

**HAMMER STRENGTH®**

**HAMMER  
STRENGTH®**

**HD SPARC**  
Owner's Manual

PT-SC





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\*Also check [www.lifefitness.com](http://www.lifefitness.com) for local representation or distributor/dealer

## User and Service Documents Link

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<https://fn.fit/KnowledgeBase>

<https://fn.fit/SupportDocuments>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

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

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

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

Дополнительная информация доступна в интернете по ссылке, указанной выше.

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

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

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

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

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

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

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

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

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

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

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

# Table of Contents

## Safety

Safety Instructions.....	7
Consignes de sécurité.....	9

## Assembly

Choosing and Preparing Site.....	11
Assembly Procedure.....	12
Setup.....	17
Calibrate Resistance Level.....	18
Testing Operation.....	18

## Operation

Individual Human Power Versus Mechanical Power.....	20
Intended Use.....	20
Terms Used.....	20
User Controls.....	20
Resistance Lever.....	21
Mount and Dismount.....	21
Quick Operation Guide.....	22
Detailed Operation Guide.....	22
Results.....	24
How Power Input Versus Displayed Value is Calculated.....	24

## Maintenance

Warnings.....	25
Clean Unit.....	25
Batteries.....	25
Service Schedule.....	28

## Product Specifications

### Warranty

Warranty Information.....	30
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## ***FCC Compliance Information***

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Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.














# 1. Safety

## Safety Instructions

 Read all instructions before use.

Please take special note of the following safety instructions and important points prior to choosing a location and beginning assembly of the product.

### Operating Warnings


-  **WARNING:** This product can expose you to chemicals including Di-2-ethylhexyl-phthalate, 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>
-  **WARNING:** Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.
-  **WARNING:** Obtain instruction before using.
-  **WARNING:** Serious injury or death could occur if the following safety precautions and instructions are not followed.
-  **WARNING:** Ensure that there is at least 23.6" / 0.6 m of clearance behind the product and at least 12" / 30 cm on the sides.
-  **WARNING:** Inspect unit. If damaged, notify floor staff. DO NOT USE.
-  **WARNING:** Maximum user weight is 350 lbs. (158 kg).
-  **WARNING:** Do not use for stretching and do not attach straps or other devices.
-  **WARNING:** Use the handrails for support and to maintain balance.
-  **WARNING:** The product is not equipped with a free-wheeling feature. Therefore, it cannot be stopped immediately.
-  **WARNING:** Moving parts and fall hazard.
  - To avoid serious injury wait until foot plates come to a complete stop before getting off unit.
  - The moving parts cannot be stopped immediately, the unit is not equipped with a free wheel.
-  **WARNING:** Keep foot plate surface clean and dry.
-  **WARNING:** Keep all body parts, loose clothing, shoelaces, and towels away from moving parts.
  - 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 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.
  - It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all Life Fitness equipment.
  - Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that Life Fitness equipment is used properly to avoid injury.
  - Place on a stable, flat surface in a horizontal position during use for maximum stability.
  - The individual human power required to perform an exercise may be different than the mechanical power displayed on the product.
  - Use caution when mounting or dismounting the product. Before mounting, use the moving arms to bring the foot plate nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto the moving arms.
  - Never face backward while using the product.
  - Always follow the console instructions for proper operation.
  - This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
  - This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
  - Do not use this product outdoors, near swimming pools or in areas of high humidity.
  - Never operate the product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.

- Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.

## **Warnings and Cautions**


- Read all warnings on each product prior to starting a workout.
- 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.
- If warnings are missing or damaged, please contact Customer Support Services immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Life Fitness is not responsible for missing or damaged warning labels.
- 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.


## Consignes de sécurité


 Veuillez lire toutes les instructions avant usage.


Prêtez une attention toute particulière aux instructions de sécurité ci-dessous avant de choisir un emplacement et de commencer à assembler votre produit.


### Avertissements relatifs au fonctionnement

 **AVERTISSEMENT** : This product can expose you to chemicals including Di-2-ethylhexyl-phthalate, 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>


 **AVERTISSEMENT** : Des problèmes de santé peuvent survenir en cas d'une utilisation incorrecte ou excessive de l'équipement. Life Fitness Recommande VIVEMENT aux utilisateurs de passer un examen médical complet avant d'entamer un programme d'entraînement, et tout particulièrement dans les cas suivants : antécédents familiaux d'hypertension (pression sanguine trop élevée) ou de pathologies cardiaques, utilisateurs de 45 ans ou plus, tabagisme, hypercholestérolémie (taux de cholestérol sanguin trop élevé), obésité, absence d'exercice physique depuis un an ou plus. Si, pendant l'usage de l'appareil, l'utilisateur éprouve un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit s'arrêter immédiatement.


 **AVERTISSEMENT** : Procurez-vous les instructions avant d'utiliser l'appareil.


 **AVERTISSEMENT** : Le non-respect de ces mesures de sécurité pourrait entraîner des blessures graves, voire mortelles :


 **AVERTISSEMENT** : Veillez à laisser un dégagement d'au moins 60 cm (23,6 pieds) derrière l'appareil et d'au moins 30 cm (12 pieds) sur les côtés.

 **AVERTISSEMENT** : Inspecter l'appareil. S'il est endommagé, en aviser le personnel. NE PAS UTILISER.

 **AVERTISSEMENT** : Le poids maximum de l'utilisateur est de 350 lb (158 kg).


 **AVERTISSEMENT** : Ne pas utiliser pour des étirements et ne pas y attacher des sangles ou autres dispositifs.


 **AVERTISSEMENT** : Utilisez les poignées pour vous soutenir et garder l'équilibre.

 **AVERTISSEMENT** : L'appareil n'est pas équipé d'une option roue libre. Par conséquent, il ne peut être arrêté instantanément.

 **AVERTISSEMENT** : Pièces mobiles et risque de chute.

- Afin d'éviter des blessures sérieuses, attendez l'arrêt complet des repose-pieds avant de descendre de l'appareil.
- Les pièces mobiles ne peuvent pas être arrêtées immédiatement, l'unité n'est pas équipée d'une roue libre.

 **AVERTISSEMENT** : Maintenez la surface des pédales propre et sèche.

 Éloignez votre corps ainsi que les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.

- Il incombe à l'acheteur des produits Life Fitness de lire le manuel de l'utilisateur ainsi que les étiquettes d'avertissement, puis de former toutes les personnes (utilisateurs et personnel de la salle) à l'utilisation correcte de l'équipement.
- Il incombe à l'acheteur et à lui seul de former correctement les utilisateurs, ainsi que le personnel d'encadrement, à l'utilisation correcte de tous les Life Fitness appareils.
- N'utilisez jamais cet équipement d'une façon autre que celle prévue par le fabricant. Il est impératif d'utiliser les appareils Life Fitness correctement pour éviter toute blessure.
- Avant d'utiliser l'appareil, placez-le sur une surface stable et plane, en position horizontale.
- La puissance nécessaire à chaque utilisateur pour effectuer un exercice peut différer de la puissance mécanique affichée sur l'appareil.
- Montez et descendez avec précaution du produit. Avant de monter, placez le repose-pieds situé de votre côté en position basse, en vous aidant des bras mobiles. Utilisez les poignées fixes lorsque vous avez besoin de renforcer votre équilibre. Pendant les exercices, tenez les bras mobiles.
- Ne montez jamais à l'envers sur le produit.
- Pour un fonctionnement correct, suivez toujours les instructions de la console.
- Cet appareil n'est pas destiné à être utilisé par des personnes ou des enfants présentant des capacités physiques, sensorielles ou mentales réduites, ou un manque d'expérience et de connaissances, sauf en cas de supervision ou d'instructions relatives à son utilisation par une personne responsable de leur sécurité.
- Cet équipement n'est pas destiné à être utilisé par les enfants. Tenez les enfants âgés de moins de 14 ans à l'écart de la machine.
- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.

