

FREEMOTION[®]

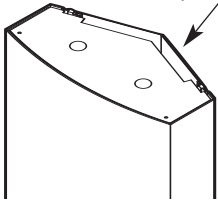
Squat

Model No. GZFM6010.4

Serial No. _____

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

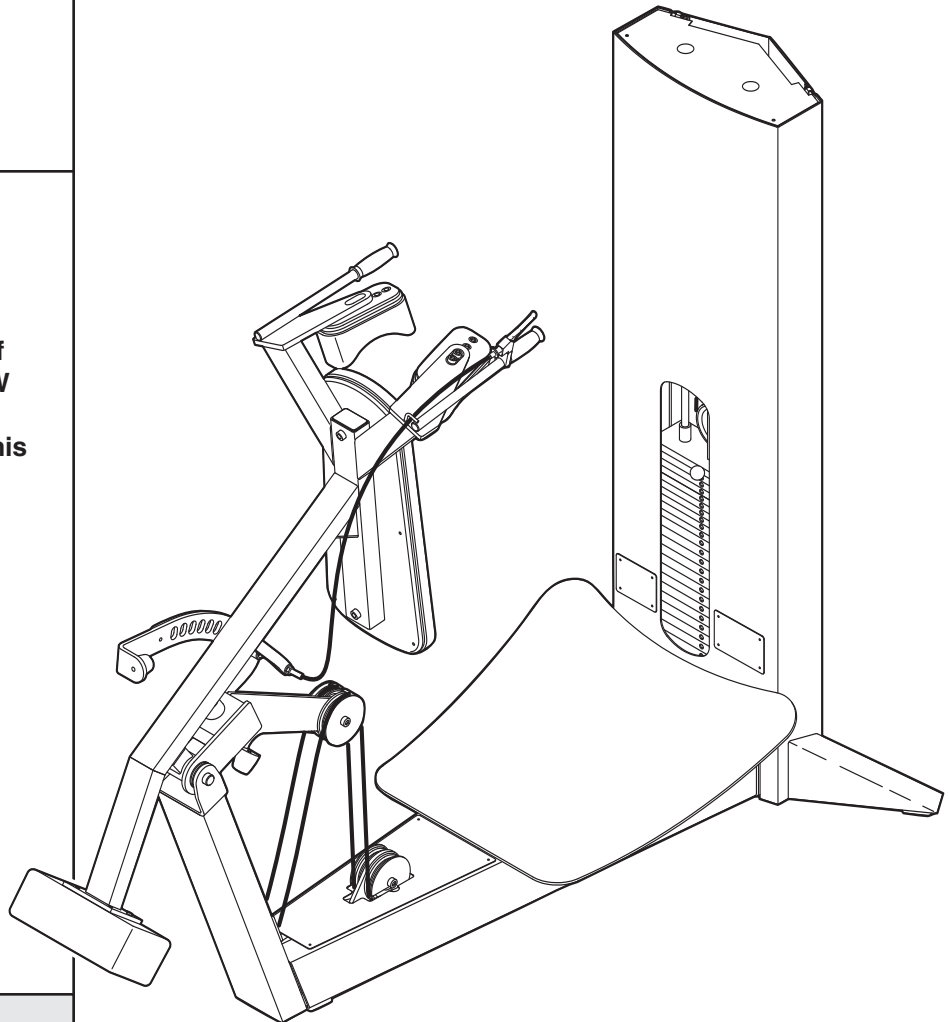
Serial Number Decal
(inside tower)



OWNER'S MANUAL

QUESTIONS?

At FreeMotion Fitness, we're 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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HOW TO CONTACT CUSTOMER CARE	Back Cover

