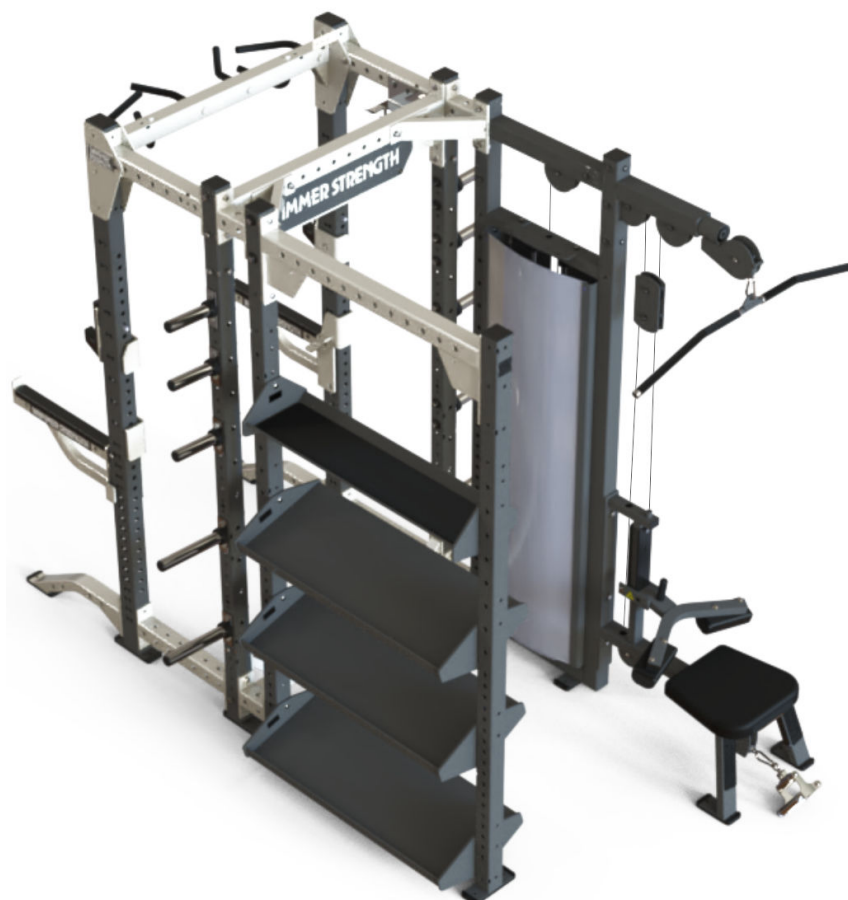


Heavy Duty Cable Systems Owner's Manual/Assembly Instructions

HDU-ADAT, HDU-ADCC, HDU-ADDPR, HDU-ADPSF, HDU-ATWR,
HDU-CCM, HDU-CCOR, HDU-DPR, HDU-FSS4, HDU-FSS6,
HDU-FSS-SF, HDU-PCOR, HDU-PSF



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marketing.hk.asia@lifefitness.com

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

User and Service Documents Link

<https://lfn.fit/KnowledgeBase>

<https://lfn.fit/SupportDocuments>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

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

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

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

Дополнительная информация доступна в интернете по ссылке, указанной выше.

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

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

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

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

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

ከላይ የተቀመጠውን አገናኝ(ሊንክ) በመጠቀም መረጃዎች አገላይን ያገኛሉ፡፡

Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

Wubetumi anya nsem afoforo 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.

További információ elérhető online, a fenti hivatkozás segítségével.

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

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

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

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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1. Safety

Safety Information

It is the sole responsibility of the purchaser of Life Fitness products to read the owner's manual and warning labels and instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT Life Fitness CUSTOMER SERVICE IMMEDIATELY AT 1-800-351-3737.

This equipment is categorized as class S per EN ISO 20957-1. As such this equipment is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact Life Fitness with any questions regarding this classification.

It is recommended that all users of Life Fitness exercise equipment be informed of the following information prior to use.

Operating Warnings



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

- Life Fitness does not warrant nor guarantee that component parts used in the manufacture of products offered under the Life Fitness are latex-free. Users of these products must take all necessary precautions to prevent accidental contact that could lead to an adverse latex reaction.
- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.

Access Control

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

Installation

- Life Fitness 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.
- Life Fitness requires that all Athletic Racks be secured to the floor when used with body weight strap training devices to stabilize and eliminate rocking or tripping over. If necessary, please contact [Customer Support Services](#) for any questions.

Proper Usage

- Do not use any equipment in any way other than as designed or intended by the manufacturer. It is imperative that Life Fitness equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.

Inspection

- Before use, examine all accessories approved for use with the Life Fitness equipment for damage or wear.
- DO NOT attempt to use or repair any accessory approved for use with the equipment which appears to be damaged or worn.
- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all Life Fitness equipment, use only replacement parts supplied by Life Fitness.
- Maintain labels, name plates and instructional placards. Do not remove labels or instructional placards for any reason. They contain important information. Contact Customer Support to replace any worn, damaged, or unreadable labels or instructional placards and to ensure that you are always using the latest version of labels and instructional placards.

- Equipment Maintenance - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Life Fitness will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

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 representative with any questions regarding proper weights and loading.

Selectorized

- Use only weight selector pins supplied by seller on weight stacks. Substitutes are forbidden.
- Fully insert weight selector pins. Partial insertion can cause weights to fall unexpectedly.
- Never pin the weight stack in an elevated position.
- Never remove selector pin if any weights are suspended.
- Never attempt to release jammed weights or parts.
- Never use dumbbells, weight plates or any means, beyond the product itself, to incrementally increase the weight resistance.

Warnings and Cautions

- Warning labels indicate a potentially hazardous situation that could result in serious injury or death if the precautions are not observed.
- Caution labels indicate a potentially hazardous situation that could result in serious injury or damage to machine if the precautions are not observed.
- Contact [Customer Support Services](#) to replace any worn, damaged, or unreadable labels and to ensure that you are always using the latest version of labels.

Product Labels

General Warning

⚠ WARNING

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

- Before using, read all the warnings and obtain instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
- Obtain a medical exam before beginning any exercise program.
- Keep body, hair, and clothing free of all moving objects.
- 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.
- Children must not be allowed near this machine. Supervise teenagers.
- **DO NOT** exceed the load rating. Seek Assistance.
- Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
- **REQUIRED** Bolt to floor if training with bands or using suspension training devices.
- **ALWAYS** use bar catches or have a spotter when performing lifts.
- **DO NOT** offset flexible bar catches more than three hole positions.
- **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

1020225-0001

Serial Number

HAMMER STRENGTH

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

Bijldorplan 25-31
2992 LB Barendrecht
The Netherlands
+31 0 180 648 666

CAGE:
003475
Class: S

Model:
XXX

Max User Wt: XX lbs XXXkgs
Max Training Wt: XX lbs XXXkgs
Max Storage Wt: XX lbs XXXkgs
SN: XXXXXXXXXXXX

Manufactured in the USA with US and Foreign parts

FCC Compliant

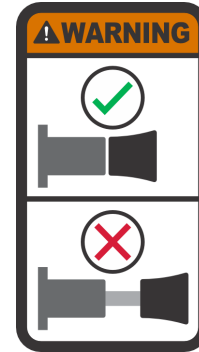
EN ISO 20957
TSCA Title VI Compliant

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

Carriage Adjust



Pull Pin Engagement



Bar Catch Warning



Maximum Capacity 680 lbs



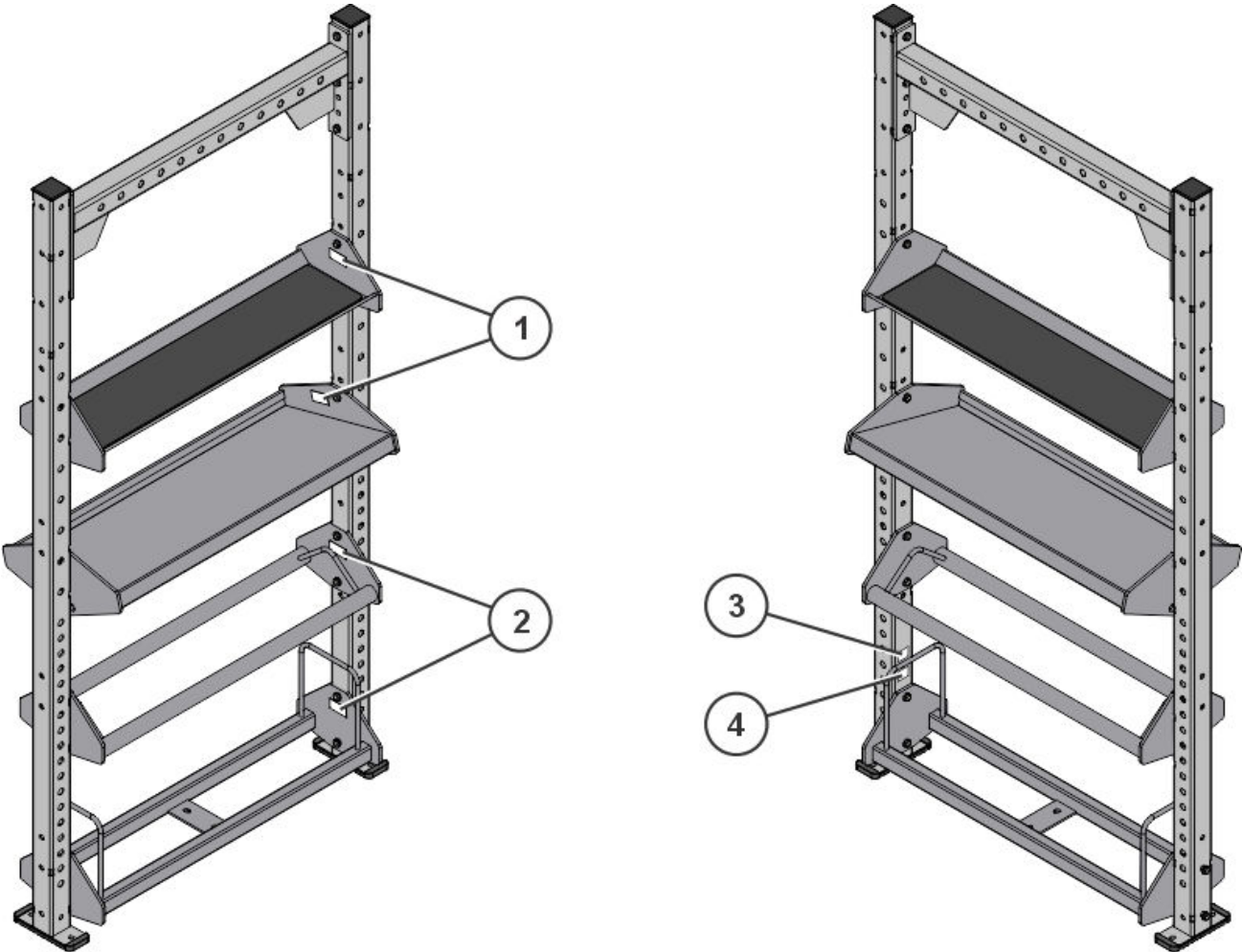
Maximum Capacity 1485 lbs



Bar Catch Height

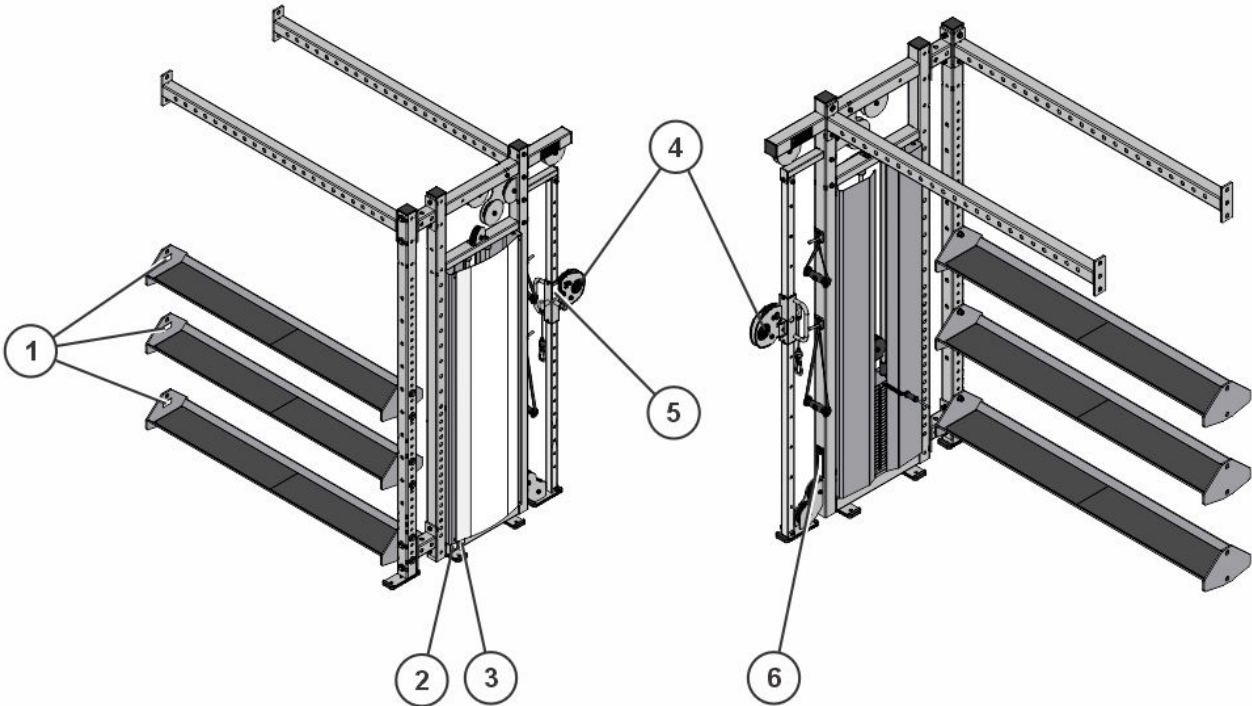


Label Locations
Accessory Tower (HDU-ADAT, HDU-ATWR)



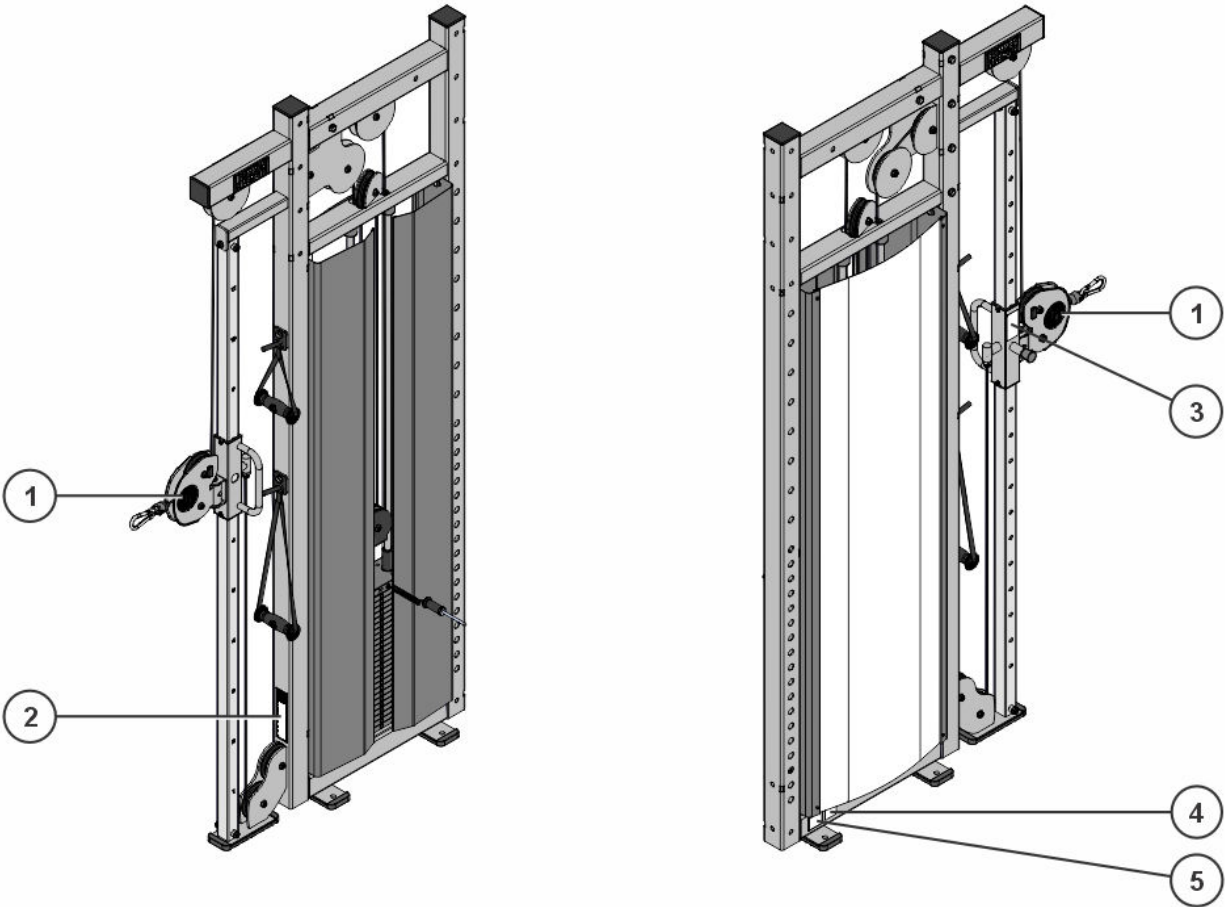
Item	Description	Qty.
1	Maximum Capacity 680 lbs (310 kg)	1
2	Maximum Capacity 1485 lbs (675 kg)	1
3	FCC Compliant	1
4	Serial Number	1

ADD (HDU-ADAT, HDU-ADCC (shown), HDU-ADDP, HDU-ADPSF)



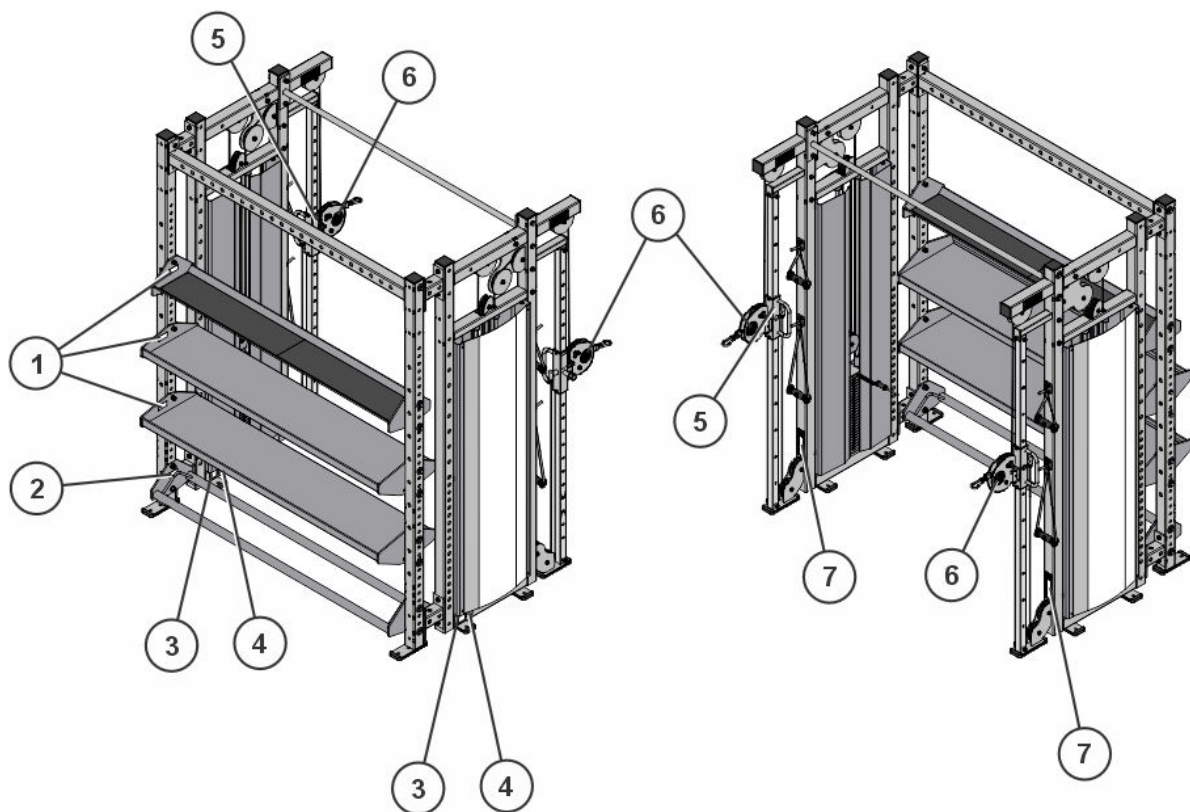
Item	Description	Qty.
1	Maximum Capacity 680 lbs (310 kg)	3
2	Serial Number	1
3	FCC Compliant	1
4	Carriage Adjust	2
5	Pull Pin Engagement	1
6	General Warning	1

