

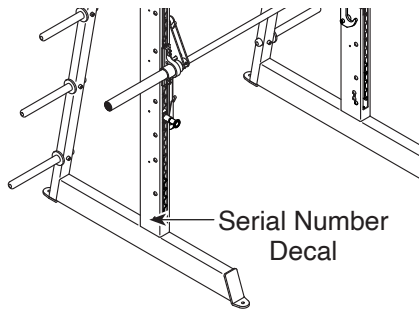
FREEMOTION[®]

SMITH MACHINE

Model No. EF211.1

Serial No. _____

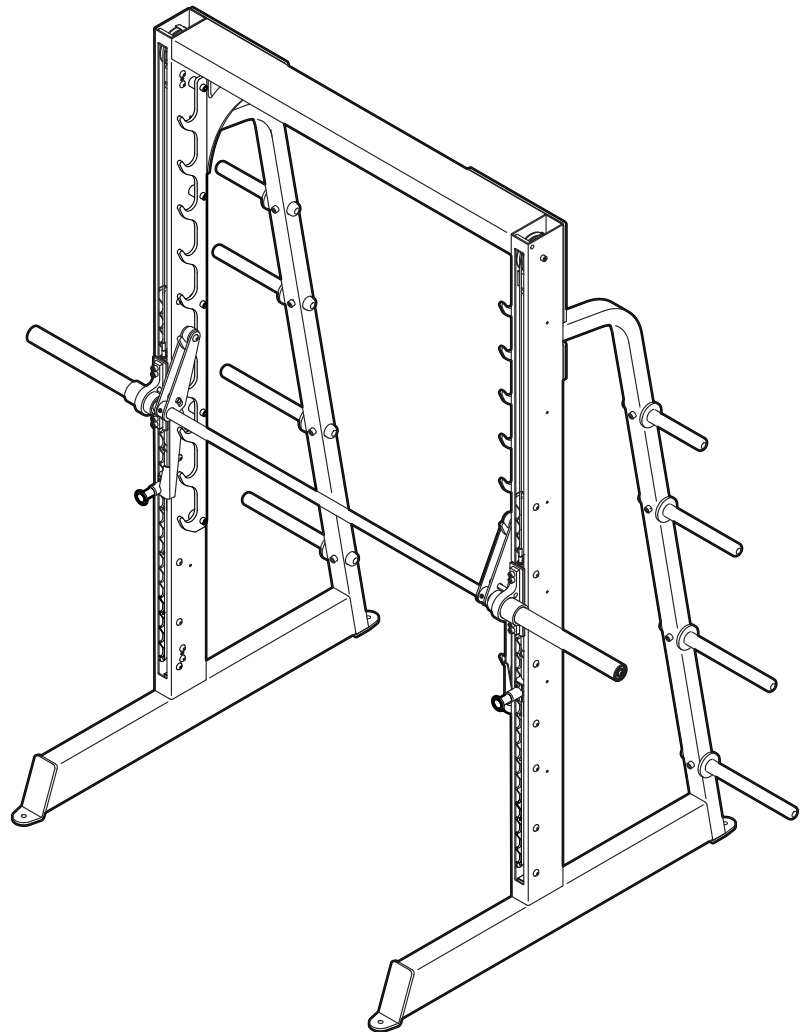
Write the serial number in the space above for reference.



OWNER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, please see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.



CAUTION

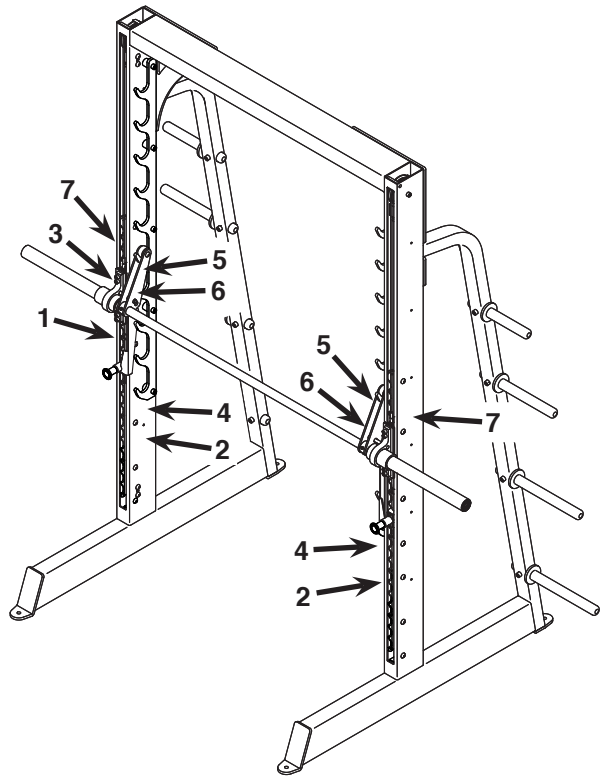
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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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

⚠ WARNING

DEATH OR SERIOUS CRIPPLING INJURY CAN OCCUR IF THE BARBELL DROPS SUDDENLY. TO AVOID INJURY, FOLLOW THESE PRECAUTIONS:

- **BEFORE USING:** Read all warnings and obtain instruction on the use of this machine.
- **ALWAYS** set both spotters when using machine.
- **ALWAYS** use a human spotter in addition to machine spotters.
- **PROPER** spotter height depends on the exercise performed. Adjust as follows:
 1. Remove all weight from the barbell.
 2. For squats, perform the exercise and determine the lowest comfortable position without your body contacting the floor. **FOR SQUATS, NEVER PLACE THE SPOTTERS BELOW THE HEIGHT INDICATED ON THE MACHINE.** For other exercises, perform the movement and select the lowest point of barbell travel without the barbell contacting your body.
 3. Position both spotters to stop the barbell at this point. Ensure that both spotters are completely seated on the machine.
 4. Load weights onto the barbell and carefully perform the exercise.
- Visually ensure the barbell latch is fully engaged and seated in the hooks before releasing the load and exiting the machine.
- **DO NOT REMOVE** this label. Replace when worn or damaged.

