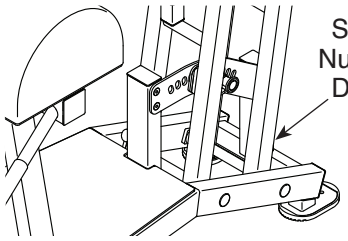
FREEMOTION®

GLUTE-HAM DEVELOPER

Model No. FMDY709072.1
Serial No. _____

Write the serial number in the space above for reference.



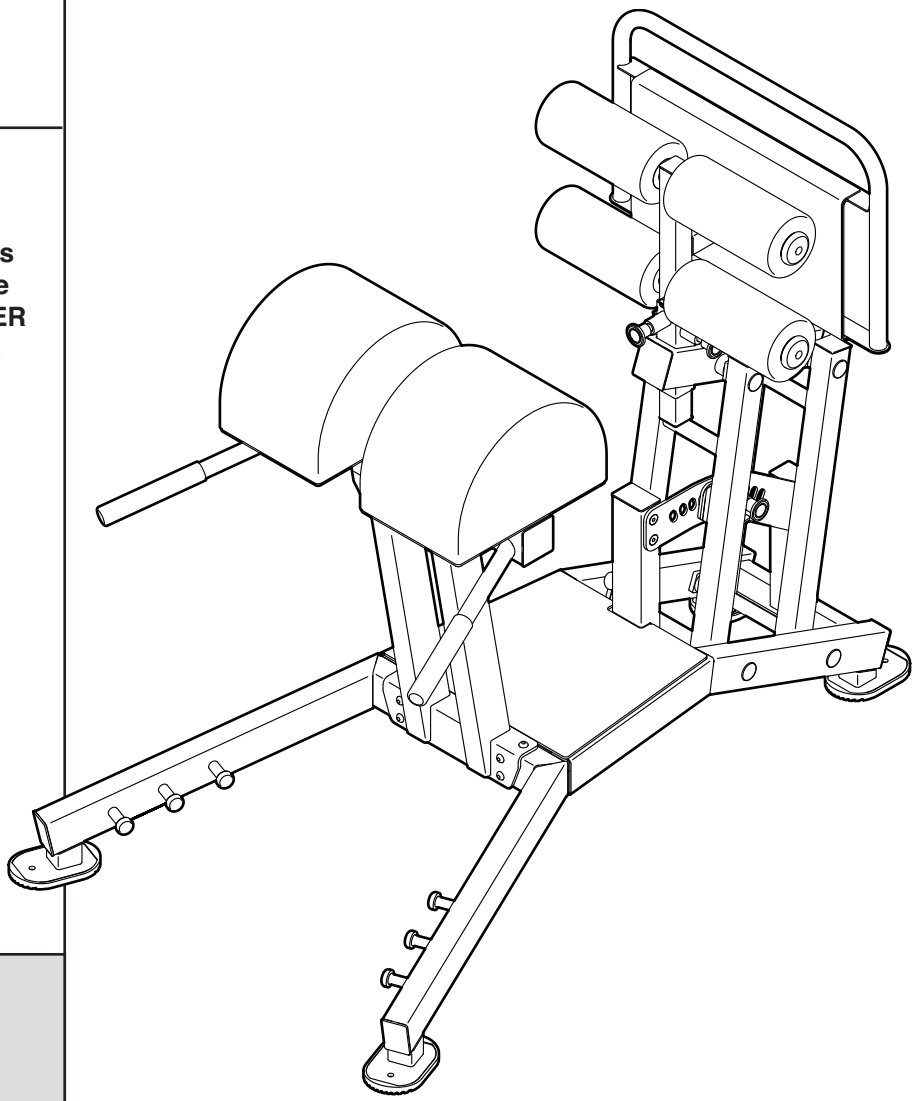
QUESTIONS?

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



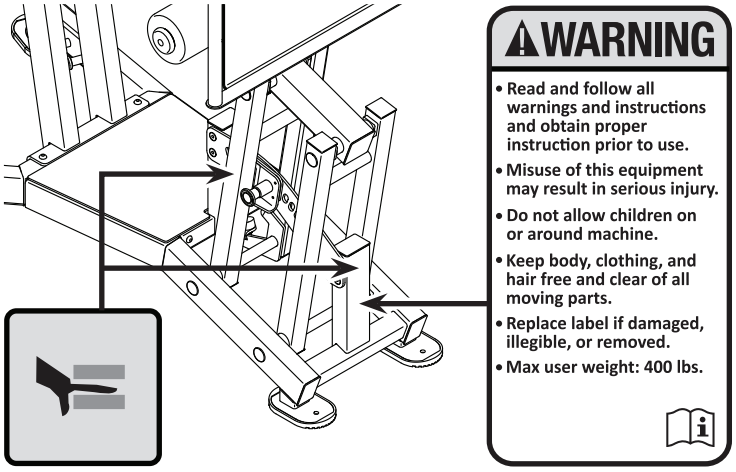
freemotionfitness.com

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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 strength equipment before using strength equipment. Freemotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

