

HAMMER[®] STRENGTH

HAMMER STRENGTH[®]

Plate Loaded Series Owner's Manual

PL-4W, PL-AB, PL-ANH, PL-BI, PL-CALF, PL-DIP, PL-FLY, PL-GRIP,
PL-HSQ2, PL-LE, PL-LR, PL-PO, PL-SH, PL-SSP, PL-TIB, PL-TBR, PL-VSQ,
PL-XSQ



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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/PartStore>

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 • 1000420-0001 AI • 2026

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 1,3 Butadiene, 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 brand 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 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. Always utilize weight plate retention devices.
6. DO NOT exceed the load rating. Seek Assistance.
7. Use only weight plates with 2" (5 cm) bore for training weight. Do not use dumbbells or other means to increase weight resistance. Seek Assistance.
8. Children must not be allowed near this machine. Supervise Teenagers.
9. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
10. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

8773701

Carriage Stop

! WARNING

SERIOUS INJURY could result if carriage falls toward user.

Carriage stops MUST BE IN LOCKED POSITION while performing calf raises.

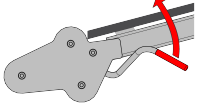
Maximum Capacity

! WARNING

Maximum capacity 440 lbs (200 kg) DO NOT EXCEED

Seat Adjust

Pull Handle Up to Adjust Seat Height



Pinch Hazard



Range of Motion

! WARNING

Before exercise, set bottom stop to desired range of motion.


25 Pound (10 Kilogram) Weight Plate Restriction

! CAUTION

The use of weight plates greater than 25 lbs (10 kgs) may result in serious injury or damage to this equipment.

FCC Compliant

EN ISO 20957
TSCA Title VI Compliant



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

Serial Number

HAMMER STRENGTH


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

Bijldorplaan 25-31 2992 LB Barendrecht The Netherlands +31 0 180 646 666

Model: XXX


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

SN: XXXXXXXXXXXXX



Manufactured in the USA with US and Foreign parts

CAGE: OCMY5 Class: S



General Warning - Horizontal

! WARNING

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

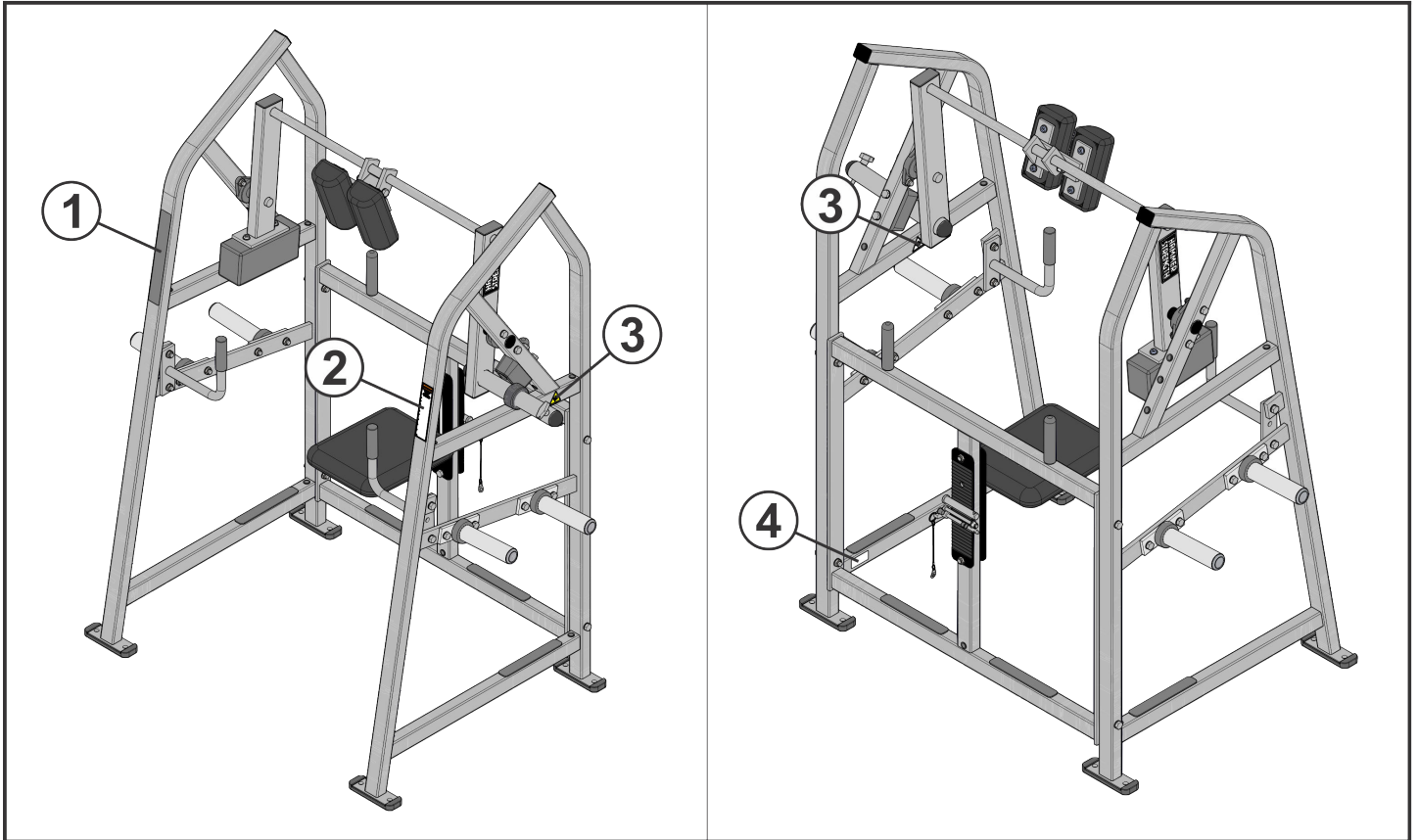
1. BEFORE USING, READ ALL THE WARNINGS AND OBTAIN INSTRUCTION ON THE USE OF THIS MACHINE. USE ONLY FOR INTENDED EXERCISE. **DO NOT** MODIFY THE MACHINE.
2. OBTAIN A MEDICAL EXAM BEFORE BEGINNING ANY EXERCISE PROGRAM.
3. KEEP BODY, HAIR AND CLOTHING FREE OF ALL MOVING OBJECTS.
4. INSPECT MACHINE AND ATTACHMENTS BEFORE USE. **DO NOT** USE IF THE MACHINE OR ATTACHMENTS APPEAR DAMAGED.
5. CHILDREN MUST NOT BE ALLOWED NEAR THIS MACHINE. SUPERVISE TEENAGERS.
6. MANUFACTURER RECOMMENDS THAT ALL EQUIPMENT BE SECURED TO THE FLOOR TO STABILIZE AND ELIMINATE ROCKING OR TIPPING OVER. USE A LICENSED CONTRACTOR.
7. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

8758401

Label Locations

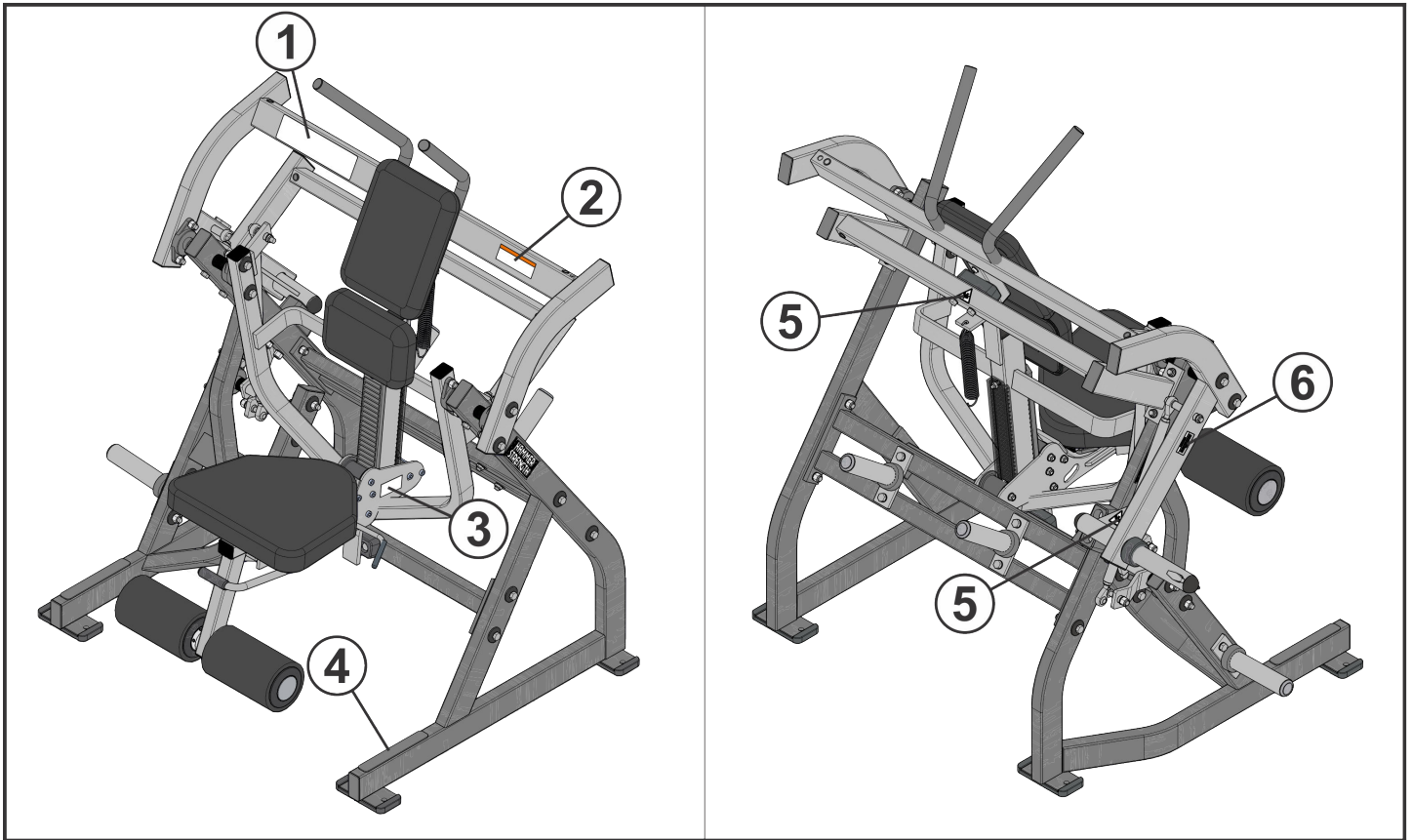
IMPORTANT: Verify all labels / decals listed are placed on the product and in the location shown. Replace any missing or damaged labels.

4 Way Neck (PL-4W)



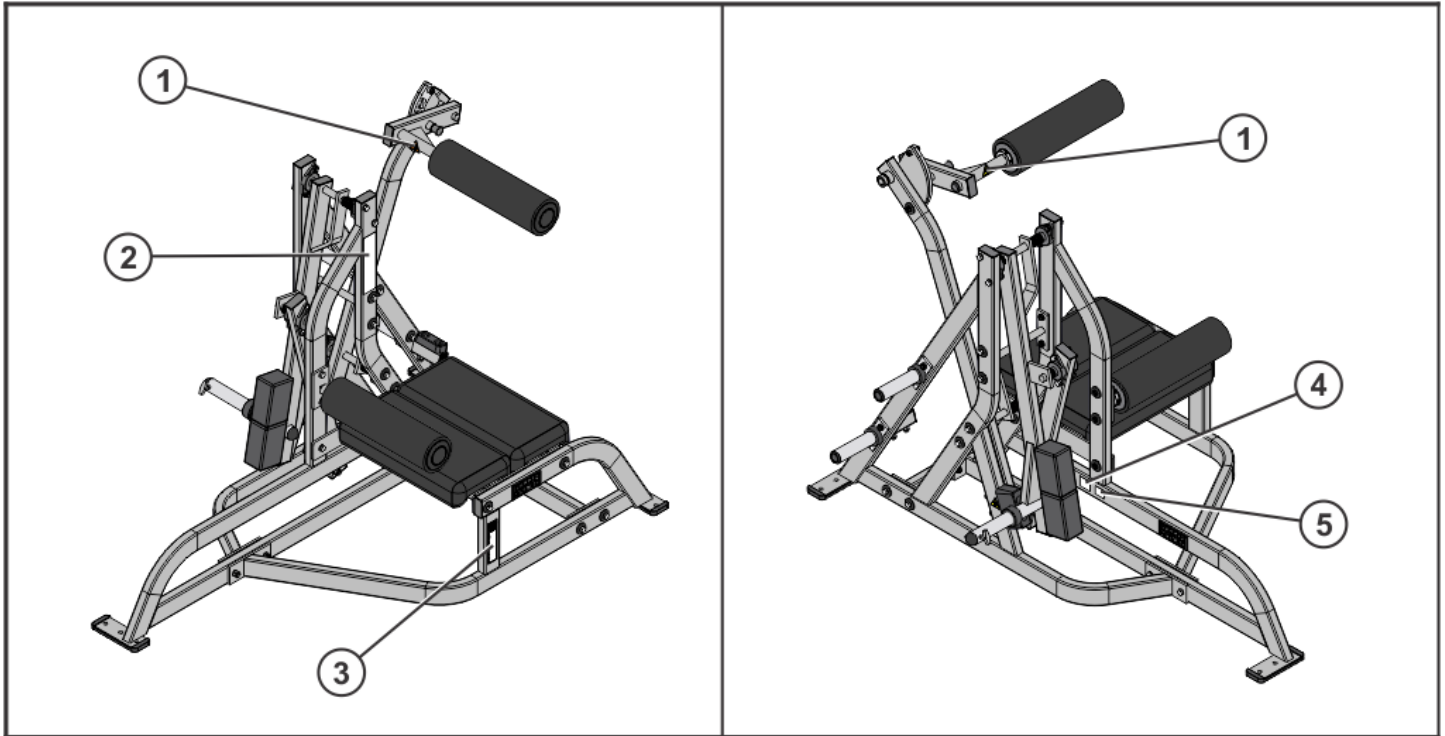
Item	Description	Qty.
1	Placard	1
2	General Warning	1
3	Pinch Hazard	2
4	Serial Number	1

Abdominal (PL-AB)



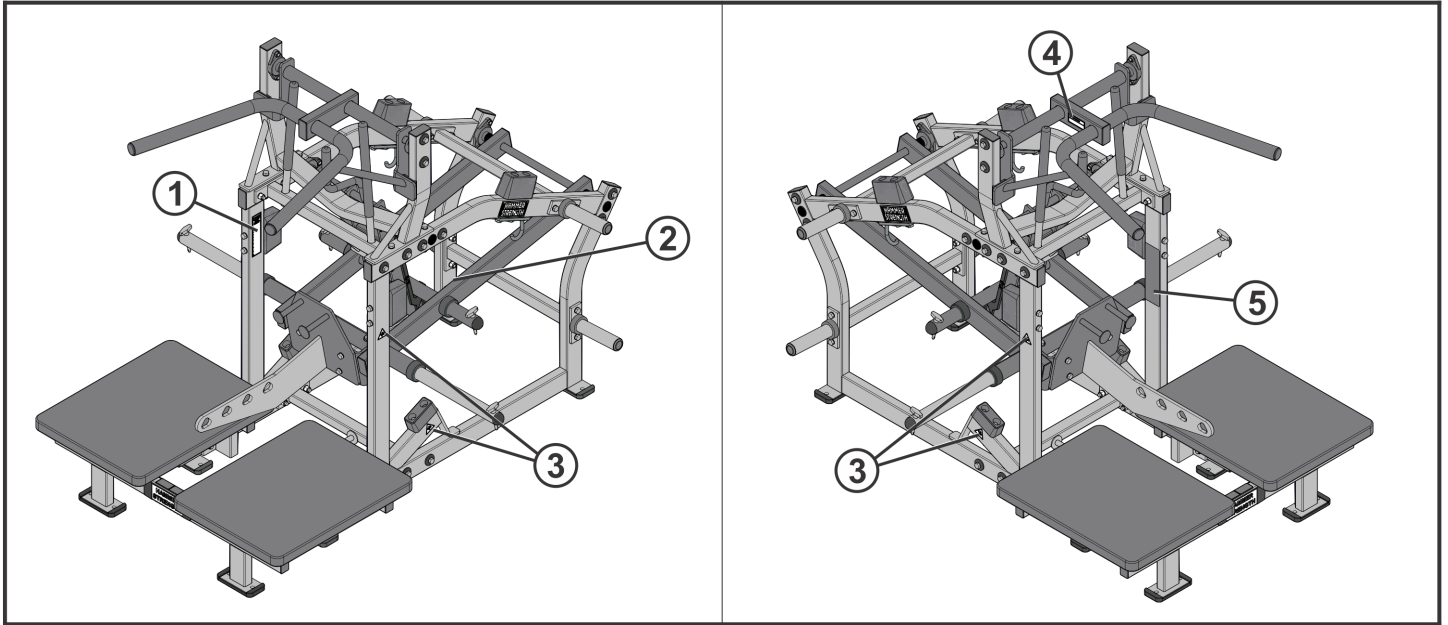
Item	Description	Qty.
1	Placard	1
2	General Warning - Horizontal	1
3	Seat Adjust	1
4	Serial Number	1
5	Pinch Hazard	2
6	25 Pound (10 Kilogram) Weight Plate Restriction	1

Assisted Nordic Ham (PL-ANH)



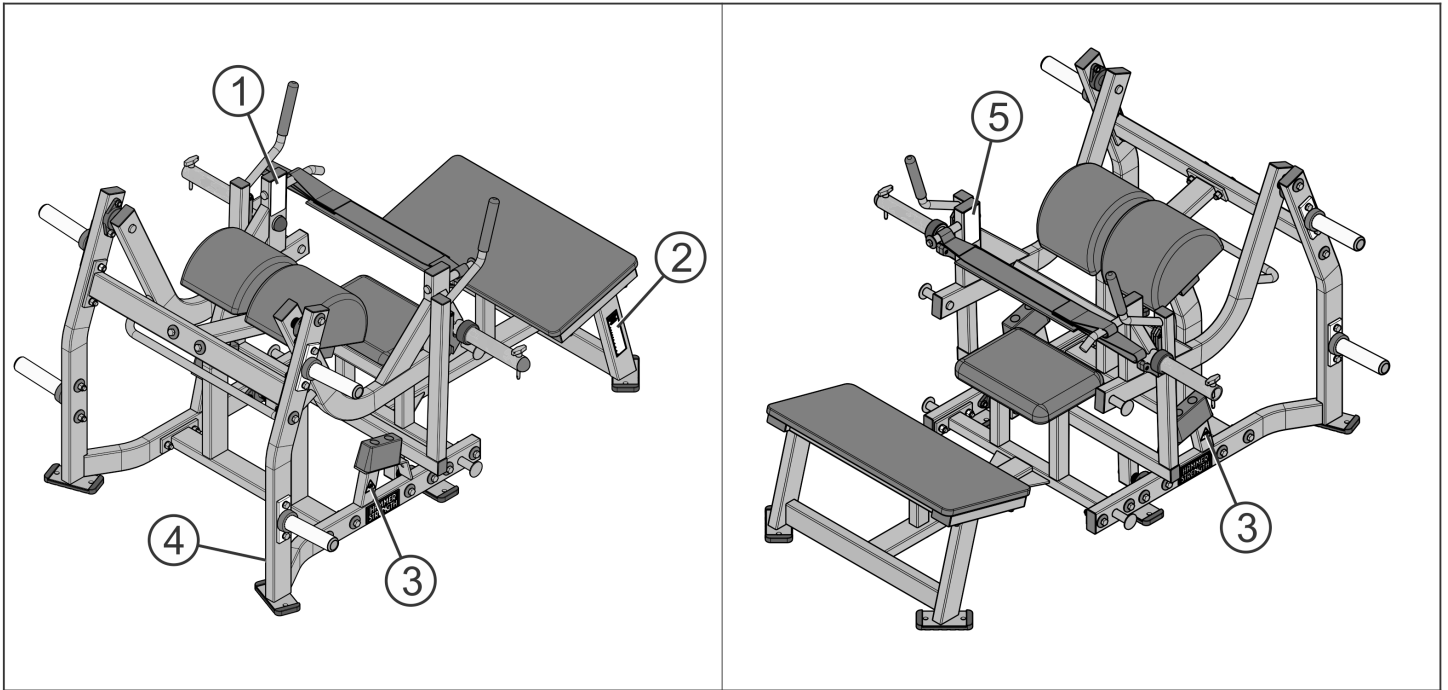
Item	Description	Qty.
1	Pinch Hazard	1
2	Placard	1
3	General Warning	1
4	FCC Compliant	1
5	Serial Number	1

Belt Squat (PL-BSQ)



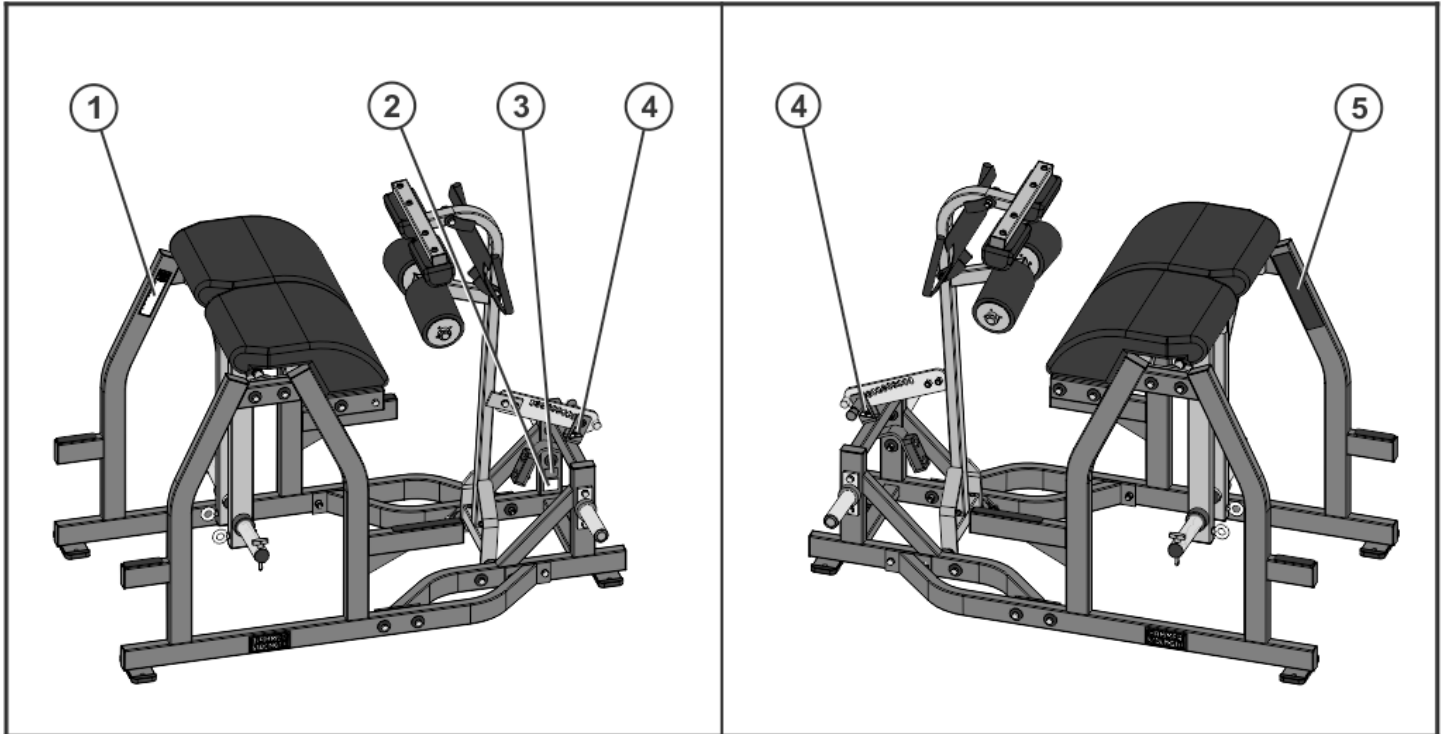
Item	Description	Qty.
1	General Warning	1
2	Serial Number	1
3	Pinch Hazard	4
4	Maximum Capacity	1
5	Placard	1

Glute Drive (PL-GLD)



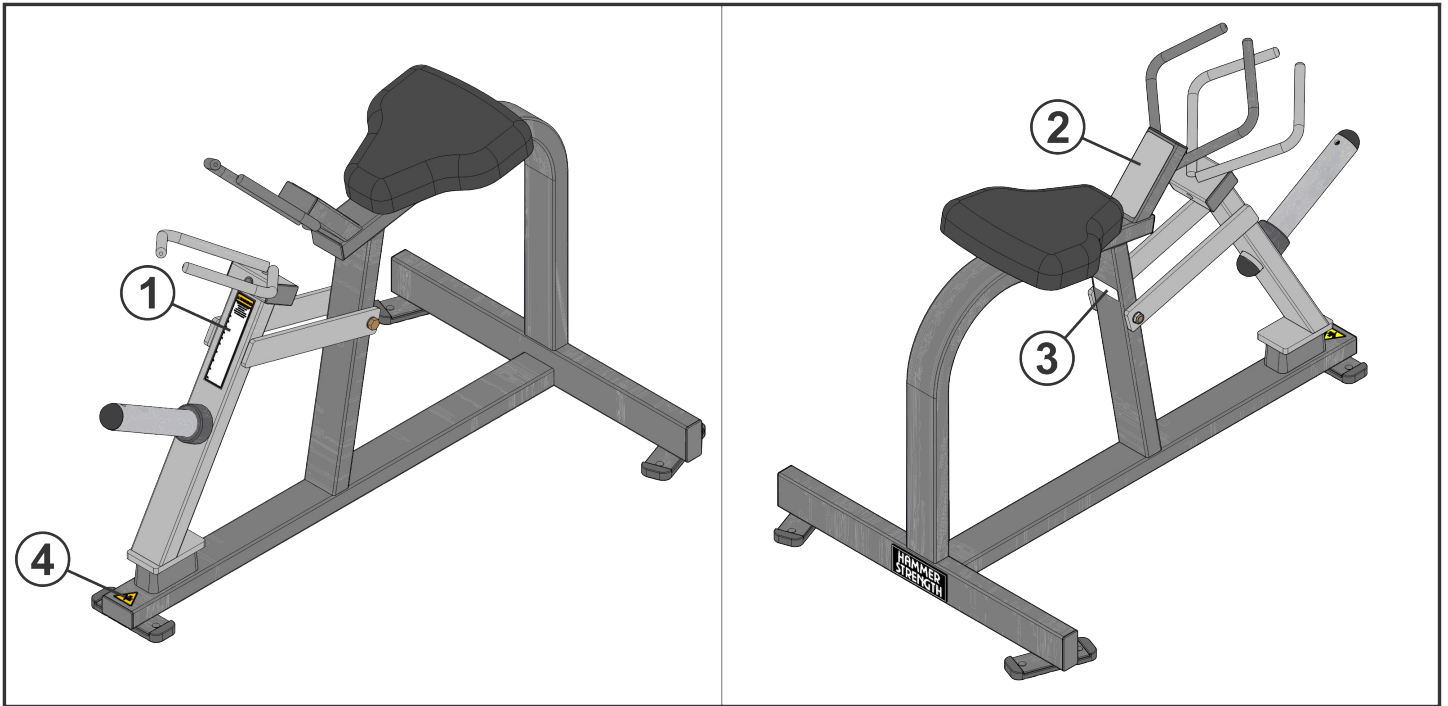
Item	Description	Qty.
1	Placard - Waist	1
2	General Warning	1
3	Pinch Hazard	2
4	Serial Number	1
5	Placard	1