- N'utilisez jamais le produit avec les ouvertures d'air bloquées. Maintenez les bouches d'aération exemptes de peluches, de cheveux ou de toute autre obstruction.
- N'introduisez jamais d'objet dans les ouvertures de cet appareil. Si un objet tombe dans l'appareil, mettez ce dernier hors tension, débranchez le cordon d'alimentation et récupérez l'objet avec précaution. Si vous ne pouvez pas l'atteindre, contactez le service d'assistance à la clientèle.
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Nous vous recommandons de n'utiliser que des récipients pourvus d'un couvercle.
- N'utilisez pas ces produits avec les pieds nus. Portez toujours des chaussures. Portez des chaussures à semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talon, à semelle en cuir, à crampons ou à pointes. Assurez-vous qu'aucun caillou ne s'est incrusté dans les semelles.
- Ne placez pas les mains à l'intérieur ou sous l'appareil. Ne le faites pas basculer sur le côté durant son fonctionnement.
- Ne laissez aucune personne gêner l'utilisateur ou le fonctionnement de l'appareil pendant l'exercice.
- Utilisez cet équipement uniquement aux fins auxquelles il est destiné et de la manière décrite dans le présent manuel. N'utilisez pas d'accessoires non recommandés par le fabricant.

### **Avvertissements et mises en garde**

- Lisez les avertissements sur chaque produit avant de commencer à vous entraîner.
- Les étiquettes d'avertissement indiquent une situation potentiellement dangereuse qui peut entraîner des blessures graves, voire mortelles si les mesures de sécurité ne sont pas respectées.
- Les autocollants de mise en garde indiquent une situation potentiellement dangereuse qui peut entraîner des blessures graves ou des dommages matériels si les mesures de sécurité ne sont pas respectées.
- Si certaines étiquettes d'avertissement sont manquantes ou endommagées, contactez immédiatement le service d'assistance à la clientèle. Nous vous en fournirons de nouvelles. Les étiquettes d'avertissement sont expédiées avec les appareils et doivent être installées avant utilisation de ces derniers. Life Fitness n'est pas responsable des étiquettes manquantes ou endommagées.
- Contactez le [Service à la clientèle](#) pour remplacer toute étiquette usée ou endommagée.

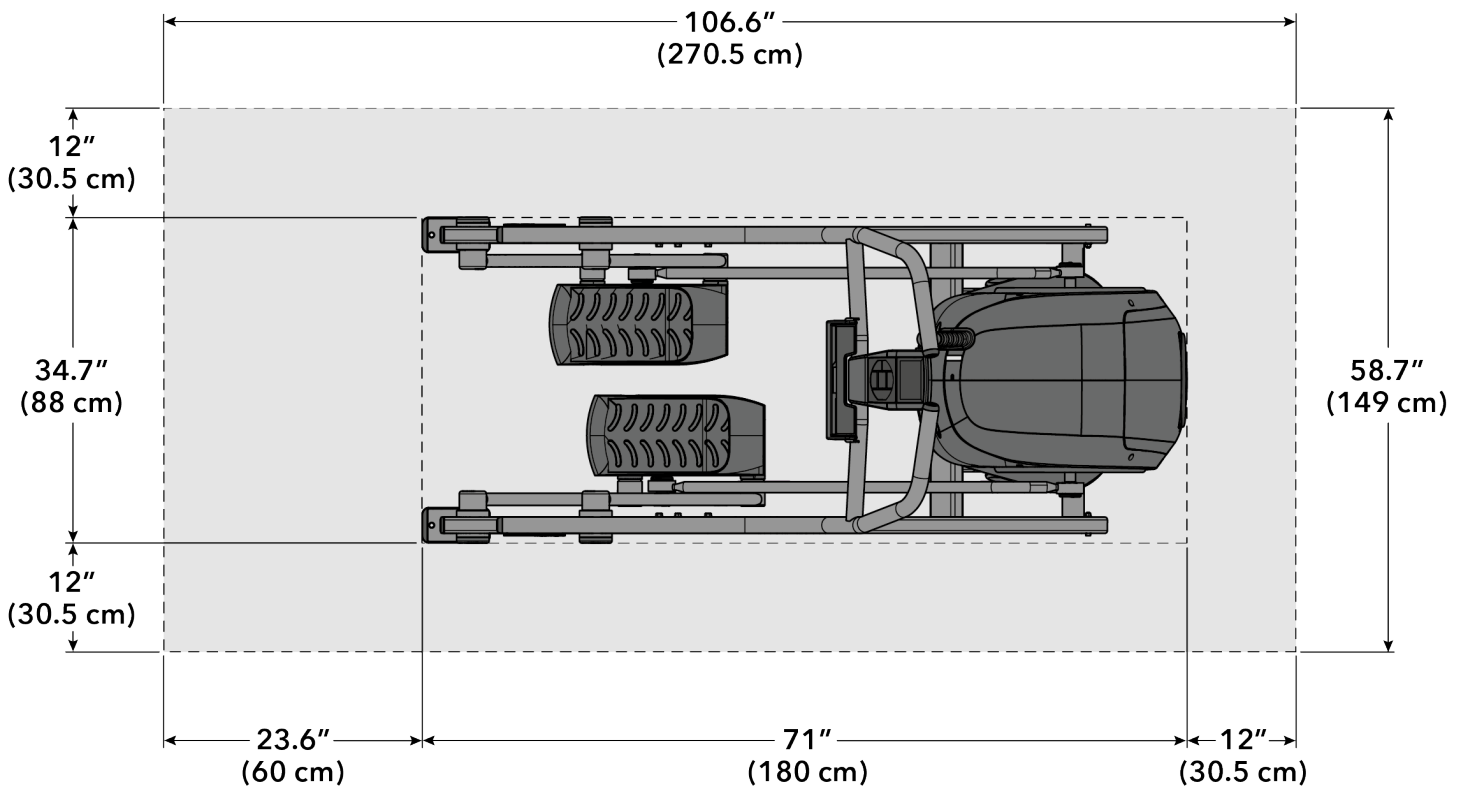
# 2. Assembly

## Choosing and Preparing Site

### Product Dimensions

Size (L x W x H)	in. = 71 x 34.7 x 60.6	cm = 180 x 88 x 154
Free Area (L x W x H)	in. = 106.6 x 58.7 x 60.6	cm = 270.5 x 149 x 154

### Free Area



### Before assembling the unit, verify the chosen site meets the following criteria:

- Area is well lit and well ventilated.
- Surface is structurally sound and properly leveled.
- Free area for access to unit and emergency dismount. Minimum clearance is 23.6 inches (0.6 meters).
- Adjacent units may share the free area.

It is the responsibility of the facility owner/owner of the equipment to ensure that there is appropriate clearance around each machine to allow for safe use and passage.

