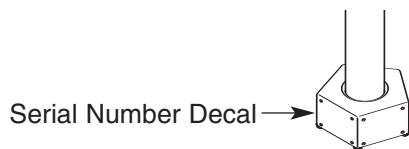


FREEMOTION[®] *CARBON*

USER'S MANUAL

Model No. VMSY80407.0
Serial No. _____

Write the serial number in the space above for future reference.

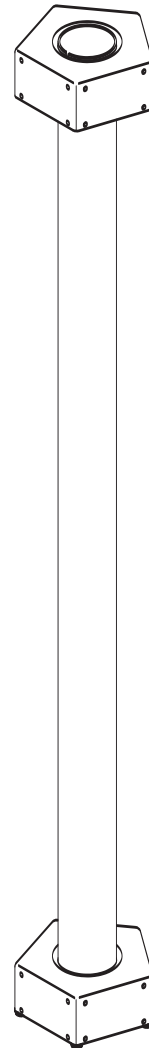


QUESTIONS?

At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, 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. Save this manual for future reference.



Visit our website at

www.freemotionfitness.com

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual before attaching weight stations to the center column. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of the center column.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. Use the center column only as described in this manual.
3. Keep the center column indoors, away from moisture and dust. Place the center column on a level surface, with a mat beneath it to protect the floor or carpet.
4. To prevent the center column from tipping over, lay it on the floor until you are ready to attach one of the weight stations.

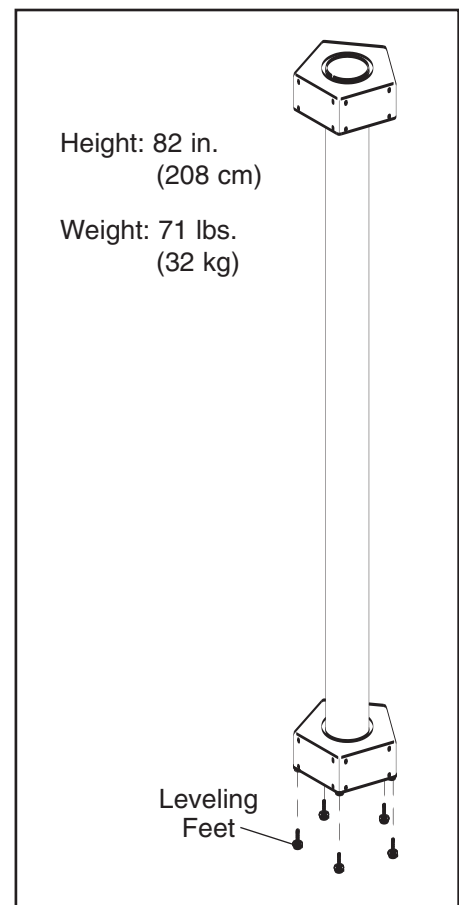
BEFORE YOU BEGIN

Thank you for purchasing the center column for the versatile FREEMOTION® CARBON™ weight system. The center column connects a series of weight stations designed to develop every major muscle group of the body: the TRAVELING PULLEY station (model no. VMSY80507.0), the LEG DEVELOPER station (model no. VMSY80607.0), the PRESS station (model no. VMSY80707.0), the WEIGHT ASSIST station (model no. VMSY80807.0), and the LEG PRESS station (model no. VMSY80907.0). **To purchase additional stations, please call the telephone number on the back cover of this manual.**

Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the FREEMOTION CARBON weight system will help you to achieve the specific results that you want.

For your benefit, read this manual carefully before you attach weight stations to the center column. If you have questions after reading this manual, or if you need to order replacement leveling feet, see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

Before attaching weight stations, make sure that the five leveling feet are attached to the center column.



LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. 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.

WARRANTY PERIODS AND COVERAGE

Residential and Light Commercial

Frame: Lifetime

Parts: 10 years

Cables/Belts: 1 year

Upholstery and Accessories: 90 days

Labor: 1 year

Light commercial use is defined as a non-dues-paying institutional setting to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not intended to be used in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations. Use of this product in such facilities will void this warranty.

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 1-year 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, improper service.
4. Users in excess of 350 lbs. (159 kg) in 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 spas and pools.

This warranty shall not apply to the following:

1. Cosmetic items including grips, decals, and labels.
2. Pick-up and delivery of 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 your equipment. 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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, cost of removal, installation or other consequential damages. Some states 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 state to state.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, if you require assistance, or if you need to order replacement parts, please contact Customer Care at the address or phone number listed below. Please be prepared to provide the following information:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)

When ordering replacement parts, please also provide the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual).

Call

Toll-free in the US: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MST

International: +1-719-533-2911

Email

US: fmvfcustomerservice@freemotionfitness.com

International: intlcustomercare@freemotionfitness.com

Write

FreeMotion Fitness

1096 Elkton Drive Suite 600

Colorado Springs CO 80907