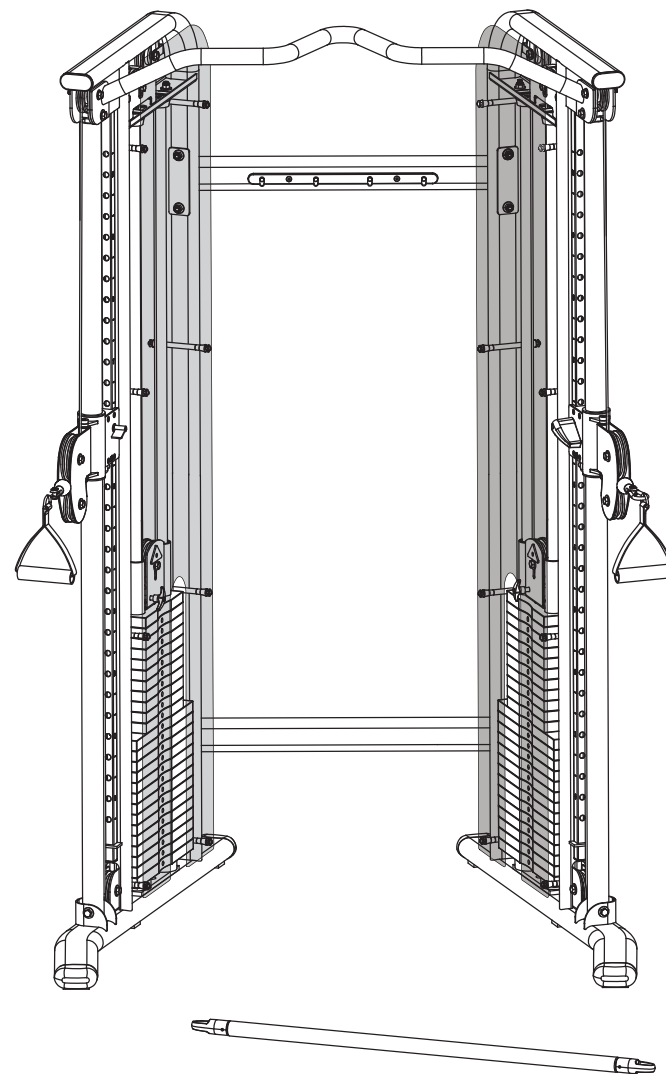


Assembly and Maintenance Guide

FTS Glide



PRECOR USA

ICARIAN
LINE

Important Safety Instructions

Before beginning any fitness program, see your physician for a complete physical examination.

Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.

When using exercise equipment, basic precautions should always be taken, including the following:

- Read all instructions and labels before using the Functional Trainer System Glide™ equipment. These instructions are written for your safety and to protect the unit.
- Do not allow children or those unfamiliar with its operation on or near the equipment. Do not leave children unsupervised around the unit.
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Wear proper exercise clothing and shoes for your workout and avoid loose clothing. Tie long hair back.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Do not overexert yourself or work to exhaustion.

- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never drop or insert objects into any opening. Keep hands away from moving parts.
- Never operate the unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Before exercising, make sure that all fasteners and cables are secure and in good working condition. Inspect the unit for loose, frayed or worn parts, fasteners, cables, and any indications that the equipment may be in need of service. If you notice any of these, obtain service immediately.
- If you determine that service is needed, move the equipment away from the exercising area. Place and OUT OF SERVICE sign on it and make sure all patrons know that they must not use the equipment.
- Do not use outdoors.

Personal Safety During Assembly

- **It is strongly recommended that a qualified dealer assemble the equipment. Assistance is required.**
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the FTS Glide™ on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access.

Obtaining Service

Do not attempt to service the FTS Glide yourself except for the maintenance tasks described in this guide. This unit does not contain any user-serviceable parts.

For information about product operation, refer to the instructional label. For service, refer to the Precor web site at www.precor.com. Should you need more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at www.precor.com/contact.

If you call or e-mail Customer Service, have the serial number and part numbers available.

You can find the serial number printed on a label affixed to the side of the FTS Glide. For future reference, write the serial number in the space provided below.

Serial number: _____

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1

Before You Begin

Thank you for purchasing the FTS Glide. This unit is part of the Precor Strength line of quality strength training machines, which let you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment, please study this guide thoroughly.

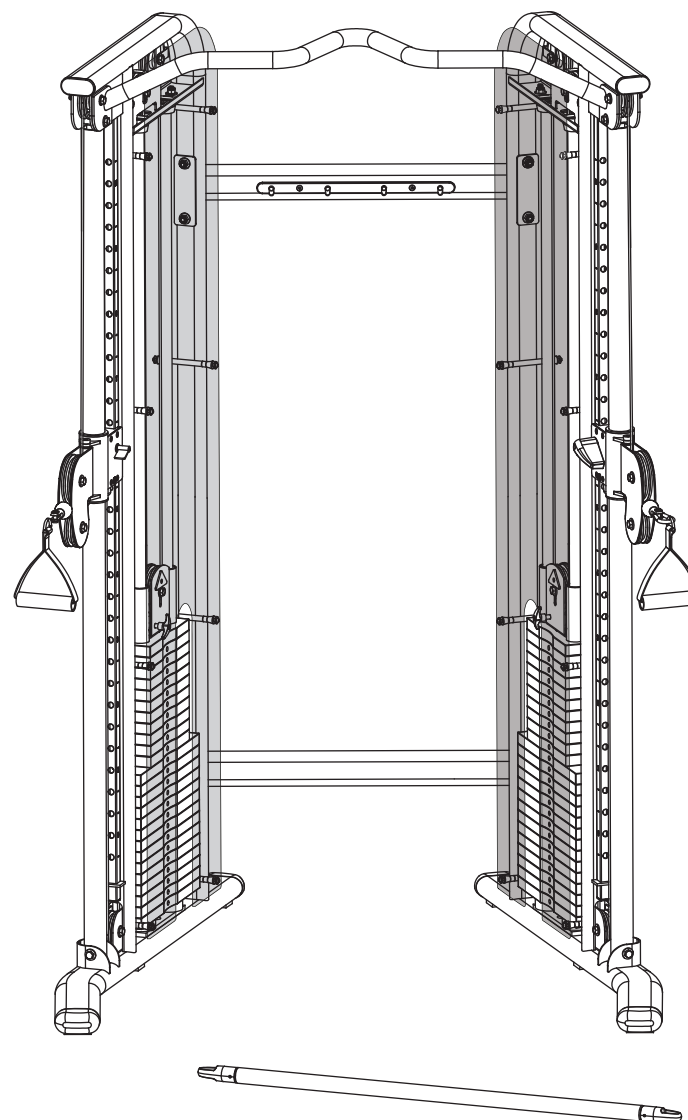
Unpacking the Equipment

The FTS Glide is carefully tested and inspected before shipment. Precor Strength ships the unit in several pieces that require assembly. Ask for assistance during the assembly process.

- Review the *Installation Requirements* found on the next page.
- When instructed to open a box, carefully unpack the pieces and lay them on the floor near the location where you plan to use the equipment.

Be careful to open boxes and assemble components in the sequence presented in this manual.

If any items are missing, contact the dealer from whom you purchased the unit. For more information, refer to *Obtaining Service*.



Before You Begin

2

Preparations

CAUTION: To set up this unit, you will need assistance. Do not attempt assembly by yourself.

You must review and follow the instructions in this guide. If you do not assemble and use the FTS Glide according to the following guidelines, you could void the Precor Limited Warranty.

Required Tools

Tools that you need to obtain before assembling the unit include:

- ☐ Standard set of metric hex keys
- ☐ Two 3/16-inch wrenches
- ☐ Wire cutter (cuts plastic tie wraps)
- ☐ Step ladder

Note: Use box-end, open-end, or standard crescent wrenches.

Installation Requirements

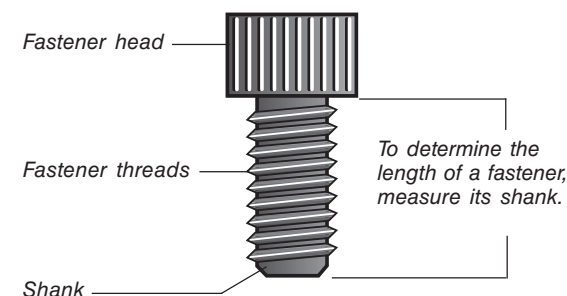
Follow these installation requirements when assembling the unit:

- **Fill out and mail the warranty registration card.**
- **Set up the FTS Glide on a solid, flat surface.**
A smooth, flat surface under the unit helps keep it level.
- **Provide ample space around the machine.**
Open space around the machine allows for easier access.
- **Insert all fasteners in the same direction.** For aesthetic purposes, insert all the fasteners in the same direction unless specified (in text or illustrations) to do otherwise.
- **Leave room for adjustments.** With so many assembled parts, proper alignment and adjustment is critical. Tighten fasteners (such as screws, nuts, and bolts), so the unit is stable, but leaves room for adjustments. **Do not fully tighten fasteners until instructed (in the steps) to do so.**

Assembly Tips

- A black 6-inch scale with white numbers is provided at the bottom of every assembly instruction page. Use this scale to identify the correct fastener size. The head of a fastener is not used in measuring the length.

To find out the length of a particular fastener, measure its shank (the long, narrow part beneath the head). Refer to the following diagram:



- Silver fasteners are used within the silver painted areas. Black fasteners are used when assembling the gray painted surfaces.
- Some pieces have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.
- Read all caution notes on each page before completing that step.
- While you may be able to assemble the FTS Glide by reading the illustrations only, refer to the text for important safety cautions and notes.

3

Assembly Instructions

Assembly of the FTS Glide takes professional installers about 1 hour to complete. If this is the first time you have assembled this type of equipment, plan on significantly more time.

Professional installers are highly recommended!

