

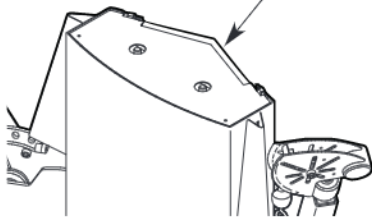
FREEMOTION[®] Cable Cross

Model No. GZFM60063

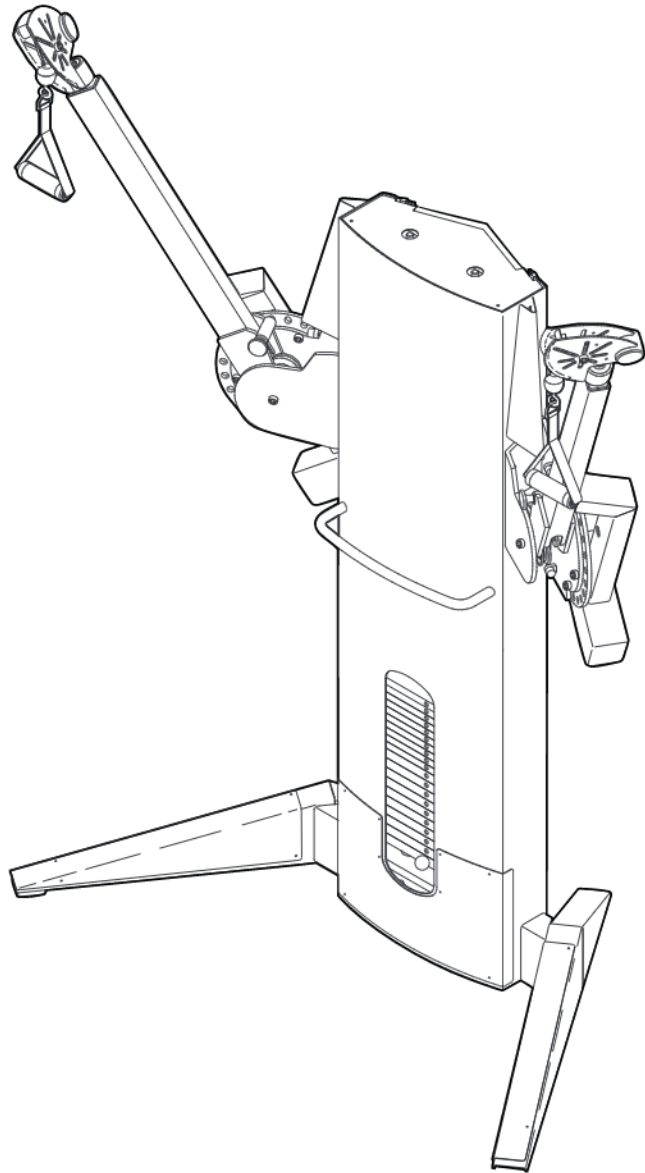
Serial No. _____

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

Serial Number Decal
(inside tower)



OWNER'S MANUAL



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing 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:

1-800-201-2109

Mon.–Fri., 8 a.m.–5 p.m. MST

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

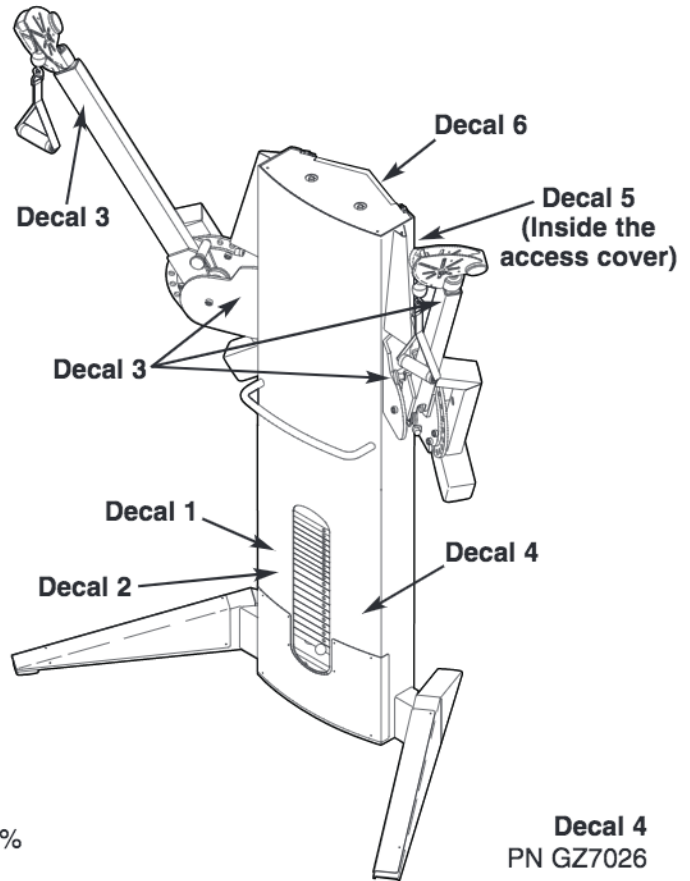
⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the strength machine.

