

Synrgy 180 Personal

S180P and S180P-AFS

Owner's Manual/Assembly Instructions



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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。

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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.

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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.

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Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

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Plus indicium per superum situm potes invenire.

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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>

- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.
- 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

WARNING

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

1. Before using, read all the warnings and obtain instruction on the use of this machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect machine and attachments before use. DO NOT use if the machine or attachments appear damaged, DO NOT attempt to fix broken or jammed machine or damaged attachments. Notify staff immediately.
5. Children must not be allowed near this machine. Supervise teenagers.
6. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

Serial Number

LifeFitness

10601 W BELMONT AVE
FRANKLIN PARK, IL 60131
USA 1-800-351-3737
CAGE Code: 0CMY5

EN ISO 20957 Class S

www.LifeFitness.com

Model: XXX
Manufactured in the USA with US and Foreign parts

Max User Wt: XXXlbs XXXkgs
Max Training Wt: XXXlbs XXXkgs

SN: XXXXXXXXXXXX

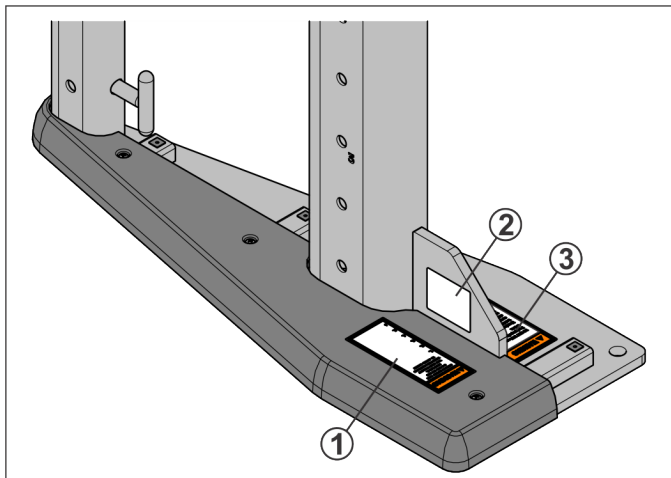
Required Bolt to Floor

WARNING

DO NOT USE equipment if not properly secured to floor.

Manufacturer **REQUIRES** that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.

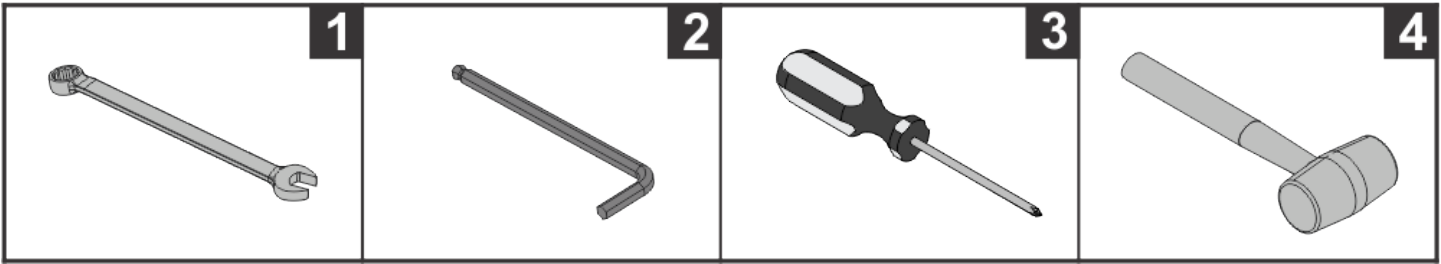
Label Locations



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

2. Assembly

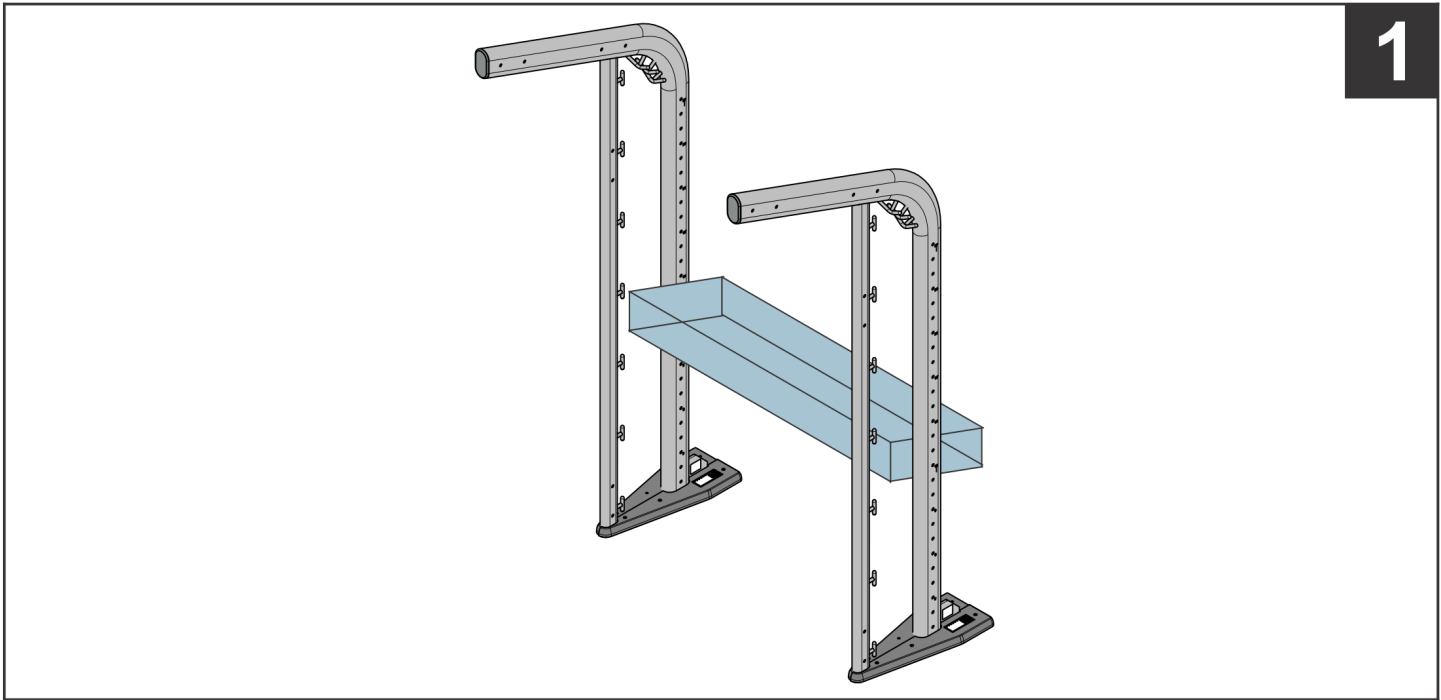
Tools Required



Item	Description	Qty.
1	1/2" Wrench	1
	3/4" Wrench	1
	6mm Wrench	1
	17mm Wrench	1
2	3mm Hex Wrench	1
	7mm Hex Wrench	2
3	#2 Phillips Screwdriver	1
4	Rubber Mallet	1

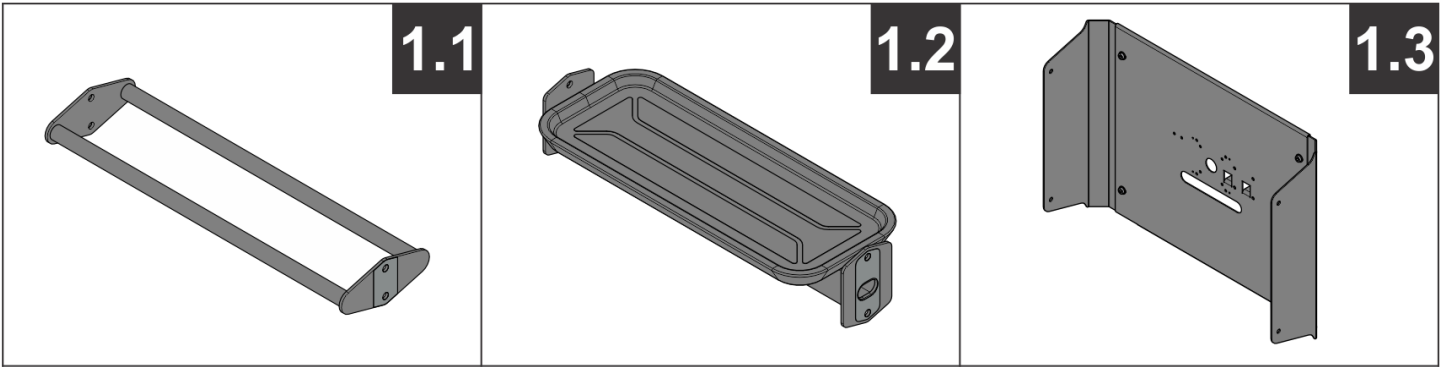
See [Bolt to Floor Guide](#) section for required anchoring tools.

Option Categories



Item	Description
1	Shelf Option

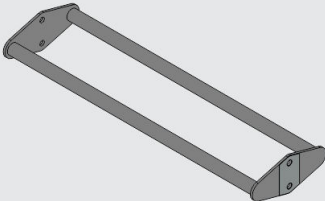
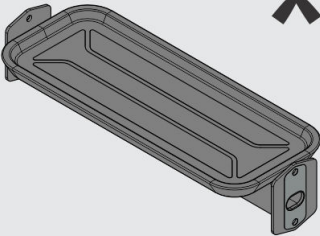
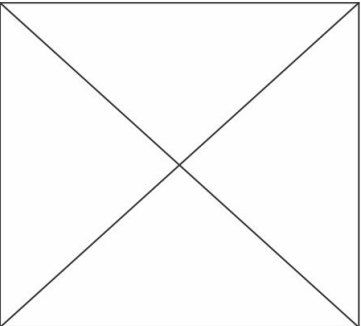
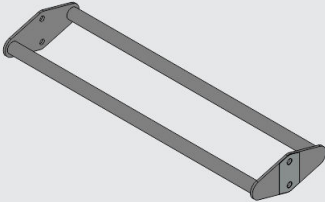
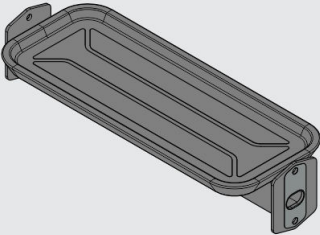
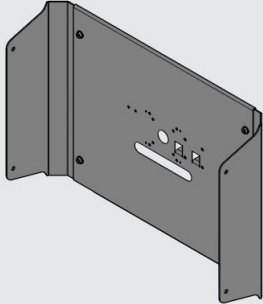
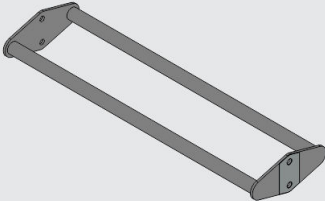
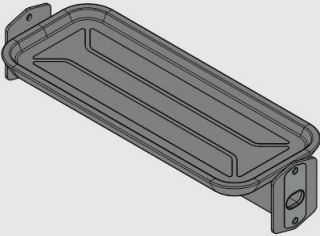
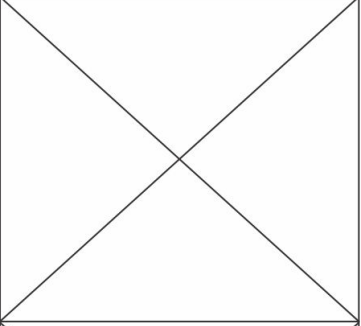
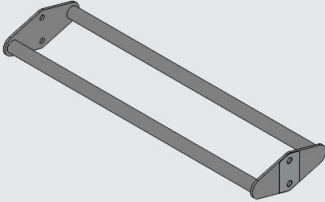
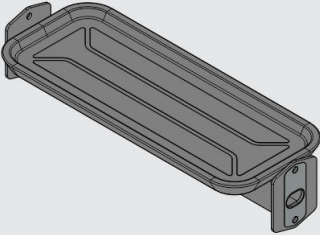
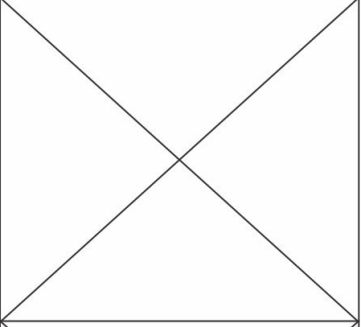
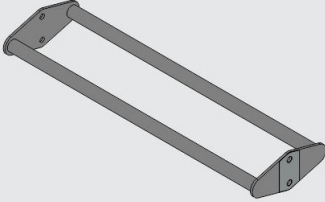
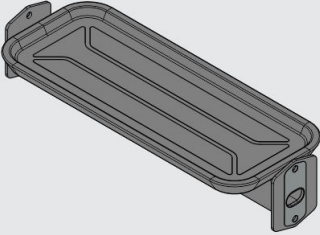
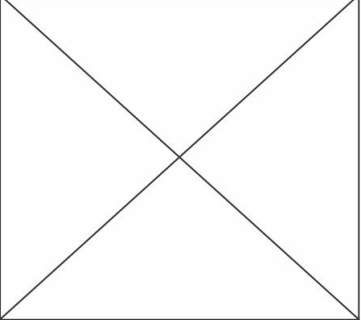
Shelf Options



Item	Description
1.1	Dual Rail Shelf
1.2	Accessory Shelf
1.3	Digital Coach Mounting Shelf

Shelf Storage Compatibility

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

#5		 *	
#4			
#3			
#2			
#1			

*Digital Coach Mounting Shelf must be moved down one hole if Accessory Shelf is to be used in the 5th shelf position.

