SIGNATURE SERIES

Owner's Manual

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LifeFitness
WHAT WE LIVE FOR

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

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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.

Frame	Pillow Blocks	Pulleys	Weight Plates	Guide Rods	Cables	Belts / Springs	Grips	Upholstery	Bearings	Hardware / Mechanical
10 Years	5 Years	5 Years	5 Years	5 Years	1 Year	90 Days	1 Year	90 Days	1 Year	90 Days

WARNING LABELS

⚠WARNING

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

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

Found on the weight tower



Found at contact and moving points

3. CONTACT INFORMATION

For Product Service within the United States and Canada:

Toll-free: 800-735-3867

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 one of this manual.

4. GENERAL SPECIFICATIONS

1. **Frame Construction**
   - Frame is constructed of mechanical quality steel purchased in mill run quantities.
   - Frame is primarily 2 ½" x 4 ½" oval-shaped tubing with 11 gauge wall thickness. Movement arms are primarily 1 ⅝" x 2 ¾" oval-shaped tubing with 11 gauge wall thickness.
   - Frames are fully welded (not bolt together) for maximum structural integrity and minimum maintenance when possible. However, larger machines have bolt-together configuration to facilitate movement through smaller doorways and difficult installations.
2. **Frame Finish**
   - Prior to applying finish, each part is chemically washed to prepare surface for maximum adhesion.
   - The frames are coated with an electrostatic epoxy powder coat finish applied in a powder form and then baked at 400° F. The frames are then clear coated for added protection, which results in a smooth, consistent finish which is very hard, assuring scratch and chip resistance.
3. **Weight Selection**
   - Weights are selected by using a 7/16" selector pin, which completely penetrates the weight plate and is held in place during use by a magnetic ring to keep the pin from disengaging chance of disengaging during use.
   - The selector pin is connected to the top weight to eliminate loss or substitution of substandard pins.
4. **Incremental Weight System**
   - System utilizes a secondary weight stack and is adjustable with a pull and turn of the dial integrated on the top plate of the primary weight stack.
   - Standard weight system allows user to increase resistance in 5 lb increments (5 lb, 10 lb, 15 lb).
   - Optional light weight system allows user to increase resistance in 2.5 lb increments (2.5 lb, 5 lb, 7.5 lb).

     NOTE: Standard weight stack consists of all 20 lb plates. Optional light weight stack is a graduated stack with 10 lb plates at the top and 20 lb plates at the bottom. On most machines weight selection over 90 lbs will not allow for consistent 2.5 lb increments because of the transition to 20 lb plates. This was done to allow for small increments at lower weights, but still have enough weight for advanced users.
5. **Weight Plates**
   - Machined from solid, 1" thick steel. Finish is wrinkle gray powder coat. Thickness of plate is held to precise tolerances by machining the entire upper and lower surfaces. This results in a better pin fit to the stem.
6. **Weight Plate Bushings**
   - Each plate (not just the top weight) will contain low friction bushings, which surround the guide rods to minimize friction and noise.
7. **Top Weight Bushings**
   - The top weight is stabilized with an engineered composite structure with self-lubricating bushings.
8. **Weight Stack Guide Rods**
   - Guide rods are ¾" cold drawn steel, turned ground and polished with hard chrome finish.

9. **Weight Stack Suspension**
   - Durable rubber bumpers are placed under each stack to reduce shock and vibration stresses to the frame and facility floor.
10. **Weight Selection Shaft**
   - The shaft is constructed of chrome plated cold finished steel and precision drilled for accurate pin selection.
11. **Weight Transport**
   - 7x19 construction, 3/16" galvanized steel, internally lubricated, nylon-coated aircraft cable with breaking strength rated at over 4,000 pounds.
12. **Cable Adjustment**
   - All cables can be adjusted at the top weight utilizing a metric 24mm open-end wrench.
13. **Weight Stack Guards**
   - All weight stacks are fully guarded on the front and backside to prevent bystanders from inadvertent contact with the weight stack during use.
14. **Pulleys**
   - All pulleys are at least 4-1/4" working diameter using fiberglass-impregnated nylon with precision fit cable groove and double sealed bearings.
15. **Pulley Covers**
   - As a safety precaution, all pulleys are covered to minimize the danger of a moving pulley catching a person's finger or clothes.
16. **Cams**
   - All cams are CNC machined from solid polymer and individually designed for each unit to match the appropriate muscle strength capability curve.
17. **Counter Balanced Input Arms**
   - Input arms on equipment are counter balanced where appropriate to eliminate the weight of the assembly from the weight selected by the user.
18. **Integral Bearings**
   - Bearings are sealed bearings with a basic radial load rating of over 2,000 pounds. Bearings are mounted within precision-machined housings for optimal alignment, which results in smooth and friction free movement.
19. **Support Rails**
   - SLP chrome plated steel rails.
20. **Bolts**
   - All hardware is stainless steel, zinc plated, or nickel plated.
21. **Upholstery**
   - Contoured pads on selective units.
   - All edges are stitched to eliminate any folds in the material that would limit durability.
22. **Foam**
   - Three and four pound EVA foam (deformation resistant) or equivalent is used on all machines. The foam is injection molded directly to the multi-ply wood support board with integral 10mm T-nuts.

