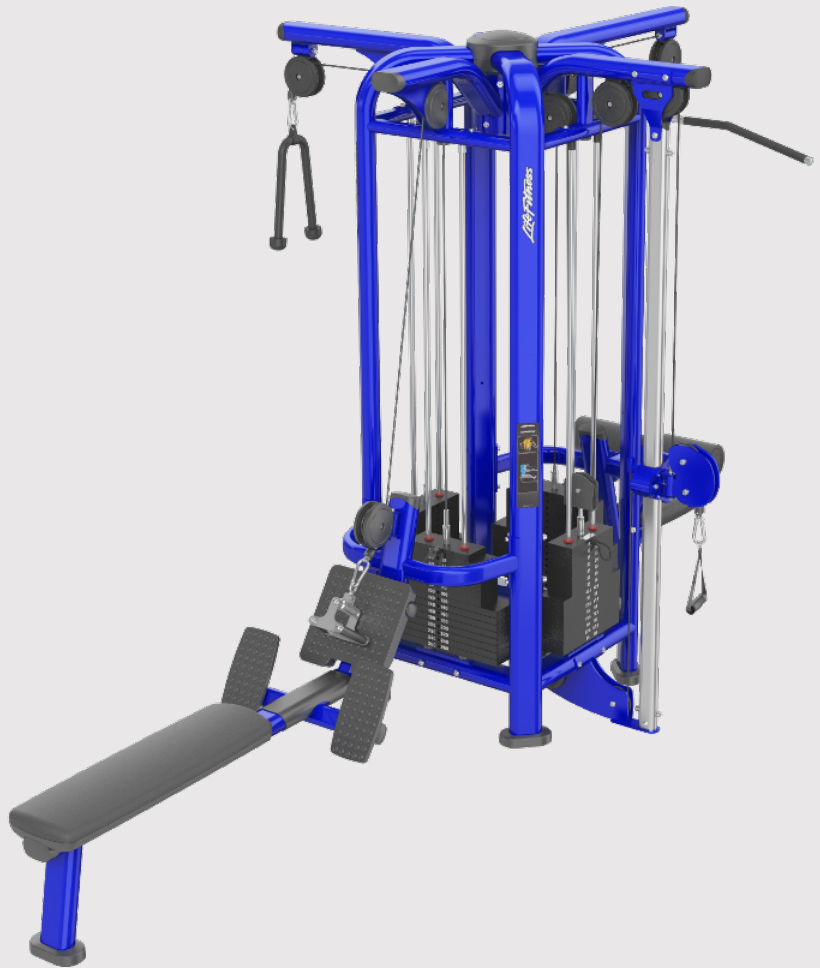


# Multi-Jungle

## Owner's Manual

MJACO-STA, MJADC-STA, MJAP-STA, MJAP41-STA, MJBLNKSHRD-STA, MJ-CORE,  
MJAXO-STA, MJDPH-STA, MJDPL-STA, MJFCO-STA, MJFXO-STA, MJHAR-STA,  
MJHL-STA, MJLP-STA, MJLPD-STA, MJRW-STA, MJTP-STA







M051-00K20-0426

Operation Manuals and other Product Information available at <https://www.lftechsupport.com/web/document-library/documents>

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操作マニュアルおよびその他の製品情報については、<https://www.lftechsupport.com/web/document-library/documents> をご覧ください。

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Trobareu el manual de funcionament i altra informació de producte a <https://www.lftechsupport.com/web/document-library/documents>

Mae Llwyfrau Gweithredu a Gwybodaeth Arall am Beiriannau ar gael yn <https://www.lftechsupport.com/web/document-library/documents>

Die Betriebsanleitung und andere Produktinformationen erhalten Sie unter <https://www.lftechsupport.com/web/document-library/documents>

Encontrará el manual de funcionamiento y otra información de producto en <https://www.lftechsupport.com/web/document-library/documents>

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Manuali di funzionamento e altre informazioni sui prodotti disponibili su <https://www.lftechsupport.com/web/document-library/documents>

Instrukcje obsługi i inne informacje o produktach dostępne na stronie <https://www.lftechsupport.com/web/document-library/documents>

Manuais de Operação e Informações sobre outros produtos disponíveis em <https://www.lftechsupport.com/web/document-library/documents>

Руководства по эксплуатации и другую касающуюся нашей продукции информацию можно найти, перейдя по ссылке <https://www.lftechsupport.com/web/document-library/documents>

Kullanım Kılavuzları ve Diğer Ürün Bilgileri <https://www.lftechsupport.com/web/document-library/documents>'da bulunmaktadır

## CORPORATE HEADQUARTERS

Columbia Centre III, 9525 West Bryn Mawr Avenue, Rosemont, Illinois 60018 • U.S.A.

847.288.3300 • FAX: 847.288.3703

Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)

Global Website: [www.lifefitness.com](http://www.lifefitness.com)

## INTERNATIONAL OFFICES

### AMERICAS

#### North America Life Fitness, Inc.

Columbia Centre III  
9525 West Bryn Mawr Avenue  
Rosemont, IL 60018 U.S.A  
Telephone: (847) 288 3300  
Fax: (847) 288 3703  
Service Email:  
[customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)  
Service Website: [www.lifefitness.com/parts](http://www.lifefitness.com/parts)  
Sales/Marketing Email:  
[commercialsales@lifefitness.com](mailto:commercialsales@lifefitness.com)  
Operating Hours: 7:00 am-6:00 pm (CST)

#### Brazil Life Fitness Brasil

Av Reboucas 2315  
São Paulo, SP 05401-300  
BRAZIL  
SAC: 0800 773 8282  
Telephone: +55 (11) 3095 5200  
Fax: +55 (11) 3095 5201  
Service Email: [suporte@lifefitness.com.br](mailto:suporte@lifefitness.com.br)  
Sales/Marketing Email:  
[lifefitness@lifefitness.com.br](mailto:lifefitness@lifefitness.com.br)  
Service Operating Hours:  
9:00 - 17:00 (BRT) (Monday-Friday)  
Store Operating Hours:  
9:00 -20:00 (BRT) (Monday-Friday)  
10:00 - 16:00 (BRT) (Saturday)

#### Latin America & Caribbean\* Life Fitness Inc.

Columbia Centre III  
9525 West Bryn Mawr Avenue  
Rosemont, IL 60018 U.S.A  
Telephone: (847) 288 3300  
Fax: (847) 288 3703  
Service Email:  
[customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)  
Sales/Marketing Email:  
[commercialsales@lifefitness.com](mailto:commercialsales@lifefitness.com)  
Operating Hours: 7:00am-6:00pm (CST)

### EUROPE, MIDDLE EAST, & AFRICA (EMEA)

#### Netherlands & Luxemburg Life Fitness Atlantic BV

Bijdorpplein 25-31  
2992 LB Barendrecht  
THE NETHERLANDS  
Telephone: (+31) 180 646 666  
Fax: (+31) 180 646 699  
Service Email:  
[service.benelux@lifefitness.com](mailto:service.benelux@lifefitness.com)  
Sales/Marketing Email:  
[marketing.benelux@lifefitness.com](mailto:marketing.benelux@lifefitness.com)  
Operating Hours: 9.00h-17.00h (CET)

#### United Kingdom & Ireland Life Fitness UK LTD

Queen Adelaide  
Ely, Cambs, CB7 4UB  
Telephone: General Office (+44)  
1353.666017  
Customer Support (+44) 1353.665507  
Fax: (+44) 1353.666018  
Service Email: [uk.support@lifefitness.com](mailto:uk.support@lifefitness.com)  
Sales/Marketing Email: [life@lifefitness.com](mailto:life@lifefitness.com)  
Operating Hours:  
General Office: 9.00am - 5.00pm (GMT)  
Customer Support: 8.30am - 5.00pm  
(GMT)

#### Germany & Switzerland Life Fitness Europe GMBH

Siemensstraße 3  
85716 Unterschleißheim  
GERMANY  
Telephone: (+49) 89.31 77 51.0 (Germany)  
(+41) 0848 000 901 (Switzerland)  
Fax: (+49) 89.31 77 51.99 (Germany)  
(+41) 043 818 07 20 (Switzerland)  
Service Email:  
[kundendienst@lifefitness.com](mailto:kundendienst@lifefitness.com)  
Sales/Marketing Email:  
[kundenberatung@lifefitness.com](mailto:kundenberatung@lifefitness.com)  
Operating Hours: 08.30 -16.30h (CET)

#### Austria Life Fitness Austria

Vertriebs G.m.b.H.  
Dückerstraße 7-9/3/36  
1220 Vienna  
AUSTRIA  
Telephone: (+43) 1.61.57.198  
Fax: (+43) 1.61.57.198.20  
Service Email: [kundendienst@lifefitness.com](mailto:kundendienst@lifefitness.com)  
Marketing/Sales Email:  
[kundenberatung@lifefitness.com](mailto:kundenberatung@lifefitness.com)  
Operating Hours: 08:30-16.30.h (MEZ)

#### Spain Life Fitness IBERIA

C/Frederic Mompou 5,1ª<sup>a</sup>  
08960 Sant Just Desvern Barcelona  
SPAIN  
Telephone: (+34) 93.672.4660  
Fax: (+34) 93.672.4670  
Service Email: [servicio.tecnico@lifefitness.com](mailto:servicio.tecnico@lifefitness.com)  
Sales/Marketing Email:  
[info.iberia@lifefitness.com](mailto:info.iberia@lifefitness.com)  
Operating Hours:  
9.00h-18.00h (Monday-Thursday)  
8.30h-15.00h (Friday)

#### Belgium Life Fitness Benelux NV

Parc Industriel de Petit-Rechain  
4800 Verviers  
BELGIUM  
Telephone: (+32) 87 300 942  
Fax: (+32) 87 300 943  
Service Email:  
[service.benelux@lifefitness.com](mailto:service.benelux@lifefitness.com)  
Sales/Marketing Email:  
[marketing.benelux@lifefitness.com](mailto:marketing.benelux@lifefitness.com)  
Operating Hours: 9.00h -17.00h (CET)

#### All Other EMEA Countries & Distributor Business C-EMEA\*

Bijdorpplein 25-31  
2992 LB Barendrecht  
THE NETHERLANDS  
Telephone: (+31) 180 646 644  
Fax: (+31) 180 646 699  
Service Email:  
[service.db.cemea@lifefitness.com](mailto:service.db.cemea@lifefitness.com)  
Sales/Marketing Email:  
[marketing.db.cemea@lifefitness.com](mailto:marketing.db.cemea@lifefitness.com)  
Operating Hours: 9.00h-17.00h (CET)

### ASIA PACIFIC (AP)

#### Japan Life Fitness Japan

Japan Nippon Brunswick Bldg., #8F  
5-27-7 Sendagaya  
Shibuya-Ku, Tokyo  
Japan 151-0051  
Telephone: (+81) 3.3359.4309  
Fax: (+81) 3.3359.4307  
Service Email: [service@lifefitnessjapan.com](mailto:service@lifefitnessjapan.com)  
Sales/Marketing Email:  
[sales@lifefitnessjapan.com](mailto:sales@lifefitnessjapan.com)  
Operating Hours: 9.00h-17.00h (JAPAN)

#### Hong Kong Life Fitness Asia Pacific LTD

32/F, Global Trade Square  
21 Wong Chuk Hang Road  
HONG KONG  
Telephone: (+852) 2575.6262  
Fax: (+852) 2575.6894  
Service Email:  
[HongKongEnquiry@lifefitness.com](mailto:HongKongEnquiry@lifefitness.com)  
Sales/Marketing Email:  
[Marketing.HK.Asia@lifefitness.com](mailto:Marketing.HK.Asia@lifefitness.com)  
Operating Hours: 9.00h-17.00h  
Service Operating Hours: 9.00h-18.00h

#### All Other Asia Pacific countries & distributor business Asia Pacific\* Life Fitness Asia Pacific LTD

32/F, Global Trade Square  
21 Wong Chuk Hang Road  
HONG KONG  
Telephone: (+852) 2575.6262  
Fax: (+852) 2575.6894  
Service Email:  
[HongKongEnquiry@lifefitness.com](mailto:HongKongEnquiry@lifefitness.com)  
Sales/Marketing Email:  
[Marketing.HK.Asia@lifefitness.com](mailto:Marketing.HK.Asia@lifefitness.com)  
Operating Hours: 9.00h-17.00h  
Service Operating Hours: 9.00h-18.00h

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

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# 1 SAFETY INFORMATION

It is the sole responsibility of the purchaser of LIFE FITNESS 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 CUSTOMER SERVICE IMMEDIATELY AT 1-800-735-3867.

This equipment is categorized as class S per EN 957-1. As such this equipment is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact LIFE FITNESS with any questions regarding this classification.

It is recommended that all users of LIFE FITNESS exercise equipment be informed of the following information prior to use.

## ACCESS CONTROL

LIFE FITNESS 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/SECURING EQUIPMENT

LIFE FITNESS recommends that all equipment be secured to a solid, level surface to stabilize it and eliminate rocking or tipping over. Any Multi-Jungle unit with three or less weight stacks is **REQUIRED** to be bolted to the floor. This must be performed by a licensed contractor.

## PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that LIFE FITNESS equipment is used properly to avoid injury.
2. 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.
3. Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
4. 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.



**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 [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

## INSPECTION

1. DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all LIFE FITNESS equipment use only replacement parts supplied by LIFE FITNESS.
2. Cables and belts pose an extreme liability if used when frayed. Always replace any cable at first sign of wear (consult LIFE FITNESS if uncertain).
3. Routinely inspect all accessory clips that join attachments to the cables and replace them at the first sign of wear.
4. MAINTAIN LABELS AND NAME PLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.

## **INSPECTION** (CONTINUED)

5. 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.
6. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. LIFE FITNESS will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.
7. Before any use, examine all accessories approved for use with the LIFE FITNESS equipment for damage or wear.
8. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE LIFE FITNESS EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.

## **OPERATING WARNINGS**

1. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all LIFE FITNESS equipment.
2. Keep children away from strength equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
3. 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.
4. All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.

## **PLATE LOADED, FREE WEIGHT AND BODY WEIGHT SYSTEMS**

1. 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.
2. Always utilize weight plate retention devices such as clamps or pins.
3. Only add weight plates up to the load limits of the unit. Make sure all weight plates are completely placed on the weight rod.
4. 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 specific section for load limit information.
5. Contact a Life Fitness representative with any questions regarding proper weights and loading.

## **SELECTORIZED WEIGHT STACK SYSTEMS**

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

# 2 WARRANTY

## WHAT IS COVERED

This Life Fitness 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 & INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness, 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 you Operation Manual (.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 representative.*

## OPERATION 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.

## 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.

## OUR PLEDGE TO YOU

We want you to be completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

## HOW TO OBTAIN PARTS & SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit.
3. Contact the nearest Life Fitness Customer Support Services Group.

## WARRANTY COVERAGE

\* *There is no warranty coverage for labor on Strength Products.*

Frame	Pulleys	Weight Plates	Guide Rods	Cables	Belts / Springs	Grips	Upholstery	Bearings	Hardware / Mechanical
10 Years	5 Years	5 Years	5 Years	1 Year	90 Days	1 Year	90 Days	1 Year	90 Days

---

# 3 CONTACT INFORMATION

## For Product Service within the United States and Canada:

Toll-free: 800-735-3867

Please call Monday through Friday from 7:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address, and serial number of your Product. They will tell you how to get a replacement part, or if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service. Before shipping:

1. Obtain a Return Authorization Number (RA#) from Customer Support Services.
2. Securely pack your Product (use the original shipping carton, if possible).
3. Write the RA# on the outside of the carton.
4. Insure the Product.
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

## Return address:

Life Fitness World Headquarters  
Attn: CSS Help Desk  
Columbia Centre III  
9525 West Bryn Mawr Ave.  
Rosemont, IL 60018

For Product Service Internationally see contact information listed on page one of this manual.

# 4 MAINTENANCE SCHEDULE

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
<b>CLEAN</b>				
Upholstery	X			
Guide Rods			X	
Shrouds			X	
Hand Grips				X
<b>WAX</b>				
Frames				X
<b>INSPECT</b>				
Accessories	X			
Cables	X			
Frame		X		
Hand Grips		X		
Hardware		X		
Jam Nuts	X			
Paint			X	
Shrouds		X		
<b>LUBRICATE</b>				
Guide Rods				X

## CLEAN...

- Upholstery with an approved or compatible cleaner.
- Guide Rods with a cotton cloth.
- Shrouds with a cotton cloth.
- Hand Grips with an approved or compatible cleaner.

## WAX...

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

## INSPECT...

- Accessories. Check every component of the accessory, especially stitching; replace at first sign of damage.
- Cables. Look for minimum depth engagement, wear or damage and proper tension. Pay close attention at bends and attachment points. Refer to Cable Handling Guide within this manual for more information.
- Frame. Inspect for ear and damage.
- Hand Grips. Check for wear and damage.
- Hardware. Check for loosening. Tighten as required.
- Jam Nuts. Ensure tight at all terminations. Refer to Cable Handling Guide within this manual for more information.
- Paint. Fill paint chips in immediately with Life Fitness touch-up paint.
- Shrouds. Look for wear and damage.

## LUBRICATE...

- Lubricate guide rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Apply the lubricant to a cotton cloth, and then run the cotton cloth up and down the guide rods as needed. *NOTE: only a few drops of lubricant are required for each guide rod.*

## **ONCE A DAY**

1. Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.
2. Visually inspect cables for wear at and around connections and along the entire length of the cable. Always replace at first sign of wear.

## **ONCE A WEEK**

1. Check all hardware for loosening, tampering or wear.
2. Check jam nut at top of weight stack for tightness.
3. Inspect all accessories, connecting links, and carabiner clips for wear.
4. Check condition of hand grips.
5. Check cables for stretch and adjust as necessary by loosening the large Jam Nut on top of the weight stack and by screwing in the threaded-plug until cable is tight and the weight stack pin goes in all holes easily.
6. Inspect shrouds for damage and clean as necessary.

## **ONCE A MONTH**

1. Clean Guide Rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Clean tops of bearings at stack and inspect for heavy buildup on rods below the head plate. Lift half of stack and do a visual inspection, then clean as necessary.
2. Inspect hardware on all machines and tighten any bolts or nuts that may have loosened over the life of the product.

## **NOTES**

Use automotive wax to remove shoe scuffs from powder coated surfaces as necessary.

## **CLEANING THE SHROUDS**

Adherence to regular and proper cleaning procedures is recommended to preserve the appearance.

## **MINIMIZE SCRATCHES**

Wash the shrouds with an approved or compatible cleaner. Do not scrub brushes on the shrouds. Fresh paint splashes, grease and smeared glazing compounds can be removed easily before drying by rubbing lightly with isopropyl alcohol. Afterward, a warm final wash should be made.

## **LIFE FITNESS APPROVED CLEANERS** *(United States Availability Only)*

Two preferred cleaners have been approved by LIFE FITNESS 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 for gym staff 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).

## **LIFE FITNESS COMPATIBLE CLEANERS**

Mild soap and water, or a mild non-abrasive household cleaner, can also be used to clean 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 PEN AND 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.**

## **IMPORTANT HAZARDS**

1. Do not use abrasive or highly alkaline cleaners on the shrouds.
2. Never scrape shrouds with squeegees, razor blades or other sharp instruments.
3. Do not clean shrouds in hot sun or at elevated temperatures.
4. Never use benzene, gasoline, acetone or carbon tetrachloride on the shrouds.

# 5 PRODUCT LABELS

1

**! WARNING**

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

- 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.
- Obtain a medical exam before beginning any exercise program.
- Keep body, hair and clothing free of all moving objects.
- 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.
- Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
- 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.
- Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
- Use only the incremental weights supplied by the manufacturer. **DO NOT** use dumbbells or other means to add resistance to the machine.
- Children must not be allowed near this machine. Supervise teenagers.
- Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
- DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

8220001

2

**! WARNING**

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

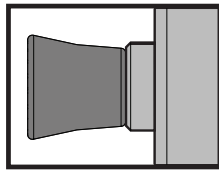
**DO NOT USE** any body weight strap training devices with this equipment unless the equipment is secured to the floor.

Contact manufacturer with questions.

3

**! WARNING**

**Carriage Will Fall If Pull-pin Is Not Fully Engaged.**



**Ensure Full Engagement As Illustrated Here To Avoid Injury.**

4



5




*LifeFitness*

9525 WEST BRYN MAWR AVE.  
ROSEMONT, IL 60018  
USA 1-800-351-3737

www.lifefitness.com

Model: **MJXX-XX**  
Manufactured in the USA with US and Foreign parts  
Max. User Weight: 300 lb 136kgs  
Max. Training Weight: 300 lb 136kgs

S/N **MJXX-XX**

6

**Weight stack label indicates resistance for each handle**

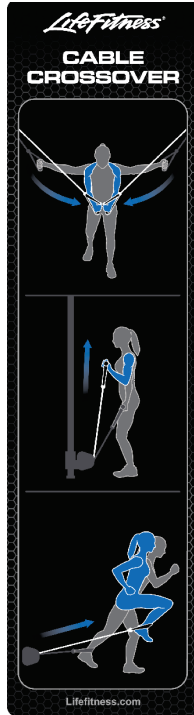
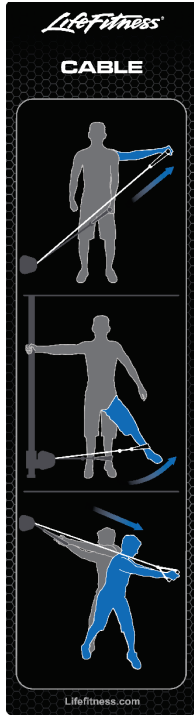
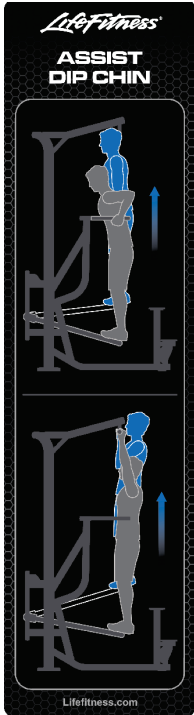
ITEM NO.	DESCRIPTION
1	General Warning
2	Strap Warning
3	Pull Pin Warning
4	Pinch Hazard
5	Serial Number
6	Stack Resistance

# 6 PRODUCT PLACARDS

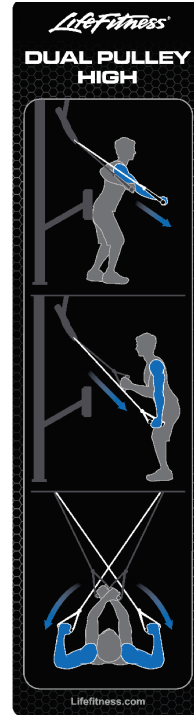
MJAP-STA  
 MJAP41-STA  
 MJACO-STA  
 MJAXO-STA  
 MJFCO-STA  
 MJFXO-STA

MJACO-STA  
 MJAXO-STA  
 MJFCO-STA  
 MJFXO-STA

MJADC-STA



MJDPH-STA



MJDPL-STA



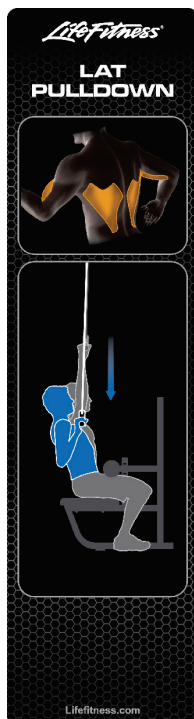
MJLPD-STA



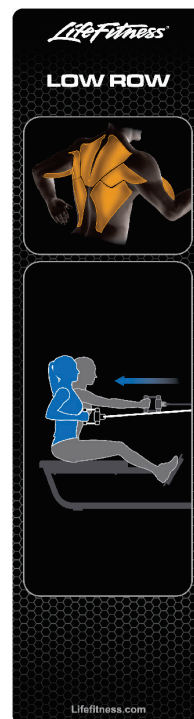
MJRWD-STA



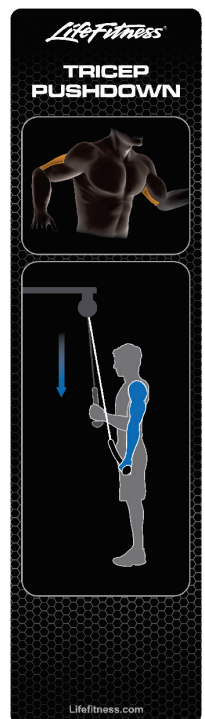
MJLP-STA



MJRW-STA



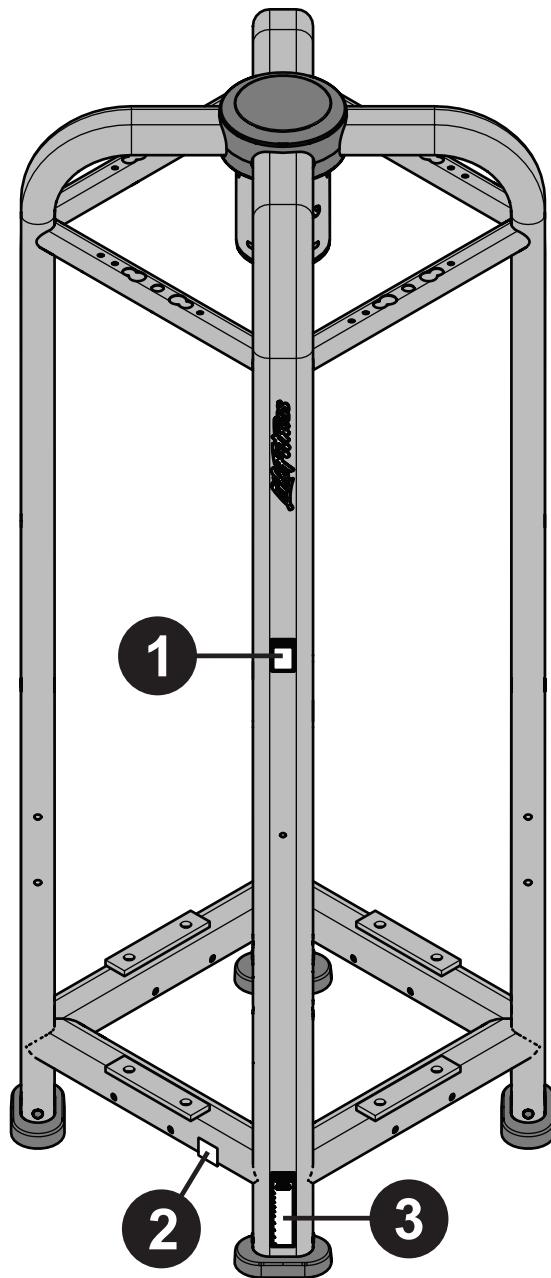
MJTP-STA



# 7 LABEL PLACEMENT

## MJ Core

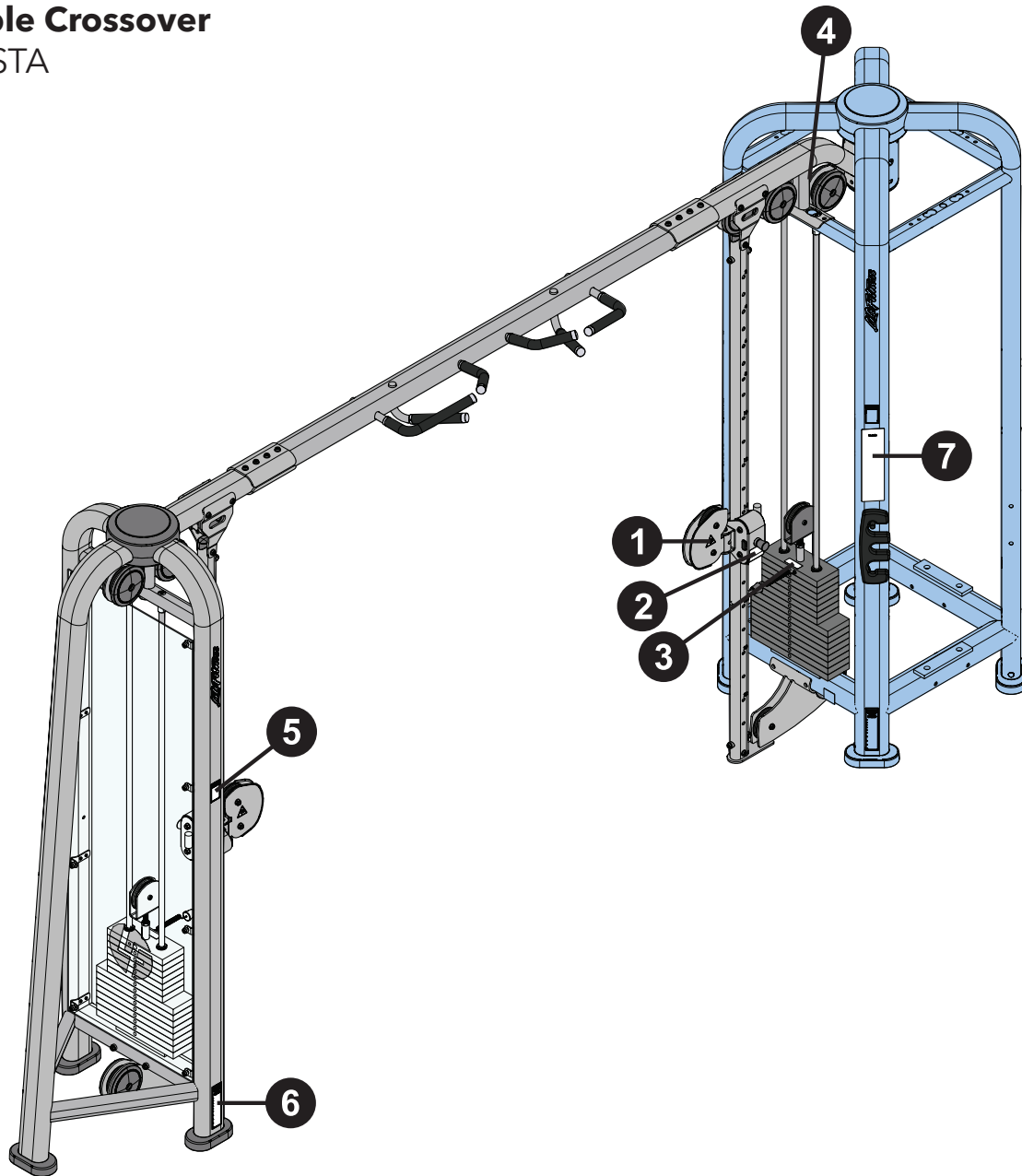
MJCORE-STA



ITEM NO.	DESCRIPTION	QTY.
1	Strap Warning	4
2	Serial Number	1
3	General Warning	1

