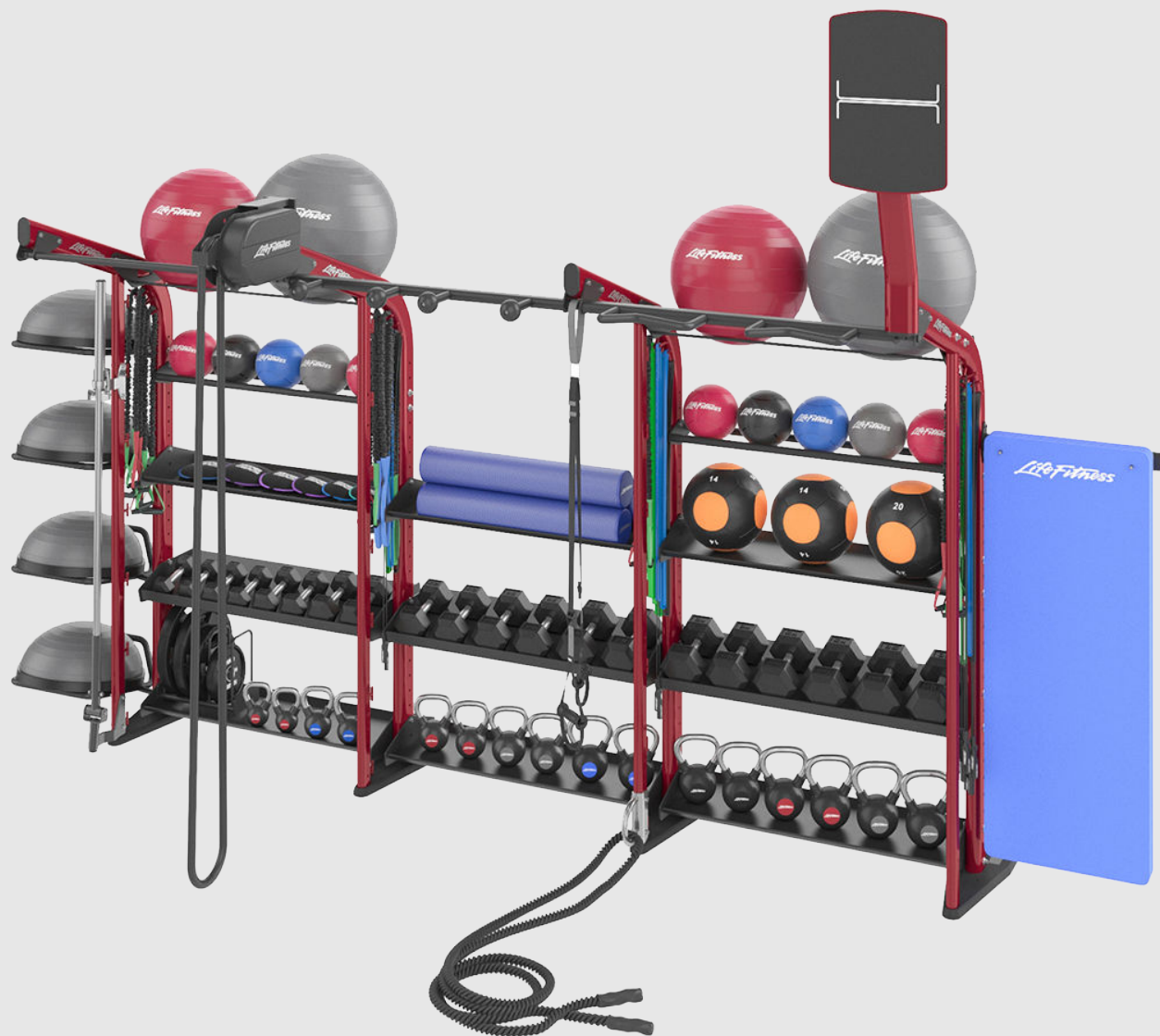


Synrgy 180

S180-CORE, S180-ADD, S180-SIDE and S180-AFS

Owner's Manual



Corporate Headquarters

10601 W Belmont Ave, Franklin Park, IL 60131 • U.S.A.
847.288.3300 • FAX: 847.288.3703
Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)
Global Website: www.lifefitness.com

International Offices

AMERICAS

North America

Life Fitness, LLC

10601 W Belmont Ave
Franklin Park, IL 60131 U.S.A.
Telephone: (847) 288 3300
Service Email:
customersupport@lifefitness.com
Sales/Marketing Email:
commercialsales@lifefitness.com

Brazil

Life Fitness Brasil

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

Latin America and Caribbean*

Life Fitness, LLC

10601 W Belmont Ave
Franklin Park, IL 60131 U.S.A.
Telephone: (847) 288 3300
Service Email:
customersupport@lifefitness.com
Sales/Marketing Email:
commercialsales@lifefitness.com

EUROPE, MIDDLE EAST, and AFRICA (EMEA)

Netherlands and Luxemburg

Life Fitness Atlantic BV

Bijdorplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 666
Service Email:
service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com

United Kingdom

Life Fitness UK LTD

Queen Adelaide
Ely, Cambs, CB7 4UB
Telephone: General Office (+44)
1353.666017
Customer Support (+44) 1353.665507
Service Email: uk.support@lifefitness.com
Sales/Marketing Email: life@lifefitness.com

Germany, Austria, and Switzerland

Life Fitness Europe GMBH

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

Spain

Life Fitness IBERIA

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

Belgium

Life Fitness Benelux NV

Parc Industriel de Petit-Rechain
4800 Verviers
BELGIUM
Telephone: (+32) 87 300 942
Service Email:
service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com

All Other EMEA Countries and Distributor Business EMEA*

Bijdorplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 644
Service Email:
EMEAServiceSupport@lifefitness.com

ASIA PACIFIC (AP)

Japan

Life Fitness Japan, Ltd

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

Hong Kong

Life Fitness Asia Pacific LTD

32/F, Global Trade Square
21 Wong Chuk Hang Road
Hong Kong
Telephone: (+852) 2575.6262
Service Email: Service.HK@lifefitness.com
Sales/Marketing Email:
hongkong.sales@lifefitness.com

All Other Asia Pacific countries and distributor business Asia Pacific*

32/F, Global Trade Square
21 Wong Chuk Hang Road
Hong Kong
Telephone: (+852) 2575.6262
Fax: (+852) 2575.6894
Service Email: Service.AP@lifefitness.com
Sales/Marketing Email:
Marketing.HK.Asia@lifefitness.com

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

User and Service Documents Link

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

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

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

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

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

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

Дополнительная информация доступна в интернете по ссылке, указанной выше.

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

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

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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 afororo aka ho wo 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.

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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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www.lifefitness.com • 1012835-0001 AB • 2021

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>

- 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 13 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.
- 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

- Life Fitness Family of Brands requires that all equipment be secured to a solid, level surface to stabilize it and eliminate rocking or tipping over. This must be performed by a licensed contractor. See [Bolt to Floor Guide](#) for installation procedure.

Proper Usage

- Do not use any equipment in any way other than as designed or intended by the manufacturer. It is imperative that Life Fitness Family of Brands equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts 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 Family of Brands equipment, use only replacement parts supplied by Life Fitness Family of Brands.
- Maintain labels and name plates - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Life Fitness Family of Brands customer service for a replacement.
- Equipment Maintenance - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Life Fitness Family of Brands will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.
- Before use, examine all accessories approved for use with the Life Fitness Family of Brands equipment for damage or wear.

Plate Loaded, Free Weight, and Body Weight Systems

- If the unit is equipped with weight rods, use only Olympic style weight plates (2.0" bore) for training weight. Do not use dumbbells or any means other than those stated to increase weight resistance - See machine specific section for more information.
- Always utilize weight plate retention devices such as straps, clamps or pins.
- Only add weight plates up to the load limits of the unit. Make sure all weight plates are completely placed on the weight rod.

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

Warnings and Cautions

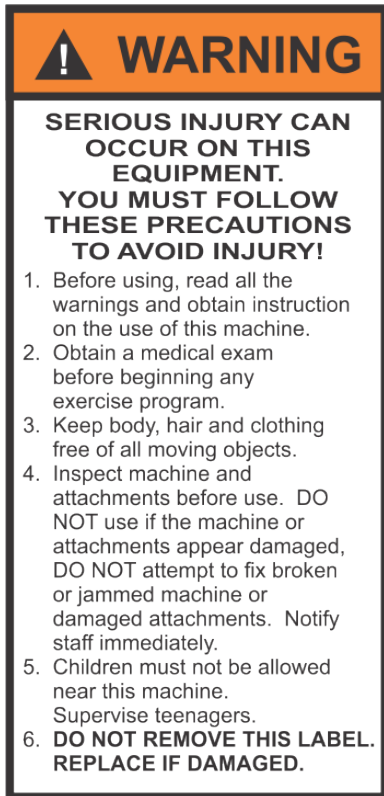
Warning labels indicate a potentially hazardous situation that could result in serious injury or death if the precautions are not observed.

Caution labels indicate a potentially hazardous situation that could result in serious injury or damage to machine if the precautions are not observed.

Contact [Customer Support Services](#) to replace any worn or damaged labels.

Product Labels

General Warning



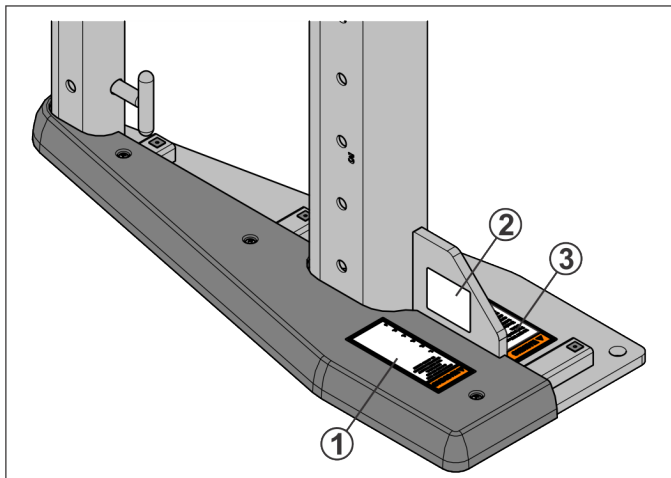
Serial Number



Required Bolt to Floor



Label Locations

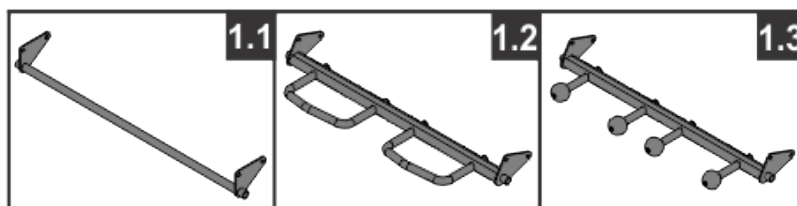


Item	Description
1	General Warning Label
2	Serial Number Label
3	Required Bolt to Floor Label

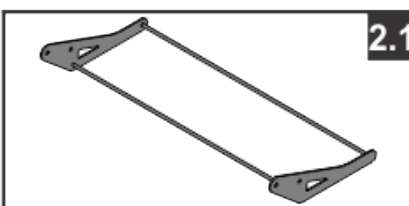
2. Assembly

Option Types

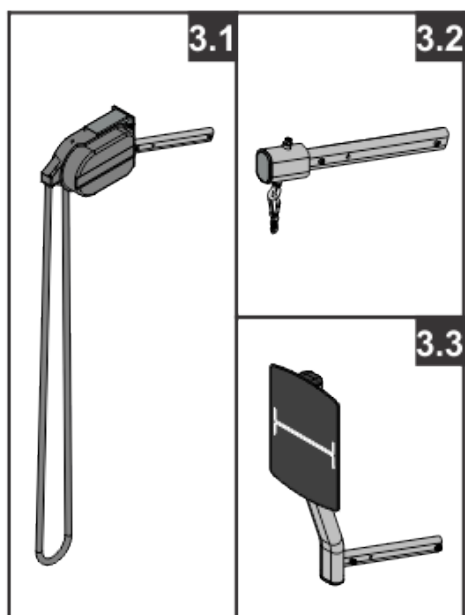
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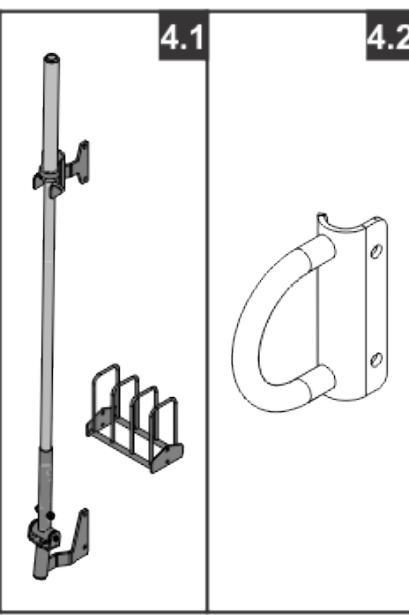
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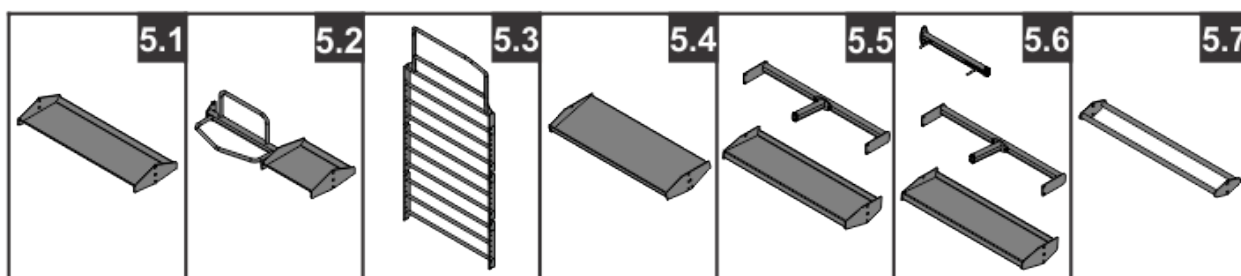
3



