

# Insignia Series

## OWNER'S MANUAL





# Corporate Headquarters

Columbia Centre III, 9525 Bryn Mawr Avenue, Rosemont, IL 60018 • U.S.A.  
847.288.3300 • FAX: 847.288.3703  
Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)  
Global Website: [www.lifefitness.com](http://www.lifefitness.com)

## International Offices

### AMERICAS

#### North America

##### Life Fitness, LLC

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

#### Brazil

##### Life Fitness Brasil

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

#### Latin America and Caribbean\*

##### Life Fitness, LLC

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

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

#### Belgium, Netherlands, and Luxemburg

##### Life Fitness Atlantic BV

Bijdorpplein 25-31  
2992 LB Barendrecht  
THE NETHERLANDS  
+3118064666  
Service Email:  
[service.benelux@lifefitness.com](mailto:service.benelux@lifefitness.com)  
Sales/Marketing Email:  
[marketing.benelux@lifefitness.com](mailto:marketing.benelux@lifefitness.com)

#### United Kingdom

##### Life Fitness UK LTD

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

#### Germany, Austria, and Switzerland

##### Life Fitness Europe GMBH

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

#### Spain

##### Life Fitness IBERIA

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

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

##### Life Fitness Atlantic BV

Bijdorpplein 25-31  
2992 LB Barendrecht  
THE NETHERLANDS  
+3118064666  
Service Email:  
[emeaservicesupport@lifefitness.com](mailto:emeaservicesupport@lifefitness.com)

### ASIA PACIFIC (AP)

#### Japan

##### Life Fitness Japan, Ltd

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

#### Hong Kong

##### Life Fitness Asia Pacific LTD

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

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

##### Life Fitness Asia Pacific LTD

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

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

## User and Service Documents Link

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<https://fn.fit/KnowledgeBase>

<https://fn.fit/SupportDocuments>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

Vous trouverez plus d'informations en ligne à l'aide du lien ci-dessus.

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

Informações adicionais estão disponíveis on-line, através do link acima.

Дополнительная информация доступна в интернете по ссылке, указанной выше.

Mediante el enlace anterior podrá acceder a información adicional en línea.

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

Допълнителна информация можете да намерите онлайн, като използвате връзката по-горе.

Mitjançant l'enllaç anterior podreu accedir a informació addicional en línia.

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

ከላይ የተመጠውን አገናኝ(ሊንክ) በመጠቀም መረጃዎች አንላይን ያገኛሉ።

Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

Wubetumi anya nsem afoforo aka ho wa websait so denam asem a ewo atifi ho a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

Viðbótarupplýsingar eru fáanlegar á netinu með því að smella á tengilinn hér fyrir ofan.

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

Informații suplimentare sunt disponibile online, utilizând link-ul de mai sus.

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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# 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.
- When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad, pulley or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole 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).
- Maintain labels and name plates - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Life Fitness customer service for a replacement.

- 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.

### **Selectorized**

- Use only weight selector pins supplied by seller on weight stacks. Substitutes are forbidden.
- Fully insert weight selector pins. Partial insertion can cause weights to fall unexpectedly.
- Never pin the weight stack in an elevated position.
- Never remove selector pin if any weights are suspended.
- Never attempt to release jammed weights or parts.
- Never use dumbbells, weight plates or any means, beyond the product itself, to incrementally increase the weight resistance.

### **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 or damaged labels.

### **Disposing of Batteries**

#### **Batteries may not:**

- Come into contact with fire.
- Come into contact with coins or other metallic objects.

Products or batteries labeled with this symbol may not be disposed of along with normal household refuse. For proper disposal, please find out about the applicable laws or guidelines on disposing of electrical devices and batteries in your local area and adhere to them.



# Product Labels

## General Warning Label

Found on Tower

**⚠ WARNING**

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

- 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.
- Obtain a medical exam before beginning any exercise program.
- Keep body, hair and clothing free of all moving objects.
- 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.
- Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
- 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.
- Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
- Use only the incremental weights supplied by the manufacturer. **DO NOT** use dumbbells or other means to add resistance to the machine.
- Children must not be allowed near this machine. Supervise teenagers.
- Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
- DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

## Serial Number Label

Found at Frame pin Base

**Life Fitness** Bijdorplein 25-31 CAGE: OCMY5  
 10601 W Belmont Ave 2992 LB Barendrecht  
 Franklin Park, IL 60131 The Netherlands  
 USA 1-800-351-3737 +31018064666  
 www.lifefitness.com

Model:  
 SS-TR-PLT-BLK-X-LB-STD-S

Max. User Weight: 300 lbs 136 kgs  
 Max. Training Weight: 210 lbs 95 kgs  
 Max. Storage Weight: 210 lbs 95 kgs

**SN: SS-TR0521B028**

Manufactured in the USA with US and Foreign parts.

## Glute Bridge Patent Label

Found on Frame Base of the following models: IS-GLD, SS-GLD and SS-GLB

**Patent Numbers:**  
 10,226,665  
 10,610,729  
 CN110621383  
 DE112018002470 B4  
 AU2018265816 BB

## Bolt to Floor Tag

Tied to Frame

To be removed by the Customer

**⚠ WARNING**

**SEE OTHER SIDE**

Door klant te verwijderen

**⚠ WAARSCHUWING**

**ZIE ANDERE ZIJDE**

Autocollant à enlever par le client

**⚠ AVERTISSEMENT**

**REGARDER DE L'AUTRE CÔTÉ**

Vom Kunden zu entfernen

**⚠ WARNUNG**

**WARNHINWEISE AUF DER GEGENÜBERLIEGENDEN SEITE BEACHTEN.**

Deve essere rimosso dal cliente

**⚠ AVVERTENZA**

**GUARDARE L'ALTRO LATO**

お客様が取り外してください。

**⚠ 警告**

**裏面もご覧ください。**

A ser removido pelo cliente

**⚠ ATENÇÃO**

**VEJA O OUTRO LADO**

La etiqueta debe ser eliminada por el cliente

**⚠ ADVERTENCIA**

**VEA EL OTRO LADO**

Снимается Покупателем

**⚠ ВНИМАНИЕ**

**СМ. ИНФОРМАЦИЮ С ДРУГОЙ СТОРОНЫ ТРЕНАЖЕРА.**

**⚠ WARNING**

Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.

**⚠ WAARSCHUWING**

De klant beveelt aan om de apparatuur vast te zetten op de vloer. Dit zorgt voor meer stabiliteit en voorkomt kantelen van de apparatuur. Gebruik hiervoor een vakbepaalde partij.

**⚠ AVERTISSEMENT**

Le fabricant recommande que tout équipement soit fixé au sol pour le stabiliser et éviter tout déséquilibre. Utilisez pour ce faire un installateur compétent et agréé.

**⚠ WARNUNG**

Life Fitness empfiehlt Geräte zur Stabilisierung am Boden zu befestigen. Um Schrägen und Umkippen auszuschließen, ziehen Sie einen Fachmann zu Rate.

**⚠ AVVERTENZA**

Il produttore raccomanda di assicurare i prodotti all'avanzamento per eliminare la possibilità di oscillazioni o rovesciamenti. Si prega di rivolgersi a un professionista specializzato.

**⚠ 警告**

すべてのエクササイズマシンは、がたつき転倒などを防ぐための理由として必ず固定する必要があります。施すについては、専門の施工業者にお問い合わせください。

**⚠ ATENÇÃO**

O fabricante recomenda que todos os equipamentos sejam presos ao piso para maior estabilidade e para evitar instabilidade ou tombamento. Use fornecedor autorizado.

**⚠ ADVERTENCIA**

El fabricante recomienda para el equipamiento conectarse al suelo para una mayor estabilidad y para eliminar el riesgo de balanceo o caída de la maquinaria. Utilice a un contratista autorizado.

**⚠ ВНИМАНИЕ**

Производитель рекомендует, чтобы все оборудование было надежно закреплено на полу для исключения нестабильности оборудования и возможности его падения. Установка должна производиться только сертифицированными специалистами.

## Cable Maintenance Tag

Tied to Head Plate Cable

**⚠ WARNING**

To be removed by the Customer  
**SEE OTHER SIDE**

**⚠ ADVERTENCIA**

La etiqueta debe ser eliminada por el cliente  
**VEA EL OTRO LADO**

**⚠ AVERTISSEMENT**

Autocollant à enlever par le client  
**REGARDER DE L'AUTRE CÔTÉ**

**⚠ WARNING**

Vom Kunden zu entfernen  
**WARNHINWEISE AUF DER RÜCKSEITE BEACHTEN.**

**⚠ WAARSCHUWING**

Door klant te verwijderen  
**ZIE ANDERE ZIJDE**

**⚠ AVVERTENZA**

Deve essere rimosso dal cliente  
**GUARDARE L'ALTRO LATO**

**⚠ 警告**

お客様が取り外してください。  
**裏面もご覧ください。**

**⚠ OCTOPOЖHO**

Снимается Покупателем  
**СМОТРИ ИНФОРМАЦИЮ С ДРУГОЙ СТОРОНЫ ТРЕНАЖЕРА.**

**⚠ ATENÇÃO**

A ser removido pelo cliente  
**VEJA O OUTRO LADO**

**⚠ WARNING**

Manufacturer recommends that cables be inspected weekly after installation and replaced annually.

**⚠ ADVERTENCIA**

Los fabricantes recomiendan inspeccionar los cables una vez por semana tras la instalación y sustituirlos cada año.

**⚠ AVERTISSEMENT**

Une fois les câbles installés, le fabricant recommande de les inspecter toutes les semaines et de les remplacer tous les ans.

**⚠ WARNING**

Der Hersteller empfiehlt die Kabel nach der Installation wöchentlich zu überprüfen und eventl. im Jahr auszutauschen.

**⚠ WAARSCHUWING**

De fabrikant beveelt aan om de kabels wekelijks te inspecteren, na de installatie en om ze jaarlijks te vervangen.

**⚠ AVVERTENZA**

Il produttore raccomanda di ispezionare i cavi settimanalmente dopo l'installazione e di sostituirli ogni anno.

**⚠ 警告**

メーカーは、ケーブル取り付け後は、週に1回点検を行い、年に1回交換することを推奨しています。

**⚠ OCTOPOЖHO**

Производитель рекомендует еженедельно проверять cables после установки и ежегодно заменять.

**⚠ ATENÇÃO**

O fabricante recomenda que os cabos sejam inspecionados semanalmente depois de instalação e substituídos anualmente.

## FCC Labels

Found next to Serial Label

Patent:  
[www.lifefitness.com/patents](http://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 UNDESIRE OPERATION.**

## Pinch Hazard Label

Found near Moving Parts



## **2. Exercise and Product Information**

### **General Exercise Information**

#### **Intended Use**

The intended commercial use of this machine is to aid exercise and improve general physical fitness.

#### **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**

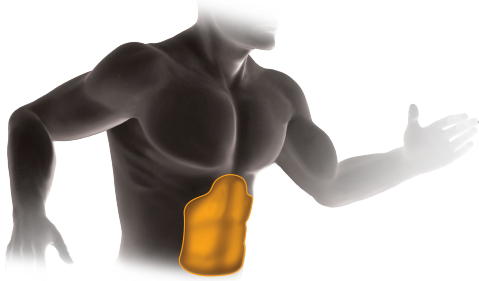
Choose weights you can easily lift in the first several weeks. Typically, a full range of motion is recommended, but consult a qualified professional if you have questions about whether a full range of motion is appropriate for you due to existing limitations, injury or discomfort. Injuries to health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

# Abdominal (SS-AB)

## Exercise

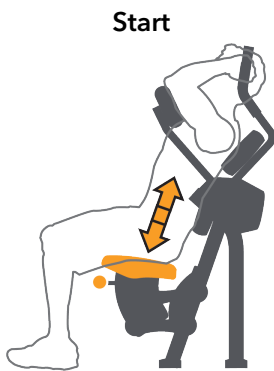


**Muscles Used:** Abdominal

**Setup:** Adjust the seat height so that lower back pad is resting on your lower back. Check the weight stack to ensure appropriate resistance. Grip handles.

**Movement:** With a controlled motion upper torso crunch, emphasize the use of your abdominal muscles. Avoid using your arms to power through the motion, they 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.

**TIP:** Grasping only one handle while performing the exercise is a way to prevent from using your arms excessively.

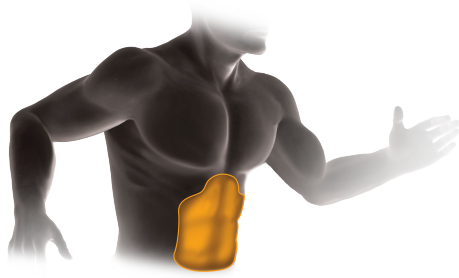


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 52.4 x 46.3 x 58.1	cm = 133 x 117 x 148
<b>Live Area (L x W x H):</b>	in. = 76.5 x 57.9 x 82.7	cm = 194 x 147 x 210
<b>Machine Weight:</b>	520 lbs.	236 kg
<b>Base Weight Stack (P):</b>	167.5 lbs. with one 7.5 lb. increment	76 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	170 lbs. with two 5 lb. increments	77 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	200 lbs. with two 5 lb. increments	91 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Abdominal Advance (SS-ABD)

## Exercise



**Muscles Used:** Rectus Abdominis, Internal Oblique, External Oblique

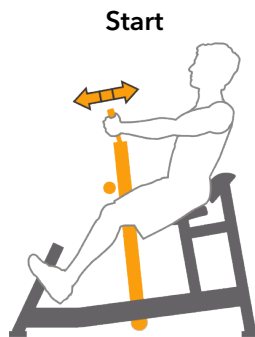
**Setup:** Place feet on the appropriate foot support for users height that allows for a slight bend at the knees.

- Shorter users will use the top front foot support.
- Taller users will use the bottom front foot support.
- Adjust the handle start position for a slight lower back hyper extension with the elbows fully extended.

**Movement:** Grasp handles firmly. With a controlled motion, push the handles forward by bending forward from trunk while keeping arms fully extended. Concentrate on squeezing your abdominal muscles throughout the exercise. Maintaining control, return to the start position and repeat the motion.

**TIP:** There are several options available to increase the difficulty.

- Try using the foot supports under the seat instead of the front foot supports.
- Try using one hand to create asymmetry and integrate more oblique muscles. Repeat exercise with the opposing hand.
- Try incorporating torso rotation along with the abdominal crunch to active the oblique muscles.



## Product Dimensions

<b>Size (L x W x H):</b>	in. = 63.5 x 35.7 x 58.1	cm = 161 x 91 x 148
<b>Live Area (L x W x H):</b>	in. = 87.5 x 47.7 x 82.7	cm = 222 x 121 x 210
<b>Machine Weight:</b>	490 lbs.	223 kg
<b>Base Weight Stack (P):</b>	177.5 lbs. with one 7.5 lb. increment	81 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	180 lbs. with two 5 lb. increments	82 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	210 lbs. with two 5 lb. increments	95 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Arc Leg Press (SS-LP)

## Exercise



**Muscles Used:** Quadriceps, Hamstrings & Maximus Gluteus

**Setup:** Raise seat to tallest position. Sit on seat. Place feet on footplate hip width apart. Grab handle near the footplate with right hand, actuate the seat release lever on the left side with left hand then with a controlled motion bend knees and lower body into to the desired range of motion. Release the seat release level. Grip the handles on the sides of the seat and position body with chest-up, shoulders and head back against back pad.

**NOTE:** When positioning the feet on the footplate, ensure that the feet are placed so that the knees do not move beyond the toes, as this places excessive stress on the knee joints.