Decal 2

⚠ WARNING

To reduce the risk of serious spinal injury, do not place spotters below this level when doing SQUAT exercises.

Spotters must be used at all times when this machine is used.

Decal 3

⚠ WARNING

- Read and follow all warnings and instructions and obtain proper instruction prior to use.
- Misuse of this equipment may result in serious injury.
- Do not allow children on or around machine.
- Keep body, clothing, and hair free and clear of all moving parts.
- Replace label if damaged, illegible, or removed.
- Max user weight: 350 lbs.

Decal 4

⚠ WARNING

HEAVY

Spotters must be used at all times.

Decal 5

⚠ CAUTION

Bar weight 23 lbs.
Load limit 270 lbs.
per side.

Decal 6

⚠ CAUTION

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

7005-1199

Decal 7

⚠ CAUTION

Must use weight clamps while operating machine.

221215

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 5), 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 16 and pets away from the strength equipment at all times.
9. The strength equipment is designed to support a maximum weight of 540 lbs. (245 kg) on the barbell, and a maximum total weight of 800 lbs. (363 kg) on the barbell and storage bars. Note: The strength equipment does not include weights.
10. Always wear athletic shoes for foot protection while exercising.
11. Keep hands and feet away from moving parts.
12. Use the strength equipment only as described in this manual.
13. 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.

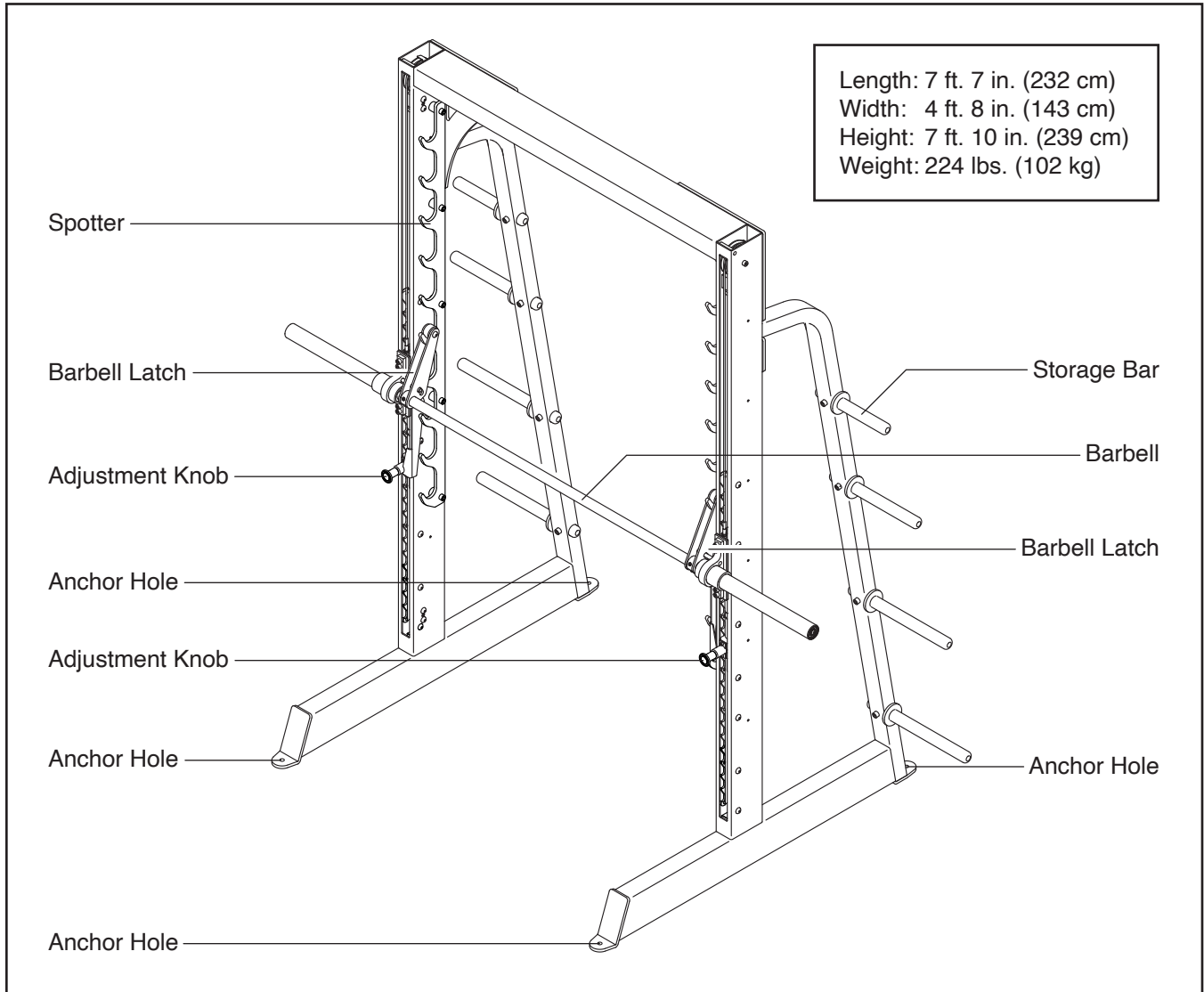
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® SMITH MACHINE strength equipment. The SMITH MACHINE is designed to help you develop the major muscle groups of your body. Whether your goal is to tone your body or build dramatic muscle size and strength, the SMITH MACHINE 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

