

# HAMMER<sup>®</sup>STRENGTH

## HAMMER STRENGTH<sup>®</sup>

### Ground Base Series Owner's Manual/Assembly Instructions

GB-CT, GB-J, GB-MSQ, GB-SHP





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Service Email: [service.ap@lifefitness.com](mailto:service.ap@lifefitness.com)  
Sales/Marketing Email:  
[marketing.hk.asia@lifefitness.com](mailto:marketing.hk.asia@lifefitness.com)

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

## User and Service Documents Link

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<https://lfn.fit/KnowledgeBase>

<https://lfn.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 አገላይን ያገኛሉ፡፡

Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

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

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

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

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

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

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.



# Table of Contents

## Safety

Safety Information.....	6
Product Labels.....	8
Label Locations.....	9

## Assembly

Shipment Types.....	12
Multi Squat (GB-MSQ).....	13
Tools Required.....	14
Assemble GB-MSQ.....	15

## Product Information

Combo Twist (GB-CT).....	17
Jammer (GB-J).....	18
Multi Squat (GB-MSQ).....	19
Squat / High Pull (GB-SHP).....	20

## Exercise

General Exercise Information.....	21
Combo Twist (GB-CT).....	22
Jammer (GB-J).....	23
Multi Squat (GB-MSQ).....	24
Squat / High Pull (GB-SHP).....	25

## Maintenance Procedures

Maintenance Schedule.....	26
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## Warranty

What is Covered.....	28
Who is Covered.....	28
Who Pays Transportation and Insurance For Service.....	28
What We Will Do To Correct Covered Defects.....	28
What is Not Covered.....	28
Owner's Manual.....	28
Exclusive Warranty.....	28
Changes in Warranty Not Authorized.....	28
Effects of State Laws.....	28
Warranty Information.....	28

## Bolt to Floor Guide

Introduction.....	30
Bolt to Floor Prerequisite.....	30
Delivery and Installation Tips.....	30
Anchor Type - Static.....	31
Anchor Specifications.....	31
Pullout Force.....	31
Tools Required.....	31
Static Anchor Procedure.....	32
Foot Dimensions.....	34

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[www.lifefitness.com](http://www.lifefitness.com) • 1000421-0001 AC • 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 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 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. 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.**

8220001

### Serial Number

#### **HAMMER STRENGTH™**

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Bijdorplan 25-31  
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The Netherlands  
+31 0 180 646 666

CAGE:  
0CMY5  
Class: S



Model:  
XXX

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

SN: XXXXXXXXXXXX



Manufactured in the USA with US and Foreign parts

### FCC Compliant

Patent:  
[www.lifefitness.com/patents](http://www.lifefitness.com/patents)

EN ISO 20957  
TSCA Title VI Compliant



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

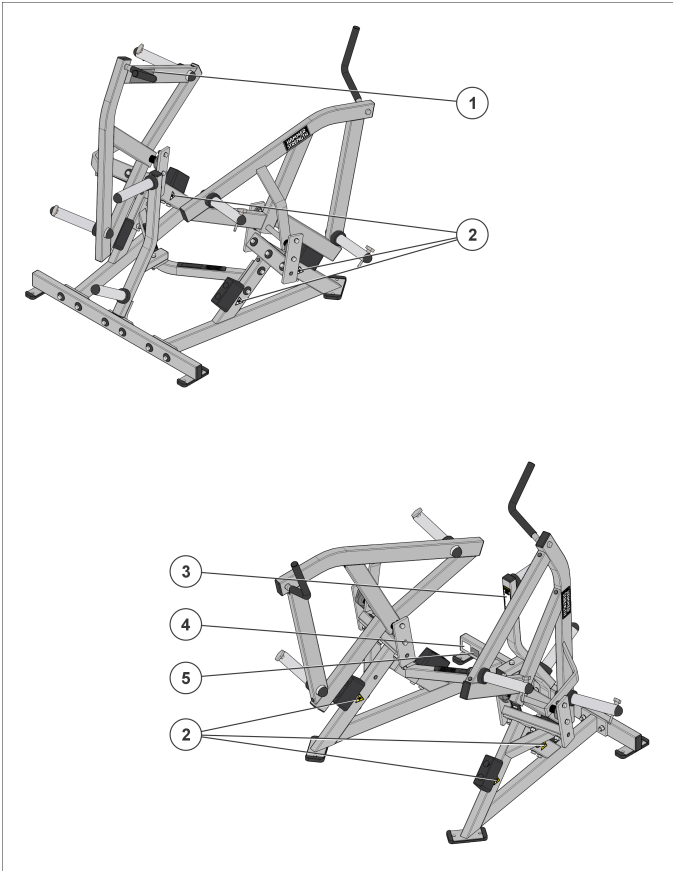
### Pinch Hazard



Label Locations

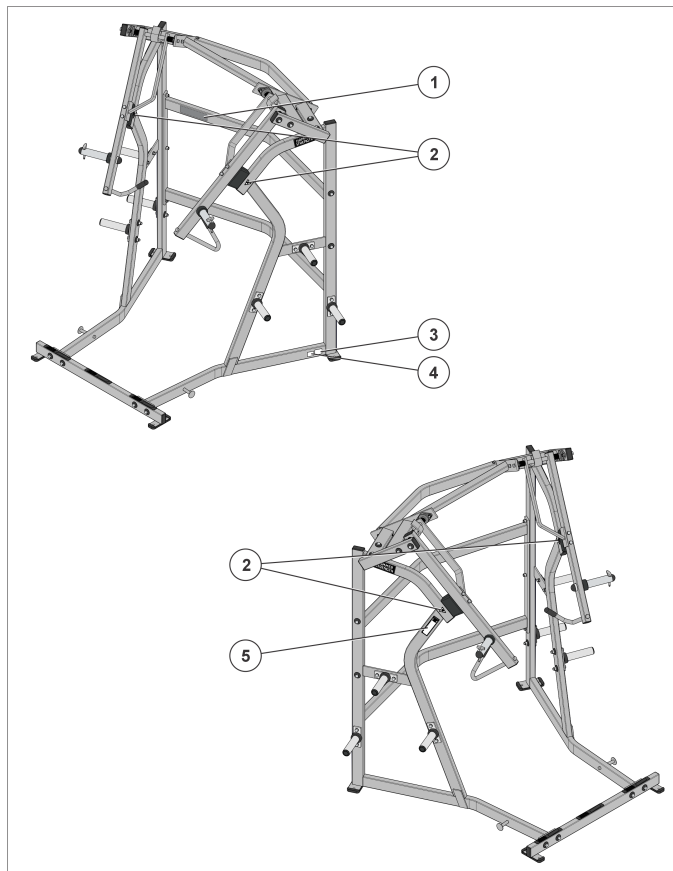
**IMPORTANT:** Verify all labels / decals listed are placed on the product and in the location shown. Replace any missing or damaged labels.