Cable Column (HDU-ADCC, HDU-CCM (shown), HDU-CCOR)



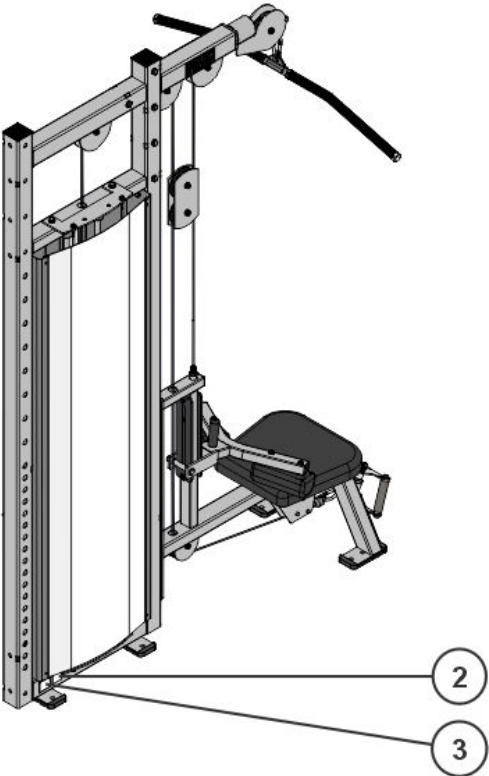
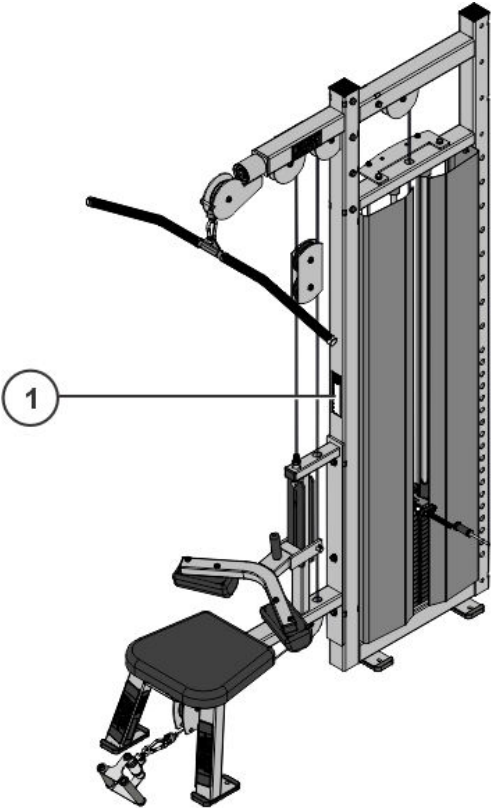
Item	Description	Qty.
1	Carriage Adjust	2
2	General Warning	1
3	Pull Pin Engagement	1
4	FCC Compliant	1
5	Serial Number	1

CORE (HDU-CCOR (shown), HDU-PCOR)



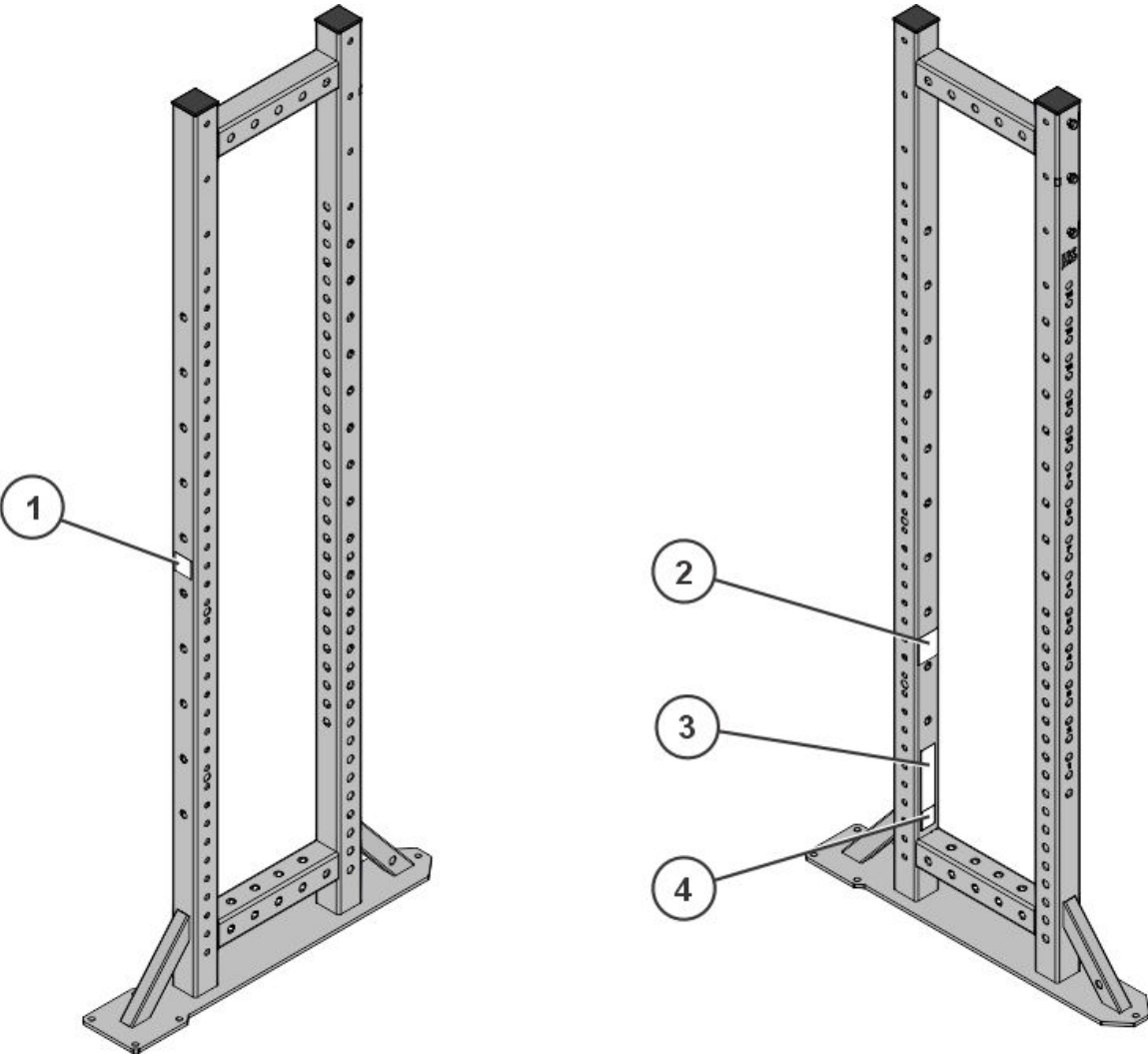
Item	Description	Qty.
1	Maximum Capacity 680 lbs (310 kg)	3
2	Maximum Capacity 1485 lbs (675 kg)	1
3	Serial Number	2
4	FCC Compliant	2
5	Pull Pin Engagement	2
6	Carriage Adjust	4
7	General Warning	2

Dual Pulldown-Row (HDU-ADDPR, HDU-DPR)



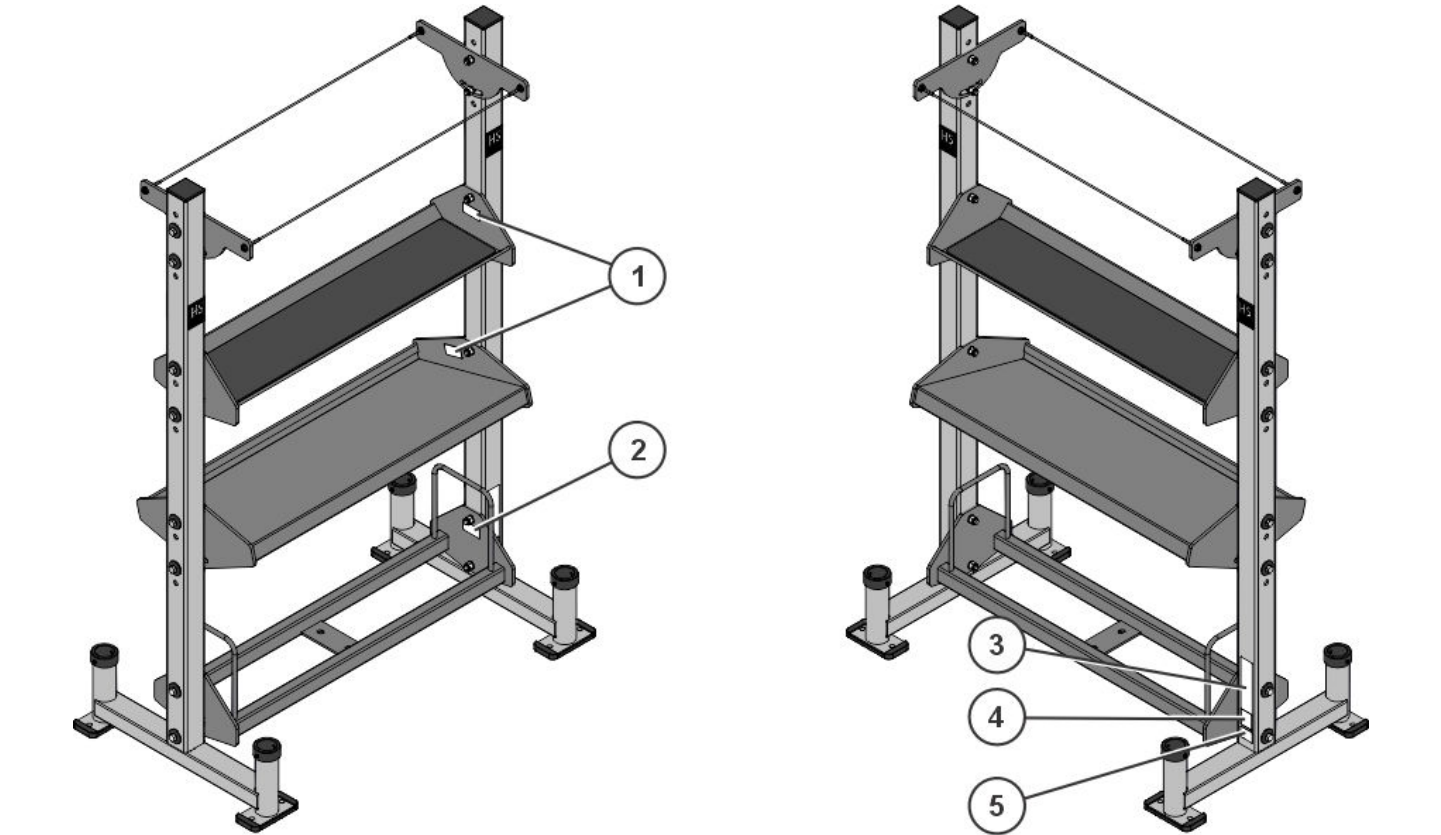
Item	Description	Qty.
1	General Warning	1
2	FCC Compliant	1
3	Serial Number	1

Perimeter Side Frame (HDU-PCOR, HDU-PSF)



Item	Description	Qty.
1	Bar Catch Warning	1
2	Bar Catch Height	1
3	General Warning	1
4	Serial Number	1

Storage Rack (HDU-FSS4 (shown), HDU-FSS6, HDU-FSS-SF)

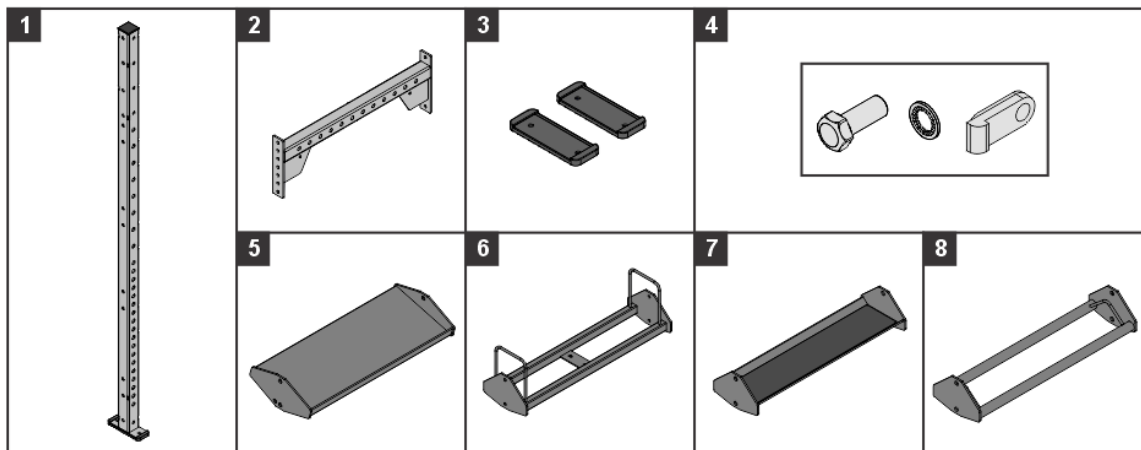


Item	Description	Qty.
1	Maximum Capacity 680 lbs (310 kg)	1
2	Maximum Capacity 1485 lbs (675 kg)	1
3	General Warning	1
4	FCC Compliant	1
5	Serial Number	1

2. Assembly

Component and Hardware List

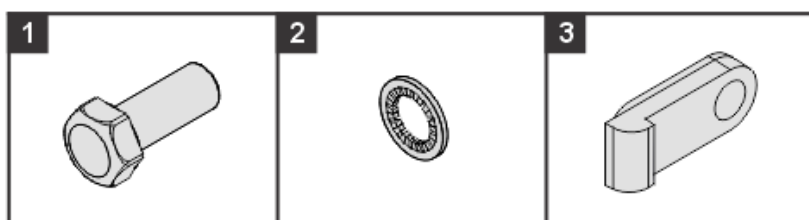
HDU-ATWR Components



Item	Description	Qty.
1	Upright Assembly (8 ft)	2
2	Crossmember (42 in)	1
3	Foot Slipper	2
4	Hardware Kit - HDU 1	22
5	Optional Dumbbell Storage (42 in)	1
6	Optional Dual Rail Storage (42 in)	1
7	Optional Accessory Storage (42 in)	1
8	Optional 2-Pipe Storage (42 in)	1

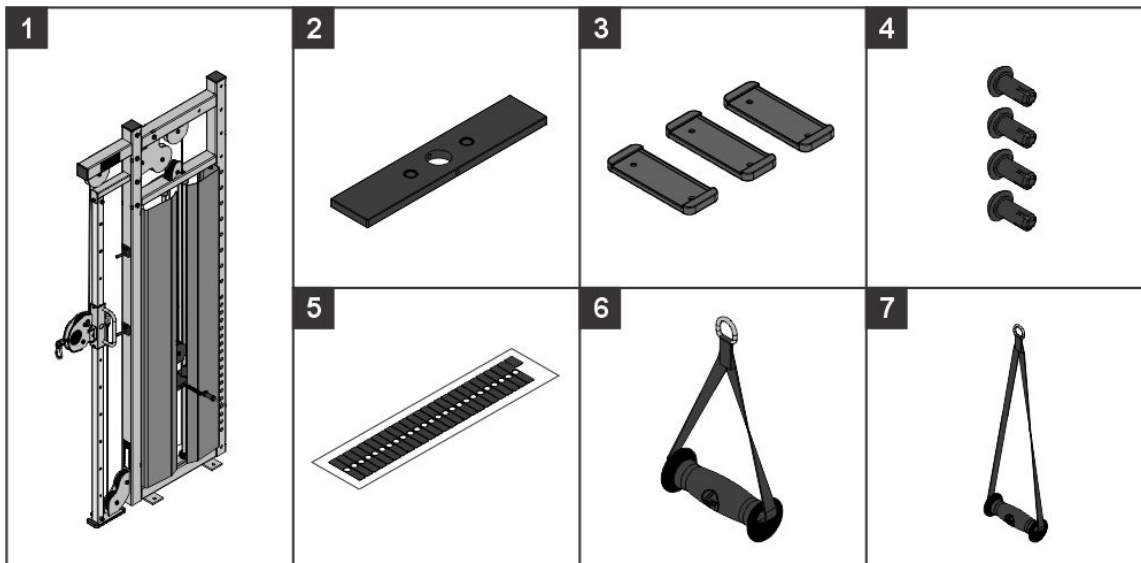
NOTE: Uprights also available in 9 foot heights

HDU-ATWR Hardware List



Item	Description	Qty.
1	Screw, 1/2-13 X 1.25	22
2	1/2 in Star Washer	22
3	Nut Rectangular Tubing 11ga 3 in	22

HDU-CCM Components



Item	Description	Qty.
1	Tower Assembly (8 ft)	1
2	15lb (6.8kg) Weight Plate	25
3	Foot Slipper	3
4	Hardware Kit	1
5	Weight Stack Label (lb or kg)	1
6	Short Handle Assembly	1
7	Long Handle Assembly	1

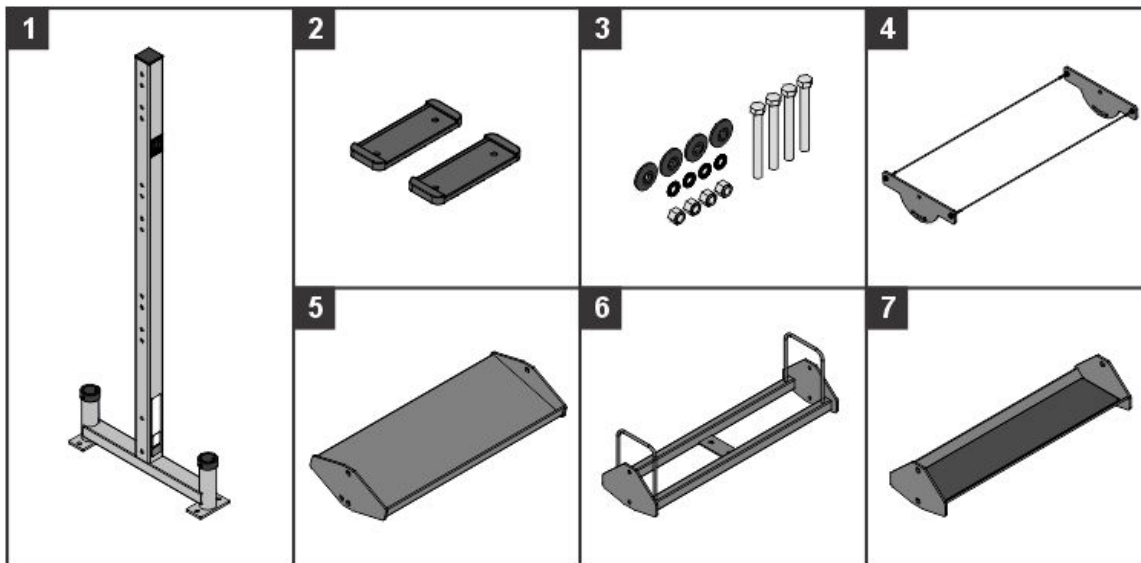
NOTE: Tower assembly also available in 9 foot heights

HDU-CCM Hardware List



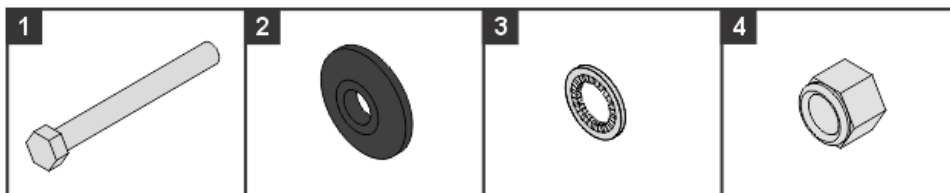
Item	Description	Qty.
1	Shield Rivet	4

HDU-FSS4 Components



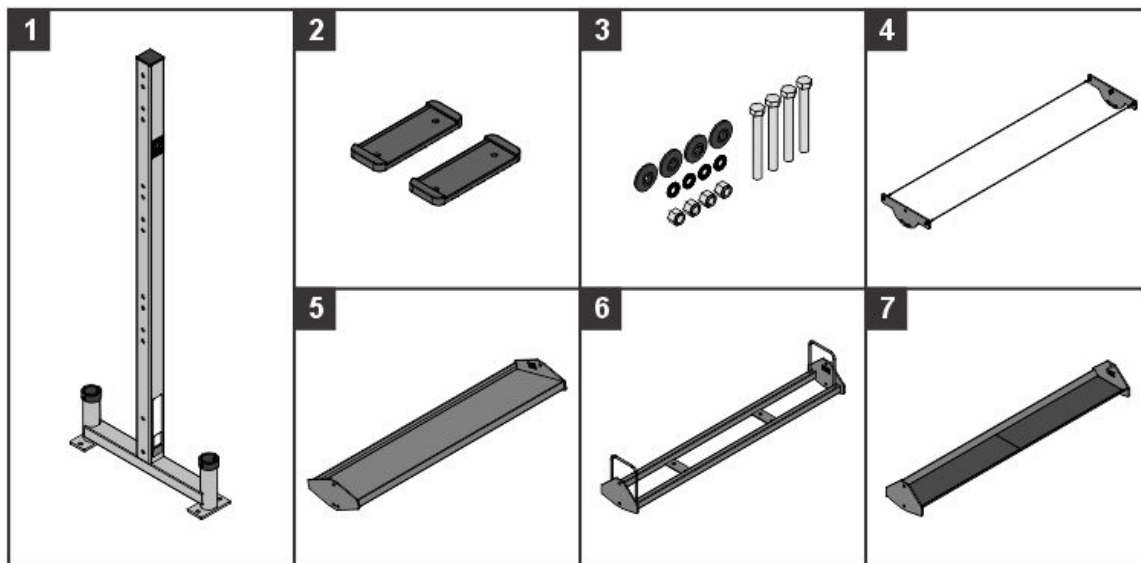
Item	Description	Qty.
1	Side Frame Assembly (HDU-FSS-SF)	2
2	Foot Slipper	2 per Side Frame
3	Hardware Kit	1 per Tray
4	Optional Stability Ball Tray (42 in) - Top Position Only	1
5	Optional Dumbbell Tray (42 in)	1
6	Optional Dual Rail Tray (42 in)	1
7	Optional Accessory Tray (42 in)	1