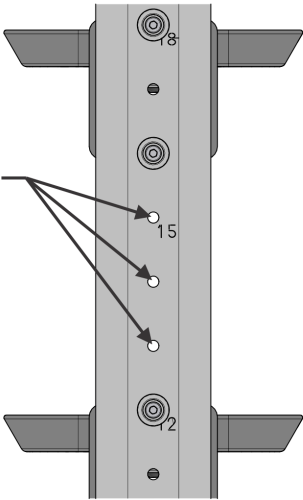
Shelf Option Clearance

Shelf Spacing

Bottom Shelf	Minimum Open Bolt Holes <u>above</u> Bottom Shelf	
	w/ Digital Coach Mounting Shelf	w/o Digital Coach Mounting Shelf
Accessory (below example)	3	4
Dual Rail	3	4
Digital Coach Mounting Shelf	0	n/a

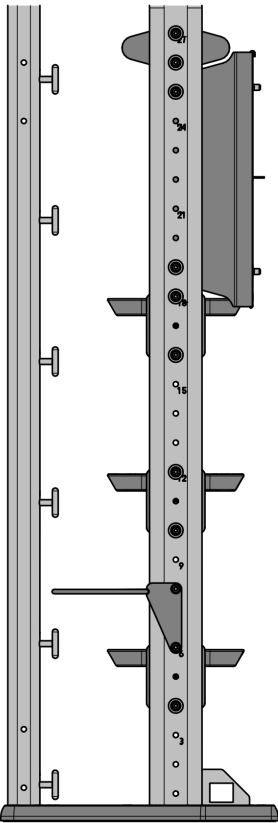
Example:

Bolt Holes

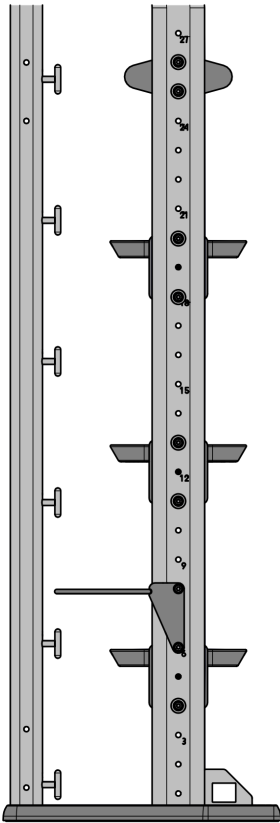


Recommendations:

w/ Digital Coach Mounting Shelf

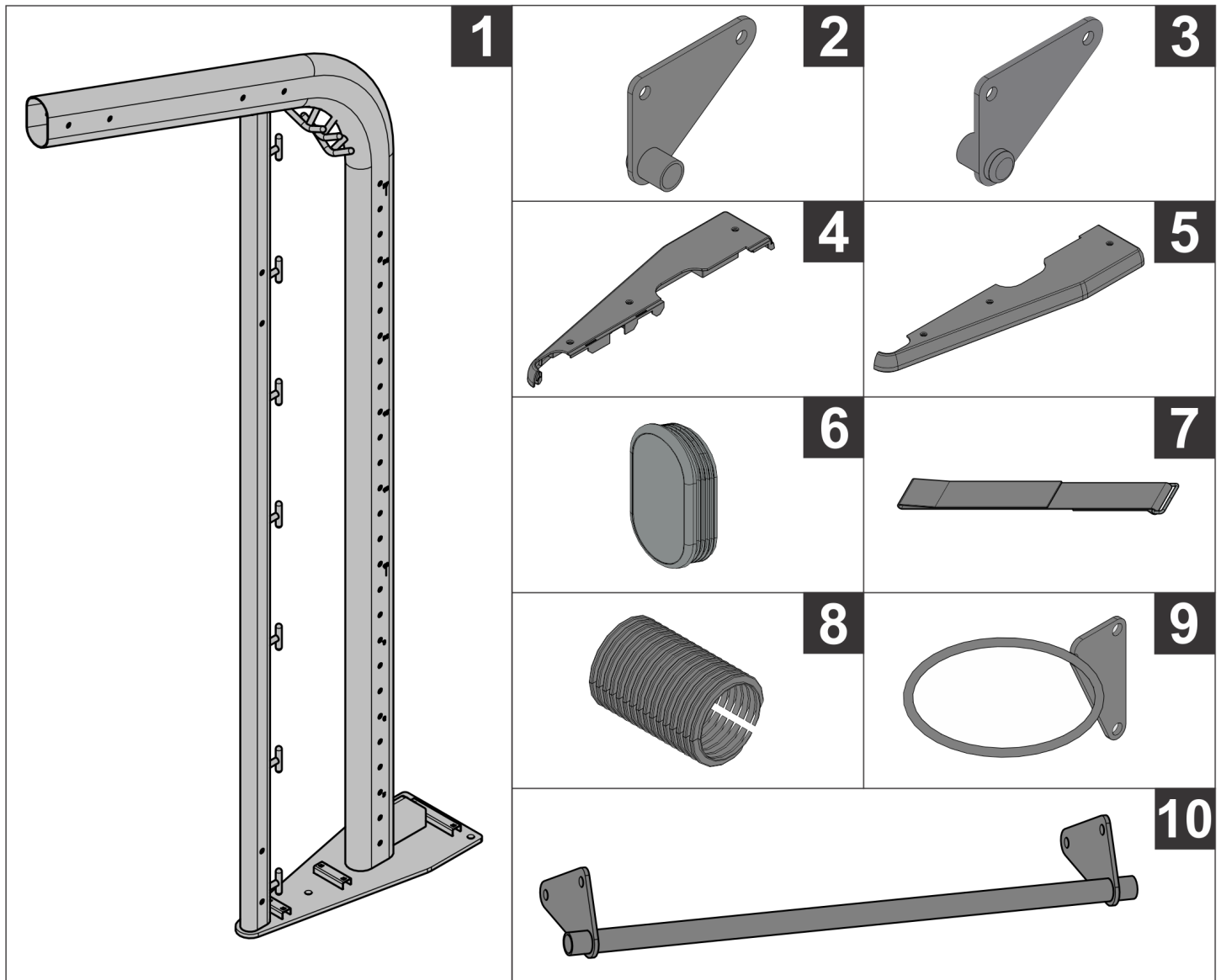


w/o Digital Coach Mounting Shelf



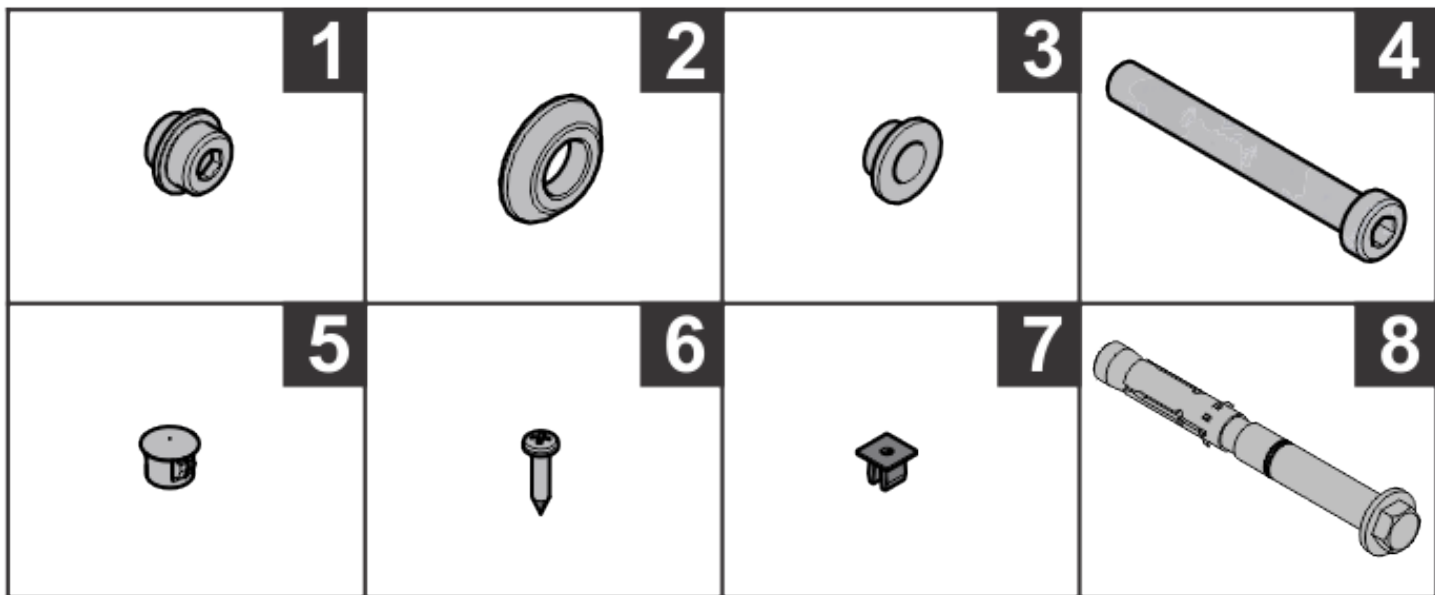
- Ensure shelves have minimum spacing requirements, shown in table above, by counting bolt holes between the top bolt of the lower shelf and the bottom bolt of the shelf above it.
- Above bolt hole spacing table are recommended positions. S180P allows for various shelf positioning based on your accessories.

Components



Item	Description	Qty.
1	Upright	2
2	Left Chin End Plate/Suspension Anchor	1
3	Right Chin End Plate/Suspension Anchor	1
4	Left Foot Cover	2
5	Right Foot Cover	2
6	End Cap	2
7	Suspension Anchor	1
8	Chin Option Cover	1
9	Foam Roller/Mat Storage	2
10	Suspension Chin	1

Hardware List: Uprights and Shelves



Upright Hardware

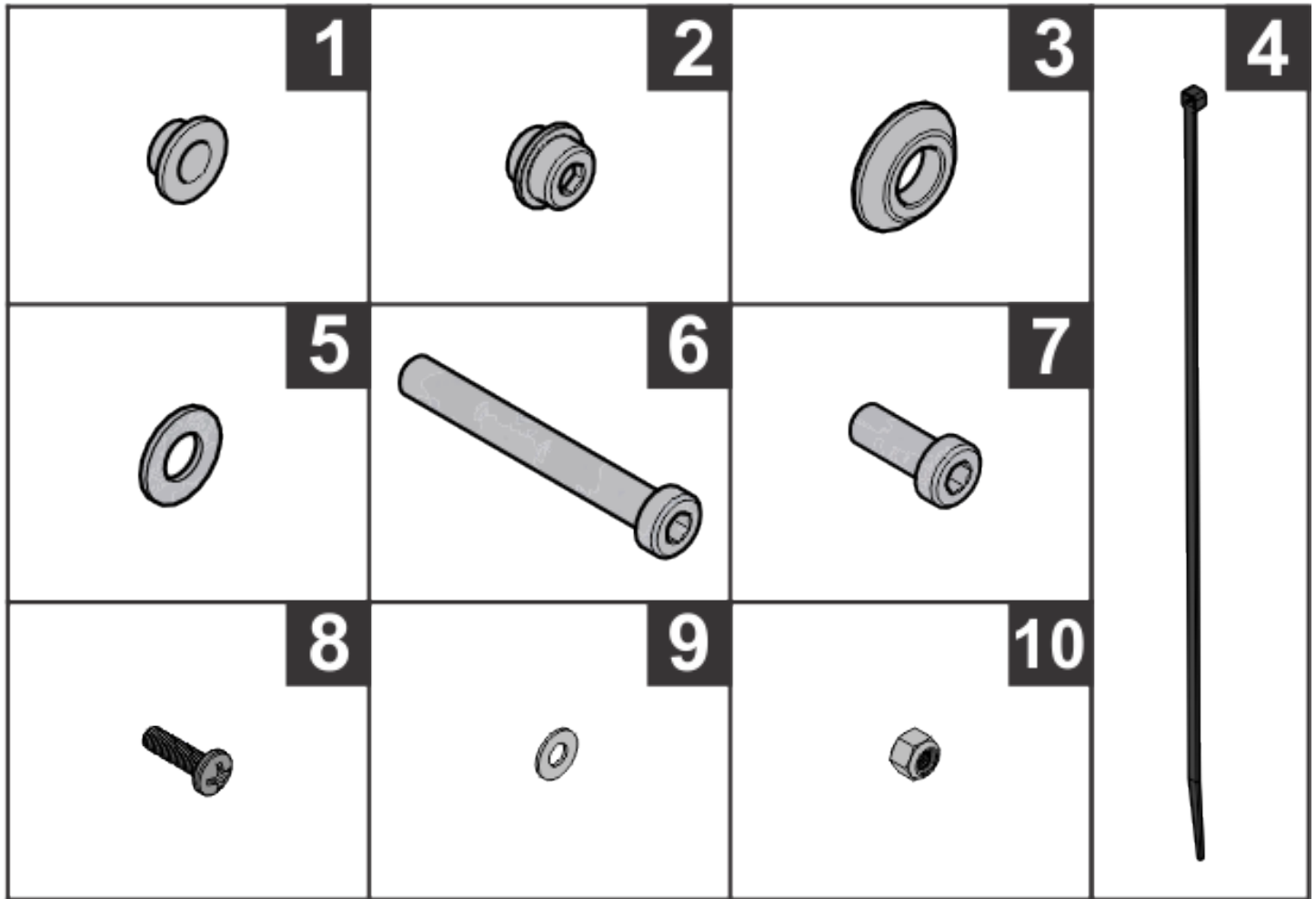
Item	Description	Qty.
1	Socket Nut	8
2	1/4" Spacer	4
3	Retainer	8
4	M10 X 80mm Screw	8
5	7/16" Hole Plug	116
6	8 x 3/4" Screw	12
7	Grommet	12
8	Floor Anchor	6

