

Dual Adjustable Pulley

OP-DAP

Owner's Manual



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

User and Service Documents Link

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

Additional information is available online using the link above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

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

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

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

Дополнительная информация доступна в интернете по ссылке, указанной выше.

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

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

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

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

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

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

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף זמין באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

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

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkové informácie 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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1. Safety

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 1-800-351-3737.

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 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.

Operating Warnings

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

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

Access Control

- Life Fitness 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 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 designed or intended by the manufacturer. It is imperative that Life Fitness 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 equipment use only replacement parts supplied by Life Fitness.
- Cables and belts pose an extreme liability if used when damaged. Always replace any cable at first sign of wear (consult Life Fitness if uncertain).
- Routinely inspect all accessory clips that join attachments to the cables and replace them at the first sign of wear.
- Maintain labels and name plates - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Life Fitness 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 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 equipment for damage or wear.

Selectorized

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

Warnings and Cautions

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

Product Labels

General Warning

! WARNING

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

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

Carriage Fall Warning

! WARNING

Carriage Will Fall If Pull-pin Is Not Fully Engaged. Ensure Full Engagement To Avoid Injury.

Adjustable Pulley Warning



Serial Number


LifeFitness

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

ISO 20957 Class S

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

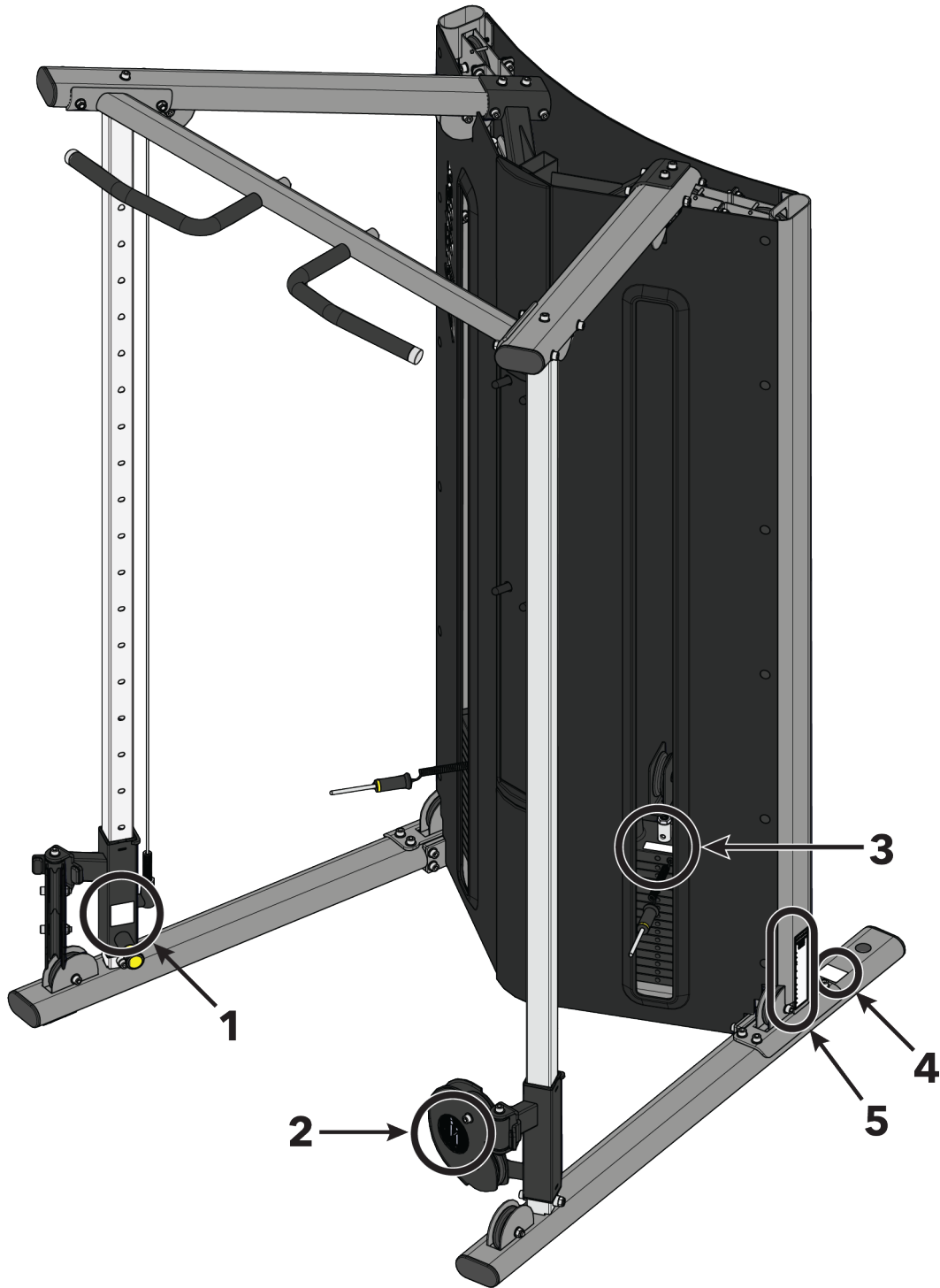
SN: XXXXXXXXXXXXX



Weight at Handle

Weight stack label indicates resistance for each handle

Label Locations



Item	Description	Qty.
1	Carriage Fall Warning	2
2	Adjustable Pulley Warning	4
3	Weight at Handle	2
4	Serial Number	1
5	General Warning	1

2. Assembly

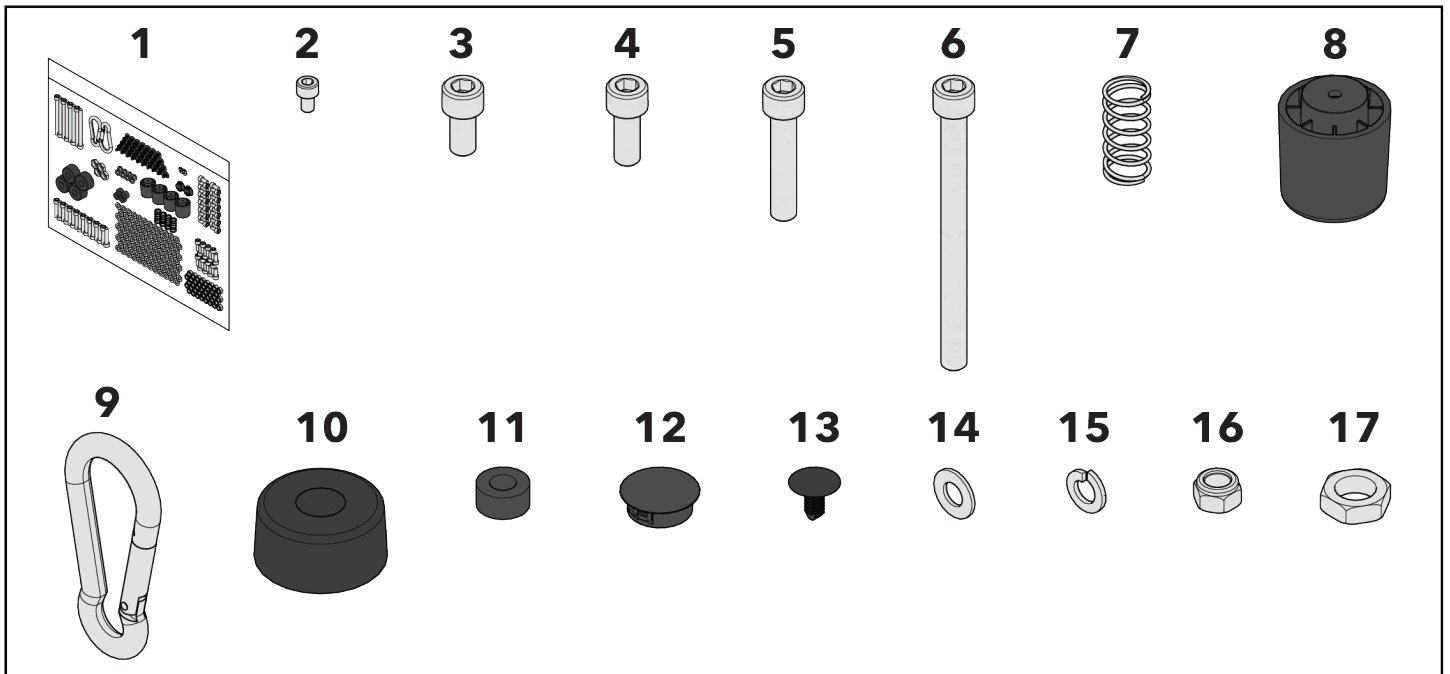
Component and Hardware List

Components

Item	Description	Qty.
1	Base	1
2	Left Leg	1
3	Right Leg	1
4	Left Upright	1
5	Right Upright	1
6	Left Upper Support Assembly	1
7	Right Upper Support Assembly	1
8	Center Column	1
9	Left Arm	1
10	Right Arm	1
11	Pull-Up Bar	1
12	Left Guide Rail Assembly	1
13	Right Guide Rail Assembly	1
14	Guide Rod	4
15	Head Plate Pulley Weldment	2
16	Head Plate Assembly	2
17	Weight Stack Label, LBS	1
18	Weight Stack Label, KG	1
19	Cable	2
20	4-Way Ankle Strap	1
21	Handle, Triceps Rope	1
22	Handle, Adjustable Strap	2
23	Rear Shroud	1
24	Left Shroud	1
25	Right Shroud	1
26	Front Shroud Contour	2
27	Front Shroud Detail	1
28	Weight Stack	6

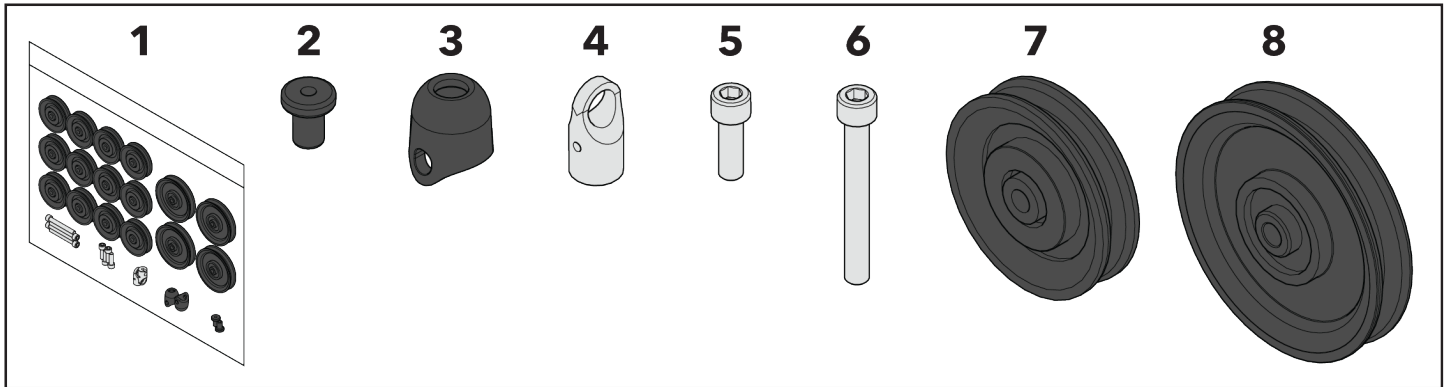
Hardware Kit 1

Item	Description	Qty.
1	Hardware Kit 1, OP-DAP	1
2	Screw, M5 x 0.8 HXS, 8mm	4
3	Screw, M10 x 1.5, 20mm	28
4	Screw, M10 x 1.5, 25mm	12
5	Screw, M10 x 1.5, 50mm	16
6	Screw, M10 x 1.5, 120mm	8
7	Spring	4
8	Guide Rod Housing	4
9	Snap Link	2
10	Weight Stack Cushion	4
11	Nylon Spacer	4
12	1" Hole Plug	2
13	Shroud Retainer	34
14	3/8" Flat Washer	106
15	Lock Washer	8
16	M10 Hex Nylock Nut	38
17	M16 Hex Jam Nut	4



