

Hammer Select Owner's Manual

HS-AB, HS-ADC, HS-BC, HS-BE, HS-CP, HS-FLY, HS-FPD, HS-HAB,
HS-HAD, HS-HC, HS-HG, HS-LC, HS-LE, HS-LR, HS-PD, HS-PEC, HS-RW,
HS-SC, HS-SLC, HS-SLP, HS-SP, HS-TE



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

User and Service Documents Link

<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 የተቀመጠውን 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 • 9510901 BC • 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 recommends that all equipment be secured to a solid, level surface to stabilize it and eliminate rocking or tipping over. This must be performed by a licensed contractor. See [Bolt to Floor Guide](#) for installation procedure.

Proper Usage

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

Inspection

- DO NOT attempt to use or repair any accessory approved for use with the equipment which appears to be damaged or worn.
- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all Life Fitness equipment, use only replacement parts supplied by Life Fitness.
- Cables and belts pose an extreme liability if used when damaged. Always replace any cable at first sign of wear (consult Life Fitness if uncertain).
- Routinely inspect all accessory clips that join attachments to the cables and replace them at the first sign of wear.
- 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.
- Before use, examine all accessories approved for use with the Life Fitness equipment for damage or wear.

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.

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.

Product Labels

General Warning

WARNING

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

1. Before using, read all the warnings and obtain instruction on the use of this machine. 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 machine and attachments before use. **DO NOT** use if the machine or attachments appear damaged. **DO NOT** attempt to fix broken or jammed machine or damaged attachments. Notify staff immediately.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Seek assistance.
7. Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
8. Use only the incremental weights supplied by the manufacturer. **DO NOT** use dumbbells or other means to add resistance to the machine.
9. Children must not be allowed near this machine. Supervise teenagers.
10. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
11. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

8220001

Serial Number

HAMMER STRENGTH™  
10601 W BELMONT AVE
FRANKLIN PARK, IL 60131
USA 1-800-351-3737
CAGE Code: 0CMY5 EN ISO 20957 Class S
www.LifeFitness.com



Model: **XXX**



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

SN: XXXXXXXXXXXXX



FCC Compliant

Patent:
www.lifefitness.com/patents  

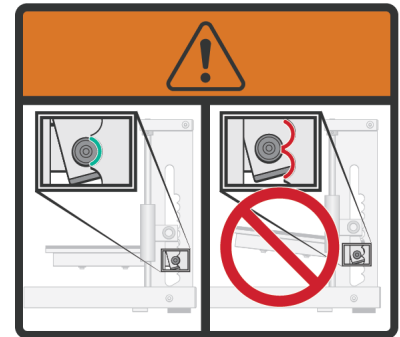
EN ISO 20957
TSCA Title VI Compliant  

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

Pinch Hazard



PSHG Rack Instruction



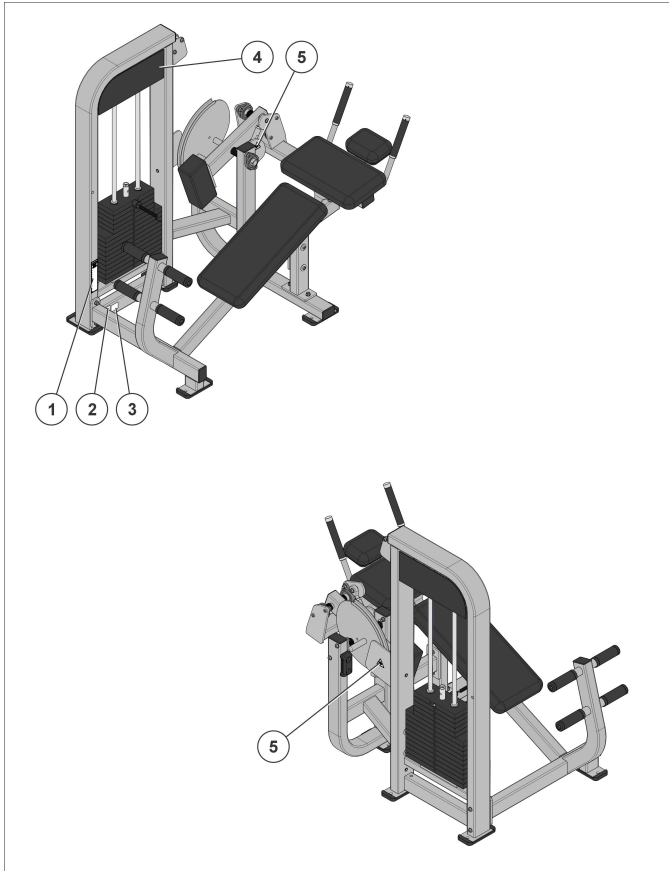
Moving Parts

WARNING

KEEP CLEAR OF MOVING PARTS

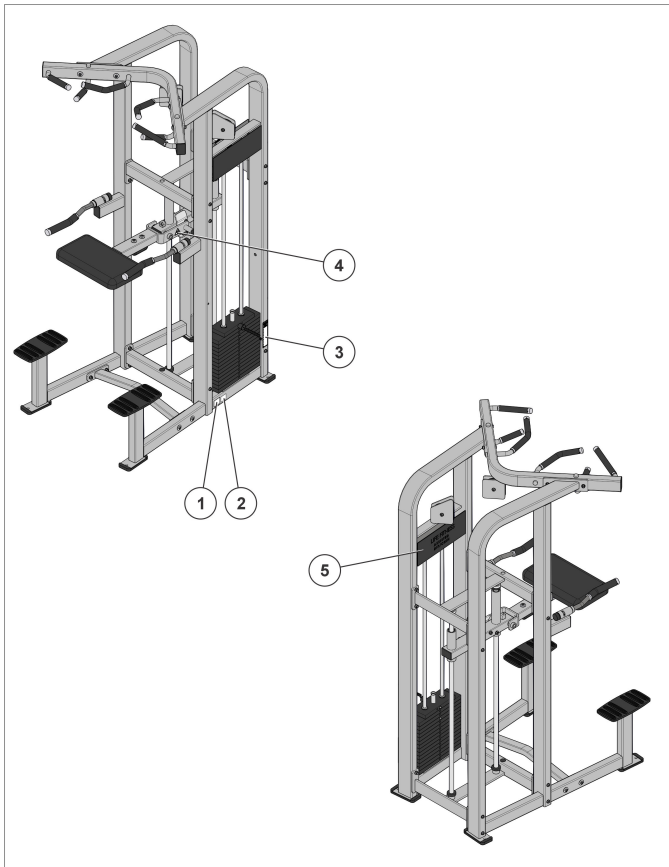
Label Locations

Abdominal Crunch (HS-AB)



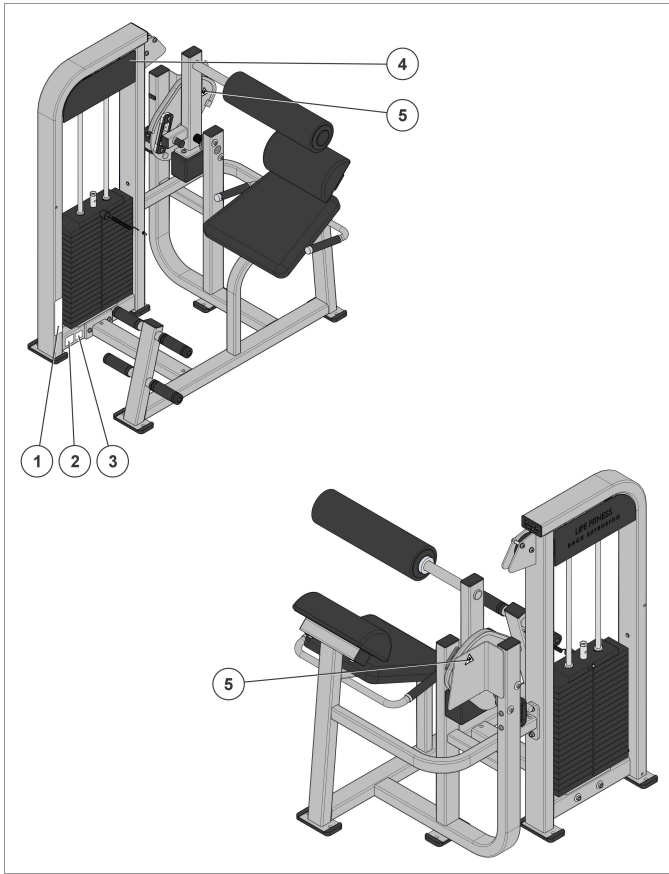
Item	Description	Qty.
1	General Warning	1
2	Serial Number	1
3	FCC Compliant	1
4	Placard	1
5	Pinch Hazard	2

Assist Dip / Chin (HS-ADC)



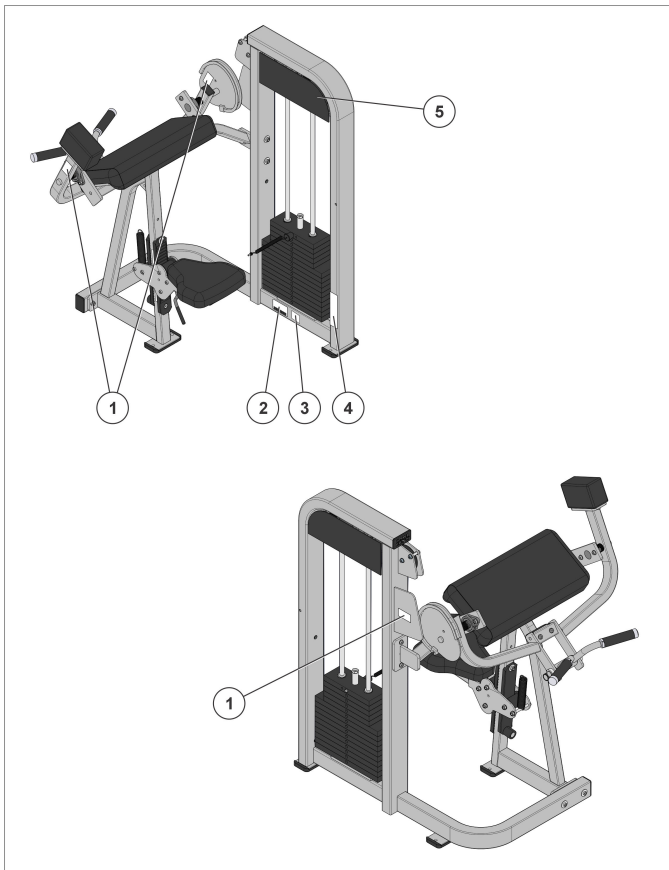
Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	General Warning	1
4	Pinch Hazard	1
5	Placard	1

Back Extension (HS-BE)



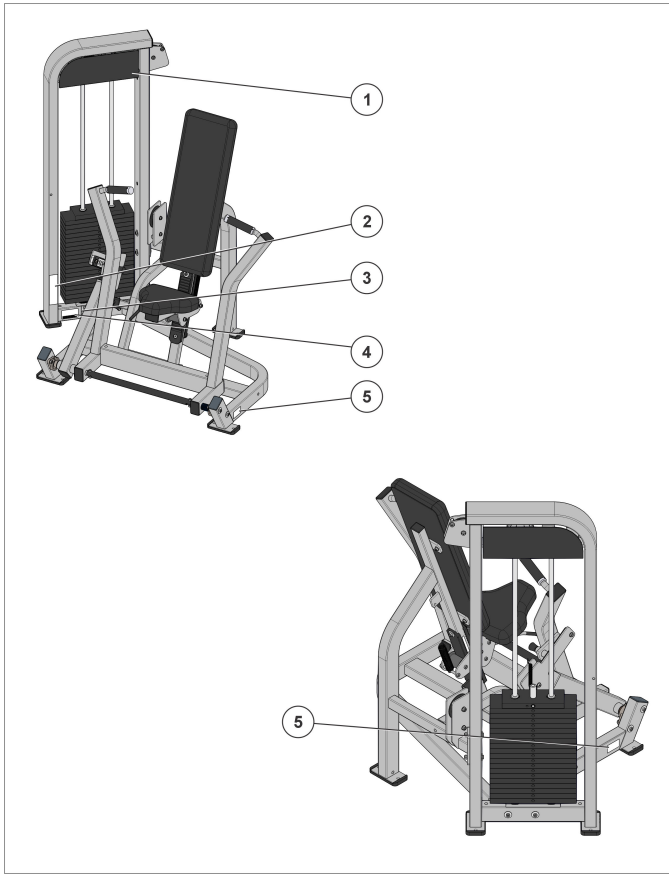
Item	Description	Qty.
1	General Warning	1
2	Serial Number	1
3	FCC Compliant	1
4	Placard	1
5	Pinch Hazard	2

Biceps Curl (HS-BC)



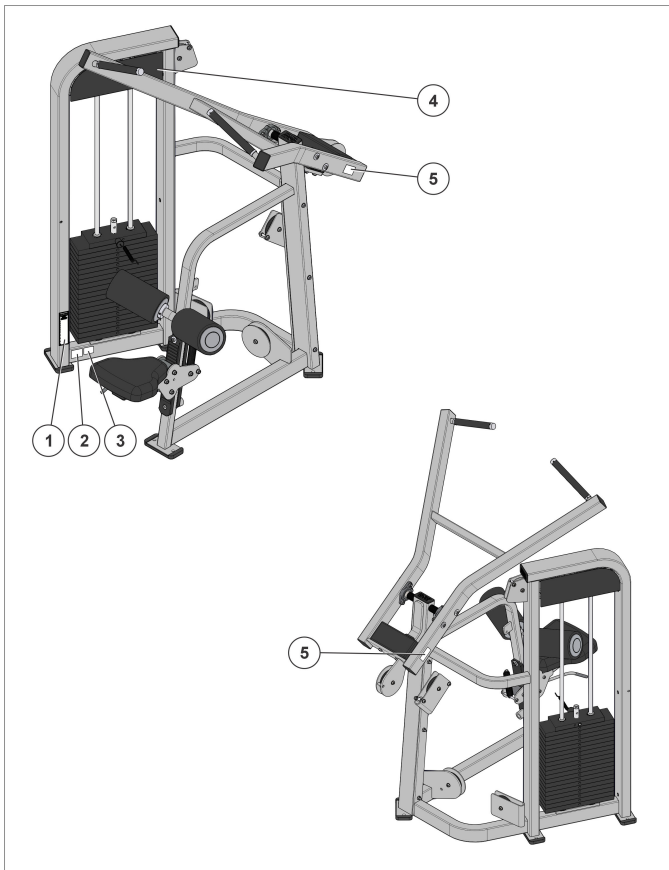
Item	Description	Qty.
1	Moving Parts	3
2	Serial Number	1
3	FCC Compliant	1
4	General Warning	1
5	Placard	1

Chest Press (HS-CP)



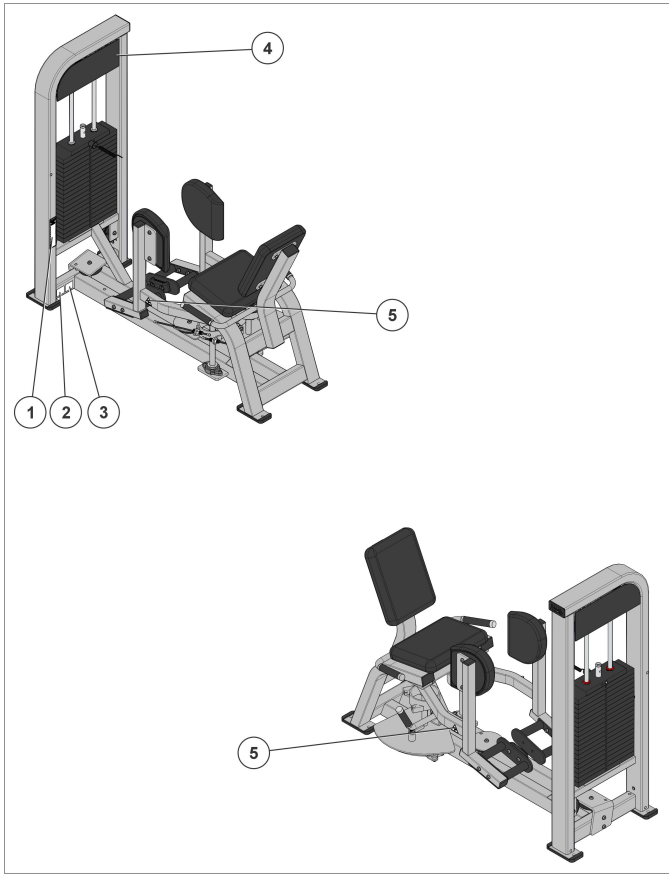
Item	Description	Qty.
1	Placard	1
2	General Warning	1
3	FCC Compliant	1
4	Serial Number	1
5	Moving Parts	2

Fixed Pulldown (HS-FPD)