**Movement:** 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.

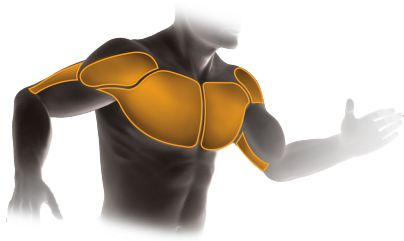


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 79.5 x 44.8 x 64.7	cm = 202 x 114 x 164
<b>Live Area (L x W x H):</b>	in. = 97.5 x 68.8 x 82.7	cm = 248 x 175 x 210
<b>Machine Weight:</b>	969 lbs.	436 kg
<b>Base Weight Stack (P):</b>	332.5 lbs. with one 7.5 lb. increment	166 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	335 lbs. with two 5 lb. increments	167 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	395 lbs. with two 5 lb. increments	197 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Assist Dip / Chin (SS-ADC)

## Exercise

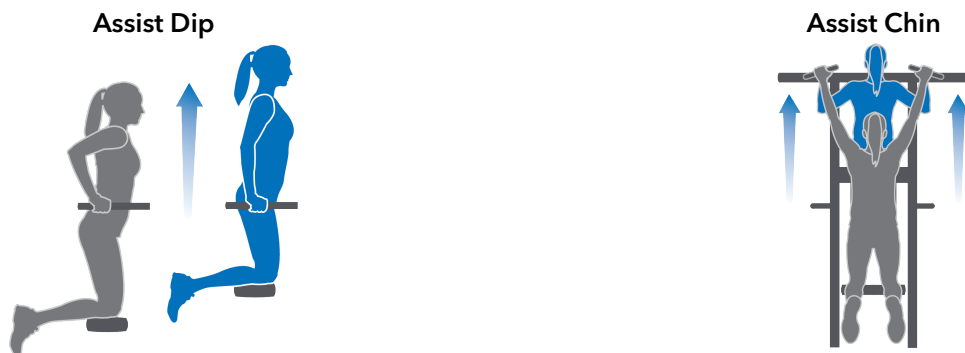


**Muscles Used:** **Assist Dip:** Triceps, Anterior Deltoid, & Pectoralis Major  
**Assist Chin:** Latissimus Dorsi & Biceps

**Setup:** **Assist Dip:** Select weight and step up on footplates. Rotate handles to inner or outer position. Grip handles and place knees on pad.  
**Assist Chin:** Select weight and step up on footplates. Grip desired hand position and place knees on pad.

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

**Movement:** **Assist Dip:** Lower body with controlled movement, keeping torso upright and shoulders back. Do not exceed a comfortable range of motion. Push up slowly until elbows are nearly straight. When finished, bring the knee pad all the way up to bring weight stack to rest. Carefully step backwards onto steps and back down to floor.  
**Assist Chin:** Pull body upwards, then return down with a controlled movement. When finished, bring the knee pad all the way up to bring weight stack to rest. Carefully step backwards onto steps and back down to floor.

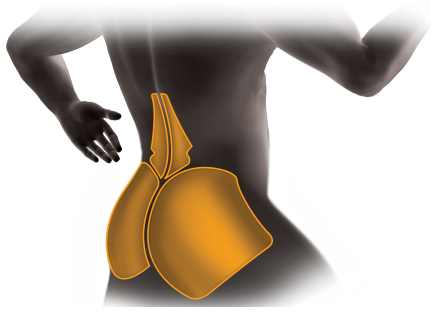


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 63.8 x 58 x 87	cm = 162 x 147 x 221
<b>Live Area (L x W x H):</b>	in. = 63.8 x 58 x 105	cm = 162 x 147 x 267
<b>Machine Weight:</b>	686 lbs.	311 kg
<b>Base Weight Stack (P):</b>	167.5 lbs. with one 7.5 lb. increment	84 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	170 lbs. with two 5 lb. increments	85 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	200 lbs. with two 5 lb. increments	100 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Back Extension (SS-BE)

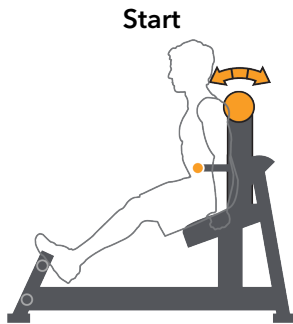
## Exercise



**Muscles Used:** Erector Spinae & Gluteus

**Setup:** From a seated position - with hips pushed against lumbar pad - place feet on foot support. Adjust start position on back pad for desired range of motion.

**Movement:** With chest up and shoulders back - grip handles and extend back - until low back contacts lumbar pad. Hold the position briefly and return weight with controlled movement to starting position.

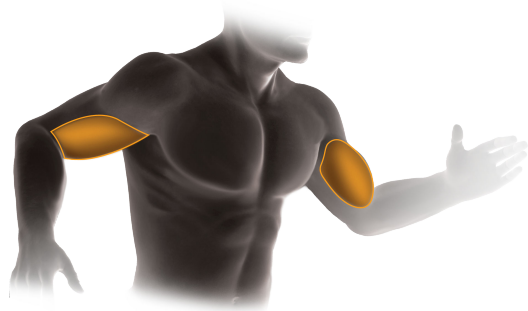


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 54.8 x 41.8 x 58.1	cm = 139 x 106 x 148
<b>Live Area (L x W x H):</b>	in. = 66.8 x 65.8 x 82.7	cm = 170 x 167 x 210
<b>Machine Weight:</b>	644 lbs.	292 kg
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Bicep Curl (SS-BC)

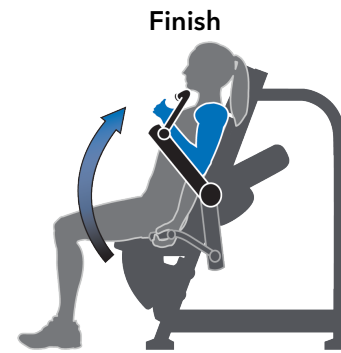
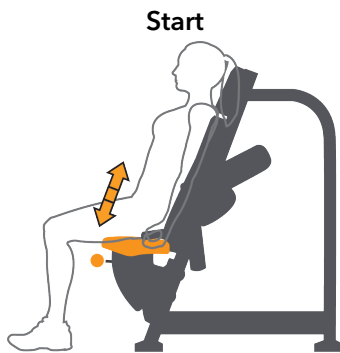
## Exercise



**Muscles Used:** Biceps

**Setup:** Adjust the seat height so elbows are slightly off arm pads and aligned with axis of rotation. Check the weight stack to ensure appropriate resistance. Sit with chest-up and shoulders back and grip the handles keeping the elbows slightly bent.

**Movement:** Grip the handles with palms up. Arms should be straight. Curl the handles up toward your upper arm, while keeping your elbows on the pad and aligned with the pivot point. Hold the handle briefly at the top of the exercise and slowly return the bar to the start position.

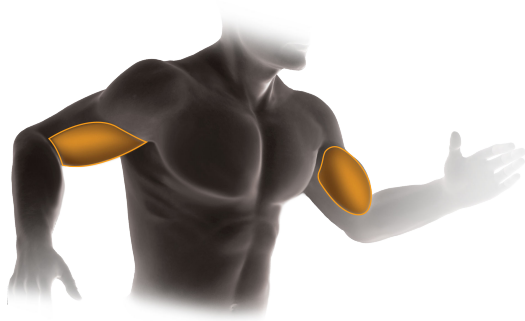


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 47.9 x 62.7 x 58.1	cm = 122 x 159 x 148
<b>Live Area (L x W x H):</b>	in. = 71.9 x 62.7 x 82.7	cm = 183 x 159 x 210
<b>Machine Weight:</b>	639 lbs.	290 kg
<b>Base Weight Stack (P):</b>	167.5 lbs. with one 7.5 lb. increment	84 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	170 lbs. with two 5 lb. increments	85 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	200 lbs. with two 5 lb. increments	100 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Biceps Curl Dependent (SS-BCD)

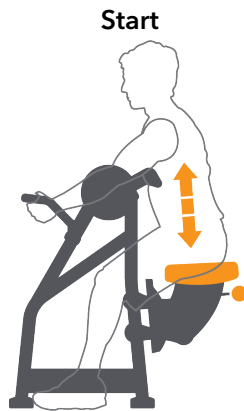
## Exercise



**Muscles Used:** Biceps

**Setup:** Adjust the seat height so backs of arms rest fully on arm pad, aligning elbows with machines pivot. Check the weight stack to ensure appropriate resistance. Rotate handle forward and grip firmly. Body is positioned with chest up and shoulder back, leaning forward slightly if necessary to increase stability.

**Movement:** Grip the handles with palms up. Arms should be straight. Curl the handles up toward your upper arm, while keeping your elbows on the pad and aligned with the pivot point. Hold the handle briefly at the top of the exercise and slowly return the bar to the start position.



## Product Dimensions

<b>Size (L x W x H):</b>	in. = 55 x 39.6 x 58.1	cm = 139.7 x 100.6 x 148
<b>Live Area (L x W x H):</b>	in. = 77 x 57.6 x 82.7	cm = 195.6 x 146.3 x 210
<b>Machine Weight:</b>	541 lbs.	245 kg
<b>Base Weight Stack (P):</b>	167.5 lbs. with one 7.5 lb. increment	84 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	170 lbs. with two 5 lb. increments	85 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	200 lbs. with two 5 lb. increments	100 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Calf Extension (SS-CE)

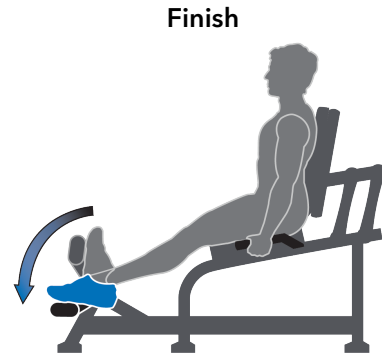
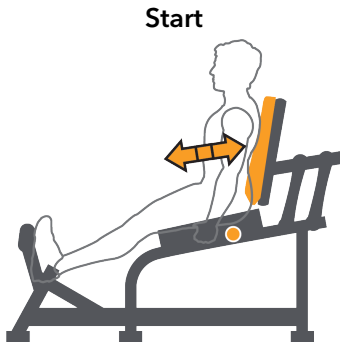
## Exercise



**Muscles Used:** Gastrocnemius & Soleus

**Setup:** Adjust the seat back to allow a slight bend in the knees when the balls-of-the-feet are positioned on the footplate. Check the weight stack to ensure appropriate resistance. Position the hips firmly against the back pad and grip the handles located on the sides of the seat pad. Body is positioned with chest-up, shoulders back and against back pad.

**Movement:** 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.** Return the footplate to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

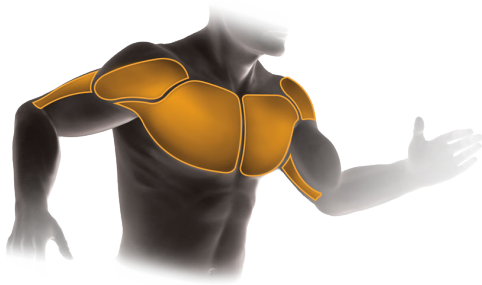


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 40.2 x 68.5 x 58.1	cm = 102 x 174 x 148
<b>Live Area (L x W x H):</b>	in. = 58.2 x 92.5 x 82.7	cm = 148 x 235 x 210
<b>Machine Weight:</b>	646 lbs.	293 kg
<b>Base Weight Stack (P):</b>	332.5 lbs. with one 7.5 lb. increment	166 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	335 lbs. with two 5 lb. increments	167 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	395 lbs. with two 5 lb. increments	197 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Chest Press (SS-CP)

## Exercise

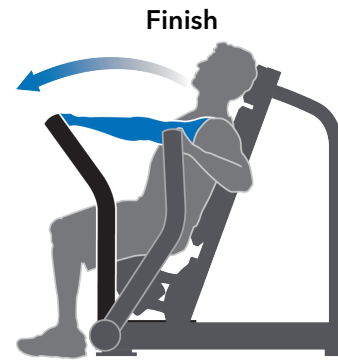
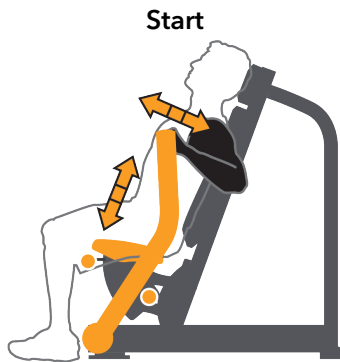


**Muscles Used:** Pectoralis Major, Anterior Deltoid & Triceps

**Setup:** Adjust the seat height so handles are aligned with mid-chest. Using the start adjuster knob located on both press arms, adjust to the desired range of motion. Check the weight stack to ensure appropriate resistance. Grip the handles and position elbows slightly below shoulders. Body is positioned with chest-up, shoulders and head back against back pad.

**Movement:** With a controlled motion, extend the handles out till arms are fully extended. 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.

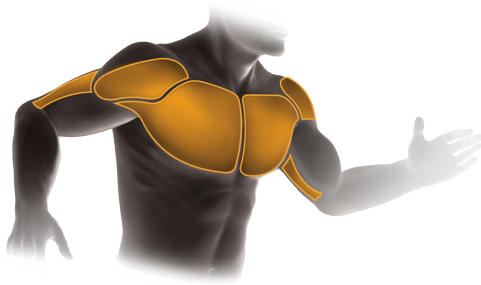


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 43.2 x 55.3 x 58.1	cm = 110 x 140 x 148
<b>Live Area (L x W x H):</b>	in. = 67.2 x 55.3 x 82.7	cm = 171 x 140 x 210
<b>Machine Weight:</b>	721 lbs.	327 kg
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Chest Press Dual-Axis (SS-CPX)

## Exercise

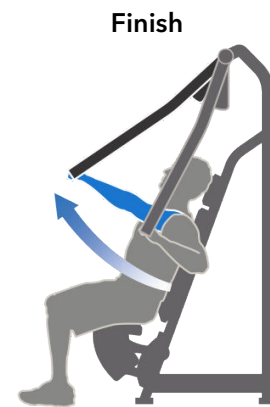
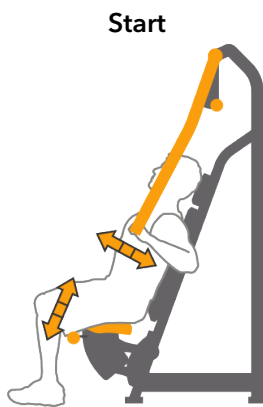


**Muscles Used:** Pectoralis Major, Anterior Deltoid & Triceps

**Setup:** Adjust the seat height so handles are aligned with mid-chest. Adjust the start position to the desired range of motion. Grip the handles and position them slightly wider than the chest. Position elbows slightly below shoulders. Body is positioned with chest-up, shoulders and head back against back pad.

**Movement:** With a controlled motion, extend both handles forward and in until arms are fully extended. 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 maintaining symmetry while pressing forward while drawing the hands together.

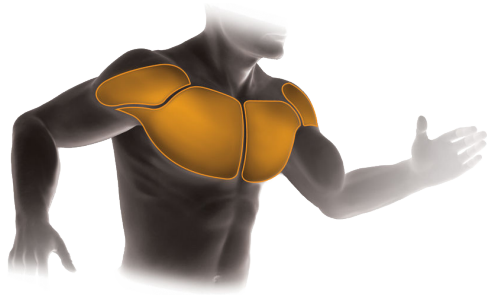


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 43.4 x 59.4 x 77.0	cm = 110 x 151 x 196
<b>Live Area (L x W x H):</b>	in. = 67.4 x 59.4 x 82.0	cm = 172 x 151 x 209
<b>Machine Weight:</b>	627 lbs.	285 kg
<b>Base Weight Stack:</b>	267.5 lbs. with one 7.5 lb. increment	122 kg with one 3.7 kg increment
<b>Standard Weight Stack (P):</b>	270 lbs. with two 5 lb. increments	123 kg with two 2.5 kg increments
<b>Heavy Weight Stack (C):</b>	315 lbs. with two 5 lb. increments	143 kg with two 2.5 kg increments
<b>Maximum User Weight (X):</b>	300 lbs.	136 kg

# Fly (SS-PEC)

## Exercise

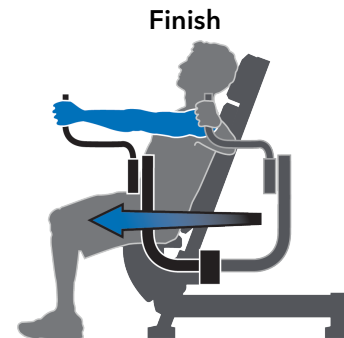
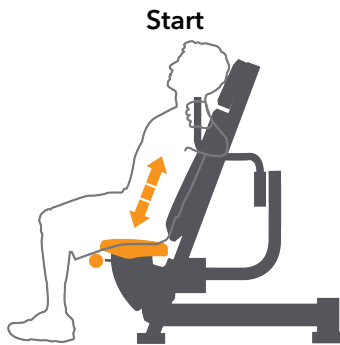


**Muscles Used:** Pectoralis Major & Anterior Deltoid

**Setup:** Adjust seat height so that elbows are slightly below shoulders when hands are placed on the handles. Adjust the start position with the range of motion adjustment. With hands placed on grips - sit with chest up and shoulders back - and slowly push hands together while keeping your shoulders placed against the back pad.