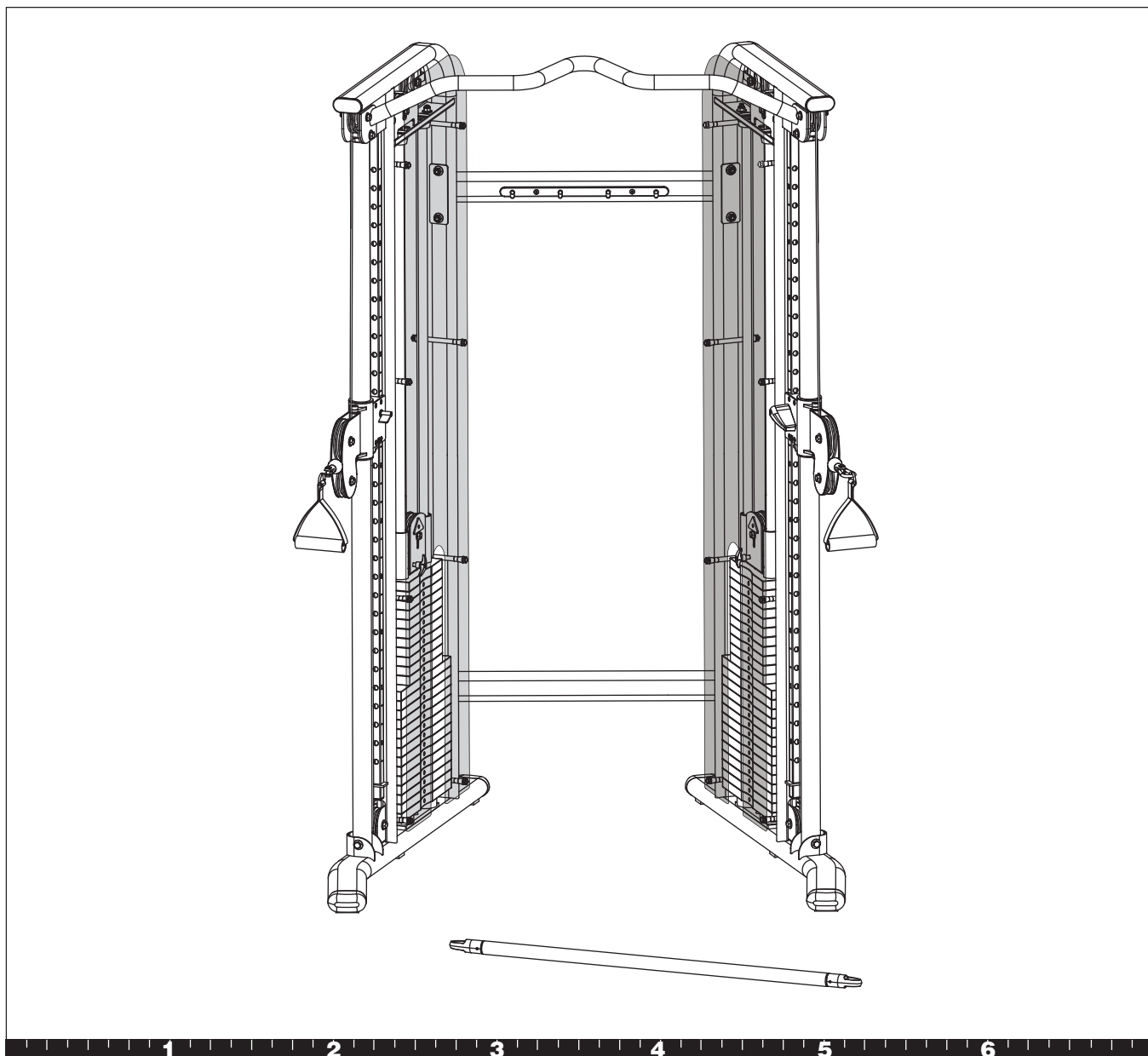
However, if you acquire the appropriate tools, obtain assistance, and follow the assembly steps sequentially, the process will take time, but is fairly easy.

CAUTION: Obtain assistance! Do not attempt to assemble the FTS Glide by yourself. Review *Installation Requirements* before proceeding with the following steps.

The FTS Glide comes in two long boxes with 10 smaller boxes of weights:

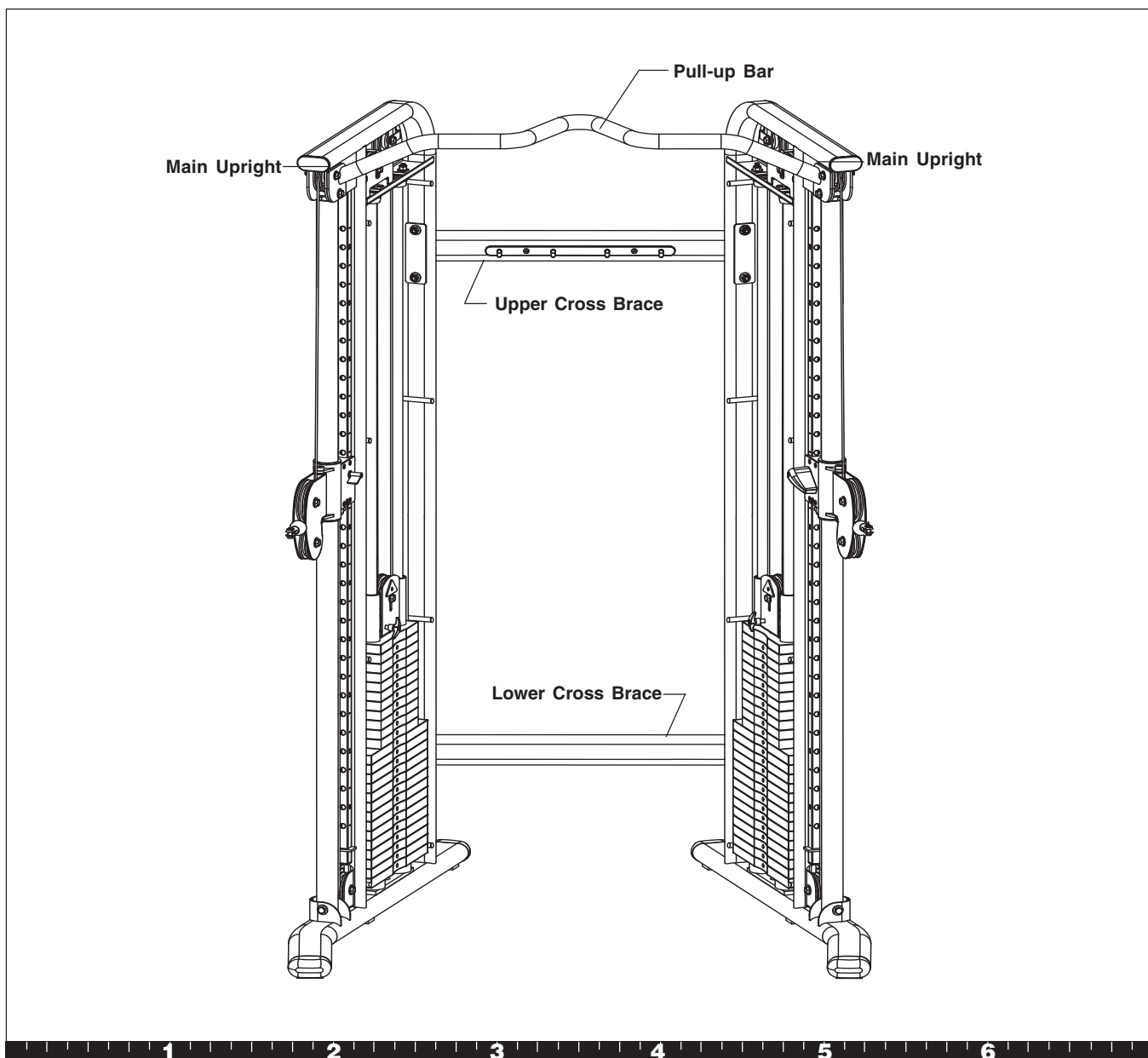
- Two boxes of four 10-lb. weights
- Four boxes of five 10-lb. weights
- Four boxes of five 5-lb. weights

Each Weight Stack contains 200 lbs. The weight plates make up 190 lbs. and the Top Weight Assembly provides the final 10 lbs.



Open Box 1

In this section, you will assemble the Main Structure of the FTS Glide. The illustration shows how the Main Structure will look when you have completed its assembly.