# Adjustable Crossover

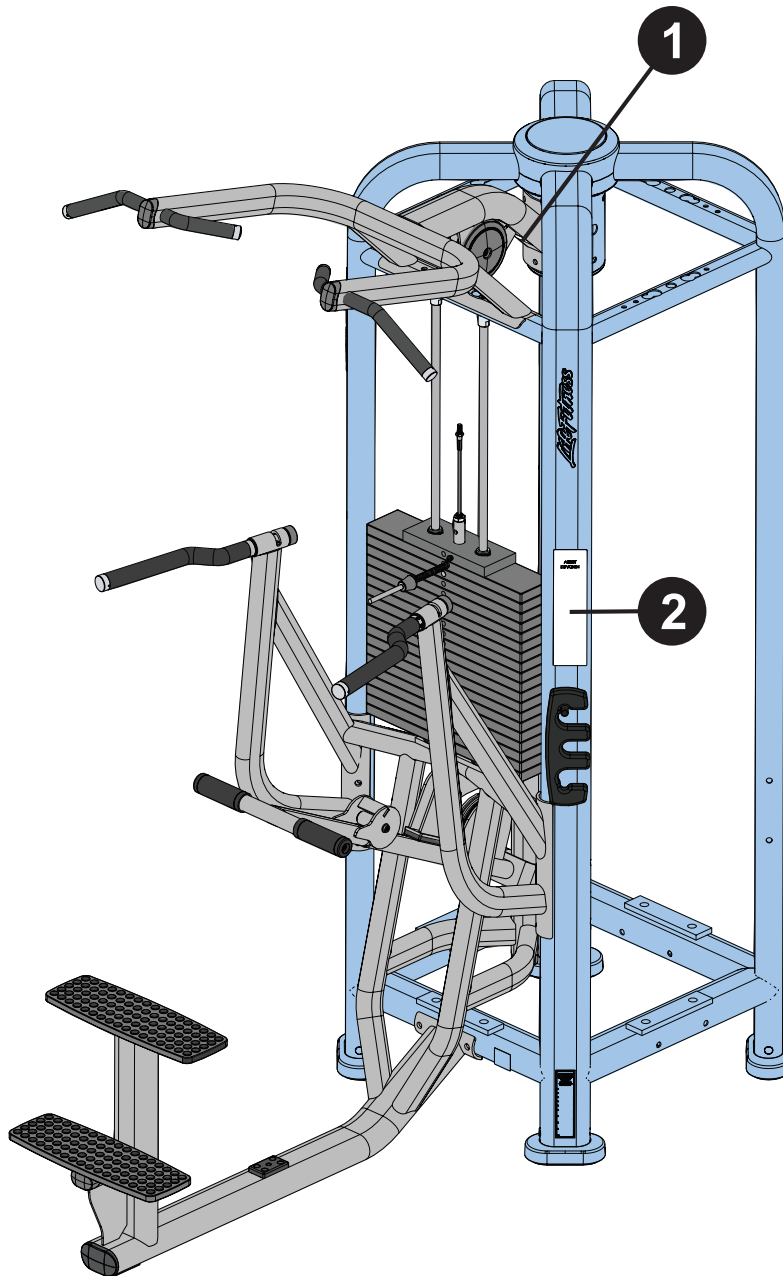
MJACO-STA



ITEM NO.	DESCRIPTION	QTY.
1	Pinch Hazard	4
2	Pull-pin Warning	2
3	Stack Resistance	2
4	Serial Number	1
5	Strap Warning	2
6	General Warning	1
7	Placard	2

# Assisted Dip Chin

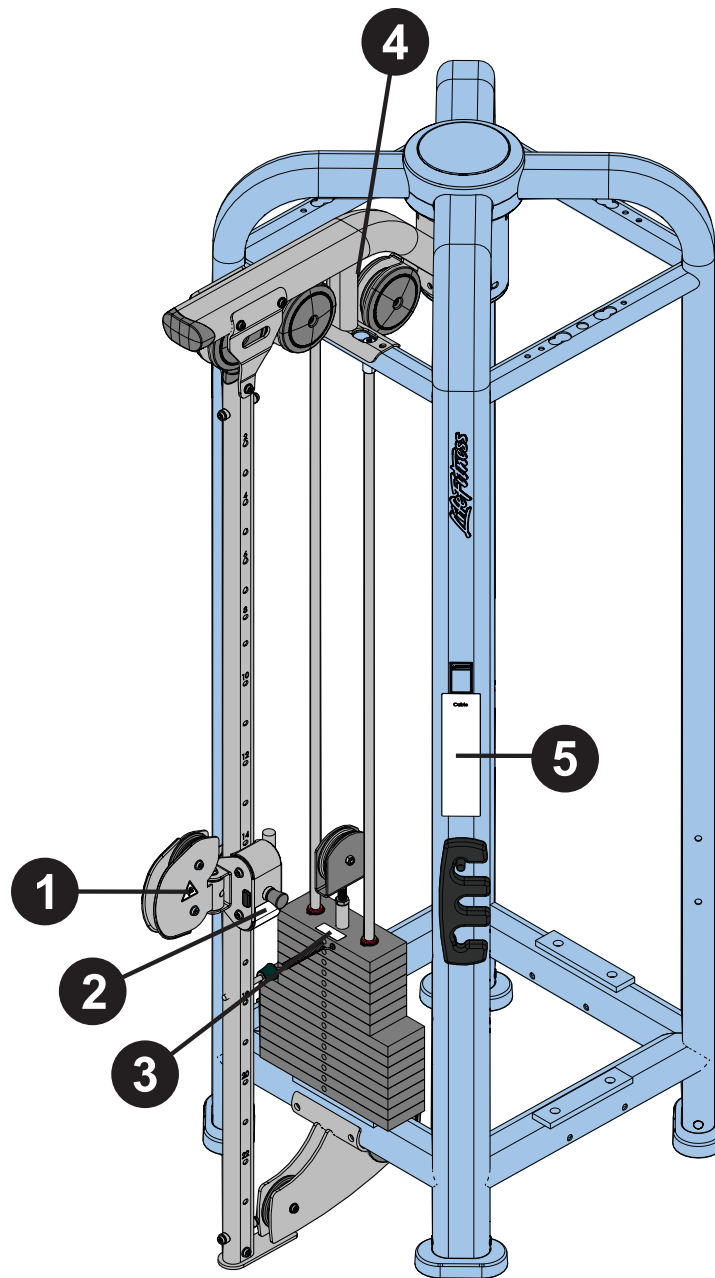
MJADC-STA



ITEM NO.	DESCRIPTION	QTY.
1	Serial Number	1
2	Placard	1

# Adjustable Pulley

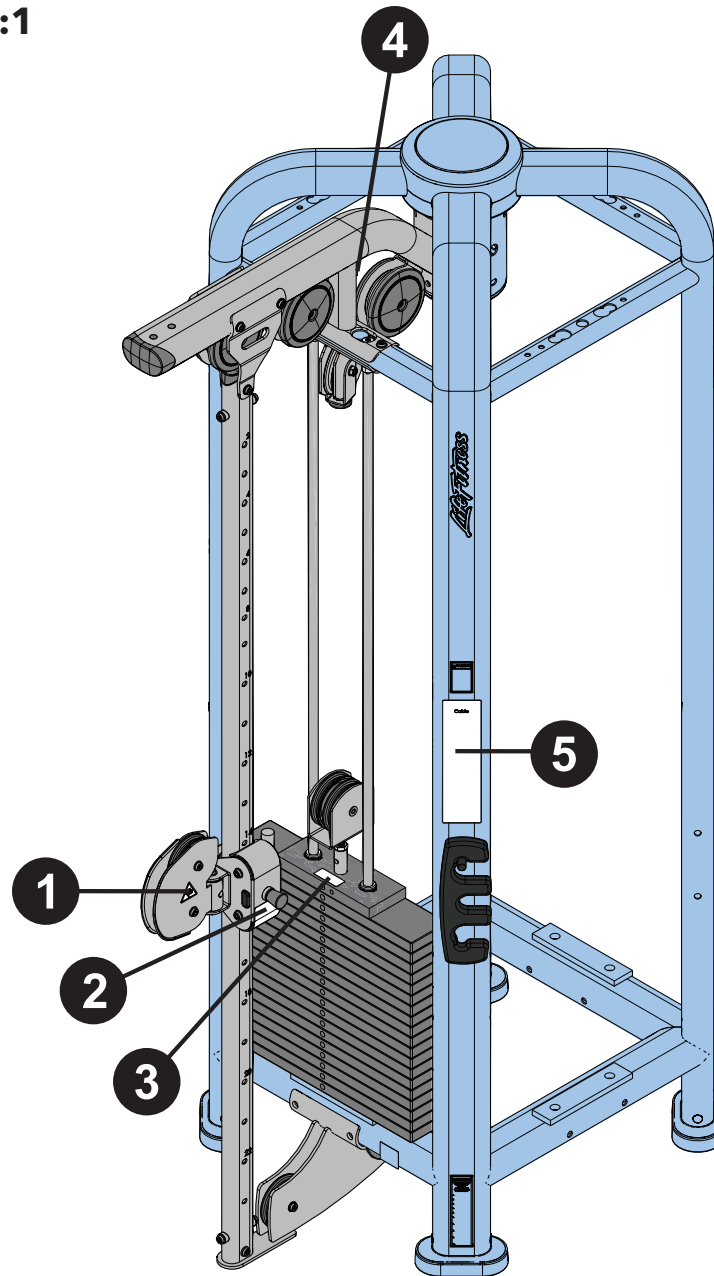
MJAP-STA



ITEM NO.	DESCRIPTION	QTY.
1	Pinch Hazard	2
2	Pull-pin Warning	1
3	Stack Resistance	1
4	Serial Number	1
5	Placard	1

# Adjustable Pulley 4:1

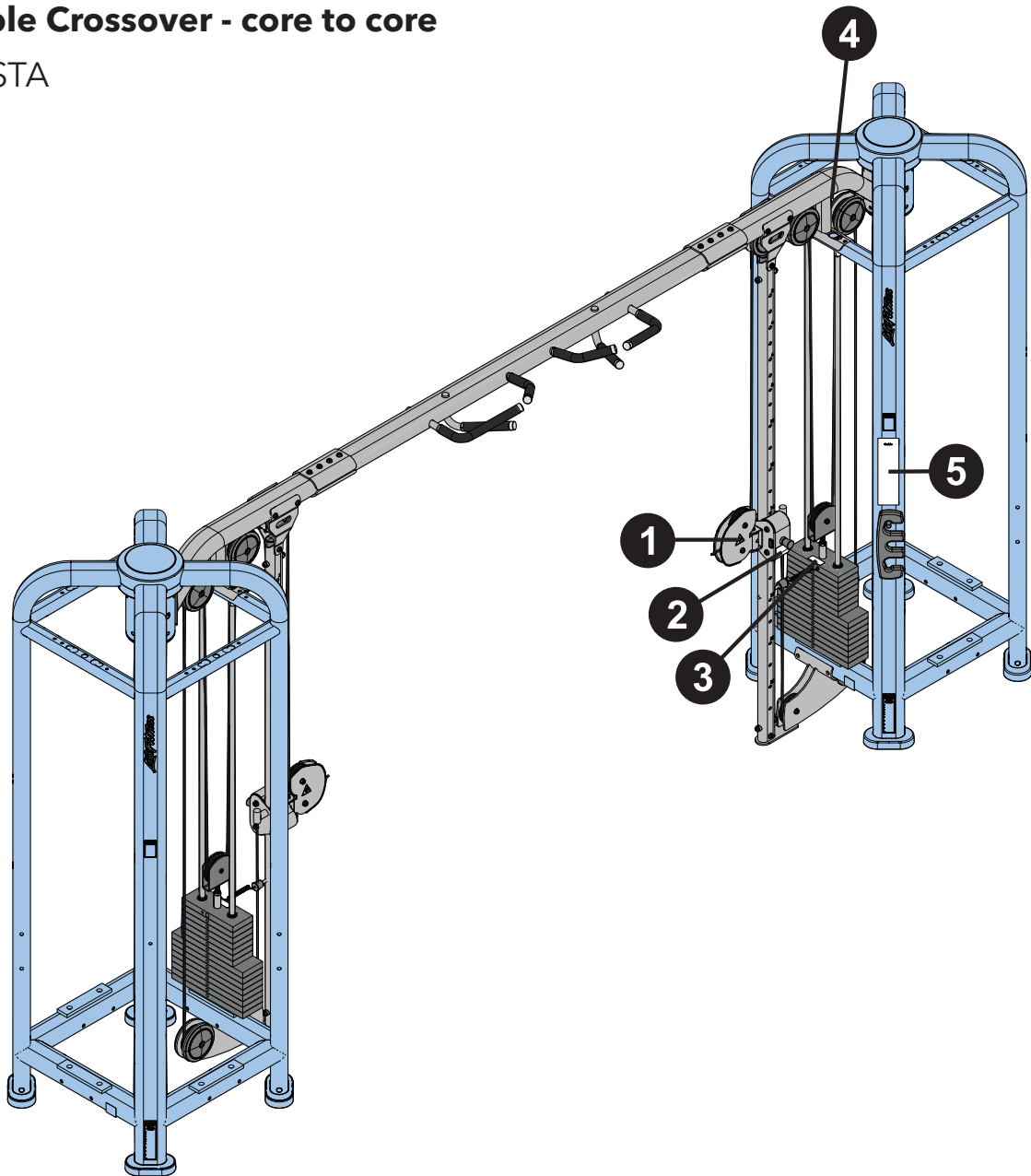
MJAP41-STA



ITEM NO.	DESCRIPTION	QTY.
1	Pinch Hazard	2
2	Pull-pin Warning	1
3	Stack Resistance	1
4	Serial Number	1
5	Placard	1

# Adjustable Crossover - core to core

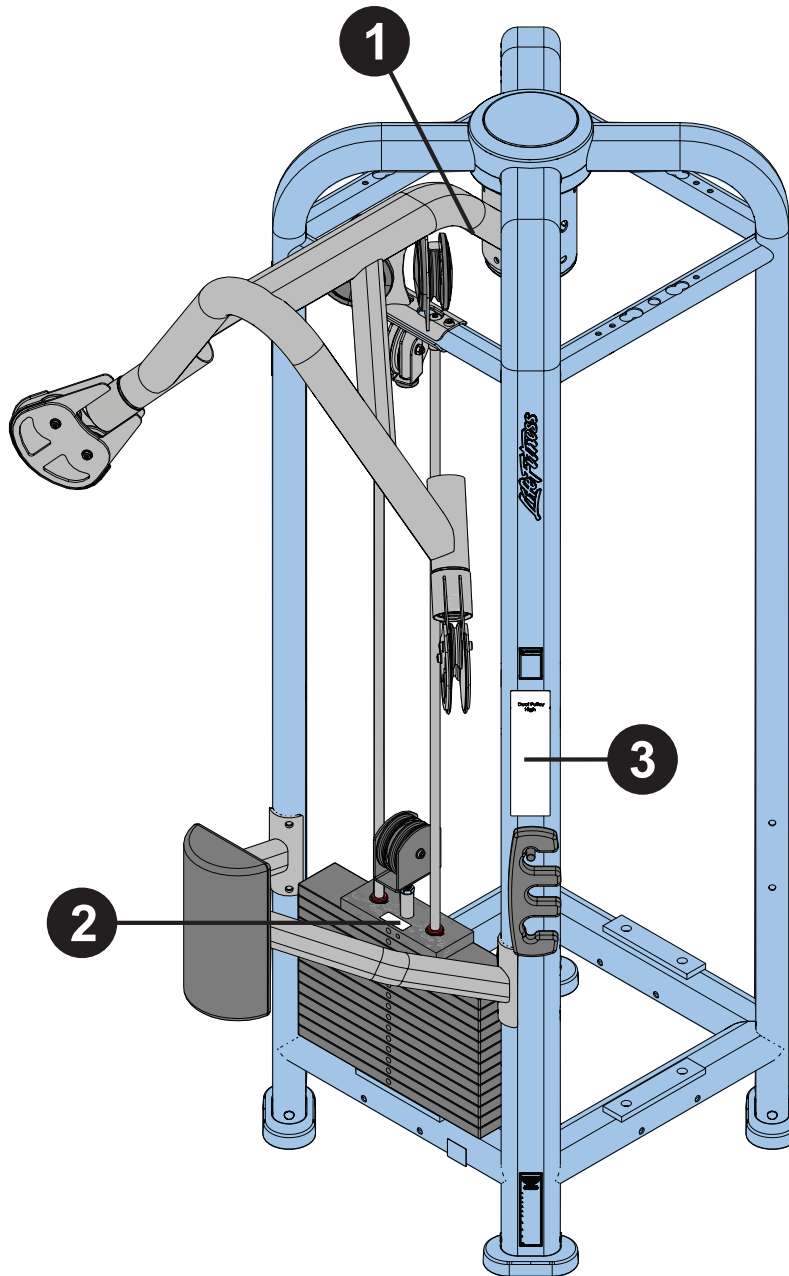
MJAXO-STA



ITEM NO.	DESCRIPTION	QTY.
1	Pinch Hazard	4
2	Pull-pin Warning	2
3	Stack Resistance	2
4	Serial Number	1
5	Placard	2

# Dual Pulley High

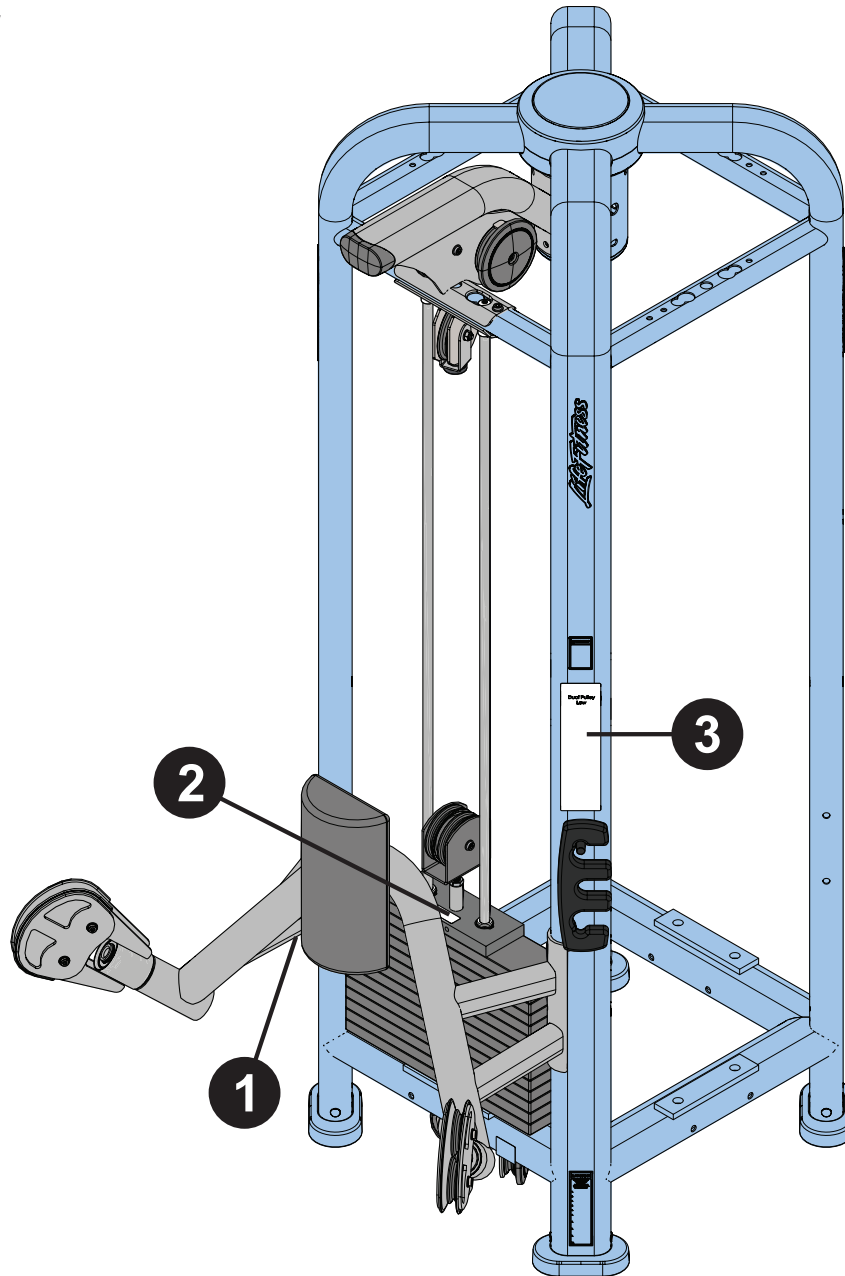
MJDPH-STA



ITEM NO.	DESCRIPTION	QTY.
1	Serial Number	1
2	Stack Resistance	1
3	Placard	1

# Dual Pulley Low

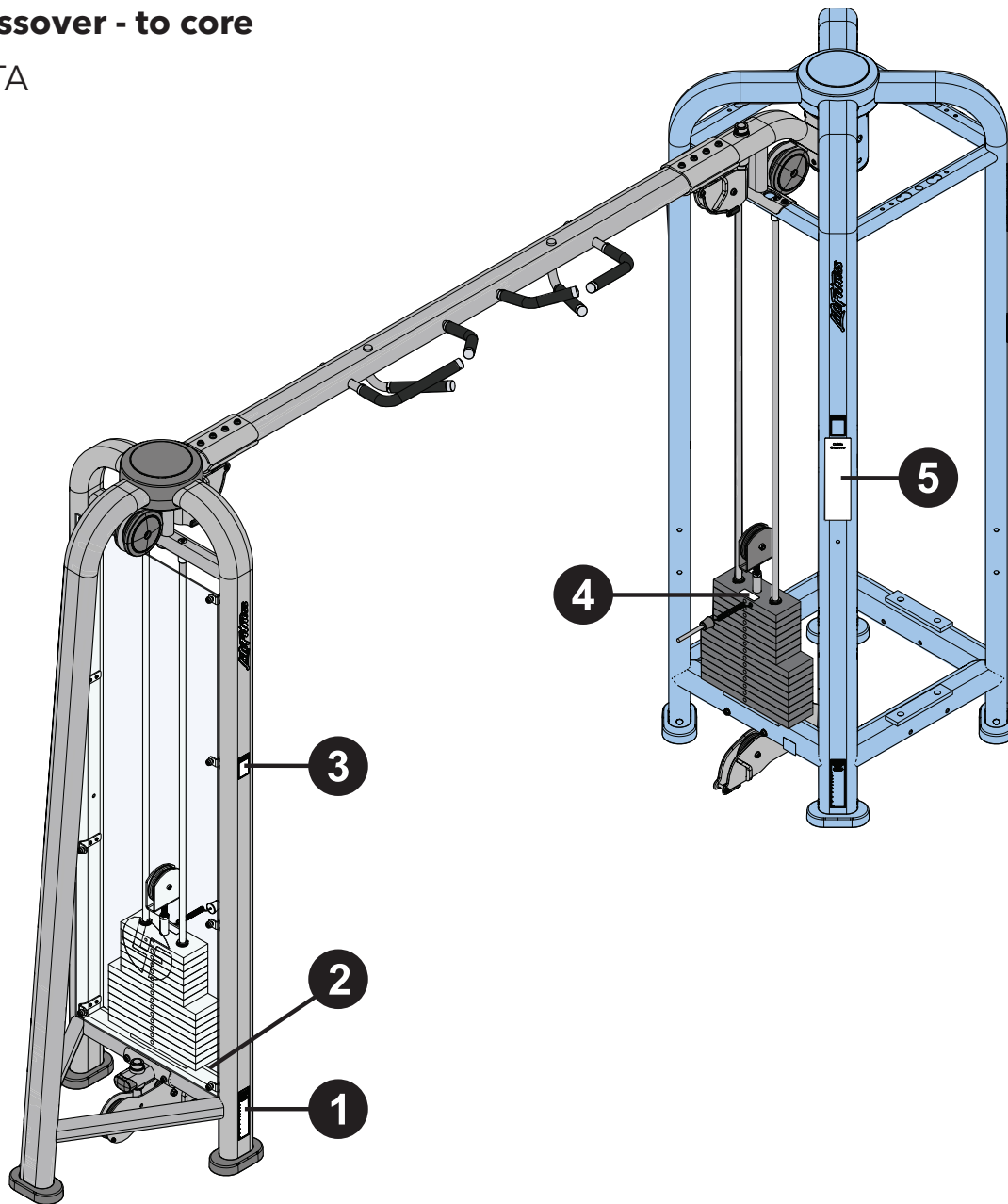
MJDPL-STA



ITEM NO.	DESCRIPTION	QTY.
1	Serial Number	1
2	Stack Resistance	1
3	Placard	1

# Fixed Crossover - to core

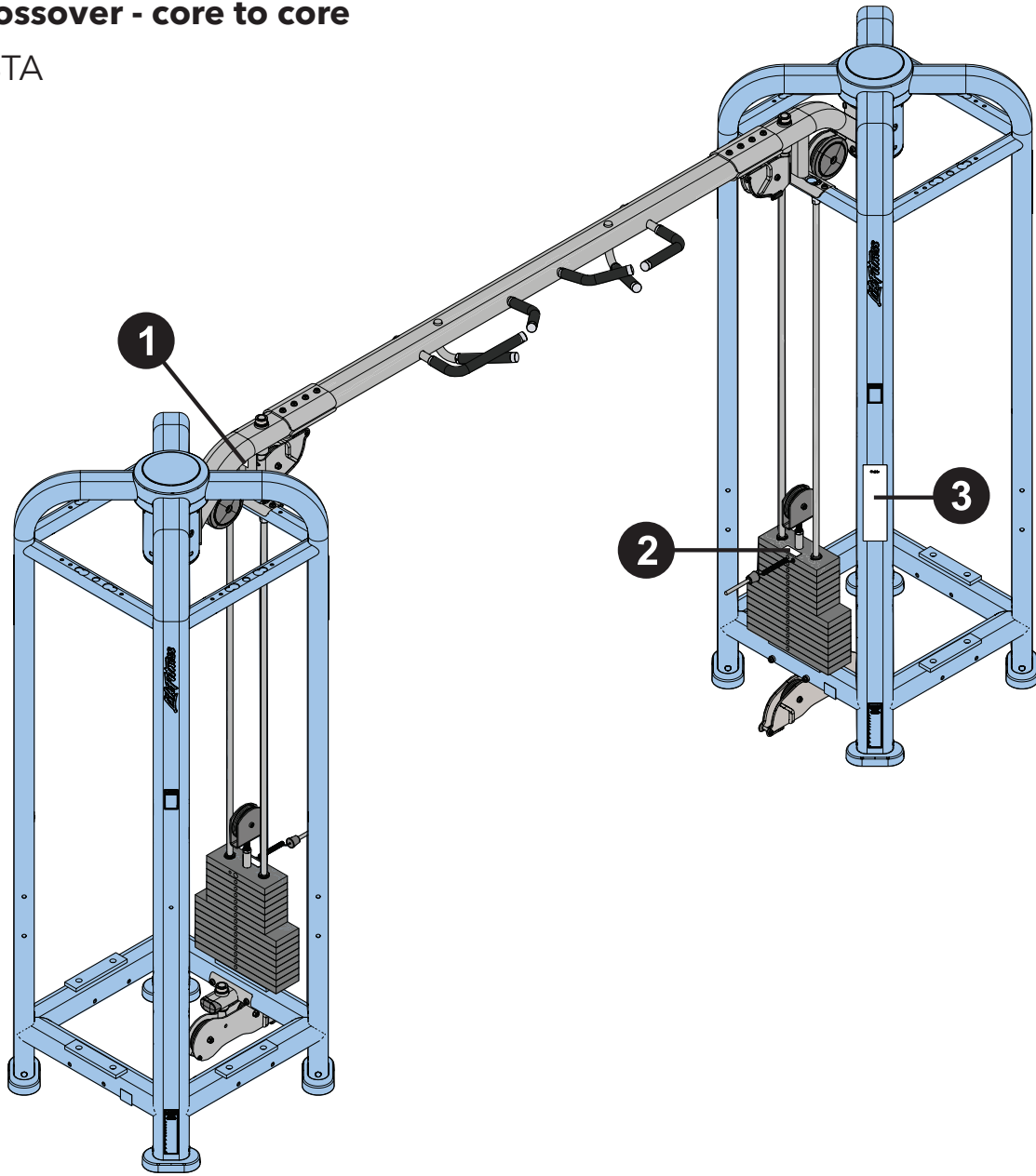
MJFCO-STA



ITEM NO.	DESCRIPTION	QTY.
1	General Warning	1
2	Serial Number	1
3	Strap Warning	2
4	Stack Resistance	2
5	Placard	2

