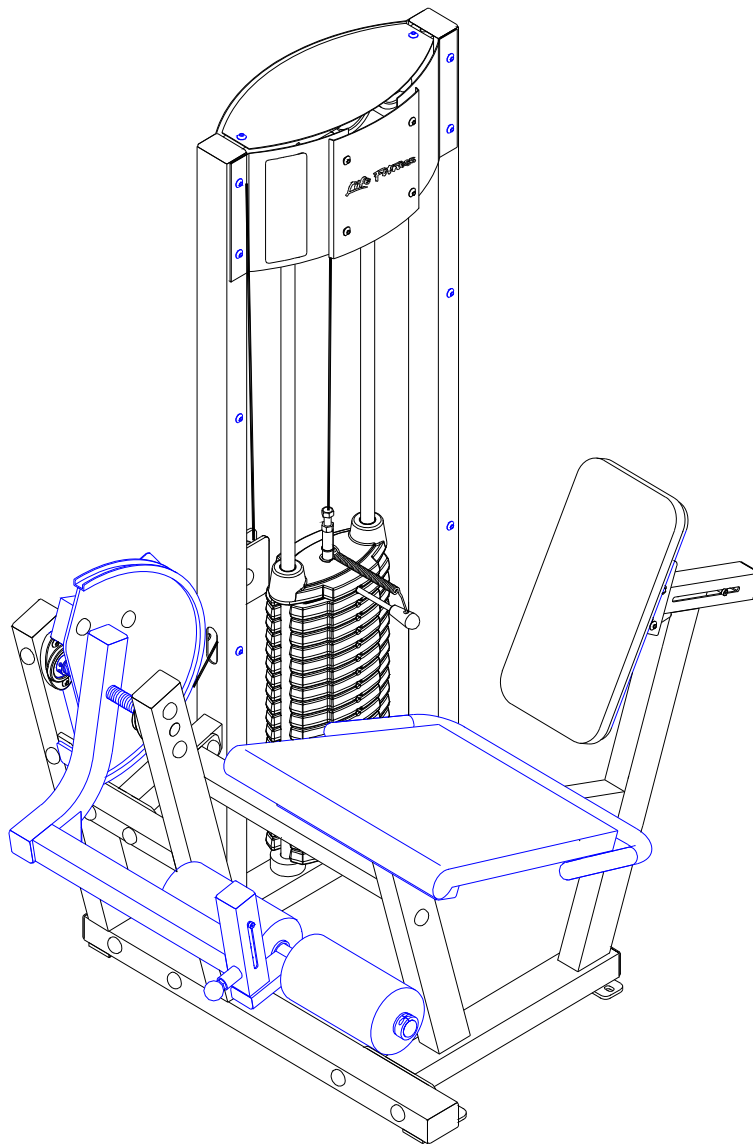


Life Fitness

CLUB SERIES LEG EXTENSION



ASSEMBLY INSTRUCTIONS

PARTS LIST

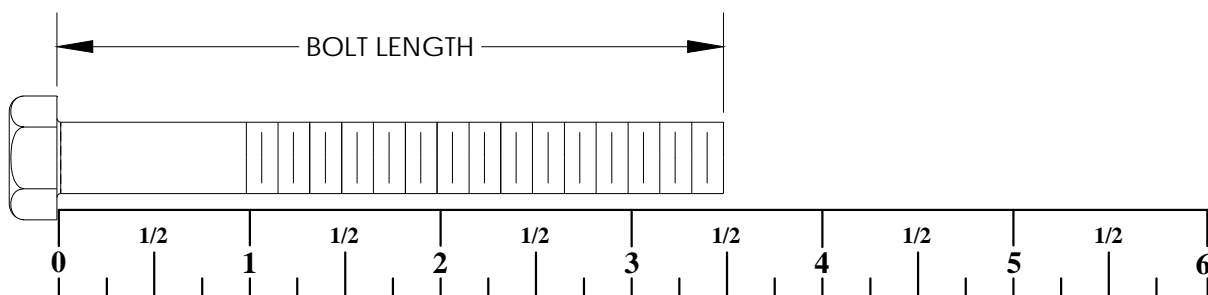
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	69517xx	TOWER	1	22	6866701	3/8" RH WASHER	49
2	69509xx	PIVOT ARM SUPPORT	1	23	3203501	PILLOW BLOCK	2
3	69502xx	HANDLE	1	24	6913801	WEIGHT STACK SELECTOR PIN	1
4	69646xx	PIVOT ARM	1	25	3108001	WEIGHT STACK CUSHION	2
5	68839xx	GUIDE ROD SUPPORT	1	26	6866601	RH CAP BLACK	6
6	69529xx	CAM SHROUD	1	27	3222001	1" SHAFT COLLAR	2
7	69622xx	COUNTERBALANCE	1	28	3116001	1-1/4" RUBBER BUMPER	1
8	69623xx	CROSS SUPPORT	1	29	6714901	GUIDE ROD BUSHING	2
9	69483xx	SEAT FRAME	1	30	6912801	2" ACCORDION SLEEVE	1
10	69450xx	16" TUBE	1	31	6912803	3" ACCORDION SLEEVE	1
11	69236xx	HEAD PLATE	1	32	6966101	PLACARD LABEL	1
12	3102901	3/8 X 1-1/4" BOLT	2	33	6966201	LANGUAGE PLACARD LABEL	1
13	3102902	3/8 X 2-1/4" BOLT	2	34	6957001	WEIGHT STACK LABEL	1
14	3102903	3/8 X 2-1/2" BOLT	2	35	6927001	GUIDE ROD	2
15	3102922	3/8 X 2-3/4" BOLT	13	36	6887202	10 LB. WEIGHT PLATE (STD)	15
16	3102942	3/8 X 3-1/2" BOLT	2	37	6888402	15 LB. WEIGHT PLATE (OPT)	5
17	3102905	3/8 X 3-3/4" BOLT	4	38	68775xx	BACK PAD	1
18	3202404	3/8 X 3" BUTTON HEAD BOLT	4	39	69574xx	SEAT PAD	1
19	3102807	3/8" LOW HEIGHT LOCK NUT	24	40	6866602	RH CAP WHITE	43
20	3230701	STARLOCK WASHER	4	OR	6866603	RH CAP PLATINUM	43
21	3102514	3/8" SAE WASHER	36				

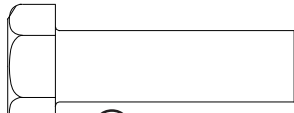
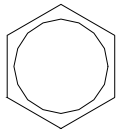
Tools Required for Assembly

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

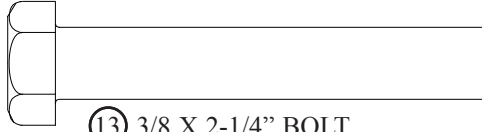
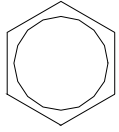
Bolt Length Ruler

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

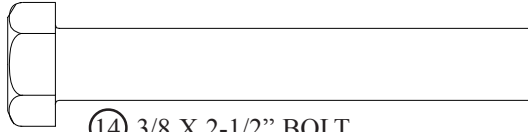
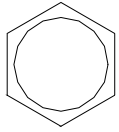




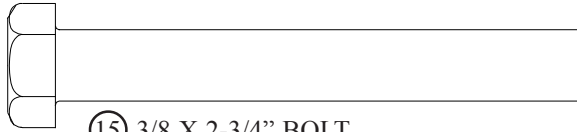
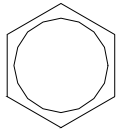
⑫ 3/8 X 1-1/4" BOLT



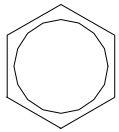
⑬ 3/8 X 2-1/4" BOLT



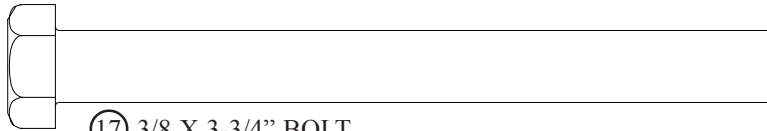
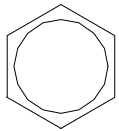
⑭ 3/8 X 2-1/2" BOLT



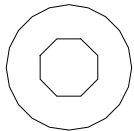
⑮ 3/8 X 2-3/4" BOLT



⑯ 3/8 X 3-1/2" BOLT



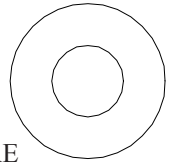
⑰ 3/8 X 3-3/4" BOLT



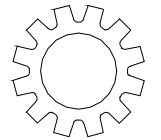
⑱ 3/8 X 3" BUTTON HEAD BOLT



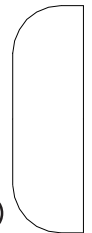
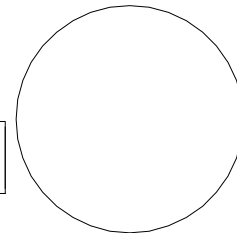
⑲ 3/8" LOW HEIGHT LOCK NUT



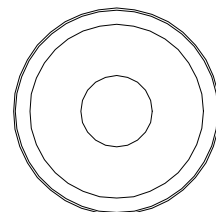
⑳ 3/8" SAE WASHER



㉑ STARLOCK WASHER



㉒ ㉓ RH CAP (BLACK/WHITE/PLATINUM)