In compliance with the ADA (American Disabilities Act) there must be clear floor space of at least 30 by 48 inches and be served by an accessible route for at least one of each type of exercise equipment. If the clear space is enclosed on three sides (e.g., by walls or the equipment itself), the clear space must be 36 by 48 inches.

All other machines must have a clear floor space of 23" for all access point on the machine.

The dimensions stated in the assembly instructions of this manual include the maximum foot print (in use) dimensions.

## Assembly Procedure

Two people will be required for this procedure.

**TIP:** Read and understand all instructions thoroughly before assembling this unit. Check all items carefully. If there is damage, see the Customer Service section of this manual for proper procedure to return, replace, or reorder parts.

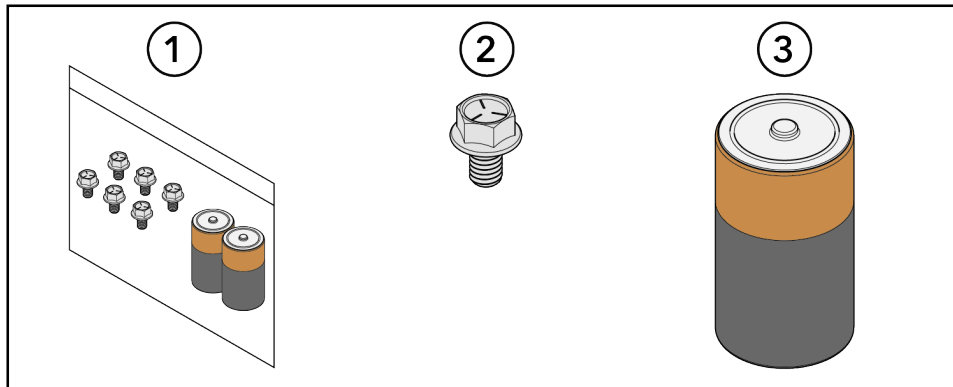
## Component and Hardware List

### Components

Item	Description	Qty.
1	Base Assembly	1
2	Handrail Assembly	1
3	Foot Pad	2
4	Owner's Manual	1

### Hardware

Item	Description	Qty.
1	Hardware Kit, HD SPARC	1
2	Bolt, .312-18 x .5, HXS	6
3	Battery, D Cell 1.5V Alkaline	2



### Tools Required

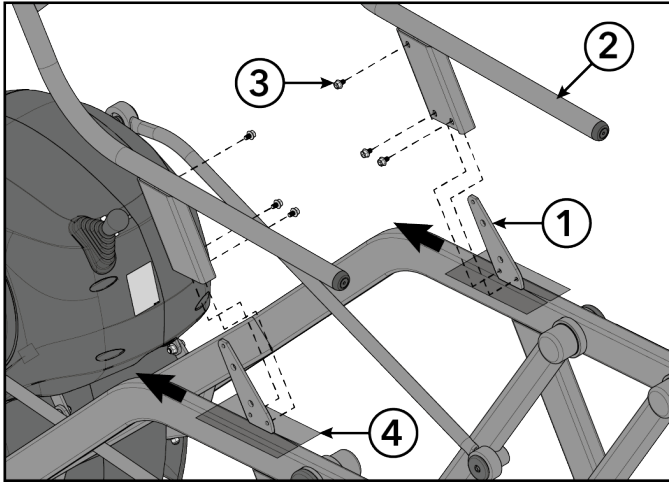
- Flat head screwdriver
- 1/2" socket with Torque wrench
- 9/16" open-end wrench
- 4 mm Allen wrench
- 17 mm open-end wrench

### Lift and Move Unit

1. Remove lag bolts and shipping supports. Keep package material on linkage arms at this time. This will protect the paint from scratching during assembly.
2. Grasp each rear support leg firmly and lift with one person on each side.
3. Lift the lower rear support legs so the front transport wheels are able to roll on floor.  
Use proper lifting methods.
4. Move unit to intended location.
5. Lower rear support legs.

## Install Handrail Assembly

1. Place the handrail assembly into position on the base assembly.
2. Install the bolts securing the handrail assembly to the base assembly using a 1/2" socket with torque wrench.



Item	Description	Qty.
1	Base Assembly	1
2	Handrail Assembly	1
3	Bolt, .312-18 x .5, HXS	6
4	Plastic Sheet	2

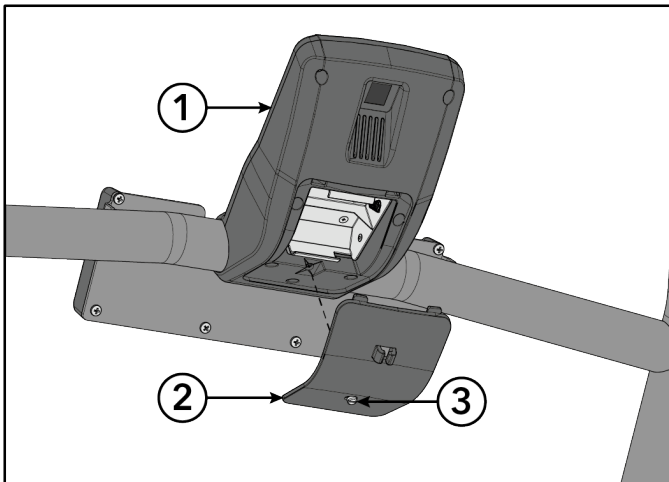


Tighten hardware to 13 ft-lb (17.6 Nm).

3. Remove the plastic sheets from the base assembly.

## Install Batteries

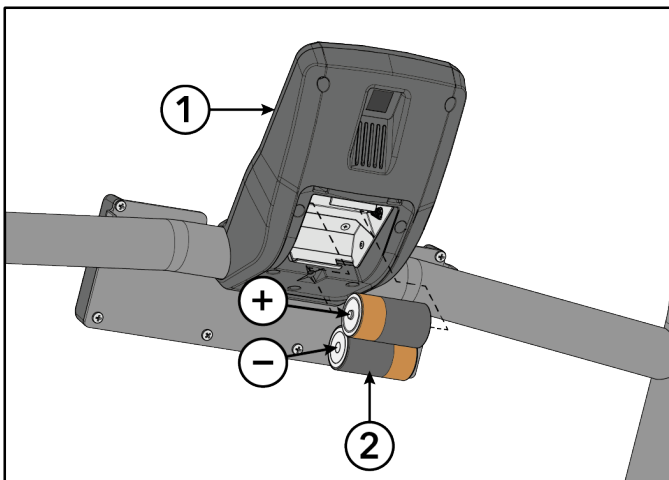
1. Remove the battery access cover by loosening the screw using a flat head screwdriver. The screw will remain in the battery access cover.



Item	Description	Qty.
1	Console	1
2	Battery Access Cover	1
3	Screw	1

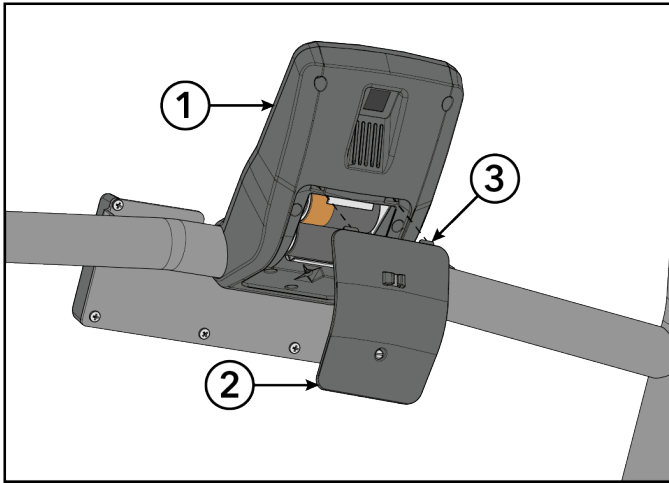
2. Install the two batteries as shown.

