

Synrgy360 Training Systems

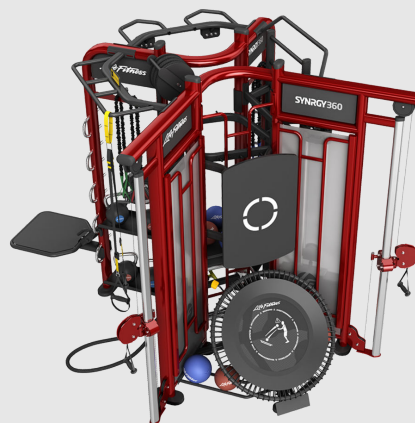
FXTT, FXTX, FXTM and FXTF

Owner's Manual and Installation Instructions

T



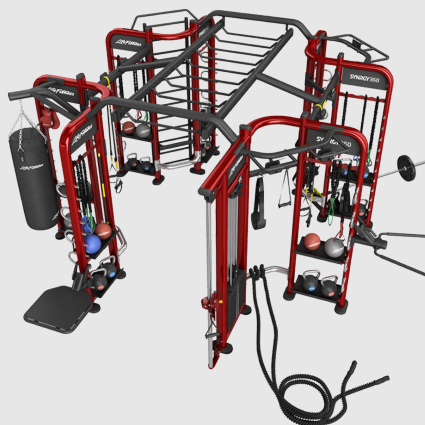
XS



XM



XL



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User and Service Documents Link

<https://www.lftechsupport.com/web/document-library/documents>

Additional information is available online using the link 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.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

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

Πρόσθετες πληροφορίες είναι διαθέσιμες ονλάιν χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף זמין 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.

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

1. Safety

Safety Information

It is the sole responsibility of the purchaser of Life Fitness Family of Brands 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 Family of Brands 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 Family of Brands with any questions regarding this classification.

It is recommended that all users of Life Fitness Family of Brands exercise equipment be informed of the following information prior to use.

Operating Warnings

- 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 13 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 Family of Brands recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner.

Installation

- LIFE FITNESS requires that all T models, unless connected to a Multi-Jungle Core (MJ-CORE) with a Synrgy360T-Multi-Jungle Storage Connector (FXTT-MJ) and at least 1 Multi-Jungle Station (MJ__-STA) containing a weight stack, 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 Guidelines](#) for installation procedure.
- LIFE FITNESS requires that all XS models, unless it has at least two Cable Columns per unit, 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 Guidelines](#) for installation procedure.
- LIFE FITNESS recommends that all XM and XL models 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 Guidelines](#) 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 Family of Brands 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 Family of Brands equipment, use only replacement parts supplied by Life Fitness Family of Brands.
- Cables and belts pose an extreme liability if used when damaged. Always replace any cable at first sign of wear (consult Life Fitness Family of Brands if uncertain).

- Routinely inspect all accessory clips that join attachments to the cables and replace them at the first sign of wear.
- Maintain labels and name plates - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Life Fitness Family of Brands 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 Family of Brands 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 Family of Brands equipment for damage or wear.

Plate Loaded, Free Weight, and Body Weight Systems

- If the unit is equipped with weight rods, use only Olympic style weight plates (2.0" bore) for training weight. Do not use dumbbells or any means other than those stated to increase weight resistance - See machine specific section for more information.
- Always utilize weight plate retention devices such as straps, clamps or pins.
- Only add weight plates up to the load limits of the unit. Make sure all weight plates are completely placed on the weight rod.
- Never exceed the load rating for any plate loaded station, body weight station, bench or other free weight device; including specific weight rod and band peg limits. See machine specifications for load limit information.
- Contact a Life Fitness Family of Brands representative with any questions regarding proper weights and loading.

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 or other means to incrementally increase the weight resistance. Use only those means provided by seller.

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.

Product Labels

General Warning

! WARNING

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

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

Adjustable Pulley Warning



Carriage Fall Warning

! WARNING

Carriage Will Fall If Pull-pin Is Not Fully Engaged.



Ensure Full Engagement As Illustrated Here To Avoid Injury.

Weight at Handle

Weight stack label indicates resistance for each handle

Serial Number

LifeFitness

9525 WEST BRYN MAWR AVE
ROSEMONT, IL 60018
USA 1-800-351-3737
CAGE Code: 0CMY5 EN ISO 20957 Class S
www.LifeFitness.com

Model: **XXX**
Manufactured in the USA with US and Foreign parts

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

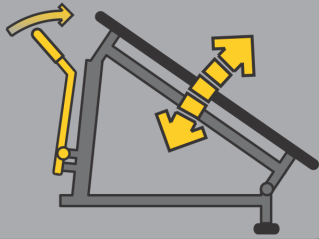
SN: XXXXXXXXXXXXX



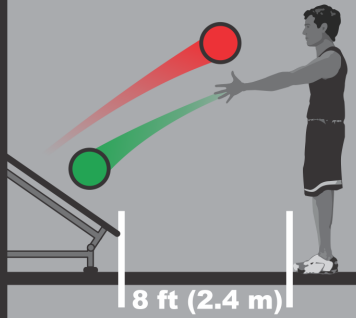
Vertical Rebounder

INSTRUCTIONS FOR USE

1 Adjust angle of rebounder.



2 Position user 8 ft (2.4 m) from rebounder. GENTLY throw medicine ball at center of rebounder.



! WARNING

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

Be prepared to catch medicine ball. THE MEDICINE BALL WILL RETURN TO USER QUICKLY.

1. ALWAYS be aware of your surroundings.
2. Medicine balls ONLY.
3. Maximum medicine ball size: 10 lbs. (4.5 kg.)
4. Minimum medicine ball diameter: 8 inches (20 cm).
5. DO NOT REPLACE THIS LABEL. REPLACE IF DAMAGED.

9226501

Step Up Maximum Capacity

! WARNING

Maximum capacity
400 lbs
(181.4 kg)

DO NOT
EXCEED

Bolt to Floor Required (T and XS)

! WARNING

DO NOT USE equipment if not properly secured to floor.

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

Power Pivot

! WARNING

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

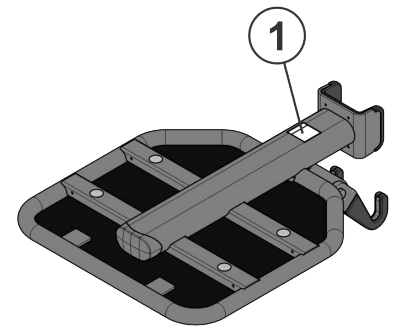
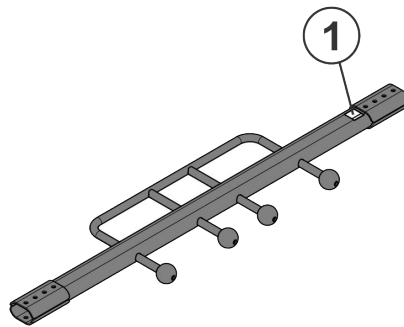
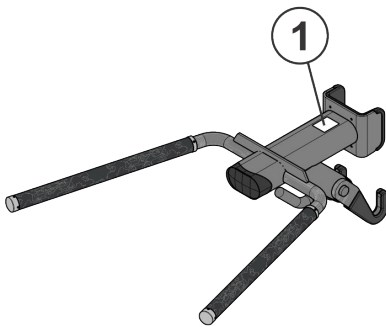
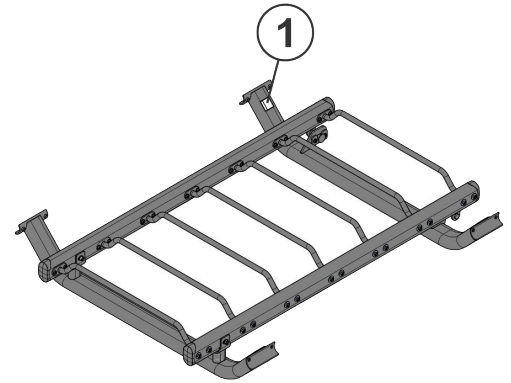
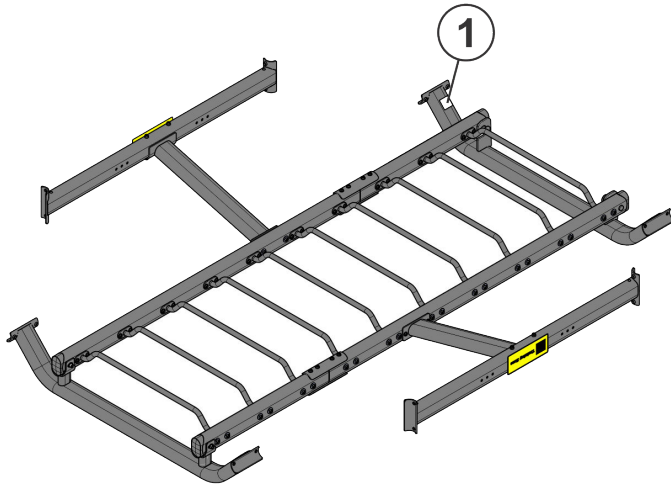
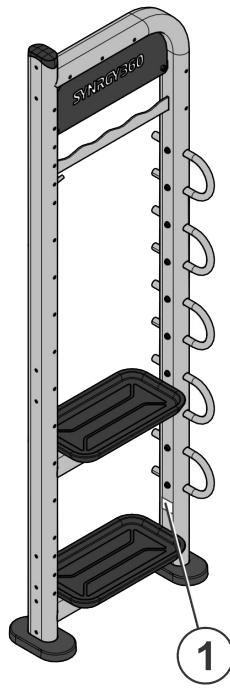
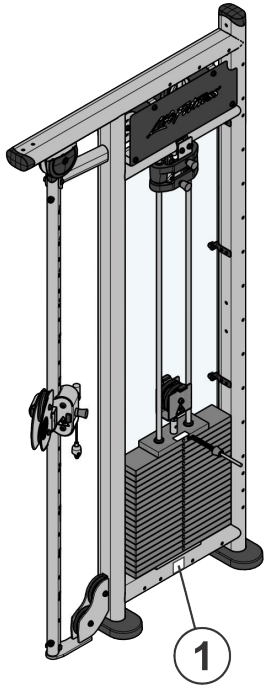
1. ALWAYS be aware of your surroundings.
2. Maintain control of the bar at all times. **DO NOT THROW.**
3. Use only resistance bar provided with the equipment.
4. Ensure resistance bar is fully seated in housing before performing exercise.
5. **CAUTION:** Range of motion is limited by the **YELLOW GUARD.**
6. Maximum capacity: 150 lbs (68kg).
7. Use only weight plates with 2.0" bore for training weight. Do not increase weight resistance by any other means.
8. Seek Assistance if there are any issues or questions.
9. **DO NOT REMOVE THIS LABEL.** REPLACE IF DAMAGED.

ENG

Pinch Hazard

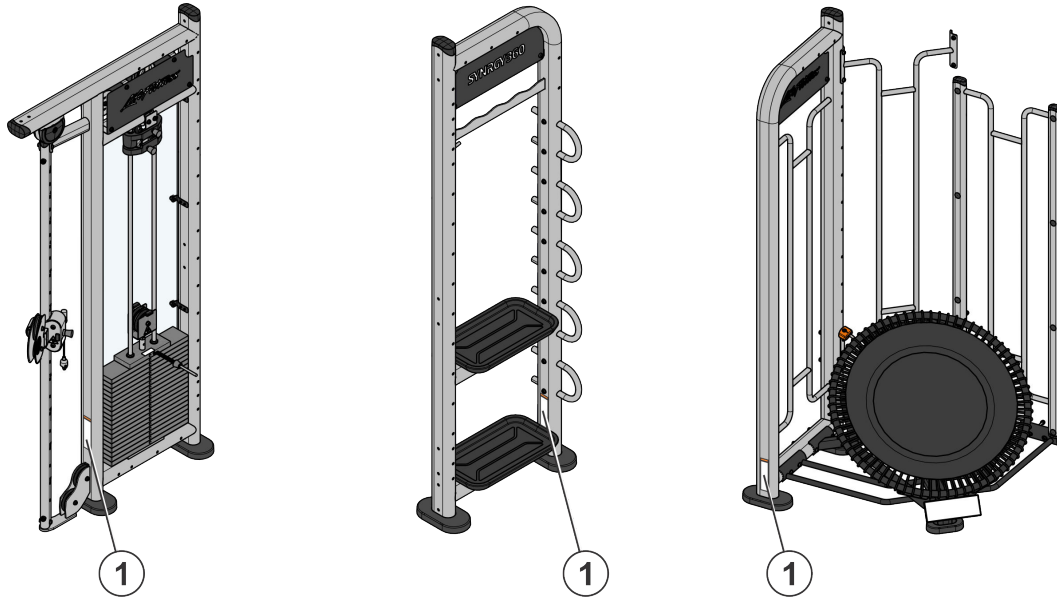


Serial Number Label Locations



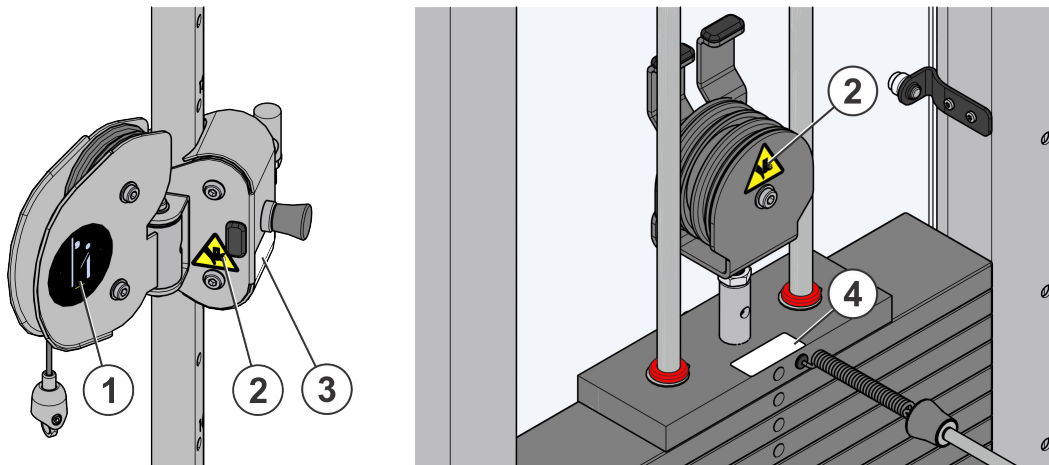
Item	Description	Qty.
1	Serial Number Label	1

General Warning Label Locations



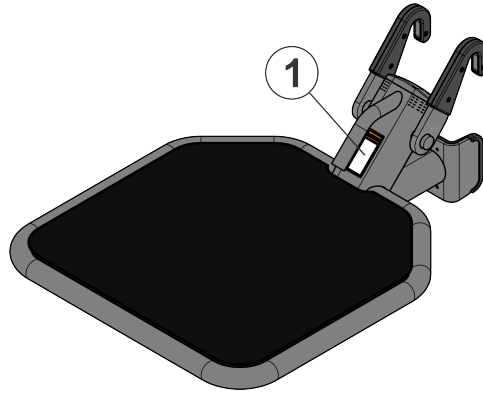
Item	Description	Qty.
1	General Warning Label	1

Cable Label Locations



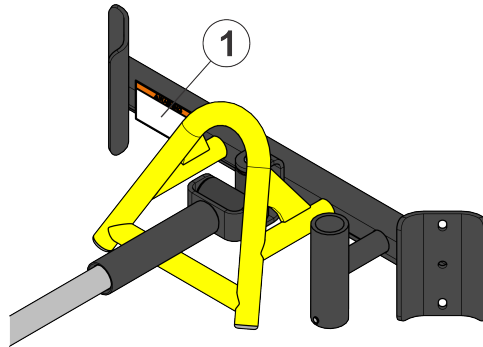
Item	Description	Qty.
1	Adjustable Pulley Warning Label	2
2	Pinch Hazard Label	3
3	Carriage Fall Warning Label	1
4	Weight at Handle Label	1

Step Up Maximum Capacity Label Location



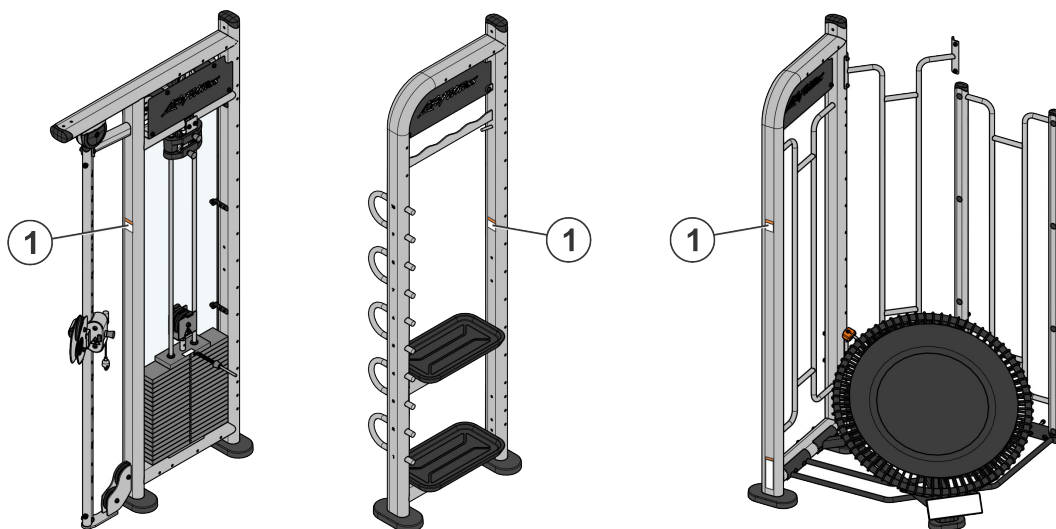
Item	Description	Qty.
1	Step Up Maximum Capacity Label	1

Power Pivot Label Location



Item	Description	Qty.
1	Power Pivot Label	1

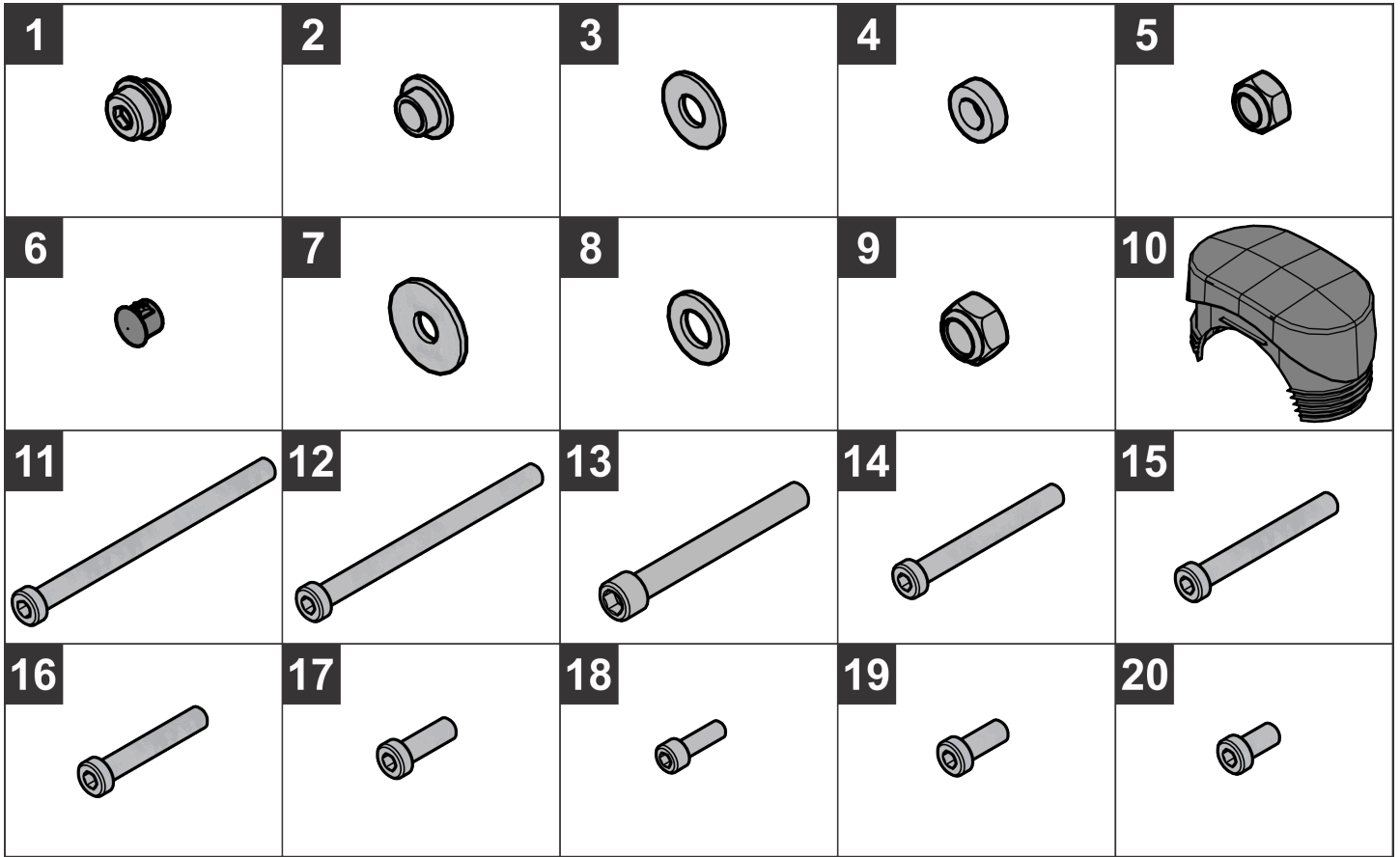
Bolt to Floor Required Label Locations (T and XS)



