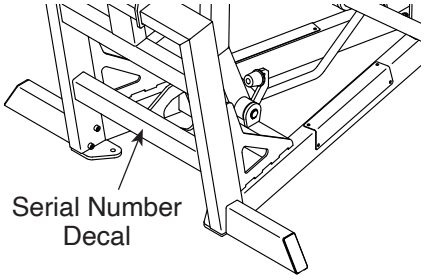
FREEMOTION®

PLATE-LOADED LEG PRESS

Model No. EF218.2
Serial No. _____

Write the serial number in the space above for reference.



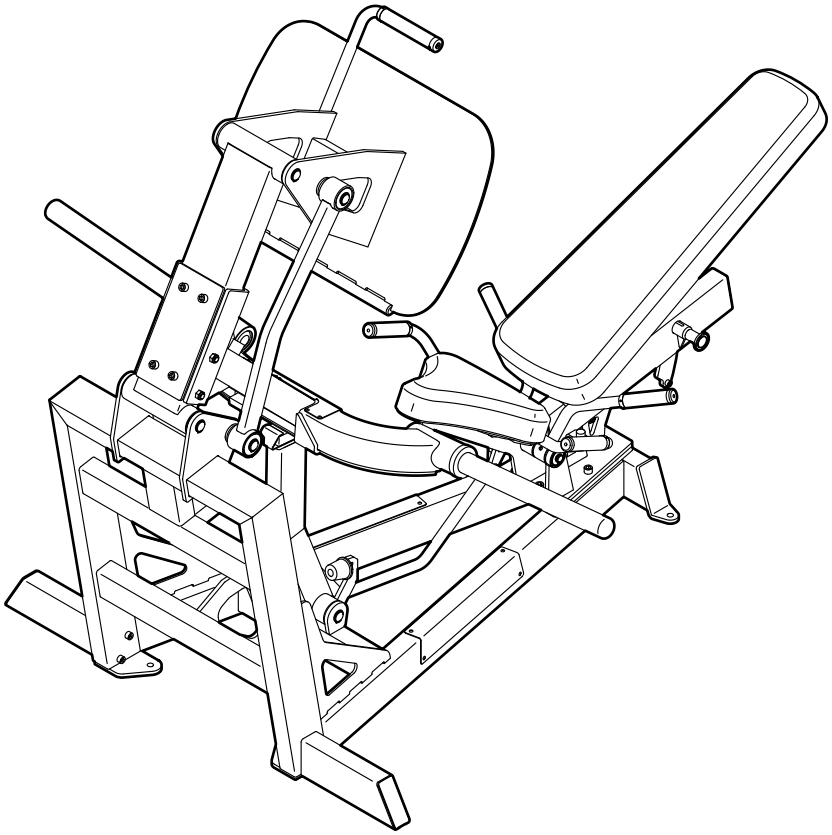
QUESTIONS?

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

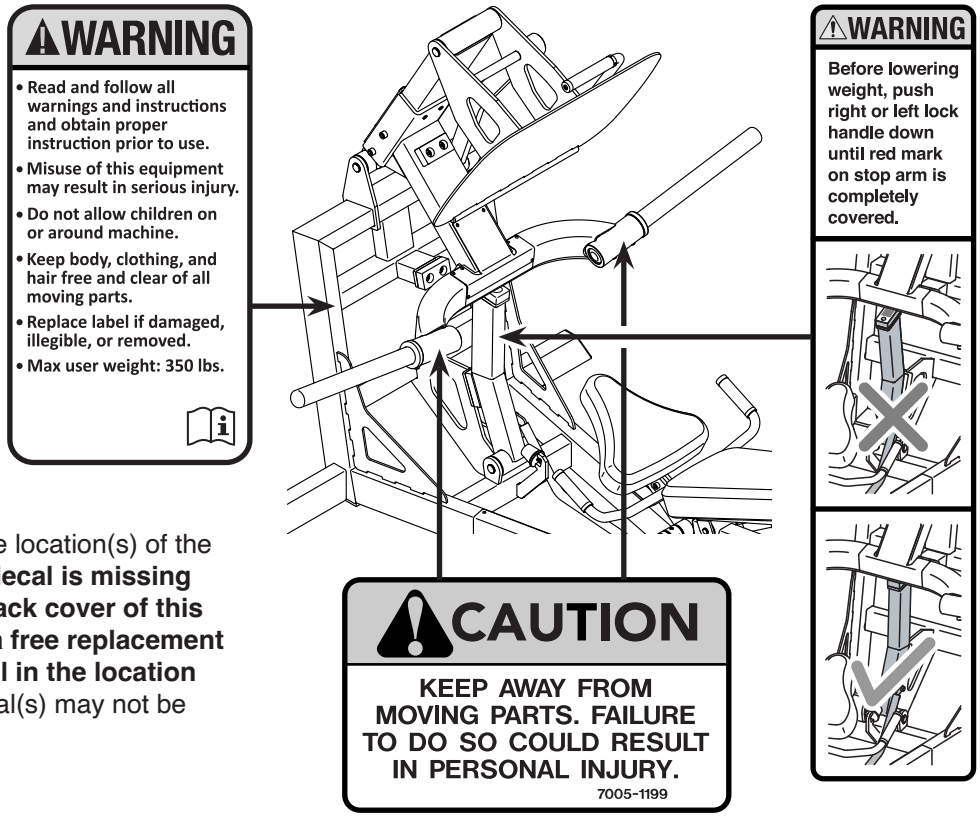


freemotionfitness.com

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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.