Combo Twist (GB-CT)



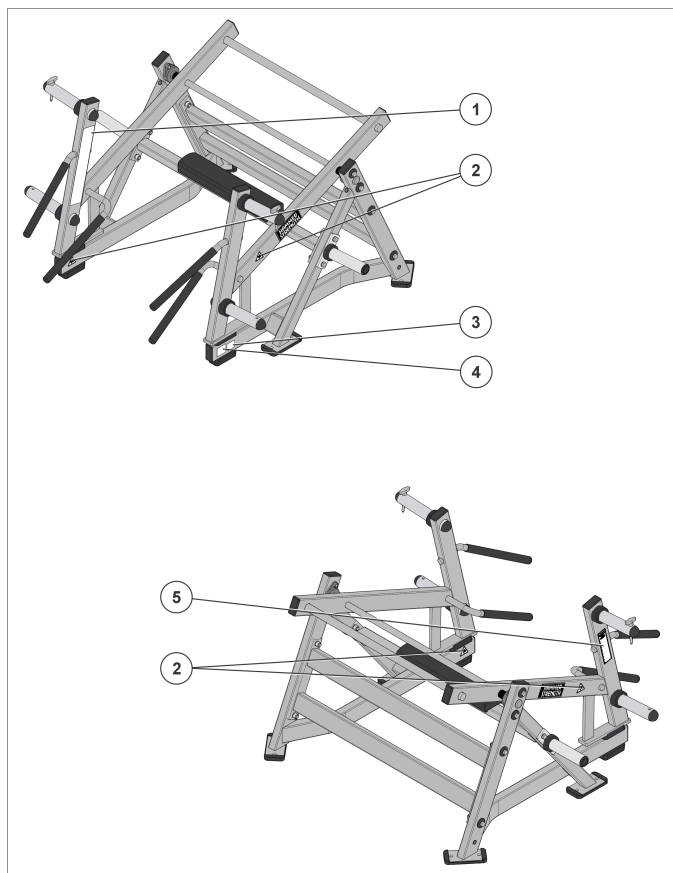
Item	Description	Qty.
1	Placard	1
2	Pinch Hazard	6
3	General Warning	1
4	Serial Number	1
5	FCC Compliant	1

## Jammer (GB-J)



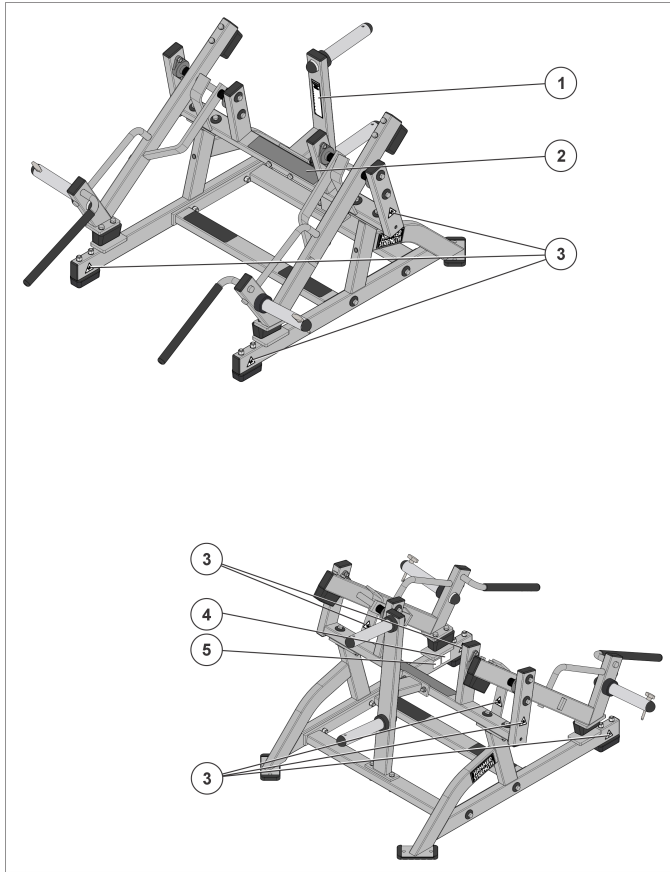
Item	Description	Qty.
1	Placard	1
2	Pinch Hazard	4
3	FCC Compliant	1
4	Serial Number	1
5	General Warning	1

## Multi Squat (GB-MSQ)



Item	Description	Qty.
1	Placard	1
2	Pinch Hazard	6
3	Serial Number	1
4	FCC Compliant	1
5	General Warning	1

## Squat / High Pull (GB-SHP)

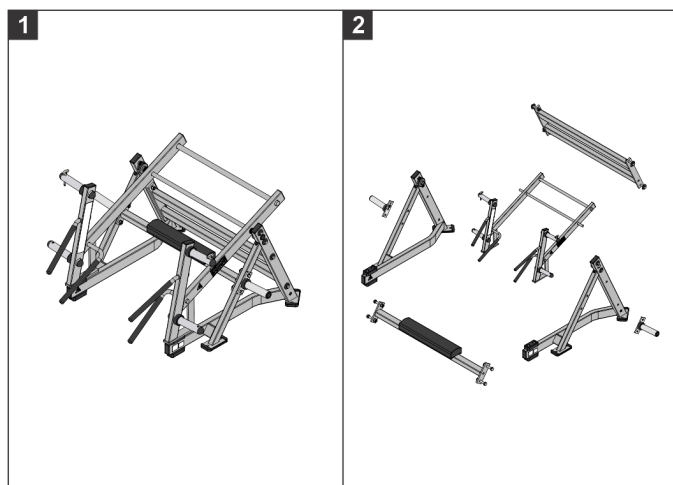


Item	Description	Qty.
1	General Warning	1
2	Placard	4
3	Pinch Hazard	1
4	FCC Compliant	1
5	Serial Number	1

## 2. Assembly

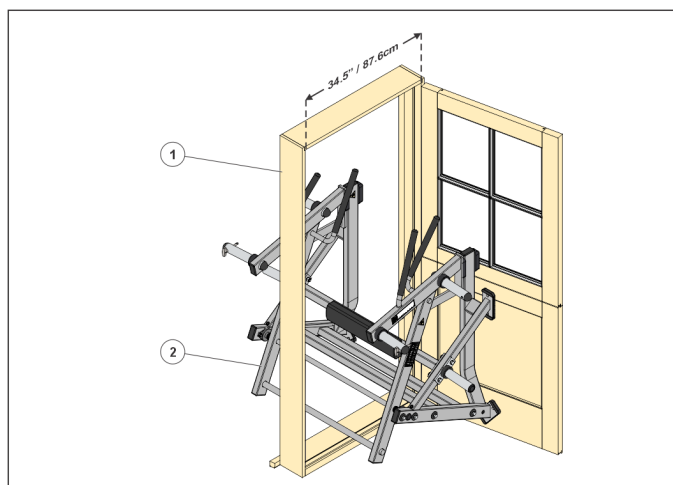
### Shipment Types

Units will ship one of two ways: fully assembled, or with its sub-assemblies blanket wrapped, which requires assembly.



Item	Description	Qty.
1	Fully Assembled Shipments	1
2	Sub-assembly Shipments	1

Units shipped fully assembled may require disassembly to fit through smaller doorways.



