

# FREEMOTION<sup>®</sup>

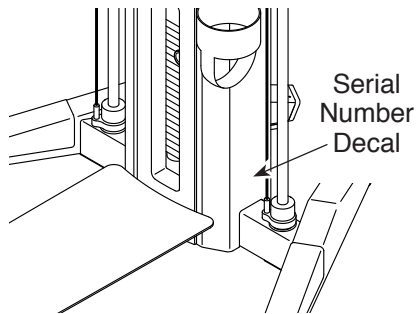
## TOTAL QUAD/HIP

### OWNER'S MANUAL

Model No. G628.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.

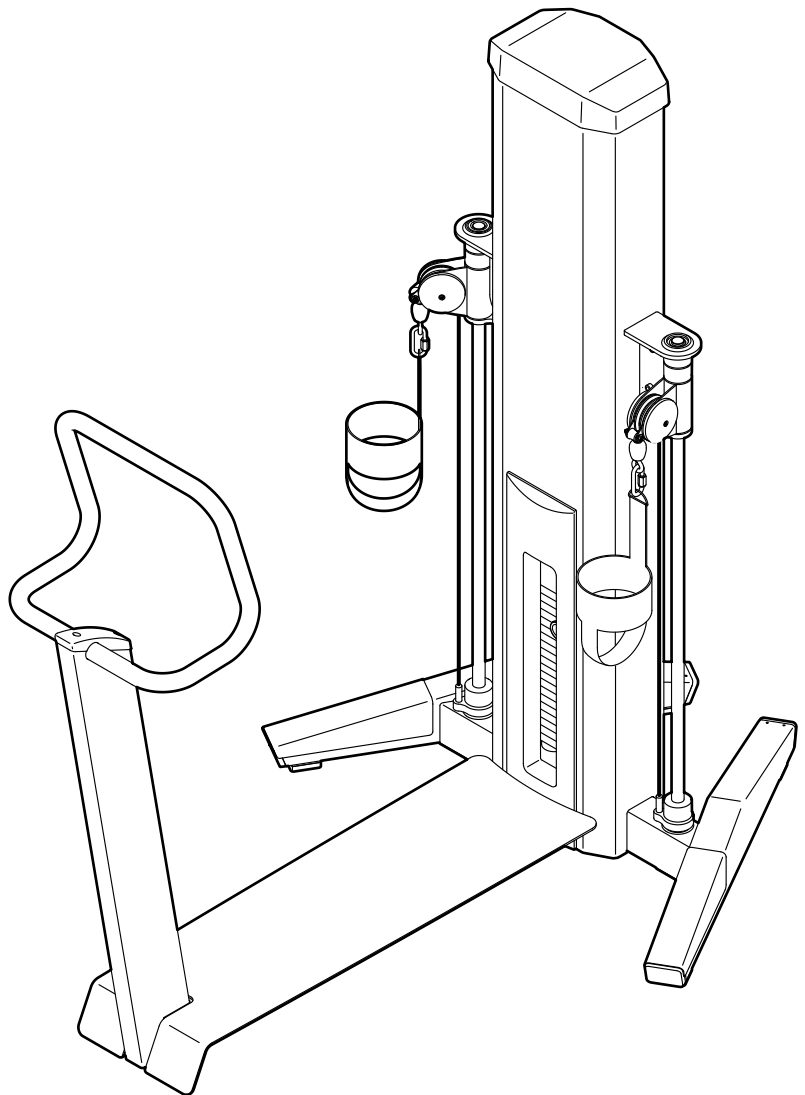


### QUESTIONS?

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.



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FORMULA 409 is a registered trademark of The Clorox Company.

SIMPLE GREEN is a registered trademark of Sunshine Makers, Inc.

Teflon is a registered trademark of E. I. du Pont de Nemours and Company.

The name Lubriplate® is a registered trademark owned by Lubriplate Lubricants Company.

Dynalife is a registered trademark of ConocoPhillips Company or its subsidiaries.

Super Lube is a registered trademark of Synco Chemical Corporation.

