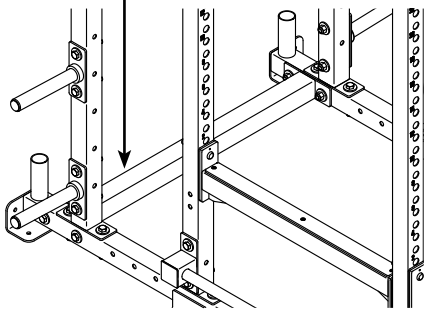
FREEMOTION®

PRO POWER RACK

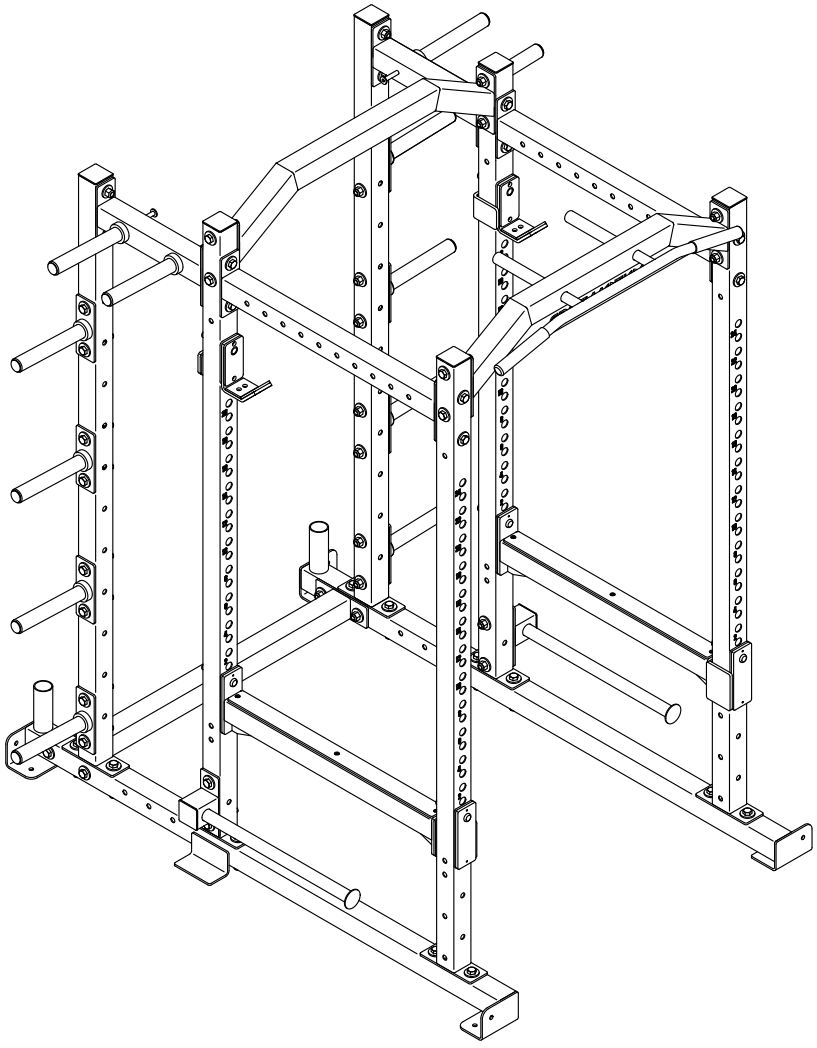
Model No. FMDY704004.1
Serial No. _____

Write the serial number in the space above for reference.

Serial Number Decal



OWNER'S MANUAL



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.

freemotionfitness.com

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all 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. **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 decals, and are informed of how to use the strength equipment properly.**
2. **All users of the strength equipment should be instructed to report any injury or strength equipment 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 strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.**
5. **It is the responsibility of the owner to ensure that there is enough space around the strength equipment for all of the exercises that will be performed.**
6. **Using the included anchors, anchor the strength equipment to the floor to provide maximum stability before using the strength equipment. The anchors must be installed by a qualified installer.**
7. **Make sure that all parts are properly tightened before each use of the strength equipment.**
8. **Keep children under age 16 and pets away from the strength equipment at all times.**
9. **The strength equipment should not be used by any user weighing more than 400 lbs. (182 kg).**
10. **Make sure that the J-cups and the spotter arms are at the same height on each side of the strength equipment.**
11. **Always wear athletic shoes for foot protection while exercising.**
12. **Use the strength equipment only as described in this manual.**
13. **Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you feel pain while exercising, stop immediately and cool down.**

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front 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.

