

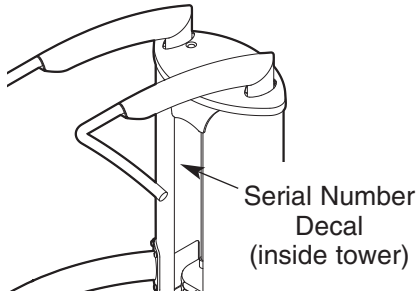
FREEMOTION E P I C WEIGHT ASSISTED DIP/CHIN

OWNER'S MANUAL

Model No. GZF18125.0

Serial No. _____

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

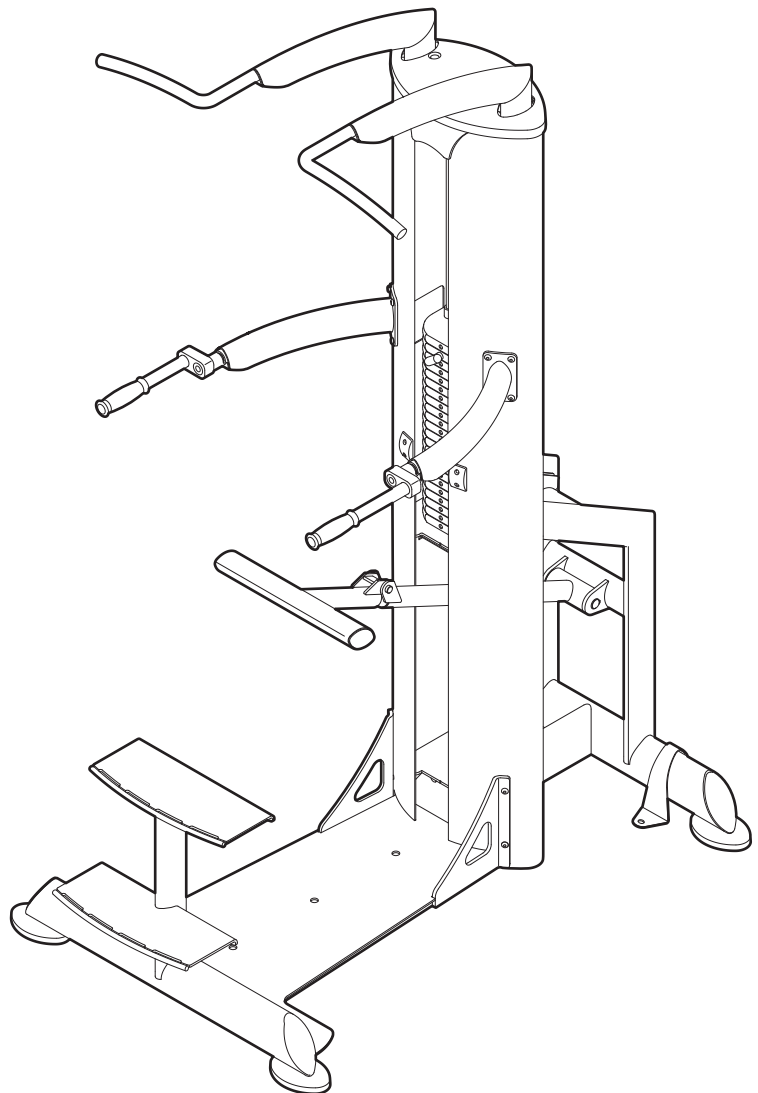


QUESTIONS?

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

CAUTION

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



Visit our website at

www.freemotionfitness.com

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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the strength equipment. Use the strength equipment only as described in this manual.
2. It is the purchaser's responsibility to ensure that there is enough space around the strength equipment for the intended exercise. Do not crowd the strength equipment.
3. Using the anchor straps to provide maximum stability, anchor the strength equipment to the floor where required or whenever possible.
4. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
5. 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.
6. Keep children under 12 and pets away from the strength equipment at all times.
7. Always wear athletic shoes for foot protection while exercising.
8. Keep hands and feet away from moving parts. Do not lean on or rest your hands on the strength equipment when it is in use.
9. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
10. Make sure the weight pin is completely inserted into one of the weight plates.
11. Check the **cable, cable** connections, and pulleys before each use of the strength equipment. Make sure all parts are properly tightened. Replace any worn parts immediately.
12. Make sure the **cable** remains on the pulleys at all times. If the **cable** binds while you are exercising, stop immediately and make sure the **cable** is on the pulleys and nothing is interfering with the **cable** or pulleys. Replace the **cable** at least every two years.
13. The strength equipment is designed to support a maximum user weight of 350 lbs. (160 kg).
14. Keep the strength equipment indoors, away from moisture and dust. Do not put the strength equipment in a garage or covered patio, or near water.
15. 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 equipment in the indicated locations. If a decal is missing or illegible, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual to order a free replacement decal. Apply the decal in the location shown.

