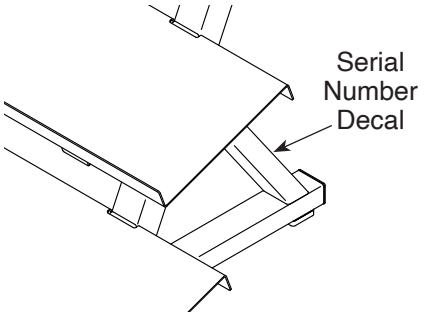
FREEMOTION®

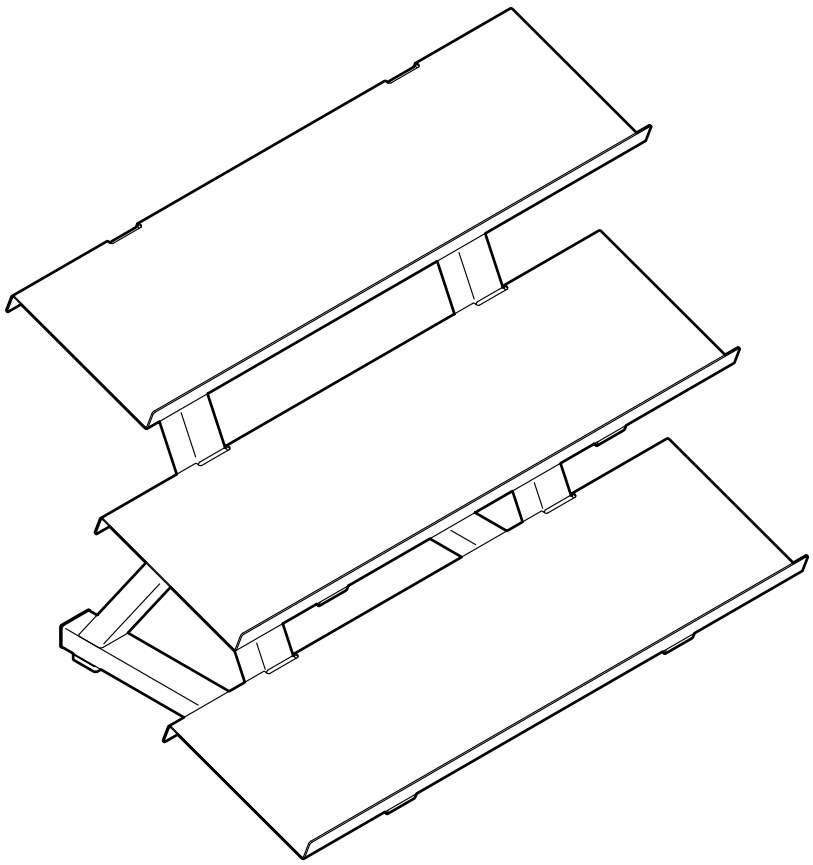
HEX DUMBBELL RACK (5 FT./1.5 M)

Model No. FMDY109083.1
Serial No. _____

Write the serial number in the space above for reference.



OWNER'S MANUAL



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.

freemotionfitness.com

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 you use 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 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 as described in this manual.**

5. **Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.**

6. **It is the responsibility of the owner to ensure that there is enough space around the strength equipment for the intended exercises.**

7. **Using the anchor holes (see page 3), anchor the strength equipment to the floor to provide maximum stability.**

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

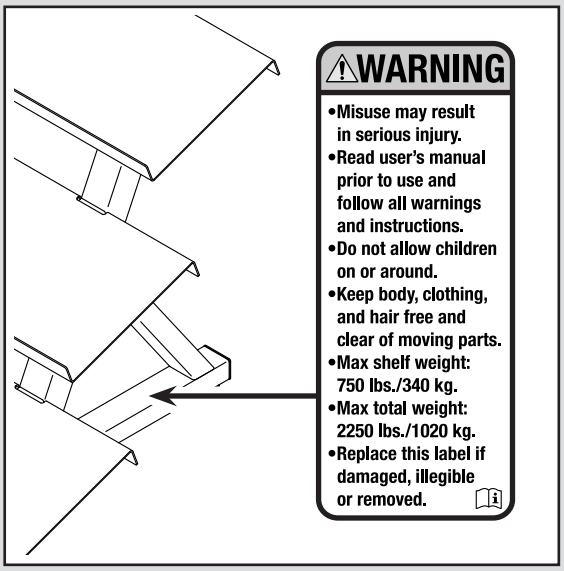
9. **Keep children under age 16 and pets away from the strength equipment at all times.**