㉔ RH WASHER

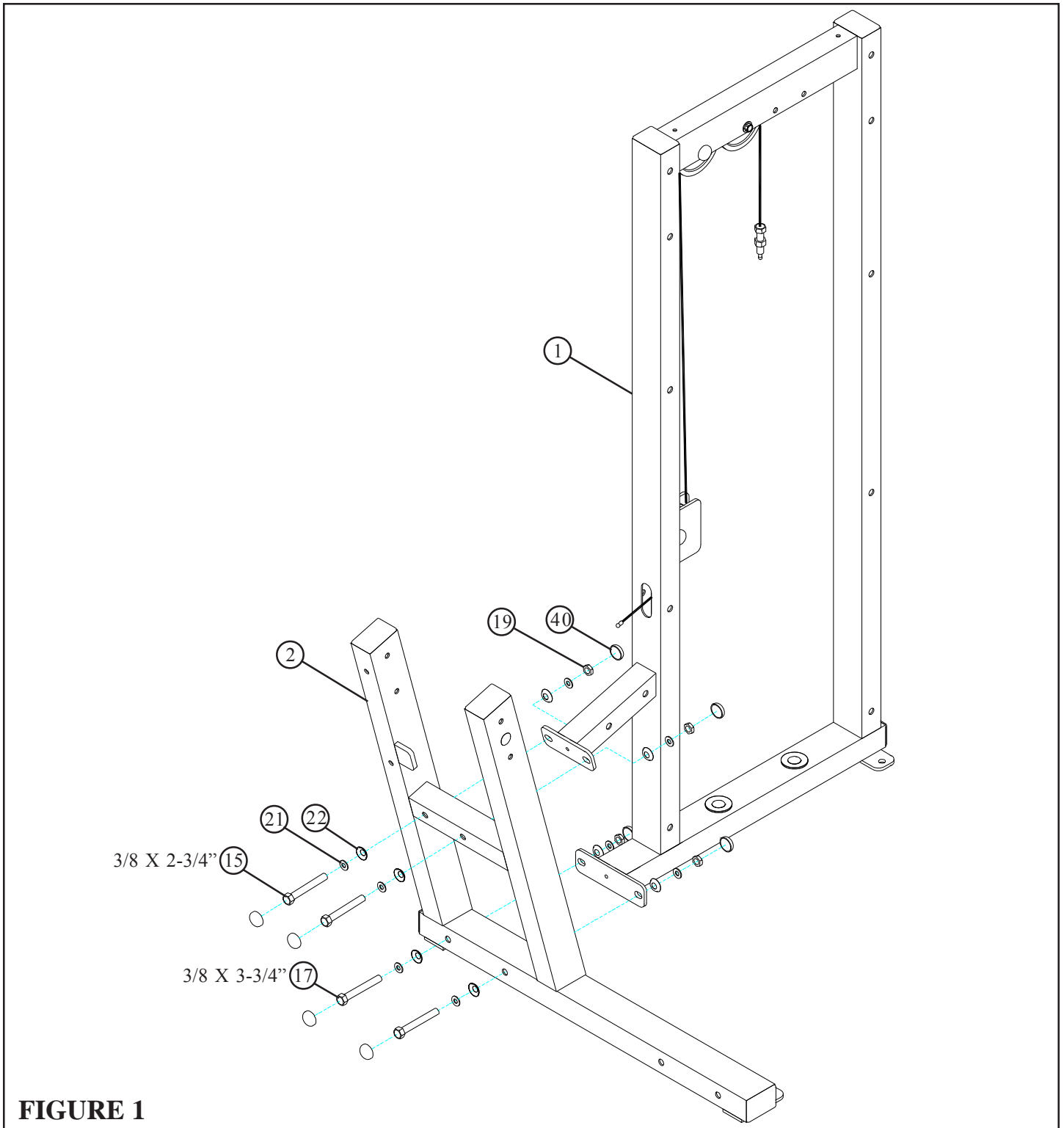
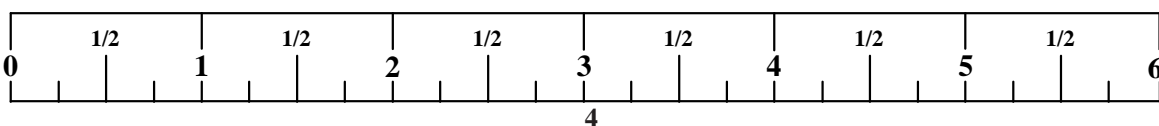


FIGURE 1

STEP 1:

- **LOOSELY** assemble the top of the PIVOT ARM SUPPORT (2) to the TOWER (1) using four RH CAPS (40), two 3/8 X 2-3/4" BOLTS (15), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (22) and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 1.
- **LOOSELY** assemble the bottom of the PIVOT ARM SUPPORT (2) to the TOWER (1) using four RH CAPS (40), two 3/8 X 3-3/4" BOLTS (17), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (22) and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 1.



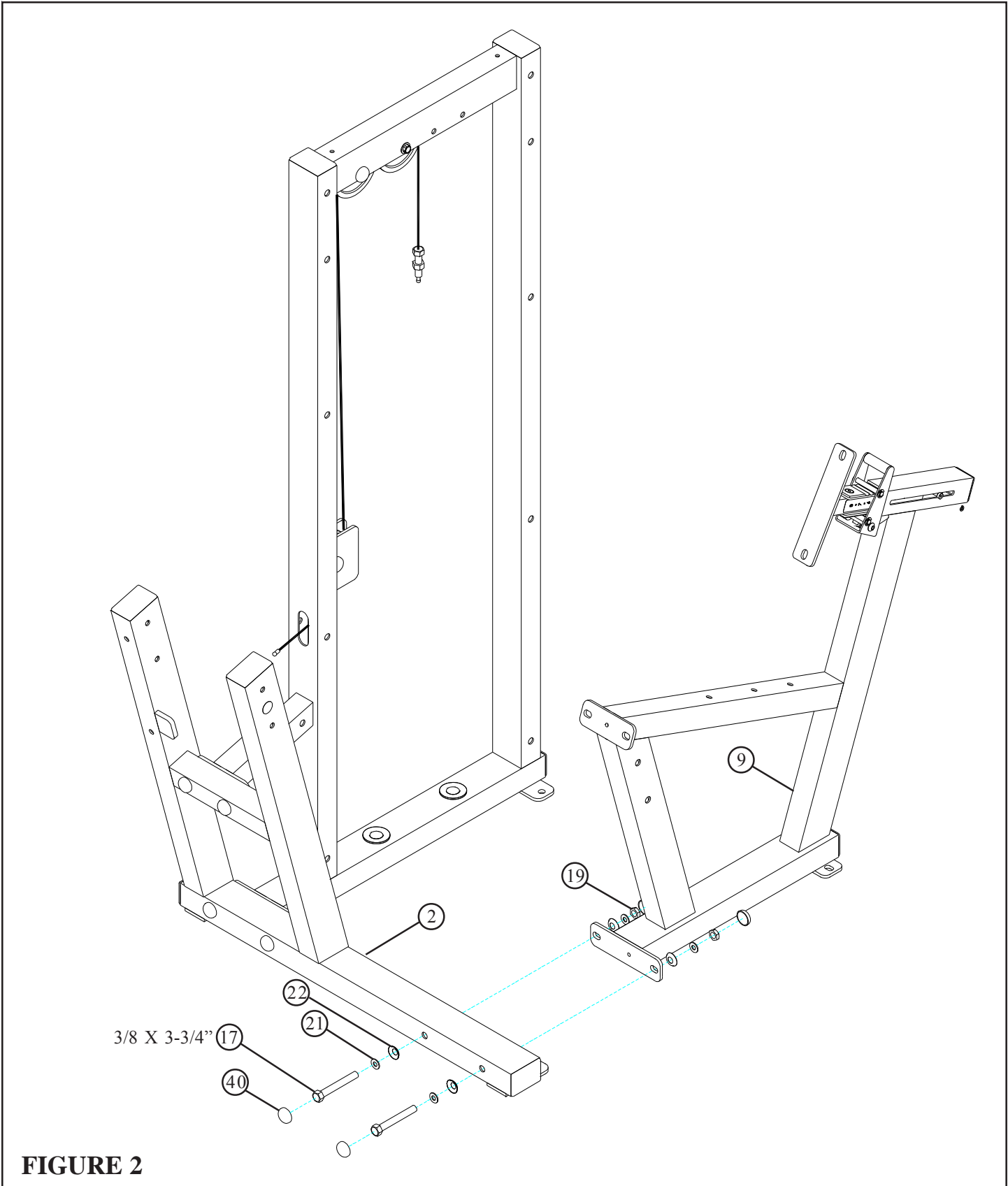


FIGURE 2

STEP 2:

- **LOOSELY** assemble the SEAT FRAME (9) to the PIVOT ARM SUPPORT (2) using four RH CAPS (40), two 3/8 X 3-3/4" BOLTS (17), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (22), and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 2.

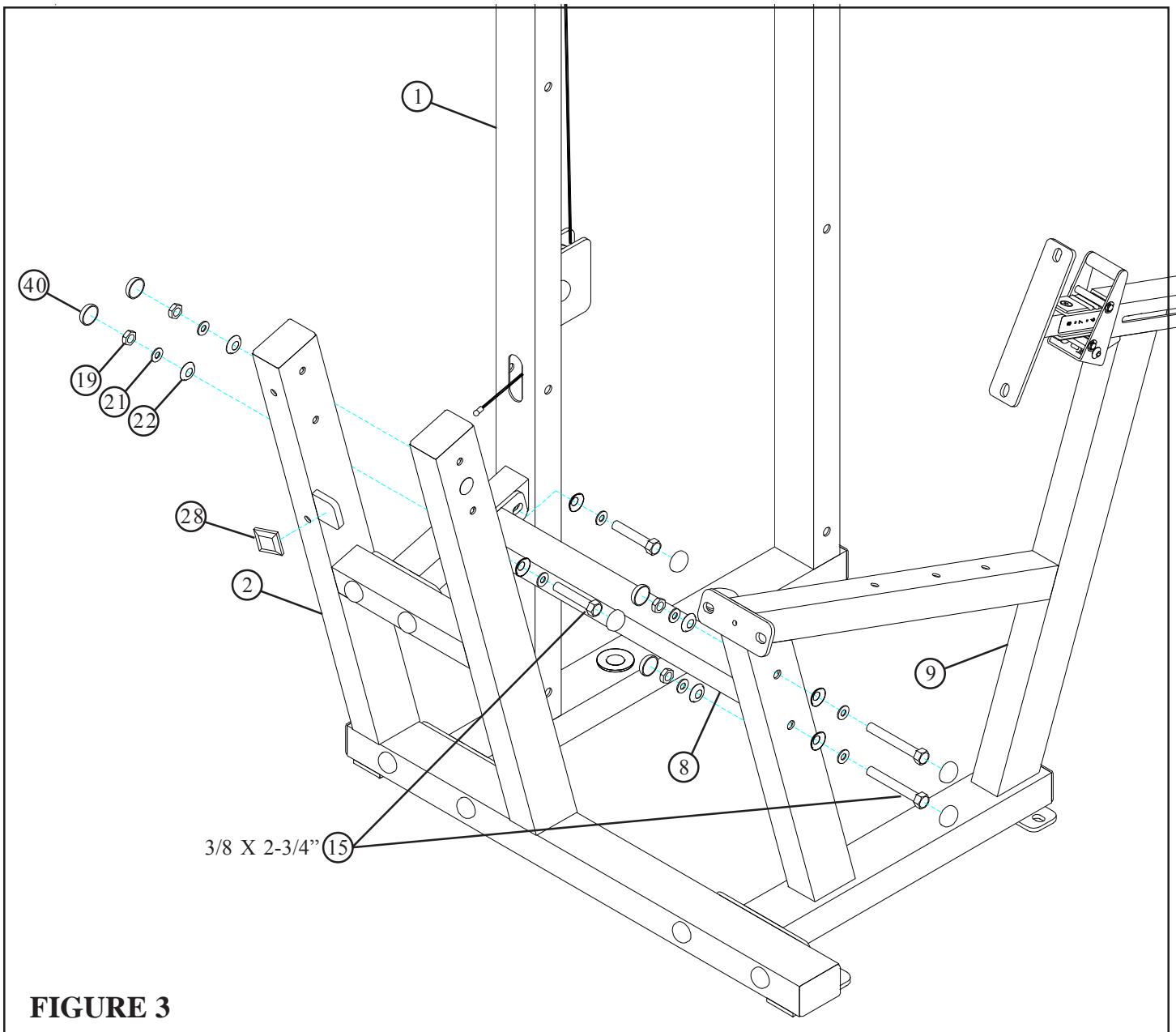


FIGURE 3

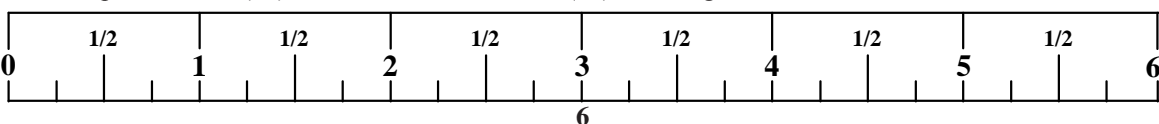
STEP 3:

- **LOOSELY** assemble the CROSS SUPPORT (8) to the TOWER (1) and SEAT FRAME (9) using eight RH CAPS (40), four 3/8 X 2-3/4" 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 3.

- Assemble one 1-1/4" RUBBER BUMPER (28) to the PIVOT ARM SUPPORT (2) as shown in FIGURE 3.

- **Securely tighten all loose frame connections made to this point, in the following order:**

1. Tighten the CROSS SUPPORT (8) to the TOWER (1) and SEAT FRAME (9).
2. Tighten the SEAT FRAME (9) to the PIVOT ARM SUPPORT (2).
3. Tighten the PIVOT ARM SUPPORT (2) to the TOWER (1) (upper and lower).
4. Snap RH CAPS (40) over the RH WASHERS (22) on all tightened connections.



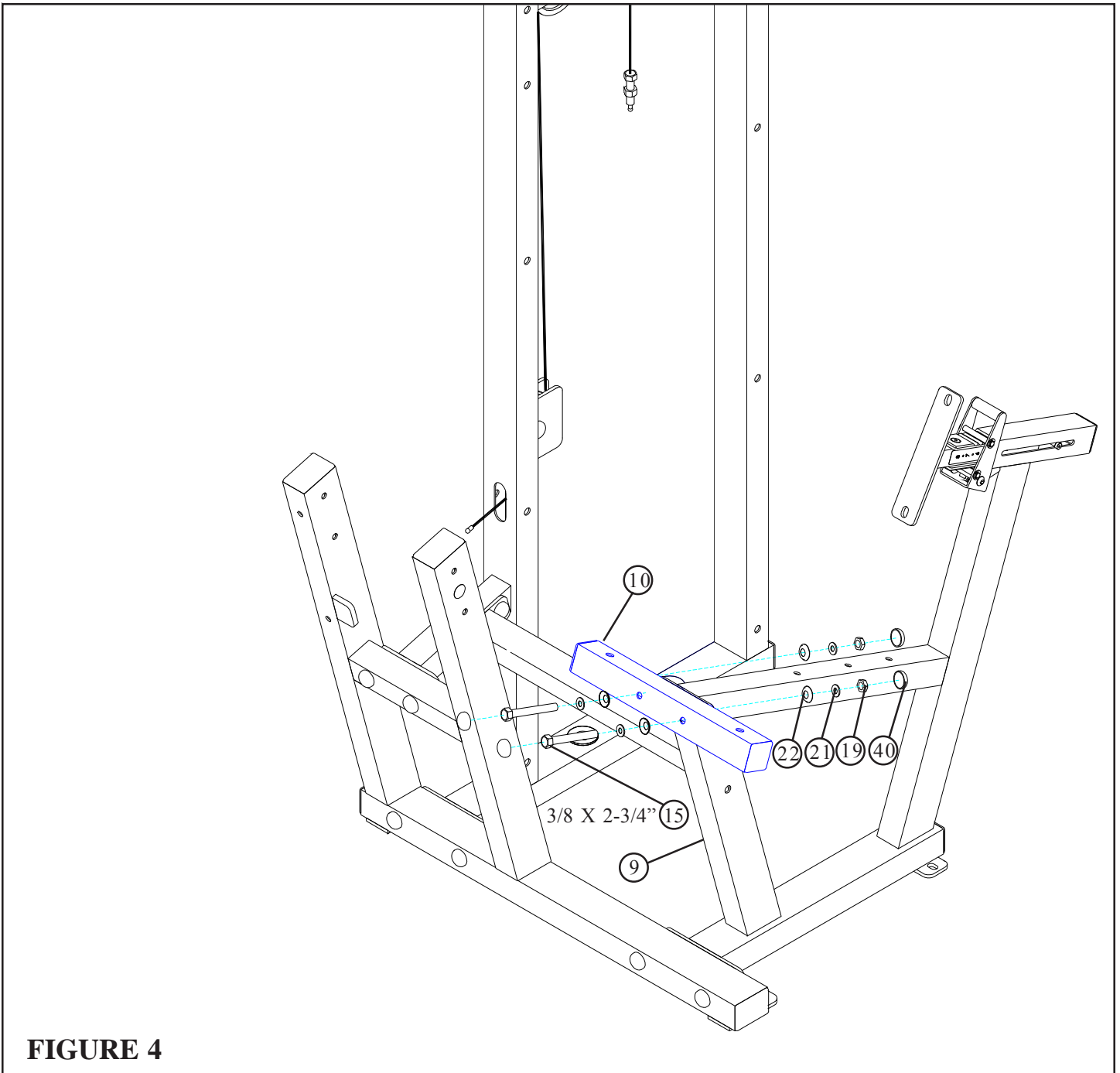


FIGURE 4

STEP 4:

- **SECURELY** assemble the 16" TUBE (10) to the SEAT FRAME (9) using four RH CAPS (40), two 3/8 X 2-3/4" BOLTS (15), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (22) and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 4.

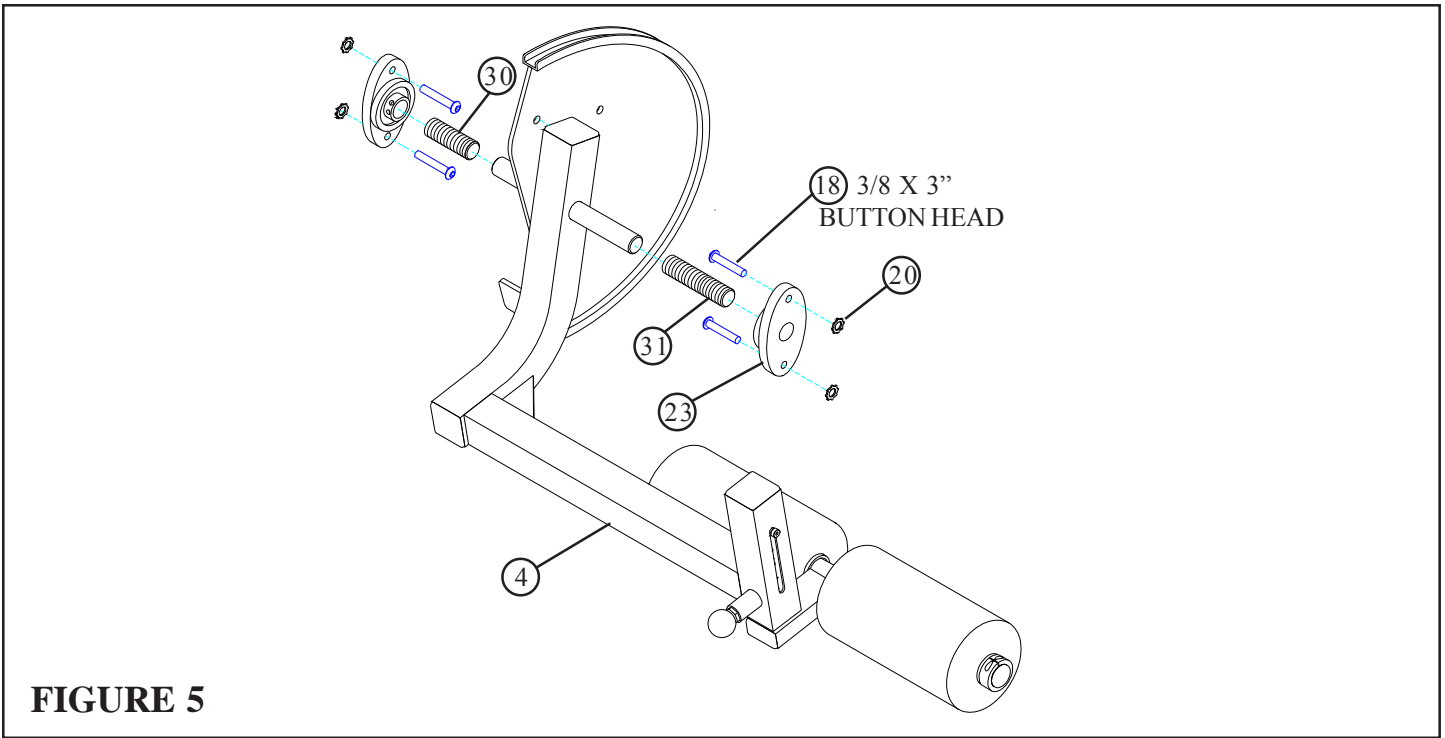


FIGURE 5

STEP 5:

- Slide one 2" ACCORDION SLEEVE (30), one 3" ACCORDIAN SLEEVE (31) and two PILLOW BLOCKS (23) over the shaft of the PIVOT ARM (4) as shown in FIGURE 5.
- Assemble four 3/8 X 3" BUTTON HEAD CAP SCREWS (18) and four STARLOCK WASHERS (20) to the the PILLOW BLOCKS (23) as shown in FIGURE 5