1. Read all instructions in this manual before using the strength machine. Use the strength machine only as described in this manual.
2. It is the purchaser's responsibility to ensure that there is enough space around the strength machine for the intended exercise. Do not crowd the strength machine.
3. Using the two 9/16" anchor holes to provide maximum stability, the strength machine must be anchored to the floor where required or whenever possible.
4. Use the strength machine only on a level surface. Cover the floor beneath the strength machine to protect the floor.
5. It is the responsibility of the owner to ensure that all users of the strength machine are adequately informed of all precautions, have read and understood all warning and caution labels, and are informed of how to use the strength machine properly.
6. Keep children under 12 and pets away from the strength machine at all times.
7. Keep hands and feet away from moving parts. Do not lean on or rest your hands on the strength machine when it is in use.
8. Always wear athletic shoes for foot protection while exercising.
9. All users of the strength machine should be instructed to report any injury or strength machine irregularity to facility staff immediately.
10. Make sure the weight pin is completely inserted into one of the weight plates.
11. Make sure the handles are attached securely before each use of the strength machine.
12. Check all cables, cable connections, and pulleys before each use of the strength machine. Make sure all parts are properly tightened. Replace any worn parts immediately.
13. 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.
14. 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 indicated locations. If a decal is missing or illegible, call our Customer Service Department toll-free at 1-800-201-2109, Monday through Friday, 8 a.m. until 5 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.



Decal 1
Shown at 70%
PN GZ7003

Decal 4
PN GZ7026

! 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

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

7005-1199

Decal 2—Shown at 85%



Decal 3—PN GZ7008

! CAUTION

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

! 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

Decal 5
Shown at 50%

! WARNING

DO NOT USE MACHINE FROM THIS SIDE

Part # 7006

Decal 6

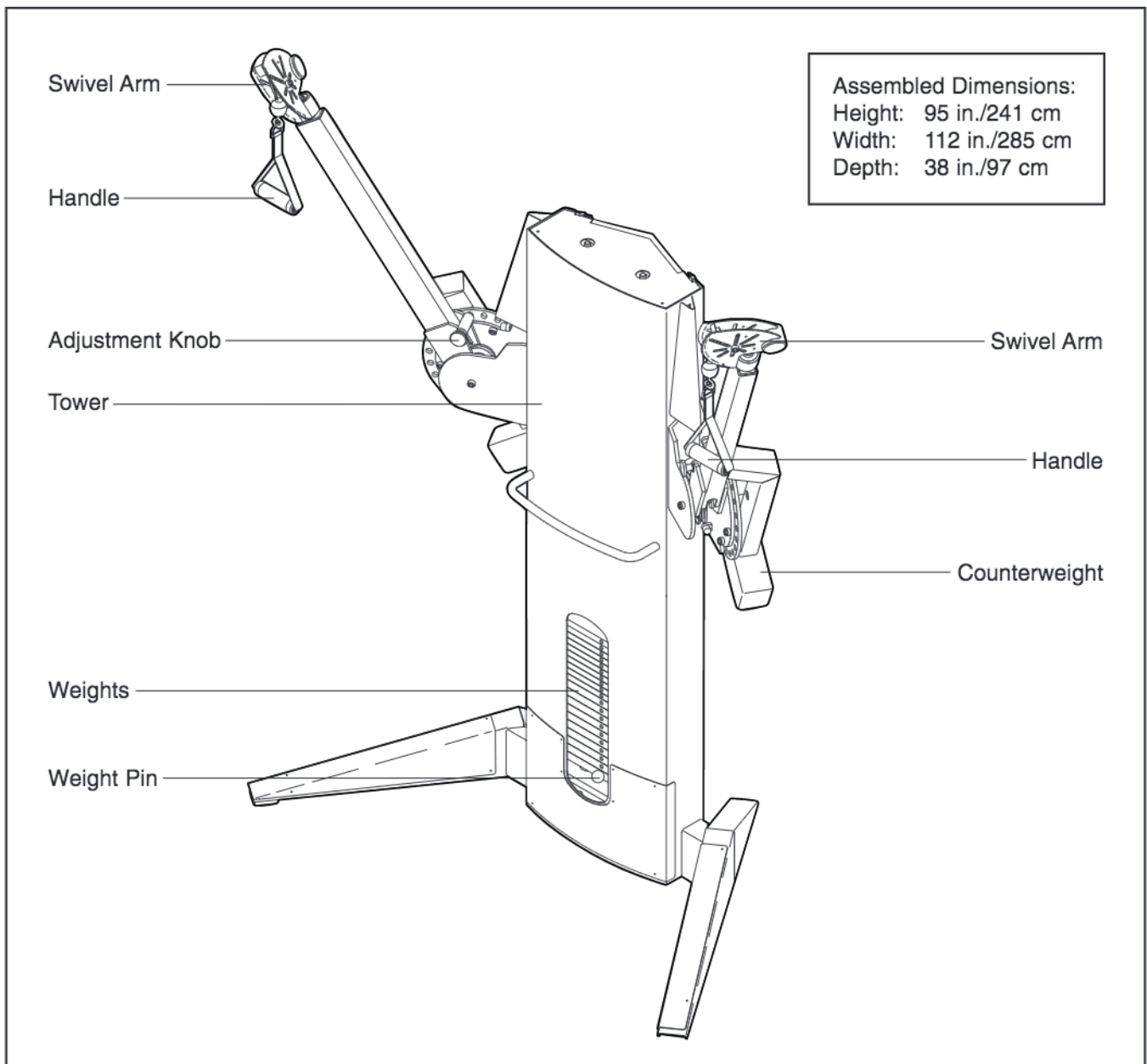
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® CABLE CROSS strength machine. With unrestricted motion, you can work your body's muscle groups together—the same way you do in real life—and train more specifically and efficiently. Whether your goal is to tone your body, build dramatic muscle size and strength, improve your cardiovascular system, or train muscles for precise patterns of movement, the CABLE CROSS strength machine will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the strength machine. If you have questions