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 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. **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 the intended exercise.**

6. **Using the anchor holes (see page 4), anchor the strength equipment to the floor to provide maximum stability.**

7. **Make sure that all parts are properly tightened before each use of the strength equipment.**

8. **Keep children under age 13 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. (160 kg). Do not place more than 450 lbs. (204 kg) on each weight bar. Always place the same amount of weight on both weight bars. Note: The strength equipment does not include weights.**

10. **Always wear athletic shoes for foot protection while exercising.**

11. **Keep hands and feet away from moving parts.**

12. **Use the strength equipment only as described in this manual.**

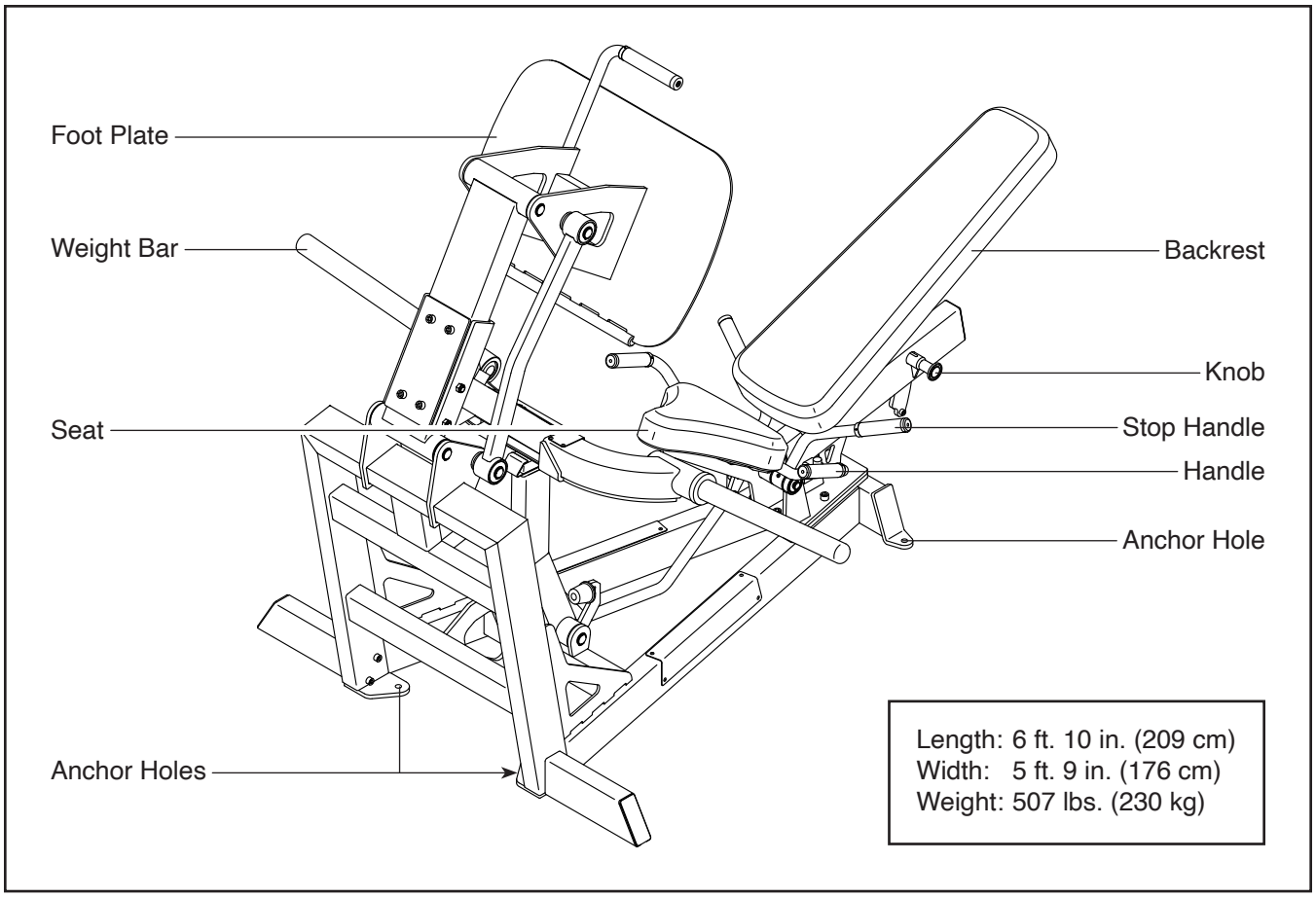
13. **Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® PLATE-LOADED LEG PRESS strength equipment. The PLATE-LOADED LEG PRESS is designed to help you develop the major muscle groups of your lower body. Whether your goal is to tone your body or build dramatic muscle size and strength, the PLATE-LOADED LEG PRESS will help you to achieve the specific results you want.

