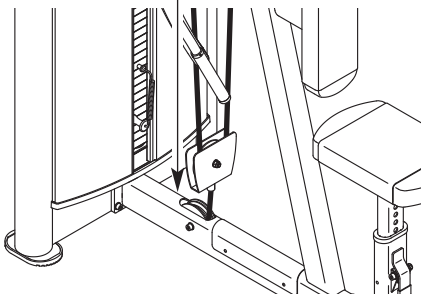
FREEMOTION® EPIC™

FLY/REAR DELT

Model No. F806.0
Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal



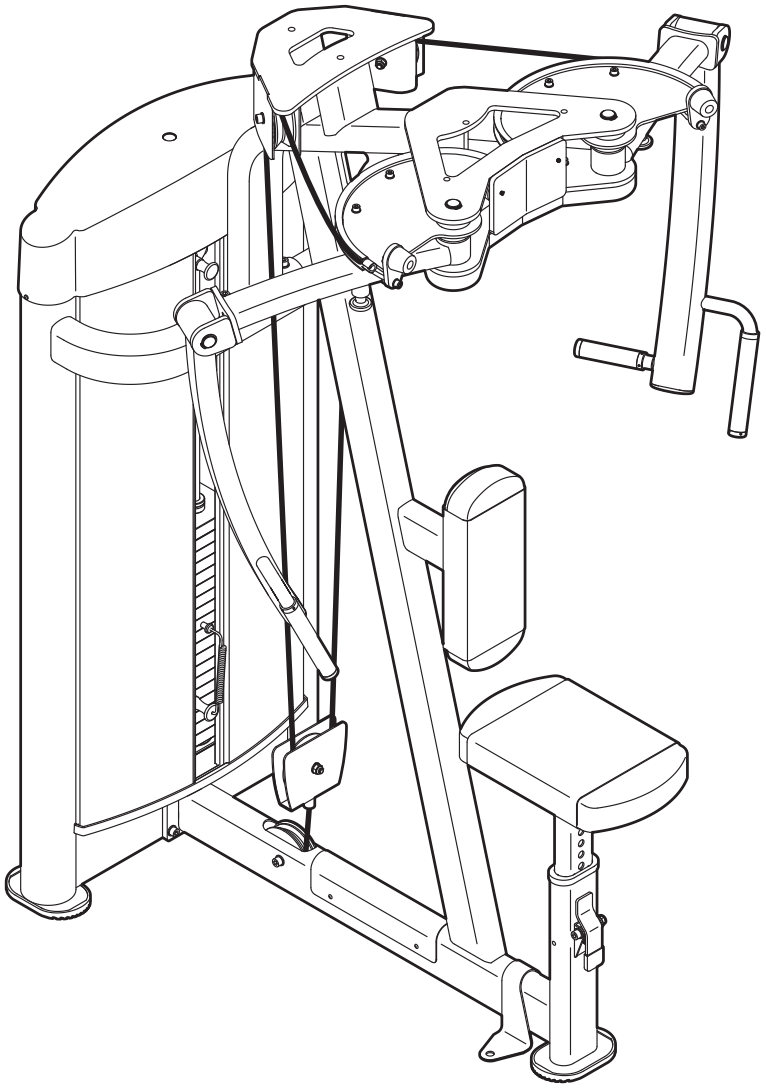
QUESTIONS?

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.

OWNER'S MANUAL



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HOW TO CONTACT CUSTOMER CARE . . . . . Back Cover

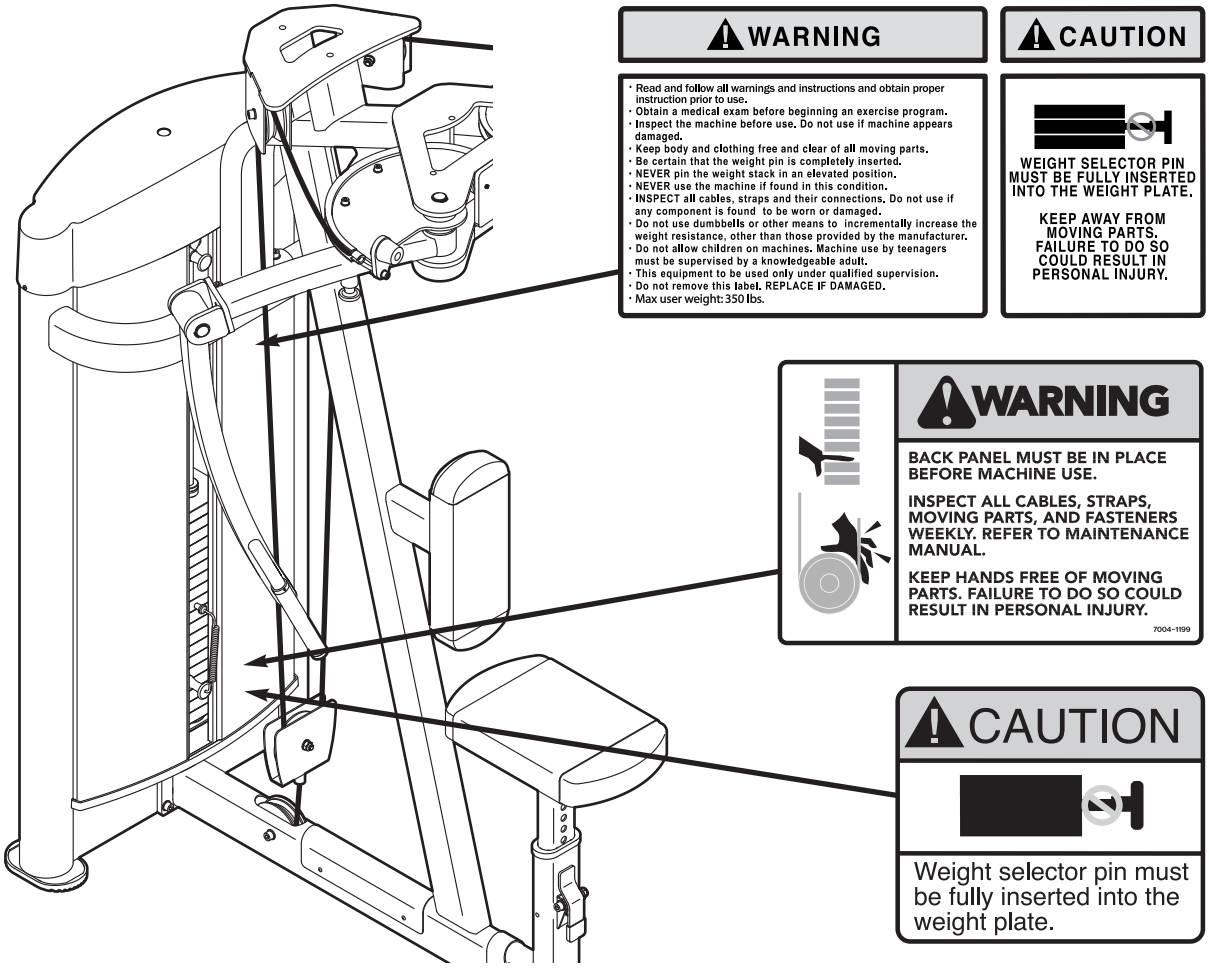
IMPORTANT PRECAUTIONS

⚠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 (see page 5) 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, each cable connection, and each 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 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