**Movement:** With a controlled motion, rotate the handles to the front position and bring handles together. Repeat the motion, while maintaining proper body positioning.

**TIP:** While performing the exercise, think about squeezing the hands toward each other as opposed to pulling on each exercise arm. This will increase the mental concentration on the Pectoralis Major.



## Product Dimensions

<b>Size (L x W x H):</b>	in. = 60.6 x 70.4 x 58.1	cm = 154 x 179 x 148
<b>Live Area (L x W x H):</b>	in. = 72.6 x 94.4 x 82.7	cm = 184 x 240 x 210
<b>Machine Weight:</b>	672 lbs.	305 kg
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Glute (SS-GL)

## Exercise



**Muscles Used:** Gluteus & Quadriceps

**Setup:** Adjust torso pad to fit between chest and abdominals. Place one foot on footplate while knees are slightly flexed.

**Movement:** Extend hip and knee. Slowly return footplate to starting position. Rotate footplate and repeat with opposite leg.

**TIP:** Keep torso upright on torso pad for greater gluteal contraction.

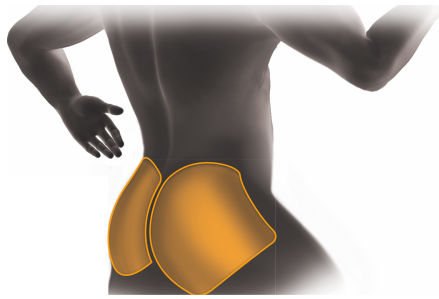


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 73 x 38.4 x 58.1	cm = 185 x 98 x 148
<b>Live Area (L x W x H):</b>	in. = 73 x 62.4 x 82.7	cm = 185 x 159 x 210
<b>Machine Weight:</b>	527 lbs.	239 kg
<b>Base Weight Stack (P):</b>	167.5 lbs. with one 7.5 lb. increment	84 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	170 lbs. with two 5 lb. increments	85 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	200 lbs. with two 5 lb. increments	100 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Glute Bridge (SS-GLD)

## Exercise

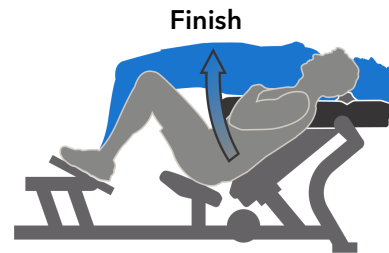
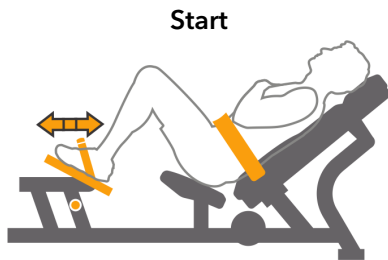


**Muscles Used:** Gluteus Maximus, Biceps Femoris

**Setup:** From the seated position, adjust the footplate so knees are bent near 90 degrees. Remain seated and lie back on the back pad. Bring feet off the footplate to the floor and then grab the belt. Buckle and tighten it so it fits snugly above the hip bones. Bring feet back to the footplate, cross arms over the chest and begin exercise.

**Movement:** Raise belt by extending the hips upwards until straight. Briefly pause and then lower to the starting position with a controlled movement. Repeat.

**TIP:** Keep torso on or near torso pad for greater gluteal contraction.

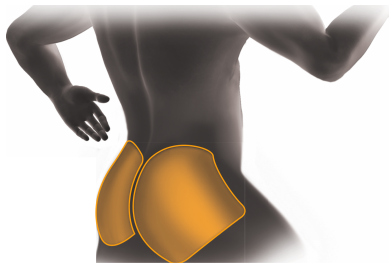


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 81.6 x 31.8 x 58.2	cm = 207.2 x 80.7 x 148
<b>Live Area (L x W x H):</b>	in. = 99.6 x 67.8 x 82.7	cm = 252.9 x 172.2 x 210
<b>Machine Weight:</b>	241 lbs.	109 kg
<b>Base Weight Stack (P):</b>	173 lbs. with one 7.5 lb. increment	78.4 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	180 lbs. with two 5 lb. increments	81.6 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	210 lbs. with two 5 lb. increments	95.2 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Glute Bridge (SS-GLB)

## Exercise



**Muscles Used:** Gluteus Maximus and Biceps Femoris

**Setup:** From the seated position, place feet on the floor. Grab the belt and buckle it into the position that locates the buckle in the middle of torso. Pull strap to tighten so it fits very tightly against the hip bones. Place feet on to the footplate and position feet as far rearward as comfortably possible. Cross arms over the chest and begin exercise.

**Movement:** Raise belt by extending the hips upwards until femur is in line with spine. Briefly pause and then lower to the starting position with a controlled movement. Repeat.

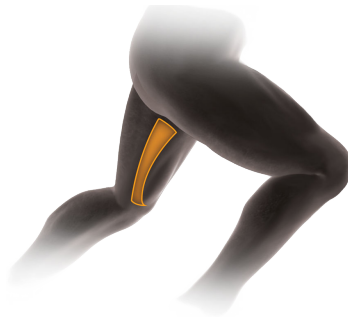


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 75.8 x 31.8 x 58.1	cm = 193 x 81 x 148
<b>Live Area (L x W x H):</b>	in. = 99.6 x 67.8 x 82.7	cm = 253 x 172 x 210
<b>Machine Weight:</b>	592 lbs. (Based on product with C weight stack)	269 kg (Based on product with C weight stack)
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Hip Abduction / Adduction (SS-HAA)

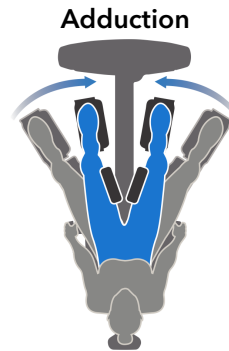
## Exercise



**Muscles Used:** **Hip Abduction:** Hip Abductors  
**Hip Adduction:** Hip Adductors

**Setup:** **Hip Abduction:** Sit down with feet on foot pegs so knees are bent 90 degrees. Position knee pads outside of the knees. Adjust start position with range of motion adjustment and slowly move the pads out - pushing with knees - and return.  
**Hip Adduction:** Sit down with feet on foot pegs so knees are bent 90 degrees. Position knee pads inside of the knees. Adjust start position with range of motion adjustment and slowly move the pads in - pushing with knees - and return.

**Movement:** **Hip Abduction:** Hold the handles and slowly move the pads out, pushing with knees. Hold the outward extreme position briefly. Slowly return to the start position. When finished, pull the lever to release the weight pads to exit the machine.  
**Hip Adduction:** Hold the handles and slowly move the pads in, pushing with knees. Hold the inward extreme position briefly. Slowly return to the start position. When finished, pull the lever to release the weight pads to exit the machine.



## Product Dimensions

<b>Size (L x W x H):</b>	in. = 66.9 x 58.2 x 58.2	cm = 169.9 x 161.1 x 147.83
<b>Live Area (L x W x H):</b>	in. = 67 x 89 x 82.7	cm = 170.2 x 226.1 x 210.1
<b>Machine Weight:</b>	623.5 lbs.	282.8 kg
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Hip Abduction (SS-HAB)

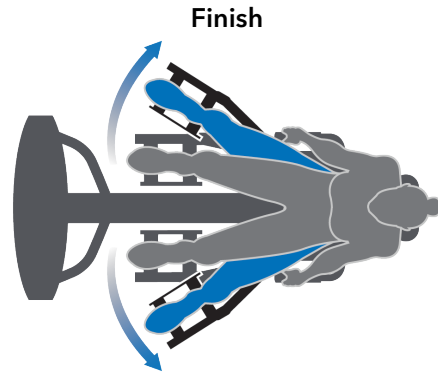
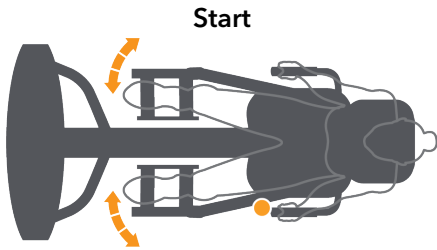
## Exercise



**Muscles Used:** Hip Abductors

**Setup:** Sit down with feet on foot pegs so knees are bent 90 degrees. Adjust start position with range of motion adjustment and slowly move the pads out - pushing with knees - and return.

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



## Product Dimensions

<b>Size (L x W x H):</b>	in. = 62.6 x 49.8 x 58.1	cm = 159 x 126 x 148
<b>Live Area (L x W x H):</b>	in. = 62.6 x 73.8 x 82.7	cm = 159 x 187 x 210
<b>Machine Weight:</b>	728 lbs.	330 kg
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Hip Adduction (SS-HAD)

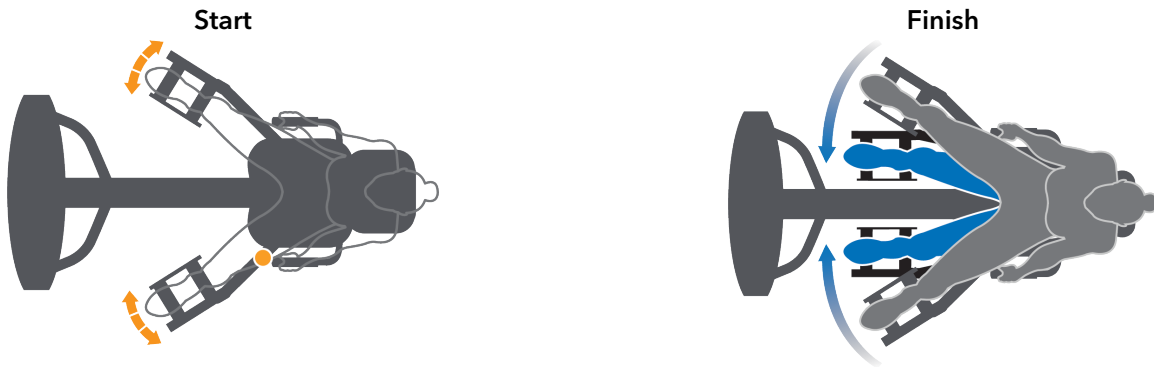
## Exercise



**Muscles Used:** Hip Adductors

**Setup:** Sit down with feet on foot pegs so knees are bent 90 degrees. Adjust start position with range of motion adjustment and slowly move the pads in - pushing with knees - and return.

**Movement:** Hold the handles and slowly move the pads in, pushing with knees. Hold the inward extreme position briefl. Slowly return to the start position. When finished, pull the lever to release the weight pads to exit the machine.

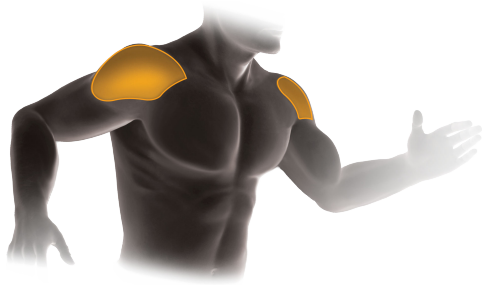


## Product Dimensions

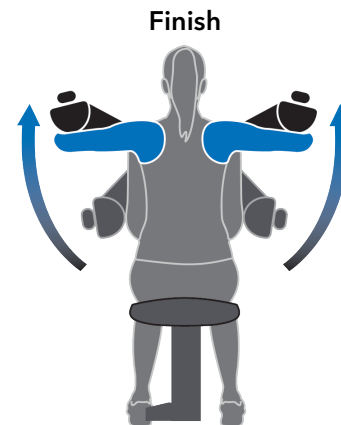
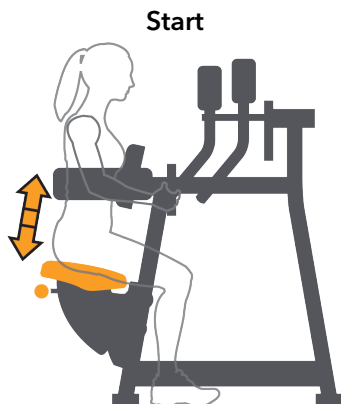
<b>Size (L x W x H):</b>	in. = 62.6 x 49.8 x 58.1	cm = 159 x 126 x 148
<b>Live Area (L x W x H):</b>	in. = 62.6 x 73.8 x 82.7	cm = 159 x 187 x 210
<b>Machine Weight:</b>	728 lbs.	330 kg
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Lateral Raise (SS-LR)

## Exercise



- Muscles Used:** Deltoid
- Setup:** Adjust seat height to align shoulders with machine pivots. Sit facing the machine and position forearms on pads. Lightly grip handles and raise elbows until even with shoulders. Return slowly to starting position.
- Movement:** When elbows reach shoulder height, hold the position briefly and then lower the pads slowly to starting position.
- TIP:** If seat is adjusted properly, pads should not slide on arms during exercise.



## Product Dimensions

<b>Size (L x W x H):</b>	in. = 51.6 x 52.5 x 58.1	cm = 131 x 133 x 148
<b>Live Area (L x W x H):</b>	in. = 75.6 x 64.5 x 82.7	cm = 192 x 164 x 210
<b>Machine Weight:</b>	600 lbs.	272 kg
<b>Base Weight Stack (P):</b>	167.5 lbs. with one 7.5 lb. increment	84 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	170 lbs. with two 5 lb. increments	85 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	200 lbs. with two 5 lb. increments	100 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Leg Curl (SS-LC)

## Exercise



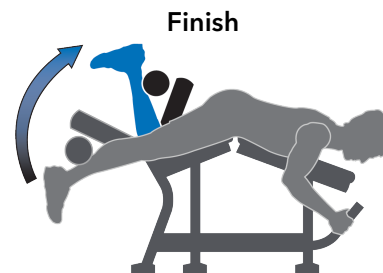
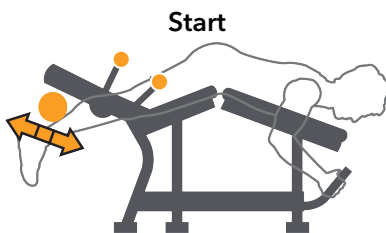
**Muscles Used:** Hamstrings

**Setup:** Lie face down on the pads, positioning the knees just off the pad aligned with the machine pivot, as indicated by the axis of rotation. The lower leg pad should be positioned comfortably above the back of the ankles, adjusting pad if necessary. Using the adjustment knob, adjust the start position to the desired range of motion. Check the weight stack to ensure appropriate resistance. 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 hip downward.

**Movement:** 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. 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 Dimensions

<b>Size (L x W x H):</b>	in. = 62.6 x 41.7 x 58.1	cm = 159 x 106 x 148
<b>Live Area (L x W x H):</b>	in. = 98.6 x 65.7 x 82.7	cm = 251 x 167 x 210
<b>Machine Weight:</b>	562 lbs.	255 kg
<b>Base Weight Stack (P):</b>	167.5 lbs. with one 7.5 lb. increment	84 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	170 lbs. with two 5 lb. increments	85 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	200 lbs. with two 5 lb. increments	100 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Leg Extension (SS-LE)

## Exercise



**Muscles Used:** Quadriceps

**Setup:** Adjust the back pad to align with the knee joint with the machine pivot (axis of rotation). Adjust the lower leg pad to a comfortable position above the ankle. Using the adjustment knob located near the machine cam, adjust the start position to the desired range of motion. Check the weight stack to ensure appropriate resistance. Grip the handles located on the sides of the seat. Body is positioned with chest-up, shoulders back and against back pad.

**Movement:** Rotate the thighs so the knees are pointing upwards and with a controlled motion, extend the legs to near full extension. 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.

