

# Axiom Series Pectoral Fly / Rear Deltoid

OP-FLY

Assembly Instructions





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\*Also check [www.lifefitness.com](http://www.lifefitness.com) for local representation or distributor/dealer

## User and Service Documents Link

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<https://www.lftechsupport.com/web/document-library/documents>

Additional information is available online using the link above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

Vous trouverez plus d'informations en ligne à l'aide du lien ci-dessus.

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

Informações adicionais estão disponíveis on-line, através do link acima.

Дополнительная информация доступна в интернете по ссылке, указанной выше.

Mediante el enlace anterior podrá acceder a información adicional en línea.

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

Допълнителна информация можете да намерите онлайн, като използвате връзката по-горе.

Mitjançant l'enllaç anterior podreu accedir a informació addicional en línia.

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

ከላይ የተቀመጠውን አገናኝ(ሊንክ) በመጠቀም መረጃዎች አንላይን ያገኛሉ።

Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

Wubetumi anya nsem afoforo aka ho wo websait so denam asem a ewa atifi ho a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες ονλάιν χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף זמין באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

Viðbótarupplýsingar eru fáanlegar á netinu með því að smella á tengilinn hér fyrir ofan.

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

Informații suplimentare sunt disponibile online, utilizând link-ul de mai sus.

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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[www.lifefitness.com](http://www.lifefitness.com) • 1015205-0001 AA • 2020

# 1. Safety

## Safety Information


It is the sole responsibility of the purchaser of Life Fitness Family of Brands products to read the owner's manual and warning labels and instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT Life Fitness Family of Brands CUSTOMER SERVICE IMMEDIATELY AT 1-800-351-3737.

This equipment is categorized as class S per EN ISO 20957-1. As such this equipment is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact Life Fitness Family of Brands with any questions regarding this classification.

It is recommended that all users of Life Fitness Family of Brands exercise equipment be informed of the following information prior to use.

### Operating Warnings

 **WARNING:** This product can expose you to chemicals including Methyl Isobutyl Ketone, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to <http://www.P65Warnings.ca.gov>

- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.
- This equipment is not intended for use by children. Keep children under the age of 13 away from the machine.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.

### Access Control

- Life Fitness Family of Brands recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner.

### Installation

- Life Fitness Family of Brands recommends that all equipment be secured to a solid, level surface to stabilize it and eliminate rocking or tipping over. This must be performed by a licensed contractor. See [Bolt to Floor Guide](#) for installation procedure.

### Proper Usage

- Do not use any equipment in any way other than as designed or intended by the manufacturer. It is imperative that Life Fitness Family of Brands equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad, pulley or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.

### Inspection

- DO NOT attempt to use or repair any accessory approved for use with the equipment which appears to be damaged or worn.
- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all Life Fitness Family of Brands equipment, use only replacement parts supplied by Life Fitness Family of Brands.
- Cables and belts pose an extreme liability if used when damaged. Always replace any cable at first sign of wear (consult Life Fitness Family of Brands if uncertain).
- Maintain labels and name plates - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Life Fitness Family of Brands customer service for a replacement.
- Equipment Maintenance - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.

- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Life Fitness Family of Brands will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.
- Before use, examine all accessories approved for use with the Life Fitness Family of Brands equipment for damage or wear.

### **Selectorized**

- Use only weight selector pins supplied by seller on weight stacks. Substitutes are forbidden.
- Fully insert weight selector pins. Partial insertion can cause weights to fall unexpectedly.
- Never pin the weight stack in an elevated position.
- Never remove selector pin if any weights are suspended.
- Never attempt to release jammed weights or parts.
- Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by seller.

### **Warnings and Cautions**

- Warning labels indicate a potentially hazardous situation that could result in serious injury or death if the precautions are not observed.
- Caution labels indicate a potentially hazardous situation that could result in serious injury or damage to machine if the precautions are not observed.
- Contact [Customer Support Services](#) to replace any worn or damaged labels.

# Product Labels


## General Warning

**! WARNING**

**SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!**

1. Before using, read all the warnings and obtain instruction on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect machine and attachments before use. **DO NOT** use if the machine or attachments appear damaged. **DO NOT** attempt to fix broken or jammed machine or damaged attachments. Notify staff immediately.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Seek assistance.
7. Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
8. Use only the incremental weights supplied by the manufacturer. **DO NOT** use dumbbells or other means to add resistance to the machine.
9. Children must not be allowed near this machine. Supervise teenagers.
10. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
11. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

## Serial Number

*LifeFitness*  

9525 WEST BRYN MAWR AVE  
ROSEMONT, IL 60018  
USA 1-800-351-3737  
CAGE Code: 0CMY5

EN ISO 20957 Class S

www.LifeFitness.com

Model: **XXX**  
Made in Hungary

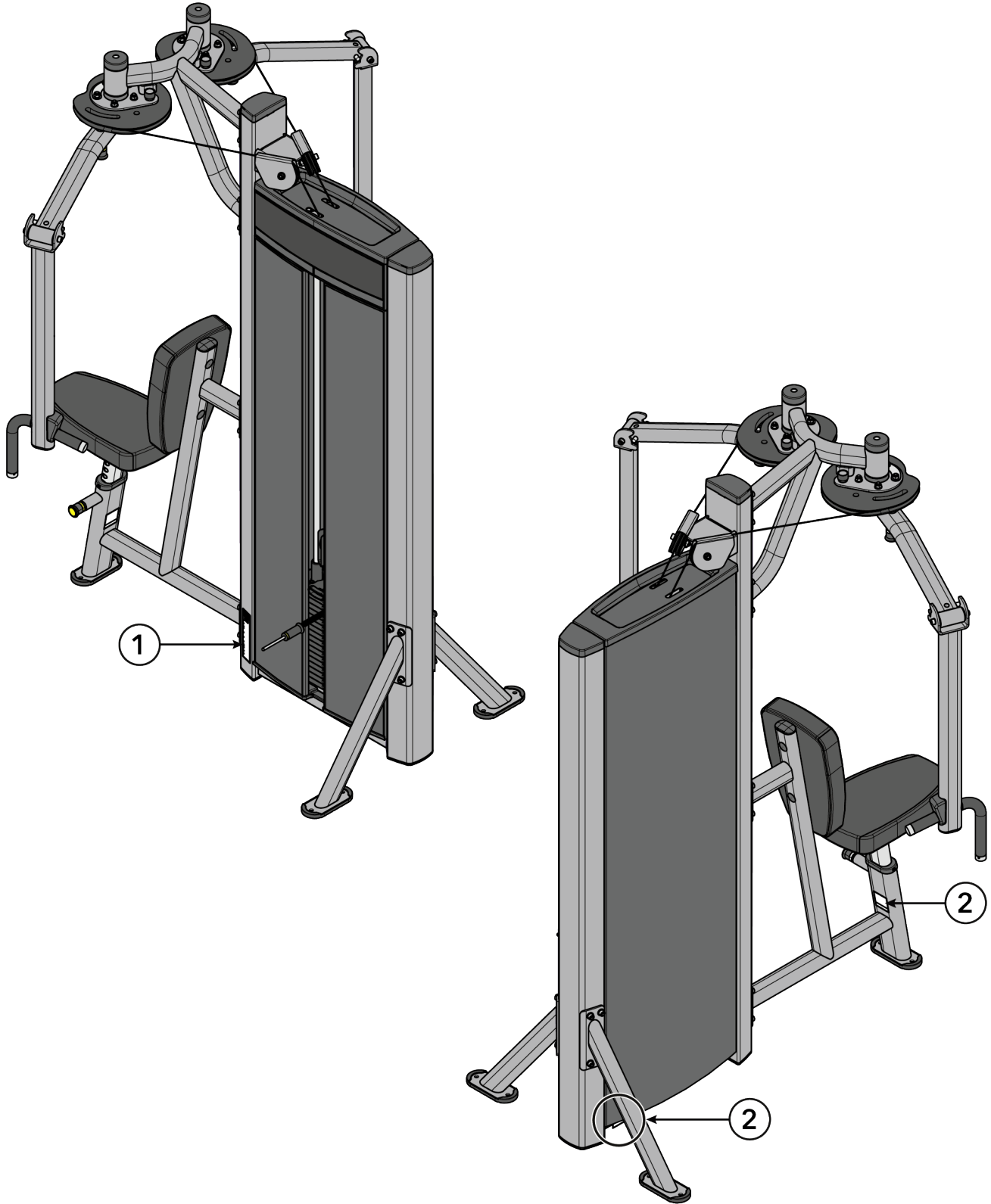
Max User Wt: **XXXlbs XXXkgs**  
Max Training Wt: **XXXlbs XXXkgs**

SN: **XXXXXXXXXXXX**





# Label Locations



Item	Description	Qty.
1	General Warning	1
2	Serial Number	2

## 2. Assembly

### Component and Hardware List

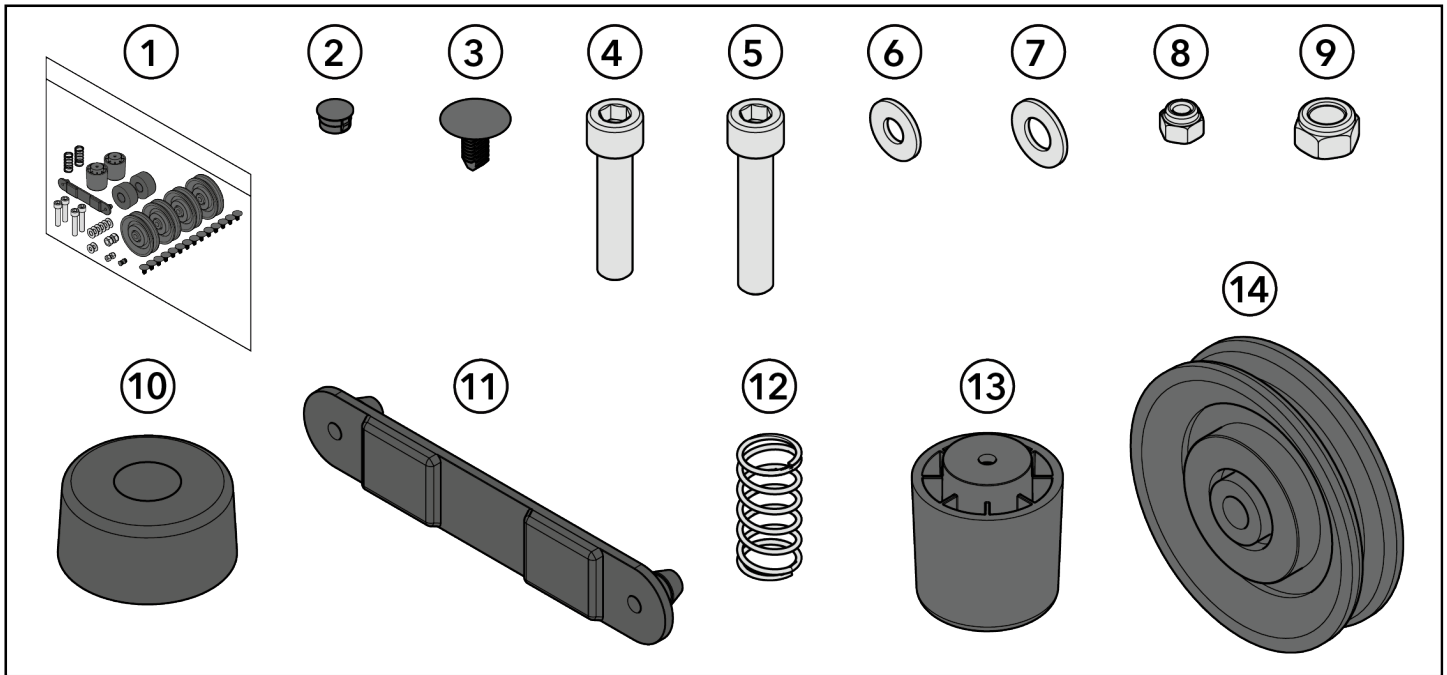
#### OP-FLY Tower Components

Item	Description	Qty.
1	Tower Frame	1
2	Guide Rod	2
3	Increment Weight Guide Rod	2
4	Rear Shroud	1
5	Weight Stack Label	1
6	Tube Cap	2
7	Top Cap	1

#### OP-FLY Tower Hardware Kit

Item	Description	Qty.
1	Tower Hardware Kit, OP-FLY	1
2	Hole Plug, 8.7 mm	2
3	Shroud Retainer	14
4	Screw, M10 x 1.5, 45mm	2
5	Screw, M10 x 1.5, 50mm	2
6	Washer, Flat 1/4" ID	2
7	Washer, Flat 3/8" ID	6
8	Nut, 1/4" Nylock	2
9	Nut, M10 x 1.5, Hex Nylock	2
10	Weight Stack Cushion	2
11	Increment Weight Bumper	1
12	Spring	2
13	Guide Rod Housing	2
14	Pulley, 3.5" OD	2

