

Structure

Assembly Instructions

ST-HR, ST-HR/HR, ST-PR, ST-FSS, STR-HR, STR-HR/HR, STR-PR, STR-FSS



Part Number
1005001-0001 AB

CYBEX[®]

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*Also check www.lifefitness.com for local representation or distributor/dealer

User and Service Documents Link

<https://lifefitness9512.zendesk.com/hc/en-us>

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

Additional information is available online using the links 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.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

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

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף זמין באופן מקוון 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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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 Di-isobutyl Phthalate, which is known to the State of California to cause birth defects or other reproductive harm, and Antimony Trioxide, which is known to the State of California to cause cancer. 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.

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.
- 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.

Plate Loaded, Free Weight, and Body Weight Systems

- If the unit is equipped with weight rods, use only Olympic style weight plates (2.0" bore) for training weight. Do not use dumbbells or any means other than those stated to increase weight resistance - See machine specific section for more information.
- Always utilize weight plate retention devices such as straps, clamps or pins.
- Only add weight plates up to the load limits of the unit. Make sure all weight plates are completely placed on the weight rod.
- Never exceed the load rating for any plate loaded station, body weight station, bench or other free weight device; including specific weight rod and band peg limits. See machine specifications for load limit information.
- Contact a Life Fitness Family of Brands representative with any questions regarding proper weights and loading.

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.

General Warning Label

⚠ 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. Children must not be allowed near this machine. Supervise teenagers.
6. **DO NOT** exceed the load rating. Seek Assistance.
7. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
8. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.** 1002324-0001

Max Capacity, 680 LB

MAX 680 lbs. (310 kg.)

Max Capacity, 1485 LB

MAX 1,485 lbs. (675 kg.)

Serial Number Label

CYBEX  

9525 WEST BRYN MAWR AVE
ROSEMONT, IL 60018
USA 1-800-351-3737
CAGE Code: 0CMY5 EN ISO 20957 Class S
www.cybexintl.com

Model: **XXX**
Manufactured in the USA with US and Foreign parts
Max User Wt: **XXXlbs XXXkgs**
Max Training Wt: **XXXlbs XXXkgs**

SN: **XXXXXXXXXXXX**



Squat Height Label

⚠ WARNING

TO REDUCE THE RISK OF SERIOUS INJURY ALWAYS place bar catches at or above this level



while performing squat exercises.

ALWAYS use bar catches while using this machine.

Strap Training Label

⚠ WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THIS PRECAUTION TO AVOID INJURY!

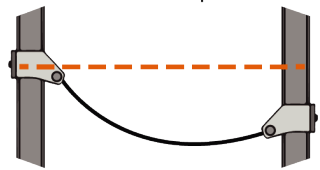
DO NOT USE any body weight strap training devices with this equipment unless the equipment is secured to the floor.

Contact manufacturer with questions.

Flexible Bar Catches Label

⚠ WARNING


If you choose to offset adjustment brackets, **DO NOT** offset more than 3 hole positions.



Max Training Weight Label

⚠ WARNING

MAX



315 lbs. (145 kg.) if equipment is **NOT** secured to floor.

495 lbs. (225 kg.) if equipment **IS** secured to floor.

Wing - Required Bolt to Floor Label

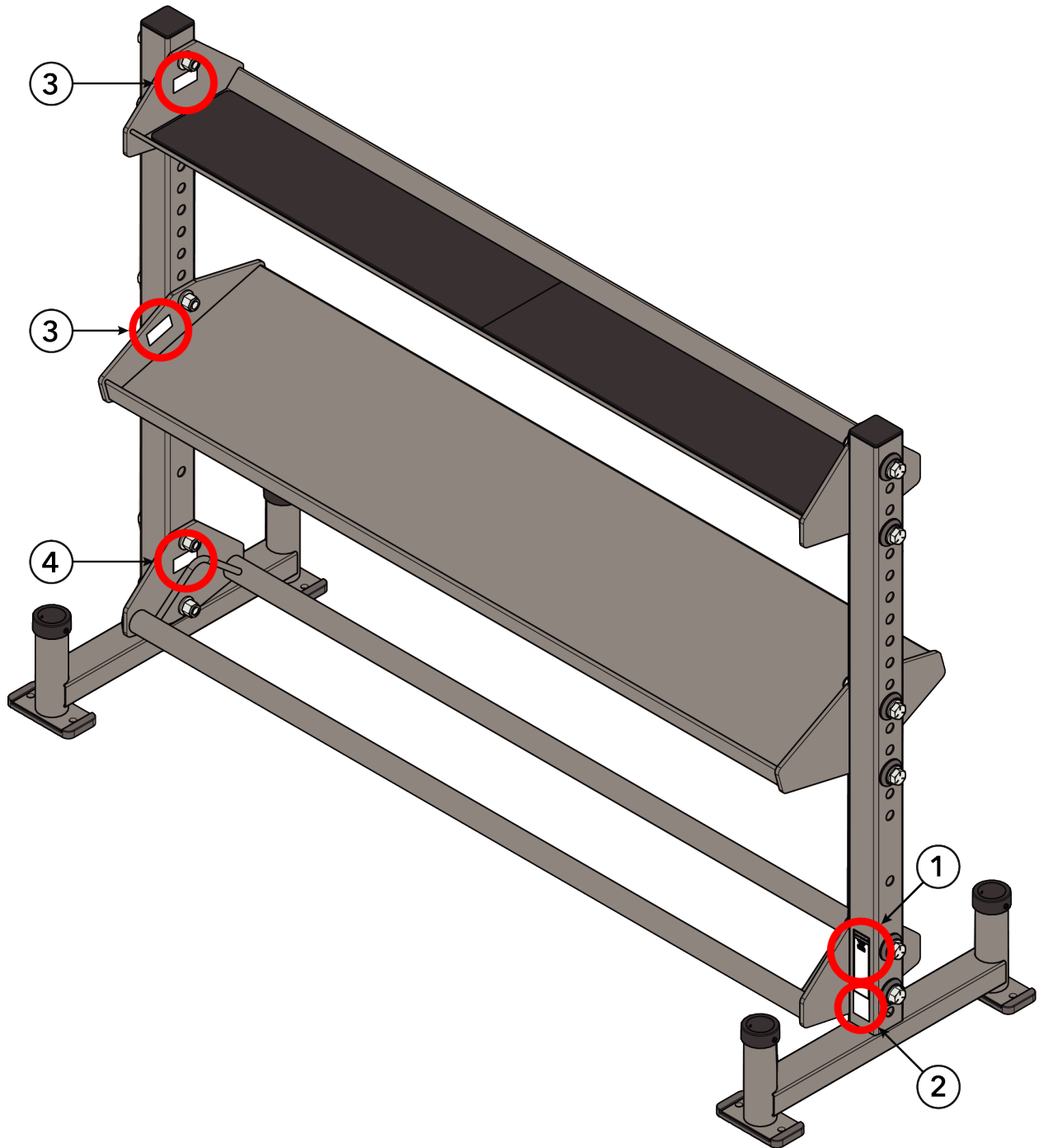
⚠ WARNING

DO NOT USE equipment if not properly secured to floor.

Manufacturer **REQUIRES** that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.

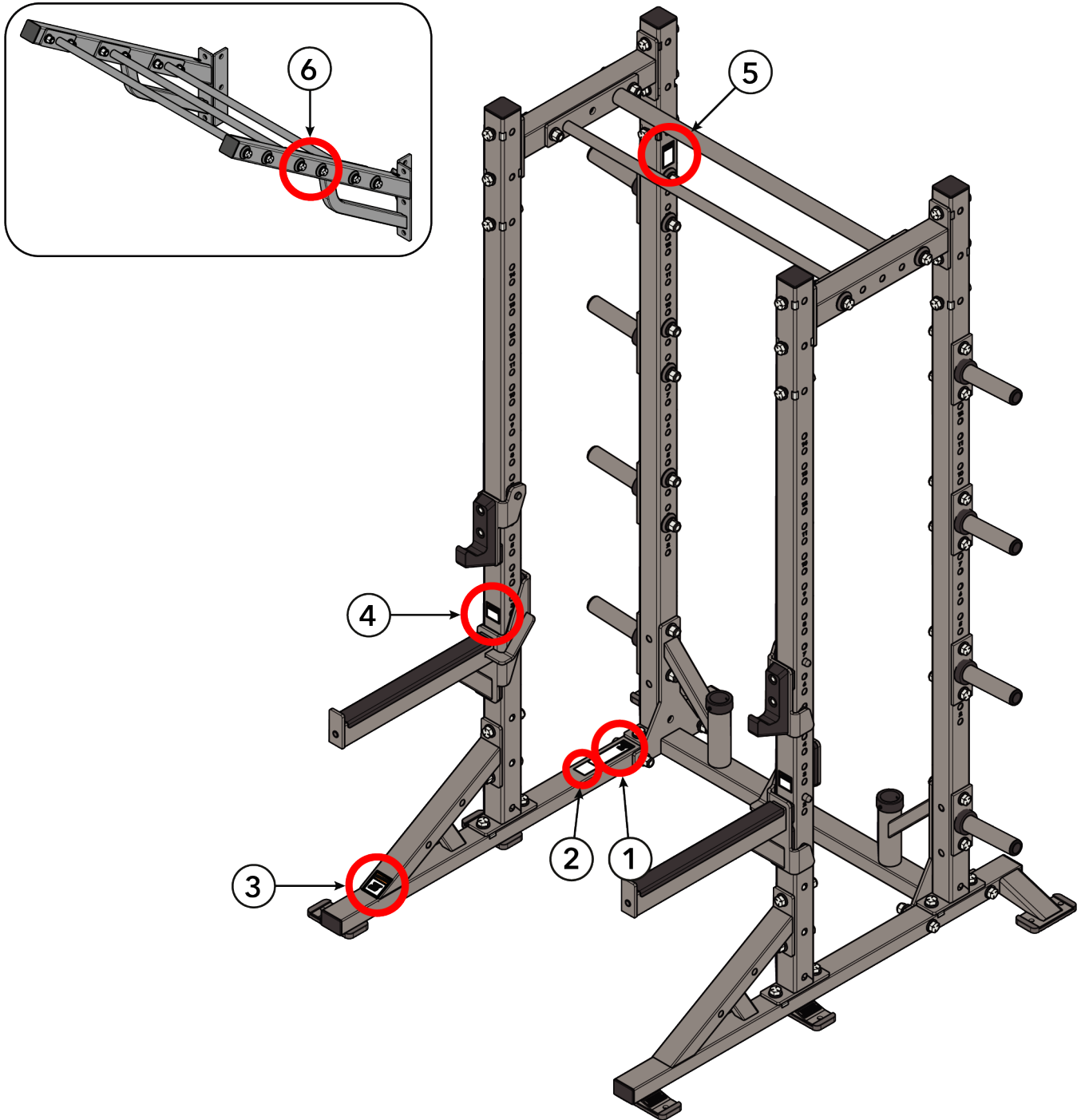
Label Locations

Free Standing Storage



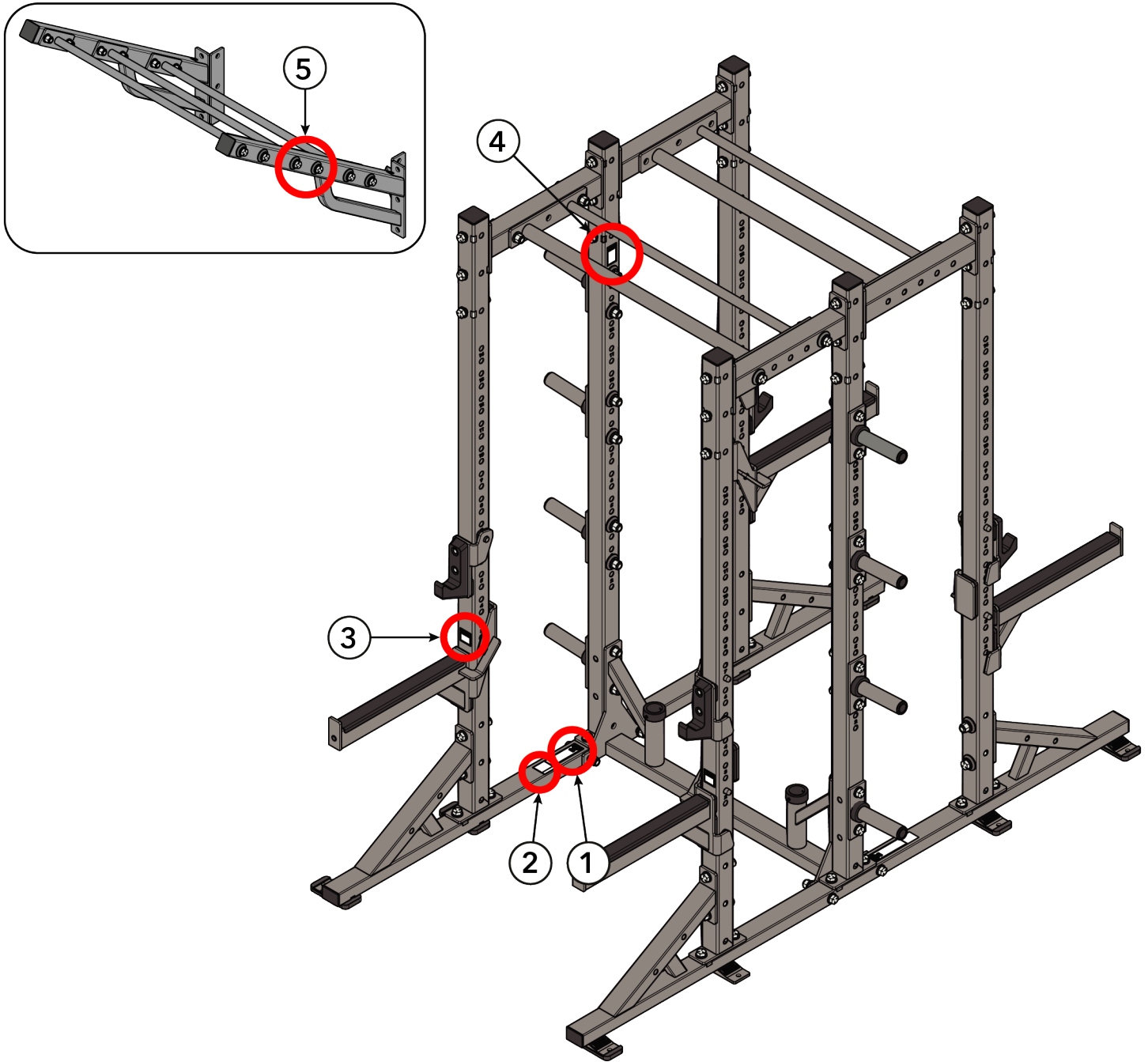
Item	Description	Qty.
1	General Warning Label	1
2	Serial Number Label	1
3	Max Capacity, 680 LB (Dumbbell Tray & Kettlebell Tray Only)	2
4	Max Capacity, 1485 LB (2-Pipe Only)	1