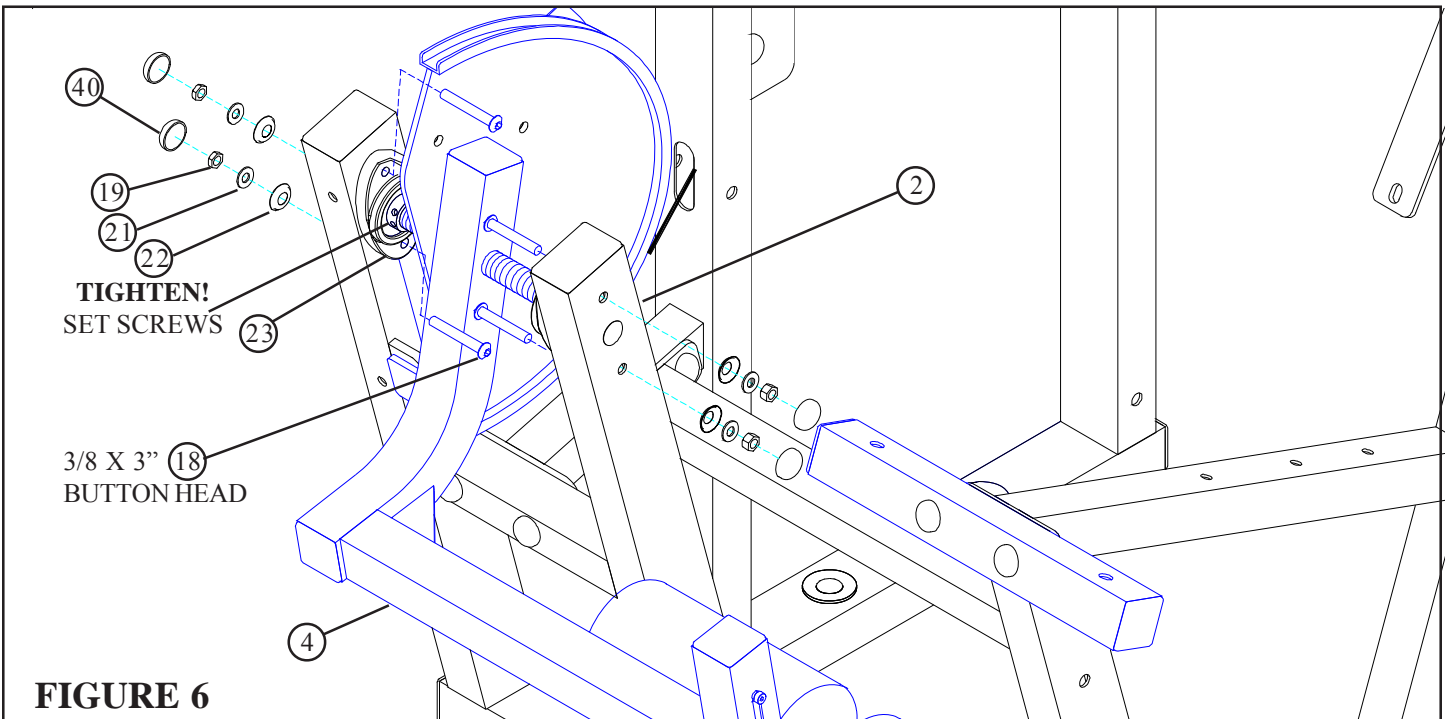


FIGURE 6

STEP 6:

- **SECURELY** assemble the PILLOW BLOCKS (23) on the PIVOT ARM (4) to the PIVOT ARM SUPPORT (2) using the four previously inserted 3/8 X 3" BUTTON HEAD CAP SCREWS (18), four 3/8" SAE WASHERS (21), four RH WASHERS (22), four 3/8" LOW HEIGHT LOCK NUTS (19) and four RH CAPS (40) as shown in FIGURE 6.
- **IMPORTANT!** When PIVOT ARM (4) is centered and level in the PILLOW BLOCKS (23), tighten the PILLOW BLOCK set screws.

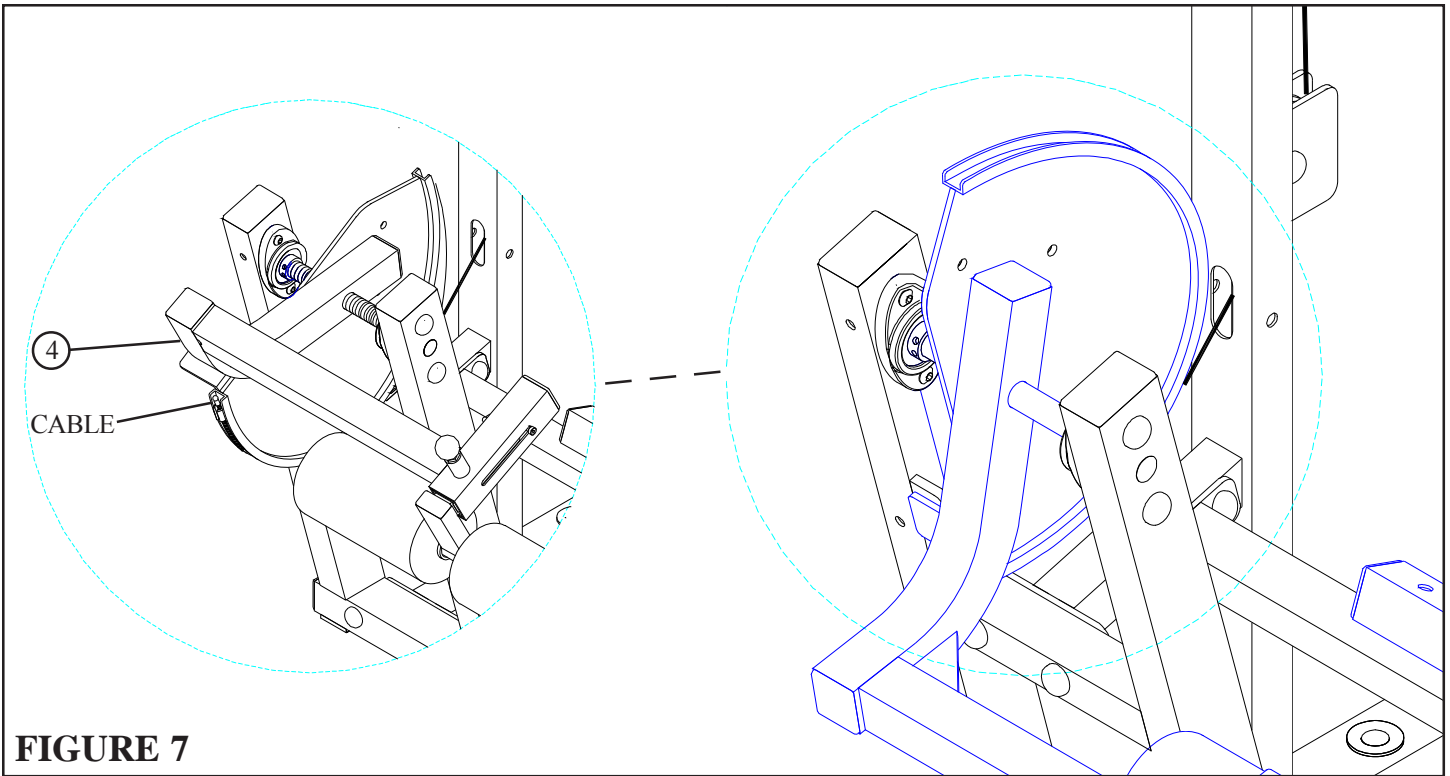


FIGURE 7

STEP 7:

- Slide the end of the CABLE into the bushing on the PIVOT ARM (4) as shown in FIGURE 7.

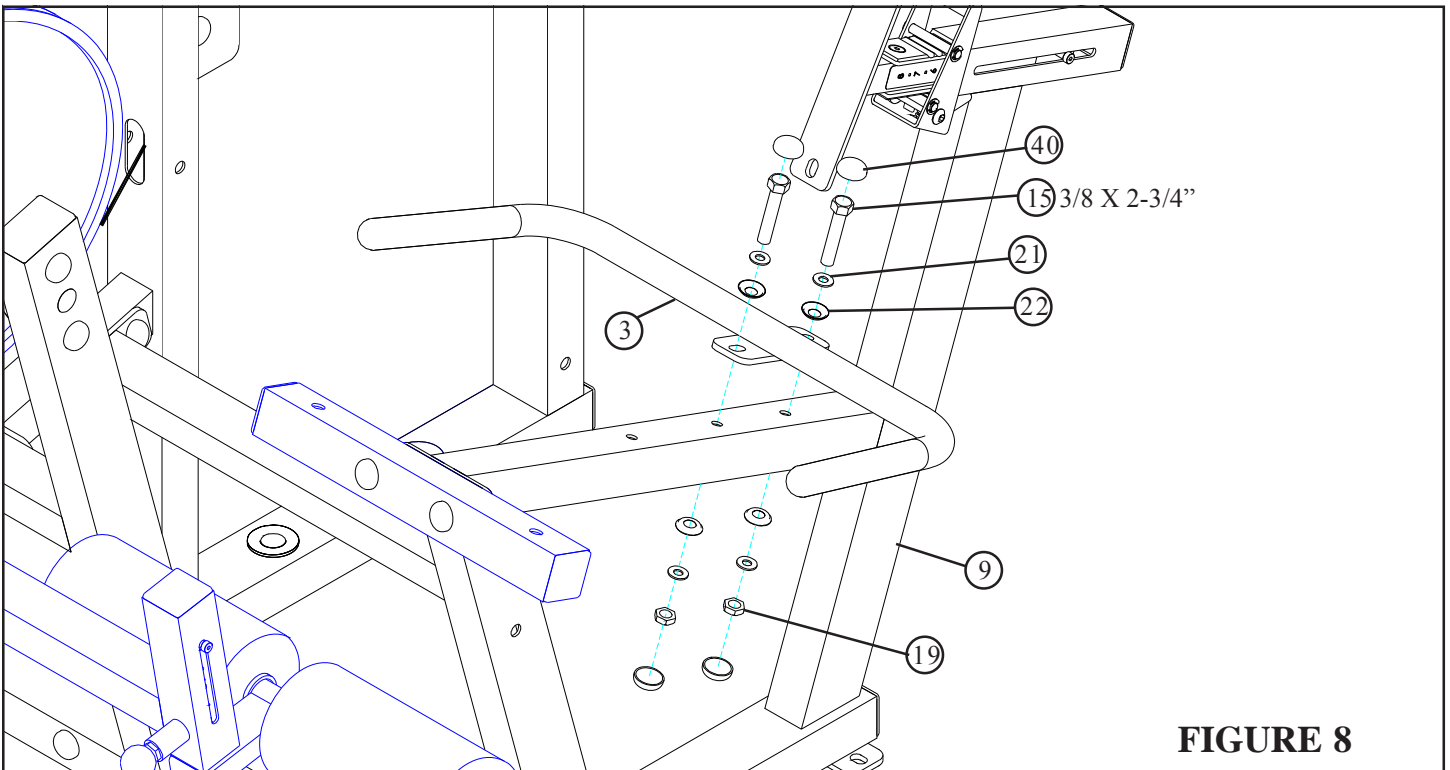


FIGURE 8

STEP 8:

- **SECURELY** assemble the HANDLE (3) to the SEAT FRAME (9) using four RH CAPS (40), two 3/8 X 2-3/4" BOLTS (15), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (22), and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 8.

