

Free Weight

FW-AC, FW-ADB, FW-BAR, FW-BPL, FW-BPS, FW-D1, FW-D2, FW-D3, FW-DRA, FW-DWT, FW-FB, FW-MAB, FW-MAS, FW-UB75, FW-XLD1, FW-XLD2 & FW-XLD3

Owner's Manual/Assembly Instructions



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Sales/Marketing Email:
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*Also check www.lifefitness.com for local representation or distributor/dealer

User and Service Documents Link

<https://fn.fit/KnowledgeBase>

<https://fn.fit/SupportDocuments>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

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

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

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

Дополнительная информация доступна в интернете по ссылке, указанной выше.

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

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

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

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

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

ከላይ የተቀመጠውን አገናኝ(ሊንክ) በመጠቀም መረጃዎች አንላይን ያገኛሉ።

Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

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

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באתר האינטרנט 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 • 1003085-0001 AF • 2025

1. Safety

Safety Information

It is the sole responsibility of the purchaser of Life Fitness products to read the owner's manual and warning labels and instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT Life Fitness CUSTOMER SERVICE IMMEDIATELY AT 1-800-351-3737.

This equipment is categorized as class S per EN ISO 20957-1. As such this equipment is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact Life Fitness with any questions regarding this classification.

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

Operating Warnings

⚠ WARNING: This product can expose you to chemicals including Methyl Isobutyl Ketone, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to <http://www.P65Warnings.ca.gov>

- Life Fitness does not warrant nor guarantee that component parts used in the manufacture of products offered under the Life Fitness brand are latex-free. Users of these products must take all necessary precautions to prevent accidental contact that could lead to an adverse latex reaction.
- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.

Access Control

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

Installation

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

Proper Usage

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

Inspection

- DO NOT attempt to use or repair any accessory approved for use with the equipment which appears to be damaged or worn.
- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all Life Fitness equipment, use only replacement parts supplied by Life Fitness.
- Cables and belts pose an extreme liability if used when damaged. Always replace any cable at first sign of wear (consult Life Fitness if uncertain).
- Routinely inspect all accessory clips that join attachments to the cables and replace them at the first sign of wear.
- Maintain labels, name plates and instructional placards. Do not remove labels or instructional placards for any reason. They contain important information. Contact Customer Support to replace any worn, damaged, or unreadable labels or instructional placards and to ensure that you are always using the latest version of labels and instructional placards.

- Equipment Maintenance - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Life Fitness will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.
- Before use, examine all accessories approved for use with the Life Fitness equipment for damage or wear.

Warnings and Cautions

- Warning labels indicate a potentially hazardous situation that could result in serious injury or death if the precautions are not observed.
- Caution labels indicate a potentially hazardous situation that could result in serious injury or damage to machine if the precautions are not observed.
- Contact [Customer Support Services](#) to replace any worn, damaged, or unreadable labels and to ensure that you are always using the latest version of labels.

Plate Loaded, Free Weight, and Body Weight Systems

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

Product Labels

General Warning

WARNING

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

1. Before using, read all the warnings and obtain instruction on the use of this machine. Use only for intended exercise. DO NOT modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before use. DO NOT use if it appears damaged. DO NOT attempt to fix a broken or jammed machine. Notify staff immediately.
5. Always utilize weight plate retention devices.
6. DO NOT exceed the load rating. Seek Assistance.
7. Use only weight plates with 2" (5 cm) bore for training weight. Do not use dumbbells or other means to increase weight resistance. Seek Assistance.
8. Children must not be allowed near this machine. Supervise Teenagers.
9. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
10. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

8773701

General Warning 1-6

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.**

150LB (68Kg) Maximum Dumbbell Weight

CAUTION

**MAXIMUM DUMBBELL WEIGHT:
150 LB / 68 KG**

1008537-0001

200LB (90Kg) Maximum Dumbbell Weight

CAUTION

**MAXIMUM DUMBBELL WEIGHT:
200 LB / 90 KG**

1008538-0001

500LB (225Kg) Maximum Weight

500 lbs.
(225 kg.)

MAX

Pinch Hazard



Serial Number

HAMMER STRENGTH

9525 Bryn Mawr Ave Rosemont, IL 60018 USA 1-847-288-3300 www.lifefitness.com	Bijdorplan 25-31 2992 LB Barendrecht The Netherlands +31 0 180 646 666	CAGE: OCMY5 Class: S
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Model: XXX

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

SN: XXXXXXXXXXXXX

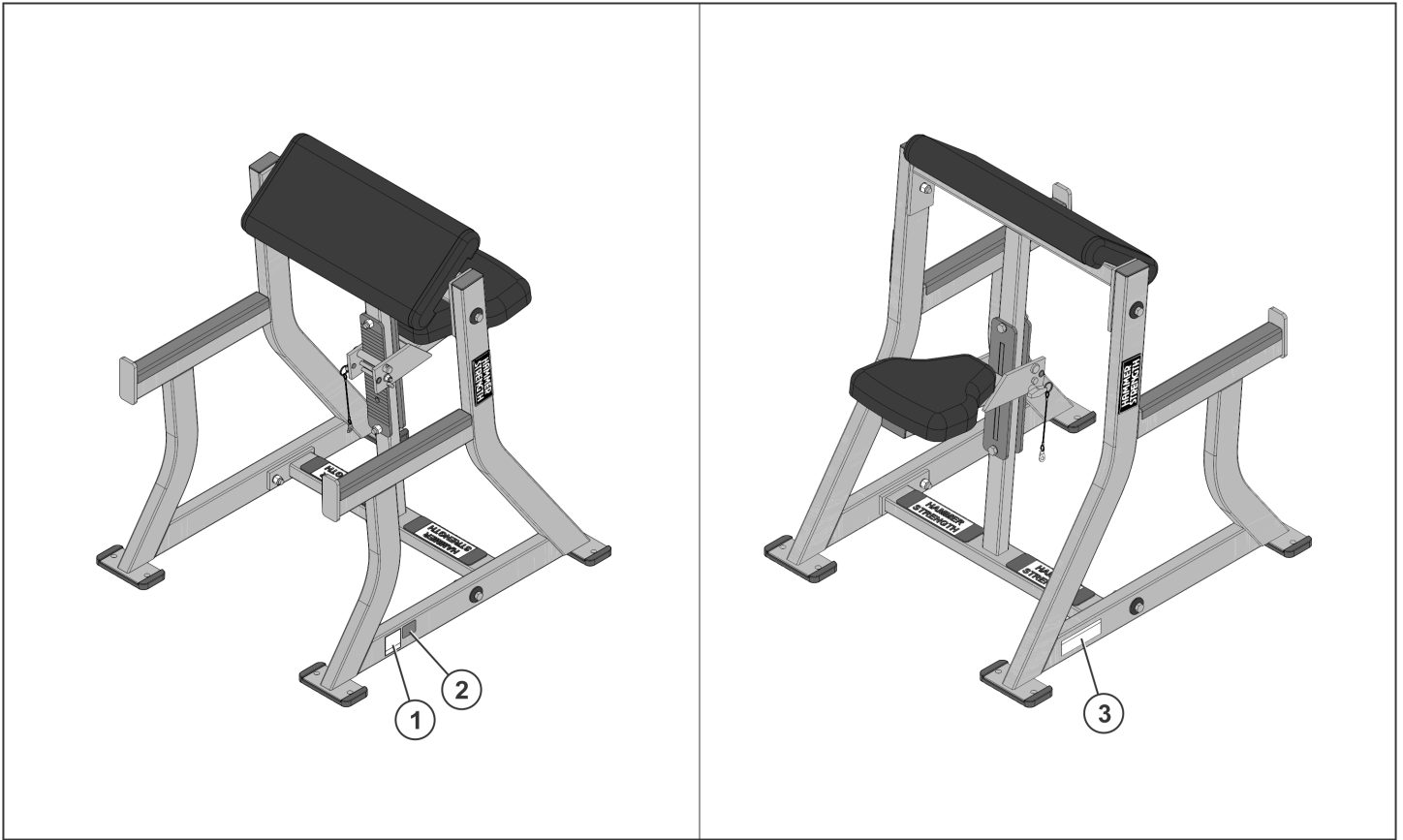
Manufactured in the USA with US and Foreign parts

FCC Compliant

EN ISO 20957
TSCA Title VI Compliant

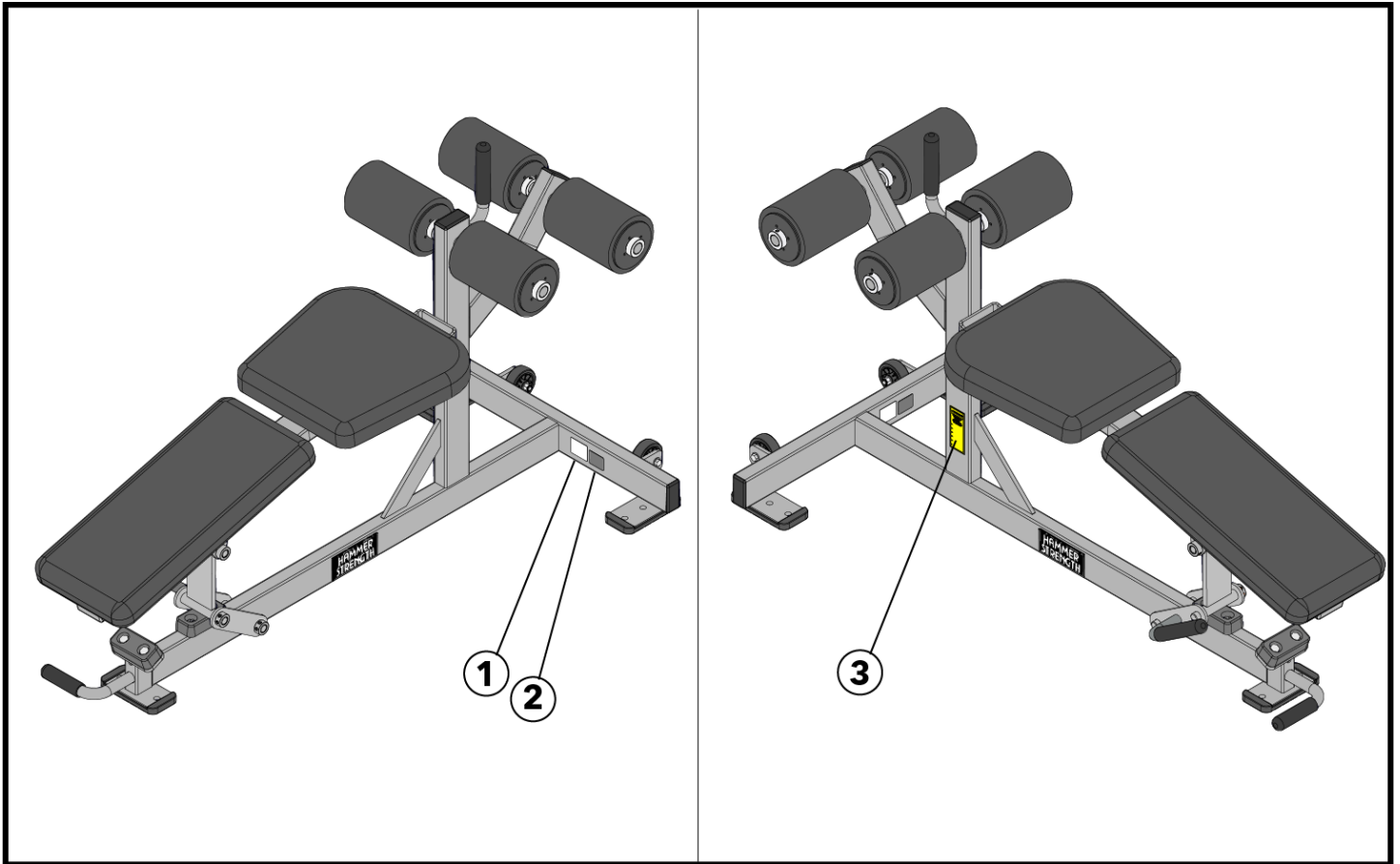
THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS: (1) THIS DEVICE MAY NOT CAUSE HARMFUL INTERFERENCE, AND (2) THIS DEVICE MUST ACCEPT ANY INTERFERENCE RECEIVED, INCLUDING INTERFERENCE THAT MAY CAUSE UNDESIRABLE OPERATION.

FW-AC Label Locations



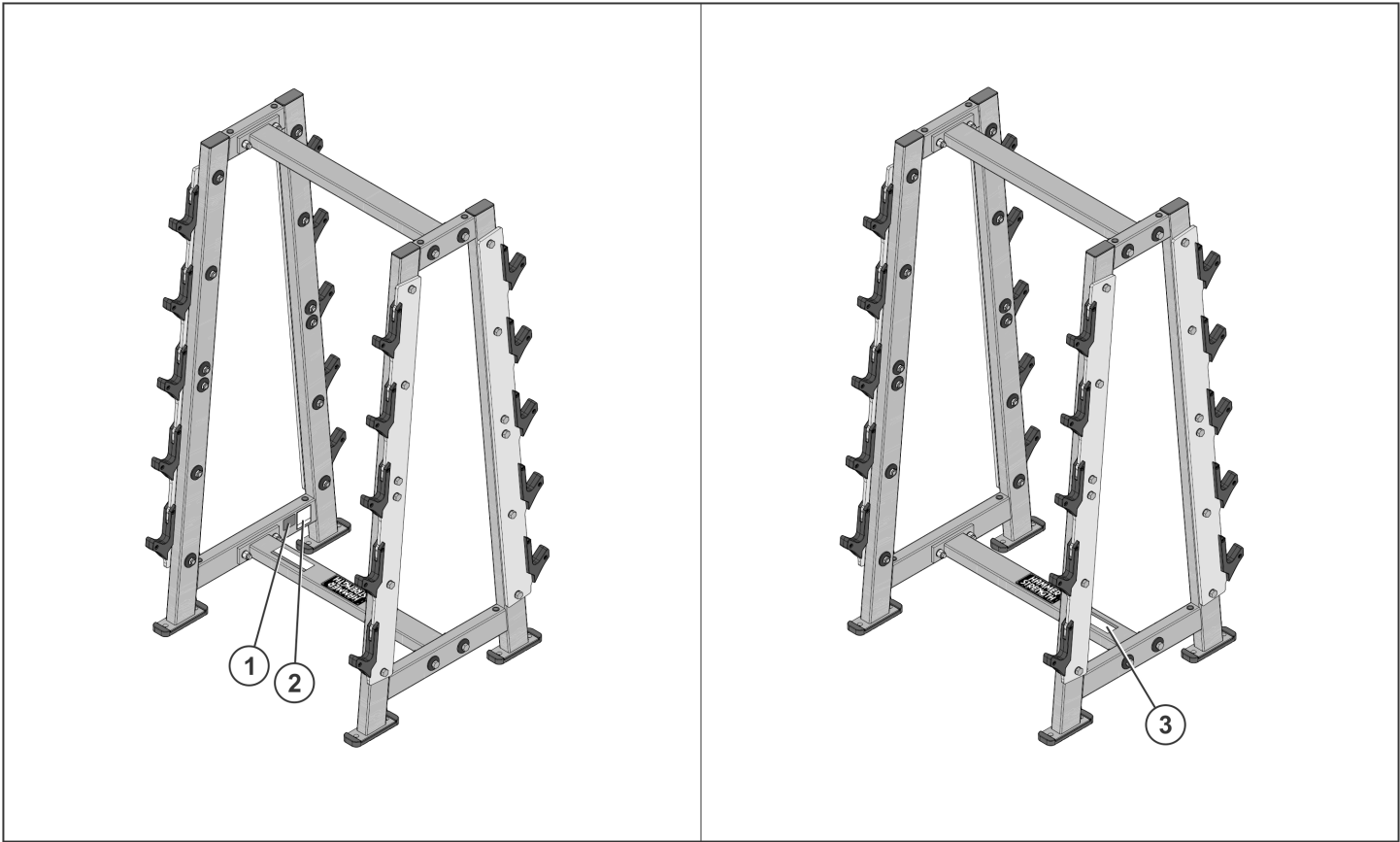
Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	General Warning	1

FW-ADB Label Locations



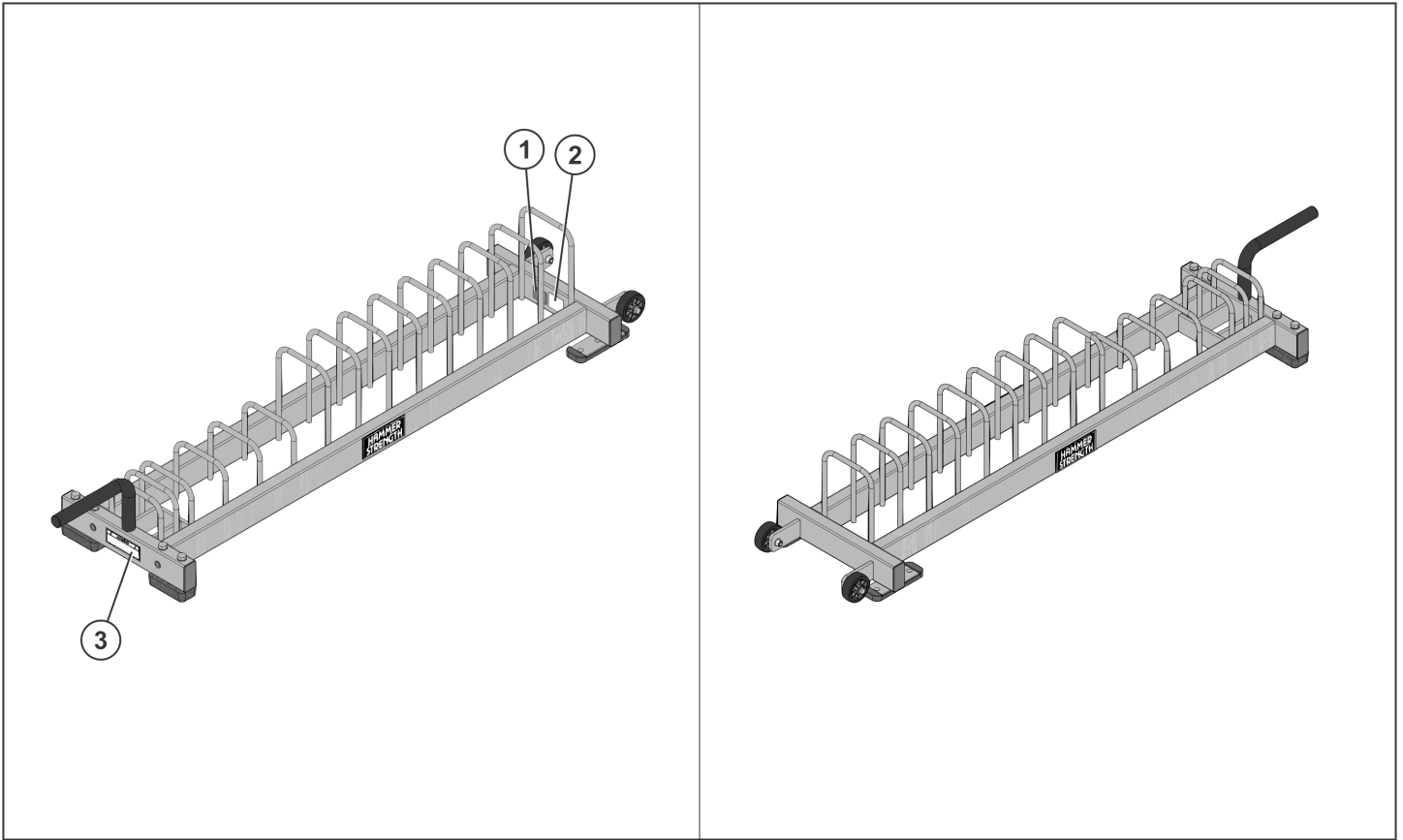
Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	General Warning	1

