

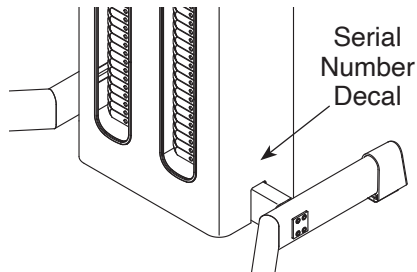
FREEMOTION[®]

DUAL CABLE CROSS LITE

Model No. G424.0

Serial No. _____

Write the serial number in the space above for reference.



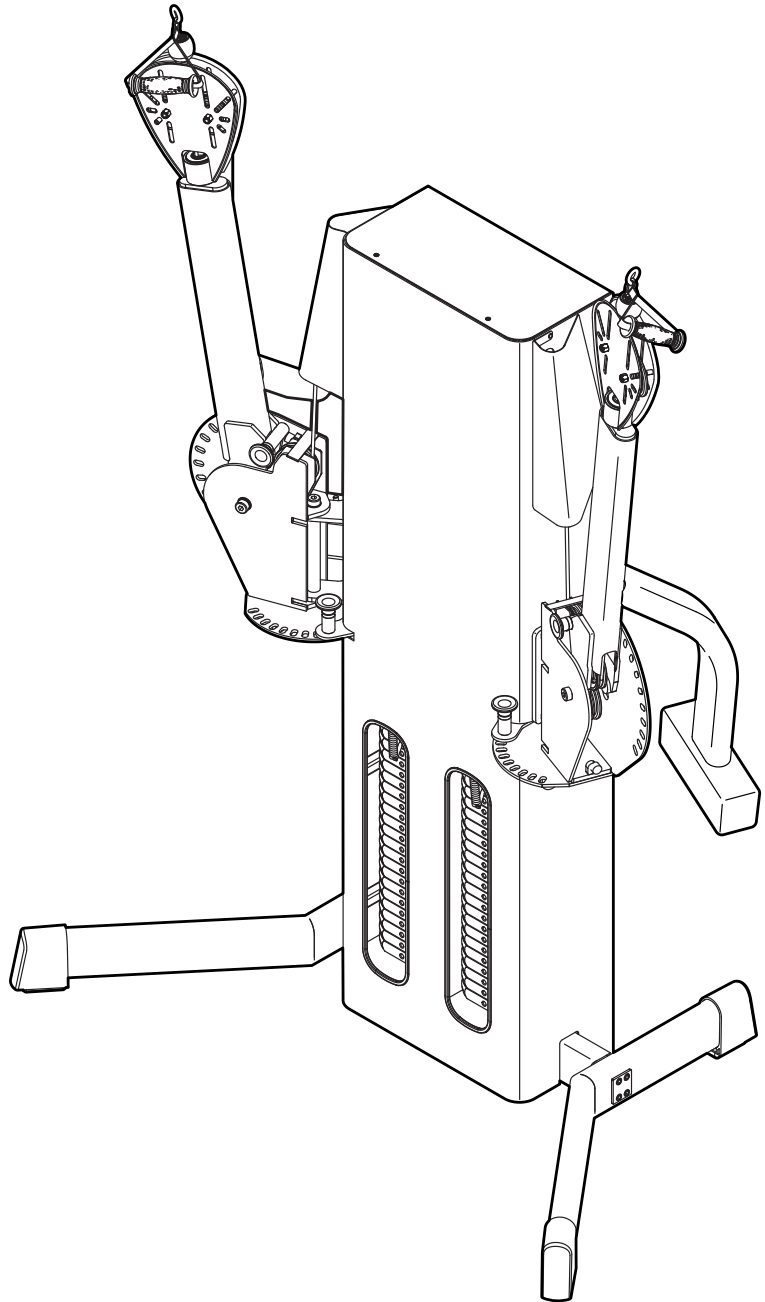
QUESTIONS?

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

USER'S MANUAL



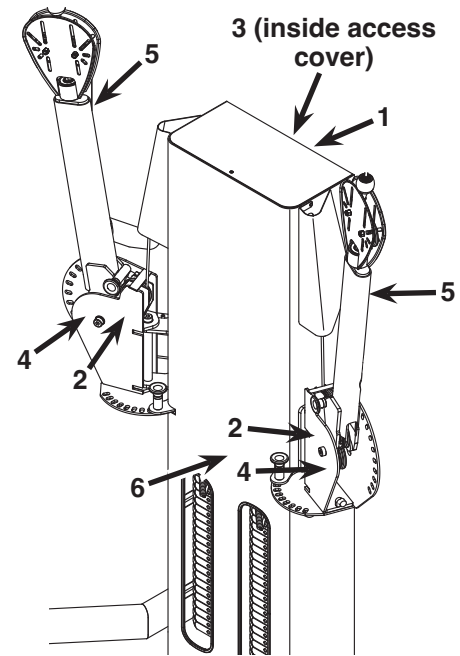
freemotionfitness.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT	3
IMPORTANT PRECAUTIONS	4
BEFORE YOU BEGIN	5
PART IDENTIFICATION CHART	6
ASSEMBLY	7
ADJUSTMENT	13
MAINTENANCE	15
CABLE DIAGRAM	16
PART LIST	17
EXPLODED DRAWING	18
HOW TO CONTACT MEMBER CARE	Back Cover
LIMITED WARRANTY	Back Cover

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.



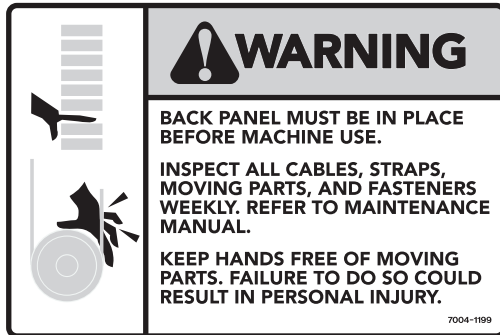
Decal 1



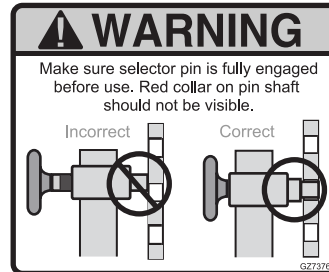
Decal 2



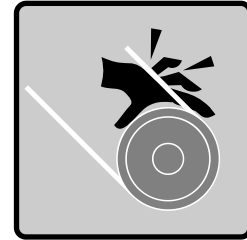
Decal 3



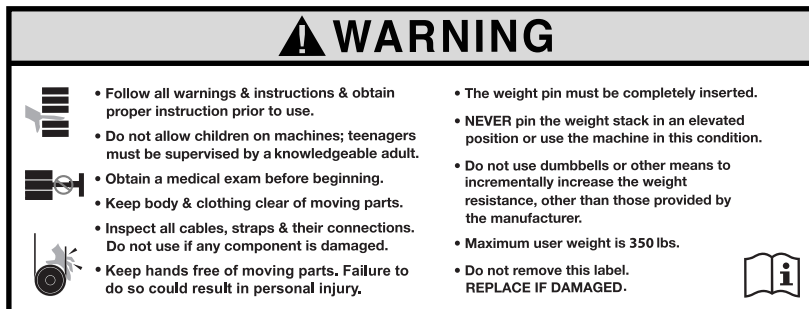
Decal 4



Decal 5



Decal 6 (Part of the instruction placard)



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. All users of the strength equipment should be instructed to report any injury or strength equipment irregularity to facility staff immediately.
5. Keep the strength equipment indoors, away from moisture and dust. Do not put the strength equipment in a garage or covered patio or near water.
6. Place the strength equipment on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the strength equipment for the exercises that you will perform.
7. Keep children under age 16 and pets away from the strength equipment at all times.
8. The strength equipment is designed to support a maximum user weight of 350 lbs. (159 kg).
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the strength equipment. Always wear athletic shoes for foot protection while exercising.
10. Inspect and properly tighten all parts before each use of the strength equipment. Replace any worn parts immediately.
11. Make sure that the weight pins are fully inserted into the weight stacks before each use of the strength equipment.
12. Make sure that the handles are attached securely before each use of the strength equipment.
13. Make sure that the four adjustment knobs are fully engaged before each use of the strength equipment.
14. Keep hands and feet away from moving parts. Do not lean on or rest your hands on the strength equipment when it is in use.
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.
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.