**NOTE:** The batteries must be installed in the proper direction.



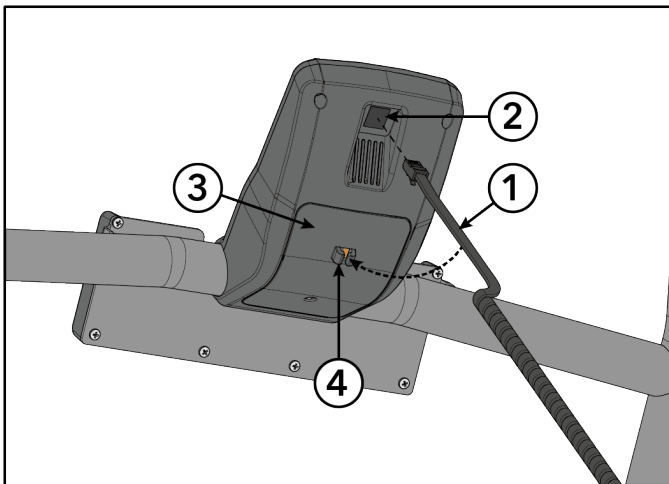
Item	Description	Qty.
1	Console	1
2	Battery, D Cell 1.5V Alkaline	2

3. Insert the two battery access cover tabs into console.



Item	Description	Qty.
1	Console	1
2	Battery Access Cover	1
3	Tab	2

4. Tighten the battery access cover screw using a flat head screwdriver.
5. Plug the console cable from shroud into the console.

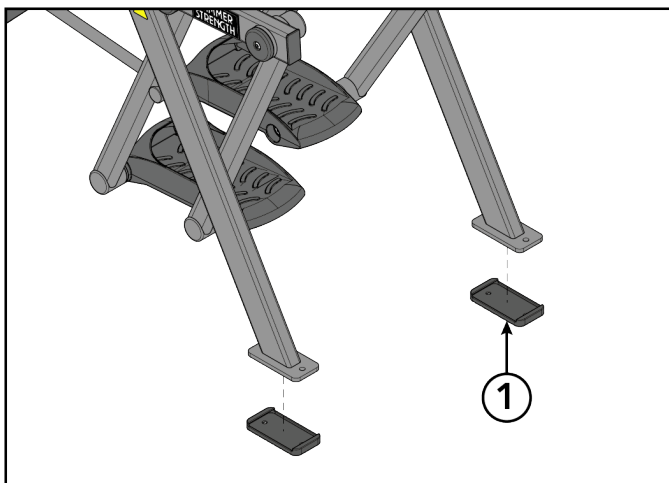


Item	Description	Qty.
1	Console Cable	1
2	Console	1
3	Battery Access Cover	1
4	Mounting Tab	2

6. Insert the console cable into the mounting tabs on the battery access cover.

### Install Foot Pads

Have one person lift the unit while a second person places a foot pad under each of the two back feet.



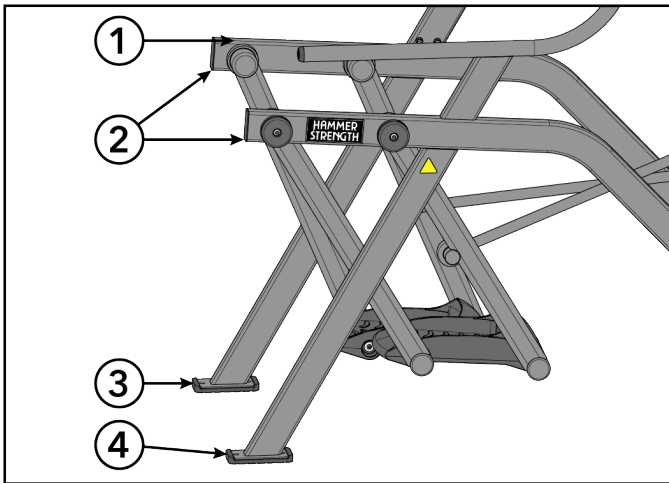
Item	Description	Qty.
1	Foot Pad	2

## Level Unit

This procedure will level the unit by evenly adjusting the weight on the rear feet. Leveling the unit will eliminate rocking during use.

**NOTE:** References to left and right are from the users perspective during use.

1. Verify foot plates are completely stopped.
2. Grasp one side of the frame and slowly lift the rear foot off the floor. Lower rear foot to the floor.

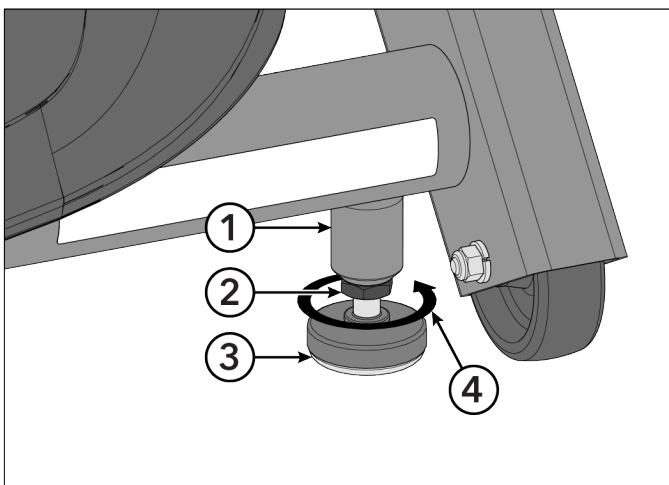


Item	Description	Qty.
1	Frame	2
2	<b>Lift Here</b>	2
3	Left Rear Foot	1
4	Right Rear Foot	1

3. Grasp the other side of the frame and slowly lift the rear foot off the floor. Lower rear foot to the floor.

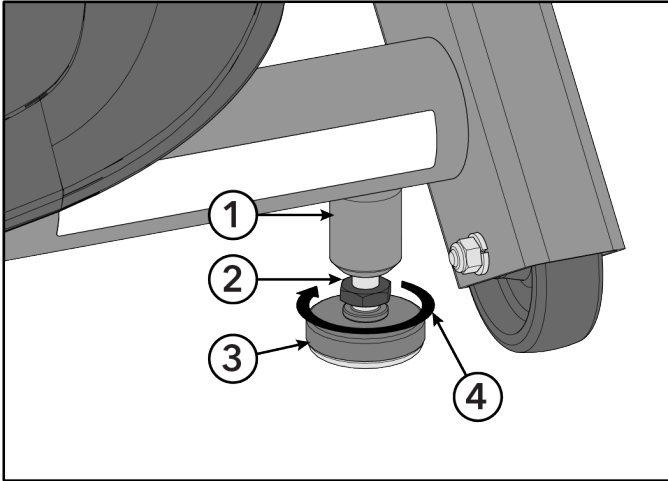
**NOTE:** Make note of either rear foot lifting off the floor easier than the other.

If both rear feet lift off the floor evenly, secure both leveling foot jam nuts against the frame post using a 17mm open-end wrench. Unit is leveled.



