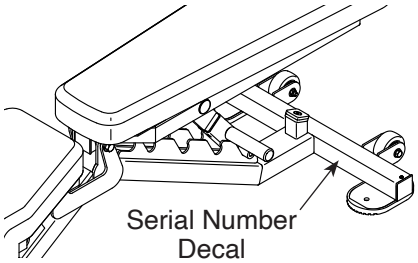
FREEMOTION®

FID BENCH

Model No. FMDY509063.1
Serial No. _____

Write the serial number in the space above for reference.



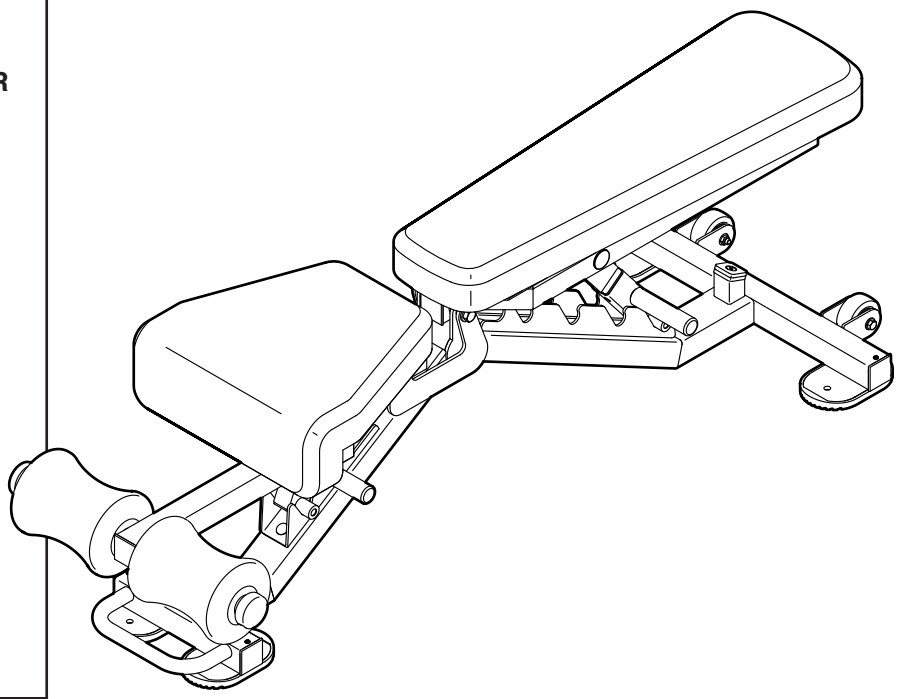
QUESTIONS?

If you have questions, or if parts are damaged or missing, please see HOW TO CONTACT MEMBER 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



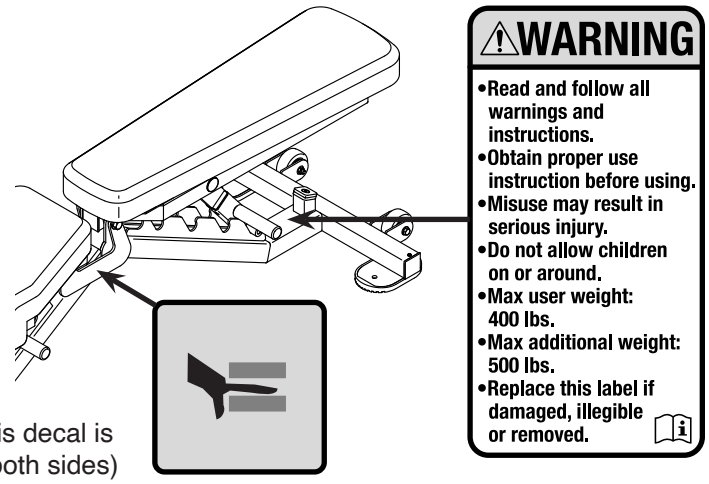
freemotionfitness.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 4
ASSEMBLY 5
ADJUSTMENT 6
MAINTENANCE AND TROUBLESHOOTING 7
PART LIST 10
EXPLODED DRAWING 11
HOW TO CONTACT MEMBER CARE . . . . . Back Cover
LIMITED WARRANTY . . . . . Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



