

Documentation Approval

Part Number: _____ REV _____ Date: _____

Product Model: _____ ECN #: _____

New Release

Existing Document

If updating existing document, list changes:

If existing, disposition of current inventory:

Running Change

Scrap

Documentation Type:

Assembly Instructions

Owner's Manual




Addendum / Kit Instruction

Other _____

Document Language(s):

English	German	Spanish
Arabic	Italian	Swedish
Chinese Simplified	Japanese	Turkish
Danish	Korean	Other:
Dutch	Portuguese (Brazil)	Other:
French	Russian	Other:

RE: Hammer Strength Platform Manuals Review - RPI, TWP and ISP

 Allison Jones
To:  Todd Sullivan,  Burt Ames

Red Category

Start your reply all with: [Thank you for the approval.](#) [Thank you!](#) [I approve.](#) [Feedback](#)

Thanks, Todd - I approve!

Allison Jones
Program Manager
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Signatures:



Program Manager: _____

Product Manager: **APPROVED**
By JP Stockton at 3:09 pm, Nov 06, 2023

Installation/Training: _____

Compliance: **APPROVED**
By WangM at 4:04 pm, Nov 08, 2023

RE: Hammer Strength Platform Manuals Review - RPI, TWP and ISP

 Burt Ames
To:  Todd Sullivan

[@](#) [↩](#) [Reply](#) [↻](#) [Reply All](#) [→](#)

[🔍](#) you replied to this message on 11/09/2023 2:00 PM.

Todd,

Looks fantastic, as always! Approved.



PRINT SPECIFICATIONS

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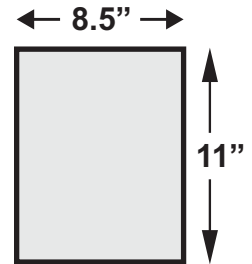
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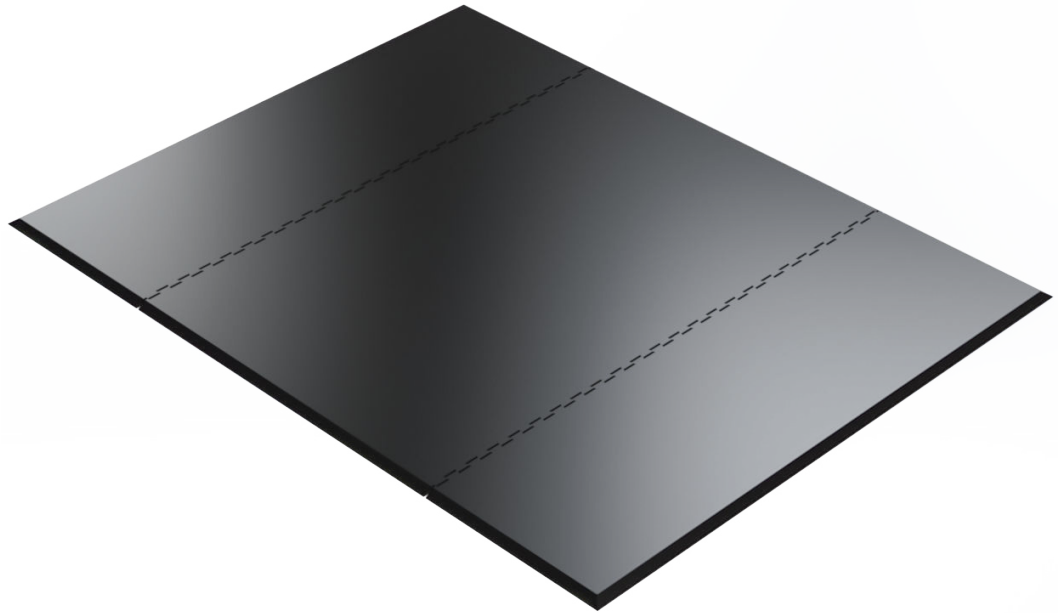
HAMMER STRENGTH[®]

**HAMMER
STRENGTH[®]**

Rubber Platforms

Owner's Manual/Assembly Instructions

Rubber Platforms (RP) / Rubber Platform Inserts (RPI)



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

User and Service Documents Link

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

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

Additional information is available online using the links above.