Item	Description	Qty.
1	Frame Post	1
2	Jam Nut	1
3	Leveling Foot	1
4	<b>Turn Counter-Clockwise to Secure</b>	

4. Adjust the weight of the rear feet using a 17mm open-end wrench.
  - If the **left** rear foot lifts up easier, Adjust the **right** leveling foot nut down.
  - If the **right** rear foot lifts up easier, Adjust the **left** leveling foot nut down.



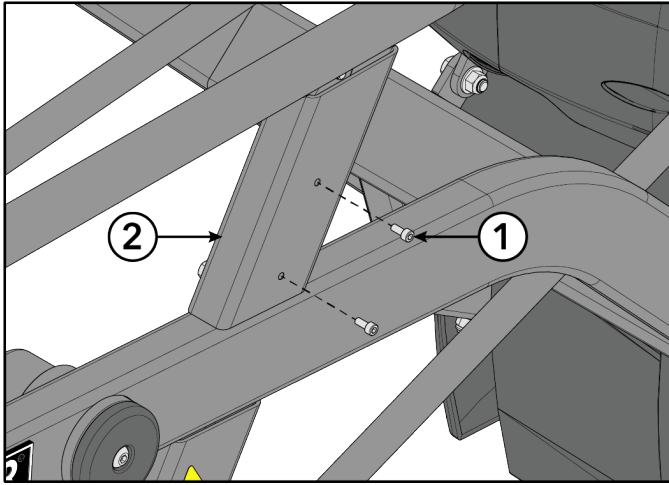
Item	Description	Qty.
1	Frame Post	1
2	Leveling Foot Nut	1
3	Leveling Foot	1
4	Turn Clockwise to Adjust Leveling Foot Down	

5. Test the unit again for uneven weight on the rear feet. Adjust leveling foot nuts until each rear foot lifts with even force.
6. Secure jam nuts using a 17mm open-end wrench. Unit is leveled.

## Install Water Bottle Holder

Standard bicycle water bottle holders can be mounted to the frame. Water bottle holders are not supplied by Hammer Strength.

1. Remove screws on the side of the handrail assembly using a 4mm Allen wrench. Save screws.



Item	Description	Qty.
1	Screw, M5 x 0.8, HXS, 16mm	2
2	Handrail Assembly	1

2. Install screws securing the water bottle holder to the handrail assembly using a 4mm Allen wrench.

## Visually Inspect Unit

1. Remove any packing material from unit.
2. Examine the unit to ensure that the assembly is correct and complete.

## Setup

Use the following instructions to setup the unit.

1. Hold the handrails to steady self while stepping into the foot plates.
2. Begin striding.

## Setup Options

1. Press and hold the Up ▲ arrow and Down ▼ arrow for 3 seconds.
2. Press the **GO/Enter** key.
3. Navigate up and down in the setup menu with the Up ▲ arrow and Down ▼ arrow.
4. Navigate forward in the setup menu with the **GO/Enter** key.
5. Navigate backward in the setup menu with the **STOP/Review** key.

## Setup menu

<b>LANGUAGE</b>	Choose from available languages
<b>INTERVAL TRAINING</b>	<b>SET DEFAULT WORK:</b> Set the default work interval. Choices are 10 to 180 in 10 second increments. <b>SET DEFAULT REST:</b> Set the default rest interval. Choices are 10 to 180 in 10 second increments.

## Exit Setup mode

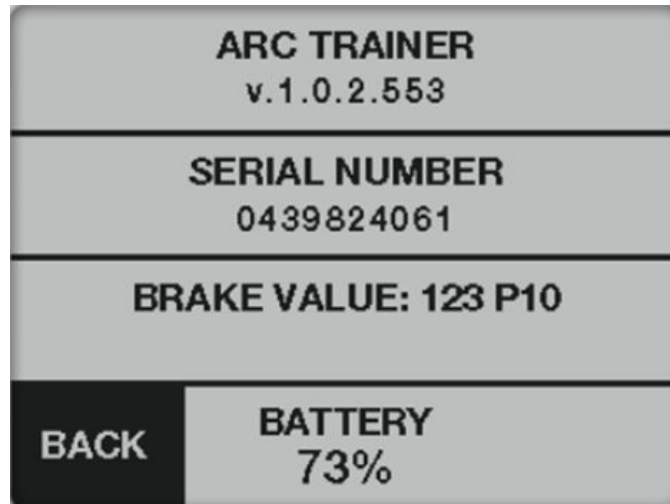
1. Select **BACK** in the setup menu.
2. Press the **GO/Enter** key.
3. Select **EXIT** in the setup menu.
4. Press the **GO/Enter** key.

## Setup Complete

### Calibrate Resistance Level

Perform this calibration procedure to display the correct resistance levels throughout the full range of the resistance lever. This is required when installing the unit, replacing the console or sensor board, or if the unit has been disassembled.

1. Press and hold the Up ▲ arrow and Down ▼ arrow for 3 seconds.
2. Navigate in the **Toolbox** menu to **DIAGNOSTICS** with the Down ▼ arrow.
3. Press the **GO/Enter** key to enter **DIAGNOSTICS**.



4. Push the resistance lever forwards to the highest resistance level.
5. Press and hold the Up ▲ arrow for three seconds until the **BRAKE VALUE** section blinks. The upper value is stored.
6. Pull the resistance lever backwards to the lowest resistance level.
7. Press and hold the Down ▼ arrow for three seconds until the **BRAKE VALUE** section blinks. The lower value is stored.
8. Press the **GO/Enter** key to go **BACK** to the toolbox menu.
9. Press the Down ▼ arrow to select **EXIT** in the setup menu.
10. Press the **GO/Enter** key to exit **Toolbox**.


### Diagnostics menu

<b>ARC TRAINER</b>	Software revision number.
<b>PRESSURE/TEMP</b>	<b>Pressure:</b> Displays Barometric pressure in HPA (hectopascal). <b>Temperature :</b> Displays local temperature in degrees Celsius.
<b>BRAKE VALUE</b>	Displays brake position value. Range is P1 to P10.
<b>BATTERY</b>	Displays battery level from 0 to 100% in 10% increments. <b>LOW BATTERY</b> screen will be displayed at 10%.

### Testing Operation

Use the following instructions to test the full resistance of the unit:

1. Move the resistance lever down to lowest resistance.
2. Verify foot plates are completely stopped.
3. Hold the handrails to steady self while stepping into the foot plates.
4. Begin striding.
5. Verify the control panel will illuminate.

6. Press the **GO/Enter** key.
7. Verify level meter is at **LEVEL 1** and resistance is low.
8. Verify **WATTS** are displayed on display screen.
9. Move the resistance lever up to **LEVEL 5**.  
Verify resistance is higher than **LEVEL 1**.
10. Move the resistance lever up to **LEVEL 10**.  
Verify resistance is higher than **LEVEL 5**.
11. Move the resistance lever down to **LEVEL 1**.
12. Press the **STOP/Review** key to exit.
13. Wait until foot plates come to a complete stop before dismounting unit.  
 **WARNING:** Moving parts and fall hazard.
  - To avoid serious injury wait until foot plates come to a complete stop before getting off unit.
  - The moving parts cannot be stopped immediately, the unit is not equipped with a free wheel.Hold handrails to steady self while stepping off unit.

Testing complete.

