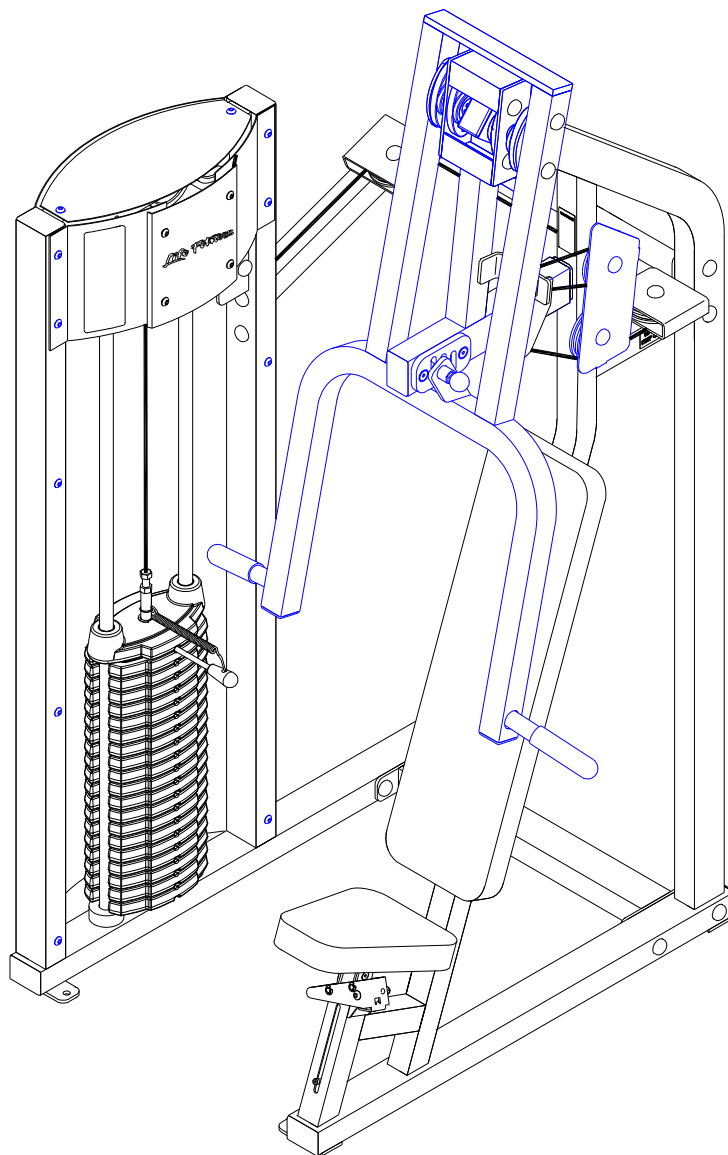


# *Life Fitness*

## *CLUB SERIES CHEST PRESS*

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## *ASSEMBLY INSTRUCTIONS*

# PARTS LIST

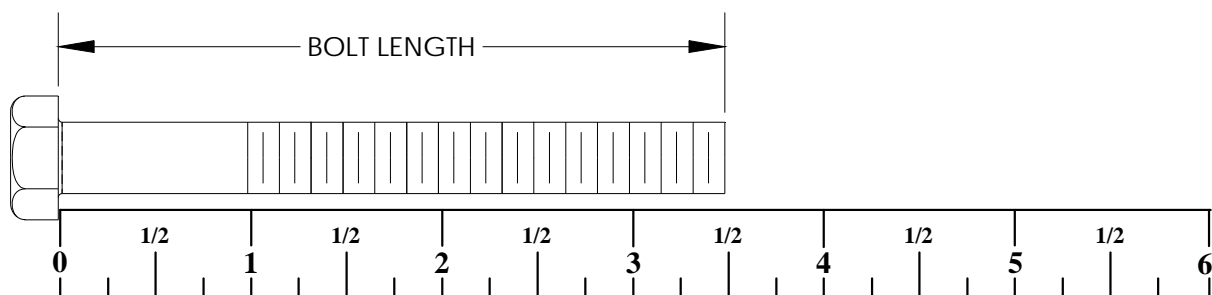
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	71238xx	TOWER	1	21	3102514	3/8" SAE WASHER	23
2	68950xx	CROSS SUPPORT	1	22	6866701	3/8" RH WASHER	39
3	71231xx	ADJUSTMENT ARM	1	23	3203501	PILLOW BLOCK	4
4	71237xx	BOOM ASSEMBLY	1	24	6913801	WEIGHT STACK SELECTOR PIN	1
5	71240xx	CROSS BRACE	1	25	3108001	WEIGHT STACK CUSHION	2
6	69264xx	SINGLE CHEST SHROUD	1	26	6866601	RH CAP BLACK	5
7	69265xx	DOUBLE CHEST SHROUD	1	27	3222001	1" SHAFT COLLAR	2
8	68839xx	GUIDE ROD SUPPORT	1	28	6714901	GUIDE ROD BUSHING	2
9	68997xx	PRESS ARM	1	29	3222801	4-1/2" PULLEY	3
10	6927001	GUIDE ROD	2	30	6942301	PLACARD LABEL	1
11	3102901	3/8 X 1-1/4" BOLT	2	31	6942401	LANGUAGE PLACARD LABEL	1
12	3102924	3/8 X 1-3/4" BOLT	1	32	3230701	STARLOCK WASHER	8
13	3102922	3/8 X 2-3/4" BOLT	4	33	6887202	10 LB. WEIGHT PLATE (STD)	20
14	3102904	3/8 X 3" BOLT	2	34	6888402	15 LB. WEIGHT PLATE (OPT)	10
15	3102905	3/8 X 3-3/4" BOLT	4	35	68769xx	BACK PAD	1
16	3102906	3/8 X 4" BOLT	3	36	69131xx	SEAT PAD	1
17	3202407	3/8 X 3-1/4" BUTTON HEAD BOLT	4	37	6957001	WEIGHT STACK LABEL	1
18	3202406	3/8 X 1-1/4" BUTTON HEAD BOLT	4	38	6923602	HEAD PLATE	1
19	3102807	3/8" LOW HEIGHT LOCK NUT	21	39	6866602	RH CAP WHITE	34
20	3102903	3/8 X 2-1/2" BOLT	2	OR	6866603	RH CAP PLATINUM	34

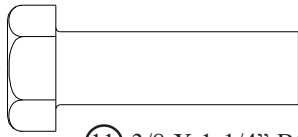
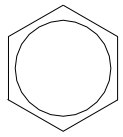
## Tools Required for Assembly

- \* Rubber mallet or hammer
- \* 3/4" wrench, 9/16" wrench
- \* Ratchet with 9/16" socket
- \* 3mm, 1/8" 7/32", 1/4" Allen wrench

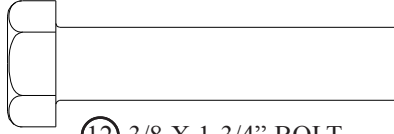
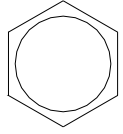
## Bolt Length Ruler

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

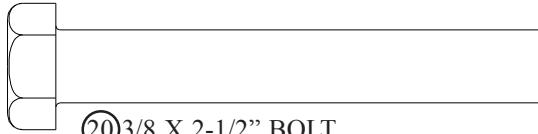
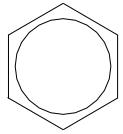




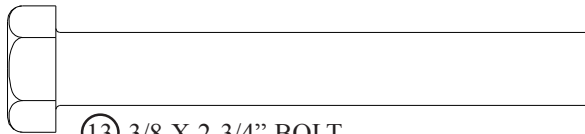
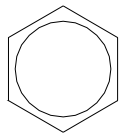
⑪ 3/8 X 1-1/4" BOLT



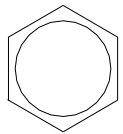
⑫ 3/8 X 1-3/4" BOLT



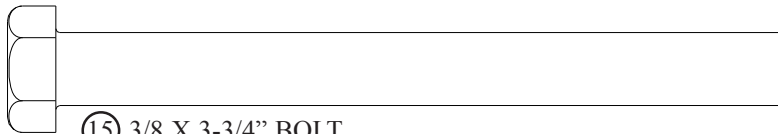
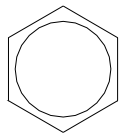
⑳ 3/8 X 2-1/2" BOLT



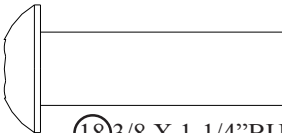
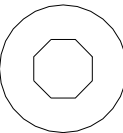
⑬ 3/8 X 2-3/4" BOLT



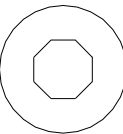
⑭ 3/8 X 3" BOLT



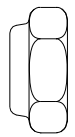
⑮ 3/8 X 3-3/4" BOLT



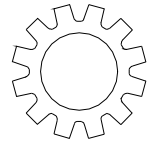
⑱ 3/8 X 1-1/4" BUTTON HEAD BOLT



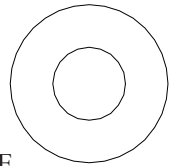
⑰ 3/8 X 3-1/4" BUTTON HEAD BOLT



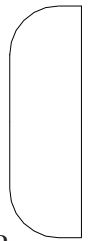
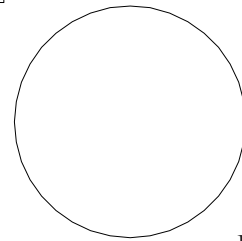
⑲ 3/8" LOW HEIGHT LOCK NUT



