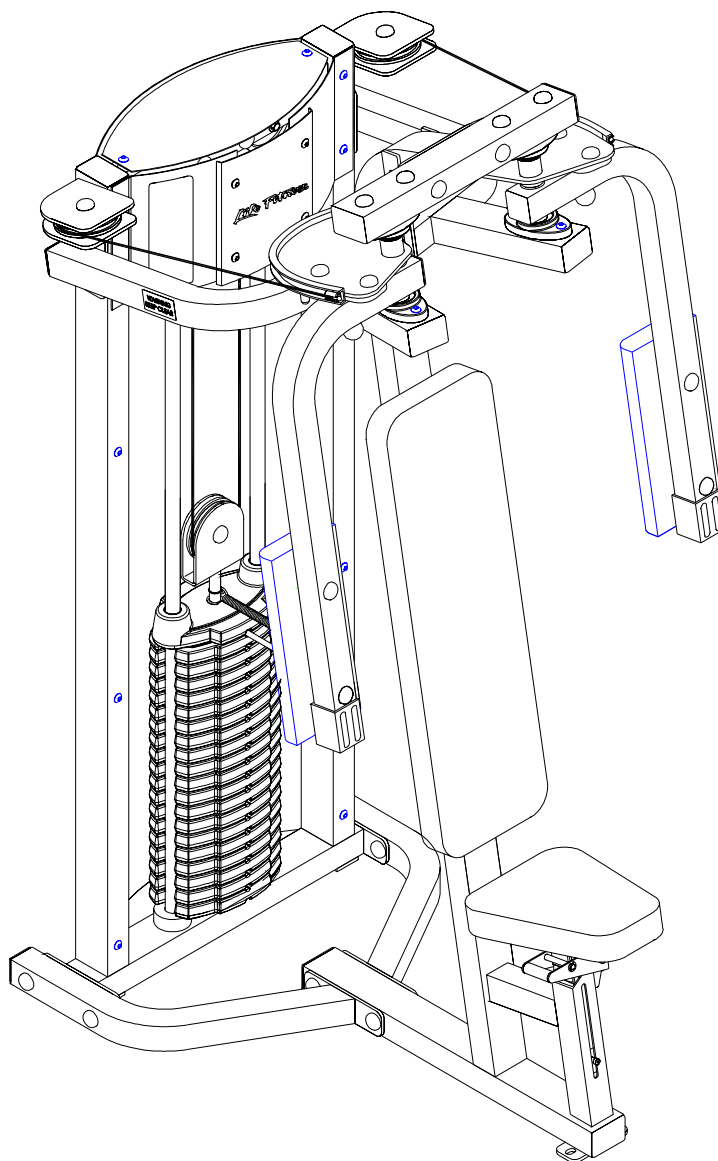


Life Fitness

CLUB SERIES FLY



ASSEMBLY INSTRUCTIONS

PARTS LIST

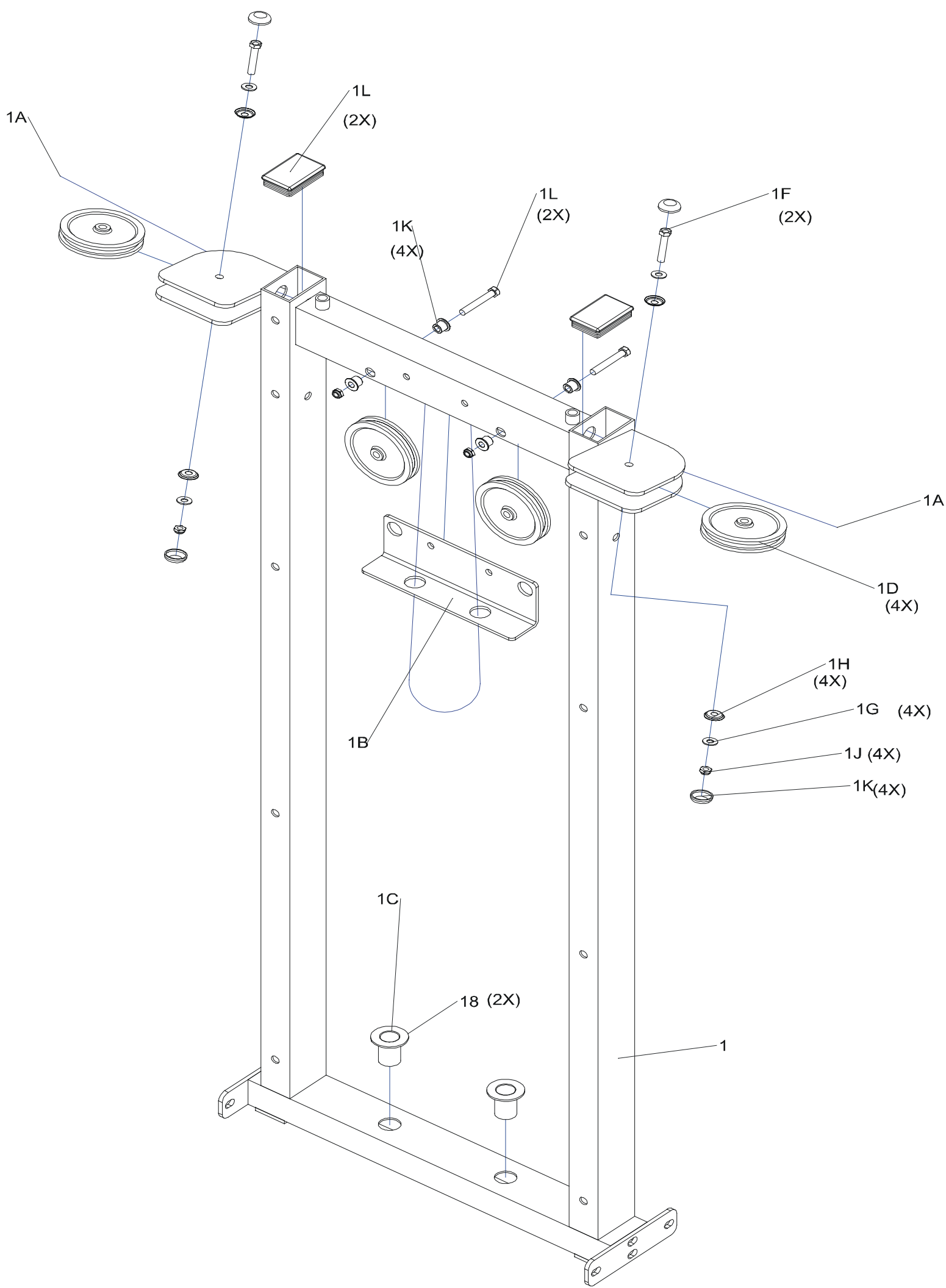
KEY	PART #	DESCRIPTION	QTY
1	71464xx	TOWER	1
1A	7146701	CABLE	1
1B	70857xx	GUIDE ROD SPPT	1
1C	6714901	GUID ROD BUSHING	2
1D	3222801	4.5" PULLEY	4
1E	6480301	3/8 SPACER	4
1F	3102903	3/8-16 X 2.5 BOLT	2
1G	6866701	3/8 RH WASHER	4
1H	3102514	3/8 FLAT WASHER	4
1I	3102933	3/8-16 X 2 BOLT	2
1J	3102807	3/8 LOW NYLOCK NUT	4
1K	6866603	CAP, RH-20 PLATINUM	4
1L	6692601	END CAP 3 X 2	2
2	71475xx	WLDMT, SEAT FRAME	1
2A	6967402	ASSY SEAT ADJ	1
2B	6912202	HINGE	1
2C	6897001	ADJ PLATE 15 POS	1
2D	6897101	ADJ PLATE	1
2E	3234301	SCREW	2
2F	6692601	3 X 2 END CAP	2
2G	3233401	3/8 X 2.5 BOLT	1
2H	6896901	HINGE PIN	2
2I	3222101	SPRING	1
2J	3221701	EXTERNAL E-RING	4
2K	3114705	5/16-18 NYLOCK NUT	1
2L	6793001	PRODUCT WARNING LABEL	1
3	70577xx	ASSY RIGHT CAM	1
3A	3104903	FLANGE BEARING	4
3B	3108409	3/8-16 X 1 BOLT	4
3C	6895701	PLATE 1/2 X 3 X 5.5	2
3D	6866701	3/8 RH WASHER	4
3E	3102807	3/8-16 NYLOCK NUT	4
3F	6866601	CAP, RH-20 BLK	4
4	70579xx	ASSY LEFT CAM	1
5	71468xx	ASSY RIGHT TOP FRAME	1
6	71471xx	ASSY LEFT TOP FRAME	1
7	70567xx	ASSY PIVOT ARM	2