Half Rack



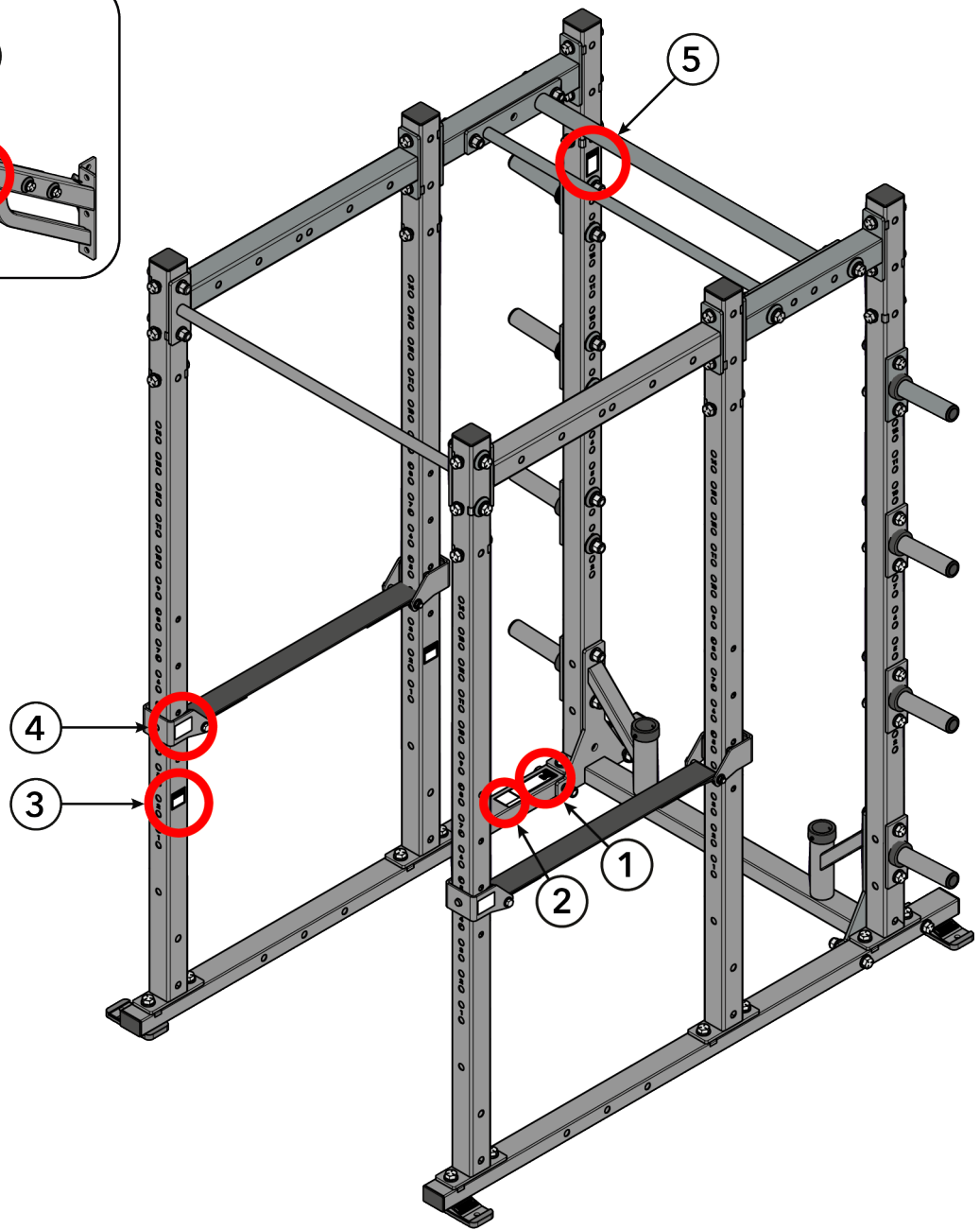
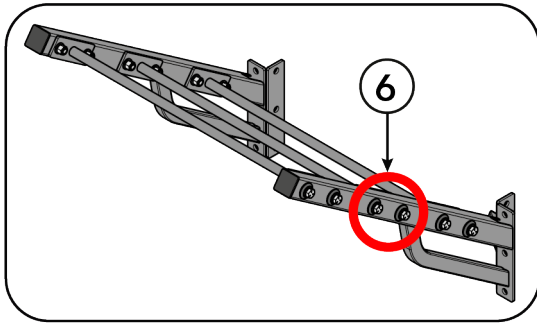
Item	Description	Qty.
1	General Warning Label	1
2	Serial Number Label	1
3	Maximum Training Weight Label	1
4	Squat Height Label	2
5	Strap Training Label	1
6	Wing - Required Bolt to Floor Label	1

Half Rack / Half Rack Combo



Item	Description	Qty.
1	General Warning Label	2
2	Serial Number Label	2
3	Squat Height Label	4
4	Strap Training Label	2
5	Wing - Required Bolt to Floor Label	1

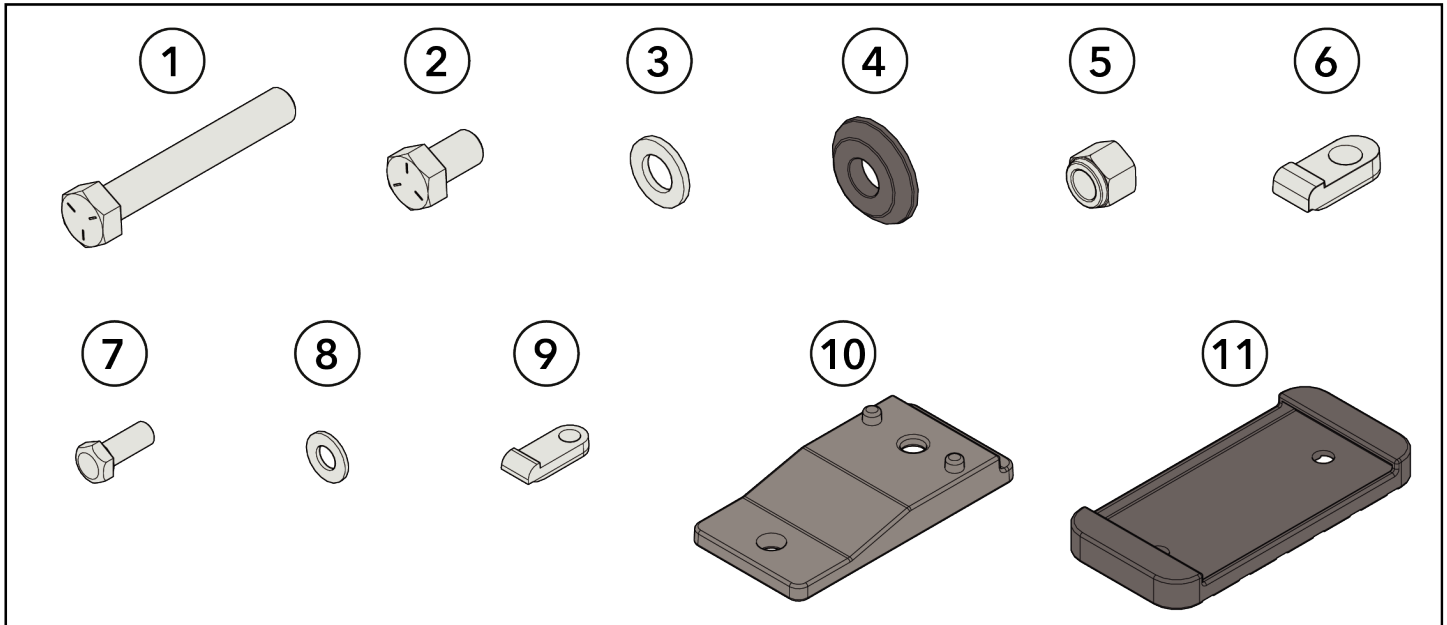
Power Rack



Item	Description	Qty.
1	General Warning Label	1
2	Serial Number Label	1
3	Squat Height Label	4
4	Flexible Bar Catches Label	4
5	Strap Training Label	1
6	Wing - Required Bolt to Floor Label	1

Assembly

Hardware List



Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	28
2	3/4-10 x 1-1/4" Hex Head Screw	48
3	3/4" Flat Washer	48
4	2.25 OD x 3/8" Spacer	20
5	3/4-10 Nylock Nut	28
6	3/4"- 10 Hammer Lock Nut	12
7	1/2-13 x 1-1/4" Hex Head Screw	6
8	1/2" Flat Washer	6
9	1/2"-13 Lock Nut	6
10	Forged Strength Foot	6
11	3" x 6" Rubber Slipper	6

Tools Required

- 3/4" Open end wrench (x2)
- 1 1/8" Open end wrench
- 1 1/16" Socket wrench
- T25 Torx Wrench
- Torque wrench

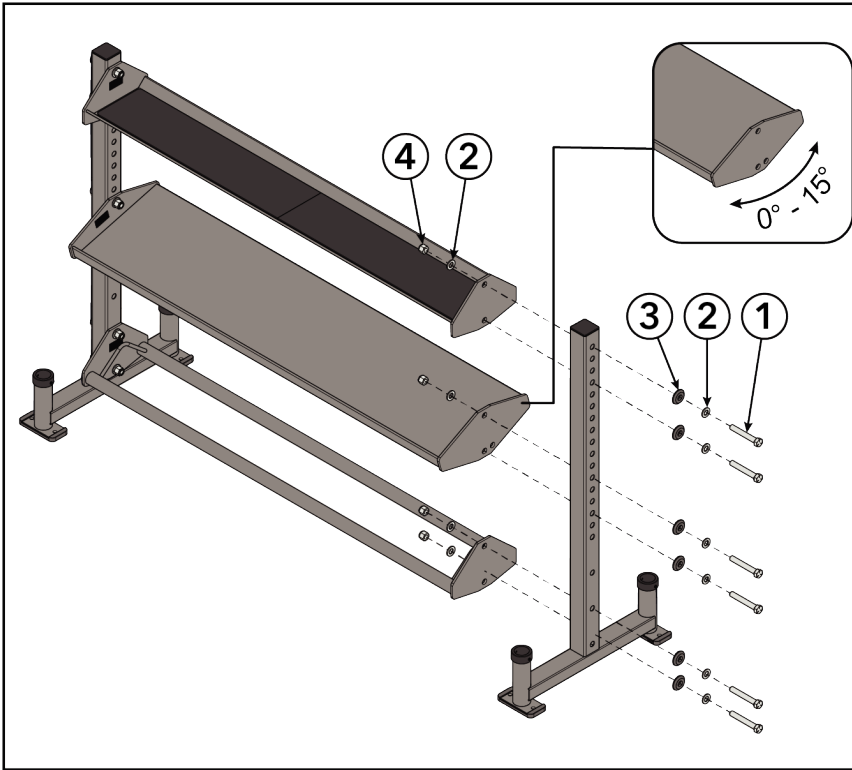
Assembly Procedure

Two people will be required for this procedure.

TIP: Read and understand all instructions thoroughly before assembling this unit. Check all items carefully. If there is damage, see the Customer Service section of this manual for proper procedure to return, replace, or reorder parts.

Free Standing Storage

1. Install screws, washers, spacers, and locknuts securing the trays to the base assemblies.



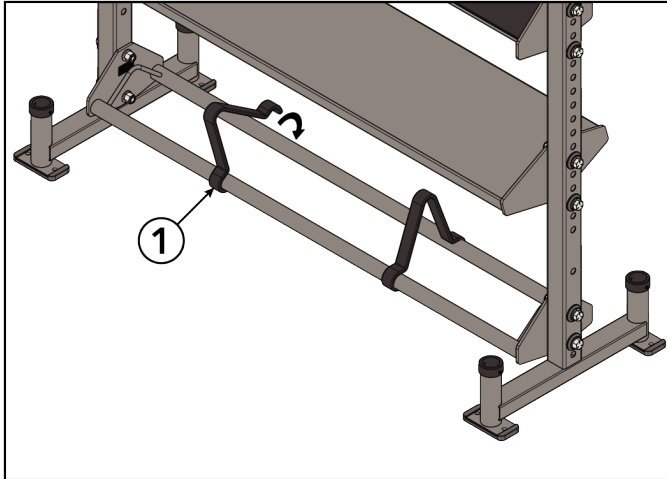
Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	12
2	3/4" Flat Washer	24
3	2.25 OD x 3/8" Spacer	12
4	3/4-10 Nylock Nut	12



Tighten hardware to 45-50 ft-lb (61-68 Nm).

2. **NOTE: OPTIONAL:** If your product does not include bumper plate dividers, skip this step.

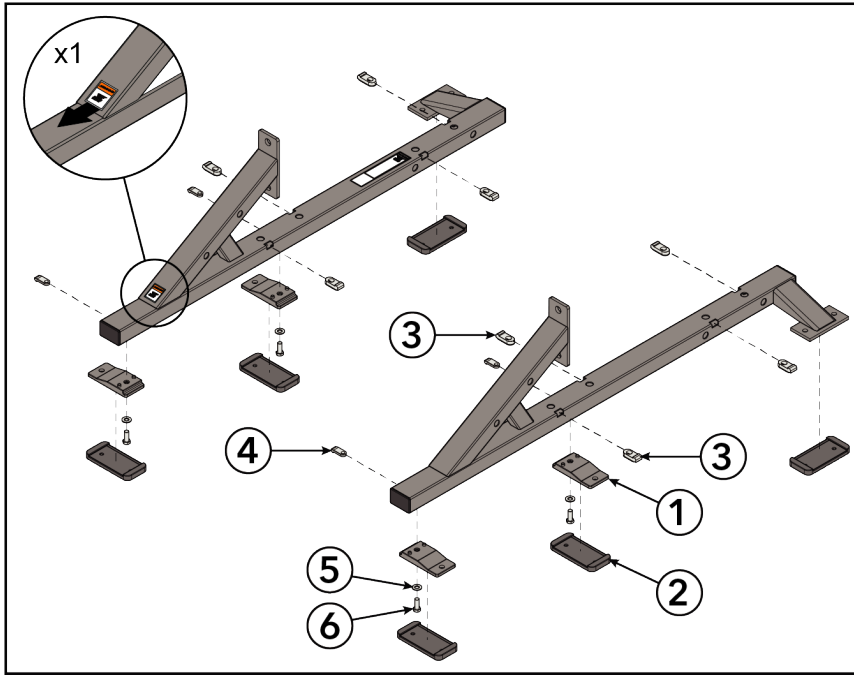
Install optional 2-pipe bumper plate dividers.



Item	Description	Qty.
1	Bumper Plate Dividers	2

Half Rack

1. Install screws, washers, and locknuts securing the forged strength feet to the base assemblies.

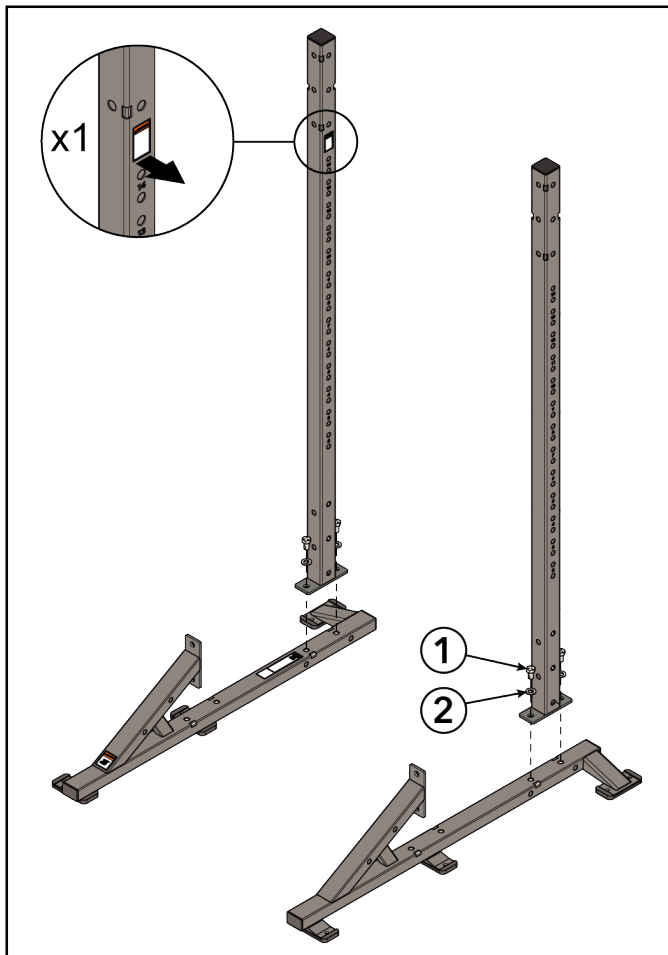


Item	Description	Qty.
1	Forged Strength Foot	6
2	3" x 6" Rubber Slipper	6
3	3/4" - 10 Hammer Lock Nut	12
4	1/2" - 13 Lock Nut	12
5	1/2" Flat Washer	6
6	1/2-13 x 1-1/4" Hex Head Screw	6



Tighten hardware to 20-25 ft-lb (27-34 Nm).

2. Install rubber slippers onto the forged strength feet.
3. Install screws and washers securing the upright assemblies to the base assemblies.



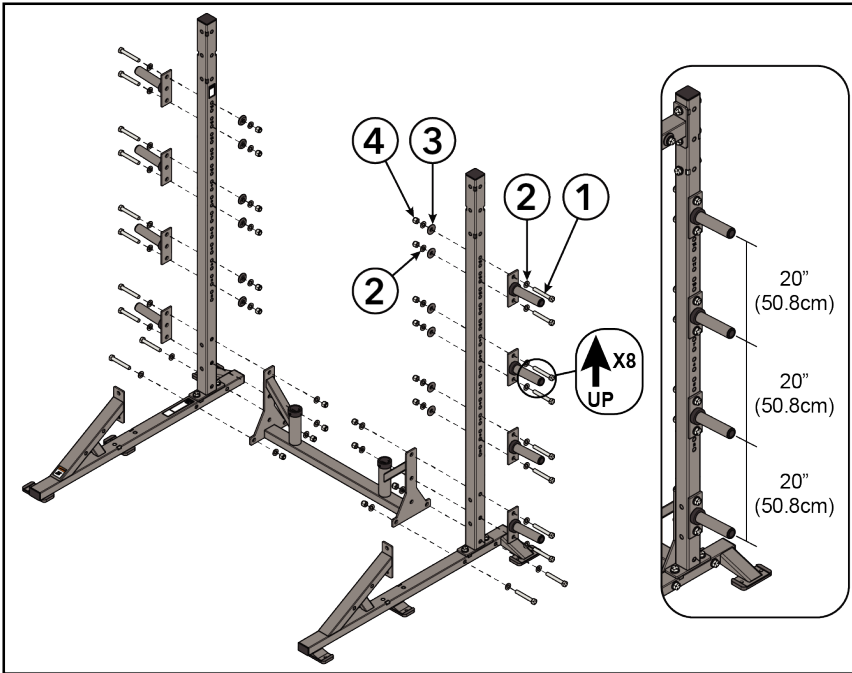
Item	Description	Qty.
1	3/4-10 x 1-1/4" Hex Head Screw	4
2	3/4" Flat Washer	4



Hand tighten hardware.