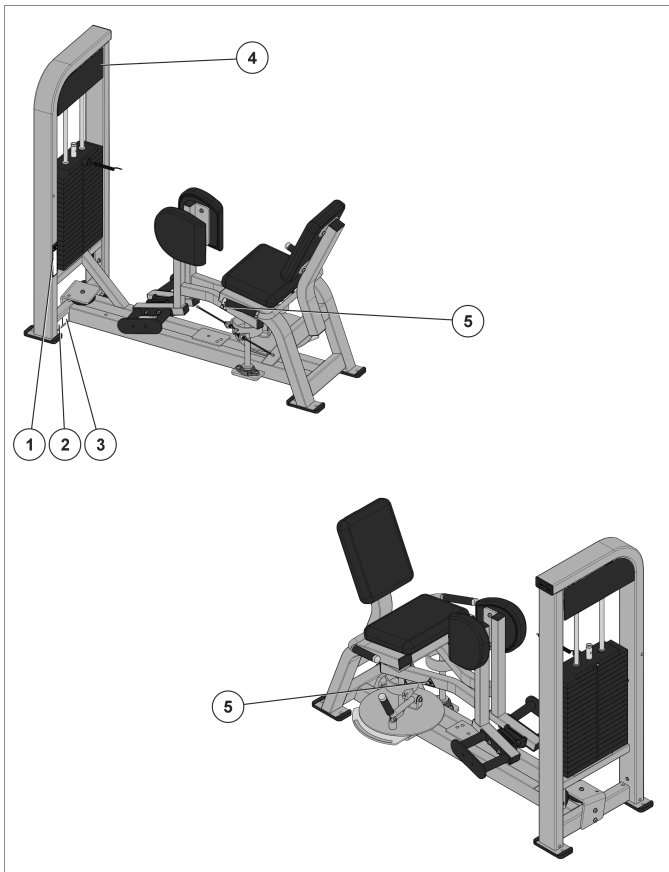
Item	Description	Qty.
1	General Warning	1
2	Serial Number	1
3	FCC Compliant	1
4	Placard	1
5	Moving Parts	2

Hip Abduction (HS-HAB)



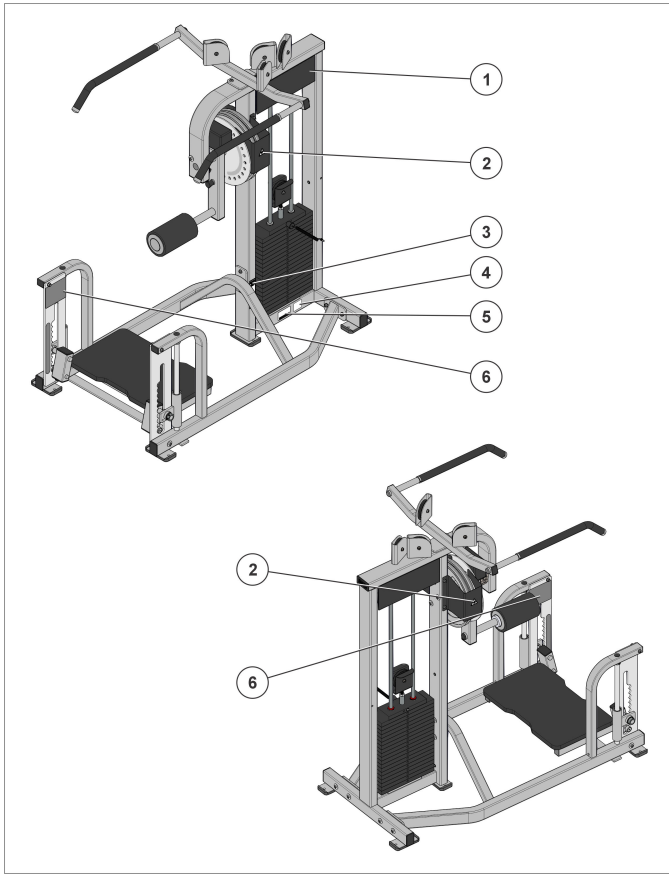
Item	Description	Qty.
1	General Warning	1
2	Serial Number	1
3	FCC Compliant	1
4	Placard	1
5	Pinch Hazard	2

Hip Adduction (HS-HAD)



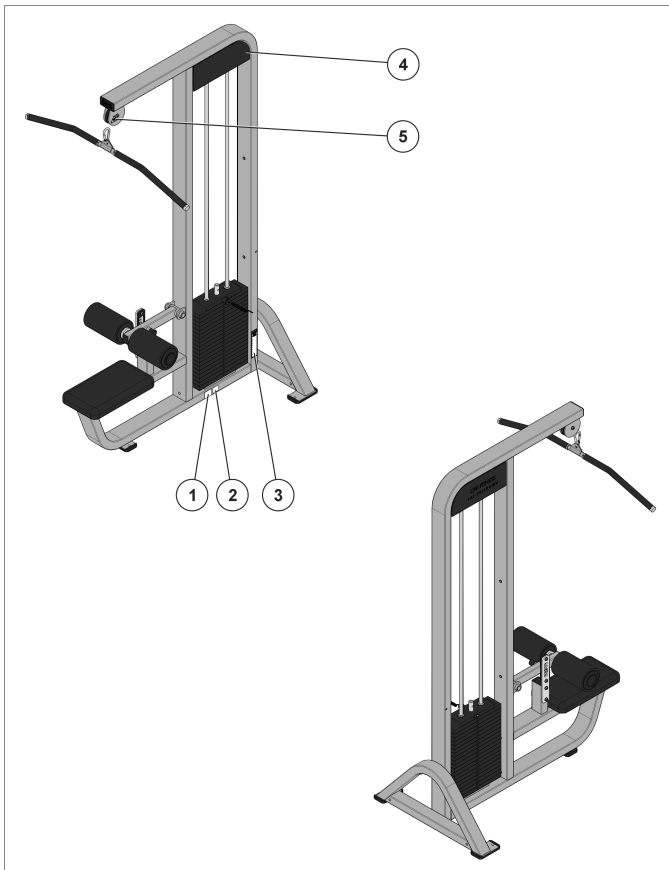
Item	Description	Qty.
1	General Warning	1
2	Serial Number	1
3	FCC Compliant	1
4	Placard	1
5	Pinch Hazard	2

Hip Glute (HS-HG)



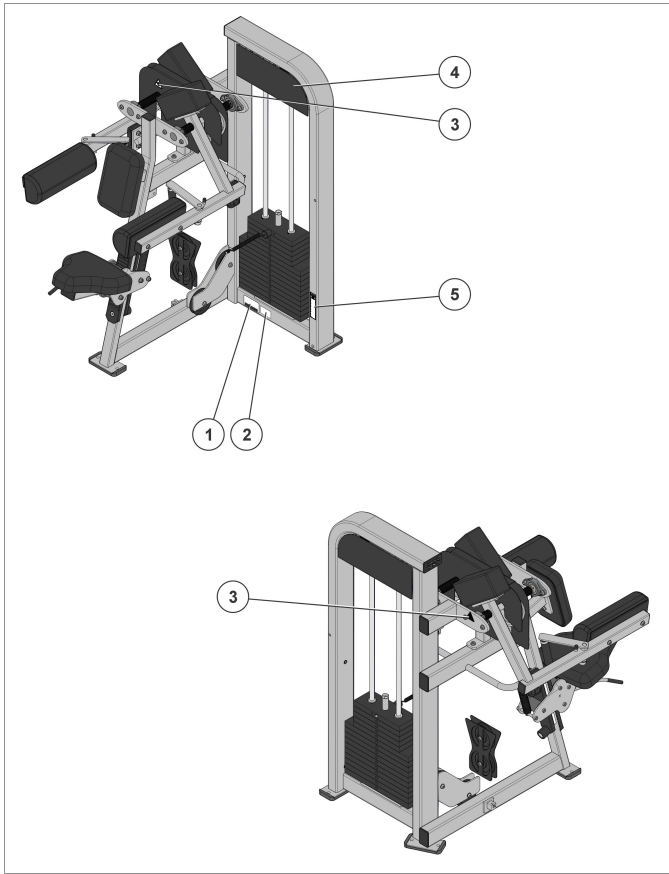
Item	Description	Qty.
1	Placard	1
2	Pinch Hazard	1
3	General Warning	1
4	FCC Compliant	1
5	Serial Number	1
6	PSHG Rack Instruction	2

Lat Pulldown (HS-PD)



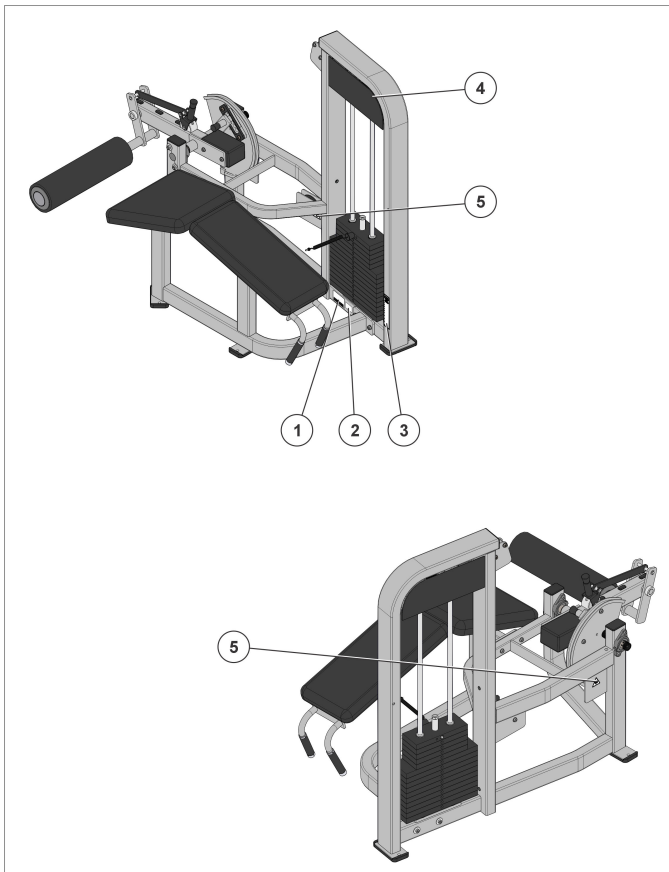
Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	General Warning	1
4	Placard	1
5	Pinch Hazard	1

Lateral Raise (HS-LR)



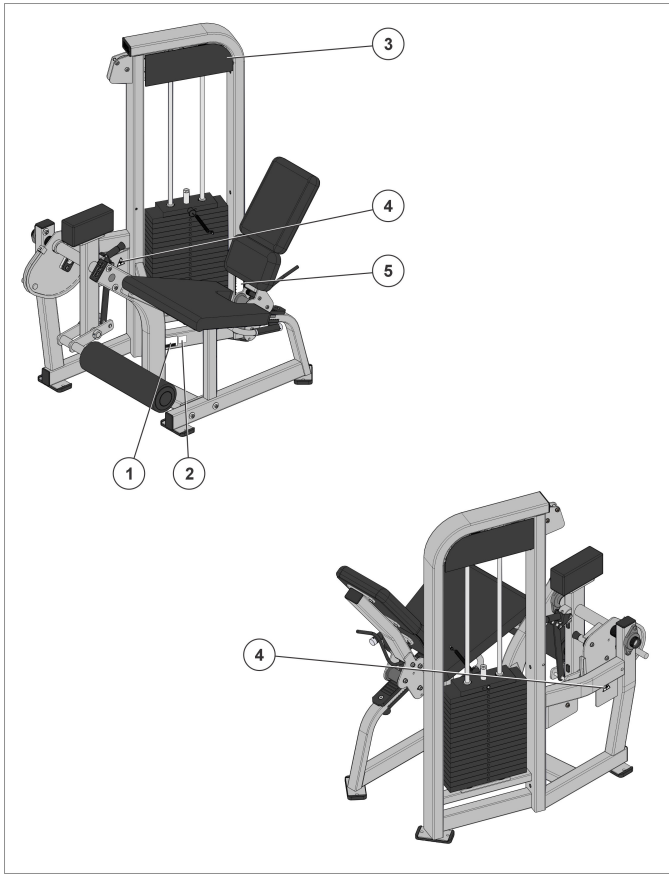
Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	Pinch Hazard	2
4	Placard	1
5	General Warning	1

Leg Curl (HS-LC)



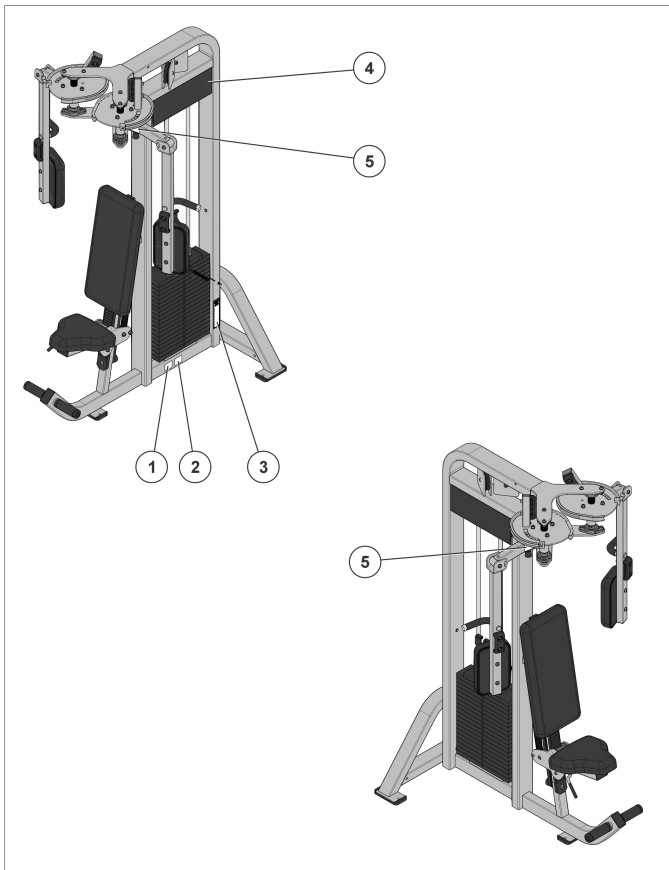
Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	General Warning	1
4	Placard	1
5	Pinch Hazard	2

Leg Extension (HS-LE)



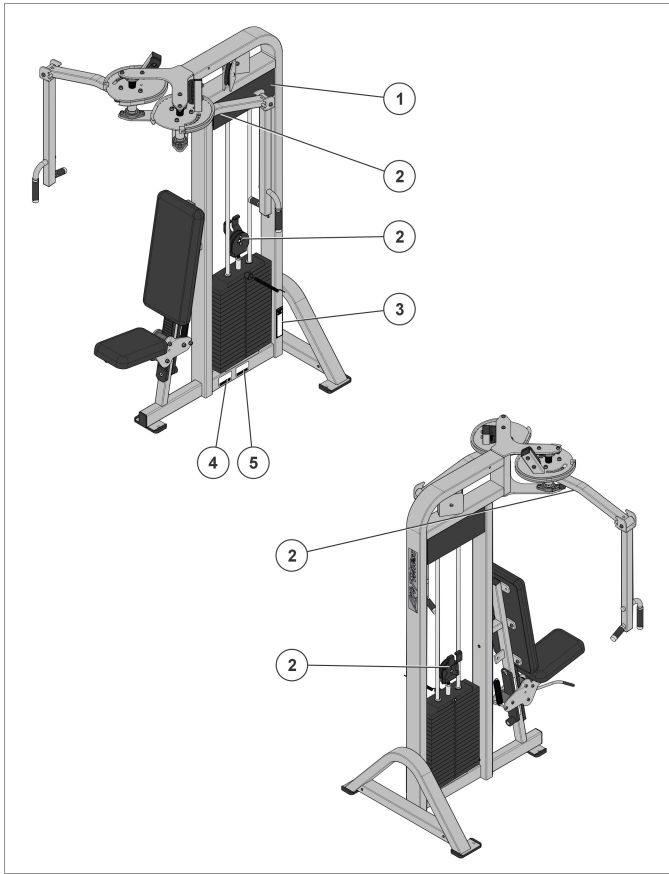
Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	Placard	1
4	Pinch Hazard	2
5	General Warning	1

Pectoral Fly (HS-PEC)



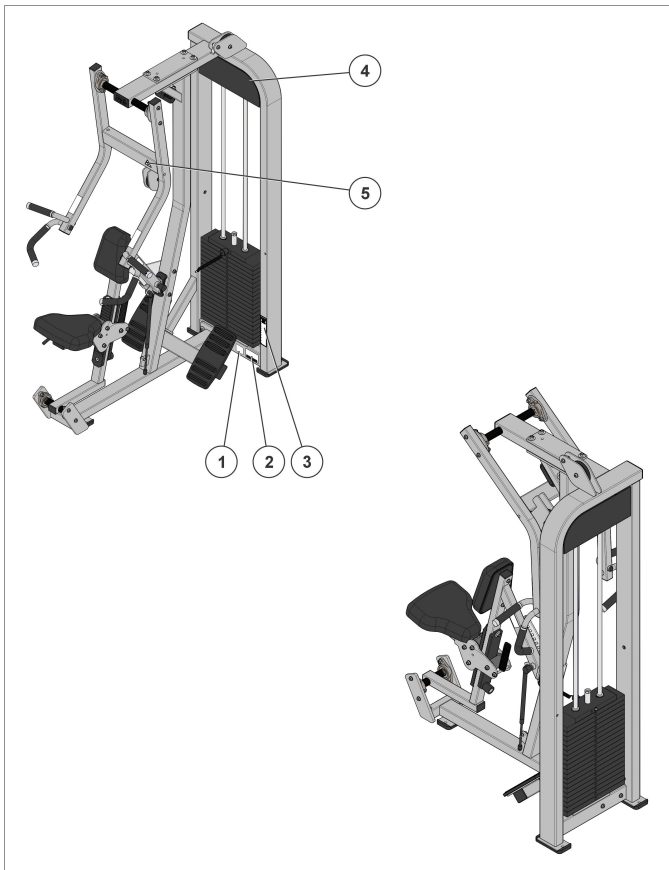
Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	General Warning	1
4	Placard	1
5	Pinch Hazard	2