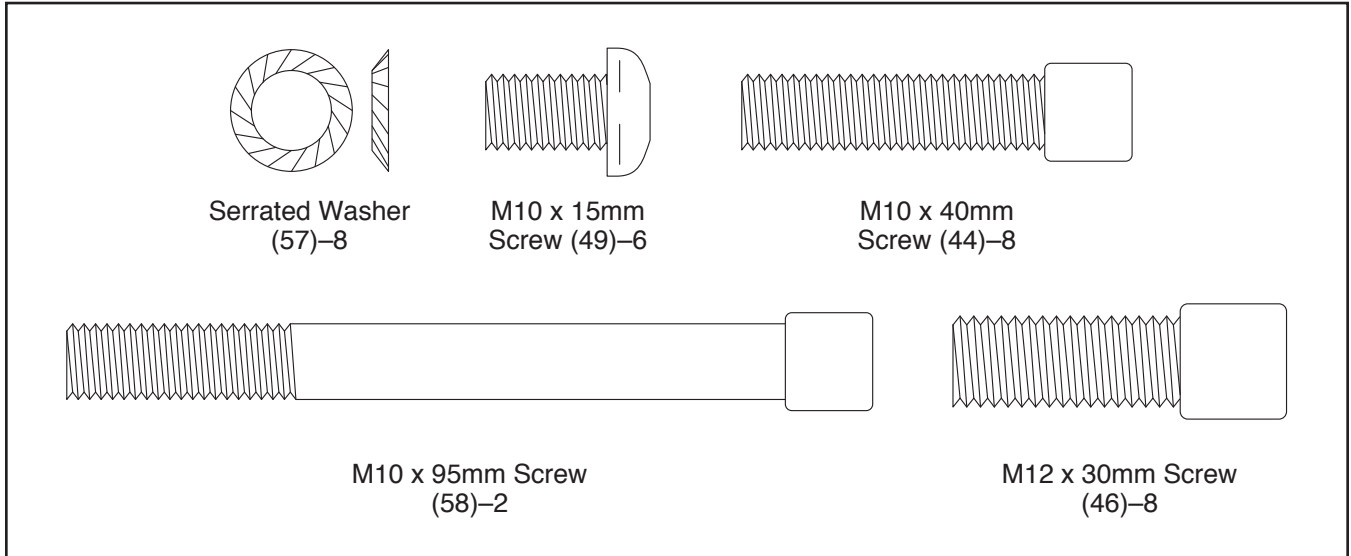
questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parentheses below each part 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.**



ASSEMBLY

- Assembly requires three 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.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.

- Assembly requires the following tool(s) (not included):

