

# Life Fitness Decline Bench

LBR-DB

Assembly Instructions





# Corporate Headquarters

Columbia Centre III, 9525 Bryn Mawr Avenue, Rosemont, IL 60018 • U.S.A.  
847.288.3300 • FAX: 847.288.3703  
Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)  
Global Website: [www.lifefitness.com](http://www.lifefitness.com)

## International Offices

### AMERICAS

#### North America

##### Life Fitness, LLC

Columbia Centre III  
9525 Bryn Mawr Avenue  
Rosemont, IL 60018 U.S.A.  
Telephone: (847) 288 3300  
Service Email:  
[customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)  
Sales/Marketing Email:  
[commercialsales@lifefitness.com](mailto:commercialsales@lifefitness.com)

#### Brazil

##### Life Fitness Brasil

Av. Rebouças, 2315  
Pinheiros  
São Paulo, SP 05401-300  
BRAZIL  
SAC: 0800 773 8282 option 2  
Telephone: +55 (11) 3095 5200 option 2  
Service Email: [suportebr@lifefitness.com](mailto:suportebr@lifefitness.com)  
Sales/Marketing Email:  
[vendasbr@lifefitness.com](mailto:vendasbr@lifefitness.com)

#### Latin America and Caribbean\*

##### Life Fitness, LLC

Columbia Centre III  
9525 Bryn Mawr Avenue  
Rosemont, IL 60018 U.S.A.  
Telephone: (847) 288 3300  
Service Email:  
[customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)  
Sales/Marketing Email:  
[commercialsales@lifefitness.com](mailto:commercialsales@lifefitness.com)

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

#### Belgium, Netherlands, and Luxemburg

##### Life Fitness Atlantic BV

Bijdorpplein 25-31  
2992 LB Barendrecht  
THE NETHERLANDS  
+3118064666  
Service Email:  
[service.benelux@lifefitness.com](mailto:service.benelux@lifefitness.com)  
Sales/Marketing Email:  
[marketing.benelux@lifefitness.com](mailto:marketing.benelux@lifefitness.com)

#### United Kingdom

##### Life Fitness UK LTD

Unit 109<sup>a</sup>  
Lancaster Way Business Park  
Ely, Cambs, CB6 3NX  
Telephone: General Office (+44)  
1353.666017  
Customer Support (+44) 1353.665507  
Service Email: [uk.support@lifefitness.com](mailto:uk.support@lifefitness.com)  
Sales/Marketing Email: [life@lifefitness.com](mailto:life@lifefitness.com)

#### Germany, Austria, and Switzerland

##### Life Fitness Europe GMBH

Neuhofweg 9  
85716 Unterschleißheim  
GERMANY  
Telephone:  
+49 (0) 89 / 31775166 Germany  
+43 (0) 1 / 6157198 Austria  
+41 (0) 848 / 000901 Switzerland  
Service Email:  
[kundendienst@lifefitness.com](mailto:kundendienst@lifefitness.com)  
Sales/Marketing Email:  
[vertrieb@lifefitness.com](mailto:vertrieb@lifefitness.com)

#### Spain

##### Life Fitness IBERIA

C/Frederic Mompou 5,1<sup>a</sup><sup>a</sup>  
08960 Sant Just Desvern Barcelona  
SPAIN  
Telephone: (+34) 93.672.4660  
Service Email:  
[servicio.tecnico@lifefitness.com](mailto:servicio.tecnico@lifefitness.com)  
Sales/Marketing Email:  
[info.iberia@lifefitness.com](mailto:info.iberia@lifefitness.com)

#### All Other EMEA Countries and Distributor Business EMEA\*

##### Life Fitness Atlantic BV

Bijdorpplein 25-31  
2992 LB Barendrecht  
THE NETHERLANDS  
+3118064666  
Service Email:  
[emeaservicesupport@lifefitness.com](mailto:emeaservicesupport@lifefitness.com)

### ASIA PACIFIC (AP)

#### Japan

##### Life Fitness Japan, Ltd

4-17-33 Minami Aoyama 1F/B1F  
Minato-ku - Tokyo 107-0062  
Japan  
Telephone: (+81) 0120.114.482  
Fax: (+81) 03-5770-5059  
Service Email: [service.lfj@lifefitness.com](mailto:service.lfj@lifefitness.com)  
Sales/Marketing Email:  
[sales@lifefitnessjapan.com](mailto:sales@lifefitnessjapan.com)