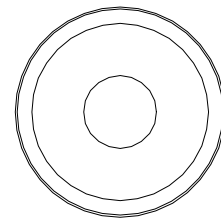
⑳ STARLOCK WASHER



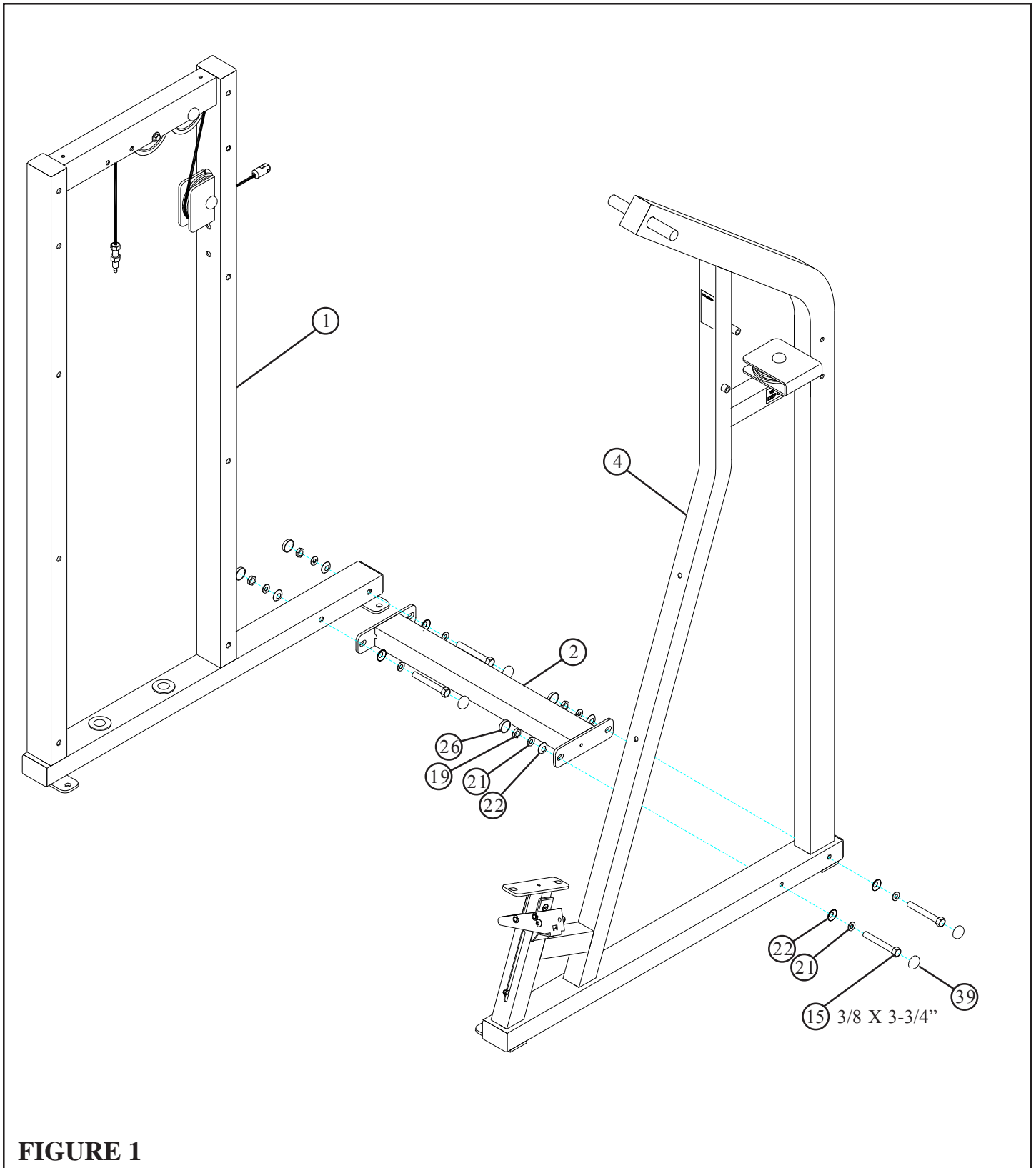
㉑ 3/8" SAE WASHER



㉒ ㉓ RH CAP (WHITE/BLACK/PLAT.)



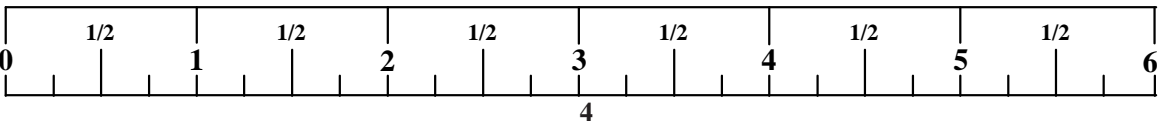
㉔ RH WASHER



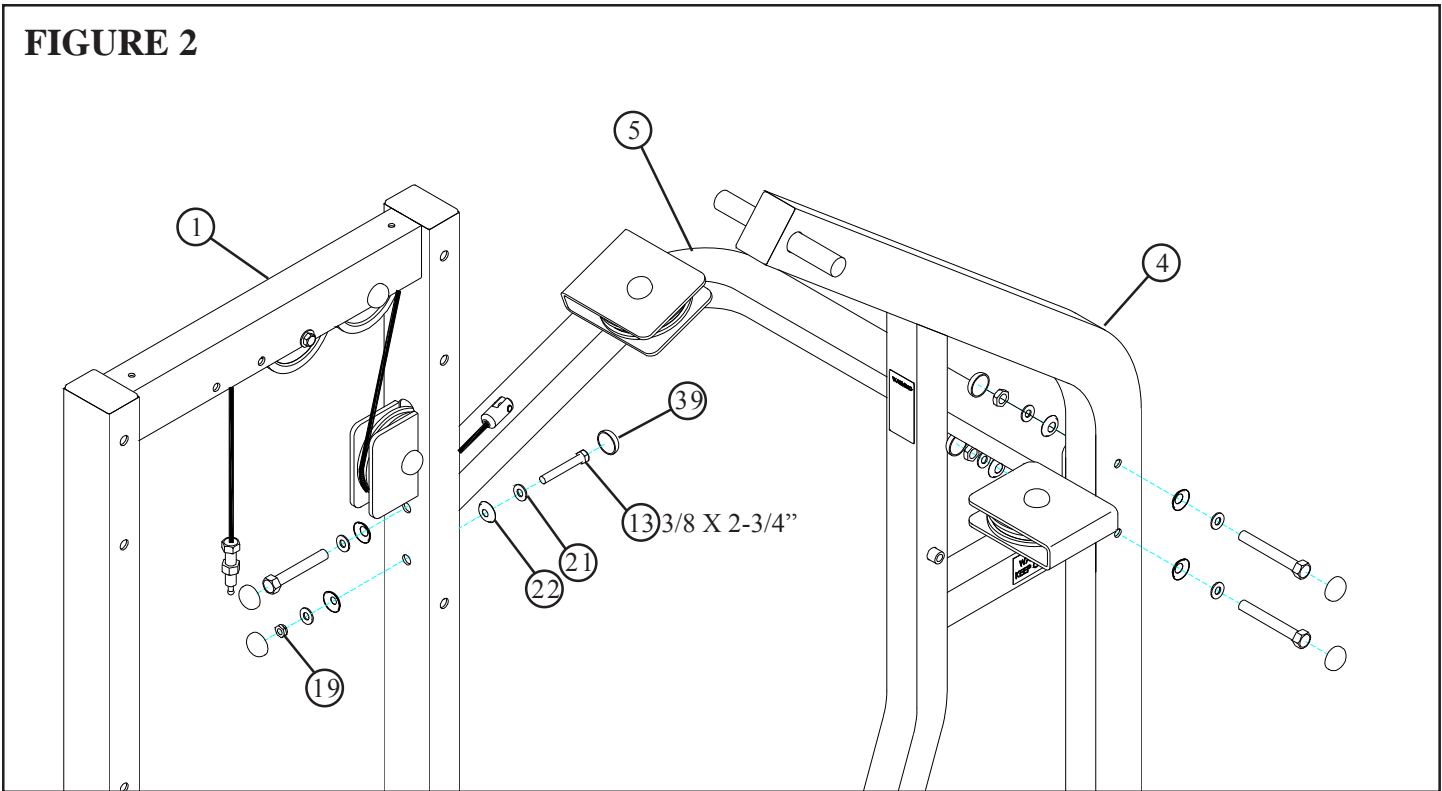
**FIGURE 1**

**STEP 1:**

- **LOOSELY** assemble the CROSS SUPPORT (2) to the TOWER (1) and the BOOM ASSEMBLY (4) using eight RH CAPS (39), four 3/8 X 3-3/4" BOLTS (15), eight 3/8" SAE WASHERS (21), eight 3/8" RH WASHERS (22) and four 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 1.

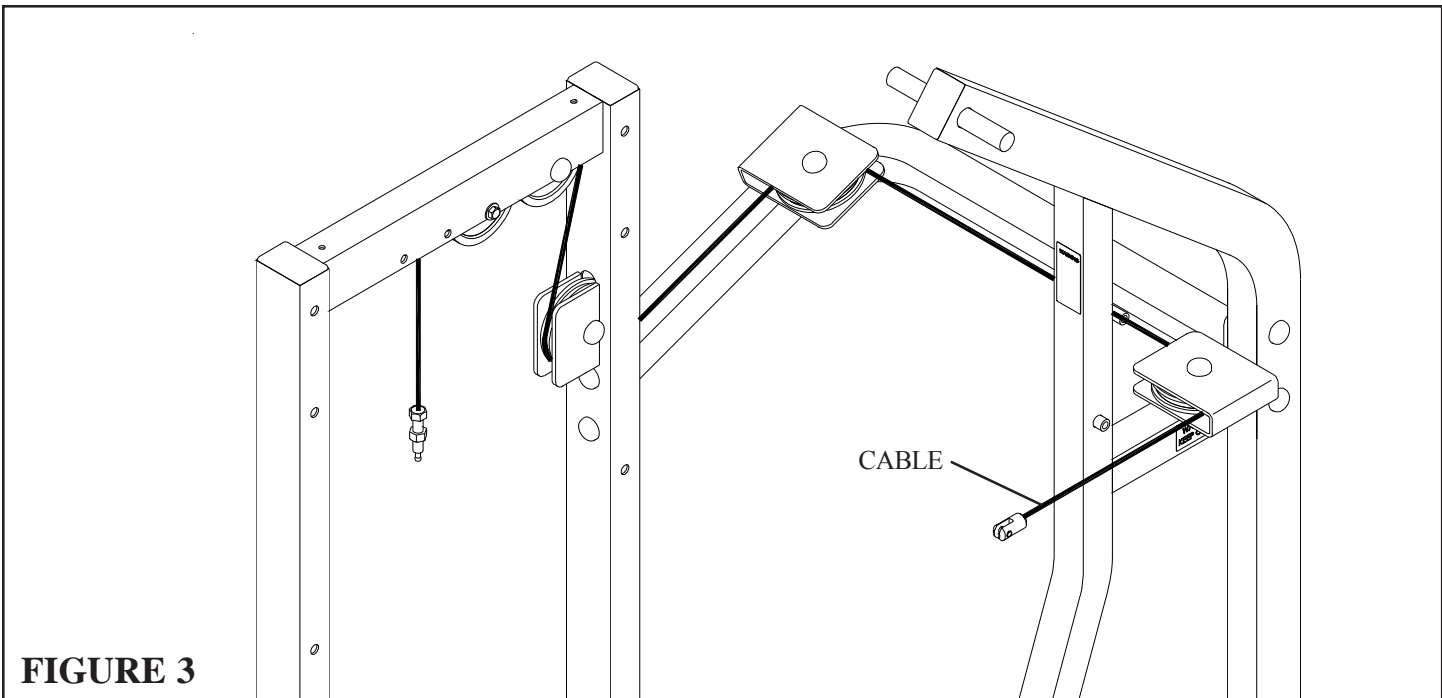


**FIGURE 2**



**STEP 2:**

- **LOOSELY** assemble the CROSS BRACE (5) to the TOWER (1) and the BOOM ASSEMBLY (4) using seven RH CAPS (39), four 3/8 X 2-3/4" BOLTS (13), seven 3/8" SAE WASHERS (21), seven 3/8" RH WASHERS (22) and three 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 2.
- **Securely tighten all loose frame connections made to this point.**

