

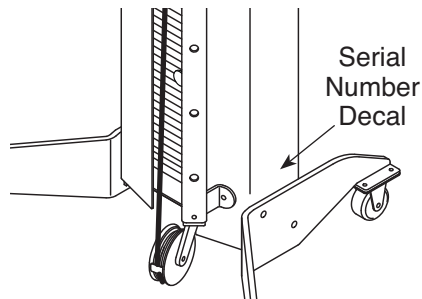
FREEMOTION[®]

CABLE COLUMN

Model No. G625.0

Serial No. _____

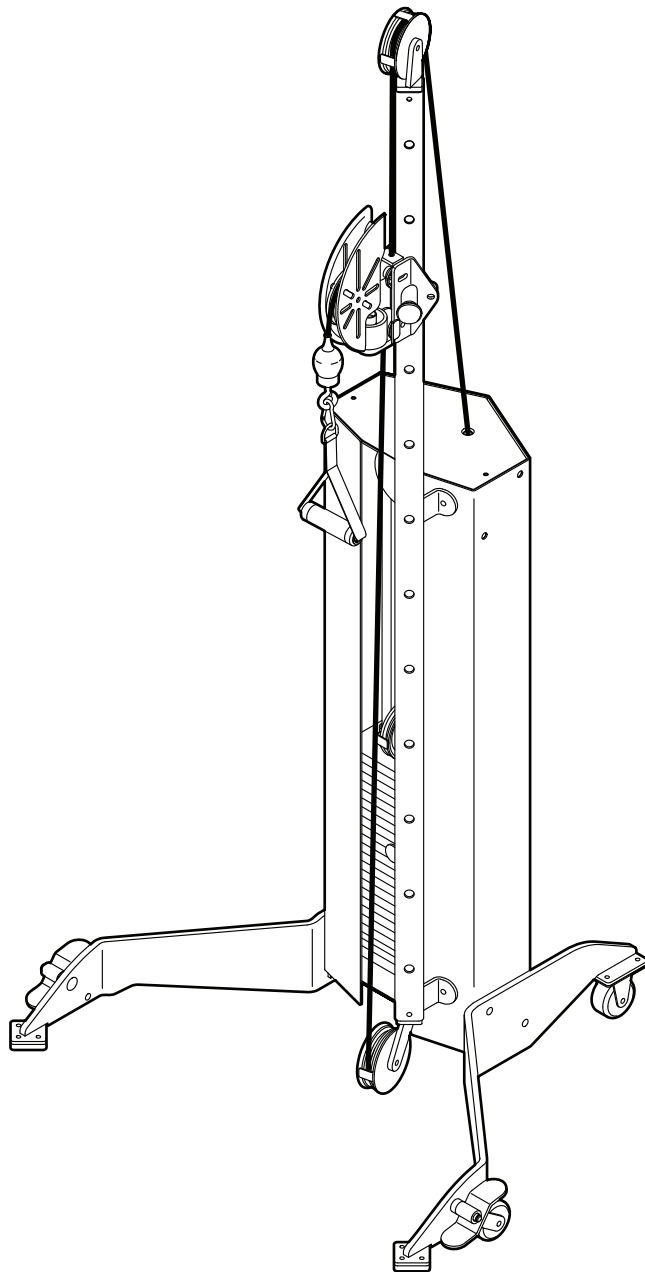
Write the serial number in the space above for reference.



OWNER'S MANUAL

QUESTIONS?

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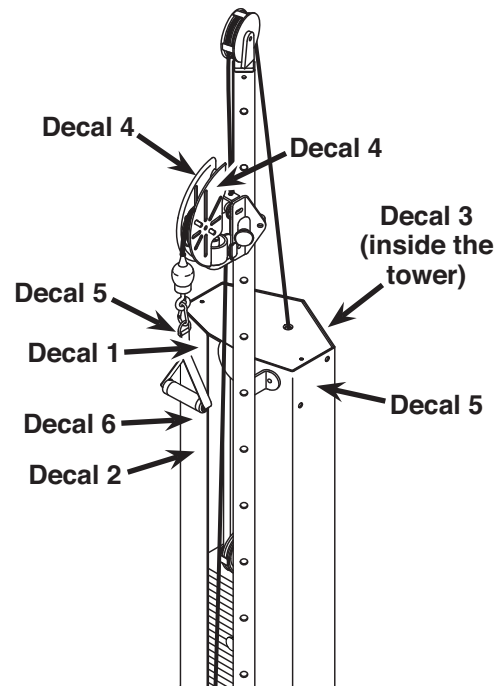
IMPORTANT PRECAUTIONS