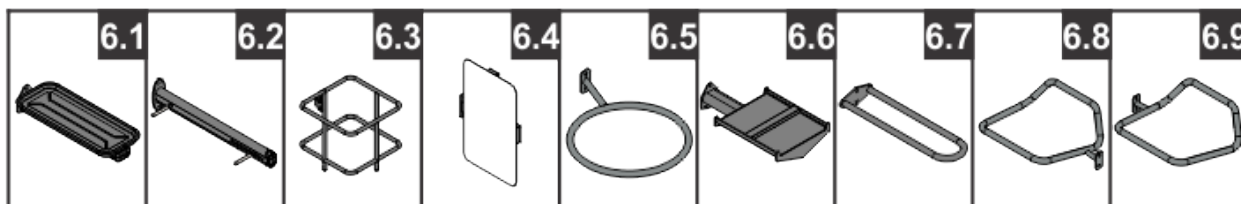
4



5



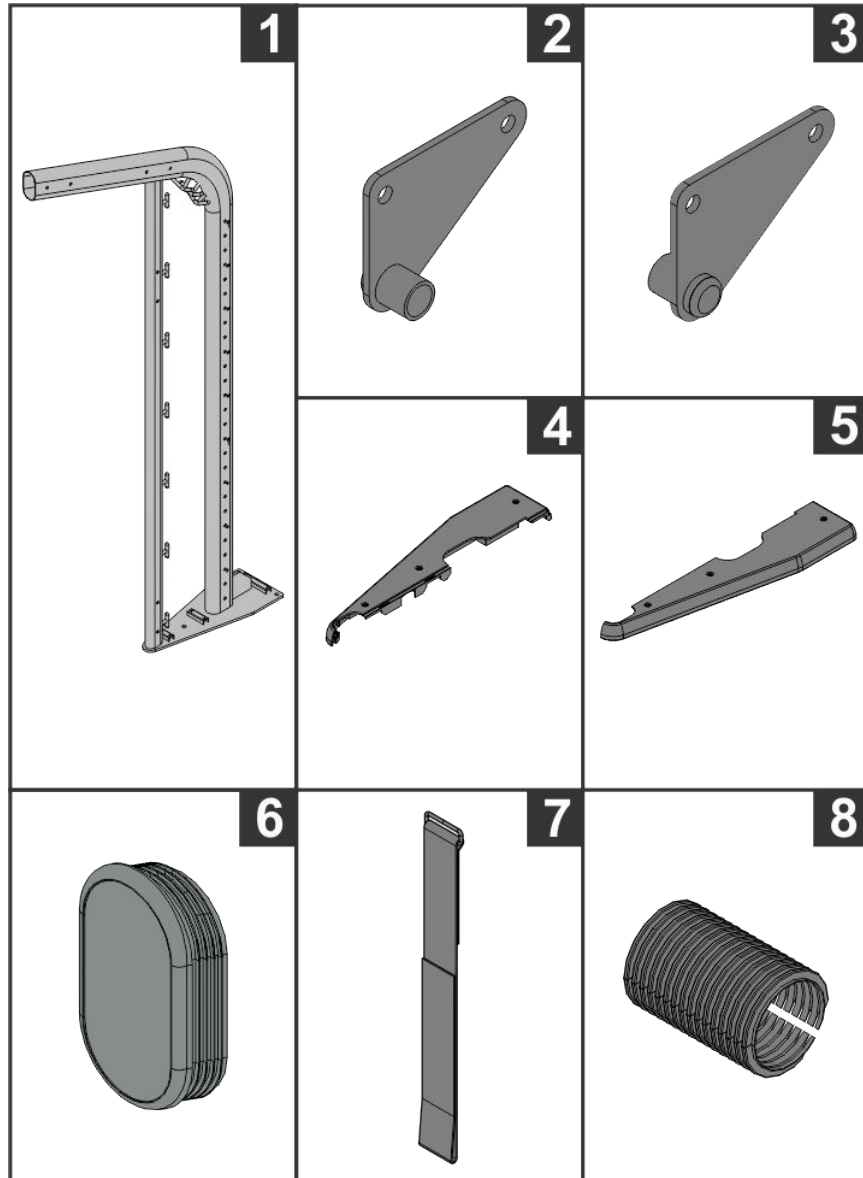
6



Option Types

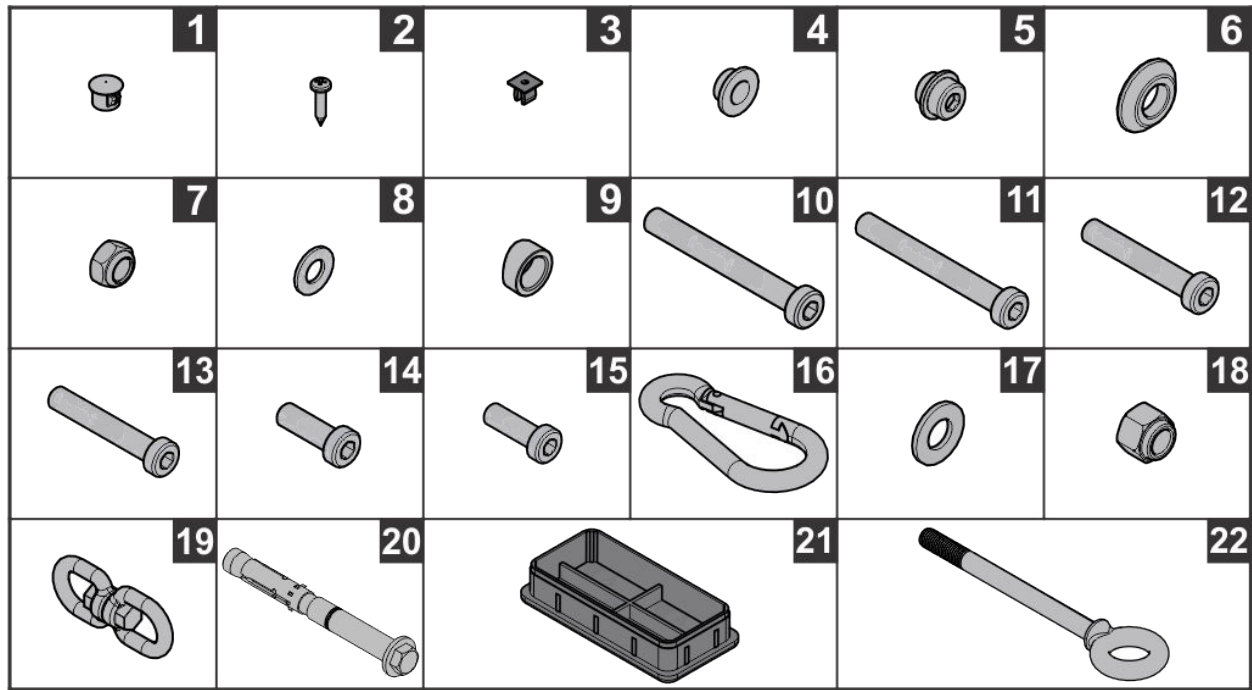
Item	Description
1 Chin Options	
1.1	Suspension Chin
1.2	Multi Grip Chin
1.3	Rock Chin
2 Stability Ball Storage	
2.1	Stability Ball Storage
3 Frame Top Options	
3.1	Rope Pull
3.2	Heavy Bag Anchor
3.3	Wall Ball Target
4 Frame Bottom Options	
4.1	Power Pivot
4.2	Battle Rope Anchor
5 Shelf Options	
5.1	Accessory Shelf
5.2	BOSU+ Shelf
5.3	Stall Bars
5.4	Dumbbell Storage Shelf
5.5	ViPR / Roller Shelf
5.6	ViPR / Roller Shelf with Mat Storage
5.7	Dual Rail Shelf
6 Side Storage Options	
6.1	Accessory Storage
6.2	Mat Storage
6.3	Foam Roller Storage
6.4	Workout Board
6.5	Stability Ball Storage
6.6	Power Block Pro 50 Storage
6.7	Dual Rail Storage
6.8	BOSU Left Storage
6.9	BOSU Right Storage

Frame Components



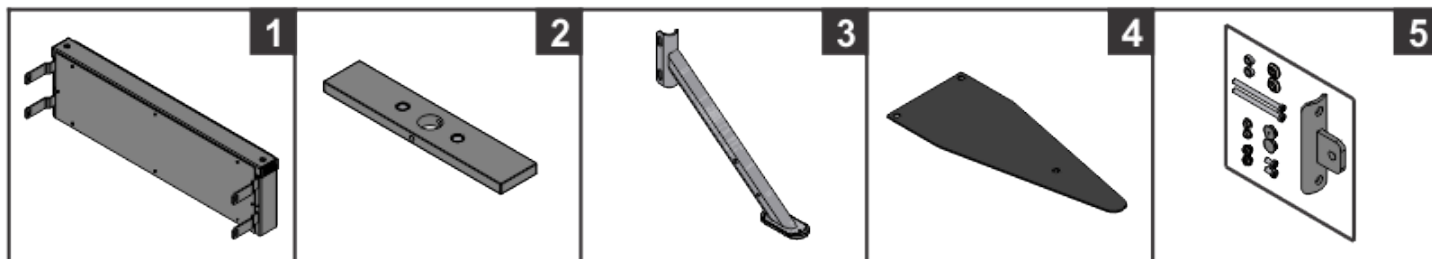
Item	Description
1	Frame
2	Left Body Weight Training Anchor
3	Right Body Weight Training Anchor
4	Left Foot Cover
5	Right End Cover
6	End Cap
7	Suspension Anchor
8	Chin Option Cover

Hardware List



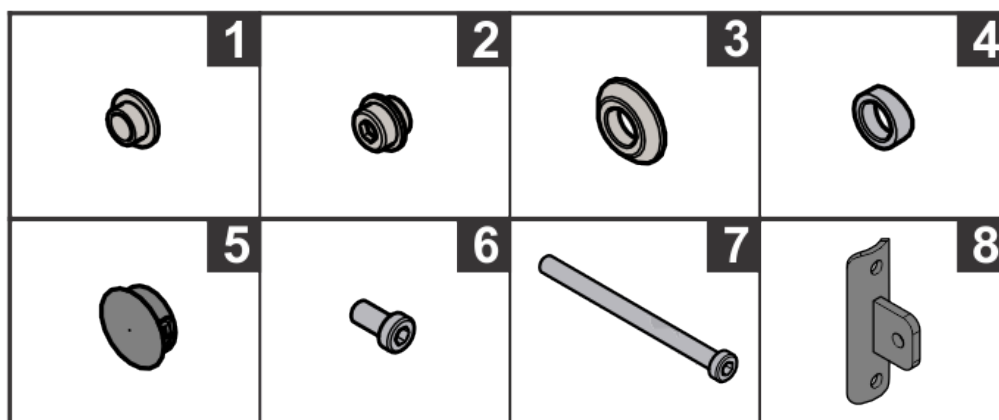
Item	Description
1	7/16" Hole Plug
2	8 x 3/4" Screw
3	Grommet
4	Retainer
5	Socket Nut
6	1/4" Spacer
7	M10 Nut
8	M10 Washer
9	Concave Washer
10	M10 X 85mm Bolt
11	M10 X 80mm Bolt
12	M10 X 60mm Bolt
13	M10 X 55mm Bolt
14	M10 X 30mm Bolt
15	M10 X 25mm Bolt
16	Snap Link
17	1/2" Washer
18	1/2" Nut
19	Swivel Link
20	Floor Anchor
21	End Cap
22	1/2" Eyebolt

Freestanding System (AFS) Components



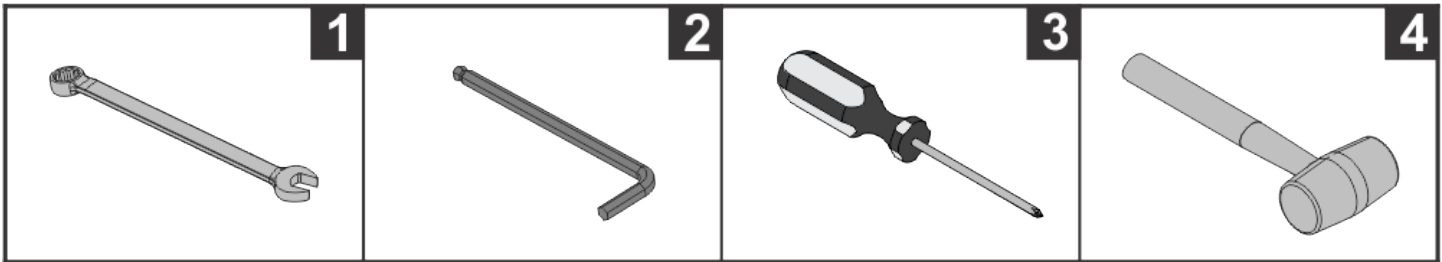
Item	Description	Add-on (AFSA) Qty.	Core (AFSC) Qty.
1	Ballast Assembly	1	1
2	20 Pound Weight Plate	18	18
3	Stability Leg Assembly	1	2
4	Bracket	1	2
5	Foot Mat	1	2
6	Hardware Kit	1	2

Hardware List (AFS)



Item	Description	Qty.
1	Retainer	4
2	Socket Nut	4
3	1/4" Spacer	2
4	Concave Washer	2
5	1" Hole Plug	2
6	M10 X 25mm Bolt	2
7	M10 X 130mm Bolt	2
8	Bracket	1

Tools Required



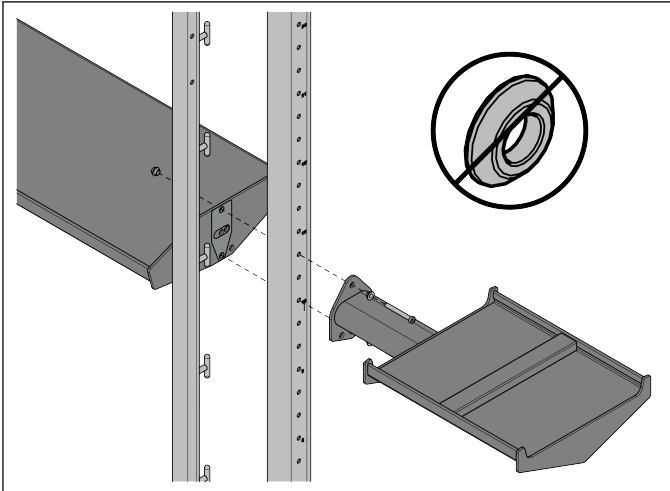
Item	Description	Qty.
1	1/2" Wrench	1
	3/4" Wrench	1
	17mm Wrench	1
2	3mm Hex Wrench	1
	7mm Hex Wrench	2
3	#2 Phillips Screwdriver	1
4	Rubber Mallet	1

See [Bolt to Floor Guide](#) section for required anchoring tools.

