

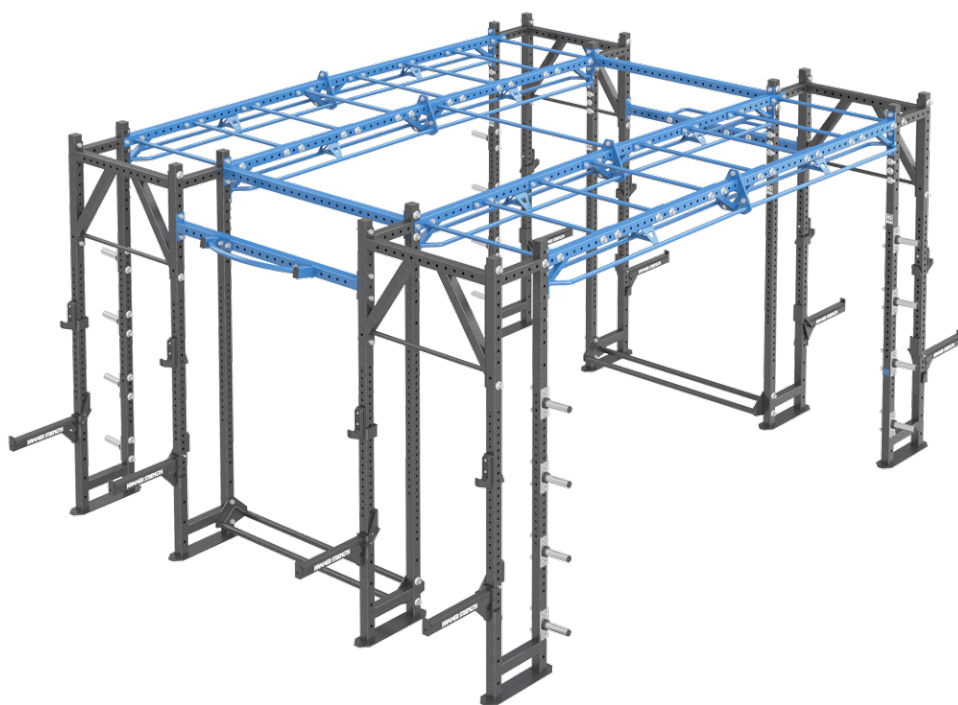
HAMMER STRENGTH®

**HAMMER
STRENGTH®**

Heavy Duty Athletic Bridge

Owner's Manual & Assembly Instructions

HDT-BR4, HDT-BR14 & HDT-BR24





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

عقودنا ولع خدمات زامجالا نع ىدخا تامول عىو لى غشتلا قلدا <https://www.lftechsupport.com/web/document-library/documents>

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>

작동 설명서 및 기타 제품 정보는 <https://www.lftechsupport.com/web/document-library/documents> 에서 찾을 수 있습니다.

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

Mae Llwylyfrau 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>

Les manuels d'utilisation, ainsi que d'autres informations sur les Produits, sont disponibles sur <https://www.lftechsupport.com/web/document-library/documents>

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

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São Paulo, SP 01454-000
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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.

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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 & Luxembourg Life Fitness Atlantic BV

Bijddorpplein 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
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United Kingdom & Ireland Life Fitness UK LTD

Queen Adelaide
Ely, Cambs, CB7 4UB
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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

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

Austria Life Fitness Austria

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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 5,1^ª
08960 Sant Just Desvern Barcelona
SPAIN
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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

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Service Email:
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Operating Hours: 9.00h -17.00h (CET)

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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

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Japan 151-0051
Telephone: (+81) 3.3359.4309
Fax: (+81) 3.3359.4307
Service Email: service@lifefitnessjapan.com
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sales@lifefitnessjapan.com
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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

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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 **requires** 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 **requires** that this training equipment be secured to the floor by a licensed contractor. 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 Bridge HDT-BR4 be secured to the floor to stabilize and eliminate rocking or tipping 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 and bar support, bar 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	
INSPECT			
FRAME	X		
PAINT		X	
HARDWARE	X		
ACCESSORIES	X		

CLEAN:

- Frame with a mild soap and water.

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.

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

1


⚠ 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.

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.**

3

HAMMER STRENGTH
9525 WEST BRYN MAWR AVE.
ROSEMONT, IL 60018
USA 1-800-351-3737
www.lifefitness.com
Model: HDT-XX
Manufactured in the USA with US and Foreign parts
Max. User Weight:
Max. Training Weight:
S/N HDT-XX XXXXXXXX


ITEM	LABEL
1	SQUAT HEIGHT
2	GENERAL WARNING
3	SERIAL NUMBER

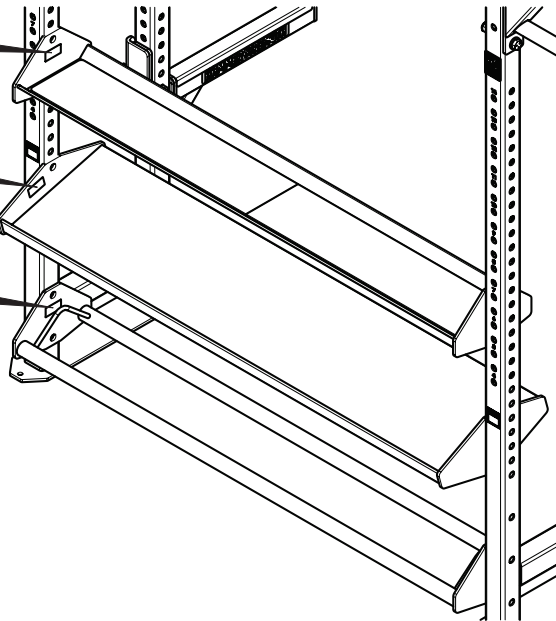
TRAY STORAGE LABELS



680 lbs.
MAX (310 kg.)

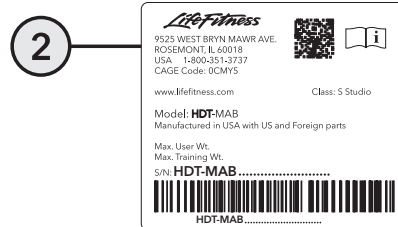
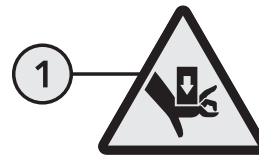
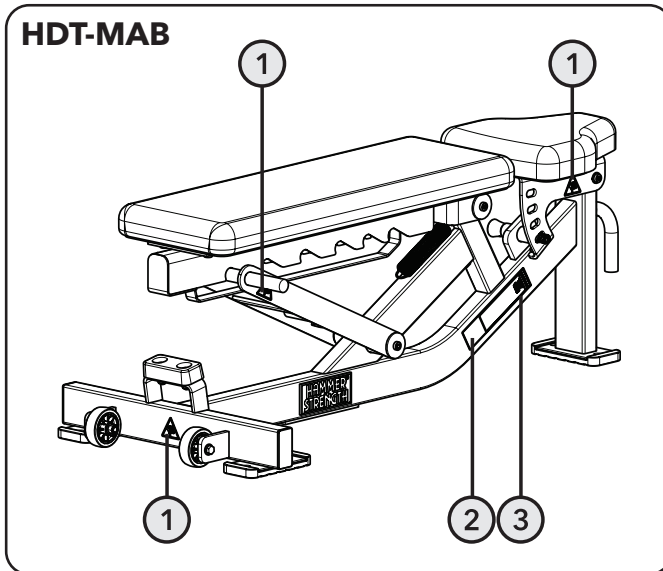


1,485 lbs.
MAX (675 kg.)



LABEL LOCATIONS (CONTINUED)

BENCH LABELS



- 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 use. **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. See Assistance.
 7. Manufacturer recommends that all equipment be secured to floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
 8. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

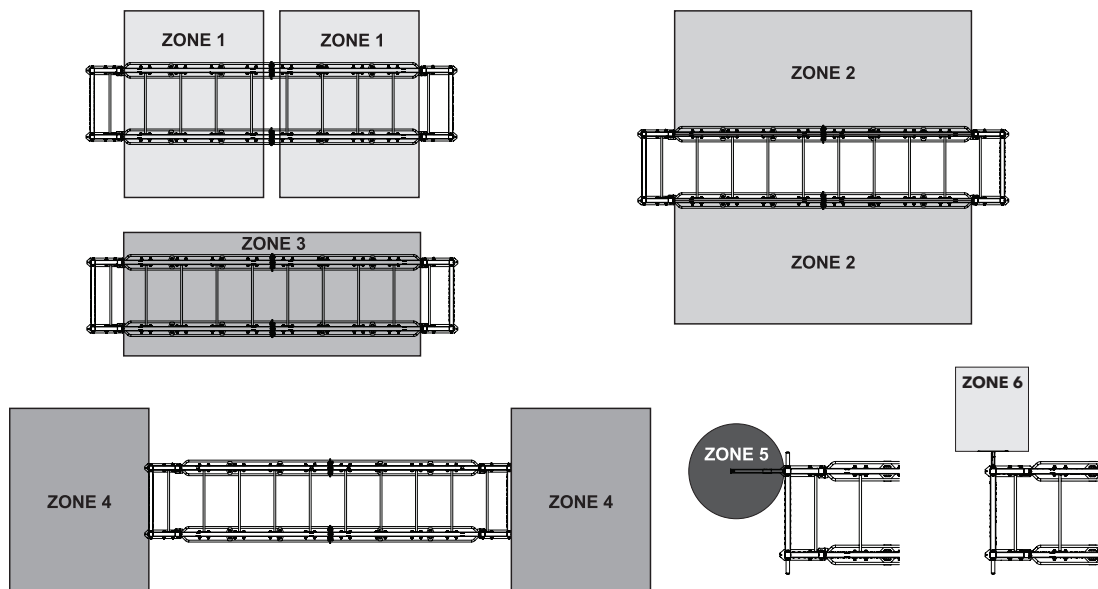
BRIDGE SPECIFICATIONS

PRODUCT DIMENSIONS

BRIDGE	WEIGHTS			DIMENSIONS						
	BR4	BR14	BR24	LENGTH		MODEL	WIDTH		MODEL	HEIGHT
				BR4	BR14/BR24					
12FT (365.76cm)	1244 lbs (565 kg)	2658 lbs (1208 kg)	4067 lbs (1849 kg)	191.6" (486.5cm)	195.42" (496.4 cm)	BR4	65.4" (166.1cm)		BR4 BR14 BR24	116.6" (296.1cm)
13FT (33.02cm)	1281 lbs (582 kg)	2732 lbs (1242 kg)	4178 lbs (1899 kg)	203.6" (517.0cm)	207.42" 526.8 cm)					
14FT (35.56cm)	1295 lbs (589 kg)	2760 lbs (1255 kg)	4220 lbs (1918 kg)	215.6" (547.5cm)	219.42" (557.3 cm)					
15FT (38.1cm)	1325 lbs (602 kg)	2820 lbs (1282 kg)	4310 lbs (1959 kg)	227.6" (578.0cm)	231.42" (587.8 cm)	BR14	185.4" (470.9cm)			
16FT (40.64cm)	1339 lbs (609 kg)	2848 lbs (1295 kg)	4352 lbs (1978 kg)	239.6" (608.5cm)	243.42" (618.3 cm)					
17FT (43.18cm)	1375 lbs (625 kg)	2920 lbs (1341 kg)	4460 lbs (2027 kg)	251.6" (638.9cm)	255.42" (648.8 cm)					
18FT (45.72cm)	1390 lbs (632 kg)	2950 lbs (1341 kg)	4505 lbs (2048 kg)	263.6" (669.4cm)	267.42" (679.2 cm)	BR24	305.4" (775.7cm)			
19FT (48.26cm)	1405 lbs (639 kg)	2980 lbs (1355 kg)	4550 lbs (2068 kg)	275.6" (699.9cm)	279.42" (709.7 cm)					
20FT (50.8cm)	1442 lbs (655 kg)	3054 lbs (1388 kg)	4661 lbs (2119 kg)	287.6" (730.4cm)	291.42" (740.2 cm)					