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.**

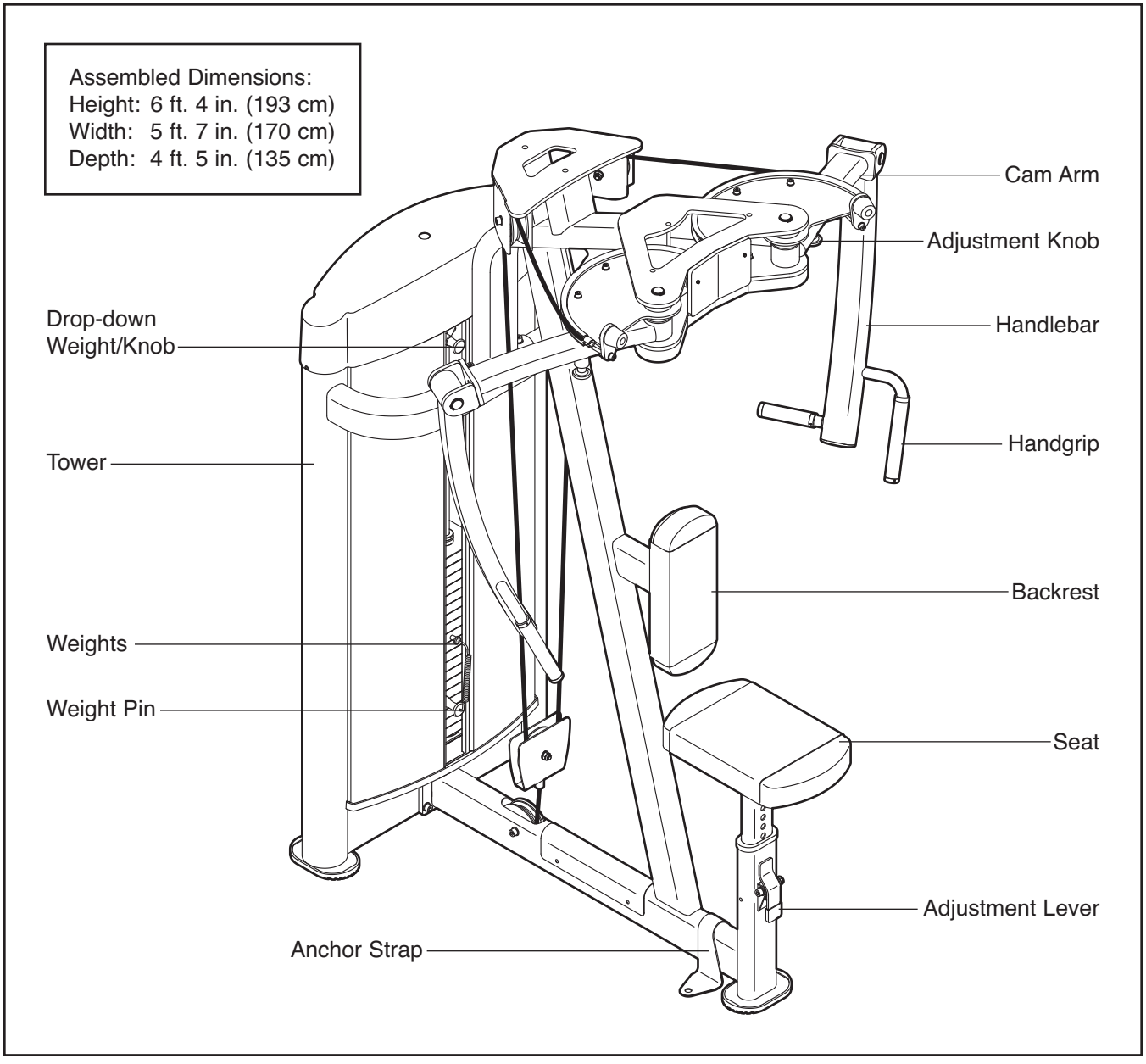


BEFORE YOU BEGIN

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

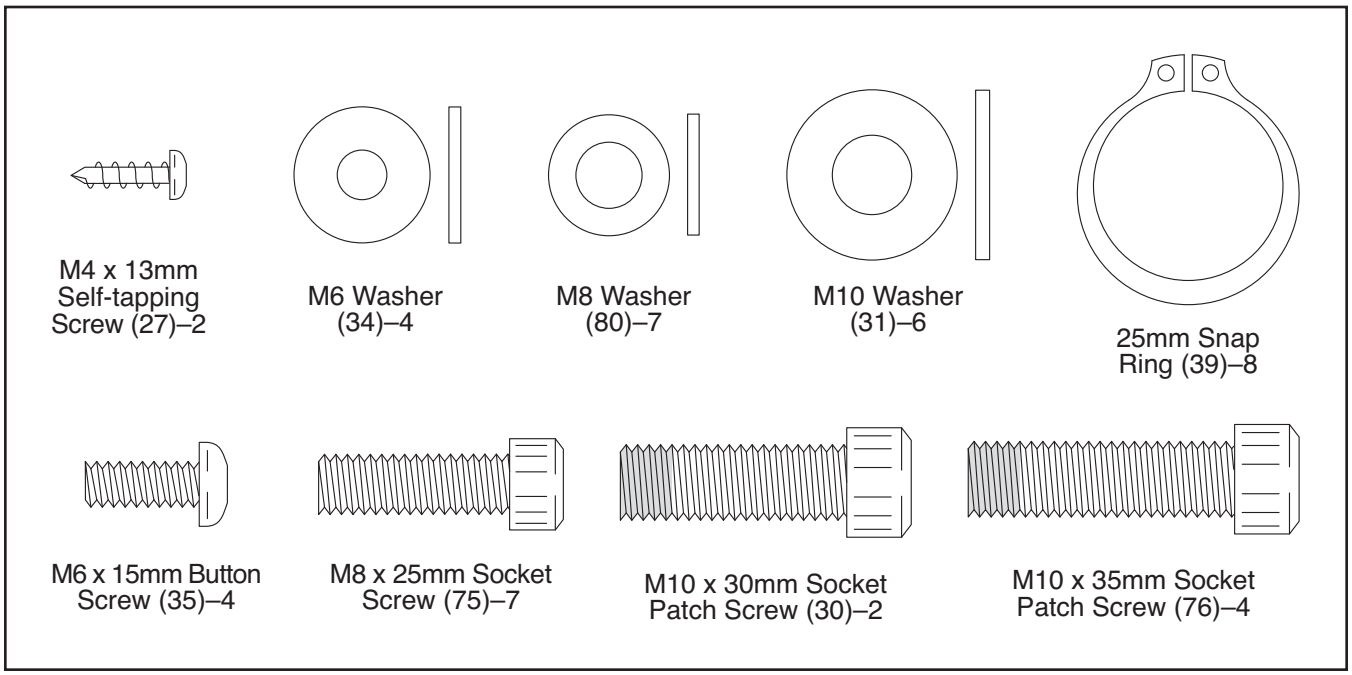
For your benefit, read this manual carefully before using the strength equipment. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of 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 required 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. **Note: If a part is not in the hardware kit, check to see if it has been preattached.**



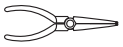
ASSEMBLY

- 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.**

Orient the Upright (72) as shown. **Have a second person hold the Upright to prevent it from falling until you complete this step.**

Remove the indicated parts (24, 31, 32, and 83) from the Upright (72).

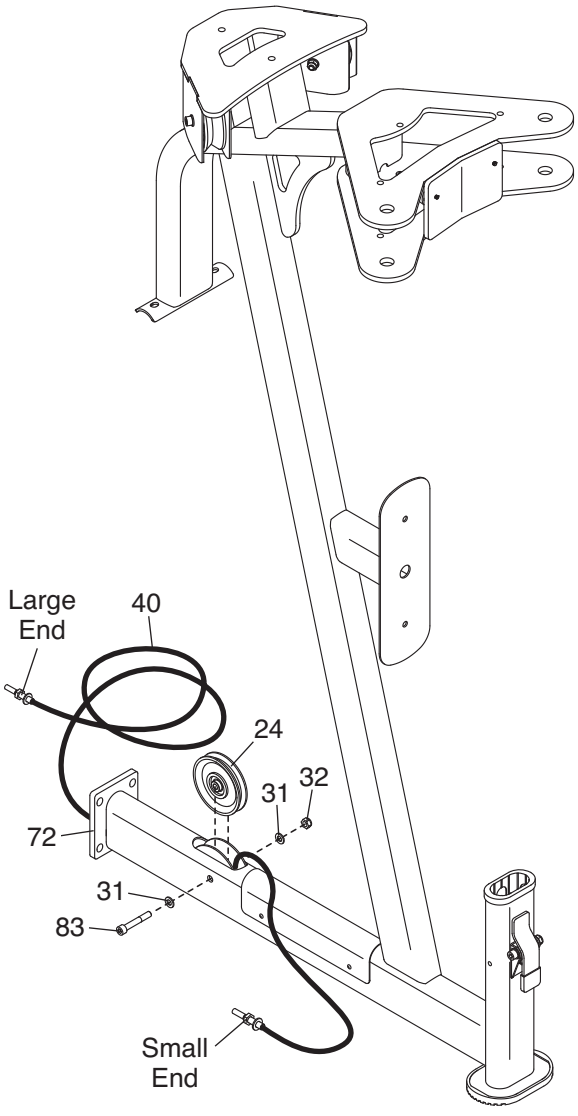
See the CABLE DIAGRAM on page 23 and identify the Weight Cable (40).

Orient the Weight Cable (40) as shown, and insert it through the Upright (72).

Set the Large Pulley (24) that you just removed over the Weight Cable (40).

Attach the Large Pulley (24) to the Upright (72) with the M10 x 65mm Socket Bolt (83), the two M10 Washers (31), and the M10 Locknut (32) that you just removed.

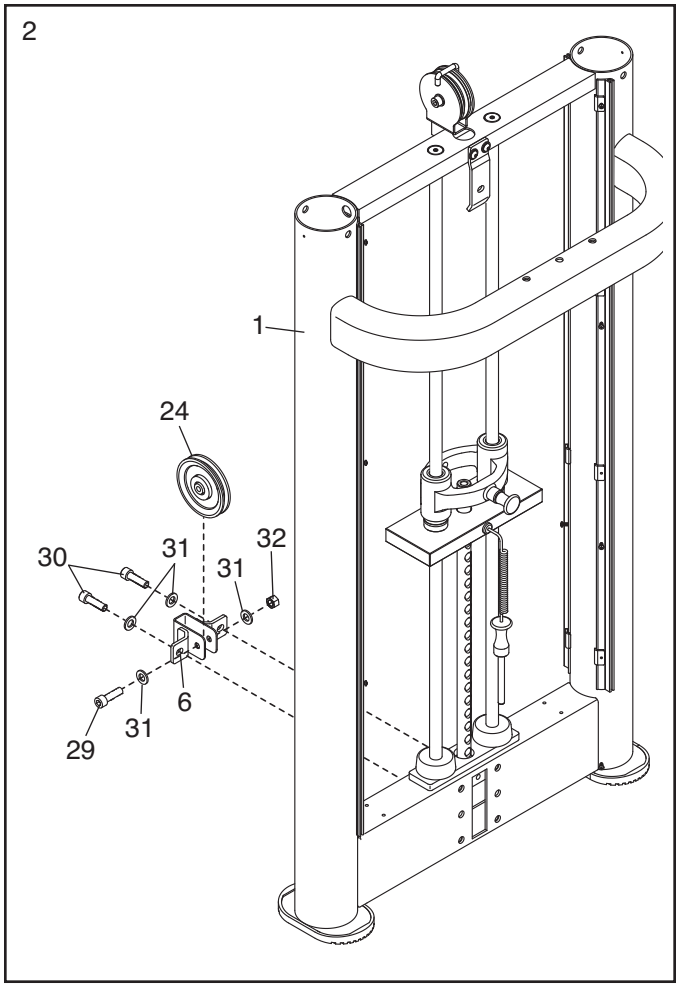
1



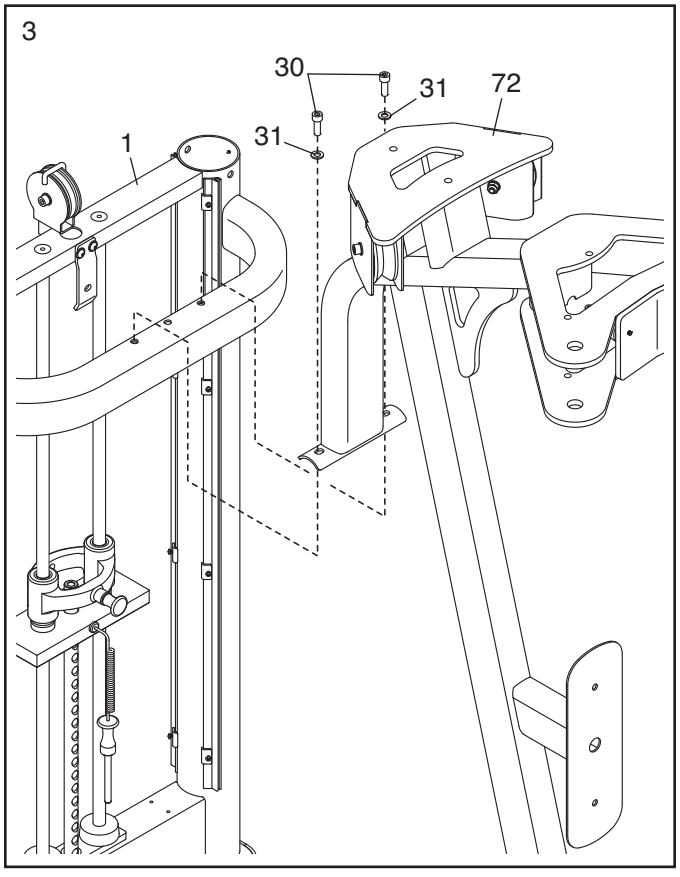
2. Orient the Tower Frame (1) as shown. **Have a second person hold the Tower Frame to prevent it from falling until you complete step 4.**

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

   Next, remove the M10 Locknut (32), the M10 x 50mm Socket Bolt (29), the two M10 Washers (31), and the Large Pulley (24) from the Small Pulley Bracket (6).