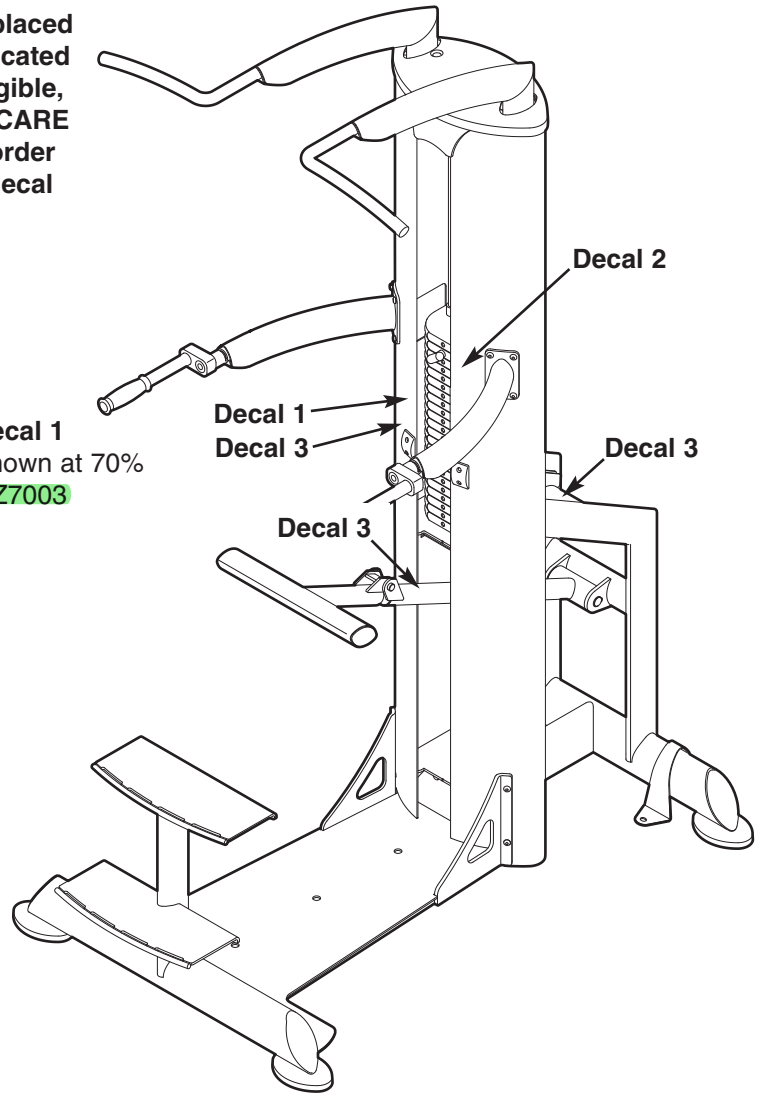
⚠ WARNING

- Obtain a medical exam before beginning an exercise program.
- Inspect the machine before use. Do not use if machine appears damaged or inoperable.
- Keep body and clothing free and clear of all moving parts.
- 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.