Glute Ham/Reverse Hyper Combo (PL-GHRH)



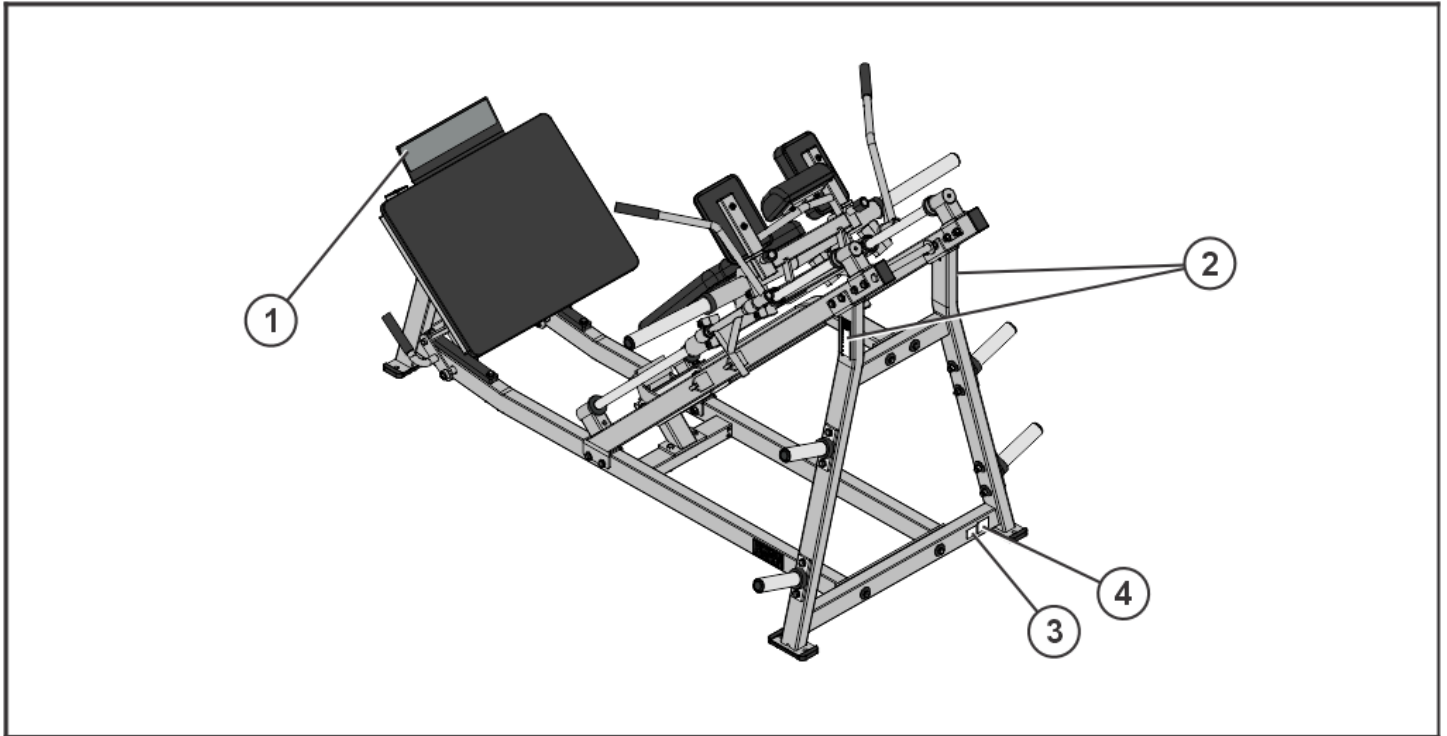
Item	Description	Qty.
1	General Warning	1
2	Serial Number	1
3	FCC Compliant	1
4	Pinch Hazard	2
5	Placard	1

Gripper (PL-GRIP)



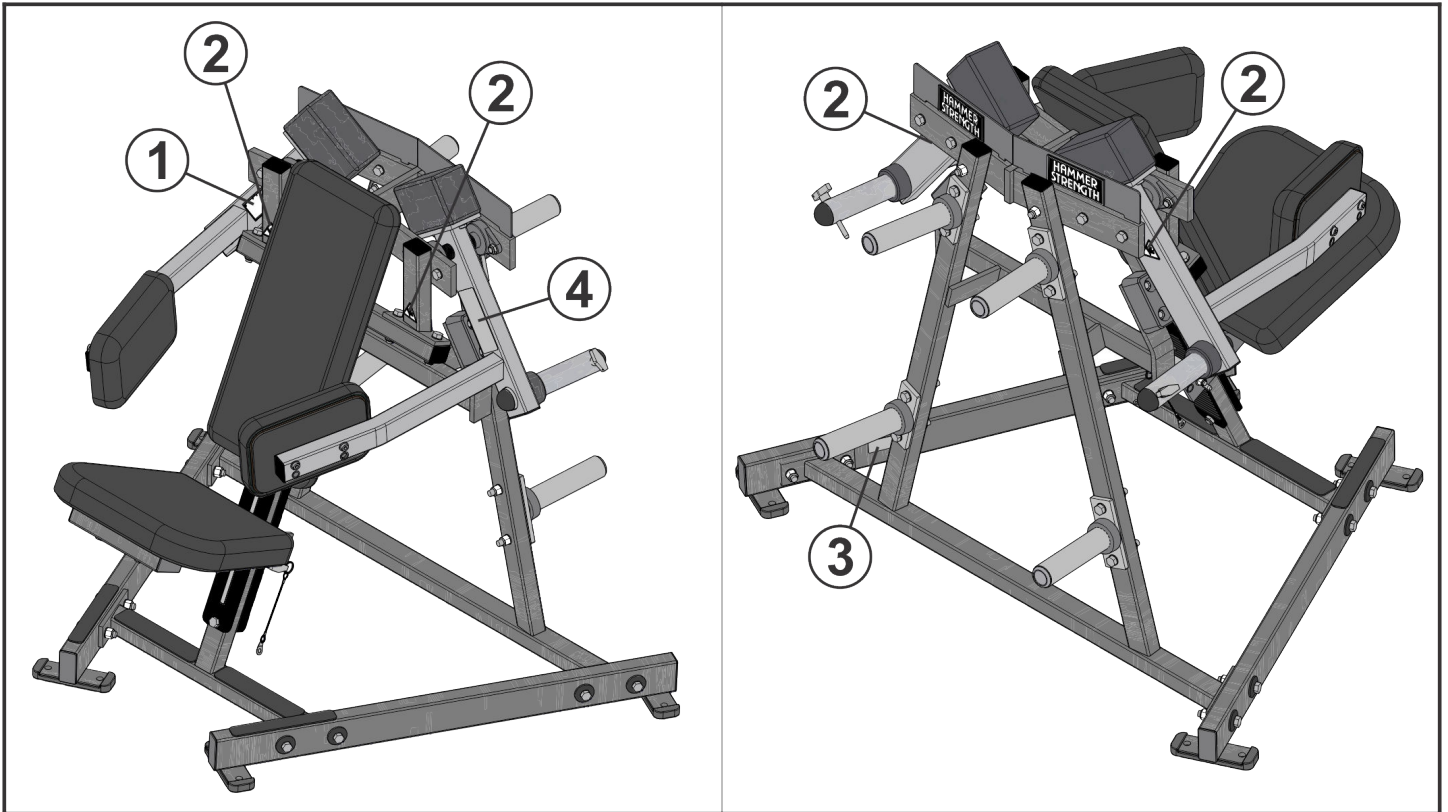
Item	Description	Qty.
1	General Warning	1
2	Placard	1
3	Serial Number	1
4	Pinch Hazard	1

Hack Squat (PL-HSQ2)



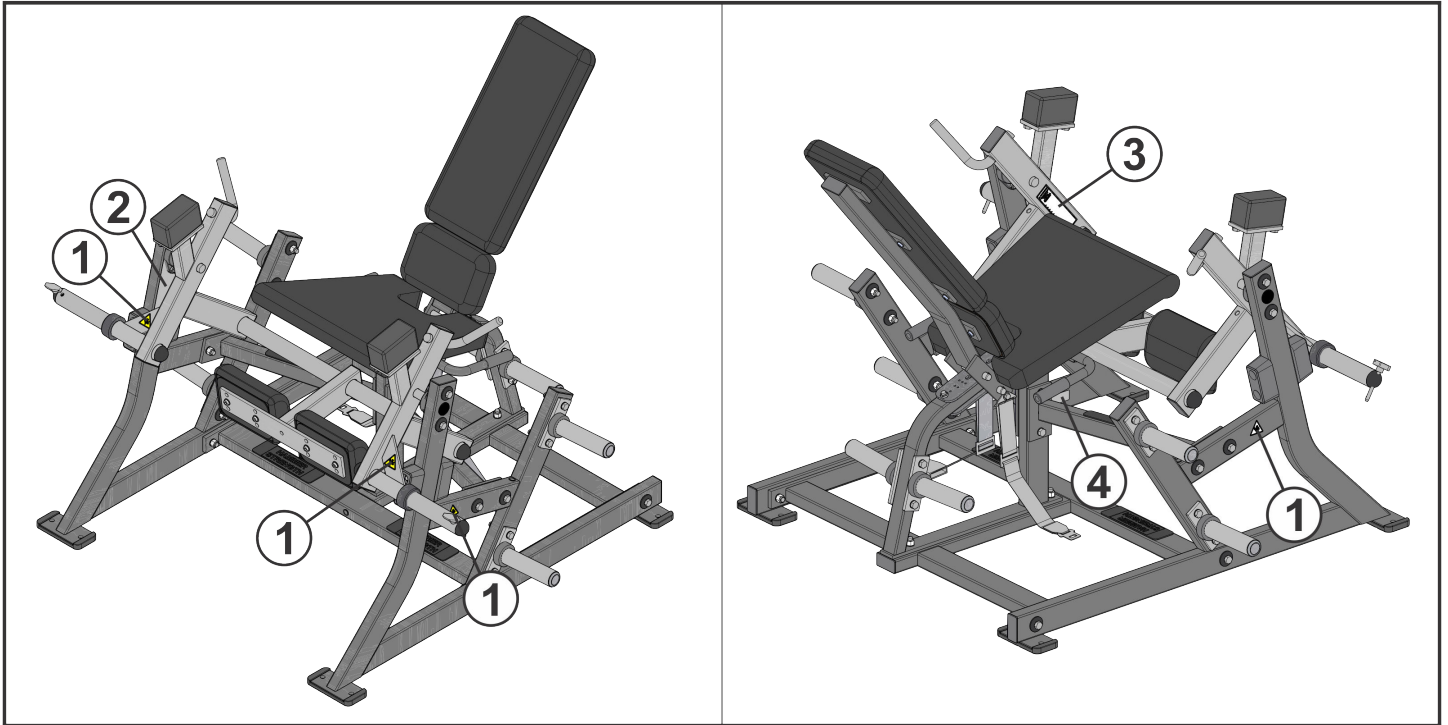
Item	Description	Qty.
1	Placard	1
2	General Warning	2
3	FCC Compliant	1
4	Serial Number	1

Lateral Raise (PL-LR)



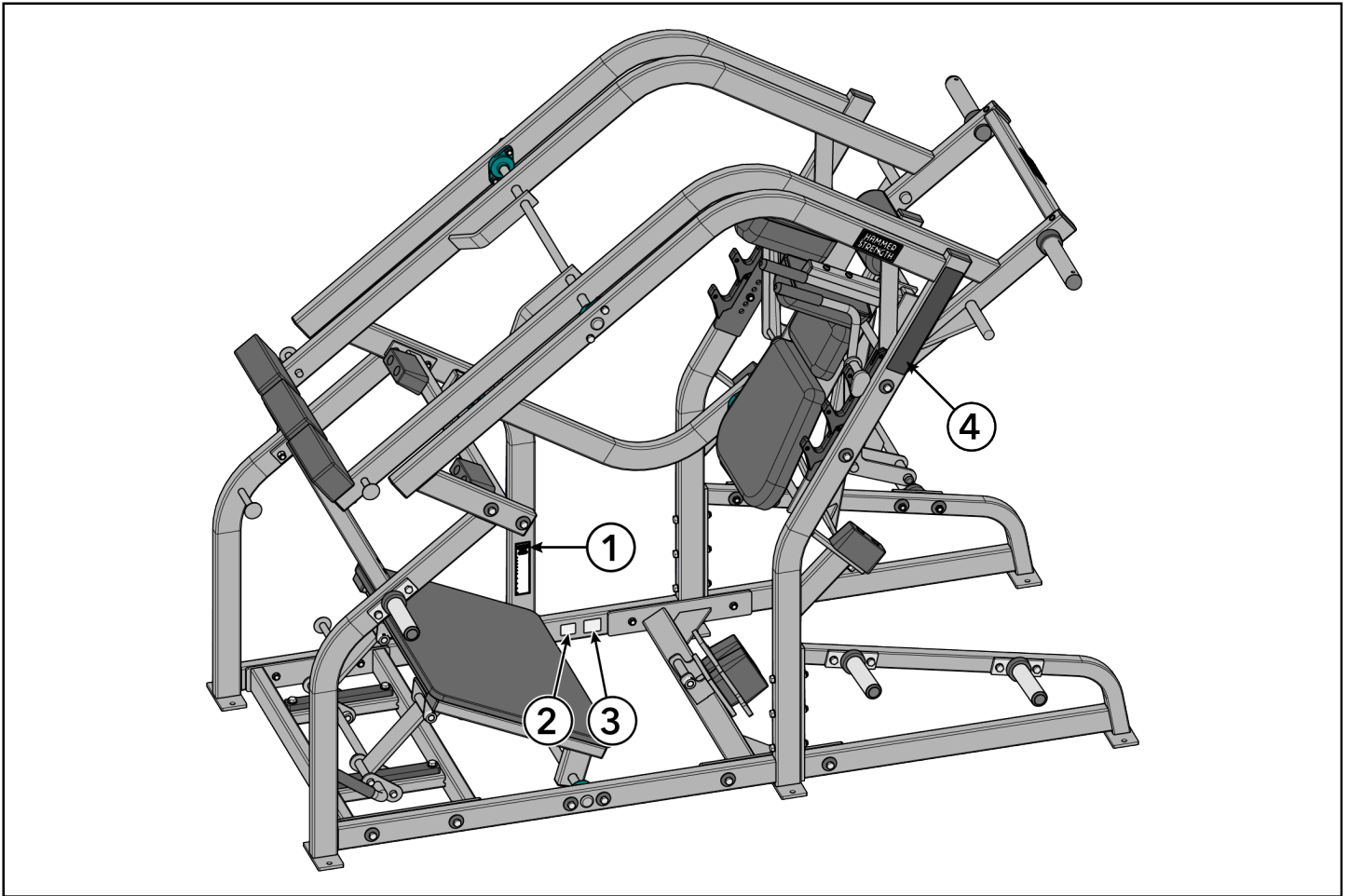
Item	Description	Qty.
1	General Warning	1
2	Pinch Hazard	4
3	Serial Number	1
4	Placard	1

Leg Extension (PL-LE)



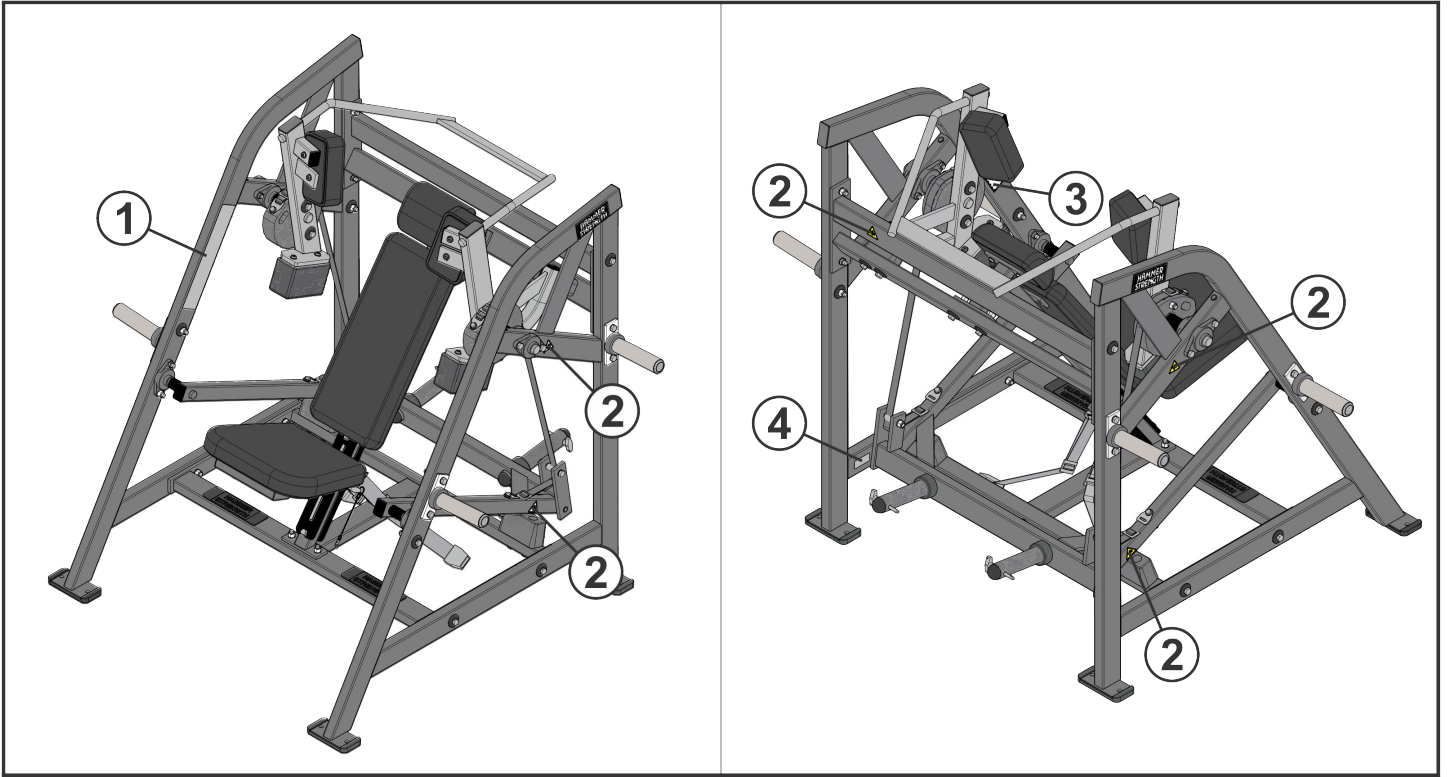
Item	Description	Qty.
1	Pinch Hazard	4
2	Placard	1
3	General Warning	2
4	Serial Number	1

Pendulum X Squat (PL-XSQ)



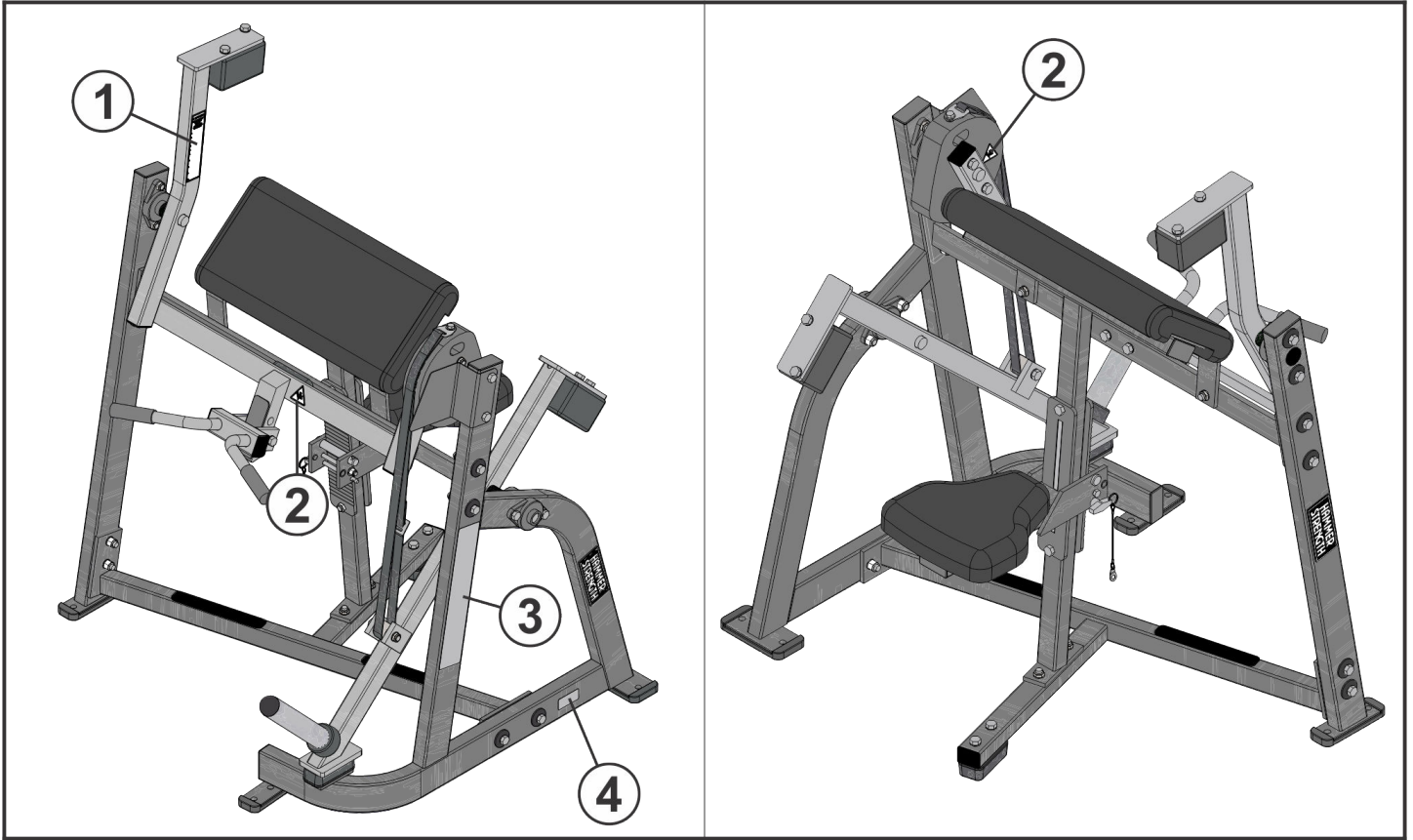
Item	Description	Qty.
1	General Warning	1
2	FCC Compliant	1
3	Serial Number	1
4	Placard	1

Pullover (PL-PO)



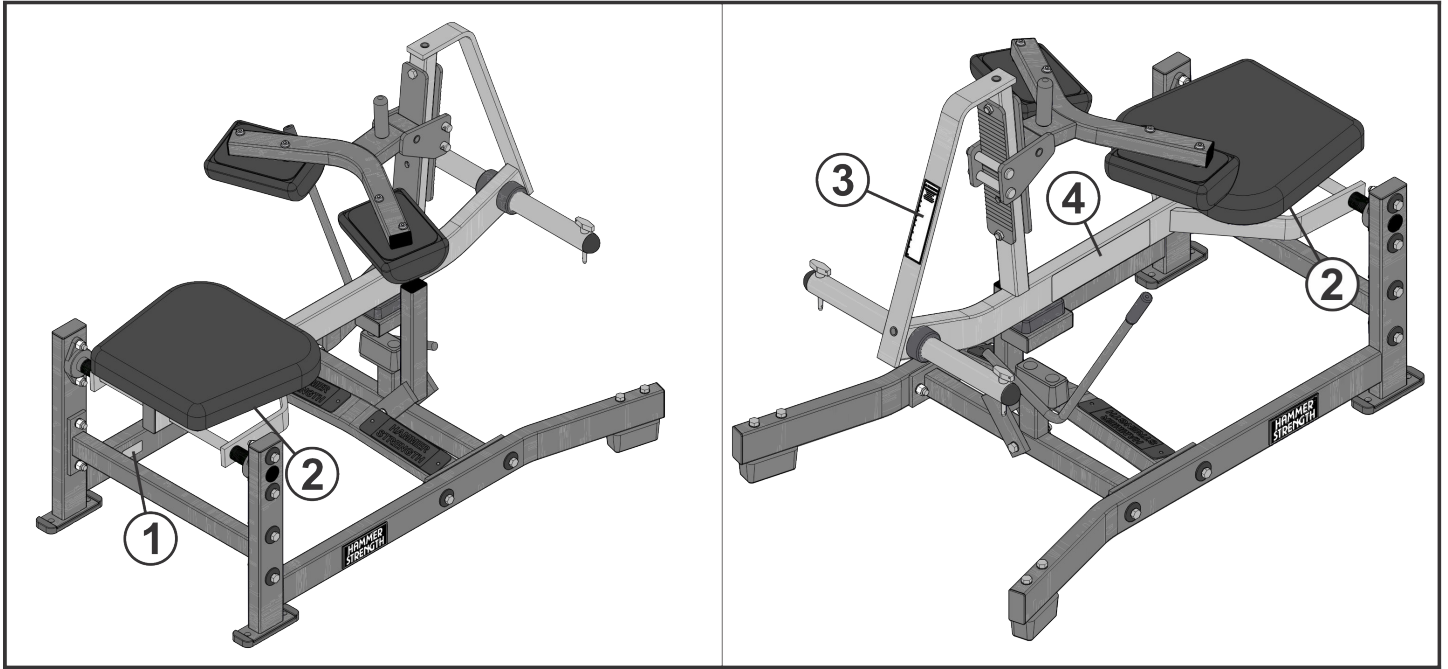
Item	Description	Qty.
1	Placard	1
2	Pinch Hazard	5
3	General Warning	1
4	Serial Number	1

Seated Biceps (PL-BI)