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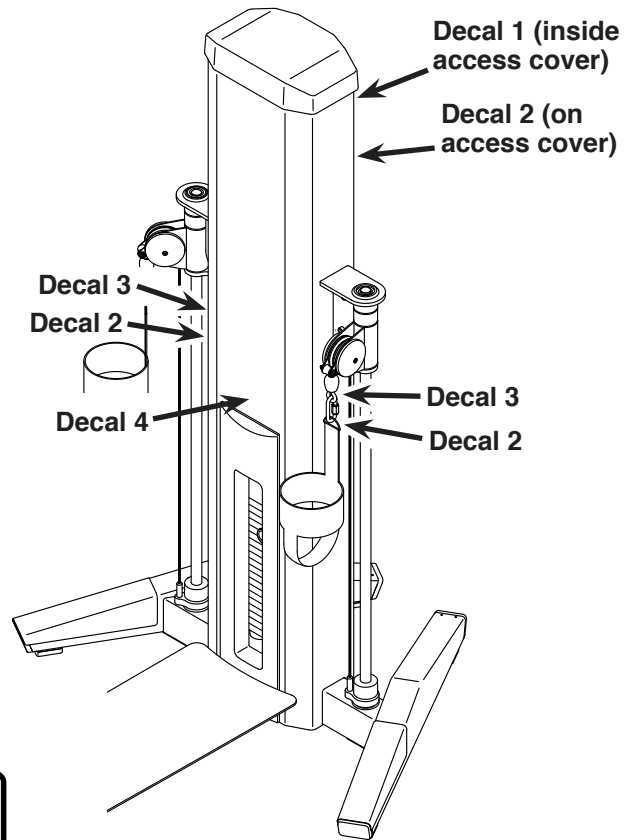
# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on 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.

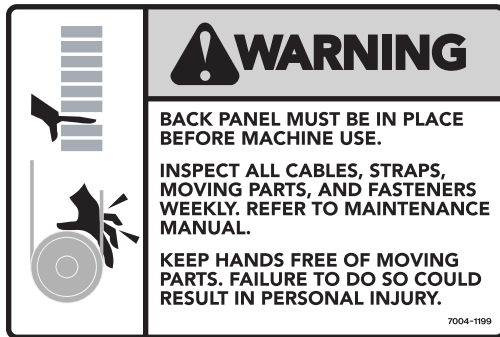
1. It is the responsibility of the owner to ensure that all users of the strength equipment are adequately informed of all precautions, have read and understood all warning and caution labels, and are informed of how to use the strength equipment properly.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the strength equipment only as described in this manual.
4. It is the responsibility of the owner to ensure that there is enough space around the strength equipment for the intended exercise.
5. Use the strength equipment only on a level surface. Cover the floor beneath the strength equipment to protect the floor.
6. Using the anchor holes (see page 5), anchor the strength equipment to the floor to provide maximum stability.
7. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
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).
10. Always wear athletic shoes for foot protection while exercising.
11. Keep hands and feet away from moving parts. Do not lean on or rest your hands on the strength equipment while it is in use.
12. Make sure that the weight pin is completely inserted into one of the weight plates.
13. Make sure that the foot straps are attached securely before each use of the strength equipment.
14. Check each cable, cable connection, and pulley before each use of the strength equipment. Make sure that all parts are properly tightened. Replace any worn parts immediately.
15. Make sure that the cables remain on the pulleys at all times. If a cable binds while you are exercising, stop immediately and make sure that the cable is on the pulleys and that nothing is interfering with the cable or the pulleys.
16. 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.

# 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.



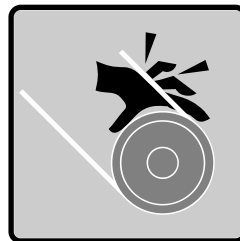
Decal 1



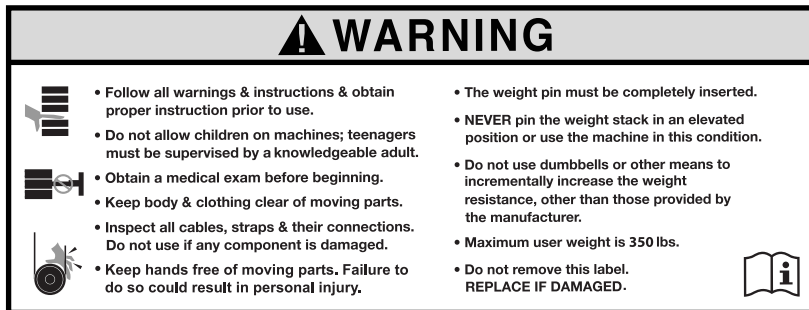
Decal 2



Decal 3



Decal 4 (Part of the instruction placard)