Item	Description	Qty.
1	Doorway (34.5"/87.6cm opening)	1
2	GB-MSQ Unit	1

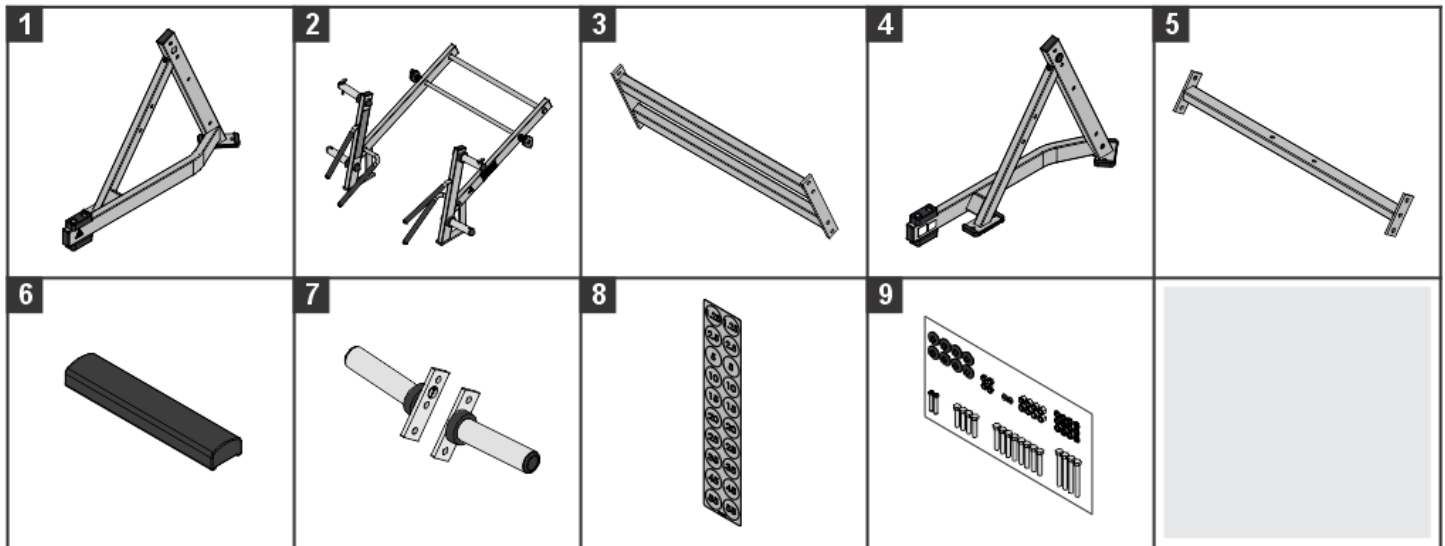
### Ground Base Doorway Passage (34.5"/87.6cm)

Unit	Description	Fits Through Doorway Fully Assembled	Disassembly Required to Fit Through Doorway
GB-CT	Combo Twist		•
CB-J	Jammer		•
GB-MSQ	Multi Squat	•	
GB-SHP	Squat / High Pull	•	



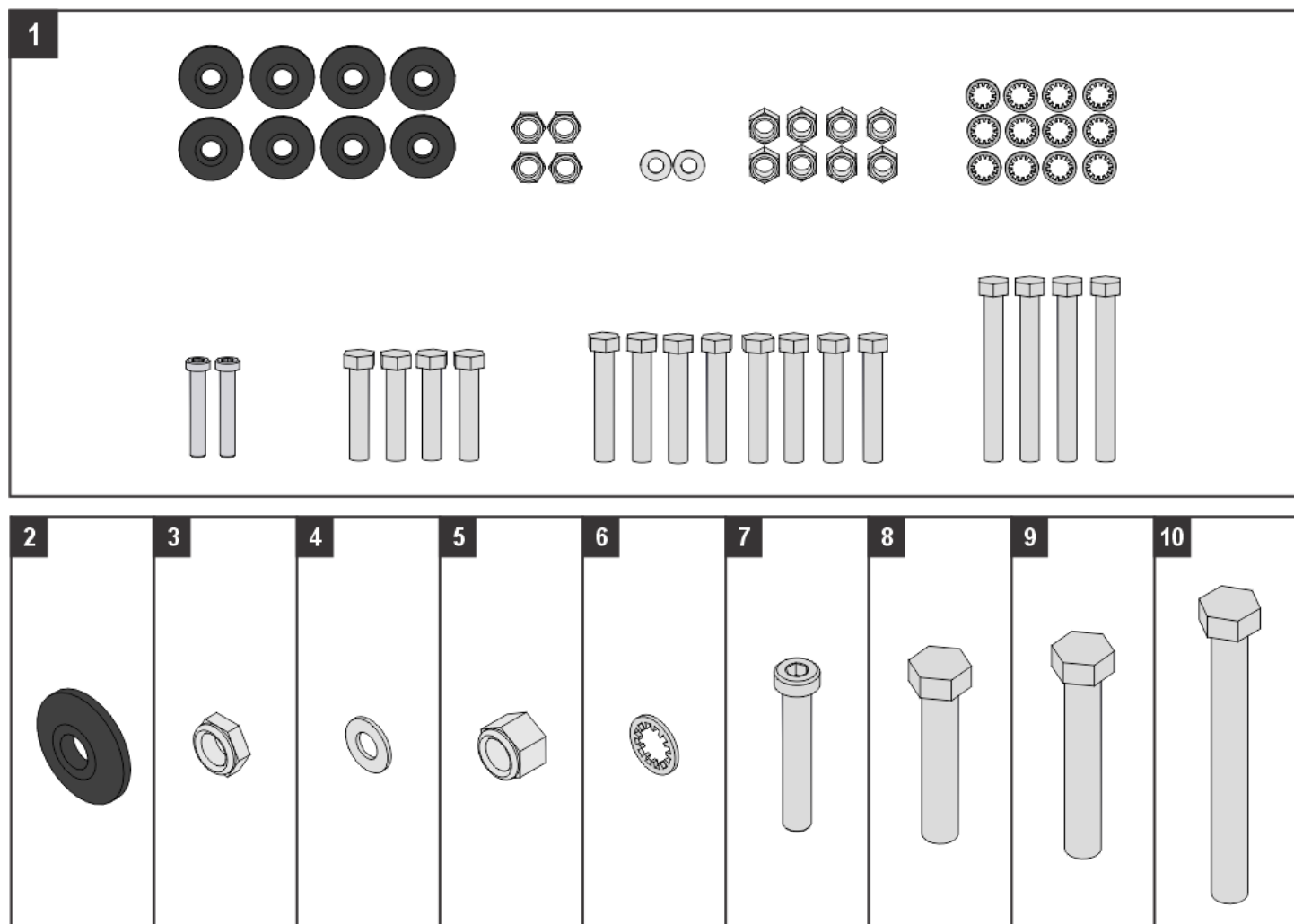
# Multi Squat (GB-MSQ)

## Components



Item	Description	Qty.
1	Right Side Frame Assembly	1
2	Work Arm Assembly	1
3	Back Frame Assembly	1
4	Left Side Frame Assembly	1
5	Mid Cross Member Assembly	1
6	Knee Pad	1
7	Weight Horn Assembly	2
8	Weight Horn Label	1
9	Hardware Kit	1

## Hardware Kit



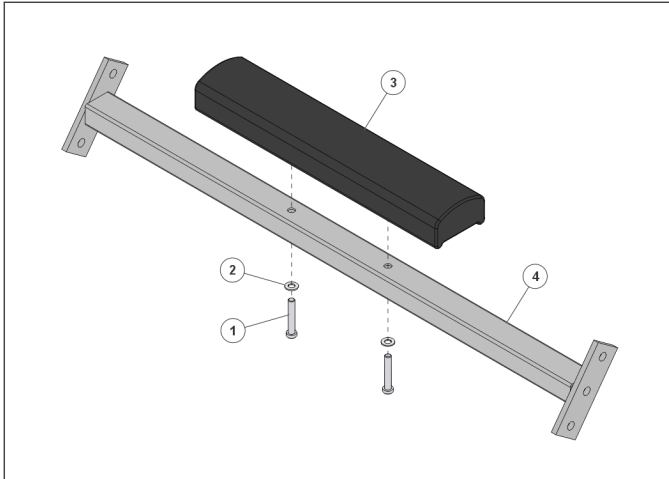
Item	Description	Qty.
1	GB-MSQ Hardware Kit	1
2	Backing Washer	8
3	1/2 Thin Lock Nut	4
4	3/8 SAE Flat Washer	2
5	1/2 Thick Lock Nut	8
6	1/2 Internal Lock Washer	12
7	M10 X 1.5 X 60 SHCS, Low Head	2
8	1/2 X 2-1/2 Bolt	4
9	1/2 X 3 Bolt	8
10	1/2 X 4-1/2 Bolt	4