Shelf Hardware (Accessory and Dual Rail)

Item	Description	Qty.
1	Socket Nut	4
2	1/4" Spacer	4
3	Retainer	4
4	M10 X 80mm Screw	4

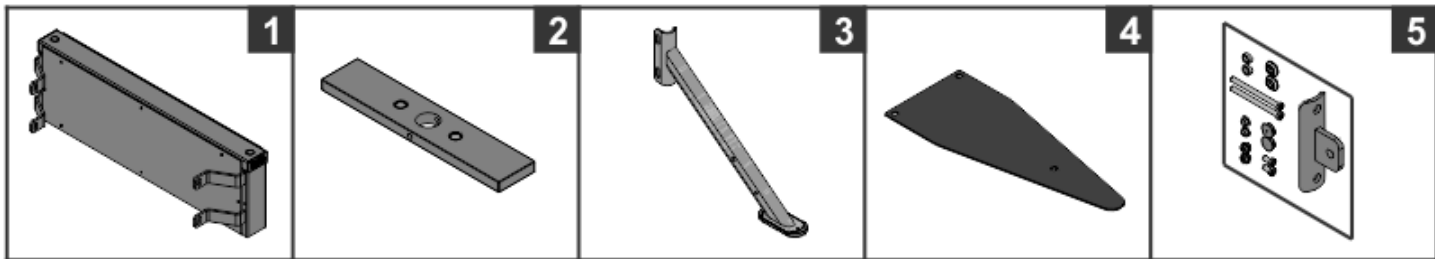
NOTE: Each shelf comes with its own hardware kit.

Hardware List: Digital Coach Mounting Shelf



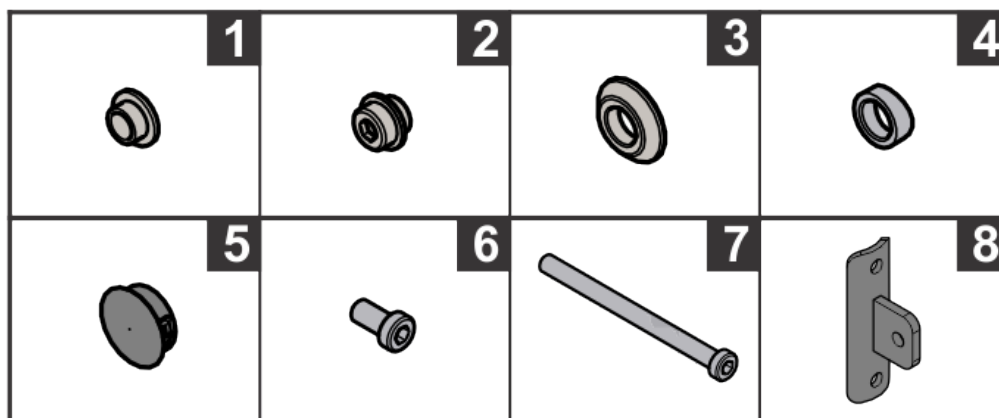
Item	Description	Qty.
1	Retainer	4
2	Socket Nut	4
3	1/4" Spacer	8
4	Tie Wrap	3
5	3/8" Washer	4
6	M10 X 1.5 X 80 Screw	4
7	M10 X 1.5 X 25 Screw	4
8	M3.5 X 12 Phillips Screw	4
9	M3.5 Washer	4
10	M3.5 Nut	4

S180P-AFS Components



Item	Description	Qty.
1	Ballast Assembly	1
2	20LB (9kg) Weight Plate	18
3	Stability Leg Assembly	2
4	Foot Mat	2
5	Hardware Kit	2

Hardware List (AFS)



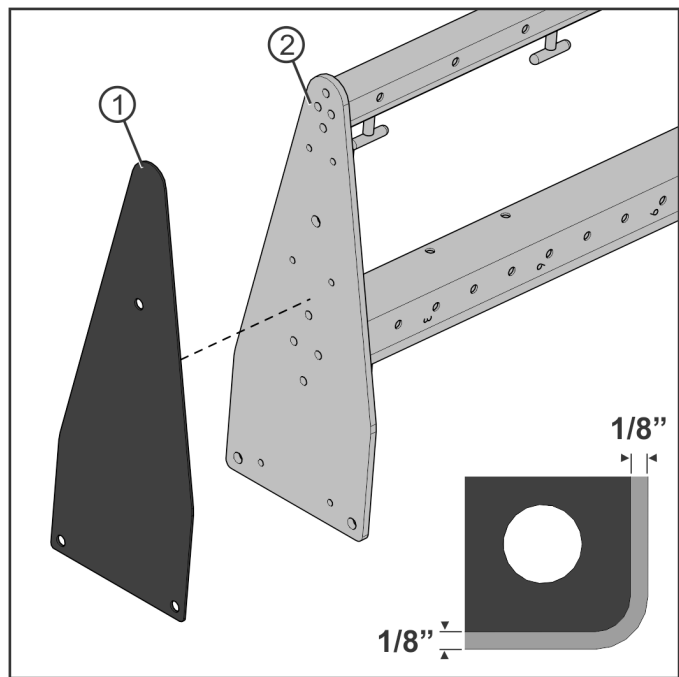
Item	Description	Qty.
1	Retainer	4
2	Socket Nut	4
3	1/4" Spacer	2
4	Concave Washer	2
5	1" Hole Plug	2
6	M10 X 25mm Bolt	2
7	M10 X 130mm Bolt	2
8	Bracket	1

3. Assembly Procedure

Install S180P-AFS

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

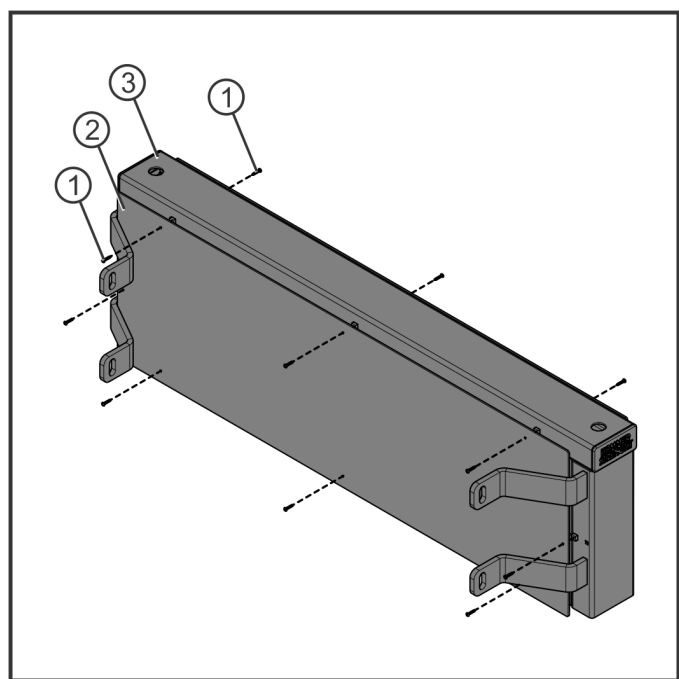
1. Apply self-adhesive foot pad to each upright:



Item	Description	Qty.
1	Foot Pad	1
2	S180P Upright	1

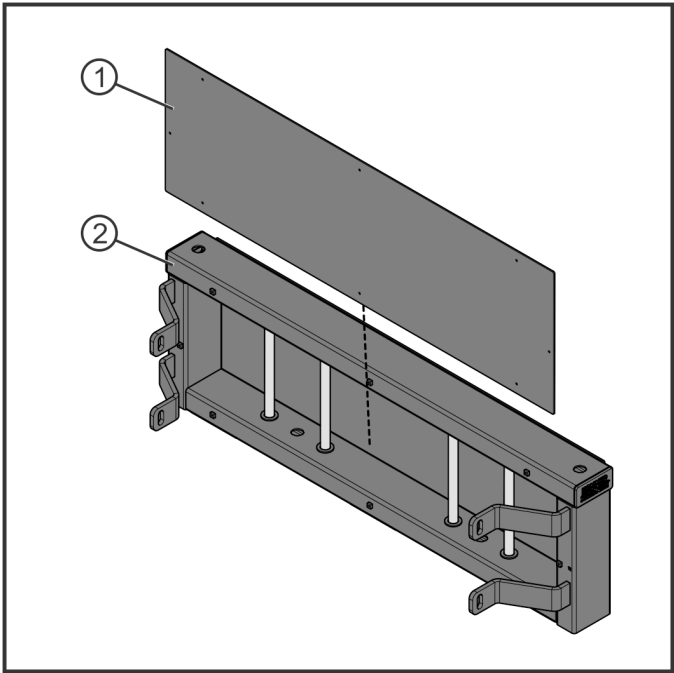
NOTE: Leave 1/8 inch (3.17mm) gap around edge,

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



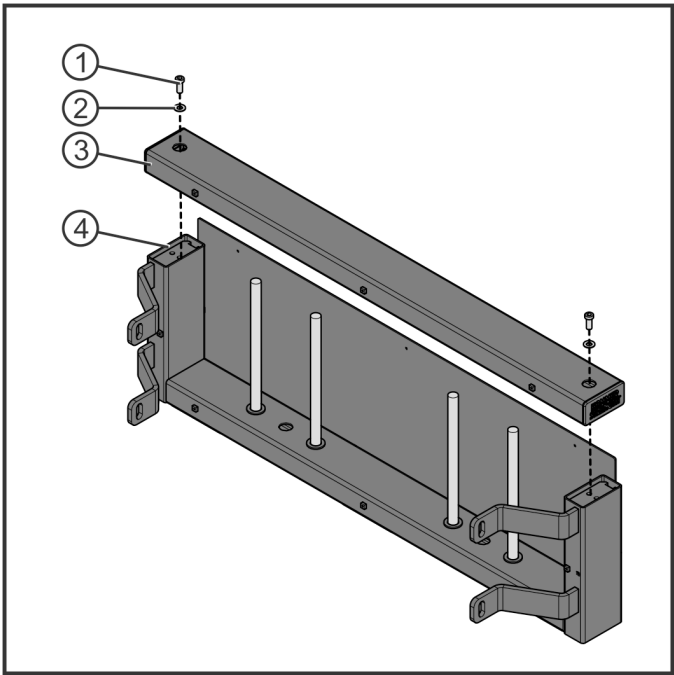
Item	Description	Qty.
1	8 x 3/4" Screw	11
2	Panel (front)	1
3	AFS Frame Assembly	1

3. Lift and remove panel from AFS frame assembly:



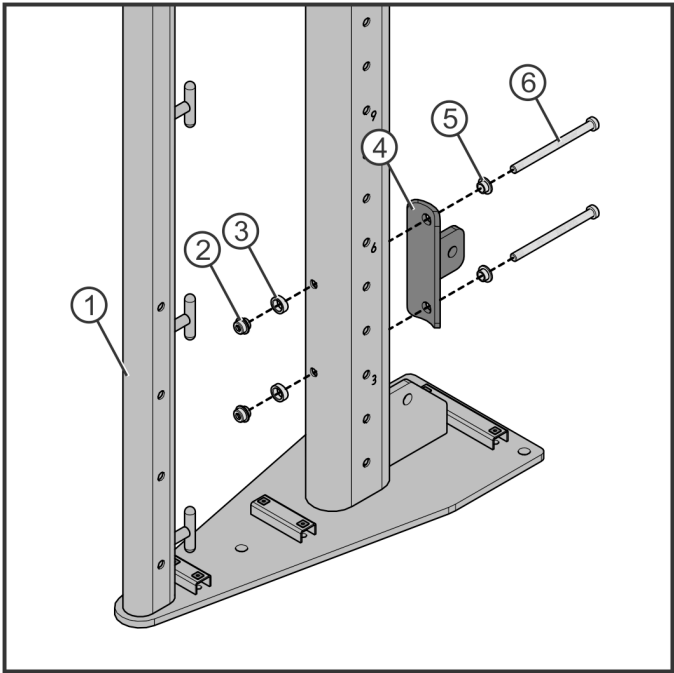
Item	Description	Qty.
1	Panel (front)	1
2	AFS Frame Assembly	1