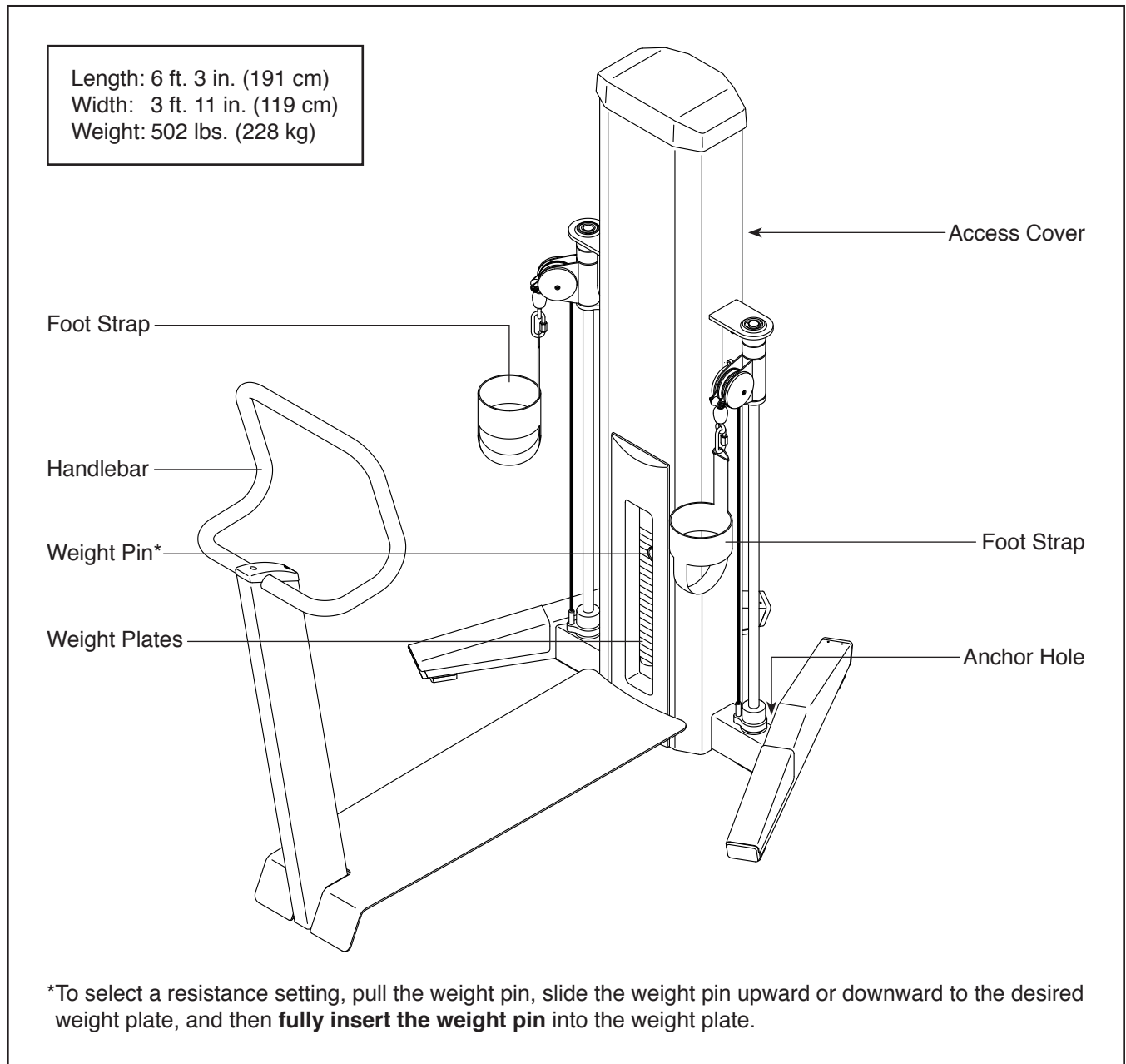
# BEFORE YOU BEGIN

Thank you for selecting the innovative FREEMOTION® TOTAL QUAD/HIP strength equipment. With unrestricted motion, you can work your body's muscle groups together—the same way you do naturally—to train more effectively.

**For your benefit, read this manual carefully before using 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 review the drawing below and familiarize yourself with the parts that are labeled.



# 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

### Upholstery and Frame—General Cleaning

1. 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.
2. Rinse the area thoroughly using a soft cloth dampened with clean water. Dry thoroughly.

### Upholstery—Difficult Stains

1. 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.
2. Rinse the area thoroughly using a soft cloth dampened with clean water. Dry thoroughly.
3. Repeat these steps if necessary using a soft bristle brush.

### Optional Method for Difficult Stains

1. Rub the stained area gently using a soft cloth dampened with rubbing alcohol.
2. Rinse the area thoroughly using a soft cloth dampened with clean water. Dry thoroughly.

**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

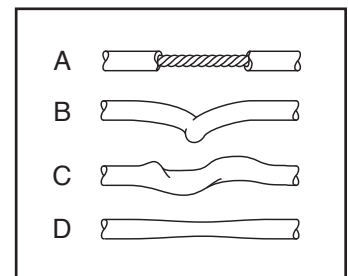
### Hardware

Check all nuts and bolts and tighten them as required. **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. Note: Your strength equipment may not have cushions.