## OP-FLY Tower Hardware Kit



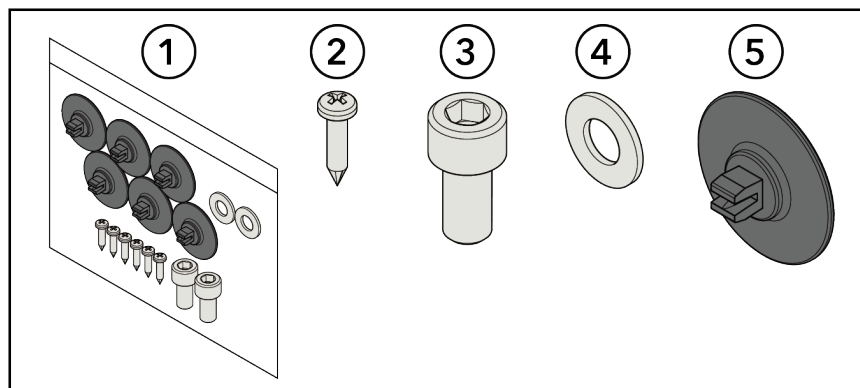
### Optional: Front Shroud Kit Components

Item	Description	Qty.
1	Front Shroud, Left	1
2	Front Shroud, Right	1
3	Bottom Cap	1

### Optional: Front Shroud Kit Hardware Kit

Item	Description	Qty.
1	Front Shroud Hardware Kit	1
2	Screw, M4.2 x 0.7, Phillips	6
3	Screw, M10 x 1.5, 20mm	2
4	Washer, Flat 3/8"	2
5	Grommet, Shroud Retainer	6

### Optional: Front Shroud Kit Hardware Kit



## OP-FLY Components

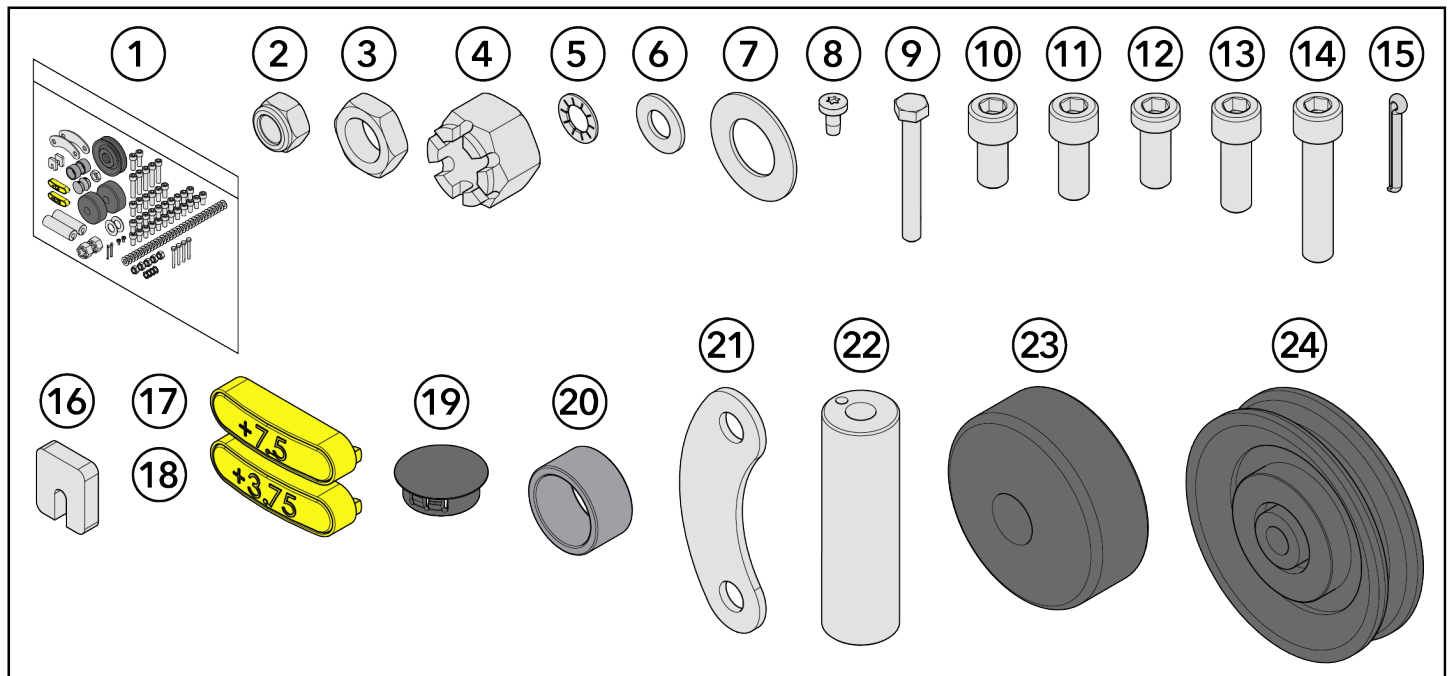
Item	Description	Qty.
1	Support Leg, Front	1
2	Support Leg, Rear	1
3	Seat Frame Assembly	1
4	Seat Post Assembly	1
5	Overhead Frame Assembly	1
6	Head Plate Pulley Bracket	1
7	Front Cap	1
8	Head Plate Assembly	1
9	Increment Weight Assembly	1
10	Multilingual Label Sheet	1
11	Upper Work Arm Assembly, Left	1
12	Upper Work Arm Assembly, Right	1
13	Cam Assembly, Left	1
14	Cam Assembly, Right	1
15	Cable	1
16	Lower Work Arm Assembly, Left	1
17	Lower Work Arm Assembly, Right	1
18	Seat Pad	1
19	Back Pad	1
20	Weight Stack (Weight Plates)	1 (16)

## OP-FLY Hardware Kit

Item	Description	Qty.
1	Hardware Kit, OP-FLY	1
2	Nut, M10 x 1.5, Hex Nylock	5
3	Nut, M16 Hex Jam	2
4	Nut, Castle	2
5	Washer, .375"	4
6	Washer, Flat 3/8"	32
7	Spacer Washer	2
8	Screw, #10-32 x 3/8" TRX	2
9	Screw, M6, HCS, 50mm	4
10	Screw, M10 x 1.5, 20mm	22
11	Screw, M10 x 1.5, 25mm	2
12	Screw, M10 x 1.5, 25mm, Low Head with Loctite	4
13	Screw, M10 x 1.5, 30mm	2

Item	Description	Qty.
14	Screw, M10 x 1.5, 50mm	5
15	Cotter Pin	2
16	Cable Retainer	2
17	Increment Weight Cap, LBS	1
18	Increment Weight Cap, KG	1
19	Hole Plug, 1"	2
20	Spacer, Internal .653	2
21	Cable Retainer Cover Plate	2
22	Pivot Shaft	2
23	Threaded Cap	2
24	Pulley, 3.5" OD	1

### OP-FLY Hardware Kit



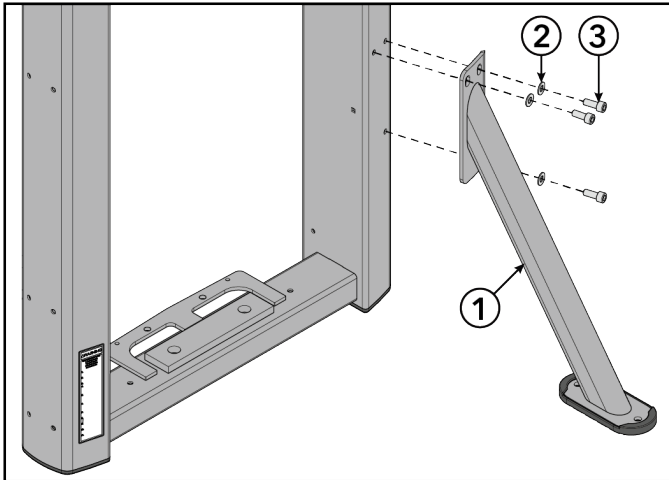
### Tools Required

- 7/16" Wrench
- 10 mm Wrench
- 17 mm Wrench
- 24 mm Wrench
- 7 mm Allen wrench
- 8 mm Allen wrench
- Torque wrench
- 10 mm Socket wrench
- 10 mm Ratchet wrench
- Crescent wrench
- Phillips screwdriver
- Rubber mallet

# Assembly Procedure

## Assemble Frame Components

1. Install screws and washers securing the front support leg to the tower frame using an 8 mm Allen wrench.

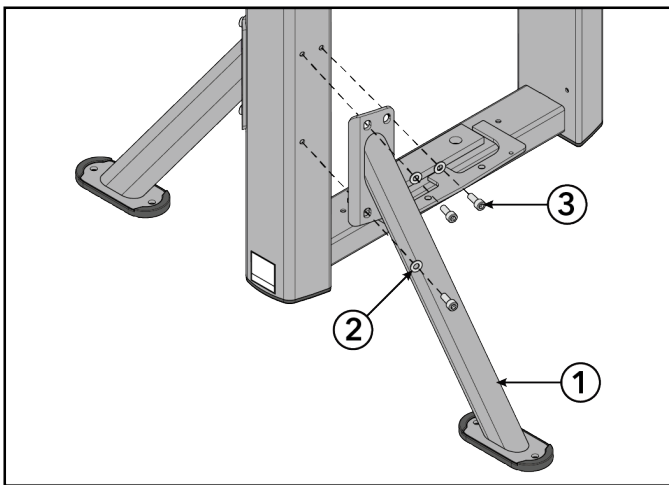


Item	Description	Qty.
1	Support Leg, Front	1
2	Washer, Flat 3/8"	3
3	Screw, M10 x 1.5, 25 mm	3



Tighten hardware to 20-25 ft-lb (27.1-33.9 Nm).

2. Install screws and washers securing the rear support leg to the tower frame using an 8 mm Allen wrench.

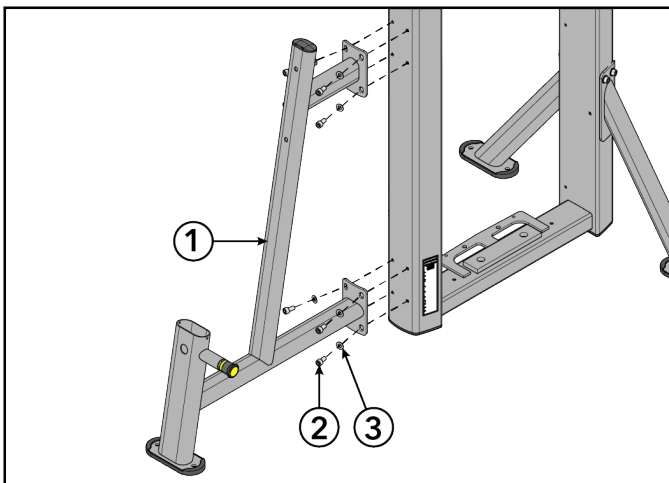


Item	Description	Qty.
1	Support Leg, Rear	1
2	Washer, Flat 3/8"	3
3	Screw, M10 x 1.5, 25 mm	3



Tighten hardware to 20-25 ft-lb (27.1-33.9 Nm).

3. Install screws and washers securing the seat frame assembly to the tower frame using an 8mm Allen wrench.



Item	Description	Qty.
1	Seat Frame Assembly	1
2	Screw, M10 x 1.5, 25mm	8
3	Washer, Flat 3/8"	8

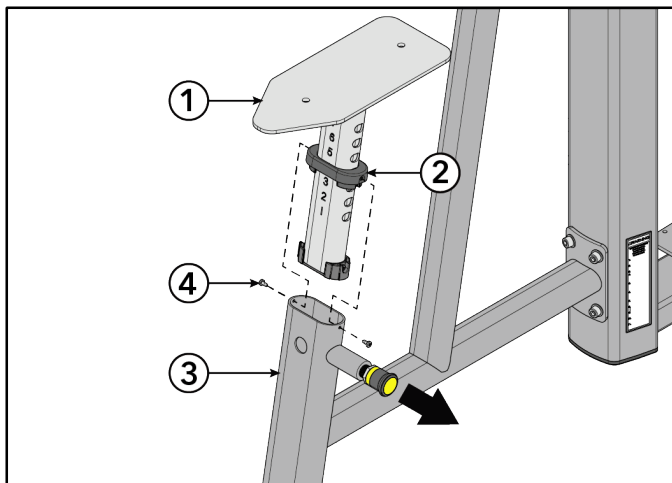


Tighten hardware to 20-25 ft-lb (27.1-33.9 Nm).

4. Pull detent pin out and slide seat post assembly down into main frame.

**TIP:** Break-Free CLP can be used to lubricate the seat post assembly. Spray Break-Free CLP, or apply with a cloth, to the plated seat post.

