

HAMMER STRENGTH®

**HAMMER
STRENGTH®**

Home Squat Rack

Owner's Manual/Assembly Instructions

HSH-WSR



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

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

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

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

Operating Warnings

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

- This equipment is not intended for use by children. Keep children under the age of 13 away from the machine.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.

Access Control

- Life Fitness Family of Brands recommends that all consumer 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 home owner.

Installation

- Life Fitness Family of Brands recommends using a licensed contractor if you have any questions regarding wall mounting your fitness equipment in your home, such as your home's electrical, plumbing, HVAC, wall stud type/ layout, etc.

Proper Usage

- Do not use any equipment in any way other than as designed or intended by the manufacturer. It is imperative that Life Fitness Family of Brands equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.

Inspection

- DO NOT attempt to use or repair any accessory approved for use with the equipment which appears to be damaged or worn.
- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all Life Fitness Family of Brands equipment, use only replacement parts supplied by Life Fitness Family of Brands.
- 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 Family of Brands customer service for a replacement.
- Equipment Maintenance - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Life Fitness Family of Brands will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.
- Before use, examine all accessories approved for use with the Life Fitness Family of Brands equipment for damage or wear.

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.

Plate Loaded, Free Weight, and Body Weight Systems

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

Product Labels

Required Bolt to Wall


 **WARNING**

DO NOT USE equipment if not properly secured to wall.

Manufacturer **REQUIRES** that this equipment be secured to the wall to stabilize and eliminate rocking or tipping over.

Follow manufacturer's installation instructions.

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.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect machine and attachments before use. **DO NOT** use if the machine or attachments appear damaged, **DO NOT** attempt to fix broken or jammed machine or damaged attachments. Notify staff immediately.
5. Children must not be allowed near this machine. Supervise teenagers.
6. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

Serial Number

HAMMER STRENGTH  

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

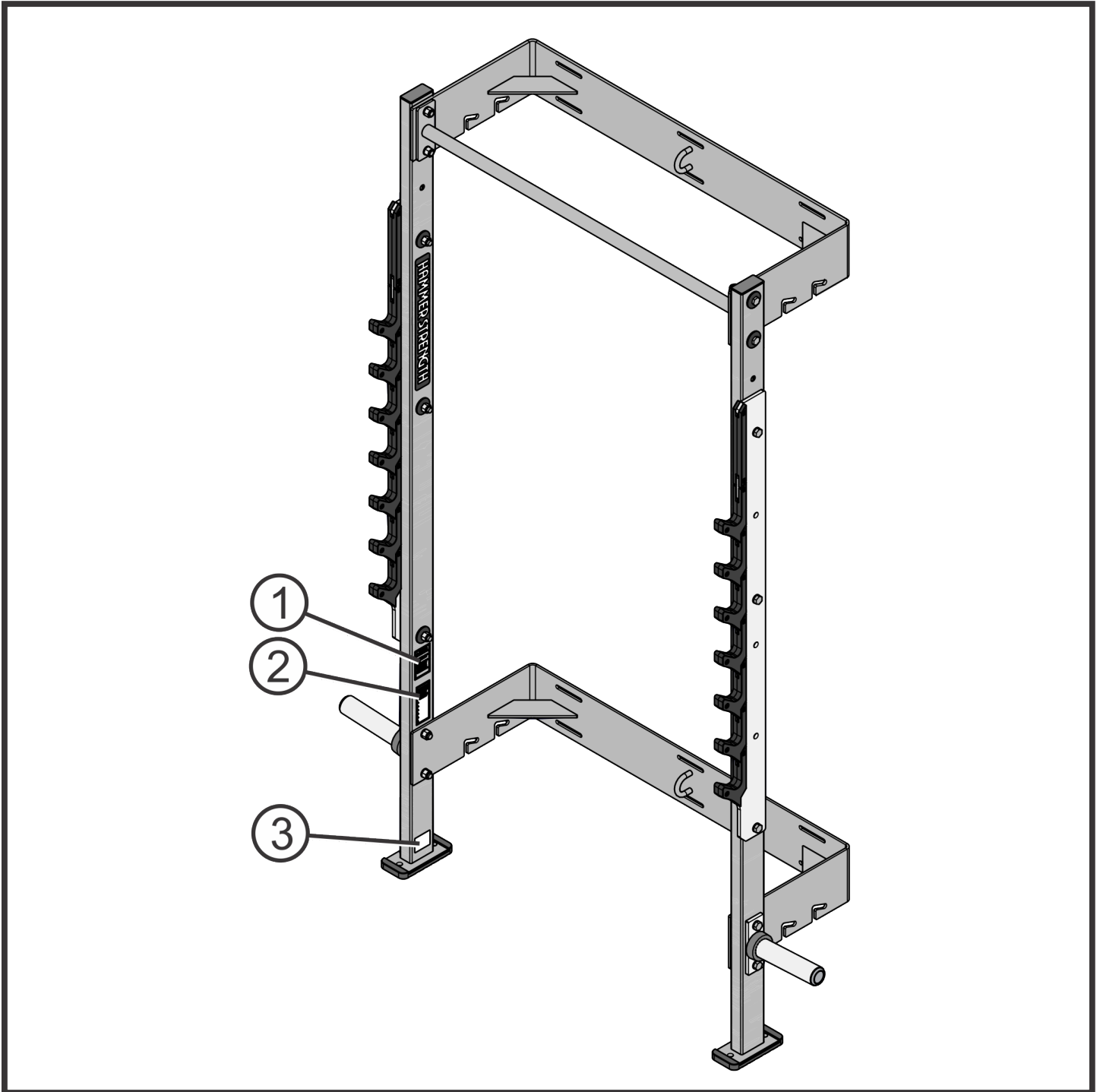
Model: XXX
Manufactured in the USA with US and Foreign parts

