

HAMMER[®]STRENGTH

**HAMMER
STRENGTH[®]**

Multi Adjustable Bench
Owner's Manual/Assembly Instructions

HSH-MAB-CHR



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

User and Service Documents Link

<https://fn.fit/KnowledgeBase>

<https://fn.fit/SupportDocuments>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

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

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

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

Дополнительная информация доступна в интернете по ссылке, указанной выше.

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

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

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

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

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

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

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

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

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

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

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

Table of Contents

Safety

Safety Information.....	4
Product Labels.....	6
Label Locations.....	7

Assembly

Tools Required.....	8
Component List.....	8
Assemble Rear Weldment.....	9
Saddle Back/Pad Adjustment.....	10

Product Information

Specifications.....	11
---------------------	----

Exercise

General Exercise Information.....	12
-----------------------------------	----

Maintenance Procedures

Maintenance Schedule.....	13
---------------------------	----

Warranty

What is Covered.....	15
Who is Covered.....	15
Who Pays Transportation and Insurance For Service.....	15
What We Will Do To Correct Covered Defects.....	15
What is Not Covered.....	15
Owner's Manual.....	15
Changes in Warranty Not Authorized.....	15
Effects of State Laws.....	15
Warranty Coverage.....	15

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www.lifefitness.com • 1017054-0001 AB • 2024

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 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 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

- Life Fitness does not warrant nor guarantee that component parts used in the manufacture of products offered under the Life Fitness are latex-free. Users of these products must take all necessary precautions to prevent accidental contact that could lead to an adverse latex reaction.
- This equipment is not intended for use by children. Keep children under the age of 14 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 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 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 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.
- 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.

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 representative with any questions regarding proper weights and loading.

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. Children must not be allowed near this machine. Supervise teenagers.
6. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