Hardware Kit 2

Item	Description	Qty.
1	Hardware Kit 2, OP-DAP	1
2	Cable End Insert	2
3	Cable End Housing	2
4	Cable End Link	2
5	Screw, M10 x 1.5, 30mm	4
6	Screw, M10 x 1.5, 80mm	4
7	Pulley, 3.5" OD	12
8	Pulley, 4.5" OD	4



Tools Required

- 17 mm Wrench
- 24 mm Wrench
- 4 mm Allen wrench
- 8 mm Allen wrench
- Rubber mallet
- Torque wrench

Assembly Procedure

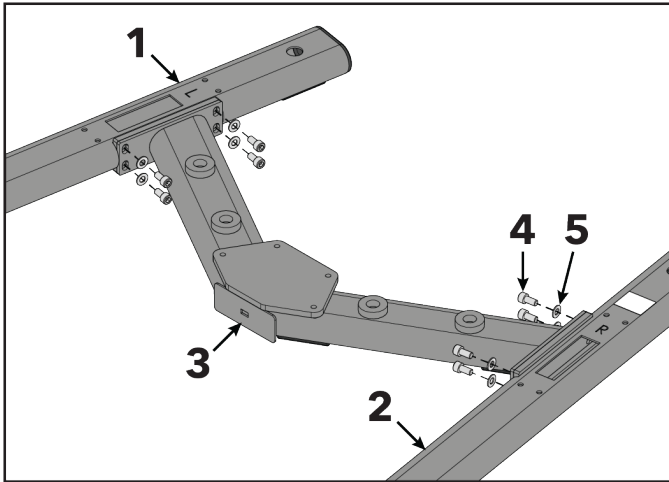
Two people will be required for this procedure.

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.

Assemble Frame

1. Install screws and washers securing legs to base using an 8mm Allen wrench.

NOTE: Ensure legs and base are level and contacting the floor before tightening the hardware.

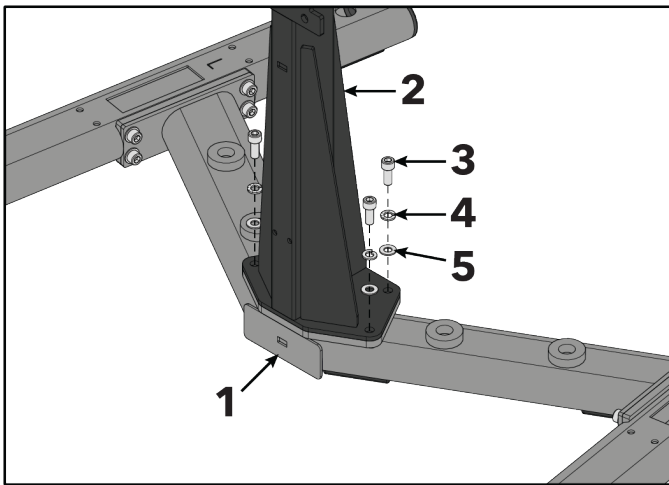


Item	Description	Qty.
1	Left Leg	1
2	Right Leg	1
3	Base	1
4	Screw, M10 x 1.5, 20mm	8
5	3/8" Flat Washer	8



Tighten hardware to 25-30 ft-lb (33-40 Nm).

2. Loosely install screws, washers, and lock washers securing center column to base using an 8mm Allen wrench.

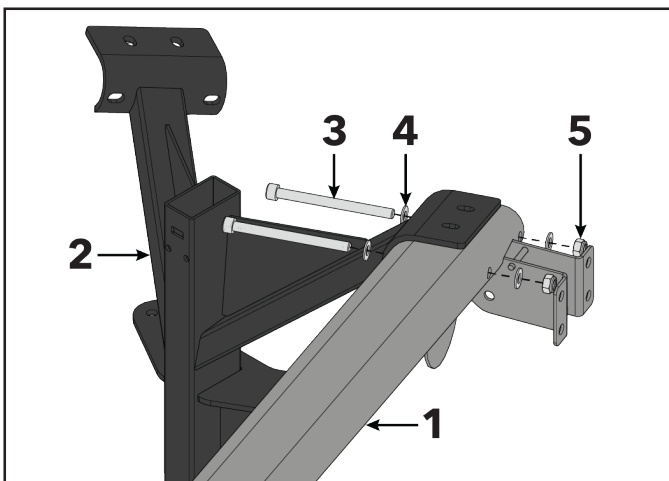


Item	Description	Qty.
1	Base	1
2	Center Column	1
3	Screw, M10 x 1.5, 25mm	4
4	Lock Washer	4
5	3/8" Flat Washer	4



Hand tighten hardware.

3. Loosely install screws, washers, and locknuts securing right arm to center column using an 8mm Allen wrench and 17mm wrench.

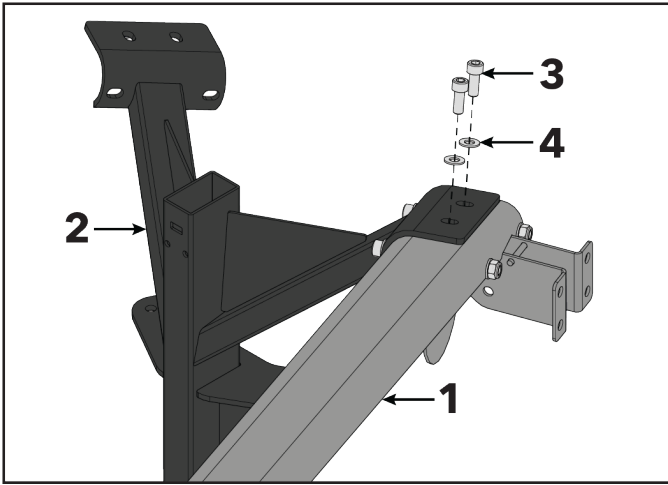


Item	Description	Qty.
1	Right Arm	1
2	Center Column	1
3	Screw, M10 x 1.5, 120mm	2
4	3/8" Flat Washer	4
5	M10 Hex Nylock Nut	2



Hand tighten hardware.

4. Loosely install screws and washers securing right arm to center column using an 8mm Allen wrench.

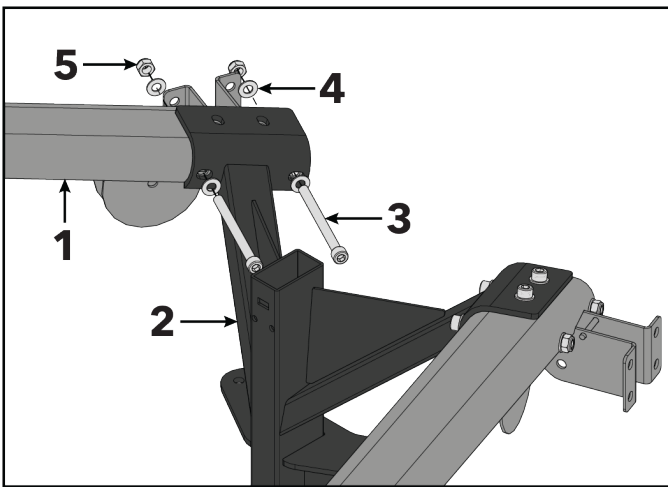


Item	Description	Qty.
1	Right Arm	1
2	Center Column	1
3	Screw, M10 x 1.5, 20mm	2
4	3/8" Flat Washer	2



Hand tighten hardware.

5. Loosely install screws, washers, and locknuts securing left arm to center column using an 8mm Allen wrench and 17mm wrench.

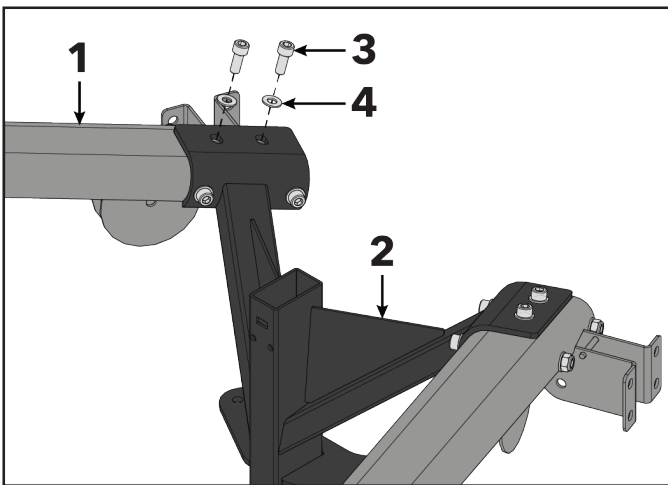


Item	Description	Qty.
1	Left Arm	1
2	Center Column	1
3	Screw, M10 x 1.5, 120mm	2
4	3/8" Flat Washer	4
5	M10 Hex Nylock Nut	2



Hand tighten hardware.

6. Loosely install screws and washers securing left arm to center column using an 8mm Allen wrench.



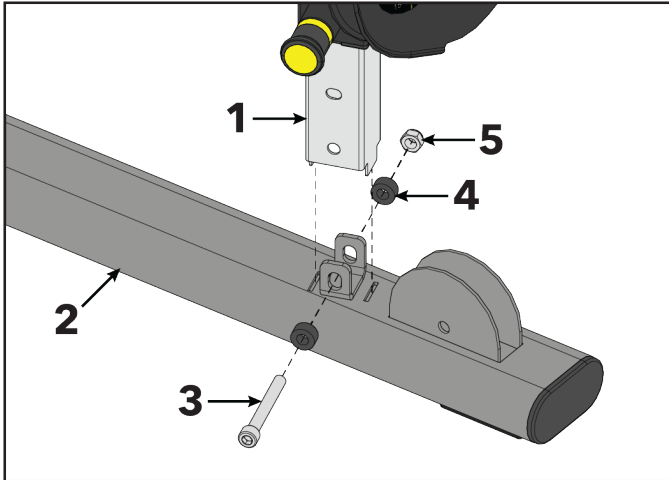
Item	Description	Qty.
1	Left Arm	1
2	Center Column	1
3	Screw, M10 x 1.5, 20mm	2
4	3/8" Flat Washer	2



Hand tighten hardware.

7. Place right guide rail assembly onto right leg. Loosely install screw, spacer, and locknut securing right guide rail assembly to right leg using an 8mm Allen wrench and 17mm wrench.

NOTE: Ensure guide rails tabs fit into the leg slots.

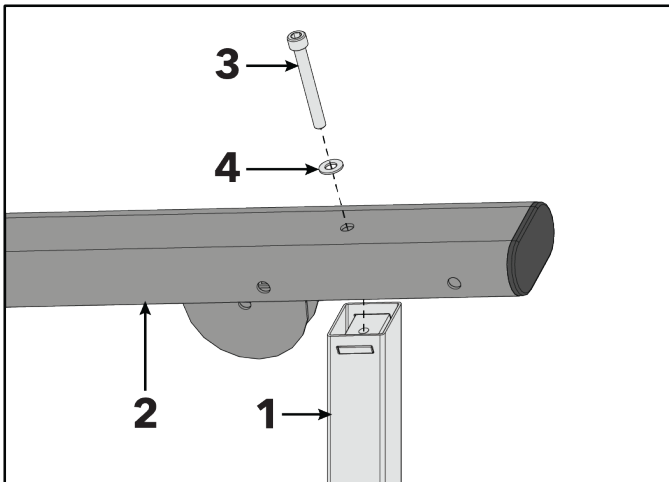


Item	Description	Qty.
1	Right Guide Rail Assembly	1
2	Right Leg	1
3	Screw, M10 x 1.5, 80mm	1
4	Nylon Spacer	2
5	M10 Hex Nylock Nut	1



Hand tighten hardware.