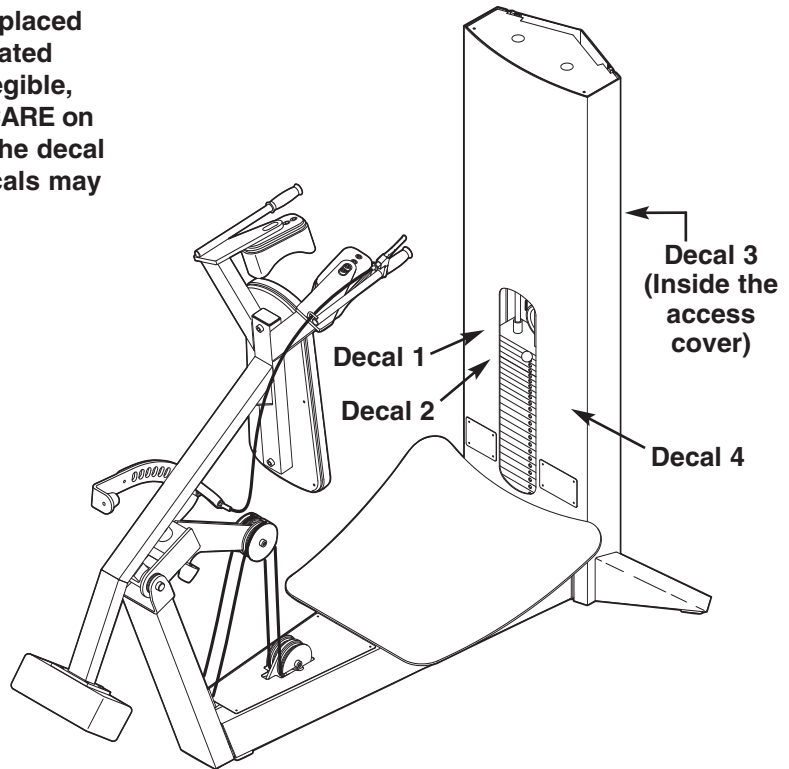
IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all the important precautions and instructions in this manual and all warnings on the strength equipment before using the 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 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.
2. Use the strength equipment only as described in this manual.
3. 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.
4. 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.
5. Use the strength machine only on a level surface. Cover the floor beneath the strength machine to protect the floor.
6. 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.
7. Keep children under age 12 and pets away from the strength machine at all times.
8. 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.
9. Always wear athletic shoes for foot protection while exercising.
10. All users of the strength machine should be instructed to report any injury or strength machine irregularity to facility staff immediately.
11. Make sure the weight pin is completely inserted into one of the weight plates.
12. Make sure the handles are attached securely before each use of the strength machine.
13. 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.
14. 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.
15. The strength machine is designed to support a maximum user weight of 350 lbs. (160 kgs).
16. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

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, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual. Apply the decal in the location shown. Note: The decals may not be shown at actual size.



! 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 1
Part No.
GZ7003

Decal 2
Part No.
GZ7005

Decal 3
Part No.
GZ7004

! 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 4
Part No.
GZ7026

! CAUTION

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

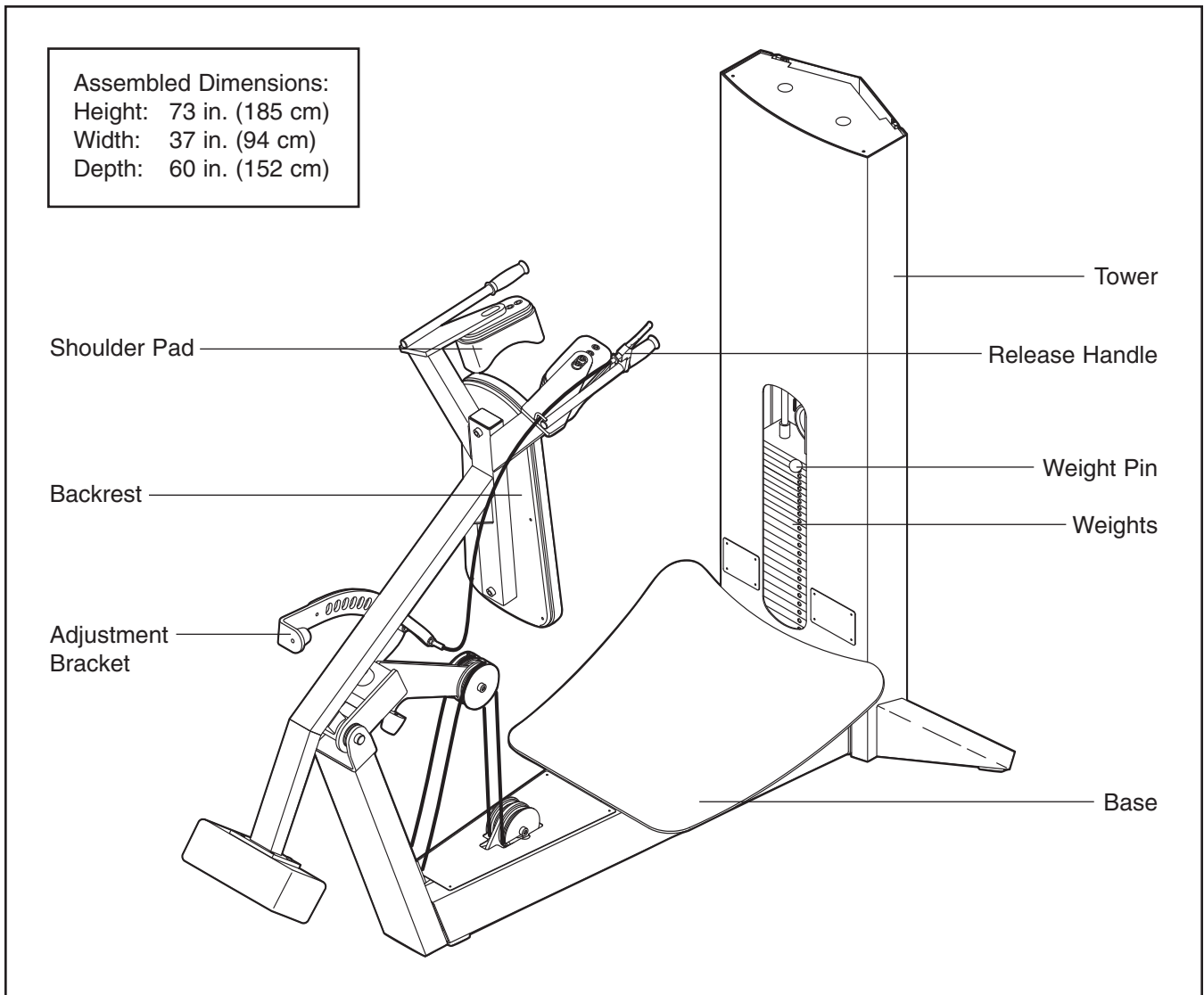
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® DUAL CABLE CROSS™ strength equipment. With unrestricted motion, you can work your body's muscle groups together in a way that simulates everyday movement. This will allow you to train more effectively for specific activities. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the strength equipment will help you to achieve the specific results you want.