4. Remove top rail assembly and hardware:



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

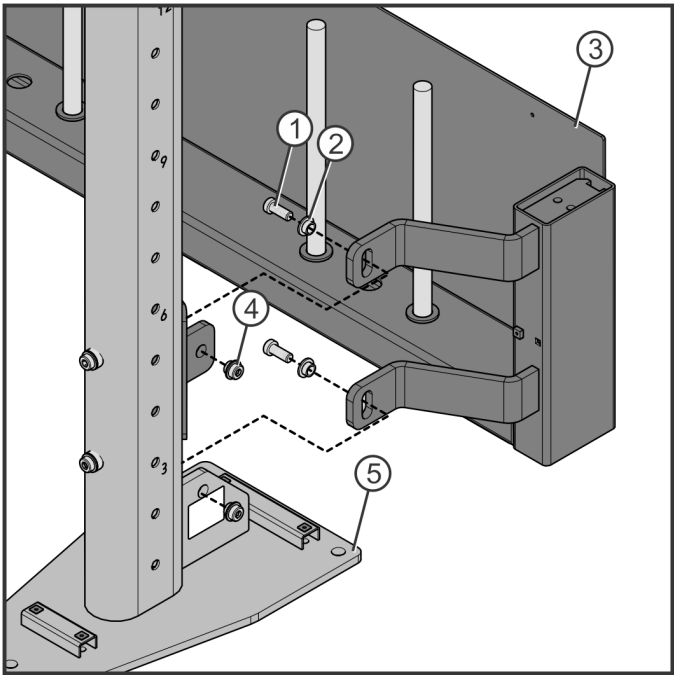
5. Attach bracket to each upright:



Item	Description	Qty.
1	S180P Upright Assembly	1
2	Socket Nut	2
3	Concave Washer	2
4	AFS Bracket	1
5	Retainer	2
6	M10 X 130mm Bolt	2

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

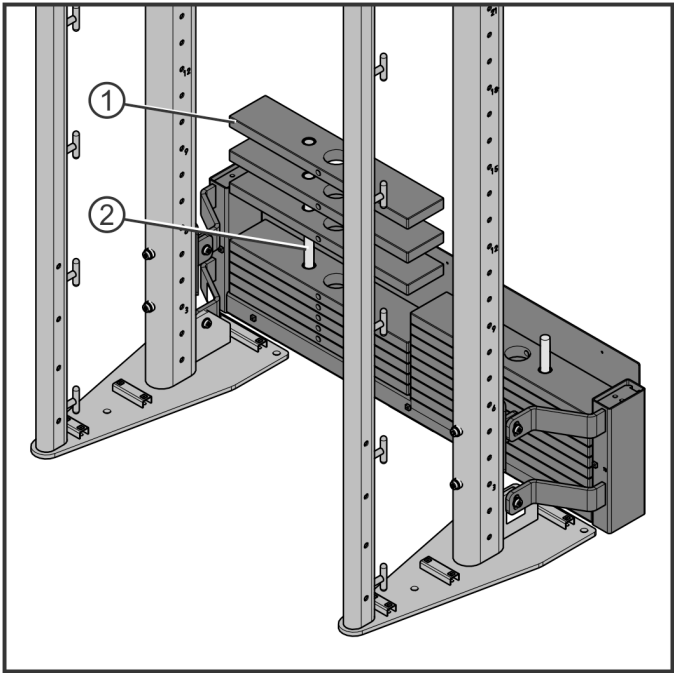
6. Attach AFS frame assembly to S180 upright:



Item	Description	Qty.
1	M10 X 25mm Bolt	2
2	Retainer	2
3	AFS Frame Assembly	1
4	Socket Nut	2
5	S180P Upright	1

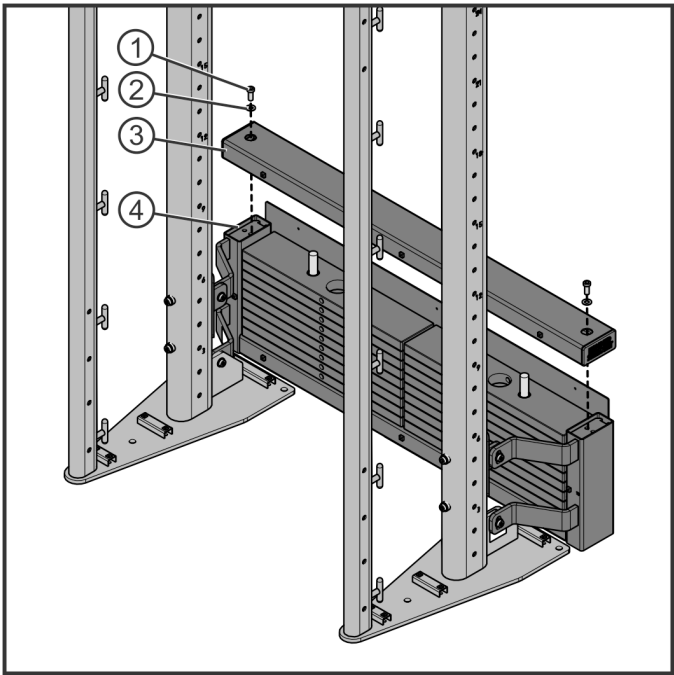
NOTE: Tighten hardware to 18-20 ft-lbs (24.4-27.1 Nm).

7. With the unit in its final location, carefully slide the weight plates onto the guide rods:



Item	Description	Qty.
1	20LB (9kg) Weight Plate	18
2	Guide Rod	4

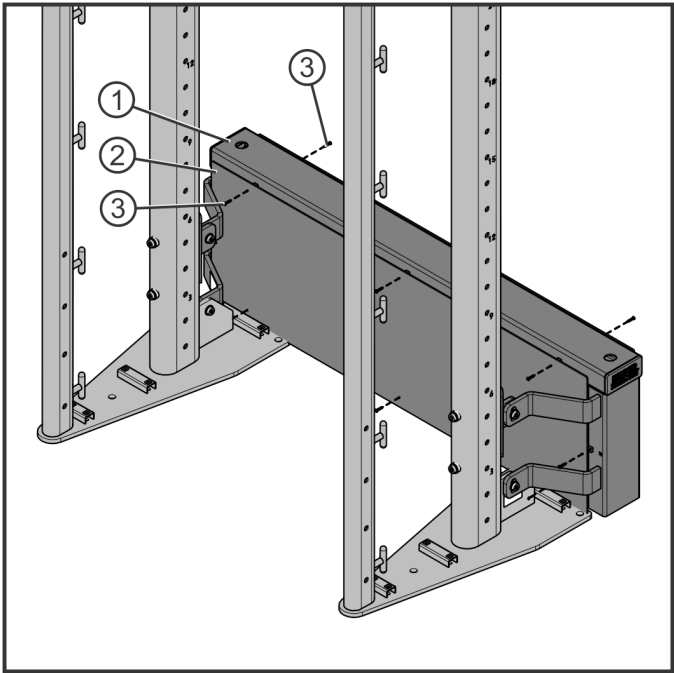
8. Replace top rail assembly and hardware:



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

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

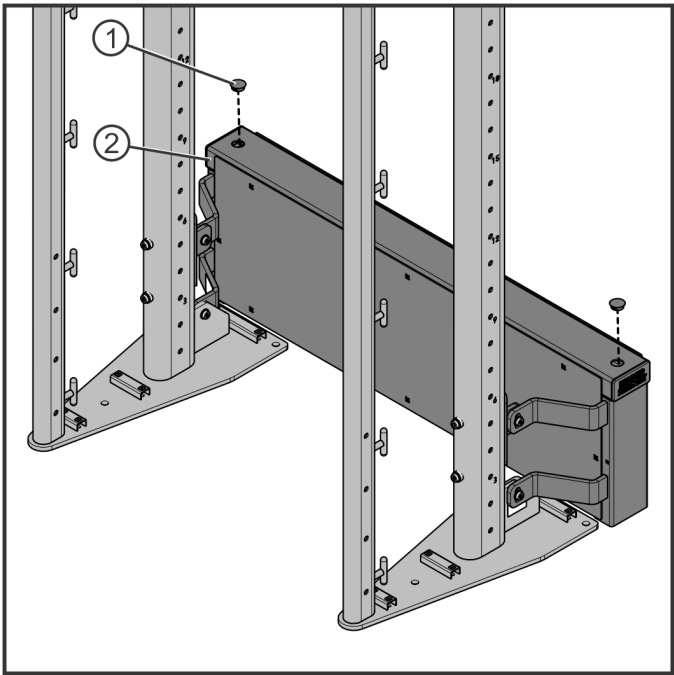
9. Replace panel and hardware:



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

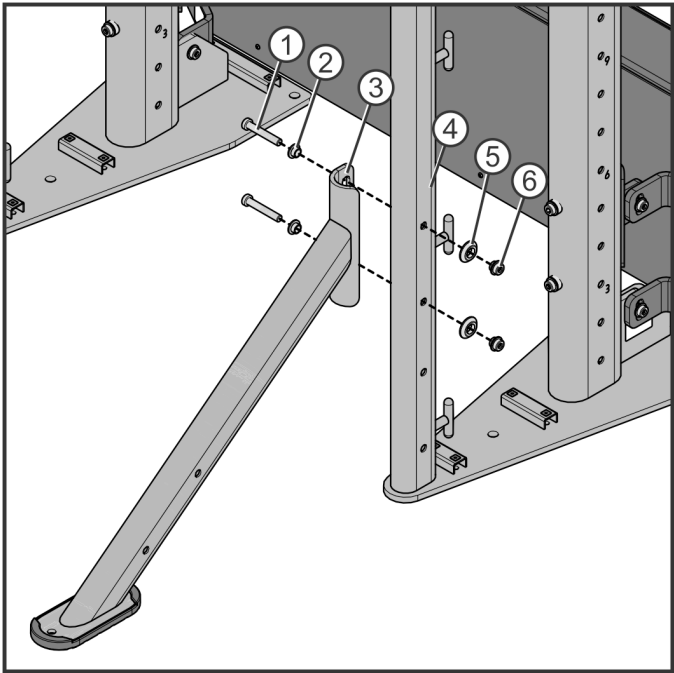
NOTE: Tighten hardware to 8-10 in-lbs (0.9-1.1 Nm).

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



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

11. Attach stability leg to each upright:



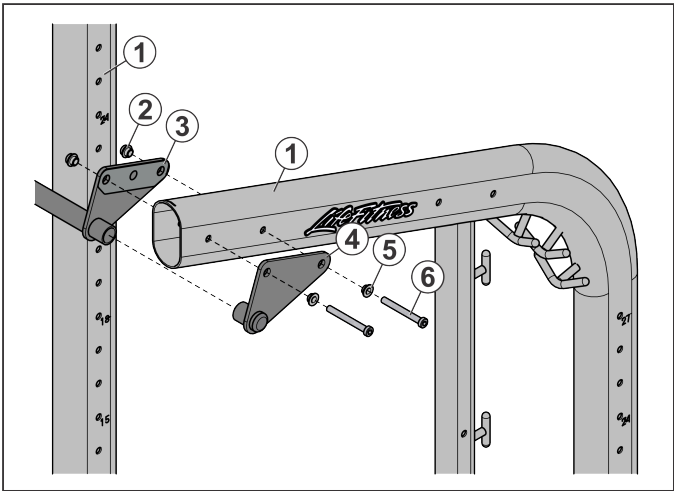
Item	Description	Qty.
1	M10 X 60mm Bolt	2
2	Retainer	2
3	Stability Leg	1
4	S180P Upright Assembly	1
5	1/4" Spacer	2
6	Socket Nut	2

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

Suspension Chin

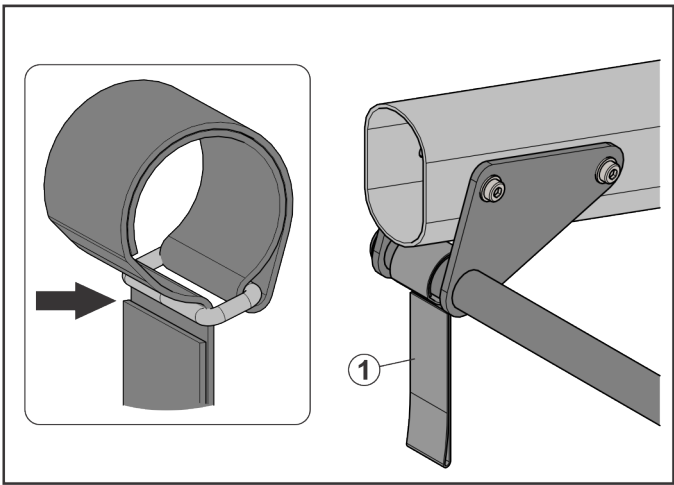
Install Suspension Chin:

1. Loosely install Suspension Chin and hardware.



Item	Description	Qty.
1	Upright	2
2	Socket Nut	4
3	Suspension Chin	1
4	Chin End Plate/Suspension Anchor (left and right)	1
5	Retainer	4
6	M10 X 80mm Screw	4

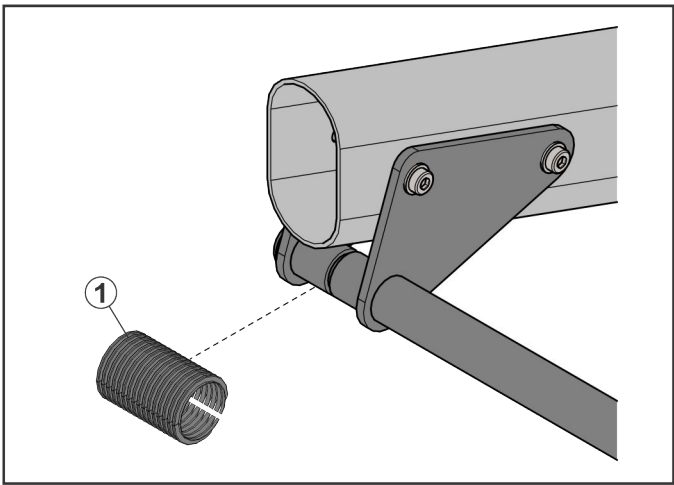
2. Chin End Plate/Suspension Anchor on the left or right side:
Ensure tab is orientated as shown below.