LIVE AREAS

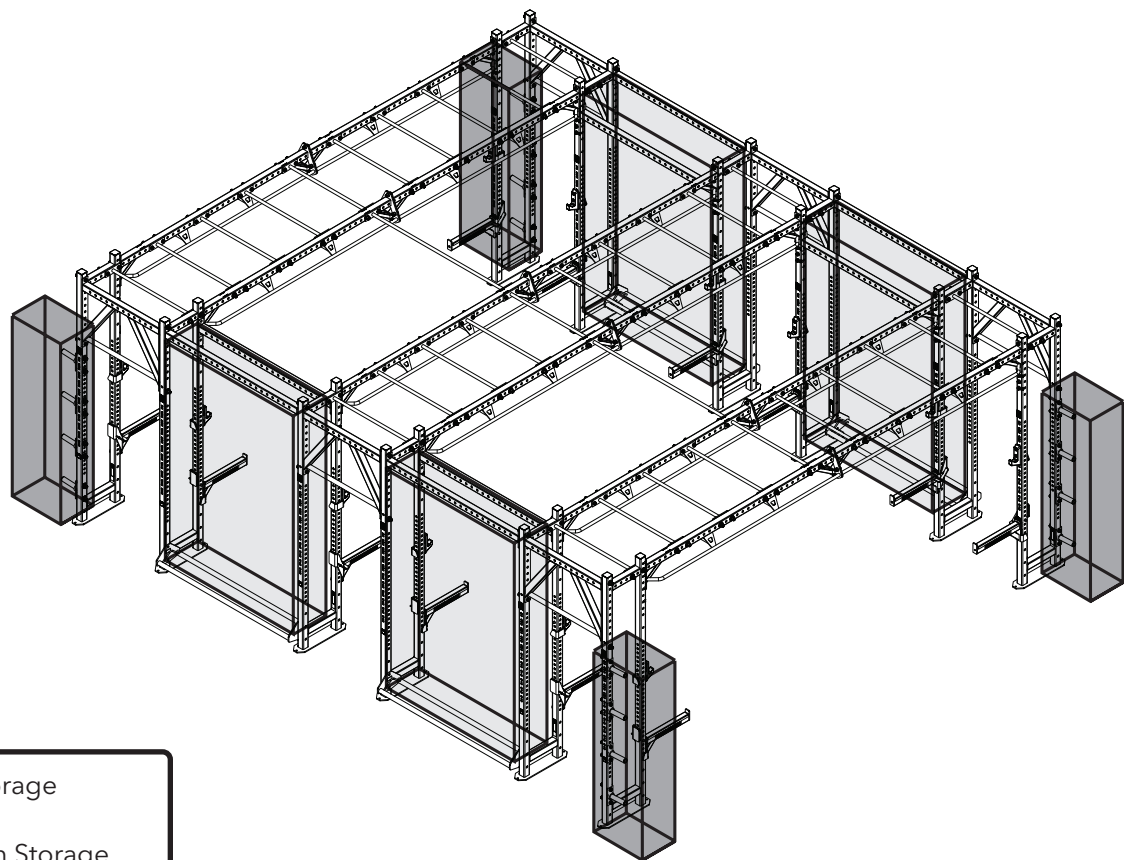
ZONE	DESCRIPTION	INSIDE BRIDGE	OUTSIDE BRIDGE	SIZE (L x W)	
				IN	CM
1	OLYMPIC TRAINING	X		96 X 120	243.8 X 304.8
2	BODY WEIGHT STRAP TRAINING		X	BRIDGE X 84	BRIDGE X 213.4
3	BODY WEIGHT STRAP TRAINING	X		BRIDGE X 84	BRIDGE X 213.4
4	OLYMPIC TRAINING		X	96 X 120	243.8 X 304.8
5	HEAVY BAG HANGER		X	120	305
6	WALL BALL TARGET		X	60 X 48	152 X 122



BRIDGE SPECIFICATIONS

STORAGE AREAS

- Choose Olympic Training station uprights (inside or outside of the Bridge)
- Install storage on opposite upright from Olympic Training stations



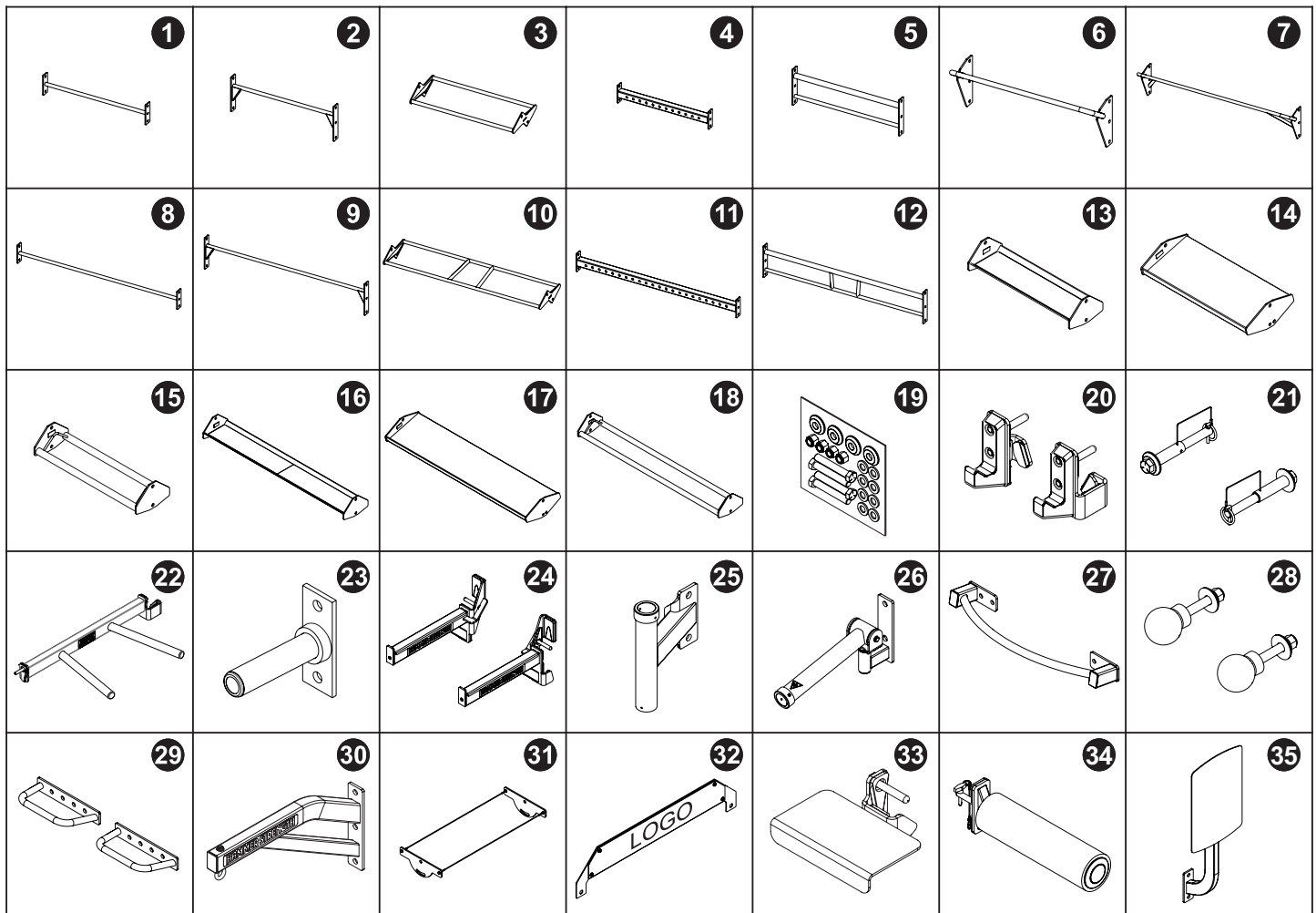
Olympic Storage

Weight Horn Storage

MAXIMUM WEIGHTS

DESCRIPTION	LBS	KG
MAXIMUM USER WEIGHT	350	159
MAXIMUM TRAINING WEIGHT	495	225

WEIGHT SPECIFICATIONS



ITEM NO	DESCRIPTION	WEIGHT	
		LBS	KG
1	42" MB PU BAR	9.5	4.3
2	42" SB PU BAR	14.9	6.8
3	42" OB PU BAR	23.9	10.8
4	42" SQ WLDMT	20	9.1
5	42" TS PU BAR	20.7	9.4
6	42" SC PU BAR	34.7	15.7
7	72" SC PU BAR	49.1	22.3
8	72" MB PU BAR	29.2	13.3
9	72" SB PU BAR	35	15.9
10	72" OB PU BAR	67	30.4
11	72" SQ WLDMT	30.4	13.8
12	72" TS PU BAR	47.6	21.6
13	42" STORAGE TRAY - KB	38.9	17.6
14	42" STORAGE TRAY - DB	56.7	25.7
15	42" STORAGE TRAY - BP	31.5	14.3
16	72" STORAGE TRAY - KB	57.7	26.2
17	72" STORAGE TRAY - DB	80.4	36.5
18	72" STORAGE TRAY - BP	42.6	19.3

ITEM NO	DESCRIPTION	WEIGHT	
		LBS	KG
19	HARDWARE BLISTER PACK 1	1.7	0.8
20	BAR SUPPORTS (PAIR)	15.4	7
21	OPTIONAL BAND PEGS (PAIR)	3	1.4
22	OPTIONAL DIP	27.2	12.3
23	OPTIONAL WEIGHT HORN (PAIR)	4	1.8
24	OPTIONAL BAR CATCHES (PAIR)	43	19.5
25	OPTIONAL BAR STORAGE	9.4	4.3
26	OPTIONAL POWER PIVOT	19	8.6
27	OPTIONAL BOLTED ARC PU	15.9	7.2
28	OPTIONAL BOLTED BALL PU	3.9	1.7
29	OPTIONAL NEUTRAL PU	17.4	7.9
30	OPTIONAL HEAVY BAG HANGER	19.7	8.9
31	OPTIONAL BALL HOLDER (42"/72")	15/15	6.8/6.8
32	OPTIONAL CUSTOM SIGN (42"/72")	30.1/55	3.7/24.9
33	OPTIONAL STEP ACCESSORY	15.4	6.98
34	OPTIONAL NORDIC HAM	15	6.8
35	OPTIONAL WALL BALL TARGET	33	15

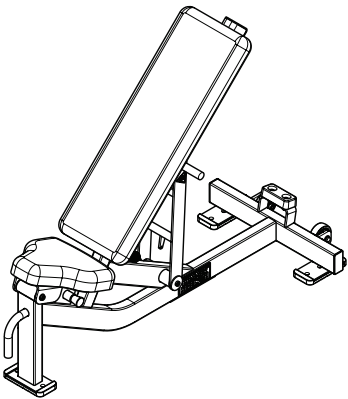
BENCHES

Multi-Angle Bench (HDT-MAB)

