SIGNATURE SERIES PLATE LOADED

Owner's Manual

8/24/10 8824300 REV C-5



LifeFitness
WHAT WE LIVE FOR

Corporate Headquarters

5100 River Road
Schiller Park, Illinois 60176 • U.S.A.
847.288.3300 • FAX: 847.288.3703
800.735.3867 (Toll-free within U.S.A., Canada)
Global Website: www.lifefitness.com

International Offices

Americas

North America
Life Fitness Inc.

5100 N River Road
Schiller Park, IL 60176 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email: commercialservicereply@lifefitness.com
Sales/Marketing Email: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
Sales/Marketing Email: 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.

5100 N River Road
Schiller Park, IL 60176 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email: customersupport@lifefitness.com
Sales/Marketing Email: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
Sales/Marketing Email:
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
Sales/Marketing Email: 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
Sales/Marketing Email: kundenberatung@lifefitness.com
Operating Hours: 08.30 -16.30h (CET)

Austria
Life Fitness Austria

Vertriebs G.m.b.H.
Dückegasse 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
Marketing/Sales Email: kundenberatung@lifefitness.com
Operating Hours: 9.00h-17.00h (MEZ)

Spain
Life Fitness IBERIA

C/Frederic Mompou 5,1º1ª
08960 Sant Just Desvern Barcelona
SPAIN
Telephone: (+34) 93.672.4660
Fax: (+34) 93.672.4670
Service Email: info.iberia@lifefitness.com
Sales/Marketing Email: info.iberia@lifefitness.com
Operating Hours:
9.00h-18.00h (Monday-Thursday)
8.30h-15.00h (Friday)

Belgium
Life Fitness Benelux NV

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

Italy
Life Fitness Europe GmbH
Siemensstraße 3
85716 Unterschleißheim
GERMANY
Telephone: (+39) 02-55378611
Service: 800438836 (In Italy)
Fax: (+39) 02-55378699
Service Email: assistenzatecnica@lifefitness.com
Sales/Marketing Email: info@lifefitnessitalia.com
Operating Hours: 08:30 - 16:30h (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
Sales/Marketing Email:
marketing.db.cemea@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

Asia Pacific (AP)

Japan
Life Fitness 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
Sales/Marketing Email: 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
Sales/Marketing Email: 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
Sales/Marketing Email: ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

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

AVAILABLE TRANSLATED OWNERS MANUALS

Visit www.lftechsupport.com to download the following translated versions of the Signature Plate Loaded Owner's Manual: Dutch, French, German, Italian, Japanese, Portuguese, Spanish, Russian, and Turkish. Select "User Documents" and follow the "Search" instructions.

Visite www.lftechsupport.com para obtener el Manual del Propietario de la línea Signature Series Plate Loaded traducido en los siguientes idiomas: español, holandés, francés, alemán, italiano, japonés, portugués, ruso y turco. Seleccione "User Documents" y siga las instrucciones en la opción de búsqueda "Search".

Auf www.lftechsupport.com finden Sie die Übersetzung des Signature Series Plate Loaded Handbuches in folgenden Sprachen: Niederländisch, Französisch, Deutsch, Italienisch, Portugiesisch, Spanisch, Russisch und Türkisch. Wählen Sie "User Documents" und folgen dann den Suchanweisungen.

Visitate il sito www.lftechsupport.com per scaricare la versione tradotta del manuale per utenti ' 'Signature Plate Loaded Owners's Manual" nelle seguenti lingue: olandese. francese, tedesco, italiano, giapponese, portoghese, spagnolo, russo e turco. Selezionate 'User Documents' e seguite le istruzioni alla voce 'Search'.

Signature Plate Loaded serisi cihazların kullanım kılavuzunun Türkçe, Rusça, İspanyolca, Portekizce, Japonca, İtalyanca, Almanca Hollanda'ca veya Fransızca dillerinden birinde tercümesini bilgisayarınıza indirmek için www.lftechsupport.com web sitesini ziyaret ediniz. Burada "User Documents– Kullanıcı Dosyaları" bölümünü seçip, "Search-Arama" yönlendirmelerini izleyiniz.

Op de site www.lftechsupport.com vindt u verschillende vertaalde versies van de Signature Plate Loaded Gebruikershandleiding. U kunt kiezen uit: Nederlands, Frans, Duits, Italiaans, Japans, Portugees, Spaans, Russisch en Turks. Kies 'user documents' and volg de 'search' instructies.

Visitez le site www.lftechsupport.com pour trouverez plusieurs versions traduites de la manuel d' utilisation pour la Signature Plate Loaded. Vous pouvez choisir entre le Néerlandais, Français, Allemand, Italien, Japonais, Portugais, Espagnol, Russe et Turc. Choisissez "User Documents" et suivez les instructions "Search".

Вы можете скачать Руководства Пользователя по Тренажерам Signature Plate Loaded (на русском, нидерландском, французском, немецком, итальянском, японском, португальском, испанском и турецком языках) на сайте поддержки www.lftechsupport.com в разделе "User Documents" - "Search".

Visite http://www.lftechsupport.com para fazer o download do manual do usuário da linha Signature Plate Loaded traduzido nas seguintes versões: Holandês, Francês, Alemão, Italiano, Japonês, Português, Espanhol, Russo e Turco. Clique em "User documments" e preencha os campos solicitados na caixa "Search".

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検索"で任意の項目を選択してください。

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1. 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 1-800-735-3867.

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 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.



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

SECURING EQUIPMENT - 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.

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that LIFE FITNESS 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 LIFE FITNESS equipment use only replacement parts supplied by LIFE FITNESS.
2. Cables and belts pose an extreme liability if used when frayed. Always replace any cable at first sign of wear (consult LIFE FITNESS 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 LIFE FITNESS 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. LIFE FITNESS 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 LIFE FITNESS equipment for damage or wear.
8. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE LIFE FITNESS EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.

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 LIFE FITNESS 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 (2.0" bore) for training weight. Do not use dumbbells or any means other than those stated to increase weight resistance - See machine specific section for more information.
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 Life Fitness representative with any questions regarding proper weights and loading.

SELECTORIZED WEIGHT STACK SYSTEMS

1. Use only weight selector pins supplied by LIFE FITNESS 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 LIFE FITNESS.

2. WARRANTY

WHAT IS COVERED

This Life Fitness 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 you 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.

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)	Guide Rods	Belt / Springs	Grips	Upholstery	Bearings	Hardware / Mechanical
10 years	1 year	90 Days	1 year	90 days	1 year	90 Days

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

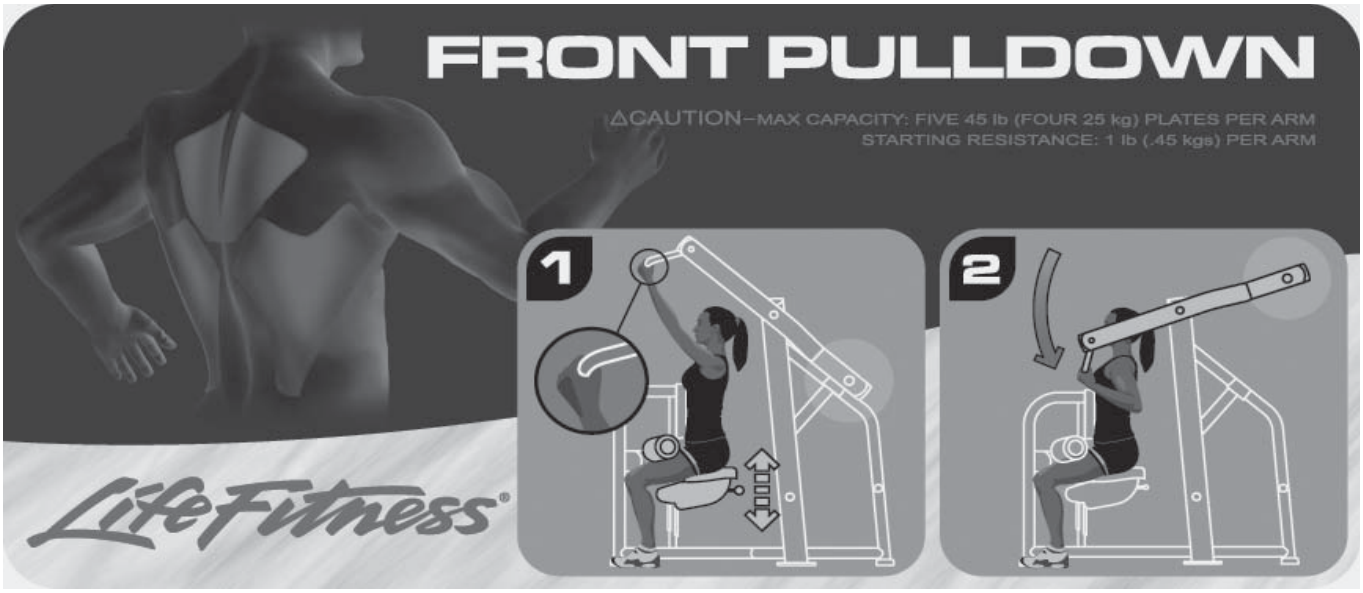
5100 N. River Rd.

Schiller Park, IL 60176

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

4. EXERCISE & GENERAL SPECIFICATIONS

Signature Series Plate Loaded Front Pulldown (SPLPD)



Muscles Exercised - Latissimus Dorsi, Trapezius, Teres Major & 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 wrist to follow elbows. With feet placed on the floor, adjust knee pad to allow comfortable positioning. Stand and grip the bar in the desired position, then pull down and sit with thighs under the pads. Position upper body by leaning slightly forward from the hips and pulling directly over the shoulders. Movement should finish with handles at or slightly below mid chest.

TIP: *The ideal grip position is hands as far out as possible on the handle, but allow the elbows to contact the sides of the body in the down position during the exercise. This ensures a full range of motion.*

Performing the Exercise

With a controlled motion, draw down the handles directly over the shoulders until hands reach shoulder height. Extend the handles up until arms are fully extended. Return the handles to the start position and repeat the motion while maintaining proper body positioning.

TIP: *While performing the exercise, keep the back straight and think about lowering your elbows towards your lower back. This will reinforce the correct exercise position and increase the mental concentration on the Latissimus Dorsi.*

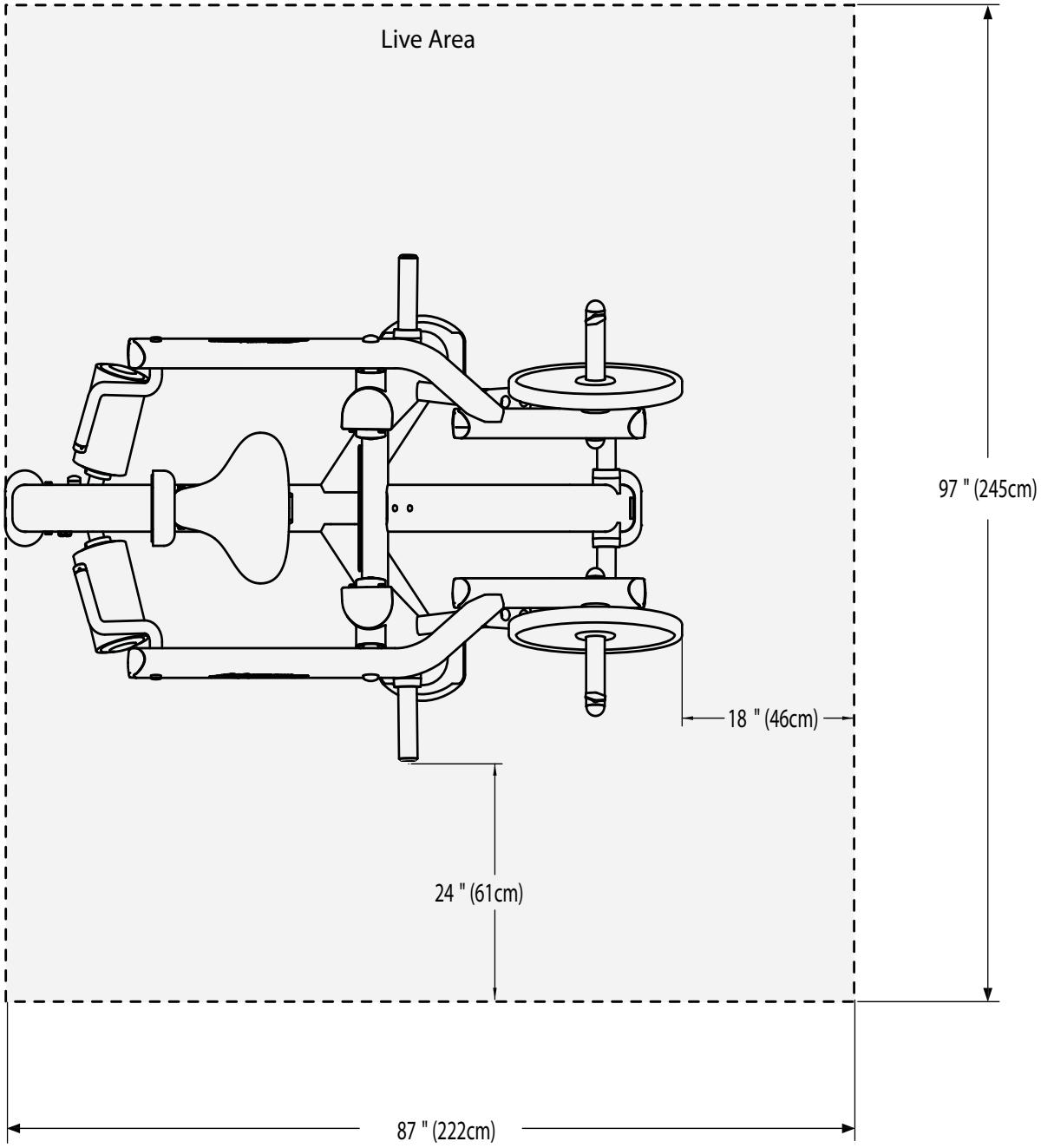
Product Code - SPLPD

Machine Weight:	323 lbs	146 kgs
Max User Weight:	300 lbs	136 kgs
Start Resistance:	1 lb per work arm	0.5 kgs per work arm
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	226 lbs per side / 452 lbs total	101 kgs per side / 201 kgs total

* Capacities listed are calculated using a thickness of 1-⅝" 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.

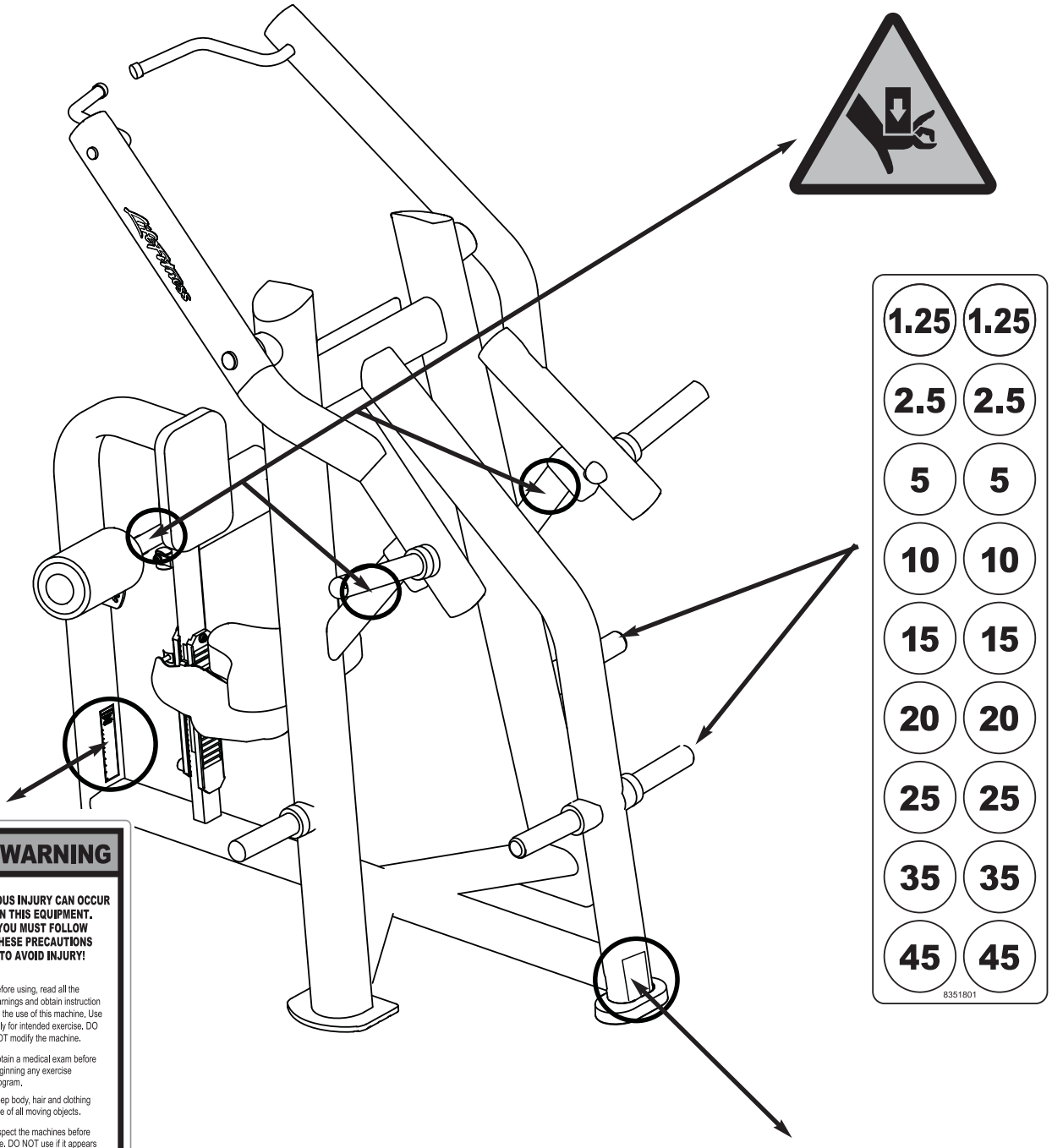
PRODUCT DIMENSIONS WITH WORKING AREA (SPLPD)

Size*:	in. = 65”L x 49”W x 78”H	cm = 165cmL x 123cmW x 199cmH
Live Area:**	in. = 87”L x 97”W x 99”H	cm = 222cmL x 245cmW x 252cmH



*Dimensions are without weight plates.
**Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm and with work arms in the most outstretched position.