# Fixed Crossover - core to core

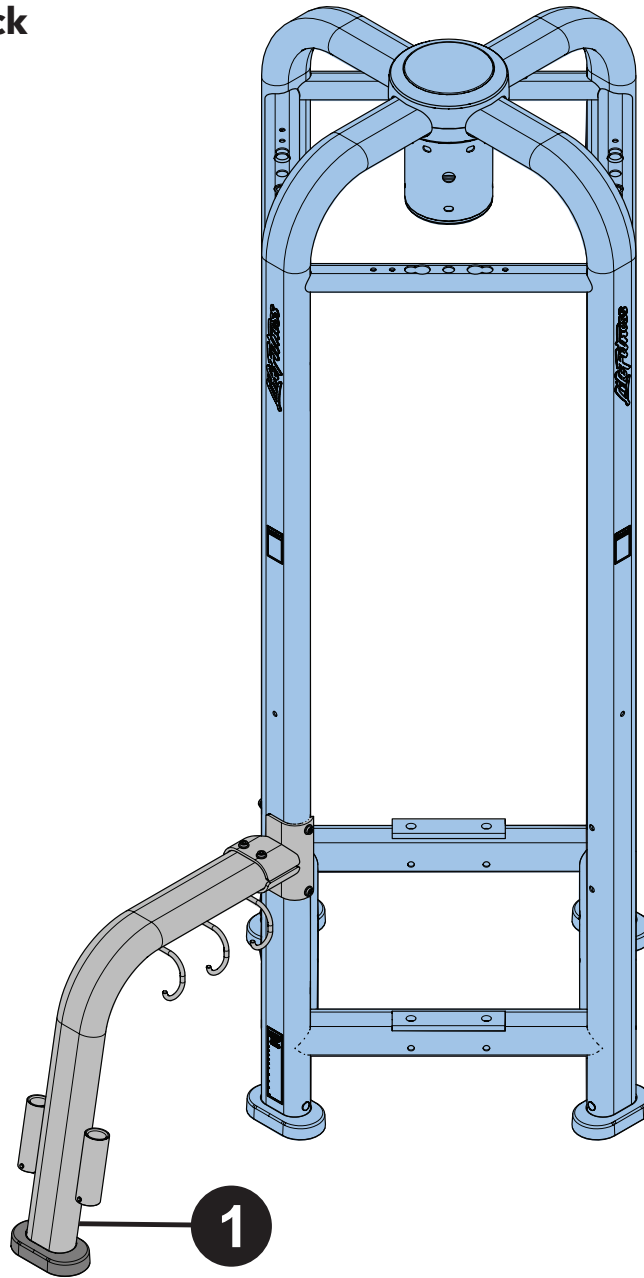
MJFXO-STA



ITEM NO.	DESCRIPTION	QTY.
1	Serial Number	1
2	Stack Resistance	2
3	Placard	2

# Handle Accessory Rack

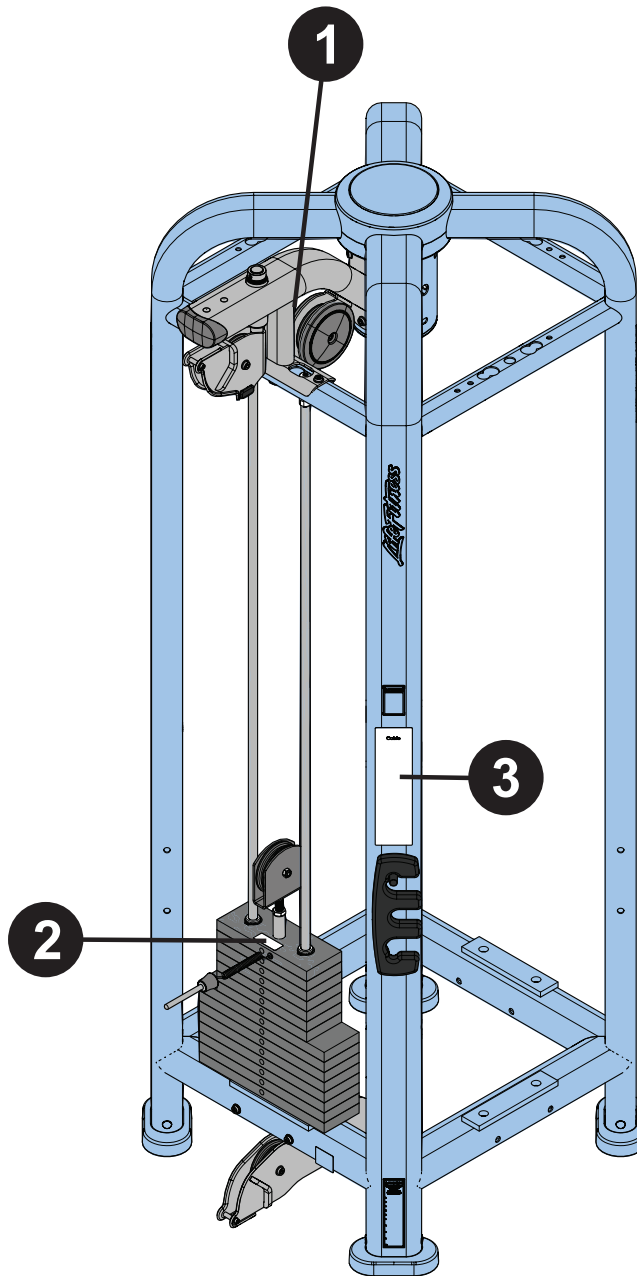
MJHAR-STA



ITEM NO.	DESCRIPTION	QTY.
1	Serial Number	1

# High Low Pulley

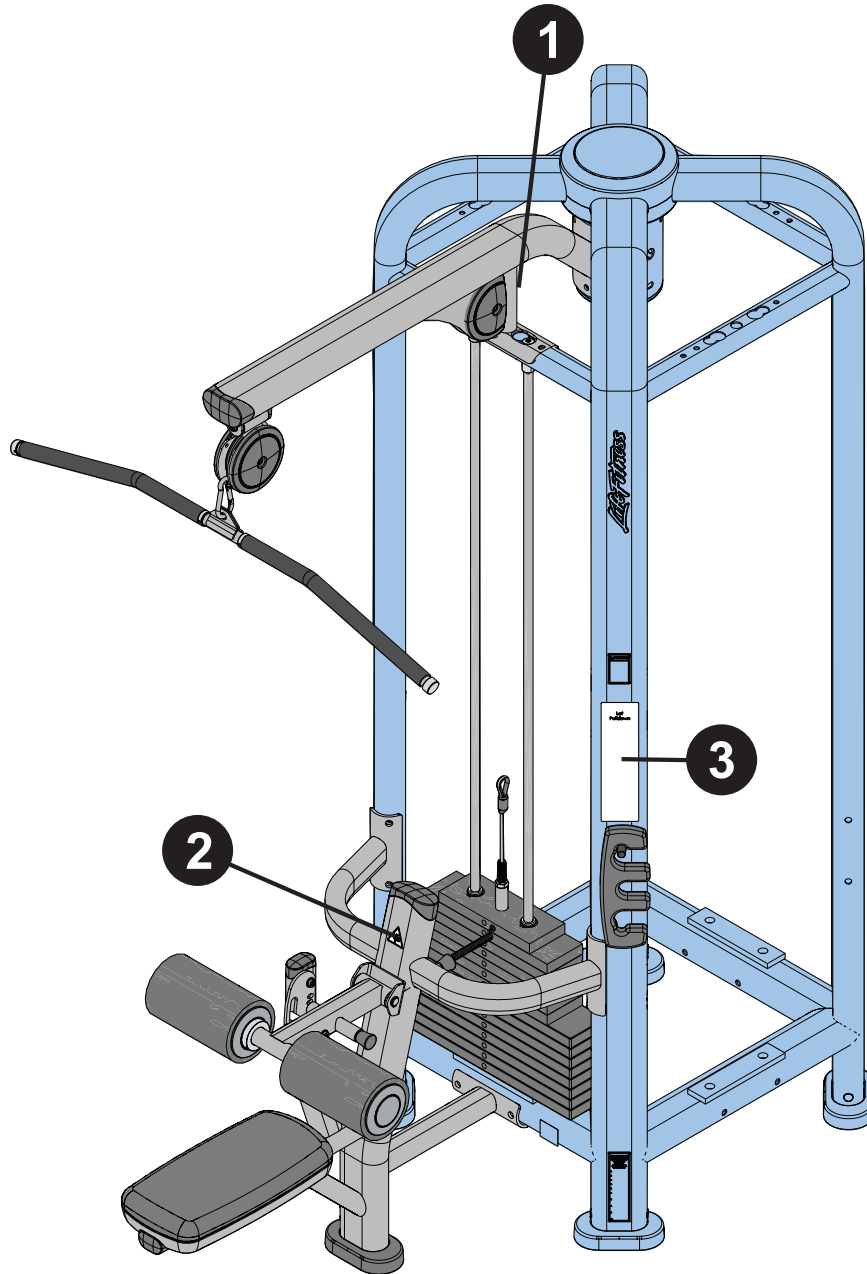
MJHL-STA



ITEM NO.	DESCRIPTION	QTY.
1	Serial Number	1
2	Stack Resistance	1
3	Placard	1

# Lat Pulldown

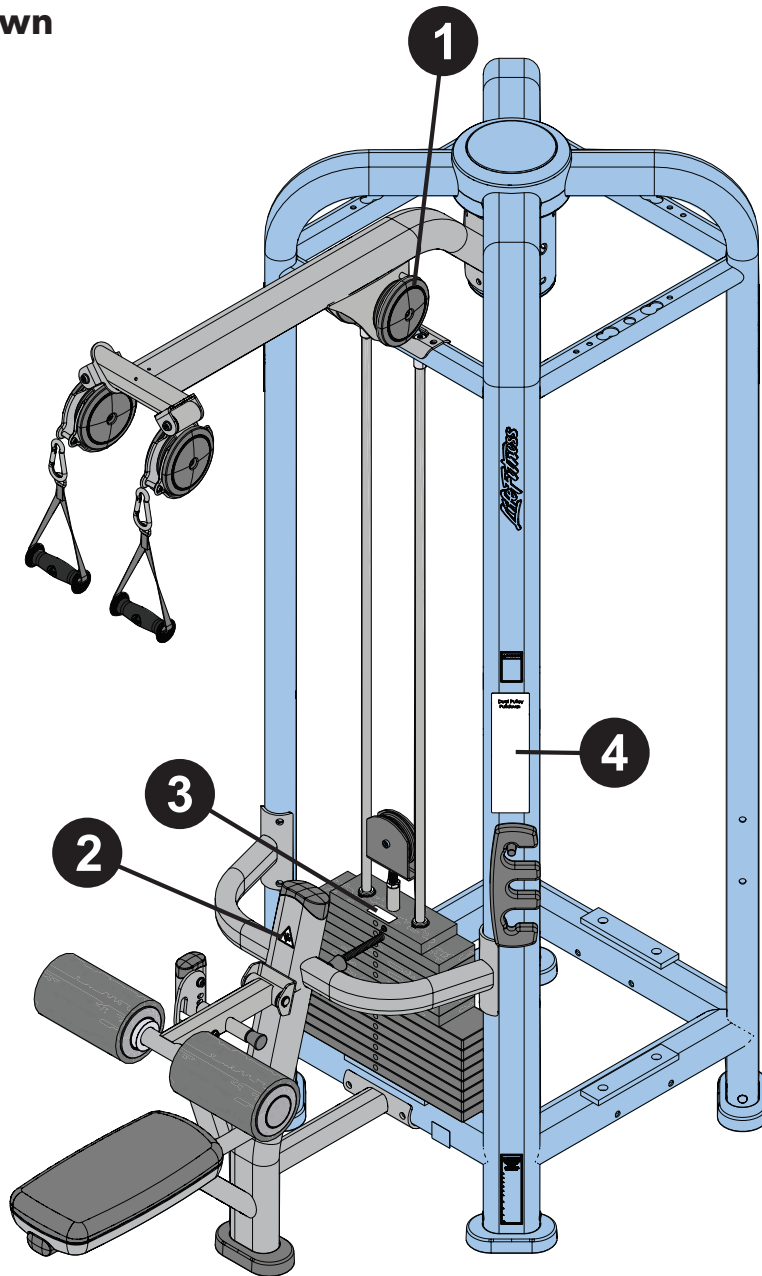
MJLP-STA



ITEM NO.	DESCRIPTION	QTY.
1	Serial Number	1
2	Pinch Warning	1
3	Placard	1

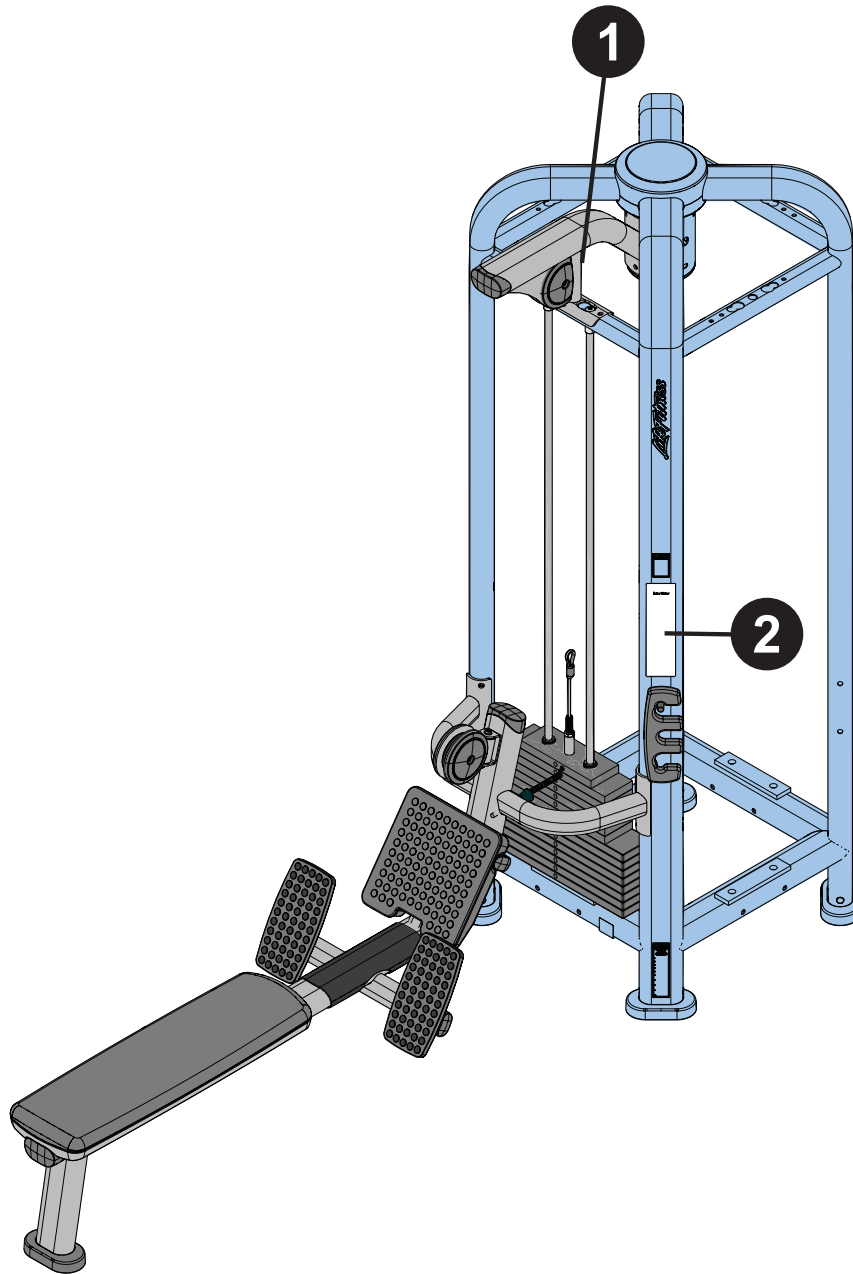
# Dual Pulley Pulldown

MJLPD-STA



ITEM NO.	DESCRIPTION	QTY.
1	Serial Number	1
2	Pinch Warning	1
3	Stack Resistance	1
4	Placard	1

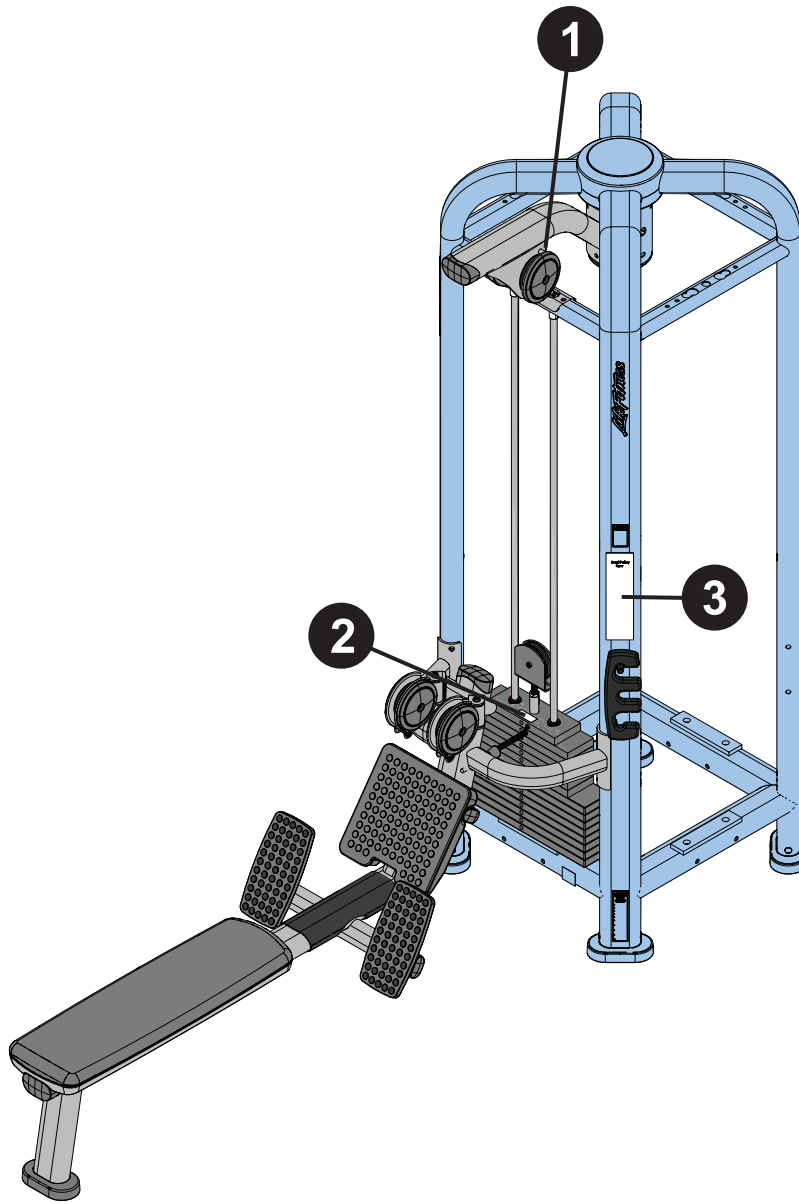
**Low Row**  
MJRW-STA



ITEM NO.	DESCRIPTION	QTY.
1	Serial Number	1
2	Placard	1

# Dual Pulley Row

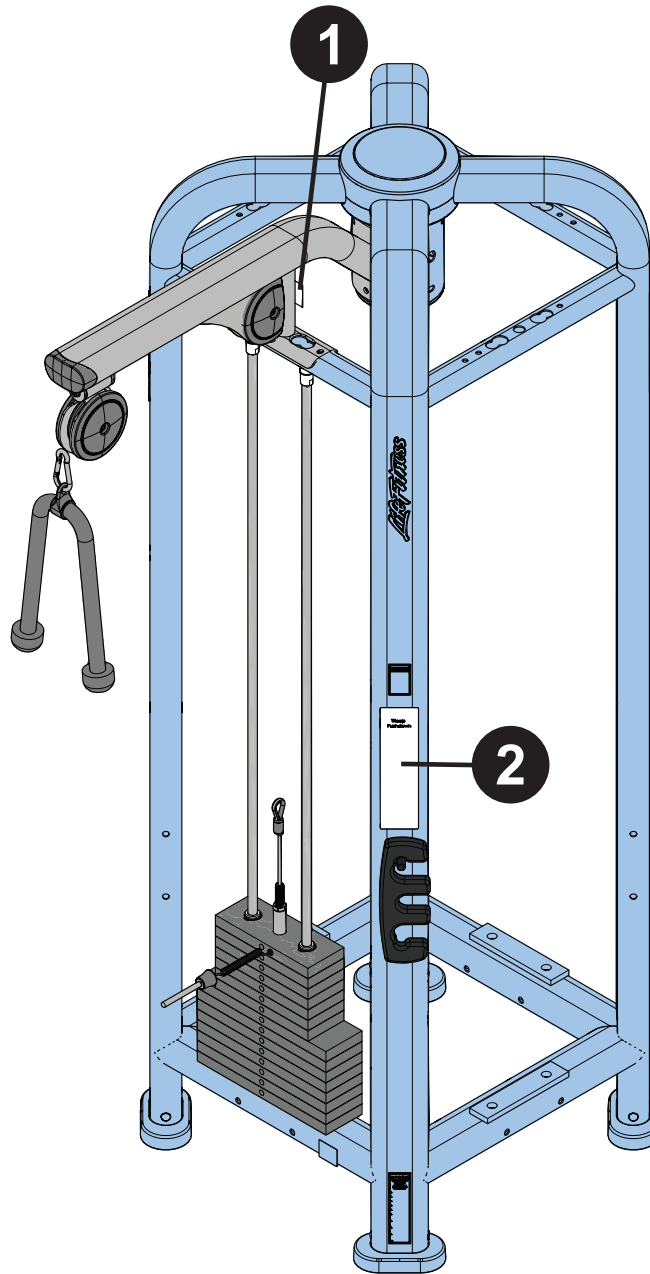
MJRWD-STA



ITEM NO.	DESCRIPTION	QTY.
1	Serial Number	1
2	Stack Resistance	1
3	Placard	1

# Tricep Pushdown

MJTP-STA



ITEM NO.	DESCRIPTION	QTY.
1	Serial Number	1
2	Placard	1

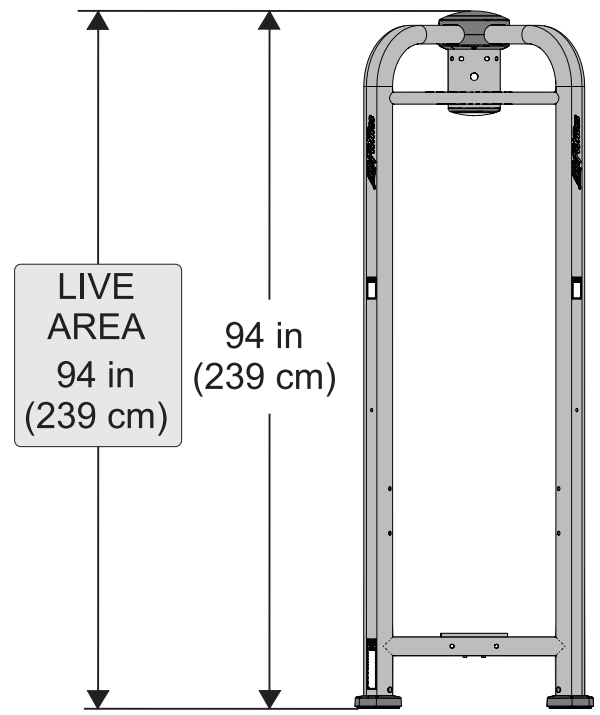
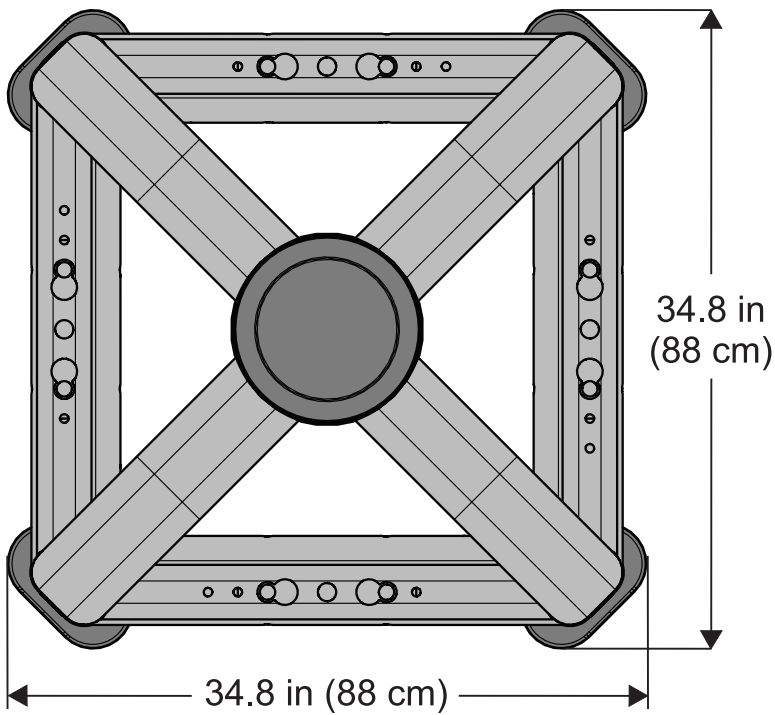
# 8 PRODUCT INFORMATION

## Multi-Jungle Core (MJ-CORE)

### Product Specifications

DESCRIPTION	MEASUREMENT	
Machine Weight	Pounds	Kilograms
	225	102

### Product Dimensions

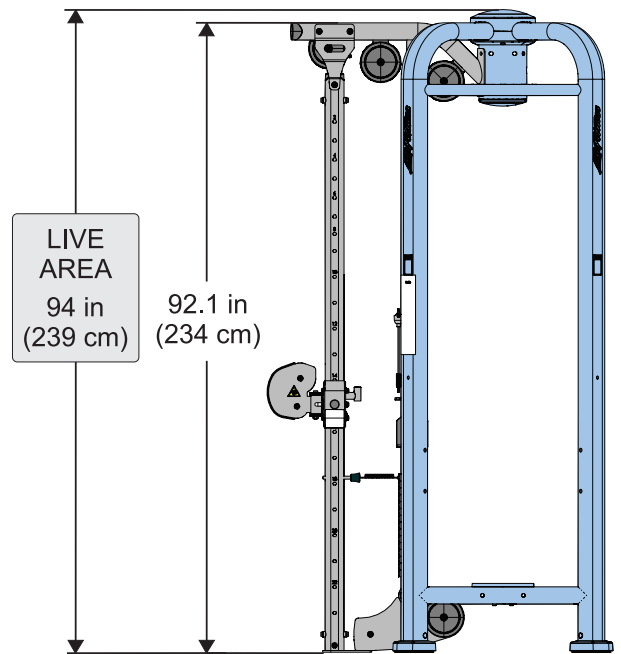
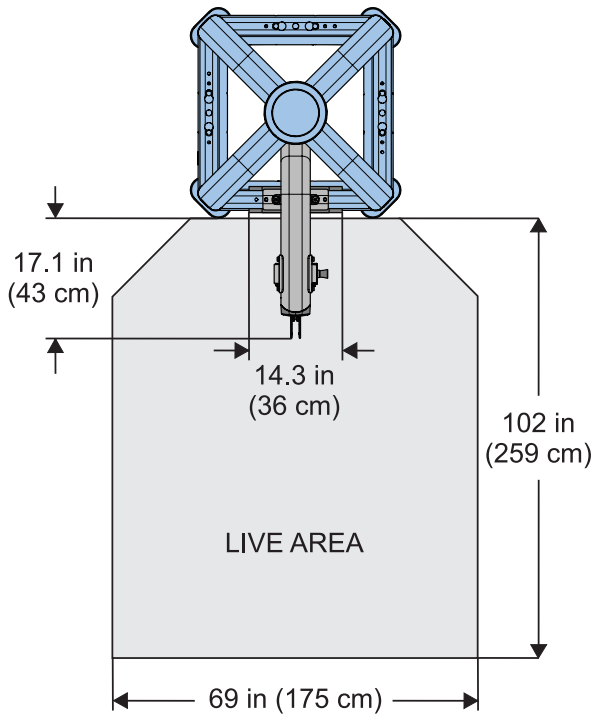


# Adjustable Pulley (MJAP-STA)

## Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	260 lbs / 117 kg
Maximum User Weight	300 lbs / 136 kg
Resistance Ratio	1:2
Weight Stack	190 lbs / 95 kg
Effective User Resistance	95 lbs / 47.5 kg

