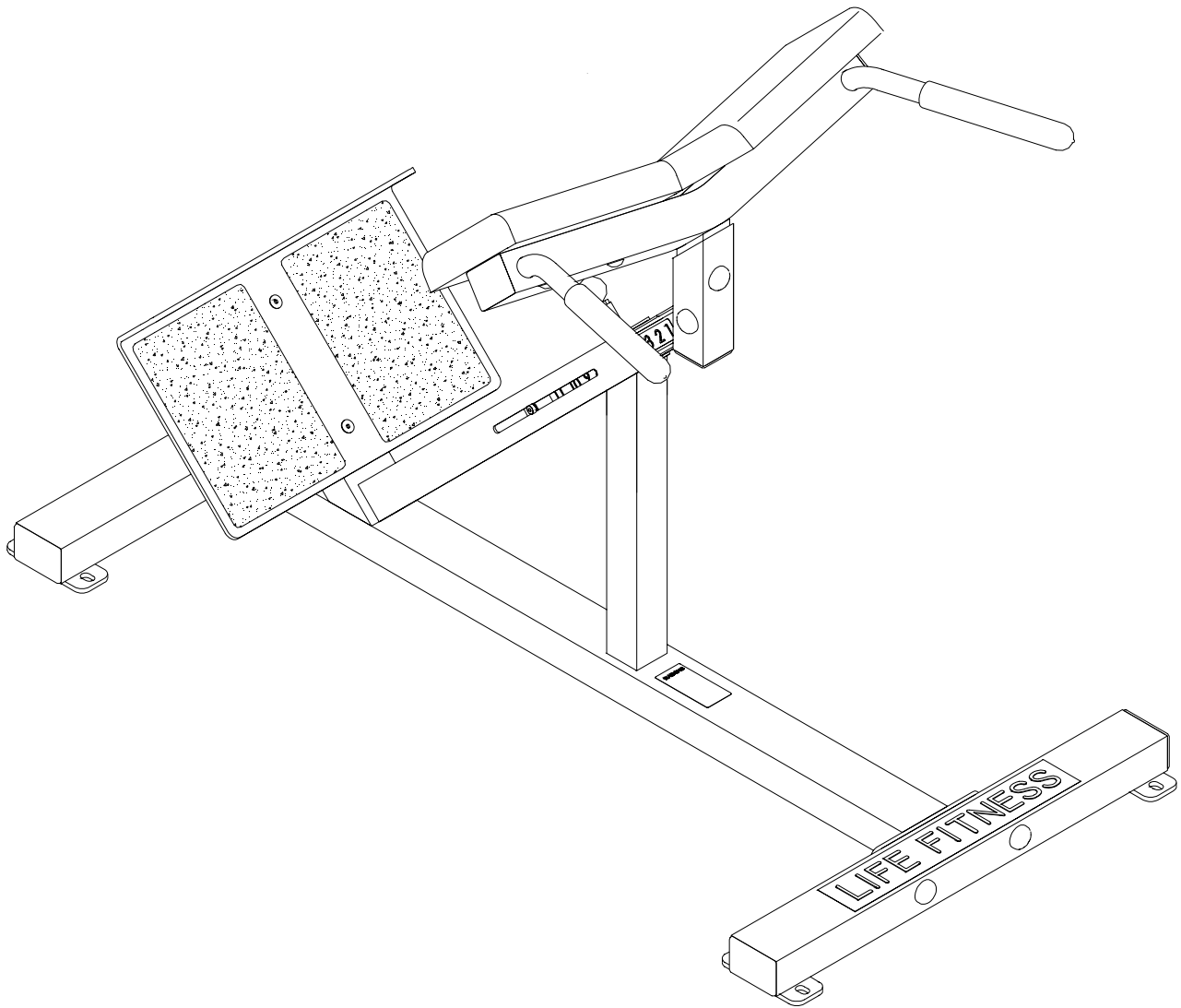


Life Fitness

CLUB SERIES 45 DEGREE BACK EXTENSION



ASSEMBLY INSTRUCTIONS

PARTS LIST

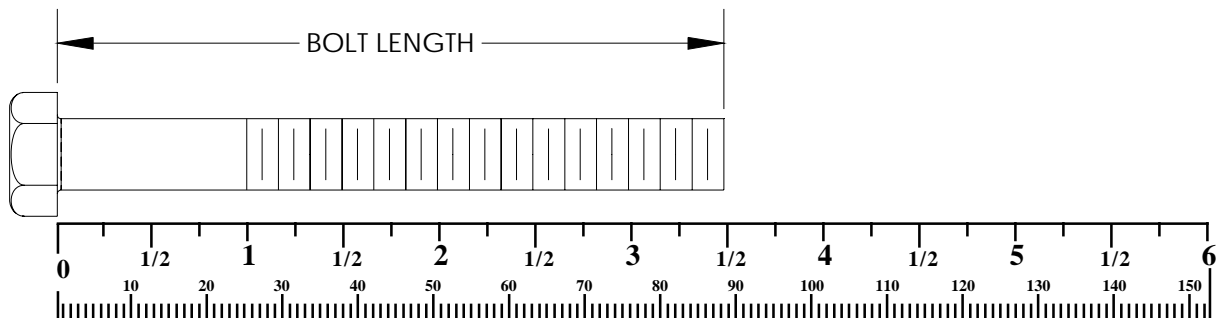
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	ACU04-0001	FRAME	1	10	ACUP05-0007	5/16 X 1/2" SHOULDER BOLT	1
2	ACU04-0002	HIP PAD ADJUST	1	11	DA1C03806216NU	3/8 X 62mm BOLT	2
3	ACU04-0003F	SUPPORT FRONT	1	12	DA1C03809316NU	3/8 X 93mm BOLT	4
4	ACU02-0002	FOOT PLATE	1	13	DB2E03807200U	3/8" LOW HEIGHT LOCK NUT	8
5	ACUP07-0001	HIP PAD	2	14	DC120010510B	3/8" SAE WASHER	18
6	ACU04-0017	PAD ADJUST	1	15	ACUP05-0009	3/8" RH WASHER	18
7	ACU04-0003R	SUPPORT REAR	1	16	ACUP06-0021	WHITE RH CAP	18
8	ACUP05-0002	3/8 X 66mm FLAT HEAD BOLT	2	OR	ACUP06-0021	PLATINUM RH CAP	18
9	DA1C03807716NU	3/8 X 77mm BOLT	4				

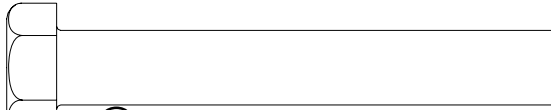