FW-BAR Label Locations



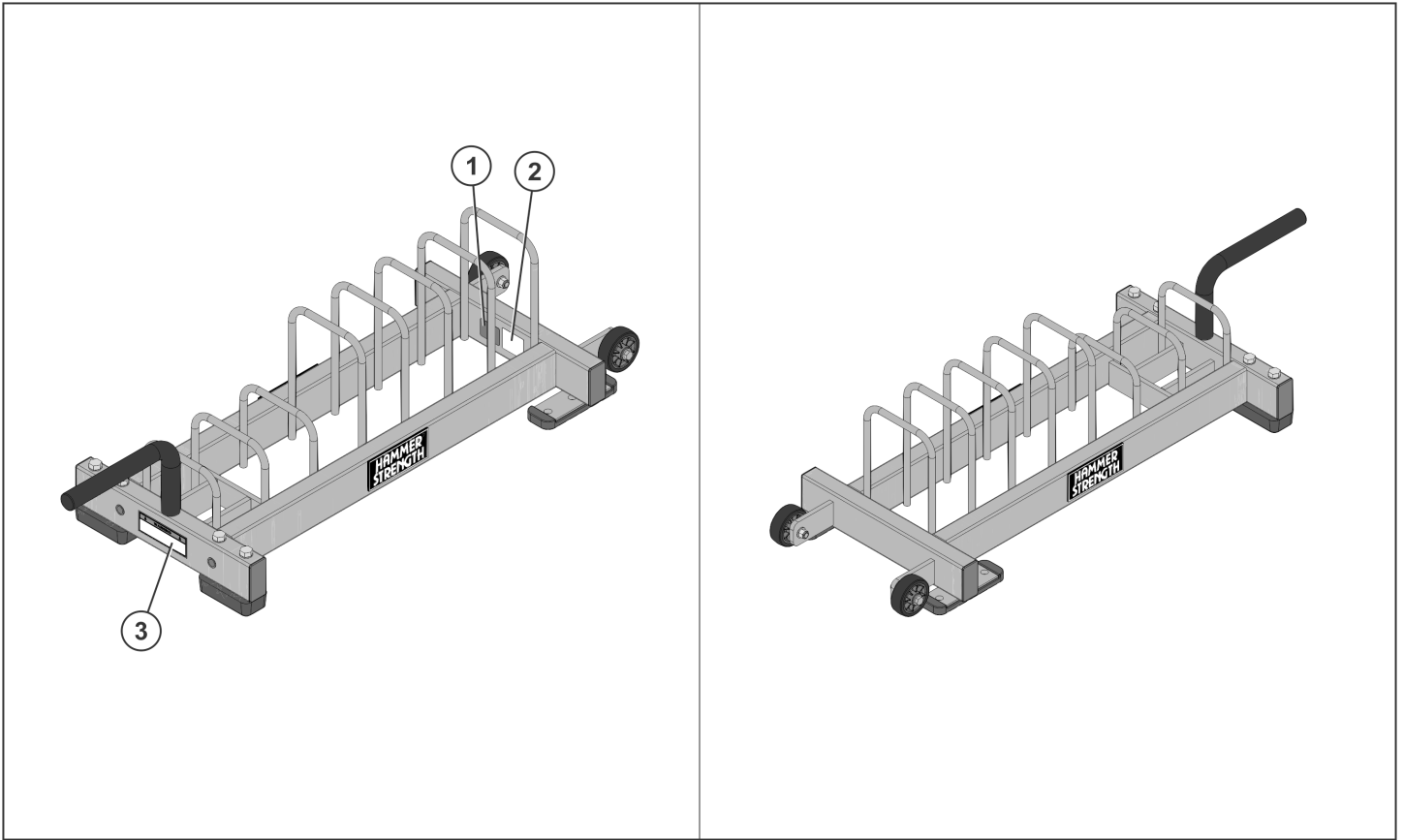
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	General Warning	1

FW-BPL Label Locations



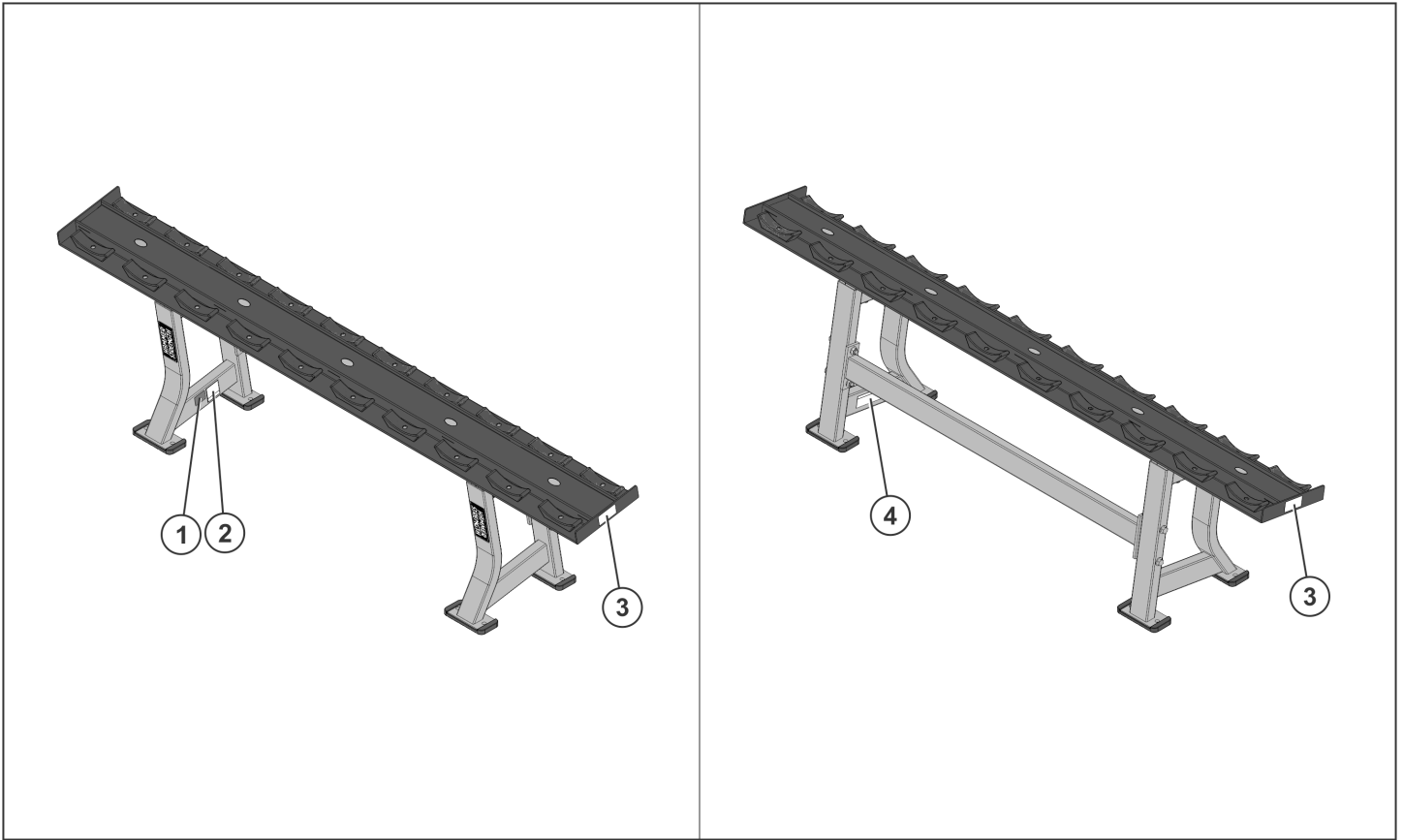
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	General Warning	1

FW-BPS Label Locations



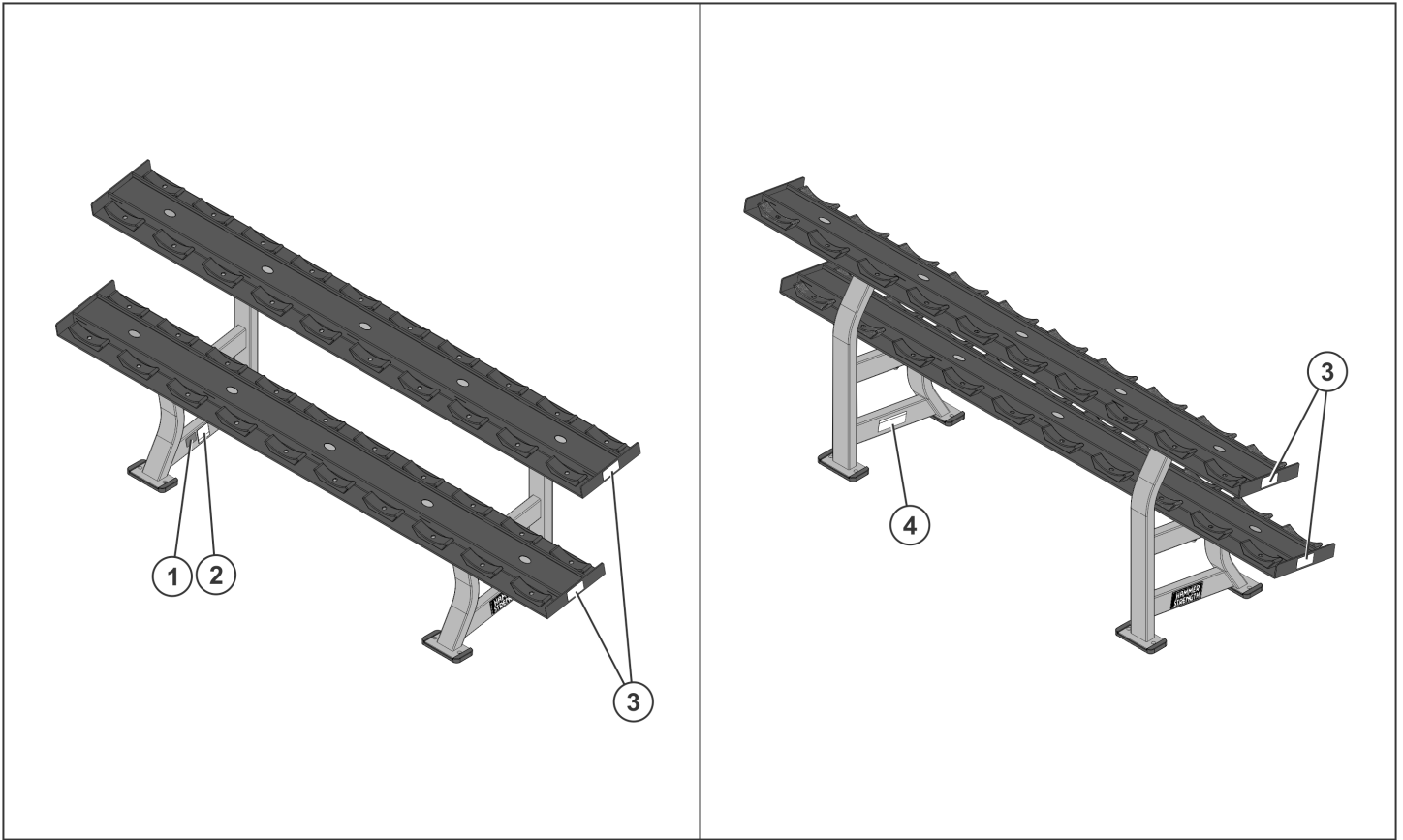
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	General Warning	1

FW-D1 Label Locations



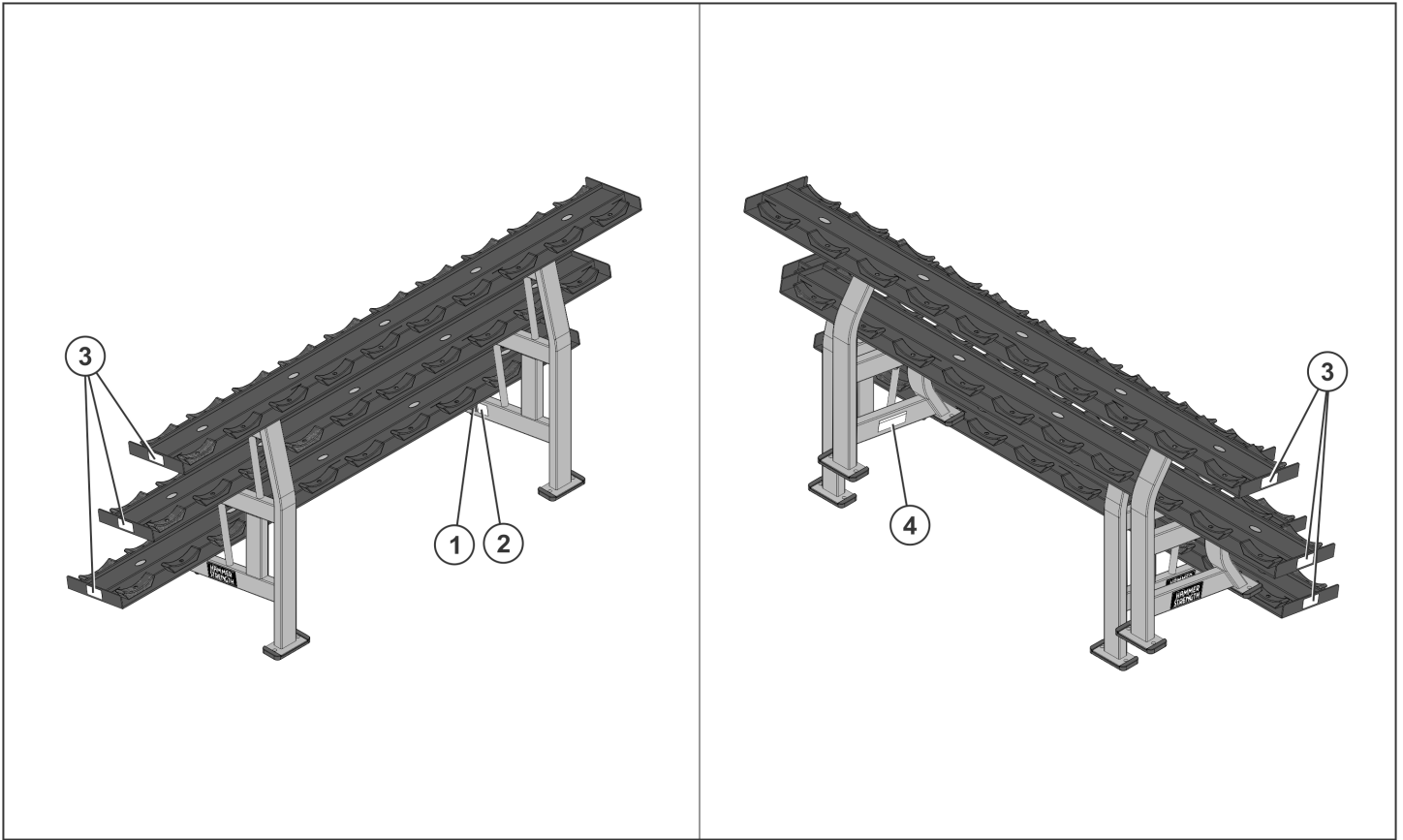
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	150LB (68Kg) Maximum Dumbbell Weight	2
4	General Warning	1

FW-D2 Label Locations



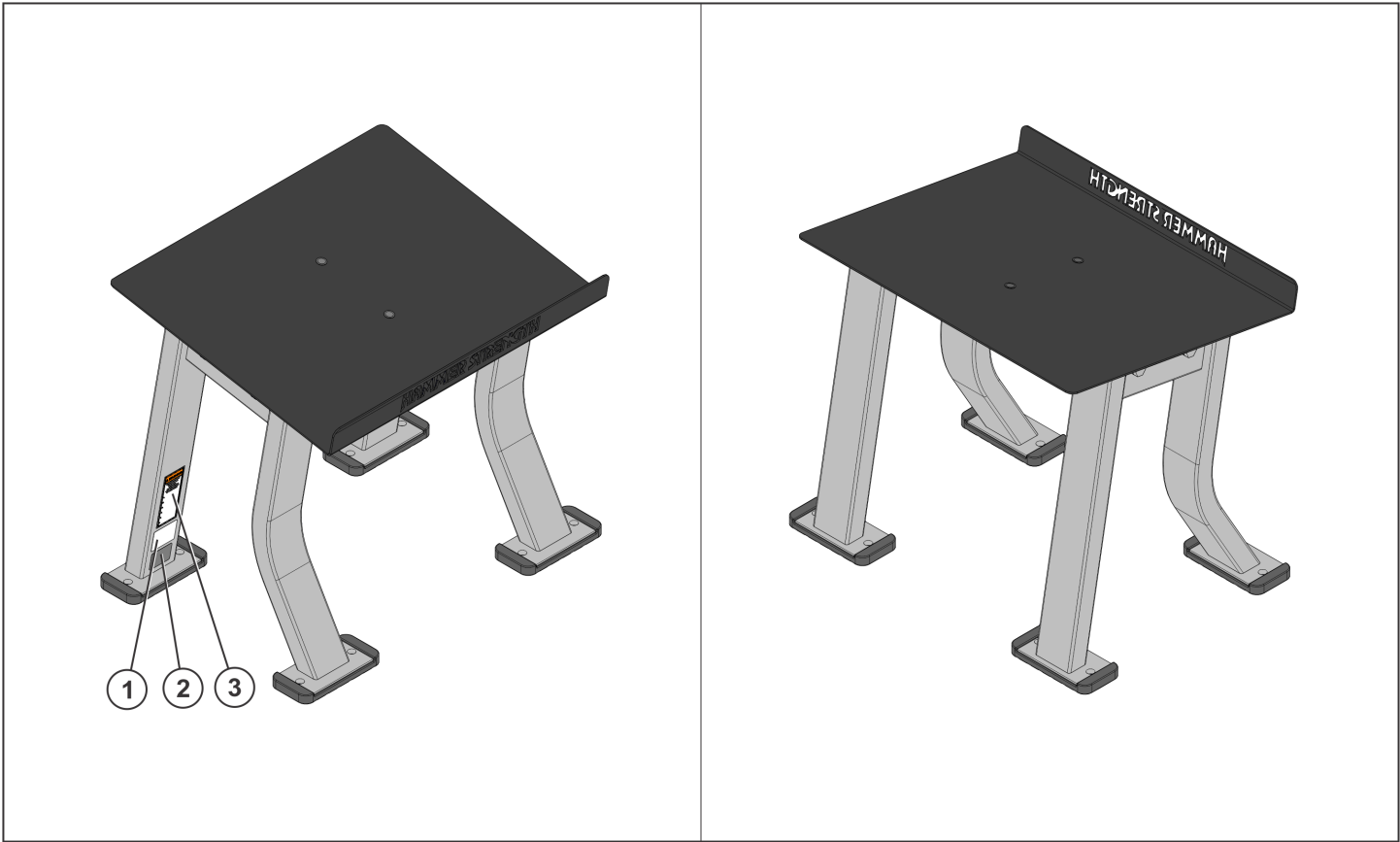
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	150LB (68Kg) Maximum Dumbbell Weight	4
4	General Warning	1