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 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.

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

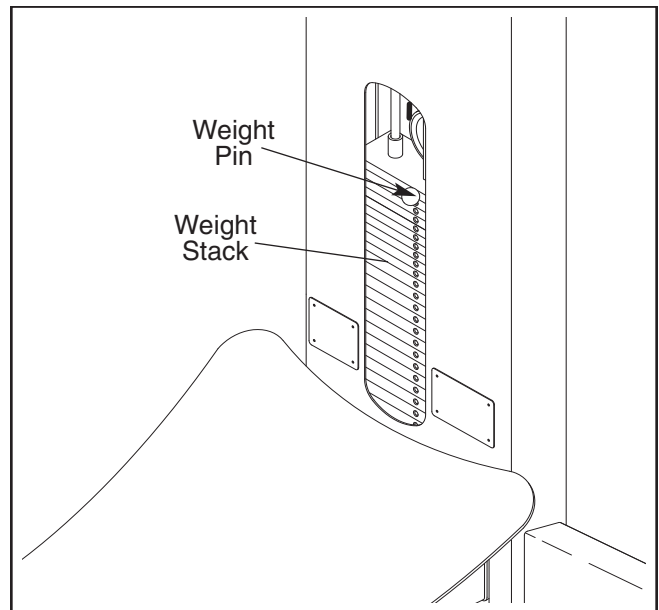


ADJUSTMENT

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.

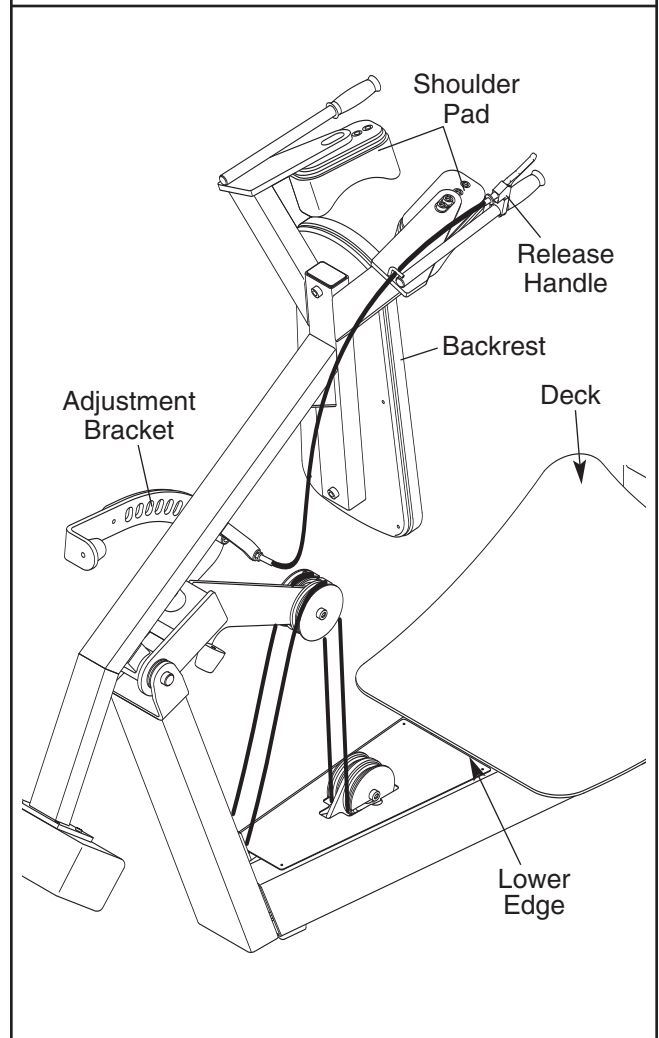
ADJUSTING THE RESISTANCE

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.



