

# Hammer Strength Plate-Loaded

Owner's Manual



# CORPORATE HEADQUARTERS

Columbia Centre III, 9525 West Bryn Mawr Avenue, Rosemont, Illinois 60018 • U.S.A.

847.288.3300 • FAX: 847.288.3703

Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)

Global Website: [www.lifefitness.com](http://www.lifefitness.com)

## INTERNATIONAL OFFICES

### AMERICAS

#### North America Life Fitness, Inc.

Columbia Centre III  
9525 West Bryn Mawr Avenue  
Rosemont, IL 60018 U.S.A  
Telephone: (847) 288 3300  
Fax: (847) 288 3703  
Service Email: [customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)  
Service Website: [www.lifefitness.com/parts](http://www.lifefitness.com/parts)  
Sales/Marketing Email:  
[commercialsales@lifefitness.com](mailto:commercialsales@lifefitness.com)  
Operating Hours: 7:00 am-6:00 pm (CST)

#### Brazil Life Fitness Brasil

Av. Cidade Jardim, 900  
Jd. Paulistano  
São Paulo, SP 01454-000  
BRAZIL  
SAC: 0800 773 8282  
Telephone: +55 (11) 3095 5200  
Fax: +55 (11) 3095 5201  
Service Email: [suporte@lifefitness.com.br](mailto:suporte@lifefitness.com.br)  
Sales/Marketing Email: [lifefitness@lifefitness.com.br](mailto:lifefitness@lifefitness.com.br)  
Service Operating Hours:  
9:00 - 17:00 (BRT) (Monday-Friday)  
Store Operating Hours:  
9:00 -20:00 (BRT) (Monday-Friday)  
10:00 - 16:00 (BRT) (Saturday)

#### Latin America & Caribbean\* Life Fitness Inc.

Columbia Centre III  
9525 West Bryn Mawr Avenue  
Rosemont, IL 60018 U.S.A  
Telephone: (847) 288 3300  
Fax: (847) 288 3703  
Service Email: [customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)  
Sales/Marketing Email:  
[commercialsales@lifefitness.com](mailto:commercialsales@lifefitness.com)  
Operating Hours: 7:00am-6:00pm (CST)

### EUROPE, MIDDLE EAST, & AFRICA (EMEA)

#### Netherlands & Luxemburg Life Fitness Atlantic BV

Bijdorpplein 25-31  
2992 LB Barendrecht  
THE NETHERLANDS  
Telephone: (+31) 180 646 666  
Fax: (+31) 180 646 699  
Service Email: [service.benelux@lifefitness.com](mailto:service.benelux@lifefitness.com)  
Sales/Marketing Email:  
[marketing.benelux@lifefitness.com](mailto:marketing.benelux@lifefitness.com)  
Operating Hours: 9:00h-17:00h (CET)

#### United Kingdom & Ireland Life Fitness UK LTD

Queen Adelaide  
Ely, Cambs, CB7 4UB  
Telephone: General Office (+44)  
1353.666017  
Customer Support (+44) 1353.665507  
Fax: (+44) 1353.666018  
Service Email: [uk.support@lifefitness.com](mailto:uk.support@lifefitness.com)  
Sales/Marketing Email: [life@lifefitness.com](mailto:life@lifefitness.com)  
Operating Hours:  
General Office: 9.00am - 5.00pm (GMT)  
Customer Support: 8.30am - 5.00pm (GMT)

#### Germany & Switzerland Life Fitness Europe GMBH

Siemensstraße 3  
85716 Unterschleißheim  
GERMANY  
Telephone: (+49) 89.31 77 51.0 (Germany)  
(+41) 0848 000 901 (Switzerland)  
Fax: (+49) 89.31 77 51.99 (Germany)  
(+41) 043 818 07 20 (Switzerland)  
Service Email: [kundendienst@lifefitness.com](mailto:kundendienst@lifefitness.com)  
Sales/Marketing Email:  
[kundenberatung@lifefitness.com](mailto:kundenberatung@lifefitness.com)  
Operating Hours: 08.30 -16.30h (CET)

#### Austria Life Fitness Austria

Vertriebs G.m.b.H.  
Dückerstraße 7-9/3/36  
1220 Vienna  
AUSTRIA  
Telephone: (+43) 1.61.57.198  
Fax: (+43) 1.61.57.198.20  
Service Email: [kundendienst@lifefitness.com](mailto:kundendienst@lifefitness.com)  
Marketing/Sales Email:  
[kundenberatung@lifefitness.com](mailto:kundenberatung@lifefitness.com)  
Operating Hours: 08:30-16.30.h (MEZ)

#### Spain Life Fitness IBERIA

C/Frederic Mompou 5,1ªª  
08960 Sant Just Desvern Barcelona  
SPAIN  
Telephone: (+34) 93.672.4660  
Fax: (+34) 93.672.4670  
Service Email: [servicio.tecnico@lifefitness.com](mailto:servicio.tecnico@lifefitness.com)  
Sales/Marketing Email: [info.iberia@lifefitness.com](mailto:info.iberia@lifefitness.com)  
Operating Hours:  
9.00h-18.00h (Monday-Thursday)  
8.30h-15.00h (Friday)

#### Belgium Life Fitness Benelux NV

Parc Industriel de Petit-Rechain  
4800 Verviers  
BELGIUM  
Telephone: (+32) 87 300 942  
Fax: (+32) 87 300 943  
Service Email: [service.benelux@lifefitness.com](mailto:service.benelux@lifefitness.com)  
Sales/Marketing Email:  
[marketing.benelux@lifefitness.com](mailto:marketing.benelux@lifefitness.com)  
Operating Hours: 9.00h -17.00h (CET)

#### All Other EMEA Countries & Distributor Business C-EMEA\*

Bijdorpplein 25-31  
2992 LB Barendrecht  
THE NETHERLANDS  
Telephone: (+31) 180 646 644  
Fax: (+31) 180 646 699  
Service Email: [service.db.cemea@lifefitness.com](mailto:service.db.cemea@lifefitness.com)  
Sales/Marketing Email:  
[marketing.db.cemea@lifefitness.com](mailto:marketing.db.cemea@lifefitness.com)  
Operating Hours: 9.00h-17.00h (CET)

### ASIA PACIFIC (AP)

#### Japan Life Fitness Japan

Japan Nippon Brunswick Bldg., #8F  
5-27-7 Sendagaya  
Shibuya-Ku, Tokyo  
Japan 151-0051  
Telephone: (+81) 3.3359.4309  
Fax: (+81) 3.3359.4307  
Service Email: [service@lifefitnessjapan.com](mailto:service@lifefitnessjapan.com)  
Sales/Marketing Email: [sales@lifefitnessjapan.com](mailto:sales@lifefitnessjapan.com)  
Operating Hours: 9.00h-17.00h (JAPAN)

#### China and Hong Kong Life Fitness Asia Pacific LTD

Room 2610, Miramar Tower  
132 Nathan Road  
Tsimshatsui, Kowloon  
HONG KONG  
Telephone: (+852) 2891.6677  
Fax: (+852) 2575.6001  
Service Email: [HongKongEnquiry@lifefitness.com](mailto:HongKongEnquiry@lifefitness.com)  
Sales/Marketing Email:  
[ChinaEnquiry@lifefitness.com](mailto:ChinaEnquiry@lifefitness.com)  
Operating Hours: 9.00h-18.00h

#### All Other Asia Pacific countries & distributor business Asia Pacific\*

Room 2610, Miramar Tower  
132 Nathan Road  
Tsimshatsui, Kowloon  
HONG KONG  
Telephone: (+852) 2891.6677  
Fax: (+852) 2575.6001  
Service Email: [HongKongEnquiry@lifefitness.com](mailto:HongKongEnquiry@lifefitness.com)  
Sales/Marketing Email:  
[ChinaEnquiry@lifefitness.com](mailto:ChinaEnquiry@lifefitness.com)  
Operating Hours: 9.00h-18.00h

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## 1. SAFETY INFORMATION

It is the sole responsibility of the purchaser of HAMMER STRENGTH 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 1-800-735-3867.

This equipment is categorized as class S per EN 957-1. As such this equipment is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact HAMMER STRENGTH with any questions regarding this classification.

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



### ACCESS CONTROL

HAMMER STRENGTH 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

SECURING EQUIPMENT - HAMMER STRENGTH 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.

## **SAFETY INFORMATION (Con't)**



### **PROPER USAGE**

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that HAMMER STRENGTH equipment is used properly to avoid injury.
2. 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.
3. Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
4. 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**

1. DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all HAMMER STRENGTH equipment use only replacement parts supplied by HAMMER STRENGTH.
2. Cables and belts pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult HAMMER STRENGTH if uncertain).
3. Routinely inspect all accessory clips that join attachments to the cables and replace them at the first sign of wear.
4. MAINTAIN LABELS AND NAME PLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact HAMMER STRENGTH for a replacement.
5. 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.
6. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. HAMMER STRENGTH will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.
7. Before any use, examine all accessories approved for use with the HAMMER STRENGTH equipment for damage or wear.
8. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE HAMMER STRENGTH EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.

## SAFETY INFORMATION (Con't)



### OPERATING WARNINGS

1. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all HAMMER STRENGTH equipment.
2. Keep children away from strength equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
3. 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.
4. All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.



### PLATE LOADED, FREE WEIGHT AND BODY WEIGHT SYSTEMS

1. If the unit is equipped with weight rods, use only Olympic style weight plates (2"/50mm 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.
2. Always utilize weight plate retention devices such as clamps or pins.
3. Only add weight plates up to the load limits of the unit. Make sure all weight plates are completely placed on the weight rod.
4. 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 specific section for load limit information.
5. Contact a HAMMER STRENGTH representative with any questions regarding proper weights and loading.



### SELECTORIZED WEIGHT STACK SYSTEMS

1. Use only weight selector pins supplied by HAMMER STRENGTH on weight stacks. Substitutes are forbidden.
2. Fully insert weight selector pins. Partial insertion can cause weights to fall unexpectedly.
3. Never pin the weight stack in an elevated position.
4. Never remove selector pin if any weights are suspended.
5. Never attempt to release jammed weights or parts.
6. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by HAMMER STRENGTH.

## 2. WARRANTY

### WHAT IS COVERED

This HAMMER STRENGTH commercial exercise equipment 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 & 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.*

### OPERATION 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 (Con't)

## 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.

## OUR PLEDGE TO YOU

Our Products are designed and manufactured to the highest standards.  
We want you to be completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

## HOW TO OBTAIN PARTS & SERVICE

- 1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
- 2. Locate and write down the serial number of the unit.
- 3. Contact the nearest Life Fitness Customer Support Services group.

## WARRANTY COVERAGE

\*There is no warranty coverage for labor on Strength Products.

Structural Frame (Not coatings)	Bearings	Upholstery	Grips	Hardware/ Mechanical
10 Years	5 Years	90 Days	90 Days	1 Year

### 3. CONTACT INFORMATION

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

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

Before shipping:

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

**Return address:**

Life Fitness World Headquarters  
Attn: CSS Help Desk  
Columbia Centre III - 9525 West Bryn Mawr Avenue  
Rosemont, IL 60018

For Product Service Internationally see contact information listed on page 1 of this manual.



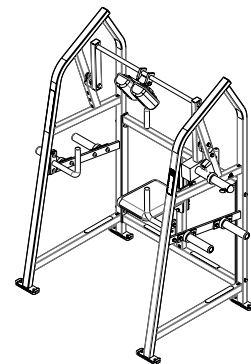
## 4. EXERCISE AND GENERAL SPECIFICATIONS

### Plate-Loaded 4 Way Neck (PL-4W)

**Muscles Exercised:** Sternocleidomastoid, Trapezius and Sternothyroid

#### Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Seat should be adjusted to allow handles to be slightly below mid-chest. Grip the handles. Place head against the head pads.



