

HAMMER STRENGTH®

**HAMMER
STRENGTH®**

Heavy Duty Athletic Racks

Owner's Manual & Assembly Instructions

Half Rack - Half Rack/Half Rack Combo - Power Rack

HDT-HR, HDT-HRHR, HDT-PR



Life Fitness

Operation Manuals and other Product Information available at <https://www.lftechsupport.com/web/document-library/documents>

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操作マニュアルおよびその他の製品情報については、<https://www.lftechsupport.com/web/document-library/documents> をご覧ください。

如需操作手册和其他产品信息，请登录：<https://www.lftechsupport.com/web/document-library/documents>

操作手册和其他產品資訊請見 <https://www.lftechsupport.com/web/document-library/documents>

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Trobareu el manual de funcionament i altra informació de producte a <https://www.lftechsupport.com/web/document-library/documents>

Mae Llawlyfrau Gweithredu a Gwybodaeth Arall am Beiriannau ar gael yn <https://www.lftechsupport.com/web/document-library/documents>

Die Betriebsanleitung und andere Produktinformationen erhalten Sie unter <https://www.lftechsupport.com/web/document-library/documents>

Encontrará el manual de funcionamiento y otra información de producto en <https://www.lftechsupport.com/web/document-library/documents>

Erabiltzailearen Eskuliburua eta Beste Produktuei buruzko Informazioa eskuratu <https://www.lftechsupport.com/web/document-library/documents> gunean

Käyttöoppaat ja muut tuotetiedot ovat saatavana osoitteessa <https://www.lftechsupport.com/web/document-library/documents>

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Felhasználói kézikönyvek és más termékinformációk: <https://www.lftechsupport.com/web/document-library/documents>

Manuali di funzionamento e altre informazioni sui prodotti disponibili su <https://www.lftechsupport.com/web/document-library/documents>

Manuali di funzionamento e altre informazioni sui prodotti disponibili su <https://www.lftechsupport.com/web/document-library/documents>

Instrukcje obsługi i inne informacje o produktach dostępne na stronie <https://www.lftechsupport.com/web/document-library/documents>

Manuais de Operação e Informações sobre outros produtos disponíveis em <https://www.lftechsupport.com/web/document-library/documents>

Руководства по эксплуатации и другую касающуюся нашей продукции информацию можно найти, перейдя по ссылке <https://www.lftechsupport.com/web/document-library/documents>

Kullanım Kılavuzları ve Diğer Ürün Bilgileri <https://www.lftechsupport.com/web/document-library/documents>'da bulunmaktadır

CORPORATE HEADQUARTERS

Columbia Centre III, 9525 West Bryn Mawr Avenue, Rosemont, Illinois 60018 • U.S.A.

847.288.3300 • FAX: 847.288.3703

Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)

Global Website: www.lifefitness.com

INTERNATIONAL OFFICES

AMERICAS

North America Life Fitness, Inc.

Columbia Centre III
9525 West Bryn Mawr Avenue
Rosemont, IL 60018 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email:
customersupport@lifefitness.com
Service Website: www.lifefitness.com/parts
Sales/Marketing Email:
commercialsales@lifefitness.com
Operating Hours: 7:00 am-6:00 pm (CST)

Brazil Life Fitness Brasil

Av. Cidade Jardim, 900
Jd. Paulistano
São Paulo, SP 01454-000
BRAZIL
SAC: 0800 773 8282
Telephone: +55 (11) 3095 5200
Fax: +55 (11) 3095 5201
Service Email: suporte@lifefitness.com.br
Sales/Marketing Email:
lifefitness@lifefitness.com.br
Service Operating Hours:
9:00 - 17:00 (BRT) (Monday-Friday)
Store Operating Hours:
9:00 -20:00 (BRT) (Monday-Friday)
10:00 - 16:00 (BRT) (Saturday)

Latin America & Caribbean* Life Fitness Inc.

Columbia Centre III
9525 West Bryn Mawr Avenue
Rosemont, IL 60018 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email:
customersupport@lifefitness.com
Sales/Marketing Email:
commercialsales@lifefitness.com
Operating Hours: 7:00am-6:00pm (CST)

EUROPE, MIDDLE EAST, & AFRICA

(EMEA)

Netherlands & Luxemburg Life Fitness Atlantic BV

Bijdorpplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 666
Fax: (+31) 180 646 699
Service Email:
service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

United Kingdom & Ireland Life Fitness UK LTD

Queen Adelaide
Ely, Cambs, CB7 4UB
Telephone: General Office (+44)
1353.666017
Customer Support (+44) 1353.665507
Fax: (+44) 1353.666018
Service Email: uk.support@lifefitness.com
Sales/Marketing Email: life@lifefitness.com
Operating Hours:
General Office: 9.00am - 5.00pm (GMT)
Customer Support: 8.30am - 5.00pm
(GMT)

Germany & Switzerland Life Fitness Europe GMBH

Siemensstraße 3
85716 Unterschleißheim
GERMANY
Telephone: (+49) 89.31 77 51.0 (Germany)
(+41) 0848 000 901 (Switzerland)
Fax: (+49) 89.31 77 51.99 (Germany)
(+41) 043 818 07 20 (Switzerland)
Service Email:
kundendienst@lifefitness.com
Sales/Marketing Email:
kundenberatung@lifefitness.com
Operating Hours: 08.30 -16.30h (CET)

Austria Life Fitness Austria

Vertriebs G.m.b.H.
Dückerstraße 7-9/3/36
1220 Vienna
AUSTRIA
Telephone: (+43) 1.61.57.198
Fax: (+43) 1.61.57.198.20
Service Email: kundendienst@lifefitness.com
Marketing/Sales Email:
kundenberatung@lifefitness.com
Operating Hours: 08:30-16.30.h (MEZ)

Spain Life Fitness IBERIA

C/Frederic Mompou 5,1ª^a
08960 Sant Just Desvern Barcelona
SPAIN
Telephone: (+34) 93.672.4660
Fax: (+34) 93.672.4670
Service Email: servicio.tecnico@lifefitness.com
Sales/Marketing Email:
info.iberia@lifefitness.com
Operating Hours:
9.00h-18.00h (Monday-Thursday)
8.30h-15.00h (Friday)

Belgium Life Fitness Benelux NV

Parc Industriel de Petit-Rechain
4800 Verviers
BELGIUM
Telephone: (+32) 87 300 942
Fax: (+32) 87 300 943
Service Email:
service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9.00h -17.00h (CET)

All Other EMEA Countries & Distributor Business C-EMEA*

Bijdorpplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 644
Fax: (+31) 180 646 699
Service Email:
service.db.cemea@lifefitness.com
Sales/Marketing Email:
marketing.db.cemea@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

ASIA PACIFIC (AP)

Japan Life Fitness Japan

Japan Nippon Brunswick Bldg., #8F
5-27-7 Sendagaya
Shibuya-Ku, Tokyo
Japan 151-0051
Telephone: (+81) 3.3359.4309
Fax: (+81) 3.3359.4307
Service Email: service@lifefitnessjapan.com
Sales/Marketing Email:
sales@lifefitnessjapan.com
Operating Hours: 9.00h-17.00h (JAPAN)

Hong Kong Life Fitness Asia Pacific LTD

32/F, Global Trade Square
21 Wong Chuk Hang Road
HONG KONG
Telephone: (+852) 2575.6262
Fax: (+852) 2575.6894
Service Email:
HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
Marketing.HK.Asia@lifefitness.com
Operating Hours: 9.00h-17.00h
Service Operating Hours: 9.00h-18.00h

All Other Asia Pacific countries & distributor business Asia Pacific* Life Fitness Asia Pacific LTD

32/F, Global Trade Square
21 Wong Chuk Hang Road
HONG KONG
Telephone: (+852) 2575.6262
Fax: (+852) 2575.6894
Service Email:
HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
Marketing.HK.Asia@lifefitness.com
Operating Hours: 9.00h-17.00h
Service Operating Hours: 9.00h-18.00h

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

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SAFETY INFORMATION

It is the sole responsibility of the purchaser of HAMMER STRENGTH products to read the owner's manual, 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, ASK FOR CLARIFICATION FROM LIFE FITNESS PERSONNEL.

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

This equipment is categorized as class S per EN ISO 20957-1 and as such 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.

ACCESS CONTROL

HAMMER STRENGTH 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.

This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.

INSTALLATION

1. SECURING EQUIPMENT - Manufacturer **recommends** that the accompanying equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.
2. Manufacturer **recommends** that this training equipment be secured to the floor by a licensed contractor unless outfitted with the optional Wing; racks installed with an optional Wing are **required** to be secured. Power Racks and Combo Racks with the Heavy Bag Hanger are **required** to be secured. Refer to the Bolt to Floor Guidelines section for assembly instructions on proper attaching operation and minimum pullout force of the anchors.
3. Manufacturer **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 HAMMER STRENGTH for any questions

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that HAMMER STRENGTH equipment is used properly to avoid injury.
2. 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.
3. Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
4. When adjusting any Half Rack and Power Rack bar support, Half Rack Bar Catches, Power Rack Flexible Catches or any other type of adjuster, make certain that the pin is fully engaged in hole to avoid injury.

SAFETY INFORMATION (CONTINUED)

INSPECTION

1. DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all HAMMER STRENGTH equipment use only replacement parts supplied by LIFE FITNESS.
2. MAINTAIN LABELS AND NAMEPLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.
3. EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
4. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. See Maintenance section for care and maintenance instructions.
5. Before any use, examine all accessories approved for use with the HAMMER STRENGTH equipment for damage or wear.
6. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE HAMMER STRENGTH EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.

OPERATING WARNINGS

1. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all HAMMER STRENGTH equipment.
2. Keep children away from strength equipment. Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
3. Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have user's secure long hair back and up to avoid contact with moving parts.
4. All bystanders must stay clear of all users, moving parts, attached accessories and components while machine is in operation.
5. Never exceed the load rating for any athletic racks, bench or other free weight device; including specific weight rod and band peg limits.



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 www.P65Warnings.ca.gov

PREVENTIVE MAINTENANCE

MAINTENANCE SCHEDULE

ACTION	WEEKLY	MONTHLY	AS NEEDED
CLEAN			
FRAME		X	
WAX			
FRAME			X
INSPECT			
FRAME	X		
PAINT		X	
HARDWARE	X		
ACCESSORIES	X		

CLEAN:

- Frame with a mild soap and water.

WAX:

- Frames with a standard, non-abrasive, wax finish.
- Use polishing compound (such as car wax) to remove shoe scuffs from powder coated surfaces as necessary.

INSPECT:

- All paint chips should be filled in immediately with HAMMER STRENGTH touch-up paint.
- Hardware should be checked for looseness, tampering or wear. Tighten/replace as required.
- Frames should be inspected for wear and damage.
- 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.

LIFE FITNESS APPROVED CLEANERS (United States availability only)

Two preferred cleaners have been approved by LIFE FITNESS 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 for gym staff 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. Call: 1-800-351-3737 or email: customersupport@lifefitness.com).

LIFE FITNESS COMPATIBLE CLEANERS

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean exterior surfaces. Use a soft cotton cloth only. Apply the cleaner to the cotton 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 PEN AND 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.

WARRANTY

WHAT IS COVERED

This HAMMER STRENGTH commercial exercise equipment 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 & 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 charges 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 this Owner's 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.

OPERATION 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 (CONTINUED)

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

EFFECT OF LAWS

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

OUR PLEDGE TO YOU

We want you to be completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

HOW TO OBTAIN PARTS & SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit.
3. Contact the nearest LIFE FITNESS Customer Support Services group.

WARRANTY COVERAGE

Warranties outside the United States may vary.

FRAME (not coating)	HARDWARE/MECHANICAL	COSMETIC
10 Years	90 Days	90 Days

LABEL LOCATIONS

SERIAL NUMBER LABEL

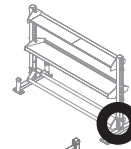
HAMMER STRENGTH

9525 WEST BRYN MAWR AVE.
ROSEMONT, IL 60018
USA 1-800-351-3737

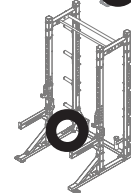
www.lifefitness.com

Model: **HDTXX-XX**
Manufactured in the USA with US and Foreign parts
Max. User Weight:
Max. Training Weight:

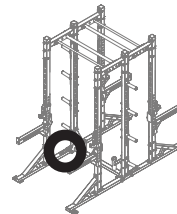
S/N HDTXX-XX



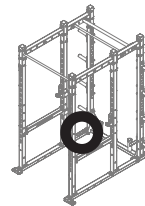
Free Standing Storage



Half Rack



Half Rack/
Half Rack
Combo



Power Rack

GENERAL WARNING LABEL

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

- Before using, read all the instructions and diagrams included in the user manual. Do not use the equipment until you have read and understood all the instructions. Do NOT modify the machine in any way.
- Obtain a medical exam before beginning any exercise program.
- Keep body, hair and clothing free of all moving objects. DO NOT use if you are pregnant. DO NOT attempt to fix or adjust the machine. If you are unable to use the machine, call your retailer immediately.
- Children must not be allowed near the machine. Supervise children.
- DO NOT exceed the load rating. Seek Assistance.
- Manufacture of this equipment is subject to the right to modify or change specifications without notice. Please contact your retailer for more information.
- DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.

⚠ AVERTISSEMENT
UN BLESSURE DE CET EQUIPEMENT PEUT SE PRODUIRE SI VOUS NE Lisez PAS LES PRECAUTIONS (GARFIES) SUIVANTES.

- Avant de commencer toute utilisation de cet équipement, lisez attentivement toutes les instructions et diagrammes inclus dans le manuel de l'utilisateur. Ne pas utiliser l'équipement avant d'avoir lu et compris toutes les instructions. NE PAS modifier l'appareil de quelque manière que ce soit.
- Obtenir un examen médical avant de commencer tout programme d'exercice.
- Garder le corps, les cheveux et les vêtements libres de tout objet en mouvement. NE PAS utiliser si vous êtes enceinte. NE PAS tenter de réparer ou d'ajuster l'appareil. Si vous ne pouvez pas utiliser l'appareil, appelez votre détaillant immédiatement.
- Les enfants ne doivent pas être autorisés à se tenir près de la machine. Surveiller les enfants.
- NE PAS dépasser la charge indiquée. Demander de l'aide.
- La fabrication de cet équipement est soumise au droit de modifier ou de changer les spécifications sans préavis. Veuillez contacter votre détaillant pour plus d'informations.
- NE PAS ENLEVER CE TAILLE D'ETIQUETTE. REMPLACER SI ENDOMMAGÉ.

⚠ ADVERTENCIA
ESTE EQUIPO PUEDE PROVOCAR LESIONES GRAVES SI NO SE SIGUIERON LAS PRECAUCIONES SIGUIENTES.

- Antes de utilizar este equipo, lea atentamente todas las instrucciones y diagramas incluidos en el manual del usuario. No utilice el equipo hasta que haya leído y comprendido todas las instrucciones. NO modifique el equipo de ninguna manera.
- Obtenga un examen médico antes de comenzar cualquier programa de ejercicios.
- Mantenga el cuerpo, el pelo y la ropa libres de cualquier objeto en movimiento. NO utilice si está embarazada. NO intente reparar o ajustar el equipo. Si no puede utilizar el equipo, llame inmediatamente a su minorista.
- Los niños no deben estar cerca de la máquina. Vigile a los niños.
- No exceda la carga máxima permitida. Busque ayuda.
- Este equipo puede estar sujeto a cambios de especificaciones sin previo aviso. Consulte a su minorista para obtener más información.
- NO QUITAR ESTA ETIQUETA. SUSTITUYALA SI ESTA DAÑADA.

⚠ WARNUNG
AUF DIESEM GERÄT KANN VERLETZUNGEN VERURSACHT WERDEN, WENN SIE NICHT DIESE VORSICHRITTSMASSNAHMEN BEACHTEN.

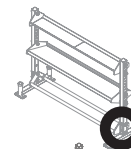
- Vor der Verwendung des Geräts lesen Sie bitte alle Anweisungen und Diagramme im Benutzerhandbuch. Benutzen Sie das Gerät nicht, bevor Sie alle Anweisungen gelesen und verstanden haben. NICHT modifizieren Sie das Gerät auf irgendeine Weise.
- Erhalten Sie vor dem Beginn eines Trainingsprogramms einen ärztlichen Rat.
- Halten Sie Ihren Körper, Ihre Haare und Ihre Kleidung frei von allen beweglichen Teilen. NICHT benutzen, wenn Sie schwanger sind. NICHT versuchen, das Gerät zu reparieren oder einzustellen. Wenn Sie das Gerät nicht benutzen können, rufen Sie sofort Ihren Händler an.
- Kinder dürfen nicht in der Nähe der Maschine sein. Überwachen Sie Kinder.
- Nicht die zulässige Last überschreiten. Hilfe holen.
- Die Spezifikationen dieses Geräts können ohne Vorwarnung geändert werden. Bitte kontaktieren Sie Ihren Händler für weitere Informationen.
- Das Entfernen dieses Warnetiketts ist untersagt. Ersetzen Sie das Etikett, falls es beschädigt ist.

⚠ AVVERTENZA
DALL'USO DI QUESTA APPARECCHIATURA POSSONO DERIVARE GRAVI LESIONI. PER EVITARE LESIONI ATTERRENDALE SEGUENTI PRECAUZIONI.

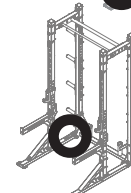
- Prima di utilizzare l'apparecchio leggere attentamente tutte le istruzioni e i diagrammi contenuti nel manuale dell'utente. Non utilizzare l'apparecchio prima di aver letto e compreso tutte le istruzioni. NON modificare l'apparecchio in alcun modo.
- Prima di iniziare un programma di esercizio consultare un medico.
- Mantenere il corpo, i capelli e gli indumenti liberi da tutti gli oggetti in movimento. NON utilizzare se si è incinta. NON tentare di riparare o regolare l'apparecchio. Se non si può utilizzare l'apparecchio, chiamare immediatamente il rivenditore.
- Non consentire ai bambini di stare vicino alla macchina. Sorvegliare i bambini.
- NON superare il carico massimo consentito. Richiedere assistenza.
- Le specifiche tecniche di questo apparecchio possono subire modifiche senza preavviso. Per maggiori informazioni, contattare il rivenditore.
- È vietato rimuovere questo avvertimento. Sostituire l'avvertimento se è danneggiato.

⚠ WAARSCHUWING
HET GEBRUIK VAN HET TOEGELIJKEDERUZE KAN ERNSTIGE LETSEL VERURSAAKEN. VOOR HET VERMIDDELLEN VAN DIT LETSEL TE VOORKOMEN, MOET U DE VOLGENDE VEILIGHEIDSPRECAUTIES NEMEN.

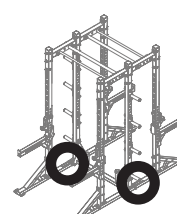
- Voordat u de machine gaat gebruiken, moet u alle instructies en diagrammen in de gebruikershandleiding zorgvuldig lezen en begrijpen. Gebruik de machine niet voordat u alle instructies gelezen en begrepen heeft. NIET aanpassen of wijzigingen aanbrengen aan de machine.
- Voordat u begint met oefenen, raad u een arts op.
- Houd uw lichaam, uw haar en uw kleding vrij van bewegende delen. Gebruik de machine niet als u zwanger bent. Probeer de machine niet te repareren of te regelen. Als u de machine niet kunt gebruiken, moet u de verkoper hiervan in kennis stellen.
- Laat kinderen niet bij de machine. Toezicht houden op kinderen.
- Niet de toegelaten belasting overschrijden. Vraag om hulp.
- De specificaties van deze machine kunnen zonder voorafgaande kennisgeving worden gewijzigd. Raadpleeg de verkoper voor meer informatie.
- Het verwijderen van dit waarschuwingsetiket is niet toegestaan. Vervang het etiket indien het beschadigd is.



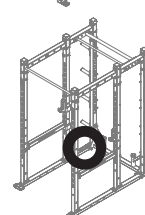
Free Standing Storage



Half Rack



Half Rack/
Half Rack
Combo



Power Rack

⚠ ATENÇÃO
ACIDENTES GRAVES PODEM OCORRER COM ESTE EQUIPAMENTO. VOCÊ DEVE SEGUIR ESTAS PRECAUCOES PARA EVITAR FERIMENTOS!

- Antes de usar, leia todas as instruções e diagramas incluídos no manual do usuário. Não use o equipamento até ter lido e compreendido todas as instruções. NÃO modifique o equipamento de qualquer maneira.
- Faça um exame médico antes de iniciar qualquer programa de exercícios.
- Mantenha o corpo, o cabelo e a roupa livres de todos os objetos em movimento. NÃO use se estiver grávida. NÃO tente reparar ou ajustar o equipamento. Se não puder usar o equipamento, chame imediatamente o seu revendedor.
- Não permita que crianças estejam perto da máquina. Supervisione as crianças.
- Não ultrapasse a capacidade máxima permitida. Peça ajuda.
- As especificações deste equipamento podem ser alteradas sem aviso prévio. Para obter mais informações, consulte o revendedor.
- Não remova esta etiqueta de advertência. Substitua-a se estiver danificada.

⚠ UYARI
BU FORMANDA COKU YARILANMA YETKENDEN COKU KULLANMAYI DENEYIMELER. BU COKU KULLANMAYI DENEYIMELER ÖZELLIKLERINI OKUYUN.

- Bu formanda belirtilen talimatları dikkatlice okuyun ve tüm talimatları anlamadan kullanmayın. Bu ekipmanı kullanmadan önce tüm talimatları okuyun ve anlayın. BU EKIPIYI HER BIR SEYDE GÜZELTMEYI DENEYIMEMELER.
- Herhangi bir egzersiz programına başlamadan önce tıbbi bir testi yapın.
- Herhangi bir hareket yapmadan önce vücudunuzu, saçınızı ve giysilerinizi hareket eden her şeyden serbest bırakın. GEZGİN DURUMDA İKİNE KULLANMAYI DENEYIMEMELER. GEZGİN DURUMDA İKİNE KULLANMAYI DENEYIMEMELER. GEZGİN DURUMDA İKİNE KULLANMAYI DENEYIMEMELER.
- Çocukların makineye yaklaşmamasına izin verin. Çocukları izleyin.
- Yükleri asla izin verilen maksimum kapasiteyi aşmayın. Yardım isteyin.
- ASMAYI, YERİNE KÖTÜLEMEYİ VE BİR GEREKMEYİ DENEYIMEMELER. BİR GEREKMEYİ DENEYIMEMELER. BİR GEREKMEYİ DENEYIMEMELER.
- BU ETİKETİ KALDIRMAYI DENEYIMEMELER. HASARLI İKİNE KULLANMAYI DENEYIMEMELER.

⚠ 警告
この機器を使用する際は、重大な怪我の原因となる可能性があります。怪我を防止するために、以下の注意事項を必ず読んでください。

- 使用前に、必ず取扱説明書と図表を熟読してください。説明書と図表をすべて読んで理解し、説明書に従って使用してください。この機器を修理したり変更したりしないでください。
- 運動プログラムを開始する前に、必ず医師の診察を受けてください。
- 運動する前に、体、髪、衣服の動きのある部分からすべての動きのある部品を離してください。妊娠中、この機器を使用しないでください。修理や調整を試みず、機器を使用できない場合は、すぐに販売店に連絡してください。
- 子どもが機械の近くにいないようにしてください。子どもを監視してください。
- 最大許容負荷を超えないでください。助けを求めてください。
- この機器の仕様は、予告なく変更される場合があります。詳しくは、販売店にお問い合わせください。
- この警告ラベルを削除しないでください。ラベルが破損した場合は、必ず交換してください。

⚠ ОСТОРОЖНО
ИСПОЛЬЗОВАНИЕ ЭТОГО ОБОРУДОВАНИЯ МОЖЕТ ПРИВЕСТИ К ТЯЖЕЛЫМ ТРАВМАМ. ЧТОБЫ ИЗБЕЖАТЬ ТРАВМ, СЛЕДУЙТЕ ЭТИМ ПРЕДУПРЕЖДЕНИЯМ.