Item	Description	Qty.
1	Suspension Anchor	1

NOTE: Suspension training strap hang from Suspension Anchor.

3. Install Chin Option Cover on the left or right side:

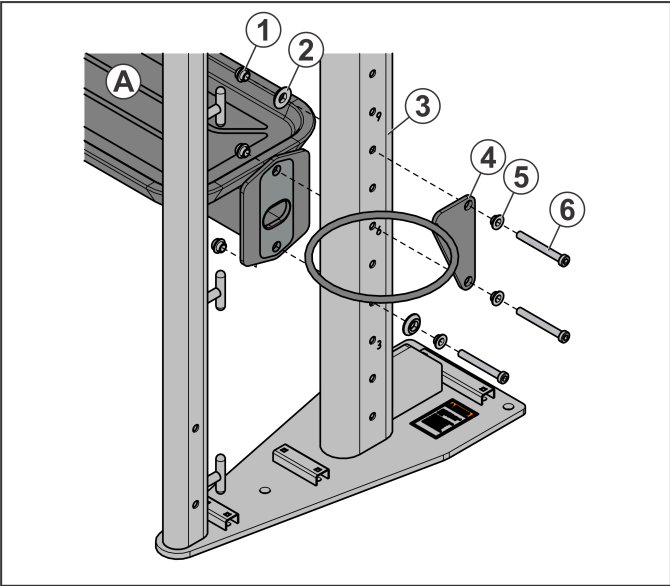


Item	Description	Qty.
1	Chin Option Cover	1

Lower Shelf

Install Shelf Option (Accessory or Dual Rail) and Foam Roller/Mat Storage:

Loosely install Shelf A, Foam Roller/Mat Storage and hardware, using holes 8, 6 and 4 (holes 8, 7 and 5 for Dual Rail).



Item	Description	Qty.
A	Lower Shelf A (Accessory Shelf or Dual Rail Shelf, not shown)	1
1	Socket Nut	6
2	1/4" Spacer	4
3	Upright	2
4	Foam Roller/Mat Storage	2
5	Retainer	6
6	M10 X 80mm Screw	6

Middle Shelves

Install Shelf Options (Accessory or Dual Rail):

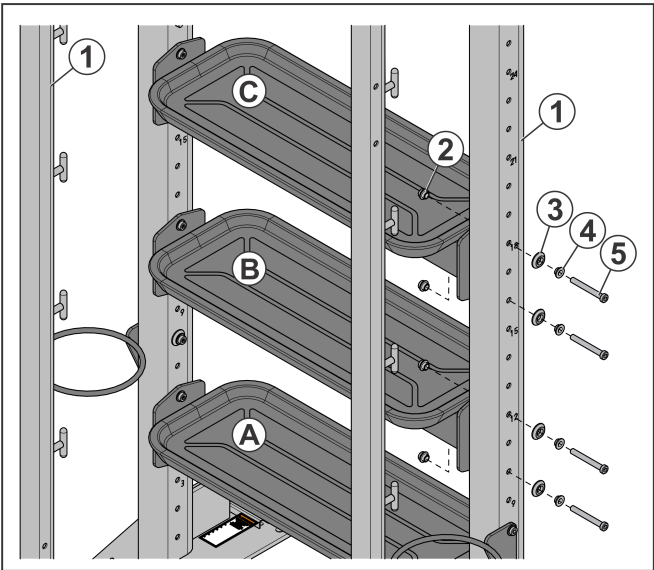
With Digital Coach Mounting Shelf:

- Loosely install Shelf B and C using holes 13 and 11 for Shelf B (holes 13 and 12 for Dual Rail), and holes 20 and 18 for Shelf C (holes 20 and 19 for Dual Rail).

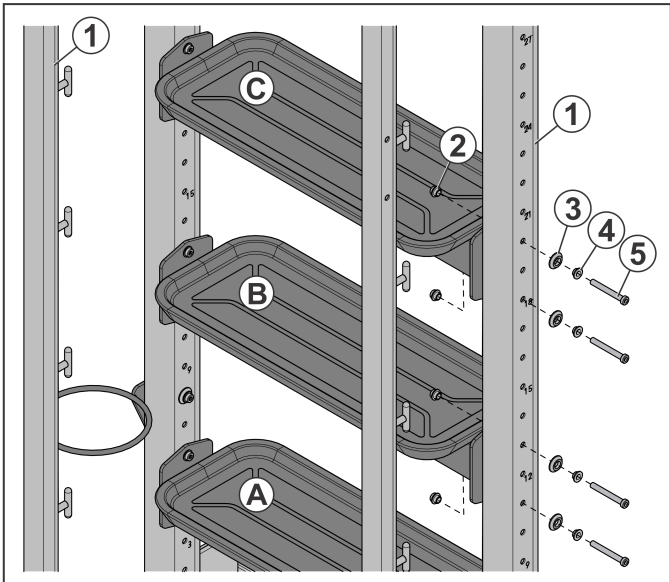
Without Digital Coach Mounting Shelf:

- Loosely install Shelf B and C using holes 13 and 11 for Shelf B (holes 13 and 12 for Dual Rail), and holes 20 and 18 for Shelf C (holes 20 and 19 for Dual Rail).

Shown with Digital Coach Mounting Shelf:



Shown without Digital Coach Mounting Shelf:



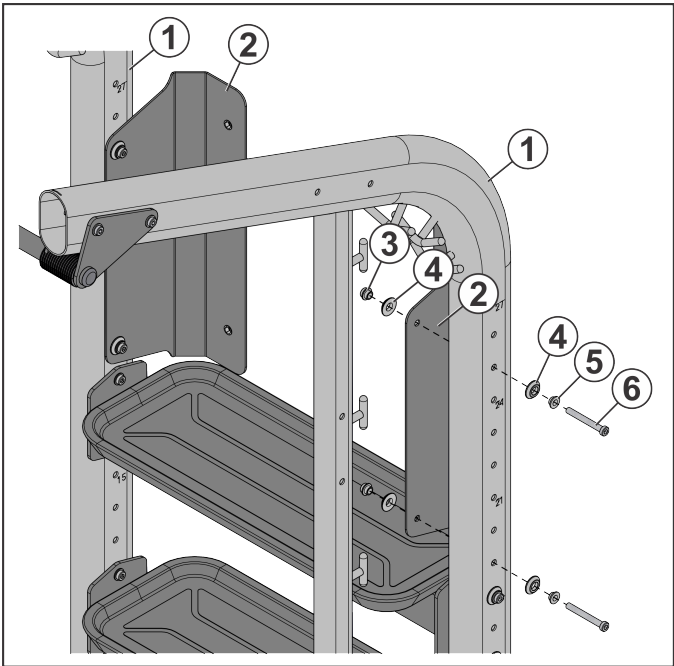
Item	Description	Qty.
B	Middle Shelf B (Accessory Shelf or Dual Rail Shelf, not shown)	1
C	Middle Shelf C (Accessory Shelf or Dual Rail Shelf, not shown)	1

Item	Description	Qty.
1	Upright	2
2	Socket Nut	8
3	1/4" Spacer	8
4	Retainer	8
5	M10 X 80mm Screw	8

Digital Coach Mounting Shelf

Install Digital Coach Mounting Shelf Option, if equipped:

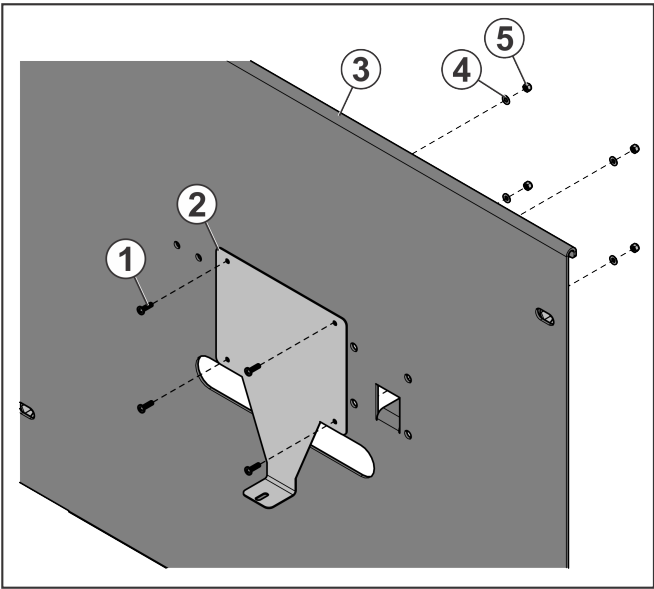
1. Loosely install Digital Coach Brackets and hardware, using holes 25 and 19 (use holes 24 and 18 if an Accessory Shelf is to be used above Digital Coach).



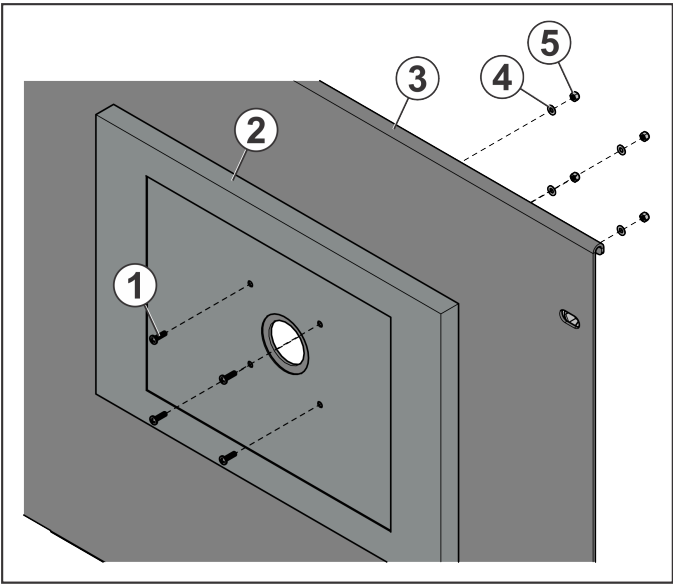
Item	Description	Qty.
1	Upright	2
2	Media Bracket	2
3	Socket Nut	4
4	1/4" Spacer	8
5	Retainer	4
6	M10 X 80mm Screw	4

2. Install Bracket for Monitor or iPad® (not supplied) to the Media Mount.

For Monitor use:



For iPad® use:

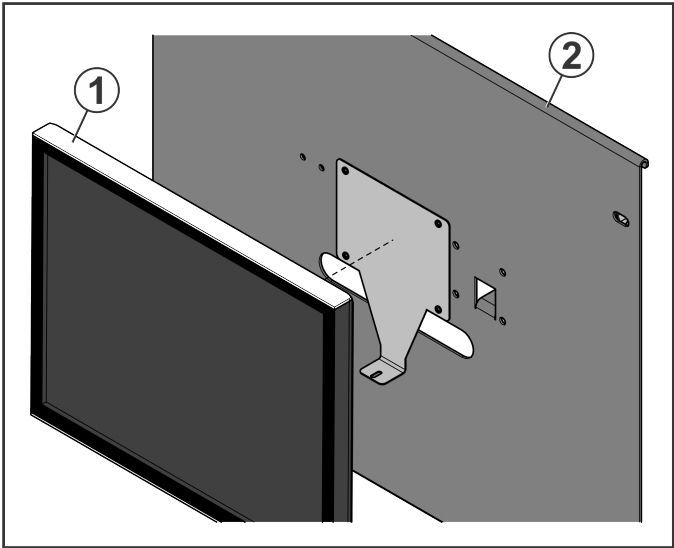


NOTE: Tighten hardware to 30-39 IN-LBS. (3.9-4.4 Nm)

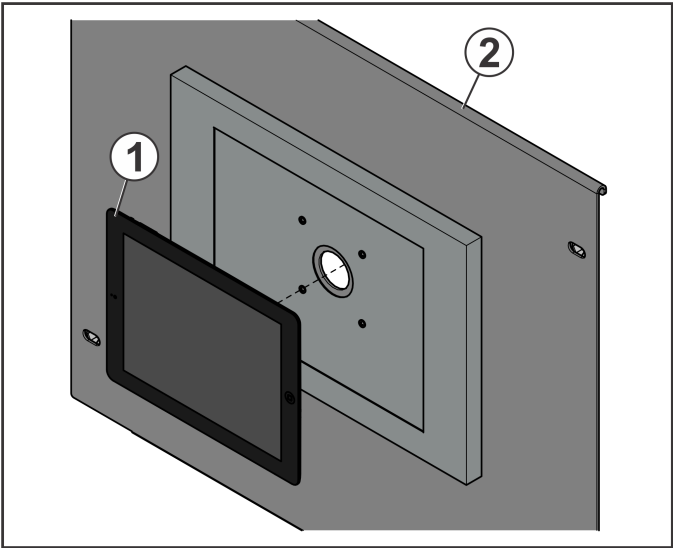
Item	Description	Qty.
1	M3.5 X 12 Phillips Screw	4
2	Bracket (not supplied)	1
3	Media Mount	1
4	M3.5 Washer	4
5	M3.5 Nut	4

3. Mount Monitor or iPad® (not supplied) to the Bracket/Media Mount.

For Monitor use:



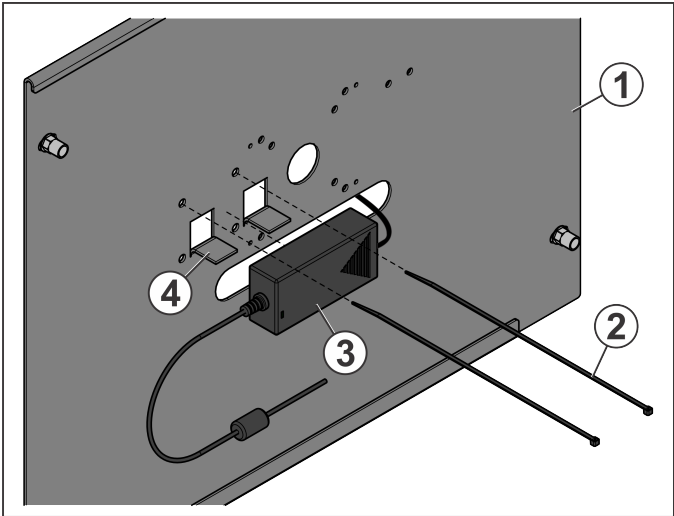
For iPad® use:



NOTE: Refer to Bracket instructions for installation details.