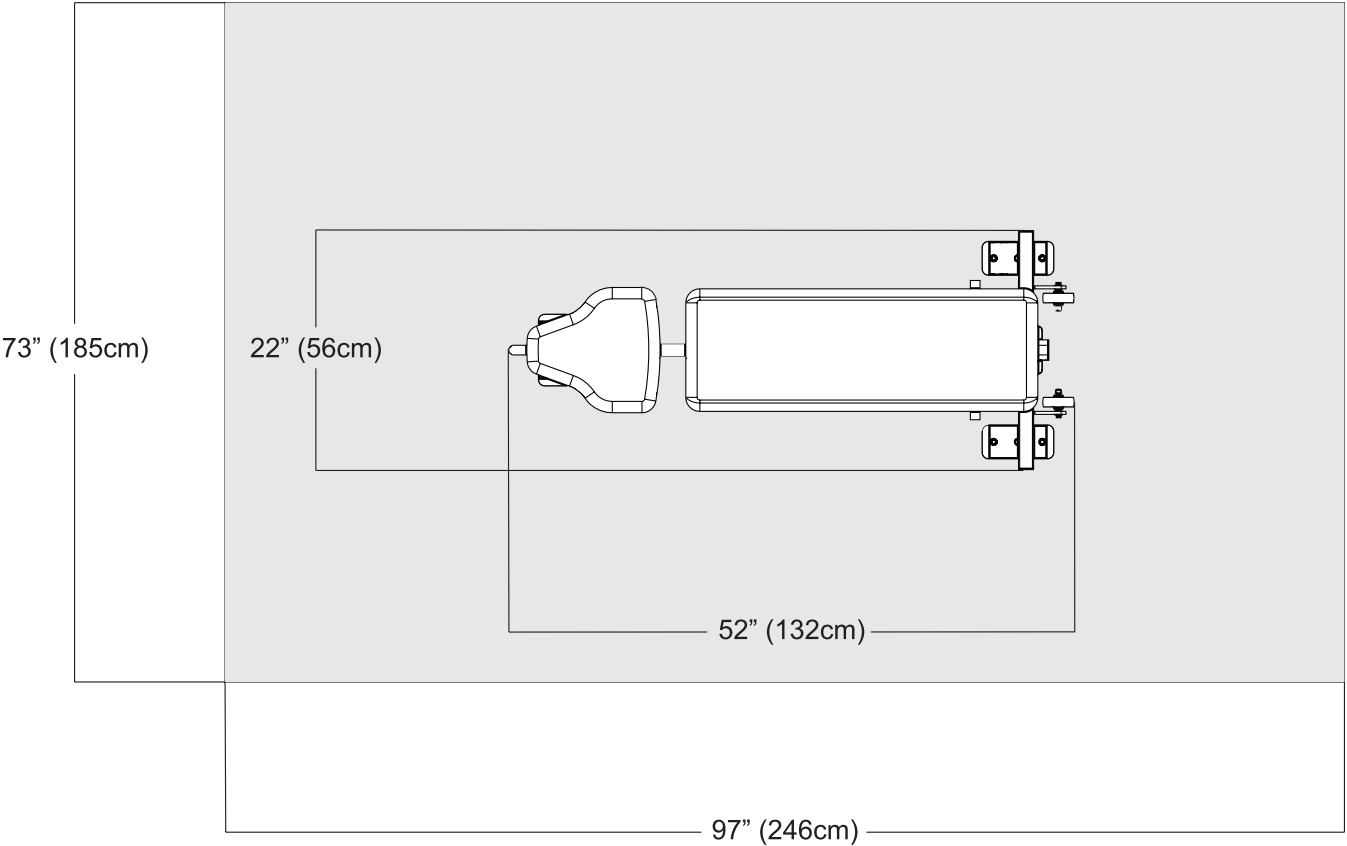
Description

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



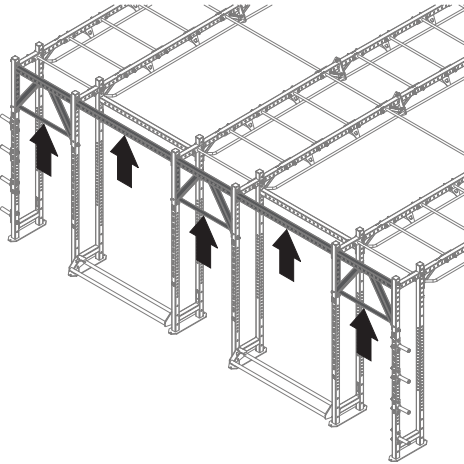
Dimensions: 52" L x 22" W x 18.5" H (132cm L x 56cm W x 47cm H)
Live Area: 97" L x 73" W (246cm L x 185cm W)



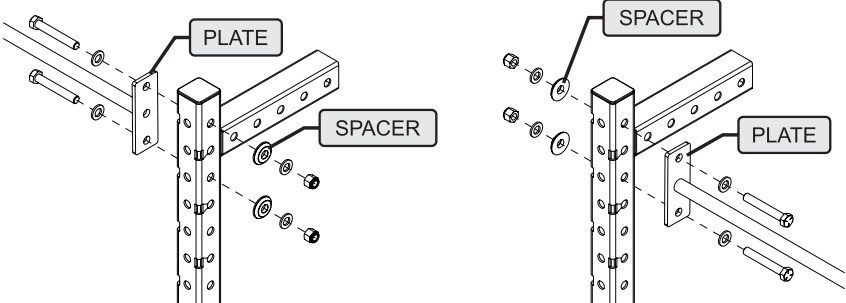
ASSEMBLY INSTRUCTIONS

⚠ VERIFY LAYOUT WITH OWNER BEFORE ASSEMBLY

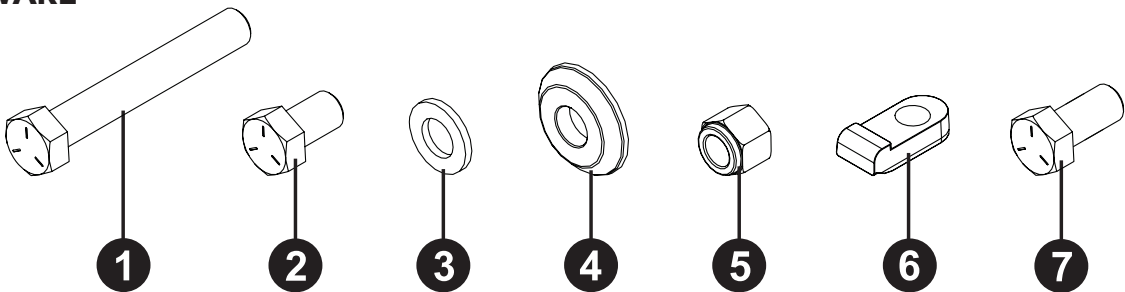
⚠ ENSURE CONNECTORS ARE AT TOP POSITIONS



⚠ MAKE SURE 3/8" SPACERS ARE OPPOSITE OF PLATES



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	3/4-10 x 2" Hex Head Screw

TOOLS REQUIRED	
QTY.	DESCRIPTION
2	3/4" Open End Wrenches
1	1-1/16" Socket Wrench
1	1-1/8" Open End Wrench
1	T25 Torx Wrench
1	1-Torque Wrench

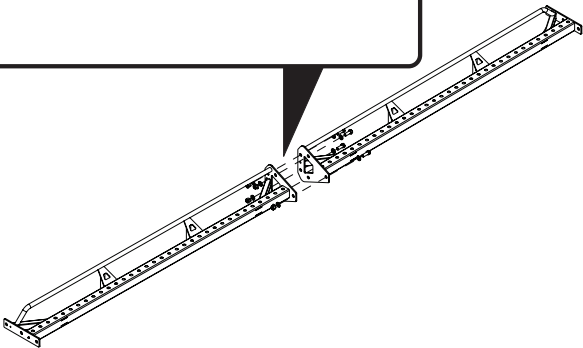
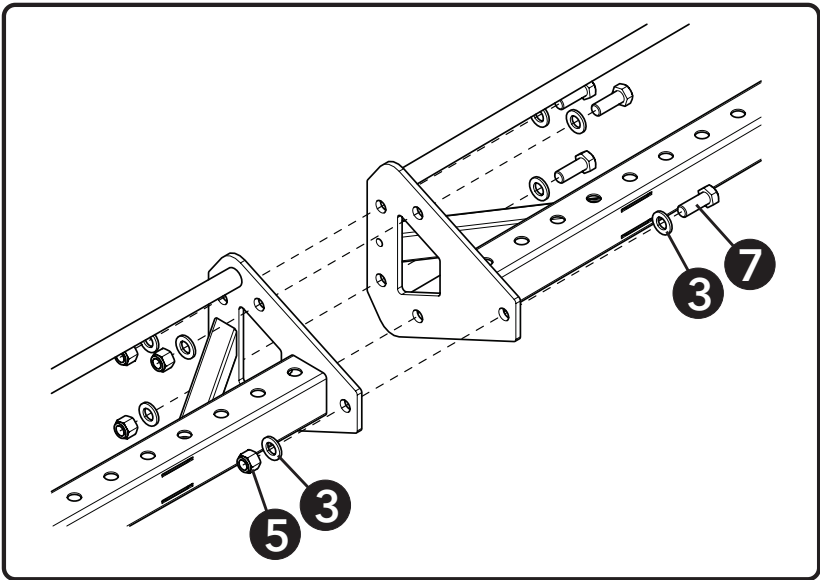
BRIDGE RAIL

1.

ITEM	QTY
3	10
5	5
7	5



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



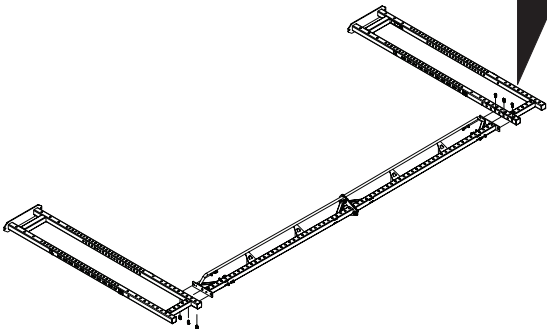
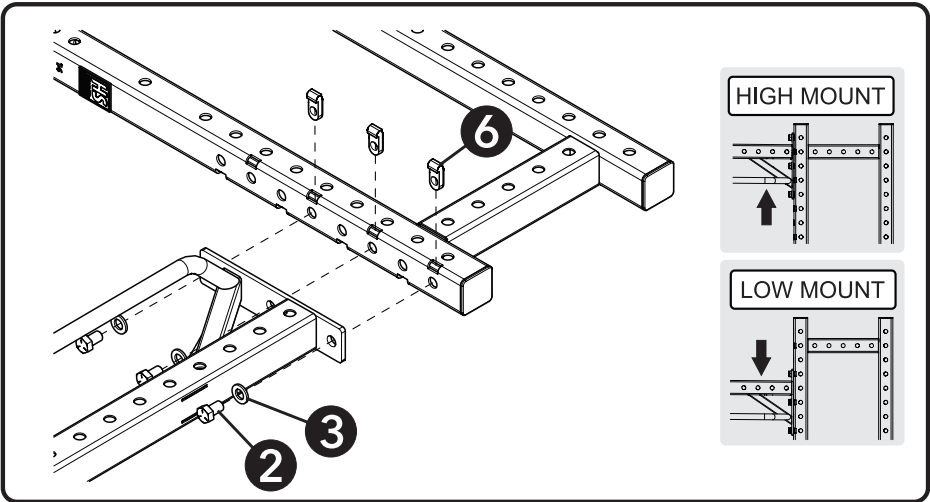
ATTACH UPRIGHTS

2.