Item	Description	Qty.
1	Bolt to Floor Required Label	1

2. Assembly

Hardware List



Item	Description
1	Socket Nut
2	Pulley Retainer
3	3/8 Washer
4	Spacer
5	M10 Nut
6	Hole Plug
7	1.25 OD Washer
8	M12 Washer
9	M12 Nut
10	End Cap
11	Screw, M10 x 1.5, 140mm
12	Screw, M10 x 1.5, 130mm
13	Screw, M12 x 1.75, 100mm
14	Screw, M10 x 1.5, 85mm
15	Screw, M10 x 1.5, 80mm
16	Screw, M10 x 1.5, 65mm
17	Screw, M10 x 1.5, 30mm

Item	Description
18	Screw, M8 x 1.25, 25mm
19	Screw, M10 x 1.5, 25mm
20	Screw, M10 x 1.5, 20mm

Tools Required

- 17 mm Wrench
- 24 mm Wrench
- 5 mm Allen wrench
- 7 mm Allen wrench (x2)
- 10 mm Allen wrench
- Retaining ring pliers
- Rubber mallet
- Torque wrench

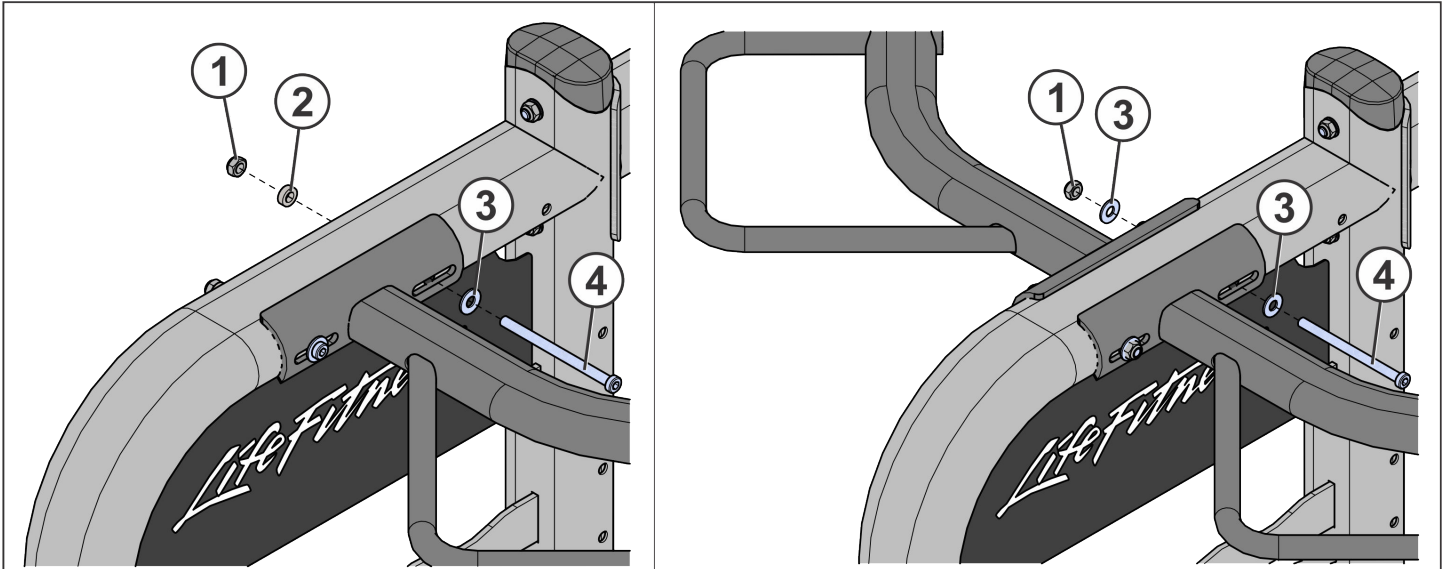
Assembly Procedure

Two people will be required for this procedure.

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

Spacer Delete

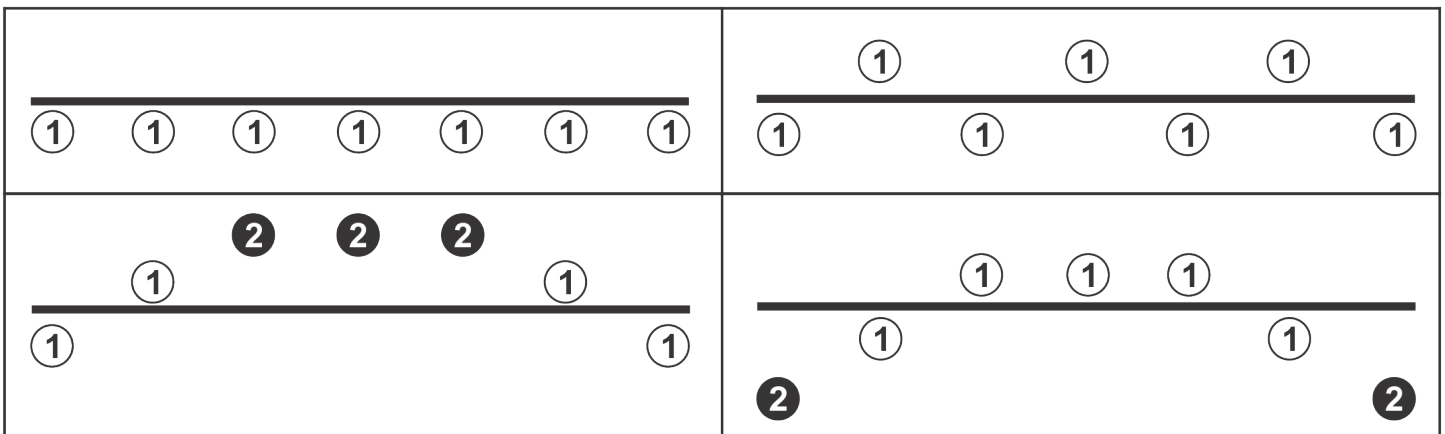
Replace spacers (Item 2) with 3/8 washers (Item 3) when two frame brackets are used together.



Item	Description	Single Bracket Qty.	Double Bracket Qty.
1	M10 Nut	2	2
2	Spacer	2	0
3	3/8 Washer	2	4
4	Screw, M10 x 1.5, 140mm	2	2

Rung Layouts

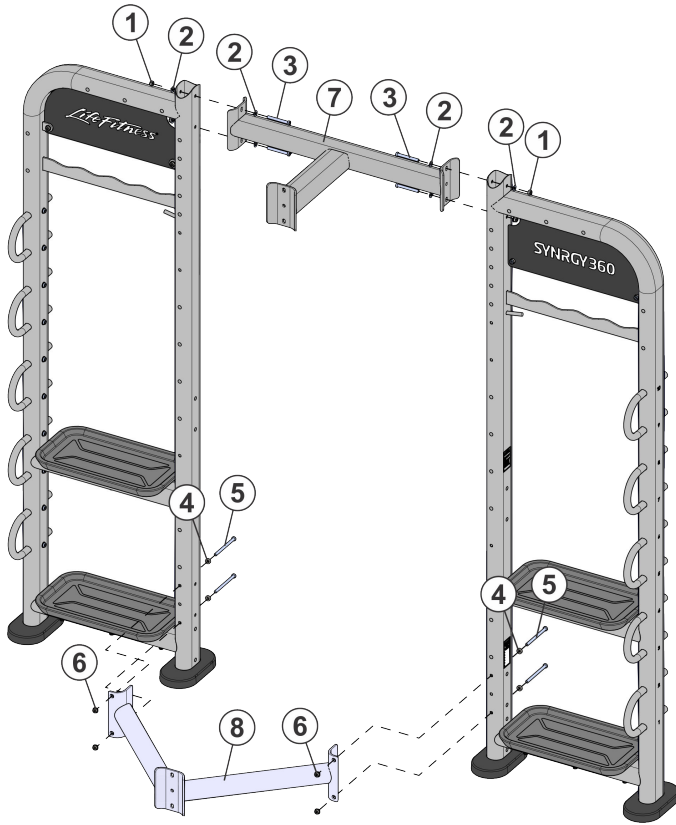
Monkey bar rungs can be mixed and staggered; below are four samples of an XM Core in a horizontal layout.



Item	Description
1	Monkey Bar Rung
2	9 Inch Monkey Bar Rung

Assemble Uprights: T and XM

1. Attach cross-member weldments to the uprights.

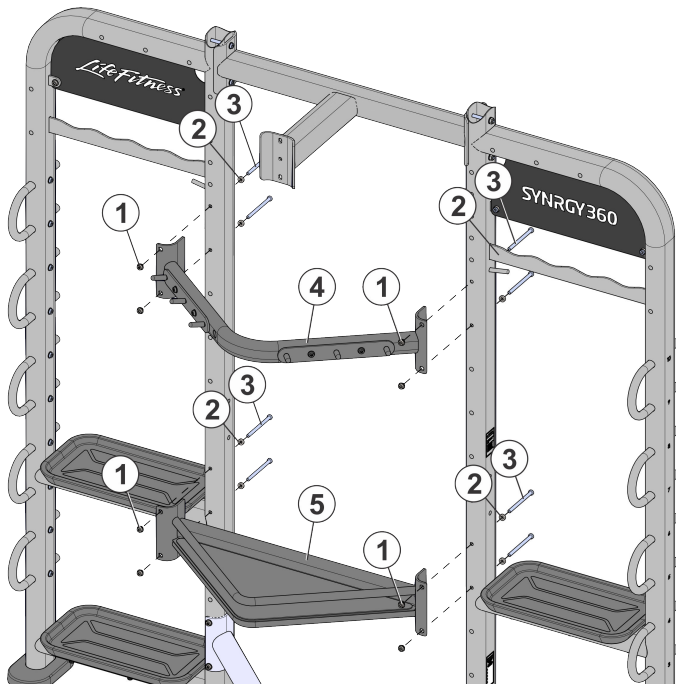


Item	Description	Qty.
1	M10 Nut	4
2	3/8 Washer	8
3	Screw, M10 x 1.5, 85mm	4
4	Spacer	4
5	Screw, M10 x 1.5, 130mm	4
6	Socket Nut	4
7	T-Connect Weldment	1
8	Battle Rope Weldment	1



Hand tighten hardware.

2. Install storage attachment weldments to uprights.

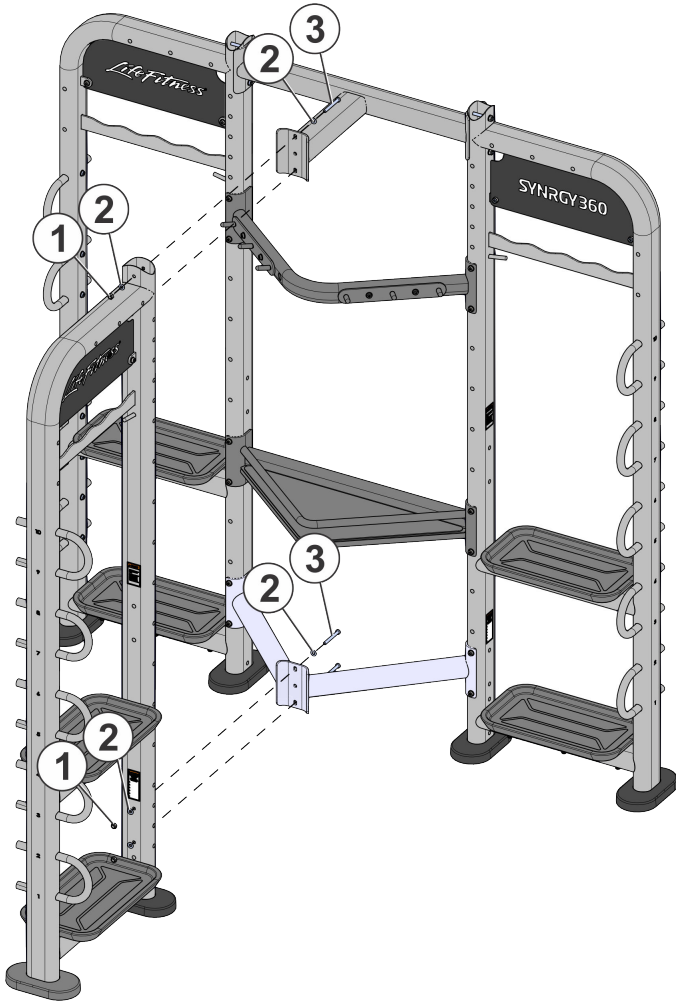


Item	Description	Qty.
1	Socket Nut	8
2	Spacer	8
3	Screw, M10 x 1.5, 130mm	8
4	Peg Storage	1
5	Storage Weldment	1



Hand tighten hardware.

3. Install final space.

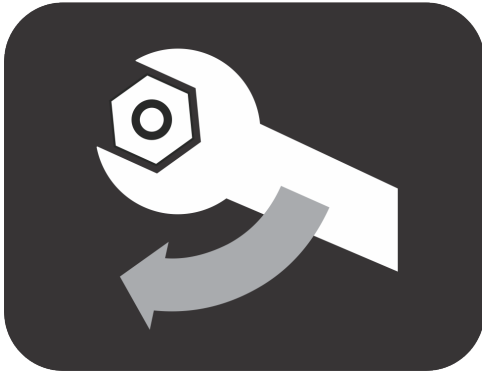


Item	Description	Qty.
1	M10 Nut	4
2	3/8 Washer	8
3	Screw, M10 x 1.5, 85mm	4



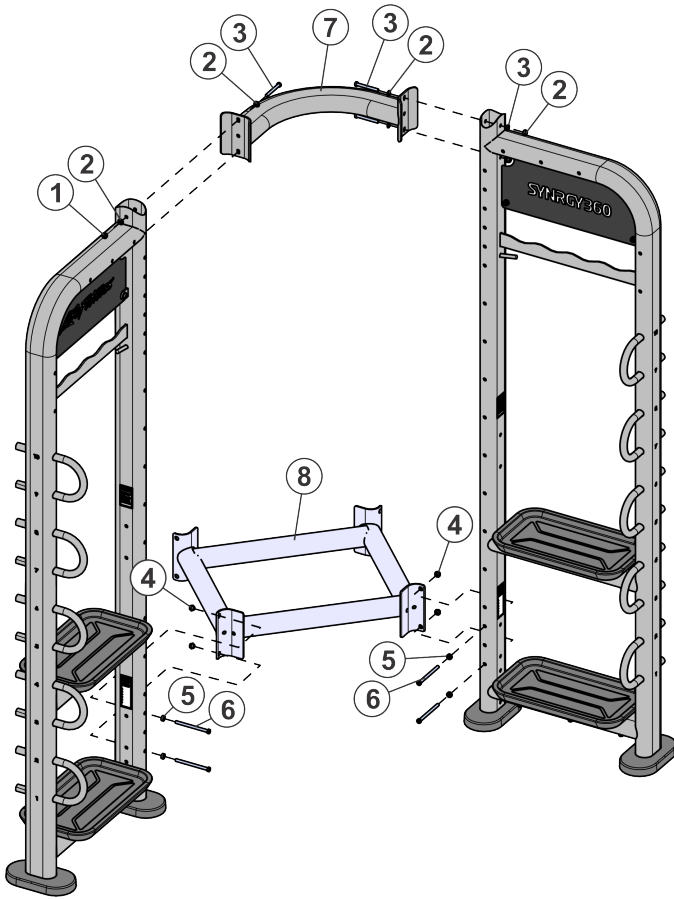
Hand tighten hardware.

4. Tighten all hardware previously installed to 20-25 ft-lb (27-33 Nm).



Assemble Uprights: XS and XL

1. Attach cross-member weldments to the uprights.

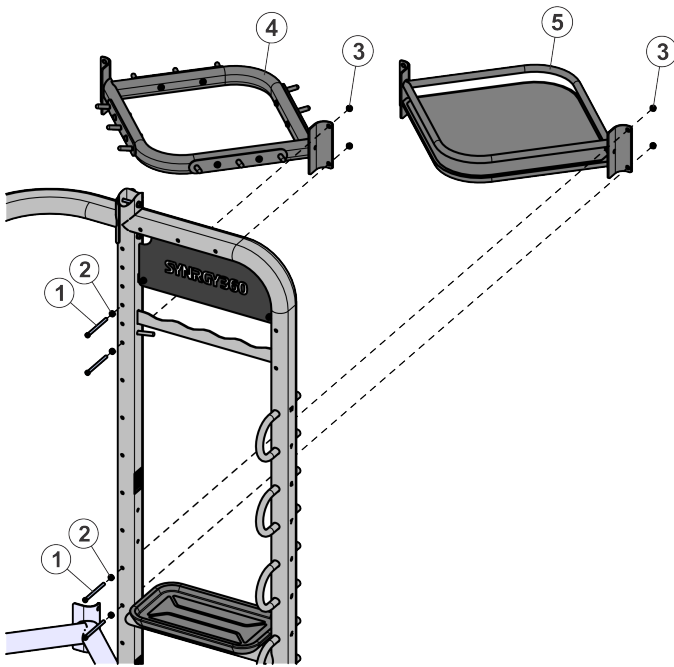


Item	Description	Qty.
1	M10 Nut	4
2	3/8" Washer	8
3	Screw, M10 x 1.5, 85mm	4
4	Socket Nut	4
5	Spacer	4
6	Screw, M10 x 1.5, 130mm	4
7	90 Degree Weldment	1
8	Battle Rope Weldment	1



Hand tighten hardware.

2. Install storage attachments to uprights.

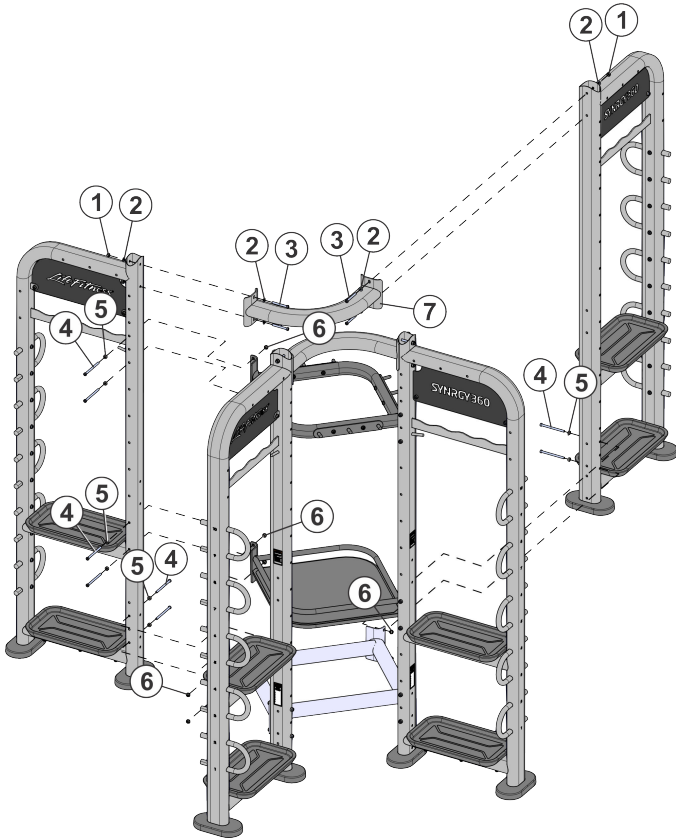


Item	Description	Qty.
1	Socket Nut	4
2	Spacer	4
3	Screw, M10 x 1.5, 130mm	4
4	Peg Storage	1
5	Storage Weldment	1



Hand tighten hardware.

