

PWR Play

LPP-AC, LPP-AD, LPP-BA, LPP-CB, LPP-CC, LPP-CORE, LPP-CX, LPP-DC,
LPP-DH, LPP-DI, LPP-DL, LPP-DP, LPP-DR, LPP-HR, LPP-PA, LPP-PD, LPP-PP,
LPP-PR, LPP-RP, LPP-RW, LPP-SB, LPP-ST, LPP-SX, LPP-TP, LPP-VA

OWNER'S MANUAL



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marketing.hk.asia@lifefitness.com

*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 የተመጠውን አገናኝ(ሊንክ) በመጠቀም መረጃዎች አንላይን ያገኛሉ።

Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

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

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

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

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

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

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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1. Safety

Safety Information

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

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

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

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

Operating Warnings



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

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

Access Control

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

Installation

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

Proper Usage

- Do not use any equipment in any way other than as designed or intended by the manufacturer. It is imperative that Life Fitness equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad, pulley or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.

Inspection

- DO NOT attempt to use or repair any accessory approved for use with the equipment which appears to be damaged or worn.
- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all Life Fitness equipment, use only replacement parts supplied by Life Fitness.
- Cables and belts pose an extreme liability if used when damaged. Always replace any cable at first sign of wear (consult Life Fitness if uncertain).
- Maintain labels, 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.

SelectORIZED

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

Warnings and Cautions

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

Product Labels

General Warning Label

⚠ WARNING

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

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

Serial Number Label

Life Fitness

9525 Bryn Mawr Ave
Rosemont, IL 60018
USA 1-847-288-3300
www.lifefitness.com

Ejido/plan 25-31
2892 LB Barendrecht
The Netherlands
+31 0 180 846 866

CAGE
SCMYS
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

Weight at Handle

Weight stack label indicates resistance for each handle

Pinch Hazard Label



Adjustable Carriage Warning



Power Pivot Warning

⚠ WARNING

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

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

103402-0001

Strap Training Warning

⚠ WARNING



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

DO NOT USE for support during stretching, or allow resistance straps, ropes or other means to be attached to it unless the equipment is secured to floor. This can result in injury.

Contact manufacturer with questions.

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.

FCC Compliant Cable

Patent:
www.lifefitness.com/patents

EN ISO 20957
TSCA Title VI Compliant

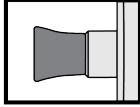
 

THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS: (1) THIS DEVICE MAY NOT CAUSE HARMFUL INTERFERENCE, AND (2) THIS DEVICE MUST ACCEPT ANY INTERFERENCE RECEIVED, INCLUDING INTERFERENCE THAT MAY CAUSE UNDESIRABLE OPERATION.

Carriage Fall Warning

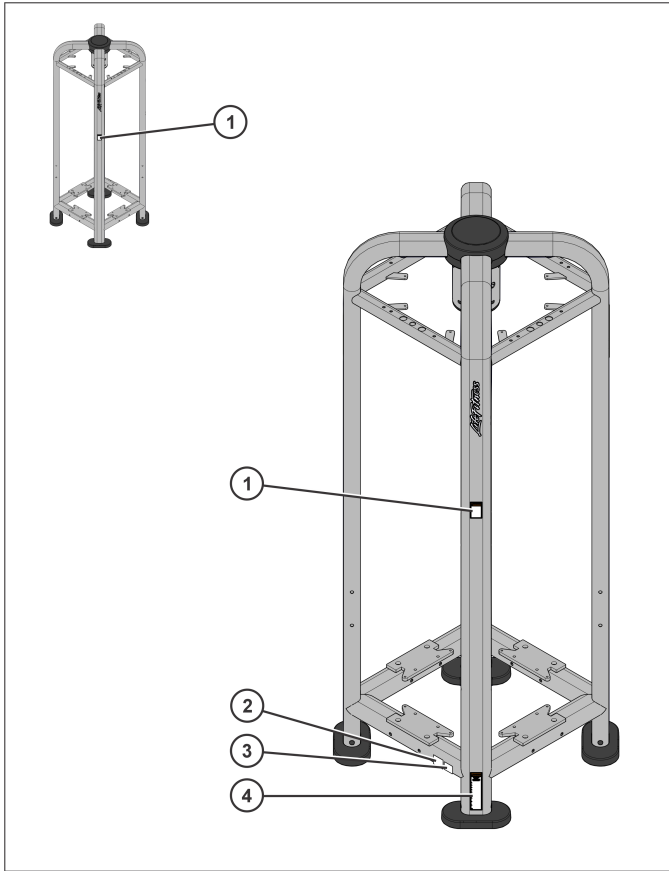
⚠ WARNING

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



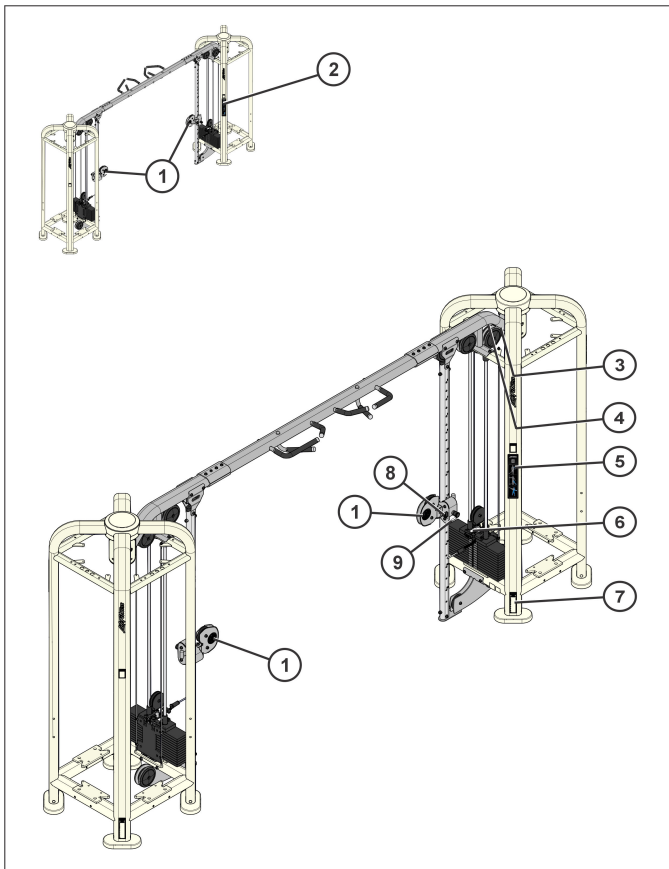
Ensure Full Engagement As Illustrated Here To Avoid Injury.

Label Locations
Core (LPP-CORE)



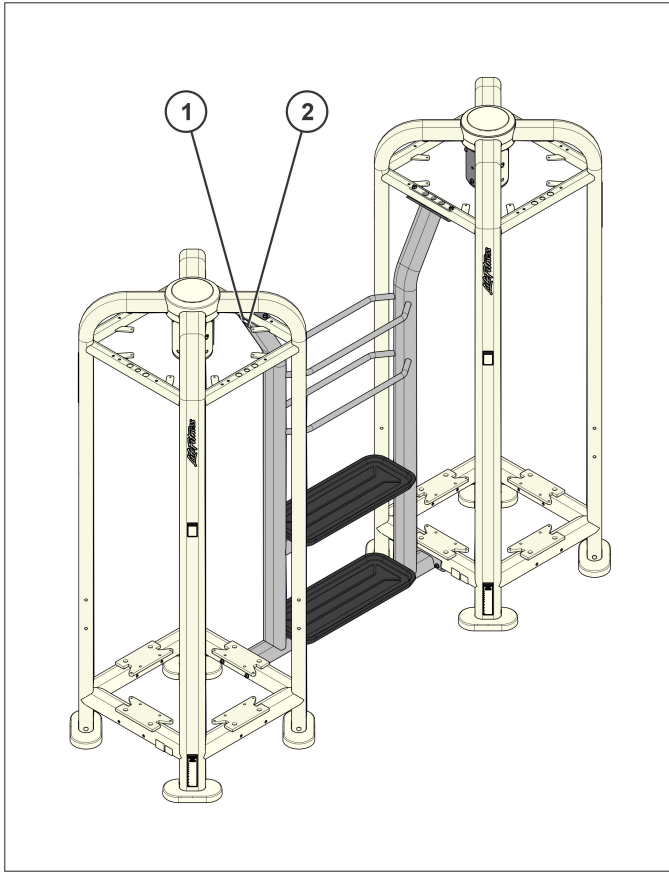
Item	Description	Qty.
1	Strap Training Warning	4
2	Serial Number	1
3	FCC Compliant	1
4	General Warning	1

Core Connector - Adjustable Cable Crossover (LPP-CX)



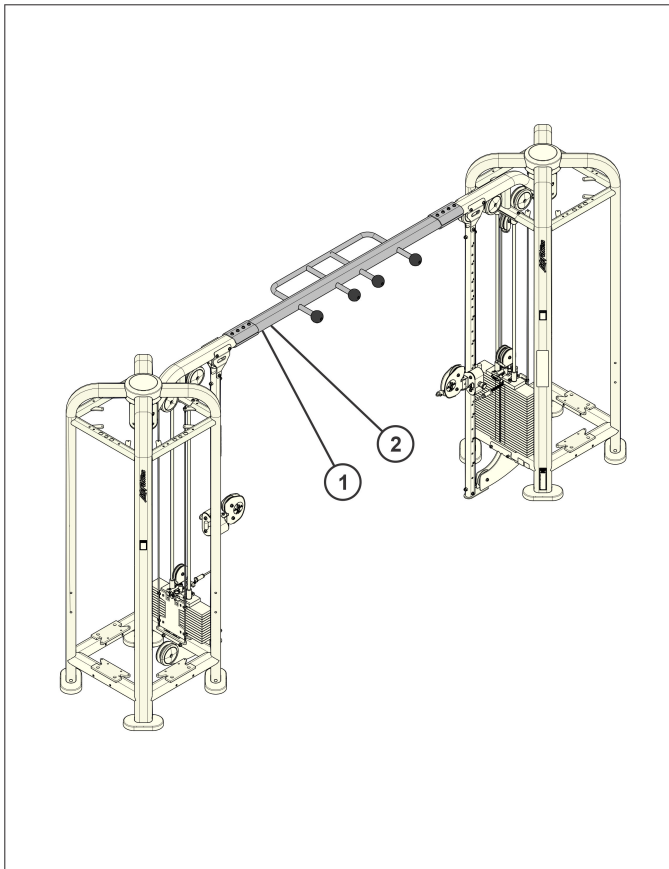
Item	Description	Qty.
1	Adjustable Carriage Warning	4
2	Placard (Cable)	1
3	Serial Number	1
4	FCC Compliant Cable	1
5	Placard (Cable Crossover)	1
6	Weight at Handle	2
7	General Warning	2
8	Pinch Hazard	2
9	Carriage Fall Warning	2

Core Connector - Accessory Storage (LPP-SX)



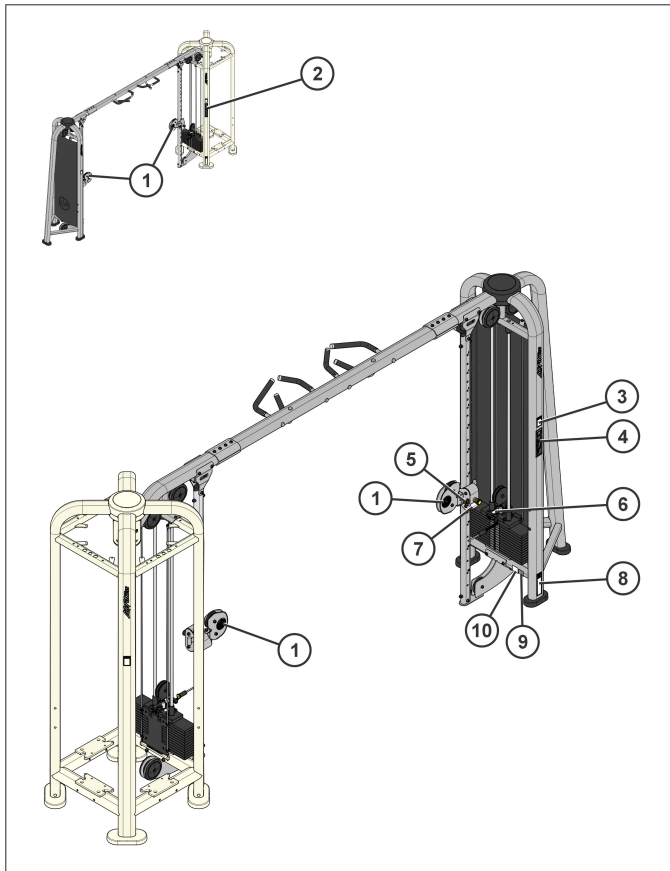
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1

Adjustable Cable Crossbar (LPP-CB)



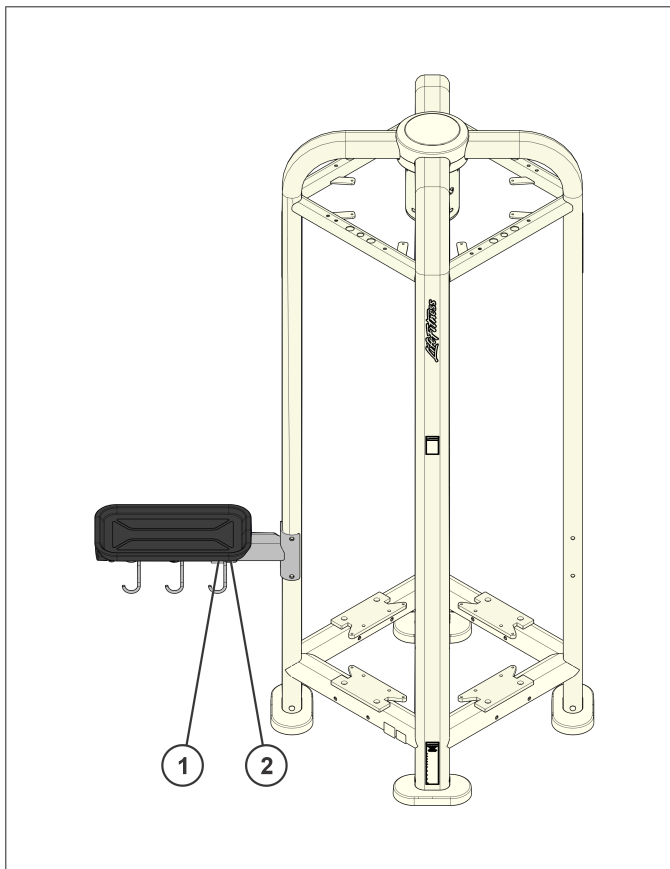
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1

Adjustable Cable Crossover - Attached (LPP-CC)



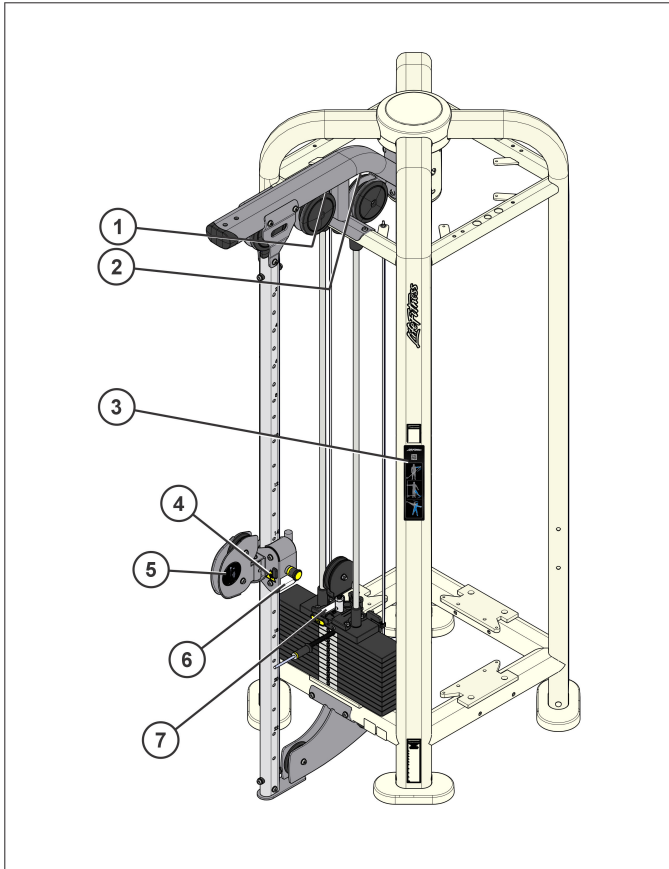
Item	Description	Qty.
1	Adjustable Carriage Warning	4
2	Placard (Cable Crossover)	1
3	Strap Training Warning	2
4	Placard (Cable)	1
5	Pinch Hazard	2
6	Weight at Handle	2
7	Carriage Fall Warning	2
8	General Warning	1
9	FCC Compliant Cable	1
10	Serial Number	1

Adjustable Cable Handle Storage (LPP-HR)



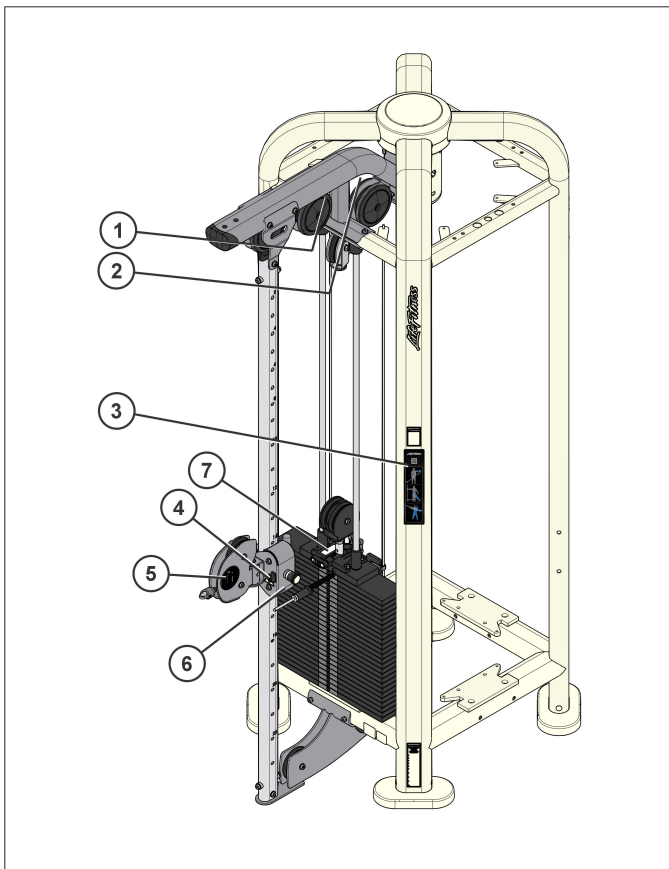
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1

Adjustable 2:1 Cable (LPP-AC)



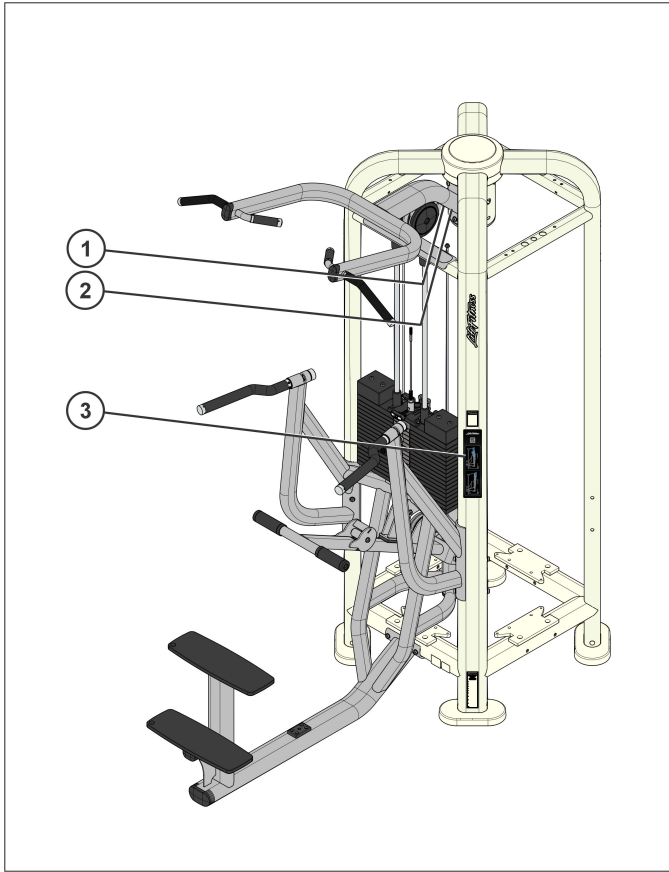
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1
4	Pinch Hazard	1
5	Adjustable Carriage Warning	2
6	Carriage Fall Warning	1
7	Weight at Handle	1