ITEM	QTY
2	6
3	6
6	6

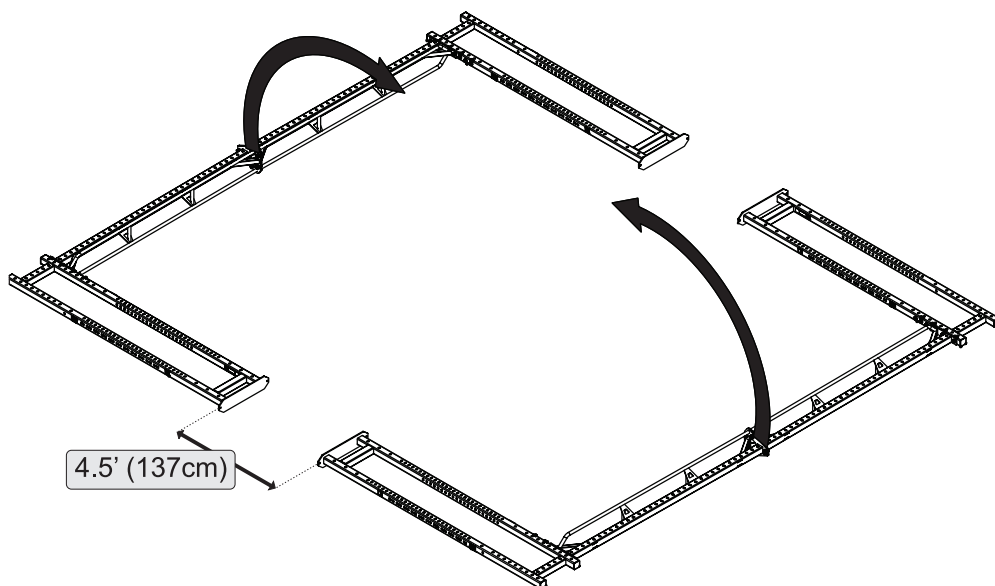


22-25 FT-LBS
(30-34Nm)



STAND UP ASSEMBLIES

3.



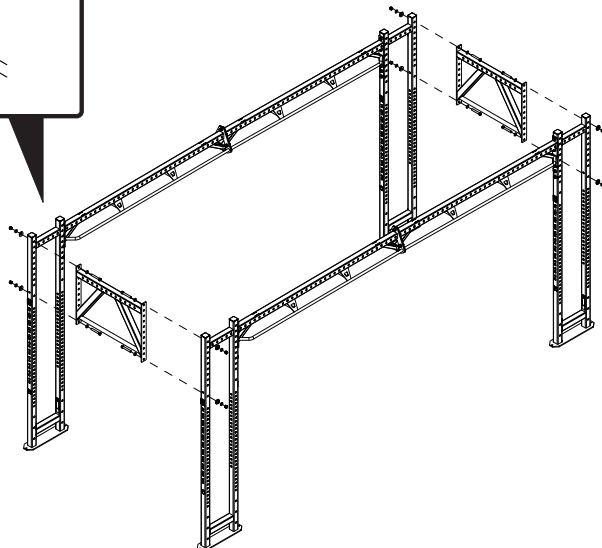
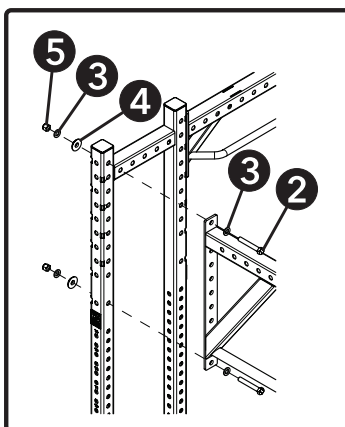
ATTACH CROSSMEMBERS

4.

ITEM	QTY
2	8
3	16
4	8
5	8



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



MONKEY BARS

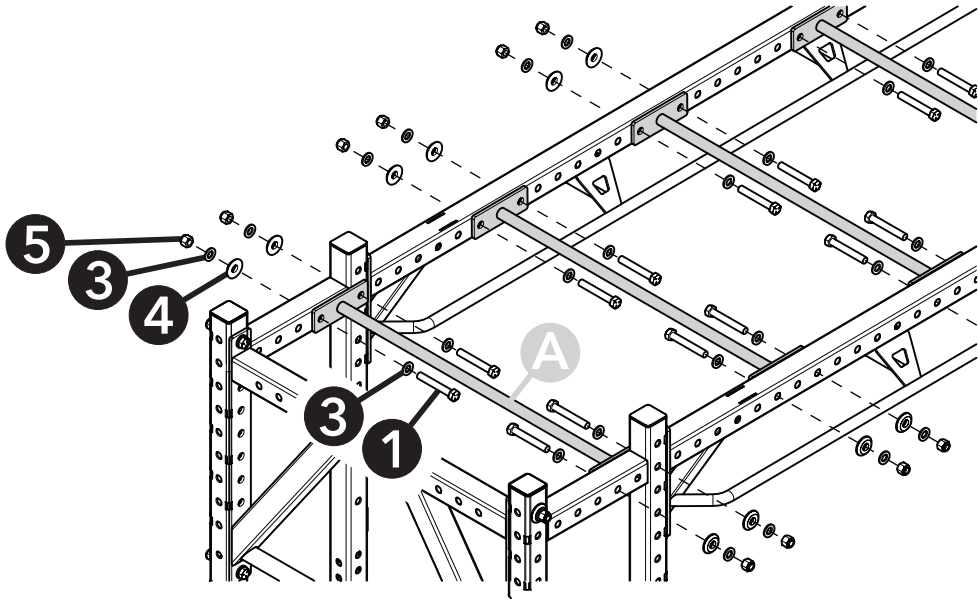
5.

ITEM	QTY
1	4
3	8
4	4
5	4



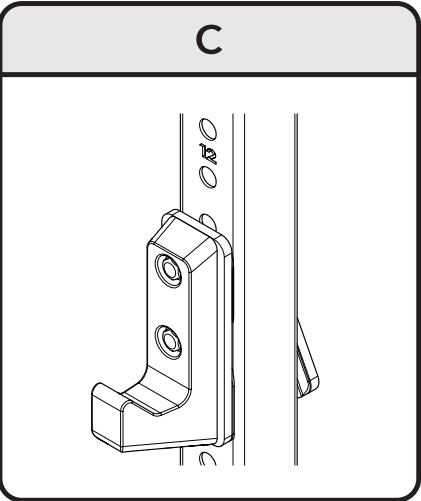
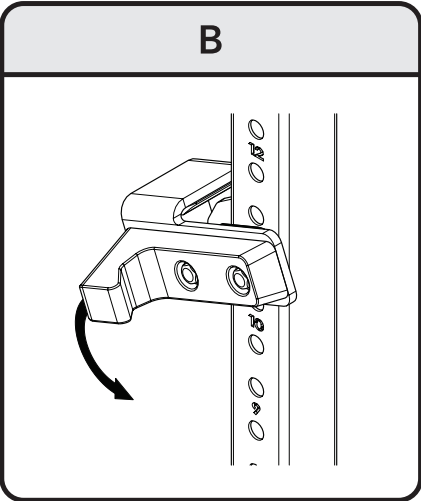
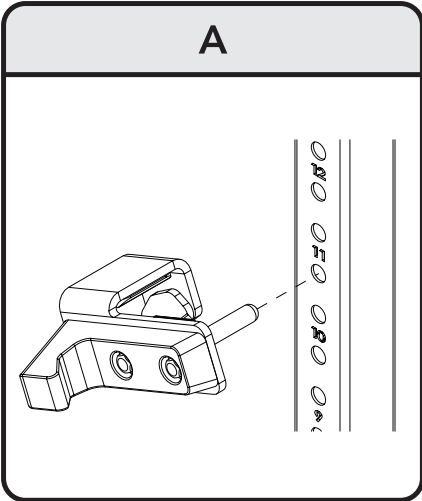
22-25 FT-LBS
(30-34Nm)

MONKEY BAR RATIO				
BRIDGE	12'	13' - 16'	17' - 19'	20'
QTY	6	8	10	12
SPACE 24" (60.9cm) APART				



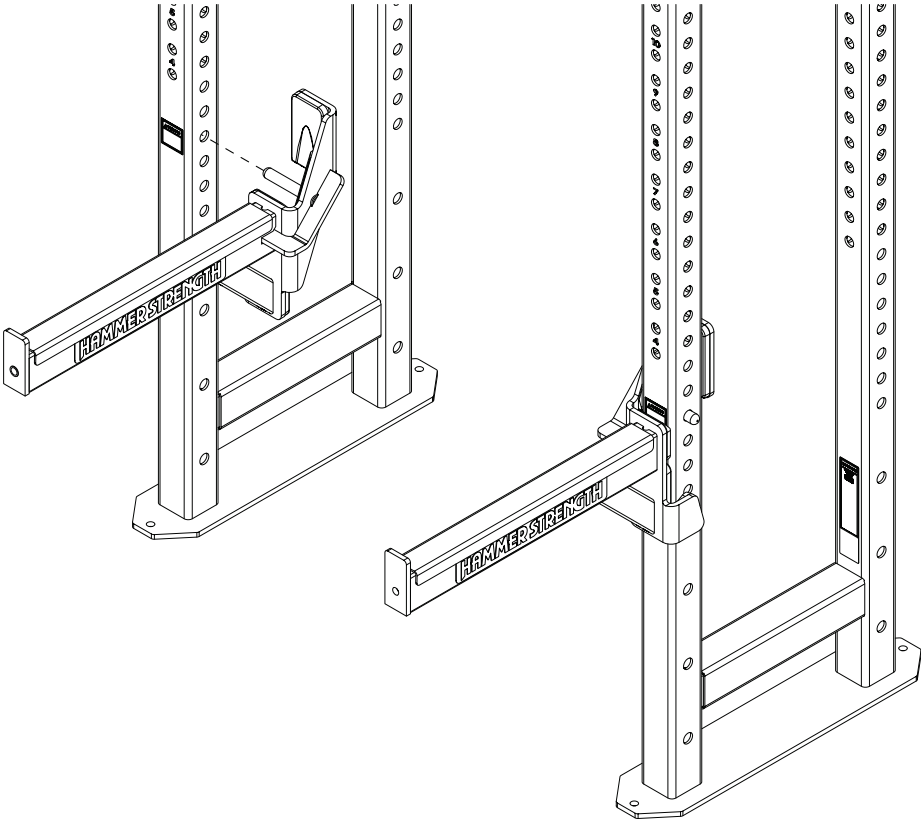
BAR SUPPORTS

6.



BAR CATCHES

7.