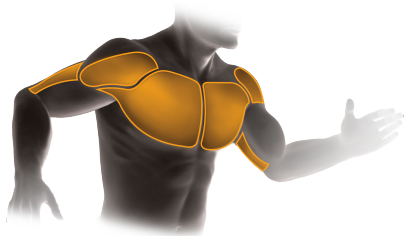


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 65.4 x 41.5 x 58.1	cm = 166 x 106 x 148
<b>Live Area (L x W x H):</b>	in. = 83.4 x 65.5 x 82.7	cm = 212 x 166 x 210
<b>Machine Weight:</b>	712 lbs.	323 kg
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Pectoral Fly / Rear Deltoid (SS-FLY)

## Exercise

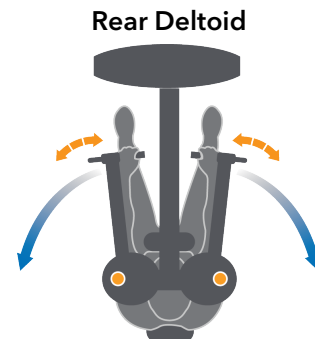
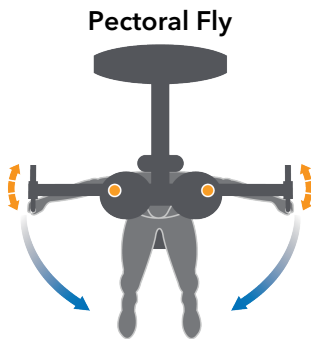


**Muscles Used:** **Pectoral Fly:** Pectoralis & Anterior Deltoids  
**Rear Deltoid:** Posterior Deltoids, & Trapezius

**Setup:** **Pectoral Fly:** Adjust the seat height so elbows are slightly below shoulders, when holding the vertical handles. Adjust the start position using the overhead range of motion adjustments for each arm. Check the weight stack to ensure appropriate resistance. Sit with chest-up and shoulders back and grip the vertical handles keeping the elbows slightly bent.

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

**Movement:** 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. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.



## Product Dimensions

<b>Size (L x W x H):</b>	in. = 79.9 x 77.6 x 80.1	cm = 203 x 197 x 203
<b>Live Area (L x W x H):</b>	in. = 91.9 x 101.6 x 82.7	m = 233 x 258 x 210
<b>Machine Weight:</b>	708 lbs.	321 kg
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Pulldown (SS-PD)

## Exercise



**Muscles Used:** Latissimus Dorsi & Biceps

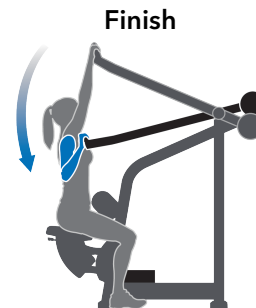
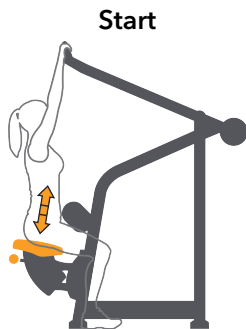
**Setup:** Check the weight stack to ensure appropriate resistance. Stand and grip bar in desired position, then pull down and sit with thighs under pads. Upper body is positioned leaning slightly forward from the hips, pulling directly over shoulders.

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

**TIP:** The ideal grip position on the handle positions 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.

**Movement:** With a controlled motion, draw down the handles directly over the shoulders until hands reach shoulder height, then extend the handles up until 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 lowering your elbows towards your lower back. This will reinforce the correct exercise position and increase the mental concentration on the Latissimus Dorsi.



## Product Dimensions

<b>Size (L x W x H):</b>	in. = 55.6 x 56.9 x 76.2	cm = 141 x 145 x 194
<b>Live Area (L x W x H):</b>	in. = 79.6 x 68.9 x 82.7	cm = 202 x 175 x 210
<b>Machine Weight:</b>	717 lbs.	325 kg
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Pulldown Dual-Axis (SS-PDX)

## Exercise



**Muscles Used:** Latissimus Dorsi, Teres Major, Lower Trapezius, Rhomboid, & Biceps

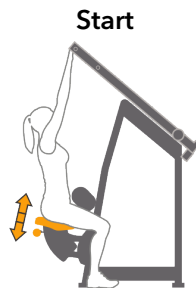
**Setup:** Adjust the seat height so elbows are fully extended, with fingers touching the handles when seated. Stand and grip bar in desired position, then pull down and sit with thighs under pads. Upper body is positioned leaning slightly forward from the hips, pulling directly over shoulders.

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

**TIP:** The ideal grip position on the handle positions 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.

**Movement:** With a controlled motion, draw down the handles down and out directly over the shoulders until hands reach shoulder height. Return handles to start position by extending the handles up and in until arms are fully extended. Repeat the motion, while maintaining proper body positioning.

**TIP:** While performing the exercise think about lowering your elbows towards your lower back. This will reinforce the correct exercise position and increase the mental concentration on the Latissimus Dorsi.



## Product Dimensions

<b>Size (L x W x H):</b>	in. = 51.3 x 46.1 x 78.1	cm = 131 x 117 x 198
<b>Live Area (L x W x H):</b>	in. = 75.3 x 58.1 x 82.7	cm = 191 x 148 x 210
<b>Machine Weight:</b>	780 lbs.	354 kg
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

## Row (SS-RW)

### Exercise

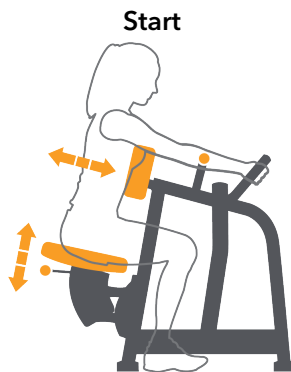


**Muscles Used:** Latissimus Dorsi, Trapezius, Rhomboids, Teres Major and Minor, Posterior Deltoids & Biceps

**Setup:** Adjust the seat height to align the mid-chest with the top of the chest pad. Keeping feet firmly on the floor or foot rests, adjust the chest pad position to allow full arm extension. Check the weight stack to ensure appropriate resistance. Grip the handles and position body with head and chest-up.

**Movement:** Stabilize the body in position, pressing feet firmly on the floor or foot rests, preventing excessive pressure on the chest pad. With a controlled motion, draw back the arms as far as can be controlled. 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 back, beyond the body, as this increases the mental concentration on the muscles being trained.



### Product Dimensions

<b>Size (L x W x H):</b>	in. = 48.8 x 55.4 x 58.1	cm = 124 x 141 x 148
<b>Live Area (L x W x H):</b>	in. = 72.8 x 67.4 x 82.7	cm = 185 x 171 x 210
<b>Machine Weight:</b>	653 lbs.	296 kg
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Seated Leg Curl (SS-SLC)

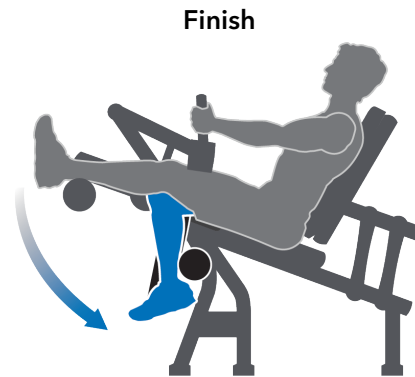
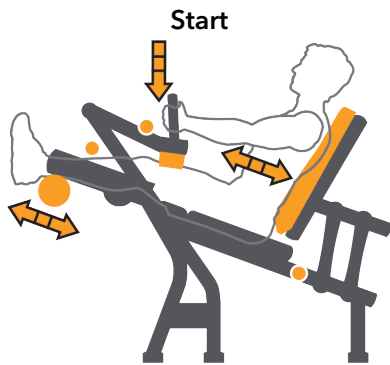
## Exercise



**Muscles Used:** Hamstring

**Setup:** Sit down on seat and adjust the back pad by pulling the knob under the left side of the seat. The seat should be adjusted so that the knee lines up with the axis of rotation (pivot point). Adjust the ankle pad so it's positioned just under the ankles. Check appropriate resistance on weight stack. Lower the thigh pad until it's comfortable. Keep back straight and head up.

**Movement:** Hold the thigh pad handles. Curl the pad down and back slowly. Hold the pad at the back position for a moment. Slowly let the pad out. Raise the thigh pad to exit the machine.

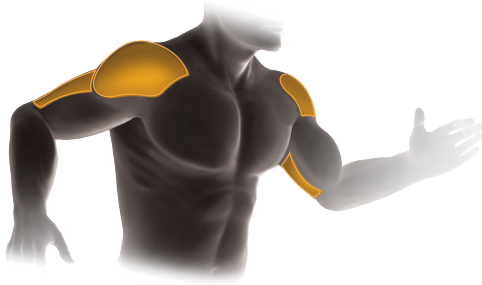


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 61 x 39.7 x 58.1	cm = 155 x 101 x 148
<b>Live Area (L x W x H):</b>	in. = 79 x 63.7 x 82.7	cm = 201 x 162 x 210
<b>Machine Weight:</b>	774 lbs.	351 kg
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Shoulder Press (SS-SP)

## Exercise



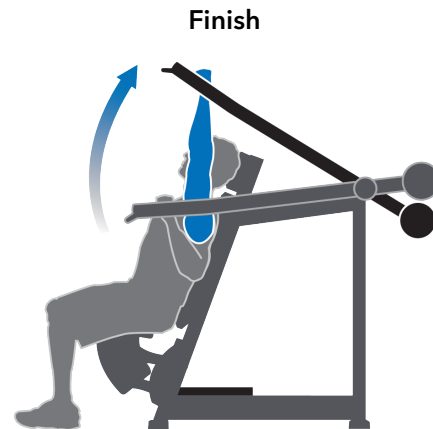
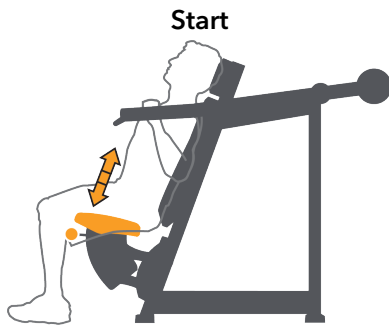
**Muscles Used:** Deltoids & Triceps

**Setup:** Adjust the seat height so handles are aligned with or above shoulder height. Check the weight stack to ensure appropriate resistance. Grip either set of handles. Body is positioned with chest-up, shoulders and head back against back pad.

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

**Movement:** With a controlled motion, extend the handles up till arms are fully extended. 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.

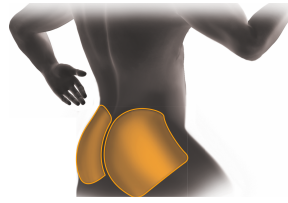


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 64.4 x 56.8 x 72.8	cm = 164 x 144 x 185
<b>Live Area (L x W x H):</b>	in. = 88.4 x 68.8 x 82.7	cm = 225 x 175 x 210
<b>Machine Weight:</b>	657 lbs.	298 kg
<b>Base Weight Stack (P):</b>	167.5 lbs. with one 7.5 lb. increment	84 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	170 lbs. with two 5 lb. increments	85 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	200 lbs. with two 5 lb. increments	100 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Sit/Stand Hip Abduction (SS-SHB)

## Exercise



**Muscles Used:** Hip Abductors and Gluteus Maximus

### Seated (Sit) Exercise Variation

**Setup:** Sit down with feet on the foot platforms so knees are bent 90 degrees. Grab handles next to the seat.

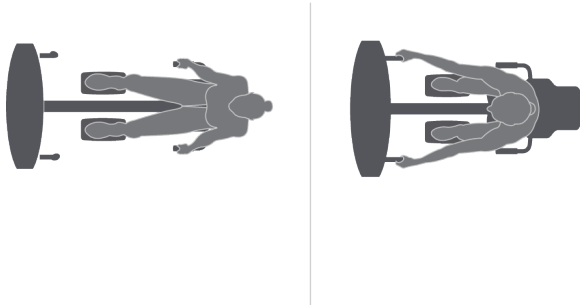
**Movement:** Slowly move the pads out, pushing with knees. Hold the outward extreme position briefly. Slowly return to the start position. Repeat.

### Standing (Stand) Exercise Variation

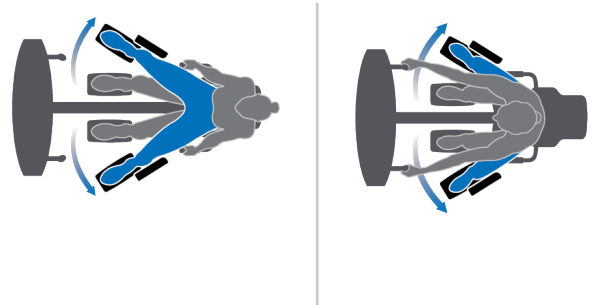
**Setup:** Stand with feet on the foot platforms. Grab handles near the weight stack. Lean back, extending arms until straight and knees are bent approximately 90 degrees.

**Movement:** Slowly move the pads out, pushing with knees. Hold the outward extreme position briefly. Slowly return to the start position. Repeat.

Start: Seated / Standing



Finish: Seated / Standing

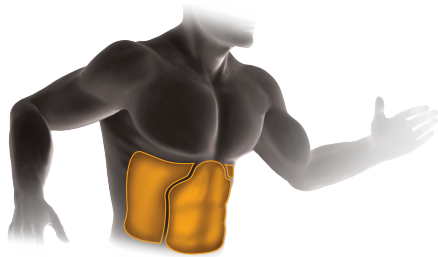


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 62.6 x 65 x 58.1	cm = 159 x 165 x 148
<b>Live Area (L x W x H):</b>	in. = 62.6 x 73.8 x 82.7	cm = 159 x 187 x 210
<b>Machine Weight:</b>	609 lbs.	276 kg
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg

# Torso Rotation (SS-TR)

## Exercise

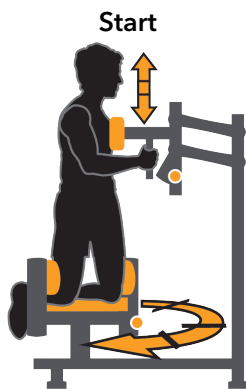


**Muscles Used:** Obliques & Abdominals

**Setup:** Adjust seat position for desired range of motion. Place knees on the front edge of seat pad while facing chest pads. Adjust chest support pads so that the center of the pads align with the top of the chest.

**Movement:** Grasp handles and slowly rotate torso.

**TIP:** Be sure knees are placed against support pads for greater stabilization. Return to starting 1 position. Rotate seat position to train opposite side of torso.

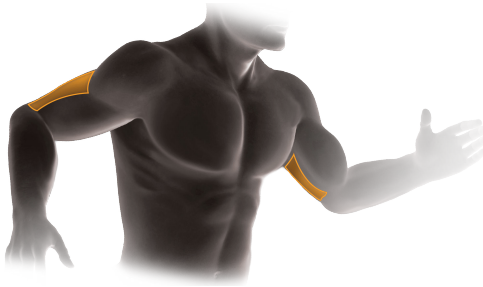


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 45.5 x 44 x 61.9	cm = 116 x 112 x 157
<b>Live Area (L x W x H):</b>	in. = 69.5 x 56 x 82.7	cm = 177 x 142 x 210
<b>Machine Weight:</b>	569 lbs.	258 kg
<b>Base Weight Stack (P):</b>	167.5 lbs. with one 7.5 lb. increment	84 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	170 lbs. with two 5 lb. increments	85 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	200 lbs. with two 5 lb. increments	100 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg.

# Triceps Extension (SS-TE)

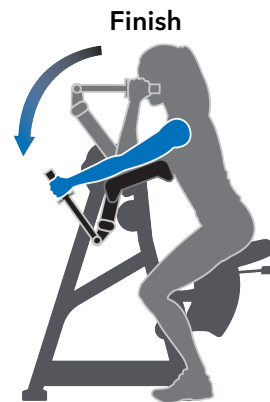
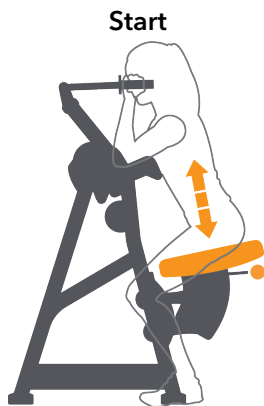
## Exercise



**Muscles Used:** Triceps

**Setup:** Adjust the seat height so backs of arms rest fully on arm pad, aligning elbows with machines pivot. Check the weight stack to ensure appropriate resistance. Rotate handle back and grip firmly and position feet under foot bar for stability. Body is positioned leaning forward from hips keeping back straight.