10. **Do not place more than 2,250 lbs. (1,020 kg) of dumbbells on the strength equipment. Do not place more than 750 lbs. (340 kg) of dumbbells on each shelf. Note: Dumbbells are not included.**

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.**

13. **The drawing below 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.**



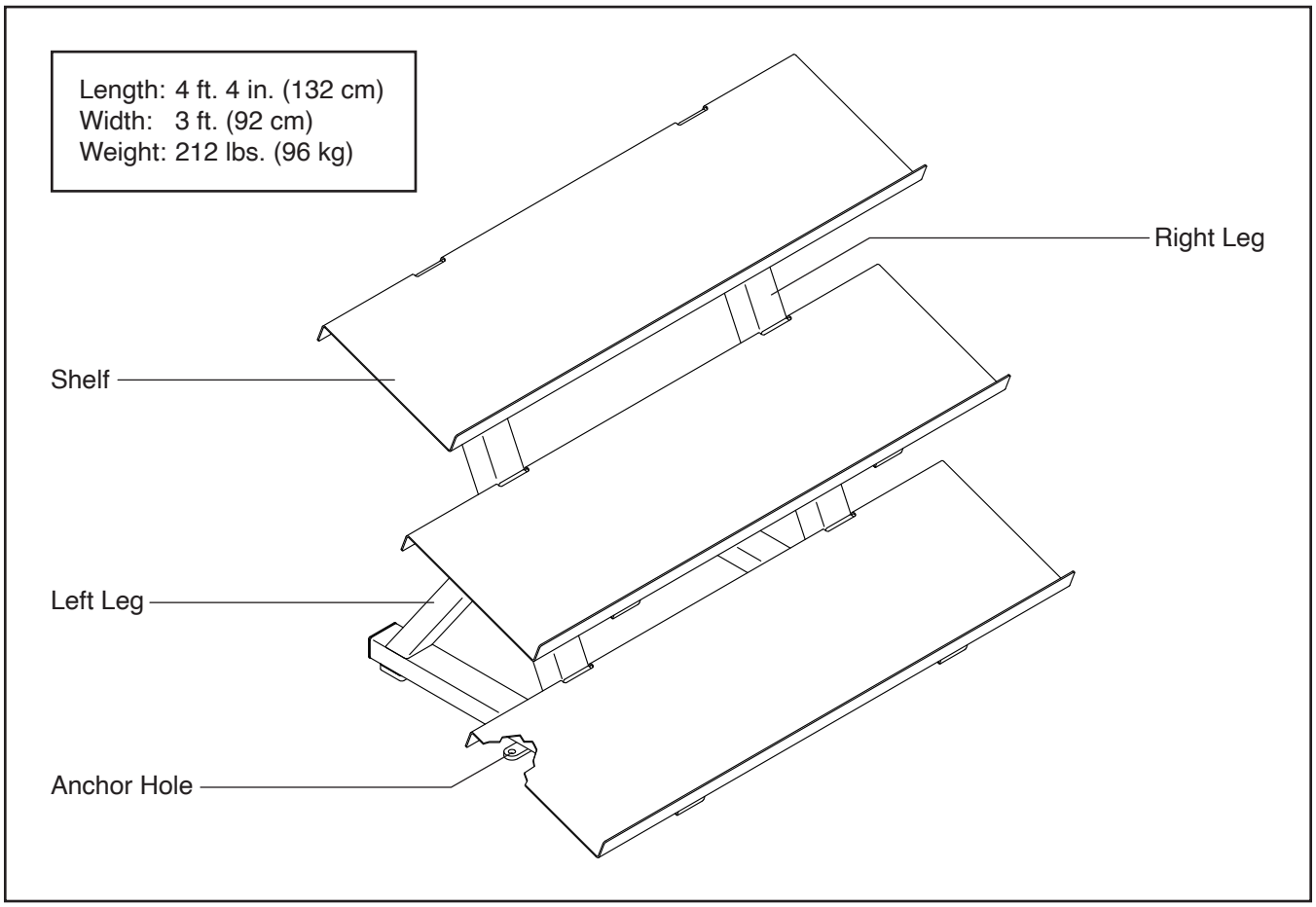
FREEMOTION is a registered trademark of iFIT Inc.

BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® HEX DUMBBELL RACK strength equipment. The rugged HEX DUMBBELL RACK strength equipment is designed to keep your workout area organized and to provide easy access to your dumbbells.

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.