⚠️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 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 exercise.
7. Keep children under age 16 and pets away from the strength equipment at all times.
8. Always wear athletic shoes for foot protection while exercising.
9. 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.
10. Make sure that the wheels are in the locked position before the strength equipment is used and before the strength equipment is stored to prevent it from moving.
11. Make sure that the weight pin is completely inserted into one of the weight plates.
12. Make sure that the handles are attached securely before each use of the strength equipment.
13. Check the cable, cable connections, and pulleys before each use of the strength equipment. Make sure that all parts are properly tightened. Replace any worn parts immediately.
14. Make sure that the cable remains on the pulleys at all times. If the 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.
15. 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

- Obtain a medical exam before beginning an exercise program.
- Inspect the machine before use. Do not use if machine appears damaged or inoperable.
- Keep body and clothing free and clear of all moving parts.
- Be certain that the weight pin is completely inserted.
- NEVER pin the weight stack in an elevated position. NEVER use the machine if found in this condition.
- INSPECT all cables, straps and their connections. Do not use if any component is found to be worn or damaged.
- Do not use dumbbells or other means to incrementally increase the weight resistance, other than those provided by the manufacturer.
- Do not allow children on machines. Machine use by teenagers must be supervised by a knowledgeable adult.
- This equipment to be used only under qualified supervision.
- Do not remove this label. REPLACE IF DAMAGED.

Decal 4

Decal 2

KEEP AWAY FROM MOVING PARTS. FAILURE TO DO SO COULD RESULT IN PERSONAL INJURY.

7005-1199

Decal 5

DO NOT USE MACHINE FROM THIS SIDE

Part # 7006

Decal 3

BACK PANEL MUST BE IN PLACE BEFORE MACHINE USE.

INSPECT ALL CABLES, STRAPS, MOVING PARTS, AND FASTENERS WEEKLY. REFER TO MAINTENANCE MANUAL.

KEEP HANDS FREE OF MOVING PARTS. FAILURE TO DO SO COULD RESULT IN PERSONAL INJURY.

7004-1199

Decal 6

Weight selector pin must be fully inserted into the weight plate.