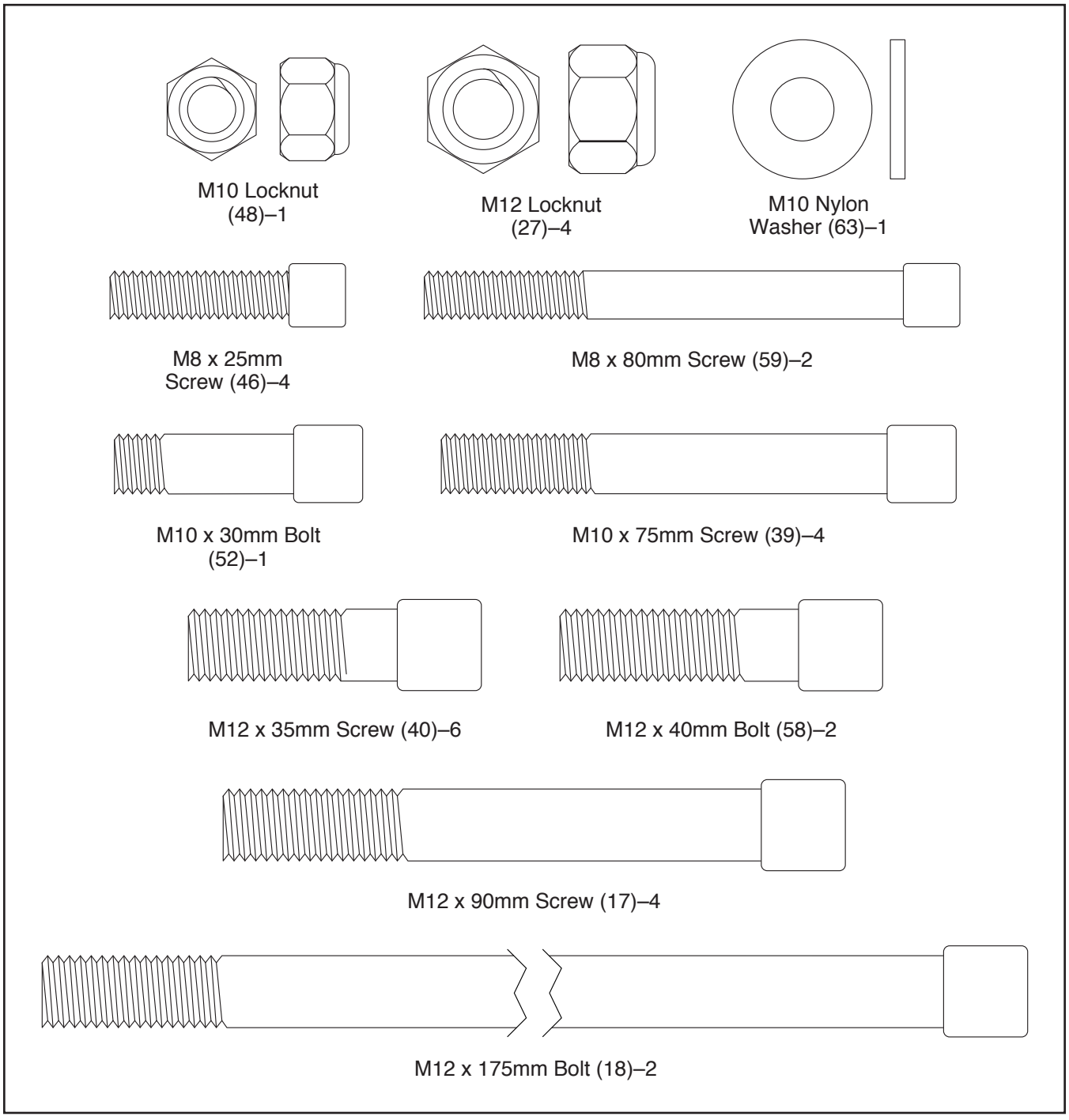
For your benefit, read this manual carefully before you use the strength equipment. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parentheses below each part 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. **IMPORTANT: If you cannot find a part in the hardware kit, check to see if it has been preassembled.**



ASSEMBLY

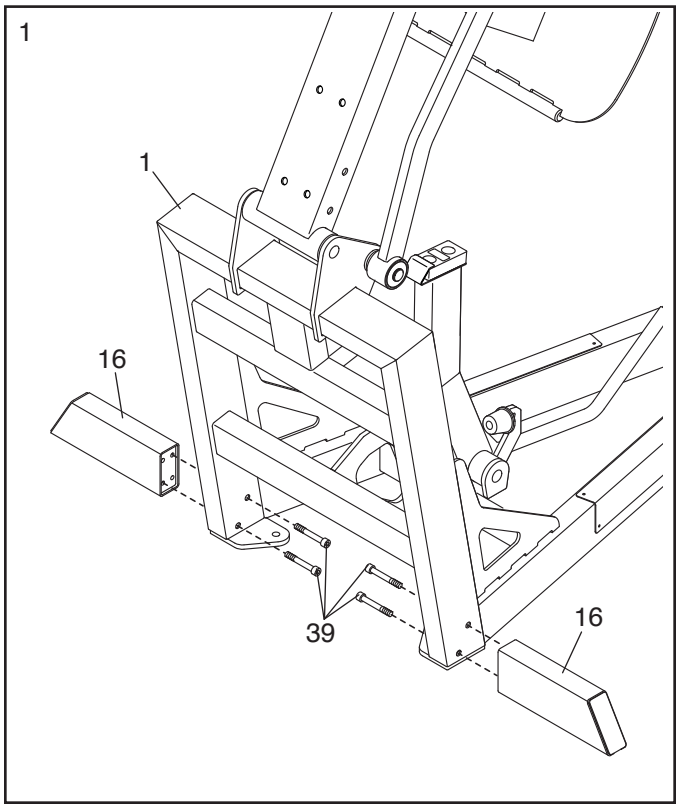
- Assembly requires two persons.
- Because of its weight and size, assemble the strength equipment in the location where it will be used. Make sure that there is enough clearance to walk around the strength equipment.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.
- Assembly requires the following tool(s) (not included):