Pectoral Fly / Rear Deltoid (HS-FLY)



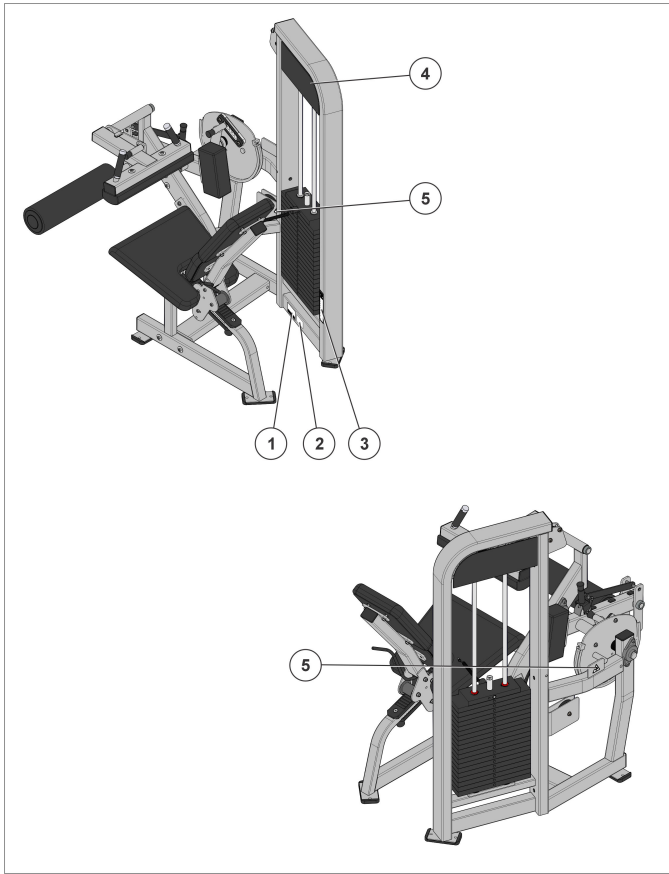
Item	Description	Qty.
1	Placard	1
2	Pinch Hazard	4
3	General Warning	1
4	Serial Number	1
5	FCC Compliant	1

Row (HS-RW)



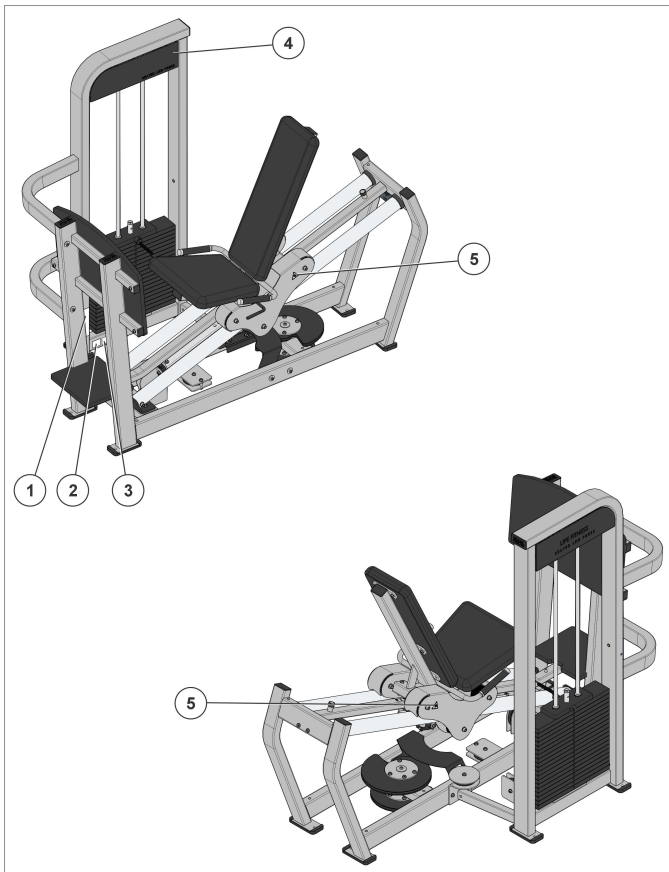
Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	General Warning	1
4	Placard	1
5	Pinch Hazard	1

Seated Leg Curl (HS-SLC)



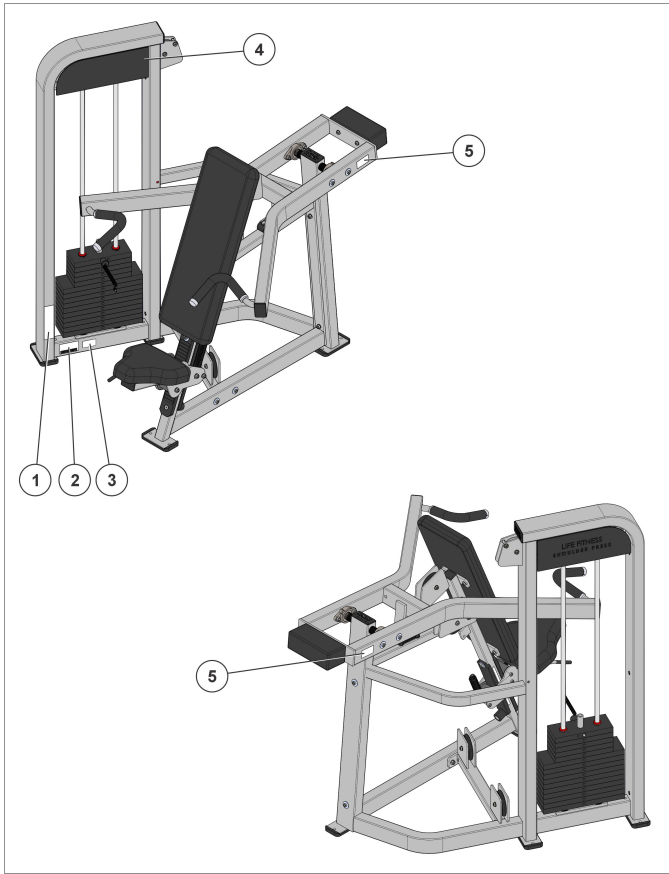
Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	General Warning	1
4	Placard	1
5	Pinch Hazard	2

Seated Leg Press (HS-SLP)



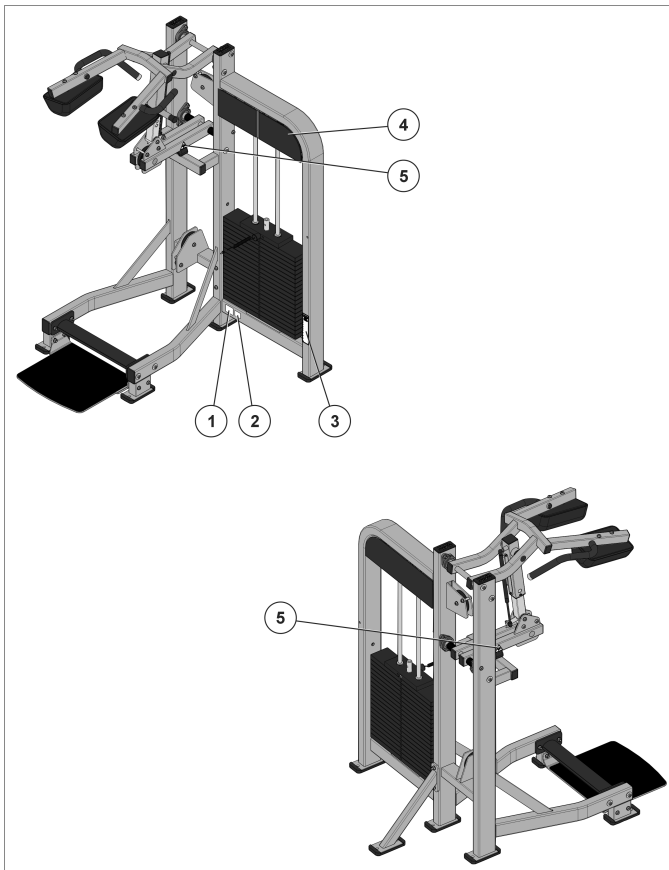
Item	Description	Qty.
1	General Warning	1
2	Serial Number	1
3	FCC Compliant	1
4	Placard	1
5	Pinch Hazard	2

Shoulder Press (HS-SP)



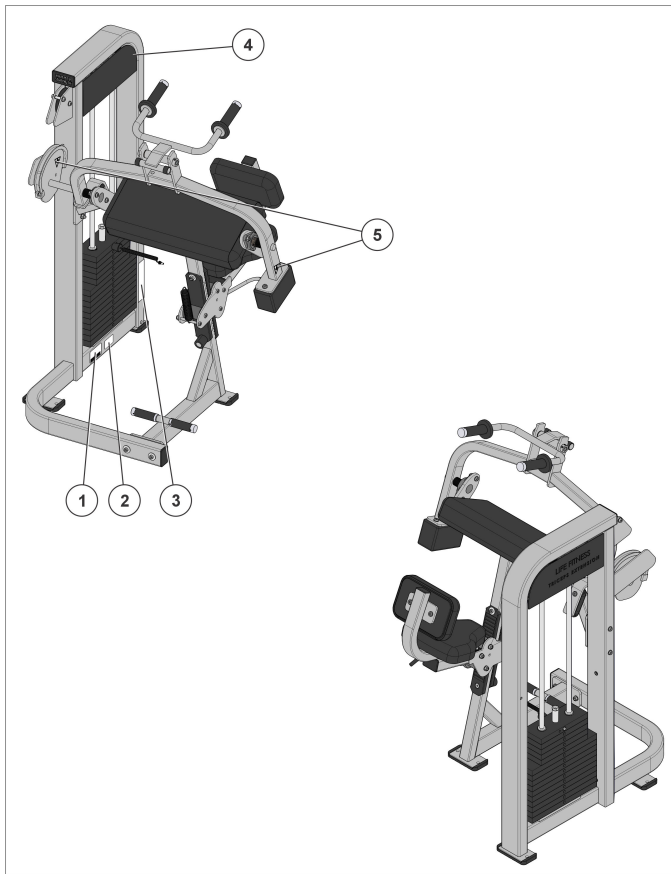
Item	Description	Qty.
1	General Warning	1
2	Serial Number	1
3	FCC Compliant	1
4	Placard	1
5	Moving Parts	2

Standing Calf (HS-SC)



Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	General Warning	1
4	Placard	1
5	Pinch Hazard	2

Triceps Extension (HS-TE)



Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	General Warning	1
4	Placard	1
5	Pinch Hazard	2

2. Exercise and Product Information

Abdominal (HS-AB)

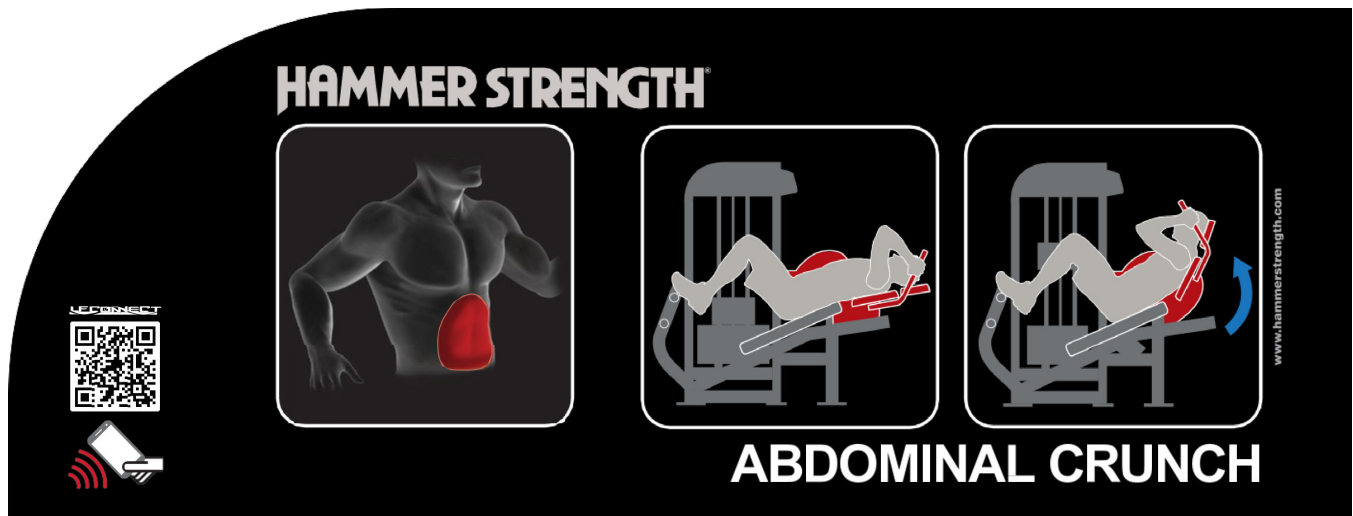
Muscles Exercised - Abdominals

Setup

1. Sit and position feet on the upper or lower foot pegs.
2. Lay back onto the pad and grip handles.

Performing the Exercise

Slowly contract abdominals in a crunch motion, then return the weight with controlled movement to the starting position.



Product Code: HS-AB



Machine Weight:	488 lbs.	221 kg
Weight Stack:	200 lbs.	95 kg
Maximum User Weight:	300 lbs.	136 kg

- Counter-balanced work arm provides low start resistance.
- Two foot pegs allow comfort for users of all sizes without adjustments.

Product Dimensions With Working Area (HS-AB)

Size:	in. = 62 L x 35 W x 55 H	cm = 158 L x 89 W x 140 H
Live Area:	in. = 70 L x 58 W x 55 H	cm = 140 L x 147 W x 140 H

Assist Dip / Chin (HS-ADC)

Muscles Exercised

- Assist Dip - Triceps and Anterior Deltoid
- Assist Chin- Latissimus Dorsi and Biceps

Setup

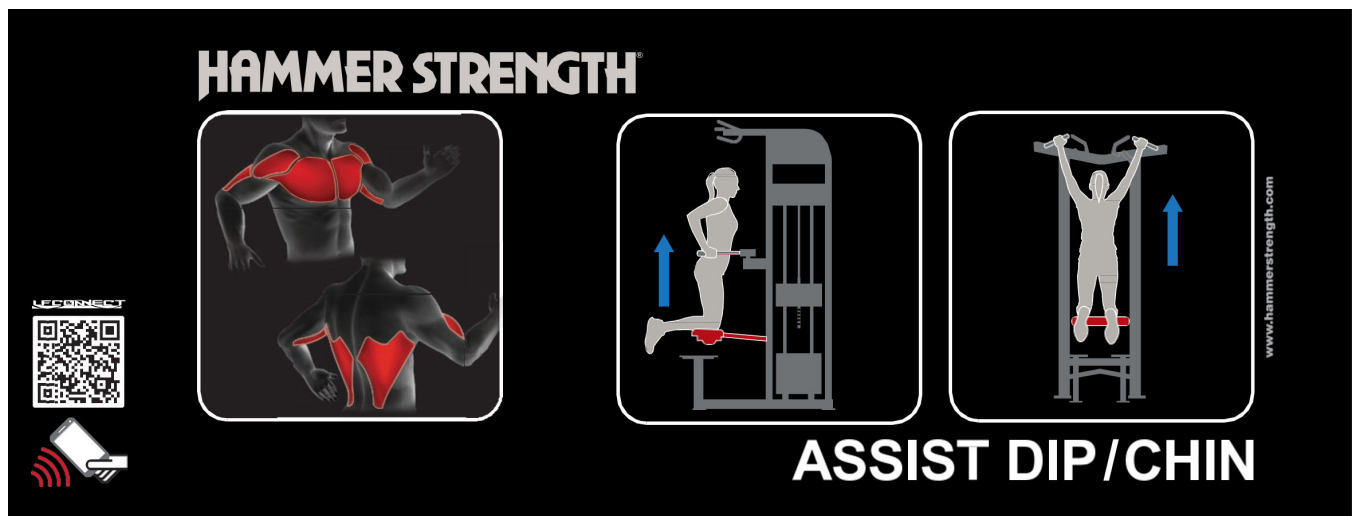
1. Select the desired weight.
2. For the Assist Dip, rotate the lower handles inward or outward for desired width.