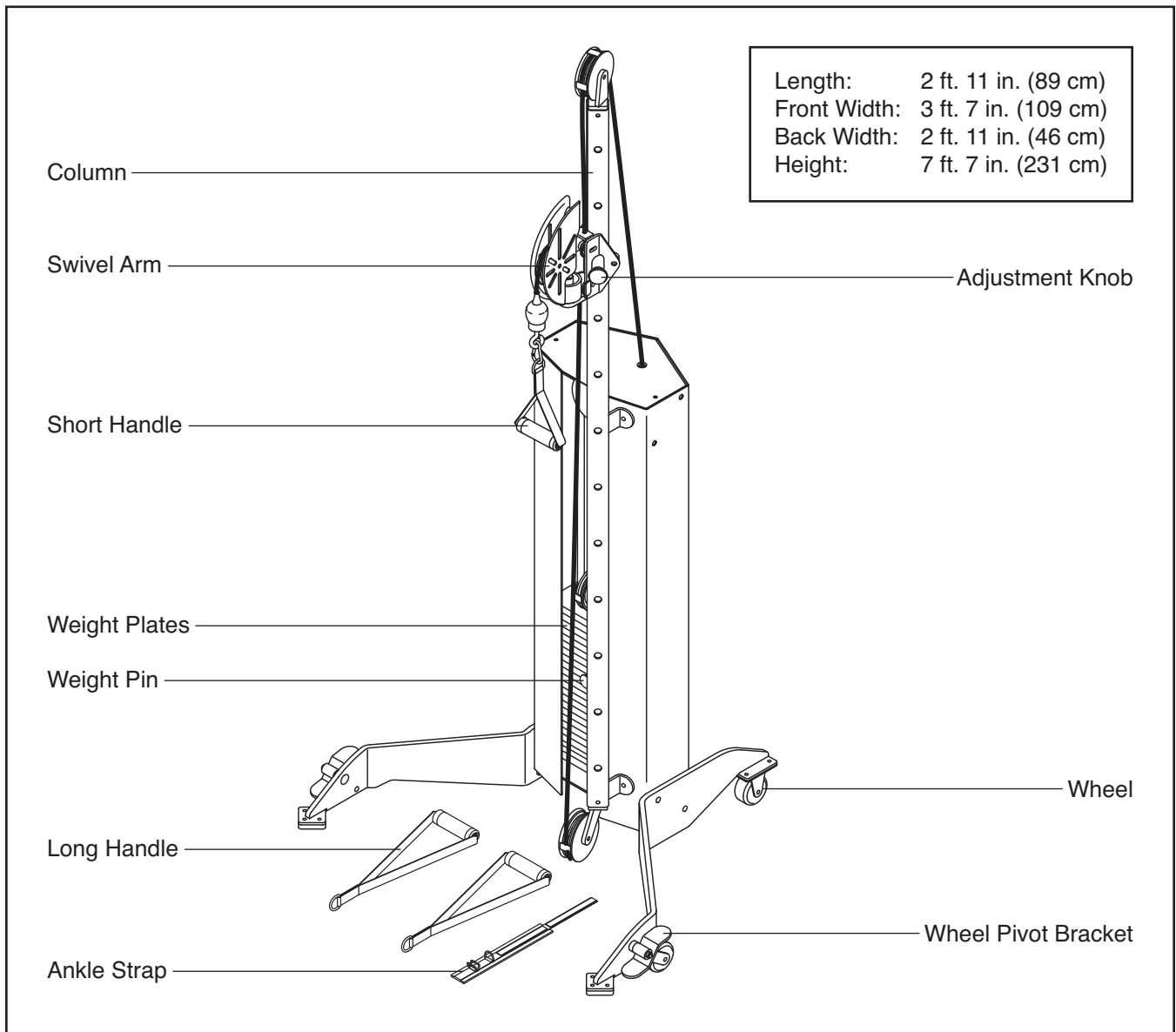
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® CABLE COLUMN strength equipment. With unrestricted motion, the CABLE COLUMN strength equipment enables you to 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.