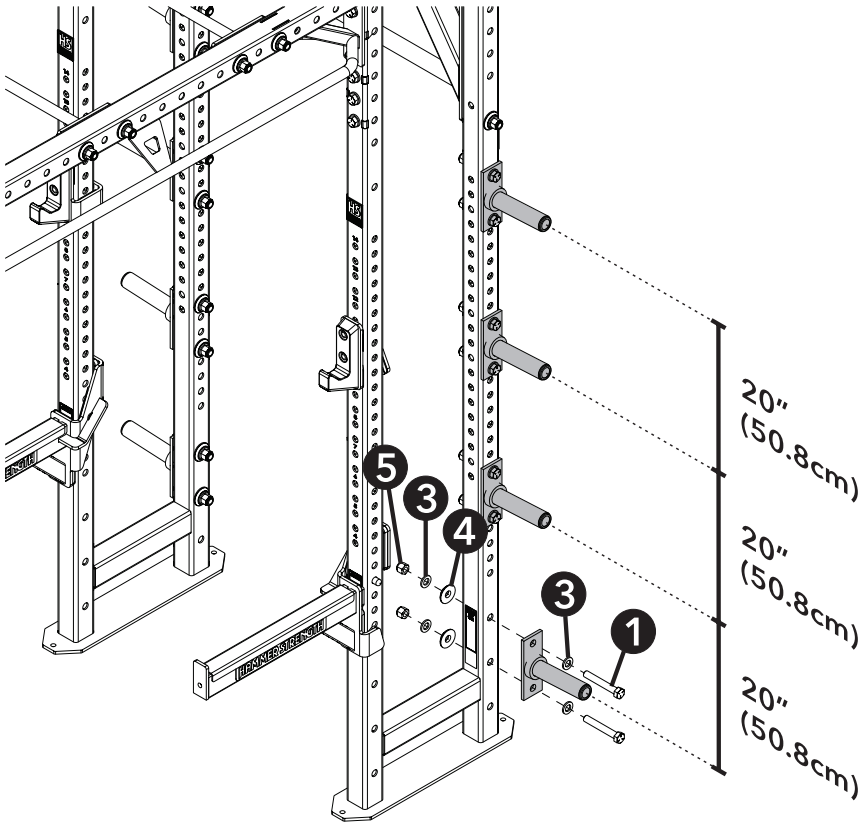
WEIGHT HORNS

8.

ITEM	QTY
1	16
3	32
4	16
5	16



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



HDT-BR14 AND HDT-BR24 CONNECTORS

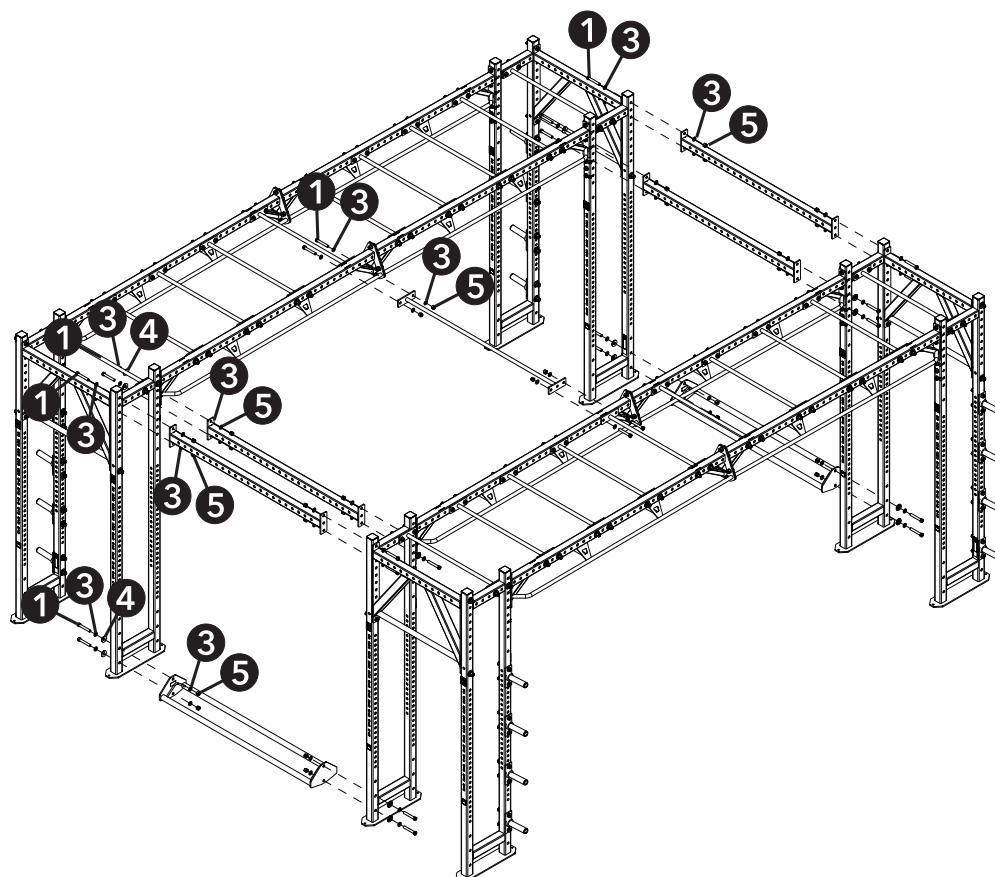
9.

ITEM	QTY
1	32
3	56
4	16
5	32

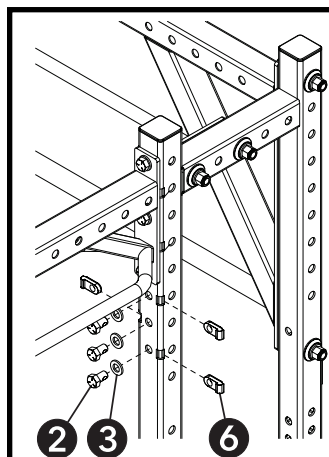
100%



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



FINAL INSTALLATION



CHECK HAMMER LOCKS

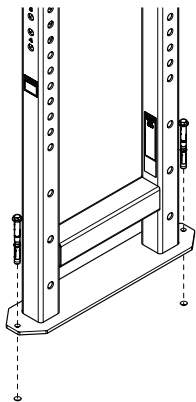
ENSURE ALL HAMMER LOCK HOLES ARE FILLED OR ARE COVERED BY PLATES.

FINAL INSTALLATION



TIGHTEN ALL HARDWARE

ONCE FULLY ASSEMBLED, TIGHTEN EACH BOLT TO 45-50 FT-LBS (61-68Nm).



BOLT TO FLOOR

HDT-BR4 UNITS MUST NOW BE BOLTED TO THE FLOOR PRIOR TO USE BY ANCHORING THROUGH EACH BOLT HOLE IN EACH PLATE. HDT-BR14 AND HDT-BR24 FLOOR MOUNTING RECOMMENDED. REFER TO THE BOLT TO FLOOR GUIDELINES SECTION FOR INSTALLATION ASSISTANCE.

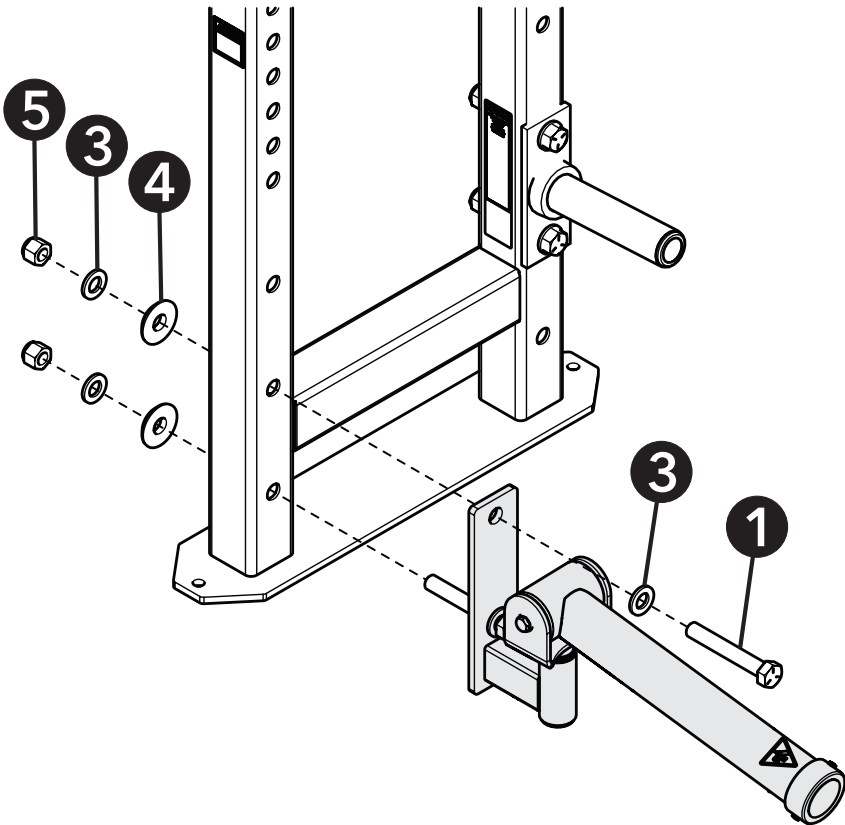
OPTIONAL EQUIPMENT - POWER PIVOT

1.

ITEM	QTY
1	2
3	4
4	2
5	2



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



OPTIONAL EQUIPMENT - BAR HOLDER

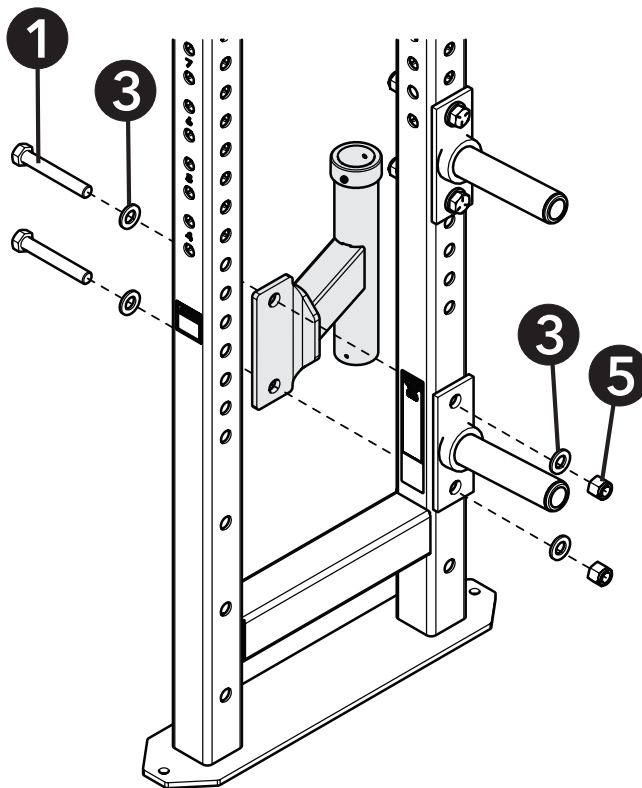
1.