⚠ CAUTION



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



Decal 1
Shown at 70%
GZ7003

Decal 3
Shown at 85%

Decal 2
Shown at 82%
GZ7026

⚠ CAUTION

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

7005-1199

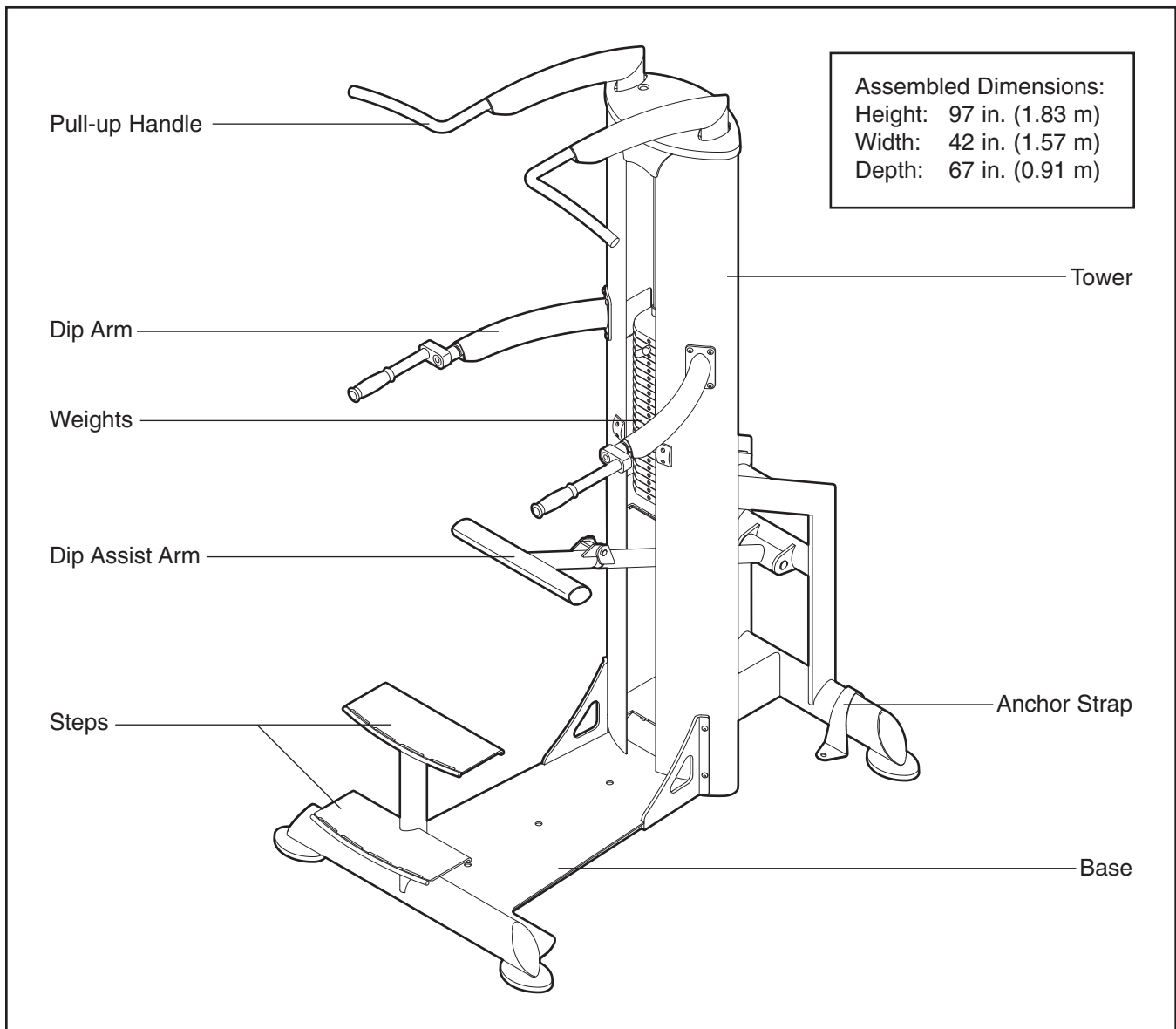
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION EPIC™ WEIGHT ASSISTED DIP/CHIN strength equipment. The strength equipment's stylish ergonomic design and never-before-seen features improve upon traditional strength training. The innovative features, quality construction, and advanced solutions to isolating individual muscle groups make this strength equipment a key tool for members to reach their goals.

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

CUSTOMER CARE on the back cover of this manual. To help us assist you, please note the product model number and serial number before calling. The model number is GZFI8125.0. The serial number can be found on a decal attached to the strength equipment (see the front cover of this manual).