SETTING UP THE STRENGTH MACHINE

Stand on the deck with your back against the backrest. Lift the shoulder pads and squeeze the release handle to disengage the pop pin (not shown) from the adjustment bracket. Lower the shoulder pads to the lowest position to which you want them to go. **This position should be one that will allow the squat exercise to be performed, but not allow the user to become pinned under the shoulder pads if a repetition cannot be completed.** Release the release handle and engage the pop pin into the adjustment bracket.



IMPORTANT: The user's feet should be close enough to the lower edge of the deck that the lower back does not move away from the backrest as the backrest is lowered. Shorter users should stand closer to the lower edge of the deck than taller users. Improper positioning of the feet will cause discomfort in the lower back.

WARNING: Do not lower the backrest to a position that causes the lower back to move away from the backrest.

When finished with the exercise, squeeze the release handle and raise the shoulder pads. Release the release handle and engage the pop pin into the adjustment bracket.

MAINTENANCE

For optimal performance of the strength machine 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 machine'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

Upholstery and Frame—General Cleaning

1. Clean the strength machine 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.
2. Rinse the area thoroughly using a soft cloth dampened with clean water and dry thoroughly.

Upholstery—Difficult Stains

1. 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 let the cleaning solution sit for a few minutes.
2. Rinse the area thoroughly using a soft cloth dampened with clean water and dry thoroughly.
3. Repeat these steps if necessary using a soft bristle brush.

Optional Method for Difficult Stains

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

CAUTION: When using any cleaning product, try it first in an unnoticeable place to ensure that there is no damage to the material. 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 damage or injuries resulting from the use or misuse of cleaning products.

Important: Do not use abrasive cleaners, which may scratch the strength machine. Strong cleaners and abrasives will damage decals; use caution around decals. Do not use solvents such as lacquer thinner, kerosene, gasoline, or similar liquids.

Towers and Frames

Wipe with a light solution of mild soap and warm water. Rinse and dry thoroughly.

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 a commercial stainless steel polishing compound. Follow the directions and the safety precautions of the manufacturer of the steel polishing compound.

Handles

Check all handle 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.

Straps With Rings

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

WEEKLY MAINTENANCE

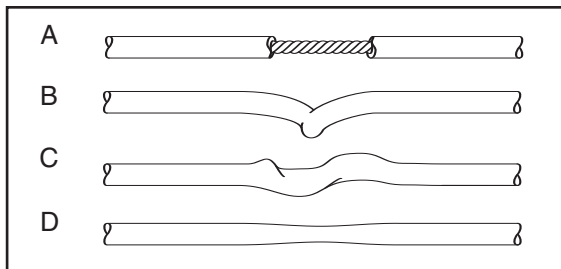
Hardware

Check all nuts and bolts and tighten them as required.

Important: All FREEMOTION cushions have dense plywood supports with tee-nuts that are used to bolt the cushions to the strength machine. Because the tee-nuts are held by the plywood, they will not withstand the torque that standard nuts and bolts will. When tightening the bolts 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.

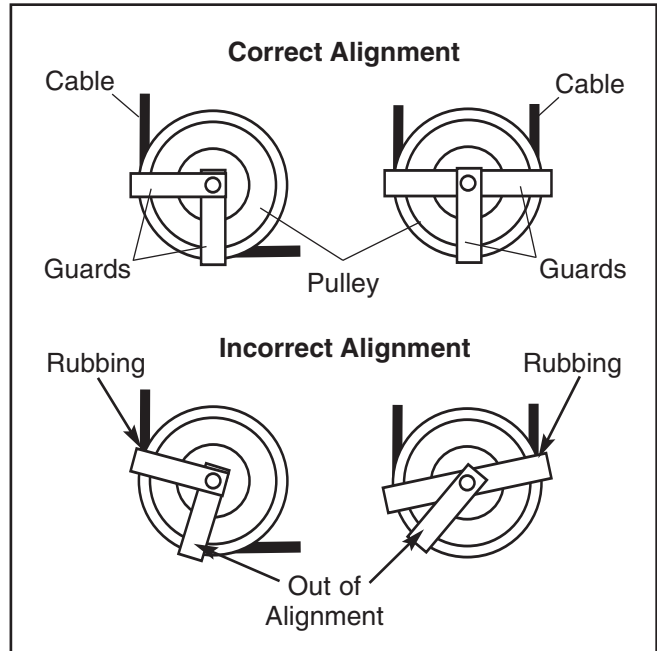
Cables

1. Check each cable for proper tension (see CABLE ADJUSTMENT on page 9).
2. Check the entire length of each cable by slowly performing one repetition on the strength machine; inspect the cable that is exposed on the exterior of the strength machine and the cable inside the 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. a torn or split cable sheath that exposes the cable
 - B. a kinked or severely bent cable
 - C. a curled or twisted sheath
 - D. a stretched cable sheath, showing a thinning cross-section



Cable Guards

Check the cable guards to ensure that they are not rubbing against the cables and that they are holding the cables in the grooves of the pulleys. If a cable guard is not correctly aligned, loosen the bolt slightly, readjust the cable guard as necessary, and retighten the bolt.