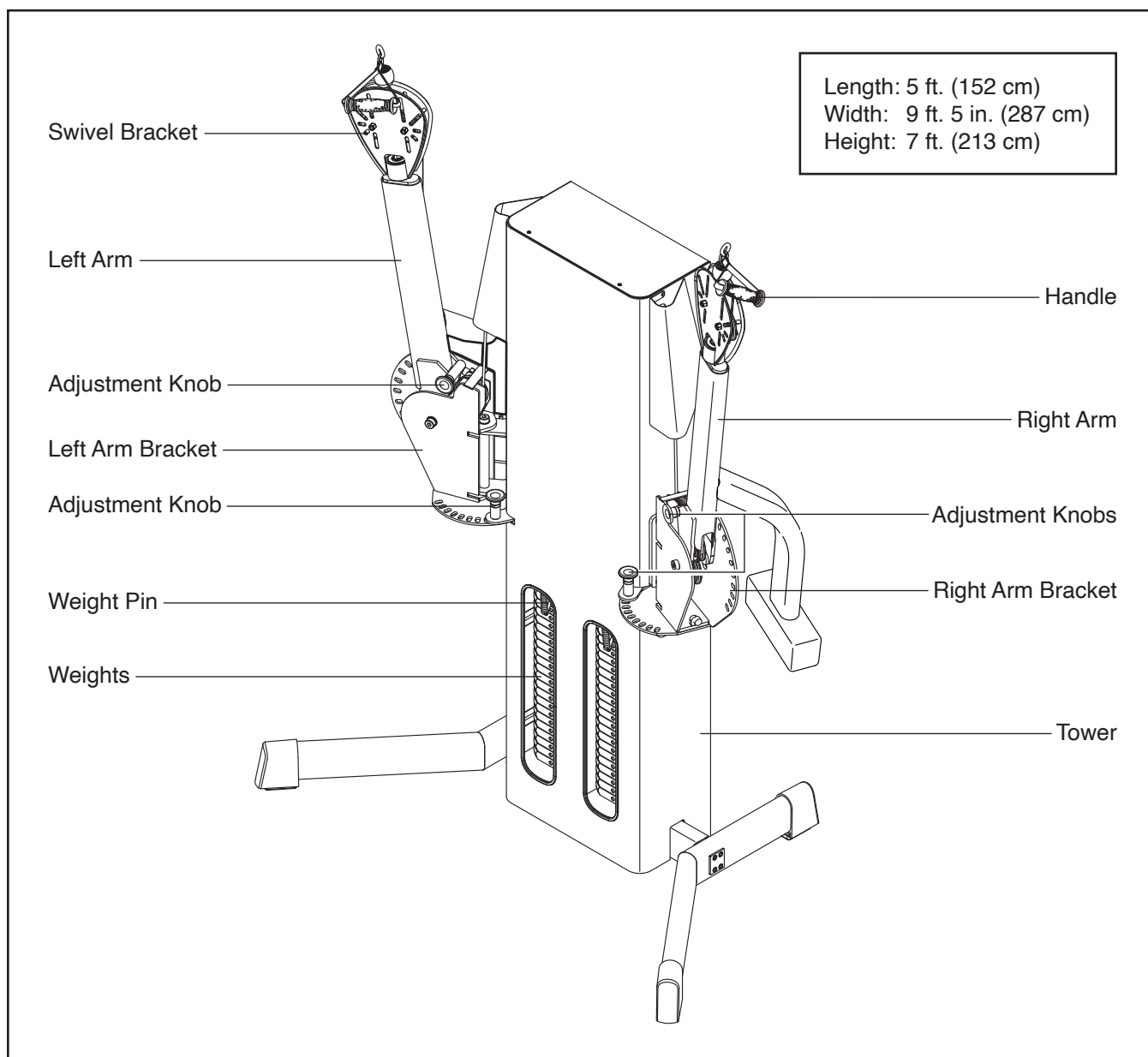
BEFORE YOU BEGIN

Thank you for selecting the FREEMOTION® DUAL CABLE CROSS LITE strength equipment. With unrestricted motion, you can work your body's muscle groups together—the same way you do naturally—and train more specifically and efficiently.

For your benefit, read this manual carefully before using the strength equipment. If you have questions

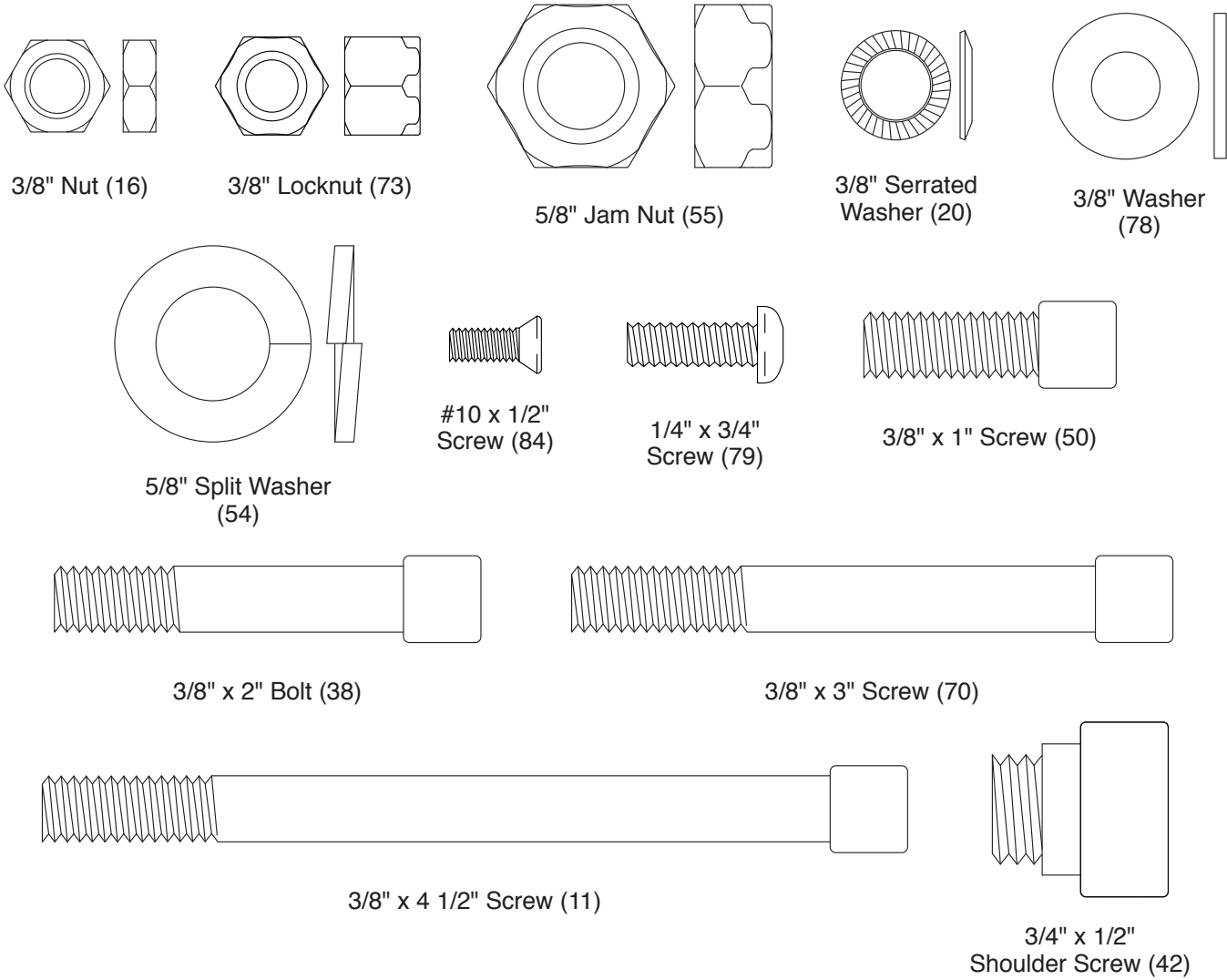
after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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


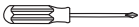



PART IDENTIFICATION CHART

Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST near the end of this manual. **Note: Some small parts may have been preattached. If a part is not in the hardware kit, check to see whether it has been preattached. To avoid damaging parts, do not use power tools for assembly.**



ASSEMBLY

- Assembly requires two persons.
 - Because of its size and weight, 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 as you assemble it.
 - Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.
 - To identify small parts, see page 6.
 - The following tools (not included) are required for assembly:
 - one adjustable wrench 
 - one Phillips screwdriver 
 - a set of hex keys up to 5/16" 
- Assembly may be easier if you have a ratchet, a hex bit socket set, and an extension bar.