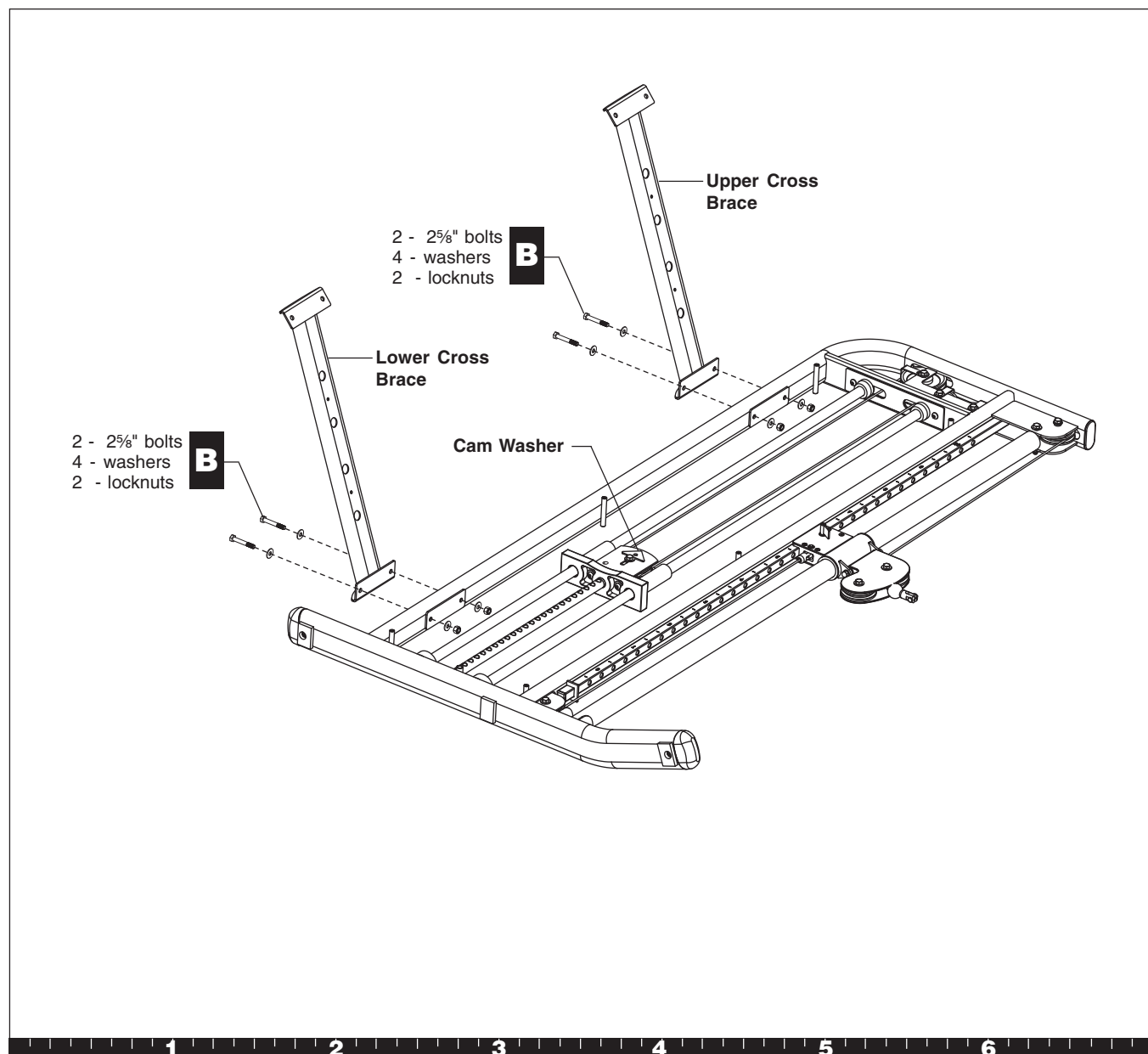


Open Box 1

1. Assemble Main Structure

- A. Lay the Main Uprights on the floor where you plan to use them and remove all packing material. Be sure the Cam Washers on the Top Weight Assemblies are facing up.
- B. Attach the Upper and Lower Cross Braces to one Main Upright using
 - four 2 $\frac{5}{8}$ -inch hex head bolts
 - eight washers
 - four locknuts
 Finger tighten.

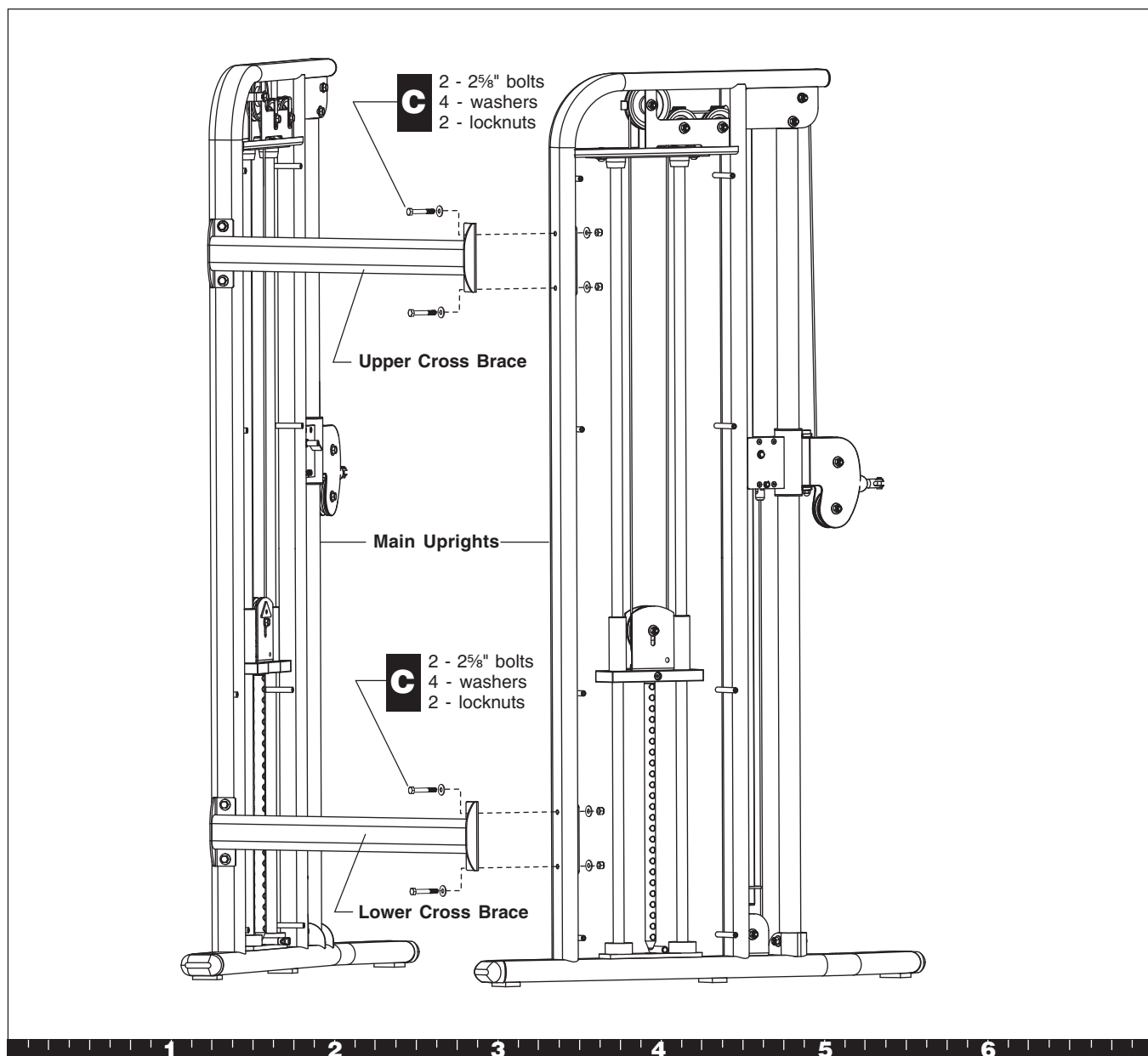
Important: To keep each cross brace aligned properly and the fasteners intact, do not lean on or apply pressure to either cross brace.



Step 1. Assemble Main Structure

- C. Lift and stabilize the two Main Uprights. Have an assistant hold the Main Uprights steady while you align the Upper and Lower Cross Braces and secure them using
 four 2⁵/₈-inch hex head bolts
 eight washers
 four locknuts

Use your fingers to thread the bolts while adjusting the alignment of the Main Uprights. To allow for adjustments, loosely secure the fasteners. Make sure the assembly is stable and balanced before your assistant lets go of the Main Uprights.



Step 1. Assemble Main Structure, continued

Note: You may need a step ladder to install the Pull-up Bar.

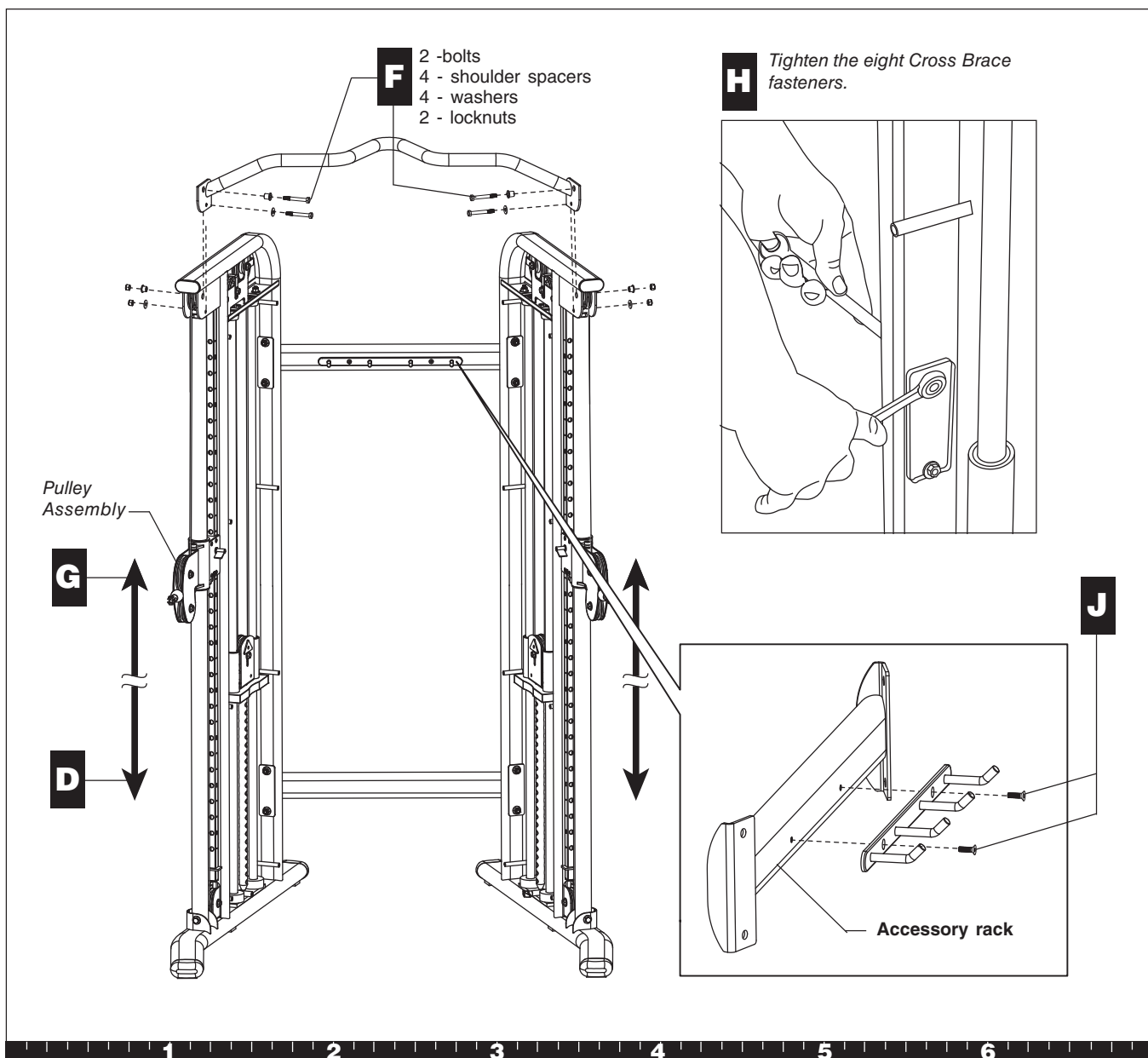
- D. Slide both Pulley Assemblies to the base of the Main Uprights. Lift the Blue Handle up so it disengages from the track, and then lower the Pulley Assembly. Let go of the Blue Handle to lock the Pulley Assembly into position.

