

Life Fitness Multi-Adjustable Bench

LBR-MA

Assembly Instructions



Corporate Headquarters

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marketing.hk.asia@lifefitness.com

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

User and Service Documents Link

<https://lifefitness9512.zendesk.com/hc/en-us>

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

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 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.

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www.lifefitness.com • 1023520-0001 AA • 2023

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 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 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>

- Life Fitness Family of Brands does not warrant nor guarantee that component parts used in the manufacture of products offered under the Life Fitness Family of Brands 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 Family of Brands 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 Family of Brands 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 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.

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.
- 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.

Plate Loaded, Free Weight, and Body Weight Systems

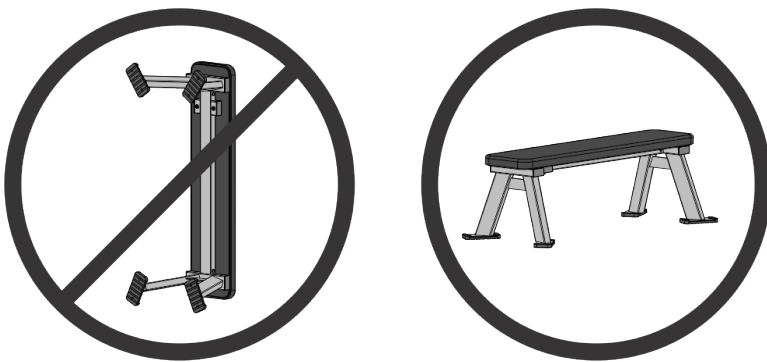
- Never exceed the load rating for any plate loaded station, body weight station, bench or other free weight device; including specific weight rod and band peg limits. See machine specifications for load limit information.
- Contact a Life Fitness Family of Brands representative with any questions regarding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

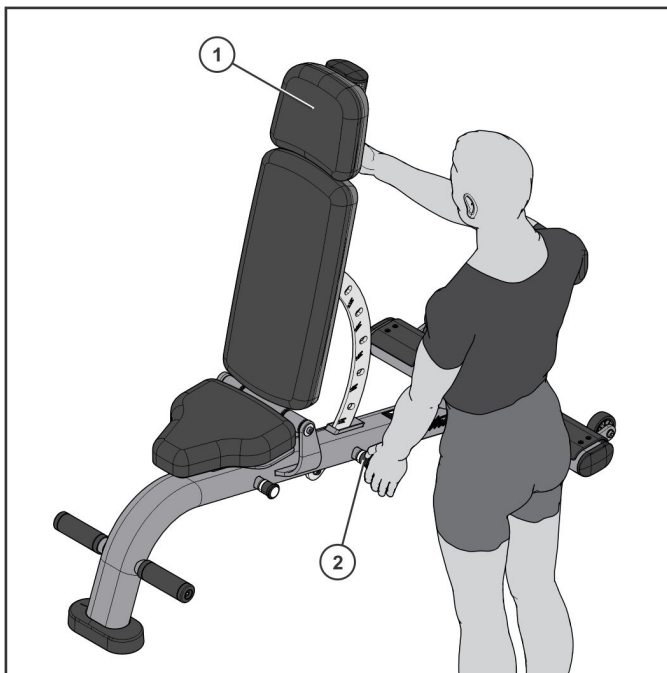
Storage

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



Bench Adjustment


Support the back support assembly when engaging the adjustment pull pin.



Item	Description	Qty.
1	Back Support Assembly	1
2	Adjustment Pull Pin	1

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 floor 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

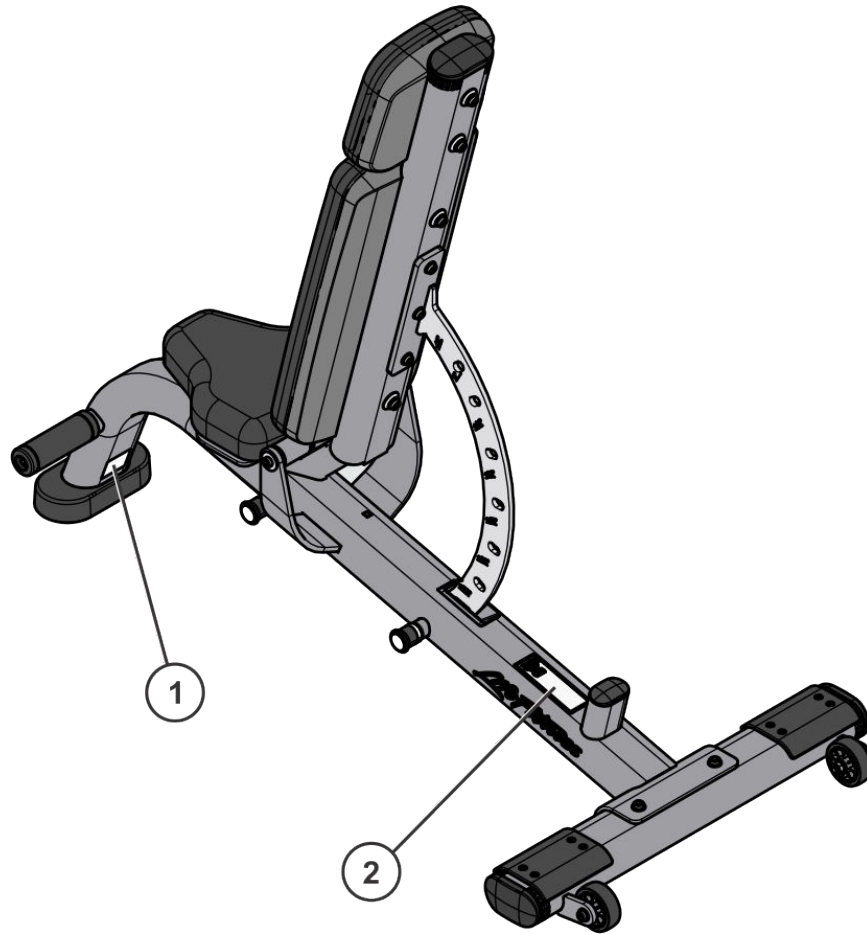
Max. User Weight:	300 lbs	136 kgs
Max. Training Weight:	210 lbs	210 kgs
Max. Storage Weight:	lbs	kgs