23. **Hand Grips**
    - Hand grips are an extruded 60-durometer-thermorubber compound that is non-absorbing, wear and tear resistant and exhibits good dry and wet frictional characteristics.
    - The grips are retained with aluminum collars, which eliminates the tendency of the grip to slide off the handle.
24. **Seat Adjustments**
    - Numeric seat and pad adjustments correctly align body to machine for proper posture, muscle isolation and body stabilization.
    - Gas assisted springs (where applicable) to improve ease of use on adjustments.
    - Internal seat carriage adjustment rollers are made of molded polymer mounted on machined steel axles for smooth, durable operation.
25. **Foot Platforms**
    - All foot platforms are molded rubber with a slip resistant texture.
26. **Instructional Placard**
    - Visual placards provide step-by-step instructions as well as pictures to illustrate proper use and muscles trained.
27. **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.
28. **Warranty**
    - A 10-year minimum warranty on frames, 5 years on integral bearings, guide rods, pulleys and weight plates, 1 year on cables and grips and 90 days on upholstery and any items not specified.
29. **Liability Insurance**
    - Certificate of insurance available upon request.

5. Exercise & Product Specifications

Signature Series Chest Press (FZCP)

Muscles Exercised - Pectoralis Major, Anterior Deltoid & Triceps



Setup

Adjust the seat height so handles are aligned with mid-chest. Using the start adjuster knob located on the right side of the pressing arm, adjust to the desired range of motion. Check the weight stack to ensure appropriate resistance. Grip the handles and position elbows slightly below shoulders. Body is positioned with chest-up, shoulders and head back against back pad.

Performing the Exercise

With a controlled motion, extend the handles out till arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: *While performing the exercise, think about drawing the elbows toward each other as opposed to pressing on the exercise arm. This will increase the mental concentration on the Pectoralis Major.*



Start **Finish**

Product Code - FZCP



Machine Weight:	600 lbs	273 kgs
Standard Weight Stack:	290 lbs with 5 lb increments	145 kgs with 2.5 kg increments
Optional Light Weight Stack:	210 lbs with 2.5 lb increments	105 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

- Adjustable start lever on press arm allows user to control range of motion from a seated position.
- Converging press arms produce a natural forward pressing movement for a superior feel.
- Overhead pivot creates natural arc of movement.

PRODUCT DIMENSIONS WITH WORKING AREA (FZCP)

Size:	in. = 57L x 52W x 71H	cm. = 145L x 132W x 180H
Live Area:	in. = 96L x 52W x 71H	cm. = 244L x 132W x 180H

Signature Series Shoulder Press (FZSP)

Muscles Exercised - Deltoids & Triceps



Setup
Adjust the seat height so handles are aligned with or above shoulder height. Check the weight stack to ensure appropriate resistance. Grip either set of handles. Body is positioned with chest-up, shoulders and head back against back pad.

NOTE: *The neutral handles are ideal for persons with limited shoulder flexibility or orthopedic limitations.*

Performing the Exercise
With a controlled motion, extend the handles up till arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

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



Start



Finish

Product Code - FZSP



Machine Weight:	500 lbs	227 kgs
Standard Weight Stack:	190 lbs with 5 lb increments	95 kgs with 2.5 kg increments
Optional Light Weight Stack:	130 lbs with 2.5 lb increments	65 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

• Adjustable start lever on press arm allows user to control range of motion from a seated position.
• Counterbalanced exercise arms reduce starting resistance level.
• Ergonomically designed neutral and pronated hand grips for greater exercise variety.

PRODUCT DIMENSIONS WITH WORKING AREA (FZSP)

Size:	in. = 60L x 52W x 64H	cm. = 152L x 132W x 162H
Live Area:	in. = 102L x 52W x 64H	cm. = 259L x 132W x 162H

Signature Series Row / Rear Deltoid (FZRW)

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



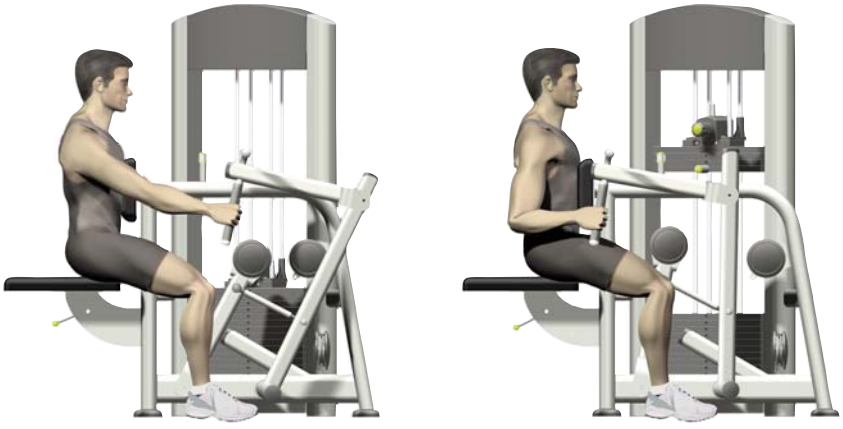
Setup
Adjust the seat height to align the mid-chest with the top of the chest pad. Keeping feet firmly on the floor, adjust the chest pad position to allow full arm extension. Check the weight stack to ensure appropriate resistance. Grip the desired handles and position body with head and chest-up.

NOTE: *The upper handles focus primarily on the Posterior Deltoid and upper back muscles. The lower handles focus primarily on the Latissimus Dorsi and middle back muscles.*

Performing the Exercise
Stabilize the body in position, pressing feet firmly on floor, preventing excessive pressure on the chest pad. With a controlled motion, draw back the arms as far as can be controlled. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: *While performing the exercise with any of the handles, think about drawing the elbows back, beyond the body, as this increases the mental concentration on the muscles being trained.*

TIP: *When performing rear deltoid exercise, tip elbows up so they are parallel with floor.*



Start **Finish**

Product Code FZRW



Machine Weight:	580 lbs	264 kgs
Standard Weight Stack:	290 lbs with 5 lb increments	145 kgs with 2.5 kg increments
Optional Light Weight Stack:	210 lbs with 2.5 lb increments	105 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

- Multiple grips for greater exercise variety on lats and rear deltoids.
- Diverging movement pattern follows the natural path of movement for a superior feel.
- Pivoting support arms track handles in correct position throughout path of movement.
- Adjustment chest pad to accommodate users of all sizes.