3. Install final spaces.



Item	Description	Qty.
1	Nut	2
2	3/8" Washer	4
3	Screw, M10 x 1.5, 85mm	4
4	Screw, M10 x 1.5, 130mm	8
5	Spacer	8
6	Socket Nut	8
7	90 Degree Weldment	1



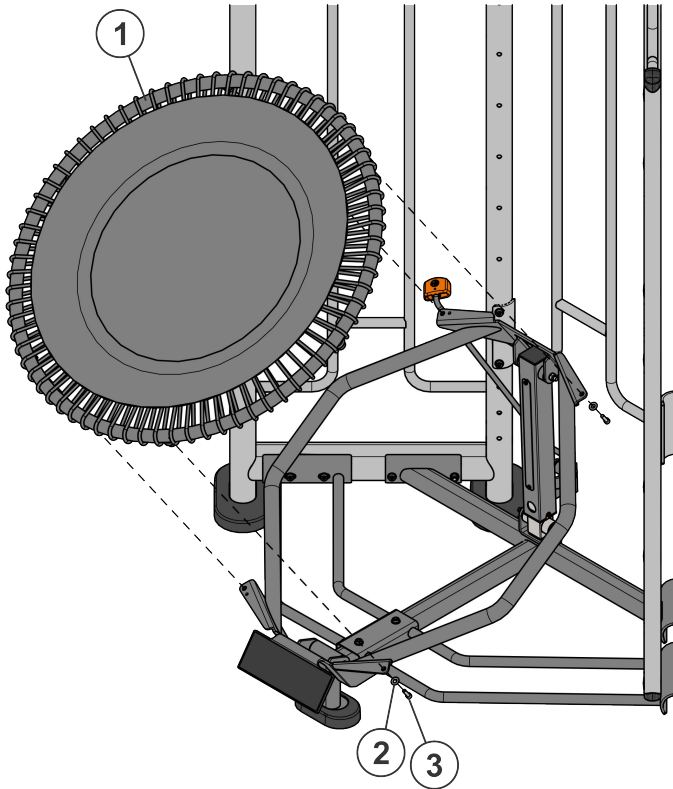
Hand tighten hardware.

4. Tighten all hardware previously installed to 20-25 ft-lb (27-33 Nm).



Assemble Rebounder

Install rebounder assembly to its frame.



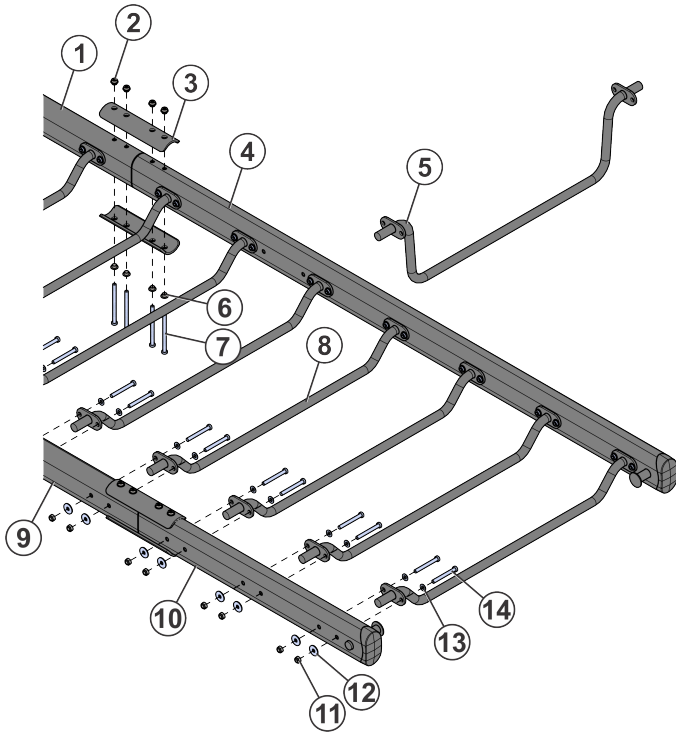
Item	Description	Qty.
1	Rebounder Assembly	1
2	3/8 Washer	4
3	Screw, M10 x 1.5, 25mm	4



Tighten hardware to 20-25 ft-lb (27-33 Nm).

Assemble XL Core

1. Assemble XL monkey bars.



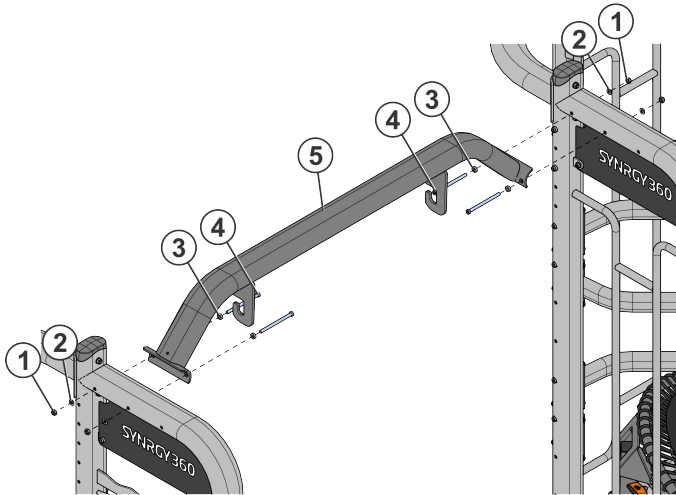
Item	Description	Qty.
1	Short Tube	1
2	Socket Nut	8
3	Connector Bracket	4
4	Long Peg Tube	1
5	9 Inch Monkey Bar Rung	4
6	Pulley Retainer	8
7	Screw, M10 x 1.5, 130mm	8
8	Monkey Bar Rung	10
9	Long Tube	1
10	Short Peg Tube	1
11	M10 Nut	44
12	3/8 x 1.25 OD Washer	44
13	3/8 Washer	44
14	Screw, M10 x 1.5, 85mm	44



Tighten hardware to 20-25 ft-lb (27-33 Nm)..

NOTE: Items 5 and 8, shown in the down position, can be mixed and staggered.

2. Install plate boom weldment.

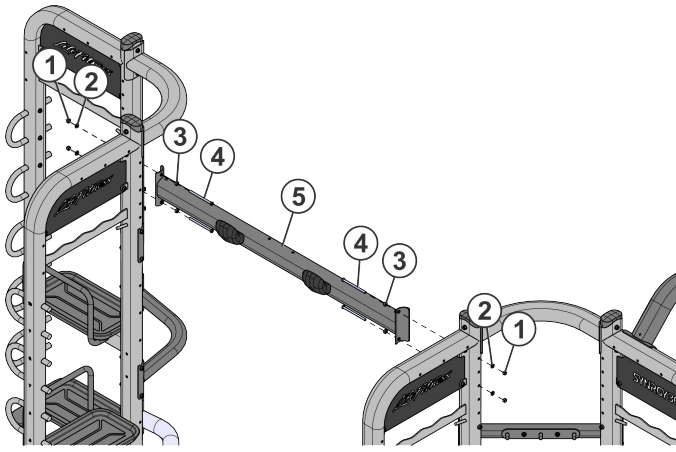


Item	Description	Qty.
1	M10 Nut	4
2	3/8 Washer	4
3	Spacer	4
4	Screw, M10 x 1.5, 140mm	4
5	Plate Boom Weldment	1



Tighten hardware to 20-25 ft-lb (27-33 Nm)..

3. Install cross braces.



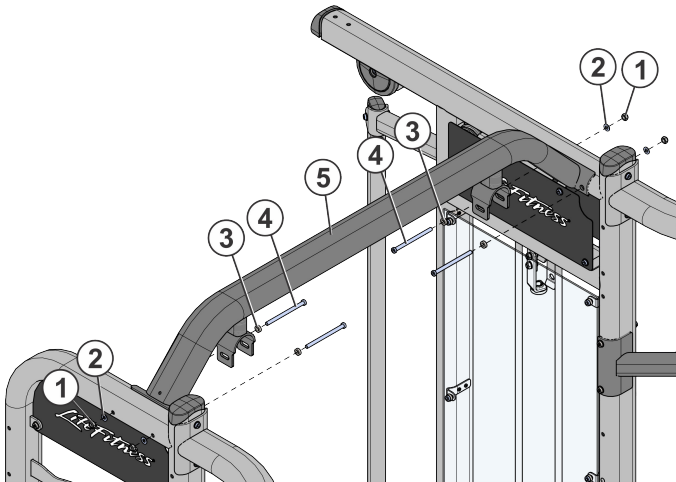
Item	Description	Qty.
1	M10 Nut	4
2	3/8 Washer	4
3	Spacer	4
4	Screw, M10 x 1.5, 140mm	4
5	Cross Brace	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

NOTE: Repeat step on other side of unit.

4. Install stirrup boom.

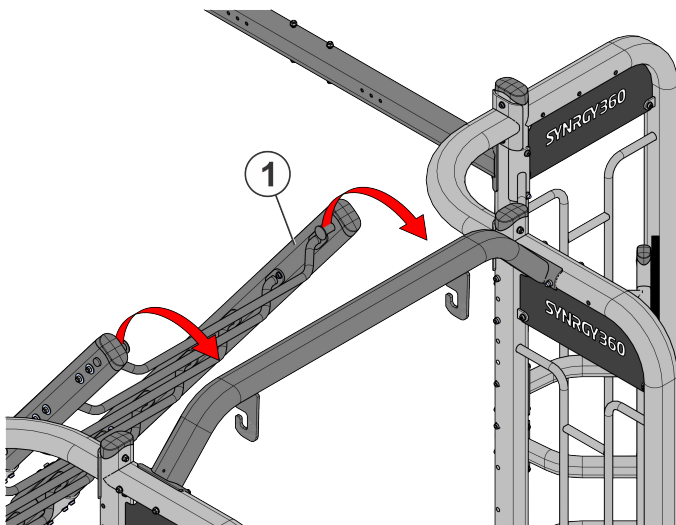


Item	Description	Qty.
1	M10 Nut	4
2	3/8 Washer	4
3	Spacer	4
4	Screw, M10 x 1.5, 140mm	4
5	Stirrup Boom	1



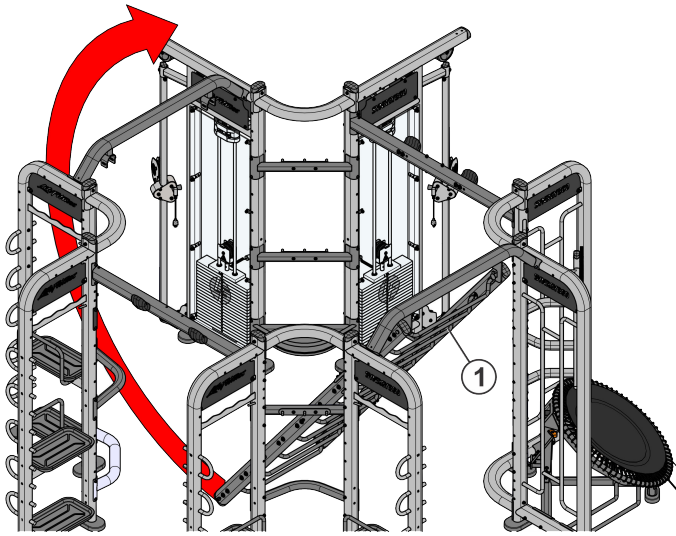
Tighten hardware to 20-25 ft-lb (27-33 Nm).

5. Hang monkey bars.



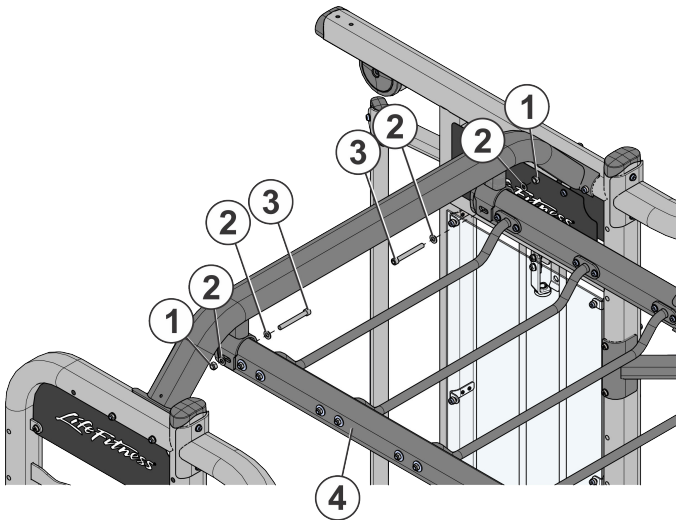
Item	Description	Qty.
1	Monkey Bar Assembly	1

6. Raise monkey bar assembly.



Item	Description	Qty.
1	Monkey Bar Assembly	1

7. Attach monkey bar assembly.

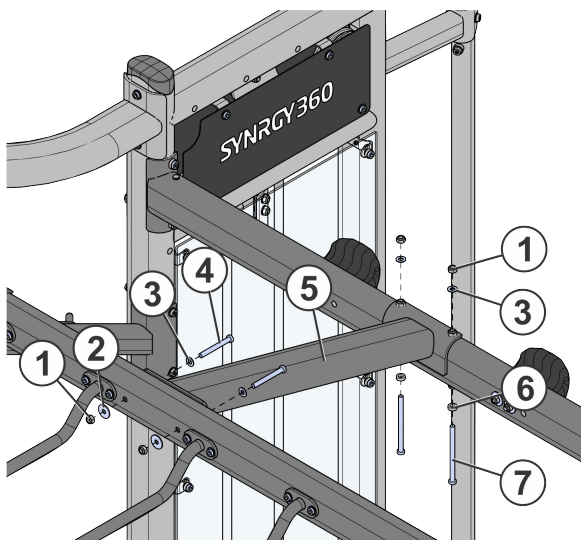


Item	Description	Qty.
1	M12 Nut	2
2	M12 Washer	4
3	Screw, M12 x 1.75, 100mm	2
4	Monkey Bar Assembly	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

8. Install core supports.



Item	Description	Qty.
1	M10 Nut	4
2	3/8 x 1.25 OD Washer	2
3	3/8 Washer	4
4	Screw, M10 x 1.5, 85mm	2
5	Core Support Weldment	1
6	Spacer	2
7	Screw, M10 x 1.5, 140mm	2

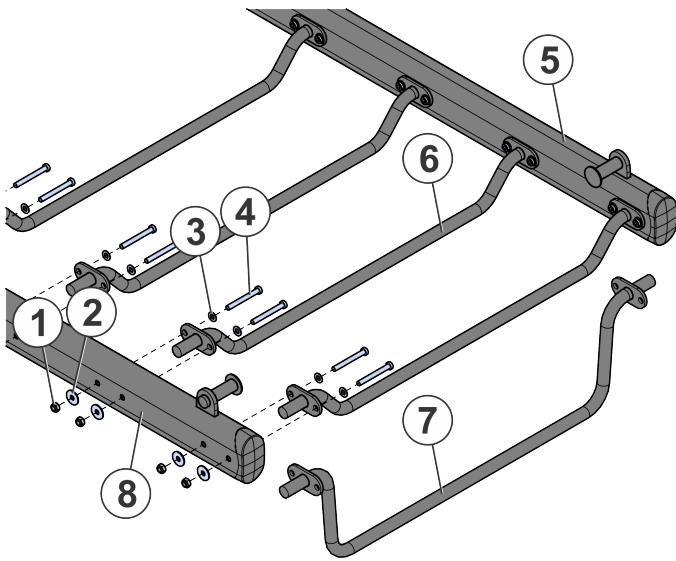


Tighten hardware to 20-25 ft-lb (27-33 Nm).

NOTE: Repeat step on other side of unit.

Assemble XM Core

1. Assemble XM monkey bars.



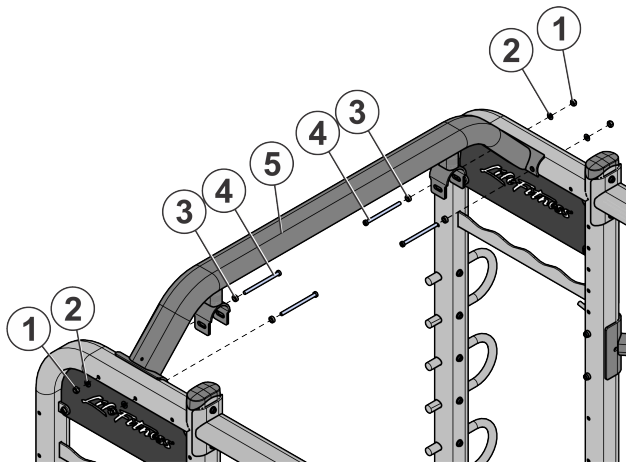
Item	Description	Qty.
1	M10 Nut	40
2	3/8 x 1.25 OD Washer	28
3	3/8 Washer	44
4	Screw, M10 x 1.5, 85mm	28
5	Right Pin Weldment	1
6	Monkey Bar Rung	7
7	9 Inch Monkey Bar Rung	3
8	Left Pin Weldment	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

NOTE: Items 6 and 7, shown in the down position, can be mixed and staggered.

2. Install stirrup boom weldment.

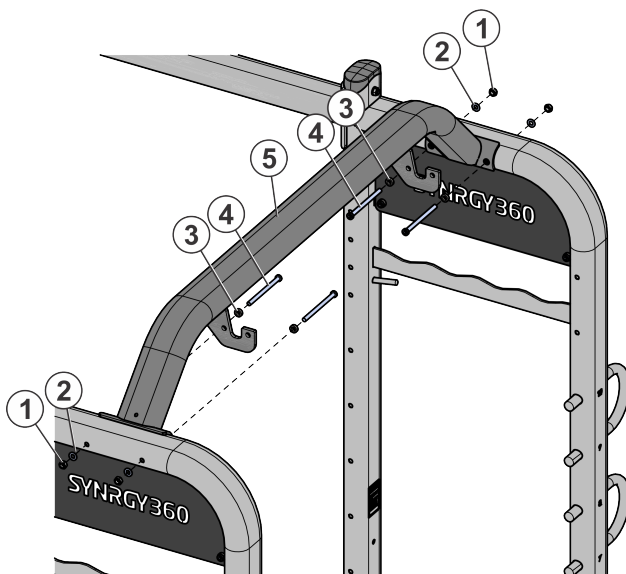


Item	Description	Qty.
1	M10 Nut	4
2	3/8 Washer	4
3	Spacer	4
4	Screw, M10 x 1.5, 140mm	4
5	Stirrup Boom Weldment	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

3. Install plate boom.



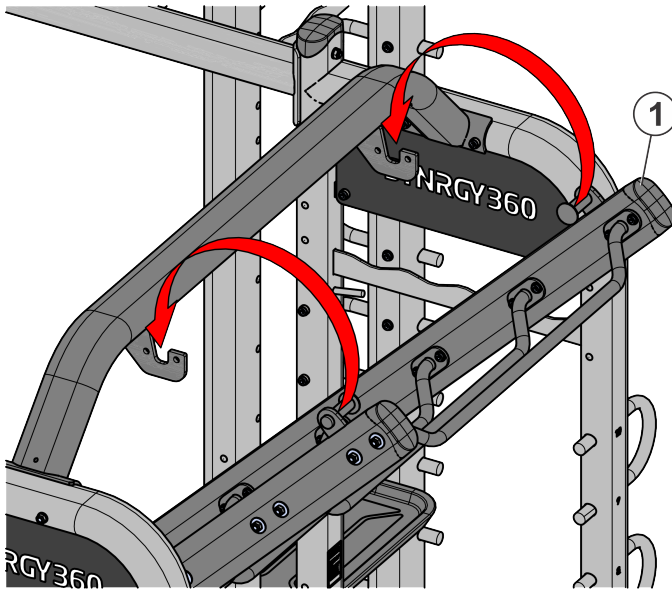
Item	Description	Qty.
1	M10 Nut	4
2	3/8 Washer	4
3	Spacer	4
4	Screw, M10 x 1.5, 140mm	4
5	Plate Boom Weldment	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

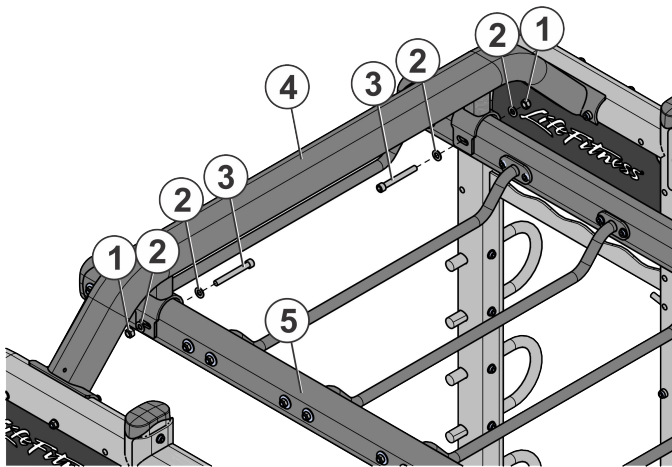
NOTE: Repeat step on other side of unit.