1

⚠WARNING

DEATH OR SERIOUS CRIPPLING INJURY CAN OCCUR IF THE BARBELL DROPS SUDDENLY. TO AVOID INJURY, FOLLOW THESE PRECAUTIONS:

- BEFORE USING: Read all warnings and obtain instruction on the use of this machine.
- ALWAYS set both spotters when using machine.
- ALWAYS use a human spotter in addition to machine spotters.
- PROPER spotter height depends on the exercise performed. Adjust as follows:

1. Remove all weight from the barbell.
2. For squats, perform the exercise and determine the lowest comfortable position without your body contacting the floor. FOR SQUATS, NEVER PLACE THE SPOTTERS BELOW THE HEIGHT INDICATED ON THE MACHINE. For other exercises, perform the movement and select the lowest point of barbell travel without the barbell contacting your body.
3. Position both spotters to stop the barbell at this point. Ensure that both spotters are completely seated on the machine.
4. Load weights onto the barbell and carefully perform the exercise.

- Visually ensure the barbell latch is fully engaged and seated in the hooks before releasing the load and exiting the machine.
- DO NOT REMOVE this label. Replace when worn or damaged.

2

⚠WARNING

HEAVY

Spotters must be used at all times.

3

⚠WARNING

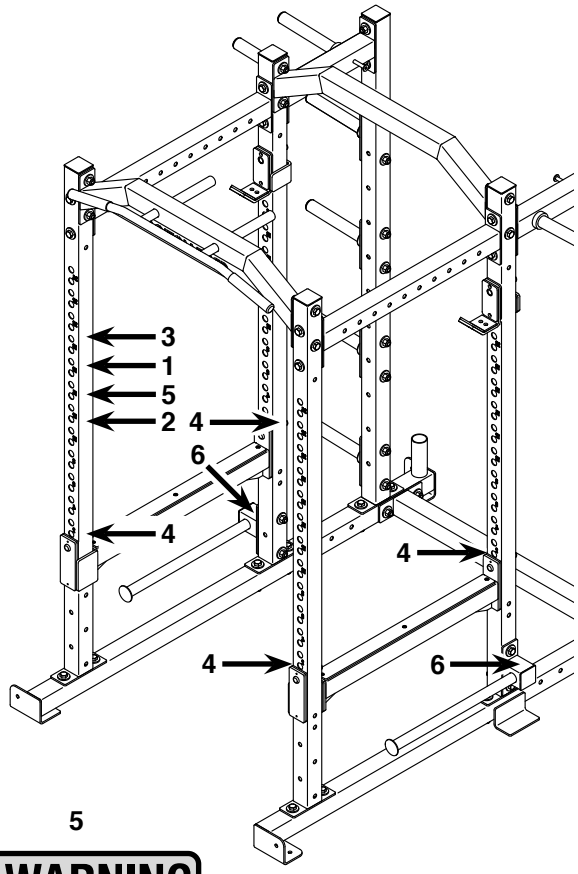
- Read and follow all warnings and instructions and obtain proper instruction prior to use.
- Misuse of this equipment may result in serious injury.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.
- Max user weight: 400 lbs.

4

⚠WARNING

To reduce the risk of serious spinal injury, do not place spotters below this level when doing SQUAT exercises.

Spotters must be used at all times when this machine is used.



5

⚠WARNING

Accessories Maximum Weight

Cantilever Arm	150 lbs.
Dumbbell Tray	350 lbs.
Kettlebell Tray	350 lbs.
Medicine Ball Tray	150 lbs.
Plate Storage Peg	500 lbs.
4' Plate Storage Tray	495 lbs.
6' Plate Storage Tray	825 lbs.
Barbell	500 lbs.