- Перед использованием оборудования внимательно прочтите все инструкции и диаграммы, включенные в руководство пользователя. Не используйте оборудование, пока не прочтете и не поймете все инструкции. НЕ модифицируйте оборудование каким-либо образом.
- Получите консультацию врача перед началом программы упражнений.
- Держите тело, волосы и одежду свободными от любых движущихся частей. НЕ используйте оборудование, если вы беременны. НЕ пытайтесь починить или отрегулировать оборудование. Если вы не можете использовать оборудование, немедленно позвоните продавцу.
- Не позволяйте детям находиться рядом с оборудованием. Следите за детьми.
- Не превышать допустимую нагрузку. Попросите помощи.
- Спецификации этого оборудования могут измениться без предварительного уведомления. Для получения дополнительной информации обратитесь к продавцу.
- Запрещено удаление этого предупреждения. Заменяйте предупреждение, если оно повреждено.

⚠ 警告
この機器を使用する際は、重大な怪我の原因となる可能性があります。怪我を防止するために、以下の注意事項を必ず読んでください。

- 使用前に、必ず取扱説明書と図表を熟読してください。説明書と図表をすべて読んで理解し、説明書に従って使用してください。この機器を修理したり変更したりしないでください。
- 運動プログラムを開始する前に、必ず医師の診察を受けてください。
- 運動する前に、体、髪、衣服の動きのある部分からすべての動きのある部品を離してください。妊娠中、この機器を使用しないでください。修理や調整を試みず、機器を使用できない場合は、すぐに販売店に連絡してください。
- 子どもが機械の近くにいないようにしてください。子どもを監視してください。
- 最大許容負荷を超えないでください。助けを求めてください。
- この機器の仕様は、予告なく変更される場合があります。詳しくは、販売店にお問い合わせください。
- この警告ラベルを削除しないでください。ラベルが破損した場合は、必ず交換してください。

⚠ تحذير
يمكن أن يحدث إصابات خطيرة عند استخدام هذا الجهاز. يجب أن تقرأ هذه التعليمات بعناية لتجنب الإصابة.

- قبل استخدام الجهاز، اقرأ جميع التعليمات والرسومات الواردة في دليل المستخدم. لا تستخدم الجهاز حتى تفهم جميع التعليمات. لا تعدل الجهاز بأي شكل من الأشكال.
- احصل على فحص طبي قبل بدء أي برنامج تمارين.
- ابق جسمك، شعرك، وملابسك بعيداً عن أي أجزاء متحركة. لا تستخدم الجهاز إذا كنت حاملاً. لا تحاول إصلاح الجهاز أو ضبطه. إذا كنت غير قادر على استخدام الجهاز، اتصل فوراً بمتاجرنا.
- لا تدع الأطفال يقربوا من الجهاز. اشرق على الأطفال.
- لا تتجاوز الحد الأقصى للوزن المسموح به. اطلب المساعدة.
- مواصفات هذا الجهاز قد تتغير دون إشعار مسبق. للحصول على مزيد من المعلومات، اتصل بمتاجرنا.
- لا تزيل هذا التحذير. استبدل التحذير إذا كان متضرراً.

LABEL LOCATIONS (CONTINUED)

SQUAT HEIGHT LABEL

▲ WARNING
TO REDUCE THE RISK OF SERIOUS INJURY ALWAYS place bar catches at or above this level
← →
while performing squat exercises.
ALWAYS use bar catches while using this machine.

▲ AVERTISSEMENT
POUR RÉDUIRE LE RISQUE DE BLESSURES GRAVES, TOUJOURS placer les barres de prise à ce niveau ou plus haut
← →
pour les exercices de musculation des jambes.
TOUJOURS utiliser les barres de prise lors de l'utilisation de la machine.

▲ ADVERTENCIA
PARA REDUCIR EL RIESGO DE LESIONES GRAVES SIEMPRE coloque los topes de la barra
← →
en este nivel o por encima mientras realiza los ejercicios de sentadillas.
SIEMPRE utilice los topes de la barra cuando use esta máquina.

▲ WARNING
UM DAS RISCO SCHWERER VERLETZUNGEN ZU VERMEIDEN, die Stangenauflagen bei
← →
Kniebeugen IMMER auf oder über dieser Höhe platzieren.
Bei Verwendung dieses Geräts IMMER Stangenauflagen verwenden.

▲ AVVERTENZA
PER RIDURRE IL RISCHIO DI LESIONI GRAVI posizionare SEMPRE i gancci a questo livello
← →
o al di sopra di esso quando si eseguono esercizi di squat.
Usare SEMPRE i gancci quando si utilizza questa macchina.

▲ WAARSCHUWING
OM DE KANS OP ERNSTIG LETSEL TE VOORKOMEN Zet bij hurk oefeningen de
← →
verstoppen voor de stang ALTIJD op of boven deze hoogte.
Gebruik bij deze machine ALTIJD verstoppen voor de stang.

▲ ATENÇÃO
PARA REDUZIR O RISCO DE FERIMENTOS GRAVES SEMPRE coloque travas de apoio no
← →
mesmo nível ou acima dele ao realizar exercícios de agachamento.
SEMPRE use travas de apoio ao usar esta máquina.

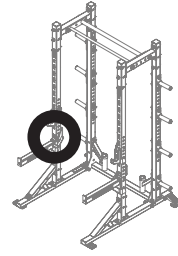
▲ UYARI
CİDDİ YARALANMA RİSKİNİ AZALTMAK İÇİN squat egzersizleri yaparken
← →
bar pimlerini DAİMA yerine takın.
Bu makineyi kullanırken bar pimlerini DAİMA kullanın.

▲ 警告
重症を負うリスクを軽減するため、スクワットを行う場合は必ずこの高さもしくはこの高さにバーキャッチを置いてください。
本マシンを使用する場合は、常にバーキャッチを使用してください。

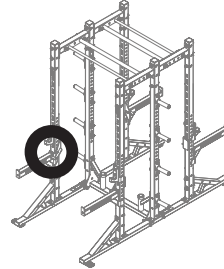
▲ ОСТОРОЖНО
ДЛЯ СНИЖЕНИЯ РИСКА СЕРЬЕЗНЫХ ТРАВМ ВСЕГДА размещайте ограничители на этом уровне или выше при выполнении упражнений с приседанием.
← →
ВСЕГДА применяйте ограничители при использовании машины.

▲ 警告
为减少严重受伤的危險，请务必在進行下蹲訓練時將杆拉手放置在此水平上或高于此水平。请务必在使用器械時使用杆拉手。

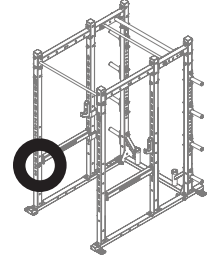
▲ تحذير
لتقليل خطر حدوث الإصابات الخطيرة، قم دائما بوضع قضبان الإمساك عند هذا المستوى أو أعلى أثناء تلبية تمرينات القرفصاء.
← →
قم دائما باستخدام قضبان الإمساك أثناء استخدام هذا الجهاز.



Half Rack



Half Rack/
Half Rack
Combo



Power Rack

STRAP TRAINING LABEL

▲ WARNING
SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THIS PRECAUTION TO AVOID INJURY!
DO NOT USE any body weight strap training devices with this equipment unless the equipment is secured to the floor.
Contact LIFE FITNESS with questions.

▲ AVERTISSEMENT
L'UTILISATION DE CE DISPOSITIF PEUT ENDOQUER DES BLESSURES GRAVES. SUIVEZ IMPÉRATIVEMENT LA CONSIGNE CI-DESSOUS POUR NE PAS VOUS BLESSEZ!
N'UTILISEZ PAS le dispositif de bande élastique avec cet équipement, sauf si ce dernier est correctement ancré au sol.
Contactez LIFE FITNESS pour toute question.

▲ ADVERTENCIA
PUNTO DE ANCLAJE SE PUEDEN PRODUCIR LESIONES GRAVES EN ESTE EQUIPO. ¡DEBE RESPETAR LAS PRECAUCIONES PARA EVITAR LESIONES!
NO UTILICE ningún aparato de entrenamiento de levantamiento de levantamiento de peso en el equipo a menos que se haya fijado de forma segura al suelo.
Consulte cualquier duda a LIFE FITNESS.

▲ WARNING
BEI DER NUTZUNG DIESES GERÄTES KANN ES ZU ERNSTHAFTEN VERLETZUNGEN KOMMEN. FOLGEN SIE UNBEDINGT DEN WARHNHWEISEN, UM VERLETZUNGEN ZU VERMEIDEN!
Körpergewicht-Trainingsbänder dürfen NUR in diesem Gerät verwendet werden, wenn das Gerät im Boden verankert ist.
Bei Fragen wenden Sie sich bitte an LIFE FITNESS.

▲ AVVERTENZA
L'USO DI QUESTA ATTREZZATURA PUÒ COMPORARE GRAVI LESIONI. SEGUIRE ATTENTAMENTE LE INDICAZIONI PER EVITARE LESIONI!
NON UTILIZZARE dispositivi di allenamento con cinture sostegno peso corporeo con questa attrezzatura salvo non sia fissata al pavimento.
Per qualsiasi domanda rivolgersi a LIFE FITNESS.

▲ WAARSCHUWING
GEBRUIK VAN DEZE APPARATUUR KAN ERNSTIG LETSEL TOT OVERDOEN HEBBEN. U MOET DEZE WAARSCHUWING TEN HANTE NEMEN OM LETSEL TE VOORKOMEN!
GEBRUIK bij deze apparatuur GEEN body-weight, strap/trainingmiddelen tenzij deze apparatuur stevig op de vloer is bevestigd.
Neem bij vragen contact op met LIFE FITNESS.

▲ ATENÇÃO
ACIDENTES GRAVES PODEM OCORRER NESTE EQUIPAMENTO. VOCÊ DEVE SEGUIR ESTAS PRECAUÇÕES PARA EVITAR ACIDENTES!
NÃO USE nenhum aparelho com tiras para exercitar o corpo juntamente com este equipamento a não ser que o equipamento esteja preso ao chão.
Contate a LIFE FITNESS em caso de dúvida.

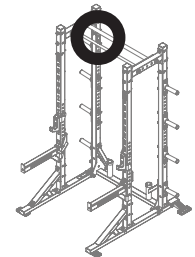
▲ UYARI
BU EKİPMANDA CİDDİ YARALANMA MEYDANA GELEBİLİR. YARALANMAYI ÖNLEMİK İÇİN BU UYARILARA UYMALISINIZ.
Ekipman zamine sabitlenmedikçe bu ekipmanla vücut ağırlığı kaygılı egzersizler yapılmamalıdır.
KULLANMAYIN.
Sorularınız için LIFE FITNESS ile temasa geçin.

▲ 警告
本機器の使用により重大なケガをする場合があります。このようなケガを防止するため、この使用上の注意をよくお読みください。
本機が床に固定されていない場合は、ボディウェイト、ストラップ、トレーニング用品等を本機に装着して使用にならないこと絶対に守ってください。
ご不明点がありましたら、ライフフィットネスまでお問い合わせください。

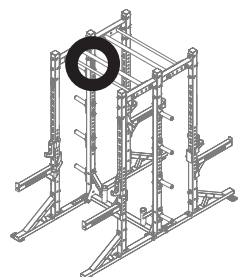
▲ ОСТОРОЖНО
ПРИ НЕПРАВИЛЬНОМ ИСПОЛЬЗОВАНИИ ДАННОГО ОБОРУДОВАНИЯ МОЖНО ПОЛУЧИТЬ СЕРЬЕЗНУЮ ТРАВМУ. ВО ИЗБЕЖАНИЕ ТРАВМ ПРЕДВЗЯМИТЕ СЛЕДУЮЩИХ МЕР ПРЕДОСТОРОЖНОСТИ.
НЕ ИСПОЛЬЗУЙТЕ тренировочные ремни для веса тела с этим оборудованием, если оно не прикреплено к полу.
В случае возникновения вопросов обращайтесь к компании LIFE FITNESS.

▲ 警告
该设备可能会造成严重伤害。为避免受伤，请务必遵守以下预防措施！
除非该设备固定安装在地板上，否则请勿使用任何体重负重带。将训练设备与该器械捆绑在一起。
有任何问题请联系 力健。

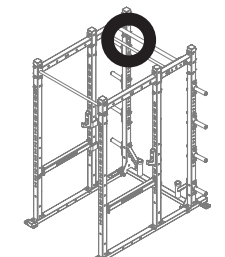
▲ تحذير
يمكن أن تحدث إصابات خطيرة عند استخدام هذا الجهاز. يجب أن تلتزم هذه التحذيرات لتجنب الإصابات!
لا تستخدم أي أجهزة تمرينات وزن الجسم مع هذا الجهاز إلا إذا كان الجهاز مثبتاً على الأرض.
اتصل بشركة LIFE FITNESS إذا كان لديك استفسار.



Half Rack



Half Rack/
Half Rack
Combo

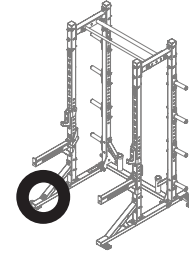


Power Rack

LABEL LOCATIONS (CONTINUED)

MAXIMUM CAPACITY LABEL

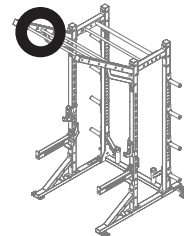
<p>⚠ WARNING</p> <p>MAX</p>  <p>315 lbs. (145 kg.) if equipment is NOT secured to floor.</p> <p>495 lbs. (225 kg.) if equipment IS secured to floor.</p>	<p>⚠ AVERTISSEMENT</p> <p>Poids maximum</p>  <p>315 lb (145 kg) si l'équipement N'EST PAS sécurisé au sol.</p> <p>495 lb (225 kg) si l'équipement EST sécurisé au sol.</p>	<p>⚠ ADVERTENCIA</p> <p>MÁX.</p>  <p>145 kg (315 libras) si el equipo NO está fijado al suelo.</p> <p>225 kg (495 libras) si el equipo ESTÁ fijado al suelo.</p>	<p>⚠ WARNUNG</p> <p>MAX</p>  <p>145 kg falls Gerät NICHT im Boden verankert ist.</p> <p>225 kg falls Gerät im Boden verankert IST.</p>
<p>⚠ AVVERTENZA</p> <p>MAX</p>  <p>(145 kg.) se l'attrezzatura NON è fissata al pavimento.</p> <p>(225 kg.) se l'attrezzatura È fissata al pavimento.</p>	<p>⚠ WAARSCHUWING</p> <p>MAX</p>  <p>315 lbs. 145 kg indien het toestel NIE is vastgemaakt aan de vloer.</p> <p>495 lbs. 225 kg indien het toestel WEL is vastgemaakt aan de vloer.</p>	<p>⚠ ATENÇÃO</p> <p>MAX</p>  <p>145 kg (315 lbs) se o equipamento NÃO estiver fixado no chão.</p> <p>225 kg (495 lb) se o equipamento ESTIVER fixado no chão.</p>	<p>⚠ UYARI</p> <p>MAKS.</p>  <p>315 lbs. (145 kg.) ekipman zemine SABITLENMİSSE.</p> <p>495 lbs. (225 kg.) ekipman zeminde SABITLENMİSSE.</p>
<p>⚠ 警告</p> <p>最大</p>  <p>機器が床面に固定さ れていない場合は 315 ポンド (145 kg)</p> <p>機器が床面に固定さ れている場合は 495 ポンド (225 kg)</p>	<p>⚠ ОСТОРОЖНО</p> <p>МАКС</p>  <p>145 кг если оборудование НЕ прикреплено к полу.</p> <p>225 кг если оборудование ПРИКРЕПЛЕНО к полу.</p>	<p>⚠ 警告</p> <p>最大值</p>  <p>145 千克 (315 磅) 若设备未 固定安装在地板上。</p> <p>225 千克 (495 磅) 若设备 IS 未 固定安装在地板上。</p>	<p>⚠ تحذير</p> <p>الحد الأقصى</p>  <p>٣١٥ رطلاً (١٤٥ كجم) إذا لم يكن الجهاز مثبتاً إلى الأرض.</p> <p>٤٩٥ رطلاً (٢٢٥ كجم) إذا كان الجهاز مثبتاً إلى الأرض.</p>



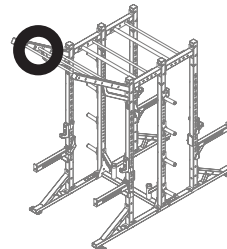
Half Rack

WING REQUIRED BOLT TO FLOOR LABEL

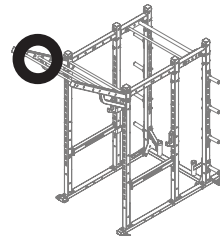
<p>⚠ WARNING</p> <p>DO NOT USE equipment if not properly secured to floor.</p> <p>Manufacturer REQUIRES that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.</p>	<p>⚠ AVERTISSEMENT</p> <p>N'UTILISEZ PAS le dispositif si ce dernier n'est pas correctement armé au sol.</p> <p>Le fabricant indique que ce dispositif doit être IMPÉRATIVEMENT armé au sol pour être stabilisé et ne pas se balancer/renverser. Faites appel à un prestataire spécialisé uniquement.</p>	<p>⚠ ADVERTENCIA</p> <p>NO UTILICE el equipo si no está correctamente fijado al suelo.</p> <p>El fabricante EXIGE que el equipo se fije al suelo para estabilizarlo y eliminar la posibilidad de balanceo o vuelco. Encargue la obra a un montador autorizado.</p>	<p>⚠ WARNUNG</p> <p>Gerät darf NICHT ohne ordnungsgemäße Verankerung am Boden verwendet werden.</p> <p>Der Hersteller VERLANGT, dass diese Geräte am Boden verankert werden, um die Stabilität zu erhöhen und ein Schwanken oder Kippen zu verhindern. Wenden Sie sich an einen zugelassenen Auftragnehmer.</p>
<p>⚠ AVVERTENZA</p> <p>NON UTILIZZARE l'attrezzatura se non correttamente fissata al pavimento.</p> <p>Il costruttore PRESCRIVE il fissaggio di questa attrezzatura al pavimento per stabilizzarla ed eliminare il rischio di oscillazione o ribaltamento. Rivolgersi a un operatore autorizzato.</p>	<p>⚠ WAARSCHUWING</p> <p>GEBRUIK GEEN apparatuur als deze niet stevig op de vloer is bevestigd.</p> <p>Op voorschrift van de fabrikant MOET deze apparatuur op de vloer worden bevestigd voor stabiliteit en om schudden of kantelen te voorkomen. Werk met een erkende aannemer.</p>	<p>⚠ ATENÇÃO</p> <p>NÃO USE o equipamento se não estiver firmemente preso ao chão.</p> <p>O fabricante EXIGE que este equipamento estaja preso ao chão para ficar estável e evitar que oscile ou tombe. Use um instalador credenciado.</p>	<p>⚠ UYARI</p> <p>Yere güvenli bir şekilde tam olarak bağlı değilse ekipmanı KULLANMAYIN.</p> <p>İmalatçının SARTI bu ekipmanı, sabitlemek amacıyla ve sallanmayı ve devrilmeyi önlemek için yere sağlam olarak bağlanmalıdır. Lisanslı bir üstlenici seçin.</p>
<p>⚠ 警告</p> <p>本機器は、適切な方法で しっかりと固定 されていない場合は、 使用しないでください。</p> <p>転倒防止および安全のため、 本製品は常に固定した状態で ご使用ください。 なお、床への固定については、 専門施工業者をご利用ください。</p>	<p>⚠ ОСТОРОЖНО</p> <p>НЕ ИСПОЛЬЗУЙТЕ оборудование, если оно не прикреплено к полу соответствующим образом. Производитель ТРЕБУЕТ, чтобы данное оборудование было прикреплено к полу для стабилизации и предотвращения его разбалансировки и опрокидывания. Для данной работы обращайтесь только к лицензированной подрядчику.</p>	<p>⚠ 警告</p> <p>设备未妥善 固定在地面上时， 不得使用。</p> <p>厂家要求 将该设备稳固 安装在地面上， 以免摇摆或翻倒。 选用经许可的承 包商。</p>	<p>⚠ تحذير</p> <p>لا تستخدم الجهاز إذا لم يكن مثبتاً على الأرض بشكل صحيح.</p> <p>تطلب الجهة المصنعة أن يتم تثبيت هذا الجهاز على الأرض لضمان الثبات والحد من الاهتزاز أو الانقلاب. استخدم مشرفاً مرخصاً.</p>



Half Rack



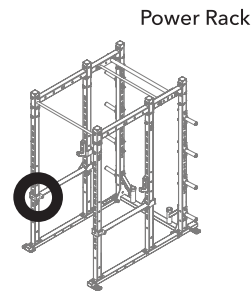
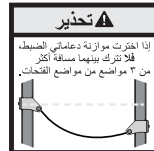
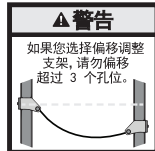
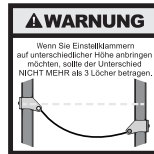
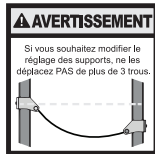
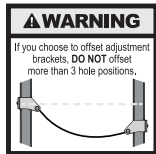
Half Rack/
Half Rack
Combo



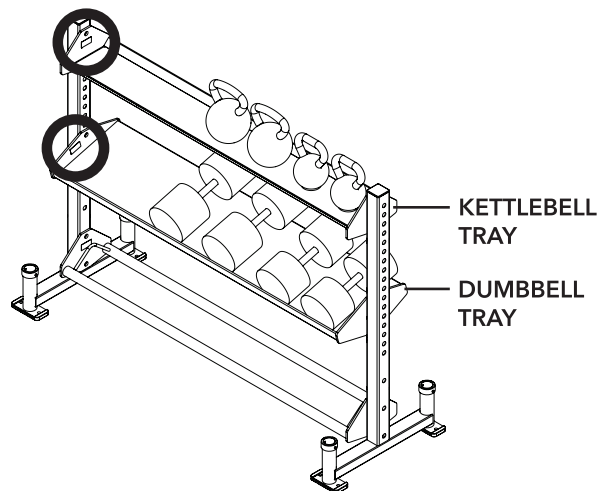
Power Rack

LABEL LOCATIONS (CONTINUED)

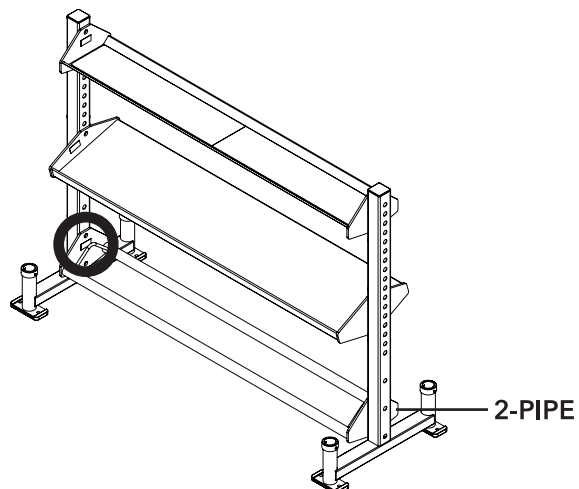
POWER RACK FLEXIBLE BAR CATCHES



680LB MAX LABEL (DUMBBELL TRAY & KETTLEBELL TRAY ONLY)



1485LB MAX LABEL (2-PIPE ONLY)



LABEL LOCATIONS (CONTINUED)

BENCH LABELS

HDT-MAB

1

3

2

⚠ 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. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before use. **DO NOT** use if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.
5. Children must not be allowed near this machine. Supervise teenagers.
6. **DO NOT** exceed the load rating. Seek Assistance.
7. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
8. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

Life Fitness
 9525 WEST BRYN MAWR AVE.
 ROSEMONT, IL 60018
 USA 1-800-351-5737
 CAGE Code: 9CMY5

www.lifefitness.com Class: S Studio

Model: **HDT-MAB**
 Manufactured in USA with US and Foreign parts

Max. User Wt:
 Max. Training Wt:
 S/N: **HDT-MAB**.....
 HDT-MAB.....