4. Install screws, washers, spacers, and locknuts securing the cross member assembly to the upright and base assemblies.

5. Install screws, washers, spacers, and locknuts securing the weight horn assemblies to the upright assemblies.

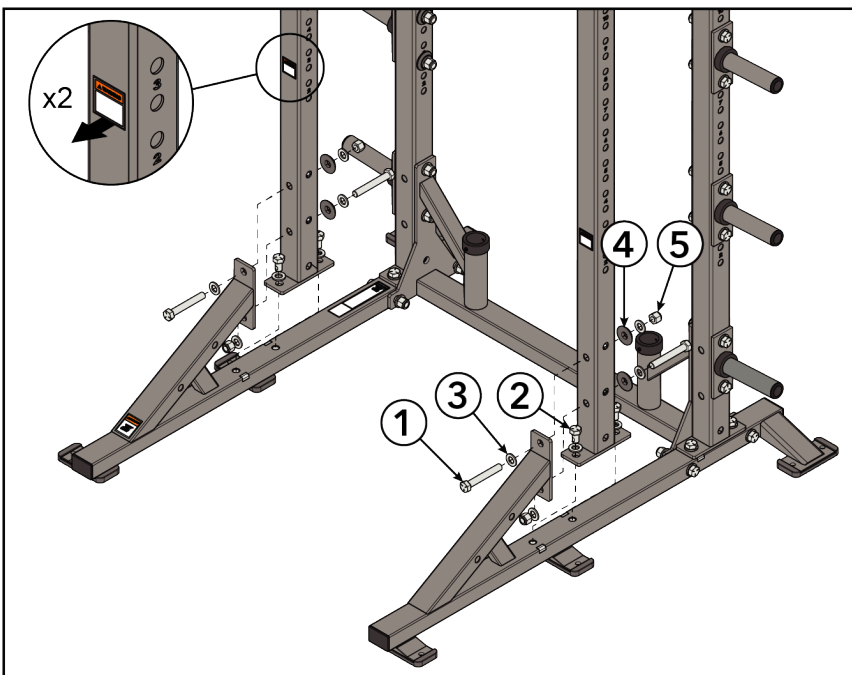


Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	20
2	3/4" Flat Washer	40
3	2.25 OD x 3/8" Spacer	12
4	3/4-10 Nylock Nut	20



Hand tighten hardware.

6. Install screws, washers, spacers, and locknuts securing the upright assemblies to the base assemblies.

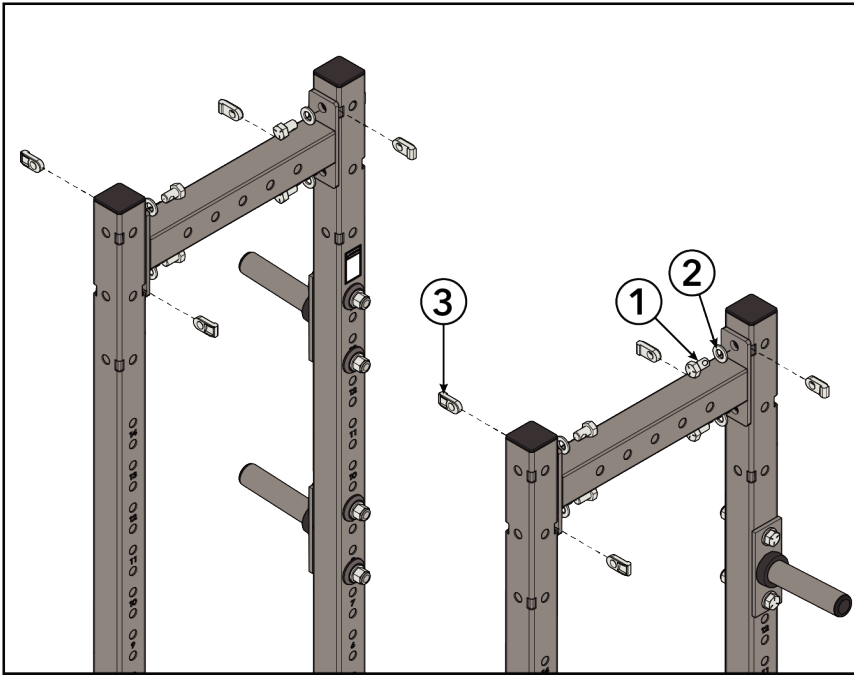


Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	4
2	3/4-10 x 1-1/4" Hex Head Screw	4
3	3/4" Flat Washer	12
4	2.25 OD x 3/8" Spacer	4
5	3/4-10 Nylock Nut	4



Hand tighten hardware.

7. Install screws, washers, and locknuts securing the cross members to the upright assemblies.

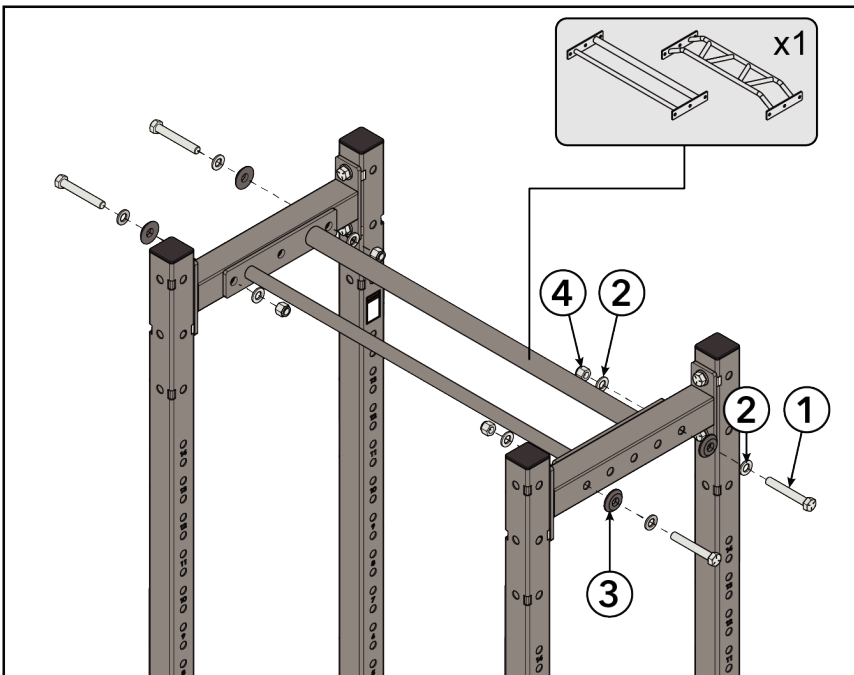


Item	Description	Qty.
1	3/4-10 x 1-1/4" Hex Head Screw	8
2	3/4" Flat Washer	8
3	3/4"- 10 Hammer Lock Nut	8



Hand tighten hardware.

8. Install screws, washers, spacers, and locknuts securing the pull up bars to the upright assemblies.

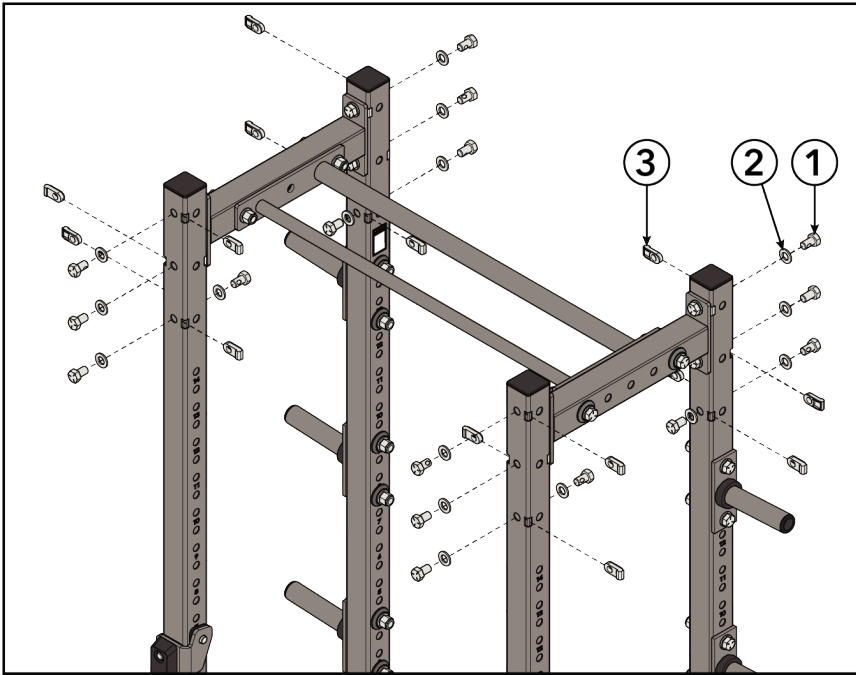


Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	4
2	3/4" Flat Washer	8
3	2.25 OD x 3/8" Spacer	4
4	3/4-10 Nylock Nut	4



Hand tighten hardware.

9. Install screws, washers, and locknuts to the upright assemblies.



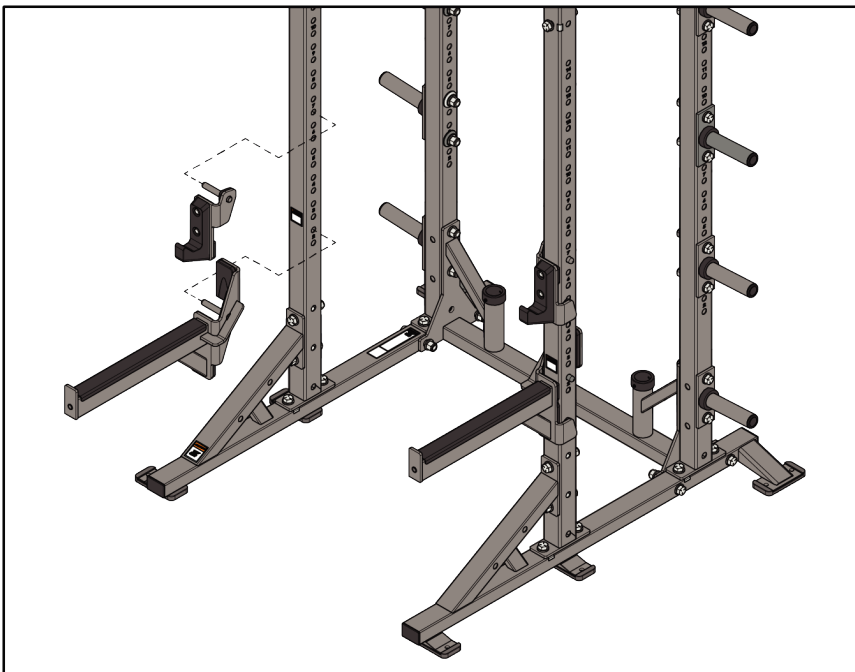
Item	Description	Qty.
1	3/4-10 x 1-1/4" Hex Head Screw	16
2	3/4" Flat Washer	16
3	3/4"- 10 Hammer Lock Nut	16



Hand tighten hardware.

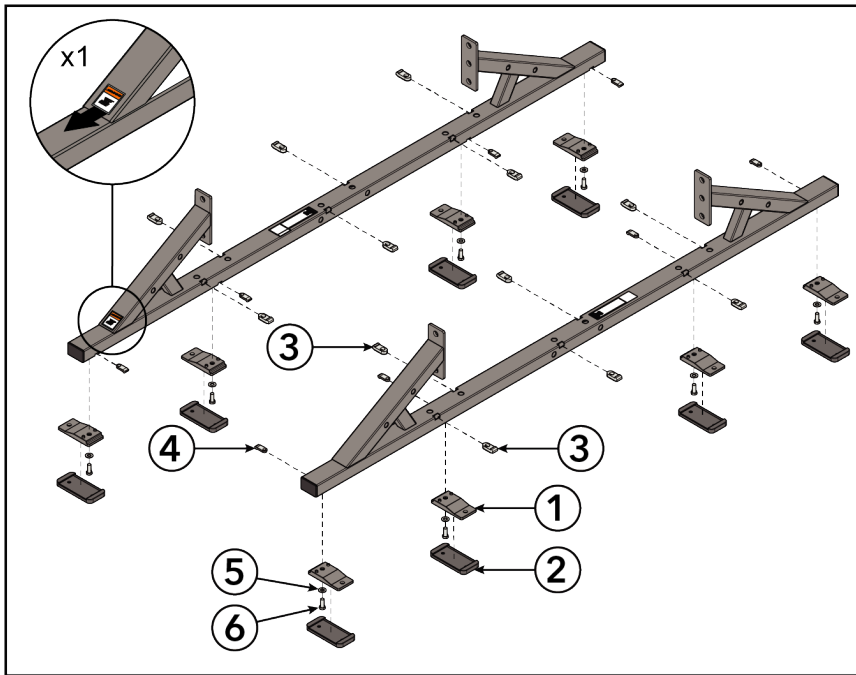
10. Tighten all loose hardware to 45-50 ft-lb (61-68 Nm).

11. Install bar support assemblies and bar catch assemblies to the upright assemblies.



Half Rack / Half Rack Combo

1. Install screws, washers, and locknuts securing the forged strength feet to the base assemblies.

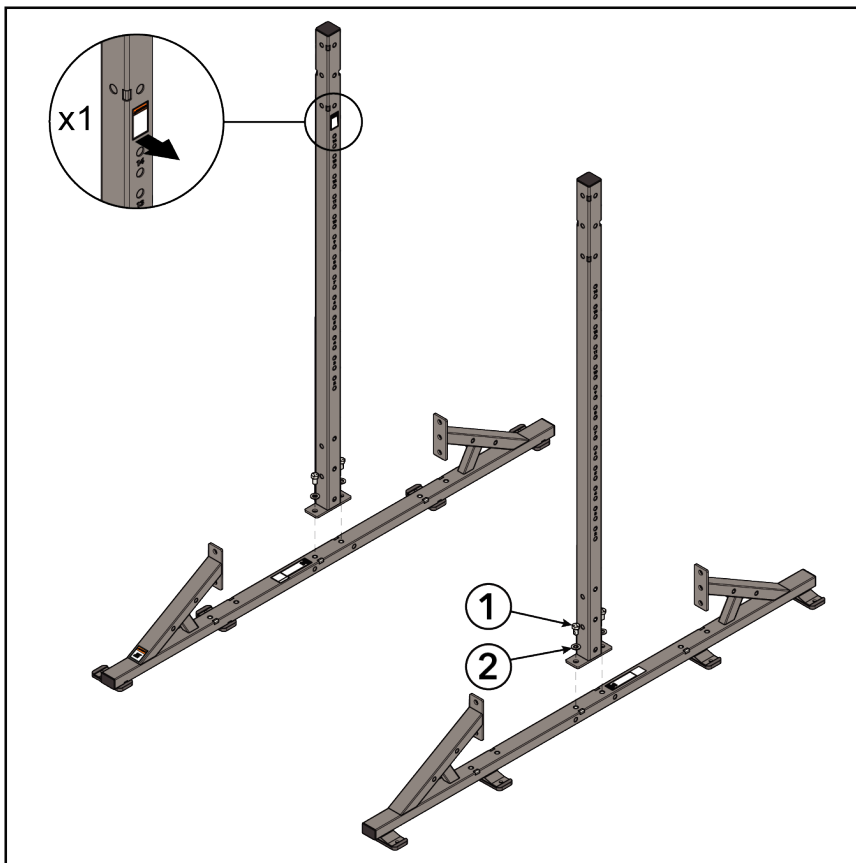


Item	Description	Qty.
1	Forged Strength Foot	8
2	3" x 6" Rubber Slipper	8
3	3/4"- 10 Hammer Lock Nut	12
4	1/2"-13 Lock Nut	8
5	1/2" Flat Washer	8
6	1/2-13 x 1-1/4" Hex Head Screw	8



Tighten hardware to 20-25 ft-lb (27-34 Nm).