Assembly Guidelines

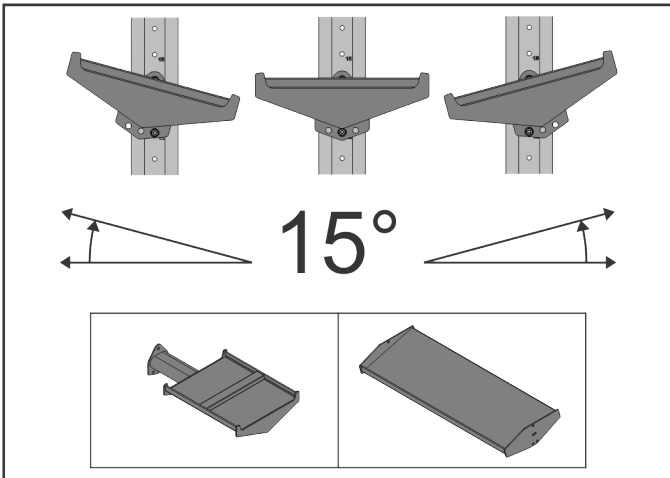
When installing two options side by side:

- Do not use 1/4" spacers if options share same mounting holes.



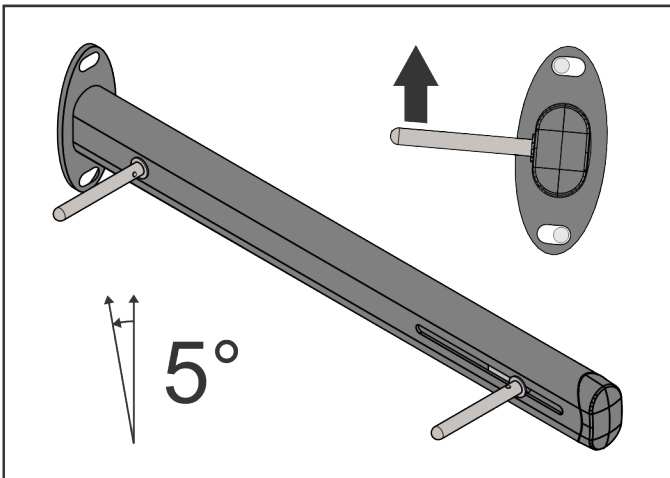
When installing Power Block and Dumbbell Storage:

- Utilize 15 degree tilt feature.



When installing the Mat Holder:

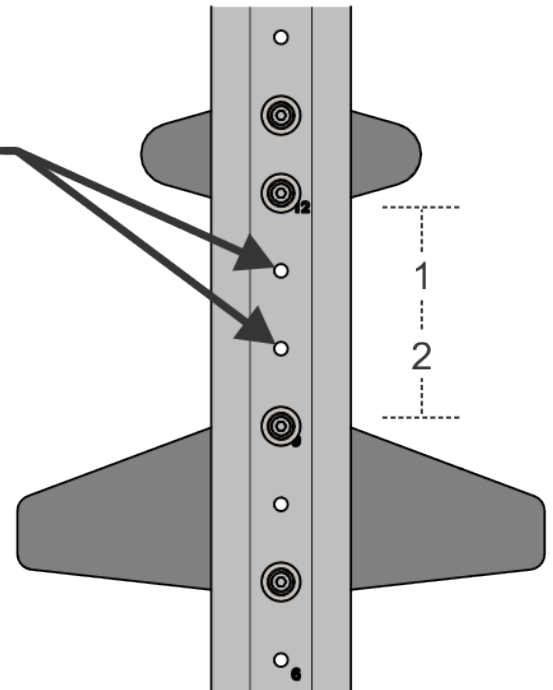
- Utilize 5 degree tilt feature, ensuring the mat peg is angled upward.



Shelf and Side Option Clearances

*Example shown in image on right.

Bottom Shelf	Minimum Open Bolt Holes Required Above Bottom Shelf
Accessory Shelf *	2
Power Pivot	3
Dumbbell Shelf	3
BOSU Plus Shelf	8
Side Dual Rail (medicine balls)	3
Side Dual Rail (wall balls)	4
Side BOSU Storage (left or right)	3
Side Accessory Storage	3
Side Power Block Pro 50	7



- Ensure shelves and side options have minimum spacing requirements, by counting bolt holes between the top bolt of the lower shelf and the bottom bolt of the shelf above it, using the bottom shelf as a reference for the key above.
- Image on the left is an “example” and indicates the bottom shelf is an Accessory Shelf.

Shelf Storage Compatibility

Shaded sections signify the occupied positions of the shelf option with its accessories.

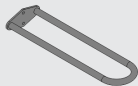
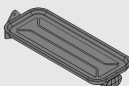


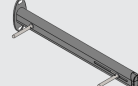
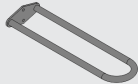
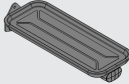

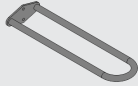
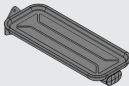




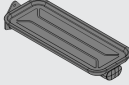

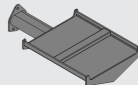
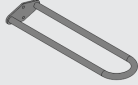
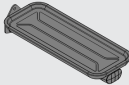



#5						
#4						
#3						
#2						
#1						

*BOSU Plus Shelf must be mounted at the third hole from the bottom, otherwise the BOSU will contact the floor.

**Stall Bars option deletes Chin and Stability Ball Storage options above.

Side Storage Compatibility

Shaded sections signify the occupied positions of the side option with its accessories.

#5								
#4								
#3							*	
#2								
#1								

*Optional Workout Board can be fitted into the #3 position.

Assembly Procedure

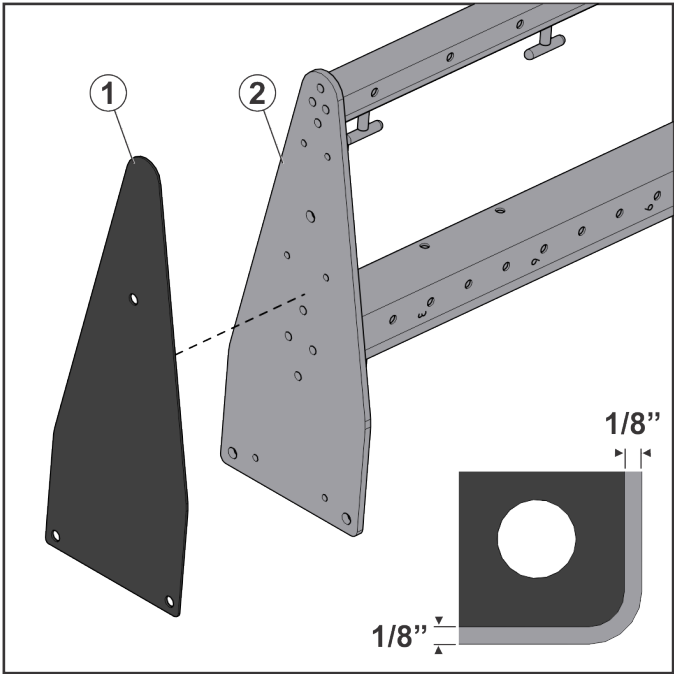
Notes:

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Install AFS Freestanding System

Follow these steps to complete assembly for units equipped with the AFS freestanding sytem.

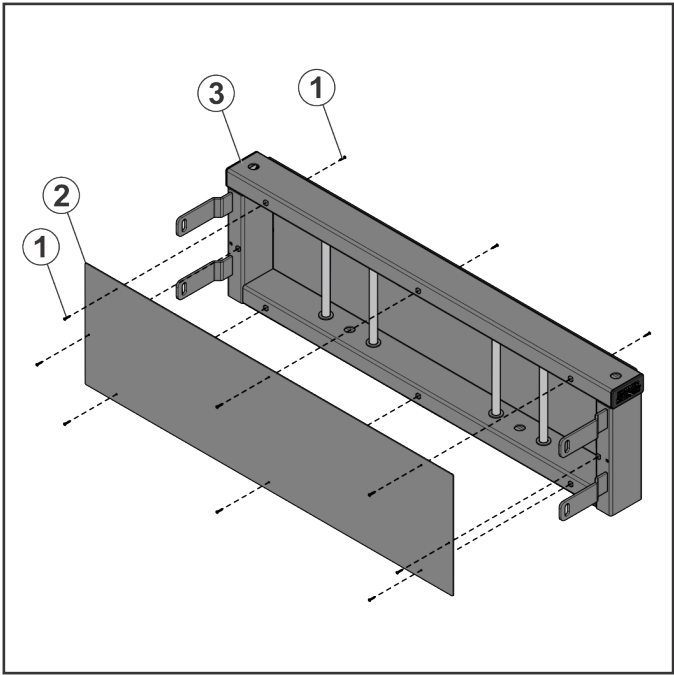
1. Apply self-adhesive foot pad to each upright:



Item	Description	Qty.
1	Foot Pad	1
2	S180 Upright	1

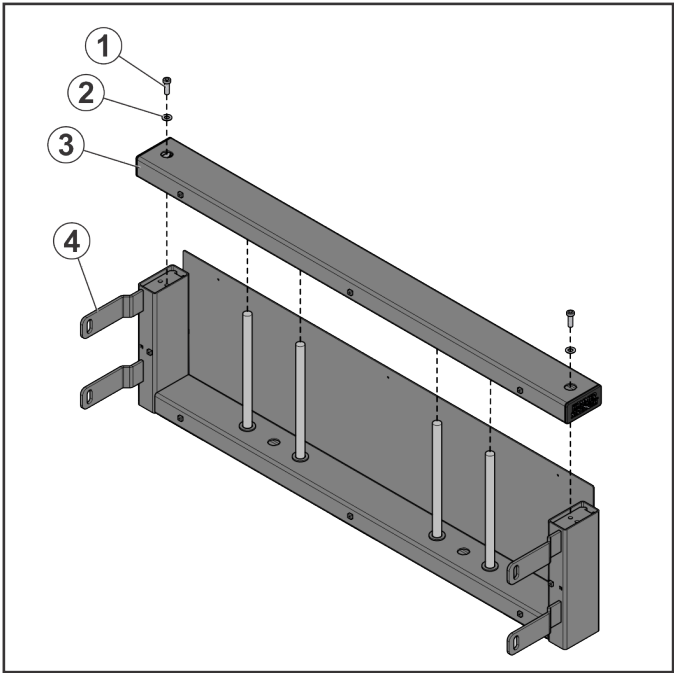
NOTE: Leave 1/8 inch (3.17mm) gap around edge,

2. Remove all 8 screws from the front panel and the 3 top screws in the rear:



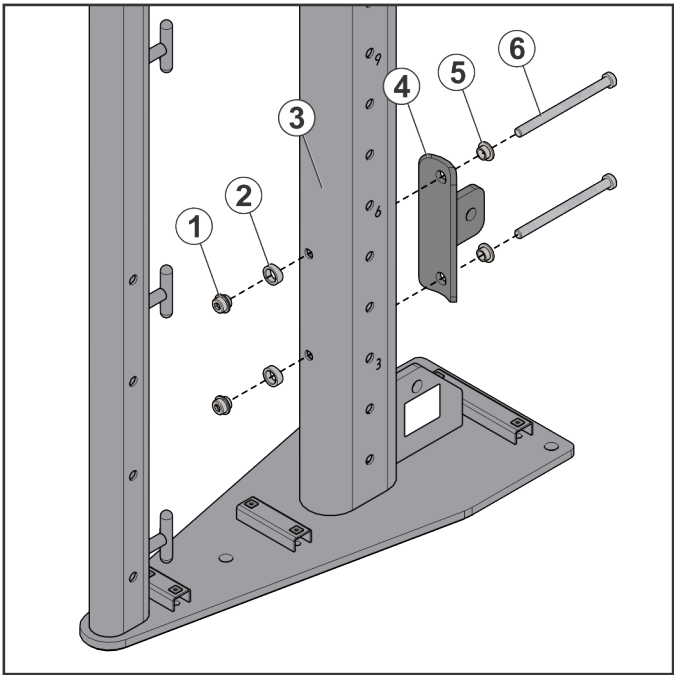
Item	Description	Qty.
1	8 x 3/4" Screw	11
2	Panel (front)	1
3	AFS Frame Assembly	1

3. Remove top rail assembly and hardware:



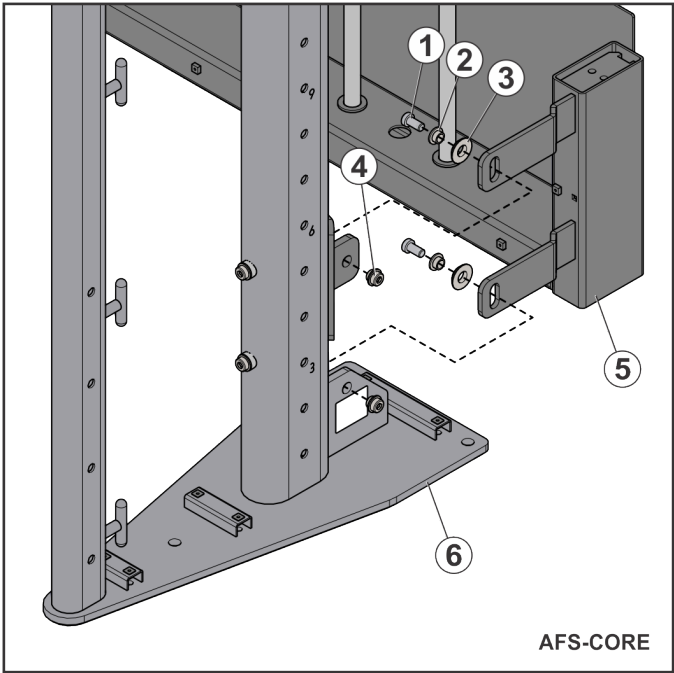
Item	Description	Qty.
1	M10 X 30mm Bolt	2
2	Washer	2
3	Frame Assembly	1
4	Top Rail Assembly	1