## Tools Required

- 7 mm Allen wrench
- 3/4" wrench (x2)
- Flat head screwdriver
- Hammer
- Safety glasses
- Torque wrench

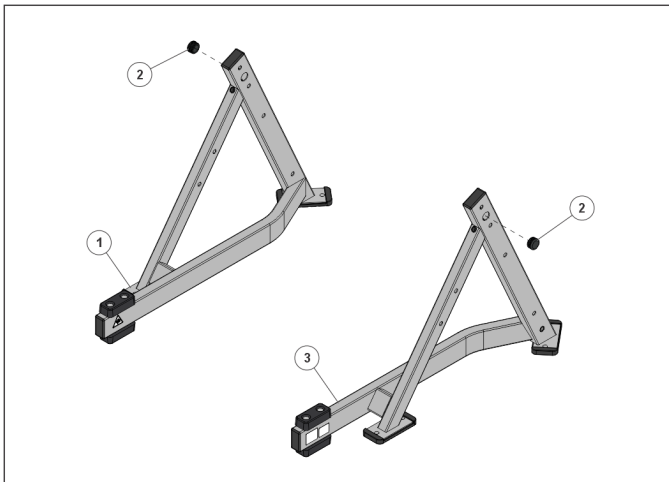
## Assemble GB-MSQ

1. Attach the knee pad assembly to the mid cross member weldment with hardware and **tighten to 40-50 in-lbs / 4.5-5.6 Nm.**



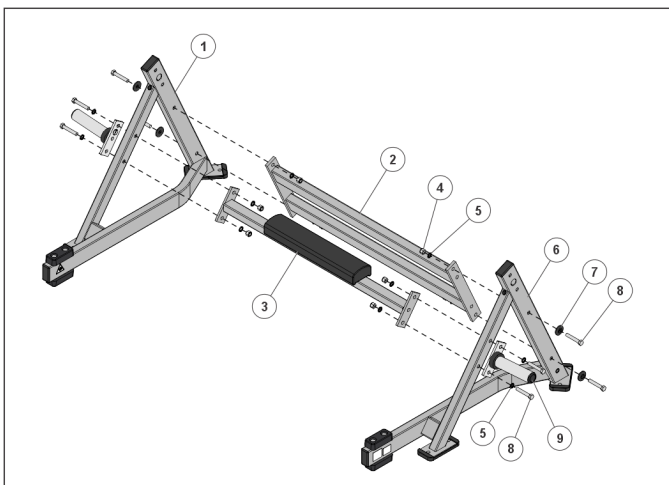
Item	Description	Qty.
1	M10 X 1.5 X 60mm Screw	2
2	3/8 SAE Washer	2
3	Knee Pad Assembly	1
4	Mid Cross Member Weldment	1

2. Remove the hole plugs from the Right and Left Side Frame Assemblies and set aside.



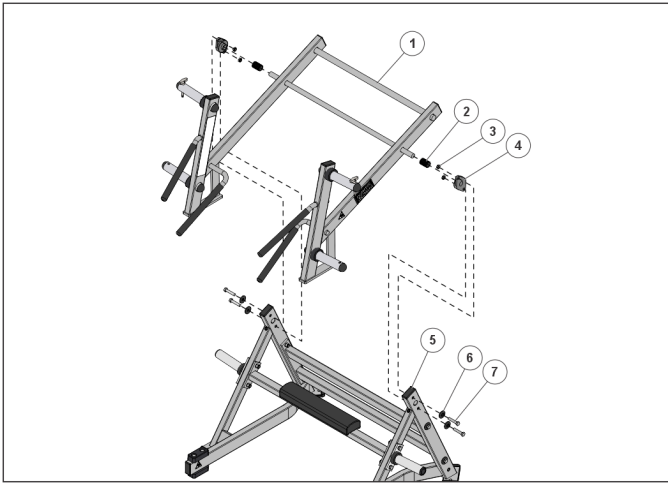
Item	Description	Qty.
1	Right Side Frame Assembly	1
2	3/4 Inch Hole Plugs	2
3	Left Side Frame Assembly	1

3. Assemble the back frame, mid cross member assemblies and weight horns to the side frame assemblies with hardware and **tighten to 20-25 ft-lbs / 27.1-33.8 Nm.**



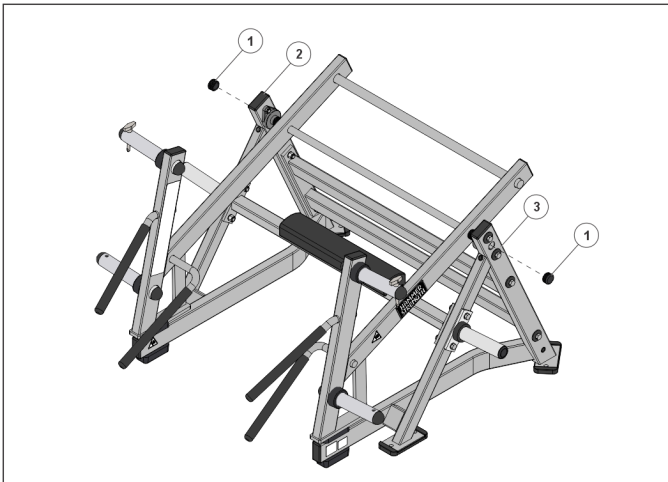
Item	Description	Qty.
1	Right Side Frame Assembly	1
2	Back Frame Assembly	1
3	Mid Cross Member Assembly	1
4	1/2" Dia. Thick Lock Nut	8
5	1/2" Internal Lock Washer	12
6	Left Side Frame Assembly	1
7	Backing Washer	8
8	1/2" x 3 Hex Head Bolt	4
9	Weigh Horn Assembly	2

4. Assemble the work arm assembly to the base frame assembly with hardware and **tighten to 20-25 ft-lbs / 27.1-33.8 Nm.**



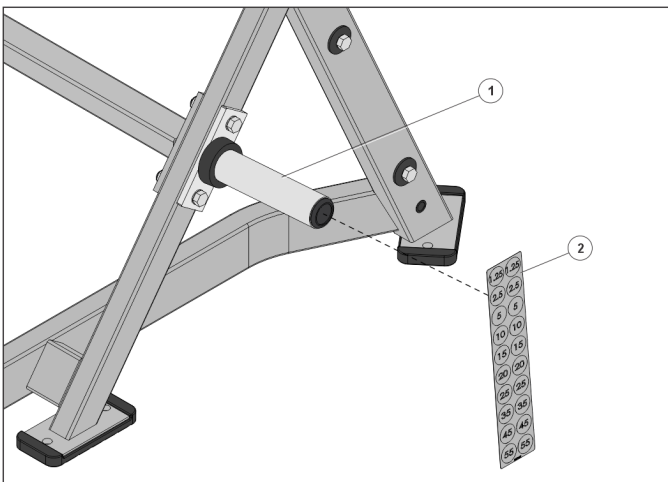
Item	Description	Qty.
1	Work Arm Assembly	1
2	Accordion Sleeve	2
3	1/2" Thin Lock Nut	4
4	Pillow Block Bearing	2
5	Base Frame Assembly	1
6	Backing Washer	4
7	1/2" x 2.5 Hex Head Bolt	4

5. Gently tap both hole plugs into the base frame.



Item	Description	Qty.
1	3/4 Inch Hole Plugs	2
2	Right Side Frame Assembly	1
3	Left Side Frame Assembly	1