#### Hong Kong

##### Life Fitness Asia Pacific LTD

26/F, Global Trade Square  
21 Wong Chuk Hang Road  
Wong Chuk Hang  
Hong Kong  
Telephone: (+852) 25756262  
Fax: (+852) 25756894  
Service Email: [service.hk@lifefitness.com](mailto:service.hk@lifefitness.com)  
Sales/Marketing Email:  
[marketing.hk.asia@lifefitness.com](mailto:marketing.hk.asia@lifefitness.com)

#### All Other Asia Pacific countries and distributor business Asia Pacific\*

##### Life Fitness Asia Pacific LTD

26/F, Global Trade Square  
21 Wong Chuk Hang Road  
Wong Chuk Hang  
Hong Kong  
Telephone: (+852) 25756262  
Fax: (+852) 25756894  
Service Email: [service.ap@lifefitness.com](mailto:service.ap@lifefitness.com)  
Sales/Marketing Email:  
[marketing.hk.asia@lifefitness.com](mailto:marketing.hk.asia@lifefitness.com)

\*Also check [www.lifefitness.com](http://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.

ከላይ የተመጠውን አገናኝ(ሊንክ) በመጠቀም መረጃዎች አንላይን ያገኛሉ።

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 אפוא רש בקבל 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
Storage.....	5
Product Labels.....	6
Label Locations.....	7
Bolt to Floor Locations.....	7

## Assembly

Component and Hardware List.....	8
Assembly Procedure.....	10

## Product Information

Specifications.....	14
---------------------	----

Life Fitness® is a registered trademark.

Gym Wipes® is a registered trademark of the 2XL Corporation. PureGreen 24 is a trademark of Pure Green.

© Copyright 2024, Life Fitness, LLC. All Rights Reserved. Life Fitness, Hammer Strength, Cybex, ICG and SCIFIT are registered trademarks of Life Fitness, LLC and its affiliated companies and subsidiaries. Disclaimer: Images and specifications are current as of the date of publication and are subject to change.

Columbia Center III - 9525 Bryn Mawr Ave., Rosemont, IL 60018 • 847-288-3300 • [www.lifefitness.com](http://www.lifefitness.com) • 1023516-0001 AC • 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 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>

- 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.
- 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 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 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 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.

## 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.
- 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.

## Plate Loaded, Free Weight, and Body Weight Systems

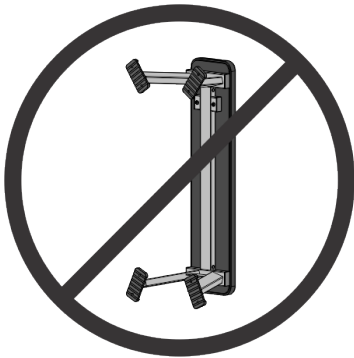
- Never exceed the load rating for any plate loaded station, body weight station, bench or other free weight device; including specific weight rod and band peg limits. See machine specifications for load limit information.
- Contact a Life Fitness representative with any questions regarding proper weights and loading.

## 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.

## Storage

- DO NOT store equipment in an unstable upright position; keep base frame contact points securely on the ground when storing.



# 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 the machines before use. **DO NOT** use if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.
5. Children must not be allowed near this machine. Supervise teenagers.
6. Manufacturer recommends that all equipment be secured to the oor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
7. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

## Serial Number

*LifeFitness* Bijdorplein 25-31 CAGE: 0CMY5  
10601 W Belmont Ave 2992 LB Barendrecht  
Franklin Park, IL 60131 The Netherlands  
USA 1-800-351-3737 +310180646666  
www.lifefitness.com

Model:  
SS-TR.PLT.BLK.X-LB.STD.S

Max. User Weight:	300 lbs	136 kgs
Max. Training Weight:	210 lbs	210 kgs
Max. Storage Weight:	lbs	kgs