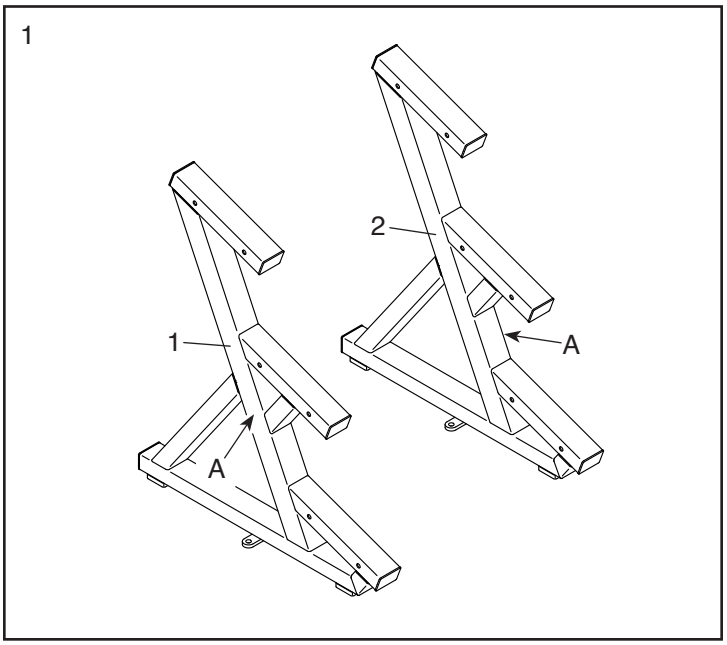
ASSEMBLY

Assembly requires two persons. Place all parts of the strength equipment in a cleared area and remove the packing materials; **do not dispose of the packing materials until assembly is completed. Assembly requires two adjustable wrenches or a set of wrenches (not included).**

1. Identify the Left Leg (1), which has a decal (A) on its left side.

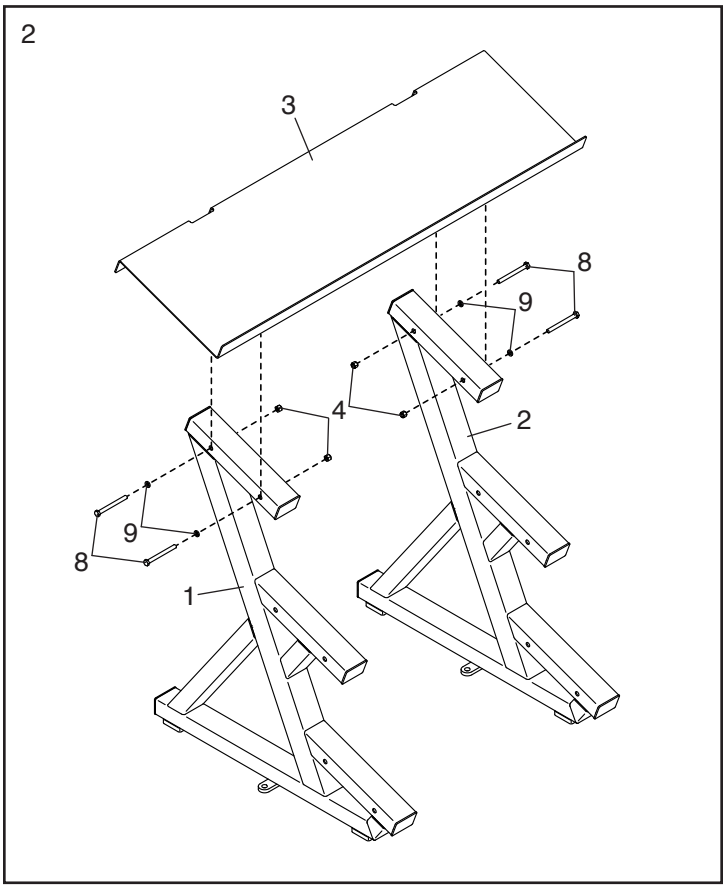
   Next, identify the Right Leg (2), which has a decal (A) on its right side.

   Have a second person hold the Left and Right Legs (1, 2) in the positions shown.