4. Attach bracket to each upright:



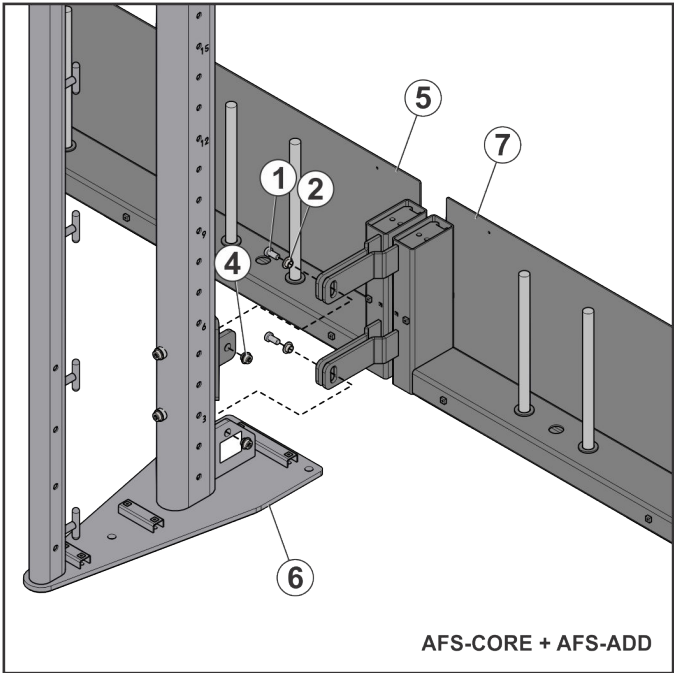
Item	Description	Qty.
1	Socket Nut	2
2	Concave Washer	2
3	S180 Upright Assembly	1
4	AFS Bracket	1
5	Retainer	2
6	M10 X 130mm Bolt	2

5. Attach AFS frame assembly to S180 upright:

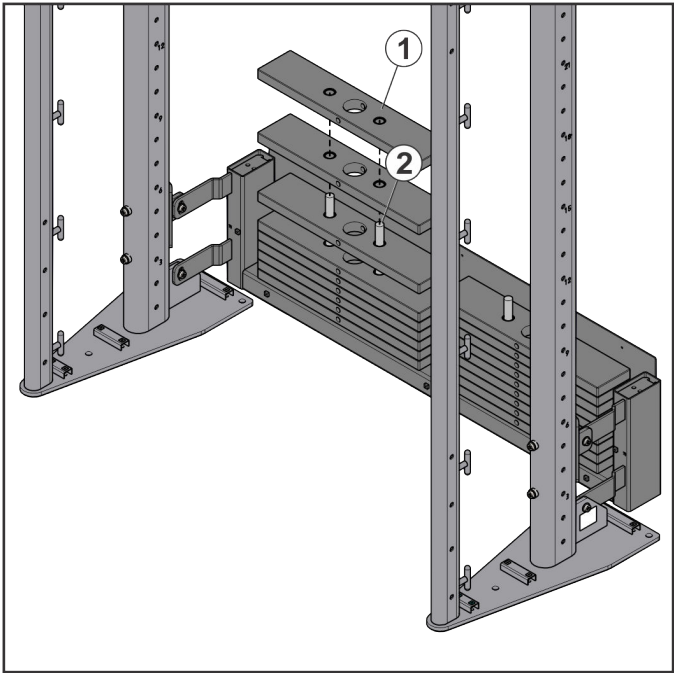


Item	Description	Qty.
1	M10 X 25mm Bolt	2
2	Retainer	2
3	1/4" Spacer	2
4	Socket Nut	2
5	AFS-CORE Frame Assembly	1
6	S180 Upright	1
7	AFS-ADD Frame Assembly	1

NOTE: Deduct 1/4" spacers when two AFS units share same upright.

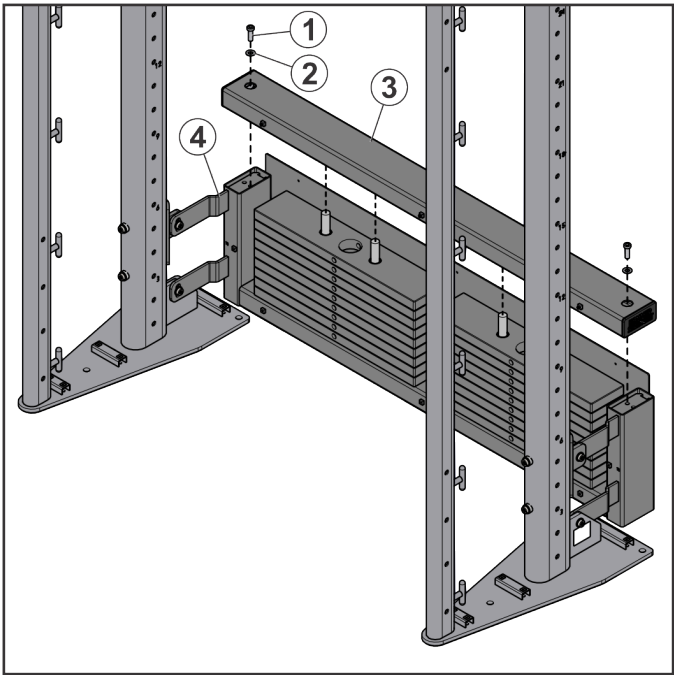


6. Ensure unit is in its final location, then carefully slide the weight plates onto the guide rods:



Item	Description	Qty.
1	20LB Weight Plate	18
2	Guide Rod	4

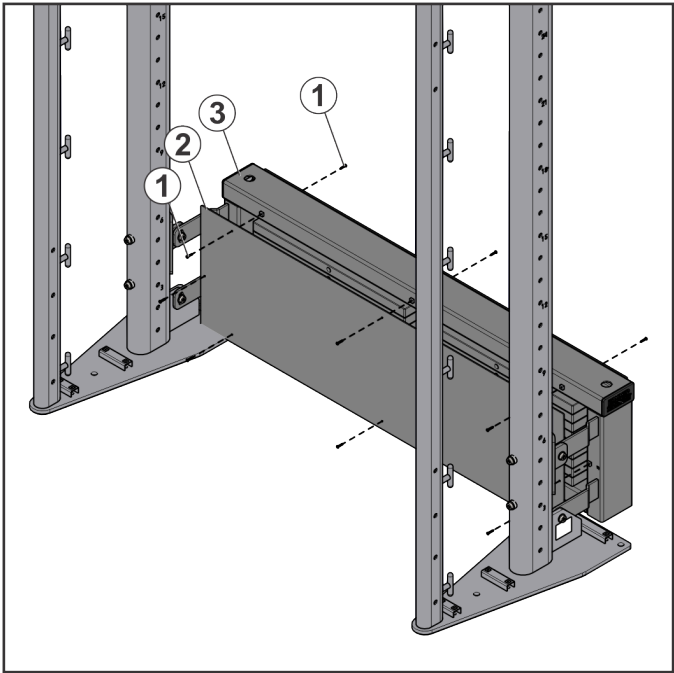
7. Replace top rail assembly and hardware:



Item	Description	Qty.
1	M10 X 30mm Bolt	2
2	M10 Washer	2
3	Top Rail Assembly	1
4	Frame Assembly	1

NOTE: Tighten hardware to 14-16 ft-lbs (18.9-21.6 Nm).

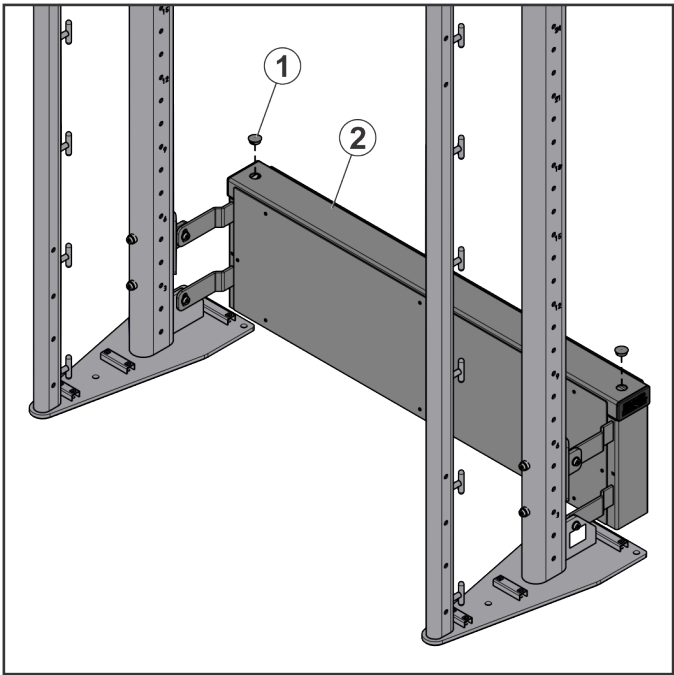
8. Replace panel and hardware:



Item	Description	Qty.
1	8 x 3/4" Screw	11
2	Panel (rear)	1
3	AFS Frame Assembly	1

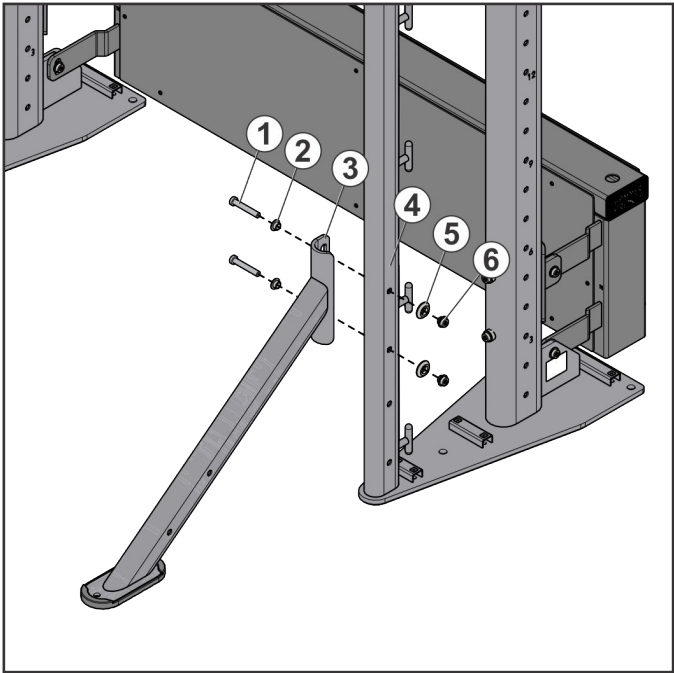
NOTE: Tighten hardware to 8-10 in-lbs (0.9-1.1 Nm).

9. Gently tap hole plugs into top of AFS assembly:



Item	Description	Qty.
1	Hole Plug	2
2	AFS Assembly	1

10. Attach stability leg to each upright:



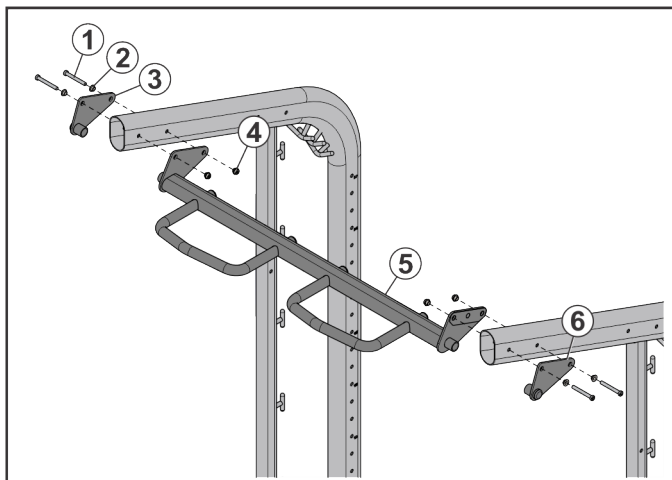
Item	Description	Qty.
1	M10 X 60mm Bolt	2
2	Retainer	2
3	Stability Leg	1
4	S180 Upright Assembly	1
5	1/4" Spacer	2
6	Socket Nut	2

NOTE: Tighten hardware to 18-20 ft-lbs (24.4-27.1 Nm).

Install Chin Option

Install Chin Option (if equipped):

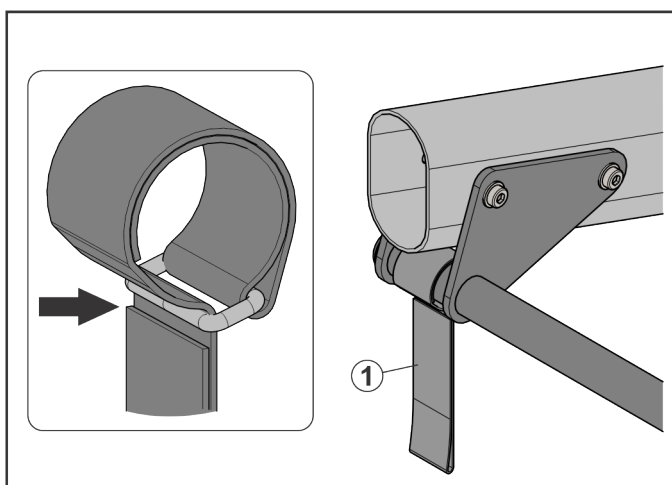
1. Loosely install Chin Option and hardware.



Item	Description	Qty.
1	M10 X 80mm Bolt	4
2	Retainer	4
3	Left Body Weight Training Anchor	1
4	Socket Nut	4
5	Chin Option	1
6	Right Body Weight Training Anchor	1

NOTE: Body Weight Training Anchors used only when terminating Left and Right ends of unit.

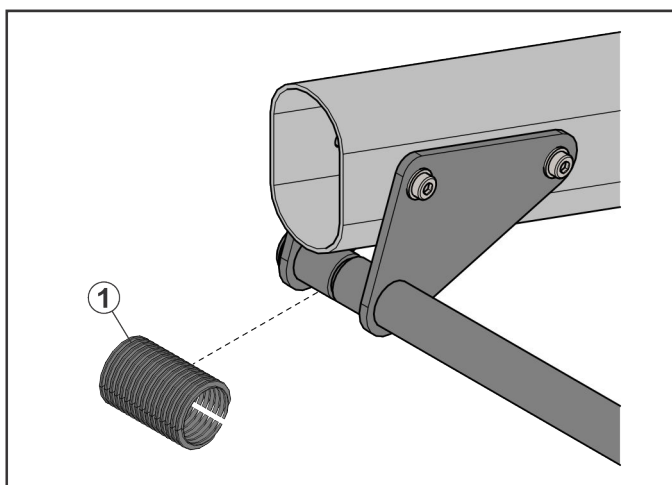
2. Install Suspension Anchors:
Ensure tab is orientated as shown below.



Item	Description	Qty.
1	Suspension Anchor	2

NOTE: Install Suspension Anchor only if suspension training straps will be used; confirm with owner.

