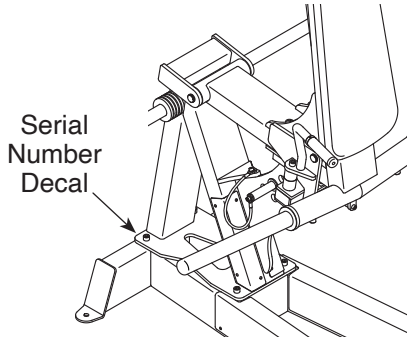
FREEMOTION®

PLATE-LOADED SQUAT

Model No. EF217.0
Serial No. _____

Write the serial number in the space above for reference.



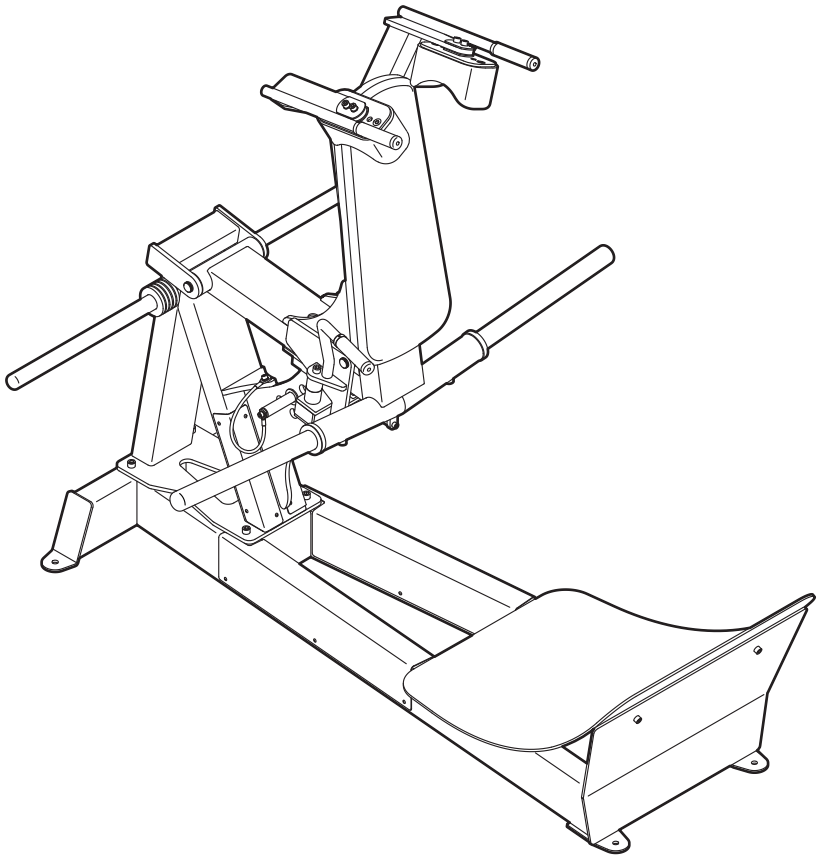
QUESTIONS?