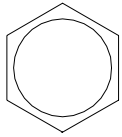
Tools Required for Assembly

- * 9/16" wrench
- * Ratchet with 9/16" socket
- * 6mm Allen Wrench (supplied)
- * 4mm Allen Wrench (supplied)

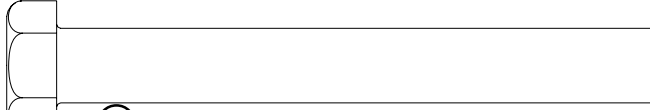
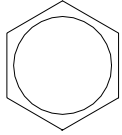
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

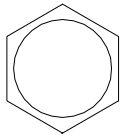




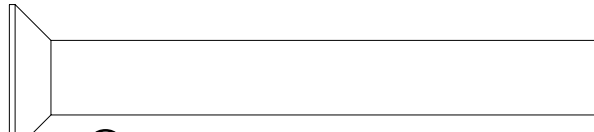
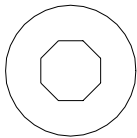
⑪ 3/8 X 62mm BOLT



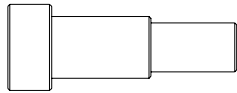
⑨ 3/8 X 77mm BOLT



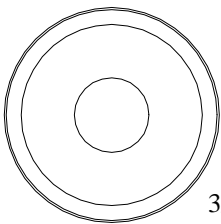
⑫ 3/8 X 93mm BOLT



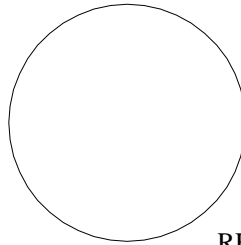
⑧ 3/8 X 66mm FLAT HEAD BOLT



⑩ 5/16 X 1/2" SHOULDER HEAD BOLT



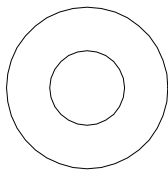
⑮ 3/8" RH WASHER



⑯ RH CAP (WHITE/PLATINUM)