an adjustable wrench



a metric hex key



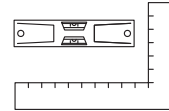
a tape measure



a level



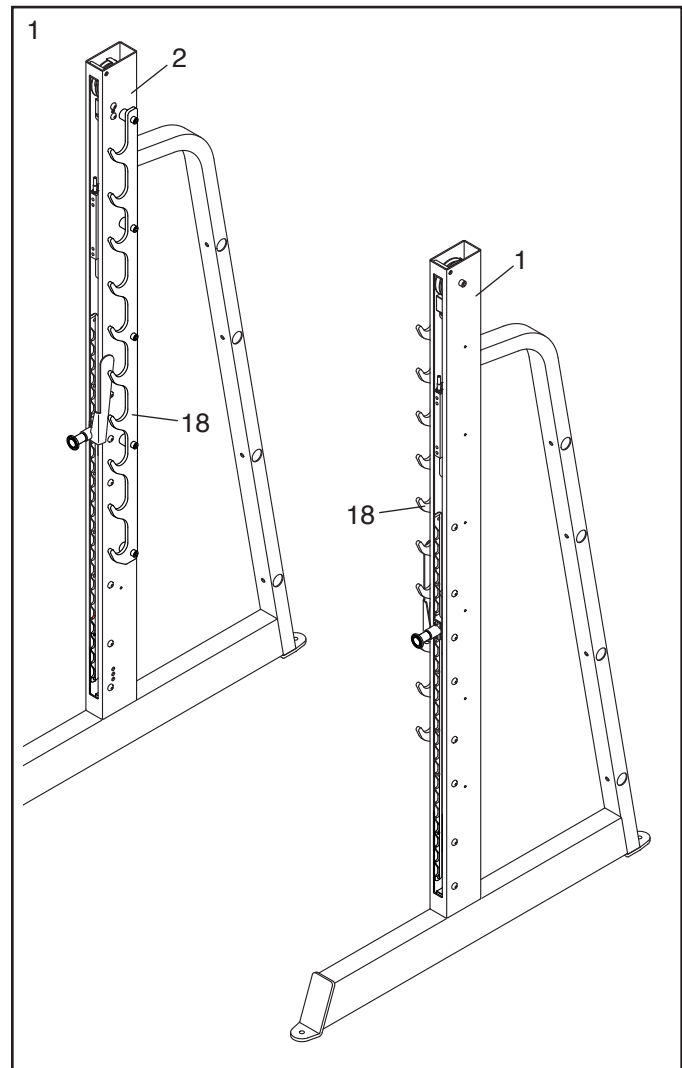
a square



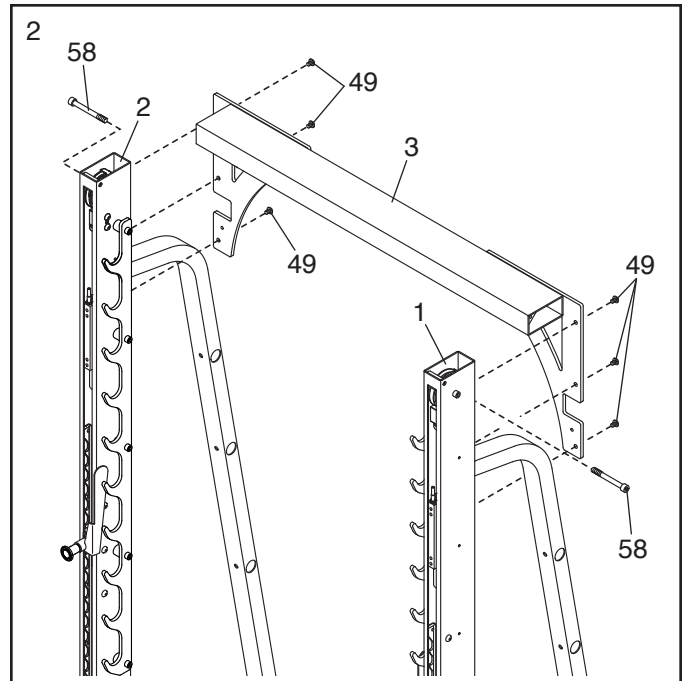
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Orient the Left and Right Uprights (1, 2) as shown. **Make sure that the Spotter Plates (18) are in the indicated locations.**

Have two other people hold the Uprights (1, 2) until you complete step 3.



2. Attach the Top Tube (3) to the Left and Right Uprights (1, 2) with six M10 x 15mm Screws (49) and two M10 x 95mm Screws (58); **do not fully tighten the Screws yet.**



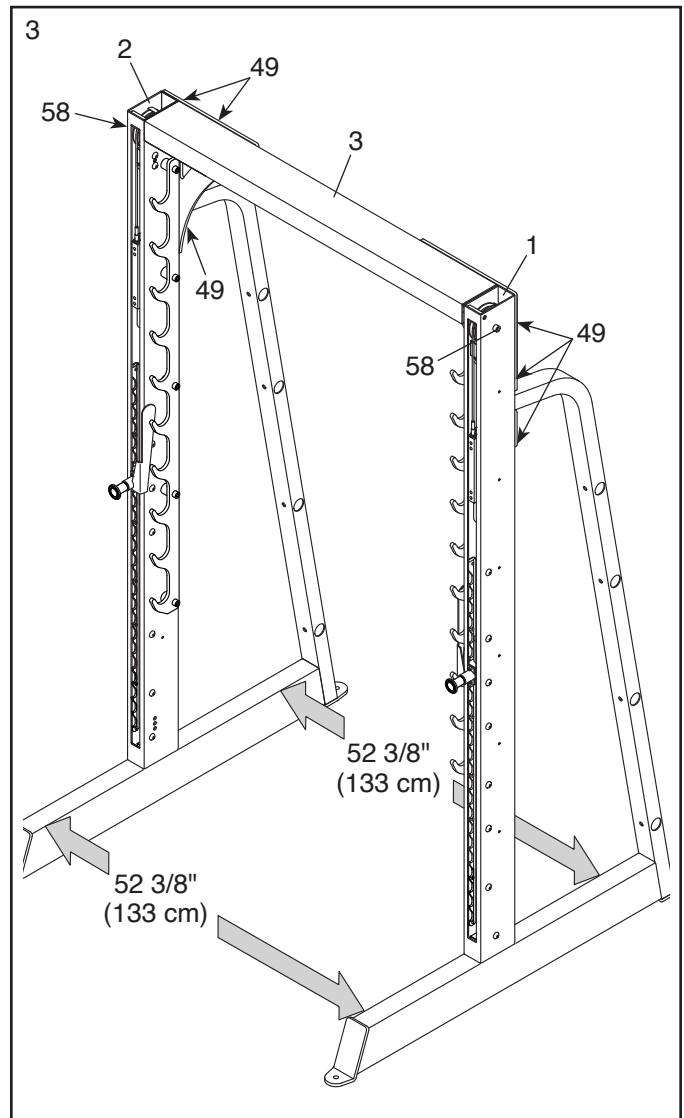
3. Position the Left and Right Uprights (1, 2) 52 3/8 in. (133 cm) apart from each other.

Place a level on top of the Top Tube (3). Place a square against the Left Upright (1) and the underside of the Top Tube. **Make sure that the Top Tube is level and square with the Left Upright.**

Then, tighten the three M10 x 15mm Screws (49) and the M10 x 95mm Screw (58) in the Left Upright (1).

Repeat this step for the Right Upright (2).

Make sure that the Left and Right Uprights (1, 2) are still 52 3/8 in. (133 cm) apart from each other.