#### Performing the Exercise

With a controlled motion, push the head pads up until the neck is fully extended. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

<b>Product Code:</b>	<b>PL-4W</b>	
<b>Machine Weight:</b>	245 lbs	111.1 kgs
<b>Max User Weight:</b>	350 lbs	158.8 kgs
<b>Start Resistance:</b>	2 lbs	0.9 kgs
<b>Plate Capacity*:</b>	5-45 lb plates	4-25 kg plates
<b>Max Resistance:</b>	225 lbs total	100 kgs total

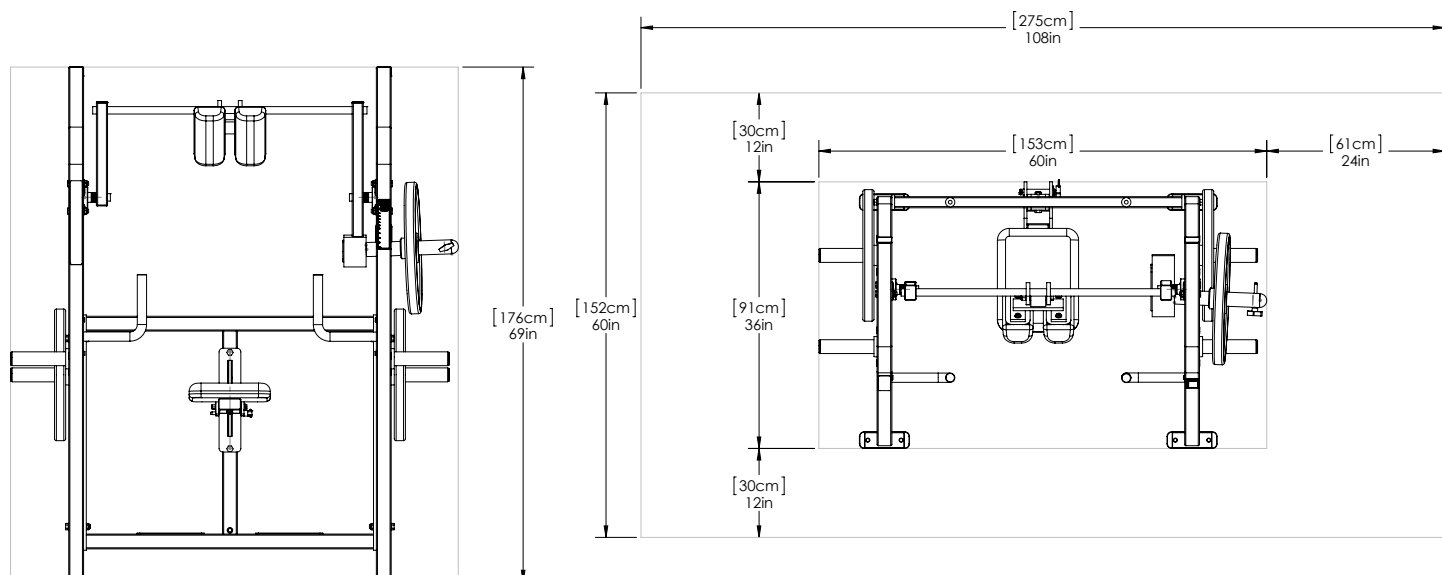
\* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

#### Instructional Placard Label:

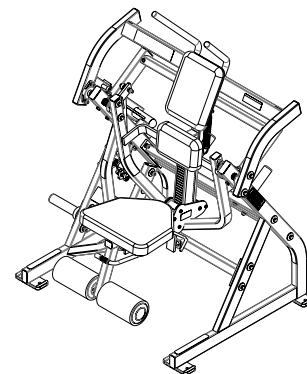


**Dimensions: 60" x 36" x 69" (153cm x 91cm x 176cm)**

**Live Area: 108" x 60" x 69" (275cm x 153cm x 176cm)**



## Plate-Loaded Abdominal Oblique Crunch (PL-AB)



### Muscles Exercised: Abdominals, Obliques

#### Abdominal Crunch Setup

Load the appropriate amount of weight plates to ensure proper resistance. Adjust the seat height so that the lower back pad is resting on your lower back. Sit in the machine with your legs placed behind the lower roller pads. Grip handles.

#### Performing the Abdominal Crunch Exercise

With a controlled motion upper torso crunch, emphasizing the use of your abdominal muscles, raise your knees and bring your arms towards them. Avoid using your arms to power through the motion. Your arms should provide a guide for the motion. Concentrate on squeezing your abdominal muscles throughout the exercise. Maintaining control, return to the start position and repeat the motion.

#### Oblique Crunch Setup

Load the appropriate amount of weight plates to ensure proper resistance. Adjust the seat height so that the lower back pad is resting on your lower back. Using the front lever, adjust the seat rotation to the left or right. Sit in the machine with your legs placed behind the lower roller pads. Grip handles.

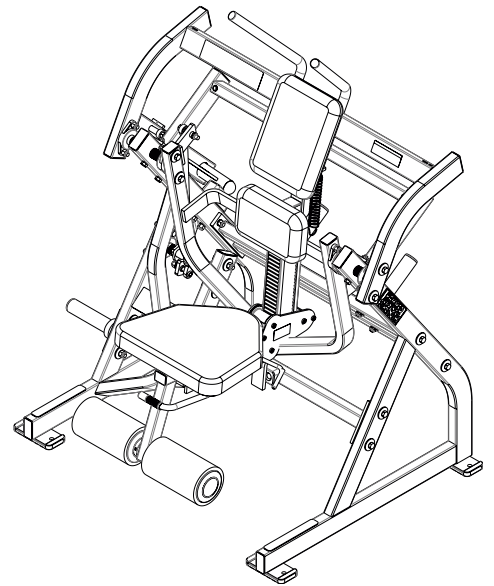
#### Performing the Oblique Crunch Exercise

With a controlled motion upper torso crunch, emphasizing the use of your oblique muscles, raise your knees and bring your arms towards them. Avoid using your arms to power through the motion. Your arms should provide a guide for the motion. Concentrate on squeezing your oblique muscles throughout the exercise. Maintaining control, return to the start position and repeat the motion.

<b>Product Code:</b>	<b>PL-AB</b>	
<b>Machine Weight:</b>	355 lbs	161 kgs
<b>Max User Weight:</b>	350 lbs	158.8 kgs
<b>Start Resistance:</b>	25 lbs + 10% of user's weight	11.3 kgs + 10% of user's weight
<b>Plate Capacity*:</b>	5-25 lb plates	4-15 kg plates
<b>Max Resistance:</b>	125 lbs	60 kgs

\* Capacities listed are calculated using a thickness of 1-5/8" 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.

## Plate-Loaded Abdominal Oblique Crunch (PL-AB)

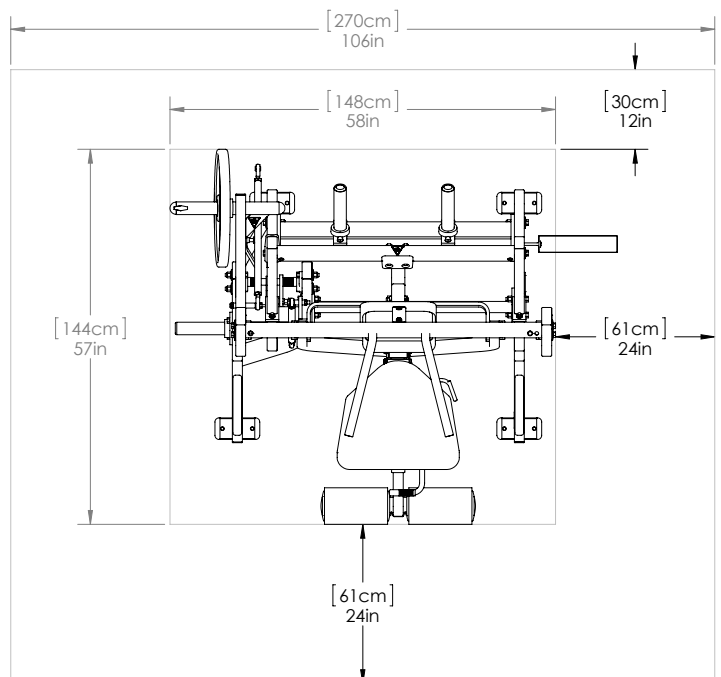
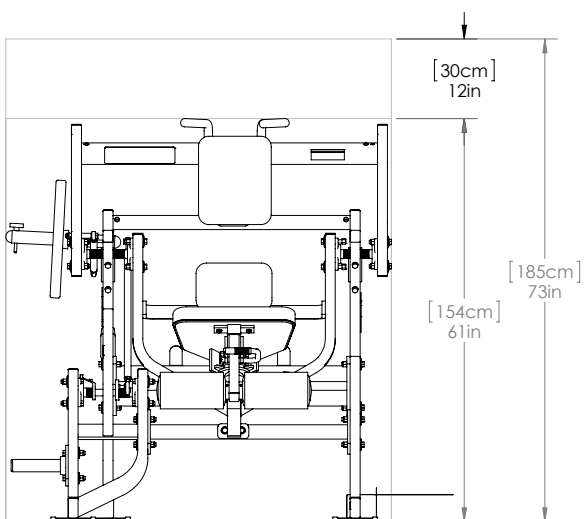


### Instructional Placard Label:



**Dimensions: 58" x 57" x 61" (148cm x 144cm x 154cm)**

**Live Area: 106" x 81" x 73" (270cm x 205cm x 185cm)**

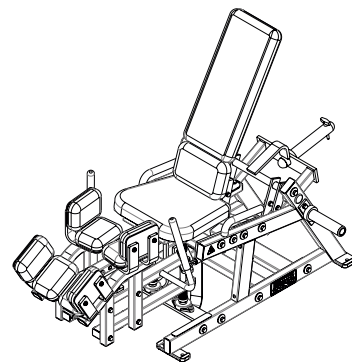


## Plate-Loaded Abductor (PL-ABD)

### Muscles Exercised: Abductor

#### Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pins. Seat back should be adjusted to allow proper body positioning. Hold handles at side for stability.



#### Performing the Exercise

With legs placed on the pads and in a controlled motion, push legs away from one another. Use movement arm handles for assistance/resistance. Return legs to the start position and repeat the motion while maintaining proper body positioning.