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

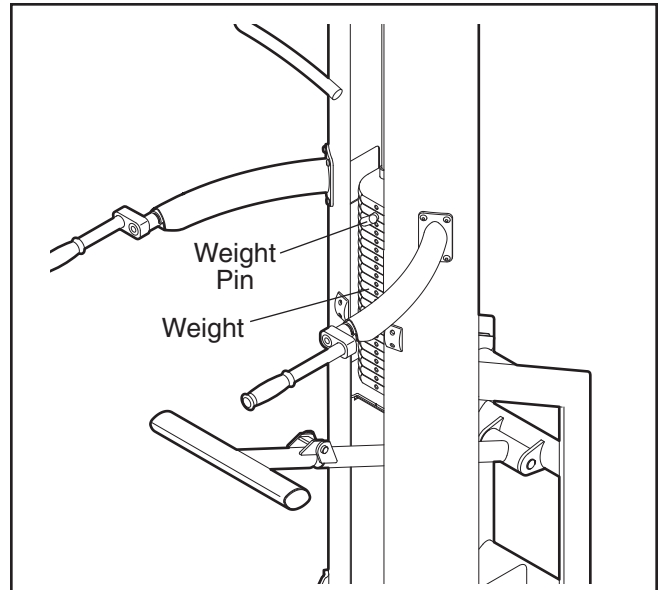


ADJUSTMENTS

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

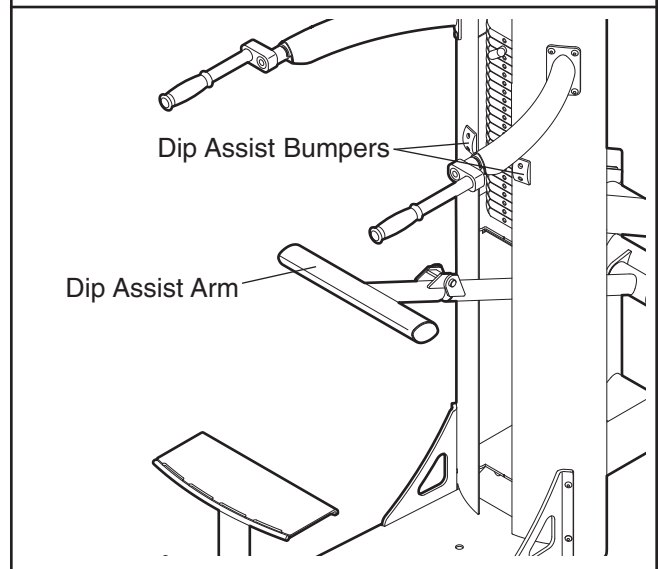
ADJUSTING THE RESISTANCE

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



ADJUSTING THE DIP ASSIST ARM

To use the dip assist arm, lower the assist arm to the position shown. If the assist arm is not needed, lift the assist arm until it rests against the dip assist bumpers.



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 equipment's warranty, use only FREEMOTION EPIC 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.

SCHEDULED MAINTENANCE

DAILY

1. Upholstery—General cleaning:

- Wipe using a soft cloth dampened with a light solution of mild soap and warm water.
- If necessary, use a soft bristle brush with the cleaning solution.
- Rinse thoroughly using a soft cloth dampened with clean water and dry thoroughly.

2. Upholstery—Difficult stains:

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

Optional method for difficult stains:

- Rub the area gently using a soft cloth dampened with rubbing alcohol.
- Rinse thoroughly using a soft cloth dampened with clean water and dry thoroughly.

CAUTION: When using any cleaning product, try it first in an inconspicuous place to ensure that there is no damage to the material. Follow the directions and adhere to the safety precautions of the manufacturer of each cleaning product used. FreeMotion Fitness and its vendors cannot be held liable for damage or injuries resulting from the use or misuse of cleaning products.

3. Frames:

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

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

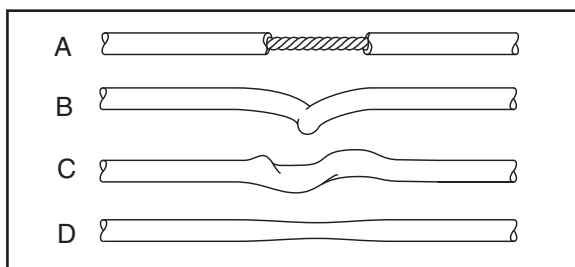
WEEKLY

1. Hardware:

- Check all nuts and bolts. Tighten them as required. **Important:** All FREEMOTION EPIC cushions are fabricated using dense plywood with tee-nuts installed for bolting to the machine framework. Because these tee-nuts are held by the plywood, they will not withstand the torque that standard nuts and bolts will. Therefore, when tightening the cushion bolts, 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.

2. Cables:

- Check the **cable** for proper tension.
- Check the entire length of the **cable** by pulling each handle individually to its fully extended position and inspecting the **cable** that is exposed on the exterior of the machine, as well as the **cable** inside of the cut stack tower.
- Run your fingers along the **cable** , paying close attention at the bends and attachment points.
- Watch for the following conditions, which may indicate a worn **cable** in need of replacement:
 - A. 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

1. Grips:

- Check and replace as needed.