## Product Dimensions

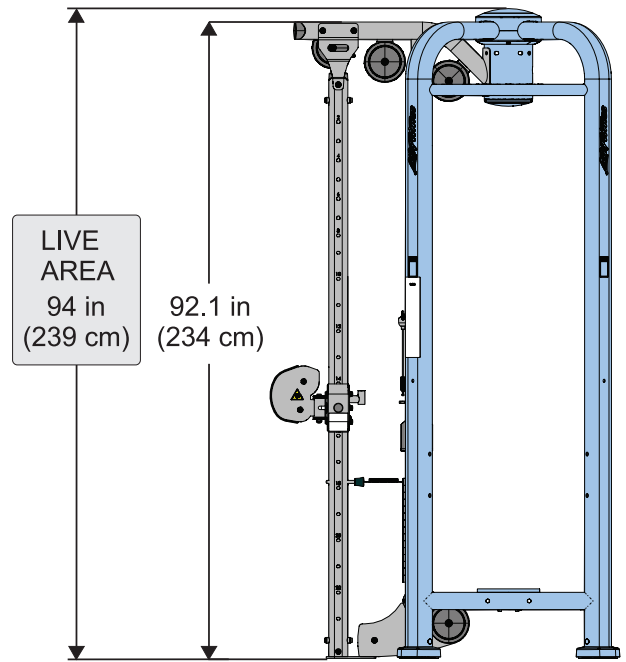
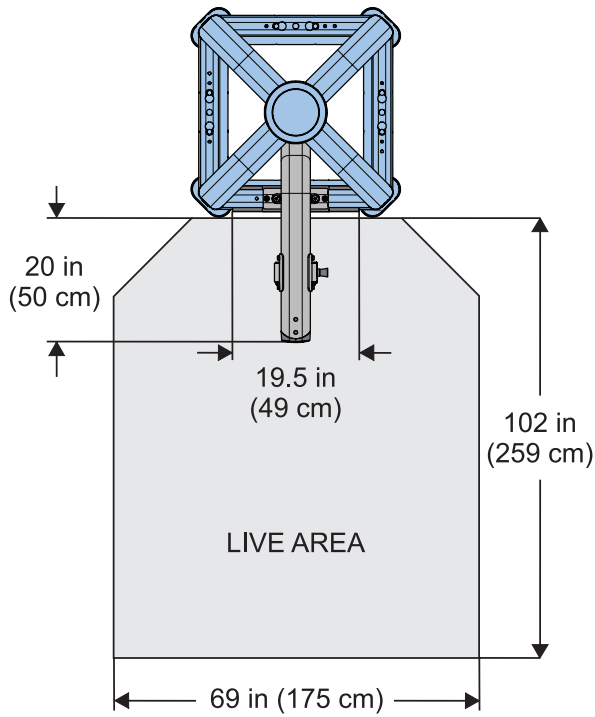


# Adjustable Pulley (MJAP41-STA)

## Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	460 lbs / 209 kg
Maximum User Weight	300 lbs / 136 kg
Resistance Ratio	4:1
Weight Stack	390 lbs / 195 kg
Effective User Resistance	97.5 lbs / 47.5 kg

## Product Dimensions

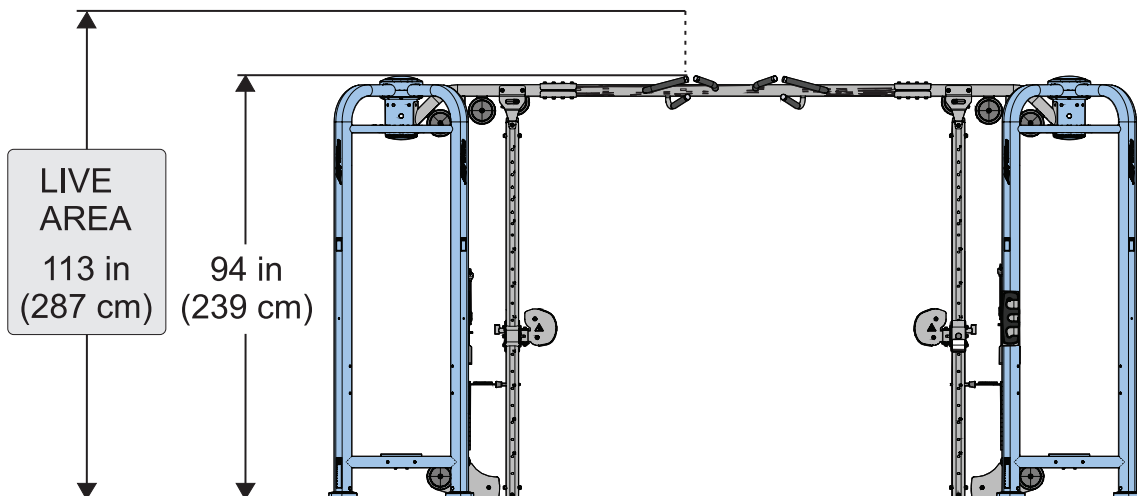
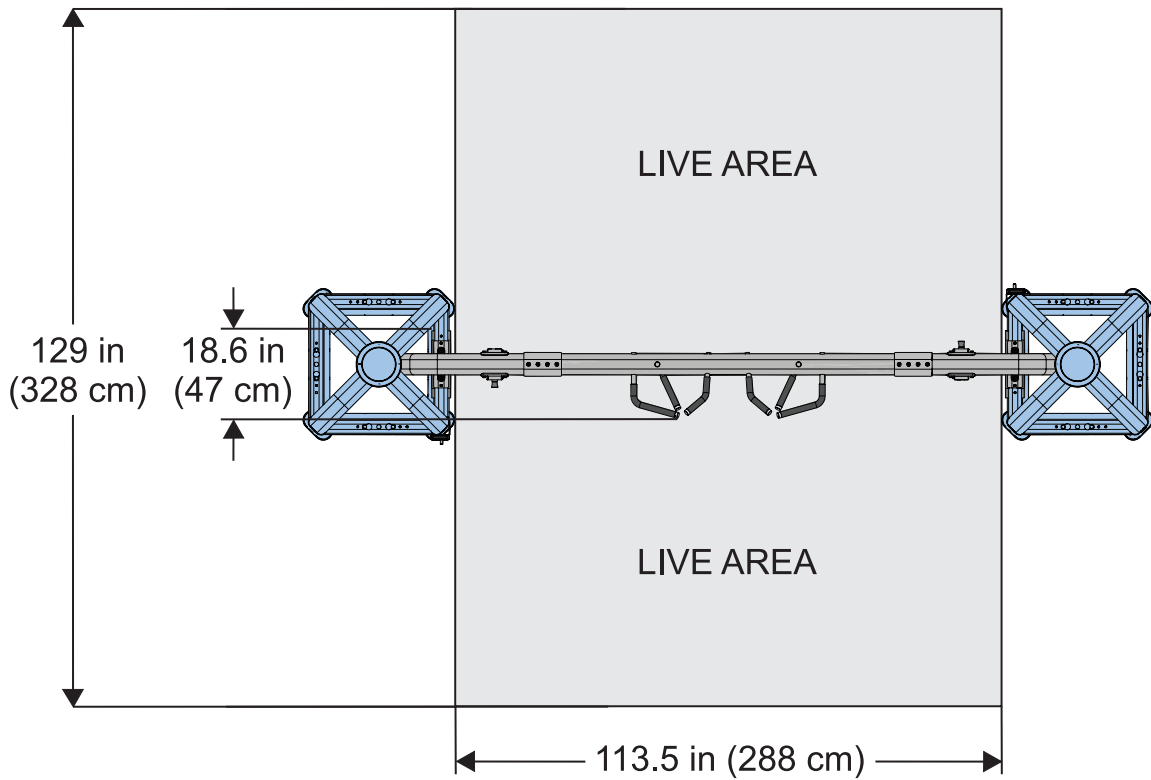


## Adjustable Crossover - core to core (MJAXO-STA)

### Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	600 lbs / 272 kg
Maximum User Weight	300 lbs / 136 kg
Resistance Ratio	1:2
Weight Stack	2 x 190 lbs / 2 x 95 kg
Effective User Resistance	2 x 95 lbs / 2 x 47.5 kg

### Product Dimensions

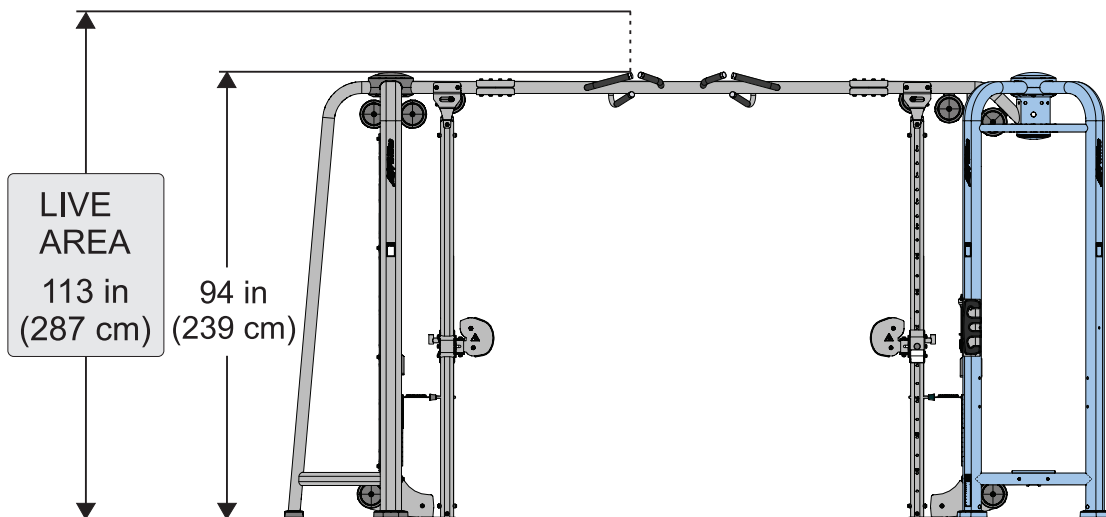
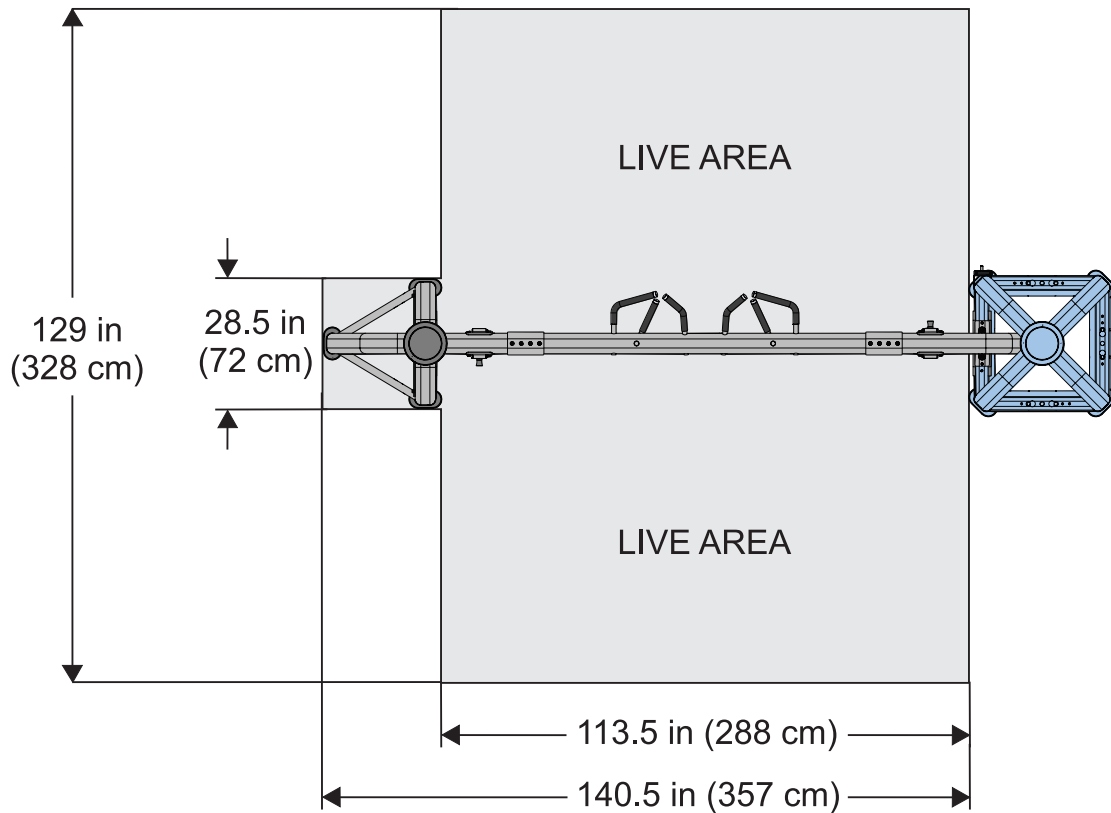


## Adjustable Crossover - to core (MJACO-STA)

### Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	600 lbs / 272 kg
Maximum User Weight	300 lbs / 136 kg
Resistance Ratio	1:2
Weight Stack	2 x 190 lbs / 2 x 95 kg
Effective User Resistance	2 x 95 lbs / 2 x 47.5 kg

### Product Dimensions

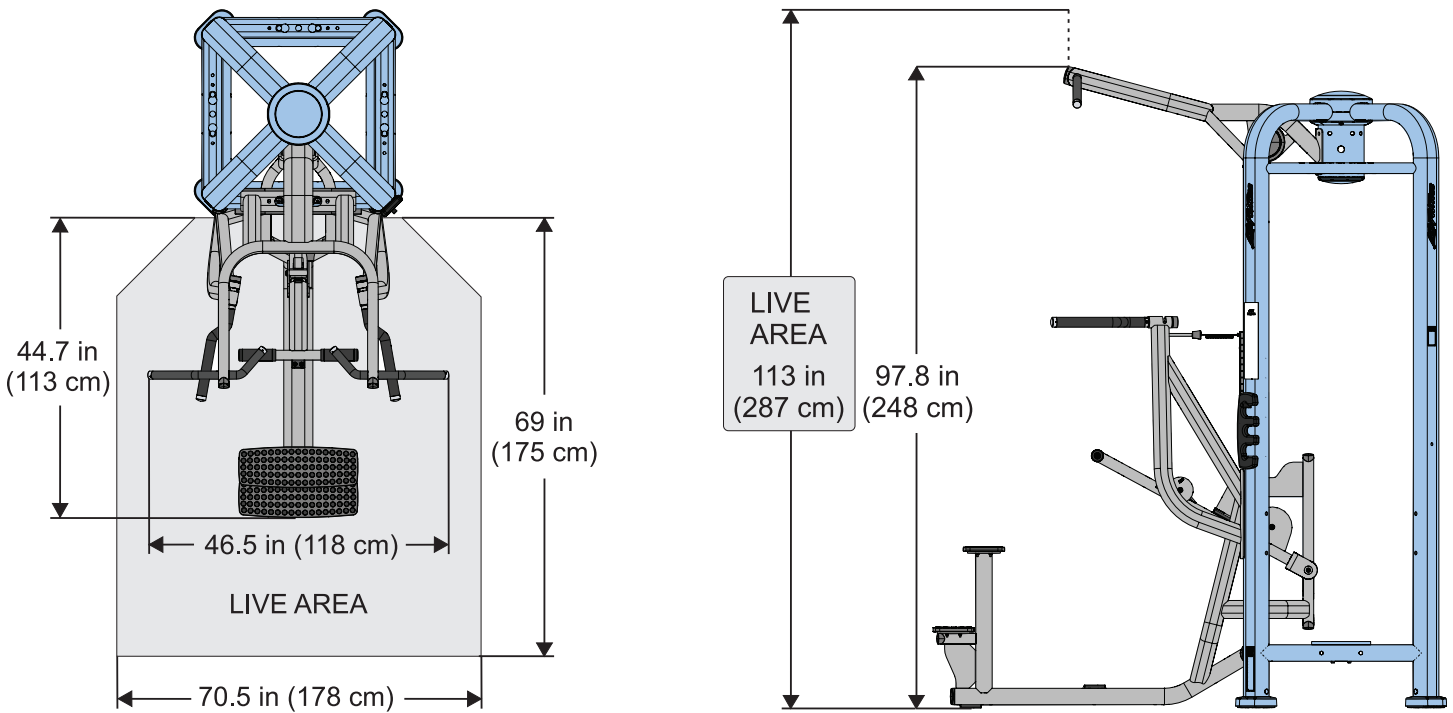


## Assited Dip Chin (MJADC-STA)

### Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	610 lbs / 291 kg
Maximum User Weight	300 lbs / 136 kg
Weight Stack	295 lbs / 147.5 kg
Resistance Ratio	n/a
Effective User Resistance	118.75 lbs / 59.68 kg

### Product Dimensions

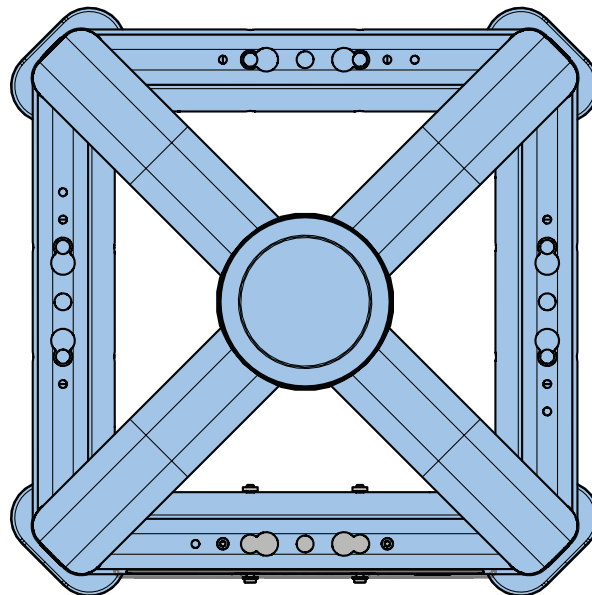
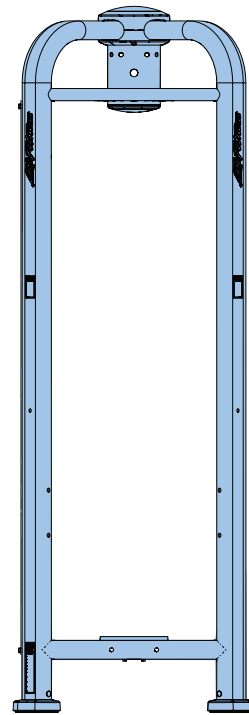
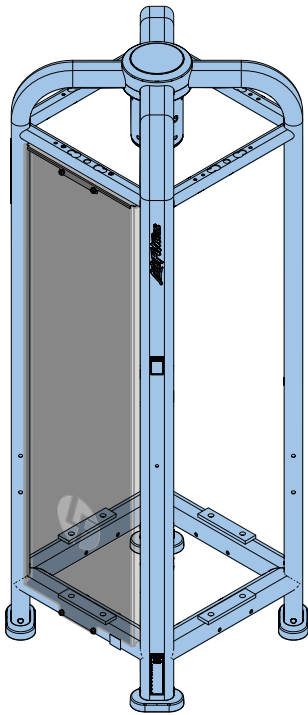


## Blank Shroud (MJBLNKSHRD-STA)

### Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	10 lbs / 5 kg
Maximum User Weight	n/a
Weight Stack	n/a
Effective User Resistance	n/a

### Product Dimensions

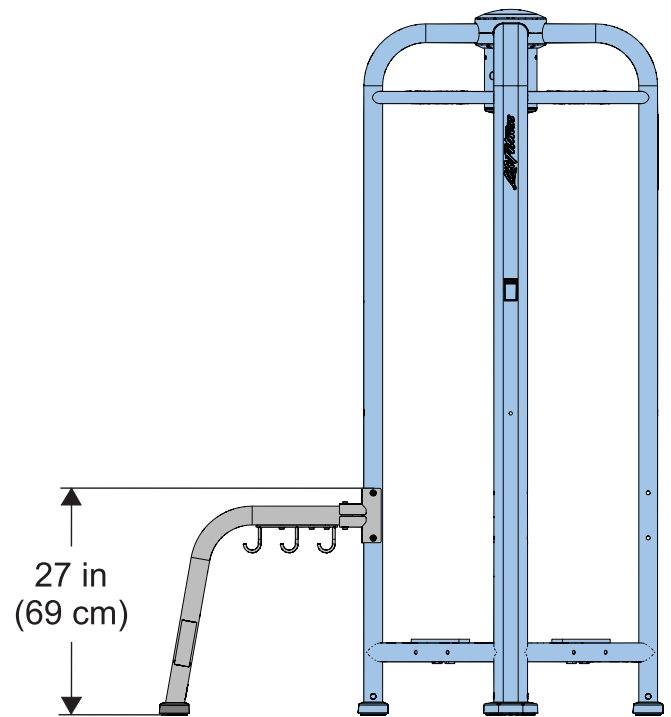
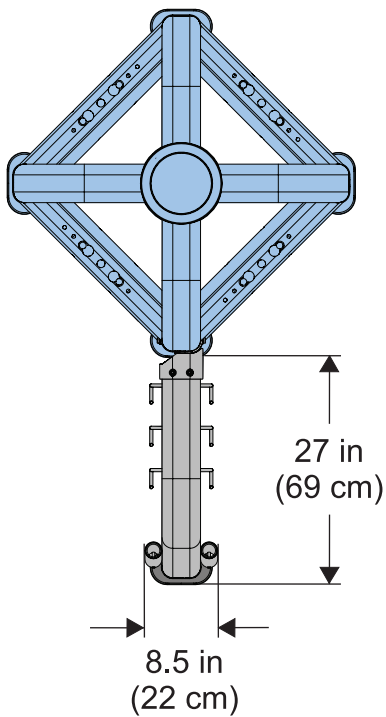


## Handle Accessory Rack (MJHAR-STA)

### Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	31 lbs / 14 kg
Maximum User Weight	n/a
Resistance Ratio	n/a
Weight Stack	n/a
Effective User Resistance	n/a

### Product Dimensions

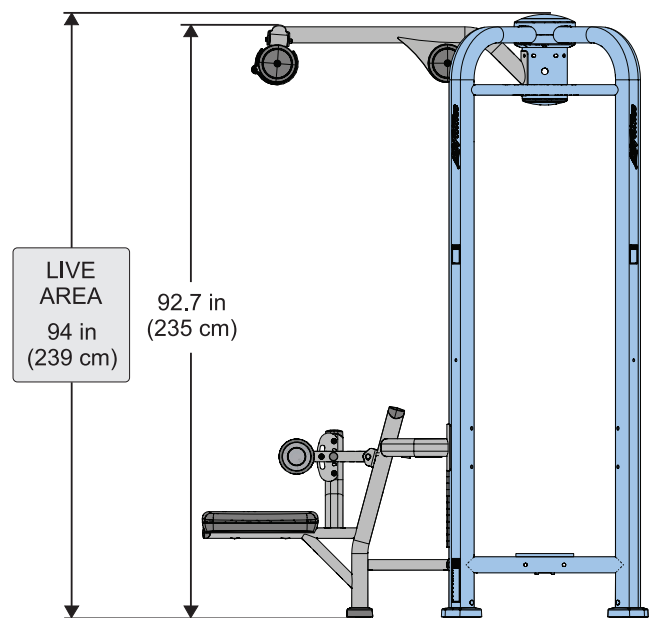
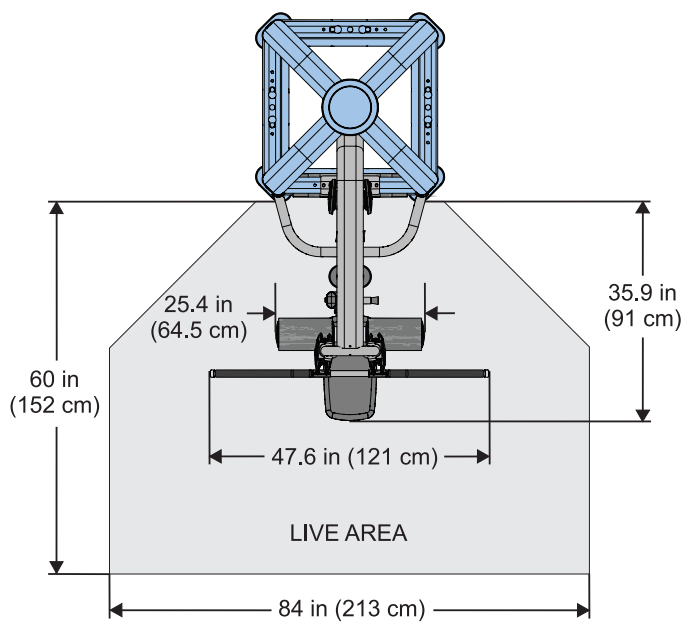


## Dual Pulley Pulldown (MJLPD-STA)

### Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	340 lbs / 154 kg
Maximum User Weight	300 lbs / 136 kg
Resistance Ratio	1:2
Weight Stack	260 lbs / 130 kg
Effective User Resistance	130 lbs / 65 kg

### Product Dimensions

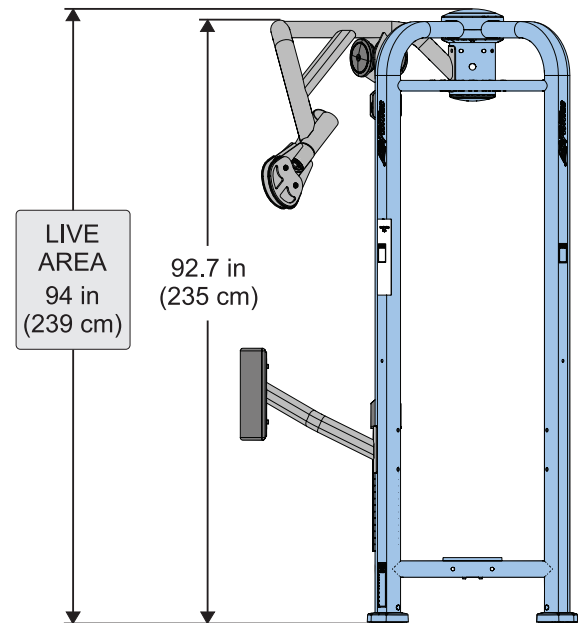
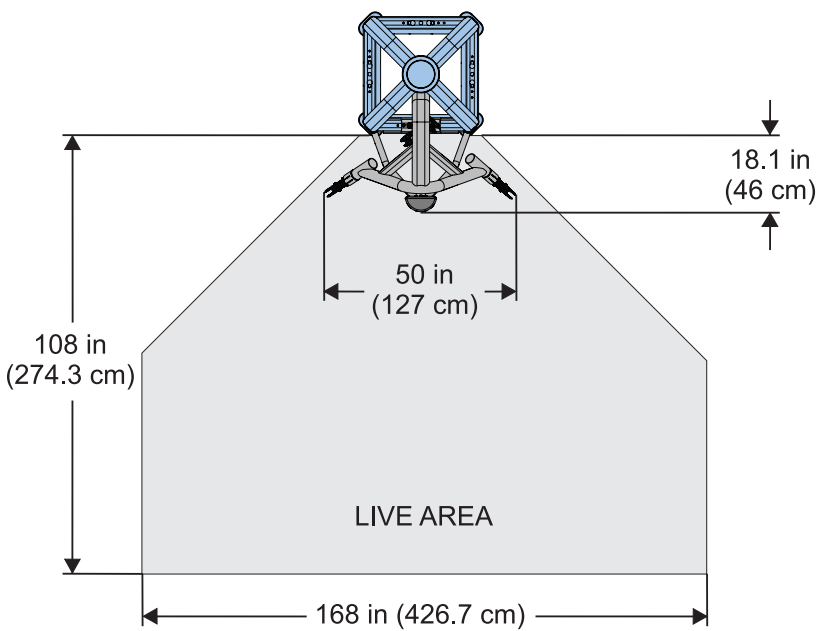


## Dual Pulley High (MJDPH-STA)

### Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	430 lbs / 195 kg
Maximum User Weight	300 lbs / 136 kg
Resistance Ratio	4:1
Weight Stack	290 lbs / 145 kg
Effective User Resistance	72.5 lbs / 36.25 kg

### Product Dimensions

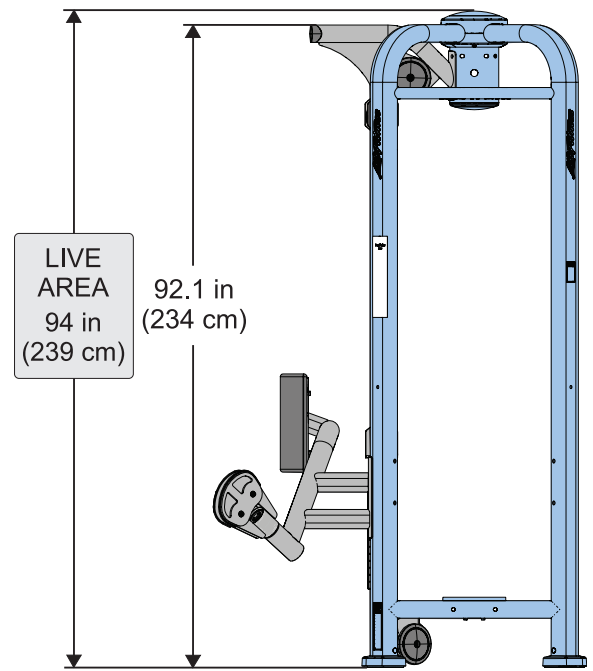
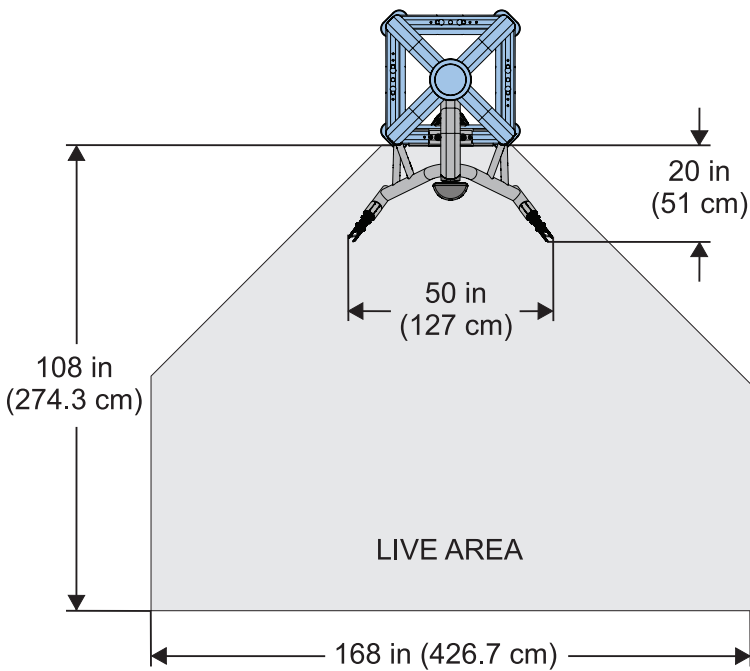