NOTE: The weight chosen is the weight that will be subtracted from your body weight when performing the exercise hence, the more weight selected, the easier the exercise.

Performing the Exercise

Stand on the footplates. If performing the Assist Dip, grab the lower handles. If performing the Chin Assist, grab a set of upper handles. Place the knees on pad while stepping off the footplates.

Keep the back straight and head up while raising and lowering the arms at the elbow. When finished, remove one knee from pad while it is in the down position and step onto footplate, then remove the second knee when the pad gets toward the top and step onto footplate.





Machine Weight:	655 lbs.	298 kg
Weight Stack:	175 lbs.	82 kg
Maximum User Weight:	300 lbs.	136 kg

- Knee pad folds down and away from user for unassisted training.
- Multi-position handles allow for variation in exercise and provide size adaptability.

Product Dimensions With Working Area (HS-ADC)

Size:	in. = 46 L x 45 W x 87 H	cm = 118 L x 113 W x 221 H
Live Area:	in. = 70 L x 45 W x 87 H	cm = 178 L x 113 W x 221 H

Back Extension (HS-BE)

Muscles Exercised - Erector Spinae and Gluteals

Setup

1. Sit in a position with the hips pushed against the lumbar pad, then place the feet on foot support.
2. Adjust the foot support so the knees are slightly bent.
3. Adjust the start position on back pad for the desired range of motion.

Performing the Exercise

With the chest up and shoulders back, grip the handles and extend the back until the lower back contacts the lumbar pad. Hold the position briefly and return the weight with controlled movement to the starting position.



Product Code: HS-BE



Machine Weight:	560 lbs.	254 kg
Weight Stack:	295 lbs.	138 kg
Maximum User Weight:	300 lbs.	136 kg

- Lumbar pad helps users easily find correct position relative to the axis of rotation.
- Five-position adjustable start mechanism for individual range of motion.

Product Dimensions With Working Area (HS-BE)

Size:	in. = 46 L x 40 W x 55 H	cm = 117 L x 102 W x 140 H
Live Area:	in. = 64 L x 64 W x 55 H	cm = 163 L x 163 W x 140 H

Biceps Curl (HS-BC)

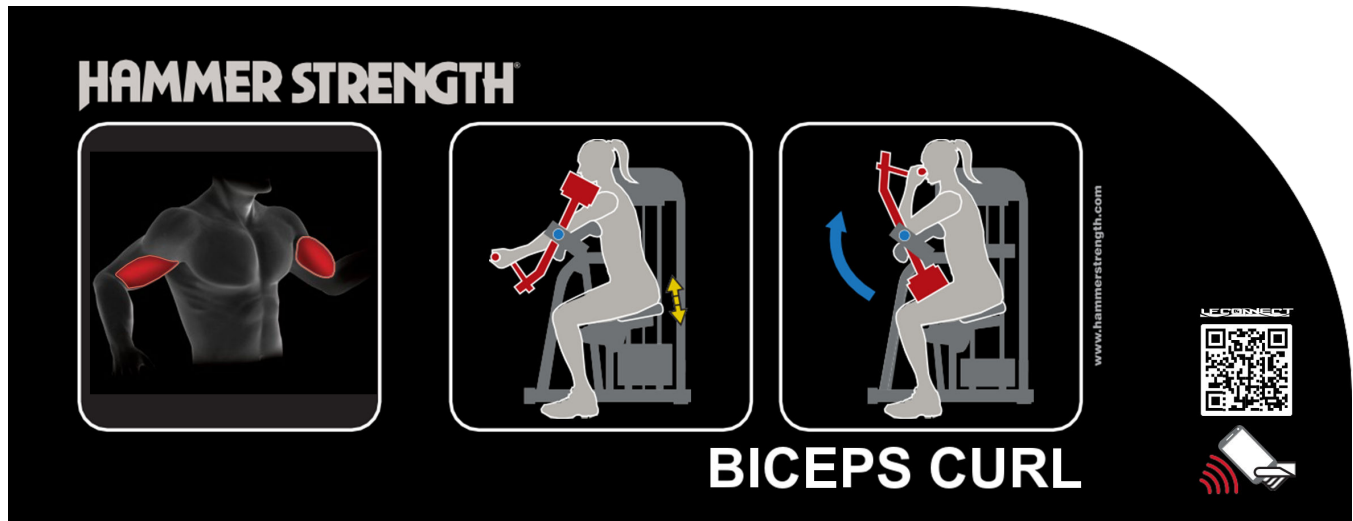
Muscles Exercised - Biceps

Setup

1. Adjust the seat height so the back of arms rest fully on arm pad, aligning the elbows with the machine pivot indicated by the red axis of rotation decal.
2. Check the weight stack to ensure the appropriate resistance is selected.
3. Rotate the handle forward and grip firmly.
4. Position the body with the chest up and shoulder back, leaning forward slightly if necessary to increase stability.

Performing the Exercise

With a controlled motion curl the handles up until arms are fully flexed, then return the handles to the start position without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.





Machine Weight:	450 lbs.	204 kg
Weight Stack:	200 lbs.	95 kg
Maximum User Weight:	300 lbs.	136 kg

- Arm pad is angled for stability and limits unwanted shoulder movement during exercise.
- Pivot is positioned for ideal alignment and angled handgrips reduce the incidence of wrist strain.
- Axis of alignment clearly marked with yellow do to encourage correct axis alignment.

Product Dimensions With Working Area (HS-BC)

Size:	in. = 45 L x 41 W x 55 H	cm = 114 L x 104 W x 140 H
Live Area:	in. = 53 L x 65 W x 55 H	cm = 135 L x 165 W x 140 H

Chest Press (HS-CP)

Muscles Exercised

- Pectoralis Major
- Anterior Deltoid and Triceps

Setup

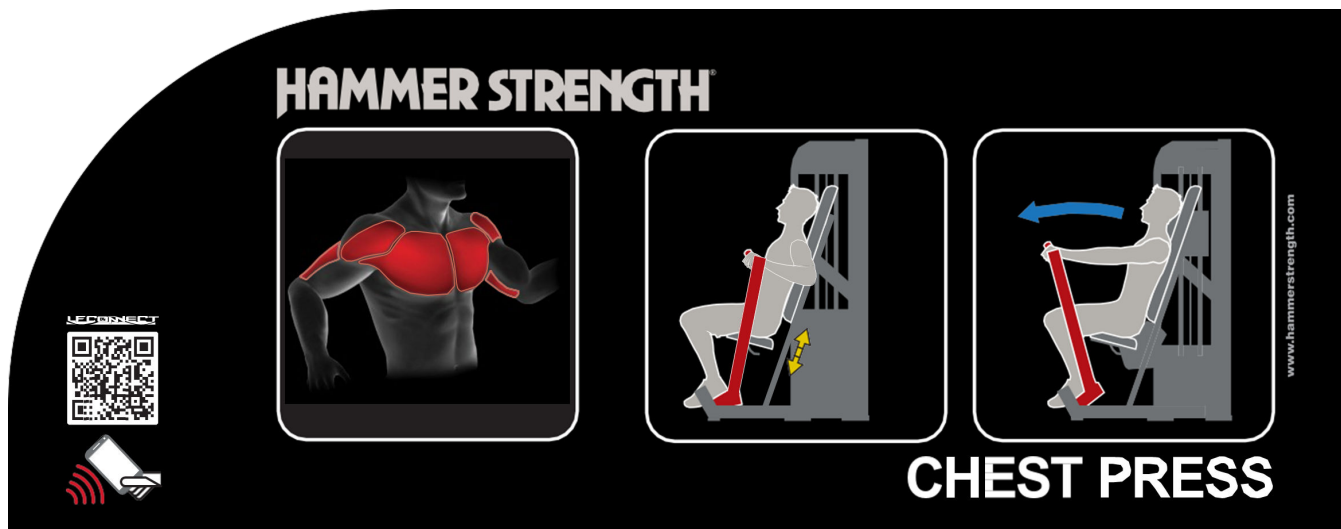
1. Adjust the seat height so the handles are aligned with mid-chest.
2. Using the start adjuster knob located on the right side of the pressing arm, adjust to the desired range of motion.
3. Check the weight stack to ensure the appropriate resistance is selected.

4. Grip the handles and position the elbows slightly below shoulders.
5. Position the body with the chest-up, shoulders and head back against back pad.

Performing the Exercise

With a controlled motion extend the handles out until the arms are fully extended, then return the handles to the start position without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise, think about drawing the elbows toward each other as opposed to pressing on the exercise arm. This will increase the mental concentration on the Pectoralis Major.





Machine Weight:	560 lbs.	254 kg
Weight Stack:	295 lbs.	138 kg
Maximum User Weight:	300 lbs.	136 kg

- Pressing arm adjusts in five positions so users can determine their own range of motion.
- Foot bar is built-in to the machine for users to increase their stabilization during heavy lifts.

Product Dimensions With Working Area (HS-CP)

Size:	in. = 41 L x 57 W x 64 H	cm = 104 L x 145 W x 163 H
Live Area:	in. = 83 L x 57 W x 64 H	cm = 210 L x 145 W x 163 H

Fixed Pulldown (HS-FPD)

Muscles Exercised - Latissimus Dorsi and Biceps

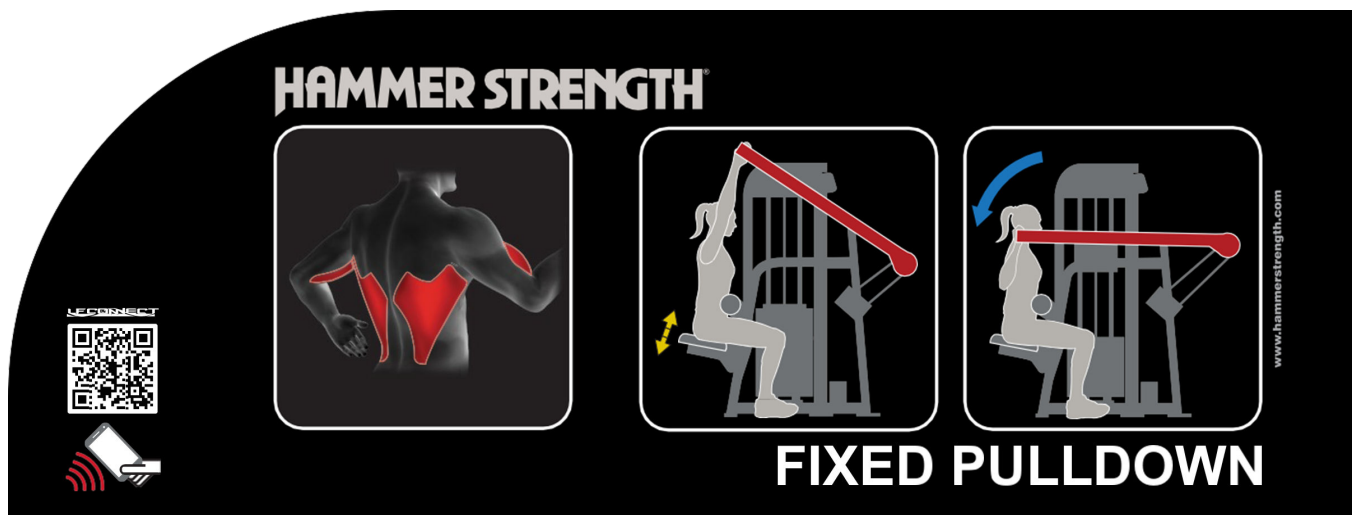
Setup

1. Adjust the seat height to secure the legs under the roller pads.
2. Stand up and grip the handles in the desired position, then sit down with the thighs under the roller pads.
3. Pull the handles down, keeping the chest up and aligning the elbows the under hands.
4. When finished straighten the arms and carefully stand up until the weight stack comes to a rest.

Performing the Exercise

With a controlled motion pull handles down to the top of the chest, then return the handles to the start position without letting the resistance rest on the stack. Repeat the motion while maintaining proper body positioning.

TIP: While performing the exercise think about lifting the chest to the handles as opposed to pulling the bar down. This will reinforce the correct exercise position and increase the mental concentration on the Latissimus Dorsi.





Machine Weight:	620 lbs.	281 kg
Weight Stack:	295 lbs.	138 kg
Maximum User Weight:	300 lbs.	136 kg

- Defined path of motion provides an easier exercise experience versus traditional Lat Pulldown that is user defined.
- Angled seat enhances stability and cues user for proper exercise position.

Product Dimensions With Working Area (HS-FPD)

Size:	in. = 55 L x 58 W x 73 H	cm = 139 L x 147 W x 185 H
Live Area:	in. = 107 L x 58 W x 73 H	cm = 272 L x 147 W x 185 H

Lat Pulldown (HS-PD)

Muscles Exercised

- Latissimus Dorsi
- Biceps

Setup

1. Sit and adjust the thigh pads to secure the legs in position.
2. Check the weight stack to ensure appropriate resistance is selected.
3. Stand and grip the bar in the desired position, then pull down and sit with thighs under pads.
4. Position the body, leaning back slightly from the hips with the chest-up.

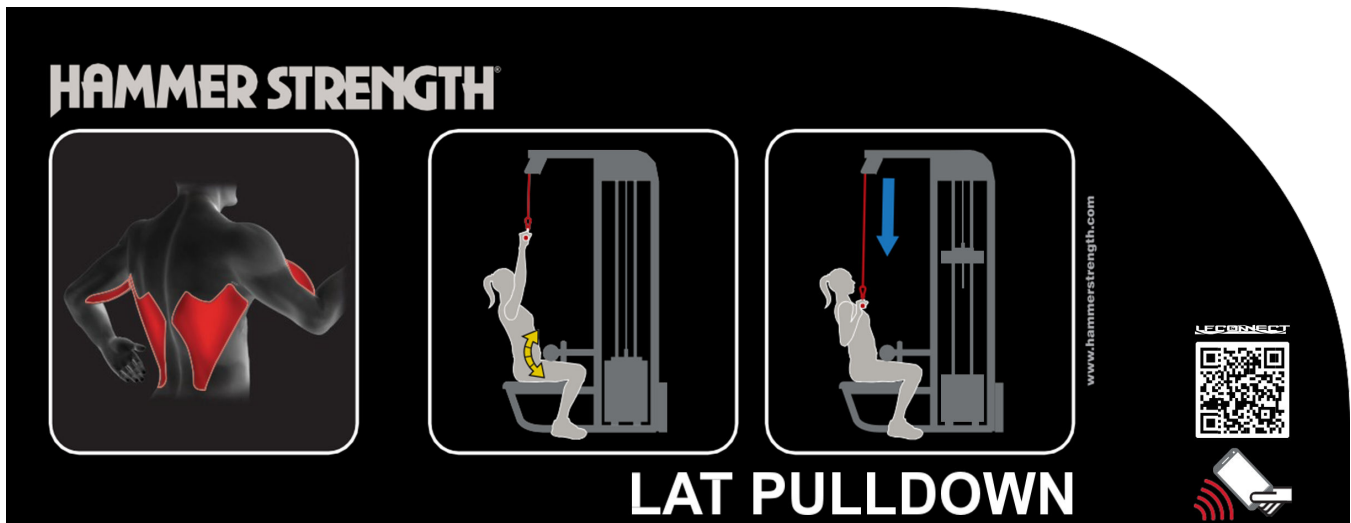
TIP: Attempt to stabilize the body without the use of the thigh pads until necessary.

TIP: The ideal grip on the handle positions are with the hands as far out as possible, but still allows the elbows to contact the sides of the body in the down position during the exercise. This ensures a full range of motion.

Performing the Exercise

With a controlled motion draw down the bar in front of the chest until it nearly makes contact with the chest, then extend the handles out until the arms are fully extended. Return the handles to the start position and repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise think about lifting the chest to the bar as opposed to pulling the bar down. This will reinforce the correct exercise position and increase the mental concentration on the Latissimus Dorsi.



Product Code: HS-PD



Machine Weight:	545 lbs.	247 kg
Weight Stack:	295 lbs.	138 kg
Maximum User Weight:	300 lbs.	136 kg

- Thigh pads easily adjust to provide both stability and comfort.
- Straight bar with angled ends ensures correct arm and wrist position throughout the entire range of motion.