**SN: SS-TR0521B028**



Manufactured in the USA with US and Foreign parts

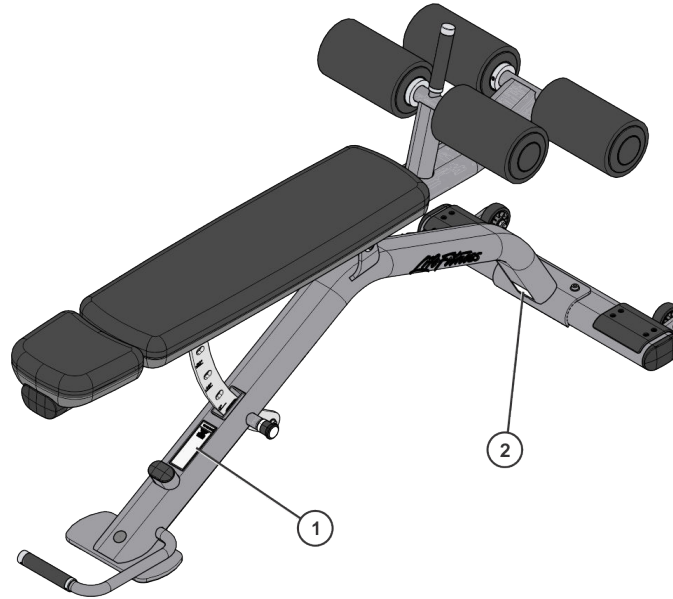
## FCC Compliant

EN ISO 20957  
TSCA Title VI Compliant



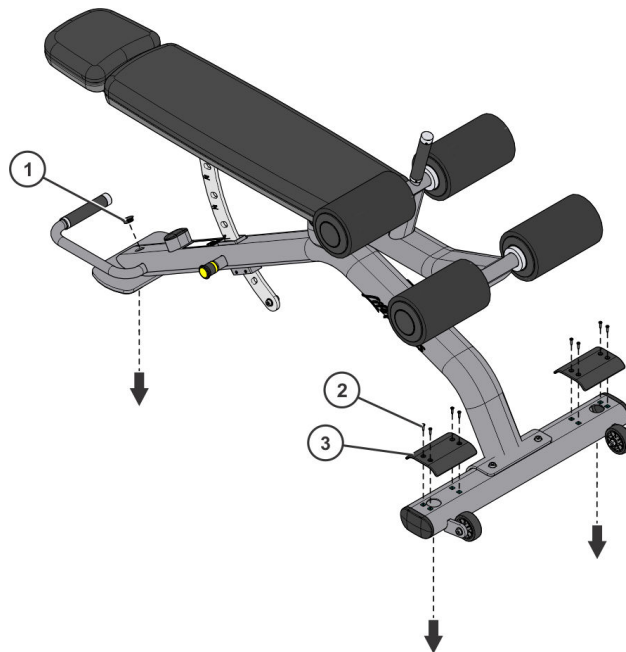
**THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS: (1) THIS DEVICE MAY NOT CAUSE HARMFUL INTERFERENCE, AND (2) THIS DEVICE MUST ACCEPT ANY INTERFERENCE RECEIVED, INCLUDING INTERFERENCE THAT MAY CAUSE UNDESIRE OPERATION.**