### Cable

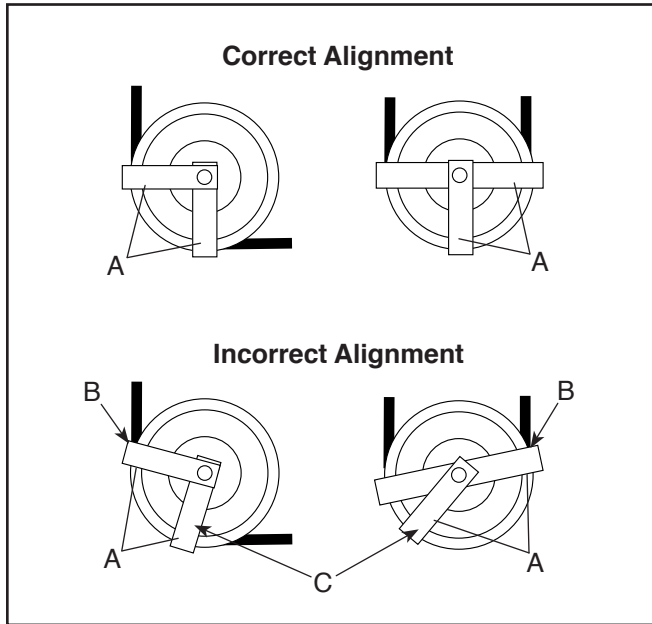
1. Check the cable for proper tension (see CABLE ADJUSTMENT on page 8).
2. Check the entire length of the cable by slowly performing one repetition on the strength equipment; inspect the cable that is exposed on the exterior of the strength equipment and the cable inside the tower. Run your fingers along the cable, paying close attention at the bends and attachment points. Watch for the following conditions, which may indicate a worn cable in need of replacement.

- A. a torn or split cable sheath that exposes the cable
- B. a kinked or severely bent cable
- C. a curled or twisted sheath
- D. a stretched cable sheath, showing a thinning cross-section



### Cable Traps

Check the cable traps (A) to ensure that they are not rubbing (B) against the cables and that they are holding the cables in the grooves of the pulleys. If a cable trap is incorrectly aligned (C), loosen the locknut slightly, readjust the cable trap as necessary, and retighten the locknut.



## MONTHLY MAINTENANCE

### Grips

Check the grips and replace them if needed.  
Note: Your strength equipment may not have grips.

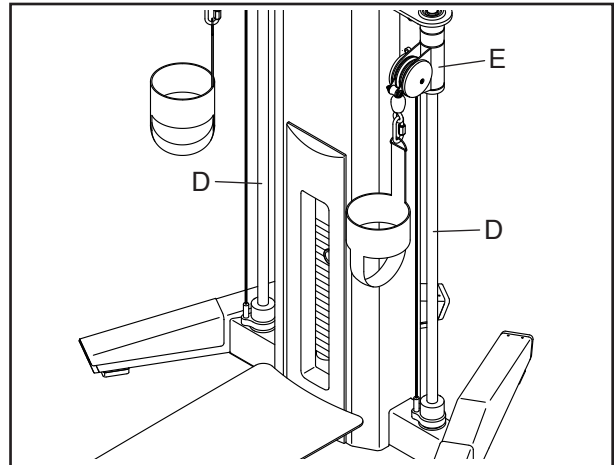
### Weight Guide Lubrication

Clean and lubricate each weight guide inside the tower by wiping it with a soft cloth containing 10W-40 or 10W-30 lightweight motor oil. Apply only a light coating over the entire length of the weight guide. **Do not use TEFLON®-based lubricants.**

### Linear Bearing Lubrication

To purchase grease for the linear bearings, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual. Approved alternatives are LUBRIPLATE® MAG-00, 76 DYNALIFE® L-EP 000, CASTROL® HD 000, and SUPER LUBE® 00/000 grease. **IMPORTANT: To avoid permanently damaging the linear bearings, do not use any other type of grease.**

1. Using a soft cloth, clean one of the pulley bracket guides (D); **make sure to remove the accumulated grease and debris from the ends of the pulley bracket guide.**



2. Insert the weight pin into the weight stack, and have a second person pull a foot strap until the pulley bracket (E) is in the center of the pulley bracket guide (D).
3. Apply drops of the specified grease all around the pulley bracket guide (D) above and below the pulley bracket (E).
4. Have the second person pull the foot strap repeatedly so that the pulley bracket (E) moves along the entire length of the pulley bracket guide (D) several times.
5. Repeat steps 3 and 4 once or twice more until the grease begins to accumulate near the ends of the pulley bracket guide (D). Then, wipe off the accumulated grease.
6. Repeat steps 1–5 for the other pulley bracket guide (D).