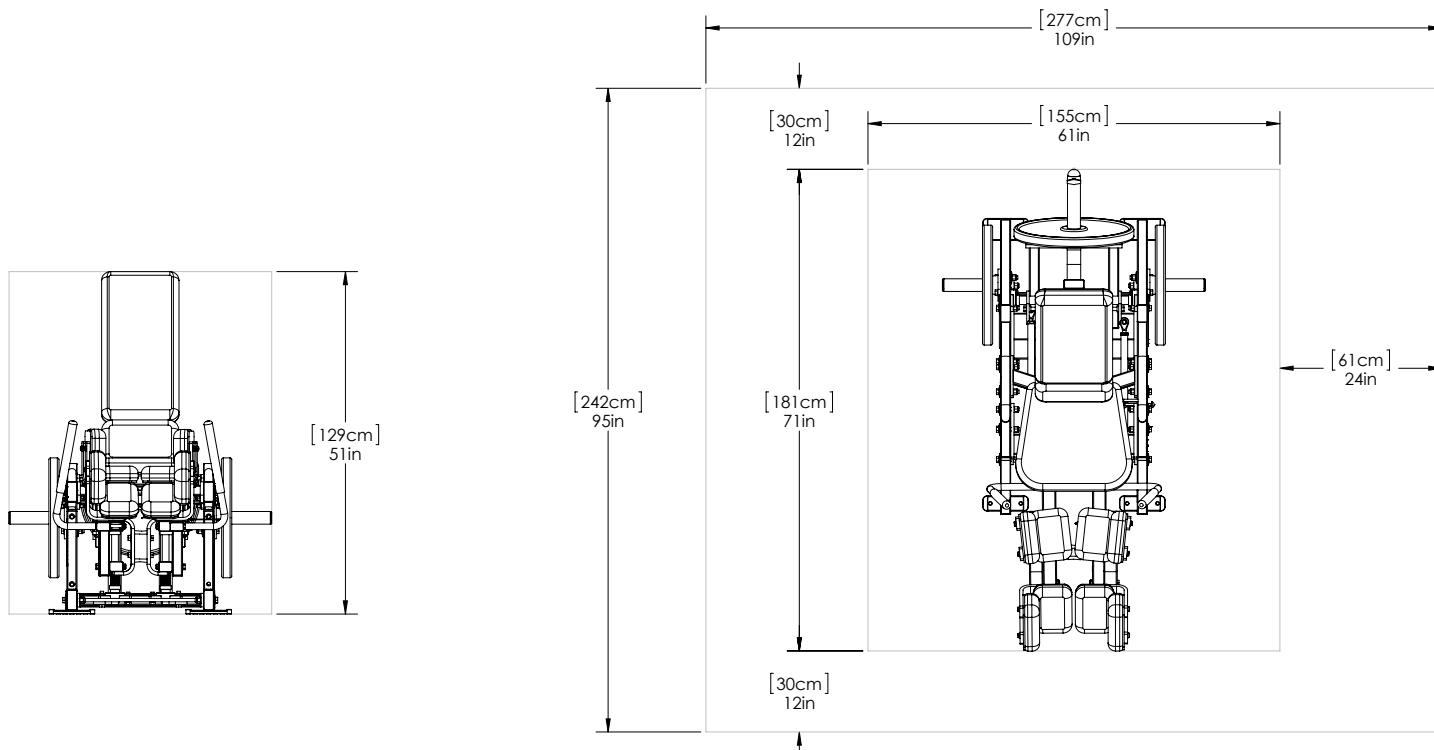
<b>Product Code:</b>	<b>PL-ABD</b>	
<b>Machine Weight:</b>	330 lbs	149.7 kgs
<b>Max User Weight:</b>	350 lbs	158.8 kgs
<b>Start Resistance:</b>	3 lbs per work arm	1.4 kgs per work arm
<b>Plate Capacity*:</b>	5-45 lb plates per weight rod	4-25 kg plates per weight rod
<b>Max Resistance:</b>	225 lbs per side / 450 lbs total	100 kgs per side / 200 kgs total

\* Capacities listed are calculated using a thickness of 1-5/8" 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.

**Instructional Placard Label:** No Placard Used

**Dimensions: 61" x 71" x 51" (155cm x 181cm x 129cm)**

**Live Area: 109" x 95" 51" (277cm x 242cm x 129cm)**



## Plate-Loaded Adductor (PL-ADD)

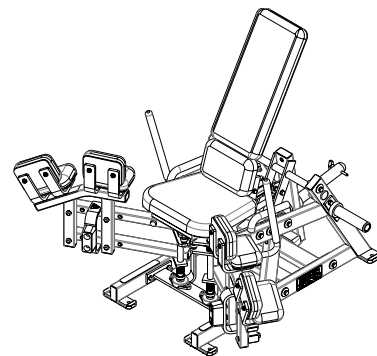
### Muscles Exercised: Adductor

#### Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pins. Seat back should be adjusted to allow proper body positioning. Hold handles at side for stability.

#### Performing the Exercise

With legs placed on the pads and in a controlled motion, push legs towards one another. Use movement arm handles for assistance/resistance. Return legs to the start position and repeat the motion while maintaining proper body positioning.



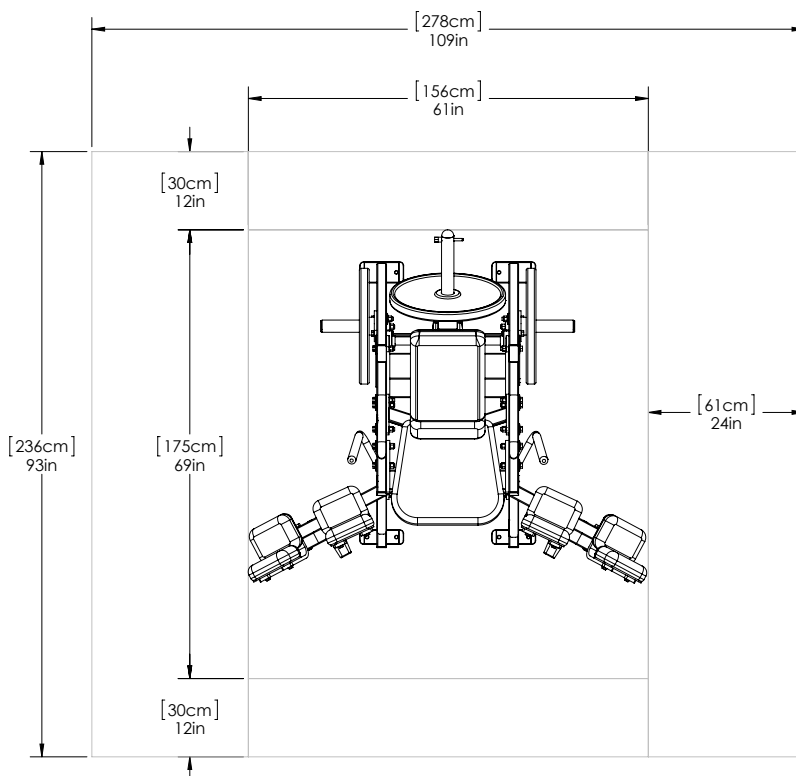
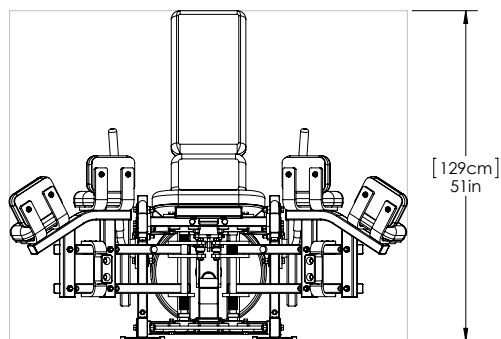
<b>Product Code:</b>	<b>PL-ADD</b>	
<b>Machine Weight:</b>	360 lbs	163.3 kgs
<b>Max User Weight:</b>	350 lbs	158.8 kgs
<b>Start Resistance:</b>	3 lbs per work arm	1.4 kgs per work arm
<b>Plate Capacity*:</b>	5-45 lb plates per weight rod	4-25 kg plates per weight rod
<b>Max Resistance:</b>	225 lbs per side / 450 lbs total	100 kgs per side / 200 kgs total

\* Capacities listed are calculated using a thickness of 1-5/8" 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.

**Instructional Placard Label:** No Placard Used

**Dimensions: 61" x 69" x 51" (156cm x 175cm x 129cm)**

**Live Area: 109" x 93" x 51" (278cm x 236cm x 129cm)**



## Plate-Loaded Seated Bicep (PL-BI)

### Muscles Exercised: Biceps

#### Setup

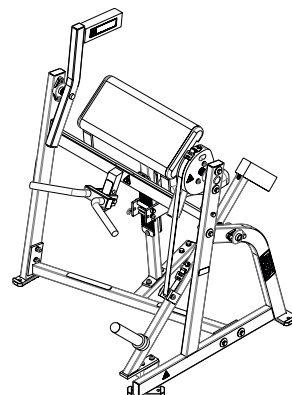
Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Seat should be adjusted to allow arm pit to rest near top of pad. Align elbows near main pivot. Grip handles firmly with an under-hand grip. Position body with chest up and shoulders back.

**Tip:** Back of upper arm should remain on pad through movement.

#### Performing the Exercise

With a controlled motion, curl the handles up until the arms are fully flexed. Return to the start position and repeat the motion, while maintaining proper body positioning.

**Tip:** A wider grip will focus more on the inside of the Biceps muscle. A narrow grip will focus more on the outside of the Biceps muscle.



<b>Product Code:</b>	<b>PL-BI</b>	
<b>Machine Weight:</b>	225 lbs	102 kgs
<b>Max User Weight:</b>	350 lbs	158.8 kgs
<b>Start Resistance:</b>	4 lbs	1.8 kgs
<b>Plate Capacity*:</b>	5-45 lb plates	4-25 kg plates
<b>Max Resistance:</b>	225 lbs total	100 kgs per side / 200 kgs total

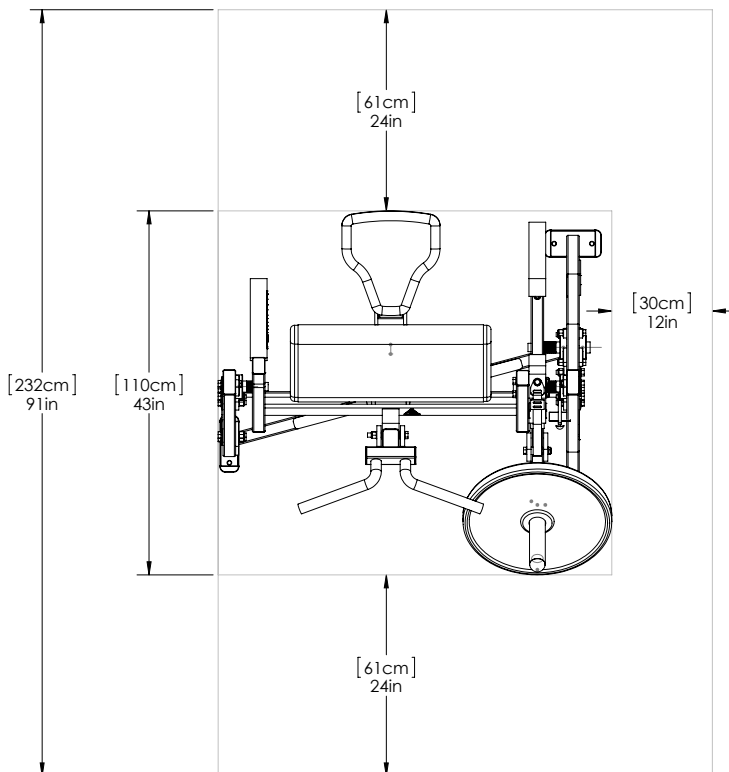
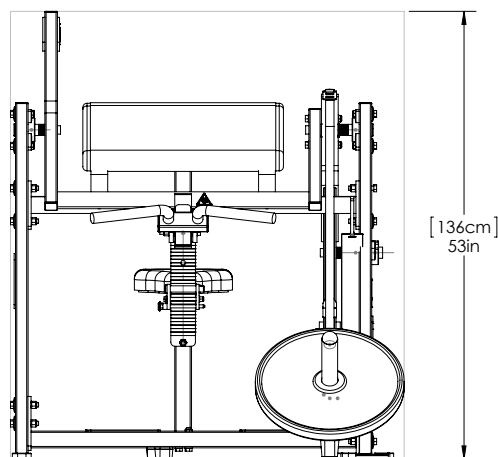
\* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

#### Instructional Placard Label:



**Dimensions: 50" x 43" x 53" (127cm x 110cm x 136cm)**

**Live Area: 74" x 91" x 53" (188cm x 232cm x 136cm)**

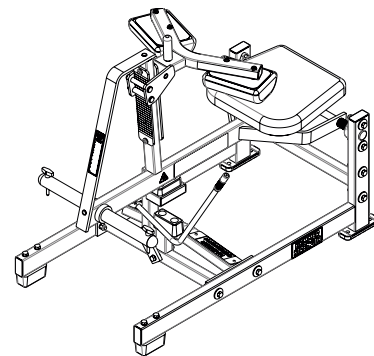


## Plate-Loaded Seated Calf Raise (PL-CALF)

### Muscles Exercised: Soleus

#### Setup

Load the unit with the desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. With feet securely placed on foot-plate, adjust knee pad to allow comfortable positioning.



#### Performing the Exercise

With a controlled motion, raise the balls of your feet as comfortably possible. Move stop out of workarm path. Return to start position and repeat the motion while maintaining proper body positioning. When finished, raise weights and pull stop lever back to upright position.