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



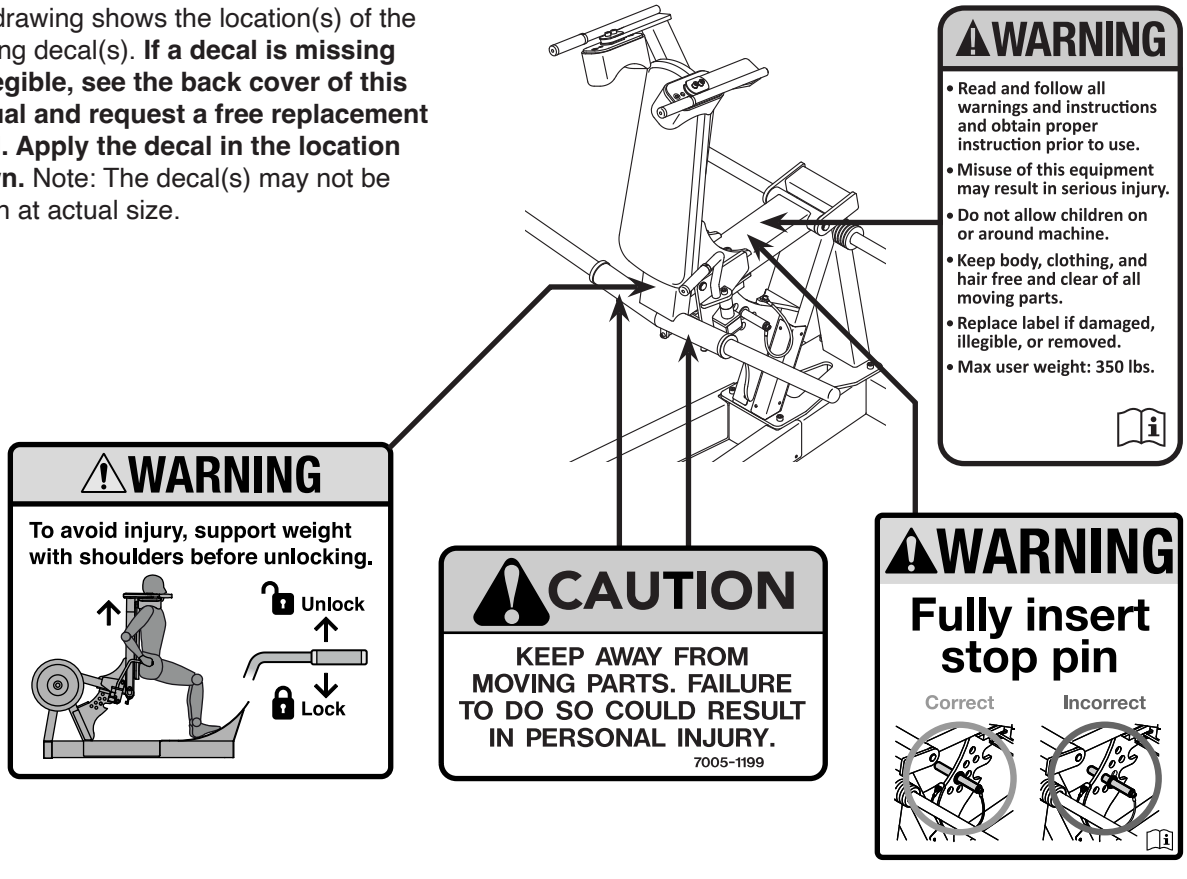
freemotionfitness.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 4
PART IDENTIFICATION CHART 5
ASSEMBLY 6
ADJUSTMENT 10
MAINTENANCE AND TROUBLESHOOTING 12
PART LIST 14
EXPLODED DRAWING 15
HOW TO CONTACT CUSTOMER 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.



FREEMOTION is a registered trademark of iFIT 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 labels, 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. (159 kg). Do not place more than 450 lbs. (204 kg) on each weight bar, or on each side of the storage bar. Always place the same amount of weight on both weight bars. Note: The strength equipment does not include weights.**