KEY	PART #	DESCRIPTION	QTY
8	70581xx	ASSY BOTTOM FRAME	2
9	70611xx	ASSY 3" X 2" TUBE	1
10	7068702	HEAD PLATE	1
11	3102901	3/8 X 1-1/4" BOLT	2
12	3102903	3/8 X 2-1/2" BOLT	2
13	3102922	3/8 X 2-3/4" BOLT	8
14	3102904	3/8 X 3" BOLT	6
15	3102905	3/8 X 3-3/4" BOLT	2
16	3102906	3/8 X 4" BOLT	4
17	3202404	3/8 X 3" BUTTON HEAD BOLT	8
18	3102807	3/8" LOW HEIGHT LOCK NUT	25
19	3102514	3/8" SAE WASHER	36
20	6866701	3/8" RH WASHER	50
21	3203501	PILLOW BLOCK	4
22	3116001	1-1/4" SQ. RUBBER BUMPER	2
23	6971601	WEIGHT STACK LABEL	1
24	3108001	WEIGHT STACK CUSHION	2
25	6866601	BLACK RH CAP	4
26	68769xx	BACK PAD	1
27	69300xx	ARM PAD	2
28	69131xx	SEAT PAD	1
29	3222801	4-1/2" PULLEY	1
30	3222001	1" SHAFT COLLAR	2
31	6714901	GUIDE ROD BUSHING	2
32	7064201	PLACARD LABEL ENGLISH	1
33	7064301	LANGUAGE PLACARD LABEL	1
34	6887202	10 LB. WEIGHT PLATE (STD)	15
35	6888402	15 LB. WEIGHT PLATE (OPT)	10
36	6926601	GUIDE ROD	2
37	3102924	3/8 X 1-3/4" BOLT	1
38	3106301	2" SQ. VINYL CAP	2
39	6866602	WHITE RH CAP	46
OR	6866603	PLATINUM RH CAP	46
40	3230701	STARLOCK WASHER	8
41	6861902	TOP COVER SHROUD BLK	1
42	6925202	ASSY REAR FULL SHROUD BLK	1
43	6862007	FRONT SHROUD PLATINUM	1
44	6862102	FRONT SIDE SHROUDS	2
***	6921602	ASSY FULL FT OPTION SHROUD	1

*For all 5 digit part numbers you need to add the color at the end.
 For shrouds and weldments please use the following codes:
 xxxxx07 Denotes Platinum
 xxxxx08 Denotes White

**Language placard kit comes with Dutch, French, German, Portuguese, Spanish, Japanese, and Italian.

*For upholstery, please use the following codes:



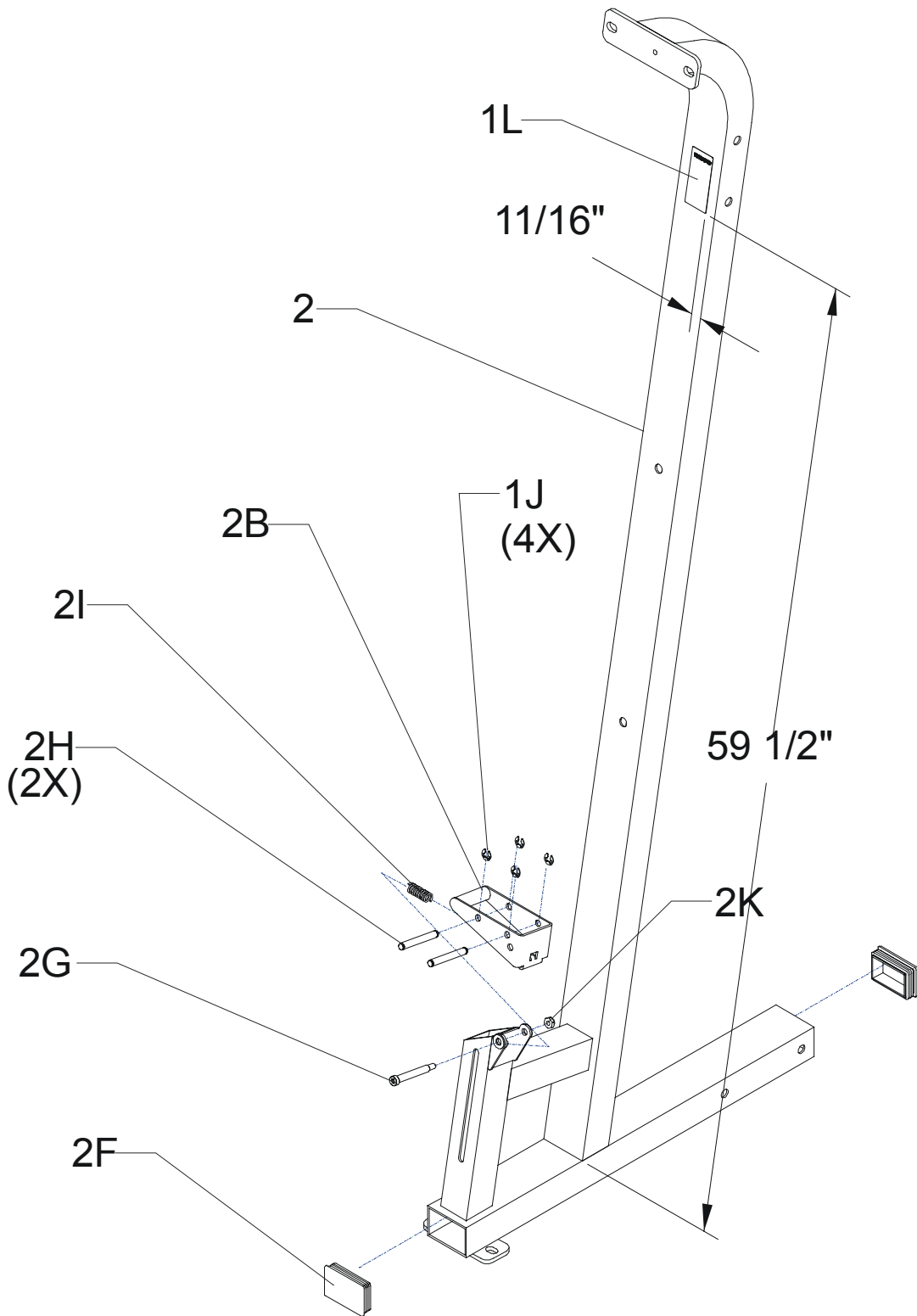
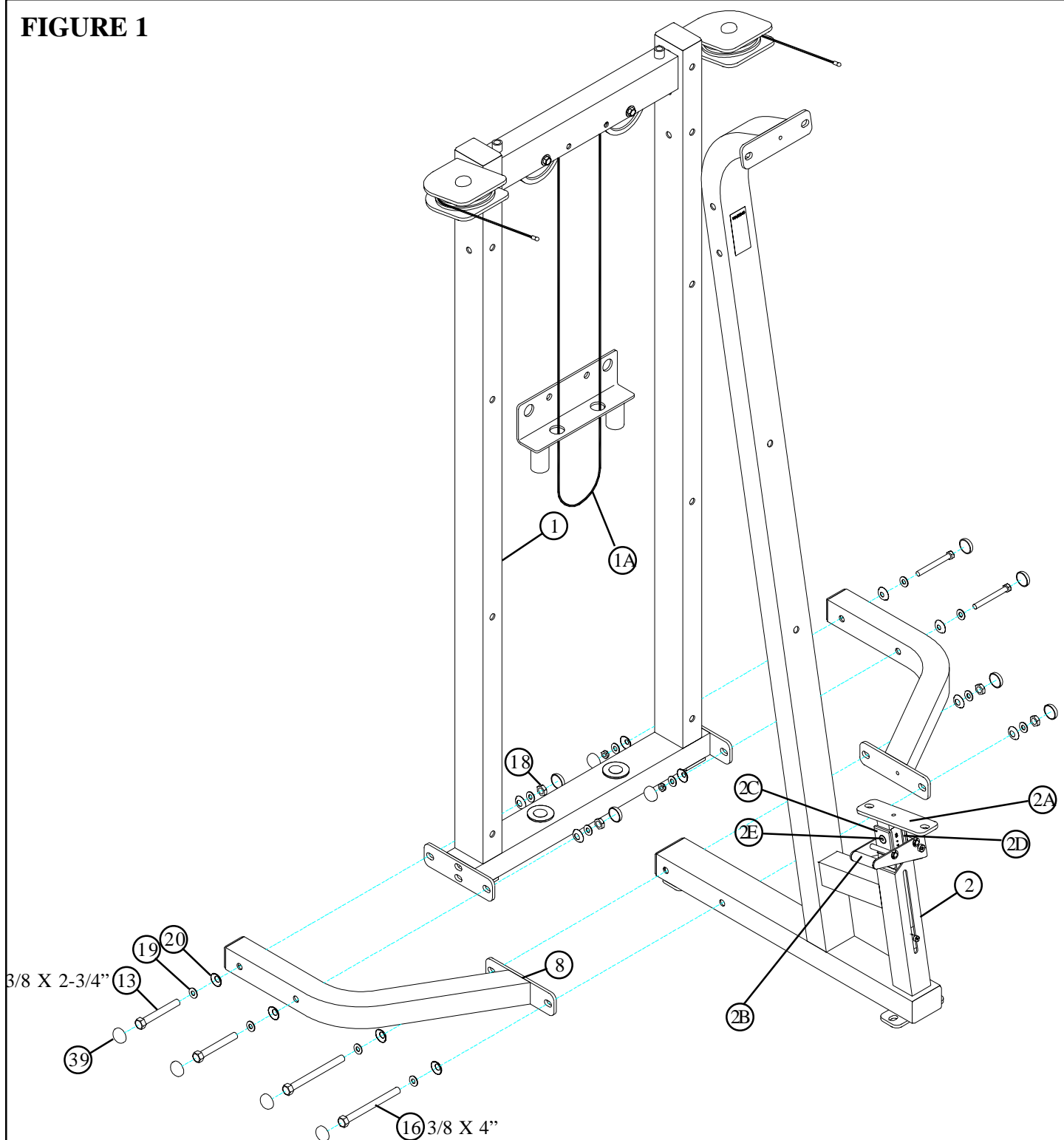


FIGURE 1



STEP 1:

- **LOOSELY** assemble the two **BOTTOM FRAMES (8)** to the **TOWER (1)** using eight **RH CAPS (39)**, four **3/8 X 2-3/4" BOLTS (13)**, eight **3/8" SAE WASHERS (19)**, eight **3/8" RH WASHERS (20)** and four **3/8" LOW HEIGHT LOCK NUTS (18)** as shown in **FIGURE 1**.
- **LOOSELY** assemble the two **BOTTOM FRAMES (8)** to the **SEAT FRAME (2)** using four **RH CAPS (39)**, two **3/8 X 4" BOLTS (16)**, four **3/8" SAE WASHERS (19)**, four **3/8" RH WASHERS (20)** and two **3/8" LOW HEIGHT LOCK NUTS (18)** as shown in **FIGURE 1**.