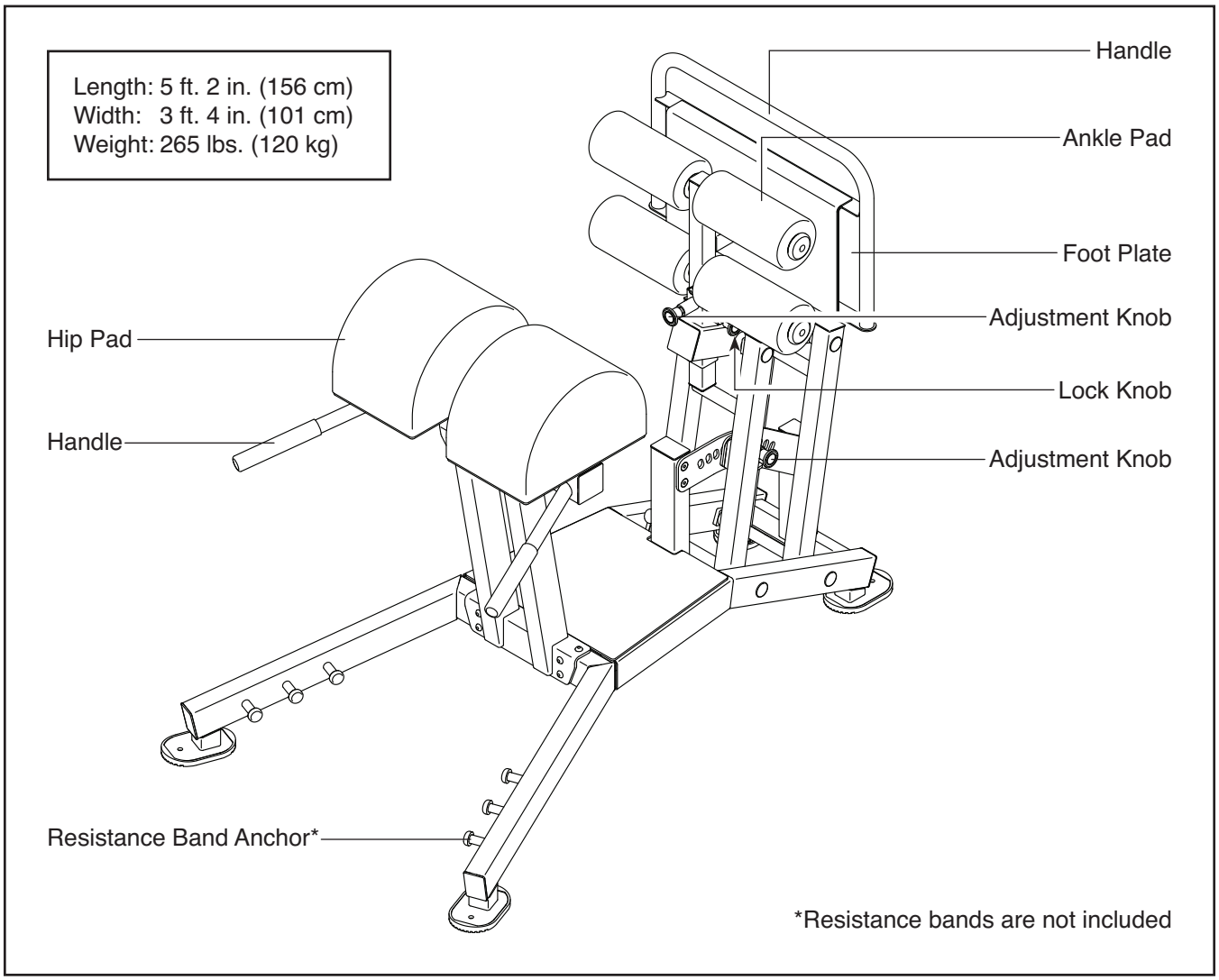
1. **It is the responsibility of the owner to ensure that all users of the strength equipment are adequately informed of all precautions, have read and understood all warning and caution labels, and are informed of how to use the strength equipment properly.**
2. **All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.**
3. **Before beginning any exercise program, consult your health care provider. 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 clearance around the strength equipment for the intended exercises.**
6. **Make sure that all parts are properly tightened before each use of the strength equipment.**
7. **Keep children under age 16 and pets away from the strength equipment at all times.**
8. **The strength equipment is designed to support a maximum user weight of 400 lbs. (180 kg).**
9. **Always wear athletic shoes for foot protection while exercising.**
10. **Be careful when mounting and dismounting the strength equipment.**
11. **Use the strength equipment only as described in this manual.**
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® GLUTE-HAM DEVELOPER. The GLUTE-HAM DEVELOPER is designed to help you develop the hamstring, gluteus, and calf muscles. Whether your goal is to tone your body or build dramatic muscle size and strength, the GLUTE-HAM DEVELOPER 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.