## Label Locations



Item	Description	Qty.
1	General Warning	1
2	Serial Number	1

## Bolt to Floor Locations



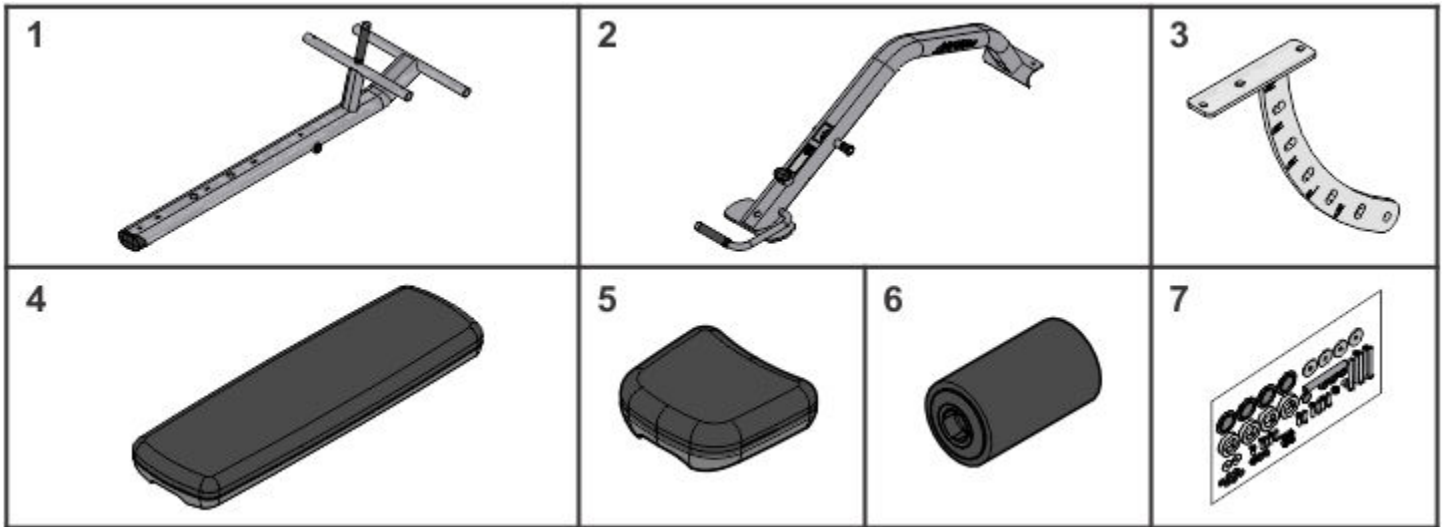
Remove hole plug, 8 X 3/4 Phillips panhead screws and paint guards to access bolt to floor holes. Replace and re-tighten screws to 8-10 in-lbs after unit is bolted to the floor.

Item	Description	Qty.
1	Hole Plug	1
2	Paint Guard	2
3	8 X 3/4 Phillips Panhead Screw	8