## Dual Pulley Low (MJDP-L-STA)

### Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	430 lbs / 195 kg
Maximum User Weight	300 lbs / 136 kg
Resistance Ratio	4:1
Weight Stack	290 lbs / 145 kg
Effective User Resistance	72.5 lbs / 36.25 kg

### Product Dimensions

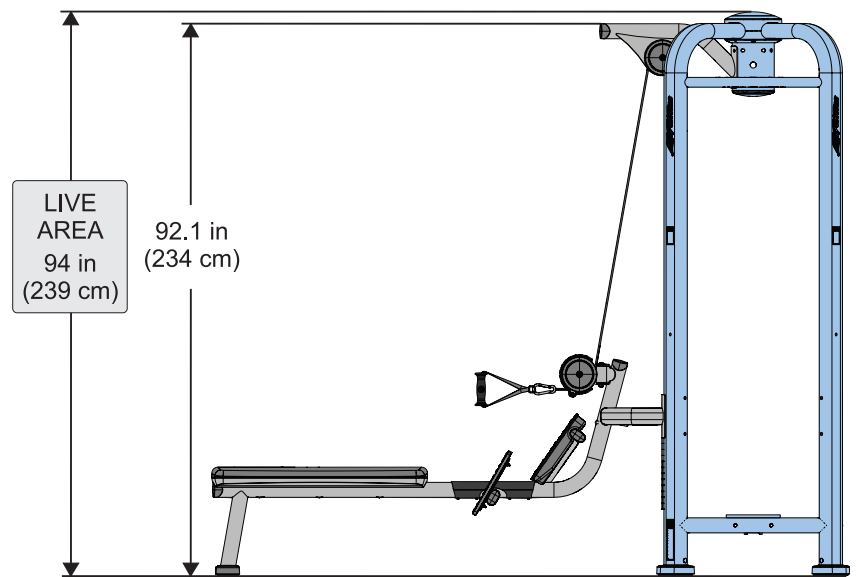
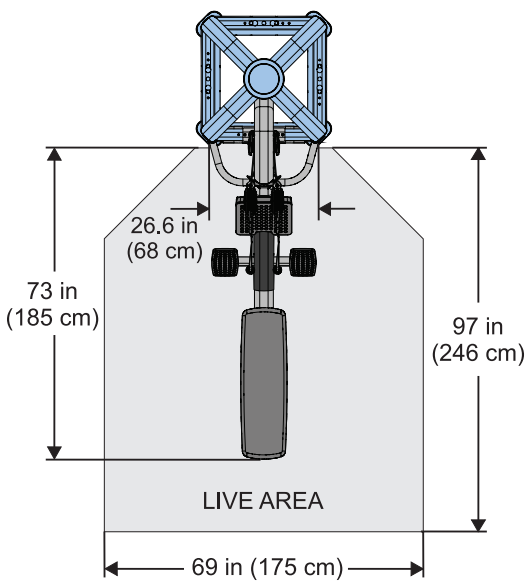


## Dual Pulley Row (MJRWD-STA)

### Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	360 lbs / 163 kg
Maximum User Weight	300 lbs / 136 kg
Resistance Ratio	1:2
Weight Stack	260 lbs / 130 kg
Effective User Resistance	2 x 130 lbs per handle / 2 x 65 kg per handle

### Product Dimensions

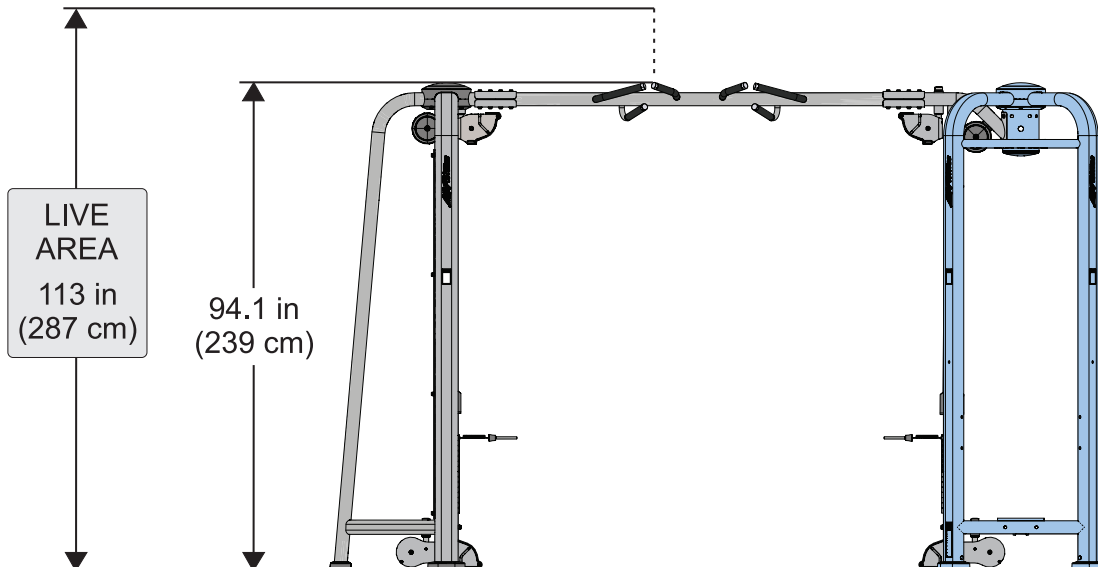
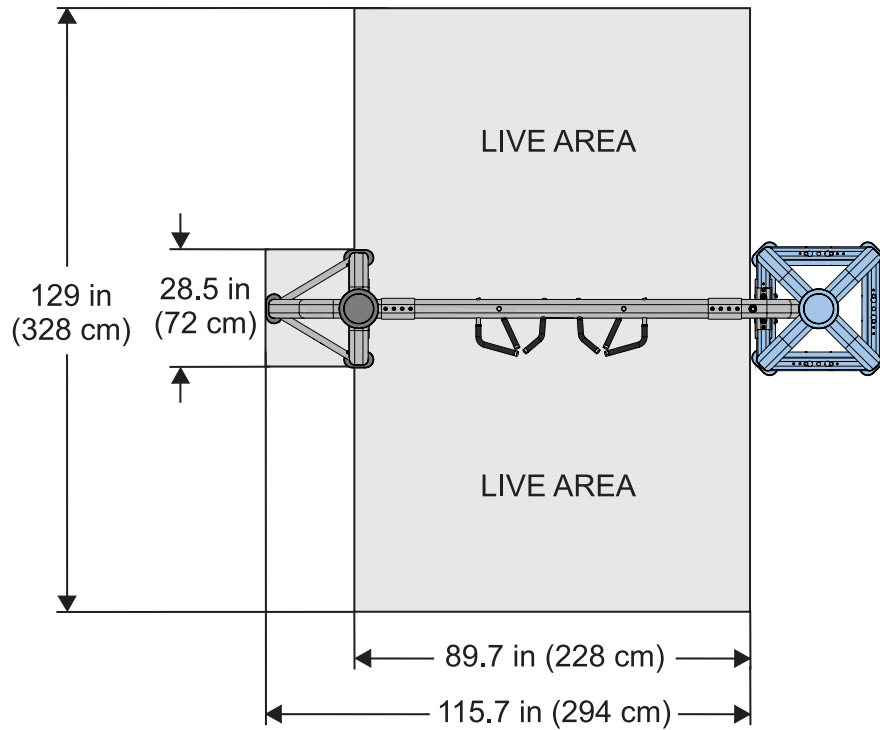


## Fixed Crossover - to core (MJFCO-STA)

### Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	600 lbs / 272 kg
Maximum User Weight	300 lbs / 136 kg
Resistance Ratio	1:2
Weight Stack	2 x 190 lbs / 2 x 95 kg
Effective User Resistance	2 x 95 lbs / 2 x 47.5 kg

### Product Dimensions

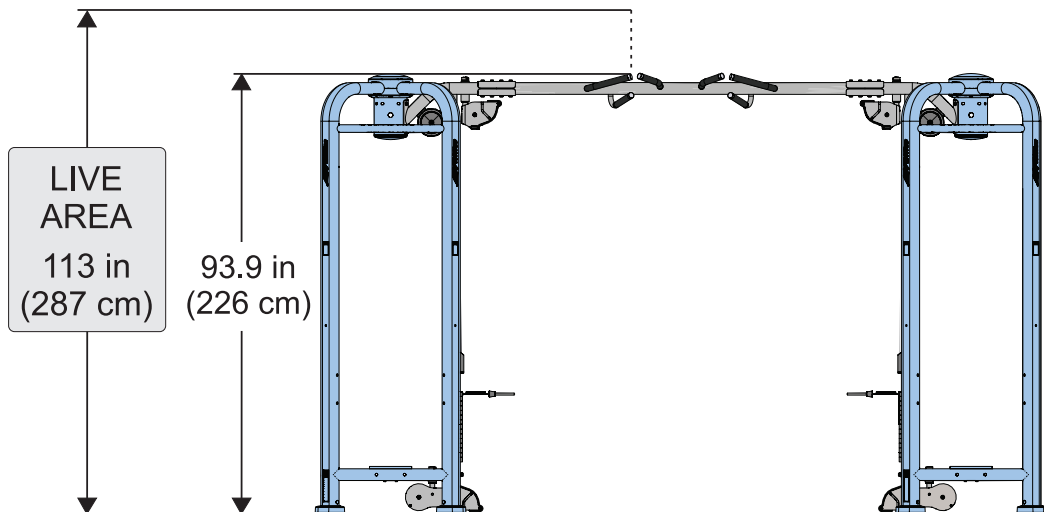
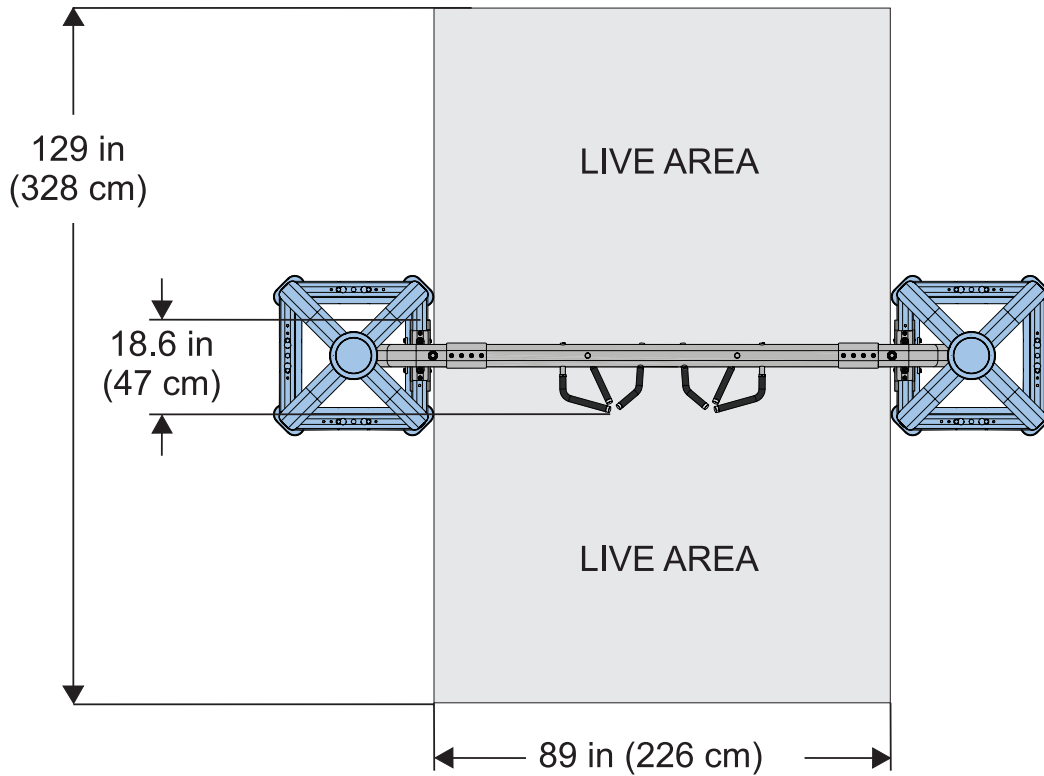


## Fixed Crossover - core to core (MJFXO-STA)

### Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	600 lbs / 272 kg
Maximum User Weight	300 lbs / 136 kg
Resistance Ratio	1:2
Weight Stack	2 x 190 lbs / 2 x 95 kg
Effective User Resistance	2 x 95 lbs / 2 x 47.5 kg

### Product Dimensions

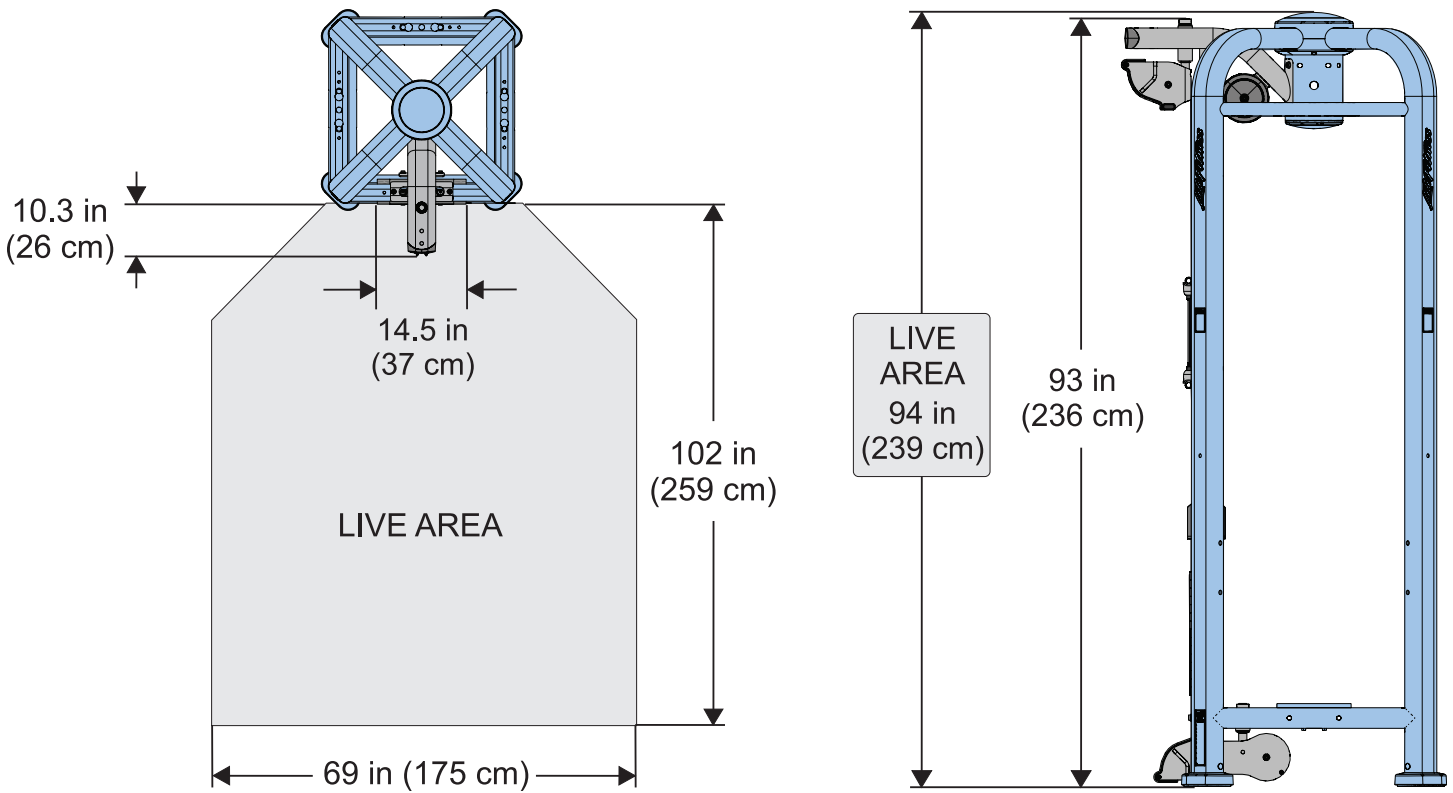


## High Low Pulley (MJHL-STA)

### Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	260 lbs / 117 kg
Maximum User Weight	300 lbs / 136 kg
Resistance Ratio	1:2
Weight Stack	190 lbs / 95 kg
Effective User Resistance	95 lbs / 47.5 kg

### Product Dimensions

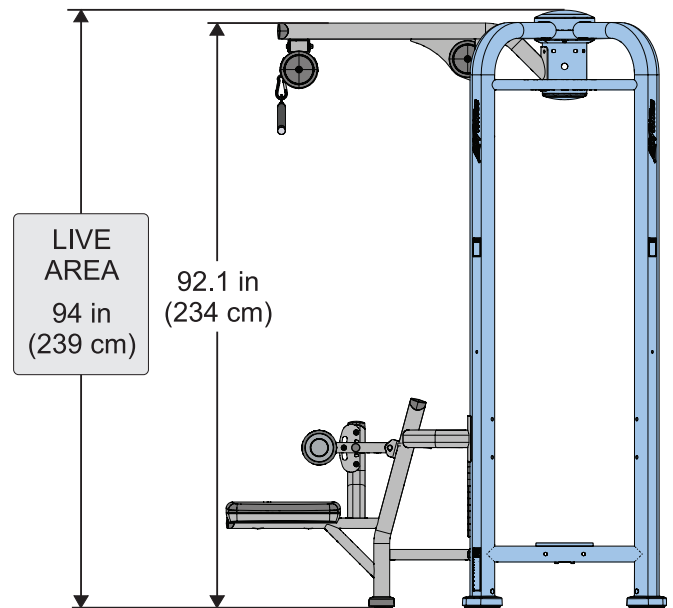
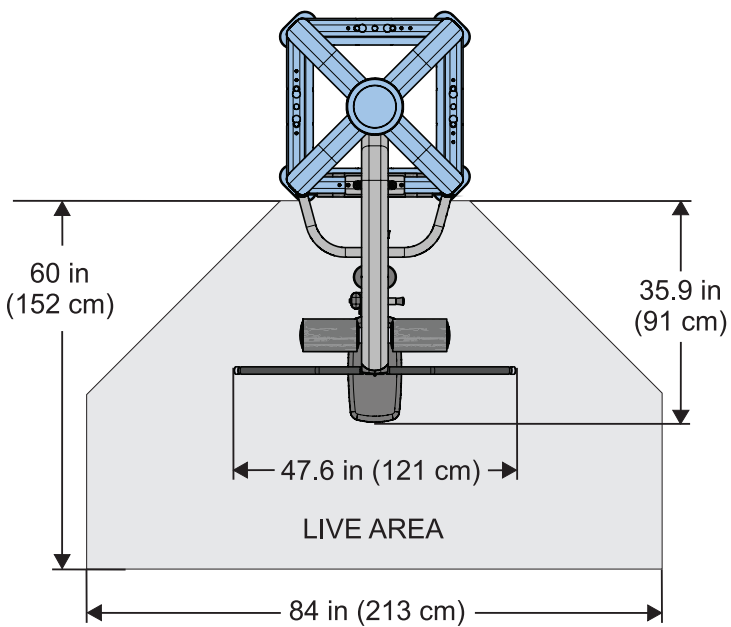


## Lat Pulldown (MJLP-ST A)

### Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	360 lbs / 163 kg
Maximum User Weight	300 lbs / 136 kg
Resistance Ratio	1:1
Weight Stack	260 lbs / 130 kg
Effective User Resistance	260 lbs / 130 kg

### Product Dimensions

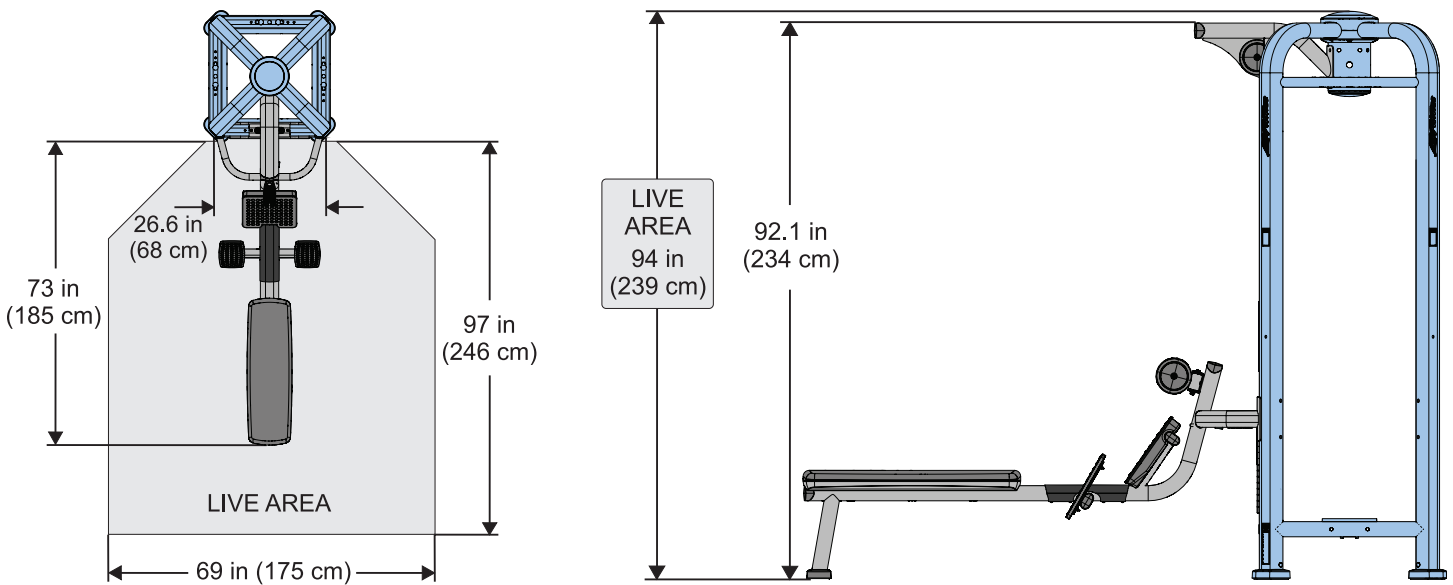


## Low Row (MJRW-STA)

### Product Specifications

DESCRIPTION	MEASUREMENT
Machine Weight	360 lbs / 163 kg
Maximum User Weight	300 lbs / 136 kg
Resistance Ratio	1:1
Weight Stack	260 lbs / 130 kg
Effective User Resistance	260 lbs / 130 kg

### Product Dimensions

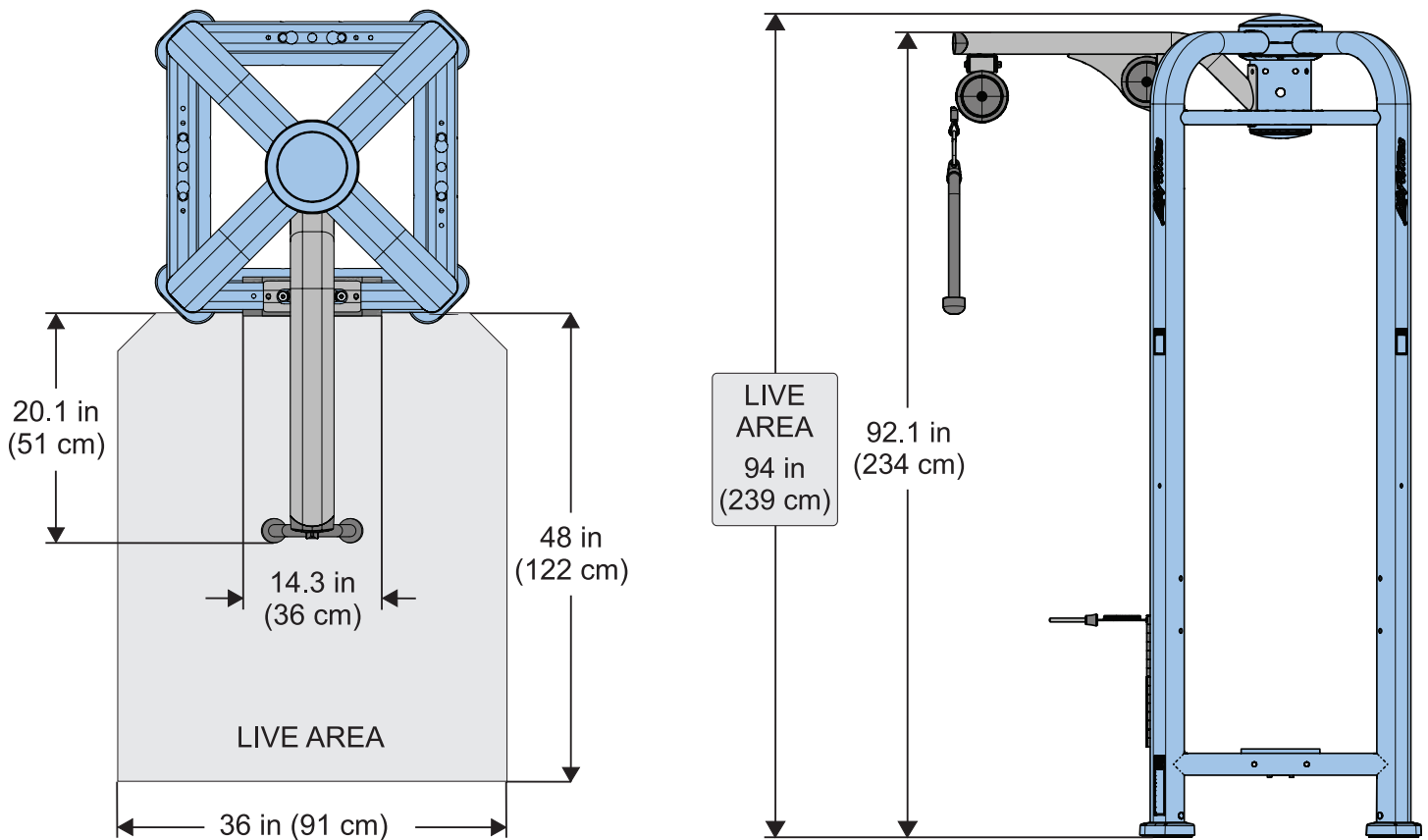


## Tricep Pushdown (MJTP-STA)

### Product Specifications

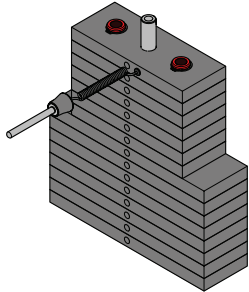
DESCRIPTION	MEASUREMENT
Machine Weight	225 lbs / 102 kg
Maximum User Weight	300 lbs / 136 kg
Resistance Ratio	1:1
Weight Stack	190 lbs / 95 kg
Effective User Resistance	190 lbs / 95 kg

### Product Dimensions

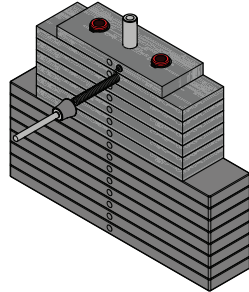


# 9 WEIGHT STACKS

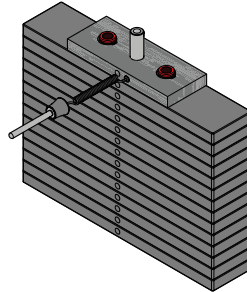
190lb / 91kg.



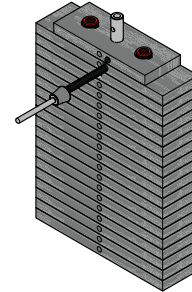
260lb / 127kg.



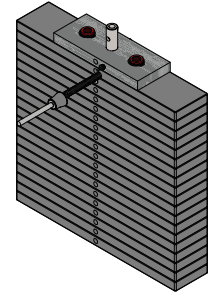
290lb / 145kg.



295lb / 147.5kg.



390lb / 177kg.



PRODUCT		STACK WEIGHT	WEIGHT PLATES
MJACO-STA	Adjustable Crossover	2 x 190lb. / 91kg.	12 x 10lb. / 4.5kg.
			16 x 15lb. / 6.8kg.
MJADC-STA	Assisted Dip Chin	295lb. / 147.5kg.	19 x 20lb. / 9kg.
MJAP-STA	Adjustable Pulley	190lb. / 91kg.	6 x 10lb. / 4.5kg.
			8 x 15lb. / 6.8kg.
MJAP41-STA	Adjustable Pulley 4:1	390lb. / 177kg.	19 x 20lb. / 9.0kg.
MJAXO-STA	Adjustable Crossover	2 x 190lb. / 95kg.	12 x 10lb. / 4.5kg.
			16 x 15lb. / 6.8kg.
MJDPH-STA	Dual Pulley High	290lb. 145kg.	14 x 20lb. / 9kg.
MJDPL-STA	Dual Pulley Low	290lb. 145kg.	14 x 20lb. / 9kg.
MJFCO-STA	Fixed Crossover	2 x 190lb. / 91kg.	12 x 10lb. / 4.5kg.
			16 x 15lb. / 6.8kg.
MJFXO-STA	Fixed Crossover	2 x 190lb. / 91kg.	12 x 10lb. / 4.5kg.
			16 x 15lb. / 6.8kg.
MJHL-STA	High Low Pulley	190lb. / 91kg.	6 x 10lb. / 4.5kg.
			8 x 15lb. / 6.8kg.
MJLP-STA	Lat Pulldown	260lb. / 127kg.	6 x 15lb. / 6.8kg.
			8 x 20lb. / 9kg.
MJLPD-STA	Dual Pulley Pulldown	260lb. / 127kg.	6 x 15lb. / 6.8kg.
			8 x 20lb. / 9kg.
MJRW-STA	Low Row	260lb. / 127kg.	6 x 15lb. / 6.8kg.
			8 x 20lb. / 9kg.
MJRWD-STA	Dual Pulley Row	260lb. / 127kg.	6 x 15lb. / 6.8kg.
			8 x 20lb. / 9kg.
MJTP-STA	Tricep Pushdown	190lb. / 91kg.	6 x 10lb. / 4.5kg.
			8 x 15lb. / 6.8kg.