LABEL LOCATIONS (SPLPD)



⚠WARNING

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

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

8773701

LIFEFITNESS
Schiller Park, IL WWW.LIFEFITNESS.COM

MODEL:SPLPD
MADE IN: MANUFACTURED IN THE USA WITH US AND FOREIGN COMPONENTS
MAX.USER WEIGHT: 300 LBS (136kg)
MAX.USER TRAINING WEIGHT: 2 x 225lbs (2 x 100kg)
CLASS:S-STUDIO SER.NO. XXXXXXXXXXX

Signature Series Plate Loaded Incline Press (SPLIP)



Muscles Exercised - Pectoralis Major, Anterior Deltoids & Triceps

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 at or slightly above mid-chest. Grip the handles. Position elbows slightly below shoulders. Position body with chest up, head up and shoulders against the back pad.

Performing the Exercise
With a controlled motion, extend the handles out until the arms are fully extended. Return the handles to the start position and repeat the motion while maintaining proper body positioning.

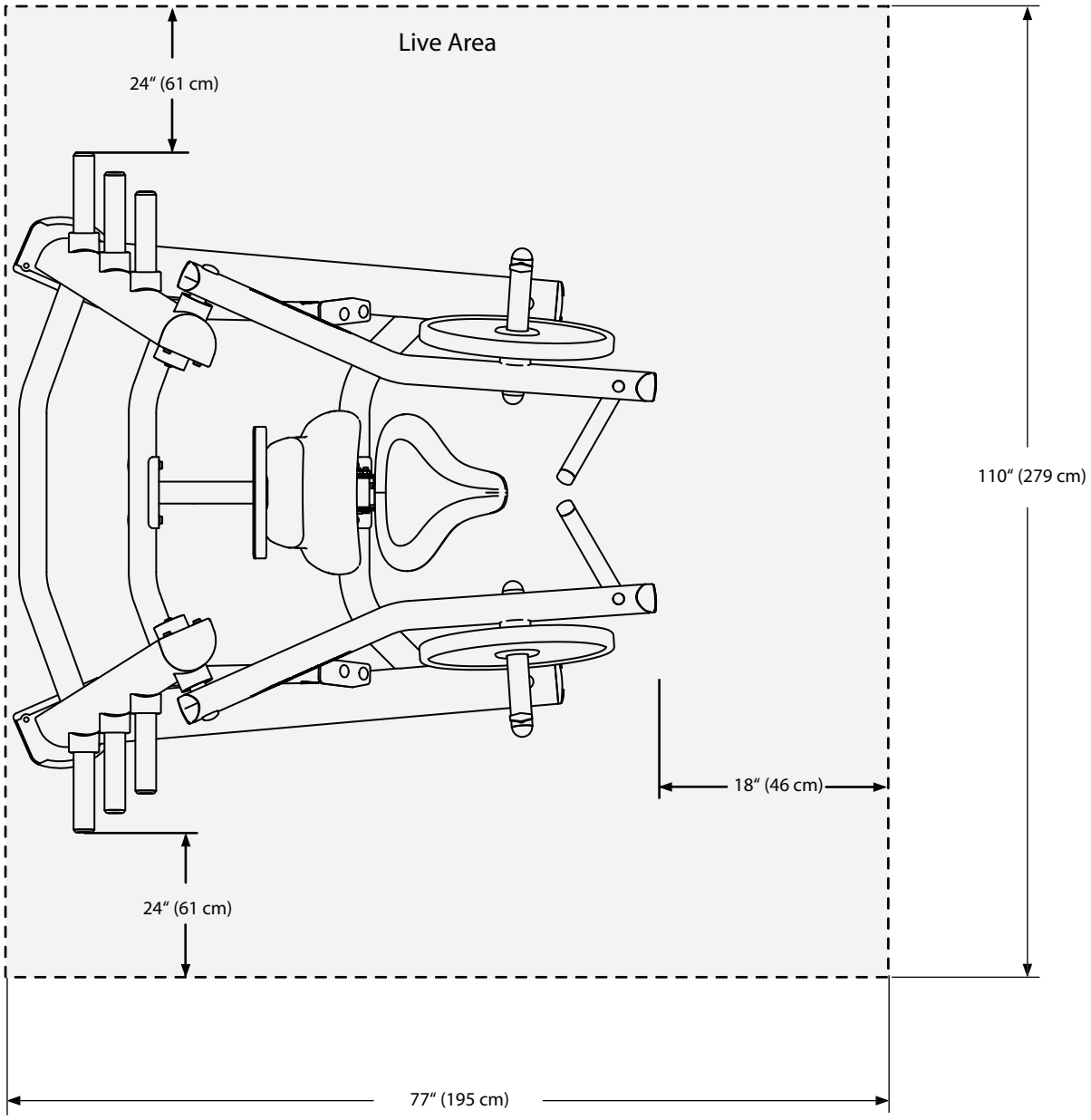
Product Code - SPLIP

Machine Weight:	297 lbs	135 kgs
Max User Weight:	300 lbs	136 kgs
Start Resistance:	11 lb per work arm	5 kgs per work arm
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	236 lbs per side / 472 lbs total	105 kgs per side / 210 kgs total

* Capacities listed are calculated using a thickness of 1-⅝" 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.

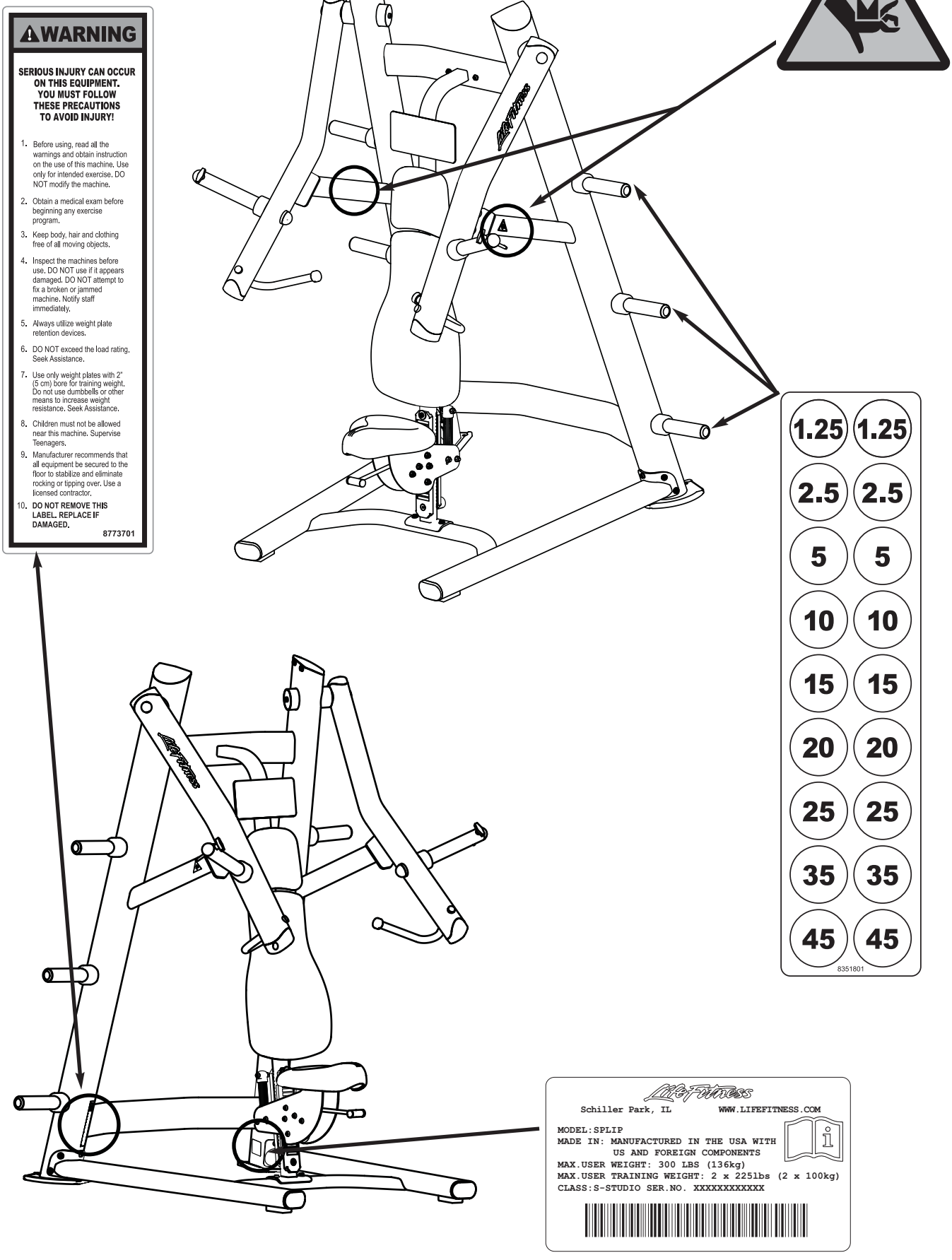
PRODUCT DIMENSIONS WITH WORKING AREA (SPLIP)

Size*:	in. = 50”L x 62”W x 75”H	cm = 128cmL x 158cmW x 192cmH
Live Area:**	in. = 77”L x 110”W	cm = 195cmL x 279cmW

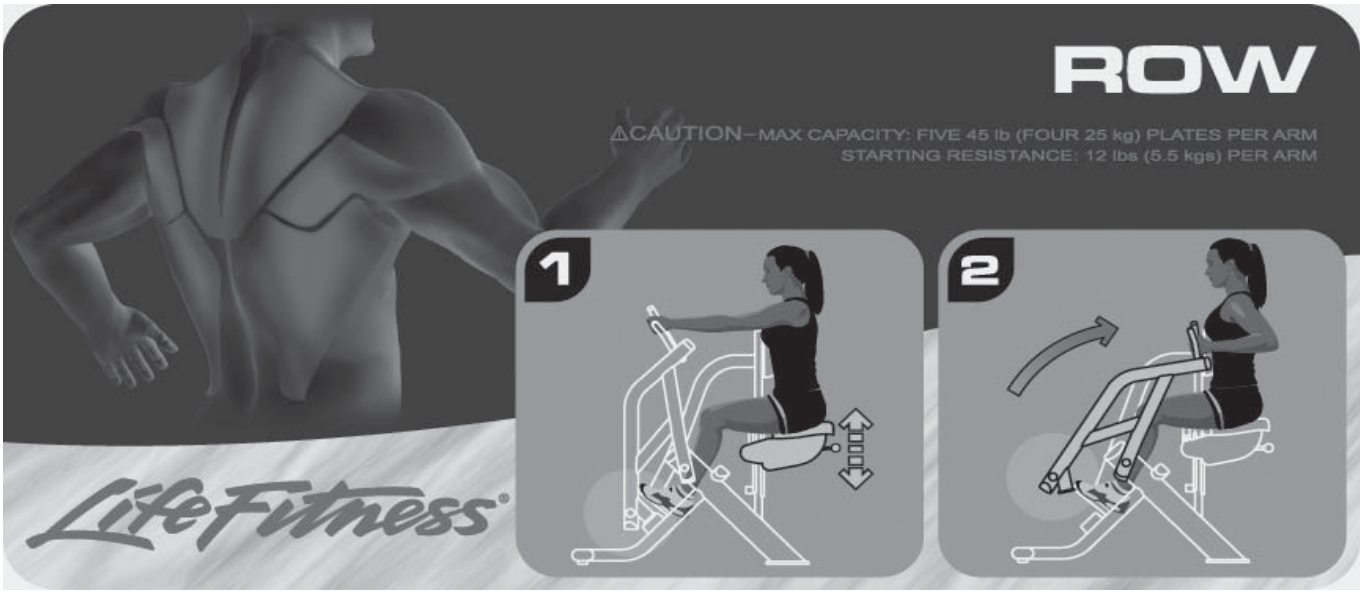


*Dimensions are without weight plates.
**Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm and with work arms in the most outstretched position.

LABEL LOCATIONS (SPLIP)



Signature Series Plate Loaded Row (SPLROW)



Muscles Exercised: Latissimus Dorsi, Trapezius, Rhomboids, Teres Major and Minor, Posterior Deltoids, Biceps & Infraspinatus

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 wrist to follow elbows. Position body so knees are slightly bent, keeping feet firmly on the foot plates and so mid chest is aligned with top of chest pad. Grip the handles and position the body with head and chest up and back straight. Movement should finish with handles at or slightly below mid-chest.

Performing the Exercise

Stabilize the body in position, pressing feet firmly into the foot plates. With a controlled motion, draw back the arms as far as can be controlled. Return the handles to the start position and repeat the motion while maintaining proper body positioning.

TIP: *While performing the exercise, keep the back straight and think about drawing the elbows back beyond the body, as this increases the mental concentration on the muscles being trained.*

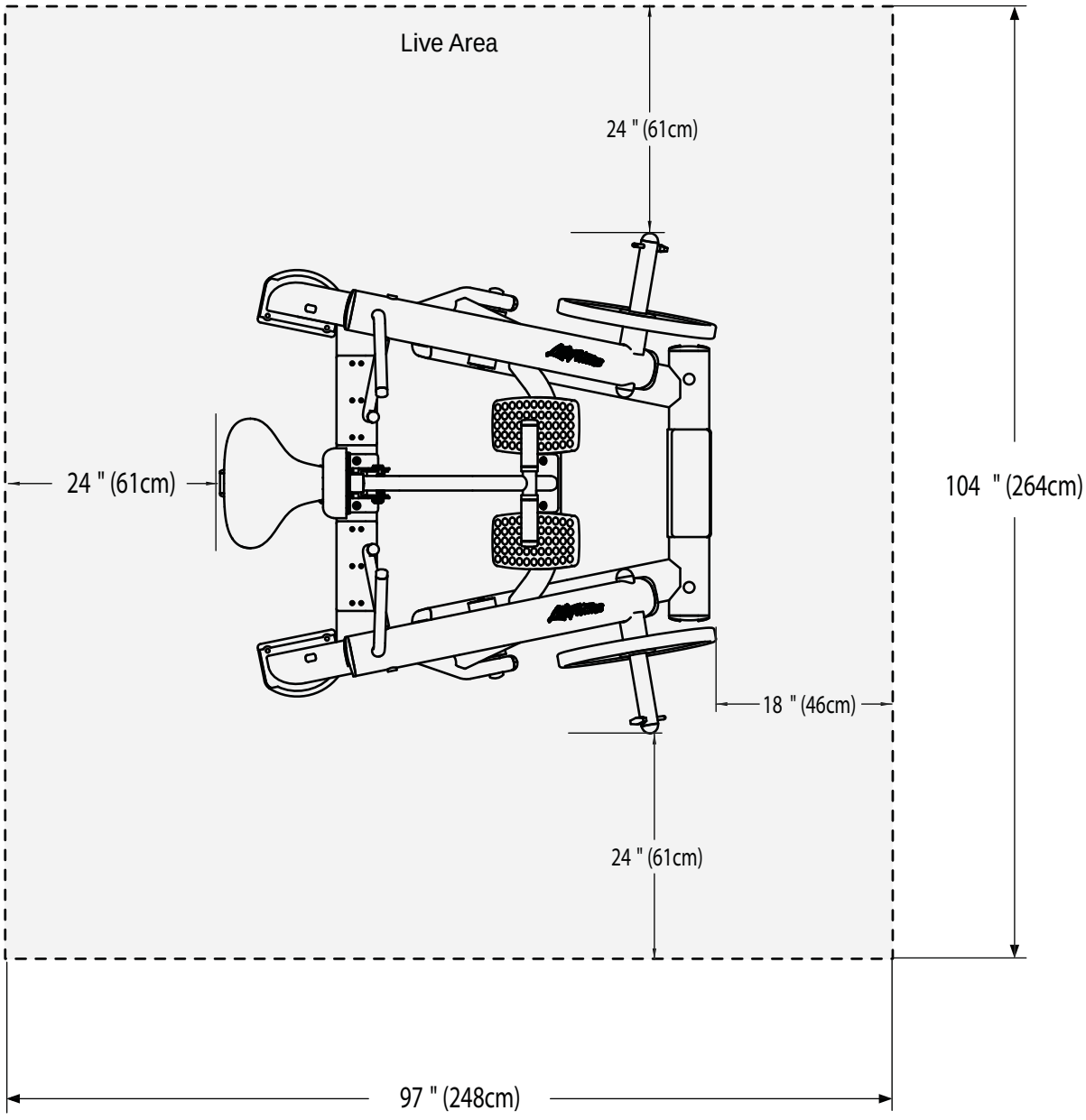
Product Code - SPLROW

Machine Weight:	294 lbs	133 kgs
Max User Weight:	300 lbs	136 kgs
Start Resistance:	12 lb per work arm	5 kgs per work arm
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	237 lbs per side / 474 lbs total	105 kgs per side / 211 kgs total

* Capacities listed are calculated using a thickness of 1-⅝" 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.