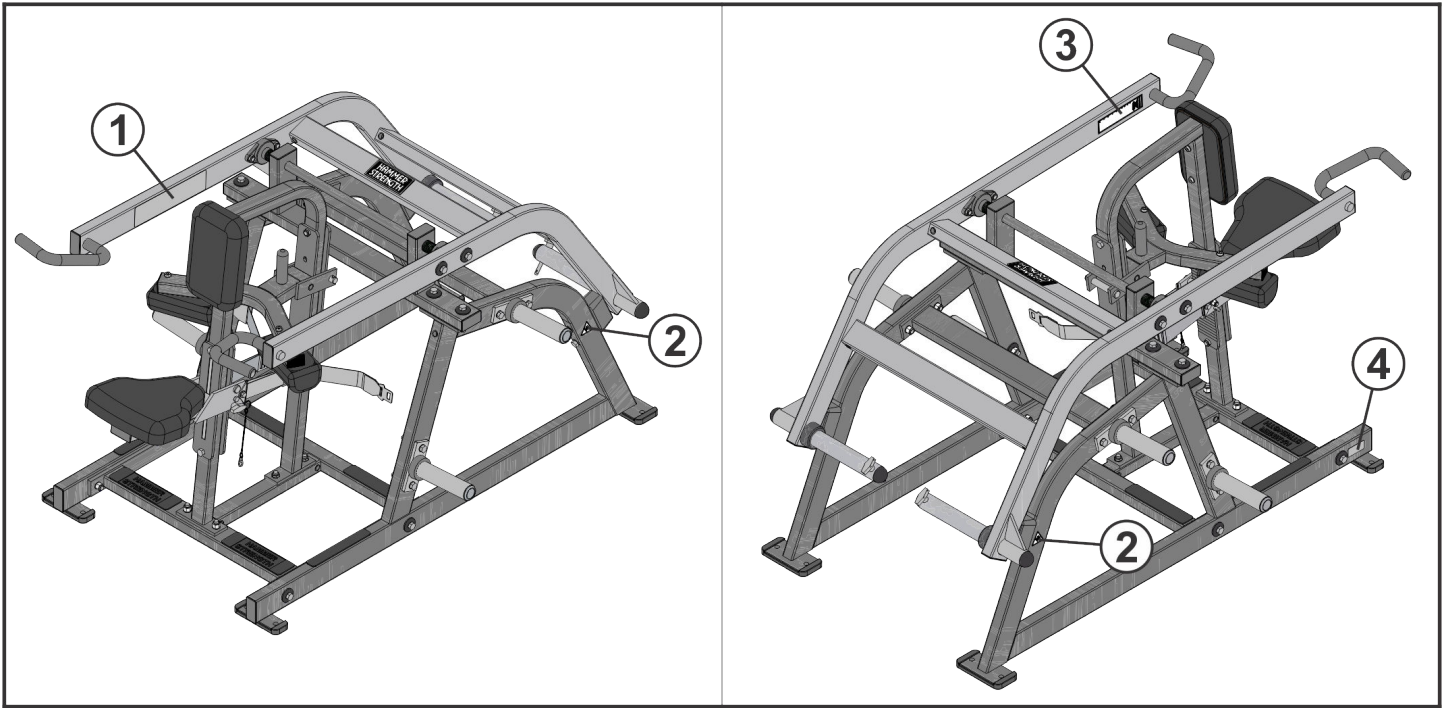
Item	Description	Qty.
1	General Warning	1
2	Pinch Hazard	2
3	Placard	1
4	Serial Number	1

Seated Calf Raise (PL-CALF)



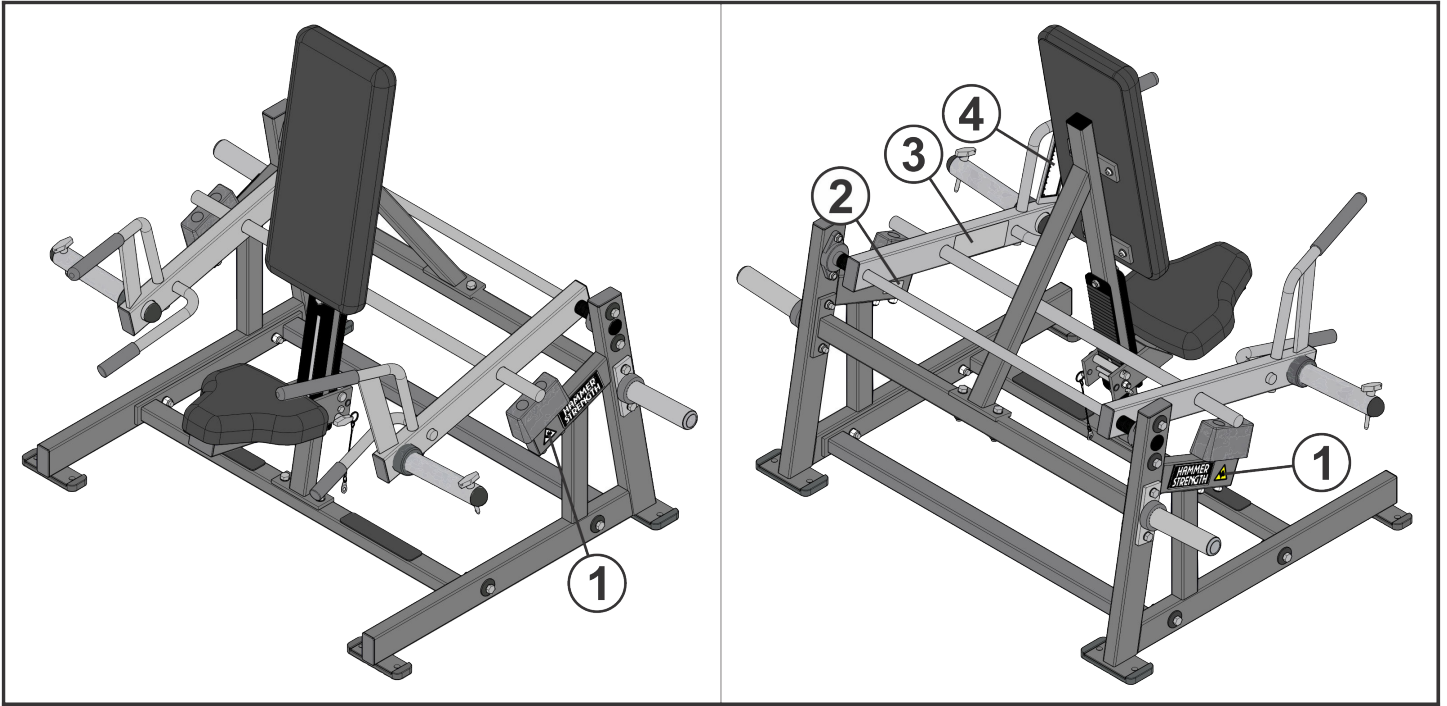
Item	Description	Qty.
1	Serial Number	1
2	Pinch Hazard	2
3	General Warning	1
4	Placard	1

Seated Dip (PL-DIP)



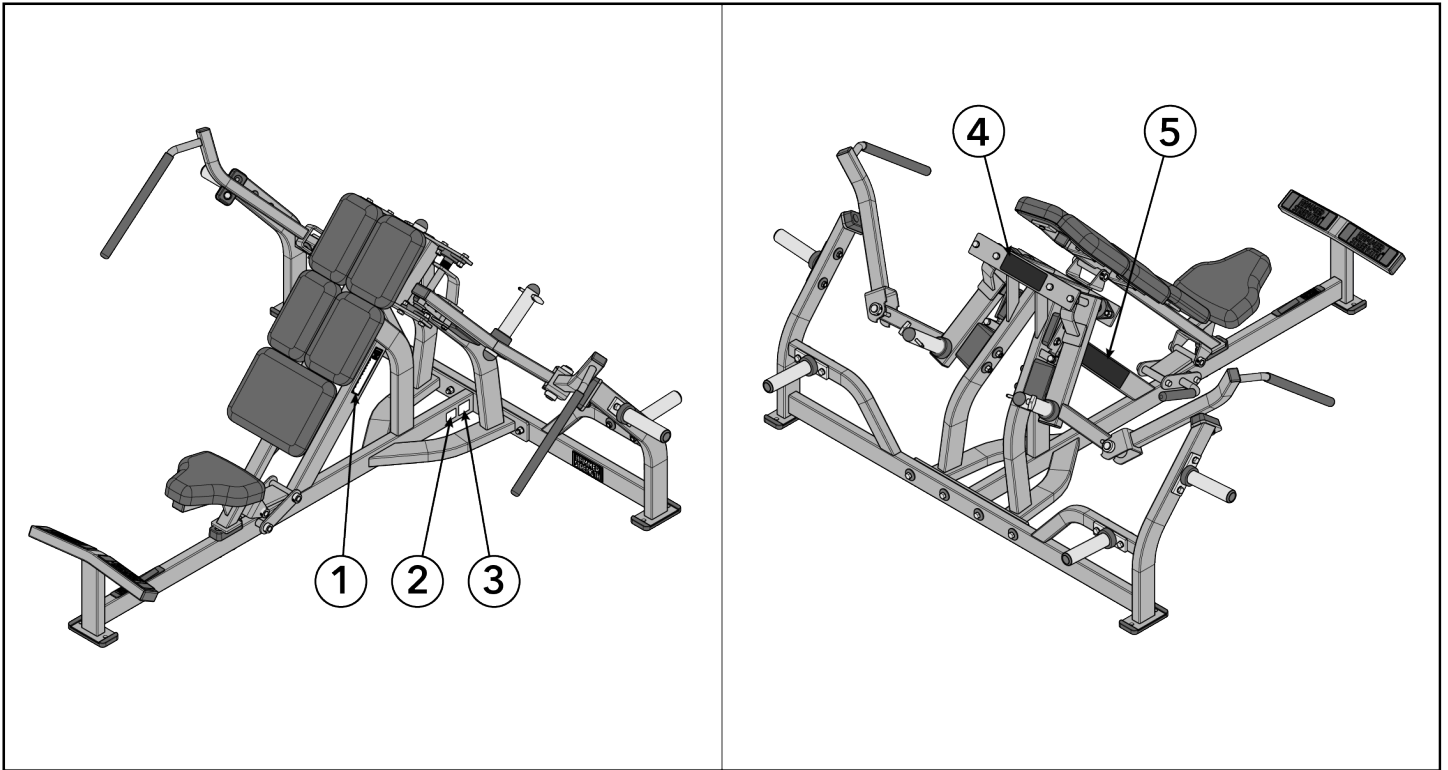
Item	Description	Qty.
1	Placard	1
2	Pinch Hazard	2
3	General Warning	1
4	Serial Number	1

Seated/Standing Shrug (PL-SH)



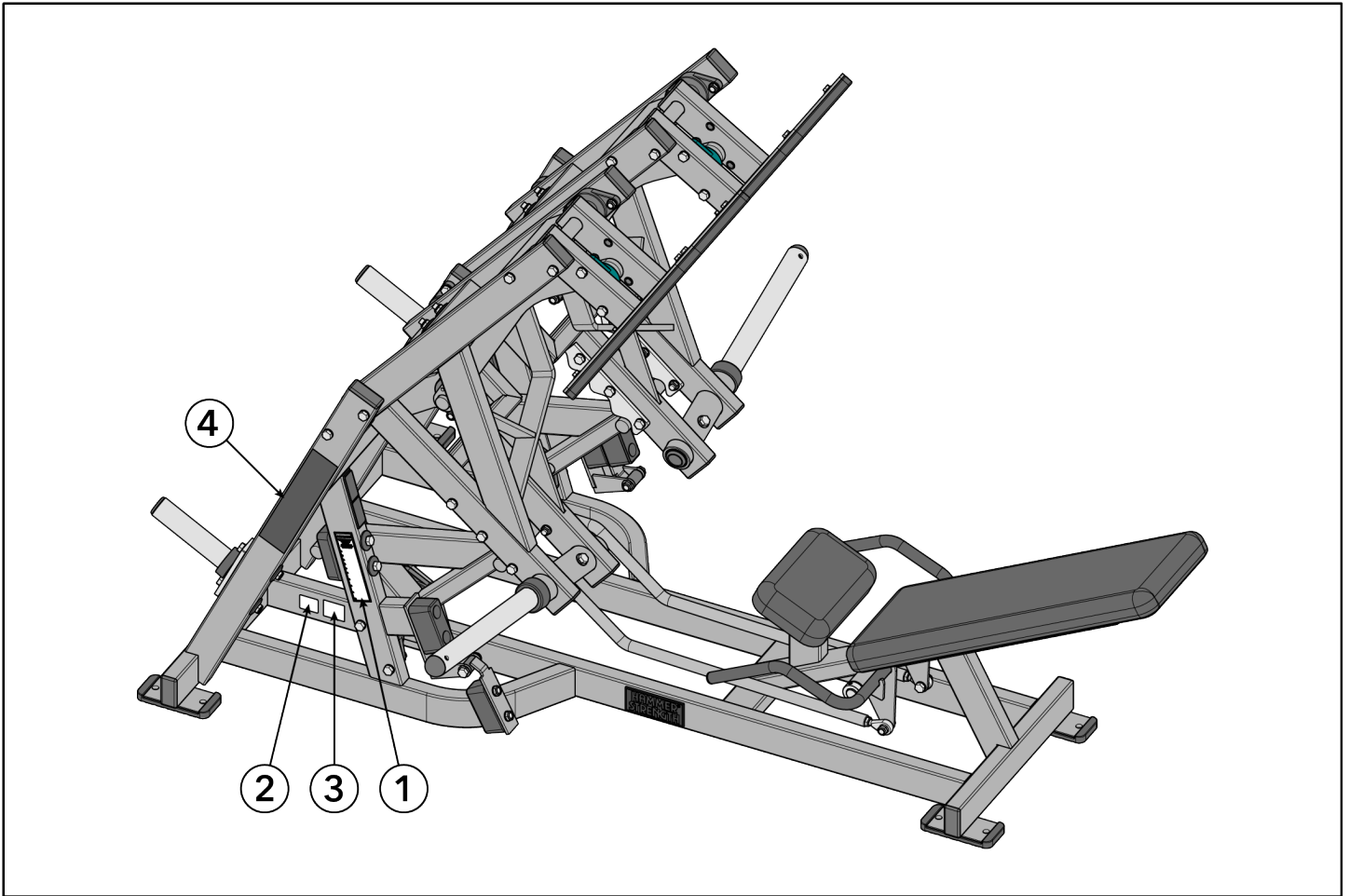
Item	Description	Qty.
1	Pinch Hazard	2
2	Serial Number	1
3	Placard	1
4	General Warning	1

Super Fly (PL-FLY)



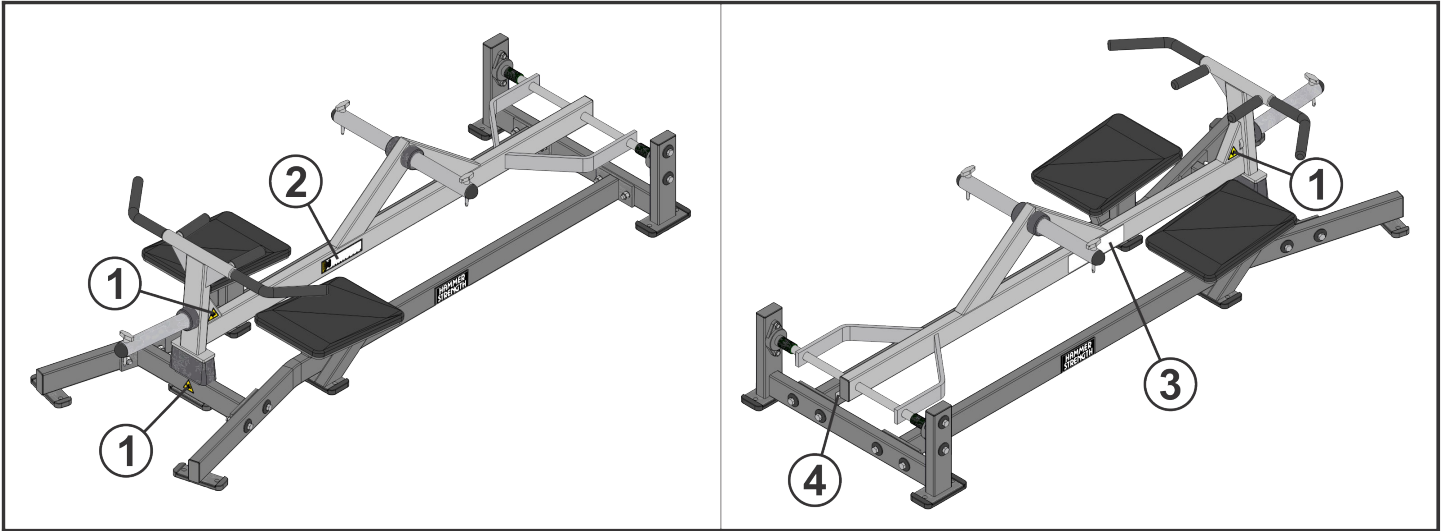
Item	Description	Qty.
1	General Warning	1
2	FCC Compliant	1
3	Serial Number	1
4	Placard - Flip Bumper	1
5	Placard	1

Super Squat Press (PL-SSP)



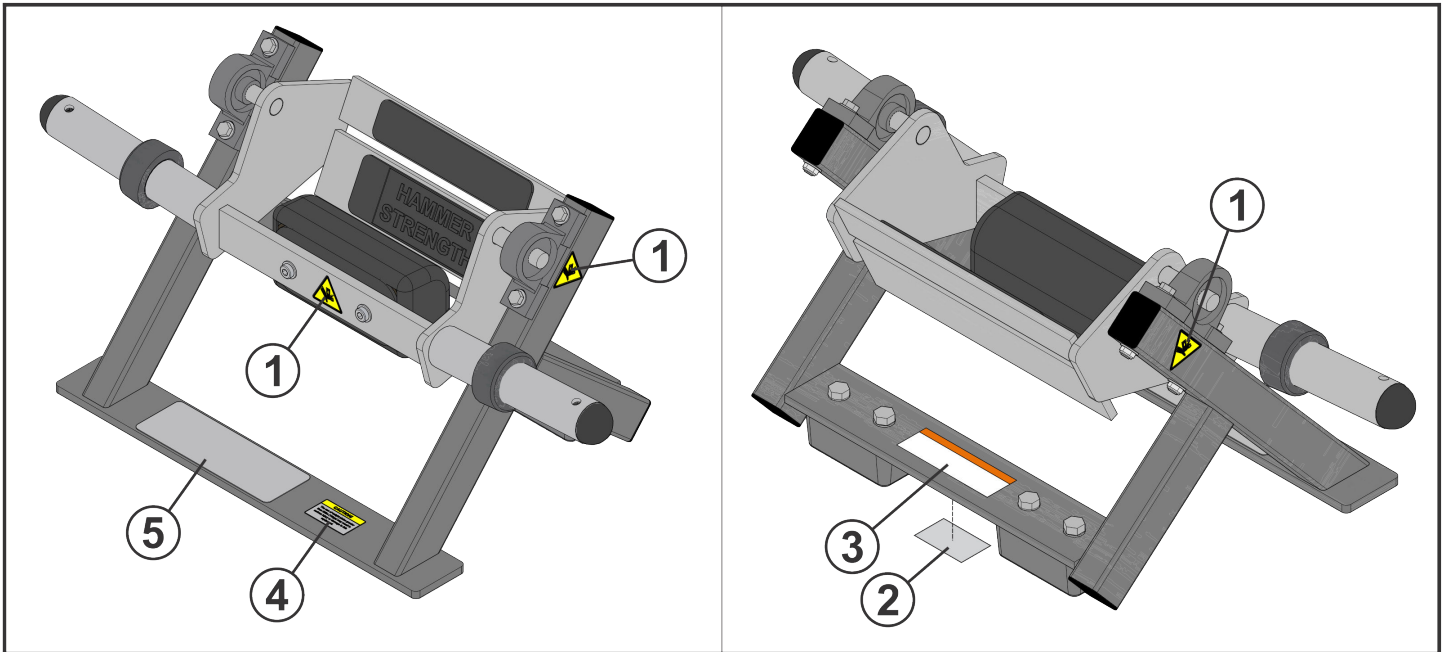
Item	Description	Qty.
1	General Warning	1
2	FCC Compliant	1
3	Serial Number	1
4	Placard	1

T-Bar Row (PL-TBR)



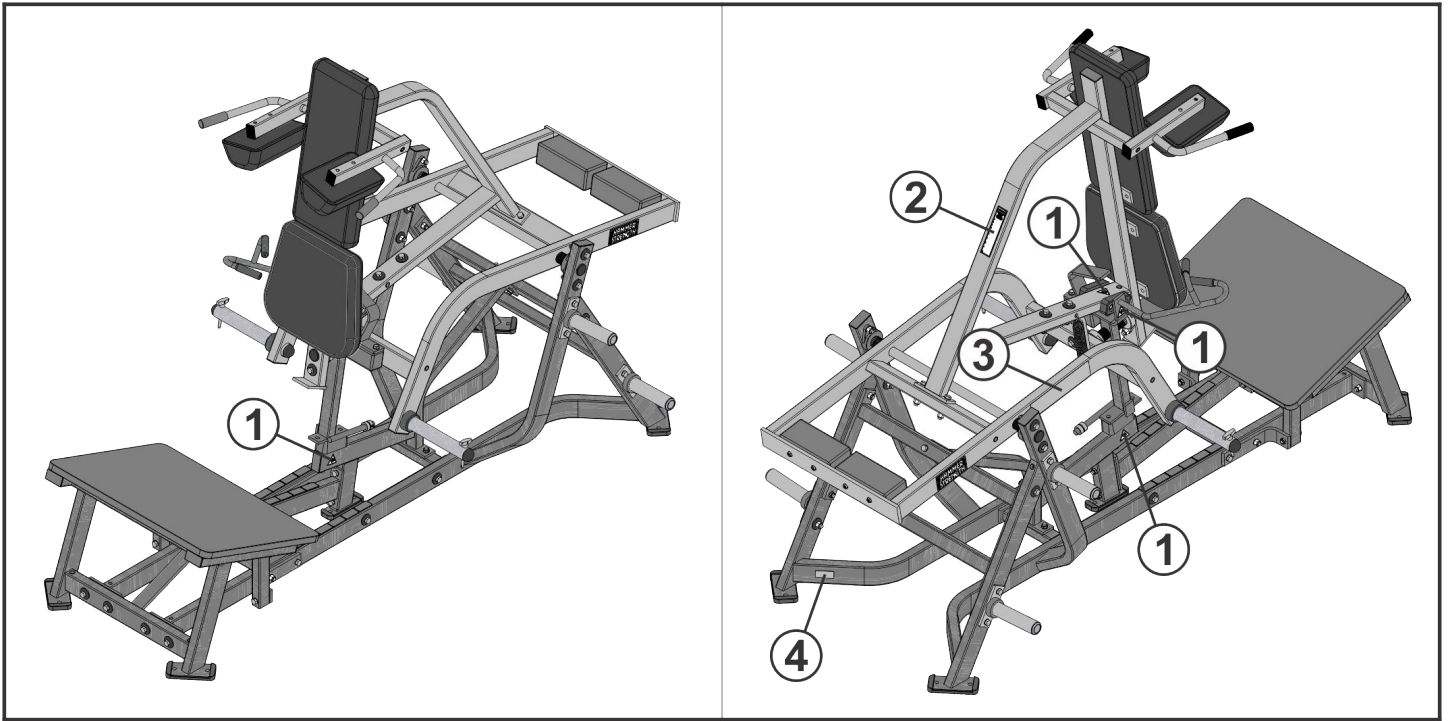
Item	Description	Qty.
1	Pinch Hazard	3
2	General Warning	1
3	Placard	1
4	Serial Number	1

Tibia (PL-TIB)



Item	Description	Qty.
1	Pinch Hazard	3
2	Serial Number	1
3	General Warning - Horizontal	1
4	25 Pound (10 Kilogram) Weight Plate Restriction	1
5	Placard	1

Vertical Squat (PL-VSQ)

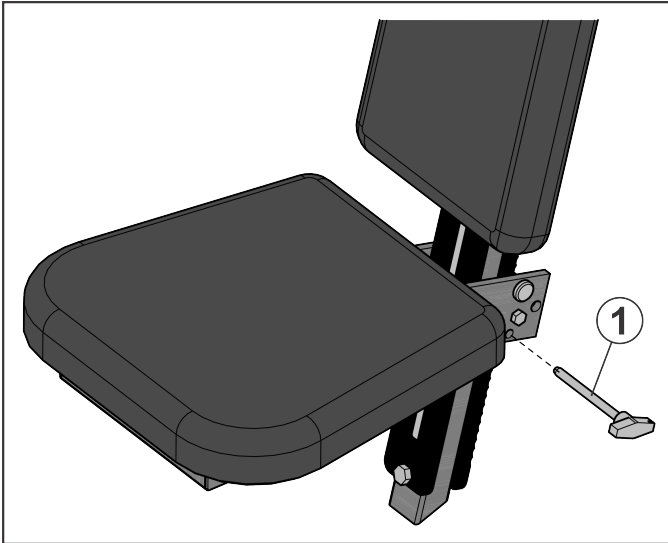


Item	Description	Qty.
1	Pinch Hazard	4
2	General Warning	1
3	Placard	1
4	Serial Number	1

2. Features

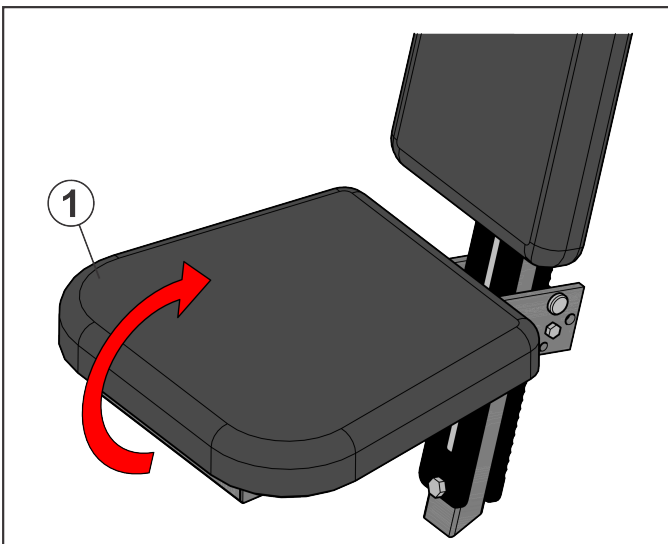
Adjust Pivot Seat

1. Remove select pin from seat assembly.



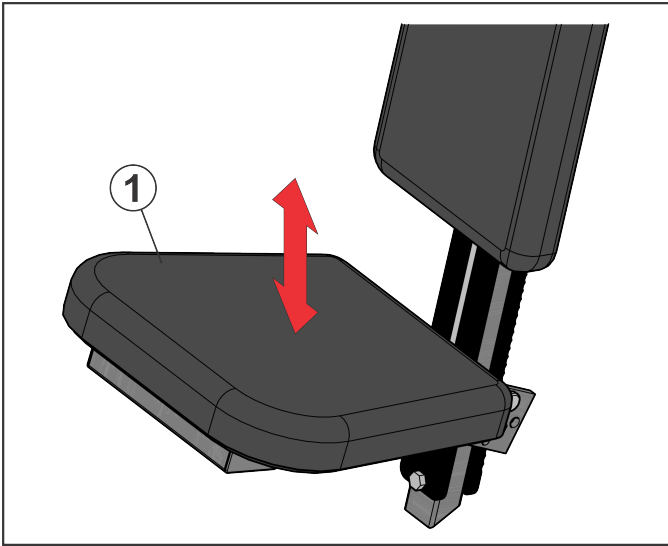
Item	Description	Qty.
1	Select Pin	1

2. Tilt seat assembly upward to relieve tension.



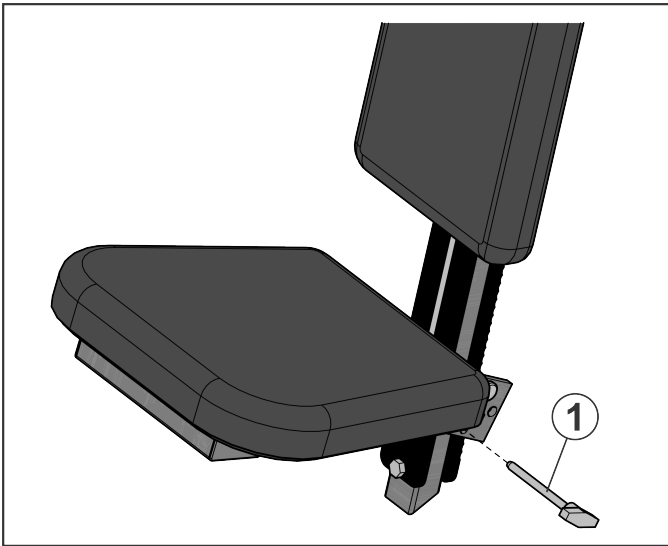
Item	Description	Qty.
1	Seat Assembly	1

3. Adjust seat assembly to desired height; release to re-apply tension.



Item	Description	Qty.
1	Seat Assembly	1

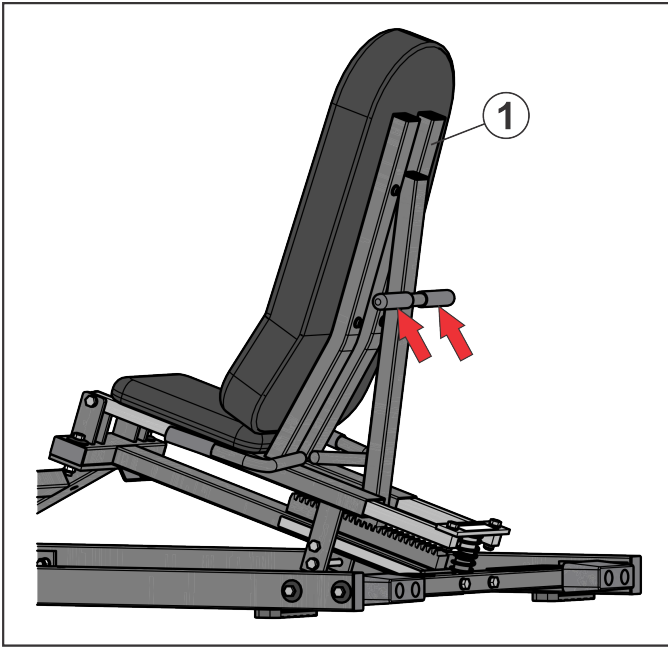
4. Insert select pin to lock into place.