after reading this manual, please call our Customer Service Department toll-free at 1-800-201-2109, Monday through Friday, 8 a.m. until 5 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 GZFM60063. The serial number can be found on a decal attached to the strength machine (see the front cover of this manual).

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

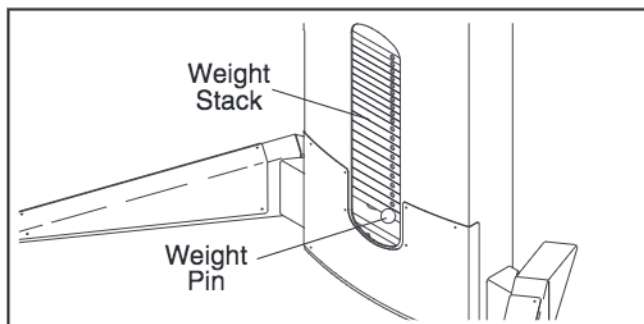


ADJUSTMENTS

This section explains how to adjust the strength machine. Make sure all parts are properly tightened each time the strength machine is used. Replace any worn parts immediately. The strength machine can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

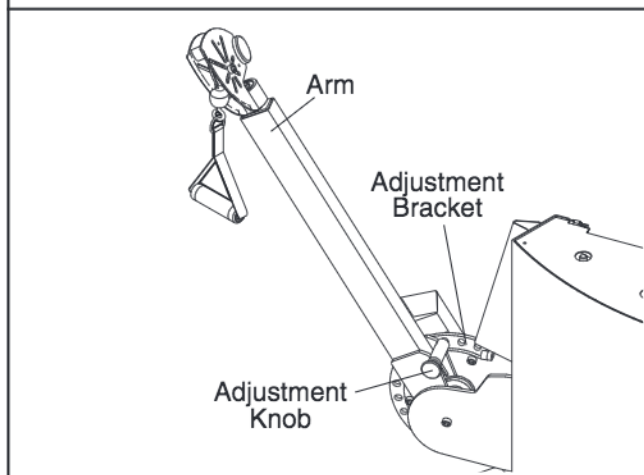
ADJUSTING THE RESISTANCE

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 stack.



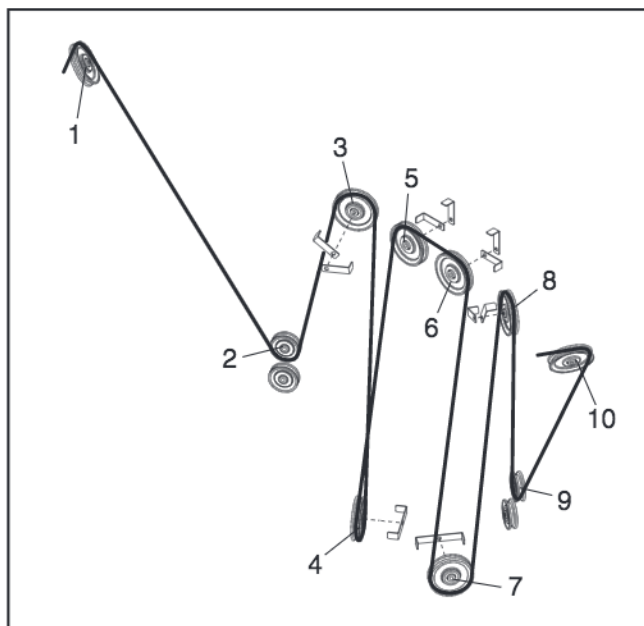
ADJUSTING THE ARMS

To change the position of an arm, pull the adjustment knob out and move the arm to the desired position. Reengage the knob into the adjustment bracket.