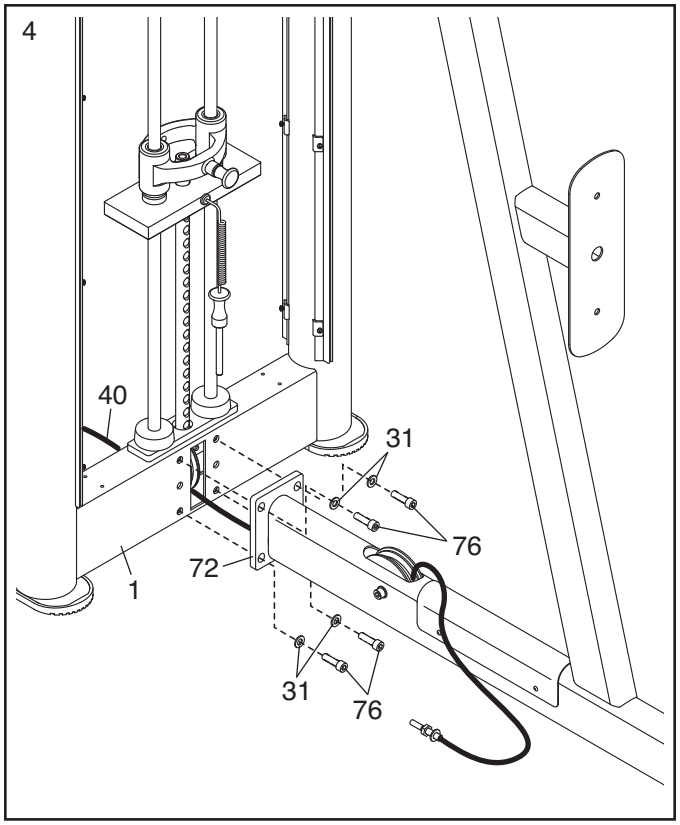
3. Attach the upper end of the Upright (72) to the upper end of the Tower Frame (1) with two M10 x 30mm Socket Patch Screws (30) and two M10 Washers (31). **Do not tighten the Socket Patch Screws yet.**



4. Insert the Weight Cable (40) through the Tower Frame (1) as shown.

   Attach the lower end of the Upright (72) to the lower end of the Tower Frame (1) with four M10 x 35mm Socket Patch Screws (76) and four M10 Washers (31).

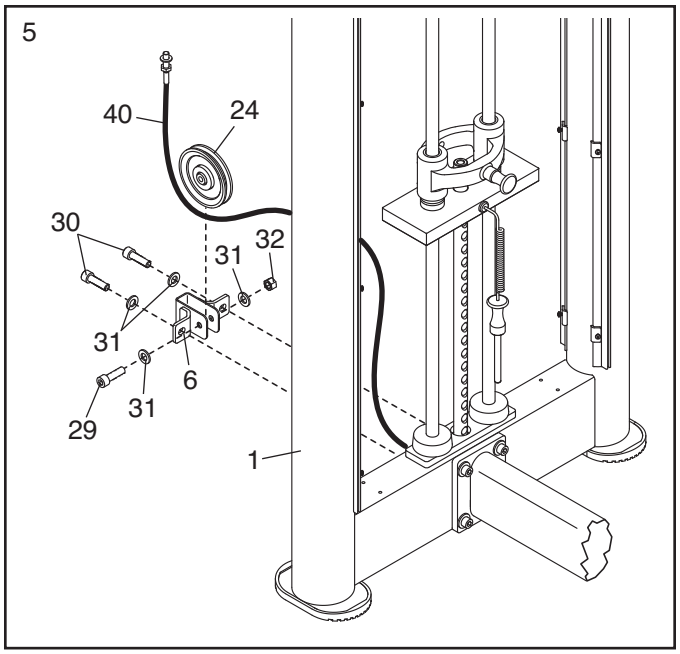
   See step 3. Tighten the two M10 x 30mm Socket Patch Screws (30).



5. Route the Weight Cable (40) upward through the Small Pulley Bracket (6).

   Attach the Large Pulley (24) inside the Small Pulley Bracket (6) with the M10 x 50mm Socket Bolt (29), the two M10 Washers (31), and the M10 Locknut (32) that you removed in step 2.

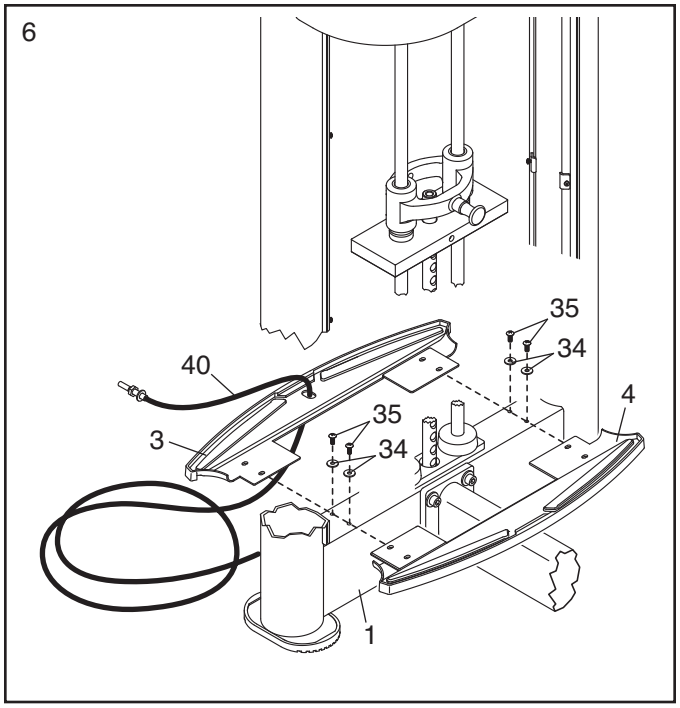
   Then, attach the Small Pulley Bracket (6) to the Tower Frame (1) with the two M10 x 30mm Socket Patch Screws (30) and the two M10 Washers (31) that you removed in step 2.



6. 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 Weight 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 Button Screws (35) and four M6 Washers (34).

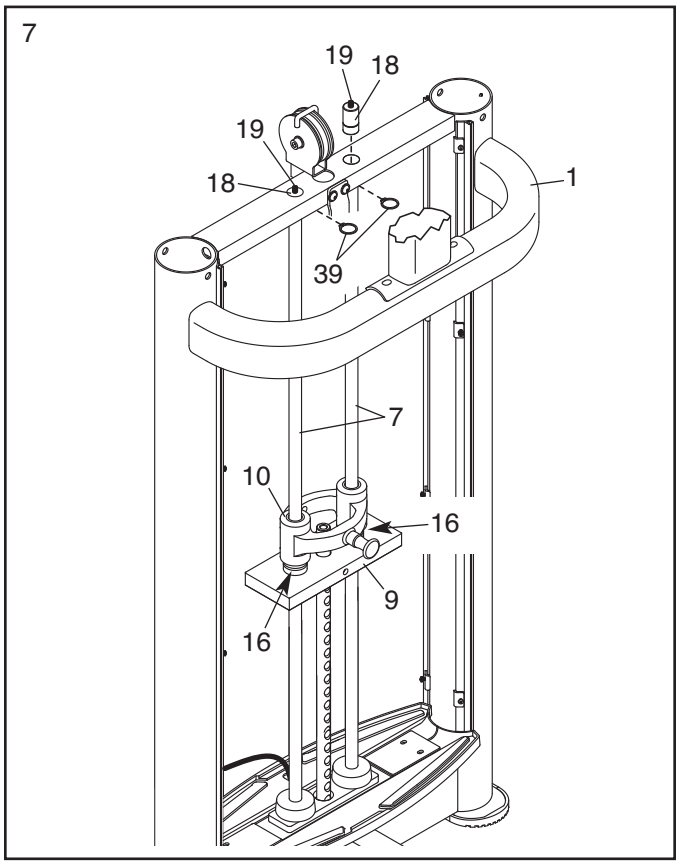


7. Loosen the two M8 x 35mm Set Screws (19) a few complete turns; it is not necessary to remove the Set Screws.

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

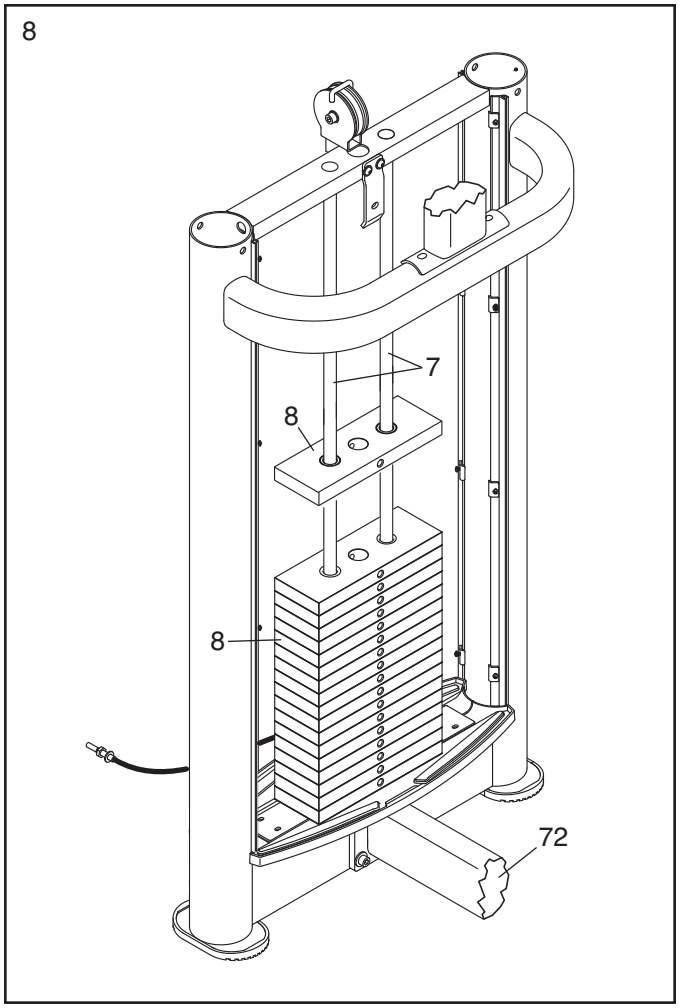
   Lift the Weight Guide Bushings (18) until the upper ends of the Weight Guides (7) are free.