2. Install rubber slippers onto the forged strength feet.
3. Install screws and washers securing the upright assemblies to the base assemblies.



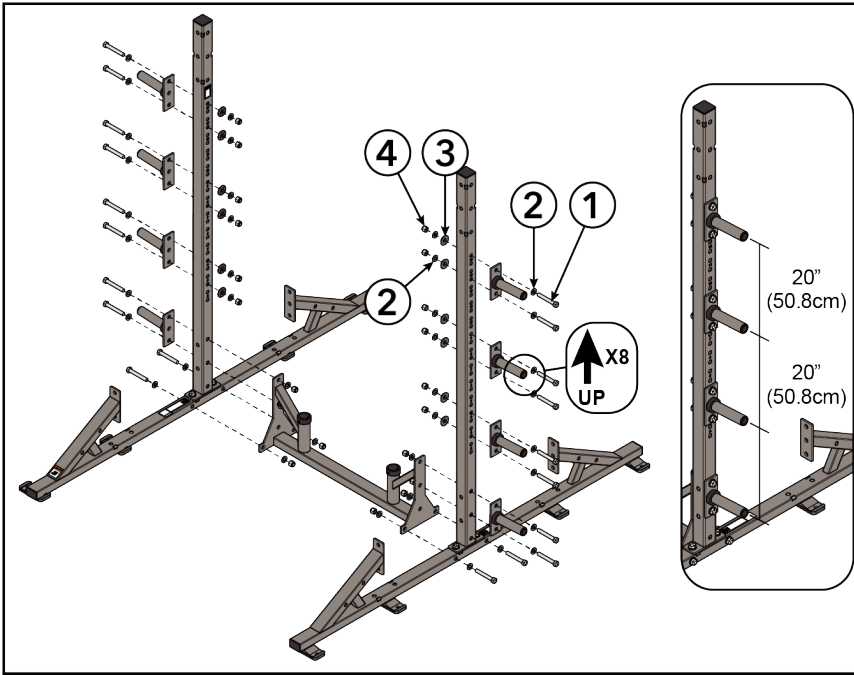
Item	Description	Qty.
1	3/4-10 x 1-1/4" Hex Head Screw	4
2	3/4" Flat Washer	4



Hand tighten hardware.

4. Install screws, washers, spacers, and locknuts securing the cross member assembly to the upright and base assemblies.

5. Install screws, washers, spacers, and locknuts securing the weight horn assemblies to the upright assemblies.

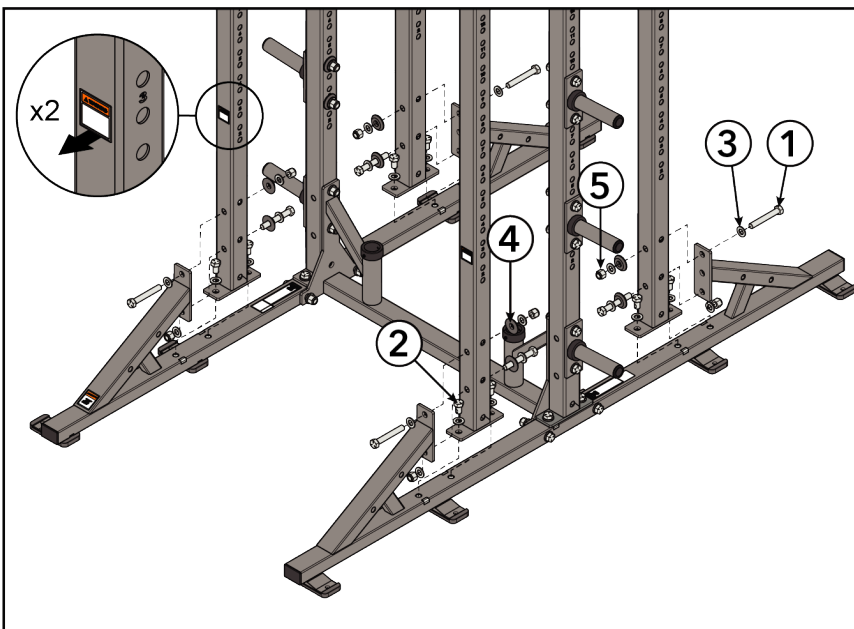


Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	20
2	3/4" Flat Washer	40
3	2.25 OD x 3/8" Spacer	12
4	3/4-10 Nylock Nut	20



Hand tighten hardware.

6. Install screws, washers, spacers, and locknuts securing the upright assemblies to the base assemblies.

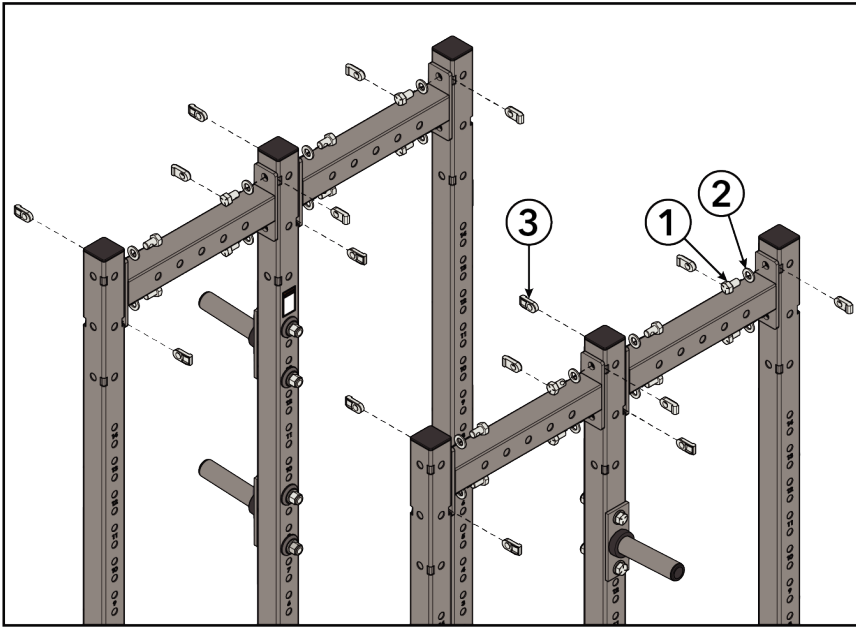


Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	8
2	3/4-10 x 1-1/4" Hex Head Screw	8
3	3/4" Flat Washer	24
4	2.25 OD x 3/8" Spacer	8
5	3/4-10 Nylock Nut	8



Hand tighten hardware.

7. Install screws, washers, and locknuts securing the cross members to the upright assemblies.

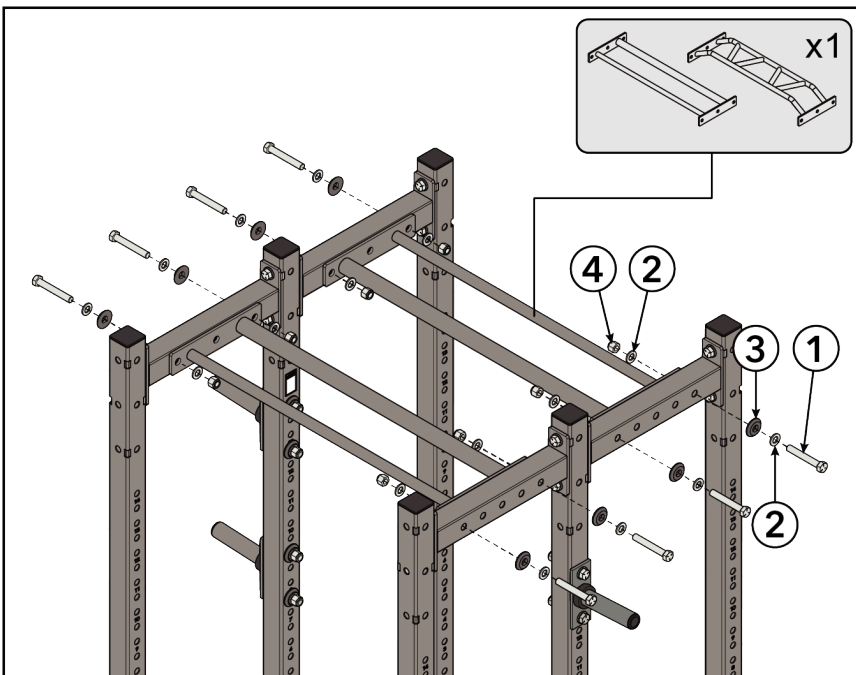


Item	Description	Qty.
1	3/4-10 x 1-1/4" Hex Head Screw	16
2	3/4" Flat Washer	16
3	3/4"- 10 Hammer Lock Nut	16



Hand tighten hardware.

8. Install screws, washers, spacers, and locknuts securing the pull up bars to the upright assemblies.

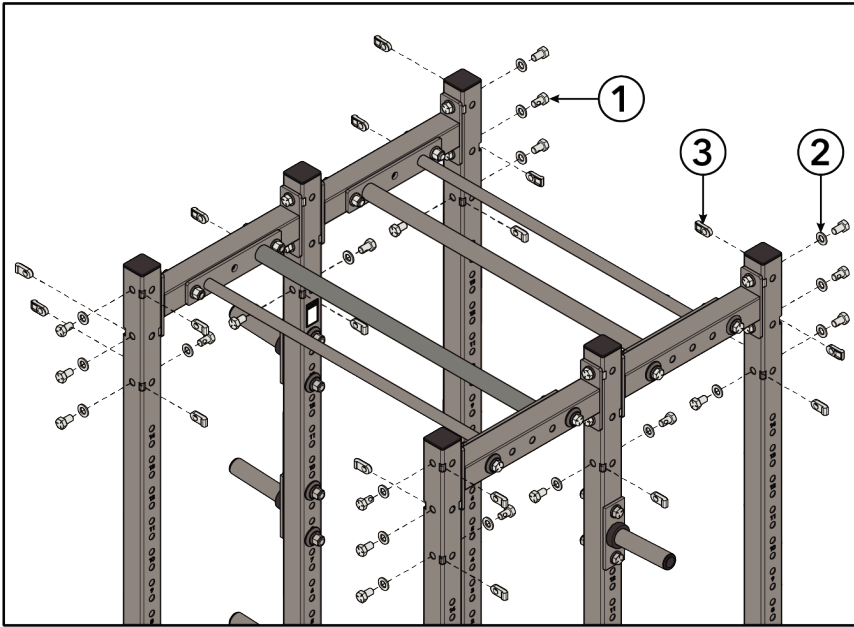


Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	8
2	3/4" Flat Washer	16
3	2.25 OD x 3/8" Spacer	8
4	3/4-10 Nylock Nut	8



Hand tighten hardware.

9. Install screws, washers, and locknuts to the upright assemblies.



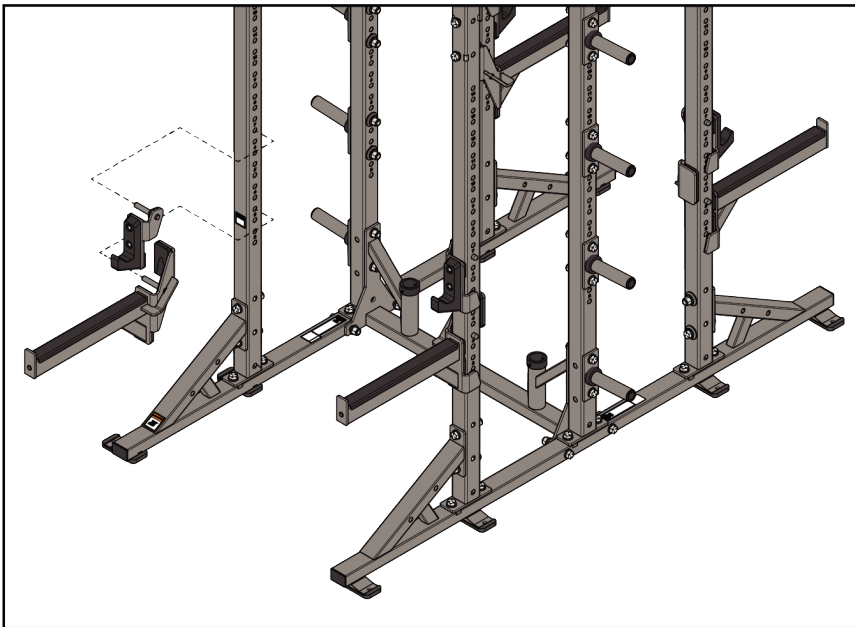
Item	Description	Qty.
1	3/4-10 x 1-1/4" Hex Head Screw	20
2	3/4" Flat Washer	20
3	3/4"- 10 Hammer Lock Nut	20



Hand tighten hardware.

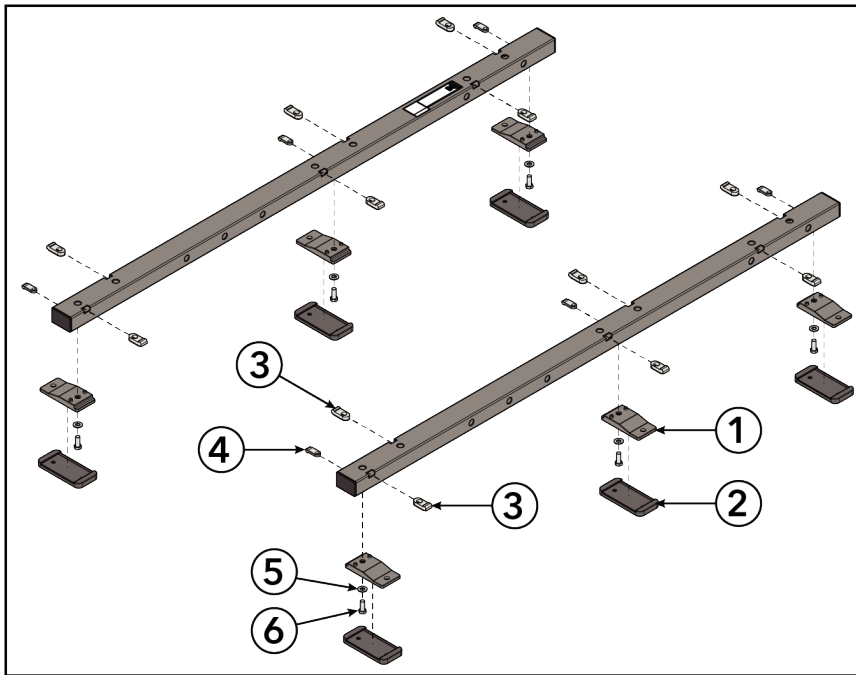
10. Tighten all loose hardware to 45-50 ft-lb (61-68 Nm).

11. Install bar support assemblies and bar catch assemblies to the upright assemblies.



Power Rack

1. Install screws, washers, and locknuts securing the forged strength feet to the base assemblies.

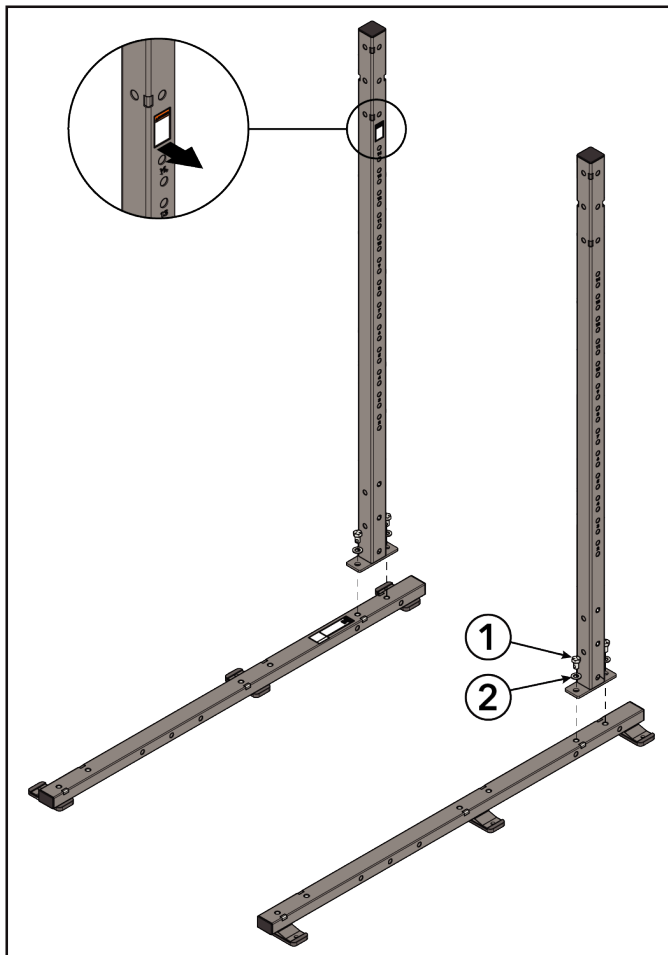


Item	Description	Qty.
1	Forged Strength Foot	6
2	3" x 6" Rubber Slipper	6
3	3/4" - 10 Hammer Lock Nut	12
4	1/2" - 13 Lock Nut	12
5	1/2" Flat Washer	6
6	1/2-13 x 1-1/4" Hex Head Screw	6



Tighten hardware to 20-25 ft-lb (27-34 Nm).

