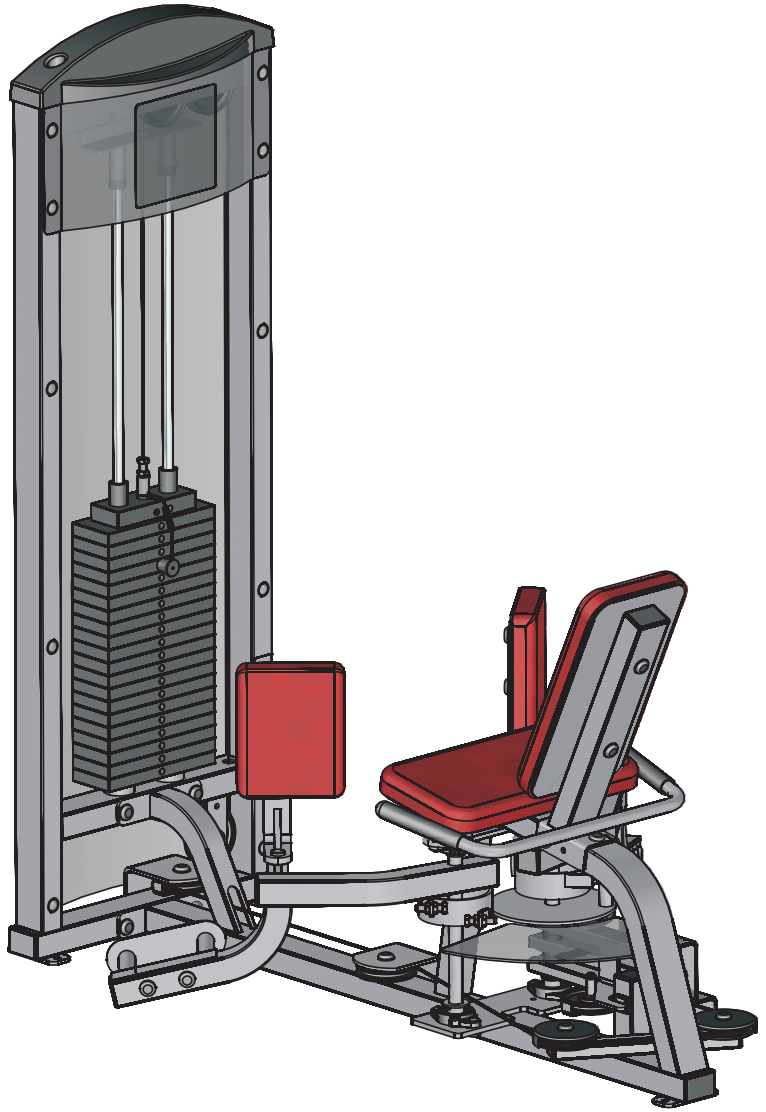
Hip Abduction / Adduction

Owners Manual



LifeFitness

Hip Abduction / Adduction

1. Assembly Instructions

Item	Qty	Description	Part Number
1	1	Base Assembly	AAP04-0736
2	1	Tower	AP04-0735 (WHT)(PLT)
3	26	RH Cap	P06-0021 (WHT)(PLT)
4	3	3/8 x 92mm Hex Bolt	DA1C03809216NU
5	1	3/8 x 98mm Hex Bolt	DA1C03809816NU
6	26	3/8 SAE Washer	DC120010510U
7	26	RH Washer	P05-0009
8	13	Low Height Lock Nut	DB2E03807200U
9	1	Cable	P13-0104
10	4	4 1/2" Pulley	P06-0035
11	2	3/8 x 67mm Hex Bolt	DA1C03806716NU
12	4	Cable Clip	P02-0082
13	2	3/8 x 44mm Hex Bolt	DA1C03804416NU
14	4	Flange Spacer	P08-0085
15	2	Guide Rod	P01-1036
16	2	Weight Stack Cushion	A06-0304
17	20	Weight Plate	ACU79352
18	1	Head Plate Assembly	AP10-0053
19	2	Shaft Collar	A05-0212
20	1	Guide Rod Support	A04-1639 (WHT)(PLT)
21	1	Weight Stack Pin	ACUP11-0048

Item	Qty	Description	Part Number
22	2	Seat Pad / Back Pad	P07-0082
23	2	3/8 x 32mm Hex Bolt	DA1C03803216NU
24	1	Back Pad Support	AP04-0742 (WHT)(PLT)
25	1	3/8 x 95mm Hex Bolt	DA1C03809516NU
26	2	3/8 x 76mm Hex Bolt	DA1C03807616NU
27	2	Knee Pad Support	P04-0739 (WHT)(PLT)
28	2	Split Shaft Collar	P05-0248
29	2	Knee Pad	P07-0001
30	1	Front Shroud	A10-0277
31	1	Rear Shroud	A10-0230
32	10	3/8 x 90mm Btn Hd Bolt	DAEC03809016NB
33	22	Black Flat Washer	DC125010020B
34	10	Acorn Nut	A05-0443
35	1	Tower Cap	AP06-0257
36	2	3/8 x 25mm Btn Hd Bolt	DAEC03802516NB
37	1	3/8 x 65mm Btn Hd Bolt	DAEC03806516NB
39	2	3/8 x 63mm Btn Hd Bolt	DAEC03806316NB
40	4	3/8 x 36mm Btn Hd Bolt	DAEC03803616NB
41	2	3/8 x 49mm Hex Bolt	DA1C03804916NU
42	4	3/8 Flat Washer	DC125010020U
43	1	Weight Stack Label	MD000132