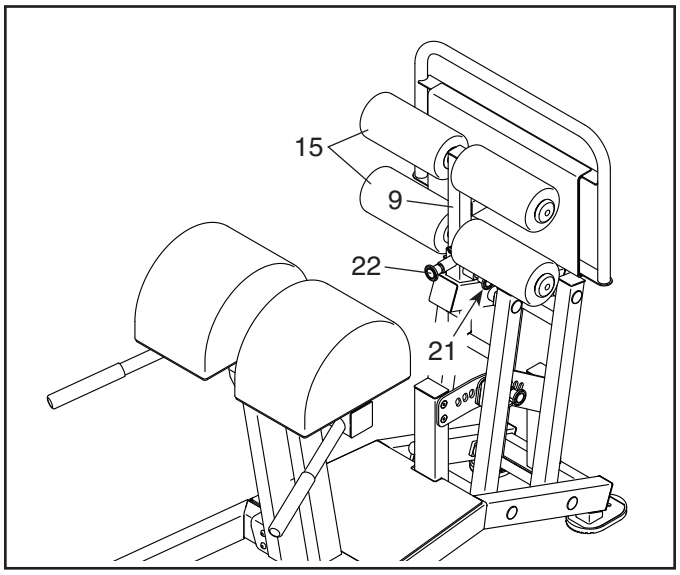


ADJUSTMENT

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. Use only FREEMOTION parts.** To protect the floor or carpet from damage, place a mat under the strength equipment.

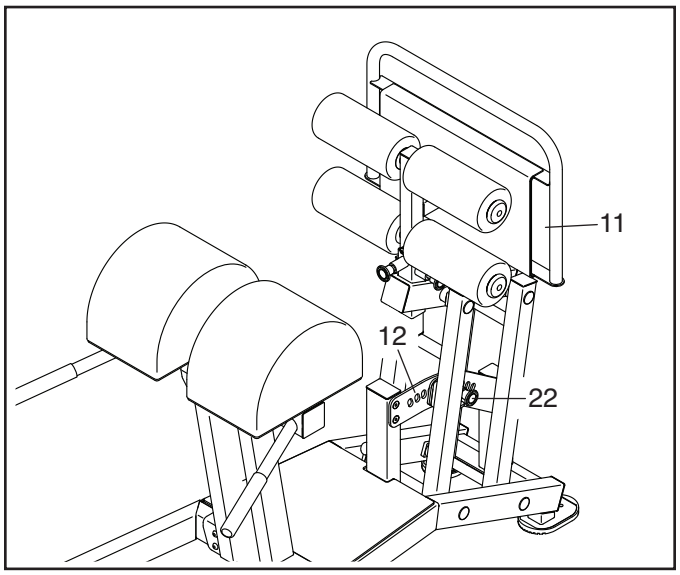
ADJUSTING THE ANKLE PADS

To adjust the height of the Ankle Pads (15), first loosen the Lock Knob (21). Next, pull the upper Adjustment Knob (22), raise or lower the Ankle Pad Frame (9) to the desired height, and then release the Adjustment knob into one of the adjustment holes in the Ankle Pad Frame. **Make sure that the Adjustment Knob is in an adjustment hole.** Then, tighten the Lock Knob.



ADJUSTING THE FOOT PLATE

To adjust the horizontal position of the Foot Plate (11), pull the lower Adjustment Knob (22), move the Foot Plate forward or backward to the desired position, and then release the Adjustment knob into one of the adjustment holes in the Selector Bracket (12). **Make sure that the Adjustment Knob is in an adjustment hole.**



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.