General Warning



Serial Number

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

 
EN ISO 20957 Class S

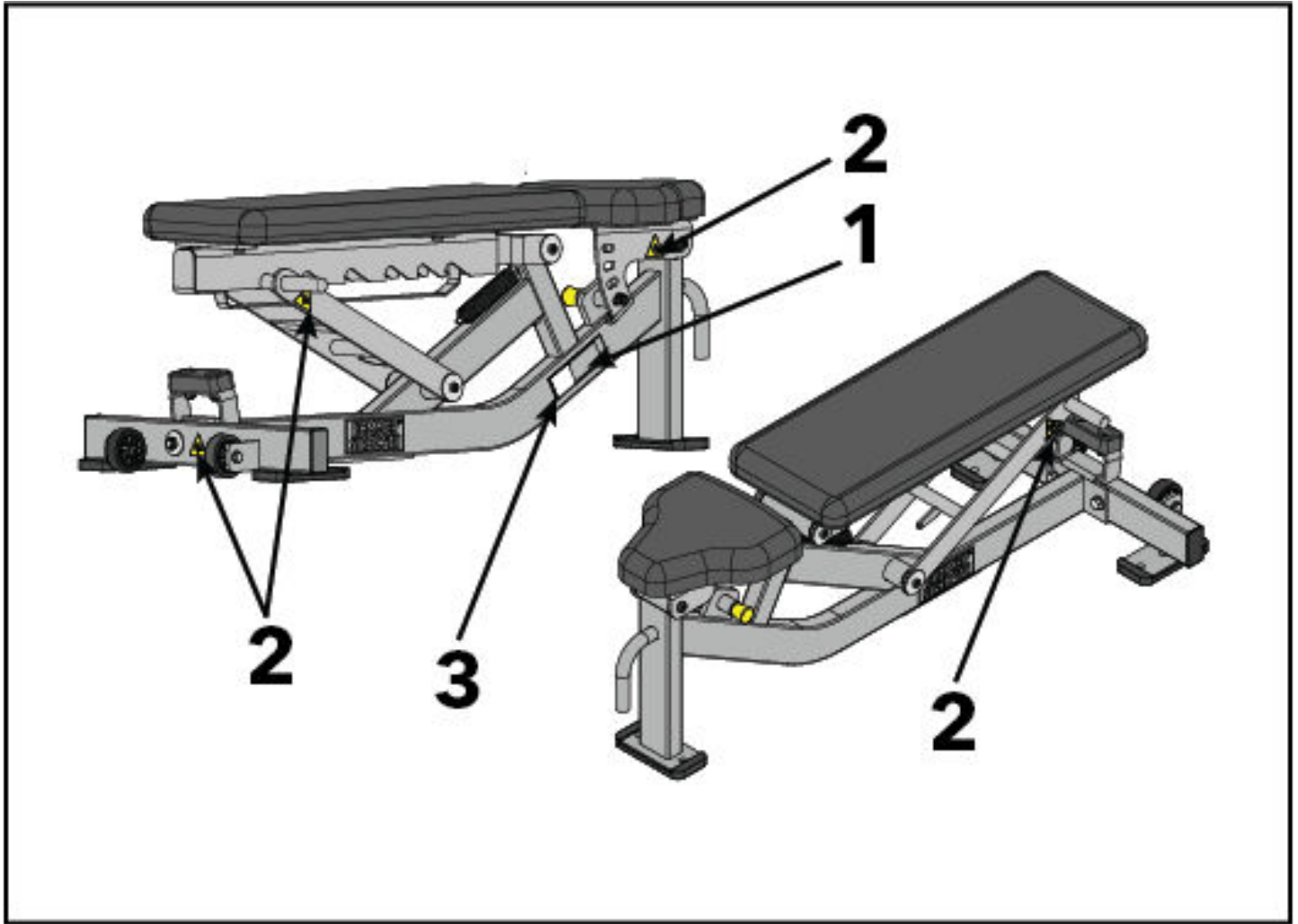
www.lifefitness.com

Model: XXX
Manufactured in the USA with US and Foreign parts
Max. User Weight: XXX lbs XXX kgs
Max. Training Weight: XXX lbs XXX kgs

S/N XXXXXXXXXXXX



Label Locations



Item	Description	Qty.
1	General Warning	1
2	Pinch Hazard	4
3	Serial Number	1

2. Assembly

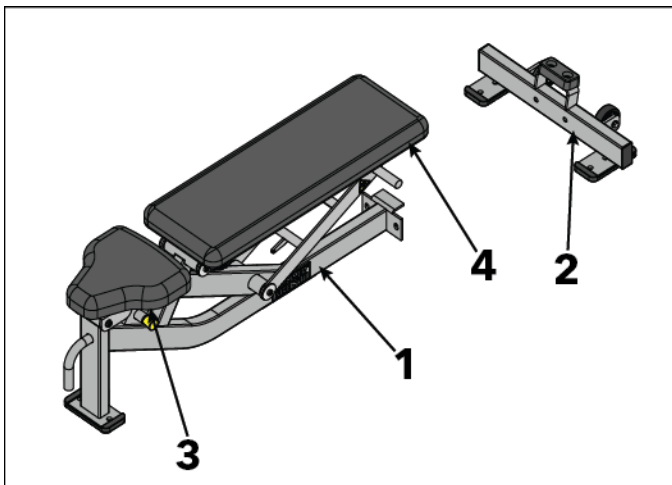
Tools Required

- Safety glasses
- 3/4" Open end wrench (x2)
- Torque wrench

Component List

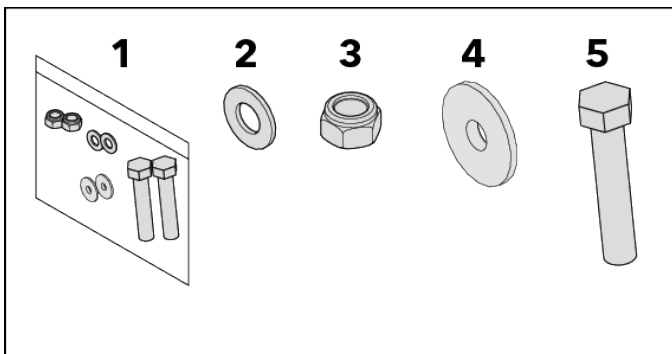
Bench

Item	Description	Qty.
1	Seat Frame	1
2	Rear Frame	1
3	Seat Pad	1
4	Back Pad	1



Hardware

Item	Description	Qty.
1	Hardware Pack	1
2	1/2" Flat Washer	2
3	1/2" Thin Lock Nut	2
4	H-Back Washer	2
5	1/2 x 2 1/2 Bolt	2