2. Install rubber slippers onto the forged strength feet.
3. Install screws and washers securing the upright assemblies to the base assemblies.



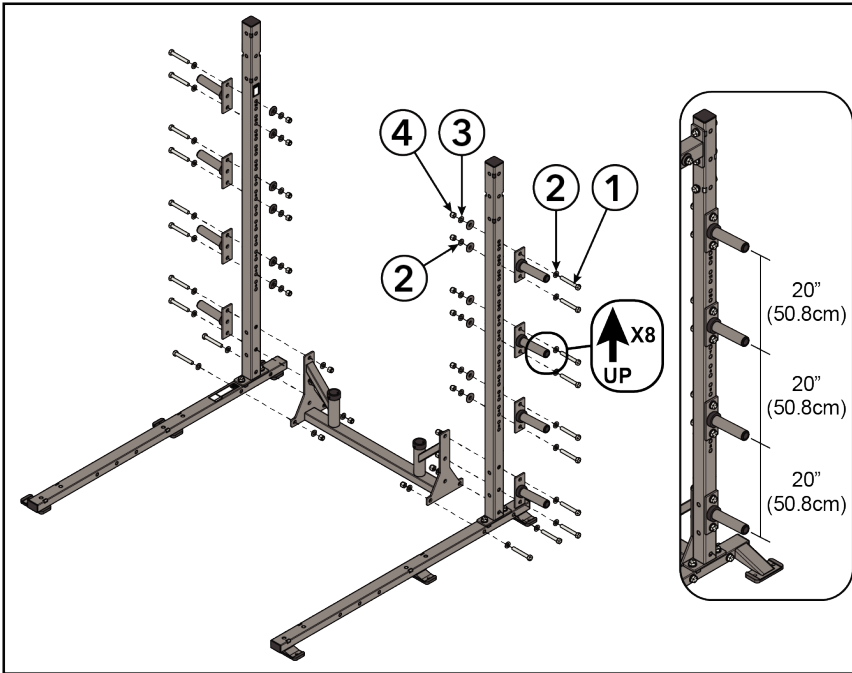
Item	Description	Qty.
1	3/4-10 x 1-1/4" Hex Head Screw	4
2	3/4" Flat Washer	4



Hand tighten hardware.

4. Install screws, washers, spacers, and locknuts securing the cross member assembly to the upright and base assemblies.

5. Install screws, washers, spacers, and locknuts securing the weight horn assemblies to the upright assemblies.

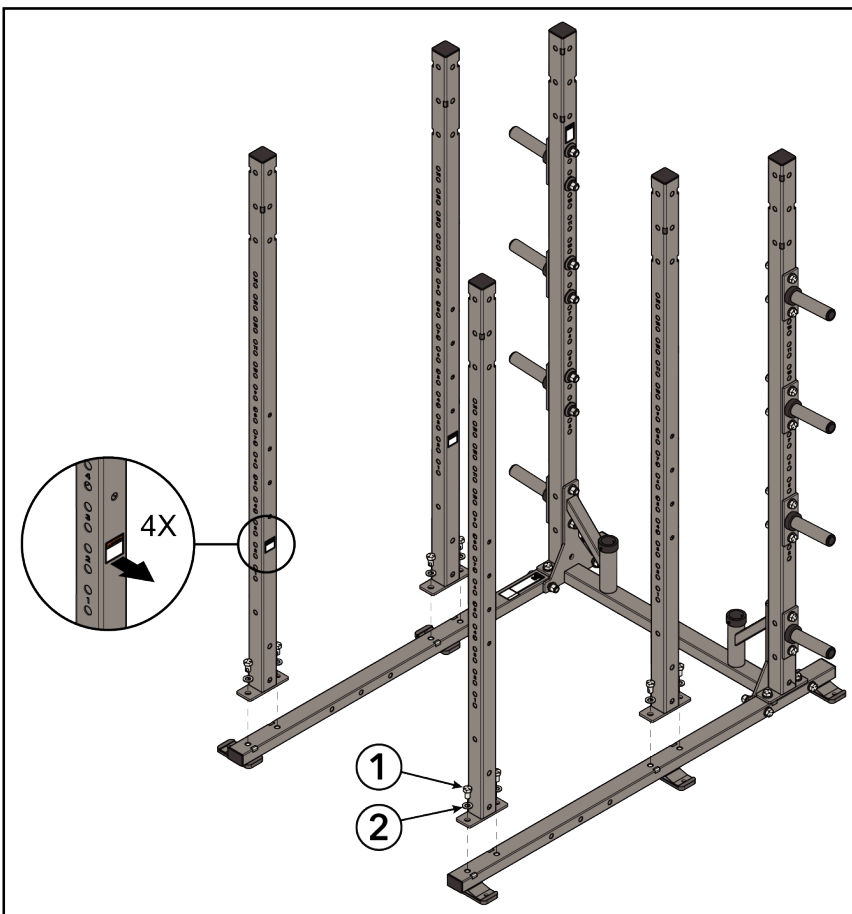


Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	20
2	3/4" Flat Washer	40
3	2.25 OD x 3/8" Spacer	12
4	3/4-10 Nylock Nut	20



Hand tighten hardware.

6. Install screws and washers securing the upright assemblies to the base assemblies.

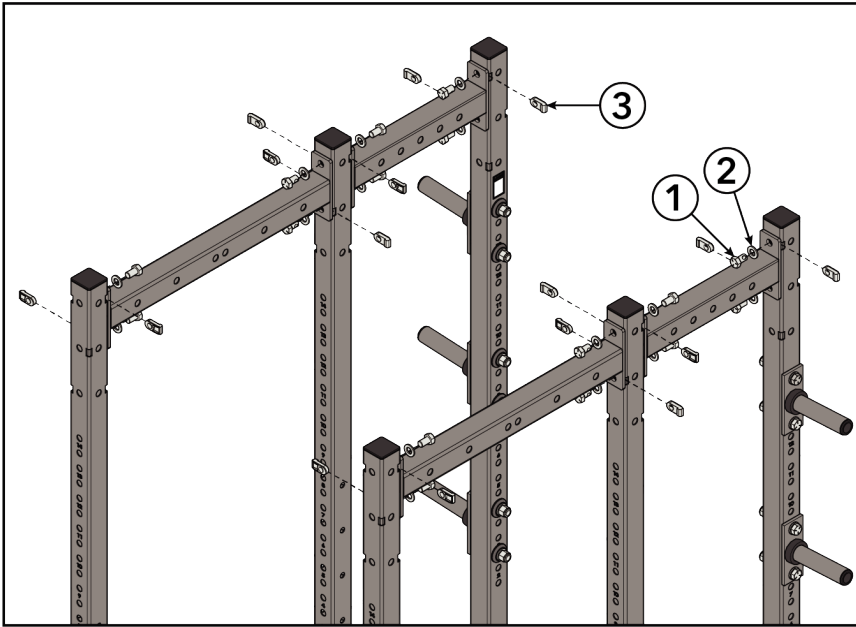


Item	Description	Qty.
1	3/4-10 x 1-1/4" Hex Head Screw	8
2	3/4" Flat Washer	8



Hand tighten hardware.

7. Install screws, washers, and locknuts securing the cross members to the upright assemblies.

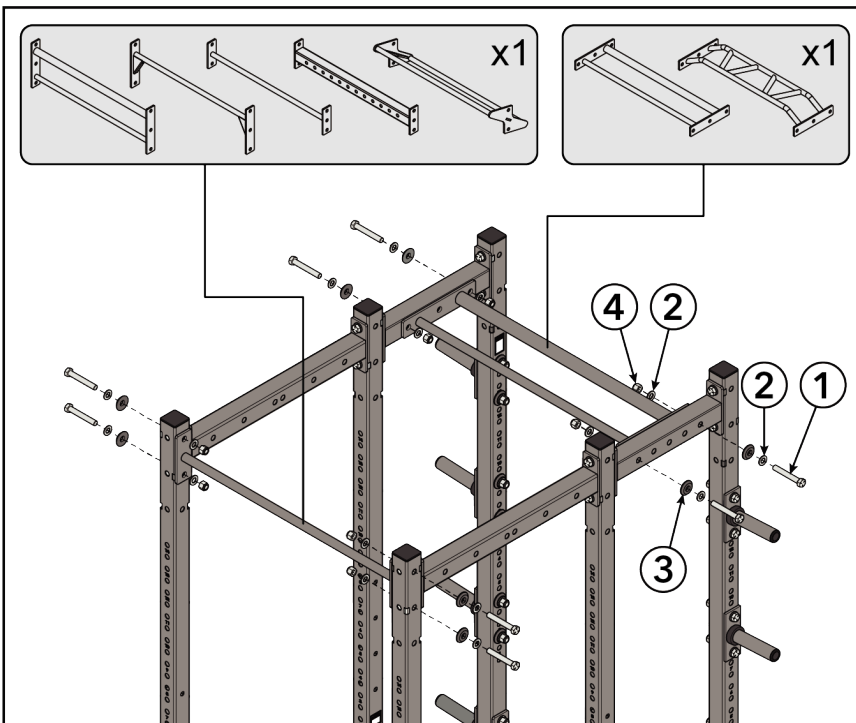


Item	Description	Qty.
1	3/4-10 x 1-1/4" Hex Head Screw	16
2	3/4" Flat Washer	16
3	3/4"- 10 Hammer Lock Nut	16



Hand tighten hardware.

8. Install screws, washers, spacers, and locknuts securing the pull up bars to the upright assemblies.

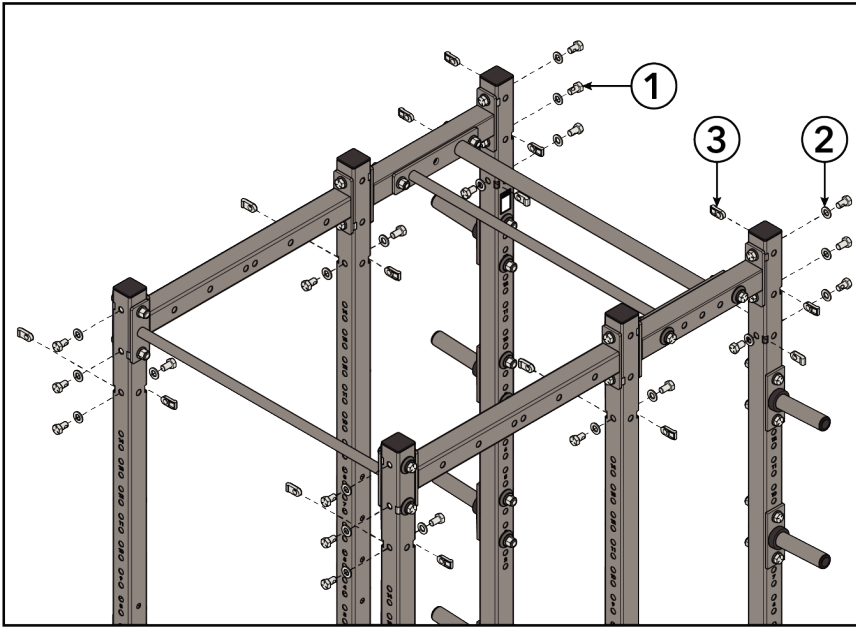


Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	8
2	3/4" Flat Washer	16
3	2.25 OD x 3/8" Spacer	8
4	3/4-10 Nylock Nut	8



Hand tighten hardware.

9. Install screws, washers, and locknuts to the upright assemblies.



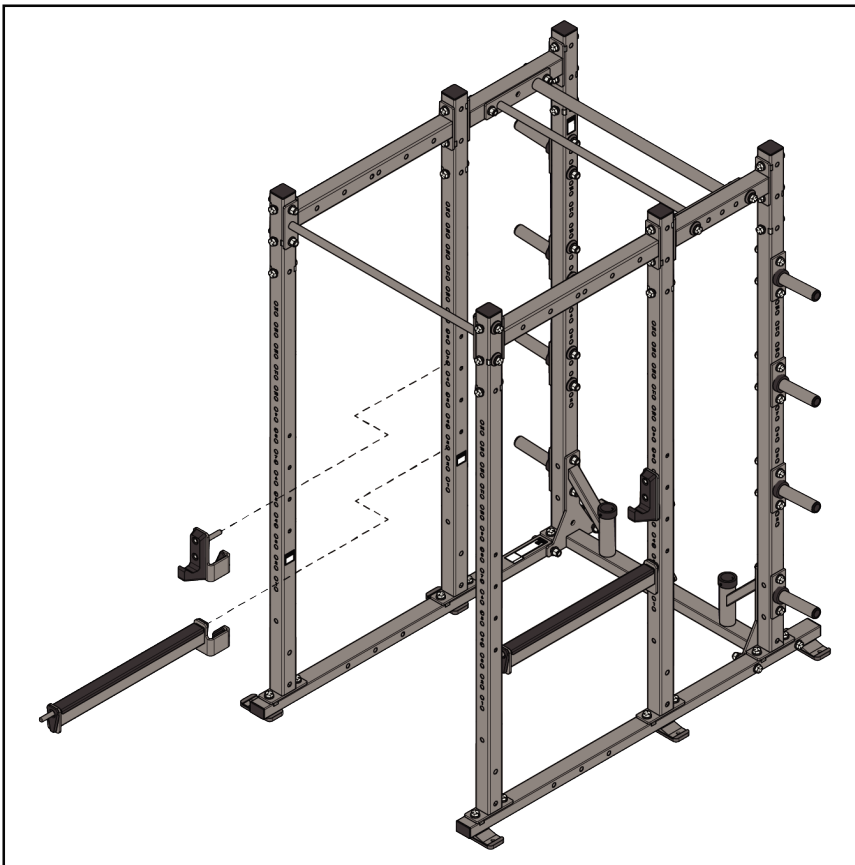
Item	Description	Qty.
1	3/4-10 x 1-1/4" Hex Head Screw	20
2	3/4" Flat Washer	20
3	3/4"- 10 Hammer Lock Nut	20



Hand tighten hardware.