## CABLE ADJUSTMENT

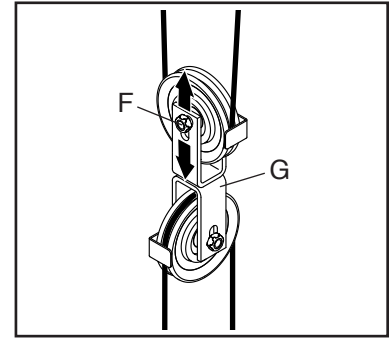
For the strength equipment to function correctly, the cables must be tensioned correctly. To check the tension of the cables, first pull the weight pin and slide it to the bottom of the weight stack; **do not insert the weight pin into a weight plate**. Next, slowly raise and lower the weight carriage by performing one repetition. The weight carriage should come to rest just on top of the top weight plate when the repetition is completed.

If there is too much tension on the cables, the weight carriage will not rest on the next weight plate, and it may be difficult to insert the weight pin into the weight plates.

If there is not enough tension on the cables, the weight carriage will not be lifted immediately when the repetition is begun. Ideally, the cable should not move more than 1/2 in. (1.3 cm) from the resting position before the weight carriage is lifted.

If there is too much tension or not enough tension on the cables, adjust the cable as described at the right.

1. Remove the tower cover and then remove the back access cover by sliding it upward until the two sets of tabs release.
2. Loosen the locknut (F) attaching either of the pulleys to the dual U-bracket (G).

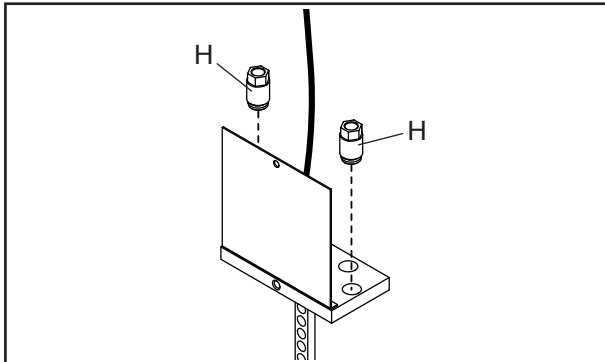


3. To tighten the cables, move the pulley closer to the other pulley in the dual U-bracket (G). To loosen the cables, move the pulley away from the other pulley in the dual U-bracket.
4. Make sure that the cable trap is properly oriented (see Cable Traps on page 7), and retighten the locknut (F).
5. Check the tension of the cables as described at the left. Readjust either pulley as necessary.
6. Slowly perform a repetition using a light load, and have someone make sure that the cables are not derailed from a pulley or rubbing against a cable trap.
7. Reattach the access cover and the cap.

## WEIGHT STACK SERVICING

Servicing the weight stack involves replacing the bushings in the weight carriage. To order these parts, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

1. Remove the tower cover and then remove the back access cover by sliding it upward until the two sets of tabs release.
2. Loosen the top bolt or nuts on each weight guide. Then, remove the bolts or nuts and let the weight guides slide down to the floor.
3. Slide the weight carriage upward off the weight guides. Note: For increased clearance, pull the weight guides toward the back of the tower.
4. Unscrew and remove the two weight guide bushings (H) from the weight carriage. Discard the weight guide bushings.