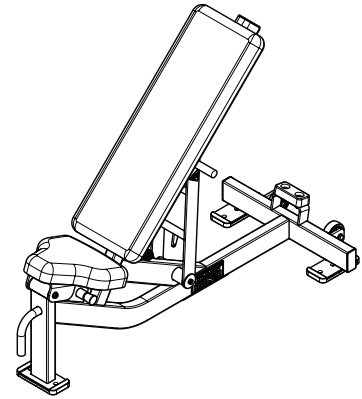
SPECIFICATIONS

Multi-Angle Bench (HDT-MAB)

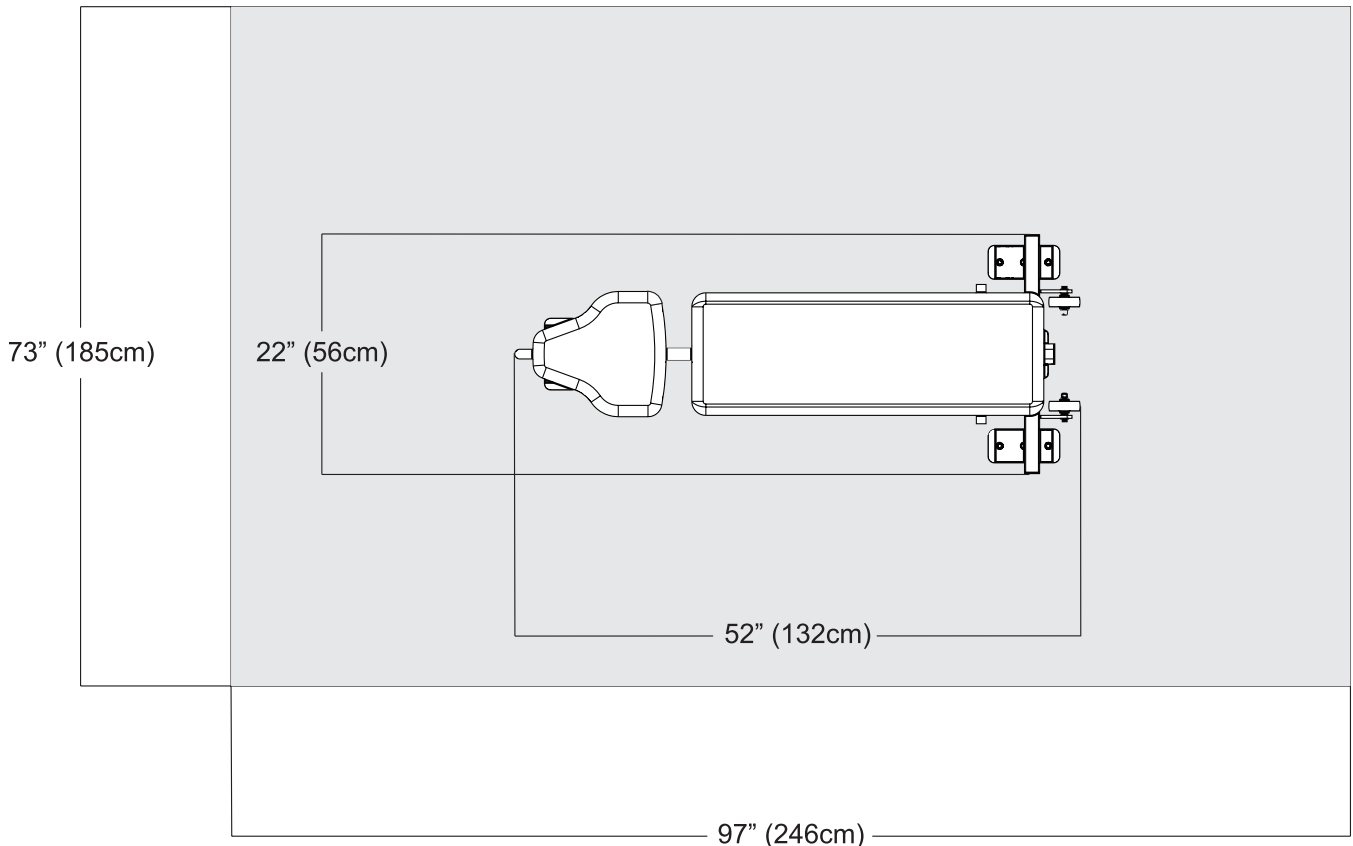
Description

The Multi-Angle Bench is a folding weight bench that offers a back pad with six adjustable pressing angles from 0°-80°, in 13.3° increments, and a seat pad with four adjustments to help ensure ergonomically solid performance.

Product Code:	HDT-MAB	
Machine Weight:	85 lbs	39 kgs
Max User Weight:	300 lbs	136 kgs
Max Capacity:	675 lbs	306 kgs



Dimensions: 52" L x 22" W x 18.5" H (132cm L x 56cm W x 47cm H)
Live Area: 97" L x 73" W (246cm L x 185cm W)



FREE STANDING STORAGE SPECIFICATIONS

MAXIMUM CAPACITY

- Kettlebell Tray: 680 LB (310 KG)
- Dumbbell Tray: 680 LB (310 KG)
- 2-Pipe: 1485 LB (675 KG)

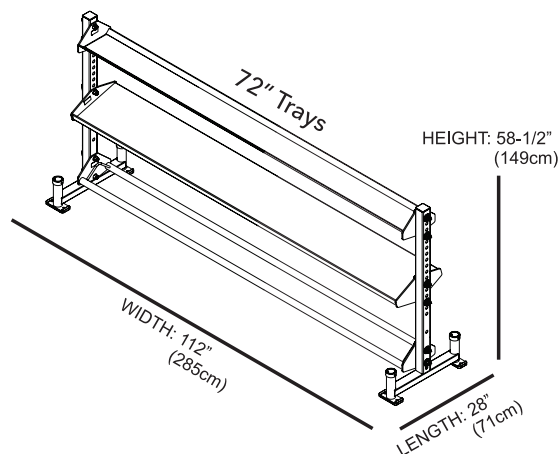
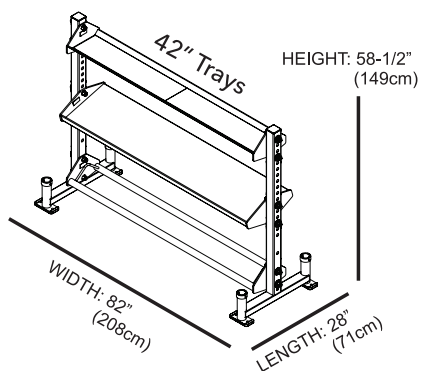
FRAME CONSTRUCTION

- Frames are made from 11 gauge steel.

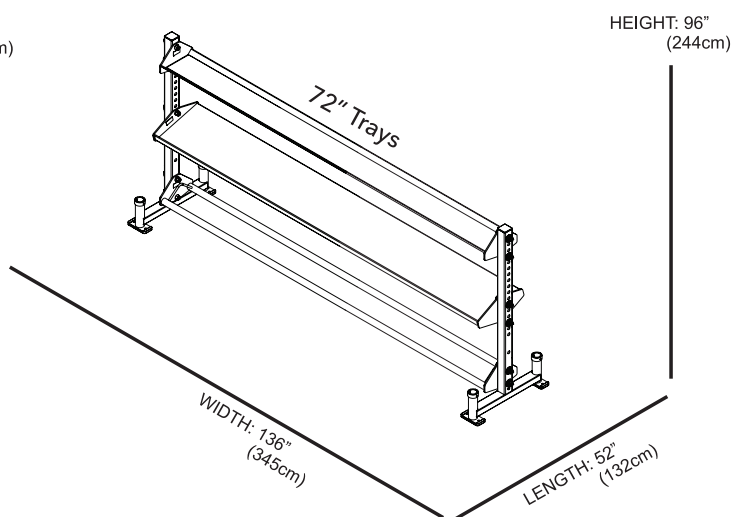
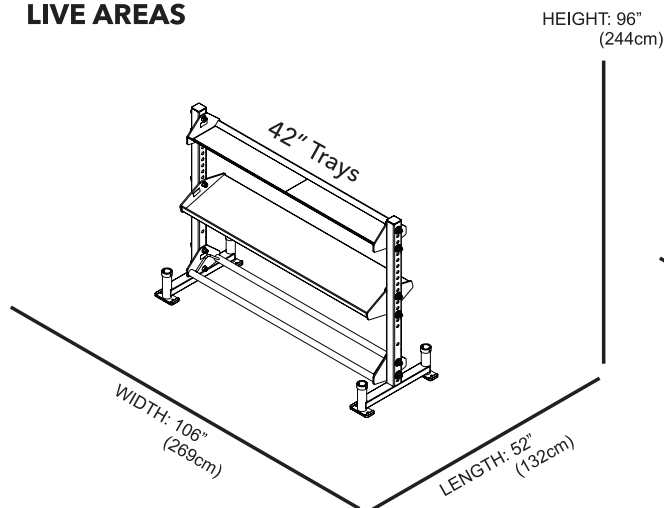
PRODUCT WEIGHT (Total Weight = 2x Side Frames + 3 Trays)

SIZE	WEIGHT	
	42"	72"
Side Frame (each)	36LB (17KG)	
Kettlebell Tray	40LB (19KG)	58LB (26KG)
Dumbbell Tray	57LB (26KG)	82LB (38KG)
2-Pipe	33LB (15KG)	44LB (20KG)

DIMENSIONS



LIVE AREAS



RACK SPECIFICATIONS

MAXIMUM USER WEIGHT: 350LB (159KG)

MAXIMUM TRAINING WEIGHT

- HALF RACK (secured to floor): 495LB (225KG) / (unsecured): 315LB (142.9KG)
- HALF RACK/HALF RACK COMBO: 495LB (225KG)
- POWER RACK: 675LB (306KG)

FRAME CONSTRUCTION

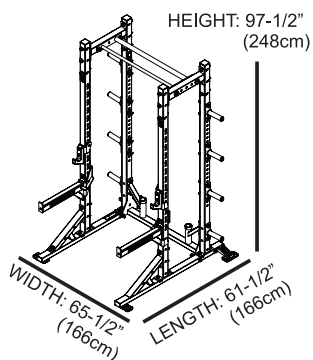
- Frames are made from 11 gauge steel.

PRODUCT WEIGHTS

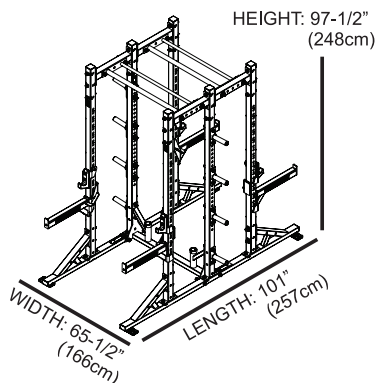
- HALF RACK: 408LB (185KG)
- HALF RACK/HALF RACK COMBO: 635LB (288KG)
- POWER RACK: 515LB (233KG)

DIMENSIONS

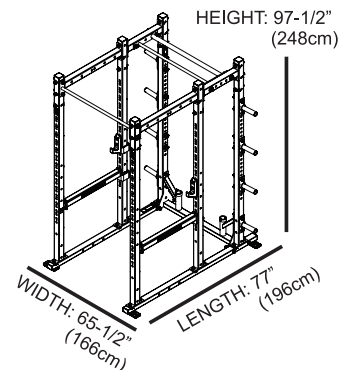
Half Rack



Half Rack/Half Rack Combo

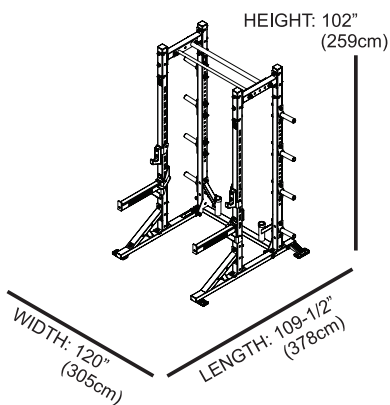


Power Rack

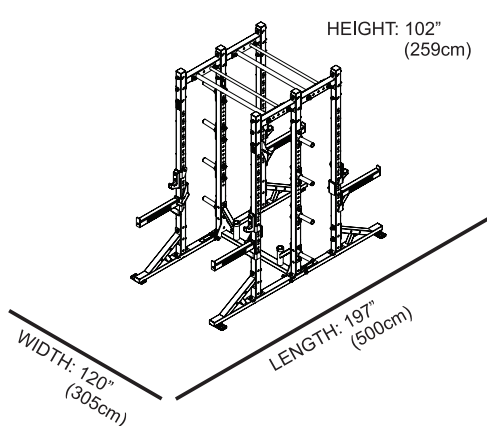


LIVE AREAS

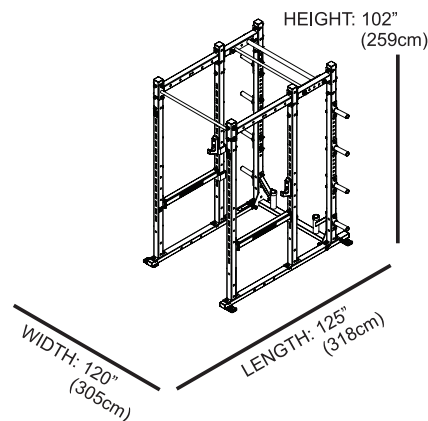
Half Rack



Half Rack/Half Rack Combo

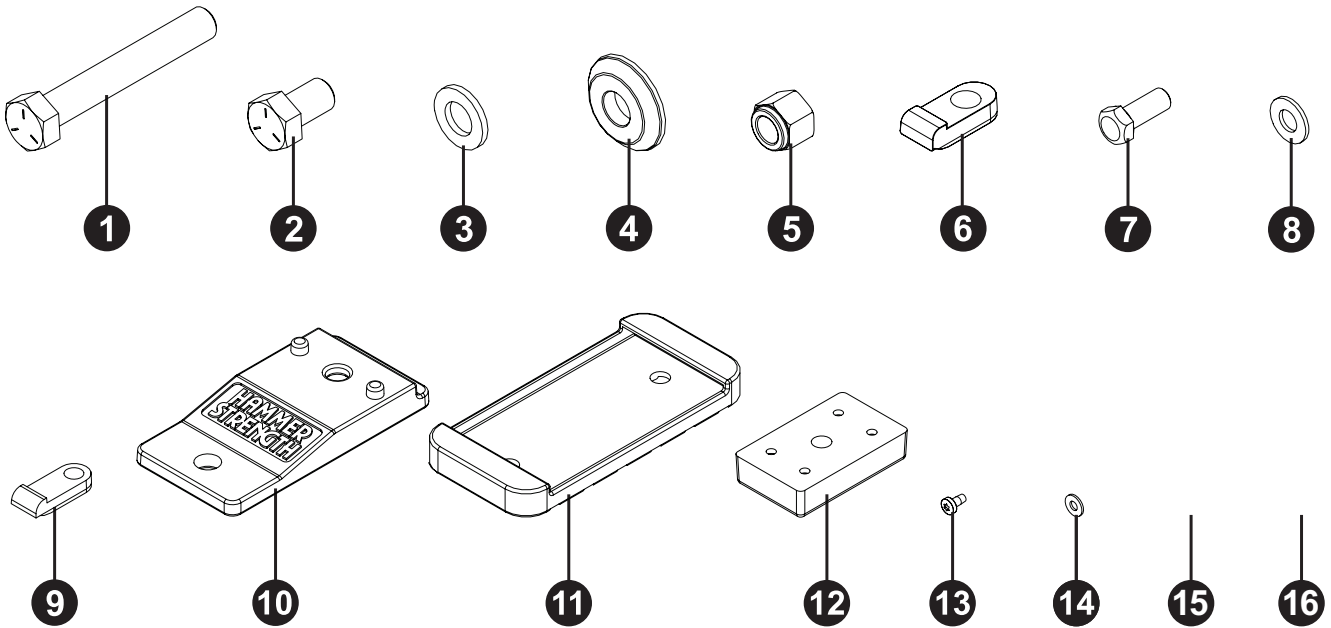


Power Rack



ASSEMBLY INSTRUCTIONS

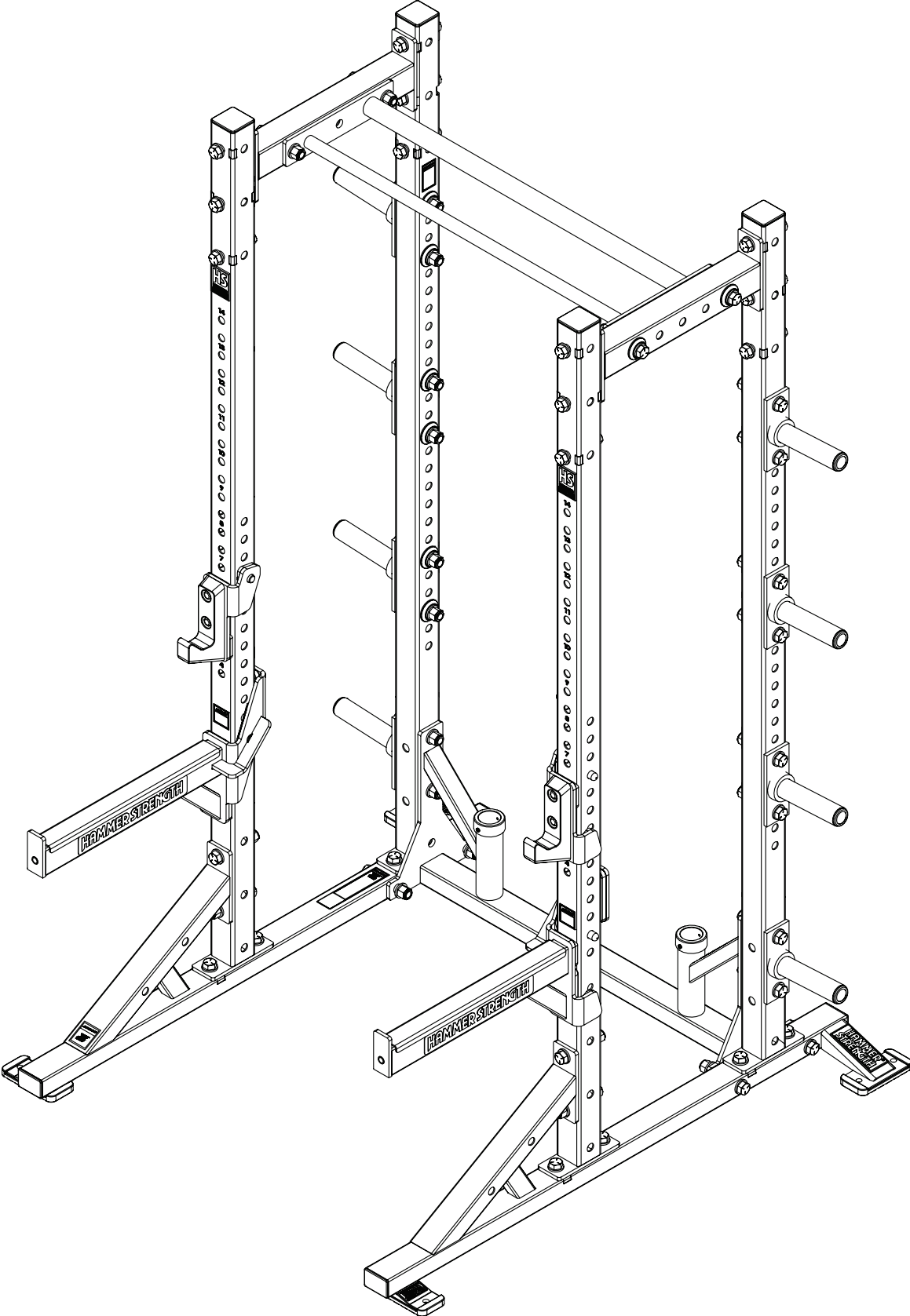
HARDWARE



ITEM NO.	DESCRIPTION
1	3/4-10 x 5" Hex Head Screw
2	3/4-10 x 1-1/4" Hex Head Screw
3	3/4" Flat Washer
4	2.25 OD x 3/8" Spacer
5	3/4-10 Nylock Nut
6	3/4"-10 Hammer Lock Nut
7	1/2-13 x 1-1/4" Hex Head Screw
8	1/2" Flat Washer
9	1/2"-13 Hammer Lock Nut
10	Forged Hammer Strength Foot
11	3" x 6" Rubber Slipper
12	Rubber Foot Pad
13	#10 Pan Screw
14	#10 Flat Washer
15	1/2" x 4-1/2" Bolt
16	1/2" Thick Lock Nut

- Tools Required:
- 2 - 3/4" Open End Wrenches
 - 1 - 1-1/16" Socket Wrench
 - 1 - 1-1/8" Open End Wrench
 - 1 - T25 Torx Wrench
 - 1 - Torque Wrench

HALF RACK



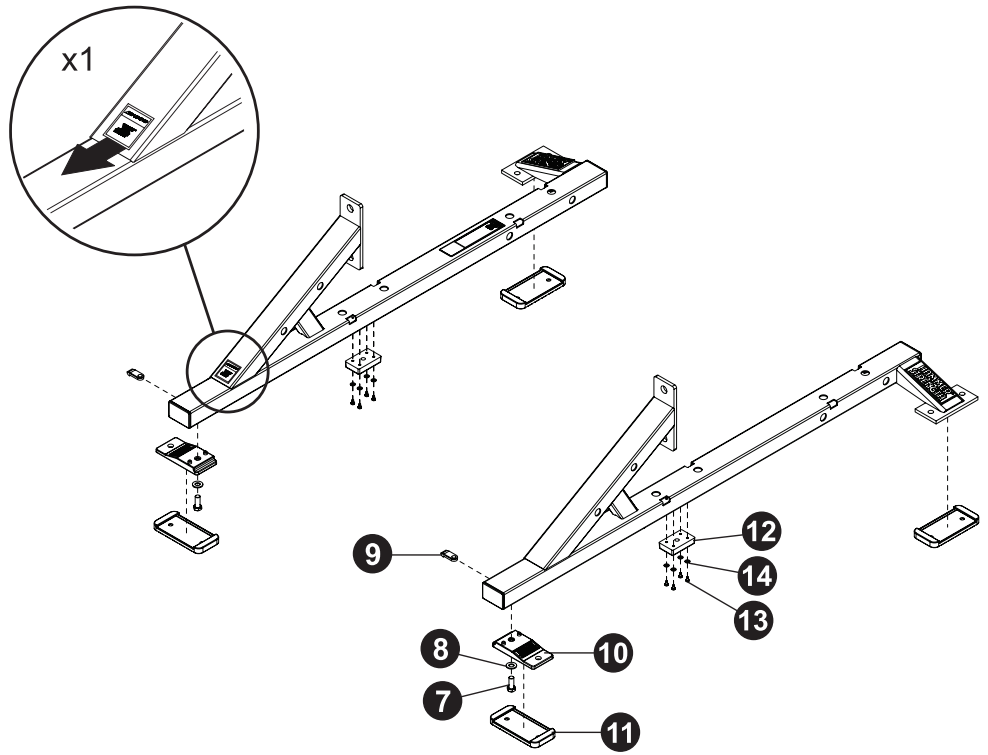
1.

ITEM	QTY
7	2
8	2
9	2
10	2
11	4
12	2
13	8
14	8



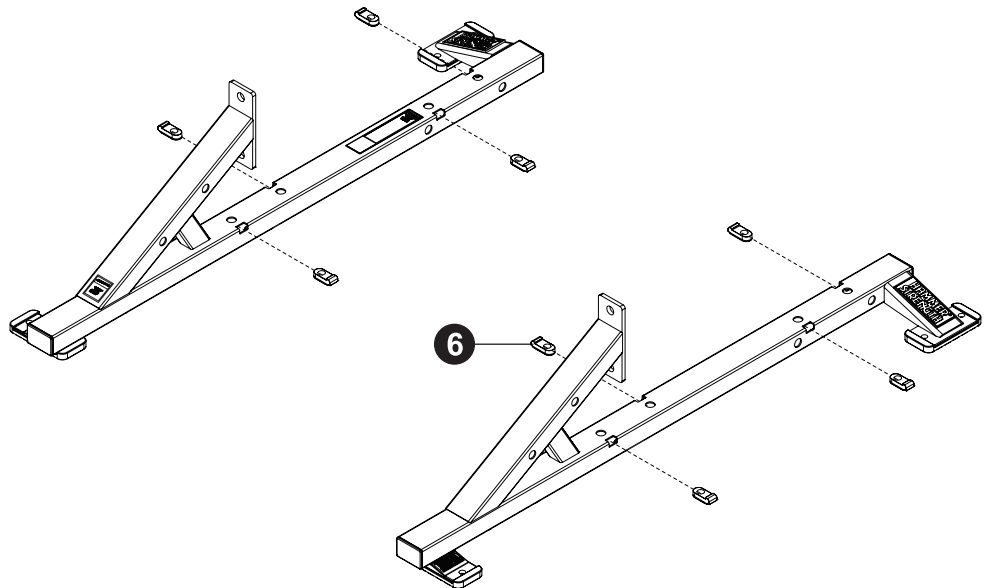
7 20-25 FT-LBS
(27-34Nm)

13 25-29 IN-LBS
(2.8-3.2Nm)



2.