YEARLY OR AS REQUIRED

1. Weight Stack 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 TENSION CHECK

1. Insert the weight pin into the top weight plate.
2. Slowly raise and lower the top weight by normal machine use. The top weight should come to rest just on top of the third weight when the handle is returned to the resting position.
 - If there is too much tension on the **cable**, the top weight will not rest on the third weight, and it may be difficult to insert the weight pin into the weight plates.
 - If there is not enough tension on the **cable**, the top weight will not be lifted immediately when one of the handles is pulled. Ideally, the handle/**cable** should not move more than 1/2" (1.25 cm) from the resting position before the top weight begins to be lifted.
3. If there is too much or not enough tension on the **cable**, adjust the **cable** as described in **CABLE ADJUSTMENTS**.

CABLE ADJUSTMENTS

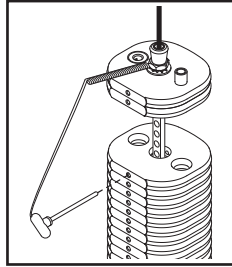
CAUTION: After making any **cable** adjustment, pull the handle using a light load and have someone make sure that the **cable** is not derailed from a pulley or rubbing on a guard (see **CABLE GUARDS** on page 10).

INITIAL ADJUSTMENTS

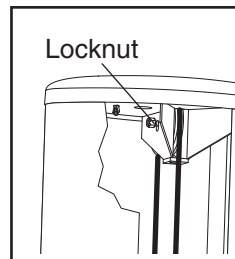
Tower Pulley Adjustment—

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

1. Lift the top weight off the weight stack and insert the weight pin into the third weight and the sixth hole from the top of the weight rod.



2. Loosen the locknut attaching the pulley to the bracket in the top of the tower.



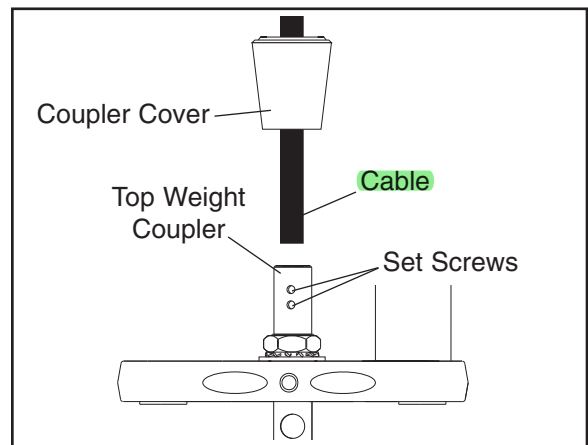
3. Move the pulley to the appropriate location in the bracket:
 - If more slack is needed in the **cable**, move the pulley down.
 - If less slack is needed in the **cable**, move the pulley up.
4. Make sure that the **cable** guard is properly oriented (see **CABLE GUARDS** on page 10) and retighten the locknut attaching the pulley to the bracket.
5. Lift the top weight and remove the weight pin. Lower the top weight so that it rests on the third weight.
6. Readjust as necessary.

ADDITIONAL ADJUSTMENTS

Top Weight Adjustment—

Tools required: 5/32" hex key

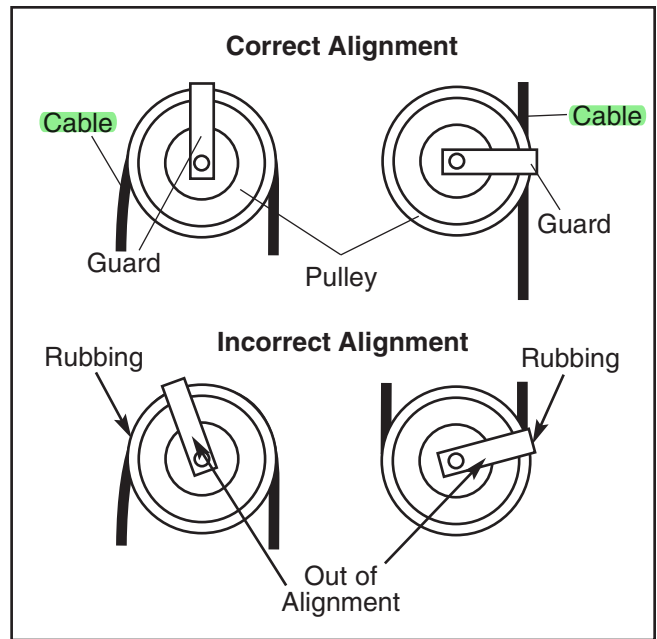
1. If the **cable** needs to be shortened 3/4" (2 cm) or more, follow the instructions in step 1 at the left. Then, go to step 2 below.
2. See the drawing in step 2 at the left. Loosen the locknut and move the pulley to the bottom of the slot.
3. Lift the coupler cover from the top weight coupler. Loosen but do not remove the two set screws from each side of the weight coupler.



