

HAMMER[®] STRENGTH

**HAMMER
STRENGTH[®]**

Angled Flat Bench

Owner's Manual

HDH-AFB



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

User and Service Documents Link

<https://lifefitness9512.zendesk.com/hc/en-us>

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

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 ewa atifi ho a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

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

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

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

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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www.lifefitness.com • 1020702-0001 AA • 2022

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 H per EN ISO 20957-1. As such this equipment is only intended for home use. It is not intended for commercial, institutional and/or studio facilities 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

 **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>

- 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 Family of Brands recommends that all consumer 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 home owner.

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.
- 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

- 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.

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 machine and attachments before use. **DO NOT** use if the machine or attachments appear damaged. **DO NOT** attempt to fix broken or jammed machine or damaged attachments. Notify staff immediately.
5. Children must not be allowed near this machine. Supervise teenagers.
6. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

Serial Number

HAMMER STRENGTH

10601 W BELMONT AVE
FRANKLIN PARK, IL 60131
USA 1-800-351-3737
CAGE Code: 0CMY5 EN ISO 20957 Class H
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

FCC

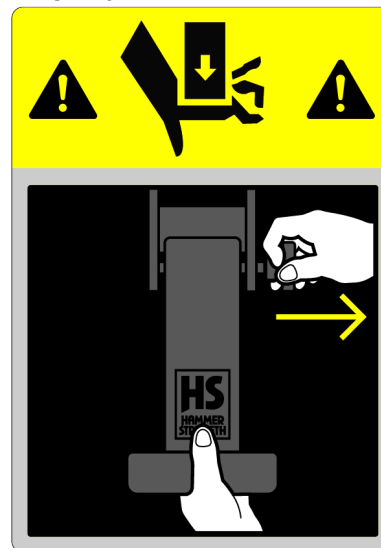
EN ISO 20957
TSCA Title VI Compliant

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

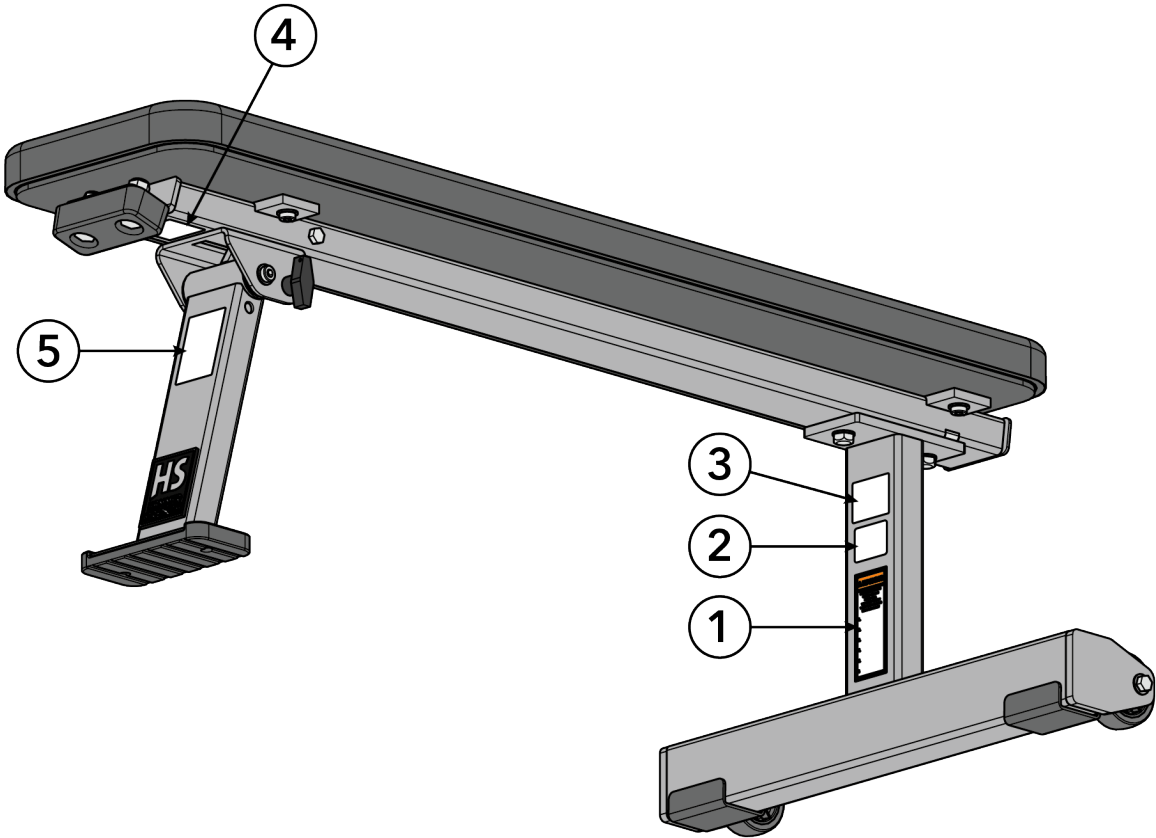
Stability Caution



Leg Adjustment Pinch Hazard



Label Locations



Item	Description	Qty.
1	General Warning	1
2	FCC	1
3	Serial Number	1
4	Stability Caution	1
5	Leg Adjustment Pinch Hazard	1

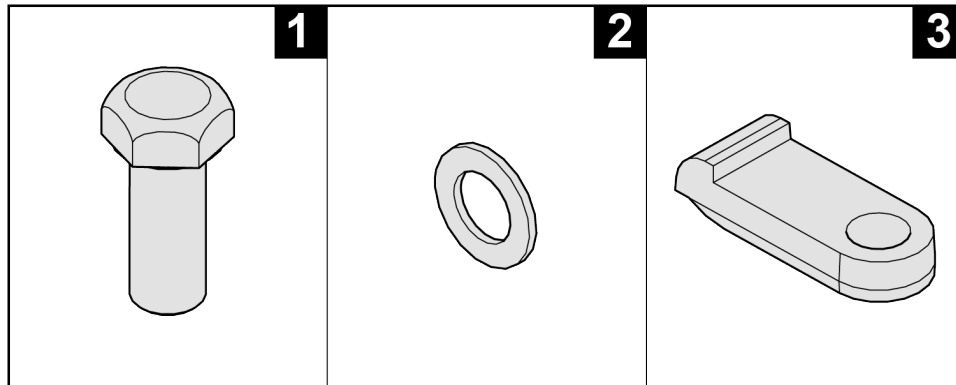
2. Assembly

Component and Hardware List

Components

Item	Description	Qty.
1	Flat Bench Assembly	1
2	Rear Leg Assembly	1

Hardware



Item	Description	Qty.
1	Screw, 1/2"-13 x 1.25" HHCS	2
2	Lock Washer, 1/2"	2
3	Hammer Lock Nut, 1/2"	2

