

# PWR Play

LPP-AC, LPP-AD, LPP-BA, LPP-CB, LPP-CC, LPP-CORE, LPP-CX, LPP-DC,  
LPP-DH, LPP-DI, LPP-DL, LPP-DP, LPP-DR, LPP-HR, LPP-PA, LPP-PD, LPP-PP,  
LPP-PR, LPP-RP, LPP-RW, LPP-SB, LPP-ST, LPP-SX, LPP-TP, LPP-VA

## Assembly Manual





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# 1. Overview

## PWR Play Stations

Below is the Life Fitness PWR Play station lineup, by sku, description and former Multi-Jungle (MJ) and Cybex PWR Play (PP) skus:

PWR Play SKU	Description	Former MJ SKU	Former PP SKU
LPP-AC	Adjustable 2:1 Cable	MJAP	PP-AP
LPP-AD	Adjustable 4:1 Dynamic Cable	MJAP41	PP-AP41
LPP-BA	Punching Bag Anchor	•	PP-BX
LPP-CB	Adjustable Cable Crossbar	•	PP-BM
LPP-CC	Adjustable Cable Crossover-Attached	MJACO	PP-ACO
LPP-CORE	Core	•	PP-CORE
LPP-CX	Core Connector-Adjustable Cable Crossover	MJAXO	PP-AXO
LPP-DC	Assisted Dip Chin	MJADC	PP-ADC
LPP-DH	Dual Cable High	MJDPH	PP-DPH
LPP-DI	Dip	•	PP-DIP
LPP-DL	Dual Cable Low	MJDPL	PP-DPL
LPP-DP	Dual Cable Pulldown	MJLPD	PP-LPD
LPP-DR	Dual Cable Row	MJRWD	PP-RWD
LPP-HR	Adjustable Cable Handle Storage	MJHAR	PP-HAR
LPP-PA	Station Panel	MJBLKSHRD	PP-BLKSHRD
LPP-PD	Pulldown	MJLP	PP-LP
LPP-PP	Power Pivot	•	PP-PP
LPP-PR	Power Pivot-Rope Pull	•	PP-RP
LPP-RP	Rope Pull	•	PP-RPL
LPP-RW	Row	MJRW	PP-RW
LPP-SB	Stall Bars	•	PP-SB
LPP-ST	Step	•	PP-STP
LPP-SX	Core Connector - Accessory Storage	•	PP-SX
LPP-TP	Triceps Pushdown	MJTP	PP-TP
LPP-VA	Versa	•	PP-SC

## 2. 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.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad, pulley or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole 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).
- Maintain labels, name plates and instructional placards. Do not remove labels or instructional placards for any reason. They contain important information. Contact Customer Support to replace any worn, damaged, or unreadable labels or instructional placards and to ensure that you are always using the latest version of labels and instructional placards.

- 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, weight plates or any means, beyond the product itself, to incrementally increase the weight resistance.

### **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, damaged, or unreadable labels and to ensure that you are always using the latest version of labels.

# Product Labels

## General Warning Label

**⚠ 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. 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.**

## Serial Number Label

**Life Fitness**

9525 Bryn Mawr Ave  
Rosemont, IL 60018  
USA 1-847-288-3300  
www.lifefitness.com

Ejido/plan 25-31  
2892 LB Barendrecht  
The Netherlands  
+31 0 180 846 866

CAGE  
SCMYS  
Class: S



Model:  
XXX

Max User Wt: XXXlbs XXXkgs  
Max Training Wt: XXXlbs XXXkgs  
Max Storage Wt: XXXlbs XXXkgs  
SN: XXXXXXXXXXXX



Manufactured in the USA with US and Foreign parts

## Weight at Handle

Weight stack label indicates resistance for each handle

## Pinch Hazard Label



## Adjustable Carriage Warning



## Power Pivot Warning

**⚠ WARNING**

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

1. ALWAYS be aware of your surroundings.
2. Maintain control of the bar at all times. **DO NOT THROW.**
3. Use only resistance bar provided with the equipment.
4. Ensure resistance bar is fully seated in housing before performing exercise.
5. **CAUTION:** Range of motion is limited by the **YELLOW GUARD.**
6. Maximum capacity: 150 lbs (68kg).
7. Use only weight plates with 2.0" bore for training weight. Do not increase weight resistance by any other means.
8. Seek Assistance if there are any issues or questions.
9. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

103427-0001

## Strap Training Warning

**⚠ WARNING**



**SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THIS PRECAUTION TO AVOID INJURY!**

**DO NOT USE** for support during stretching, or allow resistance straps, ropes or other means to be attached to it unless the equipment is secured to floor. This can result in injury.

Contact manufacturer with questions.

## 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 UNDESIRABLE OPERATION.

## FCC Compliant Cable

Patent:  
www.lifefitness.com/patents

EN ISO 20957  
TSCA Title VI Compliant

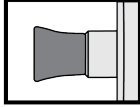
 

THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS: (1) THIS DEVICE MAY NOT CAUSE HARMFUL INTERFERENCE, AND (2) THIS DEVICE MUST ACCEPT ANY INTERFERENCE RECEIVED, INCLUDING INTERFERENCE THAT MAY CAUSE UNDESIRABLE OPERATION.

## Carriage Fall Warning

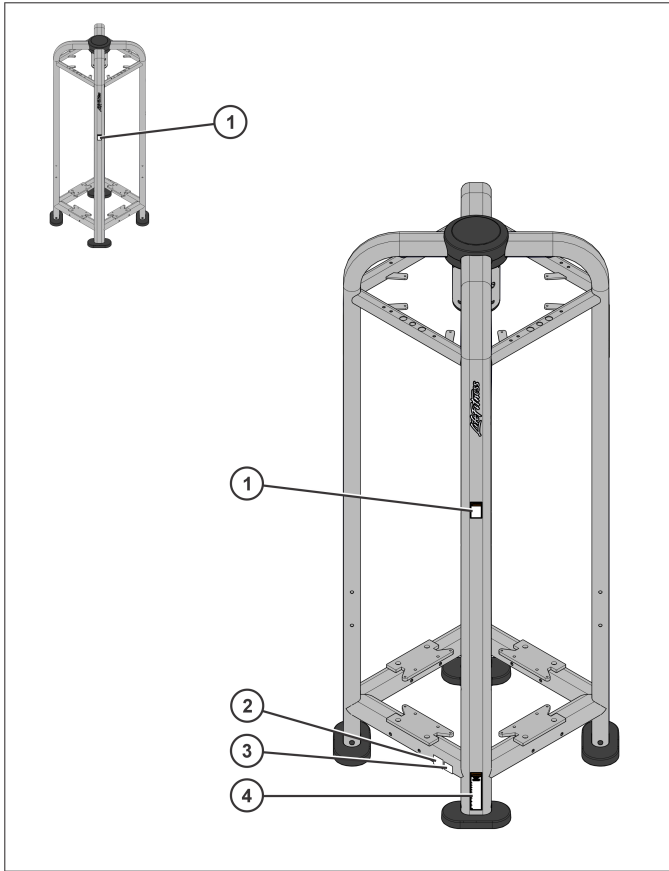
**⚠ WARNING**

**Carriage Will Fall If Pull-pin Is Not Fully Engaged.**



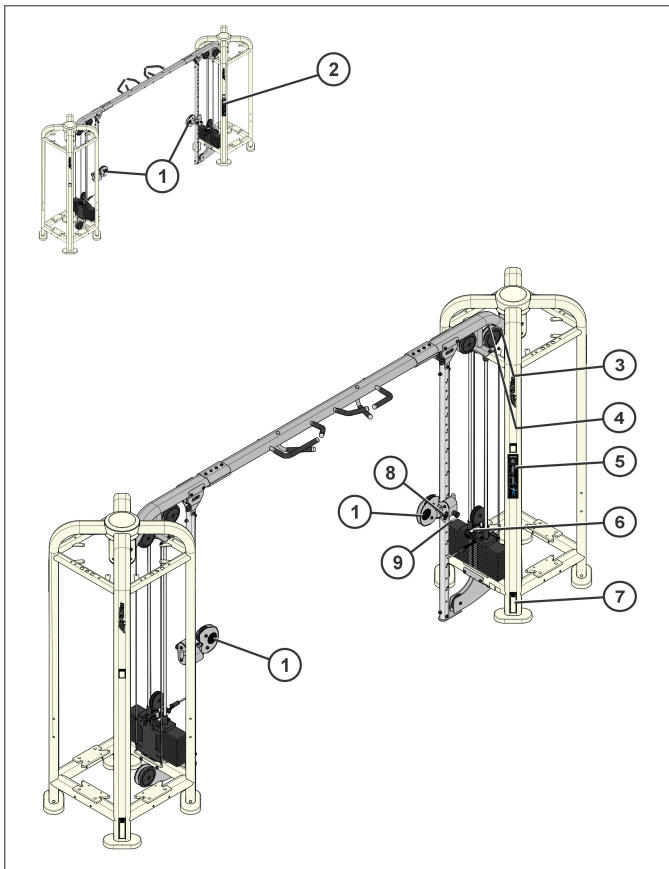
**Ensure Full Engagement As Illustrated Here To Avoid Injury.**

**Label Locations**  
**Core (LPP-CORE)**



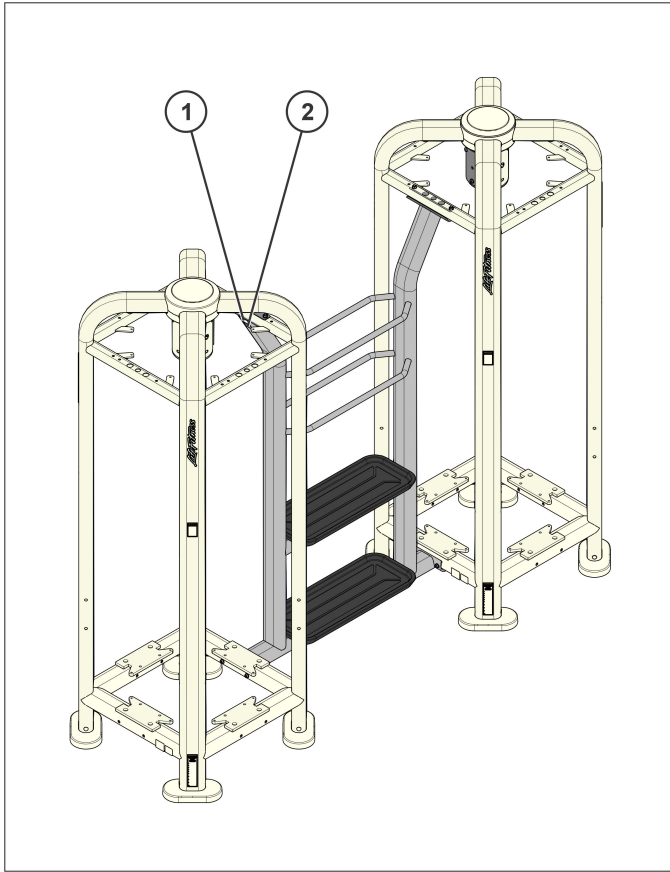
Item	Description	Qty.
1	Strap Training Warning	4
2	Serial Number	1
3	FCC Compliant	1
4	General Warning	1

**Core Connector - Adjustable Cable Crossover (LPP-CX)**



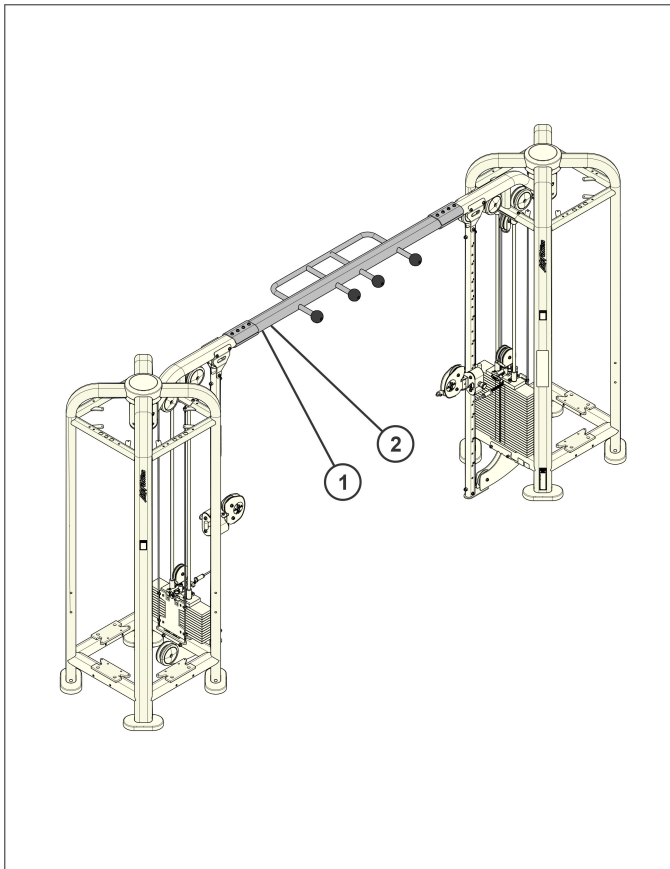
Item	Description	Qty.
1	Adjustable Carriage Warning	4
2	Placard (Cable)	1
3	Serial Number	1
4	FCC Compliant Cable	1
5	Placard (Cable Crossover)	1
6	Weight at Handle	2
7	General Warning	2
8	Pinch Hazard	2
9	Carriage Fall Warning	2

## Core Connector - Accessory Storage (LPP-SX)



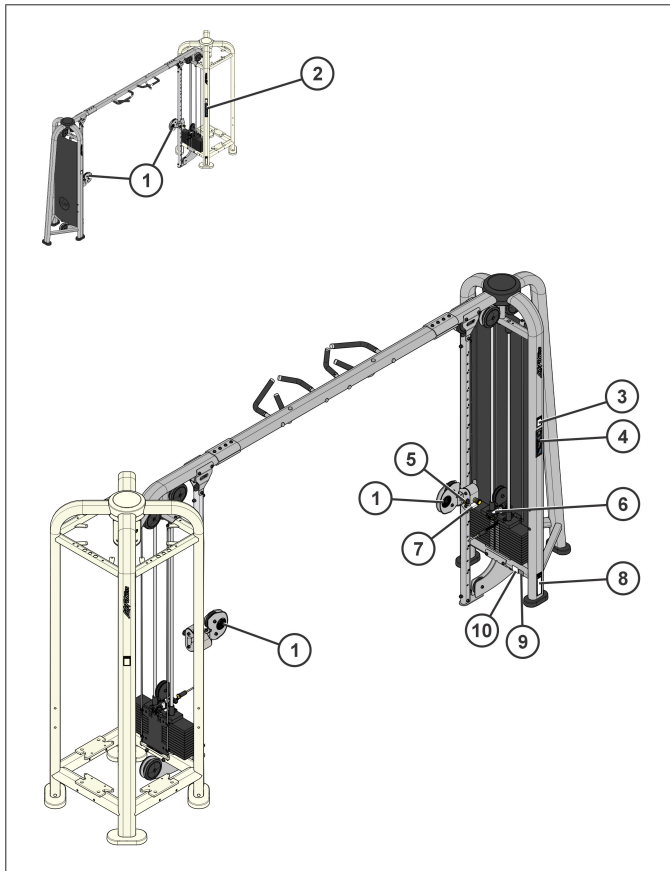
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1

## Adjustable Cable Crossbar (LPP-CB)



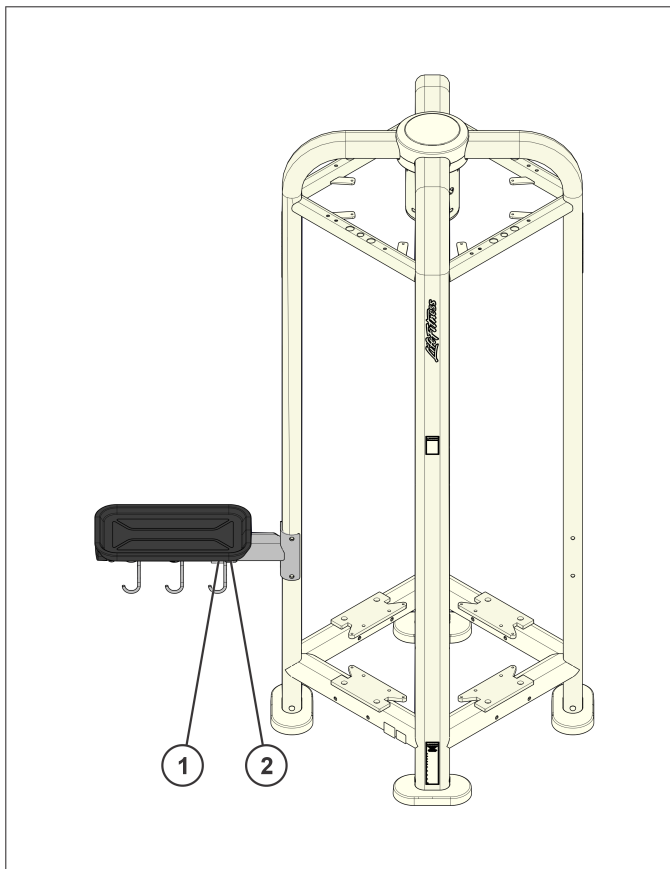
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1

## Adjustable Cable Crossover - Attached (LPP-CC)



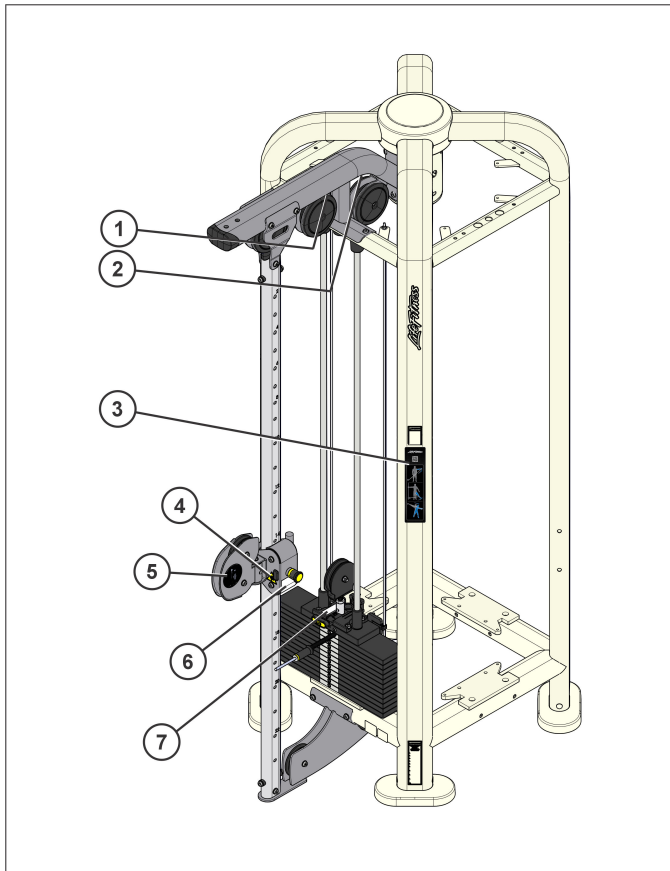
Item	Description	Qty.
1	Adjustable Carriage Warning	4
2	Placard (Cable Crossover)	1
3	Strap Training Warning	2
4	Placard (Cable)	1
5	Pinch Hazard	2
6	Weight at Handle	2
7	Carriage Fall Warning	2
8	General Warning	1
9	FCC Compliant Cable	1
10	Serial Number	1

## Adjustable Cable Handle Storage (LPP-HR)



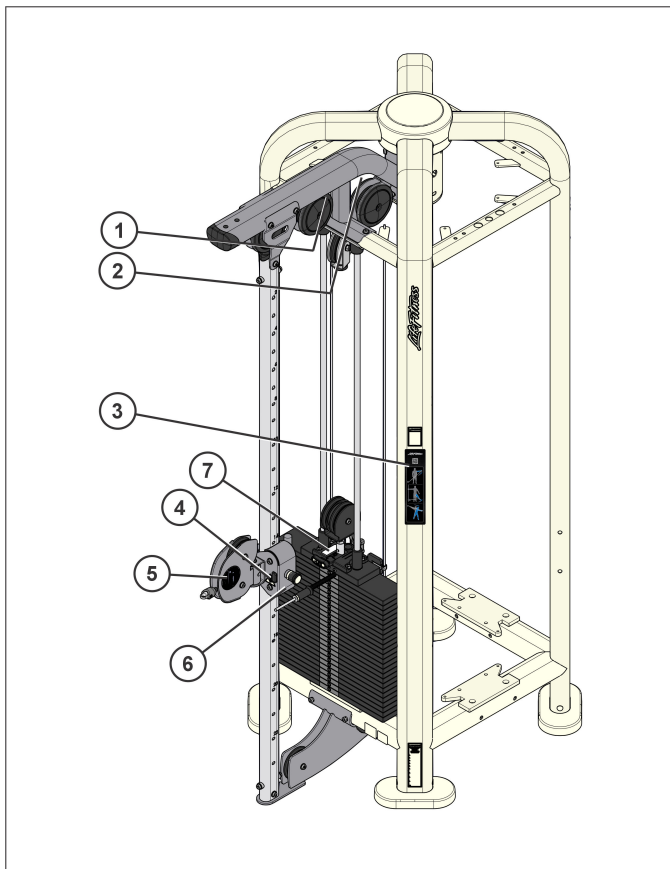
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1

## Adjustable 2:1 Cable (LPP-AC)



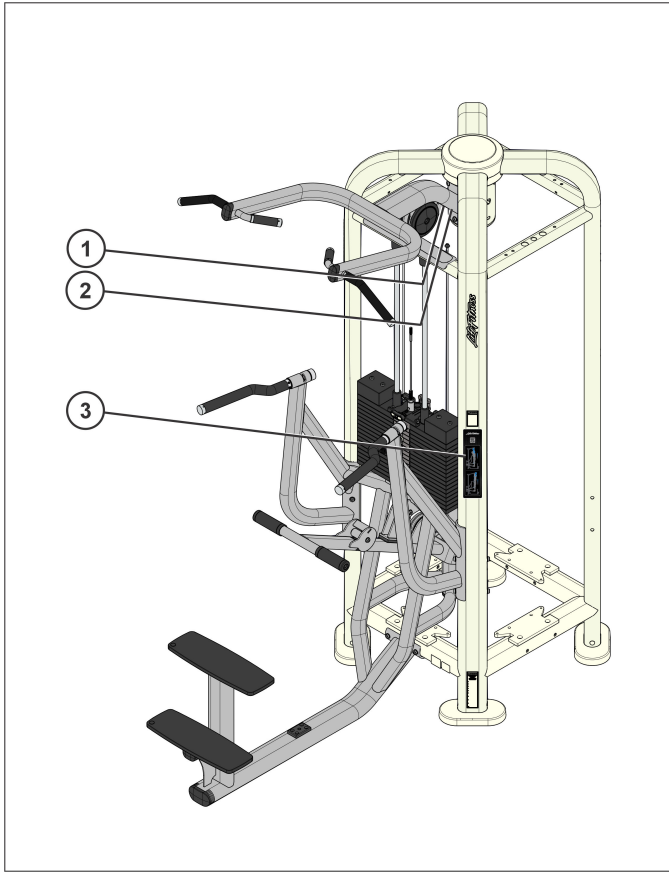
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1
4	Pinch Hazard	1
5	Adjustable Carriage Warning	2
6	Carriage Fall Warning	1
7	Weight at Handle	1

## Adjustable 4:1 Dynamic Cable (LPP-AD)



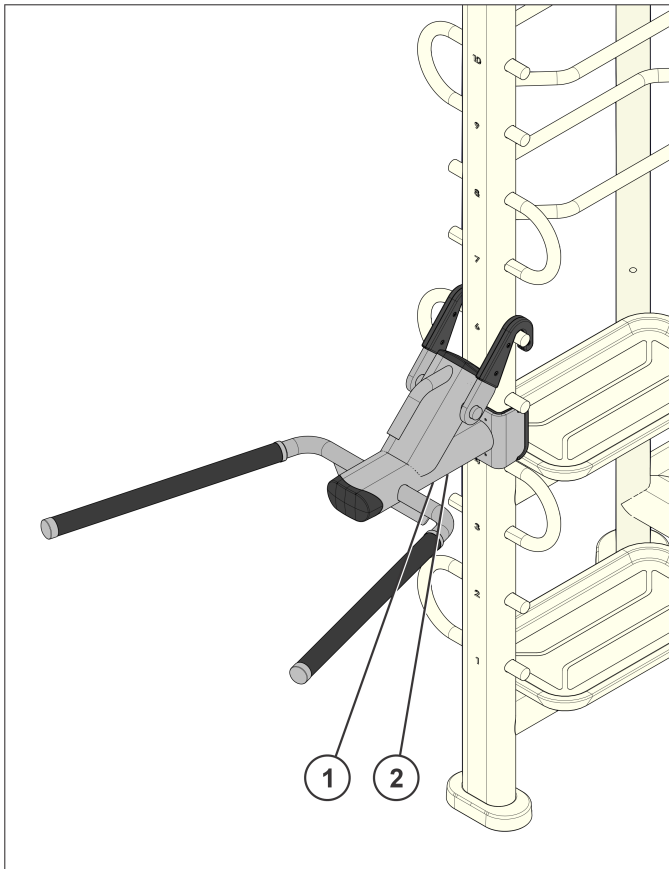
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1
4	Pinch Hazard	1
5	Adjustable Carriage Warning	2
6	Carriage Fall Warning	1
7	Weight at Handle	1

## Assisted Dip Chin (LPP-DC)



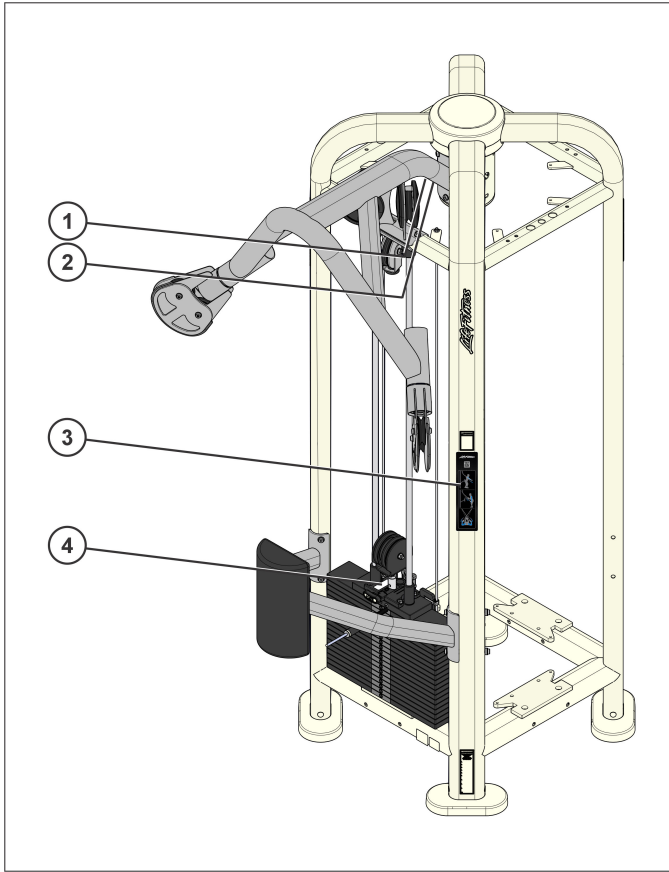
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1

## Dip (LPP-DI)



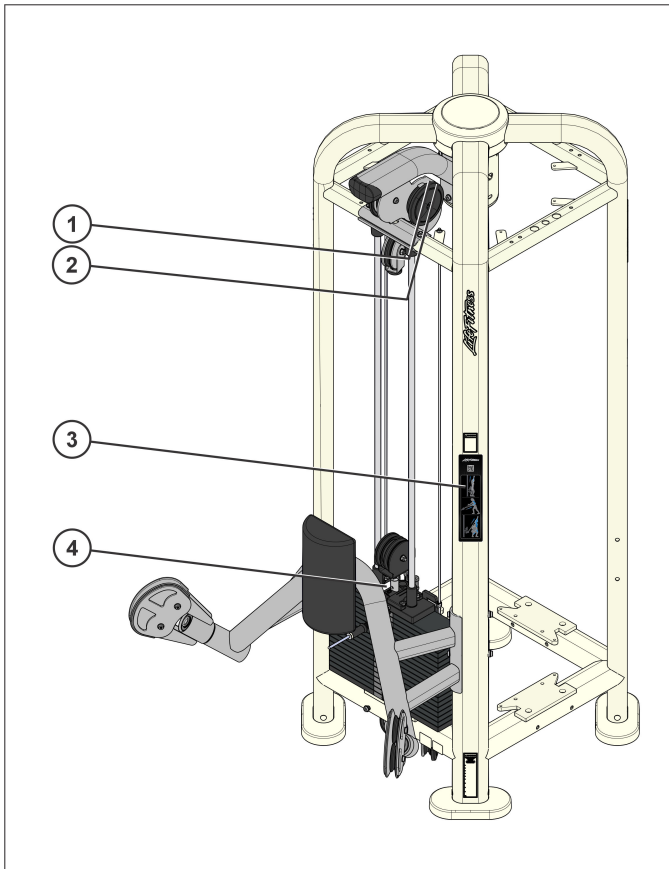
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1

## Dual Cable High (LPP-DH)



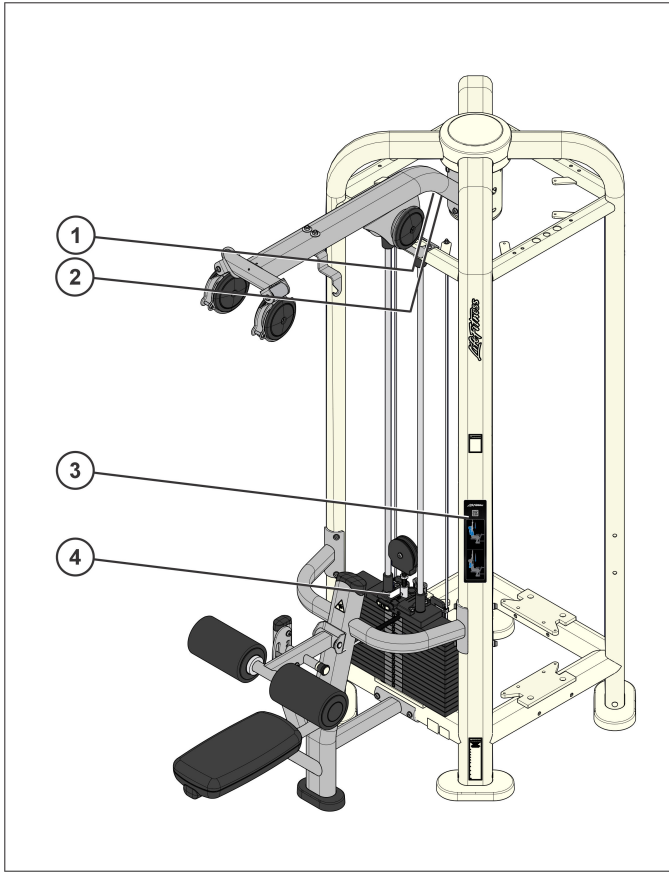
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1
4	Weight at Handle	1