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

SN: XXXXXXXXXXXX



Label Locations



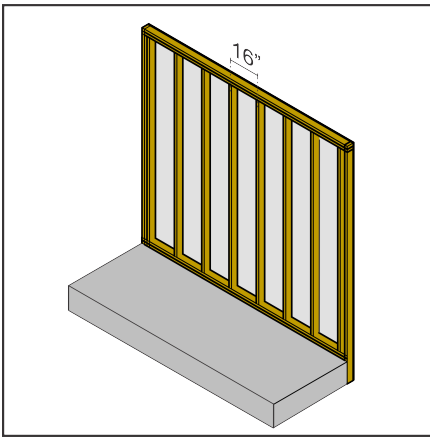
Item	Description	Qty.
1	Required Bolt to Wall	1
2	General Warning	1
3	Serial Number	1

2. Assembly

Wall Mount Requirements

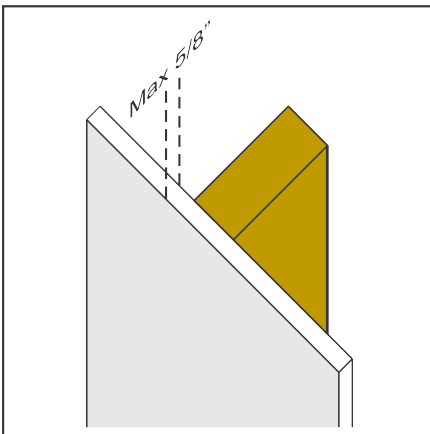
Wall Types:

- Mount Wall Squat Rack **only to walls with wooden studs**, spaced 16 inches (40.64cm) apart on center. Please contact a licensed contractor if the wall does not meet this requirement.



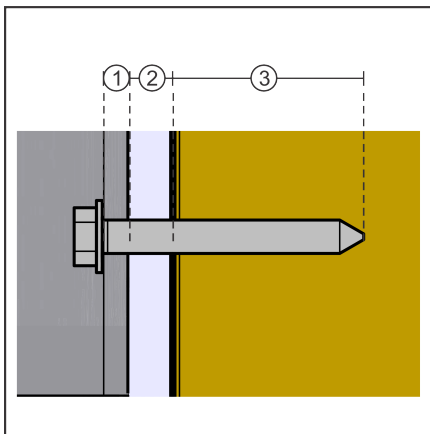
Wall Thickness:

- Drywall/sheathing, can have a maximum thickness of 5/8" (1.58cm).



Lag Screw Depth:

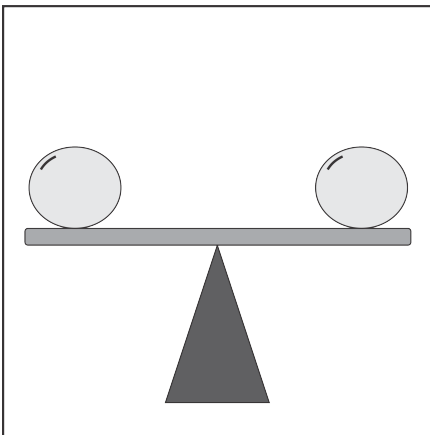
- Each lag screw needs a minimum of 2" (5.08cm) thread engagement into the wood stud.



Item	Description	Distance
1	Bracket Thickness	1/4" (0.635cm)
2	Maximum Wall Thickness	5/8" (1.58cm)
3	Minimum Pilot Hole/Lag Screw Depth	2" (5.08cm)

Flooring:

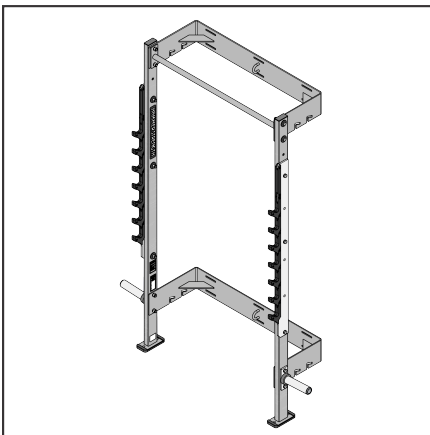
- Wall Squat Rack is to only be used indoors on a firm, dry, stable floor.