Adjustable 4:1 Dynamic Cable (LPP-AD)



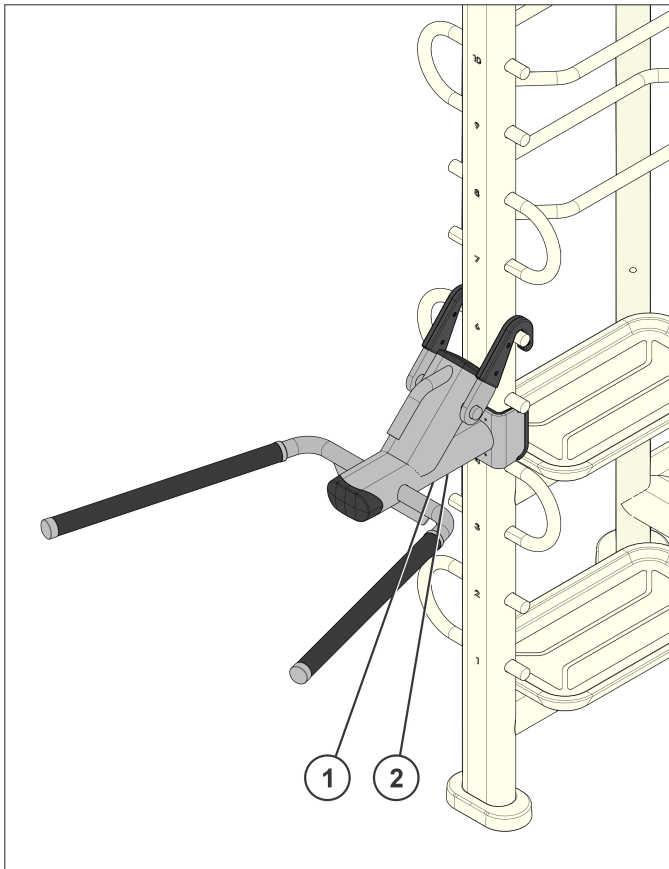
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1
4	Pinch Hazard	1
5	Adjustable Carriage Warning	2
6	Carriage Fall Warning	1
7	Weight at Handle	1

Assisted Dip Chin (LPP-DC)



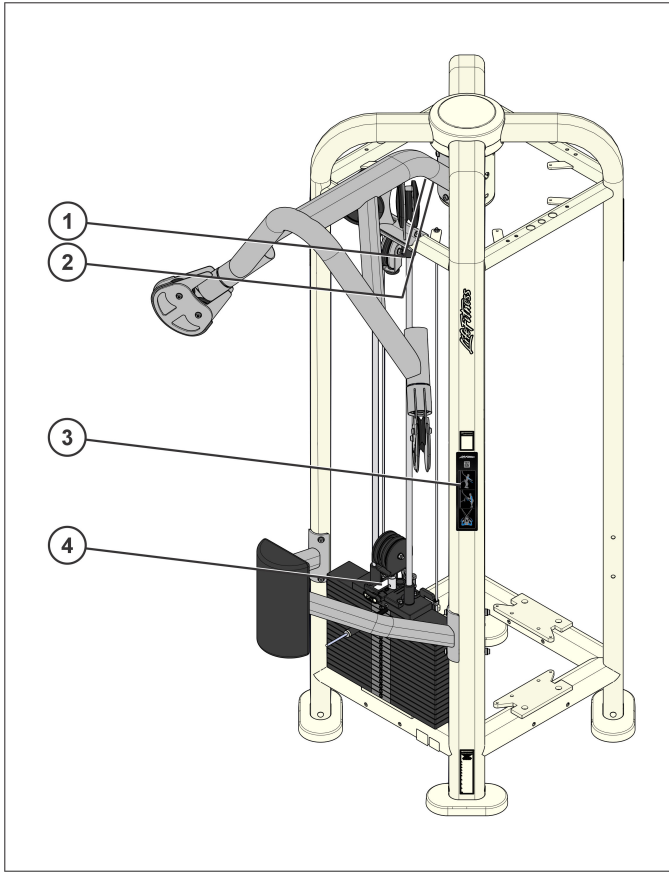
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1

Dip (LPP-DI)



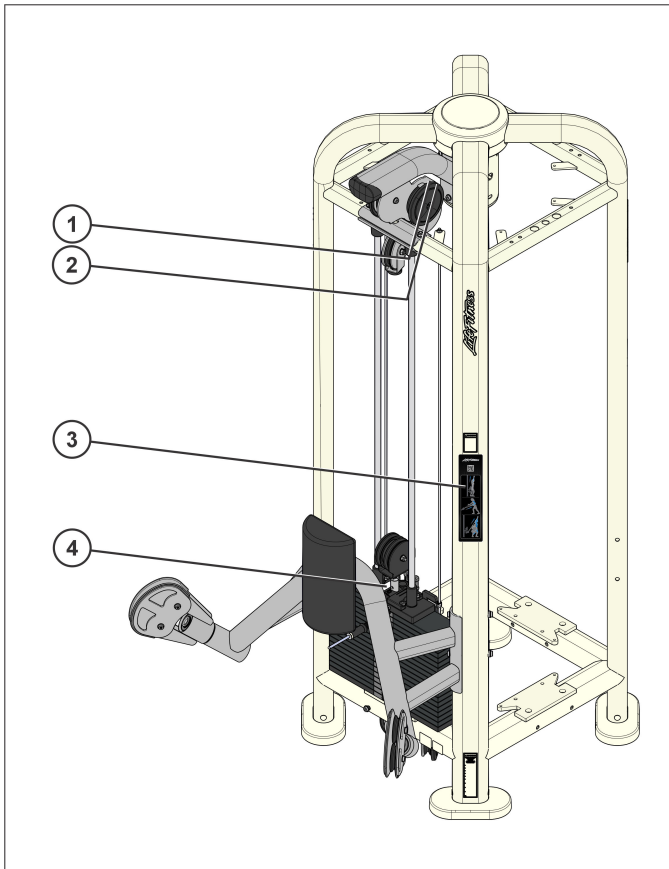
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1

Dual Cable High (LPP-DH)



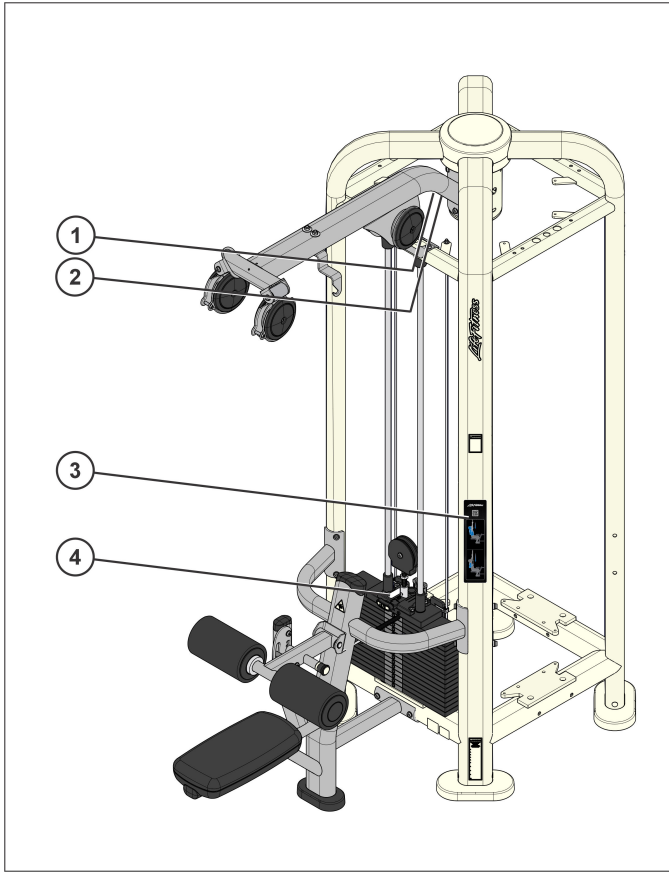
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1
4	Weight at Handle	1

Dual Cable Low (LPP-DL)



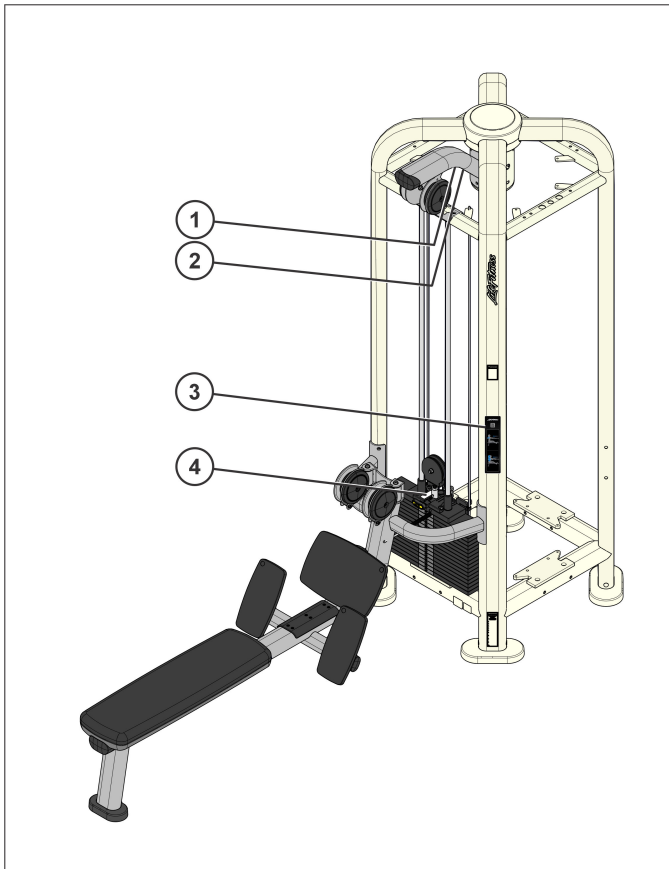
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1
4	Weight at Handle	1

Dual Cable Pulldown (LPP-DP)



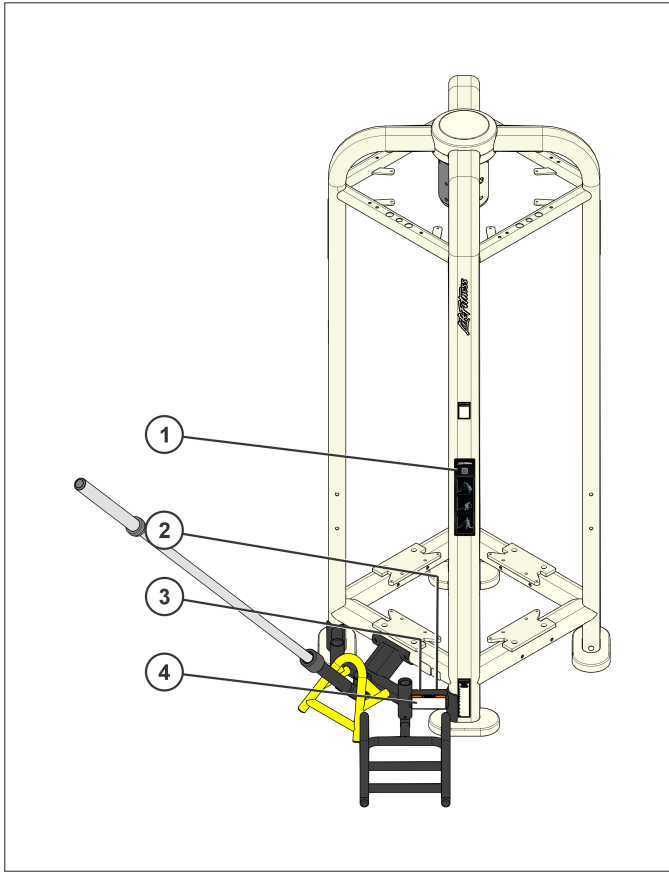
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1
4	Weight at Handle	1

Dual Cable Row (LPP-DR)



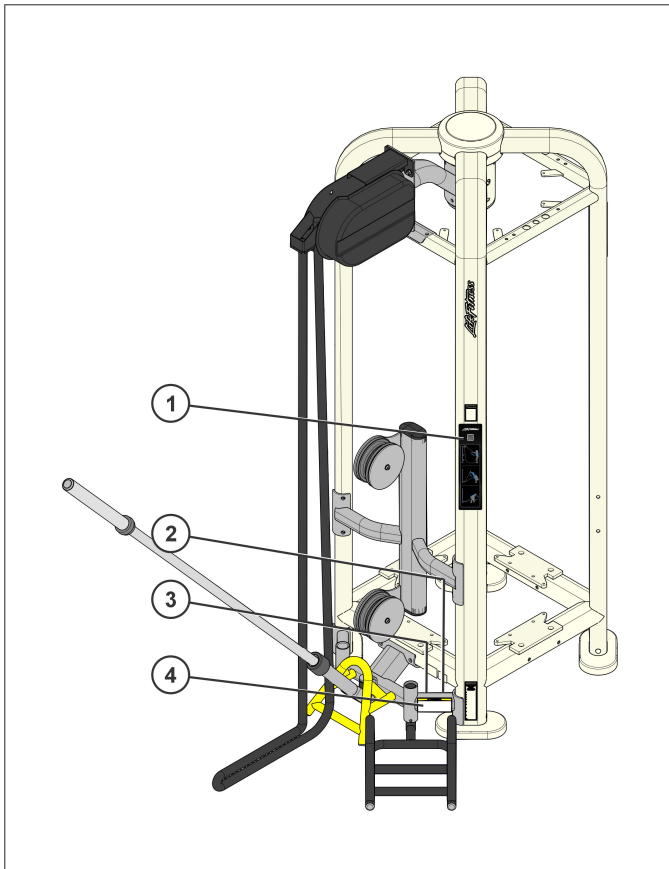
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1
4	Weight at Handle	1

Power Pivot (LPP-PP)



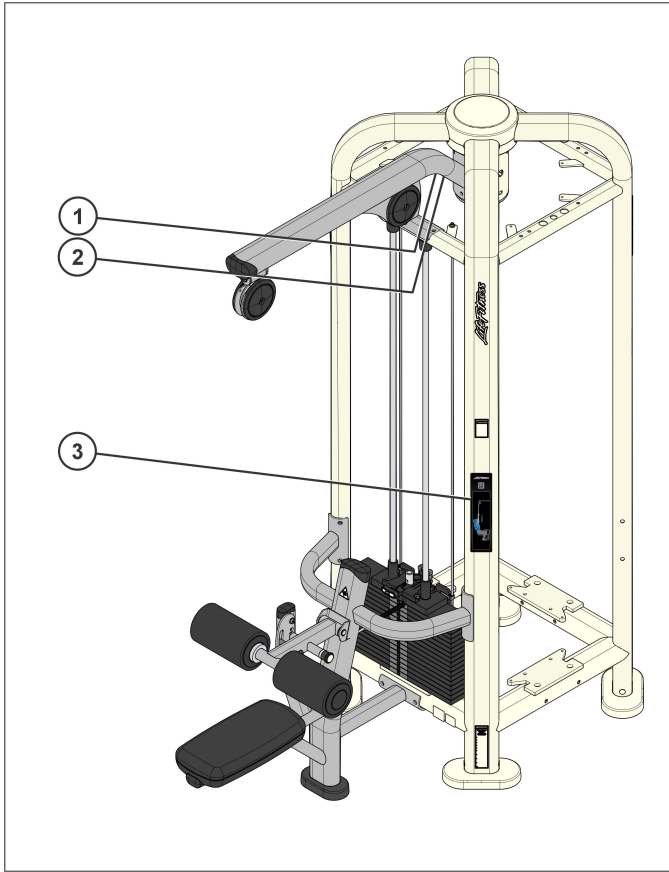
Item	Description	Qty.
1	Placard	1
2	FCC Compliant	1
3	Serial Number	1
4	Power Pivot Warning	1

Power Pivot - Rope Pull (LPP-PR)



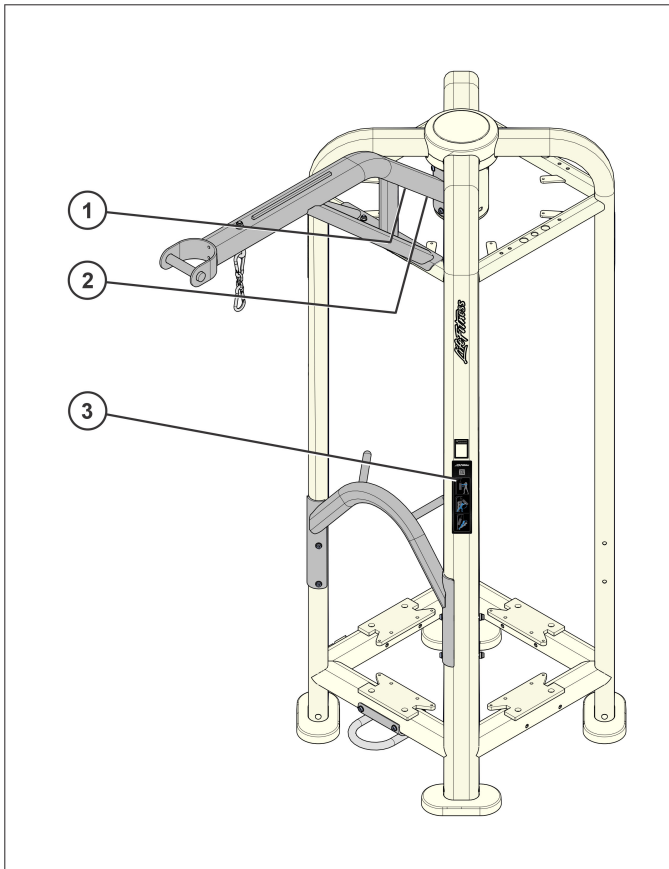
Item	Description	Qty.
1	Placard	1
2	FCC Compliant	1
3	Serial Number	1
4	Power Pivot Warning	1

Pulldown (LPP-PD)



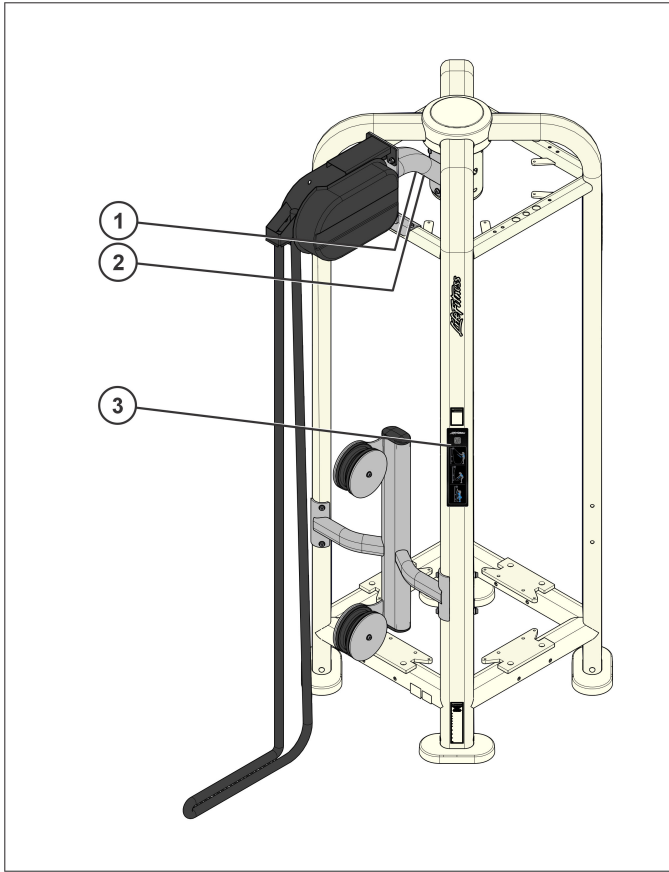
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1

Punching Bag Anchor (LPP-BA)