## Dual Cable Low (LPP-DL)



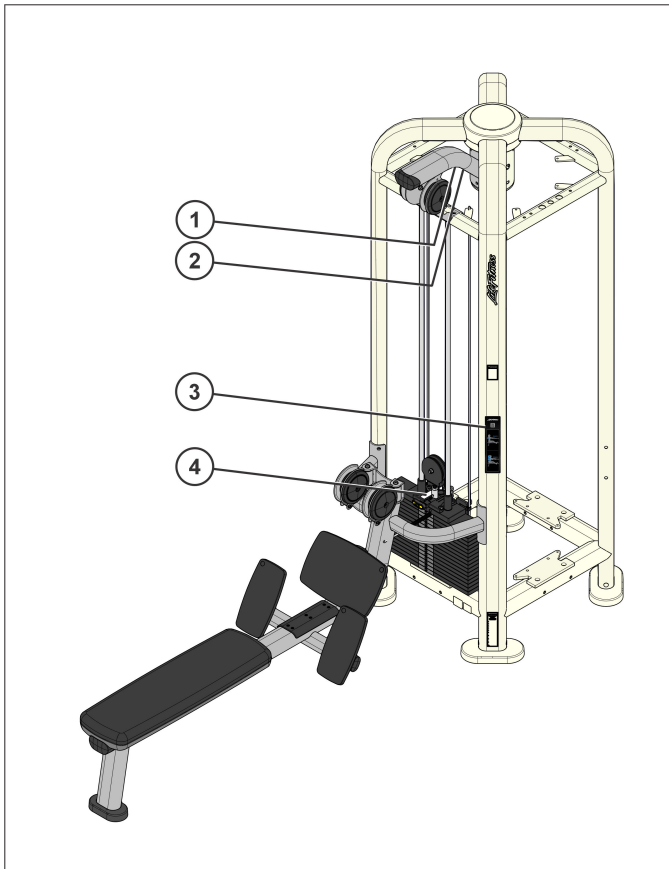
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1
4	Weight at Handle	1

## Dual Cable Pulldown (LPP-DP)



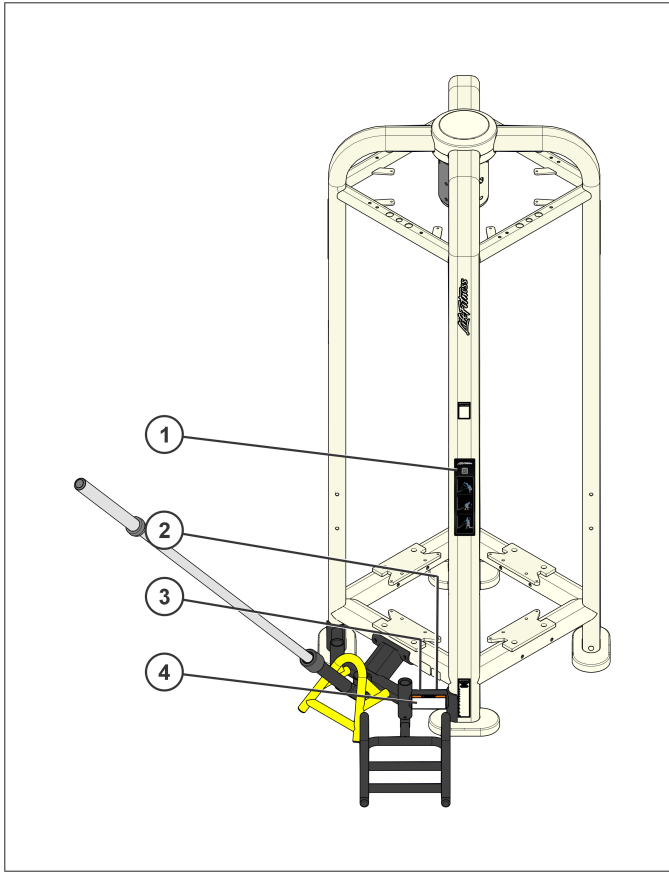
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1
4	Weight at Handle	1

## Dual Cable Row (LPP-DR)



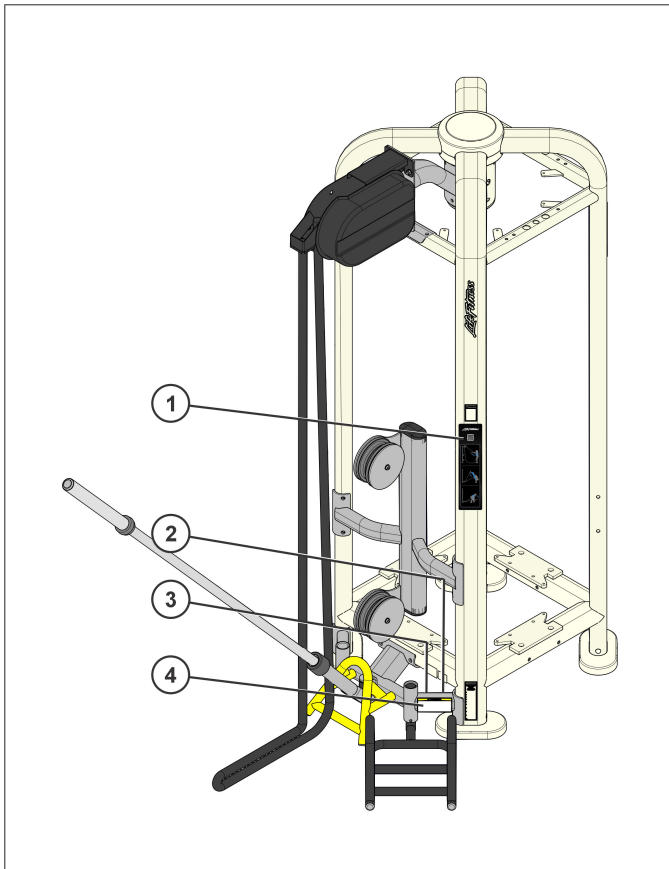
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1
4	Weight at Handle	1

## Power Pivot (LPP-PP)



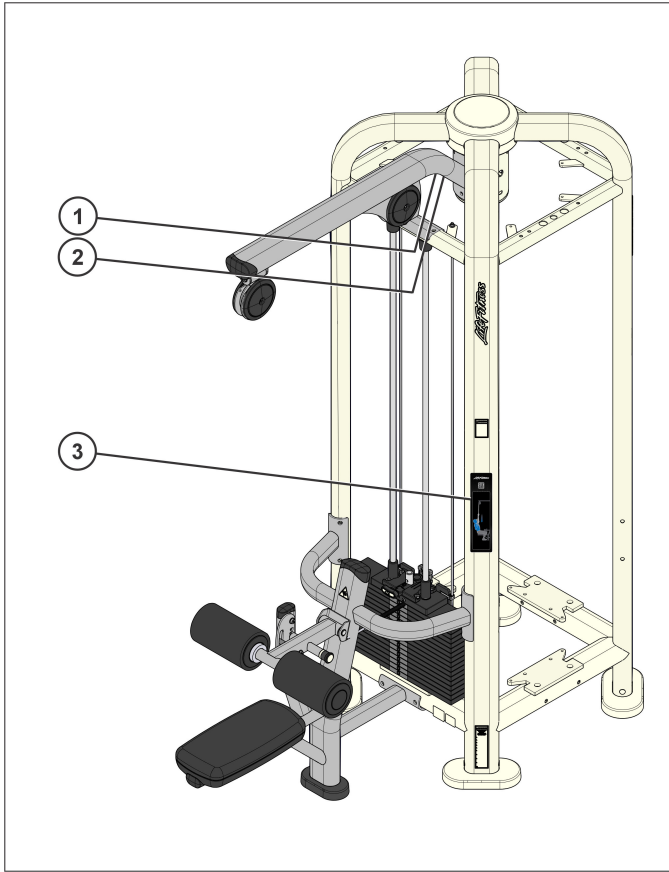
Item	Description	Qty.
1	Placard	1
2	FCC Compliant	1
3	Serial Number	1
4	Power Pivot Warning	1

## Power Pivot - Rope Pull (LPP-PR)



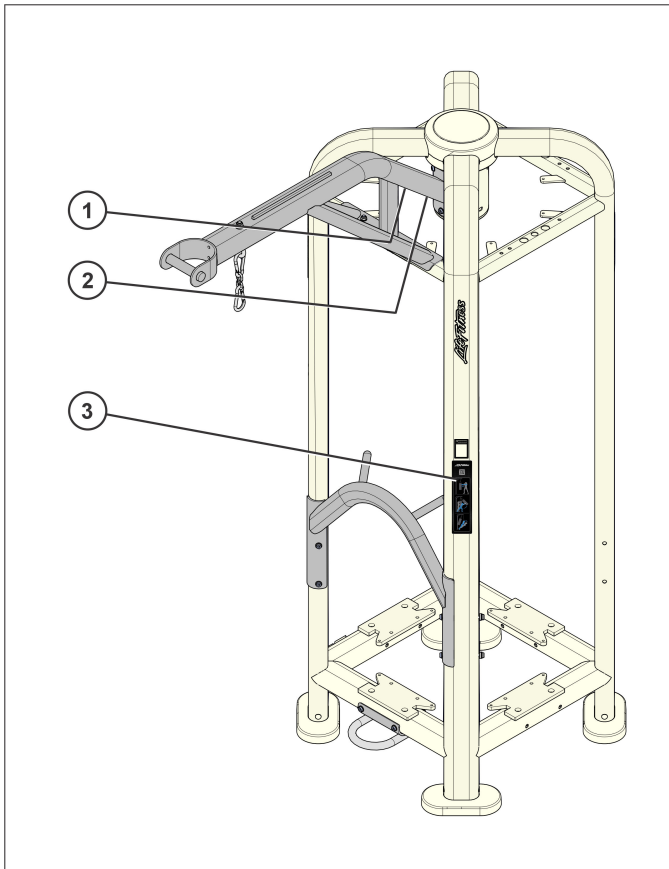
Item	Description	Qty.
1	Placard	1
2	FCC Compliant	1
3	Serial Number	1
4	Power Pivot Warning	1

## Pulldown (LPP-PD)



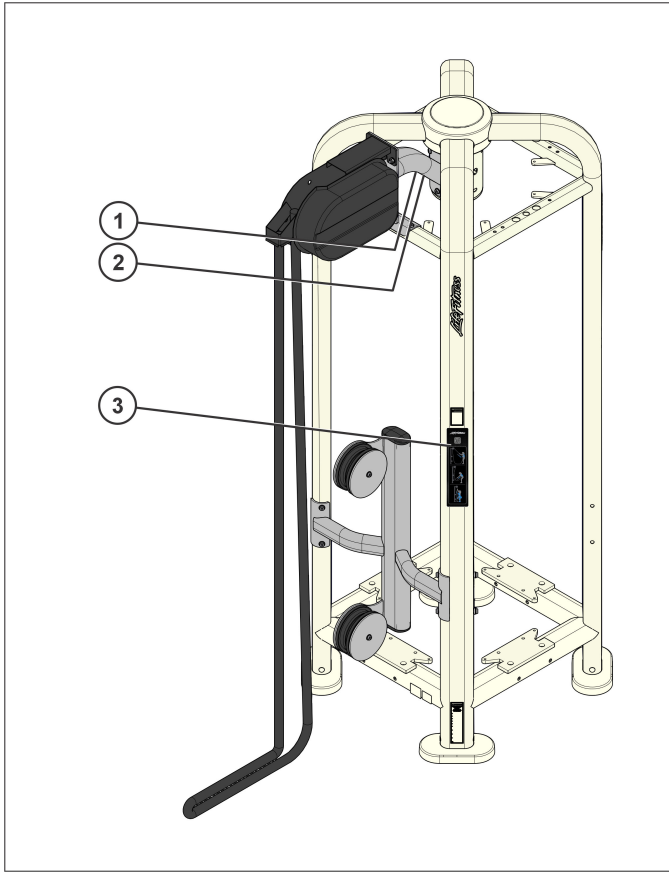
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1

## Punching Bag Anchor (LPP-BA)



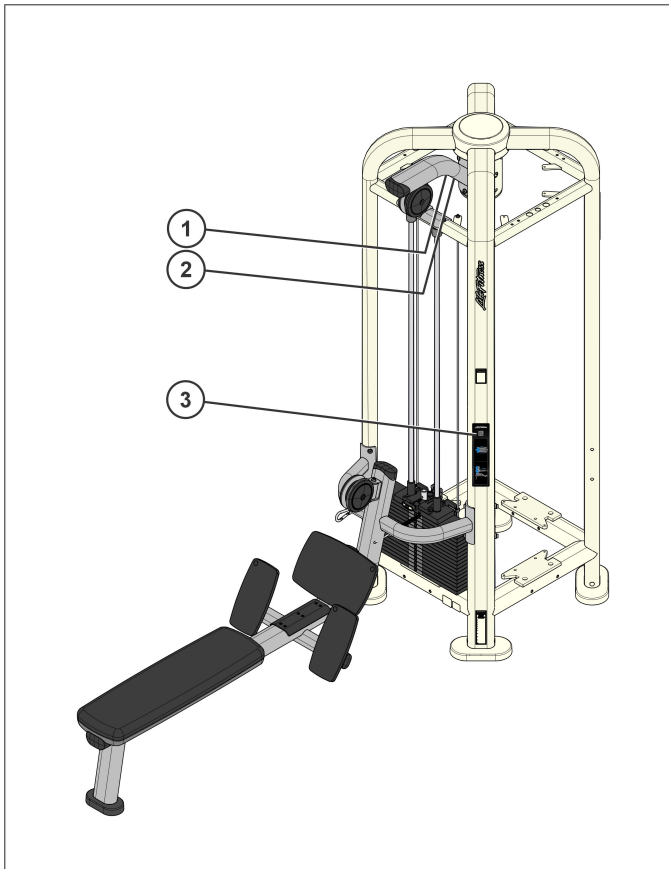
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	Placard	1

## Rope Pull (LPP-RP)



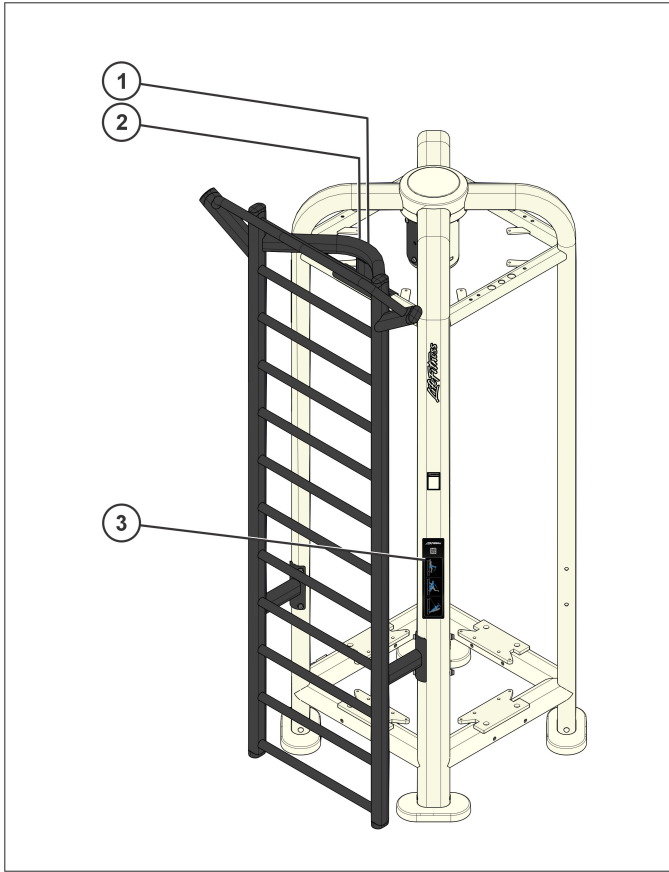
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	Placard	1

## Row (LPP-RW)



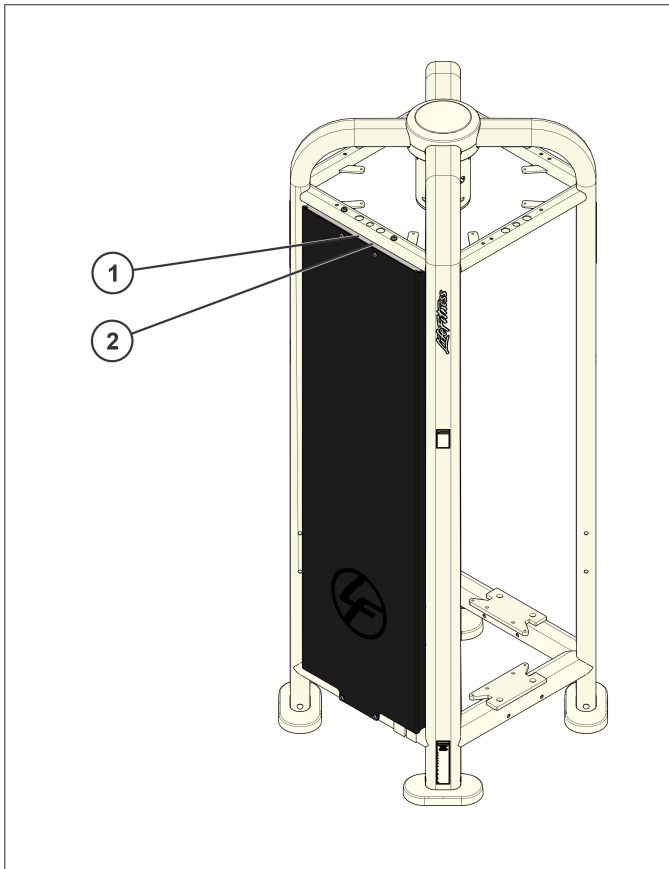
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1

### Stall Bars (LPP-SB)



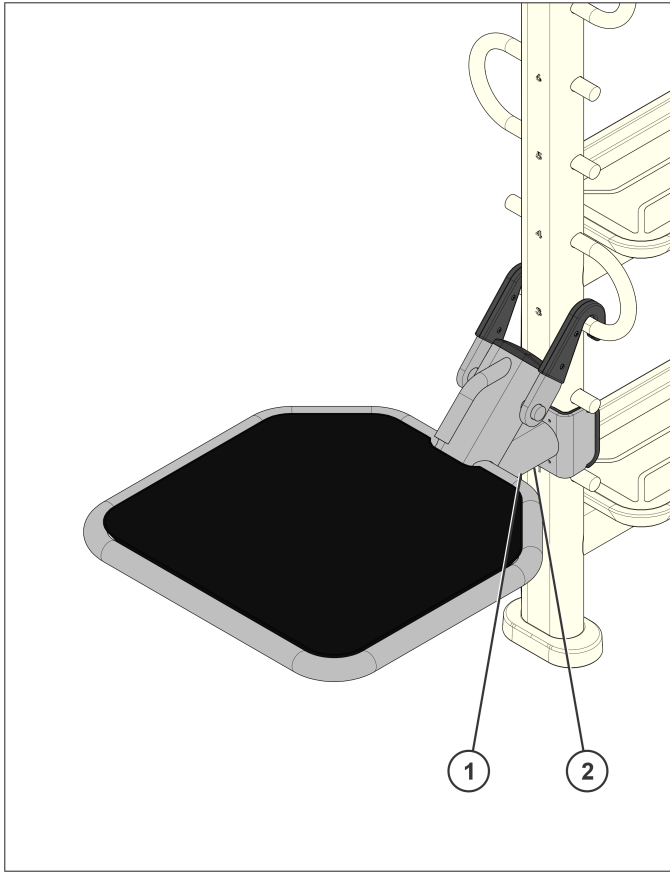
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	Placard	1

### Station Panel (LPP-PA)



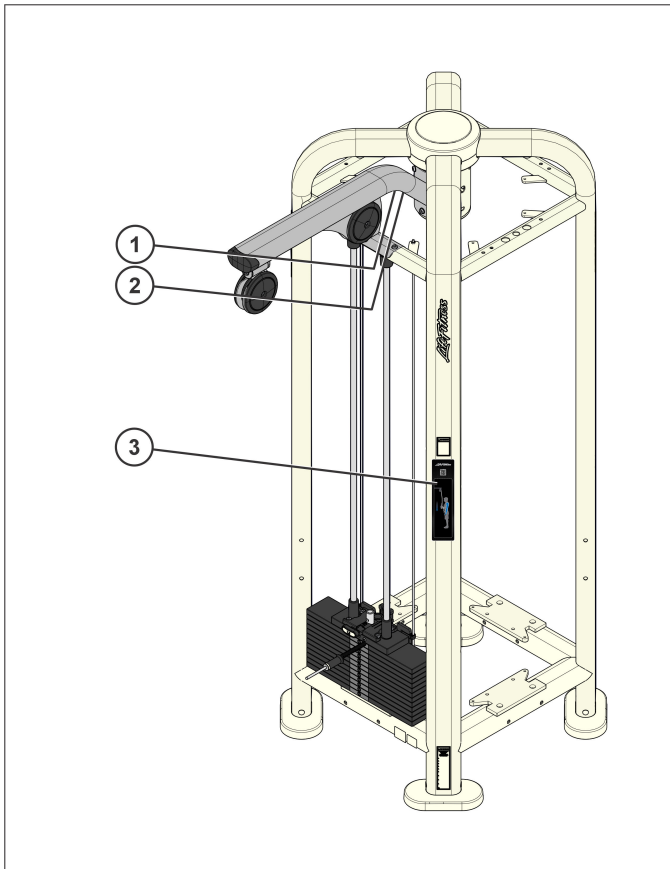
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1

### Step (LPP-ST)



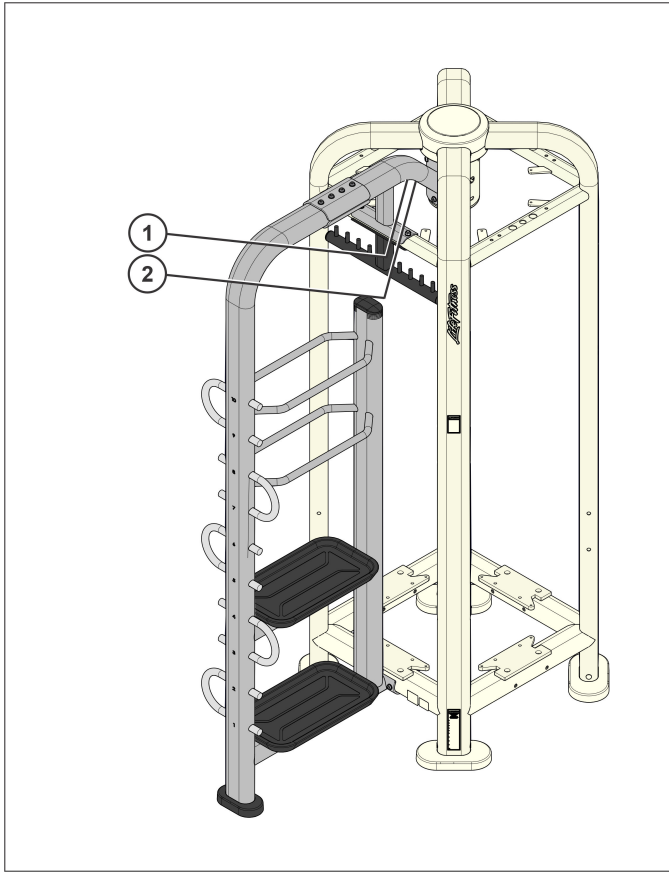
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1

### Triceps Pushdown (LPP-TP)



Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1

## Versa (LPP-VA)

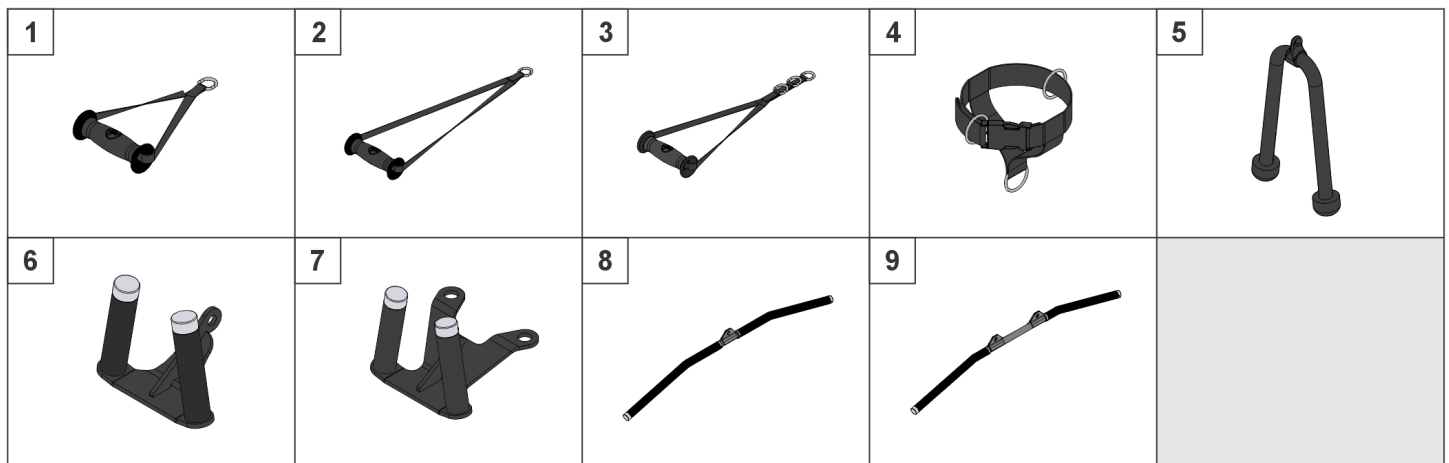


Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1

# 3. Components

## Accessories

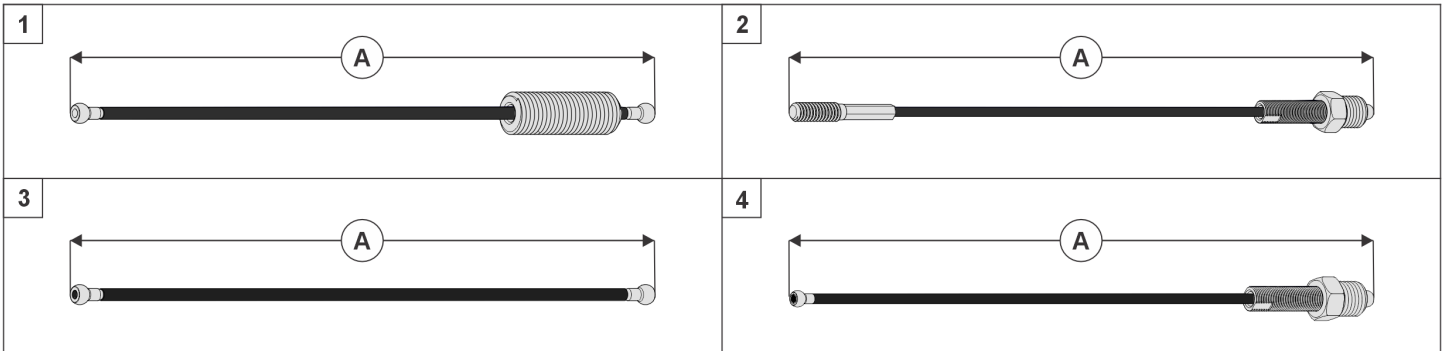
Select the accessory for the proper station:



Item	Description	Station	Qty
1	Short Handle Strap	LPP-AD, LPP-CC, LPP-CX, LPP-DP, LPP-DR	1, 2, 2, 2, 2
2	Long Handle Strap	LPP-AC, LPP-AD	1, 1
3	Adjustable Handle Strap	LPP-DH, LPP-DL	2, 2
4	4-Way Ankle Strap	LPP-AC, LPP-AD, LPP-CC, LPP-CX	1, 1, 1, 1
5	Triceps Rope	LPP-TP	1
6	Single Row Handle	LPP-RW	1
7	Dual Row Handle	LPP-DR	1
8	Single Lat Bar	LPP-PD	1
9	Dual Lat Bar	LPP-DP	1

# Cables

Select the cable assembly for the proper station:



Type	Station	Length (A)		Qty
		inch	mm	
1	LPP-AC, LPP-CC (LPP-CORE side), LPP-CX	331.75	8426.45	1, 1, 2
	LPP-AD	407	10337.8	1
	LPP-CC (stand alone side)	334.75	8502.65	1
2	LPP-DC	109.5	2781.3	1
3	LPP-DH	297.25	7550.15	1
	LPP-DL	485.5	12331.7	1
	LPP-DP	188.375	4784.73	1
	LPP-DR	249.75	6343.65	1
4	LPP-PD	97.99	2488.94	1
	LPP-RW	129.74	3295.39	1
	LPP-TP	99.48	2526.79	1

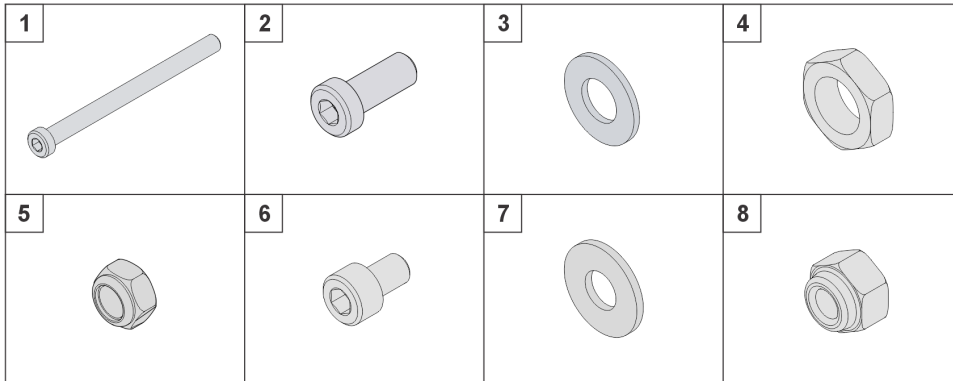
## Hardware Kits

Select the hardware kit for the proper station:

Kits listed by station, alphabetically.