# 2. Assembly

## Component and Hardware List

### Components

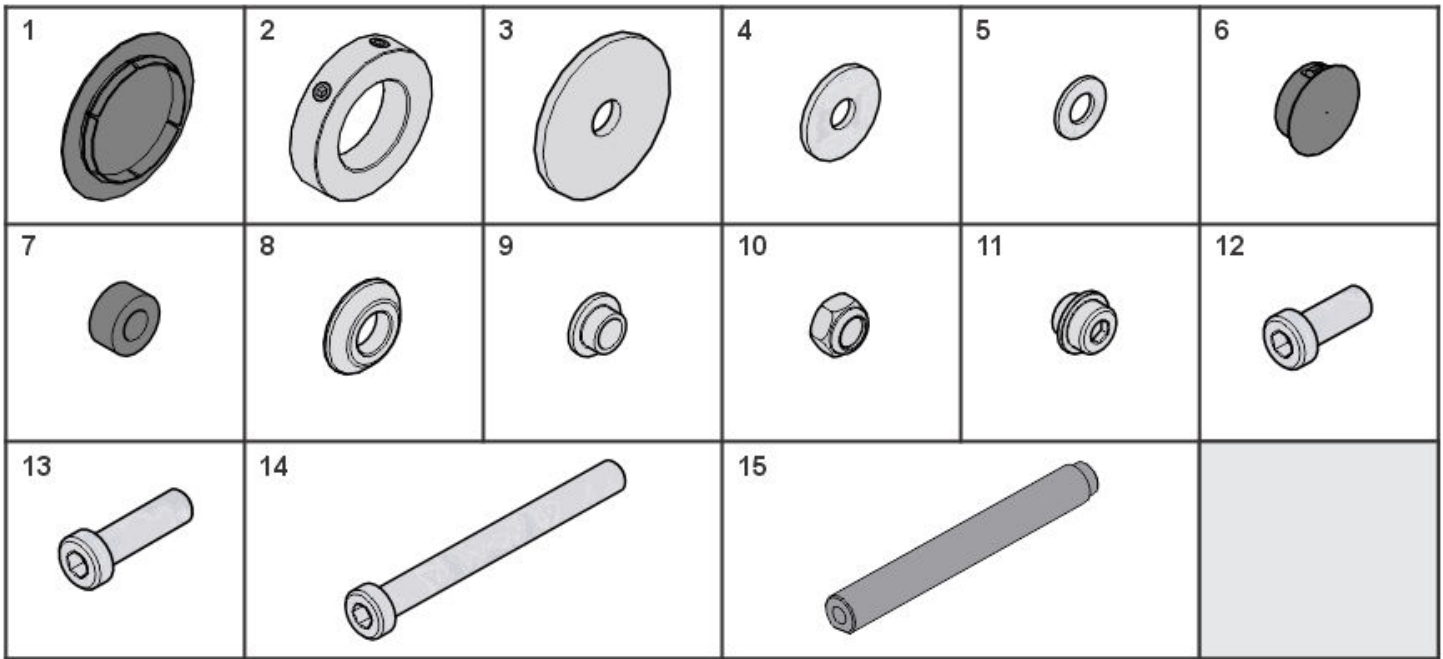


Item	Description	Qty.
1	Back Support Assembly	1
2	Base Frame Assembly	1
3	Adjustment Weldment	1
4	Back Pad	1
5	Head Pad	1
6	Roller Pad	4
7	Hardware Kit	1

### Tools Required

- 4 mm Allen wrench
- 7 mm Allen wrench x2
- 17 mm wrench
- Rubber mallet
- Safety glasses
- Torque wrench

## Hardware List

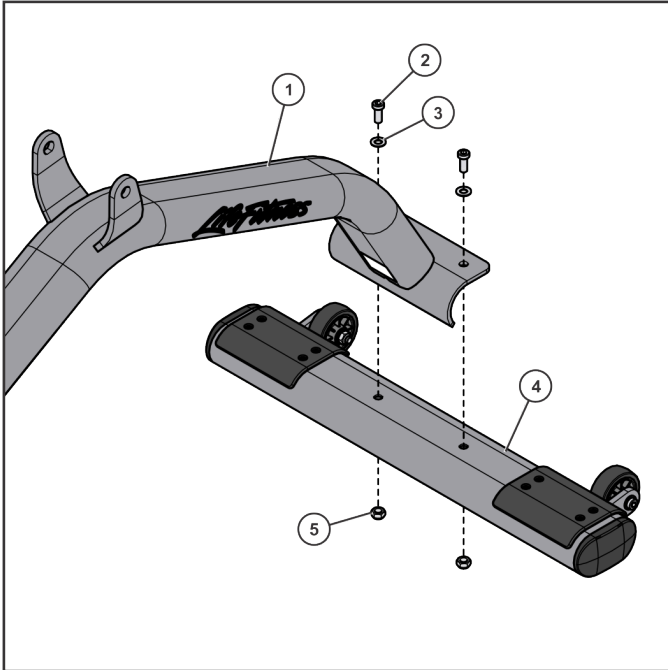


Item	Description	Qty.
1	Bearing Housing Cap	4
2	Shaft Collar	4
3	1.97 OD Plate	4
4	3/8" X 1.25 OD Washer	2
5	3/8" Flat Washer	7
6	1" Hole Plug	1
7	Spacer, Nylon	1
8	Spacer, 1-1/4 OD X 1/4	3
9	Pulley Retainer	3
10	M10 Hex Nylock Nut	4
11	Socket Head Nut	1
12	M10 x 25mm Screw	7
13	M10 x 35mm Screw	4
14	M10 x 100mm Screw	5
15	Pivot Shaft, D-Profile	1