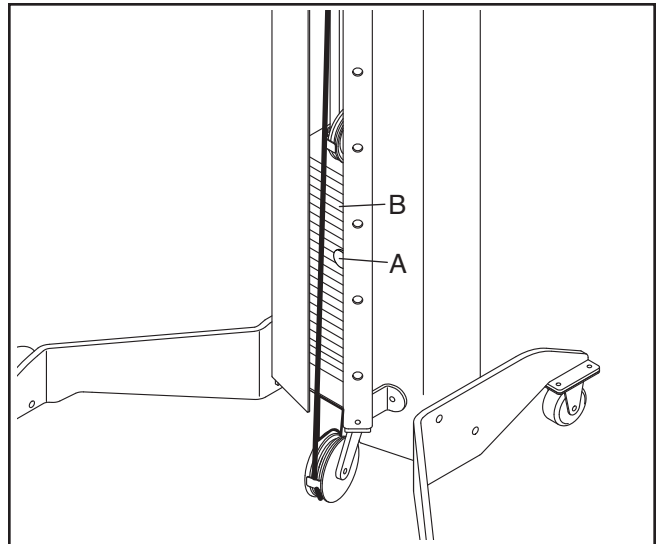


ADJUSTMENT

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

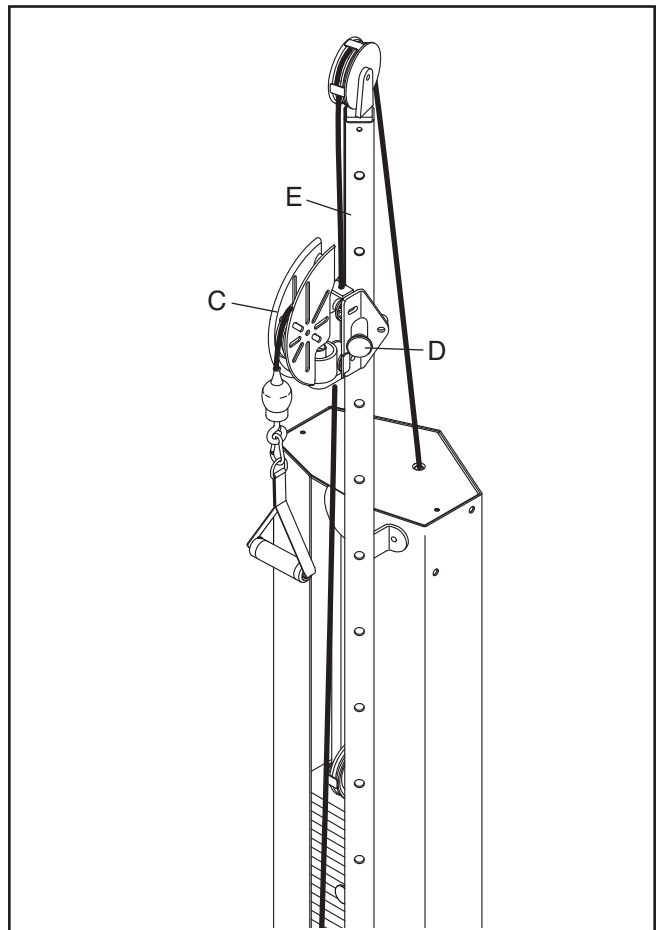
ADJUSTING THE RESISTANCE

To change the amount of resistance during your workout, pull the weight pin (A), slide the weight pin upward or downward to the desired weight plate (B), and then insert the weight pin fully into the weight plate; **make sure that the weight pin is fully inserted.**



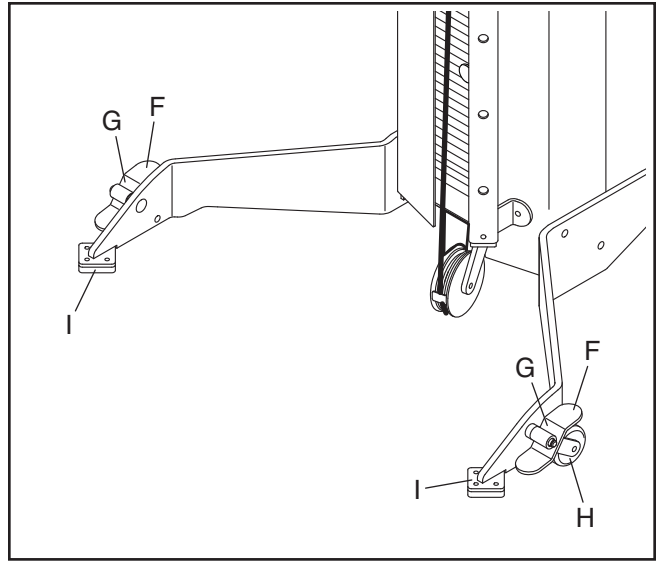
ADJUSTING THE SWIVEL ARM

To change the height of the swivel arm (C), pull the adjustment knob (D), move the swivel arm upward or downward to the desired position, and then engage the adjustment knob into one of the adjustment holes in the column (E).



MOVING THE STRENGTH EQUIPMENT

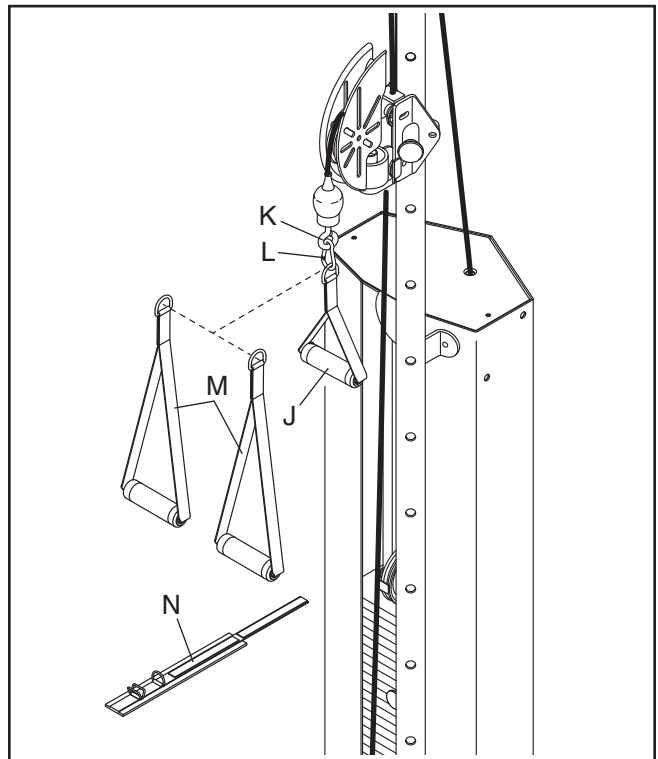
To move the strength equipment, first press downward on the indicated sides (F) of the wheel pivot brackets (G) to lift the strength equipment onto the wheels (H). Next, roll the strength equipment to the desired location. Then, press downward on the other sides of the wheel pivot brackets to lower the strength equipment onto the floor bumpers (I).