   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.



8. Look at the decals on the eighteen 10-pound Weights (8). Find the decal that has the **largest** number on it. Orient that Weight so that the decal is facing the Upright (72), and slide the Weight onto the Weight Guides (7).

   Repeat this step until all eighteen Weights (8) are on the Weight Guides (7).



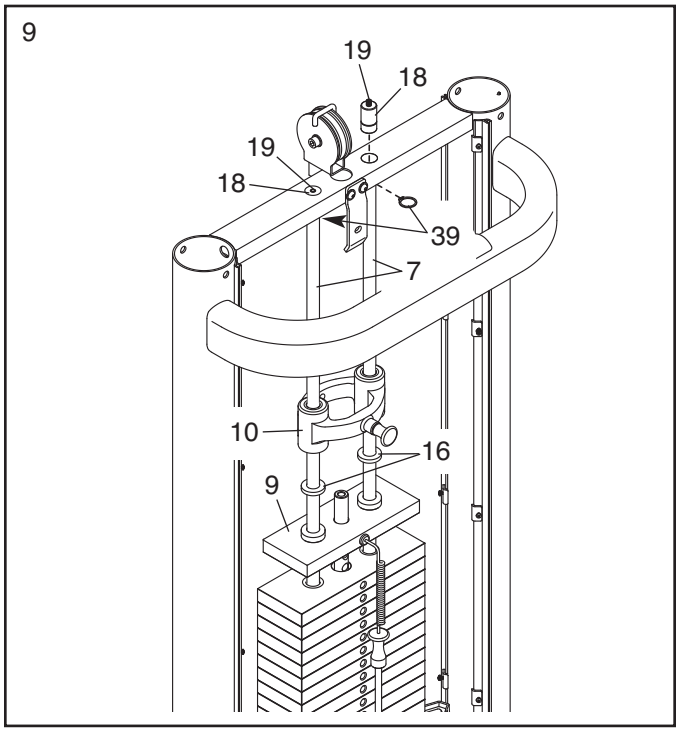
9. Orient the Top Weight (9) and the Drop-down Weight (10) as shown.

   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).

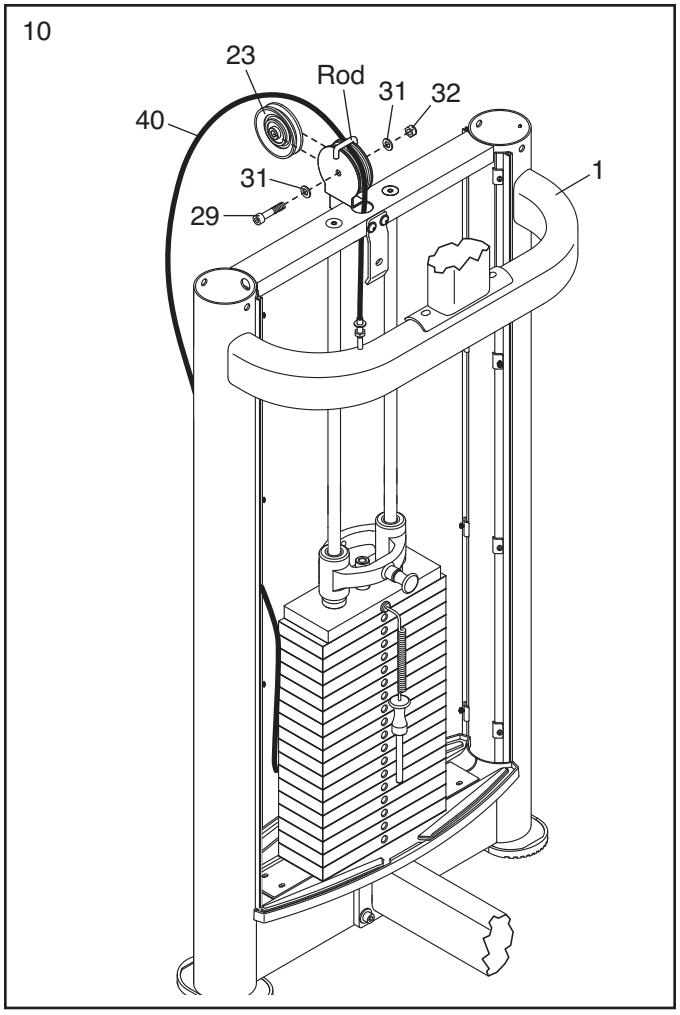
   Then, tighten the two M8 x 35mm Set Screws (19) into the Weight Guide Bushings (18).



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

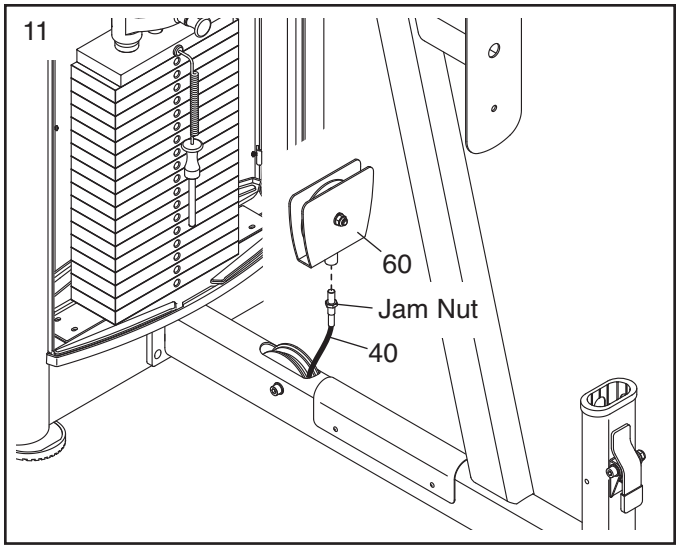
    Route the Weight Cable (40) through the pulley bracket and downward through the hole in the center of the Tower Frame (1).

    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 Weight Cable (40) is between the Small Pulley and the rod on the pulley bracket.**



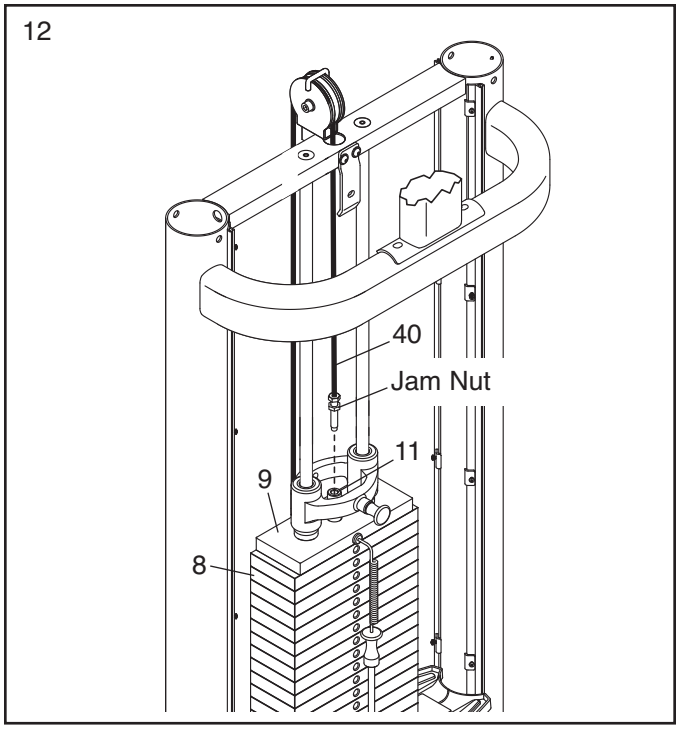
11. Tighten the end of the Weight Cable (40) into the Large Pulley Bracket (60).

    Then, tighten the jam nut on the end of the Weight Cable (40) against the Large Pulley Bracket (60).



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

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



13. Identify the Cam Axles (52), which are longer than the Handlebar Axles (not shown).

    Attach a 25mm Snap Ring (39) to one end of a Cam Axle (52).

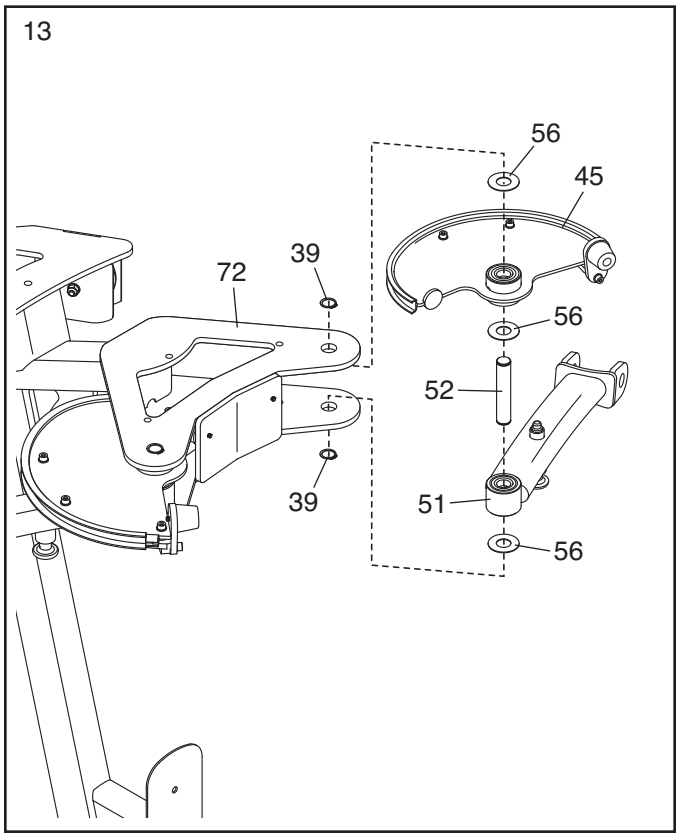
    Identify the Left Cam (45) and a Cam Arm (51) and orient them as shown.