4. Hang monkey bar assembly.



Item	Description	Qty.
1	Monkey Bar Assembly	1

5. Attach monkey bar assembly.

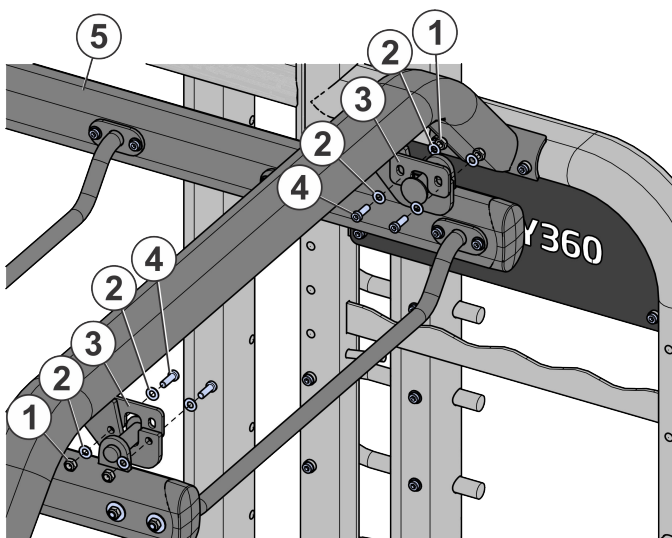


Item	Description	Qty.
1	M12 Nut	2
2	M12 Washer	4
3	Screw, M12 x 1.75, 100mm	2
4	Stirrup Boom Weldment	1
5	Monkey Bar Assembly	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

6. Install lock plates.



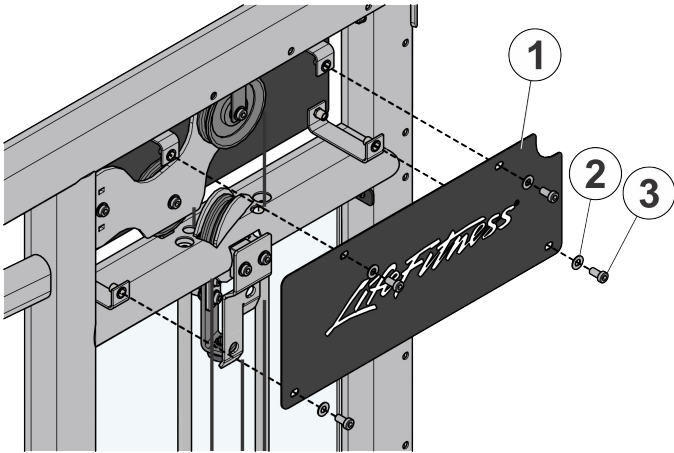
Item	Description	Qty.
1	M10 Nut	4
2	3/8 Washer	8
3	XM Core Lock Plate	2
4	Screw, M10 x 1.5, 30mm	4
5	Monkey Bar Assembly	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

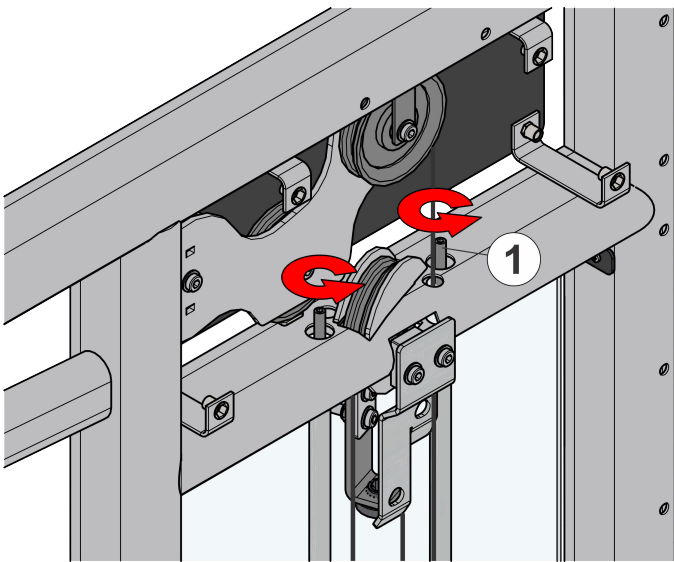
Assemble Cable Assembly

1. Remove screws, washers and flag.



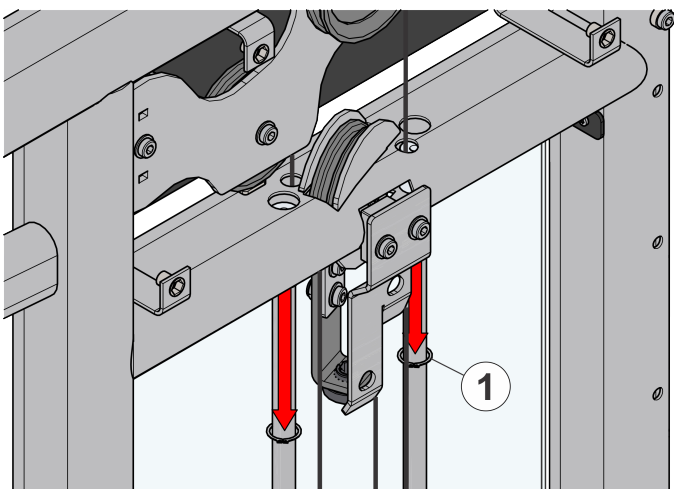
Item	Description	Qty.
1	Synrgy360 Flag	1
2	3/8 Washer	4
3	Screw, M10 x 1.5, 20mm	4

2. Loosen guide rod retainer screws.



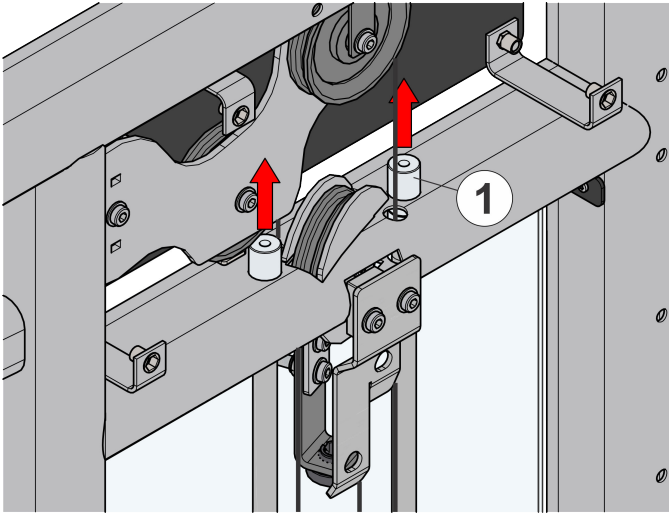
Item	Description	Qty.
1	Guide Rod Retainer Screw	2

3. Detach guide rod retainer rings.



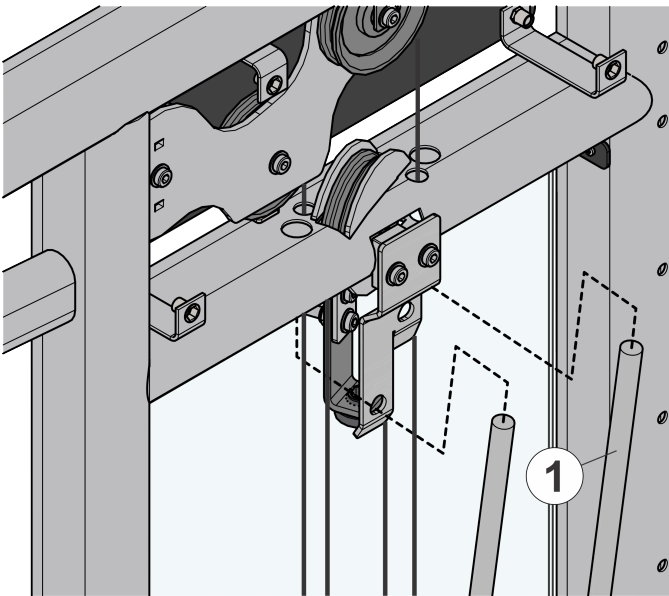
Item	Description	Qty.
1	Guide Rod Retainer Rings	2

4. Remove guide rod retainers.



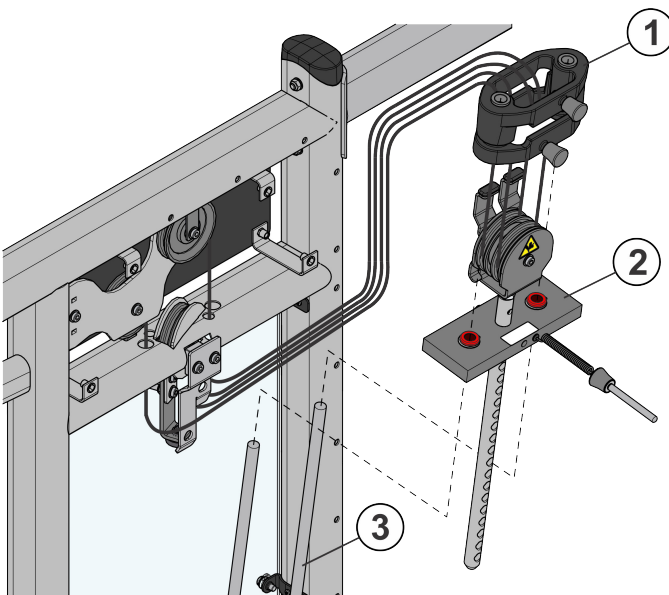
Item	Description	Qty.
1	Guide Rod Retainers	2

5. Tilt the guide rods away from unit.



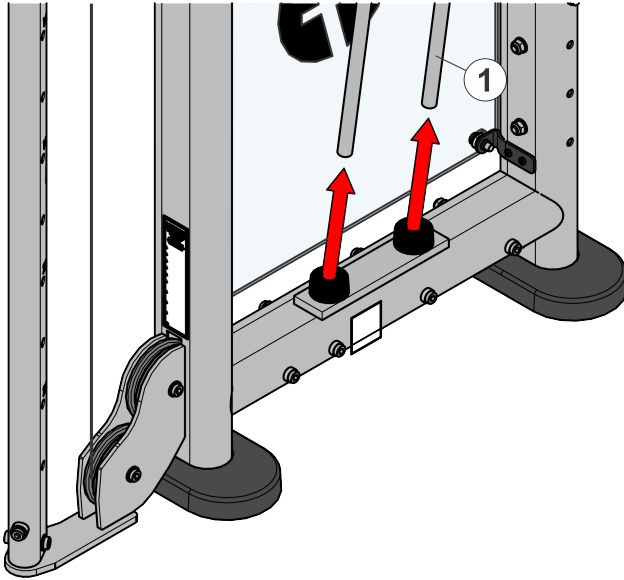
Item	Description	Qty.
1	Guide Rods	2

6. Remove incremental weights and headplate assembly.



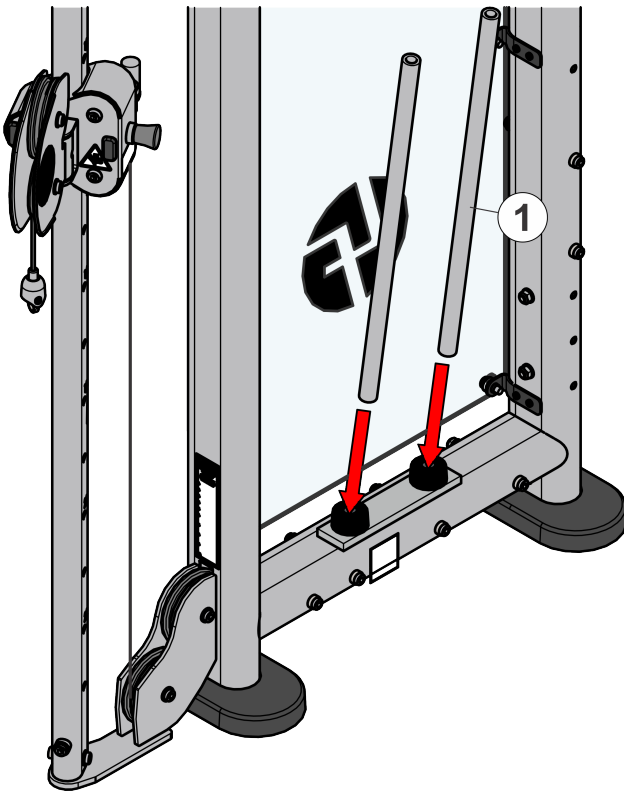
Item	Description	Qty.
1	Incremental Weight	2
2	Headplate Assembly	1
3	Guide Rod	2

7. Remove guide rods.



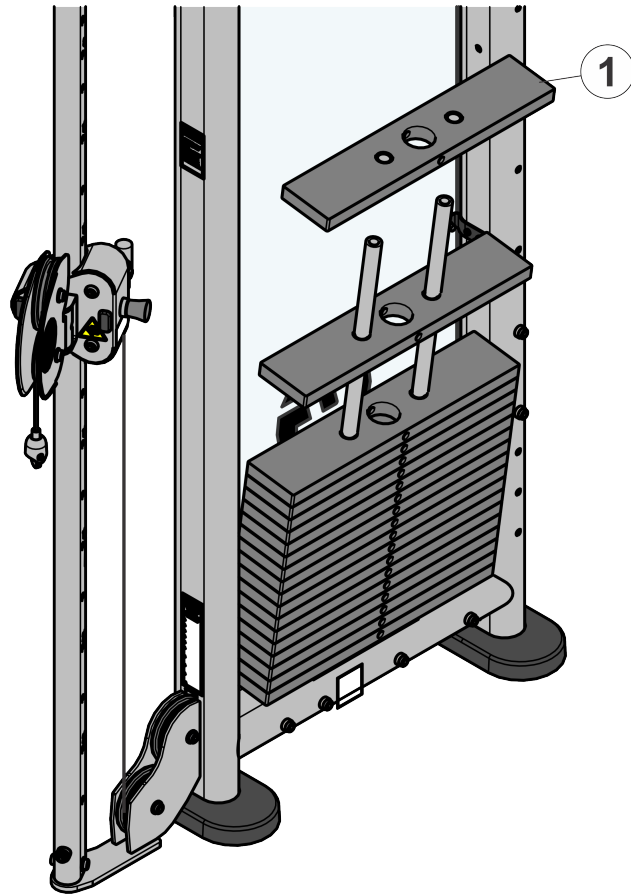
Item	Description	Qty.
1	Guide Rod	2

8. Install temporary guide rods.



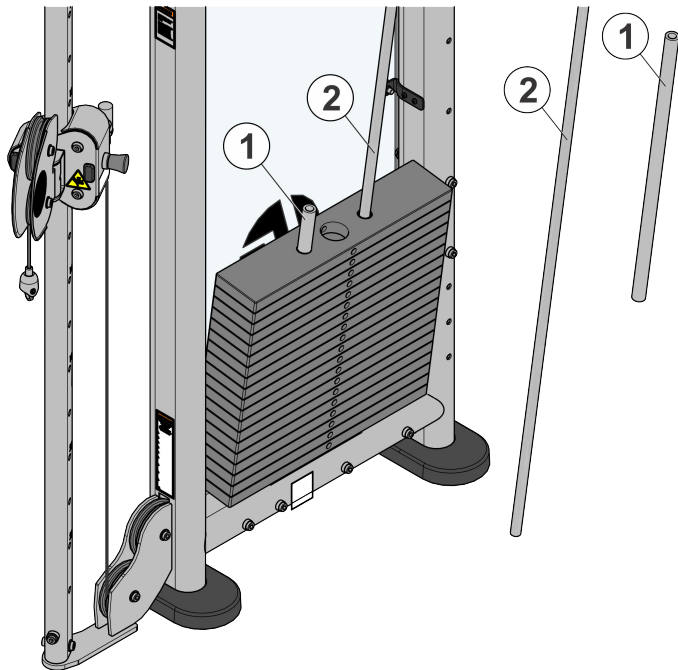
Item	Description	Qty.
1	Temporary Guide Rod	2

9. Add weight plates



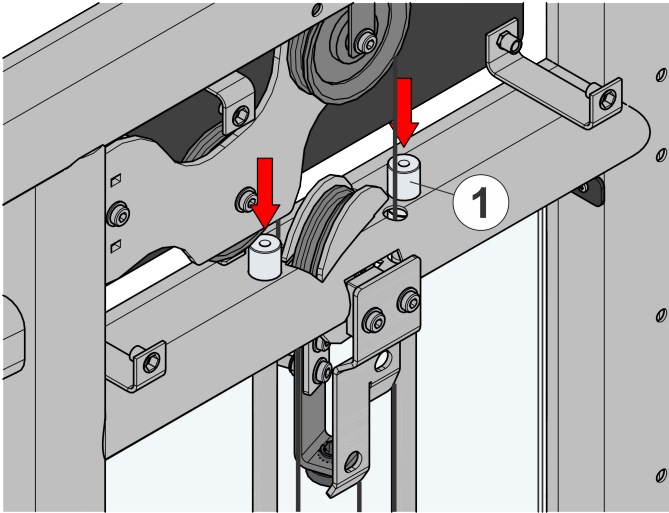
Item	Description	Qty.
1	20 Pound Weight Plate	19

10. Exchange guide rods.



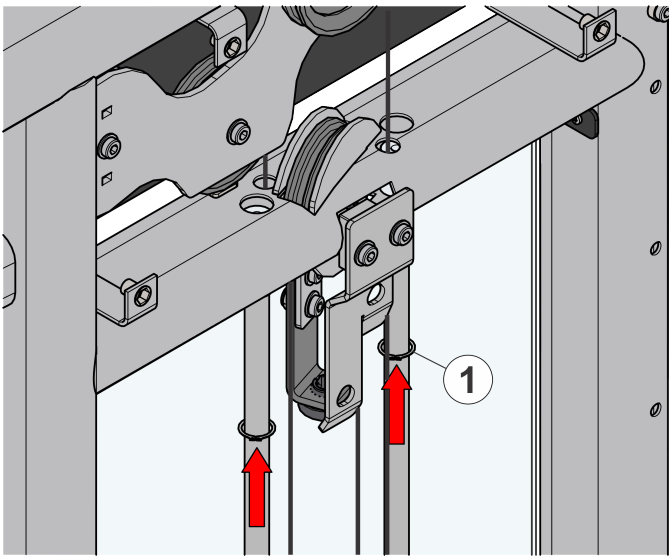
Item	Description	Qty.
1	Temporary Guide Rod	2
2	Guide Rod	2

11. Replace guide rod retainers.



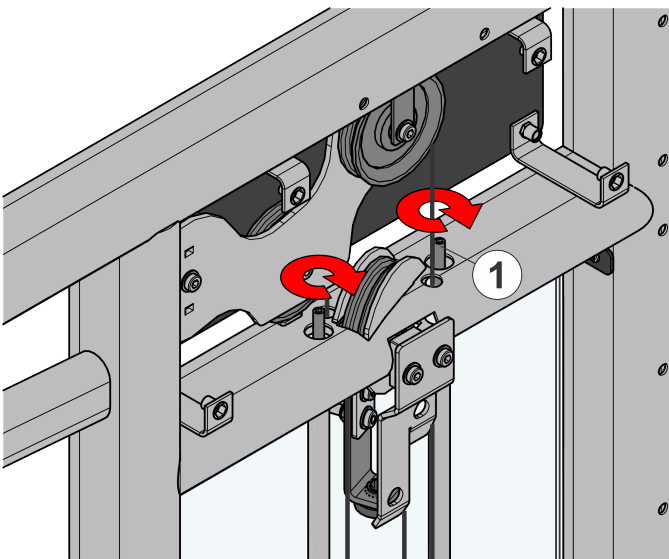
Item	Description	Qty.
1	Guide Rod Retainer	2

12. Attach retainer rings.



Item	Description	Qty.
1	Guide Rod Retainer Rings	2

13. Tighten retainer screws.



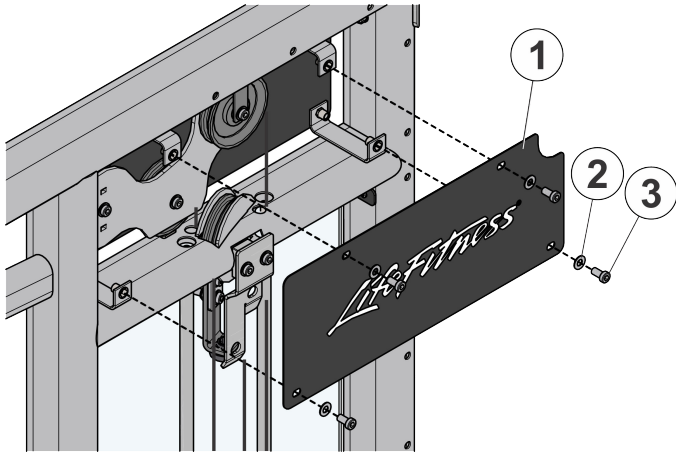
Item	Description	Qty.
1	Guide Rod Retainer Screw	2



Tighten hardware to 40-50 in-lb (4.5-5.6 Nm).