Product Dimensions With Working Area (HS-PD)

Size:	in. = 54 L x 33 W x 89 H	cm = 137 L x 84 W x 226 H
Live Area:	in. = 78 L x 48 W x 89 H	cm = 198 L x 122 W x 226 H

Lateral Raise (HS-LR)

Muscles Exercised - Anterior and Middle Deltoid

Setup

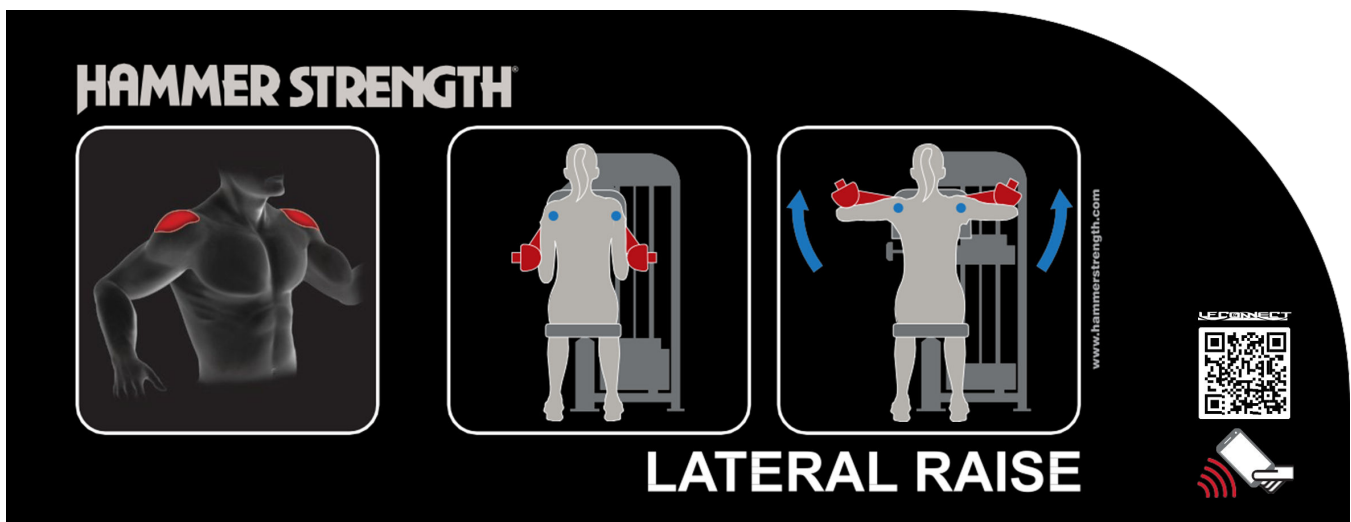
1. Adjust the seat height so the shoulder joints are aligned with the machines pivot points indicated by the red axis of rotation decals.
2. Sit facing the machine gripping the handles and positioning the elbows at the sides or slightly in front of the body.
3. Check the weight stack to ensure the appropriate resistance is selected.
4. Position the body with the chest-up and leaning forward against the chest pad.

NOTE: If the seat is adjusted properly, the pads should not slide on the arms during the exercise.

Performing the Exercise

With a controlled motion extend the elbows out to the sides until they are even with the shoulders, then return the pads to the start position without letting the resistance rest on the stack. Repeat the motion while maintaining proper body positioning.

TIP: While performing the exercise think about extending the elbows out to the side in a large arc as this increases the mental concentration on the Deltoids.





Machine Weight:	535 lbs.	243 kg
Weight Stack:	200 lbs.	95 kg
Maximum User Weight:	300 lbs.	136 kg

- Chest pad and arm pad positioning are optimized for Middle Deltoid muscle stimulation.
- Handles pivot to accommodate users of all sizes.

Product Dimensions With Working Area (HS-LR)

Size:	in. = 42 L x 37 W x 55 H	cm = 107 L x 94 W x 140 H
Live Area:	in. = 66 L x 49 W x 55 H	cm = 168 L x 124 W x 140 H

Pectoral Fly / Rear Deltoid (HS-FLY)

Muscles Exercised

- Pectoral Fly - Pectoralis and Anterior Deltoid
- Rear Deltoid - Posterior Deltoid and Trapezius

Setup - Pectoral Fly

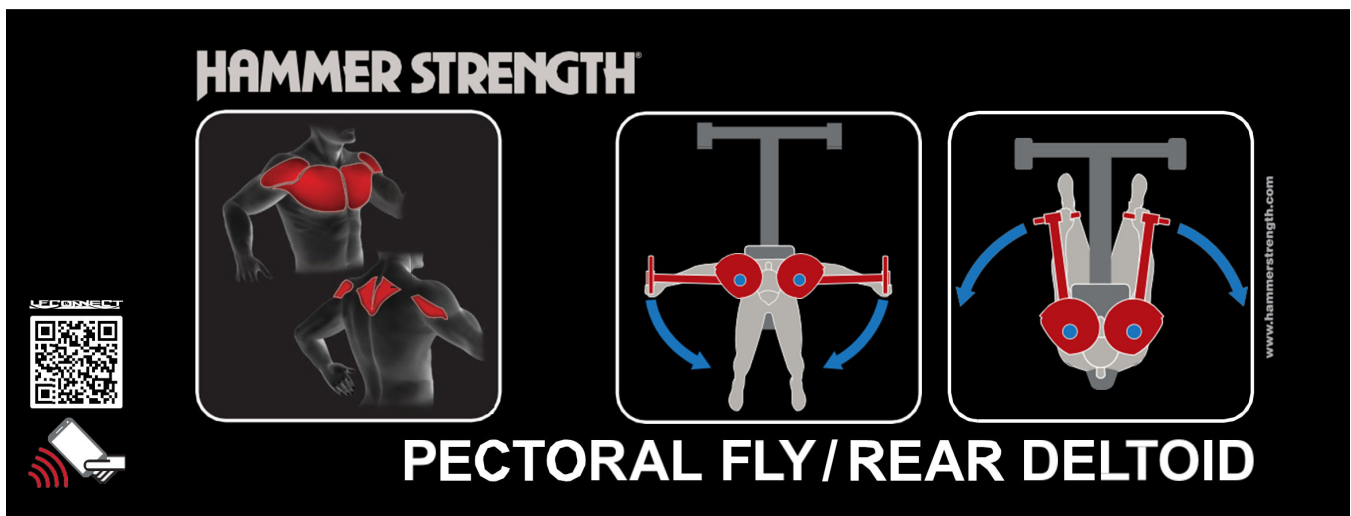
1. Adjust the seat height so the elbows are slightly below the shoulders when holding the vertical handles.
2. Adjust the start position using the overhead range of motion adjustments for each arm.
3. Check the weight stack to ensure the appropriate resistance is selected.
4. Sit with the chest-up and shoulders back, then grip the vertical handles keeping the elbows slightly bent.

Setup - Rear Deltoid

1. Adjust the seat height if necessary, so arms are parallel to the floor while holding the inside handles.
2. Adjust the start position bringing the arms into the furthest back position.
3. Check the weight stack to ensure the appropriate resistance is selected.
4. Sit facing the pad and grip the horizontal handles firmly keeping the elbows slightly bent.

Performing the Exercise

With a controlled motion rotate the handles out and about the shoulder as far as can be controlled, while maintaining the arms in position as described in the setup, then return the handles to the start position without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.



Product Code: HS-FLY



Machine Weight:	580 lbs.	263 kg
Weight Stack:	295 lbs.	138 kg
Maximum User Weight:	300 lbs.	136 kg

- User arms pivot to accommodate individual forearm lengths and varying paths-of-motion.
- Handle positions are optimized to eliminate the need to readjust the seat position in-between the fly and rear deltoid exercise.

Product Dimensions With Working Area (HS-FLY)

Size:	in. = 49 L x 56 W x 71 H	cm = 124 L x 142 W x 180 H
Live Area:	in. = 103 L x 68 W x 71 H	cm = 261 L x 173 W x 180 H

Pectoral Fly (HS-PEC)

Muscles Exercised

- Pectoralis
- Anterior Deltoid

Setup

1. Adjust the seat height, so the elbows are slightly below the shoulders when holding the handles.
2. Adjust the start position using the overhead range of motion adjustments for each arm.
3. Check the weight stack to ensure the appropriate resistance is selected.
4. Sit with the chest-up and shoulders back, then grip the handles keeping the elbows and forearm comfortably on the pad.

Performing the Exercise

With a controlled motion, rotate the handles in and bringing the elbows together, while maintaining the arms in position as described in the set-up. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.



Product Code: HS-PEC



Machine Weight:	580 lbs.	263 kg
Weight Stack:	295 lbs.	138 kg
Maximum User Weight:	300 lbs.	136 kg

- Machine arms pivot to self-align with users of all sizes.
- Built-in foot bar for user stabilization.
- Five start positions for multiple range-of-motion preferences.

Product Dimensions With Working Area (HS-PEC)

Size:	in. = 49 L x 56 W x 71 H	cm = 124 L x 142 W x 180 H
Live Area:	in. = 103 L x 68 W x 71 H	cm = 261 L x 173 W x 180 H

Leg Curl (HS-LC)

Muscles Exercised - Hamstrings

Setup

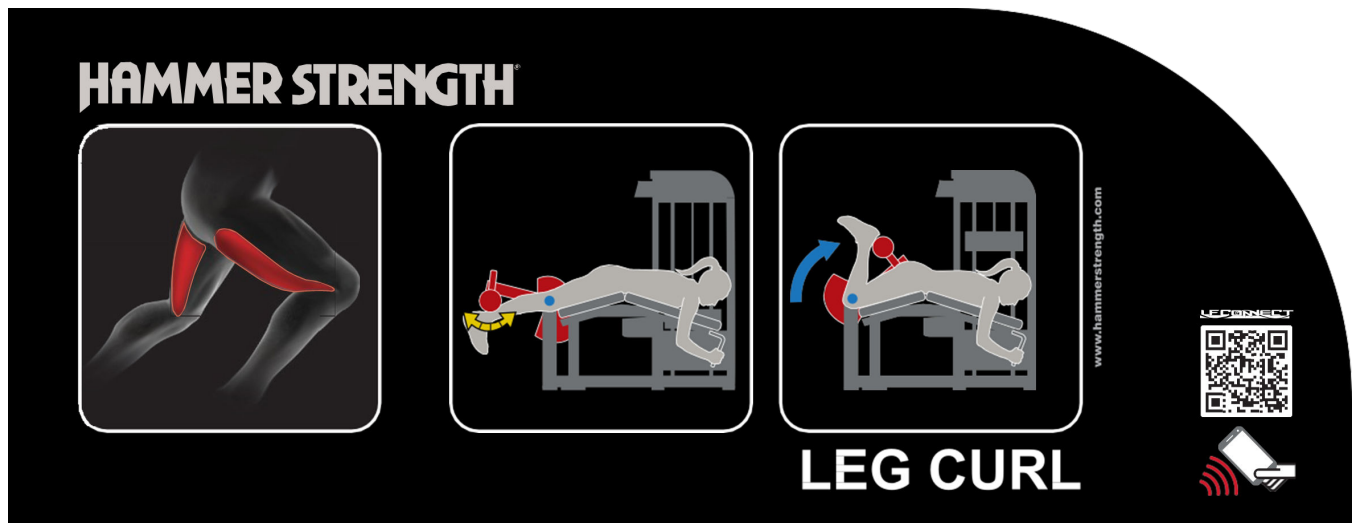
1. Lie face down on the pads positioning the knees just off the pad, aligned with the machine pivot as indicated by the red axis of rotation decal.
2. The lower leg pad should be positioned comfortably above the back of the ankles, adjust this as needed using the adjustment knob located on the machine cam (available on Hammer Select SE only).
3. Adjust the start position to the desired range of motion.
4. Check the weight stack to ensure the appropriate resistance is selected.
5. Grip the handles located under the chest pad at the head of the machine.

NOTE: Excessively lifting the hips off the pad during the exercise can place unwanted stress on the lower back. One method to overcome this is to slightly lift the thighs off the pad and hold, while performing the exercise, as this action forces the hips downward.

Performing the Exercise

Keeping the hips in contact with the pad and with a controlled motion, curl the legs up till fully flexed without the hips losing contact with the pad, then return the legs to the start position without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: Allow the feet to maintain in a relaxed position during the exercise. Flexing the feet during the exercise will activate the Gastrocnemius muscle and distract from the focus on the Hamstrings muscle. Alternatively, allowing the Gastrocnemius muscle to assist increases the functionality of the exercise. The action taken with the feet should depend upon the goals of the exercise.



Product Code: HS-LC



Machine Weight:	475 lbs.	216 kg
Weight Stack:	200 lbs.	95 kg
Maximum User Weight:	300 lbs.	136 kg

- Chest pad and hip pad form a diverging angle encourages a full range-of-motion and helps reduce lower back stress.
- Hammer Select SE version offers standard five-position range-of-motion adjuster for individual preference or anatomical limitations.
- Axis of alignment clearly marked with yellow dot to encourage correct axis alignment.

Product Dimensions With Working Area (HS-LC)

Size:	in. = 65 L x 39 W x 55 H	cm = 165 L x 99 W x 140 H
Live Area:	in. = 107 L x 63 W x 55 H	cm = 272 L x 160 W x 140 H

Leg Extension (HS-LE)

Muscles Exercised - Quadriceps

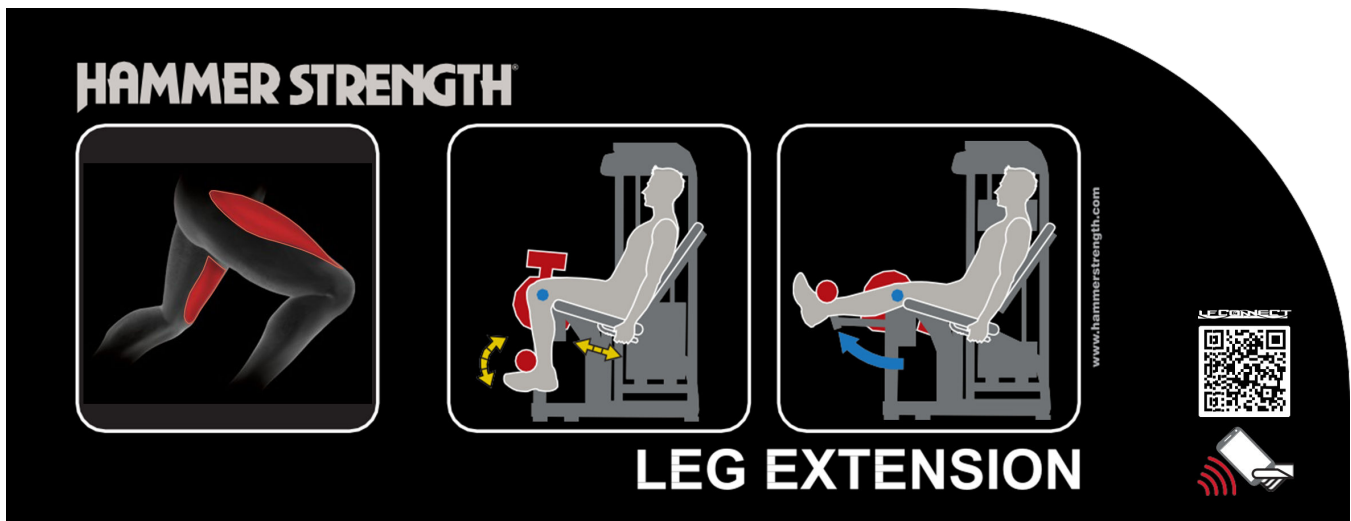
Setup

1. Adjust the back pad to align with the machine pivot, as indicated by the red axis of rotation decal with the knee joints.
2. Adjust the lower leg pad to a comfortable position above the ankle using the adjustment knob located on the machine cam (available on Hammer Select SE only).
3. Adjust the start position to the desired range of motion.
4. Check the weight stack to ensure appropriate resistance.
5. Grip the handles located on the sides of the seat, then position the body with the chest-up and shoulders back against back pad.

Performing the Exercise

Rotate the thighs so the knees are pointing upwards and with a controlled motion extend the legs to near full extension, then return the legs to the start position without letting the resistance rest on the stack. Repeat the motion while maintaining proper body positioning.

TIP: Position the thighs with the knees pointing upwards and maintain this while performing the exercise. This position is safer for the knee joint and more effective for the Quadriceps muscles.





Machine Weight:	570 lbs.	368 kg
Weight Stack:	295 lbs.	138 kg
Maximum User Weight:	300 lbs.	136 kg

- 100-degree angle between seat and back pad increases comfort and encourages full Quadriceps contraction without Hamstrings flexibility limitations.
- Hammer Select SE version offers standard five-position range-of-motion adjuster for individual preference or anatomical limitations.
- Hammer Select SE version offers a Tibia pad and seat back adjustment accessible from the seated position.
- Axis of alignment clearly marked with yellow dot to encourage correct axis alignment.