ITEM	QTY
6	8

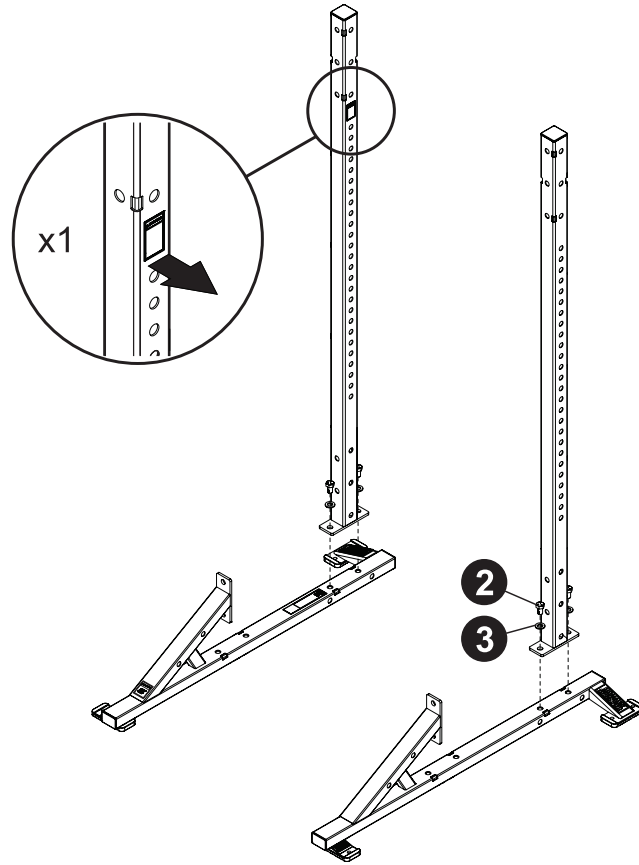


3.

ITEM	QTY
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3	4



22-25 FT-LBS
(30-34Nm)

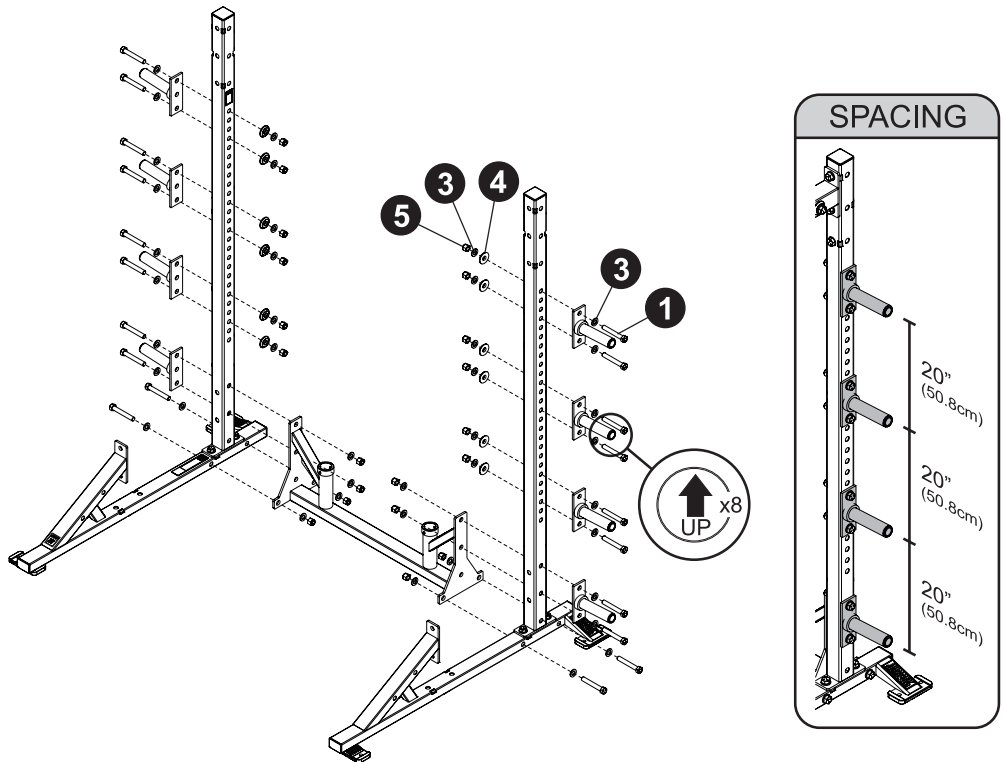


4.

ITEM	QTY
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3	40
4	12
5	20



22-25 FT-LBS
(30-34Nm)

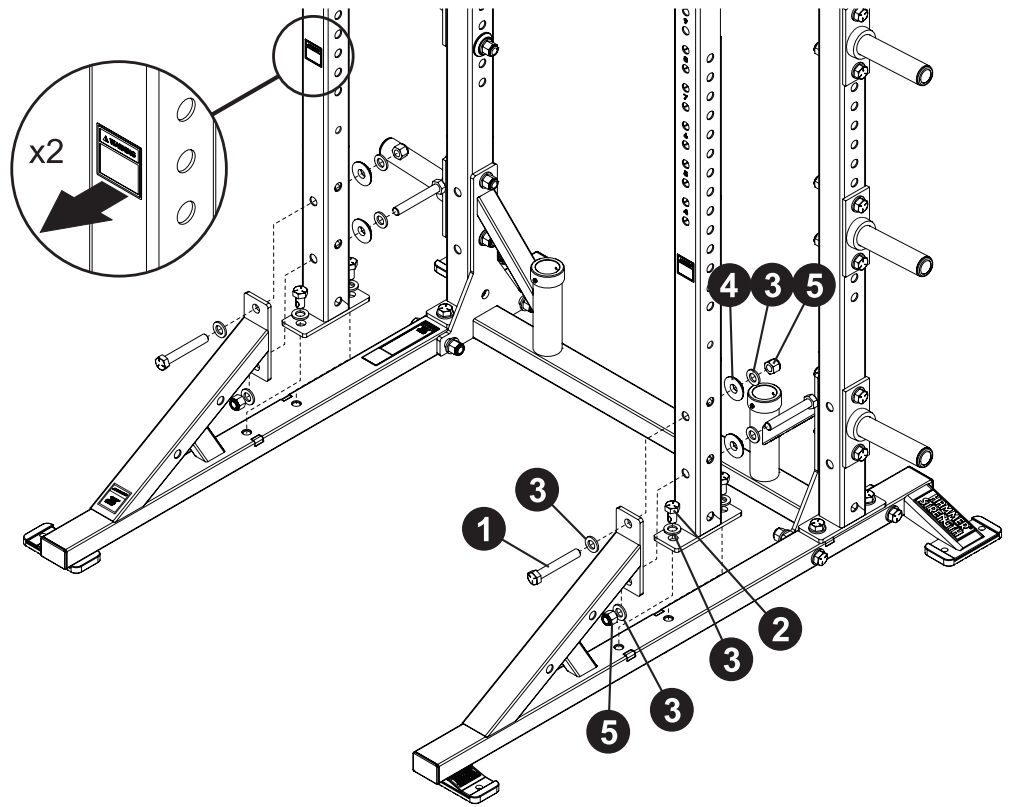


5.

ITEM	QTY
1	4
2	4
3	12
4	4
5	4



22-25 FT-LBS
(30-34Nm)

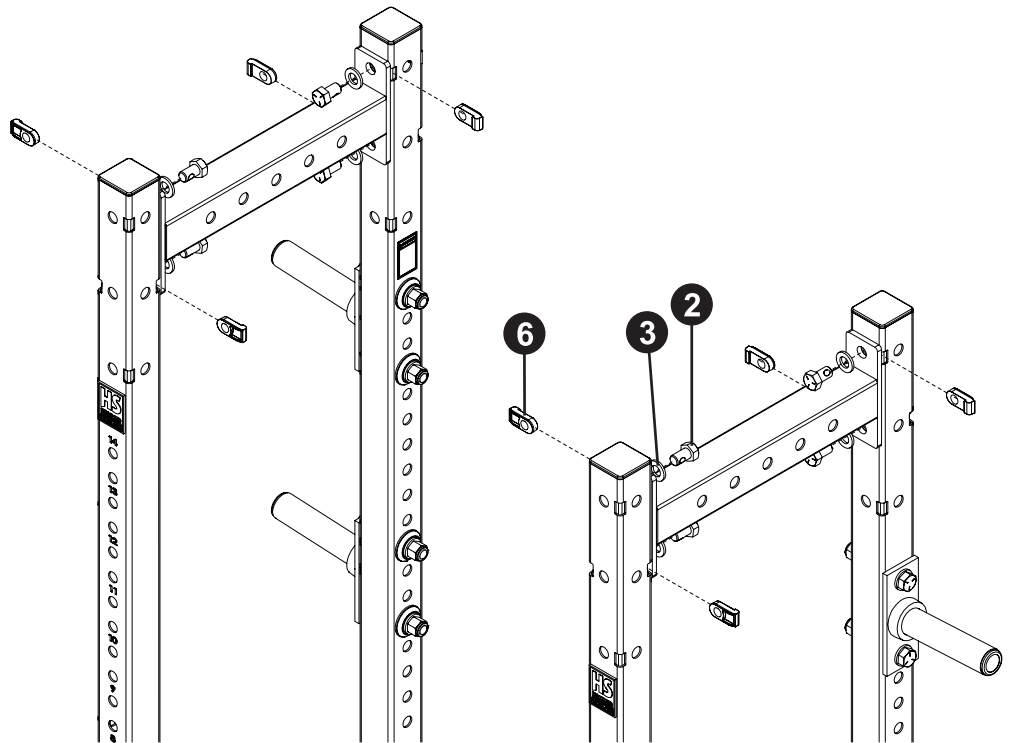


6.

ITEM	QTY
2	8
3	8
6	8



22-25 FT-LBS
(30-34Nm)

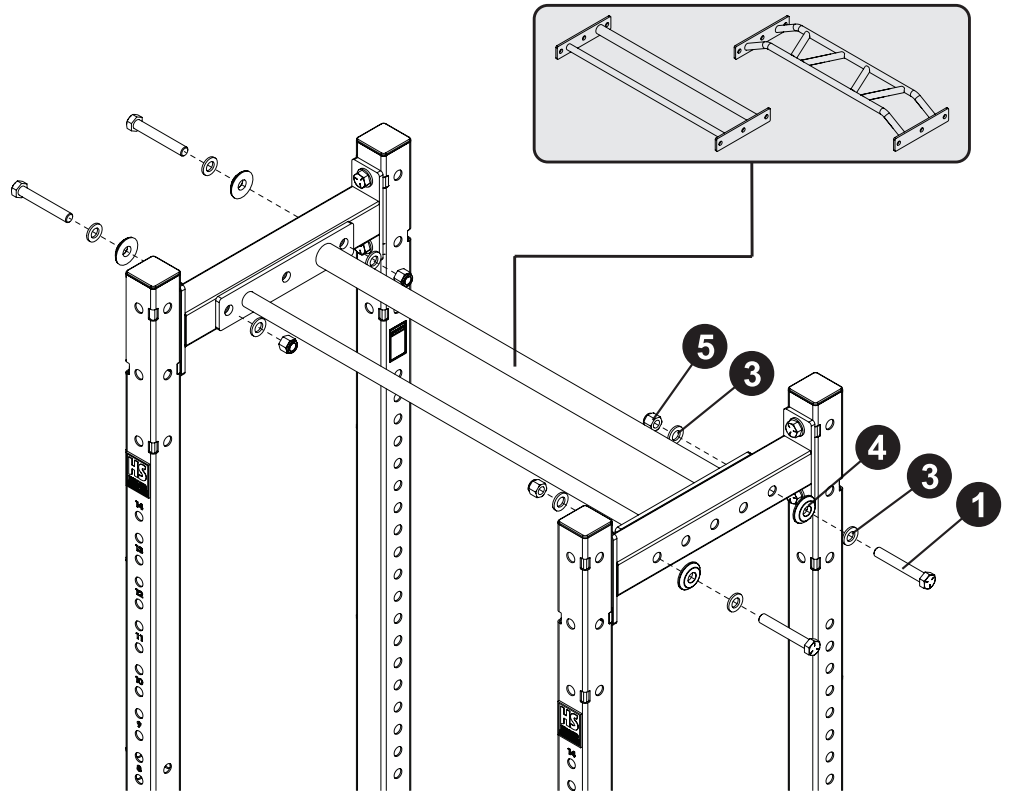


7.

ITEM	QTY
1	4
3	8
4	4
5	4



22-25 FT-LBS
(30-34Nm)

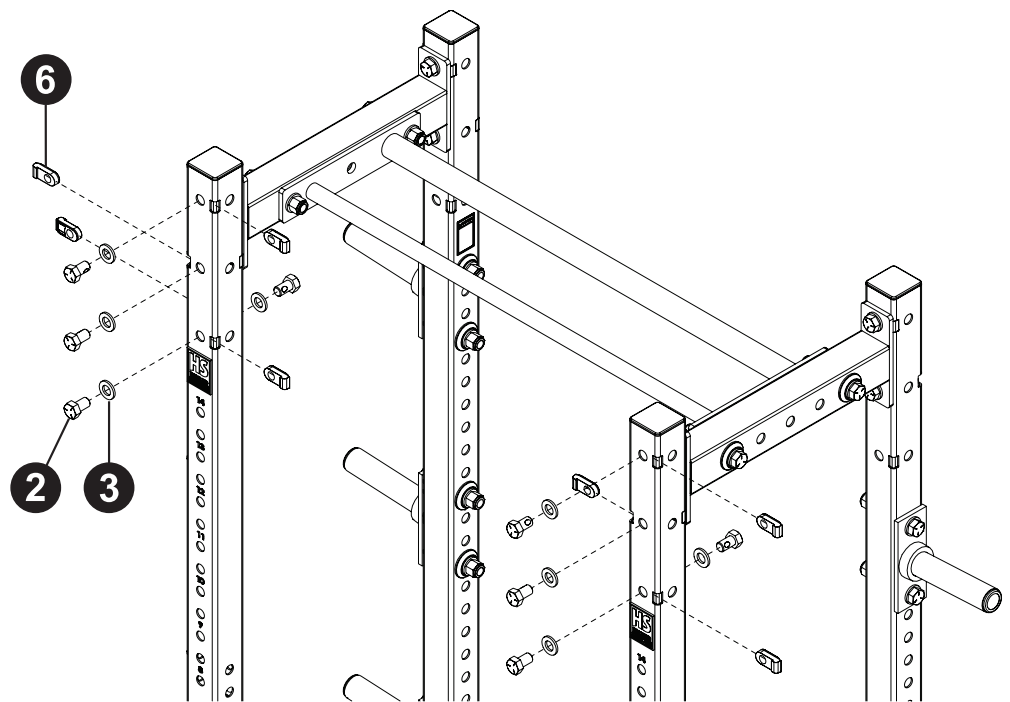


8.

ITEM	QTY
2	8
3	8
6	8

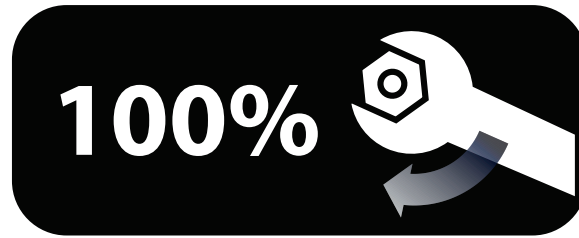


22-25 FT-LBS
(30-34Nm)



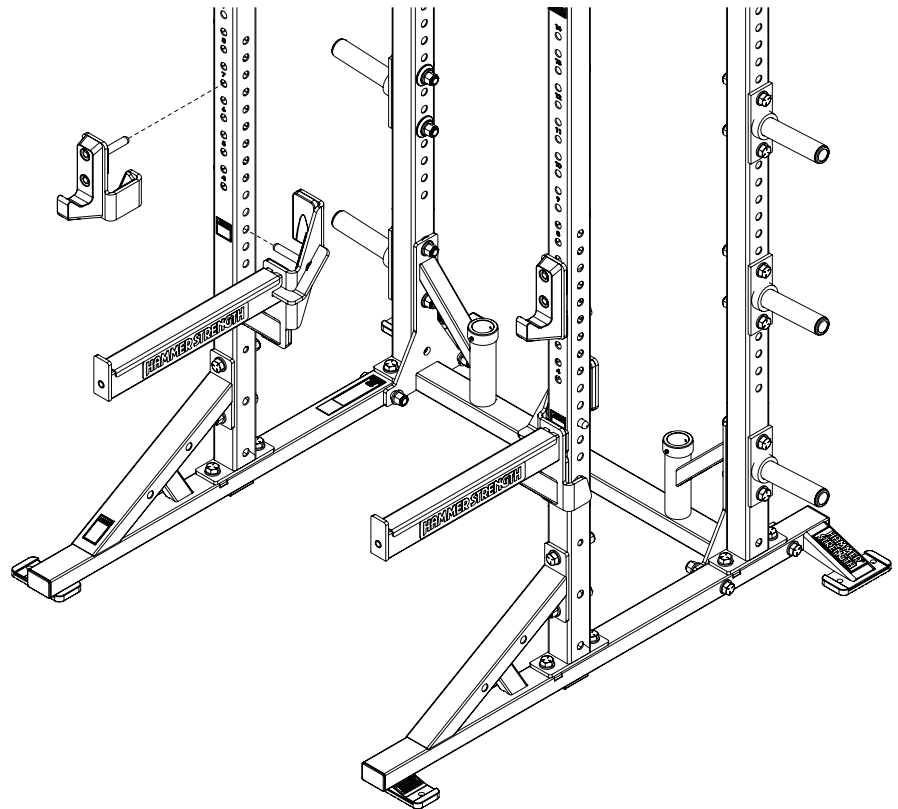
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ITEM	QTY
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2	24
5	28

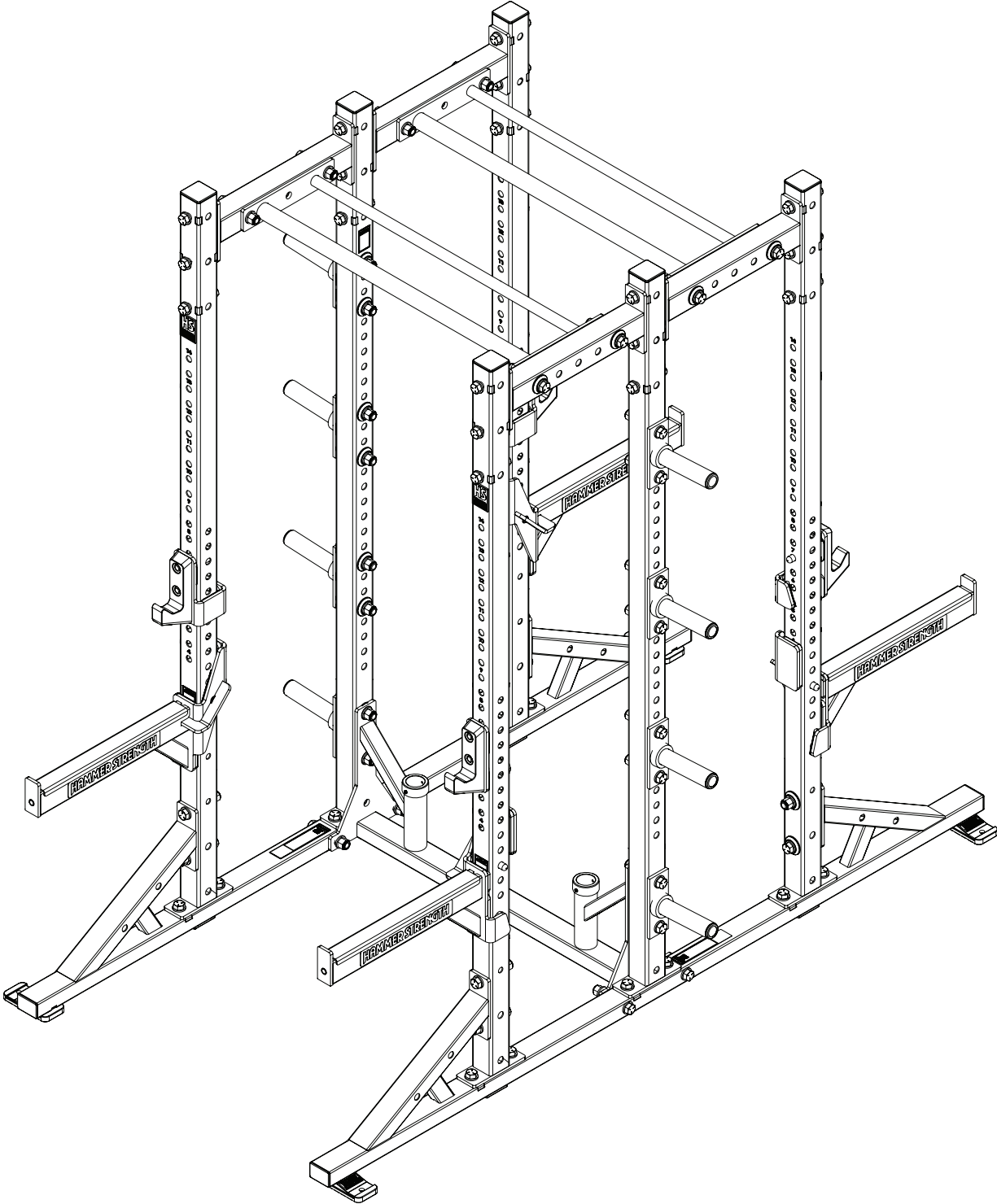


45-50 FT-LBS
(61-68Nm)

10.



HALF RACK/HALF RACK COMBO



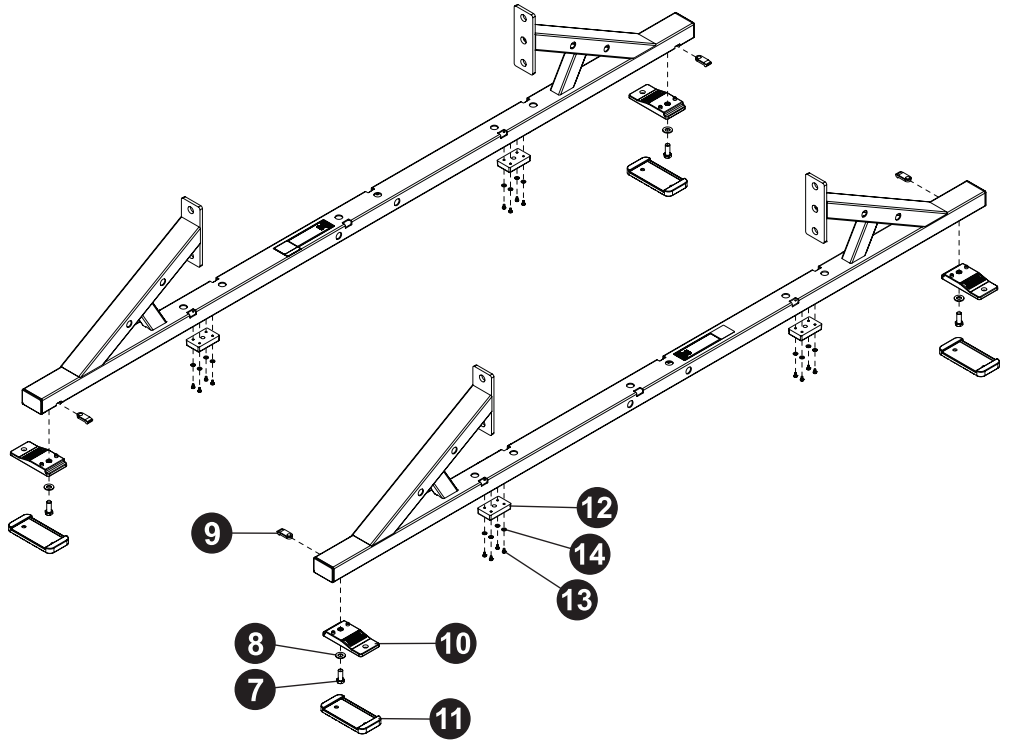
1.