CAUTION: The top fasteners secure a 3½-inch pulley to each Main Upright. When you remove the fasteners, the pulleys will fall out of the upper bracket and may cause injury to you or damage to the equipment. Make sure you have an assistant hold the pulley while you remove the fasteners.

- E. Ask your assistant to hold each pulley as you remove the fasteners on the Main Uprights. Set the pulleys and fasteners aside.
- F. Have your assistant align the Pull-up Bar with the Main Uprights and hold it in place while you reinsert the fasteners, spacers, and pulleys. Finger tighten the four locknuts.

Important: Make sure you secure the top of the Main Uprights with the lower two fasteners.

- G. Move both Pulley Assemblies to the top of the Main Uprights.
- H. Use two ⅞-inch wrenches to tighten the fasteners on the Lower and Upper Cross Braces. Then, tighten the fasteners on the Pull-up Bar.
- J. Attach the accessory rack by removing two silver fasteners from the blister pack.
- K. Align the rack and insert the two fasteners. Wrench tighten.
- L. Set aside any accessories and handles found in Box 1.

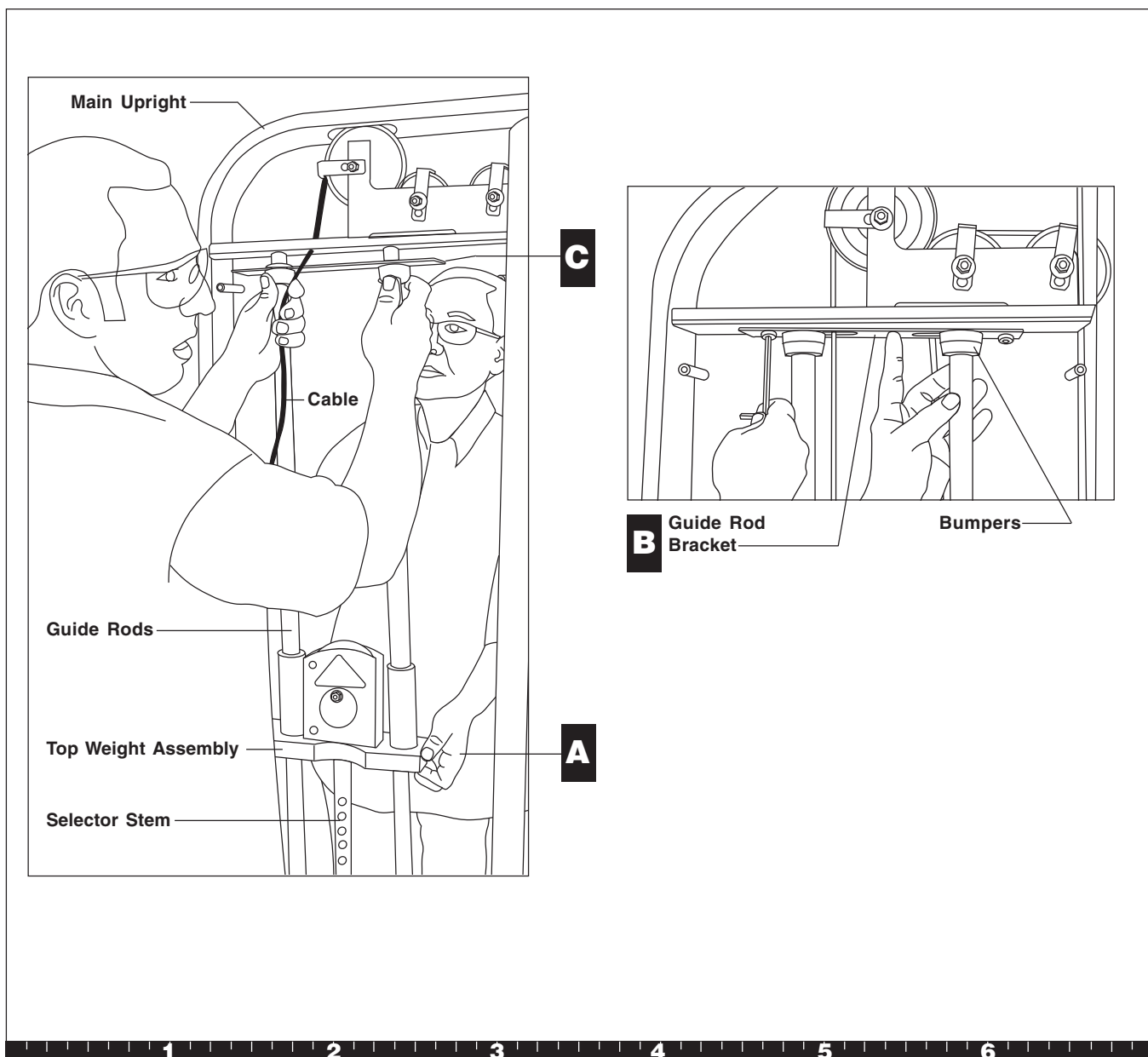


Step 1. Assemble Main Structure, continued

2. Assemble Weight Stack

Note: Perform the following steps on each Main Upright. Complete the assembly steps for one side before moving the other Main Upright.

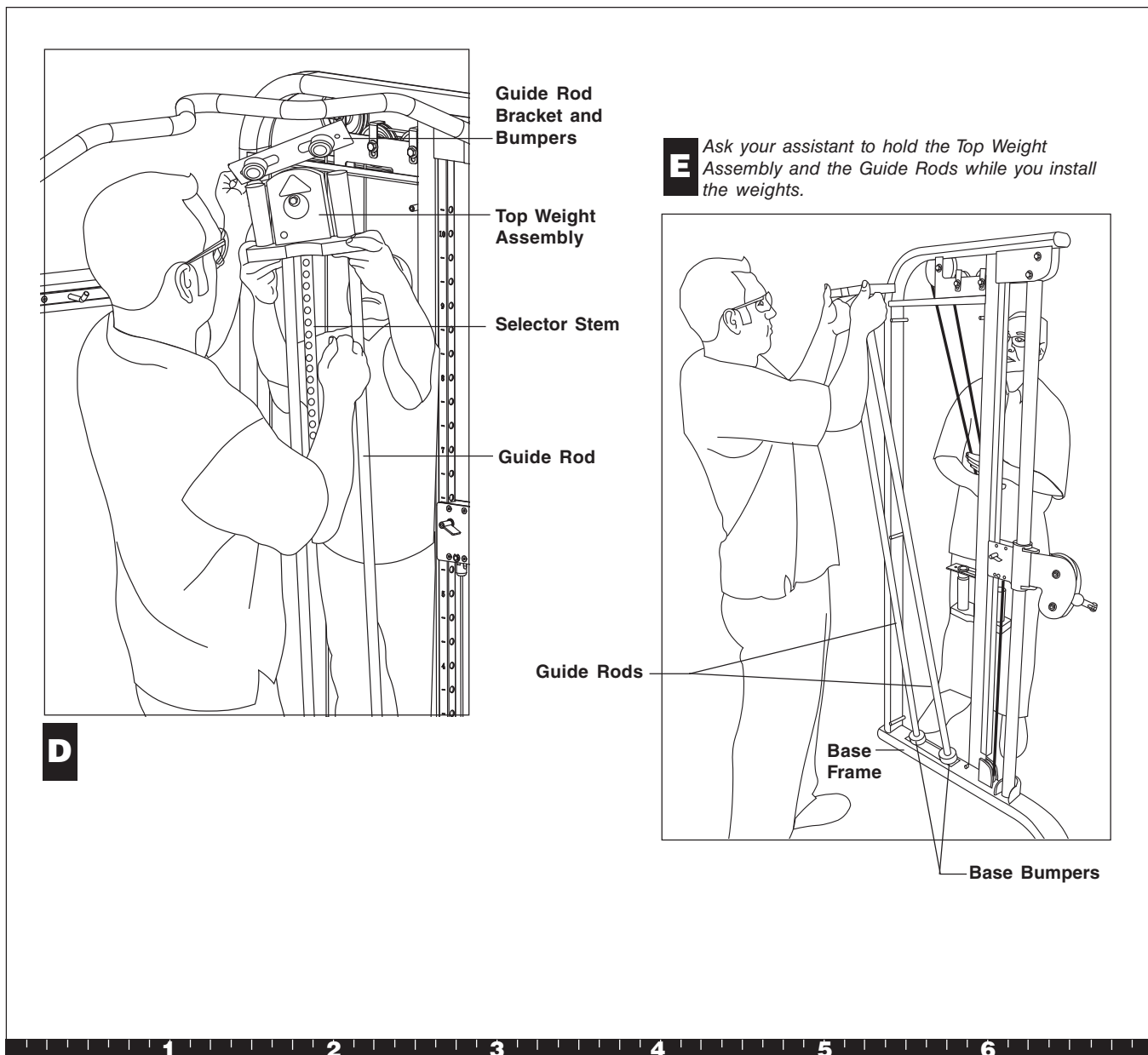
- A. To remove cable tension, have your assistant lift the Top Weight Assembly and hold it. Refer to the illustration.
- B. Use a 6mm hex key to remove the two buttonhead screws, three washers, and one locknut that secure the Guide Rod Bracket.
- C. Remove the Guide Rod Bracket and Bumpers and set them aside.



Step 2. Assemble Weight Stack

- D. Have your assistant slide the Top Weight Assembly and Selector Stem off the Guide Rods. Ask your assistant to hold the Top Weight Assembly and the Guide Rods while you install the weights.
- E. Add the fourteen 10-lb. weights and the ten 5-lb. weights. (Refer to the illustration for step K.) Note that the curve on the weight plate faces inside. Hold your finger over the plastic bushing in each weight to prevent the bushing from popping out.