MONTHLY MAINTENANCE

Grips

Check the grips and replace them if needed.

Guide Rod Lubrication

Clean and lubricate the full length of each guide rod by wiping it with a soft cloth containing a lightweight motor oil, 10W-40 or 10W-30 weight. Apply only a light coating over the entire length of the guide rod.

Do not use TEFLON® or silicone-based lubricants.

CABLE ADJUSTMENT

For the strength machine to function correctly, the cables must be tensioned correctly. To check the tension of the cables, insert the weight pin into the top weight plate. Next, slowly raise and lower the top weight by performing one repetition. The top weight should come to rest just on top of the next weight when the repetition is completed.

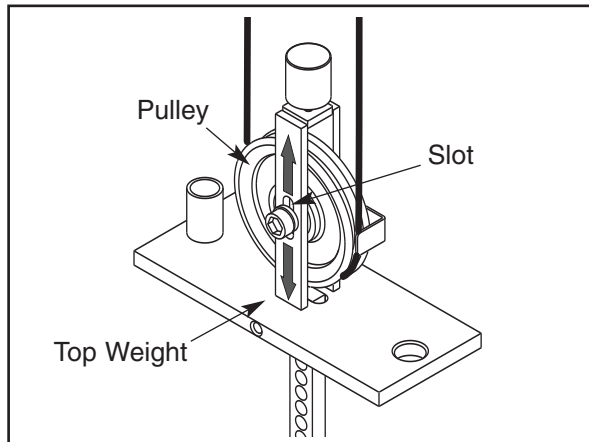
If there is too much tension on the cables, the top weight will not rest on the next weight, and it may be difficult to insert the weight pin into the weight plates. If there is not enough tension on the cables, the top weight will not be lifted immediately when the repetition is begun. Ideally, the cable should not move more than 1/2 in. (1.3 cm) from the resting position before the top weight is lifted.

If there is too much tension or not enough tension on a cable, adjust the cable as described in the following steps.

Top Weight Pulley Adjustment

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

1. Remove the access cover by pulling it free at the bottom and then sliding it upward until the two sets of tabs release



2. Using a 5/16" hex key and a 9/16" open or box-end wrench, loosen the nut holding the pulley in the bracket on the top weight.
3. To increase the tension, slide the pulley downward in the slot. To decrease the tension, slide the pulley upward.

4. Tighten the nut and check the tension as described in CABLE ADJUSTMENT on this page. If necessary, readjust the pulley.
5. Replace the access cover.

Handle End Adjustment

Tools required: 1/8" hex key, cable cutters, utility knife, torque wrench

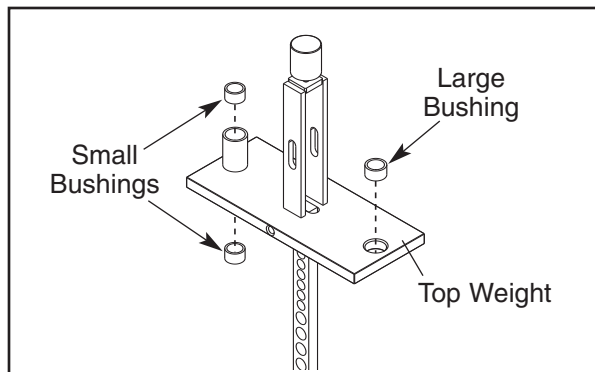
Note: Make this adjustment only if the pulley in the top weight has been fully adjusted to the bottom of the slot as described above and the cable requires more tension. This adjustment requires shortening the cable; shorten only one end of the cable.

1. Create slack in the cable by removing the weight pin and pulling the handle out 6–8 in. (15–20 cm). 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 set screws in the coupler and pull the cable free.
4. Cut off 1 in. (2.5 cm) 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 1 in. (2.5 cm) 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 (9.6 Newton-meters).
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 ADJUSTMENT on this page.