Tools Required:

- 8mm Allen Wrench
- 9/16" Wrench
- Ratchet
- 3" Ratchet Extension
- 9/16" Socket
- 8mm Hex Bit

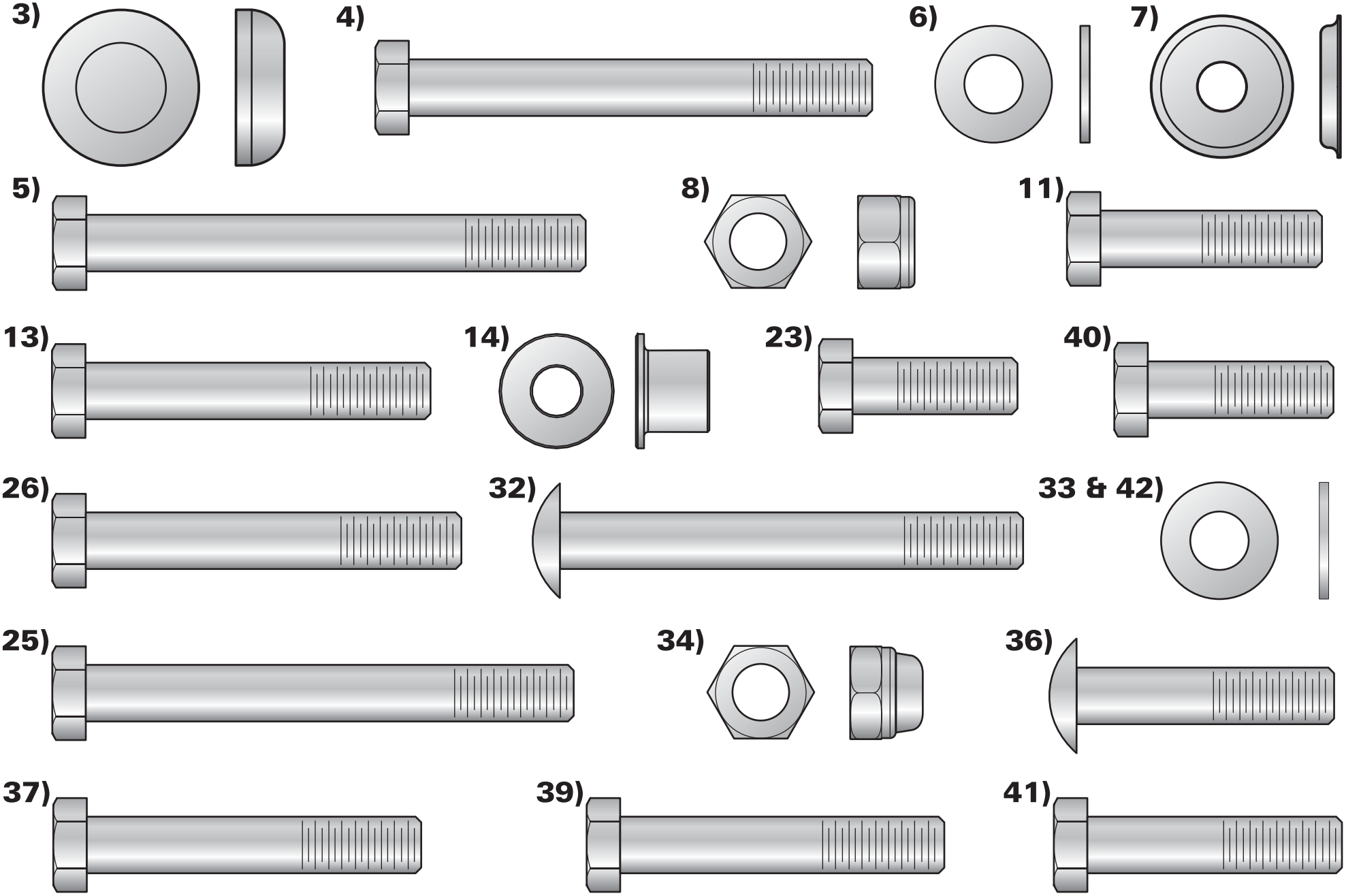
Hardware Bags
ACUHB-FSHAAPLT -or- ACUHB-FSHAAWHT

Cam Cable
ACUP13-0103 (Qty. 2)

Weight Stack Label
ACUMD000059

Workarms
See attachment -

Pivot Arms
See attachment -


3)
4)
6)
7)
5)
8)
11)
13)
14)
23)
40)
26)
32)
33 & 42)
25)
34)
36)
37)
39)
41)

Hip Abduction / Adduction

1. Assembly Instructions

1. SECURELY assemble BASE (1) to the TOWER (2) using eight RH CAPS (3), three 3/8 X 92mm BOLTS (4), one 3/8 X 98mm BOLT (5), eight 3/8" SAE WASHERS (6), eight 3/8" RH WASHERS (7) and four 3/8" LOW HEIGHT LOCK NUTS (8) as shown.

2. PRELIMINARY CABLE ROUTING

Wrap the CABLE (9) around one 4-1/2" PULLEY (10) and SECURELY assemble the PULLEY to the PULLEY BRACKET on the TOWER (2) as shown using two RH CAPS (3), one 3/8 X 44mm BOLT (13), two 3/8" SAE WASHERS (6), two 3/8" RH WASHERS (7), one 2-7/8 X 1" CABLE CLIP (12) and one 3/8" LOW HEIGHT LOCK NUT (8).

