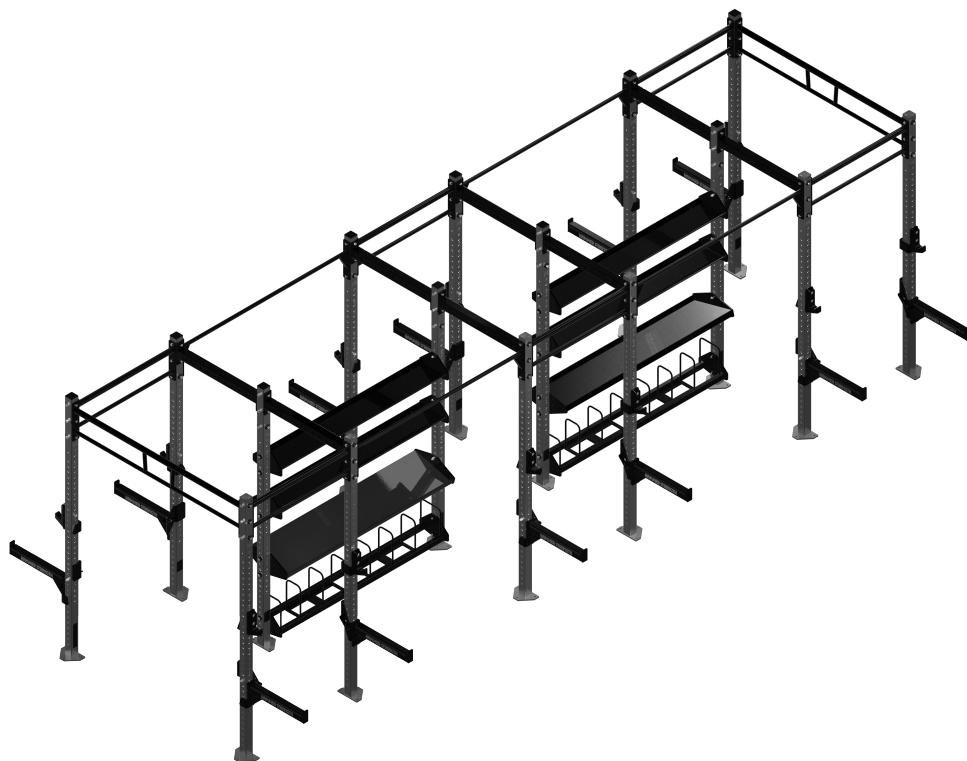


**HAMMER STRENGTH<sup>®</sup>**

**HAMMER  
STRENGTH<sup>®</sup>**

**Heavy Duty Elite iD Rigs**  
Owner's Manual-Assembly Instructions

HDU-RIG-STRD, HDU-RIG-STOR, HDU-RIG-UPRT8, HDU-RIG-UPRT9





# Corporate Headquarters

Columbia Centre III, 9525 Bryn Mawr Avenue, Rosemont, IL 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](http://www.lifefitness.com)

## International Offices

### AMERICAS

#### North America

##### Life Fitness, LLC

Columbia Centre III  
9525 Bryn Mawr Avenue  
Rosemont, IL 60018 U.S.A.  
Telephone: (847) 288 3300  
Service Email:  
[customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)  
Sales/Marketing Email:  
[commercialsales@lifefitness.com](mailto:commercialsales@lifefitness.com)

#### Brazil

##### Life Fitness Brasil

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

#### Latin America and Caribbean\*

##### Life Fitness, LLC

Columbia Centre III  
9525 Bryn Mawr Avenue  
Rosemont, IL 60018 U.S.A.  
Telephone: (847) 288 3300  
Service Email:  
[customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)  
Sales/Marketing Email:  
[commercialsales@lifefitness.com](mailto:commercialsales@lifefitness.com)

### EUROPE, MIDDLE EAST, and AFRICA (EMEA)

#### Belgium, Netherlands, and Luxemburg

##### Life Fitness (Atlantic) B.V.

Fascinatio Boulevard 230, 4<sup>th</sup> Fl - Bldg B  
3065WB, Rotterdam  
The Netherlands  
+31 88 646 6666  
Service Email:  
[service.belux@lifefitness.com](mailto:service.belux@lifefitness.com)  
Sales/Marketing Email:  
[marketing.belux@lifefitness.com](mailto:marketing.belux@lifefitness.com)

#### United Kingdom

##### Life Fitness UK LTD

Unit 109<sup>a</sup>  
Lancaster Way Business Park  
Ely, Cambs, CB6 3NX  
Telephone: General Office (+44)  
1353.666017  
Customer Support (+44) 1353.665507  
Service Email: [uk.support@lifefitness.com](mailto:uk.support@lifefitness.com)  
Sales/Marketing Email: [life@lifefitness.com](mailto:life@lifefitness.com)

#### Germany, Austria, and Switzerland

##### Life Fitness Europe GMBH

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

#### Spain

##### Life Fitness IBERIA

C/Frederic Mompou 5,1<sup>o</sup><sup>a</sup>  
08960 Sant Just Desvern Barcelona  
SPAIN  
Telephone: (+34) 93.672.4660  
Service Email:  
[servicio.tecnico@lifefitness.com](mailto:servicio.tecnico@lifefitness.com)  
Sales/Marketing Email:  
[info.iberia@lifefitness.com](mailto:info.iberia@lifefitness.com)

### All Other EMEA Countries and Distributor Business EMEA\*

##### Life Fitness (Atlantic) B.V.

Fascinatio Boulevard 230, 4<sup>th</sup> Fl - Bldg B  
3065WB, Rotterdam  
The Netherlands  
+31 88 646 6666  
Service Email:  
[emeaservicesupport@lifefitness.com](mailto:emeaservicesupport@lifefitness.com)

### ASIA PACIFIC (AP)

#### Japan

##### Life Fitness Japan, Ltd

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

#### Hong Kong

##### Life Fitness Asia Pacific LTD

26/F, Global Trade Square  
21 Wong Chuk Hang Road  
Wong Chuk Hang  
Hong Kong  
Telephone: (+852) 25756262  
Fax: (+852) 25756894  
Service Email: [service.hk@lifefitness.com](mailto:service.hk@lifefitness.com)  
Sales/Marketing Email:  
[marketing.hk.asia@lifefitness.com](mailto:marketing.hk.asia@lifefitness.com)

### All Other Asia Pacific countries and distributor business Asia Pacific\*

##### Life Fitness Asia Pacific LTD

26/F, Global Trade Square  
21 Wong Chuk Hang Road  
Wong Chuk Hang  
Hong Kong  
Telephone: (+852) 25756262  
Fax: (+852) 25756894  
Service Email: [service.ap@lifefitness.com](mailto:service.ap@lifefitness.com)  
Sales/Marketing Email:  
[marketing.hk.asia@lifefitness.com](mailto:marketing.hk.asia@lifefitness.com)

\*Also check [www.lifefitness.com](http://www.lifefitness.com) for local representation or distributor/dealer

## User and Service Documents Link

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<https://fn.fit/KnowledgeBase>

<https://fn.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 የተመጠውን አገናኝ(ሊንክ) በመጠቀም መረጃዎች አንላይን ያገኛሉ።

Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

Wubetumi anya nsem afoforo aka ho wa 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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[www.lifefitness.com](http://www.lifefitness.com) • 1028567-0001 AA • 2025

# 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.

### **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

Installers to verify that all labels are accounted for. Replace any labels that are missing or damaged.

### 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** CAGE:  
0CMY/S  
Class: S

9525 Bryn Mawr Ave	Bijdorplan 25-31
Rosemont, IL 60018	2992 LB Barendrecht
USA 1-847-288-3300	The Netherlands
www.lifefitness.com	+31 0 180 646 666

Model: XXX

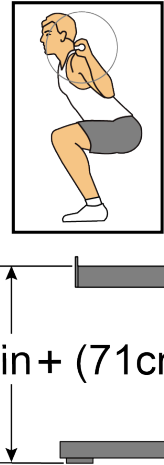
Max User Wt:	XXXlbs	XXXkgs
Max Training Wt:	XXXlbs	XXXkgs
Max Storage Wt:	XXXlbs	XXXkgs