WEIGHT STACK SERVICING

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

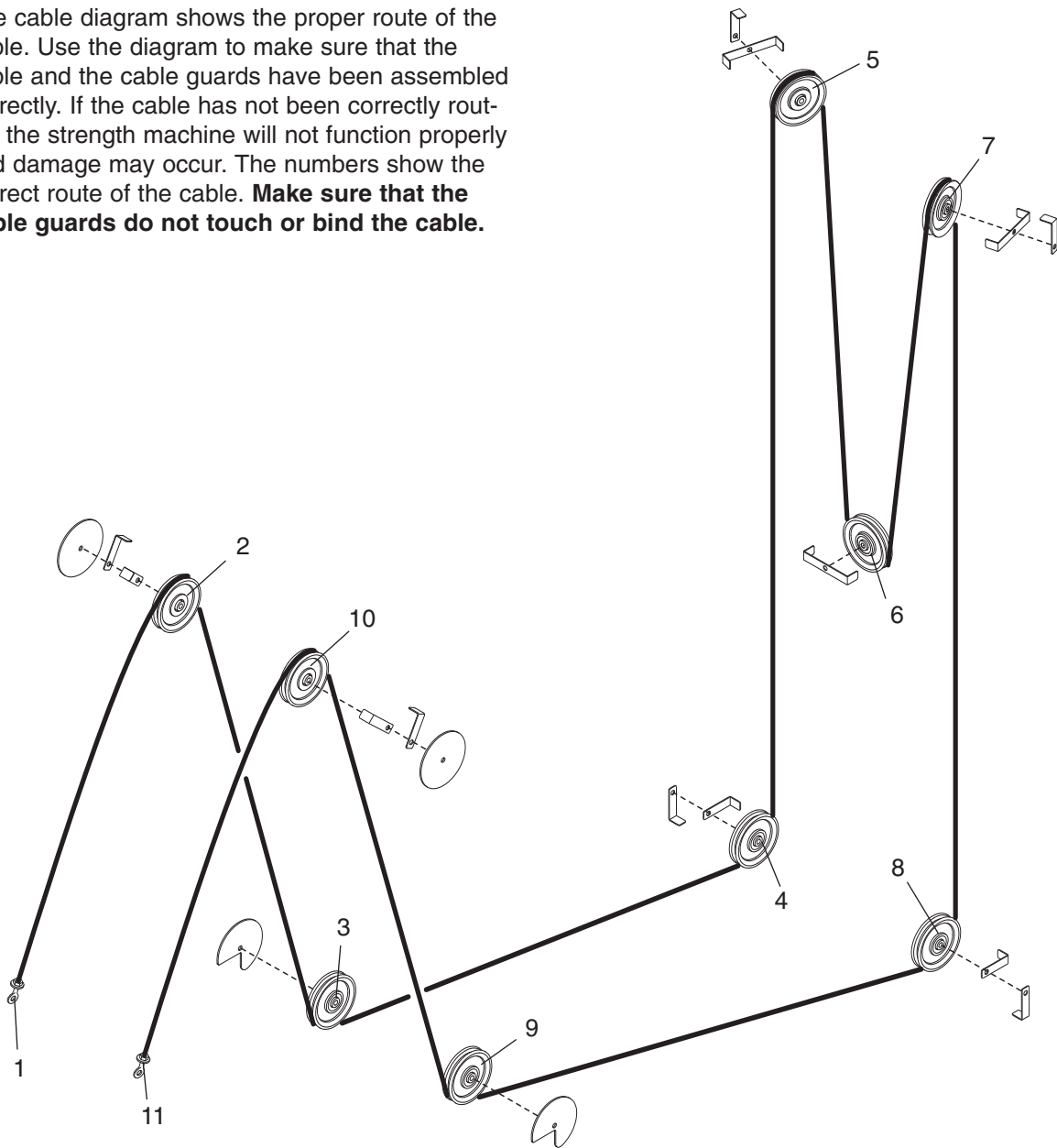
1. Remove the access cover by pulling it free at the bottom and then sliding it upward until the two sets of tabs release.
2. Loosen the top bolt or nuts on each guide rod. Remove the bolts or nuts and let the guide rods slide down to the floor.
3. To remove the top weight, use a 5/16" hex key and a 9/16" open-end wrench to unbolt the pulley(s) and release the cable.
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 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 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 another person check the top weight pulley guard to ensure that it is not dragging or rubbing on the cable.
12. Replace the access cover.

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 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.**