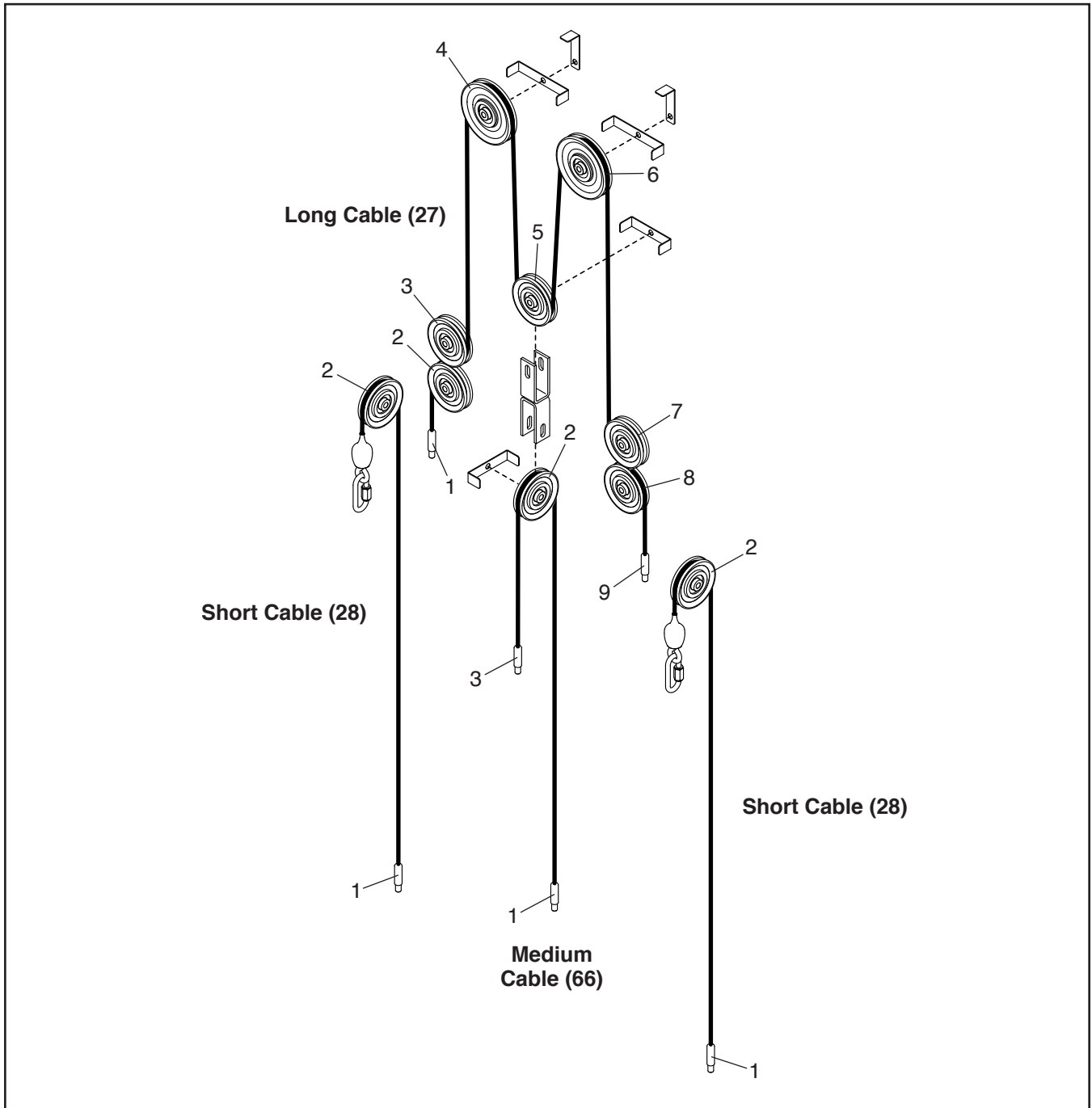
5. Tighten two new weight guide bushings (H) into the weight carriage. **Do not overtighten the weight guide bushings. If they are overtightened, they may make a chattering noise when they move on the weight guides.**
6. Clean and lubricate the weight guides by wiping them with a soft cloth containing 10W-40 or 10W-30 lightweight motor oil. Apply only a light coating over the entire length. **Do not use TEFLON®-based lubricants.**
7. Replace the weight carriage on the weight guides.
8. Reattach the weight guides to the top of the tower.
9. Pull the weight pin and slide it to the bottom of the weight stack; **do not insert the weight pin into a weight plate.** Next, pull a foot strap, lifting the weight carriage all of the way to the top. Then, slowly return the foot strap to the resting position.

If the weight carriage sticks, loosen one of the weight guide bolts or nuts. Then, lift the weight carriage to the top again, and retighten the weight guide bolt or nuts. Check the full travel again and readjust the weight guides if necessary.

10. Slowly perform a repetition and have someone make sure that a cable is not derailed from a pulley or rubbing on a cable trap.
11. Reattach the access cover and the tower cover.

# CABLE DIAGRAM

The diagram below shows the proper routes of the cables. The numbers show the correct route of each cable. Use the diagram to make sure that the cables and the cable traps are assembled correctly. If a cable is not correctly routed, the strength equipment will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cable.**