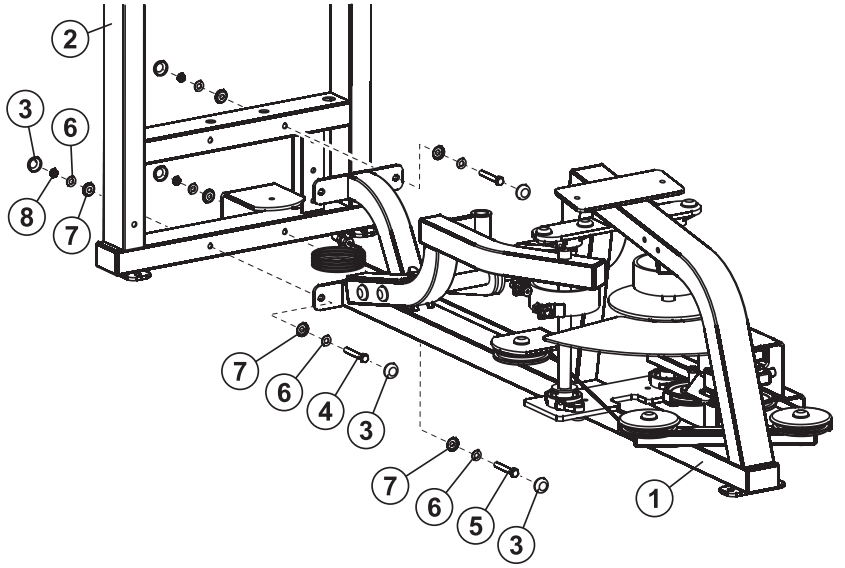
NOTE: Make sure the CABLE is in the groove of the PULLEY and the CABLE CLIP is positioned correctly, before tightening.

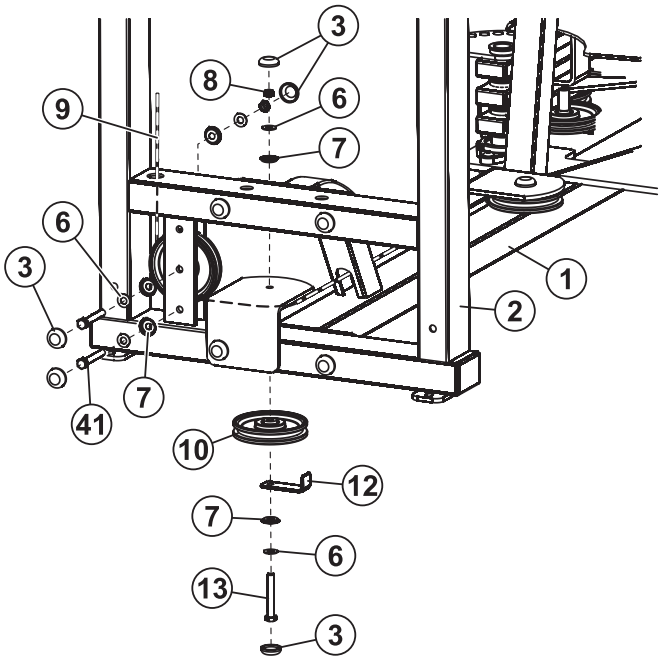
Route the threaded end of CABLE (9) through the TOWER (2) and around one 4-1/2" PULLEY (10) and SECURELY assemble the PULLEY between the PLATES on the TOWER as shown using four RH CAPS (3), two 3/8 X 49mm BOLTS (41), four 3/8" SAE WASHERS (6), four 3/8" RH WASHERS (7) and two 3/8" LOW HEIGHT LOCK NUTS (8).

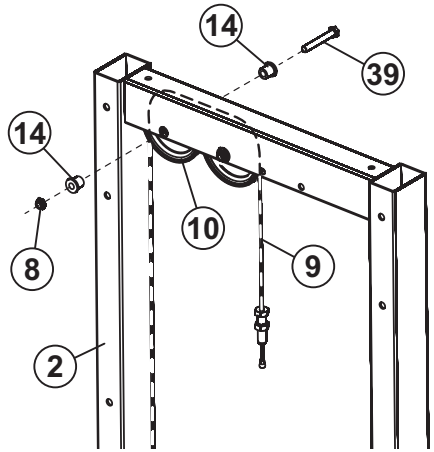
NOTE: Make sure the CABLE is in the groove of the PULLEY before tightening.

Continue to route the threaded end of CABLE (9) through the TOWER (2) and around two 4-1/2" PULLEYS (10) and SECURELY assemble the PULLEYS to the TOWER as shown using two 3/8 X 63mm BOLTS (39), four 3/8 X 1/2" FLANGE SPACERS (14) and two 3/8" LOW HEIGHT LOCK NUTS (8) as shown.

NOTE: Make sure the CABLE is in the groove of the PULLEY before tightening.







3. WEIGHT STACK ASSEMBLY:

Insert the two GUIDE RODS (15) into the base of the TOWER (2) as shown.

Slide two WEIGHT STACK CUSHIONS (16) down over the GUIDE RODS .

Lubricate the GUIDE RODS with a slicon or teflon spray that is available at most hardware stores.

Using EXTREME CARE, slide twenty 10 LB. WEIGHT PLATES (17) down over the GUIDE RODS as shown.

Carefully slide the HEAD PLATE ASSEMBLY (18) down over the GUIDE RODS onto the weight stack as shown.

Slide one 13/16" SHAFT COLLARS (19) over each GUIDE ROD.