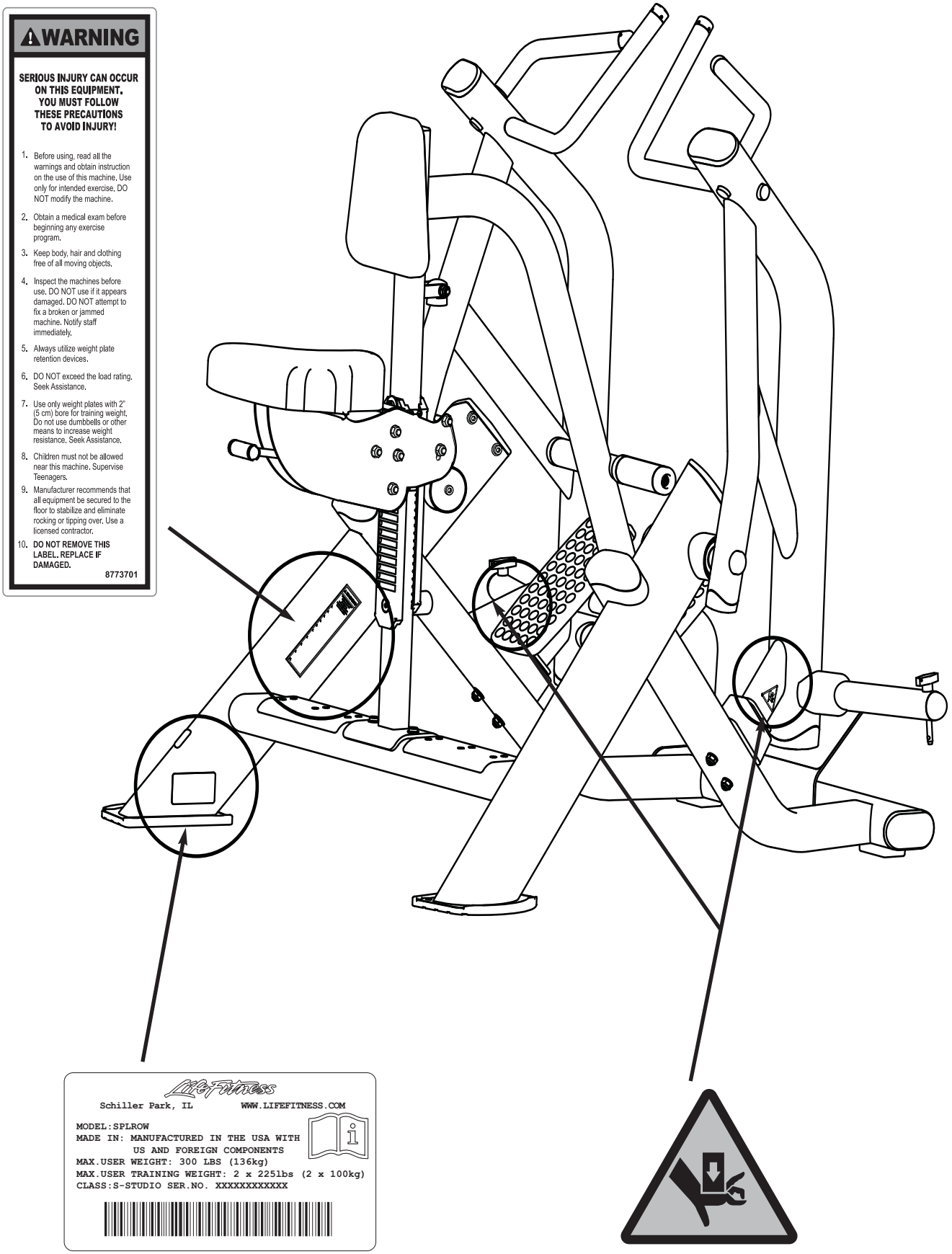
PRODUCT DIMENSIONS WITH WORKING AREA (SPLROW)

Size*:	in. = 55” L x 57”W x 54”H	cm = 139cmL x 145cmW x 138cmH
Live Area:**	in. = 97” L x 104” W	cm = 248cmL x 264cmW

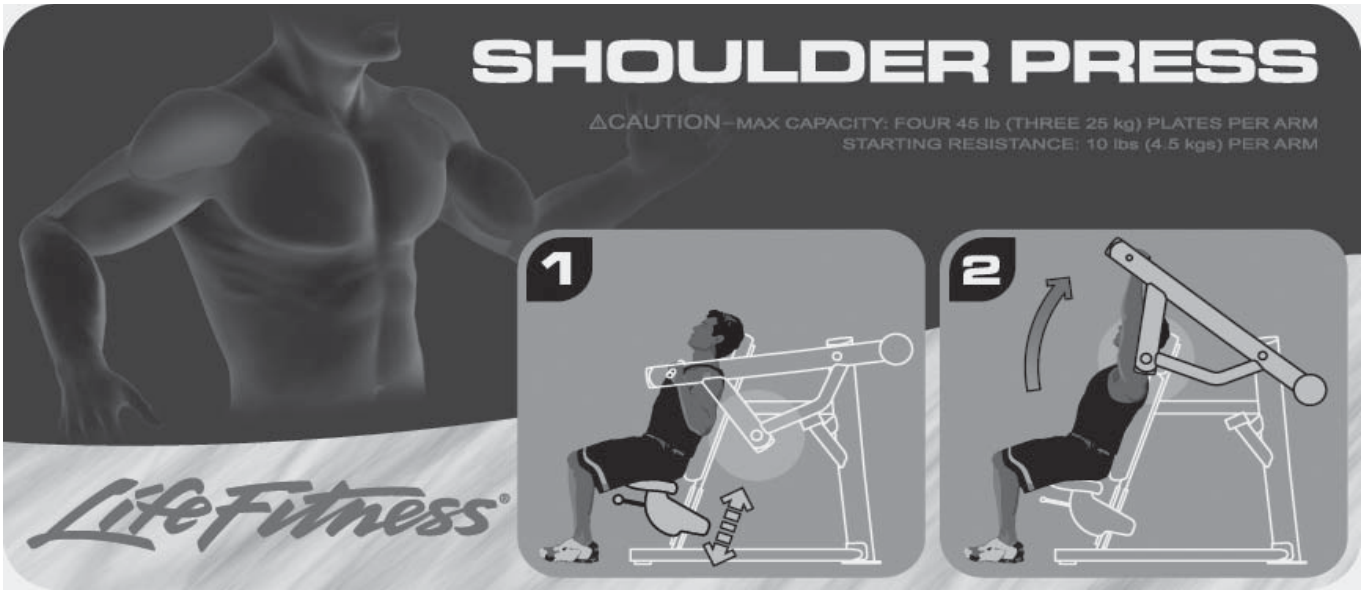


*Dimensions are without weight plates.
**Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm and with work arms in the most outstretched position.

LABEL LOCATIONS (SPLROW)



Signature Series Plate Loaded Shoulder Press (SPLSP)



Muscles Exercised: Deltoids & Triceps

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 at or slightly above top of shoulders, depending on the shoulder comfort. Position body with head up, chest up, and shoulders against the back pad.

Performing the Exercise

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

TIP: *Focus on extending your elbows as opposed to pressing your arms up. This increases the mental concentration on the Deltoid muscles.*

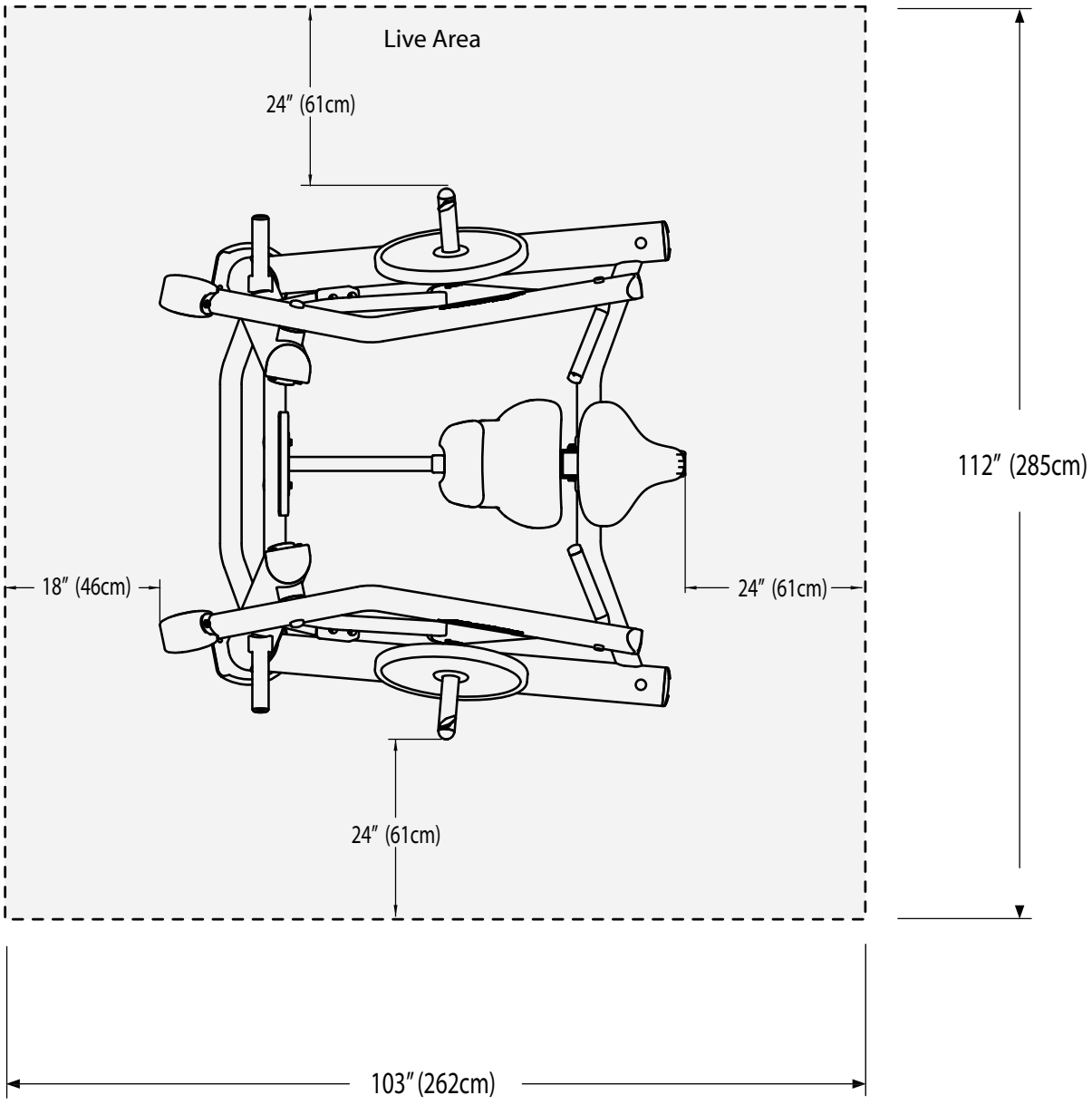
Product Code - SPLSP

Machine Weight:	350 lbs	159 kgs
Max User Weight:	300 lbs	136 kgs
Start Resistance:	10 lb per work arm	5 kgs per work arm
Plate Capacity*:	4-45 lb plates per weight rod	3-25 kg plates per weight rod
Max Resistance:	190 lbs per side / 380 lbs total	80 kgs per side / 160 kgs total

* Capacities listed are calculated using a thickness of 1-⅝" 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.

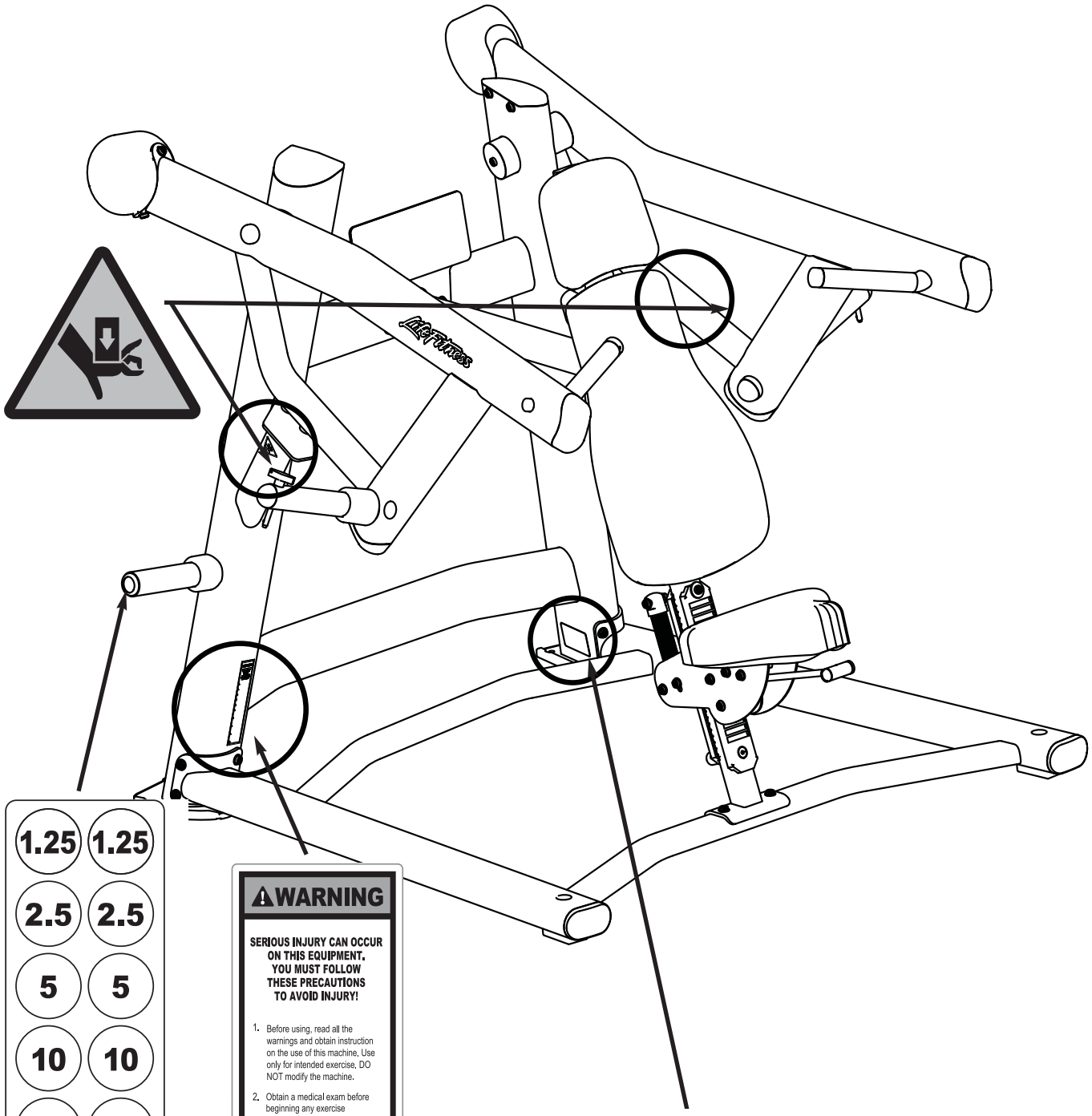
PRODUCT DIMENSIONS WITH WORKING AREA (SPLSP)

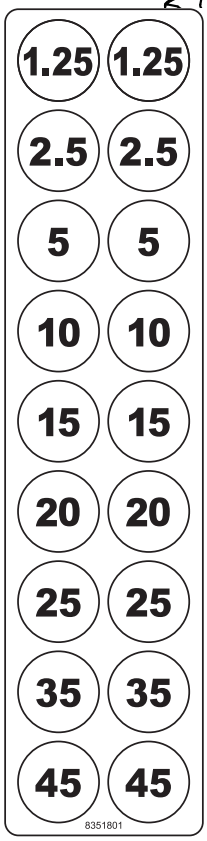
Size*:	in. = 61”L x 66”W x 53”H	cm = 155cmL x 167cmW x 134cmH
Live Area:**	in. = 103“L x 112”W	cm = 262cmL x 285cmW

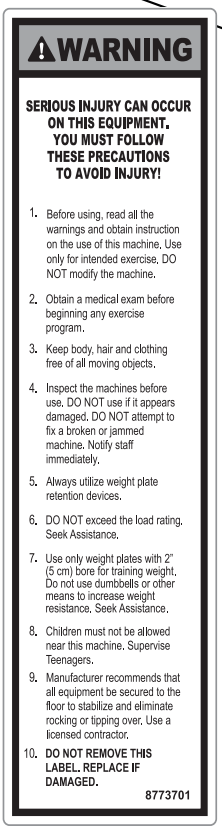


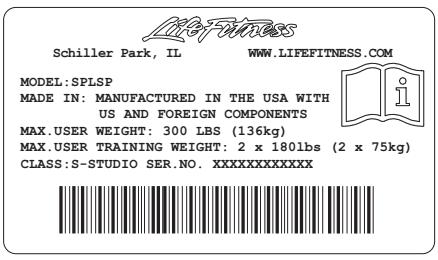
*Dimensions are without weight plates.
**Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm and with work arms in the most outstretched position.

LABEL LOCATIONS (SPLSP)









Signature Series Plate Loaded Calf Raise (SPLCALF)



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 footplate, adjust knee pad to allow comfortable positioning.

Performing the Exercise

With a controlled motion, push down with the balls of your feet and lift your heels as high 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.