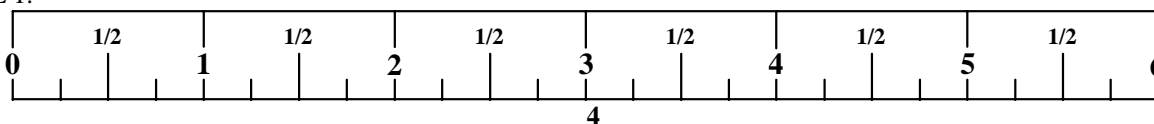
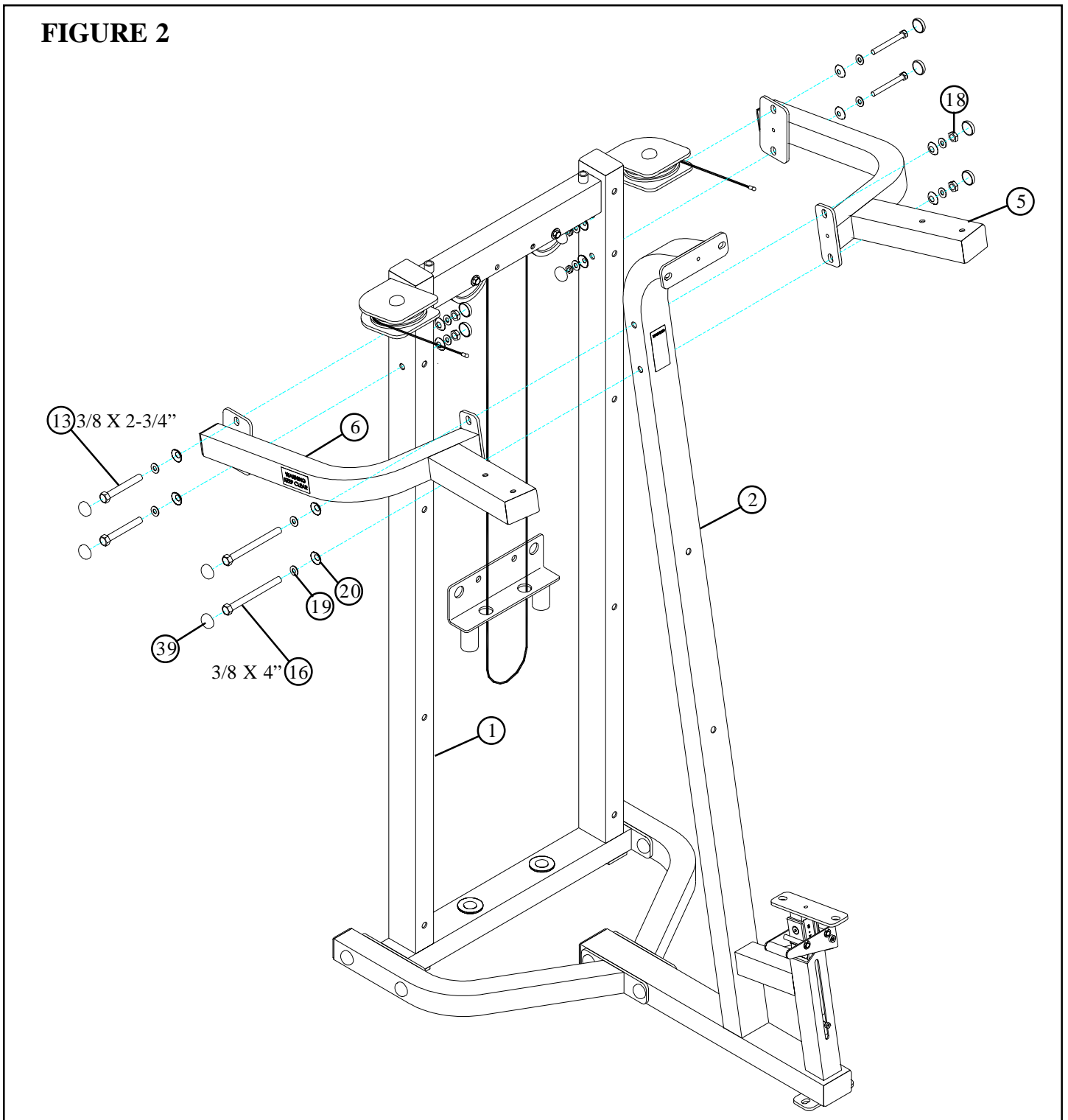


FIGURE 2



STEP 2:

- **LOOSELY** assemble the RIGHT TOP FRAME (5) and LEFT TOP FRAME (6) to the TOWER (1) using eight RH CAPS (39), four 3/8 X 2-3/4" BOLTS (13), eight 3/8" SAE WASHERS (19), eight 3/8" RH WASHERS (20) and four 3/8" LOW HEIGHT LOCK NUTS (18) as shown in FIGURE 2.
- **LOOSELY** assemble the RIGHT TOP FRAME (5) and LEFT TOP FRAME (6) to the SEAT FRAME (2) using four RH CAPS (39), two 3/8 X 4" BOLTS (16), four 3/8" SAE WASHERS (19), four 3/8" RH WASHERS (20) and two 3/8" LOW HEIGHT LOCK NUTS (18) as shown in FIGURE 2.

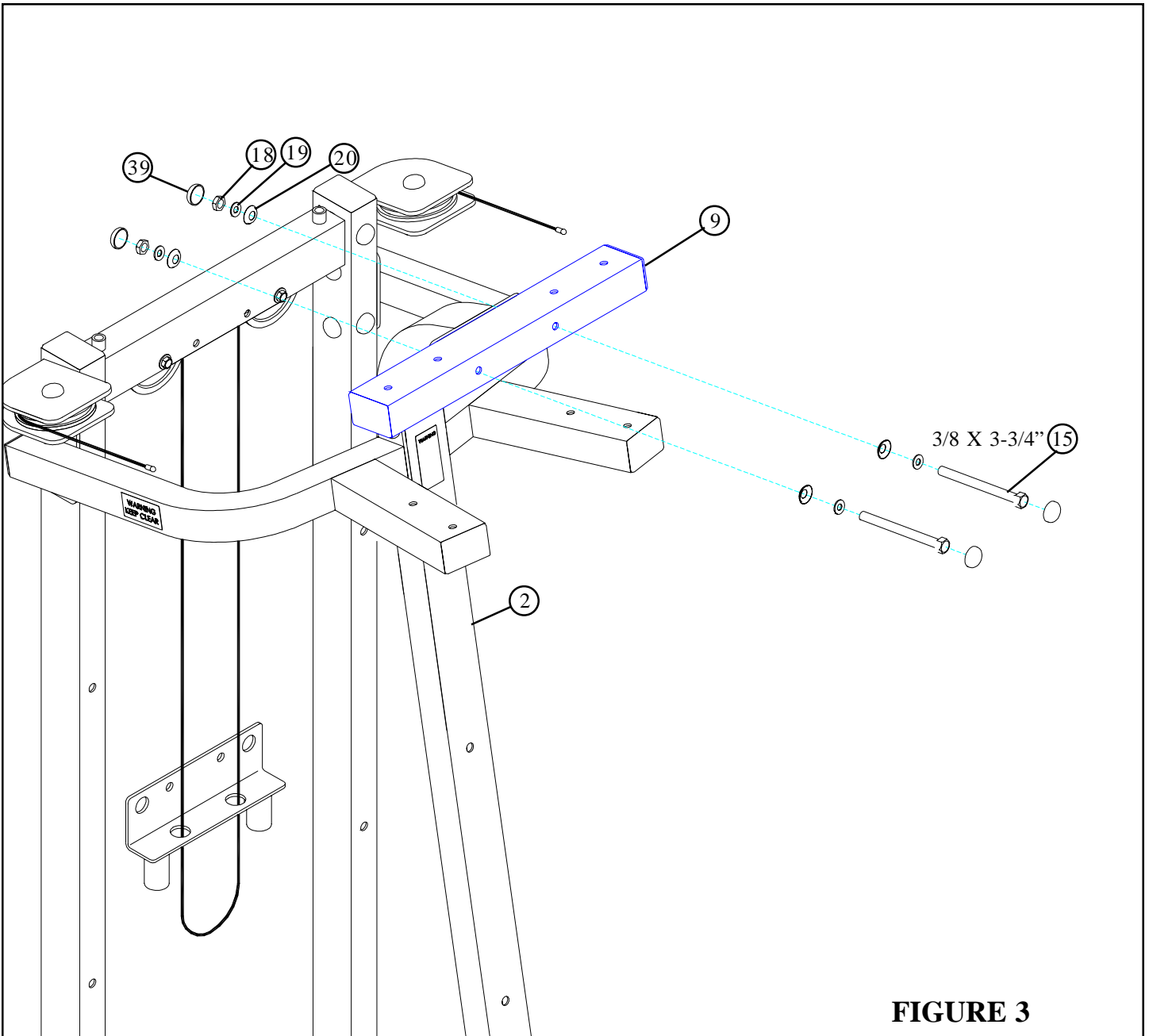
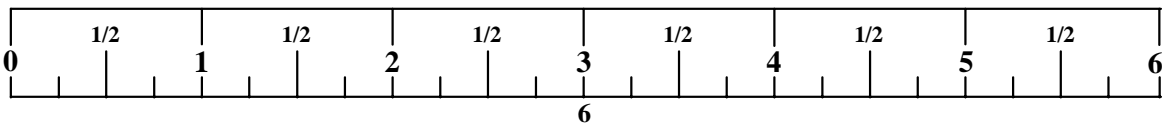