PRODUCT DIMENSIONS WITH WORKING AREA (FZRW)

Size:	in. = 58L x 43W x 64H	cm. = 146L x 109W x 163H
Live Area:	in. = 82L x 52W x 64H	cm. = 208L x 132W x 163H

Signature Series Seated Leg Press (FZSLP)

Muscles Exercised - Quadriceps, Hamstrings & Gluteus



Setup
Adjust the start position, using the release lever located on the seat's left side, to the desired range of motion. Position feet on the footplate hip width apart, with the feet turned out slightly. Check the weight stack to ensure appropriate resistance. Grip the handles on the sides of the seat and position body with chest-up, shoulders and head back against back pad.

NOTE: *When positioning the feet on the footplate, ensure that the feet are placed so that the knees do not move beyond the toes, as this places excessive stress on the knee joints.*

Performing the Exercise
With a controlled motion, extend the legs until the knees are slightly bent. DO NOT LOCK THE KNEES. Return to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: *While performing the exercise, think about extending the knees downward, as this mental concentration increases the focus on the leg muscles.*

NOTE: *DO NOT sacrifice proper exercise form in order to utilize more resistance during the exercise, as this can result in Serious Injury.*



Start **Finish**

Product Code FZSLP



Machine Weight:	810 lbs	368 kgs
Standard Weight Stack:	390 lbs with 5 lb increments	195 kgs with 2.5 kg increments
Optional Light Weight Stack:	310 lbs with 2.5 lb increments	155 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

- Upright exercise position is especially applicable to novice or deconditioned users.
- Force is transmitted through hips, eliminating spinal compression.
- Grid on footplate helps ensure balanced foot position and encourages repeatability.
- Adjustable seat carriage to accommodate user size and desired range of motion.

PRODUCT DIMENSIONS WITH WORKING AREA (FZSLP)

Size:	in. = 79L x 43W x 70H	cm. = 201L x 109W x 178H
Live Area:	in. = 79L x 67W x 70H	cm. = 201L x 170W x 178H

Signature Series Leg Extension (FZLE)

Muscles Exercised - Quadriceps



Setup
Adjust the back pad to align with the knee joint with the machine pivot (axis of rotation). Adjust the lower leg pad to a comfortable position above the ankle. Using the adjustment knob located near the machine cam, adjust the start position to the desired range of motion. Check the weight stack to ensure appropriate resistance. Grip the handles located on the sides of the seat. Body is positioned with chest-up, shoulders back and against back pad.

Performing the Exercise
Rotate the thighs so the knees are pointing upwards and with a controlled motion, extend the legs to near full extension. Return the legs to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: *Position the thighs with the knees pointing upwards and maintain this while performing the exercise. This position is safer for the knee joint and more effective for the Quadriceps muscles.*



Start



Finish

Product Code - FZLE



Machine Weight:	640 lbs	291 kgs
Standard Weight Stack:	290 lbs with 5 lb increments	145 kgs with 2.5 kg increments
Optional Light Weight Stack:	210 lbs with 2.5 lb increments	105 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

- 100 degree angle between seat and back pad increases comfort and encourages full quadriceps contraction without hamstring flexibility limitations.
- Back pad, tibia pad and range of motion adjustments are all easily adjustable from a convenient seated position.
- Handles positioned at side to provide stability.
- Angled knee support rotates knees for better alignment with axis of rotation.

PRODUCT DIMENSIONS WITH WORKING AREA (FZLE)

Size:	in. = 57L x 42W x 64H	cm. = 145L x 107W x 163H
Live Area:	in. = 99L x 66W x 64H	cm. = 251L x 168W x 163H

Signature Series Seated Leg Curl (FZSLC)

Muscles Exercised - Hamstring



Setup

Sit down on seat and adjust the back pad by pulling the knob under the left side of the seat. The seat should be adjusted so that the knee lines up with the axis of rotation (pivot point). Adjust the ankle pad so it's positioned just under the ankles. Check appropriate resistance on weight stack. Lower the thigh pad until it's comfortable. Keep back straight and head up.

Performing the Exercise

Hold the thigh pad handles. Curl the pad down and back slowly. Hold the pad at the back position for a moment. Slowly let the pad out. Raise the thigh pad to exit the machine.



Start



Finish

Product Code - FZSLC



Machine Weight:	665 lbs	302 kgs
Standard Weight Stack:	270 lbs with 5 lb increments	135 kgs with 2.5 kg increments
Optional Light Weight Stack:	190 lbs with 2.5 lb increments	95 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

- Back pad, tibia pad and range of motion adjustments are all easily adjustable from a convenient seated position.
- Handles positioned at side to provide stability.
- Adjustable thigh pad provides greater stabilization during exercise.

PRODUCT DIMENSIONS WITH WORKING AREA (FZSLC)

Size:	in. = 62L x 42W x 64H	cm. = 157L x 107W x 162H
Live Area:	in. = 104L x 66W x 64H	cm. = 264L x 168W x 162H

Signature Series Abdominal (FZAB)

Muscles Exercised - Abdominal



Setup

Adjust the seat height so that lower back pad is resting on your lower back. Check the weight stack to ensure appropriate resistance. Grip handles.

Performing the Exercise

With a controlled motion upper torso crunch, emphasize the use of your abdominal muscles. Avoid using your arms to power through the motion, they 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.