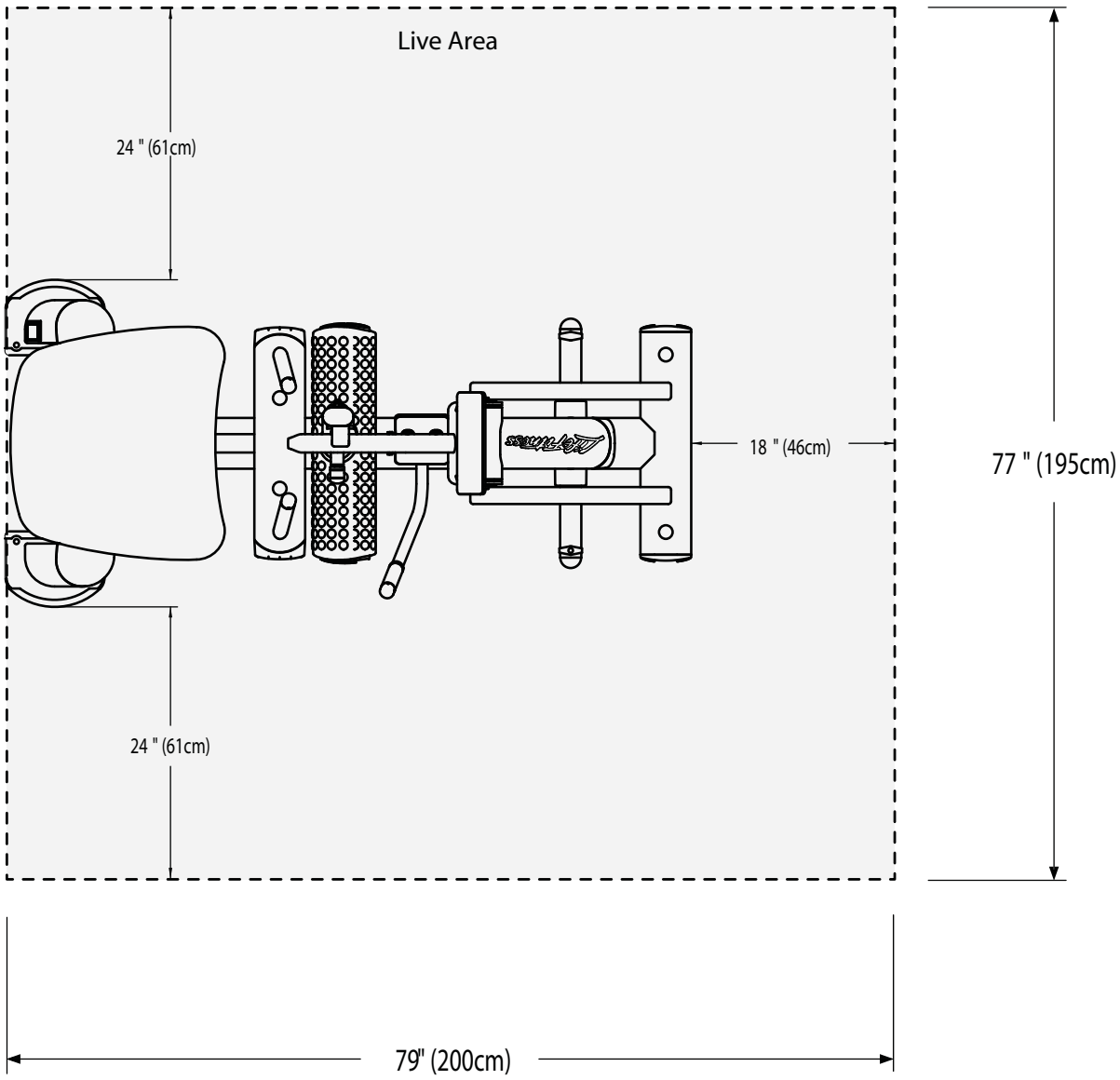
Product Code - SPLCALF

Machine Weight:	182 lbs	83 kgs
Max User Weight:	300 lbs	136 kgs
Start Resistance:	95 lbs	43 kgs
Plate Capacity*:	3-45 lb plates per weight rod	2-25 kg plates per weight rod
Max Resistance:	365 lbs	143 kgs

* Capacities listed are calculated using a thickness of 1-⅝" 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.

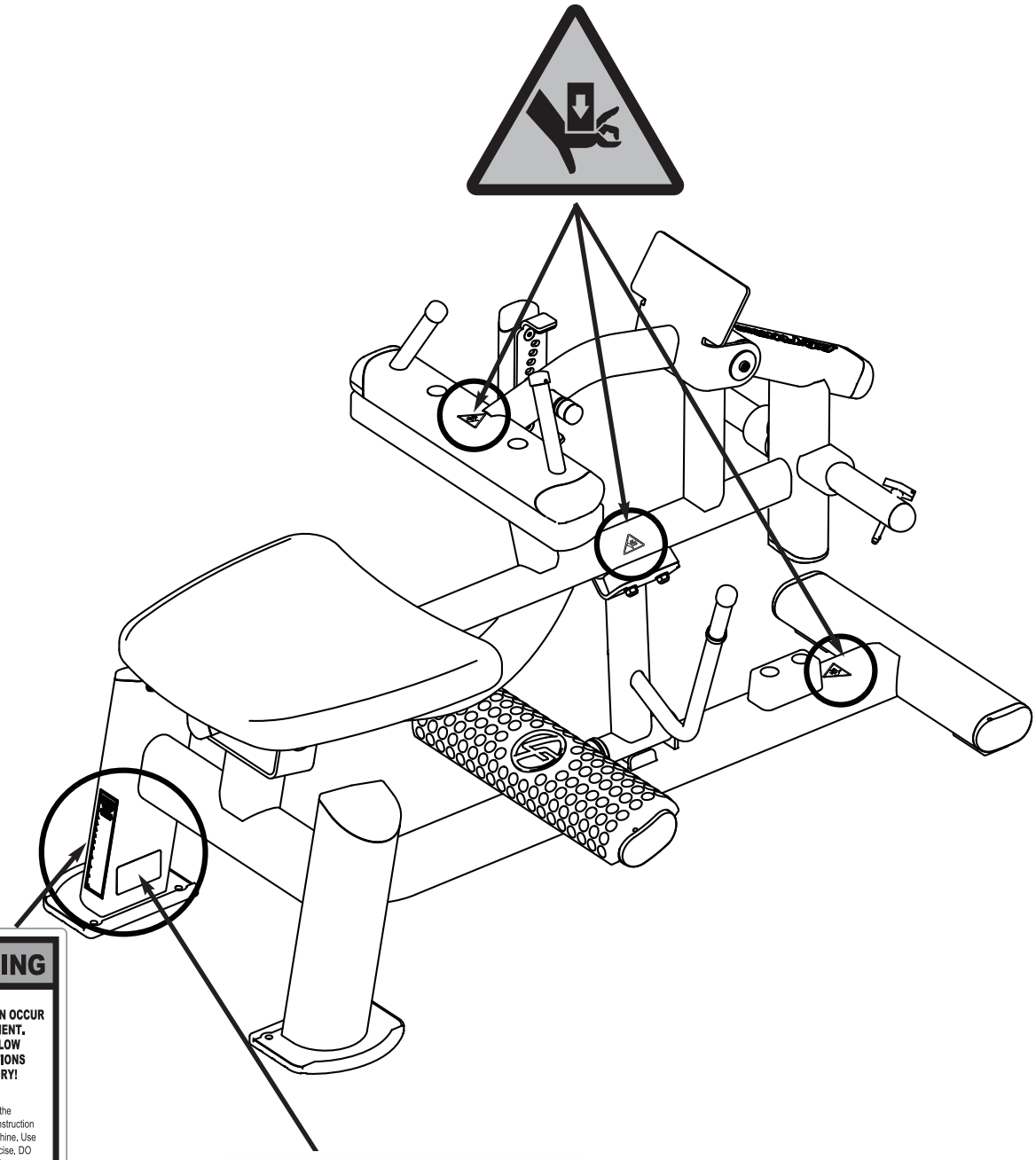
PRODUCT DIMENSIONS WITH WORKING AREA (SPLCALF)

Size*:	in. = 61”L x 29”W x 42”H	cm = 154cmL x 73cmW x 106cmH
Live Area:**	in. = 79“L x 77”W	cm = 200cmL x 195cmW



*Dimensions are without weight plates.
**Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm and with workarms in the most outstretched position.

LABEL LOCATIONS (SPLCALF)



⚠WARNING

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

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

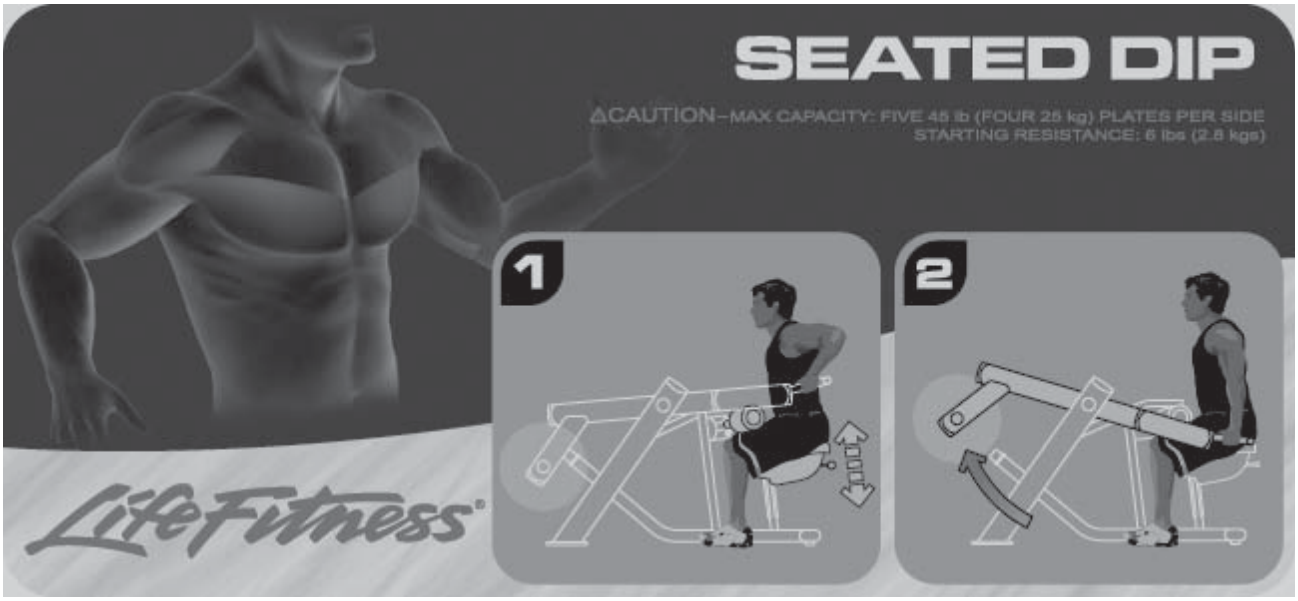
8773701

Life Fitness

Schiller Park, IL WWW.LIFEFITNESS.COM

MODEL:SPLCALF
MADE IN: MANUFACTURED IN THE USA WITH US AND FOREIGN COMPONENTS
MAX.USER WEIGHT: 300 LBS (136kg)
MAX.USER TRAINING WEIGHT: 270 lbs (100kg)
CLASS:S-STUDIO SER.NO. XXXXXXXXXXX

Signature Series Plate Loaded Dip (SPLDIP)



Muscles Exercised: Inferior 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. 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.

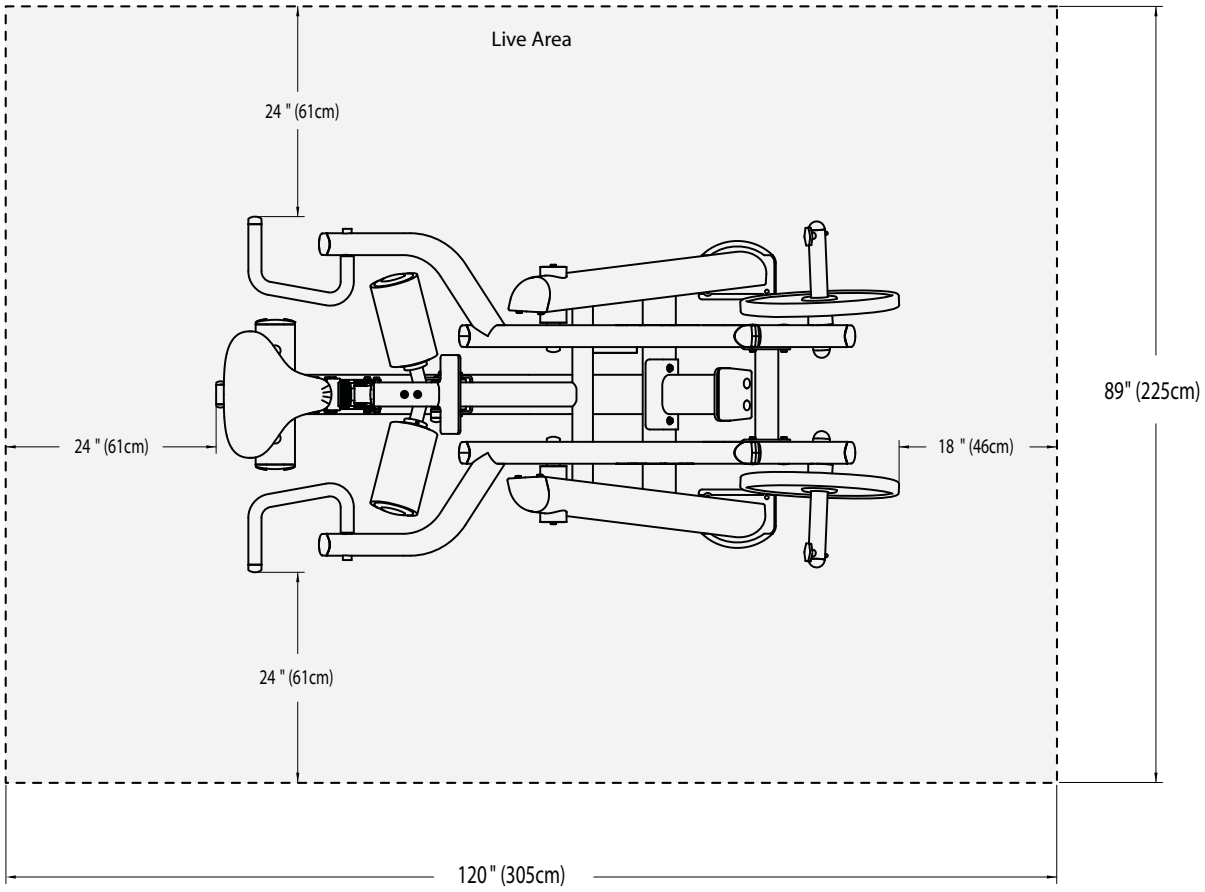
Product Code - SPLDIP

Machine Weight:	276 lbs	125 kgs
Max User Weight:	300 lbs	136 kgs
Start Resistance:	6 lbs	2.8 kg
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	453 lbs	201 kgs

* Capacities listed are calculated using a thickness of 1-⅝" 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.

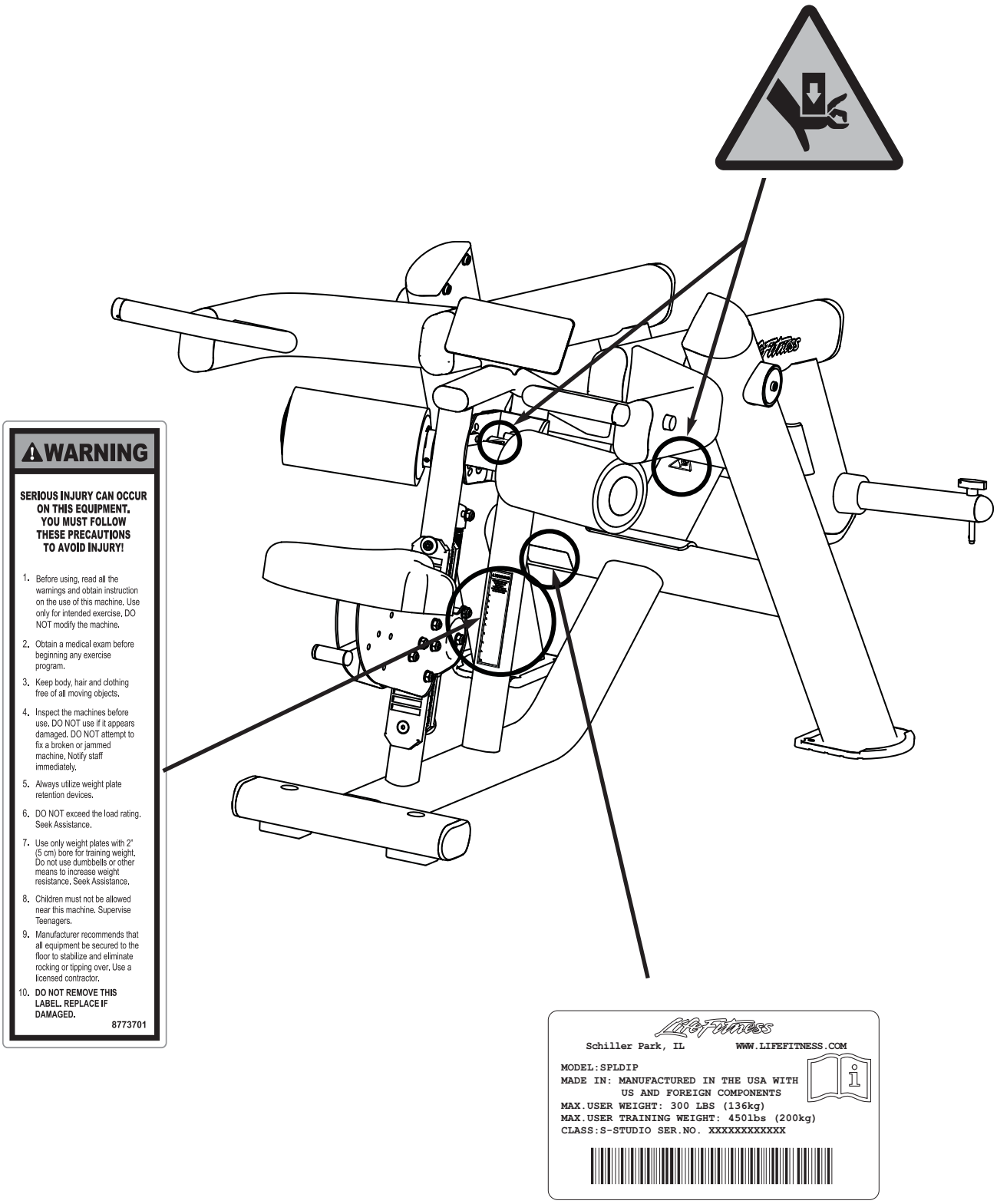
PRODUCT DIMENSIONS WITH WORKING AREA (SPLDIP)

Size*:	in. = 69”L x 41”W x 37”H	cm = 176cmL x 103cmW x 93cmH
Live Area:**	in. = 120“L x 89”W	cm = 305cmL x 225cmW



*Dimensions are without weight plates.
**Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm and with work arms in the most outstretched position.