    Have a second person hold the Left Cam (45), the round tube on the Cam Arm (51), and three Plastic Washers (56) inside the left bracket on the Upright (72).

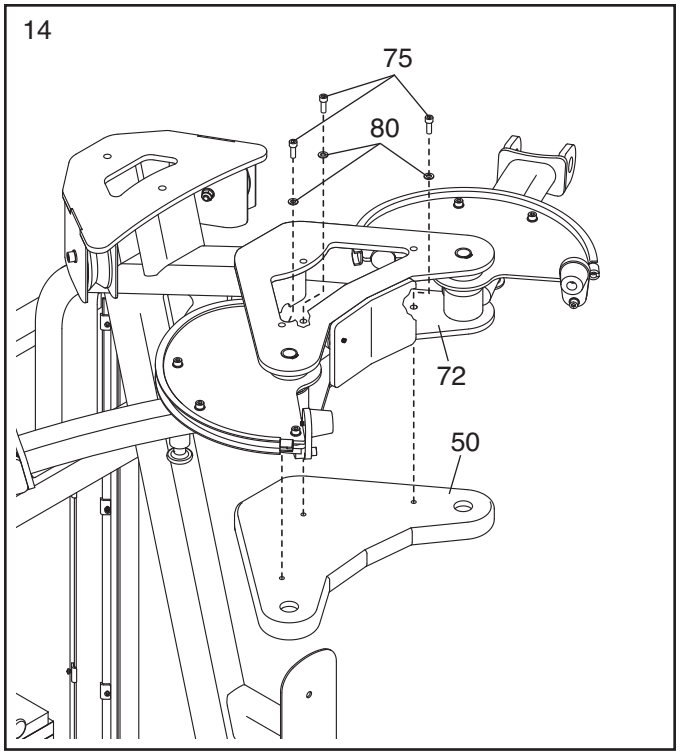
    Insert the Cam Axle (52) into the Left Cam (45), the Plastic Washers (56), and the Cam Arm (51).

    Attach a 25mm Snap Ring (39) to the other end of the Cam Axle (52).

    Repeat this step on the other side of the strength equipment.



14. Attach the Head Pad (50) to the Upright (72) with three M8 x 25mm Socket Screws (75) and three M8 Washers (80).



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

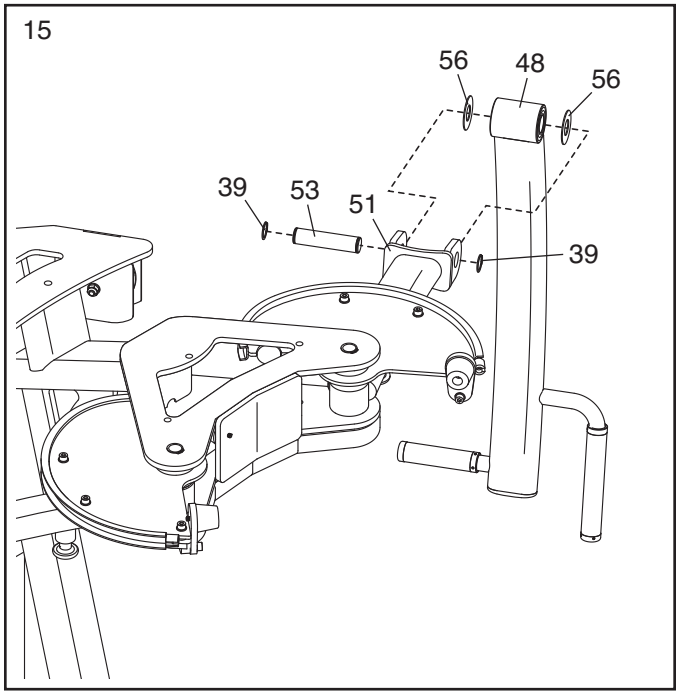
    Identify the Left Handlebar (48) and orient it as shown.

    Have a second person hold the round tube on the Left Handlebar (48) and two Plastic Washers (56) inside the bracket on the left Cam Arm (51).

    Insert the Handlebar Axle (53) into the Left Handlebar (48) and the Plastic Washers (56).

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

    Repeat this step on the other side of the strength equipment.



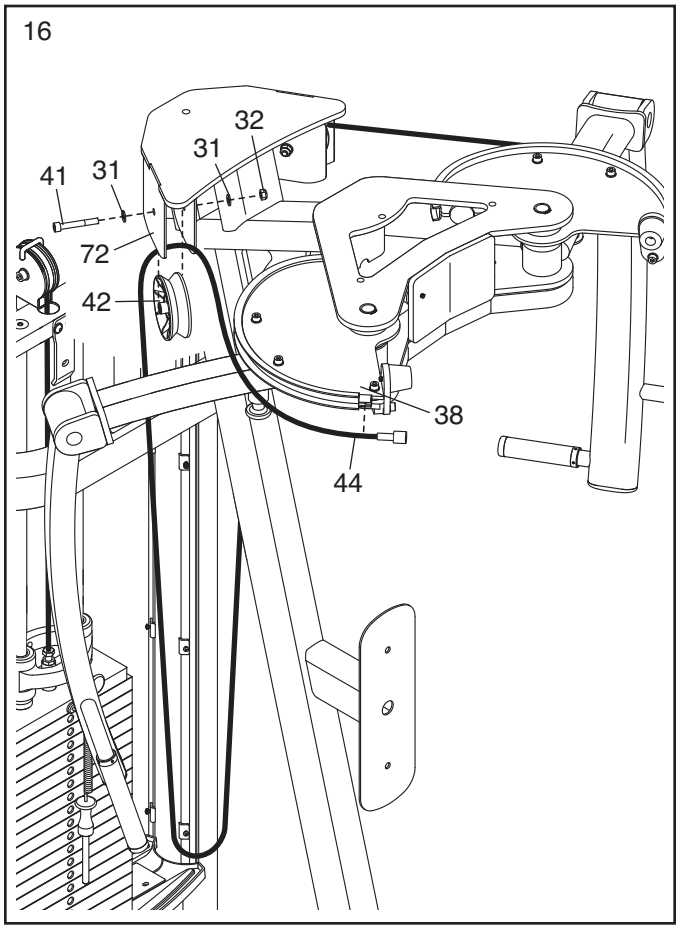
16. Remove all parts (31, 32, 41, and 42) from the indicated bracket on the Upright (72).

Press the end of the Cam Cable (44) as far as possible into the socket on the Right Cam (38).

Route the Cam Cable (44) over the V-pulley (42) that you just removed.

Attach the V-pulley (42) to the bracket on the Upright (72) with the M10 x 70mm Socket Bolt (41), the two M10 Washers (31), and the M10 Locknut (32) that you just removed.

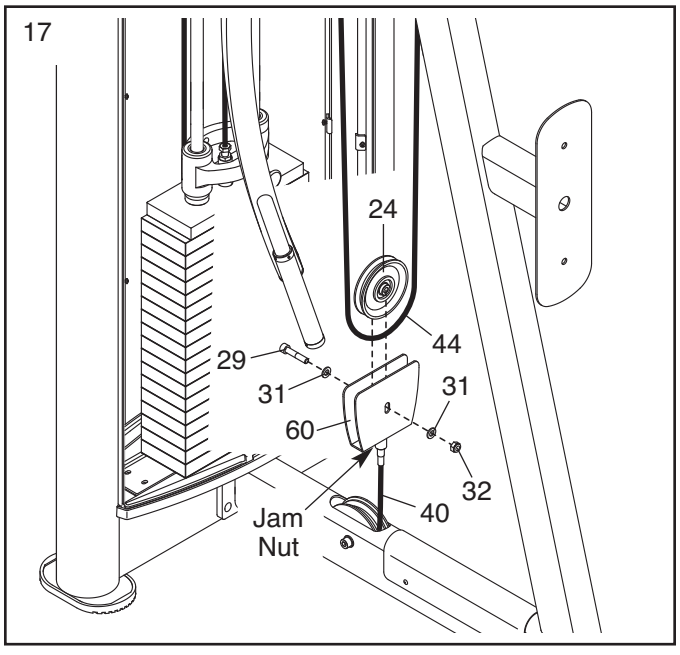
Repeat this step on the other side of the strength equipment.



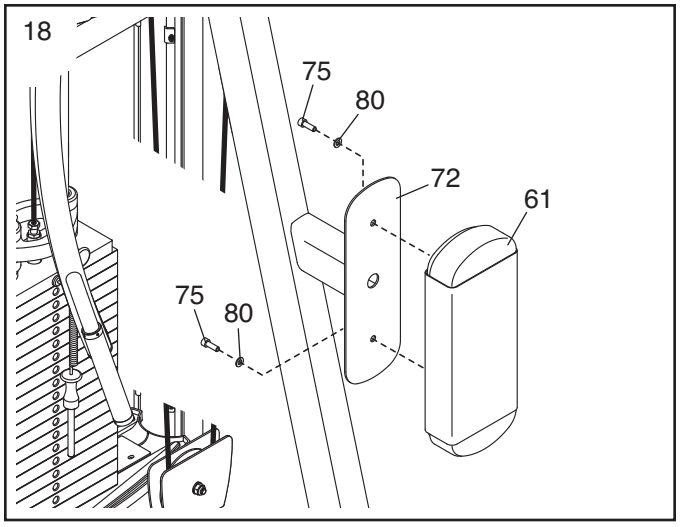
17. Remove all parts (24, 29, 31, and 32) from the Large Pulley Bracket (60).