TIP: *Grasping only one handle while performing the exercise is a way to prevent from using your arms excessively.*



Start



Finish

Product Code FZAB



Machine Weight:	530 lbs	241 kgs
Standard Weight Stack:	190 lbs with 5 lb increments	95 kgs with 2.5 kg increments
Optional Light Weight Stack:	130 lbs with 2.5 lb increments	65 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

- Combination of elbow and back pads with hand grips provide greater upper body stabilization.
- Unique design allows natural "crunch" style movement for maximum abdominal contraction.

PRODUCT DIMENSIONS WITH WORKING AREA (FZAB)

Size:	in. = 52L x 47W x 64H	cm. = 132L x 119W x 162H
Live Area:	in. = 74L x 47W x 64H	cm. = 188L x 119W x 162H

Signature Series Calf Extension (FZCE)

Muscles Exercised - Gastrocnemius & Soleus



Setup
Adjust the seat back to allow a slight bend in the knees when the balls-of-the-feet are positioned on the footplate. Check the weight stack to ensure appropriate resistance. Position the hips firmly against the back pad and grip the handles located on the sides of the seat pad. Body is positioned with chest-up, shoulders back and against back pad.

Performing the Exercise
With a controlled motion, press upward on the balls-of-the-feet as far as can be controlled, while maintaining the knees slightly bent. DO NOT LOCK OR HYPEREXTEND THE KNEES. Return the footplate to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.



Start



Finish

Product Code - FZCE



Machine Weight:	700 lbs	318 kgs
Standard Weight Stack:	350 lbs with 5 lb increments	175 kgs with 2.5 kg increments
Optional Light Weight Stack:	280 lbs with 2.5 lb increments	140 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

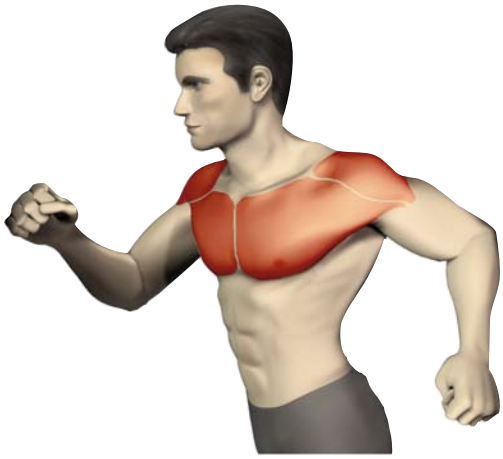
- Footplate rotates through a natural arc of motion.
- Convenient seat height aids in easy entry and exit from machine.
- Molded rubber footplate helps ensure balanced foot position and encourages repeatability.

PRODUCT DIMENSIONS WITH WORKING AREA (FZCE)

Size:	in. = 62L x 40W x 64H	cm. = 157L x 102W x 162H
Live Area:	in. = 80L x 64W x 64H	cm. = 203L x 162W x 162H

Signature Series FLY (FZPEC)

Muscles Exercised - Pectoralis Major



Setup
Adjust seat height so that elbows are slightly below shoulders when hands are placed on the handles. Adjust the start position with the range of motion adjustment. With hands placed on grips - sit with chest up and shoulders back - and slowly push hands together while keeping your shoulders placed against the back pad.

Performing the Exercise
With a controlled motion, rotate the handles to the front position and bring handles together. Repeat the motion, while maintaining proper body positioning.

TIP: *While performing the exercise, think about squeezing the hands toward each other as opposed to pulling on each exercise arm. This will increase the mental concentration on the Pectoralis Major.*



Start **Finish**

Product Code - FZPEC



Machine Weight:	645 lbs	293 kgs
Standard Weight Stack:	290 lbs with 5 lb increments	145 kgs with 2.5 kg increments
Optional Light Weight Stack:	210 lbs with 2.5 lb increments	105 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

- Range of motion adjusts in 10-degree increments.
- Handles automatically adjust to fit all users arm lengths.
- Independent arm movement for greater ease of use.

PRODUCT DIMENSIONS WITH WORKING AREA (FZPEC)

Size:	in. = 52L x 46W x 64H	cm. = 132L x 117W x 162H
Live Area:	in. = 94L x 46W x 64H	cm. = 239L x 117W x 162H

Signature Series Hip Adduction (FZHAD)

Muscles Exercised - Hip Adductors



Setup
Sit down with feet on foot pegs so knees are bent 90 degrees. Adjust start position with range of motion adjustment and slowly move the pads in - pushing with knees - and return.

Performing the Exercise
Hold the handles and slowly move the pads in, pushing with knees. Hold the inward extreme position briefly. Slowly return to the start position. When finished, pull the lever to release the weight pads to exit the machine.



Start



Finish

Product Code - FZHAD



Machine Weight:	555 lbs	252 kgs
Standard Weight Stack:	290 lbs with 5 lb increments	145 kgs with 2.5 kg increments
Optional Light Weight Stack:	210 lbs with 2.5 lb increments	105 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

- Ratchet mechanism allows users to adjust start position in 10-degree increments.
- Knee pads and dual foot positions provide leg support and reduce torque around the knees.
- Elevated weight stack for easier access from seated position.

PRODUCT DIMENSIONS WITH WORKING AREA (FZHAD)

Size:	in. = 63L x 29W x 64H	cm. = 160L x 74W x 162H
Live Area:	in. = 63L x 80W x 64H	cm. = 160L x 203W x 162H

Signature Series Hip Abduction (FZHAB)

Muscles Exercised - Hip Abductors



Setup
Sit down with feet on foot pegs so knees are bent 90 degrees. Adjust start position with range of motion adjustment and slowly move the pads out - pushing with knees - and return.