10. **Always make sure that the stop pin is fully inserted into the hole in the upright that is appropriate for the height of the user, so that the stop pin will prevent the pivot frame from being lowered far enough to trap the user.**

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

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

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

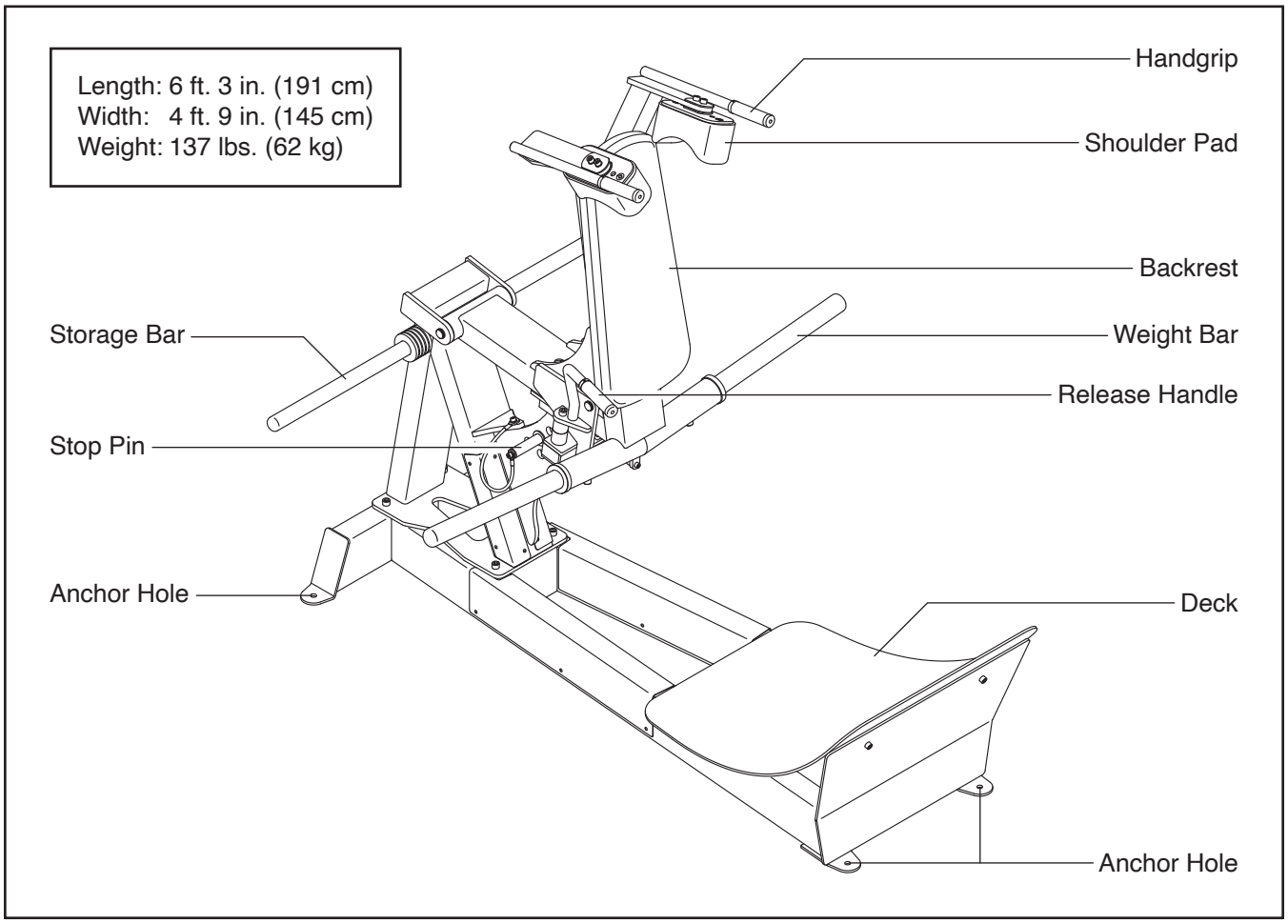
14. **Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® PLATE-LOADED SQUAT strength equipment. The PLATE-LOADED SQUAT 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 SQUAT will help you to achieve the specific results you want.