Product Dimensions With Working Area (HS-LE)

Size:	in. = 47 L x 41 W x 64 H	cm = 119 L x 104 W x 163 H
Live Area:	in. = 89 L x 65 W x 64 H	cm = 226 L x 165 W x 163 H

Horizontal Calf (HS-HC)

Muscles Exercised

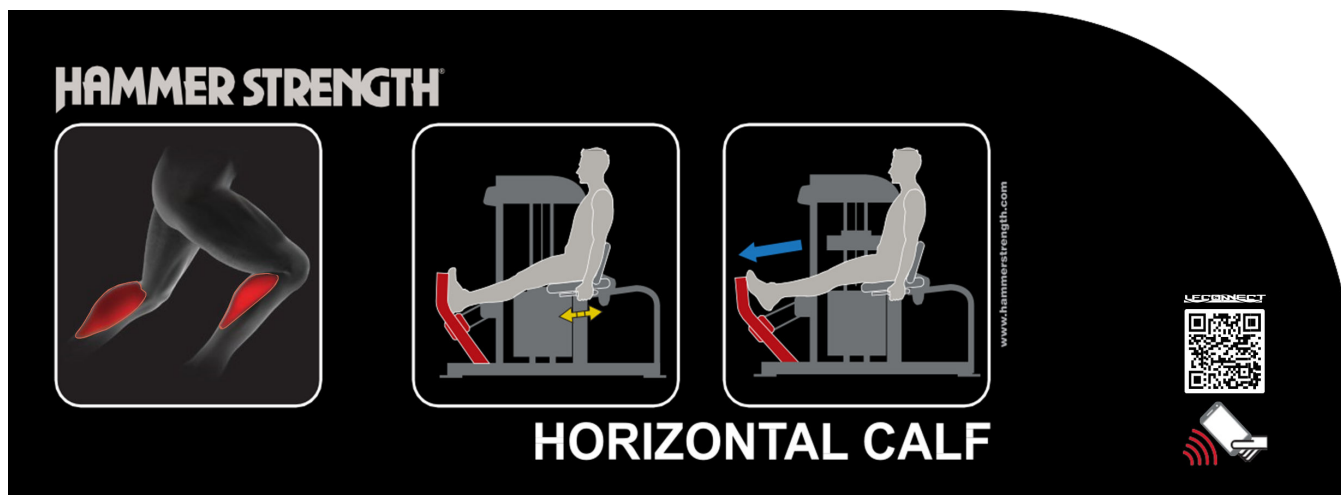
- Gastrocnemius
- Soleus

Setup

1. Adjust the seat back to allow a slight bend in the knees when the balls of the feet are positioned on the footplate.
2. Check the weight stack to ensure the appropriate resistance is selected.
3. Position the hips firmly against the back pad and grip the handles located on the sides of the seat pad.
4. Position the body with chest-up and shoulders back against back pad.

Performing the Exercise

With a controlled motion press upward on the balls of the feet as far as can be controlled, while maintaining the knees slightly bent **DO NOT LOCK OR HYPEREXTEND THE KNEES**, then return the footplate to the start position without letting the resistance rest on the stack. Repeat the motion while maintaining proper body positioning.



Product Code: HS-HC



Machine Weight:	690 lbs.	313 kg
Weight Stack:	370 lbs.	185 kg
Maximum User Weight:	300 lbs.	136 kg

- Force is transmitted through hips to eliminate spinal compression.
- Adjustable back pad provides range-of-motion adjustment for users of all sizes.

Product Dimensions With Working Area (HS-HC)

Size:	in. = 61 L x 32 W x 55 H	cm = 155 L x 81 W x 140 H
Live Area:	in. = 77 L x 56 W x 55 H	cm = 196 L x 142 W x 140 H

Hip Abduction (HS-HAB)

Muscles Exercised - Hip Abductors

Setup

1. Sit down with the feet placed on the foot pegs, so the knees are bent 90 degrees.
2. Adjust the start position with the range of motion adjustment, then pushing with the knees slowly move the pads out and return.

Performing the Exercise

Hold the handles and slowly move the pads out, pushing with the knees. Hold the outward extreme position briefly, then return to the start position. When finished pull the lever to release the weight pads to exit the machine.



Product Code: HS-HAB



Machine Weight:	575 lbs.	261 kg
Weight Stack:	295 lbs.	138 kg
Maximum User Weight:	300 lbs.	136 kg

- Adjustable start position facilitates easy entry and exit.
- Knee pads and dual foot positions provide leg support while reducing torque around the knee.
- Front-mounted weight stack lets users adjust weight from the seated position and provides a privacy screen.

Product Dimensions With Working Area (HS-HAB)

Size:	in. = 61 L x 26 W x 55 H	cm = 155 L x 66 W x 140 H
Live Area:	in. = 61 L x 77 W x 55 H	cm = 155 L x 196 W x 140 H

Hip Adduction (HS-HAD)

Muscles Exercised - Hip Adductors

Setup

1. Sit down and place the feet on the foot pegs, so the knees are bent 90 degrees.
2. Adjust the start position with the range of motion adjustment, then pushing with the knees, slowly move the pads inward and return.

Performing the Exercise

Hold the handles and slowly move the pads in pushing with knees. Hold the inward extreme position briefly to the start position. When finished, pull the lever to release the weight pads to exit the machine.



Product Code: HS-HAD



Machine Weight:	575 lbs.	261 kg
Weight Stack:	295 lbs.	138 kg
Maximum User Weight:	300 lbs.	136 kg

- Ratchet mechanism allows user to adjust start position in 10-degree increments to accommodate each individual's desired range and flexibility.
- Knee pads and dual foot positions provide leg support while reducing torque around the knee. Tibia pad provides lower body stabilization.
- Front-mounted weight stack lets users adjust weight from the seated position and provides a privacy screen.

Product Dimensions With Working Area (HS-HAD)

Size:	in. = 61 L x 26 W x 55 H	cm = 155 L x 66 W x 140 H
Live Area:	in. = 61 L x 77 W x 55 H	cm = 155 L x 196 W x 140 H

Hip And Glute (HS-HG)

Muscles Exercised

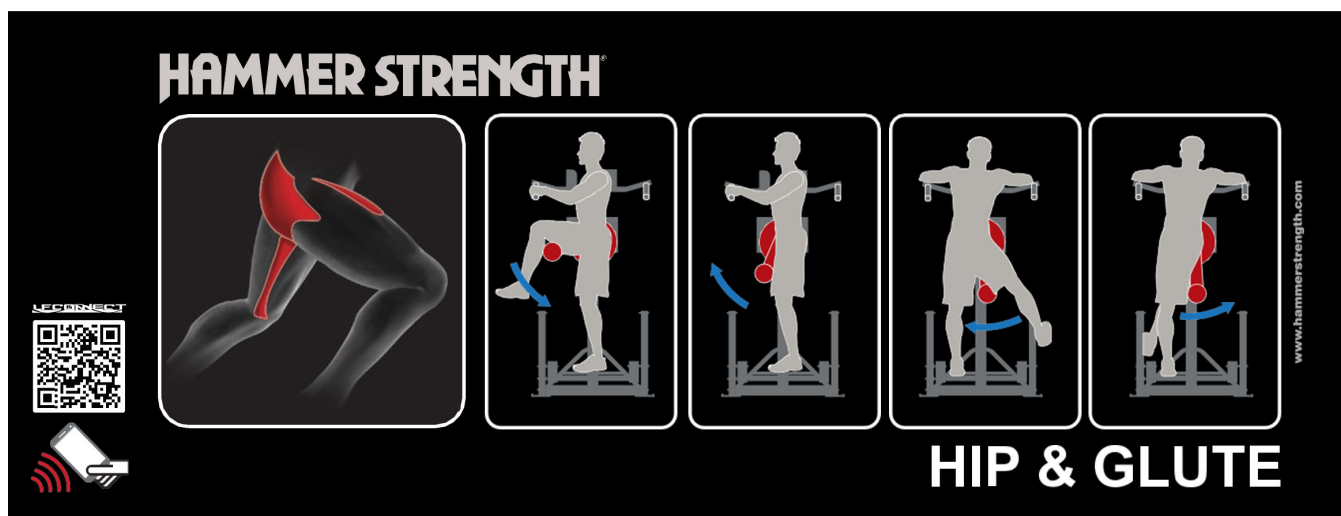
- Hip Abductors
- Adductors
- Flexors and Glute

Setup

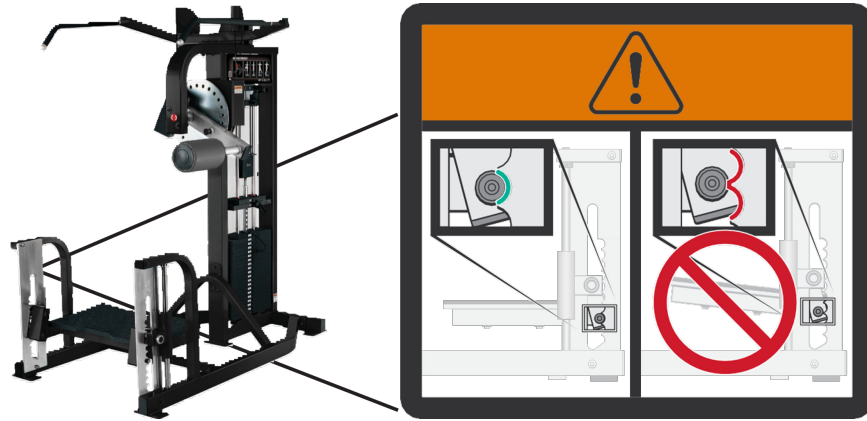
1. Adjust the foot platform so the ball of the hip is in line with the axis of rotation sticker located in the center of the work arm.
2. Make sure the platform is locked into place and completely flat prior to stepping on it.
3. Set the work arm at the desired starting position based on the exercise you wish to perform.

Performing the Exercise

Stand on the platform with the exercising hip in line with the axis of rotation. Lightly grip handles and perform the desired exercise. Return weight to the start position prior to exiting the machine.



Product Code: HS-HG



ATTENTION: Carriage must be fully engaged before user board's platform. Users must be instructed how to adjust and secure the platform. Failure to properly engage platform could lead to injury.

Machine Weight:	515 lbs.	234 kg
Weight Stack:	295 lbs.	138 kg
Maximum User Weight:	300 lbs.	136 kg

- Effectively trains the glutes, hip flexors, hip abductors and hip adductors.
- Bi-directional cam system has immediate resistance pick-up and is ideal for high speed training.
- Platform height adjustment accounts for users of all sizes.

Product Dimensions With Working Area (HS-HG)

Size:	in. = 65 L x 39 W x 72 H	cm = 165 L x 99 W x 183 H
Live Area:	in. = 94 L x 39 W x 72 H	cm = 239 L x 99 W x 183 H

Seated Leg Curl (HS-SLC)

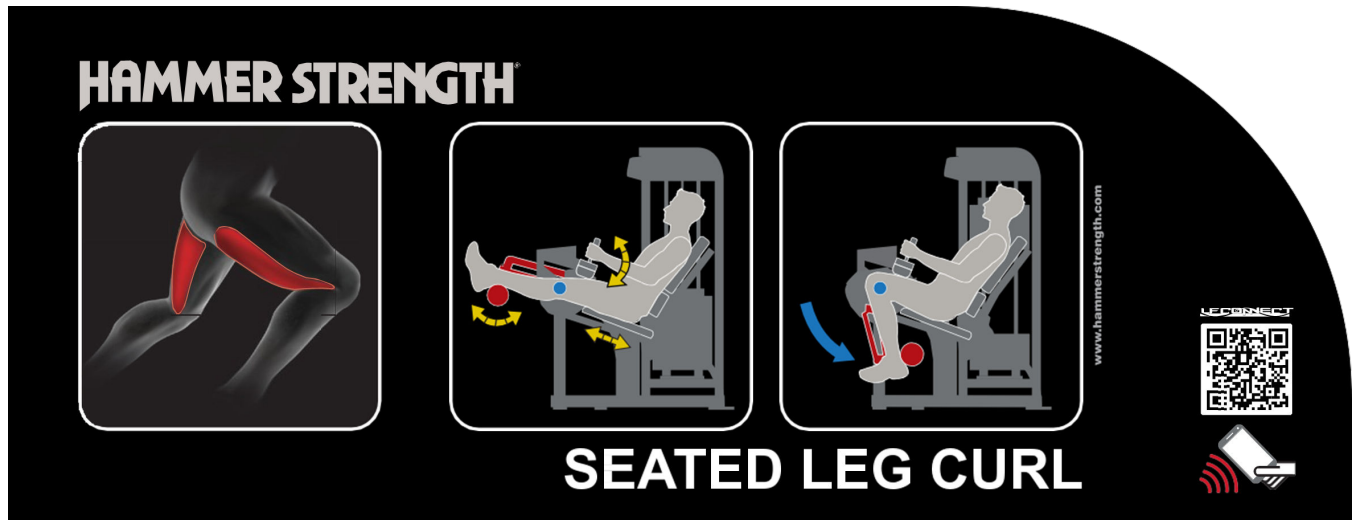
Muscles Exercised - Hamstrings

Setup

1. Sit down on the seat and adjust the back pad by pulling the knob behind the seat.
2. The seat should be adjusted so that the knee lines up with the axis of rotation (pivot point).
3. Adjust the ankle pad so it is positioned just under the ankles.
4. Check the appropriate resistance on weight stack is selected.
5. Lower the thigh pad until it is comfortable, then keep the back straight and head up.

Performing the Exercise

Hold the thigh pad handles. Curl the pad down and back slowly. Hold the pad at the back position for a moment, then slowly let the pad out. Raise the thigh pad to exit the machine.





Machine Weight:	515 lbs.	234 kg
Weight Stack:	295 lbs.	138 kg
Maximum User Weight:	300 lbs.	136 kg

- Back pad adjusts from exercise position for correct alignment with axis of rotation.
- Axis of motion marked with red dot to encourage correct axis alignment.
- Adjustable thigh pad with handles provides optimal stabilization during exercise.
- Five-position range-of-motion adjustments is standard on SE units.

Product Dimensions With Working Area (HS-SLC)

Size:	in. = 55 L x 34 W x 55 H	cm = 140 L x 86 W x 140 H
Live Area:	in. = 89 L x 58 W x 55 H	cm = 226 L x 147 W x 140 H

Seated Leg Press (HS-SLP)

Muscles Exercised

- Quadriceps
- Hamstrings
- Gluteus

Setup

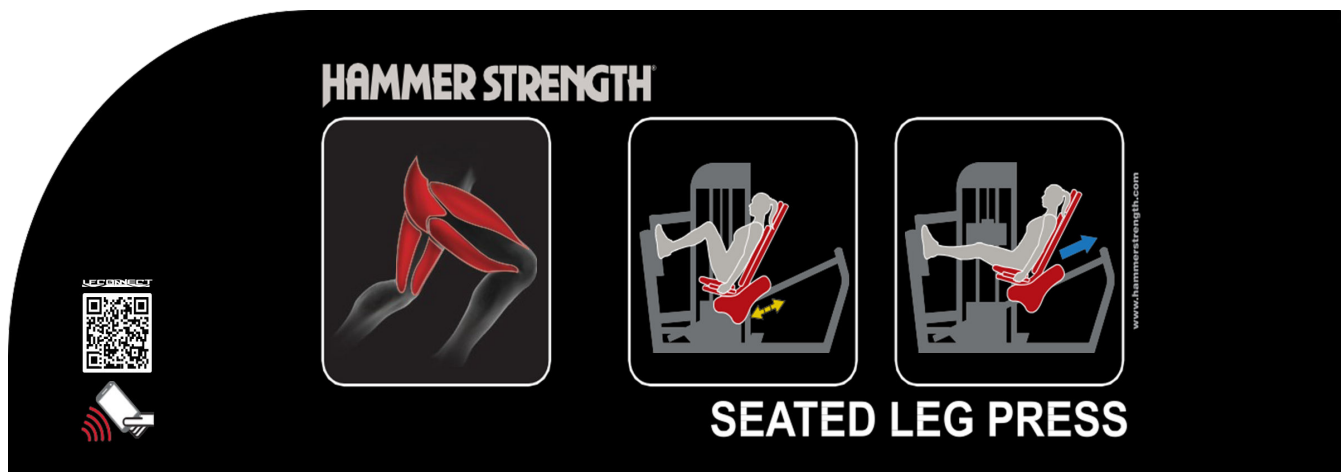
1. Adjust the start position using the release lever located on the seat's left side to the desired range of motion.
2. Position the feet on the footplate aligned with the hips and the feet turned out slightly.
3. Check the weight stack to ensure the appropriate resistance is selected.
4. Grip the handles on the sides of the seat and position the body with the chest-up, shoulders and head back against back pad.

Performing the Exercise

With a controlled motion extend the legs until the knees are slightly bent. **DO NOT LOCK THE KNEES.** Return to the start position without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise, think about extending the knees downward, as this mental concentration increases the focus on the leg muscles.

NOTE: DO NOT sacrifice proper exercise form in order to utilize more resistance during the exercise as this can result in Serious Injury.



Product Code: HS-SLP



Machine Weight:	810 lbs.	368 kg
Weight Stack:	390 lbs.	195 kg
Maximum User Weight:	300 lbs.	136 kg

- Stainless steel rails are maintenance-free and offer an exceptionally smooth motion.
- User position and pressing angle are biomechanically optimized to limit unwanted forces in the knees.