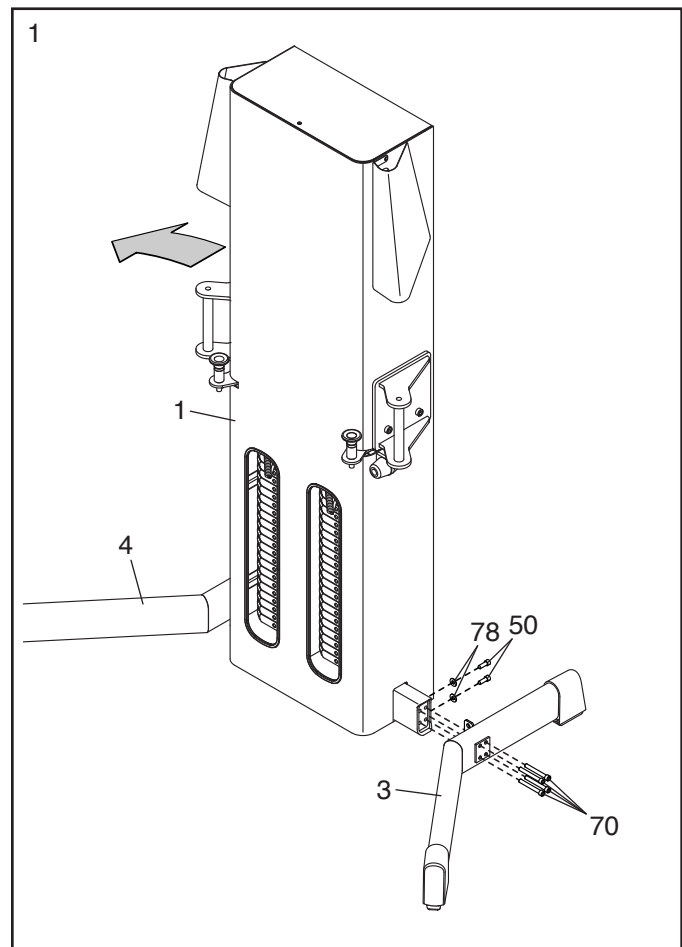
1. Identify the Right Leg (3).

IMPORTANT: Have a second person hold the Tower (1) and tip it toward the left slightly.

Attach the Right Leg (3) to the Tower (1) with four 3/8" x 3" Screws (70); **do not tighten the Screws yet.**

Next, attach the Right Leg (3) with two 3/8" x 1" Screws (50) and two 3/8" Washers (78); **do not tighten the Screws yet.**

Repeat this step to attach the Left Leg (4).

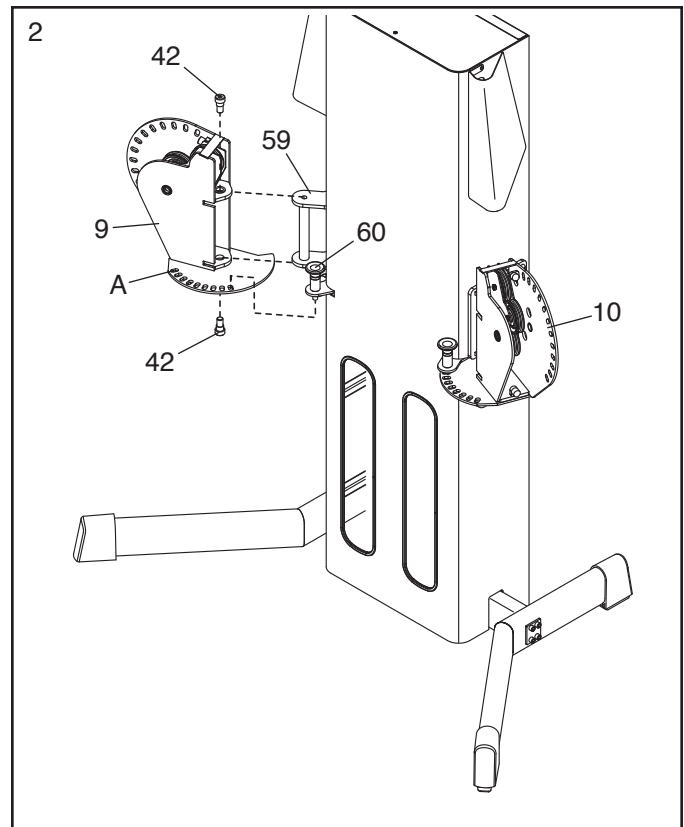


2. Identify the Left Arm Bracket (9).

Lift the indicated Adjustment Knob (60), slide the Left Arm Bracket (9) onto the left Pivot (59), and engage the Adjustment Knob into one of the adjustment holes (A) in the Left Arm Bracket.

Attach the Left Arm Bracket (9) with two 3/4" x 1/2" Shoulder Screws (42).

Attach the Right Arm Bracket (10) in the same way.



3. Identify the Left Arm (5).

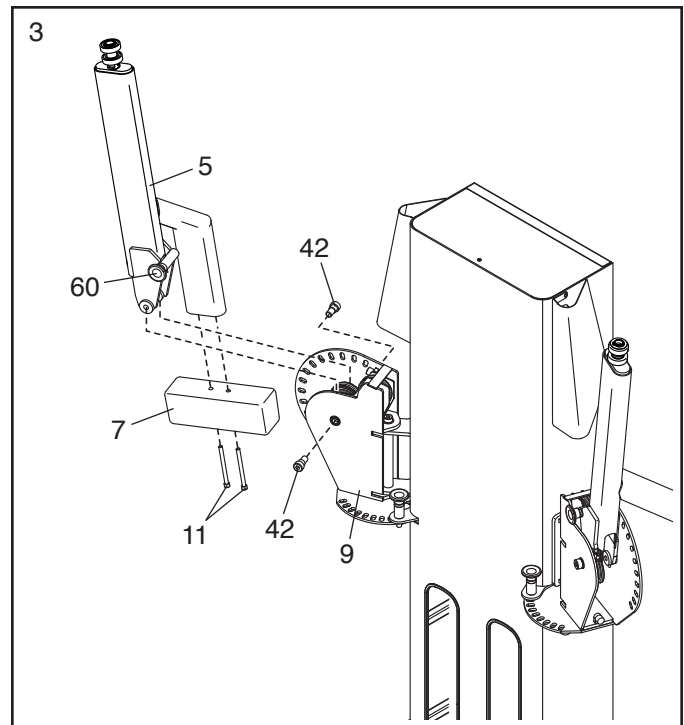
Pull the Adjustment Knob (60) on the Left Arm (5), hold the end of the Left Arm inside the Left Arm Bracket (9), and engage the Adjustment Knob into one of the adjustment holes in the Left Arm Bracket.

Attach the Left Arm (5) with two 3/4" x 1/2" Shoulder Screws (42).

Then, attach a Counterweight (7) to the Left Arm (5) with two 3/8" x 4 1/2" Screws (11). **Note: It may be easier to attach the Counterweight if you first adjust the Left Arm so that it is pointed downward (see ADJUSTING THE ARMS on page 13).**

Repeat this step on the right side of the strength equipment.

See step 1. Firmly tighten the four 3/8" x 3" Screws (70) and the two 3/8" x 1" Screws (50).



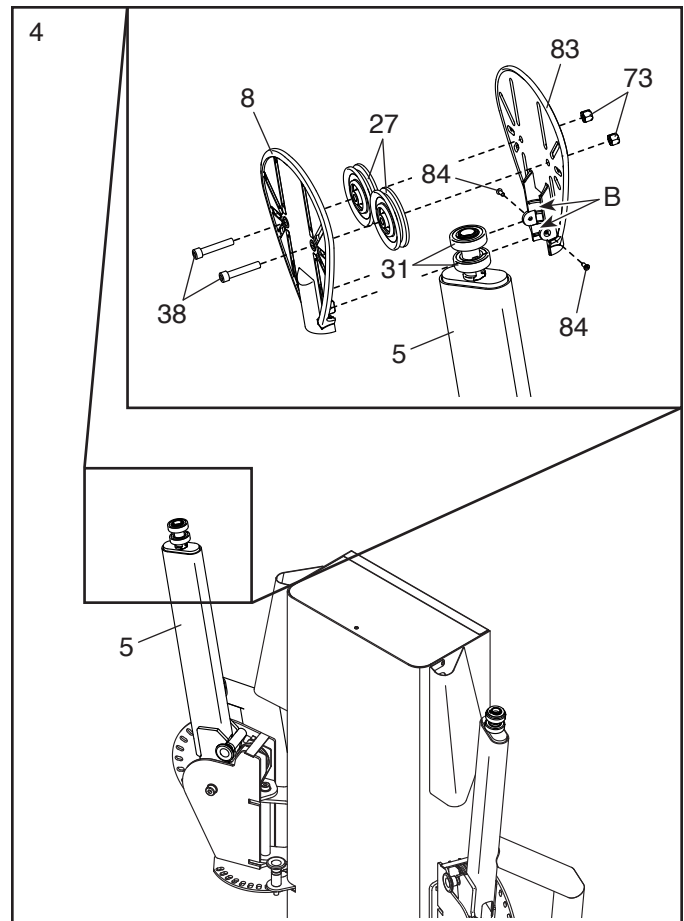
4. Identify a Swivel Bracket A (8) and a Swivel Bracket B (83).