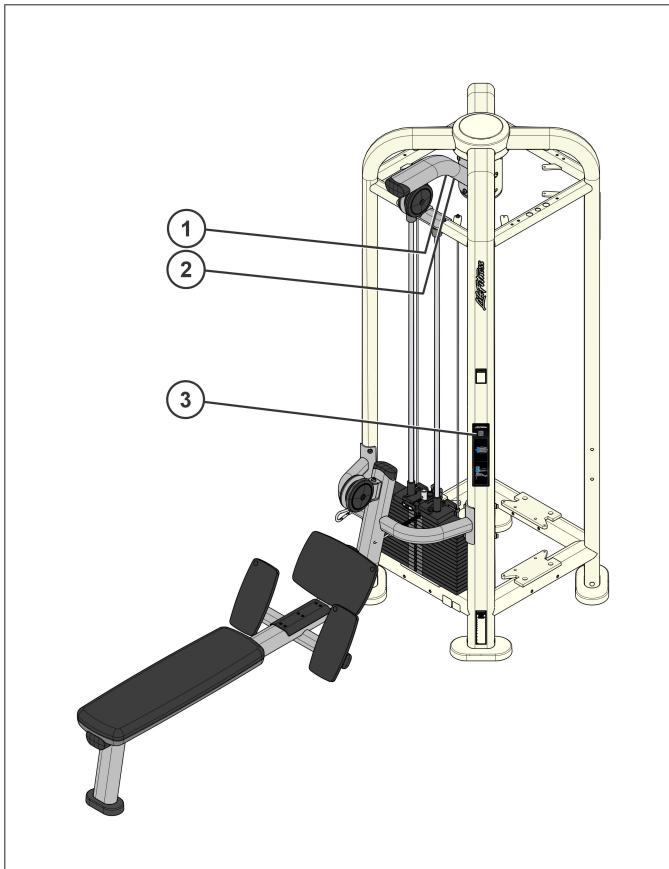
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	Placard	1

Rope Pull (LPP-RP)



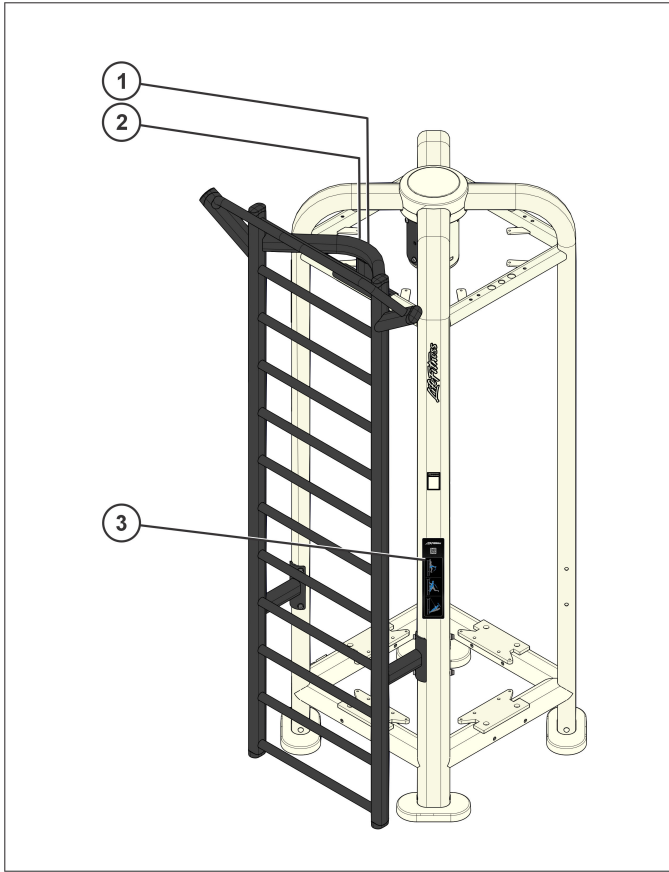
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	Placard	1

Row (LPP-RW)



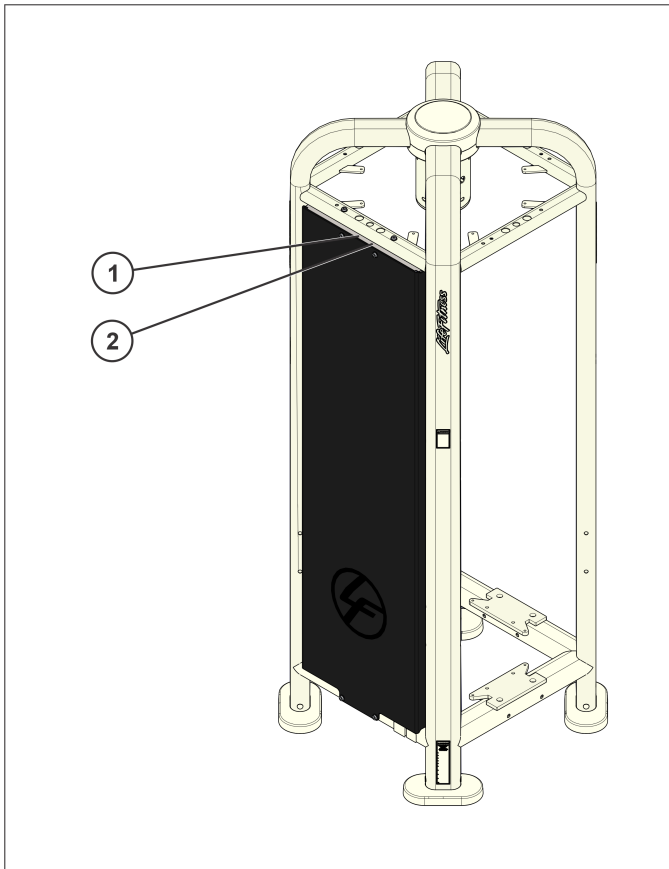
Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1

Stall Bars (LPP-SB)



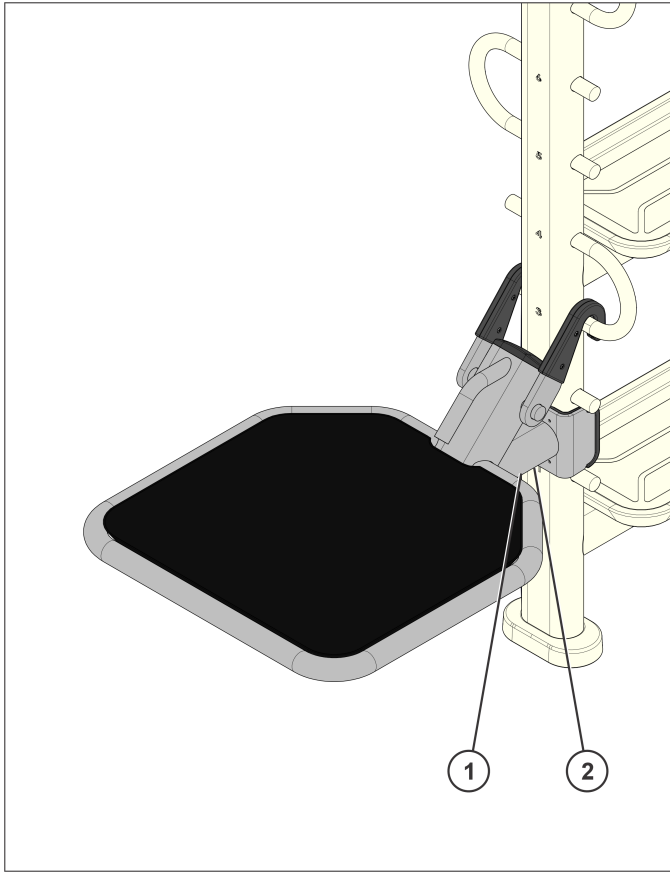
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1
3	Placard	1

Station Panel (LPP-PA)



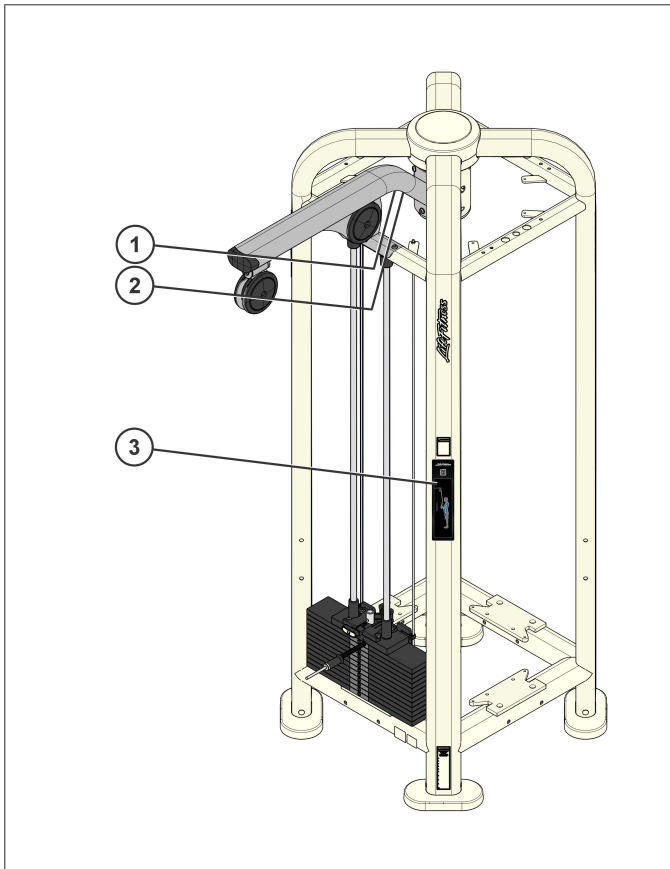
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1

Step (LPP-ST)



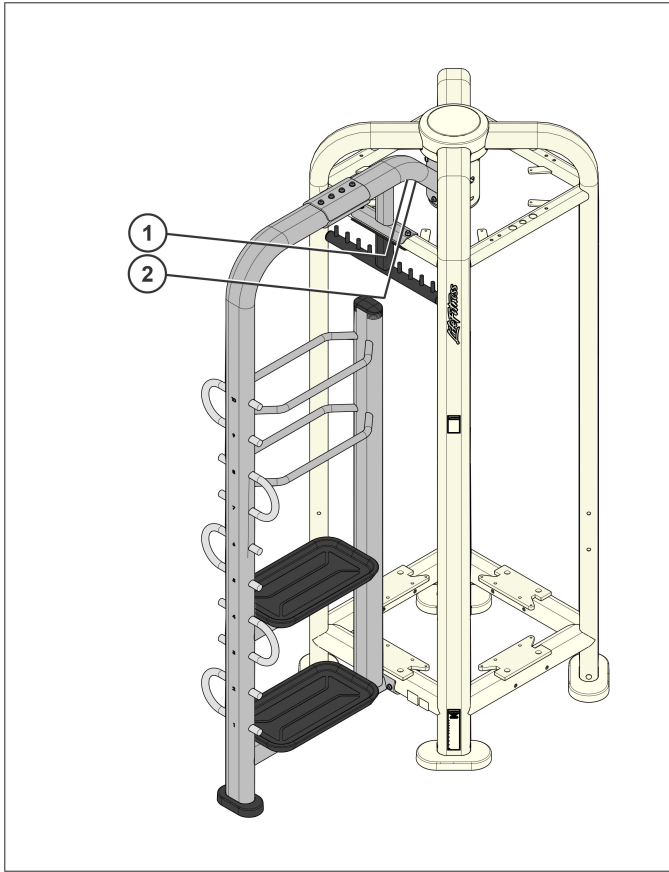
Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1

Triceps Pushdown (LPP-TP)



Item	Description	Qty.
1	FCC Compliant Cable	1
2	Serial Number	1
3	Placard	1

Versa (LPP-VA)

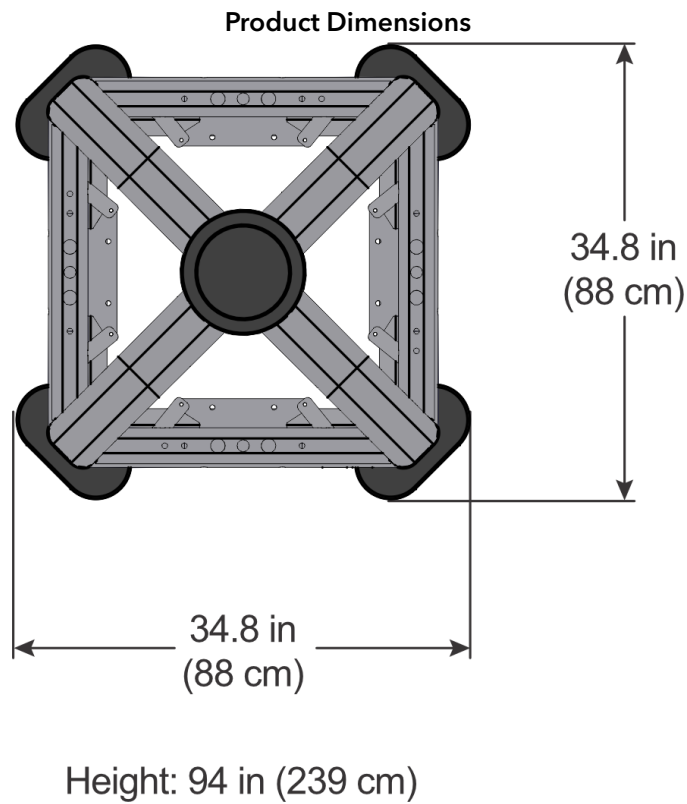


Item	Description	Qty.
1	FCC Compliant	1
2	Serial Number	1

2. Specifications

Core (LPP-CORE)

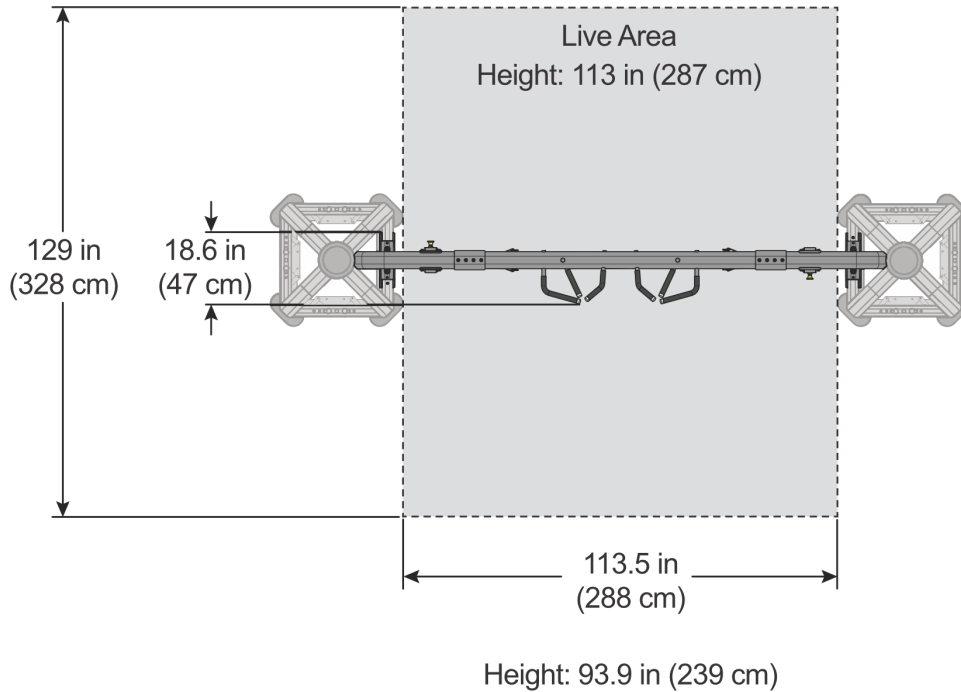
Machine Weight:	225 lbs.	102.1 kg.
Size (L x W x H):	in. = 34.8 x 34.8 x 94	cm = 88 x 88 x 239
Max User Weight:	300 lbs.	136 kg.



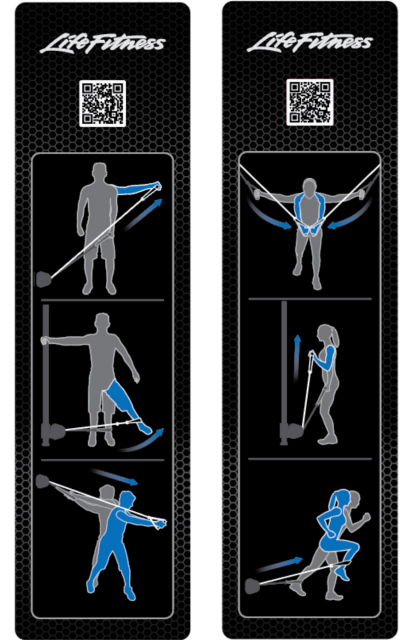
Core Connector - Adjustable Cable Crossover (LPP-CX)

Machine Weight:	980 lbs.	444.5 kg.
Size (L x W x H):	in. = 18.6 x 113.5 x 93.9	cm = 47 x 288 x 239
Live Area (L x W x H):	in. = 129 x 113.5 x 113	cm = 328 x 288 x 287
Max User Weight:	300 lbs.	136 kg.
Weight Stack Weight:	190 lbs. (x2)	130 kg. (x2)
Effective User Resistance:	95 lbs.	47.5 kg.
Resistance Ratio:	2:1	

Product Dimensions

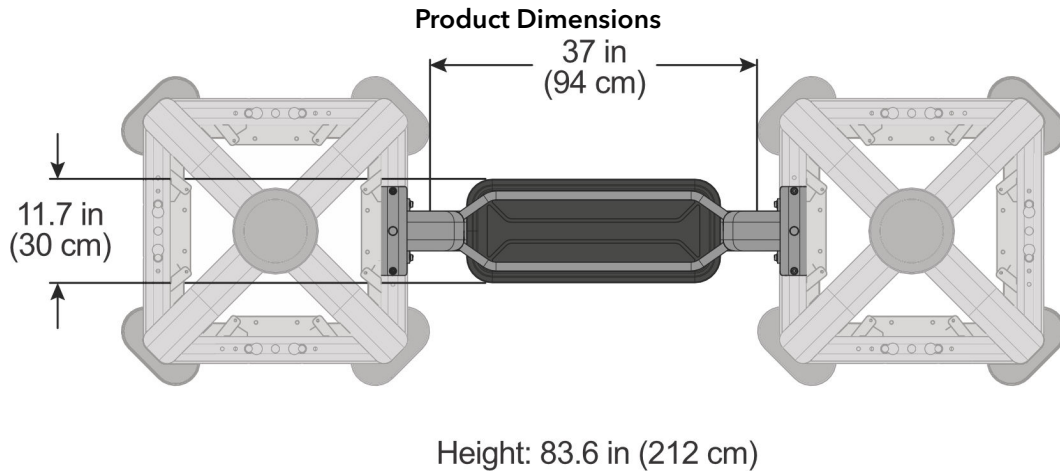


Placards



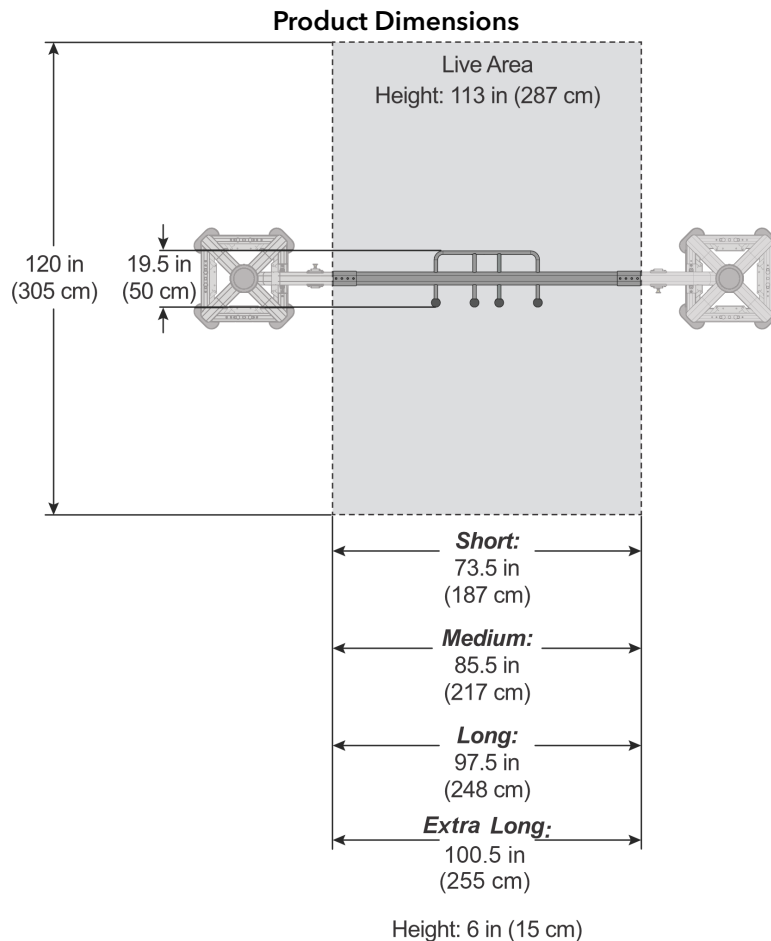
Core Connector - Accessory Storage (LPP-SX)

Machine Weight:	164 lbs.	74.4 kg.
Size (L x W x H):	in. = 11.7 x 37 x 83.6	cm = 30 x 94 x 212
Max User Weight:	300 lbs.	136 kg.