8. Install screws and washers securing right guide rail assembly to right arm using an 8mm Allen wrench.

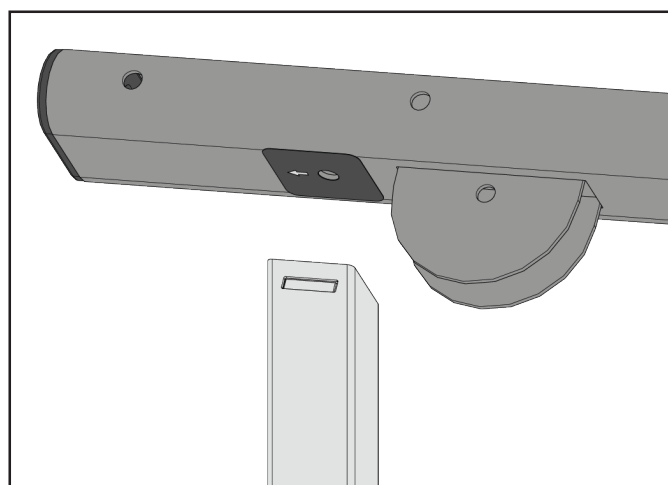


Item	Description	Qty.
1	Right Guide Rail Assembly	1
2	Right Arm	1
3	Screw, M10 x 1.5, 80mm	1
4	3/8" Flat Washer	1

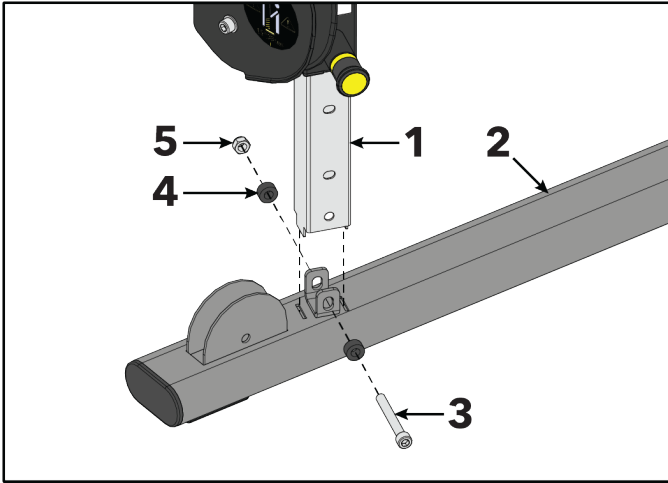


Tighten hardware to 14-16 ft-lb (19-22 Nm).

NOTE: Align guide rails with decals on the underside of the arms before installing to help locate thread holes.



9. Place left guide rail assembly onto left leg. Loosely install screw, spacer, and locknut securing left guide rail assembly to left leg using an 8mm Allen wrench and 17mm wrench.

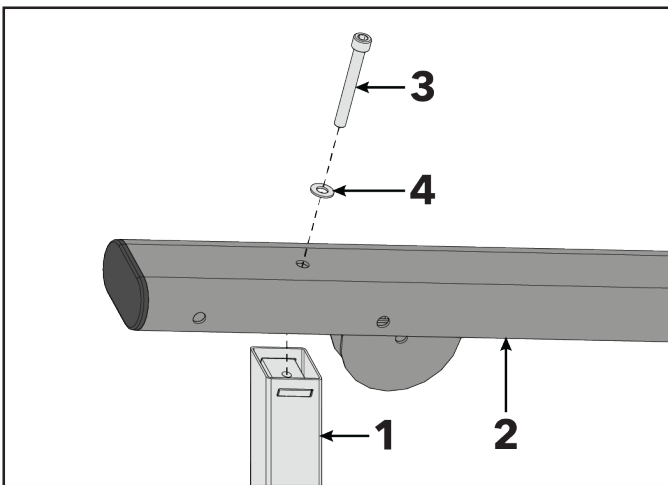


Item	Description	Qty.
1	Left Guide Rail Assembly	1
2	Left Leg	1
3	Screw, M10 x 1.5, 80mm	1
4	Nylon Spacer	2
5	M10 Hex Nylock Nut	1



Hand tighten hardware.

10. Install screws and washers securing left guide rail assembly to left arm using an 8mm Allen wrench.

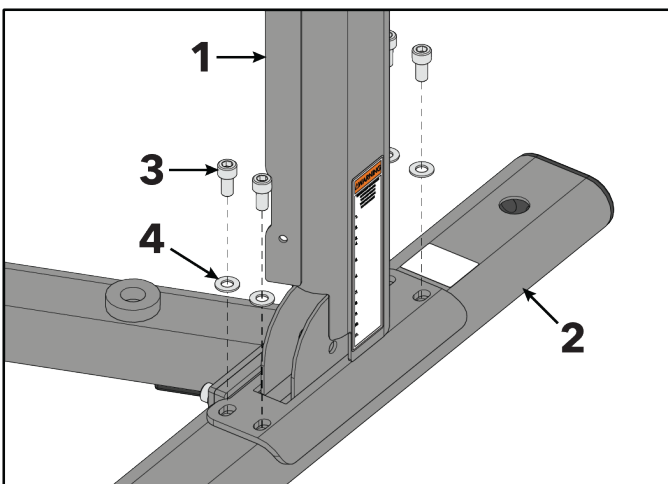


Item	Description	Qty.
1	Left Guide Rail Assembly	1
2	Left Arm	1
3	Screw, M10 x 1.5, 80mm	1
4	3/8" Flat Washer	1



Tighten hardware to 14-16 ft-lb (19-22 Nm).

11. Loosely install screws and washers securing right upright to right leg using an 8mm Allen wrench.

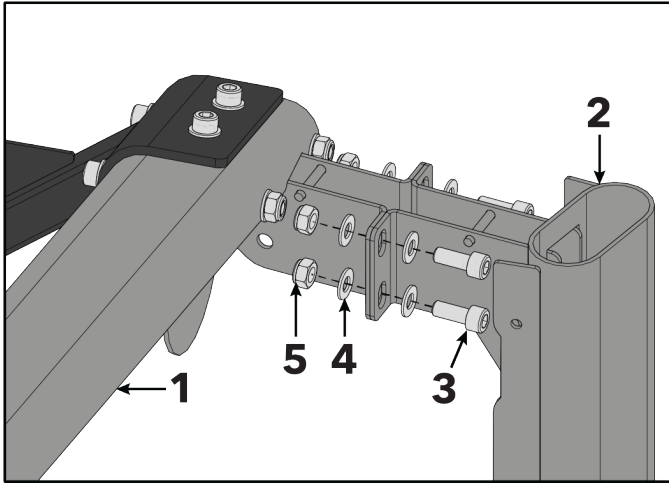


Item	Description	Qty.
1	Right Upright	1
2	Right Leg	1
3	Screw, M10 x 1.5, 20mm	4
4	3/8" Flat Washer	4



Hand tighten hardware.

12. Loosely install screws, washers, and locknuts securing right upright to right arm using an 8mm Allen wrench and 17mm wrench.

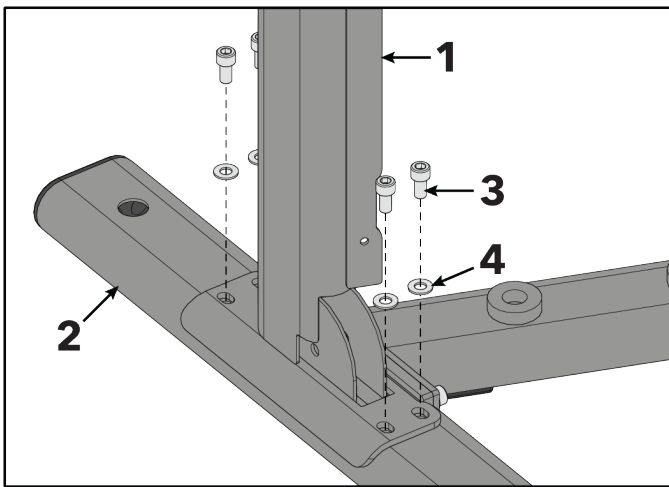


Item	Description	Qty.
1	Right Arm	1
2	Right Upright	1
3	Screw, M10 x 1.5, 25mm	4
4	3/8" Flat Washer	8
5	M10 Hex Nylock Nut	4



Hand tighten hardware.

13. Loosely install screws and washers securing left upright to left leg using an 8mm Allen wrench.

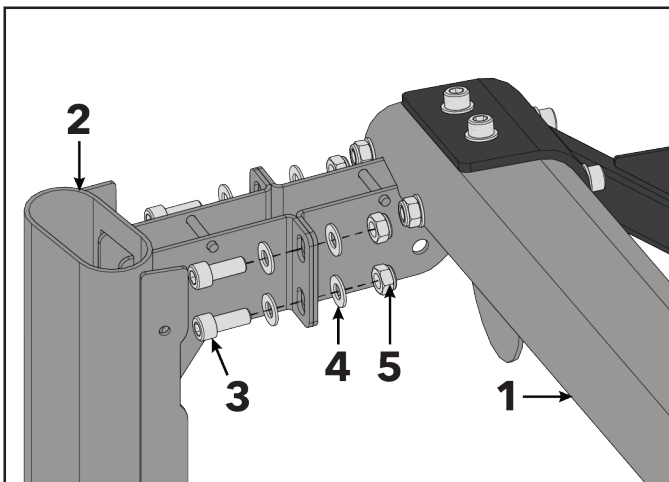


Item	Description	Qty.
1	Left Upright	1
2	Left Leg	1
3	Screw, M10 x 1.5, 20mm	4
4	3/8" Flat Washer	4



Hand tighten hardware.

14. Loosely install screws, washers, and locknuts securing left upright to left arm using an 8mm Allen wrench and 17mm wrench.

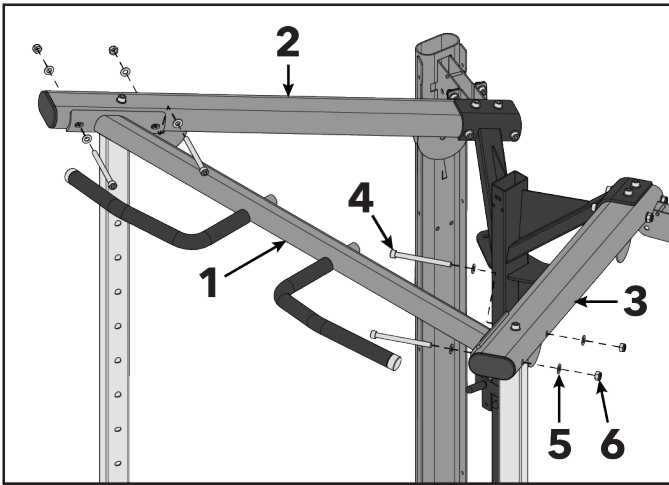


Item	Description	Qty.
1	Left Arm	1
2	Left Upright	1
3	Screw, M10 x 1.5, 25mm	4
4	3/8" Flat Washer	8
5	M10 Hex Nylock Nut	4



Hand tighten hardware.

15. Loosely install screws, washers, and locknuts securing the pull-up bar to arms using an 8mm Allen wrench and 17mm wrench.