SN: XXXXXXXXXXXXX

  
Manufactured in the USA with US and Foreign parts

### Bar Catch Height Warning

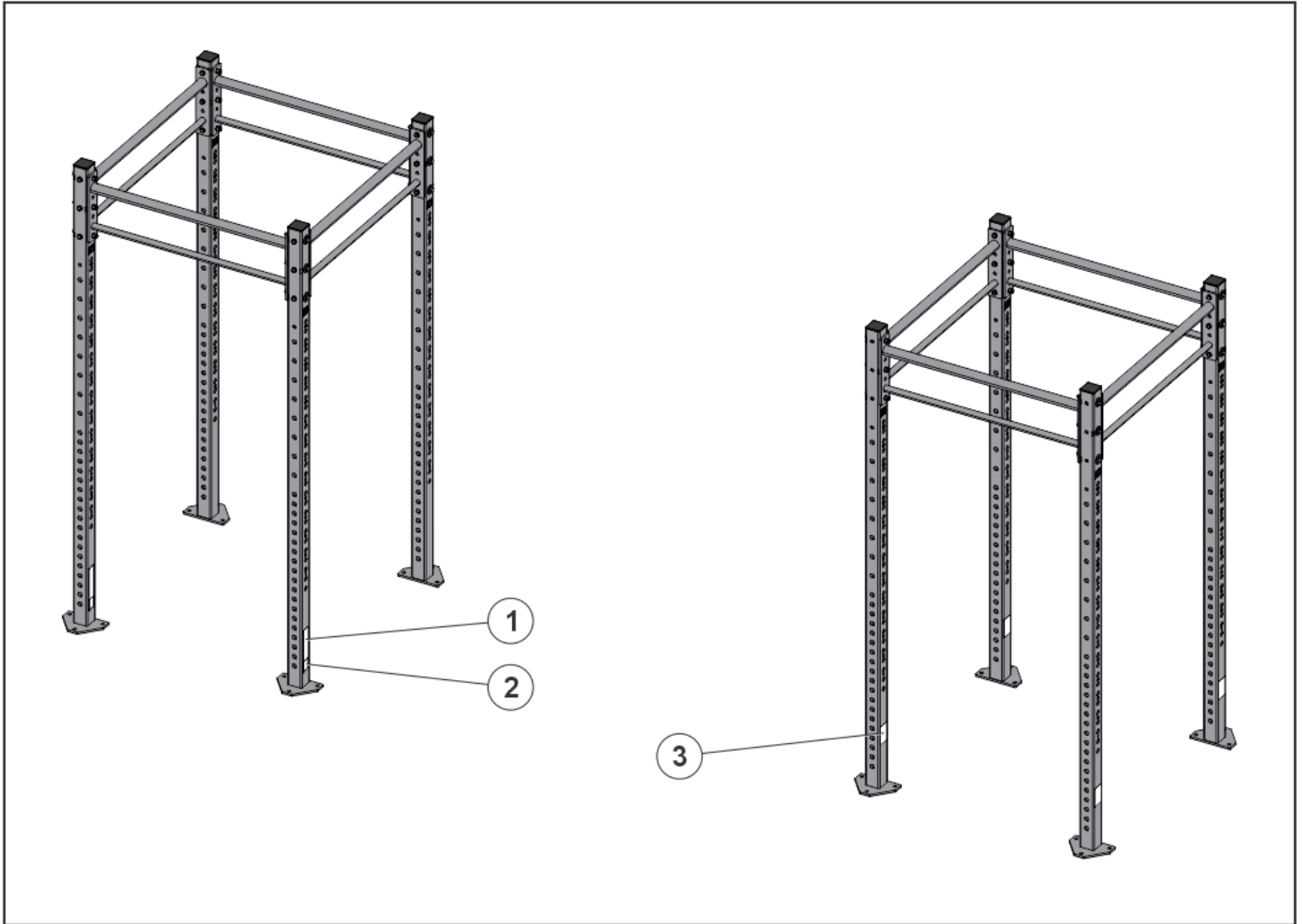
**⚠ WARNING**



# Label Locations

## Rig Labels

Refer to Heavy Duty Heavy Duty NX/iD Add-ons owner's manual for accessory labels.



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

# 2. Assembly

## Assembly Procedure

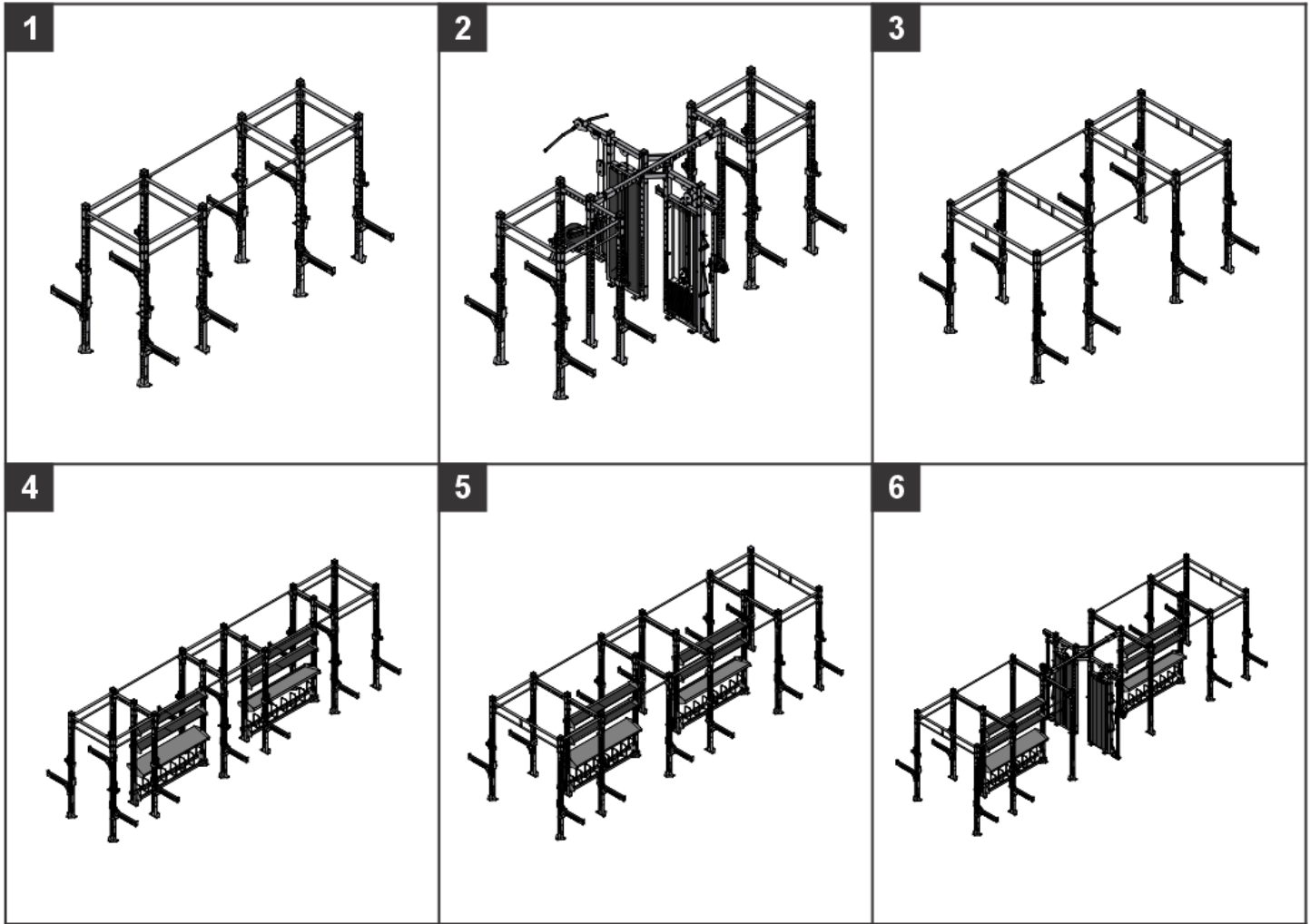
Two or more people will be required for this procedure.

**TIP:** Read and understand all instructions thoroughly before assembling this unit. Check all items carefully. If there is damage, see the Customer Service section of this manual for proper procedure to return, replace, or reorder parts.

**NOTE:** Refer to the Heavy Duty Heavy Duty NX/iD Add-ons owner's manual for accessory assembly steps.

## Examples

Rigs have unlimited modularity, but can be broken down into three categories: uprights, cross members and storage.

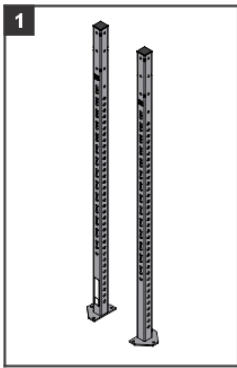


Item	Description
1	Standard 8ft x 4ft x 14ft
2	Standard 8ft x 4ft x 14ft, Cable Column/Lat Pulldown-Row
3	Standard 8ft x 6ft x 14ft
4	Storage 8ft x 4ft x 24ft
5	Storage 8ft x 6ft x 24ft
6	Storage 8ft x 6ft x 14ft, Cable Column/Lat Pulldown-Row

First number = height. Second number = width. Third number = length.