FW-D3 Label Locations



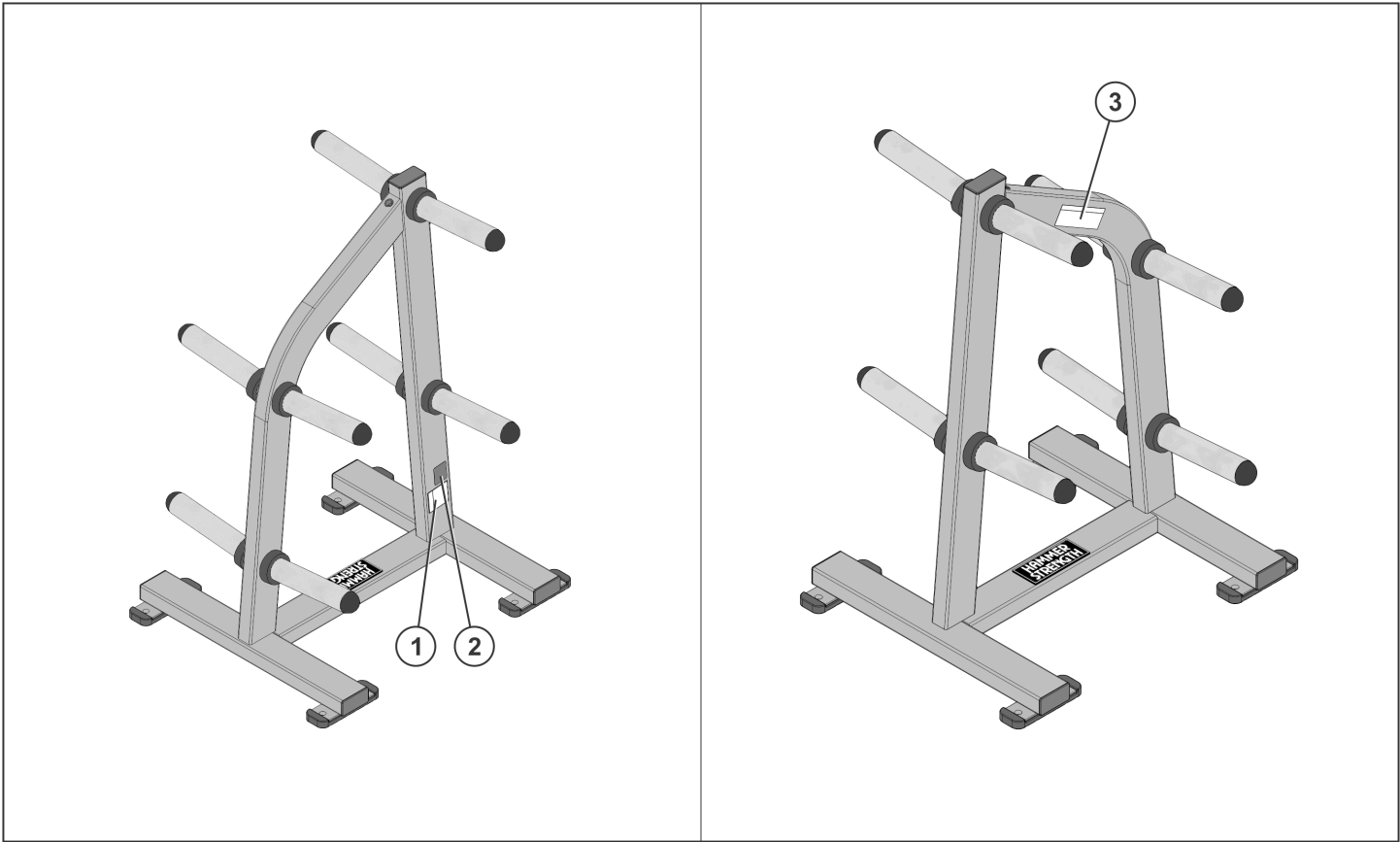
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	150LB (68Kg) Maximum Dumbbell Weight	6
4	General Warning	1

FW-DRA Label Locations



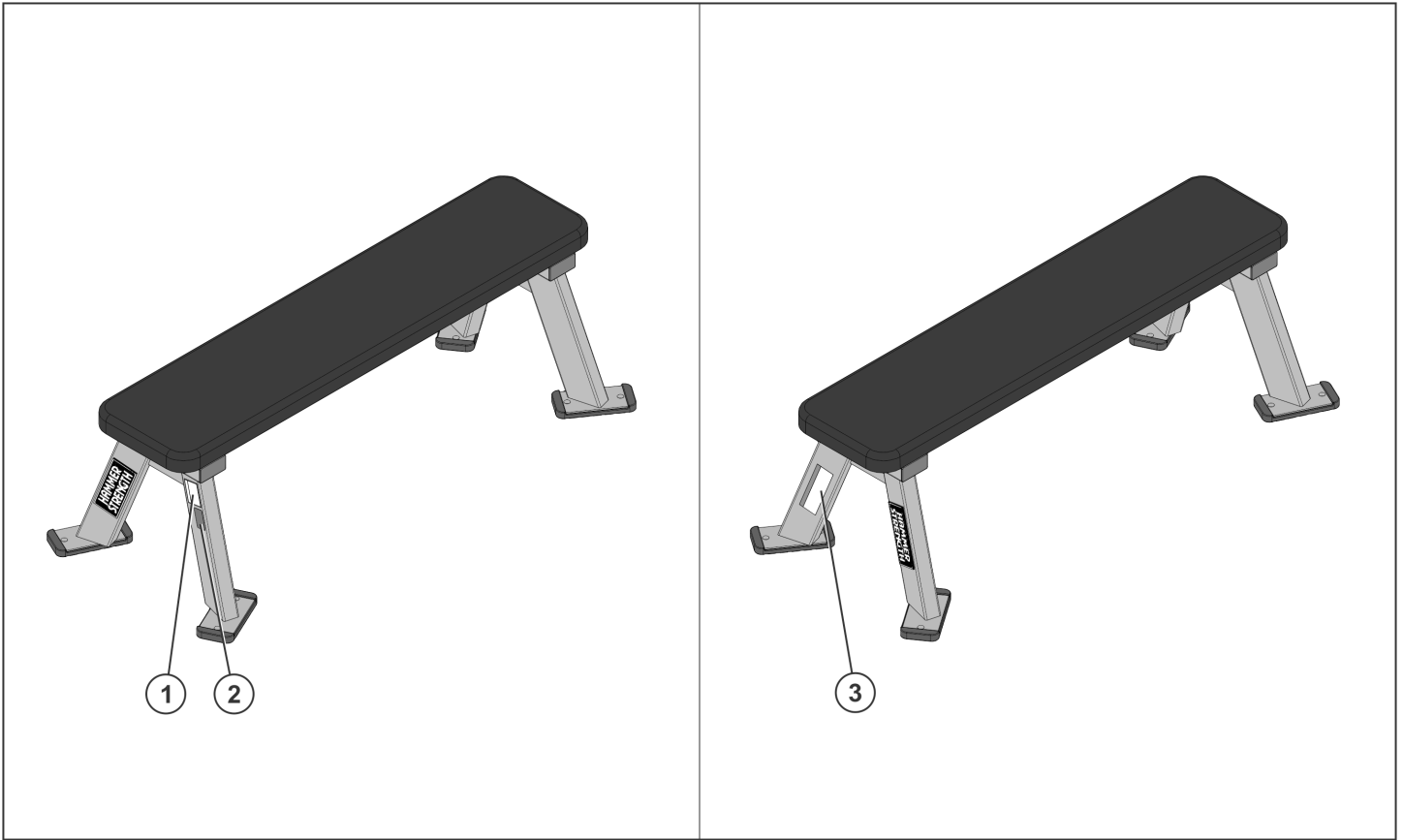
Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	General Warning	1

FW-DWT Label Locations



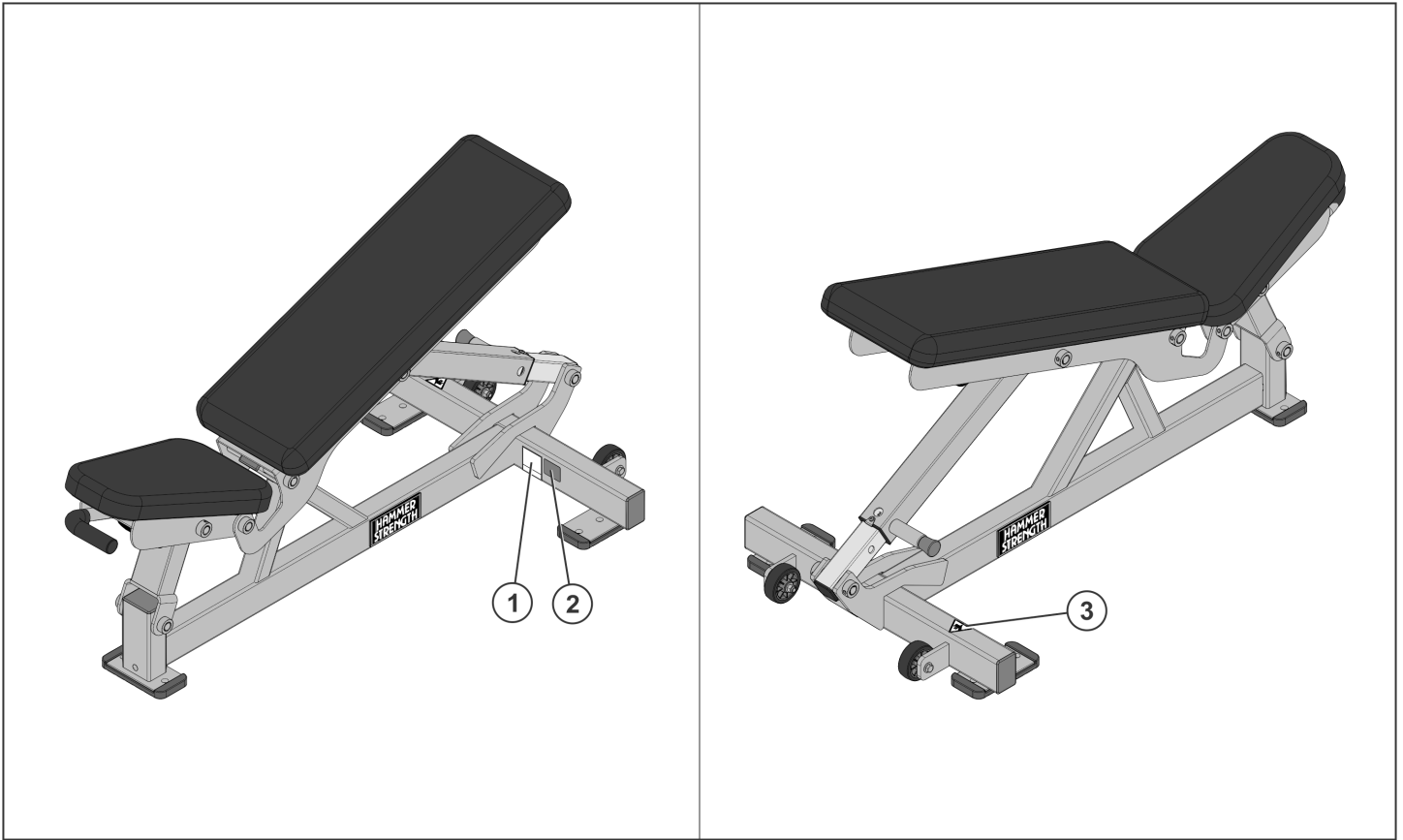
Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	General Warning	1

FW-FB Label Locations



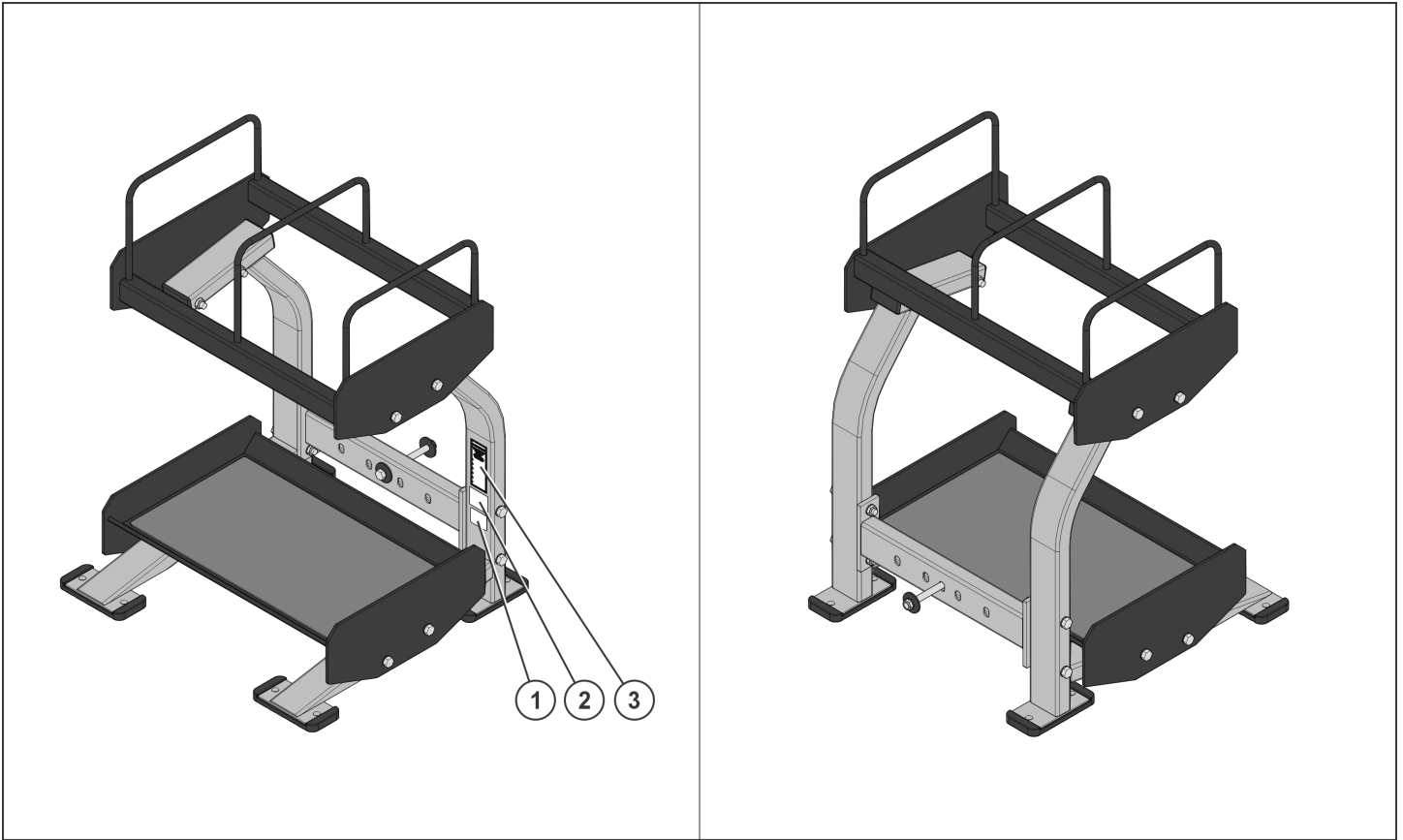
Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	General Warning	1

FW-MAB Label Locations



Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	Pinch Hazard	1

FW-MAS Label Locations



Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	General Warning 1-6	1

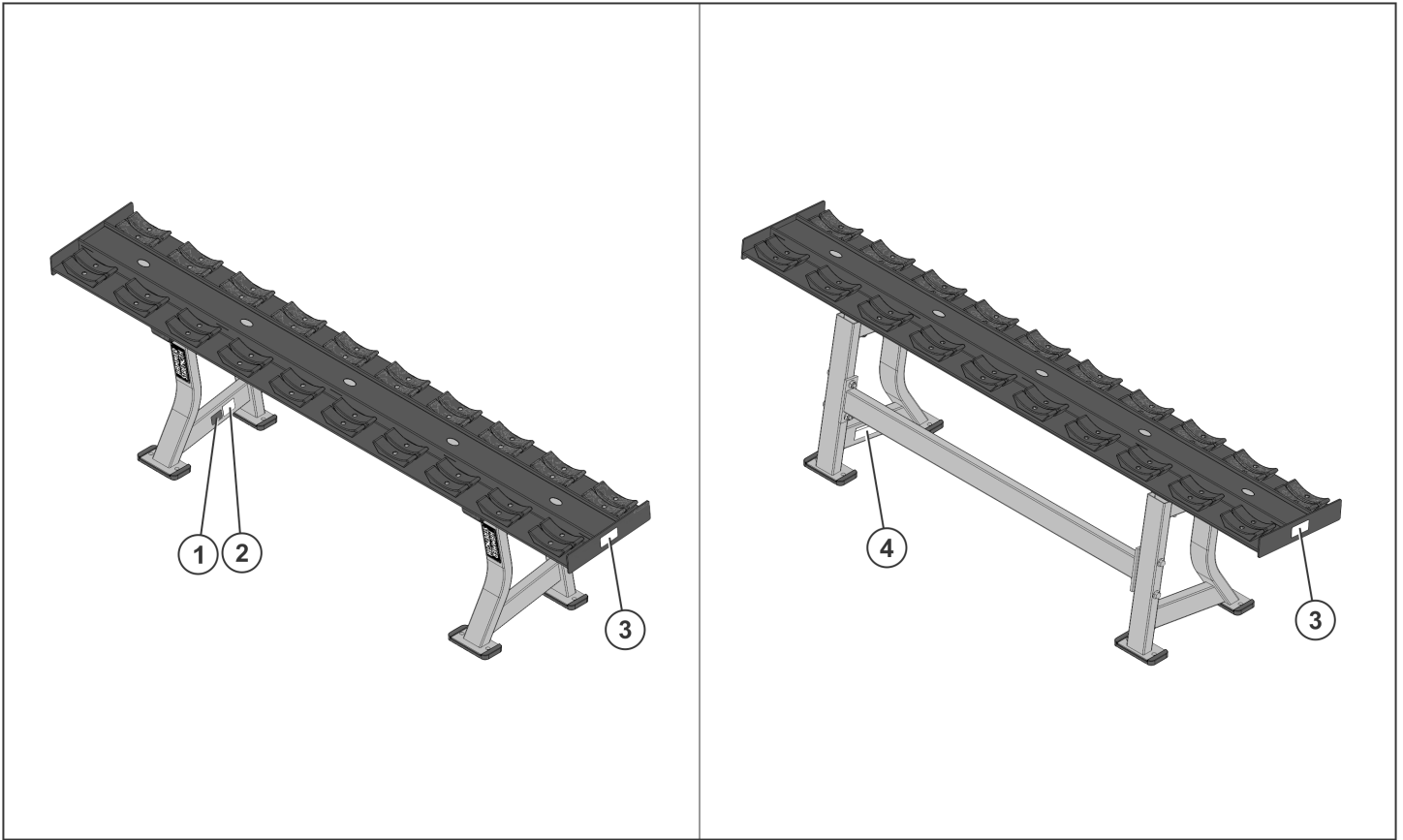
NOTE: Shown with optional bumper plate tray (top) and accessory tray (bottom)