4. Pull the **cable** from the top weight coupler. Determine the amount the **cable** needs to be shortened and cut that much off the end of the **cable**. **The cable must be long enough to be held by the set screws without lifting the top two weights off the third weight.**
5. Cut the **cable** to the desired length and strip 1" (2.5 cm) of the vinyl sheathing from the cut end of the **cable**.
6. Insert the **cable** into the top weight coupler until all four set screws can be tightened against the **cable**. Tighten each set screw alternately until all four set screws have been tightened to 85 inch/pounds (9.6 Newton-meters).
7. Lower the coupler cover over the top weight coupler.

CABLE GUARDS

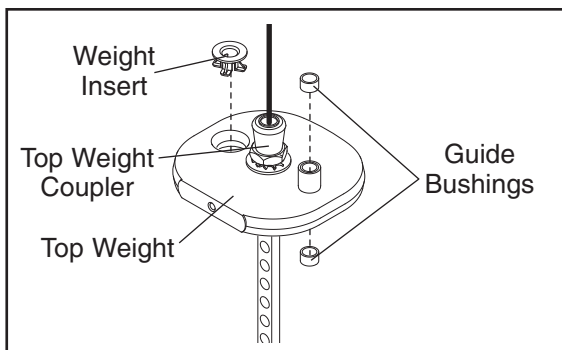
Check for alignment periodically to ensure that cable guards are not rubbing on the cable and that they are performing their intended duty. If the alignment is not proper, loosen the bolt slightly, readjust the cable guard as necessary, and retighten the bolt.



SERVICING THE WEIGHT STACK

For required parts, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

1. Remove the three nuts and bolts from one of the pull-up arms. Remove the wingnuts under the tower cap and remove the tower cap and the pull-up arm from the tower.
2. Remove the guide rod nuts and washers from the top of each guide rod.
3. Lift the coupler cover and loosen the four set screws—this will release the **cable**.
4. Lift the guide rods out of the top of the tower.
5. Remove the rod nut, rod star washer, and rod washer from the top of the weight tube. Lift and rotate the top weight, and remove it through the front opening of the tower.
6. Servicing the weight stack involves replacing the two guide bushings and the weight insert in the top weight. First, use a punch to drive the two existing guide bushings and weight insert out of the top weight.



7. To insert the new bushings and weight insert, hold a bushing square to the face of one of the holes in the top weight, place a protective piece of wood on top of the bushing, and lightly tap the bushing into place. The bushing should be flush with the surface. Repeat with the other bushing and weight insert.
8. Replace the top weight. Next, tighten the rod nut, rod star washer, and rod washer onto the weight tube.

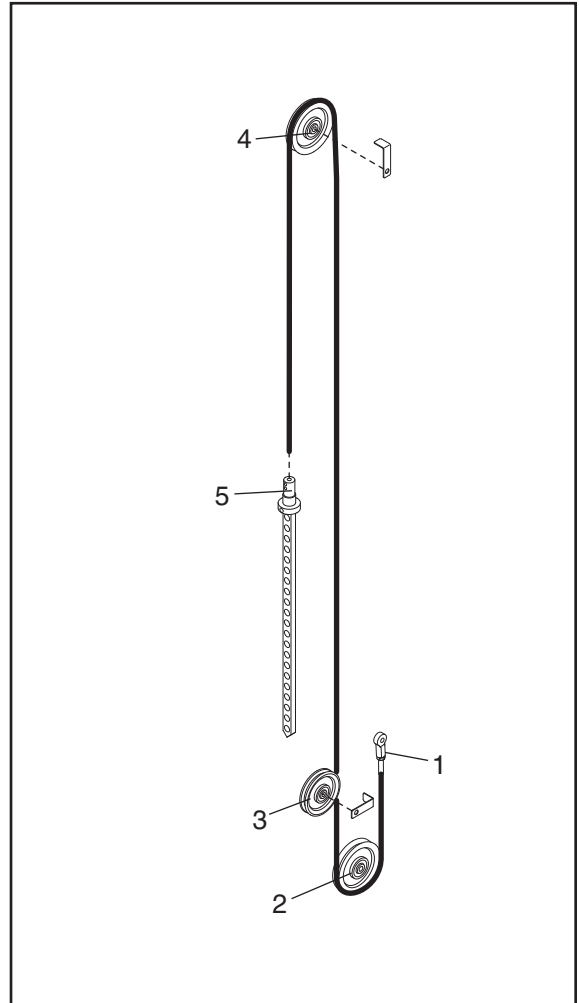
9. Reattach the **cable** to the top weight coupler. Retighten the four set screws into the threaded holes. Tighten the set screws equally until they contact the **cable**. Then, tighten each screw alternately 1/4 turn, until all are set to 85 inch/pounds (9.6 Newton-meters).
10. Clean and lubricate the guide rods by wiping them with a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length. **Note: Do not use TEFLON® or silicone-based lubricants.**
11. Reinsert the guide rods through the top of the tower and into the weight stack. **Note: If the weight stack has shifted, use a short bar to realign the holes in the weight plates. Hold the weight plates while inserting the guide rods.**