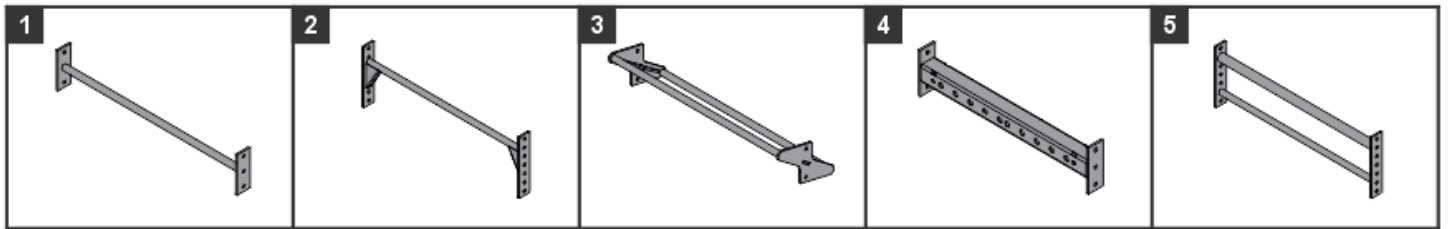
# Component and Hardware List

## Uprights



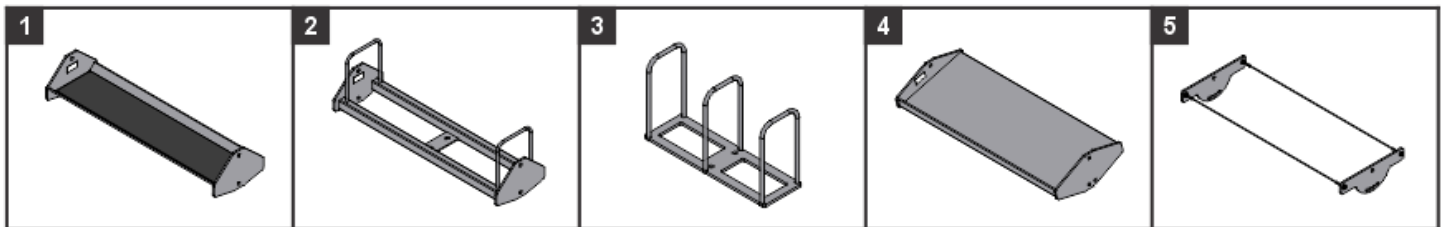
Item	Description	Available Heights	
		Foot	CM
1	Upright Assembly (Pair)	8, 9	243.8, 274.2

## Cross Members



Item	Description	Available Lengths	
		Inch	CM
1	Monkey Bar	42, 72	106.6, 182.8
2	Pull Up Bar	42, 72	106.6, 182.8
3	Offset Bar	42	106.6
4	Square Weldment	19.5, 34.5, 42, 72	49.5, 87.6, 106.6, 182.8
5	Thick-Skinny Bar	42, 72	106.6, 182.8

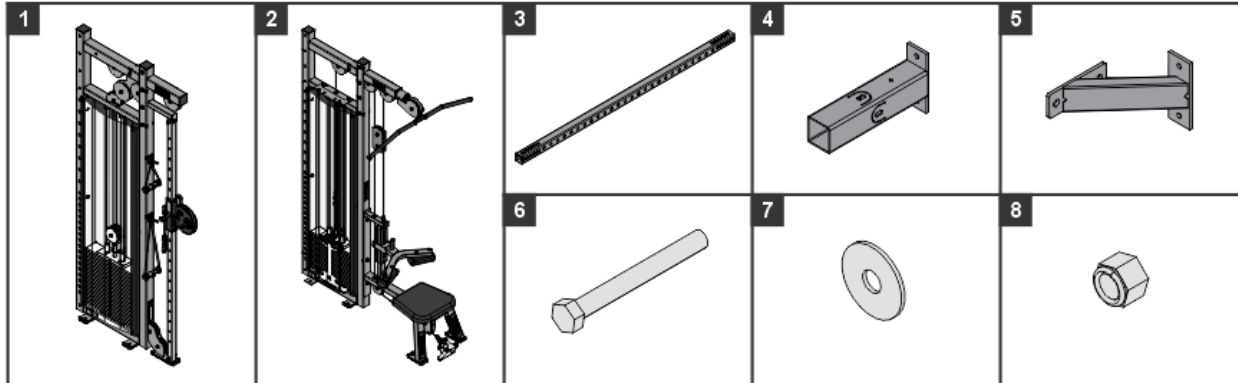
## Storage



Item	Description	Available Lengths	
		Inch	CM
1	Accessory Tray	42, 72	106.6, 182.8
2	Dual Rail	42, 72	106.6, 182.8
3	Plate Divider (Dual Rail only)	20.5	52.0
4	Dumbbell Tray	42, 72	106.6, 182.8

Item	Description	Available Lengths	
		Inch	CM
5	Stability Ball	42, 72	106.6, 182.8

## Storage



Item	Description	Qty.
1	Cable Column Station	1
2	Pulldown/Row Station	1
3	Connector Tube	1
4	Connector End	2
5	Angle Brace	2
6	Bolt, 1/2-13 X 4.50 UNS HEX FHB G5 ZN	4
7	Thick Nut, Nylock 1/2-13	4
8	Washer, Flat 1/2 ID x 1-3/4 OD ZN	8

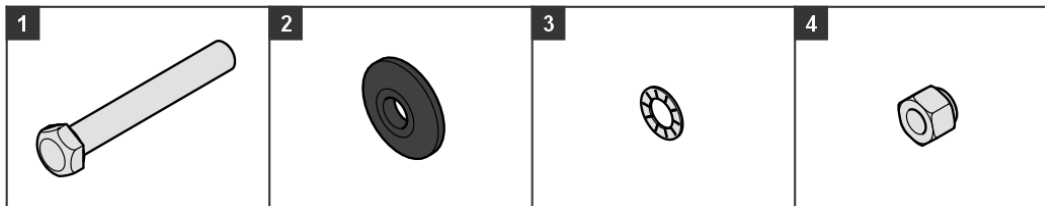
**NOTE:** Connector tube compatible rig lengths:

- 7-8ft, 8-9ft, 9-10ft, 10-11ft
- 213.3-243.8cm, 243.8-274.3cm, 274.3-304.8cm, 304.8-335.2cm

## Hardware Kits

### HDW 1

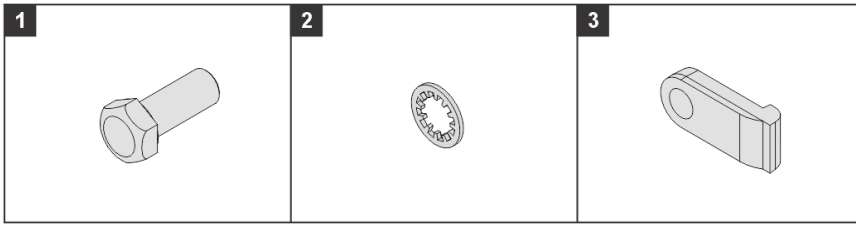
Usage: Uprights, Cross Members, Storage, Wing



Item	Description	Qty.
1	Bolt, 1/2-13 X 4.50 UNS HEX FHB G5 ZN	4
2	Backing Washer	4
3	1/2" Internal Lock Washer	4
4	Thick Nut, Nylock 1/2-13	4

## HDU Rig Cross Member

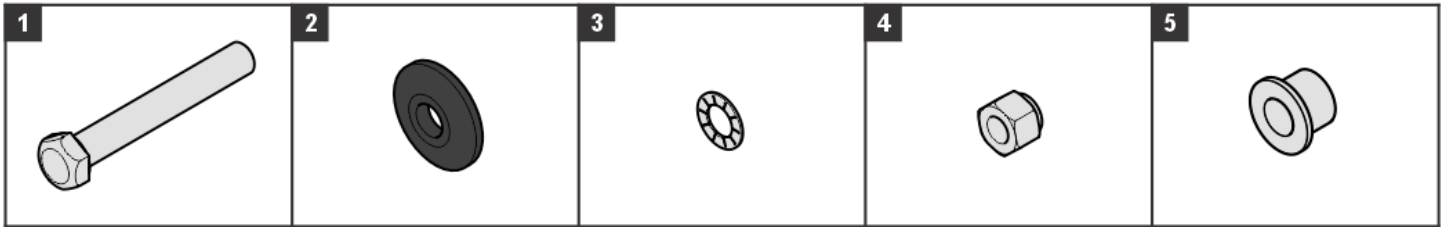
Usage: Uprights



Item	Description	Qty.
1	Bolt, 1/2-13 X 1.25 UNS HEX FHB G5 ZN	4
2	1/2" Internal Lock Washer	4
3	Hammer Lock Nut, 1/2 IN-13	4

## Angle Brace

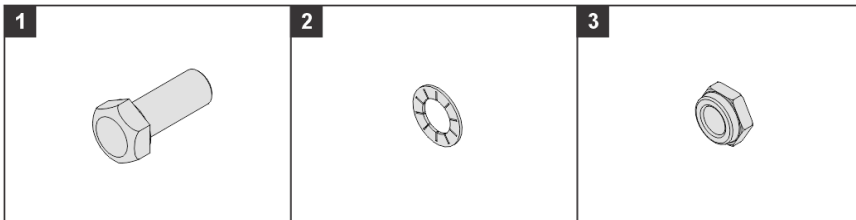
Usage: Angle Brace Connectors



Item	Description	Qty.
1	Bolt, 1/2-13 X 4.50 UNS HEX FHB G5 ZN	4
2	Backing Washer	4
3	1/2" Internal Lock Washer	4
4	Thick Nut, Nylock 1/2-13	4
5	Washer: Step, 1/2in, 0.57in Deep	2

## Plate Divider

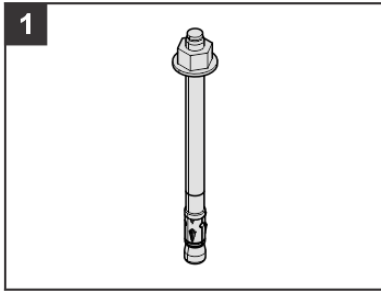
Usage: Plate Divider



Item	Description	Qty.
1	Bolt, 1/2-13 X 1.25 UNS HEX FHB G5 ZN	2
2	Washer, .500 IN-D ST N	4
3	Nut, Nylock-Jam 1/2 IN-13 ST N	2