FW-UB75 Label Locations



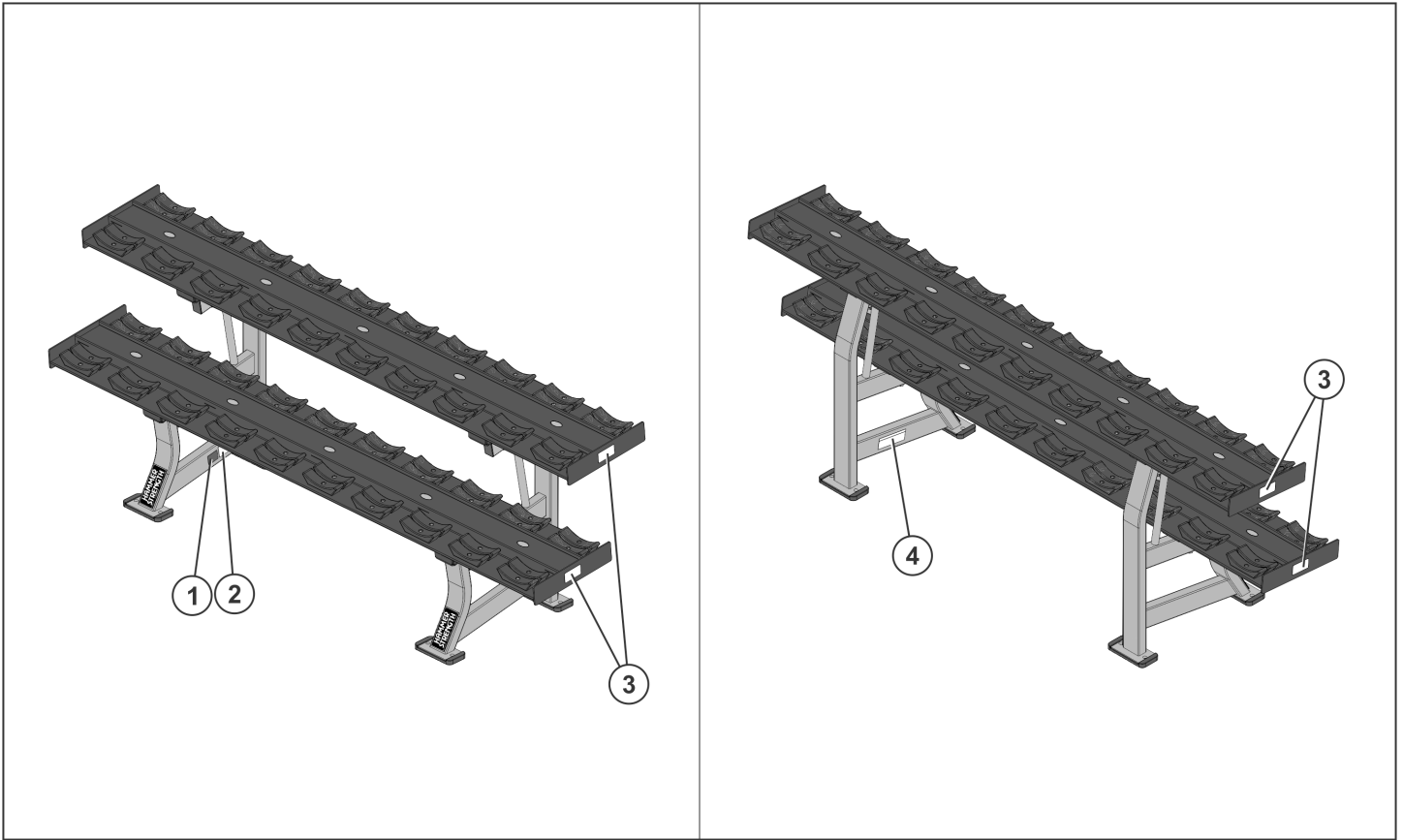
Item	Description	Qty.
1	Serial Number	1
2	FCC Compliant	1
3	General Warning	1

FW-XLD1 Label Locations



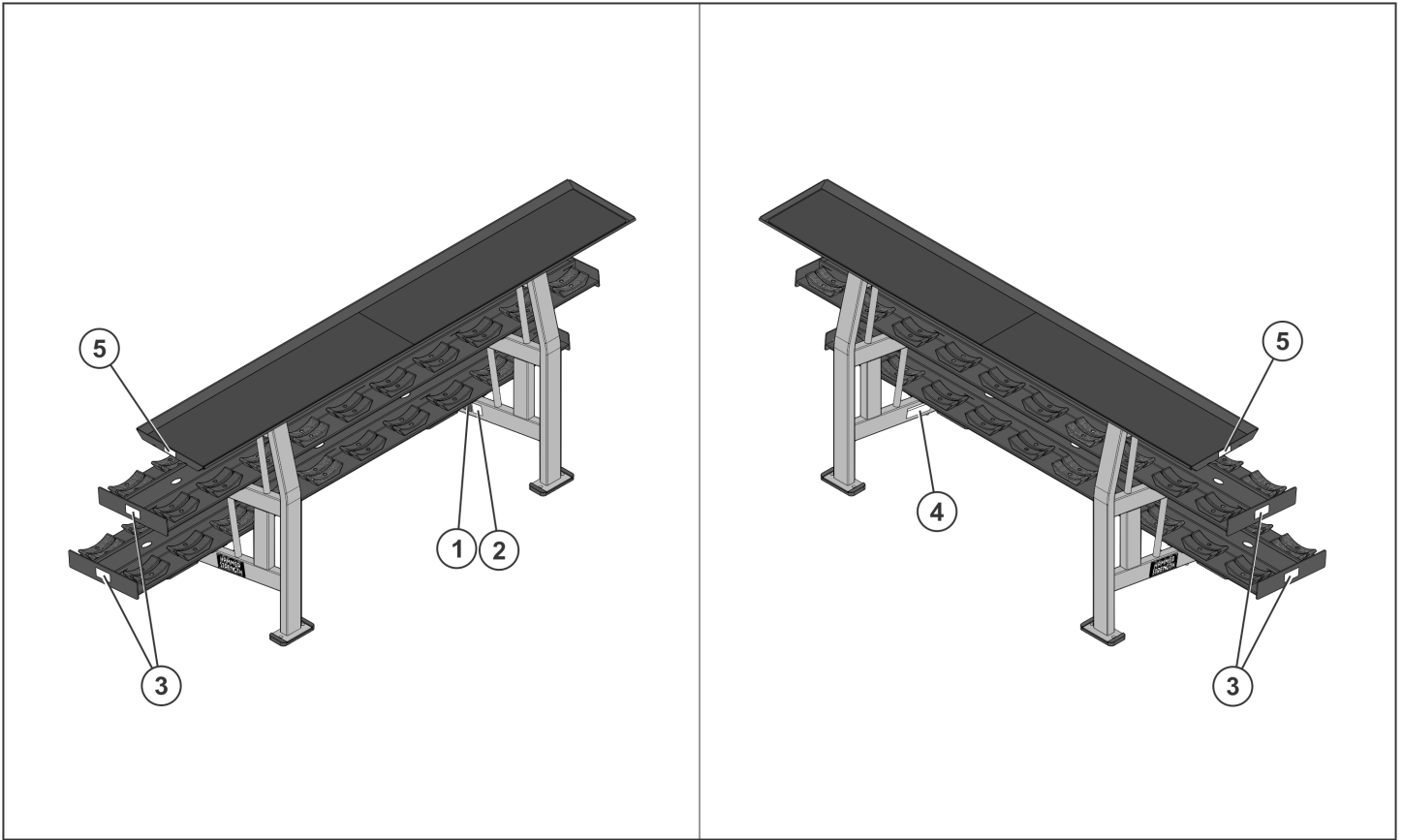
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	200LB (90Kg) Maximum Dumbbell Weight	2
4	General Warning	1

FW-XLD2 Label Locations



Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	200LB (90Kg) Maximum Dumbbell Weight	4
4	General Warning	1

FW-XLD3 Label Locations

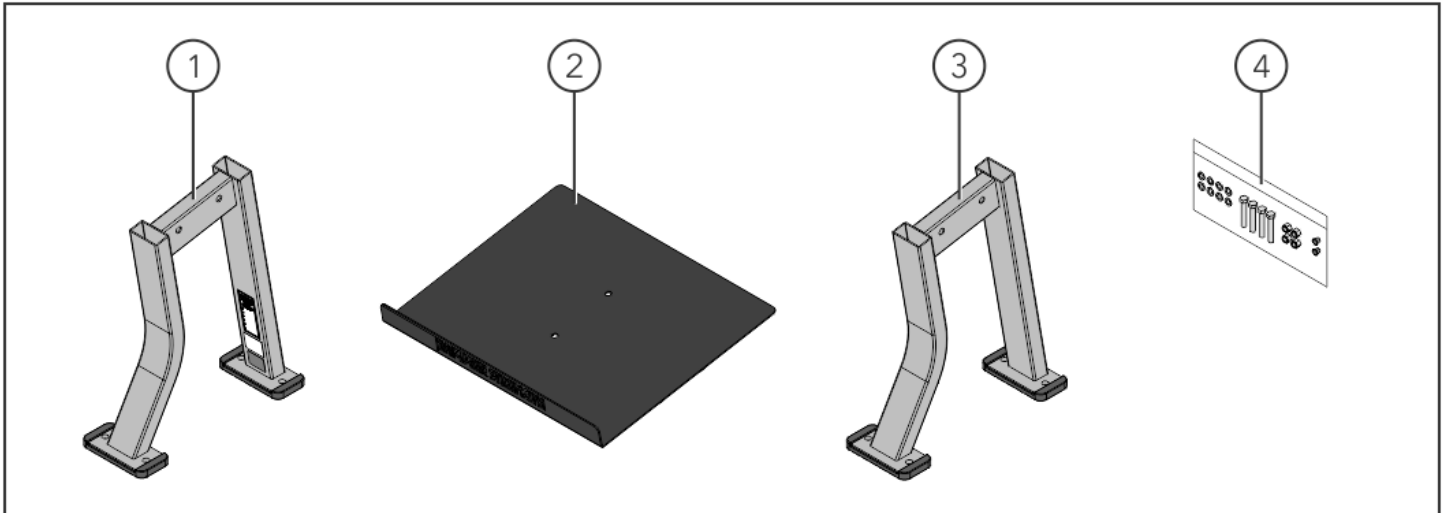


Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	200LB (90Kg) Maximum Dumbbell Weight	4
4	General Warning	1
5	500LB (225Kg) Maximum Weight	2

NOTE: Shown with optional tray

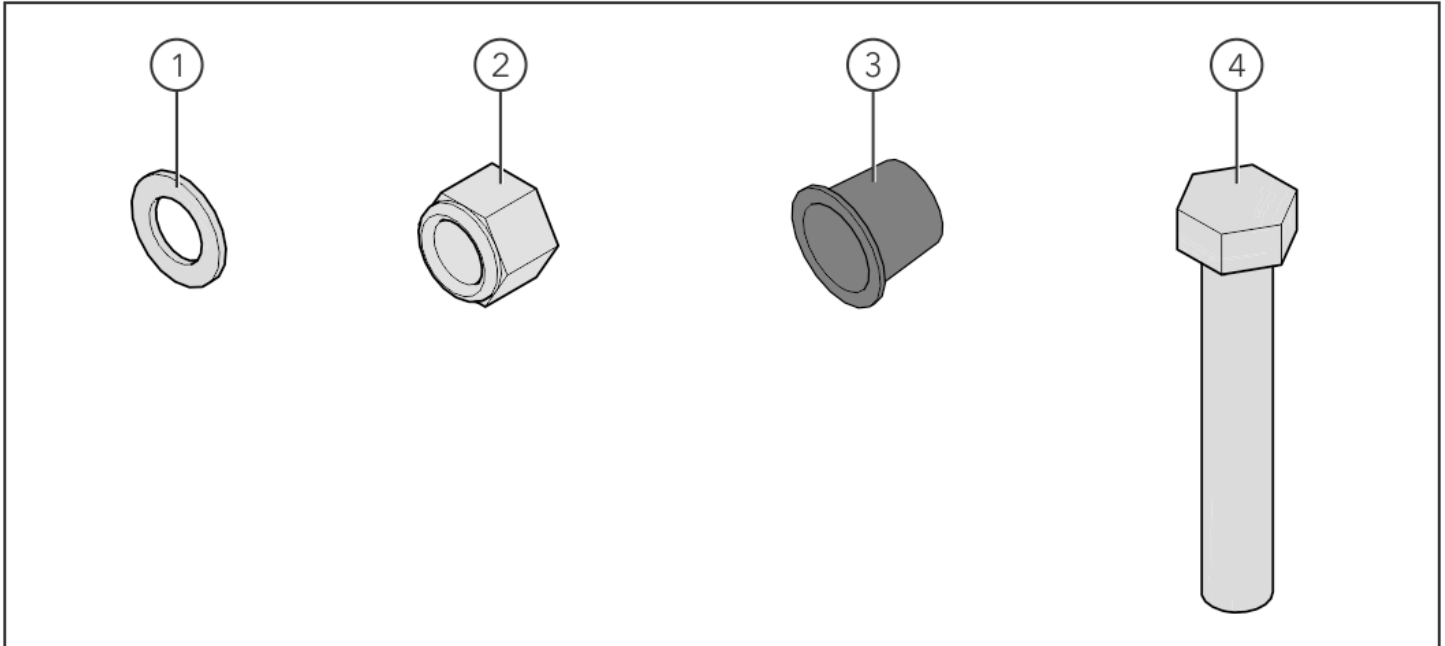
2. Assembly

FW-DRA Component List



Item	Description	Qty.
1	Left Side Frame Assembly	1
2	Top Tray Weldment	1
3	Right Side Frame Assembly	1
4	Hardware Kit	1

Hardware Kit



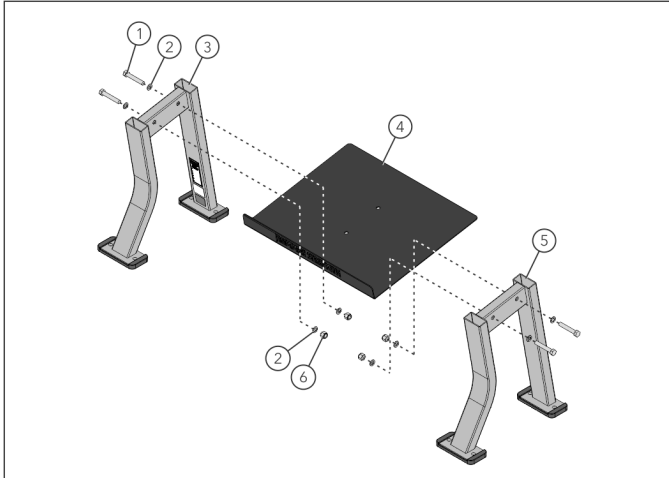
Item	Description	Qty.
1	1/2 Lock Washer	8
2	1/2 Thick Lock Nut	4
3	Hole Plug	2
4	1/2 x 3 Bolt	4

Tools Required

- Safety glasses
- Hammer
- 3/4" open-end wrench (x2)
- Torque wrench

FW-DRA Assembly

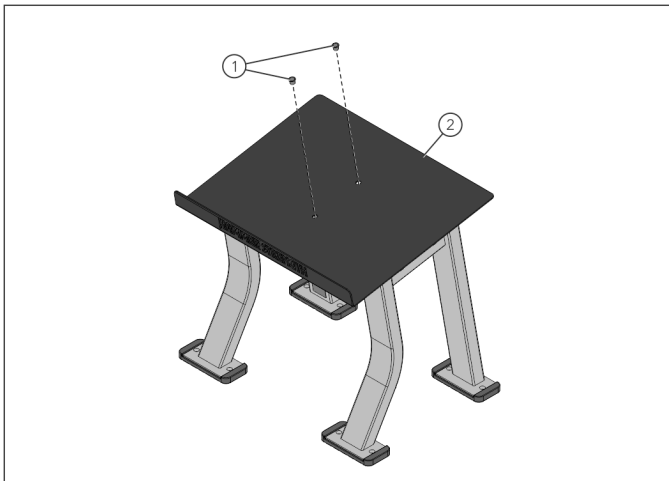
1. Attach side frame assemblies to the top tray weldment.



Item	Description	Qty.
1	1/2 x 3 Bolt	4
2	1/2 Washer	8
3	Left Side Frame Assembly	1
4	Top Tray Weldment	1
5	Right Side Frame Assembly	1
6	1/2 Thick Lock Nut	4

NOTE: Tighten hardware to 20-25 Ft-lbs (27.1-33.8 Nm).