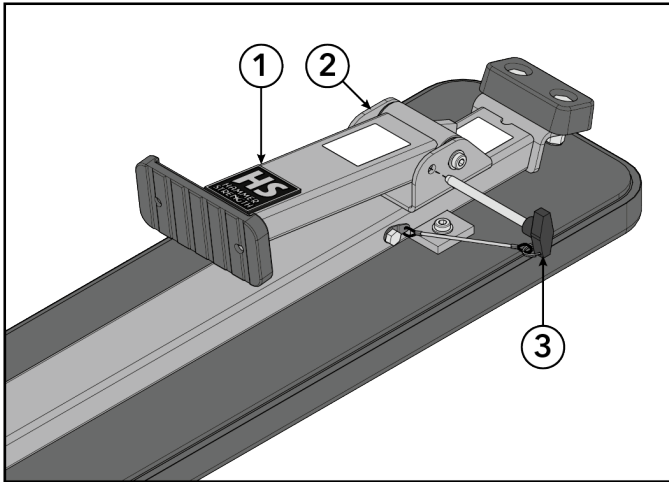
Tools Required

- 3/4" Wrench
- Torque wrench

Assembly Procedure

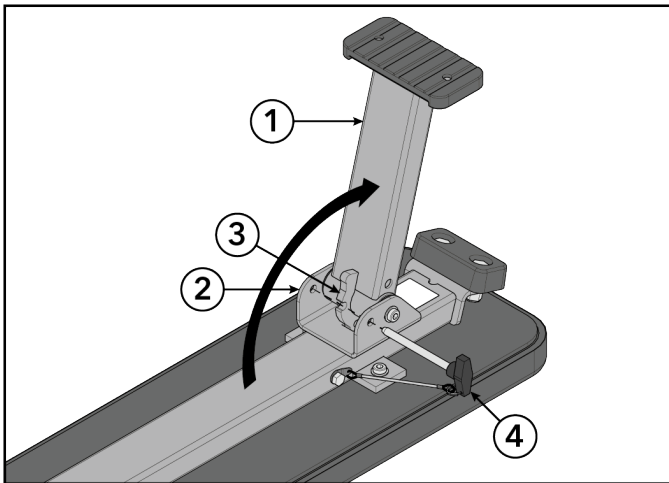
Assemble Bench

1. Remove adjusting pin from crossmember assembly and front leg assembly.



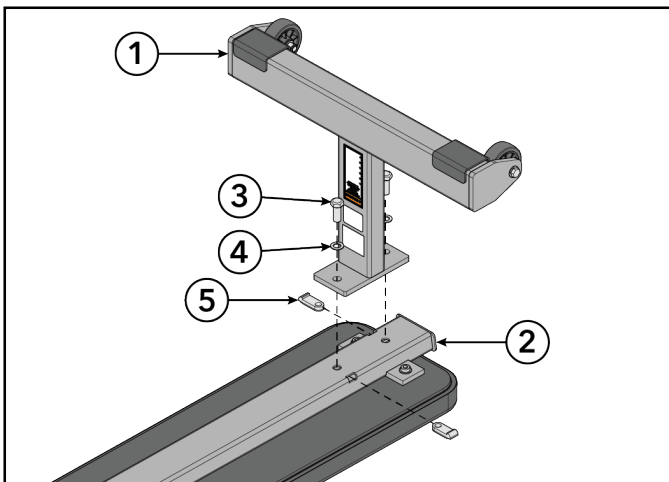
Item	Description	Qty.
1	Front Leg Assembly	1
2	Crossmember Assembly	1
3	Adjusting Pin	1

2. Rotate front leg assembly up and into place. Insert adjusting pin into crossmember assembly and through stop plate groove on front leg assembly.



Item	Description	Qty.
1	Front Leg Assembly	1
2	Crossmember Assembly	1
3	Stop Plate	1
4	Adjusting Pin	1

3. Place Hammer lock nuts into crossmember assembly. Install screws and lock washers securing rear leg assembly to crossmember assembly using a 3/4" wrench.



Item	Description	Qty.
1	Rear Leg Assembly	1
2	Crossmember Assembly	1
3	Screw, 1/2"-13 x 1.25" HHCS	2
4	Lock Washer, 1/2"	2
5	Hammer Lock Nut, 1/2"	2