5. Install screws securing seat glide bushing to main frame using a Phillips screwdriver.

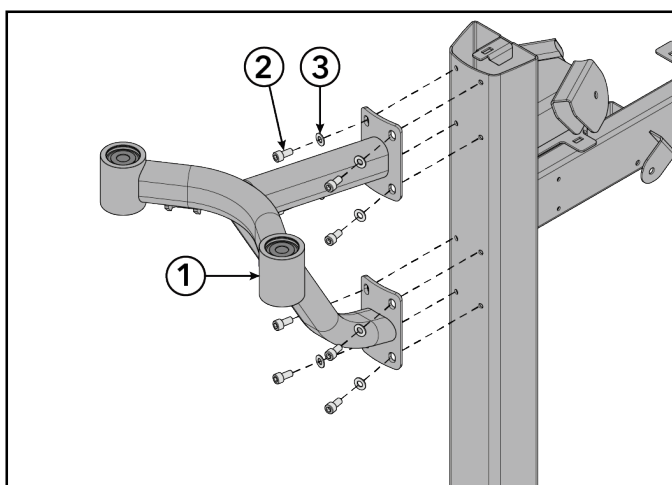


Item	Description	Qty.
1	Seat Post Assembly	1
2	Seat Glide Bushing	1
3	Seat Frame	1
4	Screw, M5 x 10, Phillips	2



Tighten hardware to 30-39 in-lb (3.4-4.4 Nm).

6. Install screws and washers securing the overhead frame assembly to the tower frame using an 8mm Allen wrench.

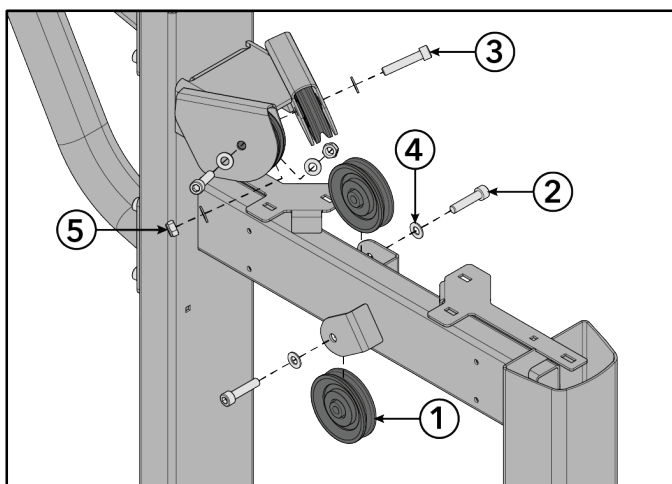


Item	Description	Qty.
1	Overhead Frame Assembly	1
2	Screw, M10 x 1.5, 25mm	8
3	Washer, Flat 3/8"	8



Tighten hardware to 20-25 ft-lb (27.1-33.9 Nm).

7. Install screws, washers, and locknuts securing the pulleys to the pulley brackets on the tower frame using an 8mm Allen wrench and a 17mm wrench.



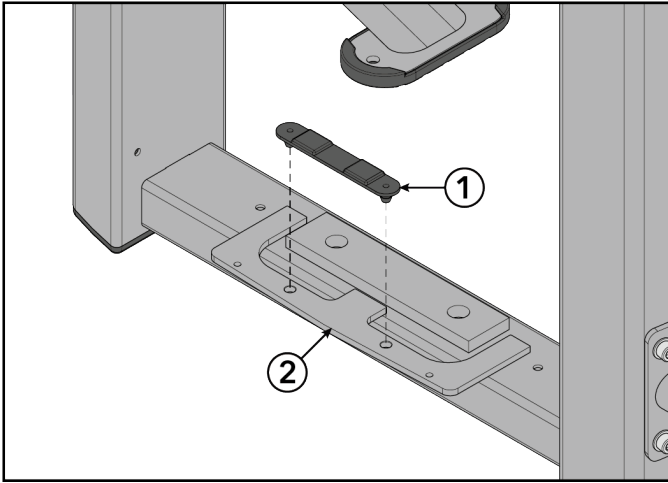
Item	Description	Qty.
1	Pulley, 3.5" OD	4
2	Screw, M10 x 1.5, 45mm	2
3	Screw, M10 x 1.5, 50mm	2
4	Washer, Flat 3/8"	6
5	Nut, M10 x 1.5, Hex Nylock	2



Tighten hardware to 8-10 ft-lb (10.8-13.5 Nm).

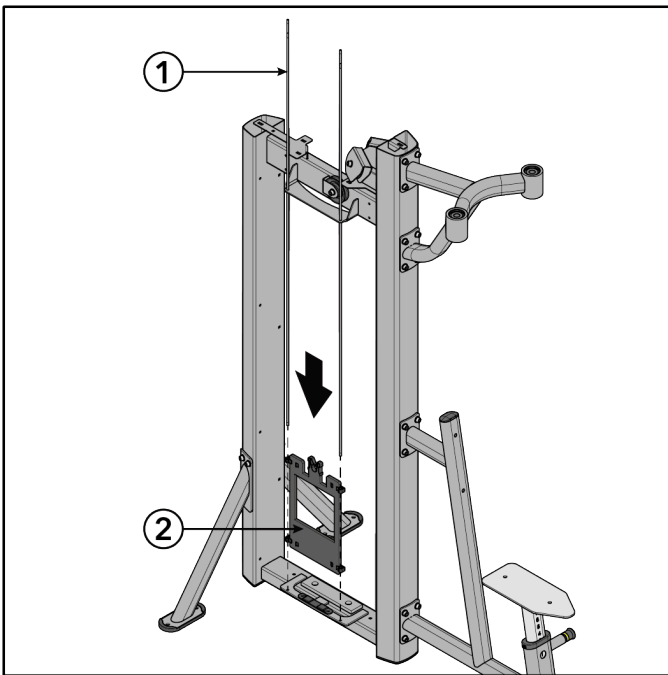
## Assemble Tower

1. Install the increment weight bumper to the bottom plate of the tower frame.



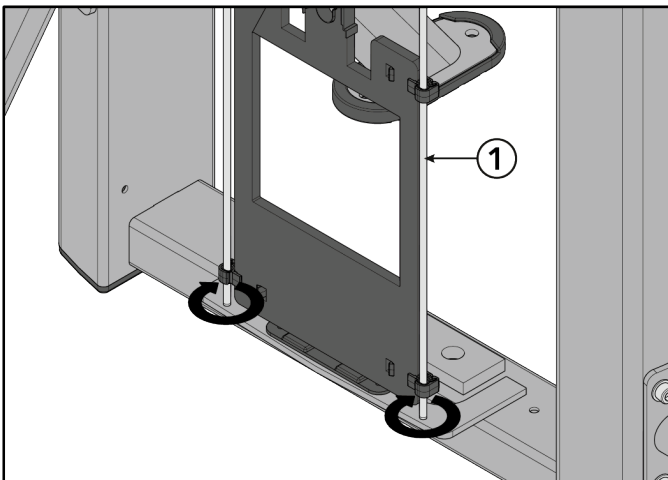
Item	Description	Qty.
1	Increment Weight Bumper	1
2	Tower Frame	1

2. Slide increment weight guide rods through the top of the tower frame and down through the clips in the increment weight. Place increment weight guide rods into holes at the bottom plate of the tower frame.



Item	Description	Qty.
1	Increment Weight Guide Rod	2
2	Increment Weight	1

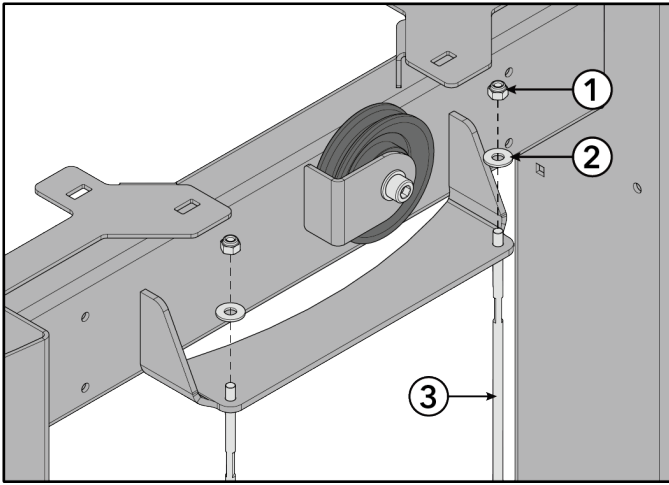
3. Thread increment weight guide rods into the bottom plate of the tower frame. Tighten using a crescent wrench.



Item	Description	Qty.
1	Increment Weight Guide Rod	2



- Install nuts and washers securing the increment weight guide rods to the top plate of the tower frame using a 7/16" wrench.

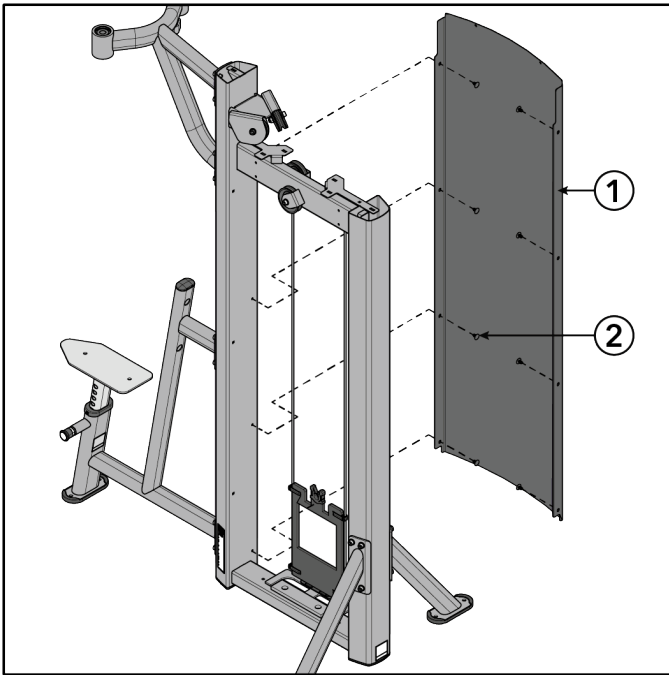


Item	Description	Qty.
1	Nut, 1/4" Nylock	2
2	Washer, Flat 1/4" ID	2
3	Increment Weight Guide Rod	2



Tighten hardware to 16-20 in-lb (1.8-2.2 Nm).

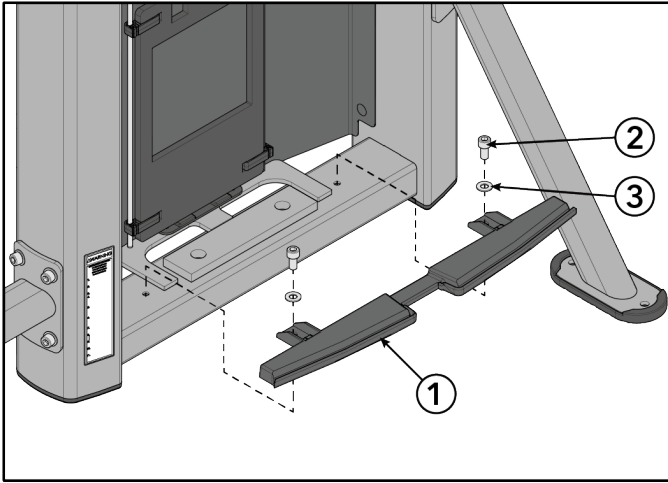
- Flex rear shroud into position inside the tower frame.
- Starting at the top, press the shroud retainers into the rear shroud securing it to the tower frame.



Item	Description	Qty.
1	Rear Shroud	1
2	Shroud Retainer	8

7. **NOTE: OPTIONAL:** If your product does not include front shrouds, skip this step.

Install screws and washers securing the bottom cap to the bottom of the tower frame using an 8mm Allen wrench.

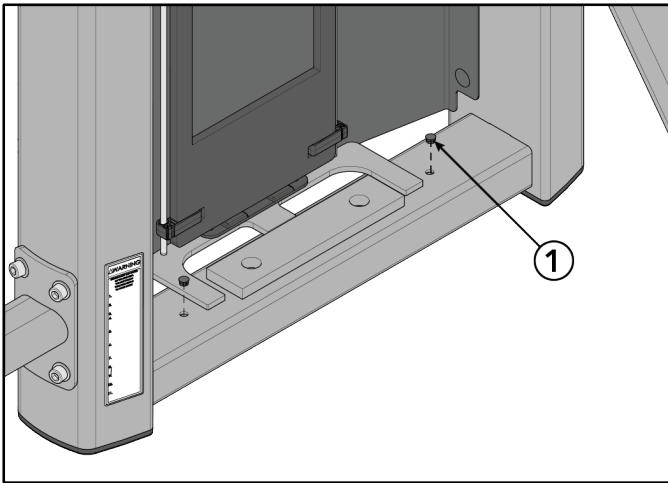


Item	Description	Qty.
1	Bottom Cap	1
2	Screw, M10 x 1.5, 20mm	2
3	Washer, Flat 3/8"	2



Tighten hardware to 8-10 ft-lb (10.8-13.5 Nm).