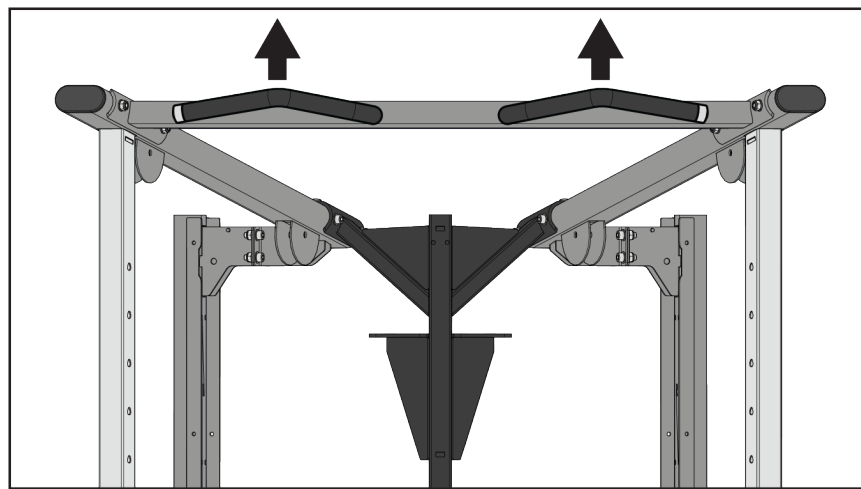


Item	Description	Qty.
1	Pull-Up Bar	1
2	Left Arm	1
3	Right Arm	1
4	Screw, M10 x 1.5, 120mm	4
5	3/8" Flat Washer	8
6	M10 Hex Nylock Nut	4

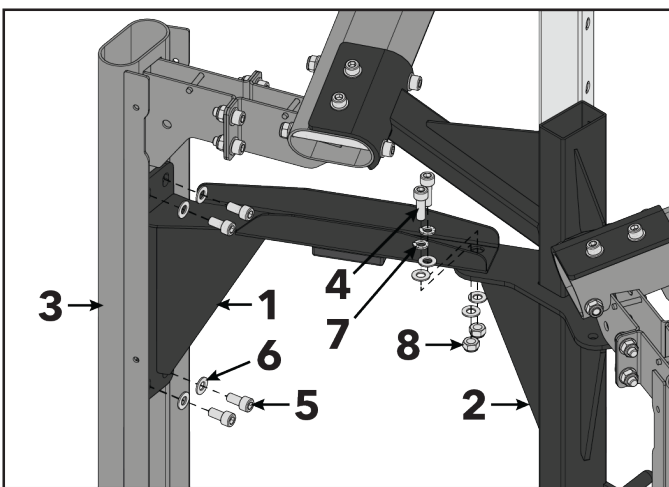


Hand tighten hardware.

NOTE: Ensure pull-up bar is aligned as shown, with the handles bent upwards in their centers.



16. Loosely install screws, washers, lock washers, and locknuts securing the right upper support assembly to right upright and center column using an 8mm Allen wrench and 17mm wrench. Tighten 30mm screws to 50% of their recommended torque specs. See Step 18 for torque specs.



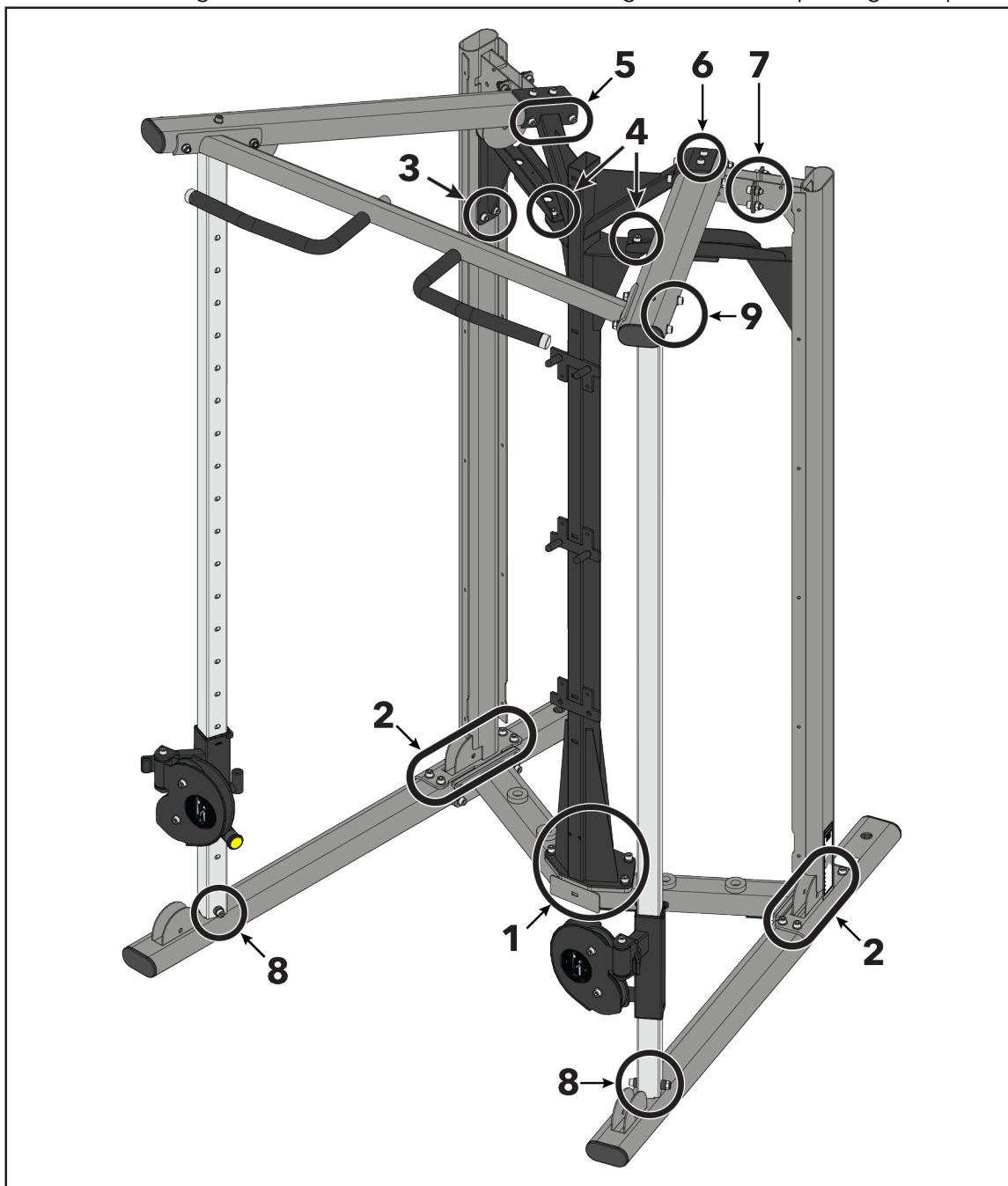
Item	Description	Qty.
1	Right Upper Support Assembly	1
2	Center Column	1
3	Right Upright	1
4	Screw, M10 x 1.5, 30mm	2
5	Screw, M10 x 1.5, 20mm	4
6	3/8" Flat Washer	8
7	Lock Washer	2
8	M10 Hex Nylock Nut	2



Hand tighten hardware.

17. Repeat step 16 to install left upper support assembly.

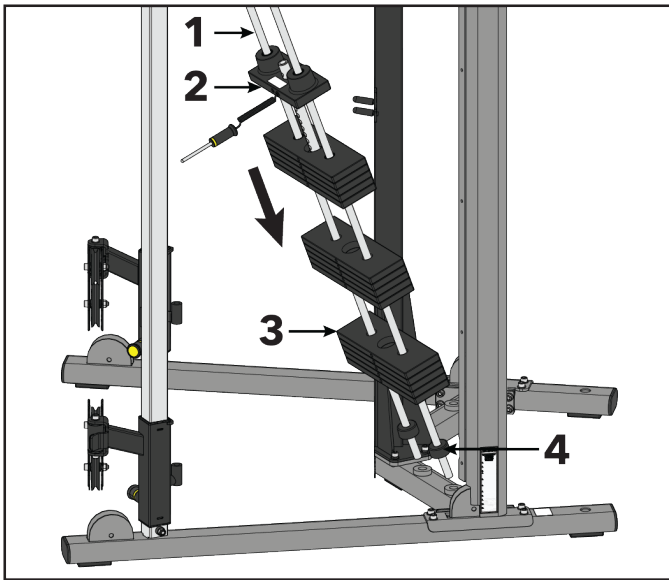
18. Tighten all hardware, starting at the bottom of the frame and working towards the top, using a torque wrench.



Item	Description	Qty.
1	30-35 ft-lbs (41-47 Nm)	4
2	25-30 ft-lbs (33-40 Nm)	8
3	20-25 ft-lbs (27-33 Nm)	8
4	25-30 ft-lbs (33-40 Nm)	4
5	14-16 ft-lbs (19-22 Nm)	4
6	20-25 ft-lbs (27-33 Nm)	4
7	20-25 ft-lbs (27-33 Nm)	8
8	10-12 ft-lbs (13-16 Nm)	2
9	14-16 ft-lbs (19-22 Nm)	4

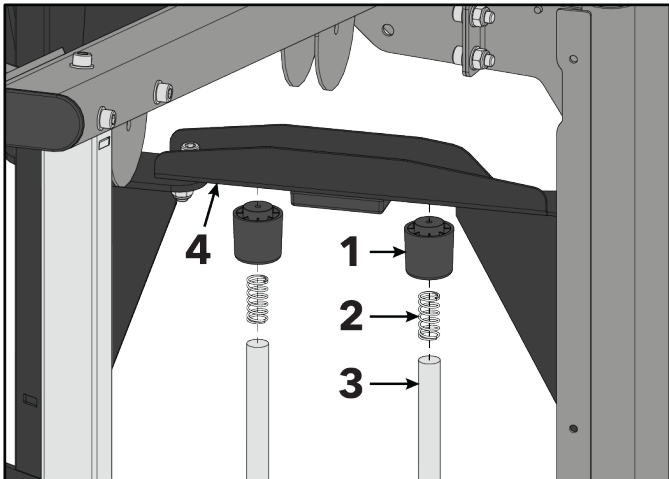
Install Weight Stacks

1. Slide weight stack cushions onto the guide rods.
2. Place guide rods and weight stack cushions onto base.
3. Lean guide rods outwards and slide weight stacks down guide rods onto weight stack cushions. Slide head plate assembly down guide rods and onto weight stacks.



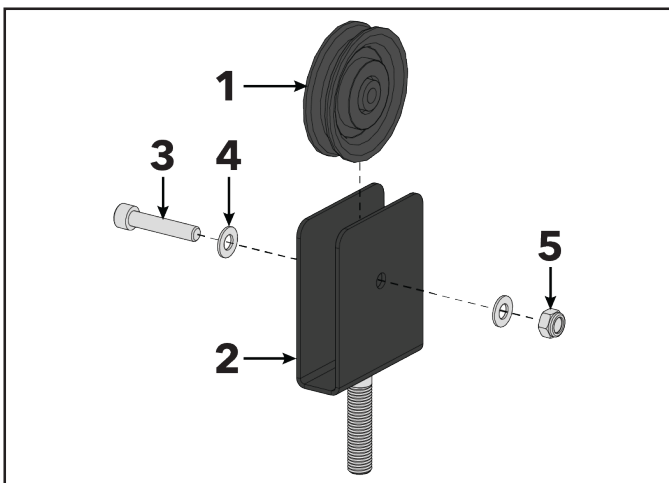
Item	Description	Qty.
1	Guide Rod	2
2	Head Plate Assembly	1
3	Weight Stack	3
4	Weight Stack Cushion	2

4. Install springs and guide rod housings onto guide rods and fit up into upper support assembly.



Item	Description	Qty.
1	Guide Rod Housing	2
2	Spring	2
3	Guide Rod	2
4	Upper Support Assembly	1

5. Install screw, washer, and locknut securing the pulley to the head plate pulley weldment using an 8mm Allen wrench and 17mm wrench.

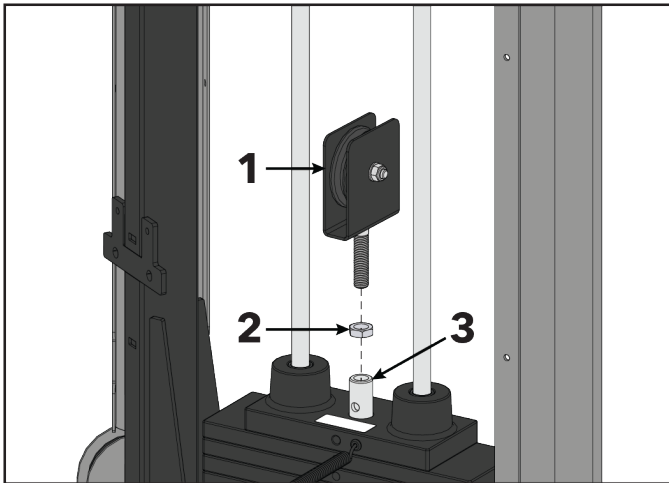


Item	Description	Qty.
1	Pulley, 3.5" OD	1
2	Head Plate Pulley Weldment	1
3	Screw, M10 x 1.5 50mm	1
4	3/8" Flat Washer	2
5	M10 Hex Nylock Nut	1



Tighten hardware to 14-16 ft-lb (19-22 Nm).