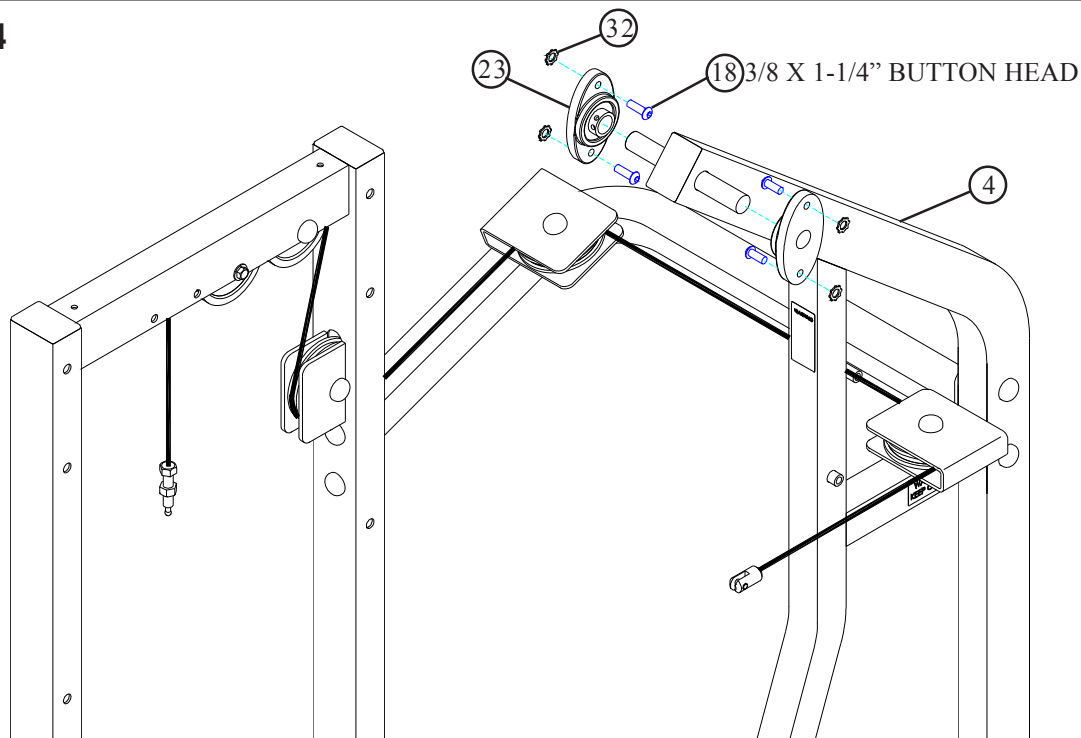


**FIGURE 3**

**STEP 3:**

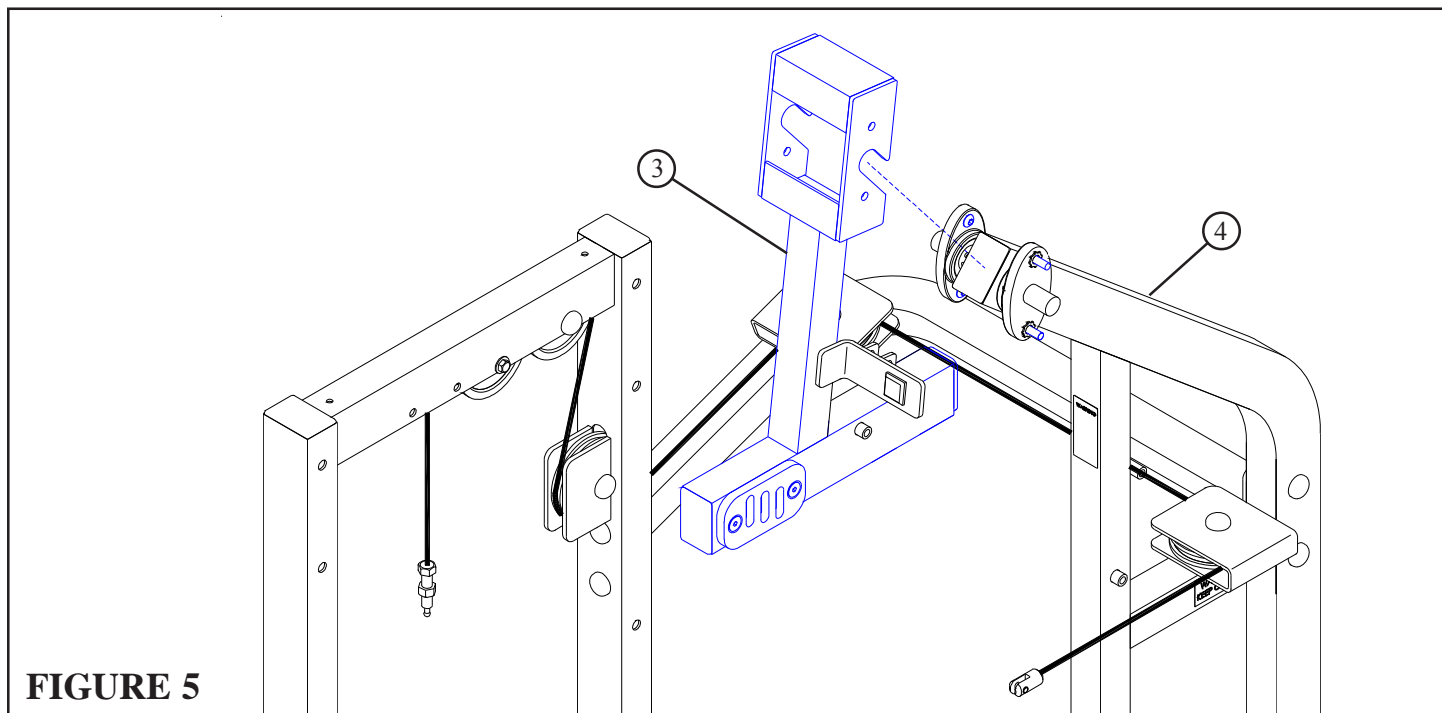
- Carefully route the CABLE around the pulleys as shown. Make sure the CABLE is in the grooves of all the pulleys.

**FIGURE 4**



**STEP 4:**

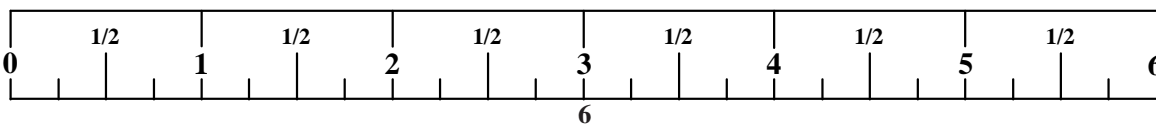
- Slide two PILLOW BLOCKS (23) over the shafts on the BOOM ASSEMBLY (4) as shown in FIGURE 4.
- Assemble four 3/8 X 1-1/4" BUTTON HEAD CAP SCREWS (18) and four STARLOCK WASHERS (32) to the the PILLOW BLOCKS (23) as shown in FIGURE 4