SN: SS-TR0521B028



Manufactured in the USA with US and Foreign parts

Label Locations

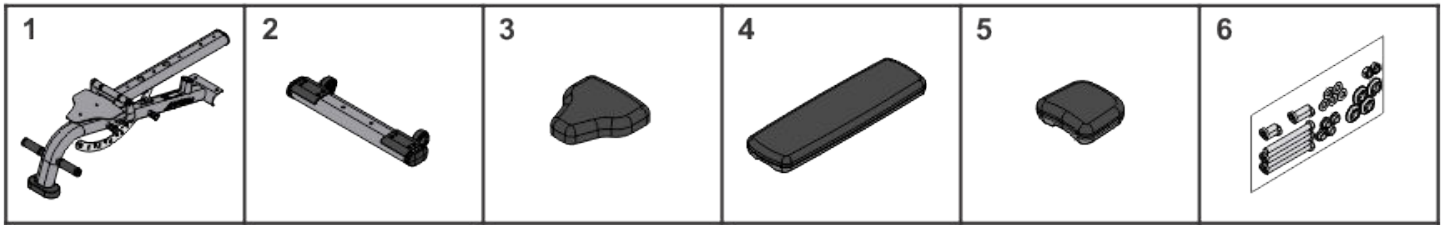


Item	Description	Qty.
1	Serial Number	1
2	General Warning	1

2. Assembly

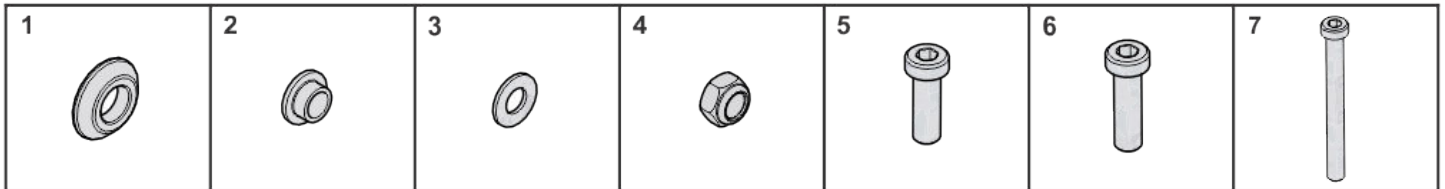
Component and Hardware List

Components



Item	Description	Qty.
1	Base Frame Assembly	1
2	Stabilizer Assembly	1
3	Seat Pad	1
4	Back Pad	1
5	Head Pad	1
6	Hardware Kit	1

Hardware List



Item	Description	Qty.
1	Spacer, 1-1/4 OD X 1/4	4
2	Pulley Retainer	4
3	3/8" Flat Washer	5
4	M10 Hex Nylock Nut	2
5	M10 x 25mm Screw	2
6	M10 x 35mm Screw	2
7	M10 x 100mm Screw	5