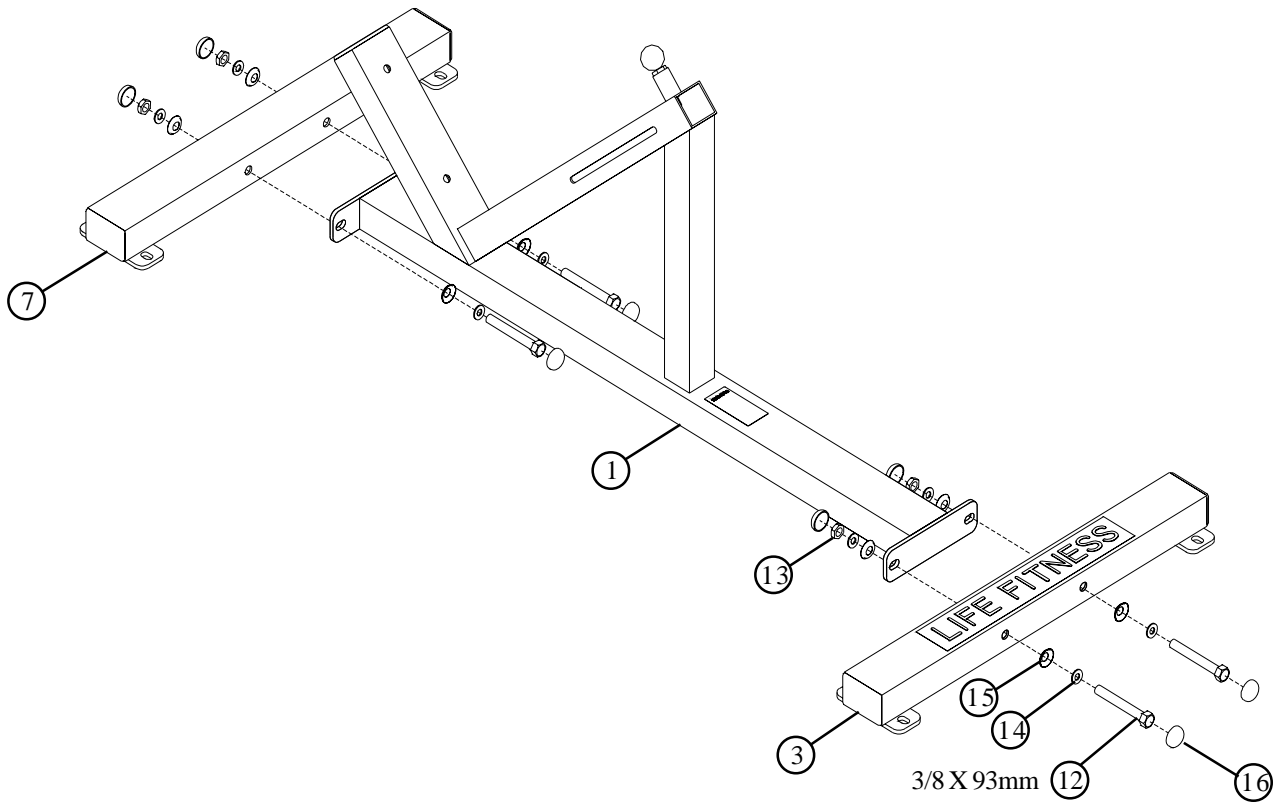
⑭ 3/8" SAE WASHER



⑬ 3/8" LOW HEIGHT LOCK NUT



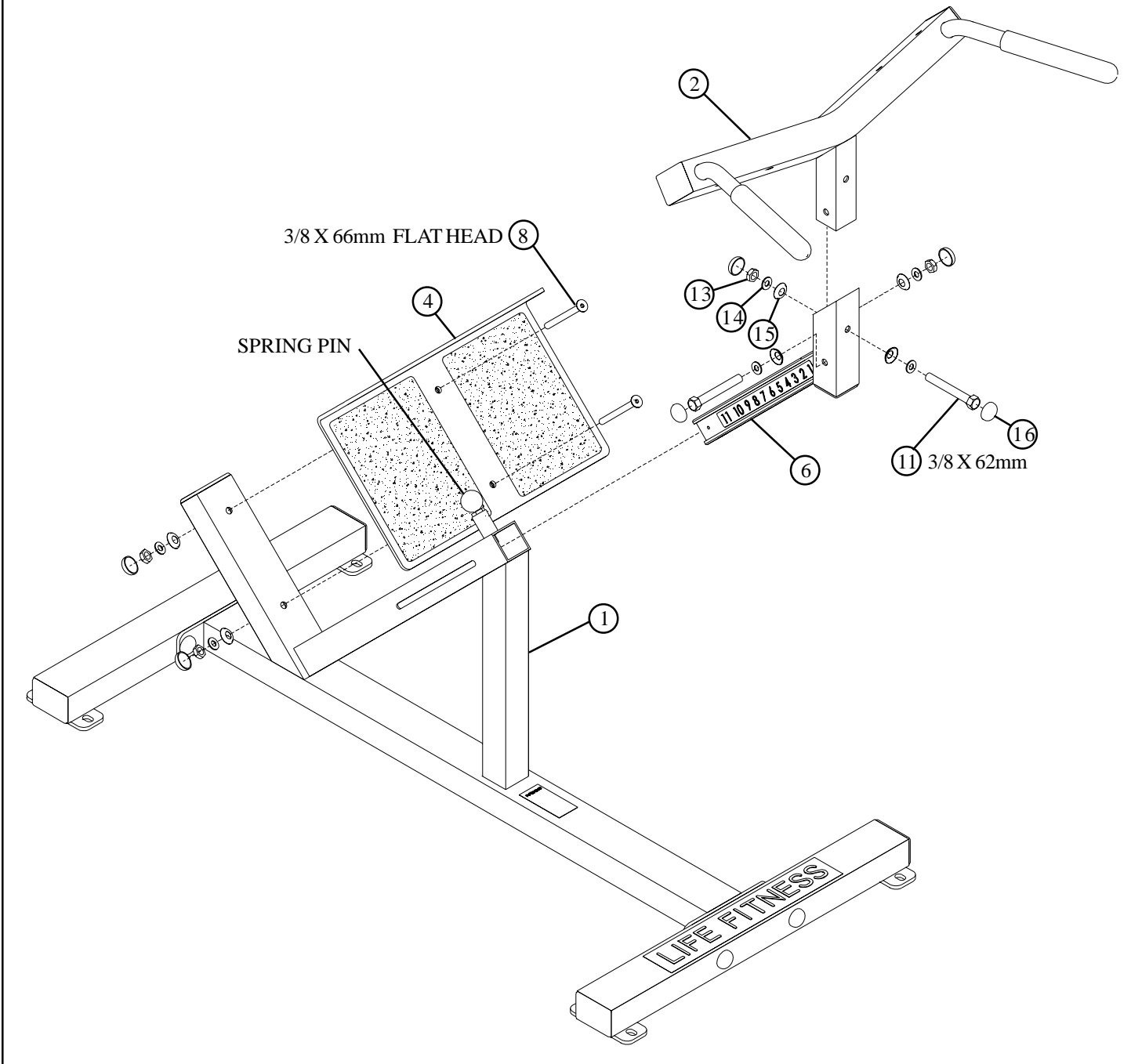
FIGURE 1



STEP 1:

- **SECURELY** assemble the FRONT and REAR SUPPORTS (3 & 7) to the FRAME (1) using eight RH CAPS (16), four 3/8 X 93mm BOLTS (12), eight 3/8" SAE WASHERS (14), eight 3/8" RH WASHERS (15) and four 3/8" LOW HEIGHT LOCK NUTS (13) as shown in FIGURE 1.