Item	Description	Qty.
1	Monitor/iPad® (not supplied)	1
2	Bracket/Media Mount	1

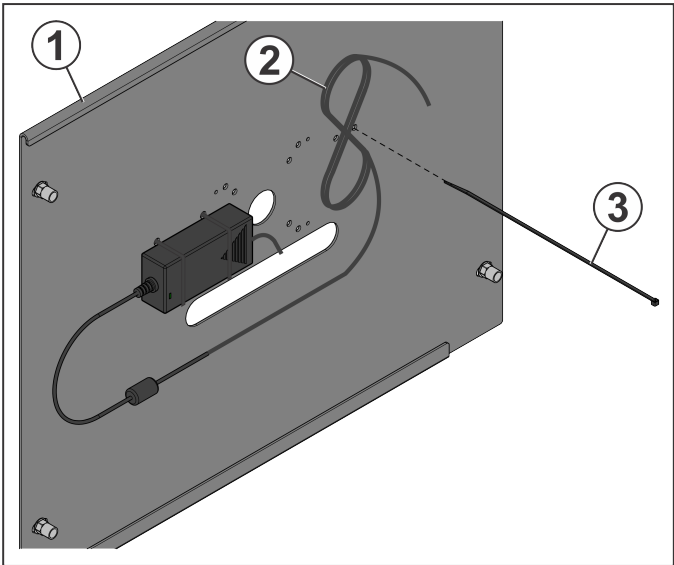
4. For Monitor use: Fasten Electrical Power Block (not supplied) to Media Mount Tabs



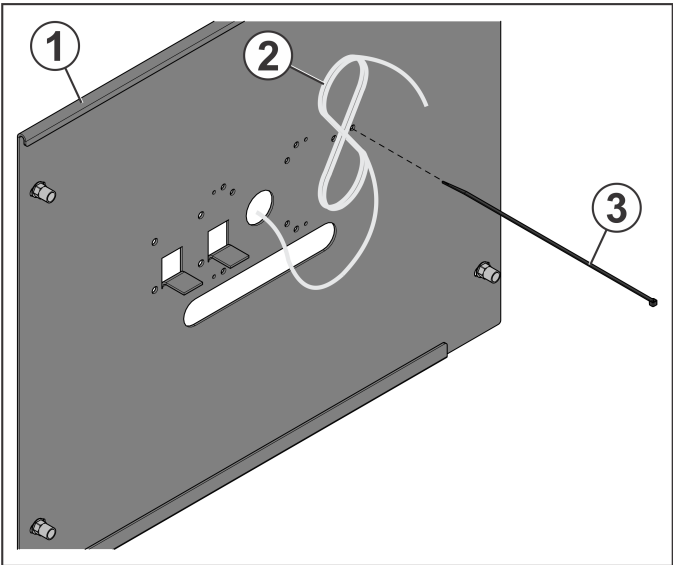
Item	Description	Qty.
1	Media Mount	1
2	Tie Wrap	2
3	Electrical Power Block (not supplied)	1
4	Media Mount Tab	2

5. Fasten Electrical Cord to Media Mount.

For Monitor use:



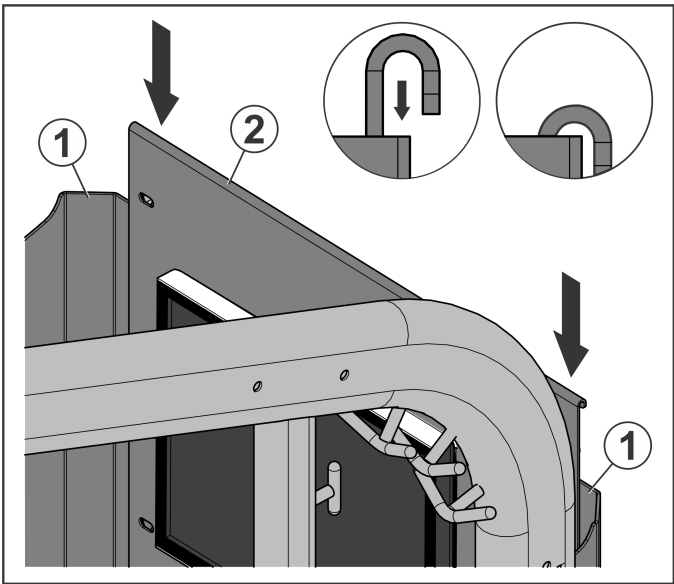
For iPad® use:



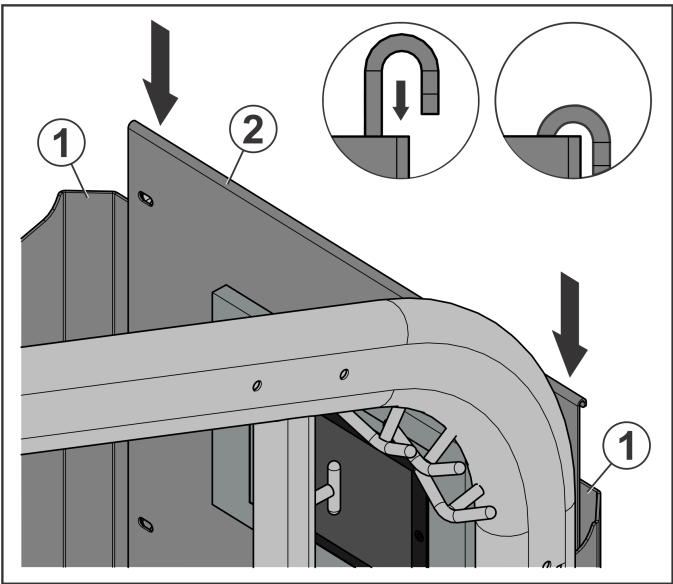
Item	Description	Qty.
1	Media Mount	1
2	Electrical Cord (not supplied)	1
3	Tie Wrap	1

6. Slide Media Mount onto Media Center Brackets

For Monitor use:



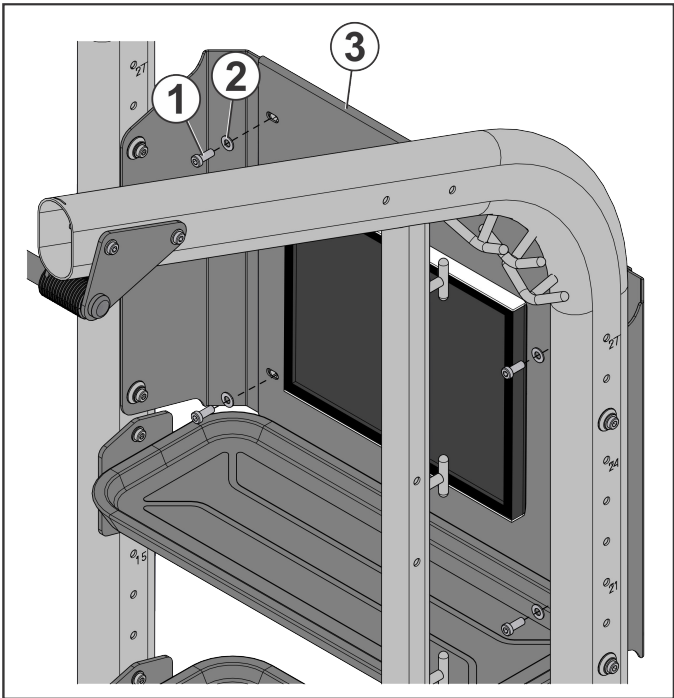
For iPad® use:



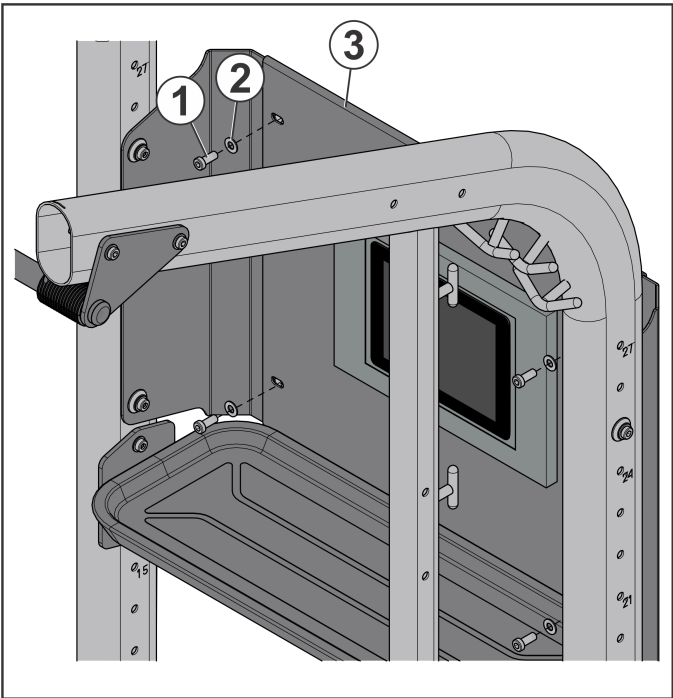
Item	Description	Qty.
1	Media Center Bracket	1
2	Media Mount	1

7. Loosely install hardware, affixing the Media Mount.

For Monitor use:



For iPad® use:



Item	Description	Qty.
1	M10 X 1.5 X 25 Screw	4
2	3/8 Washer	4
3	Media Mount	1

iPad® is a registered trademark of Apple Inc.

Top Shelf

Install Shelf Options (Accessory or Dual Rail):

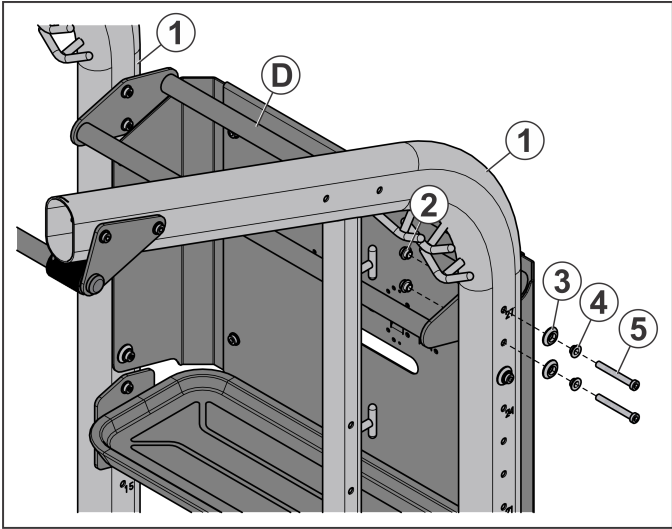
With Digital Coach Mounting Shelf:

- Loosely install Shelf D and hardware, using holes 27 and 26 (holes 28 and 26 for Accessory Shelf).

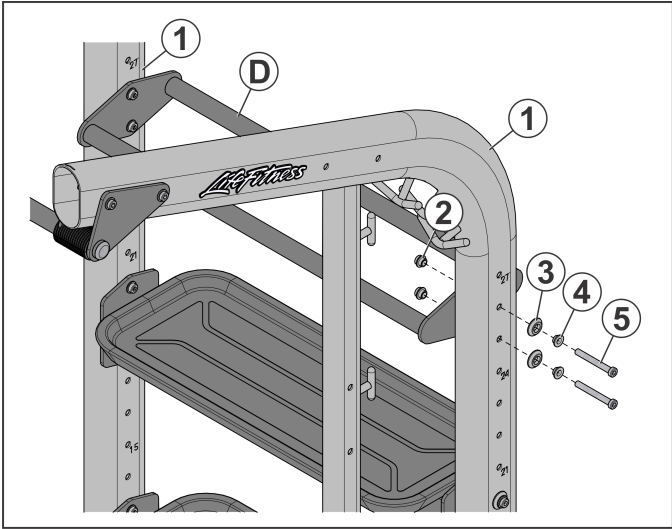
Without Digital Coach Mounting Shelf:

- Loosely install Shelf D and hardware, using holes 26 and 25 (holes 27 and 25 for Accessory Shelf).