Product Dimensions With Working Area (HS-SLP)

Size:	in. = 79 L x 40 W x 71 H	cm = 201 L x 102 W x 180 H
Live Area:	in. = 79 L x 64 W x 71 H	cm = 201 L x 163 W x 180 H

Seated Row (HS-RW)

Muscles Exercised

- Latissimus Doris
- Trapezius, Rhomboids
- Teres Major and Minor
- Posterior Deltoids and Biceps

Setup

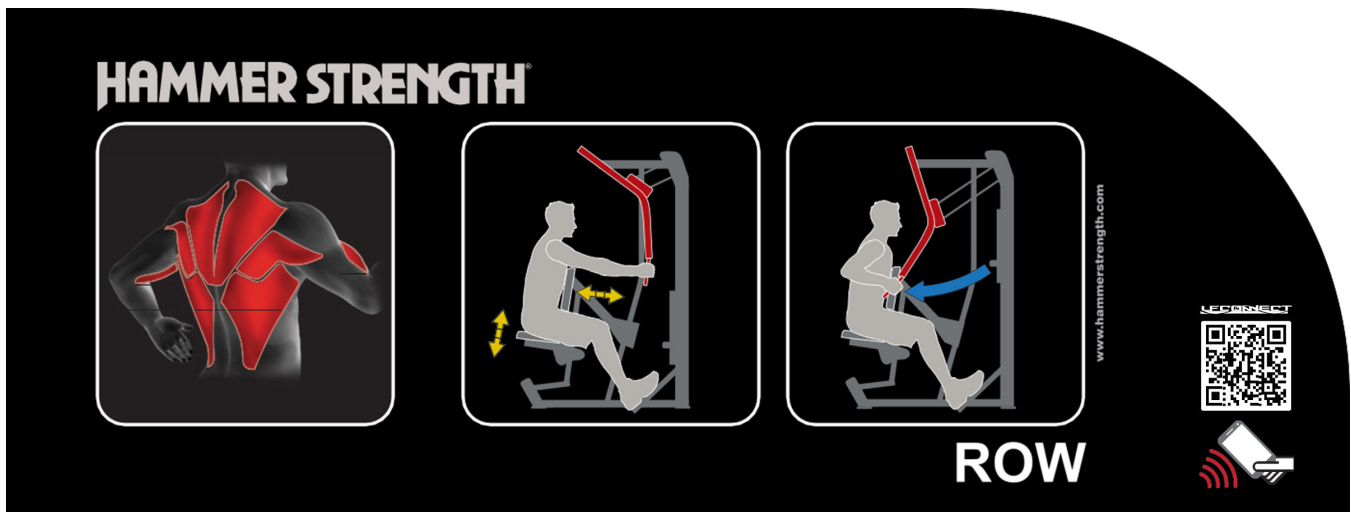
1. Adjust the seat height to align the mid-chest with the top of the chest pad, keeping your feet firmly on the footplates.
2. Adjust the seat frame position to allow full arm extension.
3. Check the weight stack to ensure the appropriate resistance is selected.
4. Grip the desired handles and position your body with head and chest-up.

NOTE: The upper handles focus primarily on the Posterior Deltoid and upper back muscles. The middle and lower handles focus primarily on the Latissimus Dorsi and middle back muscles, while the lower handles provide a variation with the wrists positioned in a neutral position.

Performing the Exercise

Stabilize the body in position pressing the feet firmly into the footplates, preventing excessive pressure on the chest pad. With a controlled motion draw back the arms as far as can be controlled, then return the handles to the start position without letting the resistance rest on the stack. Repeat the motion while maintaining proper body positioning.

TIP: While performing the exercise with any of the handles, think about drawing the elbows back beyond the body as this increases the mental concentration on the muscles being trained.



Product Code: HS-RW



Machine Weight:	590 lbs.	268 kg
Weight Stack:	295 lbs.	138 kg
Maximum User Weight:	300 lbs.	136 kg

- Multiple grips are provided for greater exercise variety to train the mid or upper back muscles.
- Overhead pivot creates a natural arc of motion.
- Chest and seat pads pivot-together providing stable positioning and decreasing the overall size of the machine.

Product Dimensions With Working Area (HS-RW)

Size:	in. = 52 L x 34 W x 71 H	cm = 132 L x 86 W x 180 H
Live Area:	in. = 76 L x 52 W x 64 H	cm = 193 L x 132 W x 180 H

Shoulder Press (HS-SP)

Muscles Exercised

- Deltoids
- Triceps

Setup

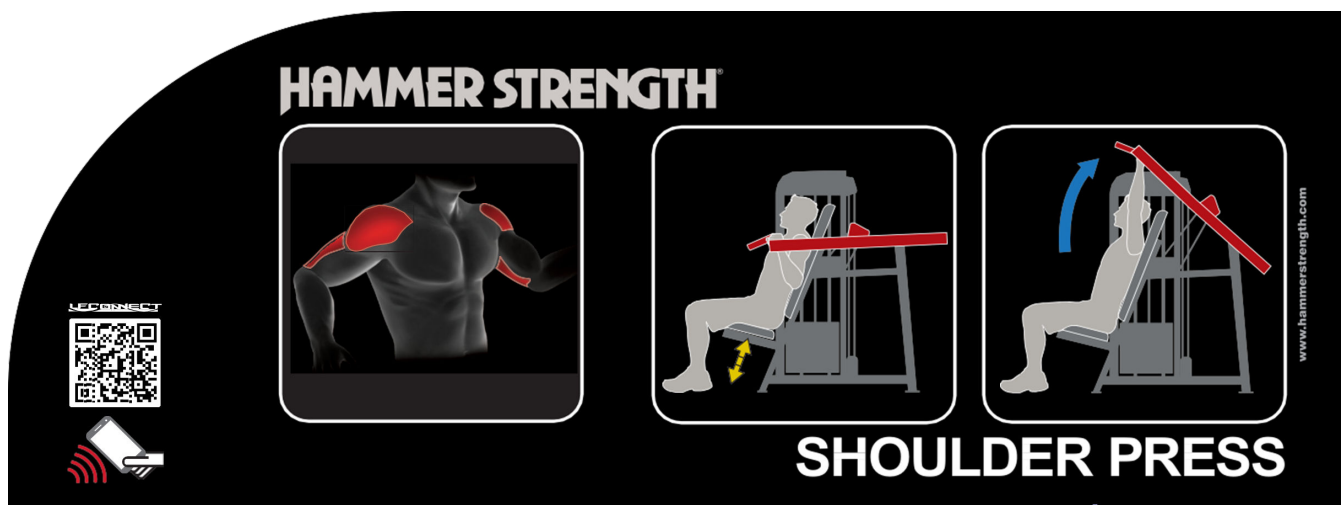
1. Adjust the seat height so the handles are aligned with or above your shoulder height.
2. Check the weight stack to ensure the appropriate resistance is selected.
3. Grip the handles, then position your body with the chest-up, shoulders and head back against back pad.

NOTE: The neutral handles are ideal for persons with limited shoulder flexibility or orthopedic limitations.

Performing the Exercise

With a controlled motion, extend the handles up until the arms are fully extended, then return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: Focus on extending your elbows as opposed to pressing the arm up, as this increases the mental concentration on the Deltoid muscles.



Product Code: HS-SP



Machine Weight:	520 lbs.	236 kg
Weight Stack:	200 lbs.	95 kg
Maximum User Weight:	300 lbs.	136 kg

- Pressing arm includes both bar and neutral grips for user's individual preference of anatomical limitations.
- Range of motion is adjusted with the use of the seat position.

Product Dimensions With Working Area (HS-SP)

Size:	in. = 60 L x 56 W x 64 H	cm = 152 L x 142 W x 163 H
Live Area:	in. = 102 L x 56 W x 64 H	cm = 259 L x 142 W x 163 H

Standing Calf (HS-SC)

Muscles Exercised

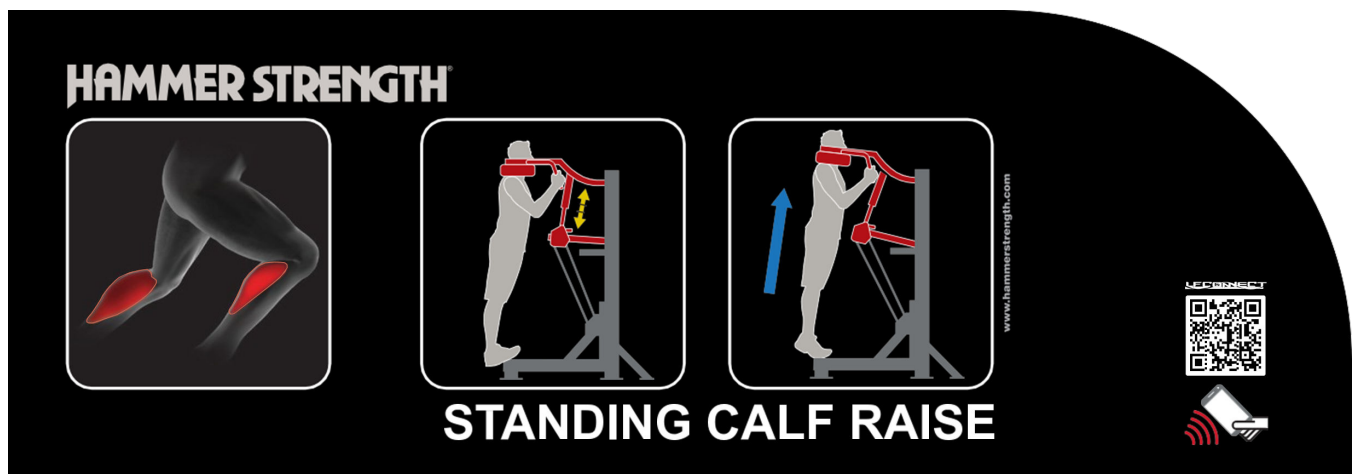
- Gastrocnemius
- Soleus

Setup

1. Adjust the pads to your shoulder.
2. Check the weight stack to ensure is appropriate resistance selected, while standing on the floor by using the pull knob.

Performing the Exercise

Keeping the back straight, slide the shoulders under the pads. Bend the knees and step onto the platform with the balls of the feet. The heels should be hanging off the back of the platform. Keeping the back straight, extend the legs to bring the weight stack up. Raise the heels upward and hold briefly, then return to starting position. Finish by bending knees to bring the weight stack down and then exit the machine.



Product Code: HS-SC



Machine Weight:	680 lbs.	308 kg
Weight Stack:	390 lbs.	195 kg
Maximum User Weight:	300 lbs.	136 kg

- Nine pad height positions accommodate different height users.
- Contoured non-slip footplate allows for a full range of motion for user's ankles.

Product Dimensions With Working Area (HS-SC)

Size:	in. = 58 L x 45 W x 72 H	cm = 148 L x 114 W x 183 H
Live Area:	in. = 76 L x 63 W x 72 H	cm = 193 L x 161 W x 183 H

Triceps Extension (HS-TE)

Muscles Exercised

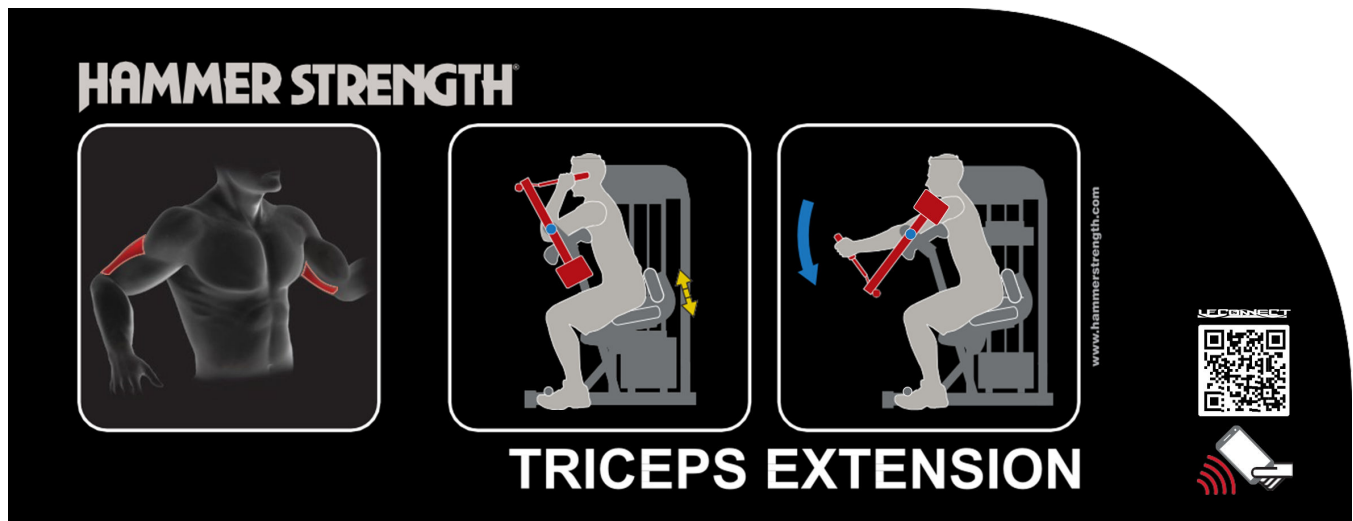
- Pectoralis
- Anterior Deltoid

Setup

1. Adjust the seat height so backs of arms rest fully on arm pad, aligning the elbows with the machines pivot indicated by the red axis of rotation decal.
2. Check the weight stack to ensure the appropriate resistance is selected.
3. Rotate the handle back and grip firmly, then position the feet under foot bar for stability.
4. Position the body with the hips in contact with the lower back pad, leaning forward and keeping the back straight.

Performing the Exercise

With a controlled motion extend the handles out until the arms are fully extended, then return the handles to the start position without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.





Machine Weight:	470 lbs.	213 kg
Weight Stack:	200 lbs.	95 kg
Maximum User Weight:	300 lbs.	136 kg

- Seat and upper arm pads are angled to enhance user stability during the exercise.
- Axis of alignment clearly marked with yellow dot to encourage correct axis alignment.
- Handle pivots to automatically adjust for varying forearm lengths and mistakes made during exercise set-up.

Product Dimensions With Working Area (HS-TE)

Size:	in. = 45 L x 44 W x 55 H	cm = 114 L x 112 W x 140 H
Live Area:	in. = 53 L x 68 W x 55 H	cm = 135 L x 173 W x 140 H

3. Maintenance Procedures

Maintenance Schedule

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
CLEAN				
Upholstery	•			
Hand Grips				•
WAX				
Frames				•
INSPECT				
Belts		•		
Paint			•	
Hardware		•		
Frame		•		
Hand Grips		•		

Clean

- Upholstery with an approved or compatible cleaner.
- Hand grips with an approved or compatible cleaner.

Wax

- Frames with a standard, non-abrasive, wax finish.

Inspect

- Hardware. Check for loosening. Tighten as required.
- Belts. Look for wear or damage and proper tension. Pay close attention at bends and attachment points.
- Frames. Inspect for wear and damage.
- Hand grips. Check for wear and damage.
- For paint chips. Fill in immediately with manufacturers touch-up paint.

Once a Day

- Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.

Once a Week

- Visually inspect all hardware for loosening, tampering or wear.
- Check condition of hand grips.

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@lifelife.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.

4. Warranty

What is Covered

This Life Fitness commercial exercise equipment product is warranted to be free of all defects in material and workmanship.

Who is Covered

The original purchaser or any person receiving the product as a gift from the original purchaser.

Who Pays Transportation and Insurance For Service

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

What We Will Do To Correct Covered Defects

We will ship to you any new or rebuilt replacement part or component, or at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

What is Not Covered

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization, or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual.

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness representative.

Owner's Manual

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

Exclusive Warranty

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

Changes in Warranty Not Authorized

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

Effects of State Laws

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

Terms of Warranty Coverage

Please use the link below to access component warranty terms:


<http://lifefitness.com/warranties>



5. Cable Handling Guide

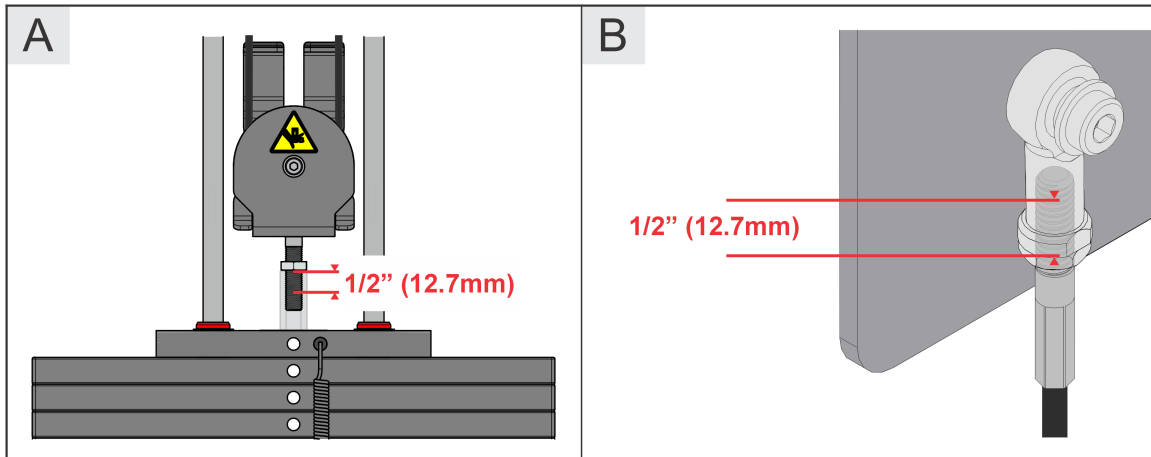
Cable Terminations, Tensioning and Wear Guide

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

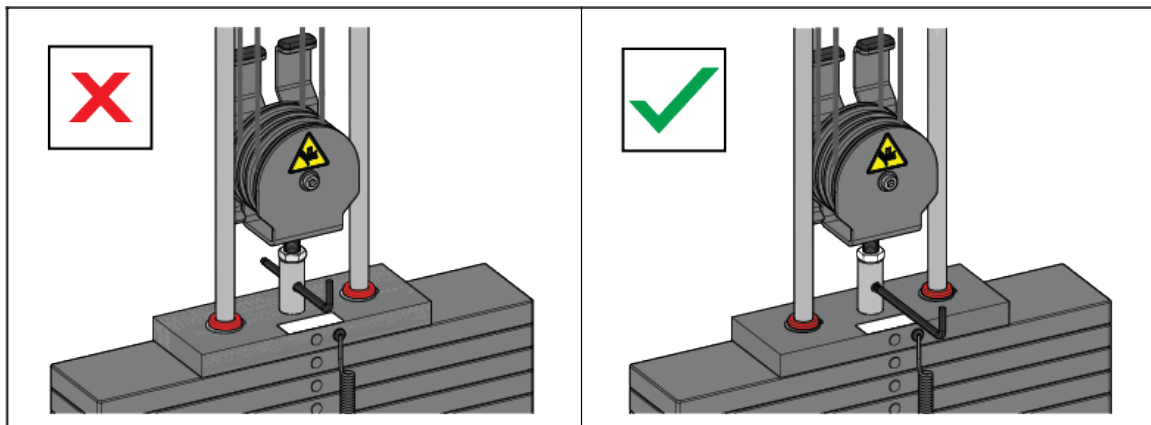
 **WARNING:** Use of non certified "techs" note: Service warranties may be void if a non-Life Fitness-certified technician performs service work. Replacement of any strength cables should be performed by a Life Fitness certified technician.