**Two People Needed:**

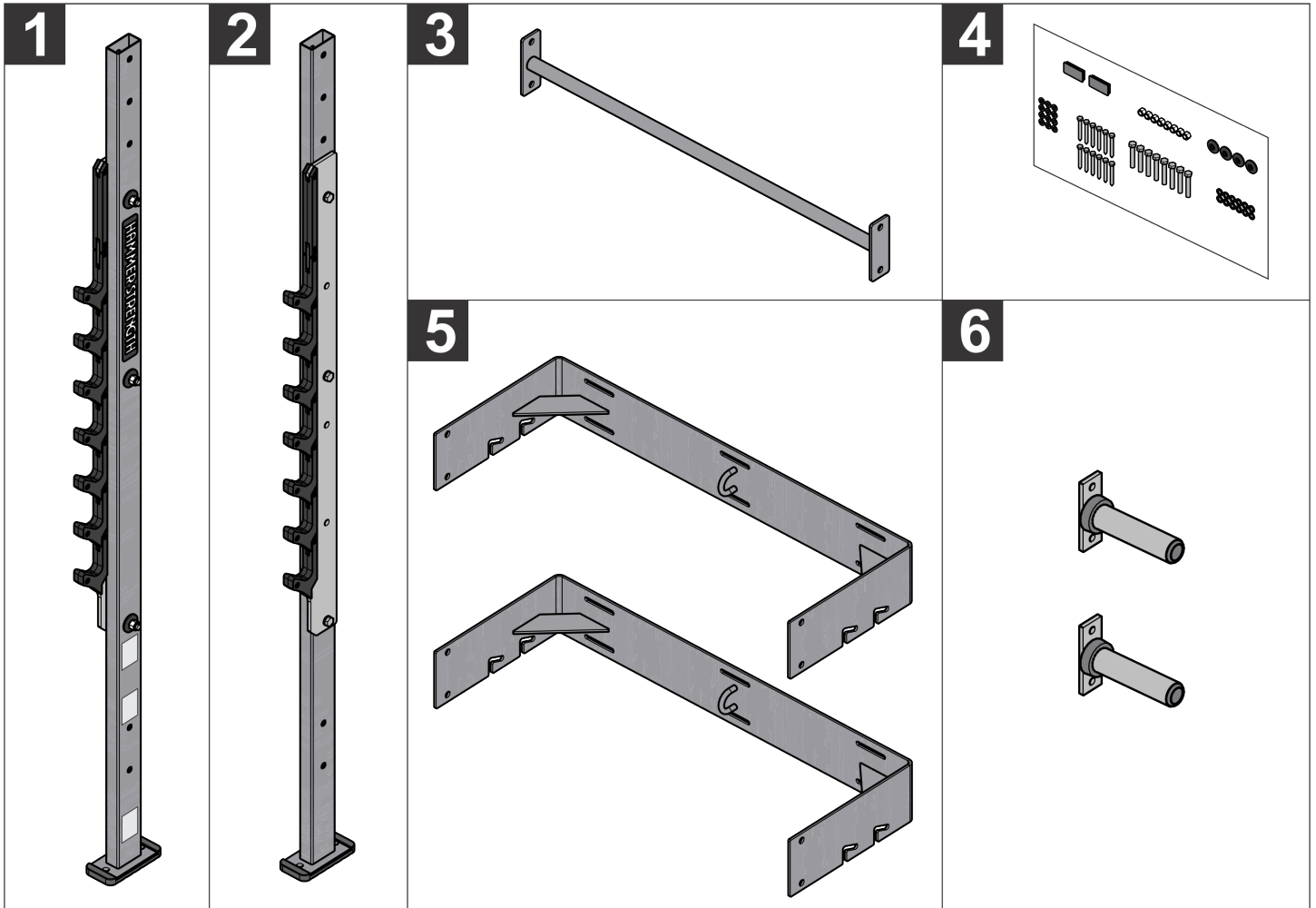
- Two people are required to safely assemble the Hammer Strength Wall Squat Rack.

**Questions:**

- If you should have any questions or concerns regarding mounting the Hammer Strength Wall Squat Rack, please contact a licensed contractor to help with installation.

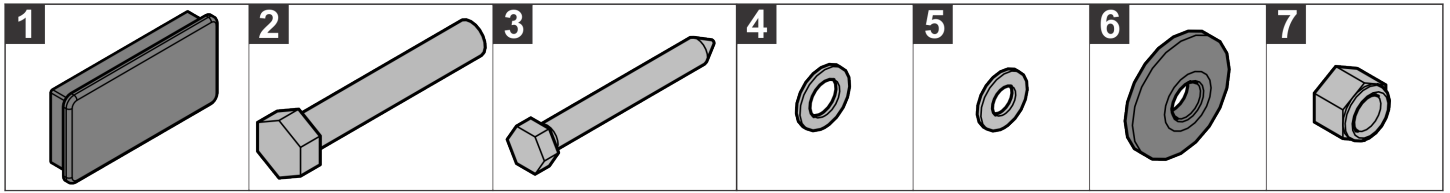


Component List



Item	Description	Qty.
1	Left Upright Assembly	1
2	Right Upright Assembly	1
3	Chin-Up Bar	1
4	Hardware Kit	1
5	Bracket	2
6	Angled Weight Horn	2

Hardware Kit



Item	Description	Qty.
1	End Cap	2
2	Bolt, 1/2 x 3	8
3	Screw, 3/8-7 Hex Lag	12
4	1/2" Lock Washer	12
5	3/8" Washer	12
6	Backing Washer	4
7	1/2" Nut	8

Tools Required

- Safety glasses
- 3/4" Open end wrench (x2)
- 9/16" Open end wrench
- Drill
- 7/32" (5.5mm) drill bit
- Level
- Stud sensor
- Rubber mallet
- Torque wrench

Video Link

For a video version of the assembly instructions, please visit https://kb.cybexintl.com/Videos/Hammer_Strength_Home_Squat_Rack_Assembly.mp4 or scan the below QR Code with your smartphone.



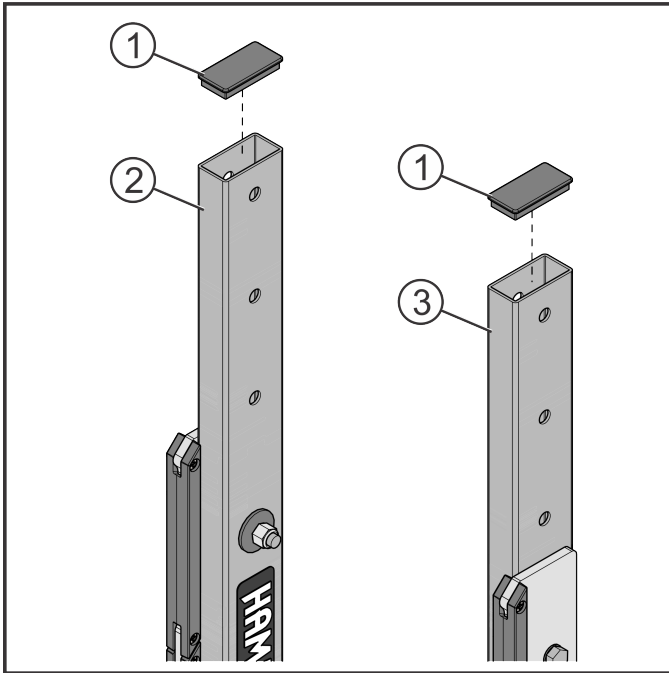
Assembly Procedure

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.