NOTES

NOTES

PART LIST

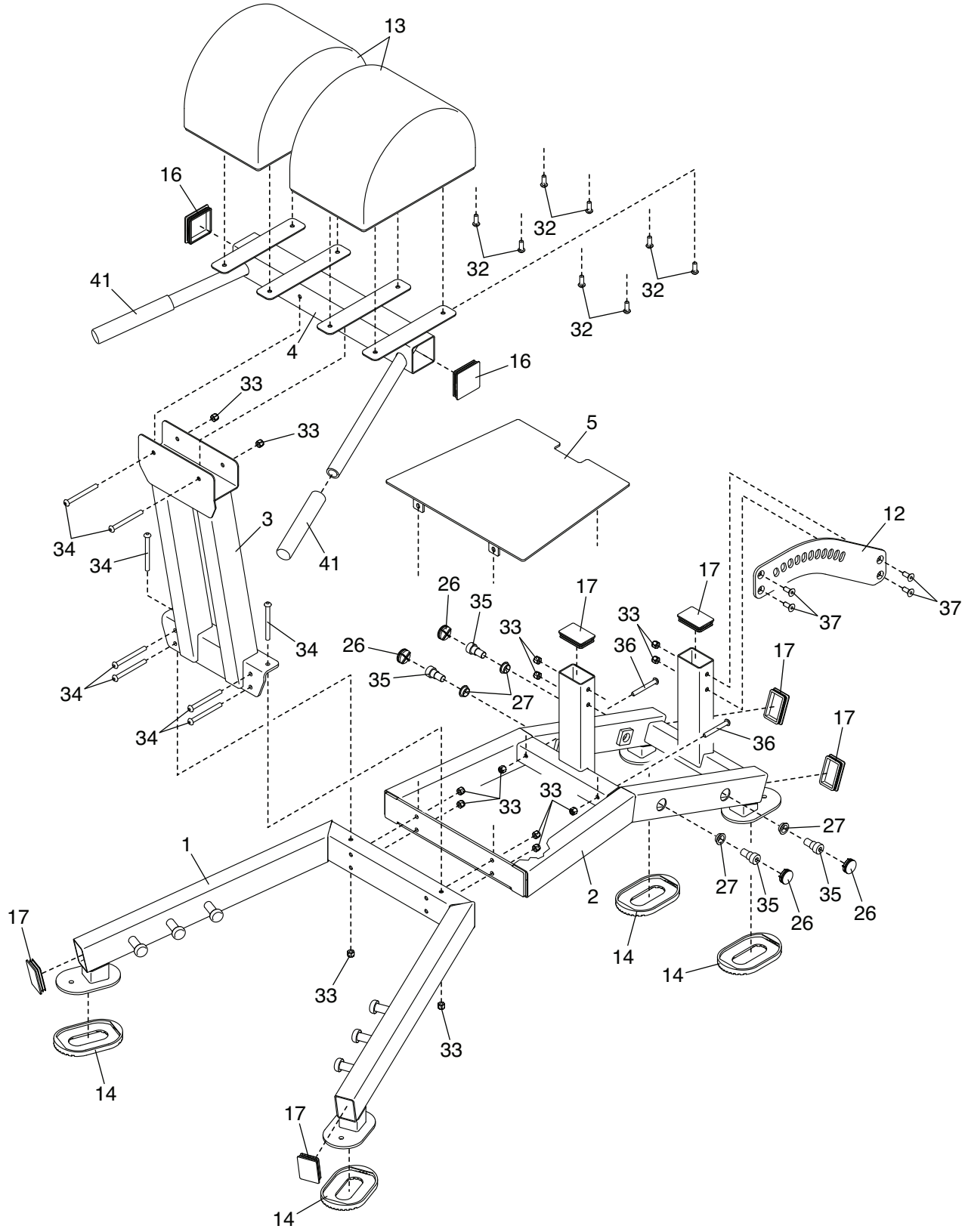
Model No. FMDY709072.1 R1021A

Key No.	Qty.	Description
1	1	Front Base
2	1	Rear Base
3	1	Front Frame
4	1	Hip Pad Frame
5	1	Base Cover
6	1	Front Pivot Frame
7	1	Rear Pivot Frame
8	1	Upper Pivot Frame
9	1	Ankle Pad Frame
10	1	Foot Plate Cover
11	1	Foot Plate
12	1	Selector Bracket
13	2	Hip Pad
14	4	Base Foot
15	4	Ankle Pad
16	4	Large Square Cap
17	6	Rectangular Cap
18	8	Medium Square Cap
19	2	Small Square Cap
20	4	Ankle Pad Cap
21	1	Lock Knob
22	2	Adjustment Knob
23	2	Spring
24	1	Short Adjustment Pin
25	1	Knob Cap
26	8	Round Cap
27	8	Pivot Bushing
28	2	Stop
29	4	1/4" x 3/4" Screw
30	2	1/4" Locknut
31	4	1/4" x 3/8" Screw
32	10	3/8" x 1" Screw
33	17	3/8" Locknut
34	8	3/8" x 4" Bolt
35	8	3/4" x 1/2" Screw
36	3	3/8" x 3" Bolt
37	4	3/8" x 1" Flat Head Bolt
38	2	Bumper
39	1	Long Adjustment Pin
40	1	Selector Plate
41	2	Handgrip
*	–	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.