ITEM	QTY
1	2
3	4
5	2

100%

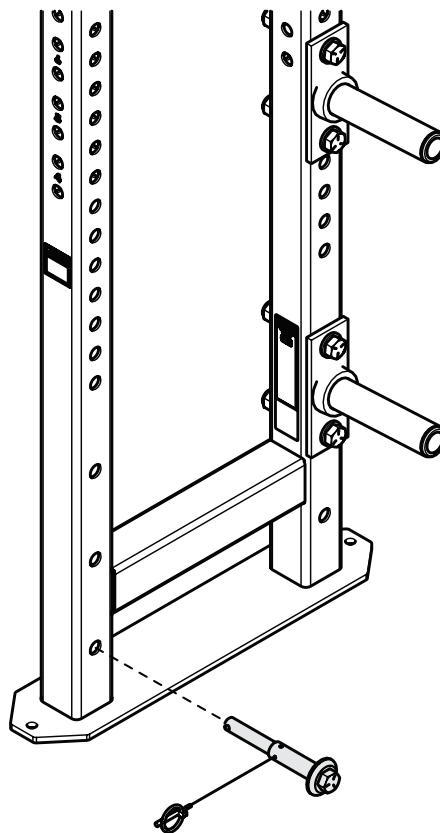
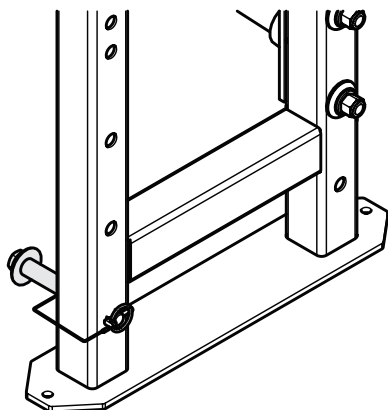


45-50 FT-LBS
(61-68Nm)



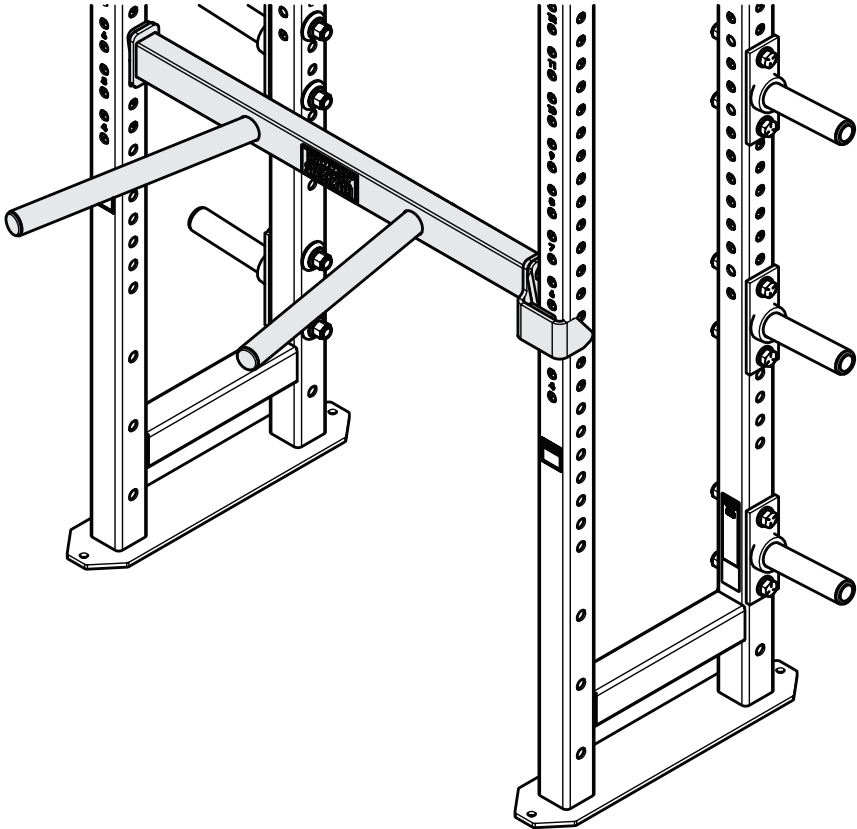
OPTIONAL EQUIPMENT - BAND PEGS (PAIR)

1.



OPTIONAL EQUIPMENT - DIP HANDLE

1.



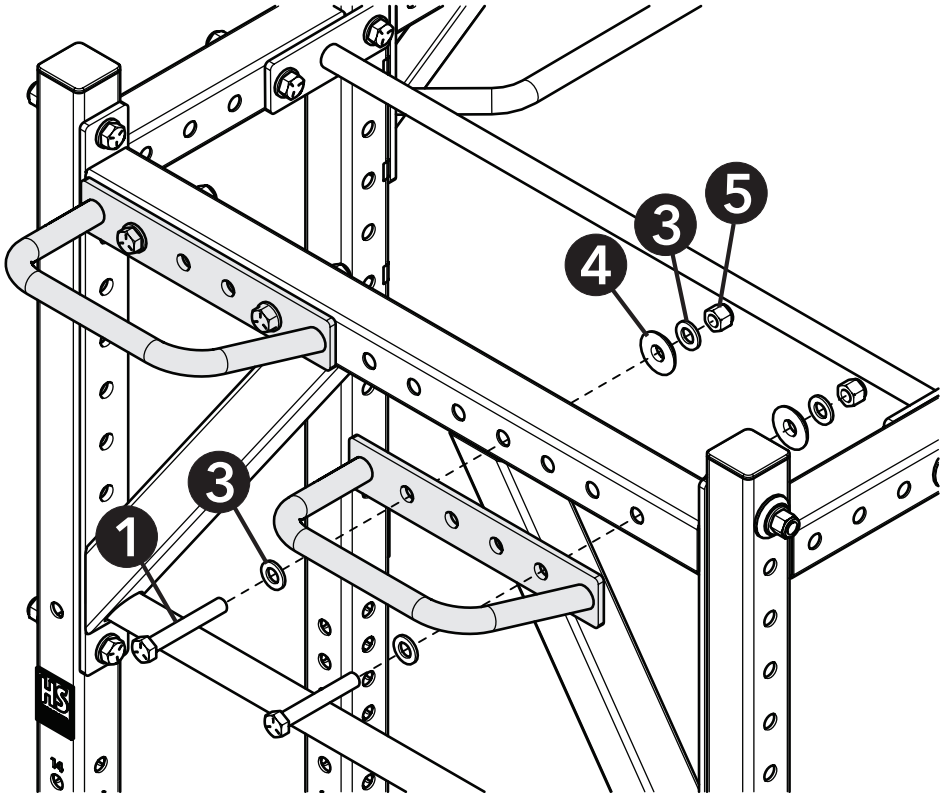
OPTIONAL EQUIPMENT - NEUTRAL PULL-UP (PAIR)

1.

ITEM	QTY
1	4
3	8
4	4
5	4



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



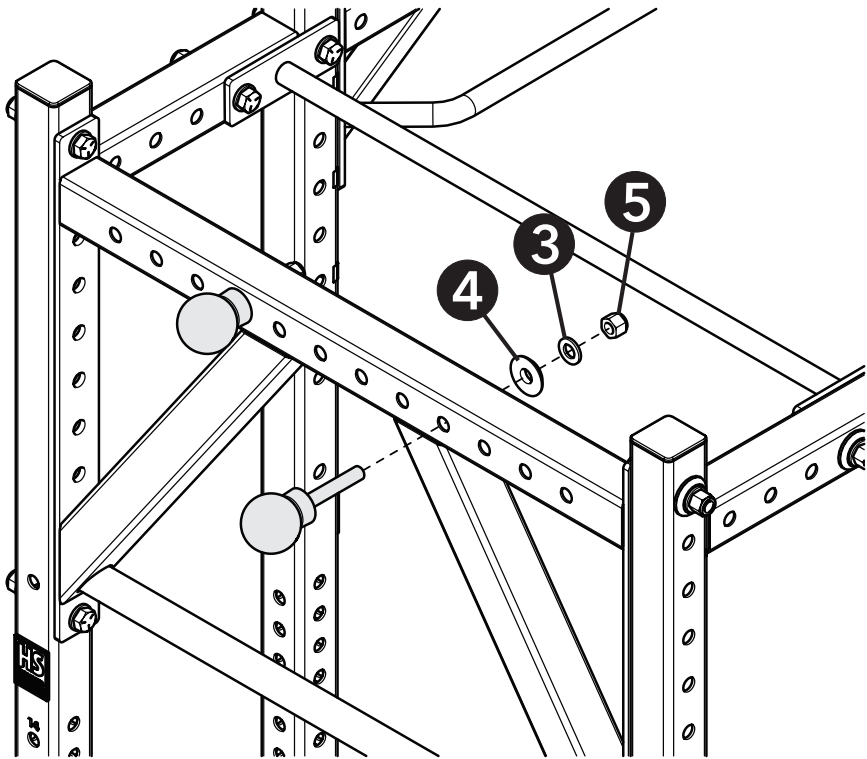
OPTIONAL EQUIPMENT - BOLTED BALL PULL-UP (PAIR)

1.

ITEM	QTY
3	2
4	2
5	2



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



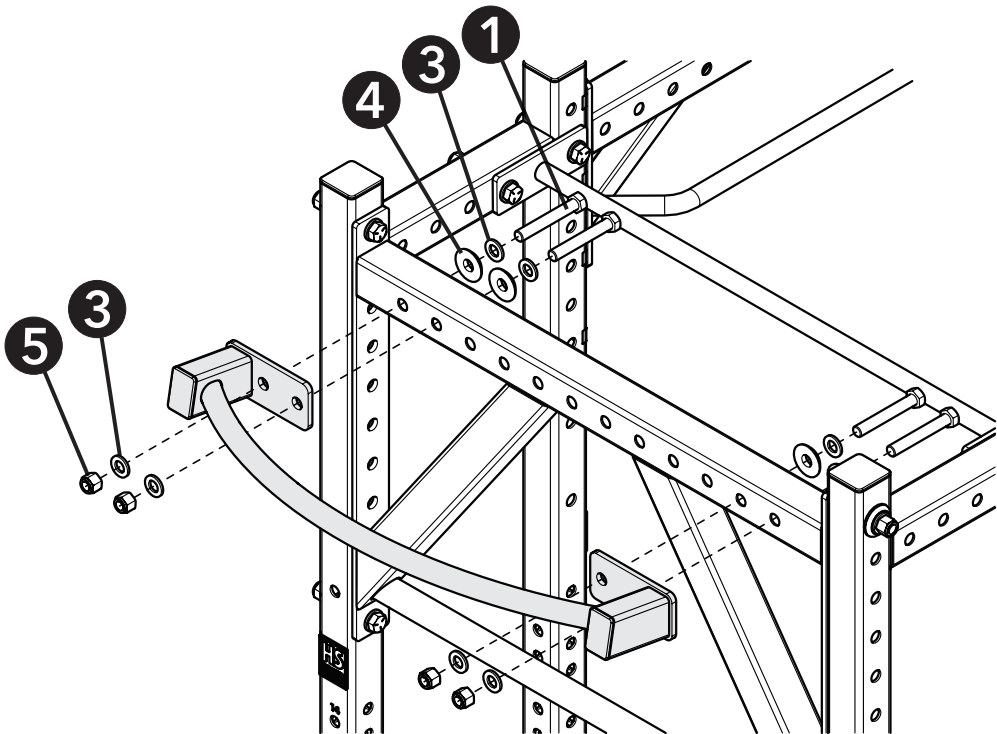
OPTIONAL EQUIPMENT - ARC PULL UP

1.