Item	Description	Qty.
1	Select Pin	1

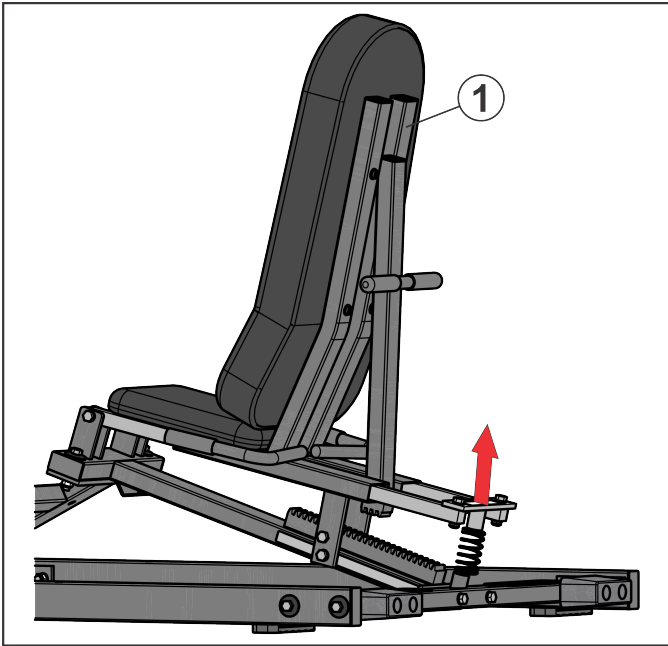
Adjust Racking Seat

1. Grasp grip-handles at rear of seat assembly.



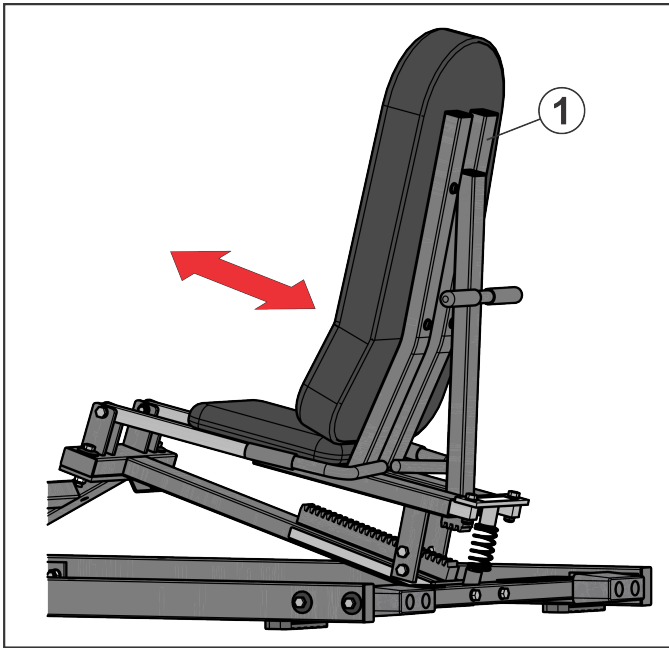
Item	Description	Qty.
1	Seat Assembly	1

2. Raise seat assembly upward to relieve tension.



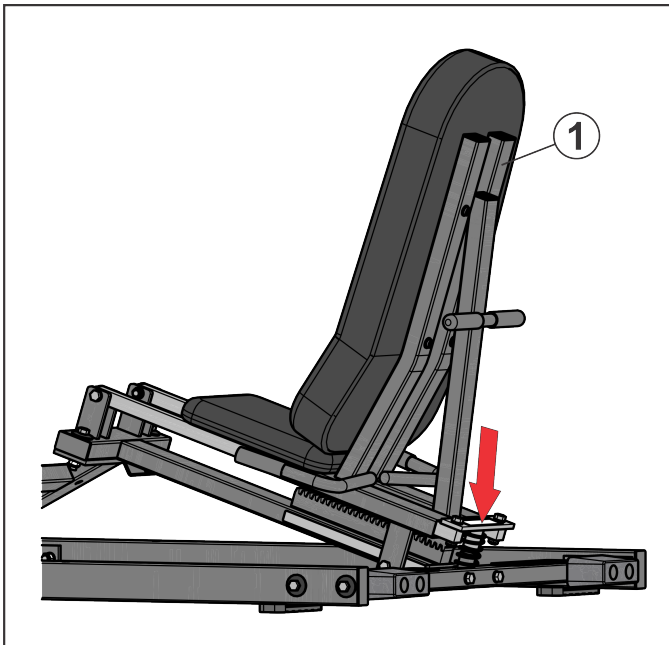
Item	Description	Qty.
1	Seat Assembly	1

3. Adjust seat assembly to desired position.



Item	Description	Qty.
1	Seat Assembly	1

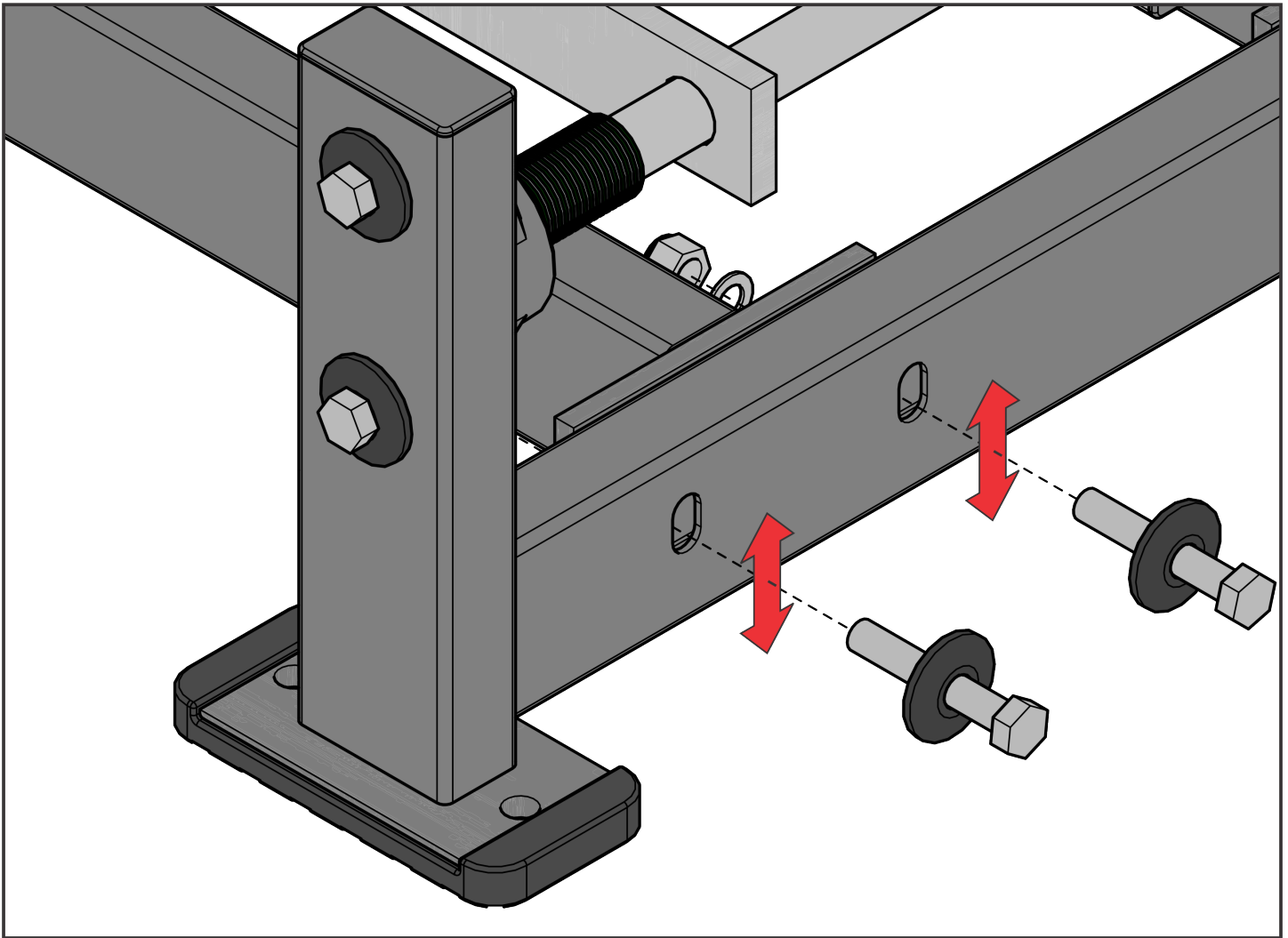
4. Lower seat to lock into place.



Item	Description	Qty.
1	Seat Assembly	1

Level T-Bar Row

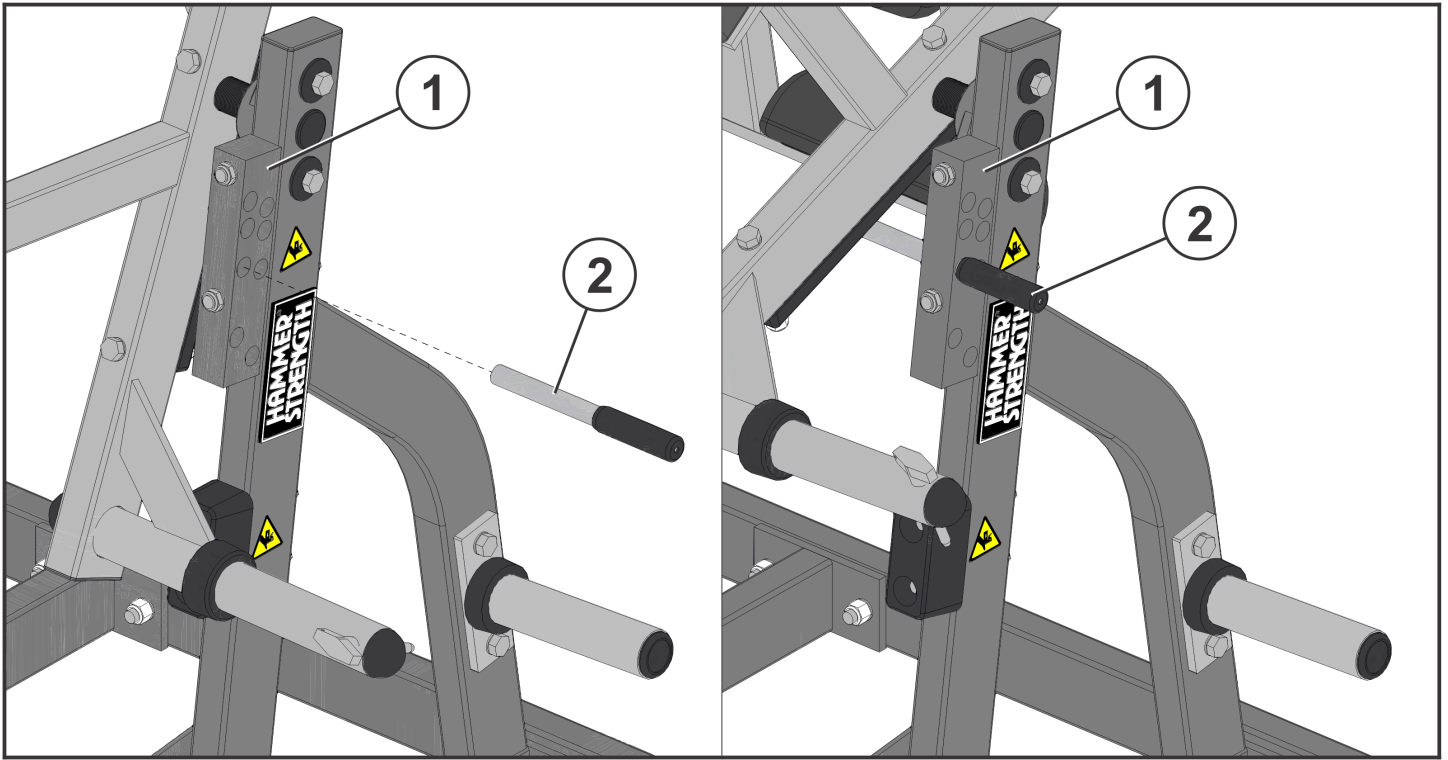
Utilize T-Bar Row's slotted bolt holes at rear to level frame.



NOTE: Horizontal slotted holes located at front for bumper alignment.

Range of Motion Limiter

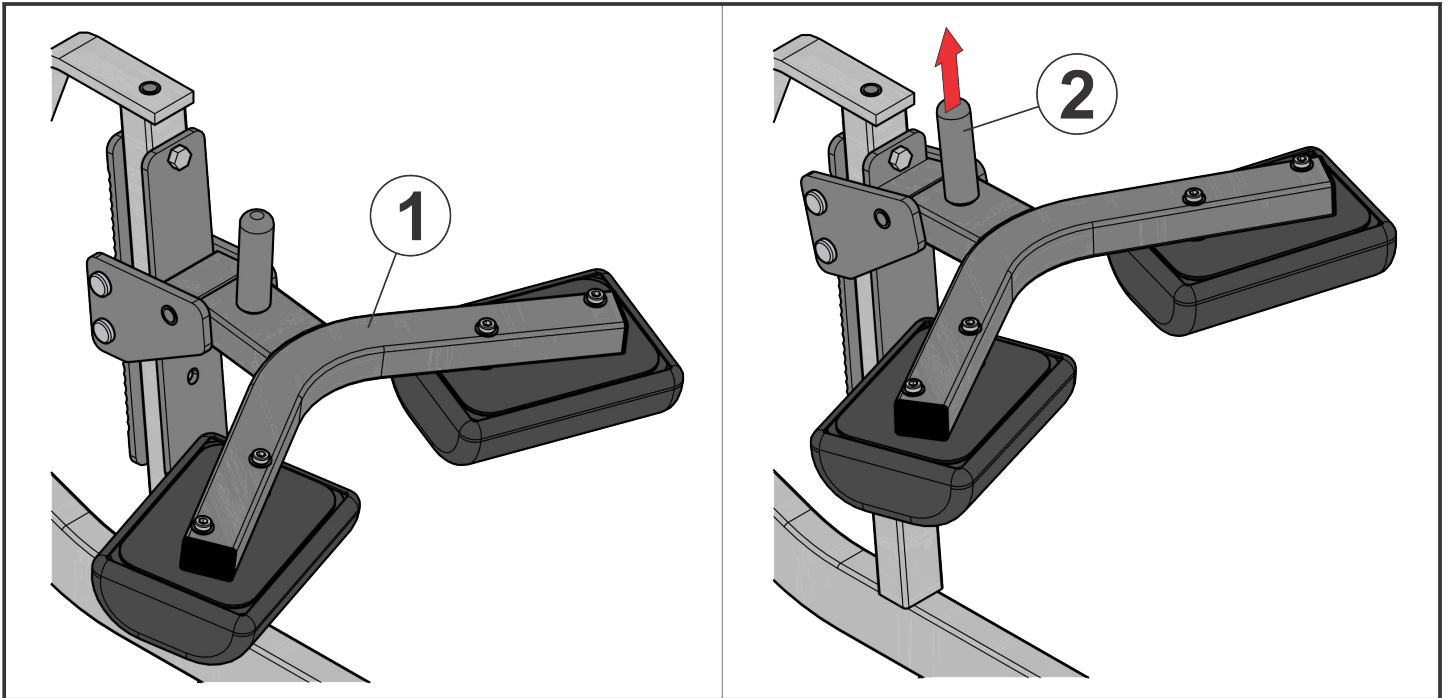
Insert selector pin into range adjuster block to set desired range of motion.



Item	Description	Qty.
1	Range Adjuster Block	1
2	Selector Pin	1

Thigh Restraint

Raise thigh restraint by grasping grip and lifting upward.

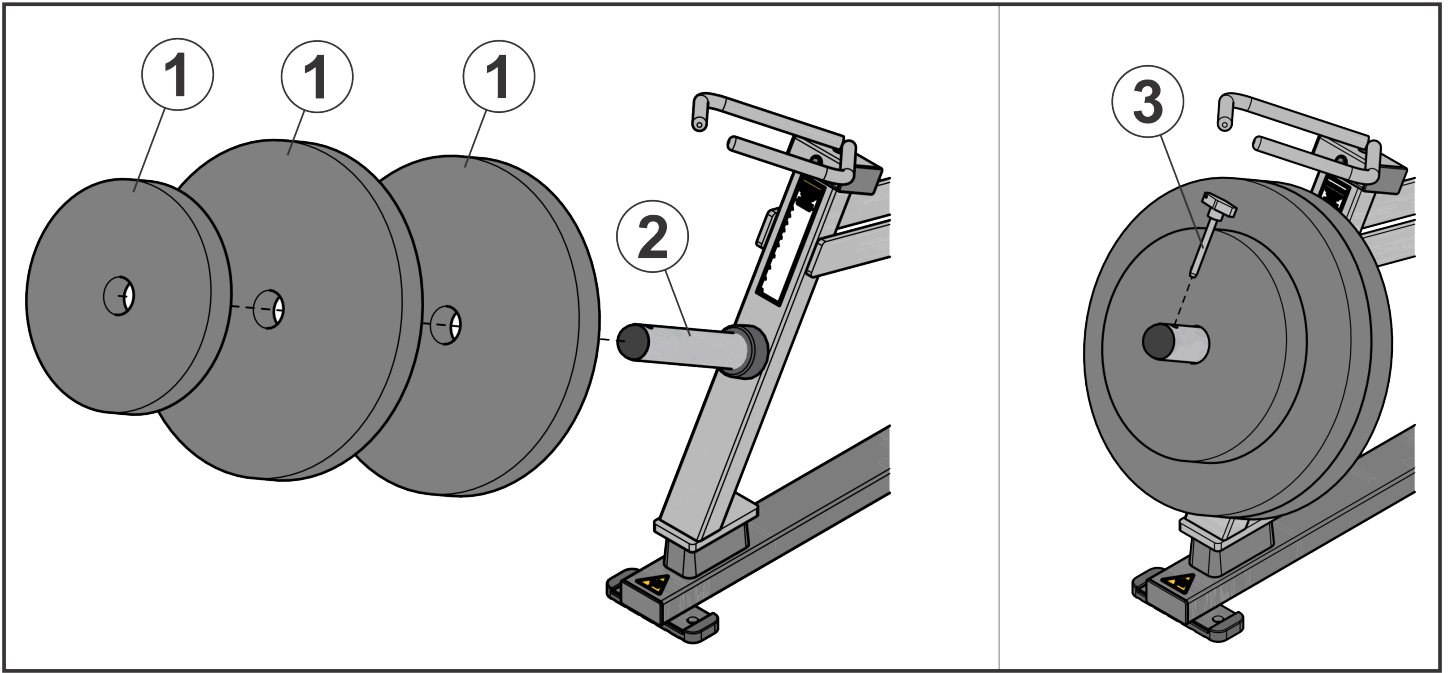


Item	Description	Qty.
1	Thigh Restraint	1
2	Grip	1

NOTE: When seated, tap pads with knees to lower into place.

Weight Retention Pin

Insert weight retention pin into weight rod to hold weight plates in place.



Item	Description	Qty.
1	Weight Plates	3
2	Weight Rod	1
3	Weight Retention Pin	1

3. Product Information

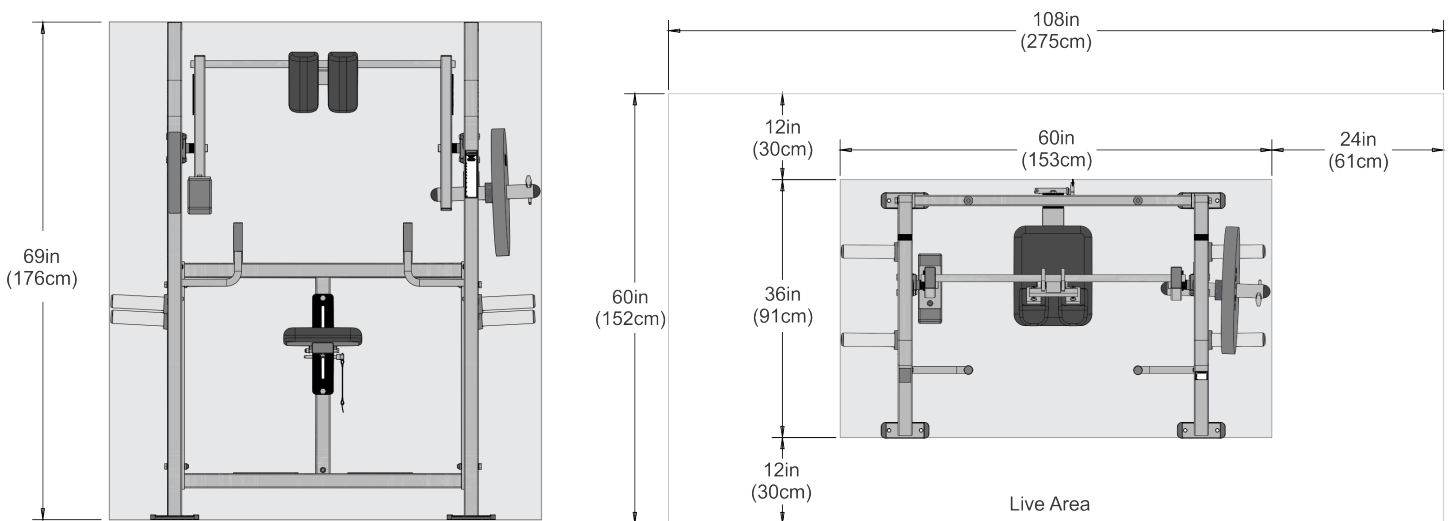
4 Way Neck (PL-4W)

Machine Weight:	lbs. = 245	kg. = 111.1
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 2	kg. = 0.9
Total Max Resistance:	lbs. = 75	kg. = 60
Max Plate Capacity*:	3-25 lb. plates	4-15 kg. plates
Size** (L x W x H):	in. = 60 x 36 x 69	cm = 153 x 91 x 176
Live Area*** (L x W x H):	in. = 108 x 60 x 69	cm = 275 x 153 x 176

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Sternocleidomastoid, Trapezius and Sternothyroid

Setup: Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Seat should be adjusted to allow handles to be slightly below mid-chest. Grip the handles. Place head against the head pads.