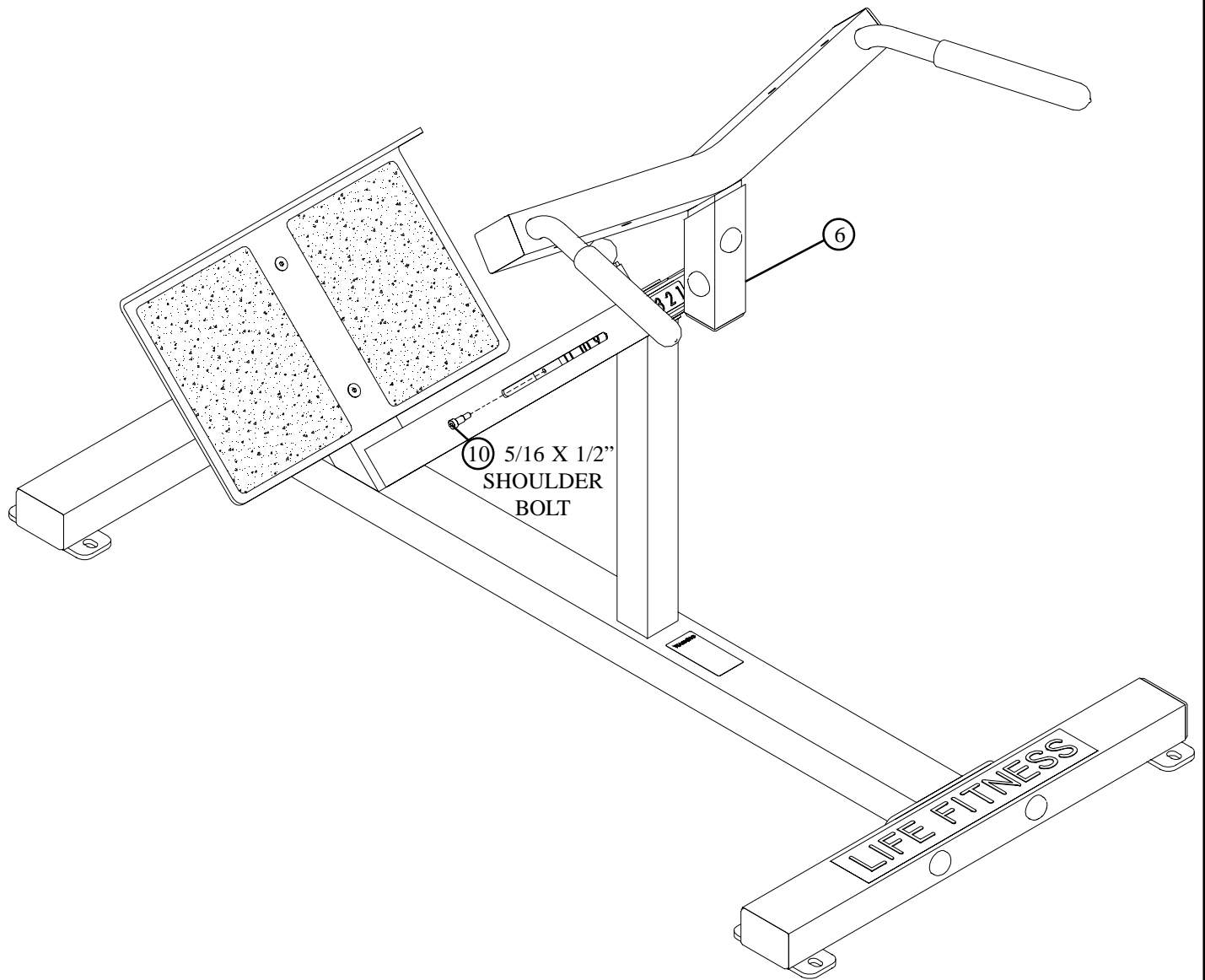
FIGURE 2



STEP 2:

- **SECURELY** assemble the HIP PAD ADJUST (2) to the PAD ADJUST (6) using four RH CAPS (16), two 3/8 X 62mm BOLTS (11), four 3/8 SAE WASHERS (14), four 3/8 RH WASHERS (15) and two 3/8 LOW HEIGHT LOCK NUTS (13) as shown in FIGURE 2.
- Pull back the SPRING PIN on the FRAME (1) and insert the PAD ADJUST (6) as shown in FIGURE 2.
- **SECURELY** assemble the FORMED ANGLE (4) to the FRAME (1) using two 3/8 X 66mm FLAT HEAD BOLTS (8), two 3/8 RH WASHERS (15), two 3/8 SAE WASHERS (14), two 3/8 LOW HEIGHT LOCK NUTS (13) and two RH CAPS (16) as shown in FIGURE 2.