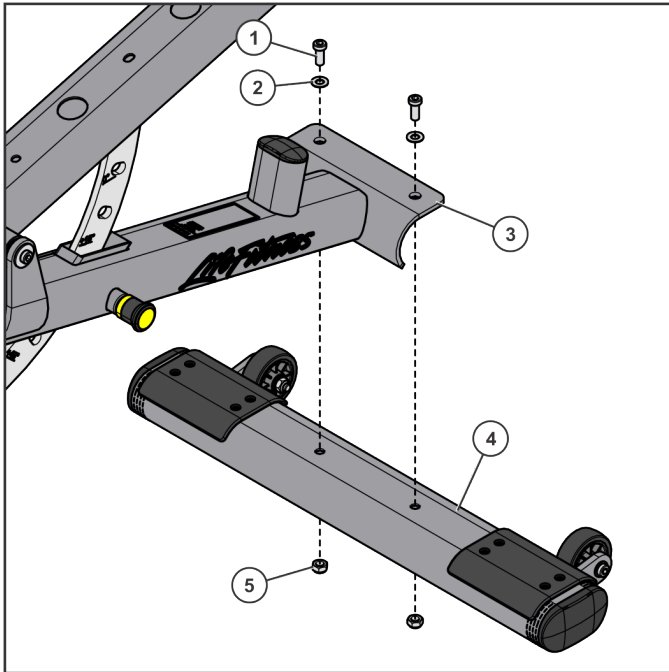
Tools Required

- 7 mm Allen wrench
- 17 mm wrench
- Safety glasses
- Torque wrench

Assembly Procedure

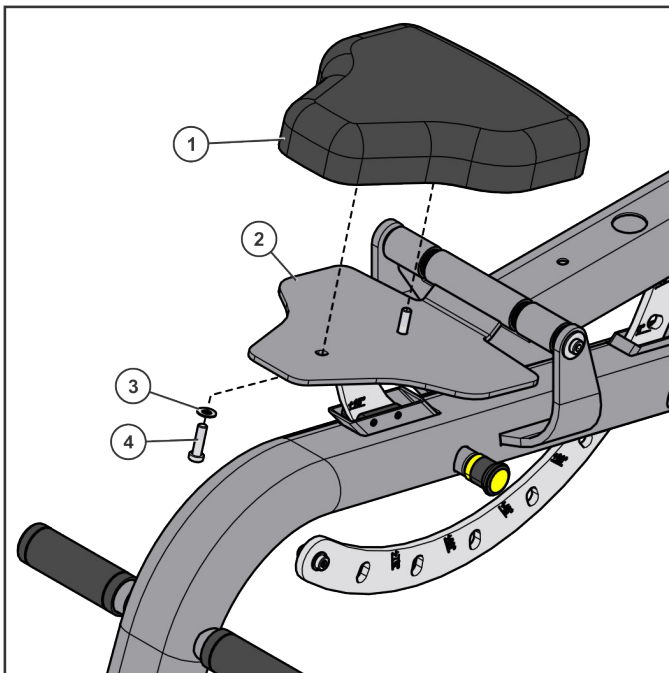
Assemble Bench

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



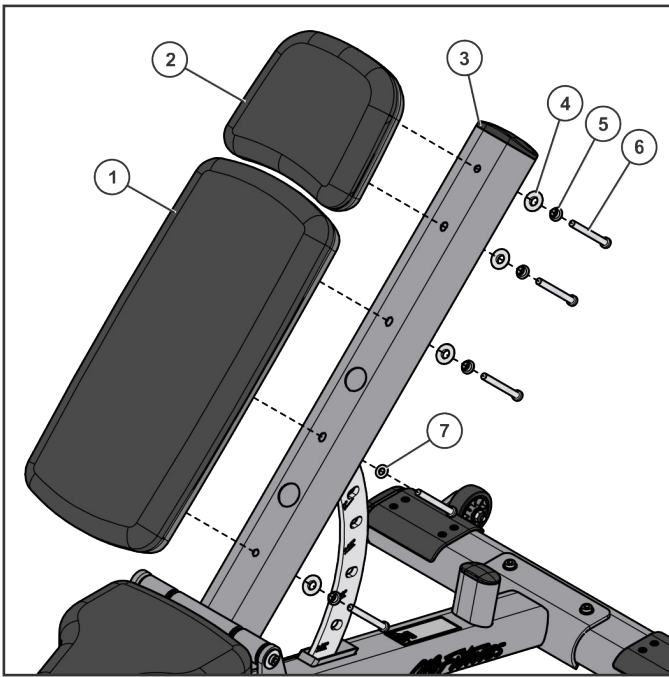
Item	Description	Qty.
1	M10 x 25mm Screw	2
2	3/8" Flat Washer	2
3	Base Frame Assembly	1
4	Stabilizer	1
5	M10 Hex Nylock Nut	2

2. Attach seat pad to the seat weldment and tighten hardware to **40-50 in-lb (4.5-5.6 Nm)**.



Item	Description	Qty.
1	Seat Pad	1
2	Seat Weldment	1
3	3/8" Flat Washer	2
4	M10 x 35mm Screw	2

3. Using only a 3/8" flat washer for the center back pad screw, attach back and head pads to the back support assembly and tighten hardware to **40-50 in-lb (4.5-5.6 Nm)**.



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

3. Product Information

Specifications

Machine Weight:	100 lbs.	45 kg.
Size (L x W x H):	in. = 57 x 29 x 48	cm = 145 x 73 x 122
Live Area (L x W):	in. = 81 x 77	cm = 206 x 196
Max User Weight:	300 lbs.	136 kg.
Max Capacity:	800 lbs.	363 kg.