Performing the Exercise: With a controlled motion, push the head pads up until the neck is fully extended. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

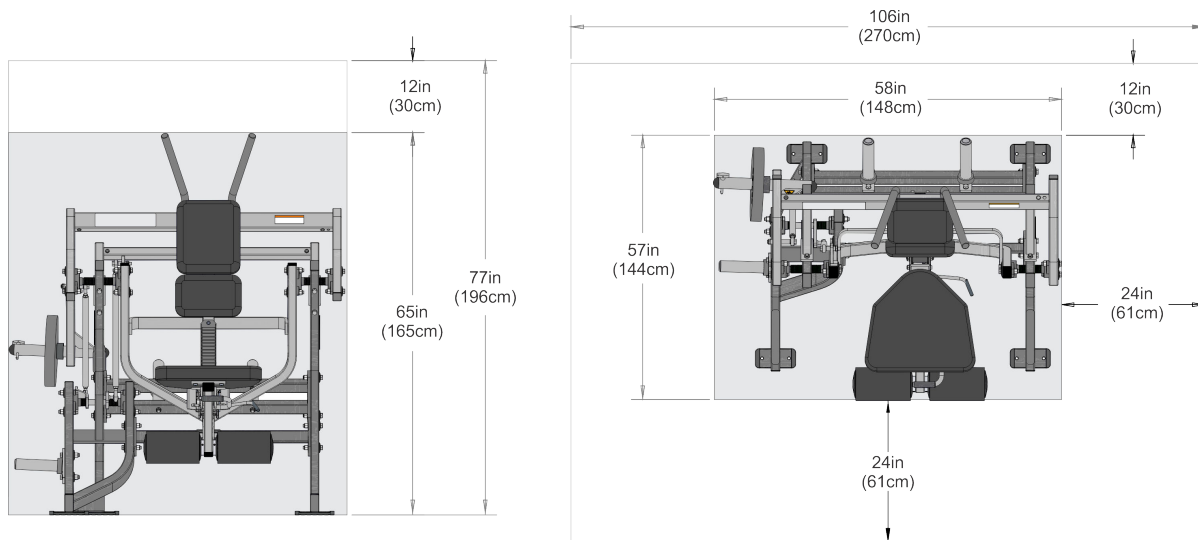
Abdominal (PL-AB)

Machine Weight:	lbs. = 355	kg. = 161
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 25 + 10% of user weight	kg. = 11.3 + 10% of user weight
Total Max Resistance:	lbs. = 125	kg. = 60
Max Plate Capacity*:	3-25 lb. plates	4-15 kg. plates
Size** (L x W x H):	in. = 58 x 57 x 65	cm = 148 x 144 x 165
Live Area*** (L x W x H):	in. = 106 x 81 x 77	cm = 270 x 205 x 196

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Abdominals, Obliques

Setup:

Abdominal Crunch: Load the appropriate amount of weight plates to ensure proper resistance. Adjust the seat height so that the lower back pad is resting on your lower back. Sit in the machine with your legs placed behind the lower roller pads. Grip handles.

Oblique: Load the appropriate amount of weight plates to ensure proper resistance. Adjust the seat height so that the lower back pad is resting on your lower back. Using the front lever, adjust the seat rotation to the left or right. Sit in the machine with your legs placed behind the lower roller pads. Grip handles.

Performing the Exercise:

Abdominal Crunch: With a controlled motion upper torso crunch, emphasizing the use of your abdominal muscles, raise your knees and bring your arms towards them. Avoid using your arms to power through the motion. Your arms should provide a guide for the motion. Concentrate on squeezing your abdominal muscles throughout the exercise. Maintaining control, return to the start position and repeat the motion.

Oblique: With a controlled motion upper torso crunch, emphasizing the use of your oblique muscles, raise your knees and bring your arms towards them. Avoid using your arms to power through the motion. Your arms should provide a guide for the motion. Concentrate on squeezing your oblique muscles throughout the exercise. Maintaining control, return to the start position and repeat the motion.

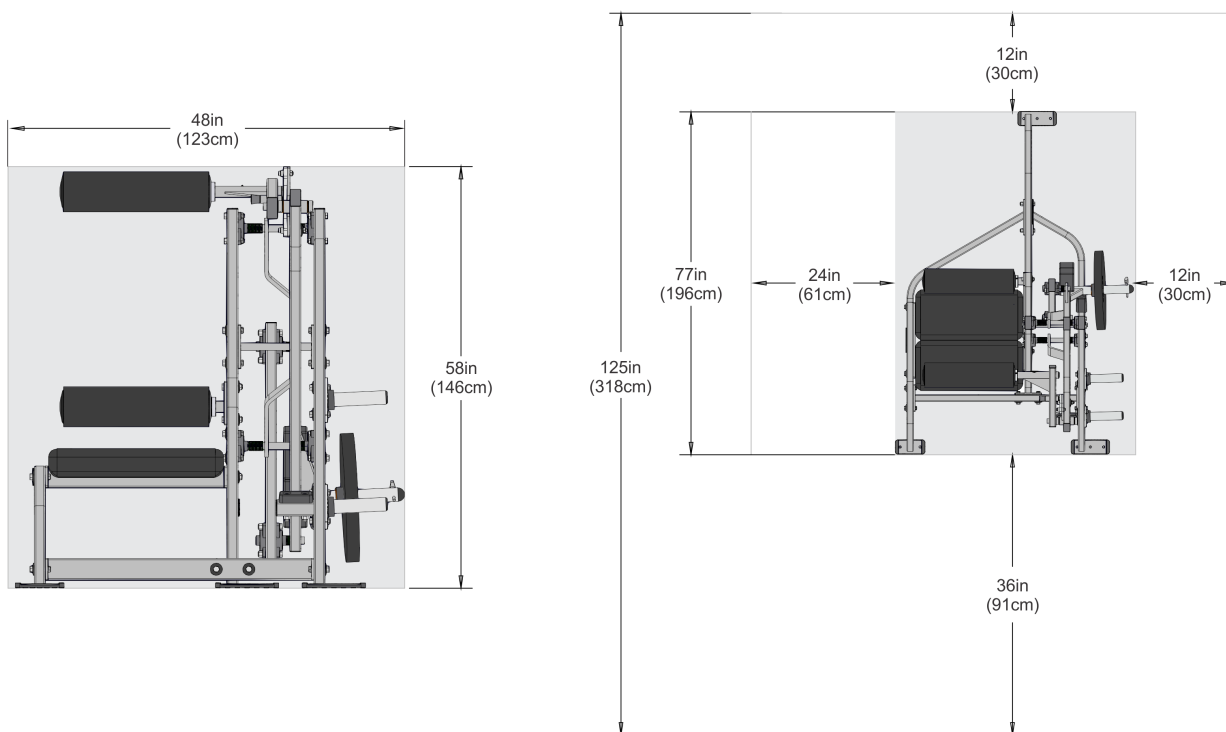
Assisted Nordic Hamstring (PL-ANH)

Machine Weight:	lbs. = 408	kg. = 185
Max User Weight:	lbs. = 350	kg. = 56.7
Starting Assistance:	lbs. = 18	kg. = 8.2
Total Max Assistance:	lbs. = 180	kg. = 81.6
Max Plate Capacity*:	4-45 lb. plates	3-25 kg. plates
Size** (L x W x H):	in. = 77 x 48 x 58	cm = 196 x 123 x 146
Live Area*** (L x W):	in. = 125 x 84	cm = 318 x 122

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Hamstrings, Glutes

Setup: Load desired number of plates on the weight rod to ensure appropriate assistance and secure plates with retaining pin. Slide legs onto the knee pads positioning the knees directly on the crease between the two pads. Simultaneously, slide the lower leg under the round pad. Grip the chest pad and release the pull pin. Set chest pad at desired height. Rest arms at the side of the body or wrap around the chest pad.

Performing the Exercise: With a controlled motion, begin leaning forward into the chest pad while keeping the pelvis neutral and hips locked. Lower the body through eccentric contraction of the hamstring. Add more weight if you are concerned about the ability to return to the start position. Lower the body until the knees are straight, allowing the thighs to slightly touch the pads. Return to the start position with a neutral pelvis, locked hips, and contraction through the hamstrings.

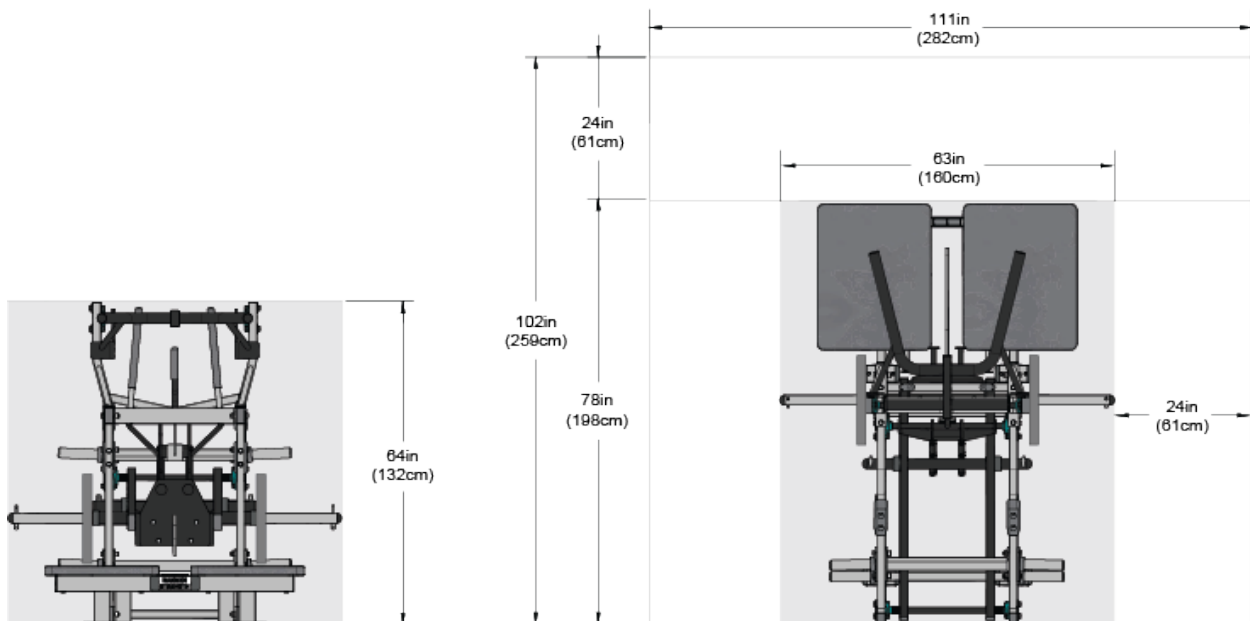
Belt Squat (PL-BSQ)

Machine Weight (without Dip):	lbs. = 425	kg. = 193
Machine Weight (with Dip):	lbs. = 485	kg. = 220
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 68	kg. = 30.8
Total Max Resistance:	lbs. = 900	kg. = 408.2
Front Max Plate Capacity*:	8-45 lb. plates per rod	7-25 kg. plates per rod
Rear Max Plate Capacity*:	2-45 lb. plates per rod	2-25 kg. plates per rod
Size** (L x W x H):	in. = 78 x 63 x 64	cm = 198 x 160 x 132
Live Area*** (L x W):	in. = 102 x 111	cm = 259 x 282

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Quadriceps, Glutes, Hip Abductors / Hip Adductors

Setup: Load the unit with the desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Position one foot on each platform and center body over work arm anchor points. Place belt around waist and secure hook to one of the four work arm anchor locations. Once anchored, grab elongated grip handles (right and left) to ensure stability.

Performing the Exercise: With a controlled motion, push legs to nearly full extension without locking out the knees. Locking handle (center) will automatically disengage during extension. Do not release the handles (right and left) until exercise is complete. When done exercising, grab locking handle (center) in extended position and pull towards the hips to re-engage locking mechanism. Continue to pull locking handle (center) towards hips, then slowly lower hips to ensure work arm has settled into locking position.

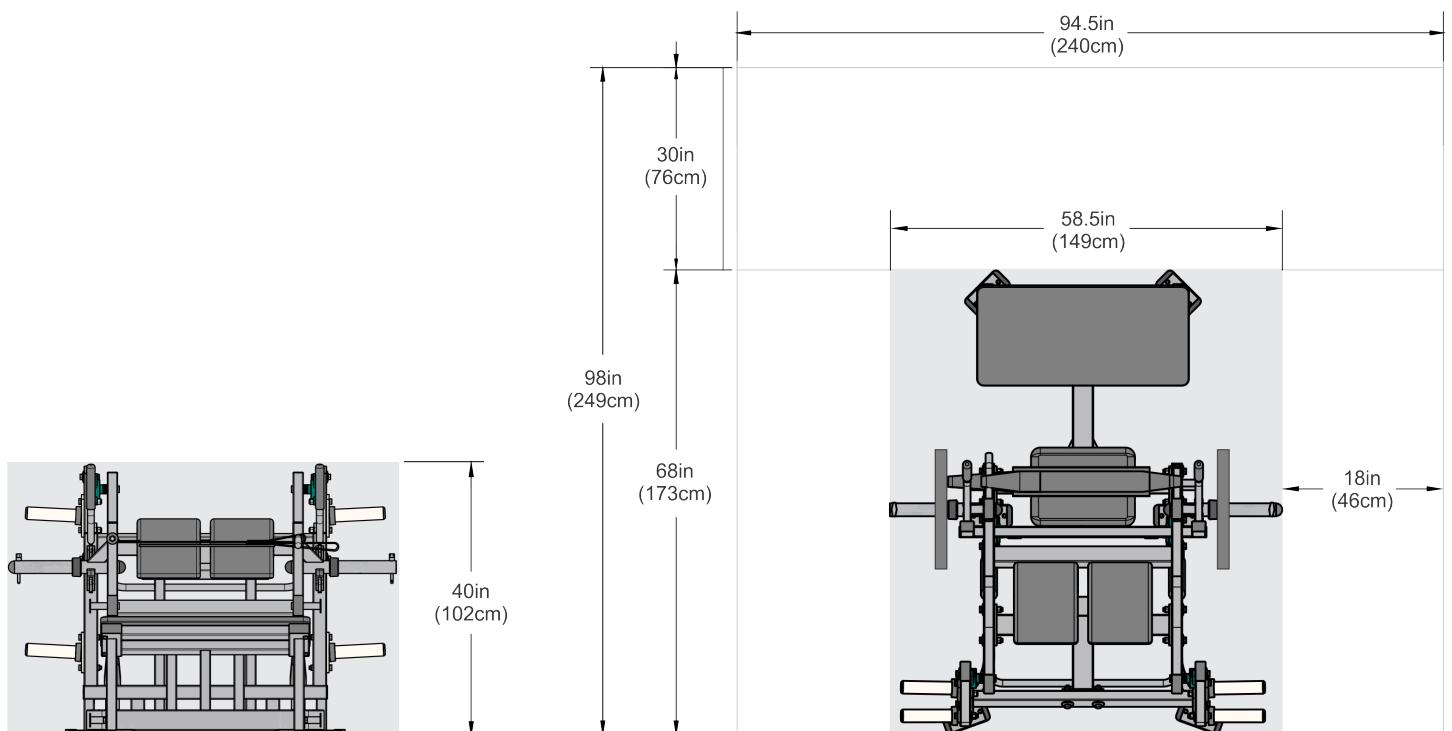
Glute Drive (PL-GLD)

Machine Weight:	lbs. = 318	kg. = 144
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 45	kg. = 20.4
Total Max Resistance:	lbs. = 360	kg. = 163.2
Max Plate Capacity*:	4-45 lb. plates	3-25 kg. plates
Size** (L x W x H):	in. = 68 x 58.5 x 40	cm = 173 x 149 x 102
Live Area*** (L x W x H):	in. = 98 x 94.5	cm = 249 x 240

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Glutes, Quadriceps

Setup: Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Position spine between back pads and place feet shoulder width apart on the angled foot platform. Once positioned, slide strap over the opposing anchor point on the workarm. Grip the handles located on the sides and slowly lift hips to engage with the strap. Bring hands to chest and begin exercise.

Performing the Exercise: With a controlled motion, extend hips upwards while pivoting on the back pad. Slowly lower hips and return to the start position then repeat the motion while maintaining proper body positioning until finished.

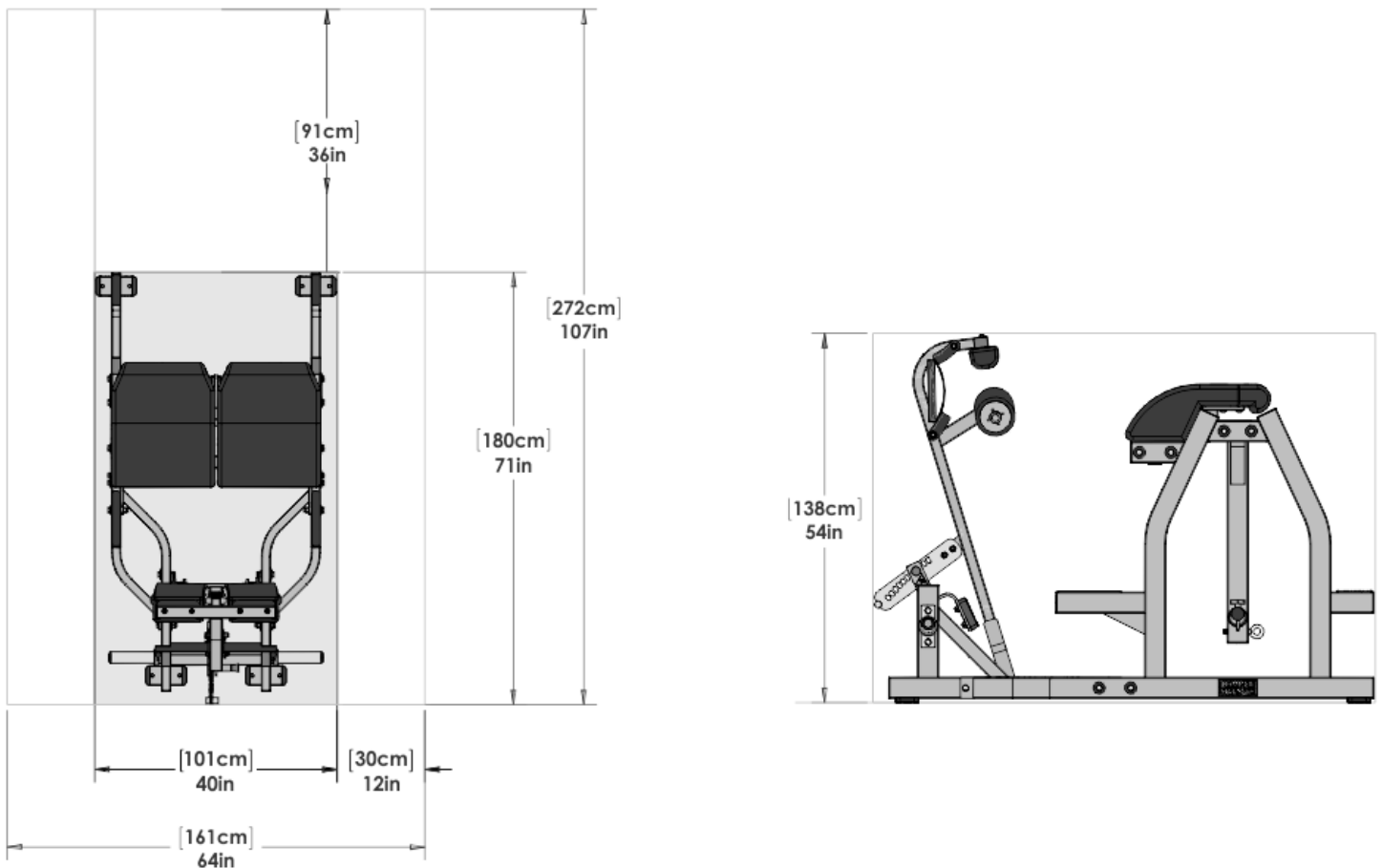
Glute Ham/Reverse Hyper Combo (PL-GHRH)

Machine Weight:	lbs. = 340	kg. = 154
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 0.0	kg. = 0.0
Total Max Resistance:	lbs. = 360	kg. = 163.2
Max Plate Capacity*:	3-45 lb. plates per rod	4-25 kg. plates per rod
Size** (L x W x H):	in. = 71 x 40 x 54	cm = 180 x 101 x 138
Live Area*** (L x W x H):	in. = 107 x 64	cm = 272 x 161

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used:

- Glute Ham:** Glutes, Hamstrings
- Reverse Hyper:** Lumbar, Glutes, Hamstrings
- Back Extension:** Lumbar

Setup:

Glute Ham: Using the pull pin at the back of the machine, adjust the foot platform forward or back to the desired position. Climb into the machine using the steps between the foot platform and knee pads. Insert one foot between the pads and securely press into the curved foot platform. The knee should make contact with the knee pad. Insert the second foot between the pads, pressing against the foot platform. Extend hips so the exerciser is upright with a 90 degree bend at the knees.

Reverse Hyper: Using the pull pin at the back of the machine, adjust the foot platform forward or back to the desired position. Arms should be extended when gripping the handles. Using the adjustment rings on the ankle straps, hook into the carabiner on each movement arm

with the desired length. Place your feet into the ankle straps and climb onto the steps. Lean forward and grip the handles with both hands. The pelvis should be tight against the pad.

Back Extension: Using the pull pin at the back of the machine, adjust the foot platform forward or back to the desired position. Climb into the machine using the steps between the foot platform and knee pads. Insert one foot between the pads and securely press into the curved foot platform. Insert the second foot between the pads, pressing against the foot platform. Lie face down on the pads with your pelvis securely attached to the pad.

Performing the Exercise:

Glute Ham: With a controlled motion, Extend the knees and lower the body to the pad while keeping the hips stationary. Press through the mid to front of the foot. Contract the hamstrings while maintaining a stationary position with the hips, lifting the body back to the start position. Repeat for the desired number of repetitions.

Reverse Hyper: Engage your lower back muscles and raise your legs upward as high as you can while keeping your back straight and legs extended. Pause briefly at the top of the movement, then slowly lower your legs back to the starting position. Repeat for the desired number of repetitions.

Back Extension: Engage the lower back muscles and raise your torso upward as high as you can while keeping your legs straight. Pause briefly at the top of the movement, then slowly lower your torso back to the starting position. Repeat for the desired number of repetitions.

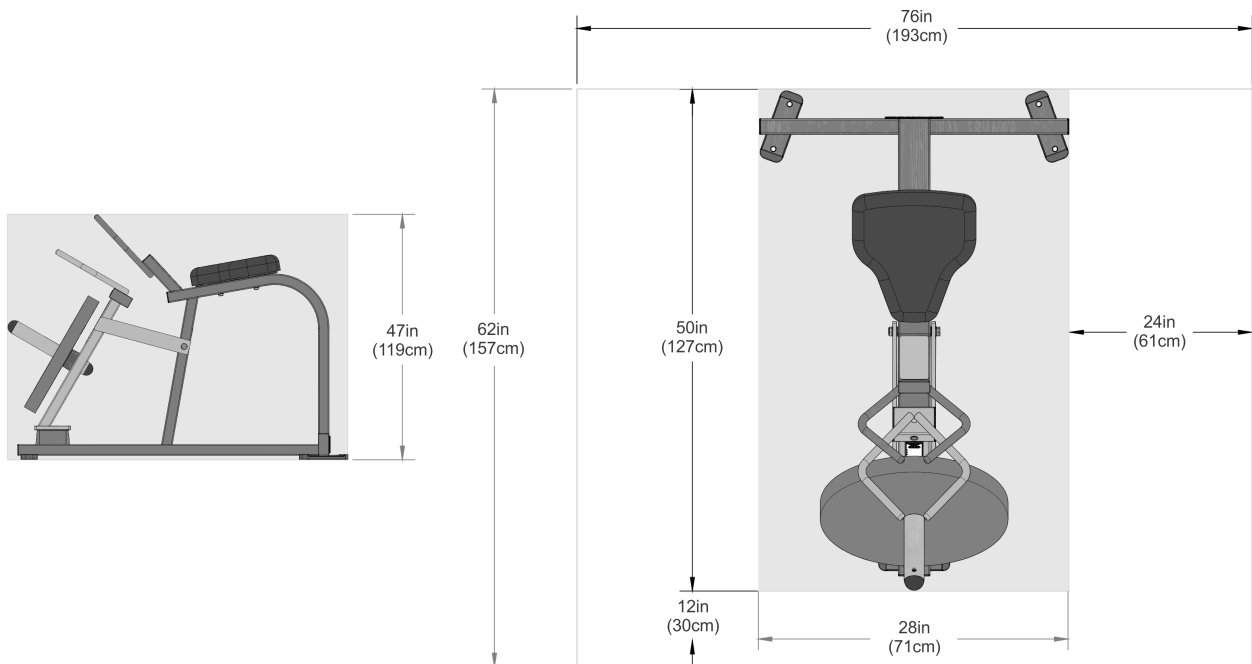
Gripper (PL-GRIP)

Machine Weight:	lbs. = 65	kg. = 29.5
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 14	kg. = 3.6
Total Max Resistance:	lbs. = 180	kg. = 75
Max Plate Capacity*:	4-45 lb. plates	3-25 kg. plates
Size** (L x W x H):	in. = 50 x 28 x 47	cm = 127 x 71 x 119
Live Area*** (L x W):	in. = 62 x 76	cm = 157 x 193

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Brachioradialis, Flexor Carpi Radialis, Flexor Carpi Ulnaris and Extensor Retinaculum

Setup: Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Grip the frame handles with the inside of thumbs while fingers grip the movement arm handles.

Performing the Exercise: With a controlled motion, pull fingers towards thumbs by making a fist. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

NOTE: DO NOT place feet under movement arm while in use!

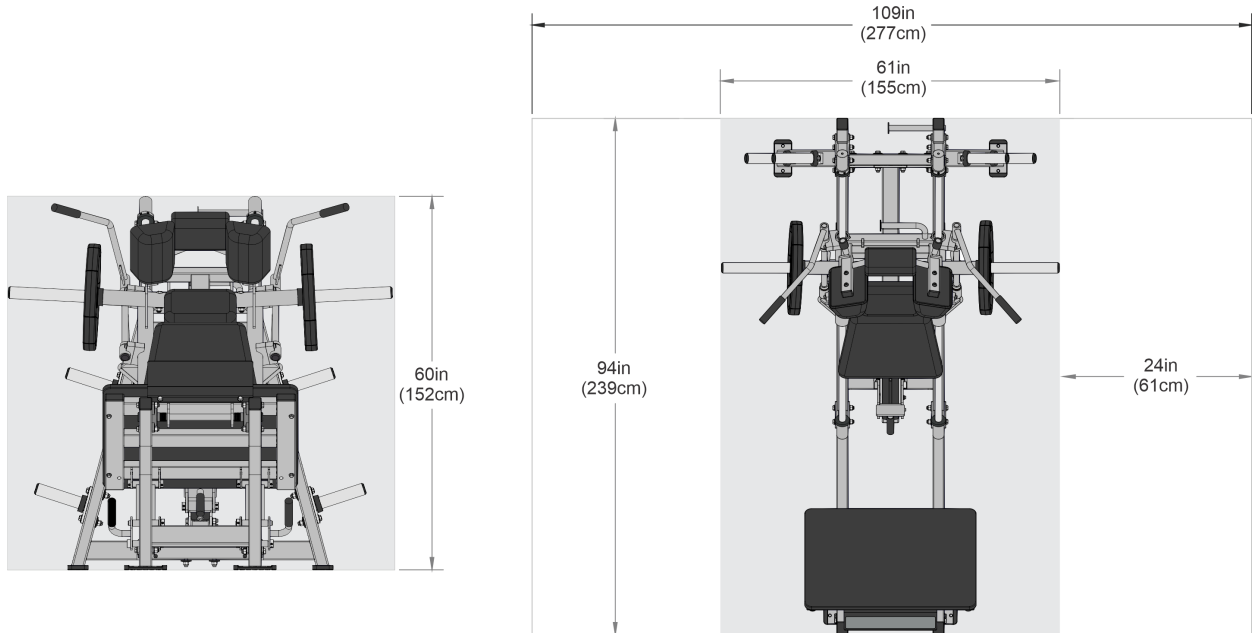
Hack Squat (PL-HSQ2)

Machine Weight:	lbs. = 591	kg. = 268
Max User Weight:	lbs. = 350	kg. = 56.7
Starting Resistance:	lbs. = 120	kg. = 54.4
Total Max Resistance:	lbs. = 720	kg. = 260
Max Plate Capacity*:	8-45 lb. plates per rod	7-25 kg. plates per rod
Size** (L x W x H):	in. = 94 x 61 x 60	cm = 239 x 155 x 152
Live Area*** (L x W):	in. = 94 x 109	cm = 239 x 277

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Quadriceps, Glutes, Hip Abductors / Hip Adductors

Setup: Set center range of motion limiter to desired height. Load the unit with desired amount of weight to ensure appropriate resistance. Position feet on the foot plate, hip width apart. Position the body flat against the back pad with shoulders secured against the shoulder pads. Grip handles on each side of the shoulder.