4. Route the threaded end of the CABLE (9) through the hole in the GUIDE ROD SUPPORT (20).

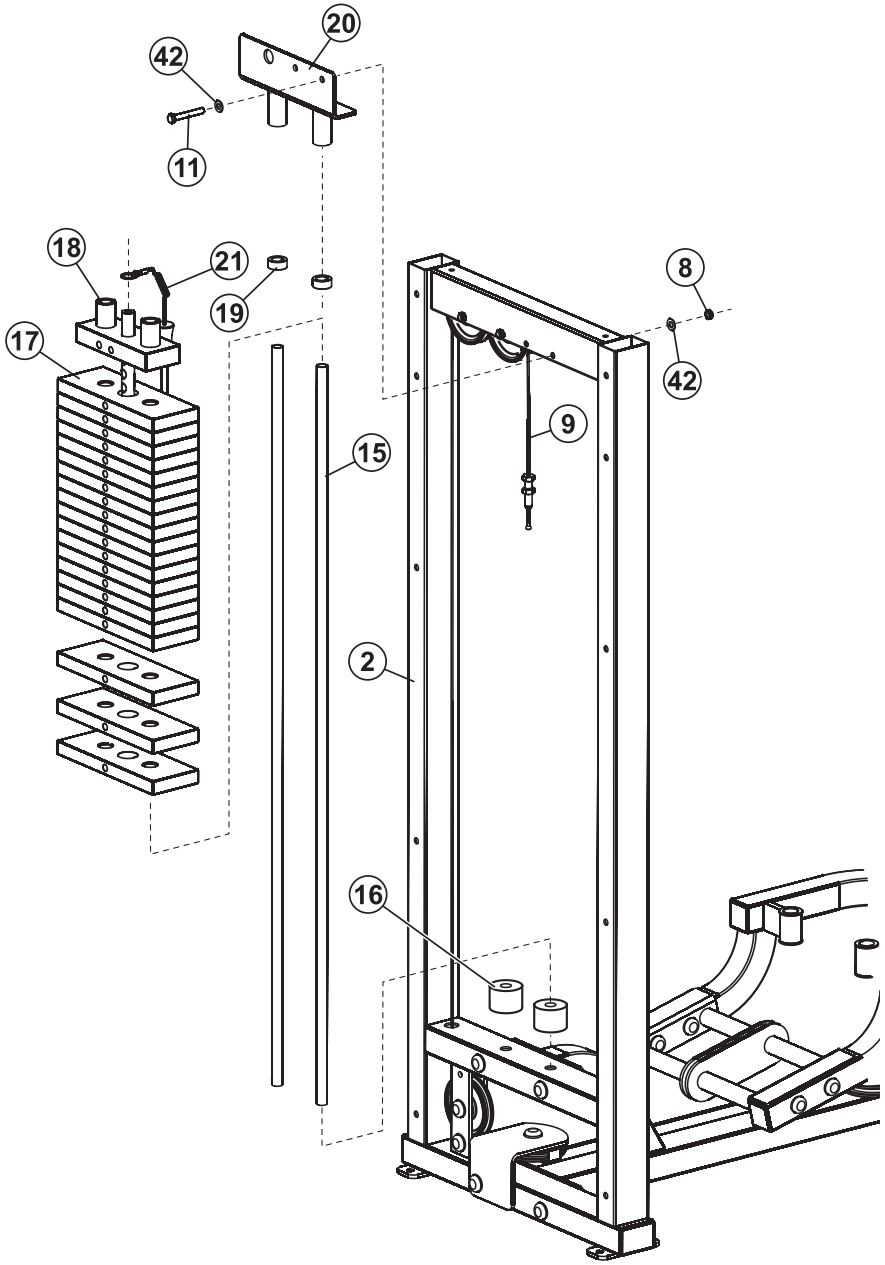
Slide the GUIDE ROD SUPPORT over the GUIDE RODS (15) on the TOWER (2) and SECURELY assemble the GUIDE ROD SUPPORT using two 3/8 X 67mm BOLTS (11), four 3/8" FLAT WASHERS (42) and two 3/8" LOW HEIGHT LOCK NUTS (8) as shown.

5. FINAL CABLE ROUTING:

Slide one WEIGHT STACK PIN (21) over the STEM on the HEAD PLATE (18) as shown.

Screw the threaded end of the CABLE (9) into the STEM of the HEAD PLATE far enough that the HEAD PLATE just begins to lift off of the first WEIGHT PLATE. Then tighten jam nut SECURELY.

Apply WEIGHT STACK LABELS to WEIGHT PLATES (17) and HEAD PLATE. Begin with number one at the HEAD PLATE with larger numbers in consecutive order towards bottom of weight stack.



LifeFitness

Hip Abduction / Adduction

1. Assembly Instructions

6. SECURELY assemble the SEAT PAD (22) to the BASE (1) using two RH CAPS (3), two 3/8 X 32mm BOLTS (23), two 3/8" SAE WASHERS (6) and two 3/8" RH WASHERS (7) as shown.

7. From the side, SECURELY assemble the BACK PAD SUPPORT (24) to the BASE (1) using two RH CAPS (3), one 3/8 X 95mm BOLTS (25), two 3/8" SAE WASHERS (6), two 3/8" RH WASHERS (7) and one 3/8" LOW HT LOCK NUT (8).