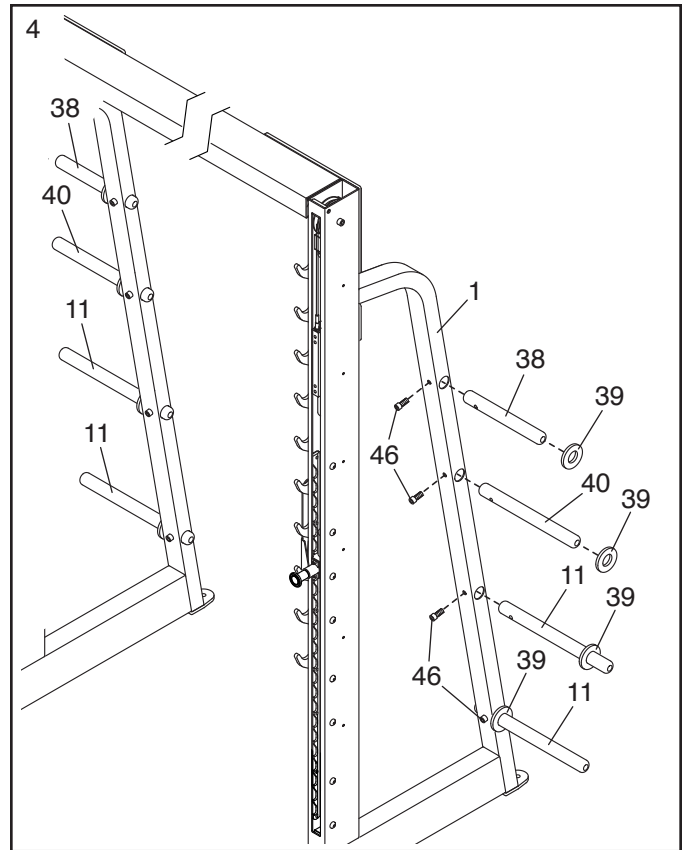


4. Identify the Short Storage Bars (38), the Medium Storage Bars (40), and the Long Storage Bars (11).

Attach a Short Storage Bar (38) to the Left Upright (1) in the location shown with an M12 x 30mm Screw (46).

Then, slide a Weight Bumper (39) onto the Short Storage Bar (38).

Attach the other Short Storage Bar (38), the Medium Storage Bars (40), and the Long Storage Bars (11) in the same way.

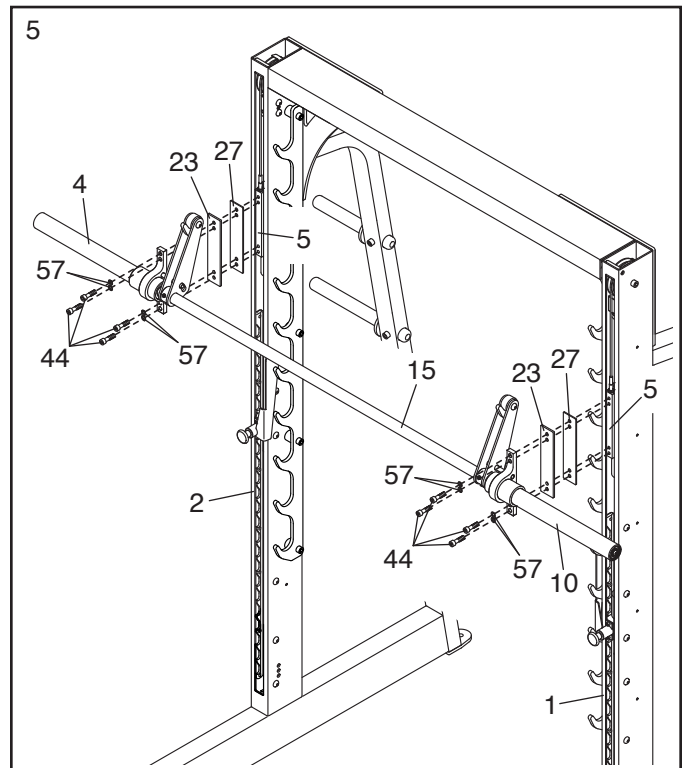


5. Identify the Barbell Bracket Plates (23), which are made of metal, and the Barbell Carriage Plates (27), which are made of plastic.

Have another person hold the Barbell (15) near the Left and Right Uprights (1, 2) until you complete this step.

Attach the Right Barbell Bracket (4), a Barbell Bracket Plate (23), and a Barbell Carriage Plate (27) to the Barbell Carriage (5) inside the Right Upright (2) with four M10 x 40mm Screws (44) and four Serrated Washers (57); **start all four Screws, and then tighten them.**

Attach the Left Barbell Bracket (10) in the same way.



6. **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

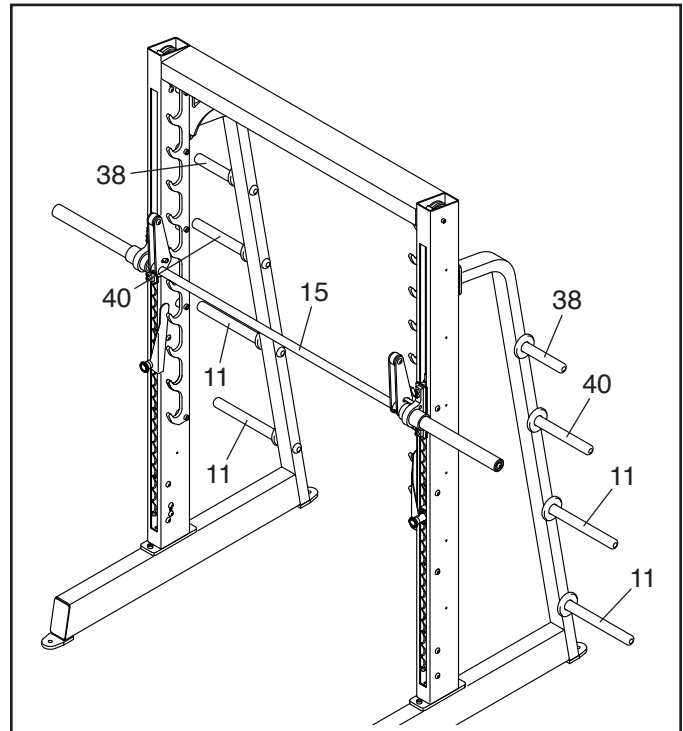
This section explains how to adjust the strength equipment. **Make sure that all parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately.**

STORING WEIGHTS

Store weights on the Storage Bars (38, 40, 11).