HDU-FSS4 Hardware List



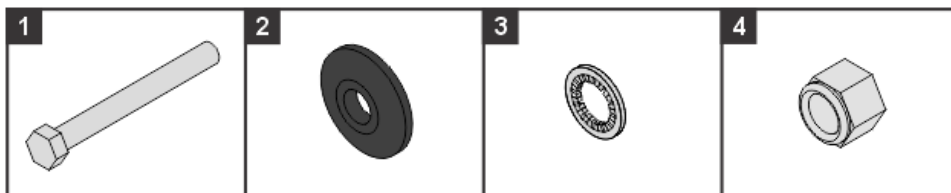
Item	Description	Qty.
1	1/2 X 4-1/2 Bolt	4
2	Backing Washer	4
3	1/2 Internal Lock Washer	4
4	1/2 Thick Lock Nut	4

HDU-FSS6 Components



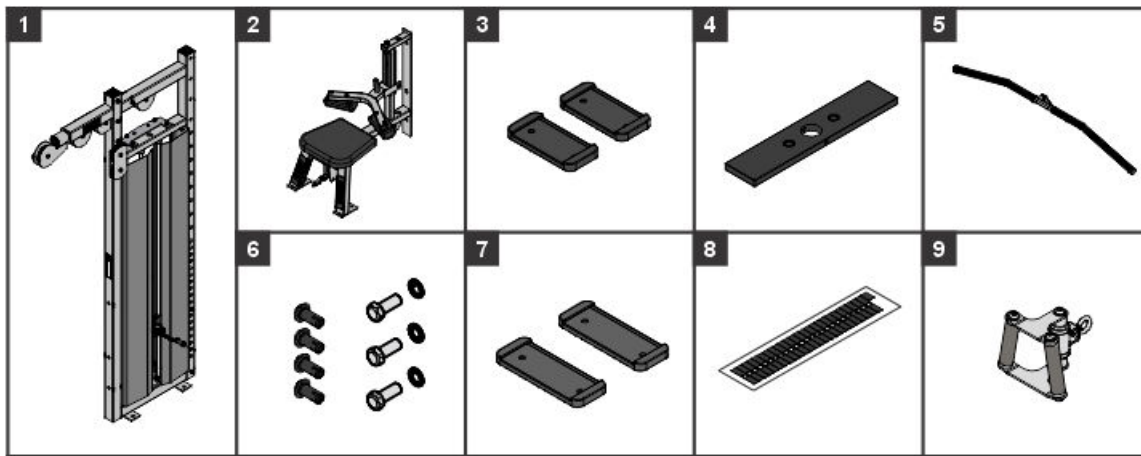
Item	Description	Qty.
1	Side Frame Assembly (HDU-FSS-SF)	2
2	Foot Slipper	2 per Side Frame
3	Hardware Kit	1 per Tray
4	Optional Stability Ball Tray (72 in) - Top Position Only	1
5	Optional Dumbbell Tray (72 in)	1
6	Optional Dual Rail Tray (72 in)	1
7	Optional Accessory Tray (72 in)	1

HDU-FSS6 Hardware List



Item	Description	Qty.
1	1/2 X 4-1/2 Bolt	4
2	Backing Washer	4
3	1/2 Internal Lock Washer	4
4	1/2 Thick Lock Nut	4

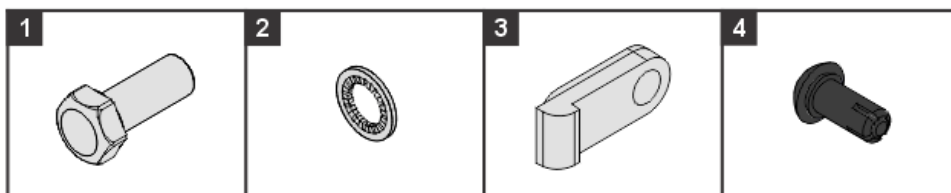
HDU-DPR Components



Item	Description	Qty.
1	Tower Assembly (8 ft)	1
2	Bench Assembly	1
3	Bench Slipper	2
4	15lb (6.8kg) Weight Plate	19
5	Lat Bar Assembly	1
6	Hardware Kit	1
7	Foot Slipper	2
8	Weight Stack Label (lb or kg)	1
9	Row Handle	1

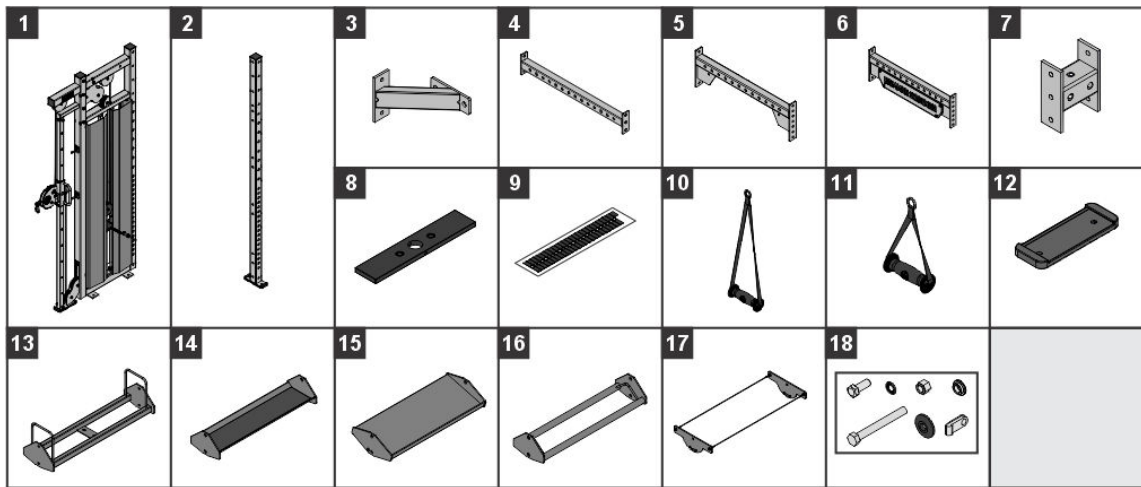
NOTE: Tower assembly also available in 9 foot heights

HDU-DPR Hardware List



Item	Description	Qty.
1	Screw, 1/2-13 X 1.25	3
2	1/2 in Star Washer	3
3	Nut Rectangular Tubing 11ga 3 in	3
4	Shield Rivet	4

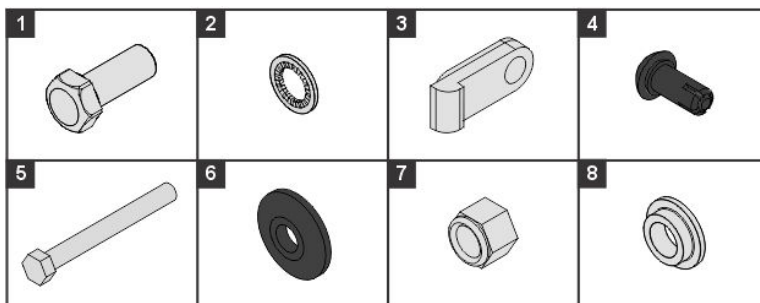
ADD Components (HDU-ADAT, HDU-ADCC (shown), HDU-ADDPR)



Item	Description	Qty.
1	Tower Assembly (Accessory/Cable Column (shown)/Pulldown Row)	1
2	Upright Assembly	1
3	Corner Brace Weldment	1
4	Cross Member (42 in)	1
5	Optional Super Duty Cross Member (42 in)	1
6	Optional Hammer Strength Cross Member (42)	1
7	6 Inch Cross Member Weldment	1
8	15lb (6.8kg) Weight Plate	25
9	Weight Stack Label (lb or kg)	1
10	Long Handle Assembly	1
11	Short Handle Assembly	1
12	Foot Slipper	3
13	Optional Dual Rail Storage (42 in)	1
14	Optional Accessory Storage (42 in)	1
15	Optional Dumbbell Storage (42 in)	1
16	Optional 2-Pipe Storage (42 in)	1
17	Optional Stability Ball Storage (42 in) - Top Position Only	1
18	Hardware Kit	1

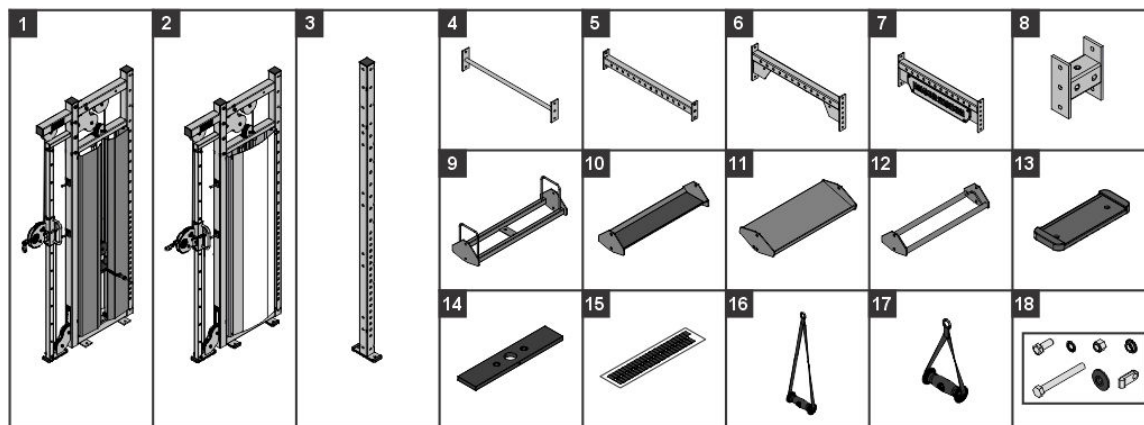
- Storage and cross members also available in 72 and 84 inch lengths.

ADD Hardware List (HDU-ADCC shown)



Item	Description	Qty.
1	Screw, 1/2-13 X 1.25	4
2	1/2 in Star Washer	12
3	Nut Rectangular Tubing 11ga 3 in	4
4	Shield Rivet	4
5	Screw, 1/2-13 X 4.5	4
6	Backing Washer	2
7	1/2 in Lock Nut	4
8	Washer, Step, 1/2 in, 0.57 in	2

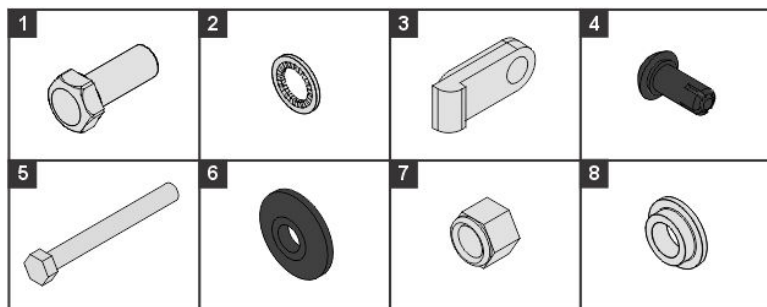
CORE Components (HDU-CCOR (shown), HDU-PCOR)



Item	Description	Qty.
1	Right Pin Facing Cable Column/Perimeter Tower Assembly	1
2	Left Pin Facing Cable Column/Perimeter Tower Assembly	1
3	Upright Assembly	2
4	Optional Pullup Weldment	1
5	Optional Pullup/Cross Member (42 in)	1
6	Optional Super Duty Cross Member (42 in)	1
7	Optional Hammer Strength Cross Member (42)	1
8	6 Inch Cross Member Weldment	4
9	Optional Dual Rail Storage (42 in)	1
10	Optional Accessory Storage (42 in)	1
11	Optional Dumbbell Storage (42 in)	1
12	Optional 2-Pipe Storage (42 in)	1
13	Foot Slipper	6
14	15lb (6.8kg) Weight Plate	50
15	Weight Stack Label (lb or kg)	2
16	Long Handle Assembly	2
17	Short Handle Assembly	2
18	Hardware Kit	1

- Storage and cross members also available in 72 and 84 inch lengths.

CORE Hardware List (HDU-ADCC shown)



Item	Description	Qty.
1	Screw, 1/2-13 X 1.25	16
2	1/2 in Star Washer	24
3	Nut Rectangular Tubing 11ga 3 in	16
4	Shield Rivet	8
5	Screw, 1/2-13 X 4.5	16
6	Backing Washer	16
7	1/2 in Lock Nut	16
8	Washer, Step, 1/2 in, 0.57 in	8

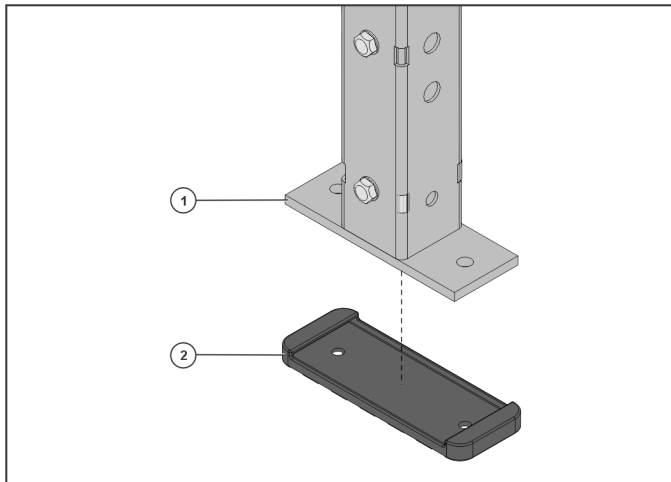
Tools Required

- 7 mm Allen wrench (x2)
- 17 mm wrench (x2)
- 24 mm wrench
- Level
- Hammer
- Safety glasses
- Torque wrench

Assembly Procedure

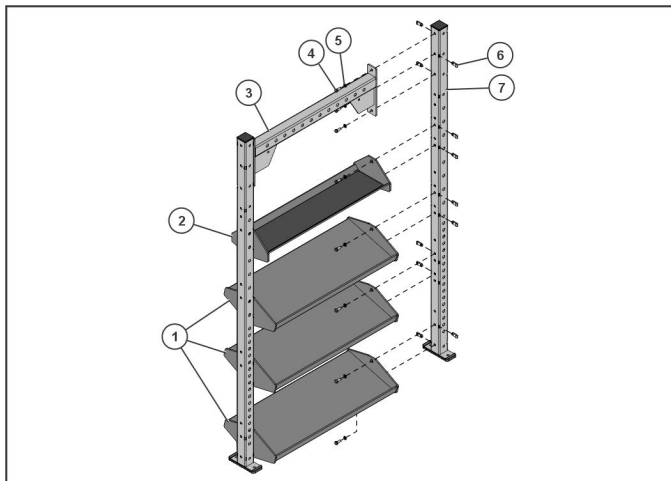
HDU-ATWR Assembly

1. Move unit into position and attach foot slipper to each upright.



Item	Description	Qty.
1	Upright Assembly	1
2	Foot Slipper	1

2. With the rectangle tubing nuts in the upright assemblies, attach crossmember and trays to the upright assemblies and hand tighten.

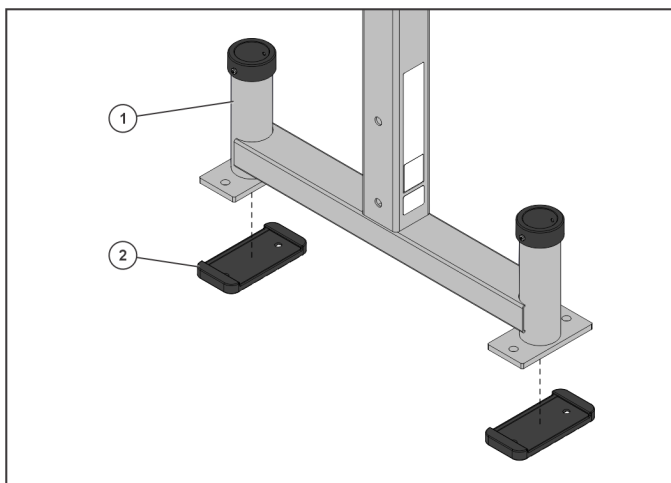


Item	Description	Qty.
1	Dumbbell Tray	3
2	Accessory Tray	1
3	Crossmember Weldment	1
4	Screw, 1/2-13 X .1.25	22
5	1/2 in Star Washer	22
6	Rectangle Tubing Nut, 11GA, 3"	22
7	Upright Assembly	2

3. Tighten hardware to **45-50 ft-lbs (61-67.8 nm)**

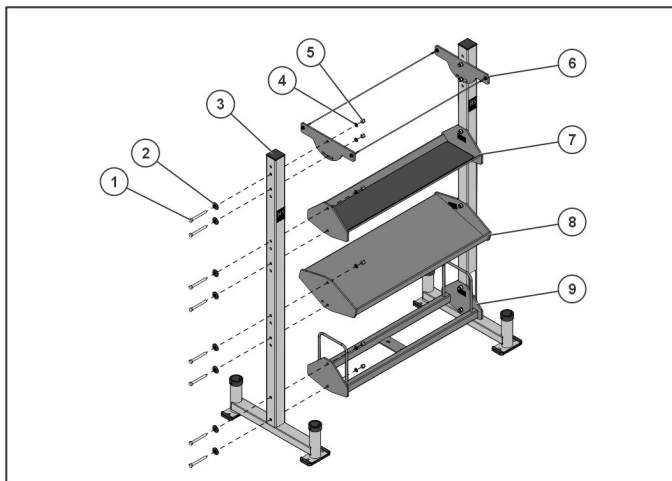
HDU-FSS4 Assembly

1. Move unit into position and attach the foot slippers to the side frame assembly.



Item	Description	Qty.
1	Side Frame Assembly	1
2	Foot Slipper	2

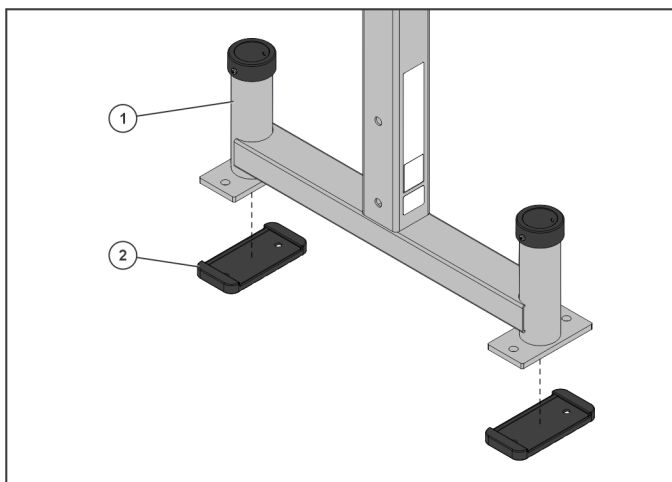
2. Attach trays to the side frames and tighten hardware to **45-50 ft-lbs (61-67.8 mn)**.