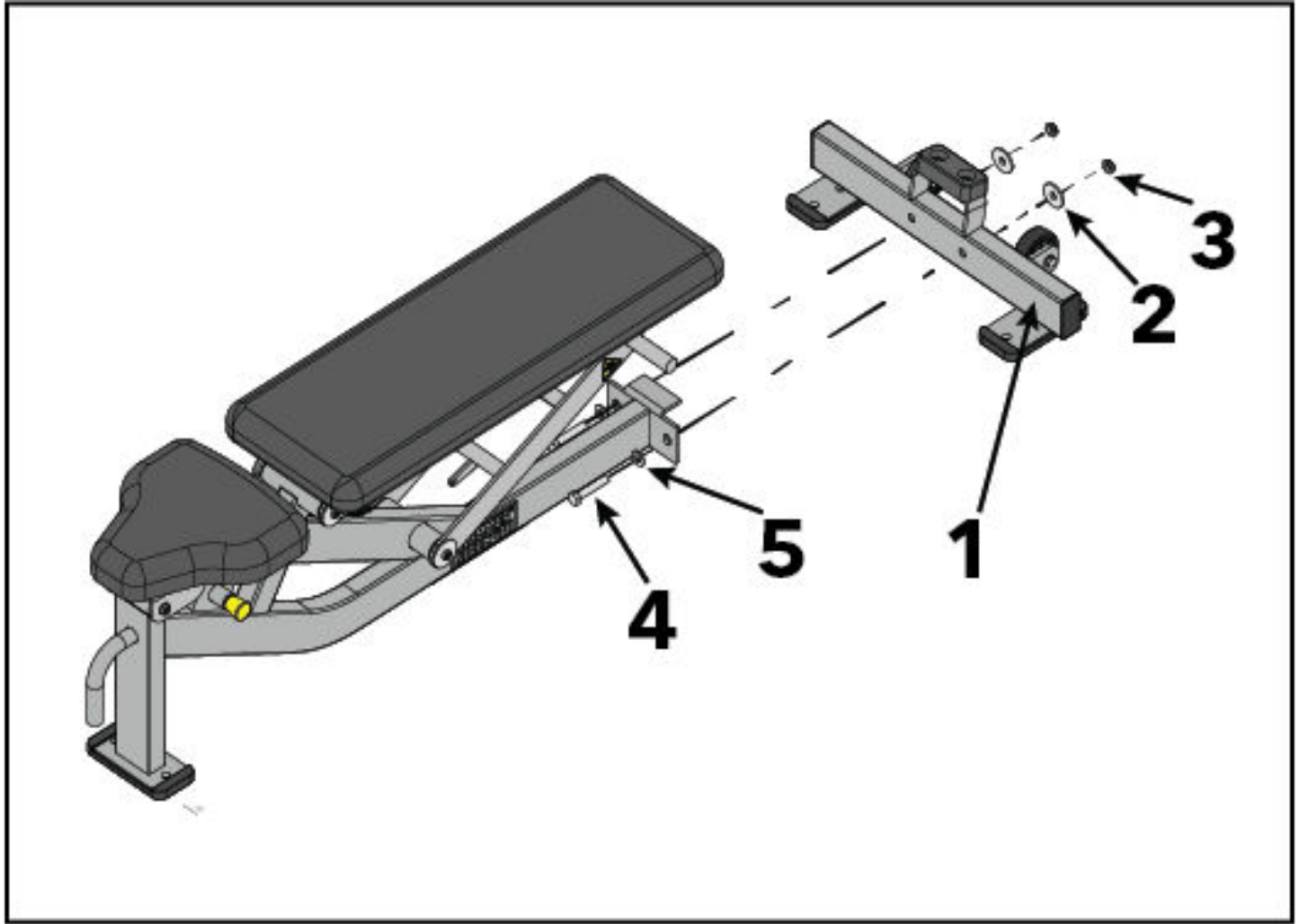


Assemble Rear Weldment

1. Install bolts, washers, and hex nuts securing rear base to frame using two $\frac{3}{4}$ " open end wrenches.
2. Tighten all hardware.