# 3. Operation

## Individual Human Power Versus Mechanical Power

**⚠ WARNING:** Power difference.

The individual human power which is required to carry out an exercise can be different than the mechanical power displayed.

### Intended Use

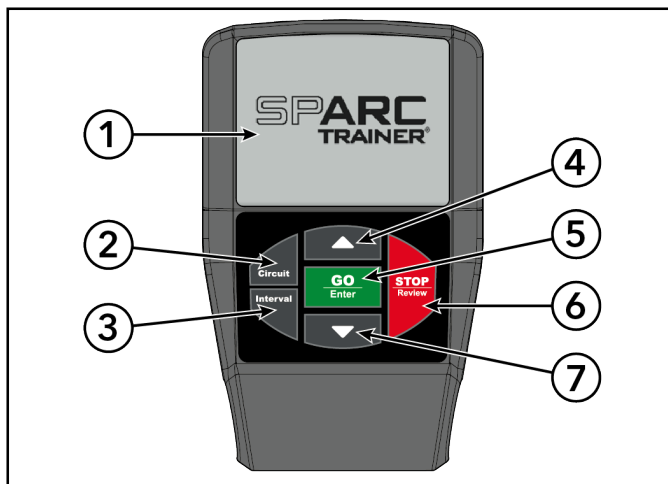
The intended commercial use of this machine is to aid exercise and improve general physical fitness.





### Terms Used




This section lists some of the common terms and symbols used in this chapter. Other terms and symbols are listed in this chapter as appropriate.

- Circuit**                      Circuit Mode functions as a count-up timer ideally suited for use within small group classes with multiple users using the machine for short bouts. It may also be used like a Quick Start for longer duration training sessions.
- Interval**                    Interval Mode allows the user to predefine the duration work and rest intervals as well as the total number of sets to be performed.
- Rest**                         The period of an interval training session that is performed at a lower intensity to provide for recovery after the Work interval in an Interval Mode training session.
- Results**                    Review of the accumulated workout data will happen at the end of each workout session.
- Sets**                         The number of time a Work:Rest interval is to be performed.
- Work**                        The period of high intensity effort in an interval training session.

### User Controls



Item	Control	Name	Description
1		DISPLAY SCREEN	Displays all information.
2		CIRCUIT KEY	Selects <b>Circuit</b> workout.
3		INTERVAL KEY	Selects <b>Interval</b> workout.
4		ARROW UP	Adjust values up. Navigate up in menus, languages, defaults, and other settings.

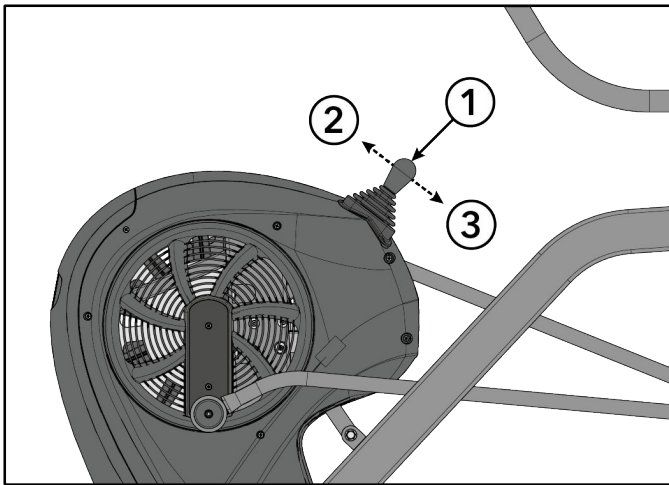
Item	Control	Name	Description
5		GO/ENTER KEY	Start <b>Circuit</b> workout. Enter settings during <b>Interval</b> workout setup. Select settings in <b>Toolbox</b> screen, moves forward in menu.
6		STOP/REVIEW KEY	Ends a workout. Resets console. Navigates back in <b>Setup</b> menu.
7		ARROW DOWN	Adjust values down. Navigate down in menus, languages, defaults, and other settings.

## Resistance Lever

Resistance is changed using the resistance lever. Range is 1 to 10 in increments of 1. Changes to resistance are displayed on the display screen with the **LEVEL** meter.



1. Pull the resistance lever backwards to decrease the resistance level.



Item	Description	Qty.
1	Resistance Lever	1
2	Forward	1
3	Backward	1

2. Push the resistance lever forwards to increase the resistance level.

## Mount and Dismount

### Mount Unit Safely

1. Verify foot plates are completely stopped.
2. Grasp handrail and step carefully onto foot plates.

### Dismount Unit Safely

**⚠ WARNING:** Moving parts and fall hazard.

- To avoid serious injury wait until foot plates come to a complete stop before getting off unit.
- The moving parts cannot be stopped immediately, the unit is not equipped with a free wheel.

1. Grasp handrails for support.
2. Stop striding.

3. Wait until foot plates come to a complete stop.
4. Continue to hold handrails while carefully stepping off unit.

## Quick Operation Guide

Maximum user weight is 350 lbs. (158 kg).

The following is a quick overview of the operation of the unit.

1. Verify foot plates are completely stopped.
2. Grasp handrail and step carefully onto foot plates.  
Begin striding.
3. Press the **Circuit** key.
4. Press the **GO/Enter** key.
5. Adjust the resistance lever to change the resistance at any time. The level meter will display the current resistance level.
6. Press the **STOP/Review** key at any time to end workout.

Workout **Results** are displayed.

## Detailed Operation Guide

Maximum user weight is 350 lbs. (158 kg).

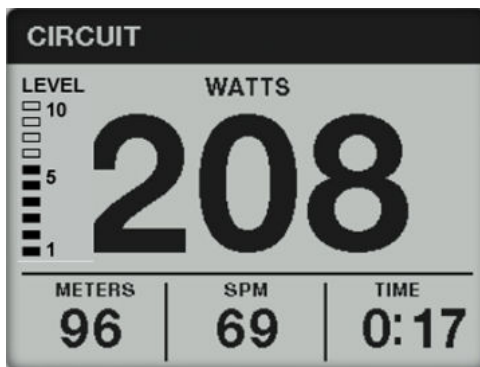
1. Verify foot plates are completely stopped.
2. Grasp handrail and step carefully onto foot plates.

Begin striding.

3. Choose a **Circuit** or **Interval** workout.

## Circuit Workout Overview

Circuit Mode functions as a count-up timer ideally suited for use within small group classes with multiple users using the machine for short bouts. It may also be used like a Quick Start for longer duration training sessions.



Display	Description
LEVEL	Displays current resistance level
WATTS	Displays current watts
METERS/KM	Displays total meters or kilometers
SPM	Displays current Strides Per Minute
TIME	Displays total time of workout

## Circuit Workout

1. Press the **Circuit** key.
2. Press the **GO/Enter** key.
3. Adjust the resistance lever to change the resistance at any time. The level meter will display the current resistance level.
4. Press the **STOP/Review** key at any time to end workout.  
Workout **Results** are displayed.
5. Press the Up ▲ arrow or Down ▼ arrow to review **Results**.
6. Press **STOP/Review** to exit workout.

## Interval Workout Overview

Interval Mode allows the user to predefine the duration work and rest intervals as well as the total number of sets to be performed.