3. Install Chin Option Cover:



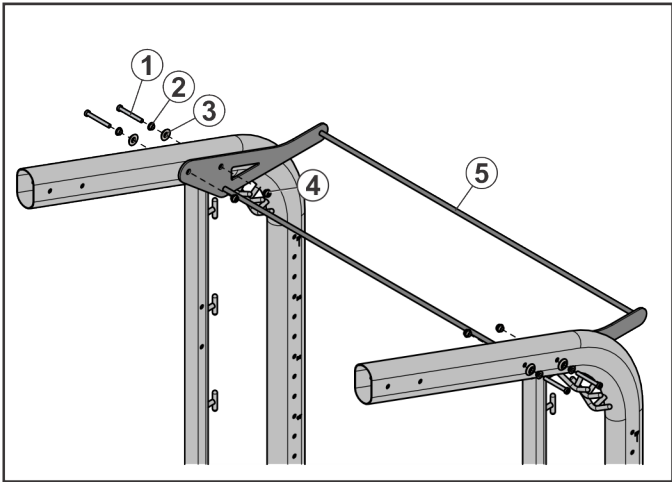
Item	Description	Qty.
1	Chin Option Cover	2

NOTE: Install Chin Option Covers only if no suspension training straps will be used; confirm with owner.

Install Stability Ball Storage

Install Stability Ball Storage (if equipped):

Loosely install Stability Ball Storage and hardware.

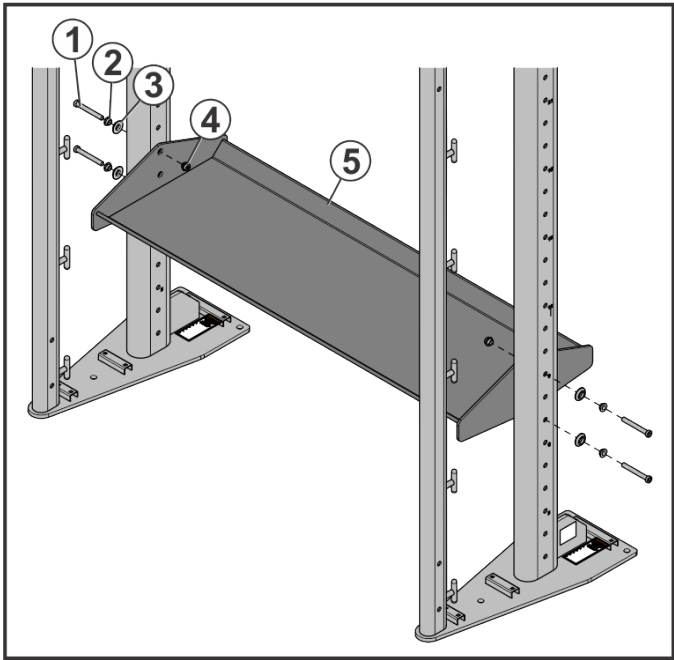


Item	Description	Qty.
1	M10 X 80mm Bolt	4
2	Retainer	4
3	1/4" Spacer	4
4	Socket Nut	4
5	Stability Ball Storage	1

Install Shelf Option

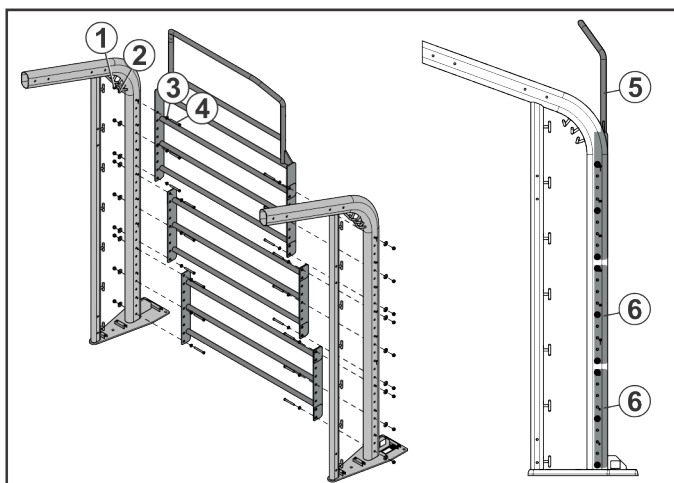
Install Shelf Option (if equipped):

1. Loosely install Shelf Option and hardware.



Item	Description	Qty.
1	M10 X 80mm Bolt	4
2	Retainer	4
3	1/4" Spacer	4
4	Socket Nut	4
5	Shelf Option	1

2. For Stall Bar Option (if equipped):
Loosely install Stall Bar Weldments and hardware.



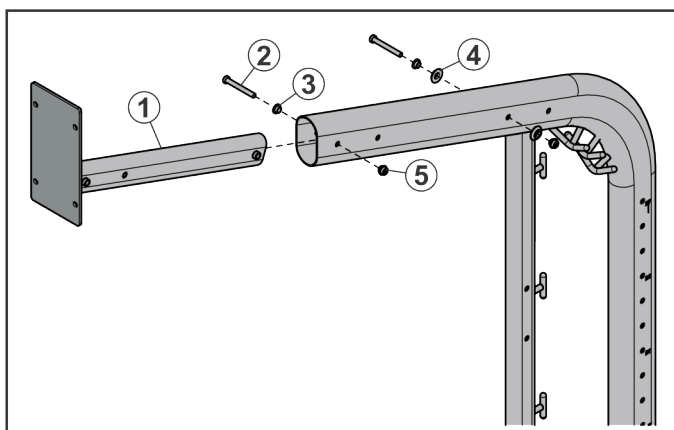
Item	Description	Qty.
1	Socket Nut	18
2	1/4" Spacer	18
3	Retainer	18
4	M10 X 80mm Bolt	18
5	Stall Bar Upper Weldment	1
6	Stall Bar Lower Weldment	2

NOTE: Stall Bars fill all bolt-holes; 1-27.

Install Frame Top Option

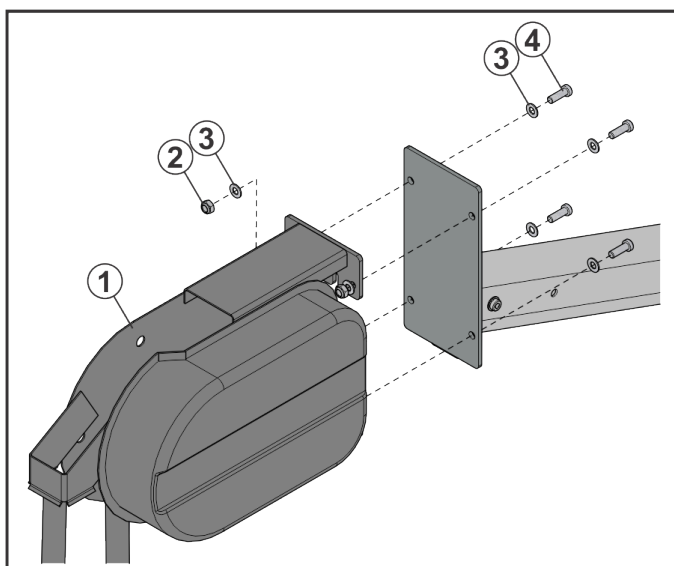
Install Frame Top Option (if equipped):

1. Loosely install Frame Top Option and hardware.



Item	Description	Qty.
1	Frame Top Option	1
2	M10 X 80mm Bolt	2
3	Retainer	2
4	1/4" Spacer	2
5	Socket Nut	2

2. For Rope Pull Option (if equipped):
Loosely attach Rope Pull Option and hardware.

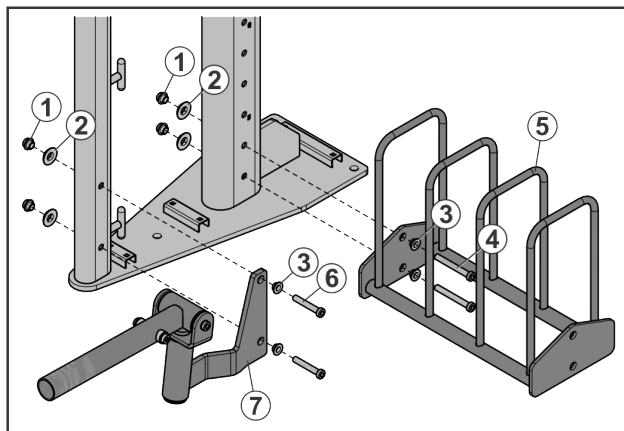


Item	Description	Qty.
1	Rope Pull Assembly	1
2	M10 Nut	4
3	M10 Washer	4
4	M10 X 30mm Bolt	4

Install Frame Bottom Option

Install Frame Bottom Option (if equipped):

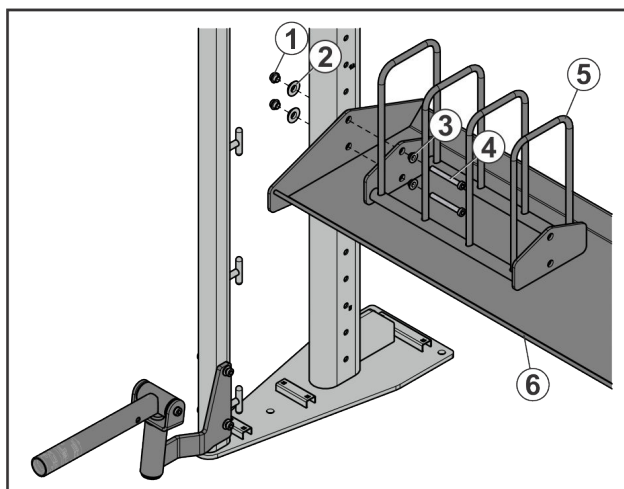
1. Standard S180: Loosely install Frame Bottom Option components and hardware (Weight Plate Storage can be orientated on Left or Right side of frame).



Item	Description	Qty.
1	Socket Nut	4
2	1/4" Spacer	4
3	Retainer	4
4	M10 X 80mm Bolt	4
5	Weight Plate Storage (right shown)	1
6	M10 X 60mm Bolt	2
7	Power Pivot Elbow	1

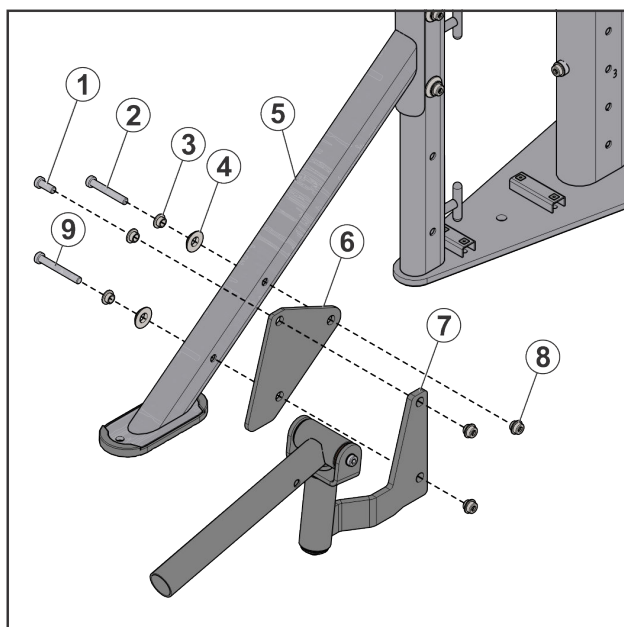
NOTE: If nesting Weight Plate Storage on shelf, use M10 X 85mm Bolts.

Standard S180:



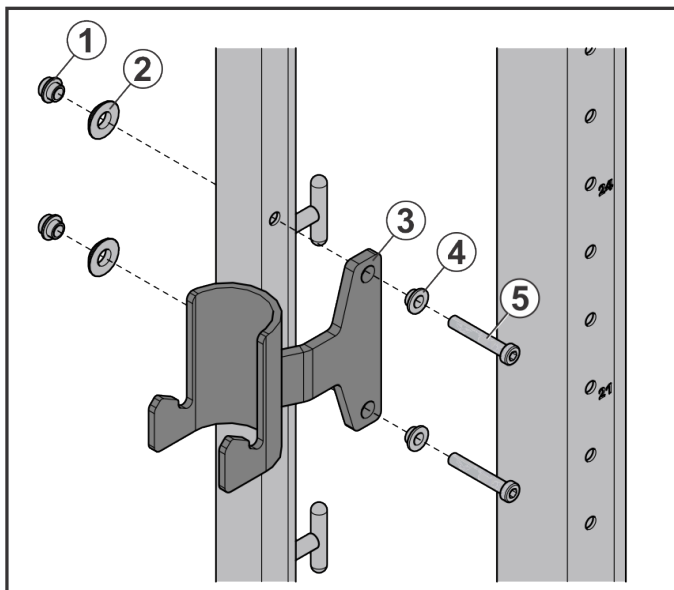
Item	Description	Qty.
1	Socket Nut	2
2	1/4" Spacer	2
3	Retainer	2
4	M10 X 85mm Bolt	2
5	Weight Plate Storage	1
6	Shelf Option	1

AFS equipped S180:



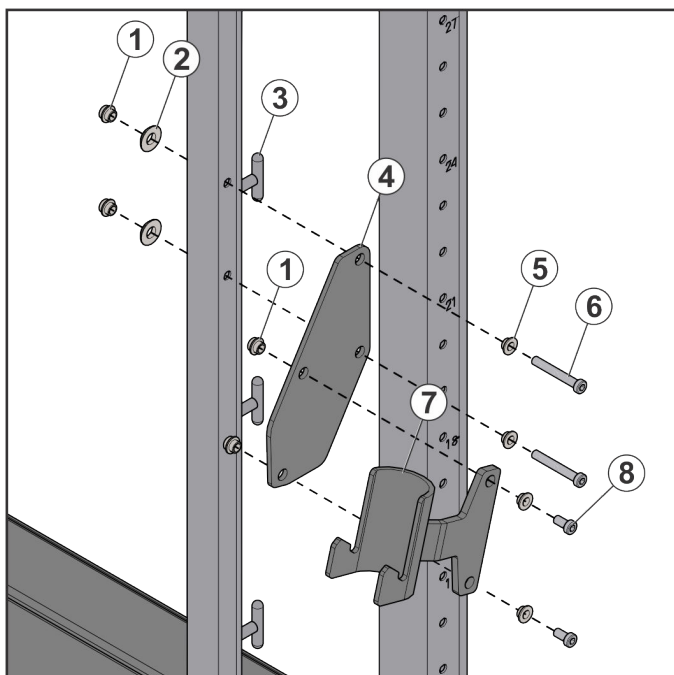
Item	Description	Qty.
1	M10 X 20mm Bolt	1
2	M10 X 60mm Bolt	1
3	Retainer	3
4	1/4" Spacer	2
5	AFS Stability Leg	1
6	Lower Mount Plate	1
7	Power Pivot Elbow	1
8	Socket Nut	3
9	M10 X 65mm Bolt	1