Item	Description	Qty.
1	1/2 X 4-1/2 Bolt	1
2	Backing Washer	16
3	Side Frame Assembly	16
4	1/2 Internal Lock Washer	16
5	1/2 Thick Lock Nut	16
6	Optional Stability Ball Tray (42 in)	1
7	Optional Accessory Tray (42 in)	1
8	Optional Dumbbell Tray (42 in)	1
9	Optional Dual Rail Tray (42 in)	1

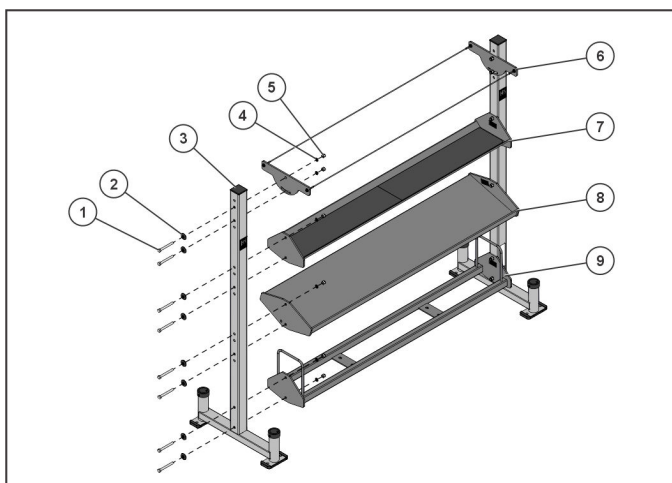
HDU-FSS6 Assembly

1. Move unit into position and attach the foot slippers to the side frame assembly.



Item	Description	Qty.
1	Side Frame Assembly	1
2	Foot Slipper	2

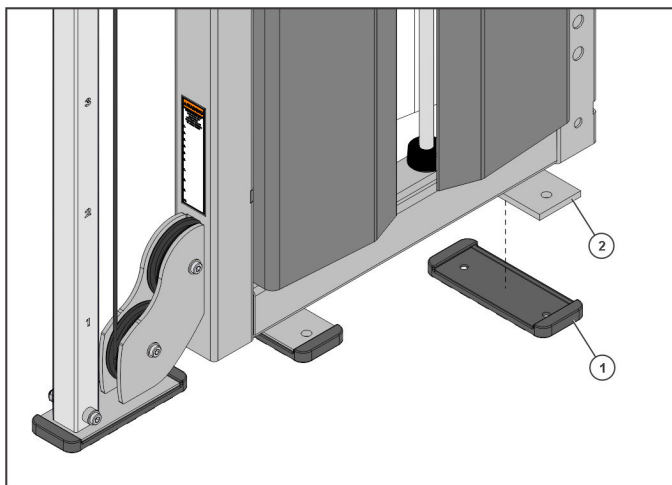
2. Attach trays to the side frames and tighten hardware to **45-50 ft-lbs (61-67.8 mn)**.



Item	Description	Qty.
1	1/2 X 4-1/2 Bolt	1
2	Backing Washer	16
3	Side Frame Assembly	16
4	1/2 Internal Lock Washer	16
5	1/2 Thick Lock Nut	16
6	Optional Stability Ball Tray (72 in)	1
7	Optional Accessory Tray (72 in)	1
8	Optional Dumbbell Tray (72 in)	1
9	Optional Dual Rail Tray (72 in)	1

HDU-CCM Assembly

1. Move unit into position and attach the foot slippers to the tower assembly.

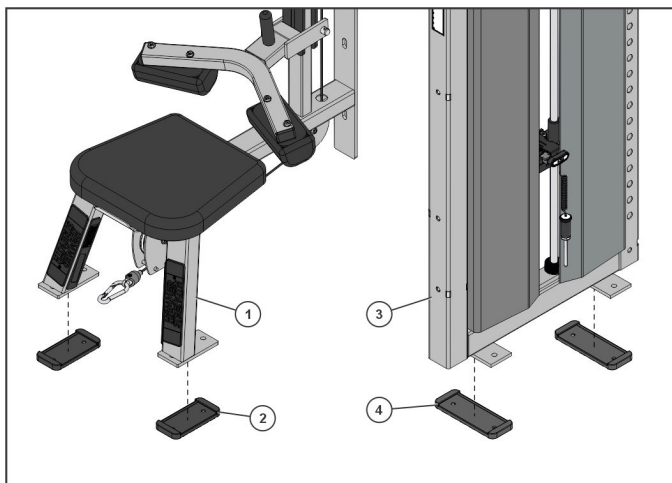


Item	Description	Qty.
1	Foot Slipper	1
2	Tower Assembly	1

2. Follow [Weight Stack Assembly](#) instructions.

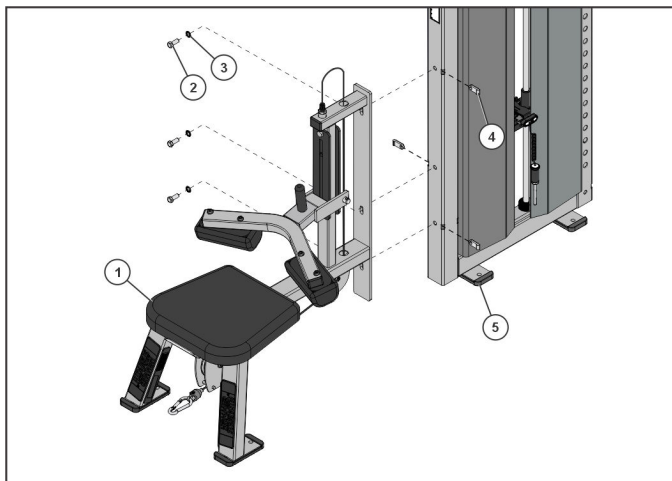
HDU-DPR Assembly

1. With the unit in place, attach the foot slippers to the bench and tower assemblies.



Item	Description	Qty.
1	Bench Assembly	1
2	Bench Slipper	2
3	Tower Assembly	1
4	Foot Slipper	2

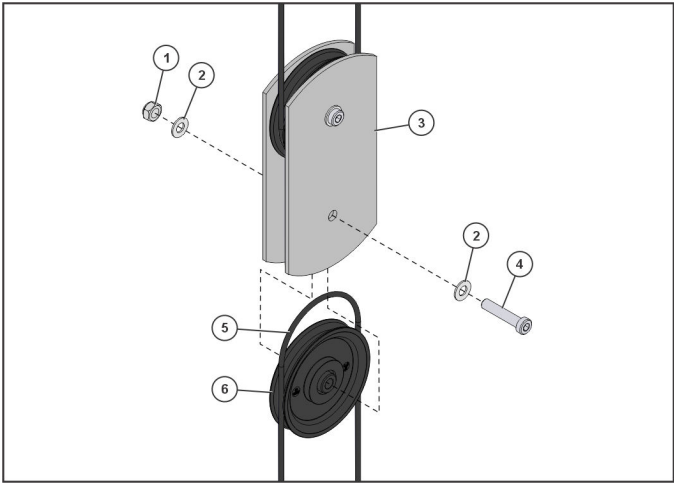
2. With the rectangle tubing nuts in the tower assembly, attach bench assembly to the tower assembly and tighten to 45-50 ft-lbs (61.0-67.8 nm).



Item	Description	Qty.
1	Bench Assembly	1
2	Screw, 1/2-13 X .1.25	3
3	1/2 in Star Washer	3
4	Rectangle Tubing Nut, 11GA, 3"	3
5	Tower Assembly	1

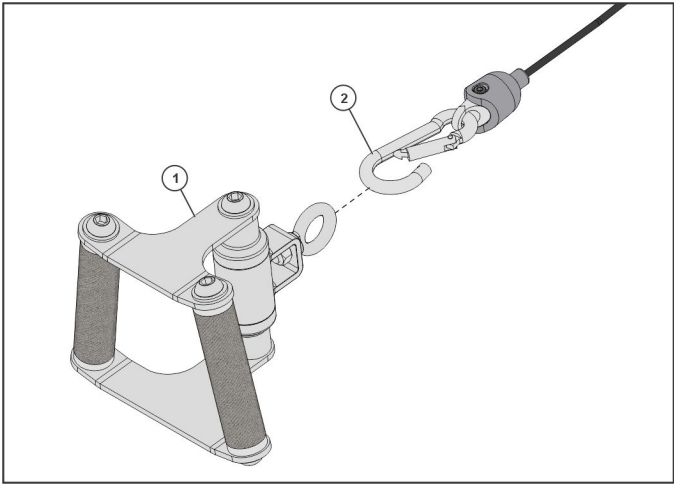
3. Follow [Weight Stack Assembly](#) instructions.

4. Route the row cable and 4-1/2 inch pulley through the floating pulley assembly and tighten hardware to **20-25 ft-lbs (27.1-33.8 nm)**.



Item	Description	Qty.
1	Nut, Nylock M10 X 1.5 SS	1
2	3/8 Flat Washer	2
3	Floating Pulley Assembly	1
4	Screw, M10 X 1.5 50mm	1
5	Row Cable	1
6	4-1/2 Inch Pulley	1

5. Open the snap link and slide attachment into place.

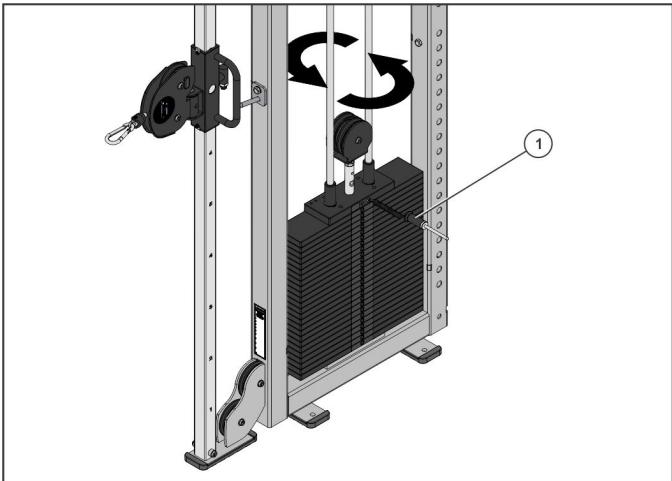


Item	Description	Qty.
1	Attachment (Row Handle)	1
2	Snap Link	1

NOTE: Repeat for lat bar assembly.

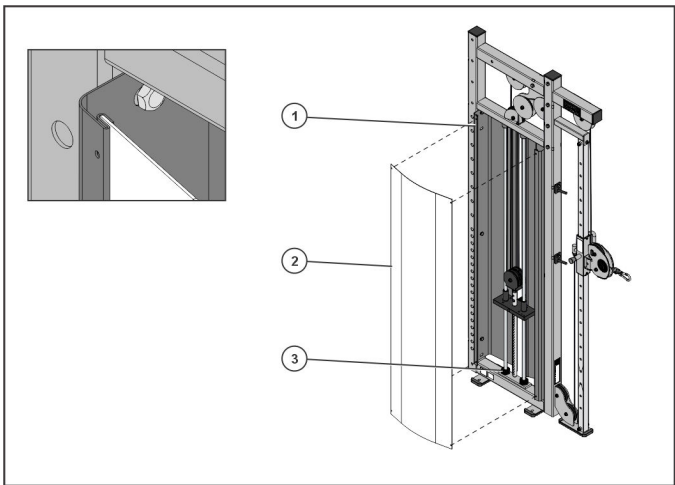
Weight Stack Assembly

This HDU station is not side specific. Weight stack can be set in either orientation (R or L). Orientate the weight stack to face the desired direction.



Item	Description	Qty.
1	Weight Stack	1

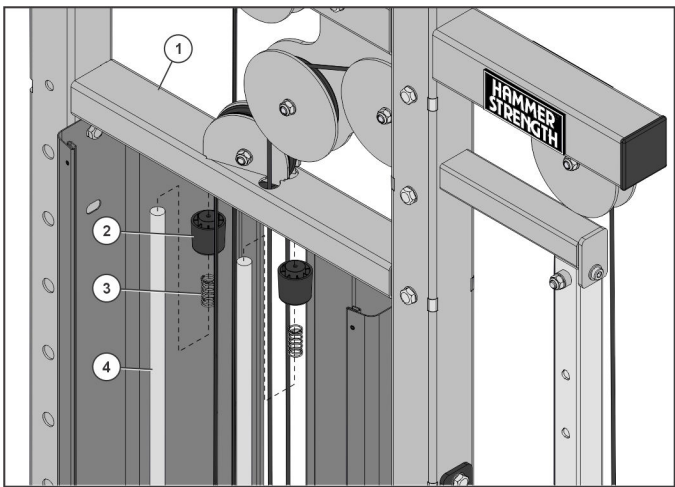
1. If equipped with shrouds, carefully remove the rear shroud from the front shroud's channels.



Item	Description	Qty.
1	Front Shroud	2
2	Rear Shroud	1
3	Weight Stack Cushion	2

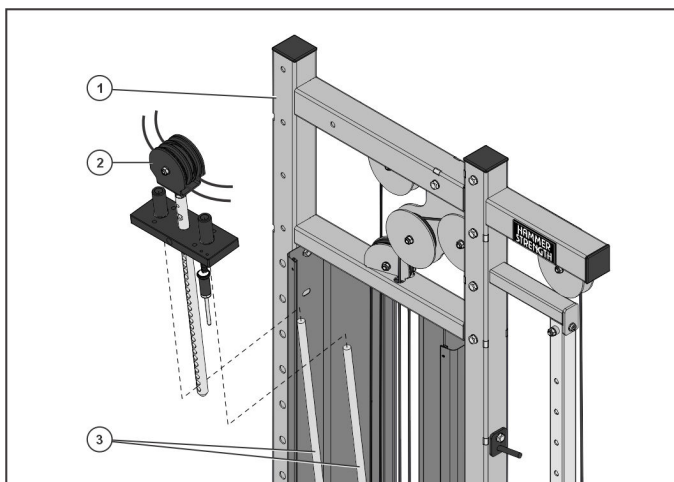
NOTE: Make sure weight stack cushions are in place.

2. Pull guide rod retainers/springs down and away from tower to release the guide rods.



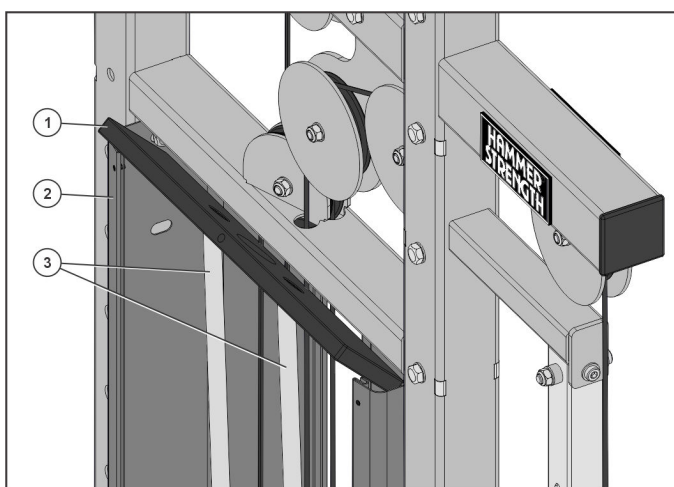
Item	Description	Qty.
1	Tower Frame	1
2	Guide Rod Retainer	2
3	Spring	2
4	Guide Rod	2

3. Leaving the cable connected and weight stack cushions in place, tilt guide rods slightly so the head plate assembly can be removed.



Item	Description	Qty.
1	Tower	1
2	Head Plate Assembly	1
3	Guide Rod	2

4. Carefully tilt weight plates around the front shrouds and onto the guide rods.



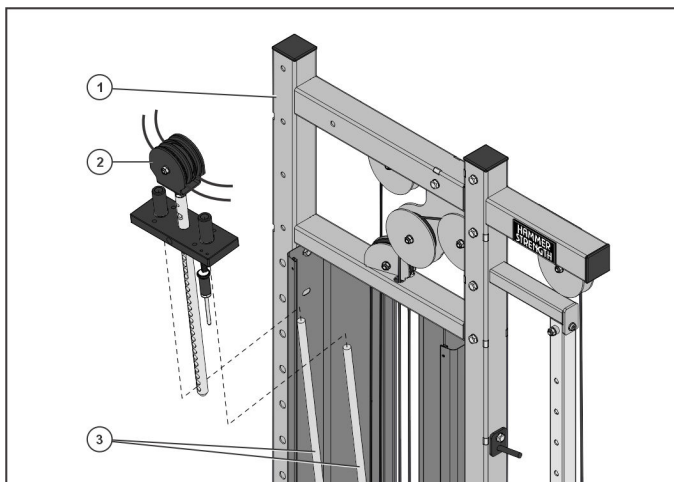
Item	Description	Qty.
1	Weight Plate	see below
2	Front Shroud	2
3	Guide Rod	2

NOTE: If needed, tighten the two 1/2-13 X 1.25 screws at the base of the front shrouds before too many weight plates are added.

Weight Plates

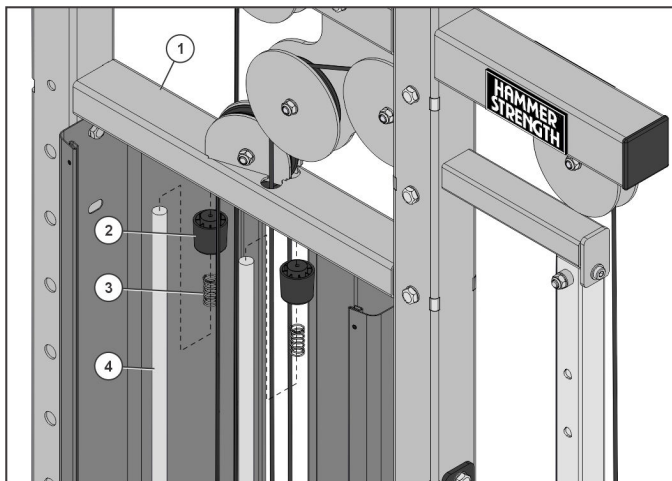
Unit	Plate Weight	Qty.
HDU-CCM	15lb (6.8kg)	25
HDU-DPR	15lb (6.8kg)	19

5. Replace the head plate assembly onto the guide rods.



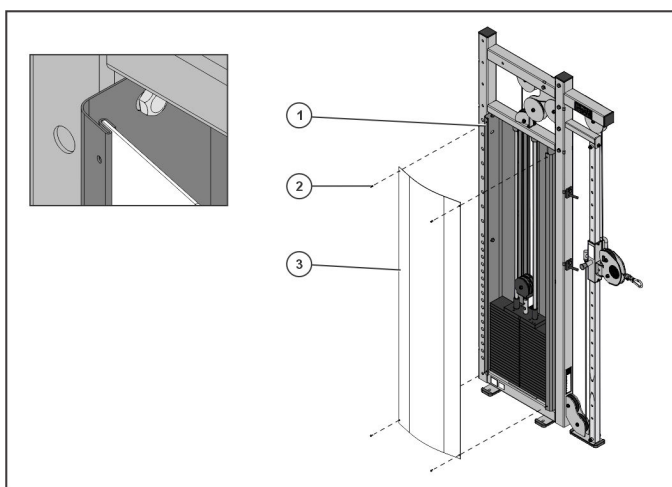
Item	Description	Qty.
1	Tower	1
2	Head Plate Assembly	1
3	Guide Rod	2

6. Return the guide rods, springs and retainers to their original position in the tower.



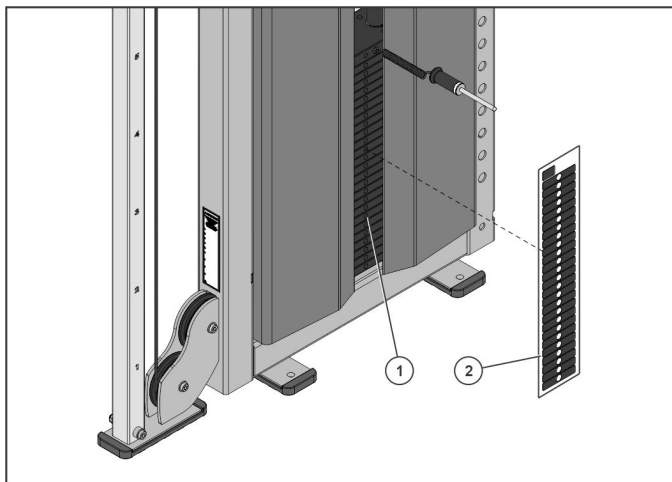
Item	Description	Qty.
1	Tower	1
2	Guide Rod Retainer	2
3	Spring	2
4	Guide Rod	2

7. Insert the rear shroud into the front shroud's channels and fasten with the shroud rivets.



Item	Description	Qty.
1	Front Shroud	2
2	Shield Rivet	4
3	Rear Shroud	1

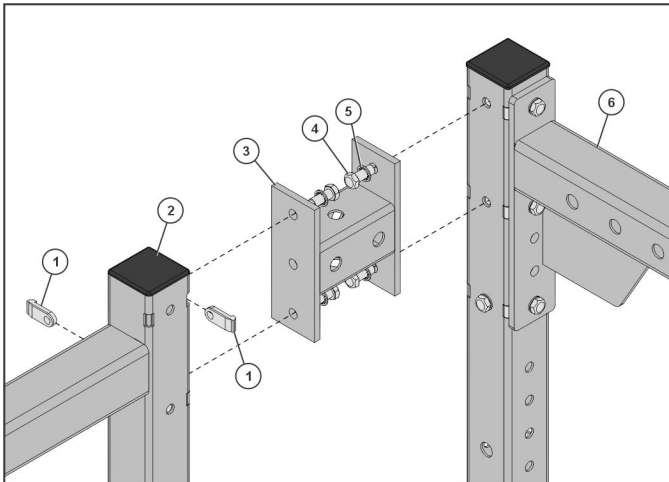
8. Remove the protective backing from the weight stack label, adhere to the weight stack from the top and peel off protective front.