CABLE DIAGRAM

The cable diagram at the right 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 machine 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.**



MAINTENANCE

For safe and trouble-free operation of your FreeMotion Fitness® strength equipment, it is important to perform routine preventative maintenance on a regular basis. Make sure that all parts are properly tightened each time the strength machine is used. Replace any worn parts immediately. The strength machine can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

Note: Instruct all personnel to perform equipment inspection and maintenance requirements. Personnel must record and report any accident. Contact FreeMotion Fitness Customer Service at 1-800-201-2109 with any questions or concerns.

Use only original FreeMotion Fitness parts for repair or replacement to maintain your machine's warranty.

FreeMotion Fitness recommends the following procedures:

SCHEDULED MAINTENANCE

DAILY

1. Upholstery—General cleaning:

- Wipe using a soft cloth dampened with a light solution of household dish detergent and warm water.
- If necessary, use a soft bristle brush with the cleaning solution.
- Always remove the cleaning solution using a cloth dampened with clean water. Rinse often.

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 clean, water-dampened cloth.
- 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 water-dampened cloth to remove alcohol residue.

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

3. Towers and Frames:

- Wipe with a light solution of mild soap and warm water. 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.

4. Stainless Steel Covers:

- Wipe with a light solution of mild soap and warm water. Rinse and dry thoroughly.
- If desired, or to remove corrosion, use available commercial stainless steel polishing compounds. Follow manufacturers' instructions.

5. Handles/Heel Strap:

- Check all straps for wear.
- Visually check each strap along the full length for signs of wear such as cuts, tears, or nicks. Replace the strap immediately if necessary.
- A "fuzz" will appear on straps over time and is not a concern unless it appears to be worn through strands of the weave.

6. Straps with Rings:

- If a ring is pulling through the strap or tearing away from the edge of the strap, replace immediately.
- Check stitching points on straps for tears, worn spots or separation. Replace if necessary as required.

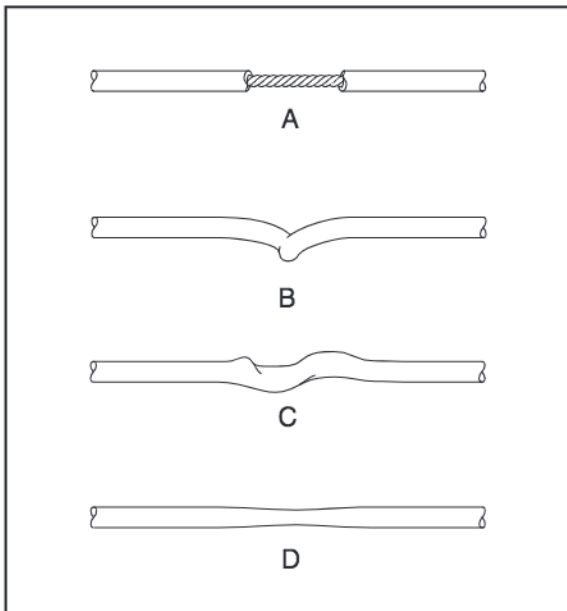
WEEKLY

1. Hardware:

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

2. Cables:

- Check all cables for proper tension.
- Check the entire length of 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 OR AS REQUIRED

1. Grips:

- Check and replace as needed.

2. Weight stack guide rods:

- Clean and lubricate the full length by wiping using a soft cloth containing automotive engine oil. Only a light coating over the entire length is needed.

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 second 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 second 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" 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, on page 9.

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).

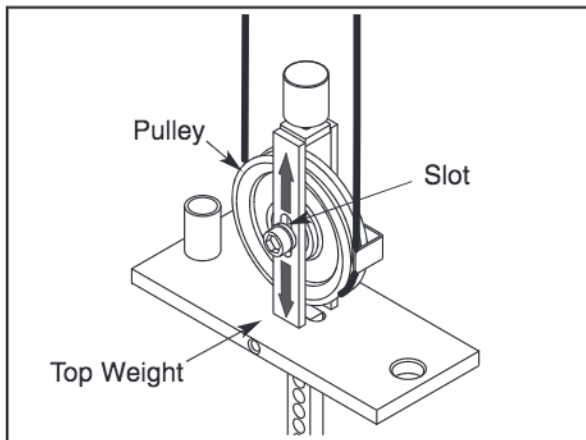
INITIAL ADJUSTMENT

Top Weight Pulley Adjustment—All machines.

Tools required: 9/16" open or box-end wrench, 5/16" Allen wrench

Note: This is the primary adjustment for all machines. If this adjustment does not remove the excess slack, refer to ADDITIONAL ADJUSTMENTS, at the right.