# Assembly Procedure

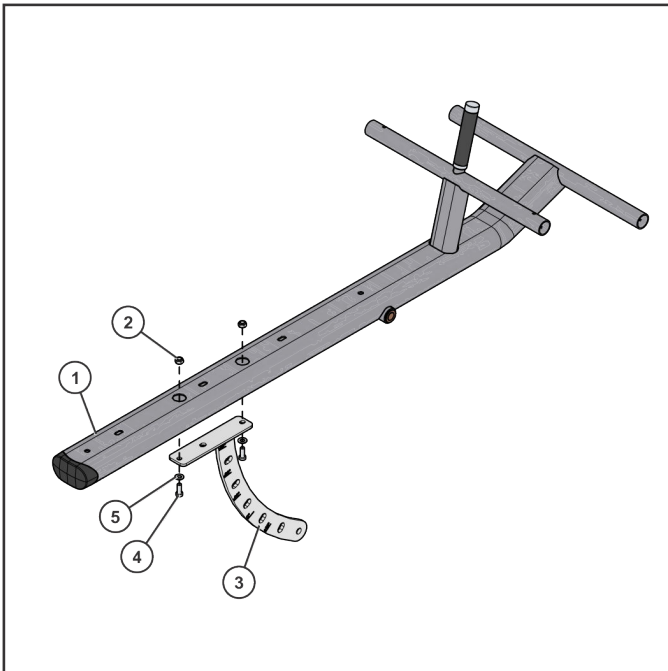
## Assemble Bench

1. Attach the stabilizer to the base frame assembly and tighten hardware to **20-25 ft-lb (21.1-33.8 Nm)**.



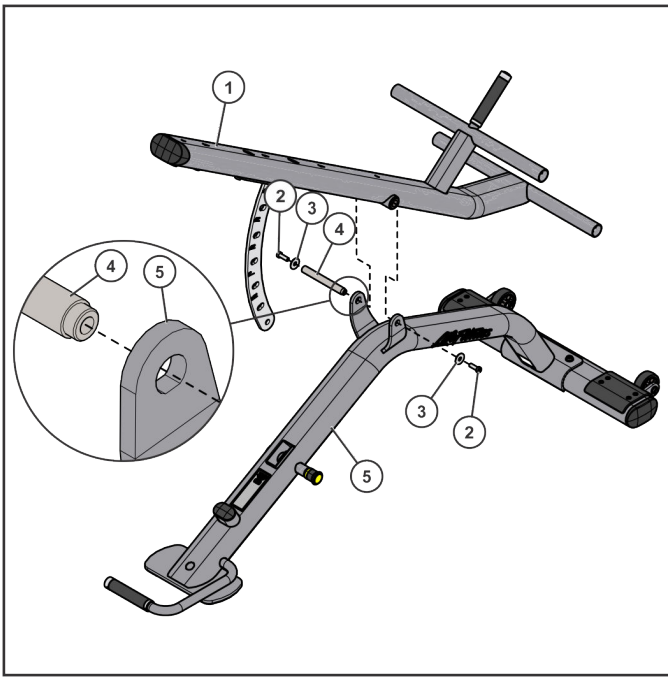
Item	Description	Qty.
1	Base Frame Assembly	1
2	M10 x 25mm Screw	2
3	3/8" Flat Washer	2
4	Stabilizer	1
5	M10 Hex Nylock Nut	2

2. Attach adjustment weldment to the back support weldment and tighten hardware to **20-25 ft-lb (21.1-33.8 Nm)**.



Item	Description	Qty.
1	Back Support Assembly	1
2	M10 Hex Nylock Nut	2
3	Adjustment Weldment	1
4	M10 x 25mm Screw	2
5	3/8" Flat Washer	2

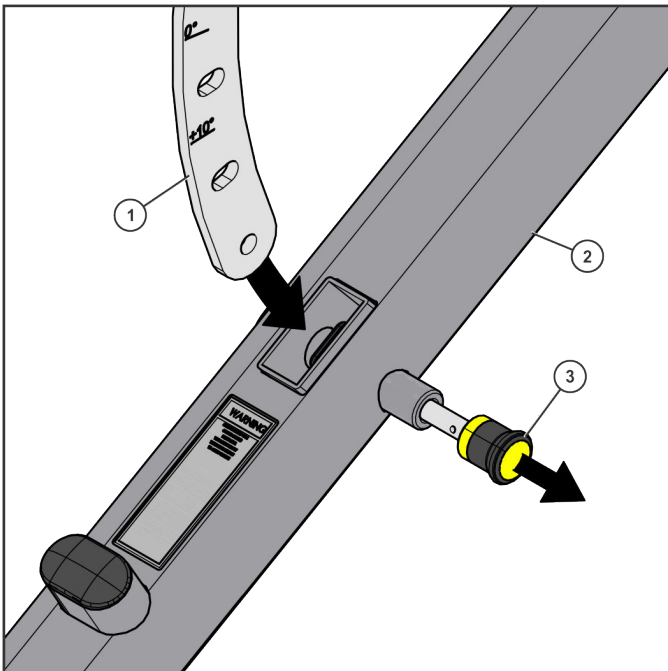
3. Attach the back support assembly to the base frame assembly with the pivot shaft and hardware. Then tighten round opening side first; then tighten D-shaped opening side second to **20-25 ft-lb (21.1-33.8 Nm)**.