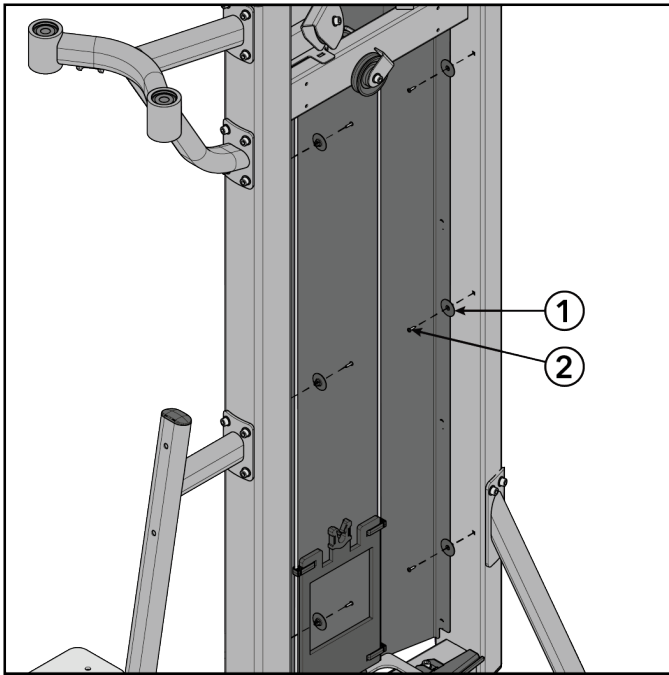
8. Install hole plugs into holes in the bottom of the tower frame. Discard hole plugs if your product includes front shrouds.



Item	Description	Qty.
1	Hole Plug, 8.7 mm	2

9. **NOTE: OPTIONAL:** If your product does not include front shrouds, skip this step.

Install screws and shroud retainer grommets into the side tubes of the tower frame using a Phillips screwdriver.

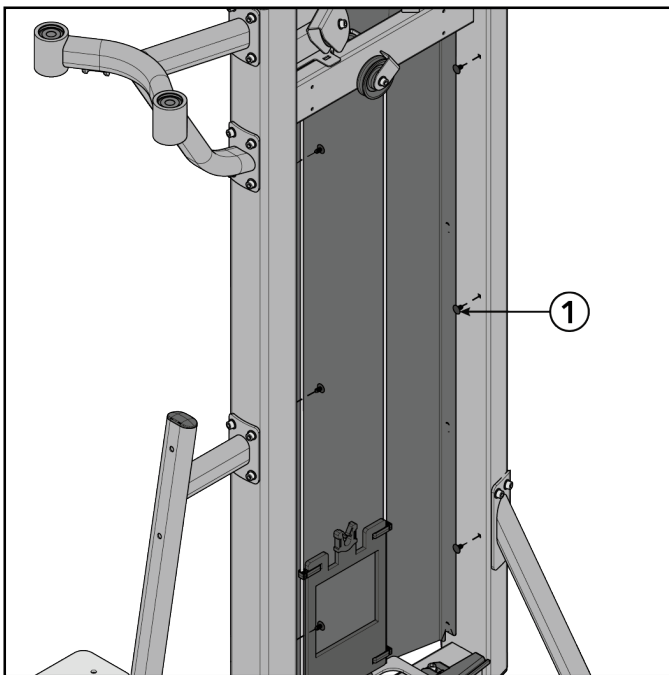


Item	Description	Qty.
1	Grommet, Shroud Retainer	6
2	Screw, M4.2 x 0.7, Phillips	6



Tighten hardware to 10-13 in-lb (1.1-1.5 Nm).

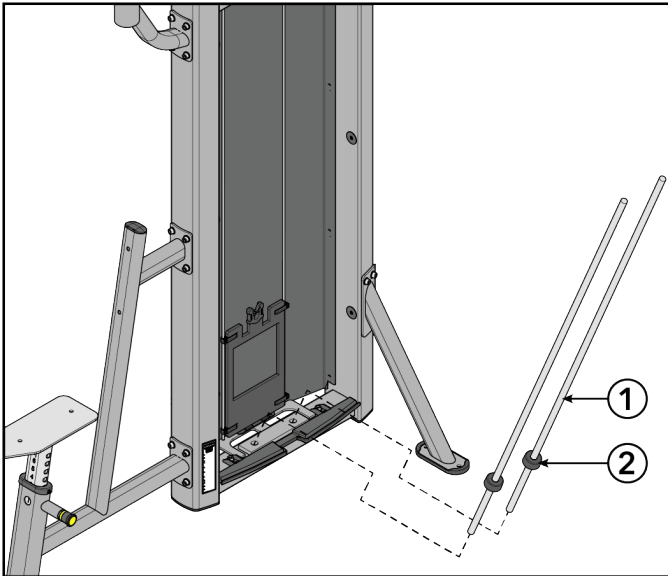
10. Install shroud retainers into holes in the side tubes of the tower frame. Discard shroud retainers if your product includes front shrouds.



Item	Description	Qty.
1	Shroud Retainer	6

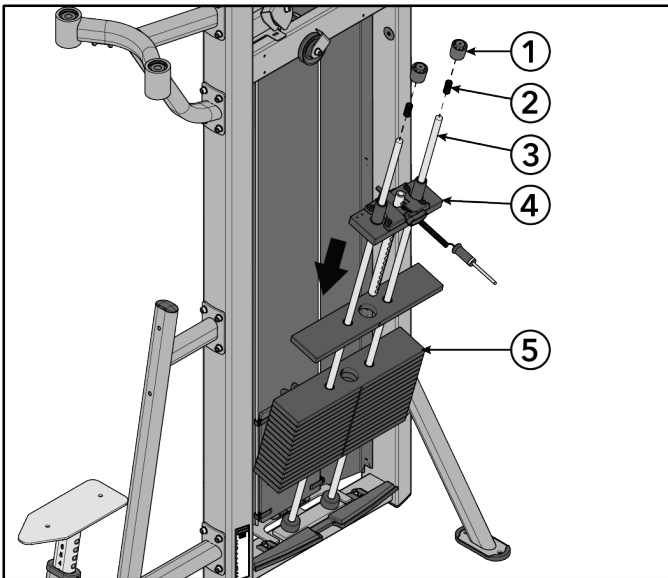
11. Slide weight stack cushions onto the guide rods.

12. Place guide rods with weight stack cushions into the holes at the bottom of the tower frame.



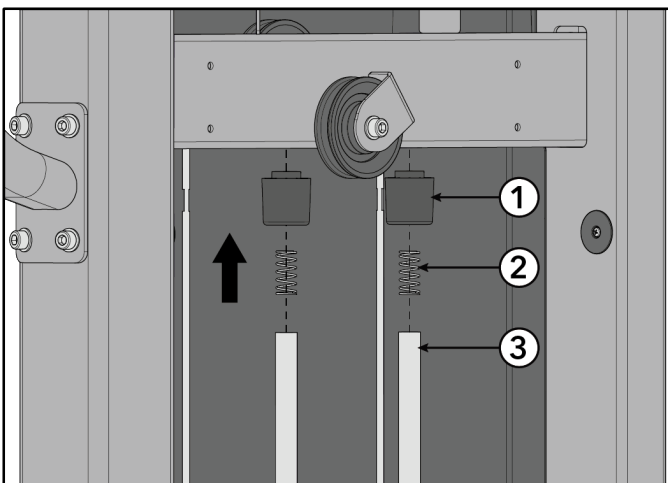
Item	Description	Qty.
1	Guide Rod	2
2	Weight Stack Cushion	2

13. Lean guide rods outwards and slide weight stack down guide rods onto weight stack cushions. Slide head plate assembly down guide rods and onto weight stack.



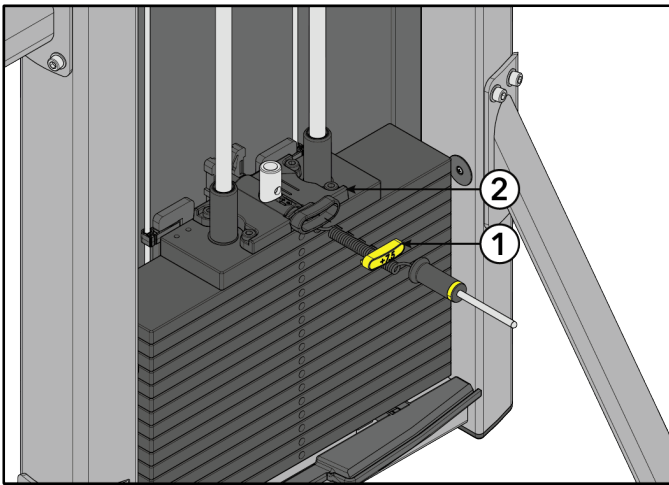
Item	Description	Qty.
1	Guide Rod Housing	2
2	Spring	2
3	Guide Rod	2
4	Head Plate Assembly	1
5	Weight Stack	1

14. Tip guide rods back into an upright position in the tower frame. Compress guide rod housings onto the springs and guide rods and fit up into the top of the tower frame.



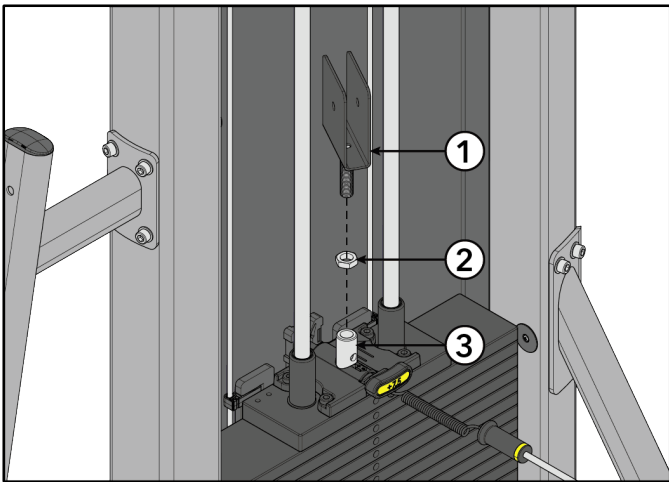
Item	Description	Qty.
1	Guide Rod Housing	2
2	Spring	2
3	Guide Rod	2

15. Select the LBS (7.5) or KG (3.75) option of the increment weight cap. Press increment weight cap into the head plate assembly.



Item	Description	Qty.
1	Increment Weight Cap	1
2	Head Plate Assembly	1

16. Thread head plate pulley bracket through the jam nut and into the head plate bayonet. See [Cable Handling Guide](#) for details.

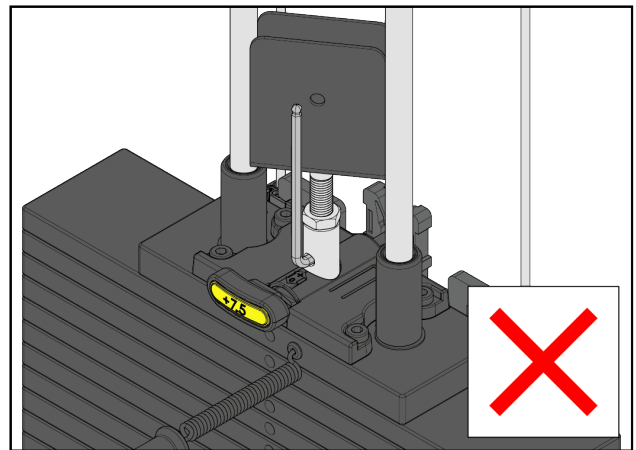
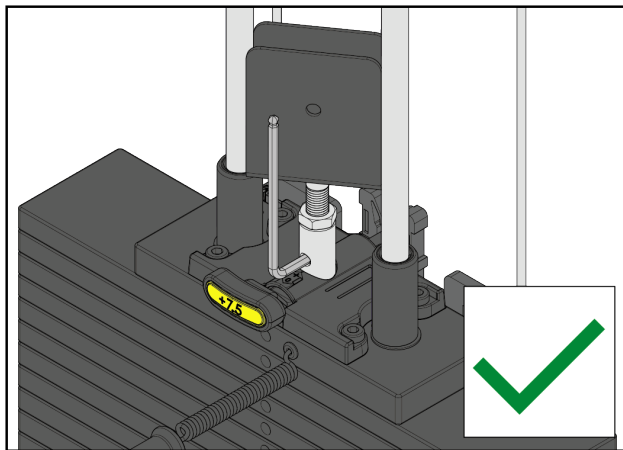


Item	Description	Qty.
1	Head Plate Pulley Bracket	1
2	Nut, M16 Hex Jam	1
3	Head Plate Bayonet	1

**NOTE:** Check proper thread engagement. To do so, attempt to pass a 7mm Allen wrench through the portal in the head plate bayonet. If it goes through, more threads are needed to meet the minimum requirement.