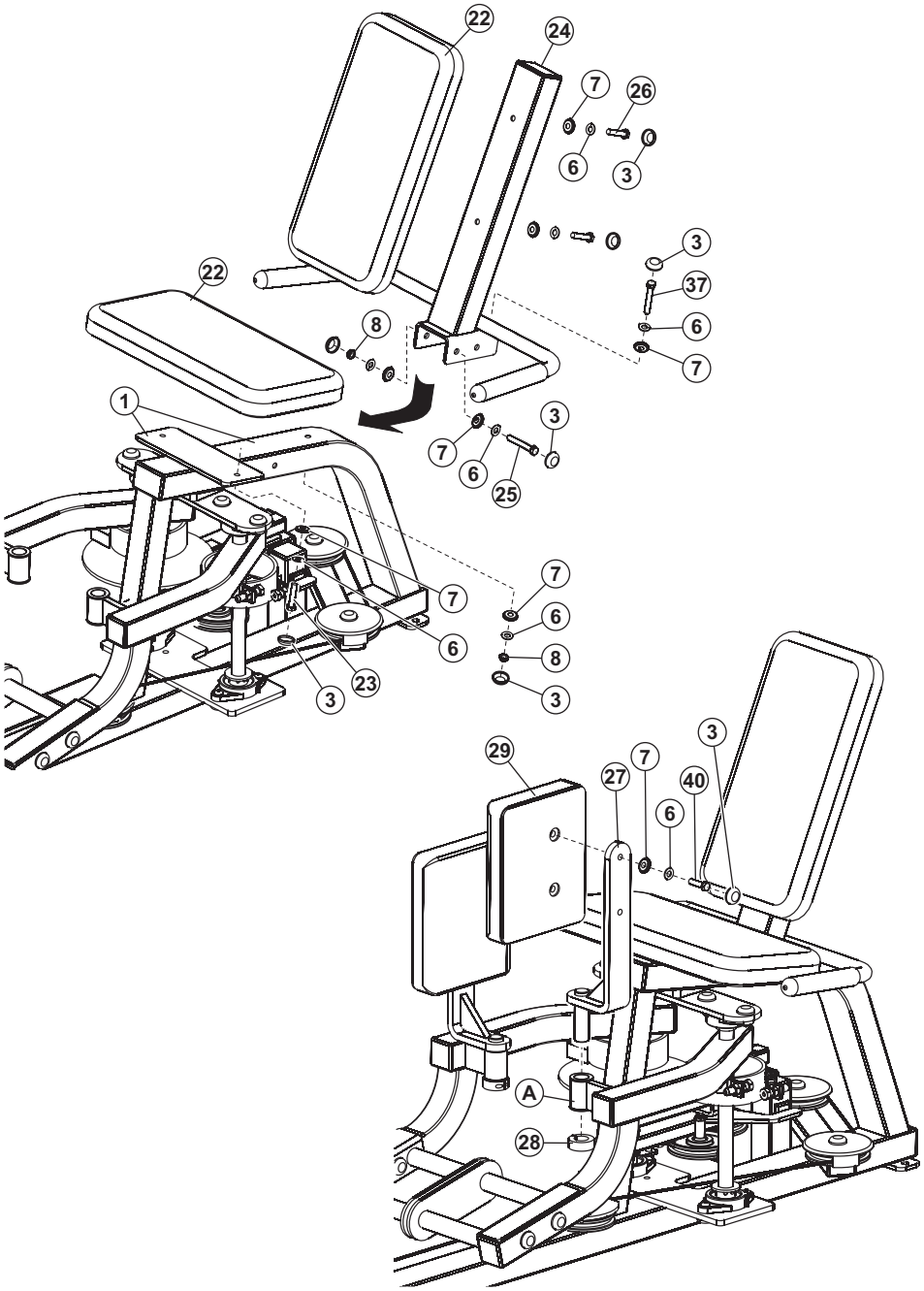
At the rear of the BACK PAD SUPPORT, install using two RH CAPS (3), one 3/8 X 65mm BOLTS (37), two 3/8" SAE WASHERS (6), two 3/8" RH WASHERS (7) and one 3/8" LOW HT LOCK NUT (8).

8. SECURELY assemble the BACK PAD (22) to the BACK PAD SUPPORT using two RH CAPS (3), two 3/8 X 76mm BOLTS (26), two 3/8" SAE WASHERS (6) and two 3/8" RH WASHERS (7).

9. Insert two KNEE PAD SUPPORTS (27) through the FLANGE BEARINGS (A) on the LEFT and RIGHT PIVOT ARMS on the BASE (1) as shown.

Slide two 1” ID SINGLE SPLIT SHAFT COLLARS (28) over the SHAFTS of the KNEE PAD SUPPORTS and SECURELY tighten set screws.