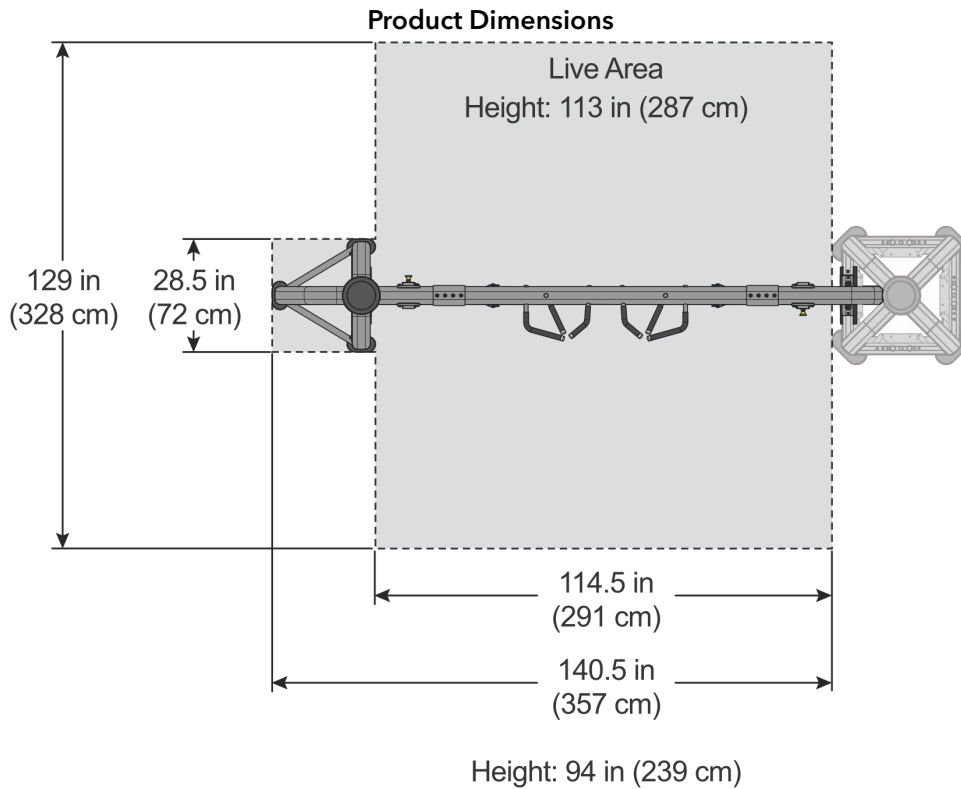
Adjustable Cable Crossbar (LPP-CB)

Max User Weight:	300 lbs.	136 kg.
Short Connector		
Machine Weight:	56 lbs.	25.4 kg.
Size (L x W x H):	in. = 19.5 x 73.5 x 6	cm = 50 x 187 x 15
Live Area (L x W x H):	in. = 120 x 73.5 x 113	cm = 305 x 187 x 287
Medium Connector		
Machine Weight:	60 lbs.	27.2 kg.
Size (L x W x H):	in. = 19.5 x 85.5 x 6	cm = 50 x 217 x 15
Live Area (L x W x H):	in. = 120 x 85.5 x 113	cm = 305 x 217 x 287
Long Connector		
Machine Weight:	64.5 lbs.	29.3 kg.
Size (L x W x H):	in. = 19.5 x 97.5 x 6	cm = 50 x 248 x 15
Live Area (L x W x H):	in. = 120 x 97.5 x 113	cm = 305 x 248 x 287
Extra Long Connector		
Machine Weight:	67.8 lbs.	30.7 kg.
Size (L x W x H):	in. = 19.5 x 100.5 x 6	cm = 50 x 255 x 15
Live Area (L x W x H):	in. = 120 x 100.5 x 113	cm = 305 x 255 x 287

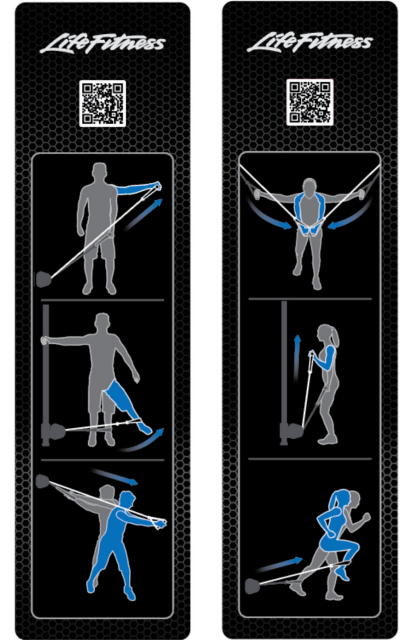


Adjustable Cable Crossover - Attached (LPP-CC)

Machine Weight:	720 lbs.	326.6 kg.
Size (L x W x H):	in. = 28.5 x 140.5 x 94	cm = 72 x 357 x 239
Live Area (L x W x H):	in. = 129 x 114.5 x 113	cm = 328 x 291 x 287
Max User Weight:	300 lbs.	136 kg.
Weight Stack Weight:	190 lbs. (x2)	130 kg. (x2)
Effective User Resistance:	95 lbs.	47.5 kg.
Resistance Ratio:	2:1	



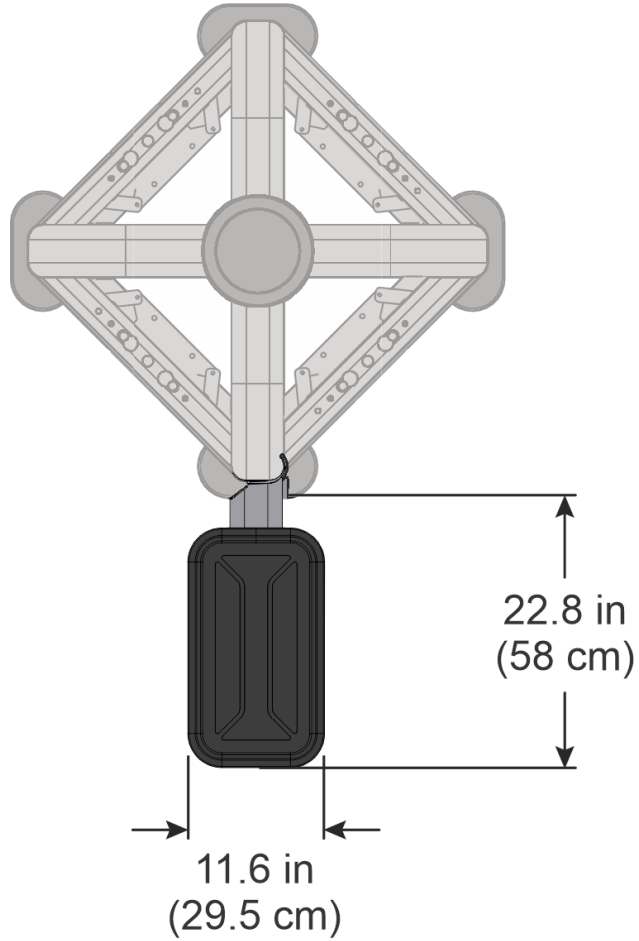
Placards



Adjustable Cable Handle Storage (LPP-HR)

Machine Weight:	34.2 lbs.	15.5 kg.
Size (L x W x H):	in. = 22.8 x 11.6 x 8.6	cm = 58 x 29.5 x 22

Product Dimensions

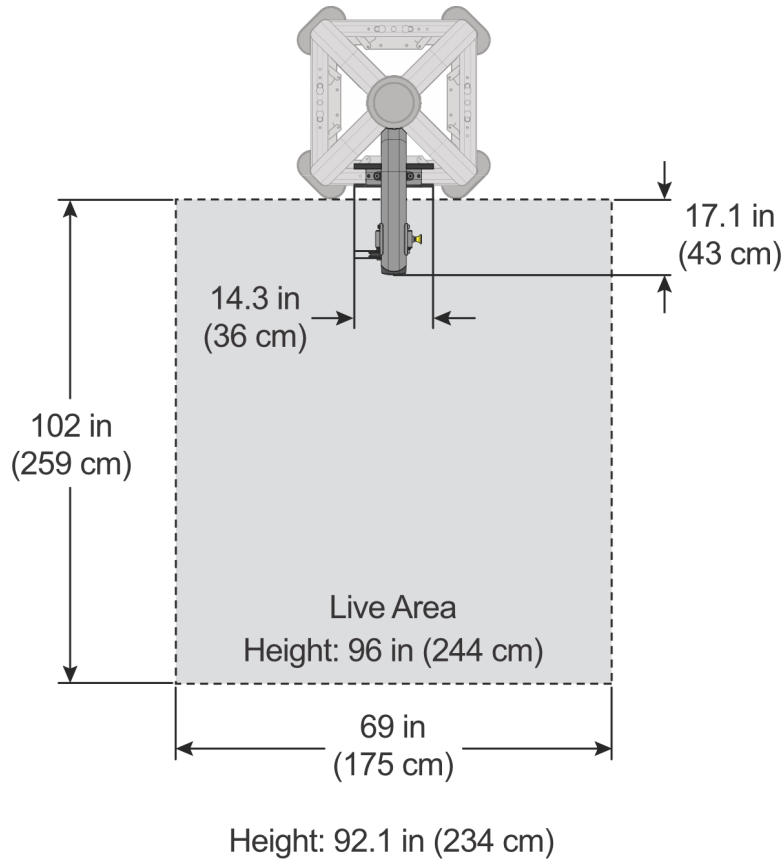


Height: 8.6 in (22 cm)

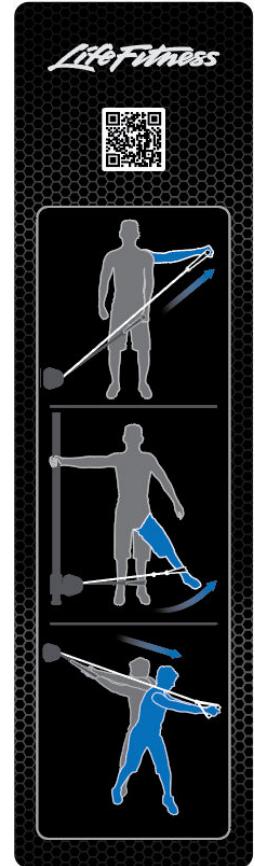
Adjustable 2:1 Cable (LPP-AC)

Machine Weight:	260 lbs.	117.9 kg.
Size (L x W x H):	in. = 17.1 x 14.3 x 92.1	cm = 43 x 36 x 234
Live Area (L x W x H):	in. = 102 x 69 x 96	cm = 259 x 175 x 244
Max User Weight:	300 lbs.	136 kg.
Weight Stack Weight:	190 lbs.	95 kg.
Effective User Resistance:	95 lbs.	47.5 kg.
Resistance Ratio:	2:1	

Product Dimensions



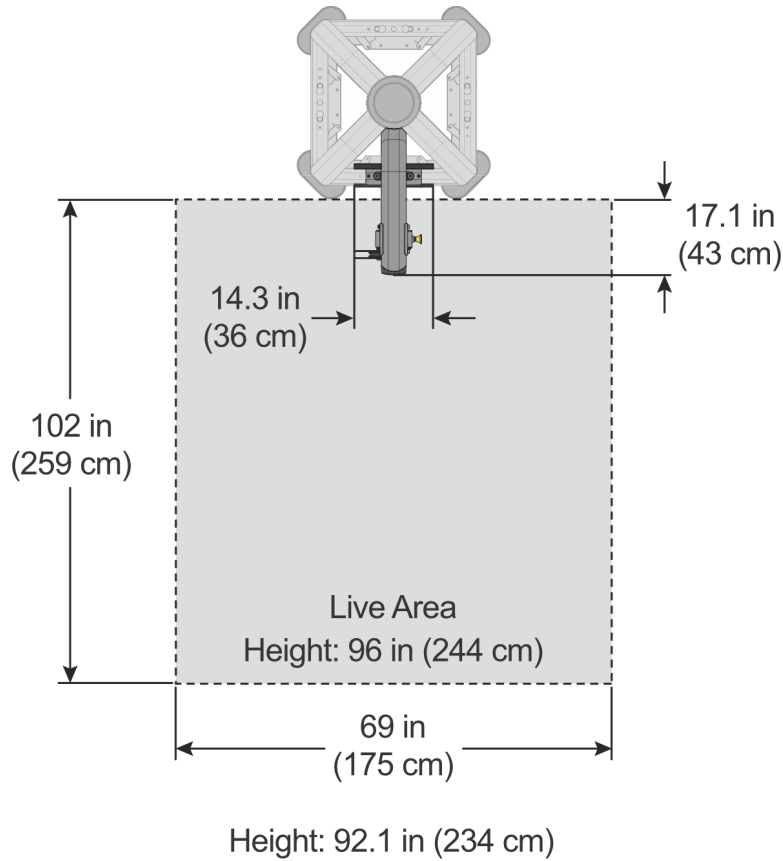
Placard



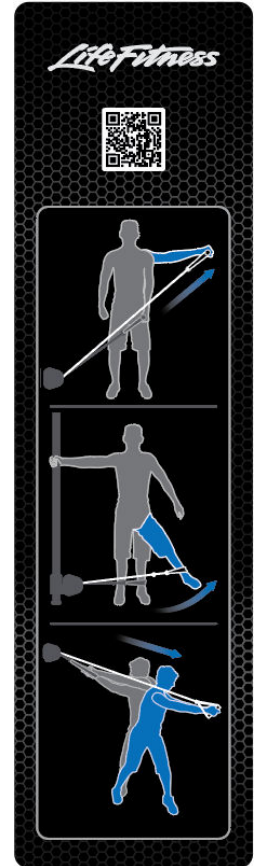
Adjustable Dynamic 4:1 Dynamic Cable (LPP-AD)

Machine Weight:	460 lbs.	208.7 kg.
Size (L x W x H):	in. = 17.1 x 14.3 x 92.1	cm = 43 x 36 x 234
Live Area (L x W x H):	in. = 102 x 69 x 96	cm = 259 x 175 x 244
Max User Weight:	300 lbs.	136 kg.
Weight Stack Weight:	385 lbs.	175 kg.
Effective User Resistance:	96.3 lbs.	43.7 kg.
Resistance Ratio:	4:1	

Product Dimensions

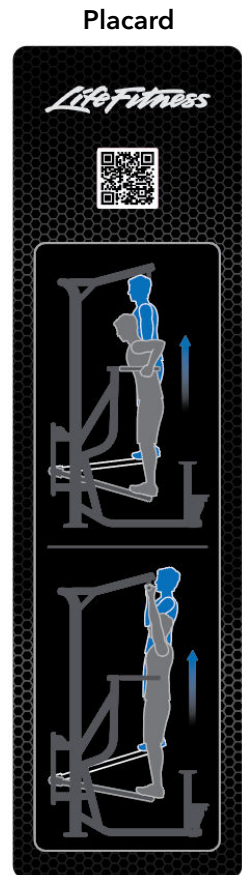
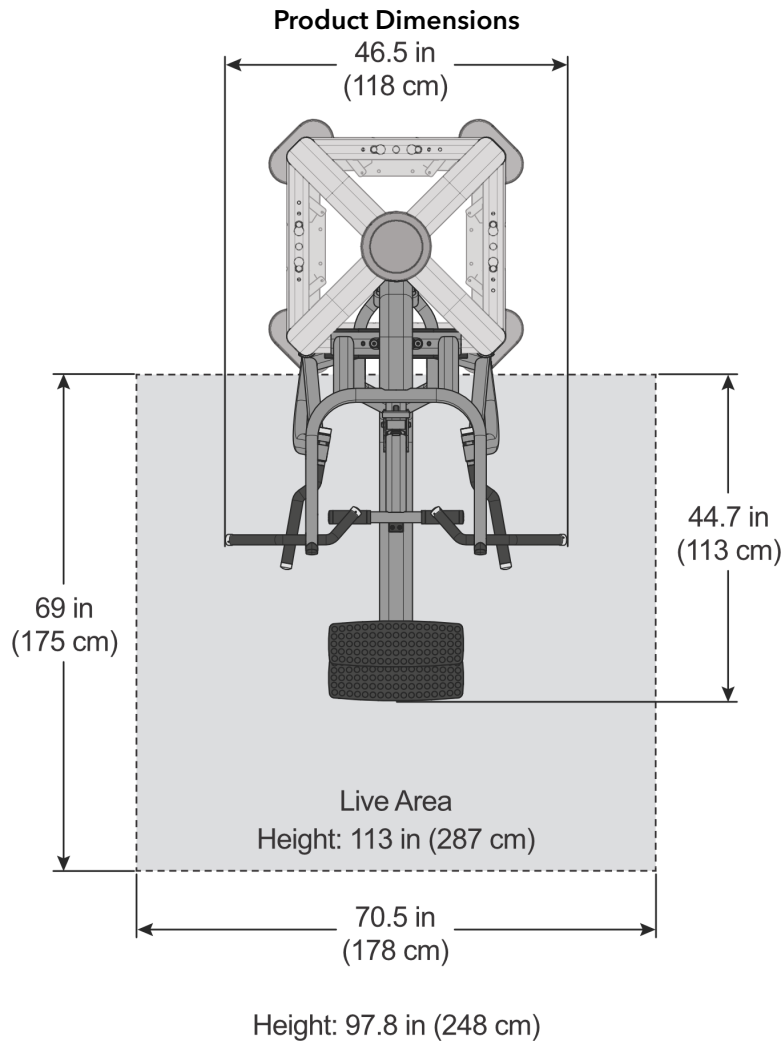


Placard



Assisted Dip Chin (LPP-DC)

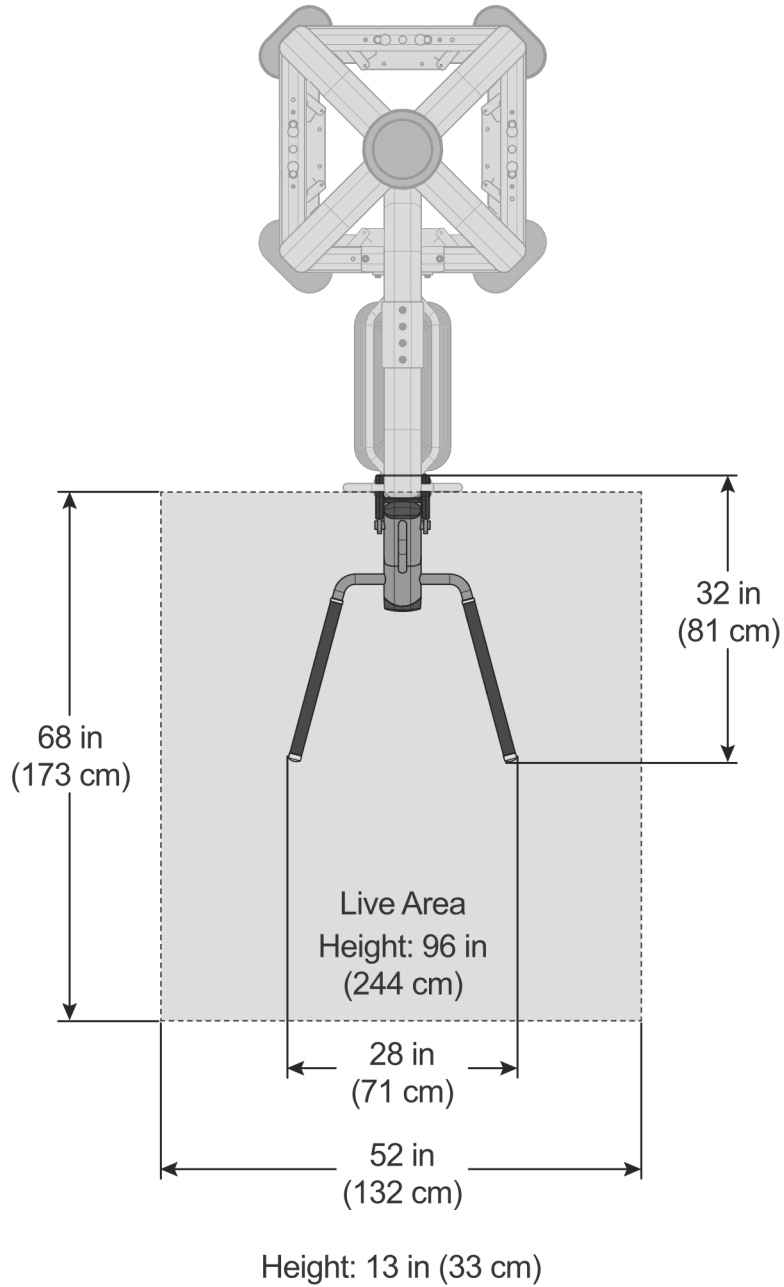
Machine Weight:	610 lbs.	291 kg.
Size (L x W x H):	in. = 44.7 x 46.5 x 97.8	cm = 113 x 118 x 248
Live Area (L x W x H):	in. = 69 x 70.5 x 113	cm = 175 x 178 x 287
Max User Weight:	300 lbs.	136 kg.
Weight Stack Weight:	280 lbs.	127 kg.
Effective User Resistance:	122 lbs.	55.3 kg.
Resistance Ratio:	1:1	