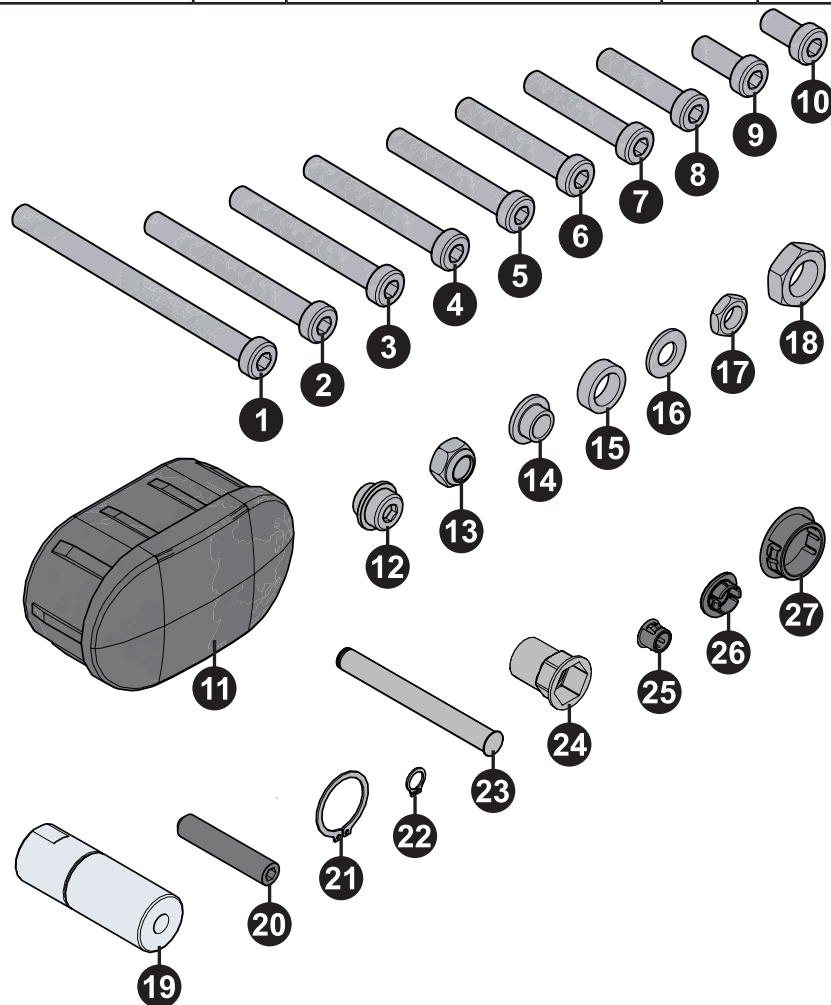
# 10 INSTALLATION INSTRUCTIONS

## Tools Required:

QTY.	DESCRIPTION	QTY.	DESCRIPTION	QTY.	DESCRIPTION
2	7mm Allen Wrench	1	Torque Wrench	1	External Retaining Ring Pliers
1	5mm Allen Wrench	1	24mm Open End Wrench	1	Flat Screwdriver
1	Rubber Mallet	1	17mm Open End Wrench		

## Hardware:

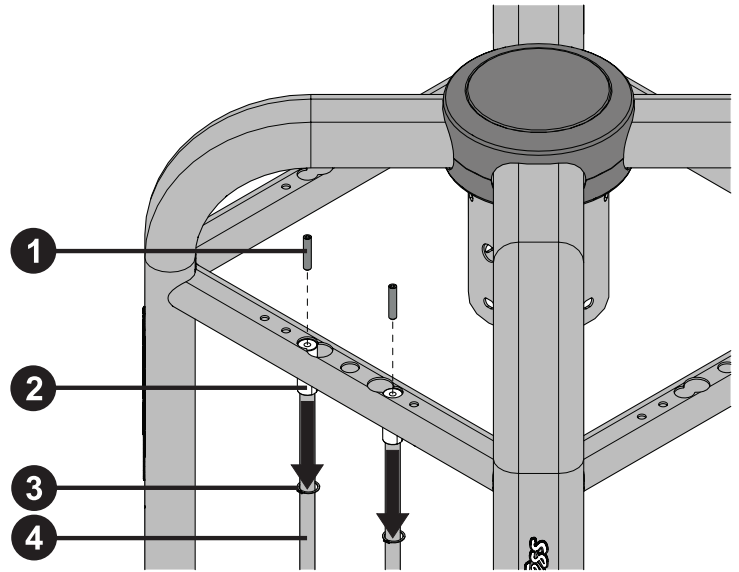
ITEM #	DESCRIPTION	ITEM #	DESCRIPTION	ITEM #	DESCRIPTION
1	Screw, M10 x 1.5 HXS, 130mm	10	Screw, M10 x 1.5 HXS, 20mm	19	Guide Rod Retainer
2	Screw, M10 x 1.5 HXS, 90mm	11	End Cap	20	Screw, M10 x 1.5 HXS, 50mm
3	Screw, M10 x 1.5 HXS, 80mm	12	Socket Nut	21	.940 Retaining Ring
4	Screw, M10 x 1.5 HXS, 75mm	13	Nylock Hex Nut	22	M11 Retaining Ring
5	Screw, M10 x 1.5 HXS, 65mm	14	Pulley Retainer	23	Permanent Weight Pin
6	Screw, M10 x 1.5 HXS, 60mm	15	Spacer	24	AVK Nut
7	Screw, M10 x 1.5 HXS, 55mm	16	3/8" Washer	25	7/16" Hole Plug
8	Screw, M10 x 1.5 HXS, 45mm	17	M10 Jam Nut	26	Curved Hole Plug
9	Screw, M10 x 1.5 HXS, 25mm	18	M12 Jam Nut	27	1" Hole Plug



## Weight Stacks

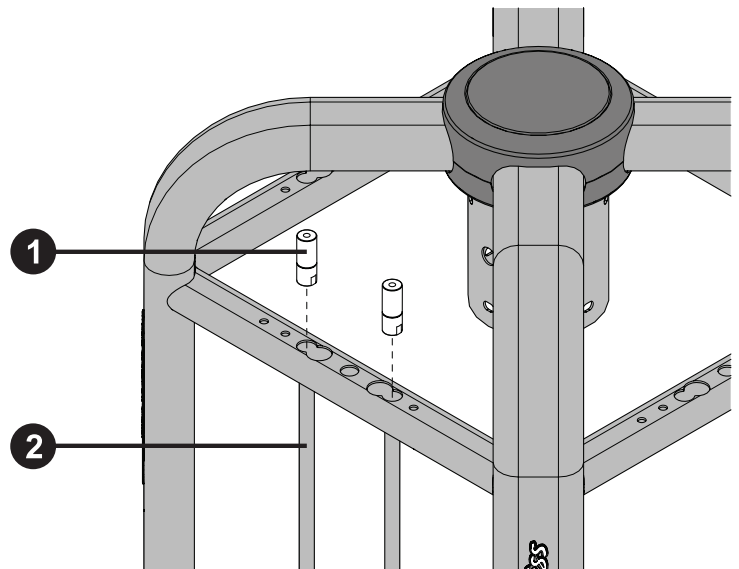
### 1. Loosen Guide Rod Retainers

ITEM #	DESCRIPTION	QTY.
1	Screw, M10 x 1.5 HXS, 50mm	2
2	Guide Rod Retainer	2
3	.940 Retaining Ring	2
4	Guide Rod	2



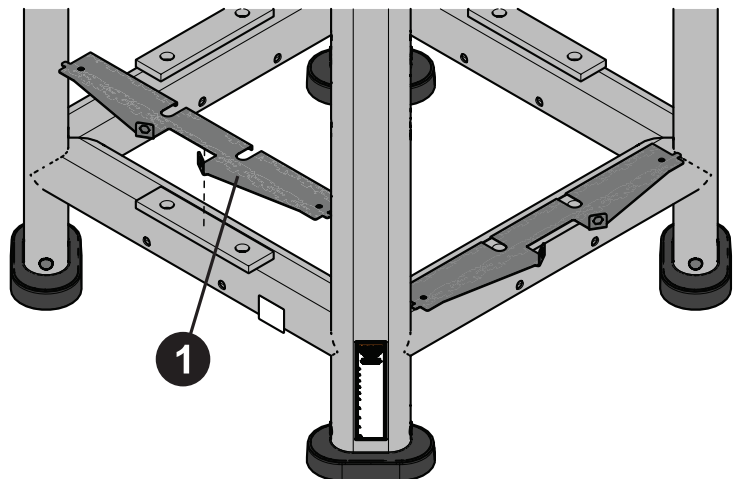
### 2. Remove Guide Rods and Retainers

ITEM #	DESCRIPTION	QTY.
1	Guide Rod Retainer	2
2	Guide Rod	2



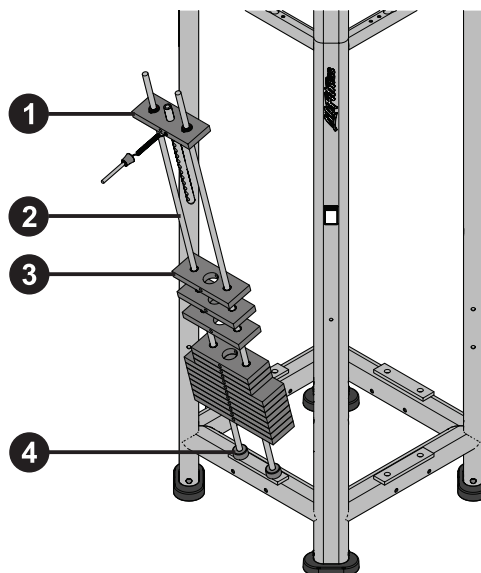
### 3. Insert Bottom Shroud Brackets, if equipped

ITEM #	DESCRIPTION	QTY.
1	Bottom Shroud Bracket	1



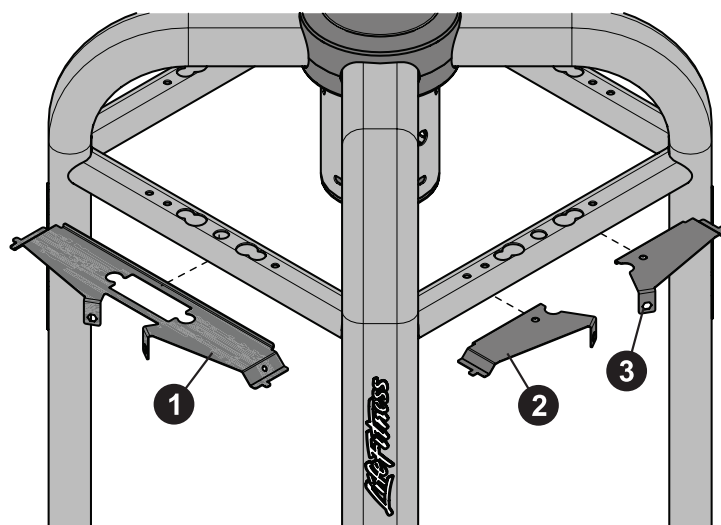
#### 4. Add Weight Stack

ITEM #	DESCRIPTION	QTY.
1	Head Plate Assembly	1
2	Guide Rods	2
3	Weight Plates	-
4	Weight Stack Cushion	2



#### 5. Insert Top Shroud Brackets, if equipped

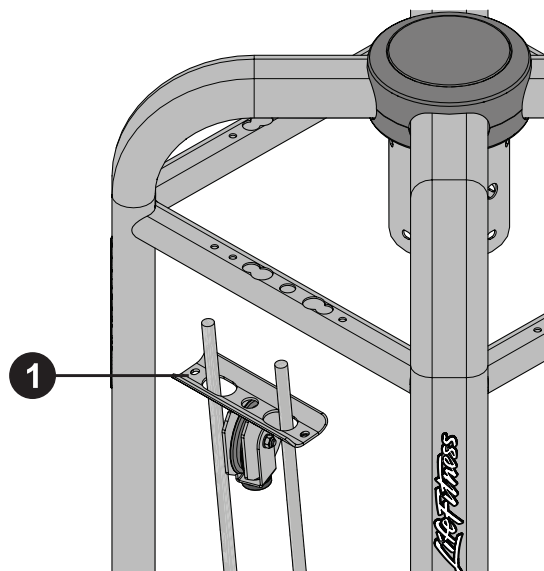
ITEM #	DESCRIPTION	QTY.
1	Top Shroud Bracket	1
2	Top Shroud Bracket, Left	1
3	Top Shroud Bracket, Right	1



#### 6. Insert Upper Pulley Assembly, if equipped

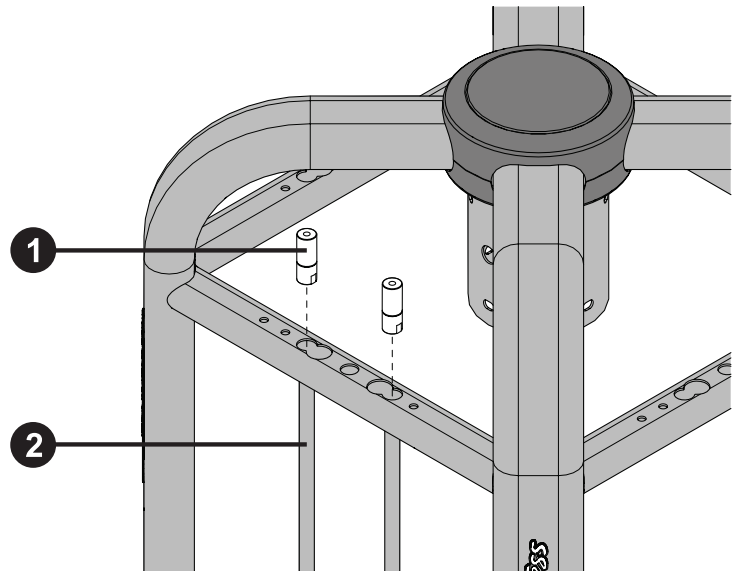
ITEM #	DESCRIPTION	QTY.
1	Upper Pulley Assembly	-

**NOTE:** MJAP41, MJDPH, and MJDPL only



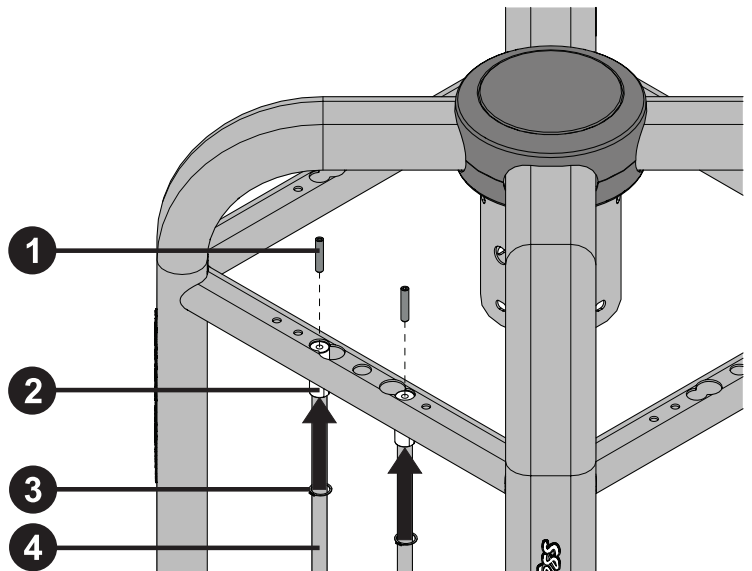
## 7. Replace Guide Rods and Retainers

ITEM #	DESCRIPTION	QTY.
1	Guide Rod Retainer	2
2	Guide Rod	2



## 8. Secure Guide Rod Retainers

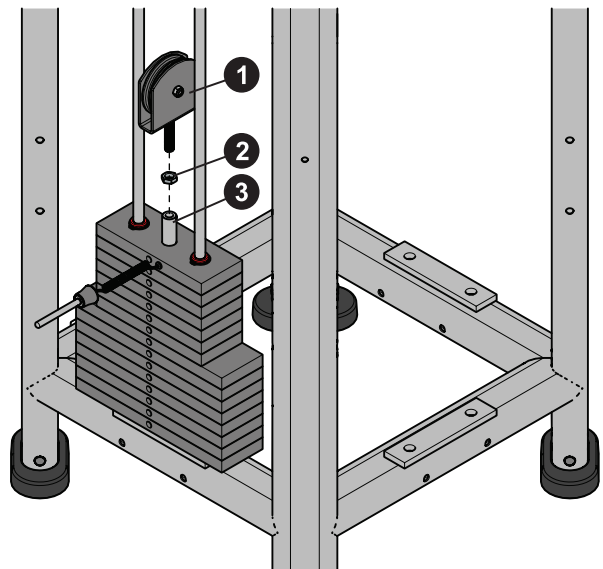
ITEM #	DESCRIPTION	QTY.
1	Screw, M10 x 1.5 HXS, 50mm	2
2	Guide Rod Retainer	2
3	.940 Retaining Ring	2
4	Guide Rod	2



## 9. Attach Stack Pulley, if equipped

ITEM #	DESCRIPTION	QTY.
1	Stack Pulley Assembly	1
2	M16 Jam Nut	1
3	Head Plate Assembly	1

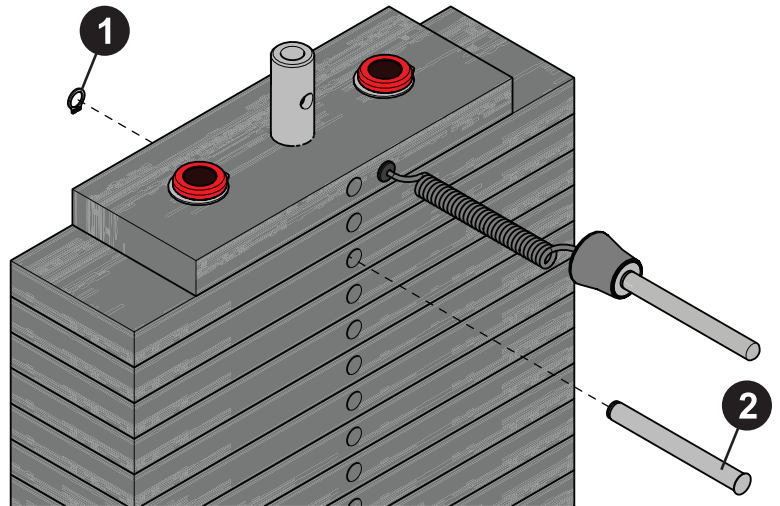
**NOTE:** Refer to Cable Handling Guide for thread-engagement details



**10.** Install Permanent Pin - MJADC only

ITEM #	DESCRIPTION	QTY.
1	M11 Retaining Ring	1
2	Permanent Weight Stack Pin	1

**NOTE:** Pin second weight plate below head plate

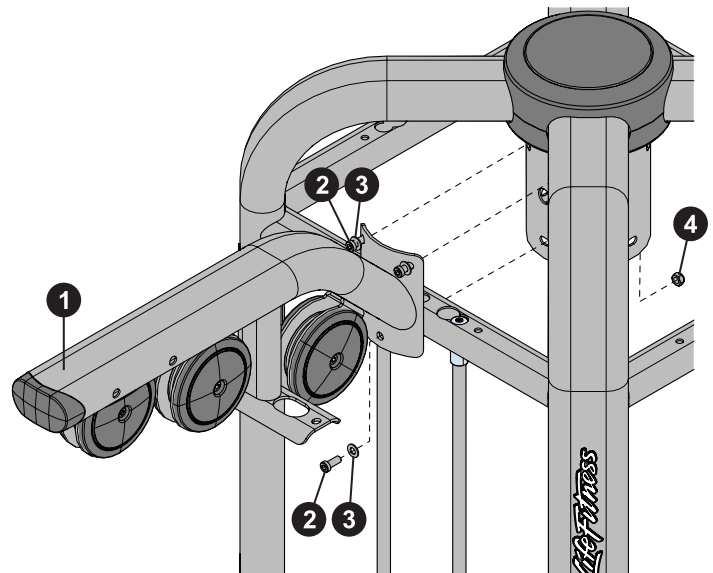


**Top Boom**

**1.** Attach Rear Screws

ITEM #	DESCRIPTION	QTY.
1	Boom Assembly	1
2	Screw, M10 x 1.5, 25mm	3
3	Washer	3
4	Nylock Hex Nut	3

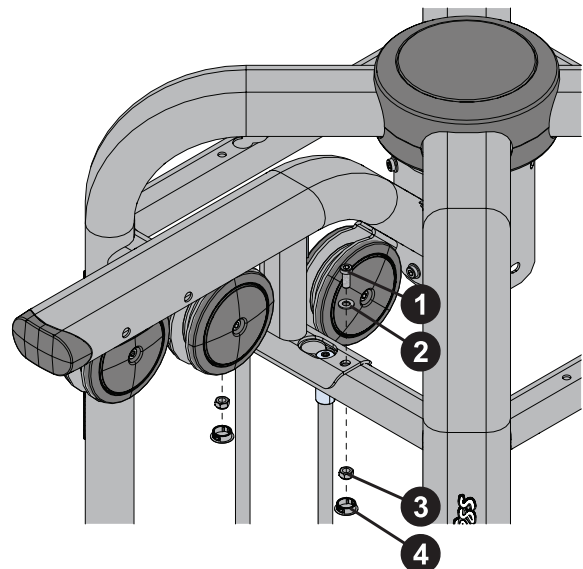
**100%**  25-30 FT-LBS.  
(27-34 Nm)



**2.** Attach Front Screws

ITEM #	DESCRIPTION	QTY.
1	Screw, M10 x 1.5, 25mm	2
2	Washer	2
3	Nylock Hex Nut	2
4	1" Hole Plug	2

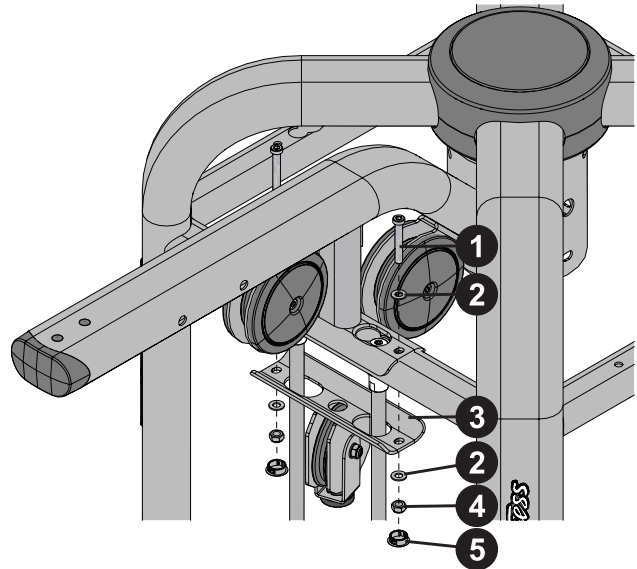
**100%**  25-30 FT-LBS.  
(27-34 Nm)



## 2. Attach Front Screws with Upper Pulley

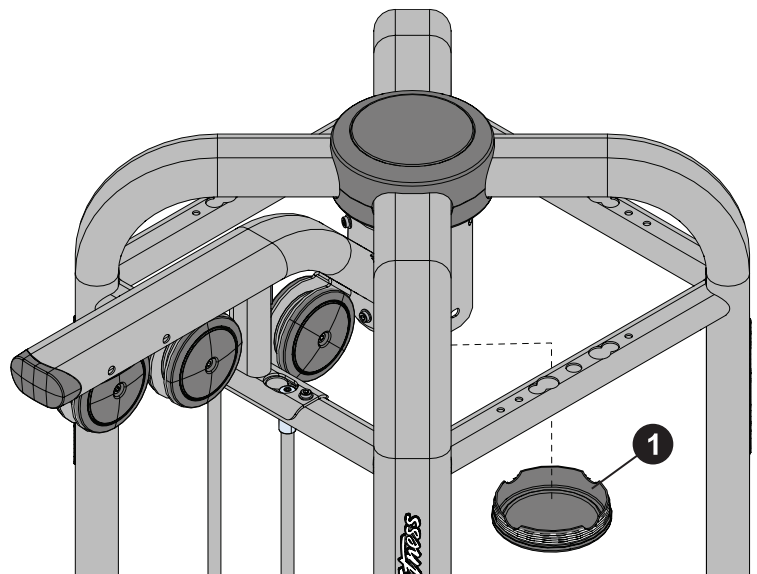
ITEM #	DESCRIPTION	QTY.
1	Screw, M10 x 1.5, 65mm	2
2	Washer	4
3	Upper Pulley Assembly	1
4	Nylock Hex Nut	2
5	1" Hole Plug	2

**NOTE:** MJAP41, MJDPH, and MJDPD only



## 3. Install Bottom Cap Cover

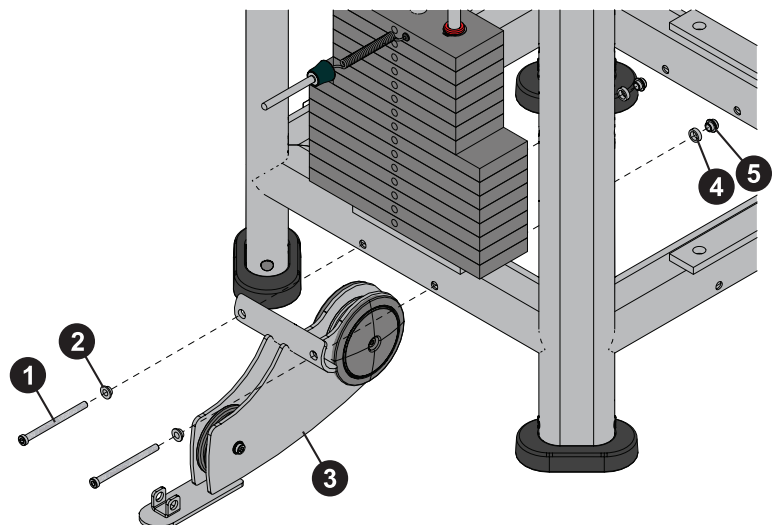
ITEM #	DESCRIPTION	QTY.
1	Bottom Cap Cover	1



## Lower Mount

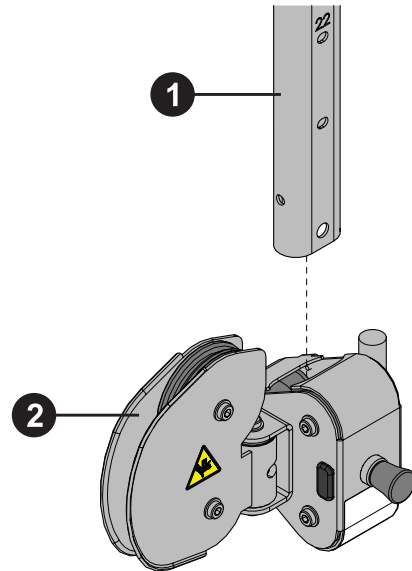
### 1. Attach Lower Mount

ITEM #	DESCRIPTION	QTY.
1	Screw, M10 x 1.5, 130mm	2
2	Pulley Retainer	2
3	Lower Mount Assembly	1
4	Spacer	2
5	Socket Nut	2



## 2. Assemble Pulley Carriage

ITEM #	DESCRIPTION	QTY.
1	Pulley Column	1
2	Pulley Carriage	1

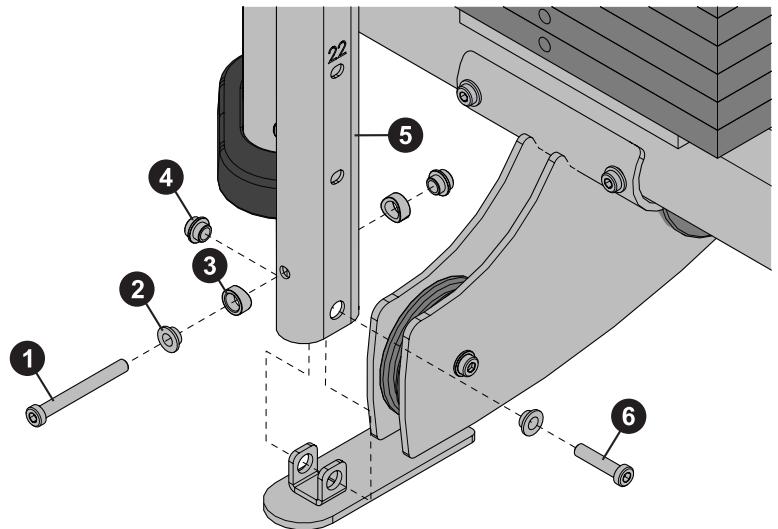


## 3. Attach Pulley Column Base

ITEM #	DESCRIPTION	QTY.
1	Screw, M10 x 1.5, 90mm	1
2	Pulley Retainer	2
3	Spacer	1
4	Socket Nut	2
5	Pulley Column	2
6	Screw, M10 x 1.5, 45mm	1