CAUTION: The weights are heavy! Handle the weights carefully so as not to drop them or injure yourself. Pick up and place one weight at a time on the Guide Rods. Do not angle the Guide Rods to such a degree that they dislodge the Base Bumpers and come out of the Base Frame.

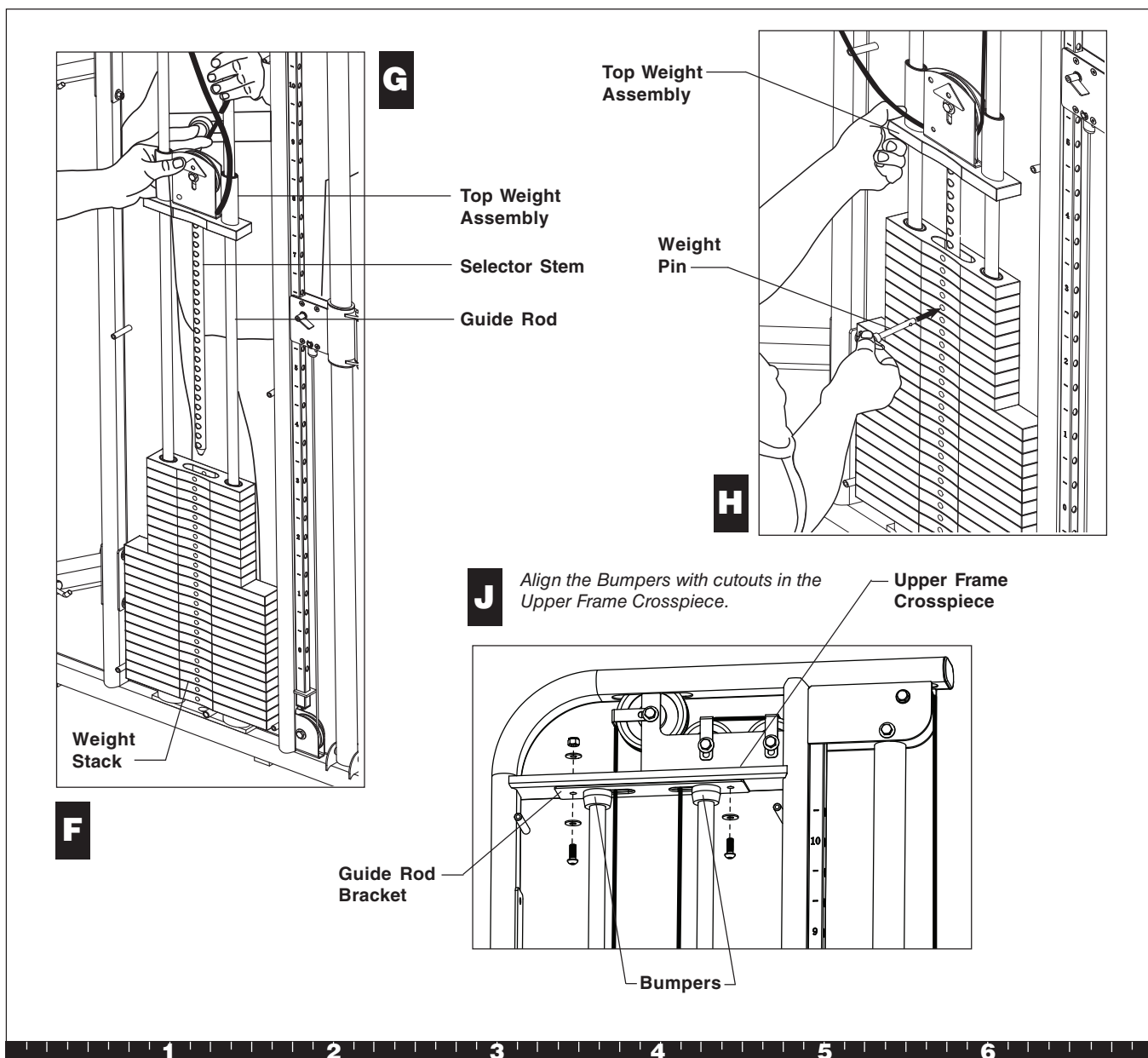


Step 2. Assemble Weight Stack, continued

- F. Hold the Guide Rods while your assistance replaces the Selector Stem and Top Weight Assembly.

Important: During reassembly, do not lower the Guide Rod Bracket more than three inches along the Guide Rods. Have your assistant hold the Guide Rods firmly because they can be pulled out of the Base Bumpers. It is difficult to replace the Guide Rods in an assembled Weight Stack. If the Guide Rods become dislodged, you will need to disassemble the Weight Stack to make sure that the Guide Rods are seated properly in the Base Frame.

- G. Ask your assistant to hold the Guide Rods while you check the cables to make sure they are centered between the Guide Rods. Remove any twists in the cables.
- H. To relieve cable tension, lift the Top Weight Assembly about a foot above the Weight Stack and secure the Selector Stem with the Weight Pin.
- J. While your assistant continues to hold the Guide Rods, realign the Bumpers with the cutouts in the Upper Frame Crosspiece. Replace the Guide Rod Bracket using two buttonhead screws, three washers, and one locknut (removed in step 2B). Wrench tighten.



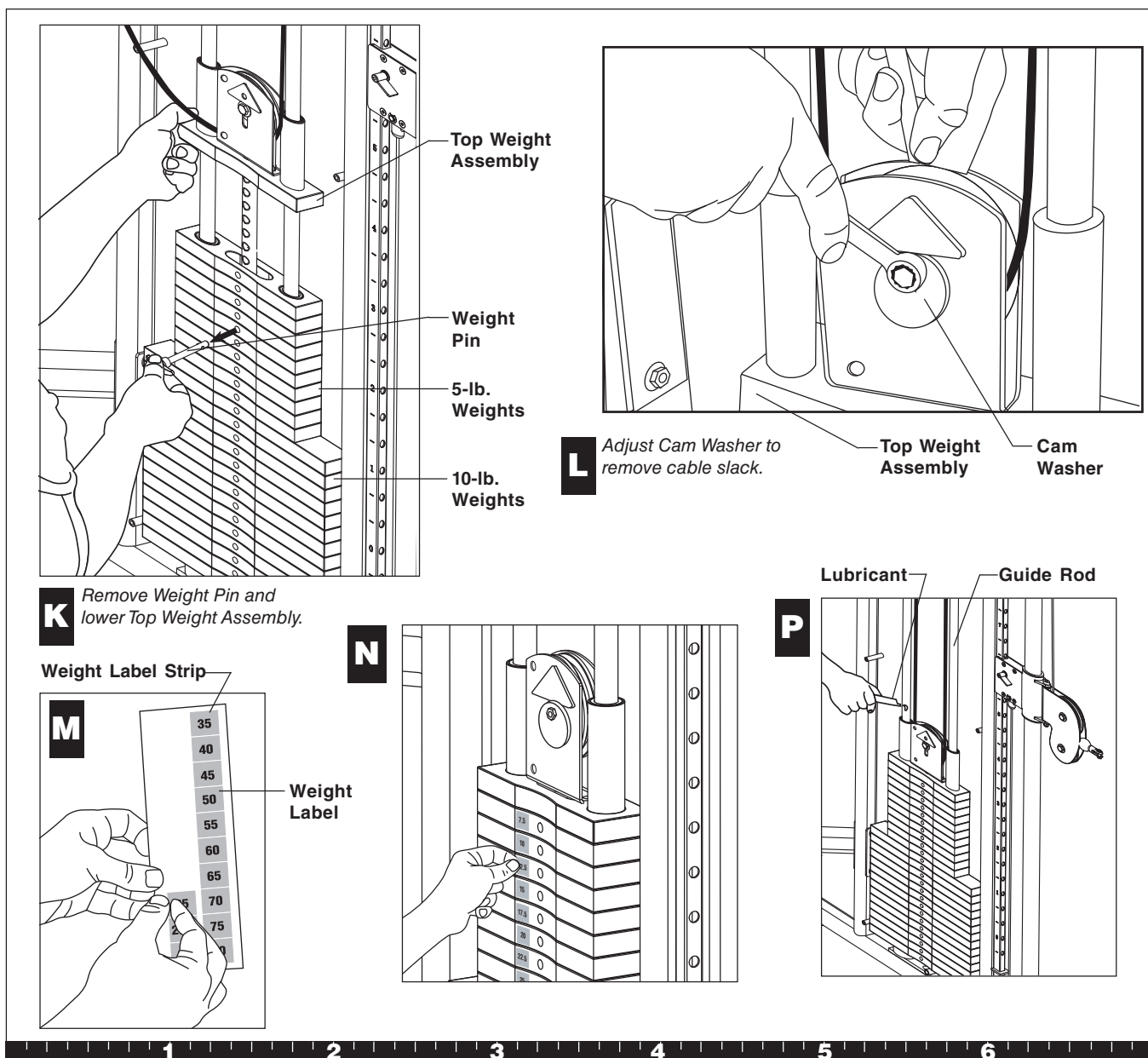
Step 2. Assemble Weight Stack, continued

- K. Remove the Weight Pin and gently lower the Top Weight Assembly onto the Weight Stack.
- L. Remove the slack in the cable. Use two $\frac{9}{16}$ -inch wrenches to loosen the fastener that holds the Cam Washer. Rotate the Cam Washer to remove any slack in the cable. Check the Top Weight Assembly to make sure it remains well-seated on the Weight Stack and then wrench tighten the Cam Washer fasteners.

Important: Before attaching the Weight Labels, wash your hands to remove dirt and grease.

- M. Peel the Weight Label off the Weight Label Strip.
- N. Peel the backing off the Weight Label to expose the adhesive and place a label on each Weight Plate. The recommended location of the label is toward the rear of the unit.
- P. Apply lubricant to each Guide Rod.

CAUTION: The lubricant can stain clothes. Wear proper attire when lubricating the Guide Rods.