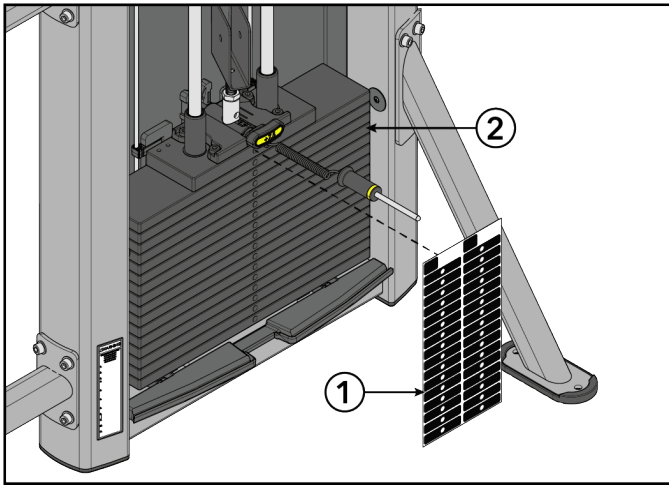
**Correct Depth:** Thread engagement exceeds minimum depth.

**Incorrect Depth:** Thread engagement not deep enough.



17. Select either the LBS or KG weight stack label. Remove backing from label and apply to weight stack.

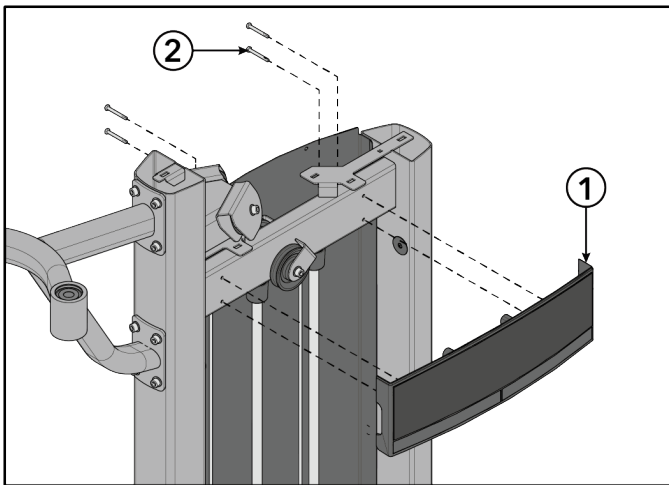
**NOTE:** One weight stack label sheet, LBS or KG, is used for both weight stacks.



Item	Description	Qty.
1	Weight Stack Label	1
2	Weight Stack	1

18. Install screws securing the front cap to the tower frame using a 10mm socket wrench and ratchet.

**NOTE:** Screw heads can be accessed from the top or bottom.



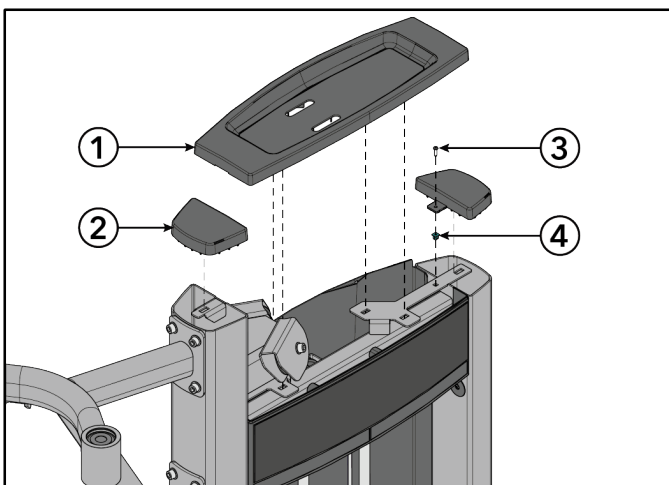
Item	Description	Qty.
1	Front Cap	1
2	Screw, M6, HCS, 50mm	4



Tighten hardware to 10-13 in-lb (1.1-1.5 Nm).

19. Press grommets into holes at the top of the tower frame.

20. Install screws securing the tube caps to the tower frame using a Phillips screwdriver.



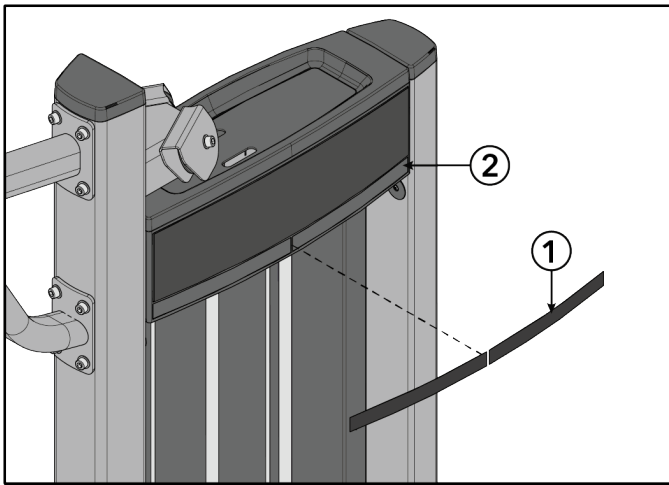
Item	Description	Qty.
1	Top Cap	1
2	Tube Cap	2
3	Screw, 8 x 3/4" Phillips	2
4	Grommet	2



Tighten hardware to 10-13 in-lb (1.1-1.5 Nm).

21. Press top cap down into the holes at the top of the tower frame.

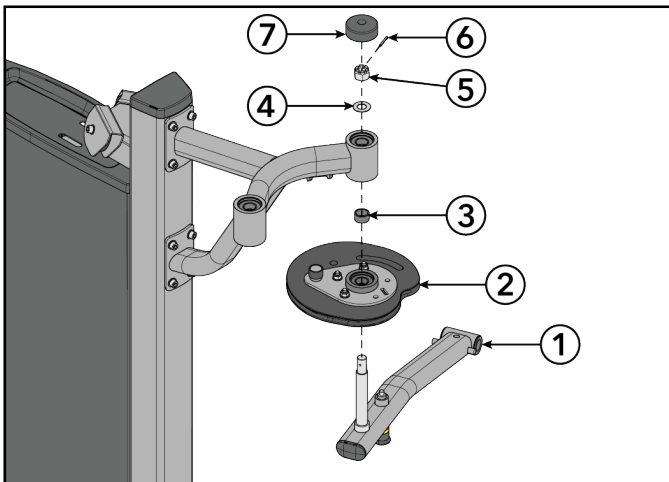
22. Choose the appropriate language from the multilingual label sheet. Remove backing from multilingual label and apply to the front cap.



Item	Description	Qty.
1	Multilingual Label	1
2	Front Cap	1

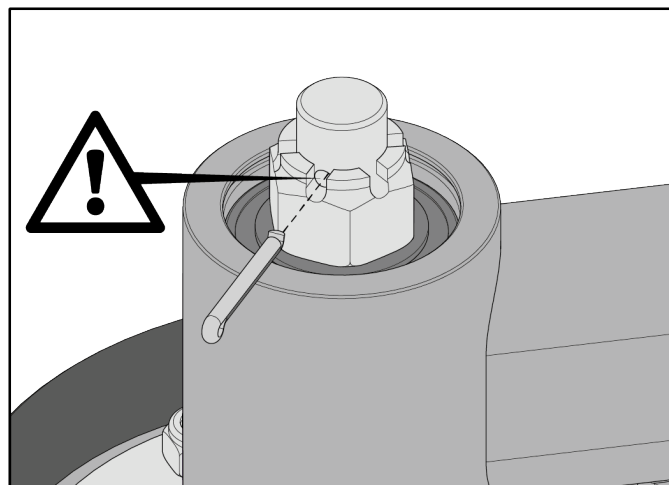
### Install Work Arms

1. Slide left cam assembly and spacer onto the shaft of the left upper work arm assembly. Make sure the detent pin on the work arm assembly is engaged in a detent position.
2. Slide shaft through the overhead frame assembly.
3. Place spacer washer and castle nut onto the shaft and install cotter pin.



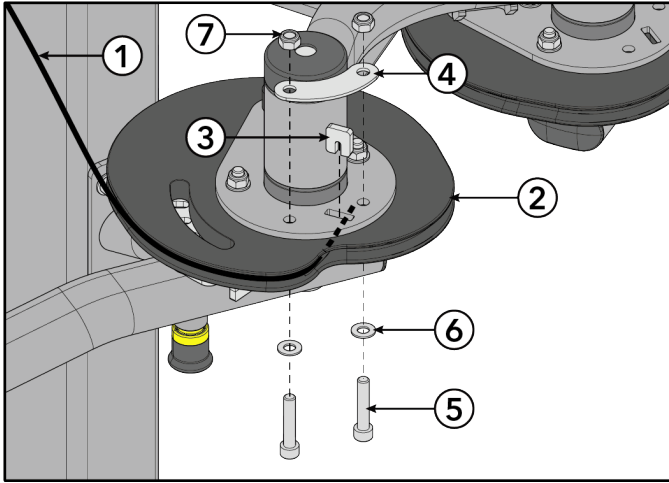
Item	Description	Qty.
1	Upper Work Arm Assembly, Left	1
2	Cam Assembly, Left	1
3	Spacer, Internal .653	1
4	Spacer Washer	1
5	Castle Nut, 20 x 1.5	1
6	Cotter Pin	1
7	Threaded Cap	1

**NOTE:** Make sure cotter pin routed through a groove in the castle nut and into the hole in the shaft of the upper work arm assembly.



4. Place threaded cap onto the shaft of the left upper work arm assembly.

5. Repeat Steps 1-4 to install the right upper work arm assembly
6. Route one end of the cable into the right cam assembly.
7. Install cable retainer securing the cable to the right cam assembly.
8. Install screws, washers, and locknuts securing the cable retainer cover plate to right cam assembly using an 8mm Allen wrench and a 17mm wrench.

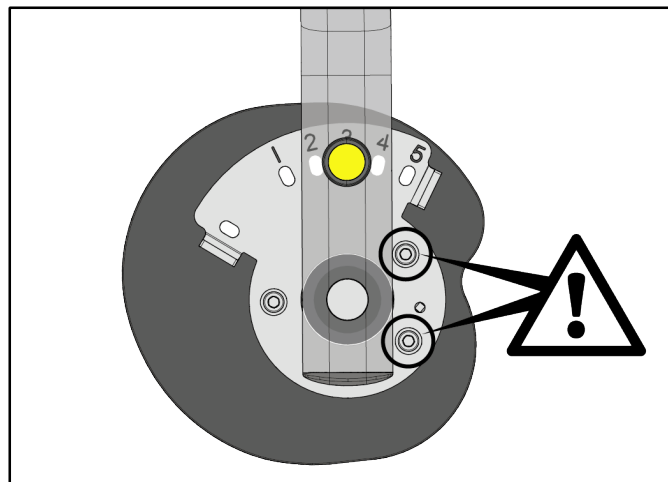


Item	Description	Qty.
1	Cable	1
2	Cam Assembly, Right	1
3	Cable Retainer	1
4	Cable Retainer Cover Plate	1
5	Screw, M10 x 1.5, 50mm	2
6	Washer, Flat 3/8"	2
7	Nut, M10 x 1.5, Hex Nylock	2