ITEM	QTY
7	4
8	4
9	4
10	4
11	4
12	4
13	16
14	16



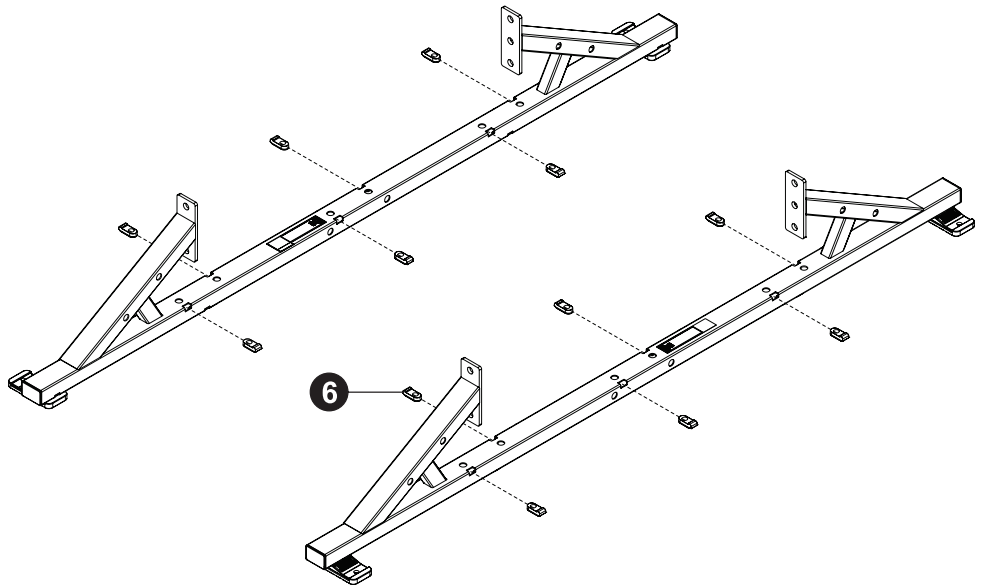
7 20-25 FT-LBS
(27-34Nm)

13 25-29 IN-LBS
(2.8-3.2Nm)



2.

ITEM	QTY
6	12

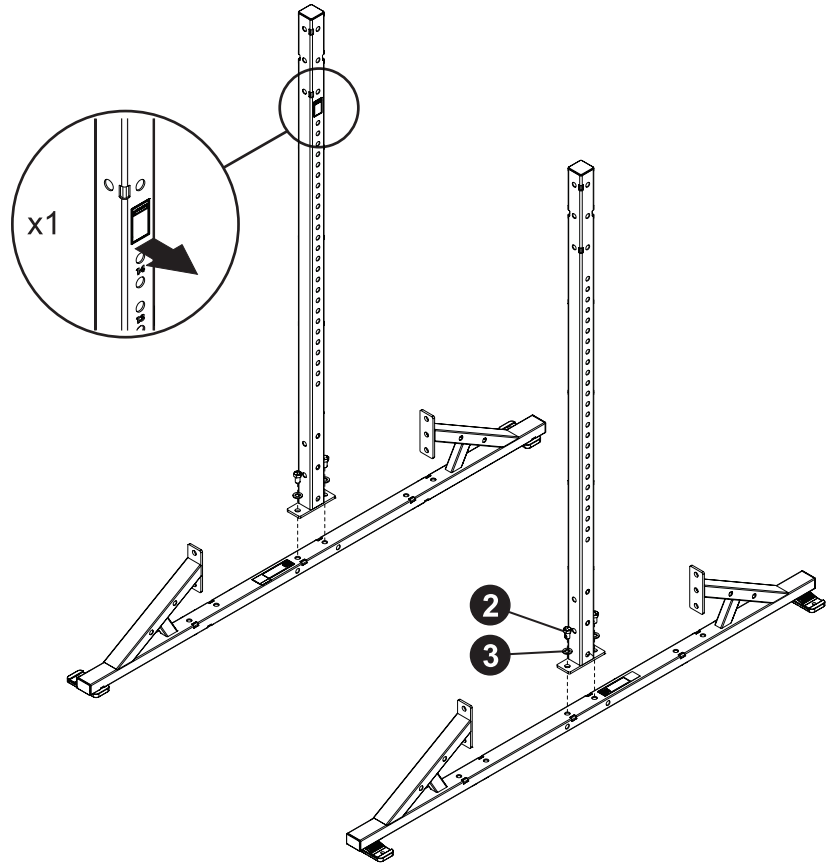


3.

ITEM	QTY
2	4
3	4



22-25 FT-LBS
(30-34Nm)

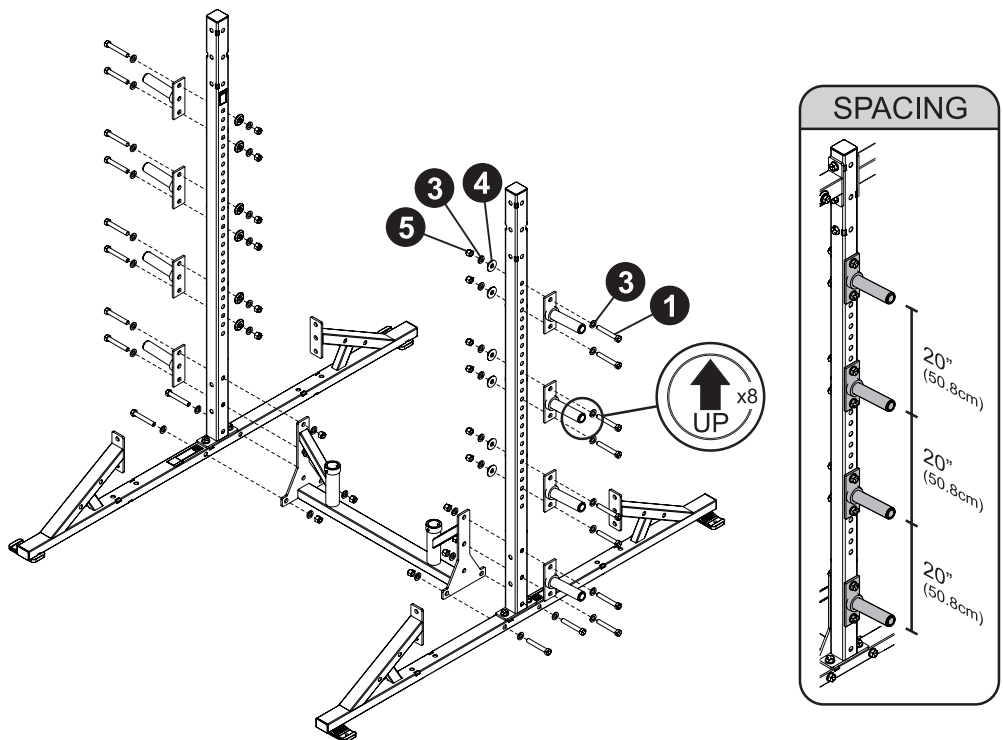


4.

ITEM	QTY
1	20
3	40
4	12
5	20



22-25 FT-LBS
(30-34Nm)

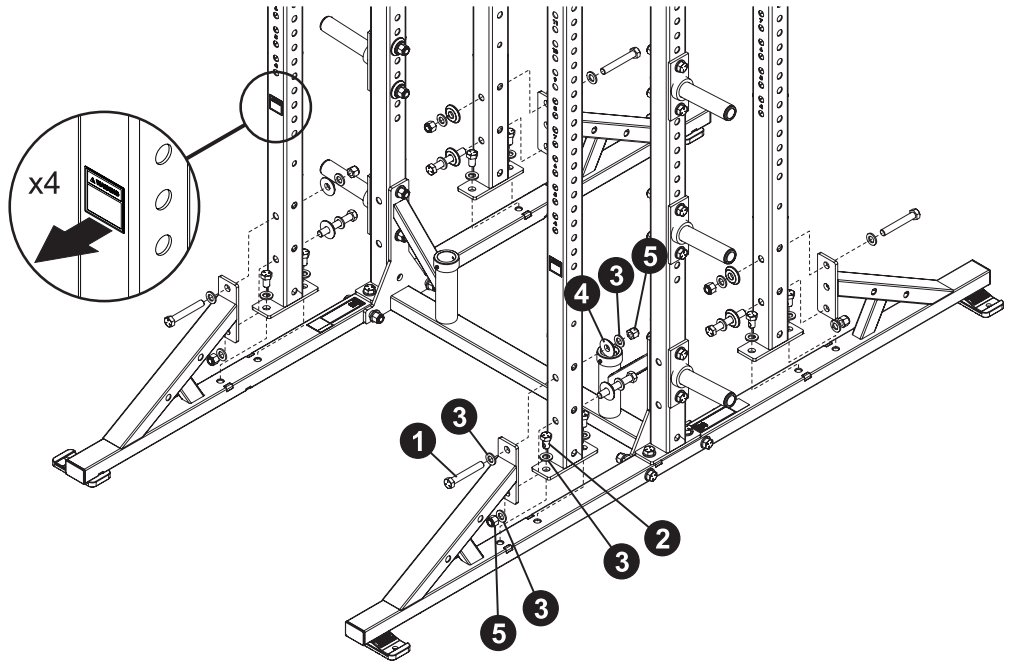


5.

ITEM	QTY
1	8
2	8
3	24
4	8
5	8



22-25 FT-LBS
(30-34Nm)

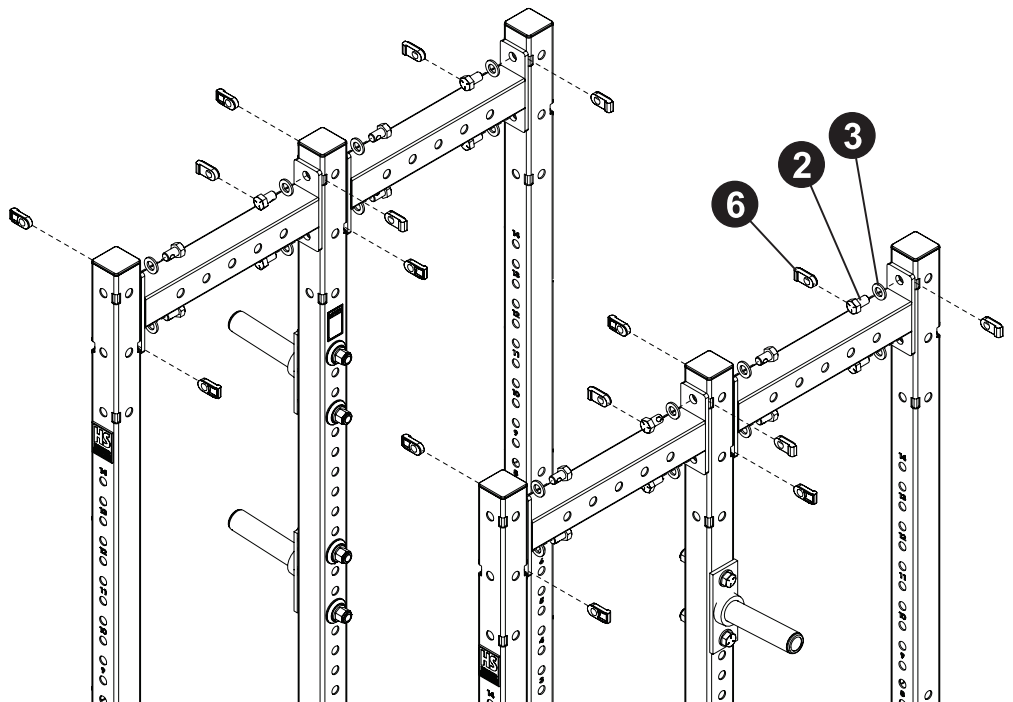


6.

ITEM	QTY
2	16
3	16
6	16



22-25 FT-LBS
(30-34Nm)

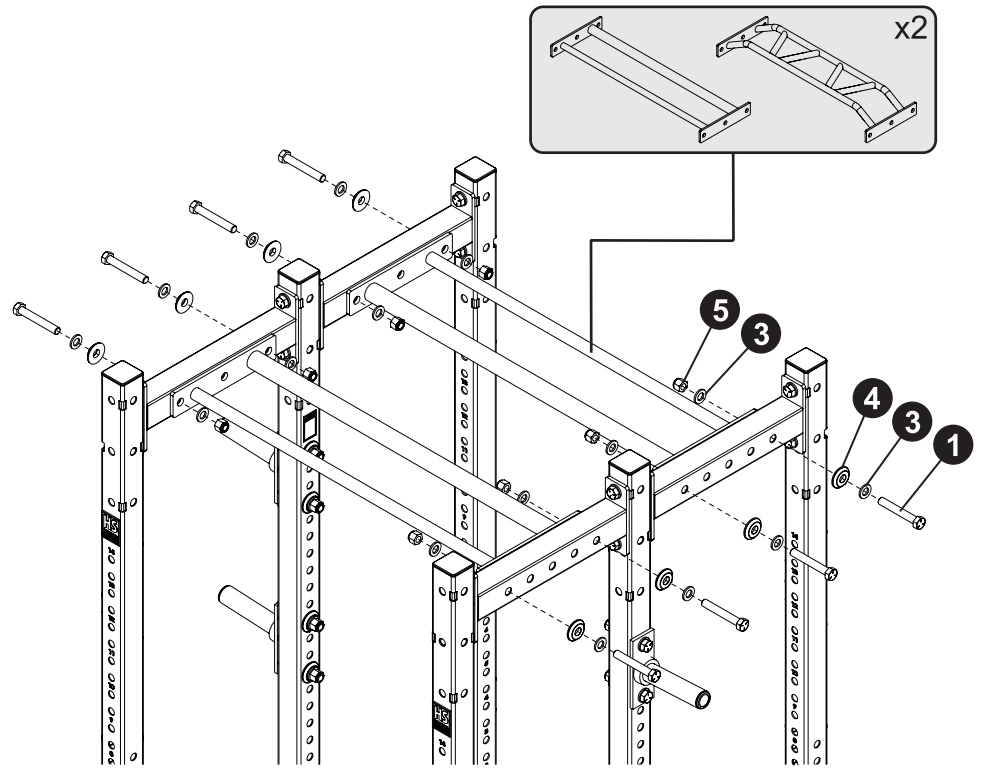


7.

ITEM	QTY
1	8
3	16
4	8
5	8



22-25 FT-LBS
(30-34Nm)

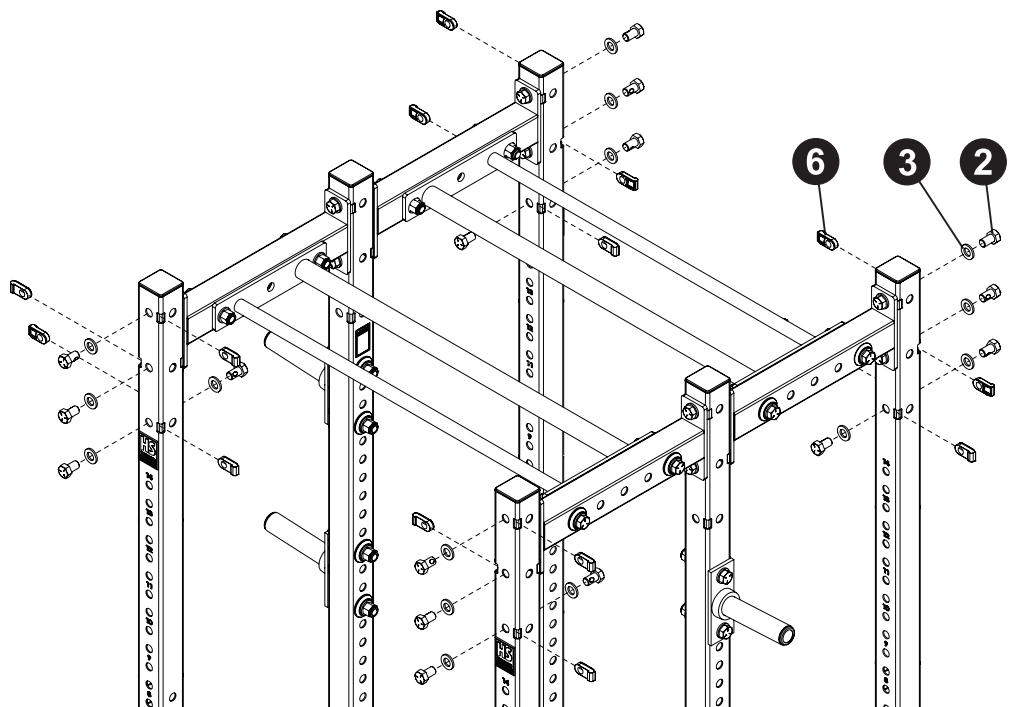


8.

ITEM	QTY
2	16
3	16
6	16

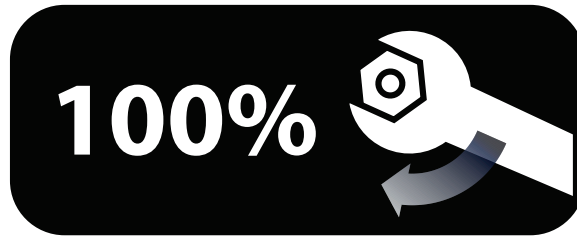


22-25 FT-LBS
(30-34Nm)



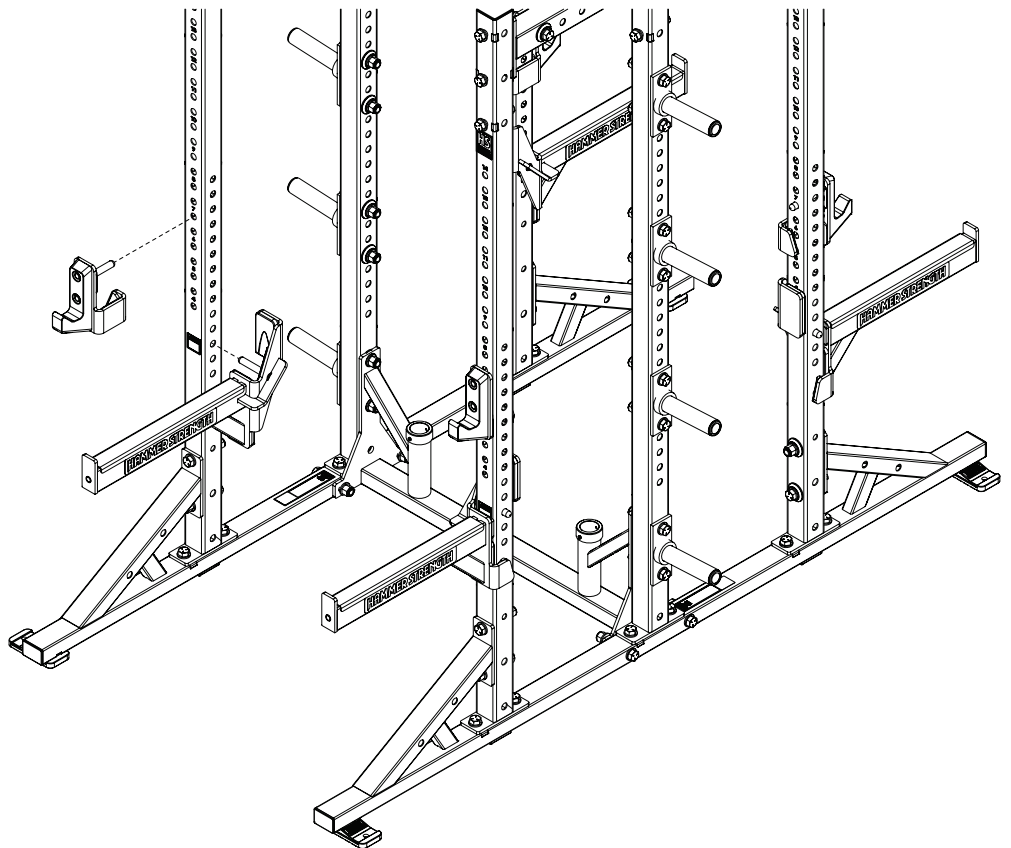
9.

ITEM	QTY
1	36
2	48
5	36

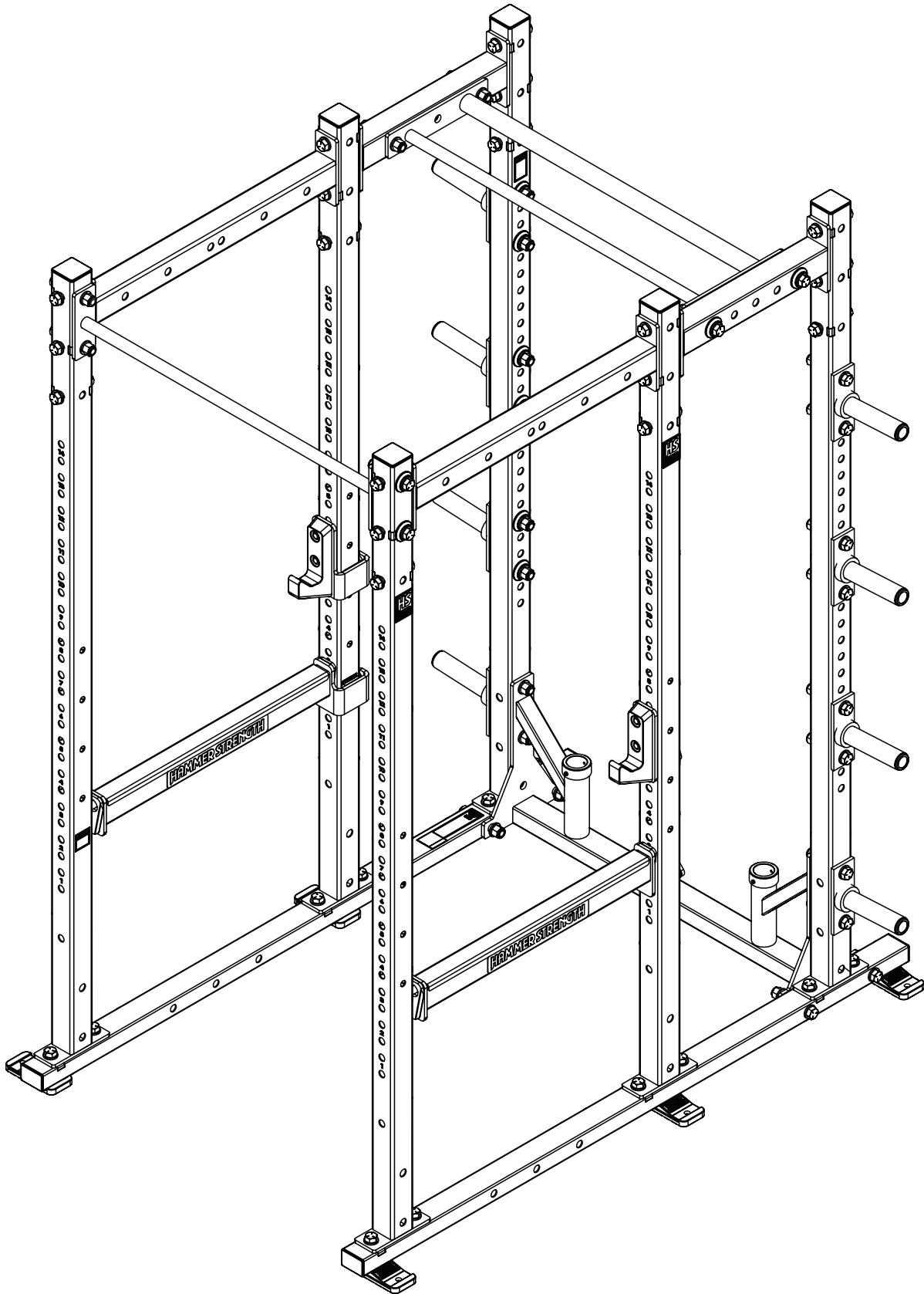


45-50 FT-LBS
(61-68Nm)

10.