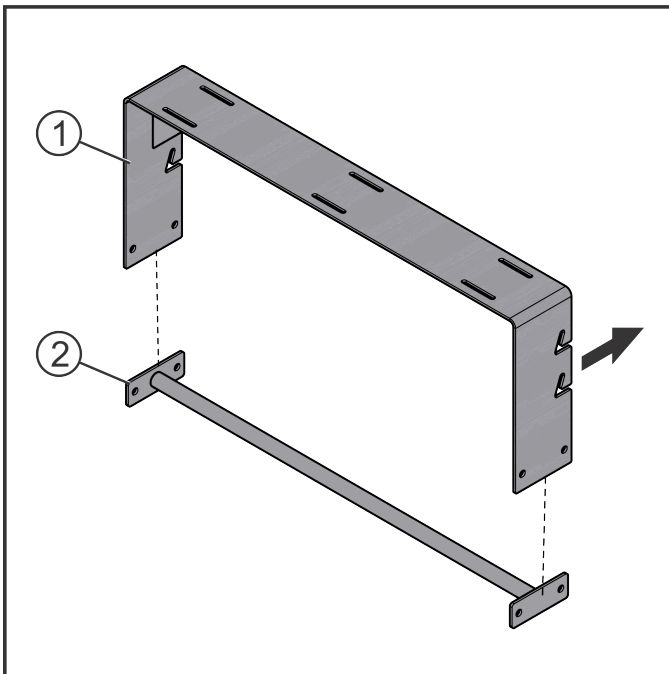
Assemble Frame and Mount to Wall

1. Insert end caps into upright assemblies.



Item	Description	Qty.
1	End Cap	2
2	Left Upright Assembly	1
3	Right Upright Assembly	1

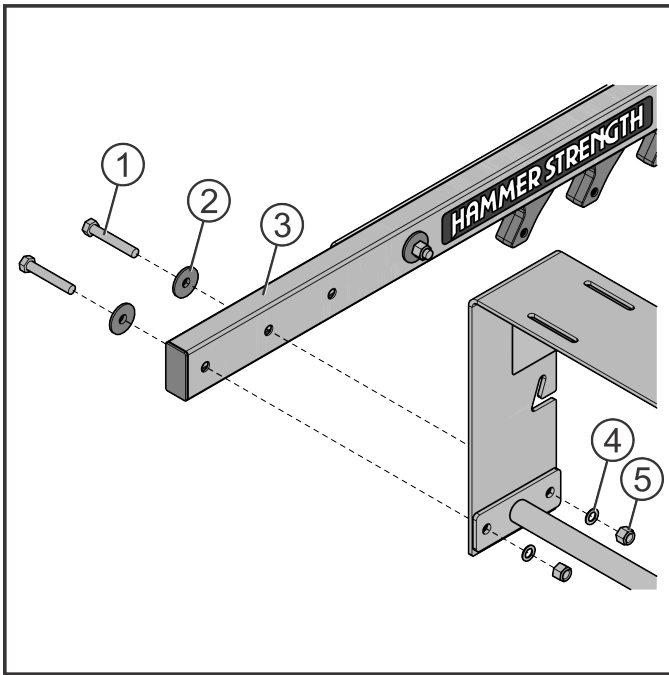
2. Slide top bracket over chin-up bar.



Item	Description	Qty.
1	Bracket	1
2	Chin-Up Bar	1

NOTE: Make sure bracket hooks face mounting wall.

3. Loosely assemble the left upright assembly to the top bracket/chin-up bar.



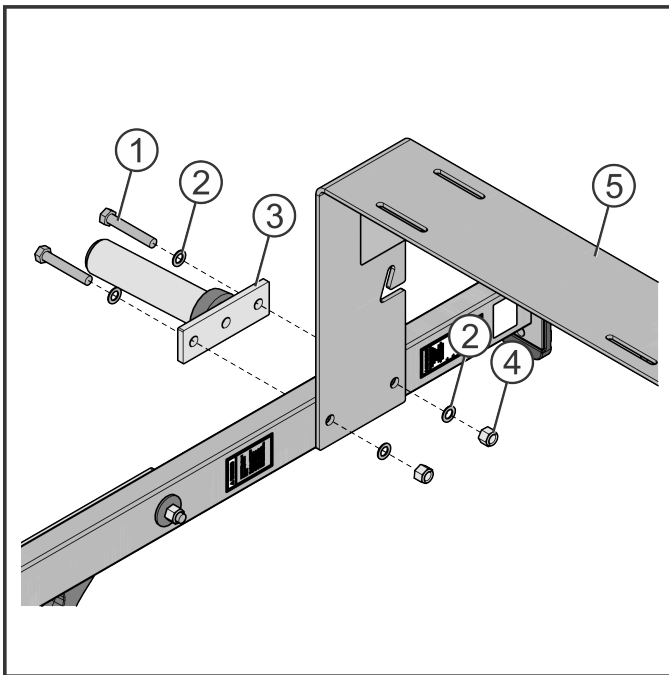
Item	Description	Qty.
1	Bolt, 1/2 x 3	2
2	Backing Washer	2
3	Left Upright Assembly	1
4	1/2" Lock Washer	2
5	1/2" Nut	2



Hand Tighten

NOTE: To lower chin-up bar by 4.5 inches (11.4cm), use 2nd and 3rd set of holes in the upright assemblies.