Shown with Digital Coach Mounting Shelf:



Shown without Digital Coach Mounting Shelf:



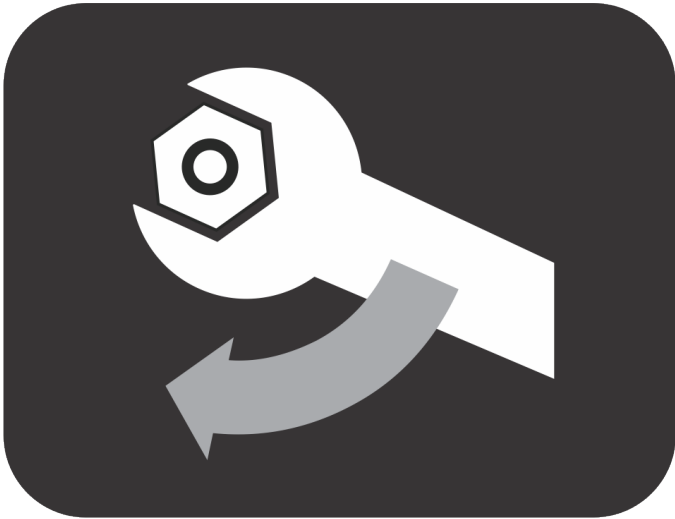
NOTE: Tighten hardware to 30-39 IN-LBS. (3.9-4.4 Nm)

Item	Description	Qty.
D	Top Shelf D (Accessory Shelf or Dual Rail Shelf, not shown)	1
1	Upright	2
2	Socket Nut	4
3	1/4" Spacer	4
4	Retainer	4
5	M10 X 80mm Screw	4

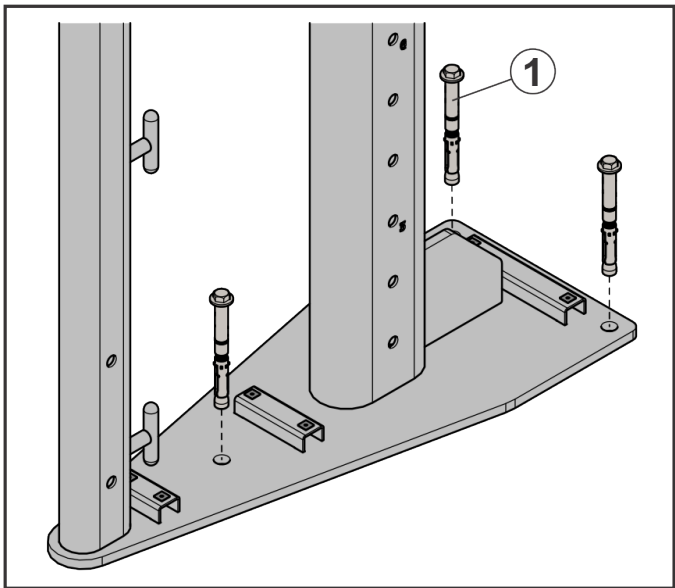
Final Assembly (Digital Coach and Storage)

Follow these steps to complete assembly.

- 1. Tighten all loosely assembled hardware:
Torque hardware to 18-20 FT-LBS (24.4-27.1 Nm).



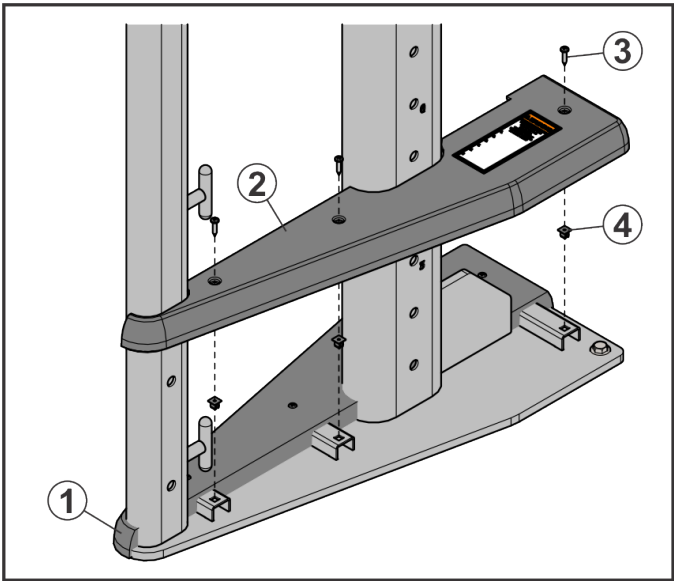
- 2. If using the Freestanding System (AFS), move to Step 4.
- 3. Anchor unit to floor:
Refer to [Bolt to Floor Guide](#) in this manual for further details.



Item	Description	Qty.
1	Floor Anchor	3

NOTE: Each upright foot requires 3 Floor Anchors.

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

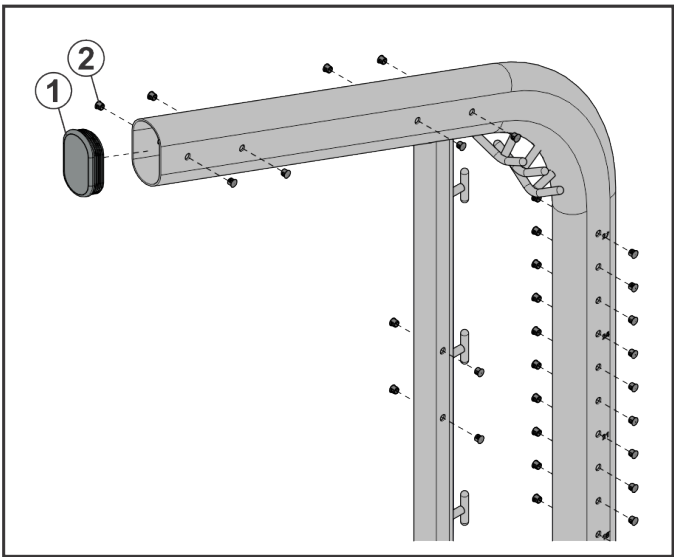


Item	Description	Qty.
1	Left Foot Cover	1
2	Right Foot Cover	1
3	8 X 3/4" Screw	6
4	Grommet	6

NOTE: Left Foot Cover must be installed first.

NOTE: Tighten hardware to 30-39 IN-LBS. (3.9-4.4 Nm).

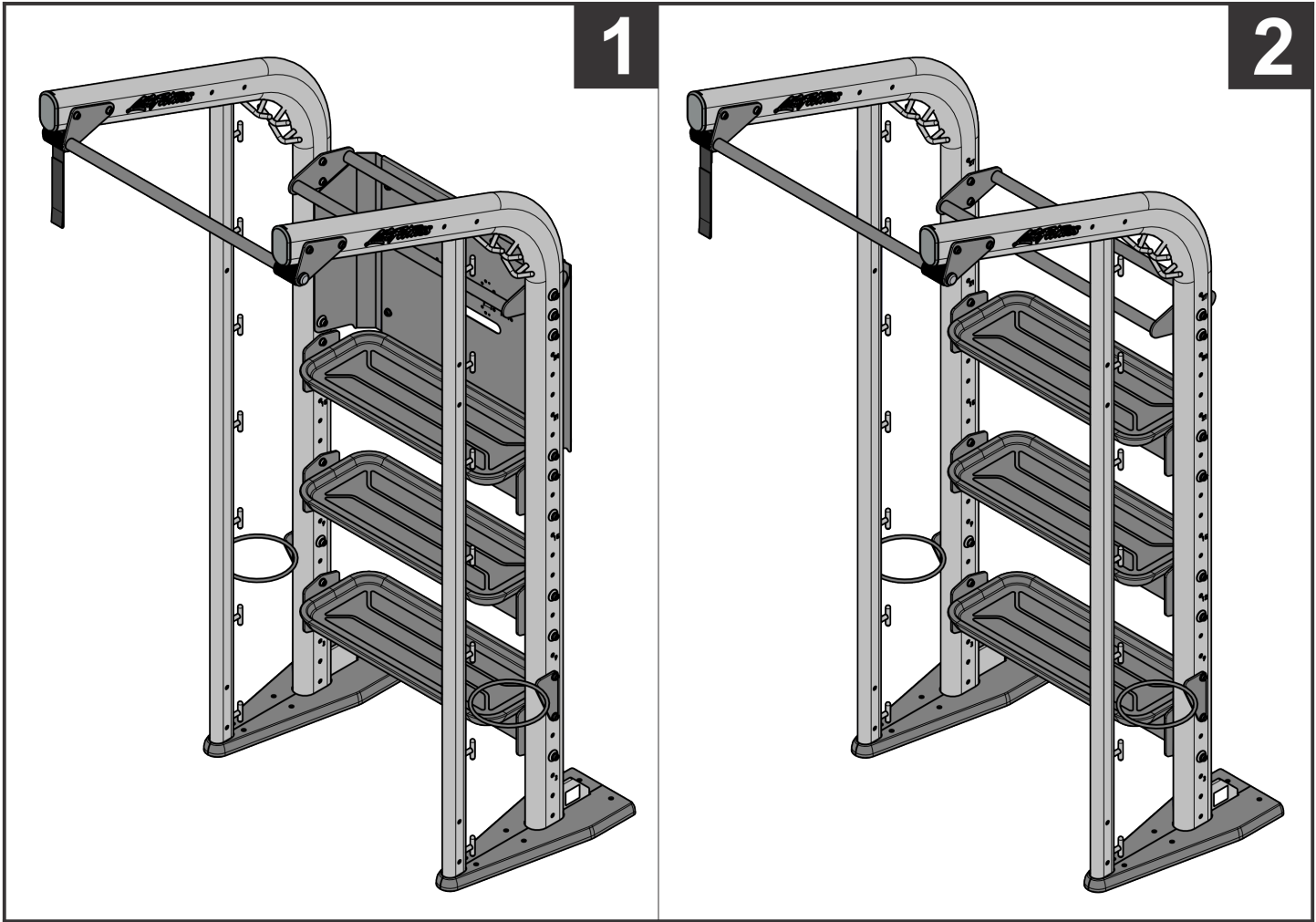
5. Attach End Caps and Hole Plugs (where applicable):
Fill all holes with End Caps and Hole Plugs; tap flush into frame.



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

4. Variations

S180P Example Packages

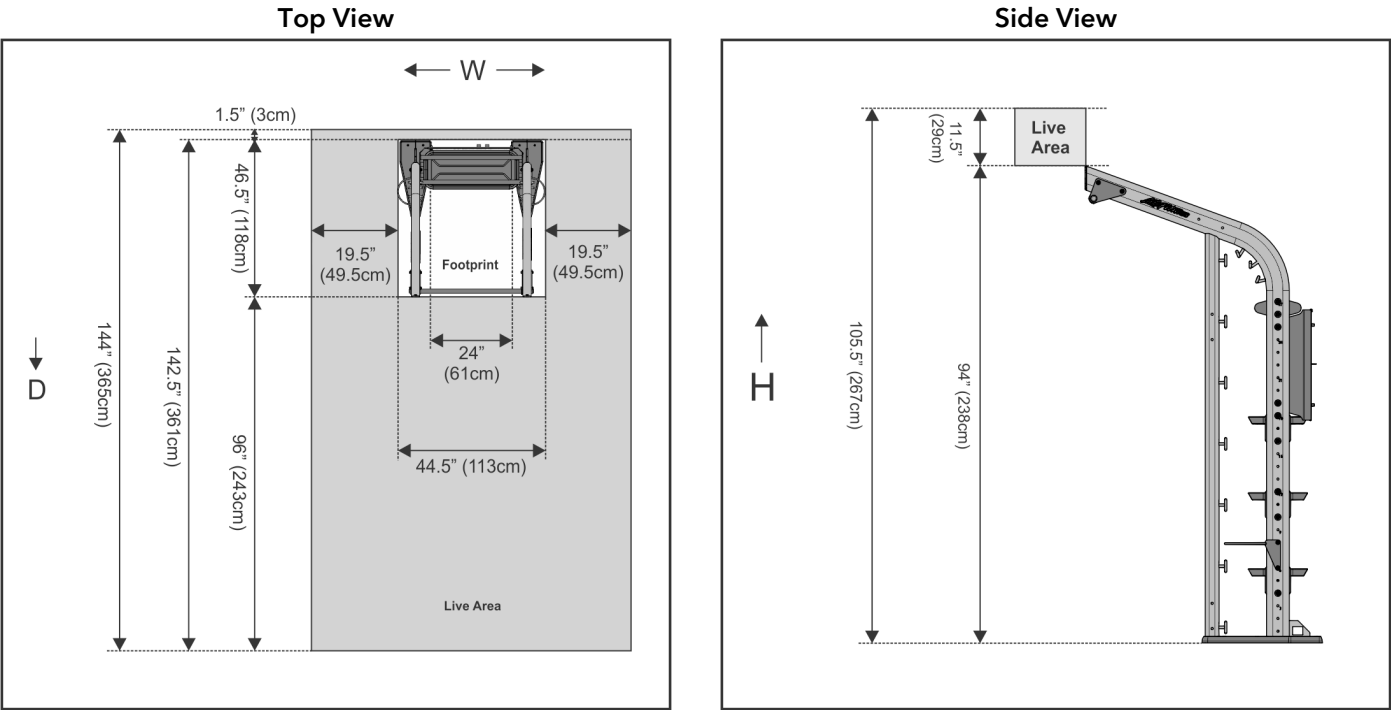


Item	Description
1	S180P Digital Coach
2	S180P Storage

Each package comes standard with the options shown in the respective images.