2. Gently tap hole plugs into top tray weldment.



Item	Description	Qty.
1	Hole Plug	2
2	Top Tray Weldment	1

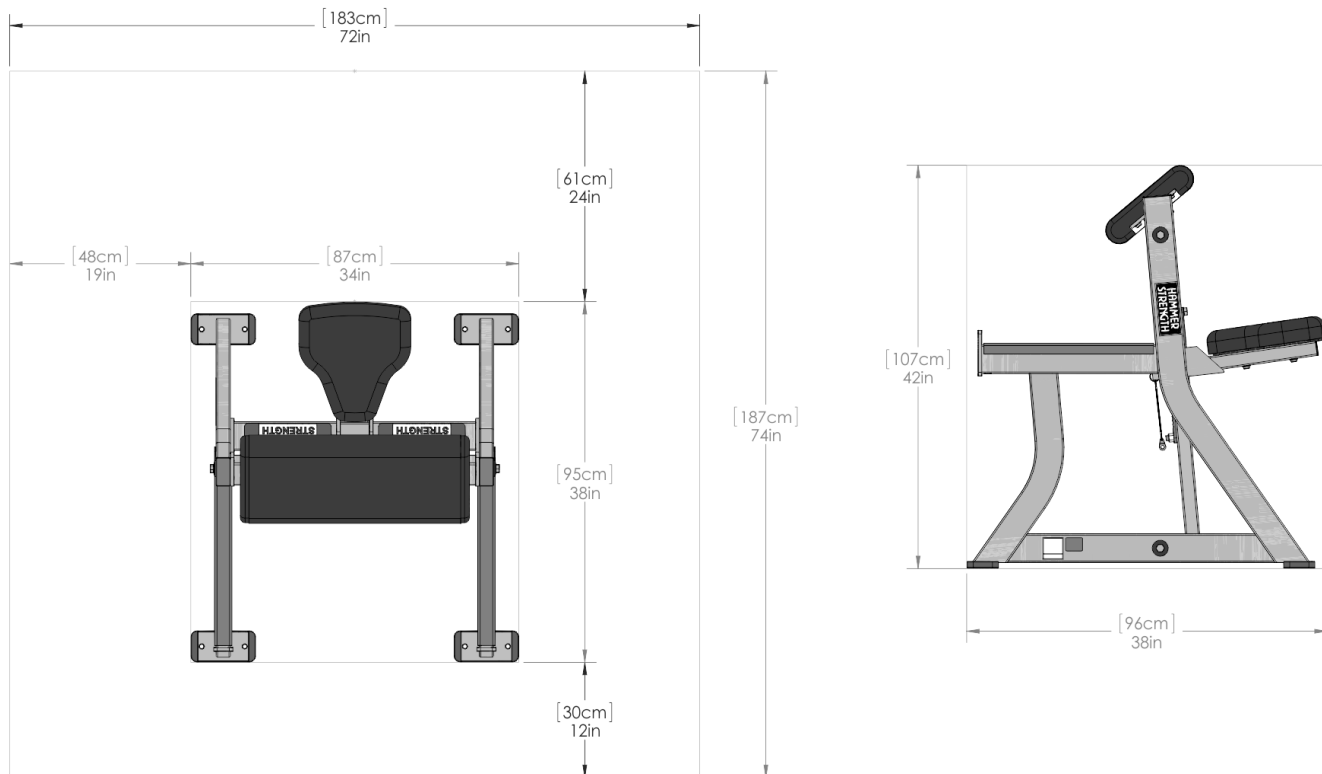
3. Product Information

Seated Arm Curl (FW-AC)

Description

The Seated Arm Curl offers the traditional preacher curl position with the same high-grade durability and quality that comes with Hammer Strength benches and racks.

Machine Weight:	lbs. = 150	kg. = 68
Max User Weight:	lbs. = 350	kg. = 158.8
Max Capacity:	lbs. = 385	kg. = 175
Size (L x W x H):	in. = 38 x 34 x 42	cm = 97 x 86 x 107
Live Area (L x W)	in. = 74 x 72	cm = 187 x 183



Additional Information

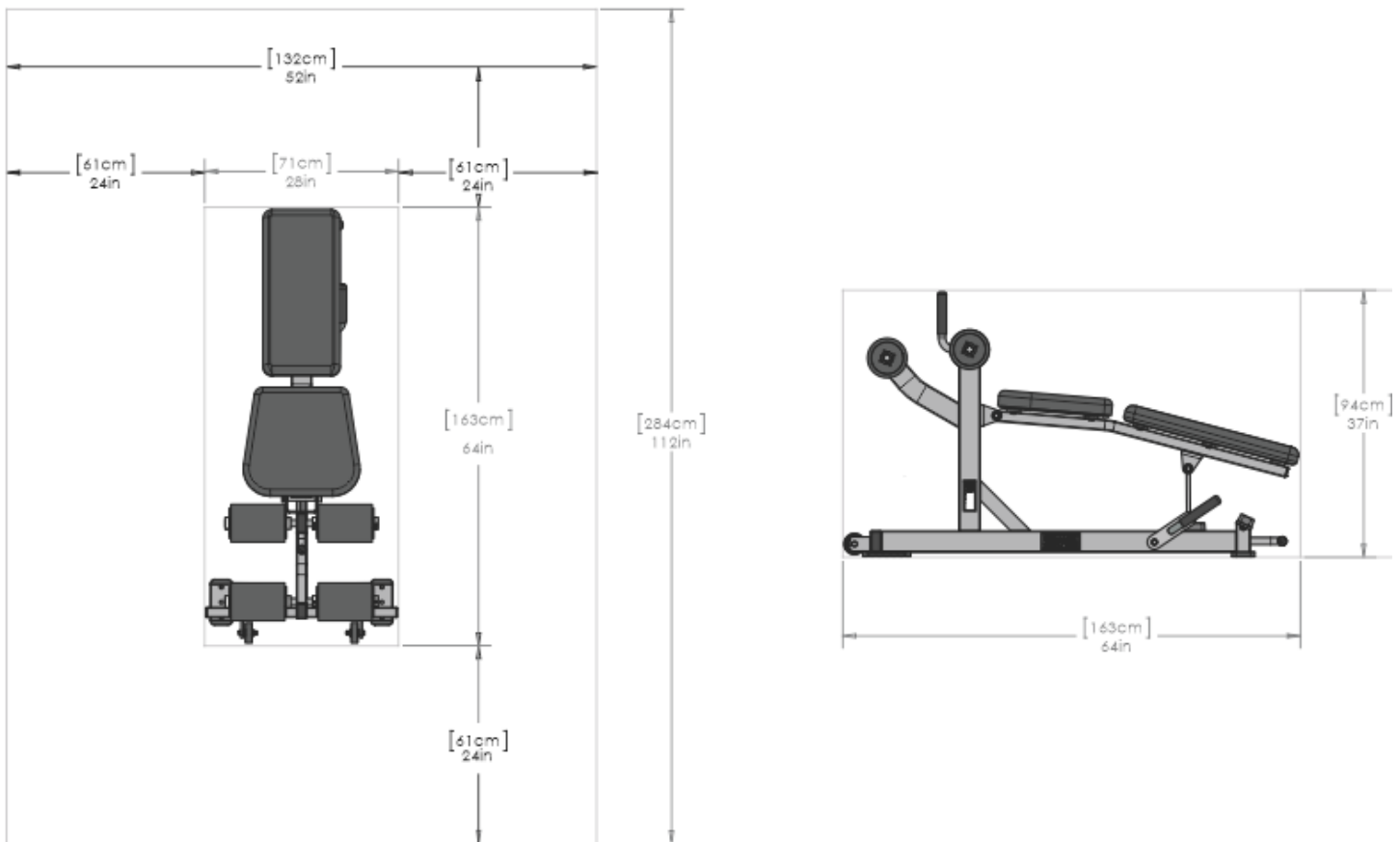
- Height from floor to top of bar catch:
 - in. = 23.5
 - cm = 59.7
- Elbow pad angled at 40 degrees
- Seat pad angled forward at 8.2 degrees to ensure user stabilization

Adjustable Decline Bench (FW-ADB)

Description

The Adjustable Decline Bench offers a simple lever adjustment to switch from a -10 degree decline to a steeper -25 degree decline.

Machine Weight:	lbs. = 165	kg. = 75
Max User Weight:	lbs. = 350	kg. = 159
Max Capacity:	lbs. = 500	kg. = 227
Size (L x W x H):	in. = 64 x 28 x 37	cm = 163 x 71 x 94
Live Area (L x W):	in. = 112 x 52	cm = 284 x 132
Weight (at Handle)	lbs. = 40	kg. = 18



Additional Information

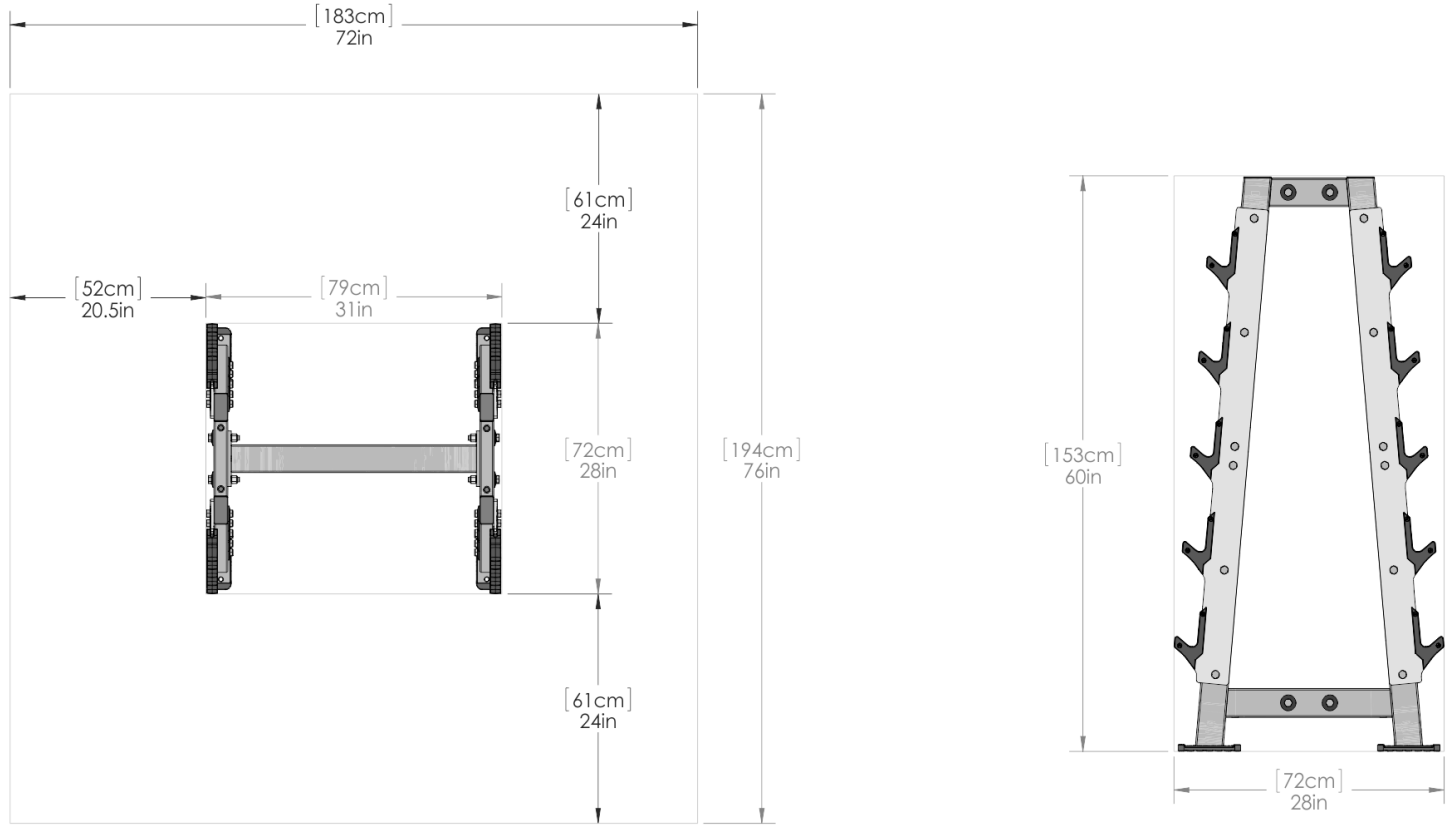
- Adjustable Back Pad
- Wheels for easy transport

Barbell Rack (FW-BAR)

Description

The Barbell Rack offers convenient storage for 10 barbells.

Machine Weight:	lbs. = 167	kg. = 75.5
Max Capacity	lbs. = 550	kg. = 249
Size (L x W x H):	in. = 28 x 31 x 60	cm = 72 x 79 x 152
Live Area (L x W):	in. = 72 x 76	cm = 183 x 194



Additional Information

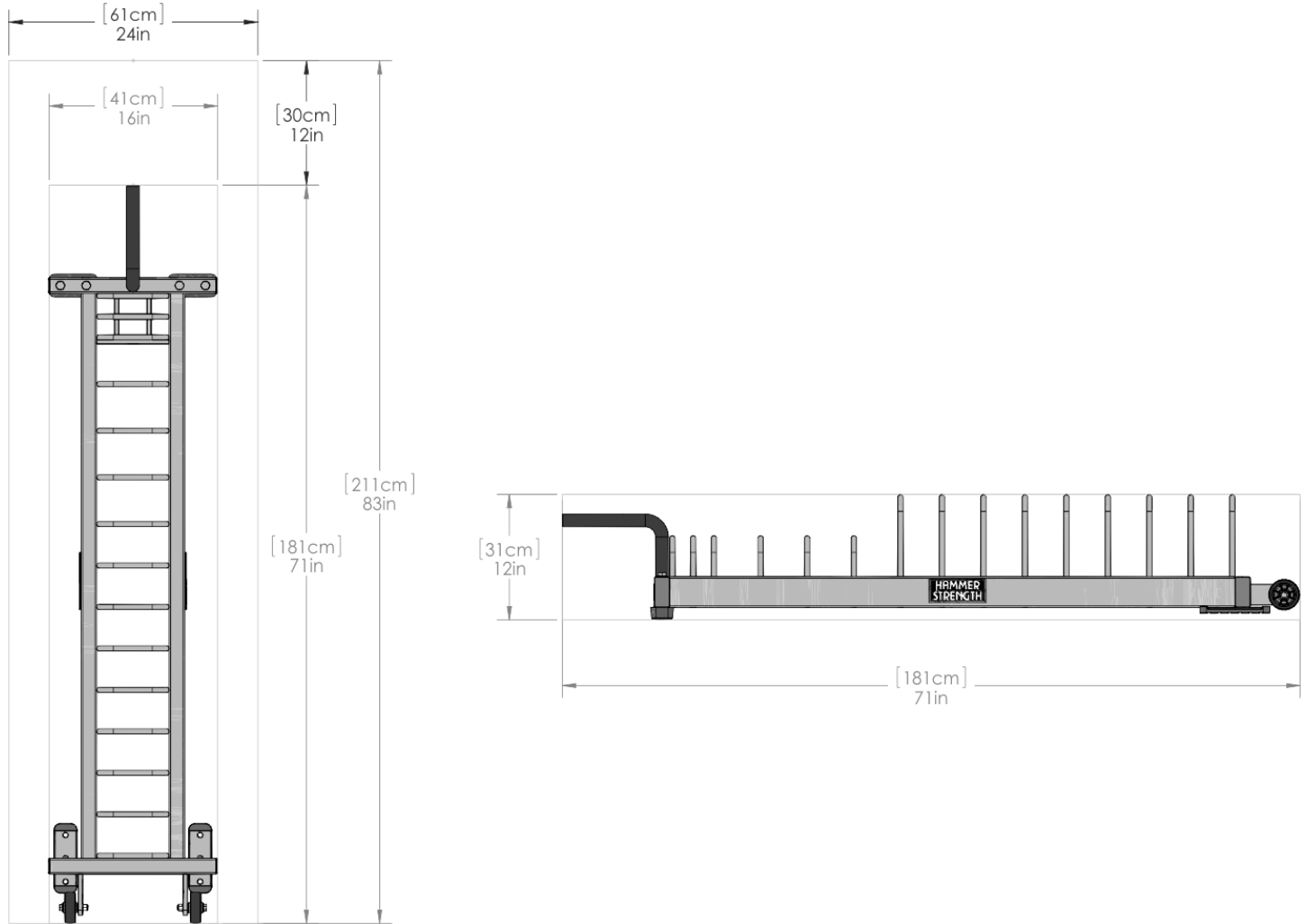
- 5 barbell storage positions
 - 11" (27.9 cm) between positions
 - Lowest position (from ground): 10" (25.4 cm)
 - Highest position (from ground): 54" (137 cm)

Bumper Plate Storage - Large (FW-BPL)

Description

Mobile Small, Medium and Large sectioned bumper plate storage.

Machine Weight:	lbs. = 73.7	kg. = 33.4
Size (L x W x H):	in. = 71 x 16 x 12	cm = 181 x 41 x 31
Live Area (L x W):	in. = 24 x 83	cm = 61 x 211



Additional Information

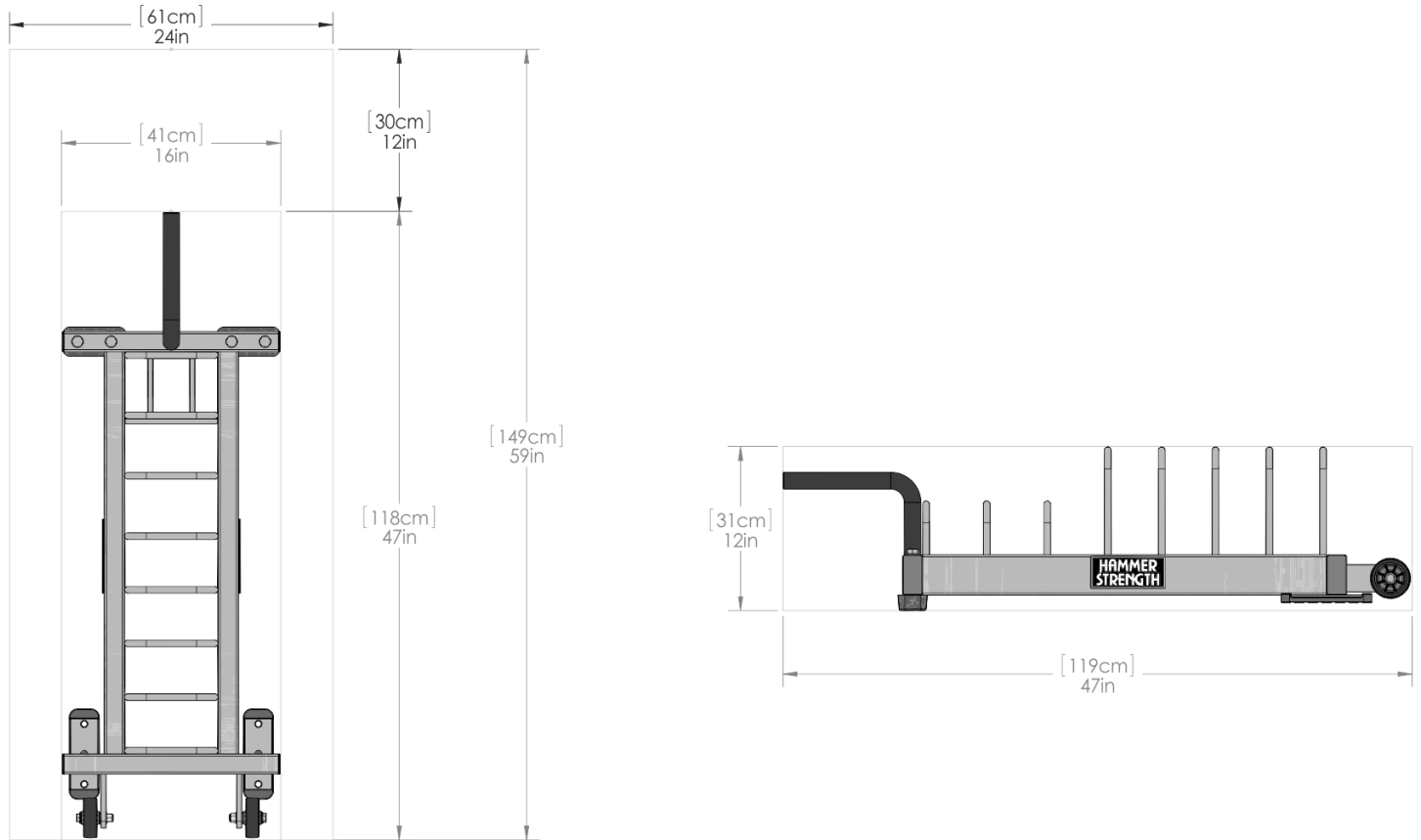
- Handle and wheels for easy transportation
- Small Plate Storage spaces: 2 - 2" (5 cm)
- Medium Plate Storage spaces: 8 - 4" (10 cm)
- Large Plate Storage spaces: 4 - 4.5" (11.4 cm)
- Rubber feet for reducing floor/frame marring and added stabilization

Bumper Plate Storage - Small (FW-BPS)

Description

Mobile Medium and Large sectioned bumper plate storage.