(This decal is on both sides)

FREEMOTION is a registered trademark of iFIT Inc.
FORMULA 409 is a registered trademark of The Clorox Company.
SIMPLE GREEN is a registered trademark of Sunshine Makers, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on the weight bench before using the weight bench. Freemotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

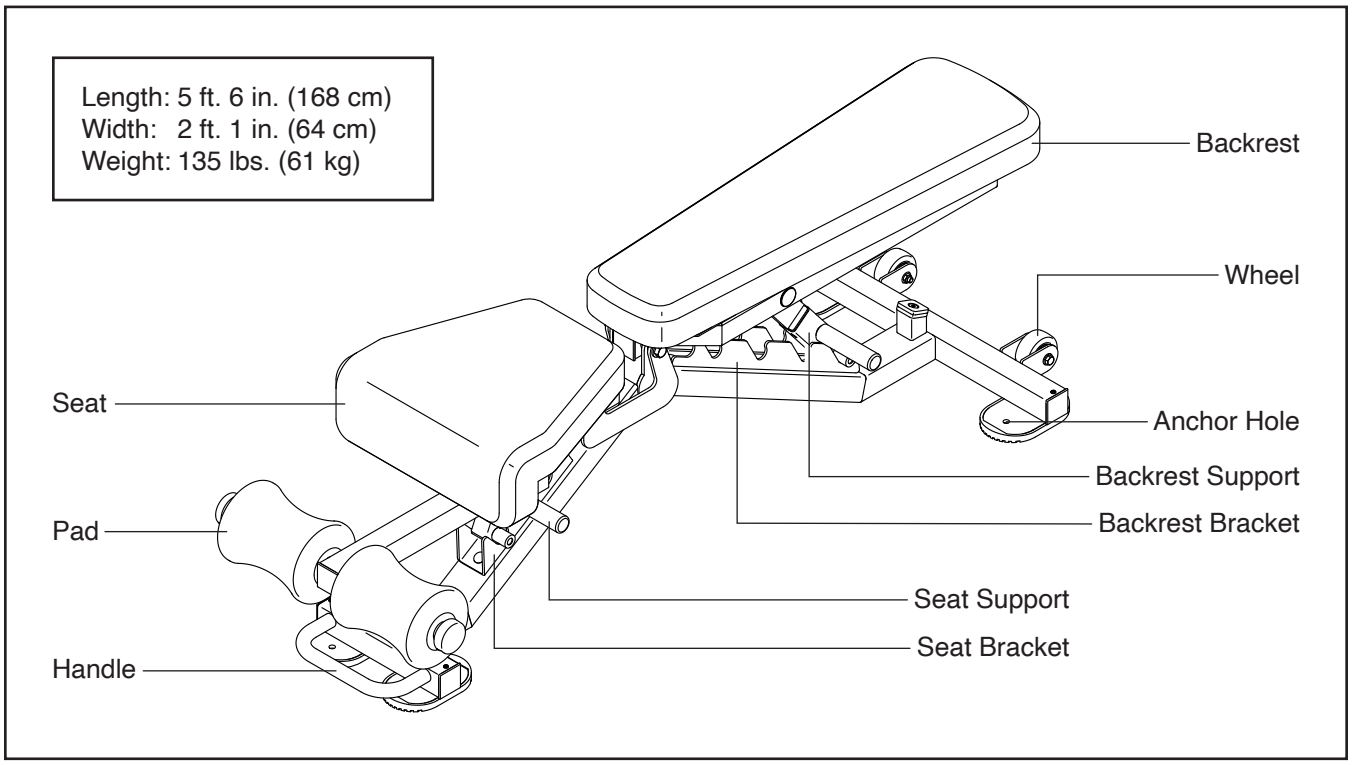
1. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions, have read and understood all warning and caution labels, and are informed of how to use the weight bench properly.**
2. **All users of the weight bench should be instructed to report any injury or weight bench irregularity to facility staff immediately.**
3. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
4. **Use the weight bench only as described in this manual.**
5. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.**
6. **It is the responsibility of the owner to ensure that there is enough clearance around the weight bench for the intended exercises.**
7. **If desired, anchor the weight bench to the floor using the anchor holes in the weight bench (see page 4). The anchor screws (not included) must have a minimum pullout force of 200 lbs. (90 kg).**
8. **Make sure that all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. Use only FREEMOTION parts.**
9. **Keep children under age 16 and pets away from the weight bench at all times.**
10. **The weight bench is designed to support a maximum user weight of 400 lbs. (181 kg). Do not use the weight bench with more than 500 lbs. (227 kg) of weights. Note: The weight bench does not include weights.**
11. **Always wear athletic shoes for foot protection while exercising.**
12. **Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® FID BENCH weight bench. The FID BENCH is designed to help you develop the major muscle groups of your upper body. Whether your goal is to tone your body or build dramatic muscle size and strength, the FID BENCH will help you to achieve the specific results you want.