Item	Description	Qty.
1	Weight Stack	1
2	Weight Stack Label (lb or kg)	1

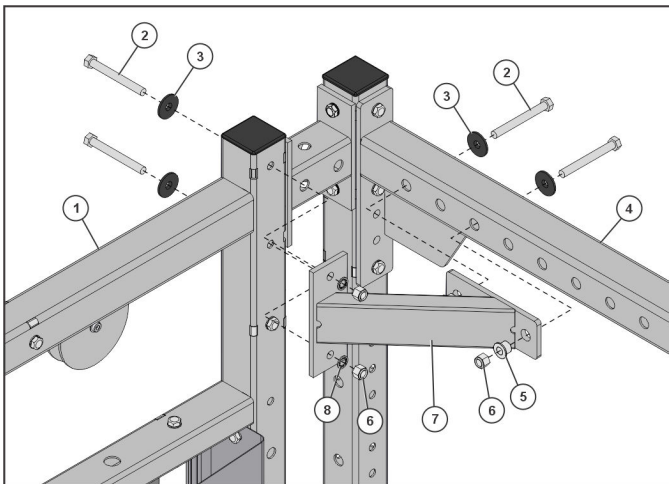
ADD Assembly (HDU-ADAT, HDU-ADDPR, HDU-ADCC)

1. Connect the upper tower/upright assembly and upright/cross member assemblies with the 6 inch connecting weldment and hand tighten hardware.



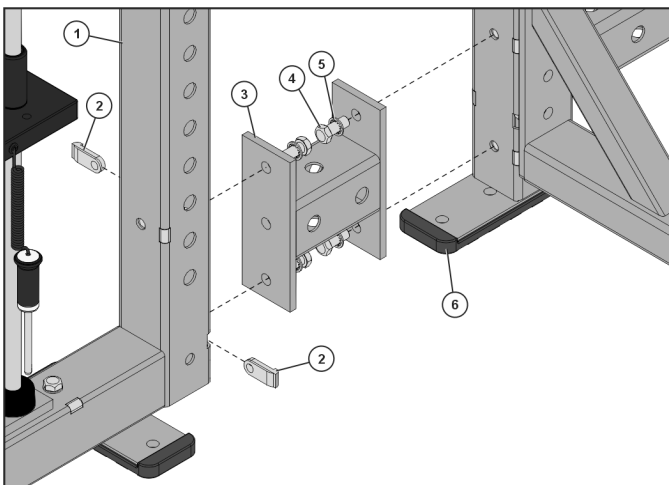
Item	Description	Qty.
1	Rectangle Tubing Nut, 11GA, 3"	4
2	Tower/Upright Assembly	1
3	6 Inch Cross Member Weldment	1
4	Screw, 1/2-13 X 1.25	4
5	1/2 in Star Washer	4
6	Upright/Cross Member Assemblies	1

2. Connect the upper tower/upright assembly and upright/cross member assemblies with the corner brace weldment and hand tighten hardware.



Item	Description	Qty.
1	Tower/Upright Assembly	1
2	Screw, 1/2-13 X 4.5	4
3	Backing Washer	4
4	Cross Member Assembly	1
5	Washer, Step, 1/2 in, 0.57 in	2
6	1/2 in Lock Nut	4
7	Corner Brace Weldment	1
8	1/2 in Star Washer	2

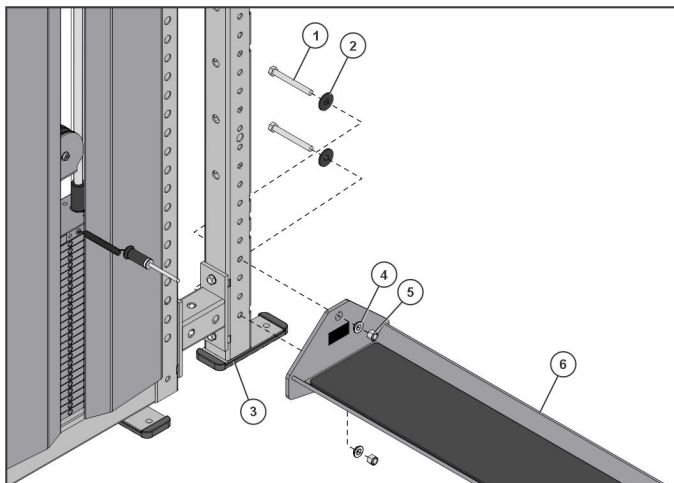
3. Connect the lower tower/upright assembly and upright/cross member assemblies with the 6 inch connecting weldment and hand tighten hardware.



Item	Description	Qty.
1	Tower Assembly	1
2	Rectangle Tubing Nut, 11GA, 3"	4
3	6 Inch Cross Member Weldment	1
4	Screw, 1/2-13 X 1.25	4
5	1/2 in Star Washer	4
6	Upright/Cross Member Assemblies	1

4. Tighten hardware with backing washers to **20-25 ft-lb (27.1-33.9 nm)** Tighten all other hardware to **45-50 ft-lb (61-67.8 nm)**.

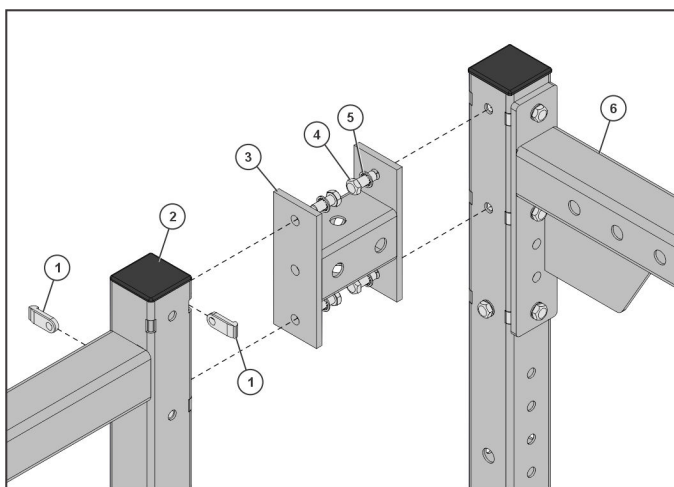
5. Add optional trays to upright and tighten hardware to **20-25 ft-lb (27.1-33.9 nm)**.



Item	Description	Qty.
1	Screw, 1/2-13 X 4.5	2
2	Backing Washer	2
3	Tower Assembly	1
4	Washer, Step, 1/2 in, 0.57 in	2
5	1/2 in Lock Nut	2
6	Optional Tray Assembly	1

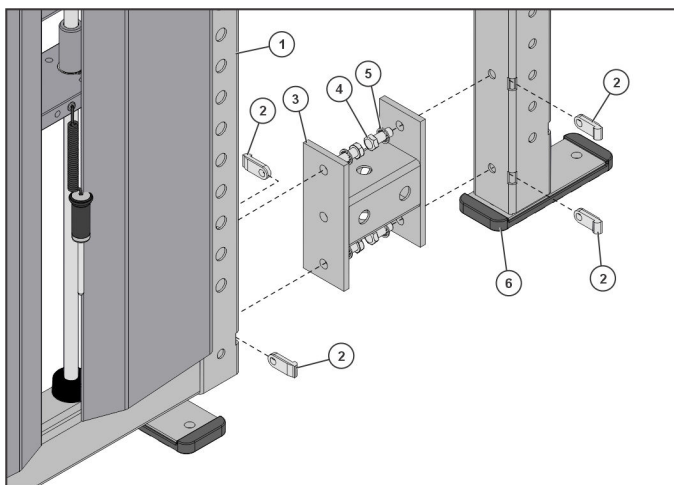
CORE Assembly (HDU-CCOR, HDU-PCOR)

1. Connect the upper tower/upright assembly and upright/cross member assemblies with the 6 inch connecting weldment and hand tighten hardware.



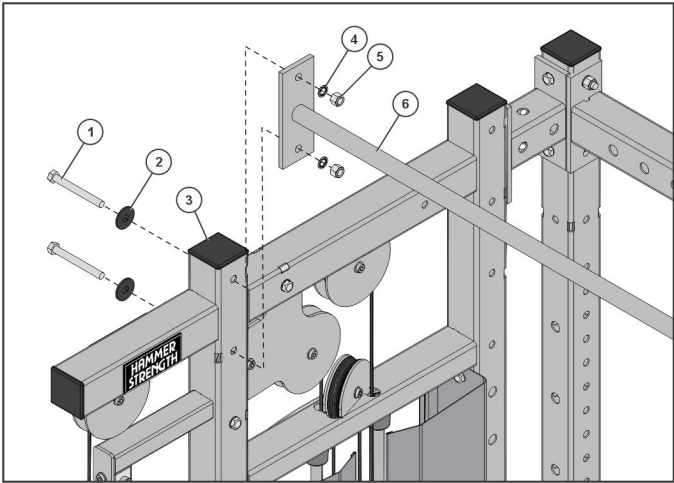
Item	Description	Qty.
1	Rectangle Tubing Nut, 11GA, 3"	4
2	Tower/Upright Assembly	1
3	6 Inch Cross Member Weldment	1
4	Screw, 1/2-13 X 1.25	4
5	1/2 in Star Washer	4
6	Upright/Cross Member Assemblies	1

2. Connect the lower tower assembly and upright assembly with the 6 inch connecting weldment and hand tighten hardware.



Item	Description	Qty.
1	Tower Assembly	1
2	Rectangle Tubing Nut, 11GA, 3"	4
3	6 Inch Cross Member Weldment	1
4	Screw, 1/2-13 X 1.25	4
5	1/2 in Star Washer	4
6	Upright Assembly	1

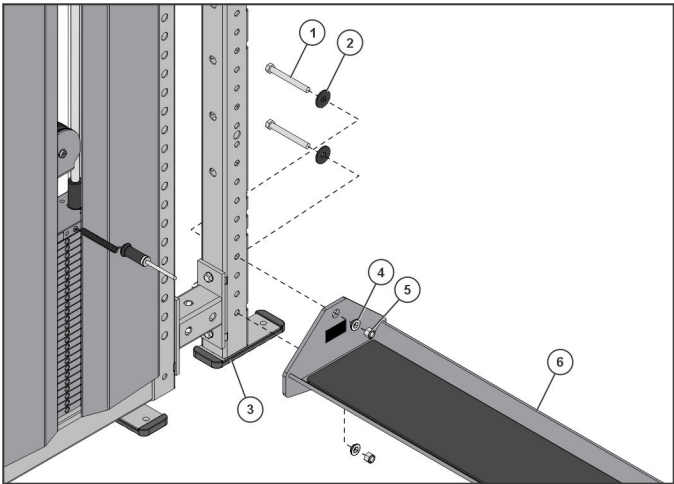
3. Attach the pull up weldment to the tower and hand tighten hardware.



Item	Description	Qty.
1	Screw, 1/2-13 X 4.5	2
2	Backing Washer	2
3	Tower Assembly	1
4	1/2 in Star Washer	2
5	1/2 in Lock Nut	2
6	Pull Up Bar	1

NOTE: Repeat procedure on other side.

4. Add optional trays to uprights and hand tighten hardware.

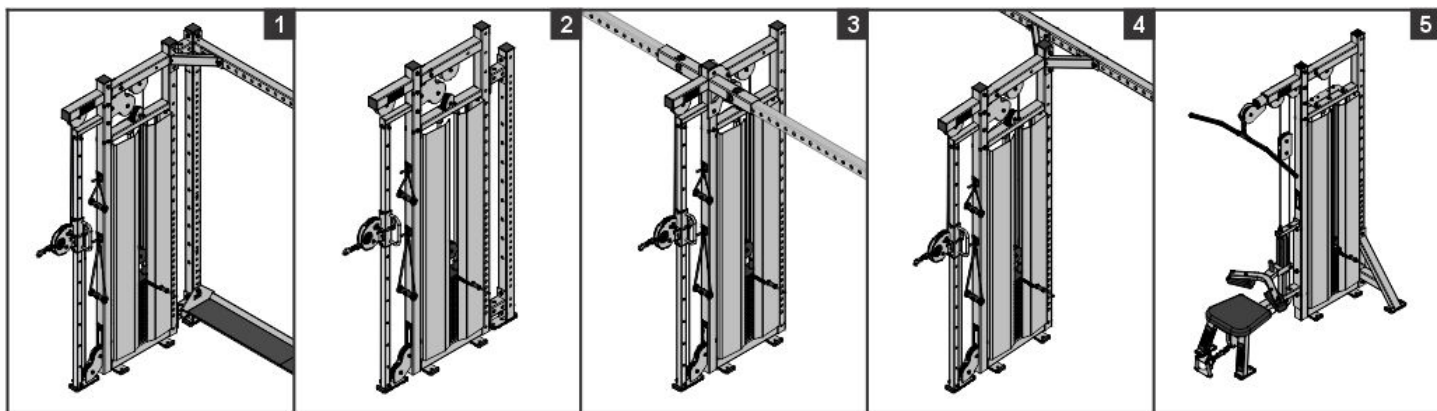


Item	Description	Qty.
1	Screw, 1/2-13 X 4.5	2
2	Backing Washer	2
3	Tower Assembly	1
4	Washer, Step, 1/2 in, 0.57 in	2
5	1/2 in Lock Nut	2
6	Optional Tray Assembly	1

5. Tighten hardware with backing washers to **20-25 ft-lb (27.1-33.9 nm)** Tighten all other hardware to **45-50 ft-lb (61-67.8 nm)**.

Mount Types

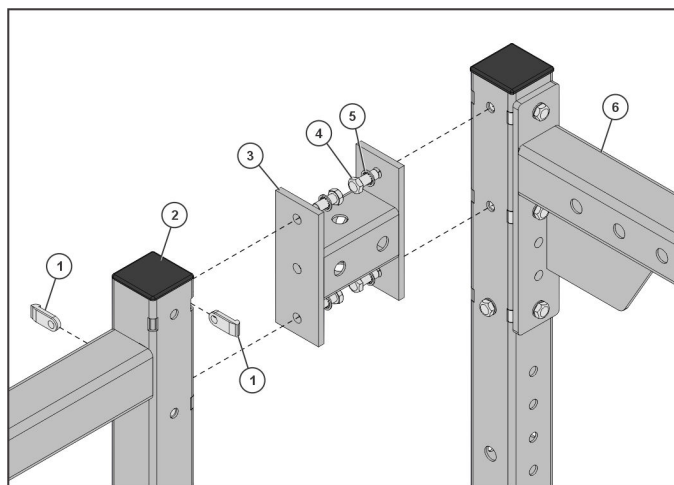
Cable towers have various mounting applications:



Item	Description	Application
1	Mullet iD	Mullet Installation and ADDs for iD Racks
2	Mullet NX	Mullet Installation for NX Racks
3	Sandwich	Rack Connectors
4	Square Face	T Connection
5	Stand Alone	HDU-DPR only

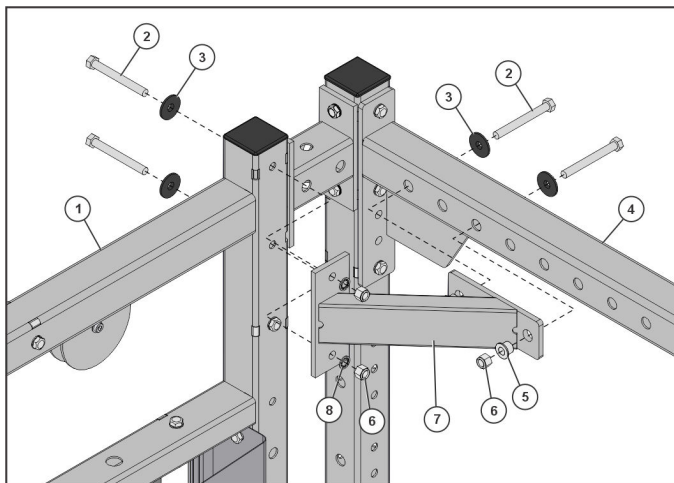
Mullet iD Assembly

1. Connect the upper tower assembly and iD assembly with the 6 inch connecting weldment and hand tighten hardware.



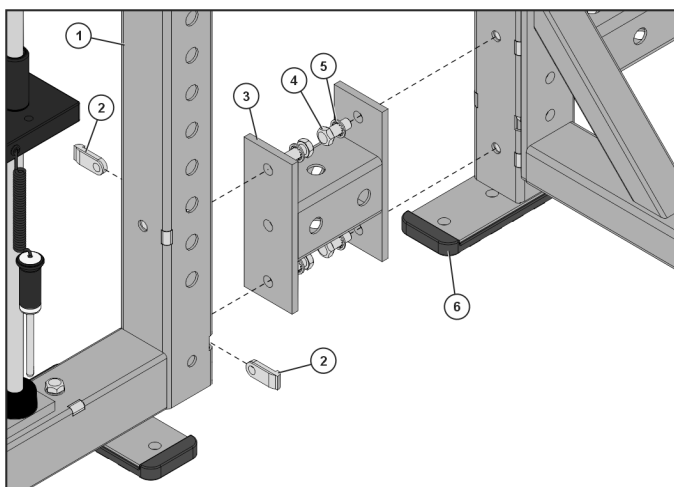
Item	Description	Qty.
1	Rectangle Tubing Nut, 11GA, 3"	4
2	Tower Assembly	1
3	6 Inch Cross Member Weldment	1
4	Screw, 1/2-13 X 1.25	4
5	1/2 in Star Washer	4
6	iD Assembly	1

2. Connect the corner brace weldment to the tower and iD assemblies. Hand tighten hardware.



Item	Description	Qty.
1	Tower Assembly	1
2	Screw, 1/2-13 X 4.5	4
3	Backing Washer	4
4	iD Assembly	1
5	Washer, Step, 1/2 in, 0.57 in	2
6	1/2 in Lock Nut	4
7	Corner Brace Weldment	1
8	1/2 in Star Washer	2

3. Connect the lower tower assembly, storage assembly and cross member with connecting weldments and hand tighten hardware.

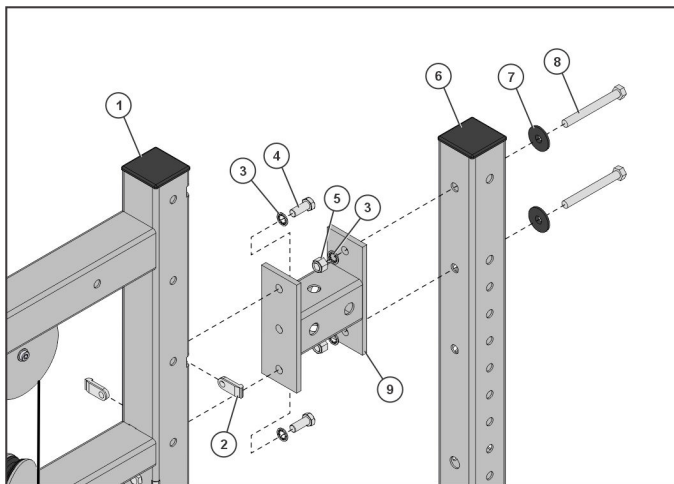


Item	Description	Qty.
1	Tower Assembly	1
2	Rectangle Tubing Nut, 11GA, 3"	4
3	6 Inch Cross Member Weldment	1
4	Screw, 1/2-13 X 1.25	4
5	1/2 in Star Washer	4
6	iD Assembly	1

4. Tighten hardware with backing washers to **20-25 ft-lb (27.1-33.9 nm)** Tighten all other hardware to **45-50 ft-lb (61-67.8 nm)**.

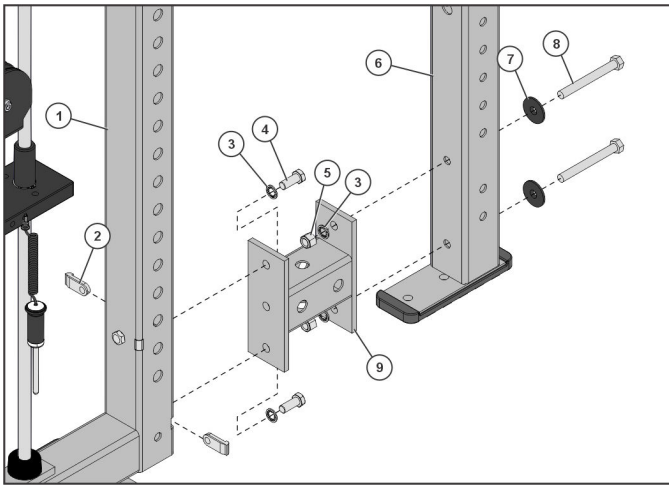
Mullet NX Assembly

1. Connect the upper tower assembly and storage assembly with connecting weldment and hand tighten hardware.



Item	Description	Qty.
1	Tower Assembly	1
2	Rectangle Tubing Nut, 11GA, 3"	2
3	1/2 in Star Washer	4
4	Screw, 1/2-13 X 1.25	2
5	Lock Nut, 1/2"	2
6	NX Storage Assembly	1
7	Backing Washer	2
8	Screw, 1/2-13 X 4.5	2
9	6 Inch Cross Member Weldment	1

2. Connect the lower tower assembly and storage assembly with connecting weldment and hand tighten hardware.

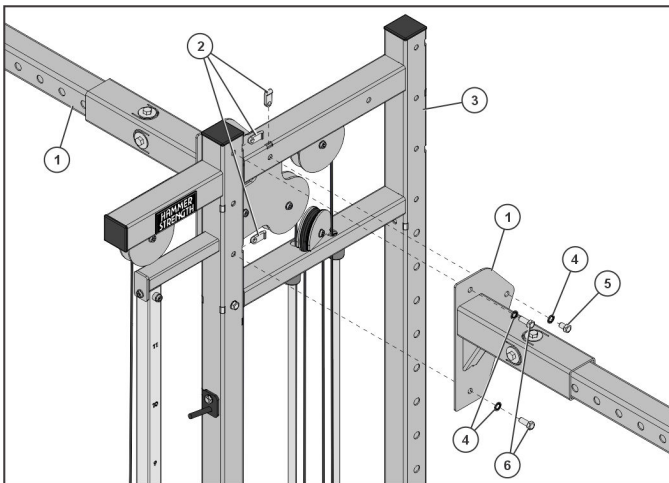


Item	Description	Qty.
1	Tower Assembly	1
2	Rectangle Tubing Nut, 11GA, 3"	2
3	1/2 in Star Washer	4
4	Screw, 1/2-13 X 1.25	2
5	Lock Nut, 1/2"	2
6	NX Storage Assembly	1
7	Backing Washer	2
8	Screw, 1/2-13 X 4.5	2
9	6 Inch Cross Member Weldment	1

3. Tighten hardware with backing washers (Item 7) to **20-25 ft-lb (27.1-33.9 nm)**. Tighten all other hardware to **45-50 ft-lb (61-67.8 nm)**.