1. Remove the access cover by pulling it free at the bottom and then sliding it up until the two sets of tabs release.
2. Using a 5/16" Allen wrench and a 9/16" open or box-end wrench, loosen the nut holding the pulley in the bracket on the top weight. **Note: The top weight on your system has two brackets with pulleys.**



3. To increase the tension, slide the pulley down in the slot. To decrease the tension, slide the pulley up.
4. Tighten the nut and check the tension as described in CABLE TENSION CHECK, on page 8. If necessary, readjust the pulley.
5. Replace the access cover.

ADDITIONAL ADJUSTMENTS

Handle End Adjustment—All machines with a strap and handle

Tools required: 1/8" Allen wrench, cable cutters, utility knife

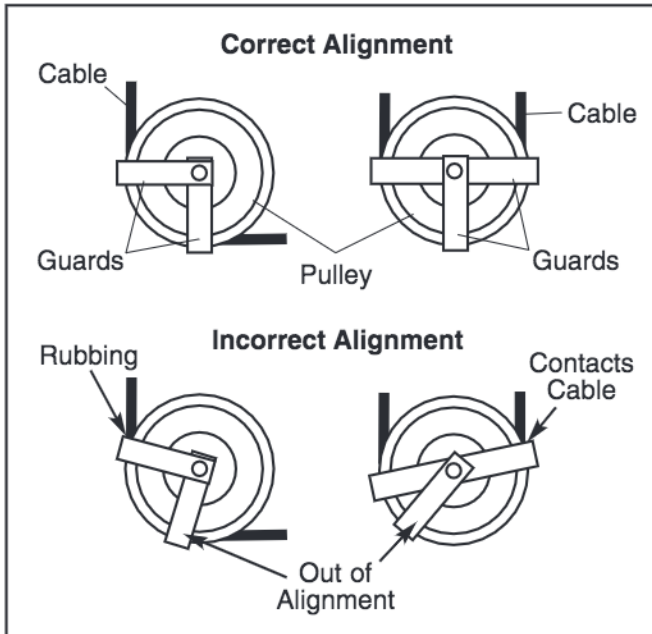
Note: Make this adjustment only if the pulley in the top weight has been fully adjusted to the bottom of the slot and the cable requires more tension.

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

1. Create slack in the cable by removing the weight pin and pulling the handle out six to eight inches. Insert the weight pin into the third weight plate and the tube on the bottom of the top weight.
2. Push the black rubber cover off the aluminum coupler and slide the cover up the cable to contact the pulley in the swivel arm.
3. Loosen the four oval-point, 1/4-20-unc set screws in the coupler and pull the cable free.
4. Cut off one inch of the cable end using cable cutters. **Note: Using any other tool may flatten or disrupt the end strands so that it may be difficult to reinsert the cable into the hole of the coupler.**
5. Cut off one inch of the black cable sheath from the end of the cable.
6. Reinsert the cable and the sheath into the coupler so that all of the bare cable is in the hole.
7. Retighten the four set screws into the threaded holes. Tighten the set screws equally until they contact the cable. Then, tighten each screw alternately 1/4 turn, until all are set to 85 inch/pounds.
8. Slide the rubber cover over the coupler, remove the weight pin, and lower the handle.
9. Check for proper tension on the cable as described in CABLE TENSION CHECK, on page 8.

CABLE GUARDS

Periodically check the alignment of the cable guards to ensure that they are not dragging on the cable and that they are performing their intended function. If the cable guards are not aligned correctly, loosen the bolts slightly and adjust the cable guards as necessary.

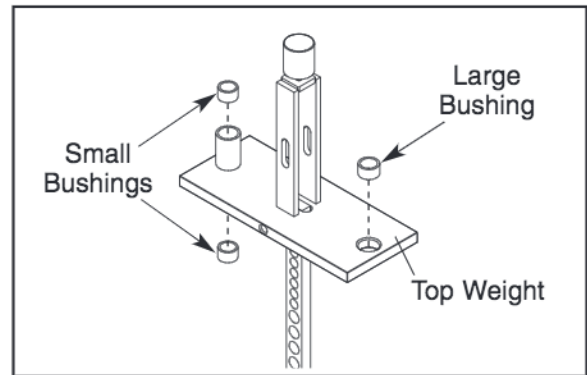


SERVICING THE WEIGHT STACK

For required parts, call our Customer Service Department at 1-800-201-2109.

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

5. Servicing the weight stack involves replacing the three bushings in the top weight. First, use a punch to drive the three existing bushings out of the top weight.