ATTACHING THE SHORT AND LONG HANDLES AND THE ANKLE STRAP

To use the short handle (J), attach it to the eyebolt (K) with the spring clip (L).

Attach the two long handles (M) or the ankle strap (N) to the eyebolt (K) in the same way.



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

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, and thoroughly dry it.

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, and thoroughly dry it.
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, 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

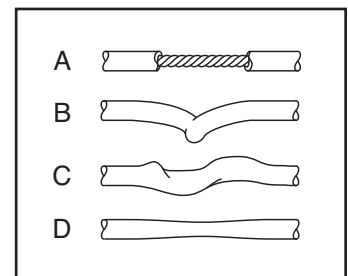
Hardware

Check all nuts and bolts and tighten them 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.

Cables

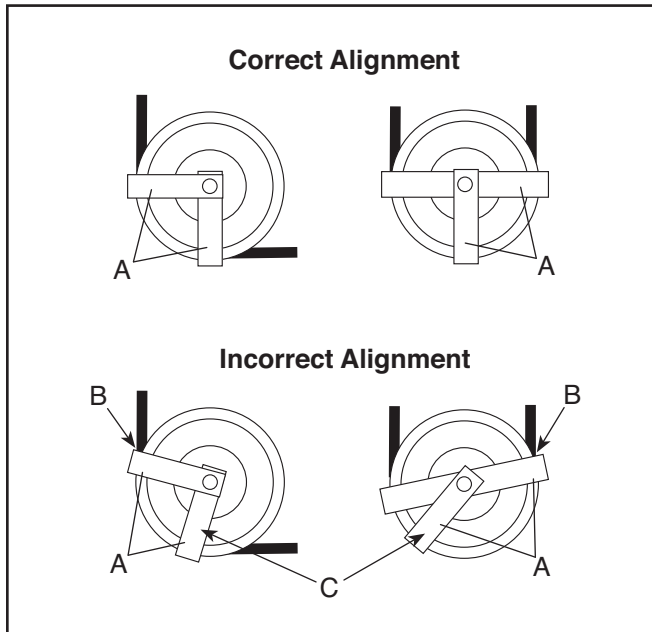
1. Check the cables for proper tension (see CABLE ADJUSTMENT on page 9).
2. Check the entire length of the cable by slowly performing one repetition on the strength equipment; inspect the cable that is exposed on the exterior of the strength equipment and the cable inside the tower. Run your fingers 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 cable and that they are holding the cable in the grooves of the pulleys. If a cable trap is incorrectly aligned (C), loosen the bolt slightly, readjust the cable trap as necessary, and retighten the bolt.



Handles and Ankle Strap

Check the handles and the ankle strap for wear, and replace them immediately if needed.

Weight Guide Lubrication

Clean and lubricate each weight guide 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.**

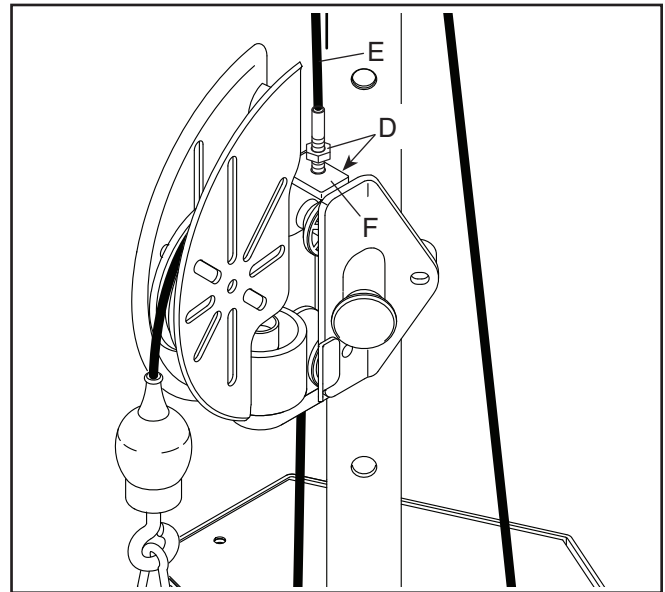
CABLE ADJUSTMENT

For the strength equipment to function correctly, the cable must be tensioned correctly. To check the tension of the cable, 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 cable, the weight carriage will not rest on the top weight plate, and it may be difficult for you to insert the weight pin into the weight plates.