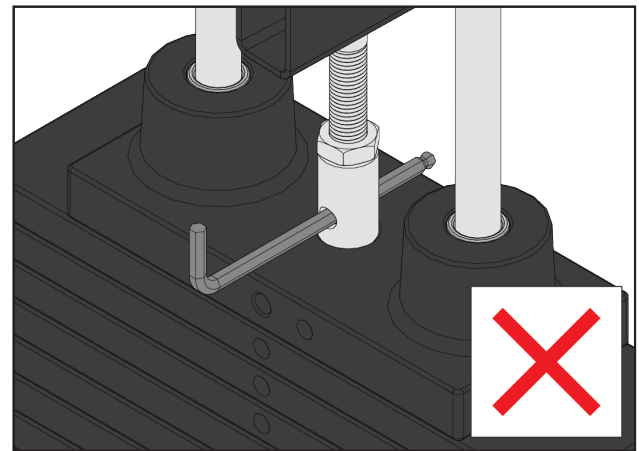
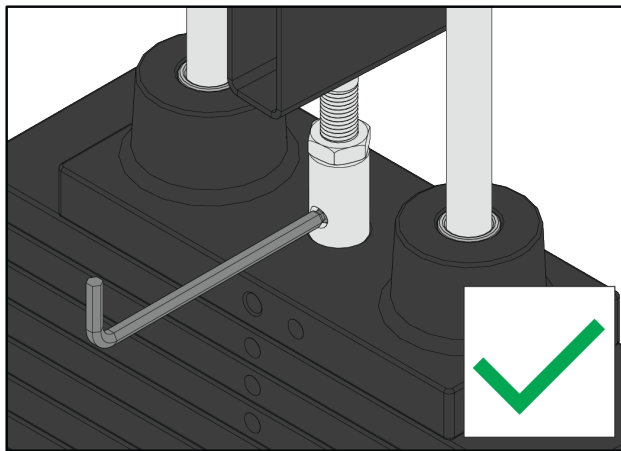
6. Install head plate pulley assembly to head plate bayonet. Do not tighten jam nut until after the cable is installed and final cable tension is set. See [Cable Handling Guide](#) for details.



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

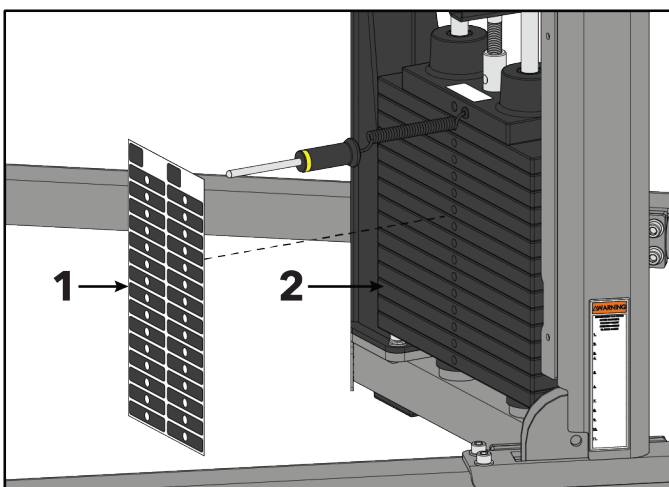
Correct Depth: Thread engagement exceeds minimum depth.

Incorrect Depth: Thread engagement not deep enough.



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

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



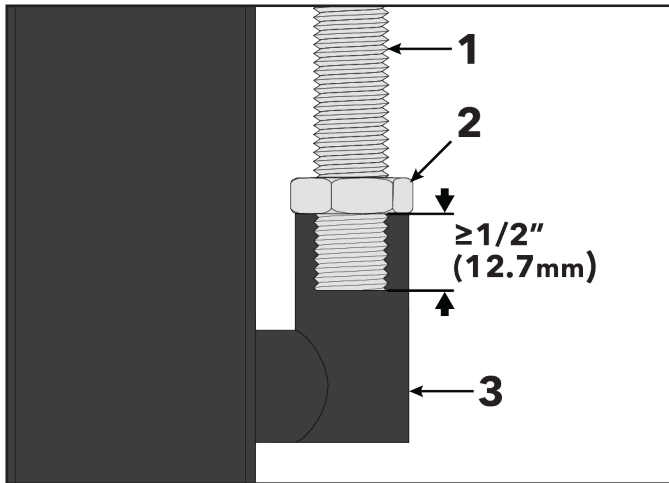
Item	Description	Qty.
1	Weight Stack Label	1
2	Weight Stack	1

8. Repeat steps to install other weight stack.

Install Cable

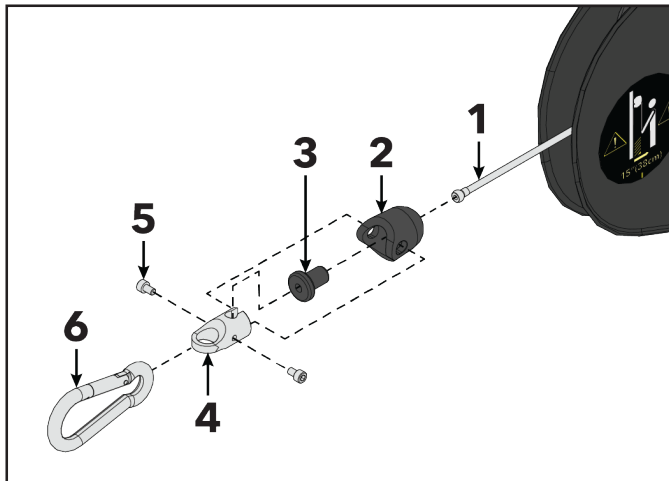
1. Install threaded cable end onto carriage assembly with a hex jam nut using a 24mm wrench. Do not tighten jam nut until after the cable is installed and final cable tension is set. See [Cable Handling Guide](#) for details.

NOTE: Minimum ½" (12.7 mm) of threaded cable end must be in carriage assembly.



Item	Description	Qty.
1	Threaded Cable End	1
2	M16 Hex Jam Nut	1
3	Carriage Assembly	1

2. Route cable through frame as shown in the [Cable Routing](#) section.
3. Slide cable through cable end housing and cable end insert. Place cable into cable end link.



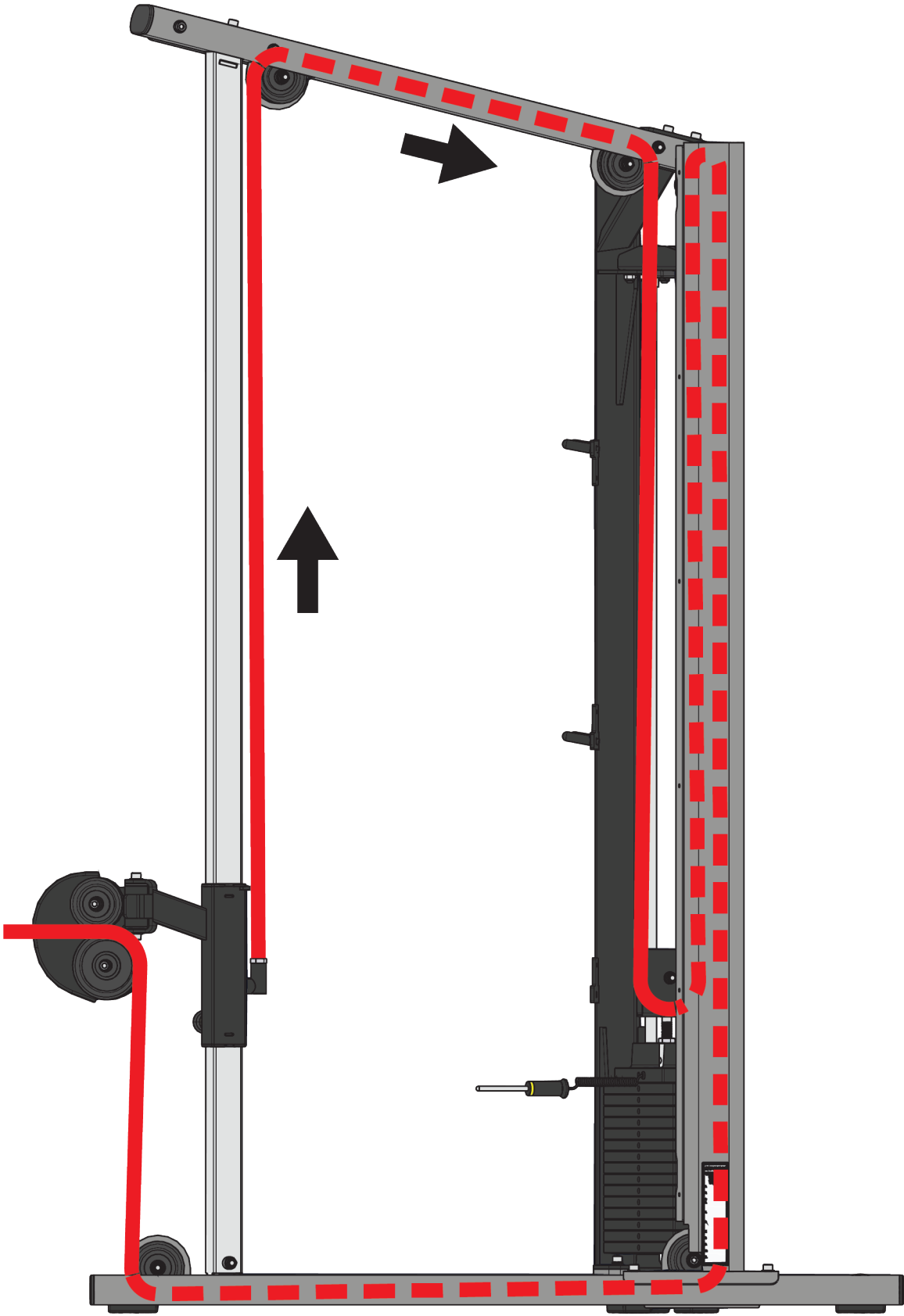
Item	Description	Qty.
1	Cable	1
2	Cable End Housing	1
3	Cable End Insert	1
4	Cable End Link	1
5	Screw, M5 x 0.8 HXS, 8mm	2
6	Snap Link	1



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

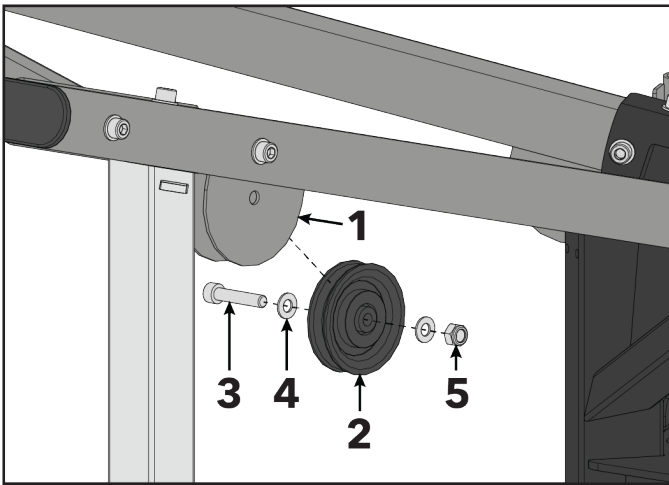
4. Install screws securing cable end link to cable end housing using a 4mm Allen wrench.
5. Connect snap link to the cable end link.
6. Repeat steps 1-5 to install the other cable and cable hardware.