NOTES

PART LIST—Model No. GZFM6010.4

R0907A

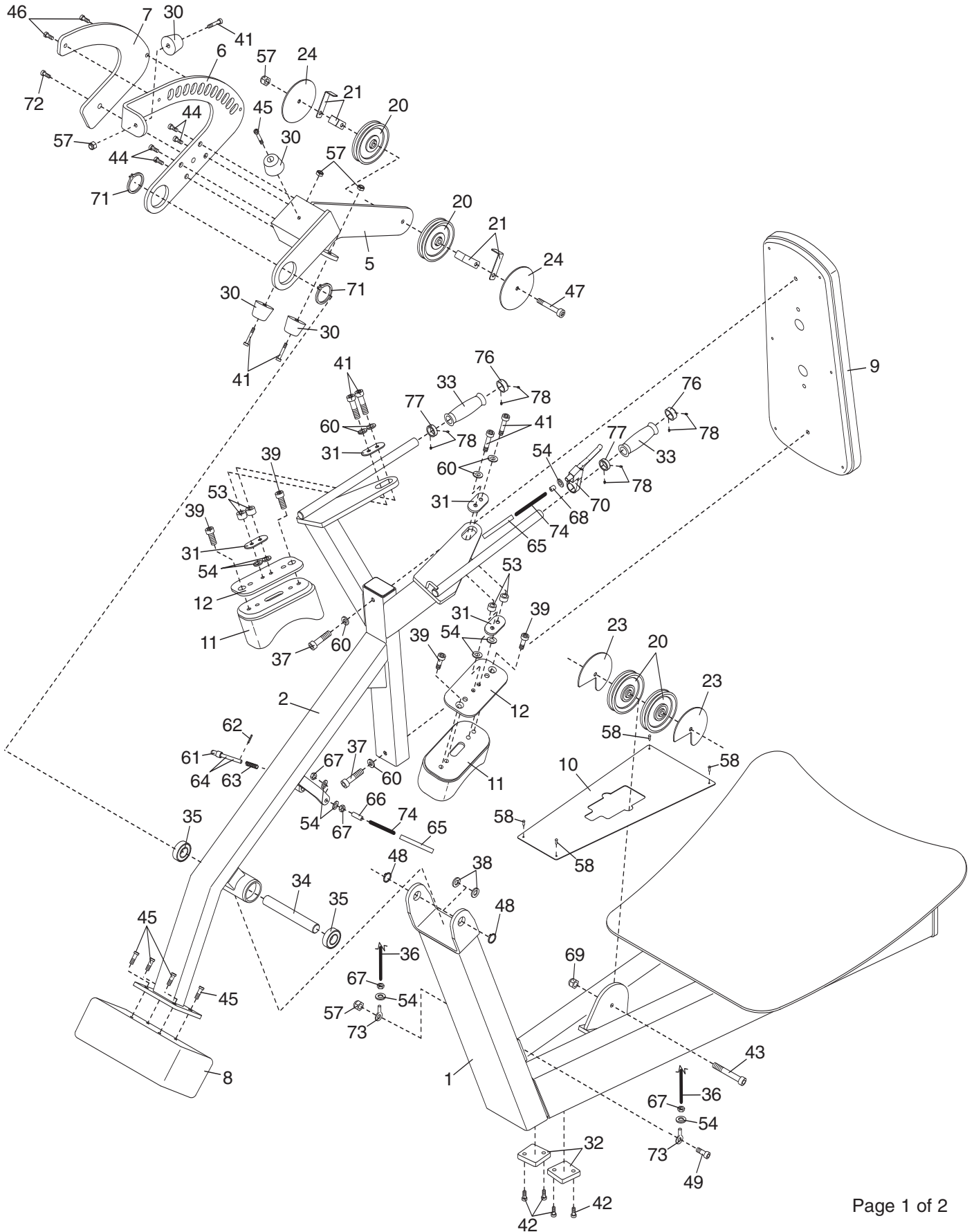
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	41	7	3/8" x 1 1/4" Bolt
2	1	Pivot Arm	42	8	3/8" x 1/2" Screw
3	1	Tower	43	1	3/8" x 3" Bolt
4	1	Access Cover	44	4	1/2" x 1" Flat Head Bolt
5	1	Pivot Base	45	5	3/8" x 1" Bolt
6	1	Adjustment Bracket	46	2	3/8" x 3/4" Bolt
7	1	Adjustment Plate	47	2	3/8" x 3 1/2" Bolt
8	1	Counter Weight	48	2	1" Retainer Ring
9	1	Back Rest	49	3	3/8" x 2" Bolt
10	1	Base Cover Plate	50	2	Weight Stack Support
11	2	Shoulder Pad	51	10	1/2" x 1" Bolt
12	2	Pad Plate	52	4	1/2" x 4 1/2" Bolt
13	1	Left Stabilizer	53	4	Spacer Tube
14	1	Right Stabilizer	54	11	3/8" Serrated Washer
15	1	Right Stabilizer Cover	55	4	5/8" Lock Washer
16	1	Left Stabilizer Cover	56	4	5/8" Nut
17	15	20-pound Weight	57	9	3/8" Nylon Locknut
18	1	Top Weight	58	20	Rivet
19	2	Weight Guide	59	9	10-pound Weight
20	9	Pulley	60	6	3/8" Washer
21	10	Single Cable Guard	61	1	Pop Pin
22	3	Double Cable Guard	62	1	1/8" x 1" Roll Pin
23	2	Notched Pulley Guard	63	1	Spring
24	2	Round Pulley Guard	64	2	1/4" Set Screw
25	2	Weight Bumper	65	1	Cable Housing
26	2	Small Weight Guide Bushing	66	1	Long Threaded Cable End
27	1	Top Weight Bumper	67	4	3/8" Fine Thread Nut
28	1	Weight Pin	68	1	Short Threaded Cable End
29	1	Large Weight Guide Bushing	69	1	3/8" Jamnut
30	4	Rubber Bumper	70	1	Release Handle
31	4	Nylon Spacer	71	2	2 1/2" Retainer Ring
32	4	Floor Bumper	72	1	1/2" x 1 1/4" Bolt
33	2	Handgrip	73	2	Rod End
34	1	Axle	74	1	Release Cable
35	2	Bearing	75	2	Face Cover
36	1	Cable Assembly	76	2	Grip Endcap
37	2	3/8" x 3" Non-patch Bolt	77	2	Grip Ring
38	2	1" Nylon Washer	78	8	#10 Set Screw
39	4	3/8" x 1" Flat Head Bolt	*	—	Owner's Manual
40	1	3/8" x 2 1/4" Bolt			