Insert two 3/8" x 2" Bolts (38) through the Swivel Bracket A (8) from the side shown, and slide two 3 1/2" Pulleys (27) onto the Bolts.

Next, have a second person hold the Swivel Brackets (8, 83) together around the two Large Bearings (31) on the Left Arm (5); slide the two Large Bearings upward or downward so that they rest in the two indicated recesses (B) in the Swivel Brackets.

Then, tighten two 3/8" Locknuts (73) onto the 3/8" x 2" Bolts (38), and tighten two #10 x 1/2" Screws (84) into the Swivel Brackets (8, 83).

Repeat this step on the right side of the strength equipment.

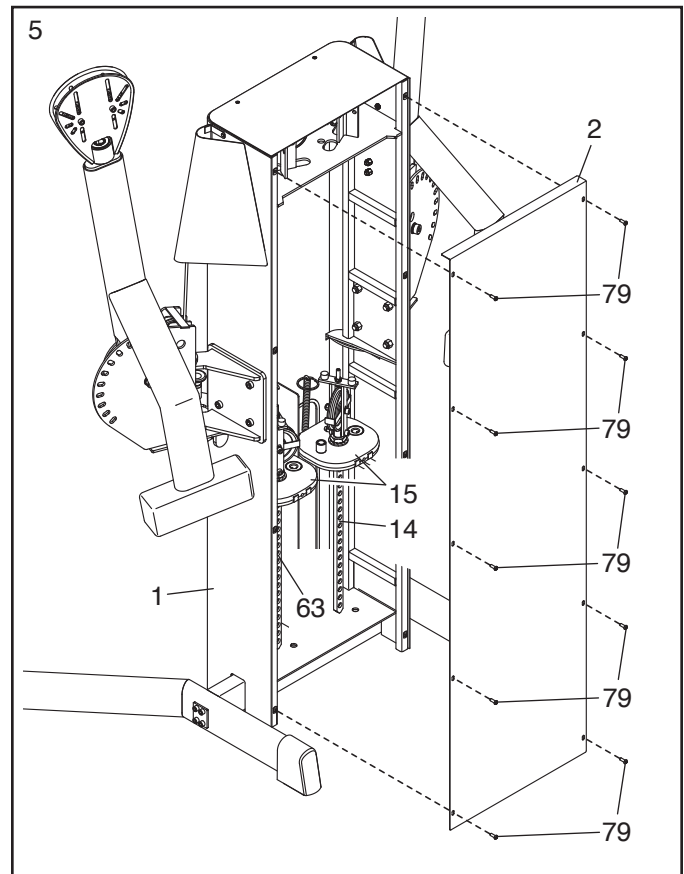


5. Remove the six shipping screws (not shown) from the Access Cover (2) on the back of the Tower (1). Discard the shipping screws.

Next, remove the Access Cover (2).

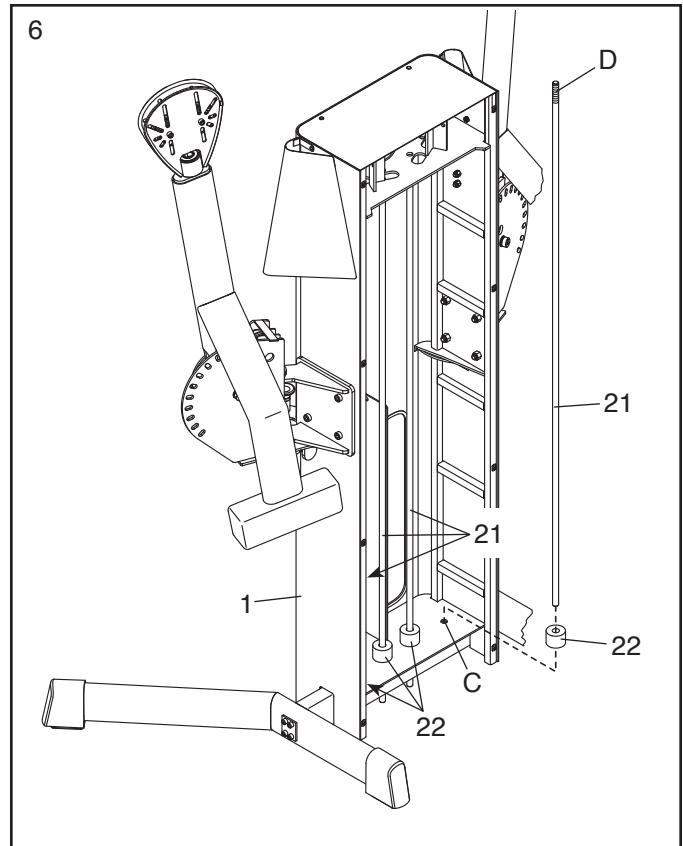
Then, remove the two Top Weights (15) and the Left and Right Weight Selectors (14, 63).

Note: When you reattach the Access Cover (2) at the end of step 10, use ten 1/4" x 3/4" Screws (79) as shown at the right.



6. Set a Weight Bumper (22) over the indicated hole (C) in the Tower (1). Then, orient a Weight Guide (21) so that the threaded end (D) is at the top, and insert the Weight Guide into the Weight Bumper and into the hole.

Repeat this step with the other three Weight Bumpers (22) and Weight Guides (21).

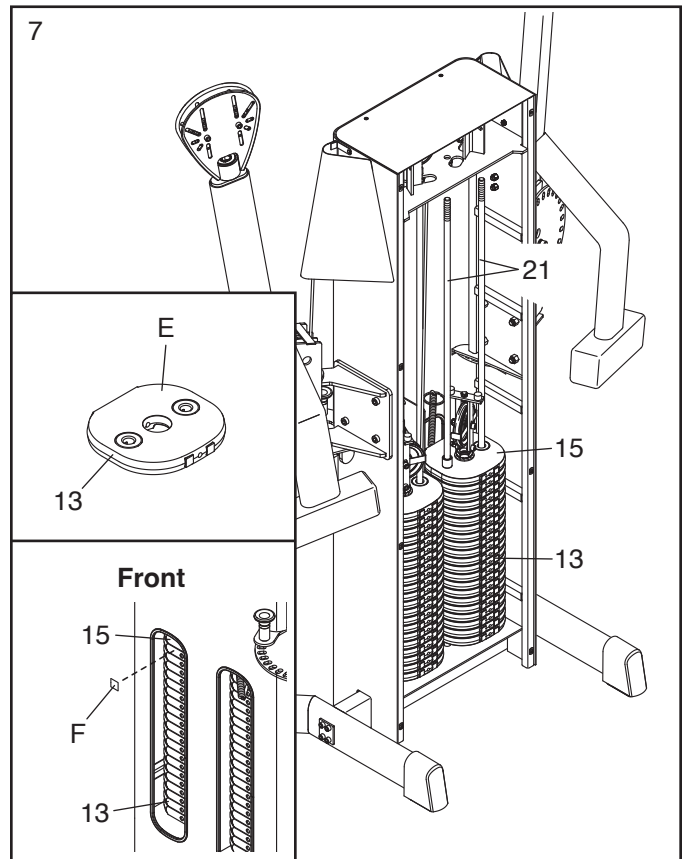


7. Orient twenty Weights (13) as shown in the upper inset drawing; **make sure that the smooth sides (E) are facing upward**. Slide the Weights onto the indicated Weight Guides (21). **Note: If there are numbered decals (F) on the Weights, make sure to slide the Weight with the highest number onto the Weight Guides first.**

Next, slide the Top Weight (15) and the attached Left Weight Selector (not shown) onto the left Weight Guides (21).

If the Weights (13) do not have numbered decals (F), locate the included sheet of numbered decals. Apply a numbered decal to the Top Weight (15) and to each Weight in the location shown in the lower inset drawing; **make sure to apply the decal with the lowest number to the Top Weight.**

Repeat this step on the other side of the strength equipment.