  an adjustable wrench 

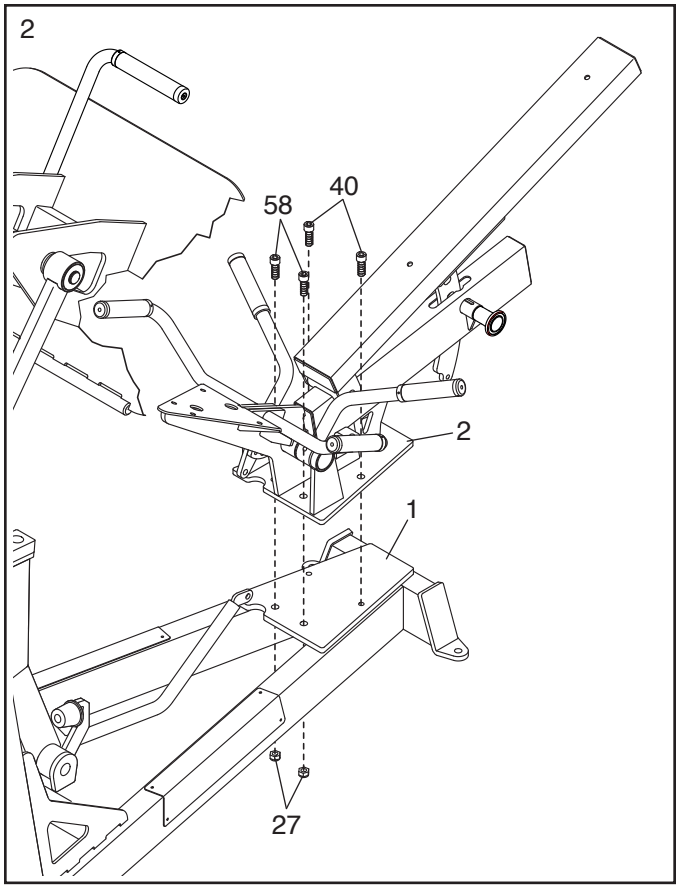
  a metric hex key 

  Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Attach each Base Leg (16) to the Base (1) with two M10 x 75mm Screws (39).

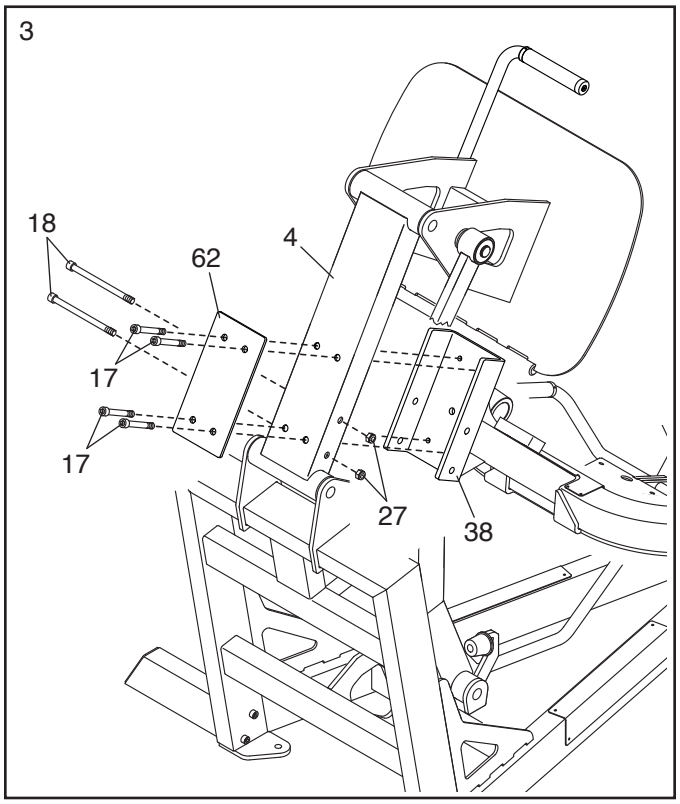


2. Attach the Seat Frame (2) to the Base (1) with two M12 x 35mm Screws (40), two M12 x 40mm Bolts (58), and two M12 Locknuts (27); **start all the Screws and Bolts, and then tighten them.**



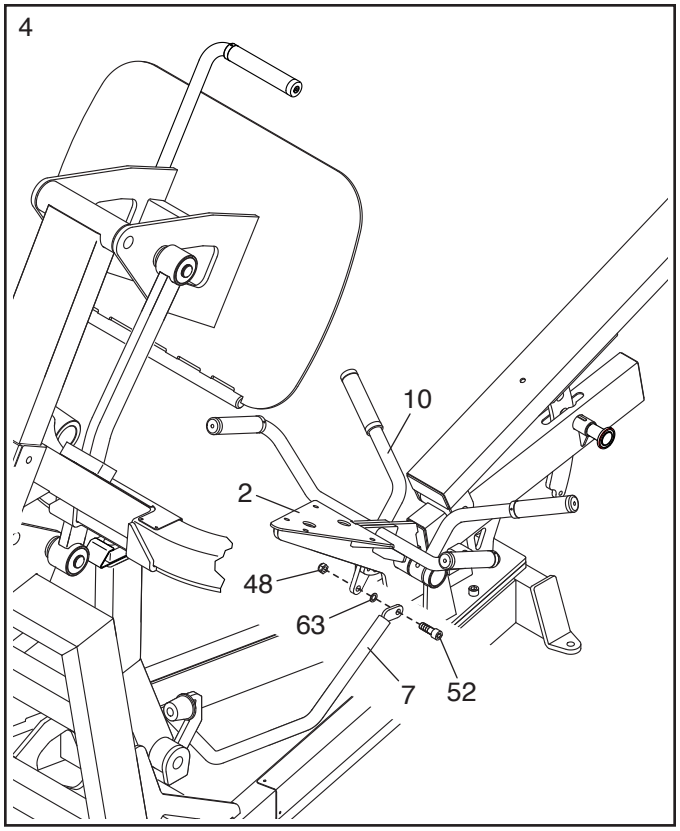
3. Identify the Weight Frame (38) and orient it as shown.

   Attach the Weight Frame (38) to the Foot Plate Frame (4) with four M12 x 90mm Screws (17), the Frame Plate (62), two M12 x 175mm Bolts (18), and two M12 Locknuts (27); **start all the Screws and Bolts, and then tighten them.**