**Station usage: LPP-AC, LPP-CC, LPP-CX**

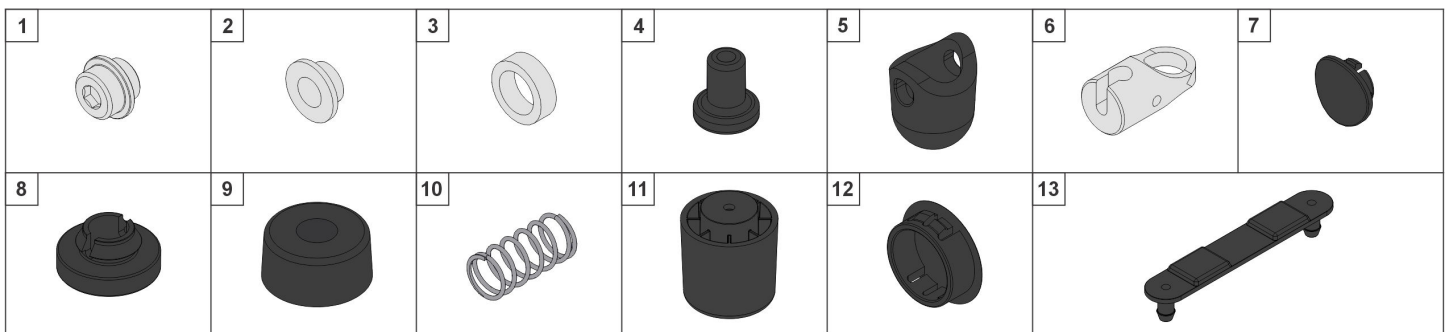
**Description: Kit: Hardware, LPP-AC/CC/CX**



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	2
2	Screw, M10 x 1.5 25mm	5
3	Washer, 3/8 SAE SS	5
4	Nut, Hex Jam M16 x 2 SS	1
5	Nut, Nylock 1/4 ID ZN	4
6	M5 x 0.8 HXS SOC CS ST BZ x 8	2
7	Washer, Flat 1/4 ID ZN	4
8	Nut, Nylock M10 x 1.5	5

**Station usage: LPP-AC, LPP-CC, LPP-AD, LPP-CX**

**Description: Kit: Hardware, Blister Pack, LPP-AC/CC/AD/CX**

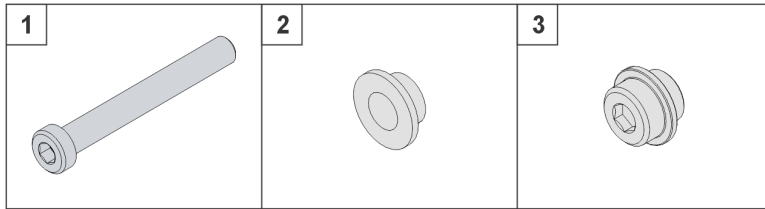


Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	2
2	Retainer, CM/MJ Pulley	2
3	Spacer, CM/MJ, .565 x .815	2
4	Insert, CM/MJ, Cable End -CHR	1
5	Housing, CM/MJ, Cable End -CHR	1
6	Link, CM/MJ, Cable End	1
7	Plug, Curved Hole	8

Item	Description	Qty
8	Bumper, CM/MJ, Plug -CHR	1
9	Cushion, Weight Stack	2
10	Spring: 0.72IN OD, 0.596IN ID, 1.50IN LG	2
11	Housing: Guide Rod, OP	2
12	Plug, 1" Hole	2
13	Bumper: INCR. SYSTEM, 0.5"	1

**Station usage: LPP-CB, LPP-CC, LPP-CX**

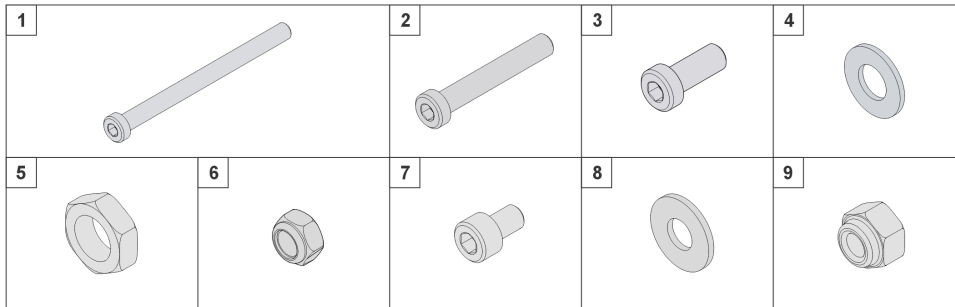
**Description: Kit: Hardware, Blister Pack, Boom Connector**



Item	Description	Qty
1	Screw, M10 x 1.5 80mm	8
2	Retainer, CM/MJ Pulley	8
3	Nut, M10 x 1.5 Socket Head	8

**Station usage: LPP-AD**

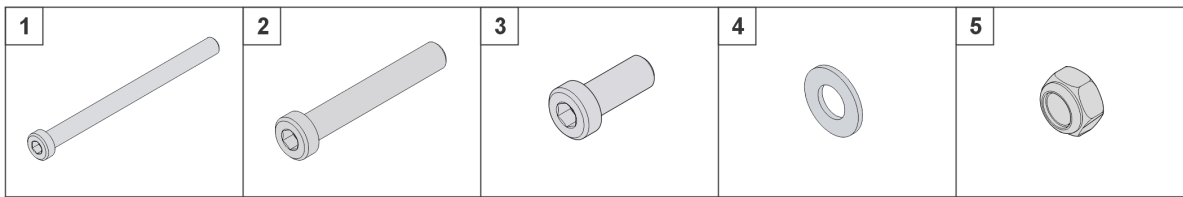
**Description: Kit: Hardware, LPP-AD**



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	2
2	Screw, M10 x 1.5 65mm	2
3	Screw, M10 x 1.5 25mm	3
4	Washer, 3/8 SAE SS	7
5	Nut, Hex Jam M16 x 2 SS	1
6	Nut, Nylock 1/4 ID ZN	4
7	M5 x 0.8 HXS SOC CS ST BZ x 8	2
8	Washer, Flat 1/4 ID ZN	4
9	Nut, Nylock M10 x 1.5	5

**Station usage: LPP-BA**

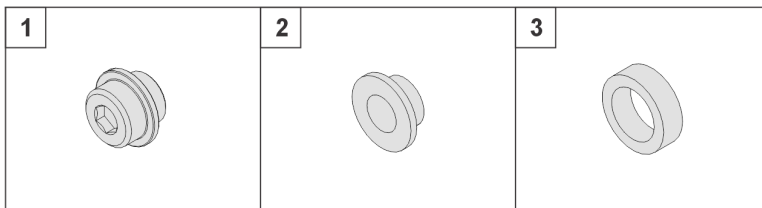
**Description: Kit: Hardware, LPP-BA (PP-BX)**



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	6
2	Screw, M10 x 1.5 65mm	2
3	Screw, M10 x 1.5 25mm	3
4	Washer, 3/8 SAE SS	7
5	Nut, Nylock M10 x 1.5	5

**Station usage: LPP-BA**

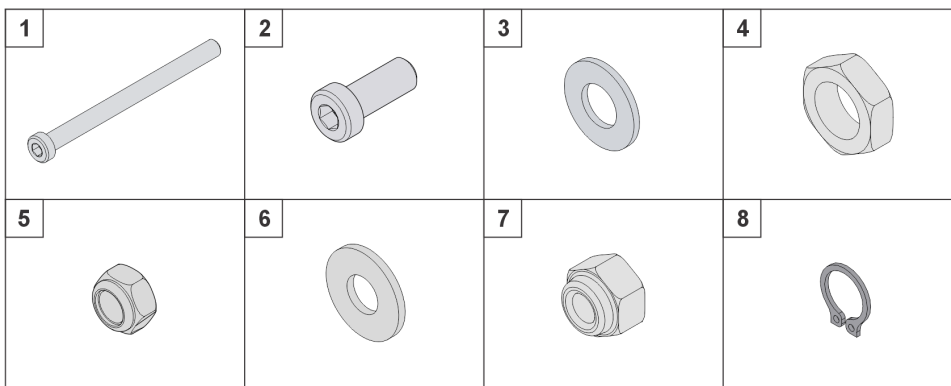
**Description: Kit: Hardware, Blister Pack, LPP-BA (PP-BX)**



Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	6
2	Retainer, CM/MJ Pulley	6
3	Spacer, CM/MJ, .565 x .815	4

**Station usage: LPP-DC**

**Description: Kit: Hardware, LPP-DC**

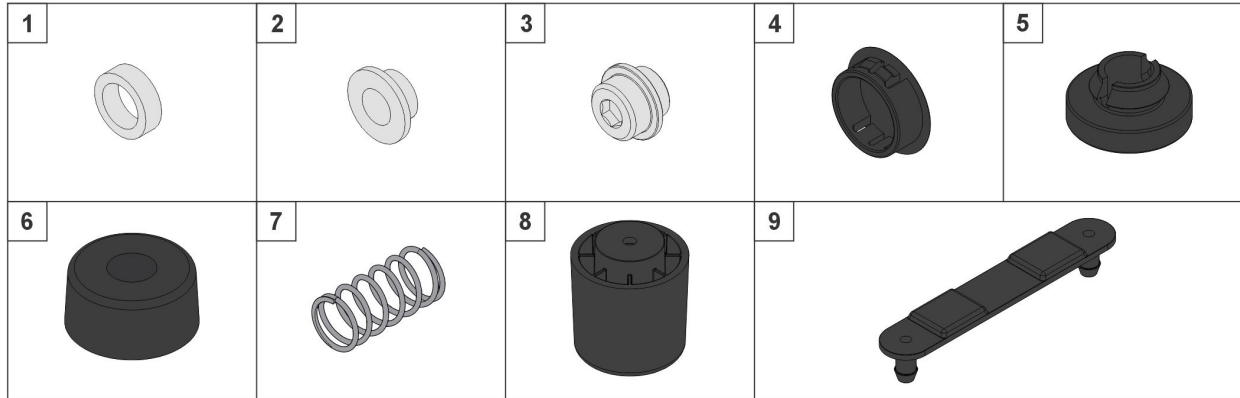


Item	Description	Qty
1	Screw, M10 x 1.5 130mm	6
2	Screw, M10 x 1.5 25mm	5
3	Washer, 3/8 SAE SS	5
4	Nut, Hex Jam M16 x 2 SS	1
5	Nut, Nylock 1/4 ID ZN	4

Item	Description	Qty
6	Washer, Flat 1/4 ID ZN	4
7	Nut, Nylock M10 x 1.5	5
8	Ring, External Retaining	1

**Station usage: LPP-DC**

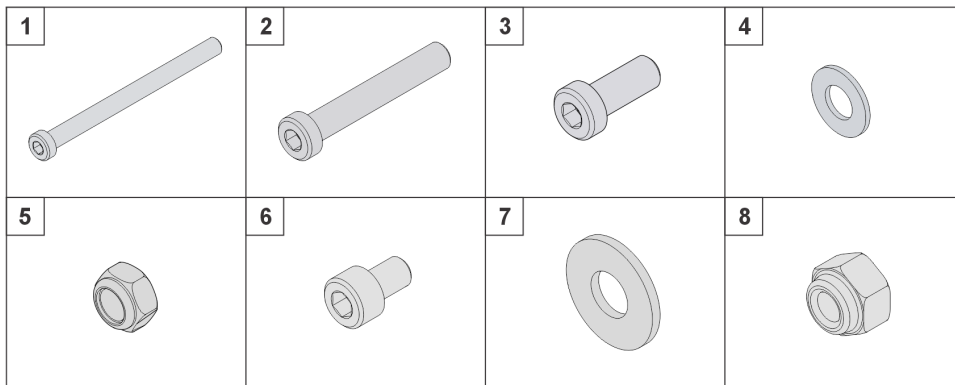
**Description: Kit: Hardware, Blister Pack, LPP-DC**



Item	Description	Qty
1	Spacer, CM/MJ, .565 x .815	6
2	Retainer, CM/MJ Pulley	6
3	Nut, M10 x 1.5 Socket Head	6
4	Plug, 1" Hole	2
5	Bumper, CM/MJ, Plug -CHR	1
6	Cushion, Weight Stack	2
7	Spring: 0.72IN OD, 0.596IN ID, 1.50IN LG	2
8	Housing: Guide Rod, OP	2
9	Bumper: INCR. SYSTEM, 0.5"	1

**Station usage: LPP-DH**

**Description: Kit: Hardware, LPP-DH**

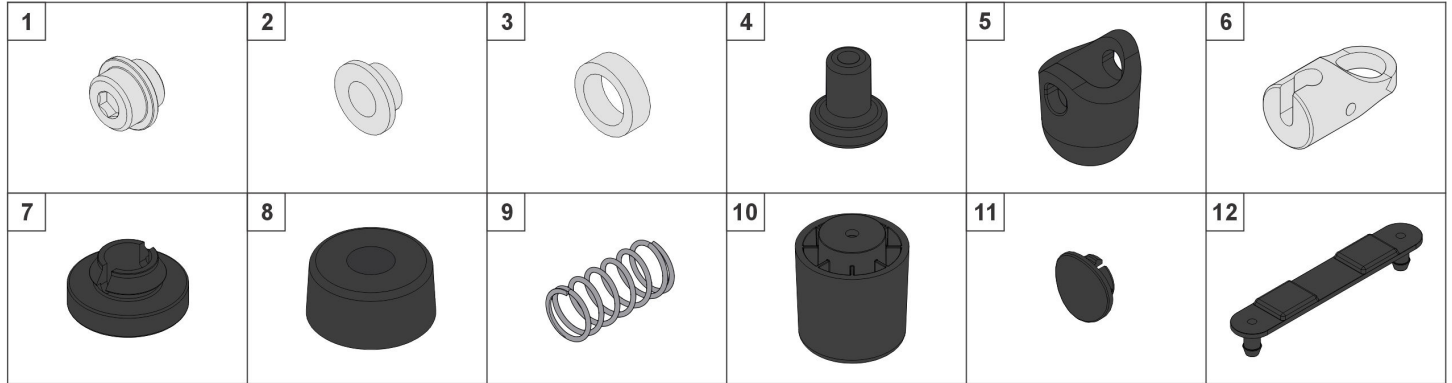


Item	Description	Qty
1	Screw, M10 x 1.5 130mm	4
2	Screw, M10 x 1.5 65mm	2
3	Screw, M10 x 1.5 25mm	3

Item	Description	Qty
4	Washer, Flat 1/4 ID ZN	4
5	Nut, Nylock 1/4 ID ZN	4
6	M5 x 0.8 HXS SOC CS ST BZ x 8	4
7	Washer, 3/8 SAE SS	7
8	Nut, Nylock M10 x 1.5	5

**Station usage: LPP-DH**

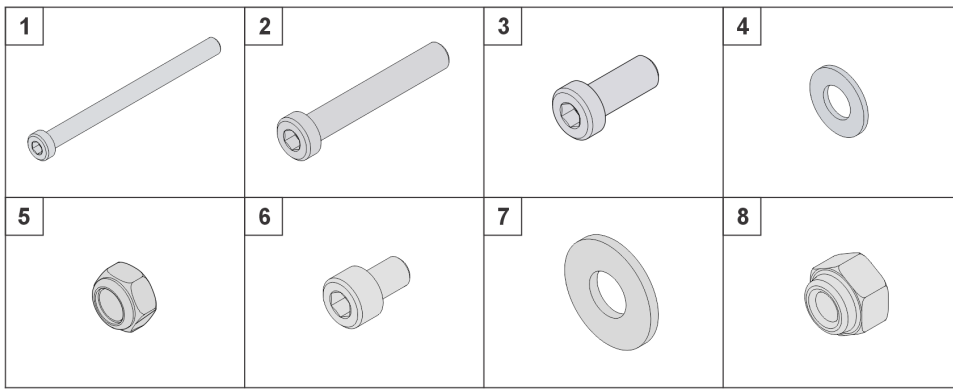
**Description: Kit: Hardware, Blister Pack, LPP-DH**



Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	4
2	Retainer, CM/MJ Pulley	4
3	Spacer, CM/MJ, .565 x .815	4
4	Insert, CM/MJ, Cable End -CHR	2
5	Housing, CM/MJ, Cable End -CHR	2
6	Link, CM/MJ, Cable End	2
7	Bumper, CM/MJ, Plug -CHR	1
8	Cushion, Weight Stack	2
9	Spring: 0.72IN OD, 0.596IN ID, 1.50IN LG	2
10	Housing: Guide Rod, OP	2
11	Plug, Curved Hole	1
12	Bumper: INCR. SYSTEM, 0.5"	1

**Station usage: LPP-DL**

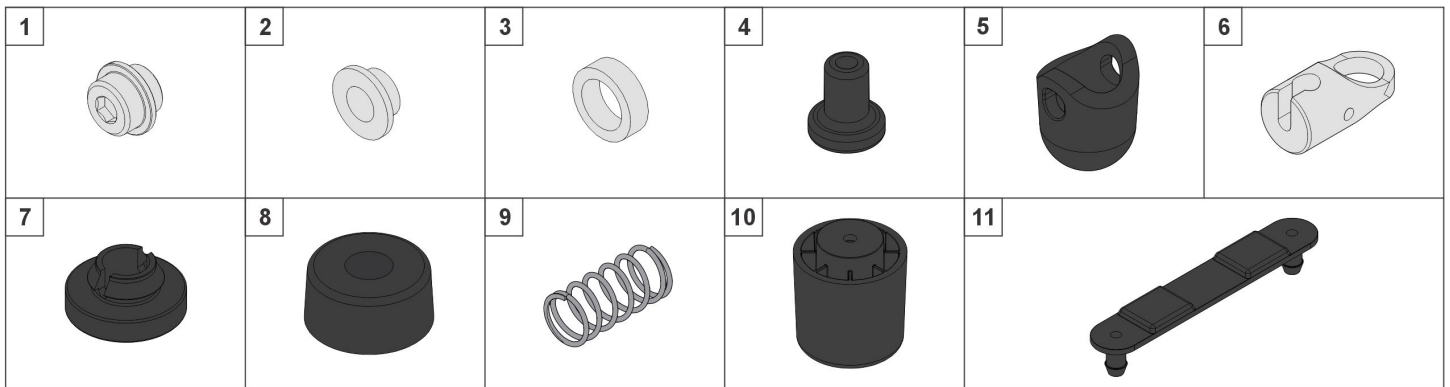
**Description: Kit: Hardware, LPP-DL**



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	6
2	Screw, M10 x 1.5 65mm	2
3	Screw, M10 x 1.5 25mm	3
4	Washer, Flat 1/4 ID ZN	4
5	Nut, Nylock 1/4 ID ZN	4
6	M5 x 0.8 HXS SOC CS ST BZ x 8	4
7	Washer, 3/8 SAE SS	7
8	Nut, Nylock M10 x 1.5	5

**Station usage: LPP-DL**

**Description: Kit: Hardware, Blister Pack, LPP-DL**

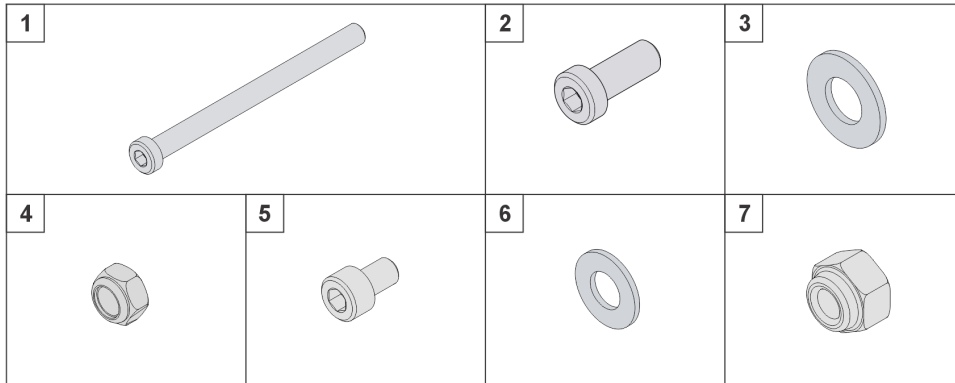


Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	6
2	Retainer, CM/MJ Pulley	6
3	Spacer, CM/MJ, .565 x .815	6
4	Insert, CM/MJ, Cable End -CHR	2
5	Housing, CM/MJ, Cable End -CHR	2
6	Link, CM/MJ, Cable End	2
7	Bumper, CM/MJ, Plug -CHR	1
8	Cushion, Weight Stack	2
9	Spring: 0.72IN OD, 0.596IN ID, 1.50IN LG	2

Item	Description	Qty
10	Housing: Guide Rod, OP	2
11	Bumper: INCR. SYSTEM, 0.5"	1

**Station usage: LPP-DP**

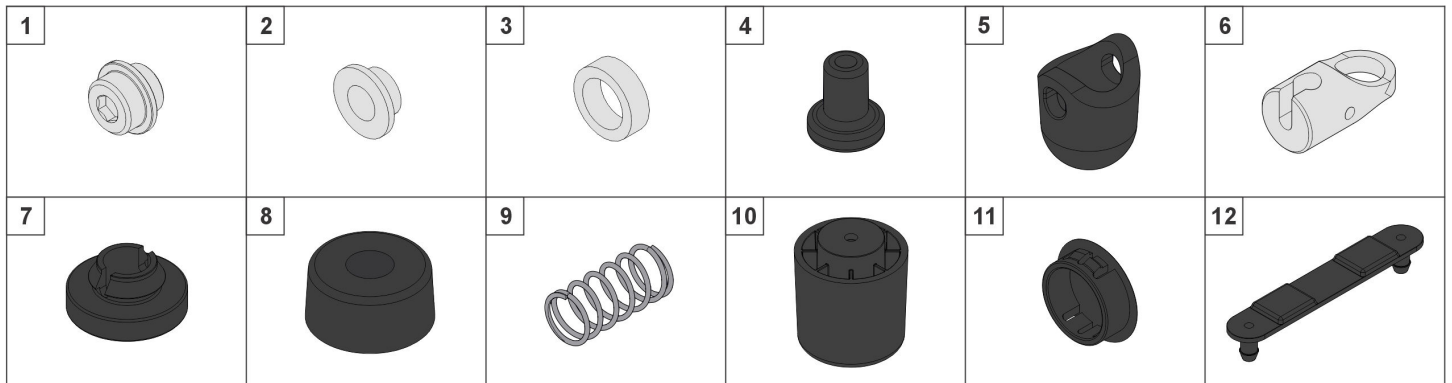
**Description: Kit: Hardware, LPP-DP**



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	6
2	Screw, M10 x 1.5 25mm	5
3	Washer, Flat 1/4 ID ZN	4
4	Nut, Nylock 1/4 ID ZN	4
5	M5 x 0.8 HXS SOC CS ST BZ x 8	4
6	Washer, 3/8 SAE SS	5
7	Nut, Nylock M10 x 1.5	5

**Station usage: LPP-DP**

**Description: Kit: Hardware, Blister Pack, LPP-DP**

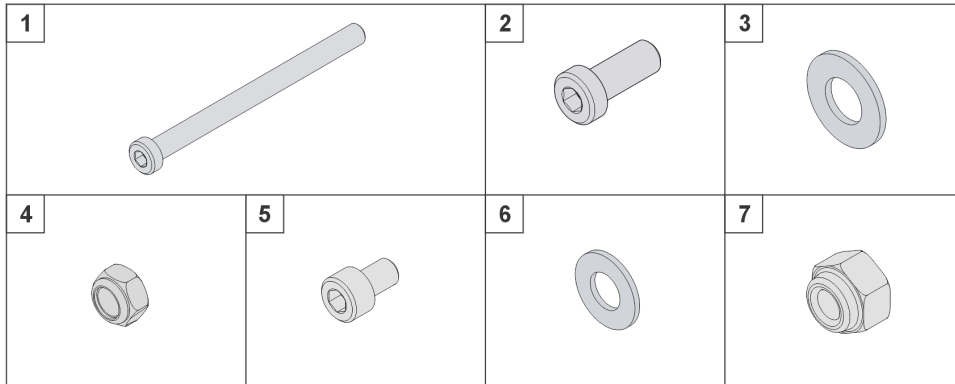


Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	6
2	Retainer, CM/MJ Pulley	6
3	Spacer, CM/MJ, .565 x .815	6
4	Insert, CM/MJ, Cable End -CHR	2
5	Housing, CM/MJ, Cable End -CHR	2
6	Link, CM/MJ, Cable End	2

Item	Description	Qty
7	Bumper, CM/MJ, Plug -CHR	1
8	Cushion, Weight Stack	2
9	Spring: 0.72IN OD, 0.596IN ID, 1.50IN LG	2
10	Housing: Guide Rod, OP	2
11	Plug, 1" Hole	2
12	Bumper: INCR. SYSTEM, 0.5"	1

**Station usage: LPP-DR**

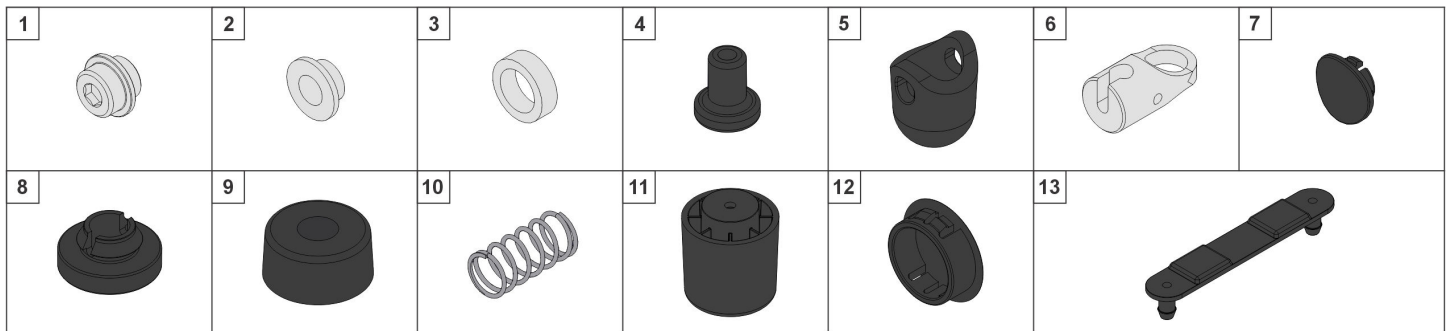
**Description: Kit: Hardware, LPP-DR**



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	4
2	Screw, M10 x 1.5 25mm	5
3	Washer, Flat 1/4 ID ZN	4
4	Nut, Nylock 1/4 ID ZN	4
5	M5 x 0.8 HXS SOC CS ST BZ x 8	4
6	Washer, 3/8 SAE SS	5
7	Nut, Nylock M10 x 1.5	5

**Station usage: LPP-DR**

**Description: Kit: Hardware, Blister Pack, LPP-DR**

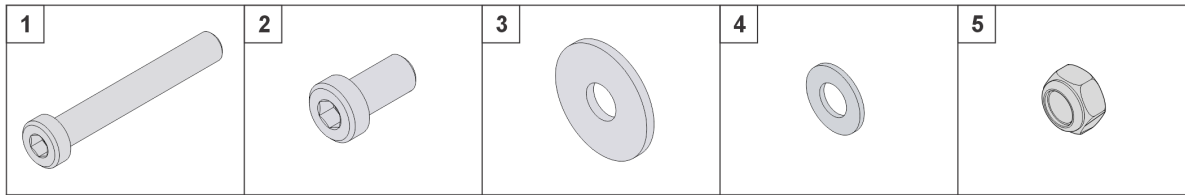


Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	4
2	Retainer, CM/MJ Pulley	4
3	Spacer, CM/MJ, .565 x .815	4

Item	Description	Qty
4	Insert, CM/MJ, Cable End -CHR	2
5	Housing, CM/MJ, Cable End -CHR	2
6	Link, CM/MJ, Cable End	2
7	Plug, Curved Hole	4
8	Bumper, CM/MJ, Plug -CHR	1
9	Cushion, Weight Stack	2
10	Spring: 0.72IN OD, 0.596IN ID, 1.50IN LG	2
11	Housing: Guide Rod, OP	2
12	Plug, 1" Hole	2
13	Bumper: INCR. SYSTEM, 0.5"	1

**Station usage: Front Shroud Option**

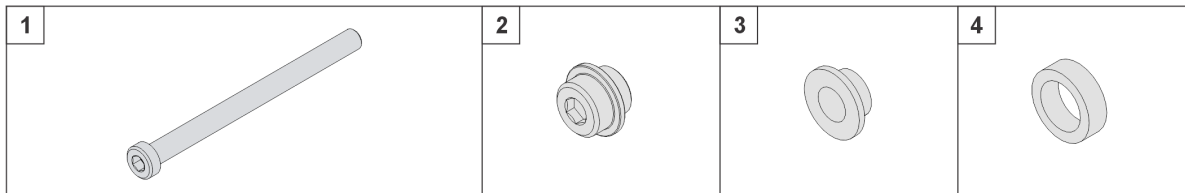
**Description: Kit: Hardware, Front Shroud**



Item	Description	Qty
1	Screw, M10 x 1.5 70mm	2
2	Screw, M10 x 1.5 20mm	4
3	Washer, 3/8 x 1.5 OD SS	2
4	Washer, 3/8 SAE SS	6
5	Nut, Nylock M10 x 1.5	2

**Station usage: LPP-HR**

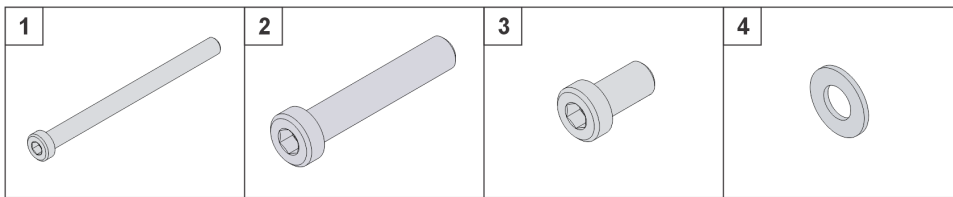
**Description: Kit: Hardware, Blister Pack, LPP-HR**



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	2
1	Nut, M10 x 1.5 Socket Head	2
2	Retainer, CM/MJ Pulley	2
3	Spacer, CM/MJ, .565 x .815	2

**Station usage: LPP-PA**

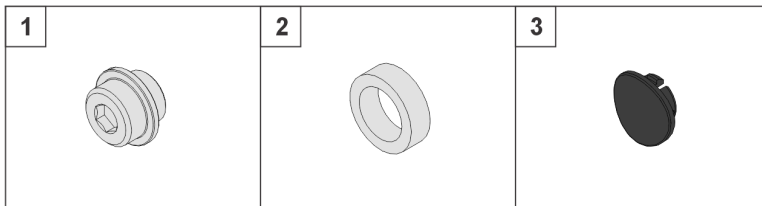
**Description: Kit: Hardware, LPP-PA (MJ/PP BLNKSHRD)**



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	2
2	Screw, M10 x 1.5 55mm	2
3	Screw, M10 x 1.5 20mm	2
4	Washer, 38 SAE SS	6

**Station usage: LPP-PA**

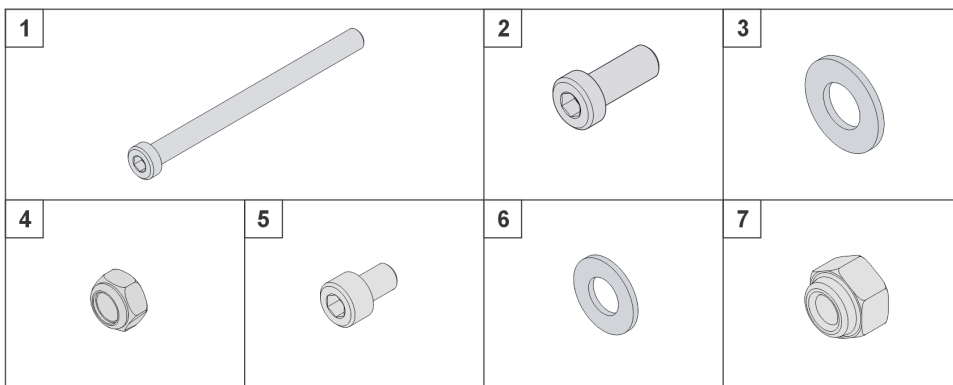
**Description: Kit: Hardware, Blister Pack, LPP-PA (MJ/PP BLNKSHRD)**



Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	2
2	Spacer, CM/MJ, .565 x .815	2
3	Plug, Curved Hole	8

**Station usage: LPP-PD**

**Description: Kit: Hardware, LPP-PD**

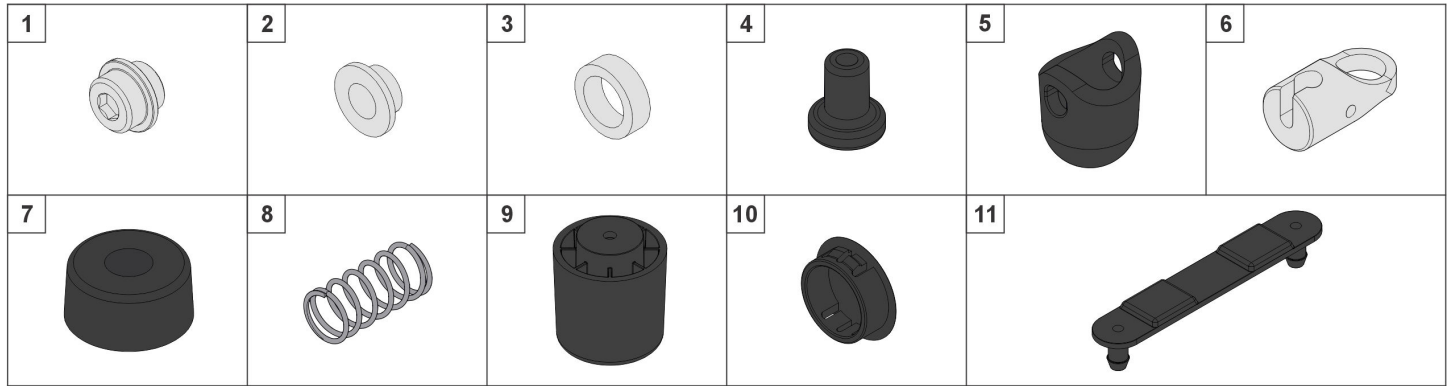


Item	Description	Qty
1	Screw, M10 x 1.5 130mm	6
2	Screw, M10 x 1.5 25mm	5
3	Washer, Flat 1/4 ID ZN	4
4	Nut, Nylock 1/4 ID ZN	4
5	M5 x 0.8 HXS SOC CS ST BZ x 8	2
6	Washer, 3/8 SAE SS	5