Item	Description	Qty.
1	Back Support Assembly	1
2	M10 x 25mm Screw	2
3	3/8" X 1.25 OD Washer	2
4	Pivot Shaft, D-Profile	1
5	Base Frame Assembly	1

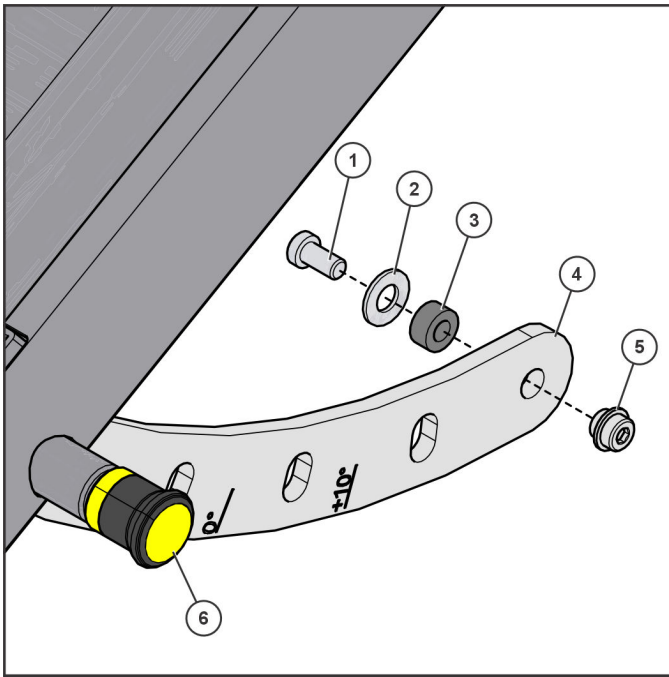
**NOTE:** Tighten round opening side first; then tighten D-shaped opening side.

4. Extend pull pin and slide adjustment weldment through the base frame assembly.



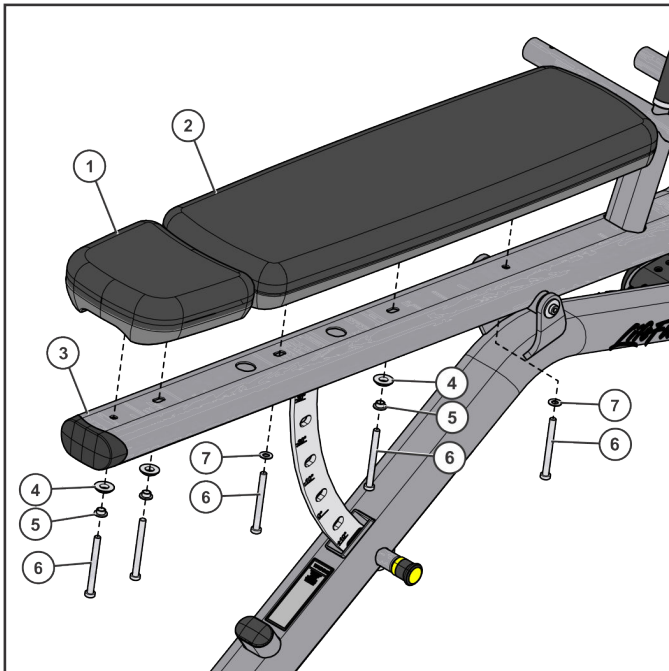
Item	Description	Qty.
1	Adjustment Weldment	1
2	Base Frame Assembly	1
3	Pull Pin	1

5. Attach hardware and nylon spacer, opposite side of pull pin, to the adjustment weldment and tighten to **10-15 ft-lb (13.5-20.3 Nm)**.