## Dynamic Anchor

Usage: Uprights



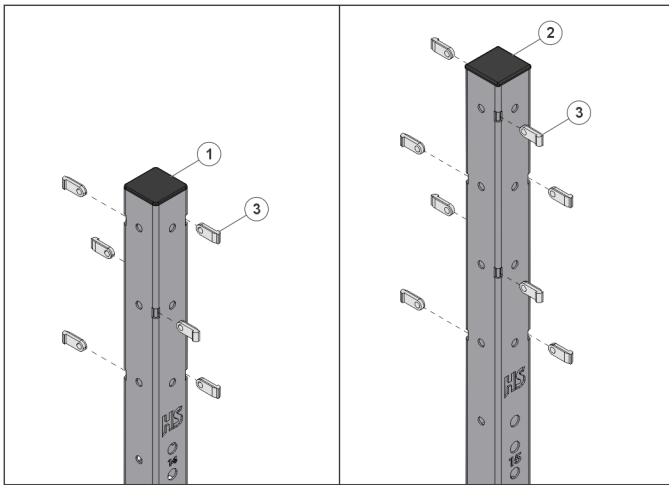
Item	Description	Qty.
1	Anchor, KB-TZ2, 3/8" X 5"	6

## Tools Required

- 3/4" wrench (x2)
- Safety glasses
- Tape measure
- Torque wrench

# Standard Rig Assembly

1. Load uprights with Hammer Lock Nuts prior to assembly, as this cannot be done once cross members are in place.



Item	Description	Qty.
1	Upright Assembly, 8 Foot	1
2	Upright Assembly, 9 Foot	1
3	Hammer Lock Nut, 1/2 IN-13	6/8

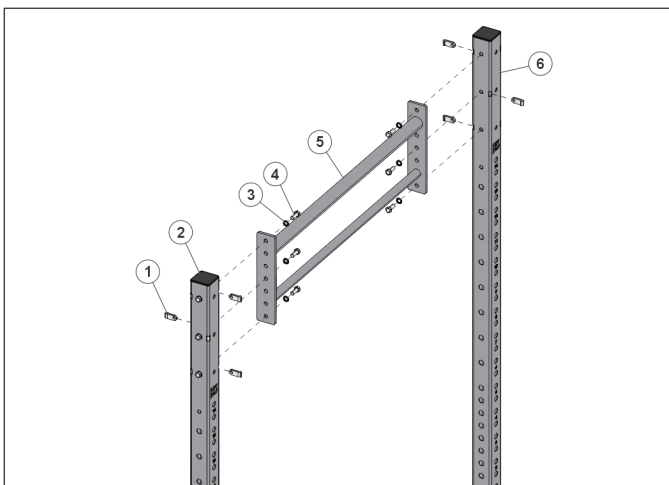
**NOTE:** 8 foot uprights accept 6 Hammer Lock nuts and the 9 foot uprights accept 8.

2. Plan to install uprights so the left and right side feet oppose one another. Rigs with uprights in the center will face one another.



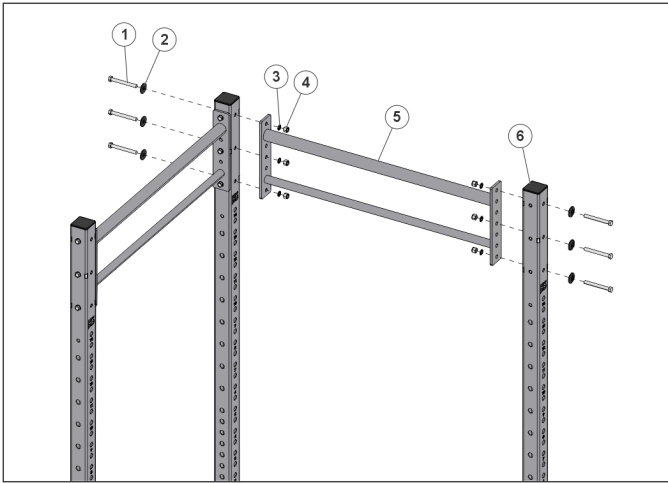
Item	Description	Qty.
1	Upright Feet, Left	2
2	Upright Feet, Right	2

3. Attach the cross member to the first two uprights and tighten hardware to **20-25 ft-lbs / 27.1-33.8 Nm.**



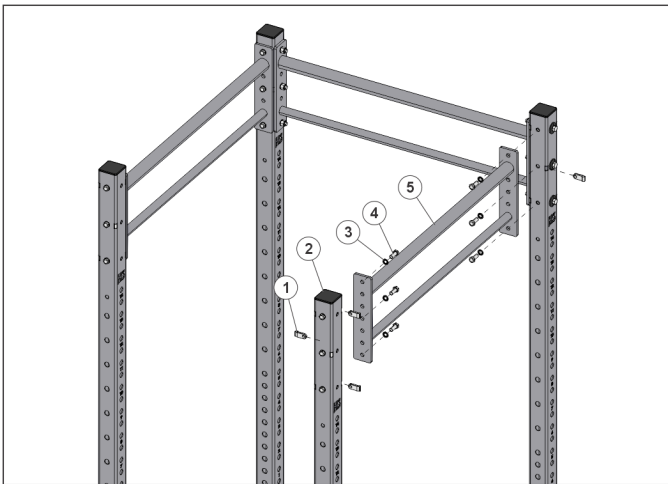
Item	Description	Qty.
1	Hammer Lock Nut, 1/2 IN-13	6
2	Upright Assembly, Right	1
3	1/2" Internal Lock Washer	6
4	Bolt, 1/2-13 X 1.25 UNS HEX FHB G5 ZN	6
5	Cross Member	1
6	Upright Assembly, Left	1

4. Attach the second cross member to the second and third uprights, and tighten hardware to **20-25 ft-lbs / 27.1-33.8 Nm.**



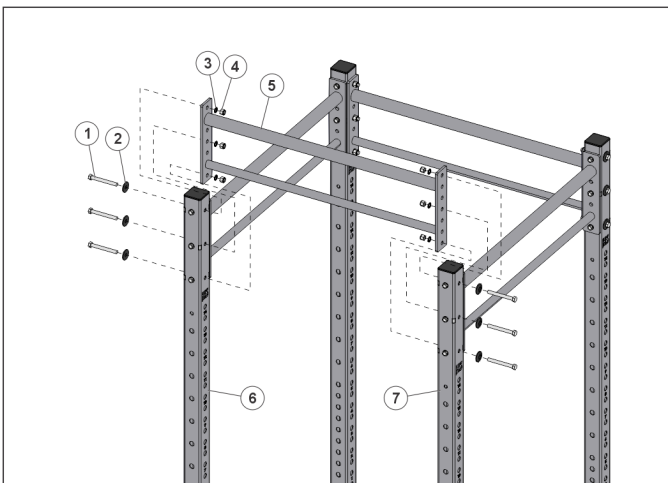
Item	Description	Qty.
1	Bolt, 1/2-13 X 4.50 UNS HEX FHB G5 ZN	6
2	Backing Washer	6
3	1/2" Internal Lock Washer	6
4	Thick Nut, Nylock 1/2-13	6
5	Second Cross Member	1
6	Third Upright Assembly	1

5. Attach the third cross member to the third and fourth uprights and tighten hardware to **20-25 ft-lbs / 27.1-33.8 Nm.**



Item	Description	Qty.
1	Hammer Lock Nut, 1/2 IN-13	6
2	Fourth Upright Assembly	1
3	1/2" Internal Lock Washer	6
4	Bolt, 1/2-13 X 1.25 UNS HEX FHB G5 ZN	6
5	Third Cross Member	1

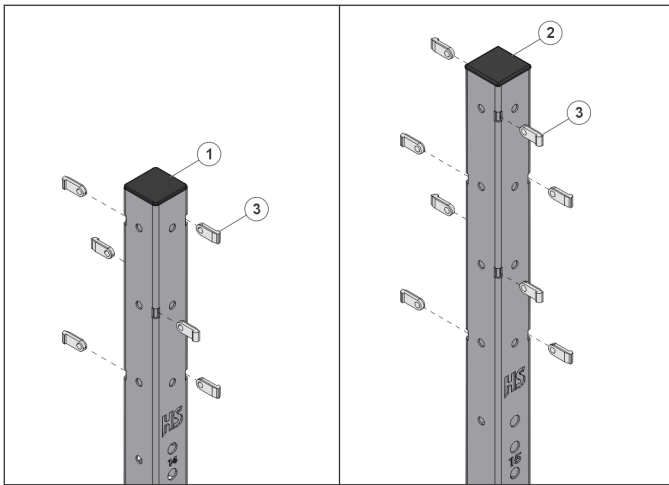
6. Attach the fourth cross member to the first and fourth uprights and tighten hardware to **20-25 ft-lbs / 27.1-33.8 Nm.**



Item	Description	Qty.
1	Bolt, 1/2-13 X 4.50 UNS HEX FHB G5 ZN	6
2	Backing Washer	6
3	1/2" Internal Lock Washer	6
4	Thick Nut, Nylock 1/2-13	6
5	Fourth Cross Member	1
6	First Upright Assembly	1
7	Fourth Upright Assembly	1

## Storage Assembly

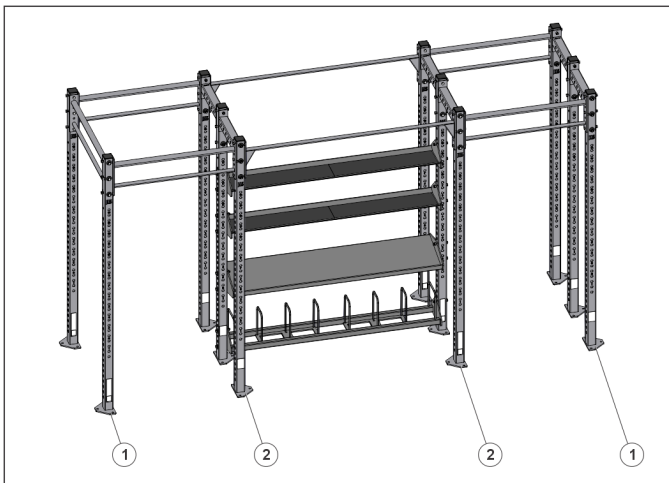
1. Load uprights with Hammer Lock Nuts prior to assembly, as this cannot be done once cross members are in place.