NOTE: Over-tightening will force guide rod retaining ring off.

14. Attach Flag and tighten hardware.

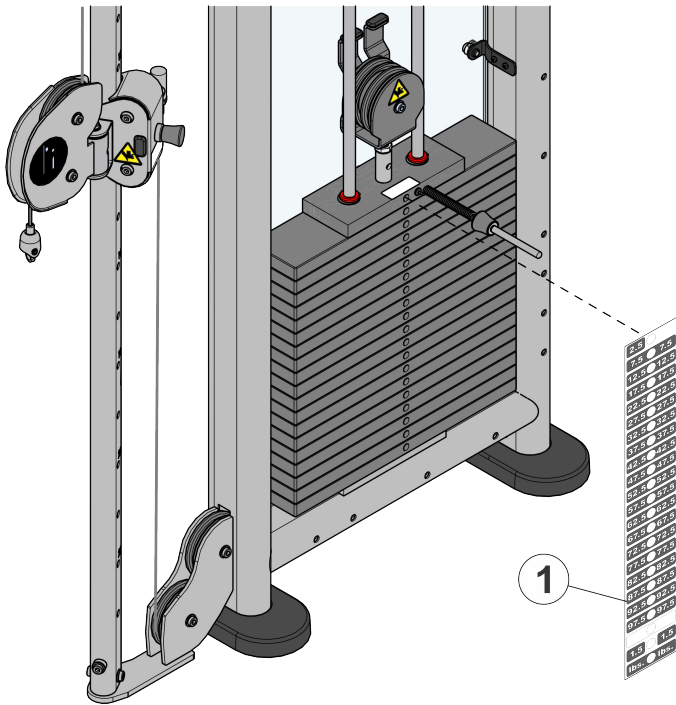


Item	Description	Qty.
1	Synrgy360 Flag	1
2	3/8 Washer	4
3	Screw, M10 x 1.5, 20mm	4



Tighten hardware to 20-25 ft-lb (27-33 Nm).

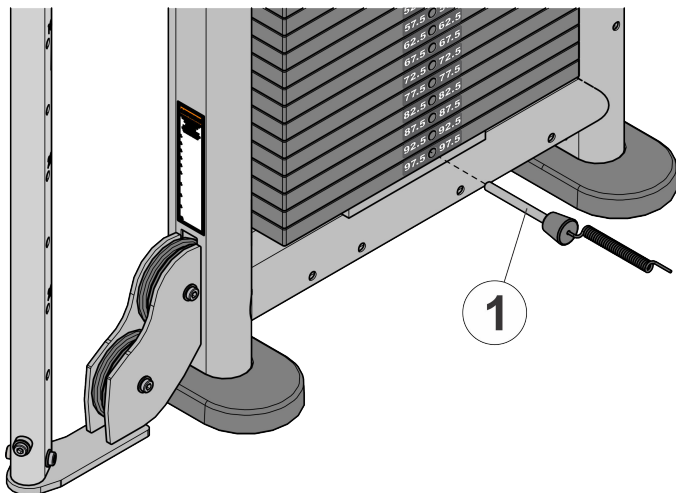
15. Peel backing and apply weight stack label (pounds or kilograms) to weight plates.



Item	Description	Qty.
1	Weight Stack Label - Pounds	1
1	Weight Stack Label - Kilograms	1

NOTE: Begin numbering from top.

16. Confirm weight stack selector pin fully engages all weight plates.

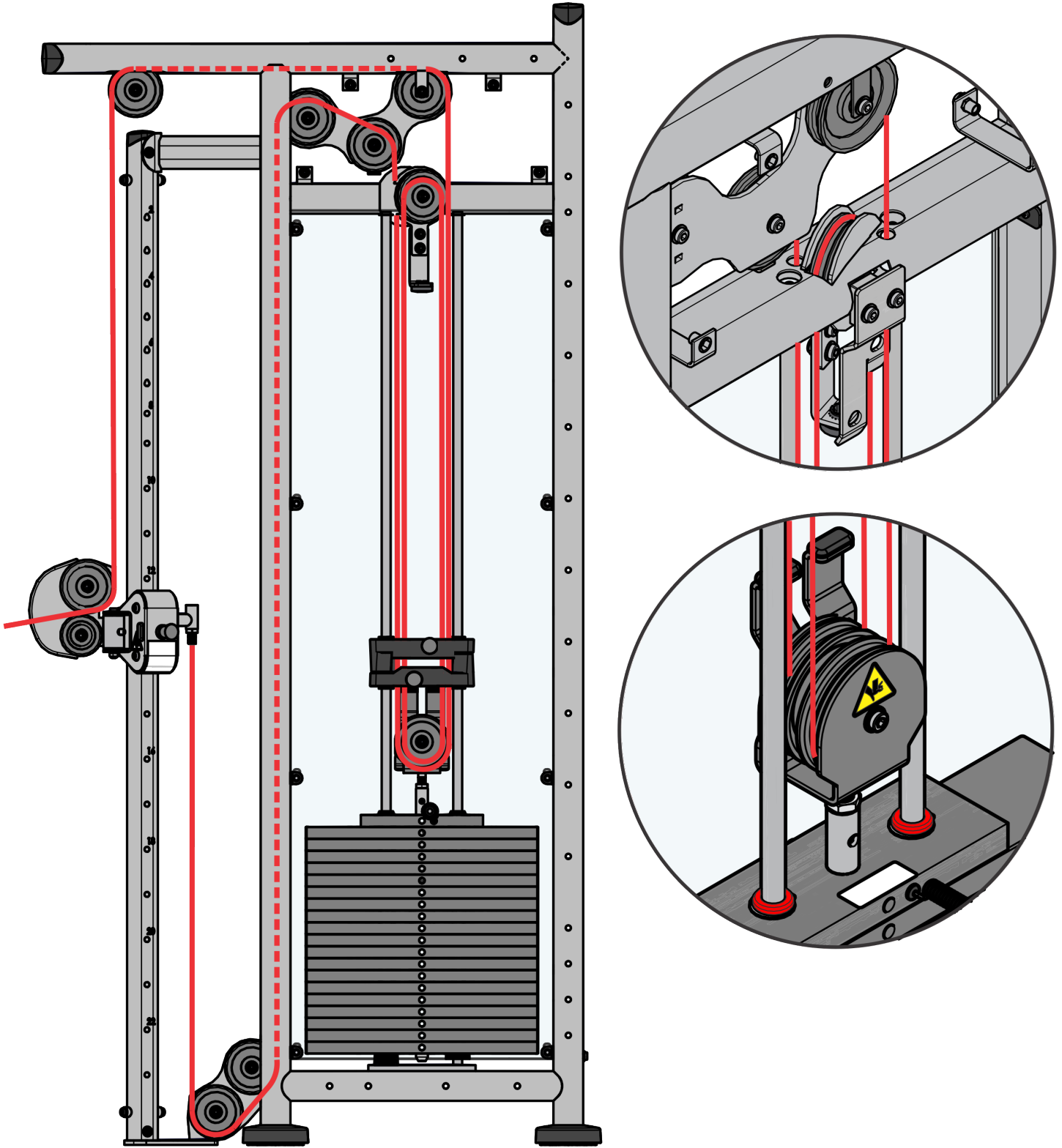


Item	Description	Qty.
1	Weight Stack Selector Pin	1

NOTE: Adjust cable if pin does not easily fit.

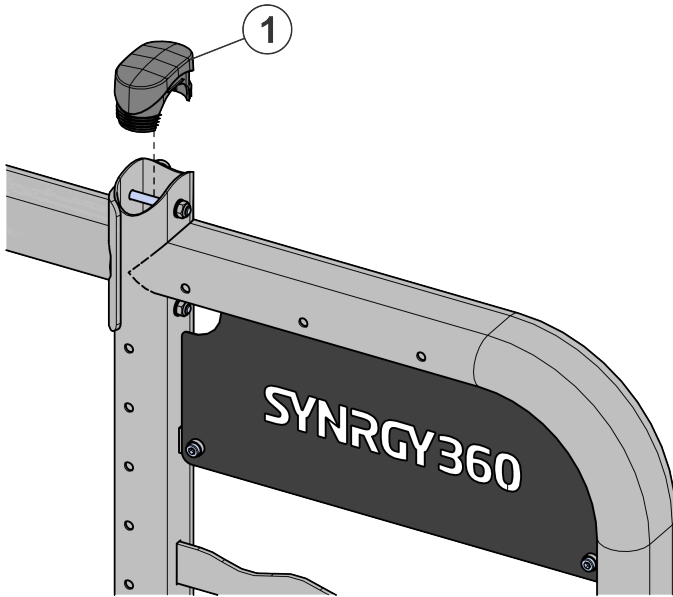
17. Cycle unit to ensure proper working order.

Cable Routing



Install Top End Caps

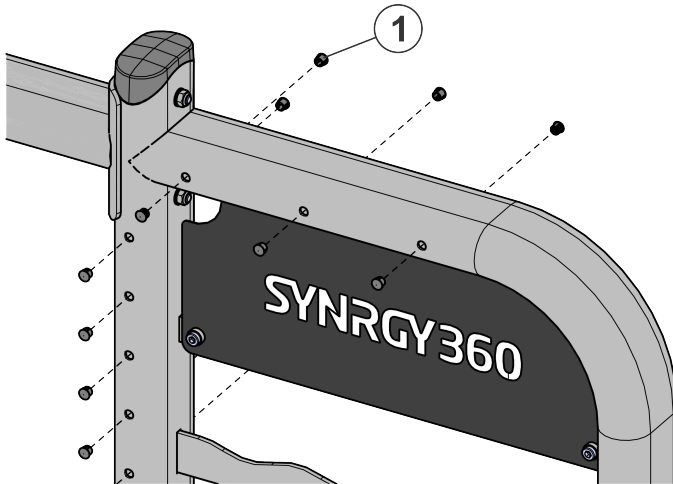
Tap top end caps into place.



Item	Description	Qty.
1	End Cap	1

Install Hole Plugs

Install hole plugs into each upright.

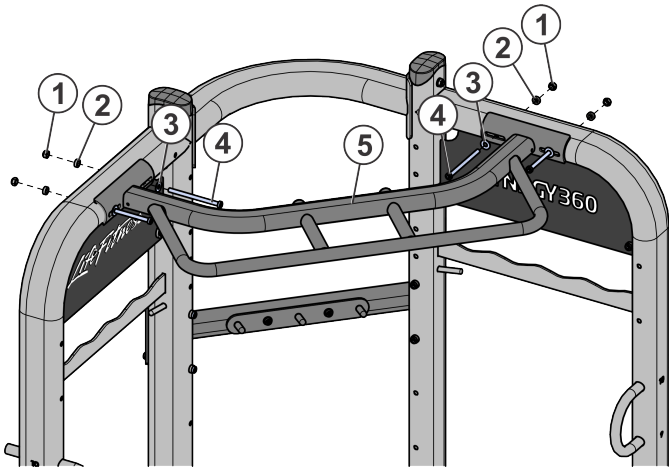


Item	Description	Qty.
1	Hole Plug	27

NOTE: Perform this step last if additional options are yet to be installed.

Options: Install Rock Chin/Suspension Chin

Install chin up assembly.



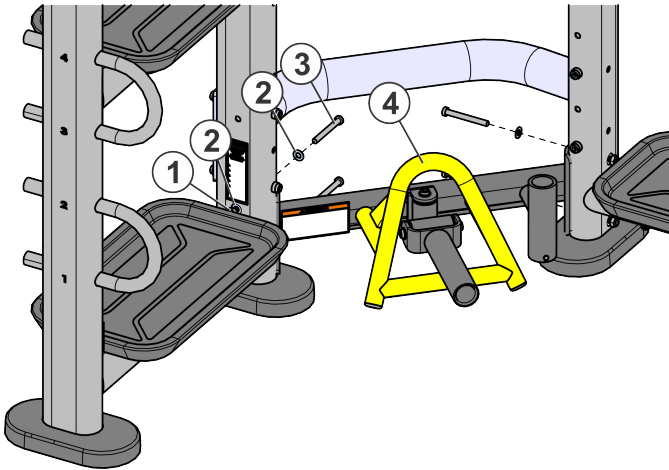
Item	Description	Qty.
1	M10 Nut	4
2	Spacer	4
3	3/8 x 1.25 OD Washer	4
4	Screw, M10 x 1.5, 140mm	4
5	Chin Up Assembly	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

Options: Install Power Pivot

Install power pivot to base.



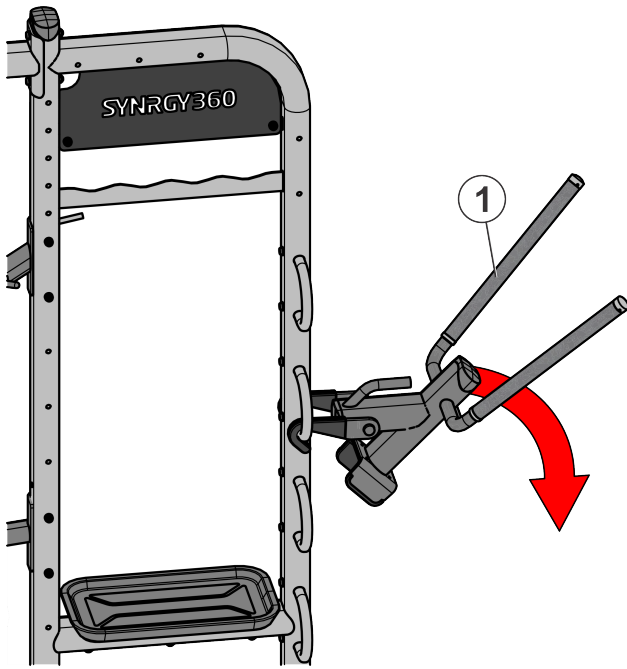
Item	Description	Qty.
1	M10 Nut	4
2	3/8 Washer	8
3	Screw, M10 x 1.5, 85mm	4
4	Power Pivot Assembly	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

Options: Install Dip

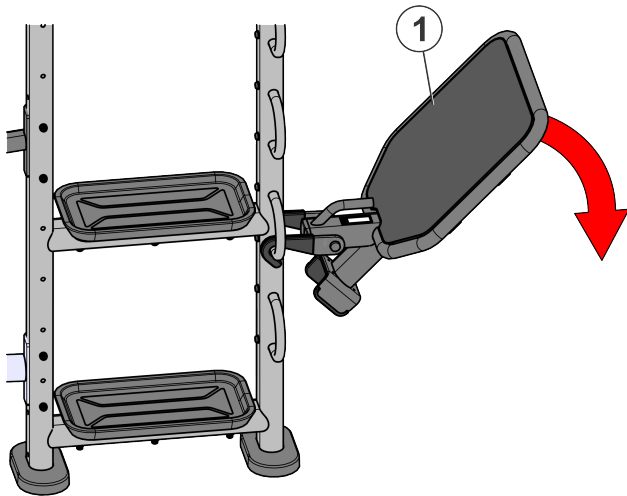
Set dip assembly onto desired hook and pivot into place.



Item	Description	Qty.
1	Dip Assembly	1

Options: Install Step Up

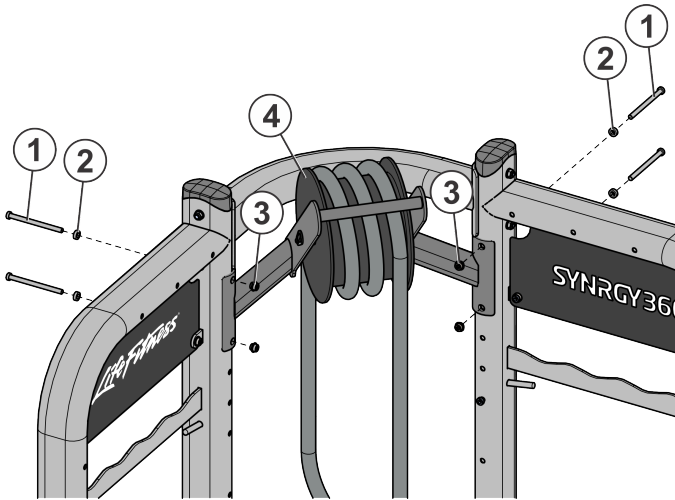
Set step up assembly onto desired hook and pivot into place.



Item	Description	Qty.
1	Step Up Assembly	1

Options: Install Rope Pull

Install rope pull assembly.