5. Product Information

Footprint and Live Area (S180P)

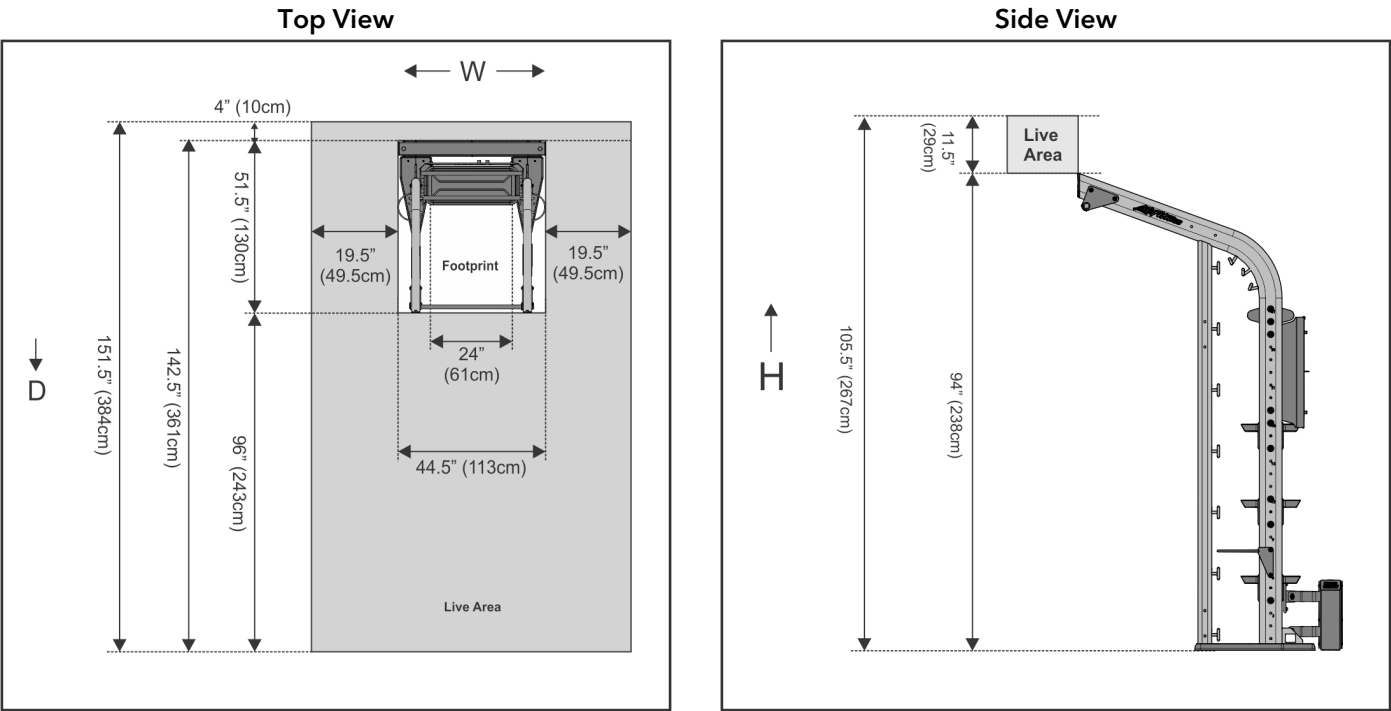


Component	Weight	Load Rating	Footprint (DxWxH)	Live Area (DxWxH)
S180P	185 lbs	n/a	46.5" x 44.5" x 94"	12' x 83.5" x 105.5"
	89.3 kg	n/a	118cm x 113cm x 239cm	366cm x 212cm x 268.5cm
Accessory Shelf	41.5 lbs	135 lbs	n/a	n/a
	18.8 kg	61.2 kg	n/a	n/a
Dual Rail Shelf	12 lbs	120 lbs	n/a	n/a
	5.4 kg	54.4 kg	n/a	n/a
Digital Coach Mounting Shelf	37 lbs	n/a	n/a	n/a
	16.8 kg	n/a	n/a	n/a

NOTE: S180P weight includes two uprights, foam roller/mat storage and suspension chin.

NOTE: Reduce footprint width by 1.5" (4cm) when removing foam roller/mat storage rings.

Footprint and Live Area (S180P-AFS)



Component	Weight	Load Rating	Footprint (DxWxH)	Live Area (DxWxH)
S180P + S180P-AFS	647 lbs	n/a	51.5" x 44.5" x 94"	151.5" x 83.5" x 105.5"
	293 kg	n/a	130cm x 113cm x 236cm	384cm x 212cm x 267cm
Accessory Shelf	41.5 lbs	135 lbs	n/a	n/a
	18.8 kg	61.2 kg	n/a	n/a
Dual Rail Shelf	12 lbs	120 lbs	n/a	n/a
	5.4 kg	54.4 kg	n/a	n/a
Digital Coach Mounting Shelf	37 lbs	n/a	n/a	n/a
	16.8 kg	n/a	n/a	n/a

NOTE: S180P weight includes two uprights, foam roller/mat storage and suspension chin.

NOTE: S180P-AFS includes loaded AFS ballast and stability legs.

NOTE: Reduce footprint width by 1.5" (4cm) when removing foam roller/mat storage rings.

6. 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.

7. 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

8. 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. S180P 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.

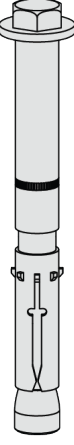
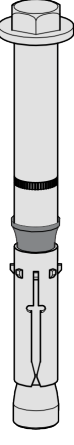
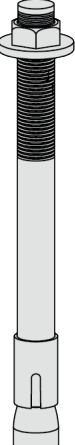
- *Life Fitness* does not have that level of specification or engineering input for competitive product.
- *Life Fitness* installation teams are not permitted to anchor competitor equipment.

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-3	HSL4	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

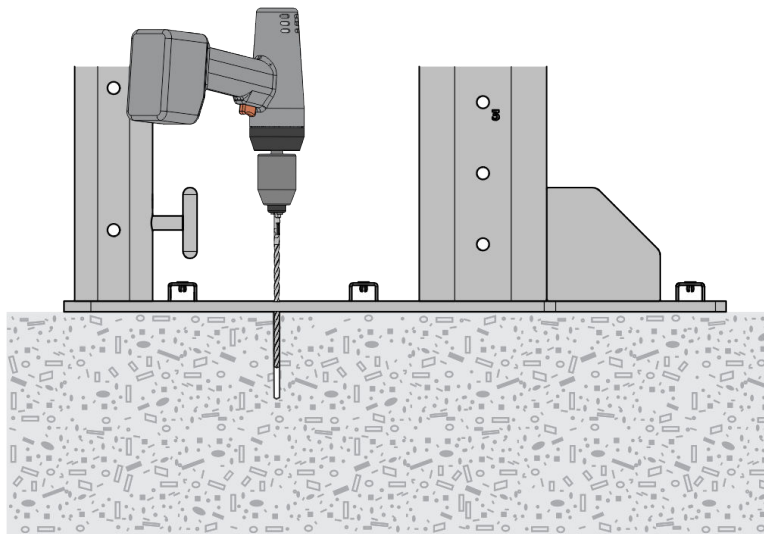
 **WARNING:** Adhere to manufacturer's equipment warnings and guidelines. Follow manufacturer's instructions for proper usage.

Dynamic Anchor

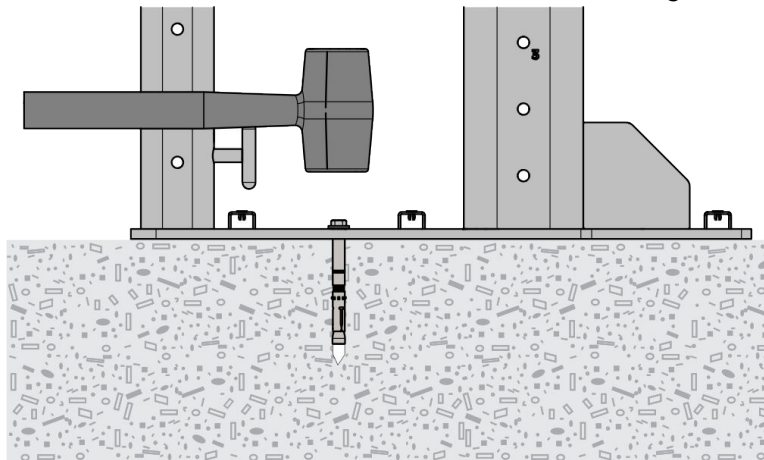
- Floor scanner / rebar detector (optional)
- 1" L-shape SDS rotary hammer
- 12mm x 305mm carbide drill bit
- Blackhawk™ by Proto™ 3/8" ratcheting micrometer adj. torque wrench (34870- A)
- Rubber mallet/dead blow hammer
- Safety glasses
- Extension cord
- Vacuum (for debris)

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.

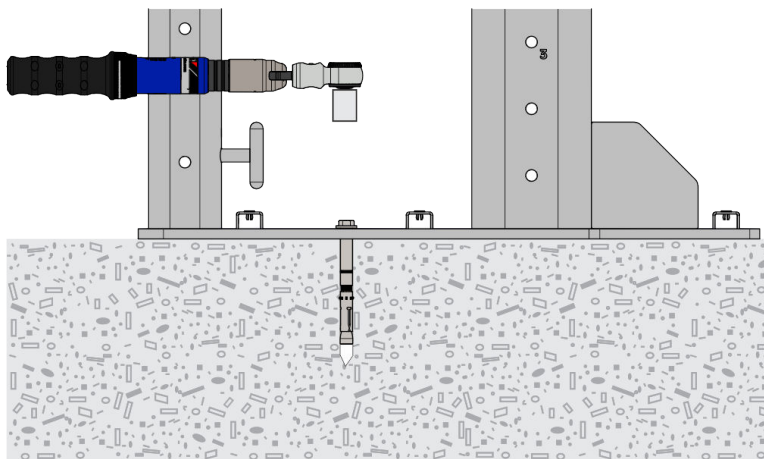


3. Clear out the debris from hole, insert fastener and hammer into hole until flush against frame plate.



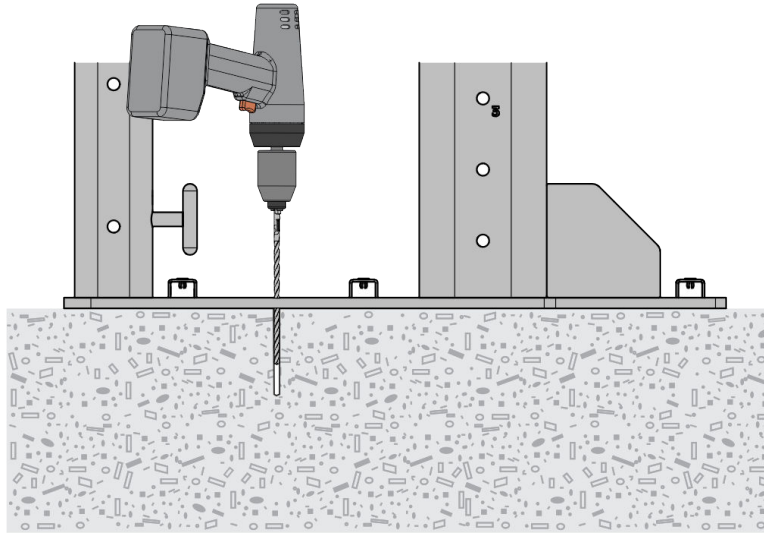
4. Tighten to 18 Foot-Pounds (24Nm).

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.

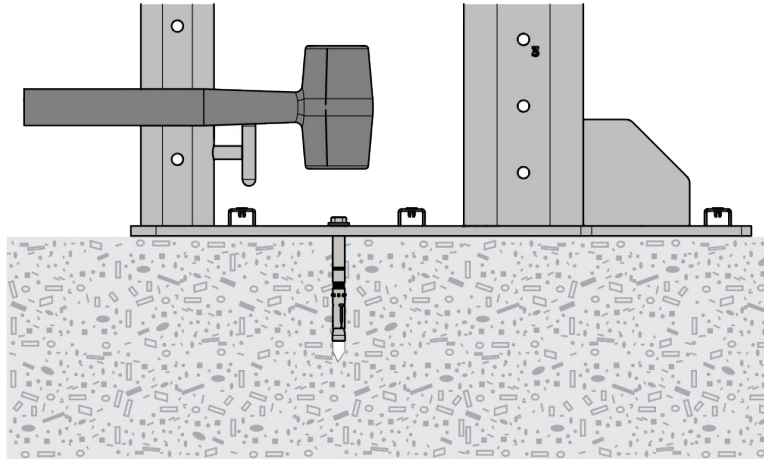


Dynamic HST Safety Stud Anchor Procedure

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.