Machine Weight:	lbs. = 51	kg. = 23
Size (L x W x H):	in. = 47 x 16 x 12	cm = 119 x 41 x 31
Live Area (L x W):	in. = 24 x 59	cm = 61 x 149



Additional Information

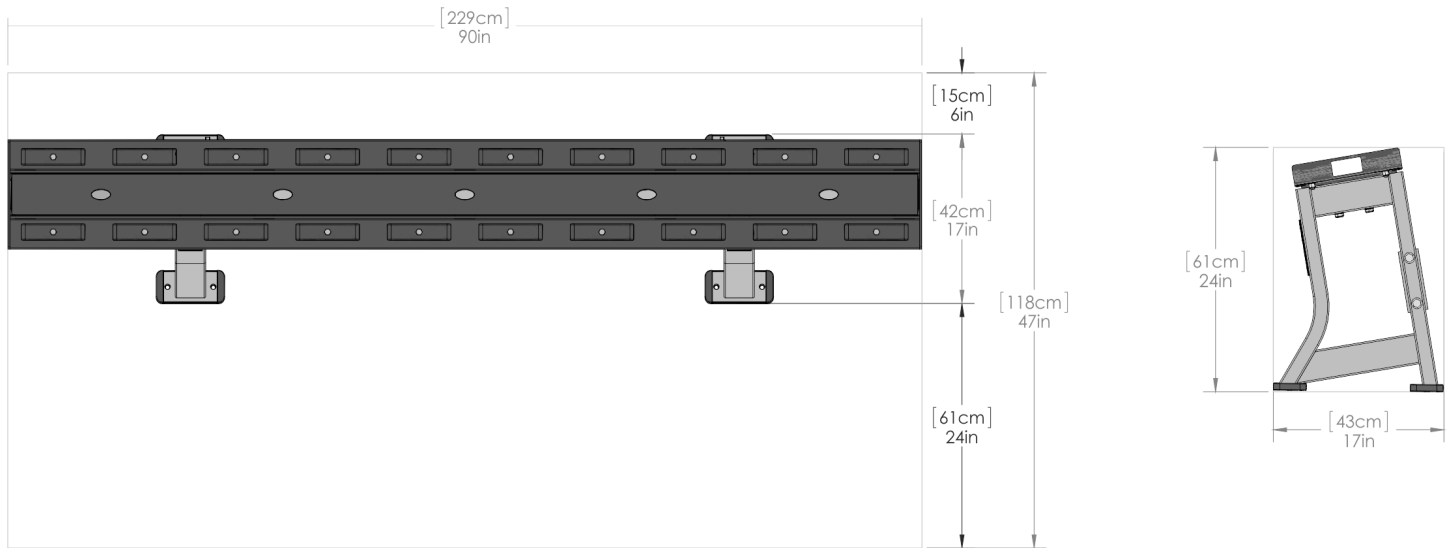
- Handle and wheels for easy transportation
- Medium Plate Storage spaces: 4 - 4" (10 cm)
- Large Plate Storage spaces: 3 - 4.5" (11.4 cm)
- Rubber feet for reducing floor/frame marring and added stabilization

Dumbbell Rack - Single Tier (FW-D1)

Description

The Hammer Strength Single Tier Dumbbell Rack offers convenient storage for five pairs of dumbbells.

Machine Weight:	lbs. = 125	kg. = 56.7
Max Capacity (per tier):	lbs. = 1,400	kg. = 635
Max Dumbbell Size:	lbs. = 150	kg. = 68
Size (D x W x H):	in. = 17 x 90 x 24	cm = 42 x 229 x 61
Live Area (D x W):	in. = 47 x 90	cm = 118 x 229



Additional Information

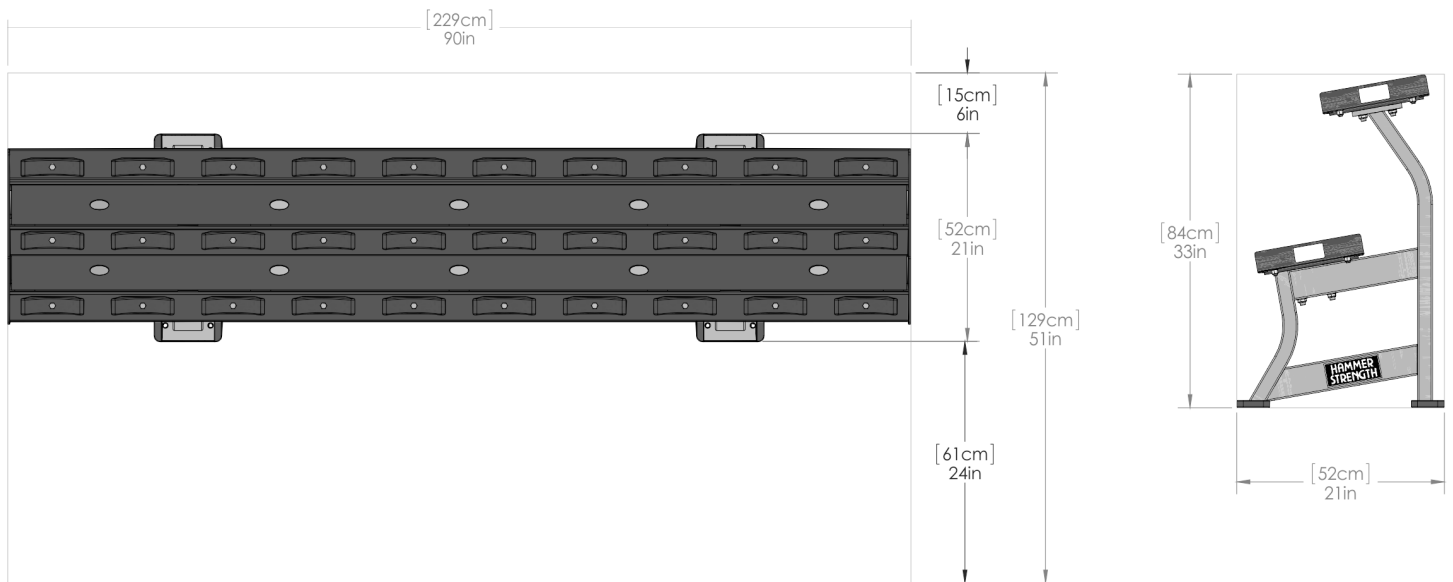
- Racks optimized for dumbbells under 125 lbs. (56.7 kg.)
- Ideal for round or 12-sided dumbbells

Dumbbell Rack - Two Tier (FW-D2)

Description

The Hammer Strength Two Tier Dumbbell Rack offers convenient storage for 10 pairs of dumbbells.

Machine Weight:	lbs. = 200	kg. = 90.7
Max Capacity (per tier):	lbs. = 1,400	kg. = 635
Max Dumbbell Size:	lbs. = 150	kg. = 68
Size (D x W x H):	in. = 21 x 90 x 33	cm = 52 x 229 x 84
Live Area (D x W):	in. = 51 x 90	cm = 129 x 229



Additional Information

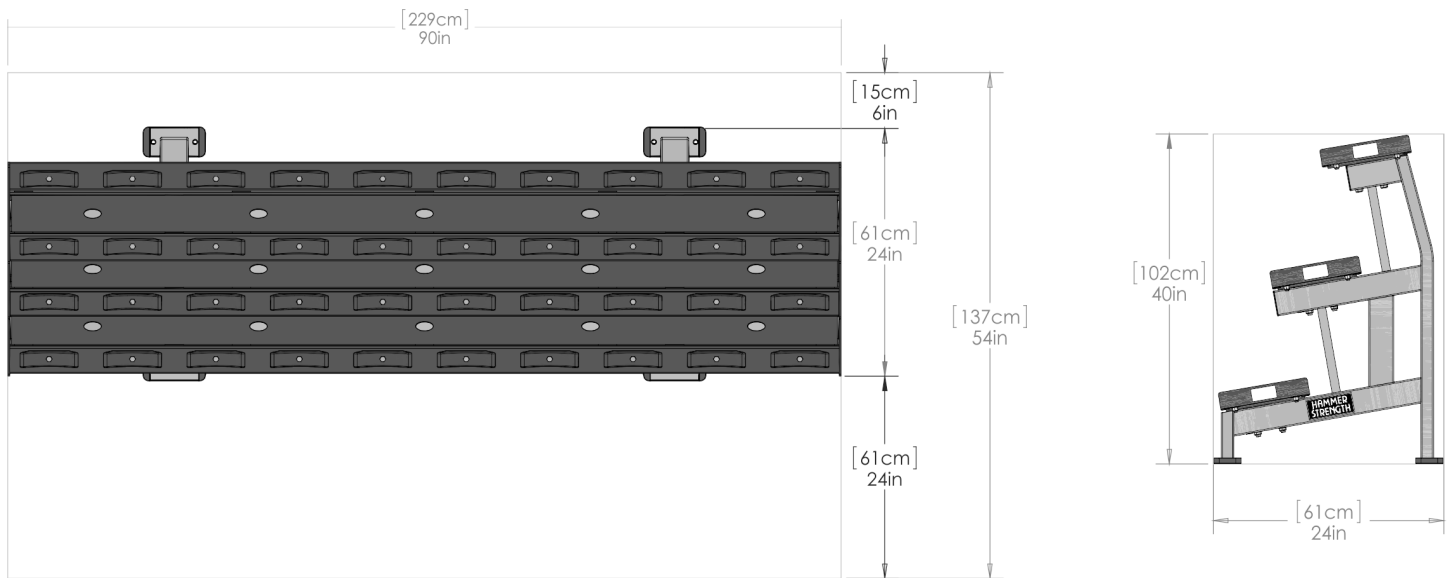
- Racks optimized for dumbbells under 125 lbs. (56.7 kg.)
- Ideal for round or 12-sided dumbbells
- Optional accessory storage tray can be placed on top tier

Dumbbell Rack - Three Tier (FW-D3)

Description

The Hammer Strength Three Tier Dumbbell Rack offers convenient storage for 15 pairs of dumbbells.

Machine Weight:	lbs. = 270	kg. = 122.5
Max Capacity (per tier):	lbs. = 1,400	kg. = 635
Max Dumbbell Size:	lbs. = 150	kg. = 68
Size (D x W x H):	in. = 24 x 90 x 40	cm = 61 x 229 x 102
Live Area (D x W):	in. = 54 x 90	cm = 137 x 229



Additional Information

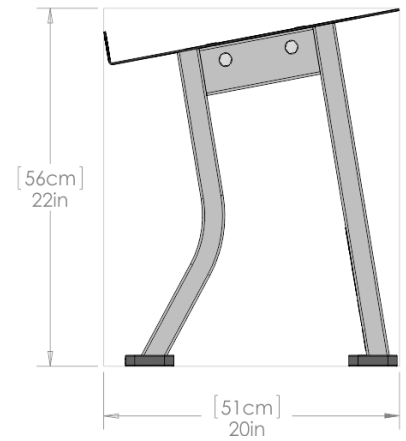
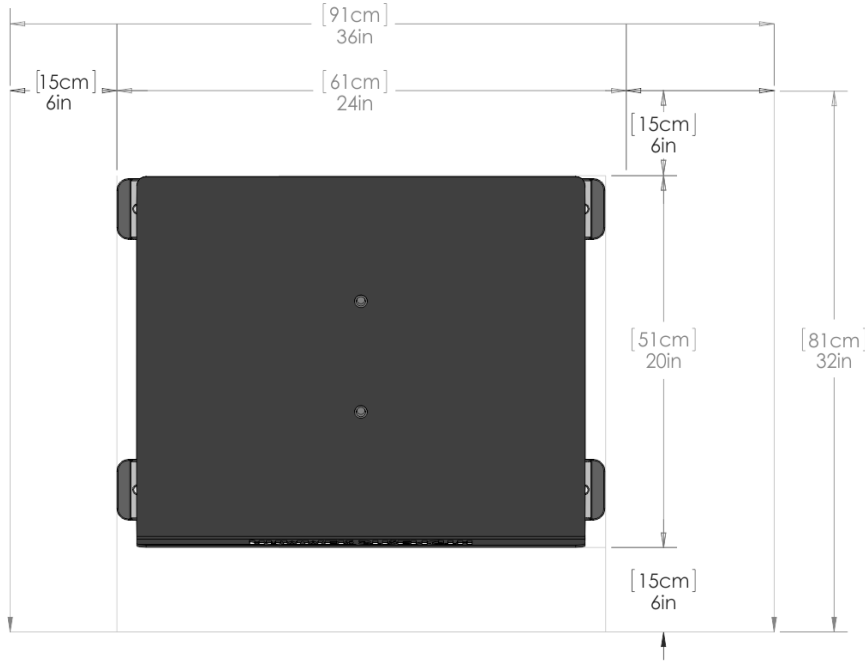
- Racks optimized for dumbbells under 125 lbs. (56.7 kg.)
- Ideal for round or 12-sided dumbbells
- Optional accessory storage tray can be placed on top and middle tier

Adjustable Dumbbell Rack (FW-DRA)

Description

A compact rack built to hold Power Block adjustable dumbbells.

Machine Weight:	lbs. = 59	kg. = 29.9
Size (L x W x H):	in. = 20 x 24 x 22	cm = 51 x 61 x 56
Live Area (L x W):	in. = 36 x 32	cm = 91 x 81



Additional Information

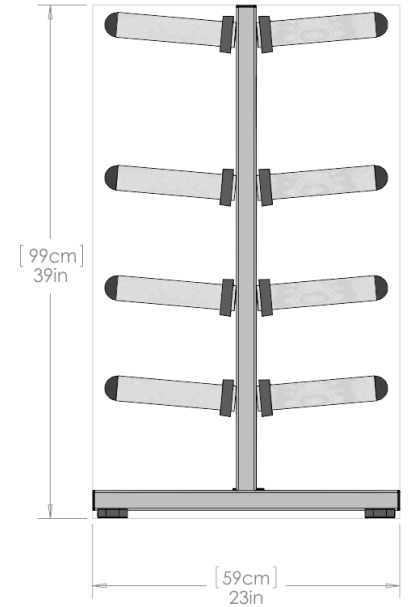
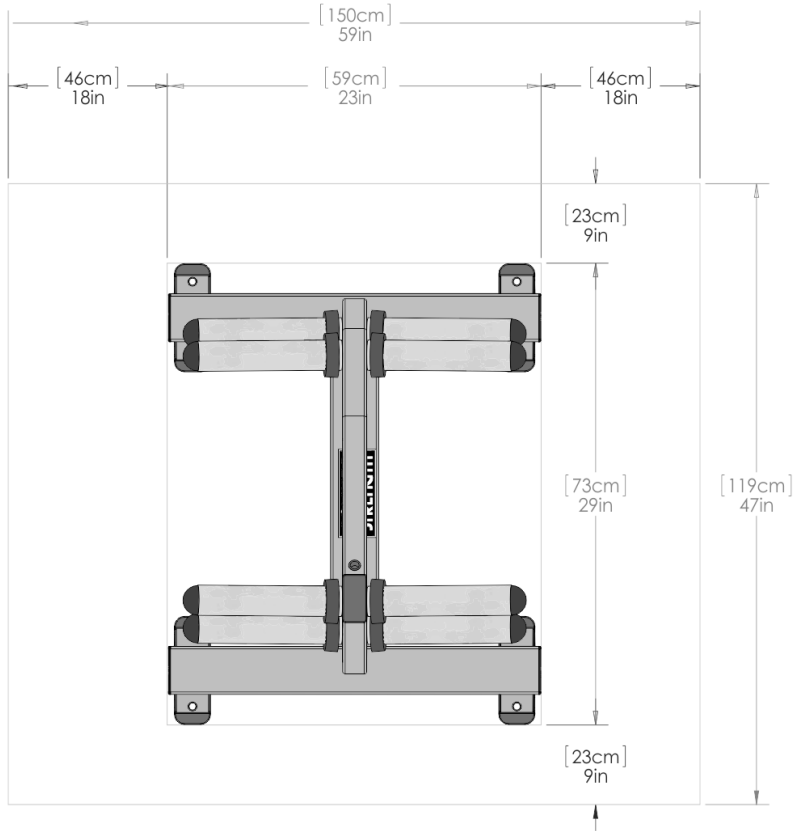
- Tray angle and height ergonomically optimized for removal and loading of heavy weight
- Low profile front lip ensures adjustable dumbbells stay in place
- Rubber foot pads to protect flooring and finish

Deluxe Weight Tree (FW-DWT)

Description

The Deluxe Weight Tree offers eight horns for maximum support and storage for your exercisers.