ITEM	QTY
1	4
3	8
4	4
5	4



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



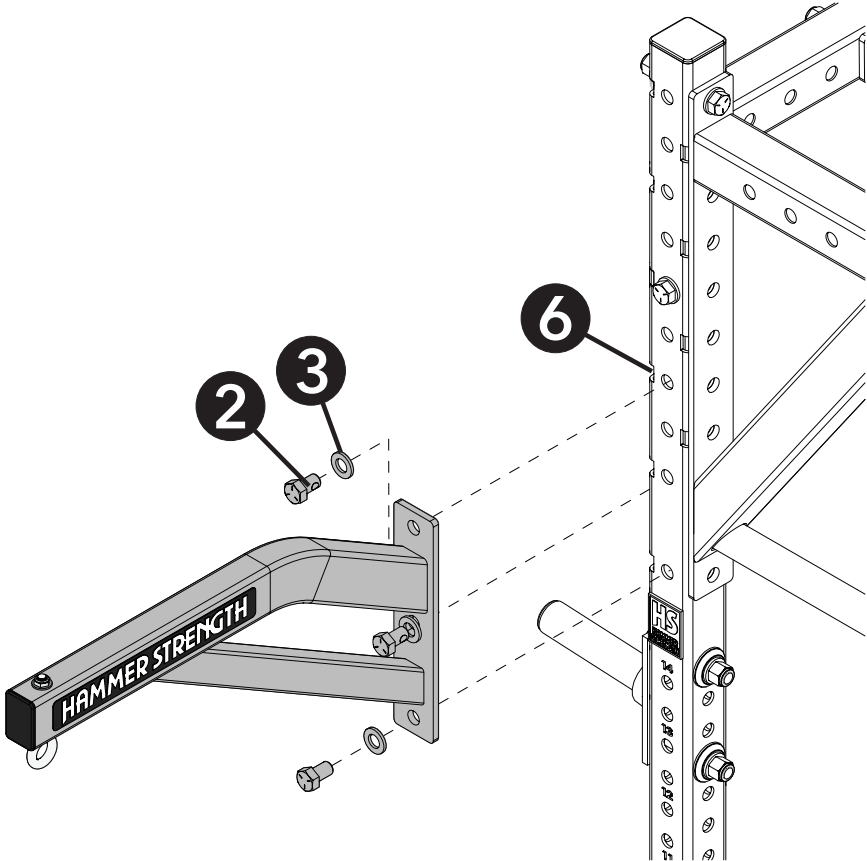
OPTIONAL EQUIPMENT - HEAVY BAG CONNECTOR

1.

ITEM	QTY
2	3
3	3
6	3



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



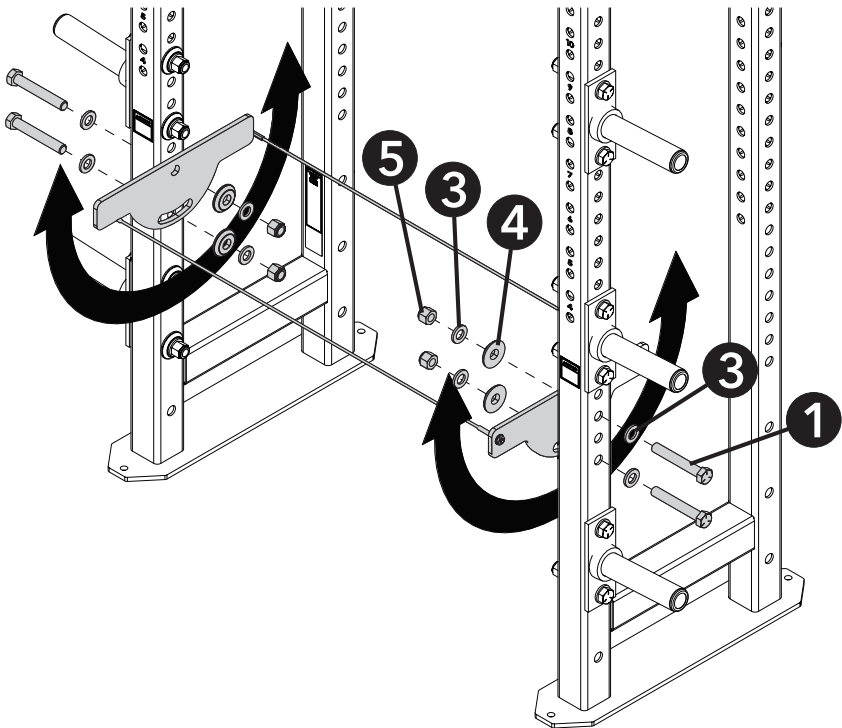
OPTIONAL EQUIPMENT - STABILITY BALL STORAGE (42"/72")

1.

ITEM	QTY
1	4
3	8
4	4
5	4



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




OPTIONAL EQUIPMENT - BRANDING PLATE (42"/72")

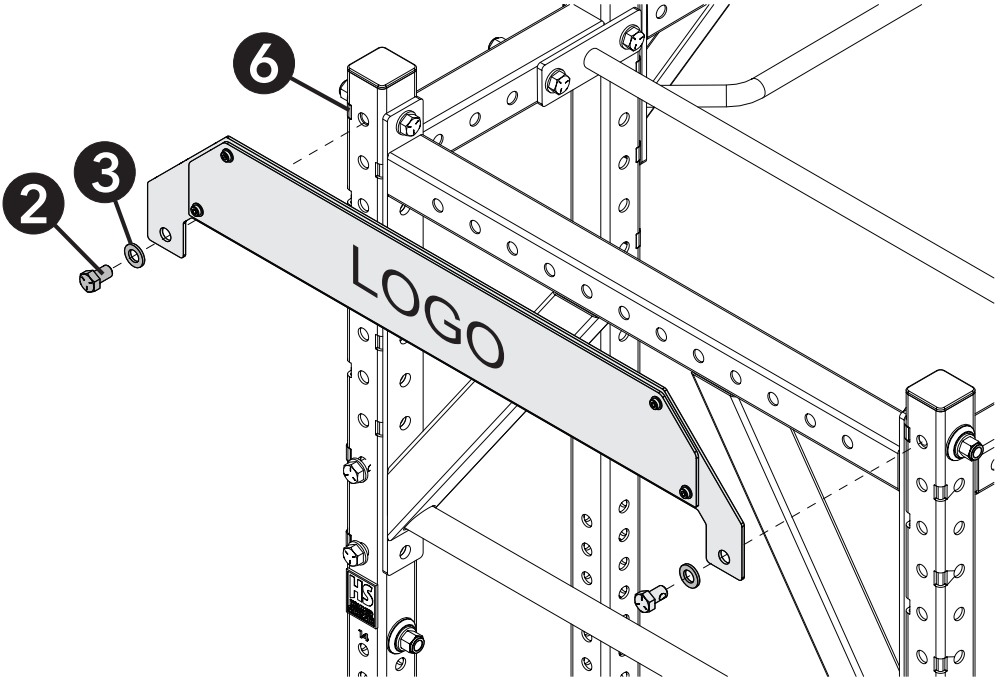
1.

ITEM	QTY
2	2
3	2
6	2

100%

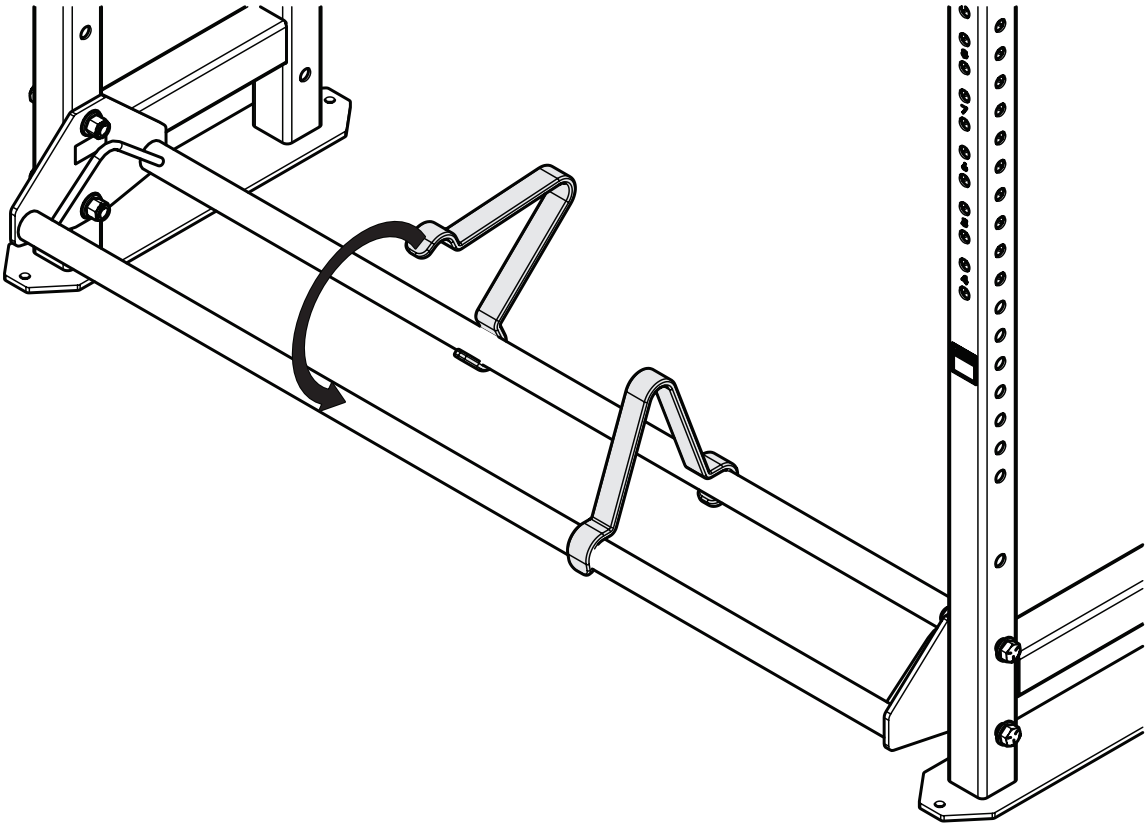


45-50 FT-LBS
(61-68Nm)