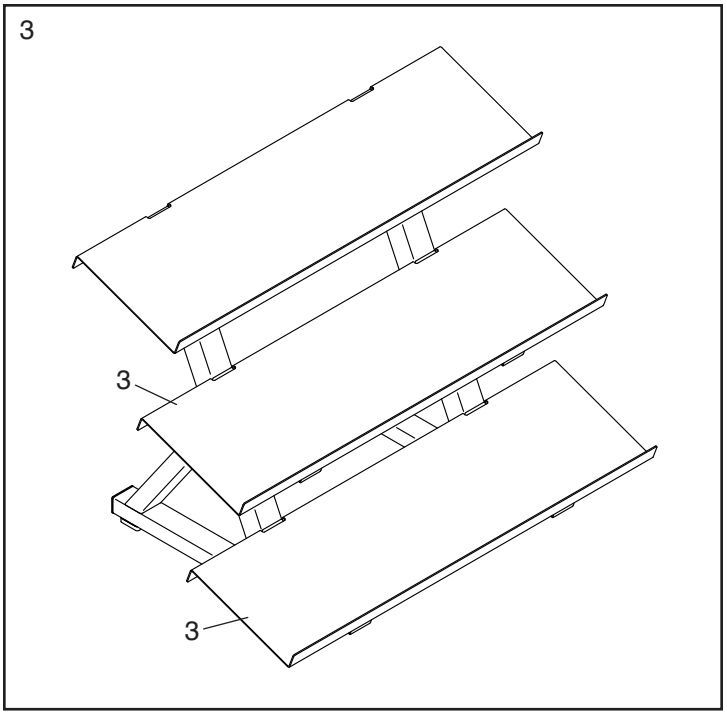
2. Orient a Shelf (3) as shown.

   Attach the Shelf (3) to the Left and Right Legs (1, 2) with four 3/8" x 4" Bolts (8), four 3/8" Washers (9), and four 3/8" Locknuts (4); **do not tighten the Locknuts yet.**



3. Attach the remaining Shelves (3) as described in step 2.

   Then, tighten all of the 3/8" Locknuts (not shown) used in steps 2 and 3.



4. **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.

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

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.

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.

PART LIST

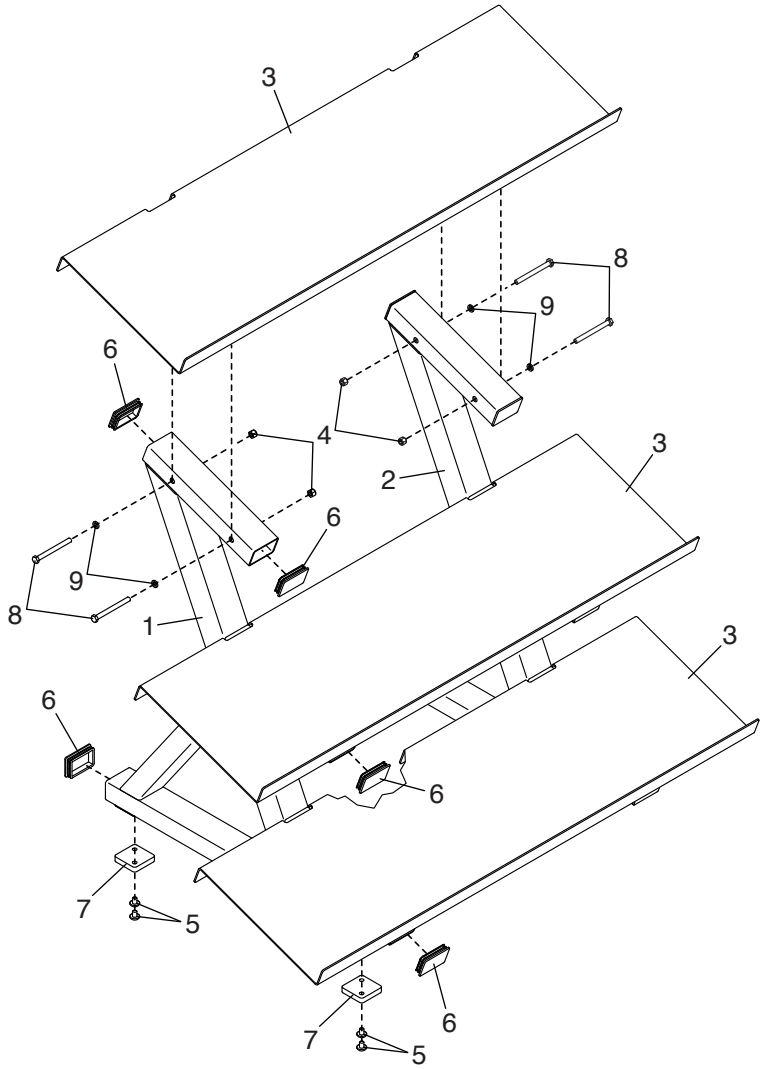
Model No. FMDY109083.1 R0222A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Leg	6	10	Cap
2	1	Right Leg	7	4	Foot
3	3	Shelf	8	12	3/8" x 4" Bolt
4	12	3/8" Locknut	9	12	3/8" Washer
5	8	3/8" 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. FMDY109083.1 R0222A



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. 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. 440837 R0222A
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