Item	Description	Qty.
1	Upright Assembly, 8 Foot	1
2	Upright Assembly, 9 Foot	1
3	Hammer Lock Nut, 1/2 IN-13	6/8

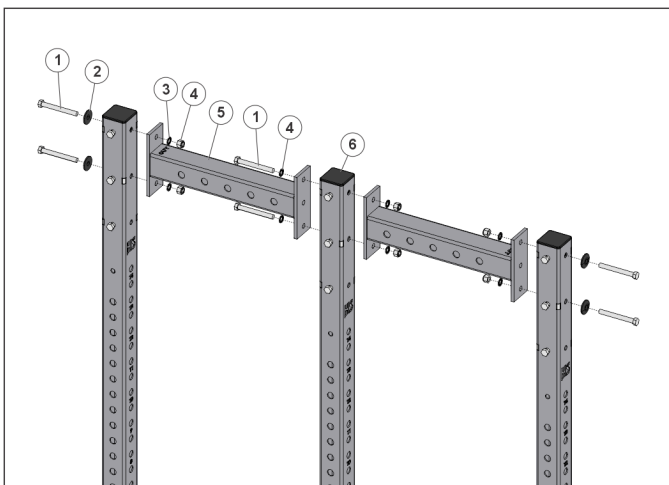
**NOTE:** 8 foot uprights accept 6 Hammer Lock nuts and the 9 foot uprights accept 8.

2. Plan to install uprights so the left and right side feet oppose one another. Rigs with uprights in the center will face one another.



Item	Description	Qty.
1	Upright Feet, Outside	2
2	Upright Feet, Inside	2

3. Position the square weldments on each side of the center upright and **loosely tighten hardware**.

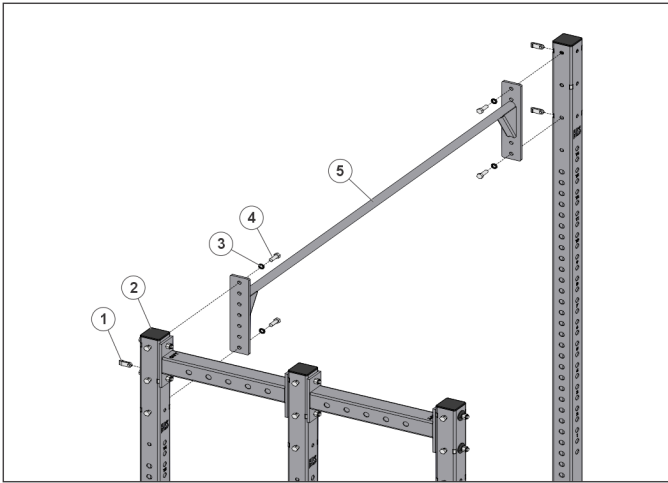


Item	Description	Qty.
1	Bolt, 1/2-13 X 4.50 UNS HEX FHB G5 ZN	6
2	Backing Washer	4
3	1/2" Internal Lock Washer	8
4	Thick Nut, Nylock 1/2-13	6
5	Square Weldment	2
6	Upright Assembly	3



**Hand tighten hardware.**

4. Attach the cross member to the end upright assemblies and **loosely tighten hardware**.

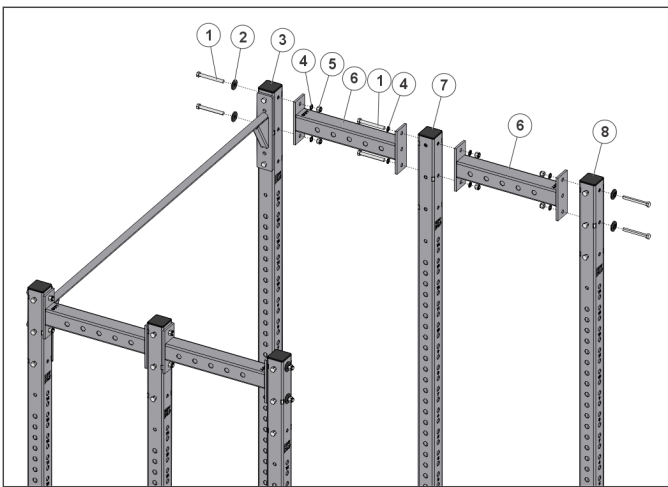


Item	Description	Qty.
1	Hammer Lock Nut, 1/2 IN-13	4
2	Upright Assembly	2
3	1/2" Internal Lock Washer	4
4	Bolt, 1/2-13 X 1.25 UNS HEX FHB G5 ZN	4
5	Cross Member	1



Hand tighten hardware.

5. Attach the square weldments to the center and end uprights and **loosely tighten hardware**.

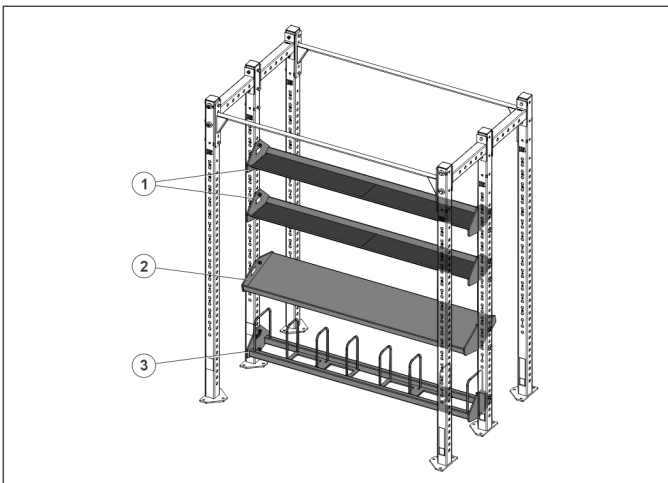


Item	Description	Qty.
1	Hammer Lock Nut, 1/2 IN-13	6
2	Upright Assembly - Fifth	1
3	1/2" Internal Lock Washer	6
4	Bolt, 1/2-13 X 1.25 UNS HEX FHB G5 ZN	6
5	Cross Member	1
6	Upright Assembly - Fourth	1



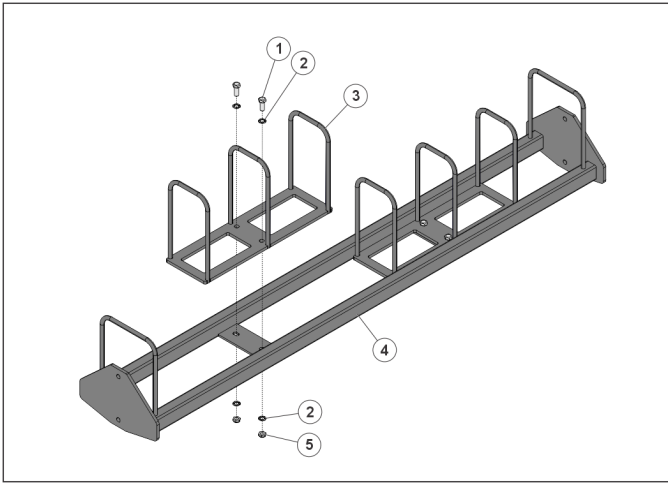
Hand tighten hardware.

6. Check with customer for tray placement and heights.



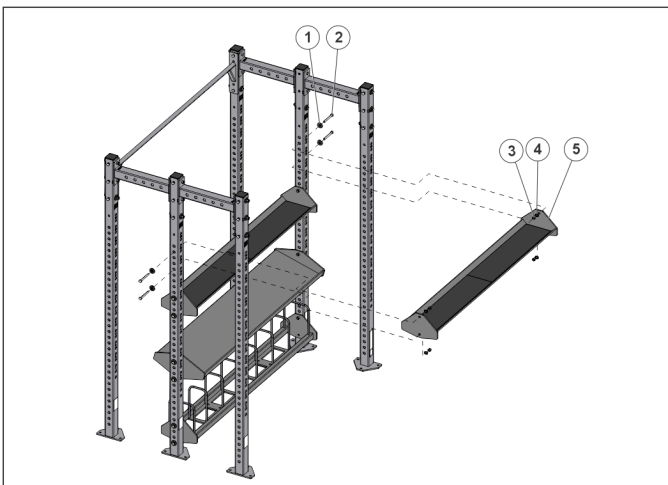
Item	Description	Qty.
1	Accessory Tray	2
2	Dumbbell Tray	1
3	Dual Rail	1