LABEL LOCATIONS (SPLDIP)



Signature Series Plate Loaded High Row (SPLHR)



Muscles Exercised: Latissumus Dorsi, Rhomboids, Posterior Deltoids, Trapezius, Teres Major and Minor & Biceps

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pins. Seat should be adjusted to allow wrist to follow elbows. With feet placed on the floor, adjust knee pad to comfortable positioning. Stand and grip the handles in the desired position, then pull down and sit with thighs under the pads. Movement should finish with handles near mid chest.

Performing the Exercise

With a controlled motion, draw down the handles by pulling until elbows are behind back. Return the handles to the start position and repeat the motion while maintaining proper body positioning.

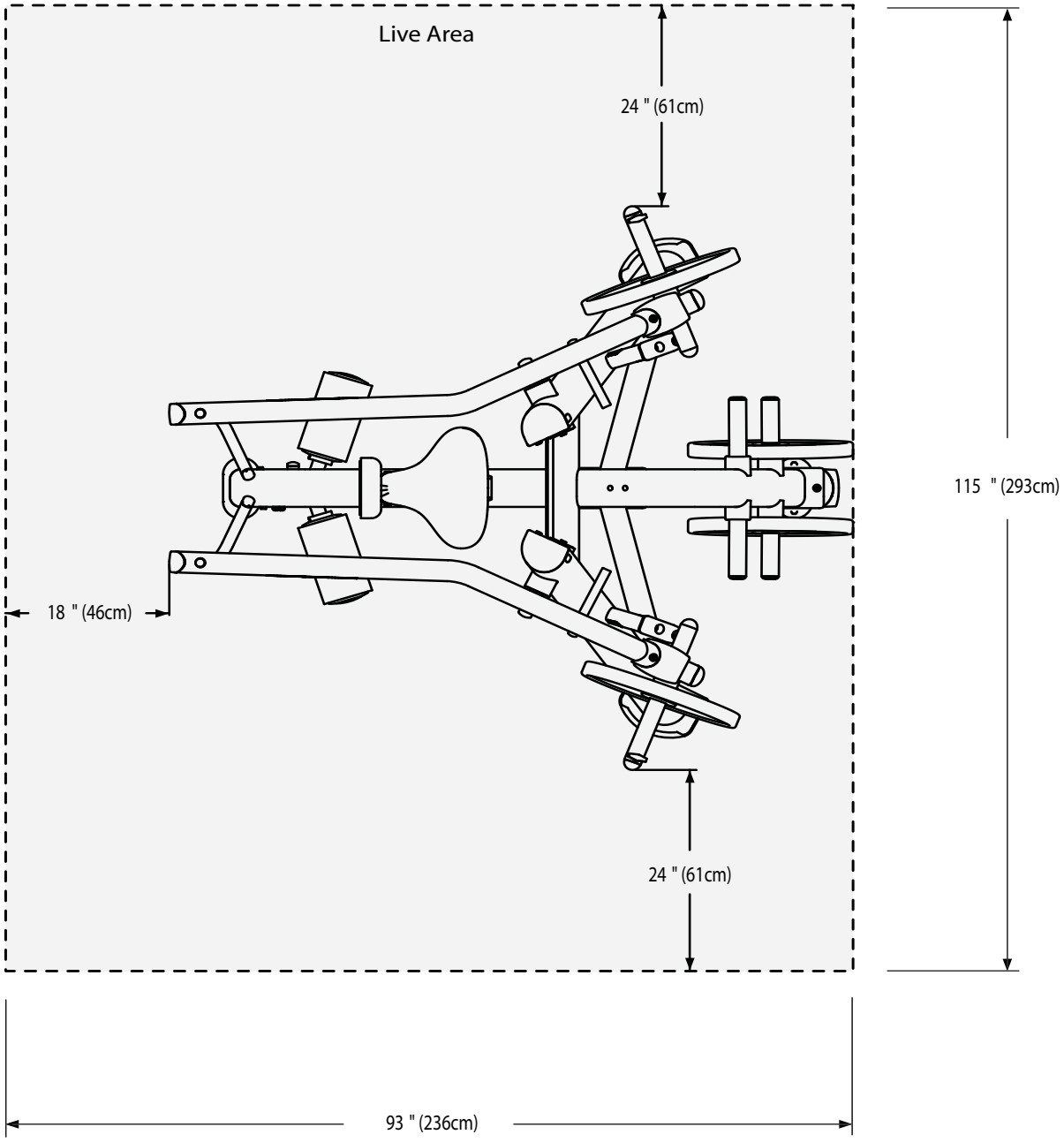
Product Code - SPLHR

Machine Weight:	409 lbs	186 kgs
Max User Weight:	300 lbs	136 kgs
Start Resistance:	3 lbs per work arm	1 kg per work arm
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	228 lbs per side / 456 lbs total	101 kgs per side / 203 kgs total

* Capacities listed are calculated using a thickness of 1-⅝" 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.

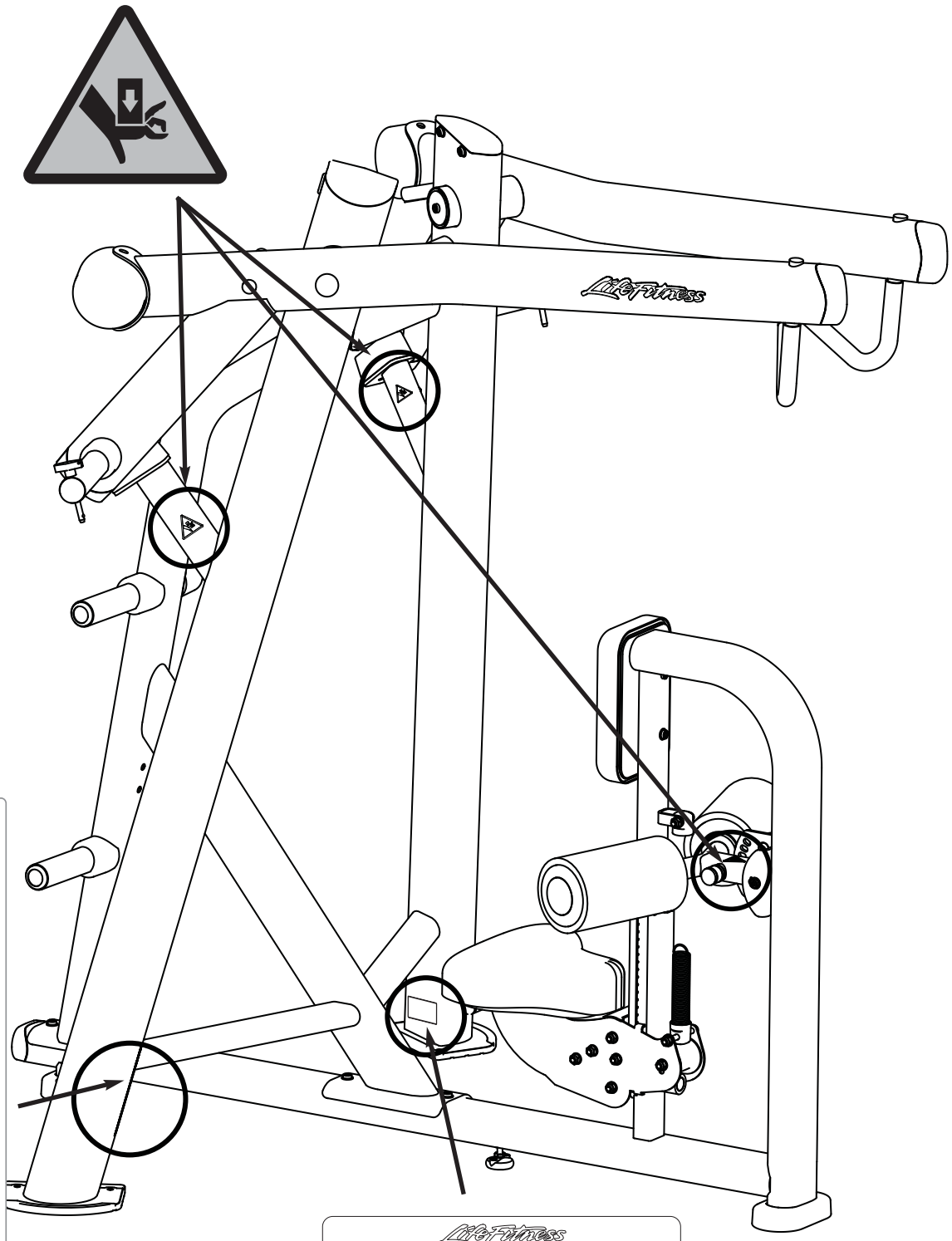
PRODUCT DIMENSIONS WITH WORKING AREA (SPLHR)

Size*:	in. = 73”L x 66”W x 76”H	cm = 186cmL x 168cmW x 192cmH
Live Area:**	in. = 93“L x 115”W x 96”H	cm = 236cmL x 293cmW x 245cmH



*Dimensions are without weight plates.
**Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.

LABEL LOCATIONS (SPLHR)



⚠WARNING

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

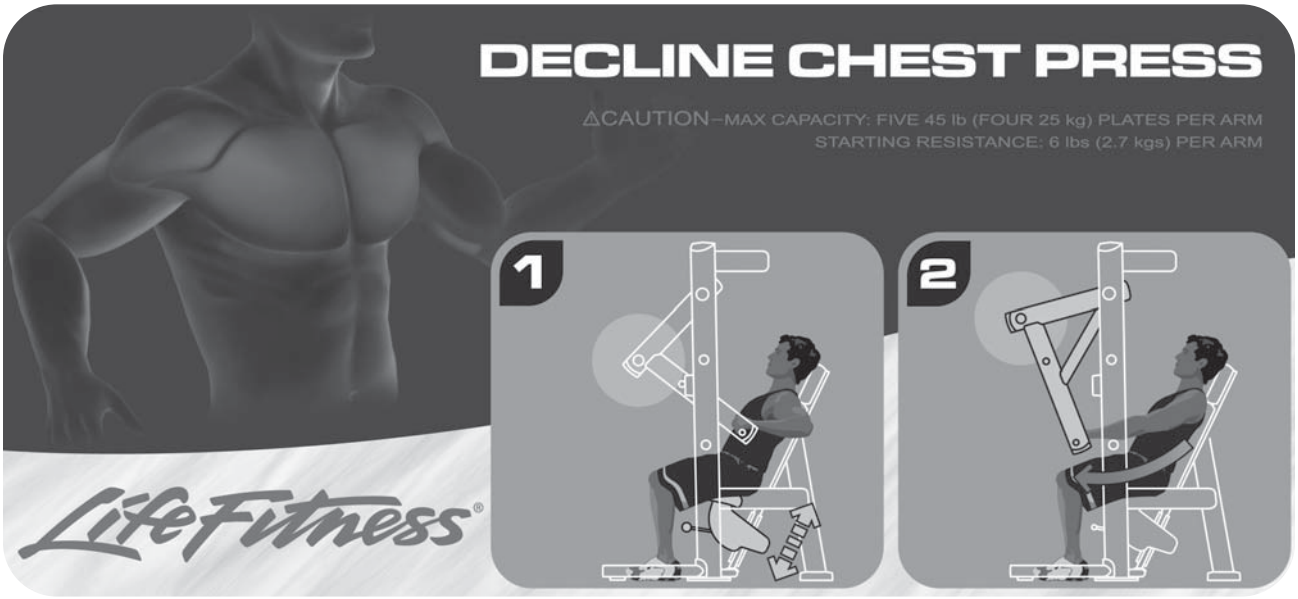
1. Before using, read all the warnings and obtain instruction on the use of this machine. Use only for intended exercise. DO NOT modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before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

8773701

LifeFitness
Schiller Park, IL WWW.LIFEFITNESS.COM

MODEL:SPLHR
MADE IN: MANUFACTURED IN THE USA WITH US AND FOREIGN COMPONENTS
MAX.USER WEIGHT: 300 LBS (136kg)
MAX.USER TRAINING WEIGHT: 300lbs (136kg)
CLASS:S-STUDIO SER.NO. XXXXXXXXXXX

Signature Series Plate Loaded Decline Chest Press (SPLDCP)



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. Seat should be adjusted to allow handles to be slightly below mid-chest. Grip the handles. Position body with chest up, head up and shoulders against the back pad.

Performing the Exercise

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

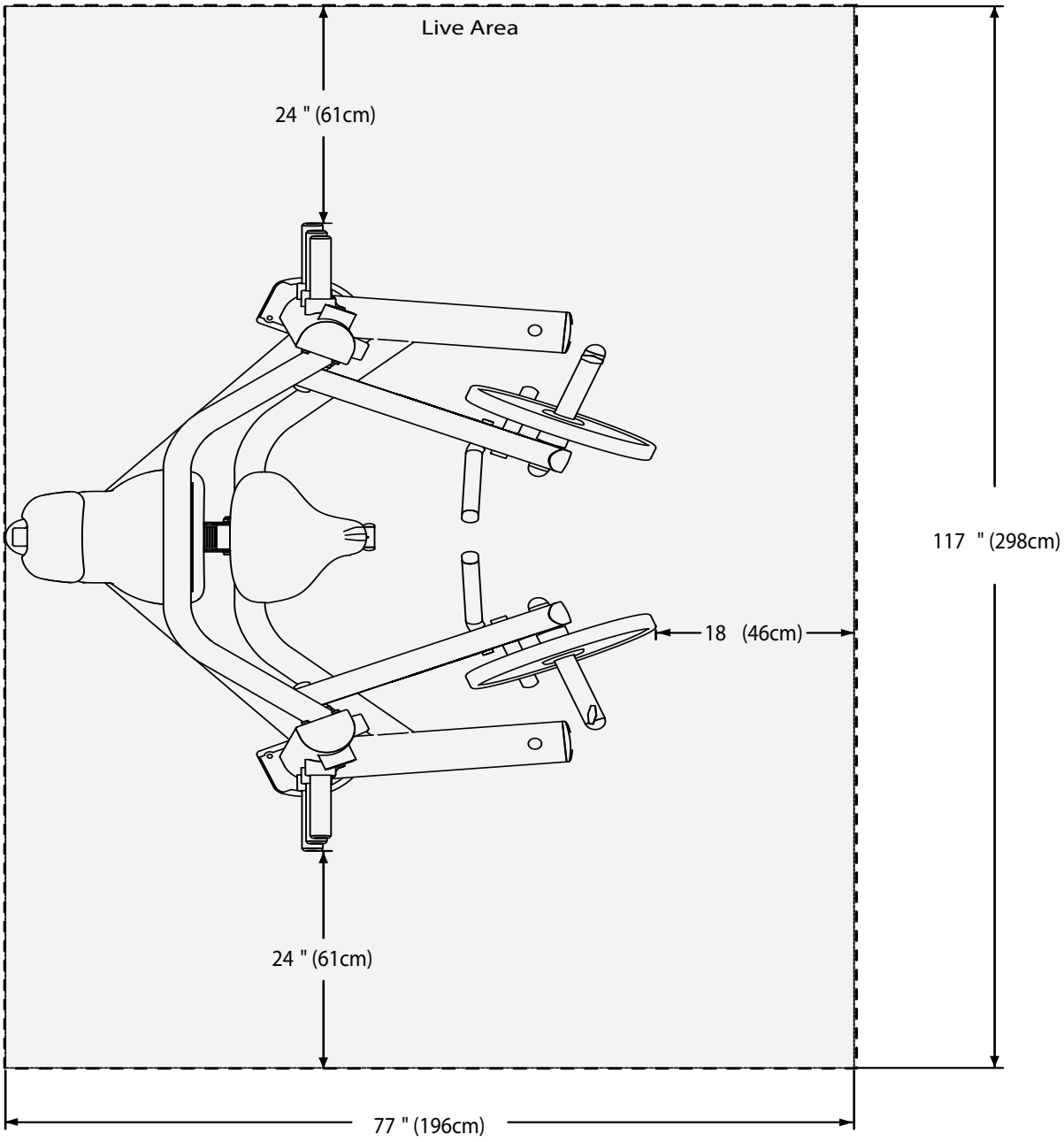
Product Code - SPLDCP

Machine Weight:	340 lbs	154 kgs
Max User Weight:	300 lbs	136 kgs
Start Resistance:	6 lbs per work arm	3 kgs per work arm
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	231 lbs per side / 462 lbs total	103 kgs per side / 205 kgs total

* Capacities listed are calculated using a thickness of 1-⅝" 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.