4. Loosely assemble the angled weight horn and bottom bracket to the left upright assembly.



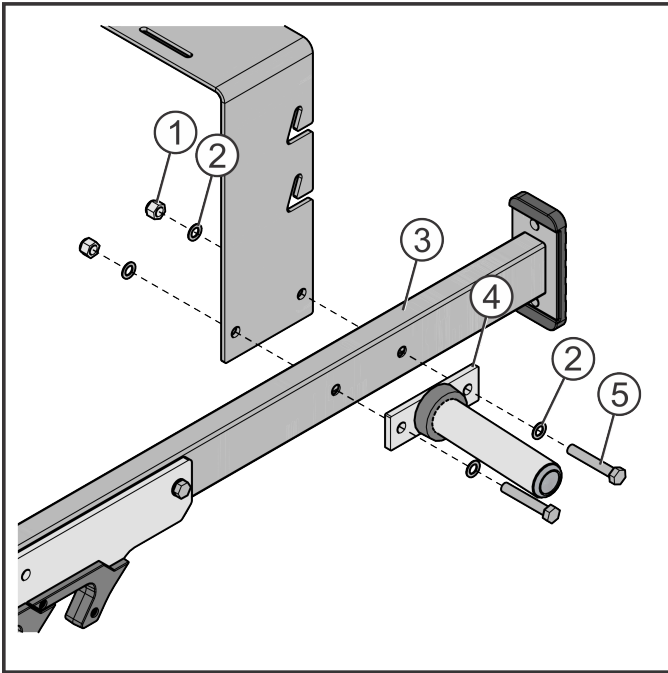
Item	Description	Qty.
1	Bolt, 1/2 x 3	2
2	1/2" Lock Washer	4
3	Angled Weight Horn	1
4	1/2" Nut	2
5	Bottom Bracket	1



Hand Tighten

NOTE: Face 7 degree angled weight horn upward; refer to arrow sticker on weigh horn.

5. Loosely assemble the angled weight horn and right upright assembly to the bottom bracket.



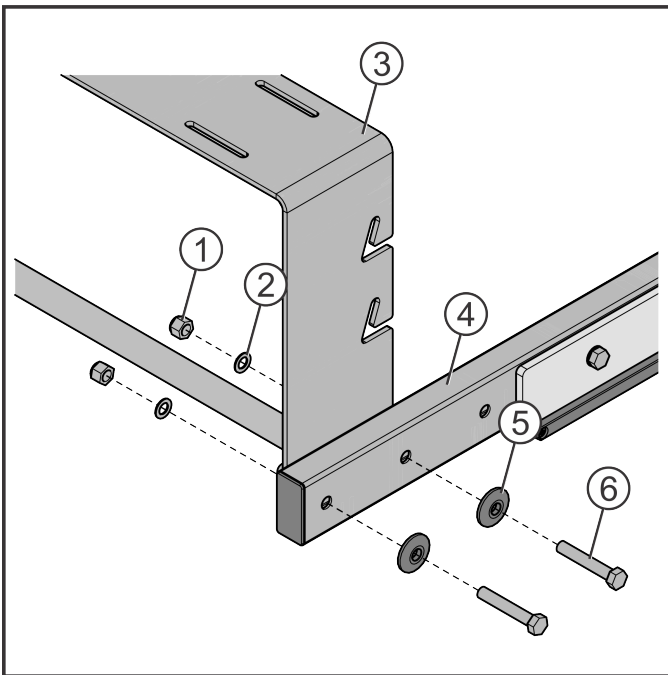
Item	Description	Qty.
1	1/2" Nut	2
2	1/2" Lock Washer	4
3	Right Upright Assembly	1
4	Angled Weight Horn	1
5	Bolt, 1/2 x 3	2



Hand Tighten

NOTE: Face 7 degree angled weight horn upward; refer to arrow sticker on weigh horn.

6. Loosely assemble the right upright assembly to the top bracket/chin-up bar.

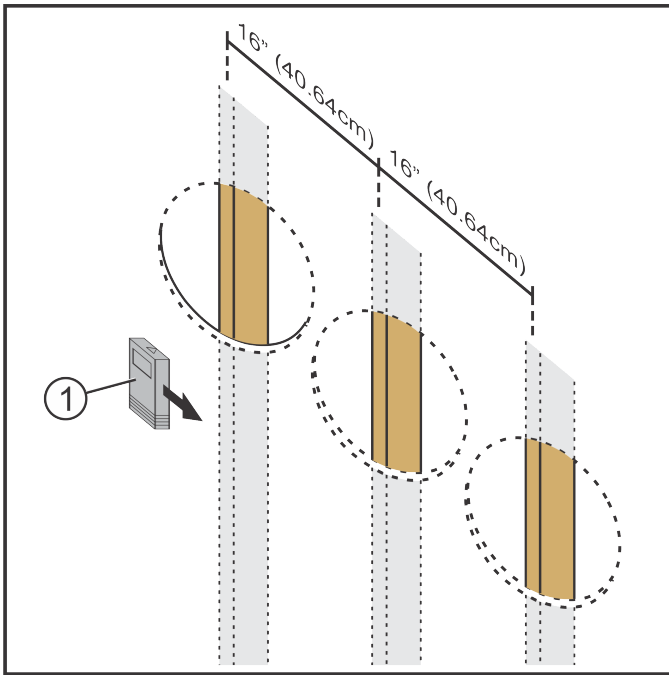


Item	Description	Qty.
1	1/2" Nut	2
2	1/2" Lock Washer	2
3	Top Bracket/Chin-Up Bar	1
4	Right Upright Assembly	1
5	Backing Washer	2
6	Bolt, 1/2 x 3	2



Hand Tighten

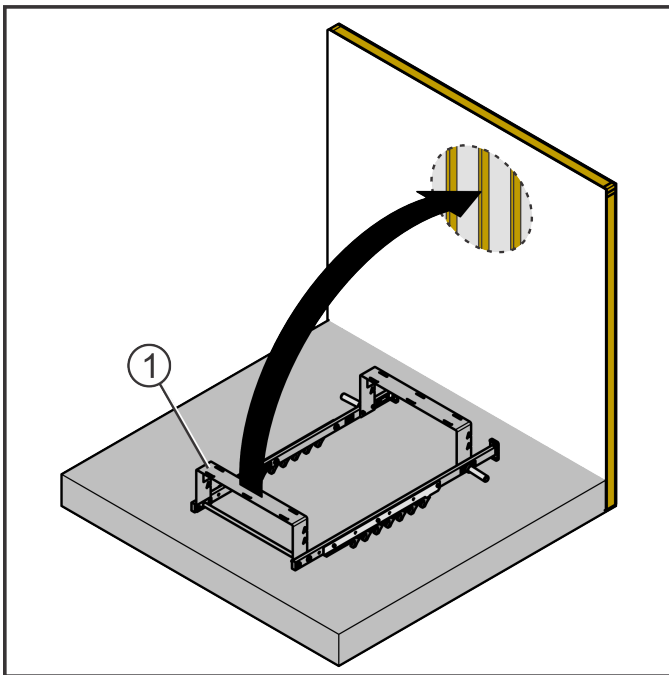
7. Locate and mark wall stud locations. Verify center of 16-inch on-center wooden studs by using stud sensor.