6. To insert the new bushings, hold each 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 bushings should be flush with the surface. Note: There are two sizes of bushings. The slightly larger bushing is for the single hole in the top weight; the smaller bushings are for the top and bottom of the cylindrical standoff.
7. Clean and lubricate the guide rods by wiping them using a soft cloth containing automotive engine oil. Apply only a light coating over the entire length.
8. Replace the top weight on the guide rods. Bolt the pulley, cable, and cable guards back into place.
9. Reattach the guide rods to the top of the frame.
10. 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 bolts or nuts. Lift the top weight to the top again. Retighten the guide rod bolt or nuts. Check the full travel again and readjust the guide rods if necessary.
11. While slowly pulling the handle, have someone check the top weight pulley guard to ensure that it is not dragging or rubbing on the cable.
12. Replace the access cover.

PART LIST—Model No. GZFM60063

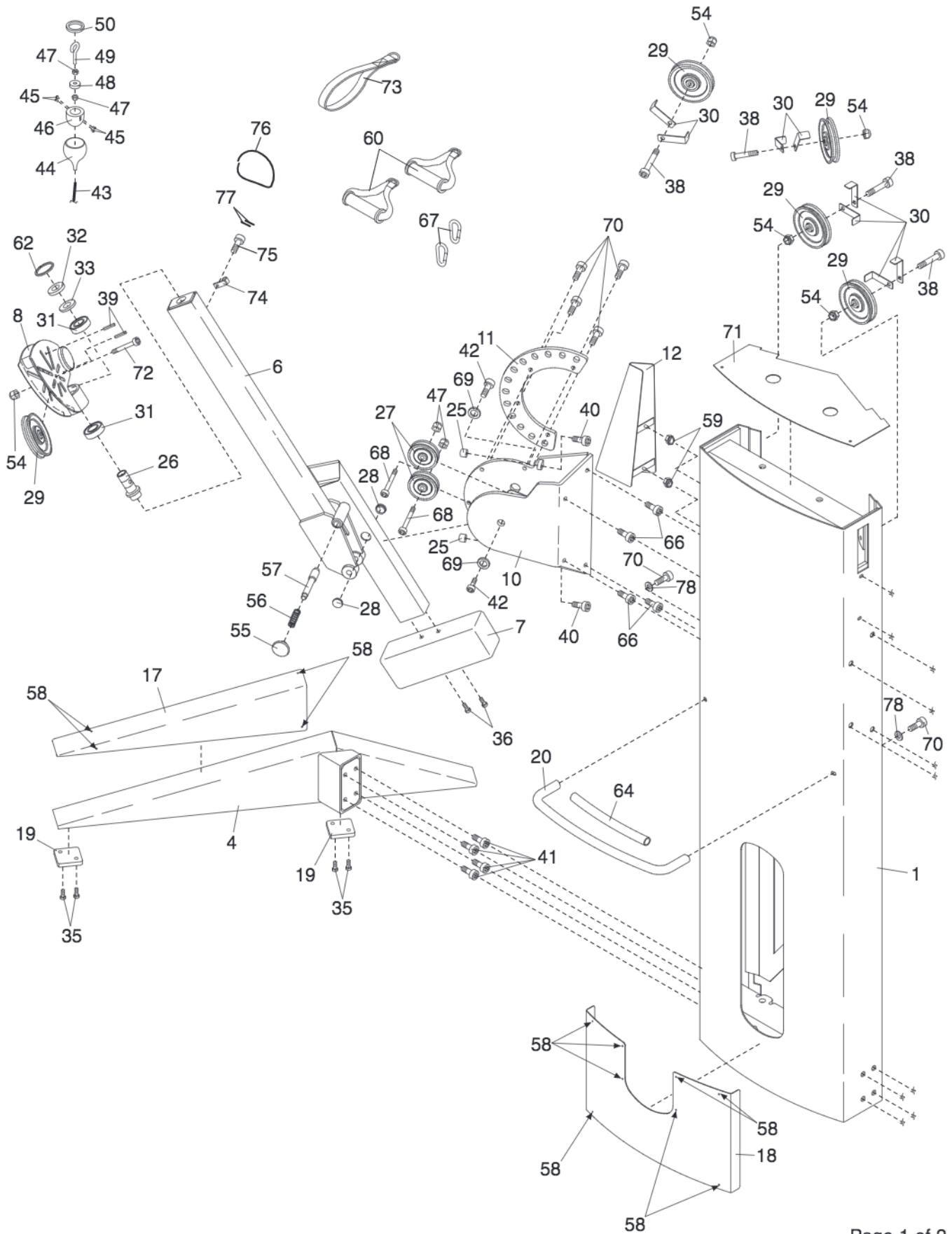
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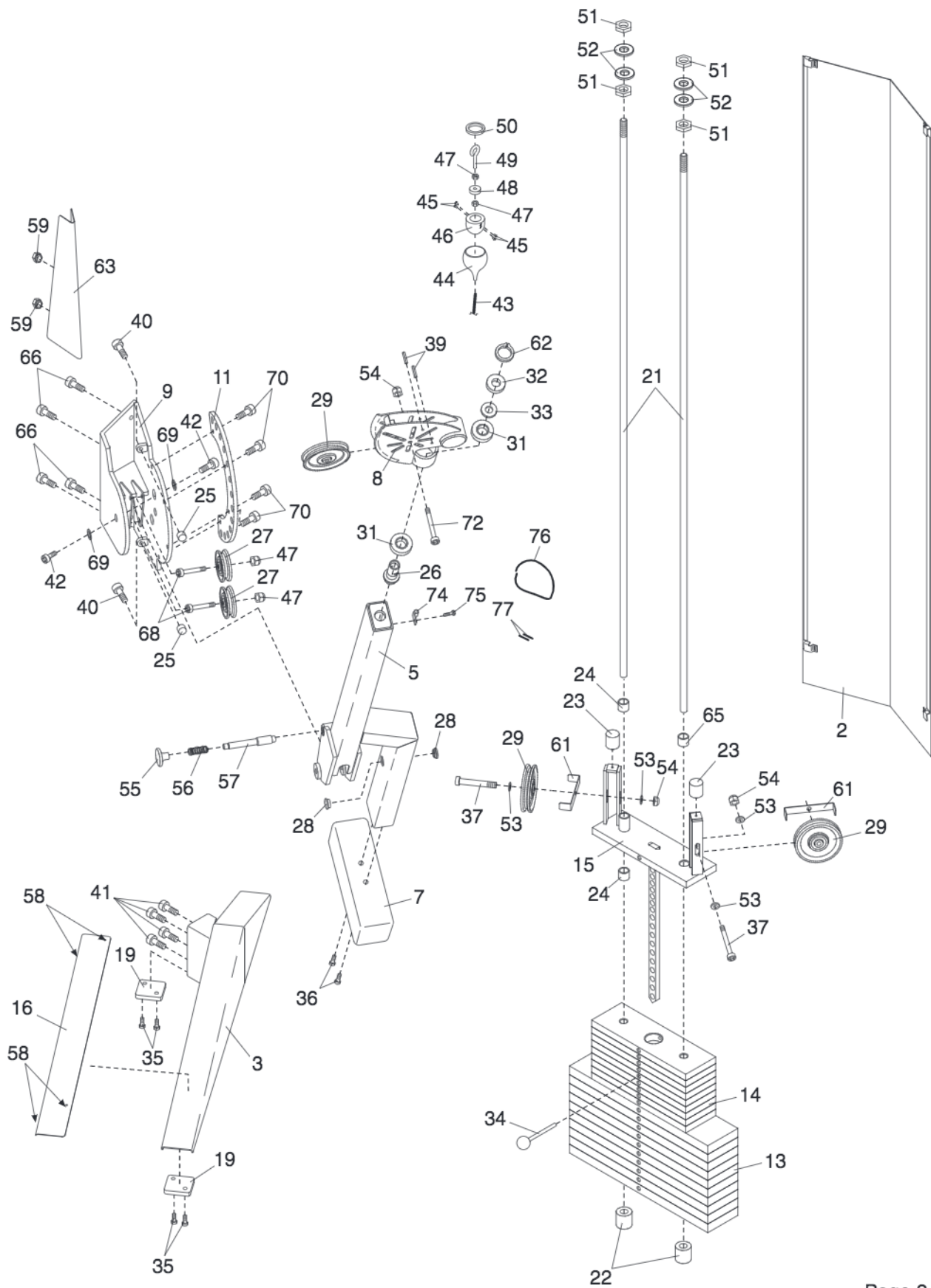
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower	41	8	1/2" x 1" Bolt
2	1	Access Cover	42	4	3/4" x 1/2" Shoulder Bolt
3	1	Right Support Leg	43	1	Cable
4	1	Left Support Leg	44	2	Rubber Cover
5	1	Right Arm	45	8	1/4-20-unc Set Screw
6	1	Left Arm	46	2	Aluminum Coupler