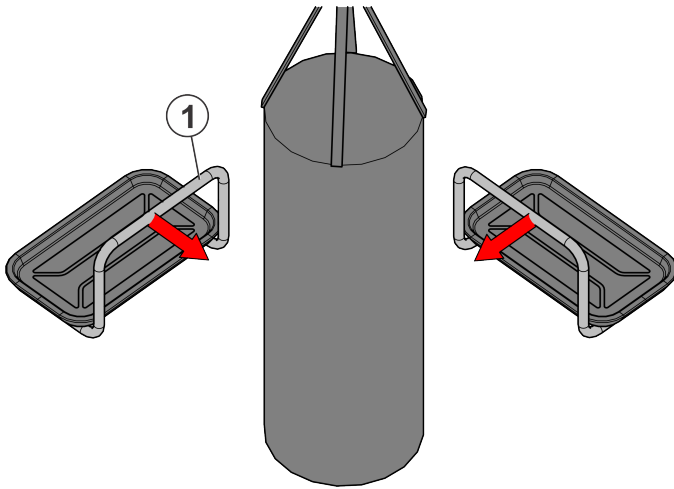
Item	Description	Qty.
1	Screw, M10 x 1.5, 25mm	4
2	Spacer	4
3	3/8" Washer	4
4	Rope Pull Assembly	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

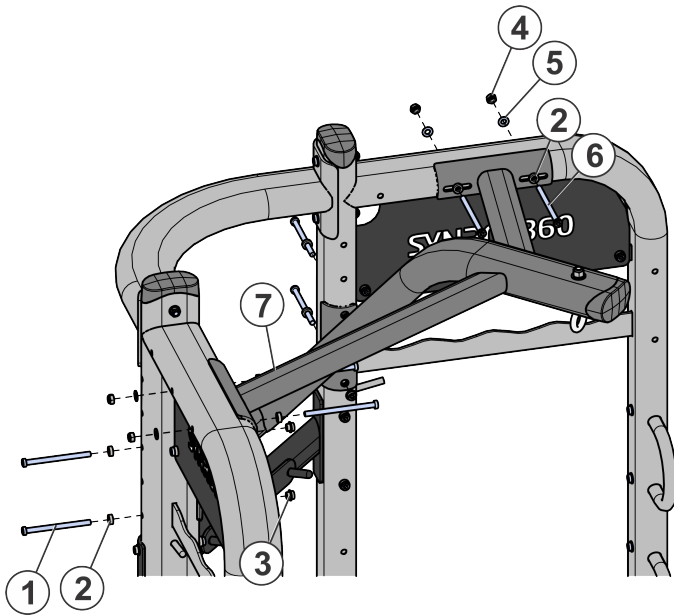
Options: Install Boxing

1. Ensure boxing tray guards face punching bag.



Item	Description	Qty.
1	Boxing Trays	2

2. Install Boxing weldment.



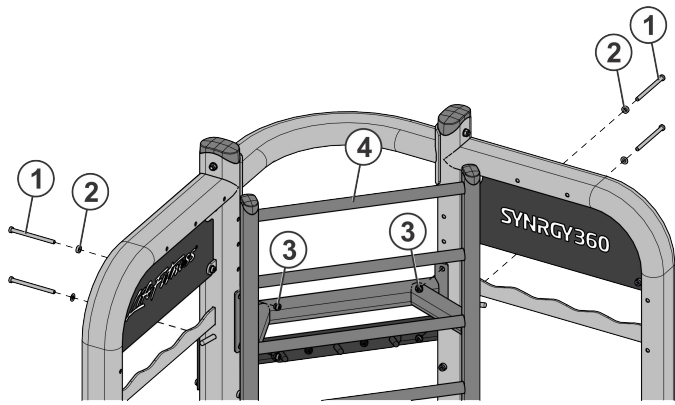
Item	Description	Qty.
1	Screw, M10 x 1.5, 130mm	4
2	Spacer	4
3	Socket Nut	4
4	M10 Nut	4
5	3/8 Washer	4
6	Screw, M10 x 1.5, 140mm	4
7	Boxing Weldment	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

Options: Install Stall Bar

1. Attach upper section of stall bar assembly.

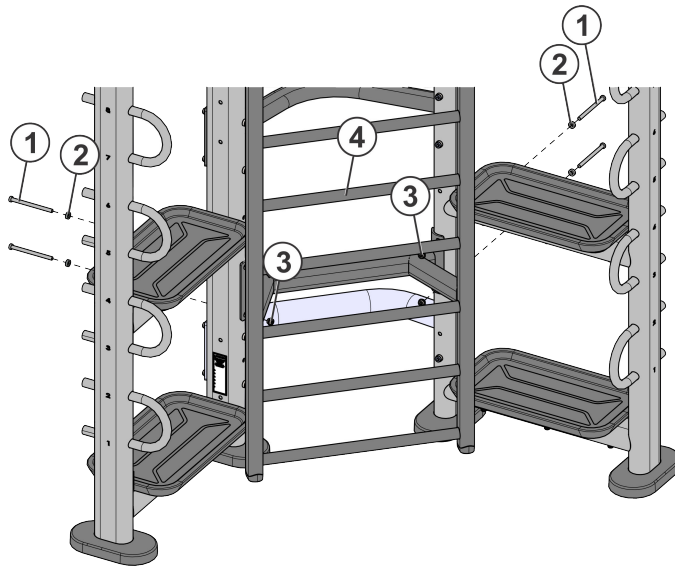


Item	Description	Qty.
1	Screw, M10 x 1.5, 130mm	4
2	Spacer	4
3	Socket Nut	4
4	Stall Bar Weldment	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

2. Attach lower section of stall bar assembly.

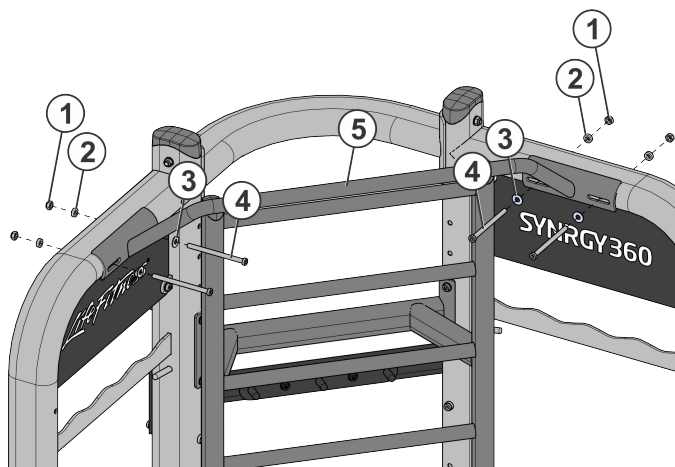


Item	Description	Qty.
1	Screw, M10 x 1.5, 130mm	4
2	Spacer	4
3	Socket Nut	4
4	Stall Bar Weldment	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

3. Install chin up.



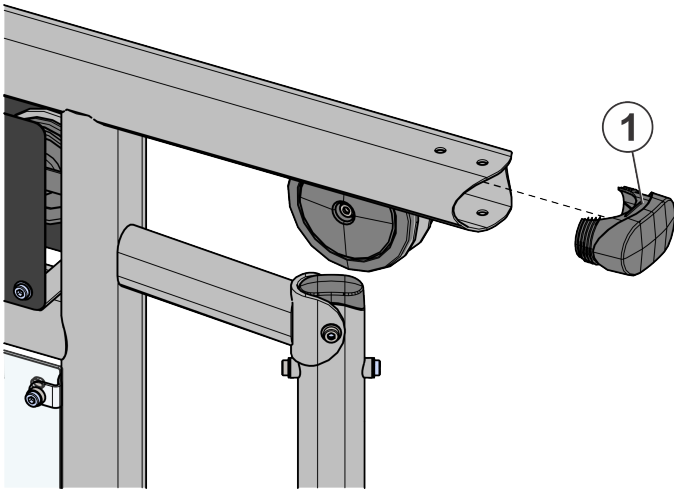
Item	Description	Qty.
1	M10 Nut	4
2	Spacer	4
3	3/8 x 1.25 OD Washer	4
4	Screw, M10 x 1.5, 140mm	4
5	Chin Up Weldment	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

Options: Install Cable Crossover Connector

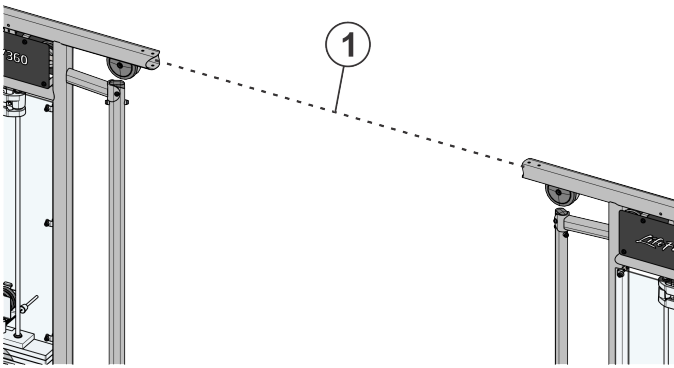
1. Remove end cap.



Item	Description	Qty.
1	End Cap	1

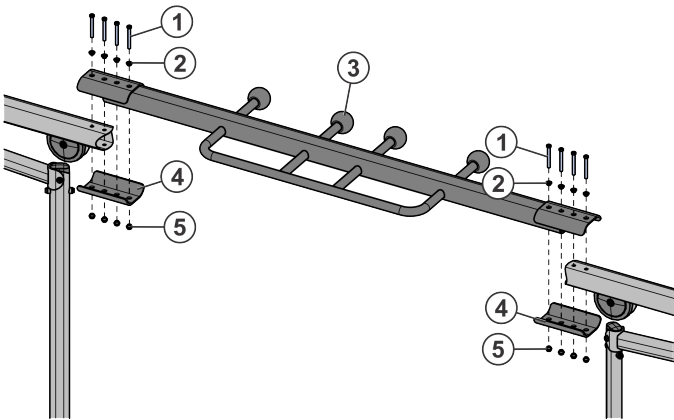
NOTE: Repeat step on other side of unit.

2. Measure distance between uprights.



Distance	Connector Size	Amount	
		Inches	Centimeter
1	Small	73.5	186.7
	Medium	85.5	217.2
	Large	97.5	247.7

3. Assemble cable crossover connector.



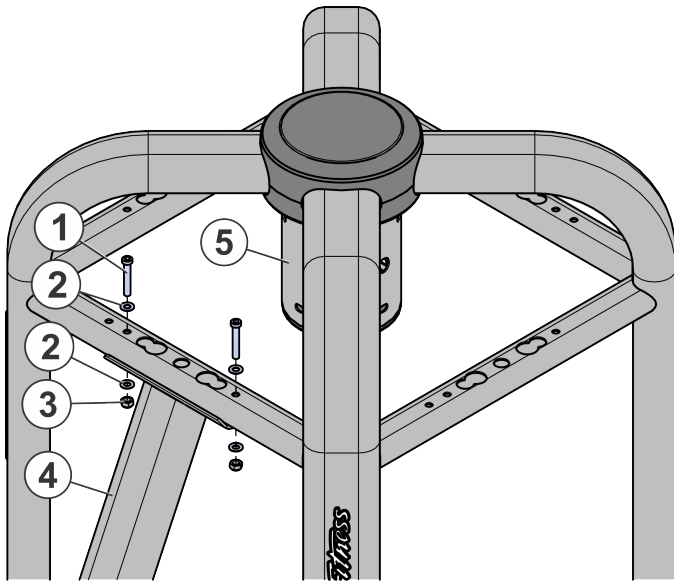
Item	Description	Qty.
1	Screw, M10 x 1.5, 80mm	8
2	Pulley Retainer	8
3	Connector Assembly	1
4	Connector Bracket	2
5	Socket Nut	8



Tighten hardware to 20-25 ft-lb (27-33 Nm).

Options: Install MJ Storage Connector

1. Install top section of MJ storage connector to MJ Core.

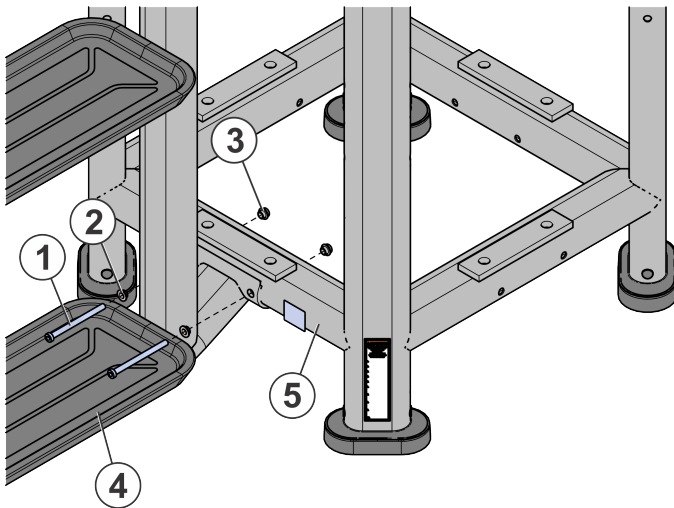


Item	Description	Qty.
1	Screw, M10 x 1.5, 60mm	2
2	3/8 Washer	4
3	M10 Nut	2
4	MJ Storage Connector	1
5	MJ Core	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

2. Install lower section of MJ storage connector to MJ Core.

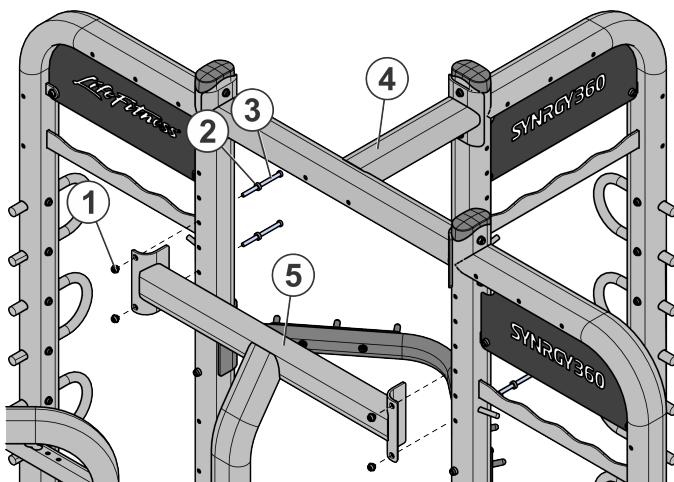


Item	Description	Qty.
1	Screw, M10 x 1.5, 130mm	2
2	Pulley Retainer	2
3	Socket Nut	2
4	MJ Storage Connector	1
5	MJ Core	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

3. Install top section of MJ storage connector to Syngy360.

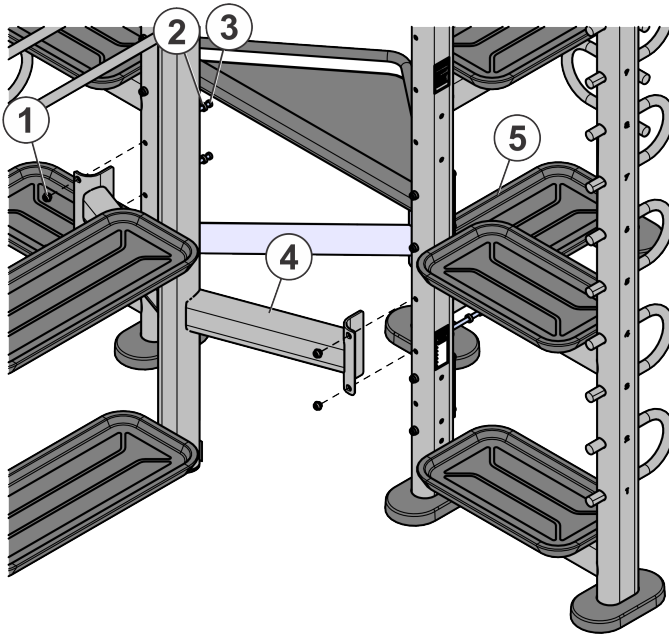


Item	Description	Qty.
1	Socket Nut	4
2	Spacer	4
3	Screw, M10 x 1.5, 130mm	4
4	Syngy360	1
5	MJ Storage Connector	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

4. Install lower section of MJ storage connector to Synrgy360.

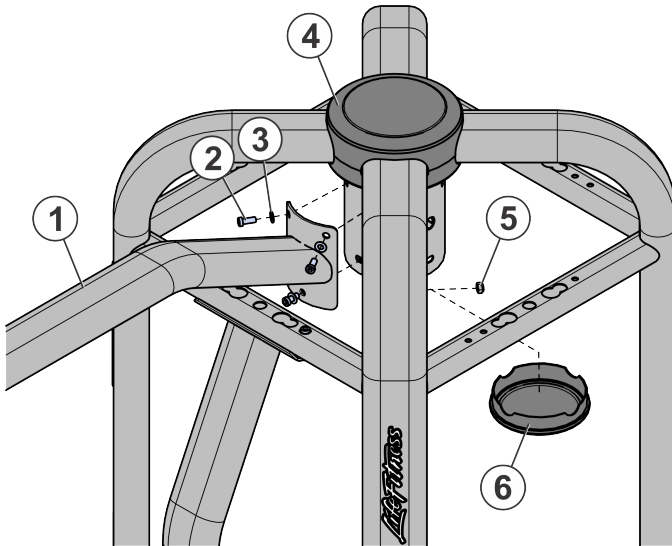


Item	Description	Qty.
1	Socket Nut	4
2	Spacer	4
3	Screw, M10 x 1.5, 130mm	4
4	MJ Storage Connector	1
5	Synrgy360	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

5. Install MJ storage connector brace to MJ Core.

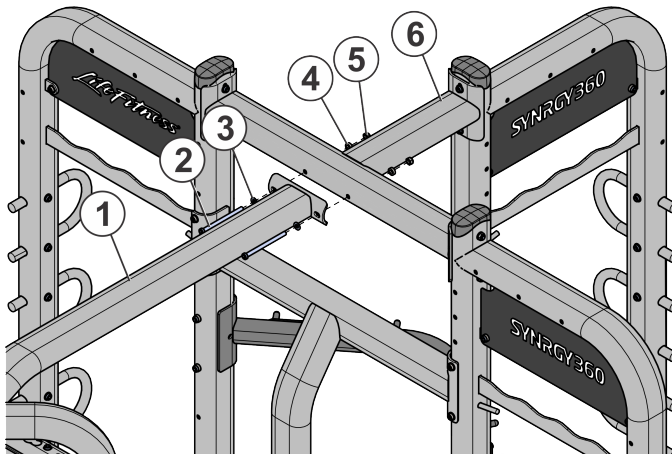


Item	Description	Qty.
1	MJ Storage Connector Brace	1
2	Screw, M10 x 1.5, 25mm	3
3	3/8 Washer	3
4	MJ Core	1
5	M10 Nut	3
6	MJ Core Cap Cover	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

6. Install MJ storage connector brace to Synrgy360.



Item	Description	Qty.
1	MJ Storage Connector Brace	1
2	Screw, M10 x 1.5, 140mm	2
3	3/8 Washer	2
4	Spacer	2
5	M10 Nut	2
6	Synrgy360	1



Tighten hardware to 20-25 ft-lb (27-33 Nm).

3. Product Information

Specifications

Series	Model	Weight		Size (L x W x H)	
		Pounds	Kilograms	Inches	Centimeters
T & XM	FXTT-CVV	1094	497	108 x 50 x 96	274 x 127 x 244
	FXTT-RCC	1675	760	110 x 69 x 96	279 x 175 x 244
	FXTT-RCV	1214	551	91 x 69 x 96	231 x 175 x 244
	FXTT-VCC	1551	704	108 x 69 x 69	274 x 175 x 244
	FXTT-VCV	1094	497	89 x 69 x 96	226 x 175 x 244
	FXTT-VVV	631	286	89 x 50 x 96	226 x 127 x 244
	FXTM-CORE	200	91	63 x 4.5	160 x 11.5
XS	FXTX-CCCC	2668	1210	124 x 124 x 96	315 x 315 x 244
	FXTX-CCVR	1891	858	110 x 108 x 96	279 x 274 x 244
	FXTX-CCVV	1768	802	108 x 108 x 96	274 x 274 x 244
	FXTX-CVVC	1768	802	106 x 106 x 96	269 x 269 x 244
	FXTX-CVVR	1433	650	92 x 108 x 96	234 x 274 x 244
	FXTX-CVVV	1318	598	89 x 108 x 96	226 x 274 x 244
	FXTX-VVVV	860	390	89 x 89 x 96	226 x 226 x 244
XL	FXTF-CC	1301	5950	67 x 67 x 96	170 x 170 x 244
	FXTF-CLU	851	386	49 x 68 x 96	124 x 174 x 244
	FXTF-CRU	851	386	68 x 49 x 96	174 x 124 x 244
	FXTF-RB	350	159	50 x 50 x 96	128 x 128 x 244
	FXTF-UU	404	183	50 x 50 x 96	128 x 128 x 244
	FXTF-CORE	344	156	120 x 103 x 20	304 x 262 x 51
Options					
Boxing		39	18	38 x 47 x 99	96 x 119 x 251
Power Pivot		49	22	28 x 85 x 11	71 x 216 x 28
Rock Chin Pull-Up		28	12	20 x 47 x 94	51 x 119 x 239
Rope Pull		47	22	24 x 48 x 14	28 x 122 x 36
Stall Bar		112	51	47 x 96 x 17	120 x 244 x 44
Suspension Pull-Up		30	13	20 x 47 x 96	51 x 119 x 243
6 Foot Cable Crossover Connector		56	25	73.5 x 19 x 5.75	186 x 48 x 14
7 Foot Cable Crossover Connector		61	28	85.5 x 19 x 5.75	217 x 48 x 14
8 Foot Cable Crossover Connector		97	44	97.5 x 19 x 5.75	247 x 48 x 14
MJ Connector		281	51	38 x 57 x 90	97 x 145 x 229
Dip		27	12	35 x 28	88 x 70
Step-Up Platform		50	23	34 x 22	86 x 56

Options Compatibility

T and XM

T and XM	FXTT-CVV		FXTT-RCC		FXTT-RCV		FXTT-VCC		FXTT-VCV		FXTT-VVV	
Station:	CV	VV	RC	CC	RC	CV	VC	CC	VC	CV	VV	VV
Boxing	-	X	-	-	-	-	X	-	X	-	X	X
Power Pivot	-	X	-	-	-	-	X	-	X	-	X	X
Rock Grip	X	X	-	X	-	X	X	X	X	X	X	X
Rope Pull	X	X	-	X	-	X	X	X	X	X	X	X
Stall Bar	X	X	-	X	-	X	X	X	X	X	X	X
Suspension Chin	X	X	-	X	-	X	X	X	X	X	X	X
Dip	-	X	-	-	-	X	X	-	X	-	X	X
Step Up	-	X	-	-	-	X	X	-	X	-	X	X
MJ Storage Connector	X	X	X	X	X	X	X	X	X	X	X	X
Cable Xover Connector	-	X	X	X	X	X	X	X	X	X	-	-