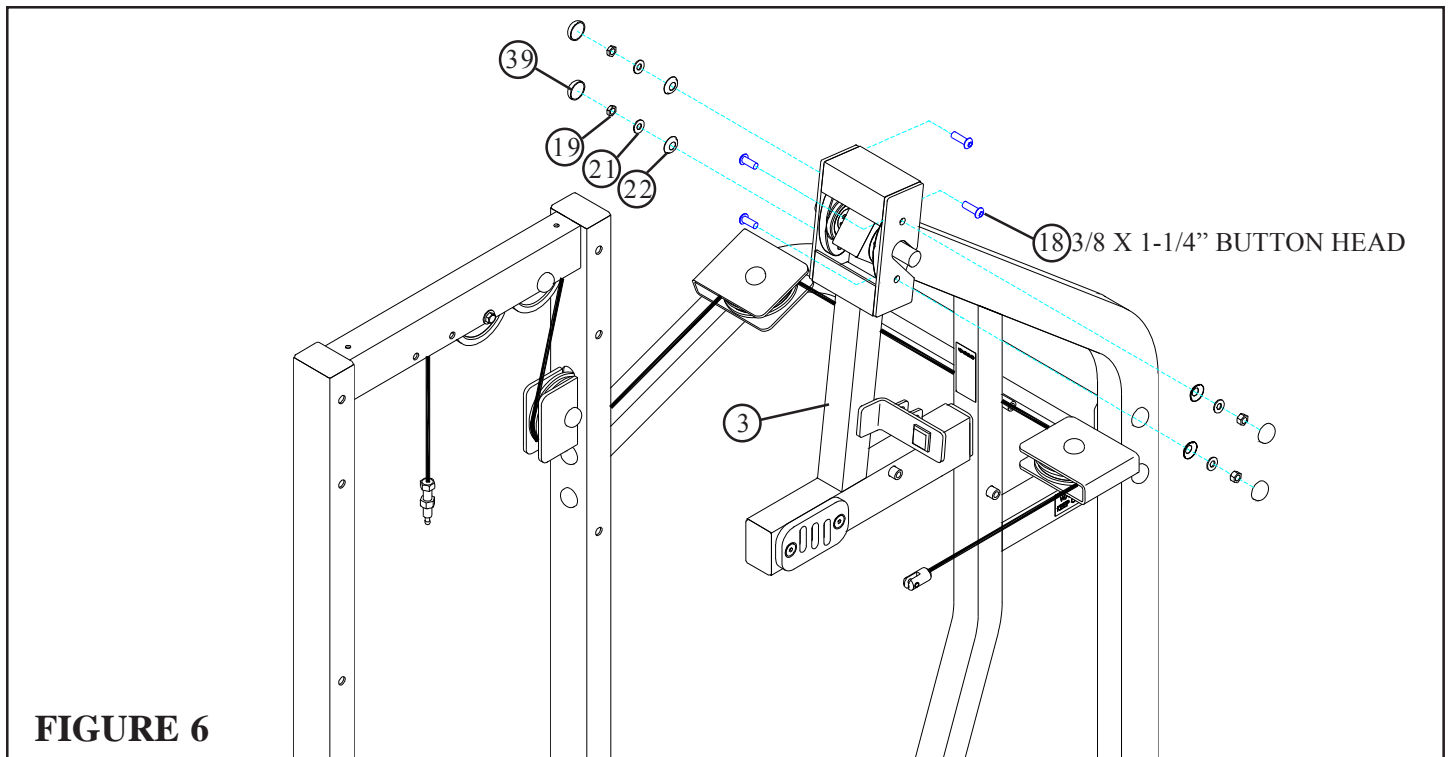


**FIGURE 5**

**STEP 5:**

- Slide the ARM ADJUSTMENT (3) over the shafts on the BOOM ASSEMBLY (4) as shown in FIGURE 5. (**NOTE: Make sure PILLOW BLOCKS are on the INSIDE of the ARM ADJUSTMENT.**)

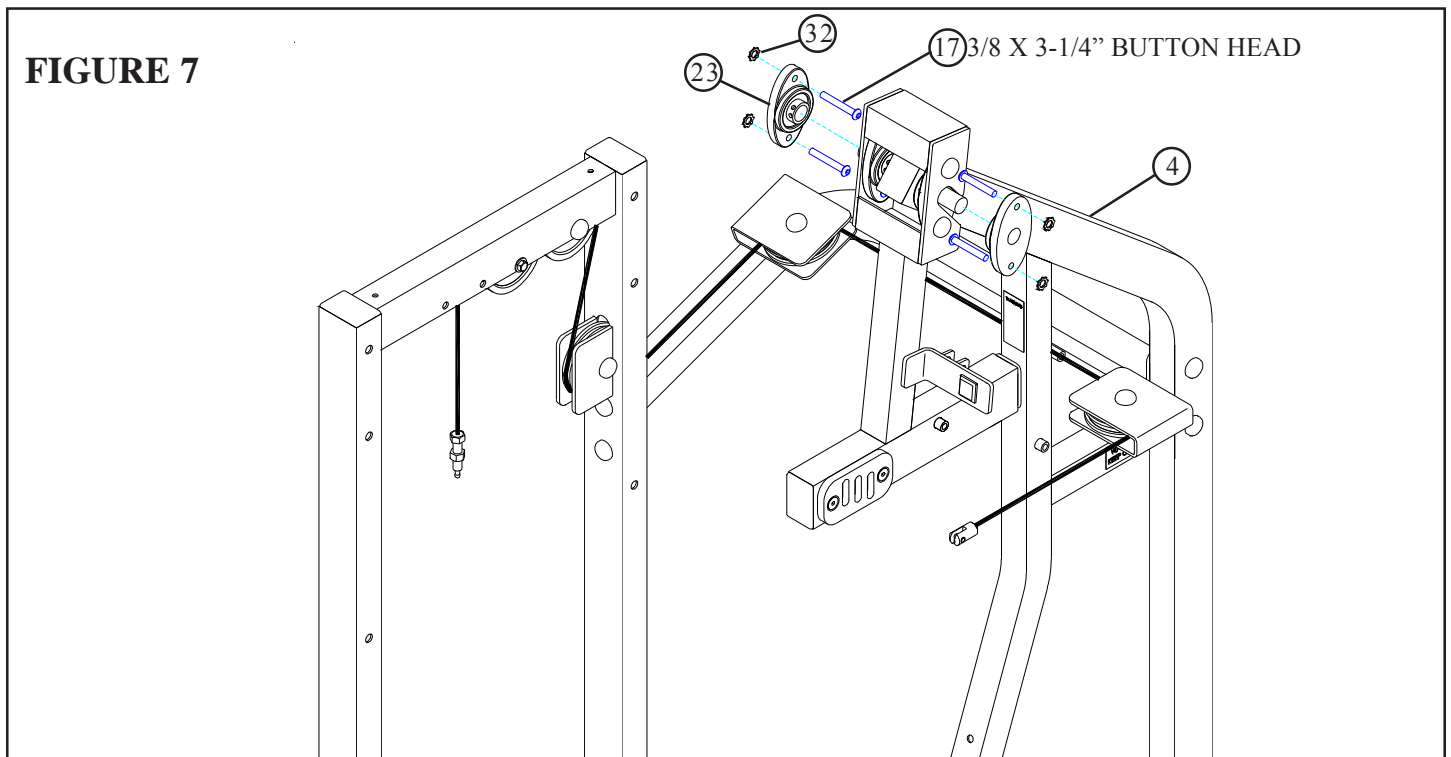




**FIGURE 6**

**STEP 6**

- **SECURELY** assemble the PILLOW BLOCKS (23) to the ARM ADJUSTMENT (3) using four previously inserted 3/8 X 1-1/4" BUTTON HEAD CAP SCREWS (18), four previously inserted STARLOCK WASHERS (32), four 3/8" SAE WASHERS (21), four RH WASHERS (22), four 3/8" LOW HEIGHT LOCK NUTS (19) and four RH CAPS (39) as shown in FIGURE 6
- **IMPORTANT!** When ARM ADJUSTMENT (3) is centered and level in the PILLOW BLOCKS (23), tighten the PILLOW BLOCK set screws.

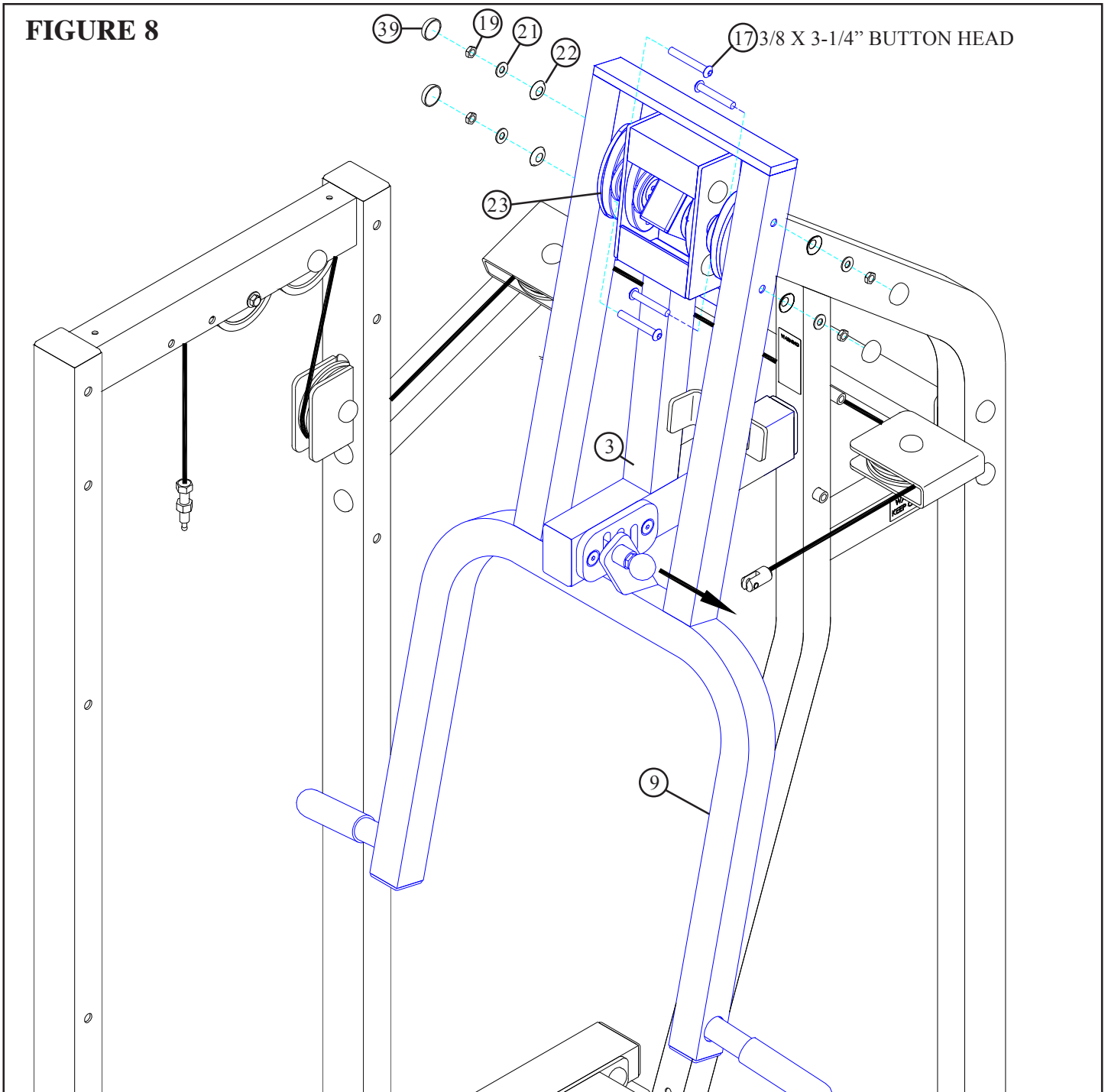


**FIGURE 7**

**STEP 7:**

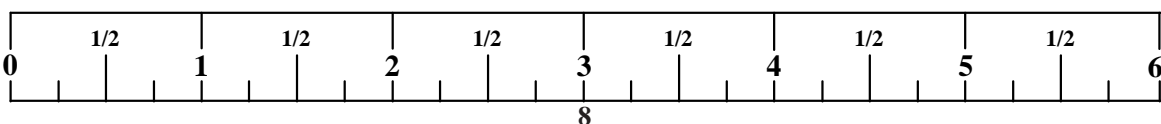
- Slide two PILLOW BLOCKS (23) over the shafts on the BOOM ASSEMBLY (4) as shown in FIGURE 7.
- Assemble four 3/8 X 3-1/4" BUTTON HEAD CAP SCREWS (17) and four STARLOCK WASHERS (32) to the the PILLOW BLOCKS (23) as shown in FIGURE 7