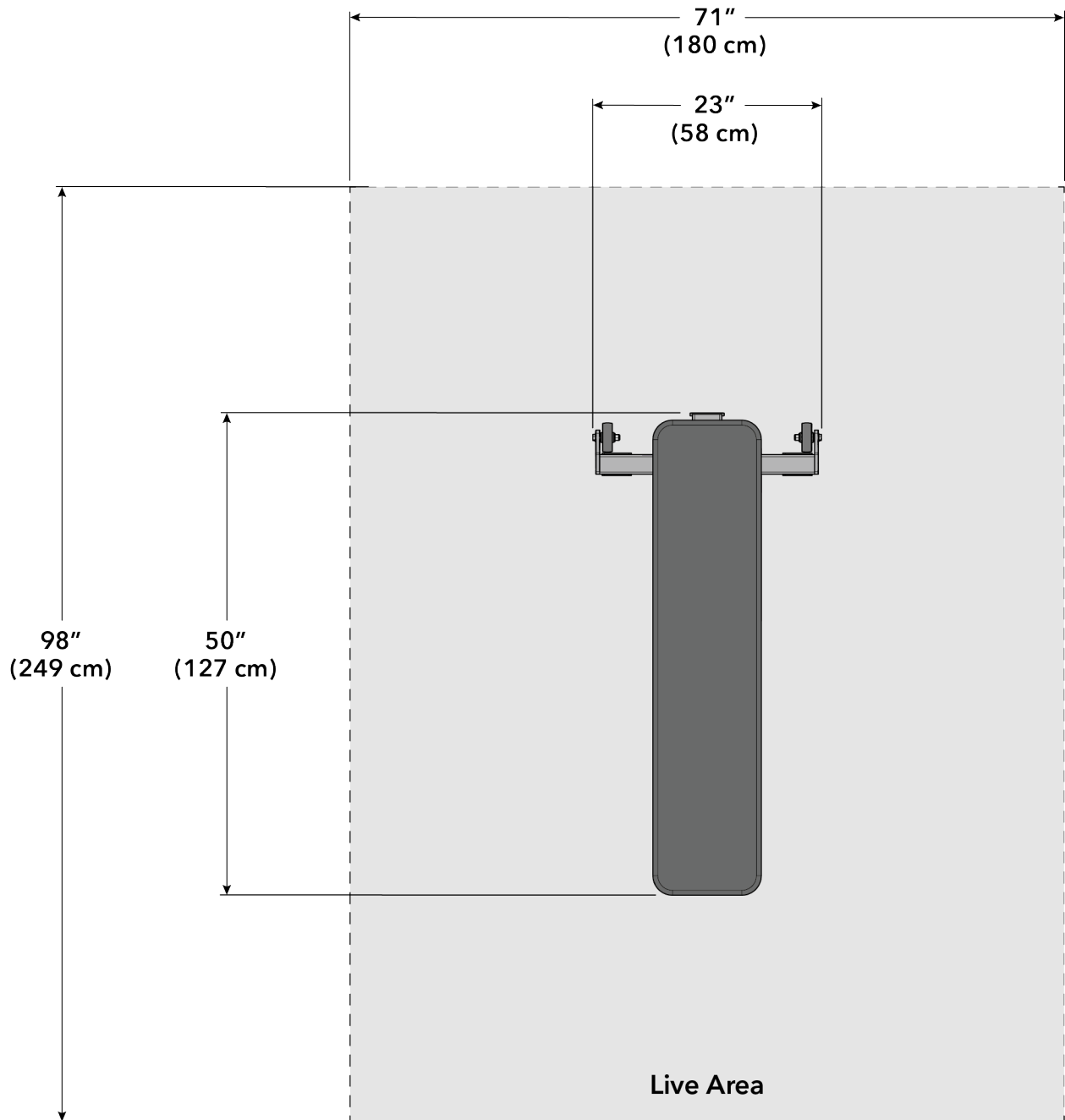


Tighten hardware to 20-25 ft-lbs (27-34 Nm)

3. Product Information

Specifications

Size (L x W x H):	in. = 50 x 23 x 17	cm = 127 x 58 x 43
Live Area (L x W):	in. = 98 x 71	cm = 249 x 180
Product Weight:	52 lbs	24 kg
Max User Weight:	350 lbs	158 kg
Max Training Weight:	675 lbs	306 kg



4. Exercise

General Exercise Information

Intended Use

The intended home 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 user to ensure they understand general use and only perform recommended exercises that do not compromise the stability of the product or put users 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.

5. Maintenance Procedures

Maintenance Schedule

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
CLEAN				
Upholstery	X			
WAX				
Frames				X
INSPECT				
Accessories		X		
Paint			X	
Hardware		X		
Frame		X		

Clean

- Upholstery with an approved or compatible cleaner.
- Frame with a mild soap and water.

Wax

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

Inspect

- Hardware. Check for loosening. Tighten as required.
- Frames. Inspect for wear and damage.
- For paint chips. Fill in immediately with manufacturers touch-up paint.

Once a Day

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

Once a Week

- Visually inspect all hardware for loosening, tampering or wear.
- Inspect all accessories, connecting links, and carabiner clips for wear.

Once a Month

- Inspect hardware on all machines and tighten any bolts or nuts that may have loosened over the life of the product.

Notes

- Use polishing compound (such as car wax) and remove shoe scuffs from powder coated surfaces as necessary.

Approved and Compatible Cleaners

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

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

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

Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: customersupport@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.

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			
Bearings			X	
Upholstery				X
Hardware / Mechanical				X
Items Not Specified				X

How to Obtain Product Service

For CUSTOMER Service within the United States and Canada: 1-800-351-3737 or customersupport@lifefitness.com

Please call Monday through Friday from 7:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address, and serial number of your Product. They will tell you how to get a replacement part, or if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service. Before shipping:

1. **Obtain** a Return Authorization Number (**RA#**) from Customer Support Services
2. Securely **pack** your Product (use the original shipping carton, if possible)
3. **Write** the RA# on the outside of the carton
4. **Insure** the Product
5. **Include** a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

Return address:

Life Fitness World Headquarters

Attn: CSS Help Desk

10601 W Belmont Ave

Franklin Park, IL 60131

For Product Service Internationally see contact information listed on page two of this manual.

