-30 light-weight motor oil. Apply only a light coating over the entire length of the weight guide. **Do not use TEFLON®-based lubricants.**

CABLE DIAGRAM

The diagram at the right shows the correct route of each **cable**. The numbers in each drawing show the correct route of that **cable**. Use the diagram to make sure that each **cable** is correctly routed. **If a cable is not correctly routed, the strength equipment will not function properly and damage may occur. If the strength equipment has one or more cable traps, make sure that no cable trap is touching or binding a cable.**



PART LIST

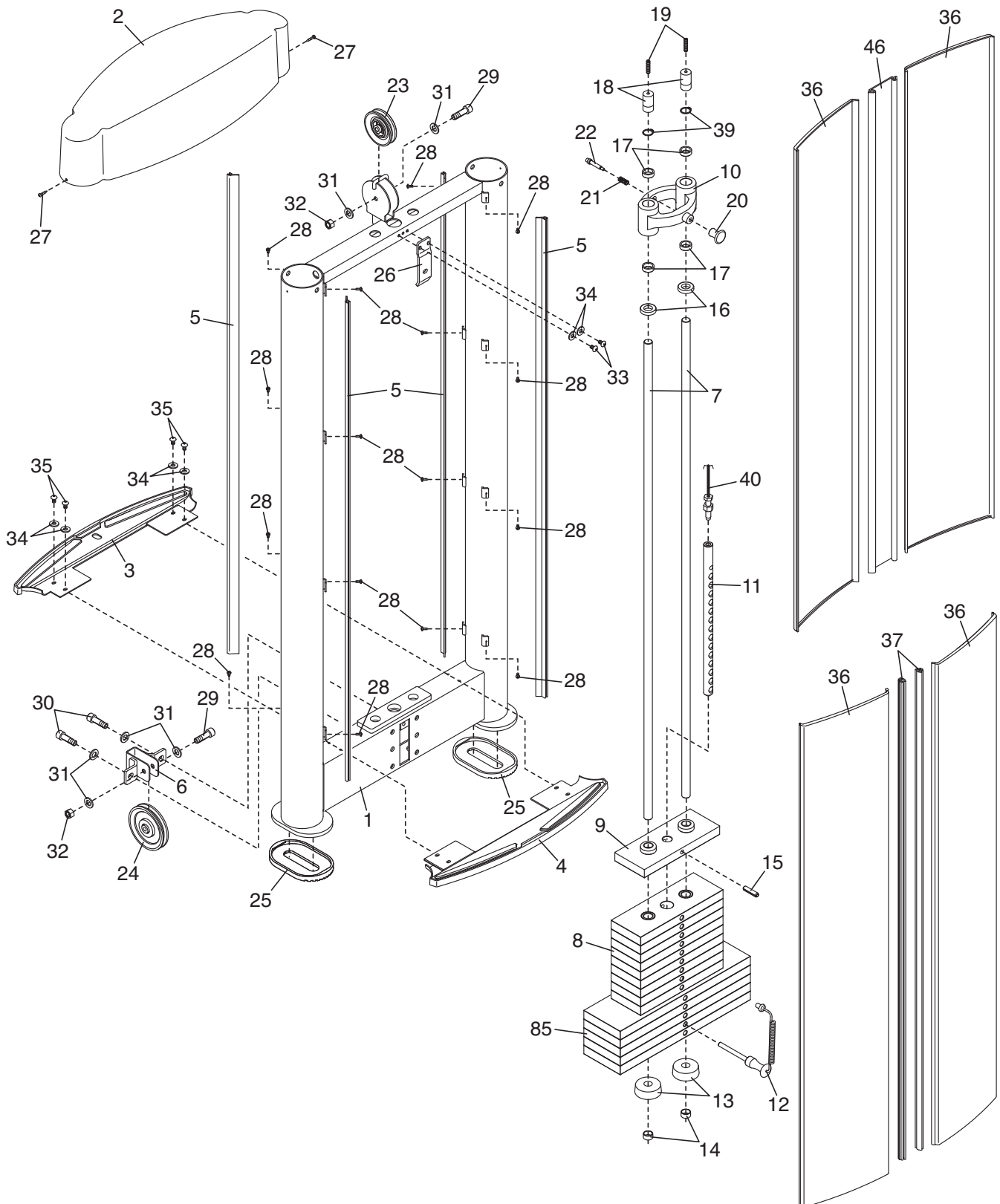
Model No. F810.0 R1210A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower Frame	46	1	Shroud Panel
2	1	Tower Cap	47	1	Cam
3	1	Rear Shroud Base	48	1	V-pulley
4	1	Front Shroud Base	49	1	Counterweight
5	4	Outer Trim	50	4	Handle Cap
6	1	Pulley Bracket	51	2	Handle
7	2	Weight Guide	52	1	Seat
8	9	10-pound Weight	53	1	Axle
9	1	Top Weight	54	3	Plastic Washer
10	1	Drop-down Weight	55	1	Seat Cover
11	1	Weight Selector	56	1	Curl Pad Cover
12	1	Weight Pin	57	1	Curl Pad Frame
13	2	Lower Weight Bumper	58	4	Handle Bushing
14	2	Weight Guide Cap	59	2	Oval Cap
15	1	Roll Pin	60	1	Pivot Frame Bumper