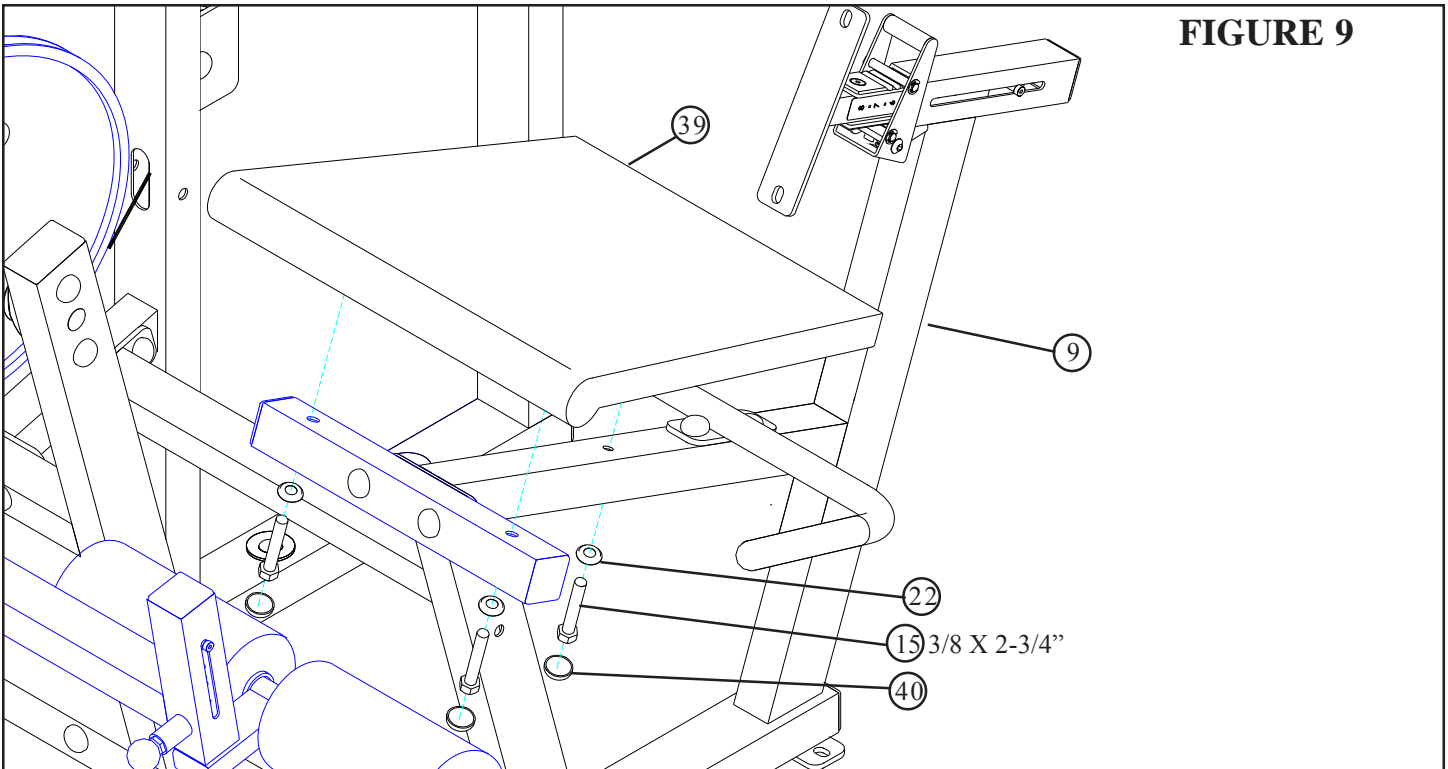


FIGURE 9

STEP 9:

- **SECURELY** assemble the SEAT PAD (39) to the SEAT FRAME (9) using three RH CAPS (40), three 3/8 X 2-3/4" BOLTS (15) and three 3/8" RH WASHERS (22) as shown in FIGURE 9.

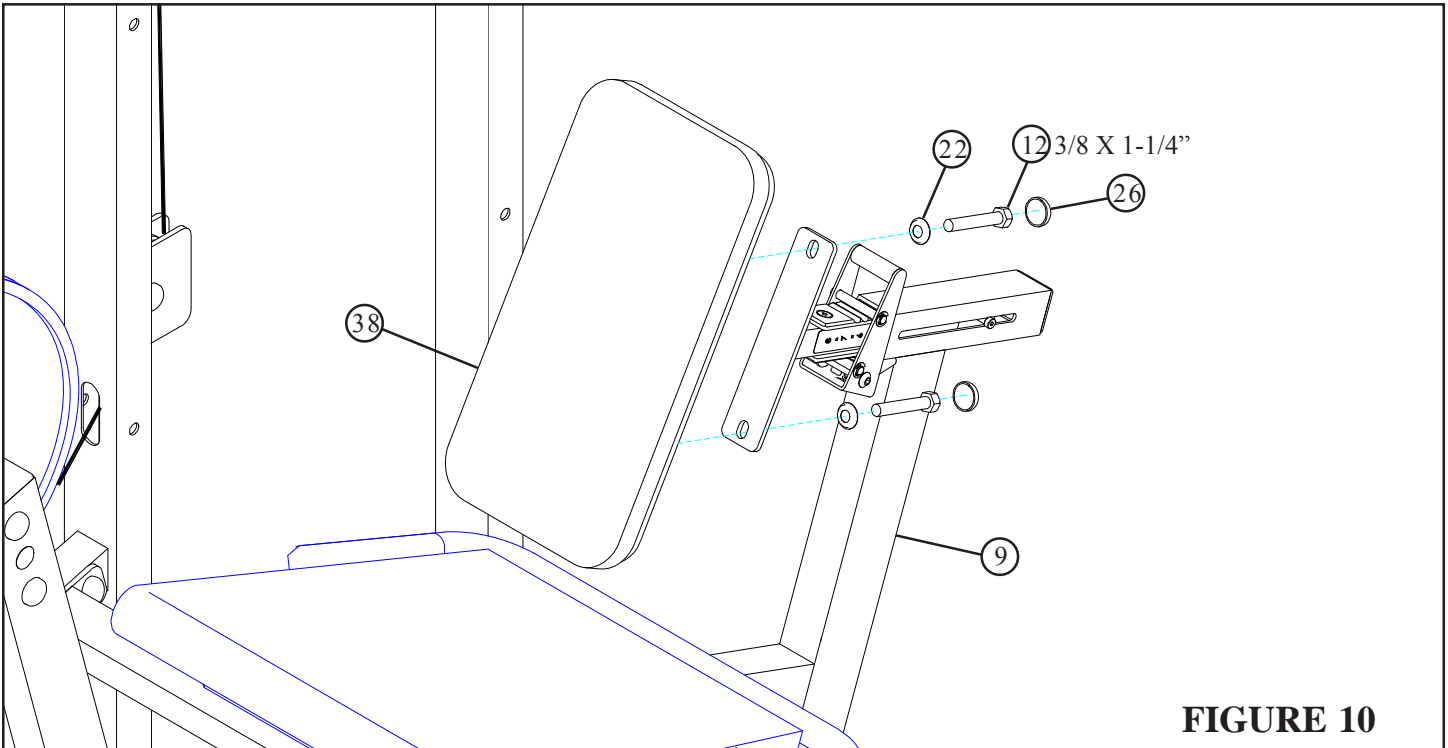
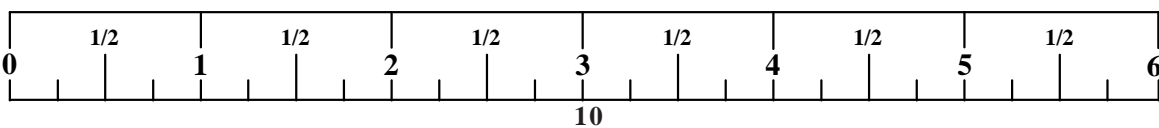


FIGURE 10

- **SECURELY** assemble the BACK PAD (38) to the SEAT FRAME (9) using two BLACK RH CAPS (26), two 3/8 X 1-1/4" BOLTS (12) and two 3/8" RH WASHERS (22) as shown in FIGURE 10.