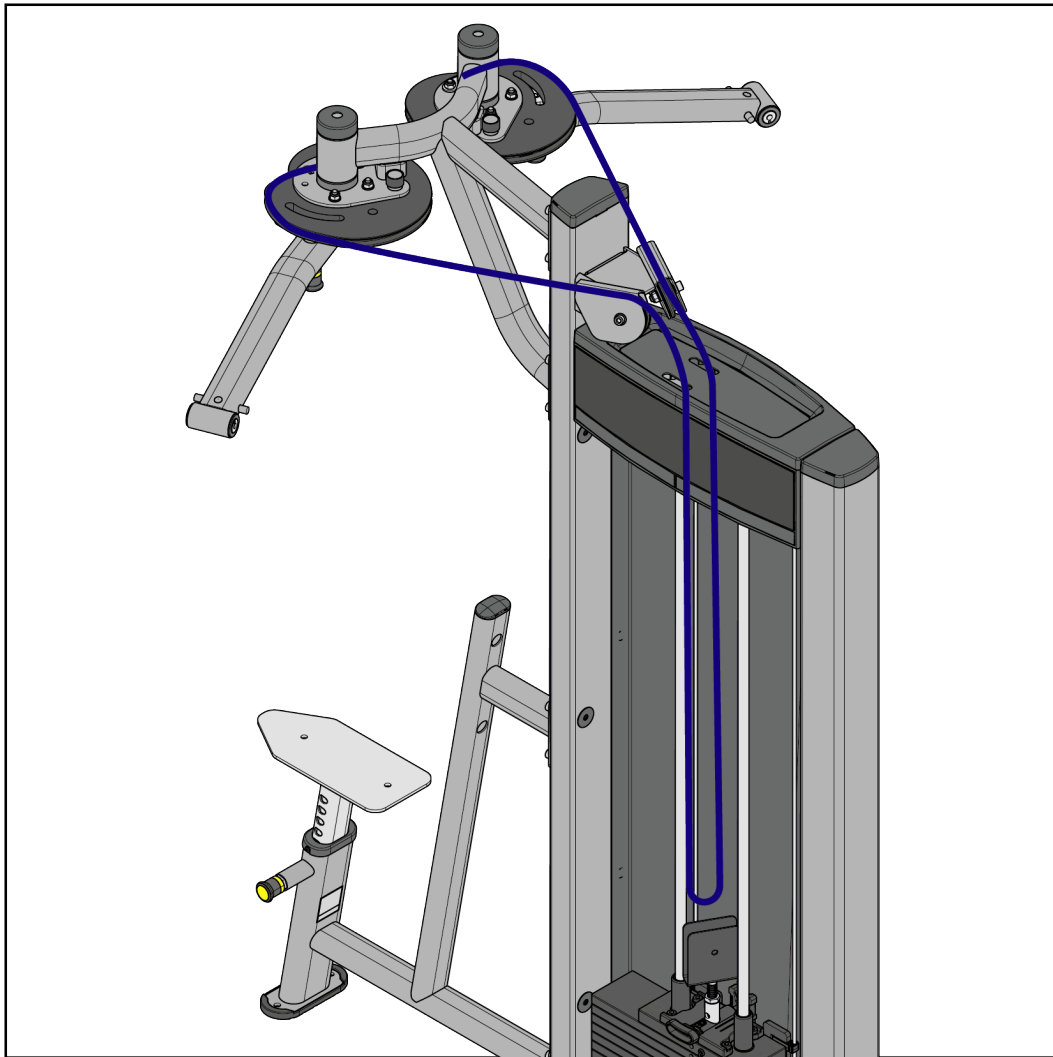
Tighten hardware to 20-25 ft-lb (27.1-33.9 Nm).

**NOTE:** Make sure the work arm is engaged in detent position "3" to easily access the screws.



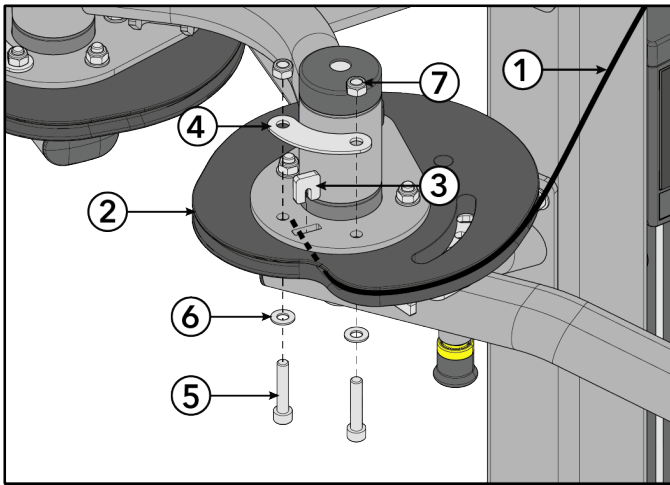


9. Route cable from the right cam assembly through the pulley weldment on the rear side of the tower frame and down over the pulley located below the top cap. Route cable back up over the pulley located below the top cap on the front side of the tower frame and through the pulley weldment to the left cam assembly.



10. Route the other end of the cable into the left cam assembly.  
11. Install cable retainer securing the cable to the left cam assembly.

12. Install screws, washers, and locknuts securing the cable retainer cover plate to left cam assembly using an 8mm Allen wrench and a 17mm wrench.

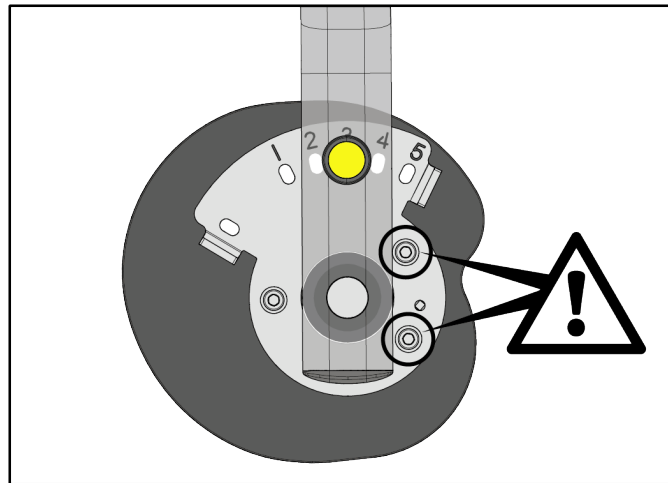


Item	Description	Qty.
1	Cable	1
2	Cam Assembly, Left	1
3	Cable Retainer	1
4	Cable Retainer Cover Plate	1
5	Screw, M10 x 1.5, 50mm	2
6	Washer, Flat 3/8"	2
7	Nut, M10 x 1.5, Hex Nylock	2



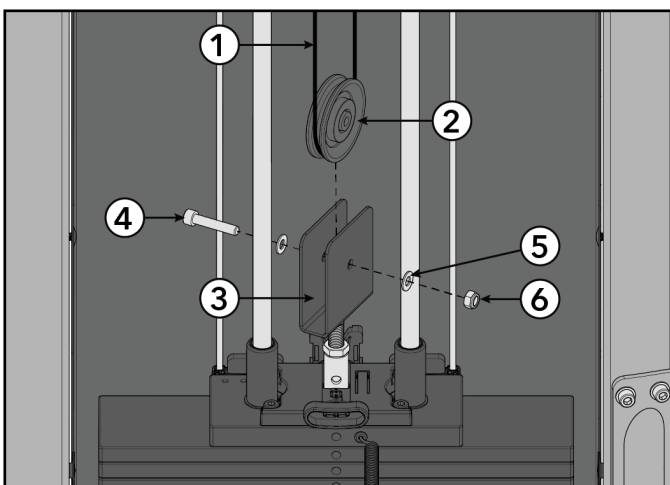
Tighten hardware to 20-25 ft-lb (27.1-33.9 Nm).

**NOTE:** Make sure the work arm is engaged in detent position "3" to easily access the screws.



13. Place pulley into the loop of the cable and pull it down into the head plate pulley bracket.

14. Install screw, washers, and locknut securing the pulley and routed cable to the head plate pulley bracket using an 8mm Allen wrench and a 17mm wrench.

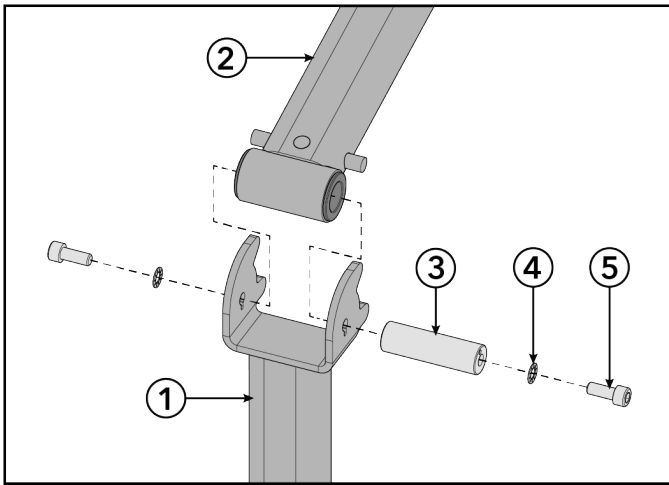


Item	Description	Qty.
1	Cable	1
2	Pulley, 3.5" OD	1
3	Head Plate Pulley Bracket	1
4	Screw, M10 x 1.5, 50mm	1
5	Washer, Flat 3/8"	1
6	Nut, M10 x 1.5, Hex Nylock	1



Tighten hardware to 8-10 ft-lb (10.8-13.5 Nm).

15. Install screws, washers, and pivot shaft securing the left lower work arm assembly to the left upper work arm assembly using a 7mm Allen wrench.



Item	Description	Qty.
1	Lower Work Arm Assembly, Left	1
2	Upper Work Arm Assembly, Left	1
3	Pivot Shaft	1
4	Washer, .375"	2
5	Screw, M10 x 1.5, 25mm, Low Head with Loctite	2



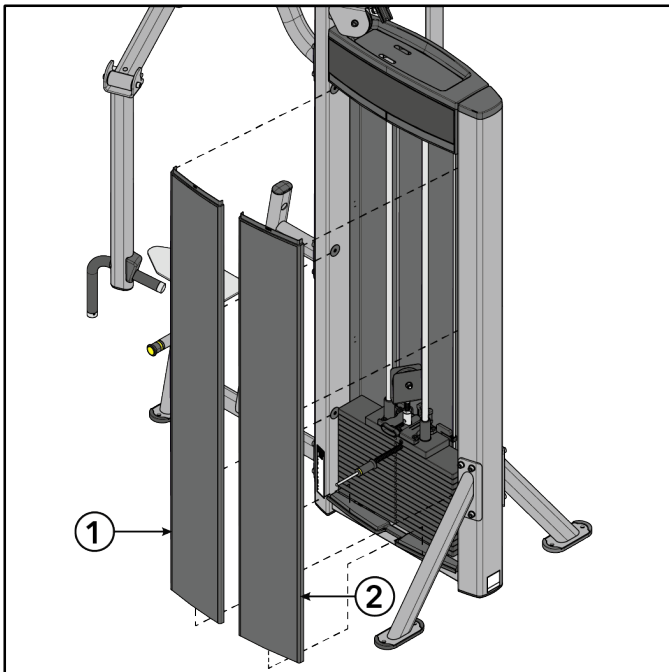
Tighten hardware to 20-25 ft-lb (27.1-33.9 Nm).

16. Repeat Step 15 to install the right lower work arm assembly to the right upper work arm assembly.

### Install Front Shrouds

**OPTIONAL:** The following procedure shows how to install the optional front shrouds. If your product does not include front shrouds, skip this procedure.

1. Set front shrouds into the grooves on the bottom cap and then flex them into place in the top cap.

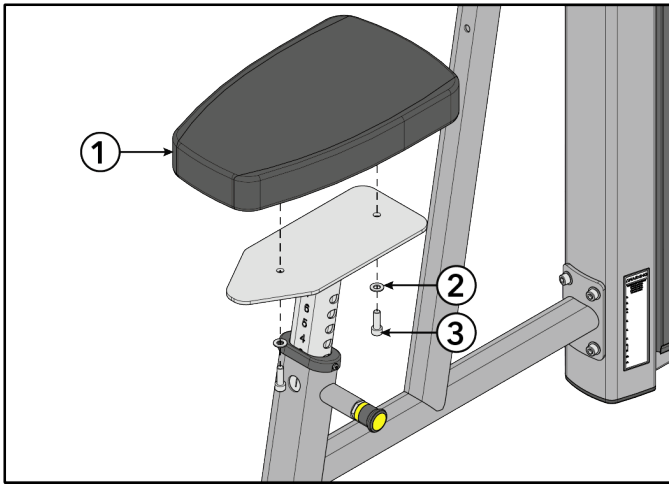


Item	Description	Qty.
1	Front Shroud, Left	1
2	Front Shroud, Right	1

2. Press front shrouds in behind the shroud retainer grommets.

## Install Seat and Back Pads

1. Install screws and washers securing the seat pad to the seat frame assembly using an 8mm Allen wrench.

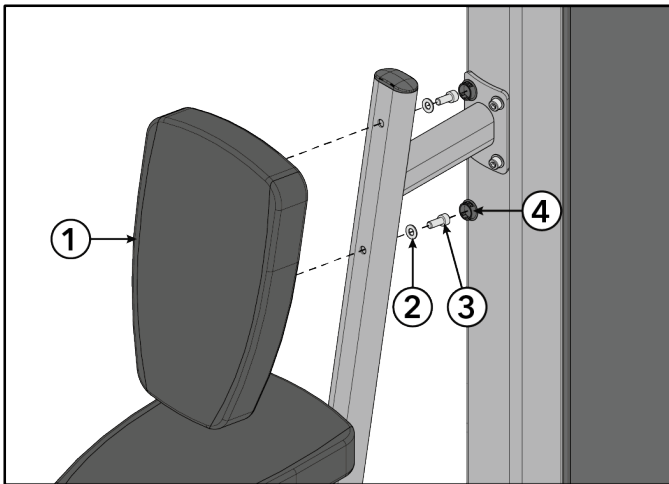


Item	Description	Qty.
1	Seat Pad	1
2	Washer, Flat 3/8"	2
3	Screw, M10 x 1.5, 30mm	2



Tighten hardware to 40-50 in-lb (4.5-5.6 Nm).