6

⚠WARNING

Do not use resistance bands rated for more than 200 lbs. on the band anchors.

FREEMOTION is a registered trademark of ICON Health & Fitness, Inc.
FORMULA 409 is a registered trademark of The Clorox Company.
SIMPLE GREEN is a registered trademark of Sunshine Makers, Inc.

ASSEMBLY

Thank you for selecting the FREEMOTION® PRO POWER RACK strength equipment. **Read the following important instructions before you begin assembling the strength equipment.**

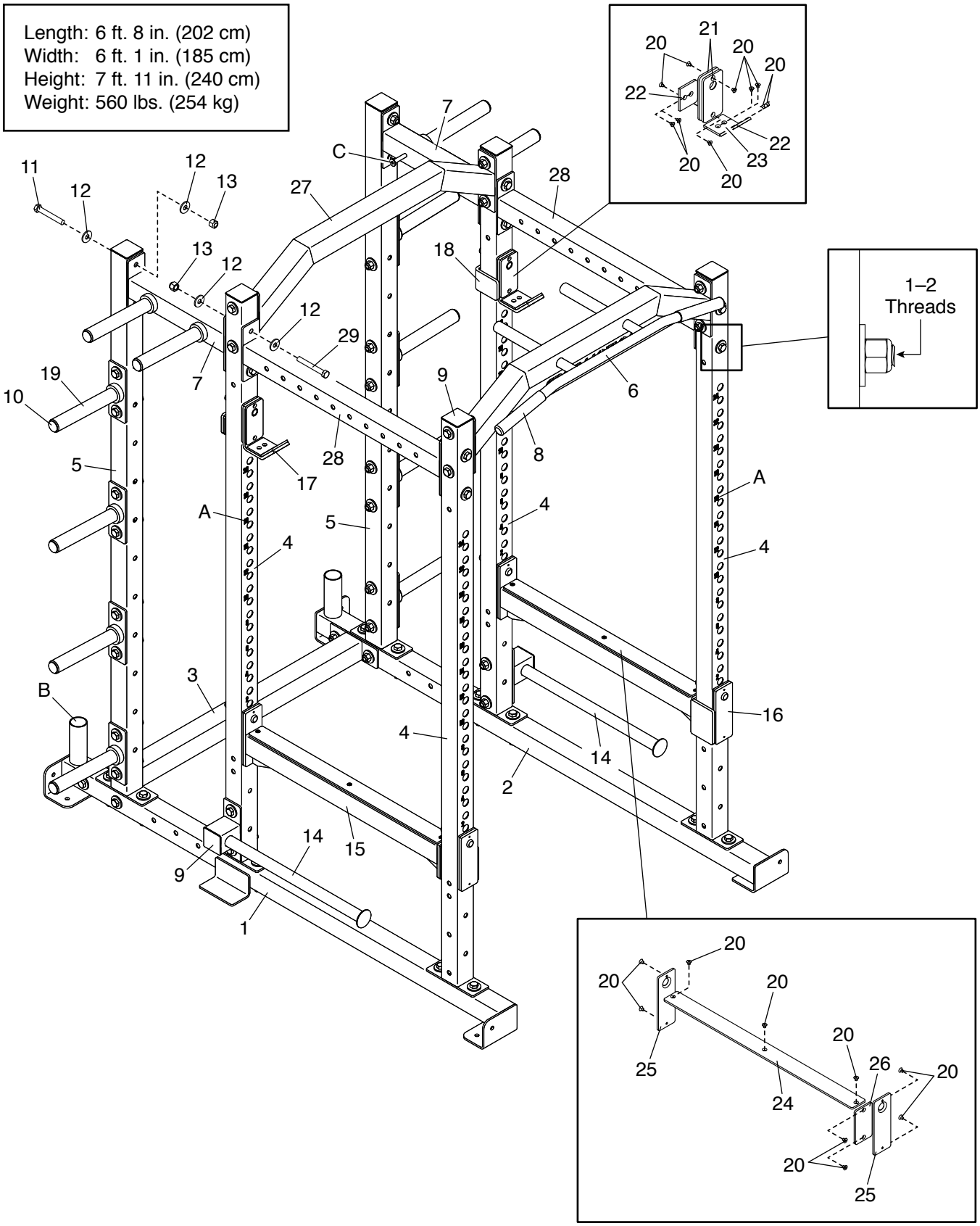
- Because of the size and weight of the strength equipment, assemble it in the location where it will be used. Make sure that there is enough clearance around the strength equipment.
- Place all parts of the strength equipment in a cleared area and remove the packing materials; do not dispose of the packing materials until the strength equipment is fully assembled.
- Assembly requires two persons, your adjustable wrenches or set of wrenches, and your step ladder.
- As you assemble the strength equipment, refer to the drawing on page 5.
- There are two places where you will attach a weight storage crossbar (7) and a side crossbar (28) to opposite sides of a front upright (4) with 5/8" x 4 3/4" bolts (29), washers (12), and locknuts (13). Use 5/8" x 4 1/2" bolts (11), washers (12), and locknuts (13) in all other places.
- Leave all bolts (11, 29) and locknuts (13) slightly loose until you have assembled all parts of the strength equipment. Then, fully tighten all bolts and locknuts. **See the small boxed drawing on page 5. Make sure that 1 to 2 threads of each bolt extend past the attached locknut. If 1 to 2 threads do not extend past the locknut, make sure that you have used the correct bolt.**
- Turn the four front uprights (4) so that the numbers (A) face the direction shown.
- Turn the eight weight storage tubes (19) and the two weight storage crossbars (7) so that the tubes slant upward. This will prevent weight plates (not included) from sliding off.
- The strength equipment has storage tubes (B) for barbells (not included) and storage pegs (C) for resistance bands (not included). The strength equipment is compatible with an array of optional accessories. To purchase accessories at any time, see the back cover of this manual.