⚠ WARNING: Do not force the guide rods into the weights; doing so will damage the bushings and weight inserts.

12. Reattach the guide rods to the top of the frame with the two guide rod nuts and washers.
13. Insert the weight pin into the top weight. Pull the handle, lifting the top weight all of the way to the top. Slowly return the handle to the resting position. If the top weight sticks, loosen one of the guide rod screws. Lift the top weight to the top again. Retighten the guide rod nut. Check the full travel again and readjust the guide screws as necessary.
14. While slowly pulling the handle, have someone check the **cable** guard on the top weight to ensure that it is not dragging or rubbing on the **cable**.
15. Replace the tower cap and the pull-up arm and retighten the wingnuts onto the bolts.

CABLE DIAGRAM

The **cable** diagram shows the proper route of the **cable**. Use the diagram to make sure that the **cable** and the **cable** guards have been assembled correctly. If the **cable** has not been correctly routed, the strength equipment will not function properly and damage may occur. The numbers show the correct route of the **cable**. **Make sure that the **cable** guards do not touch or bind the **cable**.**



NOTES

PART LIST—Model No. GZFI8125.0

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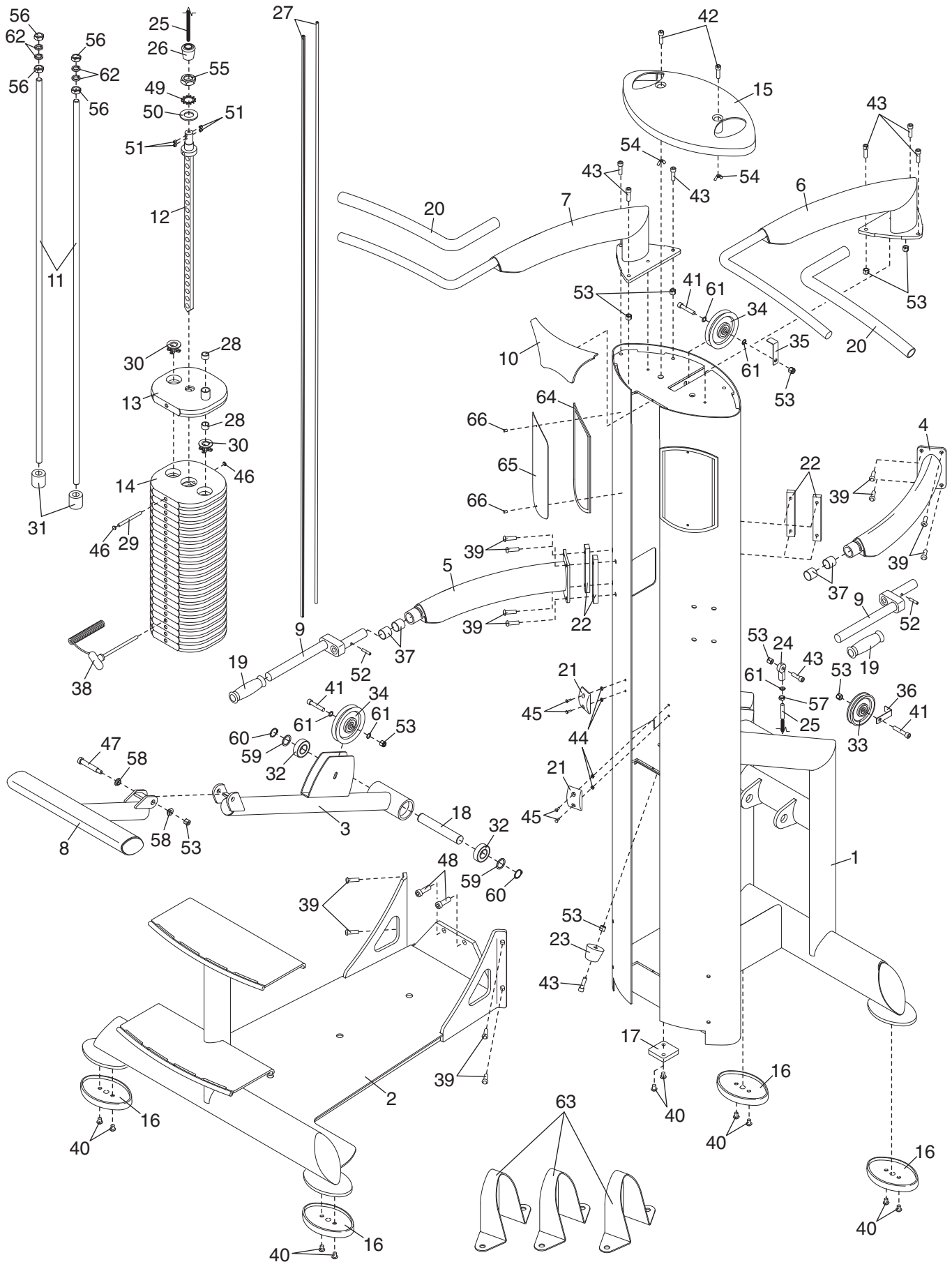
If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	35	1	Large Cable Trap
2	1	Base	36	1	Small Cable Trap
3	1	Dip Assist Arm	37	4	Dip Arm Bushing
4	1	Right Dip Arm	38	1	Weight Pin
5	1	Left Dip Arm	39	12	3/8" x 1 1/2" Button Head Screw