**Movement:** Secure foot positioning underneath the pegs. With a controlled motion, extend the handles out until arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

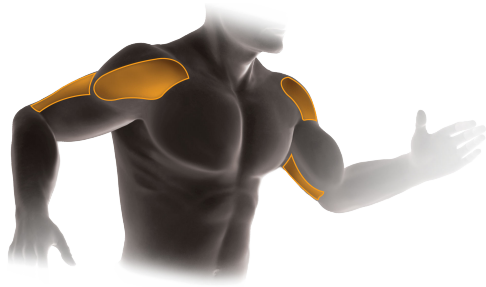


## Product Dimensions

<b>Size (L x W x H):</b>	in. = 53.9 x 39.6 x 58.1	cm = 137 x 100.6 x 148
<b>Live Area (L x W x H):</b>	in. = 84.4 x 57.6 x 82.7	cm = 214.4 x 146.3 x 210
<b>Machine Weight:</b>	535 lbs.	243 kg.
<b>Base Weight Stack (P):</b>	167.5 lbs. with one 7.5 lb. increment	84 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	170 lbs. with two 5 lb. increments	85 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	200 lbs. with two 5 lb. increments	100 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg.

# Triceps Press (SS-TP)

## Exercise



**Muscles Used:** Triceps & Anterior Deltoid

**Setup:** Adjust seat up or down so that elbows are bent at 90-degree angles when gripping the handles. Select desired weight. Rotate handles inward or outward as desired. Rest feet on floor. Keep back slightly arched and head up.

**NOTE:** To allow for more, or less, range of motion, adjust seat height accordingly.

**Movement:** With back on the pad and elbows close to your sides, slowly press the handles down. Do not lock elbows at the bottom of the pressing motion. Slowly return handles to start position.

**TIP:** For added variety, use large ends of handles to isolate triceps and pectorals.



## Product Dimensions

<b>Size (L x W x H):</b>	in. = 53.1 x 43.7 x 58.1	cm = 135 x 111 x 148
<b>Live Area (L x W x H):</b>	in. = 77.1 x 55.7 x 82.7	cm = 196 x 141 x 210
<b>Machine Weight:</b>	675 lbs.	306 kg.
<b>Base Weight Stack (P):</b>	257.5 lbs. with one 7.5 lb. increment	129 kg with one 3.7 kg increment
<b>Standard Weight Stack (C):</b>	260 lbs. with two 5 lb. increments	130 kg with two 2.5 kg increments
<b>Heavy Weight Stack (X):</b>	305 lbs. with two 5 lb. increments	152 kg with two 2.5 kg increments
<b>Maximum User Weight:</b>	300 lbs.	136 kg.

# 3. Console Information

## LF Codes

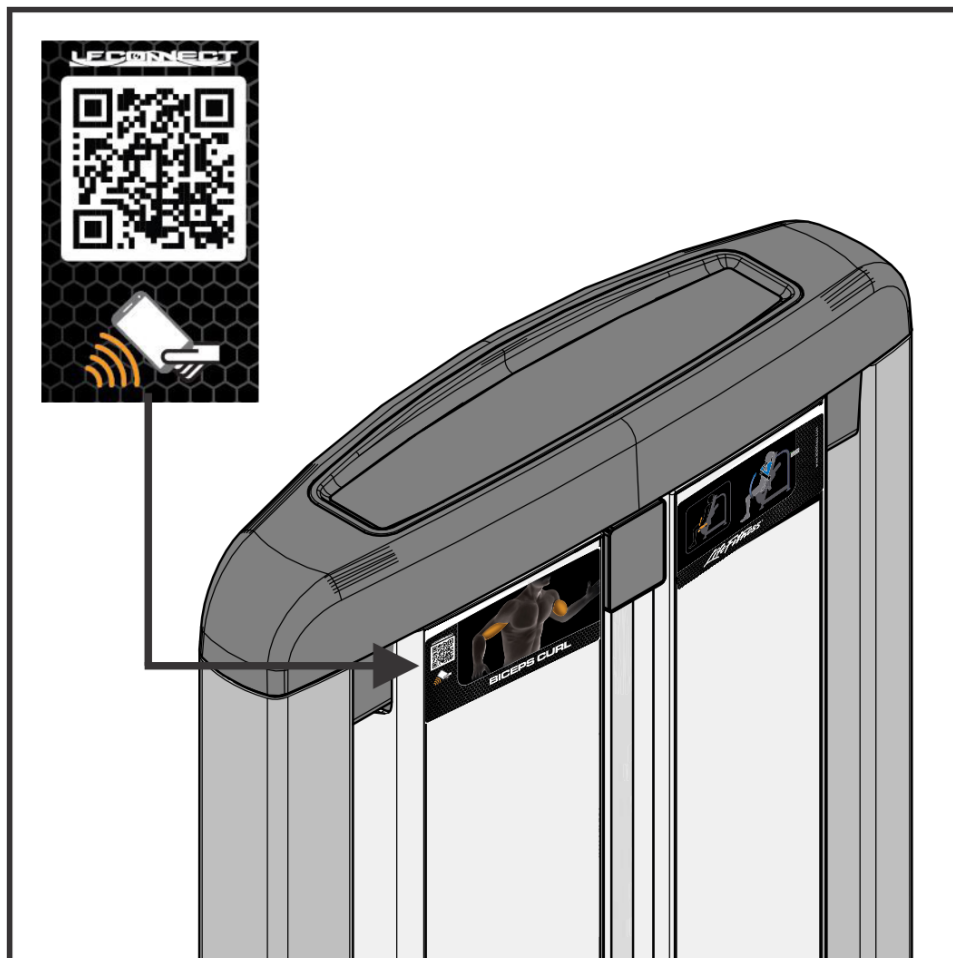
### Intro (what are LFcodes?)

LFcodes are both QR codes and NFC tags that integrate with the Life Fitness Android® and Apple® LFconnect app to provide product demo videos, strength tracking and product setup guidelines.

### How it works:

Select the LFcodes feature within the LFconnect app. Using the LFcodes scanner, scan the LFcode on the product. If using an NFC-enabled device, simply touch or tap the LFcode with the device. Once scanned or touched (NFC), the LFconnect app will provide product demo videos, strength tracking and product setup guidelines.

If the LFcode is scanned or touched (NFC) by a device without the LFconnect app, it will direct the device to the Apple App Store® or Google® Play Store to download the LFconnect app.

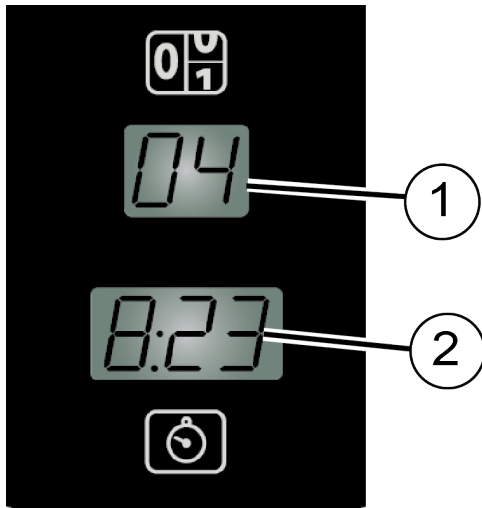


## L Trim Console

### Repetition and Time Counter Optional

An optional battery-operated console is available for use on Insignia Series Selectorized Strength Equipment. The console tracks workout time, rest time, and number of repetitions per set.

#### Console Display



1	Repetition Counter
2	Time Counter

#### Workout Mode

The displays will automatically turn on and begin counting the Repetitions and Time, when both of the work arms are moved simultaneously. Initially, both the Repetition Counter & the Time Counter will show zeroes.

#### Repetition Counter

Counts ONE repetition for each complete full repetition, when both work arms are moved simultaneously.

Maximum Repetitions = 99. If the repetitions go beyond 99, the counter rolls over to ONE and begins counting up.

#### Time Counter

##### Active Workout Mode:

The display shows the duration of the exercise being performed (in seconds).

Maximum time = 9:59 (minutes: seconds). If the time reaches 9:59, the counter rolls over to 0:00 and begins counting up.

##### Rest Workout Mode:

Once the exercise is completed (after 5 seconds), the display goes into Rest Workout Mode. The time begins to flash and count up from 0:05 displaying the duration of rest between sets.

Both displays automatically reset to zeroes, when both work arms are simultaneously moved while the unit is in Rest Workout mode (flashing time display).

After 1:30 in Rest Workout Mode (flashing time display), the unit will automatically go into Sleep Mode.

#### Sleep Mode

The console enters Sleep mode after the Rest timer reaches 1:30 (minutes: seconds) without detecting movement.

The display and all electronics, including the processor, are completely turned off to conserve battery power.

#### Entering and Using the Asset Management Mode

A special Asset Management Mode is available to club owners, managers and other authorized personnel to allow access to specific product information. The timer displays the total time and total repetitions accumulated over the life of a unit.

To enter the mode:

1. Remove the batteries.
2. Perform 3 repetitions with both work arms simultaneously or wait approximately 10 minutes.
3. Replace the batteries.

Upon entering the mode, the Total Time will be displayed (flashing digits) for 15 seconds followed by the Total Repetitions (non-flashing digits) for 15 seconds.

- Total Time is the time of active workout use over the entire life of the product.
  - Total Time is displayed in hours.
  - Example: A display of "04 & 8:23" means 04,823 or 4,823 hours of use.
- Total Repetitions is the number of repetitions over the entire life of the product.
  - Total Repetitions are displayed in the hundreds.
  - Example: A display of "04 & 8:23" means 04,823\*100 or 482,300 repetitions.

After Total Repetitions are displayed for 15 seconds, the console enters Sleep Mode.

**NOTE:** The Repetition Counter window (1) remains blank until the Time Counter window (2) exceeds 9:99.

**NOTE:** The Repetition and Time Counter can NOT be reset.

### Repetition Counter Low Battery

The three digit time counter display includes a low battery indicator symbol. The symbol shall be active in all modes when the battery voltage reaches the following points:

1. When battery voltage drops below 2.4V the symbol shall flash on and off in all modes and will continue to flash as long as the battery voltage remains below 2.6V.
2. If the battery voltage were to increase over 2.6V the battery indicator shall turn off again until the voltage would again drop below 2.4V.
3. At around 2.0V, the display and processor no longer are able to keep running and the entire console will be off until the batteries are replaced.

### Troubleshooting

PROBLEM	TROUBLESHOOTING
Low battery icon is flashing.	Replace batteries (requires two AA)
Display does not turn on when you pickup the weight stack.	<ul style="list-style-type: none"> <li>• Replace batteries.</li> <li>• Check the magnet on the head plate is still in position and the reed switch (<i>marked "NC"</i>) is still positioned next to the magnet.</li> <li>• Check connections at back of console for battery and switch assembly.</li> <li>• Replace the console.</li> </ul> <p><b>NOTE:</b> A console comes with the magnet and reed switch assembly.</p>
Rep counter turns ON when you pick up the head plate but does not count reps.	<ul style="list-style-type: none"> <li>• Make sure you are doing a full repetition. Magnet must go up past the counter reed switch (<i>marked "NO"</i>) and back down past it to count ONE repetition.</li> <li>• Check for broken or cut wires. If broken or cut wires found, replace the console.</li> </ul> <p><b>NOTE:</b> Console includes all wiring.</p>

## T Trim Life Fitness Connect

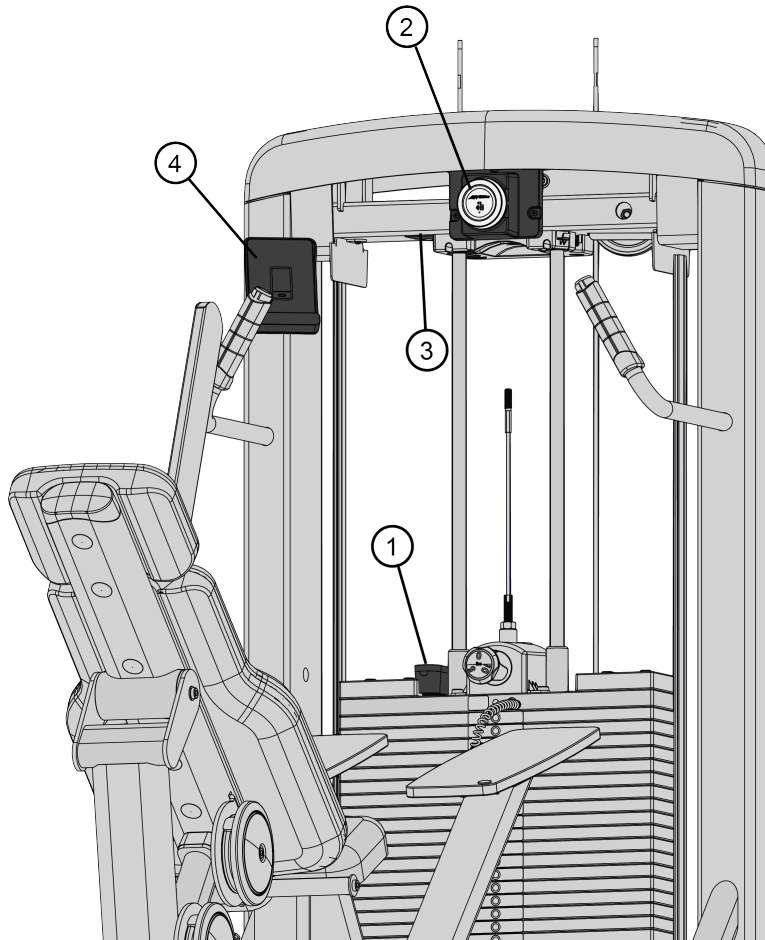
Scan below QR code with smartphone for Observer, Main Unit, Puck, and Beacon online installation instructions.



<https://lfn.fit/ConnectSystemTrimInstall>

### Overview

The LF Connect main unit is used with a puck on Insignia models to track workouts via a phone app.



Item	Description
1	LF Connect Main Unit
2	LF Connect Puck
3	Tape, Reflector Film
4	Device Holder (Left or Right)

The LF Connect main unit is mounted on the head plate of the weight stack with a free line of sight to a reflective sticker that is attached to the underside of the top tube.

## LF Connect Main Unit Battery Replacement

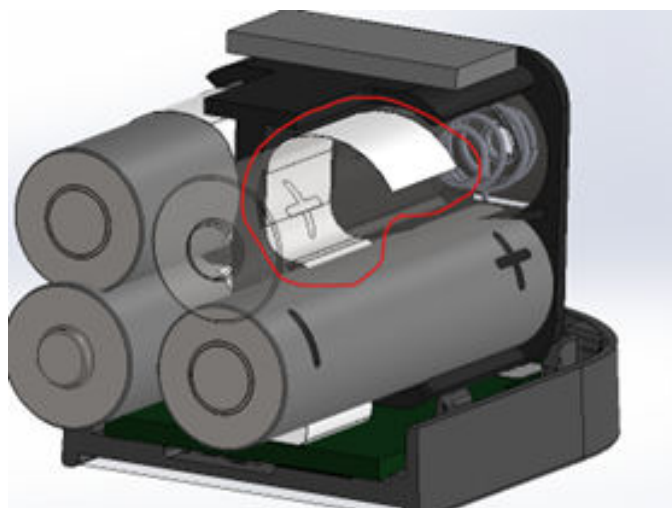
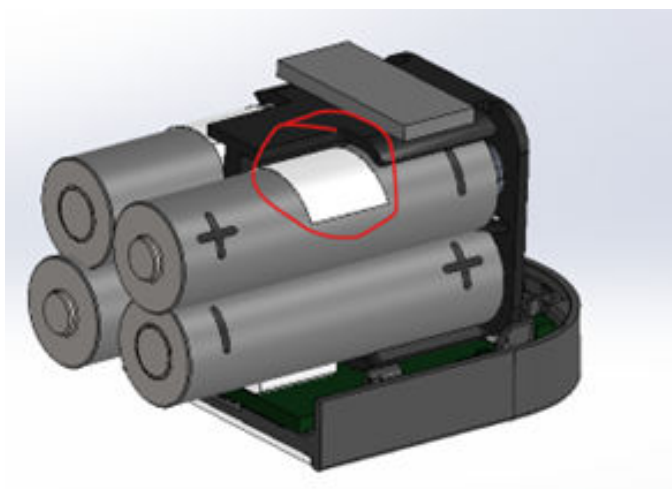
1. Remove the top of the LF Connect main unit to access the batteries.