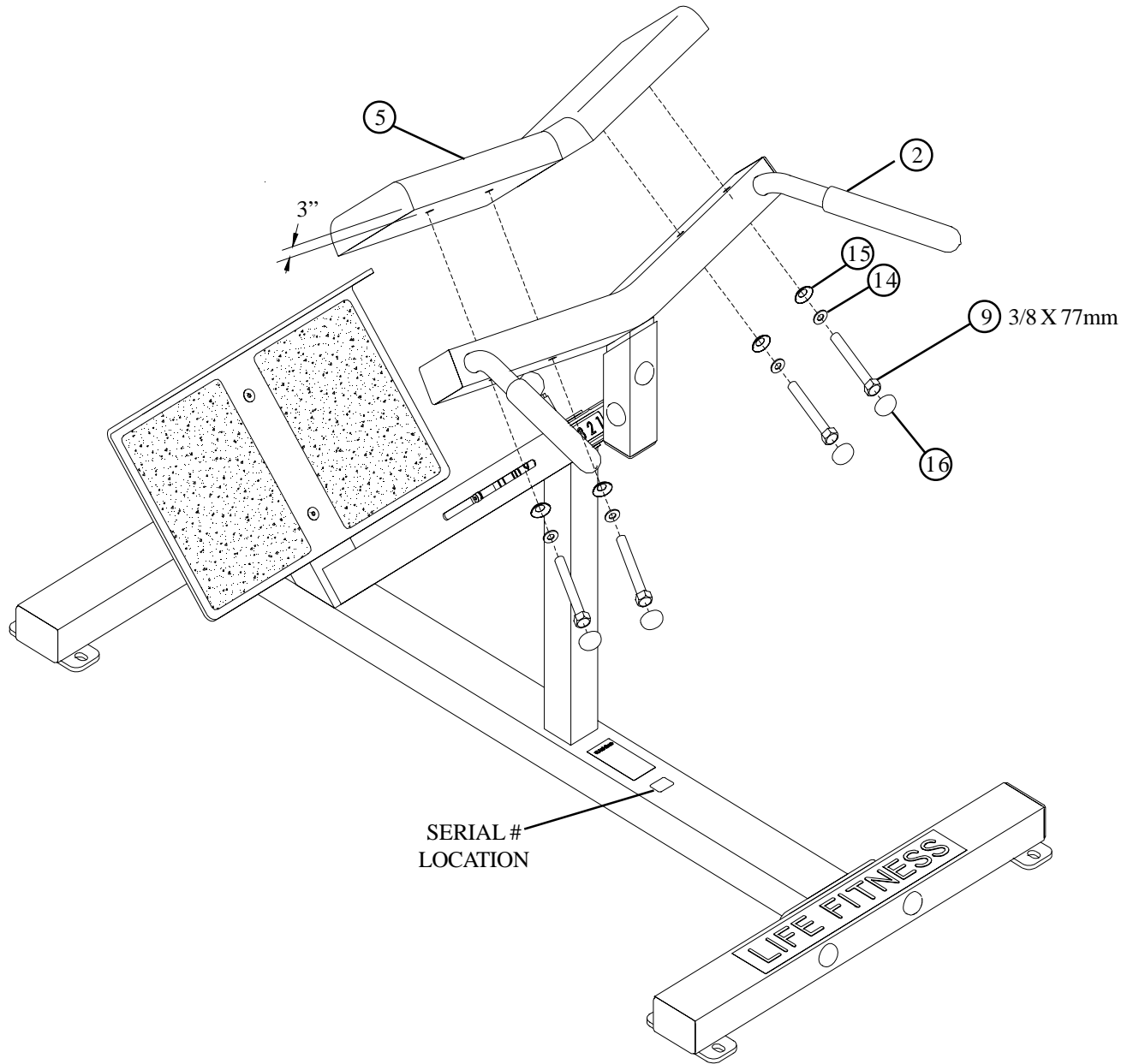
FIGURE 3



STEP 3:

- **SECURELY** assemble one 5/16 X 1/2" SHOULDER BOLT (10) to the PAD ADJUST (6) as shown in FIGURE 3.

FIGURE 4



STEP 4:

- **SECURELY** assemble the two HIP PADS (5) to the HIP PAD ADJUST (2) using four RH CAPS (16), four 3/8 X 77mm BOLTS (9), four 3/8" SAE WASHERS (14) and four 3/8" RH WASHERS (15) as shown in FIGURE 4. (Note the the direction of the hole pattern on pad.)

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

<i>Action</i>	<i>DAILY</i>	<i>WEEKLY</i>	<i>QUARTERLY</i>	<i>BI-ANNUALLY</i>	<i>AS NEEDED</i>
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800)351-3737.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES 45 DEGREE BACK EXTENSION. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.