7. Attach plate dividers to the dual rail assembly and tighten hardware to **20-25 ft-lbs / 27.1-33.8 Nm.**



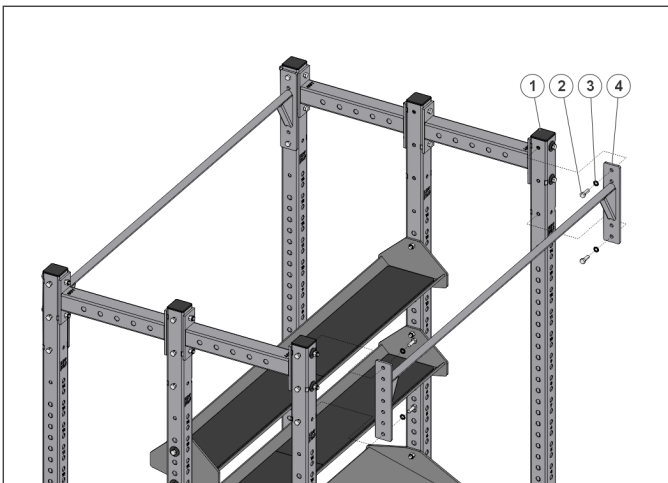
Item	Description	Qty.
1	Bolt, 1/2-13 X 1.25 UNS HEX FHB G5 ZN	2
2	1/2" Internal Lock Washer	4
3	Plate Divider	1
4	Dual Rail Assembly	1
5	Nut, Nylock-Jam 1/2 IN-13 ST N	2

8. Attach storage tray assemblies and tighten hardware to **20-25 ft-lbs / 27.1-33.8 Nm.**



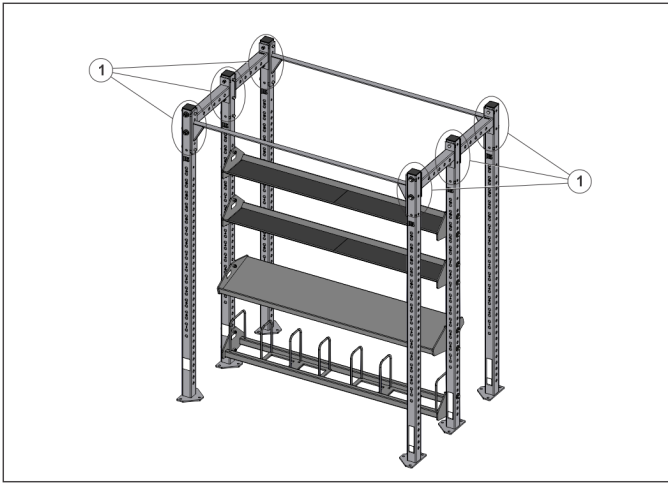
Item	Description	Qty.
1	Backing Washer	4
2	Bolt, 1/2-13 X 4.50 UNS HEX FHB G5 ZN	4
3	Thick Nut, Nylock 1/2-13	4
4	1/2" Internal Lock Washer	4
5	Tray Assembly	1

9. Attach the cross member to the end uprights and tighten hardware to **20-25 ft-lbs / 27.1-33.8 Nm.**



Item	Description	Qty.
1	Upright Assembly	2
2	Bolt, 1/2-13 X 1.25 UNS HEX FHB G5 ZN	4
3	1/2" Internal Lock Washer	4
4	Cross Member	1

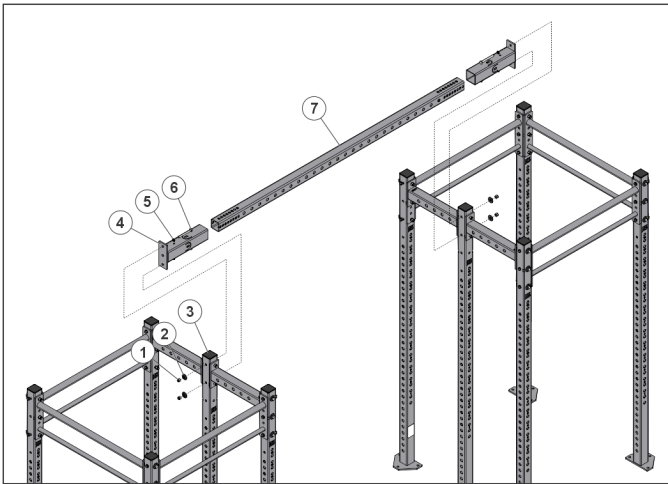
10. Tighten the top upright hardware to **20-25 ft-lbs / 27.1-33.8 Nm.**



Item	Description	Qty.
1	Upright Hardware	6

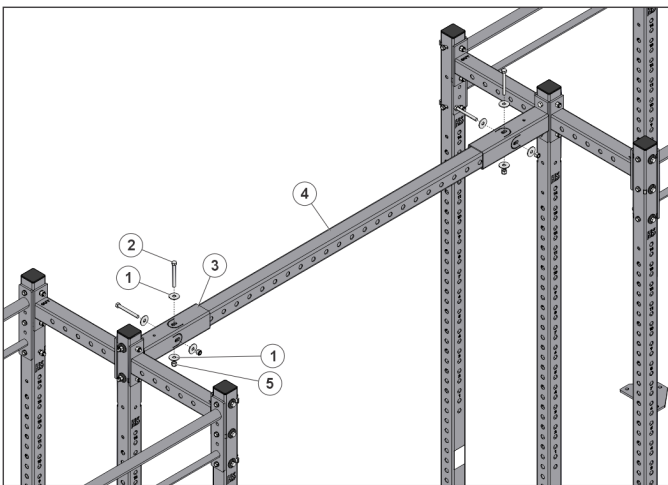
### Connector Assembly

1. Attach the connector tube and ends to the center uprights and tighten hardware to **20-25 ft-lbs / 27.1-33.8 Nm.**



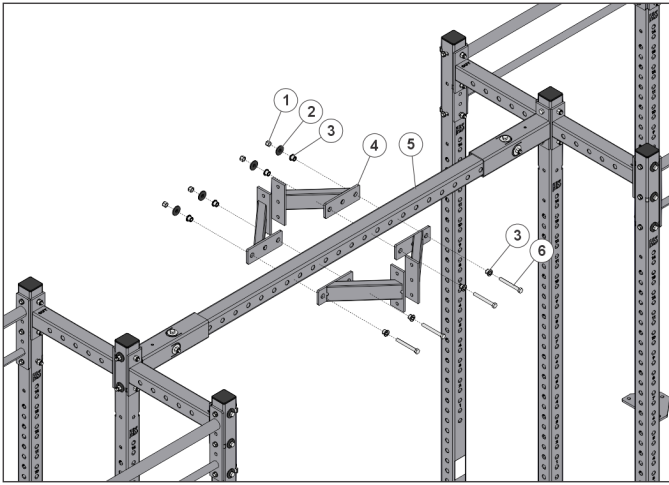
Item	Description	Qty.
1	Thick Nut, Nylock 1/2-13	4
2	Backing Washer	4
3	Upright Assembly	2
4	Connector End Weldment	2
5	1/2" Internal Lock Washer	4
6	Bolt, 1/2-13 X 4.50 UNS HEX FHB G5 ZN	4
7	Connector Tube	1

2. Install hardware through connector ends and connector tube, then tighten hardware **20-25 ft-lbs / 27.1-33.8 Nm.**



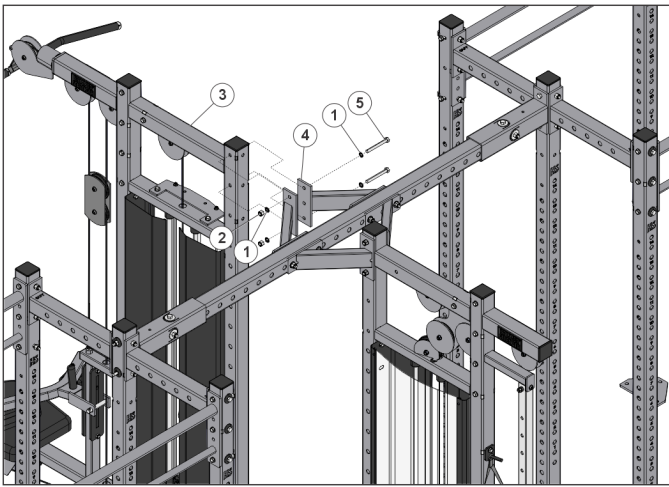
Item	Description	Qty.
1	Washer, Flat 1/2 ID x 1-3/4 OD ZN	8
2	Bolt, 1/2-13 X 4.50 UNS HEX FHB G5 ZN	4
3	Connector End	2
4	Connector Tube	1
5	Thick Nut, Nylock 1/2-13	4

3. Center and attach the angle braces to the connector tube, then tighten hardware to **20-25 ft-lbs / 27.1-33.8 Nm.**



Item	Description	Qty.
1	Thick Nut, Nylock 1/2-13	4
2	Backing Washer	4
3	Washer: Step, 1/2in, 0.57in Deep	8
4	Angle Brace	4
5	Connector Tube	1
6	Bolt, 1/2-13 X 4.50 UNS HEX FHB G5 ZN	4

4. Attach the cable station to the angle braces, then tighten hardware to **20-25 ft-lbs / 27.1-33.8 Nm.**



Item	Description	Qty.
1	1/2" Internal Lock Washer	4
2	Thick Nut, Nylock 1/2-13	2
3	Cable Station	1
4	Angle Brace	2
5	Bolt, 1/2-13 X 4.50 UNS HEX FHB G5 ZN	2