For your benefit, read this manual carefully before you use the weight bench. 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 familiarize yourself with the parts that are labeled in the drawing below.

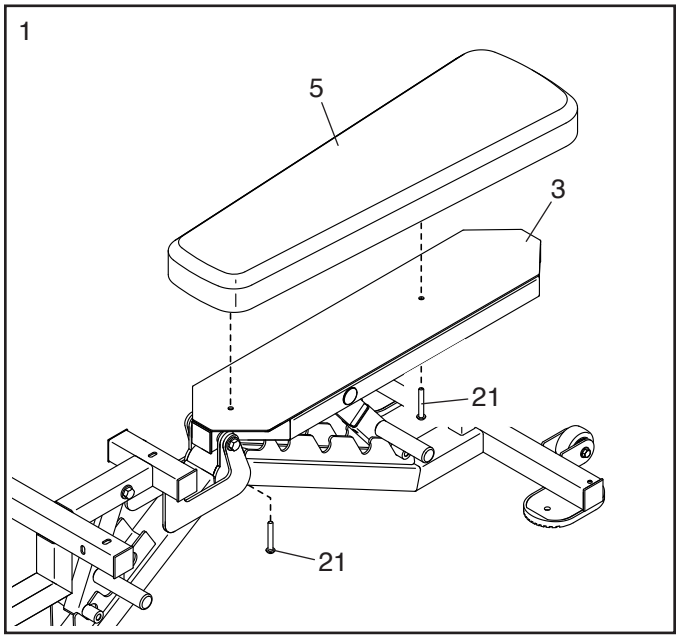


ASSEMBLY

- Assembly requires two persons.
- Because of its weight and size, assemble the weight bench in the location where it will be used. Make sure that there is enough clearance to walk around the weight bench.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Assembly requires a 6mm hex key (not included).

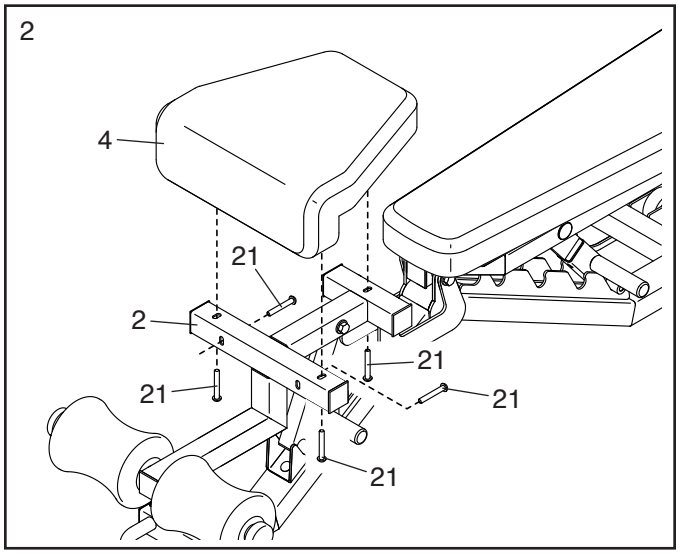
1. Note: To make this step easier, have a second person raise and hold the Backrest Frame (3).