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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.

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İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

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

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

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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.

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Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

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

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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1. Safety

Safety Information

Operating Warnings



WARNING: This product can expose you to chemicals including Methyl Isobutyl Ketone, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to <http://www.P65Warnings.ca.gov>

- Life Fitness Family of Brands does not warrant nor guarantee that component parts used in the manufacture of products offered under the Life Fitness Family of Brands are latex-free. Users of these products must take all necessary precautions to prevent accidental contact that could lead to an adverse latex reaction.
- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never exceed the load rating for any athletic racks, bench or other free weight device; including specific weight rod and band peg limits.
- Only use BUMPER style plates with the platforms (no steel plates, urethane coated plates, or dumbbells).
- This equipment is categorized as class S per EN ISO 20957-1. As such this equipment is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact Life Fitness Family of Brands with any questions regarding this classification.

Access Control

- Life Fitness Family of Brands recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner.

Installation

- SECURING EQUIPMENT - Life Fitness Family of Brands recommends if a PLATFORM and INSERT are used with a Hammer Strength rack, that the accompanying rack be secured to a solid, level surface to stabilize it and eliminate rocking or tipping over. This must be performed by a licensed contractor.

Proper Usage

- Do not use any equipment in any way other than as designed or intended by the manufacturer. It is imperative that Life Fitness Family of Brands equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.

Inspection

- DO NOT attempt to use or repair any accessory approved for use with the equipment which appears to be damaged or worn.
- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all Life Fitness Family of Brands equipment, use only replacement parts supplied by Life Fitness Family of Brands.
- Maintain labels and name plates - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Life Fitness Family of Brands customer service for a replacement.
- Equipment Maintenance - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Life Fitness Family of Brands will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.
- Before use, examine all accessories approved for use with the Life Fitness Family of Brands equipment for damage or wear.