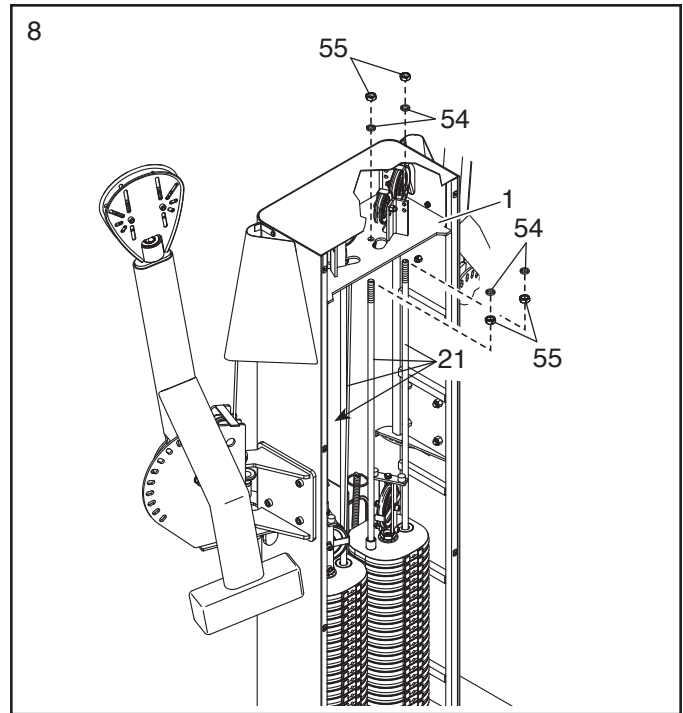


8. Tighten a 5/8" Jam Nut (55) as far as possible onto a Weight Guide (21), and then slide a 5/8" Split Washer (54) onto the Weight Guide.

Next, raise the Weight Guide (21) as far as possible into the Tower (1).

Then, slide another 5/8" Split Washer (54) onto the Weight Guide (21), and tighten another 5/8" Jam Nut (55) onto the Weight Guide.

Repeat this step for the remaining three Weight Guides (21).

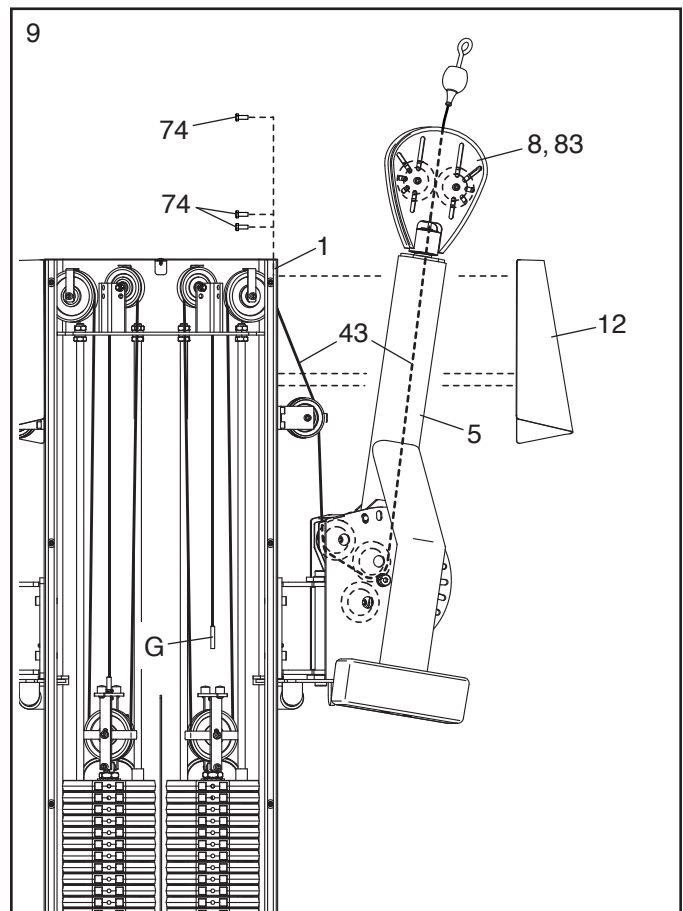


9. Remove the three indicated 1/4" x 5/8" Screws (74) and the Left Cable Cover (12) from the Tower (1).

Next, route the threaded end (G) of one of the Cables (43) downward through the indicated Swivel Brackets (8, 83), through the Left Arm (5), and through the Tower (1) as shown. **See the CABLE DIAGRAM on page 16 and route the Cable around the pulleys as shown.**

Tip: It may be helpful to loosen the nuts and bolts attaching the cable traps as you route the Cable (43) around the pulleys. After you route the Cable, retighten the nuts and bolts.

Make sure that the cable traps are oriented as shown in the CABLE DIAGRAM on page 16; if the Cables (43) rub against the cable traps, the Cables will become damaged.



10. **See the inset drawing.** Tighten a 3/8" Nut (16) about halfway onto the threaded end of the Cable (43).

Next, slide a 3/8" Serrated Washer (20) onto the Cable (43) and insert the Cable into the hole in the top of the left U-bracket (65).

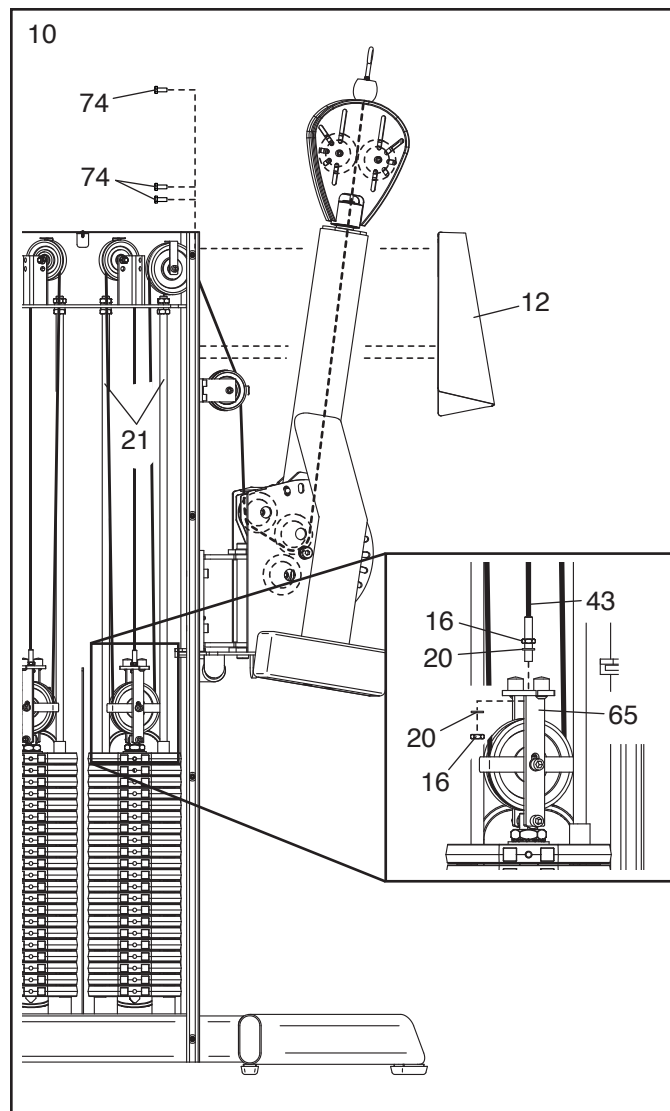
Then, slide another 3/8" Serrated Washer (20) onto the Cable (43) and tighten another 3/8" Nut (16) onto the Cable.

Then, reattach the Left Cable Cover (12) with the three 1/4" x 5/8" Screws (74).

Repeat step 9 and this step on the other side of the strength equipment.

See WEIGHT GUIDE LUBRICATION on page 15 and lubricate the Weight Guides (21). Then, see CABLE ADJUSTMENT on page 15 and properly tighten the Cables (43).