   Attach the Backrest (5) to the Backrest Frame (3) with two M8 x 80mm Screws (21). **To avoid damaging the Backrest, tighten the Screws only until the Backrest does not move or feel loose.**



2. Note: To make this step easier, have a second person raise and hold the Seat Frame (2).

   Attach the Seat (4) to the Seat Frame (2) with five M8 x 80mm Screws (21); **start all five Screws, and then tighten them. To avoid damaging the Seat, tighten the Screws only until the Seat does not move or feel loose.**



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

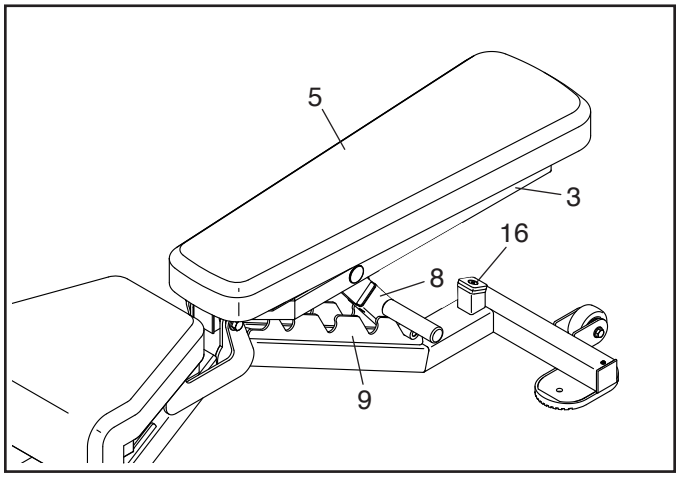
ADJUSTMENT

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

BACKREST ADJUSTMENT

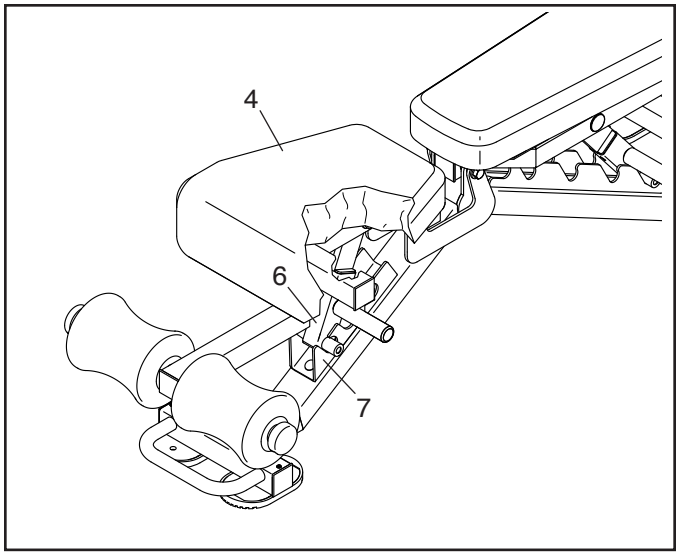
To adjust the Backrest (5) to an inclined position or the level position, pivot the Backrest to the desired angle and set the Backrest Support (8) in one of the slots in the Backrest Bracket (9). **Make sure that the Backrest Support is in one of the slots.**

To adjust the Backrest (5) to the declined position, rest the Backrest Frame (3) on the Backrest Stop (16).



SEAT ADJUSTMENT

To adjust the Seat (4), raise the Seat to the desired angle and set the Seat Support (6) in one of the slots in the Seat Bracket (7). **Make sure that the Seat Support is in one of the slots.**



MAINTENANCE AND TROUBLESHOOTING

For optimal performance of the weight bench 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 weight bench's warranty, use only FREEMOTION parts for repair or replacement. If there are any questions or concerns, see HOW TO CONTACT MEMBER CARE on the back cover of this manual.