**Product Code:** PL-CALF

**Machine Weight:** 200 lbs

90.7 kgs

**Max User Weight:** 350 lbs

158.8 kgs

**Start Resistance:** 60 lbs

27.2 kgs

**Plate Capacity\*:** 5-45 lb plates per weight rod

4-25 kg plates per weight rod

**Max Resistance:** 450 lbs total

100 kgs total

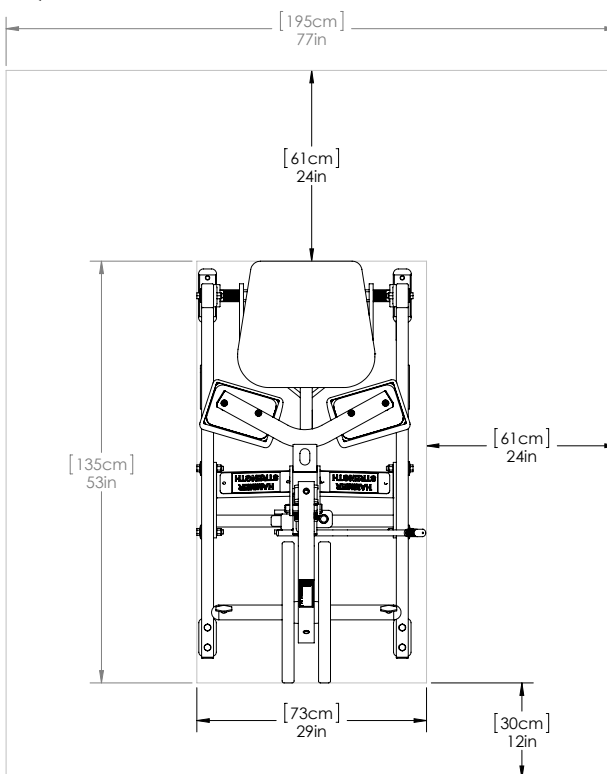
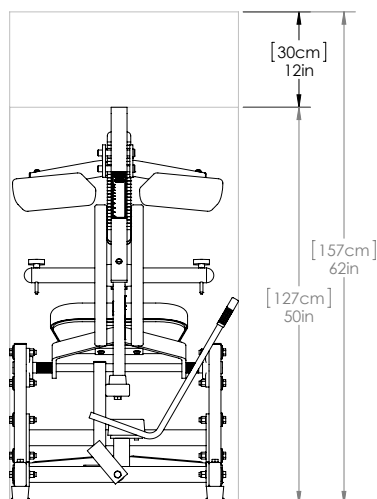
\* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

#### Instructional Placard Label:



**Dimensions: 29" x 53" x 50" (73cm x 135cm x 127cm)**

**Live Area: 77" x 89" x 62" (195cm x 226cm x 157cm)**



## Plate-Loaded Seated Dip (PL-DIP)

**Muscles Exercised:** Pectoralis Major, Triceps & Anterior Deltoid

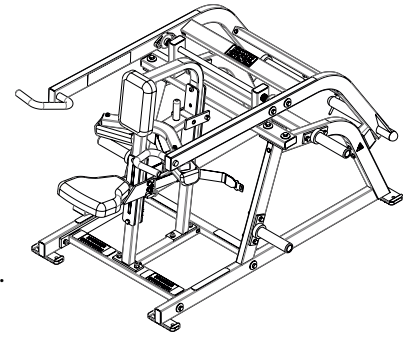
### Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Sit upright or lean slightly forward.

Adjust seat so that elbows are at approximately 90 degrees at start movement.

Tighten and clasp seatbelt. With feet placed on the floor, adjust knee pad to allow comfortable positioning.

**Tip:** To allow for more range of motion, or less range of motion, adjust seat height accordingly.



### Performing the Exercise

With a controlled motion, extend handles down until arms are fully extended. DO NOT lock elbows at the bottom of the pressing motion. Return handles to the start position and repeat the motion while maintaining proper body positioning.

**Product Code:** PL-DIP

**Machine Weight:** 285 lbs

129.3 kgs

**Max User Weight:** 350 lbs

158.8 kgs

**Start Resistance:** 4 lbs per work arm

1.8 kgs per work arm

**Plate Capacity\*:** 5-45 lb plates per weight rod

4-25 kg plates per weight rod

**Max Resistance:** 450 lbs total

200 kgs total

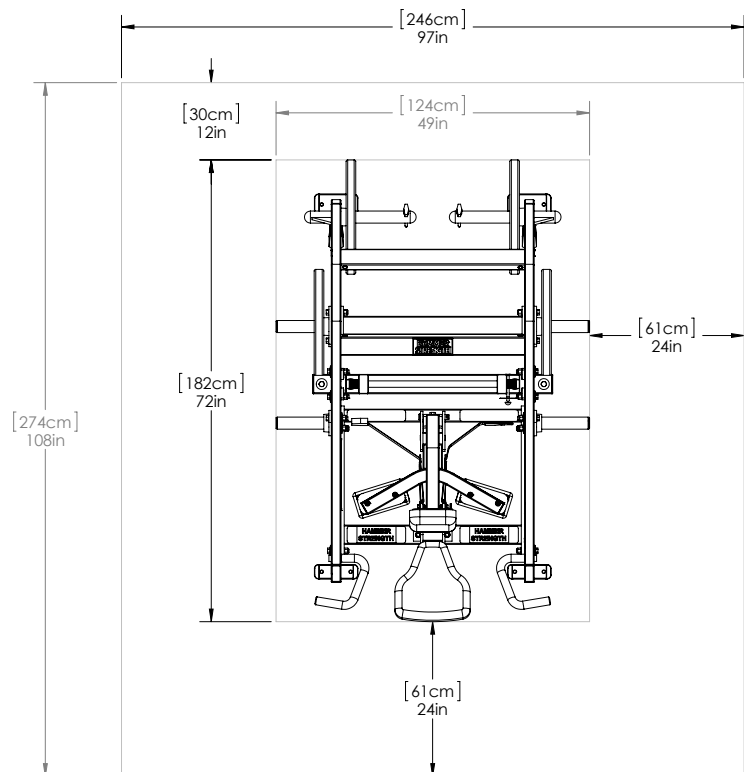
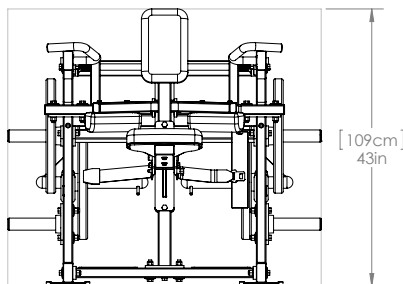
\* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.



**Instructional Placard Label:**

**Dimensions: 49" x 72" x 43" (124cm x 182cm x 109cm)**

**Live Area: 97" x 108" x 43" (246cm x 274cm x 109cm)**



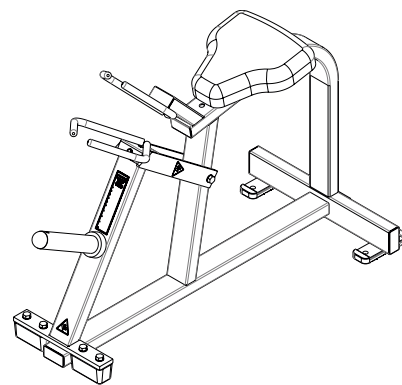


## Plate-Loaded Gripper (PL-GRIP)

**Muscles Exercised:** Brachioradialis, Flexor Carpi Radialis, Flexor Carpi Ulnaris and Extensor Retinaculum

### Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Grip the frame handles with the inside of thumbs while fingers grip the movement arm handles.



### Performing the Exercise

With a controlled motion, pull fingers towards thumbs by making a fist. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.



DO NOT place feet under movement arm while in use!!

**Product Code:** PL-GRIP

**Machine Weight:** 65 lbs

29.5kgs

**Max User Weight:** 350 lbs

158.8 kgs

**Start Resistance:** 14 lbs

3.6 kgs

**Plate Capacity\*:** 5-45 lb plates per weight rod

4-25 kg plates per weight rod

**Max Resistance:** 225 lbs total

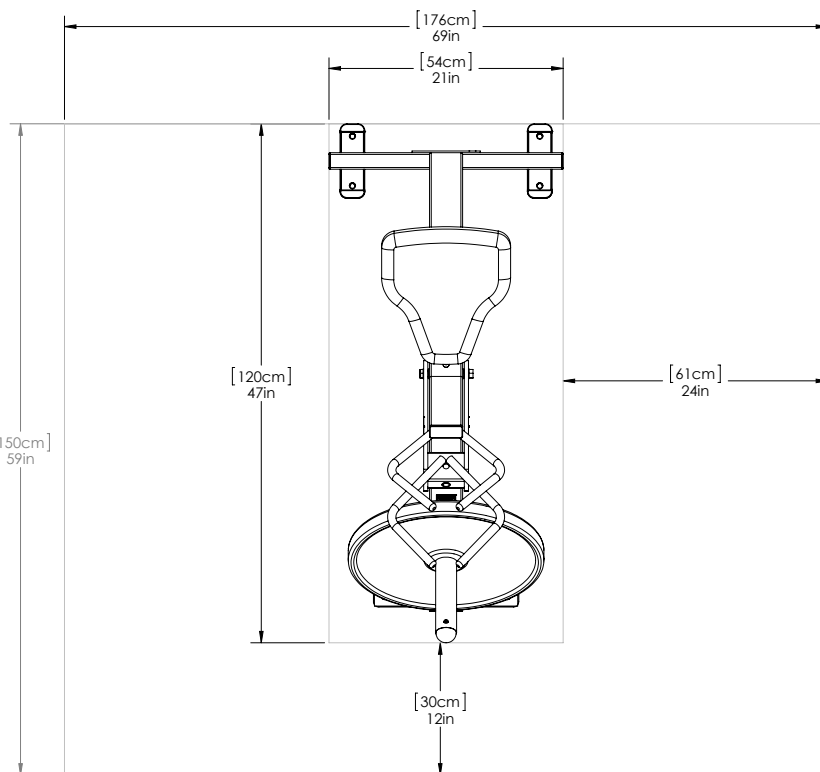
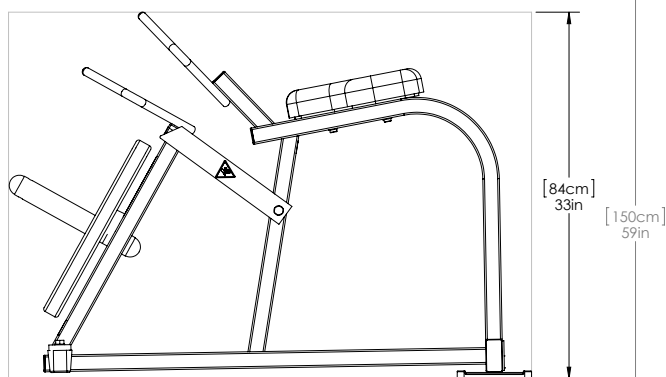
100 kgs total

\* Capacities listed are calculated using a thickness of 1-5/8" 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.

**Instructional Placard Label:** No Placard Used

**Dimensions: 21" x 47" x 33" (54cm x 120cm x 84cm)**

**Live Area: 69" 59" x 33" (176cm x 150cm x 84cm)**

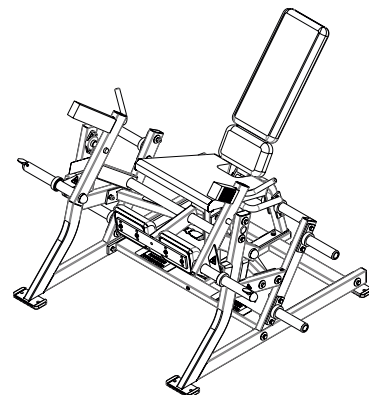


# Plate-Loaded Leg Extension (PL-LE)

## Muscles Exercised: Quadriceps

### Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Adjust the back pad to align the knee joint with the machine pivot (axis of rotation). Grip the handles located on the sides of the seat. Tighten and clasp seatbelt. Position body with chest up and with shoulders back and against the back pad.



### Performing the Exercise

With a controlled motion extend the legs to nearly full extension without locking out knees. Return the legs to the start position and repeat the motion while maintaining proper body positioning.