7	2	Counterweight	47	8	3/8" Jamnut
8	2	Swivel Arm	48	2	Cable Bearing
9	1	Right Arm Bracket	49	2	Eyebolt
10	1	Left Arm Bracket	50	2	1 1/8" Retainer Ring
11	2	Adjustment Bracket	51	4	5/8" Nut
12	1	Left Cable Cover	52	4	5/8" Lock Washer
13	10	Large Weight	53	4	3/8" Serrated Lock Washer
14	9	Small Weight	54	8	3/8" Nut
15	1	Top Weight	55	2	Adjustment Knob
16	1	Right Support Leg Cover	56	2	Spring
17	1	Left Support Leg Cover	57	2	Adjustment Pin
18	1	Tower Cover	58	16	Rivet
19	4	Floor Bumper	59	4	1/4" Nut
20	1	Handlebar	60	2	Handle
21	2	Weight Guide Rod	61	2	Double Cable Trap
22	2	Weight Bumper	62	2	1" Retainer Ring
23	2	Top Weight Bumper	63	1	Right Cable Cover
24	2	Small Weight Guide Bushing	64	1	Grip
25	4	Arm Bumper	65	1	Large Weight Guide Bushing
26	2	Trunnion	66	8	1/2" x 1" Bolt
27	4	3 1/2" Pulley	67	2	Spring Clip
28	4	Hole Plug	68	4	3/8" x 1 1/2" Bolt
29	8	4 1/2" Pulley	69	4	3/4" Nylon Washer
30	8	Cable Trap	70	10	3/8" x 3/4" Socket Head Screw
31	4	Pivot Pulley Bearing	71	1	Tower Top Plate
32	2	1" Washer	72	2	3/8" x 1 3/4" Bolt
33	2	1" Wave Washer	73	1	Ankle Strap
34	1	Weight Pin	74	2	Bungee Clip
35	8	3/8" x 1/2" Screw	75	2	#10 x 1/2" Screw
36	4	3/8" x 4 1/2" Socket Head Screw	76	2	Bungee Cord
37	2	3/8" x 2 1/4" Bolt	77	4	Bungee Tie
38	4	3/8" x 2" Bolt	78	2	5/16" Washer
39	4	Roll Pin	#	1	Owner's Manual
40	4	5/16" x 5/8" Socket Head Screw			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the owner's manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. GZFM60063