**FIGURE 8**



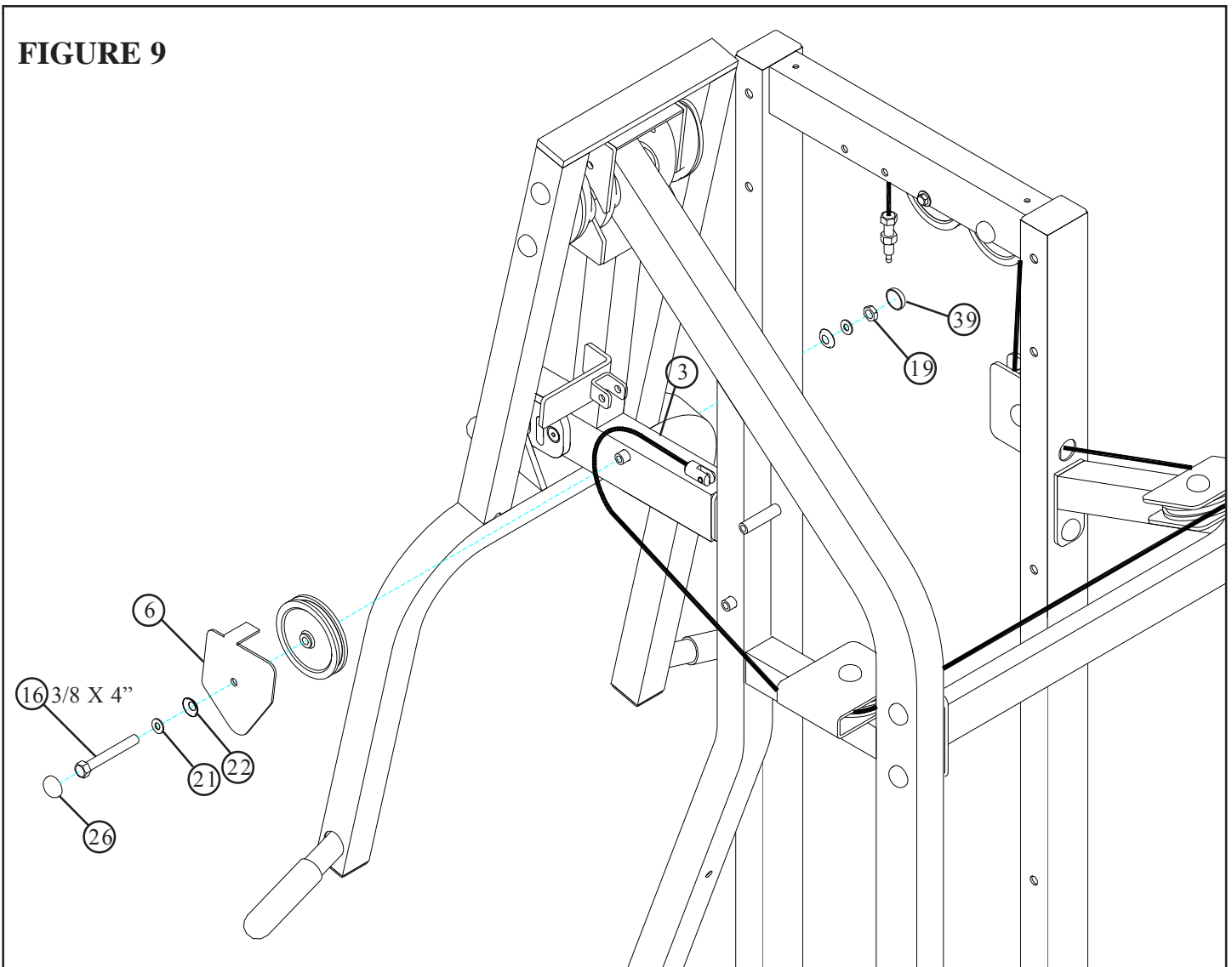
**STEP 8:**

- **SECURELY** assemble the PILLOW BLOCKS (23) to the ARM ADJUSTMENT (3) using four previously inserted 3/8 X 3-1/4" BUTTON HEAD CAP SCREWS (17), four previously inserted STARLOCK WASHERS (32), four 3/8" SAE WASHERS (21), four RH WASHERS (22), four 3/8" LOW HEIGHT LOCK NUTS (19) and four RH CAPS (39) as shown in FIGURE 8
- **IMPORTANT!** When the PRESS ARM (9) is centered and level in the PILLOW BLOCKS (23), tighten the PILLOW BLOCK set screws.
- Pull back the SPRING PIN on the PRESS ARM (9) until the PRESS ARM (9) lines up with one of the adjustment holes on the ADJUSTMENT ARM (3).