10. Tighten all loose hardware to 45-50 ft-lb (61-68 Nm).

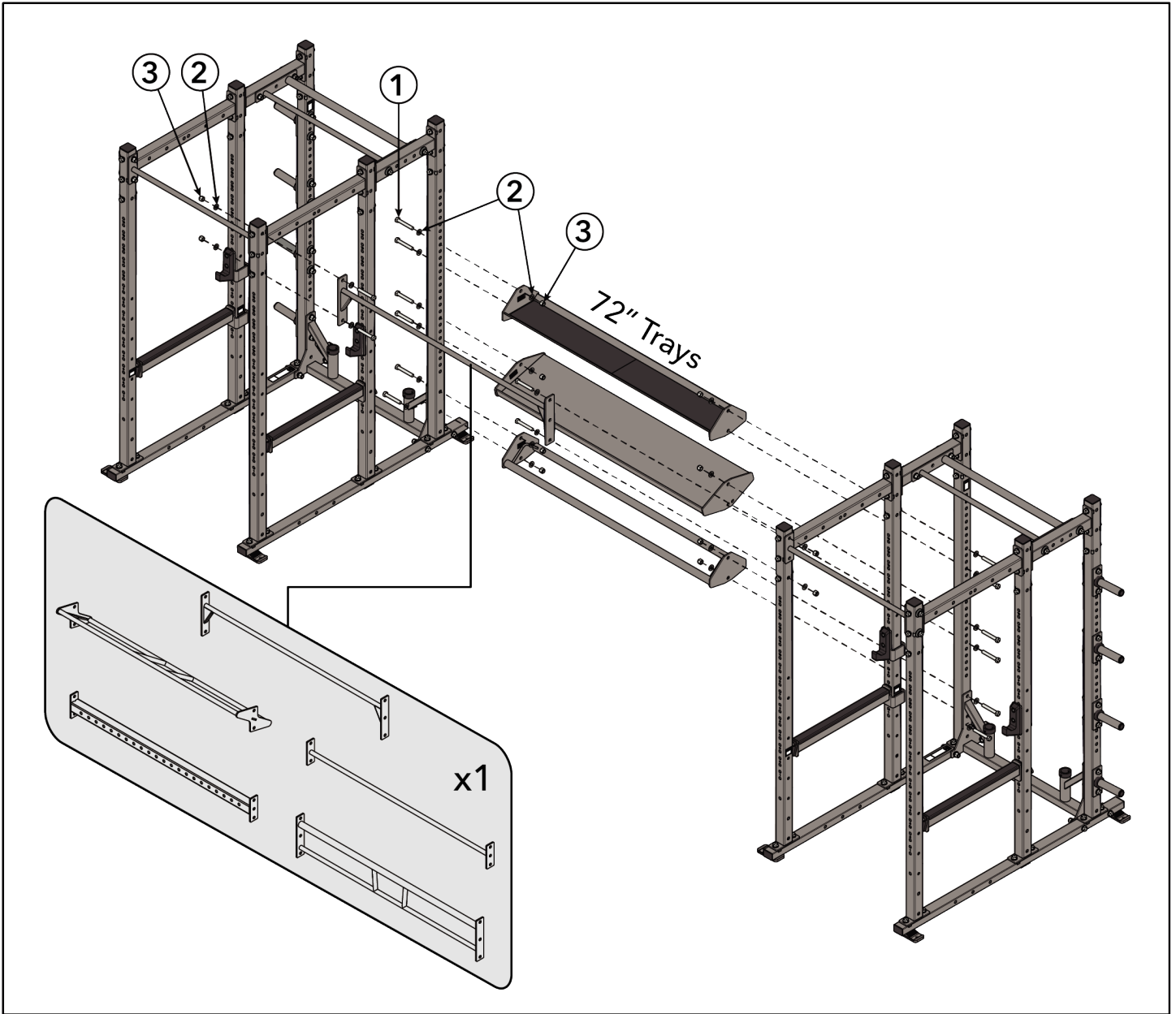
11. Install bar support assemblies and bar catch assemblies to the upright assemblies.



Accessories

Rack Connectors

Install screws, washers, and locknuts securing the pull up bar and trays to racks.



Pull Up Bar

Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	4
2	3/4" Flat Washer	8
3	3/4-10 Nylock Nut	4

Tray

Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	12
2	3/4" Flat Washer	24

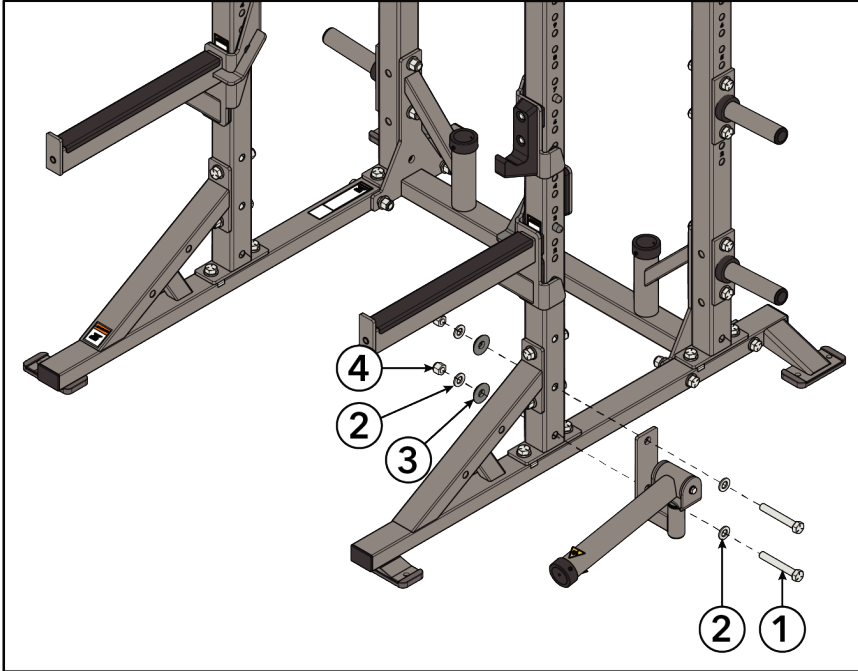
Item	Description	Qty.
3	3/4-10 Nylock Nut	12



Tighten hardware to 45-50 ft-lb (61-68 Nm).

Power Pivot

Install screws, washers, spacers, and locknuts securing the power pivot to the upright assembly.



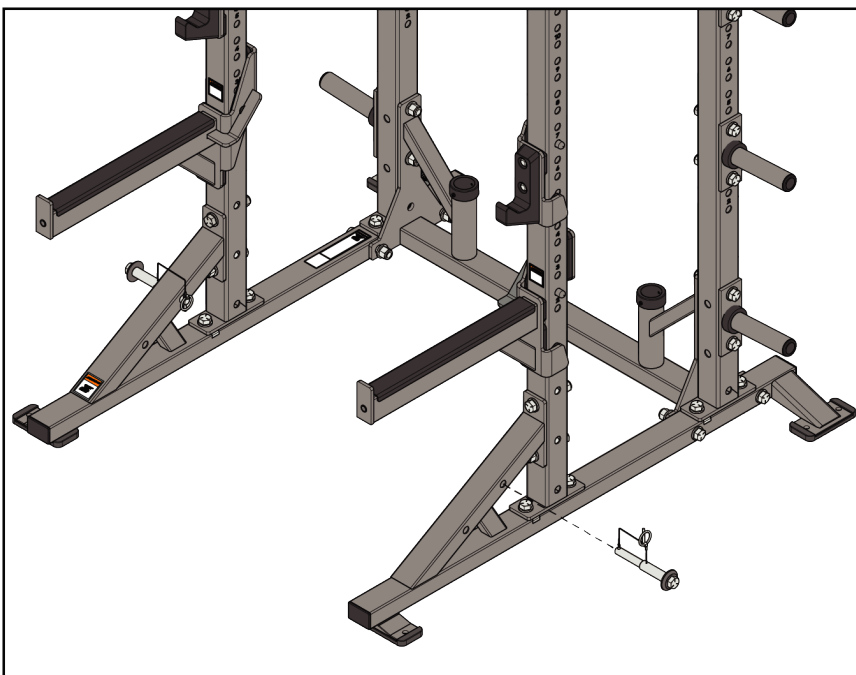
Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	2
2	3/4" Flat Washer	4
3	2.25 OD x 3/8" Spacer	2
4	3/4-10 Nylock Nut	2



Tighten hardware to 45-50 ft-lb (61-68 Nm).

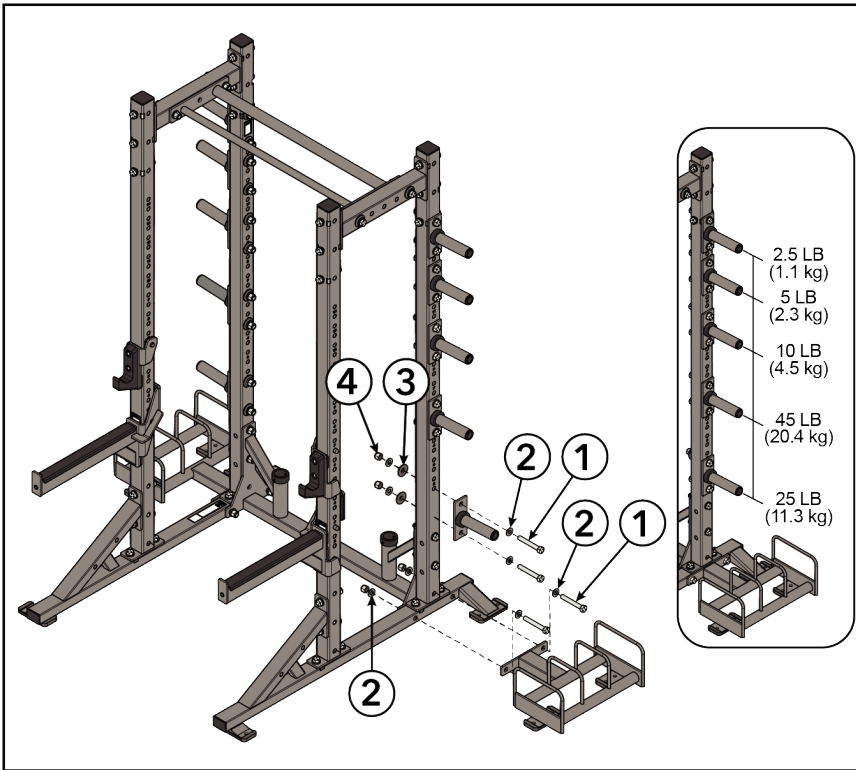
Band Pegs

Install band pegs to the base assembly.



Rack Bumper Plate Storage

Install screws, washers, spacers, and locknuts securing the rack bumper plate storage and weight horns to the upright assembly.



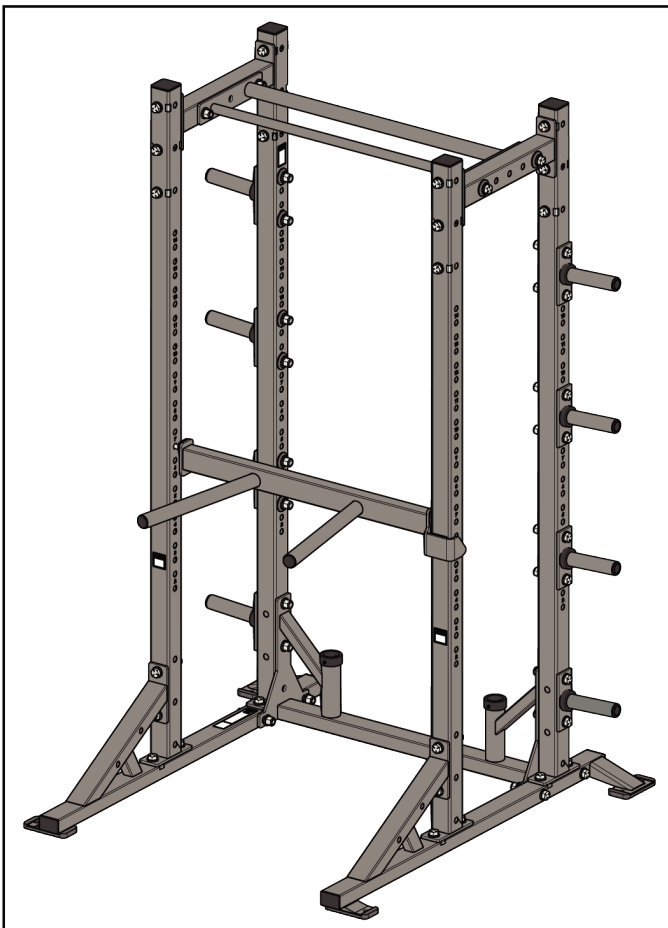
Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	8
2	3/4" Flat Washer	16
3	2.25 OD x 3/8" Spacer	4
4	3/4-10 Nylock Nut	8



Tighten hardware to 45-50 ft-lb (61-68 Nm).

Dip

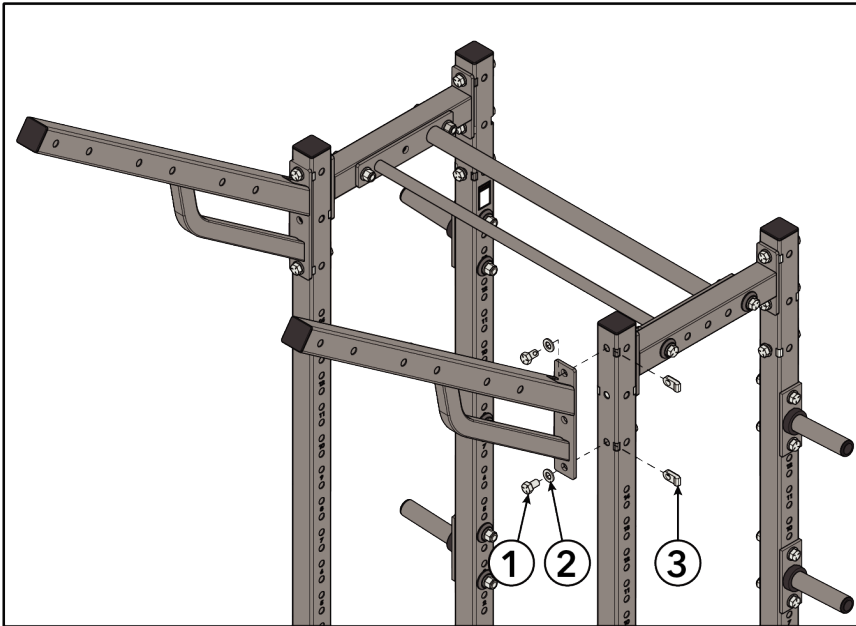
Install dip assembly to the upright assemblies.



Wing

DO NOT USE equipment if not properly secured to floor. Manufacturer REQUIRES that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.

1. Install screws, washers, and locknuts securing the wing assemblies to the upright assemblies.

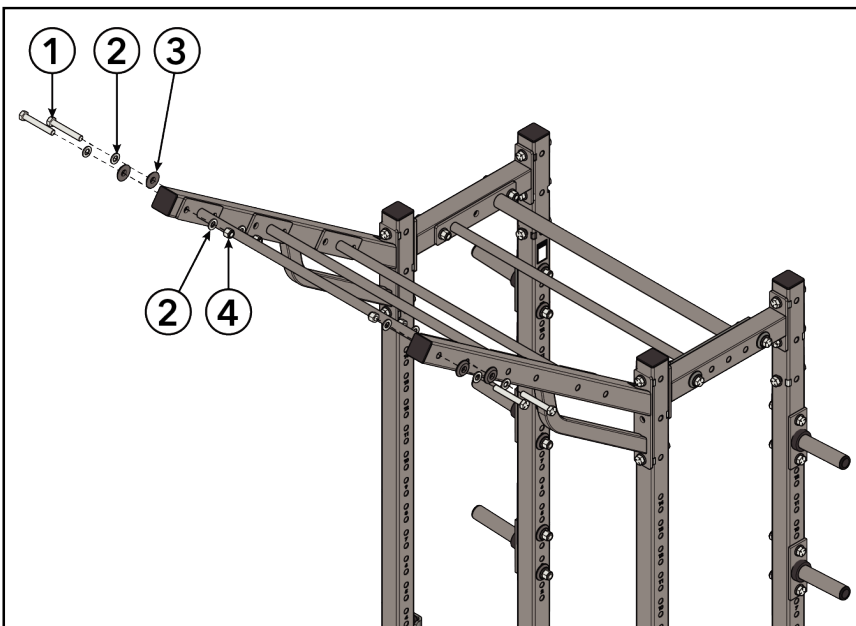


Item	Description	Qty.
1	3/4-10 x 1-1/4" Hex Head Screw	4
2	3/4" Flat Washer	4
3	3/4"- 10 Hammer Lock Nut	4



Hand tighten hardware.

2. Install screws, washers, spacers, and locknuts securing the pull up bars to the wing assemblies..



Item	Description	Qty.
1	3/4-10 x 5" Hex Head Screw	12
2	3/4" Flat Washer	24
3	2.25 OD x 3/8" Spacer	12
4	3/4-10 Nylock Nut	12

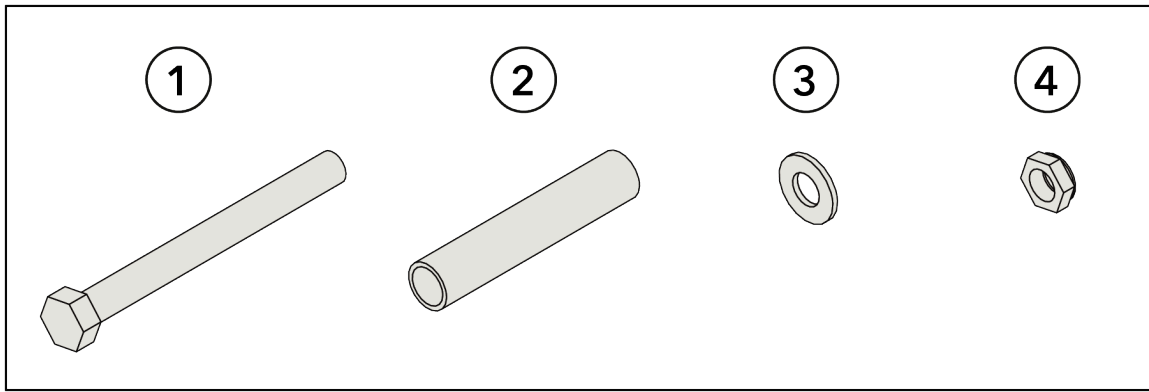


Hand tighten hardware.