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# NOTES

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# NOTES

# PART LIST

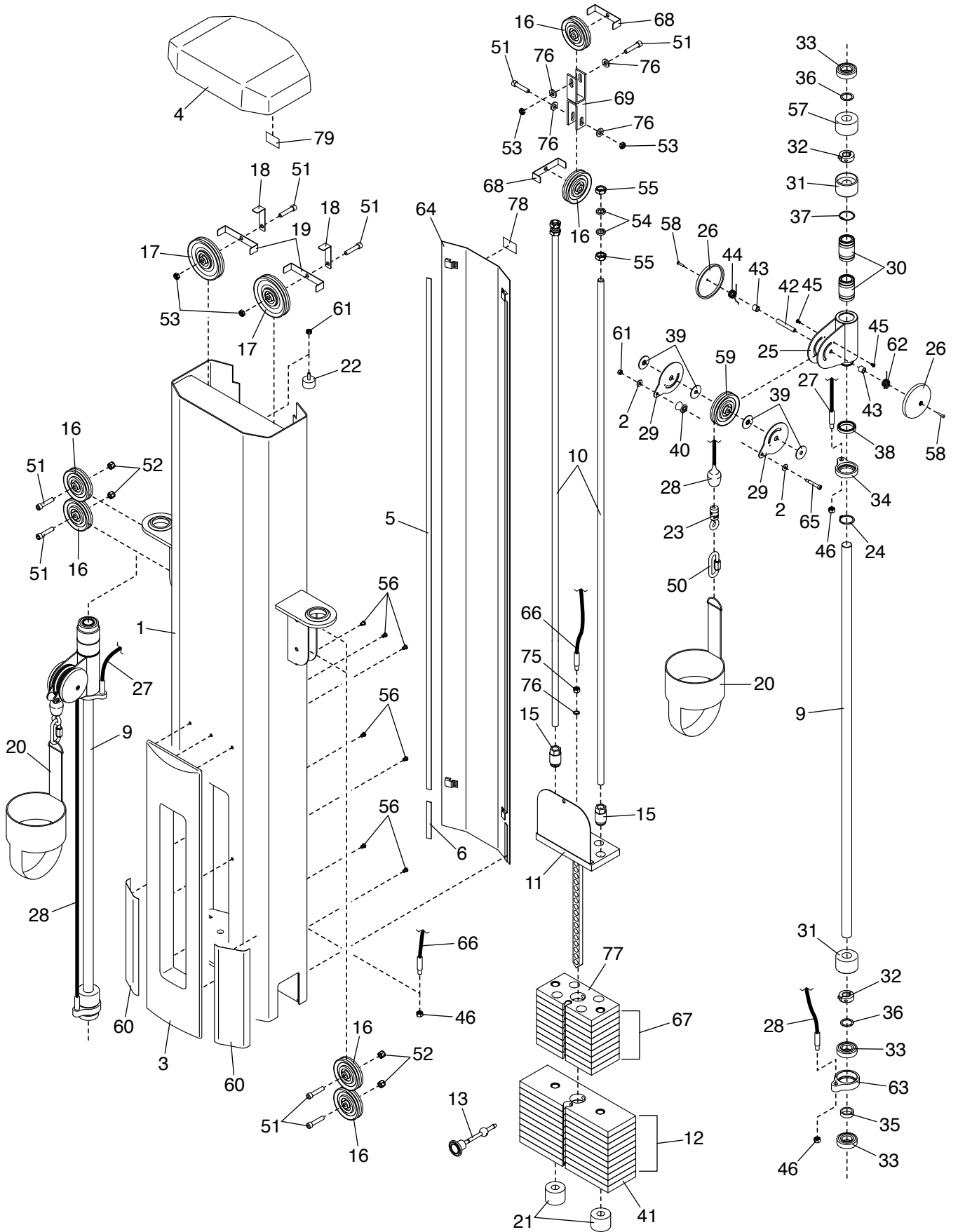
Model No. G628.0 R0519A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower	41	1	Bottom Weight Plate
2	2	1/4" Washer	42	2	Pulley Axle
3	1	Lower Cover	43	4	Pulley Spacer
4	1	Tower Cover	44	2	Left Pulley Spring
5	2	Long Magnet Strip	45	4	#8 x 5/16" Screw
6	2	Short Magnet Strip	46	4	3/8" Fine-thread Thin Nut
7	1	Base	47	2	1/2" x 1" Screw
8	2	Wear Cover	48	10	3/8" x 1/2" Screw
9	2	Pulley Bracket Guide	49	4	1/2" x 4" Screw
10	2	Weight Guide	50	2	Quick Link
11	1	Weight Carriage	51	8	3/8" x 1 3/4" Bolt
12	9	10-pound Weight Plate	52	6	3/8" Locknut
13	1	Weight Pin	53	4	3/8" Coarse-thread Thin Nut
14	5	Foot	54	4	5/8" Split Washer
15	2	Weight Guide Bushing	55	4	5/8" Thin Nut
16	6	Small Aluminum Pulley	56	7	1/4" x 3/8" Screw
17	2	Large Aluminum Pulley	57	2	Upper Bumper
18	2	Cable Trap	58	4	#8 x 3/4" Screw
19	2	Large Dual Cable Trap	59	2	Narrow Pulley
20	2	Foot Strap	60	2	Kick Cover
21	2	Weight Bumper	61	3	1/4" Locknut
22	1	Weight Carriage Bumper	62	2	Right Pulley Spring
23	2	Cable End	63	2	Lower Cable Bracket
24	2	External Snap Ring	64	1	Access Cover
25	2	Pulley Bracket	65	2	1/4" Roller Bolt
26	4	Pulley Bracket Cover	66	1	Medium Cable
27	1	Long Cable	67	8	5-pound Weight Plate
28	2	Short Cable	68	2	Small Dual Cable Trap
29	4	Pulley Plate	69	1	Dual U-bracket
30	4	Linear Bearing	70	2	3/8" x 5 1/2" Bolt
31	4	Pulley Bracket Bumper	71	2	3/8" x 1 1/4" Screw
32	4	Clamp	72	1	Handlebar
33	6	Large Bearing	73	1	Platform
34	2	Upper Cable Bracket	74	1	Frame
35	2	Cable Bracket Spacer	75	1	3/8" Jam Nut
36	4	Bumper Washer	76	5	3/8" Serrated Washer
37	2	Internal Snap Ring	77	1	Top Weight Plate
38	2	Small Bearing	78	1	Hook Fastener Tape
39	8	Shoulder Washer	79	1	Loop Fastener Tape
40	2	Cable Roller	*	—	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.