<b>Product Code:</b>	<b>PL-LE</b>	
<b>Machine Weight:</b>	300 lbs	136 kgs
<b>Max User Weight:</b>	350 lbs	158.8 kgs
<b>Start Resistance:</b>	4 lbs per work arm	1.8 kgs per work arm
<b>Plate Capacity*:</b>	5-45 lb plates per weight rod	4-25 kg plates per weight rod
<b>Max Resistance:</b>	225 lbs per side / 450 lbs total	100 kgs per side / 200 kgs total

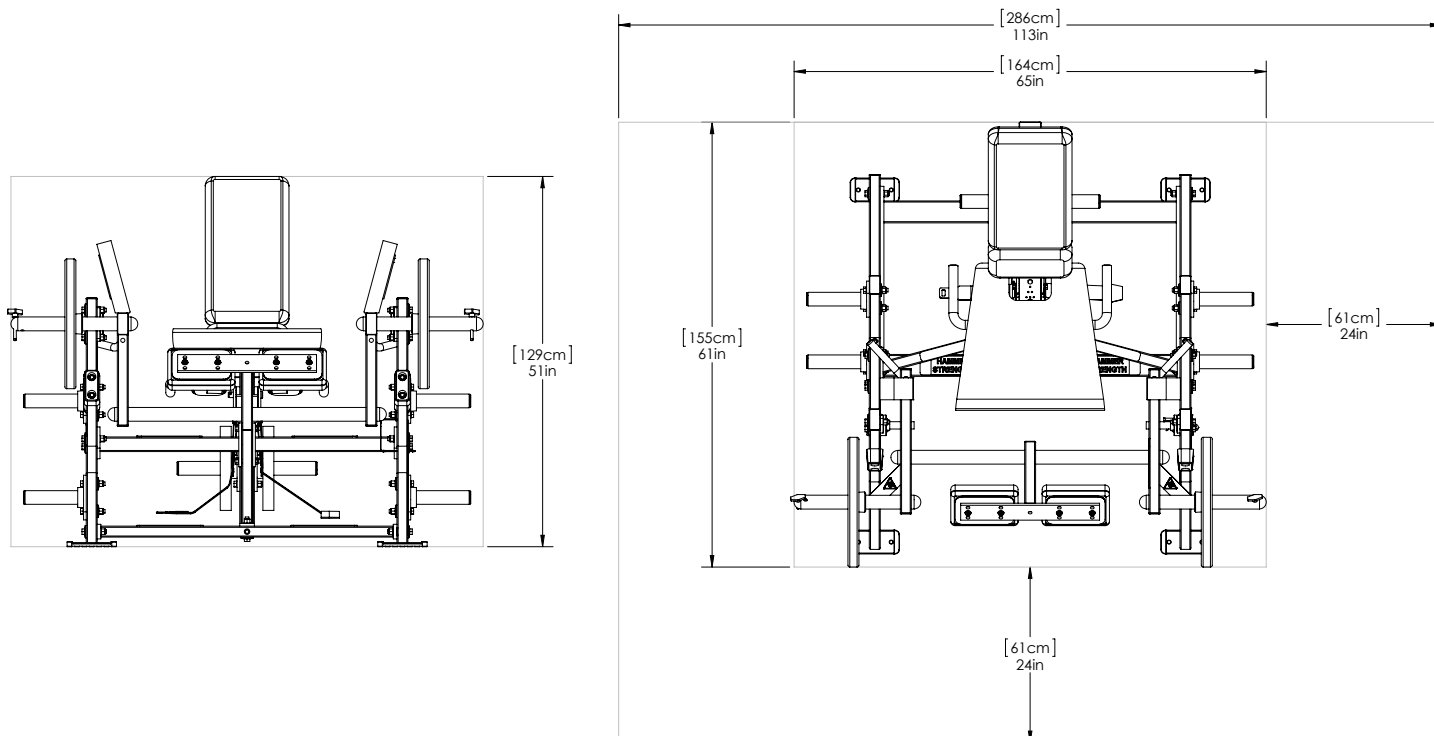
\* Capacities listed are calculated using a thickness of 1-7/8" for 25 lb weight plates and 46 mm for 10 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

### Instructional Placard Label:



**Dimensions: 65" x 61" x 51" (164cm x 155cm x 129cm)**

**Live Area: 113" x 85" 51" (286cm x 216cm x 129cm)**

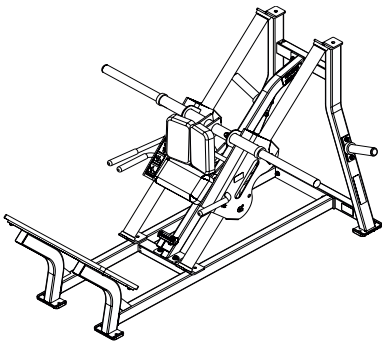


# Plate-Loaded Linear Hack Press (PLLHP)

**Muscles Exercised:** Quadriceps, Hamstrings and Glutes

## Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Position feet on the foot plate, hip width apart. Position the body seated against pads. Grip handles on each side of the seat carriage.



## Performing the Exercise

With a controlled motion, push legs to nearly full extension without locking out knees. Move stop out of carriage path. Return to start position and repeat the motion while maintaining proper body positioning. When finished, raise carriage and pull stop lever back to upright position.

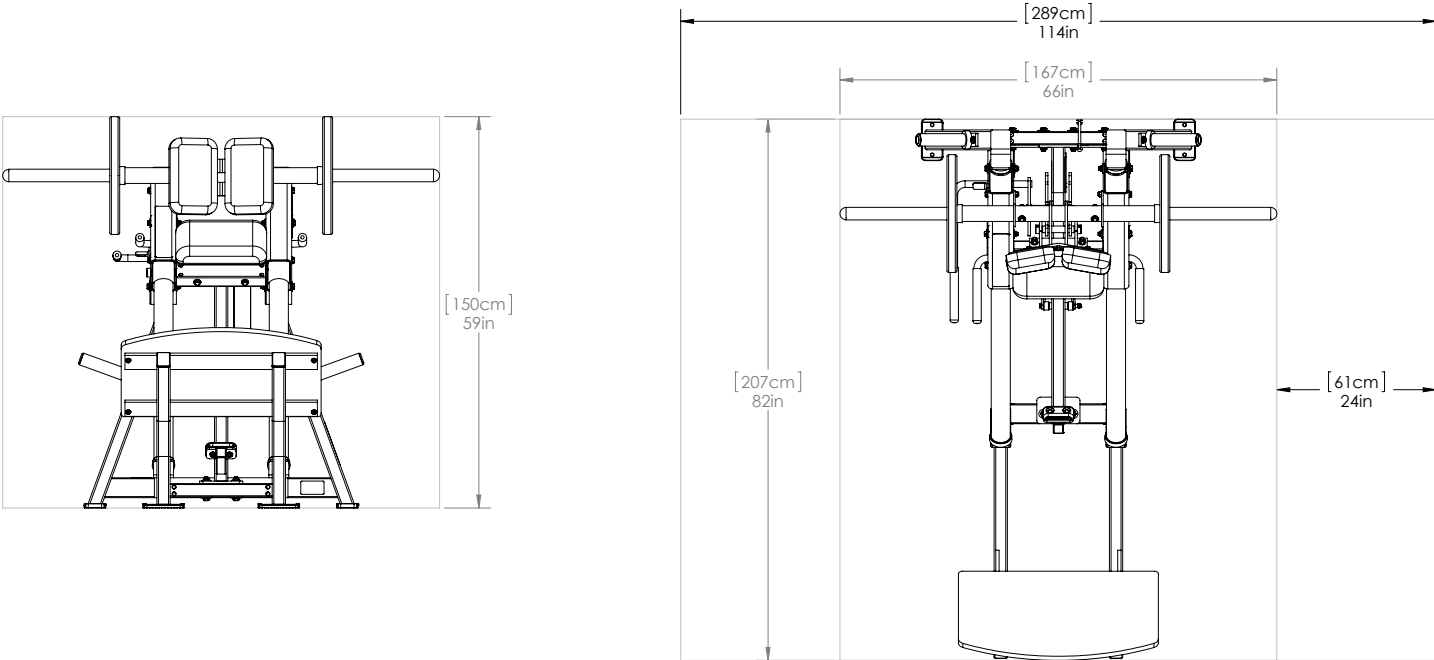
<b>Product Code:</b>	<b>PLLHP</b>	
<b>Machine Weight:</b>	410 lbs	185.9 kgs
<b>Max User Weight:</b>	350 lbs	158.8 kgs
<b>Start Resistance:</b>	60 lbs	27.2 kgs
<b>Plate Capacity*:</b>	8-45 lb plates per weight rod	7-25 kg plates per weight rod
<b>Max Resistance:</b>	720 total	350 kgs total

\* Capacities listed are calculated using a thickness of 1-7/8" for 25 lb weight plates and 46 mm for 10 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

## Instructional Placard Label:



**Dimensions: 66" x 82" x 59" (167.6cm x 208.3cm x 149.9cm)**  
**Live Area: 114" x 82" x 59" (289.6cm x 208.3cm x 149.9cm)**

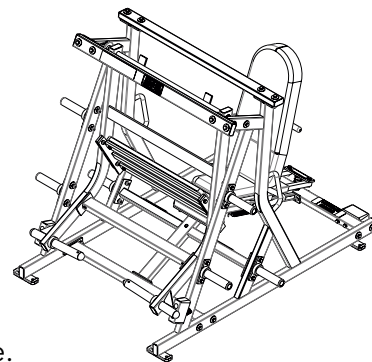


# Plate-Loaded Leg Press (PL-LP)

**Muscles Exercised: Quadricep, Hamstring and Glute**

## Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Adjust the seat carriage by pulling up on seat handles behind the back pad and adjust carriage fore or aft. Position feet on the foot plates, hip width apart. Position the body with chest up, shoulders and head back against back pad. Grip handles on each side of the seat carriage.



## Performing the Exercise

With a controlled motion push legs to nearly full extension without locking out knees. Return the legs to the start position and repeat the motion while maintaining proper body positioning.

## Product Code: PL-LP

<b>Machine Weight:</b>	535 lbs	242.7 kgs
<b>Max User Weight:</b>	350 lbs	158.8 kgs
<b>Start Resistance:</b>	21 lbs per work arm	9.5 kgs per work arm
<b>Plate Capacity*:</b>	6-45 lb plates per weight rod	5-25 kg plates per weight rod
<b>Max Resistance:</b>	540 lbs / 990 lbs with Rhino Horn	250 kgs per side / 500 kgs with Rhino Horn