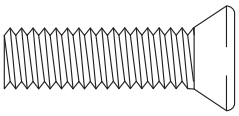
For your benefit, read this manual carefully before you use the strength equipment. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location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

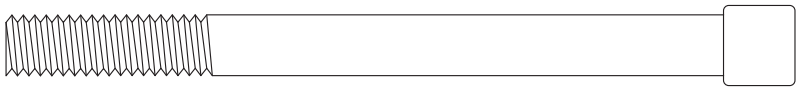


PART IDENTIFICATION CHART

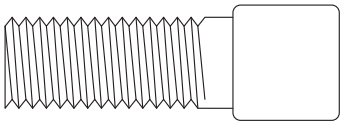
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **IMPORTANT: If you cannot find a part in the hardware kit, check to see whether it has been preassembled.**



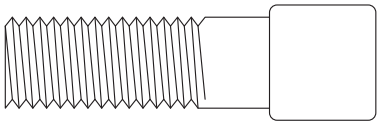
M8 x 25mm Flat Head Screw (33)–4



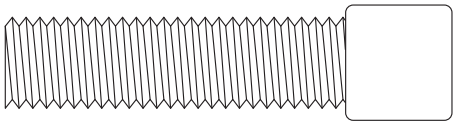
M8 x 95mm Screw (41)–2



M12 x 30mm Screw (21)–4



M12 x 35mm Screw (47)–4



M12 x 45mm Screw (22)–1

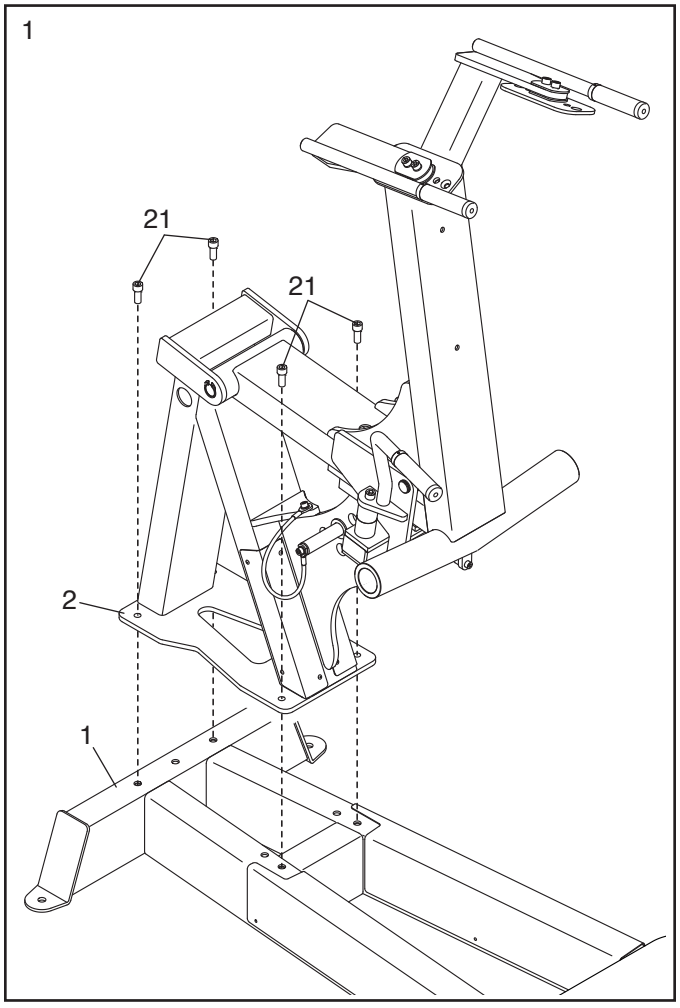
ASSEMBLY

- 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.
- To identify small parts, see page 5.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- Assembly requires the following tool(s) (not included):

  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 the Upright (2) to the Base (1) with four M12 x 30mm Screws (21); **start all four Screws, and then tighten them.**

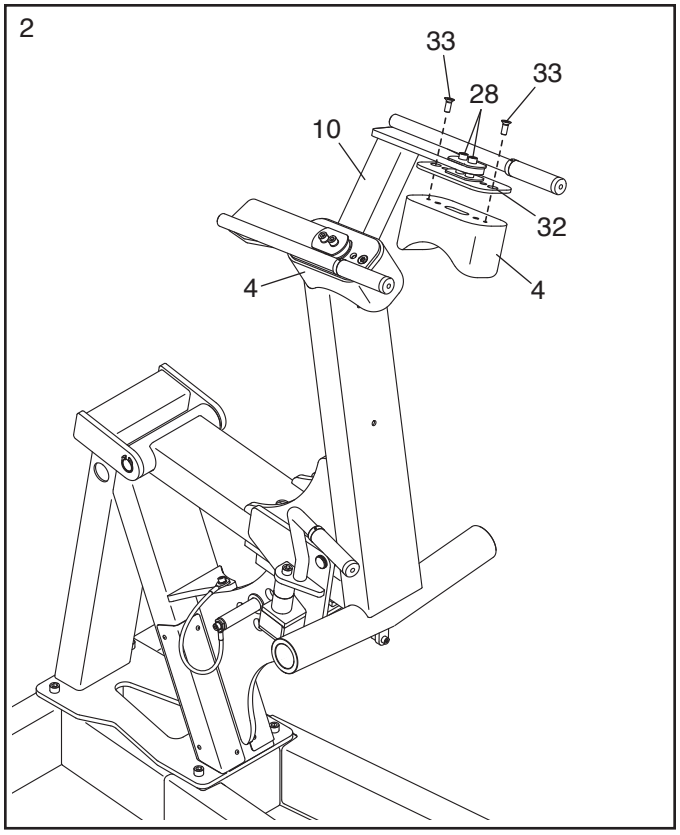


2. Loosen, **but do not remove,** the two indicated M10 x 30mm Screws (28) in the Pivot Frame (10).

   Next, rotate the Large Pad Plate (32) slightly. Attach a Shoulder Pad (4) to the Large Pad Plate with two M8 x 25mm Flat Head Screws (33); **to avoid damaging the Shoulder Pad, tighten the Flat Head Screws only until the Shoulder Pad does not move or feel loose.**

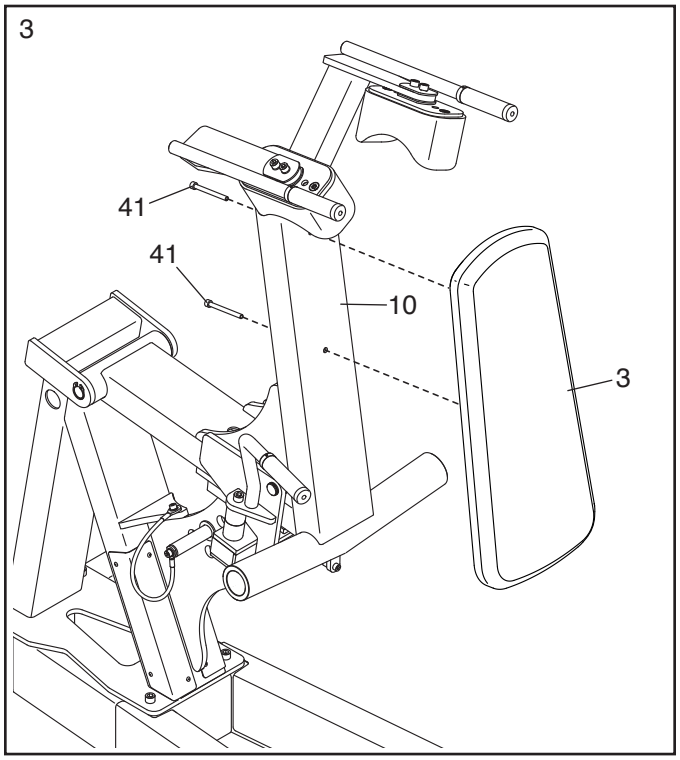
   Then, tighten the M10 x 30mm Screws (28).