6	1	Right Pull-up Arm	40	10	3/8" x 1/2" Button Head Screw
7	1	Left Pull-up Arm	41	3	3/8" x 2" Socket Head Bolt
8	1	Dip Assist	42	2	1/4" x 1" Button Head Bolt
9	2	Dip Handle	43	8	3/8" x 1 1/4" Socket Head Bolt
10	1	Tower Front Cover	44	4	#8 Hex Nut
11	2	Guide Rod	45	4	#8 x 3/4" Bolt
12	1	Weight Tube	46	2	Tube Pin Cap
13	1	Top Plate	47	1	1/2" x 2 1/2" Shoulder Bolt
14	21	10-pound Plate	48	2	1/2" x 1 1/2" Socket Head Screw
15	1	Tower Cap	49	1	Star Washer
16	4	Base Foot	50	1	Rod Washer
17	1	Frame Foot	51	4	Set Screw
18	1	Dip Assist Axle	52	2	Roll Pin
19	2	Dip Handgrip	53	10	3/8" Hex Nut
20	2	Pull-up Handgrip	54	2	Wing Nut
21	2	Dip Assist Bumper	55	1	Rod Nut
22	4	Threaded Support Block	56	4	Guide Rod Nut
23	1	Bumper	57	1	Cable Nut
24	1	Cable End	58	2	Dip Assist Bushing
25	1	Tower Cable	59	2	Pulley Bushing
26	1	Coupler Cover	60	2	Snap Ring
27	2	Trim	61	5	Serrated Lock Washer
28	2	Small Guide Bushing	62	4	Guide Rod Washer
29	1	Weight Tube Pin	63	3	Anchor Strap
30	43	Weight Insert	64	2	Plackard Bracket
31	2	Weight Bumper	65	2	Plackard
32	2	Dip Assist Bearing	66	4	Rivet
33	1	Small Pulley	#	1	Owner's Manual
34	2	Large Pulley			

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

EXPLODED DRAWING—Model No. GZFI8125.0

R0306A



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 provide the following information:

- The MODEL NUMBER of the product (GZF18125.0).
- The NAME of the product (FREEMOTION EPIC WEIGHT ASSISTED DIP/CHIN strength equipment).
- 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 14 and 15 of this manual).

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