FIGURE 3

STEP 3:

- **LOOSELY** assemble the 3" X 2" TUBE (9) to the SEAT FRAME (2) using two 3/8 X 3-3/4" BOLTS (15), four 3/8" SAE WASHERS (19), four RH WASHERS (20), two 3/8" LOW HEIGHT LOCK NUTS (18) and four RH CAPS (39) as shown in FIGURE 3.



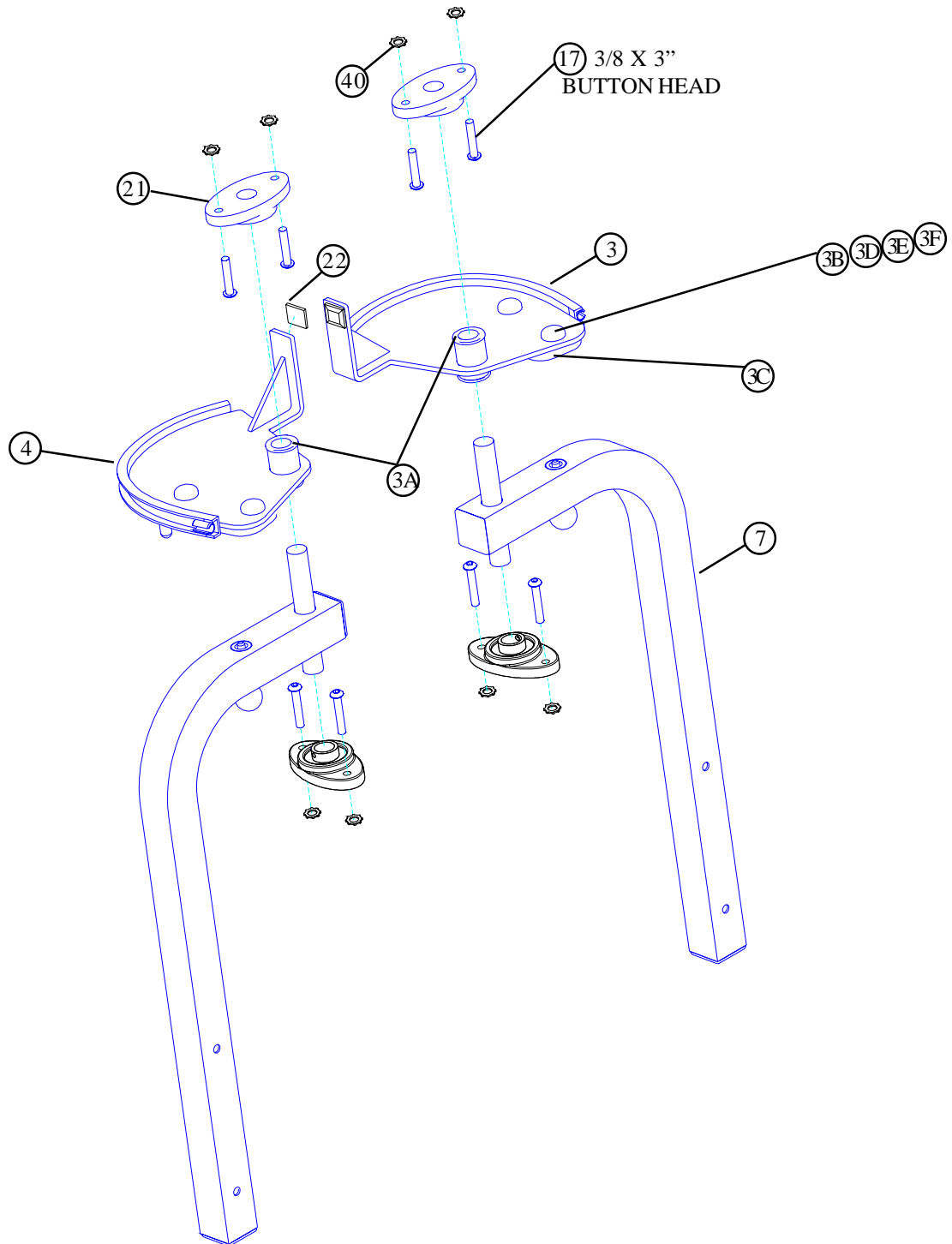


FIGURE 4

STEP 4:

- Slide the RIGHT and LEFT CAM (3 & 4) and four PILLOW BLOCKS (21) over the shafts of the two PIVOT ARMS (7) as shown in FIGURE 4.
- Assemble two 1-1/4" SQ. RUBBER BUMPERS (22) to the RIGHT and LEFT CAM (3 & 4) as shown in FIGURE 4.
- Assemble eight 3/8 X 3" BUTTON HEAD CAP SCREWS (17) and eight STARLOCK WASHERS (40) to the the PILLOW BLOCKS (21) as shown in FIGURE 4