3. Tighten all loose hardware to 45-50 ft-lb (61-68 Nm).

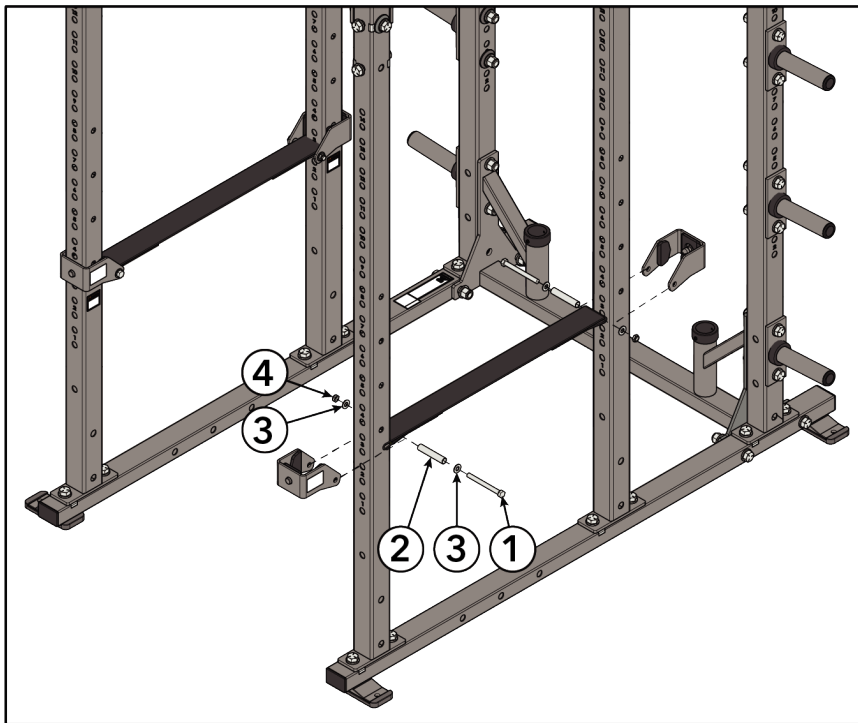
Power Rack Flexible Bar Catches

Flexible Bar Catch Hardware



Item	Description	Qty.
1	1/2-13 x 5" Hex Head Screw	2
2	3/4 OD x 3.8" Spacer	2
3	1/2" Flat Washer	4
4	1/2-13 Nylock Nut	2

Install screws, spacers, washers, and locknuts securing the flexible bar catches to the upright assemblies.



Item	Description	Qty.
1	1/2-13 x 5" Hex Head Screw	2
2	3/4 OD x 3.8" Spacer	2
3	1/2" Flat Washer	4
4	1/2-13 Nylock Nut	2



Tighten hardware to 20-25 ft-lb (27-34 Nm).

Test Unit For Proper Operation

Product Information

Free Standing Storage

Maximum Capacity:

Kettlebell Tray:	680 lbs	310 kg
Dumbbell Tray:	680 lbs	310 kg
2-Pipe:	1485 lbs	675 kg

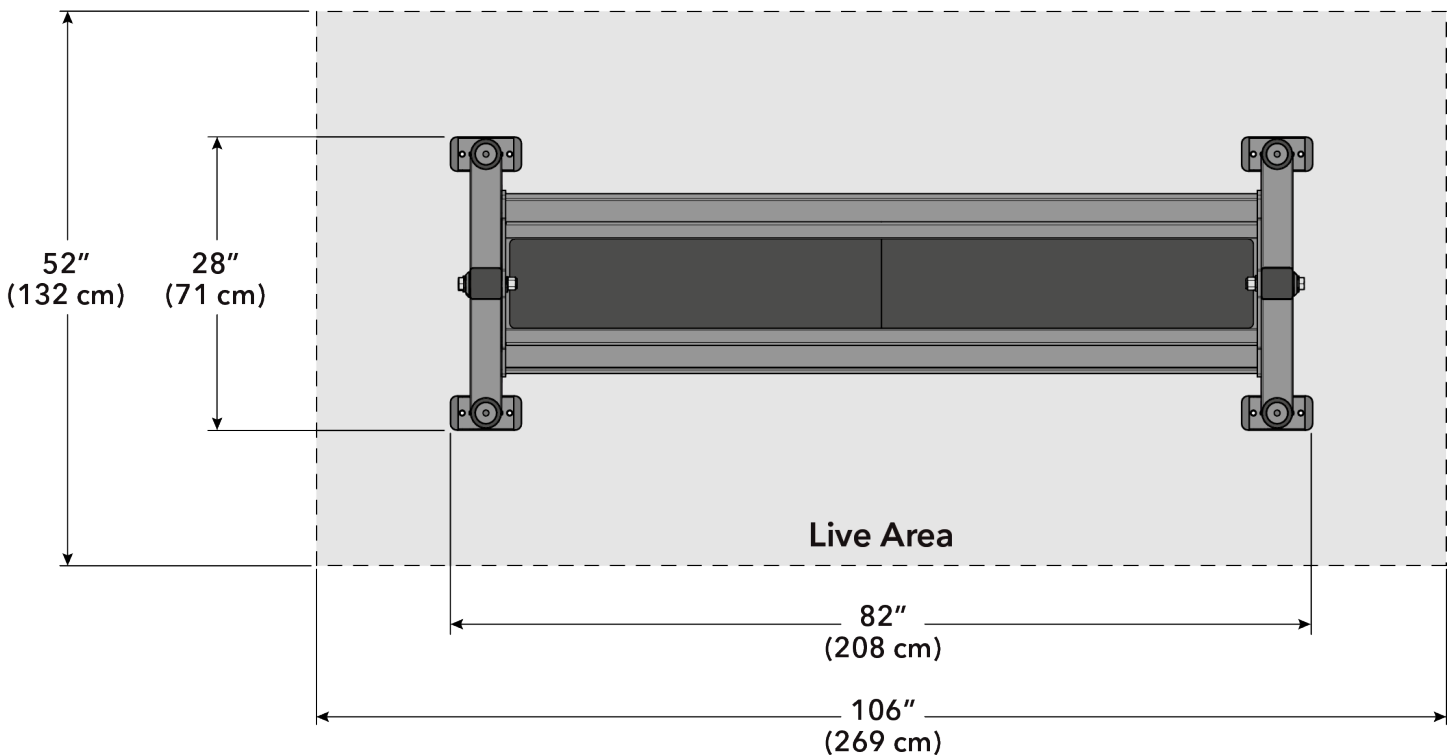
Product Weight:

Size	42"		72"	
Side Frame (each):	36 lbs	17 kg	36 lbs	17 kg
Kettlebell Tray:	40 lbs	19 kg	58 lbs	26 kg
Dumbbell Tray:	57 lbs	26 kg	82 lbs	38 kg
2-Pipe:	33 lbs	15 kg	44 lbs	20 kg

NOTE: Total Weight = 2x Side Frames + 3 Trays

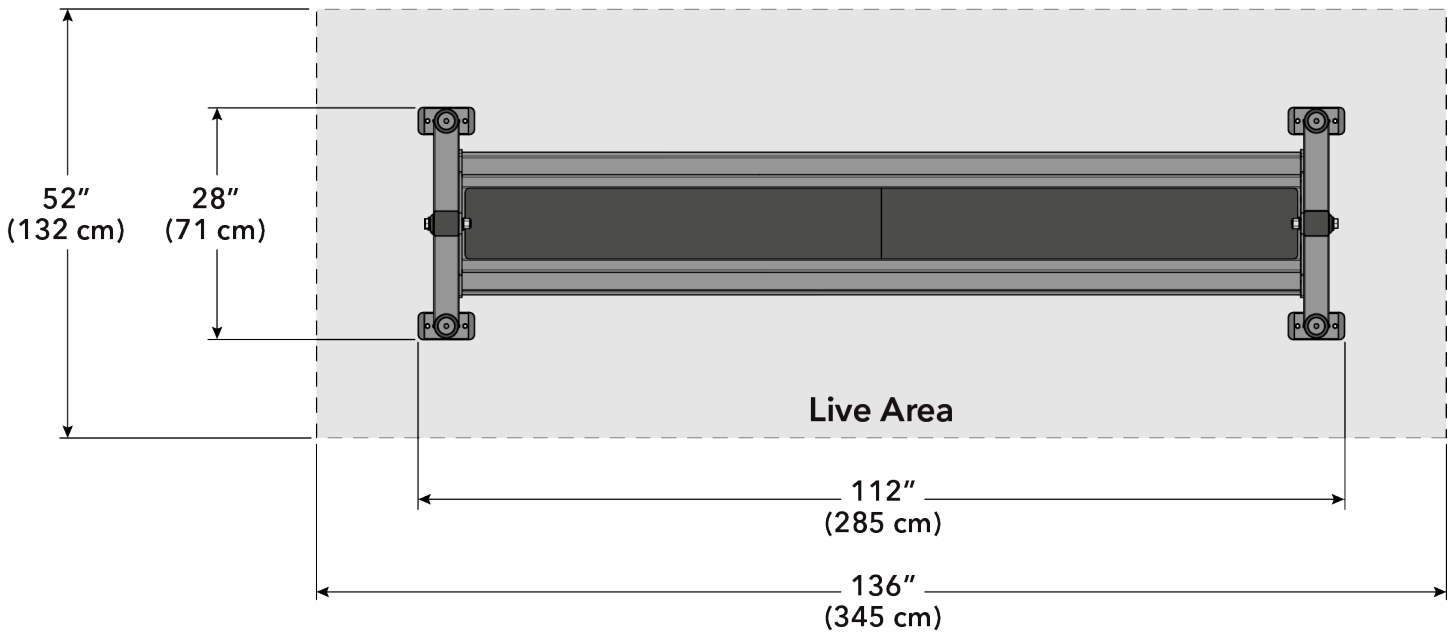
Dimensions:

42"		
Size (L x W x H):	in. = 28 x 82 x 58.5	cm = 71 x 208 x 149
Live Area (L x W x H):	in. = 52 x 106 x 96	cm = 132 x 269 x 244



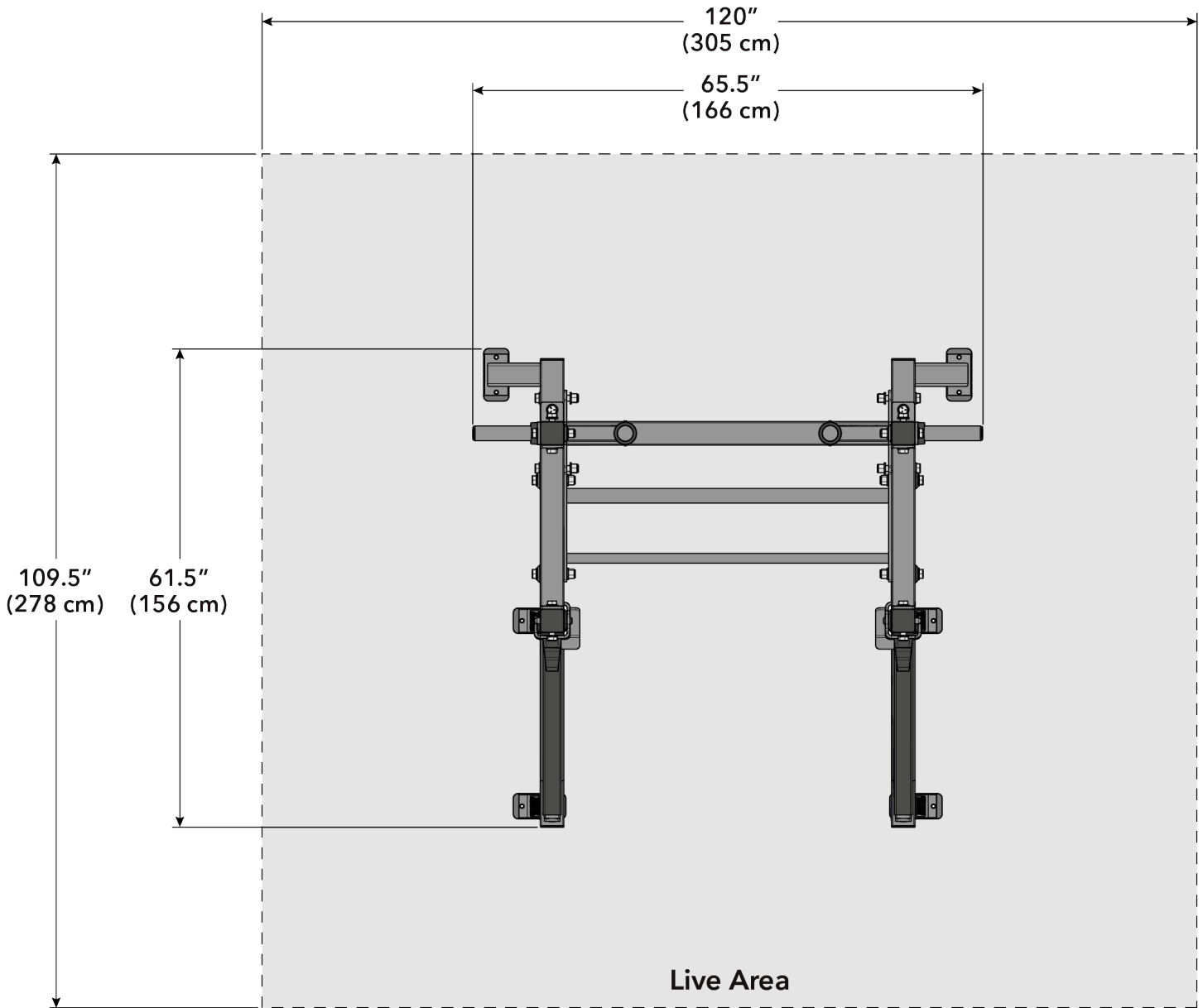
Dimensions:

72"		
Size (L x W x H):	in. = 28 x 112 x 58.5	cm = 71 x 285 x 149
Live Area (L x W x H):	in. = 52 x 136 x 96	cm = 132 x 345 x 244



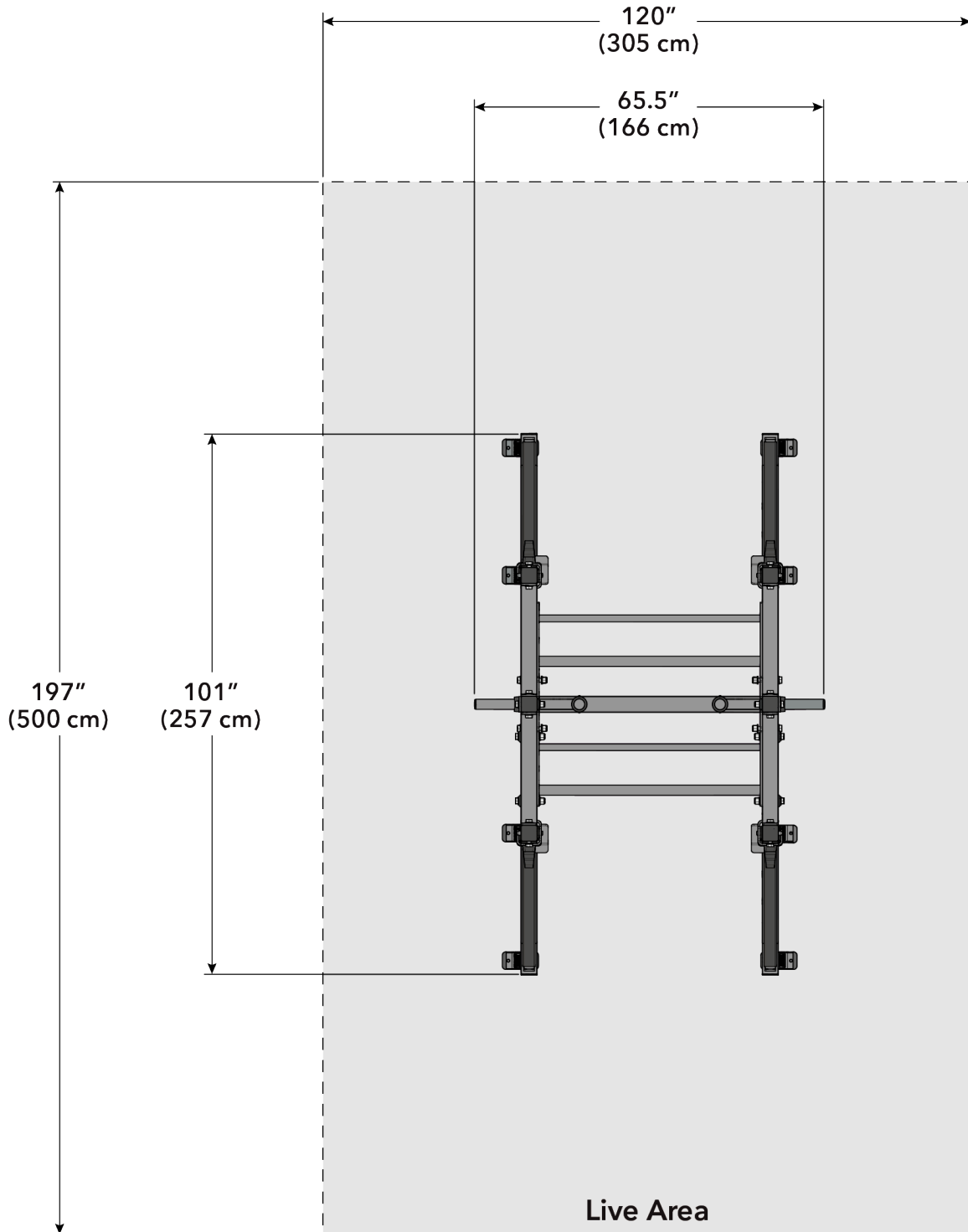
Half Rack

Product Weight:	408 lbs	185 kg
Max Training Weight:	Secured to floor: 495 lbs Unsecured: 315 lbs	Secured to floor: 225 kg Unsecured: 142.9 kg
Max User Weight:	350 lbs	159 kg
Size (L x W x H):	in. = 61.5 x 65.5 x 97.5	cm = 156 x 166 x 248
Live Area (L x W x H):	in. = 109.5 x 120 x 102	cm = 278 x 305 x 259