If there is not enough tension on the cable, 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 the cable is too loose or too tight, locate the two nuts (D) on the end of the cable (E) attached to the swivel bracket (F). First, loosen the upper nut. Next, tighten the lower nut until the weight carriage (not shown) is lifted off the top weight plate. Next, loosen the lower nut until the weight carriage just rests on the top weight plate. Then, tighten the upper nut against the swivel bracket.



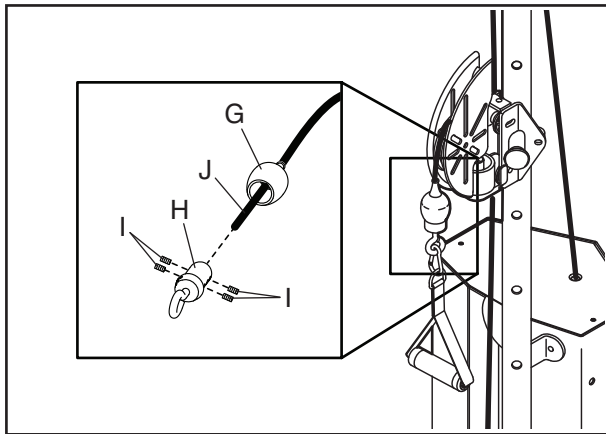
ADDITIONAL CABLE ADJUSTMENT

Cable End Adjustment

Tools required: 1/8" hex key, cable cutters, torque wrench, utility knife

IMPORTANT: Make this adjustment only if there is slack in the cable. This adjustment is only for increasing the cable tension, because it requires shortening the cable.

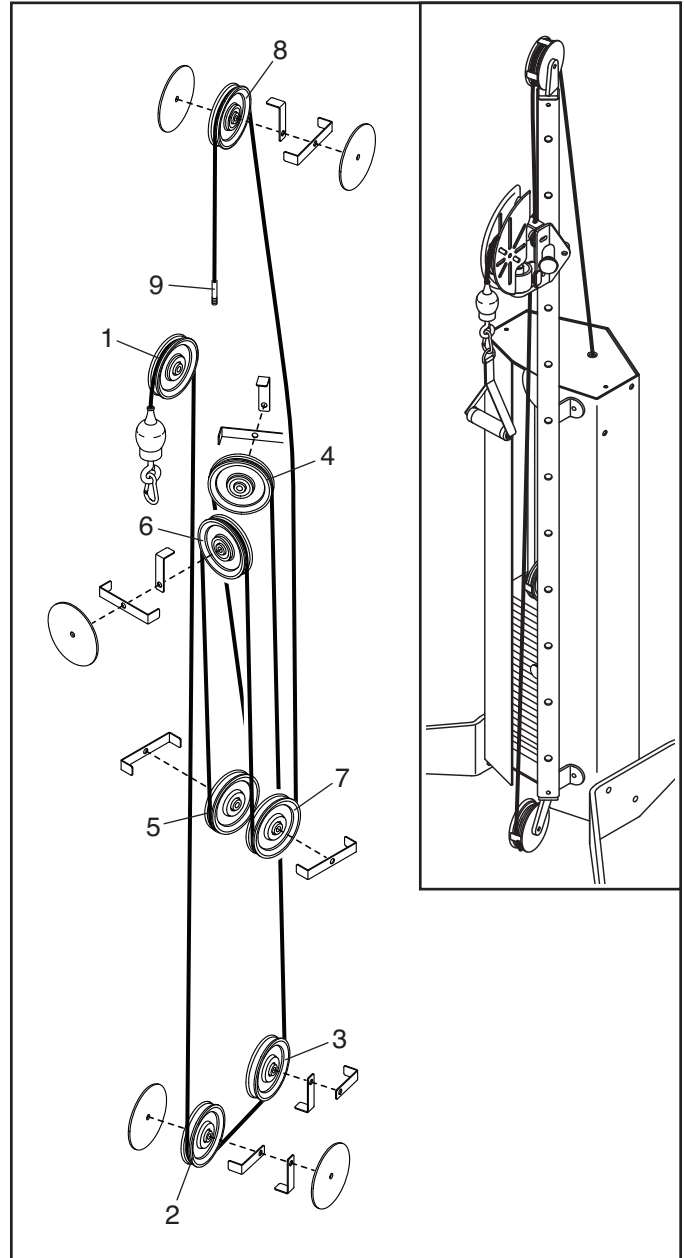
1. To create slack in the cable, pull the weight pin, pull a handle out about 8 in. (20 cm) inches, and then insert the weight pin into the third weight plate and into the hole in the bottom of the weight carriage.
2. Push the black rubber cable stop (G) off the aluminum cable lock (H), and slide the cable stop upward a few inches.