Item	Description	Qty.
1	Stud Sensor	1

NOTE: Refer to manufacturer's instructions on how to properly use Stud Sensor.

8. Lift unit into place, lining up bracket slots with wall marks.

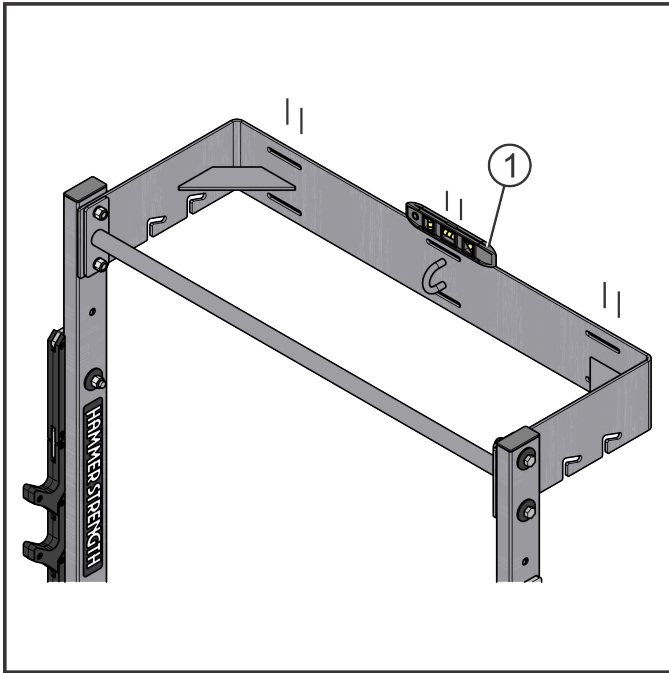


Item	Description	Qty.
1	Hammer Strength Wall Squat Rack	1



Two Person Lift

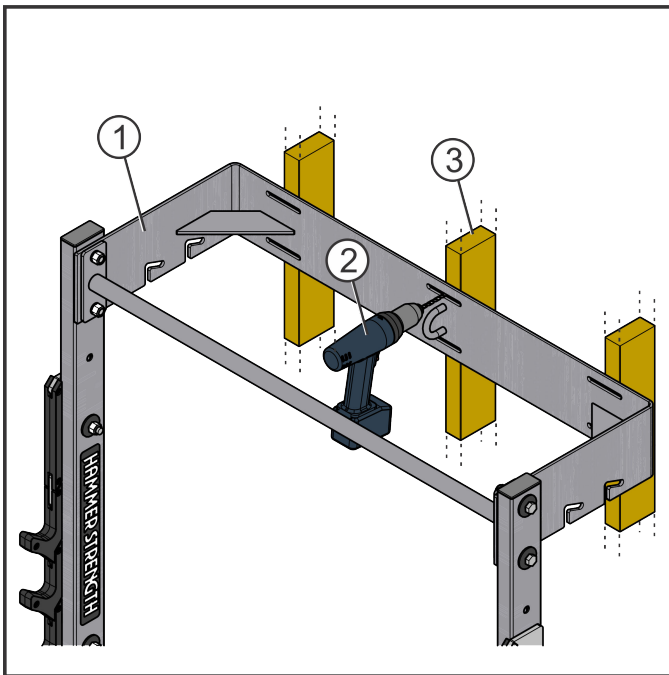
9. Check that rack is level.



Item	Description	Qty.
1	Level	1

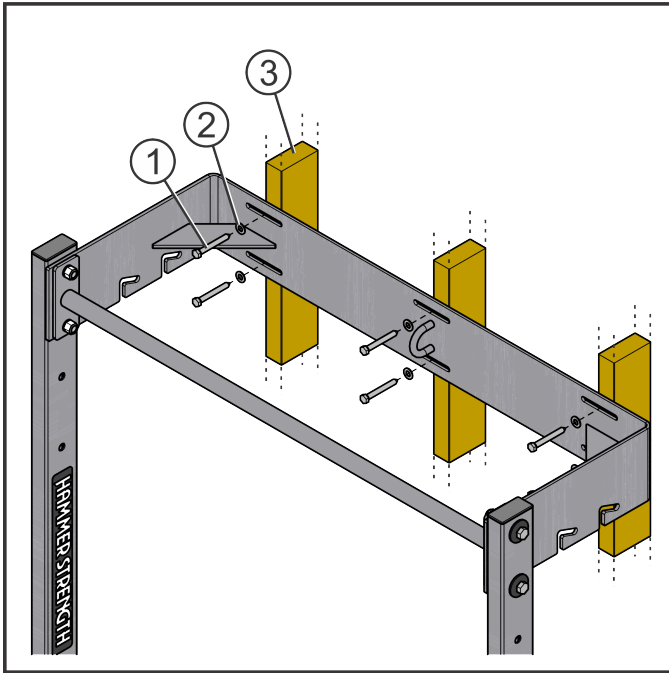
NOTE: Add shims under upright assembly's feet if needed.