Insert the Large Pulley (24) that you just removed into the indicated loop in the Cam Cable (44).

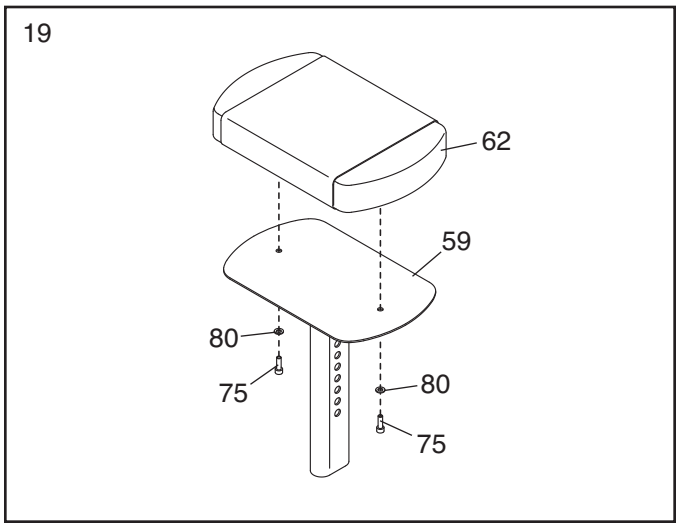
Attach the Large Pulley (24) to the Large Pulley Bracket (60) with the M10 x 50mm Socket Bolt (29), the two M10 Washers (31), and the M10 Locknut (32) that you just removed. **Make sure that the Washers are outside the Large Pulley Bracket.**



18. Attach the Backrest (61) to the Upright (72) with two M8 x 25mm Socket Screws (75) and two M8 Washers (80).



19. Attach the Seat (62) to the Seat Frame (59) with two M8 x 25mm Socket Screws (75) and two M8 Washers (80).

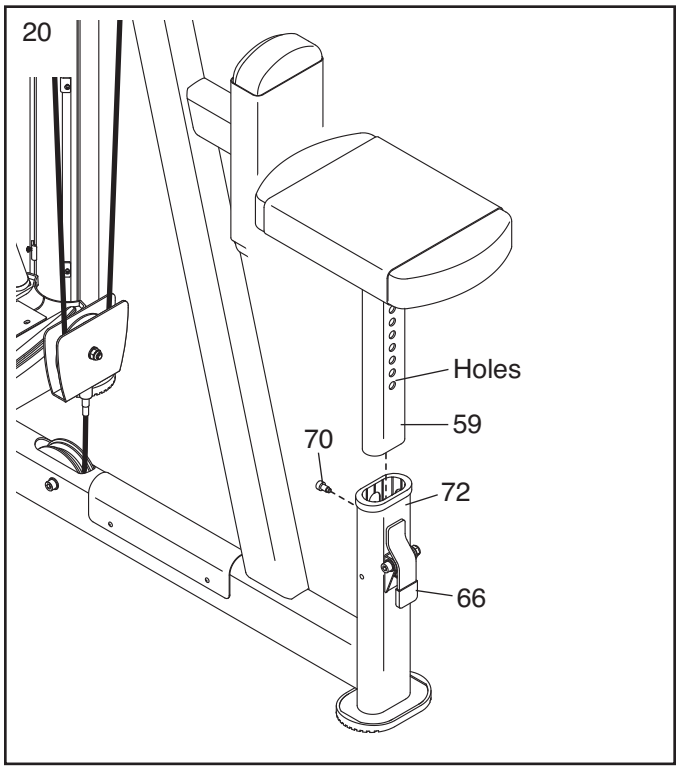


20. Remove the M10 x 18mm Stop Screw (70) from the Upright (72).

    Press the Adjustment Lever (66) on the Upright (72), insert the Seat Frame (59) into the Upright, and then release the Adjustment Lever into one of the adjustment holes in the Seat Frame.

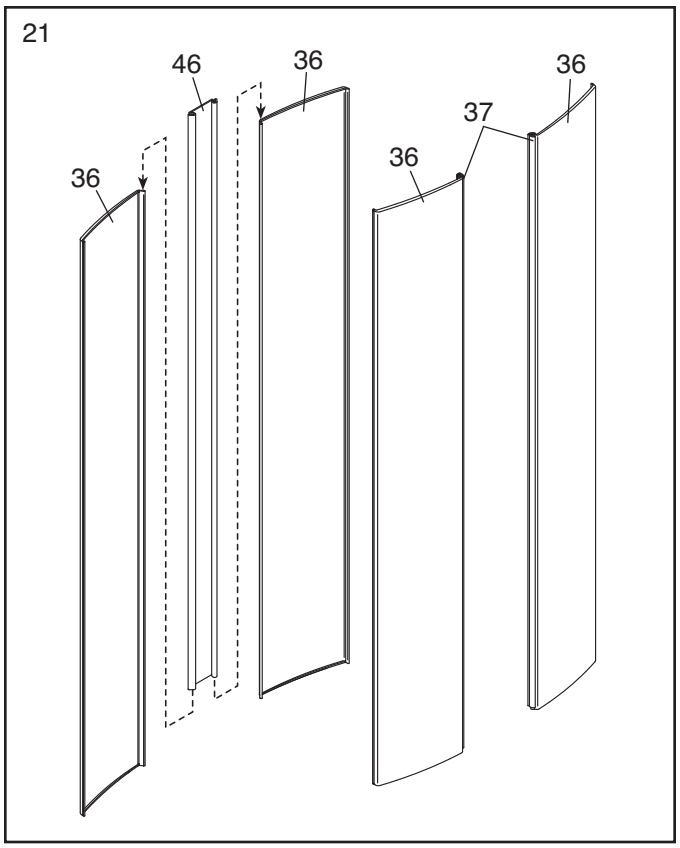
    Make sure that the Adjustment Lever (66) is firmly engaged in an adjustment hole.

    Then, tighten the M10 x 18mm Stop Screw (70) that you just removed into the Upright (72).

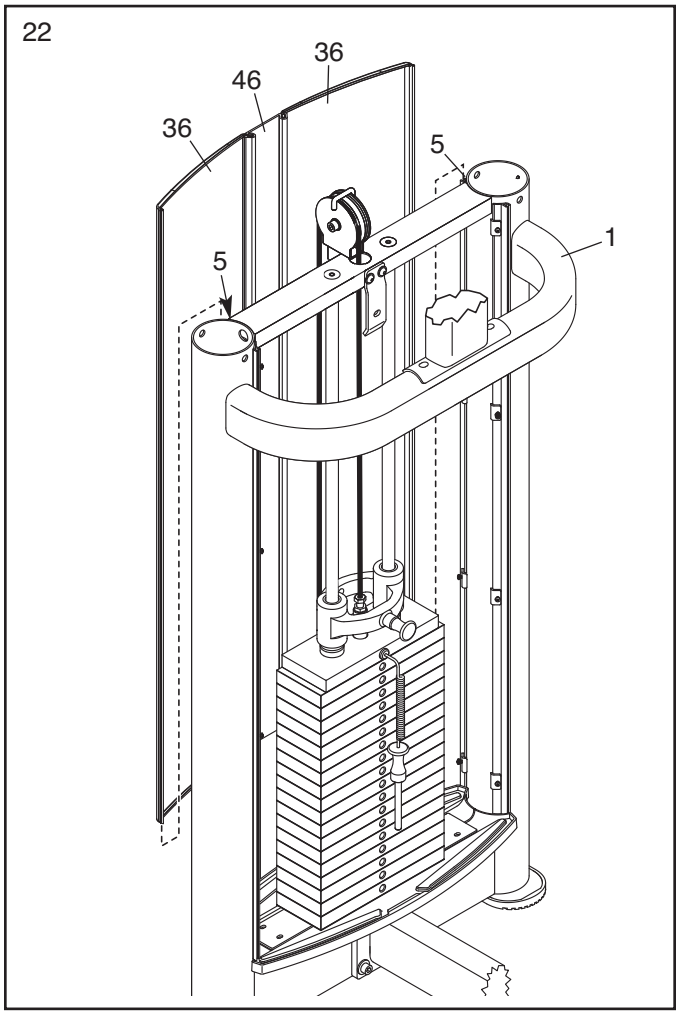


21. Look at the four Shrouds (36), and identify the two Shrouds that have strips of Inner Trim (37) and the two Shrouds that do not.

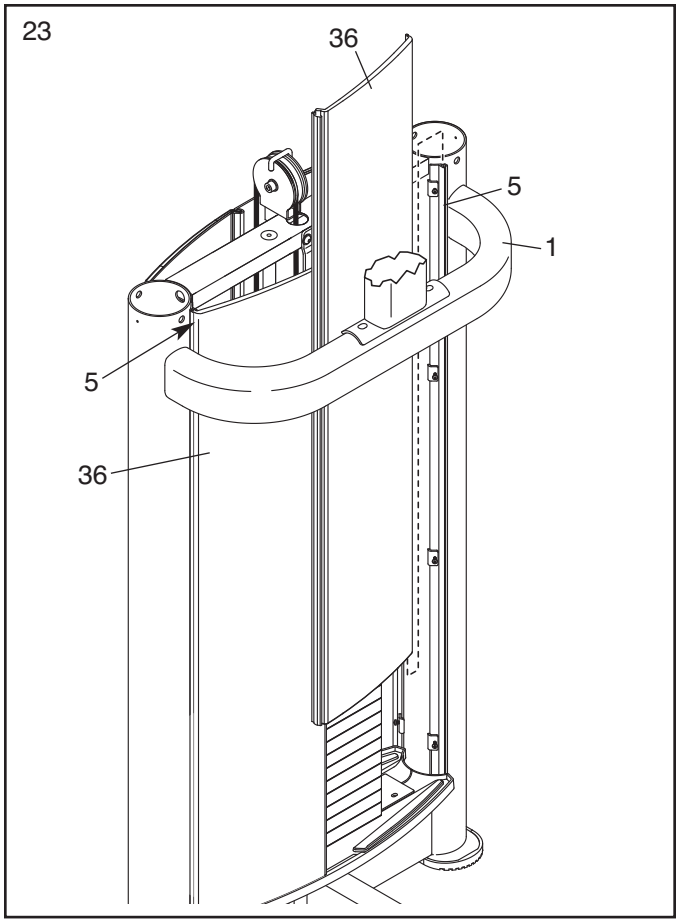
    Slide the Shroud Panel (46) downward onto the two Shrouds (36) that do **not** have strips of Inner Trim (37).