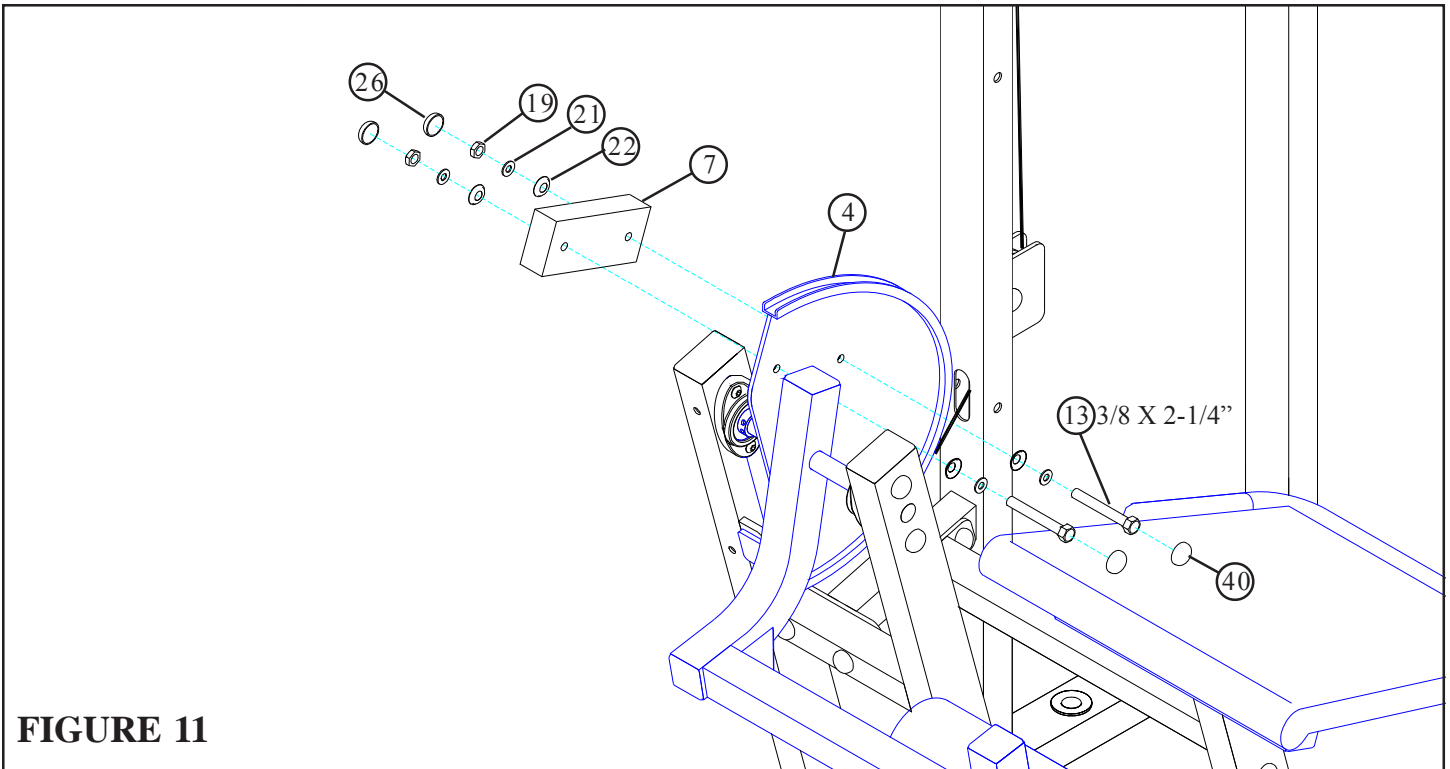


FIGURE 11

STEP 11:

- **SECURELY** assemble the COUNTER BALANCE (7) to the PIVOT ARM (4) using two BLACK RH CAPS (26), two RH CAPS (40), two 3/8 X 2-1/4" BOLTS (13), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (22) and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 11.

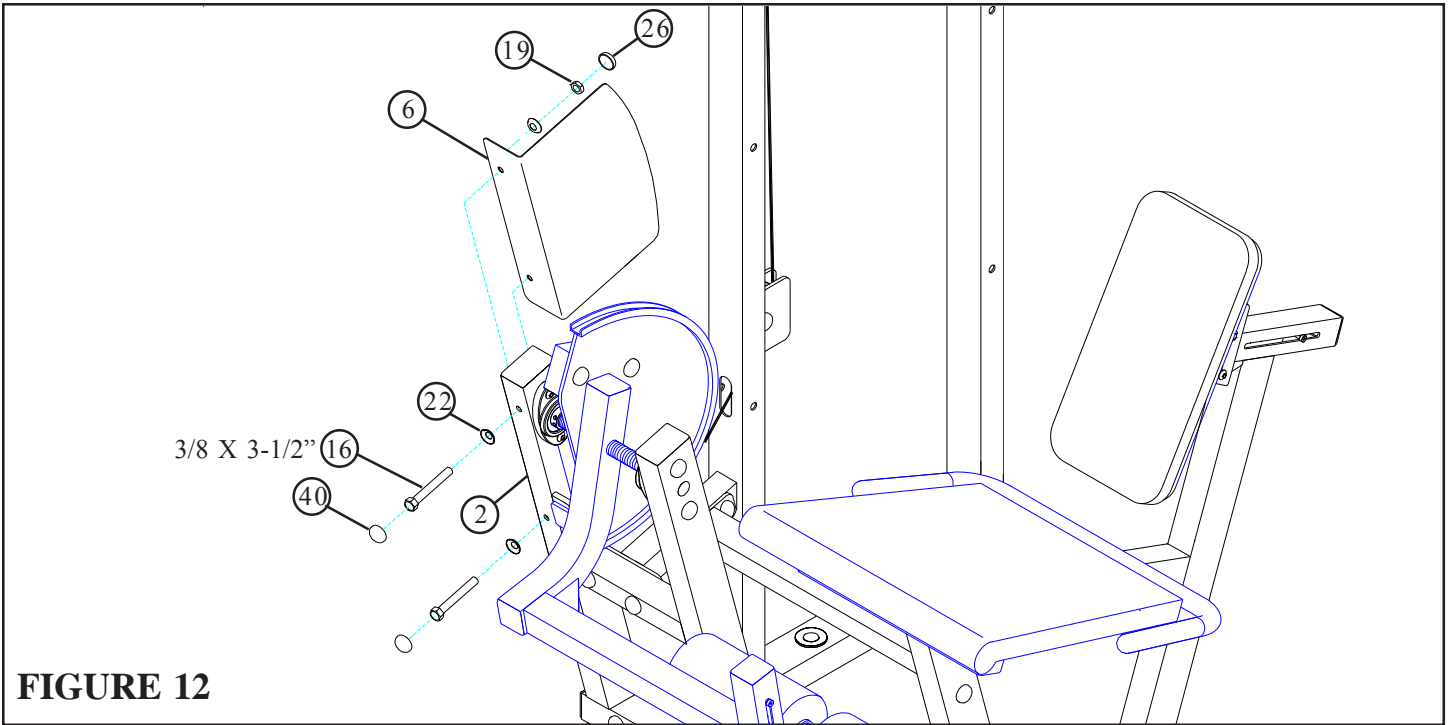
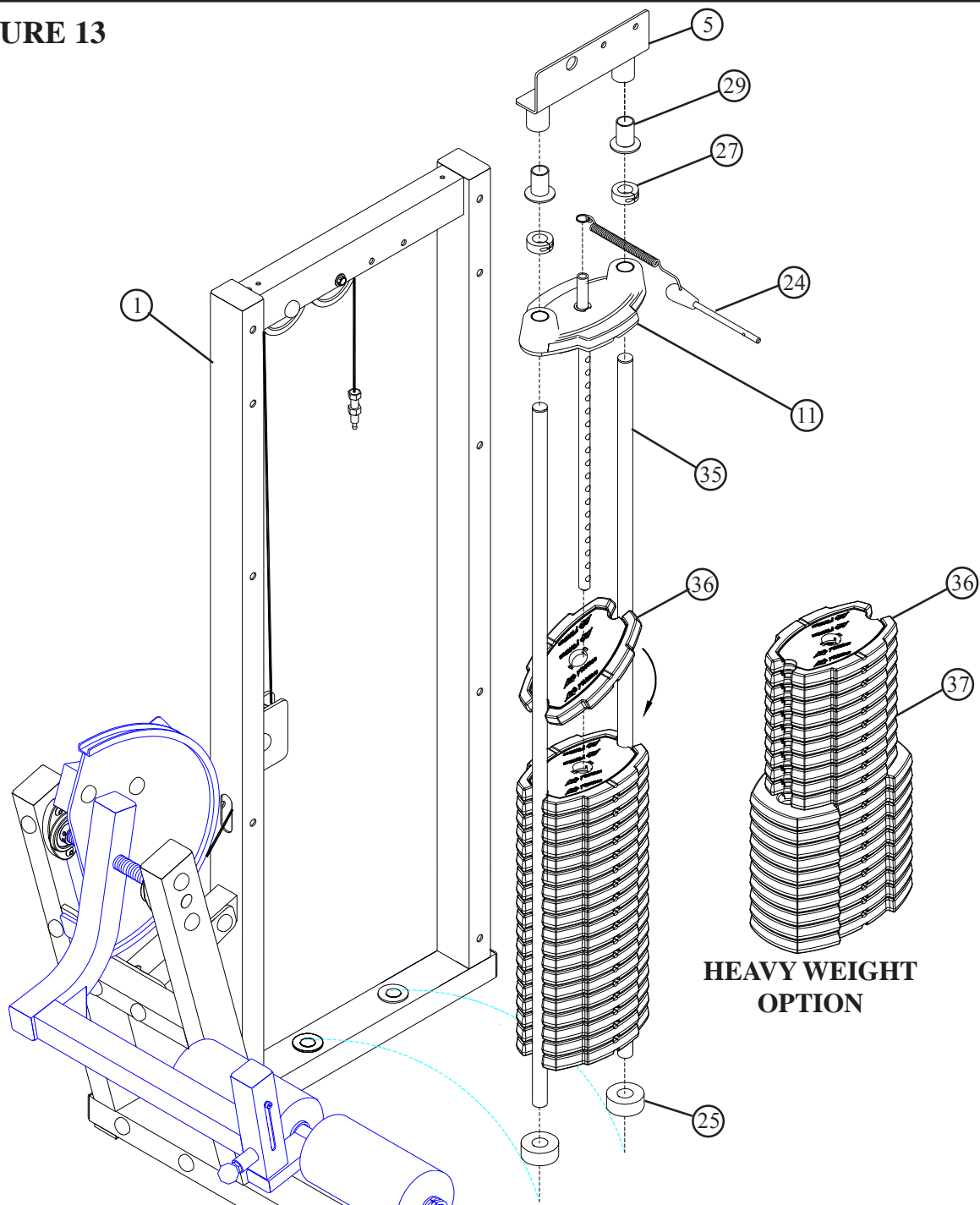


FIGURE 12

STEP 12:

- **SECURELY** assemble the CAM SHROUD (6) to the PIVOT ARM SUPPORT (2) using two RH CAPS (40), two BLACK RH CAPS (26), two 3/8 X 3-1/2" BOLTS (16), four 3/8" RH WASHERS (22) and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 12.