2. Loosely install Power Pivot bar holder and hardware.



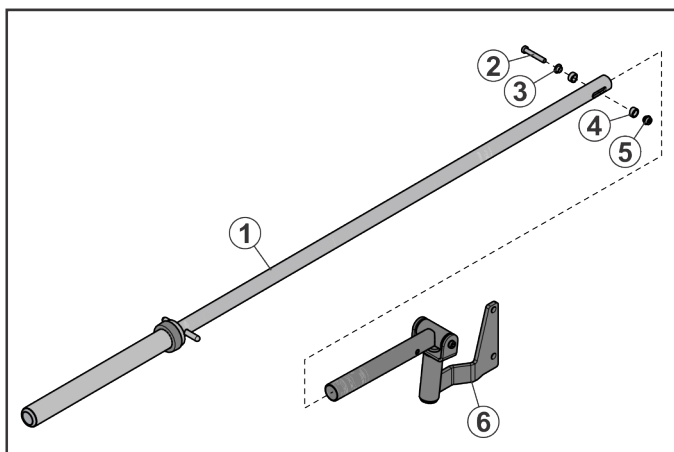
Item	Description	Qty.
1	Socket Nut	2
2	1/4" Spacer	2
3	Bar Holder	1
4	Retainer	2
5	M10 X 60mm Bolt	2

AFS equipped S180:



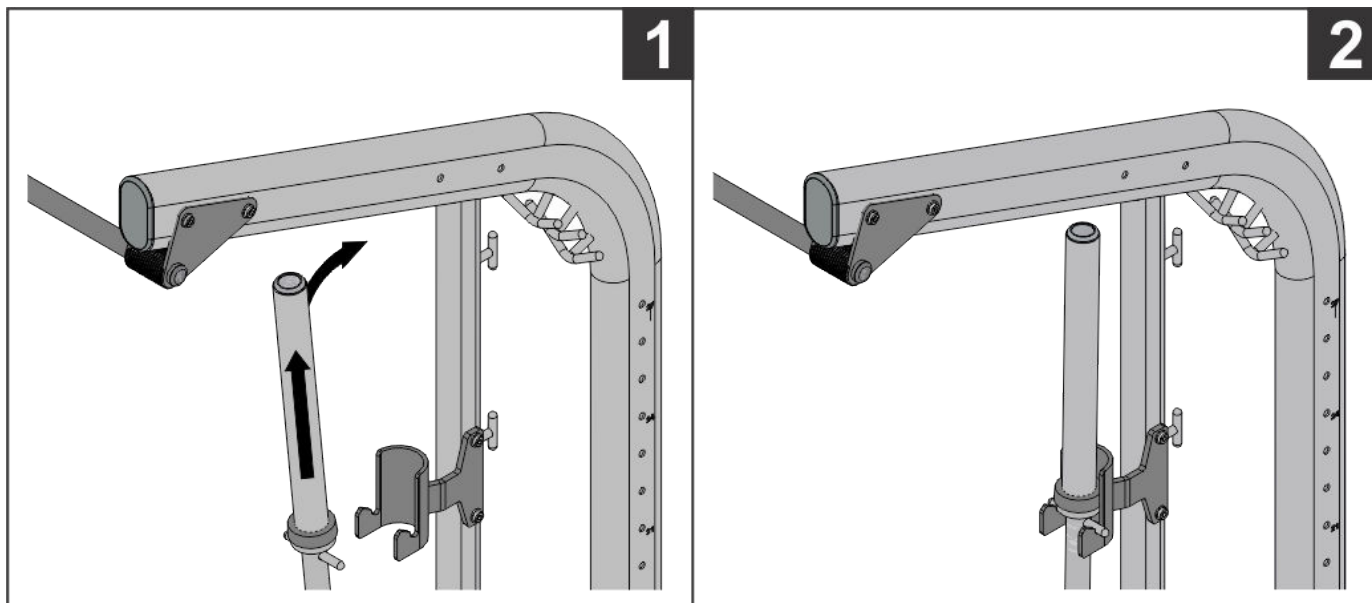
Item	Description	Qty.
1	Socket Nut	4
2	1/4" Spacer	2
3	S180 Upright	1
4	Upper Mount Plate	1
5	Retainer	4
6	M10 X 60mm Bolt	2
7	Bar Holder	1
8	M10 X 20mm Bolt	2

3. Assemble Weight Bar.



Item	Description	Qty.
1	Weight Bar Assembly	1
2	M10 X 60mm Bolt	1
3	Retainer	1
4	Concave Washer	2
5	Socket Nut	1
6	Power Pivot Elbow	1

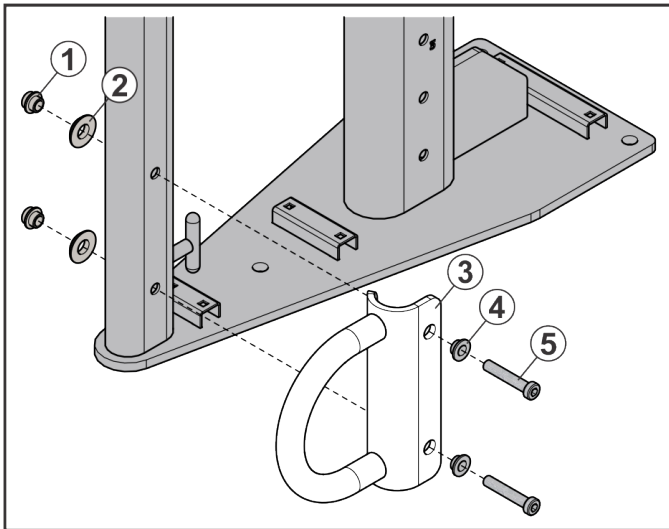
4. Store Power Pivot Bar:
Raise bar and place into stored position.



NOTE: Bar will not sit down directly into grooves when used with AFS.

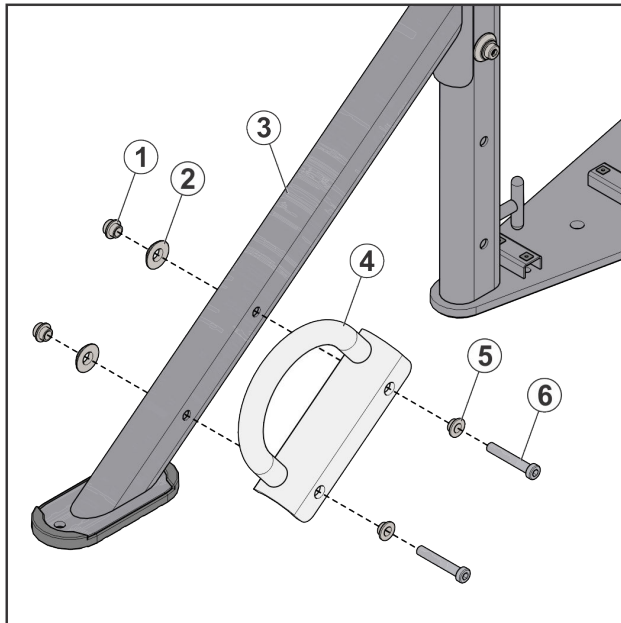
5. For Battle Rope Anchor:

Standard S180: Loosely install Battle Rope Anchor and hardware.



Item	Description	Qty.
1	Socket Nut	2
2	1/4" Spacer	2
3	Battle Rope Anchor	1
4	Retainer	2
5	M10 X 55mm Bolt	2

AFS equipped S180:

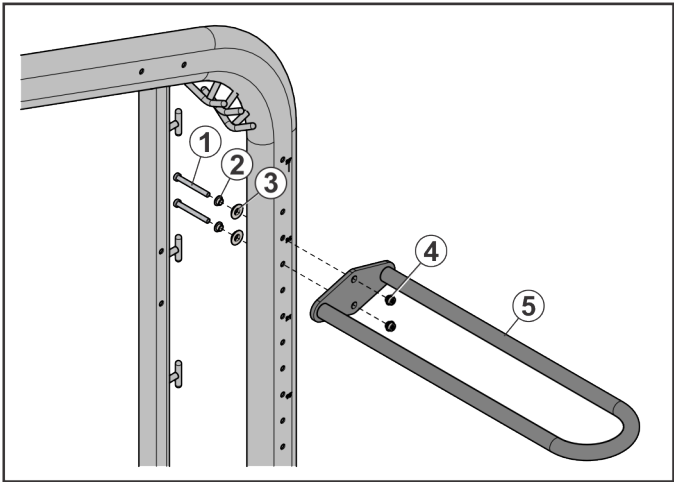


Item	Description	Qty.
1	Socket Nut	1
2	1/4" Spacer	2
3	AFS Stability Leg	1
4	Battle Rope Anchor	1
5	Retainer	2
6	M10 X 55mm Bolt	2

Install Side Storage Option

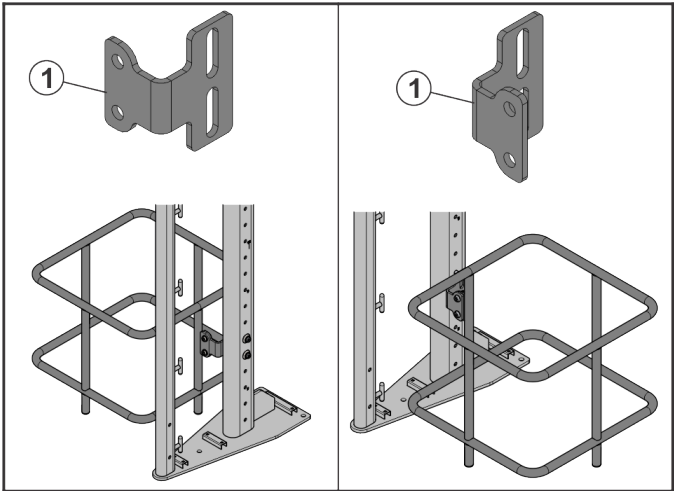
Install Side Storage Option (if equipped):

1. Loosely install Side Option and hardware.



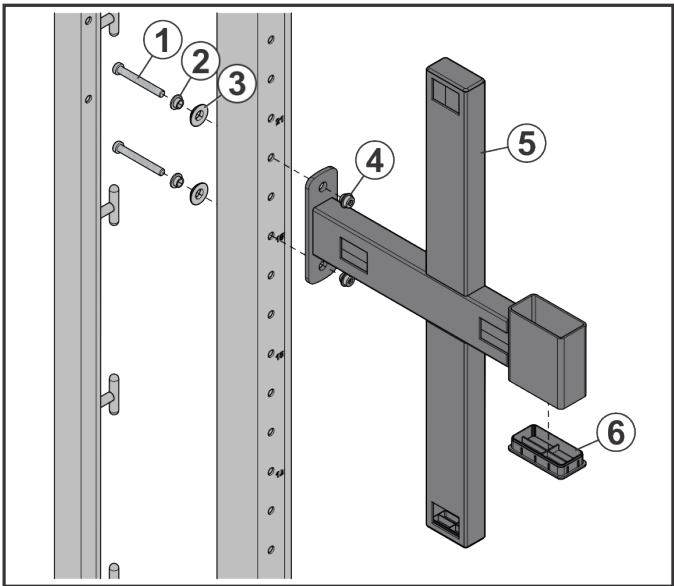
Item	Description	Qty.
1	M10 X 80mm Bolt	4
2	Retainer	4
3	1/4" Spacer	4
4	Socket Nut	4
5	Side Dual Rail Option	1

2. For Foam Roller option:
Orientate bracket for Left or Right placement.



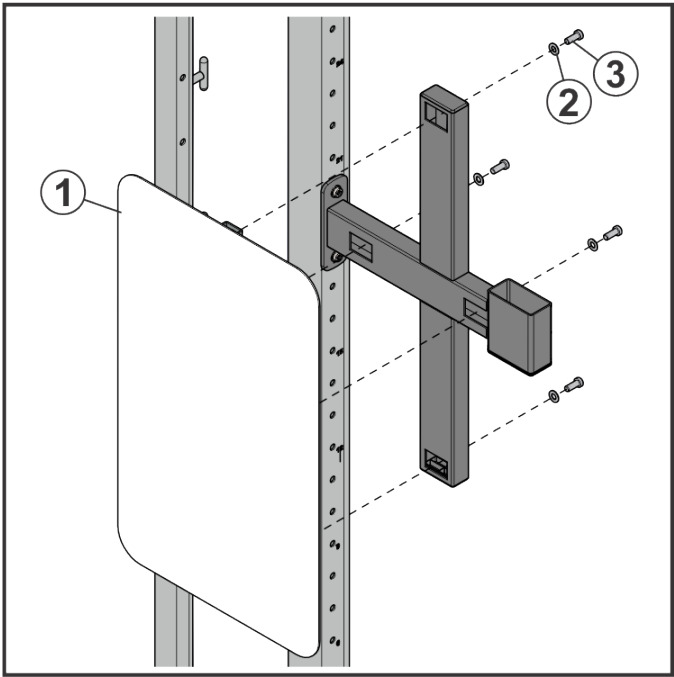
Item	Description	Qty.
1	Foam Roller Bracket	1

3. For Workout Board:
Install Workout Board frame.



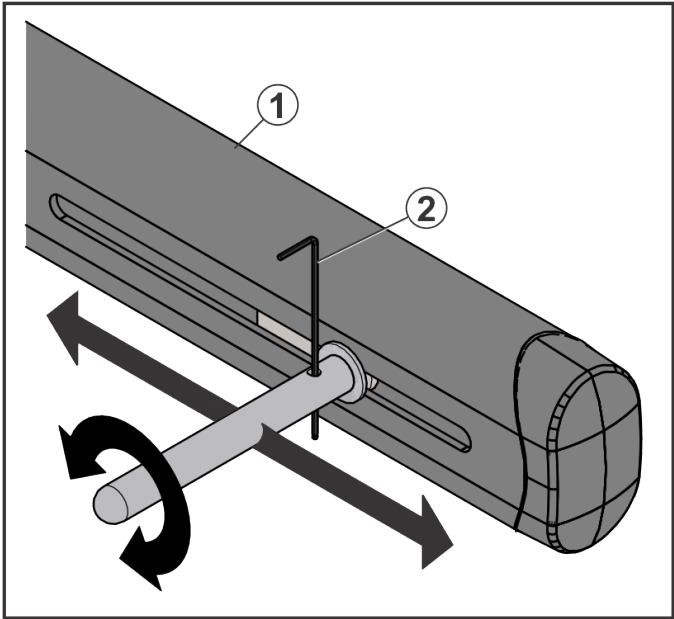
Item	Description	Qty.
1	M10 X 80mm Bolt	2
2	Retainer	2
3	1/4" Spacer	2
4	Socket Nut	2
5	Workout Board Frame	1
6	End Cap	1

4. For Workout Board:
Install Workout Board to frame.



Item	Description	Qty.
1	Workout Board	1
2	M10 Washer	4
3	M10 X 25mm Bolt	4

5. For Mat Holder:
Adjust peg width as required.



Item	Description	Qty.
1	Mat Holder Assembly	1
2	3mm Hex Wrench	1

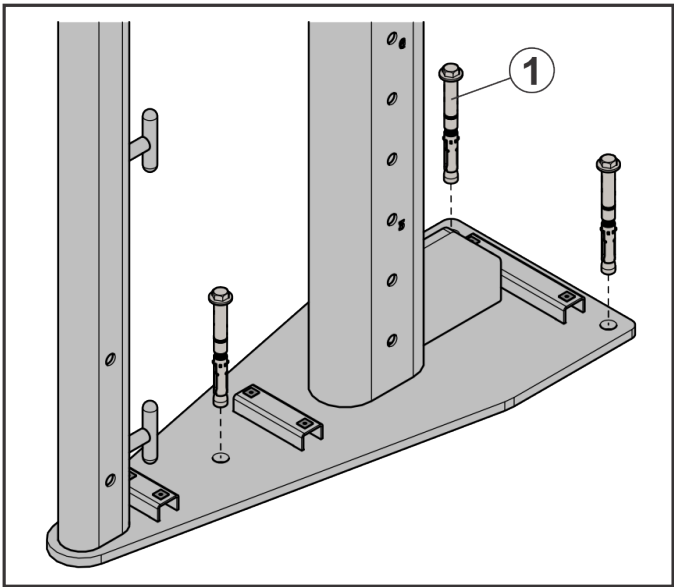
Final Assembly

Follow these steps to complete assembly.