10. Drill six top pilot holes. Drill at least two inches (5.08cm) into each stud through the six bracket slots.



Item	Description	Qty.
1	Bracket	1
2	Drill with 7/32" (5.5mm) Drill Bit	1
3	Wood Wall Studs (16" on center)	3

11. Install and tighten top lag screws.



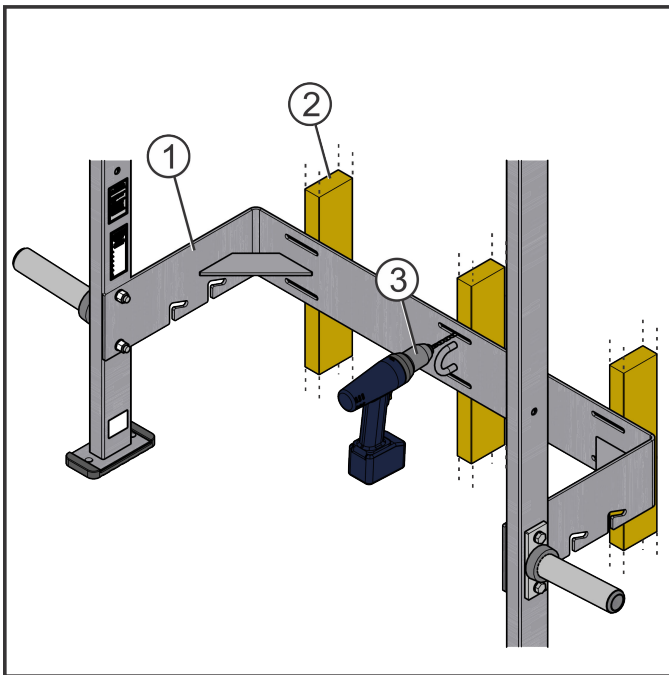
Item	Description	Qty.
1	Screw, 3/8-7 Hex Lag	6
2	3/8" Washer	6
3	Wood Wall Studs (16" on center)	3



Tighten lag screws flush against bracket. See *Lag Screw Depth* for requirements.

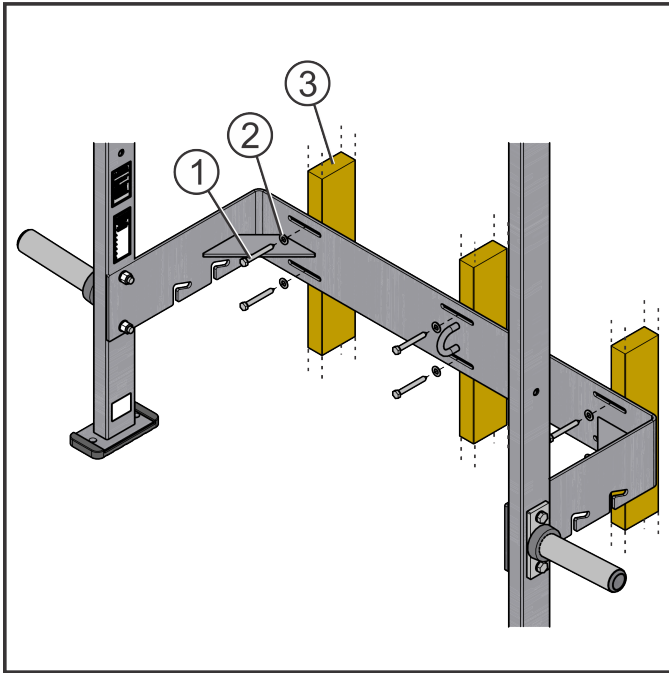
NOTE: Do not over-tighten lag bolts.

12. Drill six bottom pilot holes. Drill at least two inches (5.08cm) into each stud through the six bracket slots.



Item	Description	Qty.
1	Bracket	1
2	Wood Wall Studs (16" on center)	3
3	Drill with 7/32" (5.5mm) Drill Bit	1

13. Install and tighten bottom lag screws.



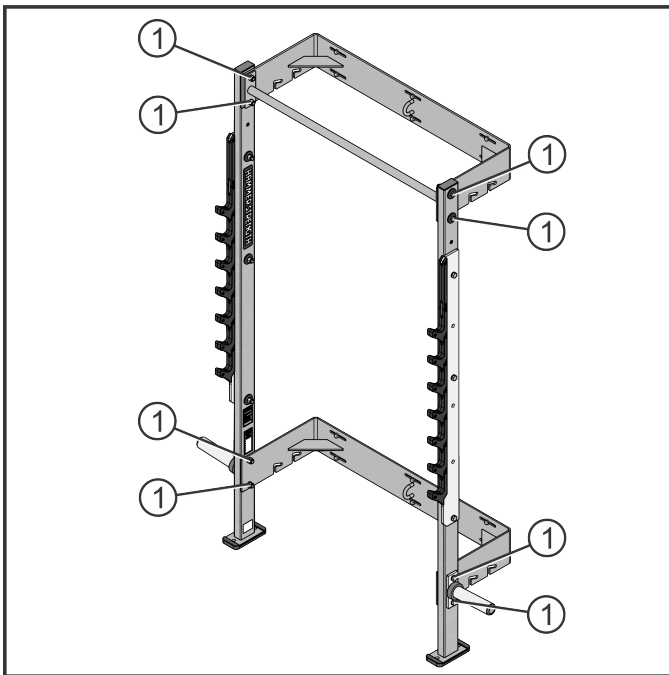
Item	Description	Qty.
1	Screw, 3/8-7 Hex Lag	6
2	3/8" Washer	6
3	Wood Wall Studs (16" on center)	3



Tighten lag screws flush against bracket. Refer to *Lag Screw Depth* for requirements.

NOTE: Do not over-tighten lag bolts.