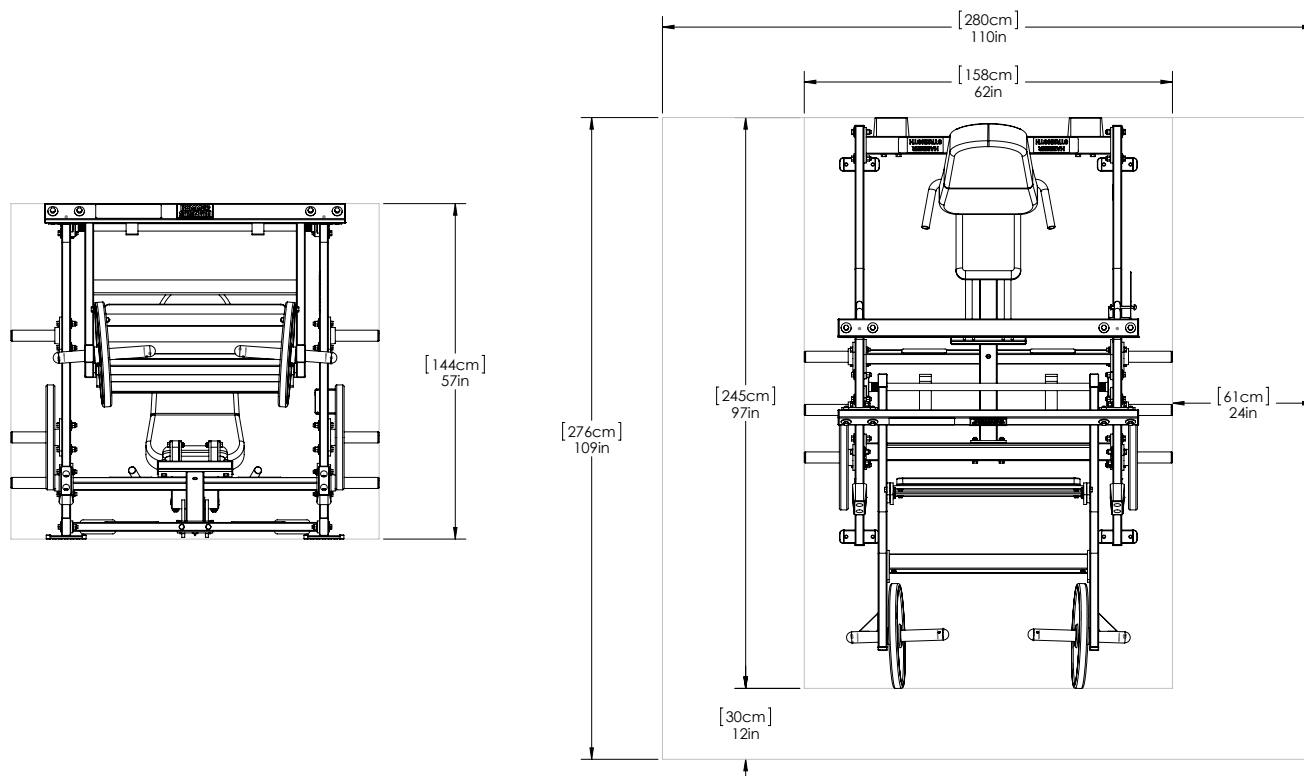
\* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

## Instructional Placard Label:



**Dimensions: 62" x 97" x 57" (158cm x 245cm x 144cm)**

**Live Area: 110" x 109" x 57" (280cm x 276cm x 144cm)**

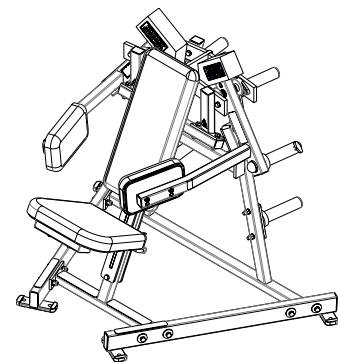


## Plate-Loaded Lateral Raise (PL-LR)

**Muscles Exercised:** Trapezius, Deltoid and Latissimus dorsi

### Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Seat should be adjusted to allow for proper body positioning. In the seated body position, place elbows up against elbow pads.



### Performing the Exercise

With a controlled motion, push the elbow pads out until the arms are fully extended. Return the movement arms to the start position and repeat the motion while maintaining proper body positioning.

<b>Product Code:</b>	<b>PL-LR</b>	
<b>Machine Weight:</b>	295 lbs	134 kgs
<b>Max User Weight:</b>	350 lbs	158.8 kgs
<b>Start Resistance:</b>	1 lbs per work arm	0.5 kgs per work arm
<b>Plate Capacity*:</b>	3-45 lb plates per weight rod	3-25 kg plates per weight rod
<b>Max Resistance:</b>	180 lbs per side / 270 lbs total	75 kgs per side / 150 kgs total

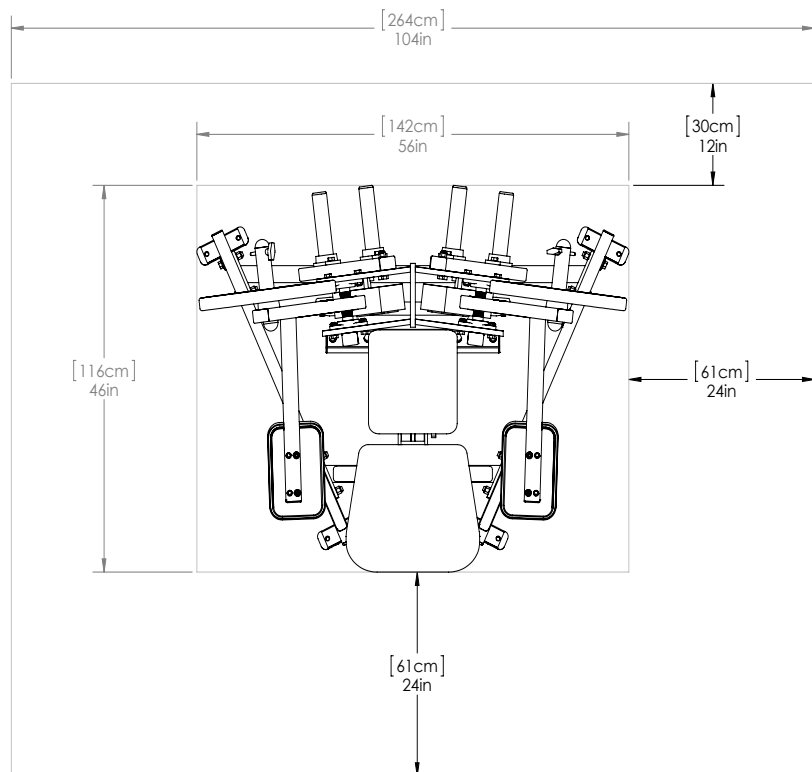
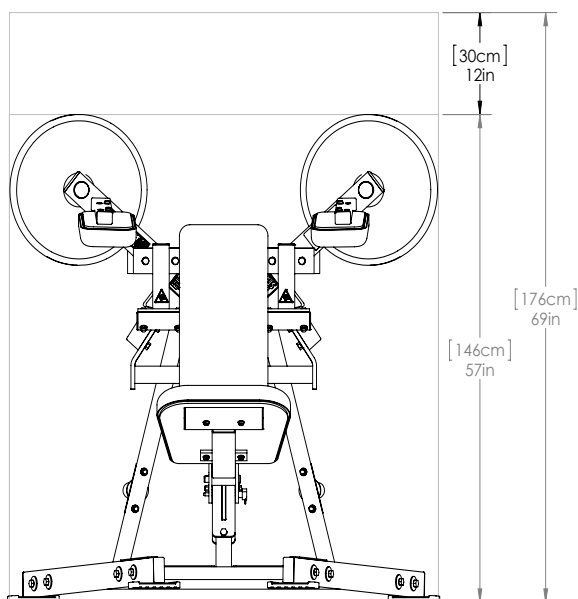
\* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

### Instructional Placard Label:



**Dimensions: 48" x 53" x 66" (121cm x 135cm x 169cm)**

**Live Area: 96" x 77" x 94" (243cm x 196cm x 238cm)**

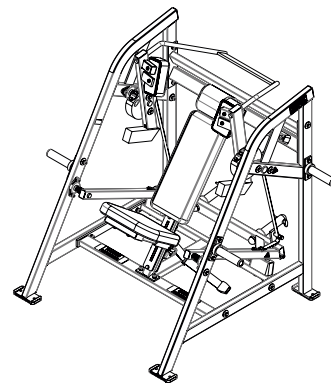


## Plate-Loaded Pullover (PL-PO)

**Muscles Exercised:** Deltoid, Latissimus dorsi, Tricep, Infraspinatus fascia and Teres major/minor

### Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Seat should be adjusted to allow for proper body positioning. Tighten and clasp seatbelt. In the seated body position, place elbows onto elbow pads and place hands above head and grasp the movement arm.



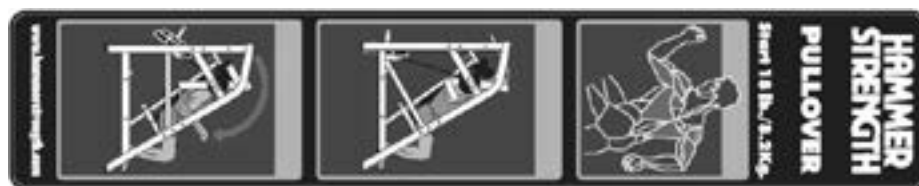
### Performing the Exercise

With a controlled motion, pull the movement arm downward. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

<b>Product Code:</b>	<b>PL-PO</b>	
<b>Machine Weight:</b>	370 lbs	167.8 kgs
<b>Max User Weight:</b>	350 lbs	158.8 kgs
<b>Start Resistance:</b>	18 lbs per work arm	8.2 kgs per work arm
<b>Plate Capacity*:</b>	5-45 lb plates per weight rod	4-25 kg plates per weight rod
<b>Max Resistance:</b>	450 lbs total	200 kgs total

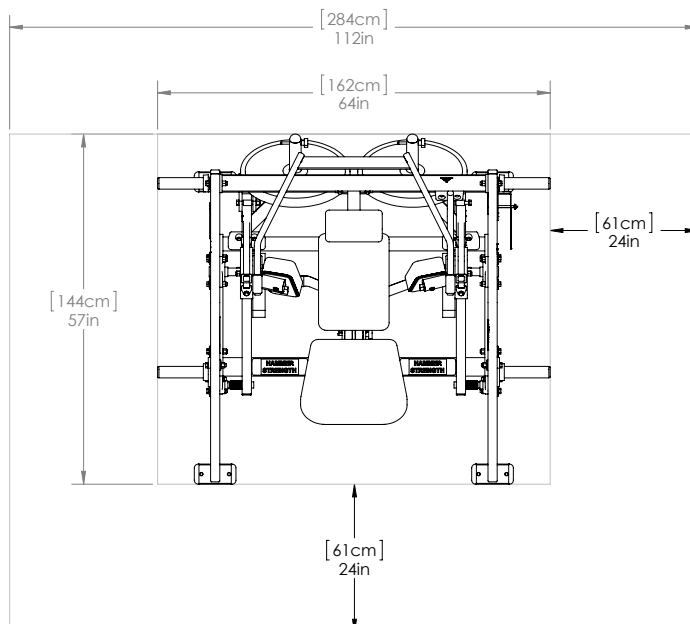
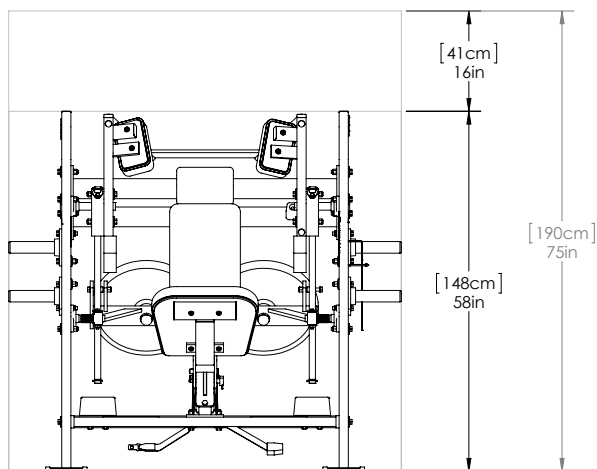
\* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

### Instructional Placard Label:



**Dimensions: 64" x 57" x 58" (162cm x 144cm x 148cm)**

**Live Area: 112" x 81" x 75" (284cm x 205cm x 190cm)**



## Plate-Loaded Seated/Standing Shrug (PL-SH)

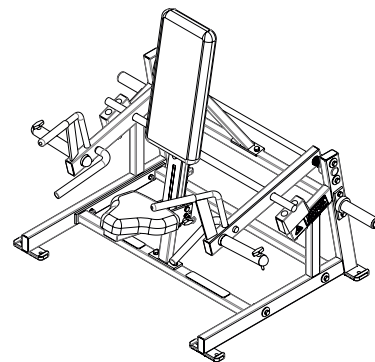
**Muscles Exercised:** Trapezius, Infraspinatus, Rhomboid major, and Teres major/minor

### Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pins.

**Seated** - Seat should be adjusted to allow for proper body positioning. In the seated body position, grab each movement arm grip.