**TIP:** Use a screwdriver to lift up the locking tab to reduce the force required to remove the top.



2. Pull on the embedded release ribbon to help dislodge the batteries out of the holder.



3. Replace with standard AA batteries in the orientation indicated on the battery holder.

**NOTE:** Make sure the release ribbon is tucked behind the batteries.

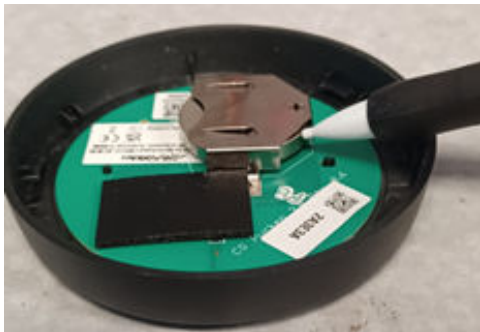
**NOTE:** Do not mix old and new batteries.

## Puck Battery Replacement

1. Remove the front cover by firmly pushing the locking tab and twist open.



2. Slide the battery out of the holder pocket.  
**TIP:** Gently push the bottom of the battery with a small plastic object.  
**NOTE:** Be careful not to damage the board or the holder!



3. Replace with new battery (CR2450).
4. The LED on the front will briefly light up blue.



# 4. Maintenance Procedures

## Maintenance Schedule

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
<b>CLEAN</b>				
Upholstery	X			
Guide Rods			X	
Shrouds			X	
Hand Grips				X
<b>WAX</b>				
Frames				X
<b>INSPECT</b>				
Paint			X	
Cable	X			
Belt	X			
Hardware		X		
Frame		X		
Hand Grips		X		
Shrouds	X			
<b>LUBRICATE</b>				
Guide Rods				X

### Clean

- Upholstery with an approved or compatible cleaner.
- Guide rods with a cotton cloth.
- Hand grips with an approved or compatible cleaner.

### Wax

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

### Inspect

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

### Lubricate

- Lubricate guide rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Apply the lubricant to a cotton cloth, and then run the cotton cloth up and down the guide rods as needed.

**NOTE:** Only a few drops of lubricant are required for each guide rod.

### Once a Day

- Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.
- Visually inspect cables for wear at and around connections and along the entire length of the cable. Always replace at first sign of wear.

## Once a Week

- Visually inspect all hardware for loosening, tampering or wear.
- Check jam nut at top of weight stack for tightness.
- Check condition of hand grips.
- Check cables for stretch and adjust as necessary by loosening the large Jam Nut on top of the weight stack and by screwing in the Threaded Plug until cable is tight and the weight stack pin goes in all holes easily. Securely tighten the large Jam Nut when finished.
- Inspect shrouds for damage and clean as necessary.

## Once a Month

- Clean guide rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Clean tops of bearings at stack and inspect for heavy buildup on rods below the head plate. Lift half of stack and do a visual inspection, then clean as necessary.
- 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.

## Cleaning the Shrouds

- Adherence to regular and proper cleaning procedures is recommended to preserve the appearance.

**NOTE:** Spray the approved cleaner on a towel, and then wipe down the shrouds to avoid saturation of shroud inlays.

## Minimize Scratches

- Wash the shrouds with an approved or compatible cleaner. Do not scrub brushes on the shrouds. Fresh paint splashes, grease and smeared glazing compounds can be removed easily before drying by rubbing lightly with isopropyl alcohol. Afterward, a warm final wash should be made.

## Approved and Compatible Cleaners

Two preferred cleaners have been approved by reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: [customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)).

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

## Removal of Paint, Marking Pens, or Labels

- Butyl cellosolve works well for removal of paints, marking pen inks, lipstick, etc.
- Labels, stickers, etc. may be removed using kerosene. When the solvent will not penetrate sticker material, apply heat (hair dryer) to soften the adhesive and promote removal. GASOLINE SHOULD NOT BE USED.

## Important Hazards

- DO NOT use abrasive or highly alkaline cleaners on the shrouds.
- NEVER scrape shrouds with squeegees, razor blades or other sharp instruments.
- DO NOT clean shrouds in hot sun or at elevated temperatures.
- NEVER use benzene, gasoline, acetone or carbon tetrachloride on the shrouds.
- Manufacturer recommends that cables be inspected daily after installation and replaced annually.

# Rep Counter Battery Replacement

## Tools Required:

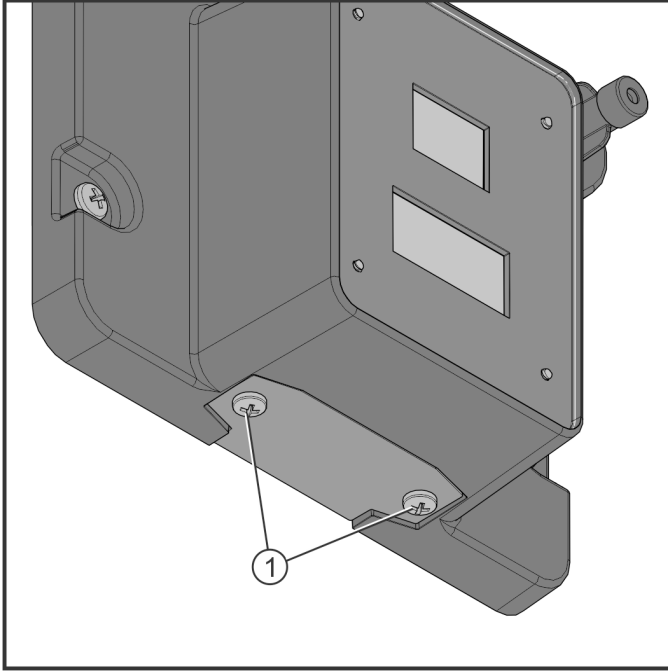
- Phillips screwdriver

## Time:

5 minutes

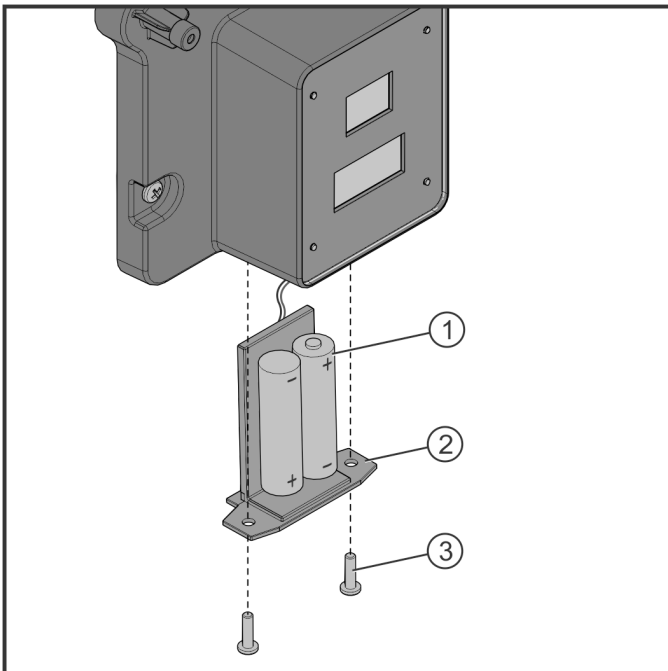
# Rep Counter Battery Replacement

1. Loosen and remove the two battery pack screws.



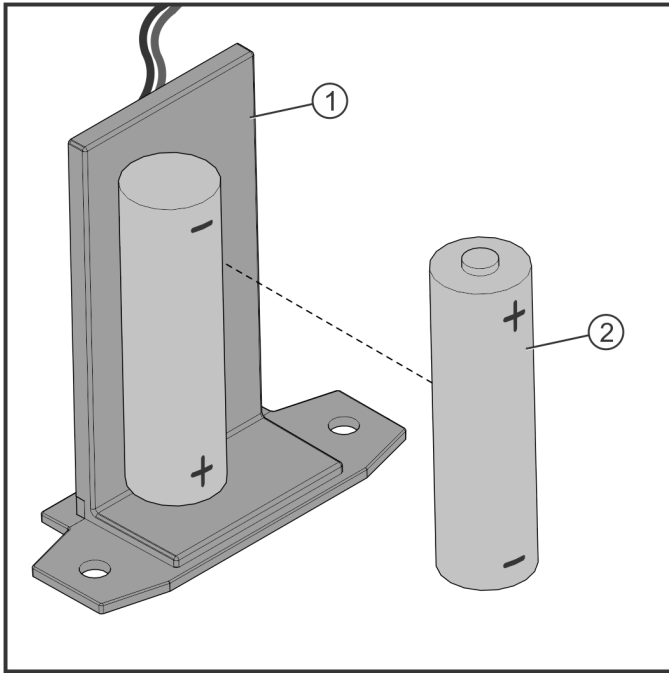
Item	Description	Qty
1	Battery Pack Screw	2

2. Carefully remove the battery pack from the console.



Item	Description	Qty
1	AA Battery	2
2	Battery Pack	1
3	Battery Pack Screw	2

3. Insert replacement batteries into the battery pack in their proper orientation.



Item	Description	Qty
1	Battery Pack	1
2	AA Battery	2

4. Insert battery pack into console. (See Step 2)  
 5. Tighten battery pack screws to 16-20 in-lbs (1.8-2.2 Nm). (See Step 1)

### Recommended Replacement Batteries (AA-cell)

Use table for Life Fitness recommended replacement batteries.

Manufacturer	Model Number	Model Name	Service Life @50mA Load to 0.9V Room Temp (hr)	Shelf Life (years)
Duracell®	QU1500	Quantum with Duralock	55	10
	MN1500	Coppertop with Duralock	57	10
Energizer®	EN91	Industrial	57	10
	E91	Max	55	10
Panasonic®	LR6EGE	Evolta	No Data	10
	LR6PPG	Pro Power	No Data	10
	LR6EPS	Everyday Power	No Data	10
	LR6APB	Alkaline Power	No Data	7
Procell®	PC1500	Constant	57	10
Rayovac®	815	High Energy	54	10
	815FUS	Fusion	55	12
Würth®	827114	Alkaline High Power	No Data	5

# 5. 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:

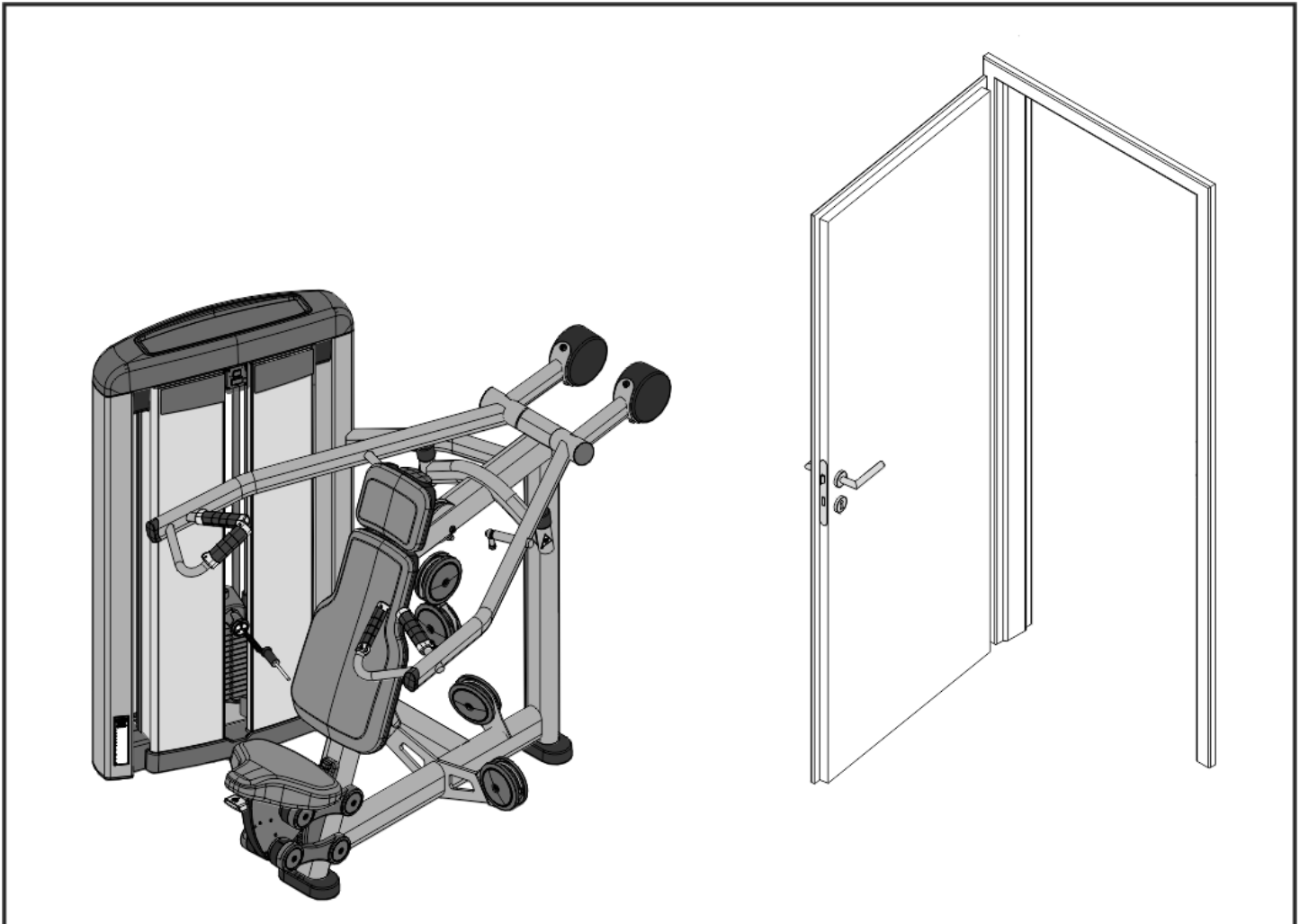
<http://lifefitness.com/warranties>



# 6. Installation

## Introduction

Insignia units come fully assembled, however moving them into place through doorways and hallways may require components to be removed. Please follow these instructions for removing and reassembling components.



Item	Description	Models
1	Carriage Assembly Positioning	SS-ADC
2	Counterweight Removal	SS-PD, SS-SP
3	Seat Assembly Removal	SS-FLY, SS-PD, SS-PEC, SS-LR, SS-RW, SS-SP
4	<a href="#">Shroud Removal</a>	All
5	Tower Removal	SS-ADC, SS-CP, SS-PD, SS-SLP, SS-PD
6	Upholstery Removal	SS-BC, SS-CP
7	<a href="#">Weight Stack Removal</a>	All
8	Work Arm Removal	SS-ADC, SS-BC, SS-CP, SS-FLY, SS-PD, SS-PEC, SS-LR, SS-PD, SS-RW, SS-SP, SS-TP

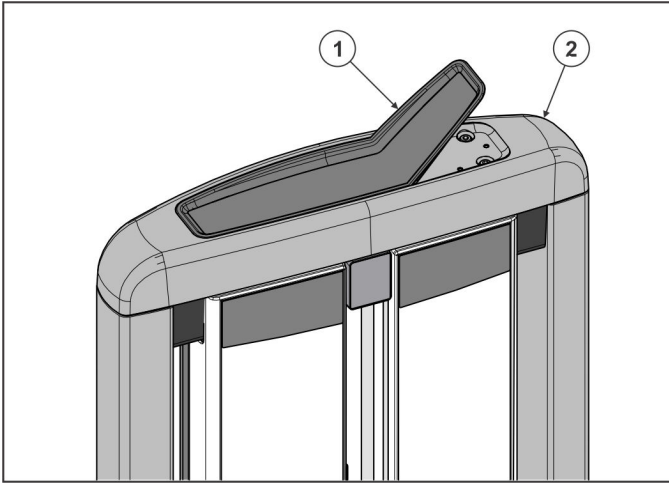
## Tools Required

- 4 mm Allen wrench
- 7 mm Allen wrench x2
- 19 mm open end wrench
- Phillips screwdriver

- Rubber mallet
- Safety glasses
- Torque wrench

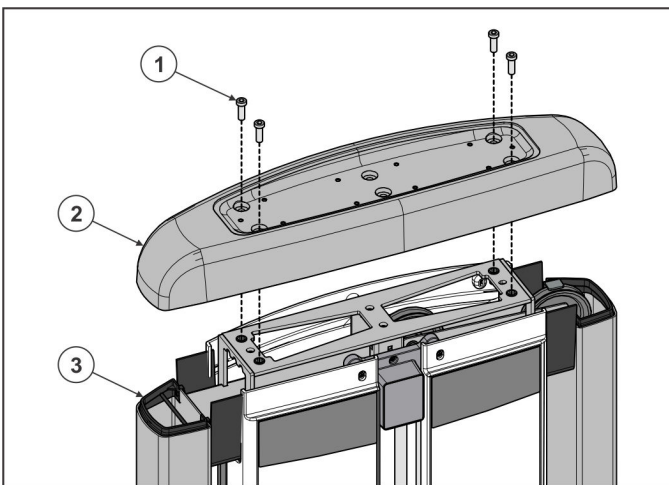
## Shroud Removal

1. Lift and peel tower tray away from tower.



Item	Description	Qty.
1	Tower Tray	1
2	Tower	1

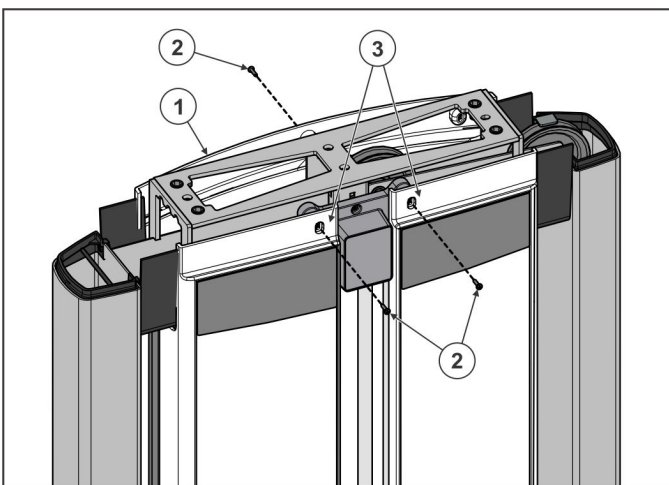
2. Using the 7mm Allen wrench, loosen and remove hardware and tower cap from tower.