14. Tighten frame hardware.



Item	Description	Torque Range
1	1/2" Hardware	20-25 ft-lbs. (27.1-33.8 Nm)

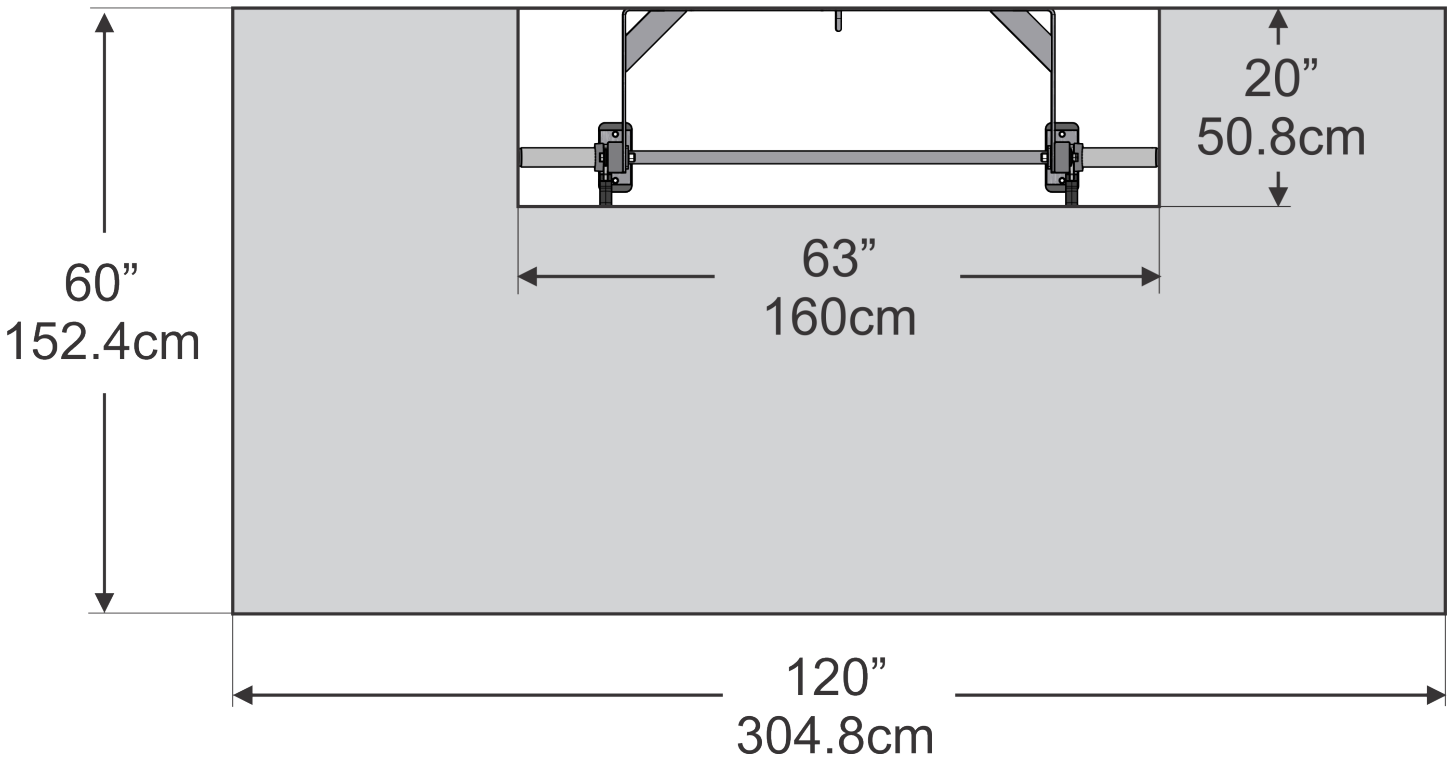


Tighten Hardware

3. Product Information

Specifications

Machine Weight:	179 lbs.	81.19 kg.
Size (D x W x H):	in. = 20 x 63 x 88	cm = 50.8 x 160 x 223.5
Live Area (D x W):	in. = 60 x 120	cm = 152.4 x 304.8
Max User Weight:	300 lbs.	136 kg.
Max Training Weight:	495 lbs.	225 kg.
Max Plate Capacity:	4 - 45 lb. plates per side	3 - 25 kg. plates per side
Gun Rack Spacing:	in = 5.0	cm = 12.7
Chin Bar (top position to ground):	in. = 83.5	cm = 212
Chin Bar (bottom position to ground):	in. = 78.5	cm = 199



4. General Exercise Information

Intended Use

The intended home 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 user to ensure they understand general use and only perform recommended exercises that do not compromise the stability of the product or put users 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.

5. Maintenance Procedures

Maintenance Schedule

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

Clean

- Frame with a soft towel.

Wax

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

Inspect

- Accessories. Look for wear or damage on bars, plates, chains, straps and resistance bands. Do not use, replace immediately if damaged.
- Hardware. Check for loosening. Tighten as required.
- Frames. Inspect for wear and damage.
- For paint chips. Fill in immediately with manufacturers touch-up paint.

Once a Week

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

Once a Month

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

Notes

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

Approved and Compatible Cleaners

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

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

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

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

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use

ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

Removal of Paint, Marking Pens, or Labels

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

6. Warranty

What is Covered

This *LIFE FITNESS* consumer exercise equipment product is warranted to be free of all defects in material and workmanship.

Who is Covered

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

Who Pays Transportation and Insurance For Service

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

What We Will Do To Correct Covered Defects

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

What is Not Covered

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

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

Owner's Manual

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

Exclusive Warranty

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

Changes in Warranty Not Authorized

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

Effects of State Laws

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

Warranty Coverage

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

Item	5 Years	3 Years	1 Year	90 Days
Frame	X			
Weight Plates/Dumbbells		X		
Barbells			X	
Kettlebells			X	
Hardware / Mechanical				X
Barbell collars				X
Items Not Specified				X

How to Obtain Product Service

For CUSTOMER Service within the United States and Canada: 1-800-351-3737 or customersupport@lifefitness.com

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 Bryn Mawr Avenue

Rosemont, IL 60018

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