2. Install screws and washers securing the back pad to the seat frame assembly using an 8mm Allen wrench.



Item	Description	Qty.
1	Back Pad	1
2	Washer, Flat 3/8"	2
3	Screw, M10 x 1.5, 25mm	2
4	Hole Plug, 1"	2



Tighten hardware to 40-50 in-lb (4.5-5.6 Nm).

3. Install hole plugs to the seat frame assembly using a rubber mallet.

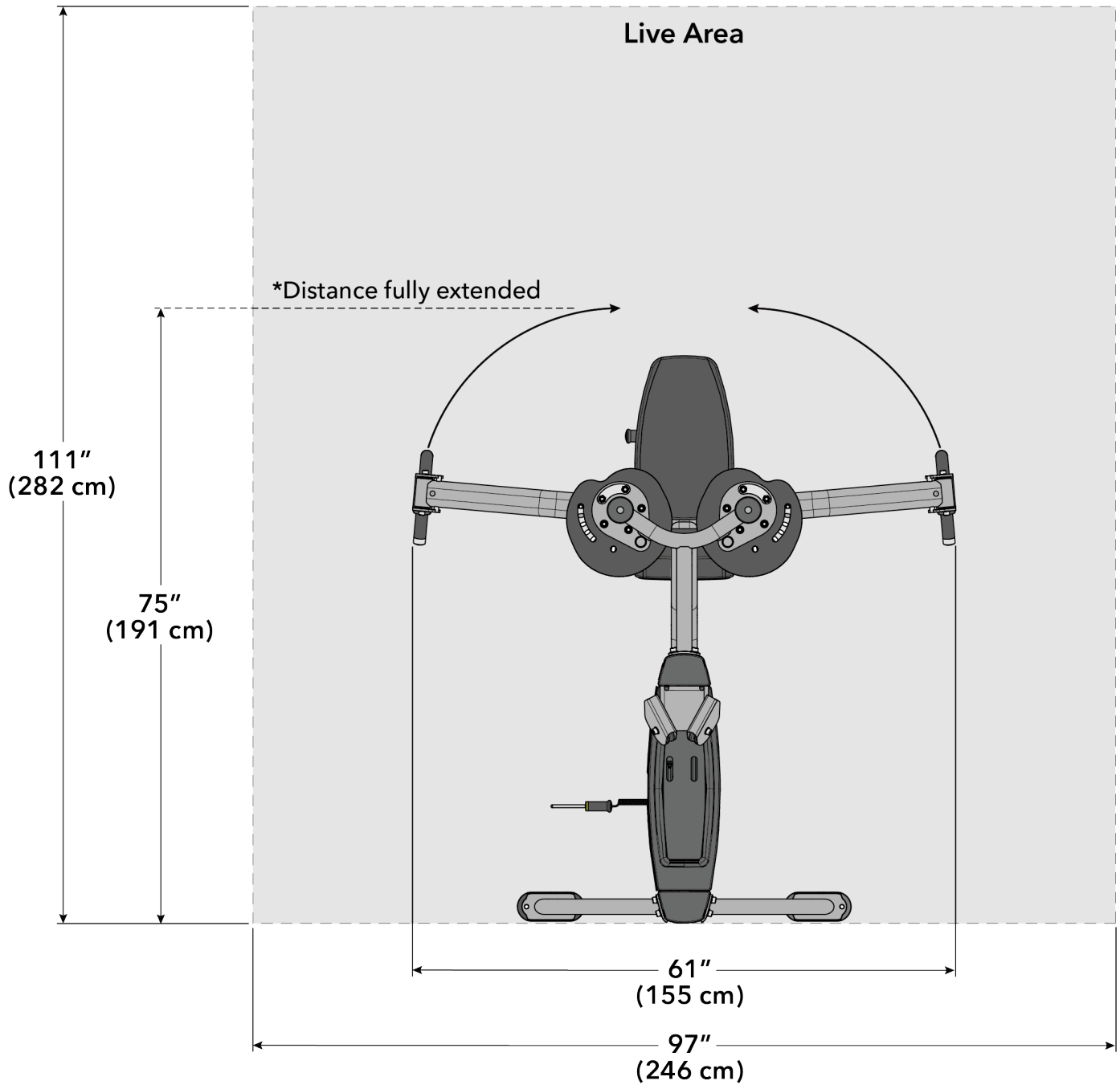
## Test Unit For Proper Operation.

# 3. Product Information

## Specifications

Machine Weight:	543 lbs.	246 kg.
Size (L x W x H):	in. = 61 x 75 x 81	cm = 155 x 191 x 206
Live Area (L x W x H):	in. = 97 x 111 x 93	cm = 246 x 282 x 236
Max User Weight:	300 lbs.	136 kg.
Weight Stack:	262.5 lbs.	131.25 kg.

**NOTE:** Weight Stack weight includes increment weight (7.5 lbs / 3.75 kg).



# 4. Cable Handling Guide

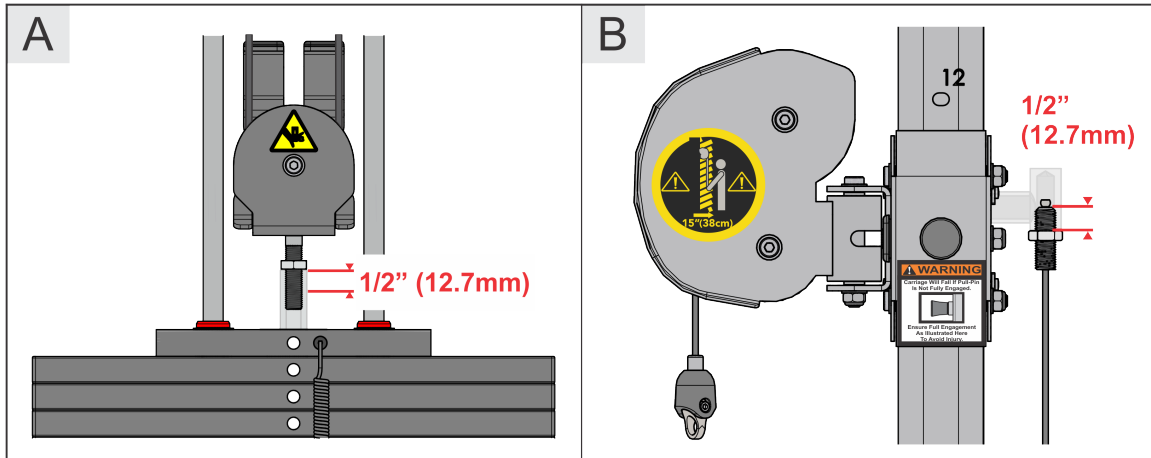
## Cable Terminations, Tensioning and Wear Guide

Cable Connections with threaded cable ends are required to be installed and maintained following the specifications identified below. Failure to follow these specifications can lead to the dislocation of the threaded cable during use and can cause serious injury. Along with securing the threaded cable end and jam nut, it is important to check the entire unit and ensure that all hardware is securely fastened and not left loose upon completion of cable installation.

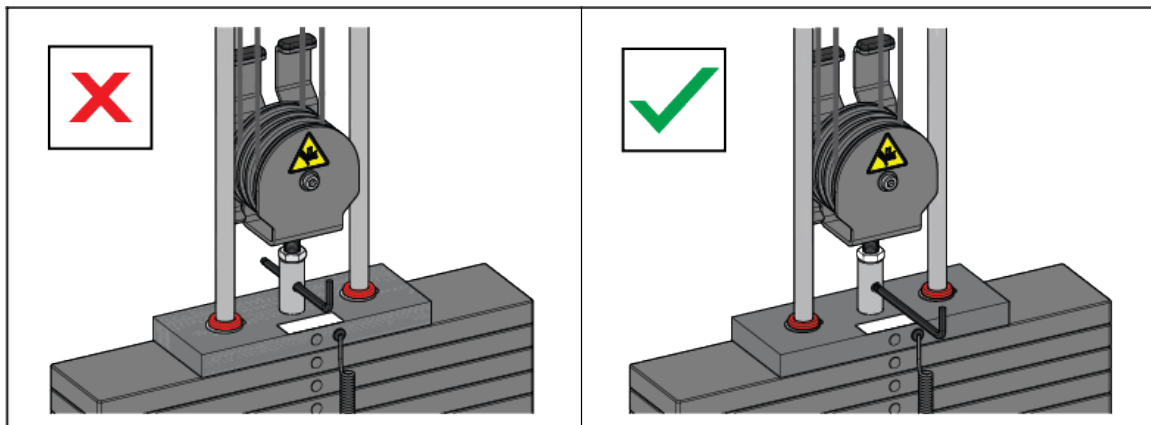
**⚠ WARNING:** Use of non certified "techs" note: Service warranties may be void if a non-Life Fitness-certified technician performs service work. Replacement of any strength cables should be performed by a Life Fitness certified technician.

### Cable Terminations

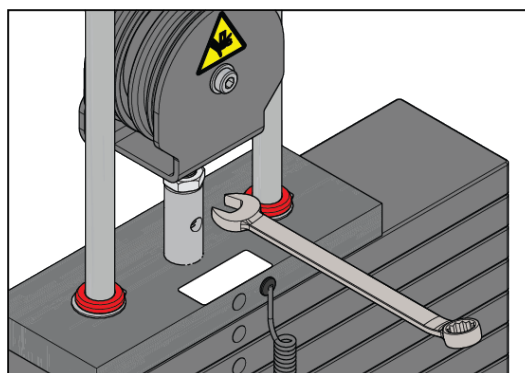
1. Cable must be threaded at least 1/2 inch (12.7mm) into termination points; at headplate (A) and frame/carriage (B).



2. Certain models are now equipped with a bayonet portal to assist checking proper thread engagement. To do so, attempt to pass a 7mm Allen wrench through the portal, if it goes through, more threads are needed to meet the minimum requirement.



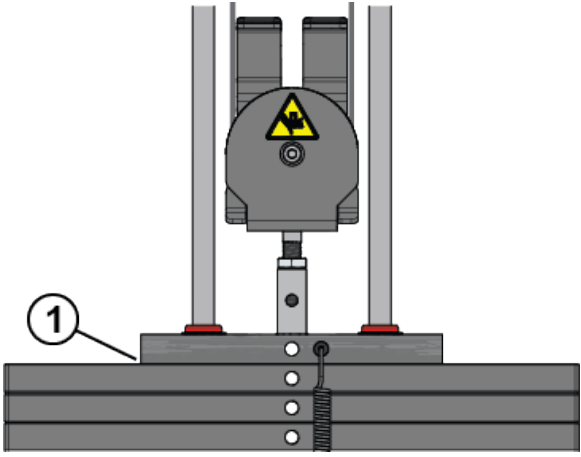
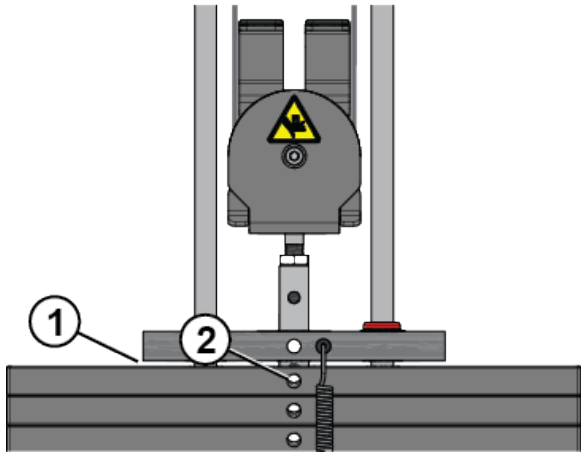
3. When proper thread engagement is reached, tighten jam nut to 20-25 FT-LBS (27.2 - 34.0 Nm) using a 24mm wrench.



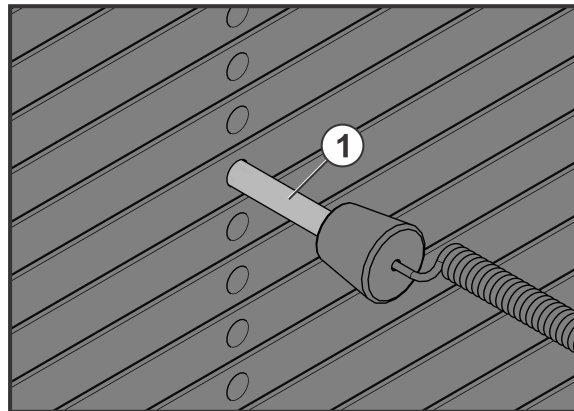
# Tensioning Cable

Cable should have enough tension so it stays seated into the pulley but not so tight that it pulls the head plate off the weight plate below it.