Item	Description	Qty
7	Nut, Nylock M10 x 1.5	4

**Station usage: LPP-PD**

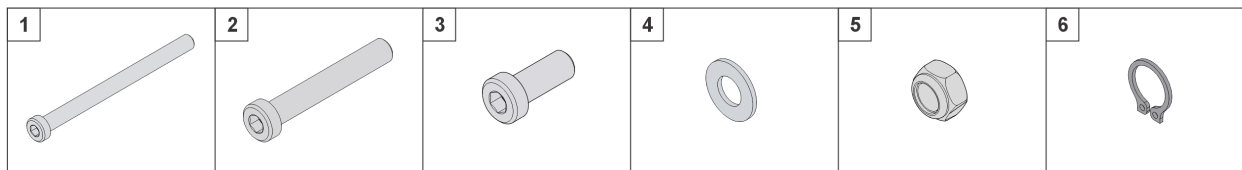
**Description: Kit: Hardware, Blister Pack, LPP-PD**



Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	6
2	Retainer, CM/MJ Pulley	6
3	Spacer, CM/MJ, .565 x .815	6
4	Insert, CM/MJ, Cable End -CHR	1
5	Housing, CM/MJ, Cable End -CHR	1
6	Link, CM/MJ, Cable End	1
7	Cushion, Weight Stack	2
8	Spring: 0.72IN OD, 0.596IN ID, 1.50IN LG	2
9	Housing: Guide Rod, OP	2
10	Plug, 1" Hole	2
11	Bumper: INCR. SYSTEM, 0.5"	1

**Station usage: LPP-PP**

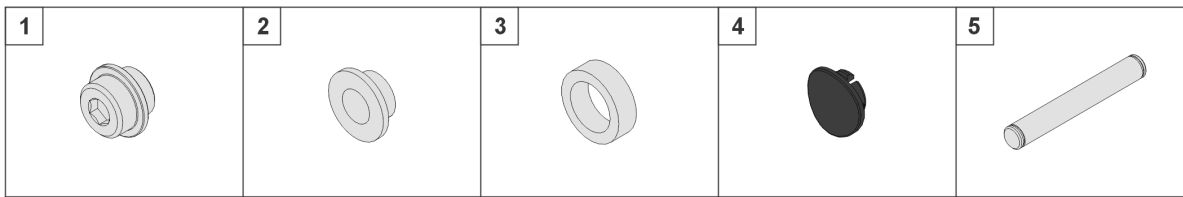
**Description: Kit: Hardware, LPP-PP (PP-PP)**



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	4
2	Screw, M10 x 1.5 65mm	2
3	Screw, M10 x 1.5 25mm	3
4	Washer, 3/8 SAE SS	7
5	Nut, Nylock M10 x 1.5	5
6	Ring, External Retaining	4

**Station usage: LPP-PP**

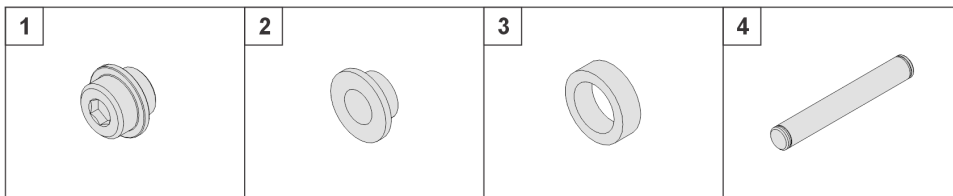
**Description: Kit: Hardware, Blister Pack, LPP-PP (PP-PP)**



Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	4
2	Retainer, CM/MJ Pulley	4
3	Spacer, CM/MJ, .565 x .815	4
4	Plug, Curved Hole	4
5	Shaft, MJHAR Bar Holder	2

**Station usage: LPP-PR**

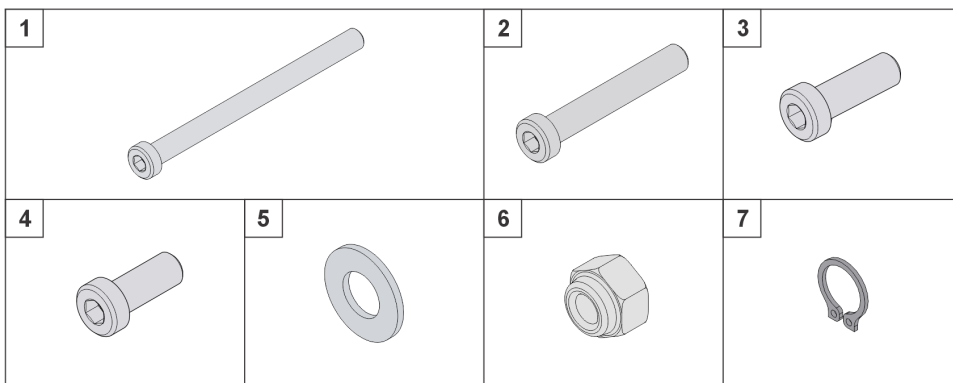
**Description: Kit: Hardware, Blister Pack, LPP-PR (PP-RP)**



Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	8
2	Retainer, CM/MJ Pulley	8
3	Spacer, CM/MJ, .565 x .815	8
4	Shaft, MJHAR Bar Holder	2

**Station usage: LPP-PR**

**Description: Kit: Hardware, LPP-PR**

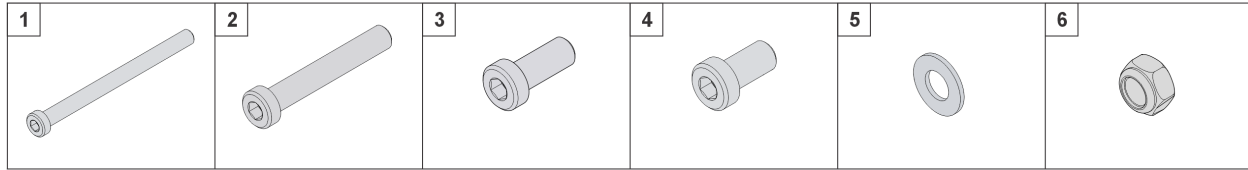


Item	Description	Qty
1	Screw, M10 x 1.5 130mm	8
2	Screw, M10 x 1.5 60mm	2
3	Screw, M10 x 1.5 30mm	4
4	Screw, M10 x 1.5 25mm	3

Item	Description	Qty
5	Washer, 3/8 SAE SS	15
6	Nut, Nylock M10 x 1.5	9
7	Ring, External Retaining	4

**Station usage: LPP-RP**

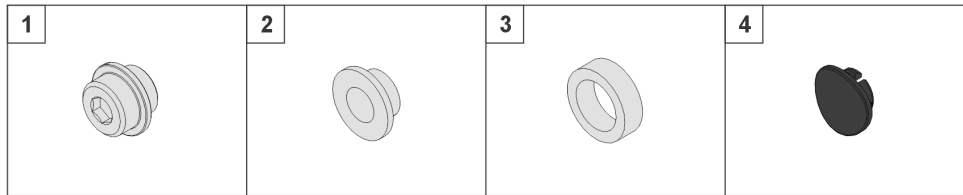
**Description: Kit: Hardware, LPP-RP**



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	4
2	Screw, M10 x 1.5 65mm	2
3	Screw, M10 x 1.5 30mm	4
4	Screw, M10 x 1.5 25mm	3
5	Washer, 3/8 SAE SS	15
6	Nut, Nylock M10 x 1.5	9

**Station usage: LPP-RP**

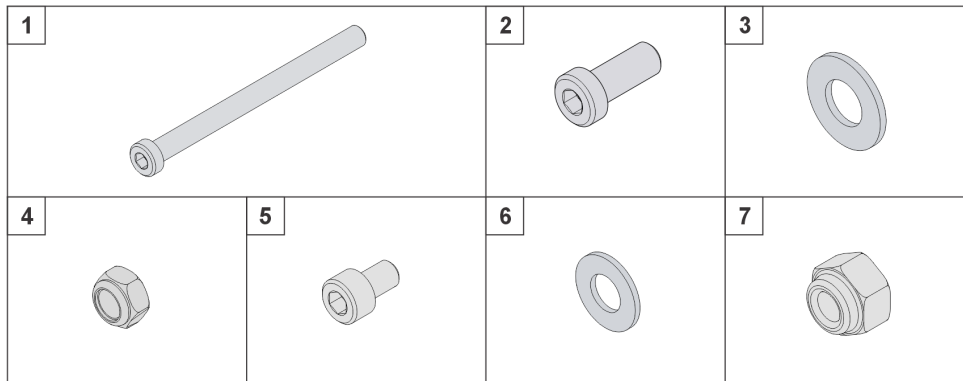
**Description: Kit: Hardware, Blister Pack, LPP-RP (PP-RPL)**



Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	4
2	Retainer, CM/MJ Pulley	4
3	Spacer, CM/MJ, .565 x .815	4
4	Plug, Curved Hole	4

**Station usage: LPP-RW**

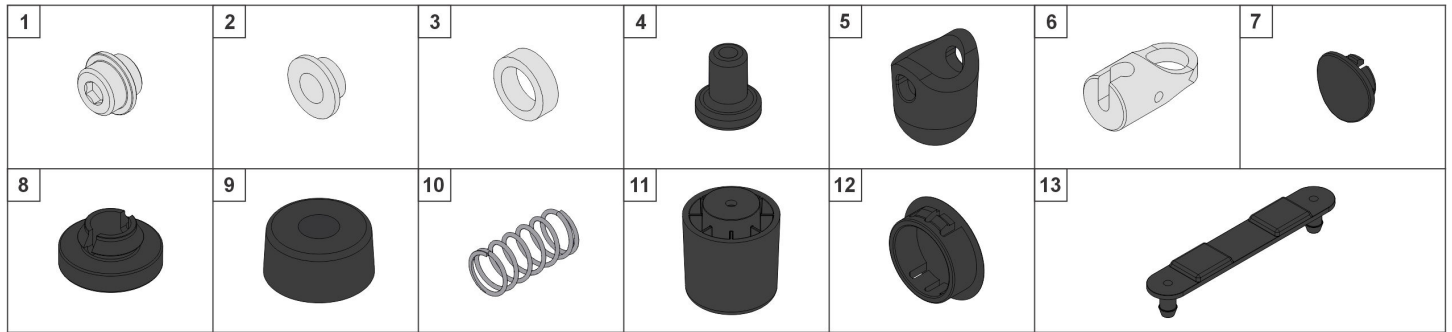
**Description: Kit: Hardware, LPP-RW**



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	4
2	Screw, M10 x 1.5 25mm	5
3	Washer, Flat 1/4 ID ZN	4
4	Nut, Nylock 1/4 ID ZN	4
5	M5 x 0.8 HXS SOC CS ST BZ x 8	2
6	Washer, 3/8 SAE SS	5
7	Nut, Nylock M10 x 1.5	5

**Station usage: LPP-RW**

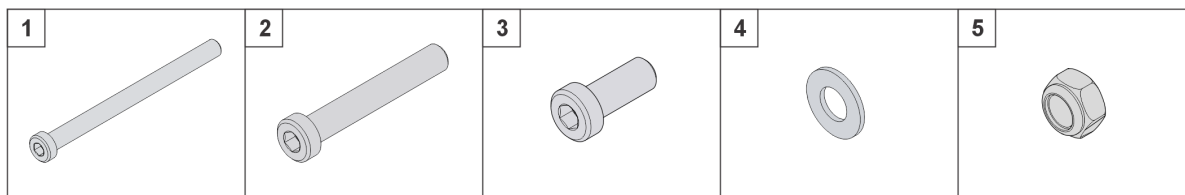
**Description: Kit: Hardware, Blister Pack, LPP-RW**



Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	4
2	Retainer, CM/MJ Pulley	4
3	Spacer, CM/MJ, .565 x .815	4
4	Insert, CM/MJ, Cable End -CHR	1
5	Housing, CM/MJ, Cable End -CHR	1
6	Link, CM/MJ, Cable End	1
7	Plug, Curved Hole	4
8	Bumper, CM/MJ, Plug -CHR	1
9	Cushion, Weight Stack	2
10	Spring: 0.72IN OD, 0.596IN ID, 1.50IN LG	2
11	Housing: Guide Rod, OP	2
12	Plug, 1" Hole	2
13	Bumper: INCR. SYSTEM, 0.5"	1

**Station usage: LPP-SB**

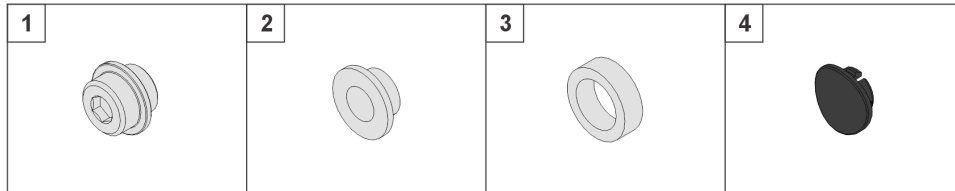
**Description: Kit: Hardware, LPP-SB (PP-SB)**



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	4
2	Screw, M10 x 1.5 65mm	2
3	Screw, M10 x 1.5 25mm	3
4	Washer, 3/8 SAE SS	7
5	Nut, Nylock M10 x 1.5	5

**Station usage: LPP-SB**

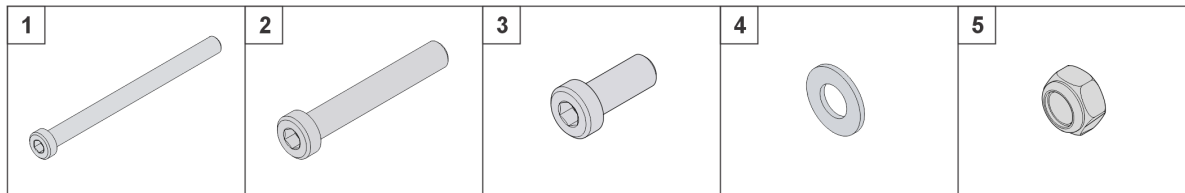
**Description: Kit: Hardware, Blister Pack, LPP-SB (PP-SB)**



Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	4
2	Retainer, CM/MJ Pulley	4
3	Spacer, CM/MJ, .565 x .815	4
4	Plug, Curved Hole	4

**Station usage: LPP-SX**

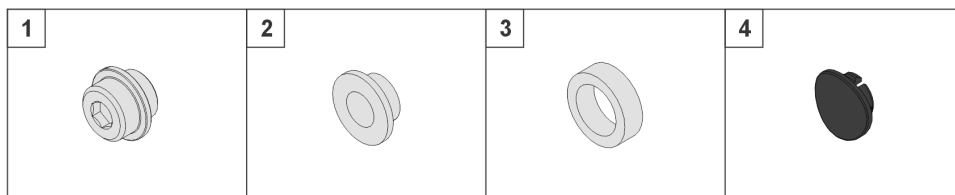
**Description: Kit: Hardware, LPP-SX**



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	4
2	Screw, M10 x 1.5 65mm	4
3	Screw, M10 x 1.5 25mm	6
4	Washer, 3/8 SAE SS	14
5	Nut, Nylock M10 x 1.5	10

**Station usage: LPP-SX**

**Description: Kit: Hardware, Blister Pack, LPP-SX (PP-SX)**

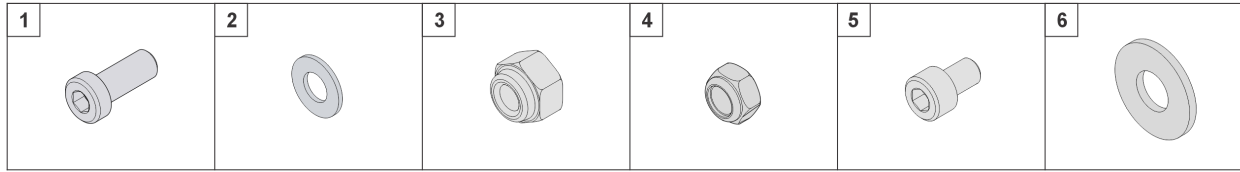


Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	4

Item	Description	Qty
2	Retainer, CM/MJ Pulley	4
3	Spacer, CM/MJ, .565 x .815	4
4	Plug, Curved Hole	8

**Station usage: LPP-TP**

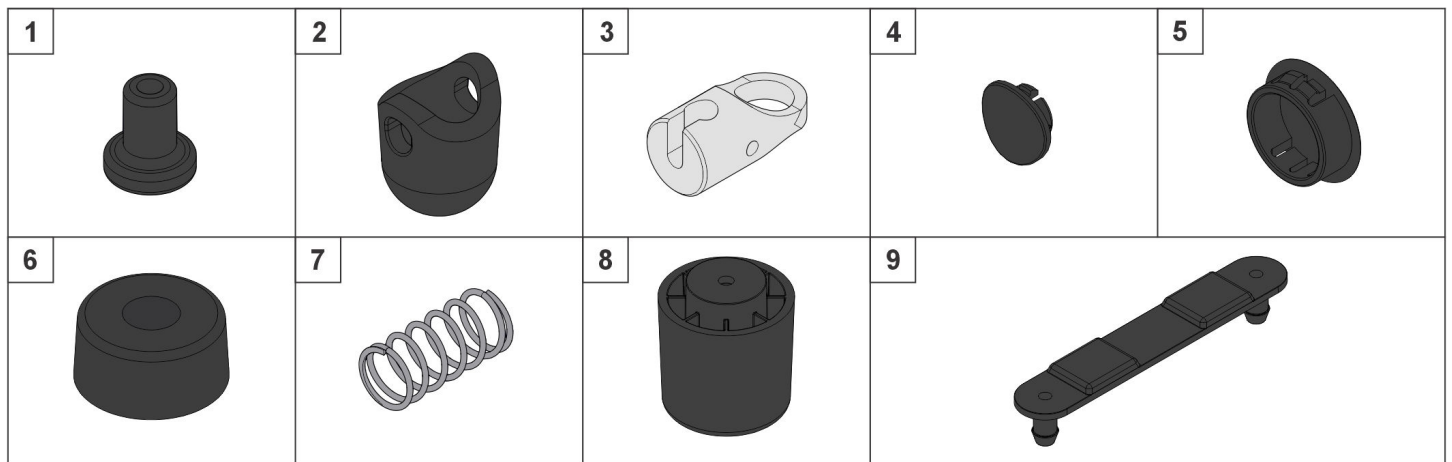
**Description: Kit: Hardware, LPP-TP**



Item	Description	Qty
1	Screw, M10 x 1.5 25mm	5
2	Washer, 3/8 SAE SS	5
3	Nut, Nylock M10 x 1.5	5
4	Nut, Nylock 14-20 ZN x 1.5	4
5	M5 x 0.8 HXS SOC CS ST BZ x 8	2
6	Washer, Flat 1/4 ID ZN	4

**Station usage: LPP-TP**

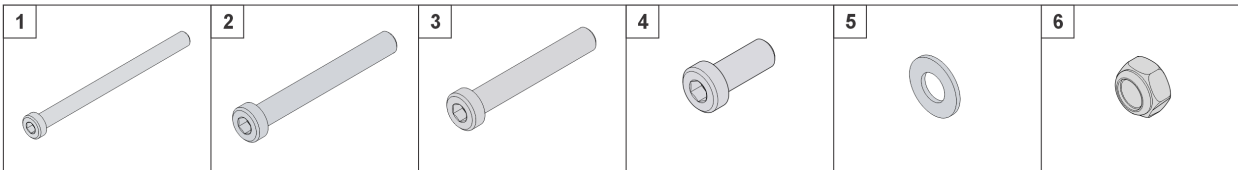
**Description: Kit: Hardware, Blister Pack, LPP-TP**



Item	Description	Qty
1	Insert, CM/MJ, Cable End -CHR	1
2	Housing, CM/MJ, Cable End -CHR	1
3	Link, CM/MJ, Cable End	1
4	Plug, Curved Hole	8
5	Plug, 1" Hole	2
6	Cushion, Weight Stack	2
7	Spring: 0.72IN OD, 0.596IN ID, 1.50IN LG	2
8	Housing: Guide Rod, OP	2
9	Bumper: INCR. SYSTEM, 0.5"	1

**Station usage: LPP-VA**

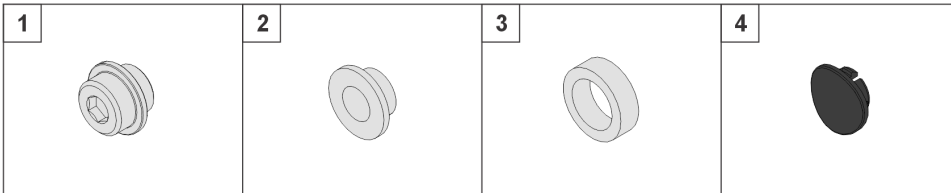
**Description: Kit: Hardware, LPP-VA (PP-SC)**



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	2
2	Screw, M10 x 1.5 80mm	4
3	Screw, M10 x 1.5 65mm	2
4	Screw, M10 x 1.5 25mm	3
5	Washer, 3/8 SAE SS	7
6	Nut, Nylock M10 x 1.5	5

**Station usage: LPP-VA**

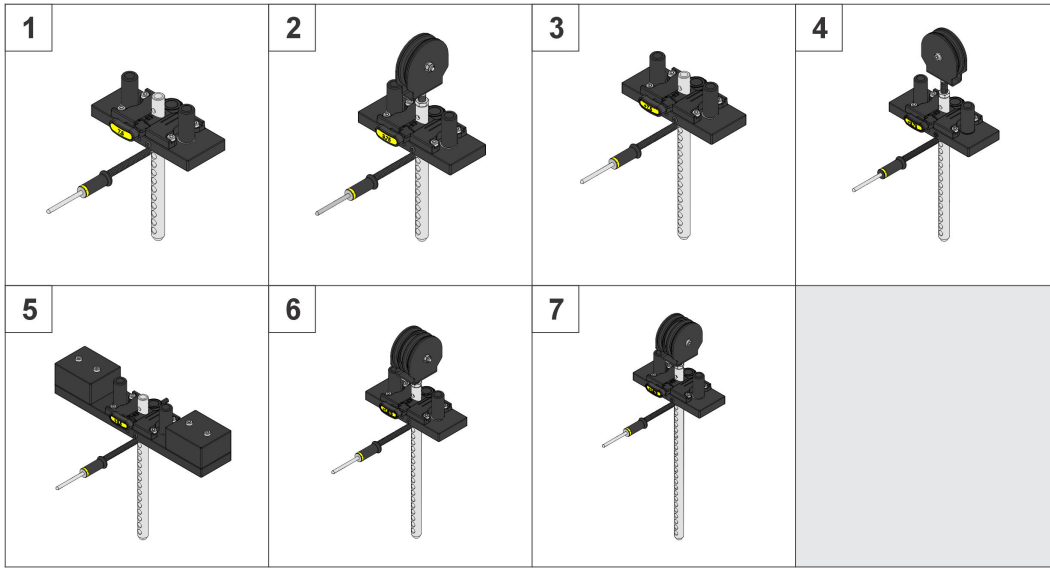
**Description: Kit: Hardware, Blister Pack, LPP-VA (PP-SC)**



Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	6
2	Retainer, CM/MJ Pulley	6
3	Spacer, CM/MJ, .565 x .815	2
4	Plug, Curved Hole	4

## Head Plates

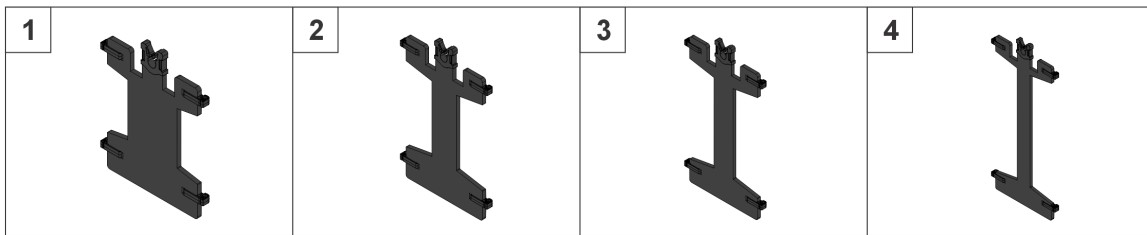
Select the head plate assembly for the proper station:



Item	Head Plate Pulley	Bayonet Holes	Station
1	None	12	LPP-TP
2	Single	12	LPP-AC, LPP-CC, LPP-CX
3	None	16	LPP-PD, LPP-RW
4	Single	16	LPP-DP, LPP-DR
5	None	16	LPP-DC
6	Dual	19	LPP-DH, LPP-DL
7	Dual	25	LPP-AD

## Increment Weights

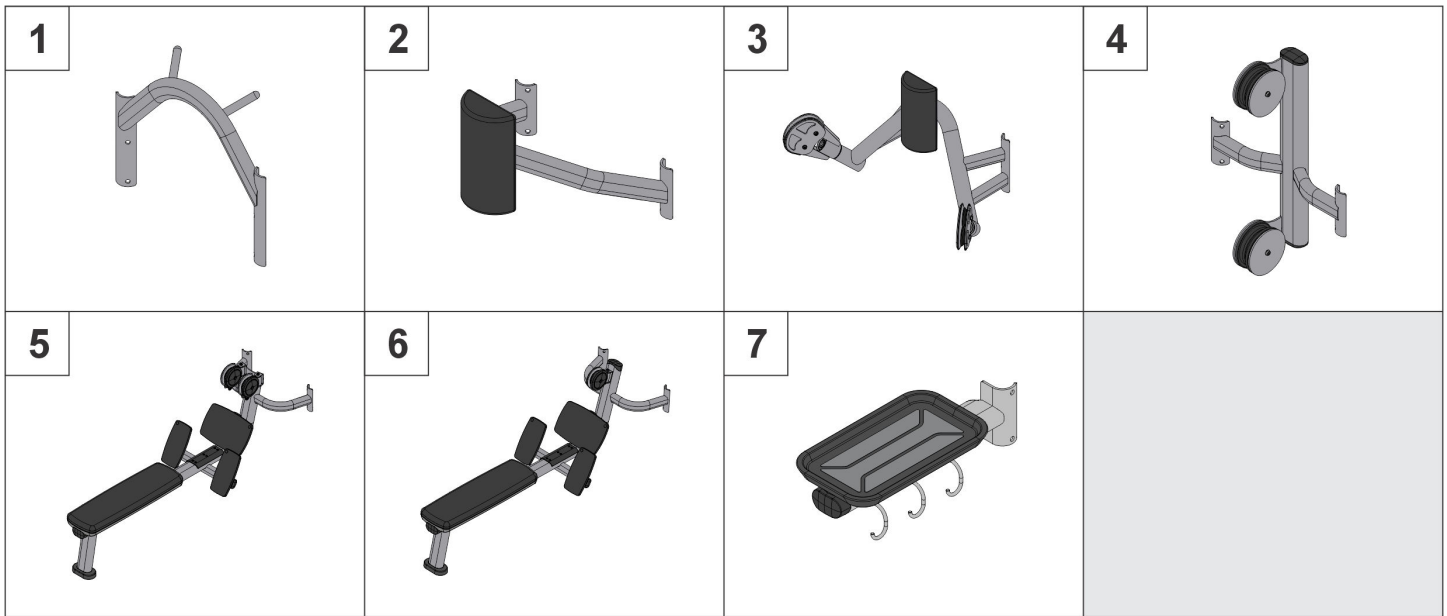
Select the increment weight assembly for the proper station:



Item	Weight Plate Amount	Station
1	12	LPP-AC, LPP-CC, LPP-CX, LPP-TP
2	16	LPP-DC, LPP-DP, LPP-DR, LPP-PD, LPP-RW
3	19	LPP-DH, LPP-DL
4	25	LPP-AD

## Mid Mounts

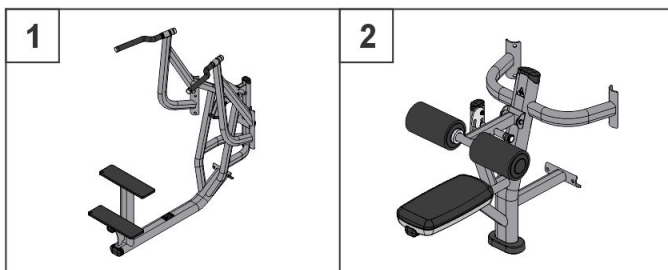
Select the mid mount assembly for the proper station:



Item	Station	Qty
1	LPP-BA	1
2	LPP-DH	1
3	LPP-DL	1
4	LPP-PR, LPP-RP	1, 1
5	LPP-DR	1
6	LPP-RW	1
7	LPP-HR	1

## Mid-Low Mounts

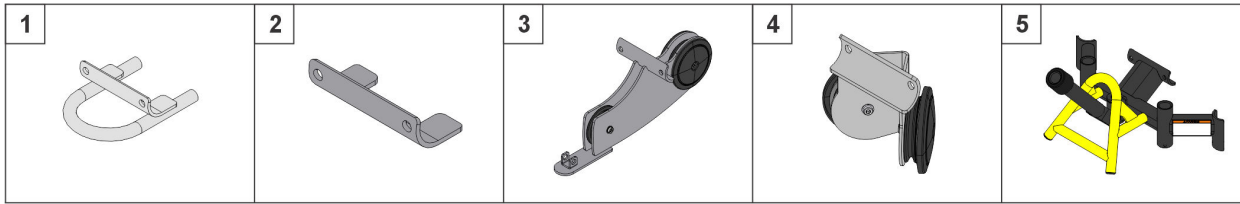
Select the mid-low mount assembly for the proper station:



Item	Station	Qty
1	LPP-DC	1
2	LPP-DP, LPP-PD	1, 1

## Low Mounts

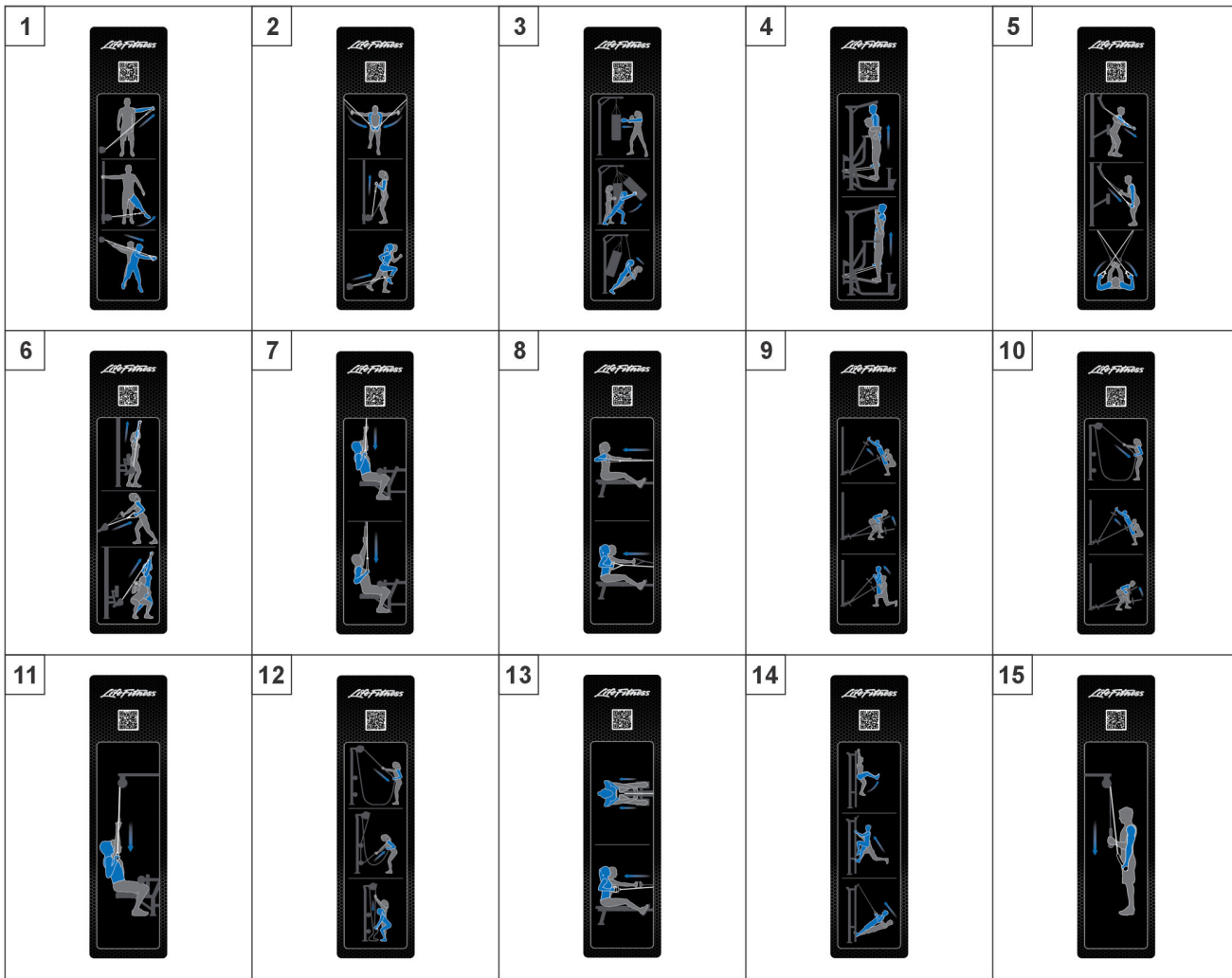
Select the low mount assembly for the proper station:



Item	Station	Qty
1	LPP-BA	1
2	LPP-BA	1
3	LPP-AC, LPP-AD, LPP-CC, LPP-CX	1, 1, 2, 2
4	LPP-DL	1
5	LPP-PP, LPP-PR	1, 1

# Placards

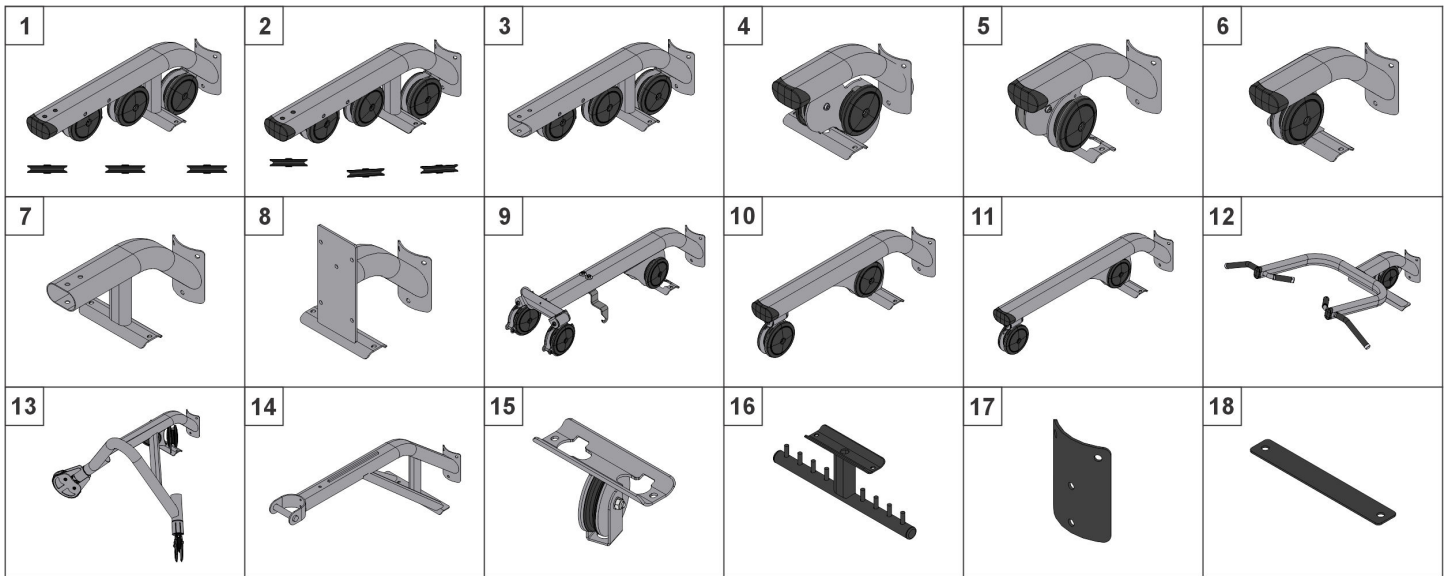
Select the placard for the proper station:



Item	Station	Placard Description	Qty
1	LPP-AC, LPP-AD, LPP-CC, LPP-CX	Cable	1
2	LPP-CC, LPP-CX	Cable Crossover	1
3	LPP-BA	Boxing Anchor	1
4	LPP-DC	Dip Chin	1
5	LPP-DH	Dual Cable High	1
6	LPP-DL	Dual Cable Low	1
7	LPP-DP	Dual Pull Down	1
8	LPP-DR	Dual Row	1
9	LPP-PD	Pull Down	1
10	LPP-PP	Power Pivot	1
11	LPP-PR	Power Pivot-Rope Pull	1
12	LPP-RP	Rope Pull	1
13	LPP-RW	Row	1
14	LPP-SB	Stall Bars	1
15	LPP-TP	Triceps Press	1

# Top Mounts

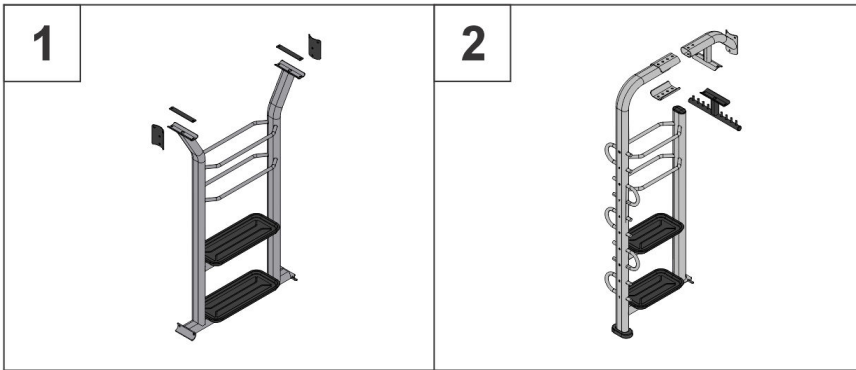
Select the top mount assembly for the proper station:



Item	Station	Qty
1	LPP-AC (inline pulleys)	1
2	LPP-AD (offset pulleys)	1
3	LPP-CC, LPP-CX	1, 2
4	LPP-DL	1
5	LPP-DR	1
6	LPP-RW	1
7	LPP-VA	1
8	LPP-PR, LPP-RP	1, 1
9	LPP-DP	1
10	LPP-TP (length: 34.25in/86.9cm)	1
11	LPP-PD (length: 42in/106.6cm)	1
12	LPP-DC	1
13	LPP-DH	1
14	LPP-BA	1
15	LPP-AD, LPP-DH, LPP-DL	1, 1, 1
16	LPP-VA	1
17	LPP-PP, LPP-SB, LPP-SX	1, 1, 2
18	LPP-BA, LPP-PP, LPP-PR, LPP-RP, LPP-SX	1, 2, 1, 1, 2

## Top-Low Mounts

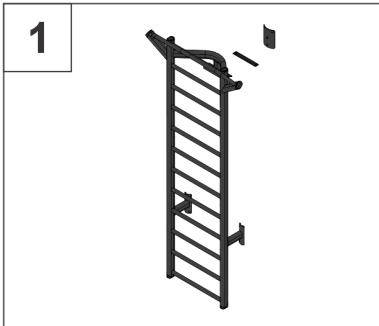
Select the top-low mount assembly for the proper station:



Item	Station	Qty
1	LPP-SX	1
2	LPP-VA	1

## Top-Mid Mounts

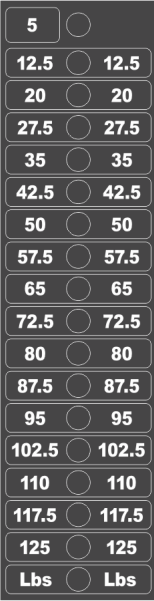
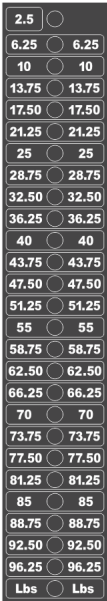
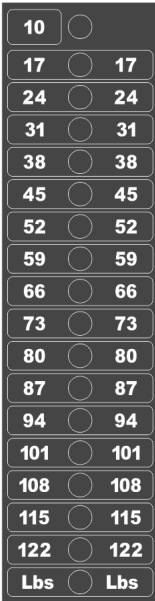
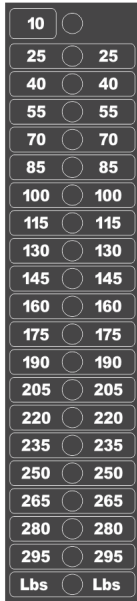


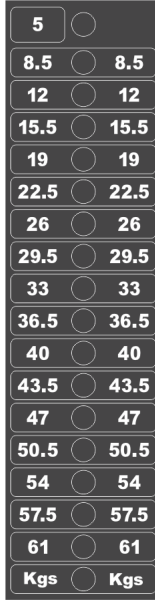
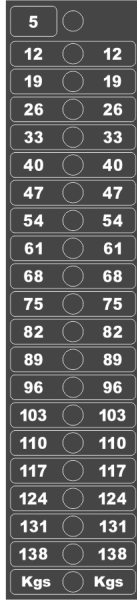
Select the top-mid mount assembly for the proper station:



Item	Station	Qty
1	LPP-SB	1

# Weight Stack Labels

Select the weight stack label for the proper station:

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
			
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
			

Item		Description	Station
LB	KG		
1	5	Label: Weight Stack, 2:1	LPP-AC, LPP-CC, LPP-CX, LPP-DP, LPP-DR
2	6	Label: Weight Stack, 4:1	LPP-AD, LPP-DH, LPP-DL
3	7	Label: Weight Stack	LPP-DC
4	8	Label: Weight Stack, 1:1	LPP-PD, LPP-RW, LPP-TP

# 4. Assembly

## PWR Play Compatibility

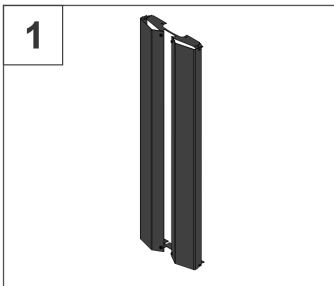
Use the image and table to determine which PWR Play stations can be used together.

LPP-AC	LPP-AD	LPP-BA	LPP-CB	LPP-CC
LPP-CORE	LPP-CX	LPP-DC	LPP-DH	LPP-DI
LPP-DL	LPP-DP	LPP-DR	LPP-HR	LPP-PA
LPP-PD	LPP-PP	LPP-PR	LPP-RP	LPP-RW
LPP-SB	LPP-ST	LPP-SX	LPP-TP	LPP-VA

	LPP-AC	LPP-AD	LPP-BA	LPP-CB	LPP-CC	LPP-CORE	LPP-CX	LPP-DC	LPP-DH	LPP-DI	LPP-DL	LPP-DP	LPP-DR	LPP-HR	LPP-PA	LPP-PD	LPP-PP	LPP-PR	LPP-RP	LPP-RW	LPP-SB	LPP-ST	LPP-SX	LPP-TP	LPP-VA
LCM-CC														●											
LPP-AC				●		●																			
LPP-AD				●		●																			
LPP-BA						●																			
LPP-CB	●	●																							
LPP-CC						●								●											
LPP-CORE	●	●	●		●		●	●	●		●	●	●	●	●	●	●	●	●	●	●		●	●	●
LPP-CX						●																			
LPP-DC						●																			
LPP-DH						●																			
LPP-DI																									●
LPP-DL						●																			
LPP-DP						●																			
LPP-DR						●																			
LPP-HR					●	●																			
LPP-PA						●																			
LPP-PD						●																			
LPP-PP						●																			
LPP-PR						●																			
LPP-RP						●																			
LPP-RW						●																			
LPP-SB						●																			
LPP-ST																									●
LPP-SX						●																			
LPP-TP						●																			
LPP-VA						●				●													●		

## Optional Front Shroud

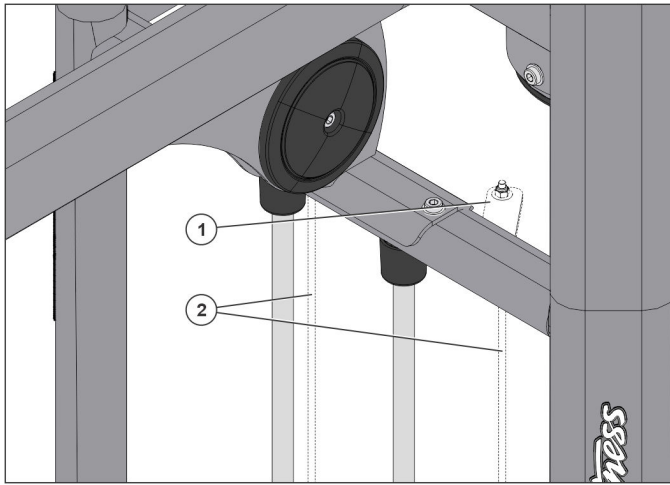
Front shroud option available for cable stations:



Item	Station
1	LPP-AC, LPP-AD, LPP-CC, LPP-CX, LPP-DC, LPP-DH, LPP-DL, LPP-DP, LPP-DR, LPP-PD, LPP-RW, LPP-TP

## MJ/PP Compatibility

LPP stations can be installed on Life Fitness Multi-Jungle (MJ) and Cybex PWR Play (PP) cores, with the exception of using the LPP increment weight system, as there are no tabs on the previous version cores. Follow the standard installation procedure, leaving out any increment weight steps during the [Install Weight Stack](#) section.



Item	Description	Qty
1	Missing Tab	2
2	Missing Increment Weight Guide Rods	2

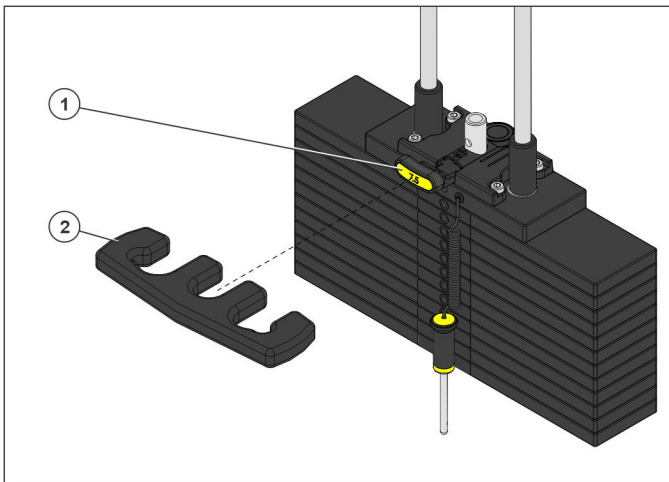
## Remove Increment Weight Selector

Converting LPP headplate assembly for MJ/PP use.

### Tools Required:

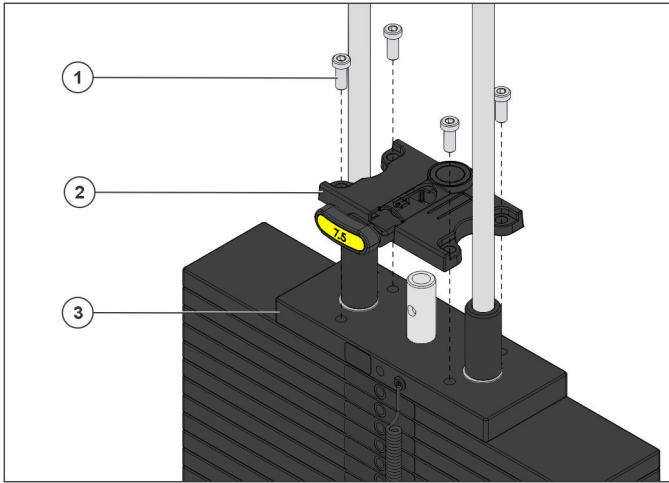
- 7 mm Allen wrench

1. MJ and PP add-on weights can be used on LPP stations as long as the interfering increment weight selector is removed from the headplate assembly.



Item	Description	Qty
1	MJ/PP Add-on Weight	1
2	Increment Weight Selector	1

2. Loosen and remove the four 25mm screws and increment weight selector from the headplate assembly.



Item	Description	Qty
1	Screw, M10 x 1.5 25mm	4
2	Increment Weight Selector	1
3	Headplate Assembly	1

## Tools Required

Tools needed for PWR Play assembly:

- 4 mm Allen wrench
- 7 mm Allen wrench (x2)
- 17 mm wrench
- 24 mm wrench
- 1/2" wrench
- Clean cloth
- Pliers
- Rubber mallet/dead blow hammer
- Rubbing alcohol
- Tape measure
- Torque wrench

# Assembly Order

Assemble the PWR Play stations in the following order:

Station	1	2	3	4	5	6	7	8	9	10	11	12	13
	Select Location	Top Mount	X-Over	Weight Stack	Assemble LPP-HR	Mid Mount	Low Mount	Carriage	Cable	Labels	Snap Links	Panel Station	Hole Plugs
LPP-AC Adjustable 2:1 Cable	•	•	•	•			•	•	•	•	•		
LPP-AD Adjustable 4:1 Dynamic Cable	•	•	•	•			•	•	•	•	•		
LPP-BA Punching Bag Anchor	•	•				•	•			•	•		
LPP-CB Adj. Cable Crossbar	•		•										
LPP-CC Adj. Cable Crossover-Attached	•	•	•	•		•	•	•	•	•	•		
LPP-CORE Core	•												•
LPP-CX Core Connector-Adj. Cable Crossover	•	•	•	•		•	•	•	•	•	•		
LPP-DC Assisted Dip Chin	•	•		•		•	•		•	•			
LPP-DH Dual Cable High	•	•		•		•			•	•	•		
LPP-DL Dual Cable Low	•	•		•		•			•	•	•		
LPP-DP Dual Cable Pulldown	•	•		•		•	•		•	•	•		
LPP-DR Dual Cable Row	•	•		•		•			•	•	•		
LPP-HR Adj. Cable Handle Storage	•				•	•							
LPP-PA Station Panel	•											•	
LPP-PD Pulldown	•	•		•		•	•		•	•	•		
LPP-PP Power Pivot	•	•					•			•			
LPP-PR Power Pivot-Rope Pull	•	•				•	•			•			
LPP-RP Rope Pull	•	•				•				•			
LPP-RW Row	•	•		•		•			•	•	•		
LPP-SB Stall Bars	•	•				•				•			
LPP-SX Core Connector - Accessory Storage	•	•					•						
LPP-TP Triceps Pushdown	•	•		•		•	•		•	•	•		
LPP-VA Versa	•	•	•				•						

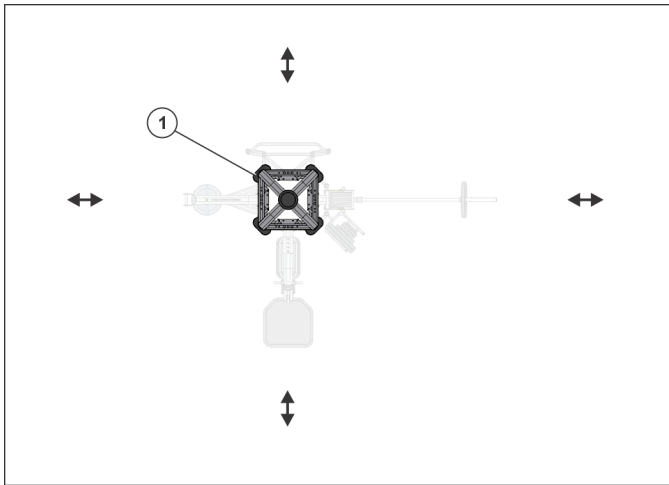
## Select Location

Before assembly, confirm the unit's exact location and orientation, then verify its Live Area requirements. Live Area and product dimensions can be found in the PWR Play owner's manual.

### Tools Required:

- Tape measure

Measure unit's space requirements.



Item	Description	Qty
1	PWR Play Unit	1

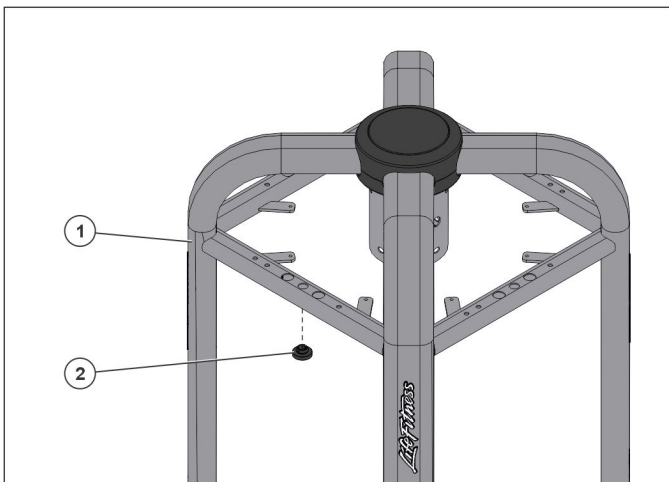
## Install Top Mounts

Assemble top of the LPP-CORE.

### Tools Required:

- 7 mm Allen wrench
- 17 mm wrench
- Rubber mallet/dead blow hammer
- Torque wrench

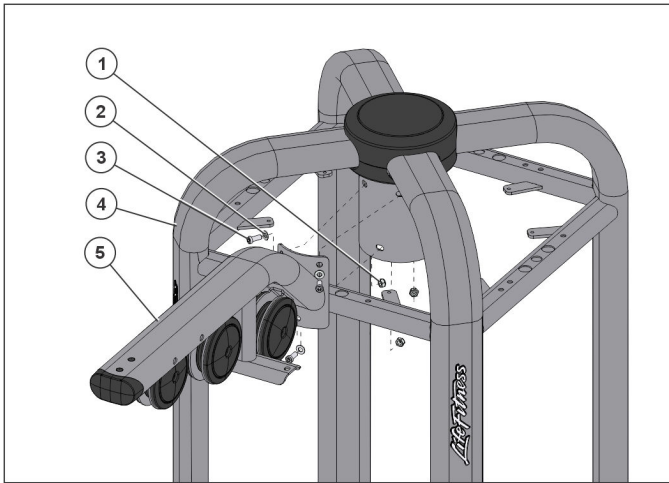
1. Gently tap the bumper, CM/MJ, plug -CHR up into the LPP-CORE cross-member for cable stations (LPP-AC, LPP-AD, LPP-CC, LPP-CX, LPP-DC, LPP-DH, LPP-DL, LPP-DP, LPP-DR, LPP-PD, LPP-RW, LPP-TP).



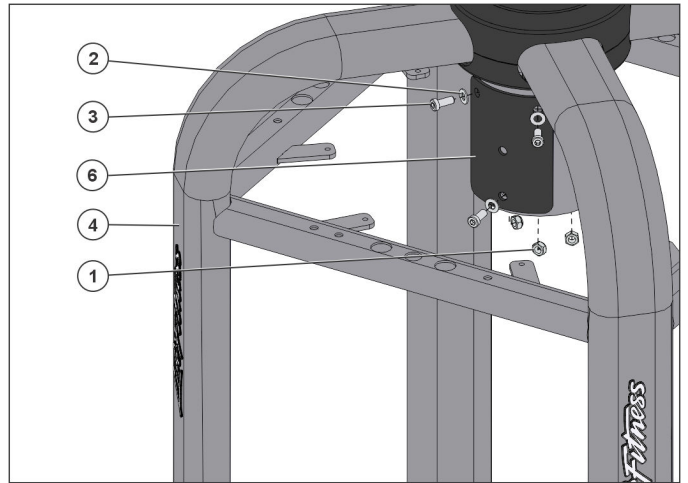
Item	Description	Qty
1	LPP-CORE	1
2	Bumper, CM/MJ, Plug -CHR	1

2. Attach the top mount assembly, or brackets, to the center of the LPP-CORE with hardware and tighten to **20-25 ft-lbs/27.1-33.9Nm**. See [Top Mounts](#), [Top-Low Mounts](#), and [Top-Mid Mounts](#) for types and usage.

### Top Mount Assemblies

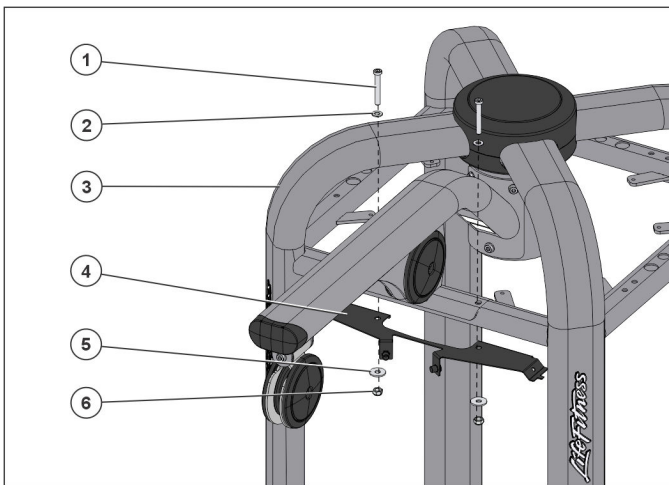


### Bracket (LPP-PP, LPP-SB, LPP-SX)



Item	Description	Qty.
1	Nut, Nylock M10 x 1.5	3
2	Washer, 3/8 SAE SS	3
3	Screw, M10 x 1.5 25mm	3
4	LPP-CORE	1
5	Top Mount Assembly	1
6	Bracket, CM/MJ, 7 IN DIA	1

3. Any stations using the optional front shrouds, insert its top bracket to the LPP-CORE with hardware and tighten to **20-25 ft-lbs/27.1-33.9Nm**

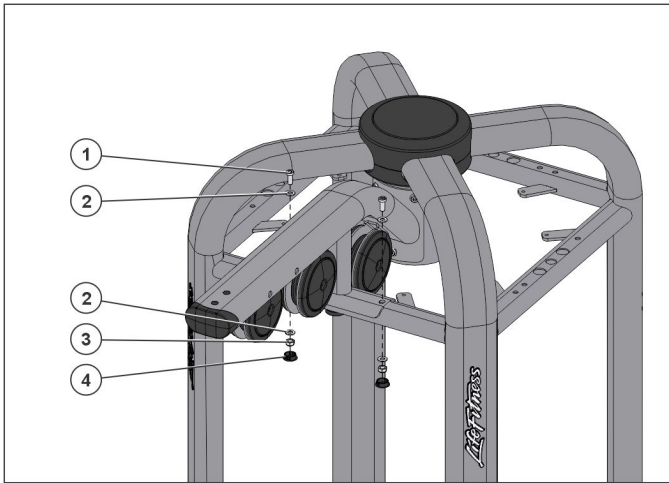


Item	Description	Qty
1	Screw, M10 x 1.5 65mm	2
2	Washer, 3/8 SAE SS	2
3	LPP-CORE	1
4	Top Front Shroud Bracket	1
5	Washer, 3/8 x 1.5 OD SS	2
6	Nut, Nylock M10 x 1.5	2

4. Attach the four top mount assembly types (standard, pulley, cover plates/cover plates + weldment, versa) to the LPP-CORE cross-member and tighten to **20-25 ft-lbs/27.1-33.9Nm**.

**Standard Top Mount:**

LPP-AC, LPP-AD, LPP-BA, LPP-LPP-CC, LPP-CX, LPP-DC, LPP-DH, LPP-DL, LPP-DP, LPP-DR, LPP-PD, LPP-RW, LPP-TP

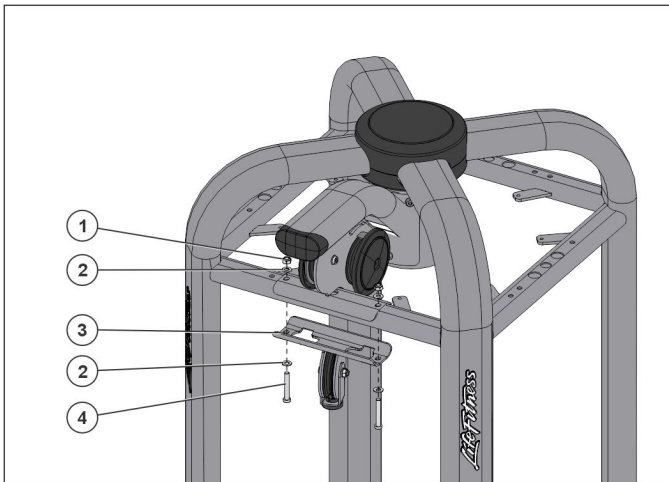


Item	Description	Qty.
1	Screw, M10 x 1.5 25mm	2
2	Washer, 3/8 SAE SS	4
3	Nut, Nylock M10 x 1.5	2
4	Plug, 1" Hole	2

5. Attach the four top mount assembly types (standard, pulley, cover plates/cover plates + weldment, versa) to the LPP-CORE cross-member and tighten to **20-25 ft-lbs/27.1-33.9Nm**.

**Pulley:**

LPP-AD, LPP-DH, LPP-DL

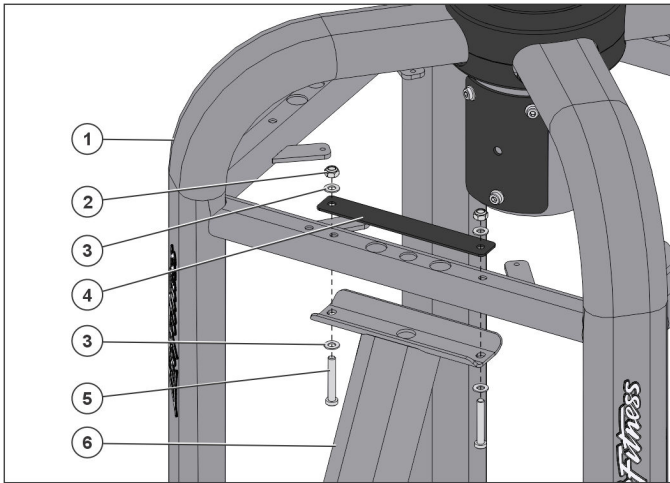


Item	Description	Qty.
1	Nut, Nylock M10 x 1.5	2
2	Washer, 3/8 SAE SS	4
3	Assembly: Pulley, 4:1	1
4	Screw, M10 x 1.5 65mm	2

6. Attach the four top mount assembly types (standard, pulley, cover plates/cover plates + weldment, versa) to the LPP-CORE cross-member and tighten to **20-25 ft-lbs/27.1-33.9Nm**.