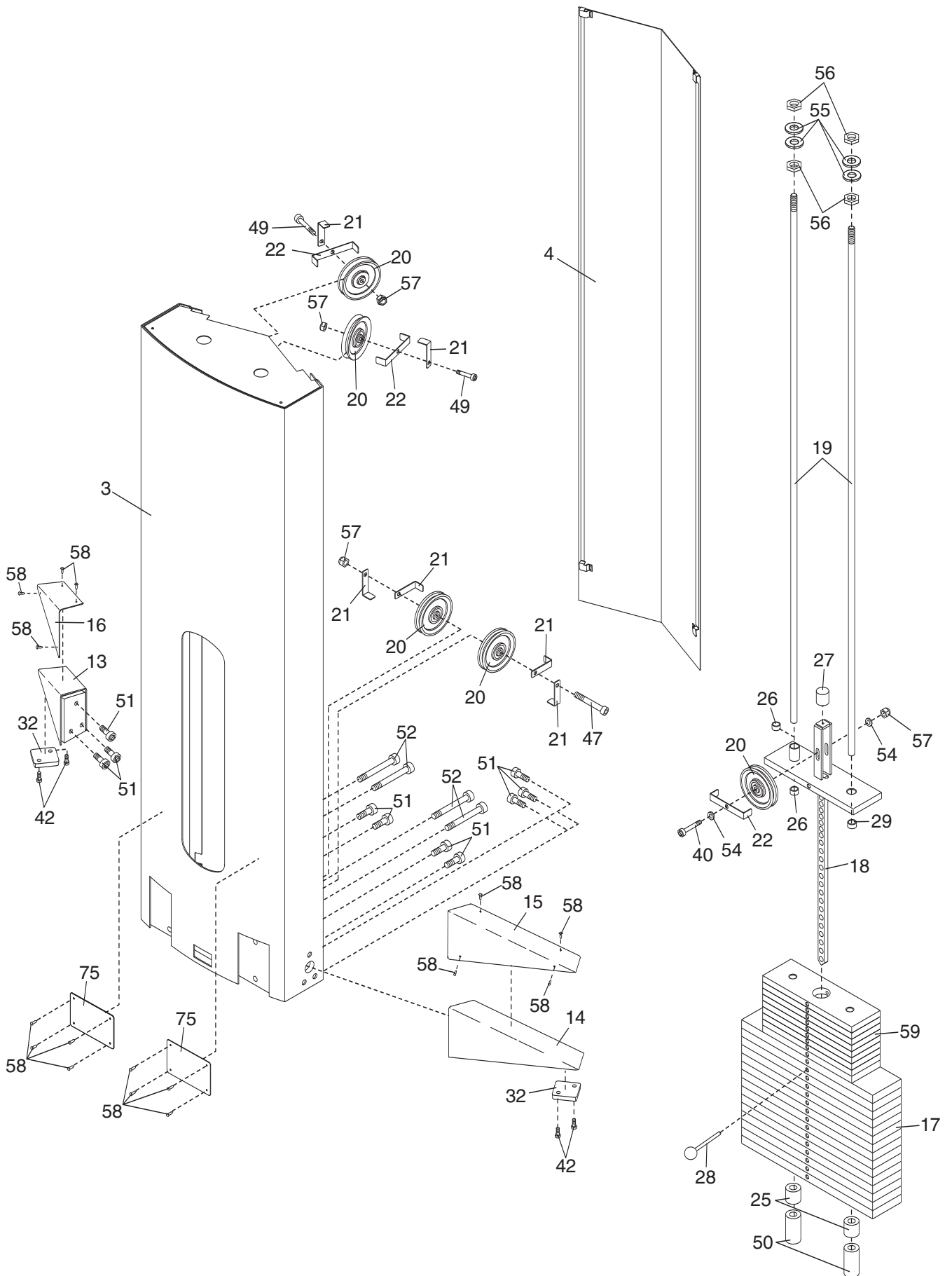
Note: Specifications are subject to change without notice. *These parts are not illustrated.

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

EXPLODED DRAWING—Model No. GZFM6010.4

R0907A





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 (GZFM6010.4)
- The NAME of the product (FREEMOTION® SQUAT strength machine)
- The SERIAL NUMBER of the product (see the front cover of this manual)

When ordering replacement parts, please also provide the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual).

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