Performing the Exercise
Hold the handles and slowly move the pads out, pushing with knees. Hold the outward extreme position briefly. Slowly return to the start position. When finished, pull the lever to release the weight pads to exit the machine.



Start



Finish

Product Code FZHAB



Machine Weight:	555 lbs	252 kgs
Standard Weight Stack:	290 lbs with 5 lb increments	145 kgs with 2.5 kg increments
Optional Light Weight Stack:	210 lbs with 2.5 lb increments	105 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

- Adjustable start position facilitates easy entry and exit.
- Knee pads and dual foot positions provide leg support and reduce torque around the knees.
- Elevated weight stack for easier access from seated position.

PRODUCT DIMENSIONS WITH WORKING AREA (FZHAB)

Size:	in. = 63L x 29W x 64H	cm. = 160L x 74W x 162H
Live Area:	in. = 63L x 80W x 64H	cm. = 160L x 203W x 162H

Signature Series Lateral Raise (FZLR)

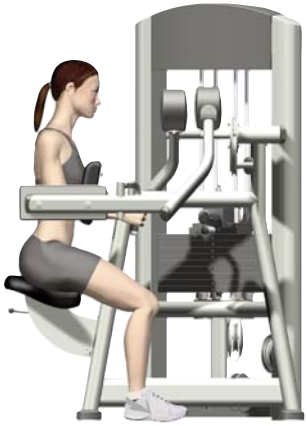
Muscles Exercised - Deltoid



Setup
Adjust seat height to align shoulders with machine pivots. Sit facing the machine and position forearms on pads. Lightly grip handles and raise elbows until even with shoulders. Return slowly to starting position.

Performing the Exercise
When elbows reach shoulder height, hold the position briefly and then lower the pads slowly to starting position.

Tip: *If seat is adjusted properly, pads should not slide on arms during exercise.*



Start



Finish

Product Code - FZLR



Machine Weight:	525 lbs	239 kgs
Standard Weight Stack:	190 lbs with 5 lb increments	95 kgs with 2.5 kg increments
Optional Light Weight Stack:	130 lbs with 2.5 lb increments	65 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

- Pad positions are optimized for middle deltoid muscle stimulation.
- Pivoting handles accommodate users of all sizes.
- Counterbalanced arms for lower starting resistance.

PRODUCT DIMENSIONS WITH WORKING AREA (FZLR)

Size:	in. = 43L x 48W x 64H	cm. = 122L x 109W x 162H
Live Area:	in. = 67L x 60W x 64H	cm. = 170L x 152W x 162H

Signature Series Back Extension (FZBE)

Muscles Exercised - Erector Spinae & Gluteus



Setup
From a seated position - with hips pushed against lumbar pad - place feet on foot support. Adjust the foot support so knees are slightly bent. Adjust start position on back pad for desired range of motion.

Performing the Exercise
With chest up and shoulders back - grip handles and extend back - until low back contacts lumbar pad. Hold the position briefly and return weight with controlled movement to starting position.



Start



Finish

Product Code - FZBE



Machine Weight:	595 lbs	270 kgs
Standard Weight Stack:	290 lbs with 5 lb increments	145 kgs with 2.5 kg increments
Optional Light Weight Stack:	210 lbs with 2.5 lb increments	105 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

- Adjustable footplate accommodates users of all sizes and is adjustable from a seated position.
- Lumbar pad helps users easily find correct position relative to the axis of rotation.
- Position adjustable start mechanism for individual range of motion.

PRODUCT DIMENSIONS WITH WORKING AREA (FZBE)

Size:	in. = 53L x 44W x 64H	cm. = 135L x 112W x 162H
Live Area:	in. = 71L x 68W x 64H	cm. = 180L x 173W x 162H

Signature Series Glute (FZGL)

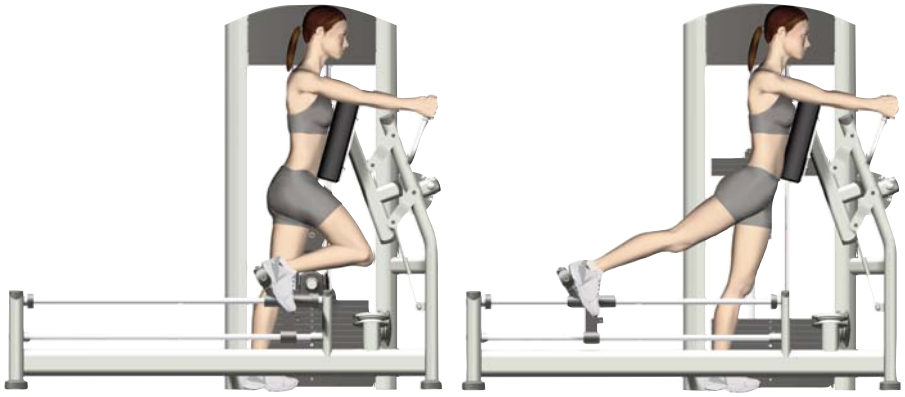
Muscles Exercised - Gluteus & Quadriceps



Setup
Adjust torso pad to fit between chest and abdominals.
Place one foot on footplate while knees are slightly flexed.

Performing the Exercise
Extend hip and knee. Slowly return footplate to starting position. Rotate footplate and repeat with opposite leg.