Sandwich Assembly

1. Connect the tower assembly to the rack connector assembly and hand tighten hardware.

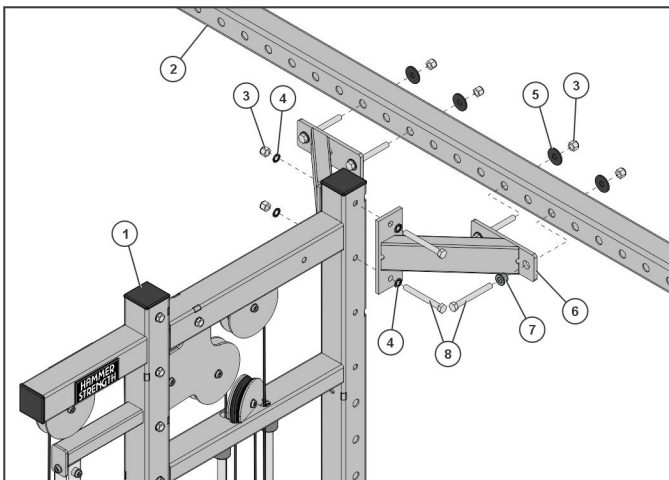


Item	Description	Qty.
1	Rack Connector Assembly	2
2	Rectangle Tubing Nut, 11GA, 3"	3
3	Tower Assembly	1
4	1/2 in Star Washer	3
5	Screw, 1/2-13 X 0.75	1
6	Screw, 1/2-13 X 1.25	2

2. Repeat Step 1 on opposite side.
3. Tighten hardware to **45-50 ft-lb (61-67.8 nm)**.

Square Face Assembly

1. Connect the tower assembly to a cross member with corner brace weldments and hand tighten hardware.

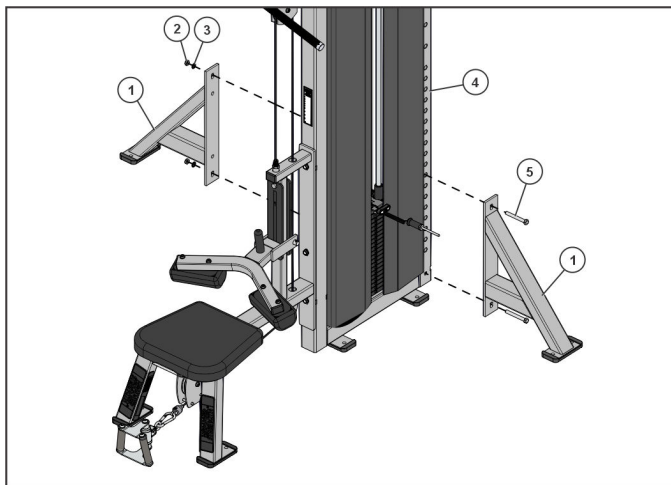


Item	Description	Qty.
1	Tower Assembly	1
2	Crossover Weldment	1
3	1/2 in Lock Nut	4
4	1/2 in Star Washer	4
5	Backing Washer	2
6	Corner Brace Weldment	1
7	Washer, Step, 1/2 in, 0.57 in	2
8	Screw, 1/2-13 X 4.5	4

2. Repeat assembly on opposite side.
3. Tighten hardware with backing washers (Item 5) to **20-25 ft-lb (27.1-33.9 nm)**. Tighten all other hardware to **45-50 ft-lb (61-67.8 nm)**.

Stand Alone Assembly (HDU-ADDPR, HDU-DPR)

Connect the stand alone leg assemblies to the tower assembly, level unit and tighten hardware to **45-50 ft-lb (61-67.8 nm)**.



Item	Description	Qty.
1	Leg Assembly	2
2	1/2 in Thin Lock Nut	2
3	1/2 in Star Washer	2
4	Tower Assembly	1
5	Screw, 1/2-13 X 4	2

3. Product Information

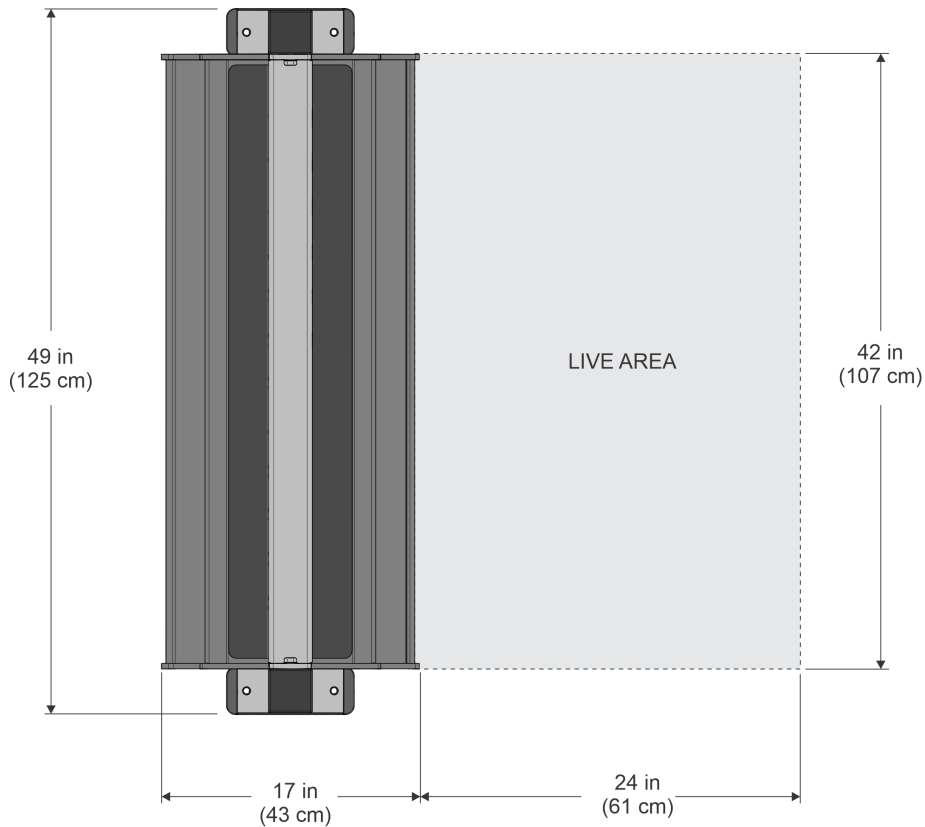
Accessory Tower: HDU-ADAT, HDU-ATWR (shown)

Product Specs

*Size (L x W):	in = 49 x 17	cm = 125 x 44
Live Area (L x W):	in = 42 x 24	cm = 107 x 61
Upright Heights:	in = 96 or 108	cm = 244 or 274
8 Foot Upright Weight (each):	38 lbs	17 kg
9 Foot Upright Weight (each):	42 lbs	19 kg
2-Pipe Tray Weight:	33 lbs	15 kg
Dual Rail Tray Weight:	39 lbs	18 kg
Dumbbell Tray Weight:	57 lbs	26 kg
Kettlebell Tray Weight:	40 lbs	19 kg

NOTE:

- Weight varies on upright height and tray configuration



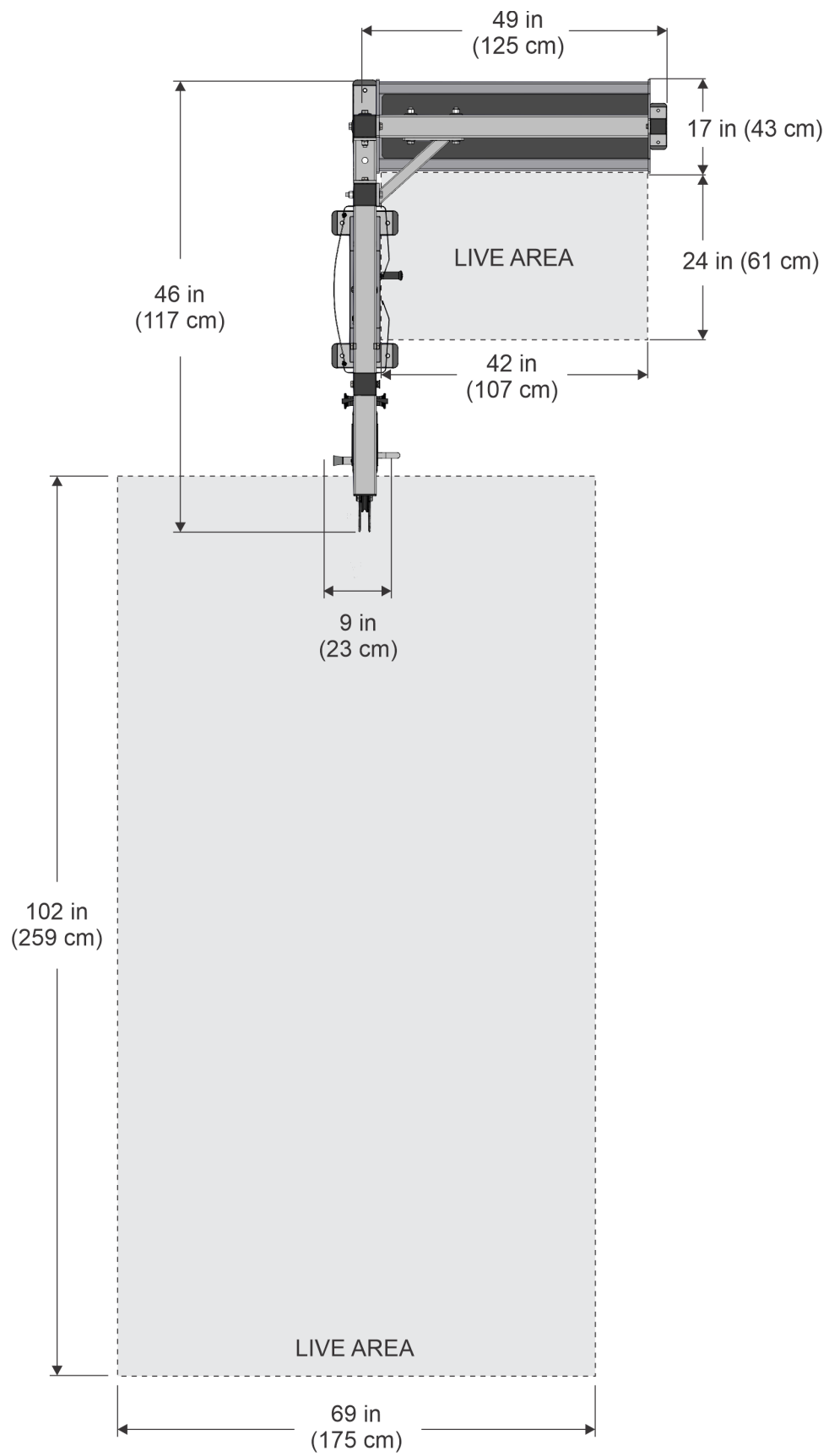
ADD: HDU-ADAT, HDU-ADCC (shown), HDU-ADDP, HDU-ADPSF

Product Specs

*Tray Size (L x W):	in = 49 x 17	cm = 125 x 44
*Cable Column Size (L x W):	in = 46 x 9	cm = 117 x 23
Tray Live Area (L x W):	in = 42 x 24	cm = 107 x 61
Cable Column Live Area (L x W):	in = 102 x 69	cm = 259 x 175
Upright Heights:	in = 96 or 108	cm = 244 or 274
8 Foot Upright Weight:	38 lbs	17 kg
9 Foot Upright Weight:	42 lbs	19 kg
8 Foot Cable Column Weight:	648 lbs	294 kg
9 Foot Cable Column Weight:	667 lbs	303 kg
2-Pipe Tray Weight (42in/72in):	33/45 lbs	15/21 kg
Dual Rail Tray Weight (42in/72in):	39/53 lbs	18/24 kg
Dumbbell Tray Weight (42in/72in):	57/83 lbs	26/38 kg
Kettlebell Tray Weight (42in/72in):	40/56 lbs	19/26 kg
Stability Ball Tray Weight (42in/72in):	15/21 lbs	7/10 kg
Max User Weight:	400 lbs	175 kg
Max Training Weight:	100 lbs	45 kg

NOTE:

- Weight varies on upright height and tray configuration
- 72 inch storage trays also available



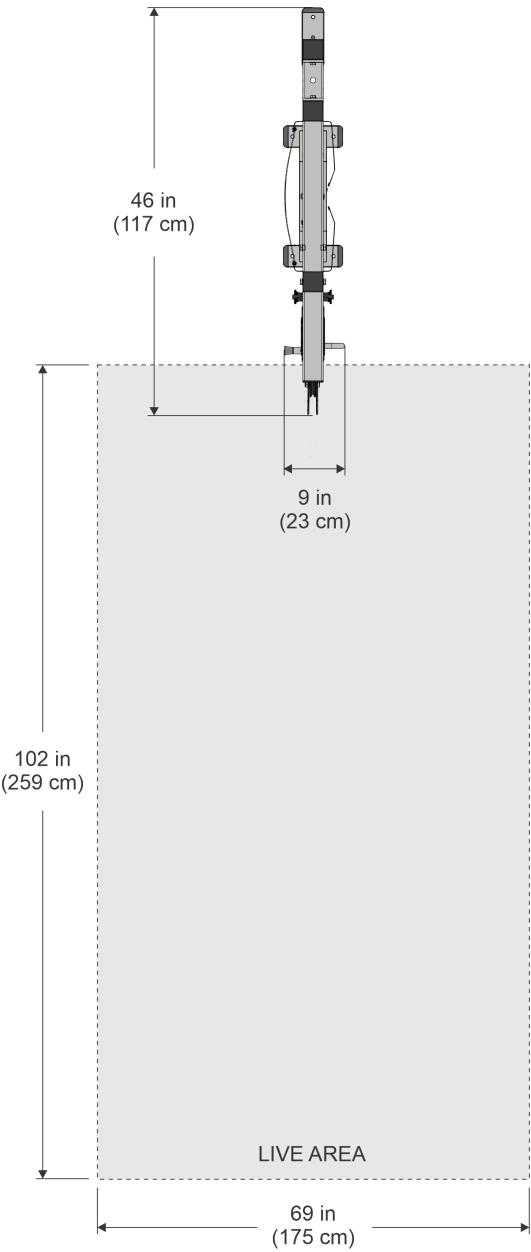
Cable Column: HDU-CCM (shown), HDU-CCOR

Product Specs

*Size (L x W):	in = 46 x 9	cm = 117 x 23
Live Area (L x W):	in = 102 x 69	cm = 259 x 175
Upright Heights:	in = 96 or 108	cm = 244 or 274
8 Foot Height Weight:	648 lbs	294 kg
9 Foot Height Weight:	667 lbs	303 kg
Max User Weight:	400 lbs	181 kg
Max Training Weight:	100 lbs	45 kg

NOTE:

- Height varies on upright size



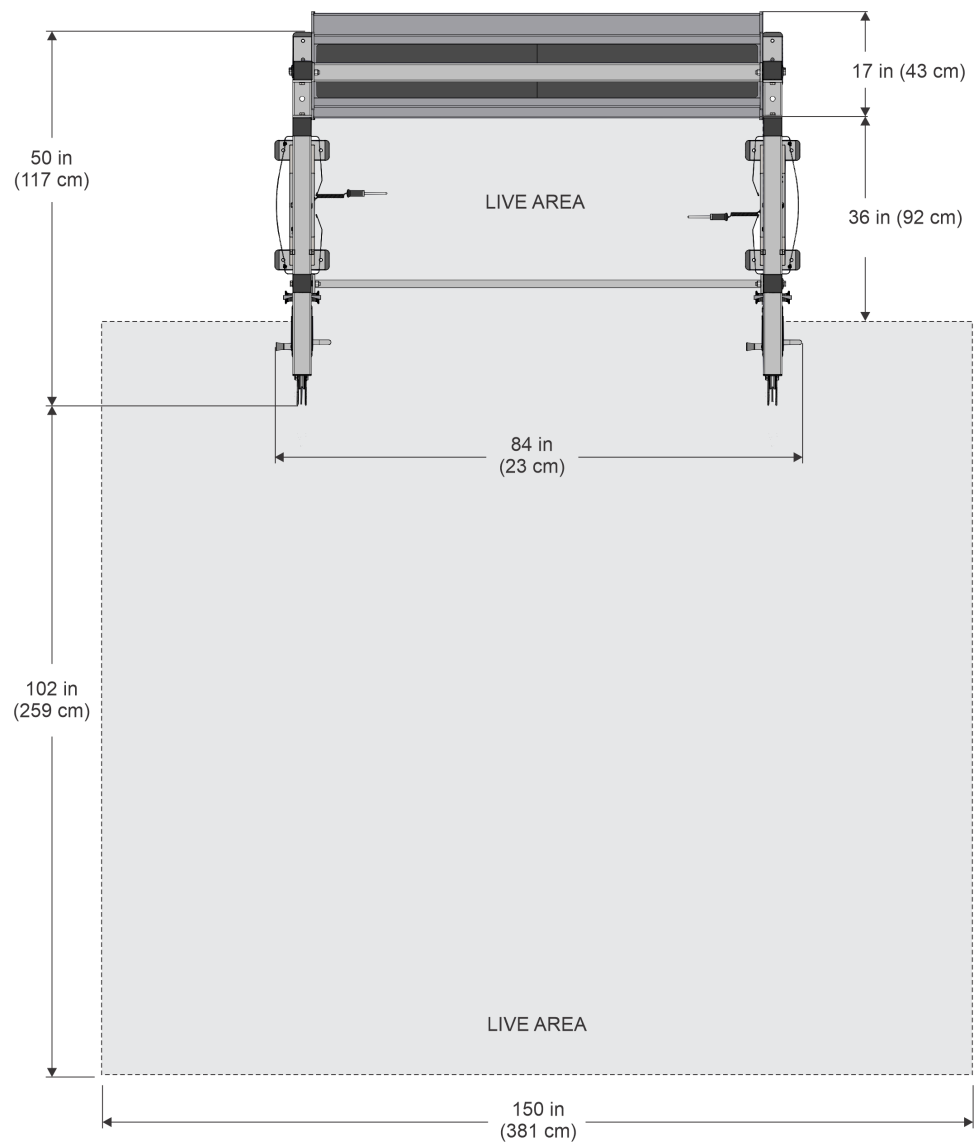
CORE: HDU-CCOR (shown), HDU-PCOR

Product Specs

*Tray Size (L x W):	in = 72 x 17	cm = 183 x 43
*Cable Column Size (L x W):	in = 46 x 9	cm = 117 x 23
Tray Live Area (L x W):	in = 72 x 36	cm = 183 x 92
Cable Column Live Area (L x W):	in = 102 x 150	cm = 259 x 381
Upright Heights:	in = 96 or 108	cm = 244 or 274
8 Foot Upright Weight:	38 lbs	17 kg
9 Foot Upright Weight:	42 lbs	19 kg
8 Foot Cable Column Weight:	648 lbs	294 kg
9 Foot Cable Column Weight:	667 lbs	303 kg
2-Pipe Tray Weight (42in/72in):	33/45 lbs	15/21 kg
Dual Rail Tray Weight (42in/72in):	39/53 lbs	18/24 kg
Dumbbell Tray Weight (42in/72in):	57/83 lbs	26/38 kg
Kettlebell Tray Weight (42in/72in):	40/56 lbs	19/26 kg
Stability Ball Tray Weight (42in/72in):	15/21 lbs	7/10 kg
Max User Weight:	400 lbs	175 kg
Max Training Weight (per tower):	100 lbs	45 kg

NOTE:

- Weight varies on upright height and tray configuration
- 72 inch storage trays also available