Display	Description
WORK	Exercise during this interval
REST	Rest during this interval
SETS	Remaining number of sets in workout
LEVEL	Displays current resistance level
SEC	Countdown timer to next interval.
METERS/KM	Displays total meters or kilometers
WATTS	Displays current watts
TOTAL TIME	Displays total time of workout

### Interval Workout

1. Press the **Interval** key.
2. Adjust **WORK TIME** using the Up arrow ▲ or Down arrow ▼. Range is 10 to 180 in 10 second increments.
3. Press the **GO/Enter** key.
4. Adjust **REST TIME** using the Up arrow ▲ or Down arrow ▼. Range is 10 to 180 in 10 second increments.
5. Press the **GO/Enter** key.
6. Adjust **TOTAL INTERVALS** using the Up arrow ▲ or Down arrow ▼. Range is 1 to 30 in 1 interval increments. **TOTAL TIME** of workout will be displayed.
7. Press the **GO/Enter** key.  
A three second countdown 3 . . . 2 . . . 1 is displayed. The Interval workout begins with the first **WORK** session.
8. Begin striding. The display screen will alternate between **WORK** and **REST** screens. Timer counts down to next interval.

Stride during WORK segment	Rest during REST segment

9. Adjust the resistance lever to change the resistance at any time. The level meter will display the current resistance level.
10. Press the **STOP/Review** key at any time to end workout.  
Workout **Results** are displayed.
11. Press the Up ▲ arrow or Down ▼ arrow to review **Results**.
12. Press the **STOP/Review** key.

## Results

As the user exercises, the unit keeps track of and displays the following data:

- PEAK WATTS** Highest workload energy exertion.
- AVG WATTS** Average workload energy exertion.
- AVG SPM (Strides per Minute)** The average number of strides per minute.
- TIME** The total time you've been working out. Display time as **minutes:seconds**.

MM:SS	Minutes:Seconds	00:01 to 99:99
MMMM	Minutes	100 minutes or more

**METERS/KM** Total distance in Meters or Kilometers. Displays **METERS** up to 499 meters, then displays **KM** starting at 0.5 km.

**CALORIES** The total accumulated calories burned during your workout.

Press the Up ▲ arrow or Down ▼ arrow to review **Results**.

RESULTS screen 1	RESULTS screen 2																								
<p>RESULTS screen 1 displays the following data:</p> <table border="1"> <tr> <td>RESULTS</td> <td>216</td> <td>PEAK WATTS</td> </tr> <tr> <td></td> <td>198</td> <td>AVG WATTS</td> </tr> <tr> <td></td> <td>87</td> <td>AVG SPM</td> </tr> <tr> <td></td> <td>▼</td> <td></td> </tr> </table>	RESULTS	216	PEAK WATTS		198	AVG WATTS		87	AVG SPM		▼		<p>RESULTS screen 2 displays the following data:</p> <table border="1"> <tr> <td>RESULTS</td> <td>▲</td> <td></td> </tr> <tr> <td></td> <td>0:59</td> <td>TIME</td> </tr> <tr> <td></td> <td>143</td> <td>METERS</td> </tr> <tr> <td></td> <td>267</td> <td>CALORIES</td> </tr> </table>	RESULTS	▲			0:59	TIME		143	METERS		267	CALORIES
RESULTS	216	PEAK WATTS																							
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	▼																								
RESULTS	▲																								
	0:59	TIME																							
	143	METERS																							
	267	CALORIES																							

## How Power Input Versus Displayed Value is Calculated

Total power, as displayed in Watts on the console, is calculated from the measured speed of the fan and the resistance provided by the Eddy Current Brake. Variability of the fan power due to atmospheric conditions is compensated for by incorporating feedback from an on-board barometric pressure and temperature sensors.

## 4. Maintenance

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all Life Fitness equipment.

Life Fitness is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting and recording. Life Fitness representatives are available to answer any questions that you may have.

### Warnings

**TIP:** Read all warnings in this chapter.

**⚠ WARNING:** For maintenance, service and repair:

- Must be performed by trained service personnel only
- Use only replacement parts
- Keep water and liquids away from electrical parts.

**⚠ WARNING:** Equipment hazard.

To avoid serious injury or death replace worn or damaged components immediately and keep the equipment out of use until repair is completed.

### Clean Unit

#### Tools Required

- Cleaning solution
- Rubbing alcohol
- Clean cloth
- Vacuum

#### After Each Use

Wipe up any liquid spills immediately. After each workout, use a cloth to wipe up any remaining perspiration from the handrails and painted surfaces.

Be careful not to spill or get excessive moisture between the edge of the display panel and the console, as this might create an electrical hazard or cause failure of the electronics.

#### As Needed

Vacuum any dust or dirt that might accumulate under or around the unit. Cleaning this area should be done as often as indicated in the Service Schedule.

#### Clean Console

**NOTICE:** Do not spray cleaning solution directly on the console.

Direct spraying could cause damage to the electronics and may void the warranty.

- Spray a mild cleaning agent on a clean cloth.
- Clean the console and cup holder with a damp cloth.

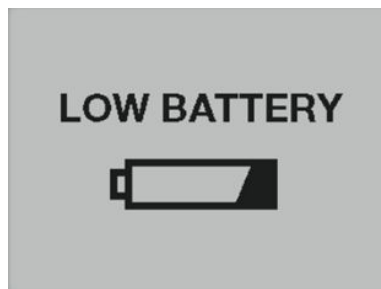
#### Clean Base

- Spray a mild cleaning agent on a clean cloth.
- Clean the base of the unit with a damp cloth.

### Batteries

The console is powered with two, D cell, alkaline batteries.

If the battery level is 10% or lower, The console will display **LOW BATTERY** at start up.



Replace the batteries if **LOW BATTERY** appears at start up,

### **Storage or long non-use periods**

When not using product for more than six months, the batteries should be removed to prevent leakage.

### **Check Battery Level**

The battery level can be checked through the console.

1. Press and hold the Up ▲ arrow and Down ▼ arrow for 3 seconds.
2. Navigate in the **Toolbox** menu to **DIAGNOSTICS** with the Down ▼ arrow.
3. Press the **GO/Enter** key to enter **DIAGNOSTICS**.
  1. The **BATTERY** level is displayed on the **DIAGNOSTICS** screen.
    - Levels 20-100% - Batteries are good.
    - Levels 0-10% - Batteries need to be replaced.
  4. Press the **GO/Enter** key to go **BACK** to the toolbox menu.
  5. Press the Down ▼ arrow to select **EXIT** in the setup menu.
  6. Press the **GO/Enter** key to exit **Toolbox**.

### **Battery Life Expectations**

Engineering tests show an average battery life of around 1,080 hours (45 days) straight at 24 hours a day which translates to:

- 1,080 days at 1 hour a day (close to 3 Years)
  - 540 days at 2 hours a day
  - 360 days at 3 hours a day
- Average battery life is expected to be around 3 years.

Recommended 18,000 mAh Alkaline batteries D-Cell Batteries:

- Energizer E95
- Energizer Max
- Duracell MN1300
- Duracell PC1300 Pro
- Panasonic LR20-D

The OEM batteries are all very high A/Hr (see above) where generic replacements will not be as good.

**NOTE:** Engineering did not test Lithium or Rechargeable batteries. Most rechargeable batteries are 1.2v (vs. 1.5v on an Alkaline battery) so their combined fully-charged starting voltage is only 2.4v and will likely trigger the **LOW BATTERY** message indefinitely.

### **Battery Replacement**

Replace batteries with two new, D cell, alkaline batteries. If replacement batteries are weak and have a battery level of 40% or lower, the **LOW BATTERY** screen will continue to be displayed at start up.