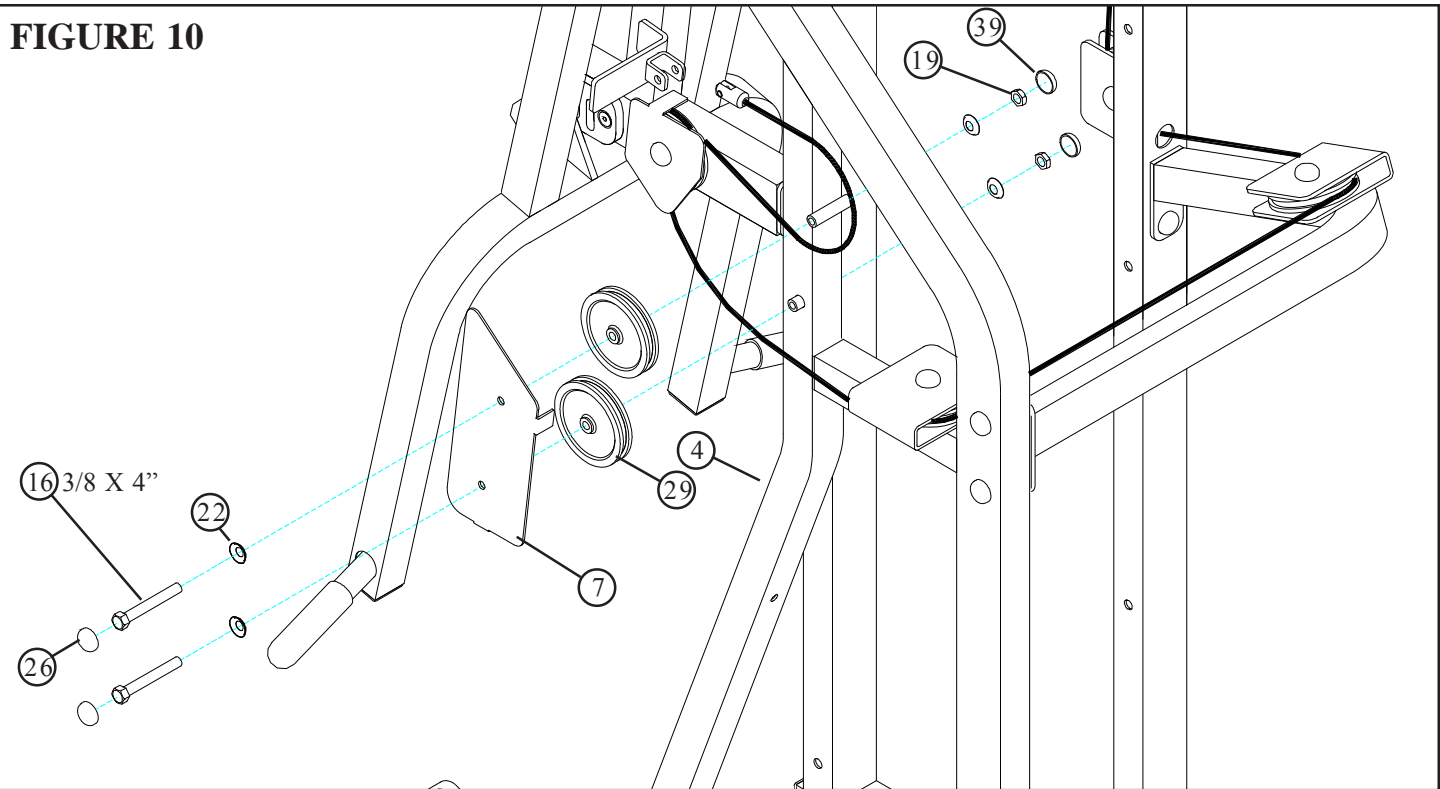


**FIGURE 9**



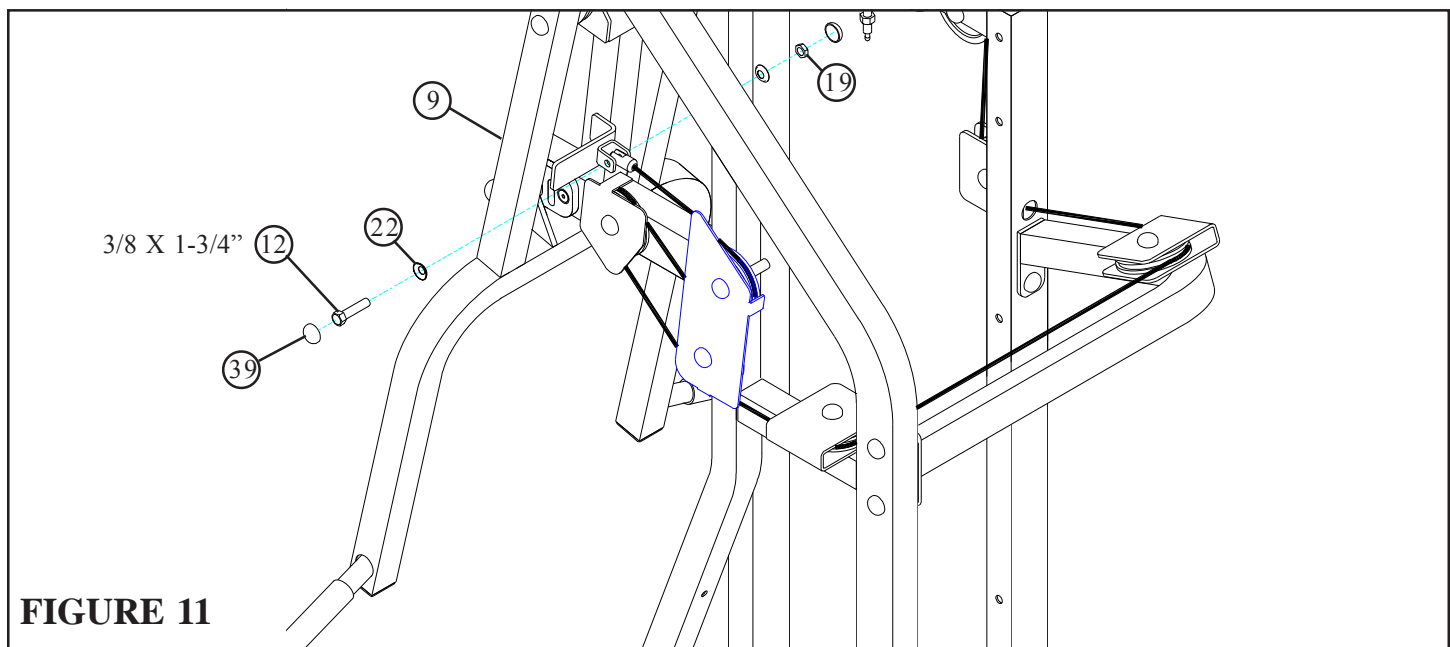
**STEP 9:**

- **SECURELY** assemble the SINGLE CHEST SHROUD (6) and one 4-1/2" PULLEY (29) to the ARM ADJUSTMENT (3) using one 3/8 X 4" BOLT (16), two 3/8" SAE WASHERS (21), two RH WASHERS (22), one 3/8" LOW HEIGHT LOCK NUT (19), and one RH CAP (26) and one RH CAP (39) as shown in FIGURE 9
- Carefully route the CABLE around the pulley as shown. Make sure the CABLE is in the grooves of all the pulley.



**STEP 10:**

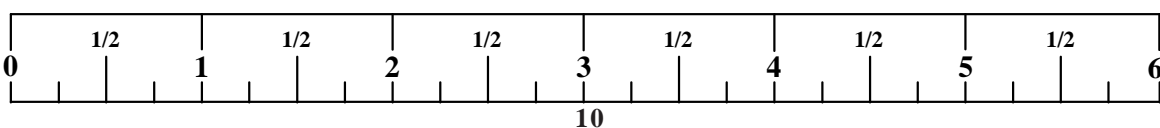
- **SECURELY** assemble the DOUBLE CHEST SHROUD (7) and two 4-1/2" PULLEYS (29) to the BOOM ASSEMBLY (4) using two 3/8 X 4" BOLTS (16), four RH WASHERS (22), two 3/8" LOW HEIGHT LOCK NUTS (19) and two RH CAPS (26), and two RH CAPS (39) as shown in FIGURE 10.
- Carefully route the CABLE around the pulley as shown. Make sure the CABLE is in the grooves of all the pulley.

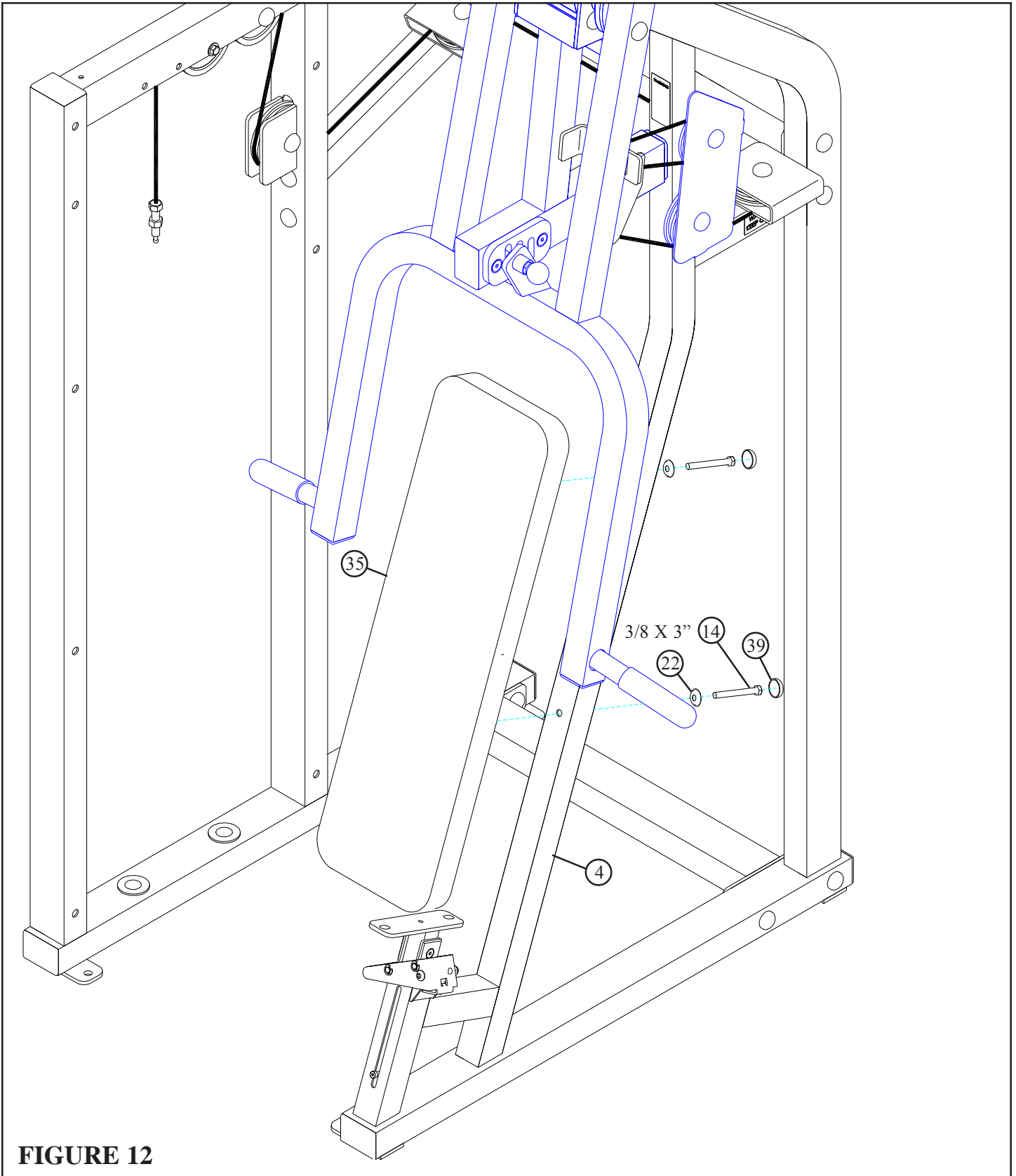


**FIGURE 11**

**STEP 11:**

- **SECURELY** assemble the CABLE swivel end to the ARM ADJUSTMENT (3) using one 3/8 X 1-3/4" BOLT (12), two RH WASHERS (22), one 3/8" LOW HEIGHT LOCK NUT (19) and two RH CAPS (39) as shown in FIGURE 11. (**NOTE: Securely tighten connection, then back nut off 1/4 turn to allow the cable swivel to rotate freely.**)



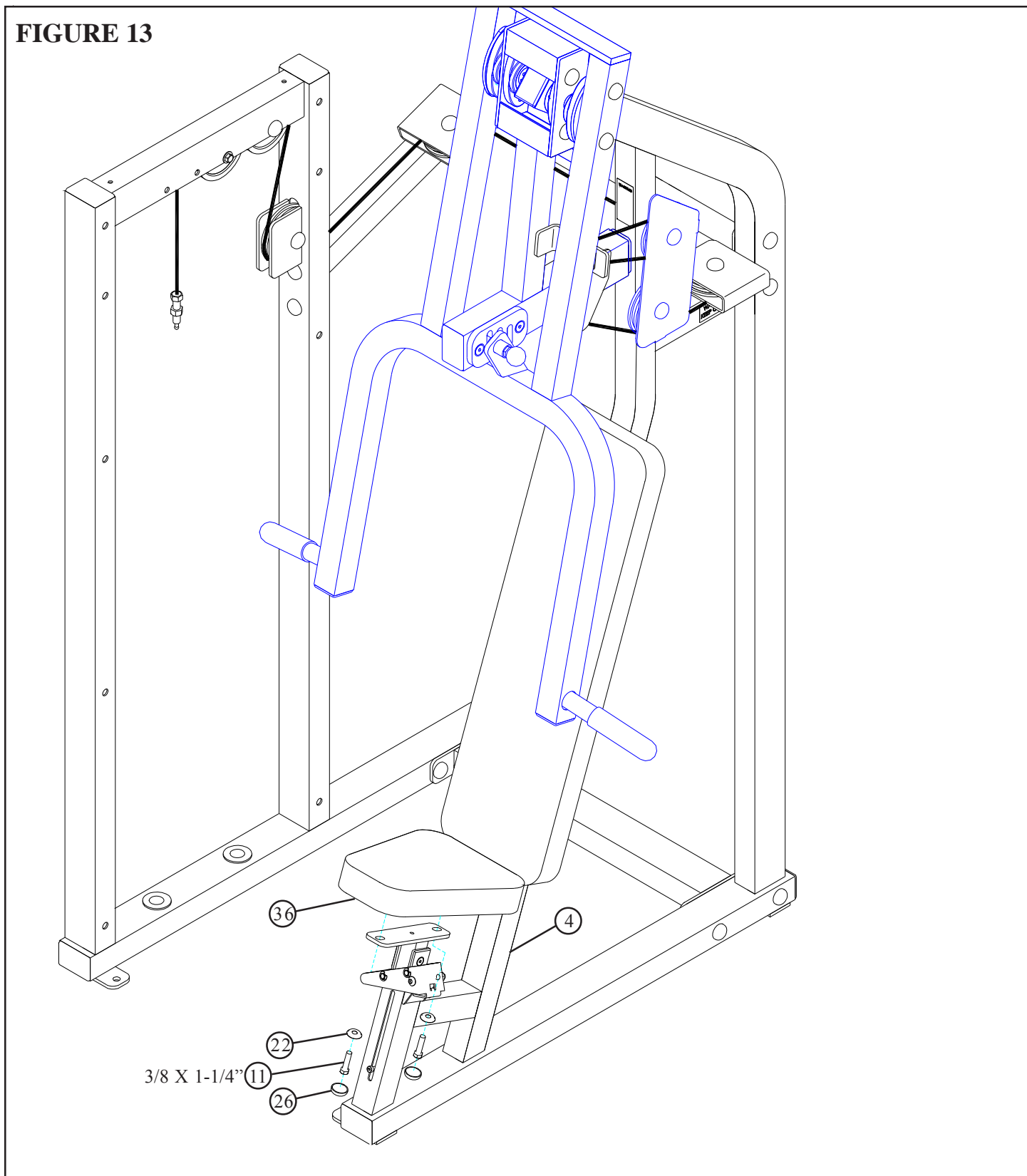


**FIGURE 12**

**STEP 12:**

- **SECURELY** assemble the BACK PAD (35) to the BOOM ASSEMBLY (4) using two RH CAPS (39), two 3/8 X 3" BOLTS (14) and two 3/8" RH WASHERS (22) as shown in FIGURE 12.