See step 5. Reattach the Access Cover (2) with ten 1/4" x 3/4" Screws (79); **start all ten Screws, and then tighten them.**

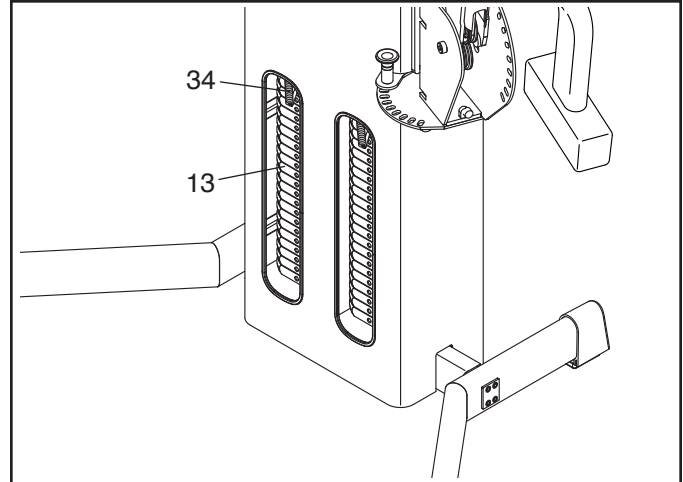


11. **Make sure that all parts of the strength equipment are properly tightened.** To attach the handles and the ankle strap, see page 14. Some hardware may be left over after assembly is completed.

ADJUSTMENT

CHANGING THE WEIGHT SETTING

To change the weight setting of either weight stack, insert the Weight Pin (34) into the hole in the desired Weight (13). **Make sure that the Weight Pin is fully inserted into the Weight Selector (not shown) inside the weight stack.**



ADJUSTING THE ARMS

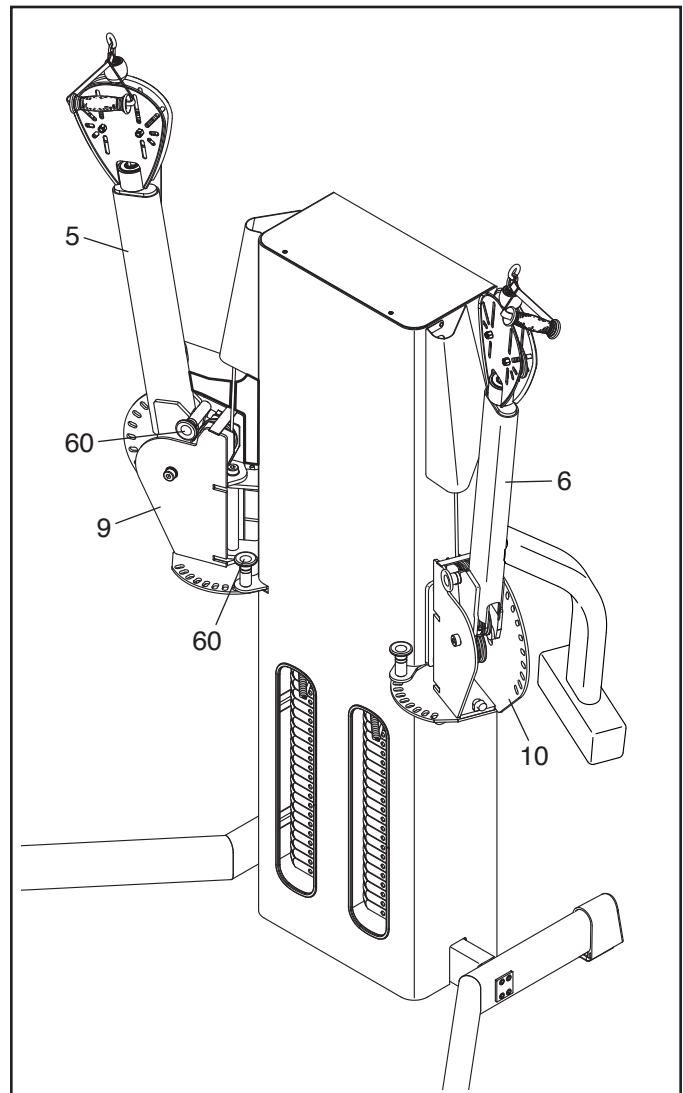
To adjust the position of the Left Arm (5), pull the upper Adjustment Knob (60), rotate the Left Arm to the desired position, and then engage the Adjustment Knob in one of the adjustment holes in the Left Arm Bracket (9). **Make sure that the Adjustment Knob is engaged in one of the adjustment holes.**

Adjust the Right Arm (6) in the same way.

ADJUSTING THE ARM BRACKETS

To change the position of the Left Arm Bracket (9), pull the lower Adjustment Knob (60), move the Left Arm Bracket to the desired position, and then engage the Adjustment Knob in one of the adjustment holes in the Left Arm Bracket. **Make sure that the Adjustment Knob is fully engaged in one of the adjustment holes; the colored collar on the pin should not be visible.**

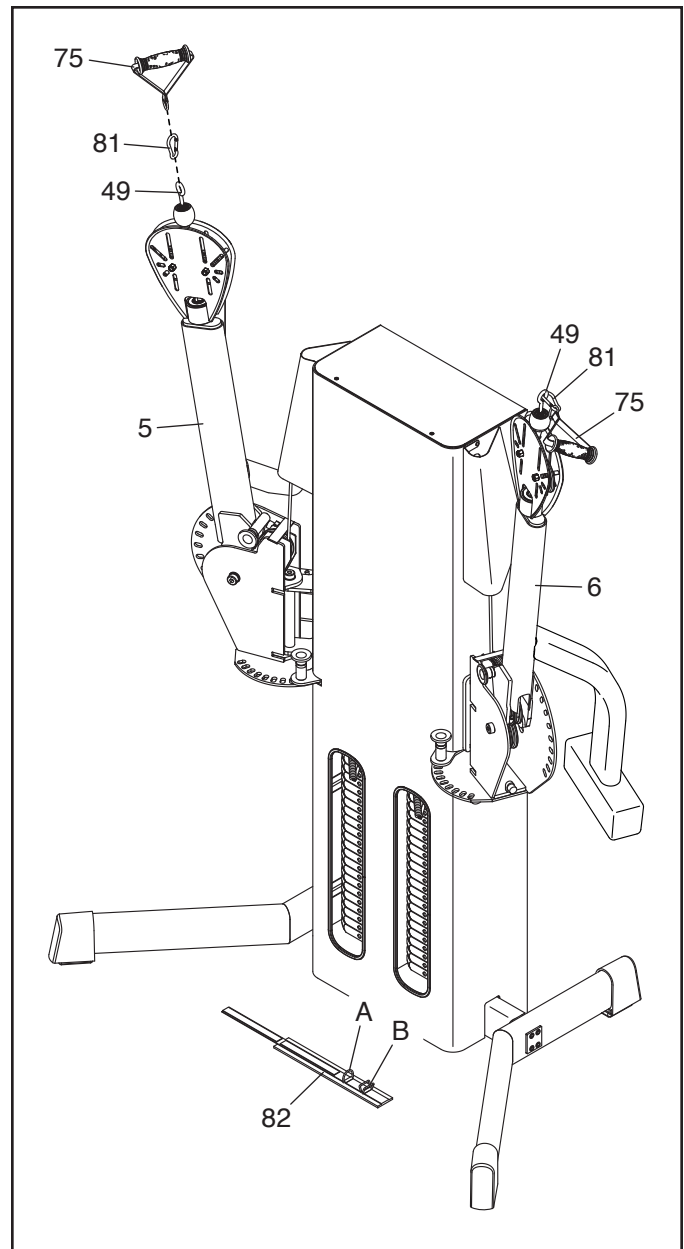
Adjust the Right Arm Bracket (10) in the same way.



ATTACHING THE HANDLES AND THE ANKLE STRAP

To use the Handles (75), attach them to the Eyebolts (49) on the Cables (not shown) with the Cable Clips (81).

To use the Ankle Strap (82), first adjust one of the Arms (5, 6) to the lowest position (see ADJUSTING THE ARMS on page 13). Next, attach the D-ring (A) on the Ankle Strap to the Eyebolt (49) on the Cable (not shown) with a Cable Clip (81). Then, adjust the Ankle Strap using the two square rings (B).



MAINTENANCE

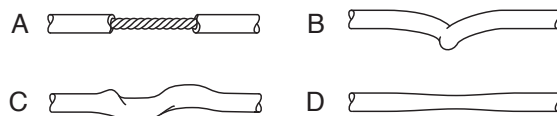
Make sure that all parts are properly tightened each time the strength equipment is used. Replace any worn parts immediately. Clean the strength equipment with a damp cloth and a mild, non-abrasive detergent; **do not use solvents to clean the strength equipment.**

WEIGHT GUIDE LUBRICATION

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

CABLE INSPECTION

Check the entire length of each 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 conditions shown at the right, which may indicate a worn cable in need of replacement.