IMPORTANT: Attach only FREEMOTION accessories to the strength equipment; attaching other accessories will void the warranty.

IMPORTANT: Before the strength equipment is used, have the included anchors installed by a qualified installer.

IMPORTANT: After the strength equipment has been used for 48 hours, retighten all bolts (11, 29) and locknuts (13).

Length: 6 ft. 8 in. (202 cm)
Width: 6 ft. 1 in. (185 cm)
Height: 7 ft. 11 in. (240 cm)
Weight: 560 lbs. (254 kg)



MAINTENANCE

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 a light solution of mild soap and warm water. If necessary, use a soft bristle brush with the 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.

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 equipment. Strong cleaners and abrasives will damage decals; use caution around decals. Do not use solvents such as lacquer thinner, kerosene, gasoline, or similar liquids.

WEEKLY MAINTENANCE

Hardware
Check all screws, bolts, and locknuts, and tighten them if necessary.

PART LIST

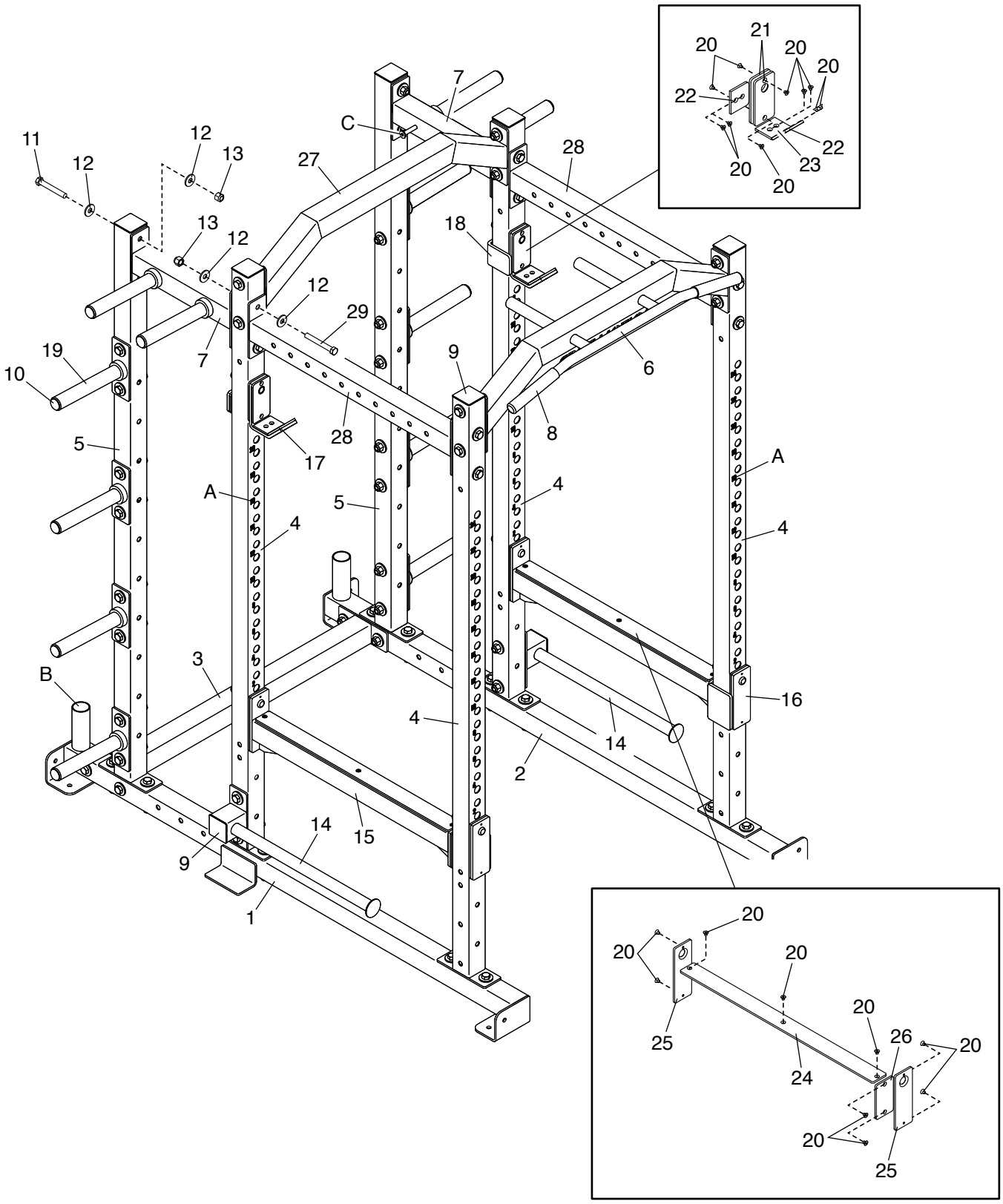
Model No. FMDY704004.1 R0221A

Key No.	Qty.	Description
1	1	Left Base
2	1	Right Base