Cable Routing



Install Pulleys

1. Install screw, washers, and locknut securing pulley to right arm using an 8mm Allen wrench and 17mm wrench.

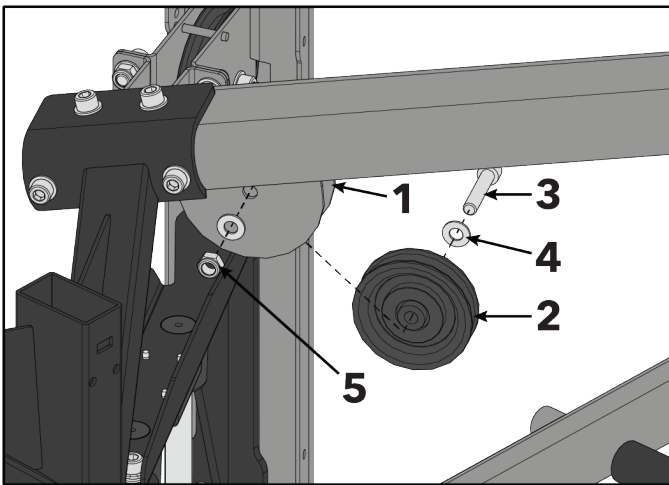


Item	Description	Qty.
1	Right Arm	1
2	Pulley, 3.5" OD	1
3	Screw, M10 x 1.5, 50mm	1
4	3/8" Flat Washer	2
5	M10 Hex Nylock Nut	1



Tighten hardware to 14-16 ft-lb (19-22 Nm).

2. Install screw, washers, and locknut securing pulley to right arm using an 8mm Allen wrench and 17mm wrench.

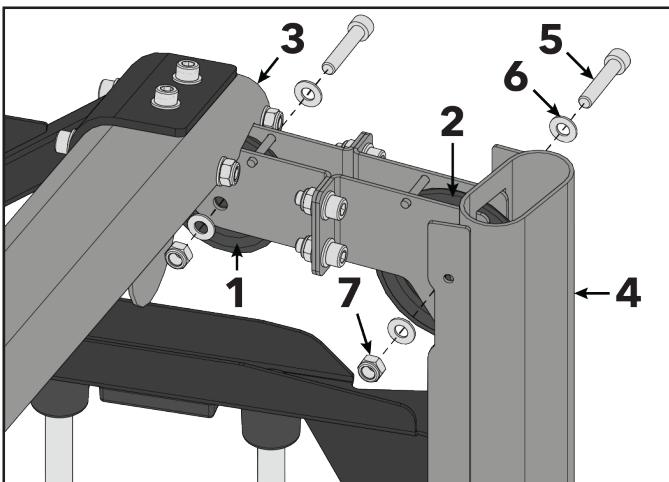


Item	Description	Qty.
1	Right Arm	1
2	Pulley, 3.5" OD	1
3	Screw, M10 x 1.5, 50mm	1
4	3/8" Flat Washer	2
5	M10 Hex Nylock Nut	1



Tighten hardware to 14-16 ft-lb (19-22 Nm).

3. Install screws, washers, and locknuts securing pulleys to right arm and right upright using an 8mm Allen wrench and 17mm wrench.

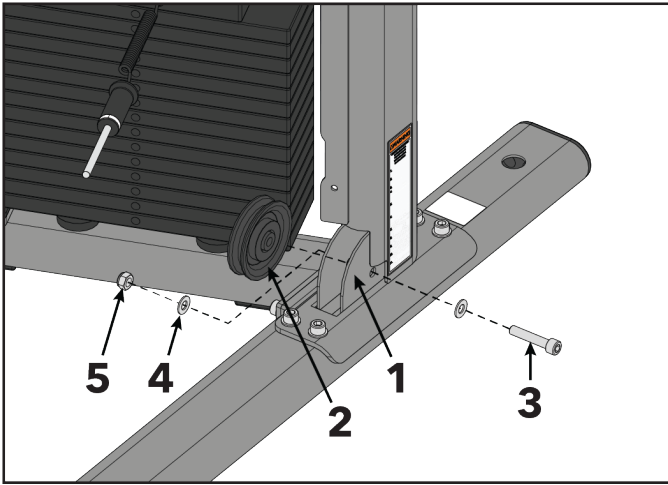


Item	Description	Qty.
1	Pulley, 3.5" OD	1
2	Pulley, 4.5" OD	1
3	Right Arm	1
4	Right Upright	1
5	Screw, M10 x 1.5, 50mm	2
6	3/8" Flat Washer	4
7	M10 Hex Nylock Nut	2



Tighten hardware to 14-16 ft-lb (19-22 Nm)

4. Install screw, washers, and locknut securing pulley to leg using an 8mm Allen wrench and 17mm wrench.

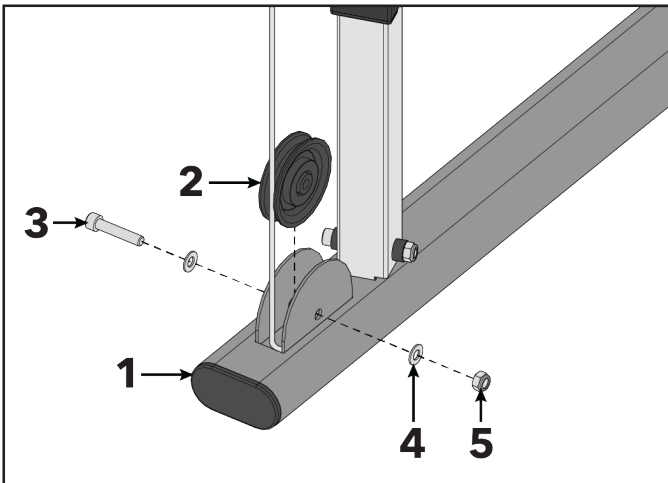


Item	Description	Qty.
1	Right Leg	1
2	Pulley, 3.5" OD	1
3	Screw, M10 x 1.5, 50mm	1
4	3/8" Flat Washer	2
5	M10 Hex Nylock Nut	1



Tighten hardware to 14-16 ft-lb (19-22 Nm).

5. Install screw, washers, and locknut securing pulley to right leg using an 8mm Allen wrench and 17mm wrench.

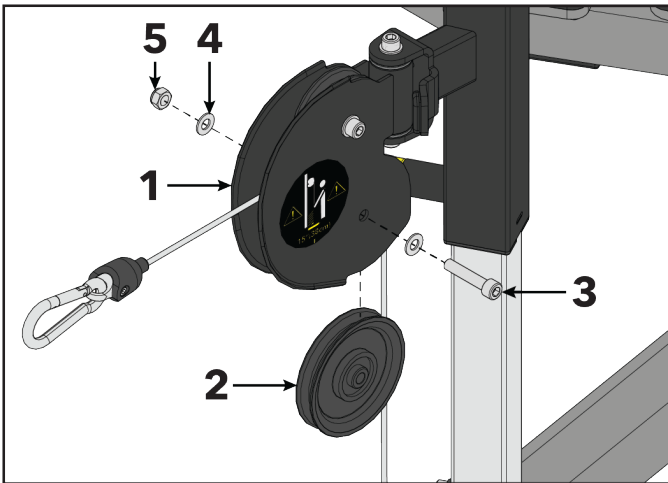


Item	Description	Qty.
1	Right Leg	1
2	Pulley, 3.5" OD	1
3	Screw, M10 x 1.5, 50mm	1
4	3/8" Flat Washer	2
5	M10 Hex Nylock Nut	1



Tighten hardware to 14-16 ft-lb (19-22 Nm).

6. Install screw, washers, and locknut securing pulley to right carriage using an 8mm Allen wrench and 17mm wrench.



Item	Description	Qty.
1	Right Carriage	1
2	Pulley, 4.5" OD	1
3	Screw, M10 x 1.5, 50mm	1
4	3/8" Flat Washer	2
5	M10 Hex Nylock Nut	1

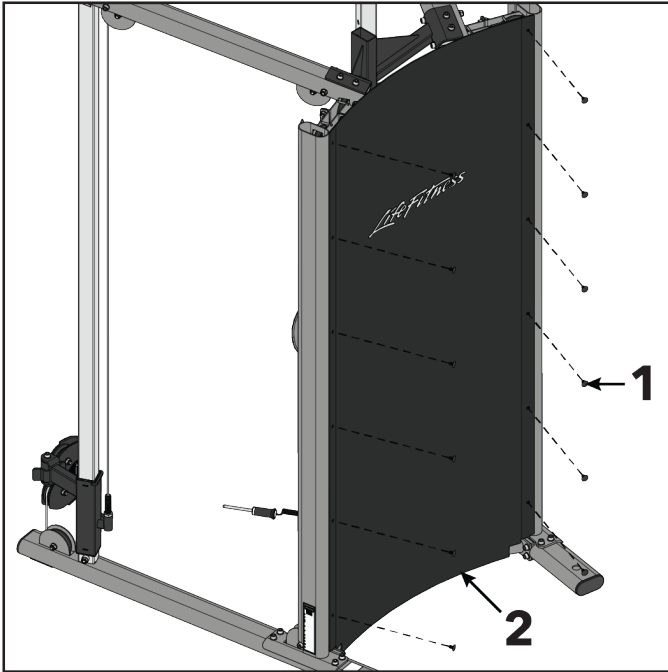


Tighten hardware to 14-16 ft-lb (19-22 Nm).

7. Repeat steps to install pulleys to left arm and leg.

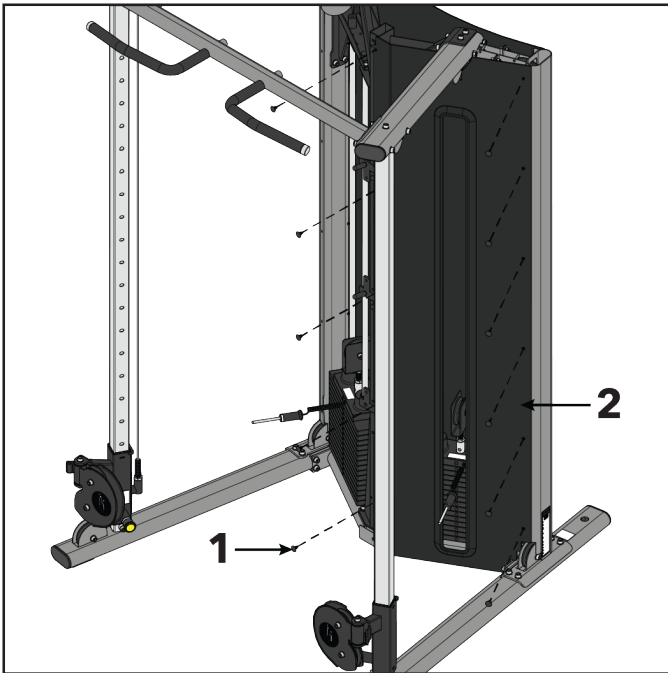
Install Shrouds

1. Flex the flat rear shroud into position against the uprights.
2. Starting at the top, press shroud retainers into the rear shroud securing it to the uprights.



Item	Description	Qty.
1	Shroud Retainer	12
2	Rear Shroud	1

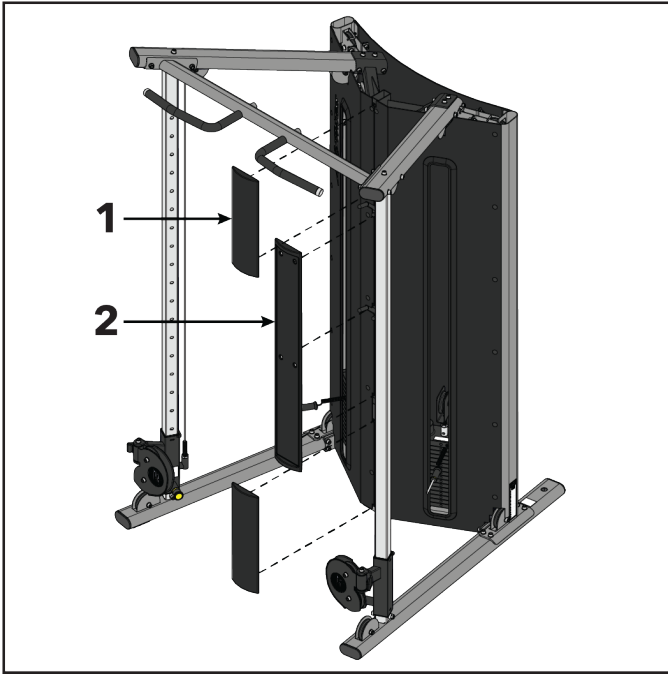
3. Starting at the top, press shroud retainers into the front shrouds securing them to the uprights and center column.