POWER RACK



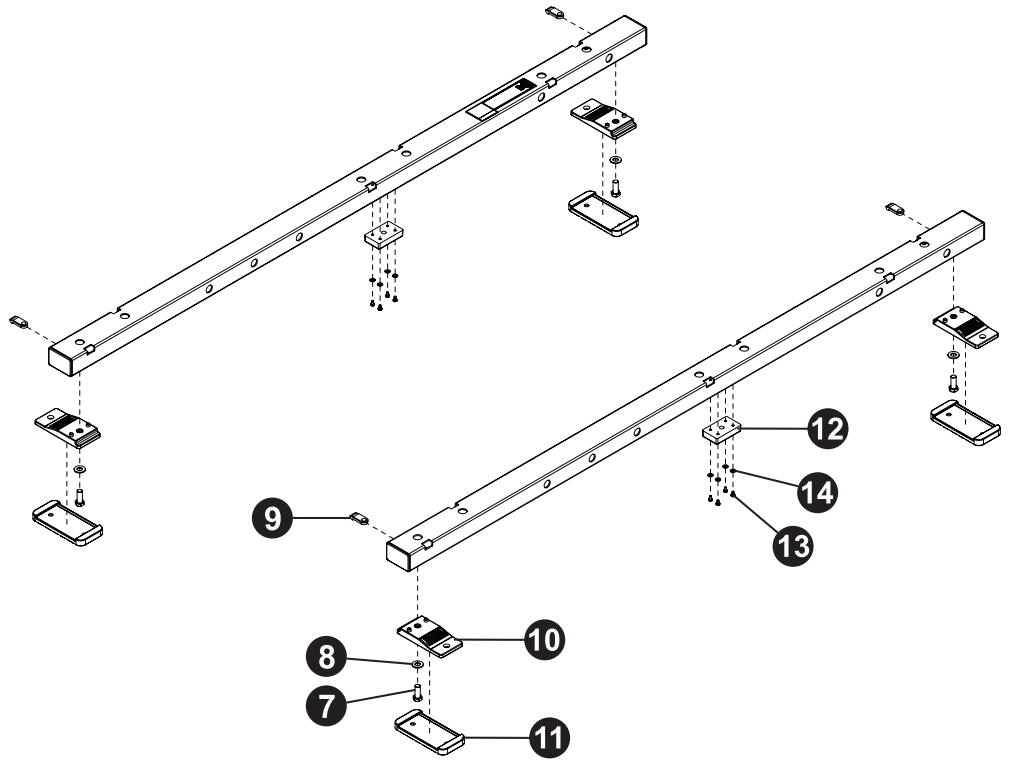
1.

ITEM	QTY
7	4
8	4
9	4
10	4
11	4
12	2
13	8
14	8



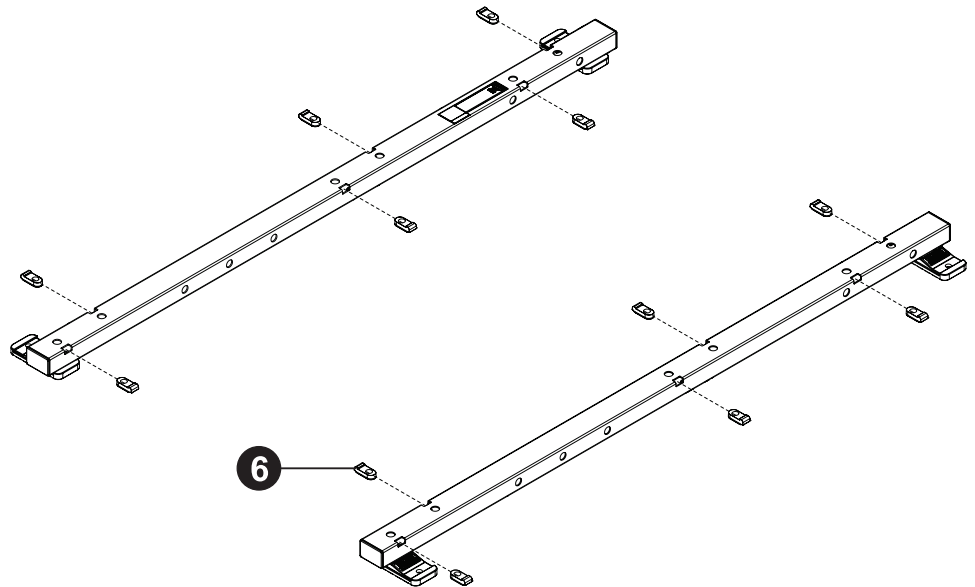
7 20-25 FT-LBS
(27-34Nm)

13 25-29 IN-LBS
(2.3-3.3Nm)



2.

ITEM	QTY
6	12

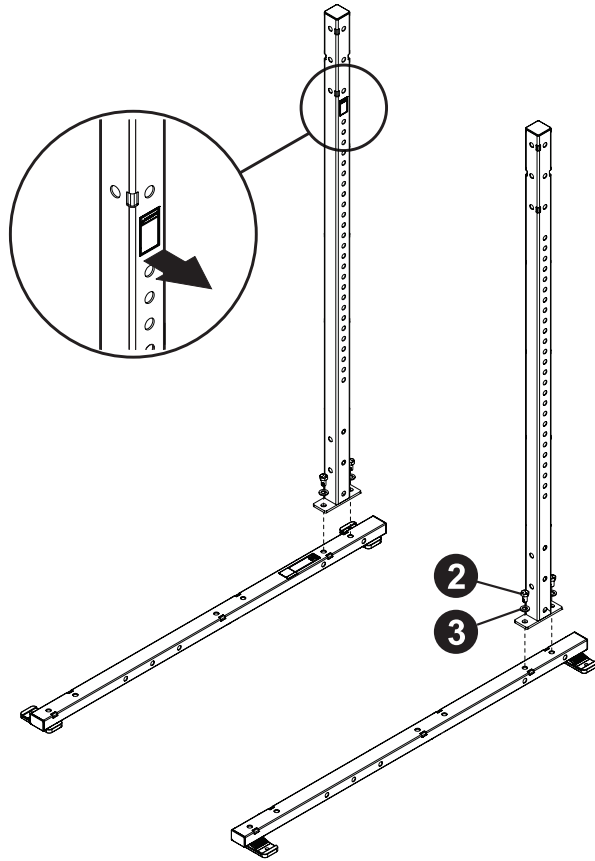


3.

ITEM	QTY
2	4
3	4



22-25 FT-LBS
(30-34Nm)

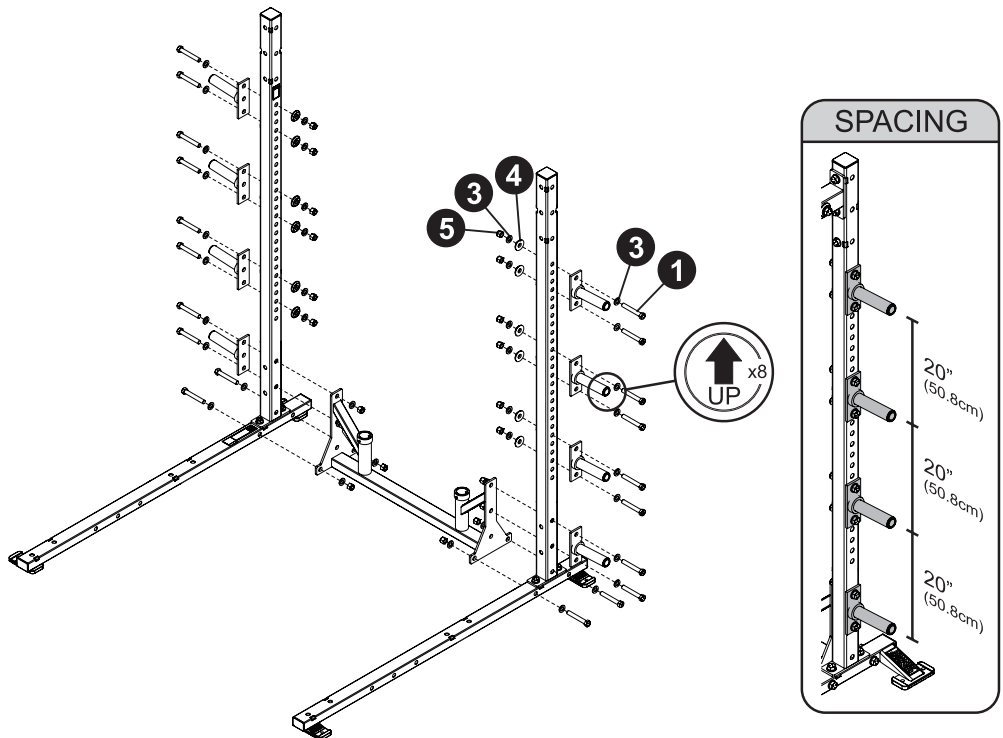


4.

ITEM	QTY
1	20
3	40
4	12
5	20



22-25 FT-LBS
(30-34Nm)

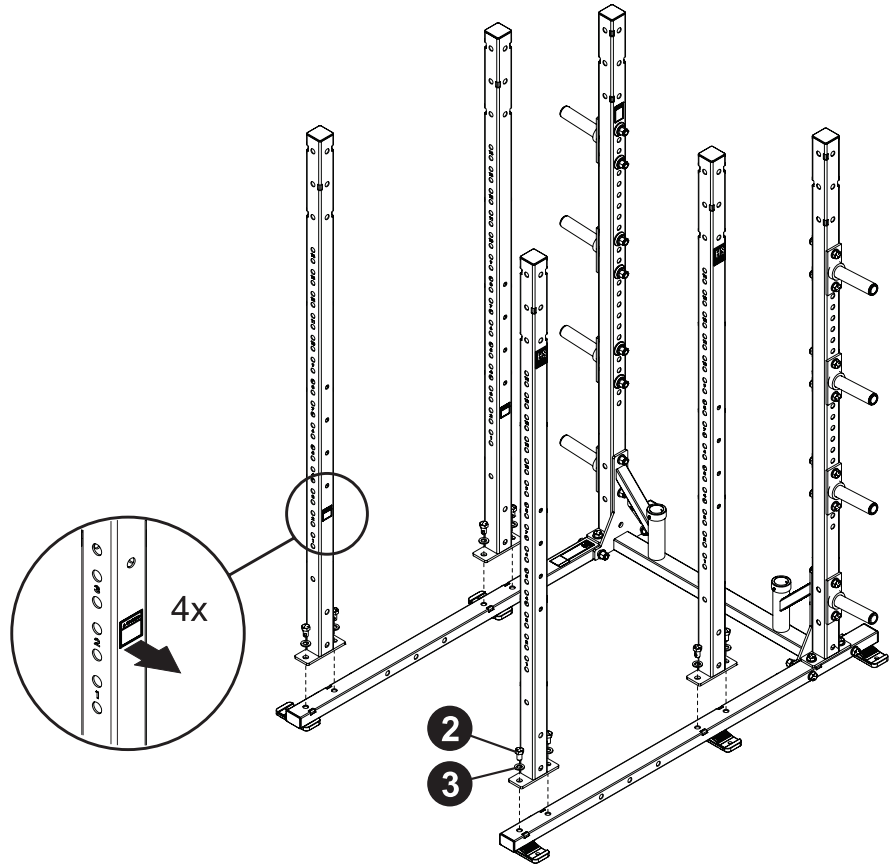


5.

ITEM	QTY
2	8
3	8



22-25 FT-LBS
(30-34Nm)

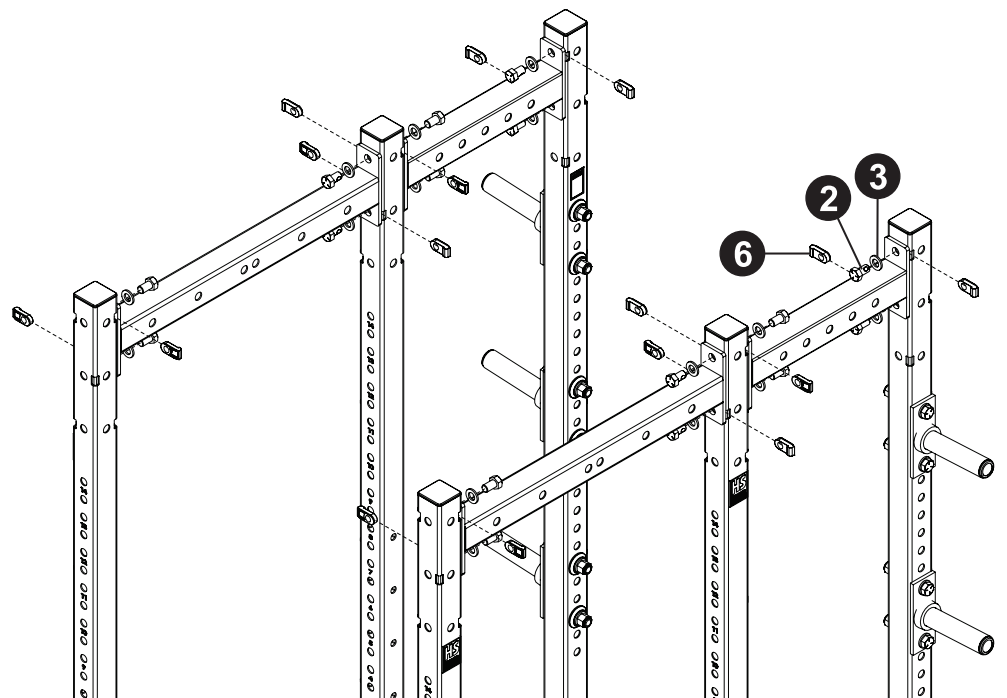


6.

ITEM	QTY
2	16
3	16
6	16



22-25 FT-LBS
(30-34Nm)

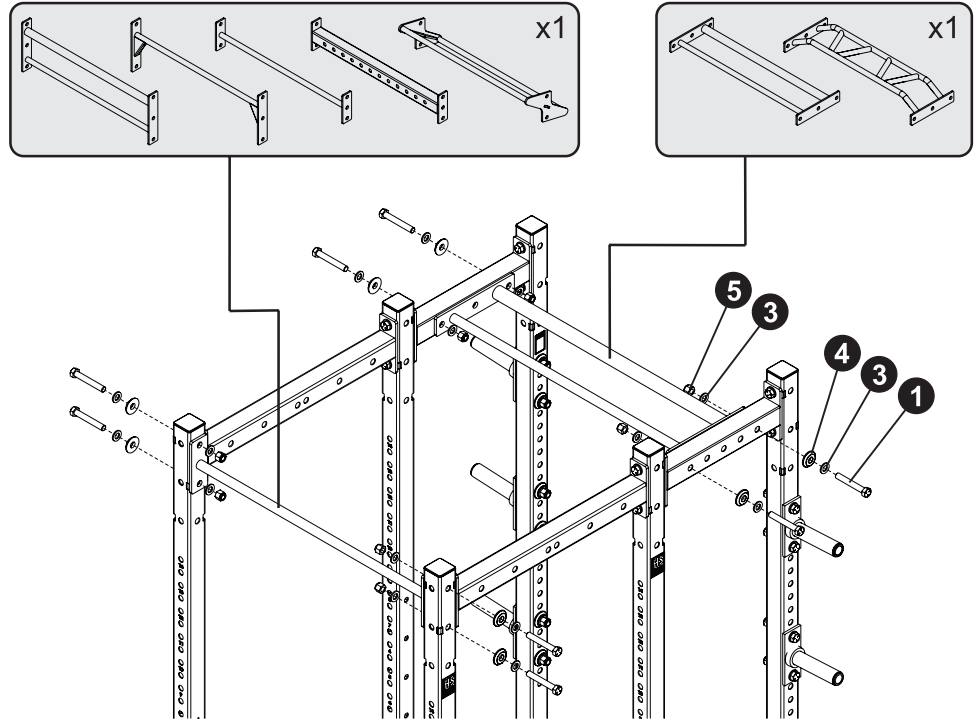


7.

ITEM	QTY
1	8
3	16
4	8
5	8



22-25 FT-LBS
(30-34Nm)

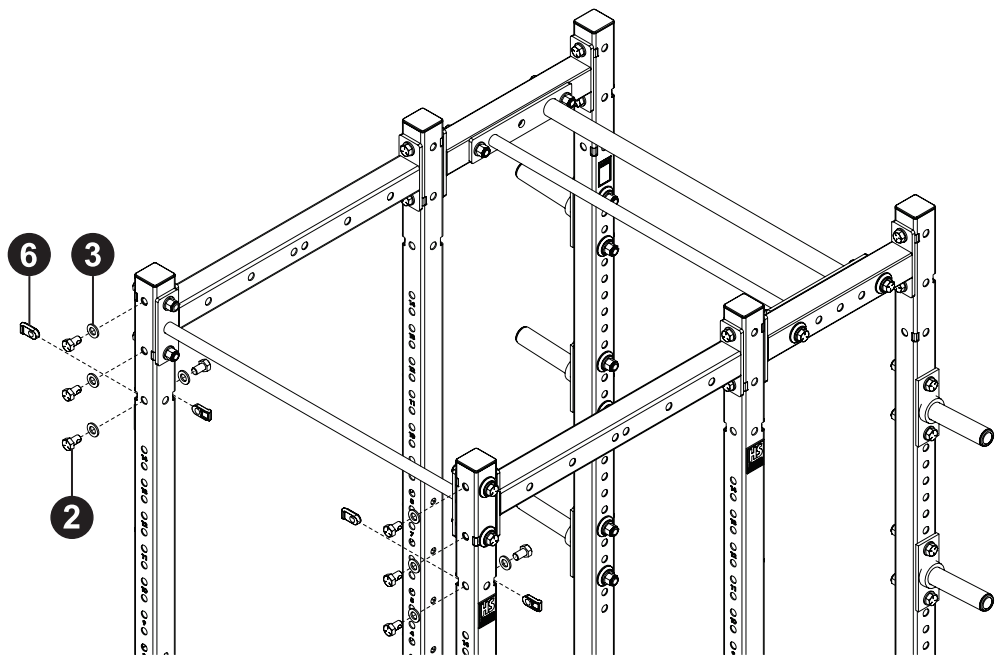


8.

ITEM	QTY
2	8
3	8
6	8

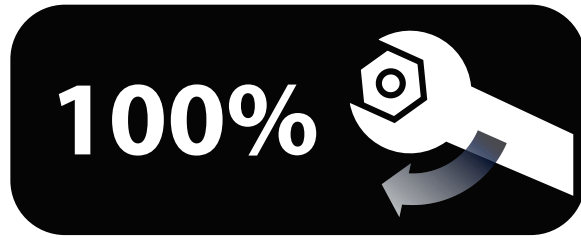


22-25 FT-LBS
(30-34Nm)



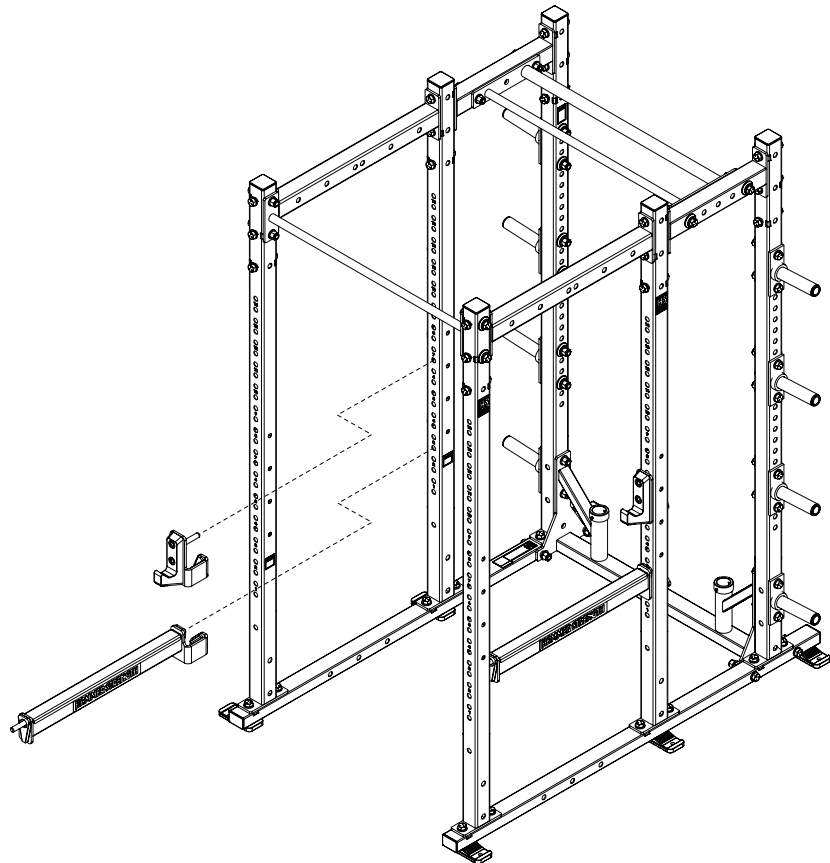
9.

ITEM	QTY
1	28
2	48
5	28

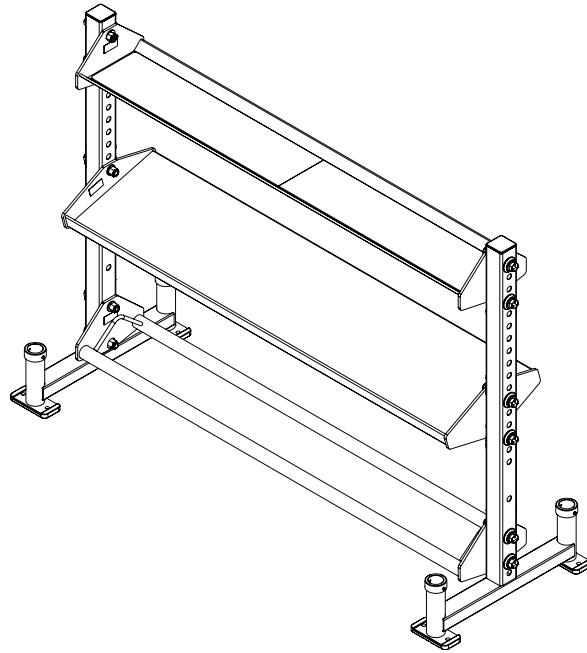


45-50 FT-LBS
(61-68Nm)

10.



FREE STANDING STORAGE

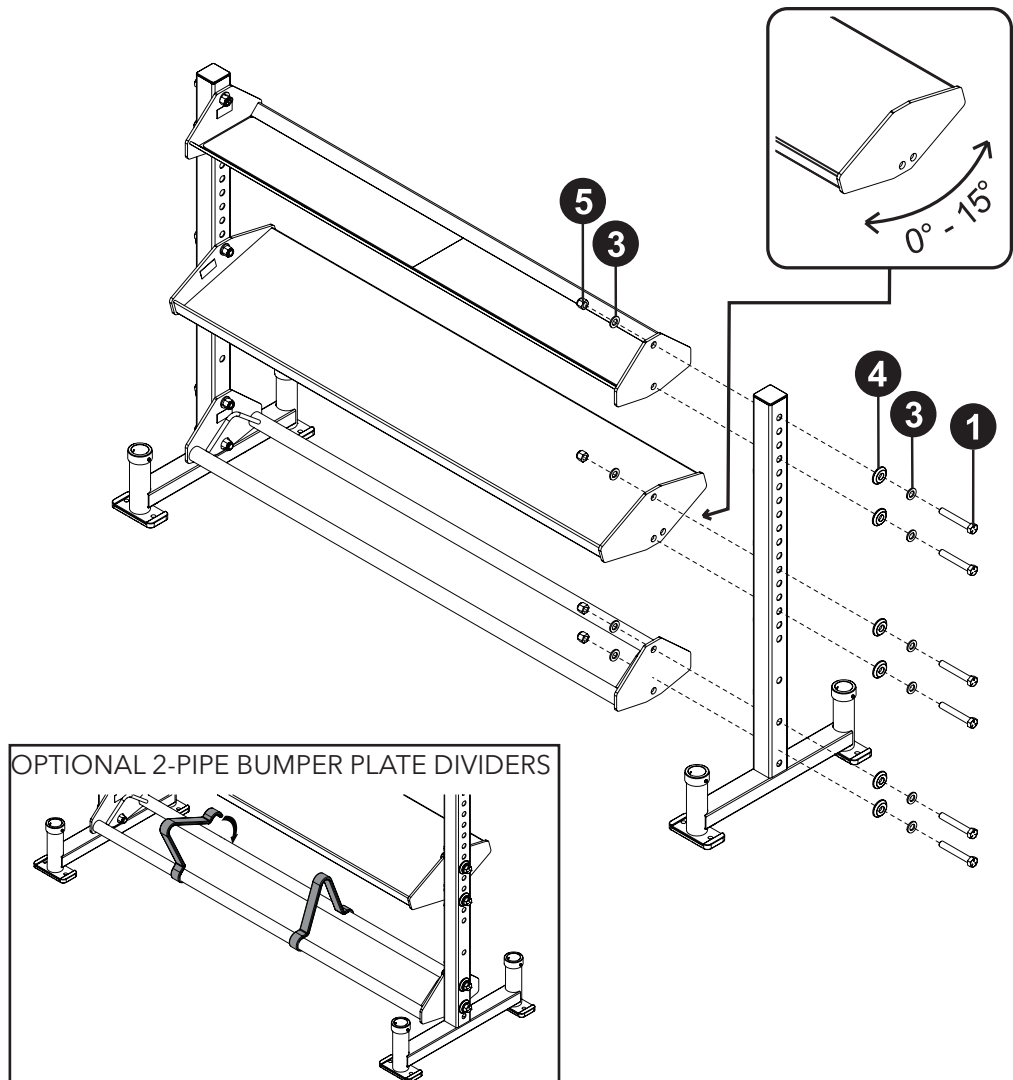


1.