**Cover Plates/Cover Plate + Weldment:**

LPP-PP, LPP-PR, LPP-RP, LPP-SB, LPP-SX



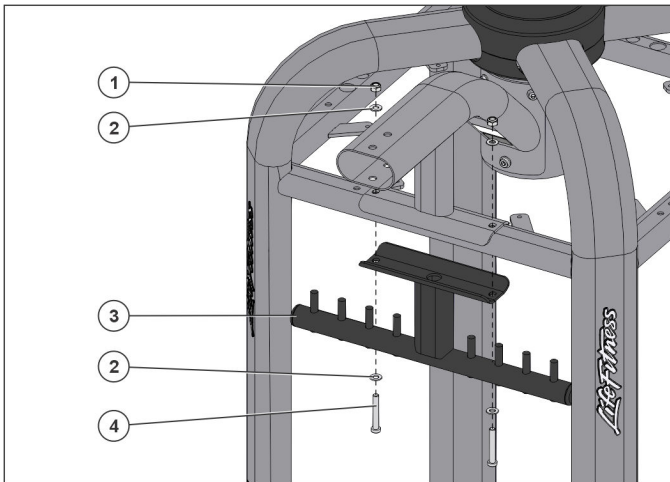
Item	Description	Qty.
1	LPP-CORE	1
2	Nut, Nylock M10 x 1.5	2
3	Plate, Cover	1
4	Washer, 3/8 SAE SS	4
5	Screw, M10 x 1.5 65mm	2
6	Weldment (LPP-SX shown)	1

**NOTE:** LPP-PP uses two cover plates (top and bottom).

7. Attach the four top mount assembly types (standard, pulley, cover plates/cover plates + weldment, versa) to the LPP-CORE cross-member and tighten to **20-25 ft-lbs/27.1-33.9Nm**.

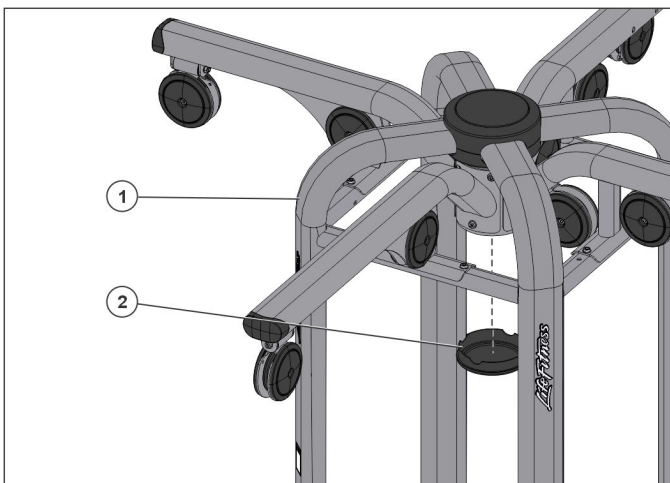
**Versa:**

LPP-VA



Item	Description	Qty.
1	Nut, Nylock M10 x 1.5	2
2	Washer, 3/8 SAE SS	4
3	WLDMT, PP-SC, Hanger	1
4	Screw, M10 x 1.5 65mm	4

8. Once all top mounts are installed, gently tap the bottom cap cover into the center of the LPP-CORE.



Item	Description	Qty
1	LPP-CORE	1
2	Cover, Bottom Cap	1

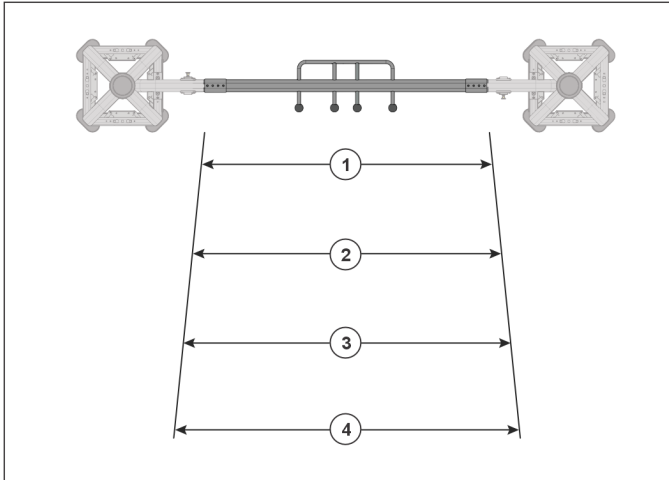
## Install Crossbar Connectors

Assemble overhead cable crossbars.

### Tools Required:

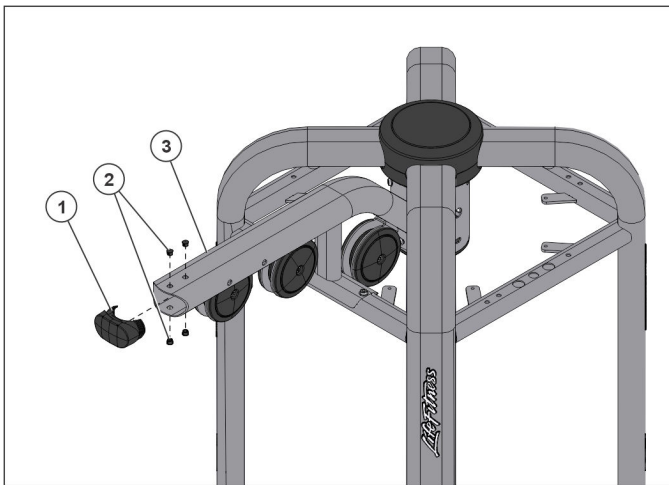
- 7 mm Allen wrench (x2)
- Tape measure
- Torque wrench

1. Measure the distance between each top mount assembly based on which connector is being used, and move LPP-CORE/LPP towers accordingly.



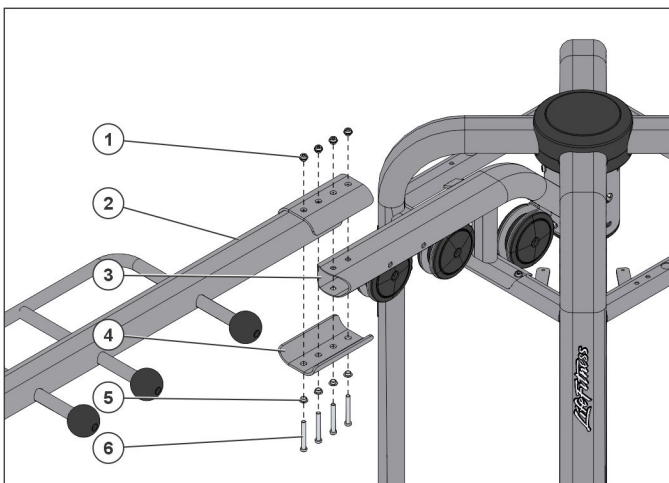
Item	Description	Size
1	Short	73.5 in/187 cm
2	Medium	85.5 in/217 cm
3	Long	97.5 in/248 cm
4	Extra Long	100.5 in/255 cm

2. If needed, remove end cap and hole plugs from the boom assembly.



Item	Description	Qty
1	Cap, Large FLOV -End	1
2	Plug, 1/2" Hole	4
3	Top Mount Assembly	1

3. Connect the crossbar, boom assembly and painted plate with hardware and tighten to **20-25 ft-lbs/27.1-33.9Nm**.



Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	4
2	Crossbar	1
3	Top Mount Assembly	1
4	Painted Plate	1
5	Retainer, CM/MJ Pulley	4
6	Screw, M10 x 1.5 80mm	4

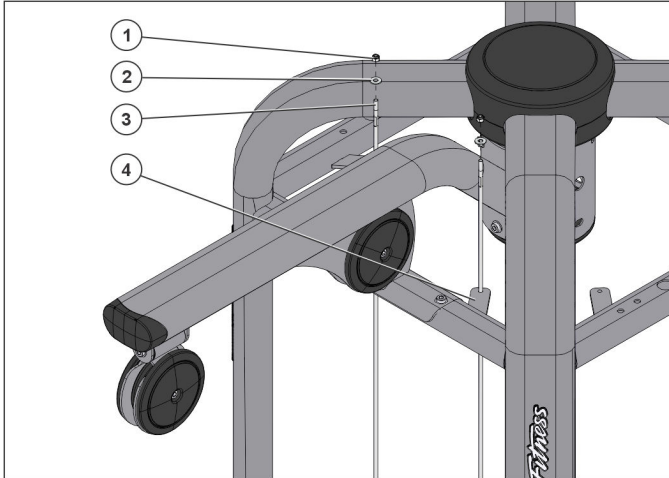
## Install Weight Stacks

Assemble weight stacks.

### Tools Required:

- 1/2" wrench
- Pliers
- Torque wrench

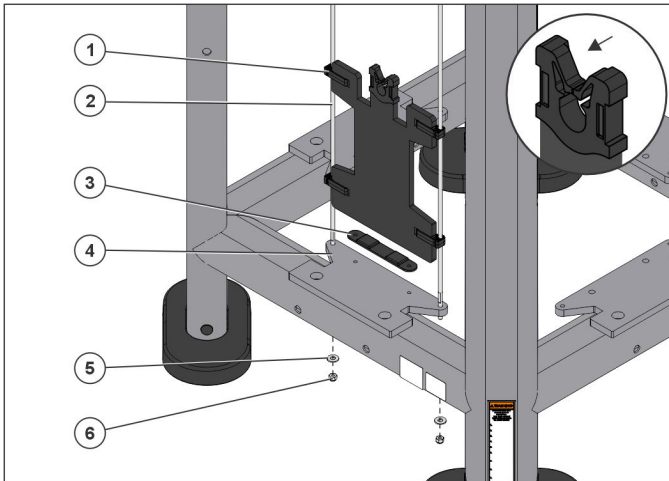
1. Insert increment weight rods into the LPP-CORE tabs, then fasten hardware to **16-20 ft-lbs/21.7-27.1Nm**.



Item	Description	Qty
1	Nut, Nylock 1/4 ID ZN	2
2	Washer, Flat 1/4 ID ZN	2
3	Increment Weight Guide Rod	2
4	LPP-CORE	1

**NOTE:** Use increment weight rod's flat spot for tightening.

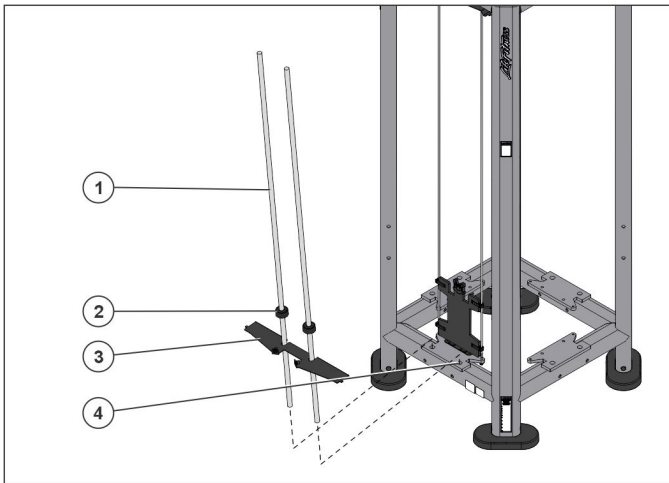
2. Press increment weight bumper into the base plate, then thread the increment weight guide rods through the increment weight assembly, making sure its plastic catch is facing towards the weight stack. Fasten hardware and tighten to **16-20 ft-lbs/21.7-27.1Nm**. See [Incremental Weights](#) for types and usage.



Item	Description	Qty
1	Increment Weight Assembly	1
2	Increment Weight Guide Rod	2
3	Bumper: INCR. SYSTEM, 0.5"	1
4	LPP-CORE	1
5	Washer, Flat 1/4 ID ZN	2
6	Nut, Nylock 1/4 ID ZN	2

**NOTE:** Use increment weight rod's flat spot for tightening.

3. Insert guide rods and weight stack cushions into the base plate. If the station uses the optional front shroud, insert its bottom bracket underneath the weight stack cushions and on top of the LPP-CORE's base plate.



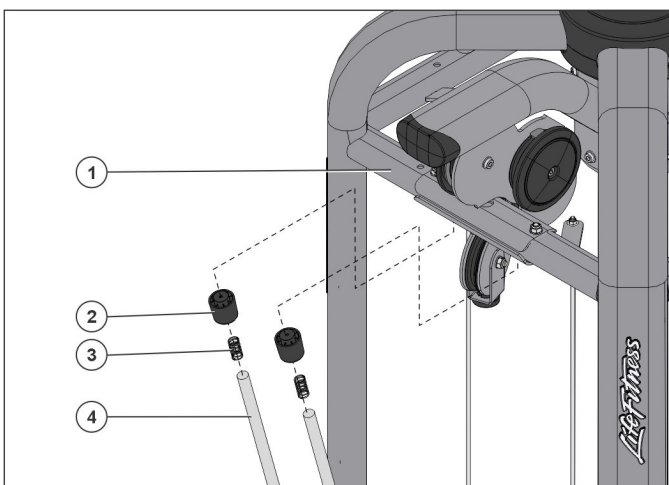
Item	Description	Qty
1	Guide Rod	2
2	Cushion, Weight Stack	2
3	Bottom Front Shroud Bracket	1
4	LPP-CORE	1

4. Cautiously load the weight plates and head plate assembly onto the guide rods. See [Head Plates](#) for types and usage.



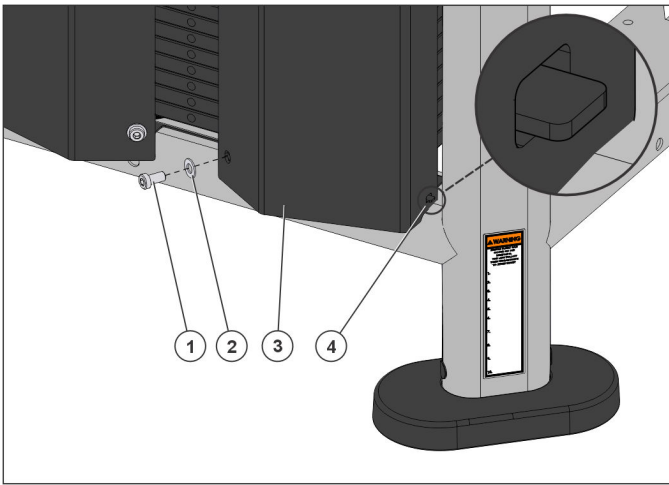
Item	Description	Qty
1	Guide Rod	2
2	Head Plate Assembly	1
3	Weight Plate	-

5. While pulling down on the guide rod housing to compress the springs, tilt the assembly towards the cross-member until the retainers lock into place.



Item	Description	Qty
1	Cross-Member	1
2	Housing: Guide Rod, OP	2
3	Spring: 0.72IN OD, 0.596IN ID, 1.50IN LG	2
4	Guide Rod	2

6. Insert front shroud tab into the top and bottom brackets, add hardware to the top and bottom and tighten to **40-50 in-lbs/4.5-5.6Nm**.



Item	Description	Qty
1	Screw, M10 x 1.5 20mm	4
2	Washer, 3/8 SAE SS	4
3	Shroud: Front	2
4	Tab	4

**NOTE:** Front shrouds are not side specific.

## Assemble LPP-HR

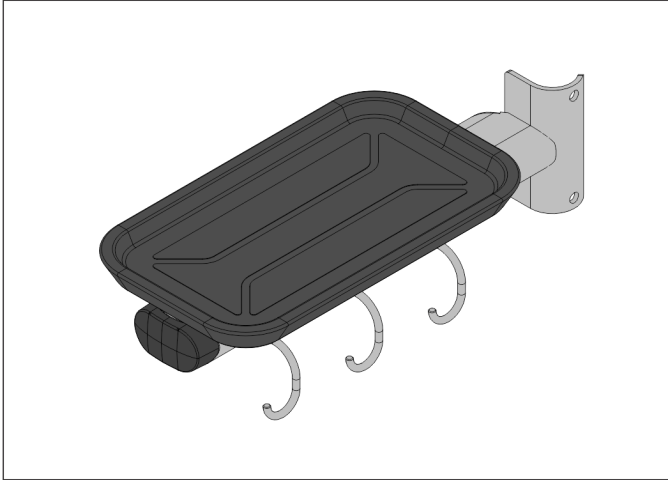
Assemble adjustable cable handle storage.

### Tools Required:

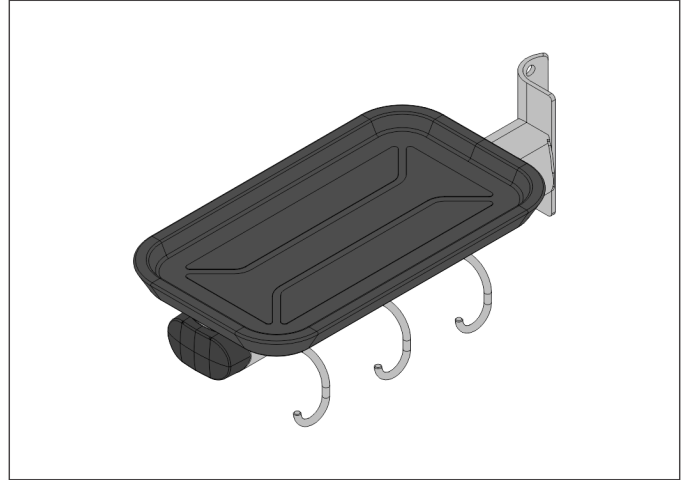
- 24 mm wrench
- Torque wrench

1. The adjustable cable handle storage can be installed to the left or right of a PWR Play station.

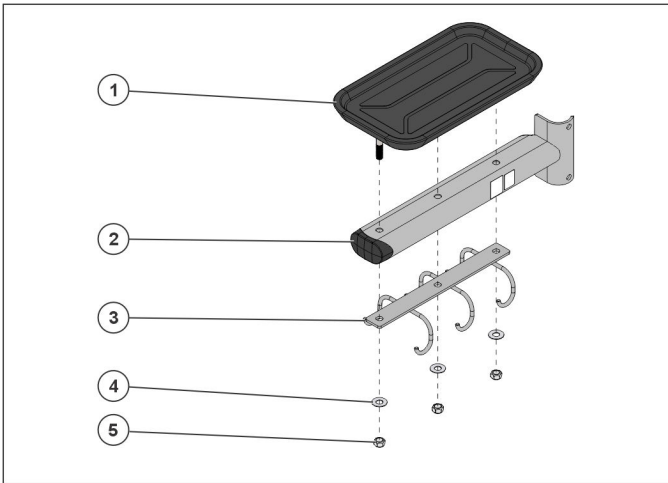
Left Configuration



Right Configuration



2. Orientate the weldment in the desired left or right configuration, attach tray and hook assemblies with hardware and tighten to **20-25 ft-lbs/27.1-33.9Nm**.



Item	Description	Qty
1	Tray Assembly	1
2	Frame Weldment	1
3	Hook Assembly	1
4	Washer, 11/16 ID X 1.5 OD SS	3
5	Nut, M16 HEX Nylock SS	3

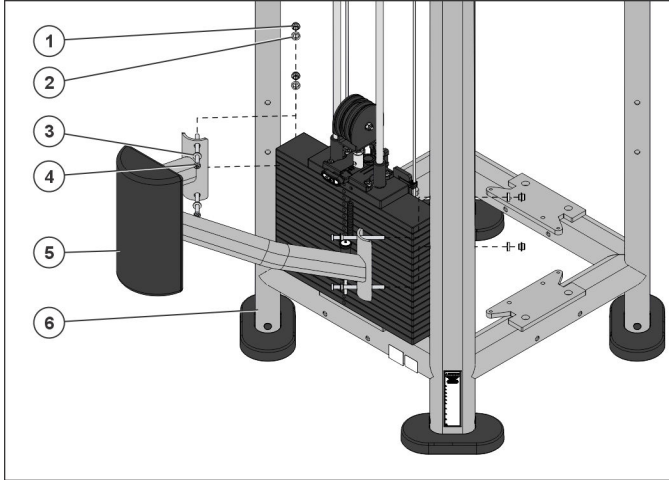
## Install Mid Mounts

Attach middle mount components to the LPP-CORE.

### Tools Required:

- 7 mm Allen wrench (x2)
- Torque wrench

Attach mid-mount assembly to the LPP-CORE with hardware and tighten to **20-25 ft-lbs/27.1-33.9Nm**. See [Mid Mounts](#) and [Top-Mid Mounts](#) for types and usage.



Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	4
2	Spacer, CM/MJ, .565 x .815	4
3	Retainer, CM/MJ Pulley	4
4	Screw, M10 x 1.5 130mm	4
5	Mid-Mount Assembly	1
6	LPP-CORE	1

**NOTE:** Divide hardware in half if installing LPP-HR.

## Install Low Mounts

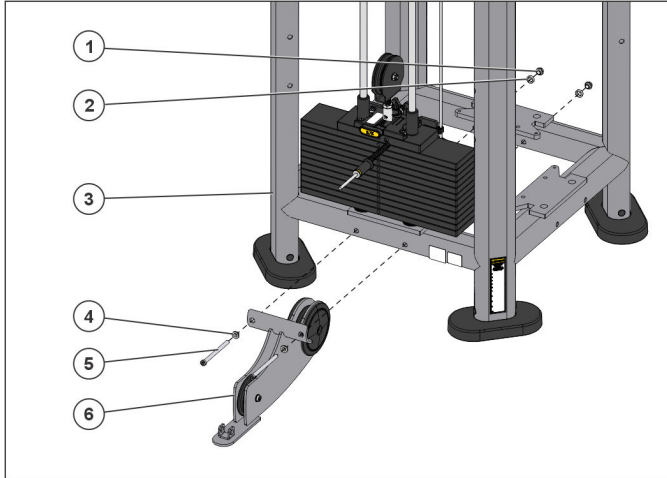
Assemble the low mount assemblies to the LPP-CORE.

### Tools Required:

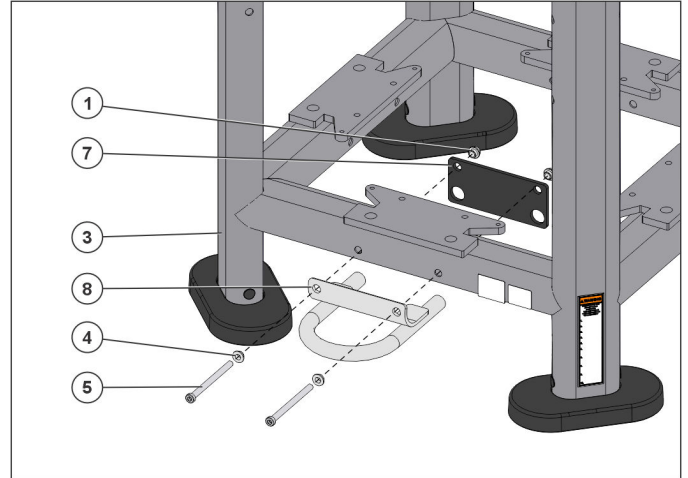
- 7 mm Allen wrench (x2)
- Torque wrench

Attach the low mount assembly to the LPP-CORE with hardware and tighten to **20-25 ft-lbs/27.1-33.9Nm**. See [Low Mounts](#), [Top-Low Mounts](#) for types and usage.

LPP-AC, LPP-AD, LPP-CC, LPP-CX, LPP-PP, LPP-PR



LPP-BA



Item	Description	Qty.
1	Nut, M10 x 1.5 Socket Head	2
2	Spacer, CM/MJ, .565 x .815	2
3	LPP-CORE	1
4	Retainer, CM/MJ Pulley	2
5	Screw, M10 x 1.5 130mm	2
6	Low Mount Assembly	1
7	Plate, 1/4, Battle Rope Attach	1
8	WLDMT, Battle Rope Attach	1

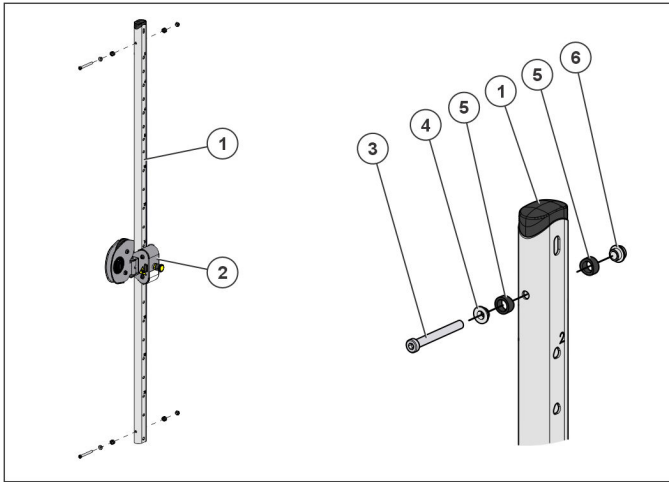
## Install Carriages

Assemble and attach the cable carriage to the boom and base weldment assembly.

### Tools Required:

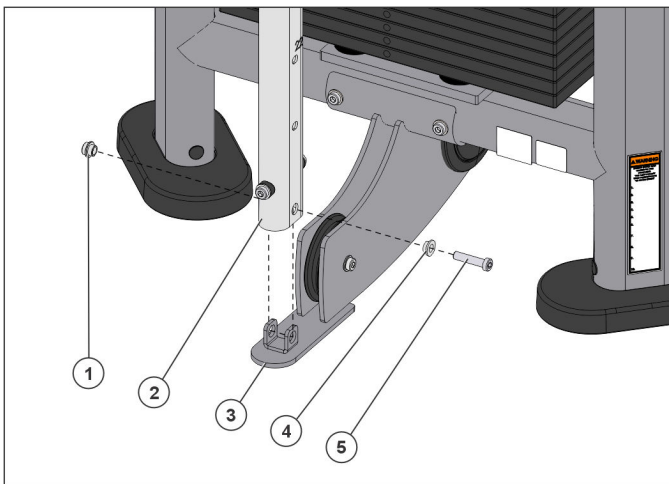
- 7 mm Allen wrench
- Torque wrench

1. Add the cable carriage to the cable column, then replace hardware and tighten to **10-15 ft-lbs/13.5-20.3Nm**.



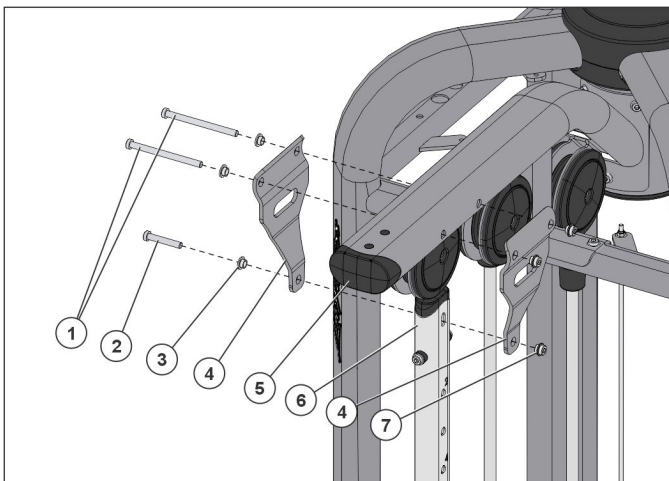
Item	Description	Qty
1	Cable Column	1
2	Cable Carriage	1
3	Screw, M10 x 1.5 90mm	1
4	Retainer, CM/MJ Pulley	1
5	Spacer, CM/MJ, SM FLOV Concave	2
6	Nut, M10 x 1.5 Socket Head	1

2. Attach the cable column assembly to the base support assembly with hardware and tighten to **20-25 ft-lbs/27.1-33.9Nm**.



Item	Description	Qty
1	Nut, M10 x 1.5 Socket Head	1
2	Cable Column Assembly	1
3	Assembly, Base Support	1
4	Retainer, CM/MJ Pulley	1
5	Screw, M10 x 1.5 50mm	1

3. Attach the cable column assembly to the boom assembly with the painted plates, hardware, and tighten to **20-25 ft-lbs/27.1-33.9Nm**.



Item	Description	Qty
1	Screw, M10 x 1.5 130mm	2
2	Screw, M10 x 1.5 60mm	1
3	Retainer, CM/MJ Pulley	3
4	Bracket, MJAP, Adj. Tube Top	2
5	Top Mount Assembly	1
6	Cable Column Assembly	1
7	Nut, M10 x 1.5 Socket Head	1

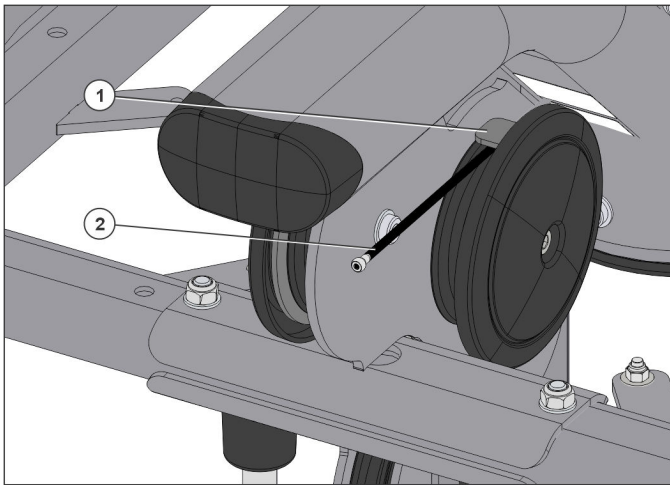
## Install Cables

Route and assemble cables on cabled units.

### Tools Required:

- 4 mm Allen wrench
- 7 mm Allen wrench
- 17 mm wrench
- 24 mm wrench
- Rubber mallet/dead blow hammer
- Torque wrench

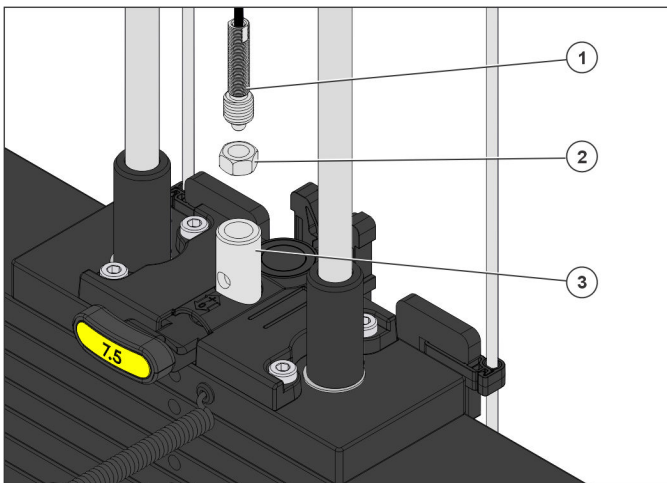
1. Route cable assembly through pulleys, making sure to pass the cable under any cable retention brackets. See [Cables](#) for types and usage.



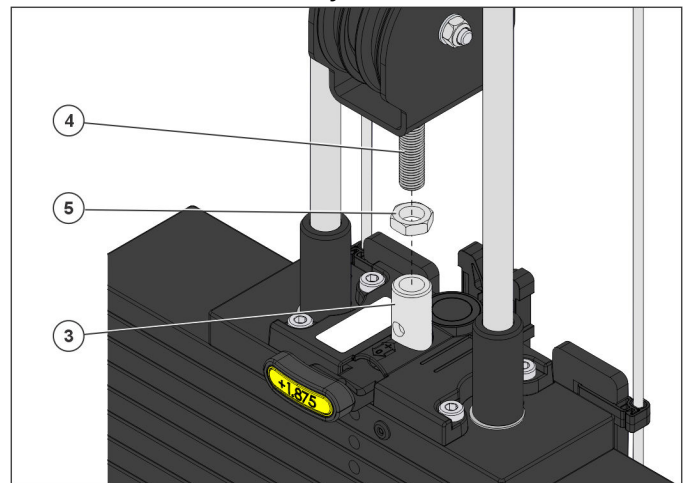
Item	Description	Qty
1	Cable Retention Bracket	1
2	Cable Assembly	1

2. Thread cable or weight stack pulley assembly into weight stack bayonet at least 0.5 inch/12.7mm, then tighten jam nut to **20-25 ft-lbs/27.1-33.9Nm**.