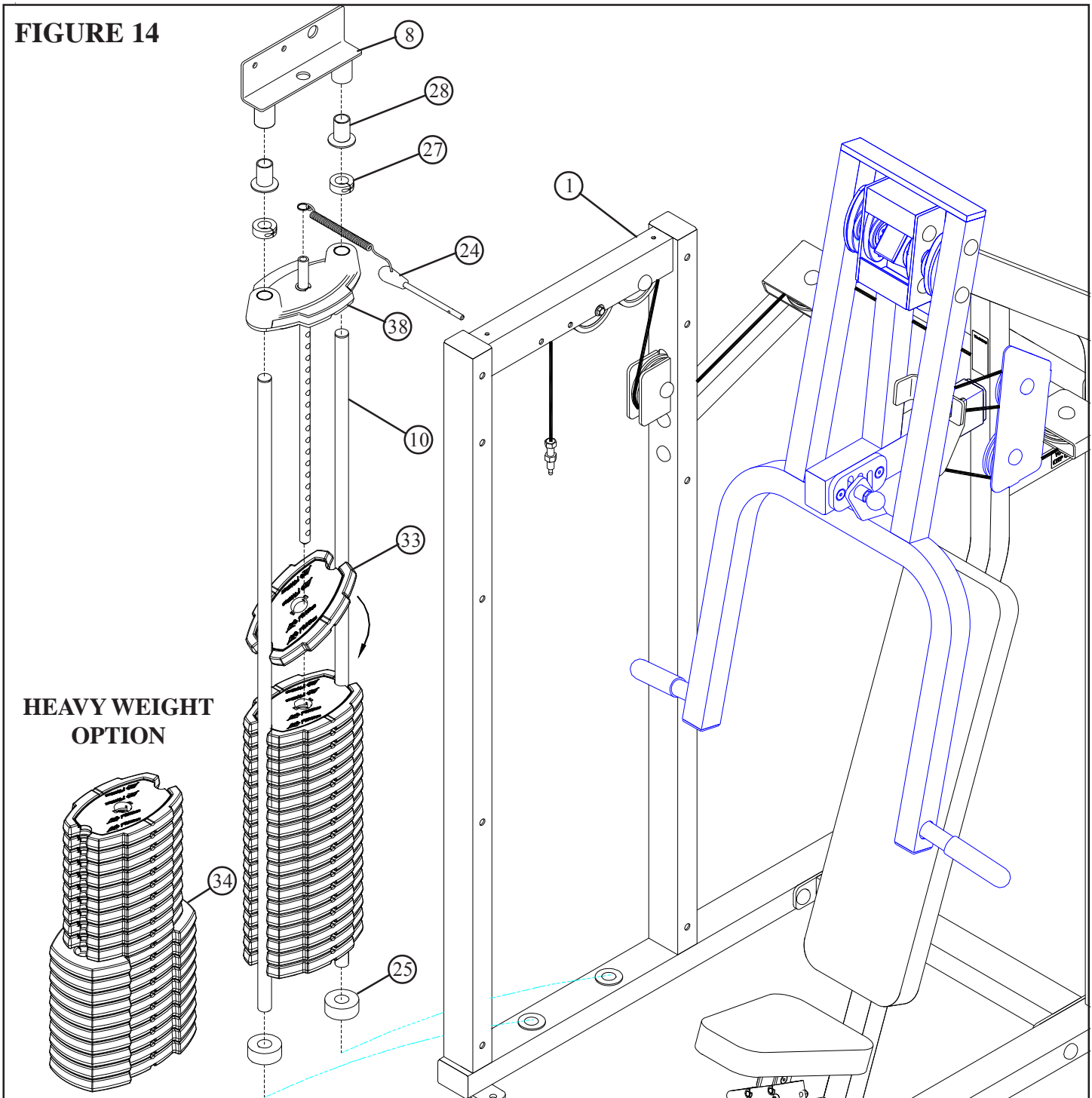
**FIGURE 13**



**STEP 13:**

- **SECURELY** assemble the SEAT PAD (36) to the BOOM ASSEMBLY (4) using two RH CAPS (26), two 3/8 X 1-1/4" BOLTS (11) and two 3/8" RH WASHERS (22) as shown in FIGURE 13.

**FIGURE 14**

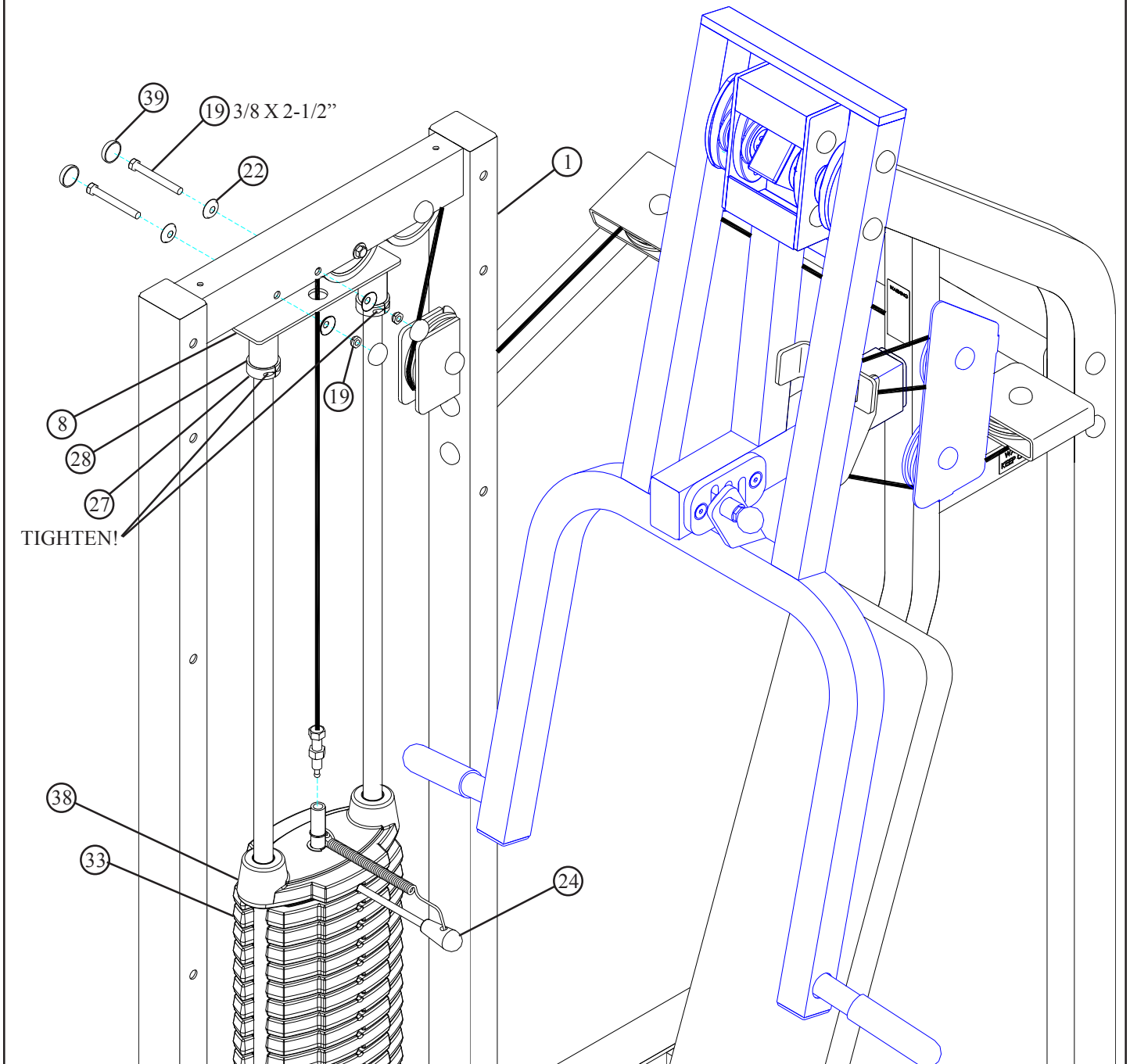


**HEAVY WEIGHT  
OPTION**

**STEP 14:**

- Insert the two **GUIDE RODS (10) FOUND IN SHROUD KIT BOX**, into the base of the **TOWER (1)** as shown in **FIGURE 14**. Lubricate the **GUIDE RODS (10)** with a silicon or teflon spray that is available at most hardware stores.
- Slide two **WEIGHT STACK CUSHIONS (25)** down over the **GUIDE RODS (10)**. See **FIGURE 14**.
- Using **EXTREME CARE** place twenty **10 LB. WEIGHT PLATES (33)** over the **GUIDE RODS (10)**. (**NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (34) over the GUIDE RODS (10) first, then slide ten 10 LB. WEIGHT PLATES (33) over the GUIDE RODS.**)
- Carefully Slide the **HEAD PLATE (38)** down over the **GUIDE RODS (10)** onto the weight stack as shown in **FIGURE 14**.
- Slide one **WEIGHT STACK SELECTOR PIN (24)** over the shaft on the **HEAD PLATE (38)** as shown in **FIGURE 14**.
- Slide two **1" SHAFT COLLARS (27)** over each **GUIDE ROD (10)** as shown in **FIGURE 14**.
- Slide two **GUIDE ROD BUSHINGS (28)** over each **GUIDE ROD (10)**
- Place the **GUIDE ROD SUPPORT (8)** over the **GUIDE RODS (10)** as shown in **FIGURE 14**.