Performing the Exercise: With a controlled motion, push legs to nearly full extension without locking out the knees. Move gripped left and right lever handles out of the carriage path by pulling them toward the center of the body. Lower the carriage to the desired end position and return to a standing position. Repeat the motion while maintaining proper body position. When finished, raise carriage, push both handles away from the center, and gently set carriage down on lever stops.

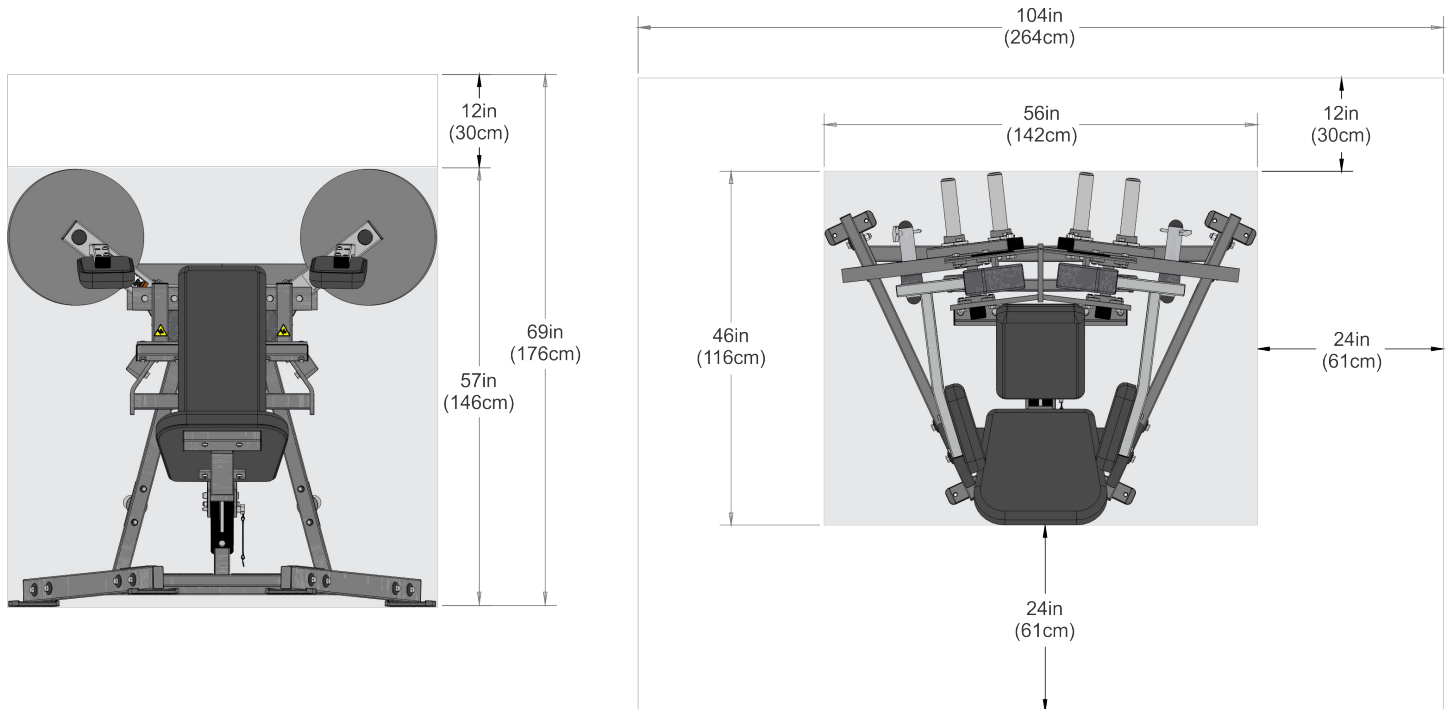
Lateral Raise (PL-LR)

Machine Weight:	lbs. = 295	kg. = 158.8
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 1 per work arm	kg. = 0.5 kgs. per work arm
Total Max Resistance:	lbs. = 75 per side (150 total)	kg. = 45 per side (90 total)
Max Plate Capacity*:	3-25 lb. plates per weight rod	3-15 kg. plates per weight rod
Size** (L x W x H):	in. = 48 x 53 x 66	cm = 121 x 135 x 169
Live Area*** (L x W x H):	in. = 96 x 77 x 94	cm = 243 x 196 x 238

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Trapezius, Deltoid and Latissimus Dorsi

Setup: Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Seat should be adjusted to allow for proper body positioning. In the seated body position, place elbows up against elbow pads.

Performing the Exercise: With a controlled motion, push the elbow pads out until the arms are fully extended. Return the movement arms to the start position and repeat the motion while maintaining proper body positioning.

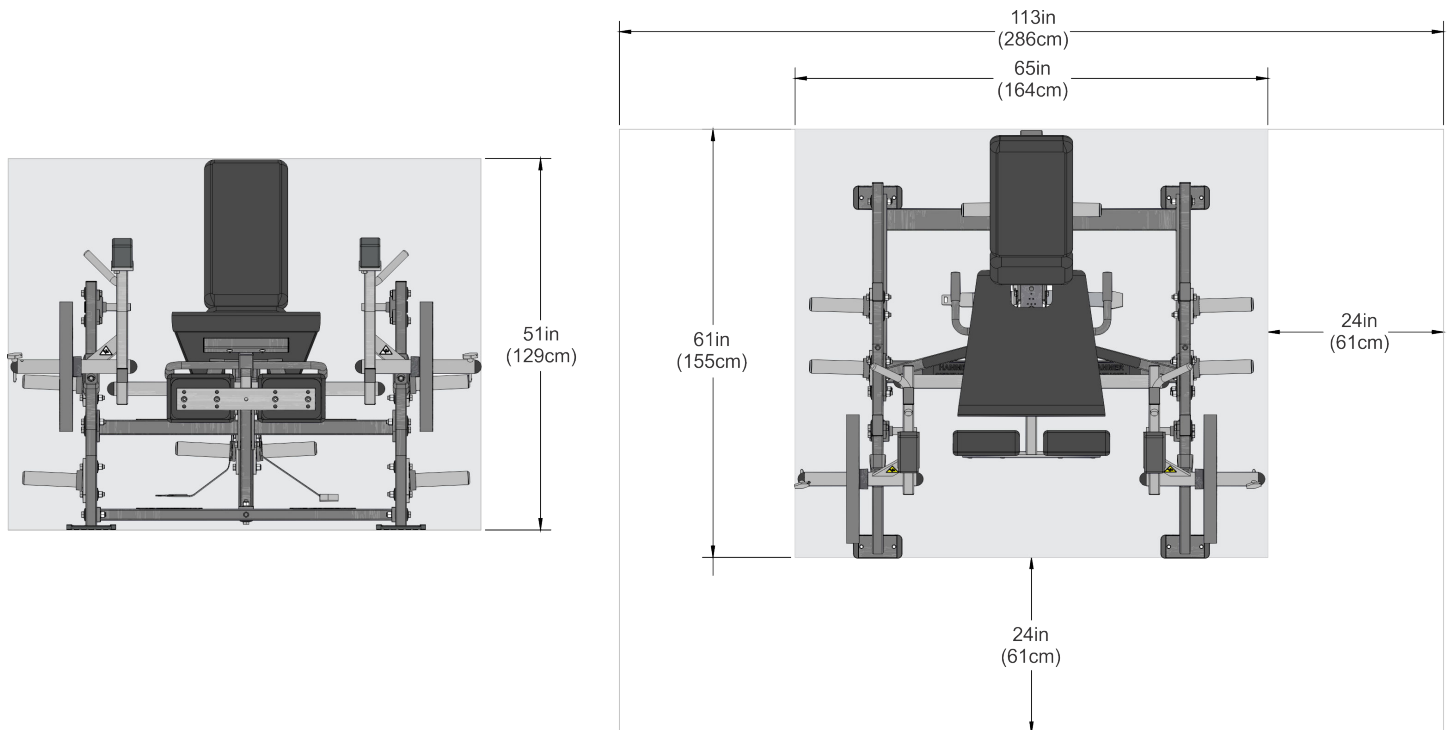
Leg Extension (PL-LE)

Machine Weight:	lbs. = 300	kg. = 136
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 4 per work arm	kg. = 1.8 kgs. per work arm
Total Max Resistance:	lbs. = 450 (225 each side)	kg. = 200 (100 each side)
Max Plate Capacity*:	5-45 lb. plates	4-25 kg. plates
Size** (L x W x H):	in. = 65 x 61 x 51	cm = 164 x 155 x 129
Live Area*** (L x W x H):	in. = 113 x 85 x 51	cm = 286 x 216 x 129

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Quadriceps

Setup: Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Adjust the back pad to align the knee joint with the machine pivot (axis of rotation). Grip the handles located on the sides of the seat. Tighten and clasp seatbelt. Position body with chest up and with shoulders back and against the back pad.

Performing the Exercise: With a controlled motion extend the legs to nearly full extension without locking out knees. Return the legs to the start position and repeat the motion while maintaining proper body positioning.

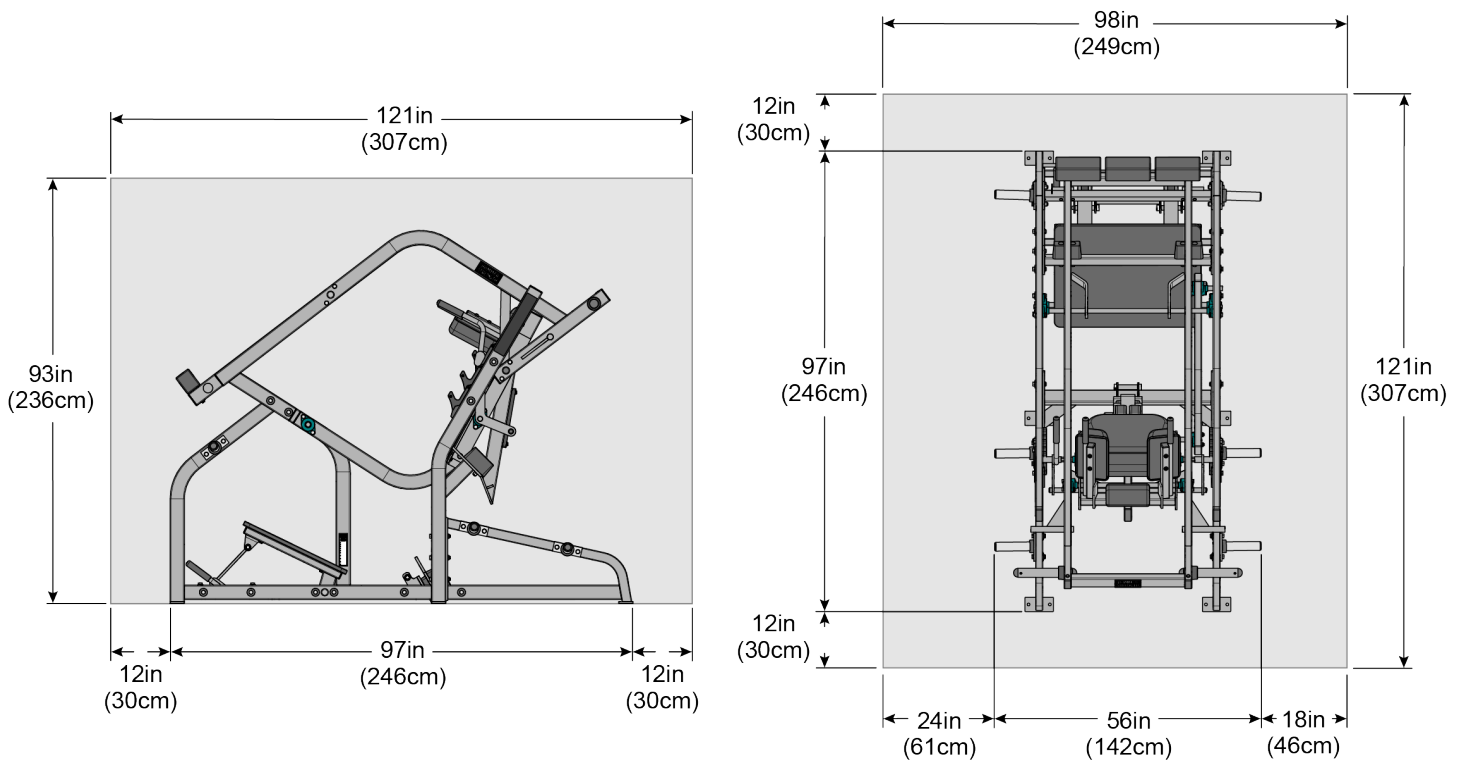
Pendulum X Squat (PL-XSQ)

Machine Weight:	lbs. = 846	kg. = 384
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 82 (at top rack-out)	kg. = 37 (at top rack-out)
Total Max Resistance:	lbs. = 550	kg. = 250
Max Plate Capacity*:	5-45 lb. plates	5-25 kg. plates
Size** (L x W x H):	in. = 97 x 56 x 81	cm = 246 x 142 x 206
Live Area*** (L x W x H):	in. = 121 x 98 x 93	cm = 307 x 249 x 236

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Quadriceps, Hamstrings, and Glutes

Setup: Set center safety stop to desired range. Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Position feet on the foot plate, hip width apart. Position the body seated against pads. Grip handles on each side of the seat carriage.

Performing the Exercise: With a controlled motion, push legs to nearly full extension without locking out the knees. Move gripped left lever stop out of the carriage path by pulling it forward and down. Grip the exercise handles and slowly lower the carriage to desired squat depth. Return to start position and repeat the motion while maintaining proper body position. When finished, raise carriage, push locking handle up, and gently set carriage down on lever stops.

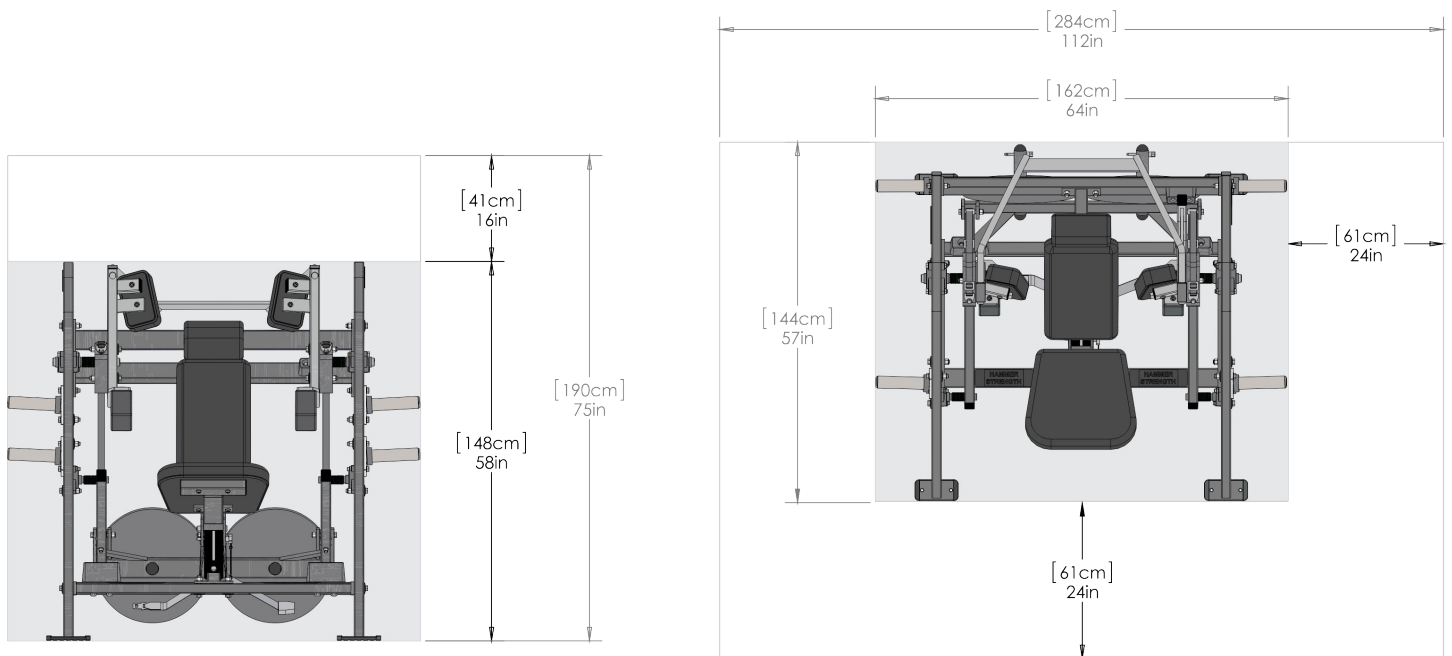
Pullover (PL-PO)

Machine Weight:	lbs. = 370	kg. = 167.8
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 18 per work arm	kg. = 8.2 per work arm
Total Max Resistance:	lbs. = 360	kg. = 150
Max Plate Capacity*:	4-45 lb. plates	3-25 kg. plates
Size** (L x W x H):	in. = 64 x 57 x 58	cm = 162 x 144 x 148
Live Area*** (L x W x H):	in. = 112 x 81 x 75	cm = 284 x 205 x 190

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Deltoid, Latissimus Dorsi, Tricep, Infraspinatus Fascia and Teres Major/Minor

Setup: Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Seat should be adjusted to allow for proper body positioning. Tighten and clasp seatbelt. In the seated body position, place elbows onto elbow pads and place hands above head and grasp the movement arm.

Performing the Exercise: With a controlled motion, pull the movement arm downward. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

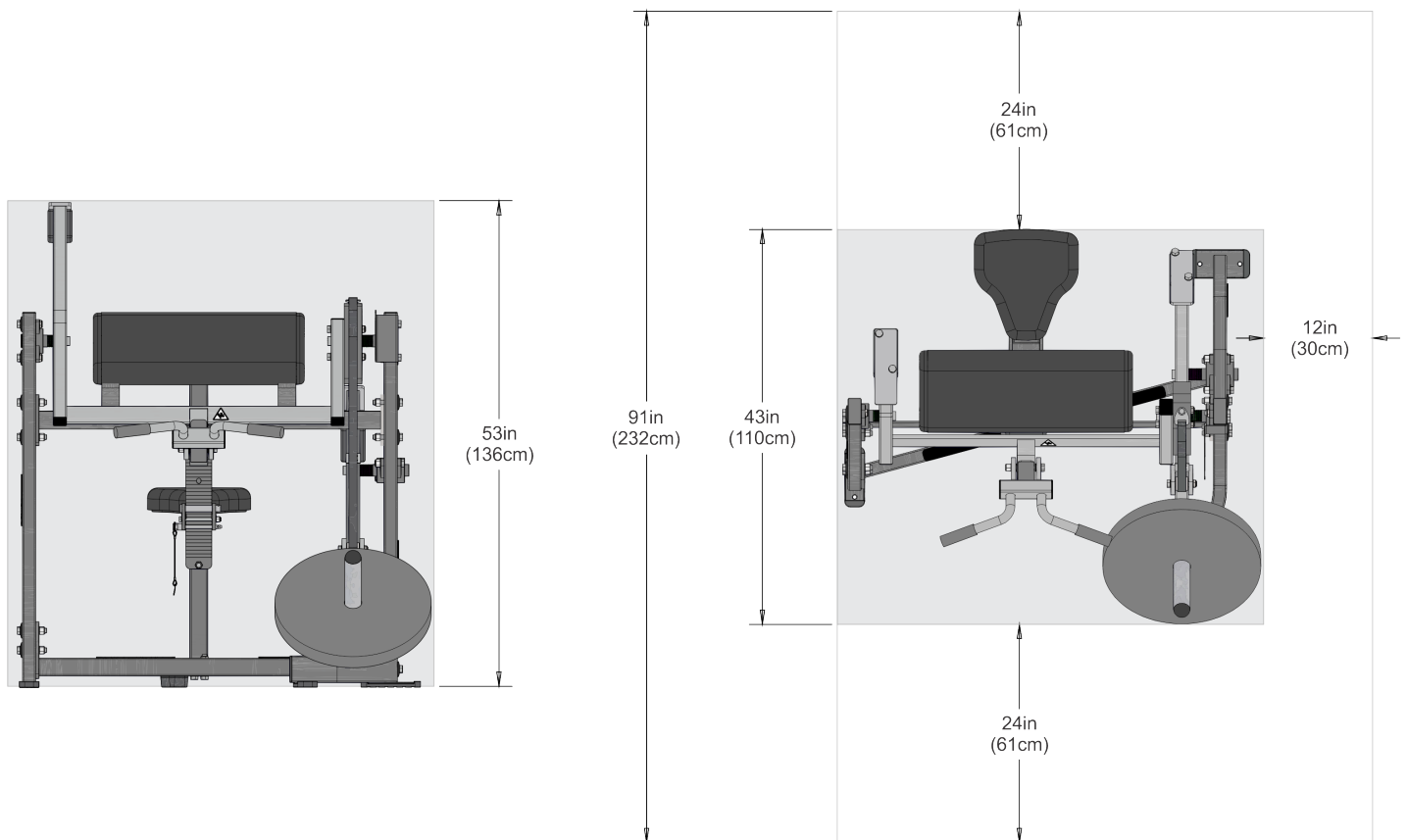
Seated Biceps (PL-BI)

Machine Weight:	lbs. = 225	kg. = 102
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 4	kg. = 1.8
Total Max Resistance:	lbs. = 225	kg. = 102
Max Plate Capacity*:	5-45 lb. plates	4-25 kg. plates
Size** (L x W x H):	in. = 50 x 43 x 53	cm = 127 x 110 x 136
Live Area*** (L x W x H):	in. = 74 x 91 x 53	cm = 188 x 232 x 136

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Biceps

Setup: Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Seat should be adjusted to allow arm pit to rest near top of pad. Align elbows near main pivot. Grip handles firmly with an underhand grip. Position body with chest up and shoulders back.

TIP: Back of upper arm should remain on pad through movement.

Performing the Exercise: With a controlled motion, curl the handles up until the arms are fully flexed. Return to the start position and repeat the motion, while maintaining proper body positioning.

TIP: A wider grip will focus more on the inside of the Biceps muscle. A narrow grip will focus more on the outside of the Biceps muscle.

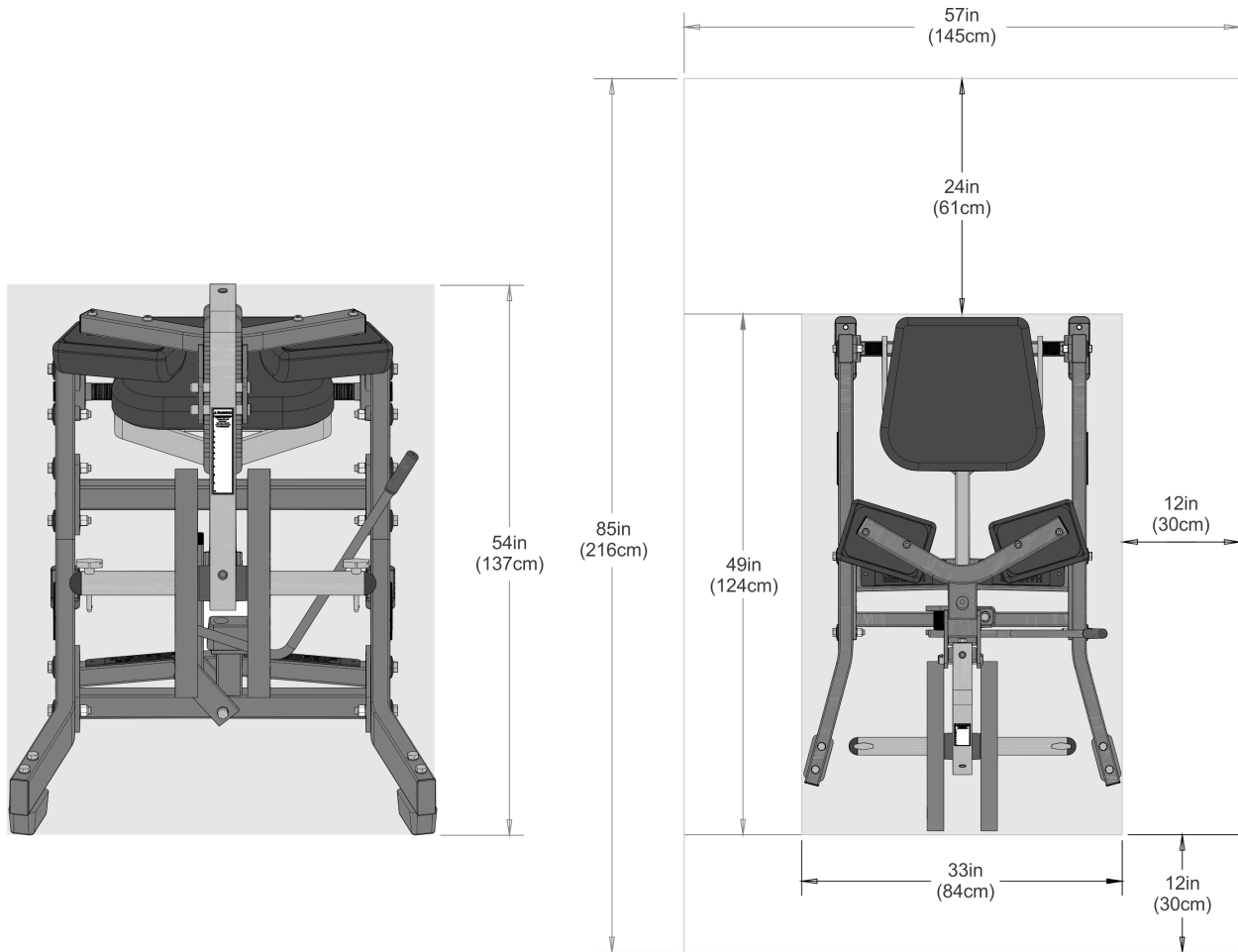
Seated Calf Raise (PL-CALF)

Machine Weight:	lbs. = 200	kg. = 90.7
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 60	kg. = 27.2
Total Max Resistance:	lbs. = 450	kg. = 200
Max Plate Capacity*:	5-45 lb. plates	4-25 kg. plates
Size** (L x W x H):	in. = 49 x 33 x 54	cm = 124 x 84 x 137
Live Area*** (L x W x H):	in. = 85 x 57	cm = 216 x 145

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Soleus

Setup: Load the unit with the desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. With feet securely placed on footplate, adjust knee pad to allow comfortable positioning.