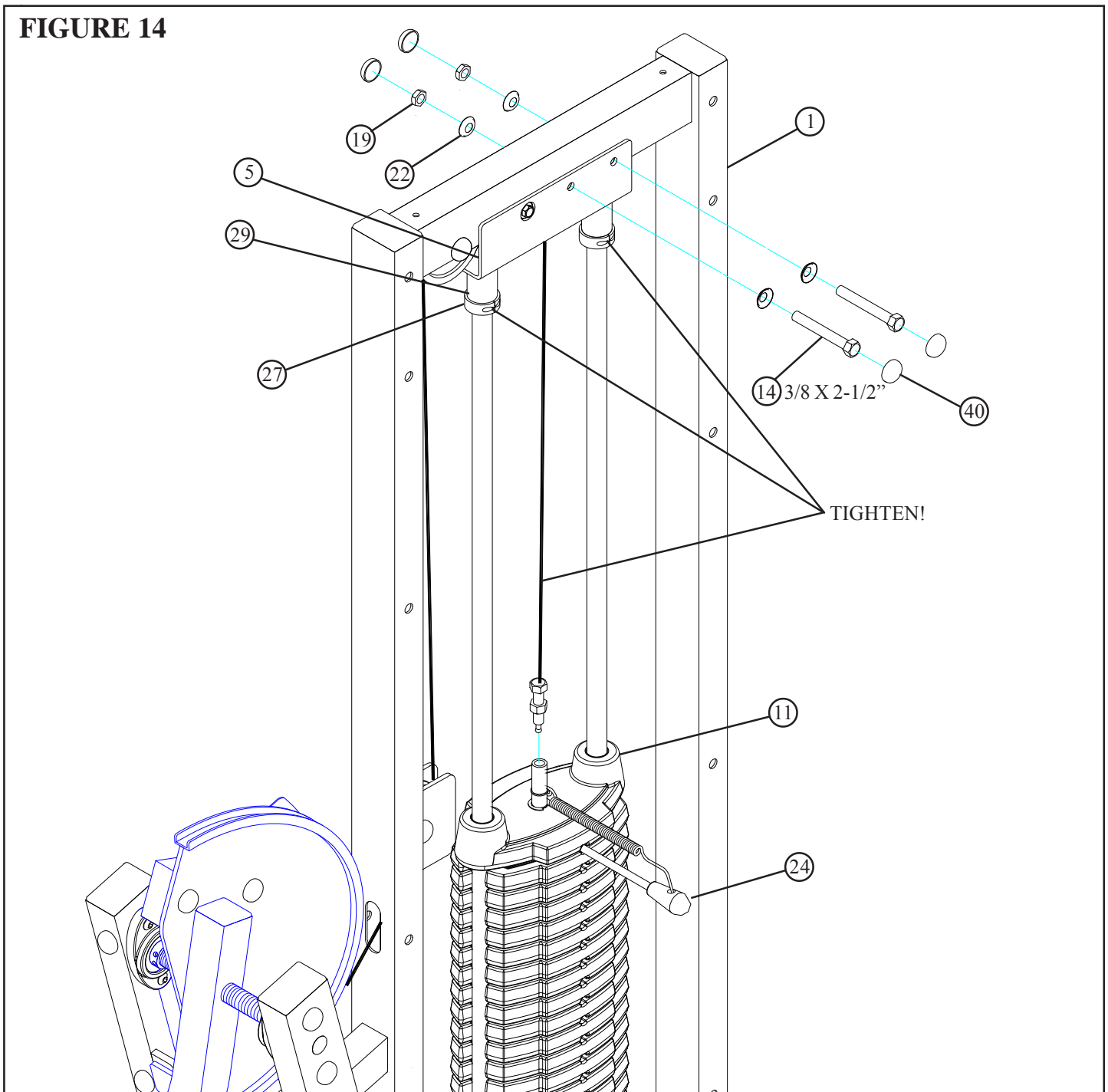
FIGURE 13



STEP 13:

- Insert the two GUIDE RODS (35) (found in the SHROUD KIT box) into the base of the TOWER (1) as shown in FIGURE 13. Lubricate the GUIDE RODS (35) with a silicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (25) down over the GUIDE RODS (35). See FIGURE 13.
- Using **EXTREME CARE** place twenty 10 LB. WEIGHT PLATES (36) over the GUIDE RODS (35) as shown in FIGURE 13. (**NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (37) over the GUIDE RODS (35) first, then slide ten 10 LB. WEIGHT PLATES (36) over the GUIDE RODS.**)
- Carefully Slide the HEAD PLATE (11) down over the GUIDE RODS (35) onto the weight stack as shown in FIGURE 13.
- Slide one WEIGHT STACK SELECTOR PIN (24) over the shaft on the HEAD PLATE (11) as shown in FIGURE 13.
- Slide two 1" SHAFT COLLARS (27) over each GUIDE ROD (35) as shown in FIGURE 13.
- Slide two GUIDE ROD BUSHINGS (29) over each GUIDE ROD (35)
- Place the GUIDE ROD SUPPORT (5) over the GUIDE RODS (35) as shown in FIGURE 13.

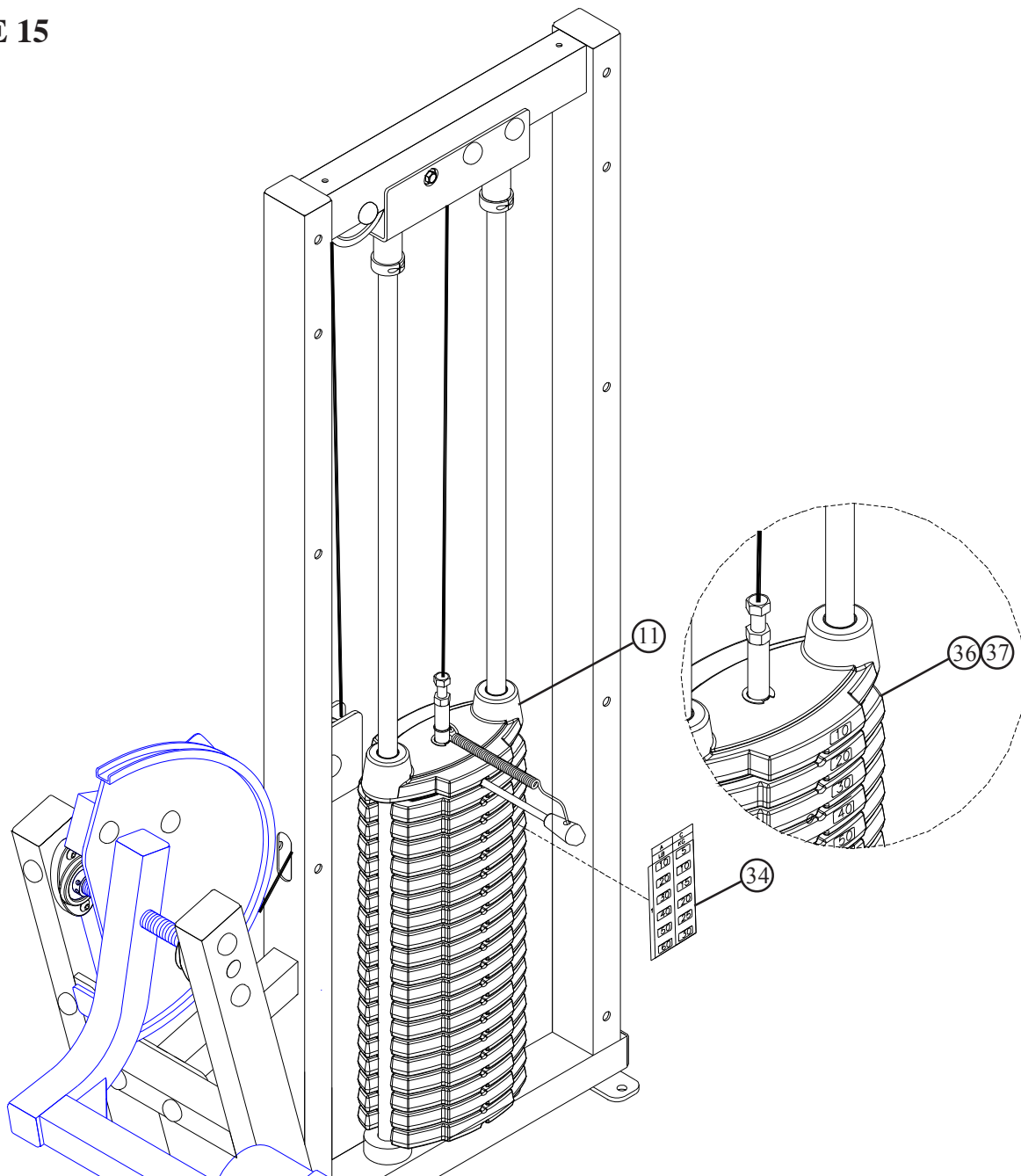
FIGURE 14



STEP 14:

- **SECURELY** assemble the GUIDE ROD SUPPORT (5) to the TOWER (1) using four RH CAPS (40), two 3/8 X 2-1/2" BOLTS (14), four 3/8" RH WASHERS (22) and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 14. (NOTE: Be sure to route cable through the hole of the GUIDE ROD SUPPORT (5) before tightening.)
- Slide GUIDE ROD BUSHINGS (29) into the tubes on the GUIDE ROD SUPPORT (5), slide 1" SHAFT COLLARS (27) underneath the GUIDE ROD BUSHINGS (29) and **SECURELY** tighten the set screws.
- Screw the threaded end of the CABLE into the end of the shaft on the HEAD PLATE (11) until the CABLE is taut and tighten jam nut securely. See FIGURE 14.
- Insert the WEIGHT STACK PIN (24) into the WEIGHT STACK as shown in FIGURE 14.

FIGURE 15



STEP 15:

- The WEIGHT STACK LABEL sheet (34) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.
- Peel the backing off the WEIGHT STACK LABEL (34), line up sheet to the right of the selector opening and apply labels to the WEIGHT PLATES (36 or 37), starting with the HEAD PLATE (11) as shown in FIGURE 15.
- **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**