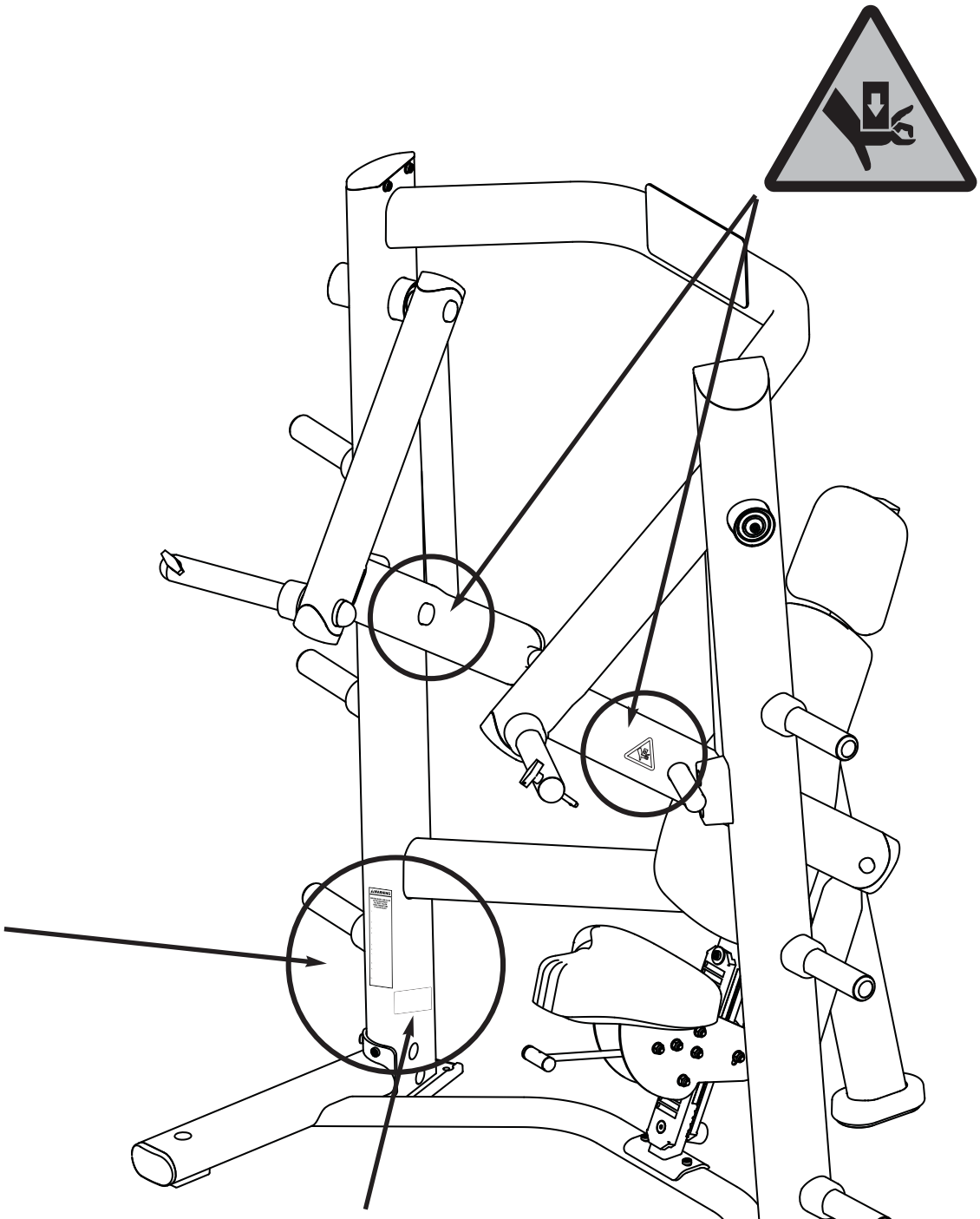
PRODUCT DIMENSIONS WITH WORKING AREA (SPLDCP)

Size*:	in. = 51”L x 69”W x 76”H	cm = 131cmL x 176cmW x 192cmH
Live Area:**	in. = 77“L x 117”W	cm = 196cmL x 298cmW



*Dimensions are without weight plates.
**Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.

LABEL LOCATIONS (SPLDCP)



⚠WARNING

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

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

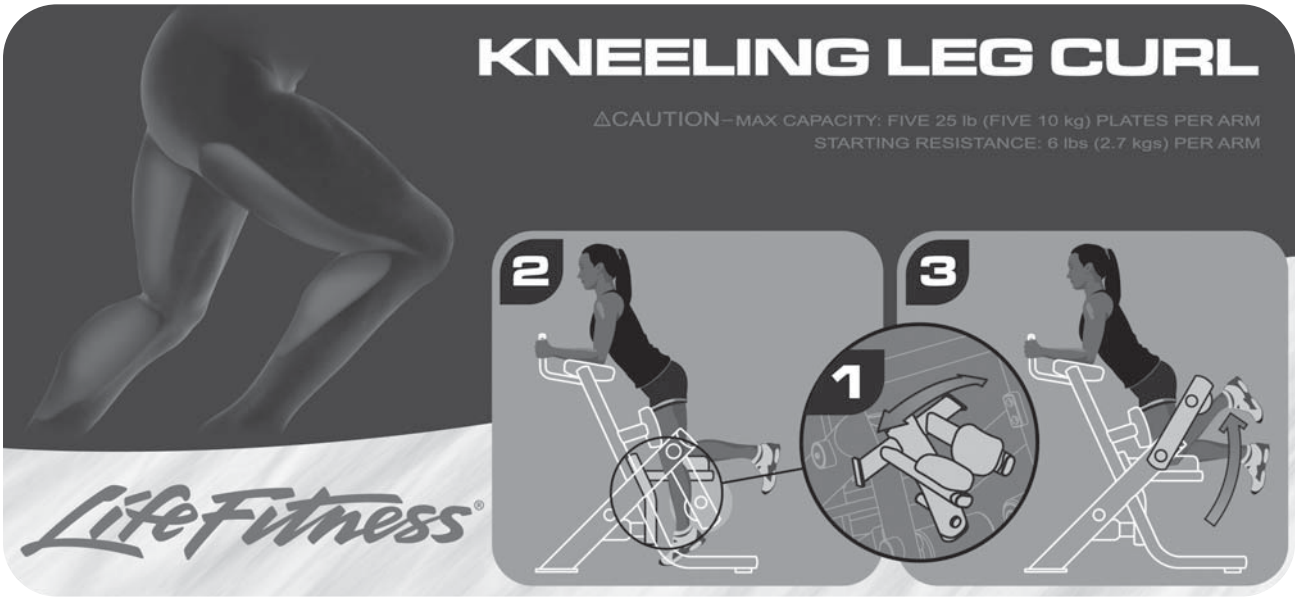
8773701

Life Fitness

Schiller Park, IL WWW.LIFEFITNESS.COM

MODEL:SPLDCP
MADE IN: MANUFACTURED IN THE USA WITH US AND FOREIGN COMPONENTS
MAX.USER WEIGHT: 300 LBS (136kg)
MAX.USER TRAINING WEIGHT: 300lbs (136kg)
CLASS:S-STUDIO SER.NO. XXXXXXXXXXX

Signature Series Plate Loaded Kneeling Leg Curl (SPLKLC)



Muscles Exercised: Hamstrings & Gastrocnemius

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Rotate knee pad to desired side and place non-exercising knee on pad. Position opposite leg with upper thigh against pad and knee aligned with machine pivot (axis of rotation). Tibia pad should contact the back of the lower leg, above the ankle. Rest forearms on elbow pad and grip the handles.

Do not use plates larger than 25 lbs (10 kgs)

Performing the Exercise

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

TIP: *Feet position should depend on the goals of the exercise. Pointing the toes during the exercise allows focus on the Hamstring muscles. Flexing the feet will increase activation of the Gastrocnemius muscle.*

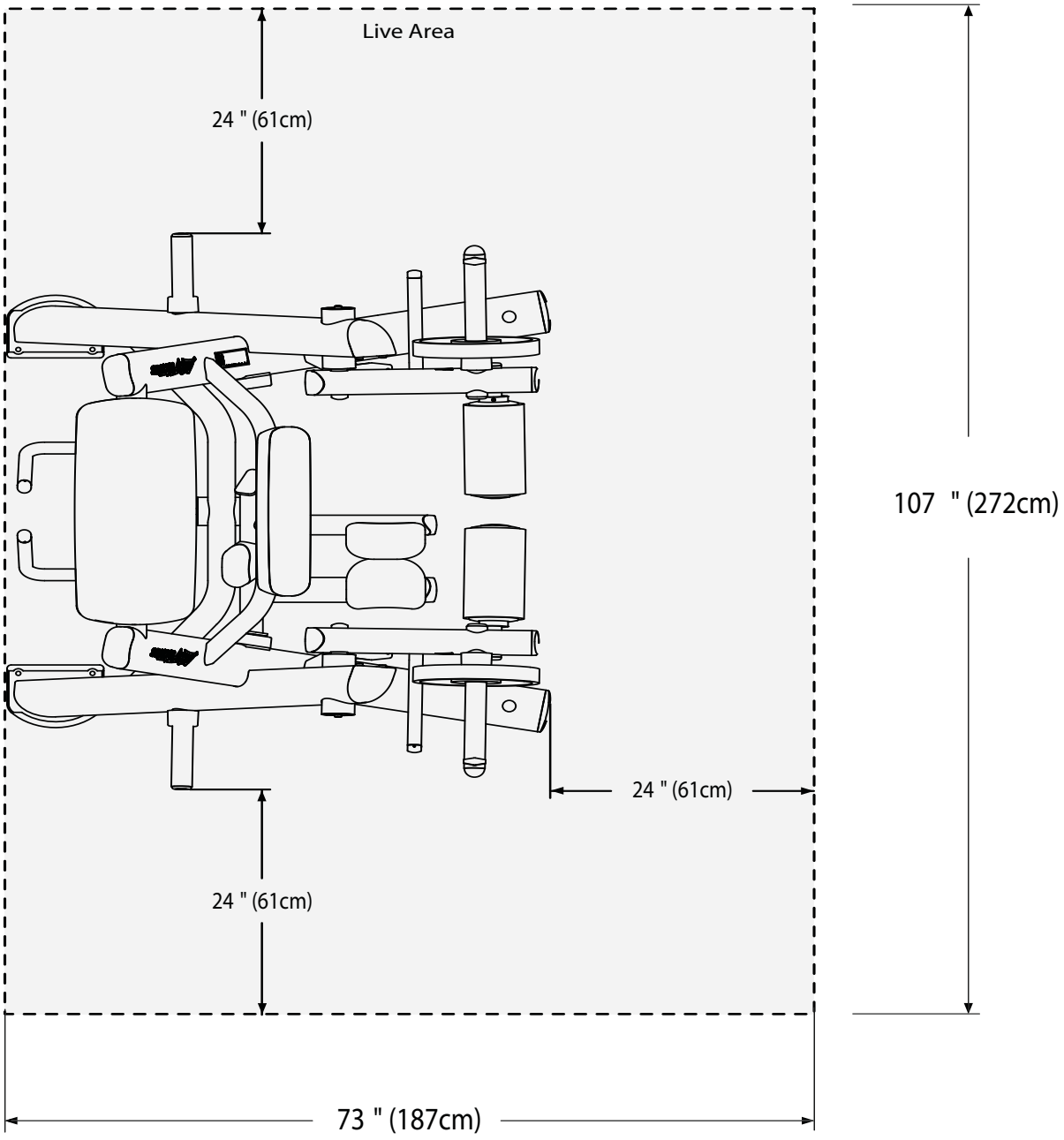
Product Code - SPLKLC

Machine Weight:	311 lbs	141 kgs
Max User Weight:	300 lbs	136 kgs
Start Resistance:	6 lbs per work arm	3 kgs per work arm
Plate Capacity*:	5-25 lb plates per weight rod	5-10 kg plates per weight rod
Max Resistance:	131 lbs per side	53 kgs per side

* Capacities listed are calculated using a thickness of 1- ⅞ 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.

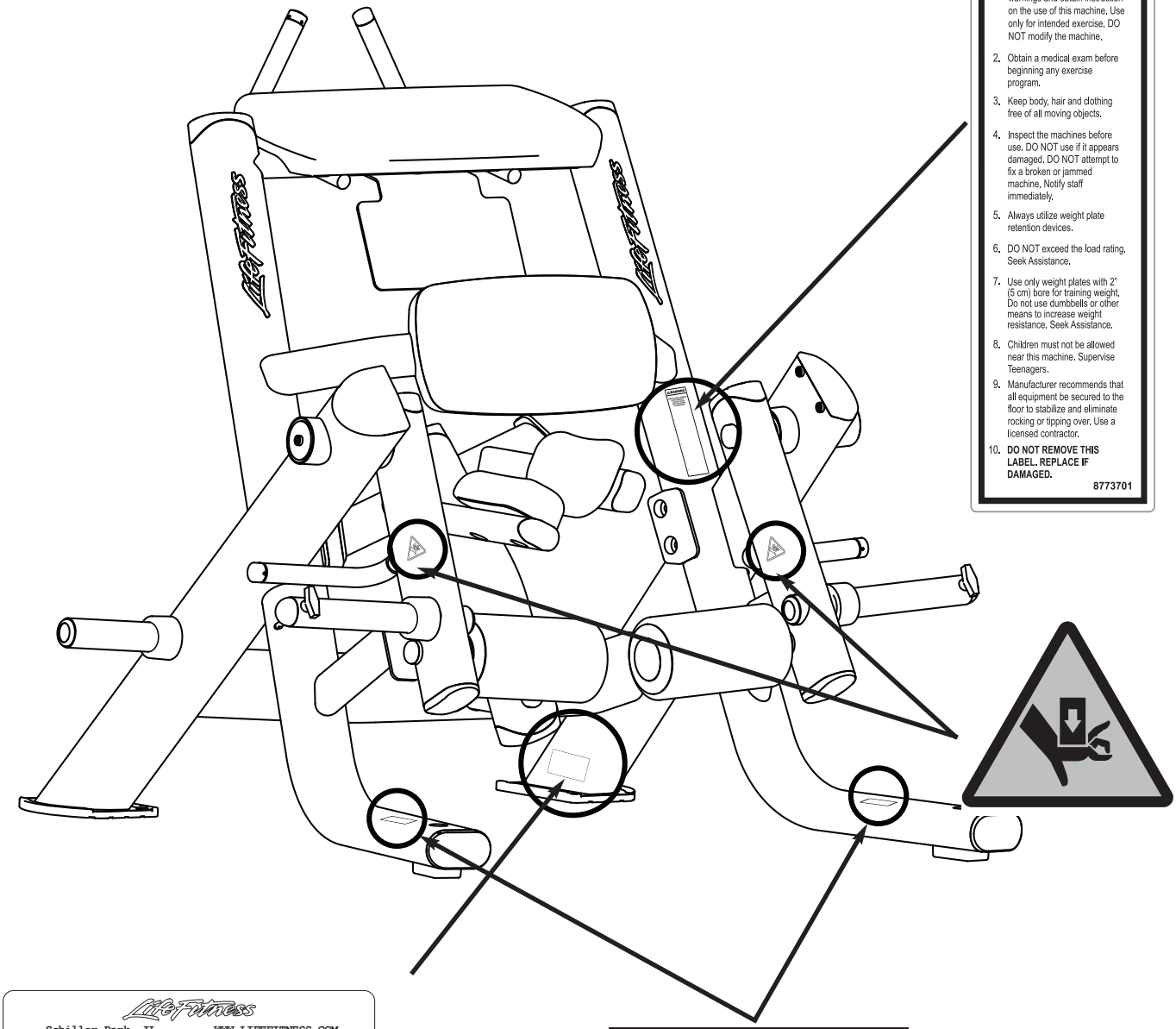
PRODUCT DIMENSIONS WITH WORKING AREA (SPLKLC)

Size*:	in. = 49”L x 59”W x 51”H	cm = 126cmL x 150cmW x 130cmH
Live Area:**	in. = 73“L x 107”W	cm = 187cmL x 272cmW



*Dimensions are without weight plates.
**Live Area dimensions calculated and shown assuming a weight plate diameter of 30 cm.

LABEL LOCATIONS (SPLKLC)



⚠ WARNING

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

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

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Life Fitness

Schiller Park, IL WWW.LIFEFITNESS.COM

MODEL:SPLKLC
MADE IN: MANUFACTURED IN THE USA WITH US AND FOREIGN COMPONENTS
MAX.USER WEIGHT: 300 LBS (136kg)
MAX.USER TRAINING WEIGHT: 300lbs (136kg)
CLASS:S-STUDIO SER.NO. XXXXXXXXXXX

⚠ CAUTION

The use of weight plates greater than 25 lbs (10 kgs) may result in serious injury or damage to this equipment.

Signature Series Plate Loaded Leg Extension (SPLLE)



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. 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.