2. Assembly

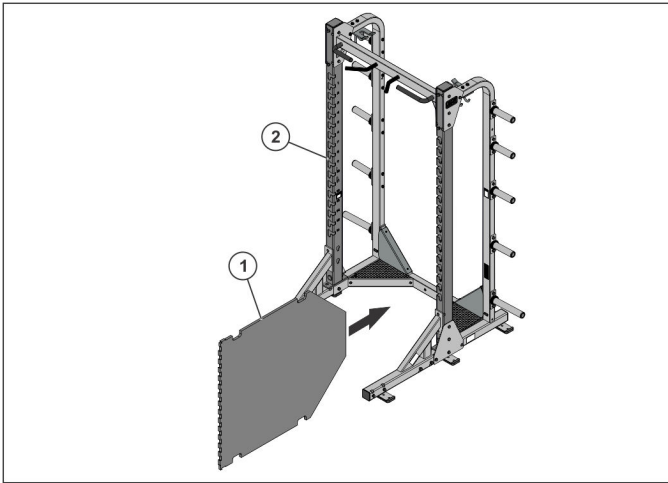
Tools Required

- Rubber mallet
- Safety glasses

Assembly Procedure

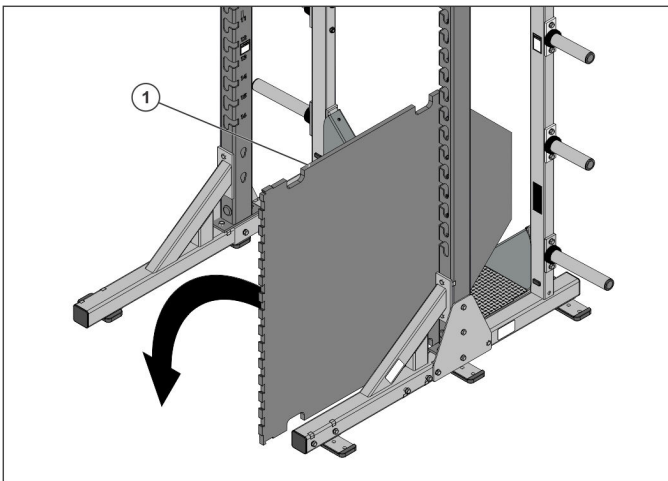
Assemble Rubber Platform

1. Add rubber insert to rack, if equipped.



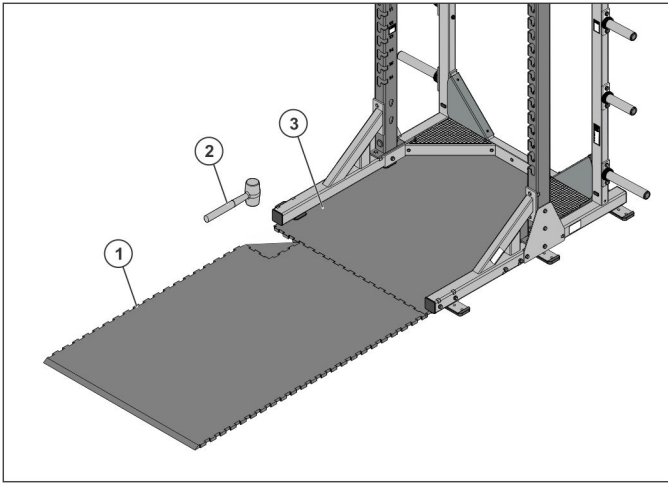
Item	Description	Qty.
1	Rubber Insert	1
2	Rack	1