⚠ WARNING: Each Short Storage Bar (38) can hold up to 150 lbs. (63 kg). Each Medium Storage Bar (40) can hold up to 200 lbs. (91 kg). Each Long Storage Bar (11) can hold up to 225 lbs. (102 kg). Do not place more than a total of 800 lbs. (363 kg) on the Barbell (15) and the Storage Bars.

Do not place more than 540 lbs. (245 kg) on the Barbell (15). Always place the same amount of weight on both ends of the Barbell.



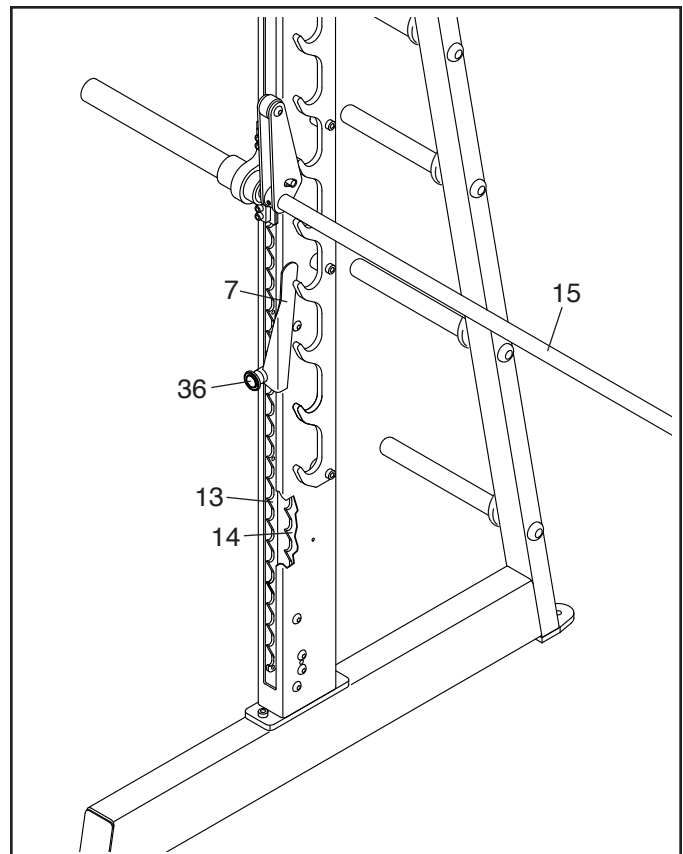
ADJUSTING THE STOP INDICATORS

The Right Stop Indicator (7) and the Left Stop Indicator (not shown) show the lowest point to which the Barbell (15) can move during an exercise.

To adjust the position of the Right Stop Indicator (7), pull the Adjustment Knob (36) and move the Right Stop Indicator to the desired height. Then, release the Adjustment Knob.

Adjust the Left Stop Indicator (not shown) in the same way.

⚠ WARNING: Always adjust the Right Stop Indicator (7) and the Left Stop Indicator (not shown) to the same height, and make sure that they fully engage the Stop Plates (13, 14) before you use the strength equipment.



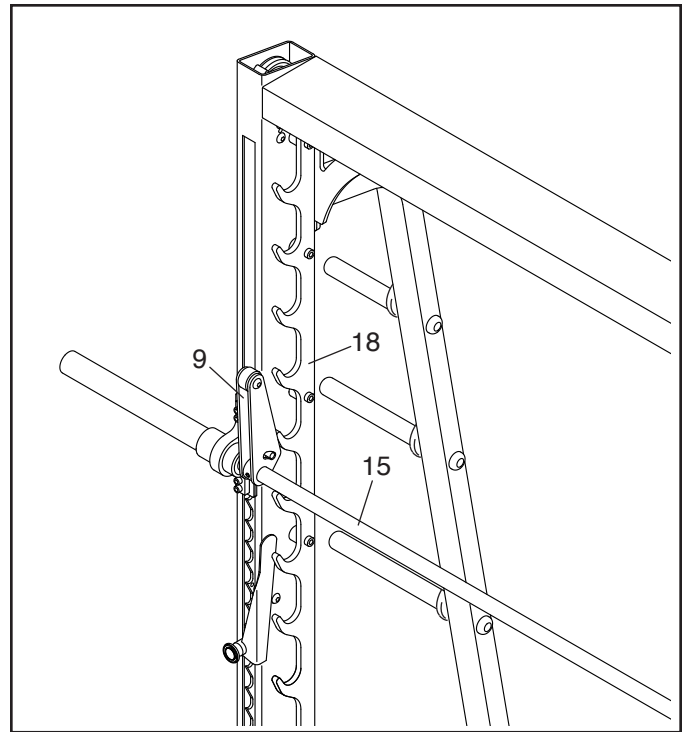
USING THE BARBELL

Place the desired amount of weight (not included) on each end of the Barbell (15).

Lift the Barbell (15) and rotate it to disengage the Barbell Latches (9) from the Spotter Plates (18) (only one side is shown).

When you finish the exercise, rotate the Barbell (15) to reengage the Barbell Latches (9).

⚠ WARNING: Always make sure that both Barbell Latches (9) fully engage the Spotter Plates (18) before you release the Barbell (15).



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

1. Clean the strength equipment using a soft cloth dampened with a 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. Then, dry the area thoroughly.

CAUTION: When using any cleaning product, try it first in an inconspicuous place to ensure that there is no damage to the material. Follow the directions and adhere to 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, because they may scratch the strength equipment. Strong cleaners and abrasives may also damage decals. Do not use solvents such as lacquer thinner, kerosene, gasoline, or similar liquids.