Dip (LPP-DI)

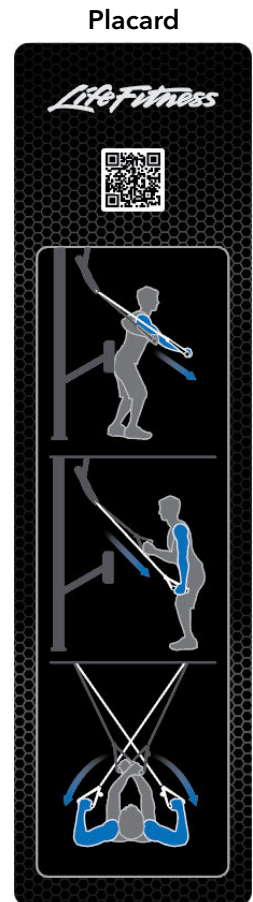
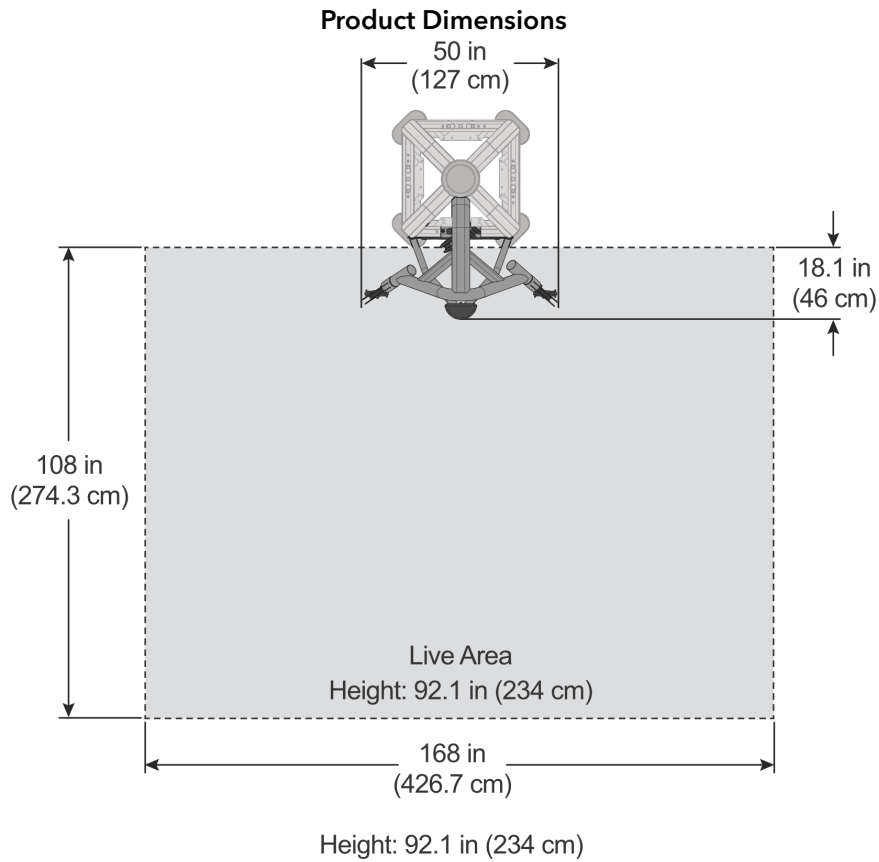
Machine Weight:	27 lbs.	12.2 kg.
Size (L x W x H):	in. = 32 x 28 x 13	cm = 81 x 71 x 33
Live Area (L x W x H):	in. = 68 x 52 x 96	cm = 173 x 132 x 244
Max User Weight:	300 lbs.	136 kg.

Product Dimensions



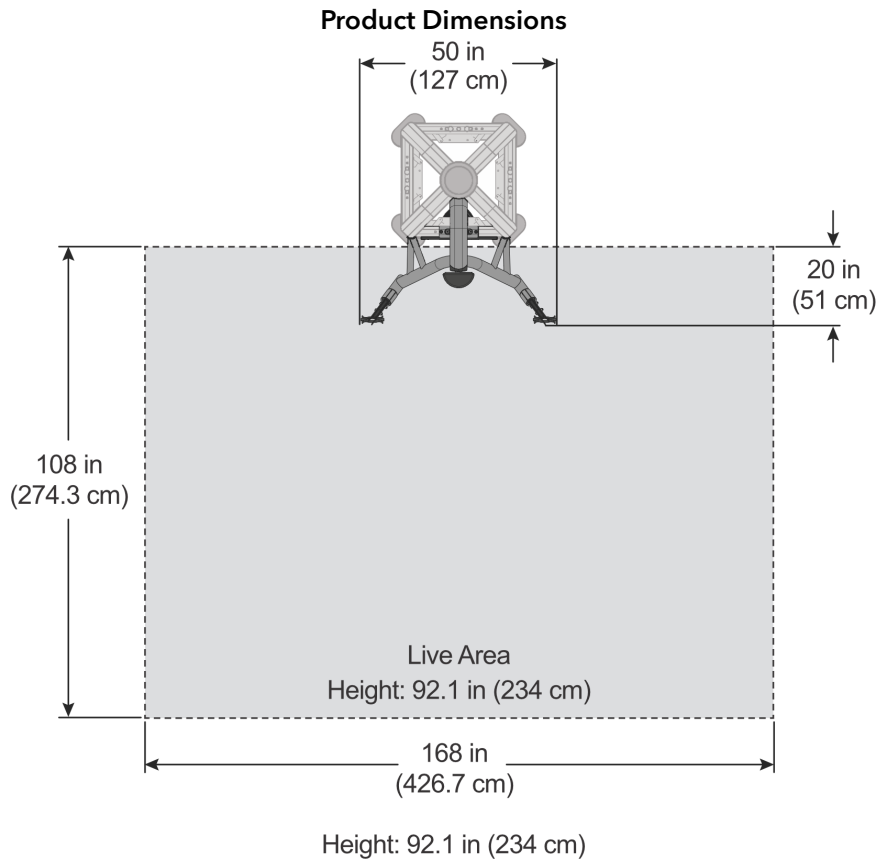
Dual Cable High (LPP-DH)

Machine Weight:	430 lbs.	195 kg.
Size (L x W x H):	in. = 18.1 x 50 x 92.1	cm = 46 x 127 x 234
Live Area (L x W x H):	in. = 108 x 168 x 92.1	cm = 274.3 x 426.7 x 234
Max User Weight:	300 lbs.	136 kg.
Weight Stack Weight:	295 lbs.	133.8 kg.
Effective User Resistance:	73.75 lbs.	33.4 kg.
Resistance Ratio:	4:1	



Dual Cable Low (LPP-DL)

Machine Weight:	435 lbs.	197.3 kg.
Size (L x W x H):	in. = 20 x 50 x 92.1	cm = 51 x 127 x 234
Live Area (L x W x H):	in. = 108 x 168 x 92.1	cm = 274.3 x 426.7 x 234
Max User Weight:	300 lbs.	136 kg.
Weight Stack Weight:	295 lbs.	133.8 kg.
Effective User Resistance:	73.75 lbs.	33.4 kg.
Resistance Ratio:	4:1	

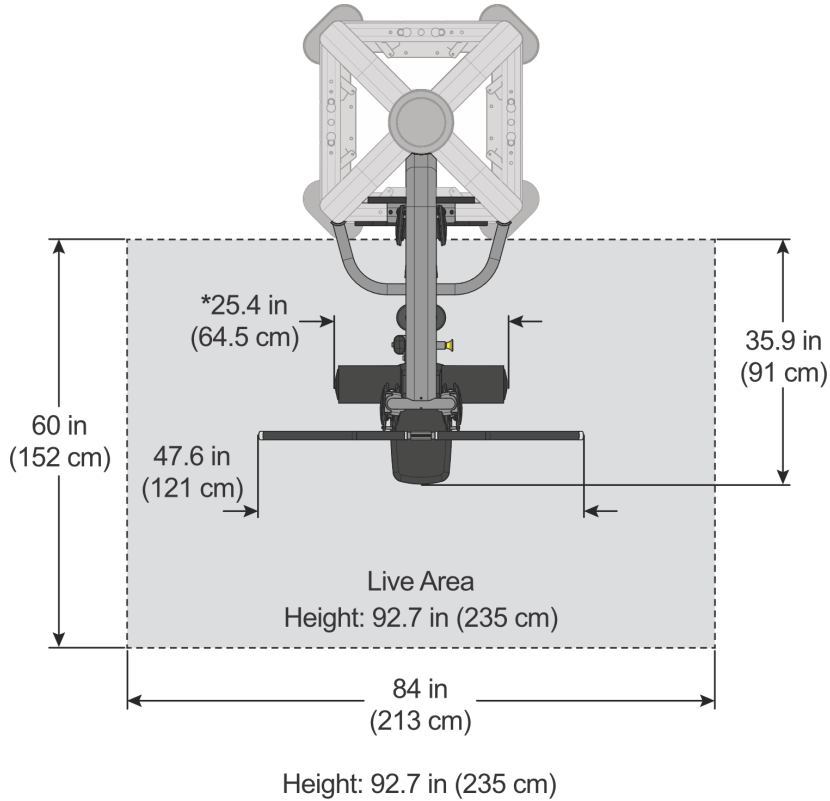


Dual Cable Pulldown (LPP-DP)

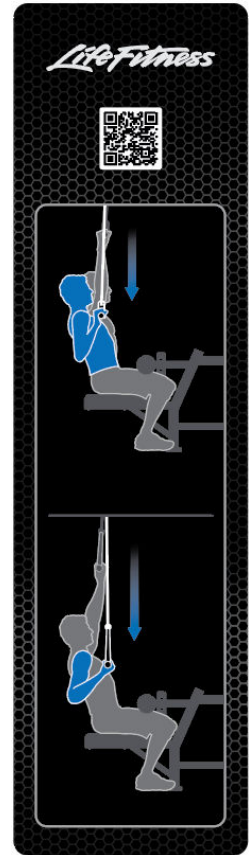
Machine Weight:	340 lbs.	154.2 kg.
Size (L x W x H):	in. = 35.9 x 47.6 x 92.7	cm = 91 x 121 x 235
Live Area (L x W x H):	in. = 60 x 84 x 92.1	cm = 152 x 213 x 234
Max User Weight:	300 lbs.	136 kg.
Weight Stack Weight:	250 lbs.	113.4 kg.
Effective User Resistance:	125 lbs.	57 kg.
Resistance Ratio:	2:1	

NOTE: Width while using strap handles

Product Dimensions



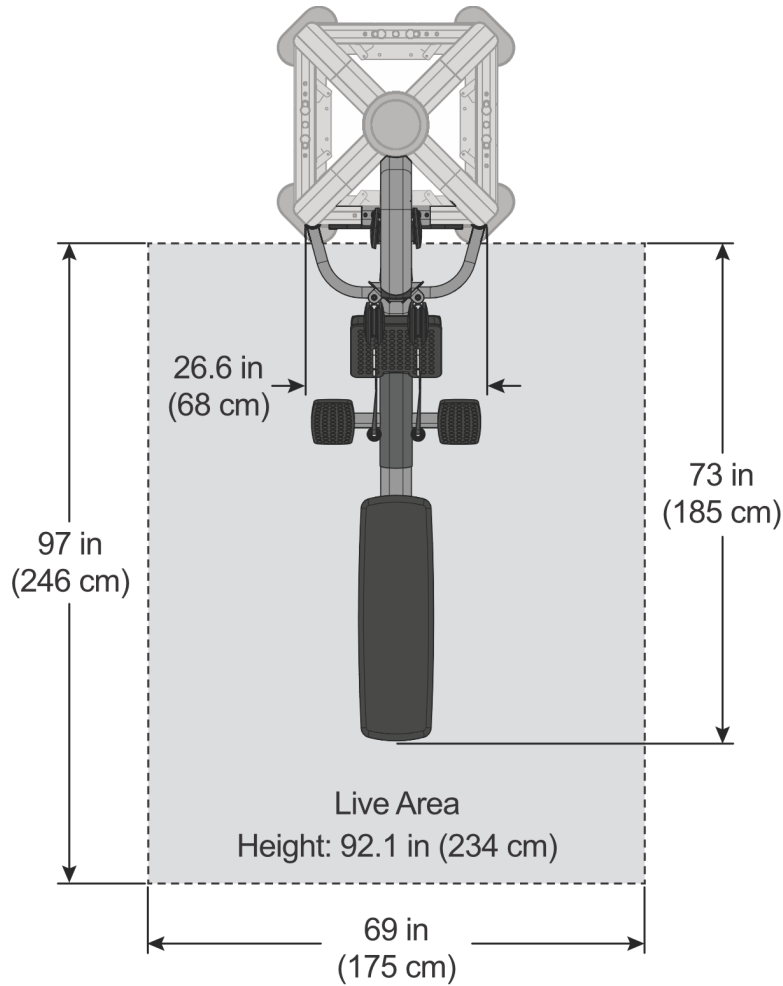
Placard



Dual Cable Row (LPP-DR)

Machine Weight:	360 lbs.	163.3 kg.
Size (L x W x H):	in. = 73 x 26.6 x 92.1	cm = 185 x 68 x 234
Live Area (L x W x H):	in. = 97 x 69 x 92.1	cm = 246 x 175 x 234
Max User Weight:	300 lbs.	136 kg.
Weight Stack Weight:	250 lbs.	113.4 kg.
Effective User Resistance:	125 lbs.	57 kg.
Resistance Ratio:	2:1	

Product Dimensions



Height: 92.1 in (234 cm)

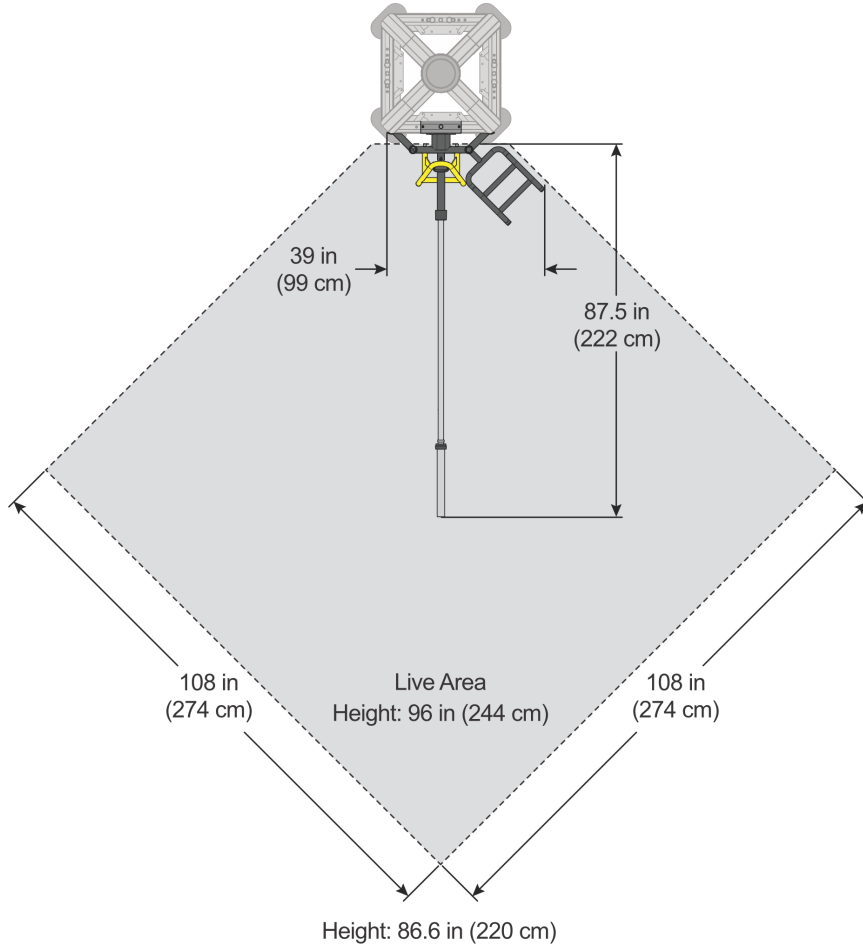
Placard



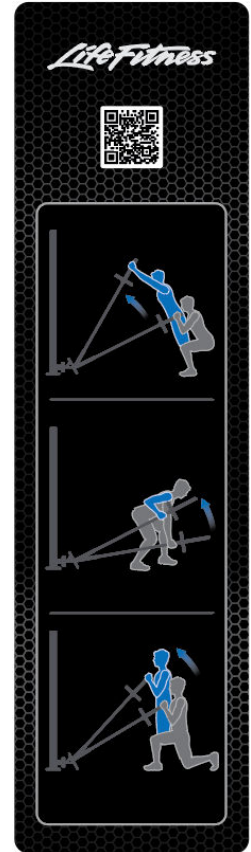
Power Pivot (LPP-PP)

Machine Weight:	80 lbs.	36.3 kg.
Size (L x W x H):	in. = 87.5 x 39 x 86.6	cm = 222 x 99 x 220
Live Area (L x W x H):	in. = 108 x 108 x 96	cm = 274 x 274 x 244
Max User Weight:	300 lbs.	136 kg.

Product Dimensions



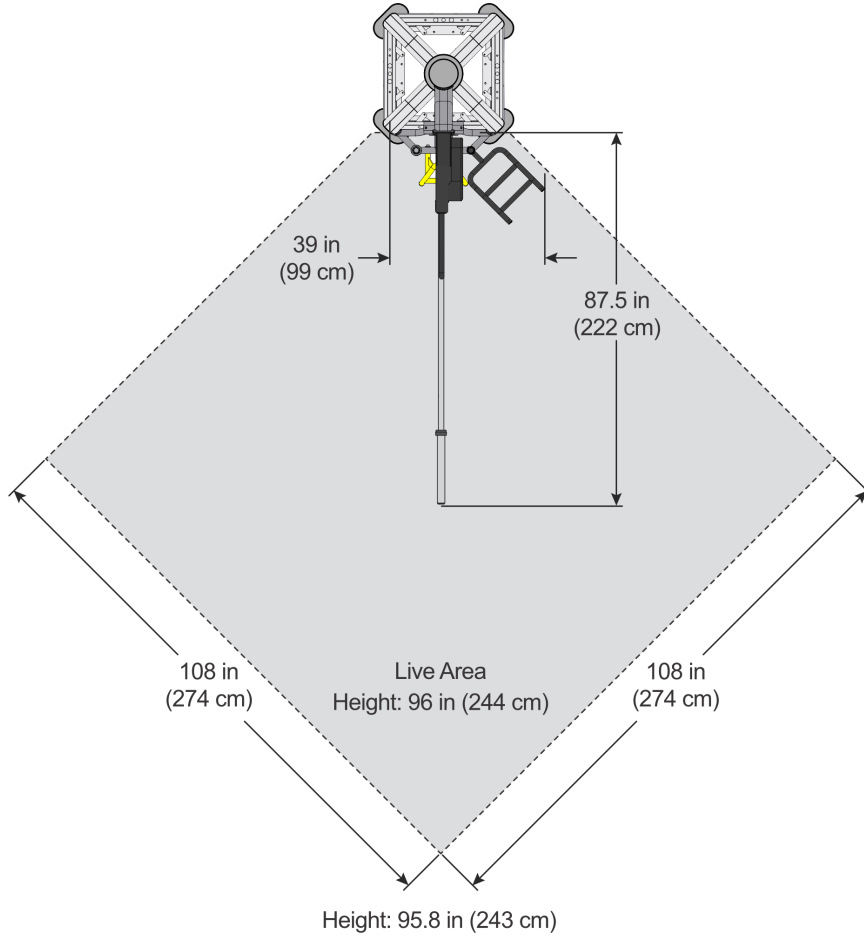
Placard



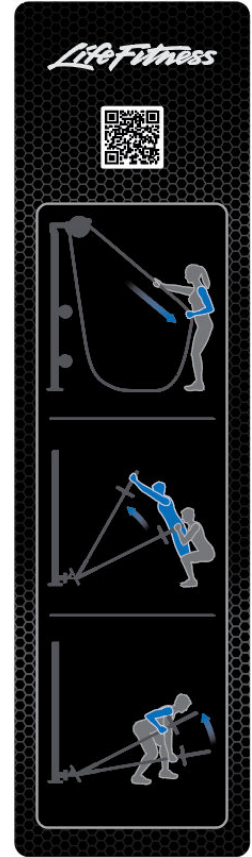
Power Pivot - Rope Pull (LPP-PR)

Machine Weight:	179 lbs.	81.2 kg.
Size (L x W x H):	in. = 87.5 x 39 x 95.8	cm = 222 x 99 x 243
Live Area (L x W x H):	in. = 108 x 108 x 96	cm = 274 x 274 x 244
Max User Weight:	300 lbs.	136 kg.