   Attach the other Shoulder Pad (4) in the same way.

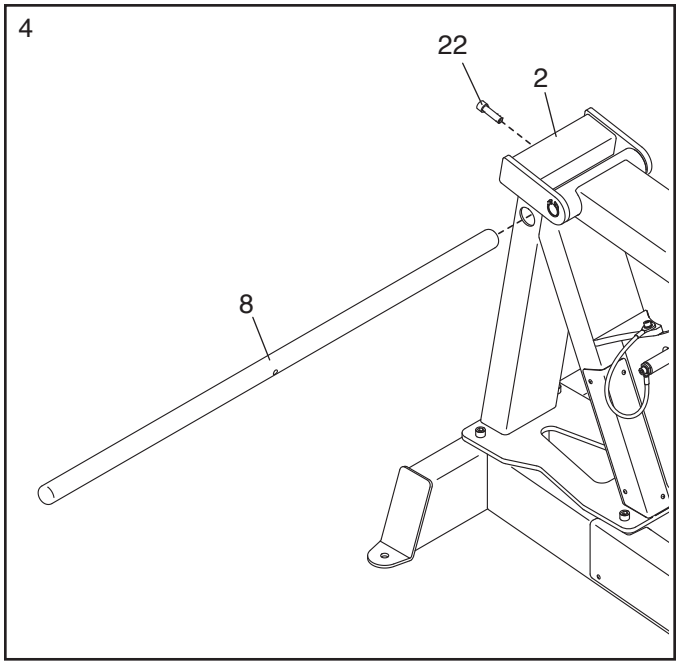


3. Orient the Backrest (3) as shown.

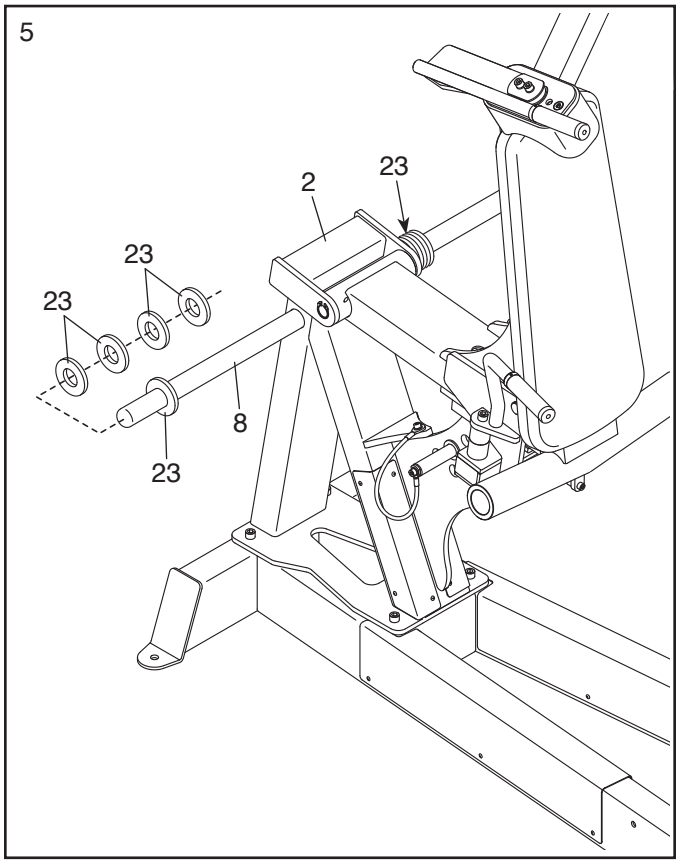
   Attach the Backrest (3) to the Pivot Frame (10) with two M8 x 95mm Screws (41); **to avoid damaging the Backrest, tighten the Screws only until the Backrest does not move or feel loose.**