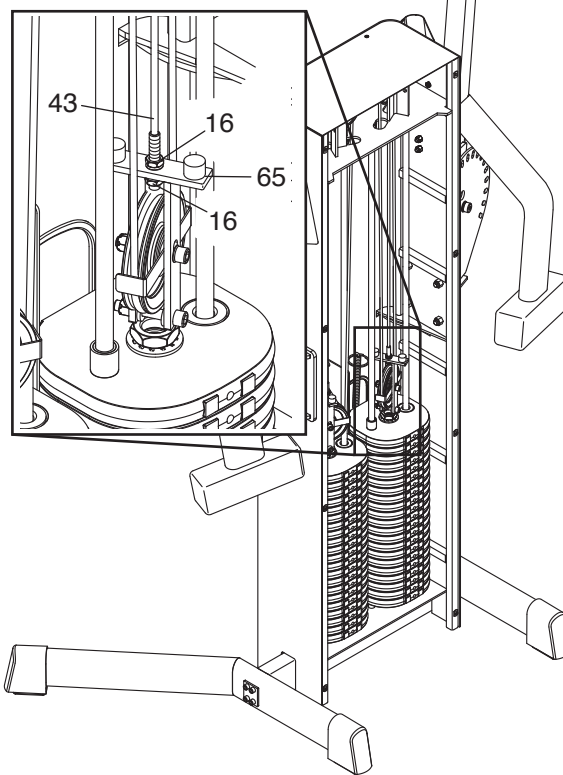
- A. torn or split cable sheath
- B. kinked or severely bent cable
- C. curled or twisted sheath
- D. stretched or thinning cable sheath

CABLE ADJUSTMENT

Woven cable, the type of cable used on the strength equipment, can stretch slightly when it is first used. If there is slack in a cable before resistance is felt, the cable should be tightened.

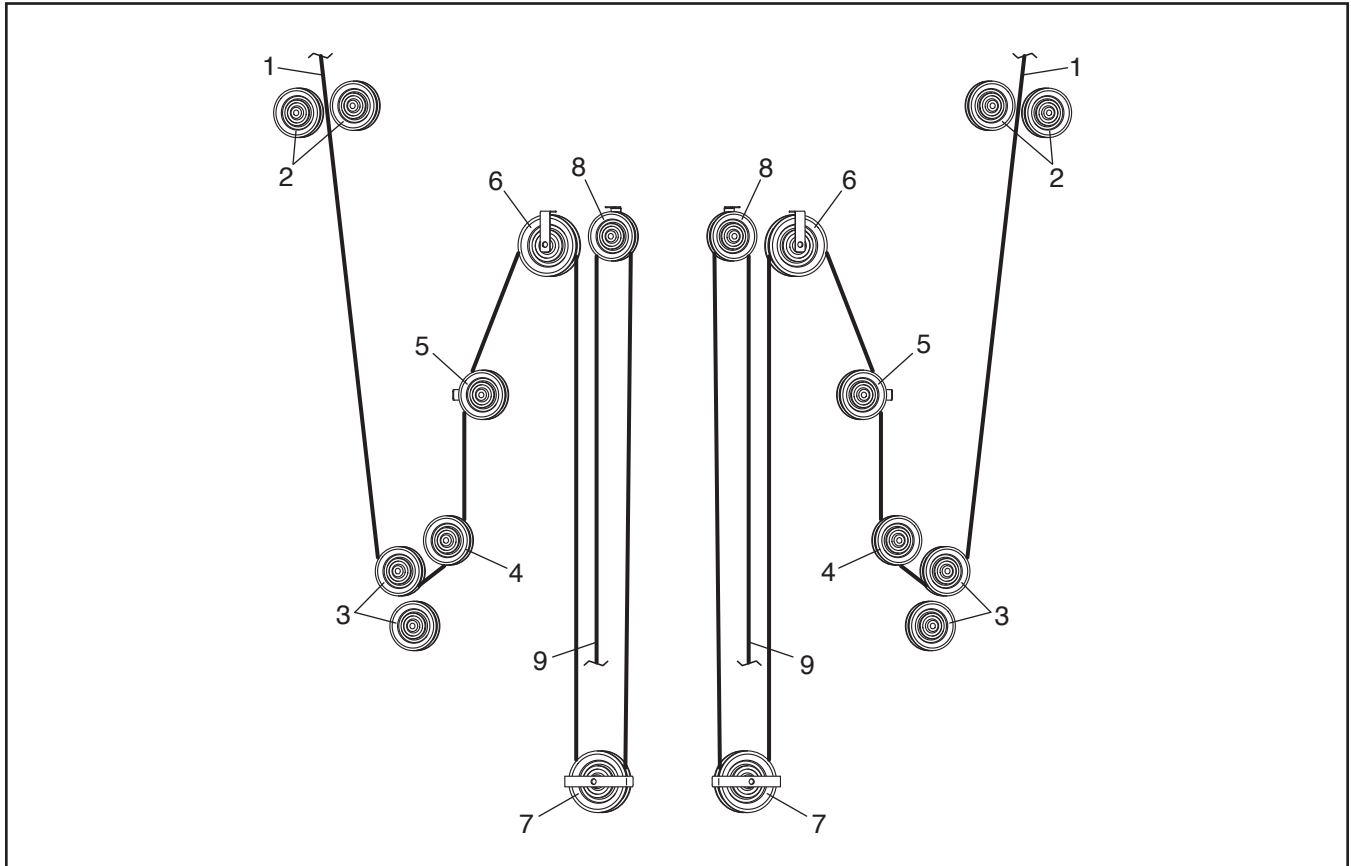
To tighten either of the Cables (43), first loosen the upper 3/8" Nut (16) that connects the end of the Cable to the U-bracket (65). Next, tighten the lower 3/8" Nut (16) until the Cable is tight. Then, tighten the upper Nut against the U-bracket.

Do not overtighten the cables. If a cable tends to slip off the pulleys often, it may have become twisted. Remove the cable and reinstall it. If a cable needs to be replaced, please see the back cover of this manual.



CABLE DIAGRAM

The numbers in the diagram below show the proper routing of the cables. Use the diagram to make sure that the cables and the cable traps are assembled correctly. If the cables and the cable traps are not assembled correctly, the strength equipment will not function properly and damage may occur. **Make sure that the cable traps do not touch or bind the cables.**