4. Identify the Right Stop Handle (10), which is attached to the Seat Frame (2).

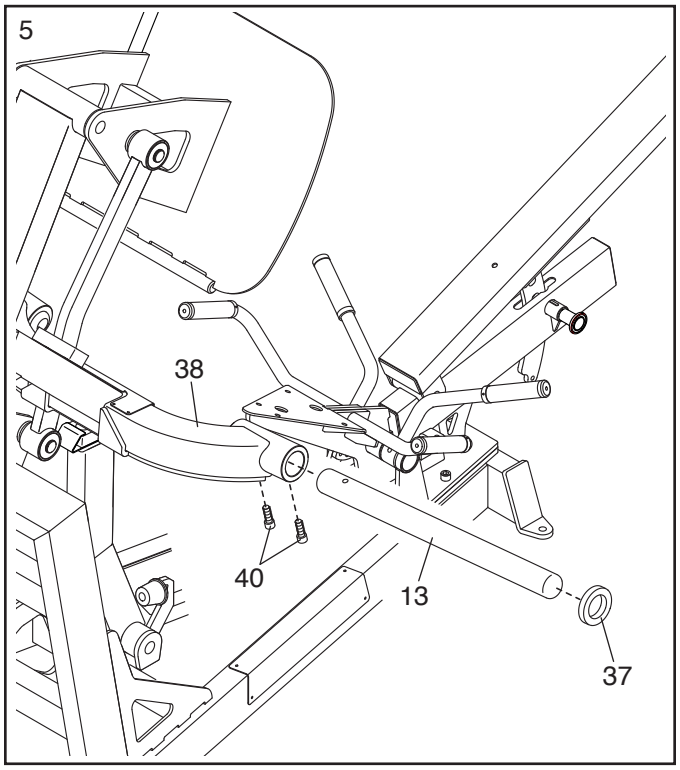
   Attach the Link Arm (7) to the Right Stop Handle (10) with an M10 x 30mm Bolt (52), an M10 Nylon Washer (63), and an M10 Locknut (48).



5. Attach a Weight Bar (13) to the left side of the Weight Frame (38) with two M12 x 35mm Screws (40).

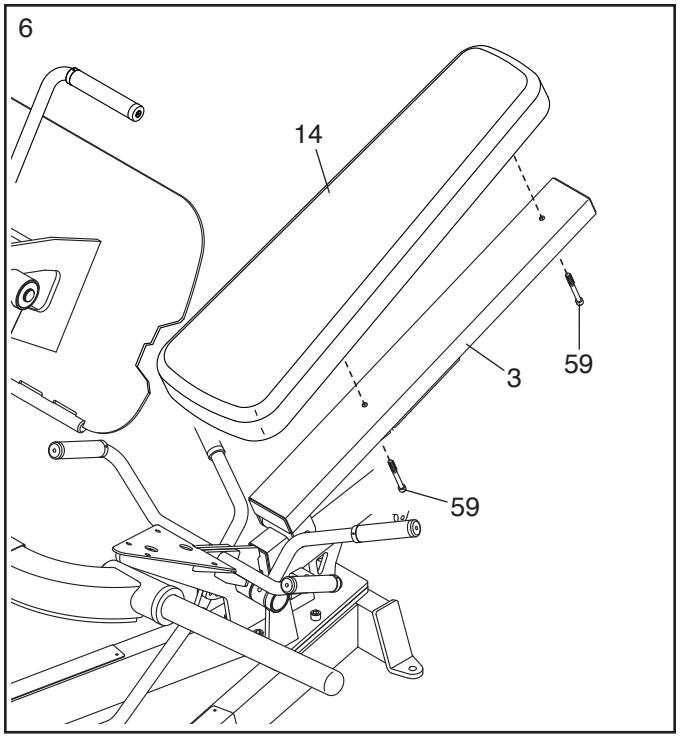
   Then, slide a Weight Bumper (37) onto the Weight Bar (13).

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

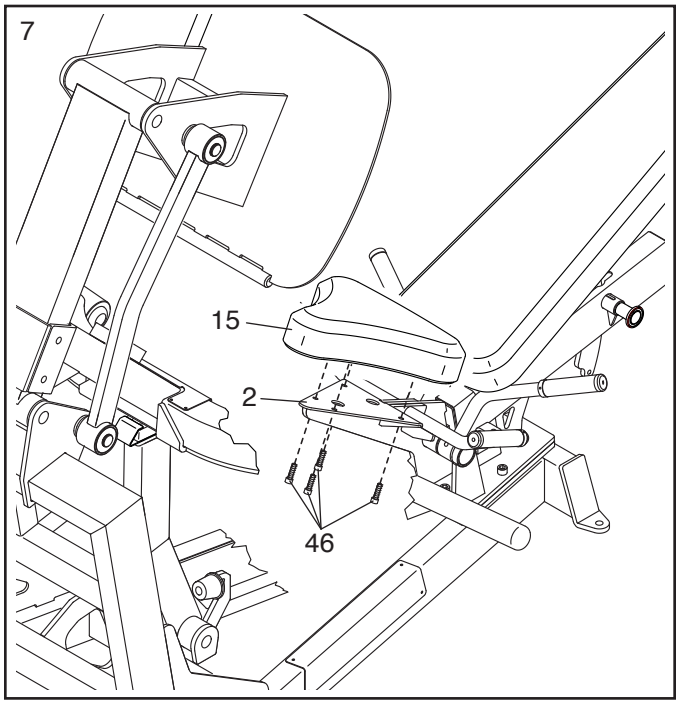


6. Orient the Backrest (14) as shown.

   Attach the Backrest (14) to the Backrest Frame (3) with two M8 x 80mm Screws (59); **to avoid damaging the Backrest, tighten the Screws only until the Backrest does not move or feel loose.**



7. Attach the Seat (15) to the Seat Frame (2) with four M8 x 25mm Screws (46); **start all the Screws, and then tighten them. To avoid damaging the Seat, tighten the Screws only until the Seat does not move or feel loose.**



8. **Make sure that all parts of the strength equipment are properly tightened.** To protect the floor or carpet from damage, place a mat beneath the strength equipment.