Product Dimensions

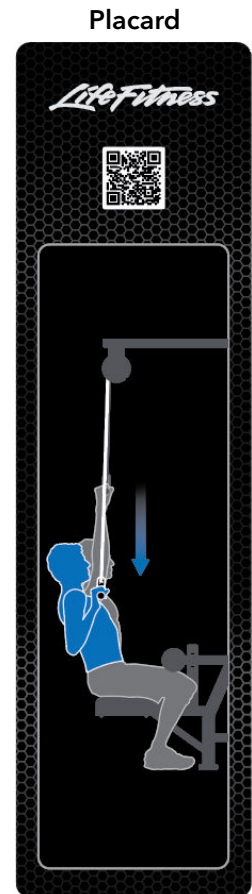
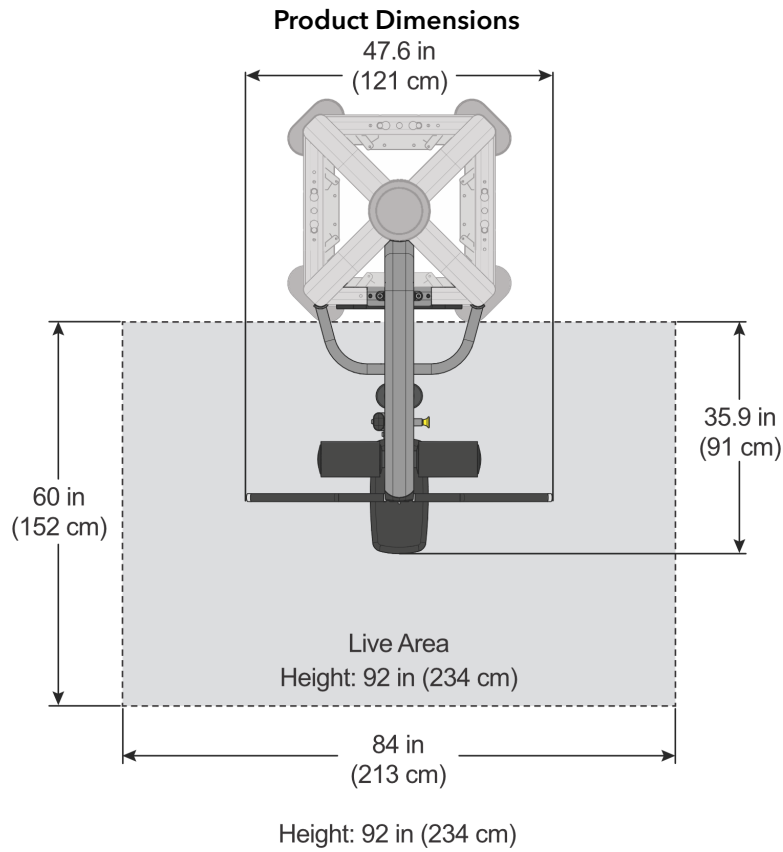


Placard



Pulldown (LPP-PD)

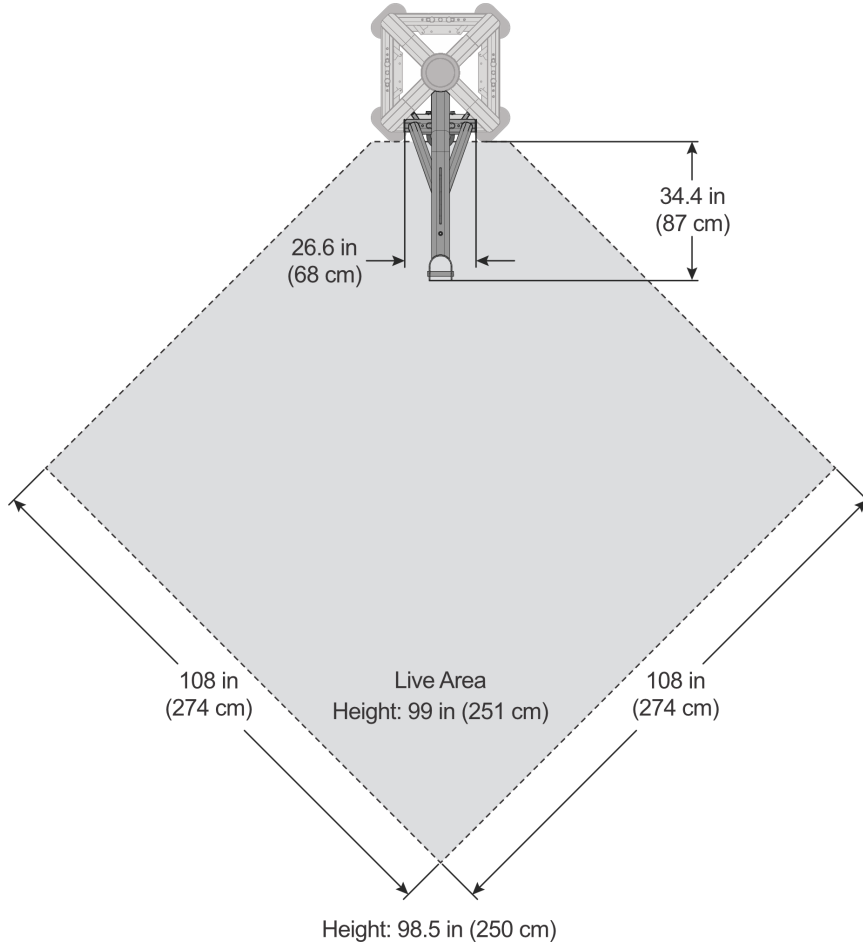
Machine Weight:	340 lbs.	154.2 kg.
Size (L x W x H):	in. = 35.9 x 47.6 x 92	cm = 91 x 121 x 234
Live Area (L x W x H):	in. = 60 x 84 x 92	cm = 152 x 213 x 234
Max User Weight:	300 lbs.	136 kg.
Weight Stack Weight:	250 lbs.	113.4 kg.
Effective User Resistance:	250 lbs.	113.4 kg.
Resistance Ratio:	1:1	



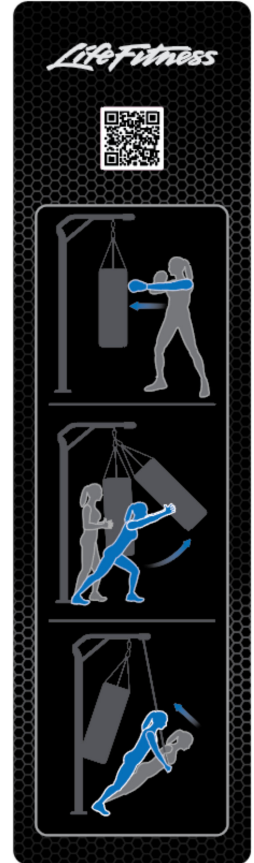
Punching Bag Anchor (LPP-BA)

Machine Weight:	70 lbs.	31.8 kg.
Size (L x W x H):	in. = 34.4 x 26.6 x 98.5	cm = 87 x 68 x 250
Live Area (L x W x H):	in. = 108 x 108 x 99	cm = 274 x 274 x 251
Max User Weight:	300 lbs.	136 kg.

Product Dimensions



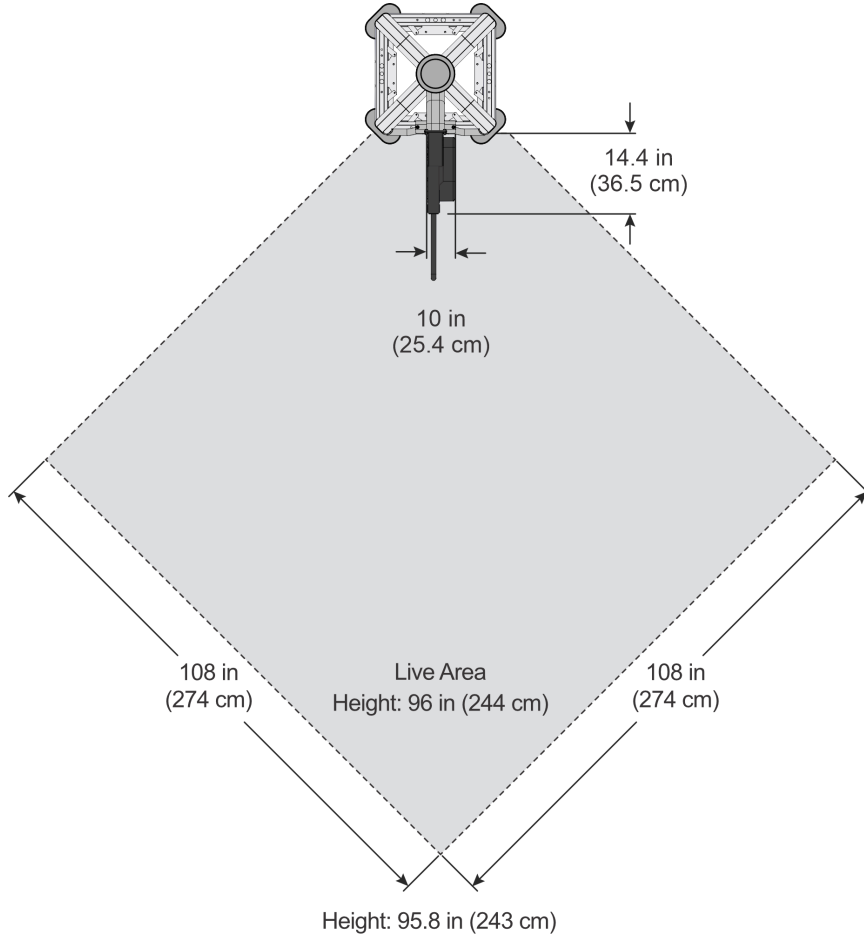
Placard



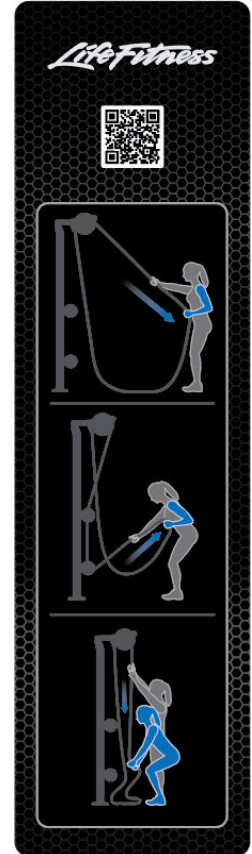
Rope Pull (LPP-RP)

Machine Weight:	134 lbs.	60.7 kg.
Size (L x W x H):	in. = 14.4 x 10 x 95.8	cm = 36.5 x 25.4 x 243
Live Area (L x W x H):	in. = 108 x 108 x 96	cm = 274 x 274 x 244
Max User Weight:	300 lbs.	136 kg.

Product Dimensions



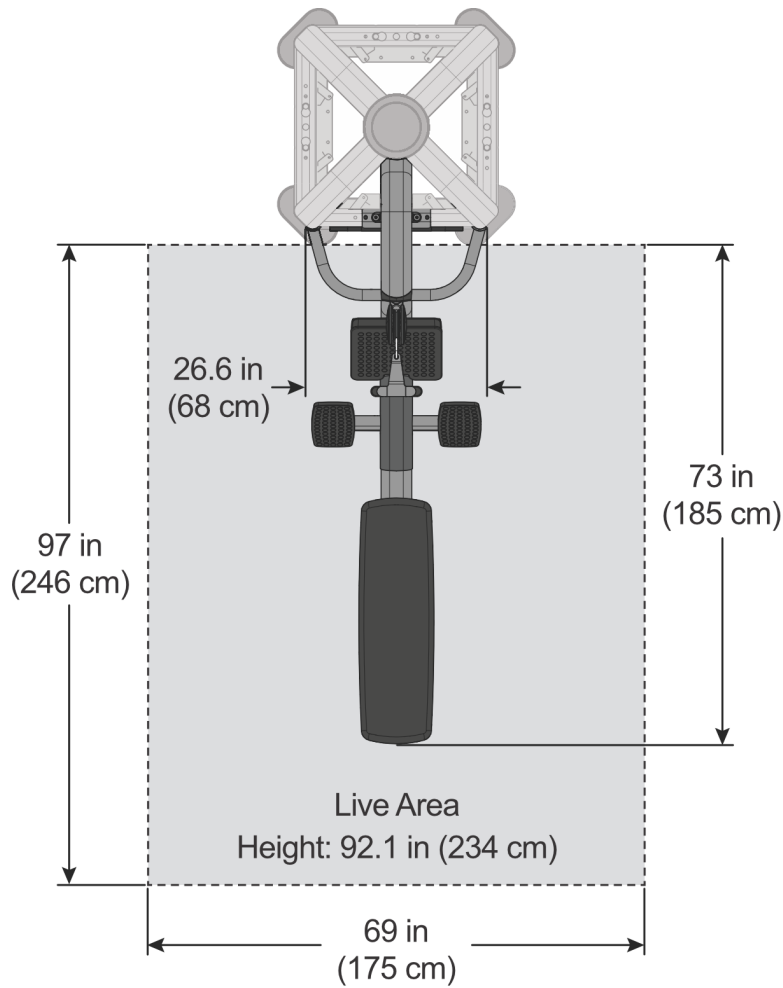
Placard



Row (LPP-RW)

Machine Weight:	360 lbs.	163.3 kg.
Size (L x W x H):	in. = 73 x 26.6 x 92.1	cm = 185 x 68 x 234
Live Area (L x W x H):	in. = 97 x 69 x 92.1	cm = 246 x 175 x 234
Max User Weight:	300 lbs.	136 kg.
Weight Stack Weight:	250 lbs.	113.4 kg.
Effective User Resistance:	250 lbs.	113.4 kg.
Resistance Ratio:	1:1	

Product Dimensions



Height: 92.1 in (234 cm)

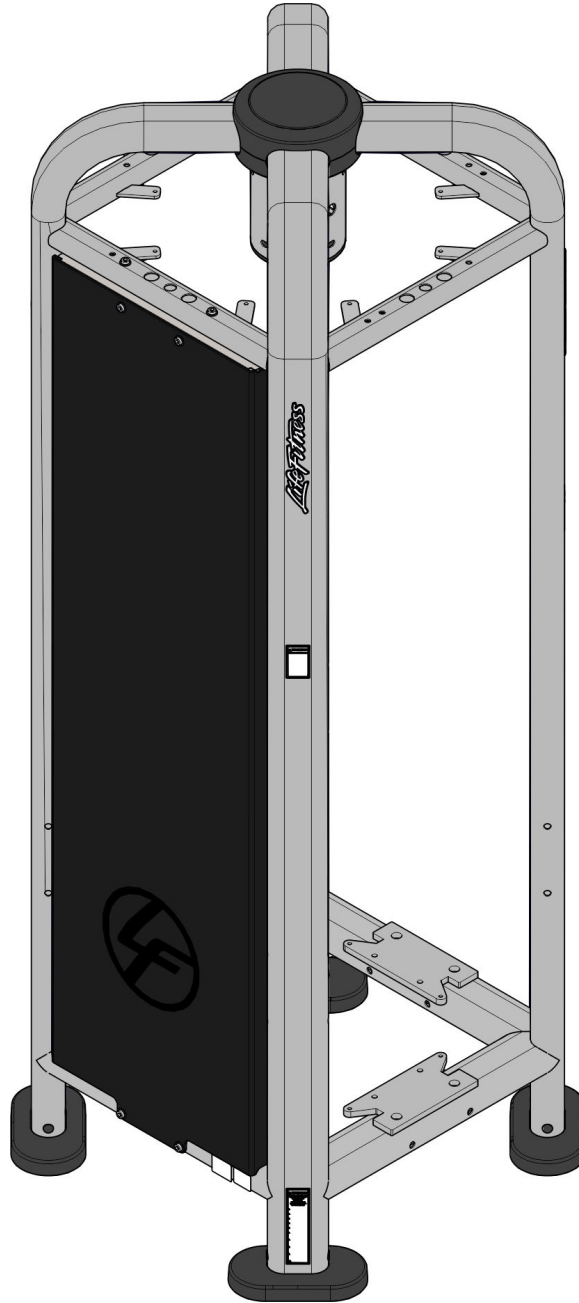
Placard



Station Panel (LPP-PA)

Machine Weight:	15 lbs.	6.8 kg.
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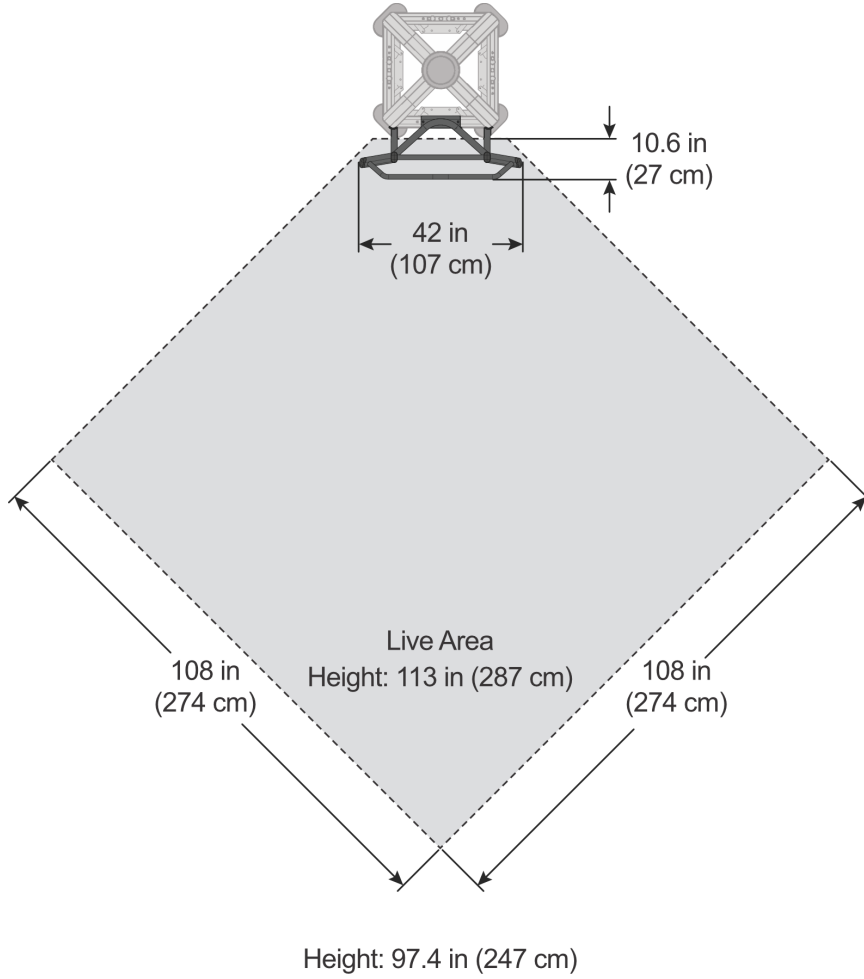
Product Dimensions



Stall Bars (LPP-SB)

Machine Weight:	100 lbs.	45.4 kg.
Size (L x W x H):	in. = 10.6 x 42 x 97.4	cm = 27 x 107 x 247
Live Area (L x W x H):	in. = 108 x 108 x 113	cm = 274 x 274 x 287
Max User Weight:	300 lbs.	136 kg.