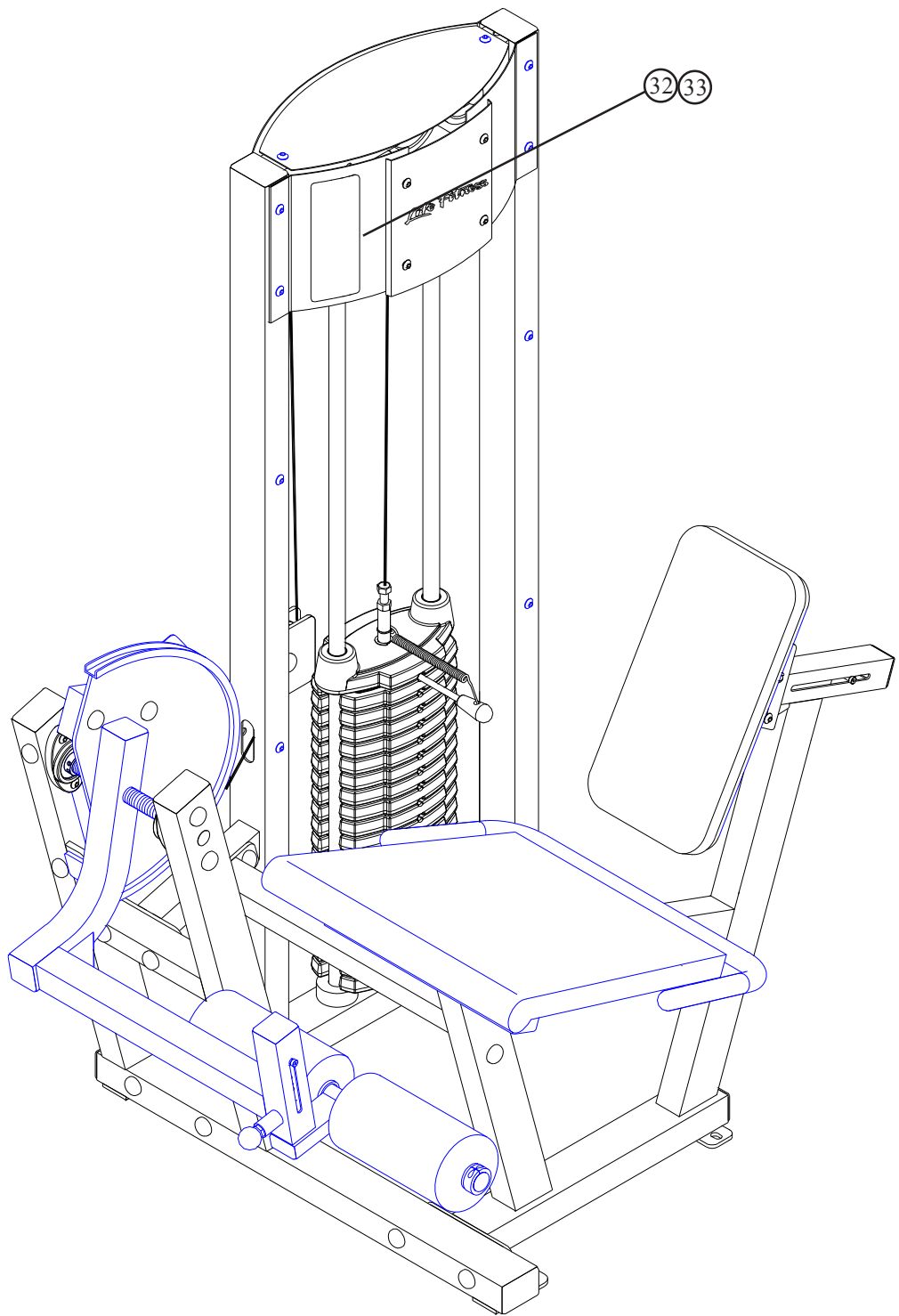


FIGURE 16

STEP 16:

- Assemble the PLACARD LABEL (32) or the LANGUAGE ADDENDUM PLACARD LABEL (33) to the FRONT SHROUD as shown in FIGURE 16.

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 purchased from your LifeFitness customer service representative at (800)351-3737.

Inspect:

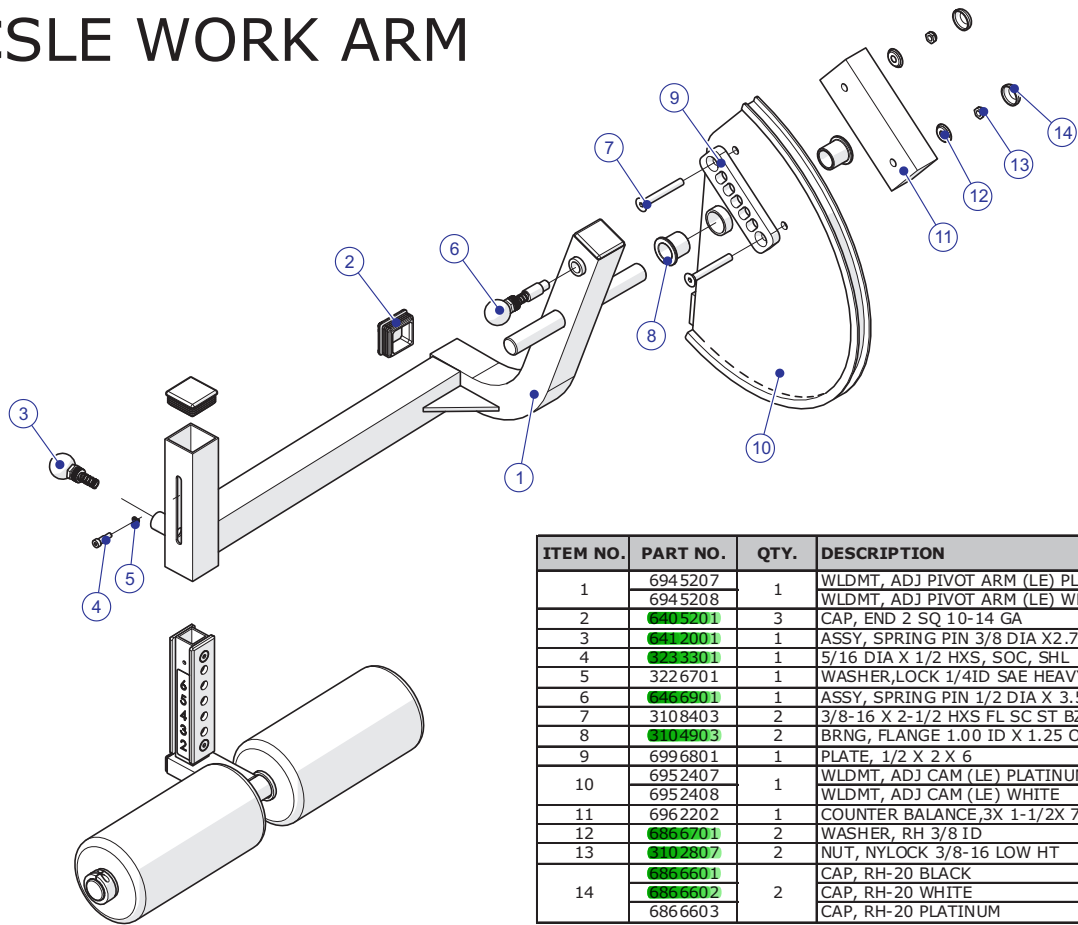
- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

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.

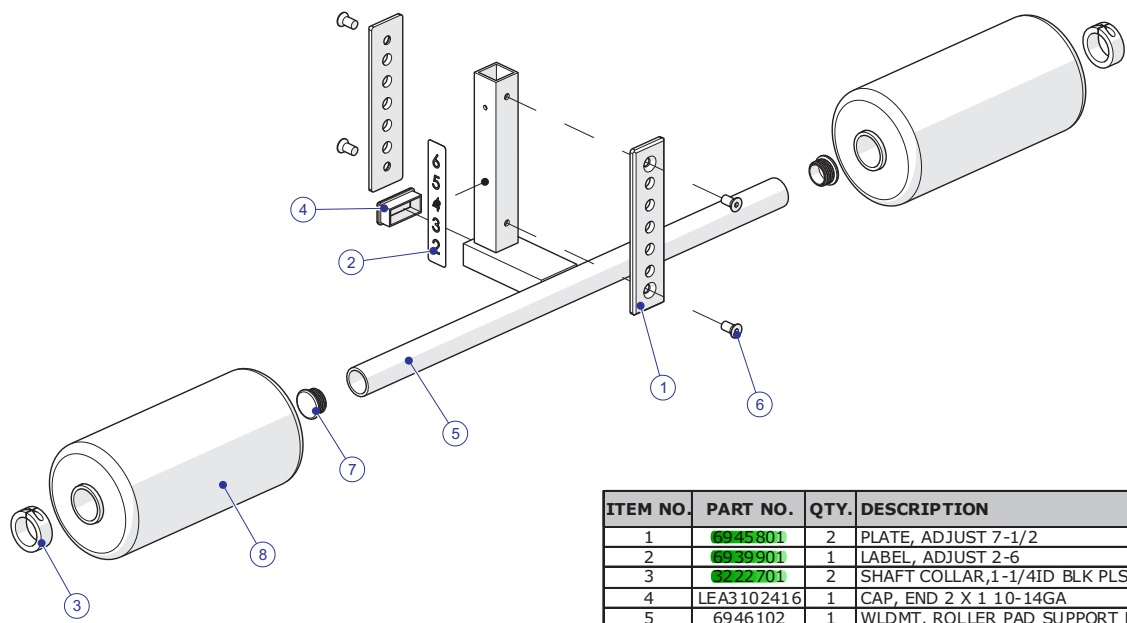
Thank you for purchasing the LifeFitness CLUB SERIES LEG EXTENSION. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.

CSLE WORK ARM



ITEM NO.	PART NO.	QTY.	DESCRIPTION
1	6945207	1	WLDMT, ADJ PIVOT ARM (LE) PLATINUM
	6945208	1	WLDMT, ADJ PIVOT ARM (LE) WHITE
2	6405201	3	CAP, END 2 SQ 10-14 GA
3	6412001	1	ASSY, SPRING PIN 3/8 DIA X2.75
4	6233301	1	5/16 DIA X 1/2 HXS, SOC, SHL
5	3226701	1	WASHER, LOCK 1/4 ID SAE HEAVY BZ
6	6466901	1	ASSY, SPRING PIN 1/2 DIA X 3.5
7	3108403	2	3/8-16 X 2-1/2 HXS FL SC ST BZ
8	6104903	2	BRNG, FLANGE 1.00 ID X 1.25 OD
9	6996801	1	PLATE, 1/2 X 2 X 6
10	6952407	1	WLDMT, ADJ CAM (LE) PLATINUM
	6952408	1	WLDMT, ADJ CAM (LE) WHITE
11	6962202	1	COUNTER BALANCE, 3X 1-1/2X 7BLK
12	6866701	2	WASHER, RH 3/8 ID
	6102807	2	NUT, NYLOCK 3/8-16 LOW HT
14	6866601	2	CAP, RH-20 BLACK
	6866602	2	CAP, RH-20 WHITE
	6866603	2	CAP, RH-20 PLATINUM

CSLE TIBIA



ITEM NO.	PART NO.	QTY.	DESCRIPTION
1	6945801	2	PLATE, ADJUST 7-1/2
2	6939901	1	LABEL, ADJUST 2-6
3	6222701	2	SHAFT COLLAR, 1-1/4 ID BLK PLSTC
4	LEA3102416	1	CAP, END 2 X 1 10-14GA
5	6946102	1	WLDMT, ROLLER PAD SUPPORT BLK
6	6234301	4	5/16-18 X 1/2 HXS FL SC ST BZ
7	6119303	2	CAP, END 1-1/4 RD 10-14GA
8	6946901	2	PAD, ROLLER 1-1/4 ID X 5 OD X10