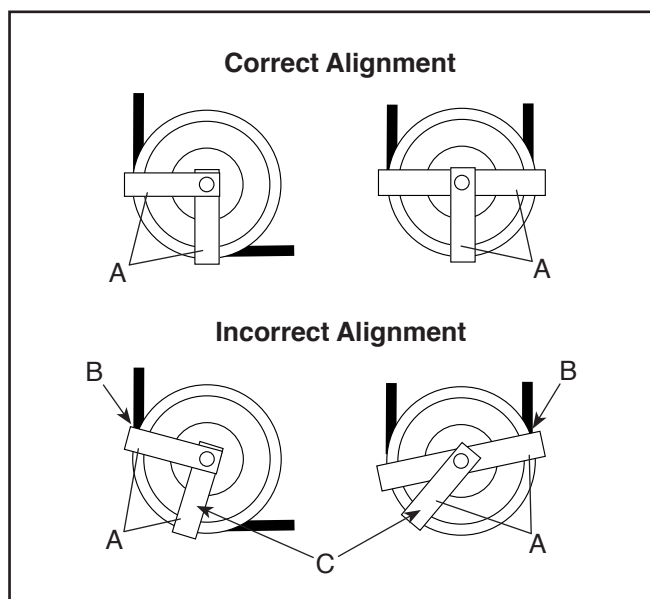
WEEKLY MAINTENANCE

Hardware

Check all nuts and bolts, and tighten them if necessary.

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.



BARBELL GUIDE LUBRICATION

Clean and lubricate each barbell 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 barbell guide. **Do not use TEFLON®-based lubricants.**

PART LIST

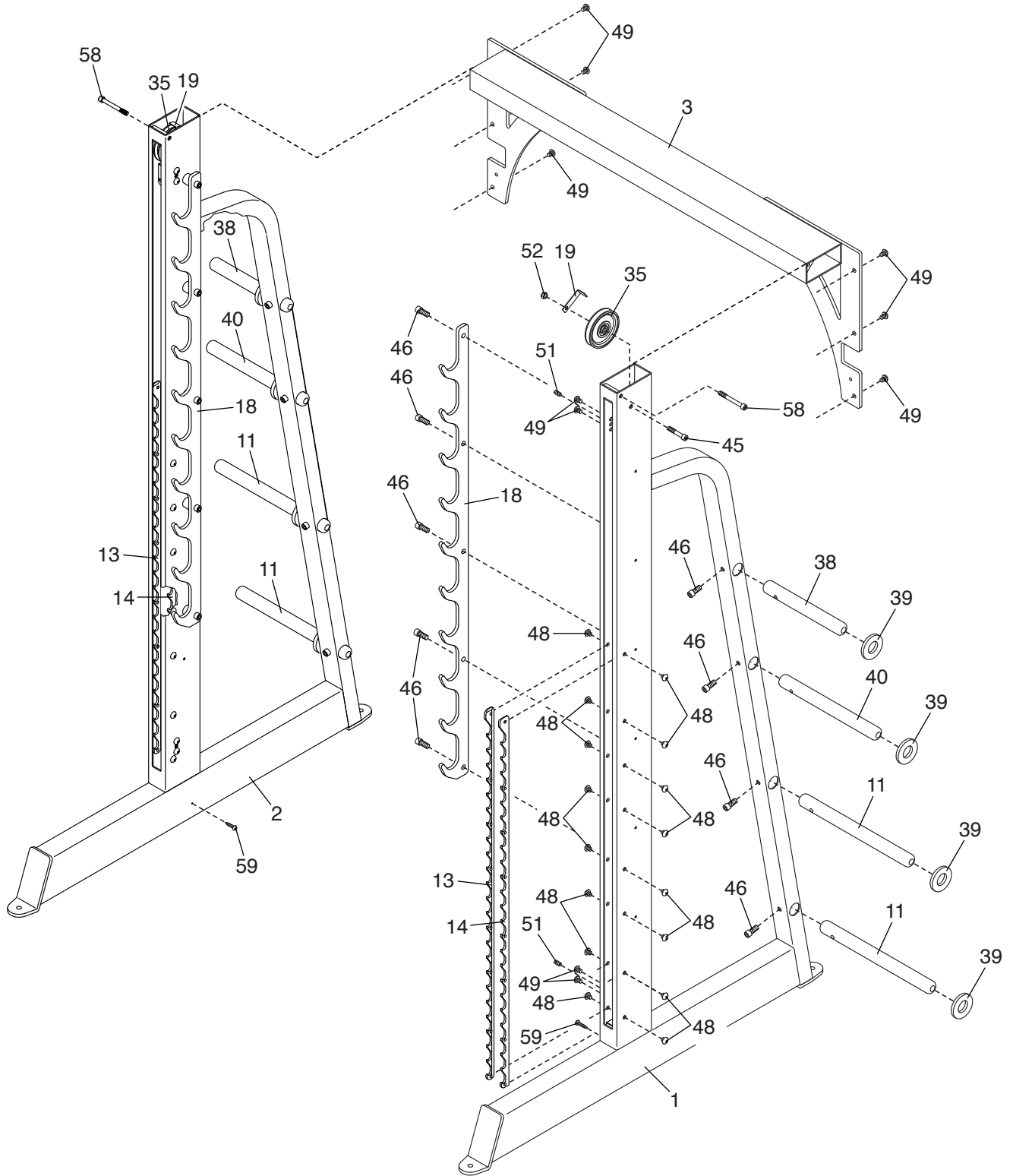
Model No. EF211.1 R0721A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright	31	2	Cable
2	1	Right Upright	32	2	Large Bumper
3	1	Top Tube	33	4	Spotter Bushing
4	1	Right Barbell Bracket	34	4	Barbell Carriage Bushing
5	2	Barbell Carriage	35	2	Pulley
6	1	Left Stop Indicator	36	2	Adjustment Knob
7	1	Right Stop Indicator	37	2	Spring
8	2	Spotter Carriage	38	2	Short Storage Bar
9	2	Barbell Latch	39	8	Weight Bumper
10	1	Left Barbell Bracket	40	2	Medium Storage Bar
11	4	Long Storage Bar	41	2	Small Barbell Bearing
12	2	Stop Ring	42	2	Large Barbell Bearing
13	2	Right Stop Plate	43	4	M6 x 10mm Screw
14	2	Left Stop Plate	44	8	M10 x 40mm Screw
15	1	Barbell	45	2	M10 x 60mm Bolt
16	2	Counterweight	46	18	M12 x 30mm Screw
17	2	Barbell Guide	47	2	M8 x 15mm Screw
18	2	Spotter Plate	48	36	M10 x 10mm Screw
19	2	Cable Trap	49	14	M10 x 15mm Screw
20	2	Spotter Pin	50	4	M10 x 10mm Set Screw
21	2	Spotter Rod	51	4	M10 x 20mm Set Screw
22	2	Roller Axle	52	2	M10 Locknut
23	2	Barbell Bracket Plate	53	4	M10 Nut
24	2	Latch Roller	54	2	M8 Flat Washer
25	4	Barbell Guide Bracket	55	4	Retainer Ring
26	2	Guide Washer	56	2	Wave Washer
27	2	Barbell Carriage Plate	57	12	Serrated Washer
28	2	Small Bumper	58	2	M10 x 95mm Screw
29	2	Counterweight Guide	59	2	M4.2 x 16mm Self-tapping Screw
30	4	Spotter Carriage Pin	*	—	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.