# 3. Product Information

## Dimensions and Live Areas

Max User Weight: 350 lb / 159 kg

### 4x4

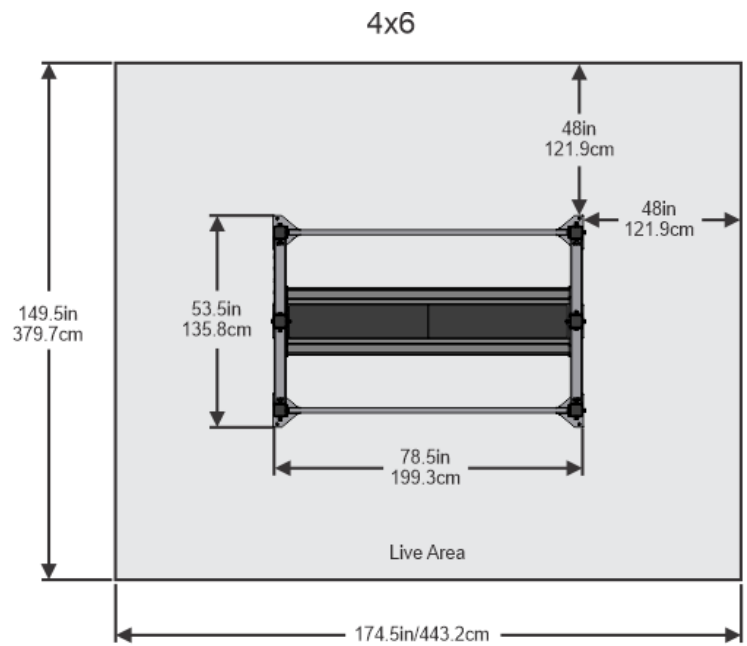
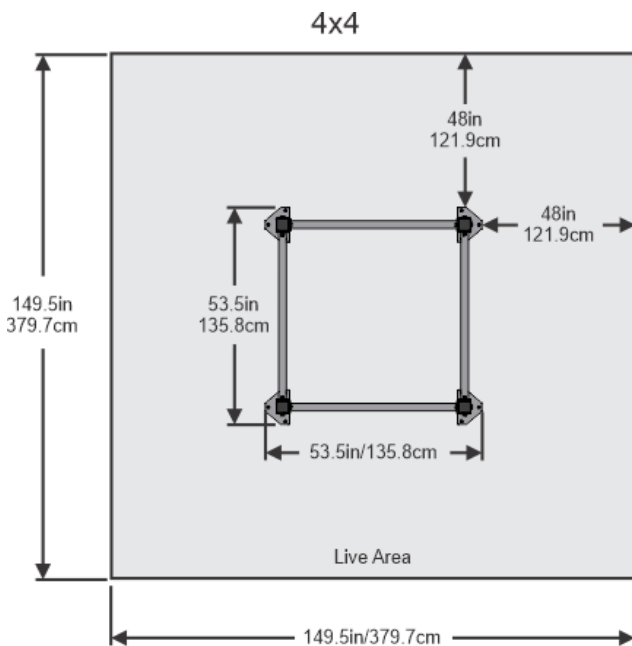
Size (L x W)		Live Area (L x W)	
in	cm	in	cm
53.5 x 53.8	135.8 x 135.8	149.5 x 149.5	379.7 x 379.7

### 4x6

Size (L x W)		Live Area (L x W)	
in	cm	in	cm
53.5 x 78.5	135.8 x 199.3	149.5 x 174.5	379.7 x 443.2

**NOTE:**

- Height (H) varies on upright type - 8 foot/243.4cm or 9 foot/274.3cm.
- Live Area varies on overall rig size.



## Weights

### Upright Weights

Height	Pounds	Kilograms
8 foot/243.4	79.0	35.8
9 foot/274.3	84.5	38.3

### Cross Member Weights

Description/Width	Pounds	Kilograms
Monkey Bar, 42in	9.5	4.3
Monkey Bar, 72in	29.2	13.3
Pull Up Bar, 42in	14.9	6.8
Pull Up Bar, 72in	35.0	15.9
Offset Bar, 42in	25.8	11.7
Offset Bar, 72in	66.8	30.2
Square Weldment, 19.5in	11.7	5.3
Square Weldment, 34.5in	16.9	7.6
Square Weldment, 42in	19.9	9.0
Square Weldment, 72in	30.4	13.8
Square Weldment, 84in	35.2	15.9
Thick-Skinny Bar, 42in	20.7	9.3
Thick-Skinny Bar, 72in	47.6	21.5
Wing Assembly, 42in	106.0	48.1
Wing Assembly, 72in	179.0	81.1

### Storage Weights

Description/Width	Pounds	Kilograms
Accessory Tray, 42in	38.9	17.6
Accessory Tray, 72in	56.1	25.4
Accessory Tray, 84in	63.0	28.5
Dual Rail, 42in	36.8	16.6
Dual Rail, 72in	50.9	23.0
Dual Rail, 84in	56.0	25.4
Plate Divider, 20.5in	11.9	5.3
Dumbbell Tray, 42in	56.7	25.7
Dumbbell Tray, 72in	80.5	36.5
Dumbbell Tray, 84in	90.7	41.1
Stability Ball, 42in	15.0	6.8
Stability Ball, 72in	15.4	246.4

## Hardware Kit Weights

Description	Pounds	Kilograms
HDW 1	1.8	0.8
HDU Rig Cross Member	0.8	0.3
Angle Brace	1.9	0.8
Plate Divider	0.2	0.1
Dynamic Anchor	0.1	0.1

# 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
<b>WAX</b>				
Frames				X
<b>INSPECT</b>				
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](mailto: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.

## Warranty Information

Please use the link below or scan QR code to access warranty information:

<http://lifefitness.com/warranties>



# 7. 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

Unit	Recommended Bolt to Floor	Required Bolt to Floor
HDU-RIG-STR		•
HDU-RIG-STOR		•
HDU-RIG-UPRT8		•
HDU-RIG-UPRT9		•

## 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/mm<sup>2</sup>).

### 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.

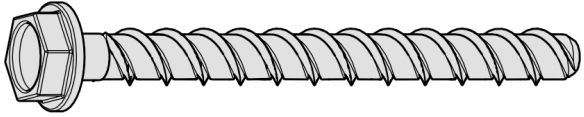
- Life Fitness does not have that level of specification or engineering input for competitive product.
- Life Fitness installation teams are not permitted to anchor competitor equipment.

### Drilling

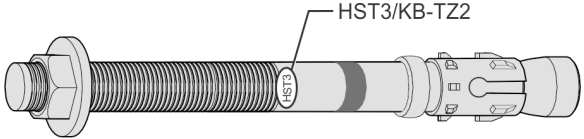
It is also recommended to drill an additional 1/2" (12.7 mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.

- 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

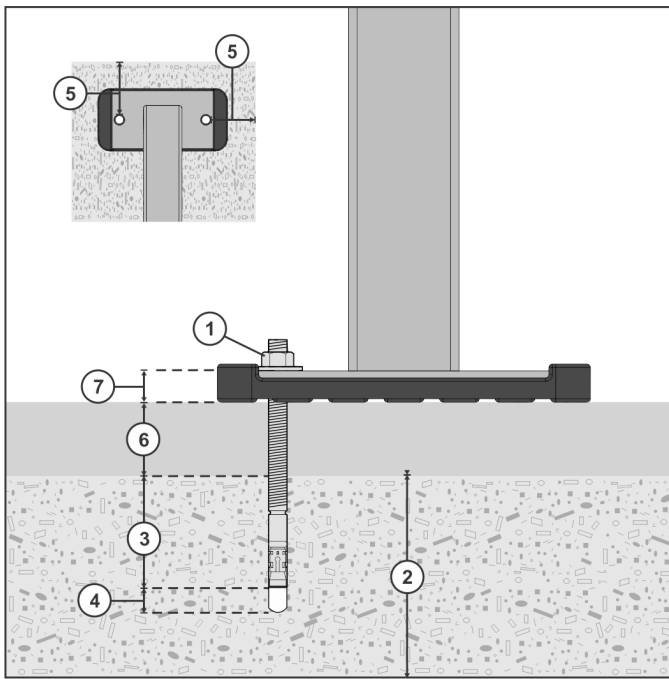
### Anchor Type - Dynamic

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

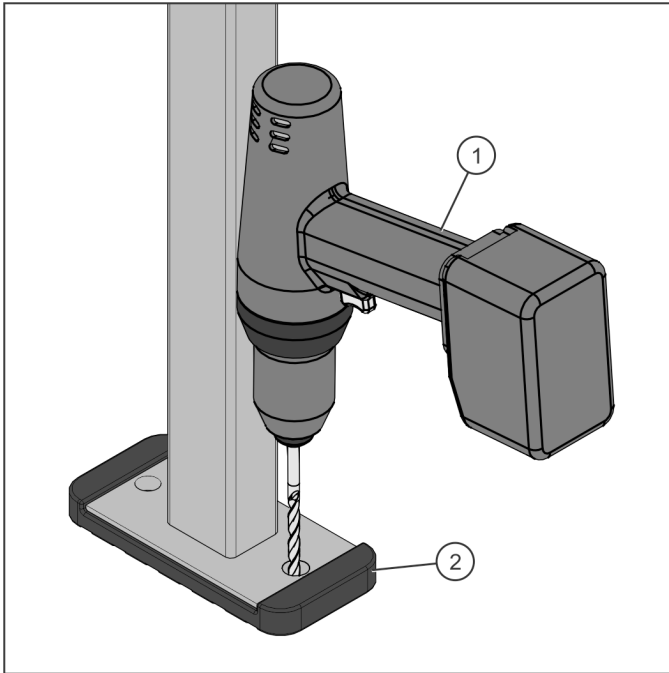
**⚠ WARNING:** Adhere to manufacturer's equipment warnings and guidelines. Follow manufacturer's instructions for proper usage.