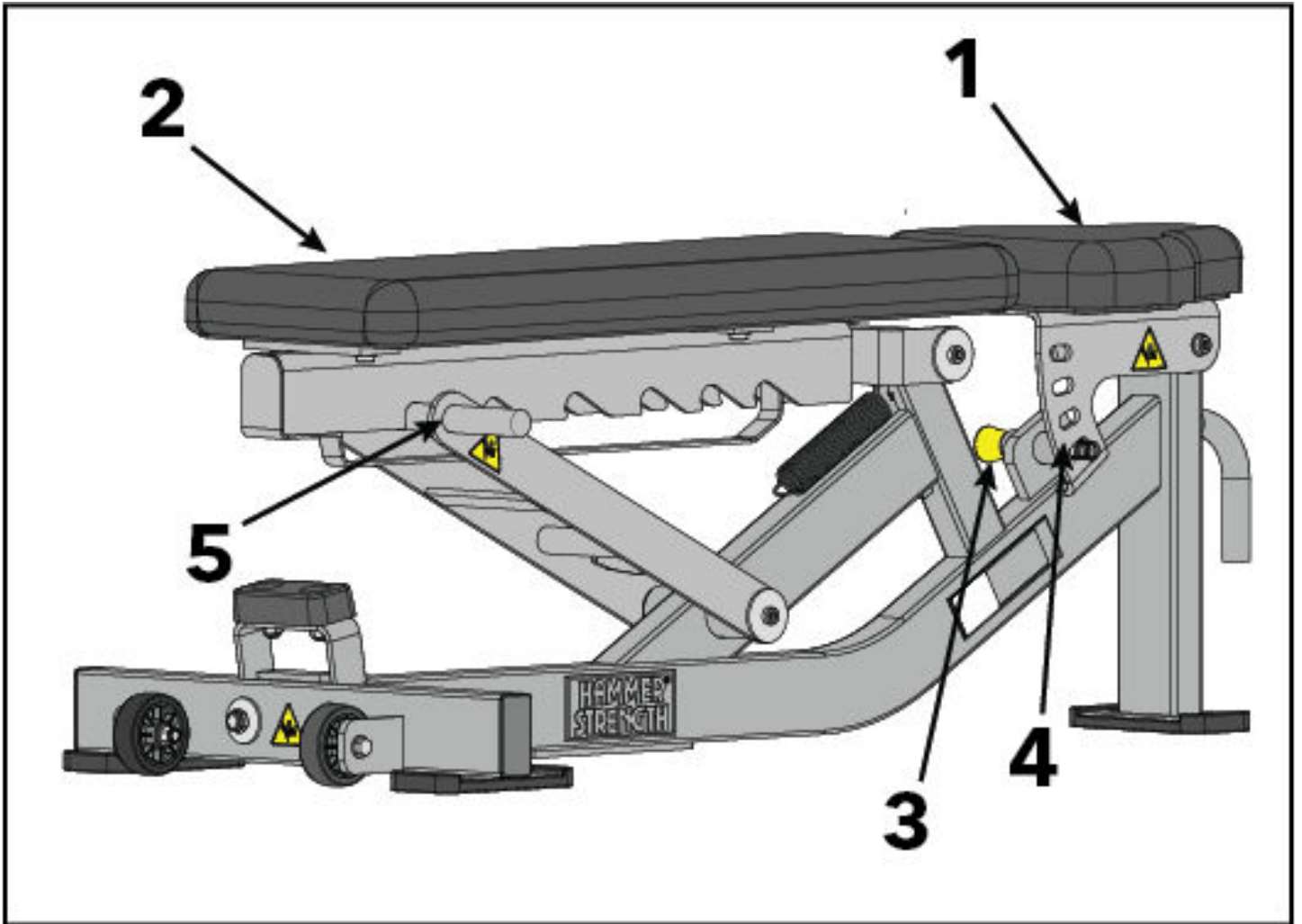
3. Tighten to 20-25 ft-lb (27-33 Nm).



Item	Description	Qty.
1	Rear Weldment	1
2	H-Back-Washer	2
3	$\frac{1}{2}$ " Thin Lock Nut	2
4	$\frac{1}{2}$ " x 2 $\frac{1}{2}$ " Bolt	2
5	$\frac{1}{2}$ " SAE Flat Washer	2

Saddle Back/Pad Adjustment

1. Grasp saddle.
2. Pull detent pin knob out of adjustment plate.
3. Adjust saddle to desired position.
4. Grasp back pad.
5. Move back pad adjustment to desired position.