Item	Description	Qty.
1	Screw; M10 x 25mm	4
2	Tower Cap	1
3	Tower	1

**NOTE:** Tighten to 8-10 ft-lbs (10-13Nm) when assembling.

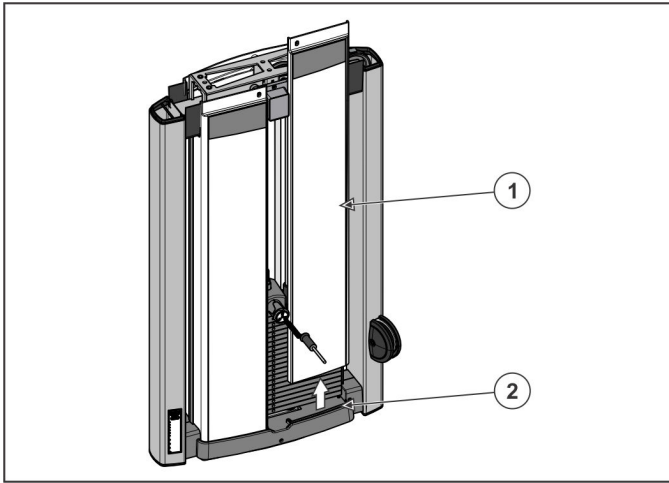
3. Using the Phillips screwdriver, remove hardware holding the rear and front shrouds in place.



Item	Description	Qty.
1	Rear Shroud	1
2	Screw; 8 X 3/4 PHL PAN	3
3	Front Shroud	2

**NOTE:** Tighten to 16-20 in-lbs (1.8-2.2Nm) when assembling.

4. Carefully lift shroud up, out of the lower cover's channel, then away from unit. Repeat on remaining shrouds.

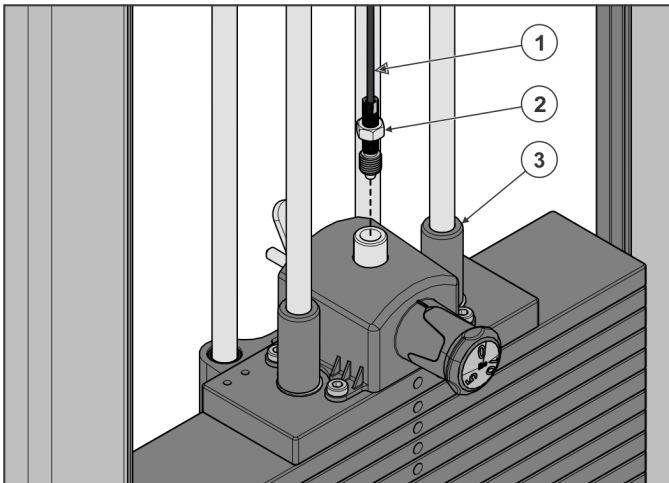


Item	Description	Qty.
1	Front Shroud	1
2	Lower Cover	1

5. Follow Steps 1-4 in reverse order to reassemble the shrouds.

## Weight Stack Removal

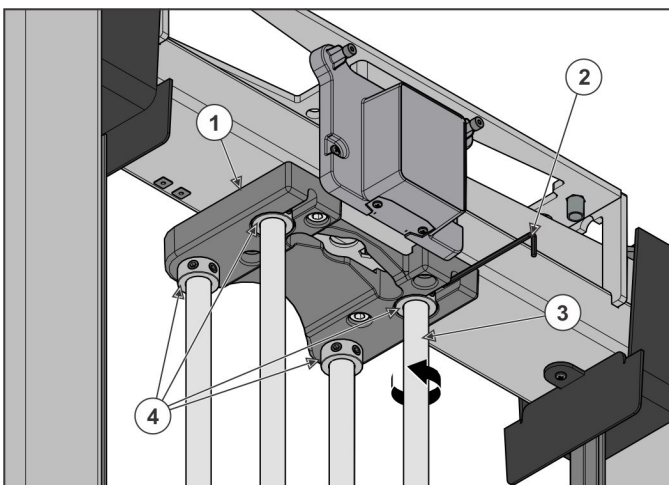
1. Shrouds need to be removed prior; refer to [Shroud Removal](#).
2. Using a 19mm wrench, loosen the jam nut and detach the cable assembly from the head plate assembly.



Item	Description	Qty.
1	Cable Assembly	1
2	Jam Nut	1
3	Head Plate Assembly	1

**NOTE:** When reassembling, thread cable assembly a minimum of 1/2 inches (12.7mm) into the head plate assembly and tighten to 20-25 ft-lbs (27-33Nm).

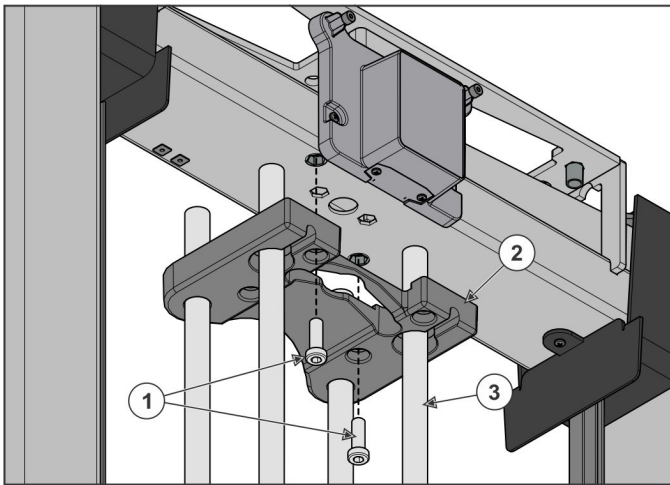
3. Using the 4mm Allen wrench, loosen the shaft collars from the guide rod retainer; twisting the front guide rods to gain access to the shaft collar's hardware.



Item	Description	Qty.
1	Guide Rod Retainer	1
2	4mm Allen Wrench	1
3	Guide Rod	2
4	Shaft Collar	4

**NOTE:** Tighten to 8-10 ft-lbs (10-13Nm) when assembling.

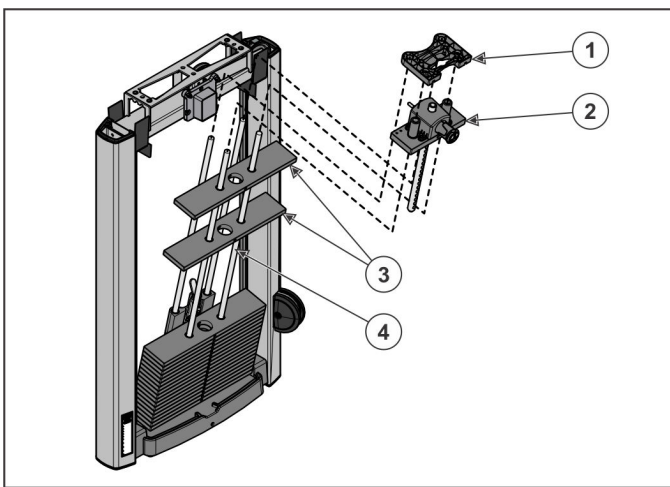
4. **Caution:** Weight stack will no longer be supported after this step- Using the 7mm Allen wrench, while holding the guide rods stable, remove the guide rod retainer hardware.



Item	Description	Qty.
1	Screw; M10 X 30mm	2
2	Guide Rod Retainer	1
3	Guide Rod	4

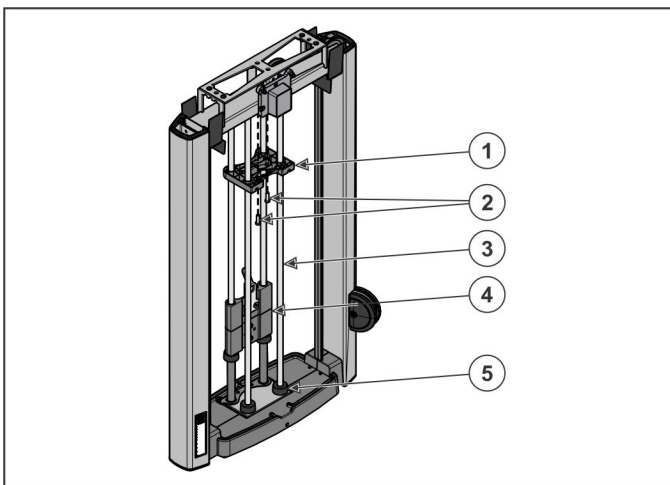
**NOTE:** Tighten to 14-16 ft-lbs (19-21Nm) when assembling.

5. Carefully remove the guide rod retainer, head plate assembly and weight plates.



Item	Description	Qty.
1	Guide Rod Retainer	1
2	Head Plate Assembly	1
3	Weight Plate	19
4	Guide Rod	4

6. Leaving the weight stack bumpers, increment weights and guide rods in place, loosely re-attach the guide rod retainer with its hardware.



Item	Description	Qty.
1	Guide Rod Retainer	1
2	Screw; M10 X 30mm	2
3	Guide Rod	4
4	Increment Weights	2
5	Weight Stack Bumpers	2

7. Follow Steps 1-6 in reverse order to reassemble the weight stack.

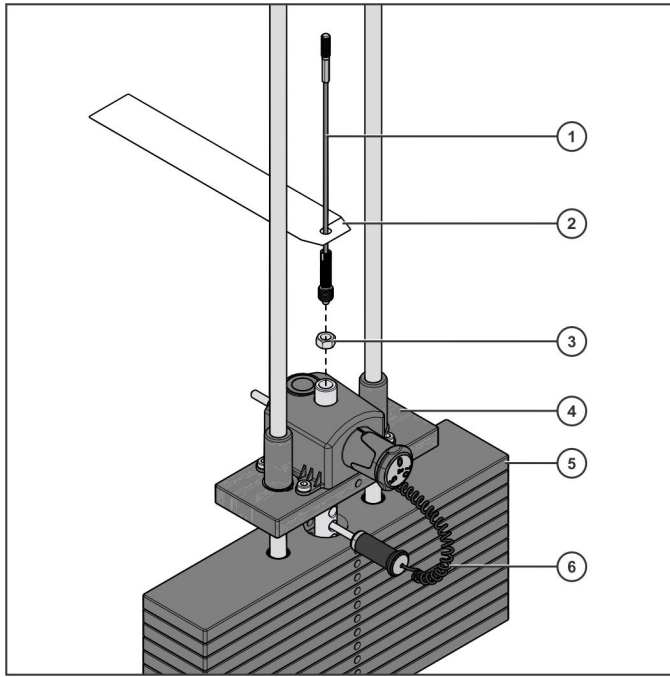
# 7. Cable Handling Guide

## Cable Connections, Seating, and Installation

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 COMPONENTS



Item	Description	Qty.
1	Cable Assembly	1
2	Cable Hangtag	1
3	Jam Nut	1
4	Head Plate Assembly	1
5	Weight Plates	12
6	Weight Selector Pin Assembly	1

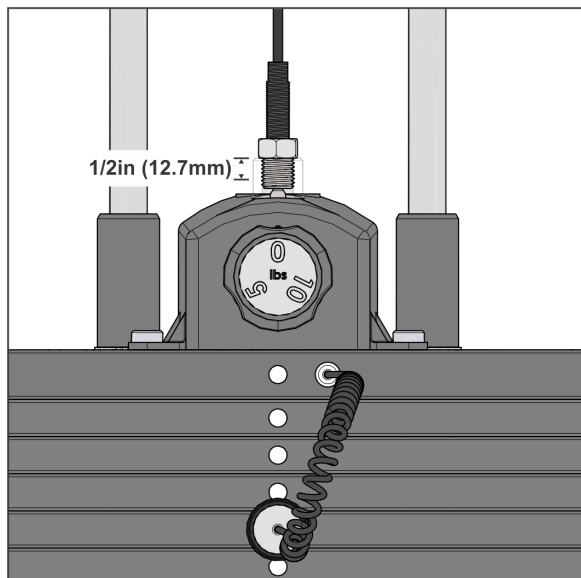
- Jam nuts must be tightened toward the head plate assembly and frame anchor. Torque the jam nuts to 20-25 ft-lbs. (27.2 - 24.0 Nm).
- Cable Hangtags to be removed by customer only.

### Cabling Procedure

#### Direct Terminal

Direct terminal is when the cable is terminated directly at the head plate assembly.

1. Thread cable into the head plate assembly at least to the jam nut. This will ensure the proper minimum thread engagement depth of 1/2 inch (12.7mm).

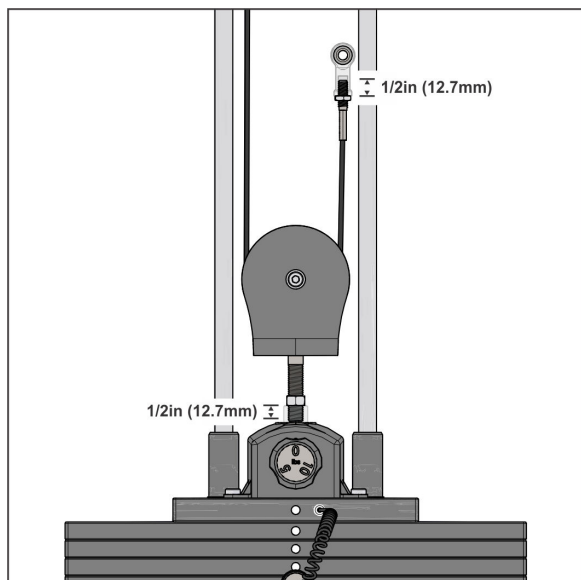


2. Cycle the machine to ensure that it is in proper working order.
3. Check the cable to ensure there is proper tension.
4. Tighten jam nut to 20-25 ft-lbs. (27.2 - 34.0 Nm).

### Remote Terminal

Remote terminal is when the cable is terminated away from the head plate assembly; either at the frame, workarm, etc.

1. Measure the threaded end of the pulley assembly and cable.
2. Screw the jam nuts onto the end of the thread on the pulley assembly and cable.
3. Thread the pulley assembly into the head plate assembly at least 1/2 inch (12.7mm).
4. Thread the cable into the remote terminal.
5. Measure the exposed threads to verify that the proper thread engagement, minimum 1/2 inch (12.7mm), is screwed into the terminations.