Tip: *Keep torso upright on torso pad for greater gluteal contraction.*



Start **Finish**

Product Code - FZGL



Machine Weight:	790 lbs	223 kgs
Standard Weight Stack:	190 lbs with 5 lb increments	95 kgs with 2.5 kg increments
Optional Light Weight Stack:	130 lbs with 2.5 lb increments	65 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

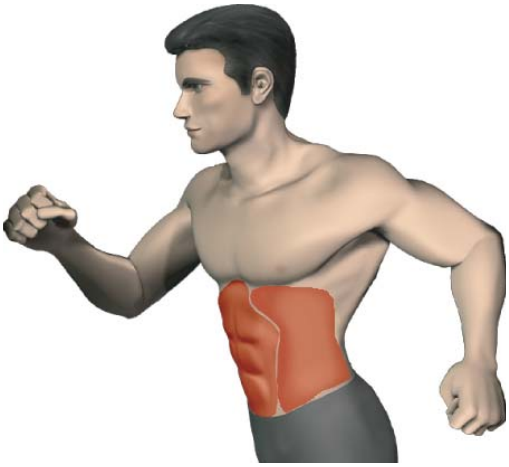
- Upright body position is comfortable and non-intimidating.
- Adjustable torso pad to accommodate users of all sizes.
- Linear design maximizes full range of motion for greater muscle stimulation.

PRODUCT DIMENSIONS WITH WORKING AREA (FZGL)

Size:	in. = 72L x 36W x 64H	cm. = 183L x 91W x 162H
Live Area:	in. = 72L x 60W x 64H	cm. = 183L x 152W x 162H

Signature Series Torso Rotation (FZTR)

Muscles Exercised - Obliques & Abdominals



Setup
Adjust seat position for desired range of motion. Place knees on the front edge of seat pad while facing chest pads. Adjust chest support pads so that the center of the pads align with the top of the chest.

Performing the Exercise
Grasp handles and slowly rotate torso.

Tip: *Be sure knees are placed against support pads for greater stabilization. Return to starting | position. Rotate seat position to train opposite side of torso.*



Start



Finish

Product Code - FZTR



Machine Weight:	520 lbs	230 kgs
Standard Weight Stack:	190 lbs with 5 lb increments	95 kgs with 2.5 kg increments
Optional Light Weight Stack:	130 lbs with 2.5 lb increments	65 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

- Adjustable chest pad accommodates users of all sizes.
- Handles and knee supports provide greater user stabilization.
- Four adjustable start positions.

PRODUCT DIMENSIONS WITH WORKING AREA (FZTR)

Size:	in. = 48L x 36W x 64H	cm. = 122L x 91W x 162H
Live Area:	in. = 90L x 48W x 64H	cm. = 229L x 122W x 162H

Signature Series Pulldown (FZPD)

Muscles Exercised - Latissimus Dorsi & Biceps



Setup
Check the weight stack to ensure appropriate resistance. Stand and grip bar in desired position, then pull down and sit with thighs under pads. Upper body is positioned leaning slightly forward from the hips, pulling directly over shoulders.

TIP: *Attempt to stabilize the body without the use of the thigh pads until necessary.*

TIP: *The ideal grip position on the handle positions the hands as far out as possible, but still allows 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, then 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 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.*



Start



Finish

Product Code - FZPD



Machine Weight:	570 lbs	259 kgs
Standard Weight Stack:	290 lbs with 5 lb increments	145 kgs with 2.5 kg increments
Optional Light Weight Stack:	210 lbs with 2.5 lb increments	105 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

• Diverging movement creates a natural downward pulling exercise pattern for a superior feel.
• Angled thigh pad for greater stabilization.

PRODUCT DIMENSIONS WITH WORKING AREA (FZPD)

Size:	in. = 54L x 52W x 78H	cm. = 137L x 132W x 198H
Live Area:	in. = 96L x 64W x 78H	cm. = 144L x 163W x 198H

Signature Series Bicep Curl (FZBC)

Muscles Exercised - Biceps



Setup
Adjust the seat height so elbows are slightly off arm pads and aligned with axis of rotation. Check the weight stack to ensure appropriate resistance. Sit with chest-up and shoulders back and grip the handles keeping the elbows slightly bent.

Performing the Exercise
Grip the handles with palms up. Arms should be straight. Curl the handles up toward your upper arm, while keeping your elbows on the pad and aligned with the pivot point. Hold the handle briefly at the top of the exercise and slowly return the bar to the start position.



Start



Finish

Product Code - FZBC



Machine Weight:	545 lbs	248 kgs
Standard Weight Stack:	190 lbs with 5 lb increments	95 kgs with 2.5 kg increments
Optional Light Weight Stack:	130 lbs with 2.5 lb increments	65 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

- Upper arm pads are configured to align elbow off pad in order to reduce joint compression and encourage greater stabilization.
- Easy access allows all users to comfortably perform the exercise.
- Handle pivots automatically to fit all forearm lengths.
- Independent arms allow for greater exercise variety.

PRODUCT DIMENSIONS WITH WORKING AREA (FZBC)

Size:	in. = 36L x 60W x 64H	cm. = 92L x 152W x 163H
Live Area:	in. = 78L x 69W x 64H	cm. = 198L x 175W x 163H

Signature Series Triceps Press (FZTP)

Muscles Exercised - Triceps

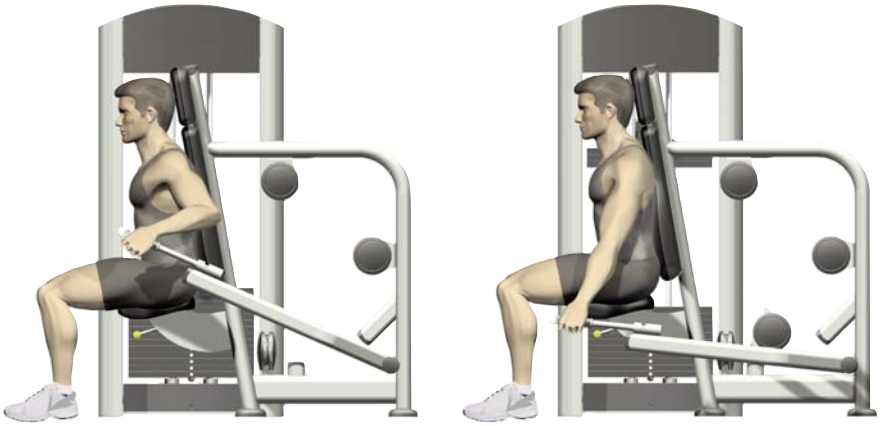


Setup
Adjust seat up or down so that elbows are bent at 90-degree angles when gripping the handles. Select desired weight. Rotate handles inward or outward as desired. Rest feet on floor. Keep back slightly arched and head up.