16	2	Upper Weight Bumper	61	6	Large Bearing
17	4	Drop-down Weight Bushing	62	1	Seat Frame Bushing
18	2	Weight Guide Bushing	63	2	Handgrip
19	2	M8 x 35mm Set Screw	64	1	Pad Frame
20	1	Drop-down Weight Knob	65	1	Lower Crossbar
21	1	Small Spring	66	8	M4 x 3mm Set Screw
22	1	Drop-down Weight Pin	67	1	Large Spring
23	1	Small Pulley	68	1	Latch
24	1	Large Pulley	69	1	Stop Screw
25	6	Foot	70	1	Upper Crossbar
26	1	Latch Bracket	71	4	M10 x 35mm Socket Screw
27	2	M4 x 13mm Self-tapping Screw	72	2	Large Round Cap
28	16	M4 x 10mm Screw	73	1	M6 x 30mm Socket Screw
29	2	M10 x 50mm Socket Bolt	74	1	M10 x 65mm Socket Bolt
30	15	M10 x 30mm Socket Screw	75	2	M8 x 25mm Socket Screw
31	28	M10 Washer	76	4	M8 Washer
32	6	M10 Locknut	77	2	Handle Bracket
33	2	M6 x 20mm Screw	78	2	M10 x 110mm Socket Bolt
34	6	M6 Washer	79	1	M6 Small Washer
35	4	M6 x 15mm Screw	80	4	Small Bearing
36	4	Shroud	81	2	Small Round Cap
37	2	Inner Trim	82	4	M6 x 25mm Screw
38	1	Main Frame	83	2	M8 x 75mm Socket Screw
39	5	25mm Snap Ring	84	1	Limit Bushing
40	1	Cable	85	5	20-pound Weight
41	1	Seat Frame	86	4	M10 x 20mm Screw
42	1	Curl Pad	87	1	M10 x 70mm Socket Bolt
43	1	Anchor Strap	88	4	12mm Snap Ring
44	1	Pivot Frame	*	—	Owner's Manual
45	1	Handle Frame			