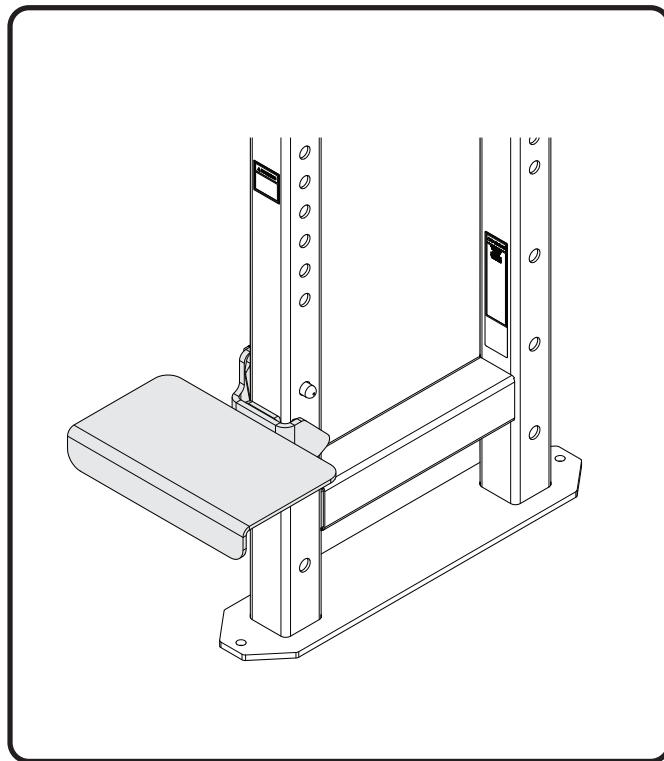
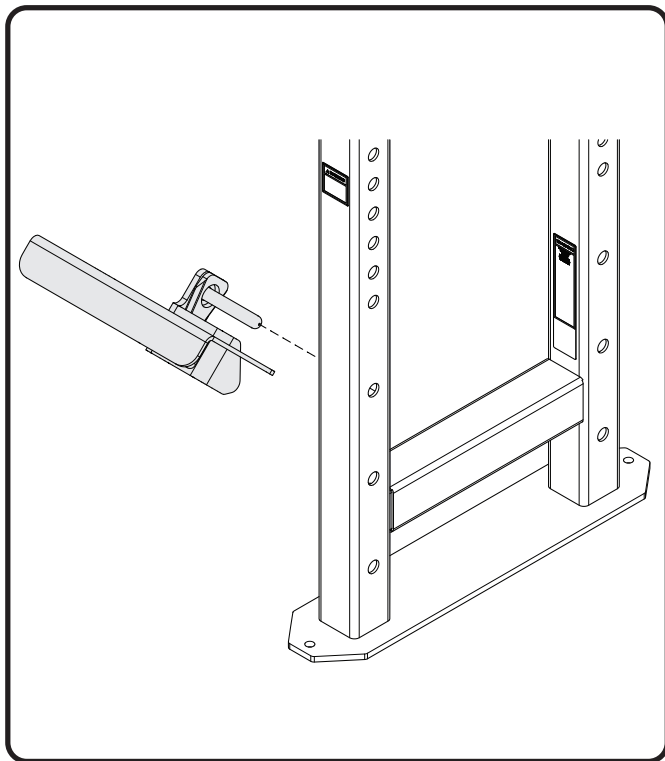
OPTIONAL EQUIPMENT - 2-PIPE BUMPER PLATE DIVIDER (PAIR)

1.



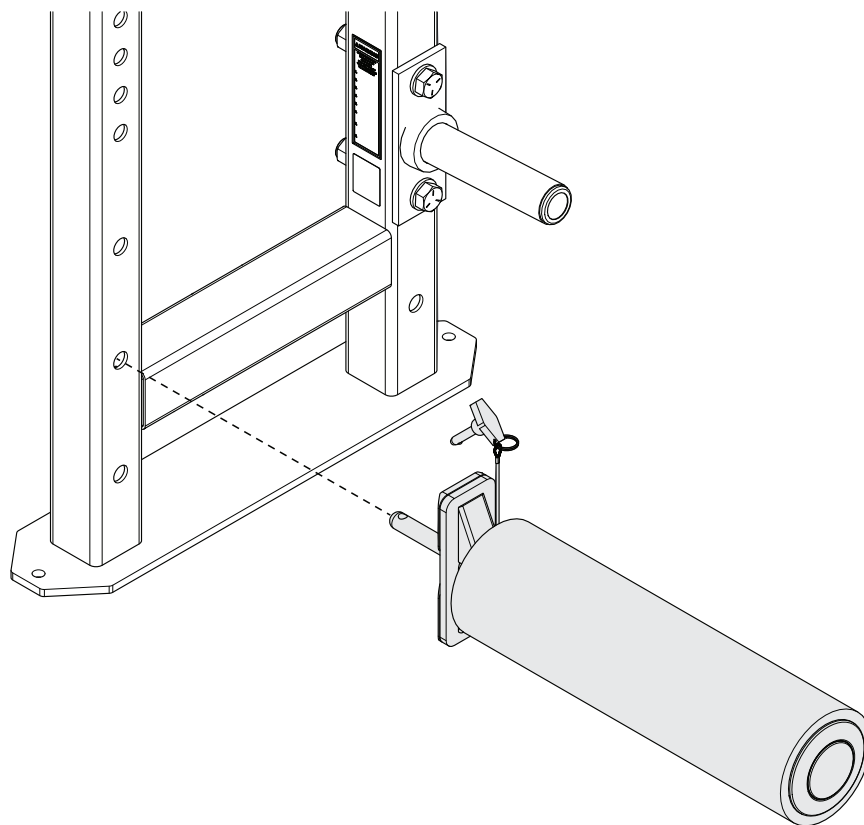
OPTIONAL EQUIPMENT - STEP ACCESSORY

1.



OPTIONAL EQUIPMENT - NORDIC HAM

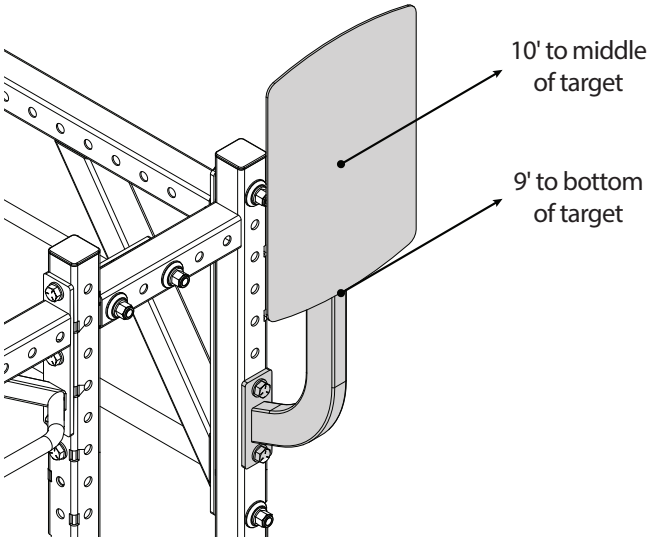
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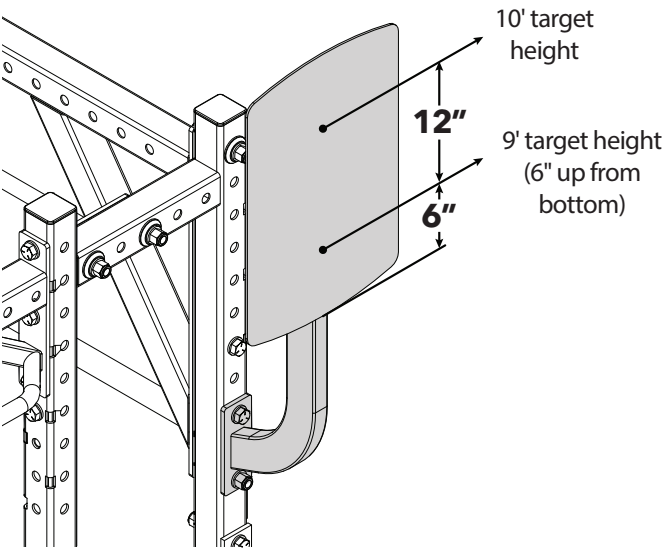
OPTIONAL EQUIPMENT - WALL BALL TARGET

MOUNTING LOCATIONS

PRIMARY MOUNTING HEIGHT



ALTERNATIVE MOUNTING HEIGHT

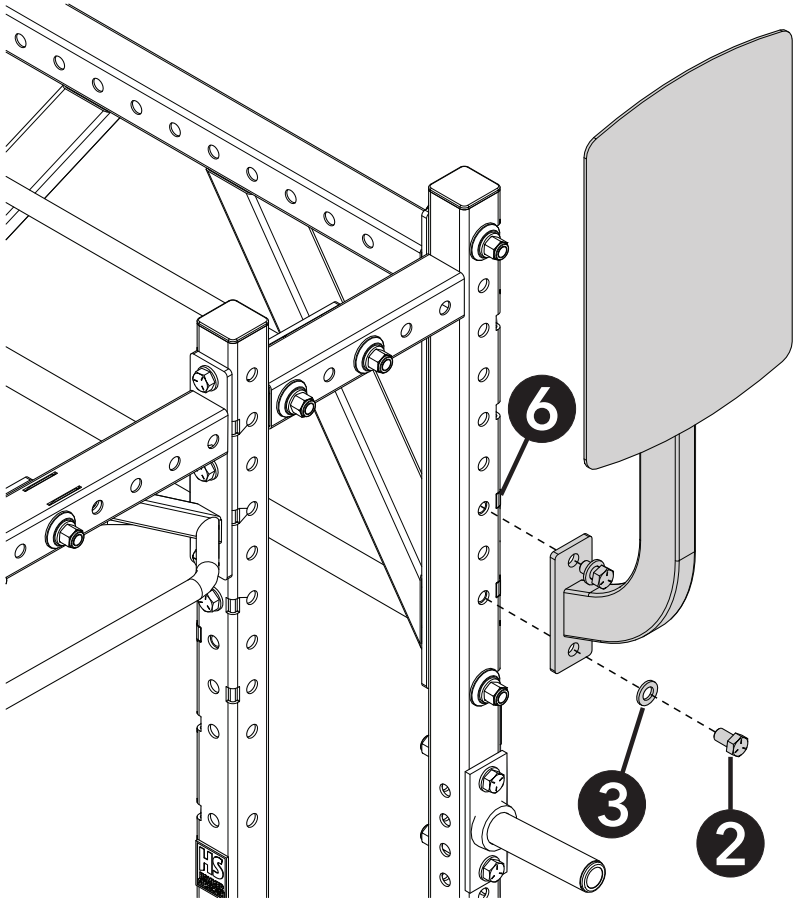


1.

ITEM	QTY
2	2
3	2
6	2



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



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 Bridge Units (HDT-BR) 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 subfloor.
- 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 Bridge (HDT-BR)	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/mm2
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/mm2

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.

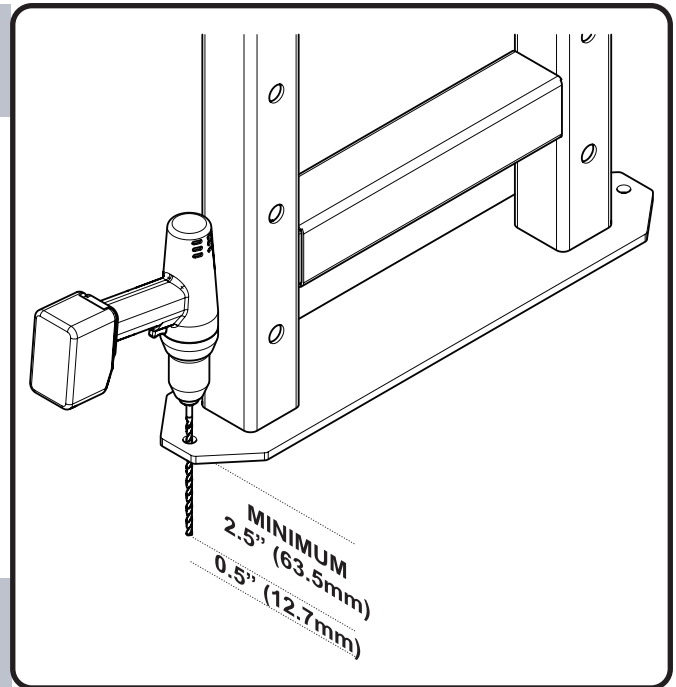
Floor scanner/rebar detector (optional)	Safety glasses
1" L-shape SDS rotary hammer	Extension cord
1/4" x 12" (6mm x 305mm) carbide drill bit (for 1/4" (6mm) anchors)	Impact wrench
3/8" x 12" (8mm x 305mm) carbide drill bit (for 3/8" (8mm) anchors)	Vacuum (for debris)

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.