DAILY MAINTENANCE

General Cleaning

Clean the weight bench 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.

Then, rinse the area thoroughly 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 let the cleaning solution sit for a few minutes.

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

Repeat these steps, if necessary, 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 area thoroughly using a soft cloth dampened with clean water, and thoroughly dry it.

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 weight bench. 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 MAINTENANCE

Hardware

Check all nuts and bolts, and tighten them if necessary. **IMPORTANT:** All FREEMOTION cushions have dense plywood supports with tee-nuts that are used to bolt the cushions to the weight bench. 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.

NOTES

NOTES

PART LIST

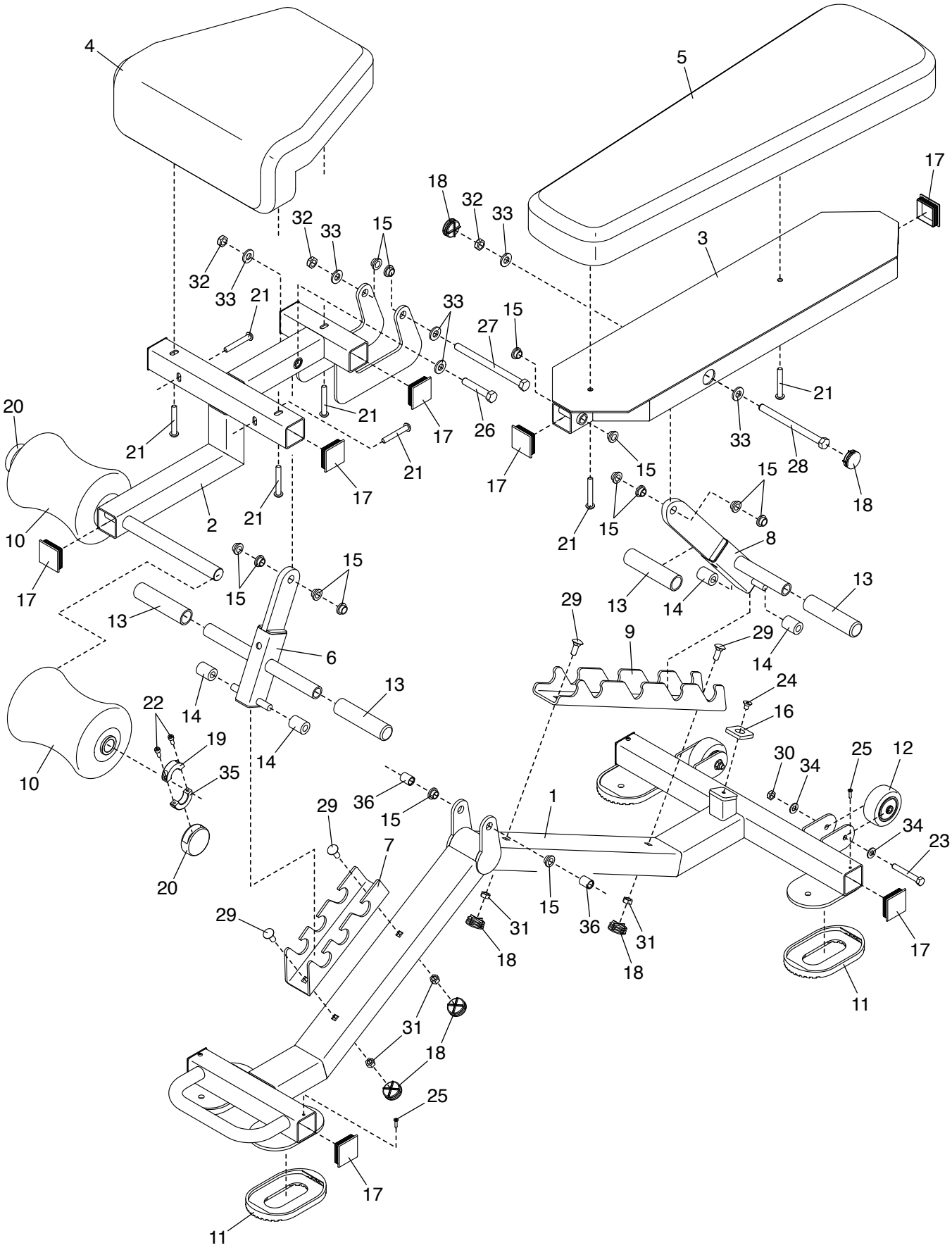
Model No. FMDY509063.1 R0422A

Key No.	Qty.	Description
1	1	Main Frame
2	1	Seat Frame
3	1	Backrest Frame
4	1	Seat
5	1	Backrest
6	1	Seat Support
7	1	Seat Bracket
8	1	Backrest Support
9	1	Backrest Bracket
10	2	Foam Pad
11	4	Foot
12	2	Wheel
13	4	Handgrip
14	4	Support Bushing
15	14	Frame Bushing
16	1	Backrest Stop
17	11	Square Cap
18	6	Round Cap
19	2	Upper Clamp
20	2	Clamp Cover
21	7	M8 x 80mm Screw
22	4	M6 x 15mm Screw
23	2	3/8" x 2 3/4" Bolt
24	1	5/16" x 1/2" Flat Head Screw
25	4	#8 x 3/4" Screw
26	1	1/2" x 2 3/4" Bolt
27	1	1/2" x 7" Bolt
28	1	1/2" x 6 1/2" Bolt
29	4	3/8" x 1" Carriage Bolt
30	2	3/8" Jam Locknut
31	4	3/8" Locknut
32	3	1/2" Locknut
33	6	1/2" Washer
34	4	3/8" Washer
35	2	Lower Clamp
36	2	Spacer
*	–	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

Model No. FMDY509063.1 R0422A



HOW TO CONTACT MEMBER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Member 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 Member 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
Call: 1-800-201-2109, Mon.–Fri. 6 a.m.–6 p.m. MT
Email: customercare@freemotionfitness.com
Write:
Freemotion Fitness
1500 South 1000 West
Logan, UT 84321-9813
United States