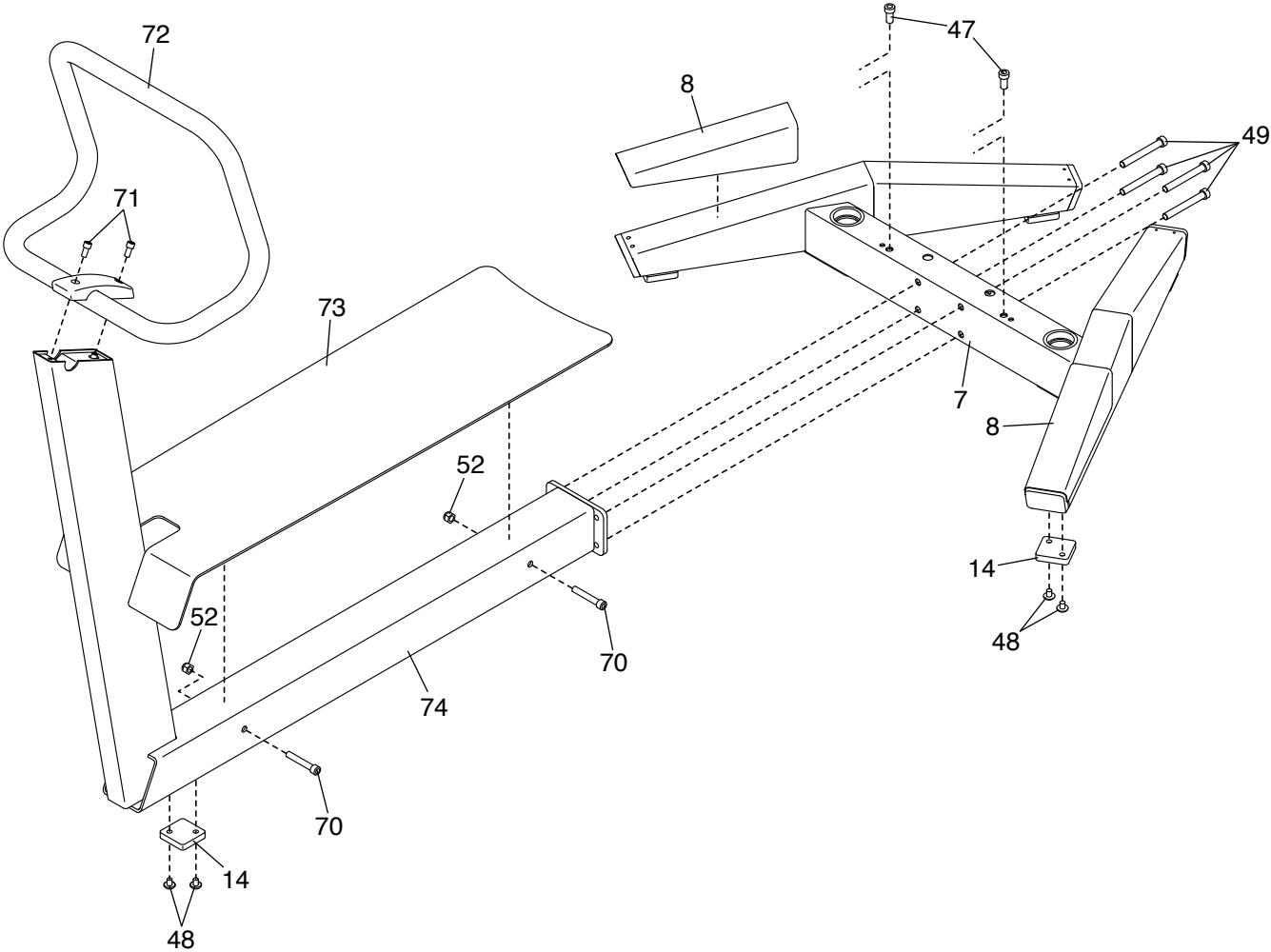
# EXPLODED DRAWING A

Model No. G628.0 R0519A



# EXPLODED DRAWING B

Model No. G628.0 R0519A



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# 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](mailto: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](mailto:intlcustomercare@freemotionfitness.com)

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# 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. Parts and labor are warranted for one (1) year, unless otherwise specified on the invoice.

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.