Product Dimensions



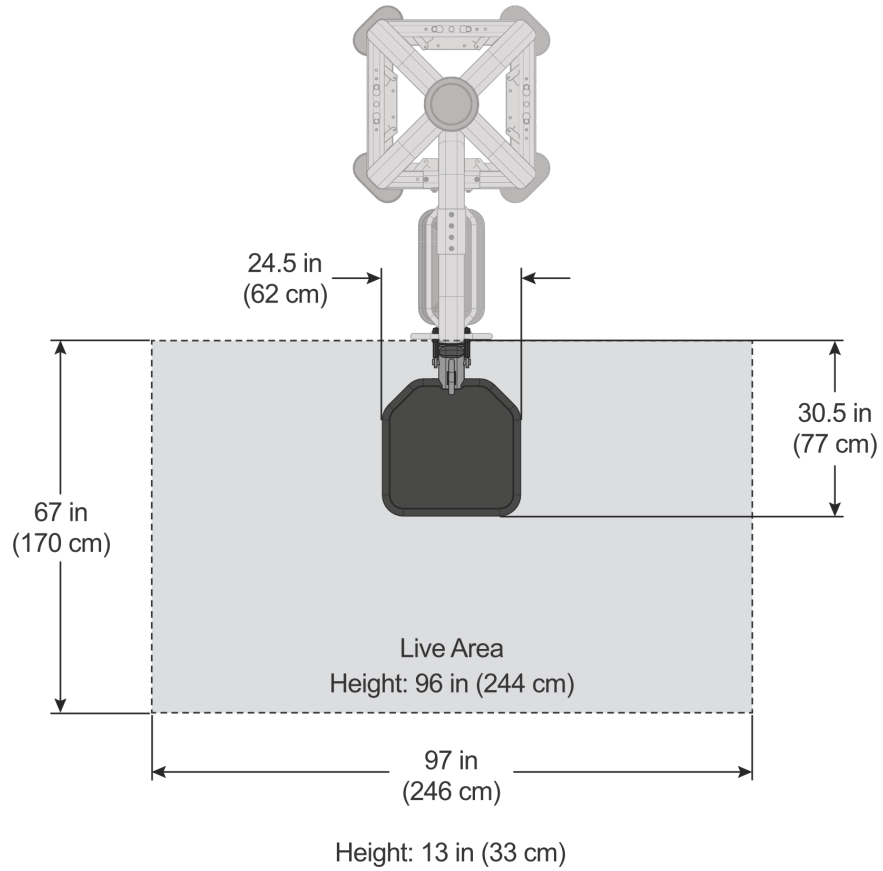
Placard



Step (LPP-ST)

Machine Weight:	50 lbs.	22.7 kg.
Size (L x W x H):	in. = 30.5 x 24.5 x 13	cm = 77 x 62 x 33
Live Area (L x W x H):	in. = 67 x 97 x 96	cm = 170 x 246 x 244
Max User Weight:	300 lbs.	136 kg.
Max Load Capacity:	400 lbs.	182 kg.

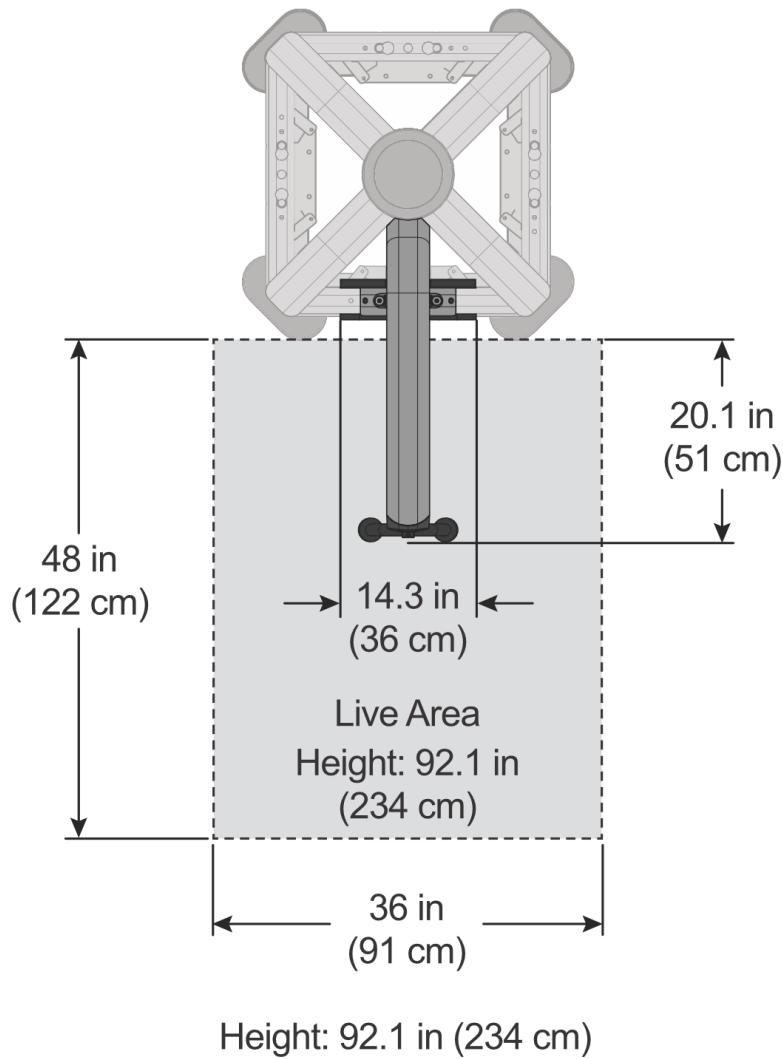
Product Dimensions



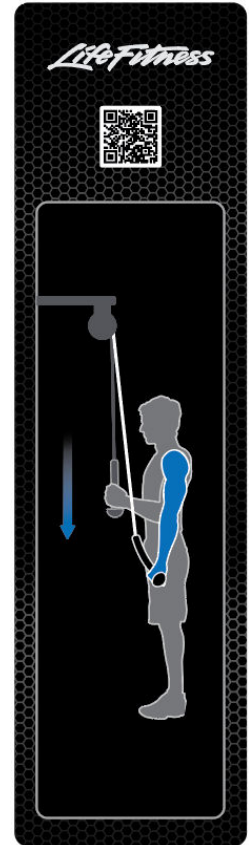
Triceps Pushdown (LPP-TP)

Machine Weight:	225 lbs.	102.1 kg.
Size (L x W x H):	in. = 20.1 x 14.3 x 92.1	cm = 51 x 36 x 234
Live Area (L x W x H):	in. = 48 x 36 x 92.1	cm = 122 x 91 x 234
Max User Weight:	300 lbs.	136 kg.
Weight Stack Weight:	190 lbs.	95 kg.
Effective User Resistance:	190 lbs.	95 kg.
Resistance Ratio:	1:1	

Product Dimensions



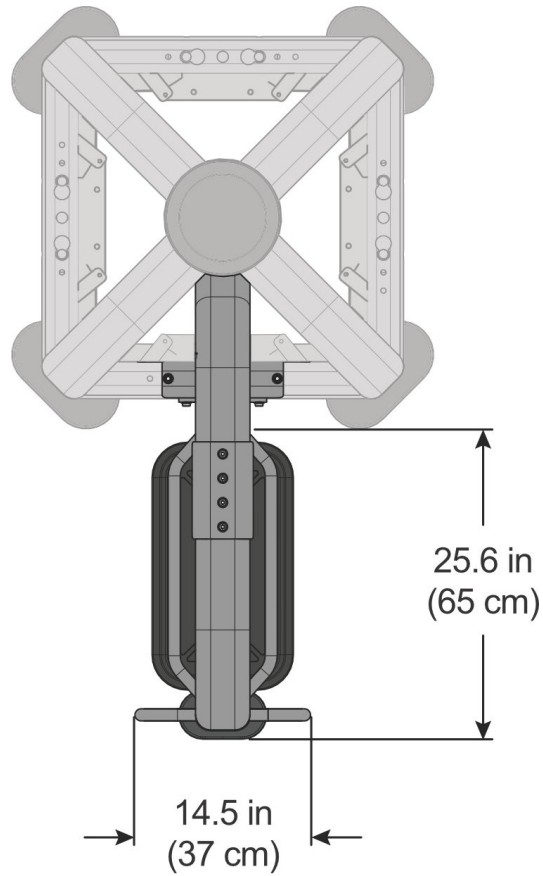
Placard



Versa (LPP-VA)

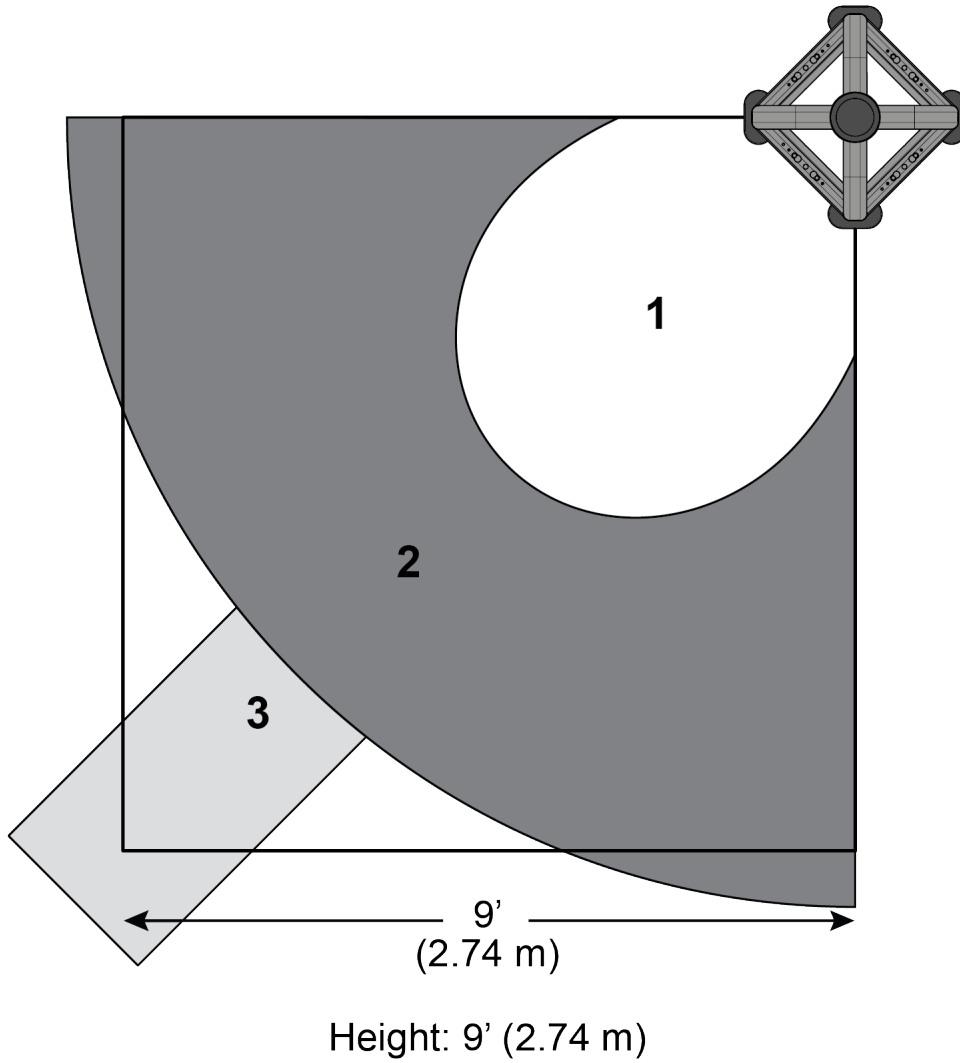
Machine Weight:	189 lbs.	85.7 kg.
Size (L x W x H):	in. = 25.6 x 14.5 x 92.6	cm = 65 x 37 x 235
Max User Weight:	300 lbs.	136 kg.

Product Dimensions



Height: 92.6 in (235 cm)

Recommended Live Area Details



Zone #1

- Boxing
- Stall Bar
- Step & Dip

Zone #2

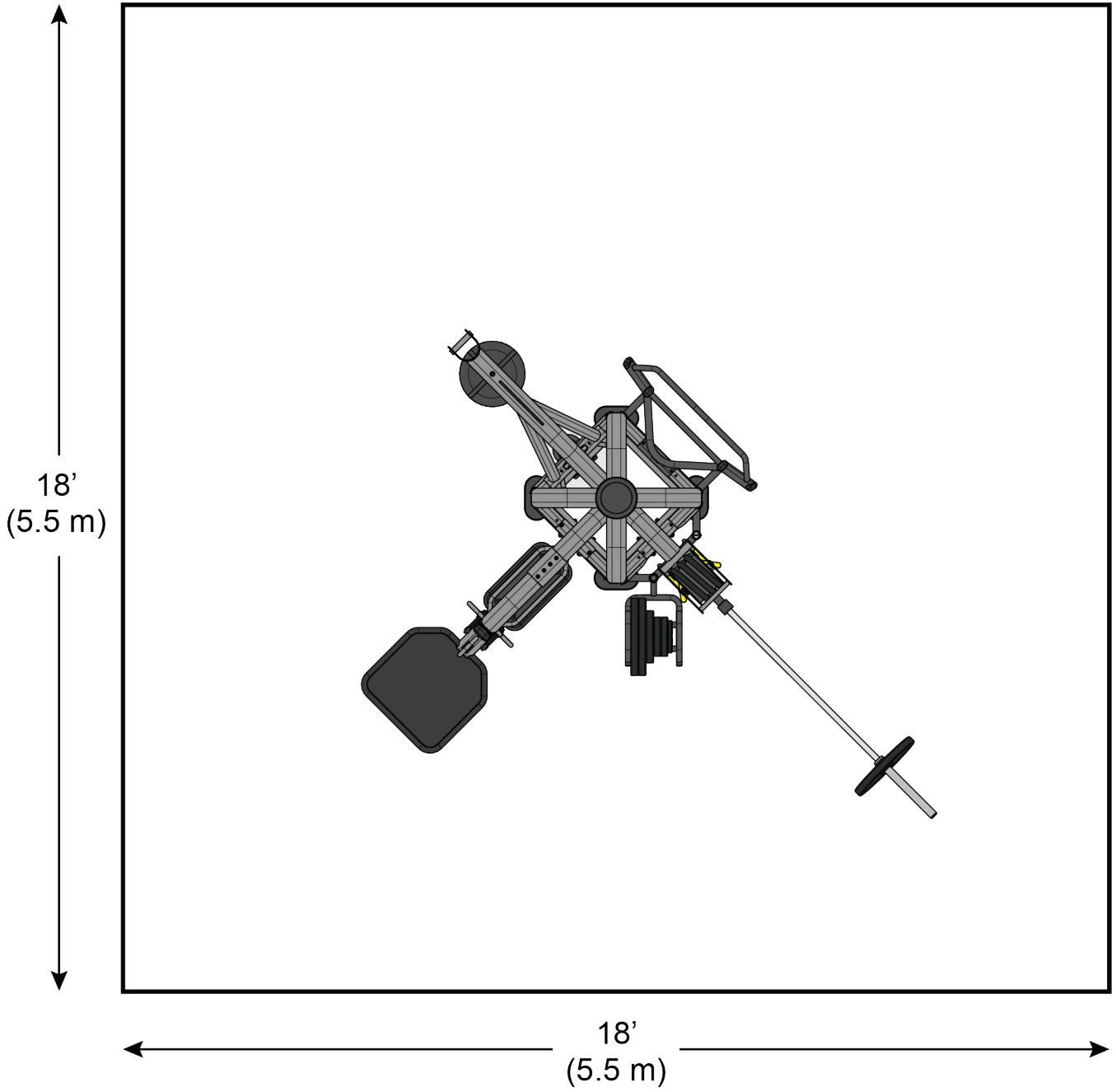
- Cable
- Body Weight Training
- Elastic Bands
- Power Pivot
- Rope Pull

Zone #3

- Battle Rope

Example of Product Live Area

Functional Four Station



3. Maintenance Procedures

Maintenance Schedule

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

Clean

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

Wax

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

Inspect

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

Lubricate

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

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

Once a Day

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

- Visually inspect cables for wear at and around connections and along the entire length of the cable. Always replace at first sign of wear.

Once a Week

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

Once a Month

- Clean guide rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Clean tops of bearings at stack and inspect for heavy buildup on rods below the head plate. Lift half of stack and do a visual inspection, then clean as necessary.
- Inspect hardware on all machines and tighten any bolts or nuts that may have loosened over the life of the product.
- Contact [Customer Support Services](#) 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.

Notes

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

Cleaning the Shrouds

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

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

Minimize Scratches

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

Approved and Compatible Cleaners

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

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

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

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

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

Removal of Paint, Marking Pens, or Labels

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

Important Hazards

- DO NOT use abrasive or highly alkaline cleaners on the shrouds.
- NEVER scrape shrouds with squeegees, razor blades or other sharp instruments.

- DO NOT clean shrouds in hot sun or at elevated temperatures.
- NEVER use benzene, gasoline, acetone or carbon tetrachloride on the shrouds.
- Manufacturer recommends that cables be inspected daily after installation and replaced annually.

4. Warranty

What is Covered

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

Who is Covered

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

Who Pays Transportation and Insurance For Service

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

What We Will Do To Correct Covered Defects

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

What is Not Covered

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

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

Owner's Manual

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

Exclusive Warranty

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

Changes in Warranty Not Authorized

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

Effects of State Laws

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

Terms of Warranty Coverage

Please use the link below to access component warranty terms:

<http://lifefitness.com/warranties>



5. Cable Handling Guide

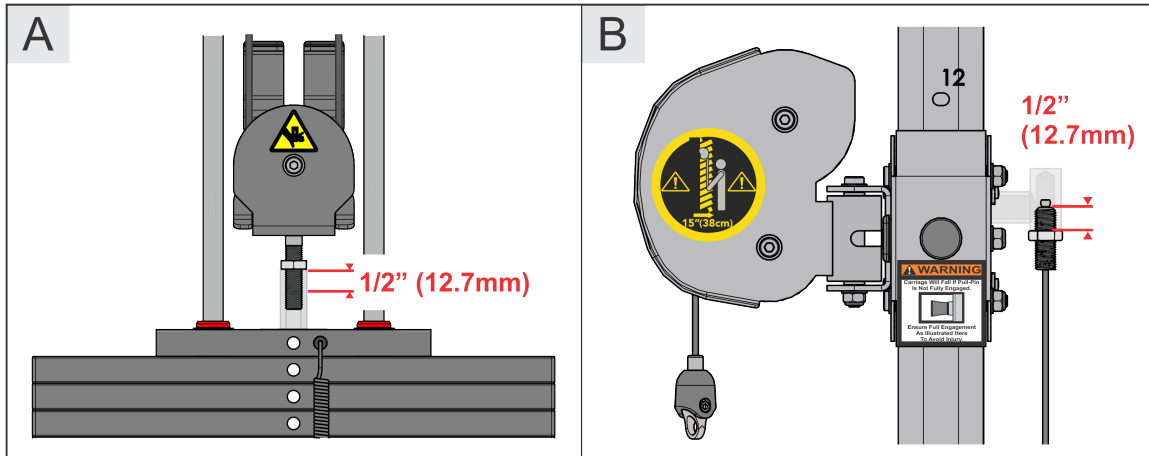
Cable Terminations, Tensioning and Wear Guide

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

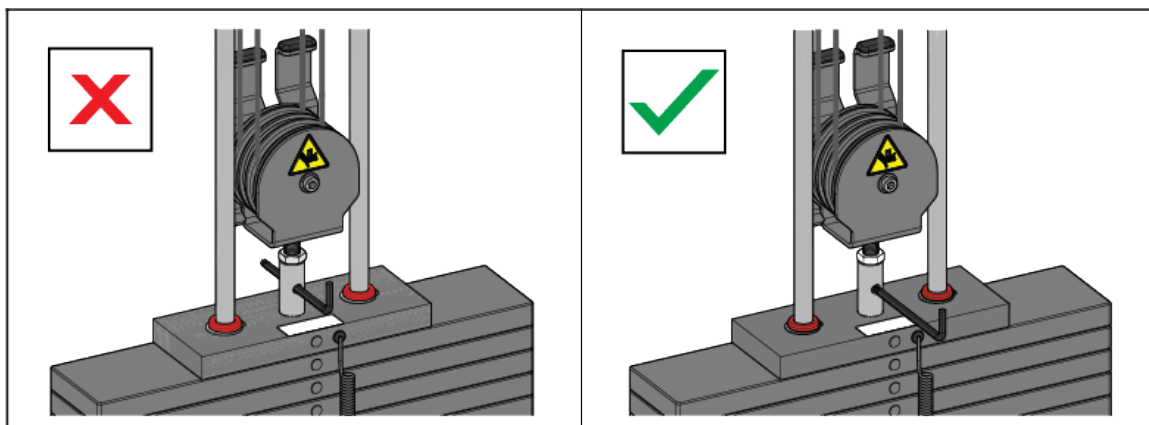
⚠ WARNING: Use of non certified "techs" note: Service warranties may be void if a non-Life Fitness-certified technician performs service work. Replacement of any strength cables should be performed by a Life Fitness certified technician.

Cable Terminations

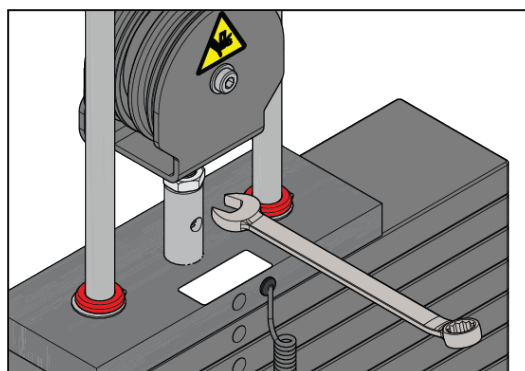
1. Cable must be threaded at least 1/2 inch (12.7mm) into termination points; at headplate (A) and frame/carriage (B).