25-30 FT-LBS.  
(27-34 Nm)

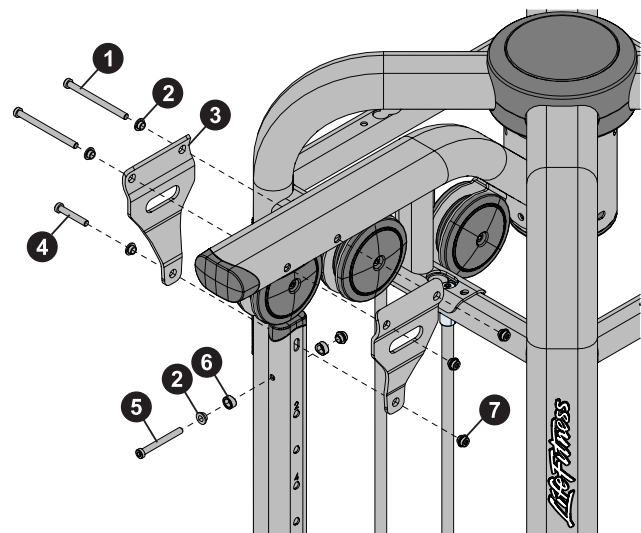


## 4. Attach Pulley Column Top

ITEM #	DESCRIPTION	QTY.
1	Screw, M10 x 1.5, 130mm	2
2	Pulley Retainer	4
3	Top Tube Bracket	2
4	Screw, M10 x 1.5, 60mm	1
5	Screw, M10 x 1.5, 90mm	1
6	Spacer	2
7	Socket Nut	4



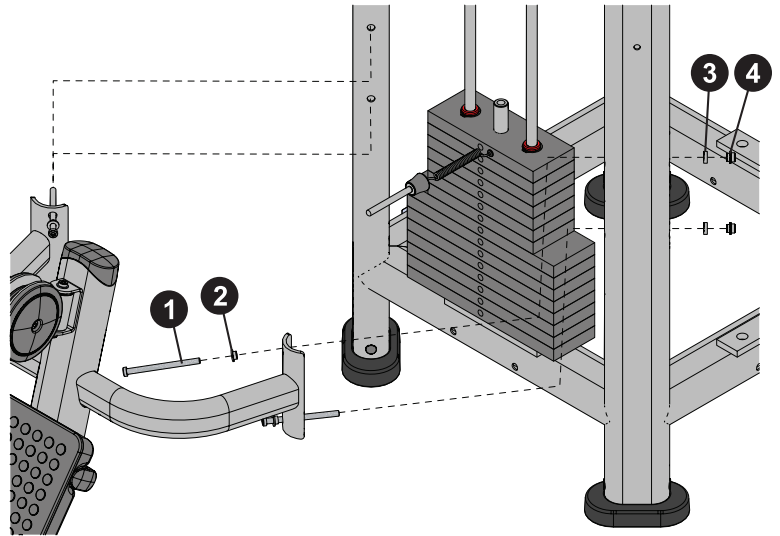
25-30 FT-LBS.  
(27-34 Nm)



## Mid Mount

### 1. Attach Mid Mount

ITEM #	DESCRIPTION	QTY.
1	Screw, M10 x 1.5, 130mm	4
2	Pulley Retainer	4
3	Spacer	4
4	Socket Nut	4

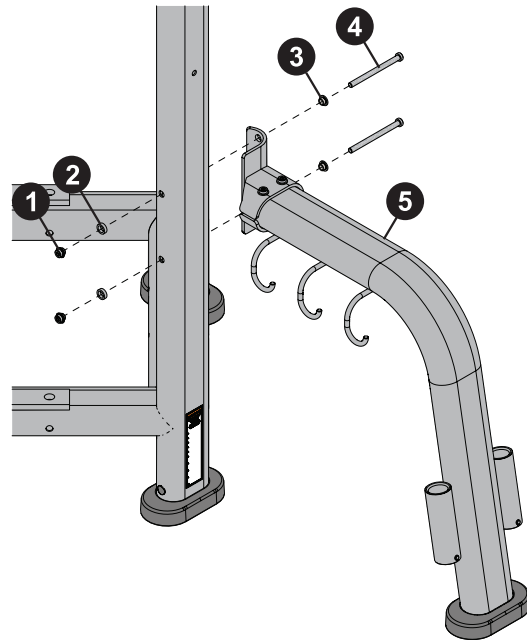


### 1. Attach Mid Mount - MJHAR

ITEM #	DESCRIPTION	QTY.
1	Socket Nut	2
2*	Spacer*	2*
3	Pulley Retainer	2
4	Screw, M10 x 1.5, 130mm	2
5	MJHAR Assembly	1

**NOTE:** MJHAR cannot be installed between two stations that share the same holes on vertical tube

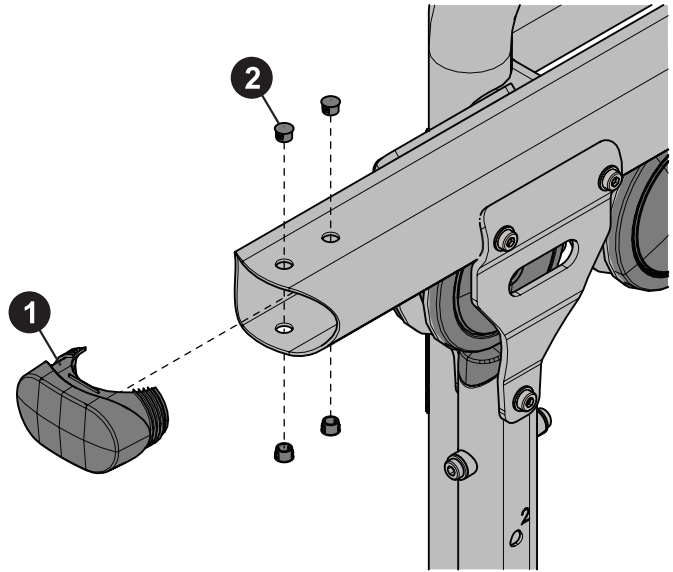
**\*NOTE:** Delete Spacer if installed next to station



## Crossover

### 1. Remove End Cap and Plugs

ITEM #	DESCRIPTION	QTY.
1	End Cap	1
2	Hole Plug	4

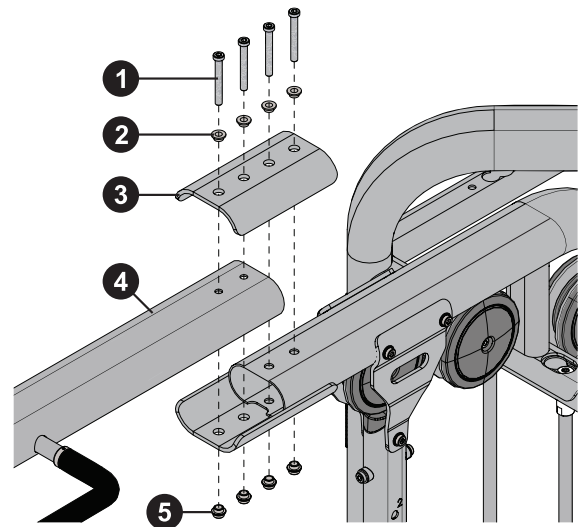


### 2. Attach Crossover

ITEM #	DESCRIPTION	QTY.
1	Screw, M10 x 1.5, 80mm	4
2	Pulley Retainer	4
3	Crossover Bracket	1
4	Crossover	1
5	Socket Nut	4



25-30 FT-LBS.  
(27-34 Nm)



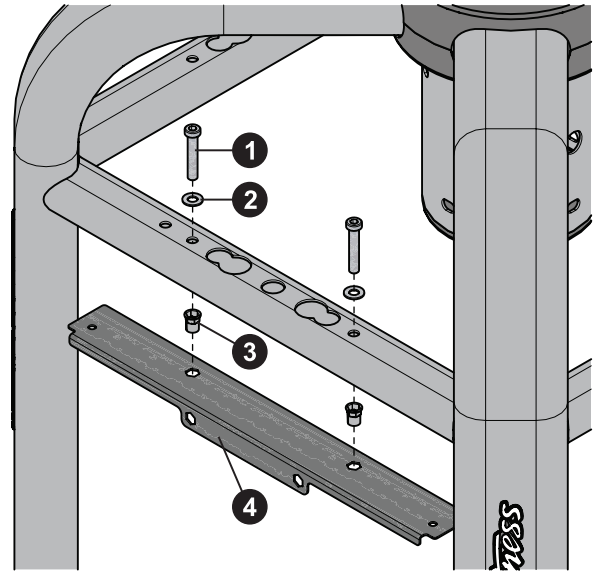
## Blank Shroud

### 1. Install Bracket

ITEM #	DESCRIPTION	QTY.
1	Screw, M10 x 1.5, 55mm	2
2	Washer	2
3	AVK Nut	2
4	Blank Shroud Bracket	1



25-30 FT-LBS.  
(27-34 Nm)

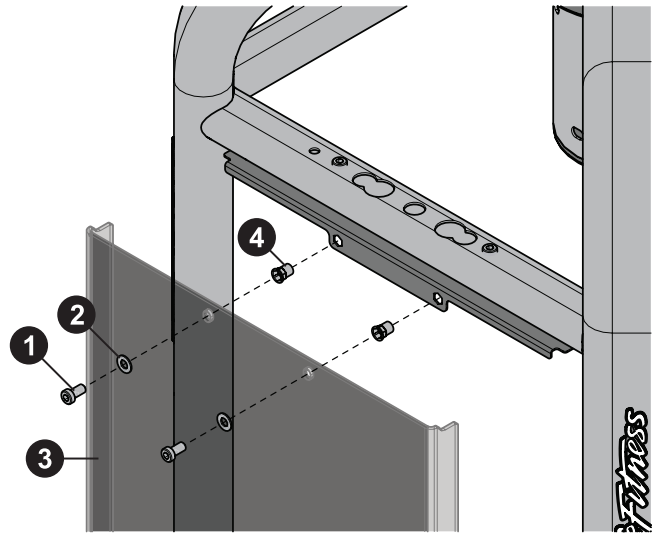


### 2. Attach Top

ITEM #	DESCRIPTION	QTY.
1	Screw, M10 x 1.5, 20mm	2
2	Washer	2
3	Blank Shroud	1
4	AVK Nut	2



40-50 IN-LBS.  
(4.5-5.6 Nm)

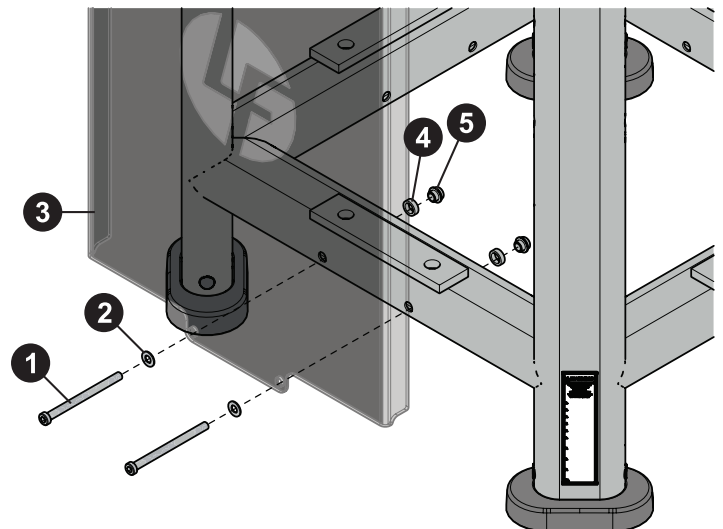


### 3. Attach Bottom

ITEM #	DESCRIPTION	QTY.
1	Screw, M10 x 1.5, 130mm	2
2	Washer	2
3	Blank Shroud	1
4	Spacer	2
5	Socket Nut	2



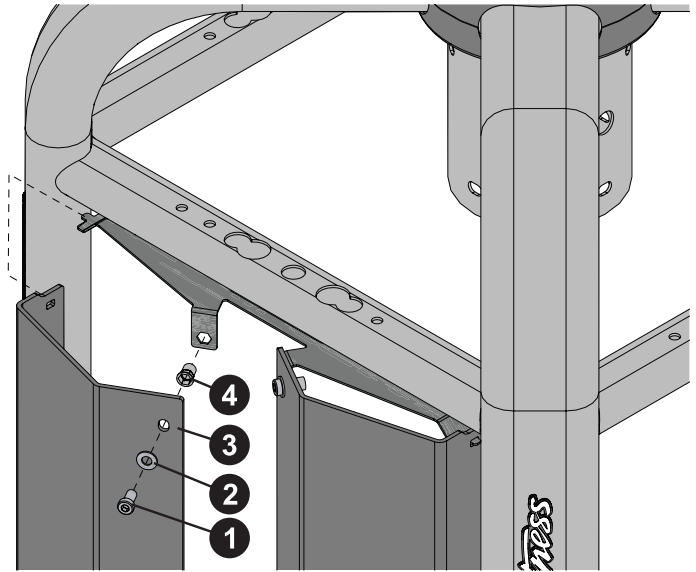
40-50 IN-LBS.  
(4.5-5.6 Nm)



## Front Shroud

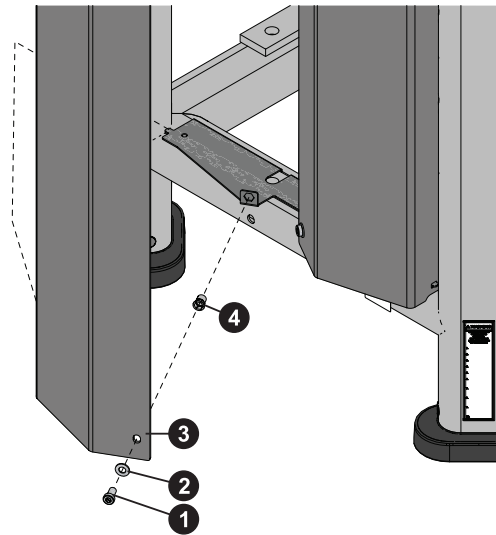
### 1. Attach Top

ITEM #	DESCRIPTION	QTY.
1	Screw, M10 x 1.5, 20mm	2
2	Washer	2
3	Front Shroud	2
4	AVK Nut	2



### 2. Attach Bottom

ITEM #	DESCRIPTION	QTY.
1	Screw, M10 x 1.5, 20mm	2
2	Washer	2
3	Front Shroud	2
4	AVK Nut	2



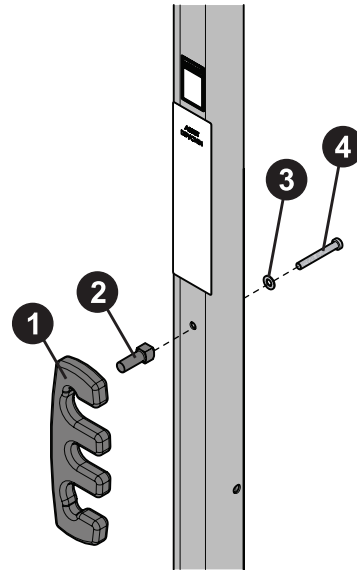
## Add-on Weight Storage

### 1. Install Storage Peg

ITEM #	DESCRIPTION	QTY.
1	Add-on Weight	1
2	Storage Peg	1
3	Washer	1
4	Screw, M10 x 1.5, 75mm	1



25-30 FT-LBS.  
(27-34 Nm)

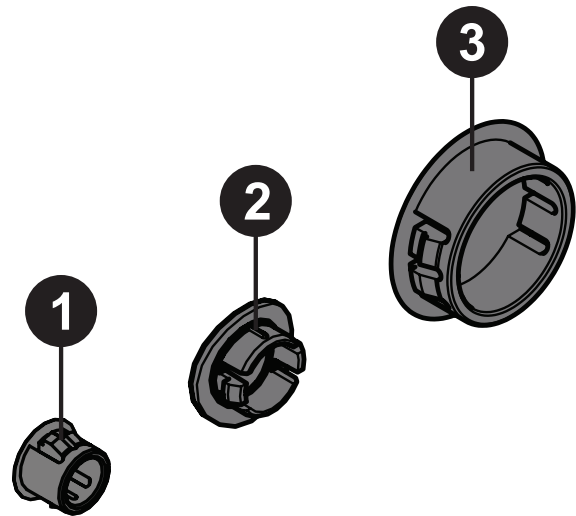


PRODUCT		ADD-ON WEIGHT QTY.
MJACO-STA	Adjustable Crossover	2
MJADC-STA	Assisted Dip Chin	1
MJAP-STA	Adjustable Pulley	1
MJAP41-STA	Adjustable Pulley 4:1	1
MJAXO-STA	Adjustable Crossover	2
MJDPH-STA	Dual Pulley High	1
MJDPL-STA	Dual Pulley Low	1
MJFCO-STA	Fixed Crossover	2
MJFXO-STA	Fixed Crossover	2
MJHL-STA	High Low Pulley	1
MJLP-STA	Lat Pulldown	1
MJLPD-STA	Dual Pulley Pulldown	1
MJRW-STA	Low Row	1
MJRWD-STA	Dual Pulley Row	1
MJTP-STA	Tricep Pushdown	1

## Hole Plugs

### 1. Apply Hole Plugs

ITEM #	DESCRIPTION	QTY.
1	7/16" Hole Plug	1
2	Curved Hole Plug	1
3	1" Hole Plug	1

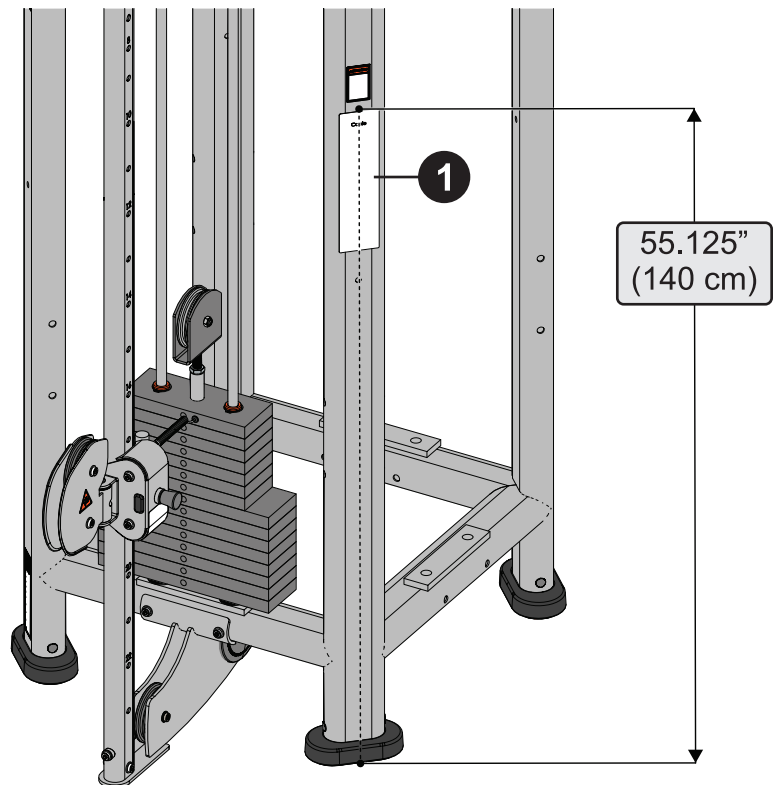


## Labels

### 1. Apply Placard

ITEM #	DESCRIPTION	QTY.
1	Placard	1

**NOTE:** Placard to be placed at right of station



## 2. Apply Weight Stack Labels

ITEM #	DESCRIPTION	QTY.
1	Weight Stack Labels	1
2	Weight Stack	1

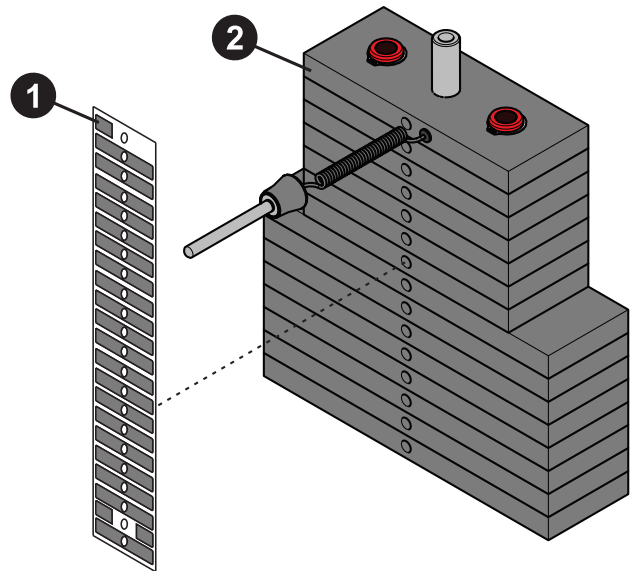
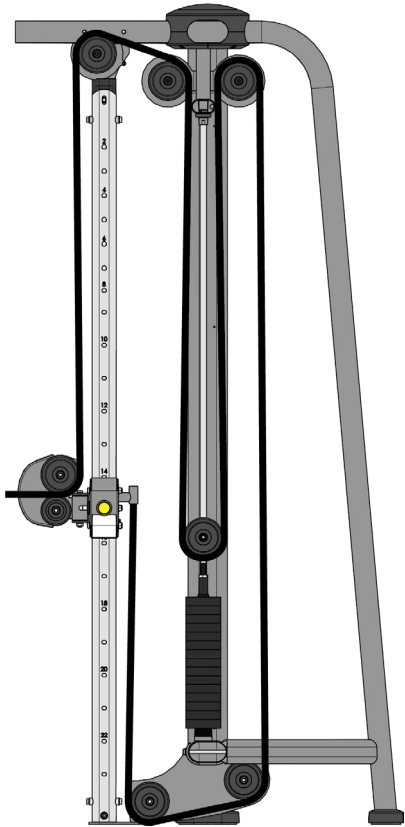


PLATE #	MJACO MJAP MJAXO MJFXO MJHL		MJADC		MJAP MJDPH MJDPL		MJLP MJRW		MJLPD MJRWD		MJTP	
1	5	5	n/a	n/a	2.5	1.25	10	5	5	2.5	10	5
2	10	10	n/a	n/a	7.5	3.75	25	12	12.5	6	20	10
3	15	15	12.50*	6.25*	12.5	6.25	40	19	20	9.5	30	15
4	20	20	18.75	9.38	17.5	8.75	55	26	27.5	13	40	20
5	25	25	25.00	12.50	22.5	11.25	70	33	35	16.5	50	25
6	30	30	31.25	15.63	27.5	13.75	85	40	42.5	20	60	30
7	35	35	37.50	18.75	32.5	16.25	100	47	50	23.5	70	35
8	42.5	42	43.75	21.88	27.5	18.75	120	57	60	28.5	85	42
9	50	49	50.00	25.00	42.5	21.25	140	67	70	33.5	100	49
10	57.5	56	56.25	28.13	47.5	23.75	160	77	80	38.5	115	56
11	65	63	62.50	31.25	52.5	26.25	180	87	90	43.5	130	53
12	72.5	70	68.75	34.38	57.5	28.75	200	97	100	48.5	145	70
13	80	77	75.00	37.50	62.5	31.25	220	107	110	53.5	160	77
14	87.5	84	81.25	40.63	67.5	33.75	240	117	120	58.5	175	84
15	95	91	87.50	43.75	72.5	36.25	260	127	130	63.5	190	91
16	-	-	93.75	46.88	77.5	38.75	-	-	-	-	-	-
17	-	-	100.00	50.00	82.5	41.25	-	-	-	-	-	-
18	-	-	106.25	53.13	87.5	43.75	-	-	-	-	-	-
19	-	-	112.50	56.25	92.5	46.25	-	-	-	-	-	-
20	-	-	118.75	59.38	97.5	48.75	-	-	-	-	-	-
21	-	-	-	-	-	-	-	-	-	-	-	-
22	5	5	5	5	1.5	.625	10	5	5	2.5	10	5
23	lbs.	kg.	lbs.	kg.	lbs.	kg.	lbs.	kg.	lbs.	kg.	lbs.	kg.

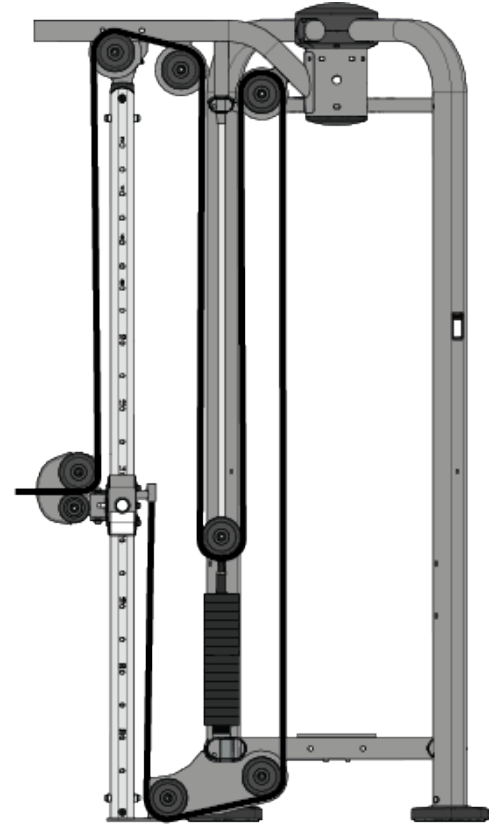
\* Third weight plate on MJADC permanently pinned. See page 52 for details.