Performing the Exercise: With a controlled motion, raise the balls of your feet as comfortably possible. Move stop out of workarm path. Return to start position and repeat the motion while maintaining proper body positioning. When finished, raise weights and pull stop lever back to upright position.

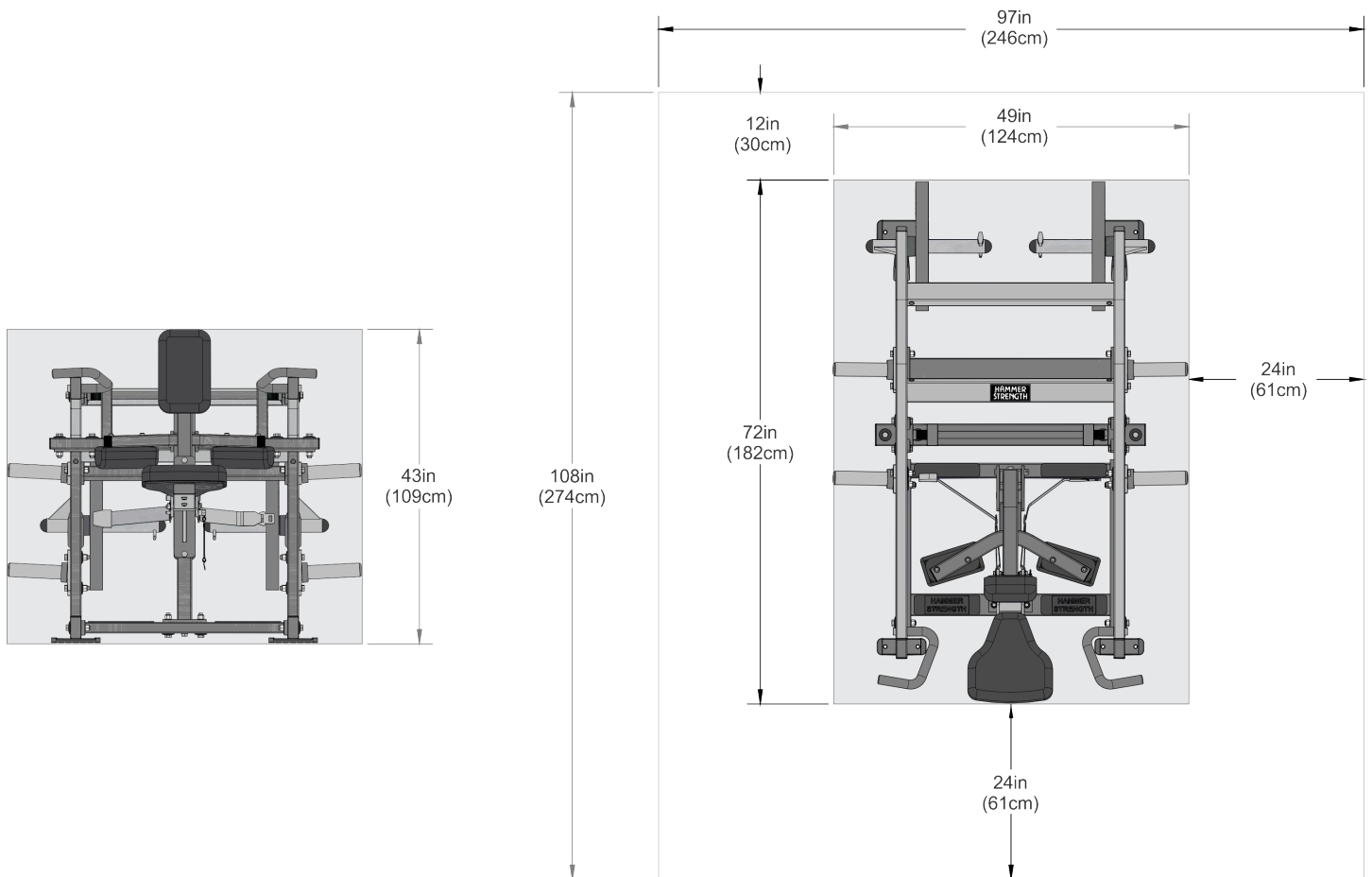
Seated Dip (PL-DIP)

Machine Weight:	lbs. = 285	kg. = 129.3
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 4 per weight rod	kg. = 1.8 per weight rod
Total Max Resistance:	lbs. = 450	kg. = 200
Max Plate Capacity*:	5-45 lb. plates	4-25 kg. plates
Size** (L x W x H):	in. = 72 x 49 x 43	cm = 182 x 124 x 109
Live Area*** (L x W x H):	in. = 108 x 97 x 43	cm = 274 x 246 x 109

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Pectoralis Major, Triceps & Anterior Deltoid

Setup: Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Sit upright or lean slightly forward. Adjust seat so that elbows are at approximately 90 degrees at start movement. Tighten and clasp seatbelt. With feet placed on the floor, adjust knee pad to allow comfortable positioning.

Performing the Exercise: With a controlled motion, extend handles down until arms are fully extended. DO NOT lock elbows at the bottom of the pressing motion. Return handles to the start position and repeat the motion while maintaining proper body positioning.

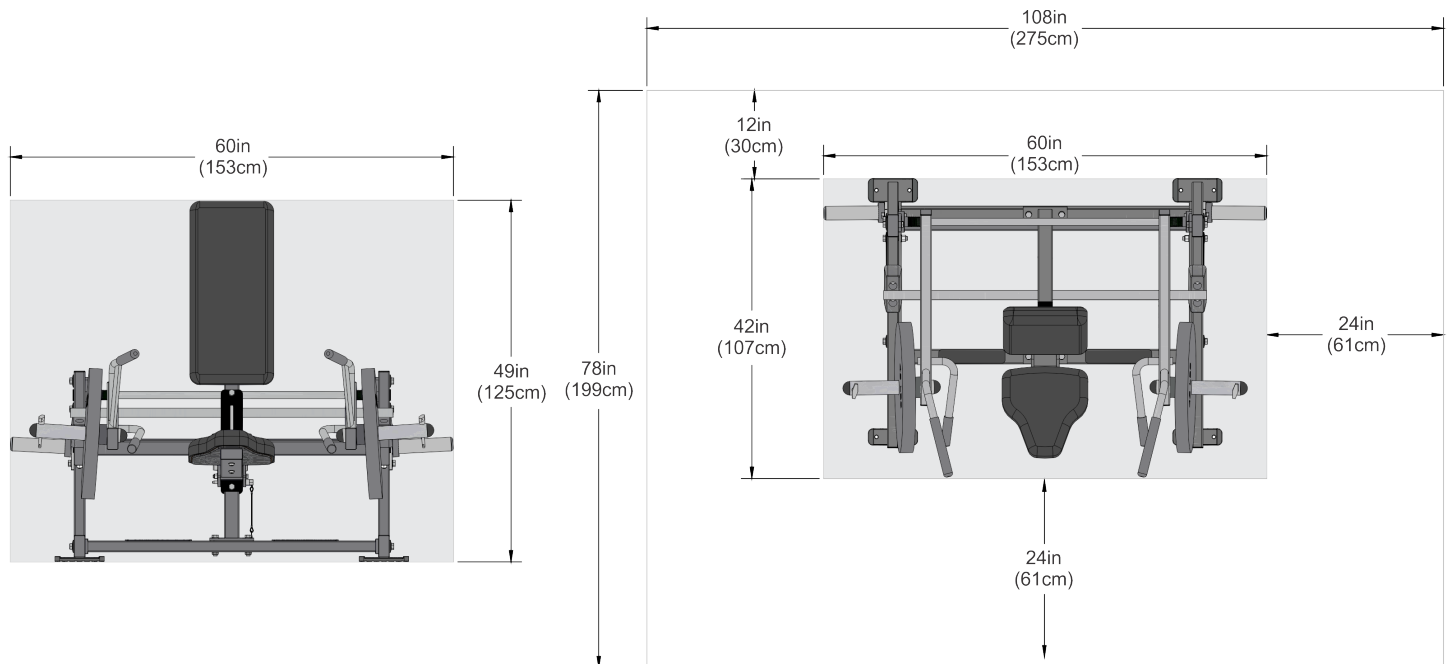
Seated/Standing Shrug (PL-SH)

Machine Weight:	lbs. = 235	kg. = 106.6
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 25 per work arm	kg. = 11.3 per work arm
Total Max Resistance:	lbs. = 450	kg. = 200
Max Plate Capacity*:	5-45 lb. plates	4-25 kg. plates
Size** (L x W x H):	in. = 42 x 60 x 49	cm = 107 x 153 x 125
Live Area*** (L x W x H):	in. = 78 x 108 x 49	cm = 199 x 275 x 125

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Trapezius, Infraspinatus, Rhomboid Major, and Teres Major/Minor

Setup: Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pins.

Seated: Seat should be adjusted to allow for proper body positioning. In the seated body position, grab each movement arm grip.

Standing: In the standing position and facing the unit, grab each movement arm grip.

Performing the Exercise: With a controlled motion, pull the movement arm upward. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

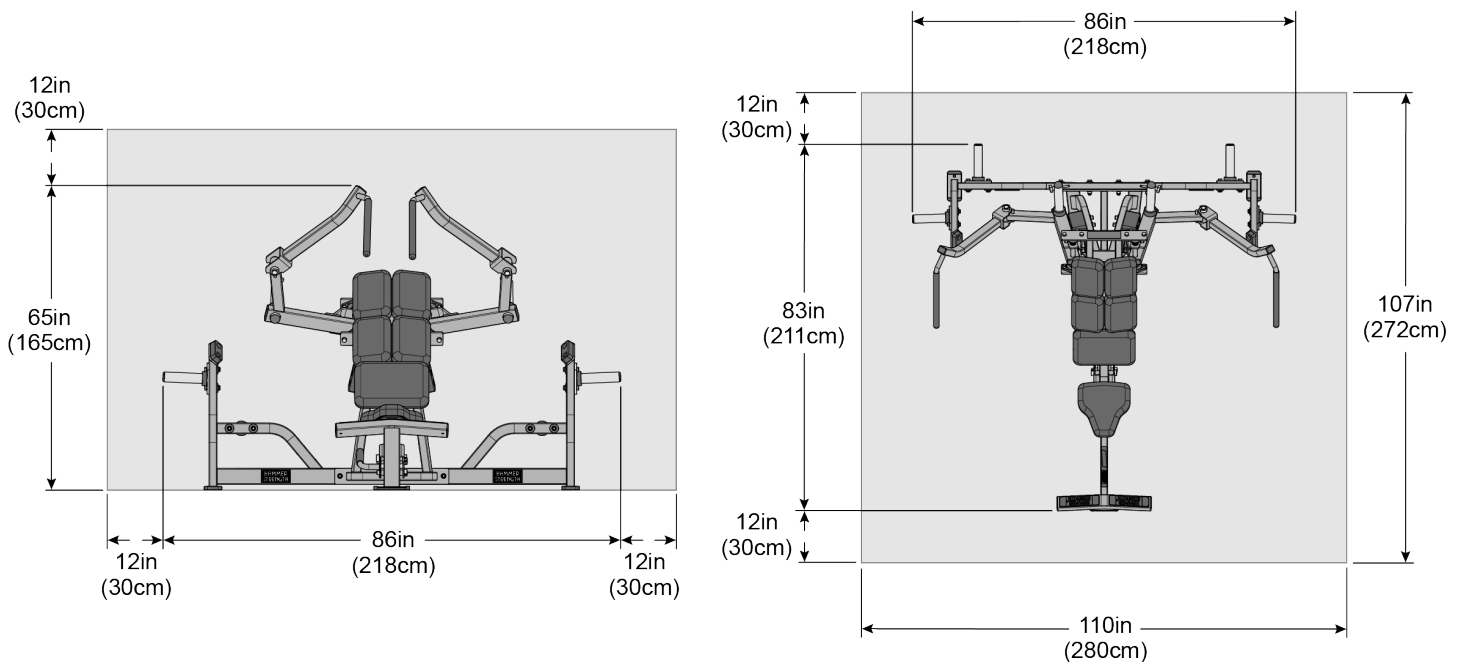
Super Fly (PL-FLY)

Machine Weight:	lbs. = 306	kg. = 139
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 14 per workarm	kg. = 6.3 per workarm
Total Max Resistance:	lbs. = 90 per workarm	kg. = 40.8 per workarm
Max Plate Capacity*:	3-45 lb. plates	3-25 kg. plates
Size** (L x W x H):	in. = 86 x 83 x 42	cm = 218 x 211 x 107
Live Area*** (L x W x H):	in. = 107 x 110 x 77	cm = 272 x 280 x 195

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Pectoralis Major

Setup: Set range of motion limiter to desired range. Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Position feet on the floor or foot rest. Position the body seated against pads. Grip each handle.

Performing the Exercise: With a controlled motion, move handles to the center keeping the elbows slightly bent. Return to start position and repeat the motion while maintaining proper body position. When finished, release the handles and exit the machine.

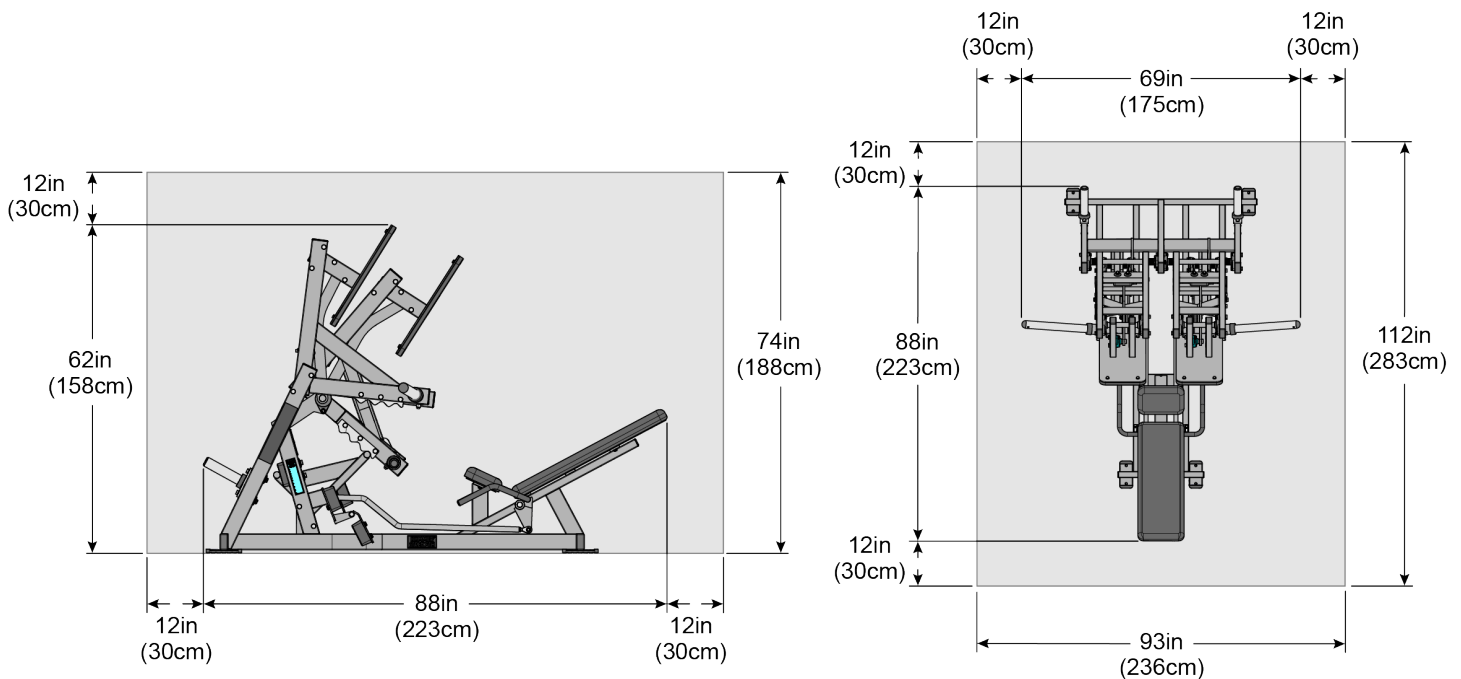
Super Squat Press (PL-SSP)

Machine Weight:	lbs. = 570	kg. = 259
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 65 per leg	kg. = 29.5 kgs. per leg
Total Max Resistance:	lbs. = 850 (425 each side)	kg. = 385 (193 each side)
Max Plate Capacity*:	6-45 lb. plates (each side)	5-25 kg. plates (each side)
Size** (L x W x H):	in. = 88 x 69 x 62	cm = 223 x 175 x 158
Live Area*** (L x W x H):	in. = 112 x 93 x 74	cm = 283 x 236 x 188

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Quadricep, Hamstring, and Glute

Setup: Set center safety stops for each leg to desired range. Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Position feet on the foot plates, hip width apart. Position the body with chest up, shoulders and head back against back pad.

Performing the Exercise: With a controlled motion push legs to nearly full extension without locking out knees. Pull the left and right handles back to unlock each carriage independently. Return the legs to the start position and repeat the motion while maintaining proper body positioning.

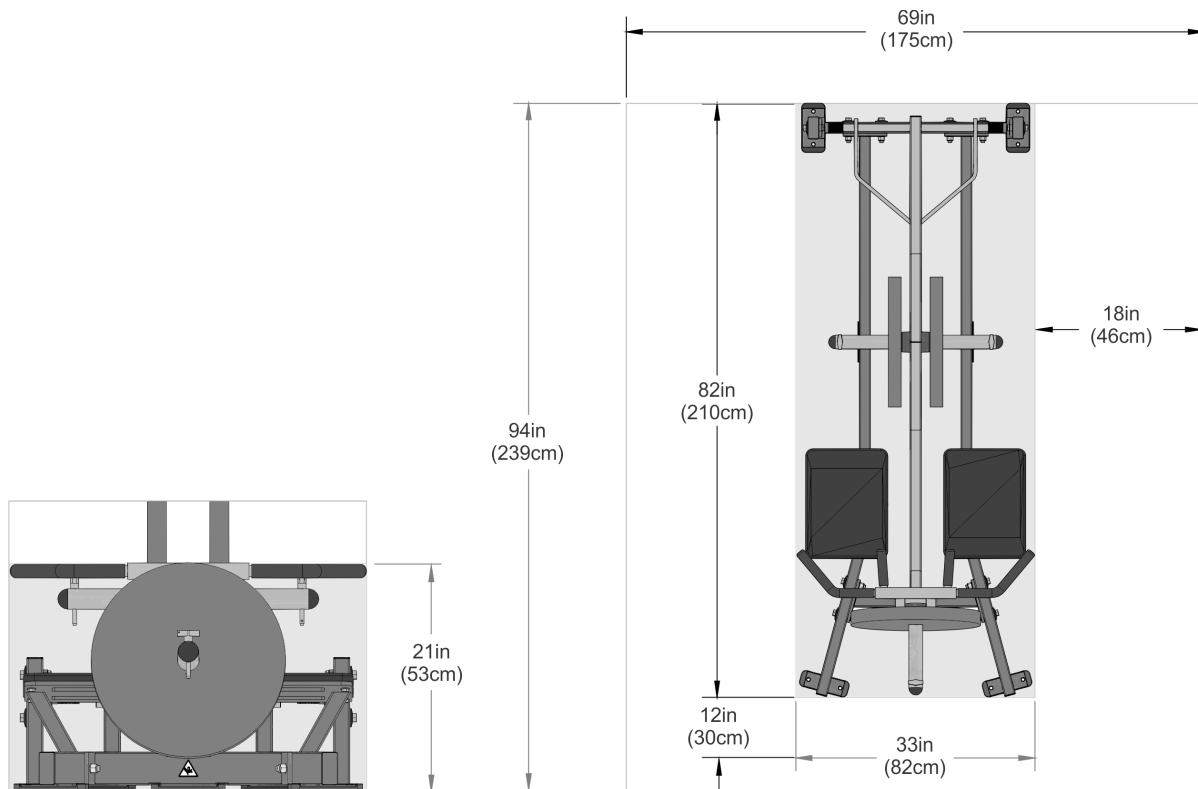
T-Bar Row (PL-TBR)

Machine Weight:	lbs. = 200	kg. = 90.7
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 40	kg. = 18.1
Total Max Resistance:	lbs. = 585	kg. = 265.4
Max Plate Capacity*:	5-45 lb. plates front weight rod; 4-45lb. plates per rear weight rod	4-25 kg. plates front weight rod; 3-25kg. plates per rear weight rod
Size** (L x W x H):	in. = 82 x 33 x 21	cm = 210 x 82 x 53
Live Area*** (L x W):	in. = 94 x 69	cm = 239 x 175

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Posterior Deltoids, Latissimus Dorsi, Trapezius, Rhomboid, Biceps and Teres Major/Minor

Setup: Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin.

Performing the Exercise: Position feet at shoulder width on the footplates. Bend over handles with back straight and knees slightly bent. Grasp handles with shoulder width grip or wider. Lift and lower handles and bar in smooth and controlled movements, while maintaining a straight back. Pull handles up to torso and return handles down until arms are extended and shoulders are stretched downward.

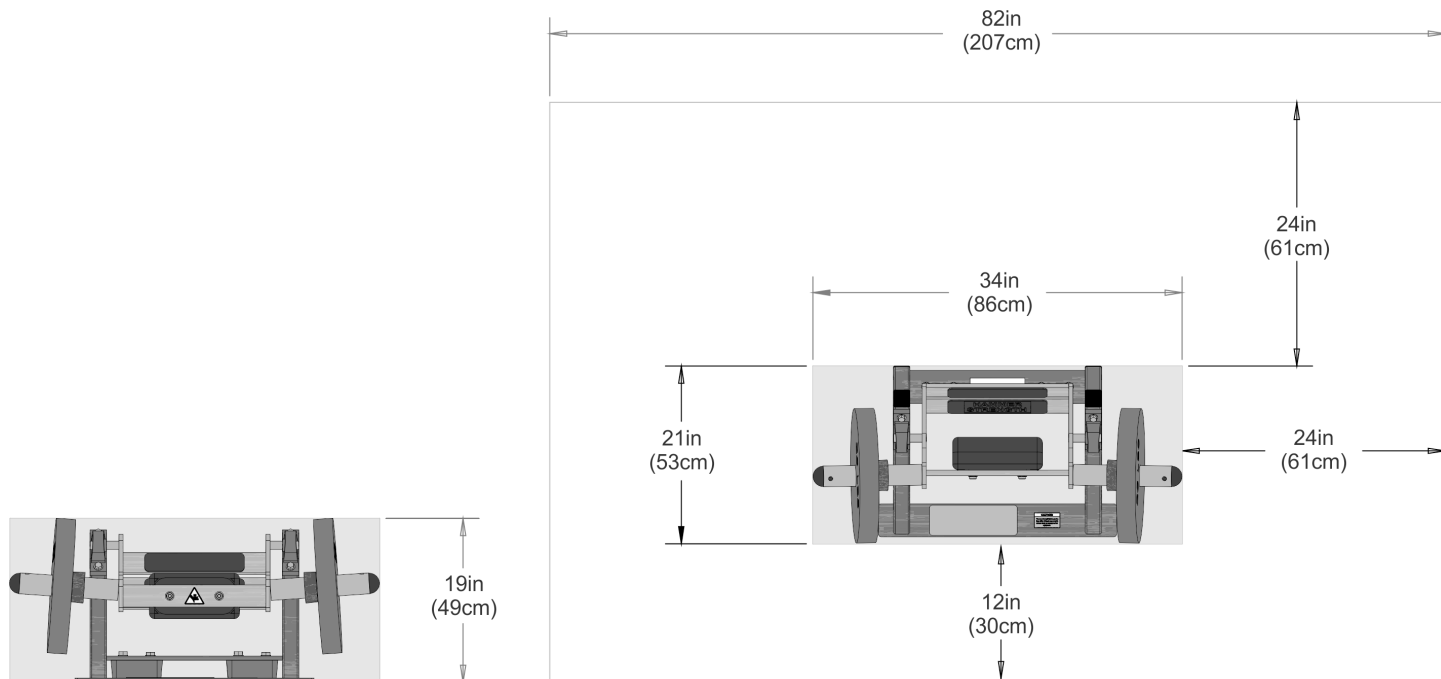
Tibia (PL-TIB)

Machine Weight:	lbs. = 52	kg. = 23.6
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 3	kg. = 1.4
Total Max Resistance:	lbs. = 75 per side (150 total)	kg. = 20 per side (40 total)
Max Plate Capacity*:	3-25 lb. plates	2-10 kg. plates
Size** (L x W x H):	in. = 34 x 21 x 19	cm = 86 x 53 x 49
Live Area*** (L x W):	in. = 82 x 57	cm = 207 x 144

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used:

Tibialis Posterior, Flexor Hallucis Longus and Flexor Digitorum Longus

Setup:

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Insert foot, one at a time, toe first into unit so top of foot rests against pad and bottom of foot is planted flat against wear strips. Align ankles with the with the machine pivot (axis of rotation).