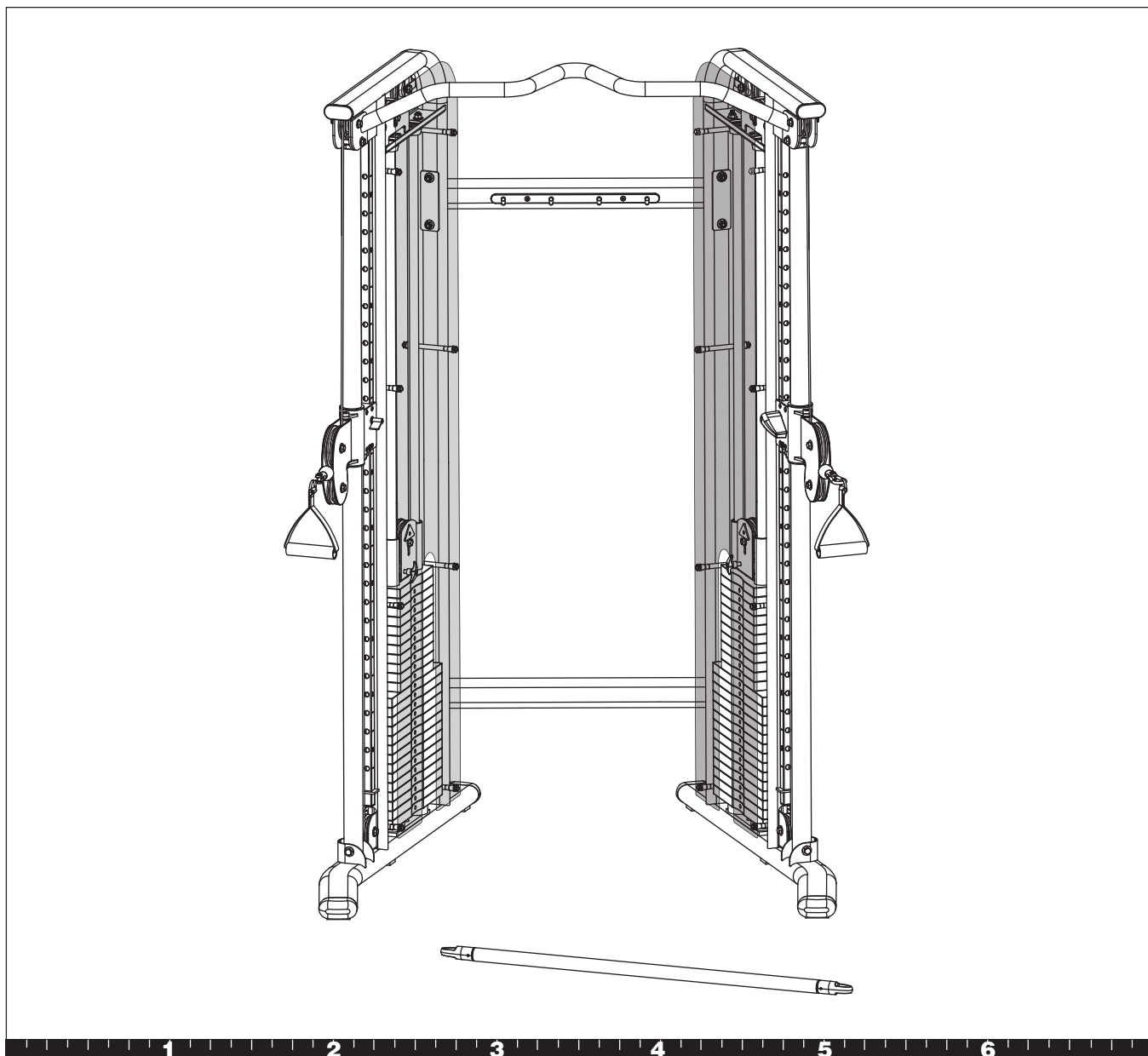


Step 2. Assemble Weight Stack, continued

Open Box 2

Use wire cutters to open the box.

The illustration shows the entire FTS Glide assembly once you have completed installing the contents of Box 2.



Open Box 2

3. Attach Shrouds

Two Shrouds are attached to each Main Upright. Complete the assembly steps for one side before moving to the other Main Upright.

Important: Handle the Shroud with care. The acrylic Shrouds require special handling as they are easily scratched. For proper care and maintenance, refer to the Adjustments and Maintenance section in this guide.

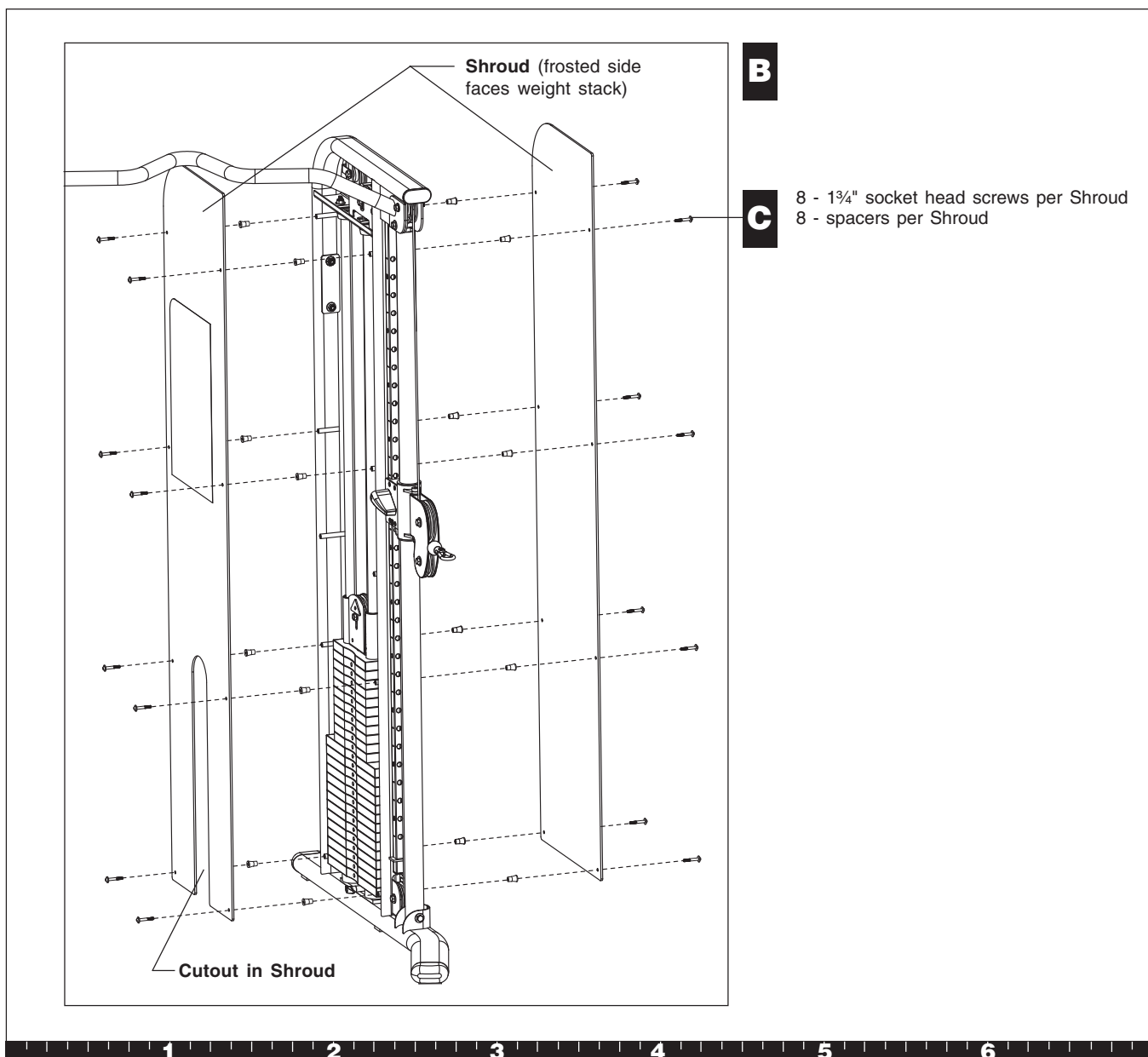
A. The frosted side of the Shroud faces the Weight Stack. Install the Shrouds so the cutouts allow access to the Weight Stack Pin.

B. Attach a Shroud to each side of the Main Upright using eight 1¾-inch socket head screws and eight spacers.

Note: Start with the two bottom mounts and work toward the top. Ask your assistant to hold the Shroud in place while you insert the spacers and fasteners. Position the spacer so its larger diameter rests against the shroud. Alternately finger tighten all eight fasteners while adjusting the alignment.

C. Wrench tighten all the fasteners using a 5mm hex key.

CAUTION: Do not over tighten. You can crack or warp the Shroud if too much pressure is applied to the fasteners.



Step 3. Attach Shrouds

4. Attach Handles and Accessories

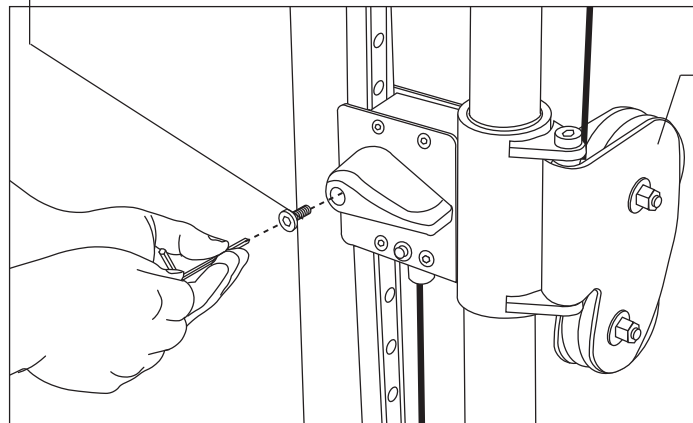
- A. Install a blue handle on each Pulley Assembly using one 4mm socket head screw. Wrench tighten with a hex key.

Note: To adjust the outside pulley location, lift the blue handle and slide it to the desired location.

- B. Attach the two Soft Handles or a Soft Ankle Strap to the end of the cable using a Spring Clip.