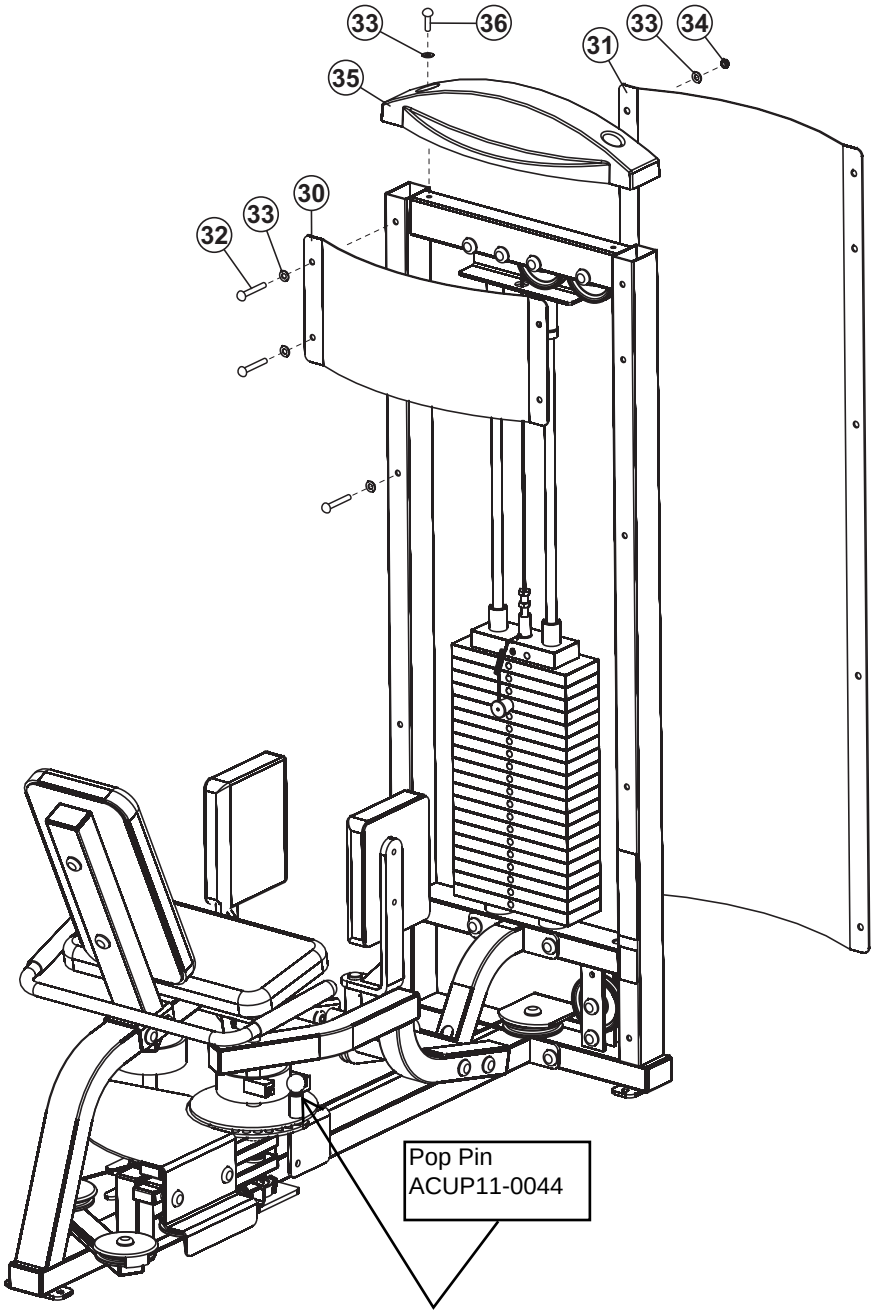
10. SECURELY assemble one KNEE PAD (29) to the LEFT and RIGHT PIVOT ARMS on the BASE (1) using four RH CAPS (3), four 3/8 X 36mm BOLTS (40), four 3/8" SAE WASHERS (6) and four 3/8" RH WASHERS (7) as shown.



11. SHROUD ASSEMBLY:

SECURELY assemble the FRONT SHROUD (30) and the REAR SHROUD (31) to the TOWER (2) using ten 3/8 X 90mm BUTTON HEAD BOLTS (32), twenty 3/8" FLAT BLK WASHERS (33) and ten 3/8" ACORN NUTS (34) as shown.

SECURELY assemble the TOWER CAP (35) to the TOWER (2) using two 3/8 X 25mm BUTTON HEAD BOLTS (36) and two 3/8" FLAT BLK WASHERS (33) as shown.



It is the sole responsibility of the purchaser of LIFE FITNESS products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of LIFE FITNESS exercise equipment be informed of the following information prior to its use.

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that all LIFE FITNESS equipment is used properly to avoid injury.
2. Keep hands and feet clear at all times from moving parts to avoid injury.

CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by LIFE FITNESS.
2. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.
3. SECURING EQUIPMENT: All equipment MUST be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.
4. 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.

SPECIFIC OPERATING WARNINGS

1. Do not allow users to wear loose fitting clothing while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
2. 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.
3. Keep children away from strength equipment. Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
4. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by LIFE FITNESS.
5. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM LIFE FITNESS PERSONNEL.
6. 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 and consult your physician.

WARRANTY

WHAT IS COVERED

This Life Fitness commercial exercise equipment (Hip Abduction / Adduction) 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 charges during the second and third years (if applicable).

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 (.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.

HOW TO GET PARTS & SERVICE

Simply call Customer Support Services at (800) 351-3737 or (847) 451-0036, Monday through Friday from 8:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address and the 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, and
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

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.