3	1	Center Base
4	4	Front Upright
5	2	Rear Upright
6	1	Pull-up Crossbar
7	2	Weight Storage Crossbar
8	4	Grip
9	8	Square Cap
10	12	Round Cap
11	52	5/8" x 4 1/2" Grade-5 Bolt
12	112	5/8" Washer
13	56	5/8" Grade-5 Locknut
14	2	Band Anchor
15	1	Left Spotter Arm
16	1	Right Spotter Arm
17	1	Left J-cup
18	1	Right J-cup
19	8	Weight Storage Tube
20	38	1/4" x 3/8" Screw
21	4	3" x 5" Plate
22	4	3" x 2 3/4" Plate
23	2	3" x 2 1/2" Plate
24	2	2 1/2" x 34 1/8" Plate
25	4	3" x 8 3/8" Plate
26	2	3" x 5 1/4" Plate
27	1	Center Crossbar
28	2	Side Crossbar
29	4	5/8" x 4 3/4" Grade-5 Bolt
*	1	Anchor Set (4 per set)
*	–	Owner's Manual

*These parts are not illustrated.

PART DRAWING

Model No. FMDY704004.1 R0221A



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. Extra hardware may be included.

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 PART DRAWING in 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. Labor is warranted for one (1) year. Wear items are warranted for six (6) months. 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 CUSTOMER CARE above.

Part No. 430474 R0221A
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