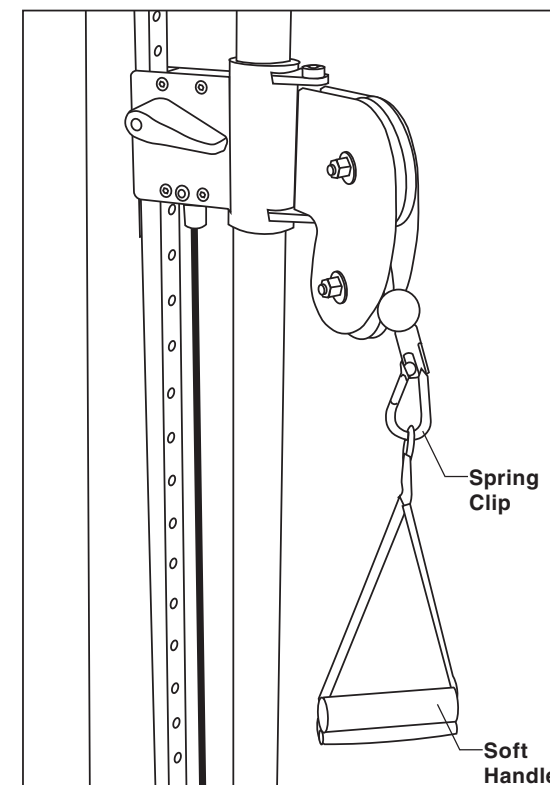
This completes the assembly of your FTS Glide Strength-Training Fitness Equipment.

A 1 - 4mm socket head screw
on each Pulley Assembly



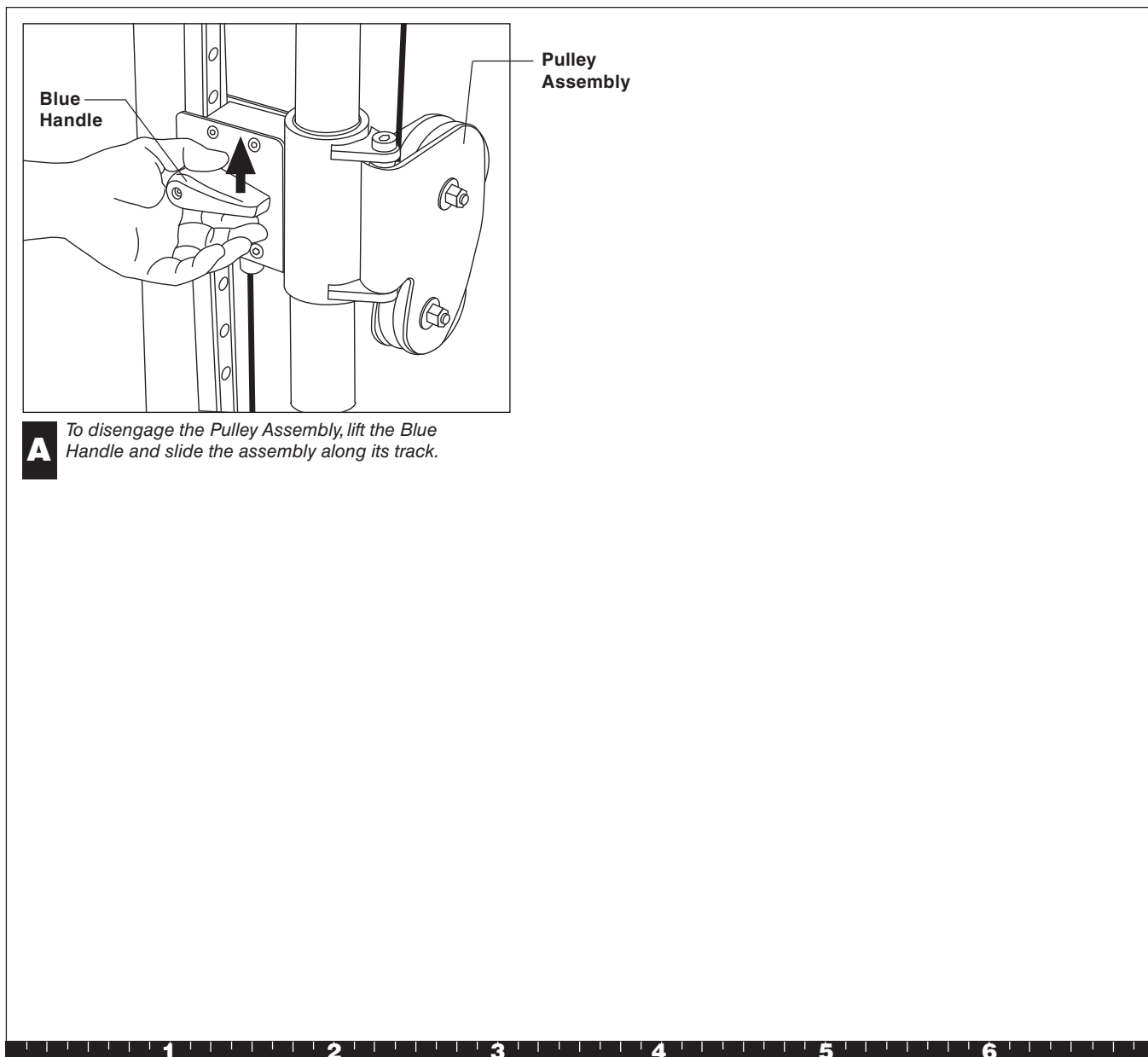
Pulley Assembly

B Install the Soft Handle or
Soft Ankle Strap.



5. Move the Pulley Assemblies

- A. To raise the Pulley Assembly, simply push the Blue Handle up along the track. The Pulley Assembly automatically locks into position.
- B. To lower the Pulley Assembly, lift the Blue Handle up so it disengages from the track and then lower the Pulley Assembly. Let go of the Blue Handle to lock the Pulley Assembly into position.



Step 5. Move the Pulley Assemblies

4

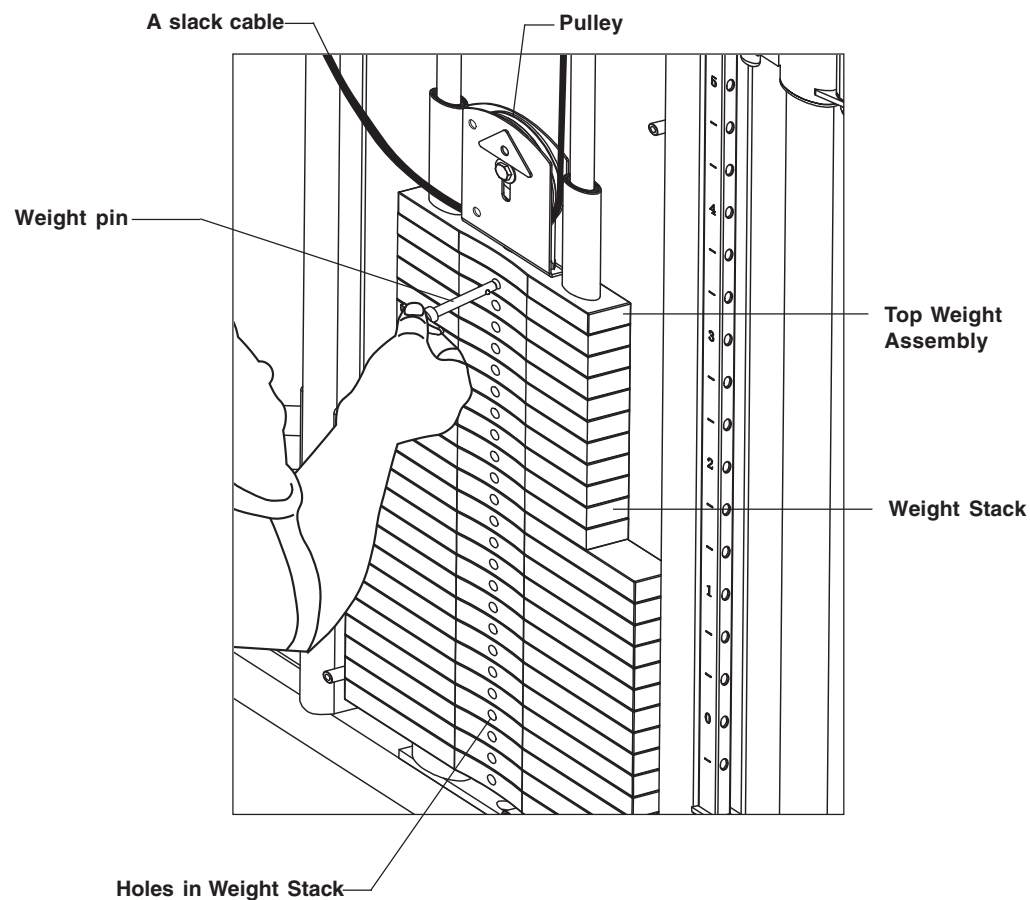
Adjustments and Maintenance

When the FTS Glide is completely assembled, you need to check the cables for proper tension. Obvious signs that cable problems exist include:

- ✓ Top Weight Assembly does not rest squarely on the top weight of the Weight Stack.
- ✓ Cable rubs the inside edges of the pulleys.
- ✓ Excess slack exists in the cable.
- ✓ Weight Pin cannot be easily inserted in or removed from each hole in the Weight Stack.
- ✓ Selector Stem rubs inside the Weight Stack.

CAUTION: Take the time to perform the following steps. If the cables do not have the proper tension you could void the Precor Limited Warranty.

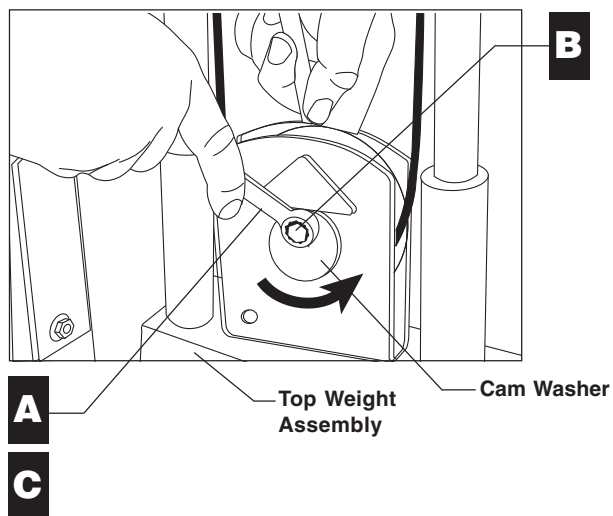
If you experience any of these cable problems, remove the Weight Pin from the Weight Stack to ensure the least cable resistance and then make the proper cable adjustments.