Performing the Exercise:

With a controlled motion lift up with foot by tilting rearward to nearly full extension. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

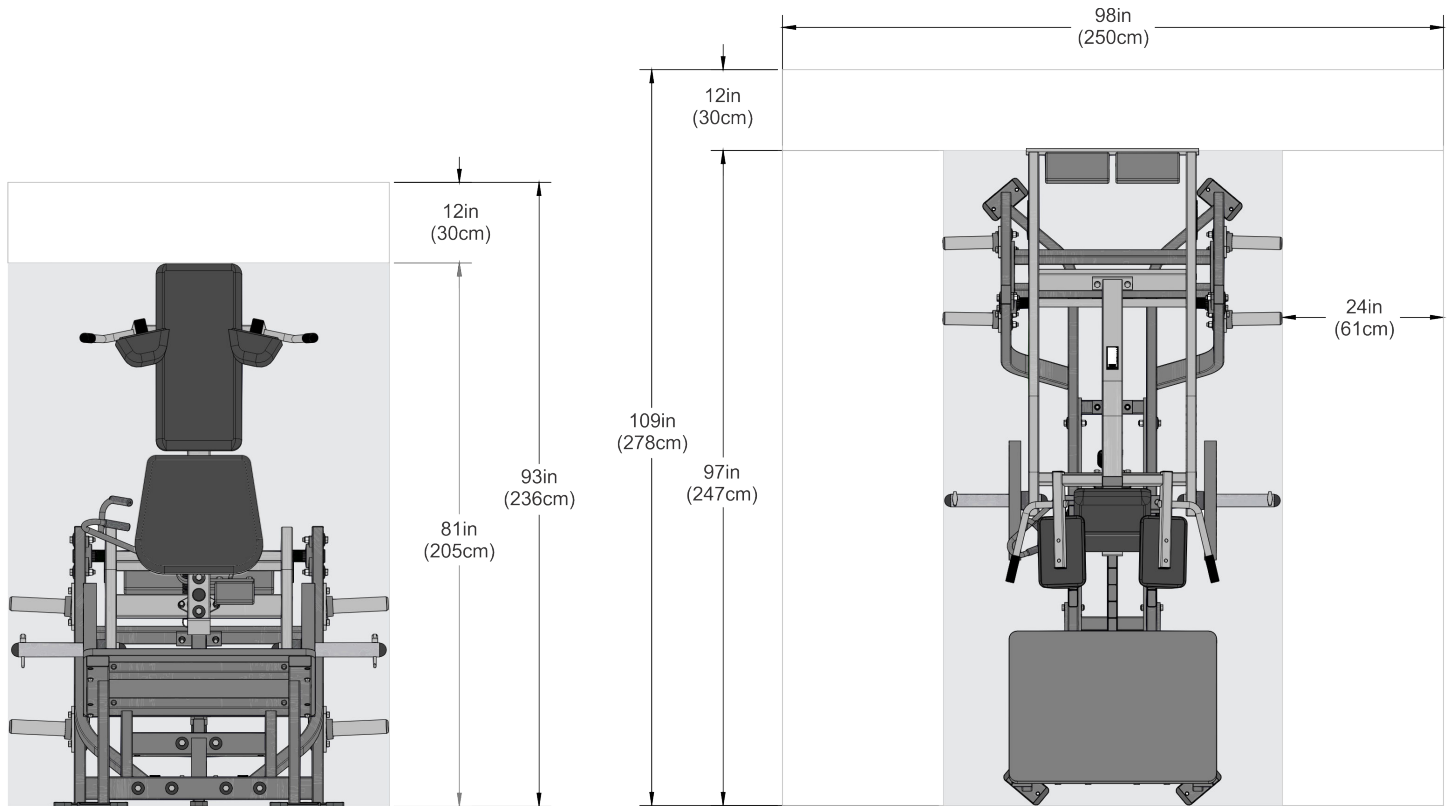
Vertical Squat PL-VSQ

Machine Weight:	lbs. = 530	kg. = 240.4
Max User Weight:	lbs. = 350	kg. = 158.8
Starting Resistance:	lbs. = 54	kg. = 25.5
Total Max Resistance:	lbs. = 540	kg. = 125
Max Plate Capacity*:	6-45 lb. plates	5-25 kg. plates
Size** (L x W x H):	in. = 97 x 42 x 81	cm = 247 x 107 x 205
Live Area*** (L x W x H):	in. = 109 x 98 x 93	cm = 278 x 250 x 236

NOTE: *Capacities listed are calculated using a thickness of 1-5/8" for 45lb weight plates and 48mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

NOTE: **Dimensions are without weight plates.

NOTE: ***Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.



Muscles Used: Latissimus Dorsi, Quadriceps, Glutes and Hamstrings

Setup: Load the unit with the desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. With feet securely placed on footplate, lean back into rear pads and shoulders into high pads. Hold above handles for stability.

Performing the Exercise: With a controlled motion, begin to stand upward placing bulk of load into shoulder pads. Move stop out of workarm path. Return to start position and repeat the motion while maintaining proper body positioning. When finished, raise weights and pull stop lever back to upright position.

4. Exercise

General Exercise Information

Intended Use

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

Prior to Exercise

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

Start Your Program Conservatively

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

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

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

Performing The Exercises

PL-4W Placard

HAMMER STRENGTH

4 WAY NECK

**Start 2 lbs.
0.9 Kg.**



EXTENSION




hammerstrength.com

PL-ANH Placard


HAMMER STRENGTH

ASSISTED NORDIC HAM


START



STOP



www.hammerstrength.com

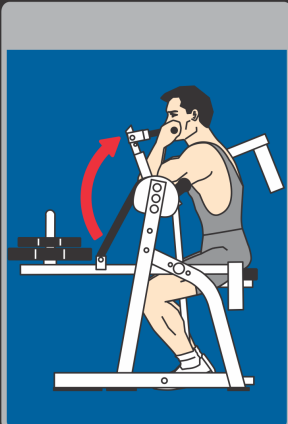
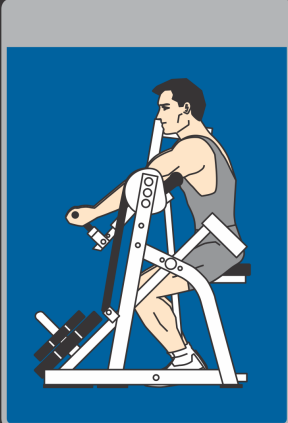



PL-BI Placard

HAMMER STRENGTH

SEATED BICEP

Start 4 lbs./1.8Kg.



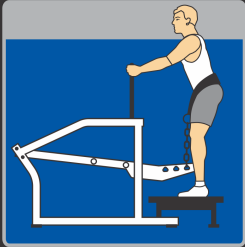
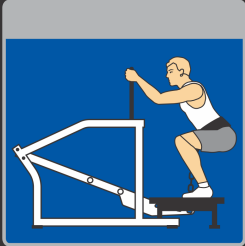
www.hammerstrength.com

PL-BSQ Placard

HAMMER STRENGTH

BELT SQUAT

Start 68 lbs./30.8 Kg


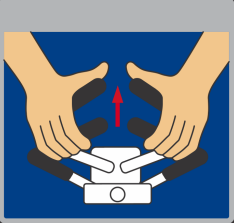
www.hammerstrength.com

PL-GRIP Placard

HAMMER STRENGTH

GRIPPER

Start 14 lbs./6.3kg

www.hammerstrength.com

PL-GHRH Placard

HAMMER STRENGTH

GLUTE HAM / REVERSE HYPER COMBO

REVERSE HYPER



GLUTE HAM RAISE



BACK EXTENSION




www.hammerstrength.com

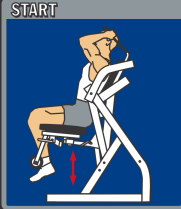


PL-AB Placard


HAMMER STRENGTH
ABDOMINAL OBLIQUE CRUNCH
 Max User Weight: 350 lbs.
 Max Training Weight: 125 lbs.
 www.hammerstrength.com



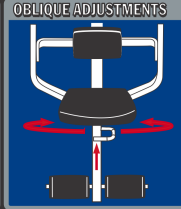
START



FINISH


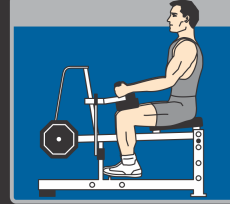



OBLIQUE ADJUSTMENTS



PL-CALF Placard



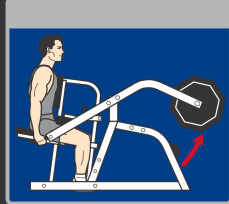
HAMMER STRENGTH
SEATED CALF
 Start 60 lbs./27.2Kg.

www.hammerstrength.com

PL-DIP Placard



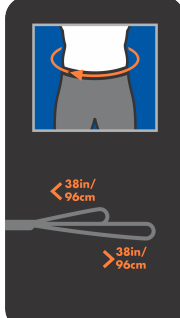
HAMMER STRENGTH
SEATED DIP
 Start 4 lbs./1.8Kg.

www.hammerstrength.com

PL-GLD Placards

HAMMER STRENGTH
GLUTE DRIVE
 Start 45lbs./20.4 Kg.

PL-HSQ2 Hack Squat

HAMMER STRENGTH
HACK SQUAT
 Start 120 lbs./55 Kg.



STOP

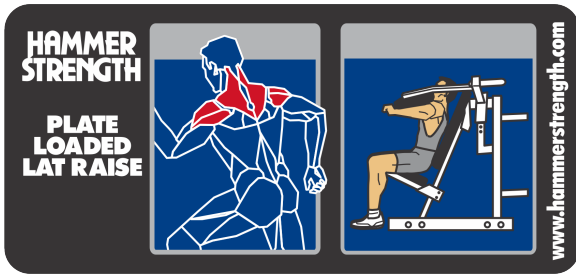



WARNING

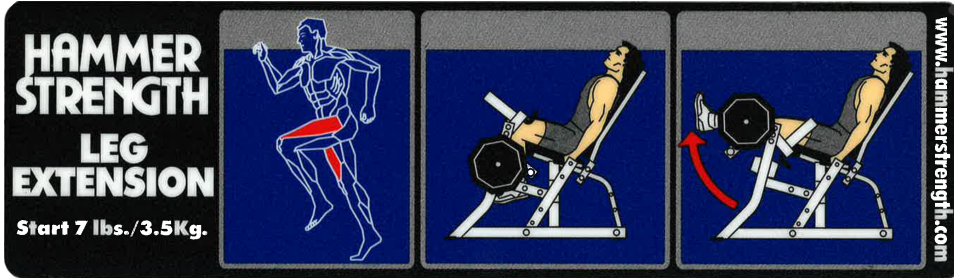


- SERIOUS INJURY could result if carriage falls toward user.
- Carriage stop **MUST BE IN LOCKED POSITION** while performing calf raises.
- Before exercise, set bottom stop to desired range of motion.

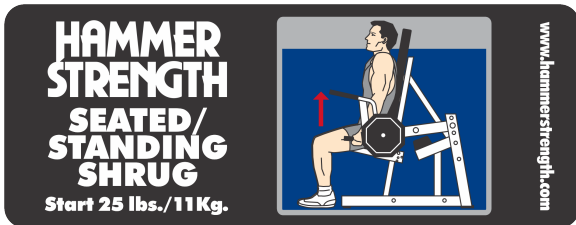
PL-LR Placard



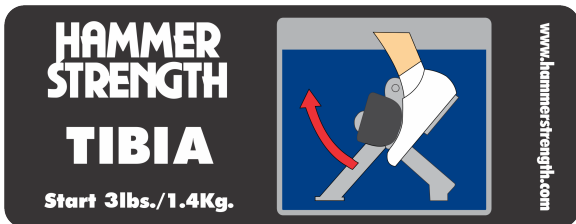
PL-LE Placard



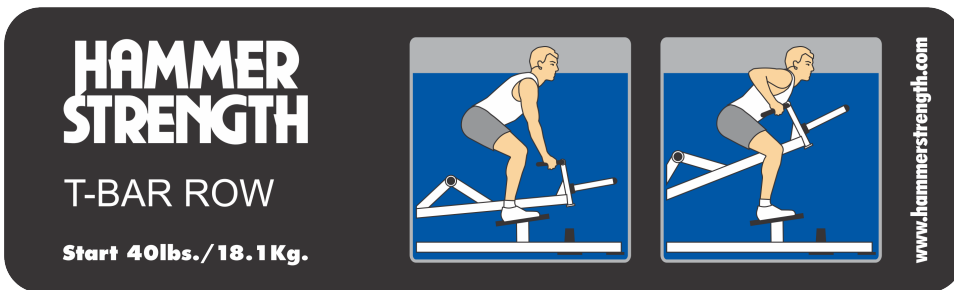
PL-SH Placard



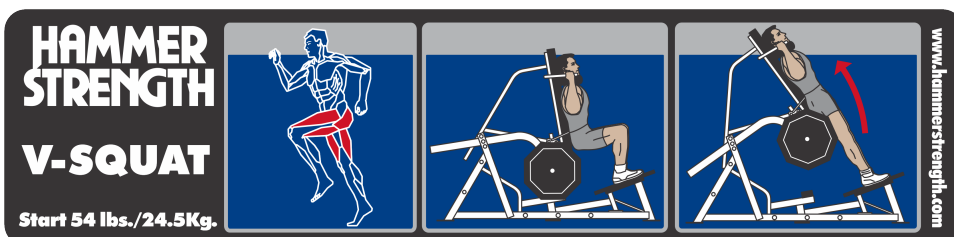
PL-TIB Placard



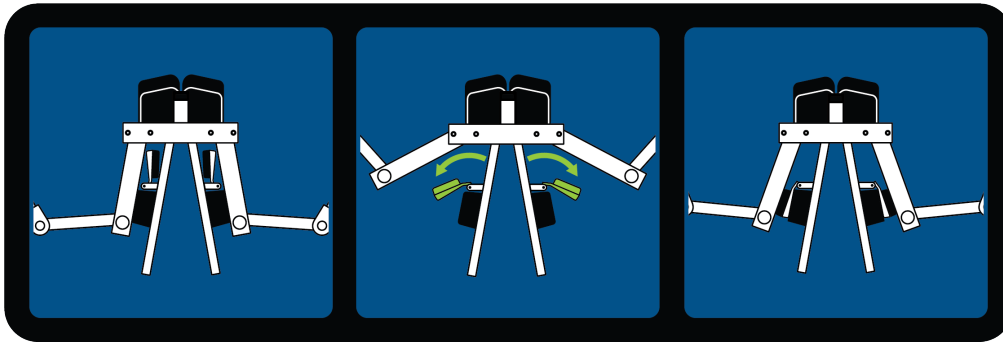
PL-TBR Placard



PL-VSQ Placard



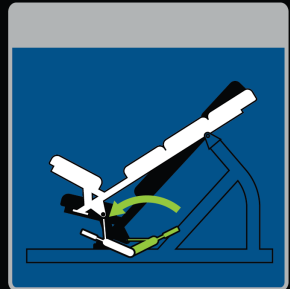
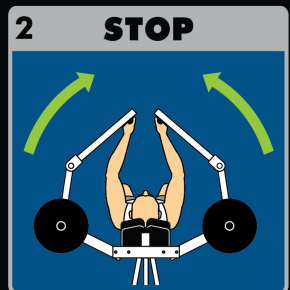
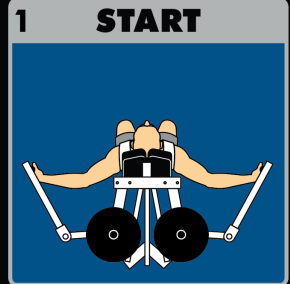
PL-FLY Flip Bumper Placard



PL-FLY Placard

HAMMER STRENGTH SUPER FLY

Start 14 lbs./6.4 kg.



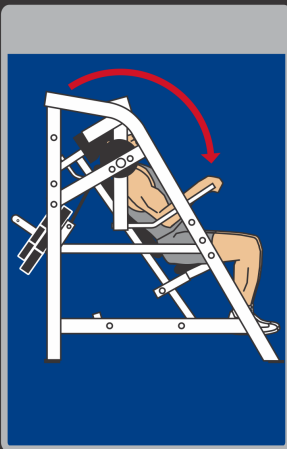
www.hammerstrength.com

PL-PO Placard

HAMMER STRENGTH

PULLOVER

Start 18 lb./8.2Kg.



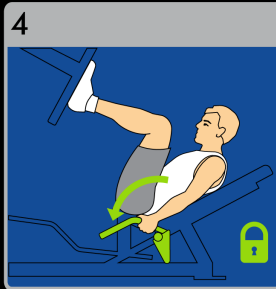
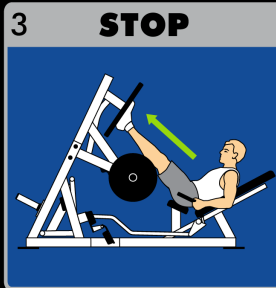
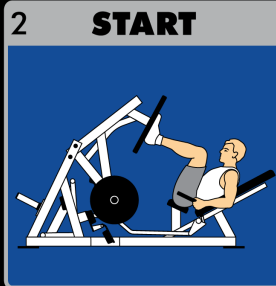
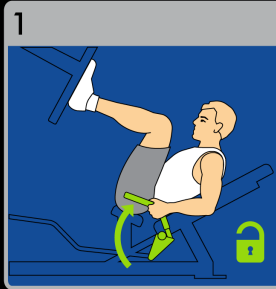
www.hammerstrength.com

PL-SSP Placard

HAMMER STRENGTH

SUPER SQUAT PRESS

Start 65 lbs. / 29.5 kg.
Per Leg



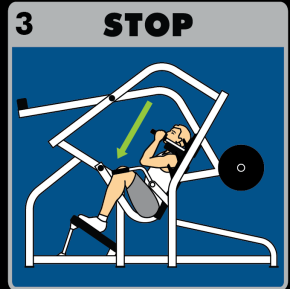
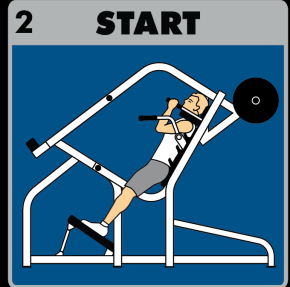
www.hammerstrength.com

PL-XSQ Placard

HAMMER STRENGTH

PENDULUM X SQUAT

Start 81 lbs. / 36.7 kg.



www.hammerstrength.com

5. Maintenance Procedures

Maintenance Schedule

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

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.

6. Warranty

Warranty Information

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

<http://lifefitness.com/warranties>



7. Bolt to Floor Guide

Introduction

Life Fitness designs its products to be stable when used as designed. Because strength training is dynamic, we cannot predict how users will ultimately use the products in all circumstances. Therefore, Life Fitness **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.

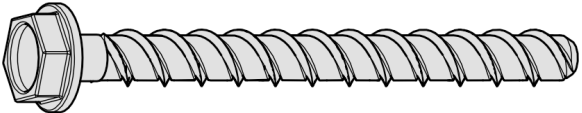
- Life Fitness does not have that level of specification or engineering input for competitive product.
- Life Fitness installation teams are not permitted to anchor competitor equipment.

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

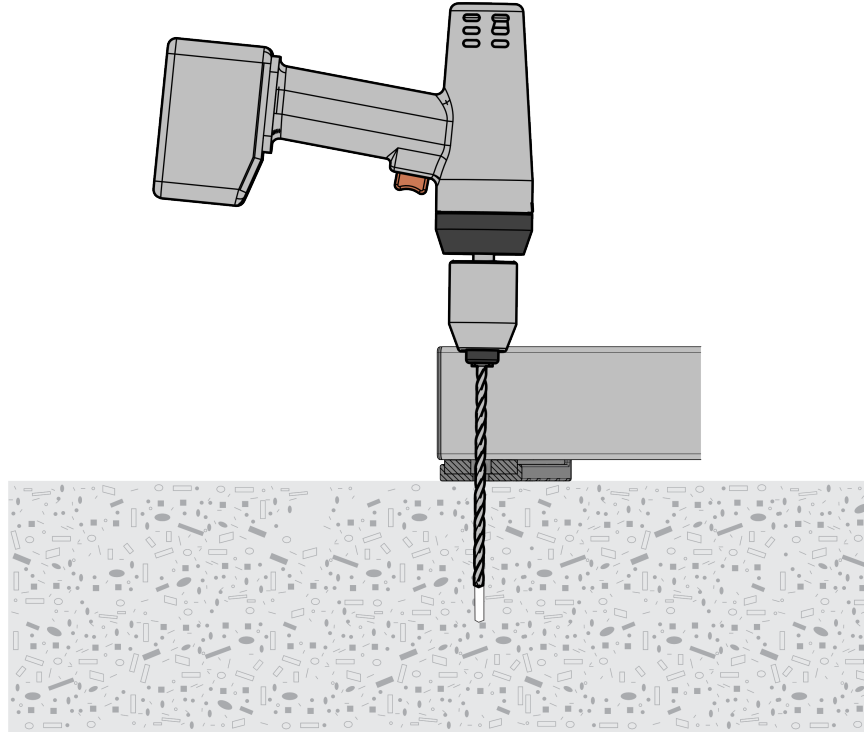
- Floor scanner / rebar detector (optional)
- 1" L-shape SDS rotary hammer
- 1/4" x 12" / 6 mm x 305 mm carbide drill bit (for 1/4" (6mm) anchors)
- 3/8" x 12" / 8 mm x 305 mm carbide drill bit (for 3/8" (8mm) anchors)
- Safety glasses

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

Static Anchor Procedure

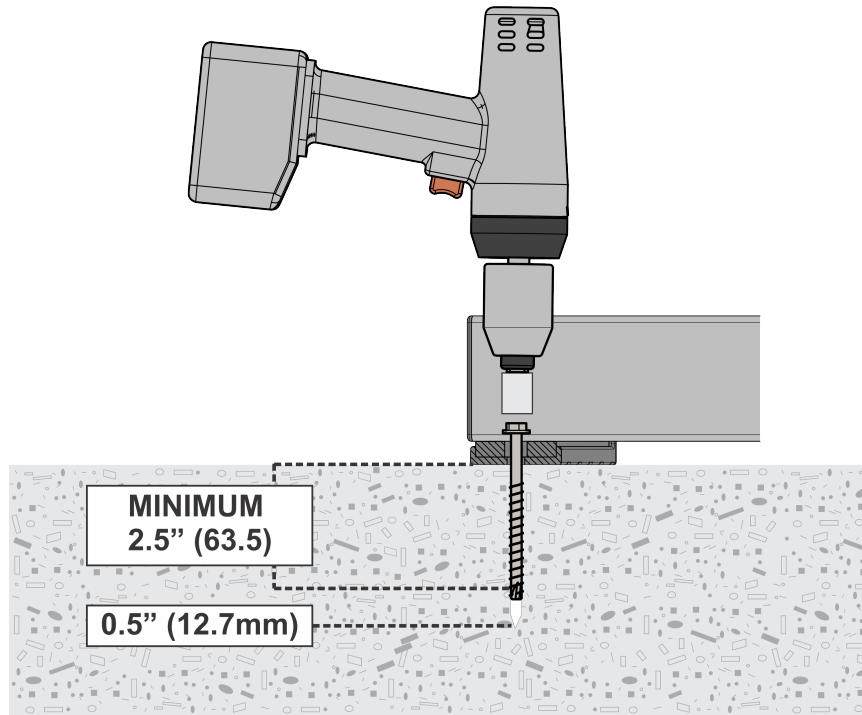
⚠ **CAUTION:** If it is possible that the length of your bolt will not provide the minimum requirement of 2.5" (63.5mm) of engagement, a longer anchor should be used.

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*.



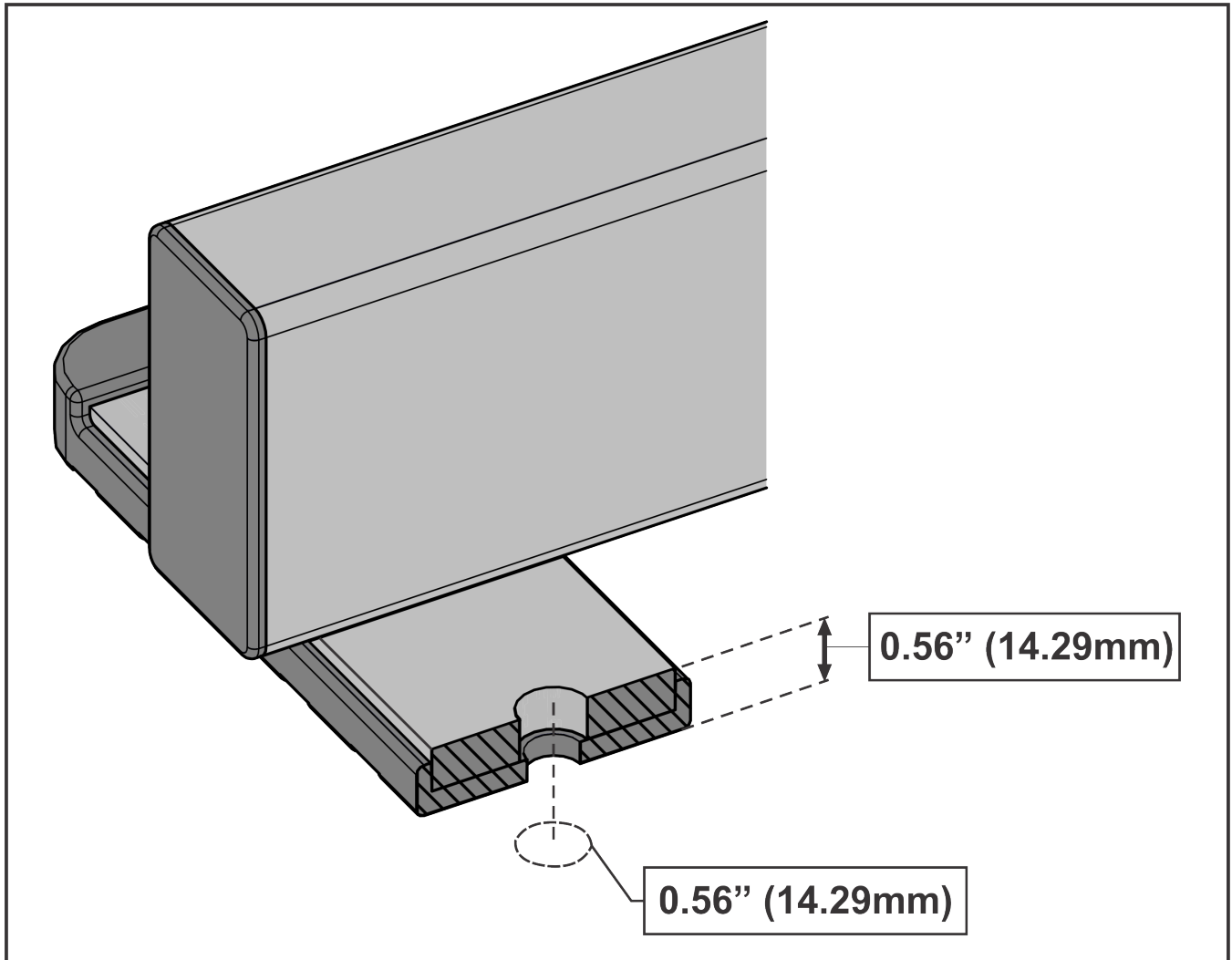
4. Insert fastener and tighten to 18 Foot-Pounds (24Nm) for 1/4" (6mm) anchor or 40 Foot-Pounds (54Nm) for 3/8" (8mm) anchor.

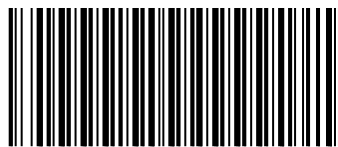
NOTE: If the legs/frame do not contact the mounting surface **DO NOT** pull down with the fastener or anchor. Loosen frame hardware and re-tighten to allow machine to align.



Foot Dimensions

Use below image to determine foot height thickness.





1000420-0001