4. Insert the Storage Bar (8) into the Upright (2). Attach the Storage Bar with an M12 x 45mm Screw (22).



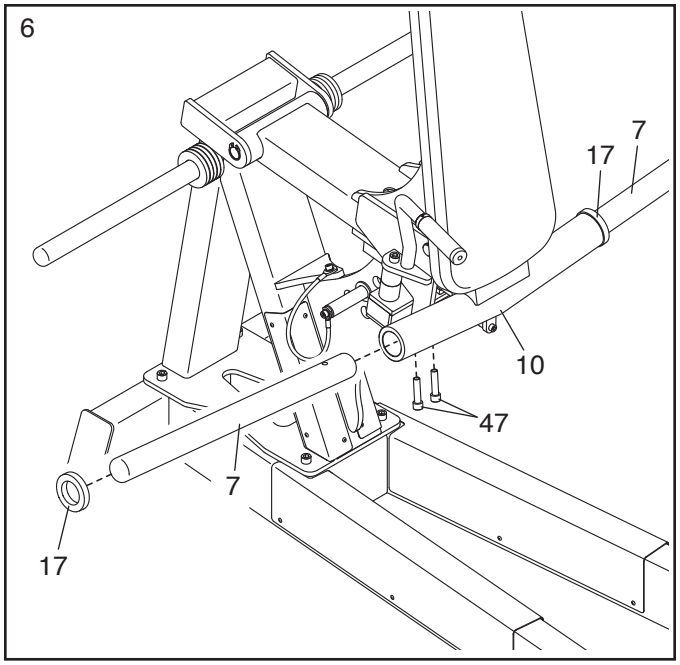
5. Slide five Small Weight Bumpers (23) onto each side of the Storage Bar (8). Push the Small Weight Bumpers against the Upright (2).



6. Attach a Weight Bar (7) to one side of the Pivot Frame (10) with two M12 x 35mm Screws (47).

   Then, slide a Large Weight Bumper (17) onto the Weight Bar (7).

   Attach the other Weight Bar (7) and the other Large Weight Bumper (17) in the same way.



7. **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

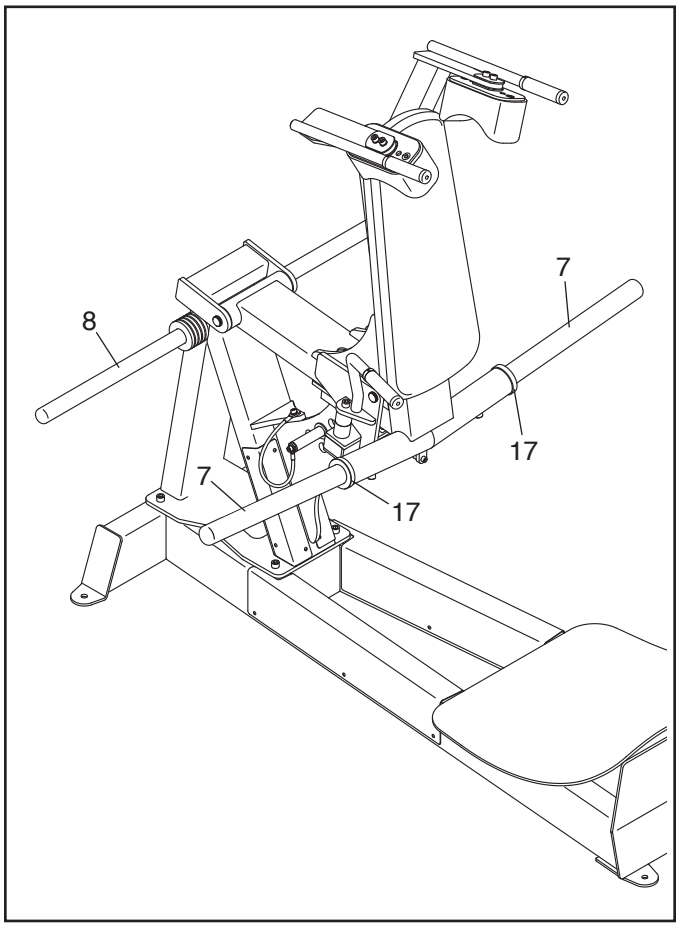
This section explains how to adjust the strength equipment. **Make sure that all parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately.**

ADDING WEIGHTS TO THE WEIGHT BARS

To add resistance to your workout, slide the same amount of weight (not included) onto both Weight Bars (7). Make sure to slide the weights against the Large Weight Bumpers (17).

Store unused weights on the Storage Bar (8).

⚠ WARNING: Do not place more than 450 lbs. (204 kg) on each Weight Bar (7), or on each side of the Storage Bar (8). Always place the same amount of weight on both Weight Bars.