1. Cable Adjustments

The Cam Washer makes it easy to adjust the cable.

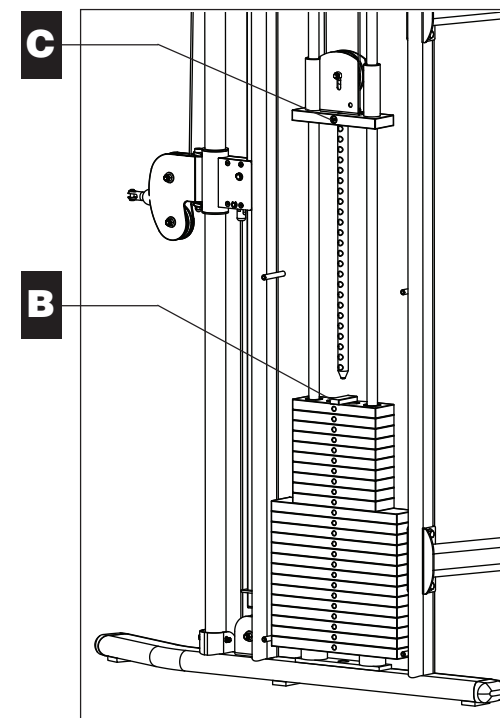
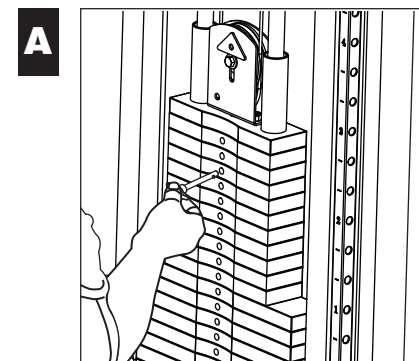
- A. To remove the slack in the cable. Use two $\frac{9}{16}$ -inch wrenches to loosen the fasteners that hold the Cam Washer.
- B. Rotate the Cam Washer so that the slack is removed.
- C. Check the Top Weight Assembly to make sure it remains well-seated on the Weight Stack and then wrench tighten the Cam Washer fasteners.
- D. Check the Selector Stem alignment by inserting the Weight Pin into every hole on the Weight Stack.



2. Selector Stem Adjustments

If the Selector Stem consistently strikes the inside of the weight stack or it is misaligned with the Weight Stack hole, you can re-center the Selector Stem by taking the following steps:

- A. To free the Selector Stem, remove the Weight Pin from the Weight Stack.
 - B. Pull up the Selector Stem and place a cover over the opening in the Weight Stack. Rest the Selector Stem on the cover.
 - C. Use an 8mm hex key to loosen the socket head bolt in the center of the Top Cap Weight.
- Important:** Do not remove the socket head bolt.
- D. Remove the cover from the Weight Stack and lower the Selector Stem so the Top Cap Weight rests on the Weight Stack.
 - E. To lock the Selector Stem, insert the Weight Pin into the Weight Plate hole at the bottom of the Weight Stack.
 - F. Wrench-tighten the socket head bolt in the center of the Top Cap Weight.
 - G. Check the adjustment by inserting the Weight Pin into every Weight Plate hole. The Weight Pin should slide easily in and out of each Weight Plate and Selector Stem.
 - H. Insert the Weight Pin into the appropriate Weight Plate for your level of fitness.
 - J. Replace the Shroud, if necessary.

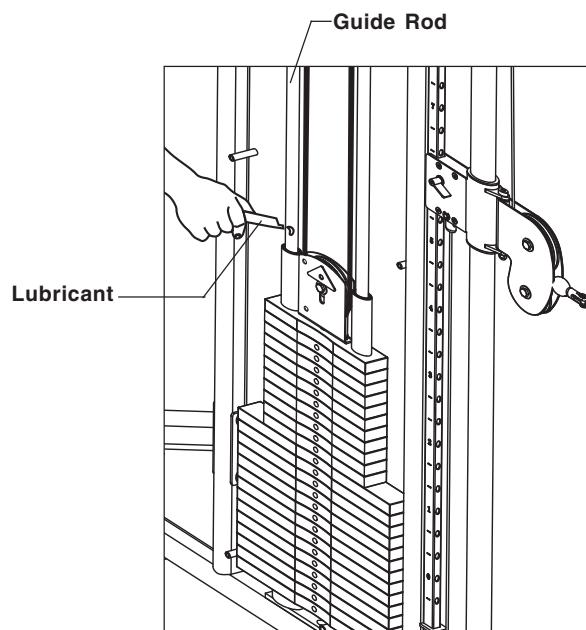


3. Maintenance

Guide Rods

- A Apply one tube of lubricant to each Guide Rod.
- B. Lubricate the Guide Rods every six months.

CAUTION: The lubricant can stain clothes. Wear proper attire when lubricating the Guide Rods.



Inspection

Inspect the unit daily.

Look and listen for frayed or worn parts, loose fasteners, cable tensions issues, unusual noises, and any other indications that the equipment may be in need of service.

You are responsible for the proper maintenance of the unit as discussed in this manual. For other service issues, contact Customer Support. Refer to *Obtaining Service*.

Shrouds

CAUTION: Clean the Shrouds with product specifically labeled as safe for acrylic. Use a clean, nonabrasive cloth and light pressure to avoid scratching the acrylic surface.

The acrylic Shrouds on the FTS Glide are easily scratched or damaged through improper cleaning techniques. To avoid problems, dust the shrouds often with a clean, lint-free cloth and light pressure. Avoid rubbing dirt or grit into the surface. If you use glass cleaner or a similar product, make sure the label states that it is safe to use on Plexiglas® or acrylic products.

Important: DO NOT use ketones, aromatics, esters, halogens, window cleaning sprays, alcohol, kitchen scouring compounds, or solvents (such as acetone, benzene, gasoline, carbon tetrachloride, or thinners). Do not use ammonia-based cleaning solutions because the ammonia destroys the plastic coating.

To remove light scratches on the smooth side only, use a buffing compound such as, car wax. Lightly buff the acrylic sheet using a clean buffer until the scratches disappear.

Limited Warranty

Precor, Incorporated (PRECOR) will repair or replace any of the following components which are defective as to materials or workmanship for products manufactured and sold after June 1, 1990:

ICARIAN & STRETCH CENTER:

Lifetime:	Structural Steel Framework
Five Years:	Rotary Bearings, Weight Stacks, Pulleys, Guide Rods, Structural Moving Parts
One Year:	Cable, Linear Bearings, Springs
Ninety Days:	Upholstery, Handgrips, All Other Items Not Listed

Notwithstanding the above, all warranties provided by PRECOR shall terminate upon transfer of ownership of the equipment by the original owner. PRECOR may require the Customer to affirm that he is the original owner of the equipment before providing warranty services. This warranty does not extend to any components which become defective due to abuse, misuse, or lack of proper maintenance or if the equipment under warranty has been modified or altered in anyway. The Customer seeking repair or replacement of defective equipment must notify PRECOR at the address set forth on the back cover of such defect, admit PRECOR authorized service representatives during normal business hours to effect repairs and pre-pay all defective equipment within thirty (30) days of its receipt of notice of the defect from a Customer or the equipment itself.

THIS WARRANTY IS LIMITED TO REPAIR AND/OR REPLACEMENT OF DEFECTIVE EQUIPMENT. Except to the extent it is precluded from doing so in a particular state or other jurisdiction by applicable law. PRECOR DISCLAIMS ANY AND ALL OTHER WARRANTIES WHETHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. Moreover, if any damage or defect is caused by the transport carrier, such claims must be filed with the carrier at the time of delivery. PRECOR DISCLAIMS ANY AND ALL RESPONSIBILITY FOR SUCH DAMAGE OR DEFECT, NO DEALER, EMPLOYEE, SALES REPRESENTATIVE OR AGENT HAS ANY AUTHORITY TO MAKE ANY WARRANTIES OR REPRESENTATIONS CONCERNING PRECOR EQUIPMENT BEYOND THOSE SET FORTH IN THIS WARRANTY AND IN OTHER OFFICIAL PRECOR LITERATURE: AND PRECOR DISCLAIMS ALL RESPONSIBILITY FOR ANY

SUCH UNAUTHORIZED WARRANTIES OR REPRESENTATIONS.

An individual purchasing PRECOR equipment in California for personal, family or household purposes has the right to have defective equipment serviced or repaired during the warranty period. The warranty period will be extended for the number of whole days that the equipment is out of the buyer's hands for warranty repairs. If a defect exists within the warranty period, the warranty will not expire until the defect has been fixed. The warranty period will also be extended if the warranty repairs have not been performed due to delays caused by circumstances beyond the control of the buyer, or if the warranty repairs did not remedy the defect and the buyer notifies PRECOR or its authorized dealer or sales representative of the failure of the repairs within sixty (60) days after they were completed. If after a reasonable number of attempts, the defect has not been fixed, the buyer may return the equipment for a replacement or a refund subject, in either case, to deduction of a reasonable charge for usage. This time extension does not affect the protections or remedies the buyer has under other laws. Purchasers of PRECOR strength equipment have the right to bring an action at law or in equity to resolve disputes concerning or to enforce the provisions of this warranty. Some states do not allow the exclusion of limitations of incidental or consequential damages and/or limitation on how long an implied warranty lasts, so the above limitations or exclusions may not apply to all Customers. This warranty gives Customers specific legal rights; Customers may also have other rights which may vary from state to state.

FTS Glide Specifications

Length: 48.5 inches (123 cm)

Height: 85 inches (216 cm)

Width: 53 inches (135 cm)



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NOTICE:

Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor's product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.

FTS Glide Lit Kit CW33614-102
Warranty Statement CW31973-102
16 July 2007