ITEM	QTY
1	12
3	24
4	12
5	12

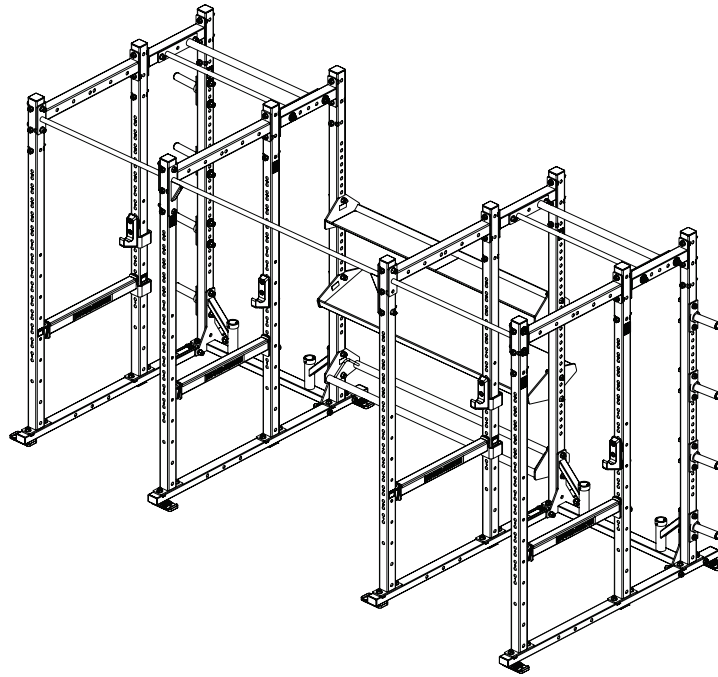


45-50 FT-LBS
(61-68Nm)



HD ATHLETIC RACK ACCESSORIES

RACK CONNECTORS



1.

Pull Up

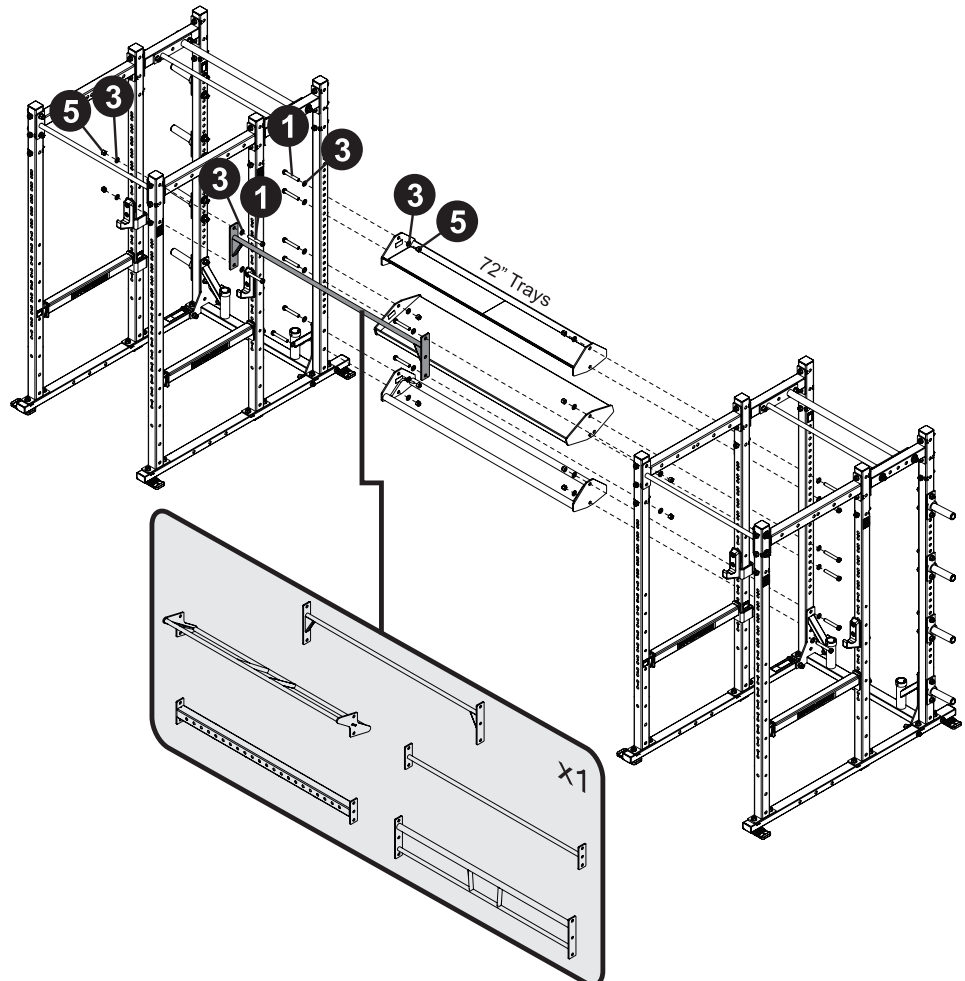
ITEM	QTY
1	4
3	8
5	4

Tray

ITEM	QTY
1	12
3	24
5	12



45-50 FT-LBS
(61-68Nm)



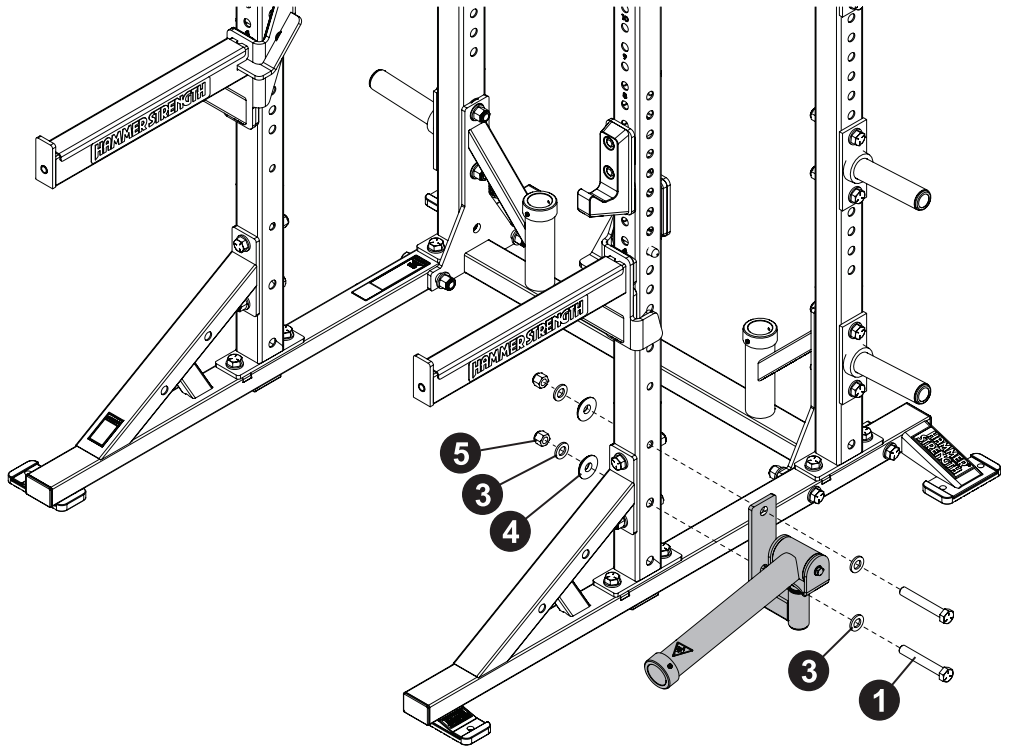
POWER PIVOT

1.

ITEM	QTY
1	2
3	4
4	2
5	2

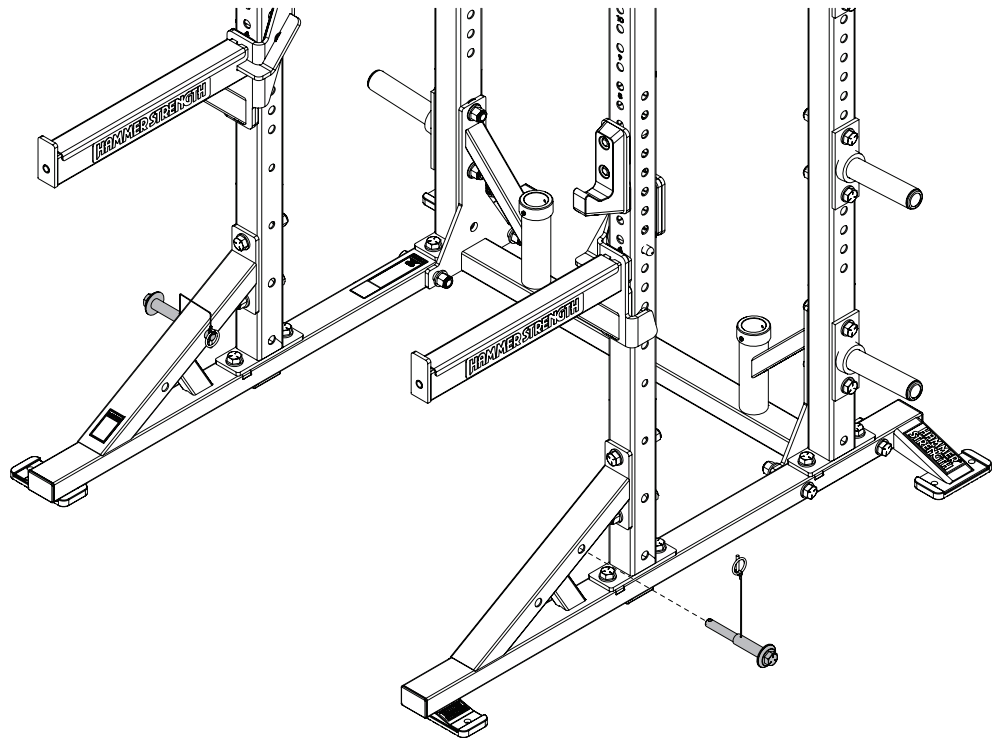


45-50 FT-LBS
(54-67Nm)



BAND PEGS

1.



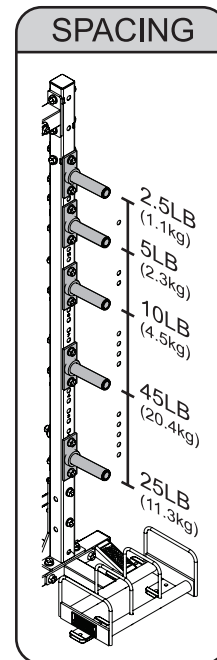
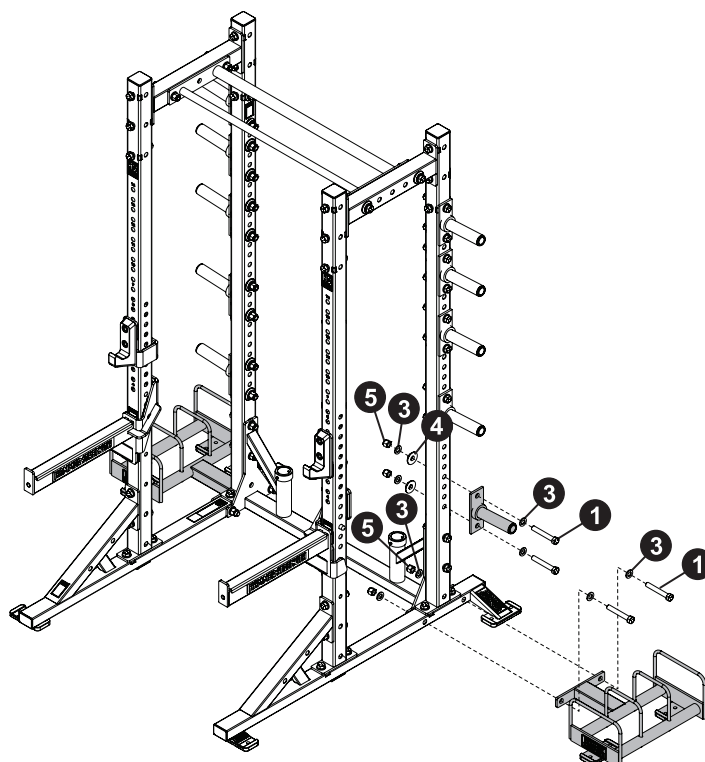
RACK BUMPER PLATE STORAGE

1.

ITEM	QTY
1	8
3	16
4	4
5	8

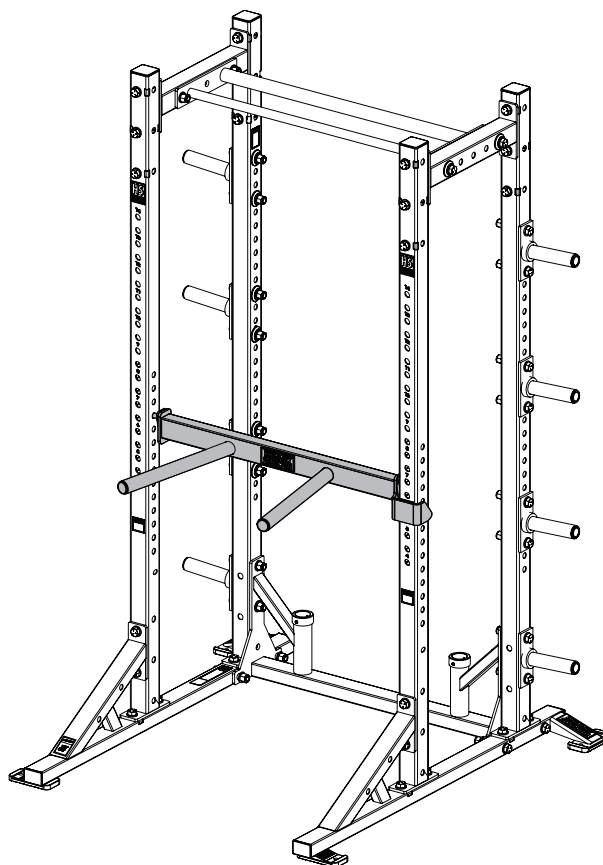


45-50 FT-LBS
(54-67Nm)



DIP

1.



HEAVY BAG HANGER

1.

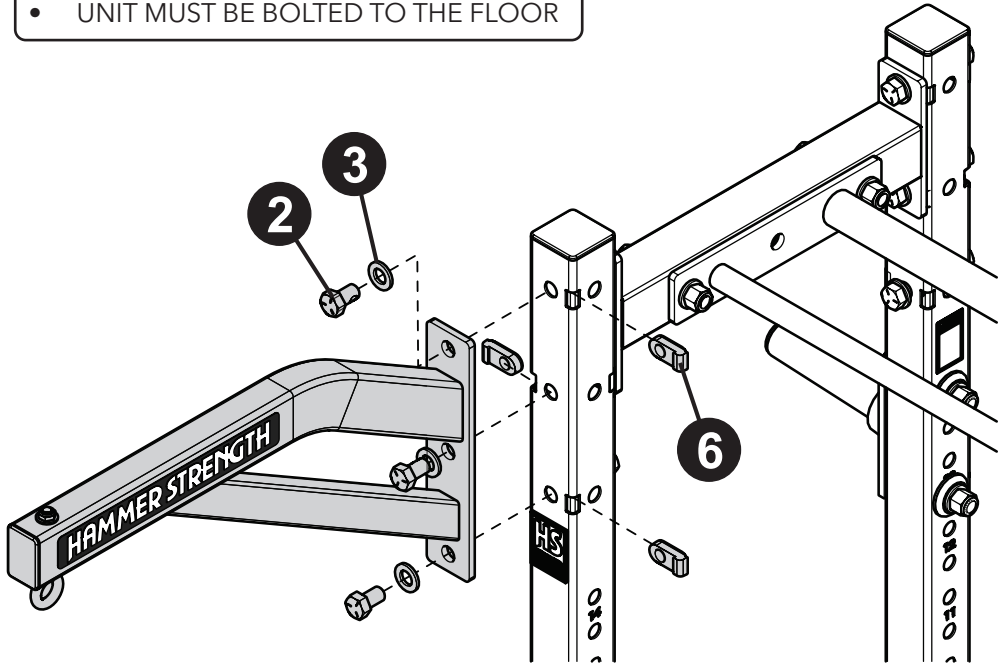
ITEM	QTY
2	3
3	3
6	3



45-50 FT-LBS
(54-67Nm)

NOTE

- TO USE WITH POWER RACK ONLY
- UNIT MUST BE BOLTED TO THE FLOOR



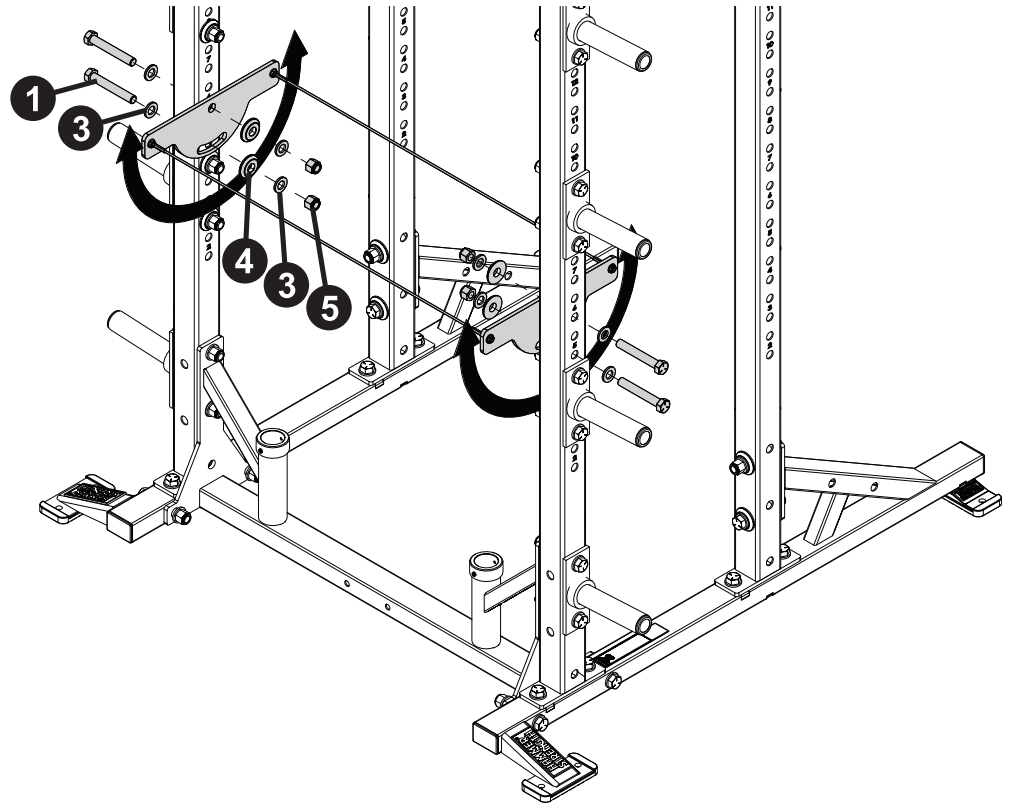
STABILITY BALL STORAGE

1.

ITEM	QTY
1	4
3	8
4	4
5	4



45-50 FT-LBS
(54-67Nm)



BRANDING PLATE

1.

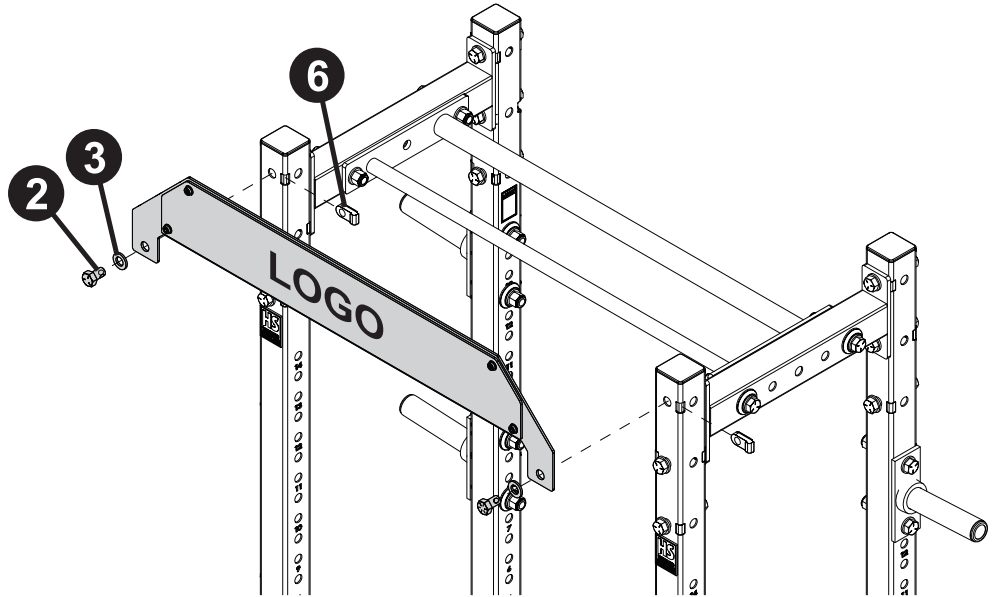
ITEM	QTY
2	2
3	2
6	2



45-50 FT-LBS
(54-67Nm)

NOTE

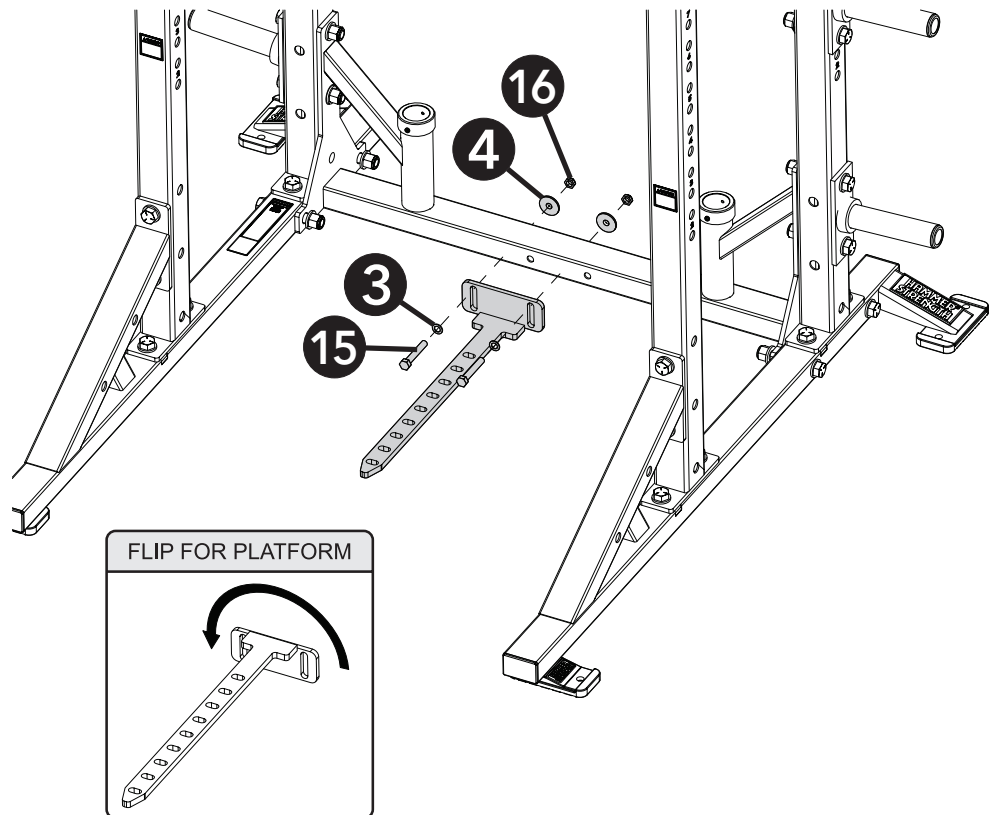
- FRONT OR REAR MOUNTABLE (FRONT SHOWN)
- ASSEMBLE AWAY FROM PULL UP STATIONS



DOCK-N-LOCK

1.

ITEM	QTY
15	2
3	2
4	2
16	2



WING

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.