3. Loosen the four set screws (I) in the cable lock (H) and pull the cable (J) free. Note: For clarity, the drawing shows the set screws removed; however, it is not necessary to remove the set screws.
4. Cut off 1 in. (2.5 cm) of the cable end (J) using cable cutters. **IMPORTANT:** Using any other tool may flatten or disrupt the end strands so that it may be difficult to reinsert the cable into the hole of the cable lock (H).
5. Cut off 1 in. (2.5 cm) of the black cable sheath from the end of the cable (J).
6. Reinsert the cable (J) and the sheath into the cable lock (H) so that all of the bare cable is in the hole.
7. Retighten the four set screws (I) into the threaded holes. Tighten the set screws equally until they contact the cable (J). Then, tighten each screw alternately 1/4 turn, until all are set to 85 inch/pounds (9.6 Newton-meters).
8. Slide the rubber cable stop (G) over the cable lock (H), remove the weight pin, and return the handle to the resting position.
9. Check for proper tension on the cable as described in CABLE ADJUSTMENT, on page 9.

CABLE DIAGRAM

The cable diagram shows the proper route of the cable. Use the diagram to make sure that the cable and the cable traps are assembled correctly. If the 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.**



NOTES

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PART LIST

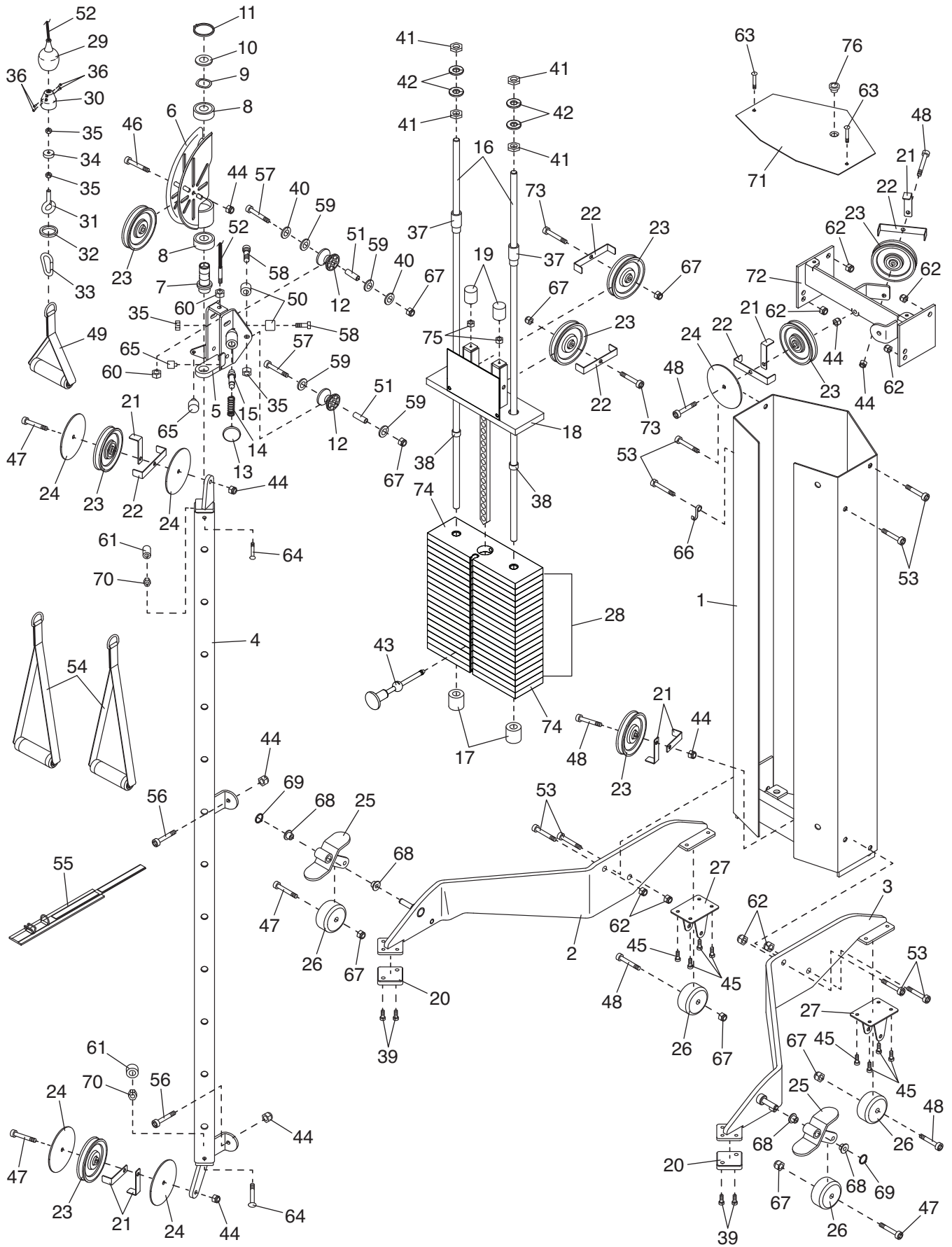
Model No. G625.0 R0121A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower	40	2	3/8" Serrated Lock Washer
2	1	Left Base	41	4	5/8" Nut
3	1	Right Base	42	4	5/8" Washer