- 1. Tighten all hardware from previous steps:
Torque hardware to 18-20 ft-lbs (24.4-27.1 Nm) unless noted.

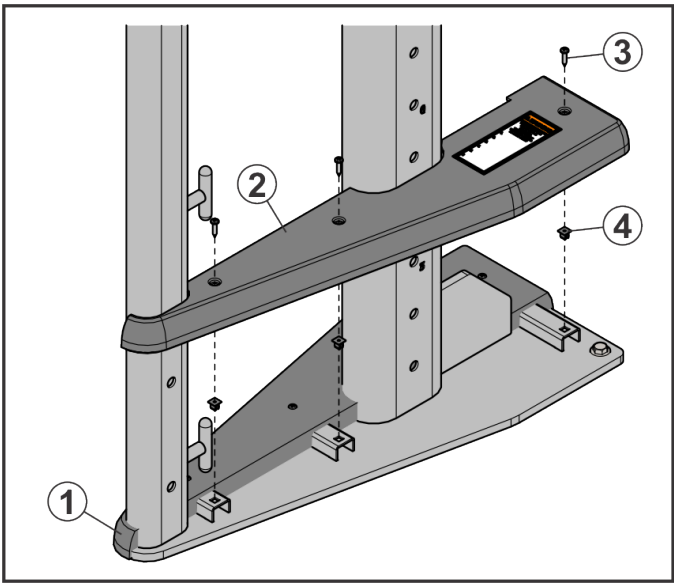


- 2. If using the Freestanding System (AFS), move to Step 4.
- 3. Anchor unit to floor:
Refer to [Bolt to Floor Guide](#) in this manual for further details. S180 units using the Freestanding System (AFS) do not need to be anchored directly to the floor.



Item	Description	Qty.
1	Floor Anchor	3

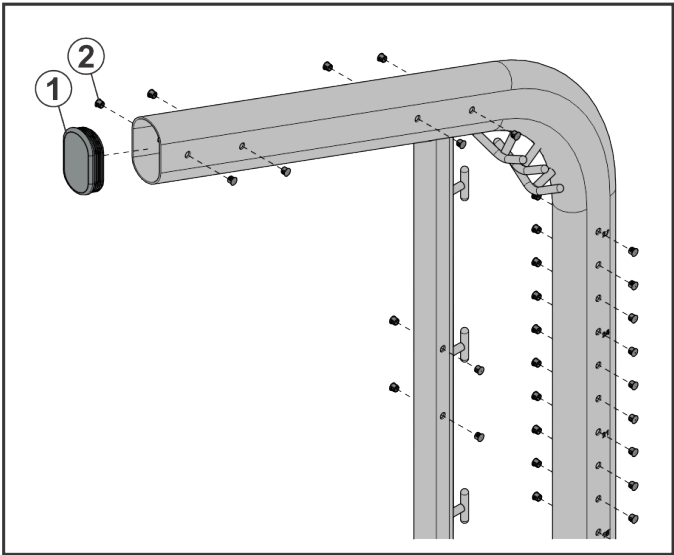
- 4. Attach Foot Covers:
Install Foot Covers and hardware.



Item	Description	Qty.
1	Left Foot Cover	1
2	Right Foot Cover	1
3	8 X 3/4" Screw	6
4	Grommet	6

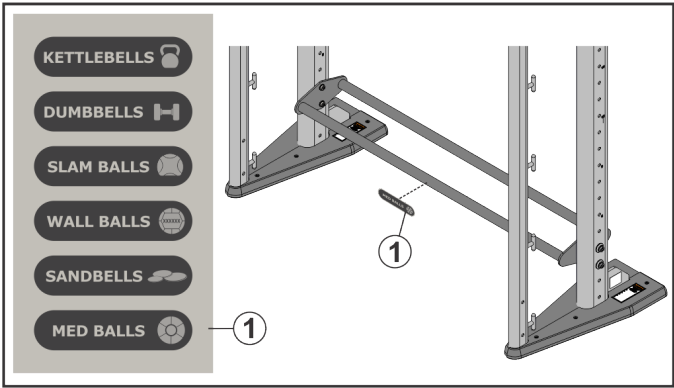
NOTE: Left Foot Cover must be installed first.

5. Attach End Caps and Hole Plugs (where applicable):
Fill holes with End Caps and Hole Plugs; tap flush into frame.



Item	Description	Qty.
1	End Cap	1
2	7/16" Hole Plug	29

6. Apply Accessory Labels (if applicable):



Item	Description	Qty.
1	Accessory Label	1

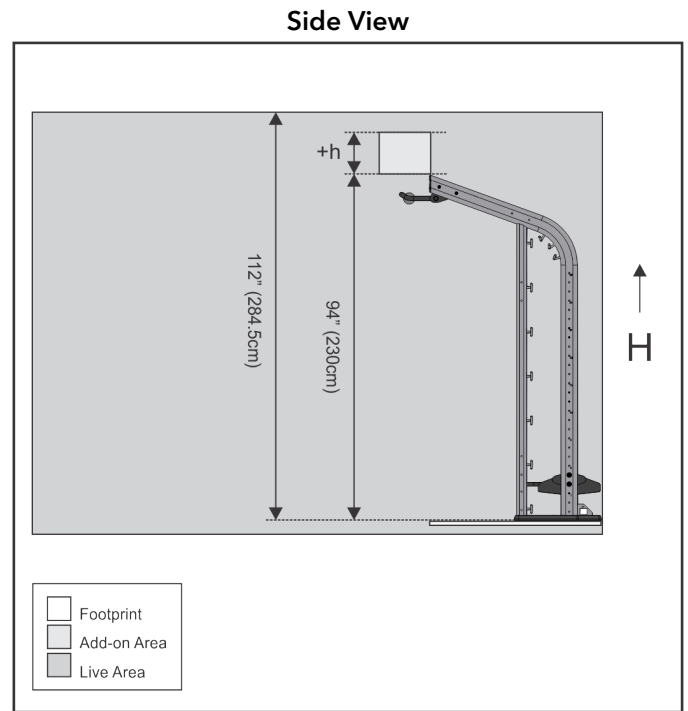
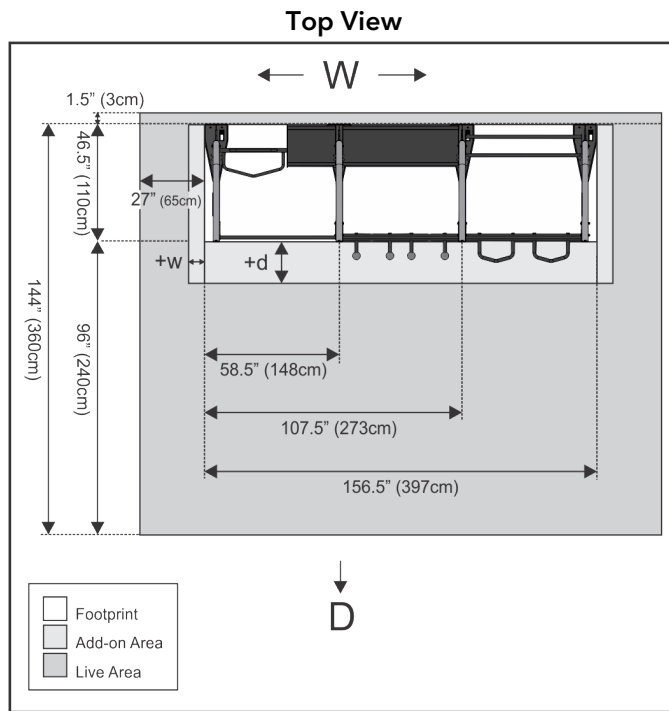
3. Product Information

Specifications

Weights and Dimensions

Model	Weight	Dimensions D x W x H
S180-CORE	176 lbs.	in. = 47" x 59" x 95"
S180-ADD	87 lbs.	in. = 47" x 10" x 95"
Suspension Chin	9 lbs.	in. = 7" x 49" x 5"
Multi Grip Chin	22 lbs.	in. = 17" x 49" x 5"
Rock Chin	22 lbs.	in. = 15" x 49" x 5"
Stability Ball Storage	14 lbs.	in. = 21.5" x 46.5" x 7"
Side Accessory Shelf	38 lbs.	in. = 12" x 30" x 7"
Mat Storage	8 lbs.	in. = 6.5" x 26.5" x 6.5"
Foam Roller Storage	22 lbs.	in. = 21" x 22" x 17"
Workout Board	33 lbs.	in. = 2" x 19" x 30"
Side Stability Ball	6 lbs.	in. = 19" x 25.5" x 4"
Power Block Pro 50 Storage	36 lbs.	in. = 17" x 29.5" x 7"
Side Dual Rail	11 lbs.	in. = 9.5" x 30.5" x 4"
BOSU Left	10 lbs.	in. = 20" x 26" x 9"
BOSU Right	10 lbs.	in. = 20" x 26" x 9"
Rope Pull	55 lbs.	in. = 8" x 45" x 18.5"
Boxing	13 lbs.	in. = 34" x 2.5" x 8.5"
Wall Ball Target	43 lbs.	in. = 31.5" x 16" x 50"
Accessory Shelf	42 lbs.	in. = 17" x 46.5" x 6.5"
BOSU+ Shelf	37 lbs.	in. = 21" x 46.5" x 14"
Stall Bars	104 lbs.	in. = 6.5" x 46.5" x 89.5"
Dumbbell Storage Shelf	49 lbs.	in. = 18" x 46.5" x 6"
Vertical Foam Roller/ViPR	41 lbs.	in. = 14" x 46.5" x 26"
Vertical Foam Roller/ViPR with Mat Storage	49 lbs.	in. = 14" x 46.5" x 66"
Dual Rail Shelf	15 lbs.	in. = 9.5" x 46.5" x 4"
Power Pivot (Bar and Pivot)	35 lbs.	in. = 8.5" x 4.5" x 80"
Power Pivot (Weight Plate Storage)	13 lbs.	in. = 8" x 16.5" x 12.5"
Battle Rope Anchor	5 lbs.	in. = 7" x 2" x 8"

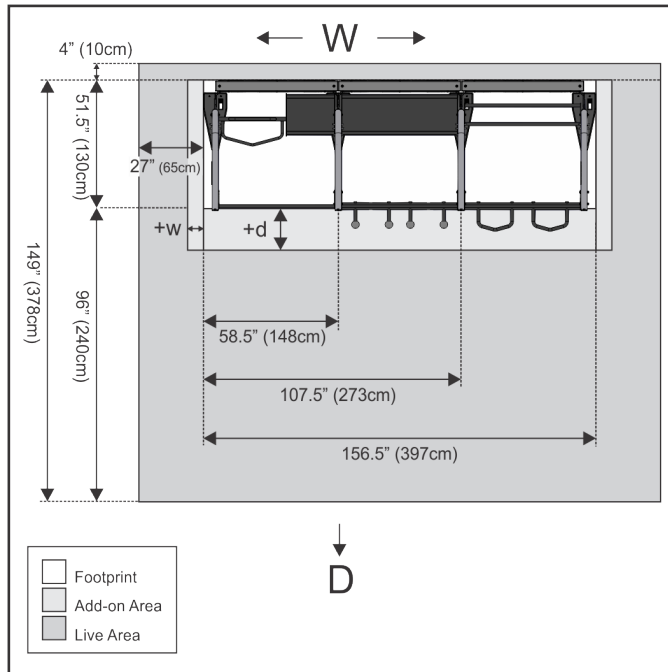
Footprint and Live Area



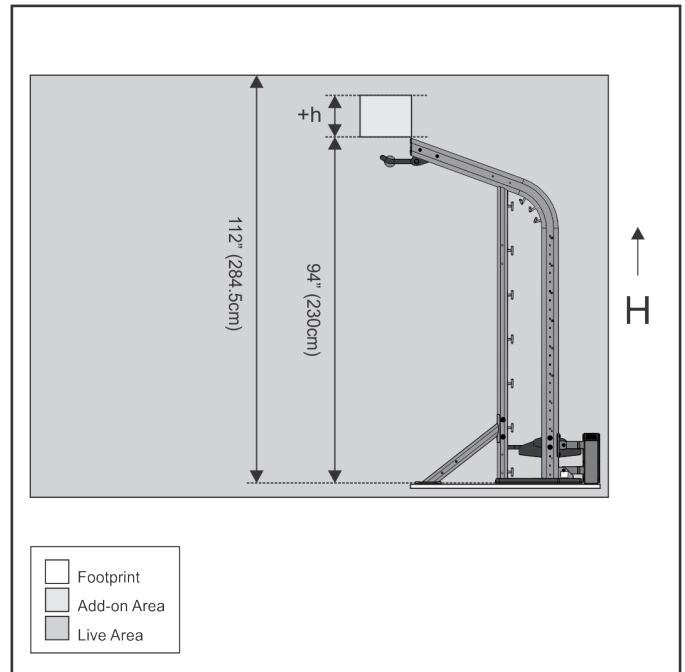
Option	Footprint			Live Area		
	d	w	h	D	W	H
Rope Pull	+ 20.5" (52)	N/A	+ 6" (15cm)	N/A	N/A	N/A
Wall Ball	+ 7.5" (19cm)	+ 3" (7.5cm)	+ 38" (97cm)			+ 38" (97cm)
Heavy Bag Anchor	+ 6.5" (16.5cm)	N/A	+ 3" (7.5cm)			N/A
Dual Rail	N/A	+ 30" (76cm)	N/A	N/A		
Accessory Shelf		+ 30" (76cm)				
BOSU		+ 25.5" (65cm)				
Stability Ball		+ 25" (63cm)				
Workout Board		+ 19" (48cm)				
Power Block		+ 29.5" (75cm)				
Mat Storage		+ 26" (67cm)				
Foam Roller		+ 23" (58.5cm)				

NOTE: Some options increase Footprint and Live Area

Top View (with Freestanding System)



Side View (with Freestanding System)



Option	Footprint			Live Area		
	d	w	h	D	W	H
Rope Pull	+ 20.5" (52)	N/A	+ 6" (15cm)	N/A	N/A	N/A
Wall Ball	+ 7.5" (19cm)	+ 3" (7.5cm)	+ 38" (97cm)			+ 38" (97cm)
Heavy Bag Anchor	+ 6.5" (16.5cm)	N/A	+ 3" (7.5cm)			N/A
Dual Rail	N/A	+ 30" (76cm)	N/A	N/A		
Accessory Shelf		+ 30" (76cm)				
BOSU		+ 25.5" (65cm)				
Stability Ball		+ 25" (63cm)				
Workout Board		+ 19" (48cm)				
Power Block		+ 29.5" (75cm)				
Mat Storage		+ 26" (67cm)				
Foam Roller		+ 23" (58.5cm)				

NOTE: Some options increase Footprint and Live Area

4. Maintenance Procedures

Maintenance Schedule

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
WAX				
Frames				X
INSPECT				
Paint			X	
Hardware		X		
Frame		X		

Wax

- Frames with a standard, non-abrasive, wax finish.