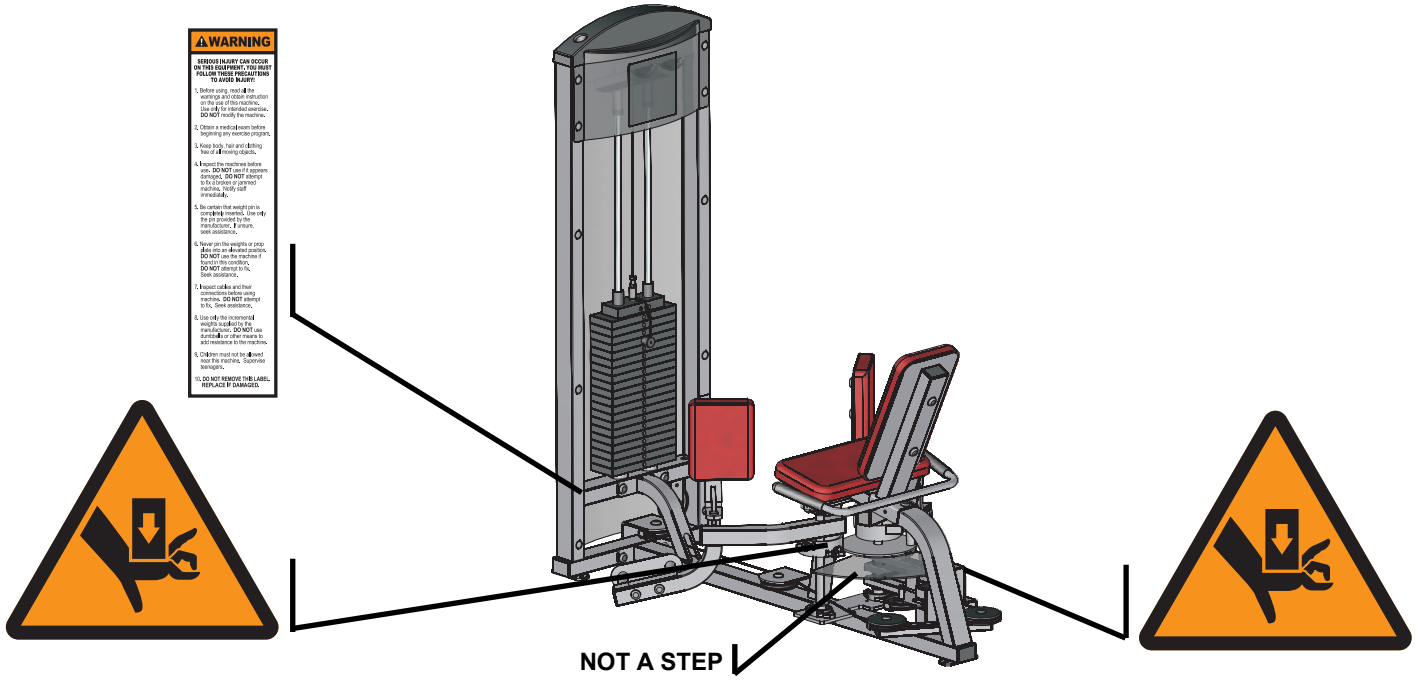
EFFECT OF STATE LAWS

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 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!



Hip Abduction / Adduction

3. Specifications

General Specifications

General Specifications

1. **Frame Construction**
   Frame is constructed of mechanical quality steel purchased in mill run quantities
   Frame is primarily 2" x 3" tubing with 11 gauge wall thickness.
2. **Frame Finish**
   Prior to applying finish, each part is chemically washed to prepare surface for maximum adhesion
3. **Bolts**
   All hardware is metric and has a corrosion resistant finish.
4. **Instructional Placard**
   Visual placard provides illustration for proper use.
5. **Equipment Anchoring**
   All machines have holes in the feet, which allow for easy anchoring to the floor. Life Fitness recommends that all machines be anchored to the floor to minimize the possibility that they will be tipped.
6. **Warranty**
   A 10-year minimum warranty on structural frames (excluding finish surfaces), 1 year on guide rods, pulleys and weight plates, and 90 days on grips, upholstery, cables and any items not specified.
7. **Liability Insurance**
   Certificate of insurance available upon request

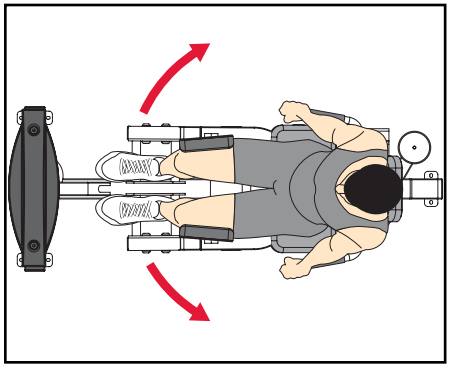
Product Specifications

HIP ABDUCTION/ADDUCTION	Product # - **FSHAA**	
Size:	in = 64.5L x 24.5W x 70.5H	cm = 164L x 62W x 179H
Live Area:	in = 64.5L x 65W x 70.5H	cm = 164L x 165W x 179H