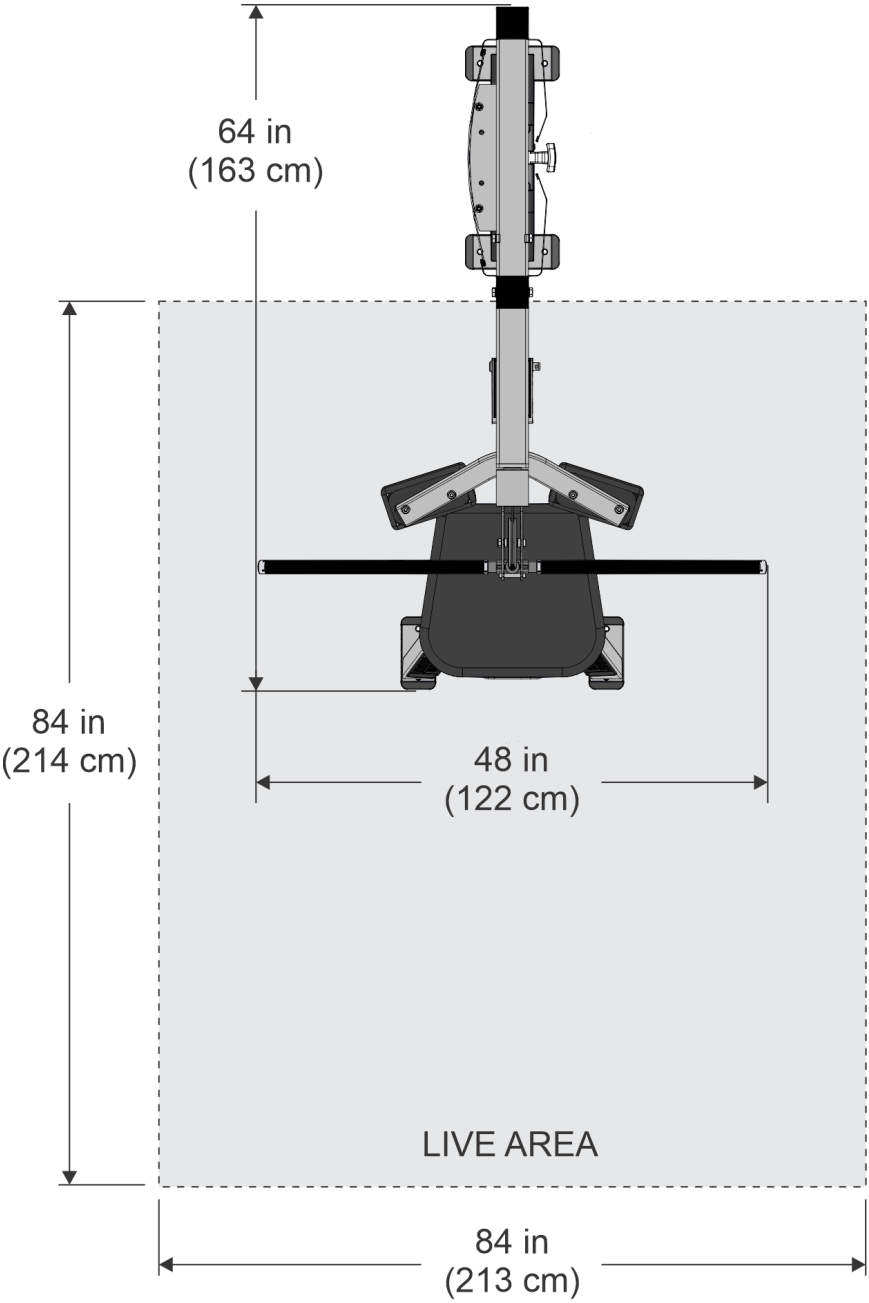
Dual Pulldown Row: HDU-ADDPR, HDU-DPR (shown)

Product Specs

*Size (L x W):	in = 64 x 48	cm = 163 x 122
Live Area (L x W):	in = 84 x 84	cm = 214 x 214
Upright Heights:	in = 96 or 108	cm = 244 or 274
8 Foot Height Weight:	679 lbs	308 kg
9 Foot Height Weight:	700 lbs	318 kg
Max User Weight:	400 lbs	181 kg
Max Training Weight:	385 lbs	175 kg

NOTE:

- Weight varies on upright height



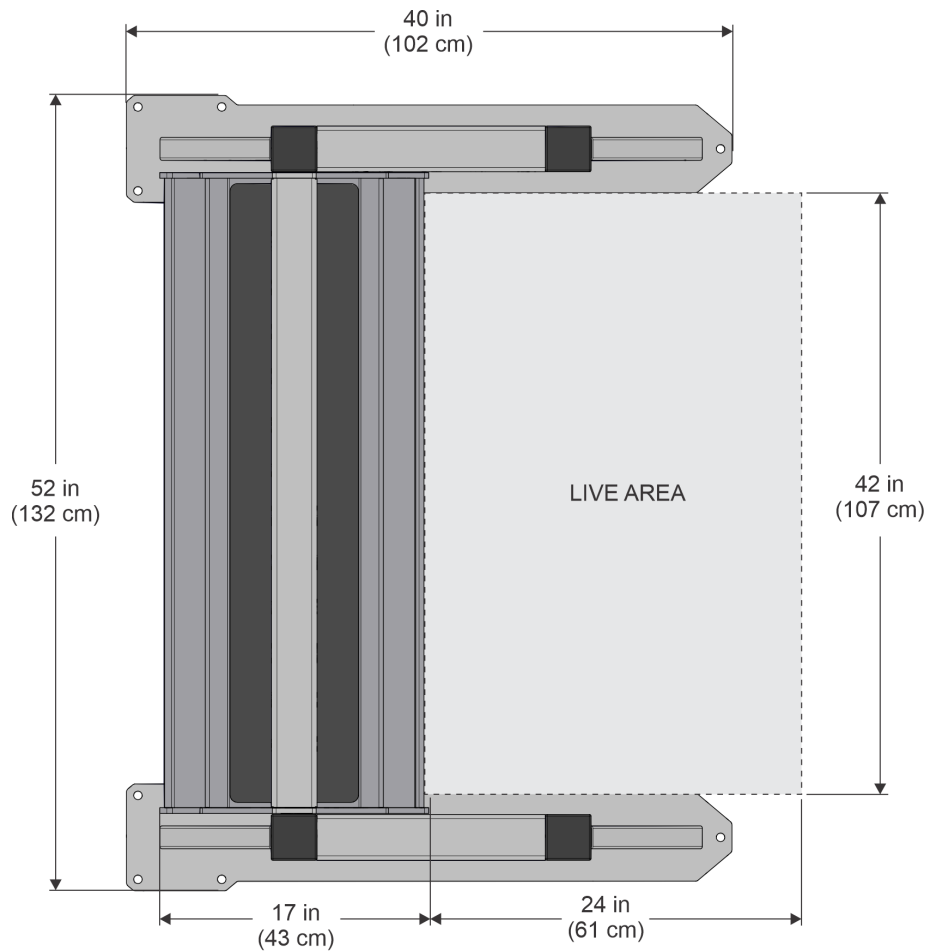
Perimeter Side Frame: HDU-PCOR, HDU-PSF (shown)

Product Specs

*Size (L x W):	in = 52 x 40	cm = 132 x 102
Live Area (L x W):	in = 42 x 24	cm = 107 x 61
Upright Heights:	in = 96	cm = 244
Upright Weight (each):	109 lbs	50 kg
2-Pipe Tray Weight:	33 lbs	15 kg
Dual Rail Tray Weight:	39 lbs	18 kg
Dumbbell Tray Weight:	57 lbs	26 kg
Kettlebell Tray Weight:	40 lbs	19 kg
Max User Weight:	400 lbs	181 kg

NOTE:

- Weight varies on tray configuration



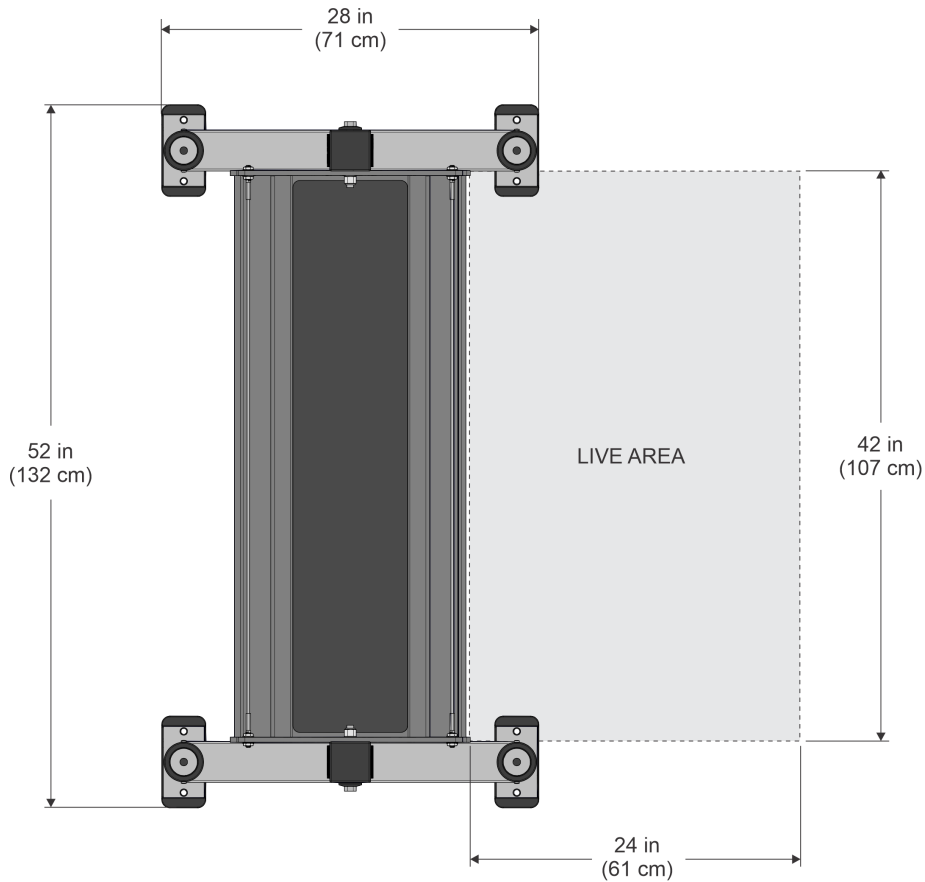
Storage Rack: HDU-FSS4 (shown), HDU-FSS6, HDU-FSS-SF

Product Specs

HDU-FSS4 Size (L x W):	in = 52 x 28	cm = 132 x 71
HDU-FSS4 Live Area (L x W):	in = 42 x 24	cm = 107 x 61
HDU-FSS6 Size (L x W):	in = 82 x 28	cm = 208 x 82
HDU-FSS6 Live Area (L x W):	in = 72 x 24	cm = 183 x 61
HDU-FSS-SF Upright Height:	in = 76	cm = 193
HDU-FSS-SF Upright Weight (each):	38 lbs	17 kg
Stability Ball Tray Weight (42in/72in):	15/21 lbs	7/10 kg
Dual Rail Tray Weight (42in/72in):	39/53 lbs	18/24 kg
Dumbbell Tray Weight (42in/72in):	57/83 lbs	26/38 kg
Kettlebell Tray Weight (42in/72in):	40/56 lbs	19/26 kg

NOTE:

- Weight varies on tray configuration



4. Exercise

General Exercise Information

Intended Use

The intended commercial use of this machine is to aid exercise and improve general physical fitness. Multiple exercises can be performed using this product. It is the responsibility of the owner to ensure exercisers understand general use and only perform recommended exercises that do not compromise the stability of the product or put the user at risk.

Prior to Exercise

Prior to starting a training program, get a complete physical exam to make sure your physician agrees that you are ready. Always warm-up your muscles before a workout. A cardio warm-up followed by stretching is typically recommended.

Start Your Program Conservatively

Choose weights you can easily lift in the first several weeks. Typically, a full range of motion is recommended, but consult a qualified professional if you have questions about whether a full range of motion is appropriate for you due to existing limitations, injury or discomfort. Injuries to health may result from incorrect or excessive training.

A "repetition" (rep) is defined as one complete movement through an exercise, returning to the start position. A "set" is a continuous series of reps, usually between 6-15. During your workout the number of reps you perform in a set depends on your goal. To build muscle and strength, often fewer reps (6 - 8) with heavier weight is recommended in each set. To build endurance, more reps (12-15) with lighter weight is typically recommended.

At the end of your workout, cool down in a similar way to your warm-up.

5. Maintenance Procedures

Maintenance Schedule

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

Clean

- Frame with a mild soap and water.

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.
- Straps for Power Rack Flexible Bar Catches to be inspected for cuts, frays, or other damage. Any strap showing sign of damage should be replaced immediately.

Once a Week

- Visually inspect all hardware for loosening, tampering or wear.
- Inspect all accessories, connecting links, and carabiner clips for 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.

6. Warranty

What is Covered

This Life Fitness 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, 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 representative.

Owner's Manual

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

Exclusive Warranty

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

Changes in Warranty Not Authorized

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

Effects of State Laws

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

Terms of Warranty Coverage


Please use the link below to access component warranty terms:



7. Cable Handling Guide

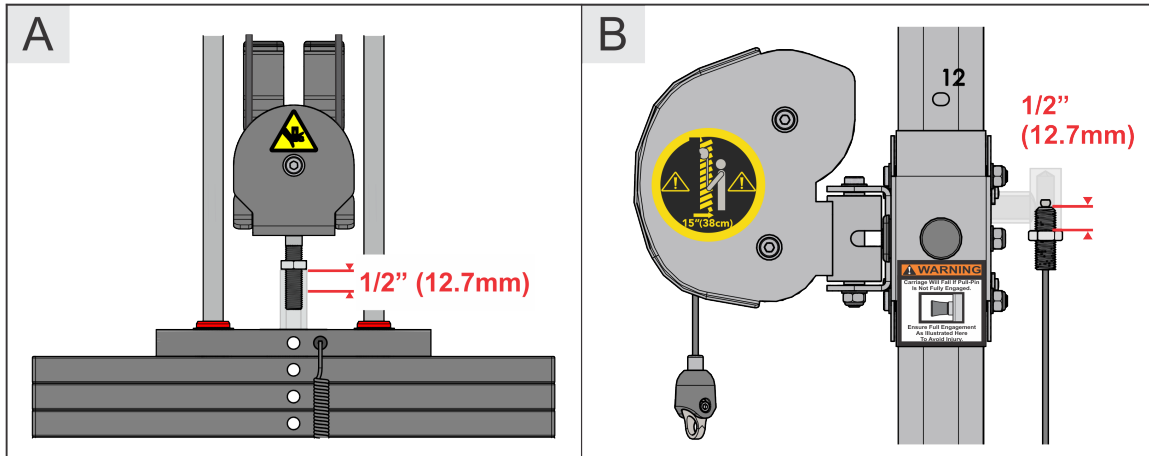
Cable Terminations, Tensioning and Wear Guide

Cable connections with threaded cable ends are required to be installed and maintained following the specifications identified below. Failure to follow these specifications can lead to the dislocation of the threaded cable during use and can cause serious injury. Along with securing the threaded cable end and jam nut, it is important to check the entire unit and ensure that all hardware is securely fastened and not left loose upon completion of cable installation.

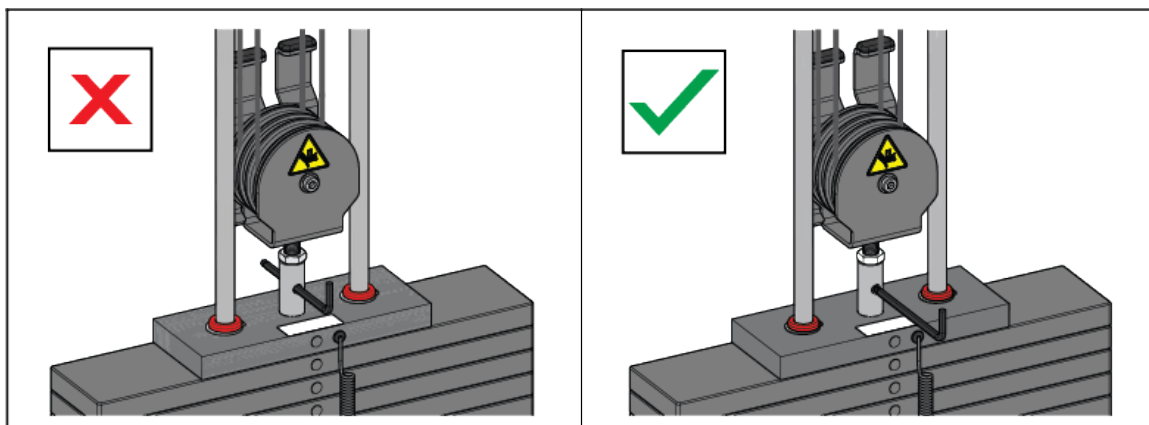
 **WARNING:** Use of non certified "techs" note: Service warranties may be void if a non-Life Fitness-certified technician performs service work. Replacement of any strength cables should be performed by a Life Fitness certified technician.

Cable Terminations

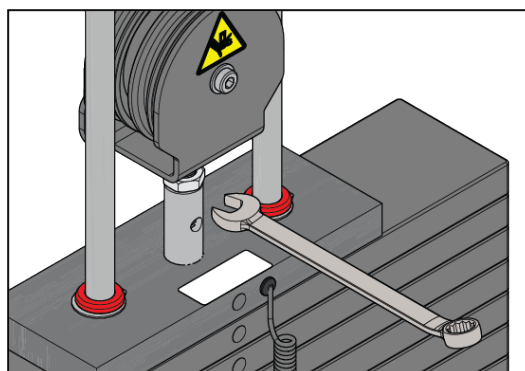
1. Cable must be threaded at least 1/2 inch (12.7mm) into termination points; at headplate (A) and frame/carriage (B).



2. Certain models are now equipped with a bayonet portal to assist checking proper thread engagement. To do so, attempt to pass a 7mm Allen wrench through the portal, if it goes through, more threads are needed to meet the minimum requirement.



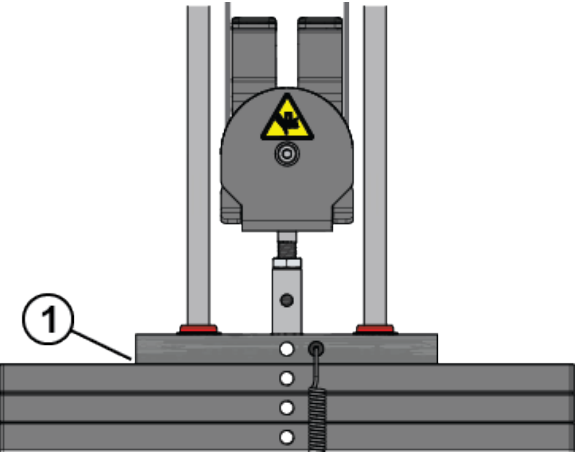
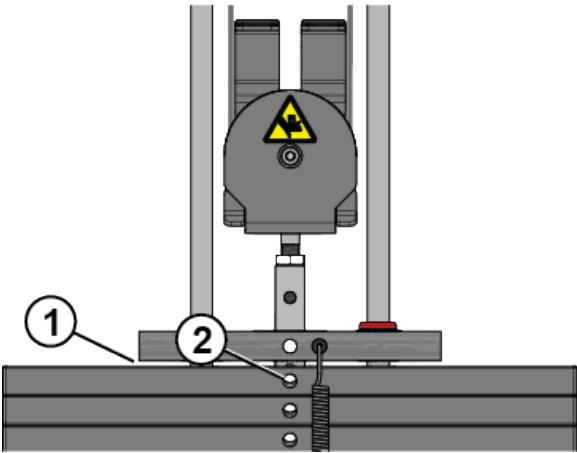
3. When proper thread engagement is reached, tighten jam nut to 20-25 FT-LBS (27.2 - 34.0 Nm) using a 24mm wrench.



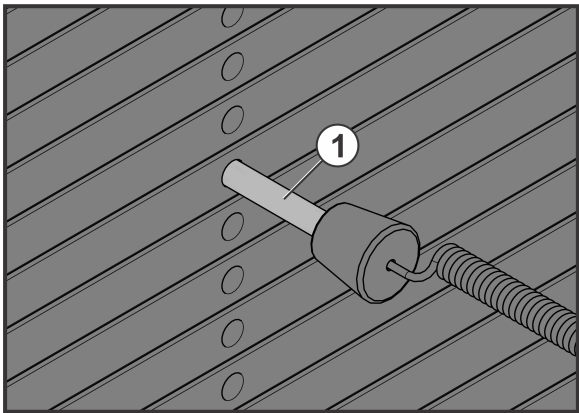
Tensioning Cable

Cable should have enough tension so it stays seated into the pulley but not so tight that it pulls the head plate off the weight plate below it.

- 1. If the head plate has lifted, loosen the jam nuts at the terminations and loosen the threaded plugs a half turn until the head plate comes to rest on the weight plate below. Check that the cable's threaded plugs are engaged at least 1/2" (12.7mm) at each termination point.