2. Tilt rubber insert down until flat on floor.



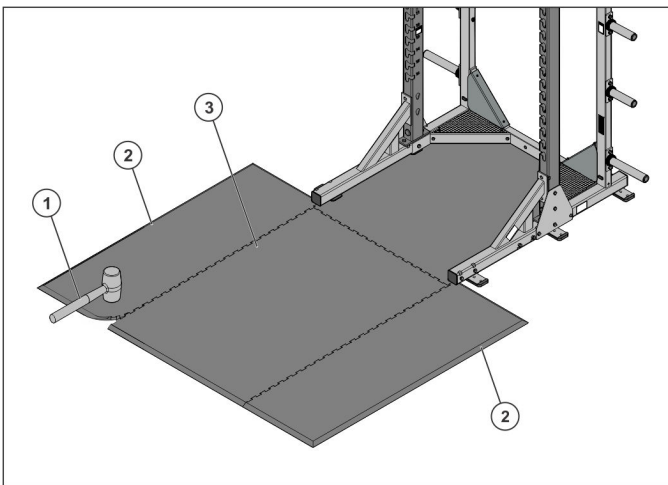
Item	Description	Qty.
1	Rubber Insert	1

3. Connect the rubber base to the rubber insert using a rubber mallet along the seam.



Item	Description	Qty.
1	Rubber Base	1
2	Rubber Mallet	1
3	Rubber Insert	1

4. If equipped, connect the rubber wings to the rubber base using a rubber mallet along the seams.

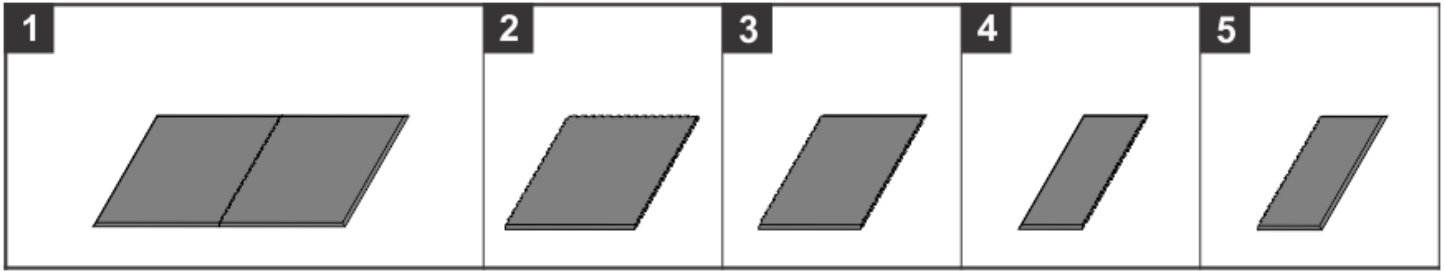


Item	Description	Qty.
1	Rubber Mallet	1
2	Rubber Wing	2
3	Rubber Base	1

3. Product Information

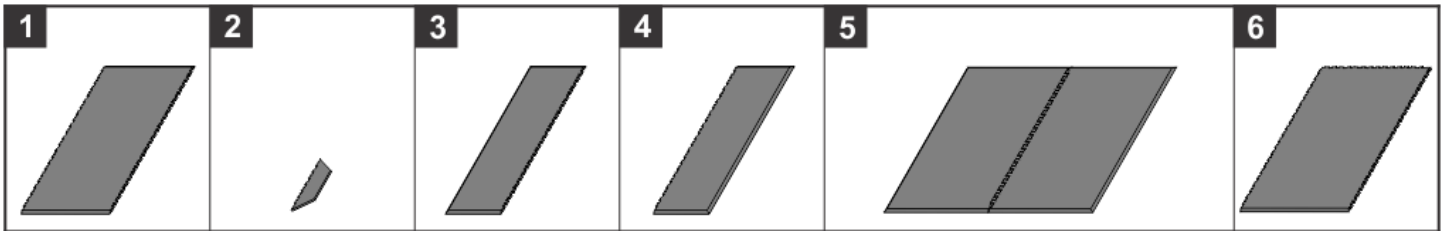
Specifications

Four Foot



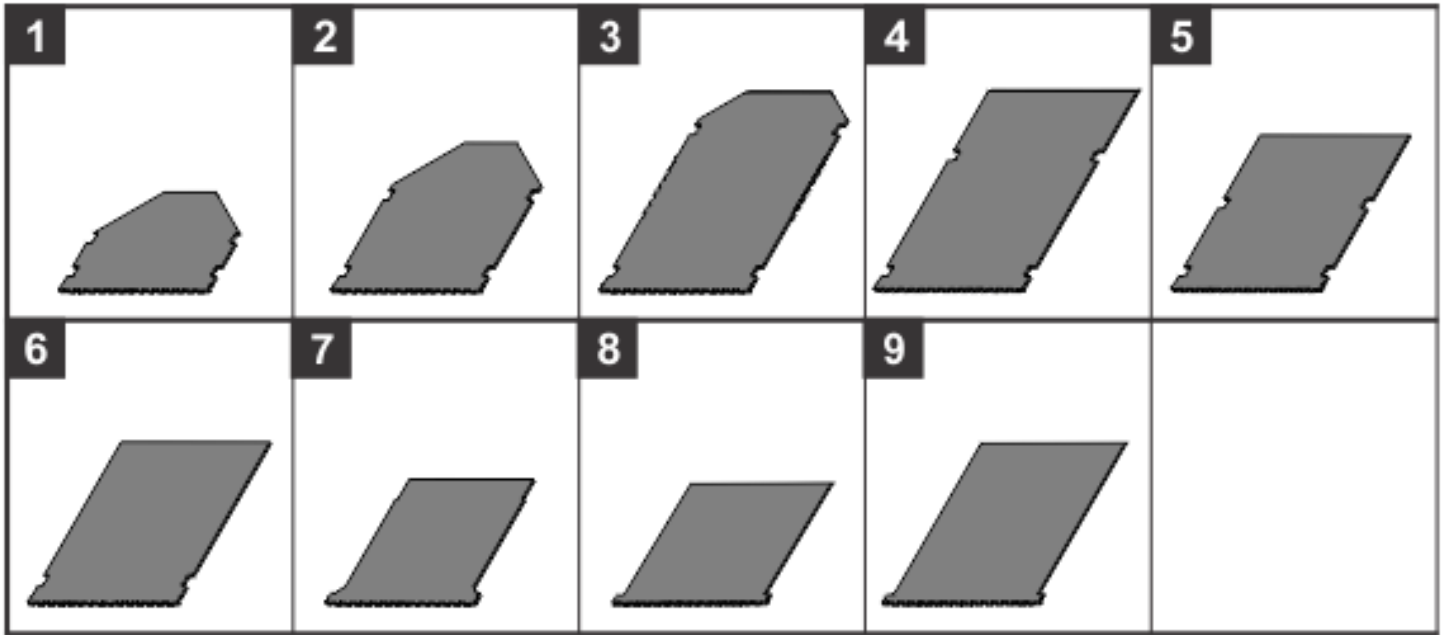
Item	Model	Description	Dimensions (L x W)		Weight	
			in	cm	lbs	kg
1	RP-4X8	Stand Alone, 4-Foot	48 x 92	122 x 234	124	97
2	RP-RC4	Rack Center, 4-Foot	48 x 47	122 x 119	93	42
3	RP-CW4	Connected Wing, 4-Foot	48 x 39	122 x 99	78	35
4	RP-LW4	Left Wing, 4-Foot	48 x 24	122 x 61	50	23
5	RP-RW4	Right Wing, 4 Foot	48 x 24	122 x 61	50	23