XS

XS	FXTX-CCVR				FXTX-CCVV				FXTX-CVVR				FXTT-CVVV			
Station:	CC	CV	VR	RC	CC	CV	VV	VC	CV	VV	VR	RC	CV	VV	VV	VC
Boxing	-	X	X	-	-	X	X	X	-	X	X	-	-	X	X	X
Power Pivot	-	X	X	-	-	X	X	X	-	X	X	-	-	X	X	X
Rock Grip	X	X	X	-	X	X	X	X	X	X	X	-	X	X	X	X
Rope Pull	X	X	X	-	X	X	X	X	X	X	X	-	X	X	X	X
Stall Bar	X	X	X	-	X	X	X	X	X	X	X	-	X	X	X	X
Suspension Chin	X	X	X	-	X	X	X	X	X	X	X	-	X	X	X	X
Dip	X	X	X	-	X	X	X	X	X	X	X	-	X	X	X	X
Step Up	X	X	X	-	X	X	X	X	X	X	X	-	X	X	X	X
MJ Storage Connector	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Cable Xover Connector	X	X	-	X	X	X	-	X	X	X	-	X	X	X	-	X

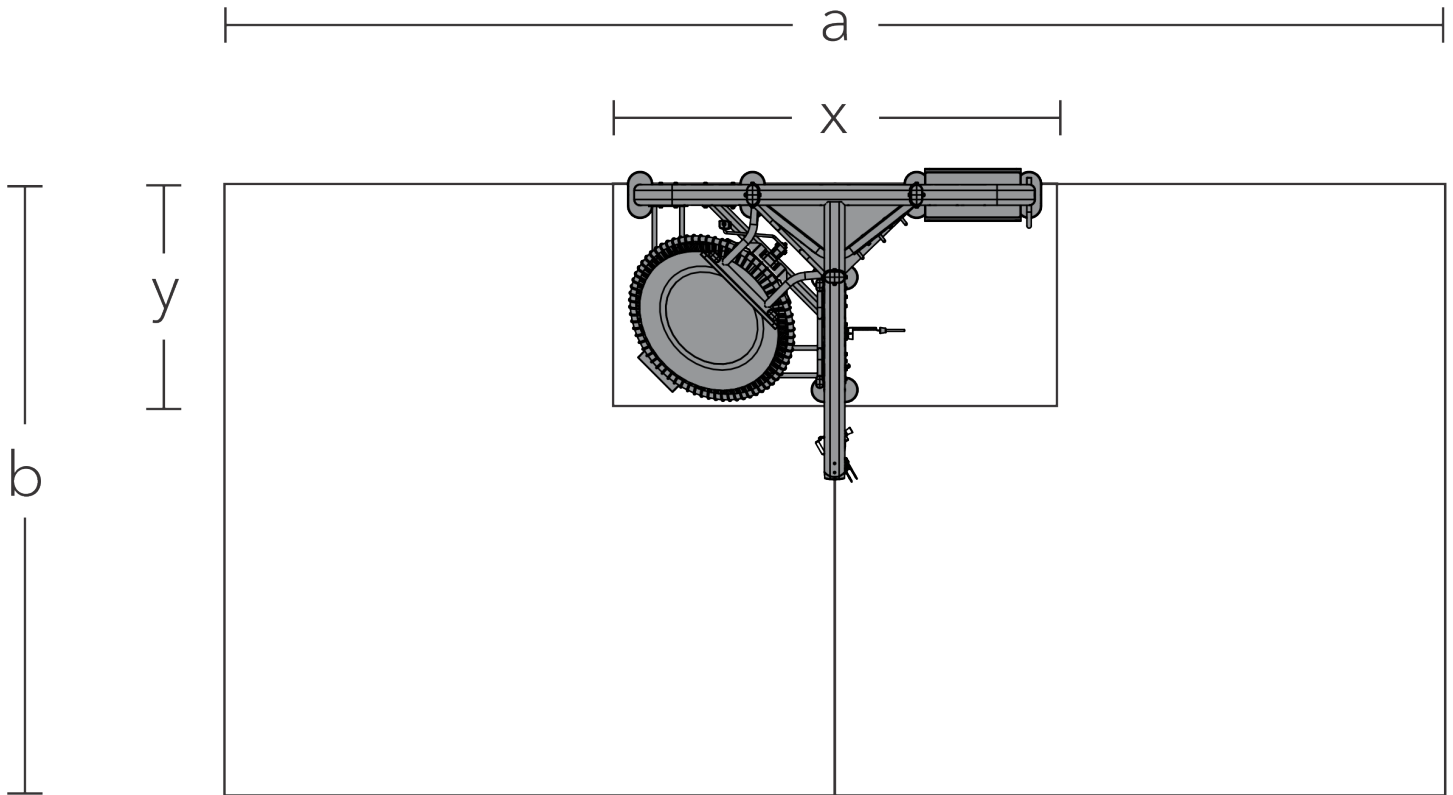
XS Continued

XS	FXTX-VVVV				FXTX-CCCC				FXTX-CVVC			
	Station:	VV	VV	VV	VV	CC	CC	CC	CC	CV	VV	VV
Boxing	X	X	X	X	-	X	-	X	-	X	-	X
Power Pivot	X	X	X	X	-	X	-	-	-	X	-	-
Rock Grip	X	X	X	X	X	X	X	X	X	X	X	X
Rope Pull	X	X	X	X	X	X	X	X	X	X	X	X
Stall Bar	X	X	X	X	X	X	X	X	X	X	X	X
Suspension Chin	X	X	X	X	X	X	X	X	X	X	X	X
Dip	X	X	X	X	-	-	-	-	-	X	X	X
Step Up	X	X	X	X	-	-	-	-	-	X	X	X
MJ Storage Connector	-	-	-	-	-	-	-	-	-	-	-	X
Cable Xover Connector	-	-	-	-	X	X	X	X	-	-	-	X

XL

XL	FXTF-CC	FXTF-CLU	FXTF-CRU	FXTF-RB	FXTF-UU
Boxing	-	-	-	-	X
Power Pivot	X	X	X	-	X
Rock Grip	X	X	X	-	X
Rope Pull	X	X	X	-	X
Stall Bar	X	X	X	-	X
Suspension Chin	X	X	X	-	X
Dip	-	X	X	-	X
Step Up	-	X	X	-	X
MJ Storage Connector	-	-	-	-	-
Cable Xover Connector	X	X	X	-	-

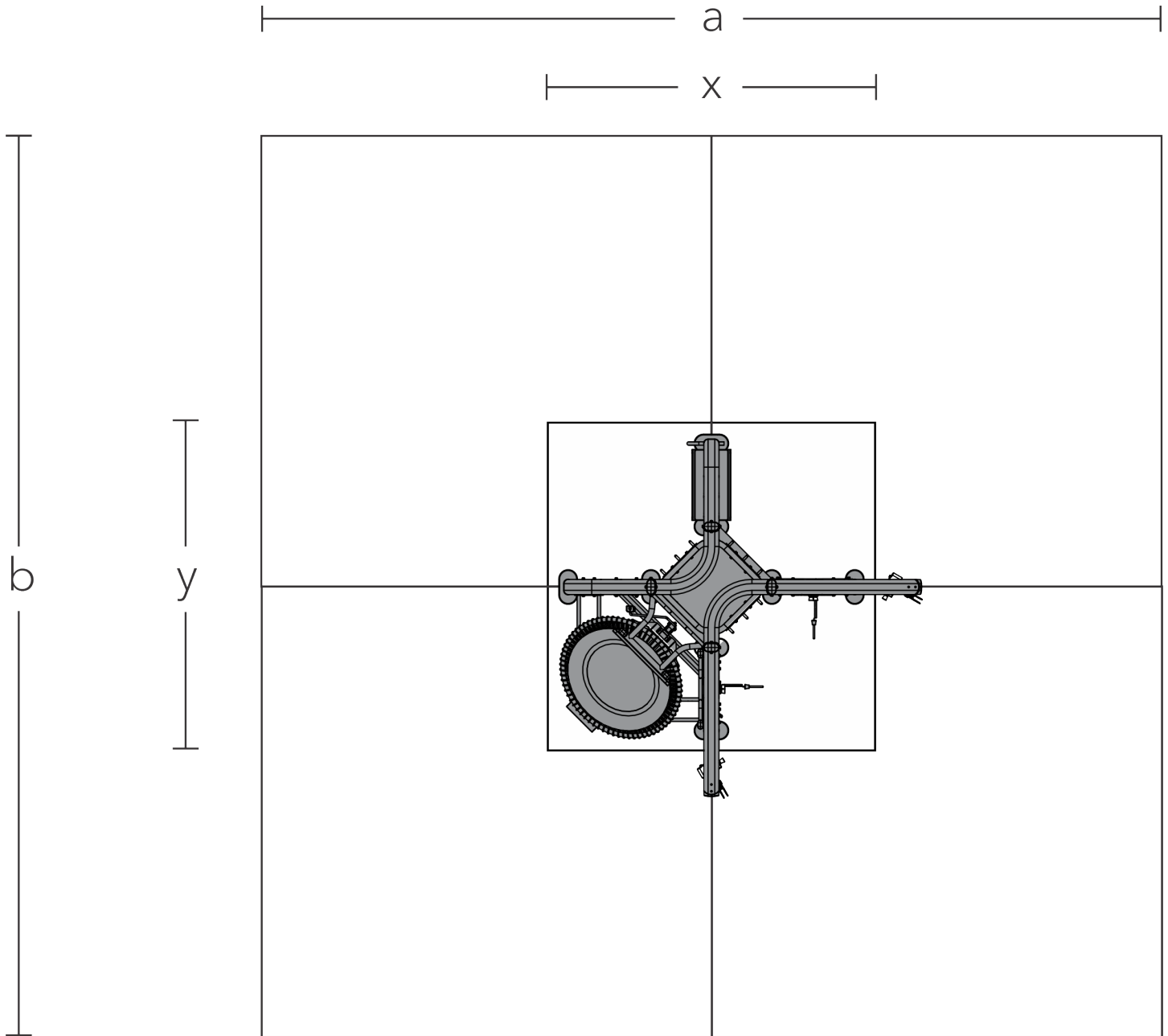
Live Area: T



Unit	Live Area (a)		Live Area (b)		Footprint (x)		Footprint (y)	
	Feet	Meters	Feet	Meters	Feet	Meters	Feet	Meters
FXTT-CVV	27	8.3	22	6.7	9.5	2.9	4	3.4
FXTT-RCC					9.5	2.9	5.5	2.9
FXTT-RCV					8	2.4	5.5	2.9
FXTT-VCC					9	2.9	5.5	2.9
FXTT-VCV					8	2.4	5.5	2.9
FXTT-VVV					8	2.4	4	2.4

NOTE: Live Area Height: 114" (289.6cm)

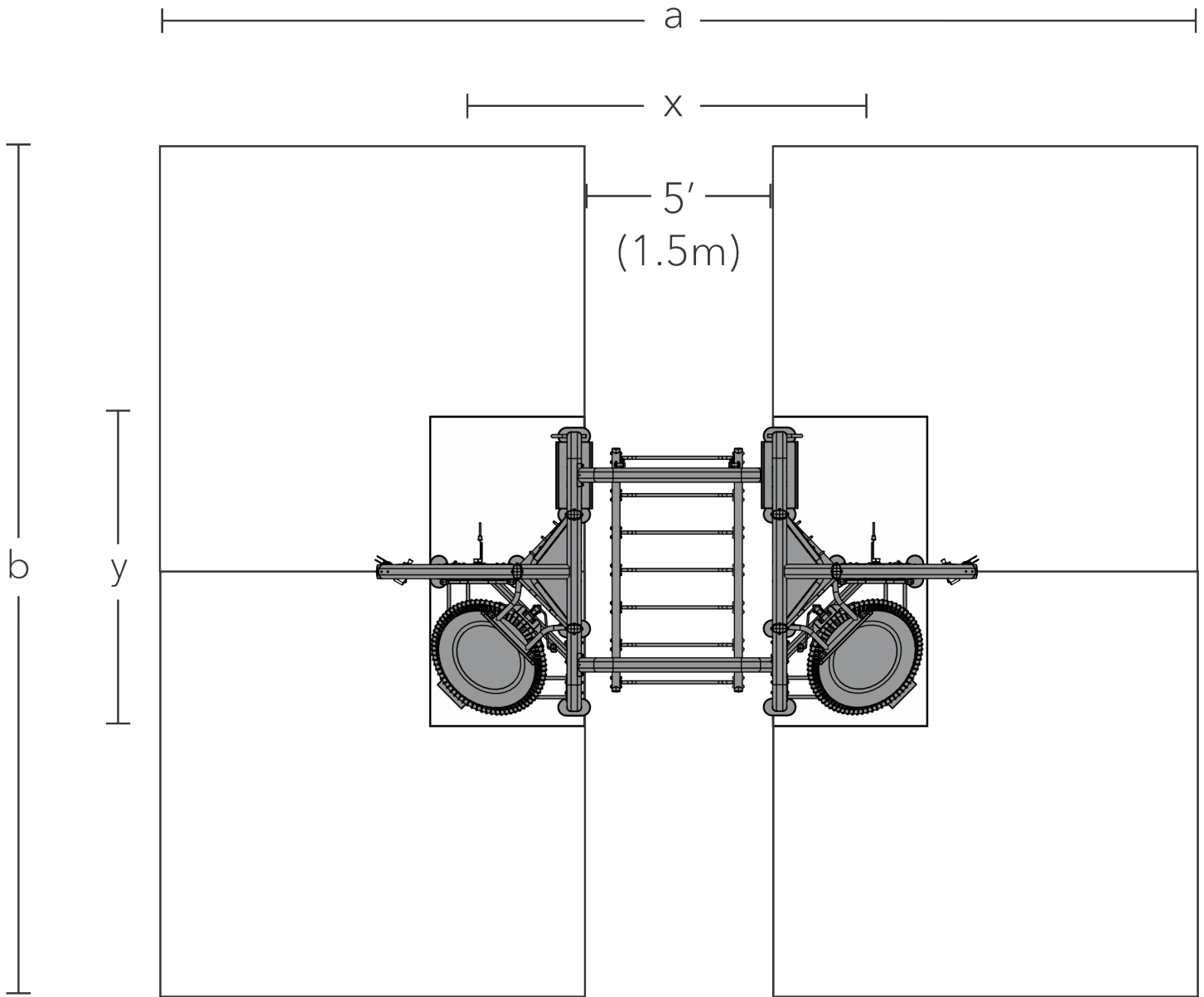
Live Area: XS



Unit	Live Area (a)		Live Area (b)		Footprint (x)		Footprint (y)	
	Feet	Meters	Feet	Meters	Feet	Meters	Feet	Meters
FXTX-CCCC	22	6.7	22	6.7	11	3.4	11	3.4
FXTX-CCVR					9.5	2.9	9.5	2.9
FXTX-CCVV					9.5	2.9	9.5	2.9
FXTX-CVVC					9.5	2.9	9.5	2.9
FXTX-CVVR					8	2.4	9.5	2.9
FXTX-CVVV					8	2.4	9.5	2.9
FXTX-VVVV					8	2.4	8	2.4

NOTE: Live Area Height: 114" (289.6cm)

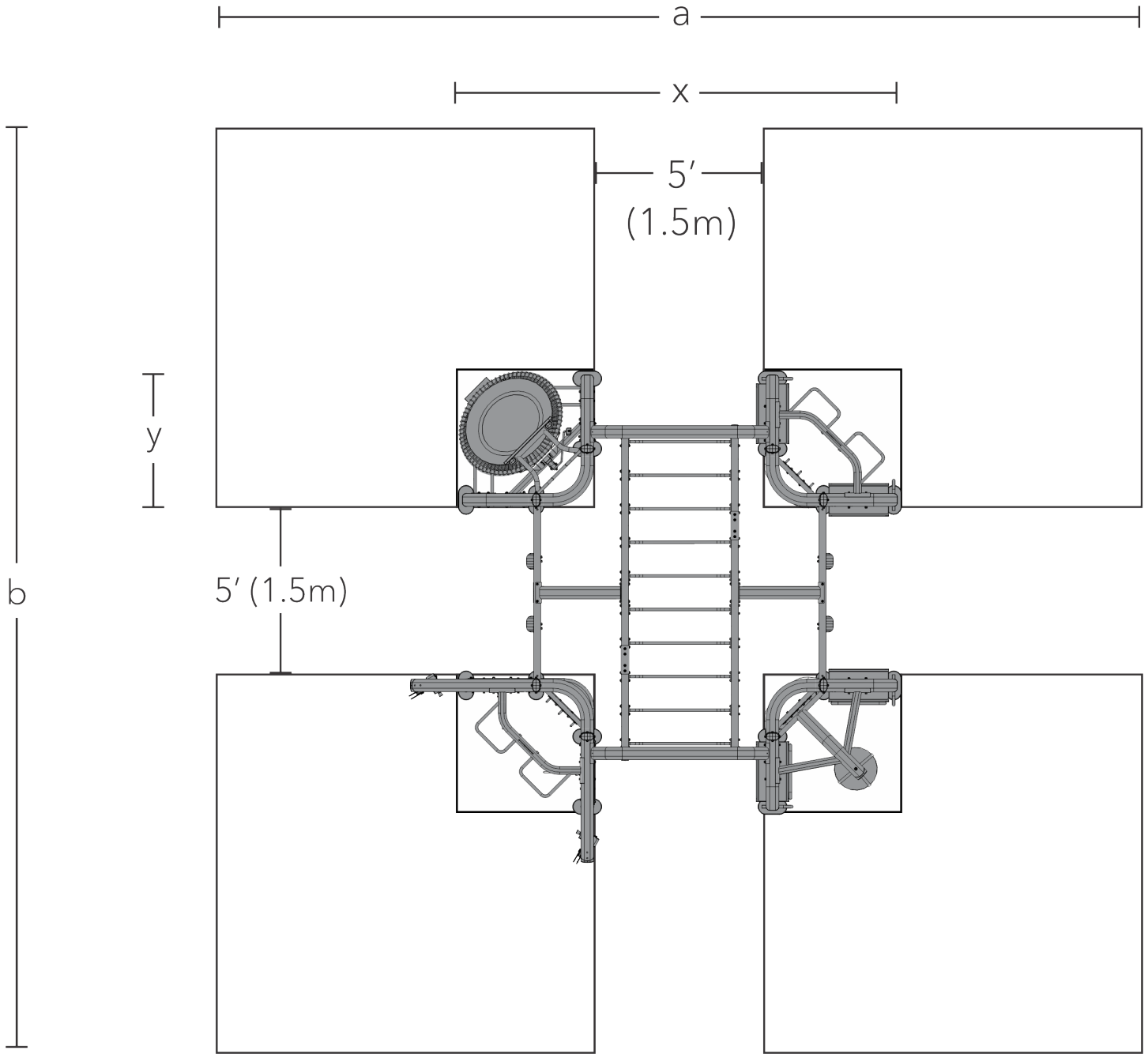
Live Area XM



Unit	Live Area (a)		Live Area (b)		Footprint (x)		Footprint (y)	
	Feet	Meters	Feet	Meters	Feet	Meters	Feet	Meters
FXTT-CVV	27	8.3	22	6.7	4	1.2	9.5	2.9
FXTT-RCC					5.5	1.7	9.5	2.9
FXTT-RCV					5.5	1.7	8	2.4
FXTT-VCC					5.5	1.7	9.5	2.9
FXTT-VCV					5.5	1.7	8	2.4
FXTT-VVV					4	1.2	8	2.4

NOTE: Live Area Height: 114" (289.6cm)

Live Area XL

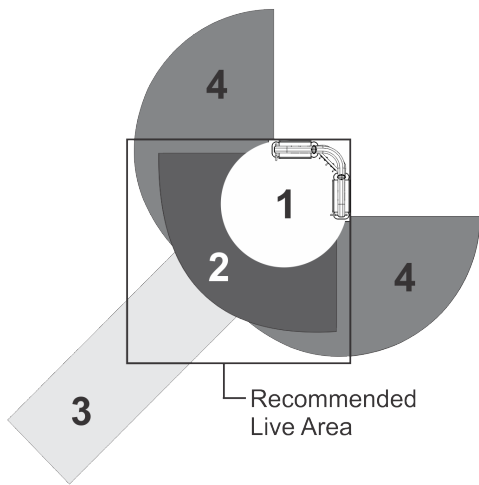


Unit	Live Area (a)		Live Area (b)		Footprint (x)		Footprint (y)	
	Feet	Meters	Feet	Meters	Feet	Meters	Feet	Meters
FXTF-CC	27	8.3	27	8.3	5.5	1.7	5.5	1.7
FXTF-CLU					5.5	1.7	4	1.2
FXTF-CRU					4	1.2	5.5	1.7
FXTF-RB					4	1.2	4	1.2
FXTF-UU					4	1.2	4	1.2

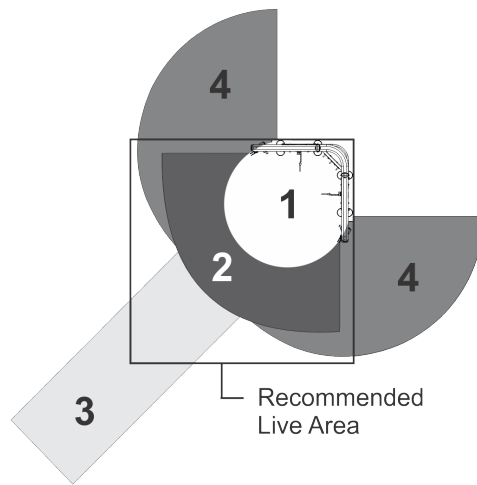
NOTE: Live Area Height: 114" (289.6cm)

Live Area Breakdown

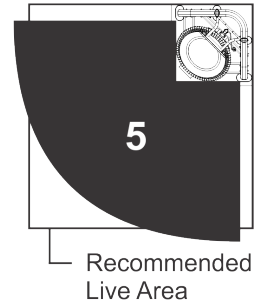
Versa



Cable



Rebounder



Option	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
Boxing	X				
Rock Chin	X				
Stall Bar	X				
Suspension Chin	X				
Power Pivot		X			
Rope Pull		X			
Stall Bar with TRX Suspension Trainer		X			
Suspension Chin with TRX Suspension Trainer		X			
Battle Rope			X		
Cables				X	
Elastic Bands				X	
TRX Rip Trainer				X	
Rebounder					X

4. Exercise

General Exercise Information

Intended Use

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

Prior to Exercise

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

Start Your Program Conservatively

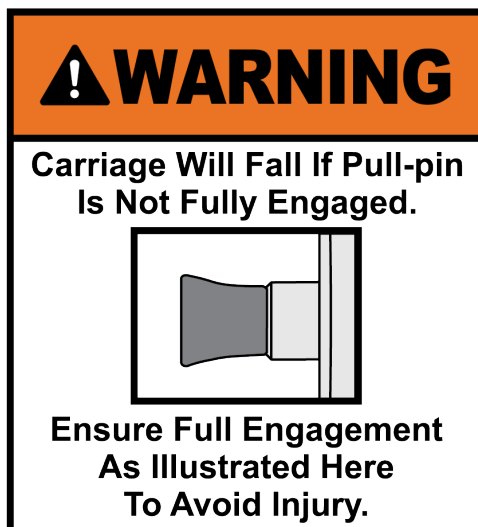
Choose weights you can easily lift in the first several weeks. Typically, a full range of motion is recommended, but consult a qualified professional if you have questions about whether a full range of motion is appropriate for you due to existing limitations, injury or discomfort. Injuries to health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

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

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

Performing The Exercises

NOTE: Before starting any exercise or after completing any height adjustment of the carriage assembly, verify that the pull pin is fully engaged prior to use.