6. Peel protective backing from weight horn label and individually apply a label to the weight horn assembly.



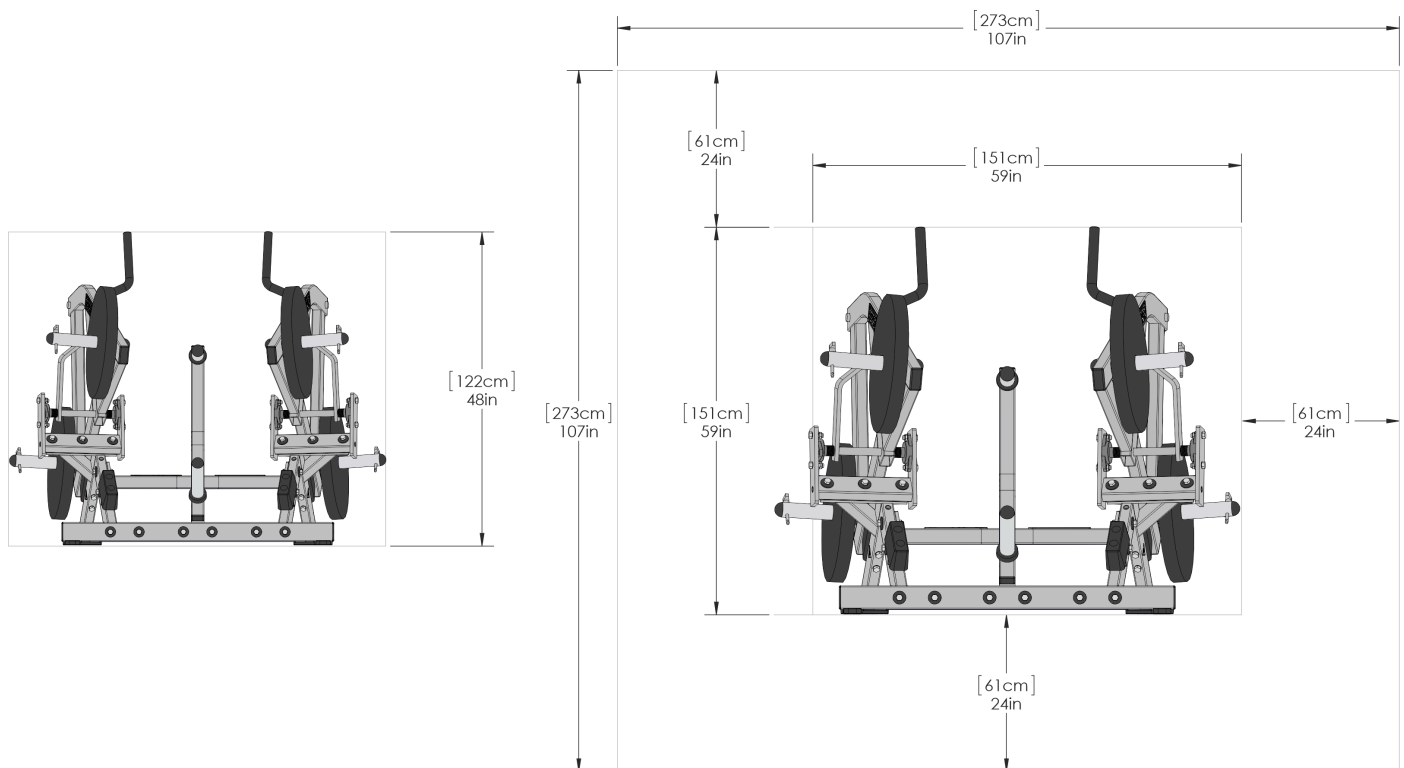
Item	Description	Qty.
1	Weight Horn Assembly	1
2	Weight Horn Label	1

### 3. Product Information

#### Combo Twist (GB-CT)

Machine Weight:	275 lbs.	124.7 kg.
Max User Weight:	350 lbs.	158.8 kg.
Start Resistance (per work arm):	8 lbs.	3.6 kg.
Plate Capacity* (plates per weight rod):	5-45 lbs.	4-25 kg.
Max Resistance:	225 lbs. per side / 450 lb total	100 kg. per side / 200 kg. total
Size (L x W x H):	in. = 59 x 59 x 48	cm = 151 x 151 x 122
Live Area (L x W x H):	in. = 107 x 107 x 48	cm = 273 x 273 x 122

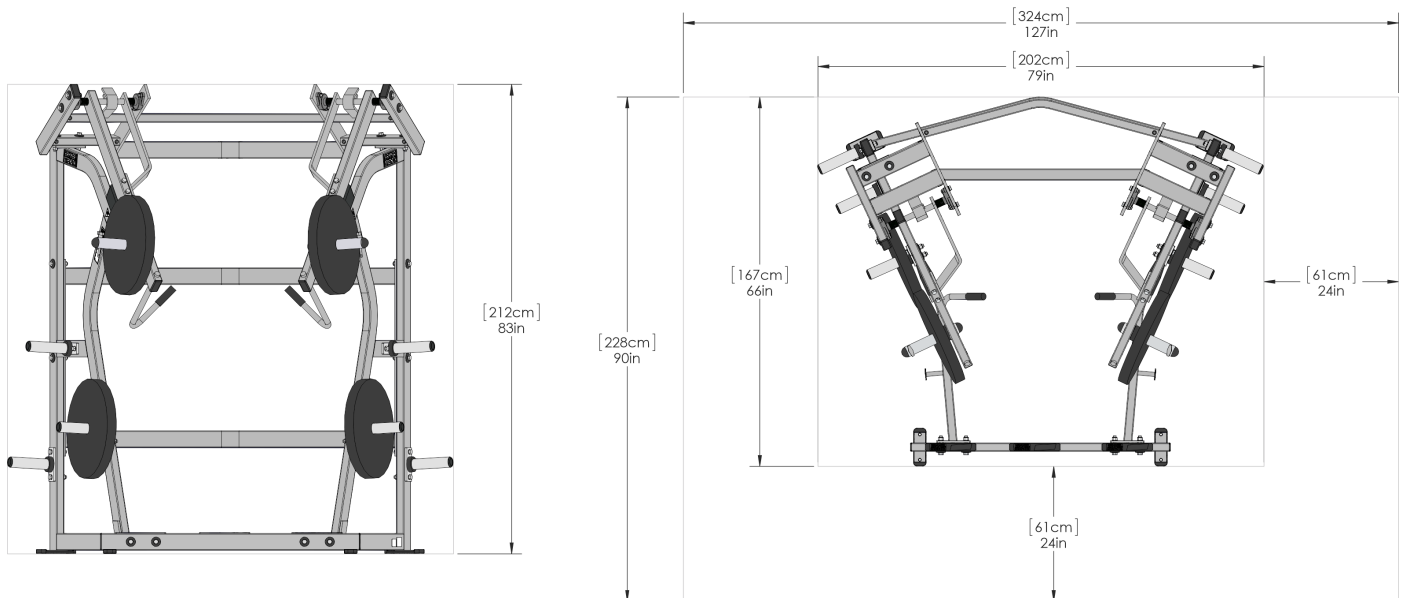
Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.