### Cable Termination

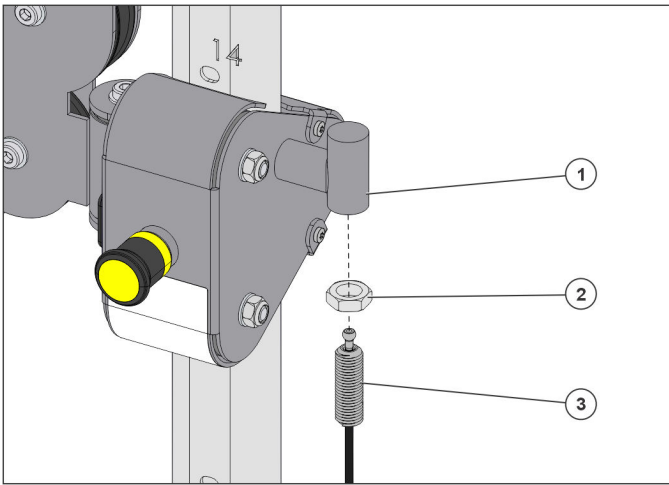


### Stack Pulley Termination



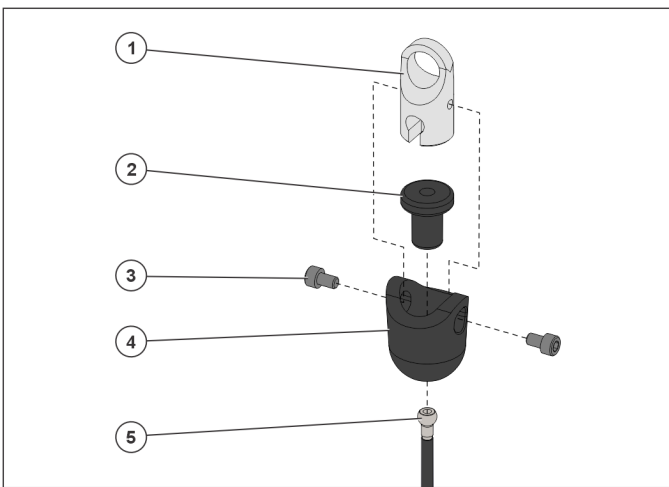
Item	Description	Qty.
1	Cable	1
2	Nut, M12 X 1.00 Hex Zinc	1
3	Weight Stack Bayonet	1
4	Weight Stack Pulley Assembly	1
5	Nut, Hex Jam M16 X 2 SS	1

3. Thread cable into adjustable cable carriage at least 0.5 inch/12.7mm, then tighten jam nut to **20-25 ft-lbs/ 27.1-33.9Nm**.



Item	Description	Qty
1	Adjustable Cable Carriage	1
2	Nut, Hex Jam M16 X 2 SS	1
3	Cable	1

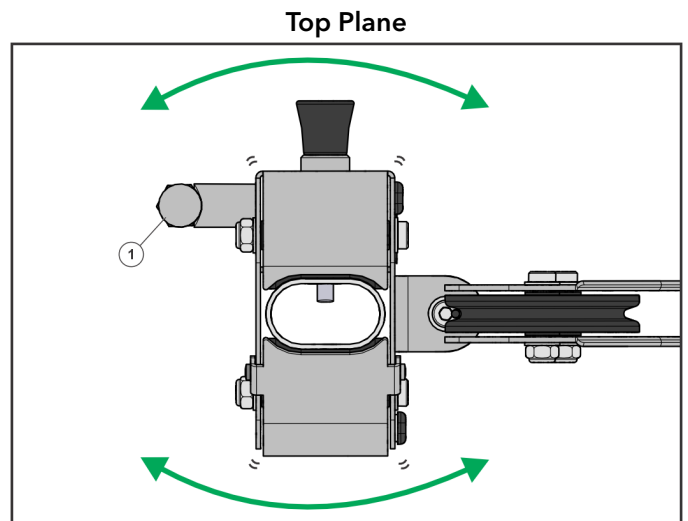
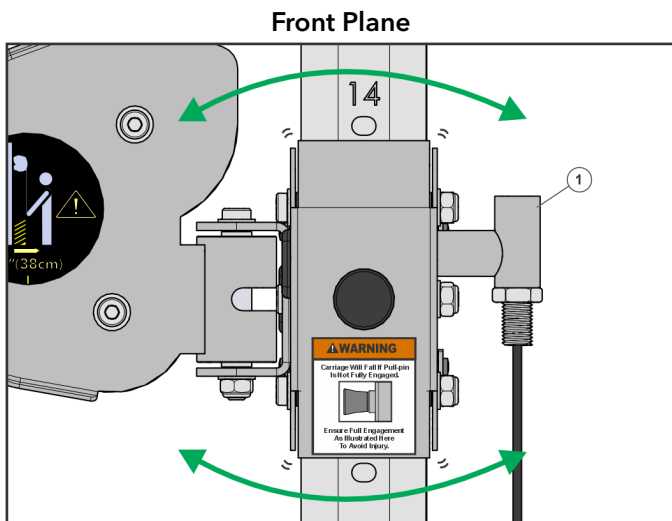
4. Assemble cable end and tighten to **8-10 in-lbs/0.9-1.1Nm**.



Item	Description	Qty
1	Link, CM/MJ, Cable End	1
2	Insert, CM/MJ, Cable End -CHR	1
3	Screw, M5 x 0.8 HXS SOC	2
4	Housing, CM/MJ, Cable End -CHR	1
5	Cable	1

### Check Adjustable Carriage Tension

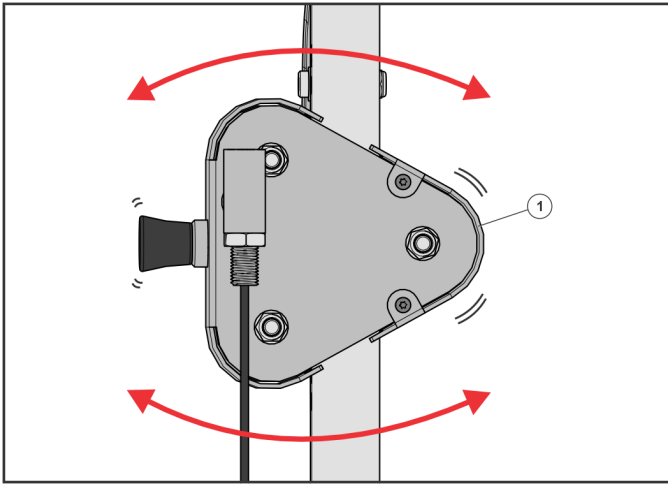
1. Minimal movement, not to exceed 3 degrees, is acceptable on the carriage's front and top planes. Check the angle with the smart phone angle indicator app and adjust carriage if over 3 degrees.



Item	Description	Qty.
1	Carriage Assembly	1

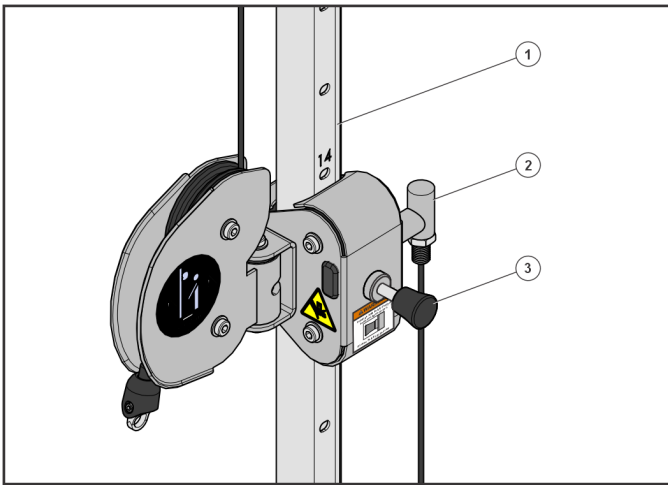
- No movement is acceptable on the carriage's side plane. Adjust carriage if movement is detected.

**Side Plane**



Item	Description	Qty.
1	Carriage Assembly	1

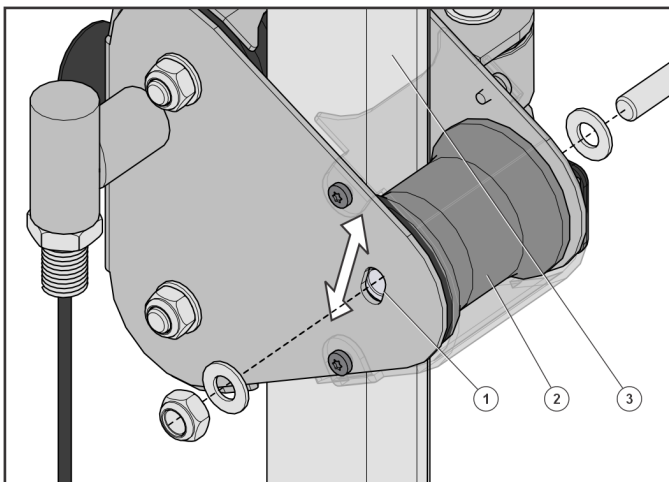
- Pull knob to unpin the carriage from the column. The carriage assembly should be able to move freely under its own weight on the column without binding. If there are any points along the column that require assistance to move the carriage assembly downward (when unpinned), that indicates it is too tight and needs adjustment.



Item	Description	Qty.
1	Column	1
2	Carriage Assembly	1
3	Knob	1

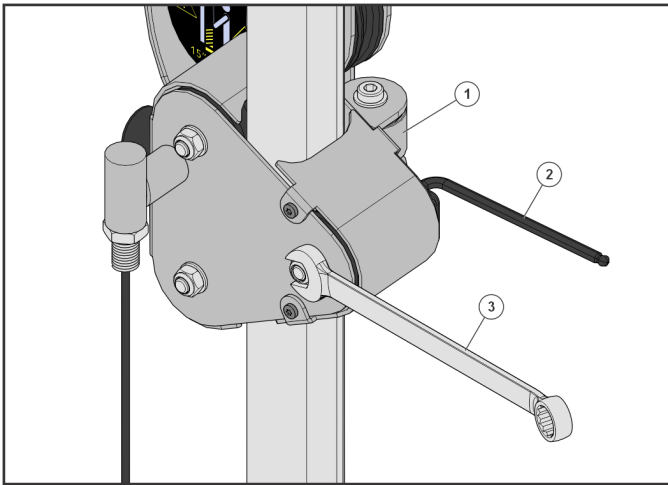
**Adjustable Carriage Adjustment Instructions**

The position of the rear roller relative to the column regulates carriage tension. Adjust the rear roller during installation, or if the carriage becomes too tight or too loose, by utilizing the 15-degree slotted holes at the rear of the carriage.



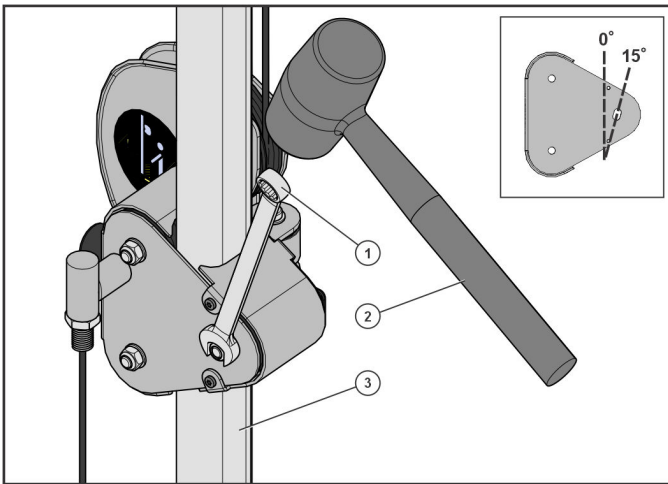
Item	Description	Qty.
1	Slotted Hole	2
2	Rear Roller	1
3	Column	1

- Carefully loosen the rear roller hardware, just before the nut and bolt stop turning in unison but are still unable to turn by hand.



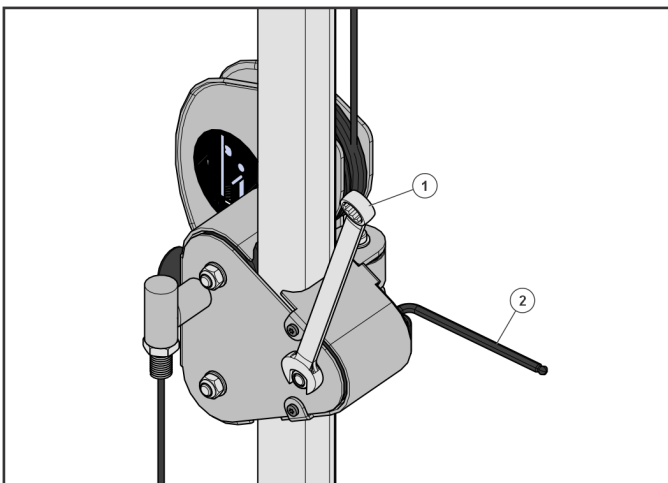
Item	Description	Qty.
1	Carriage Assembly	1
2	7mm Allen Wrench	1
3	17mm Wrench	1

- With the 17mm wrench inline with the 15-degree slot, carefully tap the top of the wrench to drive the roller towards the column.



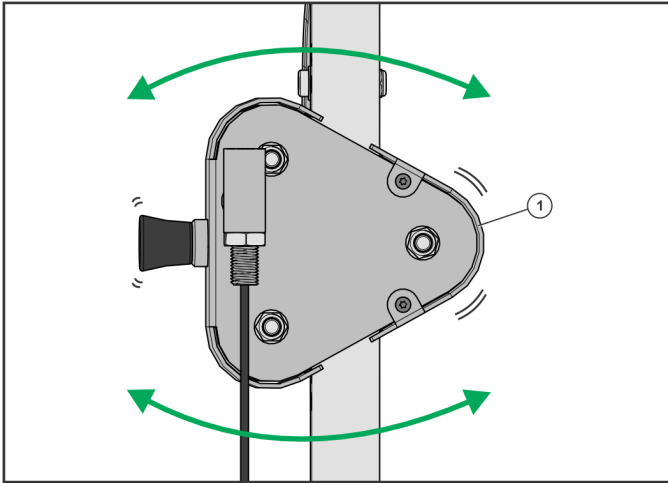
Item	Description	Qty.
1	17mm Wrench	1
2	Rubber Mallet/Dead Blow Hammer	1
3	Column	1

- Keeping the 17mm wrench stationary, use only the 7mm Allen wrench to tighten the hardware to **20-25 ft-lbs (27-34 Nm)**.



Item	Description	Qty.
1	17mm Wrench	1
2	7mm Allen Wrench	1

4. Check carriage movement before use; repeat adjustment process if needed.



Item	Description	Qty.
1	Carriage Assembly	1

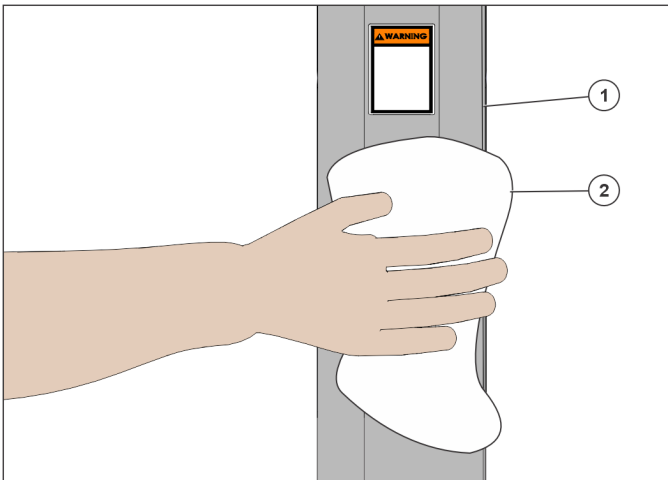
## Install Labels

Apply labels.

### Tools Required:

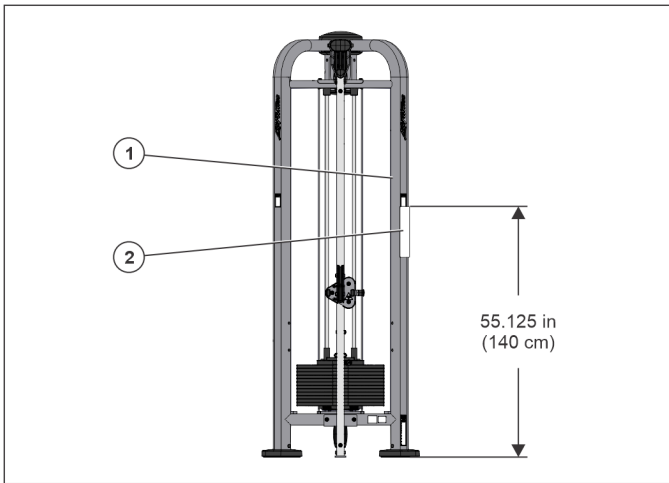
- Alcohol Wipes (comes with placard)
- Clean cloth
- Tape measure

1. Prior to applying labels, use a clean cloth and water to wipe down the surface, allow to dry and then wipe with alcohol wipes. After alcohol has evaporated and tube is dry, apply label.



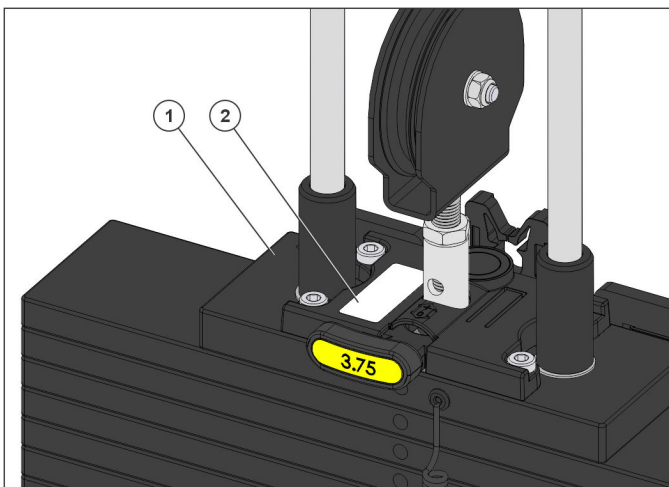
Item	Description	Qty
1	LPP-CORE	1
2	Clean Cloth	1

- Carefully apply the placard to the LPP-CORE upright, to the right of its station. Refer to owner's manual for placard usage. See [Placards](#) for types and usage.



Item	Description	Qty
1	LPP-CORE	1
2	Placard	1

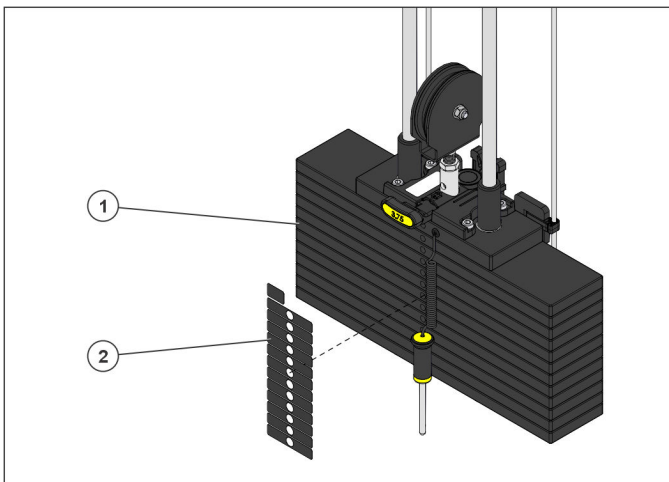
- Apply weight at handle label, centered and 0.23 in/6mm from the front edge of the head plate assembly.



Item	Description	Qty
1	Head Plate Assembly	1
2	Weight at Handle Label	1

**NOTE:** Stations that require weight at handle label: LPP-AC, LPP-AD, LPP-CX, LPP-DH, LPP-DL, LPP-DP and LPP-DR.

- Apply weight stack label to the weight stack, beginning at the top. See Weight Stack Labels for reference.



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

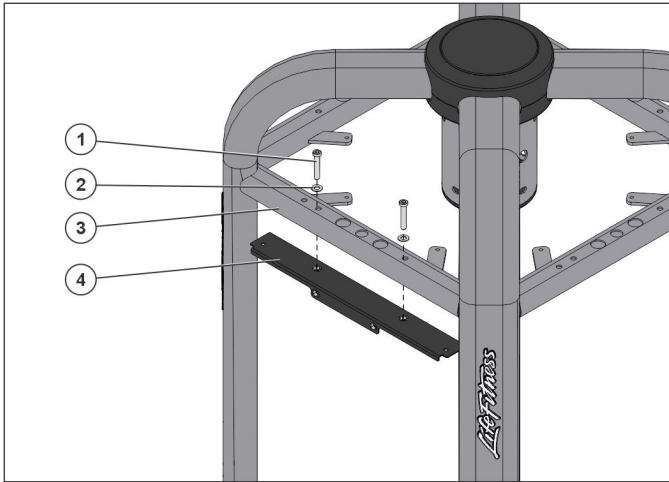
## Install Panel Station

Assemble panel station (LPP-PA).

### Tools Required:

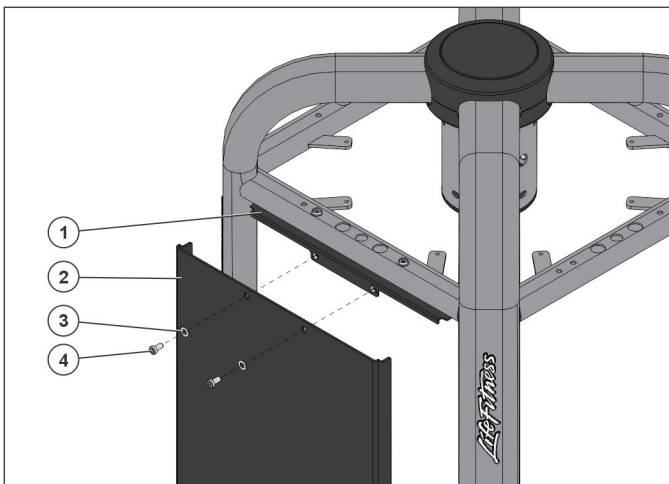
- 7 mm Allen wrench (x2)
- Torque wrench

1. Attach the panel station bracket to the top LPP-CORE cross-member and tighten to **8-10 in-lbs/0.9-1.1Nm**.



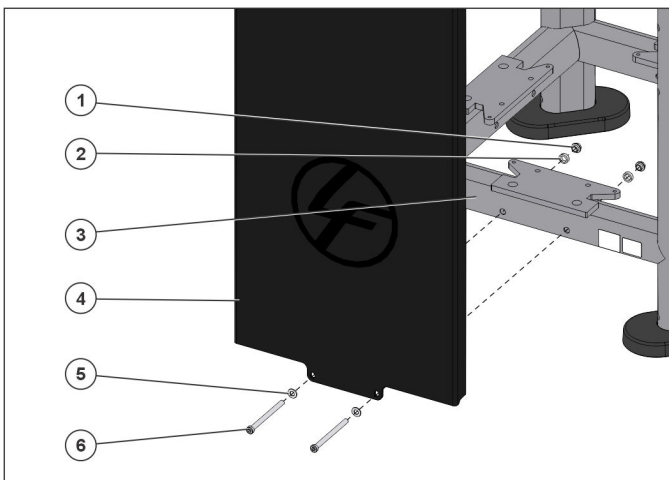
Item	Description	Qty
1	Screw, M10 x 1.5 55mm	2
2	Washer, 3/8 SAE SS	2
3	LPP-CORE	1
4	Panel Station Bracket	1

2. Attach the panel station to its bracket and tighten to **40-50 in-lbs/4.5-5.6Nm**.



Item	Description	Qty
1	Panel Station Bracket	1
2	Panel	1
3	Washer, 3/8 SAE SS	2
4	Screw, M10 x 1.5 20mm	2

3. Attach the panel to the bottom LPP-CORE cross-member and tighten to **8-10 in-lbs/0.9-1.1Nm**.



Item	Description	Qty
1	Guide Rod	2
2	Cushion, Weight Stack	2
3	Bottom Front Shroud Bracket	1
4	LPP-CORE	1

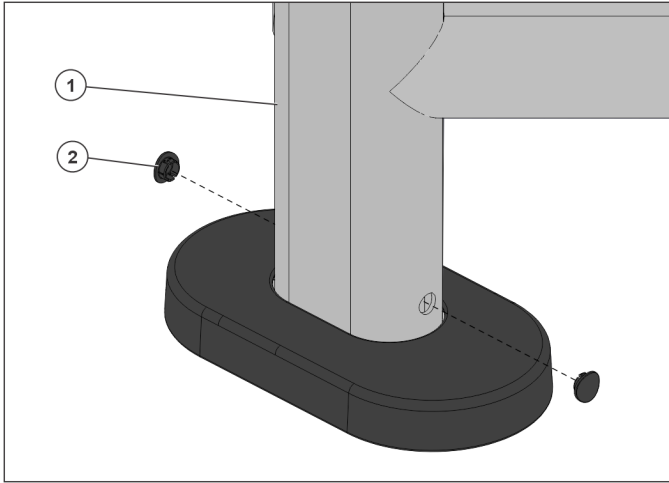
## Install Hole Plugs

Insert hole plugs.

### Tools Required:

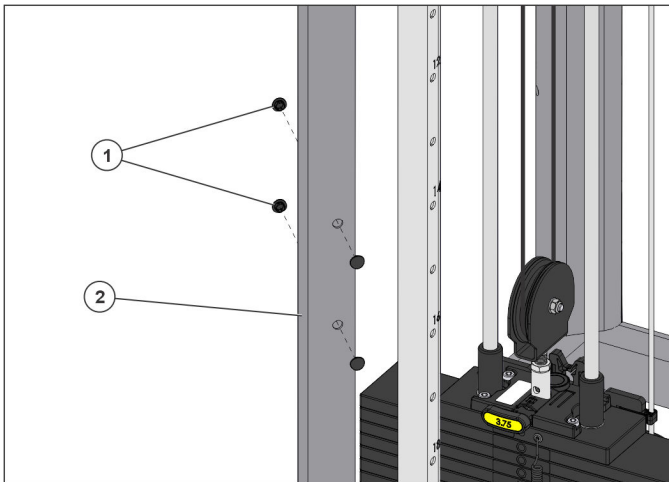
- Rubber mallet/dead blow hammer

1. Gently tap curved hole plugs into each leg of the LPP-CORE.



Item	Description	Qty
1	LPP-CORE	1
2	Plug, Curved Hole	2

2. Gently tap curved hole plugs into LPP-CORE with stations that use no mid mounts (LPP-AC, LPP-AD, LPP-CC, LPP-CX, LPP-PP, LPP-SX, LPP-SX, LPP-TP, LPP-VA).



Item	Description	Qty
1	Plug, Curved Hole	4
2	LPP-CORE	1

## Install Snap Links

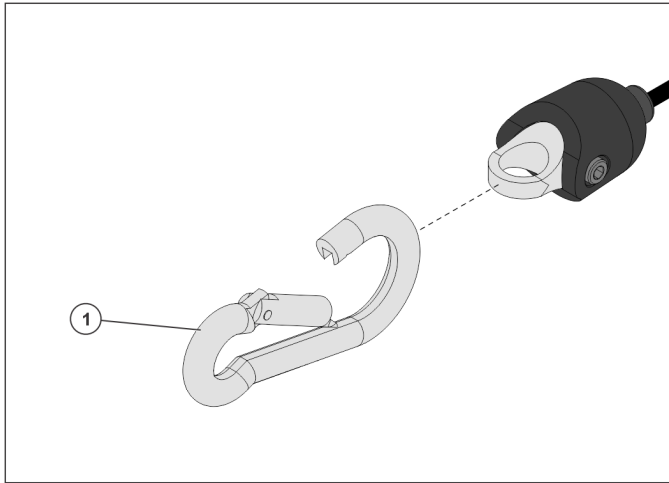
Attach snap links.

### Tools Required:

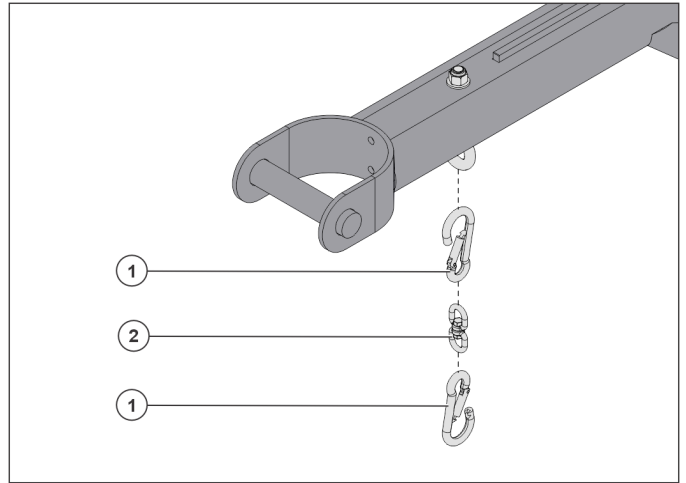
- None

Push down on snap links to open and attach as needed.