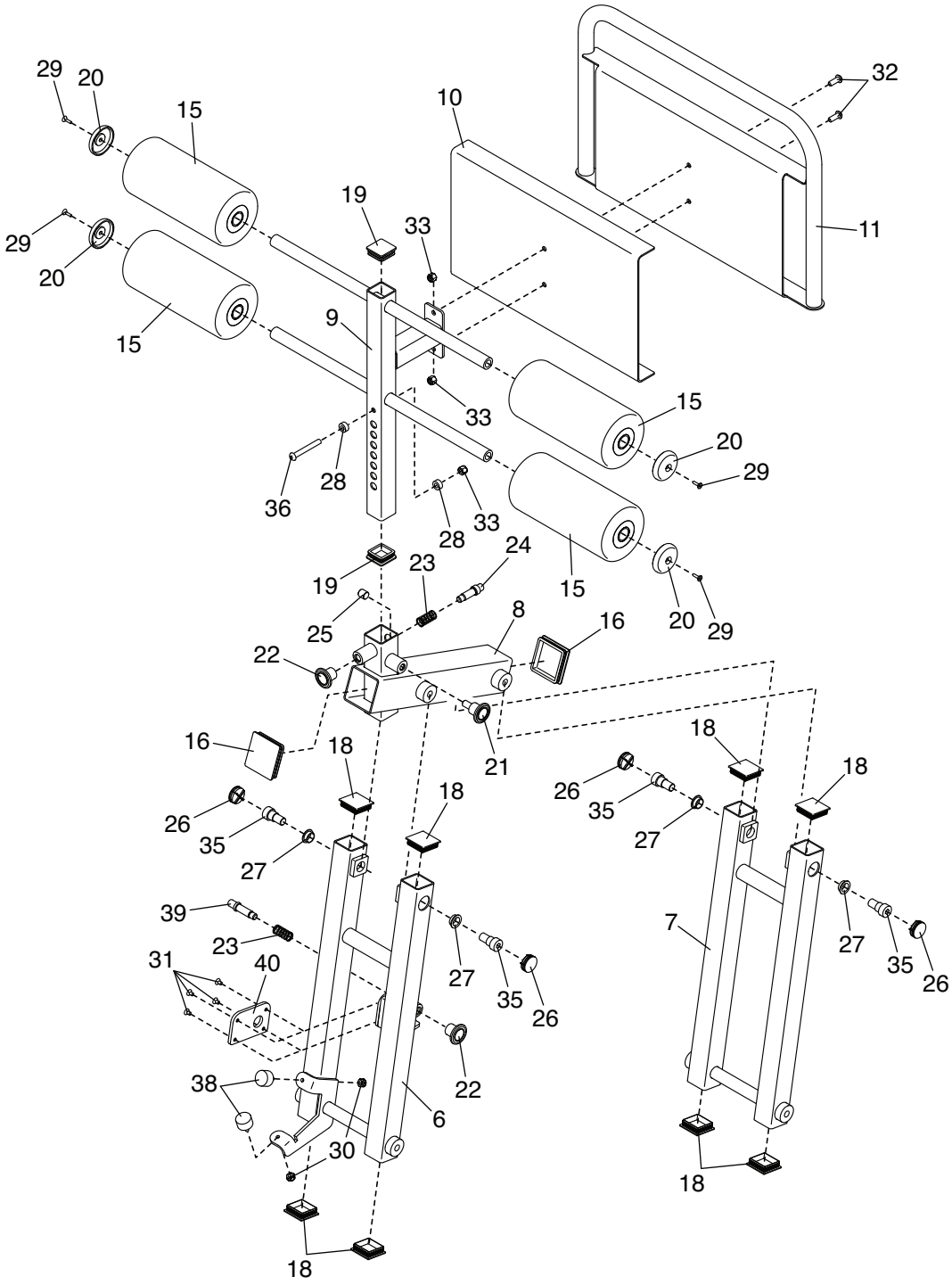
EXPLODED DRAWING A

Model No. FMDY709072.1 R1021A



EXPLODED DRAWING B

Model No. FMDY709072.1 R1021A



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. 438618 R1021A
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