Outside the United States
Call: 001-800-527-5417 or 001-435-786-3521,
Mon.–Fri. 6 a.m.–3 p.m. USA Mountain Time
Email: intlcustomercare@freemotionfitness.com

LIMITED WARRANTY

WARRANTY PERIODS AND COVERAGE
Freemotion Fitness warrants the frame to be free from defects in workmanship and material under normal use and service conditions for ten (10) years. Parts are warranted for three (3) years. Cosmetic and wear items are warranted for six (6) months. The seat, backrest, and foam pads are warranted for one hundred twenty (120) days. Labor is warranted for one (1) year. See freemotionfitness.com for more details.

The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

CONDITIONS AND LIMITATIONS
The following will void the warranty on this product:
1. This warranty applies only to the original owner and is non-transferable.
2. The labor warranty applies only to products sold in the USA and Canada. Contact your authorized Freemotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users who weigh more than the maximum user weight listed in this manual.
5. The attachment of accessories other than FREEMOTION accessories.
6. Damage caused by moving the product or improper storage including moving or storing the product on its side.
7. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.

This warranty shall not apply to the following:
1. The powder coating; screws, bolts, washers, and locknuts; and cosmetic items such as decals and placards.
2. Pick-up and delivery or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED
Freemotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, Freemotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. Freemotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

Freemotion Fitness 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or cost of removal or installation; or other consequential damages. Some regions do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights, and you may have other rights that vary from region to region.

TO CONTACT FREEMOTION FITNESS
See HOW TO CONTACT MEMBER CARE above.

Part No. 429831 R0422A
Printed in USA © 2022 iFIT Inc.