PART LIST

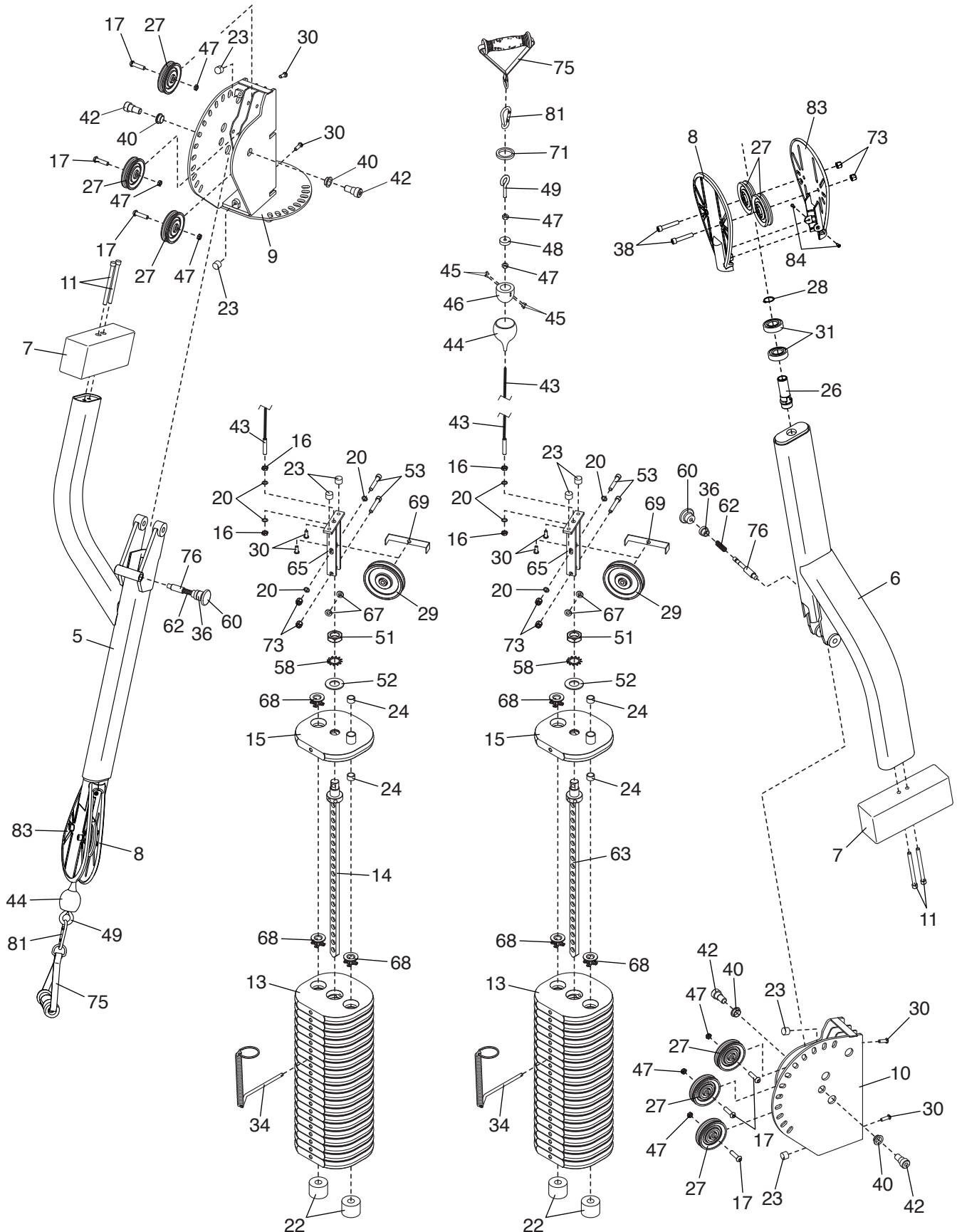
Model No. G424.0 R0325A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Tower	44	2	Coupler Cover
2	1	Access Cover	45	8	1/4"-20-unc Set Screw
3	1	Right Leg	46	2	Coupler
4	1	Left Leg	47	10	3/8"-16 Jam Nut
5	1	Left Arm	48	2	Small Bearing
6	1	Right Arm	49	2	Eyebolt
7	2	Counterweight	50	8	3/8" x 1" Screw
8	2	Swivel Bracket A	51	2	1" Nut
9	1	Left Arm Bracket	52	2	1" Thick Washer
10	1	Right Arm Bracket	53	4	3/8" x 2 1/4" Bolt
11	4	3/8" x 4 1/2" Screw	54	8	5/8" Split Washer
12	1	Left Cable Cover	55	8	5/8" Jam Nut
13	40	Weight	56	8	1/2" Locknut
14	1	Left Weight Selector	57	2	Small Adjustment Pin
15	2	Top Weight	58	2	Star Washer
16	4	3/8" Nut	59	2	Pivot
17	6	3/8" x 1 1/2" Bolt	60	4	Adjustment Knob
18	1	Tower Cover	61	2	Large Single Cable Trap
19	4	Leg Bumper	62	4	Spring
20	8	3/8" Serrated Washer	63	1	Right Weight Selector
21	4	Weight Guide	64	1	Right Cable Cover
22	4	Weight Bumper	65	2	U-bracket
23	8	Top Weight Bumper	66	2	#8 Screw
24	4	Guide Bushing	67	4	3/8" Nylon Washer
25	4	Arm Bumper	68	82	Weight Bushing
26	2	Trunnion	69	2	Double Cable Trap
27	14	3 1/2" Pulley	70	8	3/8" x 3" Screw
28	2	Snap Ring	71	2	Retainer Ring
29	4	4 1/2" Pulley	72	4	Small Single Cable Trap
30	8	5/16" Screw	73	20	3/8" Locknut
31	4	Large Bearing	74	6	1/4" x 5/8" Screw
32	—	(Not Used)	75	2	Handle
33	—	(Not Used)	76	2	Large Adjustment Pin
34	2	Weight Pin	77	2	Trim
35	8	1/4" x 3/4" Patch Screw	78	4	3/8" Washer
36	4	Adjustment Pin Cap	79	10	1/4" x 3/4" Screw
37	2	3/8" x 1 3/4" Bolt	80	4	Leg Cap
38	10	3/8" x 2" Bolt	81	2	Cable Clip
39	2	Pulley Bracket	82	1	Ankle Strap
40	8	3/4" Bushing	83	2	Swivel Bracket B
41	8	1/2" x 1 1/2" Screw	84	4	#10 x 1/2" Screw
42	8	3/4" x 1/2" Shoulder Screw	*	—	User's Manual
43	2	Cable	*	—	Weight Decal Sheet

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.

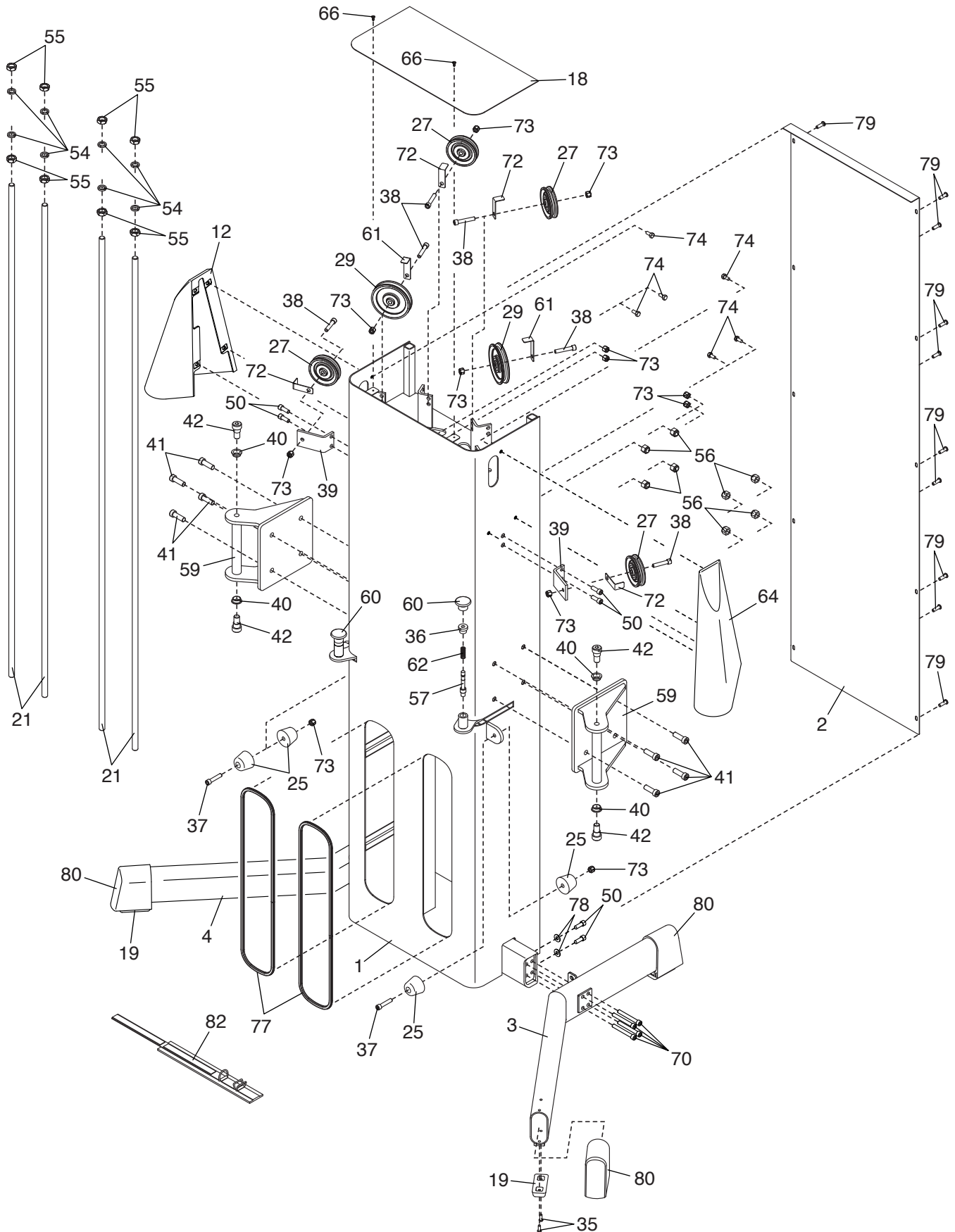
EXPLODED DRAWING A

Model No. G424.0 R0325A



EXPLODED DRAWING B

Model No. G424.0 R0325A



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

This product is warranted for use in non-dues-paying institutional settings to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not warranted for use 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.

WARRANTY PERIODS AND COVERAGE

Freemotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. To see the warranty terms for this product, go to freemotionfitness.com, find this product, and then see the product details and specifications.

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 who weight more than 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 MEMBER CARE above.