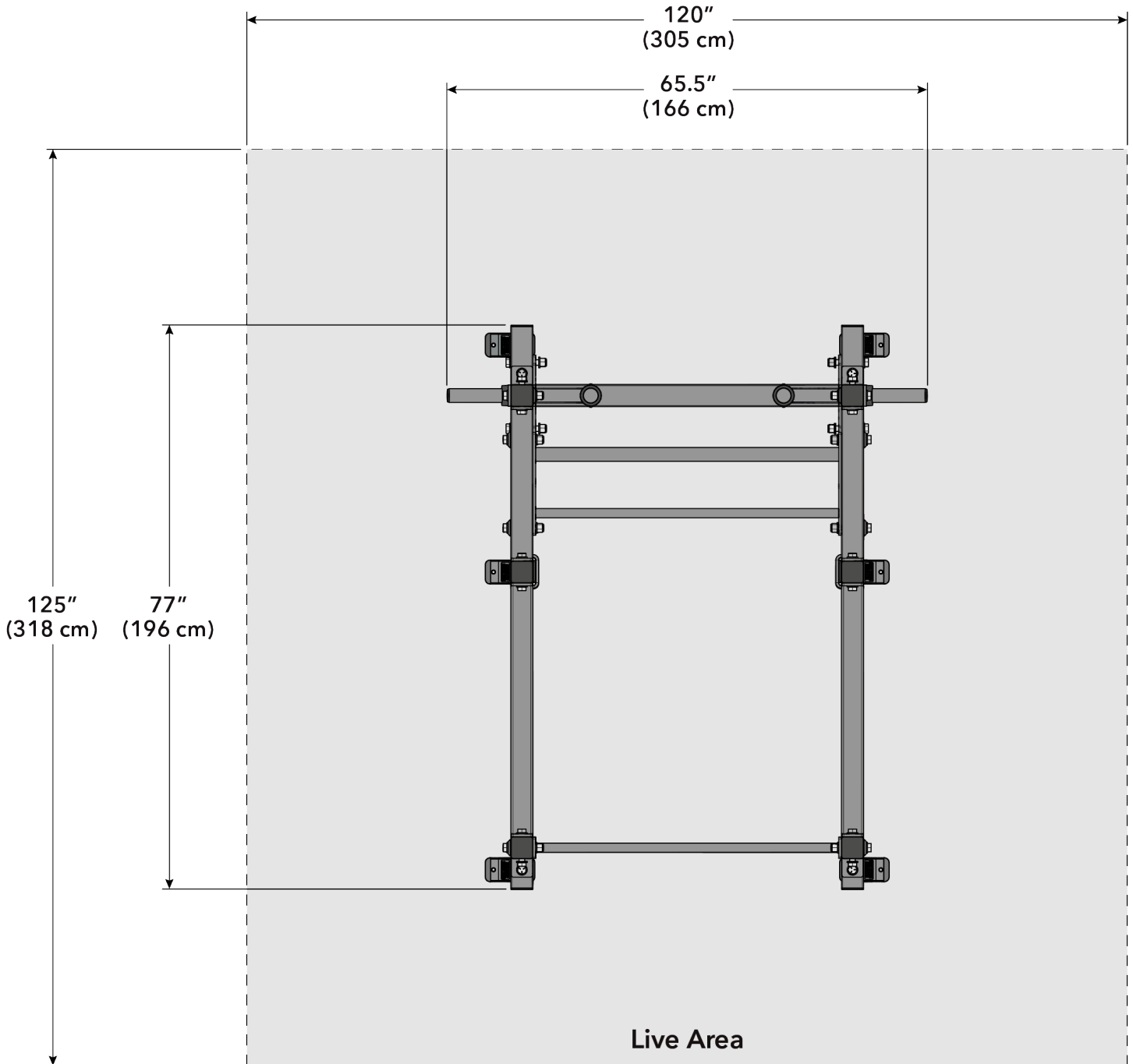
Half Rack / Half Rack Combo

Product Weight:	635 lbs	288 kg
Max Training Weight:	495 lbs	225 kg
Max User Weight:	350 lbs	159 kg
Size (L x W x H):	in. = 101 x 65.5 x 97.5	cm = 257 x 166 x 248
Live Area (L x W x H):	in. = 197 x 120 x 102	cm = 500 x 305 x 259



Power Rack

Product Weight:	515 lbs	233 kg
Max Training Weight:	675 lbs	306 kg
Max User Weight:	350 lbs	159 kg
Size (L x W x H):	in. = 77 x 65.5 x 97.5	cm = 196 x 166 x 248
Live Area (L x W x H):	in. = 125 x 120 x 102	cm = 318 x 305 x 259



Maintenance Procedures

Maintenance Schedule

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
CLEAN				
Frame	X		X	
WAX				
Frame				X
INSPECT				
Accessories		X		
Paint			X	
Hardware		X		
Frame		X		

Clean

- Frame with a mild soap and water.

Wax

- Frames with a standard, non-abrasive, wax finish.

Inspect

- Hardware. Check for loosening. Tighten as required.
- Frames. Inspect for wear and damage.
- For paint chips. Fill in immediately with manufacturers touch-up paint.
- Straps for Power Rack Flexible Bar Catches to be inspected for cuts, frays, or other damage. Any strap showing sign of damage should be replaced immediately.

Once a Week

- Visually inspect all hardware for loosening, tampering or wear.
- Inspect all accessories, connecting links, and carabiner clips for wear.

Once a Month

- Inspect hardware on all machines and tighten any bolts or nuts that may have loosened over the life of the product.

Notes

- Use polishing compound (such as car wax) and remove shoe scuffs from powder coated surfaces as necessary.

Approved and Compatible Cleaners

Two preferred cleaners have been approved by reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: customersupport@lifefitness.com).

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

Removal of Paint, Marking Pens, or Labels

- Butyl cellosolve works well for removal of paints, marking pen inks, lipstick, etc.
- Labels, stickers, etc. may be removed using kerosene. When the solvent will not penetrate sticker material, apply heat (hair dryer) to soften the adhesive and promote removal. GASOLINE SHOULD NOT BE USED.

Warranty

What is Covered

This Life Fitness Family of Brands commercial exercise equipment product is warranted to be free of all defects in material and workmanship.

Who is Covered

The original purchaser or any person receiving the product as a gift from the original purchaser.

Who Pays Transportation and Insurance For Service

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness Family of Brands, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

What We Will Do To Correct Covered Defects

We will ship to you any new or rebuilt replacement part or component, or at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

What is Not Covered

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization, or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual.

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness Family of Brands representative.

Owner's Manual

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

Exclusive Warranty

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranty coverages and terms may differ outside the United States. Please contact the Life Fitness office servicing your country (contact information found at the front of this manual) or visit the applicable local Life Fitness website to receive the specific warranty information for your country.

Changes in Warranty Not Authorized

No one is authorized to change, modify or extend the terms of this limited warranty.

Effects of State Laws

This warranty gives you specific legal rights, and you may have other rights which vary from state to state and country by country.

Warranty Coverage

NOTE: There is no warranty coverage for labor on Strength Products.

Item	10 Years	5 Years	1 Year	90 Days
Frame	X			
Hardware / Mechanical				X
Items Not Specified				X

Bolt to Floor Guide

Introduction

Life Fitness Family of Brands 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 Family of Brands 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/mm²).

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 *Cybex* 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 *Cybex* product.

- *Cybex* does not have that level of specification or engineering input for competitive product.
- *Cybex* 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 ²)
HUS-H 6mm	3-3/32" (100mm)	25/64" (10mm) beyond anchor length	2-1/64" (55mm)	3000psi (20 N/mm ²)


Pullout Force

Cybex 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

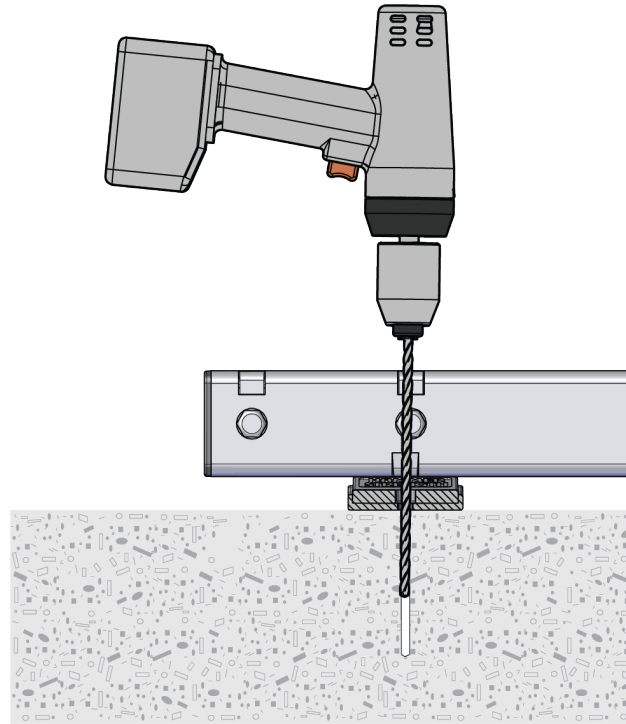
- Floor scanner / rebar detector (optional)
- 1" L-shape SDS rotary hammer
- 1/4" x 12" (6mm x 305mm) carbide drill bit (for 1/4" (6mm) anchors)
- 3/8" x 12" (8mm x 305mm) carbide drill bit (for 3/8" (8mm) anchors)
- Safety glasses
- Extension cord
- Impact wrench
- Vacuum (for debris)

Static Anchor Procedure



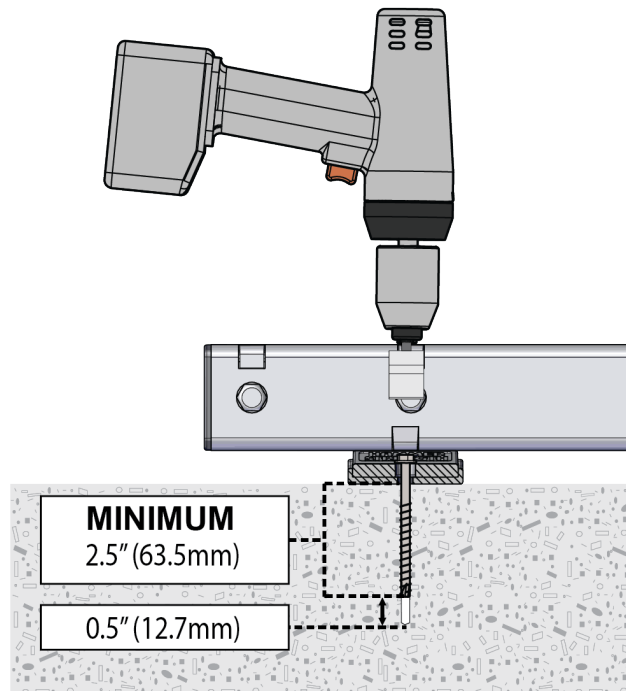
CAUTION: If it is possible that the length of your bolt will not provide the minimum requirement of 2.5" (63.5mm) of engagement, a longer anchor should be used.

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*.



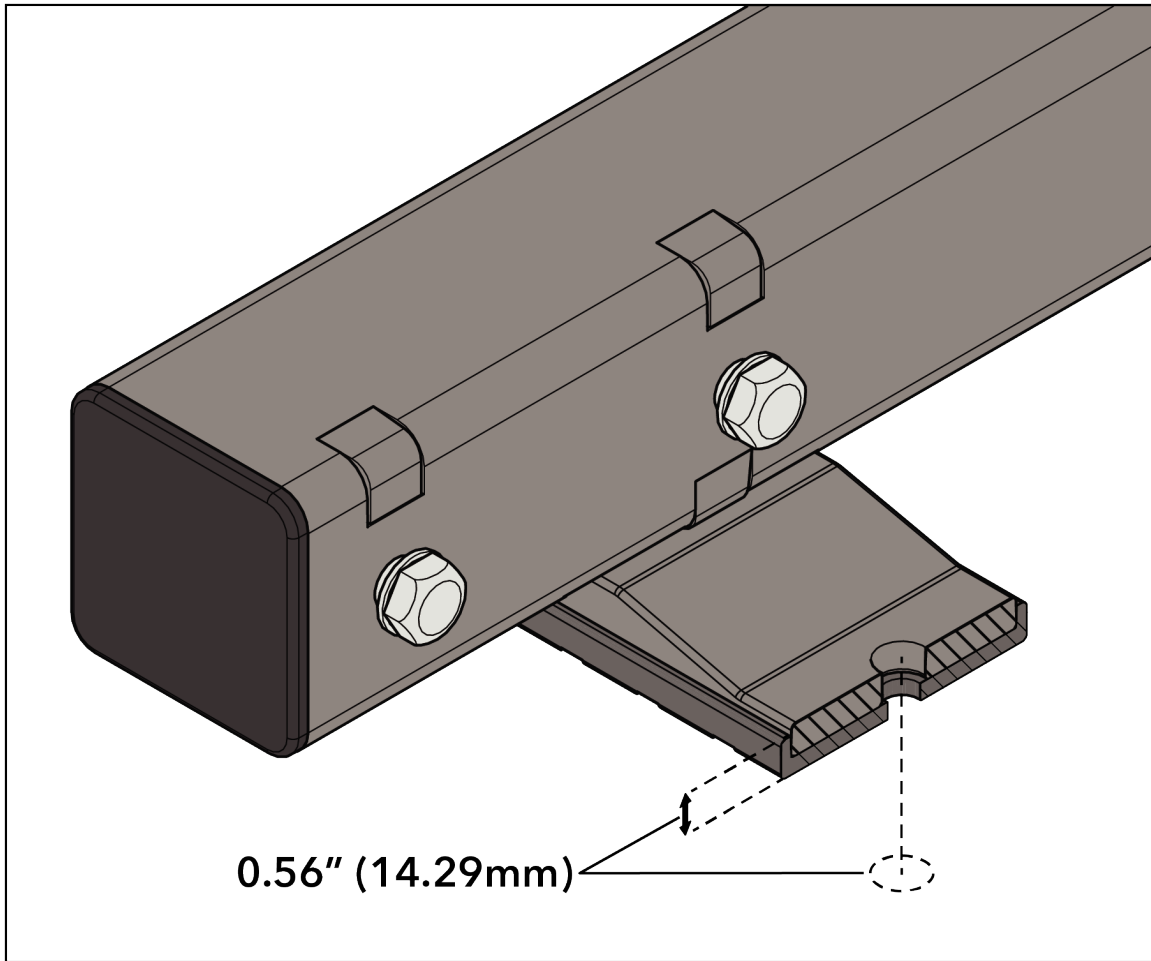
4. Insert fastener and tighten to 18 Foot-Pounds (24Nm) for 1/4" (6mm) anchor or 40 Foot-Pounds (54Nm) for 3/8" (8mm) anchor.

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 height thickness.





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