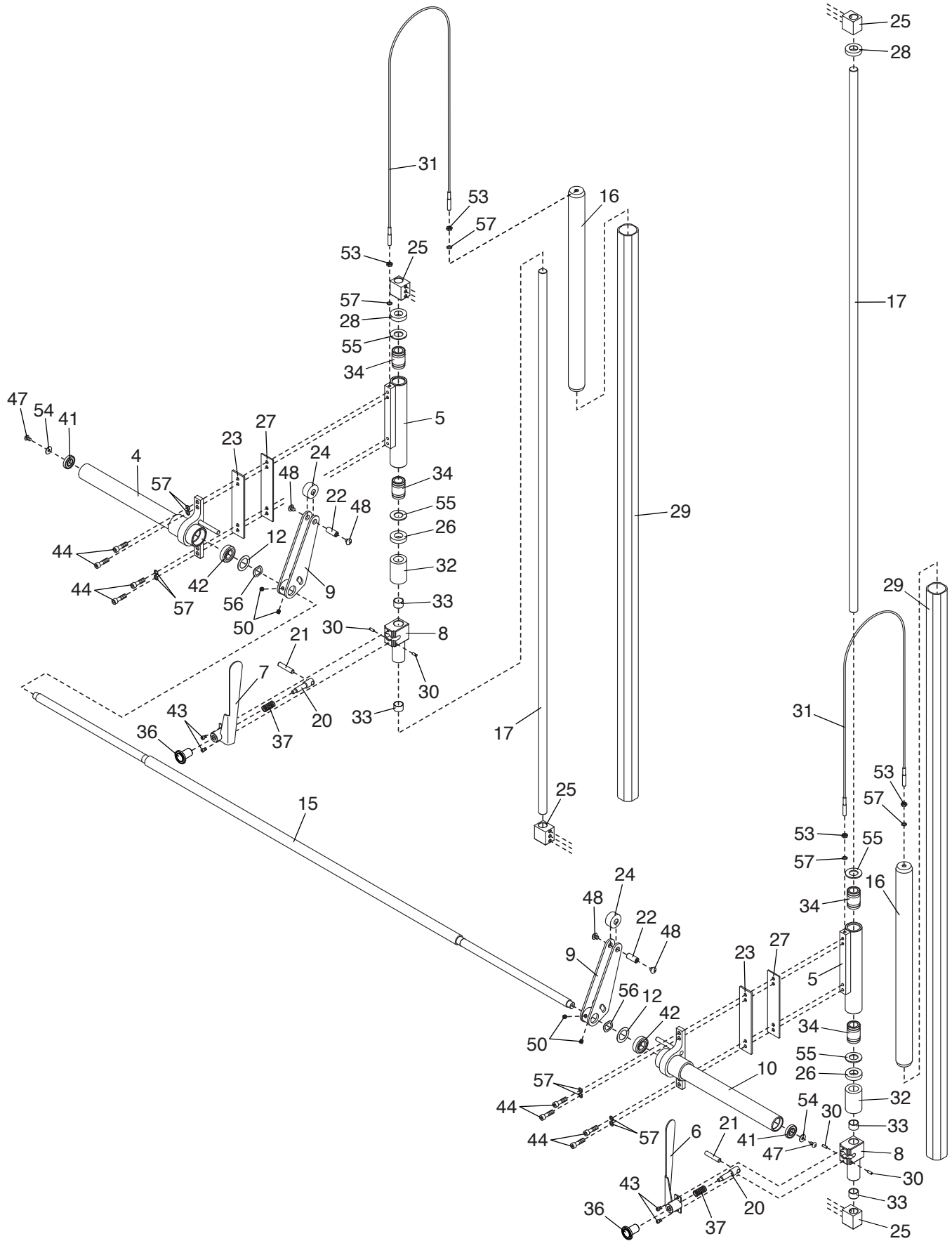
EXPLODED DRAWING A

Model No. EF211.1 R0721A



EXPLODED DRAWING B

Model No. EF211.1 R0721A



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.