# 11 CABLE ROUTING

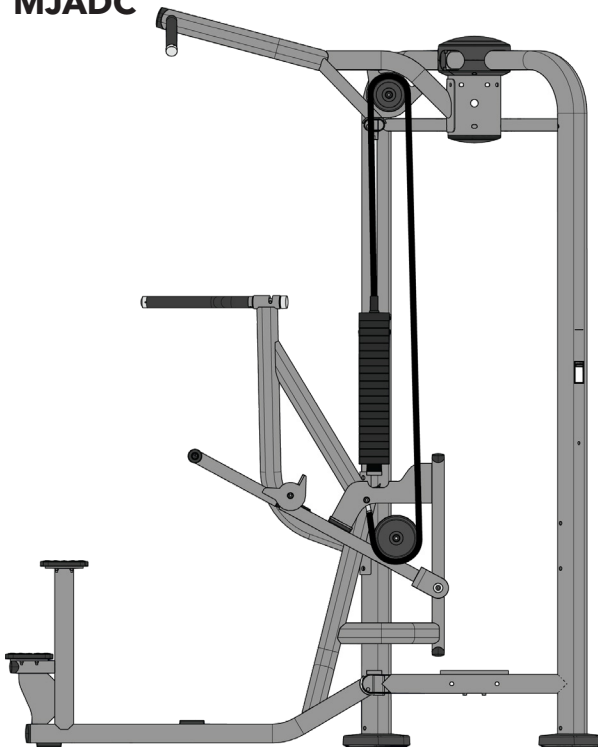
**MJACO**



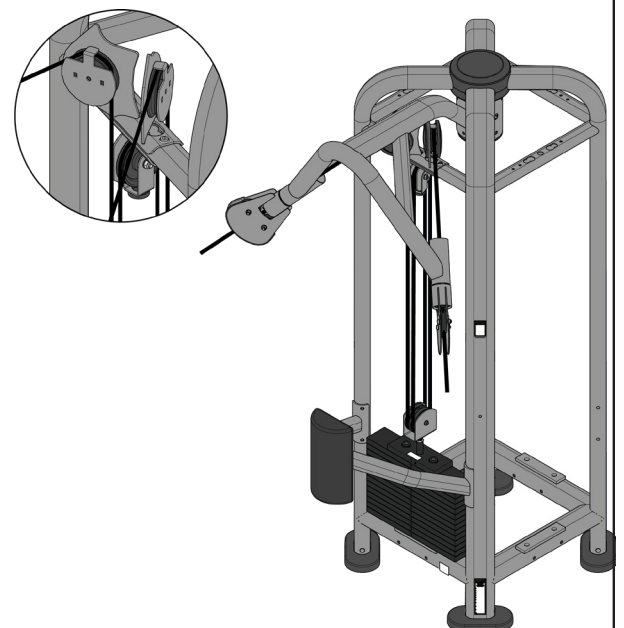
**MJAP, MJAP41, MJACO and MJAXO**



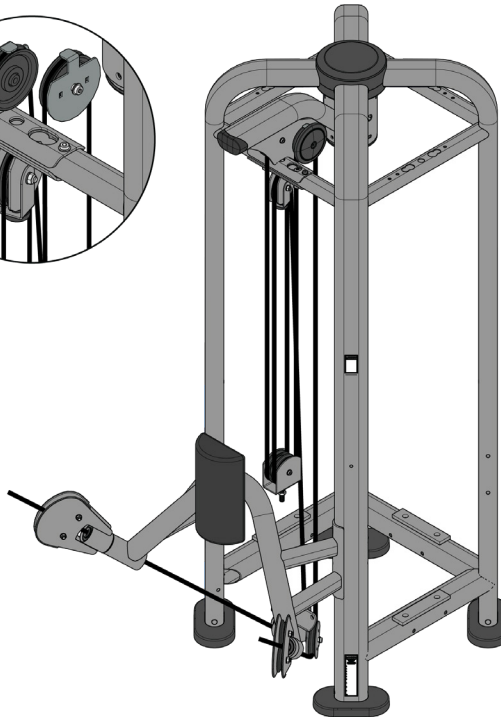
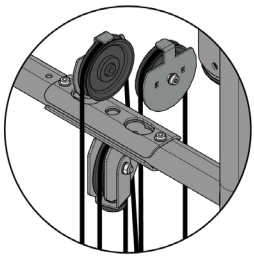
**MJADC**



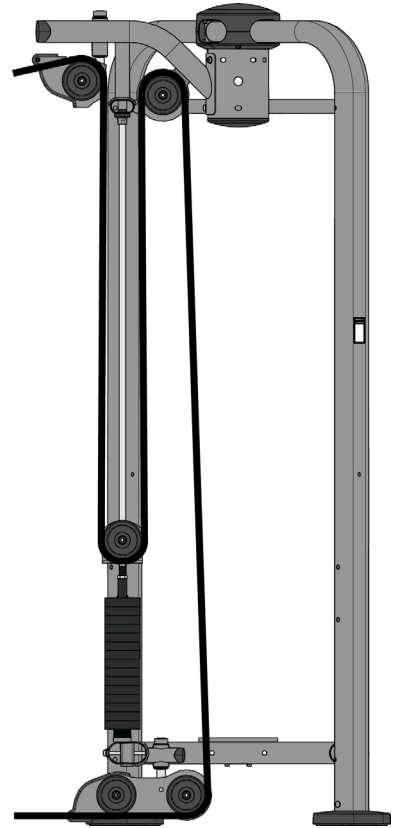
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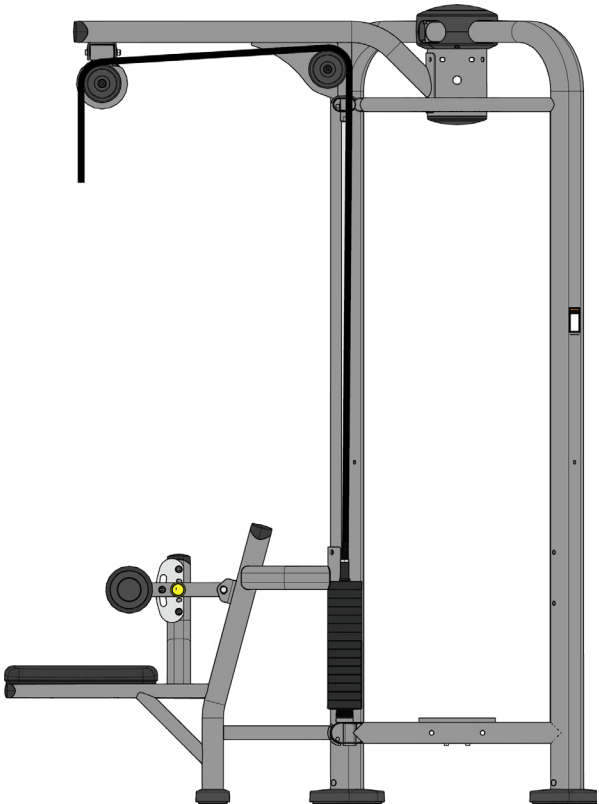
**MJDPL**



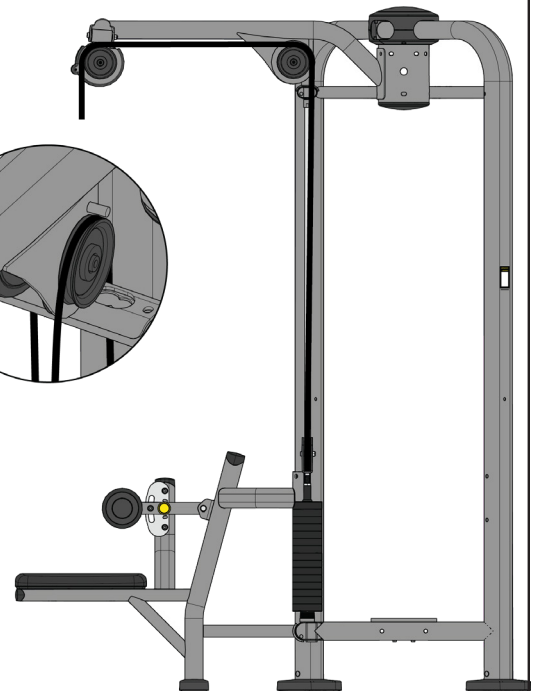
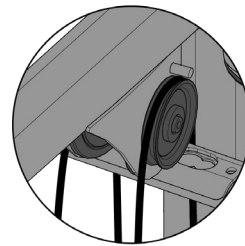
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**MJLP**



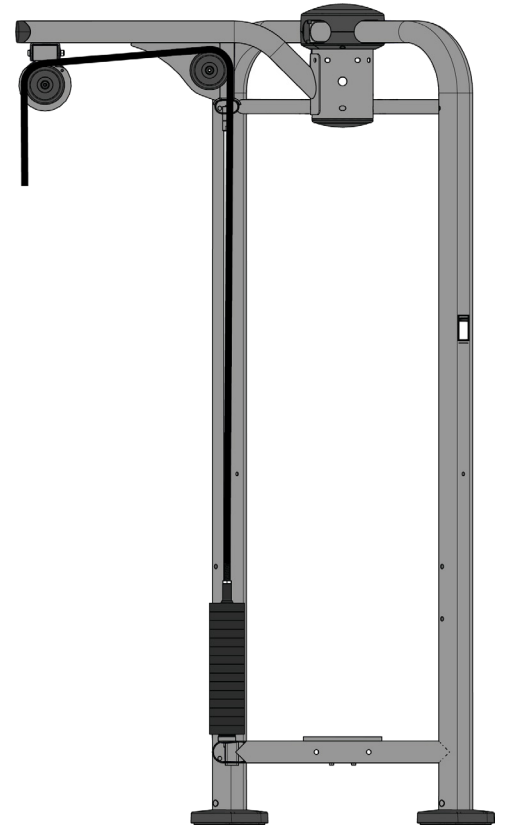
**MJLPD**



**MJRW**



**MJTP**



**MJRWD**

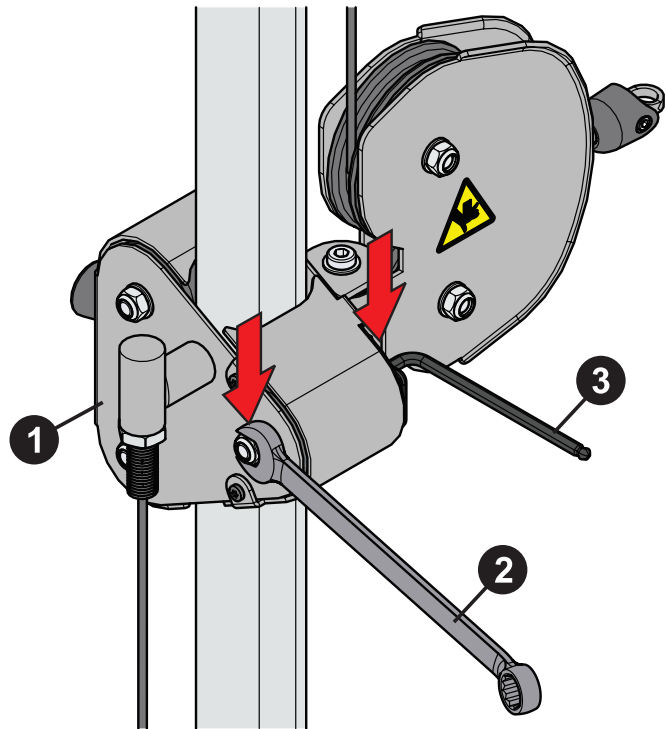


## Adjust Carriage

### 1. Adjust Carriage Assembly

ITEM #	DESCRIPTION	QTY.
1	Carriage Assembly	1
2	17mm Open End Wrench	1
3	7mm Allen Wrench	1

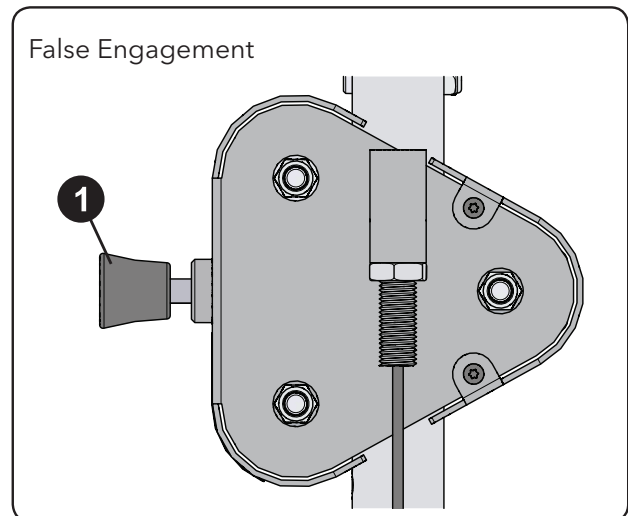
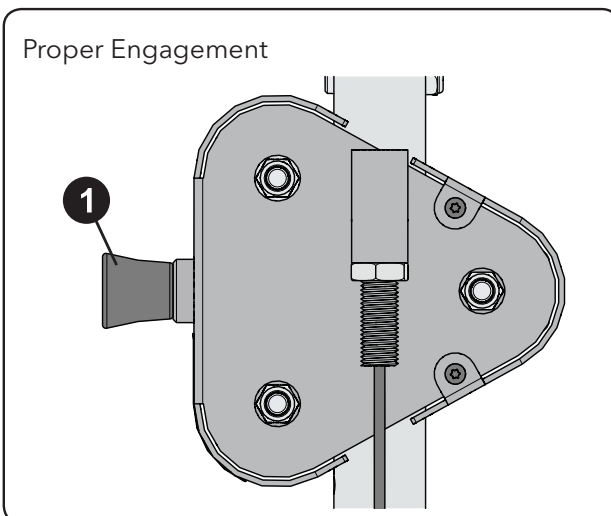
**NOTE:** Apply downward force on each side while tightening. This allows the rear-roller to travel along its slotted bolt-holes, reducing the gap between it and the cable column.



## Pull Pin Engagement

### 1. Check Pull Pins

ITEM #	DESCRIPTION	QTY.
1	Pull Pin Adjustment	1



**NOTE:** Ensure the Pull Pin on adjustment points, especially carriages, is fully engaged. There should be no gap between the Pull Pin and carriage.

# 12 CABLE HANDLING 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 hardware is securely fastened and not left loose upon completion of cable installation.

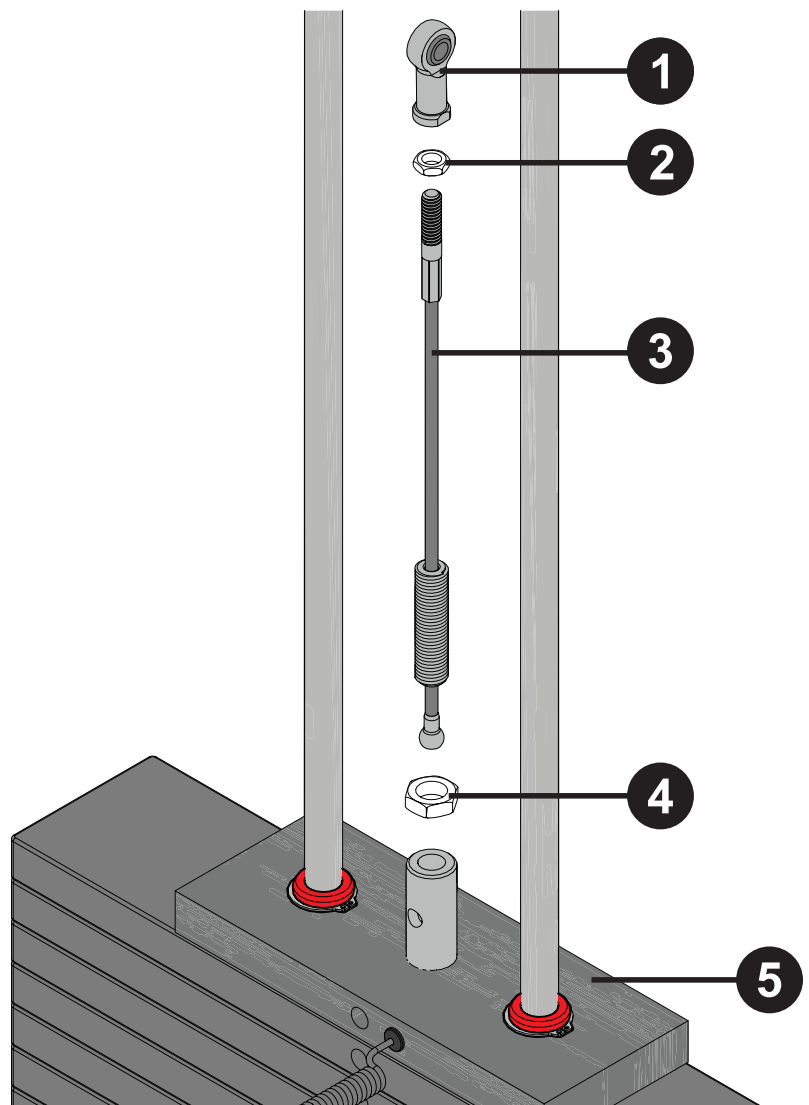
- Cable Terminations
- Cable Tension
- Cable Inspection

**WARNING:** 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 Components

### 1. Identify Cable Components

ITEM #	DESCRIPTION	QTY.
1	Heim Joint	1
2	M10 Jam Nut	1
3	Cable Assembly	1
4	M16 Jam Nut	1
5	Head Plate Assembly	1



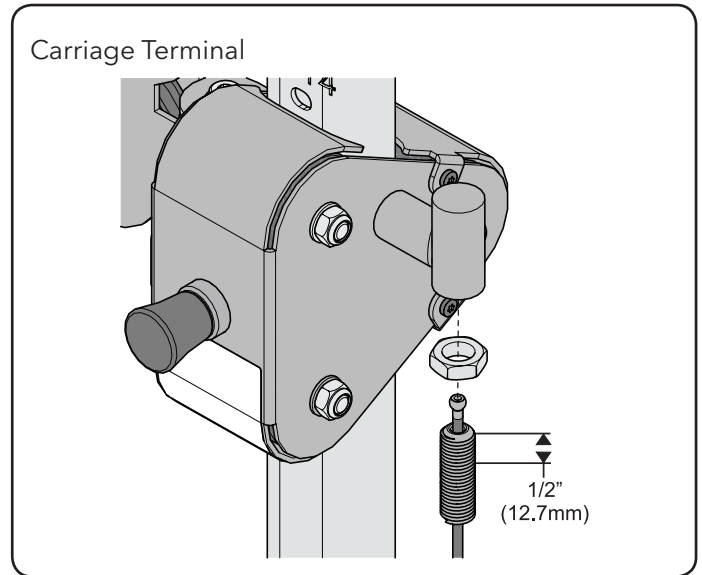
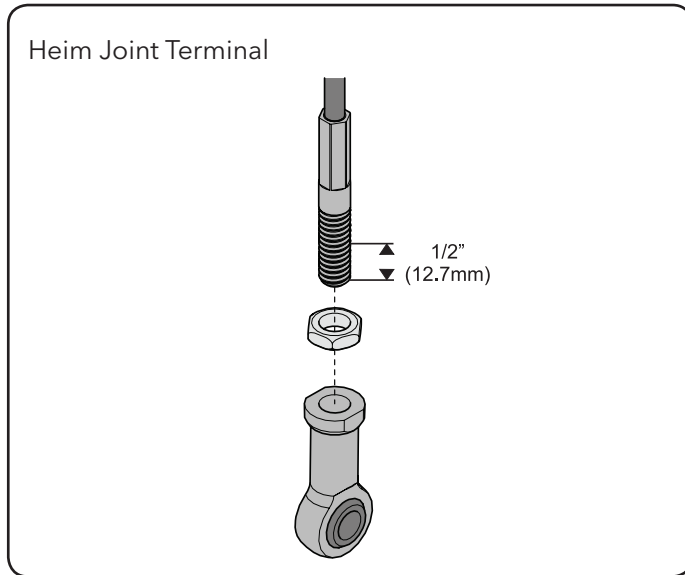
## Cable Terminations

### 1. Check Cable Terminations

Cable terminations must have a minimum thread engagement of at least 1/2" (12.7mm). Check each cable end to ensure it is properly connected.

Heim Joint and Carriage Terminations:

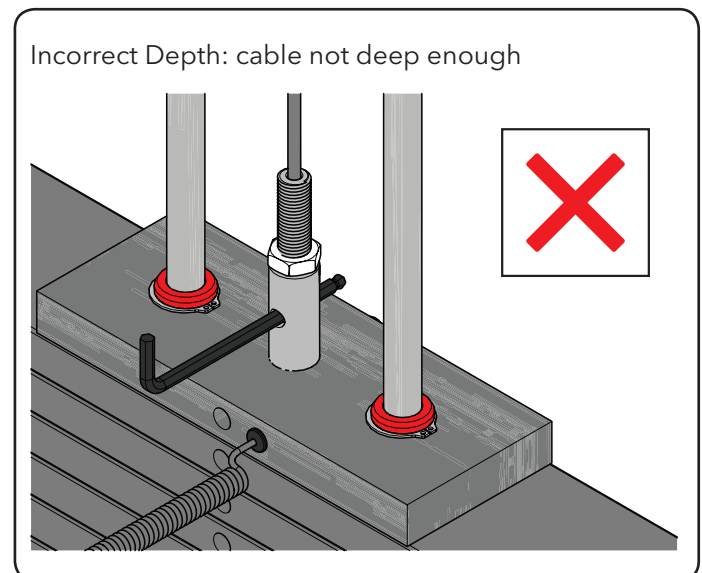
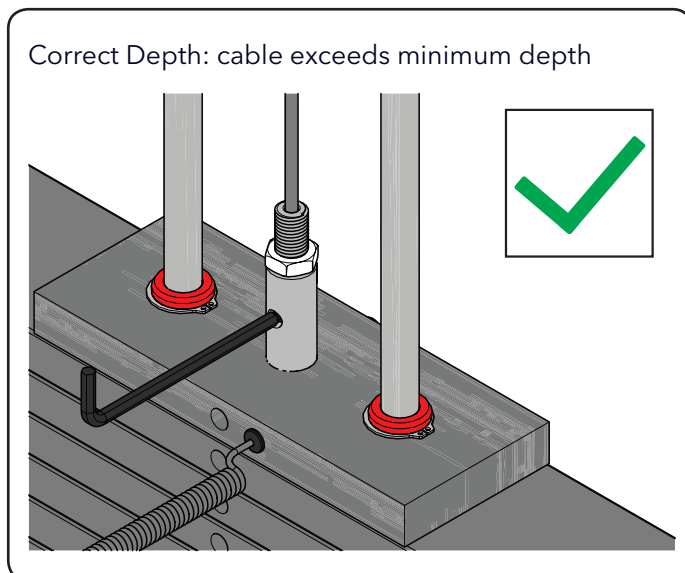
- Measure cable's threaded plug to determine the minimum depth requirement has been met.



### Head Plate Cable Terminations

Attempt to slide a 7mm Allen wrench into the headplate as shown below.

- Correct Depth - Wrench cannot pass through bayonet (cable assembly at least at minimum depth).
- Incorrect Depth - Wrench can pass through bayonet (cable assembly not deep enough - recalibrate).



Once the minimum thread engagement has been verified, tighten jam nut.

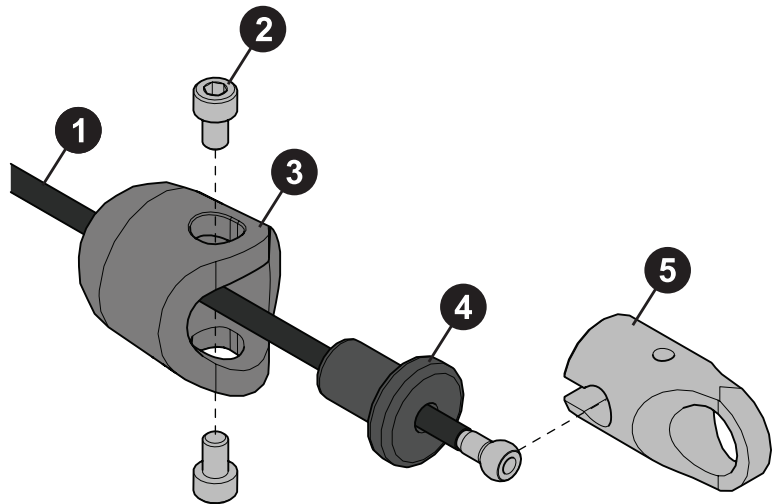
**100%**  25-30 FT-LBS.  
(27-34 Nm)

## Strain-Relief Ends

### 1. Assembly

Assemble Strain-Relief cable ends to cable assembly.

ITEM #	DESCRIPTION	QTY.
1	Cable Assembly	1
2	Allen Screw	2
3	Housing	1
4	Insert	1
5	Link	1

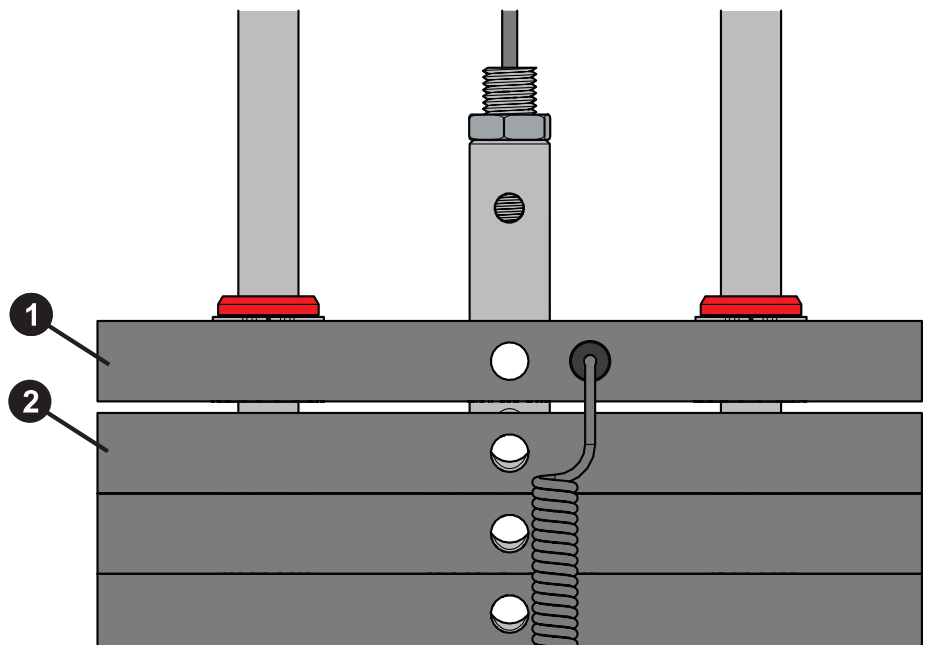


## Cable Tensioning

### 1. Check Cable Tension

Cable should have enough tension so it stays seated in the pulley but not so tight that it lifts the headplate off the weight plate below it.

ITEM #	DESCRIPTION
1	Headplate Assembly
2	Weight Plate


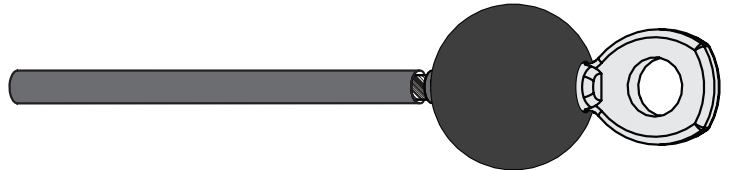

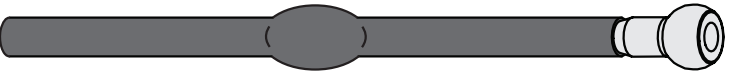






If this occurs, loosen the jam nuts at the terminations and loosen the threaded plugs a half turn until the headplate comes to rest on the weight plate below. Check that the threaded plugs are engaged at least 1/2" (12.7mm) at each termination.

## Cable Inspection

### 1. Check Cables Daily

Inspect cables daily and replace at first sign of wear or any of the following cable issues:

<p><b>Fractures</b></p>	
<p>Casing can crack, or fracture, under 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>	
<p><b>Twisting</b></p>	
<p>Inspect casing to ensure wire rope is not twisting within its casing.</p>	
<p><b>Bulging</b></p>	
<p>Internal wire rope strands can break within casing and coil causing a bulge to appear. Cable should retain same outside diameter throughout.</p>	
<p><b>Flattened</b></p>	
<p>Section of cable is compressed and will not retain its shape (outside diameter).</p>	
<p><b>Permanently Bent</b></p>	
<p>Cable has 'kink' and prohibits cable from laying straight. Wire rope may be unravelling beneath casing and is compromised warranting replacement.</p>	
<p><b>Ends Separating</b></p>	
<p>Cable has 'kink' and prohibits it from laying flat</p>	

# 13 BOLT TO FLOOR GUIDELINES

## 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 the strength training equipment listed below be secured to a solid, level surface to stabilize and eliminate rocking or tipping over. For some equipment, securing the equipment to the floor is **required**.

- Any Multi-Jungle unit with three, or less, weight stacks is **required** to be bolted to the floor.
- Any Multi-Jungle unit that will be used with body weight strap training equipment, ropes, straps, or chains, is **required** to be bolted to the floor.

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

## ALL ANCHORS:

- Fasteners must have minimum embedment in concrete floor, not including screed, regardless of wood/tile/rubber over subfloor. (See Anchor Types for maximum subfloor 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" (12.7mm) 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: 3000psi (20 N/mm<sup>2</sup>).

## Anchoring

- All anchors must have a minimum embedment into concrete, regardless of wood/tile/rubber/screed over subfloor.
- Dynamic anchors must have a minimum embedment depth in concrete to ensure maximum security and pull out force. See Anchor Specification 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.
1. LIFE FITNESS does not have that level of specification or engineering input for competitive product.
  2. LIFE FITNESS installation teams are not permitted to anchor competitor equipment.

## Drilling

- It is also recommended to drill an additional 1/2" (12.7mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.
1. This can be done by marking your drill bit with a piece of tape.
  2. 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

PRODUCT	ANCHOR		Subfloor between unit and concrete 0" to 1/2" (12.7mm) thick	Subfloor between unit and concrete over 1/2" (12.7mm) thick
Any Multi-Jungle (MJ) unit with 3 or less weight stacks	Static	Imperial	KH-EZ 3/8" x 4"	KH-EZ 3/8" x 5"
		Metric	HUS-H 8mmx 120mm	HUS-H 8mmx 150mm

## Anchor Specifications

STATIC ANCHOR	Minimum Concrete Thickness	Minimum Drill Depth in Concrete	Minimum Concrete Embedment	Minimum concrete compressive strength
KH-EZ 3/8"	4-7/8" (124mm)	1/2" beyond anchor length	3-1/4" (83mm)	3000psi
HUS-H 8mm	120mm (4-3/4")	10mm beyond anchor length	75mm (2-3/32")	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 ¼" 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-3/8 4"	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.	

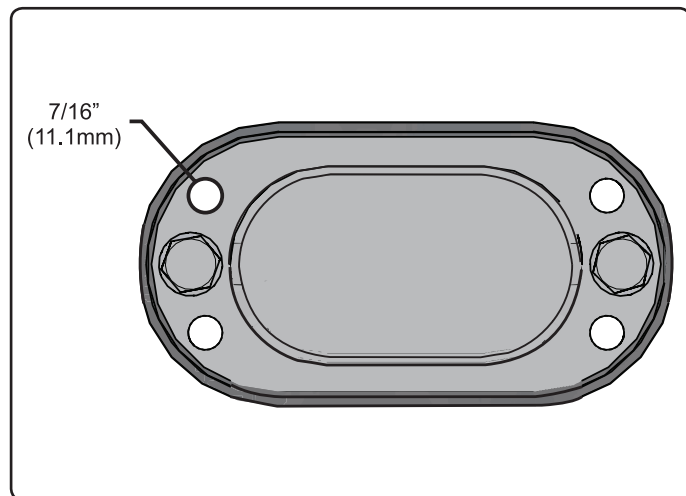
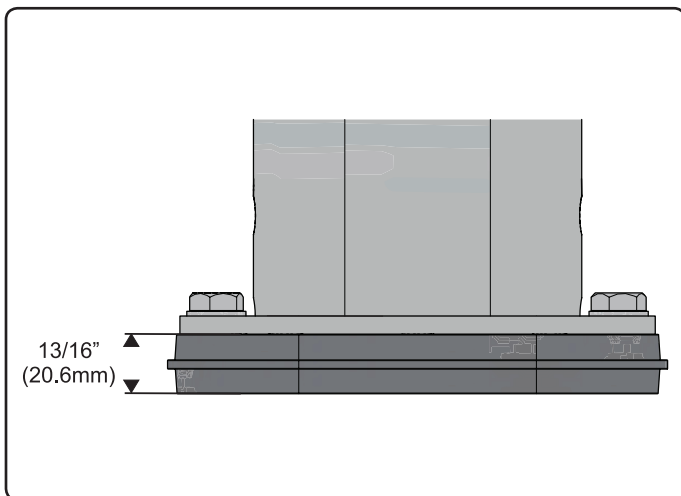
## Tools Required

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

Floor scanner/rebar detector (optional)	Safety glasses
1" L-shape SDS rotary hammer	Extension cord
Dead blow hammer	Impact wrench
1/2" x 12" (12mm x 305mm) carbide drill bit (for 1/2" (12mm) anchors)	Vacuum (for debris)

## Foot Dimensions

Use below images to determine foot specifications.



## Dynamic Anchor Procedure

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. 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.
3. Clear debris from hole and area.
4. Insert fastener, at least one per foot, and tighten to 18 Foot-Pounds (24Nm).

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.