Cable Terminations

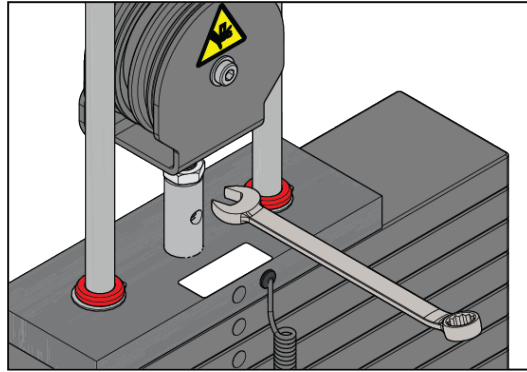
1. Cable must be threaded at least 1/2 inch (12.7mm) into termination points; at headplate (A) and frame/heim joint (B).



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



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



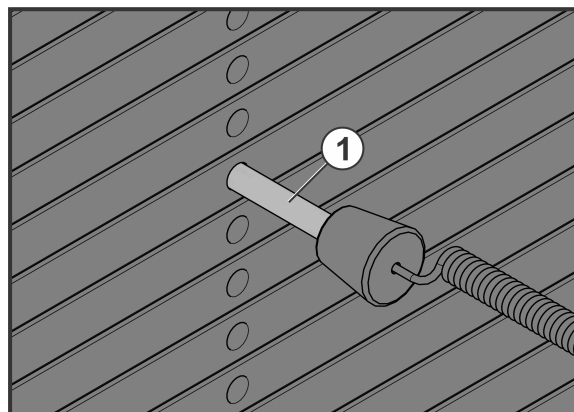
Tensioning Cable

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

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

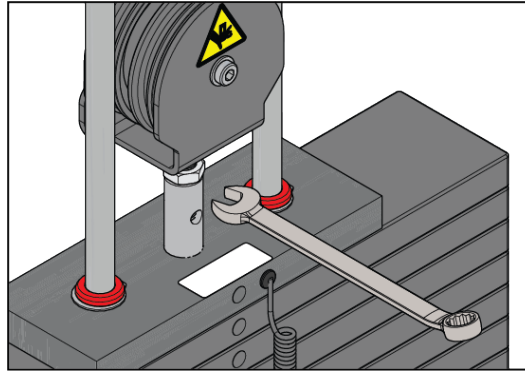
SEATED HEAD PLATE	SUSPENDED HEAD PLATE
<ol style="list-style-type: none"> No gap 	<ol style="list-style-type: none"> Gap Bayonet obstructing weight stack pin

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



Item	Description	Qty.
1	Weight Stack Selector Pin	1

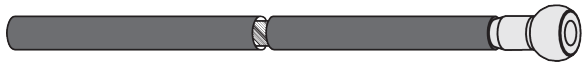
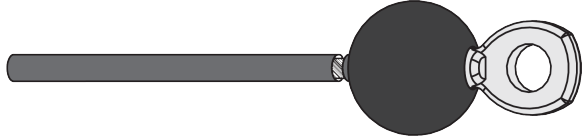
3. When proper thread engagement is reached, tighten jam nut to 20-25 FT-LBS (27.2 - 34.0 Nm) using a 24mm wrench.




Strength Cable Wear Guide

Replace cable at first sign of any of the following:

FRACTURES:

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


TWISTING/BINDING:

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

BULGING:

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


FRAYED/EXPOSED WIRE ROPE:

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


FLATTENED:

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

PERMANENTLY BENT:

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

ENDS SEPARATING:

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

6. 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 **recommends** 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.

Delivery and Installation Tips

All Anchors

- Fasteners must have minimum embedment in concrete floor, not including screed, regardless of wood/tile/rubber over sub-floor. (See *Anchor Types* for maximum sub-floor thickness between unit and concrete to equipment foot must be made of flooring or other material (i.e. no air gaps)).
- DO NOT reuse fasteners. Static and Dynamic anchors are designed for one-time use only.
- Factor in equipment's feet height when selecting fastener length.
- Factor in flooring thickness when selecting fastener length.
- It is also recommended to drill an additional 1/2" (12.7 mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.
- Minimum concrete compressive strength: 3000 psi (20 N/mm²).

Anchoring

- All anchors must have a minimum embedment into concrete, regardless of wood/tile/rubber/screed over sub-floor.
- Dynamic anchors must have a minimum embedment depth in concrete to ensure maximum security and pull out force. See *Anchor Types* for embedment depth minimums.

Building Codes

It is the facility's responsibility to adhere to local and regional building codes. Please verify with the customer to ensure that they are aware of this.

Carpeting

If bolted down to carpet flooring, be sure to use a box cutter knife to cut the carpet threads around each foot. This will help avoid the carpet threads from being wrapped around and pulled by the drill bit.

Competitor Product

The bolt down guidelines and procedures for Life Fitness products were determined by the company's Engineering and Installation Development groups. These guidelines include which anchors to use and positioning of the anchors are required for Life Fitness product.

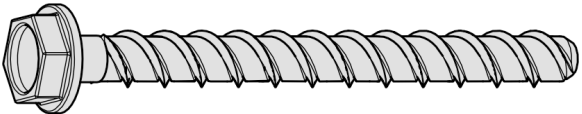
- Life Fitness does not have that level of specification or engineering input for competitive product.
- Life Fitness installation teams are not permitted to anchor competitor equipment.

Drilling

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

- This can be done by marking your drill bit with a piece of tape.
- While it is recommended that a vacuum be used to clean up debris, this will not account for all the debris that will settle at the bottom of the drilled hole.

Anchor Type - Static

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

Anchor Specifications

Static Anchor	Minimum Concrete Thickness	Minimum Drill Depth in Concrete	Minimum Concrete Embedment	Minimum concrete compressive strength
KH-EZ 1/4"	4-1/8" (105mm)	1/2" (12.7mm) beyond anchor length	2-1/2" (63.5mm)	3000psi (20 N/mm ²)
HUS-H 6mm	3-3/32" (100mm)	25/64" (10mm) beyond anchor length	2-1/64" (55mm)	3000psi (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 1/4" x 4"	830 lb
HUS-H 6MM x 120MM	3.3 kN
KH-EZ 3/8" x 4"	1535 lb
KH-EZ 3/8" x 5"	1535 lb
HUS-H 8MM x 120MM	3.3 kN
HUS-H 8MM x 150MM	3.3 kN
HSL-3 and HSL4 M 8/40	2000 lb
HST M12 x 115/20	8 kN
HST M12 x 195/200	8 kN
KB-TZ 3/8" x 3-3/4"	1615 lb

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

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)

Static Anchor

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

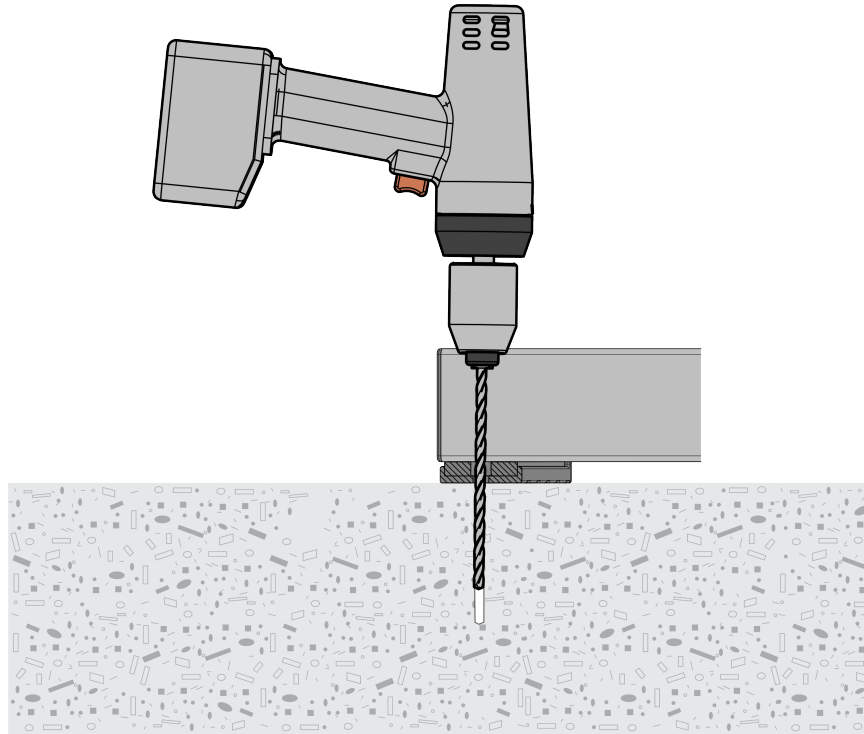
- Extension cord
- Impact wrench
- Vacuum (for debris)

Static Anchor Procedure



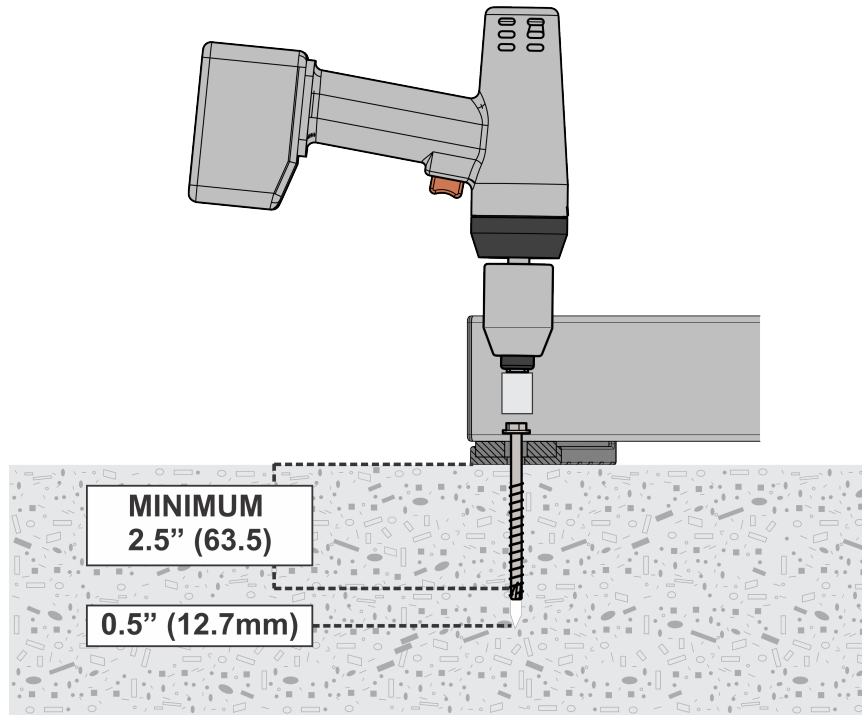
CAUTION: If it is possible that the length of your bolt will not provide the minimum requirement of 2.5" (63.5mm) of engagement, a longer anchor should be used.

1. Place unit into position to be mounted and cycle unit to set stance.
2. Each foot **must** get at least one static 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 Selection* and *Foot Dimensions*.



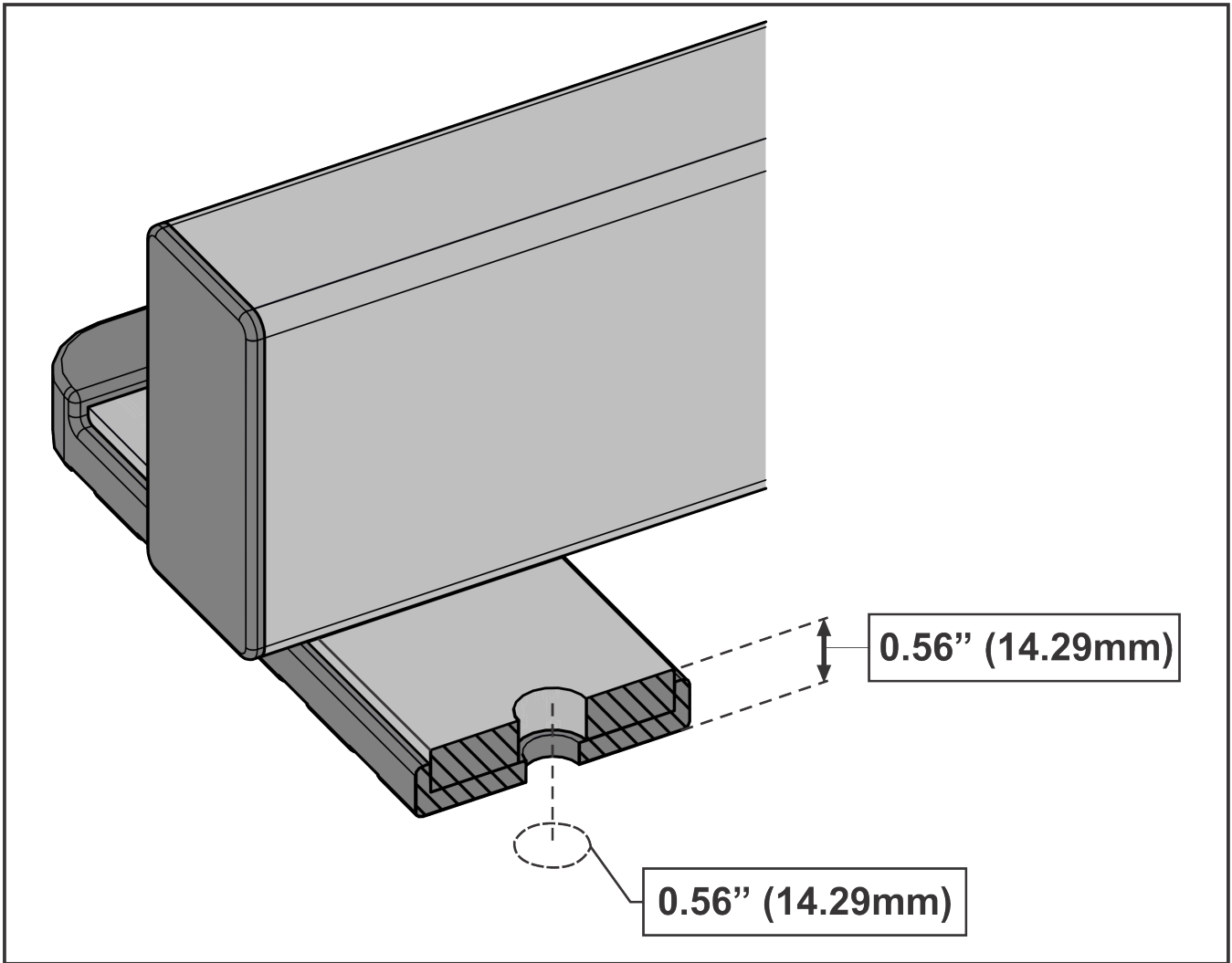
4. Insert fastener and tighten to 18 Foot-Pounds (24Nm) for 1/4" (6mm) anchor or 40 Foot-Pounds (54Nm) for 3/8" (8mm) anchor.

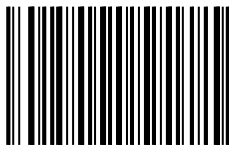
NOTE: If the legs/frame do not contact the mounting surface **DO NOT** pull down with the fastener or anchor. Loosen frame hardware and re-tighten to allow machine to align.



Foot Dimensions

Use below image to determine foot height thickness.





9510901