Machine Weight:	lbs. = 78	kg. = 29.9
Size (L x W x H):	in. = 29 x 23 x 39	cm = 74 x 58 x 99
Live Area (L x W):	in. = 47 x 59	cm = 119 x 150



Additional Information

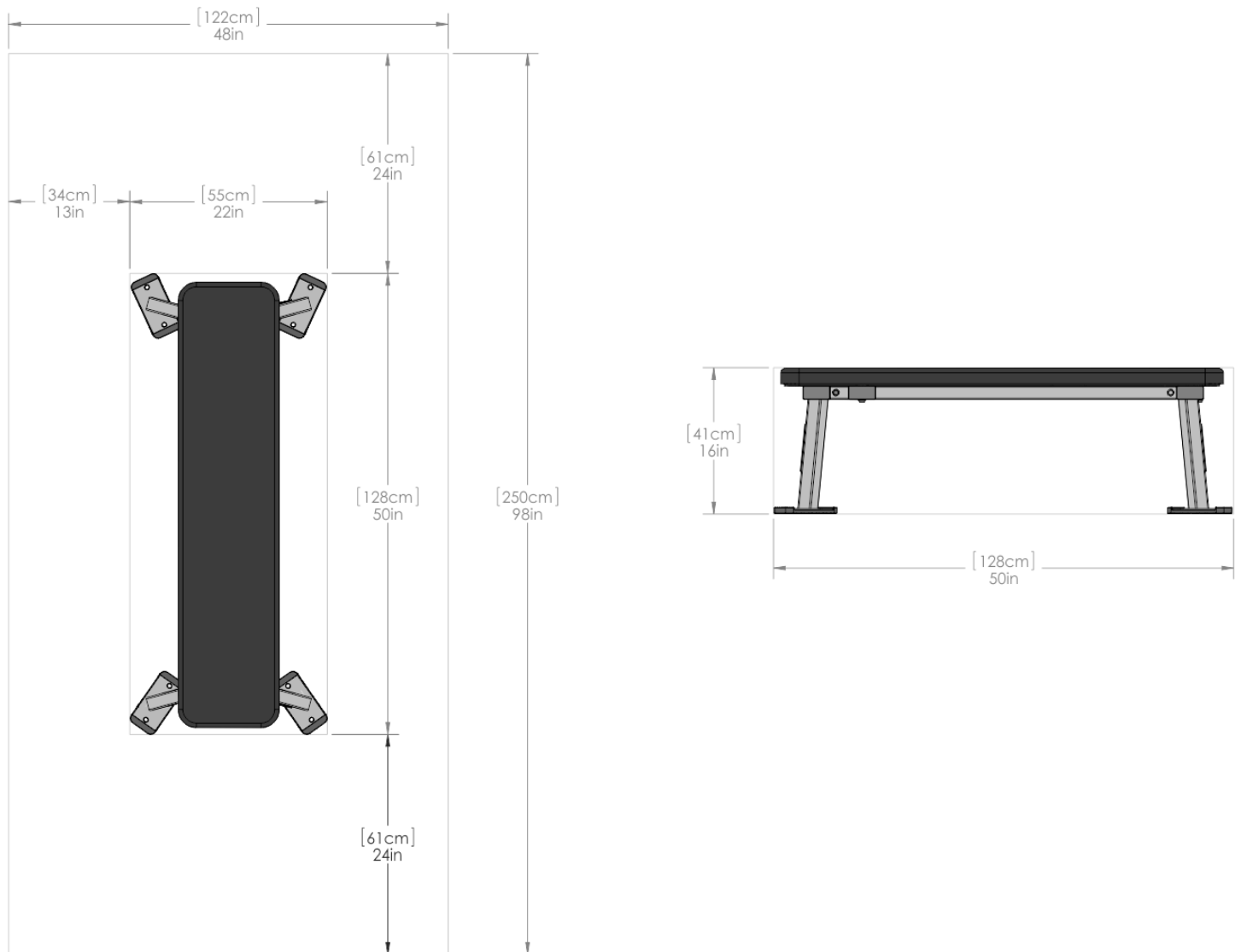
- 8 - 8" (20.3 cm) weight horns
- Compact solution for weight plate storage

Flat Bench (FW-FB)

Description

The Flat Bench is a traditional flat bench that offers the same high-grade durability and quality that comes with Hammer Strength benches and racks.

Machine Weight:	lbs. = 49	kg. = 22.2
Max User Weight:	lbs. = 350	kg. = 158.8
Max Capacity:	lbs.= 855	kg. = 388
Size (L x W x H):	in. = 50 x 22 x 16	cm = 127 x 55 x 41
Live Area (L x W):	in. = 98 x 48	cm = 250 x 122



Additional Information

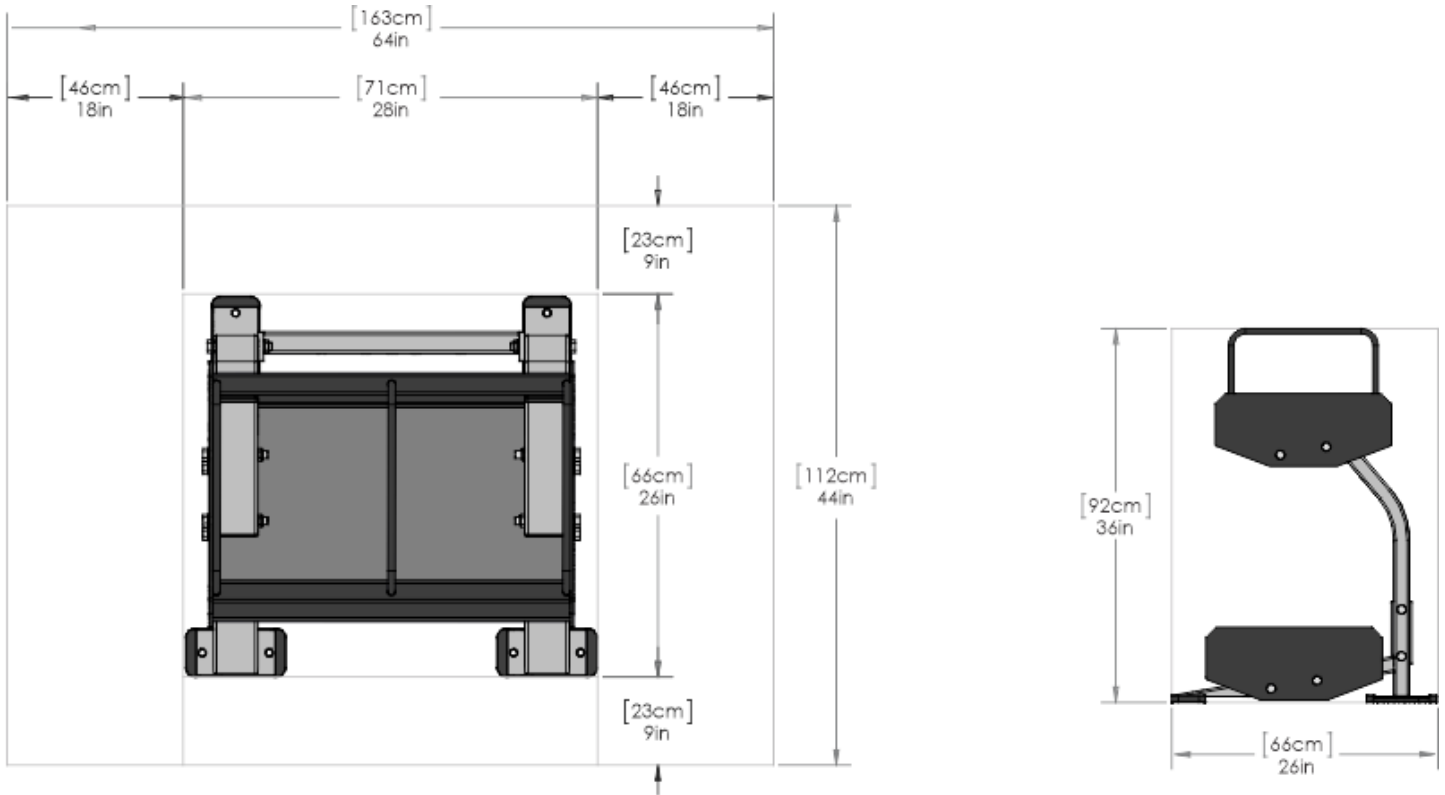
- Pad dimensions (L x W):
 - in. = 48.5 x 11
 - cm = 123 x 28
- Angled frame legs to ensure stability during exercise

Modular Accessory Storage (FW-MAS)

Description

A flexible storage system that can store accessories, bumper plates and Powerblock dumbbells.

Frame Weight:	lbs. = 43.1	kg. = 19.5
Accessory Tray Weight:	lbs. = 21.0	kg. = 9.5
Bumper Tray Weight:	lbs. = 18.1	kg. = 8.2
Powerblock Tray Weight:	lbs. = 33.1	kg. = 15.0
Size (L x W x H):	in. = 26 x 28 x 36	cm = 66 x 71 x 92
Live Area (L x W):	in. = 44 x 64	cm = 112 x 163



Additional Information

- Connects to rack
- Variable tray options (Accessory Trays, Bumper Trays, Powerblock Tray)
- Rubber foot pads to protect flooring and finish

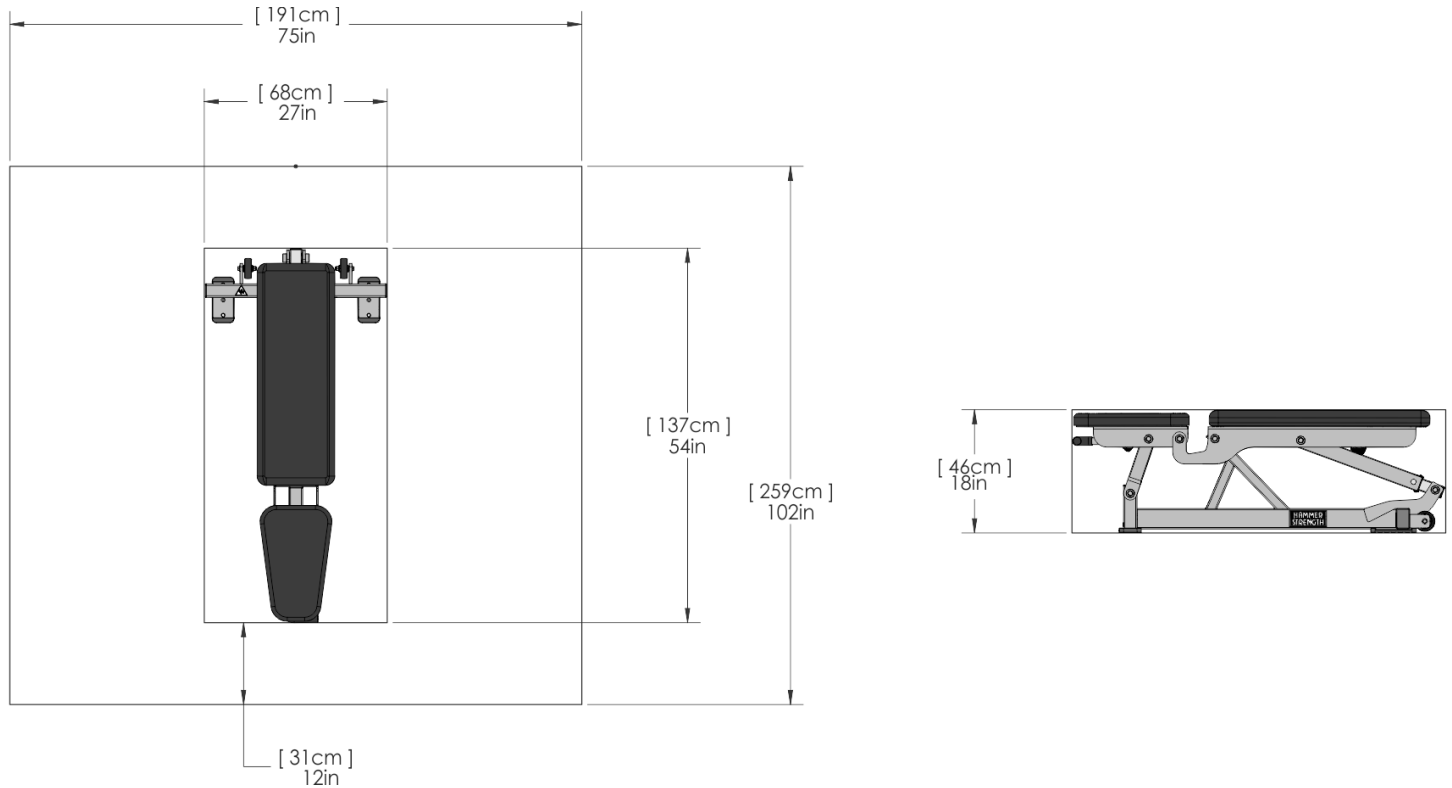
Multi-Angle Bench (FW-MAB)

Description

The Multi-Angle Bench is a folding weight bench that offers eight back pad adjustments in 10-degree increments from 0 to 80 degrees.

Machine Weight:	lbs. = 90	kg. = 40.8
Max User Weight:	lbs. = 350	kg. = 158.8
Max Capacity:	lbs. = 765	kg. = 347
Size (L x W x H)*:	in. = 54 x 27 x 18	cm = 137 x 68 x 46
Live Area (L x W):	in. = 102 x 75	cm = 259 x 191

NOTE: *Footprint height reflects bench in flat adjustment.



Additional Information

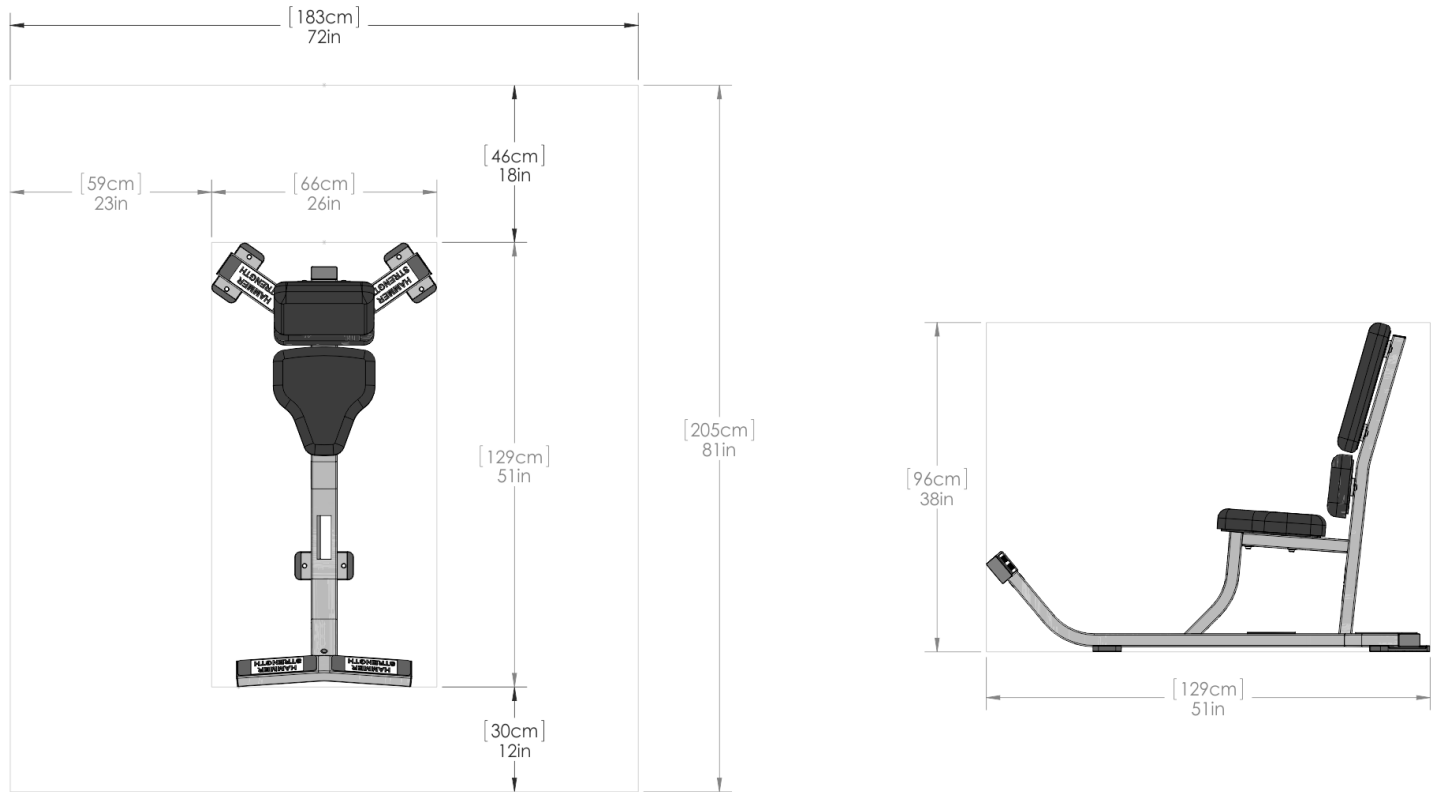
- Single action adjustment mechanism positions back pad and seat simultaneously
- Wheels for easy transport
- Back Pad (L x W):
 - in. = 32.5 x 11.5
 - cm = 82.5 x 29.2

75 Degree Utility Bench (FW-UB75)

Description

The 75 Degree Utility Bench offers the functionality of a utility bench and a 75-degree curved footrest with the same high-grade durability and quality that comes with Hammer Strength benches and racks.

Machine Weight:	lbs. = 72	kg. = 33
Max User Weight:	lbs. = 350	kg. = 158.8
Max Capacity:	lbs. = 300	kg. = 136
Size (L x W x H):	in. = 51 x 26 x 38	cm = 129 x 66 x 96
Live Area (L x W):	in. = 81 x 72	cm = 205 x 183



Additional Information

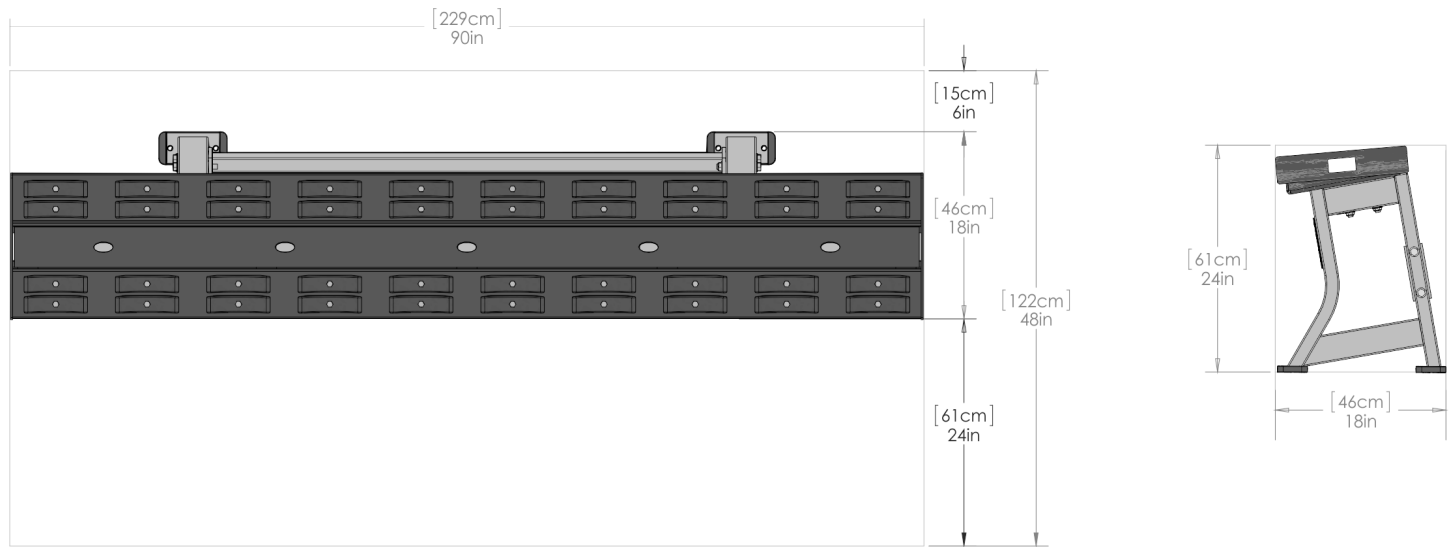
- Seat pad angled at 4 degrees
- Upper back pad angled at 16 degrees

XL Dumbbell Rack - Single Tier (FW-XLD1)

Description

The Hammer Strength Single Tier XL Dumbbell Rack offers convenient storage for five pairs of dumbbells.