4	1	Column	43	1	Weight Pin
5	1	Swivel Bracket	44	8	3/8" Locknut
6	1	Swivel Arm	45	8	5/16" x 3/8" Bolt
7	1	Trunnion	46	1	3/8" x 1 3/4" Bolt
8	2	Swivel Arm Bearing	47	4	3/8" x 2 1/4" Bolt
9	1	1" Wave Washer	48	5	3/8" x 2" Bolt
10	1	1" Washer	49	1	Short Handle
11	1	1" Snap Ring	50	2	Small Swivel Roller
12	2	Large Swivel Roller	51	2	Roller Spacer
13	1	Adjustment Knob	52	1	Cable
14	1	Spring	53	8	1/2" x 1 3/4" Bolt
15	1	Adjustment Pin	54	2	Long Handle
16	2	Weight Guide	55	1	Ankle Strap
17	2	Weight Bumper	56	2	3/8" x 1 1/4" Bolt
18	1	Weight Carriage	57	2	3/8" x 2 1/2" Bolt
19	2	Weight Carriage Bumper	58	2	1/2" x 1" Shoulder Bolt
20	2	Floor Bumper	59	4	1/2" Washer
21	7	Single Cable Trap	60	2	3/8" Fine Thread Nut
22	5	Double Cable Trap	61	2	Bumper
23	8	4 1/2" Pulley	62	8	1/2" Locknut
24	5	Pulley Guard	63	2	1/4" x 3/4" Screw
25	2	Wheel Pivot Bracket	64	2	5/16" x 2 1/2" Bolt
26	4	Wheel	65	2	Swivel Bumper
27	2	Wheel Bracket	66	1	J-hook
28	17	Weight Plate	67	8	3/8" Jam Nut
29	1	Cable Stop	68	4	1/2" Bushing
30	1	Cable Lock	69	2	1/2" Snap Ring
31	1	Eyebolt	70	2	5/16" Nut
32	1	1 1/8" Snap Ring	71	1	Tower Top Plate
33	1	Spring Clip	72	1	Tower Bracket
34	1	Cable Bearing	73	2	3/8" x 1 1/2" Button Bolt
35	4	3/8" Nut	74	2	End Weight Plate
36	4	Cable Set Screw	75	2	1/4" Locknut
37	2	Weight Carriage Guide Bushing	76	1	Grommet
38	38	Small Weight Guide Bushing	*	-	Owner's Manual
39	4	3/8" x 1/2" Screw			

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. G625.0 R0121A



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 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.