22. 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).

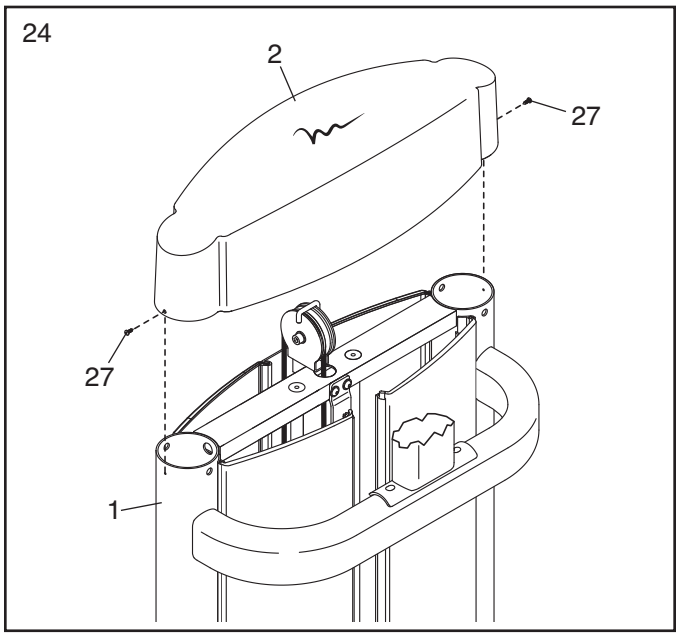


23. Slide the two remaining Shrouds (36) downward into the two strips of Outer Trim (5) on the front of the Tower Frame (1).



24. 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).



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

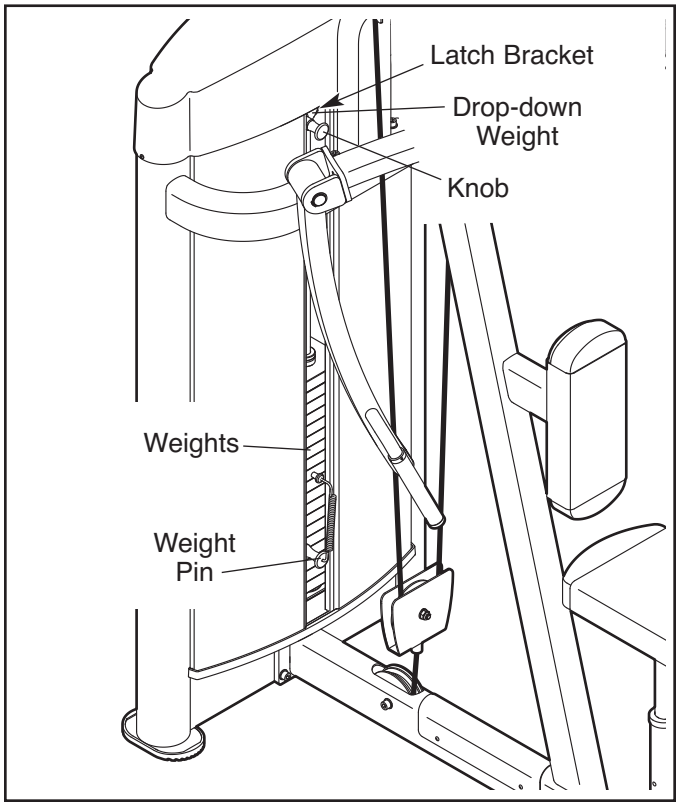
This section explains how to adjust the strength equipment. Make sure all that parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately.

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.

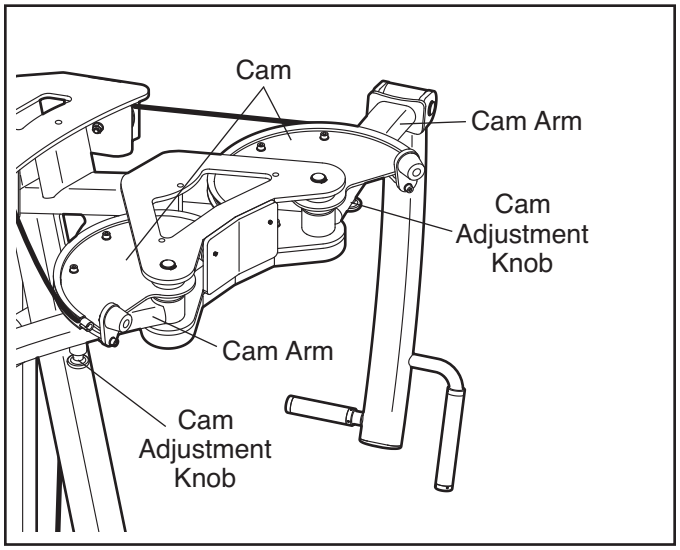
When you are not using the drop-down weight, slide it upward and engage the knob into the latch bracket. **Move the drop-down weight upward and downward slightly to make sure that the knob is firmly engaged in the latch bracket.**



ADJUSTING THE CAM ARMS

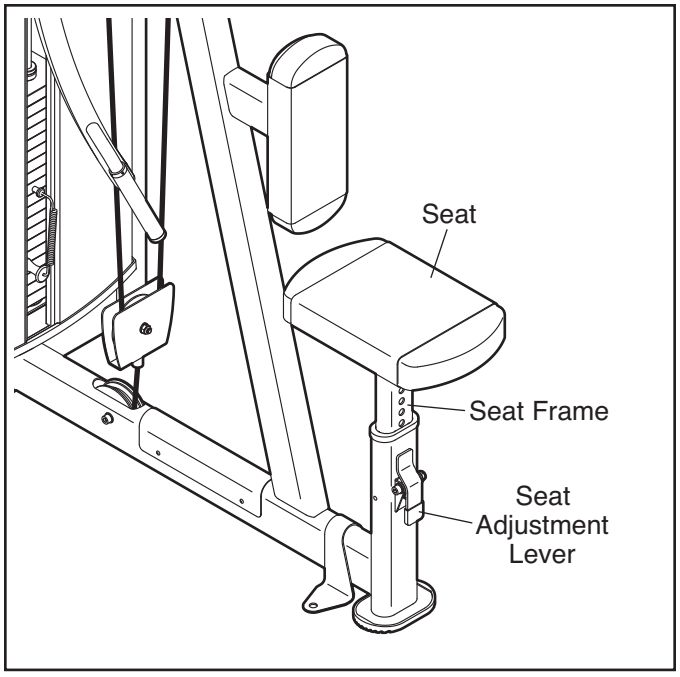
To adjust the position of each cam arm, pull the cam adjustment knob downward, move the cam arm to the desired position, and then release the cam adjustment knob into an adjustment hole in the cam. **Make sure that the cam adjustment knob is firmly engaged in an adjustment hole.**

Make sure to adjust both cam arms to the same position.



ADJUSTING THE SEAT

To adjust the seat, press the indicated adjustment lever, move the seat frame upward or downward to the desired position, and then release the adjustment lever into an adjustment hole in the seat frame. **Make sure that the adjustment lever is firmly engaged in an adjustment hole**.



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

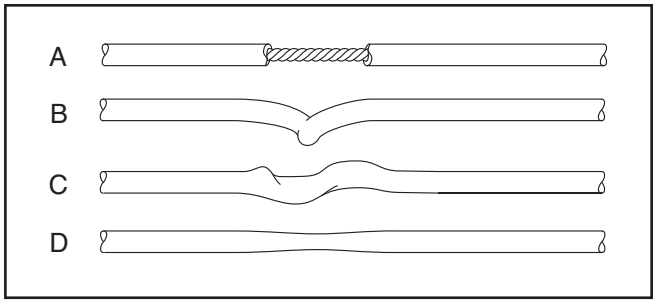
Hardware

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

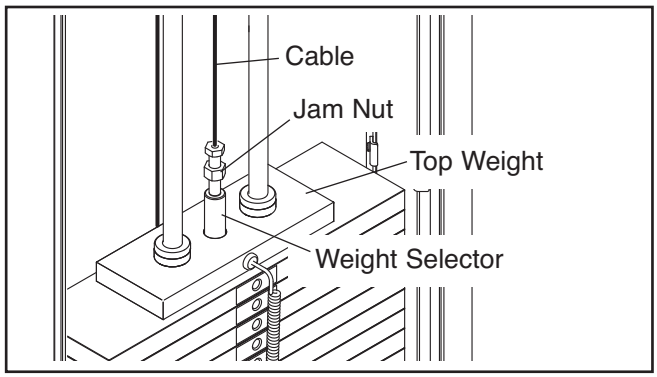


Cable Adjustment
To determine whether each cable is properly adjusted, slowly raise and lower the top weight by performing one repetition.

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.

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.