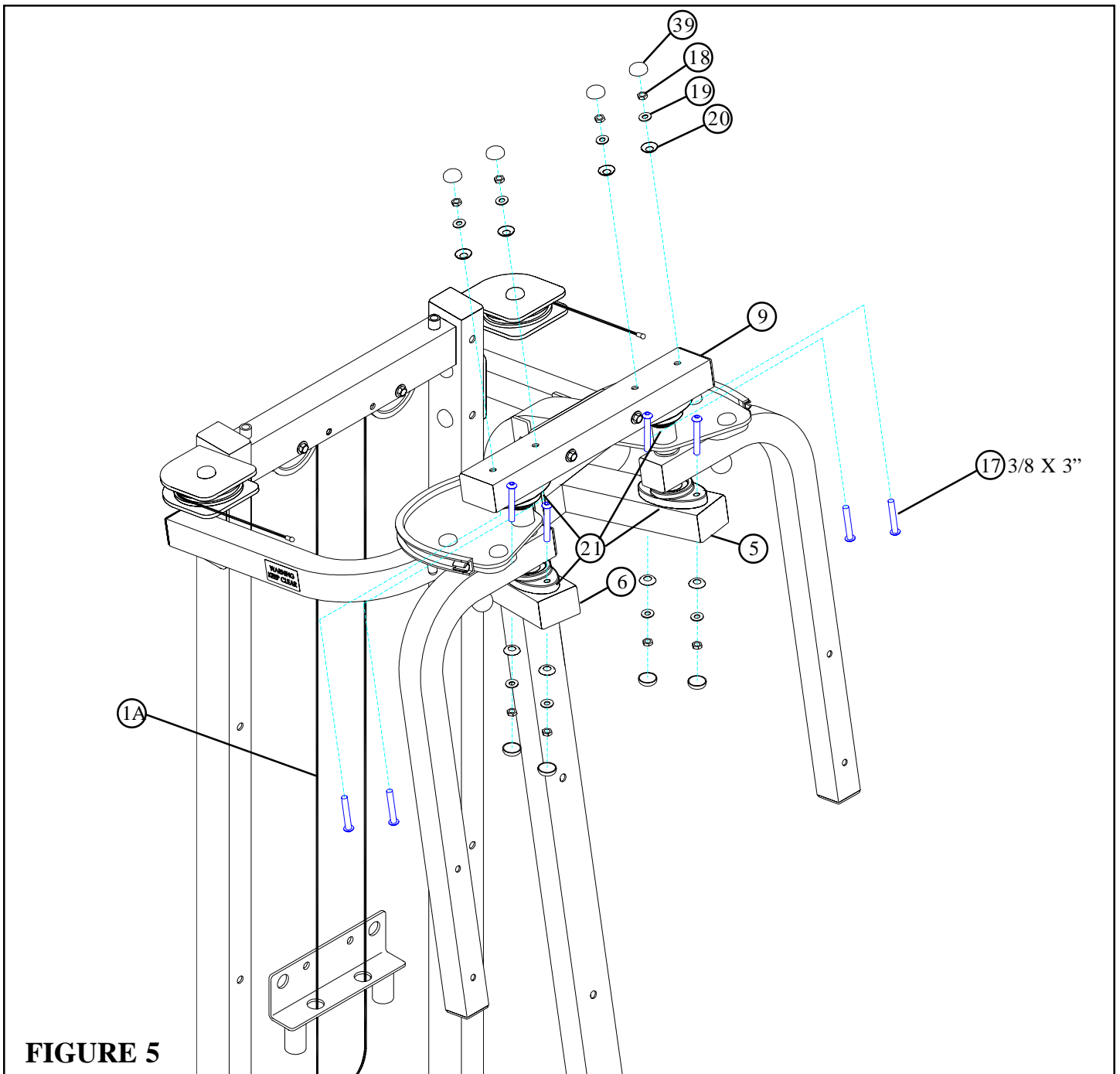
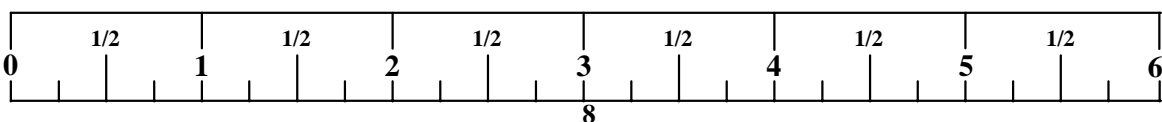


FIGURE 5

STEP 5:

- **LOOSELY** assemble the PILLOW BLOCKS (21) to the RIGHT TOP FRAME (5) and 3" X 2" TUBE (9) using four previously inserted 3/8 X 3" BUTTON HEAD CAP SCREWS (17), four 3/8" SAE WASHERS (19), four RH WASHERS (20), four 3/8" LOW HEIGHT LOCK NUTS (18) and four RH CAPS (39) as shown in FIGURE 5
- **LOOSELY** assemble the PILLOW BLOCKS (21) to the LEFT TOP FRAME (6) and the 3 X 2" TUBE (9) using four four previously inserted 3/8 X 3" BUTTON HEAD CAP SCREWS (17), four 3/8" SAE WASHERS (19), four RH WASHERS (20), four 3/8" LOW HEIGHT LOCK NUTS (18) and four RH CAPS (39) as shown in FIGURE 5.