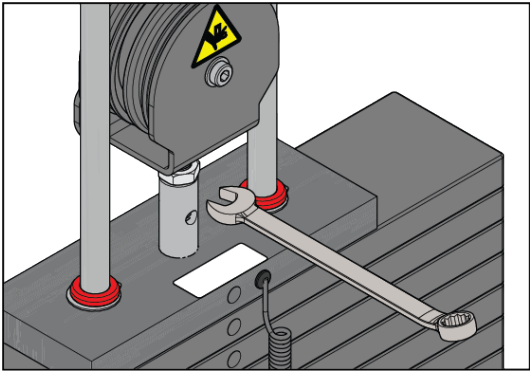
SEATED HEAD PLATE	SUSPENDED HEAD PLATE
	
1. No gap	1. Gap 2. Bayonet obstructing weight stack pin

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



Item	Description	Qty.
1	Weight Stack Selector Pin	1


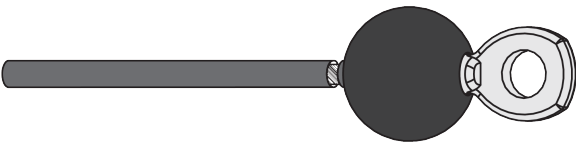
- 3. When proper thread engagement is reached, tighten jam nut to 20-25 FT-LBS (27.2 - 34.0 Nm) using a 24mm wrench.




Strength Cable Wear Guide

Replace cable at first sign of any of the following:


FRACTURES:

Casing can crack or fracture under strains during use. Any crack in the casing merits cable replacement even if no wire rope is exposed.	
Be especially observant for fractures near the components on the cable assembly - IE. Nylon Ball, Nico Loop, Threaded Plug, etc.	


TWISTING/BINDING:

Inspect casing to ensure wire rope is not twisting within its casing. Any sign of the cable twisting should be replaced immediately.	
--	--

BULGING:

Internal wire rope strands can break within and coil causing a bulge to appear. Cable should retain same outside diameter throughout.	
---	--


FRAYED/EXPOSED WIRE ROPE:

Any exposed wire rope protruding through the casing or at either end.	
---	--


FLATTENED:

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

PERMANENTLY BENT:

Cable has 'kink' and prohibits cable from laying straight. Wire rope may be unraveling beneath casing and is compromised warranting replacement.	
--	--

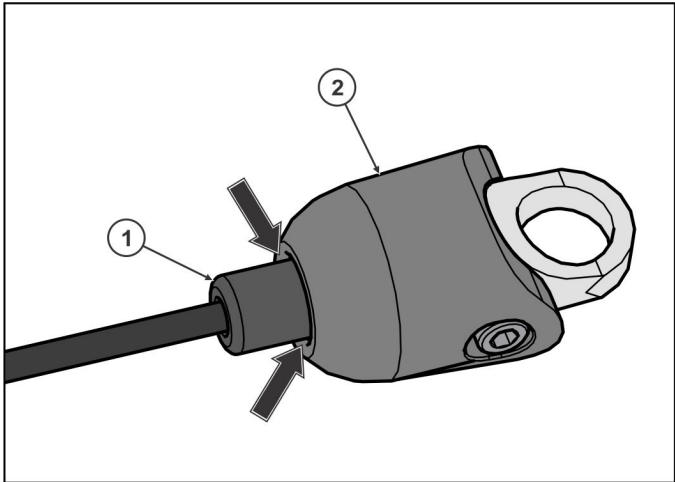
ENDS SEPARATING:

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

Insert Inspection

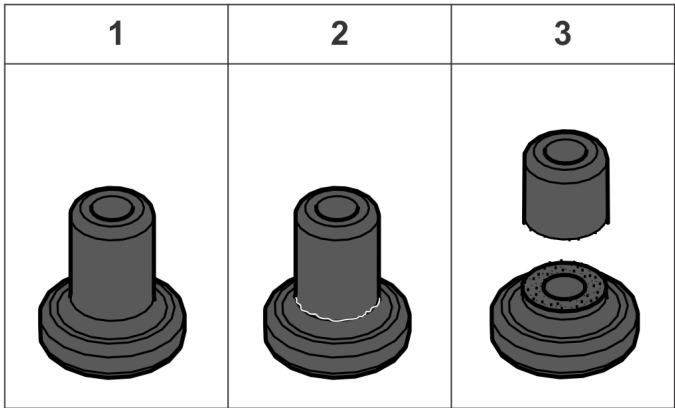
Inspect insert within the strain-relief cable end assembly and replace if any sign of damage.

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



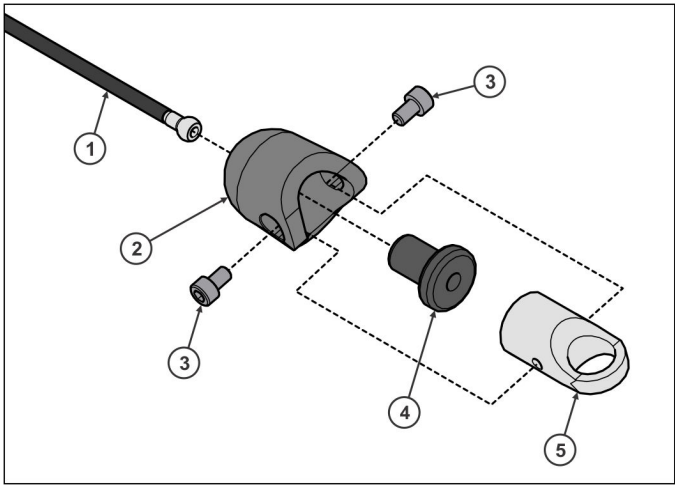
Item	Description	Qty.
1	Plastic Insert	1
2	Plastic Housing	1

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



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

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



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

8. Bolt to Floor Guide

Introduction

Life Fitness designs its products to be stable when used as designed. Because strength training is dynamic, we cannot predict how users will ultimately use the products in all circumstances. Therefore, Life Fitness requires that strength training equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over.

Each new unit shipped comes with a multi-language hangtag stating the importance of bolting the unit down as a safety precaution.

It is the facility's responsibility to adhere to local and regional building codes.

Bolt to Floor Qualifications

Description	Unit	Recommended Bolt to Floor	Required Bolt to Floor
Accessory Tower	HDU-ADAT		X
	HDU-ATWR	X	
Cable Column	HDU-ADCC		X
	HDU-CCOR	X	
	HDU-CCM	X	
Dual Pulldown - Row	HDU-ADDPR		X
	HDU-DPR	X	
Perimeter	HDU-PCOR		X
	HDU-ADPSF		X
	HDUPSF		X

IMPORTANT: For all models that are bolted to the floor, an anchor is to be used in each accessible foot plate hole.

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.

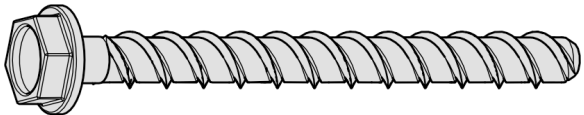
- Life Fitness does not have that level of specification or engineering input for competitive product.
- Life Fitness installation teams are not permitted to anchor competitor equipment.

Drilling

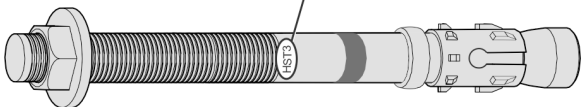
It is also recommended to drill an additional 1/2" (12.7 mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.

- 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 Type - Static

Static Anchor	Standard Sizes	Drill Bit Size
	Imperial: KH-EZ 3/8" x 5"	3/8in
	Metric: HUS-H 10mm x 130mm	10mm

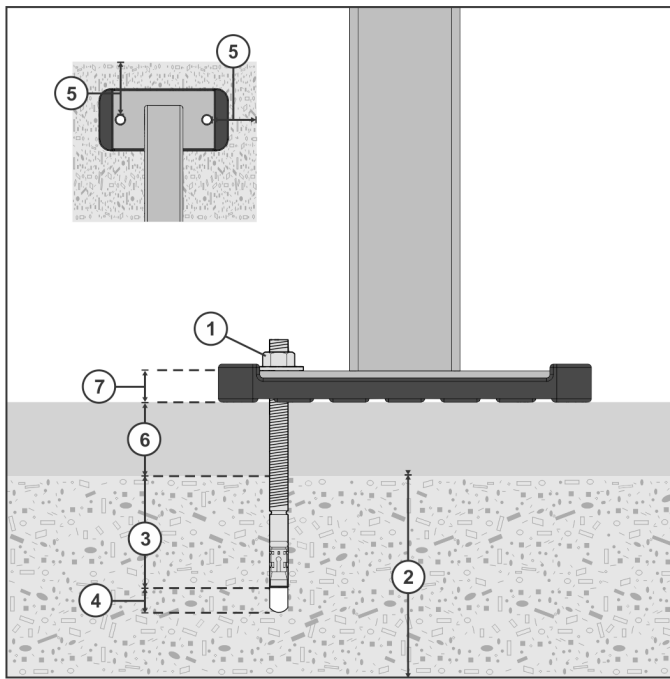
Anchor Type - Dynamic

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

Anchor Specifications

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

1	2	3	4	5	6
Static Anchor	Minimum Concrete Thickness	Minimum Anchor Embedment into Concrete	Minimum Drill Depth in Concrete Beyond Anchor	Minimum Distance from Anchor to Concrete Edge or Seam:	Maximum Flooring (wood/tile/rubber/screed) Thickness Between Base Plate and Concrete
KB-EZ 1/4"	4-1/8"	2-1/2"	1/2"	1-3/4"	0" - 0.92"
HUS-H 6mm	100mm	55mm	10mm	44mm	0mm - 26mm



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

Pullout Force

Life Fitness specifies Hilti™ static and dynamic anchors. According to the anchor manufacturer, the recommended design pullout force (in tension) for the specified anchors, when properly installed in cracked concrete, is provided in the side table. This table should be used for reference only; for additional and up-to-date information on the anchor capabilities or the design pullout force in other substrates, please consult Hilti directly at <https://www.us.hilti.com>.

Dynamic Anchors	Design Resistance in Tension *
KB-TZ2 3/8" x 5" and HST3 10mm x 130mm	Greater than 2,000 lb (2.7kN)
Static Anchors	Design Resistance in Tension *
KH-EZ 1/4"	830 lb (3.6 kN)
HUS-H 6mm	3.3 kN (741lb)

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

Tools Required



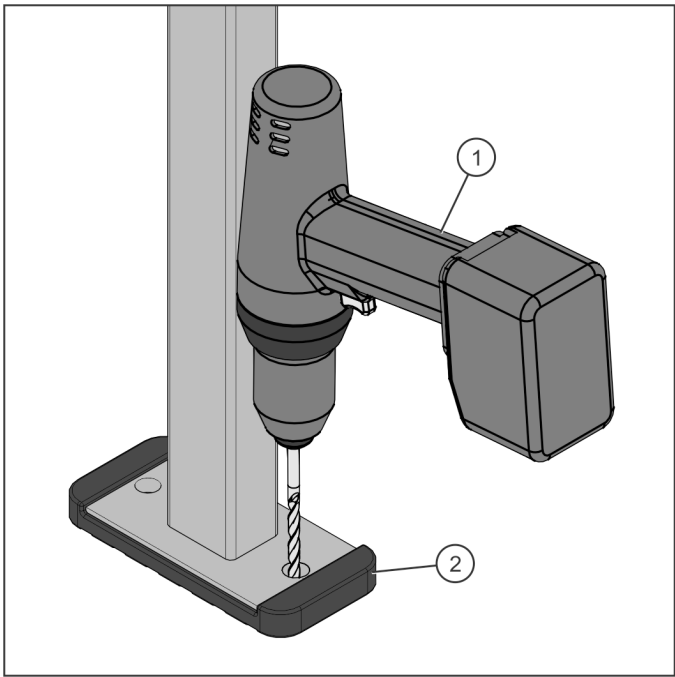
WARNING: Adhere to manufacturer's equipment warnings and guidelines. Follow manufacturer's instructions for proper usage.

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

Anchor Procedure

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

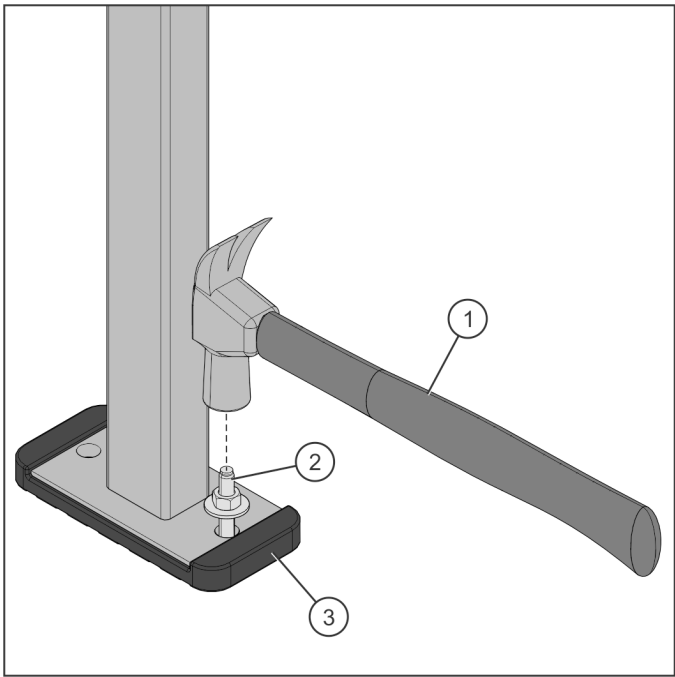
NOTE: Use 3/8" size bit for Imperial anchors and 10mm for Metric anchors.



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

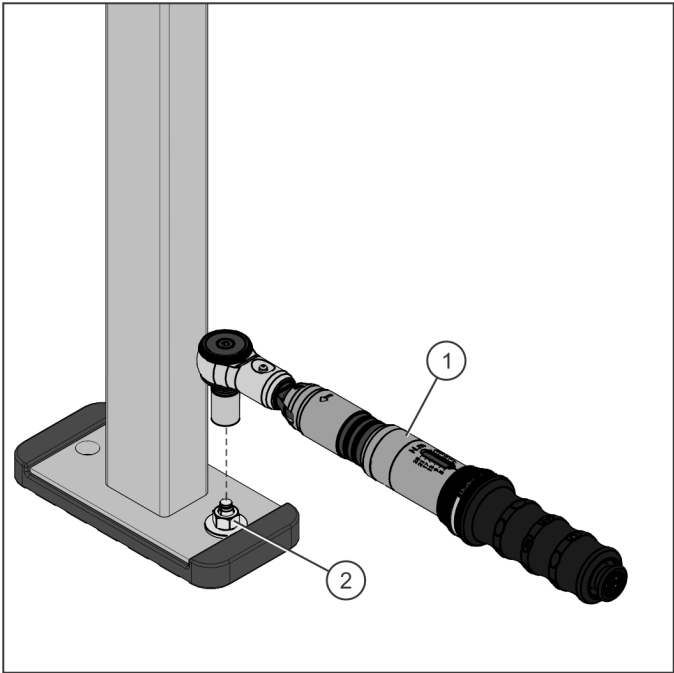
- 3. Clear out debris from hole.
- 4. **NOTE:** This step only applies to dynamic anchors. Do not hammer static anchors.

Insert anchor assembly and hammer until flush against upright's base plate.



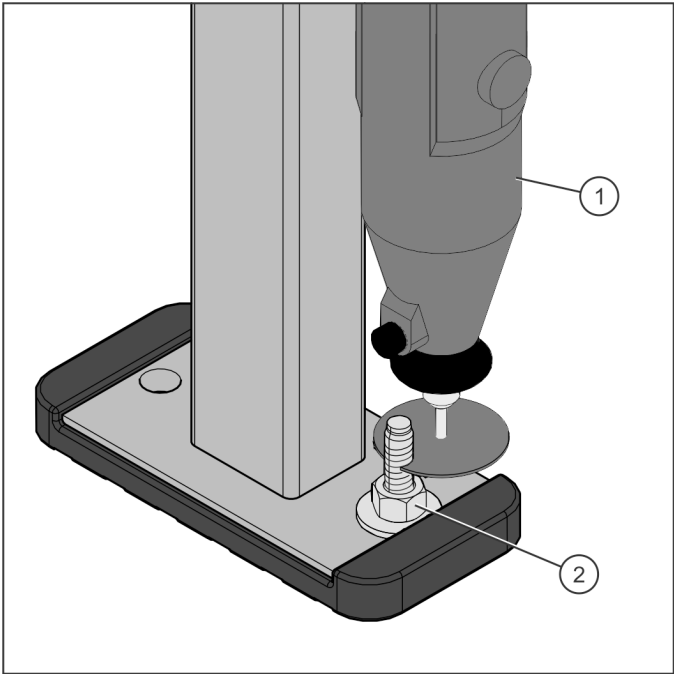
Item	Description	Qty.
1	Hammer	1
2	Anchor Assembly	1
3	Base Plate	1

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



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

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

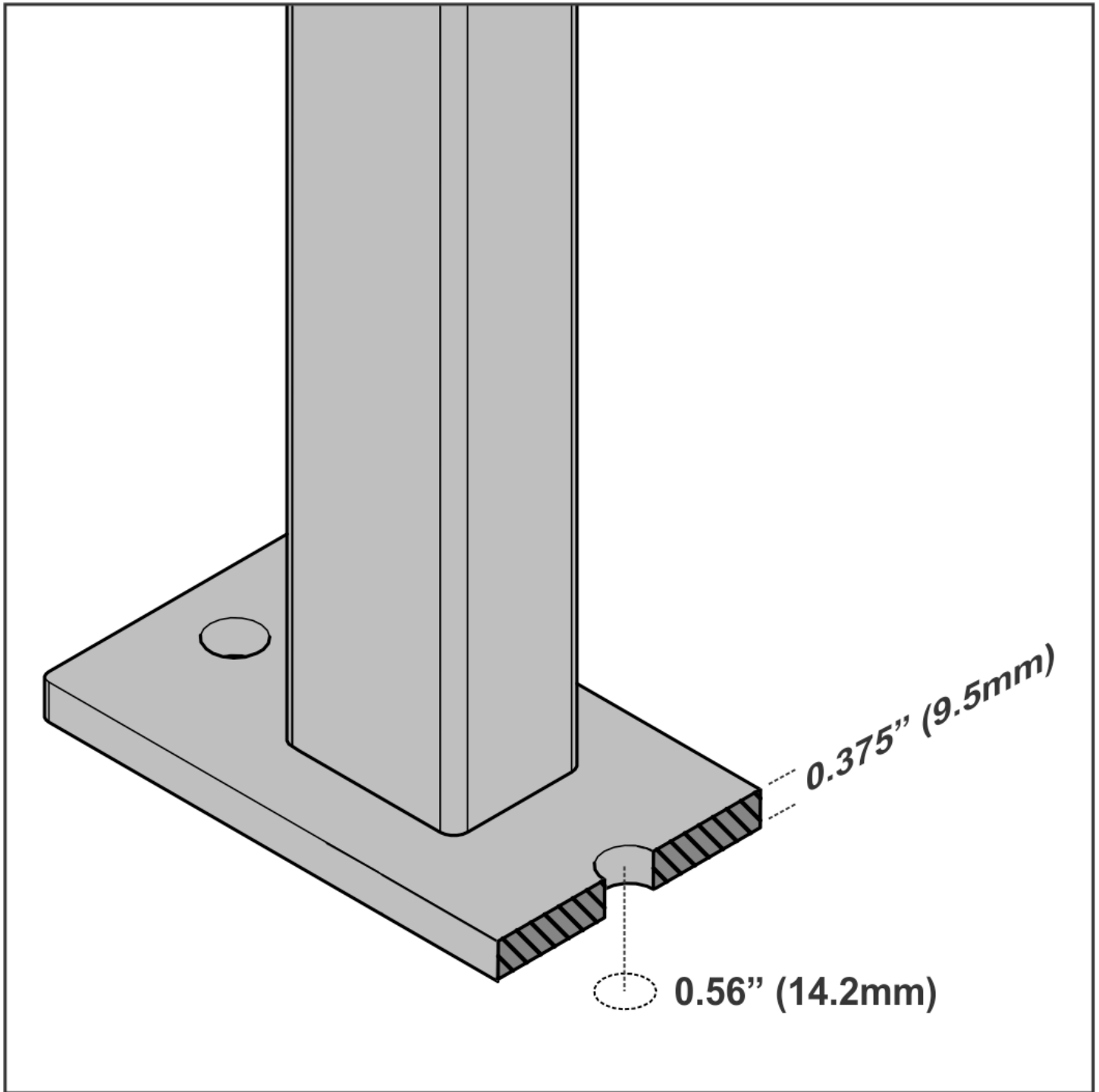


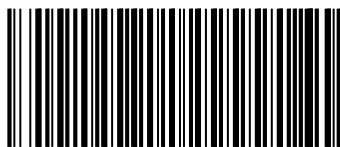
Item	Description	Qty.
1	Rotary Tool	1
2	Anchor Assembly	1

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

Foot Dimensions

Use below image to determine foot height thickness.





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