## Jammer (GB-J)

<b>Machine Weight:</b>	370 lbs.	167.8 kg.
<b>Max User Weight:</b>	350 lbs.	158.8 kg.
<b>Start Resistance (per work arm):</b>	8 lbs.	3.6 kg.
<b>Plate Capacity* (plates per weight rod):</b>	4-45 lbs.	3-25 kg.
<b>Max Resistance:</b>	180 lbs. per side / 360 lbs. total	75 kg per side / 150 kg. total
<b>Size (L x W x H):</b>	in. = 79 x 66 x 83	cm = 202 x 167 x 212
<b>Live Area (L x W x H):</b>	in. = 127 x 90 x 83	cm = 324 x 228 x 212

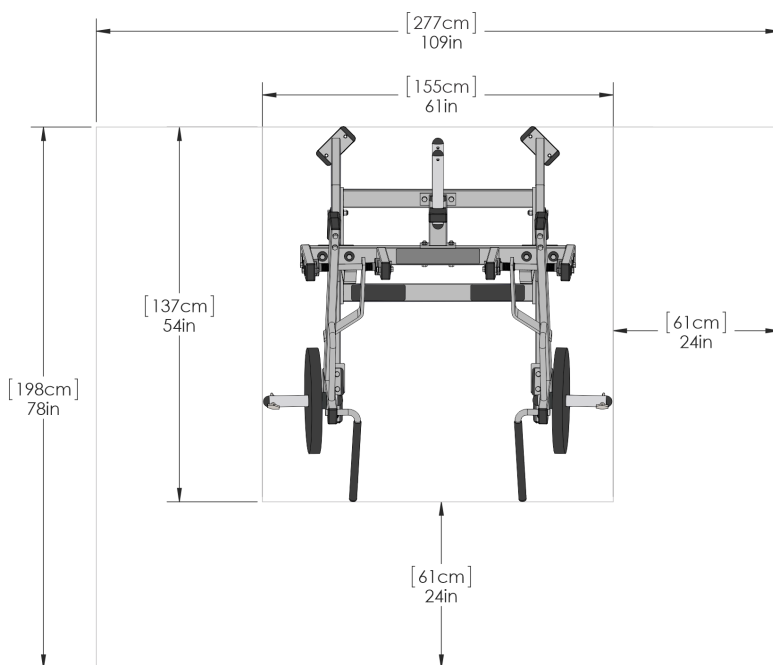
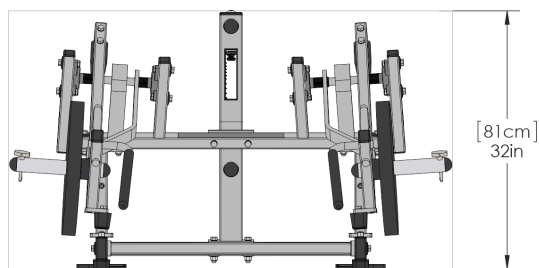
Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.



## Multi Squat (GB-MSQ)

<b>Machine Weight:</b>	219.3 lbs.	kg.
<b>Max User Weight:</b>	350 lbs.	158.8 kg.
<b>Start Resistance (per work arm):</b>	45 lbs.	20 kg.
<b>Plate Capacity* (plates per weight rod):</b>	8-45 lbs.	7-25 kg.
<b>Max Resistance:</b>	720 lb total	327 kg. total
<b>Size (L x W x H):</b>	in. = 53 x 63 x 32	cm = 134 x 156 x 81
<b>Live Area (L x W x H):</b>	in. = 78 x 111 x 32	cm = 198 x 282 x 81

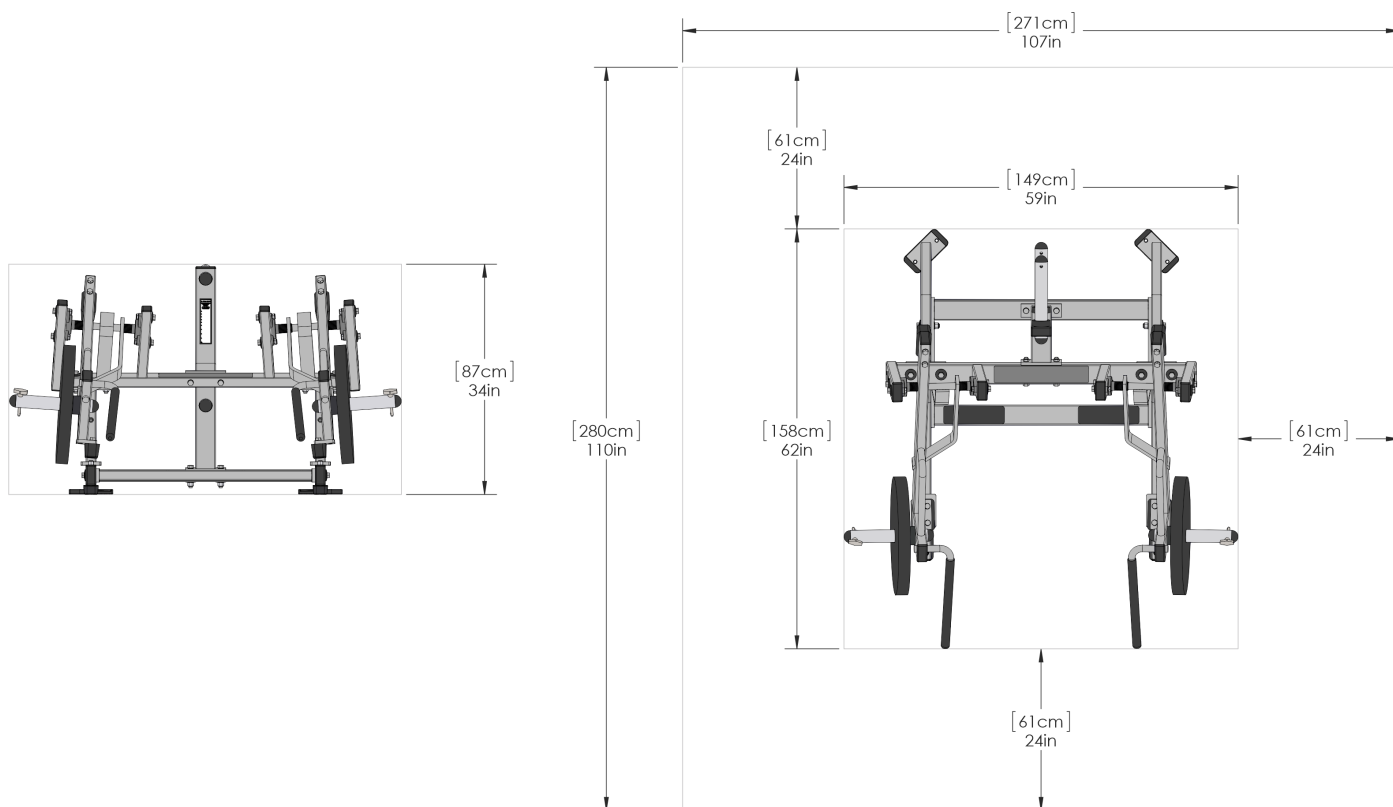
Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.



## Squat / High Pull (GB-SHP)

<b>Machine Weight:</b>	240 lbs.	108.9 kg.
<b>Max User Weight:</b>	350 lbs.	158.8 kg.
<b>Start Resistance (per work arm):</b>	45 lbs.	20 kg.
<b>Plate Capacity* (plates per weight rod):</b>	8-45 lbs.	7-25 kg.
<b>Max Resistance:</b>	720 lb total	175 kg. total
<b>Size (L x W x H):</b>	in. = 61 x 54 x 37	cm = 155 x 137 x 94
<b>Live Area (L x W x H):</b>	in. = 109 x 78 x 37	cm = 277 x 198 x 94

Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.