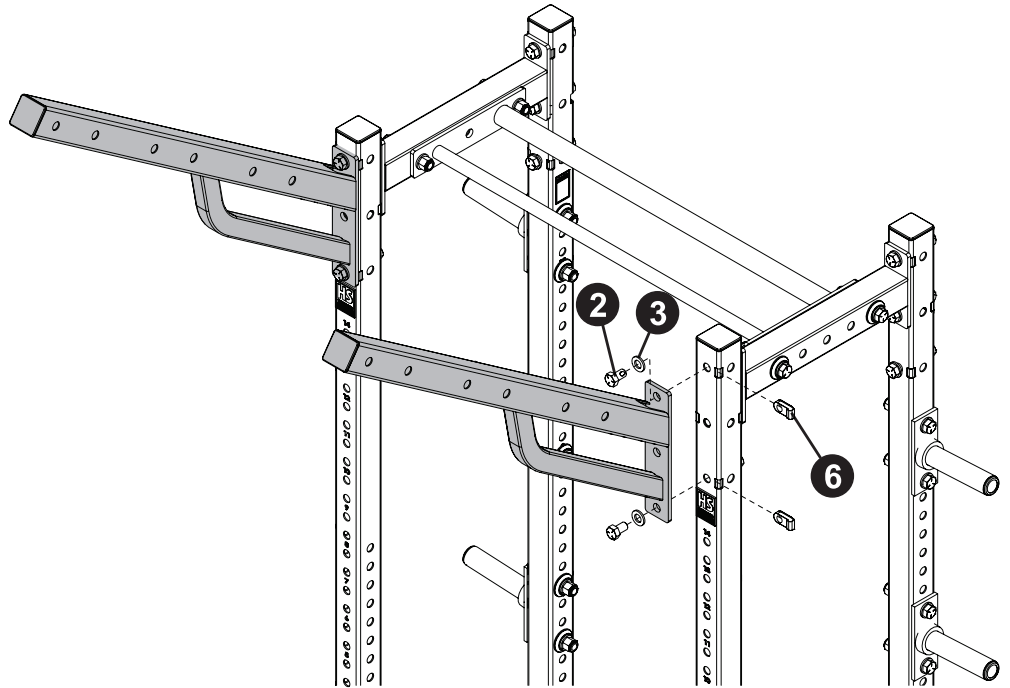
Use a licensed contractor.

1.

ITEM	QTY
2	4
3	4
6	4



20-25 FT-LBS
(27-34Nm)

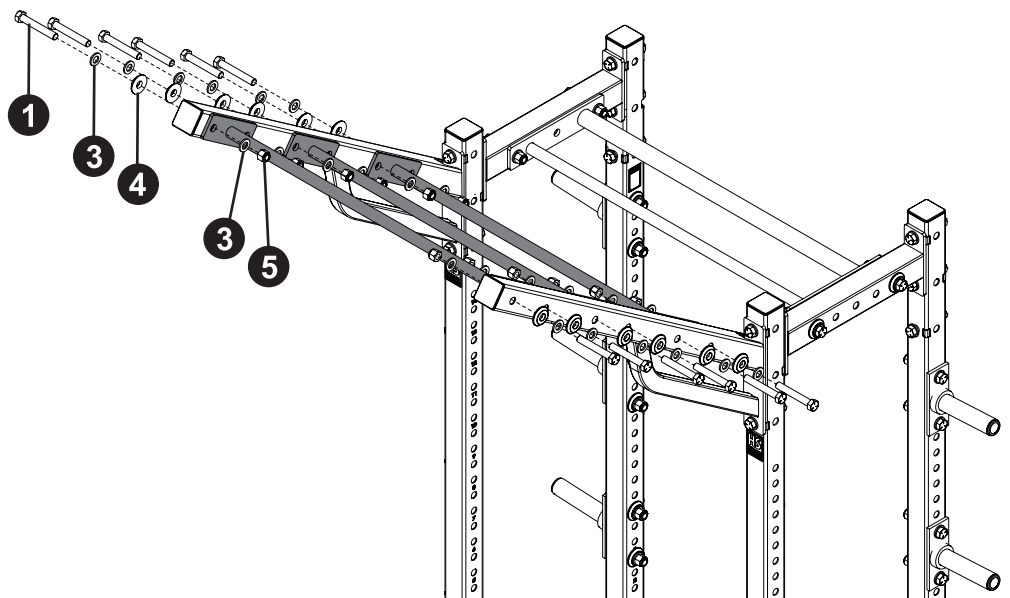


2.

ITEM	QTY
1	12
3	24
4	12
5	12

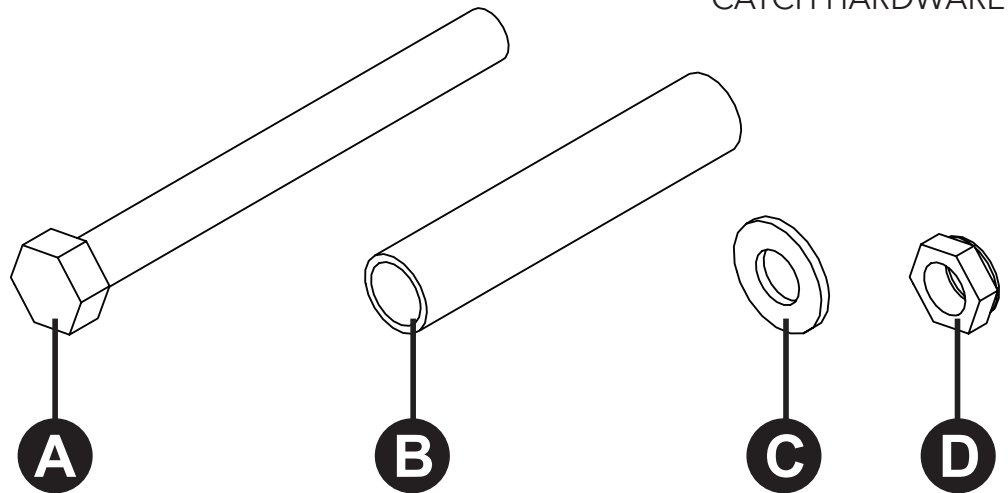


45-50 FT-LBS
(61-68Nm)



POWER RACK FLEXIBLE BAR CATCHES

FLEXIBLE BAR
CATCH HARDWARE



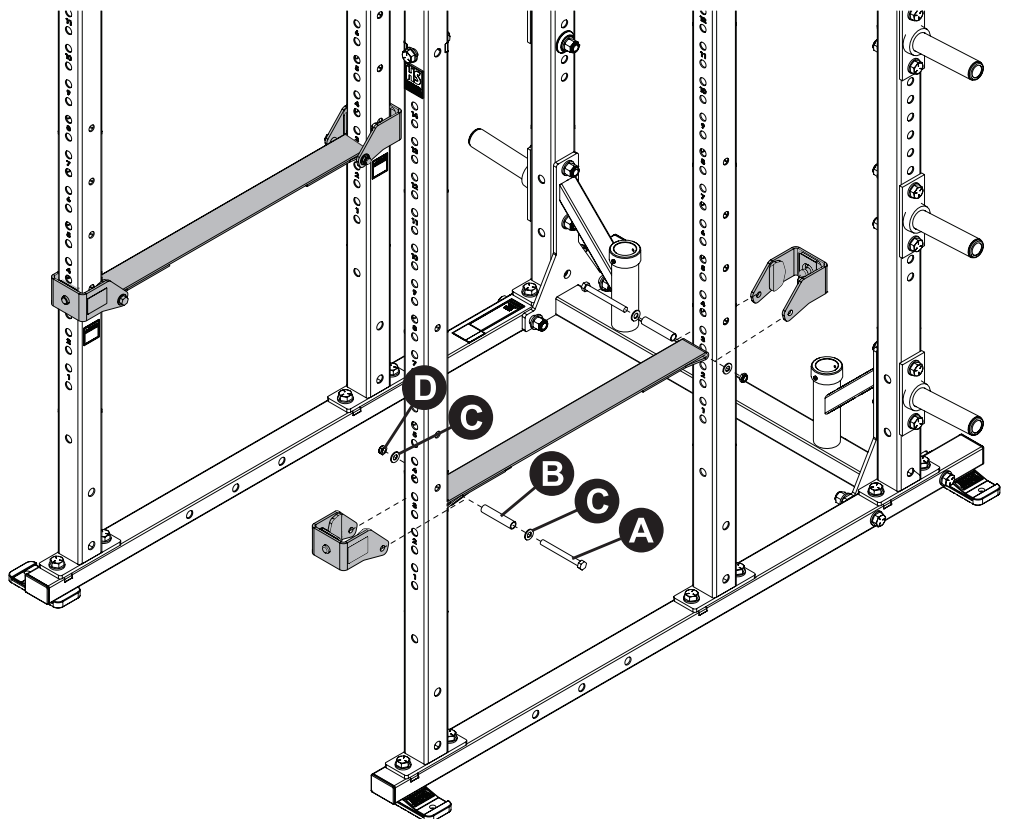
ITEM NO.	QTY.	DESCRIPTION
A	2	1/2-13 x 5" Hex Head Screw
B	2	3/4 OD x 3.8" Spacer
C	4	1/2" Flat Washer
D	2	1/2-13 Nylock Nut

1.

ITEM	QTY
A	2
B	2
C	4
D	2



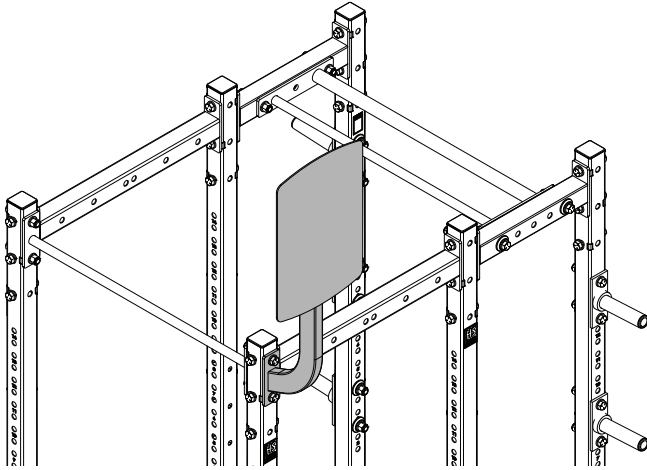
20-25 FT-LBS
(27-34Nm)



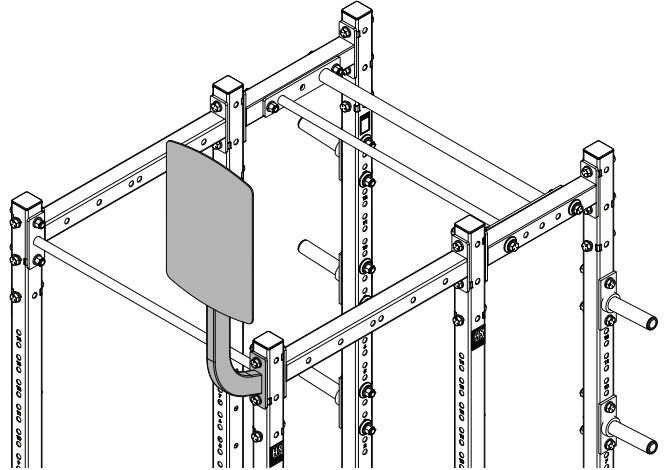
WALL BALL TARGET

WALL BALL TARGET MOUNTING LOCATIONS

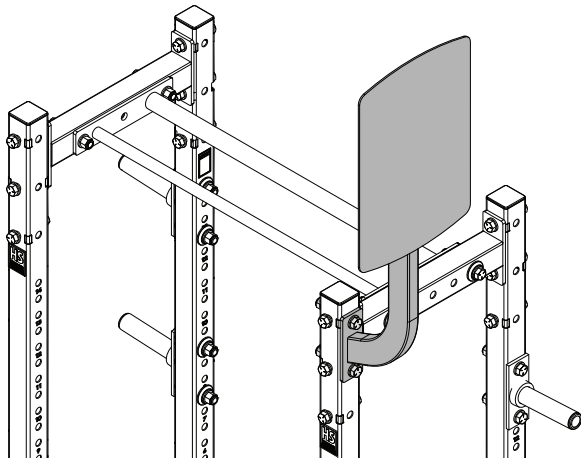
POWER RACK: SIDE



POWER RACK: FRONT

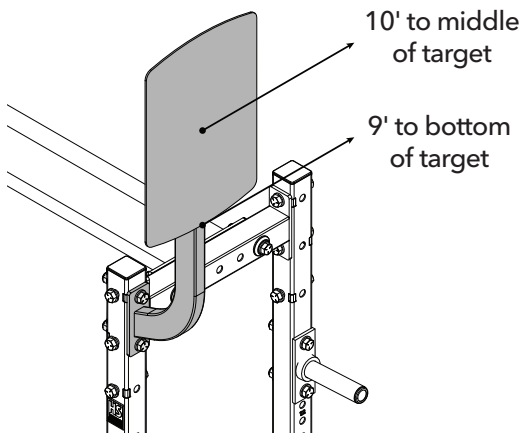


HALF RACK: SIDE ONLY

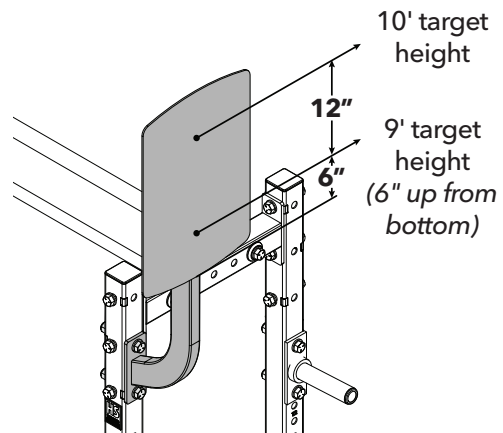


WALL BALL TARGET MOUNTING HEIGHTS

PRIMARY MOUNTING HEIGHT



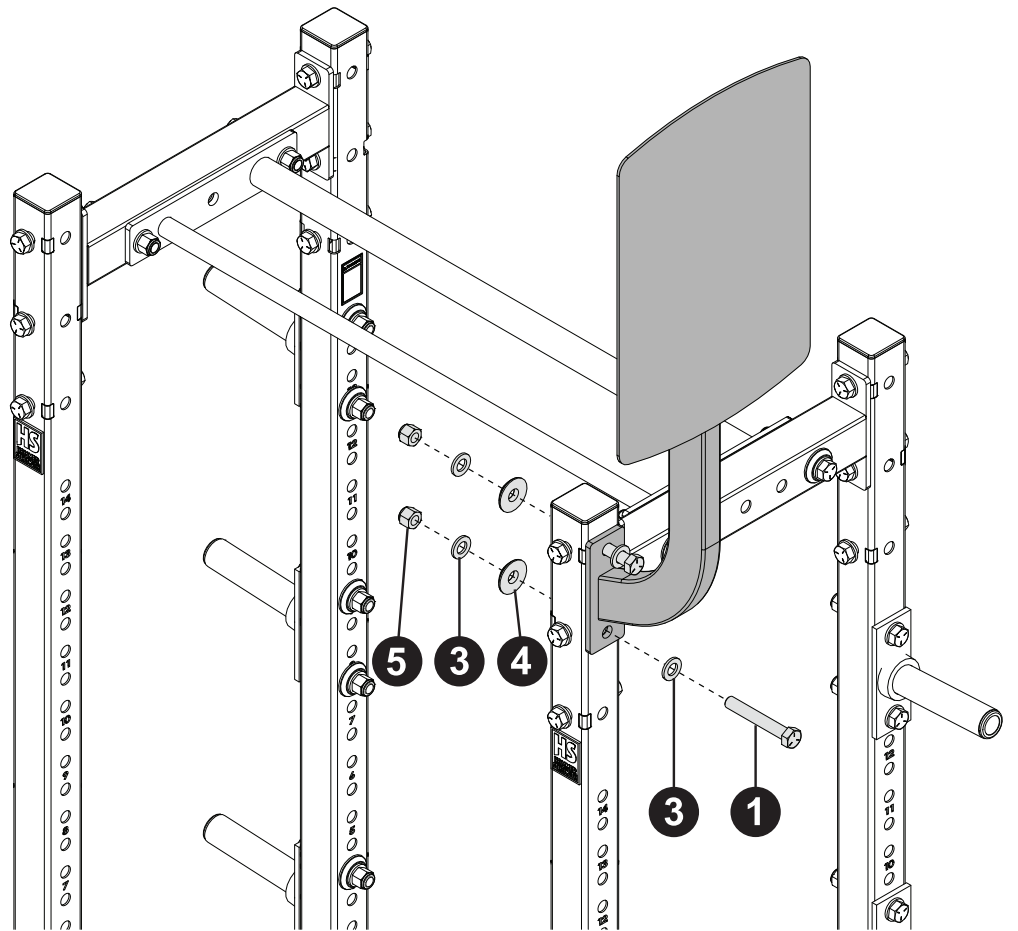
ALTERNATIVE MOUNTING HEIGHT



WALL BALL TARGET

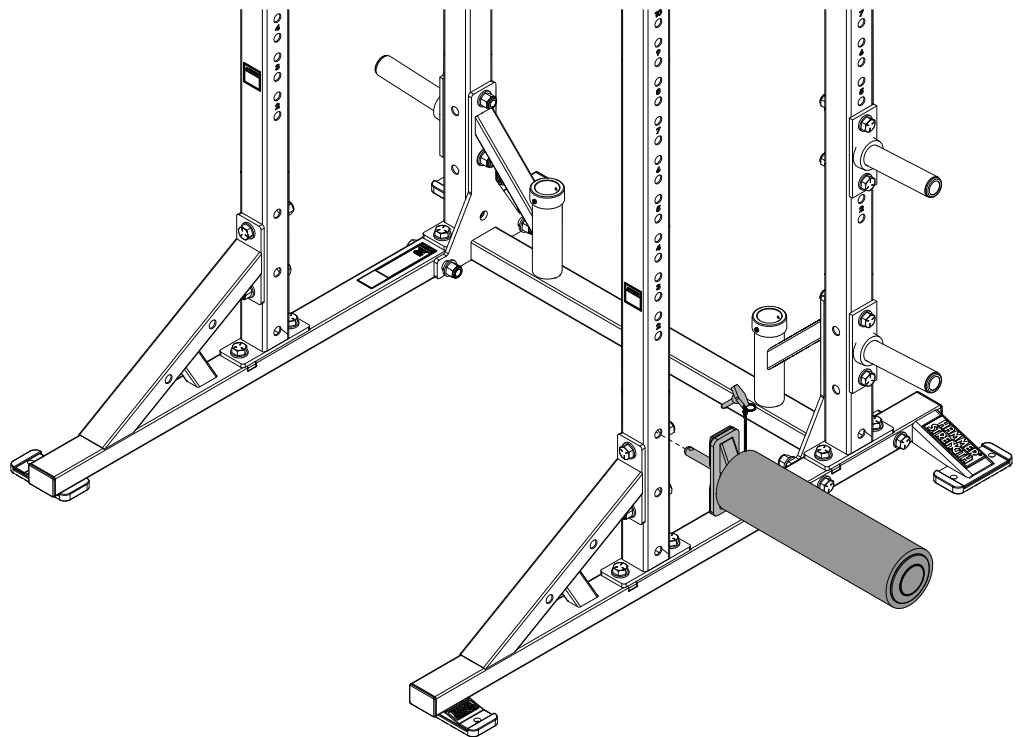
1.

ITEM	QTY
1	2
3	2
4	2
5	2



NORDIC HAM

1.



BOLT TO FLOOR GUIDELINES

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 recommends that strength training equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over. For some equipment, securing the equipment to the floor is REQUIRED.

- All Hammer Strength Athletic Racks with optional Wing are required to be bolted down.
- All Hammer Strength Athletic Half Rack (HDT-HR) units are required to be bolted down.
- All Hammer Strength Athletic Racks with optional Heavy Bag Hanger, not available for Half Racks, are required to be bolted down.

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

All Anchors

- Fasteners must have minimum embedment in concrete floor, not including screed, regardless of wood/tile/rubber over subfloor. (See Anchor Selection for maximum subfloor 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" (12.7mm) 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: 3000psi (20 N/mm²).

Anchoring

- Life Fitness requires that each foot has at least one anchor bolted to the floor.
- 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 Selection 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" (12.7mm) 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

PRODUCT	ANCHOR		Subfloor between unit and concrete 0" to 1/2" (12.7mm) thick	Subfloor between unit and concrete over 1/2" (12.7mm) thick
All Hammer Strength Racks (HDT-HR, HDT-HRHR, HDT-PR)	Dynamic	Imperial	HSL-3 M 8/40 LF p/n 9226402	HST M 12 x 115/20 to 295/200 (length depends on subfloor thickness)
		Metric		

Anchor Specifications

DYNAMIC ANCHOR	Minimum Concrete Thickness	Minimum Drill Depth in Concrete	Minimum Concrete Embedment	Minimum concrete compressive strength
KH-EZ 3/8"	4-7/8" (124mm)	1/2" beyond anchor length	3-1/4" (83mm)	3000psi
HUS-H 8mm	120mm (4-3/4")	10mm beyond anchor length	75mm (2-3/32")	20 N/mm ²
HSL-3 M/40	4-3/4" (120mm)	1/2" beyond anchor length	2-13/32" (60mm)	3000psi
HST M 12	140mm (5-1/2")	10mm beyond anchor length	70mm (2.8")	20 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 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 140mm	3.3 kN
HSL-3/8 4"	2000 lb
HST M12 x 115/20	8 kN
HST M12 x 195/200	8kN
* Design strength extracted from the Hilti Anchor Fastening Technology Manual issued November 2016.	

Tools Required

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

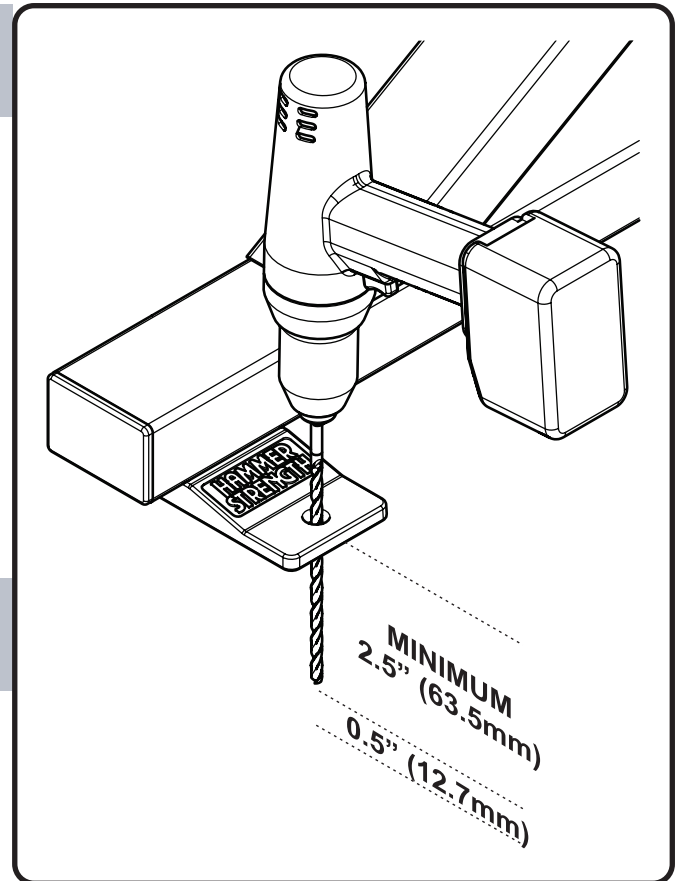
Floor scanner/rebar detector (optional)	Safety glasses
1" L-shape SDS rotary hammer	Extension cord
1/4" x 12" (6mm x 305mm) carbide drill bit (for 1/4" (6mm) anchors)	Impact wrench
3/8" x 12" (8mm x 305mm) carbide drill bit (for 3/8" (8mm) anchors)	Vacuum (for debris)

Static Anchor Procedure

If it is possible that the length of your bolt will not provide the minimum requirement of 2.5" (63.5mm) of engagement, a longer anchor should be used.

1. Place unit into position to be mounted and cycle unit to set stance.
2. Each foot **must** get at least one fastener.
3. Wearing protective glasses, drill down into the flooring to the required depth as perpendicular as possible, ensuring that the foot thickness is being accounted for; refer to Anchor Types and Foot Dimensions.
4. Insert fastener and tighten to 18 Foot-Pounds (24Nm) for 1/4" (6mm) anchor or 40 Foot-Pounds (54Nm) for 3/8" (8mm) anchor.

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.



Foot Dimensions

Use below to determine foot specifications.