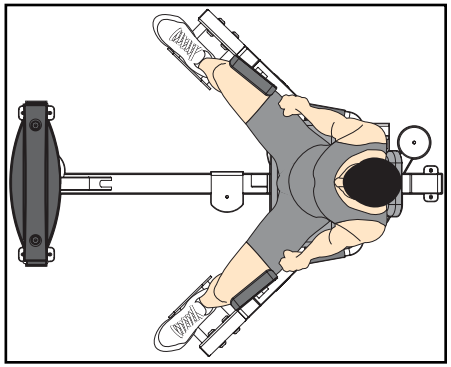
Hip Abduction / Adduction

4. Exercise

Hip Abduction

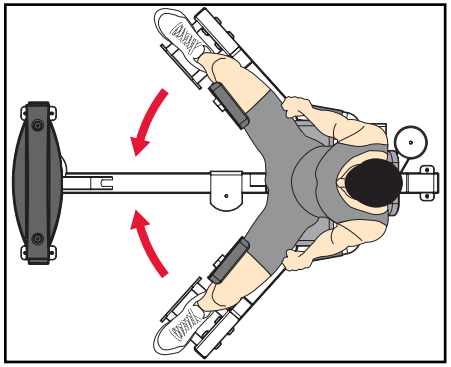


Start

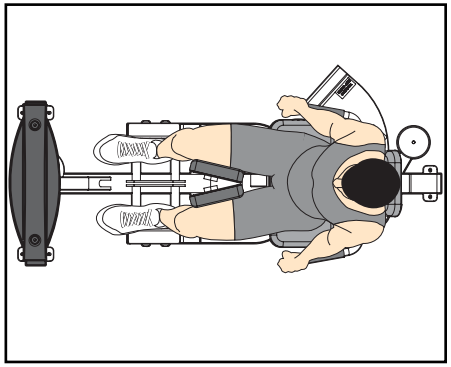


Finish

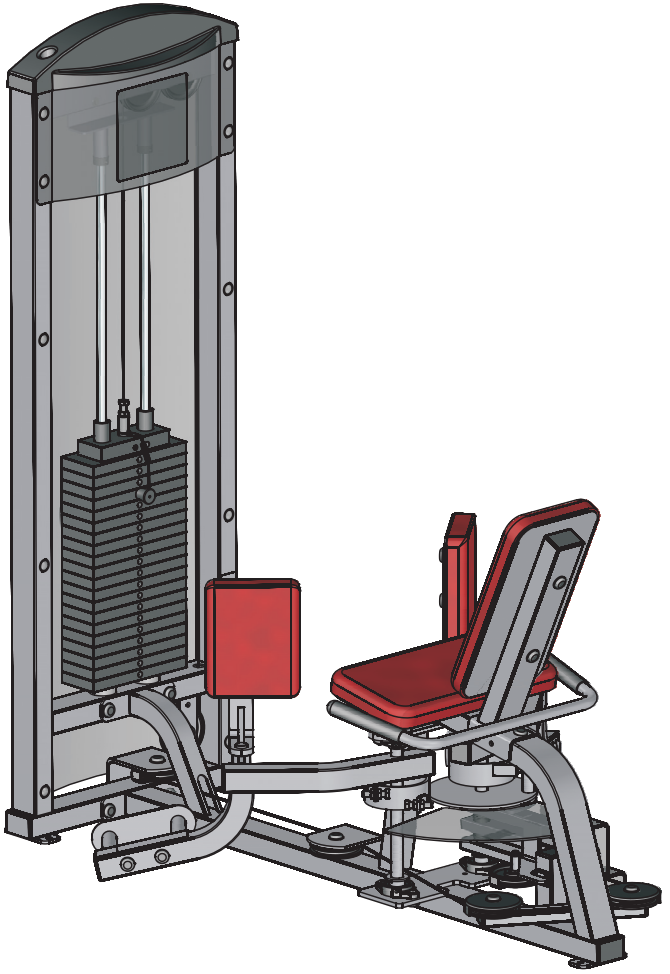
Hip Adduction



Start



Finish



5. Maintenance

CLEAN

- Upholstery with a mild soap and water.
- Hand grips with mild soap and water.

INSPECT

- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage. All paint chips should be filled immediately with touch-up paint.
- Handgrips should be checked for wear or damage.

ONCE A DAY

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

ONCE A WEEK

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

ACTION	DAILY	MONTHLY	BI-ANNUALLY	AS NEEDED
CLEAN				
Upholstery	X			
Hand Grips				X
INSPECT				
Hardware		X		
Frame			X	
Hand Grips				X

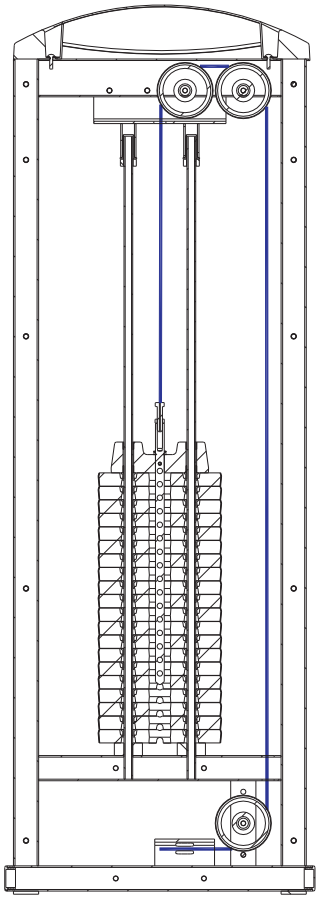
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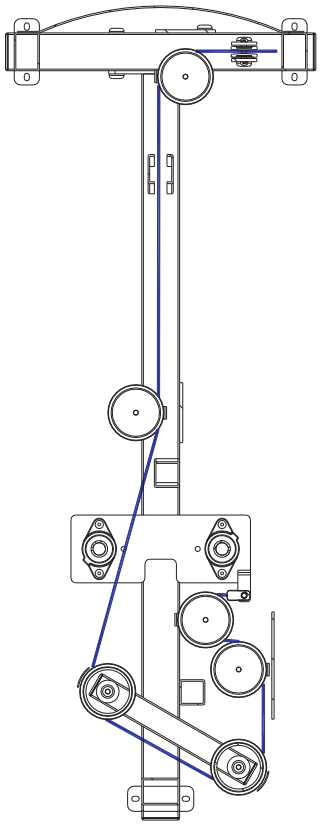
FSHAA CABLE ROUTING

WEIGHT STACK CABLE - ACU13-0104 (printed P13-0104) Qty. 1

User View



Top View



FSHAA CABLE ROUTING

FIGURE 8 CABLE - ACUP13-0103 (printed P13-0103) Qty. 2