**Standing** - In the standing position and facing the unit, grab each movement arm grip.



### Performing the Exercise

With a controlled motion, pull the movement arm upward. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

<b>Product Code:</b>	<b>PL-SH</b>	
<b>Machine Weight:</b>	235 lbs	106.6 kgs
<b>Max User Weight:</b>	350 lbs	158.8 kgs
<b>Start Resistance:</b>	25 lbs per work arm	11.3 kgs per work arm
<b>Plate Capacity*:</b>	5-45 lb plates per weight rod	4-25 kg plates per weight rod
<b>Max Resistance:</b>	450 lbs total	200 kgs total

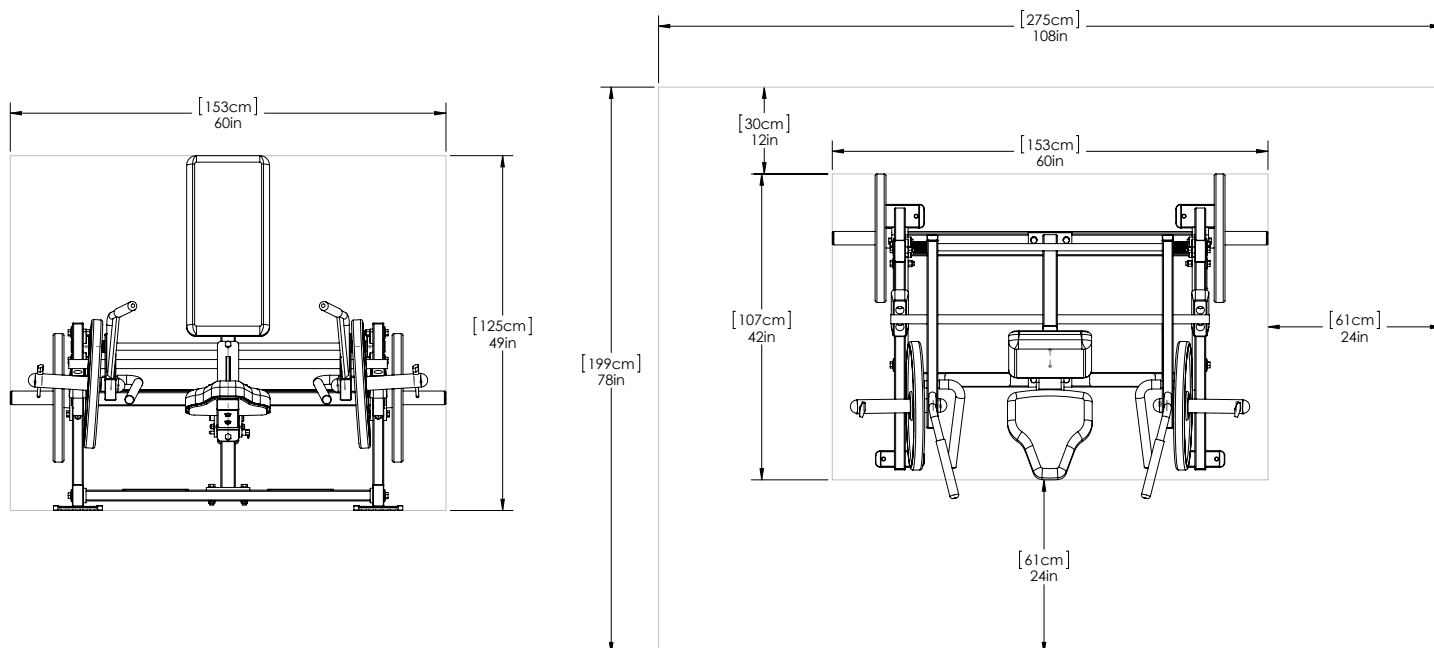
\* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

### Instructional Placard Label:



**Dimensions: 60" x 42" x 49" (153cm x 107cm x 125cm)**

**Live Area: 108" x 78" x 49" (275cm x 199cm x 125cm)**



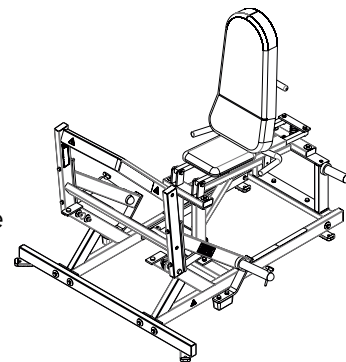


# Plate-Loaded Super Horizontal Calf (PL-SHC)

## Muscles Exercised: Gastrocnemius and Soleus

### Setup

Load the unit with the desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Adjust the seat carriage by pulling up on seat handles behind the back pad and adjust carriage fore or aft. Place feet securely on footplate.



### Performing the Exercise

With a controlled motion extend toes to full extension. Return the toes to the start position and repeat the motion while maintaining proper body positioning.

**Product Code:** PL-SHC

**Machine Weight:** 380 lbs

172.4 kgs

**Max User Weight:** 350 lbs

158.8 kgs

**Start Resistance:** 20 lbs per work arm

9.1 kgs per work arm

**Plate Capacity\*:** 5-45 lb plates per weight rod

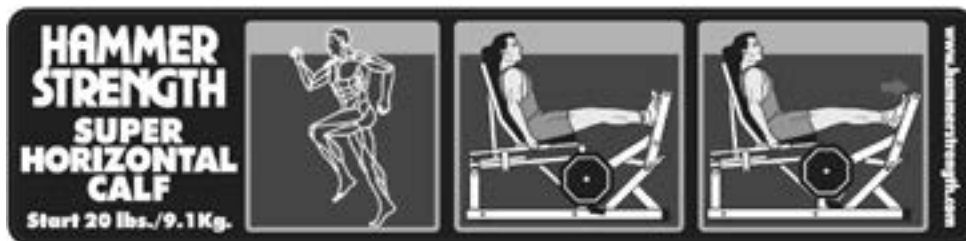
4-25 kg plates per weight rod

**Max Resistance:** 225 lbs per side / 450 lbs total

100 kgs per side / 200 kgs total

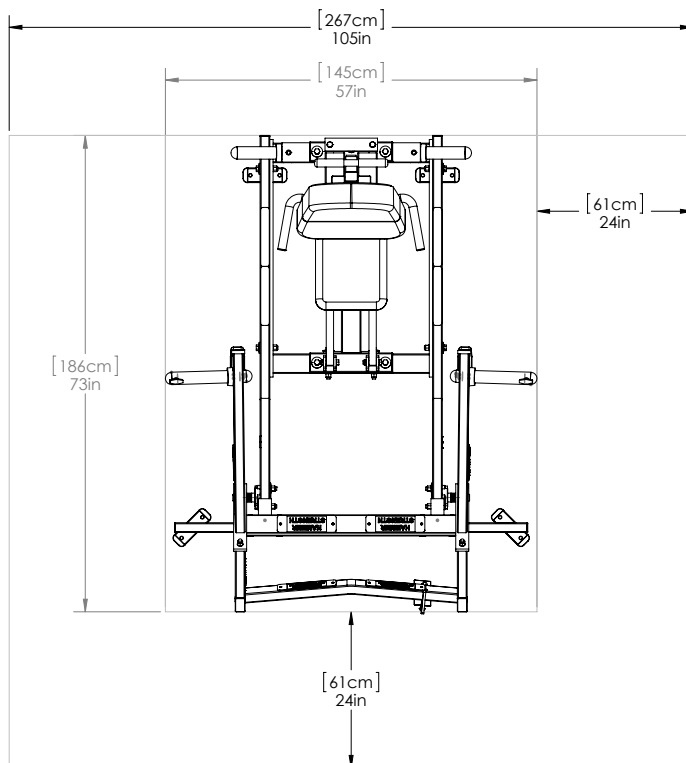
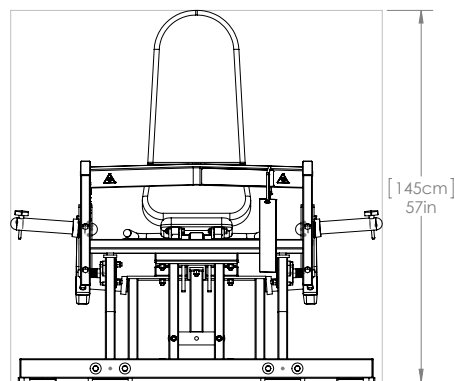
\* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

### Instructional Placard Label:



**Dimensions: 57" x 73" x 57" (144.8cm x 185.4cm x 144.8cm)**

**Live Area: 105" x 97" x 57" (266.7cm x 246.4cm x 144.8cm)**



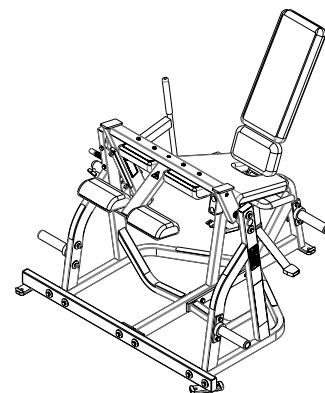


# Plate-Loaded Seated Leg Curl (PL-SLC)

## Muscles Exercised: Hamstrings and Gastrocnemius

### Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Adjust the back pad to align the knee joint with the machine pivot (axis of rotation). Grip the handles located on the sides of the seat. Tighten and clasp seatbelt. Position body with chest up and with shoulders back and against the back pad.



### Performing the Exercise

With a controlled motion pull the legs downward to nearly full extension without locking out knees. Return the legs to the start position and repeat the motion while maintaining proper body positioning.

**Product Code:** PL-SLC

**Machine Weight:** 330 lbs

149.7 kgs

**Max User Weight:** 350 lbs

158.8 kgs

**Start Resistance:** 3 lbs per work arm

1.4 kgs per work arm

**Plate Capacity\*:** 5-45 lb plates per weight rod

4-25 kg plates per weight rod

**Max Resistance:** 225 lbs total

100 kgs total

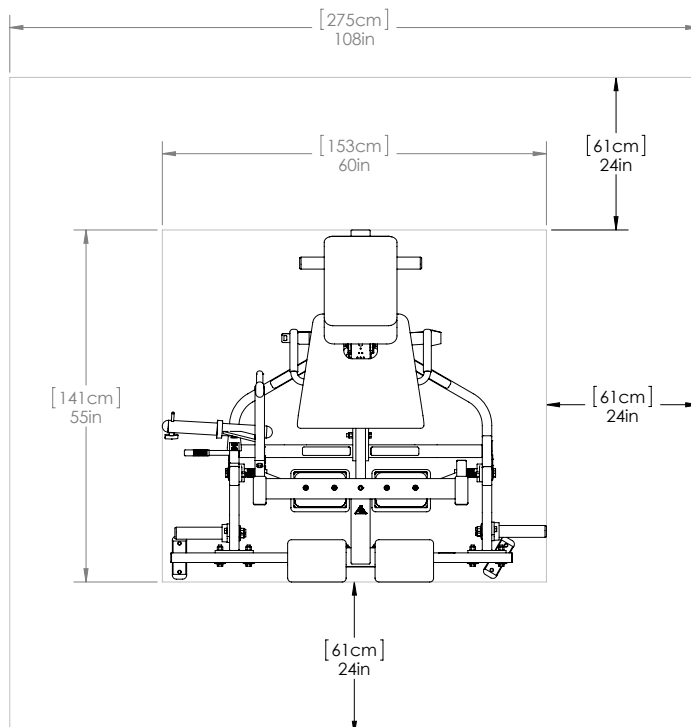
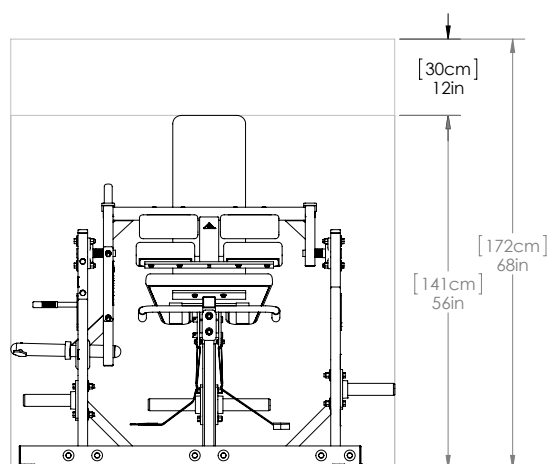
\* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

### Instructional Placard Label:



**Dimensions: 60" x 55" x 56" (153cm x 141cm x 142cm)**

**Live Area: 108" x 103" x 68" (275cm x 263cm x 172cm)**



## Plate-Loaded Tibia Dorsi Flexion (PL-TIB)

**Muscles Exercised:** Tibialis Posterior, Flexor hallucis longus and Flexor digitorum longus

### Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Insert foot, one at time, toe first into unit so top of foot rests against pad and bottom of foot is planted flat against wear strips. Align ankles with the with the machine pivot (axis of rotation).