## 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.

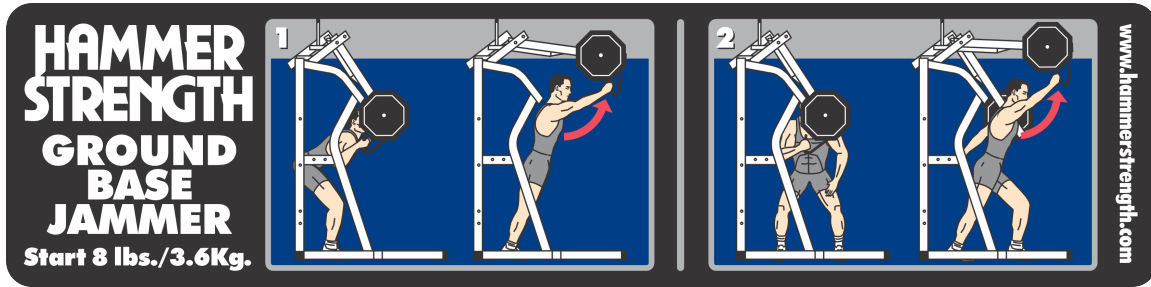
At the end of your workout, cool down in a similar way to your warm-up.

## Combo Twist (GB-CT)



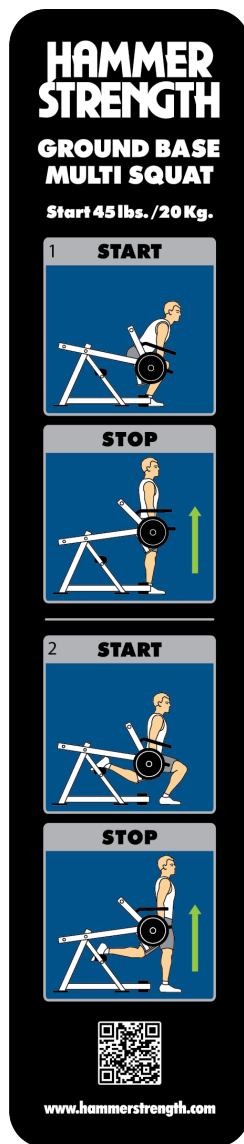
- Muscles Used:**
- Left Twist:** Obliques, Left Pectorals, Anterior Deltoid, Triceps, Right Latissimus Dorsi, Posterior Deltoid, Trapezius, Teres Major, Rhomboids, Biceps
- Right Twist:** Obliques, Right Pectorals, Anterior Deltoid, Triceps, Left Latissimus Dorsi, Posterior Deltoid, Trapezius, Teres Major, Rhomboids, Biceps
- Setup:**
- Left Twist:** Load the rear of the right movement arm and the front of the left movement arm with desired amount of weight to ensure appropriate resistance. Secure plates with retaining pins.
- Right Twist:** Load the rear of the left movement arm and the front of the right movement arm with desired amount of weight to ensure appropriate resistance. Secure plates with retaining pins.
- Performing the Exercise:**
- Place lead twist leg out front and in a controlled motion, pull rear movement arm while pushing front movement arm. Return arms to the start position and repeat the motion while maintaining proper body positioning.

## Jammer (GB-J)



- Muscles Used:** Obliques, Left Pectorals, Anterior Deltoid, Triceps, Right Latissimus Dorsi, Posterior Deltoid, Trapezius, Teres Major, Rhomboids, Biceps
- Setup:** Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Position body with back facing unit (or turned 90 degrees).
- Performing the Exercise:** With a controlled motion, push the handles up until the arms are at full extension. Return to the start position and repeat the motion, while maintaining proper body positioning.

## Multi Squat (GB-MSQ)

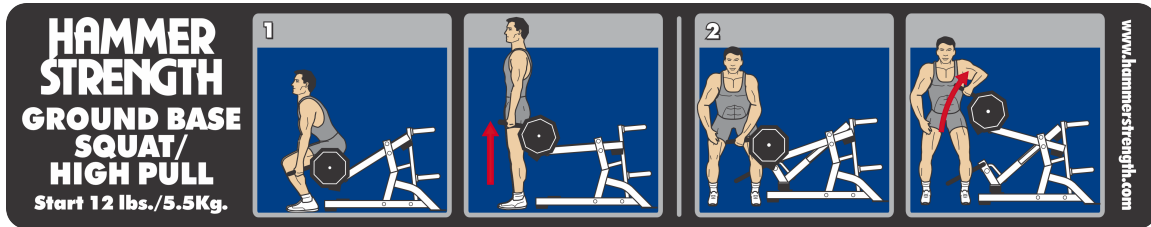


**Muscles Used:** Quadriceps, Hamstrings, Glutes

**Setup:** Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Bend at knees and grab handles.

**Movement:** **Squat:** With a controlled motion, stand upright until fully extended. Return handles to the start position and repeat the motion while maintaining proper body positioning.  
**Lunge:** With a controlled motion, stand upright until fully extended. Place one foot on pad while returning handles to the start position and repeat the motion while maintaining proper body positioning.

## Squat / High Pull (GB-SHP)



**Muscles Used:** Quadriceps, Hamstrings, Glutes

**Setup:** Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Bend at knees and grab handles.

**Movement:**

**Squat:** With a controlled motion, stand upright until fully extended. Return handles to the start position and repeat the motion while maintaining proper body positioning.

**Lunge:** With a controlled motion, stand upright until fully extended. Place one foot on rear wear strips while returning handles to the start position and repeat the motion while maintaining proper body positioning.

# 5. Maintenance Procedures

## Maintenance Schedule

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
<b>CLEAN</b>				
Upholstery	•			
Hand Grips				•
<b>WAX</b>				
Frames				•
<b>INSPECT</b>				
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](mailto: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

## What is Covered

This Life Fitness commercial exercise equipment product is warranted to be free of all defects in material and workmanship.

## Who is Covered

The original purchaser or any person receiving the product as a gift from the original purchaser.

## Who Pays Transportation and Insurance For Service

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

## What We Will Do To Correct Covered Defects

We will ship to you any new or rebuilt replacement part or component, or at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

## What is Not Covered

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization, or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual.

*All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness representative.*

## Owner's Manual

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

## Exclusive Warranty

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

## Changes in Warranty Not Authorized

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

## Effects of State Laws

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

## Warranty Information

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





# 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	GB-CT	GB-J	GB-MSQ	GB-SHP
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/mm<sup>2</sup>).

### Anchoring

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

### Building Codes

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

### Carpeting

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

### Competitor Product

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

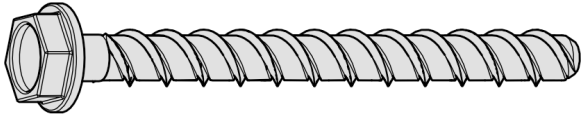
- Life Fitness does not have that level of specification or engineering input for competitive product.
- Life Fitness installation teams are not permitted to anchor competitor equipment.

### Drilling

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

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

## Anchor Type - Static

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

## Anchor Specifications

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

## Pullout Force

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

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

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

## Tools Required

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

- 1" L-shape SDS rotary hammer
- (Imperial anchors) 3/8" diameter carbide drill bit
- (Metric anchors) 10mm diameter carbide drill bit
- Extension cord
- Floor scanner / rebar detector (optional)
- Hammer (Dynamic anchors only)
- Rotary tool
- Safety glasses
- Tape measure
- Torque wrench

- Vacuum (for debris)