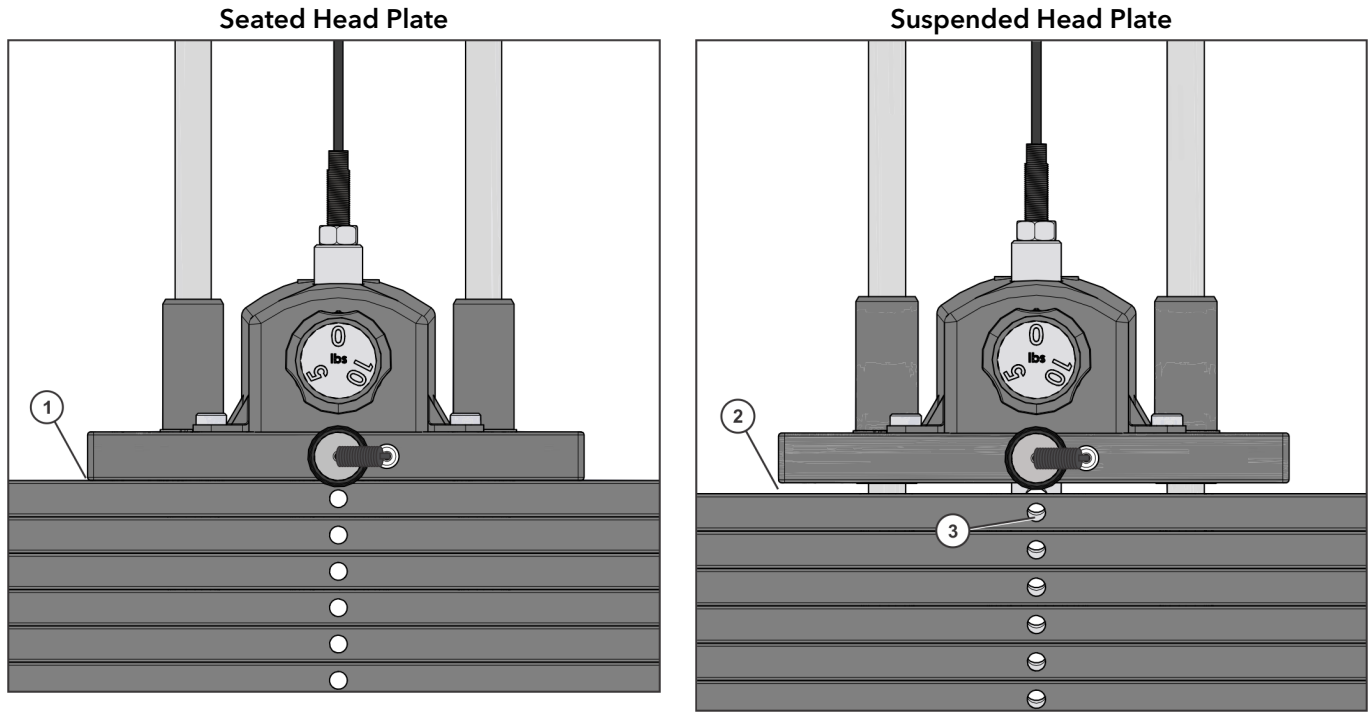


6. Cycle the machine to ensure that it is in proper working order.
7. Check the cable to ensure there is proper tension.
8. Torque the jam nuts to 20-25 ft-lbs. (27.2 - 34.0 Nm).

## Tensioning Cable

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

1. 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 threaded plugs are engaged at least 1/2" (12.7mm) at each termination.



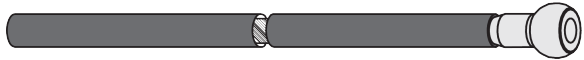
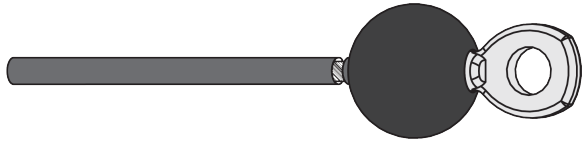
Item	Description
1	No Gap - Head plate is at rest
2	Gap - Head plate is lifted
3	Holes obstructed

2. Ensure that the weight stack selector pin can pin into each weight plate.
3. Tighten jam nuts to 20-25 ft-lbs.


## 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.	
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**BULGING:**

Internal wire rope strands can break within and coil causing a bulge to appear. Cable should retain same outside diameter throughout.	
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**FRAYED/EXPOSED WIRE ROPE:**

Any exposed wire rope protruding through the casing or at either end.	
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**FLATTENED:**

Section of cable is compressed and will not retain its shape (outside diameter).	
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**PERMANENTLY BENT:**

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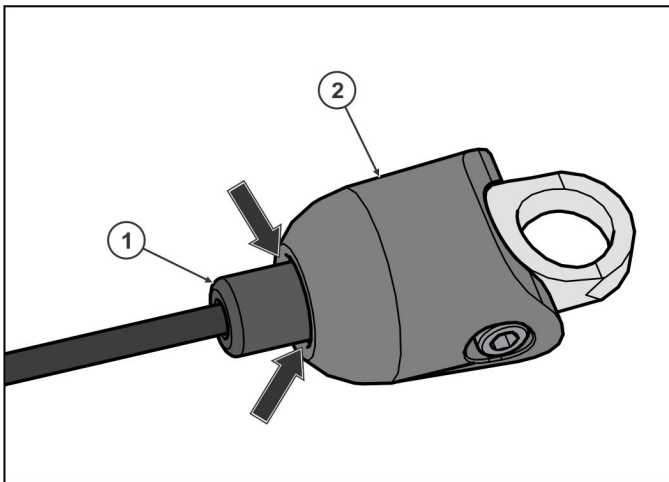
**ENDS SEPARATING:**

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

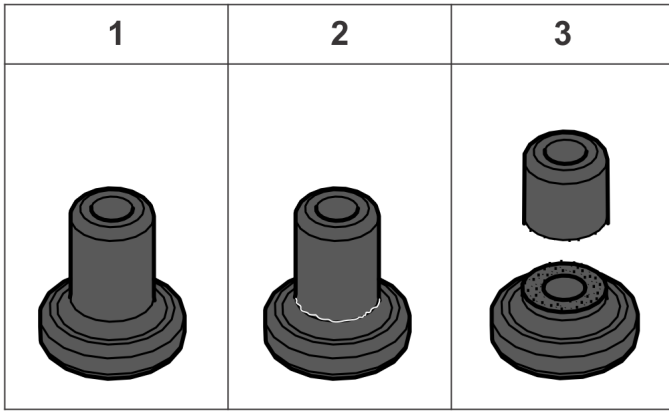
Inspect insert within the strain-relief cable end assembly and replace if any sign of damage.

1. Check around plastic insert and the plastic housing for any excessive wear or damage.



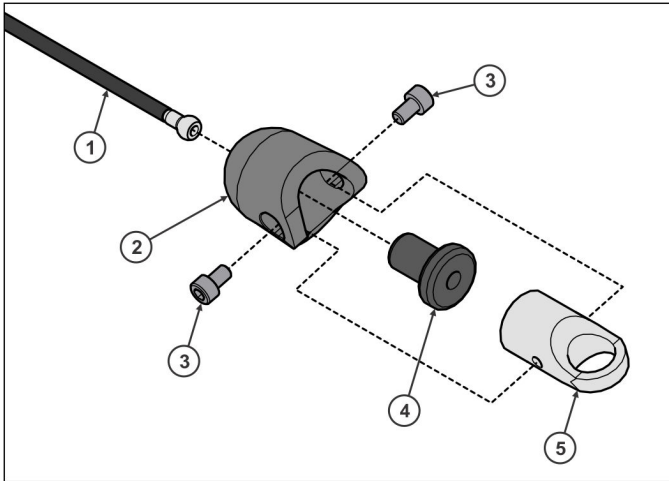
Item	Description	Qty.
1	Plastic Insert	1
2	Plastic Housing	1

2. Replace plastic insert if cracked, torn, separated, overly worn or damaged in any way.



Item	Description	Status
1	Insert - No damage	Use
2	Insert - Cracked	Replace
3	Insert - Separated	Replace

3. Using a 4mm hex wrench, remove screws from the housing/link and the damaged insert from cable assembly. Replace damaged insert, reassemble components and **tighten to 25-30 in-lbs (33-40 Nm)**.



Item	Description	Qty.
1	Cable Assembly	1
2	Housing	1
3	Screw; M5 X 0.8 HXS SOC	2
4	Insert	1
5	Link	1

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

### Anchoring

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

### Building Codes

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

### Carpeting

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

### Competitor Product

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

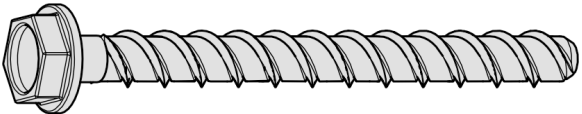
- Life Fitness does not have that level of specification or engineering input for competitive product.
- Life Fitness installation teams are not permitted to anchor competitor equipment.

### Drilling

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

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

### Anchor Type - Static

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

## Anchor 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 <sup>2</sup> )
HUS-H 6mm	3-3/32" (100mm)	25/64" (10mm) beyond anchor length	2-1/64" (55mm)	3000psi (20 N/mm <sup>2</sup> )


## 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

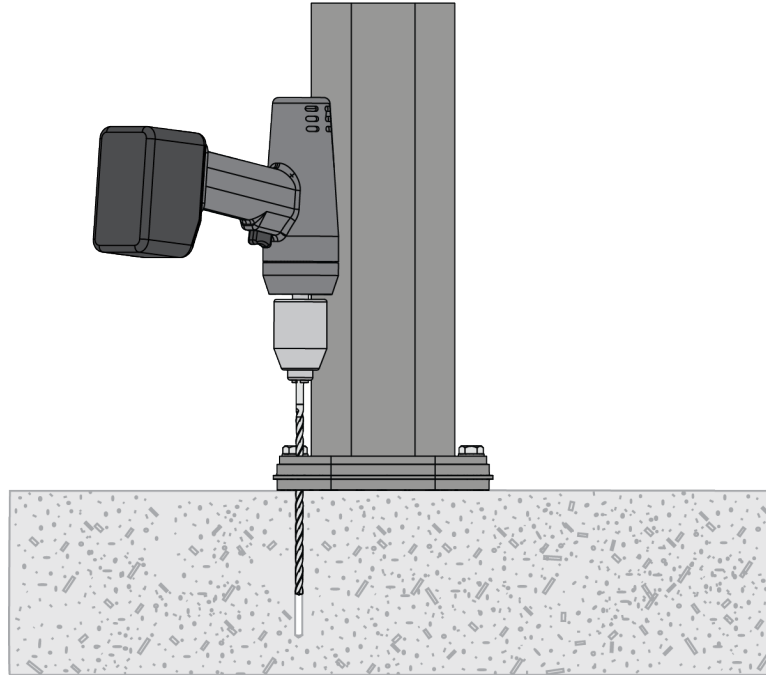
- Floor scanner / rebar detector (optional)
- 1" L-shape SDS rotary hammer
- 1/4" x 12" (6mm x 305mm) carbide drill bit (for 1/4" (6mm) anchors)
- 3/8" x 12" (8mm x 305mm) carbide drill bit (for 3/8" (8mm) anchors)
- Safety glasses

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

## Static Anchor Procedure

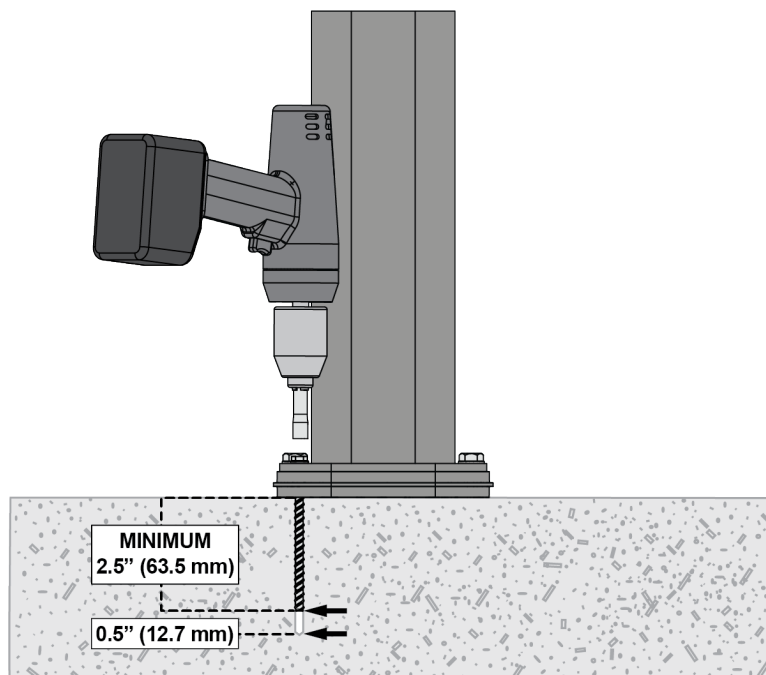
**⚠ CAUTION:** If it is possible that the length of your bolt will not provide the minimum requirement of 2.5" (63.5mm) of engagement, a longer anchor should be used.

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*.



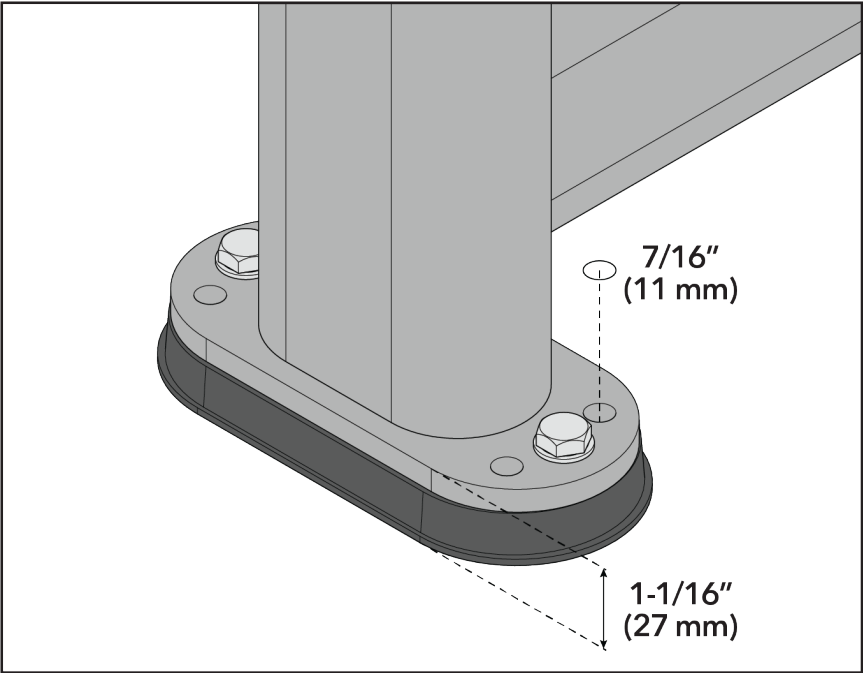
4. Insert fastener and tighten to 18 Foot-Pounds (24Nm) for 1/4" (6mm) anchor or 40 Foot-Pounds (54Nm) for 3/8" (8mm) anchor.

**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 specifications.



## 9. Glossary

### **Cable Tie**

Plastic strap used to secure wiring.

### **Connectors**

Electrical plugs used to connect wiring into electrical component.

### **Console**

Electronic component used for making direct input settings and monitoring the output messages displayed in the digital readout display, also called "Display console board".

### **LCD**

Liquid Crystal Display - Thin, flat electronic visual display that uses the light modulating properties of liquid crystals.

### **LF Assist**

A proprietary app developed by LF that facilitates the install, configuration, and support of the SMARTconnect system. It is designed for use exclusively by the LF Install and Service teams.

### **PCB**

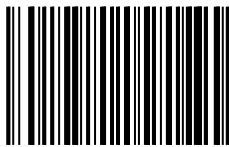
Printed Circuit Board

### **QR Code**

Quick Response Code - A type of matrix barcode for tracking information in a supply chain.

### **SMARTsync**

A customized mini-computer, proprietary to Life Fitness, that acts as a receiver and processor for SMARTconnect data. It is a required part of the SMARTconnect system to ensure that data is flowing to and from your SMARTconnect equipment.



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