1. If the head plate has lifted, loosen the jam nuts at the terminations and loosen the threaded plugs a half turn until the head plate comes to rest on the weight plate below. Check that the cable's threaded plugs are engaged at least 1/2" (12.7mm) at each termination point.

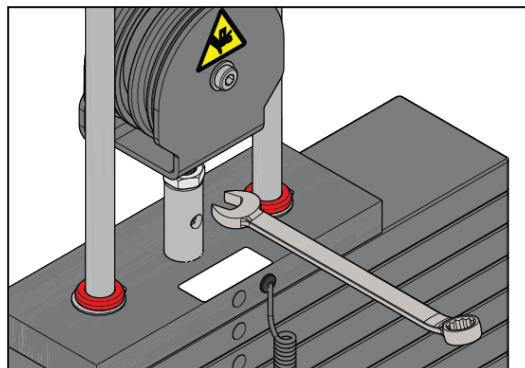
SEATED HEAD PLATE	SUSPENDED HEAD PLATE
	
<p>1. No gap</p>	<p>1. Gap 2. Bayonet obstructing weight stack pin</p>

2. Ensure that the weight stack selector pin can fully engage into each weight plate.



Item	Description	Qty.
1	Weight Stack Selector Pin	1

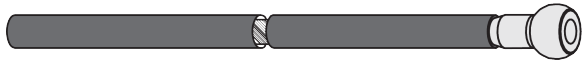
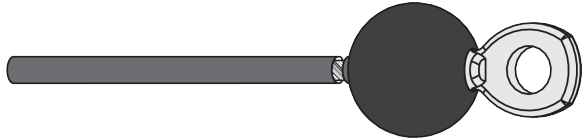
3. When proper thread engagement is reached, tighten jam nut to 20-25 FT-LBS (27.2 - 34.0 Nm) using a 24mm wrench.




## Strength Cable Wear Guide

Replace cable at first sign of any of the following:

### FRACTURES:

<p>Casing can crack or fracture under strains during use. Any crack in the casing merits cable replacement even if no wire rope is exposed.</p>	
<p>Be especially observant for fractures near the components on the cable assembly - IE. Nylon Ball, Nico Loop, Threaded Plug, etc.</p>	


### TWISTING/BINDING:

<p>Inspect casing to ensure wire rope is not twisting within its casing. Any sign of the cable twisting should be replaced immediately.</p>	
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### BULGING:

<p>Internal wire rope strands can break within and coil causing a bulge to appear. Cable should retain same outside diameter throughout.</p>	
--	--


### FRAYED/EXPOSED WIRE ROPE:

<p>Any exposed wire rope protruding through the casing or at either end.</p>	
--	--


### FLATTENED:

<p>Section of cable is compressed and will not retain its shape (outside diameter).</p>	
---	--

### PERMANENTLY BENT:

<p>Cable has 'kink' and prohibits cable from laying straight. Wire rope may be unraveling beneath casing and is compromised warranting replacement.</p>	
---	--

### ENDS SEPARATING:

<p>Watch for component end of cable to pull away from cable assembly - look for exposed wire rope.</p>	
--	--



# 5. Bolt to Floor Guide

## Introduction

*Life Fitness* designs its products to be stable when used as designed. Because strength training is dynamic, we cannot predict how users will ultimately use the products in all circumstances. Therefore, *Life Fitness* recommends that strength training equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over.

Each new unit shipped comes with a multi-language hangtag stating the importance of bolting the unit down as a safety precaution.

It is the facility's responsibility to adhere to local and regional building codes.

## Delivery and Installation Tips

### All Anchors

- Fasteners must have minimum embedment in concrete floor, not including screed, regardless of wood/tile/rubber over sub-floor. (See *Anchor Types* for maximum sub-floor thickness between unit and concrete to equipment foot must be made of flooring or other material (i.e. no air gaps)).
- DO NOT reuse fasteners. Static and Dynamic anchors are designed for one-time use only.
- Factor in equipment's feet height when selecting fastener length.
- Factor in flooring thickness when selecting fastener length.
- It is also recommended to drill an additional 1/2" (12.7 mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.
- Minimum concrete compressive strength: 3000 psi (20 N/mm<sup>2</sup>).

### Anchoring

- All anchors must have a minimum embedment into concrete, regardless of wood/tile/rubber/screed over sub-floor.
- Dynamic anchors must have a minimum embedment depth in concrete to ensure maximum security and pull out force. See *Anchor Types* for embedment depth minimums.

### Building Codes

It is the facility's responsibility to adhere to local and regional building codes. Please verify with the customer to ensure that they are aware of this.

### Carpeting

If bolted down to carpet flooring, be sure to use a box cutter knife to cut the carpet threads around each foot. This will help avoid the carpet threads from being wrapped around and pulled by the drill bit.

### Competitor Product

The bolt down guidelines and procedures for *Life Fitness* products were determined by the company's Engineering and Installation Development groups. These guidelines include which anchors to use and positioning of the anchors are required for *Life Fitness* product.

- *Life Fitness* does not have that level of specification or engineering input for competitive product.
- *Life Fitness* installation teams are not permitted to anchor competitor equipment.

### Drilling

It is also recommended to drill an additional 1/2" (12.7 mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.

- This can be done by marking your drill bit with a piece of tape.
- While it is recommended that a vacuum be used to clean up debris, this will not account for all the debris that will settle at the bottom of the drilled hole.

### Anchor Types

Anchor		Subfloor between unit and concrete 0" to 1/2" (12.7mm) thick	Subfloor between unit and concrete over 1/2" (12.7mm) thick
Static	Imperial	KH-EZ 1/4" x 4"	KH-EZ 1/4" x 5"
	Metric	HUS-H 6mm x 120mm	HUS-H 6mm x 150mm

## Anchor Specifications

Static Anchor	Minimum Concrete Thickness	Minimum Drill Depth in Concrete	Minimum Concrete Embedment	Minimum concrete compressive strength
KH-EZ 1/4"	4-1/8" (105mm)	1/2" (12.7mm) beyond anchor length	2-1/2" (63.5mm)	3000psi (20 N/mm <sup>2</sup> )
HUS-H 6mm	3-3/32" (100mm)	25/64" (10mm) beyond anchor length	2-1/64" (55mm)	3000psi (20 N/mm <sup>2</sup> )


## Pullout Force

Life Fitness specifies Hilti™ static and dynamic anchors. According to the anchor manufacturer, the recommended design pullout force (in tension) for the specified anchors, when properly installed in cracked concrete, is provided in the side table. This table should be used for reference only; for additional and up-to-date information on the anchor capabilities or the design pullout force in other substrates, please consult Hilti directly at <https://www.us.hilti.com>.

Selected Anchor	Design Resistance in Tension *
KH-EZ 1/4" x 4"	830 lb
HUS-H 6MM x 120MM	3.3 kN
KH-EZ 3/8" x 4"	1535 lb
KH-EZ 3/8" x 5"	1535 lb
HUS-H 8MM x 120MM	3.3 kN
HUS-H 8MM x 150MM	3.3 kN
HSL-3 M 8/40	2000 lb
HST M12 x 115/20	8 kN
HST M12 x 195/200	8 kN
KB-TZ 3/8" x 3-3/4"	1615 lb

\* Design strength extracted from the Hilti Anchor Fastening Technology Manual issued September 2014.


## Tools Required

 **WARNING:** Adhere to manufacturer's equipment warnings and guidelines. Follow manufacturer's instructions for proper usage.

### Static Anchor

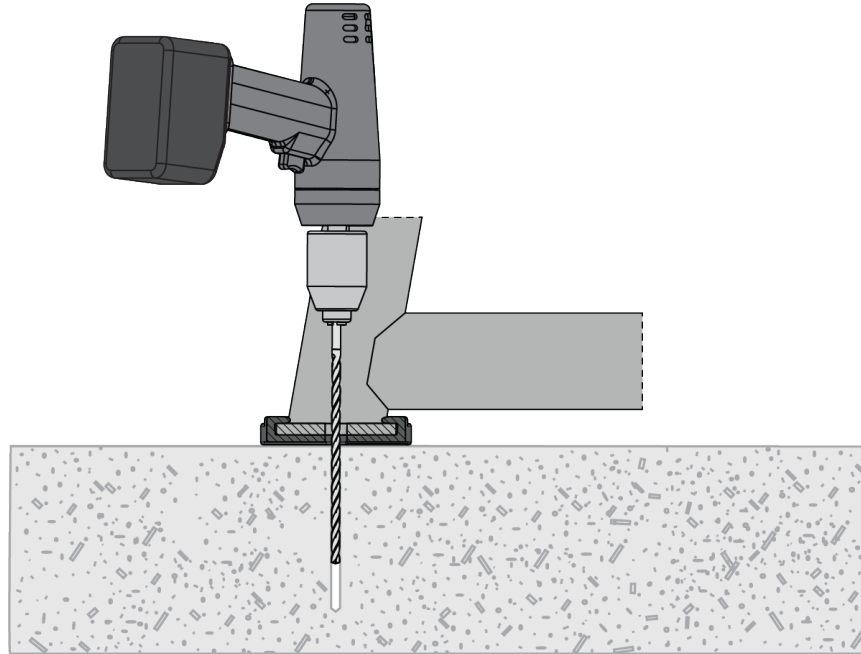
- Floor scanner / rebar detector (optional)
- 1" L-shape SDS rotary hammer
- 1/4" x 12" (6mm x 305mm) carbide drill bit (for 1/4" (6mm) anchors)
- 3/8" x 12" (8mm x 305mm) carbide drill bit (for 3/8" (8mm) anchors)
- Safety glasses
- Extension cord
- Impact wrench
- Vacuum (for debris)

### Static Anchor Procedure

 **CAUTION:** If it is possible that the length of your bolt will not provide the minimum requirement of 2.5" (63.5mm) of engagement, a longer anchor should be used.

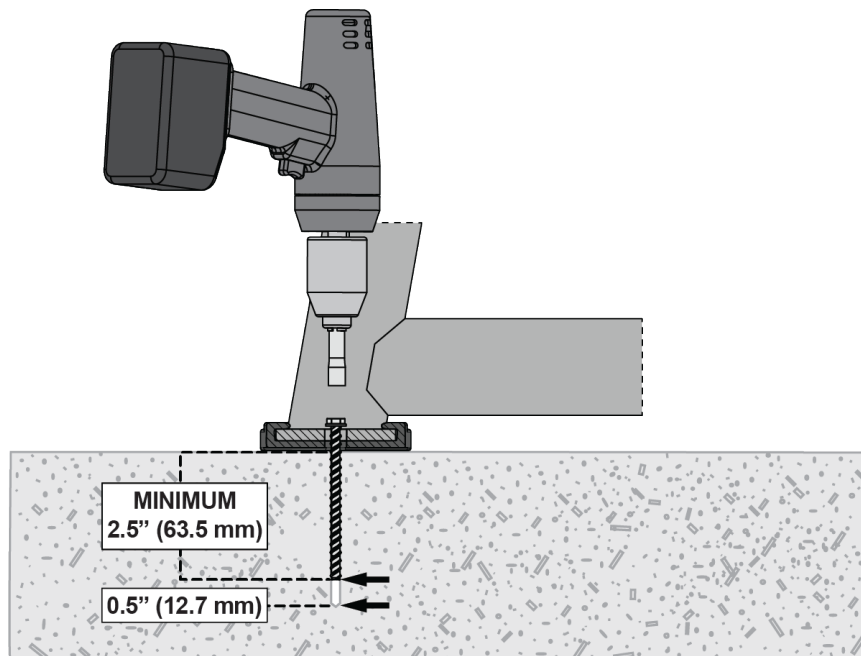
1. Place unit into position to be mounted and cycle unit to set stance.
2. Each foot **must** get at least one static fastener.

3. Wearing protective glasses, drill down into the flooring to the required depth as perpendicular as possible, ensuring that the foot thickness is being accounted for; refer to *Anchor Selection* and *Foot Dimensions*.



4. Insert fastener and tighten to 18 Foot-Pounds (24Nm) for 1/4" (6mm) anchor or 40 Foot-Pounds (54Nm) for 3/8" (8mm) anchor.

**NOTE:** If the legs/frame do not contact the mounting surface **DO NOT** pull down with the fastener or anchor. Loosen frame hardware and re-tighten to allow machine to align.



## Foot Dimensions

Use below image to determine foot specifications.