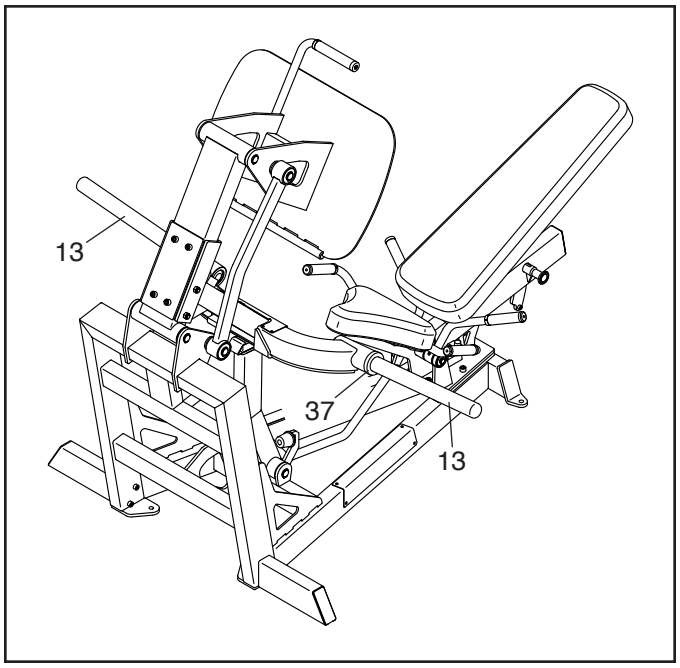
ADJUSTMENT

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

ADDING WEIGHTS TO THE WEIGHT ARM

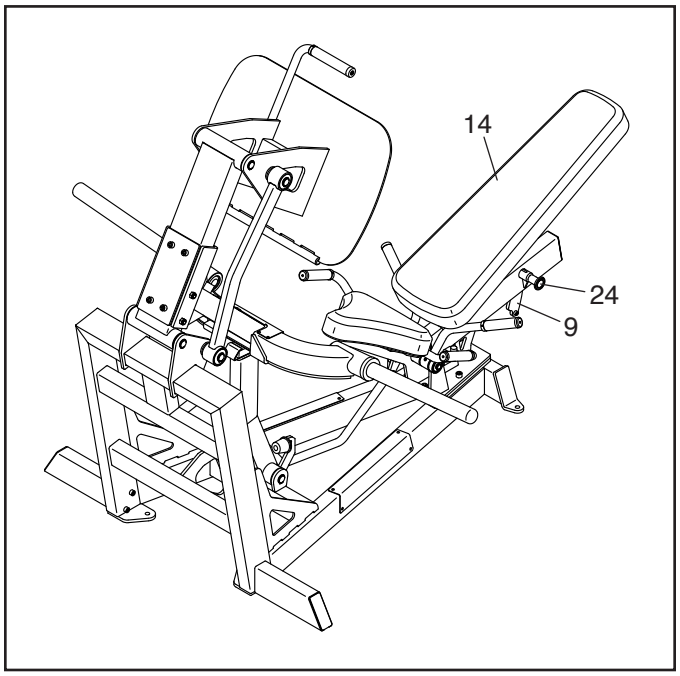
To add resistance to your workout, slide the same amount of weight (not included) onto both Weight Bars (13). Make sure that the weights are pushed against the Weight Bumpers (37).

⚠WARNING: Do not place more than 450 lbs. (204 kg) on each Weight Bar (13). Always place the same amount of weight on both Weight Bars.



ADJUSTING THE BACKREST

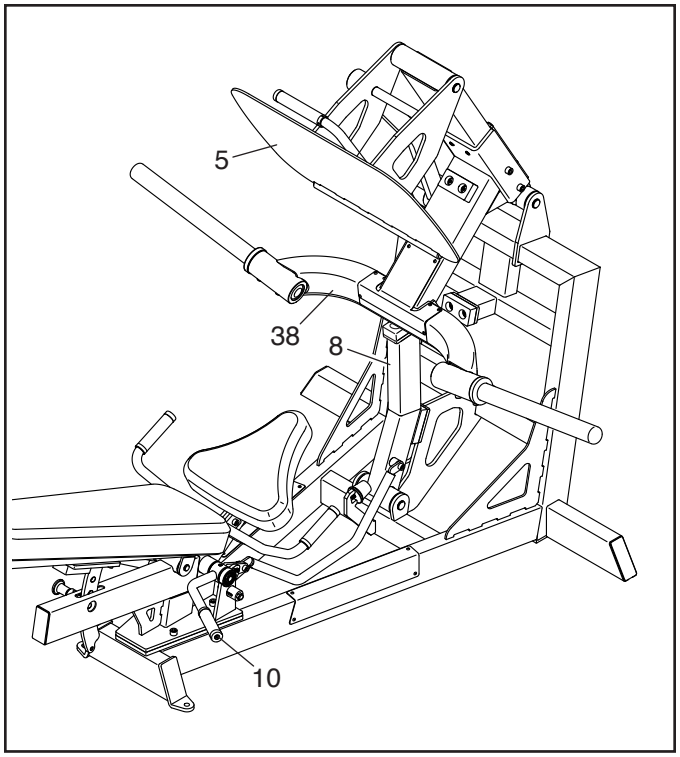
To change the angle of the Backrest (14), pull the Knob (24) and move the Backrest to the desired position. Then, reengage the Knob into the Backrest Adjustment Bracket (9).



ADJUSTING THE STOP ARM

To allow the Foot Plate (5) to descend, first push it upward a few inches and pull the Right Stop Handle (10) or the Left Stop Handle (not shown) upward. This will pivot the Stop Arm (8) away from the Weight Frame (38).

When you are finished exercising, push the Foot Plate (5) upward and push the Right Stop Handle (10) or the Left Stop Handle (not shown) downward. This will pivot the Stop Arm (8) under the Weight Frame (38). **Make sure that the Stop Arm is fully forward so that the Weight Frame will completely cover the red rectangle on top of the Stop Arm.** Then, lower the Weight Frame onto the Stop Arm.



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 MEMBER 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 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 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.