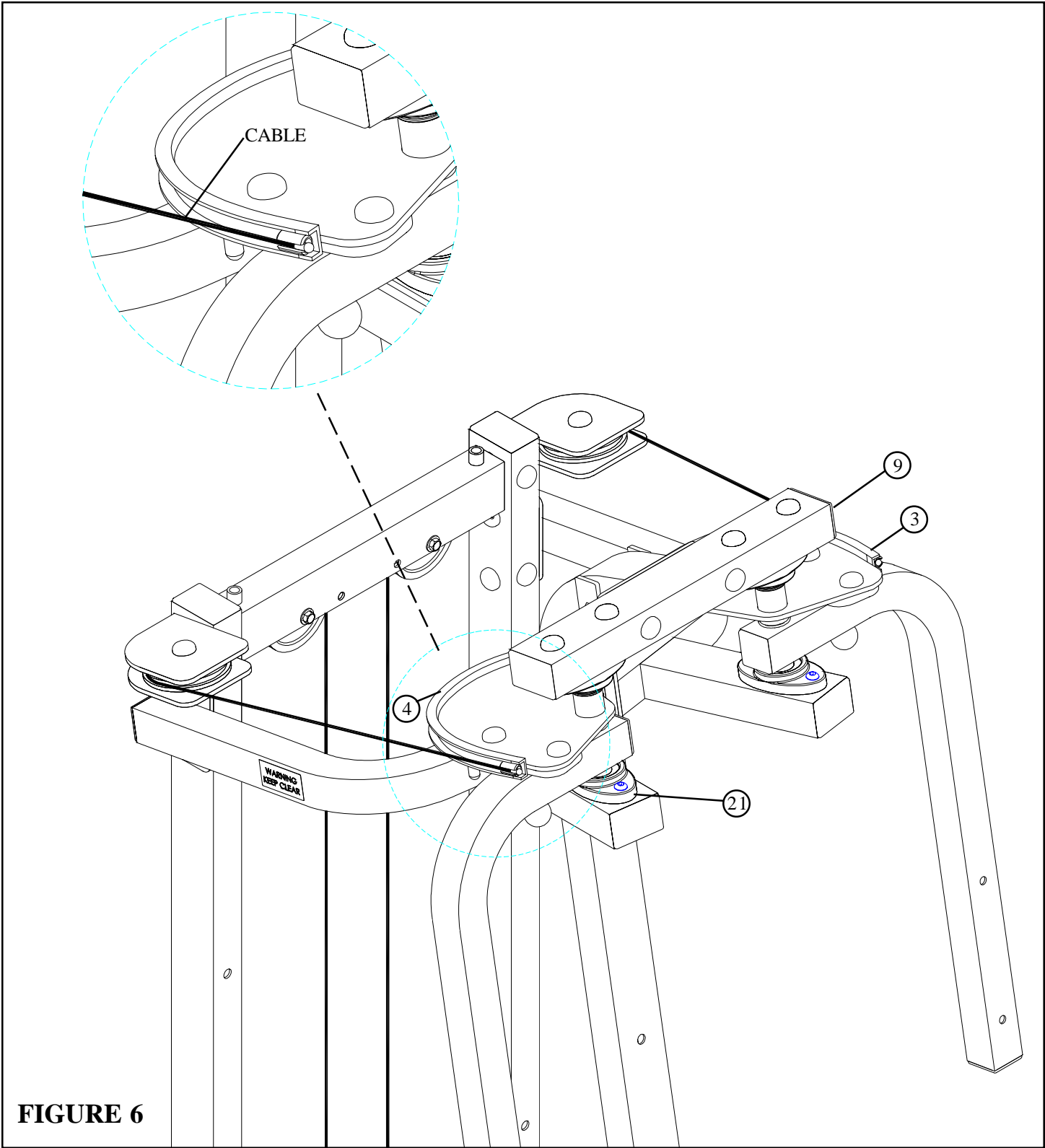
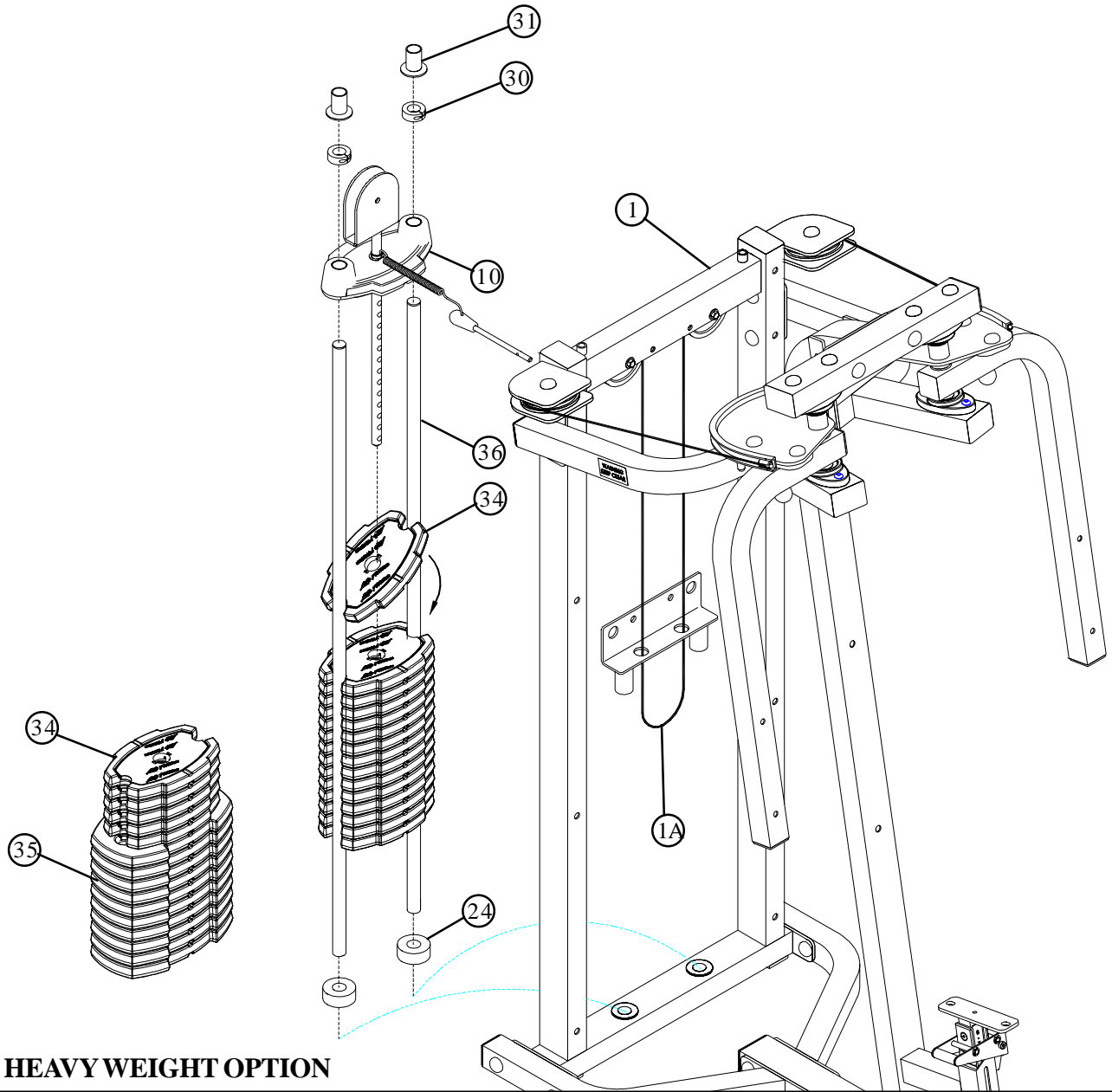


FIGURE 6

STEP 6:

- Slide the end of the CABLES into the bushing on the RIGHT and LEFT CAM (3 & 4) as shown in FIGURE 6.

FIGURE 7



HEAVY WEIGHT OPTION

STEP 7:

- Insert the two GUIDE RODS (36) (found in the SHROUD KIT box) into the base of the TOWER (1) as shown in FIGURE 7. Lubricate the GUIDE RODS (36) with a silicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (24) down over the GUIDE RODS (36). See FIGURE 7.
- Using **EXTREME CARE** place fifteen 10 LB. WEIGHT PLATES (34) over the GUIDE RODS (36) as shown in FIGURE 7. **(NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (35) first, then slide five 10 LB. WEIGHT PLATES (34) over the GUIDE RODS.)**
- Carefully Slide the HEAD PLATE (10) down over the GUIDE RODS (36) onto the weight stack as shown in FIGURE 7.
- Slide two 1" SHAFT COLLARS (30) over each GUIDE ROD (36) as shown in FIGURE 7.
- Slide two GUIDE ROD BUSHINGS (31) over each GUIDE ROD (36).