Item	Description	Qty.
1	Shroud Retainer	22
2	Front Shroud	2

4. Starting at the bottom, press front shroud caps and front shroud detail onto front shrouds.

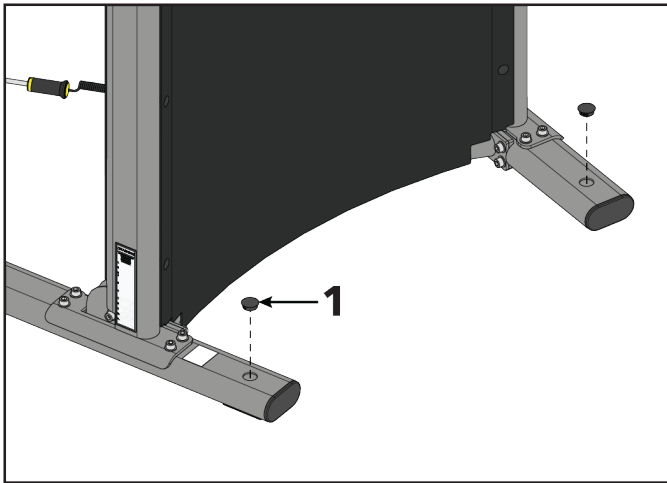
NOTE: The front shroud detail needs to be fitted over the accessory hooks that are located on the center column.



Item	Description	Qty.
1	Front Shroud Caps	2
2	Front Shroud Detail	1

Install Hole Plugs

Install hole plugs to legs using a rubber mallet.

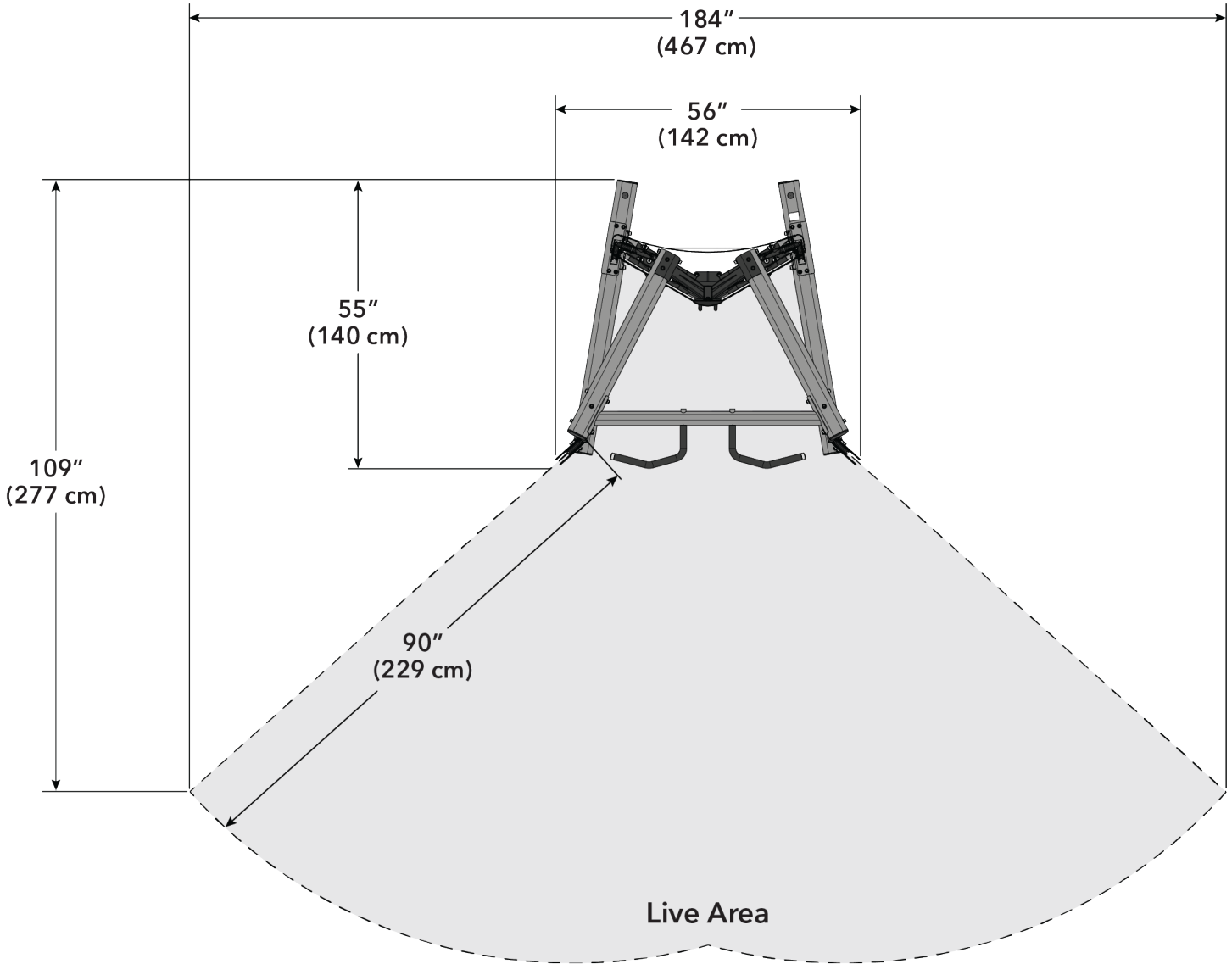


Item	Description	Qty.
1	1" Hole Plug	2

3. Product Information

Specifications

Machine Weight:	719 lbs.	326 kg.
Size (L x W x H):	in. = 56 x 55 x 84	cm = 142 x 140 x 213
Live Area (L x W):	in. = 184 x 109 x 90	cm = 467 x 277 x 229
Max User Weight:	300 lbs.	136 kg.
Resistance Ratio:	1:2	
Weight Stack:	2 x 165 lbs.	2 x 75 kg.
Effective User Resistance:	2 x 80 lbs.	2 x 40 kg.



4. Exercise

General Exercise Information

Intended Use

The intended commercial use of this machine is to aid exercise and improve general physical fitness. Multiple exercises can be performed using this product. It is the responsibility of the owner to ensure exercisers understand general use and only perform recommended exercises that do not compromise the stability of the product or put the user at risk.

Prior to Exercise

Prior to starting a training program, get a complete physical exam to make sure your physician agrees that you are ready. Always warm-up your muscles before a workout. A cardio warm-up followed by stretching is typically recommended.

Start Your Program Conservatively

Choose weights you can easily lift in the first several weeks. Typically, a full range of motion is recommended, but consult a qualified professional if you have questions about whether a full range of motion is appropriate for you due to existing limitations, injury or discomfort. Injuries to health may result from incorrect or excessive training.

A "repetition" (rep) is defined as one complete movement through an exercise, returning to the start position. A "set" is a continuous series of reps, usually between 6-15. During your workout the number of reps you perform in a set depends on your goal. To build muscle and strength, often fewer reps (6 - 8) with heavier weight is recommended in each set. To build endurance, more reps (12-15) with lighter weight is typically recommended.

At the end of your workout, cool down in a similar way to your warm-up.

Performing the Exercises

NOTE: Before starting any exercise or after completing any height adjustment of the carriage assembly, verify that the pull pin is fully engaged prior to use.

Chest



Incline Press



Chest Press



Decline Press



Fly

Back



High Row



Row



Upright Row



Reverse Fly

Lower Body



Hip Extension



Leg Raise



Hip Adduction



Hip Abduction

Core



Kneeling Crunch



Core Rotation

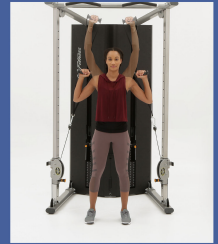


Incline Rotation



Decline Rotation

Shoulders



Shoulder Press



Lateral Raise



External Rotation



Internal Rotation

5. Maintenance Procedures

Maintenance Schedule

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
CLEAN				
Guide Rods			X	
Shrouds			X	
Hand Grips				X
WAX				
Frames				X
INSPECT				
Accessories		X		
Paint			X	
Cable	X			
Hardware		X		
Frame		X		
Hand Grips		X		
Shrouds	X			
LUBRICATE				
Guide Rods				X

Clean

- Guide rods with a cotton cloth.
- Hand grips with an approved or compatible cleaner.

Wax

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

Inspect

- Cables. Look for wear or damage and proper tension. Pay close attention at bends and attachment points.
- Hardware. Check for loosening. Tighten as required.
- Frames. Inspect for wear and damage.
- Handgrips. Check for wear and damage.
- For paint chips. Fill in immediately with manufacturers touch-up paint.
- Jam nut at top of weight stack for tightness.

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

- 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

- Visually inspect all hardware for loosening, tampering or wear.

- Check jam nut at top of weight stack for tightness.
- Inspect all accessories, connecting links, and carabiner clips for wear.
- Check condition of hand grips.
- 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. Securely tighten the large Jam Nut when finished.
- Inspect shrouds for damage and clean as necessary.

Once a Month

- 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.
- 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.

Cleaning the Shrouds

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

NOTE: Spray the approved cleaner on a towel, and then wipe down the shrouds to avoid saturation of shroud inlays.

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.

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 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).

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.

Important Hazards

- DO NOT use abrasive or highly alkaline cleaners on the shrouds.
- NEVER scrape shrouds with squeegees, razor blades or other sharp instruments.
- DO NOT clean shrouds in hot sun or at elevated temperatures.
- NEVER use benzene, gasoline, acetone or carbon tetrachloride on the shrouds.
- Manufacturer recommends that cables be inspected daily after installation and replaced annually.