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

Performing the Exercise
With back on the pad and elbows close to your sides, slowly press the handles down. Do not lock elbows at the bottom of the pressing motion. Slowly return handles to start position.

TIP: *For added variety, use large ends of handles to isolate triceps and pectorals.*



Start **Finish**

Product Code - FZTP



Machine Weight:	640 lbs	291 kgs
Standard Weight Stack:	270 lbs with 5 lb increments	135 kgs with 2.5 kg increments
Optional Light Weight Stack:	190 lbs with 2.5 lb increments	95 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

- Oversized pressing handles and traditional dip style handles rotate in two positions providing size adaptability and greater exercise variety.
- Angled back pad provides greater stabilization to the user.

PRODUCT DIMENSIONS WITH WORKING AREA (FZTP)

Size:	in. = 64L x 43W x 64H	cm. = 163L x 109W x 163H
Live Area:	in. = 106L x 43W x 63H	cm. = 263L x 109W x 163H

Signature Series Leg Curl (FZLC)

Muscles Exercised - Hamstrings



Setup
Lie face down on the pads, positioning the knees just off the pad aligned with the machine pivot, as indicated by the axis of rotation. The lower leg pad should be positioned comfortably above the back of the ankles, adjusting pad if necessary. Using the adjustment knob, adjust the start position to the desired range of motion. Check the weight stack to ensure appropriate resistance. Grip the handles located under the chest pad at the head of the machine.

NOTE: *Excessively lifting the hips off the pad during the exercise can place unwanted stress on the lower back. One method to overcome this is to slightly lift the thighs off the pad and hold while performing the exercise, as this action forces the hip downward.*

Performing the Exercise
Keeping the hips in contact with the pad and with a controlled motion, curl the legs up till fully flexed, without the hips losing contact with the pad. Return the legs to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: *Allow the feet to maintain in a relaxed position during the exercise. Flexing the feet during the exercise will activate the Gastrocnemius muscle and distract from the focus on the Hamstrings muscle. Alternatively, allowing the Gastrocnemius muscle to assist increases the functionality of the exercise. The action taken with the feet should depend upon the goals of the exercise.*



Start **Finish**

Product Code - FZLC



Machine Weight:	547 lbs	249 kgs
Standard Weight Stack:	190 lbs with 5 lb increments	95 kgs with 2.5 kg increments
Optional Light Weight Stack:	130 lbs with 2.5 lb increments	65 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

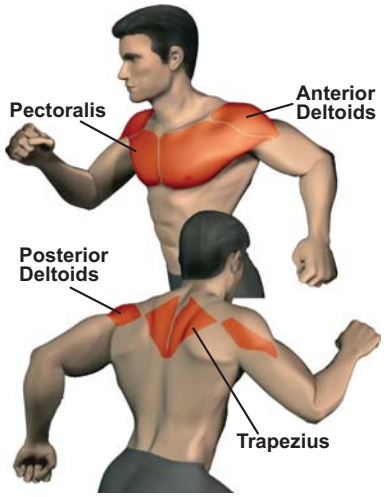
- 40-degree diverging angle between thigh and chest pads reduces lower back stress, encourages proper body alignment and full quadriceps contraction.
- 8 range-of-motion positions adjust for individual preference or anatomical limitations.
- 4 roller pad positions (S-M-L-XL) accommodate different height users.
- Simple one hand adjustments are made with the thumb push button for selecting both the range-of-motion and roller pad positions.

PRODUCT DIMENSIONS WITH WORKING AREA (FZLC)

Size:	in. = 61L x 42W x 64H	cm. = 156L x 107W x 163H
Live Area:	in. = 97L x 66W x 64H	cm. = 203L x 168W x 163H

Signature Series Pectoral Fly / Rear Deltoid (FZFRD)

Muscles Exercised - Pectoralis, Anterior Deltoids, Posterior Deltoids, & Trapezius



Setup - Pectoral Fly

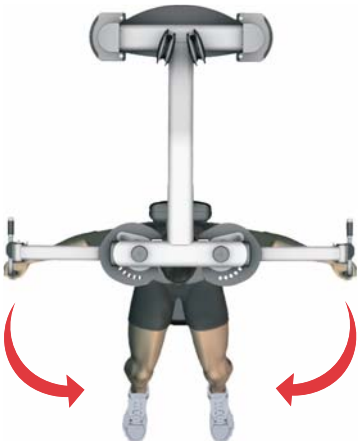
Adjust the seat height so elbows are slightly below shoulders, when holding the vertical handles. Adjust the start position using the overhead range of motion adjustments for each arm. Check the weight stack to ensure appropriate resistance. Sit with chest-up and shoulders back and grip the vertical handles keeping the elbows slightly bent.