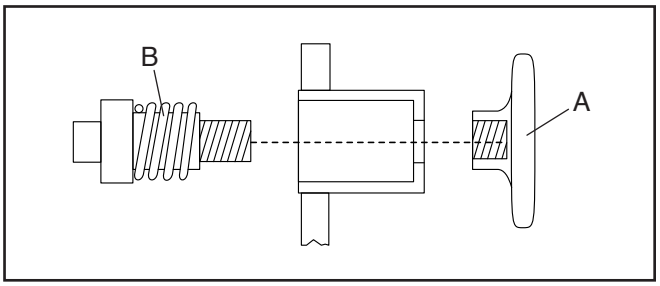
WEEKLY MAINTENANCE

Hardware

Check all 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 strength equipment. 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.

Adjustment Knob

If an adjustment knob (A) sticks, it should be relubricated. Unscrew the knob and apply a light coating of lithium grease. Then, reassemble the knob as shown below. If the adjustment knob still does not function properly, the spring (B) may need to be replaced. To order a spring, see HOW TO CONTACT MEMBER CARE on the back cover of this manual.



PART LIST

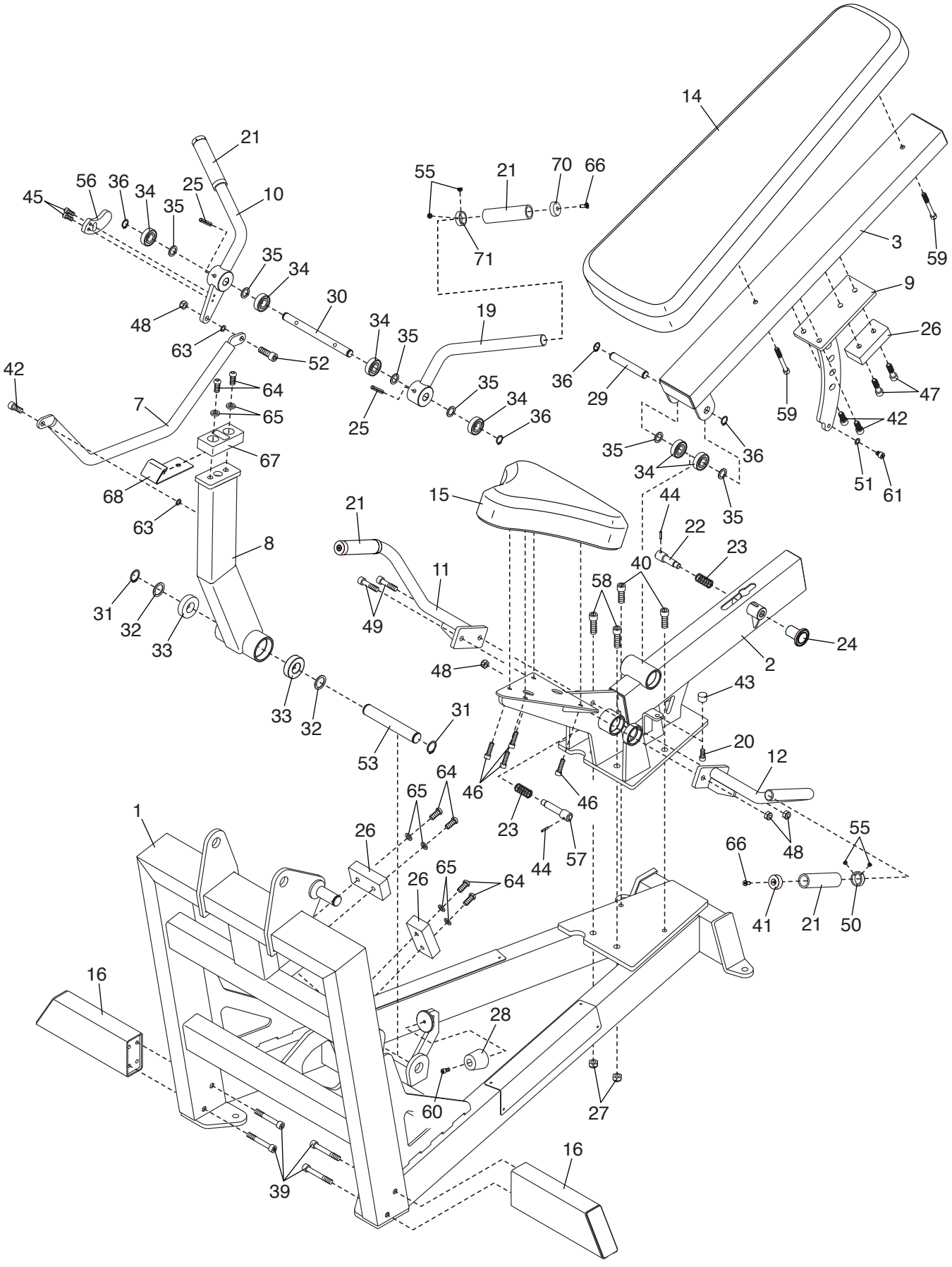
Model No. EF218.2 R1224A

Key No.	Qty.	Description
1	1	Base
2	1	Seat Frame
3	1	Backrest Frame
4	1	Foot Plate Frame
5	1	Foot Plate
6	1	Foot Plate Arm
7	1	Link Arm
8	1	Stop Arm
9	1	Backrest Adjustment Bracket
10	1	Right Stop Handle
11	1	Right Handle
12	1	Left Handle
13	2	Weight Bar
14	1	Backrest
15	1	Seat
16	2	Base Leg
17	4	M12 x 90mm Screw
18	2	M12 x 175mm Bolt
19	1	Left Stop Handle
20	1	M8 x 16mm Screw
21	4	Short Handgrip
22	1	Backrest Pin
23	2	Spring
24	1	Knob
25	2	Large Roll Pin
26	4	Rectangular Bumper
27	4	M12 Locknut
28	1	Large Round Bumper
29	1	Backrest Axle
30	1	Arm Axle
31	8	Large Retainer Ring
32	8	Large Nylon Washer
33	10	Large Bearing
34	6	Small Bearing
35	6	Small Nylon Washer
36	4	Small Retainer Ring
37	2	Weight Bumper
38	1	Weight Frame
39	4	M10 x 75mm Screw
40	6	M12 x 35mm Screw
41	3	Aluminum Cap
42	3	M10 x 25mm Screw
43	1	Small Round Bumper
44	2	Small Roll Pin
45	2	M6 x 20mm Screw
46	4	M8 x 25mm Screw
47	2	M10 x 40mm Screw
48	4	M10 Locknut