Inspect

- Hardware. Check for loosening. Tighten as required.
- Frames. Inspect for wear and damage.
- For paint chips. Fill in immediately with manufacturers touch-up paint.

Once a Week

- Visually inspect all hardware for loosening, tampering or wear.

Once a Month

- Inspect hardware on all machines and tighten any bolts or nuts that may have loosened over the life of the product.

Notes

- Use polishing compound (such as car wax) and remove shoe scuffs from powder coated surfaces as necessary.

Approved and Compatible Cleaners

Two preferred cleaners have been approved by reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: customersupport@lifefitness.com).

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

Removal of Paint, Marking Pens, or Labels

- Butyl cellosolve works well for removal of paints, marking pen inks, lipstick, etc.
- Labels, stickers, etc. may be removed using kerosene. When the solvent will not penetrate sticker material, apply heat (hair dryer) to soften the adhesive and promote removal. GASOLINE SHOULD NOT BE USED.

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.

Warranty Coverage

NOTE: There is no warranty coverage for labor on Strength Products.

Item	10 Years	5 Years	1 Year	90 Days
Frame	X			
Hardware / Mechanical				X
Items Not Specified				X

6. Bolt to Floor Guide

Introduction

Life Fitness Family of Brands 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 Family of Brands requires that strength training equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over. S180 units equipped with the AFS freestanding system are recommended to be secured, but not 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.

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/mm²).

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.

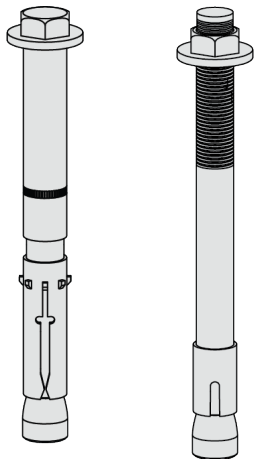
- *Life Fitness* does not have that level of specification or engineering input for competitive product.
- *Life Fitness* installation teams are not permitted to anchor competitor equipment.

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 Types

Subfloor thickness between unit and concrete			
Anchor		0" - 3/4" (0mm - 19.1mm)	3/4" - 1.0" (19.1mm - 25.4mm)
			1.0" - 7.0" (25.4mm - 178mm)
HSL	HST	HSL-3 and HSL4 M 8/40	HST M12 x 115/20 to HST M12 x 295/200 (length depends on subfloor thickness)
			

- HS Anchors listed are Metric Hilti™ Concrete Anchors
- Minimum concrete compressive strength: 3000psi (20 N/mm²)
- Minimum concrete thickness:
 - HSL-3 and HSL4 M 8: 4-3/4" (120mm)
 - HST M12 : 5-1/2" (140mm)
- Minimum distance from anchor to concrete edge or seam:
 - HSL-3 and HSL4 M 8: 2-3/8" (60mm)
 - HST M12: 4-3/4" (120mm)
- Minimum hole depth in concrete:
 - HSL-3 and HSL4 M 8: 3-1/64" (80mm)
 - HST M12 Safety Stud Anchor (EMEA): 3.7" (95mm)
- Minimum concrete embedment:
 - HSL-3 and HSL4 M 8: 2-13/32" (60mm)
 - HST M12 Safety Stud Anchor (EMEA): 2.8" (70mm)

Anchor Specifications

Static Anchor	Minimum Concrete Thickness	Minimum Drill Depth in Concrete	Minimum Concrete Embedment	Minimum concrete compressive strength
HSL-3 and HSL4 M8/40	4-3/4" (120mm)	1/2" (12.7mm) beyond anchor length	2-13/32" (60mm)	3000psi (20.7 N/mm ²)
HST M 12	5-1/2" (140mm)	25/64" (10mm) beyond anchor length	2.8" (70mm)	3000psi (20.7 N/mm ²)


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>.

Selected Anchor	Design Resistance in Tension *
KH-EZ 1/4" x 4"	830 lb
HUS-H 6MM x 120MM	3.3 kN
KH-EZ 3/8" x 4"	1535 lb
KH-EZ 3/8" x 5"	1535 lb
HUS-H 8MM x 120MM	3.3 kN
HUS-H 8MM x 150MM	3.3 kN
HSL-3 and HSL4 M 8/40	2000 lb
HST M12 x 115/20	8 kN
HST M12 x 195/200	8 kN
KB-TZ 3/8" x 3-3/4"	1615 lb

* Design strength extracted from the Hilti Anchor Fastening Technology Manual issued September 2014.

Tools Required

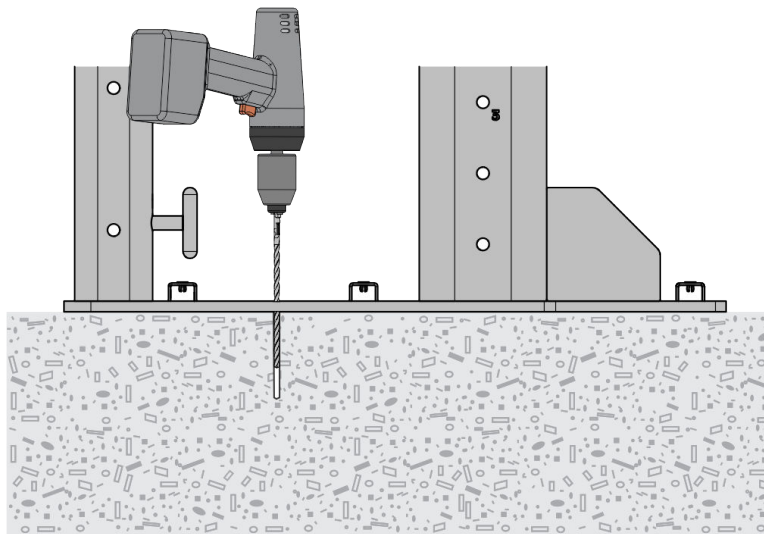
 **WARNING:** Adhere to manufacturer's equipment warnings and guidelines. Follow manufacturer's instructions for proper usage.

Dynamic Anchor

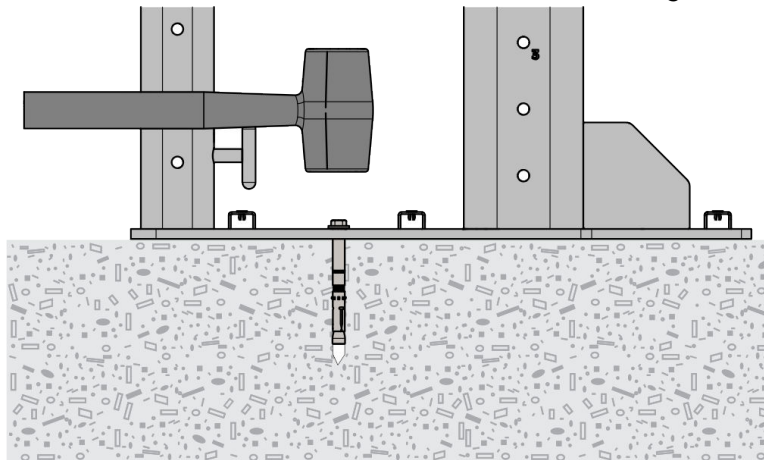
- Floor scanner / rebar detector (optional)
- 1" L-shape SDS rotary hammer
- 12mm x 305mm carbide drill bit
- Blackhawk™ by Proto™ 3/8" ratcheting micrometer adj. torque wrench (34870- A)
- Rubber mallet/dead blow hammer
- Safety glasses
- Extension cord
- Vacuum (for debris)

Dynamic HSL-3 and HSL4 8/40 Anchor Procedure

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

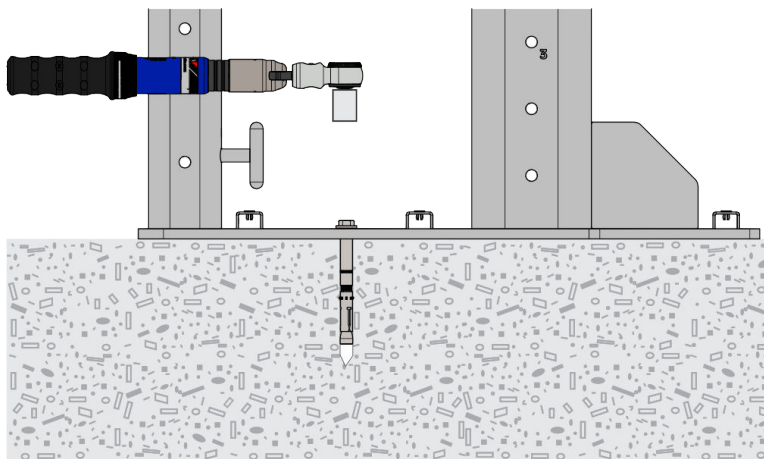


3. Clear out the debris from hole, insert fastener and hammer into hole until flush against frame plate.



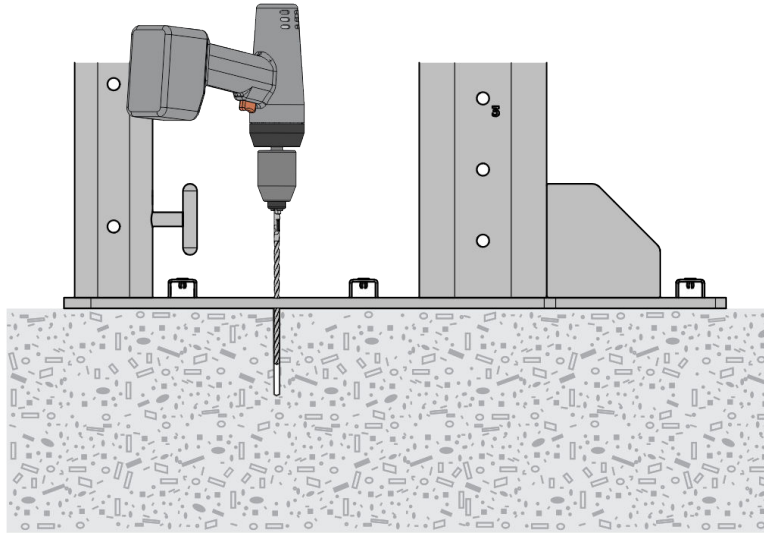
4. Tighten to 18 Foot-Pounds (24Nm).

NOTE: If the legs/frame do not contact the mounting surface **DO NOT** pull down with the fastener or anchor. Loosen frame hardware and re-tighten to allow machine to align.

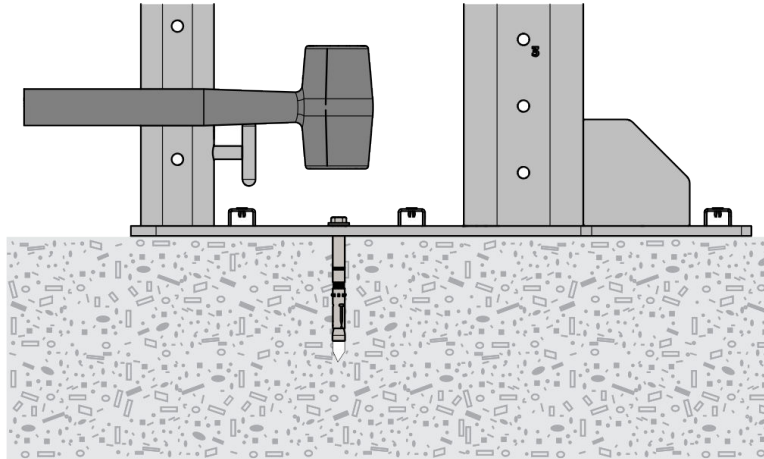


Dynamic HST Safety Stud Anchor Procedure

1. Place unit into position to be mounted and cycle unit to set stance.
2. If necessary, cut HST Safety Stud Anchor to length before installation, leaving enough length to ensure proper concrete embedment (see *Anchor Section* for embedment depth required) and proper tightening torque (44 Foot-Pounds/60Nm).
3. Wearing protective glasses, drill down into flooring perpendicularly to the required depth, ensuring that the foot thickness is being accounted for; refer to *Anchor Selection* and *Foot Dimensions*.



4. Clear out the debris from hole and then insert fastener and hammer into hole until flush against frame plate.



5. Tighten to 44 Foot-Pounds (60Nm).
6. If necessary, cut extra length from top of anchor with a rotary tool leaving proper concrete engagement and torque requirements.
7. Re-tighten anchor to 44 Foot-Pounds (60Nm).

Foot Dimensions

Use below image to determine foot specifications.