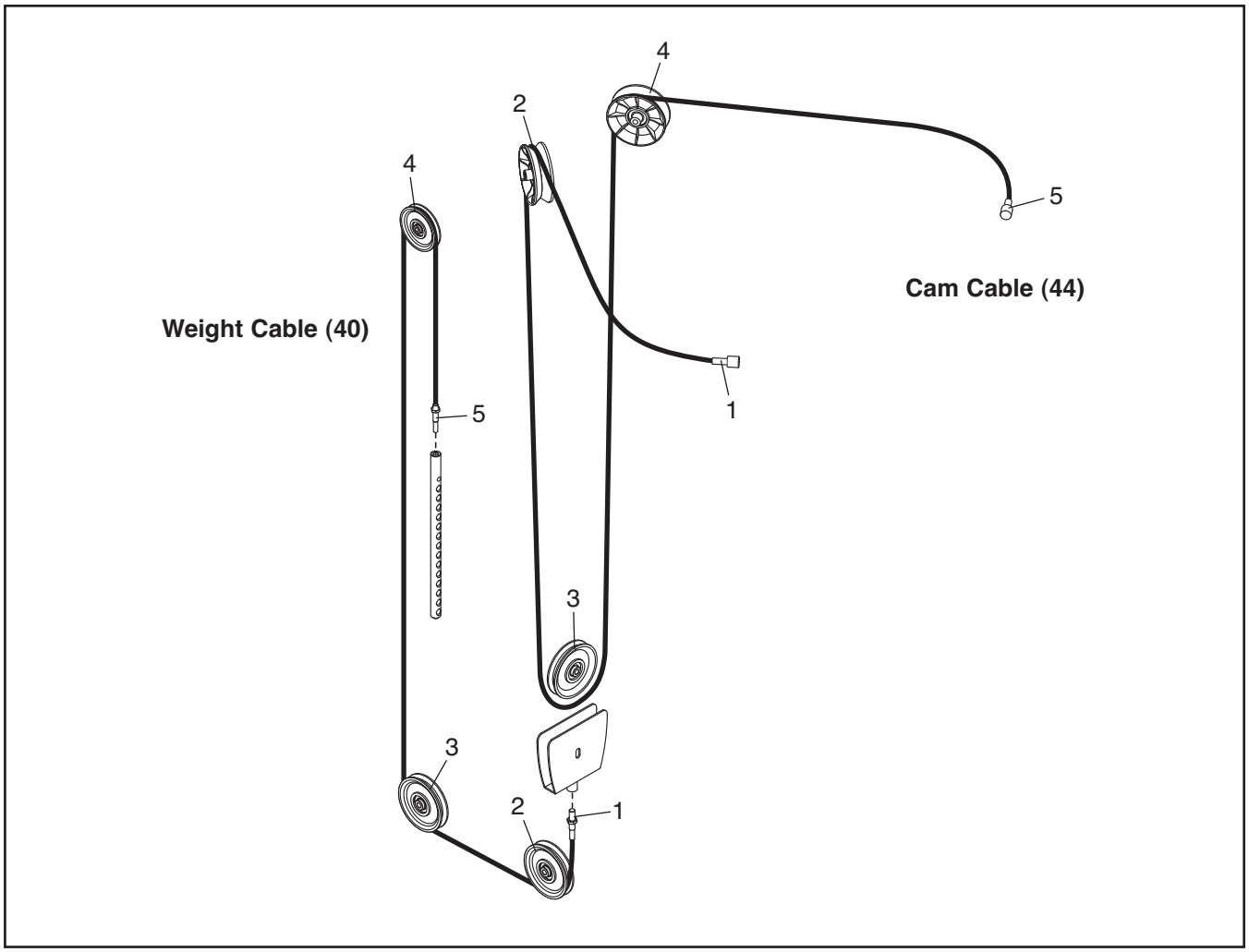
MONTHLY MAINTENANCE

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 lightweight 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 below 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.**



NOTES

PART LIST

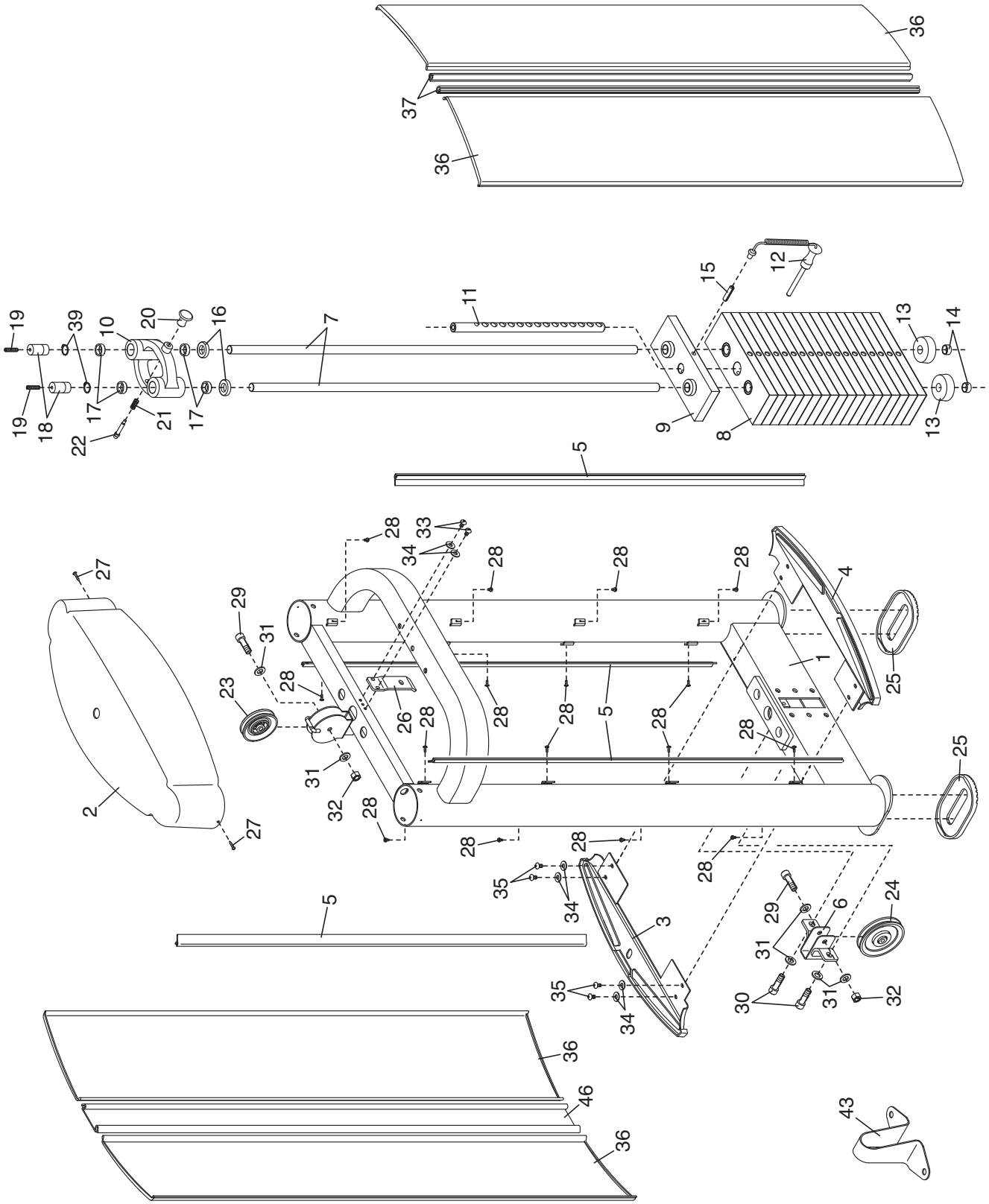
Model No. F806.0 R1210A

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

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.

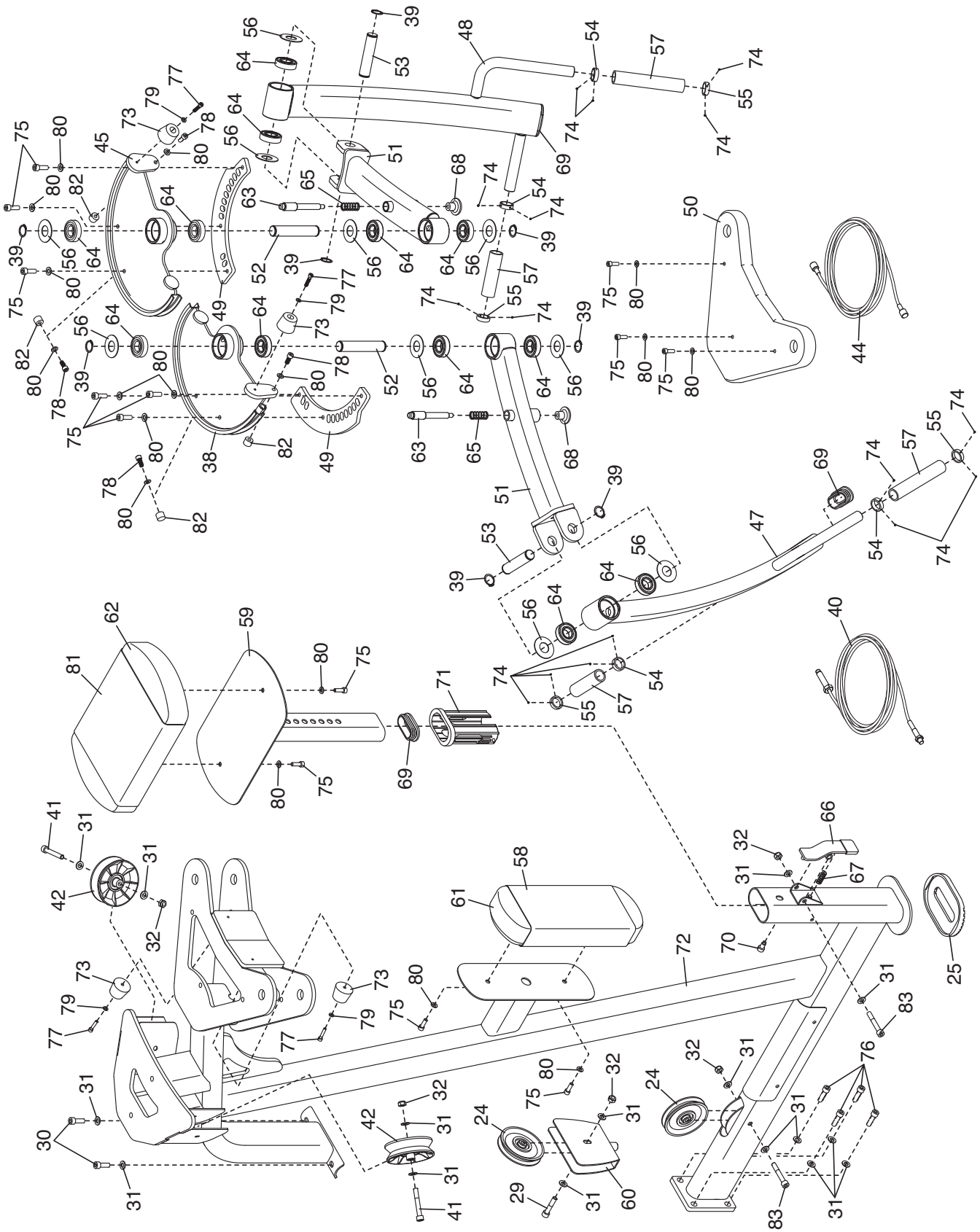
EXPLODED DRAWING A

Model No. F806.0 R1210A



EXPLODED DRAWING B

Model No. F806.0 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

Part No. 308751 R1210A