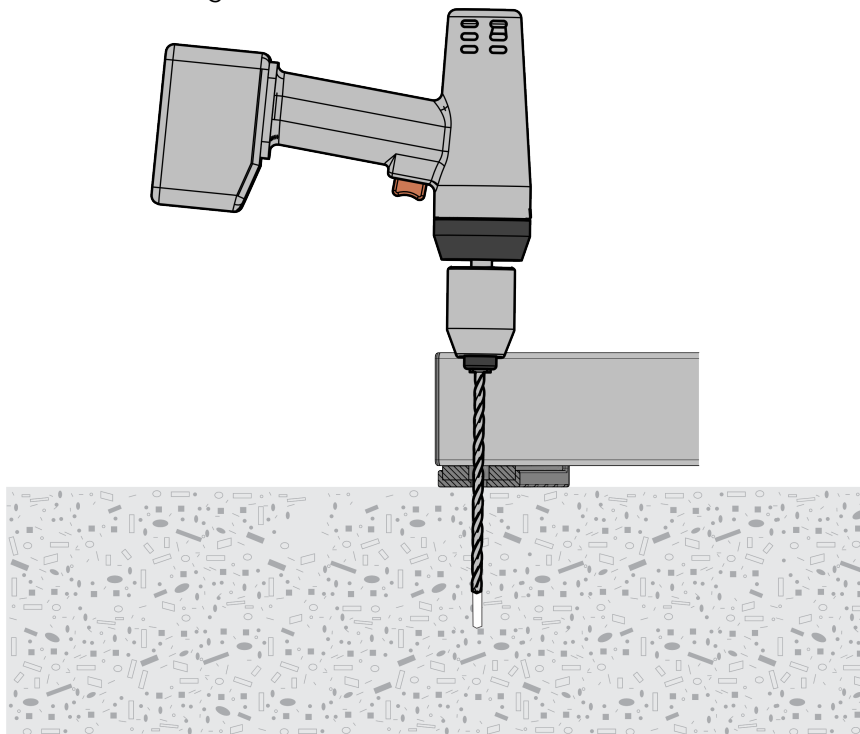
## Static Anchor

- Floor scanner / rebar detector (optional)
- 1" L-shape SDS rotary hammer
- 1/4" x 12" / 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

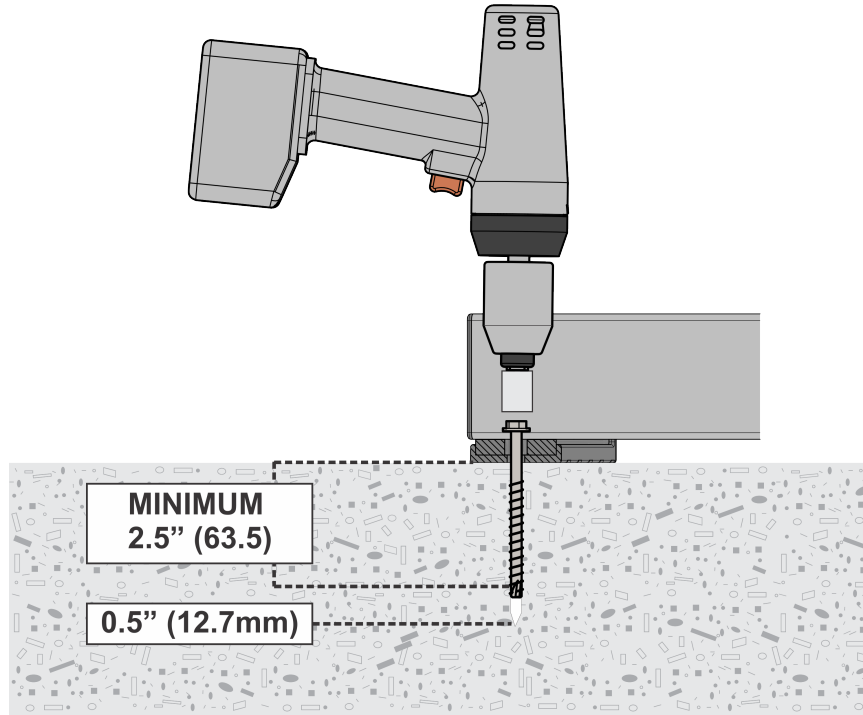
**⚠ CAUTION:** If it is possible that the length of your bolt will not provide the minimum requirement of 2.5" (63.5mm) of engagement, a longer anchor should be used.

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*.



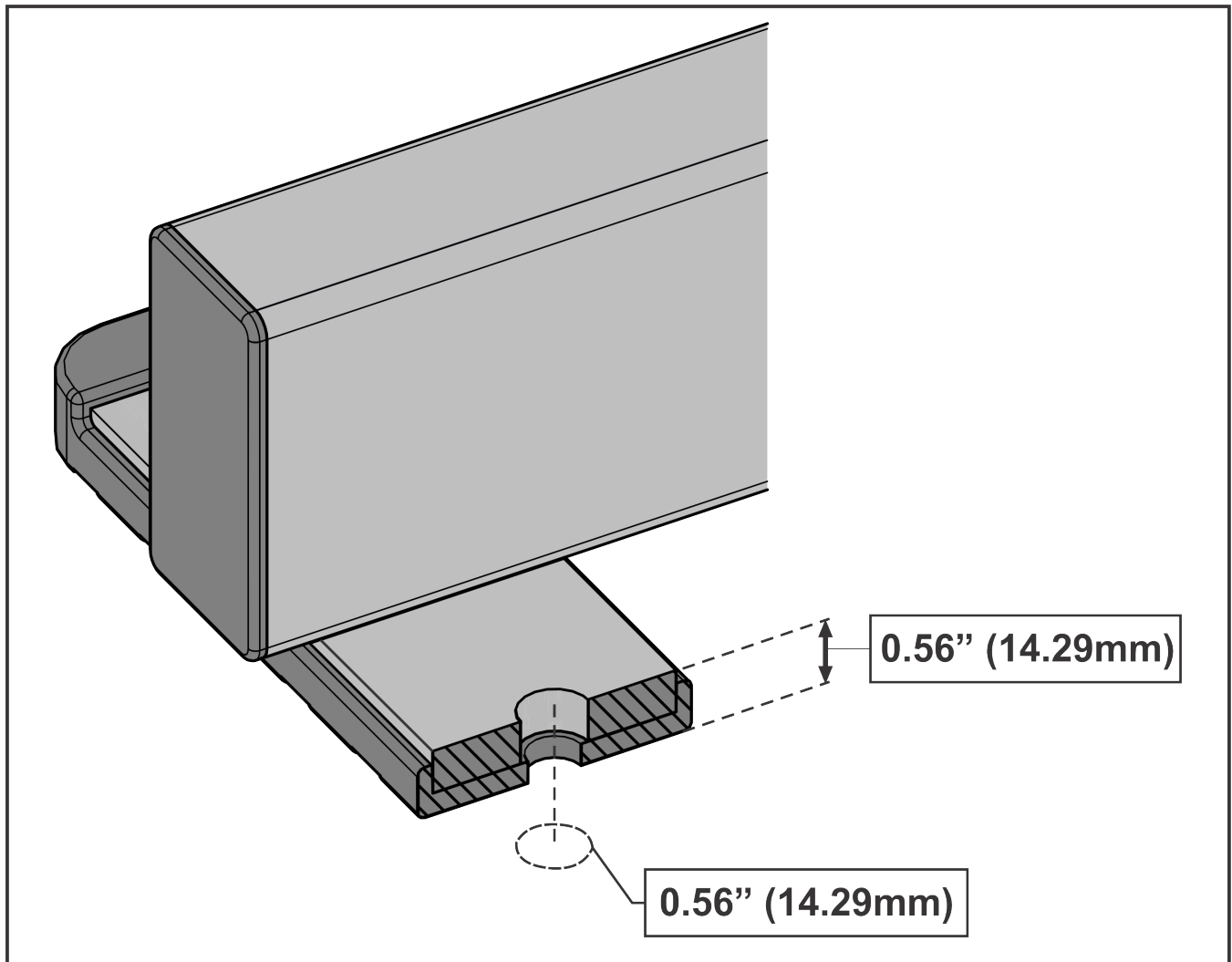
4. Insert fastener and tighten to 18 Foot-Pounds (24Nm) for 1/4" (6mm) anchor or 40 Foot-Pounds (54Nm) for 3/8" (8mm) anchor.

**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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