R0204A





WARRANTY TERMS AND CONDITIONS

Limited Warranty on Commercial Equipment

FreeMotion Fitness, Inc. warrants that all new equipment will be free of manufacturing defects in workmanship and materials, becoming effective at the date of original installation. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. Labor must be performed at a FreeMotion Fitness commercial service facility or by a FreeMotion Fitness authorized commercial service provider.

Terms and Conditions of Coverage

1. Warranty applies only while:
 - (A) it remains in the possession of the original purchaser and proof of purchase is demonstrated,
 - (B) it has not been subject to accident, misuse, abuse, improper service, or modification, and
 - (C) claims are made within the warranty period.
2. All coverage is provided by specific Product according to the guidelines listed below.
3. If the Product or any covered part must be returned to a service facility for repairs, We, FreeMotion Fitness, Inc., will pay all transportation and insurance charges for the first year. We must approve transportation and insurance previous to shipping. You are responsible for transportation and insurance charges during the remaining years.
4. We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.
5. This warranty does not cover damage or equipment failure caused by failure to provide reasonable and necessary maintenance as outlined in the owner's manual. Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any destruction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without written authorization, or by failure on your part to use, operate, and maintain the Product as set in your owner's manual will void this warranty. **All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii, and Canada) and are then subject to the terms provided by that country's local authorized FreeMotion Fitness representative.**
6. During the labor period, FreeMotion Fitness, Inc. compensates Servicicers for warranty trips within their normal service area to repair Product at the consumer's location. You may be charged a trip charge outside the service area.
7. FreeMotion Fitness, Inc. Limited Warranty service may be obtained by contacting Customer Care at 1-800-201-2109.
8. Product limited warranty is void when Product is installed in a country other than where sold.

Limited warranty does not apply to:

1. Repairs performed on Product with missing, altered, or defaced serial numbers.
2. Service calls to correct installation of the Product or instruct owners on how to use the Product.
3. Repair pick-up, delivery, or freight charges other than specified above.
4. Any labor costs incurred beyond the applicable labor warranty period.

Limited Warranty

Parts are warranted to be free from defects in materials and workmanship for the duration of the warranty period as described below. Labor is warranted for one year except for upholstery and grips.

- 10 years: Structural frame
- 3 years: Bearings, guide rods, pulleys, cams, weight stacks
- 1 year: Cables
- 120 days: Upholstery, grips, selector pins, knobs, decals

Your Responsibility

Retain proof of purchase; use, operate, and maintain the Product as specified in the Owner's Manual; notify Customer Care of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement, or, if necessary, the entire Product for repair.

Owner's Manual

It is very important that you read the Manual before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

Receipt of Parts and Service

Simply call Customer Care toll-free at 1-800-201-2109, Monday through Friday from 8 a.m. to 5 p.m. Mountain Time, and give your name, address, and the serial number of your Product. A representative will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service.

Before Shipping:

1. Obtain a Return Authorization Number (RA#) from Customer Care.
2. Securely pack your Product.
3. Write the RA# on the outside of the carton.
4. Insure the Product.
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

Exclusive Warranty

FreeMotion Fitness, Inc. 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 or 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.

Unauthorized Changes to Warranty

No one is authorized to change, modify, or extend the terms of this limited warranty.

State Laws

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-201-2109, Monday through Friday, 8 a.m. until 5 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (GZFM60063)
- The NAME of the product (FREEMOTION® CABLE CROSS strength machine)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 11 to 13 of this manual)