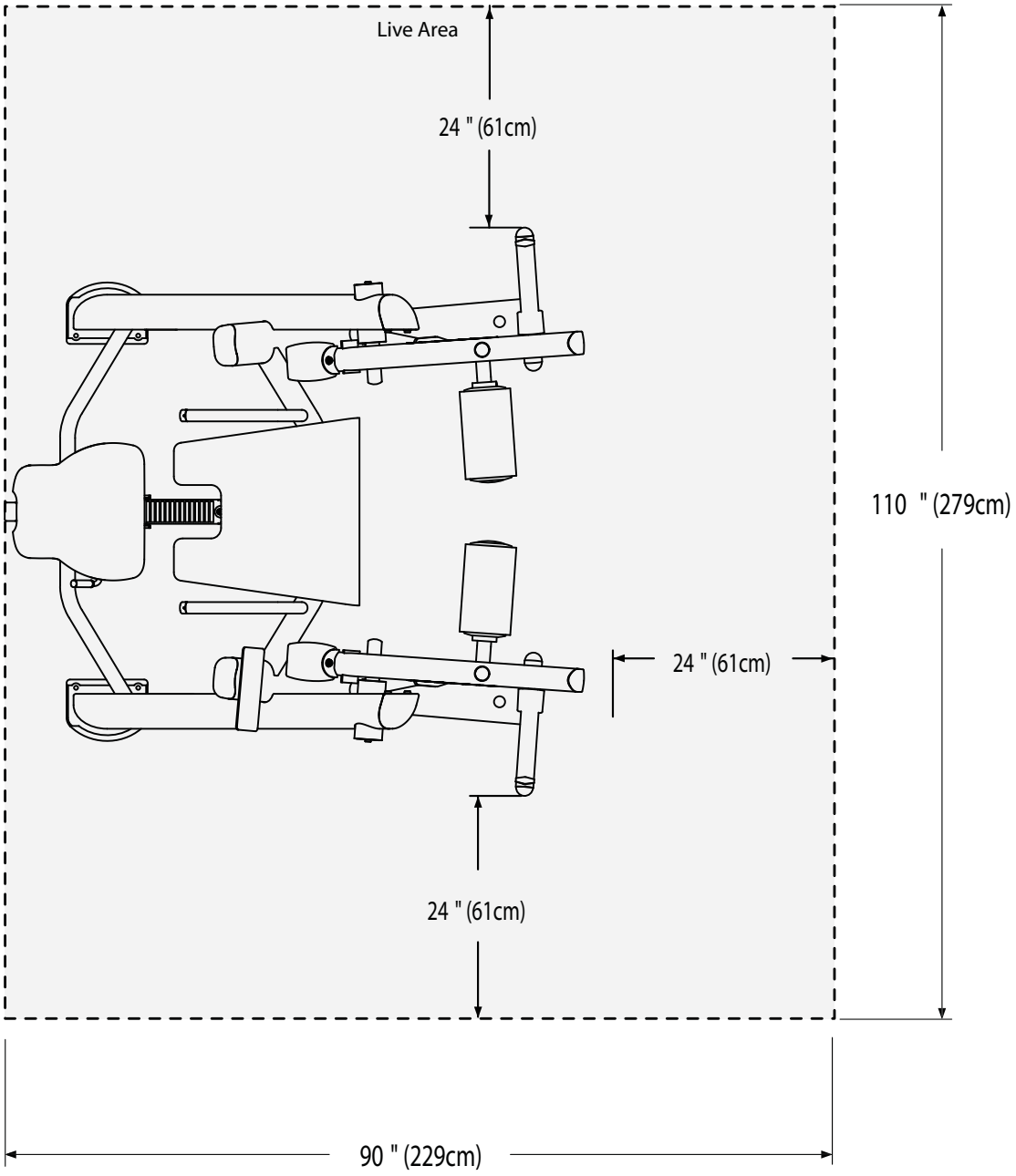
Product Code - SPLLE

Machine Weight:	277 lbs	125 kgs
Max User Weight:	300 lbs	136 kgs
Start Resistance:	4 lbs per work arm	2 kgs per work arm
Plate Capacity*:	4-45 lb plates per weight rod	3-25 kg plates per weight rod
Max Resistance:	184 lbs per side / 368 lbs total	77 kgs per side / 154 kgs total

* Capacities listed are calculated using a thickness of 1-⅝" 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.

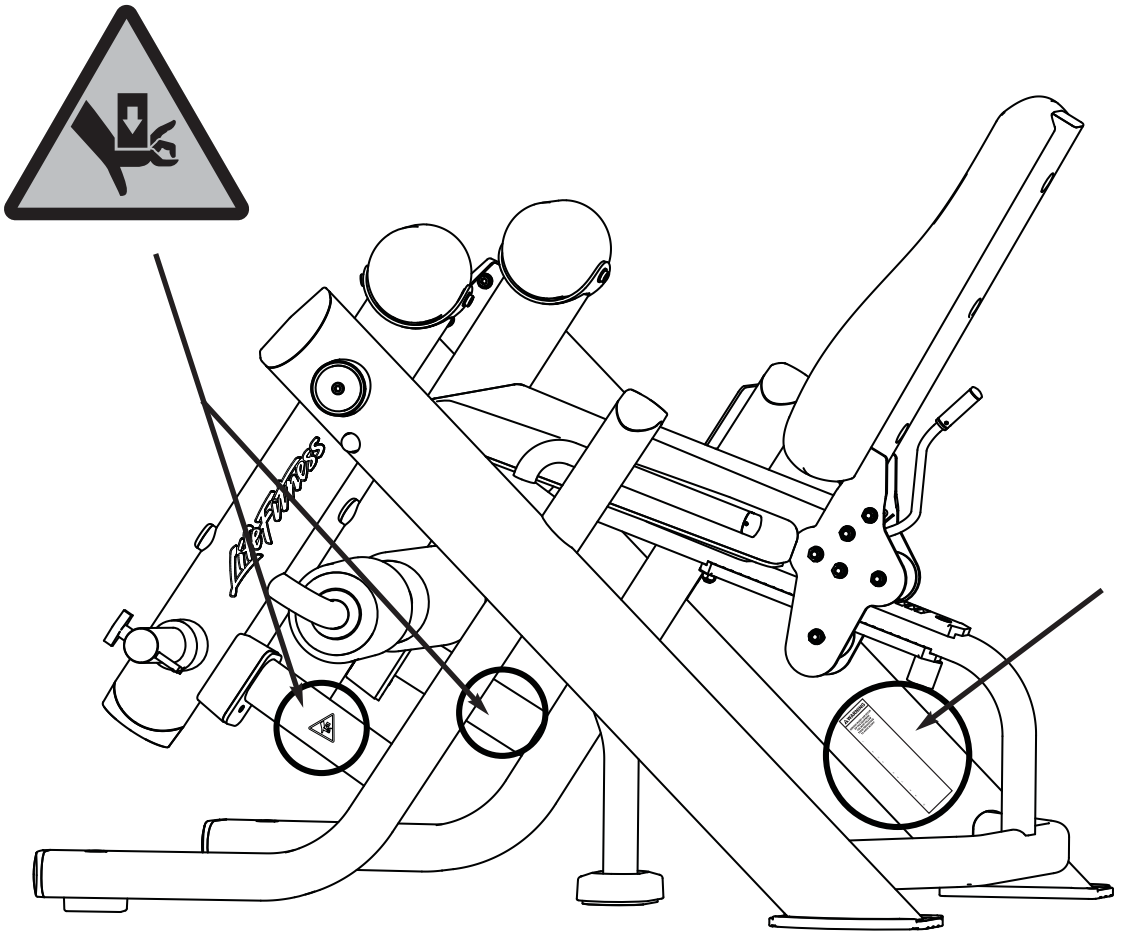
PRODUCT DIMENSIONS WITH WORKING AREA (SPLLE)

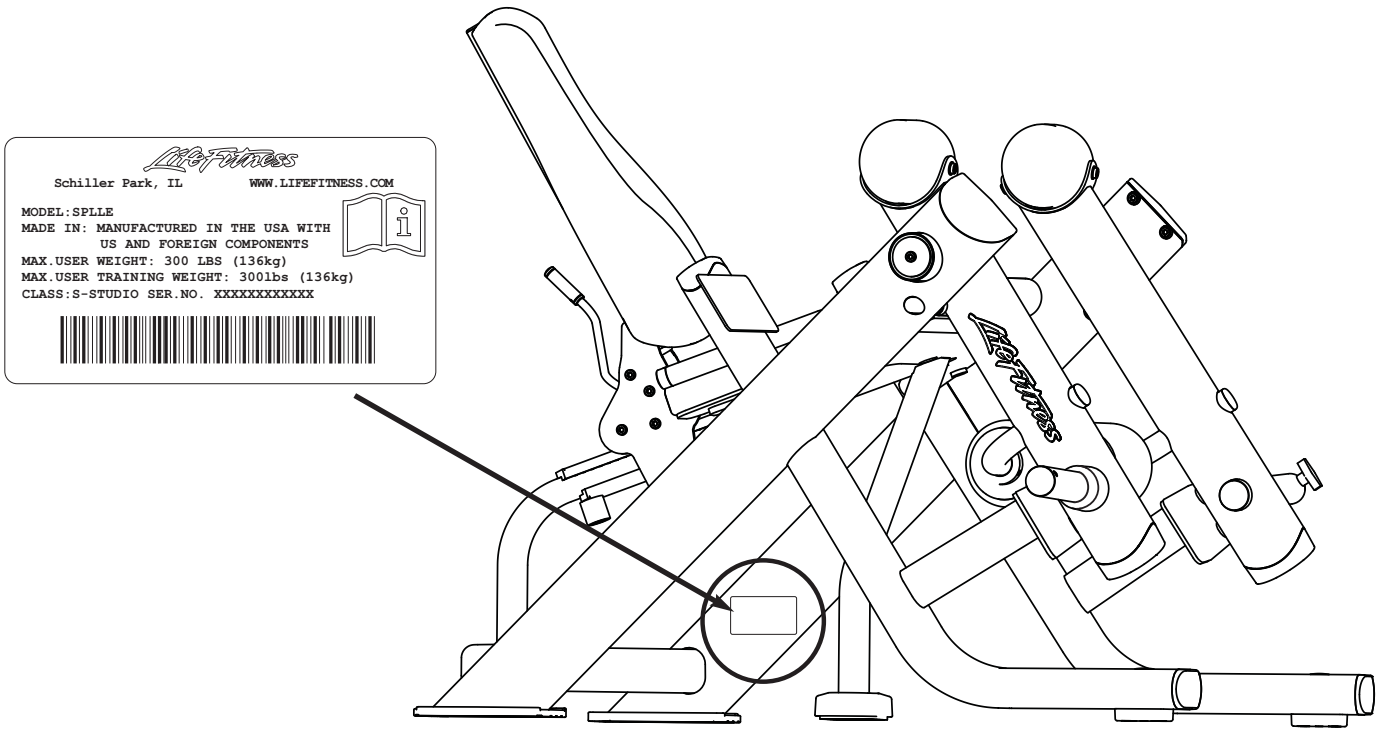
Size*:	in. = 57”L x 61”W x 45”H	cm = 145cmL x 154cmW x 113cmH
Live Area:**	in. = 90“L x 110”W	cm = 229cmL x 279cmW



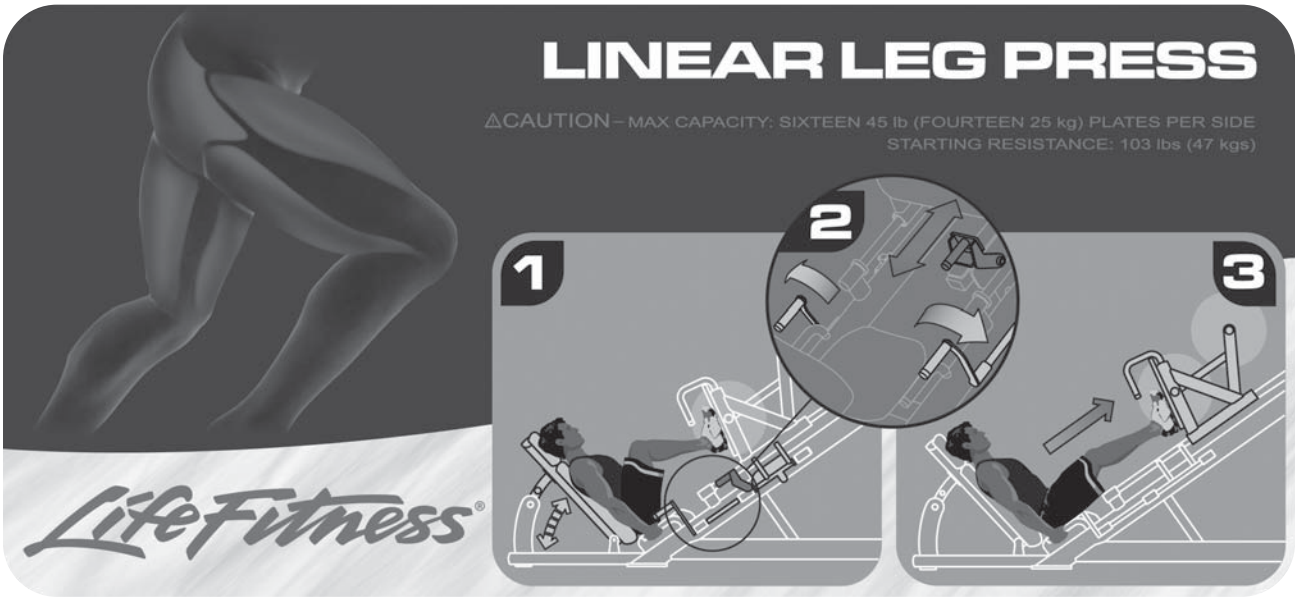
*Dimensions are without weight plates.
**Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.

LABEL LOCATIONS (SPLLE)





Signature Series Plate Loaded Linear Leg Press (SPLLLP)



Muscles Exercised: Quadriceps, Hamstrings & Glutes

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Adjust the back pad angle using the pull pin behind the back pad. Position feet on the foot plate, hip width apart. Position the body with chest up, shoulders and head back against back pad. Grip the handles on the rack out mechanism located on each side of the seat lift carriage off racks with feet, then rotate rackout handles outward.

⚠ *Adjust the range limiter located below the foot plate to ensure the desired range of motion.*

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.

Tips: *Positioning feet higher on the foot plate will increase glute and hamstring focus.*

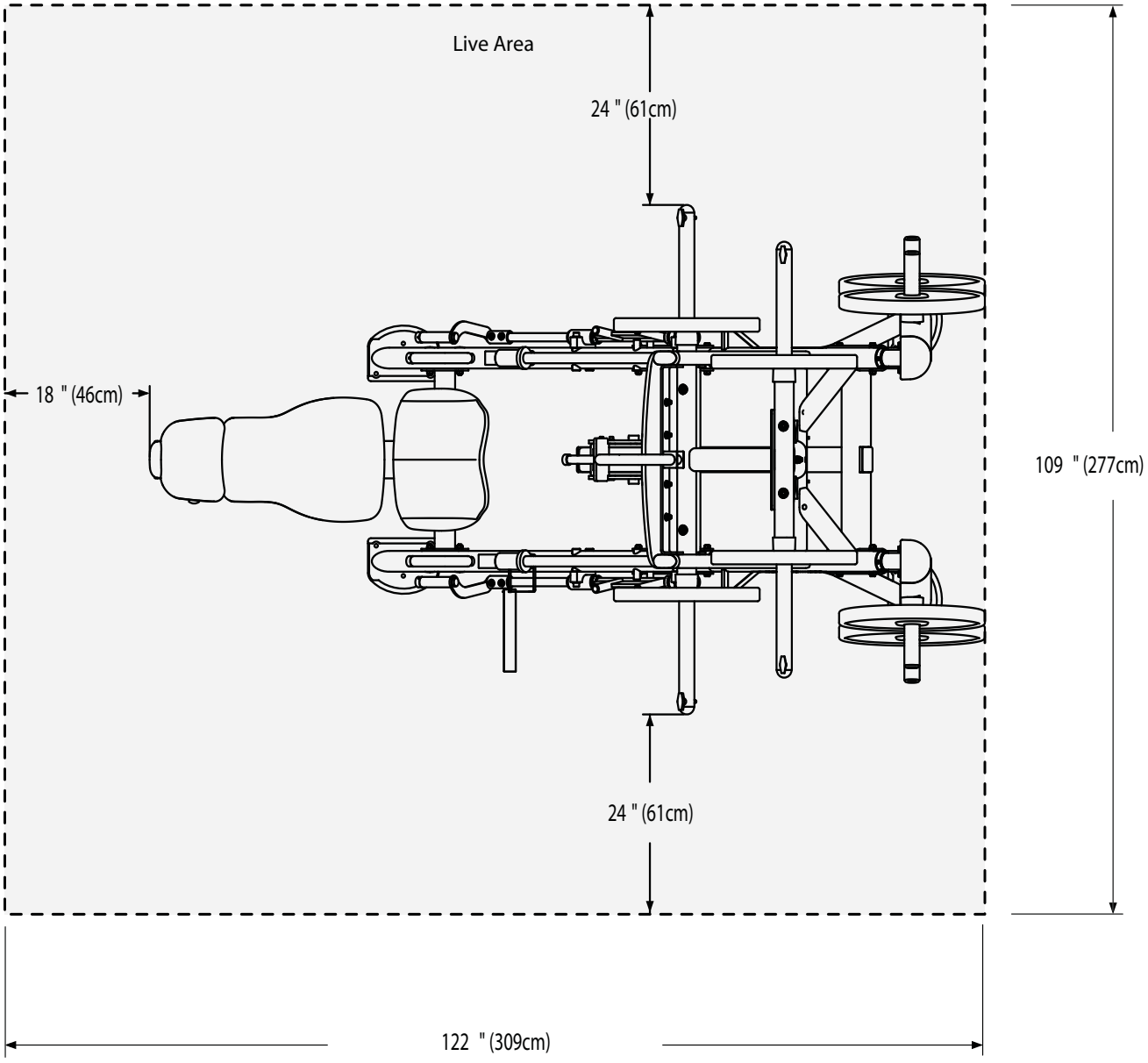
Product Code - SPLLLP

Machine Weight:	709 lbs	322 kgs
Max User Weight:	300 lbs	136 kgs
Start Resistance:	103 lbs	47 kgs
Plate Capacity*:	16-45 lb plates per side	14-25 kg plates per side
Max Resistance:	1,546 lbs	747 kgs

* Capacities listed are calculated using a thickness of 1-⅝" 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.