5. Maintenance Procedures

Maintenance Schedule

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
CLEAN				
Guide Rods			X	
Shrouds			X	
Hand Grips				X
WAX				
Frames				X
INSPECT				
Accessories		X		
Paint			X	
Cable	X			
Hardware		X		
Frame		X		
Shrouds	X			
LUBRICATE				
Guide Rods				X

Clean

- Guide rods with a cotton cloth.

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.
- Hardware. Check for loosening. Tighten as required.
- Frames. Inspect 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.
- Inspect all accessories, connecting links, and carabiner clips for wear.

- 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).

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.

6. Warranty

What is Covered

This Life Fitness Family of Brands 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 Family of Brands, 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 Family of Brands representative.

Owner's Manual

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

Exclusive Warranty

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

Changes in Warranty Not Authorized

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

Effects of State Laws

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

Warranty Coverage

NOTE: There is no warranty coverage for labor on Strength Products.

Item	10 Years	5 Years	1 Year	90 Days
Frame	X			
Pulleys		X		
Weight Plates		X		
Guide Rods		X		
Cables			X	
Bearings			X	
Hardware / Mechanical				X
Items Not Specified				X

7. Cable Handling Guide

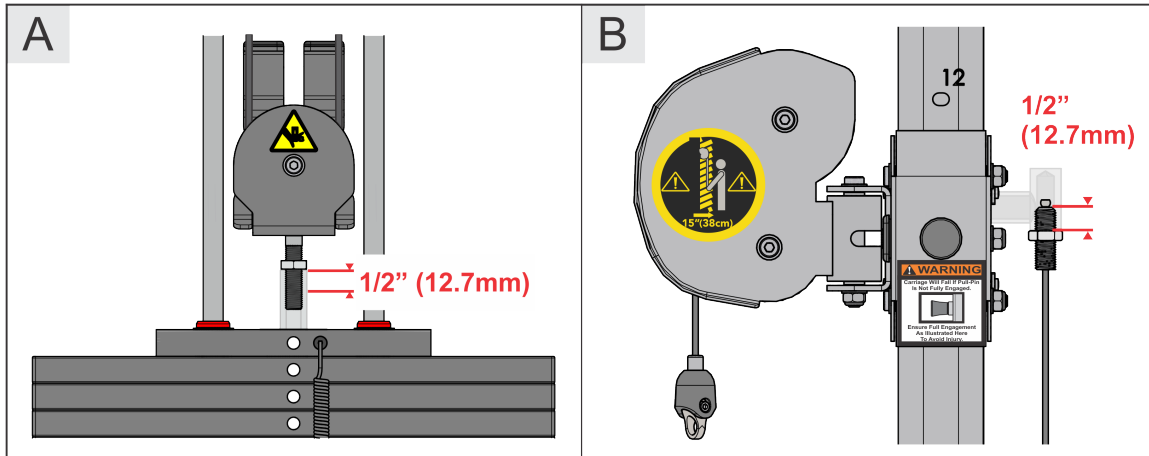
Cable Terminations, Tensioning and Wear Guide

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

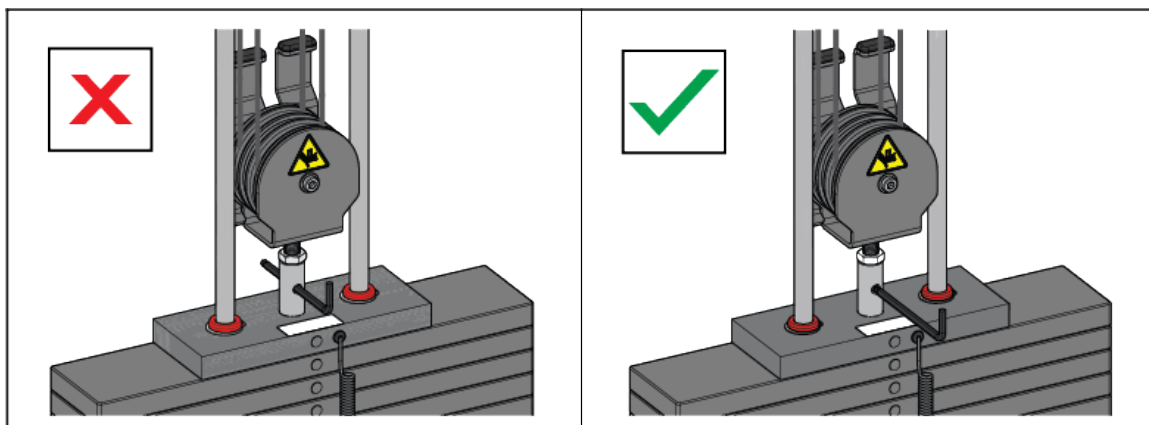
⚠ WARNING: Use of non certified "techs" note: Service warranties may be void if a non-*Life Fitness*-certified technician performs service work. Replacement of any strength cables should be performed by a *Life Fitness* certified technician.

Cable Terminations

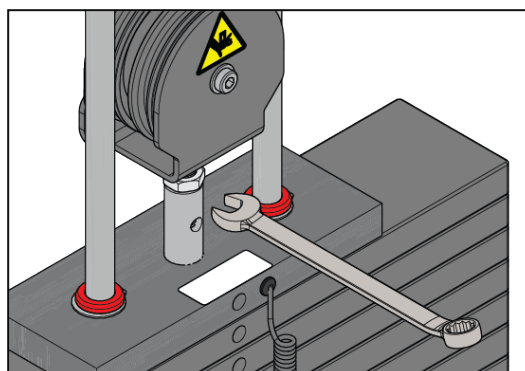
1. Cable must be threaded at least 1/2 inch (12.7mm) into termination points; at headplate (A) and frame/carriage (B).



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



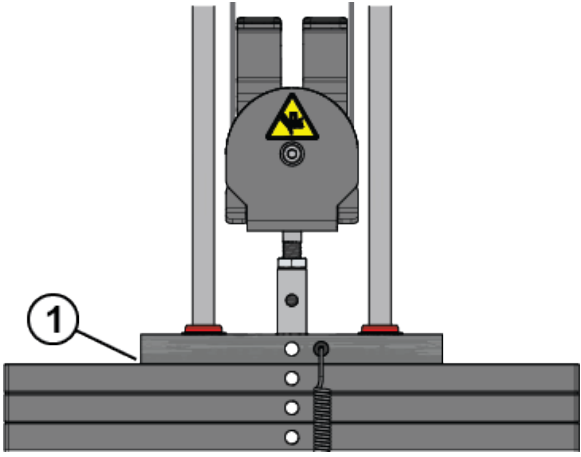
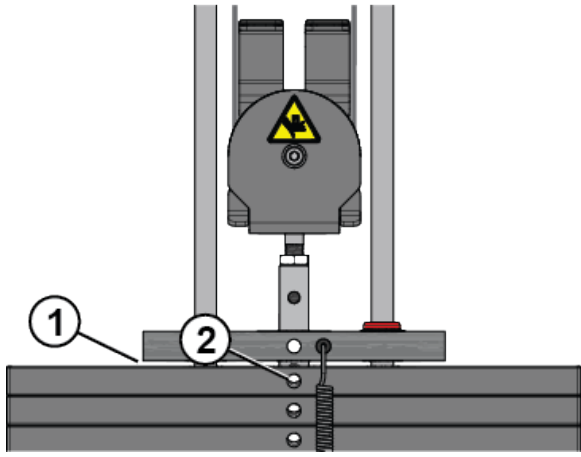
3. When proper thread engagement is reached, tighten jam nut to 20-25 FT-LBS (27.2 - 34.0 Nm) using a 24mm wrench.



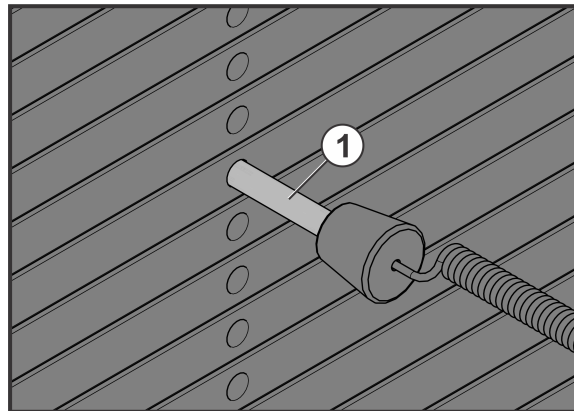
Tensioning Cable

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

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

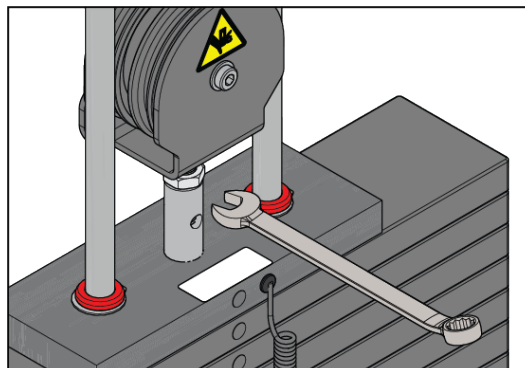
SEATED HEAD PLATE	SUSPENDED HEAD PLATE
	
<p>1. No gap</p>	<p>1. Gap 2. Bayonet obstructing weight stack pin</p>

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



Item	Description	Qty.
1	Weight Stack Selector Pin	1


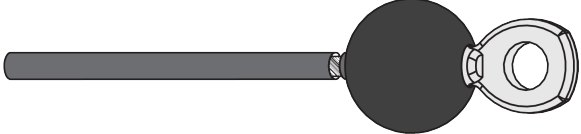
3. When proper thread engagement is reached, tighten jam nut to 20-25 FT-LBS (27.2 - 34.0 Nm) using a 24mm wrench.




Strength Cable Wear Guide

Replace cable at first sign of any of the following:


FRACTURES:

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


TWISTING/BINDING:

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

BULGING:

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


FRAYED/EXPOSED WIRE ROPE:

<p>Any exposed wire rope protruding through the casing or at either end.</p>	
--	--

FLATTENED:

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

PERMANENTLY BENT:

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

ENDS SEPARATING:

<p>Watch for component end of cable to pull away from cable assembly - look for exposed wire rope.</p>	
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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. For some equipment, securing the equipment to the floor is REQUIRED.

Each new unit shipped comes with a multi-language hangtag stating the importance of bolting the unit down as a safety precaution.

It is the facility's responsibility to adhere to local and regional building codes.

Delivery and Installation Tips

All Anchors

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

Anchoring

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

Building Codes

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

Carpeting

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

Competitor Product

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

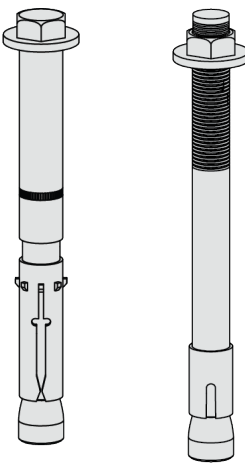
- *Life Fitness* does not have that level of specification or engineering input for competitive product.
- *Life Fitness* installation teams are not permitted to anchor competitor equipment.

Drilling

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

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

Anchor Types

Subfloor thickness between unit and concrete				
Anchor		0" - 3/4" (0mm - 19.1mm)	3/4" - 1.0" (19.1mm - 25.4mm)	1.0" - 7.0" (25.4mm - 178mm)
HSL	HST	HSL-3 M 8/40	HST M12 x 115/20 to HST M12 x 295/200 (length depends on subfloor thickness)	
				

- HS Anchors listed are Metric Hilti™ Concrete Anchors
- Minimum concrete compressive strength: 3000psi (20 N/mm²)
- Minimum concrete thickness:
 - HSL-3 M 8: 4-3/4" (120mm)
 - HST M12 : 5-1/2" (140mm)
- Minimum distance from anchor to concrete edge or seam:
 - HSL-3 M 8: 2-3/8" (60mm)
 - HST M12: 4-3/4" (120mm)
- Minimum hole depth in concrete:
 - HSL-3 M 8: 3-1/64" (80mm)
 - HST M12 Safety Stud Anchor (EMEA): 3.7" (95mm)
- Minimum concrete embedment:
 - HSL-3 M 8: 2-13/32" (60mm)
 - HST M12 Safety Stud Anchor (EMEA): 2.8" (70mm)

Anchor Specifications

Static Anchor	Minimum Concrete Thickness	Minimum Drill Depth in Concrete	Minimum Concrete Embedment	Minimum concrete compressive strength
HSL-3 M8/40	4-3/4" (120mm)	1/2" (12.7mm) beyond anchor length	2-13/32" (60mm)	3000psi (20.7 N/mm ²)
HST M 12	5-1/2" (140mm)	25/64" (10mm) beyond anchor length	2.8" (70mm)	3000psi (20.7 N/mm ²)


Pullout Force

Life Fitness specifies Hilti™ static and dynamic anchors. According to the anchor manufacturer, the recommended design pullout force (in tension) for the specified anchors, when properly installed in cracked concrete, is provided in the side table. This table should be used for reference only; for additional and up-to-date information on the anchor capabilities or the design pullout force in other substrates, please consult Hilti directly at <https://www.us.hilti.com>.

Selected Anchor	Design Resistance in Tension *
KH-EZ 1/4" x 4"	830 lb
HUS-H 6MM x 120MM	3.3 kN
KH-EZ 3/8" x 4"	1535 lb
KH-EZ 3/8" x 5"	1535 lb
HUS-H 8MM x 120MM	3.3 kN
HUS-H 8MM x 150MM	3.3 kN
HSL-3 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 issued September 2014.

Tools Required

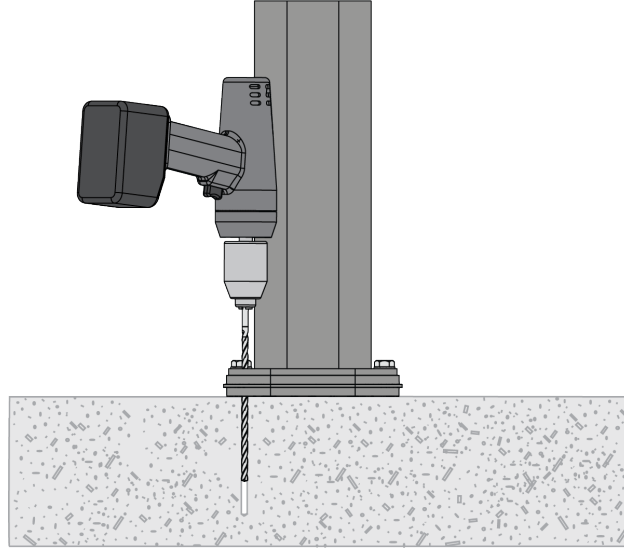
 **WARNING:** Adhere to manufacturer's equipment warnings and guidelines. Follow manufacturer's instructions for proper usage.

Dynamic Anchor

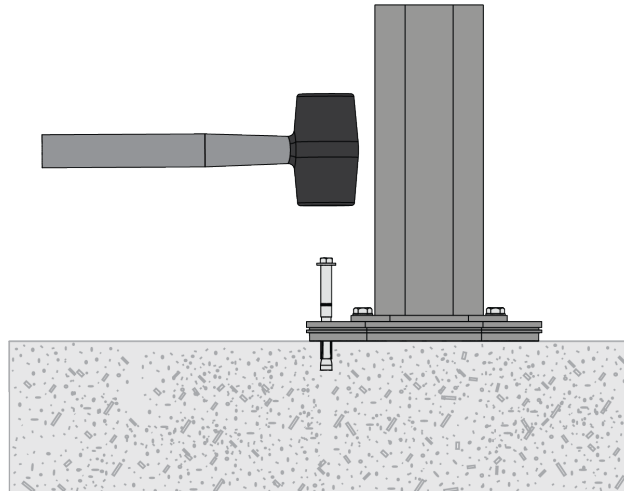
- Floor scanner / rebar detector (optional)
- 1" L-shape SDS rotary hammer
- 12mm x 305mm carbide drill bit
- Blackhawk™ by Proto™ 3/8" ratcheting micrometer adj. torque wrench (34870- A)
- Rubber mallet/dead blow hammer
- Safety glasses
- Extension cord
- Vacuum (for debris)

Dynamic HSL-3 M/840 Anchor Procedure

1. Place unit into position to be mounted.
2. Wearing protective glasses, drill down into flooring perpendicularly to the required depth, ensuring that the foot thickness is being accounted for; refer to *Anchor Selection* and *Foot Dimensions* Section.

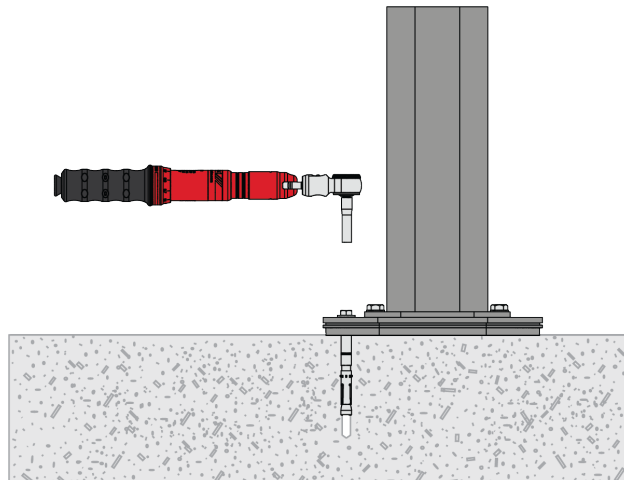


3. Clear out the debris from hole, insert fastener and hammer into hole until flush against frame plate.



4. Tighten to 18 Foot-Pounds (24Nm).

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 images to determine foot height thickness per strength family.