Six Foot



Item	Model	Description	Dimensions (L x W)		Weight	
			in	cm	lbs	kg
1	RP-CW	Connected Wing	72 x 37	183 x 94	78	35
2	RP-HDLPRMRSB W	HDLPRMR Sumo Base Wing	24 x 14	61 x 36	8	4
3	RP-LW6	Wing, Left	72 x 24	183 x 61	50	23
4	RP-RW6	Wing, Right	72 x 24	183 x 61	50	23
5	RP-6X8	Stand Alone, 6-Foot	72 x 90	183 x 229	98	45
6	RP-RC	Rack Center	69 x 47	175 x 119	93	42

Inserts



Item	Model	Description	Dimensions (L x W)		Weight	
			in	cm	lbs	kg
1	RPI-HDLHRS	Insert, HDLHRS	32 x 45	81 x 114	34	15
2	RPI-HDLHRL	Insert, HDLHRL	50 x 45	127 x 114	58	26
3	RPI-HDLPRMR	Insert, HDLPRMR	71 x 45	180 x 114	86	39
4	RPI-AT-PR	Insert, HDL-AT-PR	71 x 45	180 x 114	91	41
5	RPI-AT-HR	Insert, HDL-AT-HR	52 x 45	132 x 114	67	30
6	RPI-ASPR	Insert, ASPR	53 x 45	135 x 114	69	31
7	RPI-AT-PSF	Insert, AT-PSF	35 x 45	88 x 114	35	16
8	RPI-ELTH-DW-HR	Insert, ELT-HR	53 x 45	135 x 114	60	28
9	RPI-ELTH-DW-PR	Insert, ELT-PR	71 x 45	180 x 114	80	37

NOTE: ELT inserts work on both Athletic and ELT racks.

4. Maintenance Procedures

Maintenance Schedule

Sweeping the Floor

- Sweep your floor daily with a dry dust mop. Floors with heavy use should be dust mopped up to three times a day. For more thorough daily cleaning, an untreated dust mop may be sprayed with approved diluted (warm water) floor cleaner especially compatible with gym floor finishes (see APPROPRIATE PROTECTION). Apply cleaning solution to dust mop and not directly to floor, and replace soiled dust mop covers as necessary. Do not allow cleaning residue to build up on the floor surface from excess treatment of dust mop.

Spills, Spots and Stains

- Wipe liquid spills and water from the floor immediately with a thoroughly wrung soft cloth or thoroughly wrung mop dampened with approved floor cleaner. Remove chewing gum by applying crushed ice in a plastic bag until the gum becomes brittle enough to crumble off the floor surface. Clean remaining residue with cloth dampened with floor cleaner.
- Remove aggressive marks (black marks, rubber burns) with cloth dampened with cleaner. Apply cleaners using a soft cloth, never a rough or textured cloth.

5. Warranty

What is Covered

This Life Fitness Family of Brands commercial exercise equipment product is warranted to be free of all defects in material and workmanship.

Who is Covered

The original purchaser or any person receiving the product as a gift from the original purchaser.

Who Pays Transportation and Insurance For Service

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness Family of Brands, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

What We Will Do To Correct Covered Defects

We will ship to you any new or rebuilt replacement part or component, or at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

What is Not Covered

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization, or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual.

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness Family of Brands representative.

Owner's Manual

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

Exclusive Warranty

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranty coverages and terms may differ outside the United States. Please contact the Life Fitness office servicing your country (contact information found at the front of this manual) or visit the applicable local Life Fitness website to receive the specific warranty information for your country.

Changes in Warranty Not Authorized

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

Effects of State Laws

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

Terms of Warranty Coverage

Please use the link below to access component warranty terms:

<http://lifefitness.com/warranties>