### Performing the Exercise

With a controlled motion lift up with foot by tilting rearward to nearly full extension. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

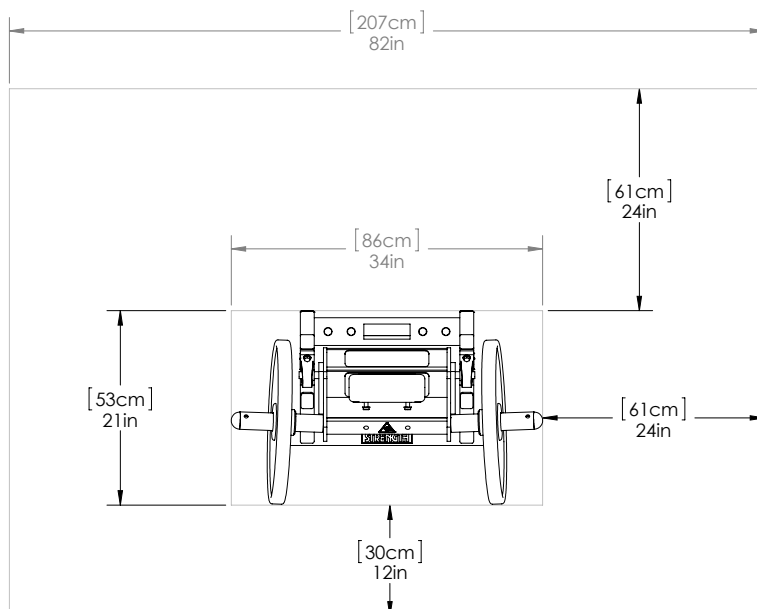
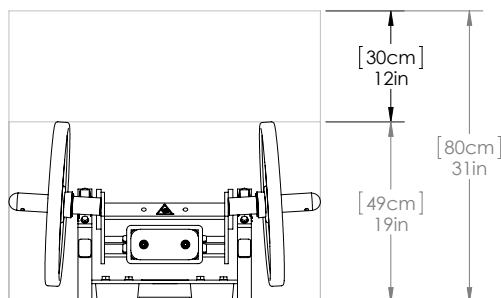
<b>Product Code:</b>	<b>PL-TIB</b>	
<b>Machine Weight:</b>	52 lbs	23.6 kgs
<b>Max User Weight:</b>	350 lbs	158.8 kgs
<b>Start Resistance:</b>	3 lbs per work arm	1.4 kgs per work arm
<b>Plate Capacity*:</b>	3-25 lb plates per weight rod	2-10 kg plates per weight rod
<b>Max Resistance:</b>	75 lbs per side / 150 lbs total	20 kgs per side / 40 kgs total

\* Capacities listed are calculated using a thickness of 1-5/8" 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.

**Instructional Placard Label:** No Placard Used

**Dimensions: 34" x 21" x 19" (86cm x 53cm x 49cm)**

**Live Area: 82" x 57" x 31" (207cm x 144cm x 80cm)**

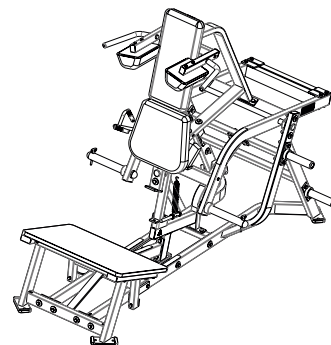


# Plate-Loaded Vertical Squat (PL-VSQ)

**Muscles Exercised:** Latissimus Dorsi, Quadriceps, Glutes and Hamstrings

## Setup

Load the unit with the desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. With feet securely placed on footplate, lean back into rear pads and shoulders into high pads. Hold above handles for stability.



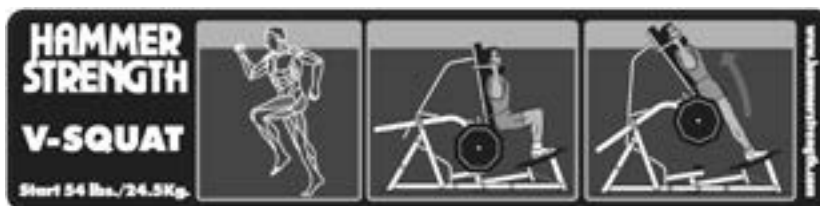
## Performing the Exercise

With a controlled motion, begin to stand upward placing bulk of load into shoulder pads. Move stop out of workarm path. Return to start position and repeat the motion while maintaining proper body positioning. When finished, raise weights and pull stop lever back to upright position.

<b>Product Code:</b>	<b>PL-VSQ</b>	
<b>Machine Weight:</b>	530 lbs	240.4 kgs
<b>Max User Weight:</b>	350 lbs	158.8 kgs
<b>Start Resistance:</b>	54 lbs	24.5 kgs
<b>Plate Capacity*:</b>	6-45 lb plates per weight rod	5-25 kg plates per weight rod
<b>Max Resistance:</b>	540 lbs total	125 kgs total

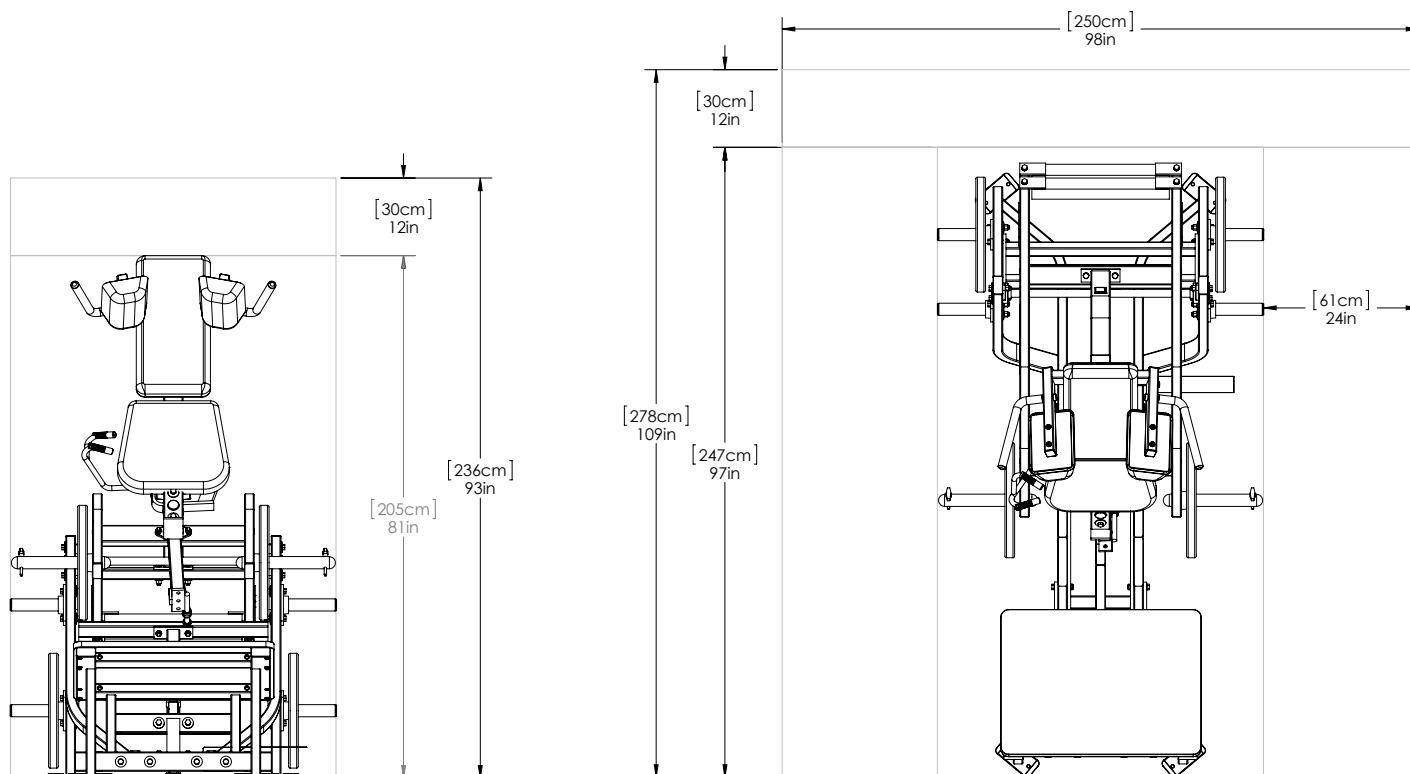
\* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

## Instructional Placard Label:



**Dimensions: 42" x 97" x 81" (107cm x 247cm x 205cm)**

**Live Area: 98" x 109" x 93" (250cm x 278cm x 236cm)**



## 5. MAINTENANCE

### MAINTENANCE SCHEDULE

<i>ACTION</i>	<u>DAILY</u>	<u>WEEKLY</u>	<u>MONTHLY</u>	<u>AS NEEDED</u>
<b>CLEAN</b>				
Upholstery	X			
Hand Grips			X	
<b>WAX</b>				
Frames				X
<b>INSPECT</b>				
Paint			X	
Hardware		X		
Frame		X		
Hand Grips		X		
Belts	X			

#### **CLEAN...**

1. Upholstery with an approved or compatible cleaner.
2. Hand Grips with an approved or compatible cleaner.

#### **WAX...**

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

#### **INSPECT...**

1. Belts. Look for wear or damage and proper tension. Pay close attention at bends and attachment points.
2. Hardware. Check for loosening. Tighten as required.
3. Frames. Inspect for wear and damage.
4. Handgrips. Check for wear and damage.
5. For paint chips. Fill in immediately with HAMMER STRENGTH touch-up paint.

## **MAINTENANCE (Con't)**

### **ONCE A DAY**

1. Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.
2. Visually inspect belts for wear at and around connections and along the entire length of the belt.  
Always replace at first sign of wear.

### **ONCE A WEEK**

1. Inspect all accessories, connecting links, and carabiner clips for wear.
2. Check condition of hand grips.
3. Check for belt stretch on PLBI and adjust as necessary by loosening the belt clamp on top of the lower movement arm, then pulling loose end of belt to tighten. Tighten belt clamp down.

### **ONCE A MONTH**

Visually inspect all hardware for loosening, tampering or wear.

### **NOTES**

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

### **MINIMIZE SCRATCHES**

Wash the unit with approved or compatible cleaners using a clean sponge or a soft cloth. Rinse well with clean water. Dry thoroughly with a chamois or moist cellulose sponge to prevent water spots. 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, beginning with a mild soap or detergent solution and ending with a thorough rinsing with clean water.

## **MAINTENANCE (Con't)**

### **HAMMER STRENGTH APPROVED CLEANERS**

Two preferred cleaners have been approved by HAMMER STRENGTH 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 for gym staff 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).

### **HAMMER STRENGTH COMPATIBLE CLEANERS**

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 cotton cloth only. Apply the cleaner to the cotton 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 PEN AND 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**

1. DO NOT use abrasive or highly alkaline cleaners.
2. NEVER scrape equipment with squeegees, razor blades or other sharp instruments.
3. DO NOT clean equipment in hot sun or at elevated temperatures.
4. NEVER use benzene, gasoline, acetone or carbon tetrachloride.

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