Snap Link



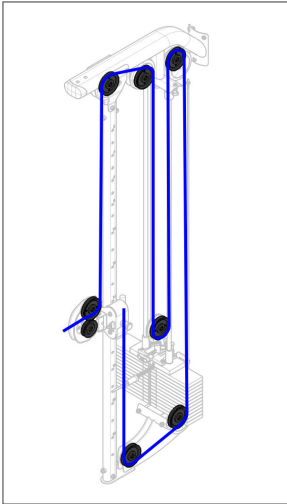
Snap Links + Swivel (LPP-BA)



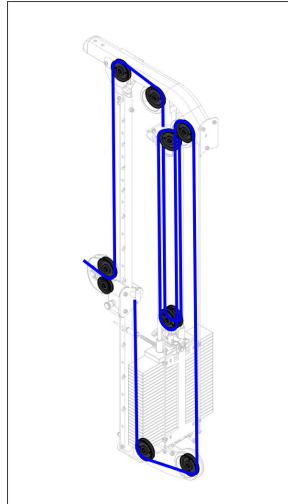
Station	Description	Item 1 - Qty	
		Snap Link	Boxing Swivel
LPP-AC	Adjustable 2:1 Cable	1	
LPP-AD	Adjustable 4:1 Dynamic Cable	1	
LPP-BA	Punching Bag Anchor	2	1
LPP-CC	Adjustable Cable Crossover - Attached	2	
LPP-CX	Core Connector - Adjustable Cable Crossover	2	
LPP-DH	Dual Cable High	2	
LPP-DL	Dual Cable Low	2	
LPP-DP	Dual Cable Pulldown	2	
LPP-DR	Dual Cable Row	2	
LPP-PD	Pulldown	1	
LPP-RW	Row	1	
LPP-TP	Triceps Pushdown	1	

# Cable Routing

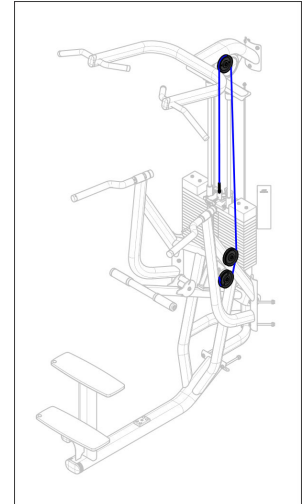
LPP-AC



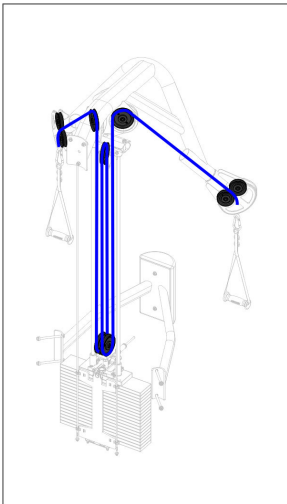
LPP-AD



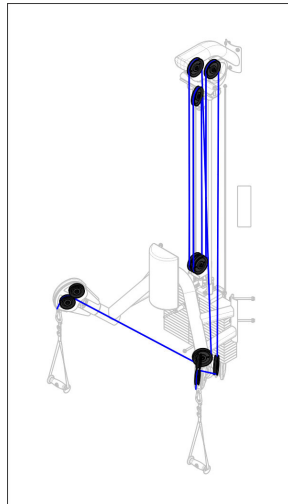
LPP-DC



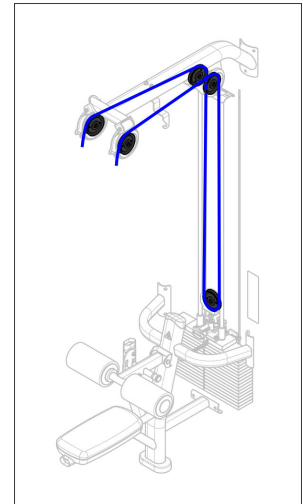
LPP-DH



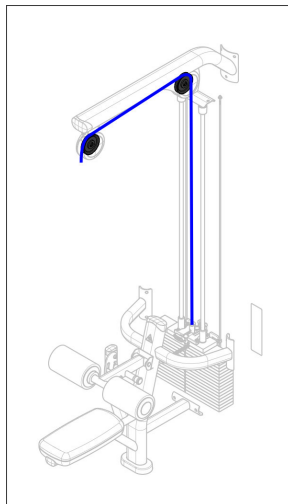
LPP-DL



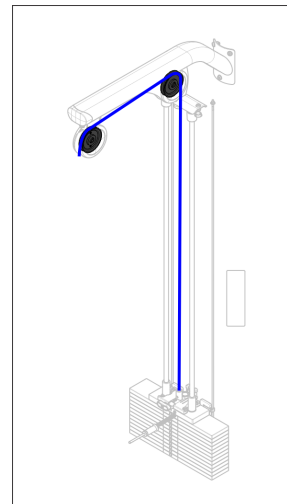
LPP-DP



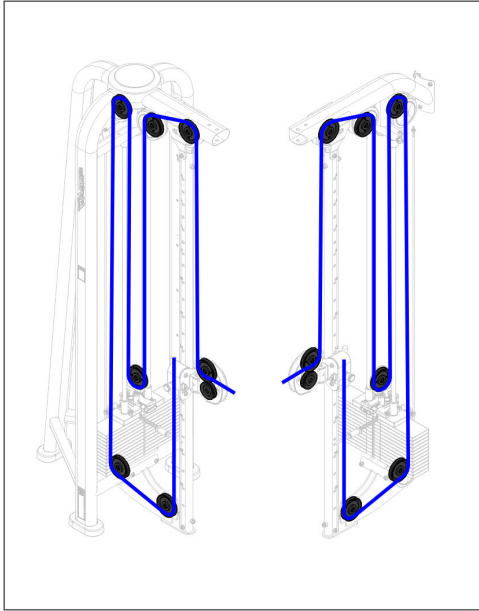
LPP-PD



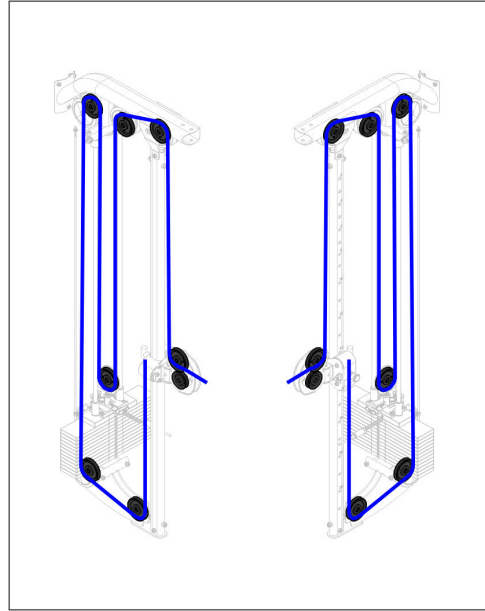
LPP-TP



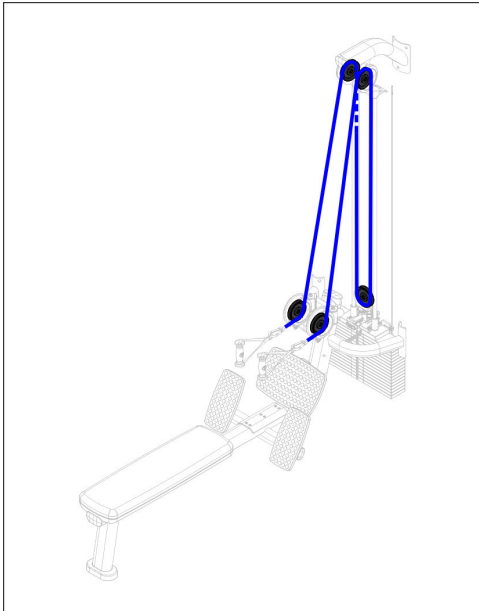
LPP-CC



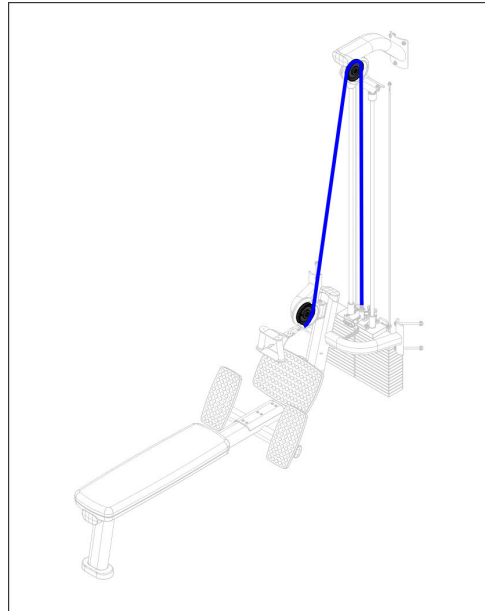
LPP-CX



LPP-DR



LPP-RW



# 5. Cable Handling Guide

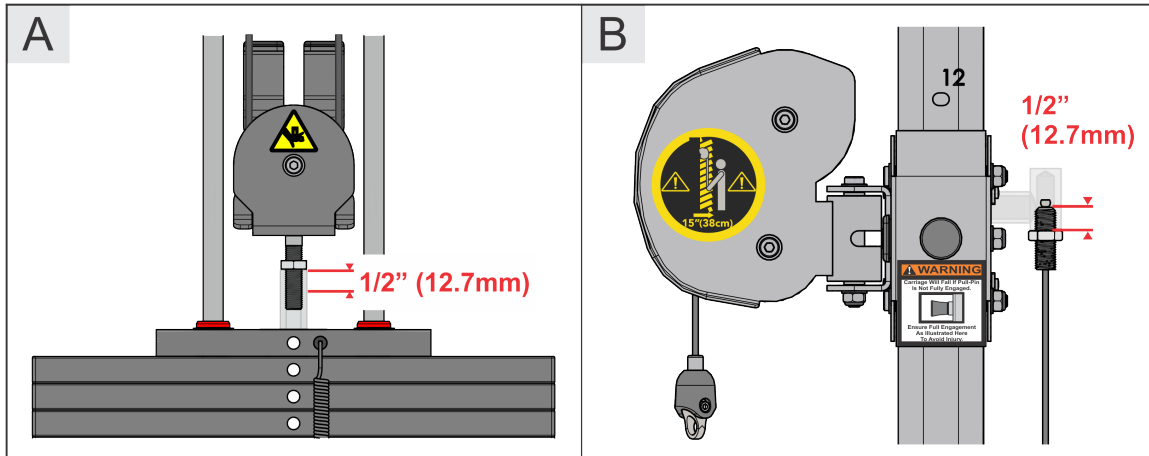
## Cable Terminations, Tensioning and Wear Guide

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.

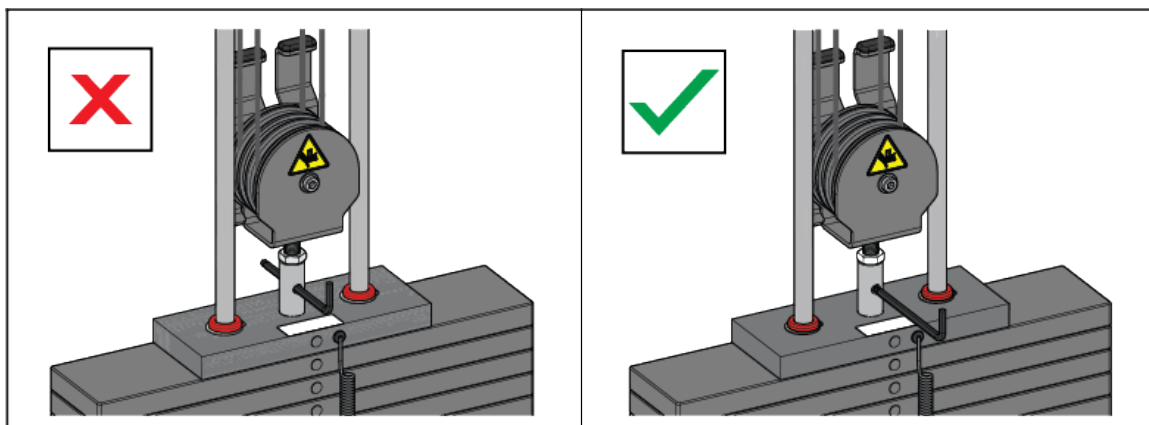
**⚠ WARNING:** Use of non certified “techs” note: Service warranties may be void if a non-Life Fitness-certified technician performs service work. Replacement of any strength cables should be performed by a Life Fitness certified technician.

### Cable Terminations

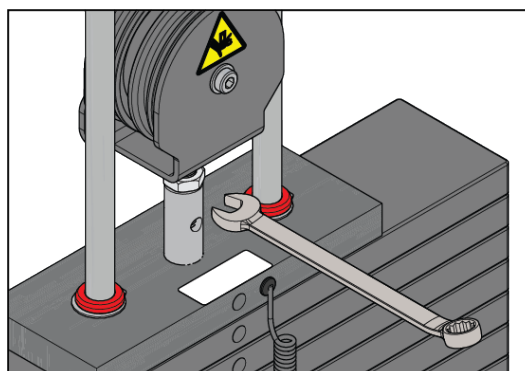
1. Cable must be threaded at least 1/2 inch (12.7mm) into termination points; at headplate (A) and frame/carriage (B).



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.



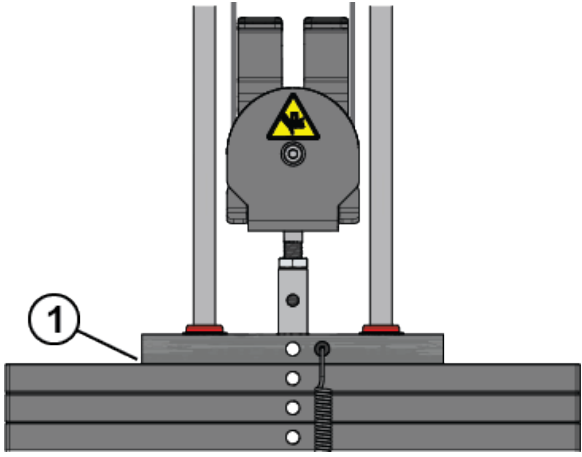
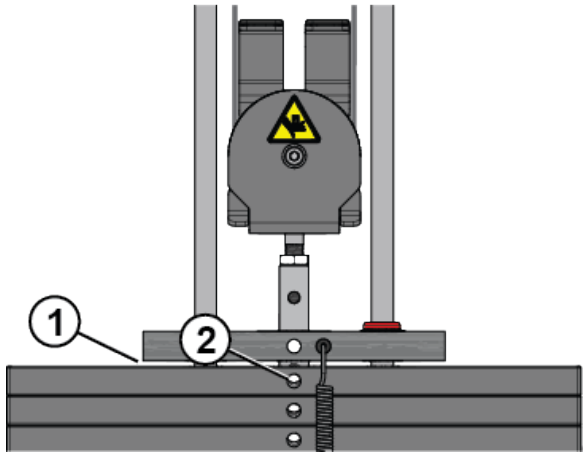
3. When proper thread engagement is reached, tighten jam nut to 20-25 FT-LBS (27.2 - 34.0 Nm) using a 24mm wrench.



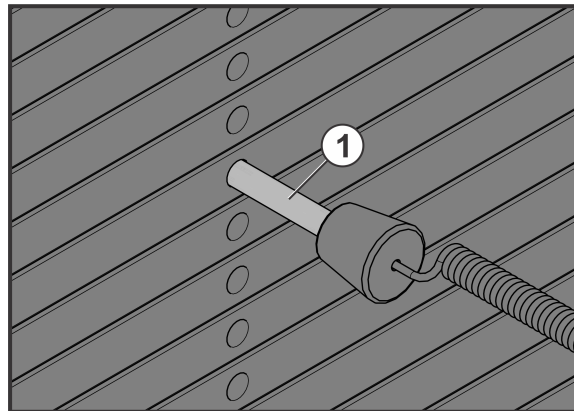
## Tensioning Cable

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.

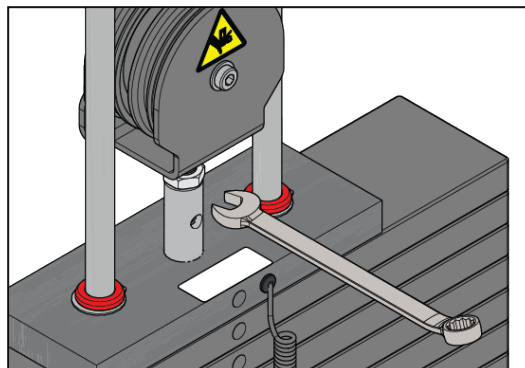
SEATED HEAD PLATE	SUSPENDED HEAD PLATE
	
<p>1. No gap</p>	<p>1. Gap 2. Bayonet obstructing weight stack pin</p>

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



Item	Description	Qty.
1	Weight Stack Selector Pin	1

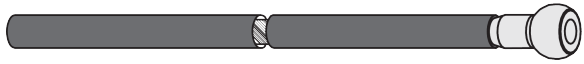
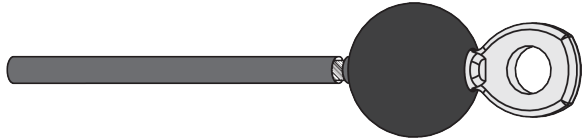
3. When proper thread engagement is reached, tighten jam nut to 20-25 FT-LBS (27.2 - 34.0 Nm) using a 24mm wrench.




## 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>	
--	--


### FRAYED/EXPOSED WIRE ROPE:

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


### FLATTENED:

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

### 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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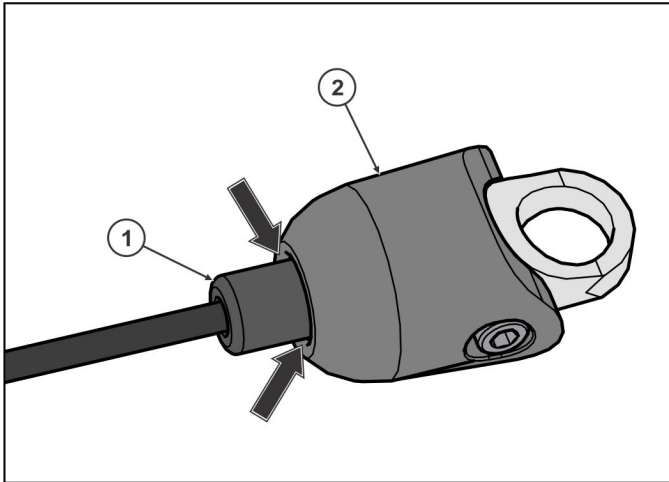
### ENDS SEPARATING:

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

## Insert Inspection

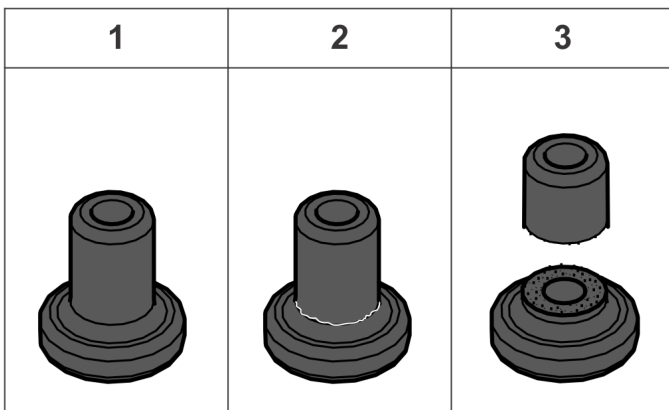
Inspect insert within the strain-relief cable end assembly and replace if any sign of damage.

1. Check around plastic insert and the plastic housing for any excessive wear or damage.



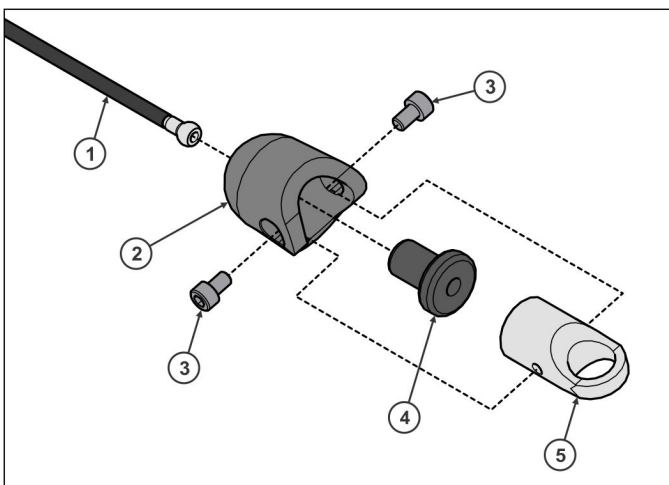
Item	Description	Qty.
1	Plastic Insert	1
2	Plastic Housing	1

2. Replace plastic insert if cracked, torn, separated, overly worn or damaged in any way.



Item	Description	Status
1	Insert - No damage	Use
2	Insert - Cracked	Replace
3	Insert - Separated	Replace

3. Using a 4mm hex wrench, remove screws from the housing/link and the damaged insert from cable assembly. Replace damaged insert, reassemble components and **tighten to 8-10 in-lbs (0.9-1.1 Nm)**.



Item	Description	Qty.
1	Cable Assembly	1
2	Housing	1
3	Screw; M5 X 0.8 HXS SOC	2
4	Insert	1
5	Link	1

# 6. 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.

## Bolt to Floor Prerequisite

Unit	Recommended Bolt to Floor	Required Bolt to Floor
LPP-CORE with less than 3 weight stacks		•
LPP-CORE with 3 or more weight stacks	•	
LPP-CORE with body weight training equipment, straps, ropes or chains		•
LPP-SX connecting 2 LPP-COREs, containing at least 1 weight stack per LPP-CORE	•	

## 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/mm<sup>2</sup>).

### 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.

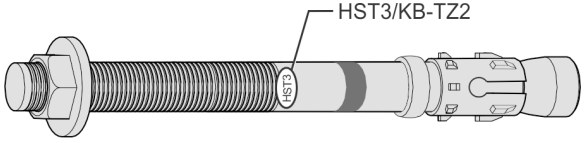
- Life Fitness does not have that level of specification or engineering input for competitive product.
- Life Fitness installation teams are not permitted to anchor competitor equipment.

## 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.

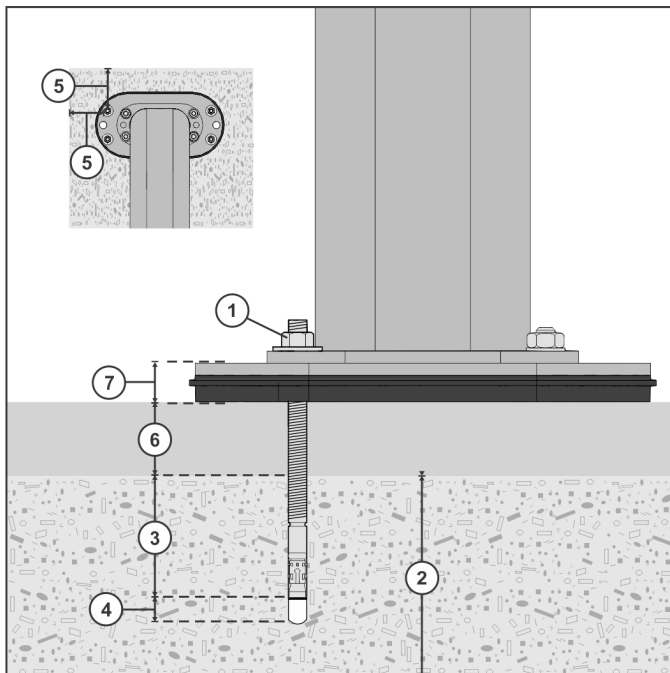
- This can be done by marking your drill bit with a piece of tape.
- While it is recommended that a vacuum be used to clean up debris, this will not account for all the debris that will settle at the bottom of the drilled hole.

## Anchor Type - Dynamic

Dynamic Anchor	Standard Sizes	Drill Bit Size
	Imperial: KB-TZ2 3/8" x 5"	3/8in
	Metric: HST3 10mm x 130mm	10mm

## Anchor Specifications

1	2	3	4	5	6
Dynamic Anchor	Minimum Concrete Thickness	Minimum Anchor Embedment into Concrete	Minimum Drill Depth in Concrete Beyond Anchor	Minimum Distance from Anchor to Concrete Edge or Seam:	Maximum Flooring (wood/tile/rubber/screed) Thickness Between Base Plate and Concrete
KB-TZ2 3/8" x 5"	4"	2-1/2"	1/2"	1-3/4"	0" - 0.92"
HST3 10mm x 130mm	100mm	68mm	12mm	44mm	(0mm - 26mm)



Item	Description
1	Anchor
2	Concrete Thickness
3	Anchor Embedment into Concrete Thickness
4	Drill Depth Beyond Anchor Thickness
5	Distance of Anchor to Concrete Edge
6	Flooring (wood/tile/rubber/screed) Thickness
7	Base Plate Thickness (See Foot Dimensions)

## 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>.

Dynamic Anchors	Design Resistance in Tension *
KB-TZ2 3/8" x 5" and HST3 10mm x 130mm	Greater than 2,000 lb (2.7kN)

Static Anchors	Design Resistance in Tension *
KH-EZ 1/4"	830 lb (3.6 kN)
HUS-H 6mm	3.3 kN (741lb)

\* Design strength extracted from the Hilti™ Anchor Fastening Technology Manual.

## Tools Required

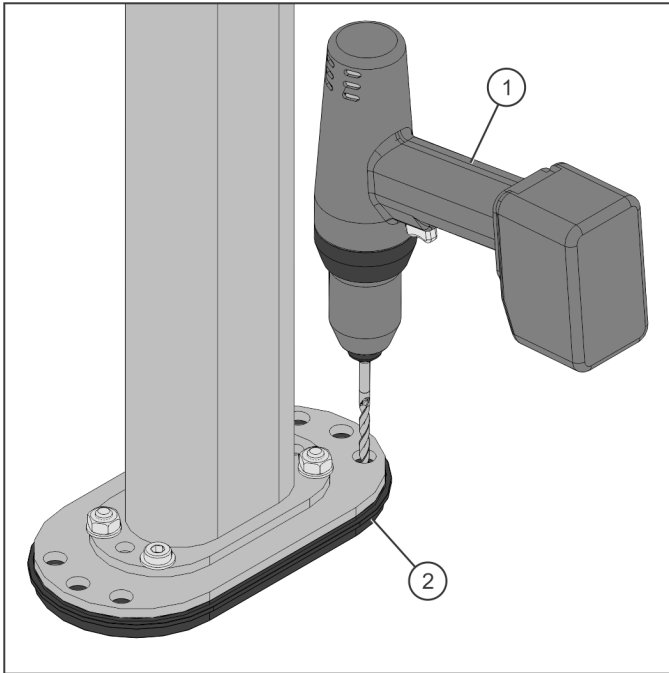
**⚠ WARNING:** Adhere to manufacturer's equipment warnings and guidelines. Follow manufacturer's instructions for proper usage.

- 1" L-shape SDS rotary hammer
- (Imperial anchors) 3/8" diameter carbide drill bit
- (Metric anchors) 10mm diameter carbide drill bit
- Extension cord
- Floor scanner / rebar detector (optional)
- Hammer (Dynamic anchors only)
- Rotary tool
- Safety glasses
- Tape measure
- Torque wrench
- Vacuum (for debris)

## Anchor Procedure

1. Place unit into position to be mounted and cycle unit to set its stance.
2. Wearing protective glasses, drill down into flooring perpendicularly to the required depth, ensuring that the foot thickness of the unit is being accounted for; refer to *Anchor Selection* and *Foot Dimensions*.

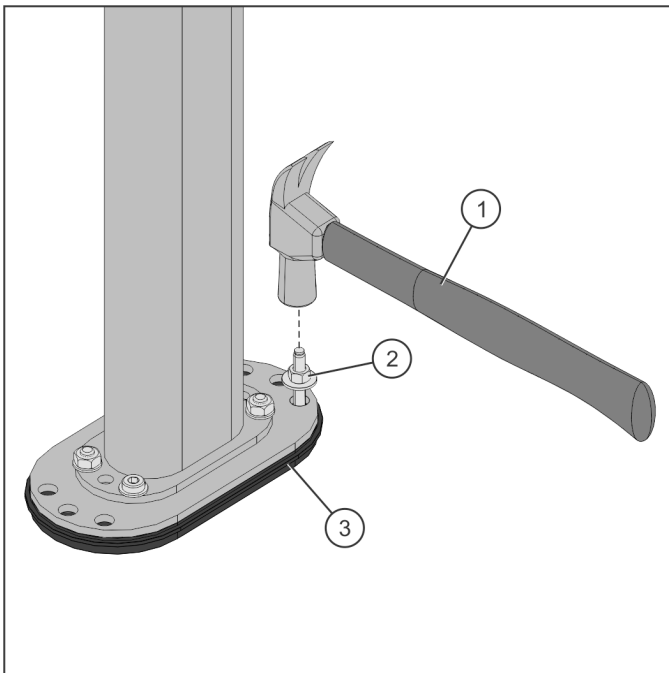
**NOTE:** Use 3/8" size bit for Imperial anchors and 10mm for Metric anchors.



Item	Description	Qty.
1	Drill with Concrete Bit	1
2	Upright	1

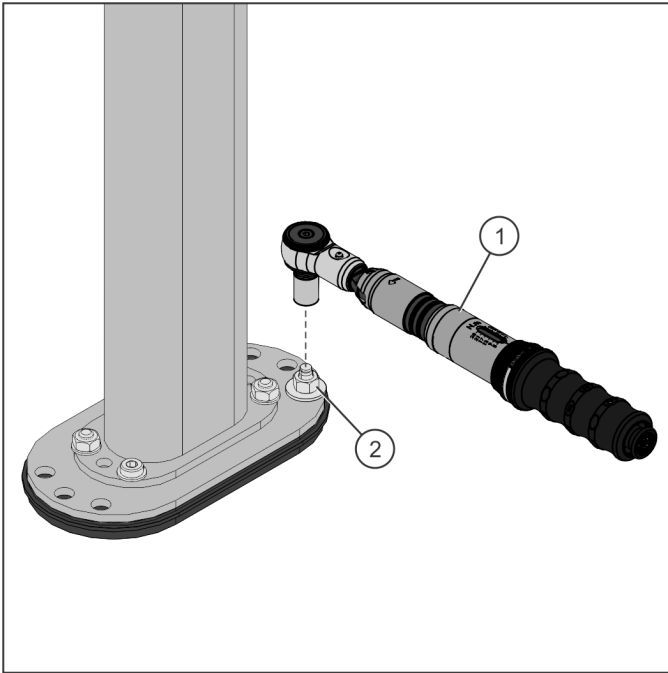
3. Clear out debris from hole.
4. Insert anchor assembly. Use hammer to tap dynamic anchors flush against upright's base plate.

**NOTE:** This step only applies to dynamic anchors. Do not hammer static anchors.



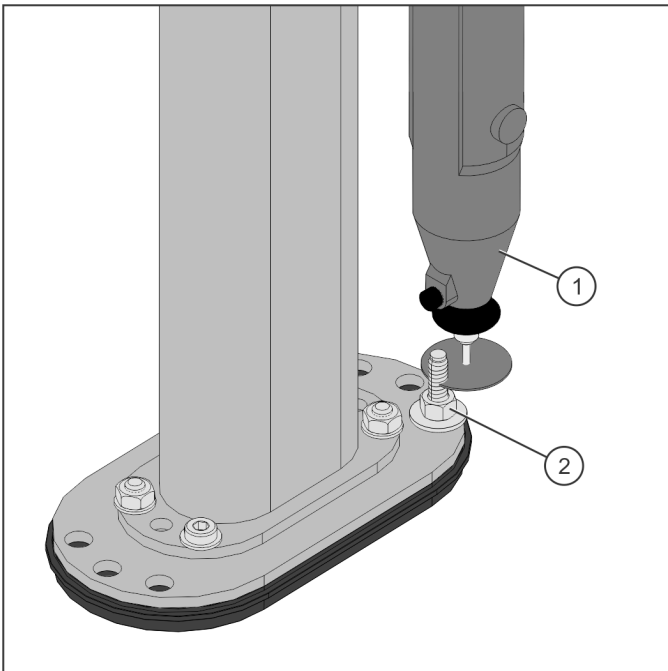
Item	Description	Qty.
1	Hammer	1
2	Anchor Assembly	1
3	Base Plate	1

5. Tighten to 30 foot-pounds for Imperial (45Nm for Metric), assuring there are at least 3 threads left exposed.



Item	Description	Qty.
1	Torque Wrench	1
2	Anchor Assembly	1

6. If necessary, cut extra length from top of anchor with a rotary tool leaving proper concrete engagement, torque requirements and at least 3 exposed threads.

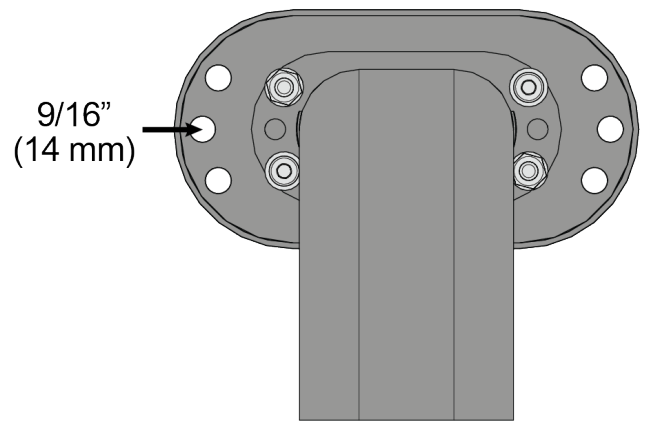
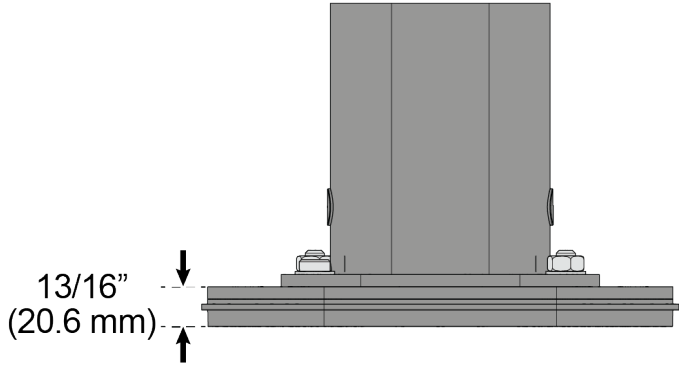


Item	Description	Qty.
1	Rotary Tool	1
2	Anchor Assembly	1

7. Check anchors weekly and re-tighten to 30 Foot-Pounds for Imperial (45Nm for Metric) if needed. Failure to do so may jeopardize anchor effectiveness.

## Foot Dimensions

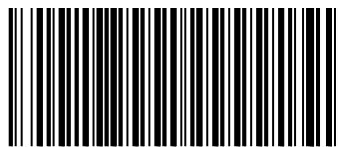
Use below images to determine foot height thickness per strength family.











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