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.

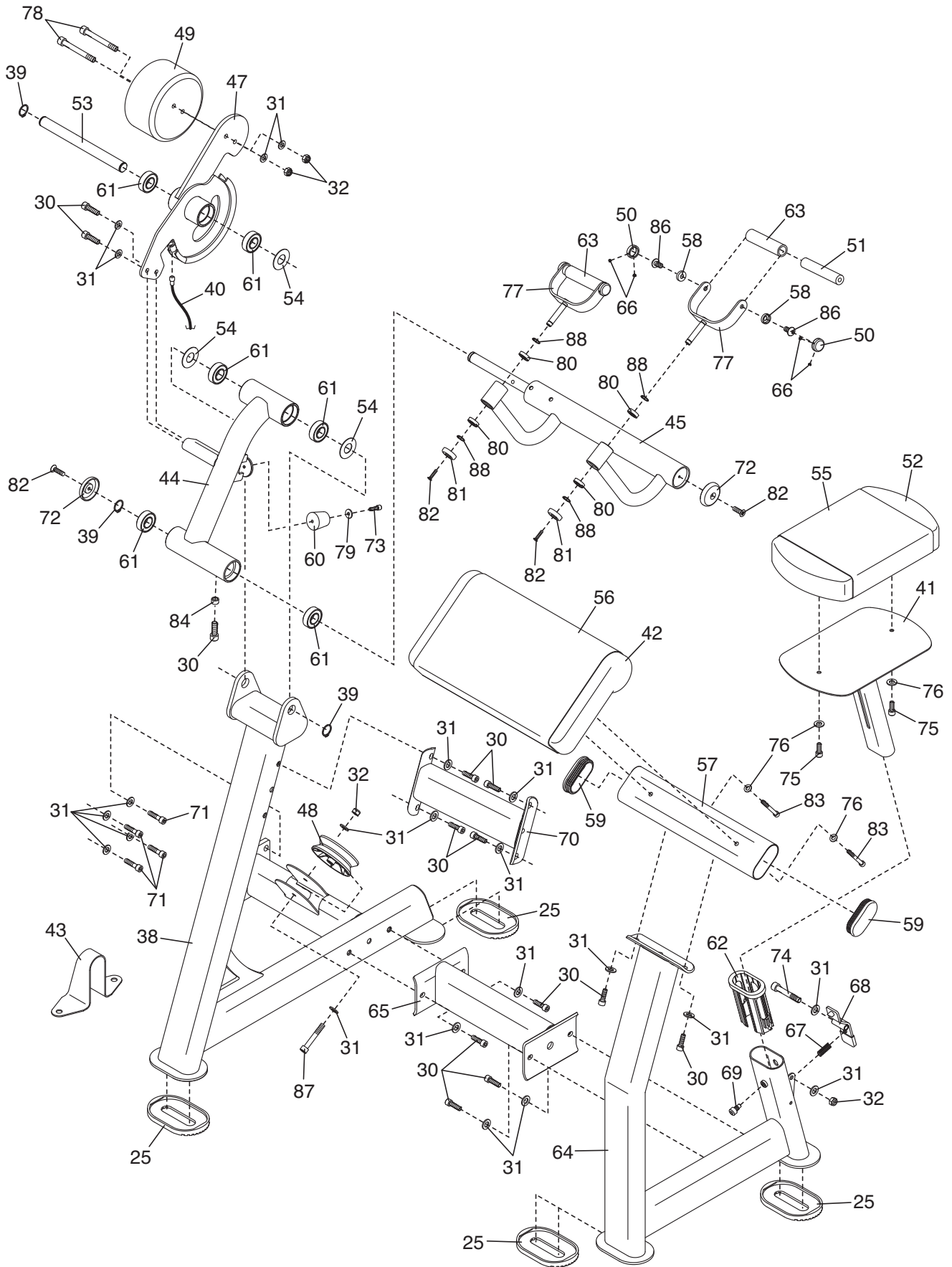
EXPLODED DRAWING A

Model No. F810.0 R1210A



EXPLODED DRAWING B

Model No. F810.0 R1210A



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

Bubble #	OEM Number	Description	Qty Used
27	300323	M4 X 13MM SELF-TAP SCREW	2
28	\$0.21	OUT OF STOCK	32
31	300329	M10 WASHER	28
32	12033	M10 LOCKNUT	6
34	300327	M6 WASHER	6
61	300224	LARGE BEARING	6
76	295393	M8 WASHER	4
79	300328	M6 SMALL WASHER	1
90	302254	M6 X 15MM FLAT HEAD SCREW	1
85A	300312	20 LB WT W/O DECAL, NOTE:	5