- 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*.

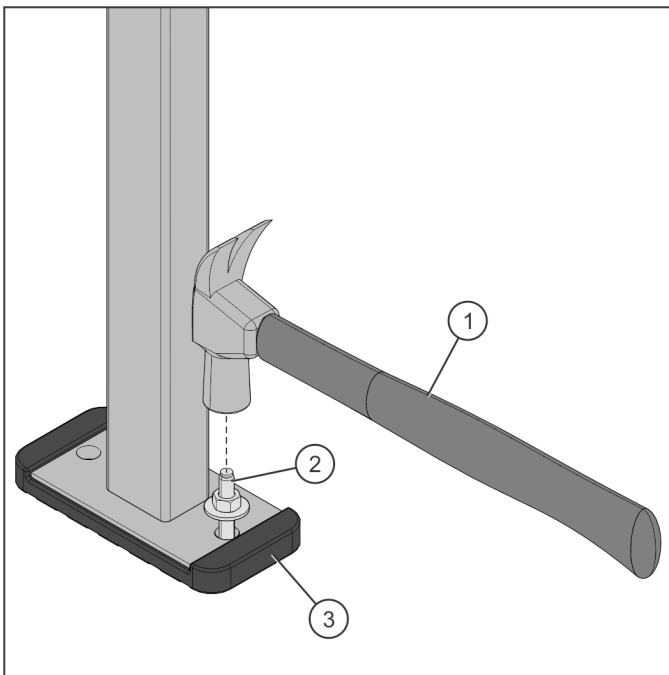
**NOTE:** Use 3/8" size bit for Imperial anchors and 10mm for Metric anchors.



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

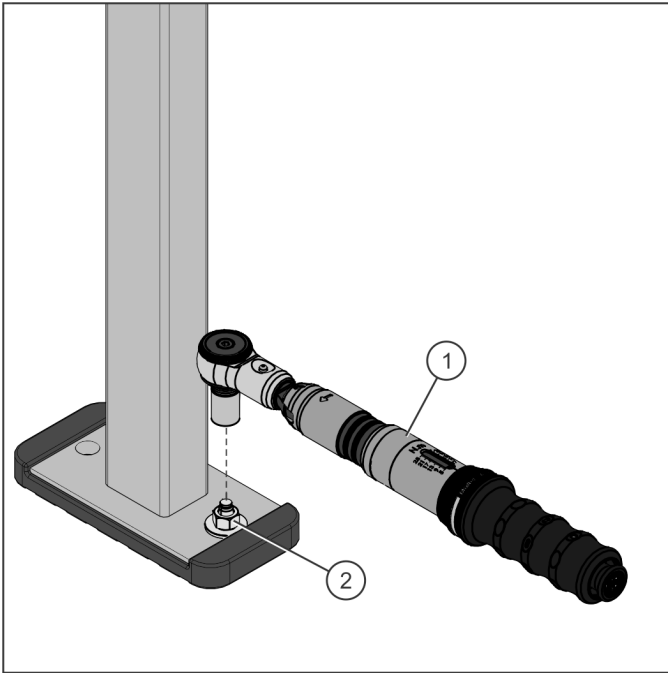
3. Clear out debris from hole.
4. **NOTE:** This step only applies to dynamic anchors. Do not hammer static anchors.

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



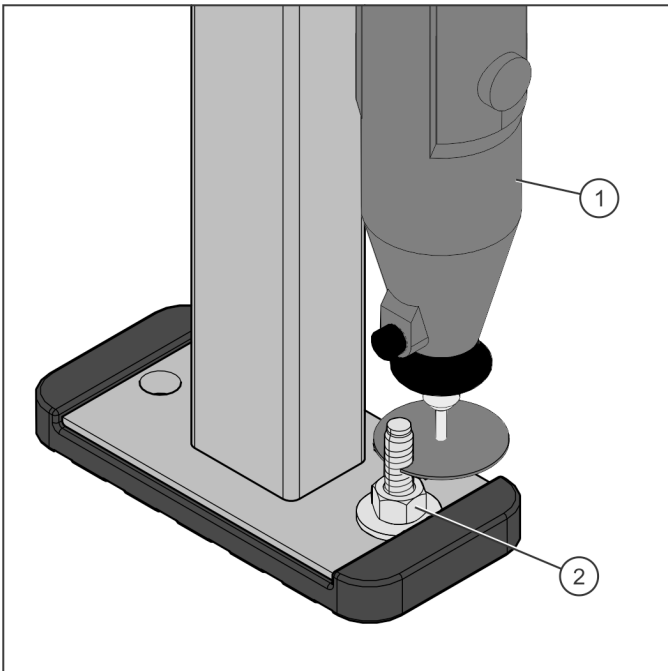
Item	Description	Qty.
1	Hammer	1
2	Anchor Assembly	1
3	Base Plate	1

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.

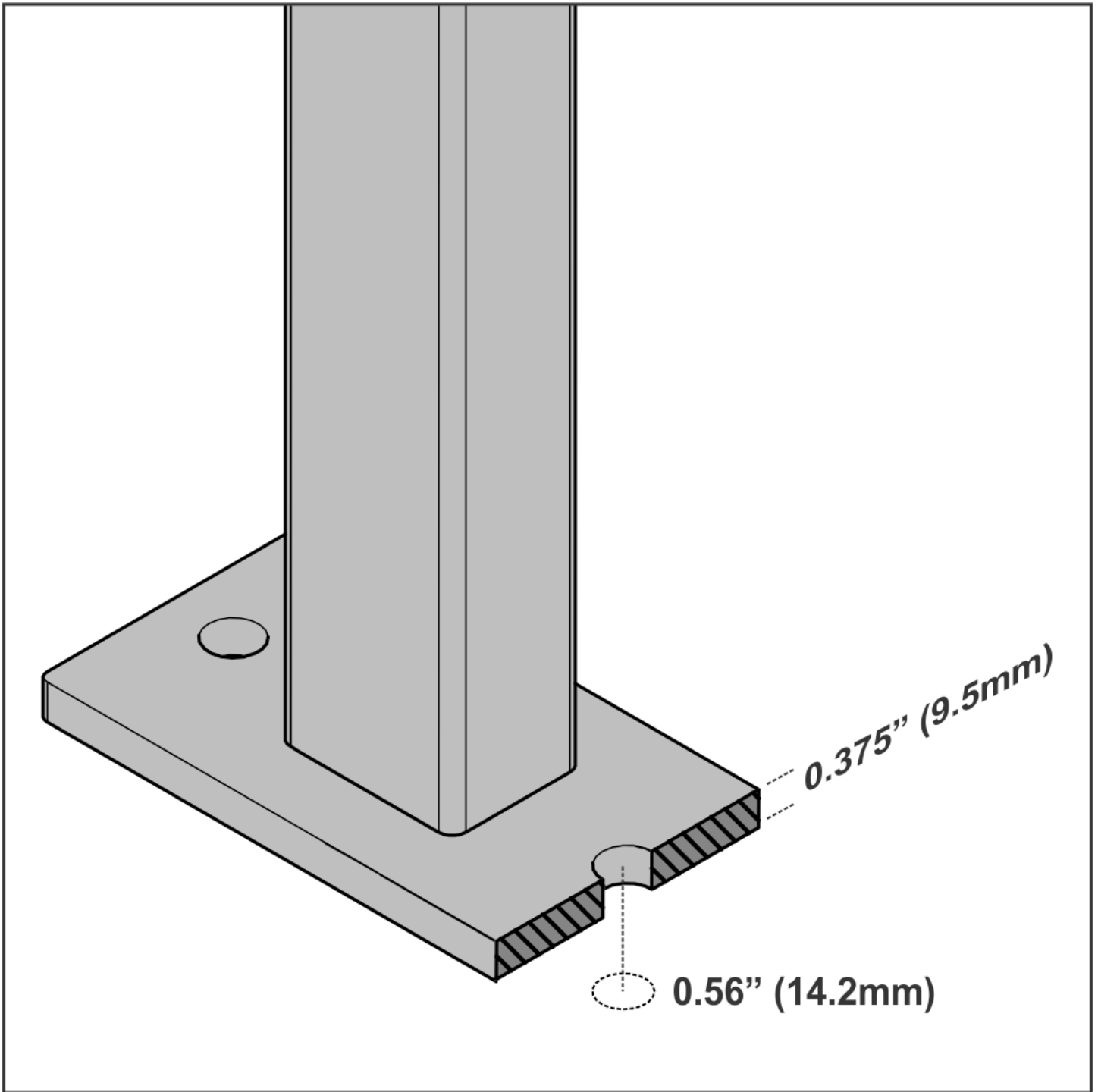


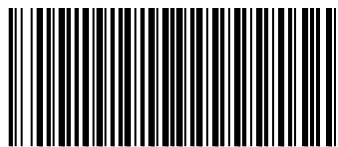
Item	Description	Qty.
1	Rotary Tool	1
2	Anchor Assembly	1

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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