6. 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 and 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 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 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			
Pulleys		X		
Weight Plates		X		
Guide Rods		X		
Cables			X	
Grips			X	
Bearings			X	
Hardware / Mechanical				X
Items Not Specified				X

7. Cable Handling Guide

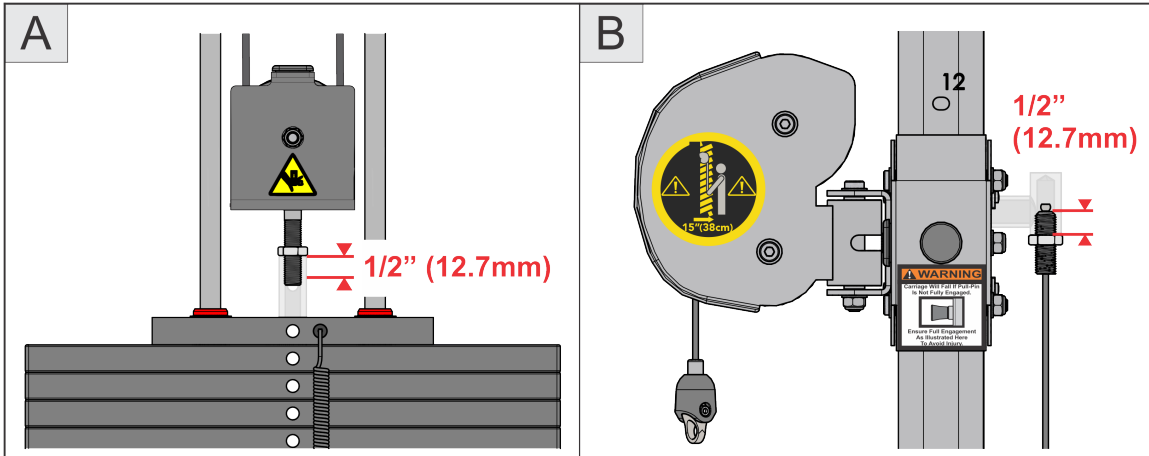
Cable Terminations, Tensioning and Wear Guide

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

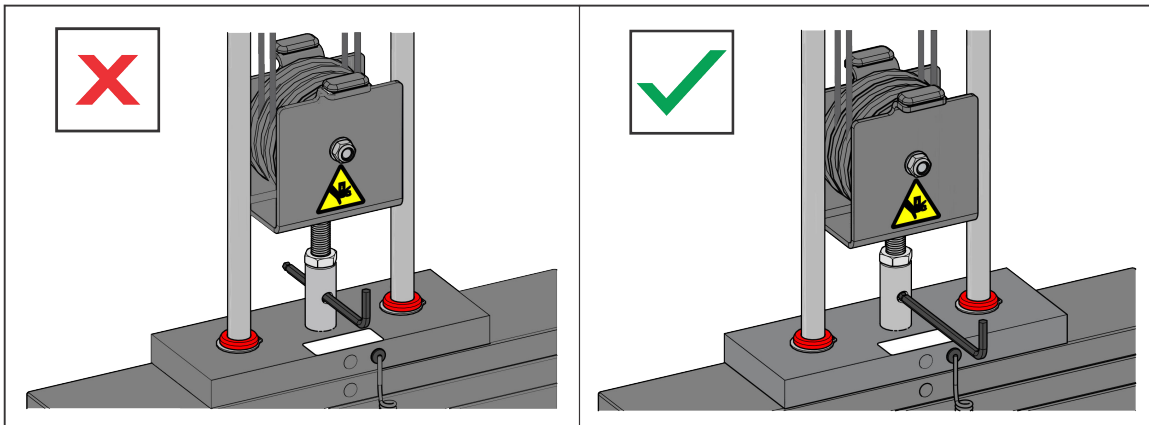
⚠ WARNING: Use of non certified "techs" note: Service warranties may be void if a non-Life Fitness-certified technician performs service work. Replacement of any strength cables should be performed by a Life Fitness certified technician.

Cable Terminations

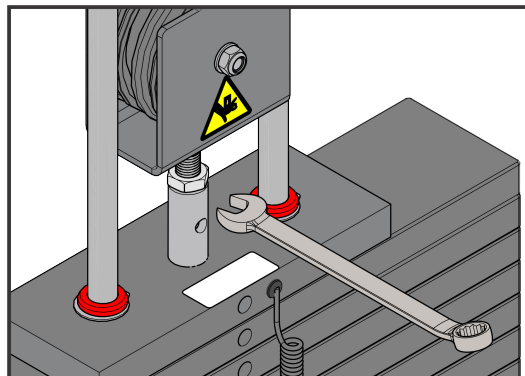
1. Cable must be threaded at least 1/2 inch (12.7mm) into termination points; at headplate (A) and frame/carriage (B).



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



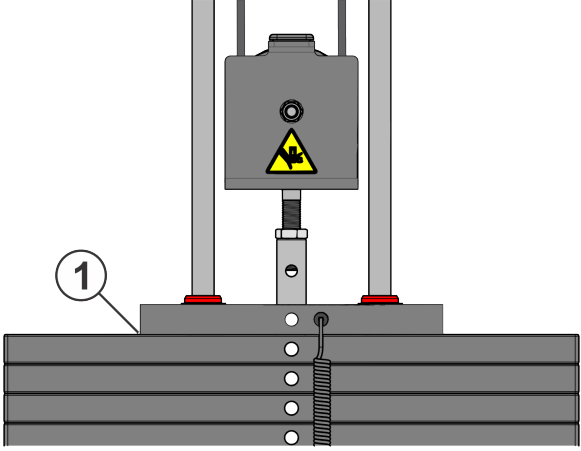
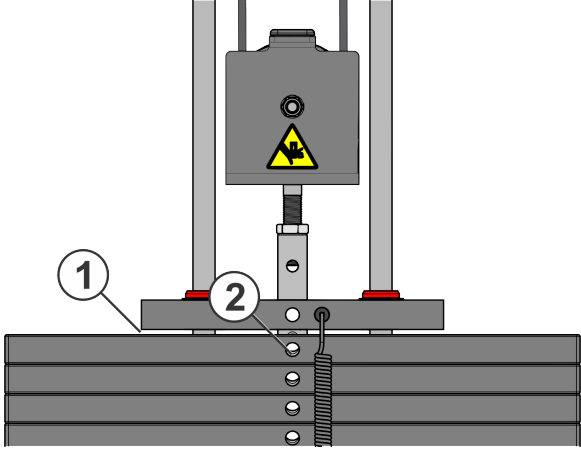
3. When proper thread engagement is reached, tighten jam nut to 20-25 FT-LBS (27.2 - 34.0 Nm) using a 24mm wrench.



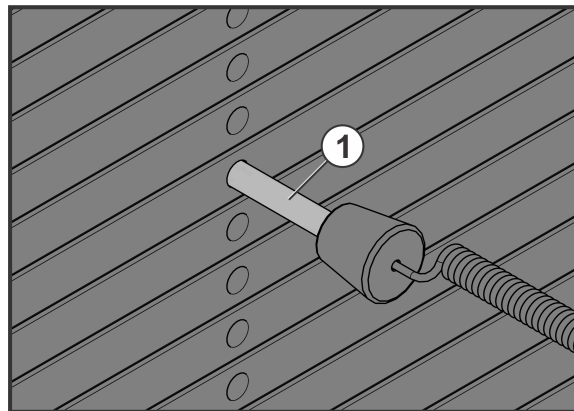
Tensioning Cable

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

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

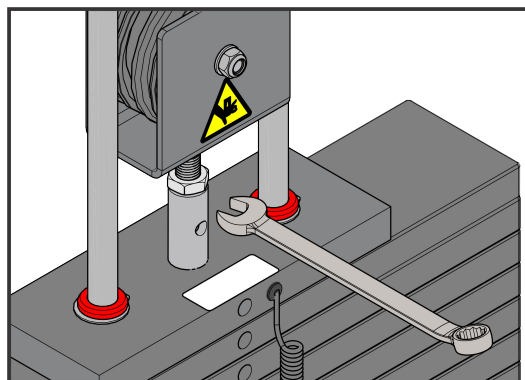
SEATED HEAD PLATE	SUSPENDED HEAD PLATE
	
<p>1. No gap</p>	<p>1. Gap 2. Bayonet obstructing weight stack pin</p>

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



Item	Description	Qty.
1	Weight Stack Selector Pin	1


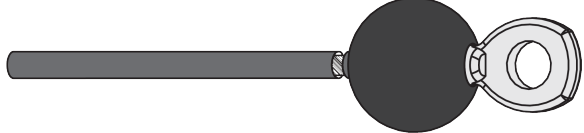
3. When proper thread engagement is reached, tighten jam nut to 20-25 FT-LBS (27.2 - 34.0 Nm) using a 24mm wrench.




Strength Cable Wear Guide

Replace cable at first sign of any of the following:

FRACTURES:

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


TWISTING/BINDING:

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

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

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

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

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

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

Introduction

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

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

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

Drilling

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

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

Anchor Types

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

Anchor Specifications

Static Anchor	Minimum Concrete Thickness	Minimum Drill Depth in Concrete	Minimum Concrete Embedment	Minimum concrete compressive strength
KH-EZ 1/4"	4-1/8" (105mm)	1/2" (12.7mm) beyond anchor length	2-1/2" (63.5mm)	3000psi (20 N/mm 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

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

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

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

Tools Required

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

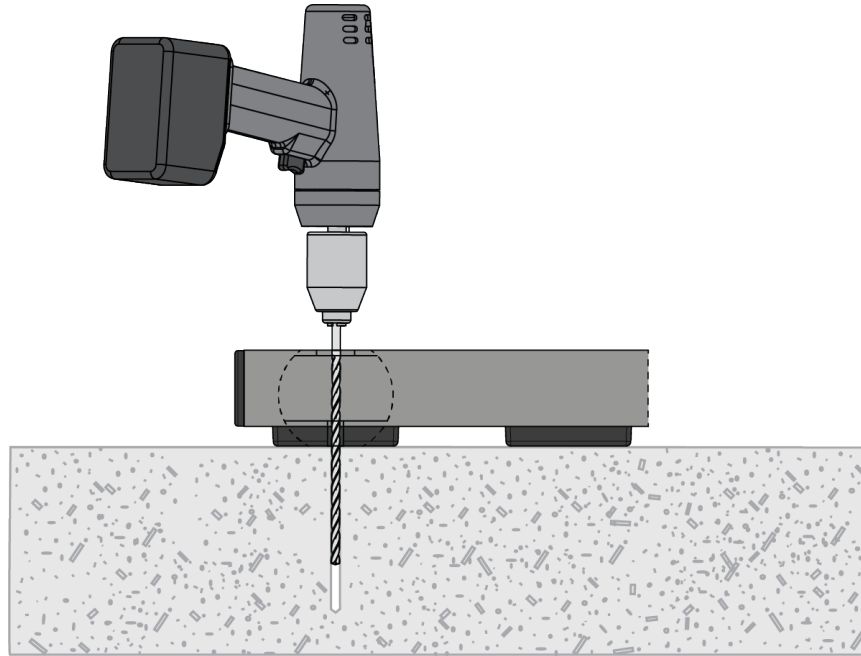
Static Anchor

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

Static Anchor Procedure

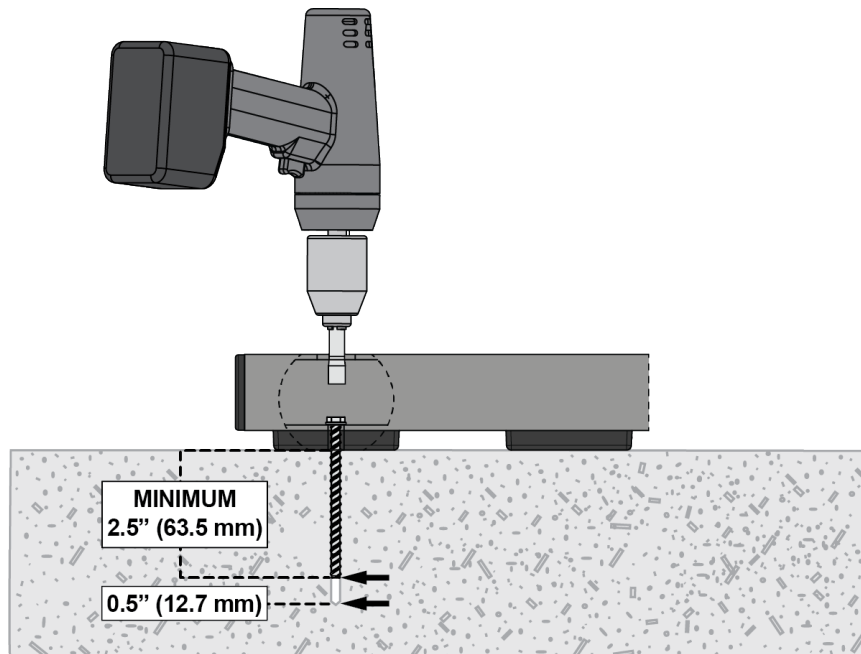
CAUTION: If it is possible that the length of your bolt will not provide the minimum requirement of 2.5" (63.5mm) of engagement, a longer anchor should be used.

1. Place unit into position to be mounted and cycle unit to set stance.
2. Each foot **must** get at least one static fastener.
3. Wearing protective glasses, drill down into the flooring to the required depth as perpendicular as possible, ensuring that the foot thickness is being accounted for; refer to *Anchor Selection* and *Foot Dimensions*.



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

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



Foot Dimensions

Use below image to determine foot specifications.