**NOTE:** Do not use rechargeable batteries.

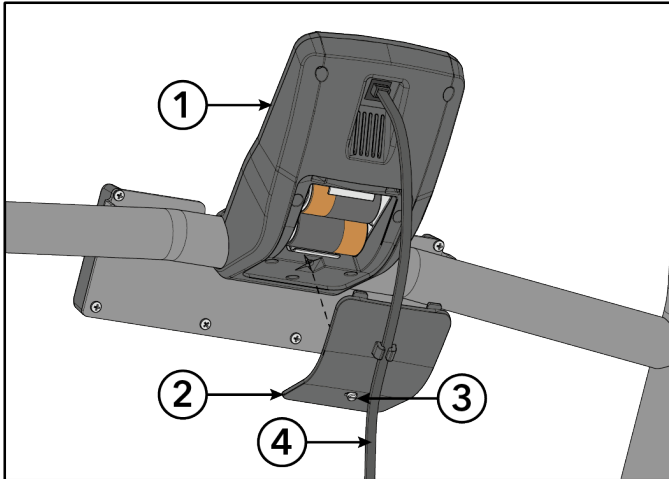
#### **Tools required:**

- Flat head screwdriver

**NOTICE:** Component damage.

Replace with two, D cell, alkaline batteries only. Always use two new equal batteries, of the same current rating and manufacturer.

1. Remove the battery access cover by loosening the screw using a flat head screwdriver. The screw will remain in the battery access cover.

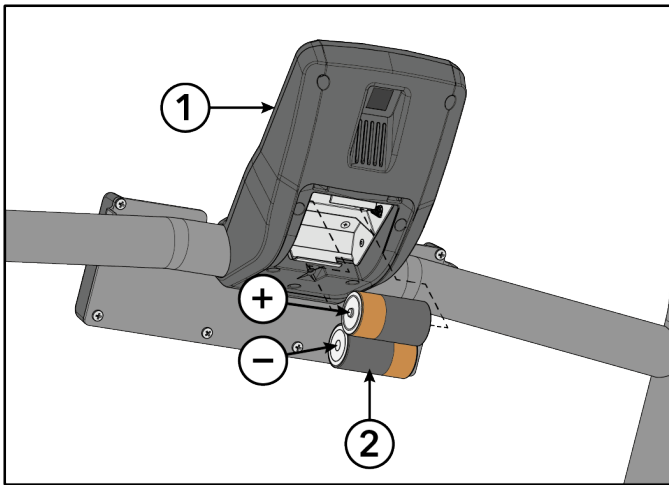


Item	Description	Qty.
1	Console	1
2	Battery Access Cover	1
3	Screw	1
4	Console Cable	1

- The battery access cover screw will remain in the battery access cover.
- The battery access cover will remain on the console cable.

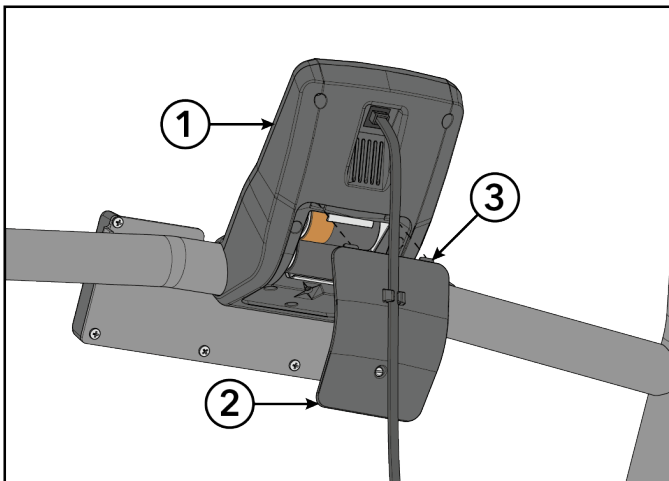
2. Remove the two batteries from the console.
3. **NOTE:** The batteries must be installed in the proper direction.

Install two batteries as shown.



Item	Description	Qty.
1	Console	1
2	Battery, D Cell 1.5V Alkaline	2

4. Insert the two battery access cover tabs into console.



Item	Description	Qty.
1	Console	1
2	Battery Access Cover	1
3	Tab	2

5. Tighten the battery access cover screw using a flat head screwdriver.

**NOTE:** Dispose of batteries safely after replacement or before unit disposal.

## Service Schedule

All maintenance activities shall be performed by qualified personnel. Failure to do so could result in serious injury. This is the minimum recommended service.

### Determine Distance

1. Verify foot plates are completely stopped.
2. Grasp handrail and step carefully onto foot plates.
3. Press and hold the Up ▲ arrow and Down ▼ arrow for 3 seconds.
4. Navigate in the **Toolbox** menu to **STATS** with the Down ▼ arrow.
5. Press the **GO/Enter** key to enter **STATS**.
1. The **TOTAL ON TIME** and **TOTAL RUN TIME** is displayed on the **STATS** screen.

The time is displayed as ### : ## : ## (Days:Hours:Minutes).

**NOTE:** A **Day** is recorded as 24 hours of use. It is not days used or days since installation.

6. Record the **TOTAL RUN TIME**.
7. Press the **GO/Enter** key to go **BACK** to the toolbox menu.
8. Press the Down ▼ arrow to select **EXIT** in the setup menu.
9. Press the **GO/Enter** key to exit **Toolbox**.

### Daily Procedures

See detailed procedures in [Clean Unit](#) section.

1. Clean console
2. Clean base.

### Every 6 Months

The **TOTAL RUN TIME** for 6 months is approximately 6 days.

1. Move unit and vacuum underneath. Lift the rear of unit and roll it back from its present position. Vacuum underneath and return unit to normal position.
2. [Check battery level](#).

### Every 12 Months

The **TOTAL RUN TIME** for 12 months is approximately 12 days.

Contact qualified service technician to perform the following procedures.

1. Inspect incline assembly.
2. Replace any worn parts.
3. Lubricate incline bushings.

## 5. Product Specifications

Classification	EN ISO 20957 Class S (Studio)
Accuracy	A
Assembled Length	71" (180 cm)
Assembled Width	34.7" (88 cm)
Assembled Height	60.6" (154 cm)
Weight of Product	265 lbs. (120 kg)
Shipping Weight	330 lbs. (150 kg)
Resistance Levels	1-10 levels of brake resistance
Resistance Range	Fan 0-1000 watts, Resistance Lever (ECB) adds additional 0-400 watts
Braking System	Brushless Eddy current brake, speed independent
Stride Length	24" (61 cm) fixed length
Workouts	Circuit and Interval
Display Screen	LCD - Liquid Crystal Display
Console Features	Graphic Display: Brake resistance level meter Numeric display: Meters/Km, Seconds (Countdown), SPM (Strides Per Minute), Time, Total time, Watts.
Frame Colors	Casino Black Wrinkle
Maximum User Weight	350 lbs. (158 kg)
Power Supply	D-Cell 1.5 v Alkaline battery (x2)

# 6. Warranty

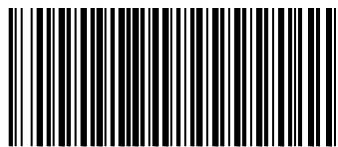
## Warranty Information

Please use the link below or scan QR code to access warranty information:

<http://lifefitness.com/warranties>







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