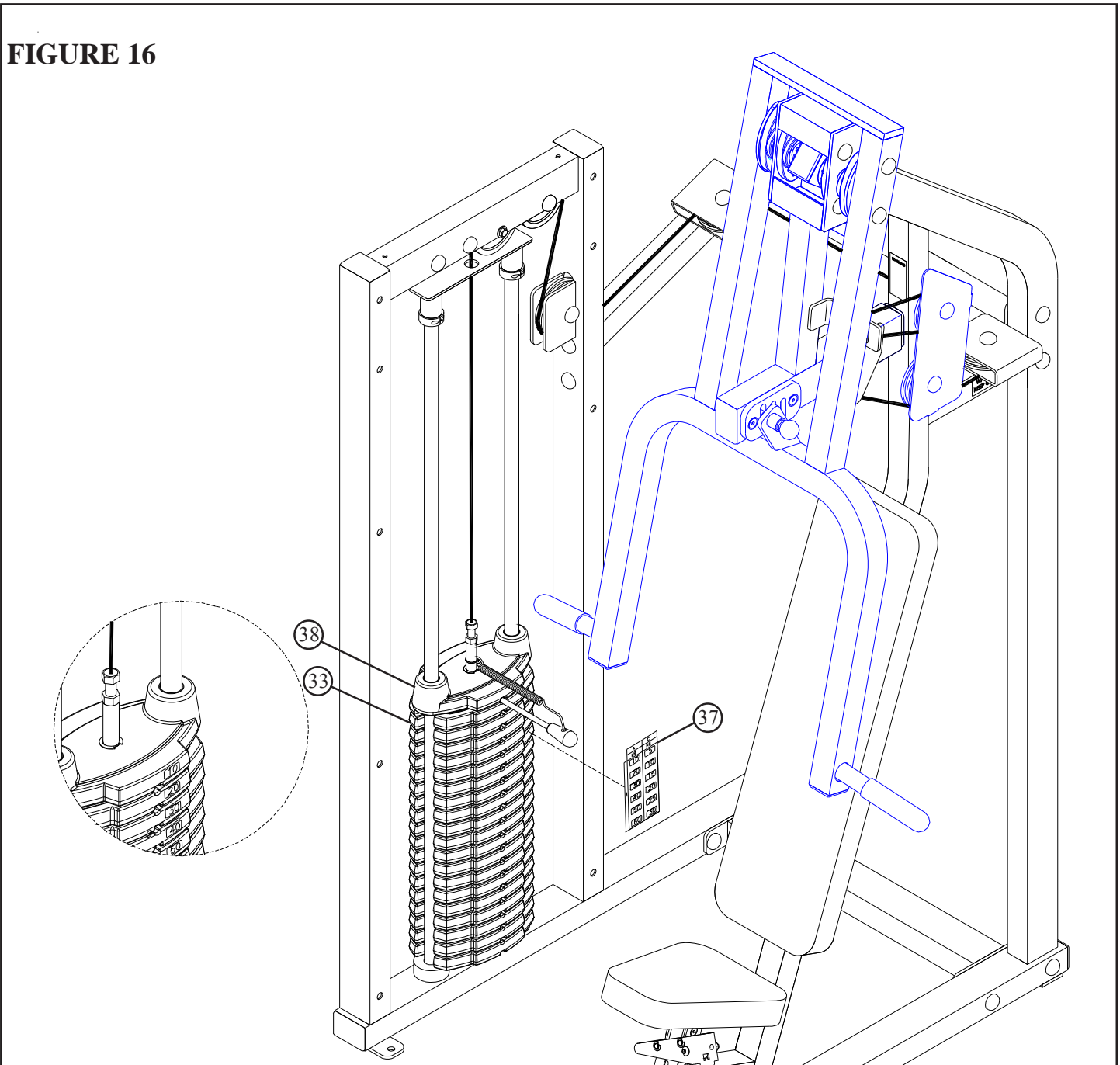
**FIGURE 15**



**STEP 15:**

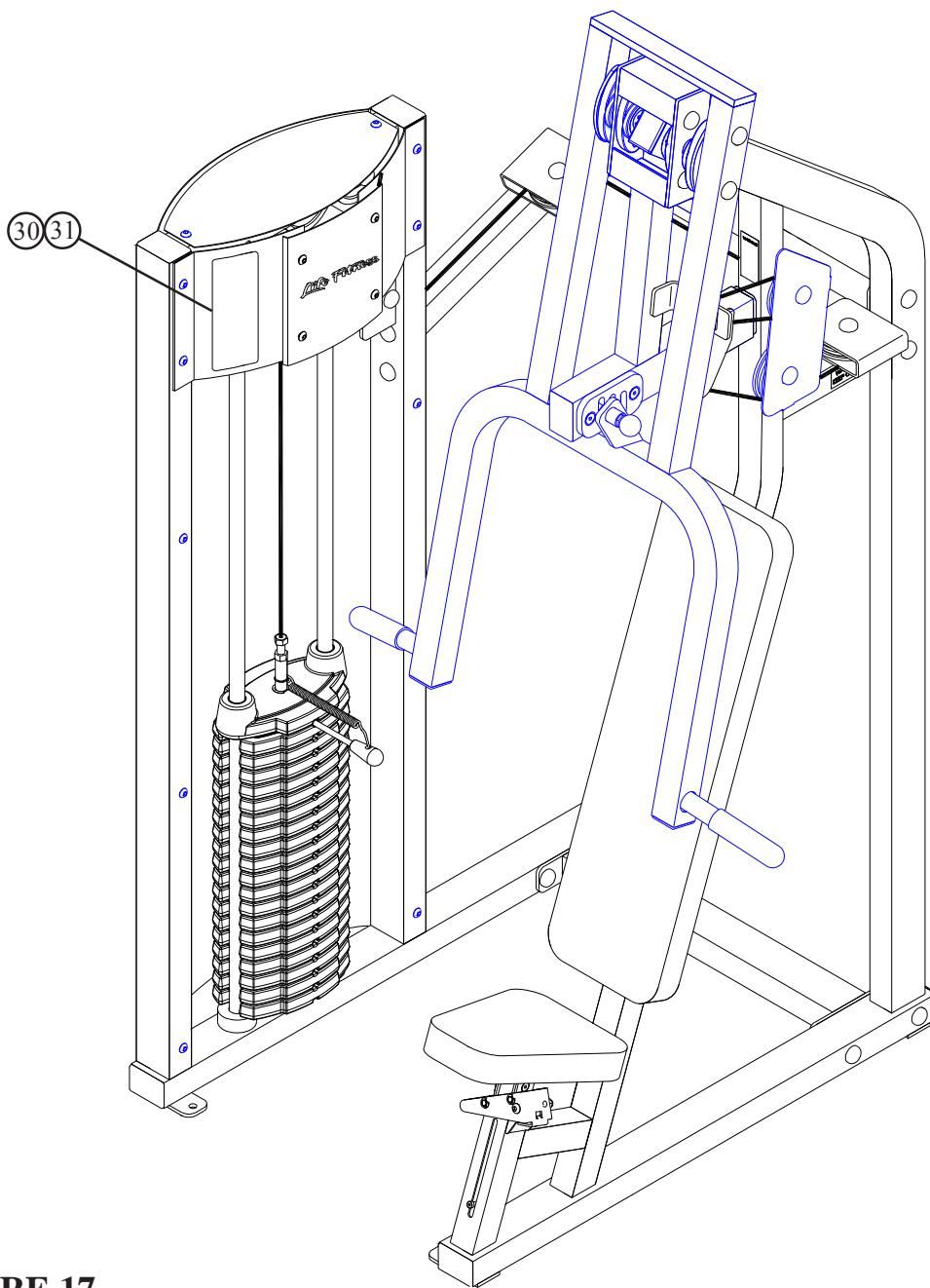
- **SECURELY** assemble the GUIDE ROD SUPPORT (8) to the TOWER (1) using four RH CAPS (39), two 3/8 X 2-1/2" BOLTS (19), four 3/8" RH WASHERS (22) and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 15.
- Slide GUIDE ROD BUSHINGS (28) into the tubes on the GUIDE ROD SUPPORT (8), slide 1" SHAFT COLLARS (27) underneath the GUIDE ROD BUSHINGS (28) and **SECURELY** tighten the set screws.
- Screw the threaded end of the CABLE all the way into the end of the shaft on the HEAD PLATE (38) and tighten jam nut securely. See FIGURE 15.
- Insert the WEIGHT STACK PIN (24) into the WEIGHT STACK as shown in FIGURE 15.

**FIGURE 16**



**STEP 16:**

- The WEIGHT STACK LABEL sheet (37) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.
- Peel the backing off the WEIGHT STACK LABELS (37), line up sheet to the right of the selector opening and apply labels to the 10 LB.WEIGHT PLATES (33) and/or 15 LB. WEIGHT PLATES (34), starting with the HEAD PLATE (38) as shown in FIGURE 16.
- **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**



**FIGURE 17**

**STEP 17:**

- Assemble the PLACARD LABEL (30) or the FOREIGN LANGUAGE PLACARD LABEL (31) to the FRONT SHROUD as shown in FIGURE 17.



## 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>
<b>CLEAN</b>					
Upholstery	<b>X</b>				
Guide Rods					<b>X</b>
Hand Grips					<b>X</b>
<b>INSPECT</b>					
Visual Overall	<b>X</b>				
Cables		<b>X</b>			
Hardware			<b>X</b>		
Frame				<b>X</b>	
Hand Grips					<b>X</b>
<b>LUBRICATE</b>					
Guide Rods					<b>X</b>

#### 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 CHEST PRESS. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.**