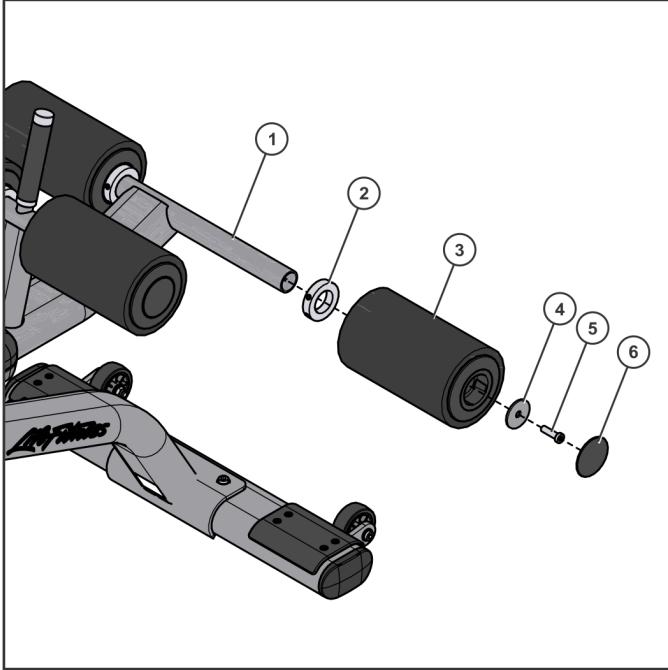
Item	Description	Qty.
1	M10 x 25mm Screw	1
2	3/8" Flat Washer	1
3	Nylon Spacer	1
4	Adjustment Weldment	1
5	Socket Head Nut	1
6	Pull Pin	1

6. Attach head and back pads to the back support assembly and tighten hardware to **40-50 in-lb (4.5-5.6 Nm)**.



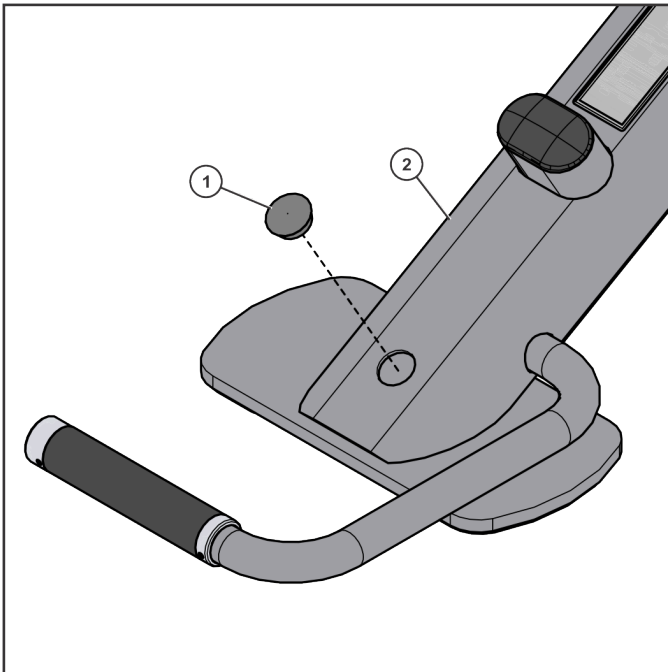
Item	Description	Qty.
1	Head Pad	1
2	Back Pad	1
3	Back Support Assembly	1
4	Spacer, 1-1/4 OD X 1/4	3
5	Pulley Retainer	3
6	M10 x 100mm Screw	5
7	3/8" Flat Washer	2

7. Attach shaft collar, roller pad, 1.97 OD plate and M10 x 35mm screw to the back support assembly. Tighten the M10 x 35mm screw to **40-50 in-lb (4.5-5.6 Nm)**. Snug shaft collar tight against roller pad and tighten it to **8-10 ft-lb (10.8-13.5 Nm)**. Lightly tap bearing housing cap into end of roller pad. Repeat process on remaining three roller pads.



Item	Description	Qty.
1	Back Support Assembly	1
2	Shaft Collar	1
3	Roller Pad	1
4	1.97 OD Plate	1
5	M10 x 35mm Screw	1
6	Bearing Housing Cap	1

8. Lightly tap 1" hole plug into the base frame assembly.



Item	Description	Qty.
1	1" Hole Plug	1
2	Base Frame Assembly	1

# 3. Product Information

## Specifications

Machine Weight:	117 lbs.	53 kg.
Size (L x W x H):	in. = 70 x 29 x 37	cm = 178 x 74 x 94
Live Area (L x W):	in. = 94 x 77	cm = 239 x 196
Max User Weight:	300 lbs.	136 kg.
Max Capacity:	800 lbs.	363 kg.