SETTING UP THE STRENGTH EQUIPMENT

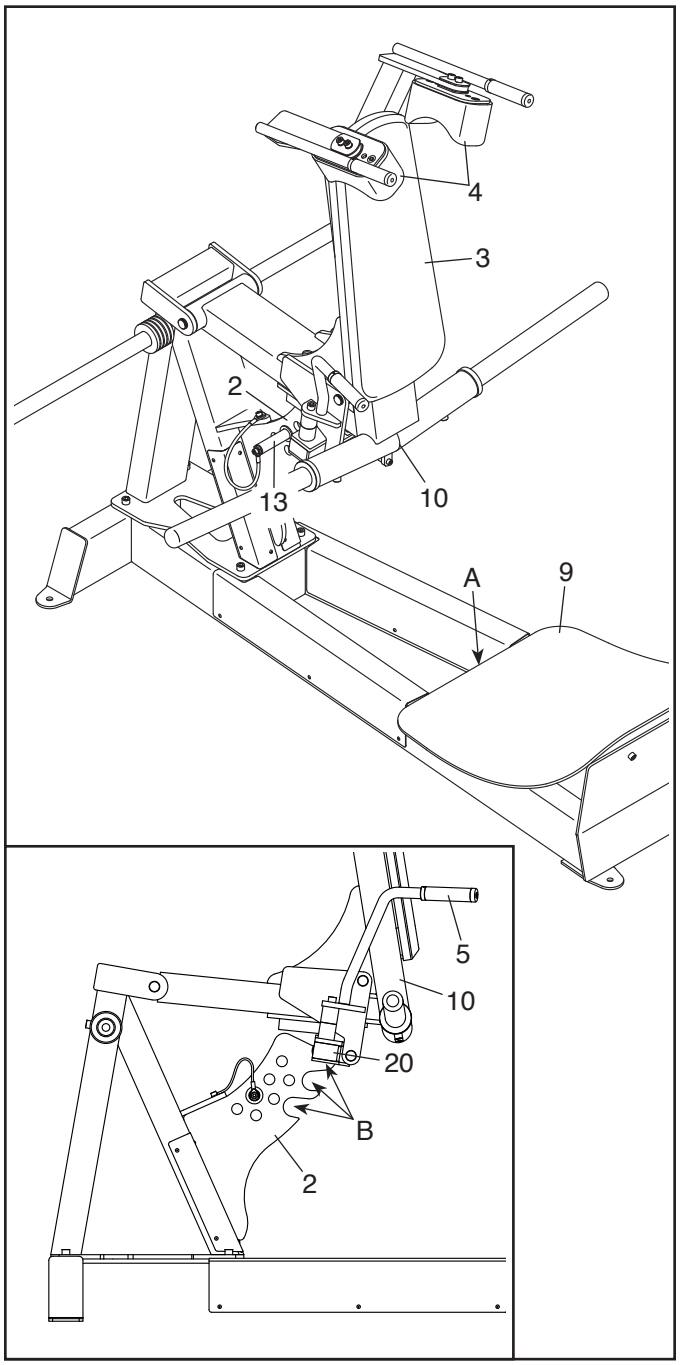
Insert the Stop Pin (13) into a hole in the Upright (2) that will allow you to perform the squat exercise but will not allow you to become pinned under the Shoulder Pads (4) if you cannot complete a repetition.

Next, stand on the Deck (9) with your back against the Backrest (3). Then, lift the Shoulder Pads (4) with your shoulders and begin exercising.

IMPORTANT: Your feet should be close enough to the lower edge (A) of the Deck (9) that your lower back does not move away from the Backrest (3) as you lower the Pivot Frame (10). Shorter users should stand closer to the lower edge of the Deck. Improper positioning of the feet will cause discomfort in the lower back.

⚠ WARNING: Do not lower the Pivot Frame (10) to a position that causes your lower back to move away from the Backrest (3).

See the inset drawing. When you finish performing the desired repetitions, push downward on the Release Handle (5) while you lower the Pivot Frame (10) until the Stop Bracket (20) is seated in one of the three cutouts (B) in the Upright (2).



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 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.