Setup - Rear Deltoid

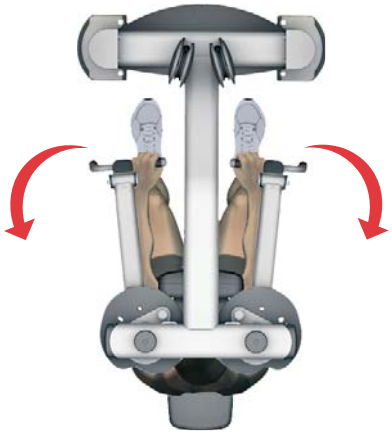
Adjust the seat height, if necessary, so arms are parallel to floor, while holding the inside handles. Adjust the start position, bringing the arms into the furthest back position. Check the weight stack to ensure appropriate resistance. Sit facing pad and grip the horizontal handles firmly keeping elbows slightly bent.

Performing the Exercise

With a controlled motion, rotate the handles out and about the shoulder as far as can be controlled, while maintaining the arms in position as described in the setup. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.



Pectoral Fly



Rear Deltoid

Product Code - FZFRD



Machine Weight:	651 lbs	295 kgs
Standard Weight Stack:	290 lbs with 5 lb increments	145 kgs with 2.5 kg increments
Optional Light Weight Stack:	210 lbs with 2.5 lb increments	105 kgs with 1.25 increments
Maximum User Weight:	300 lbs	136 kgs

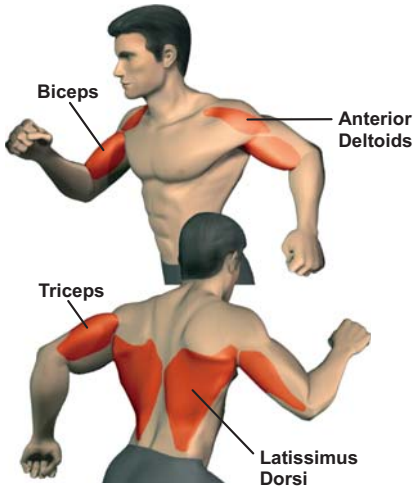
- User arms pivot to accommodate individual forearm lengths and varying paths-of-motion.
- Handle positions are optimized to eliminate the need to readjust the seat position in-between the pectoral fly and rear deltoid exercise.
- Tower is positioned to allow maximum pre-stretch for the rear deltoid exercise.

PRODUCT DIMENSIONS WITH WORKING AREA (FZFRD)

Size:	in. = 56L x 58W x 80.2H	cm. = 142L x 146W x 203.7H
Live Area:	in. = 80L x 94W x 80.2H	cm. = 203L x 238W x 203.7H

Signature Series Assisted Dip / Chin (FZADC)

Muscles Exercised
Dip Assist - Triceps & Anterior Deltoid
Chin Assist - Latissimus Dorsi & Biceps



Setup

Dip Assist: Select weight and step up on footplates. Rotate handles to inner or outer position. Grip handles and place knees on pad.

Chin Assist: Select weight and step up on footplates. Grip desired hand position and place knees on pad.

NOTE: *Weight chosen is weight that will be subtracted from body weight when performing exercise. The more weight selected, the easier the exercise.*

Performing the Exercise

Dip Assist: Lower body with controlled movement, keeping torso upright and shoulders back. Do not exceed a comfortable range of motion. Push up slowly until elbows are nearly straight. When finished, bring the knee pad all the way up to bring weight stack to rest. Carefully step backwards onto steps and back down to floor.

Chin Assist: Pull body upwards, then return down with a controlled movement. When finished, bring the knee pad all the way up to bring weight stack to rest. Carefully step backwards onto steps and back down to floor.



Assisted Dip



Assisted Chin

Product Code - FZADC



Machine Weight:	645 lbs	293 kgs
Standard Weight Stack:	170 lbs with 5 lb increments	85 kgs with 2.5 kg increments
Maximum User Weight:	300 lbs	136 kgs

- Two exercises available in one machine.
- Knee pad folds out of the way for unassisted training.
- Multiple hand positions allow for more exercise variety and accommodate different size users.
- Additional steps allow for easy entry and exit.
- Weight stack amount reduces the user weight by the selected amount. More weight selected makes it easier to do the exercise.

PRODUCT DIMENSIONS WITH WORKING AREA (FZADC)

Size:	in. = 69L x 53W x 88H	cm. = 175L x 135W x 224H
Live Area:	in. = 93L x 77W x 100H	cm. = 236L x 196W x 254H

5. MAINTENANCE PROCEDURES

MAINTENANCE SCHEDULE

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

LUBRICATE

Lubricate guide rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Apply the lubricant to a cotton cloth, and then run the cotton cloth up and down the guide rods as needed. Note: only a few drops of lubricant are required for each guide rod.

ONCE A DAY

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

ONCE A WEEK

1. Visually inspect all hardware for loosening, tampering or wear.
2. Check Jam Nut at top of weight stack for tightness.
3. Inspect all accessories, connecting links, and carabiner clips for wear.
4. Check condition of hand grips.
5. Check cables for stretch and adjust as necessary by loosening the large Jam Nut on top of the weight stack and by screwing in the Threaded Plug until cable is tight and the weight stack pin goes in all holes easily.
6. Inspect Shrouds for damage and clean as necessary.

ONCE A MONTH

1. Clean Guide Rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Clean tops of bearings at stack and inspect for heavy buildup on rods below the head plate. Lift half of stack and do a visual inspection, then clean as necessary.
2. 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.

CLEANING THE SHROUDS

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

MINIMIZE SCRATCHES

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

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: customersupport@lifefitness.com).

LIFE FITNESS COMPATIBLE

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 on the shrouds.
2. NEVER scrape shrouds with squeegees, razor blades or other sharp instruments.
3. DO NOT clean shrouds in hot sun or at elevated temperatures.
4. NEVER use benzene, gasoline, acetone or carbon tetrachloride on the shrouds.

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