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



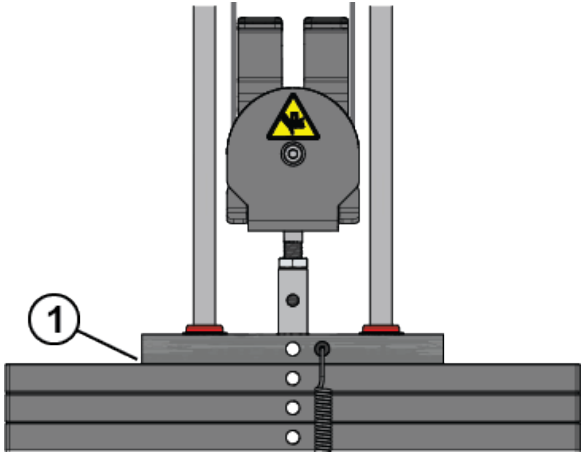
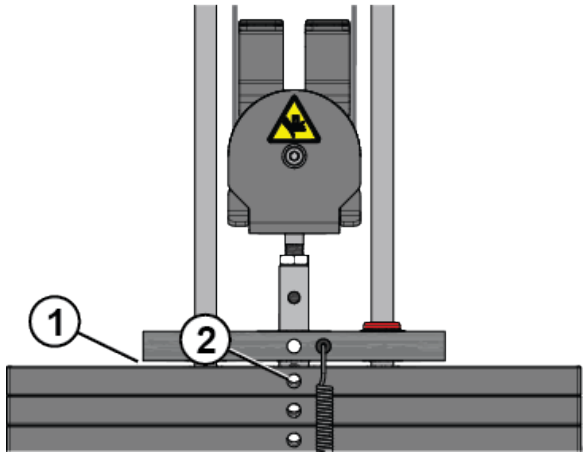
3. When proper thread engagement is reached, tighten jam nut to 20-25 FT-LBS (27.2 - 34.0 Nm) using a 24mm wrench.



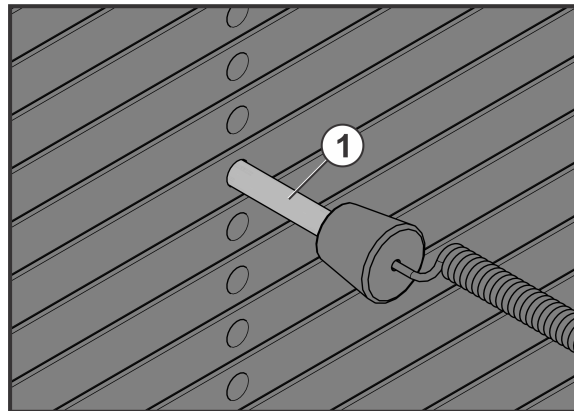
Tensioning Cable

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

1. If the head plate has lifted, loosen the jam nuts at the terminations and loosen the threaded plugs a half turn until the head plate comes to rest on the weight plate below. Check that the cable's threaded plugs are engaged at least 1/2" (12.7mm) at each termination point.

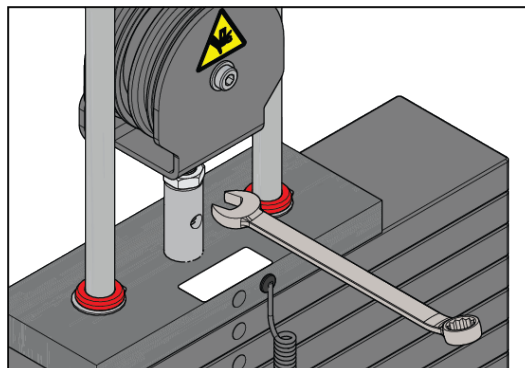
SEATED HEAD PLATE	SUSPENDED HEAD PLATE
	
<p>1. No gap</p>	<p>1. Gap 2. Bayonet obstructing weight stack pin</p>

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



Item	Description	Qty.
1	Weight Stack Selector Pin	1


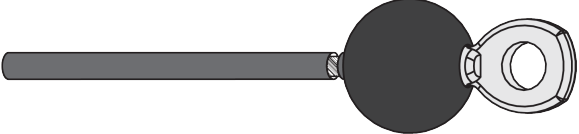
3. When proper thread engagement is reached, tighten jam nut to 20-25 FT-LBS (27.2 - 34.0 Nm) using a 24mm wrench.




Strength Cable Wear Guide

Replace cable at first sign of any of the following:

FRACTURES:

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


TWISTING/BINDING:

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


BULGING:

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


FRAYED/EXPOSED WIRE ROPE:

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


FLATTENED:

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

PERMANENTLY BENT:

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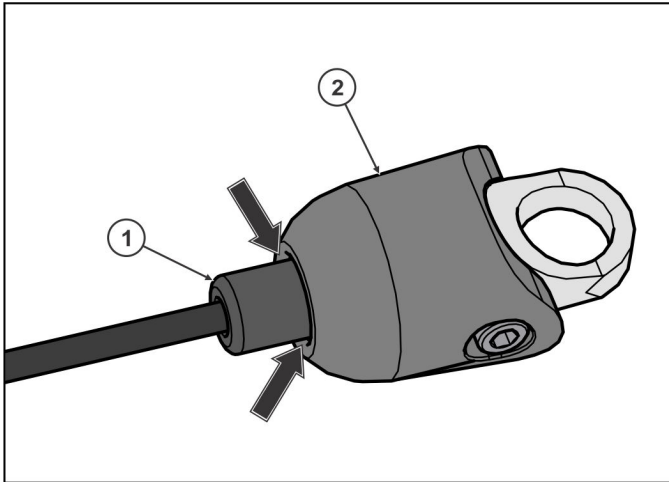
ENDS SEPARATING:

<p>Watch for component end of cable to pull away from cable assembly - look for exposed wire rope.</p>	
--	--

Insert Inspection

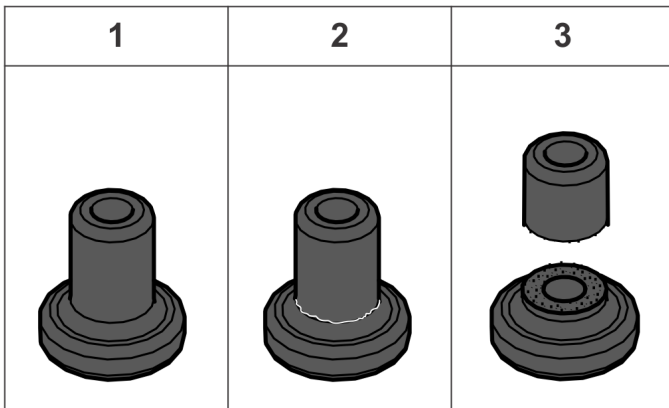
Inspect insert within the strain-relief cable end assembly and replace if any sign of damage.

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



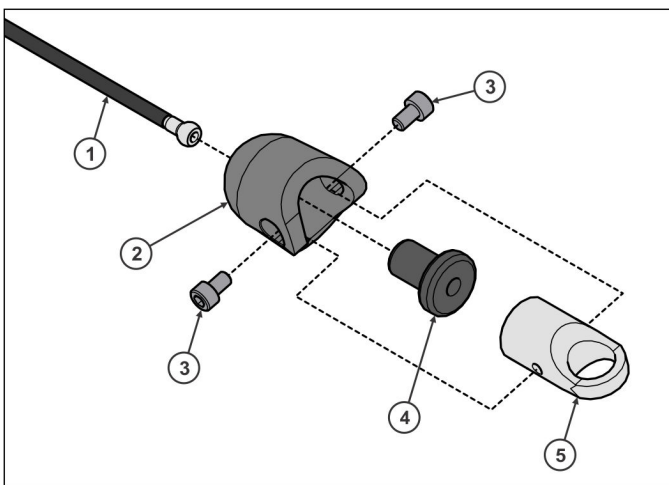
Item	Description	Qty.
1	Plastic Insert	1
2	Plastic Housing	1

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



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

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



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

6. Bolt to Floor Guide

Introduction

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

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

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

Bolt to Floor Prerequisite

Unit	Recommended Bolt to Floor	Required Bolt to Floor
LCM-CC	•	
LPP-CORE with less than 4 weight stacks		•
LPP-CORE with 4 weight stacks	•	
LPP-CORE with body weight training equipment, straps, ropes or chains		•
LPP-CORE with no body weight training equipment, straps, ropes or chains	•	

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.

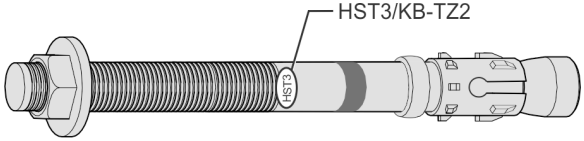
- Life Fitness does not have that level of specification or engineering input for competitive product.
- Life Fitness installation teams are not permitted to anchor competitor equipment.

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.

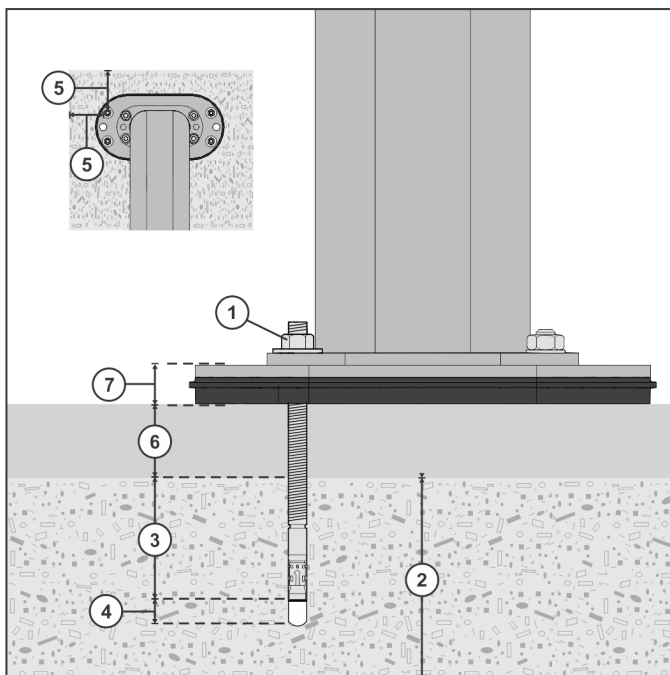
- This can be done by marking your drill bit with a piece of tape.
- While it is recommended that a vacuum be used to clean up debris, this will not account for all the debris that will settle at the bottom of the drilled hole.

Anchor Type - Dynamic

Dynamic Anchor	Standard Sizes	Drill Bit Size
	Imperial: KB-TZ2 3/8" x 5"	3/8in
	Metric: HST3 10mm x 130mm	10mm

Anchor Specifications

1	2	3	4	5	6
Dynamic Anchor	Minimum Concrete Thickness	Minimum Anchor Embedment into Concrete	Minimum Drill Depth in Concrete Beyond Anchor	Minimum Distance from Anchor to Concrete Edge or Seam:	Maximum Flooring (wood/tile/rubber/screed) Thickness Between Base Plate and Concrete
KB-TZ2 3/8" x 5"	4"	2-1/2"	1/2"	1-3/4"	0" - 0.92"
HST3 10mm x 130mm	100mm	68mm	12mm	44mm	(0mm - 26mm)



Item	Description
1	Anchor
2	Concrete Thickness
3	Anchor Embedment into Concrete Thickness
4	Drill Depth Beyond Anchor Thickness
5	Distance of Anchor to Concrete Edge
6	Flooring (wood/tile/rubber/screed) Thickness
7	Base Plate Thickness (See Foot Dimensions)

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>.

Dynamic Anchors	Design Resistance in Tension *
KB-TZ2 3/8" x 5" and HST3 10mm x 130mm	Greater than 2,000 lb (2.7kN)
Static Anchors	Design Resistance in Tension *
KH-EZ 1/4"	830 lb (3.6 kN)
HUS-H 6mm	3.3 kN (741lb)

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

Tools Required



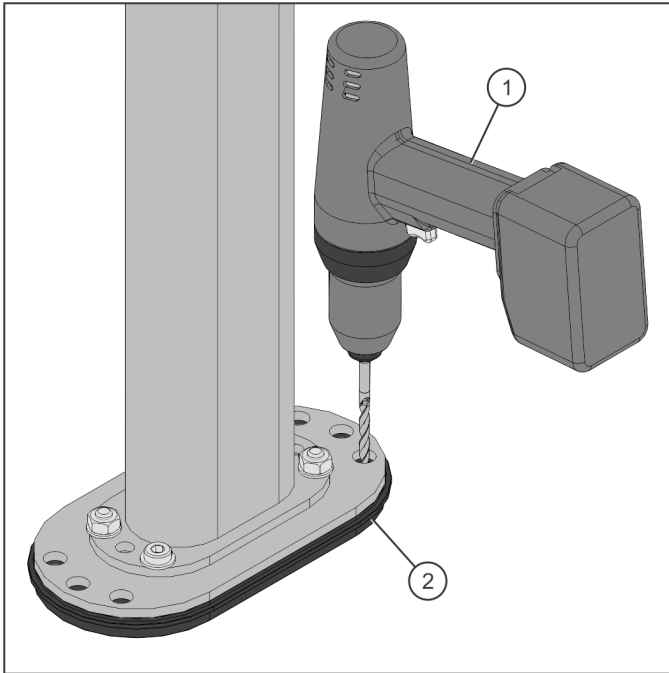
WARNING: Adhere to manufacturer's equipment warnings and guidelines. Follow manufacturer's instructions for proper usage.

- 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)

Anchor Procedure

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

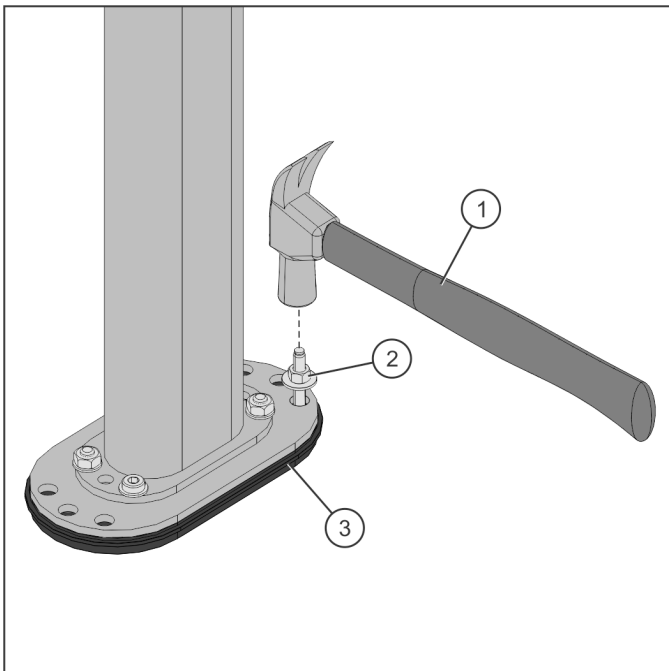
NOTE: Use 3/8" size bit for Imperial anchors and 10mm for Metric anchors.



Item	Description	Qty.
1	Drill with Concrete Bit	1
2	Upright	1

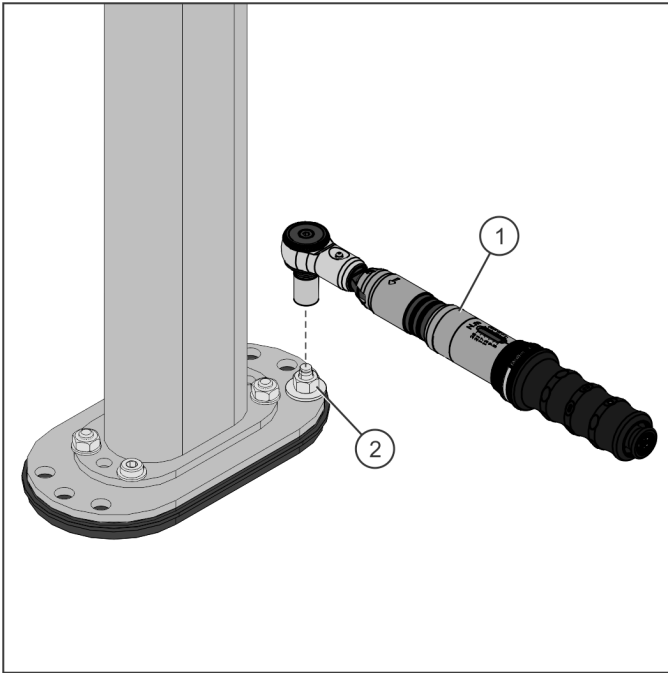
3. Clear out debris from hole.
4. Insert anchor assembly. Use hammer to tap dynamic anchors flush against upright's base plate.

NOTE: This step only applies to dynamic anchors. Do not hammer static anchors.



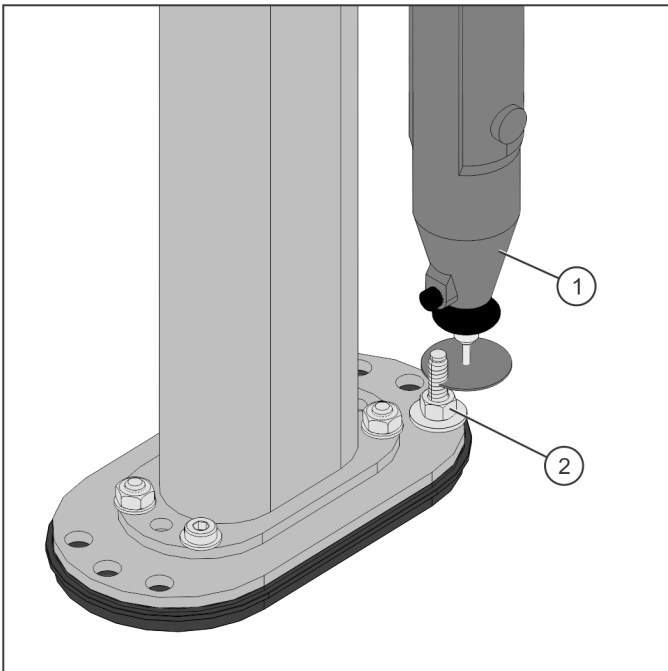
Item	Description	Qty.
1	Hammer	1
2	Anchor Assembly	1
3	Base Plate	1

5. Tighten to 30 foot-pounds for Imperial (45Nm for Metric), assuring there are at least 3 threads left exposed.



Item	Description	Qty.
1	Torque Wrench	1
2	Anchor Assembly	1

6. If necessary, cut extra length from top of anchor with a rotary tool leaving proper concrete engagement, torque requirements and at least 3 exposed threads.

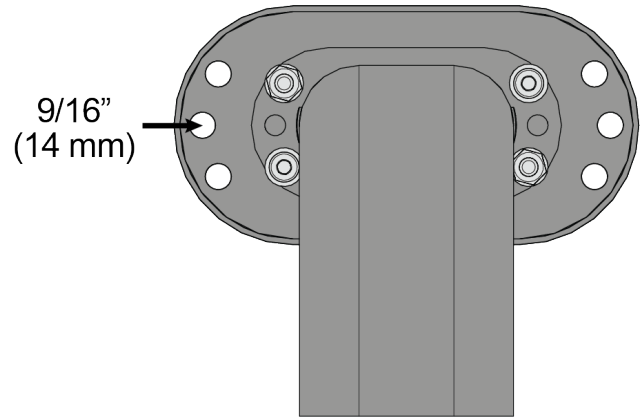
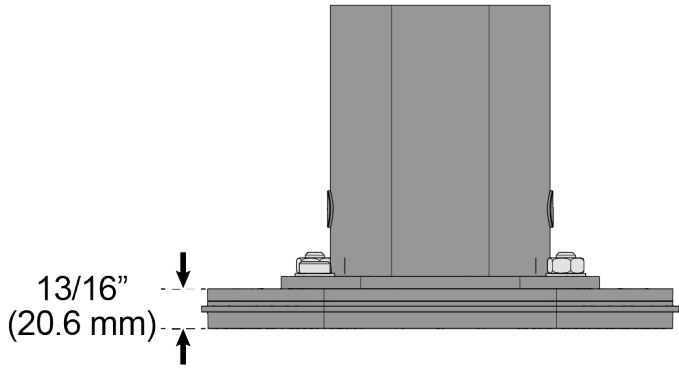


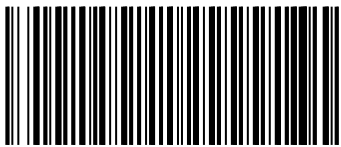
Item	Description	Qty.
1	Rotary Tool	1
2	Anchor Assembly	1

7. Check anchors weekly and re-tighten to 30 Foot-Pounds for Imperial (45Nm for Metric) if needed. Failure to do so may jeopardize anchor effectiveness.

Foot Dimensions

Use below images to determine foot height thickness per strength family.





1025032-0001