49	2	M10 x 45mm Bolt
50	3	Aluminum Collar
51	1	M10 Washer
52	1	M10 x 30mm Bolt
53	1	Frame Axle
54	2	Foot Plate Axle
55	10	M4 x 3mm Set Screw
56	1	Arm Adjustment Bracket
57	1	Arm Pin
58	2	M12 x 40mm Bolt
59	2	M8 x 80mm Screw
60	1	M6 x 25mm Screw
61	1	M10 x 16mm Screw
62	1	Frame Plate
63	2	M10 Nylon Washer
64	8	M10 x 25mm Button Screw
65	8	M10 x 20mm Washer
66	5	M6 x 16mm Flat Head Screw
67	1	Stop Arm Bumper
68	1	Bumper Bracket
69	1	Long Handgrip
70	2	Yellow Cap
71	2	Yellow Collar
*	–	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.

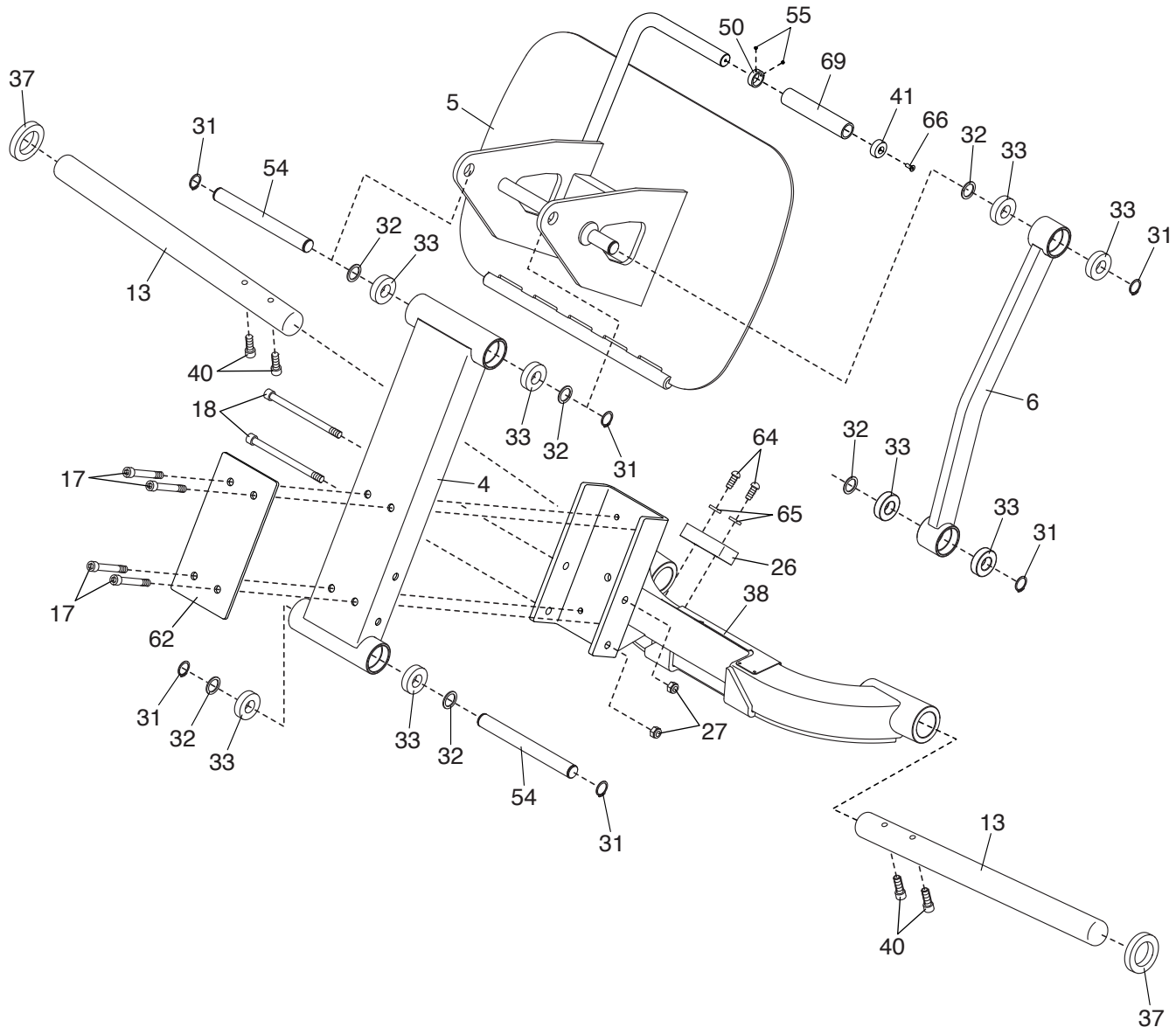
EXPLODED DRAWING A

Model No. EF218.2 R1224A



EXPLODED DRAWING B

Model No. EF218.2 R1224A



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 this product to be free from defects in workmanship and material under normal use and service conditions. To see the warranty terms for this product, go to freemotionfitness.com, find this product, and then see the product details and specifications.

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 US 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 in excess of the maximum user weight listed in this manual. Note: This product may not have a maximum user weight.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
7. Damage caused by improper wiring or insufficient electrical current. Note: This product may not have wiring.

This warranty shall not apply to the following:
1. Cosmetic items including grips, decals, and labels.
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. 1001633 R1224A
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