Machine Weight:	lbs. = 130	kg. = 58.9
Max Capacity (per XL tier):	lbs. = 1,900	kg. = 862
Max Dumbbell Size:	lbs. = 200	kg. = 91
Size (D x W x H):	in. = 18 x 90 x 24	cm = 46 x 229 x 61
Live Area (D x W):	in. = 48 x 90	cm = 122 x 229



Additional Information

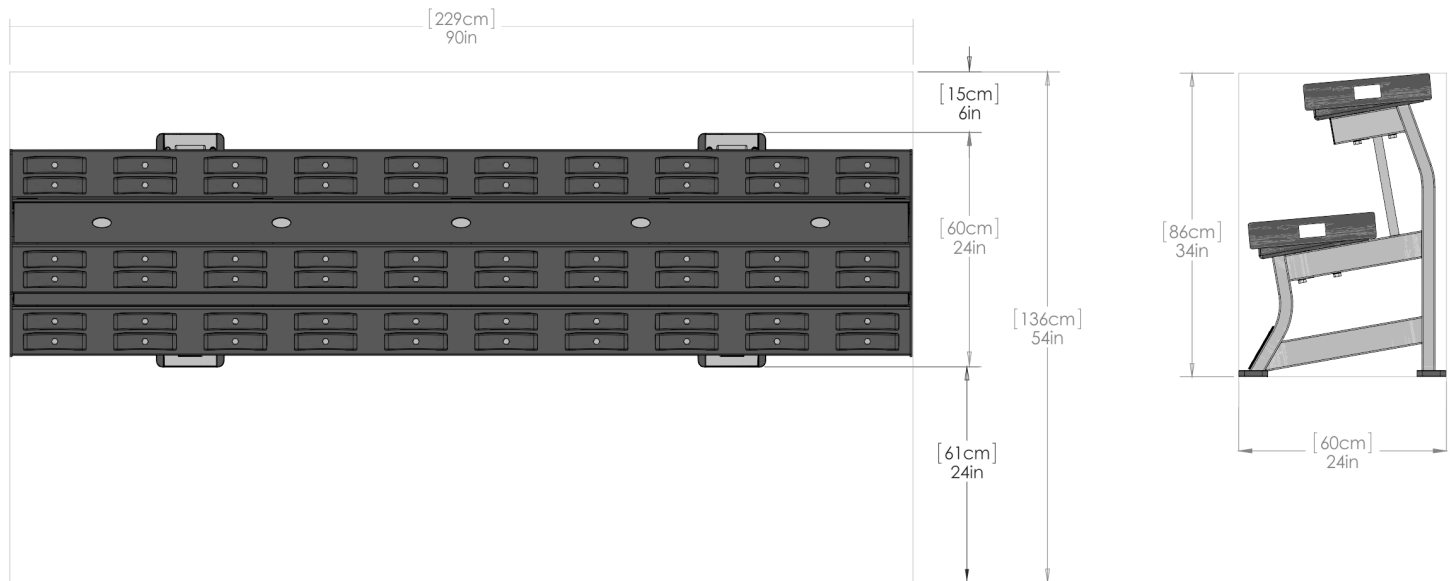
- Racks optimized for dumbbells between 125 - 200 lbs. (56.7 - 91 kg.)
- Four dumbbell saddles per dumbbell to increase stability for larger dumbbell sizes

XL Dumbbell Rack - Two Tier (FW-XLD2)

Description

The Hammer Strength Two Tier XL Dumbbell Rack offers convenient storage for 10 pairs of dumbbells.

Machine Weight:	lbs. = 210	kg. = 95.3
Max Capacity (per XL tier):	lbs. = 1,900	kg. = 862
Max Dumbbell Size:	lbs. = 200	kg. = 91
Size (D x W x H):	in. = 24 x 90 x 34	cm = 60 x 229 x 86
Live Area (D x W):	in. = 54 x 90	cm = 136 x 229



Additional Information

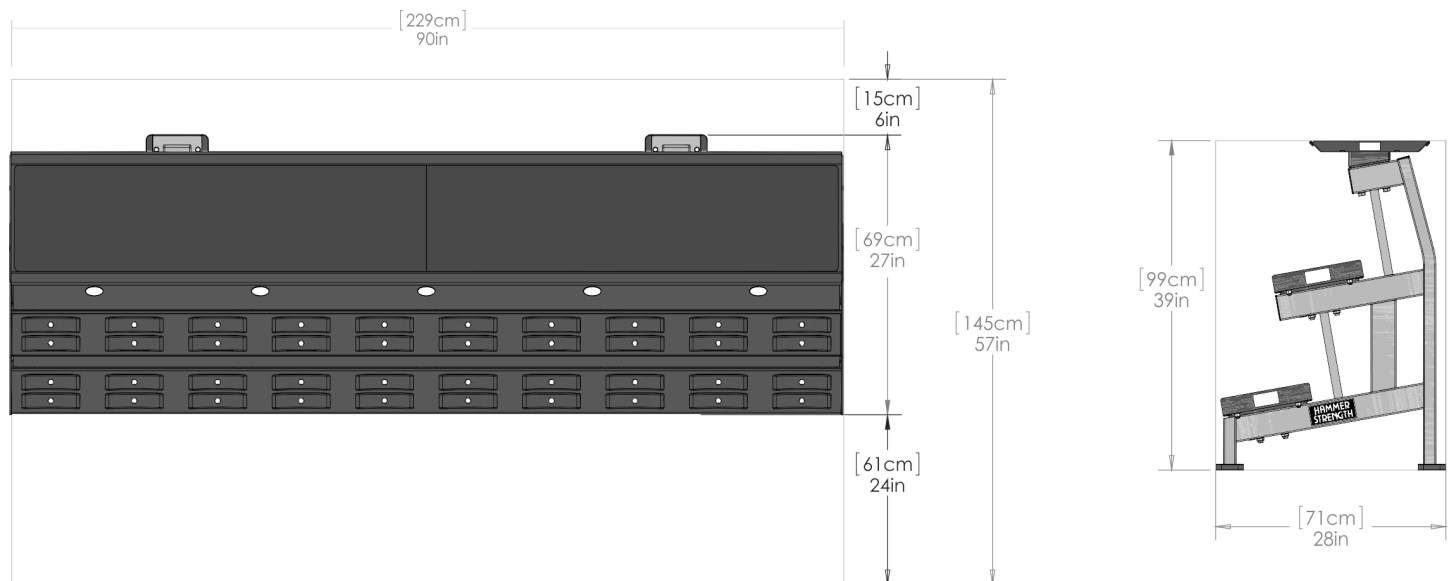
- Racks optimized for dumbbells between 125 - 200 lbs. (56.7 - 91 kg.)
- Four dumbbell saddles per dumbbell to increase stability for larger dumbbell sizes
- Optional trays (top tier only):
 - Accessory storage tray
 - Standard dumbbell tray
 - XL dumbbell tray (comes standard)

XL Dumbbell Rack - Three Tier (FW-XLD3)

Description

The Hammer Strength Three Tier XL Dumbbell Rack offers convenient storage for 15 pairs of dumbbells.

Machine Weight:	lbs. = 285	kg. = 129.3
Max Capacity (per XL tier):	lbs. = 1,900	kg. = 862
Max Dumbbell Size:	lbs. = 200	kg. = 91
Size (D x W x H):	in. = 27 x 90 x 39	cm = 69 x 229 x 99
Live Area (D x W):	in. = 57 x 90	cm = 145 x 229



NOTE: Shown with top tier accessory storage tray and middle tier XL dumbbell tray.

Additional Information

- Racks optimized for dumbbells between 125 - 200 lbs. (56.7 - 91 kg.)
- Four dumbbell saddles per dumbbell to increase stability for larger dumbbell sizes
- Optional trays (top tier):
 - Accessory storage tray
 - Standard dumbbell tray
- Optional trays (middle tier):
 - XL dumbbell tray (comes standard)
 - Standard dumbbell tray

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.

5. Maintenance Procedures

Maintenance Schedule

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

Clean

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

Wax

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

Inspect

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

Once a Day

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

Once a Week

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

Once a Month

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

Notes

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

Approved and Compatible Cleaners

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

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

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

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

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

Removal of Paint, Marking Pens, or Labels

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

6. Warranty

Warranty Information

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

<http://lifefitness.com/warranties>



7. Bolt to Floor Guide

Introduction

Life Fitness designs its products to be stable when used as designed. Because strength training is dynamic, we cannot predict how users will ultimately use the products in all circumstances. Therefore, Life Fitness **recommends** that strength training equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over.

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

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

Bolt to Floor Prerequisite

Unit	FW-AC	FW-ADB	FW-BAR	FW-BPL	FW-BPS	FW-D1	FW-D2	FW-D3
Required								
Recommended	•	•	•	•	•	•	•	•

Unit	FW-DRA	FW-DWT	FW-FB	FW-MAB	FW-MAS	FW-UB75	FW-XLD1	FW-XLD2	FW-XLD3
Required									
Recommended	•	•	•	•	•	•	•	•	•

Delivery and Installation Tips

All Anchors

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

Anchoring

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

Building Codes

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

Carpeting

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

Competitor Product

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


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

Drilling

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

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

Anchor Type - Static

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

Anchor Specifications

Static Anchor	Minimum Concrete Thickness	Minimum Drill Depth in Concrete	Minimum Concrete Embedment	Minimum concrete compressive strength
KH-EZ 1/4"	4-1/8" (105mm)	1/2" (12.7mm) beyond anchor length	2-1/2" (63.5mm)	3000psi (20 N/mm ²)
HUS-H 6mm	3-3/32" (100mm)	25/64" (10mm) beyond anchor length	2-1/64" (55mm)	3000psi (20 N/mm ²)

Pullout Force

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

Selected Anchor	Design Resistance in Tension *
KH-EZ 1/4" x 4"	830 lb
HUS-H 6MM x 120MM	3.3 kN
KH-EZ 3/8" x 4"	1535 lb
KH-EZ 3/8" x 5"	1535 lb
HUS-H 8MM x 120MM	3.3 kN
HUS-H 8MM x 150MM	3.3 kN
HSL-3 and HSL4 M 8/40	2000 lb
HST M12 x 115/20	8 kN
HST M12 x 195/200	8 kN
KB-TZ 3/8" x 3-3/4"	1615 lb

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

Tools Required

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

- 1" L-shape SDS rotary hammer
- (Imperial anchors) 3/8" diameter carbide drill bit
- (Metric anchors) 10mm diameter carbide drill bit

- Extension cord
- Floor scanner / rebar detector (optional)
- Hammer (Dynamic anchors only)
- Rotary tool
- Safety glasses
- Tape measure
- Torque wrench
- Vacuum (for debris)

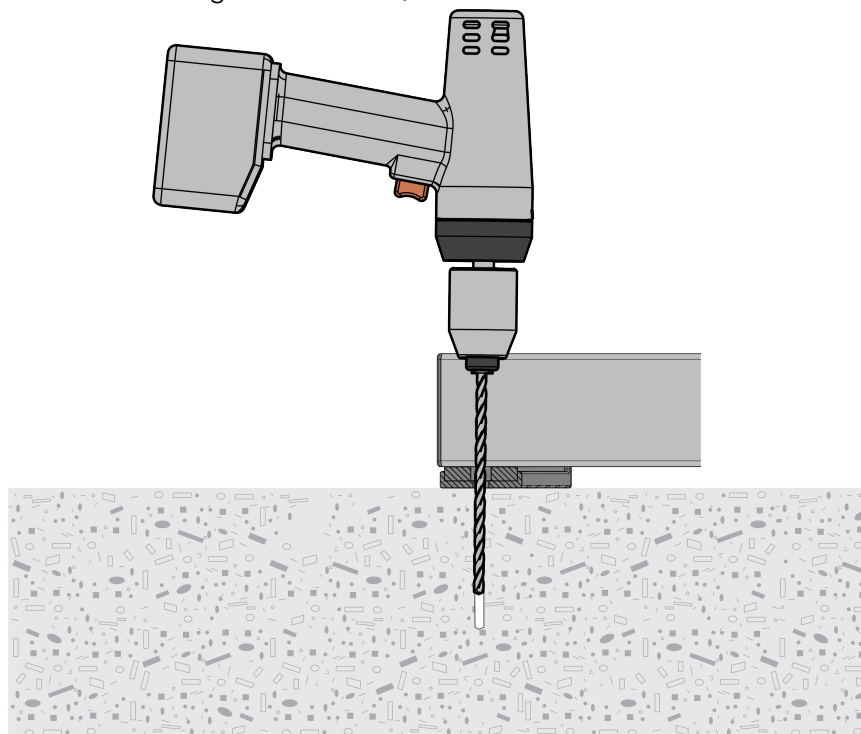
Static Anchor

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

Static Anchor Procedure

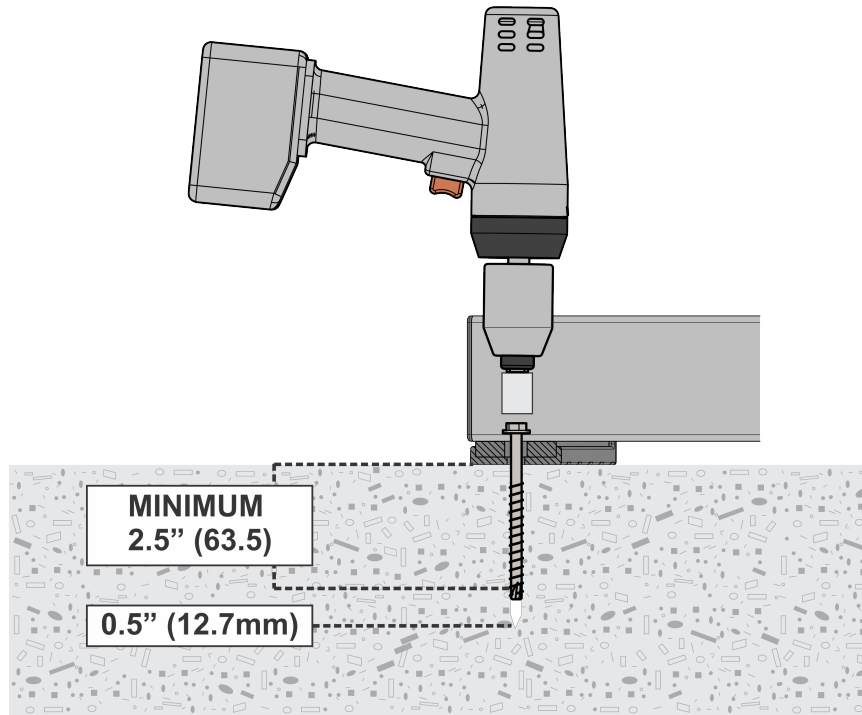
⚠ CAUTION: If it is possible that the length of your bolt will not provide the minimum requirement of 2.5" (63.5mm) of engagement, a longer anchor should be used.

1. Place unit into position to be mounted and cycle unit to set stance.
2. Each foot **must** get at least one static fastener.
3. Wearing protective glasses, drill down into the flooring to the required depth as perpendicular as possible, ensuring that the foot thickness is being accounted for; refer to *Anchor Selection* and *Foot Dimensions*.



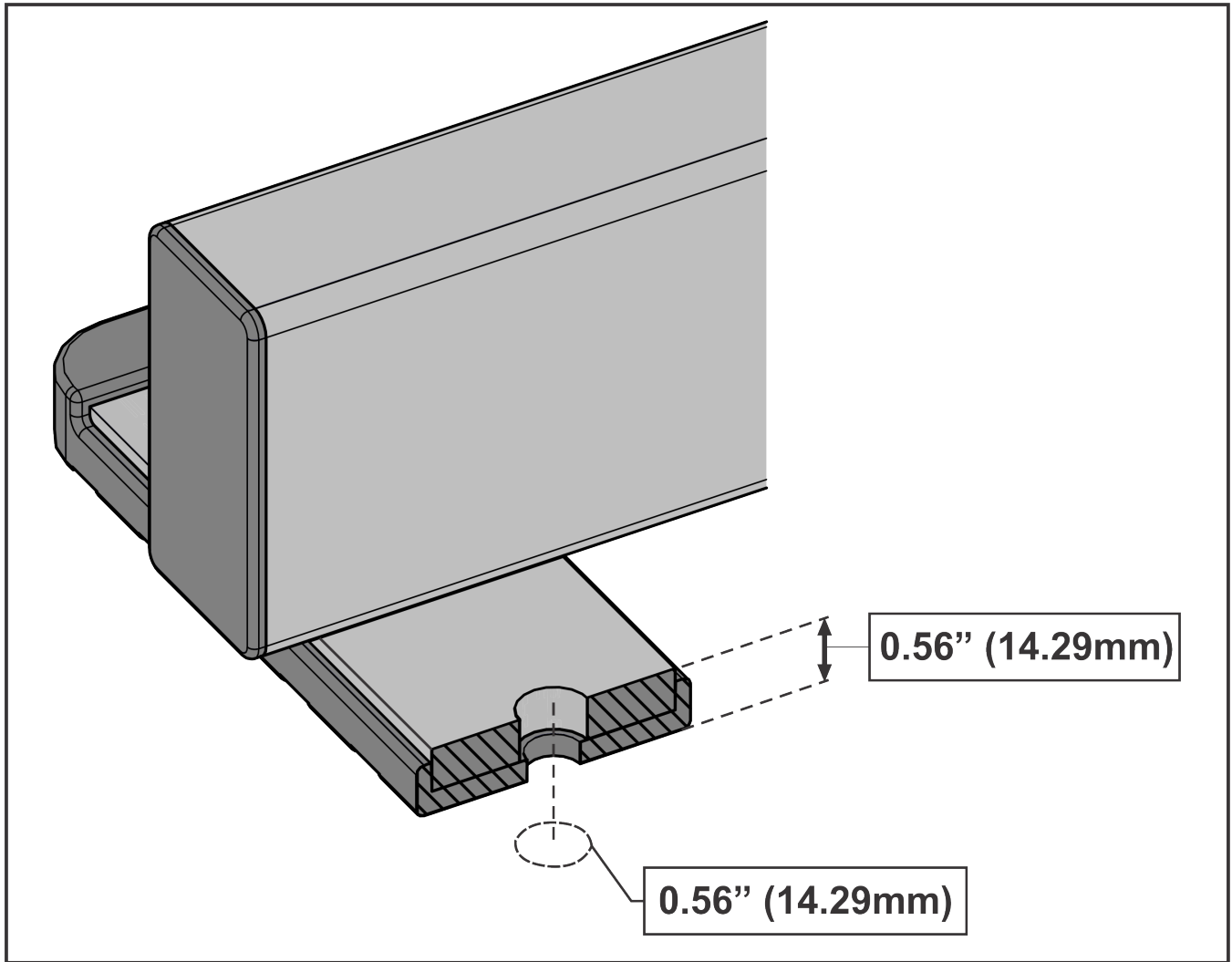
4. Insert fastener and tighten to 18 Foot-Pounds (24Nm) for 1/4" (6mm) anchor or 40 Foot-Pounds (54Nm) for 3/8" (8mm) anchor.

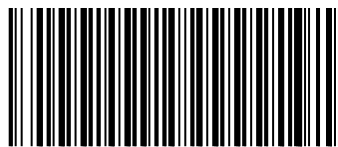
NOTE: If the legs/frame do not contact the mounting surface **DO NOT** pull down with the fastener or anchor. Loosen frame hardware and re-tighten to allow machine to align.



Foot Dimensions

Use below image to determine foot height thickness.





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