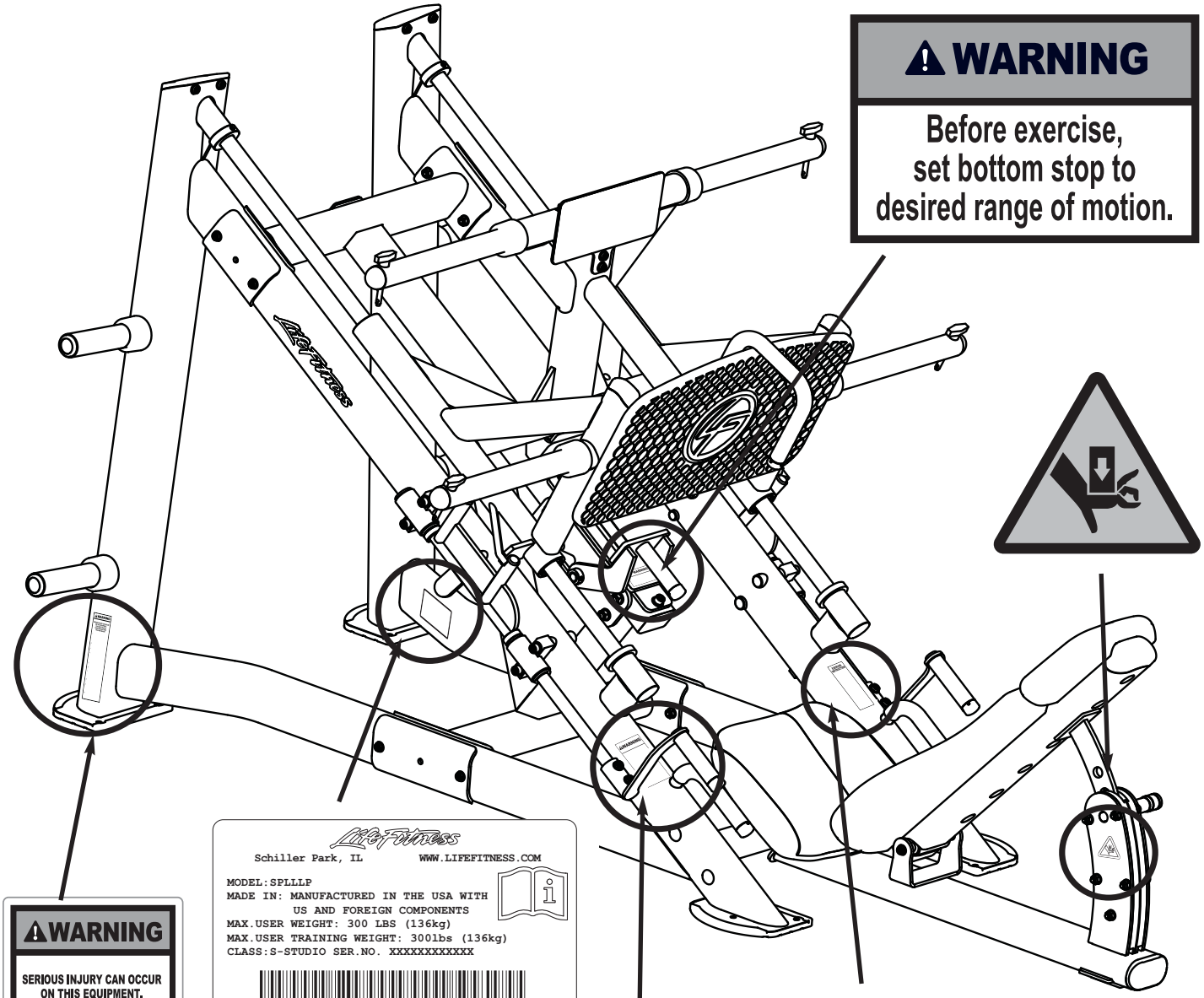
PRODUCT DIMENSIONS WITH WORKING AREA (SPLLLP)

Size*:	in. = 98”L x 61”W x 61”H	cm = 249cmL x 155cmW x 156cmH
Live Area:**	in. = 122“L x 109”W	cm = 309cmL x 277cmW



*Dimensions are without weight plates.
**Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.

LABEL LOCATIONS (SPLLLP)



⚠ WARNING

Before exercise, set bottom stop to desired range of motion.

LifeFitness
Schiller Park, IL WWW.LIFEFITNESS.COM
MODEL:SPLLLP
MADE IN: MANUFACTURED IN THE USA WITH US AND FOREIGN COMPONENTS
MAX.USER WEIGHT: 300 LBS (136kg)
MAX.USER TRAINING WEIGHT: 300lbs (136kg)
CLASS:S-STUDIO SER.NO. XXXXXXXXXXXX

⚠ WARNING

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

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

8773701

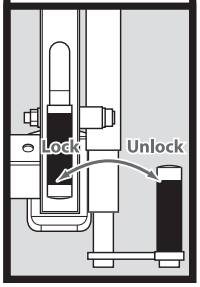
⚠ WARNING

SERIOUS INJURY could result if carriage falls toward user.

Carriage stops MUST BE IN LOCKED POSITION while performing calf raises.

EXERCISE INSTRUCTION

1. Lift carriage with feet.
2. Rotate both release handles away from hips to unlock.
3. Perform exercise.
4. Rotate both release handles in towards hips to lock. Hold in place while racking carriage.



Signature Series Plate Loaded Biceps Curl (SPLBC)



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 underhand 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.*

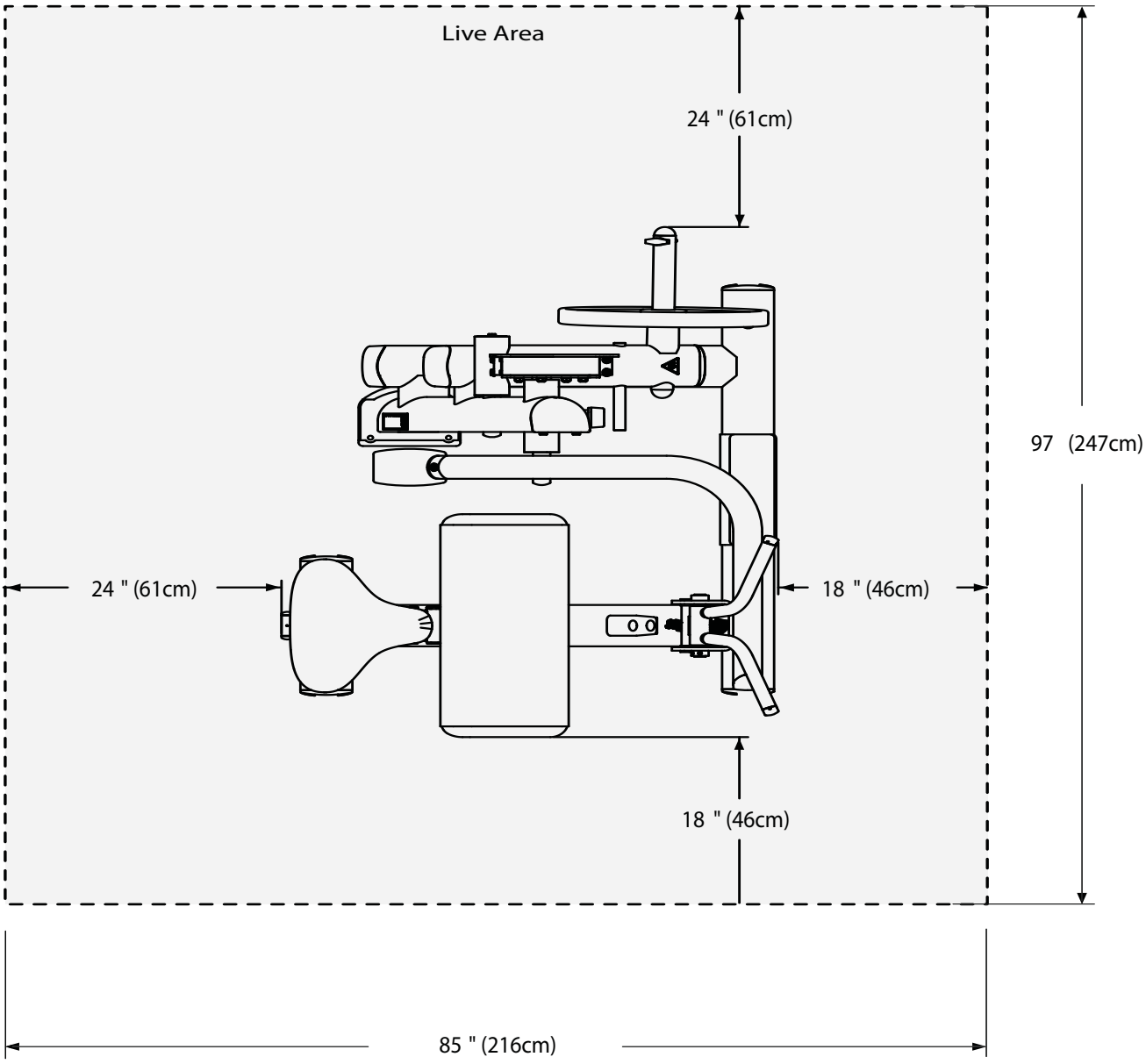
Product Code - SPLBC

Machine Weight:	274 lbs	124 kgs
Max User Weight:	300 lbs	136 kgs
Start Resistance:	11 lbs	5 kgs
Plate Capacity*:	5-45 lb plates	4-25 kg plates
Max Resistance:	236 lbs per side	105 kgs per side

* Capacities listed are calculated using a thickness of 1-⅝" 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.

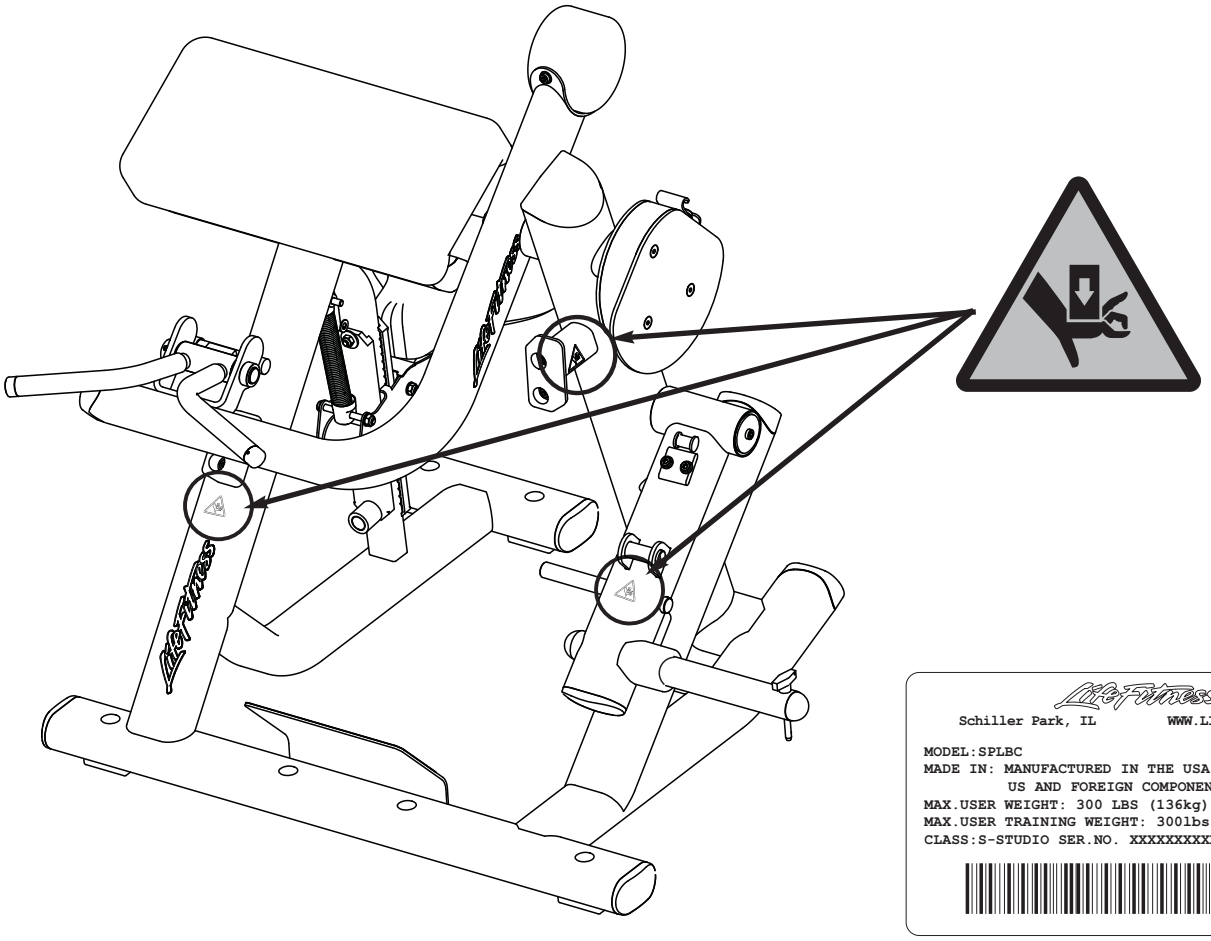
PRODUCT DIMENSIONS WITH WORKING AREA (SPLBC)

Size*:	in. = 43”L x 55”W x 47”H	cm = 109cmL x 141cmW x 119cmH
Live Area:**	in. = 85“L x 87”W	cm = 216cmL x 247cmW



*Dimensions are without weight plates.
**Live Area dimensions calculated and shown assuming a weight plate diameter of 46 cm.

LABEL LOCATIONS (SPLBC)



Schiller Park, IL WWW.LIFEFITNESS.COM

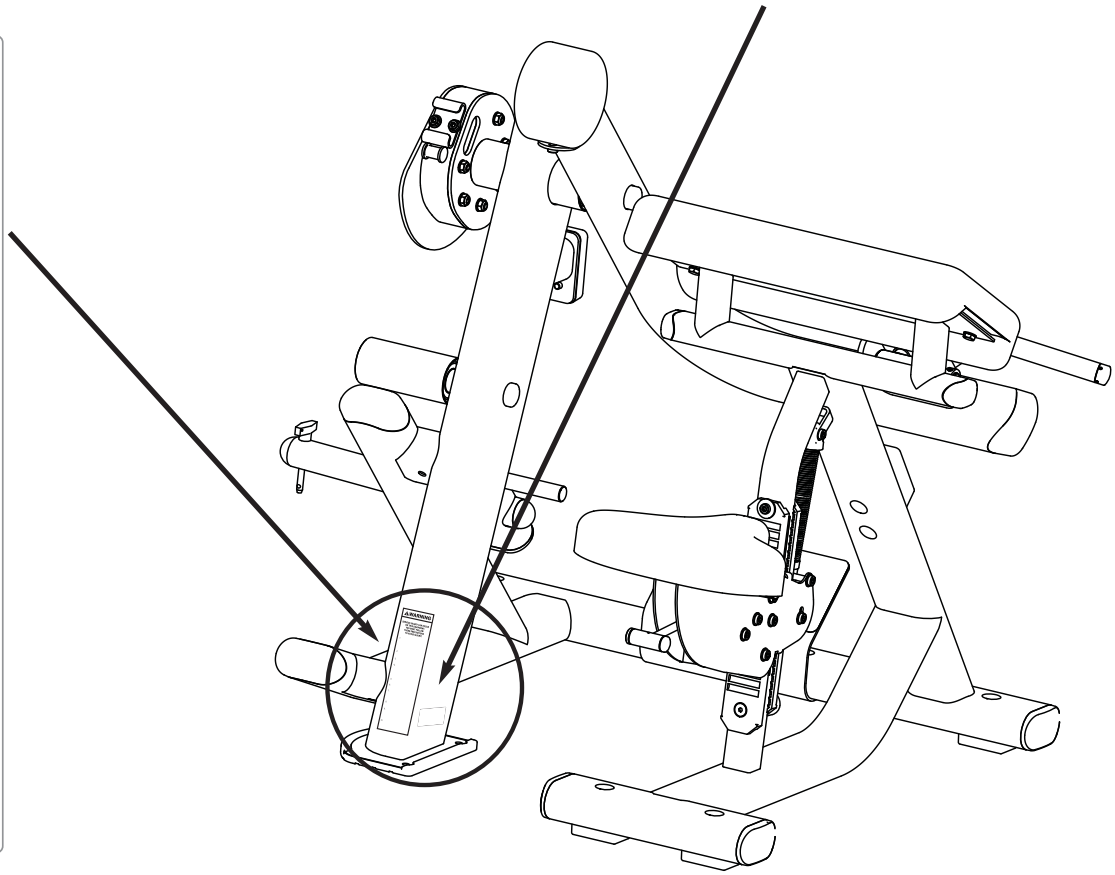
MODEL:SPLBC
MADE IN: MANUFACTURED IN THE USA WITH US AND FOREIGN COMPONENTS
MAX.USER WEIGHT: 300 LBS (136kg)
MAX.USER TRAINING WEIGHT: 300lbs (136kg)
CLASS:S-STUDIO SER.NO. XXXXXXXXXXX

⚠WARNING

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

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

8773701



5. MAINTENANCE PROCEDURES

MAINTENANCE SCHEDULE

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

CLEAN...

1. Upholstery with an approved or compatible cleaner.
2. Guide Rods with a cotton cloth.
3. 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 Life Fitness touch-up paint.

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. Visually inspect all hardware for loosening, tampering or wear.
2. Inspect all accessories, connecting links, and carabiner clips for wear.
3 Check condition of hand grips.
4. Check for belt stretch on SPLBC 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

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

NOTES

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

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.

LIFE FITNESS APPROVED CLEANERS

Two preferred cleaners have been approved by Life Fitness 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 work-outs. 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: customer-support@lifefitness.com).

LIFE FITNESS 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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Life Fitness World Headquarters

5100 N. River Rd.

Schiller Park, IL 60176

www.lifefitness.com

800-735-3867