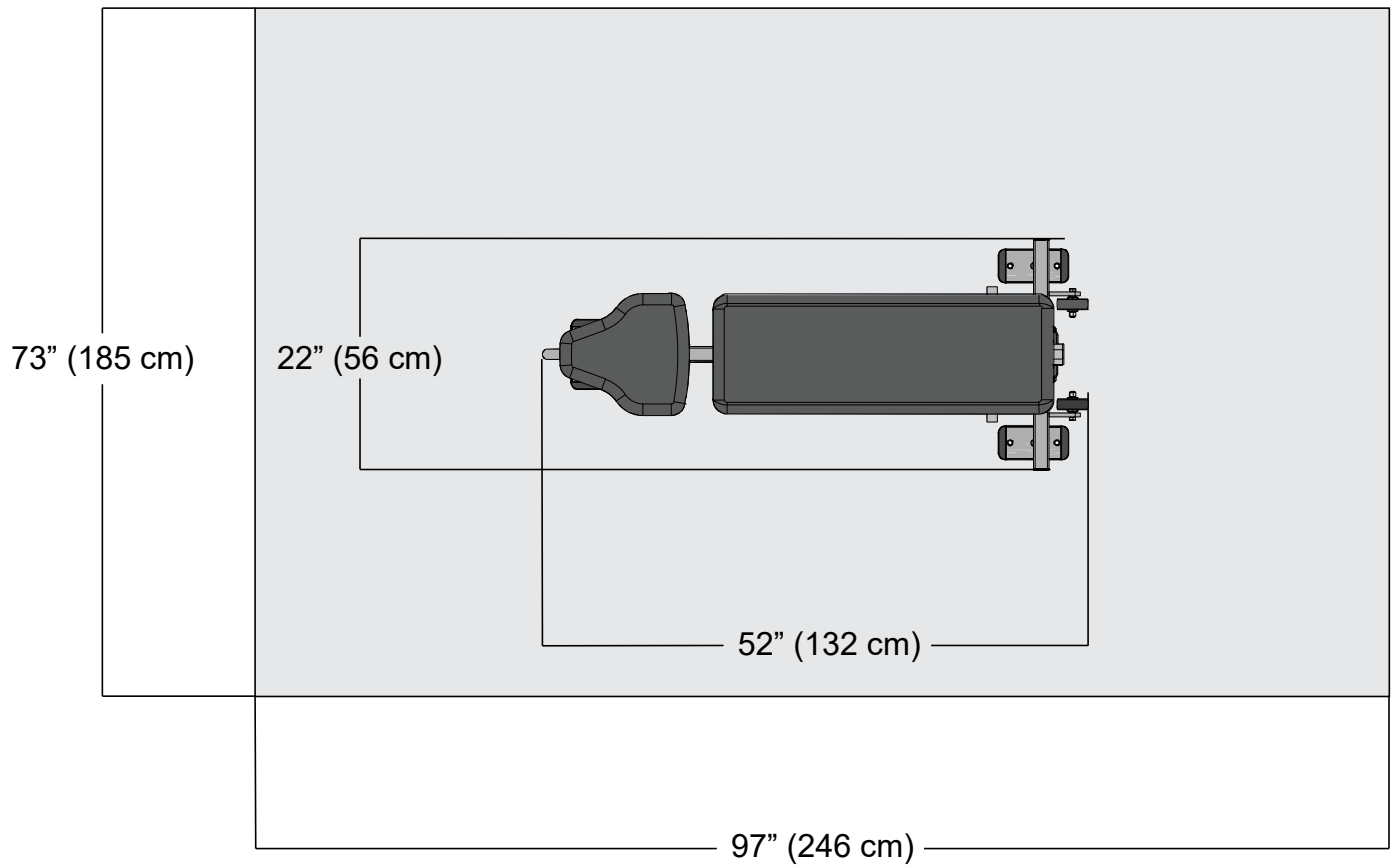


Item	Description	Qty.
1	Saddle	1
2	Back Pad	1
3	Detent Pin Knob	1
4	Adjustment Plate	1
5	Back Pad Adjustment	1

3. Product Information

Specifications

Machine Weight:	95 lbs.	43.09 kg.
Size (D x W x H):	in. = 52.375 x 22.25 x 18.37	cm = 133.03 x 56.515 x 46.7
Max User Weight:	300 lbs.	136 kg.
Max Training Weight:	675 lbs.	306.175 kg.
Live Area	in. = 97 x 73	cm = 246 x 185



4. Exercise

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, 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.

Changes in Warranty Not Authorized

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

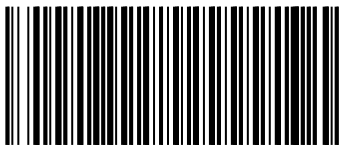
Effects of State Laws

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

Warranty Coverage

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

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



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