NOTES

PART LIST

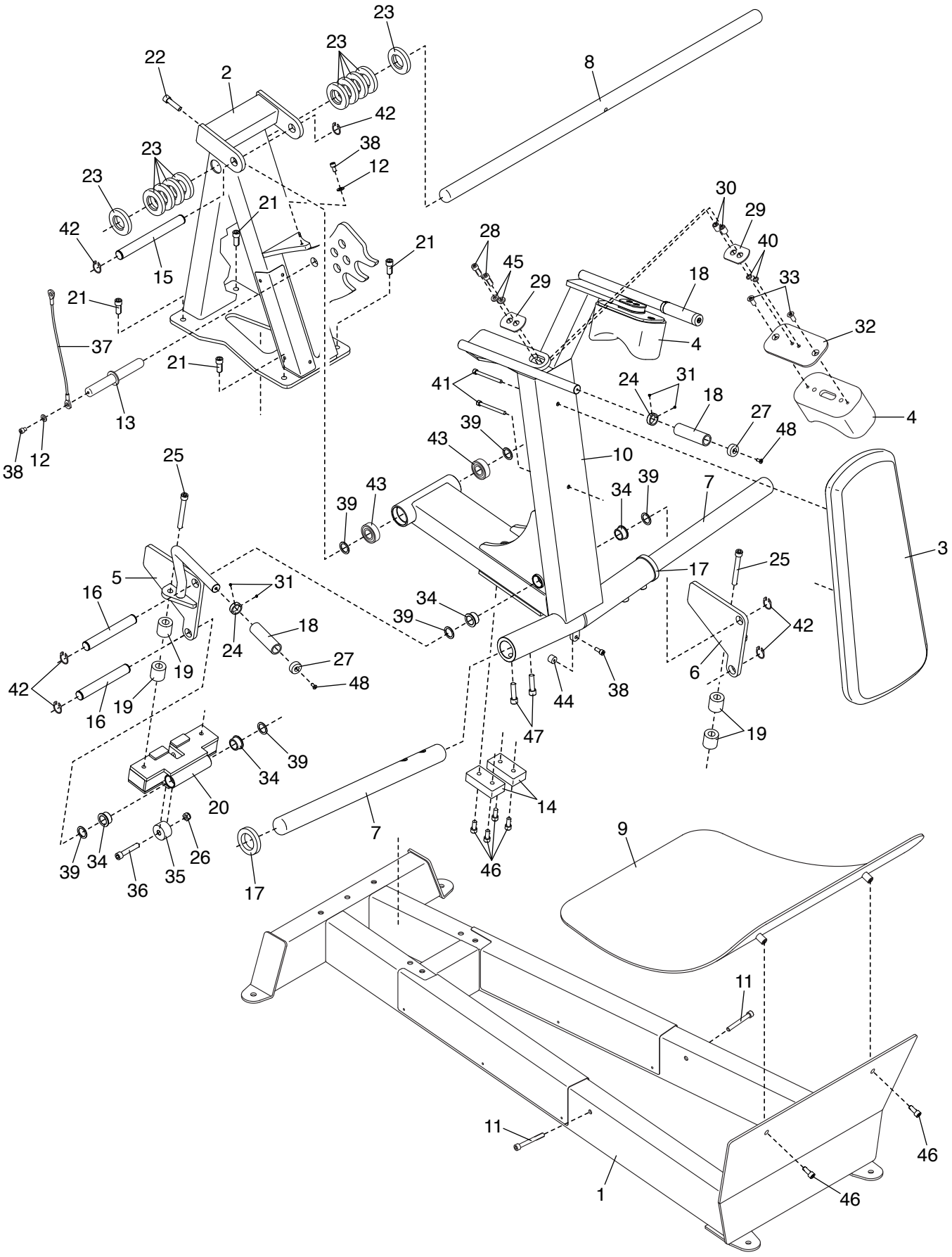
Model No. EF217.0 R0323A

Key No.	Qty.	Description
1	1	Base
2	1	Upright
3	1	Backrest
4	2	Shoulder Pad
5	1	Release Handle
6	1	Release Plate
7	2	Weight Bar
8	1	Storage Bar
9	1	Deck
10	1	Pivot Frame
11	2	M10 x 85mm Screw
12	2	M8 Washer
13	1	Stop Pin
14	2	Pivot Frame Bumper
15	1	Long Pivot Axle
16	2	Short Pivot Axle
17	2	Large Weight Bumper
18	3	Handgrip
19	4	Stop Bracket Bumper
20	1	Stop Bracket
21	4	M12 x 30mm Screw
22	1	M12 x 45mm Screw
23	10	Small Weight Bumper
24	3	Handgrip Collar
25	2	M12 x 105mm Screw
26	1	M12 Locknut
27	3	Handgrip Cap
28	4	M10 x 30mm Screw
29	4	Small Pad Plate
30	4	Pad Spacer
31	6	M4 x 3mm Set Screw
32	2	Large Pad Plate
33	4	M8 x 25mm Flat Head Screw
34	4	Bushing
35	1	Stop Cylinder
36	1	M12 x 65mm Bolt
37	1	Tether
38	3	M8 x 15mm Screw
39	6	Nylon Spacer
40	4	M10 Serrated Washer
41	2	M8 x 95mm Screw
42	6	25mm Snap Ring
43	2	Bearing
44	1	Small Bumper
45	4	M10 Washer
46	6	M10 x 25mm Screw
47	4	M12 x 35mm Screw
48	3	M6 x 16mm Flat Head Screw
*	—	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. EF217.0 R0323A



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
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 (not including the coatings) 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 (see freemotionfitness.com for a list) are warranted for six (6) months. Upholstery and padding are warranted for one hundred twenty (120) days. Labor is warranted for one (1) year.

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. Pick-up and delivery or freight charges involved with a repair.
2. 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. 413955 R0323A
Printed in China © 2023 iFIT Inc.