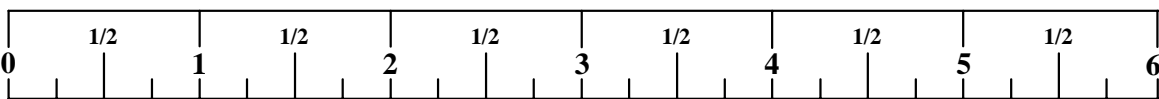
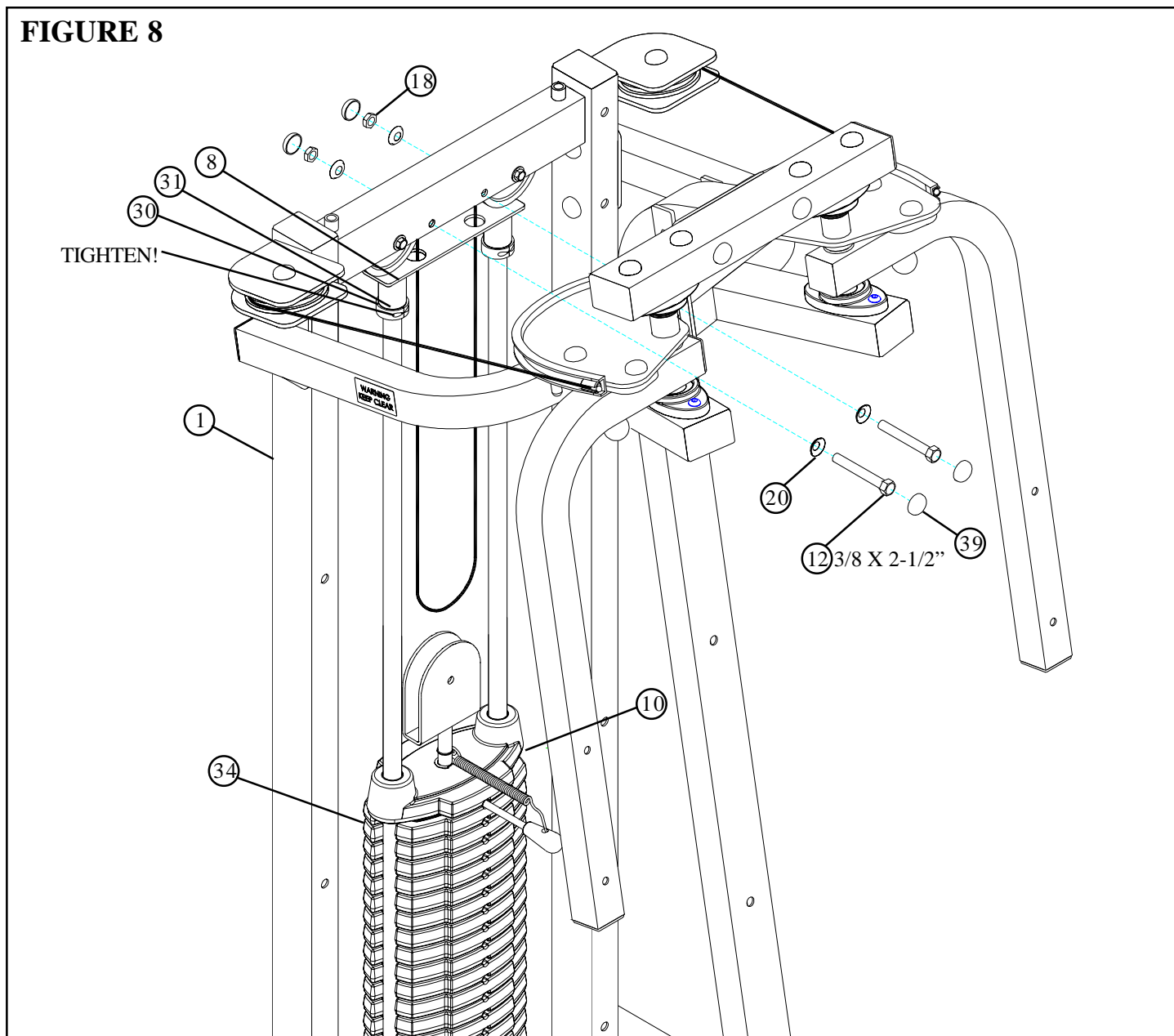


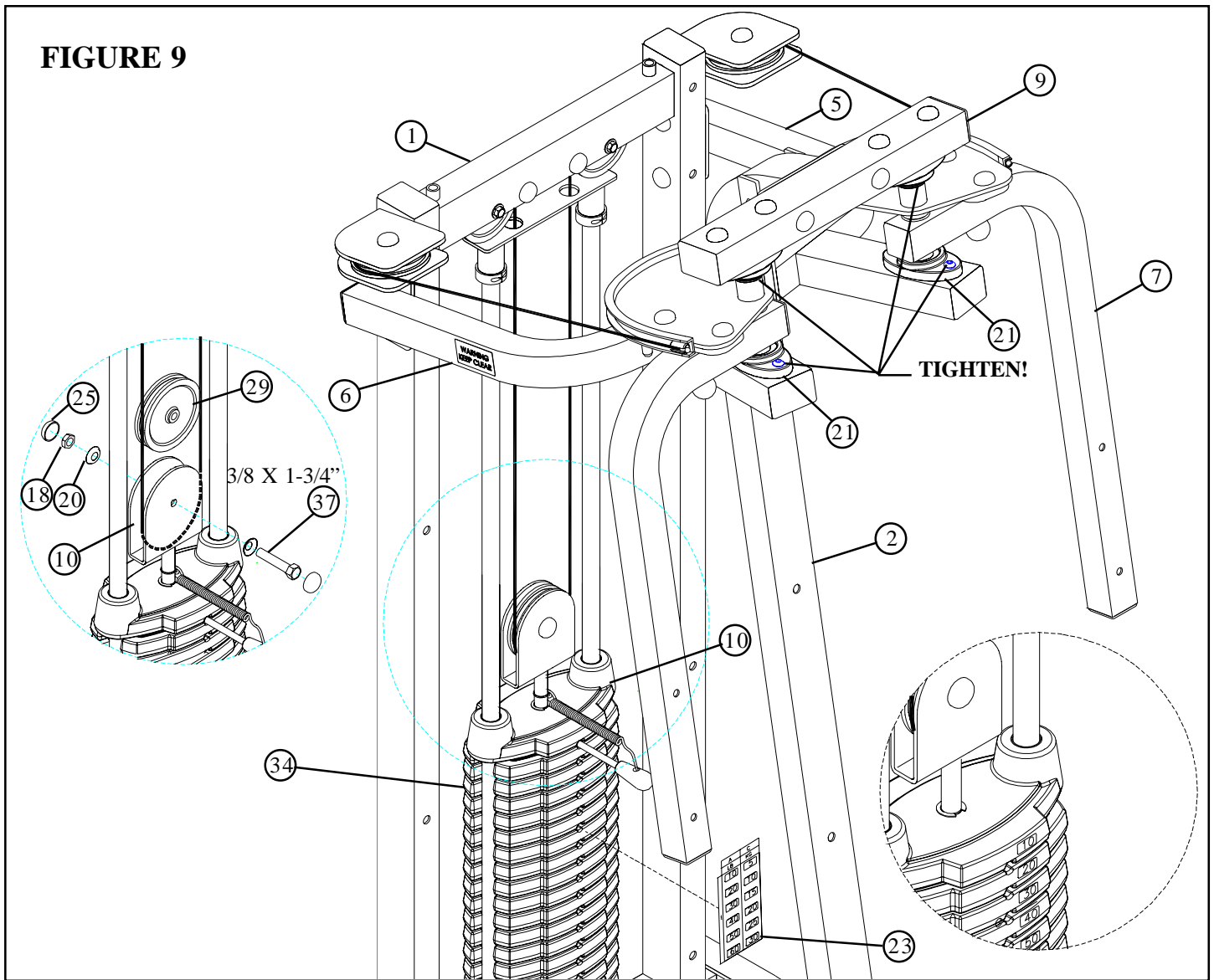
FIGURE 8



STEP 8:

- **SECURELY** assemble the GUIDE ROD SUPPORT (8) to the TOWER (1) using four RH CAPS (39), two 3/8 X 2-1/2" BOLTS (12), four 3/8" RH WASHERS (20) and two 3/8" LOW HEIGHT LOCK NUTS (18) as shown in FIGURE 8.
- Slide GUIDE ROD BUSHINGS (31) into the tubes on the GUIDE ROD SUPPORT (8), slide 1" SHAFT COLLARS (30) underneath the GUIDE ROD BUSHINGS (31) and **SECURELY** tighten the set screws.
- Insert the WEIGHT STACK PIN on the HEAD PLATE (10) into the WEIGHT STACK (34) as shown in FIGURE 8.

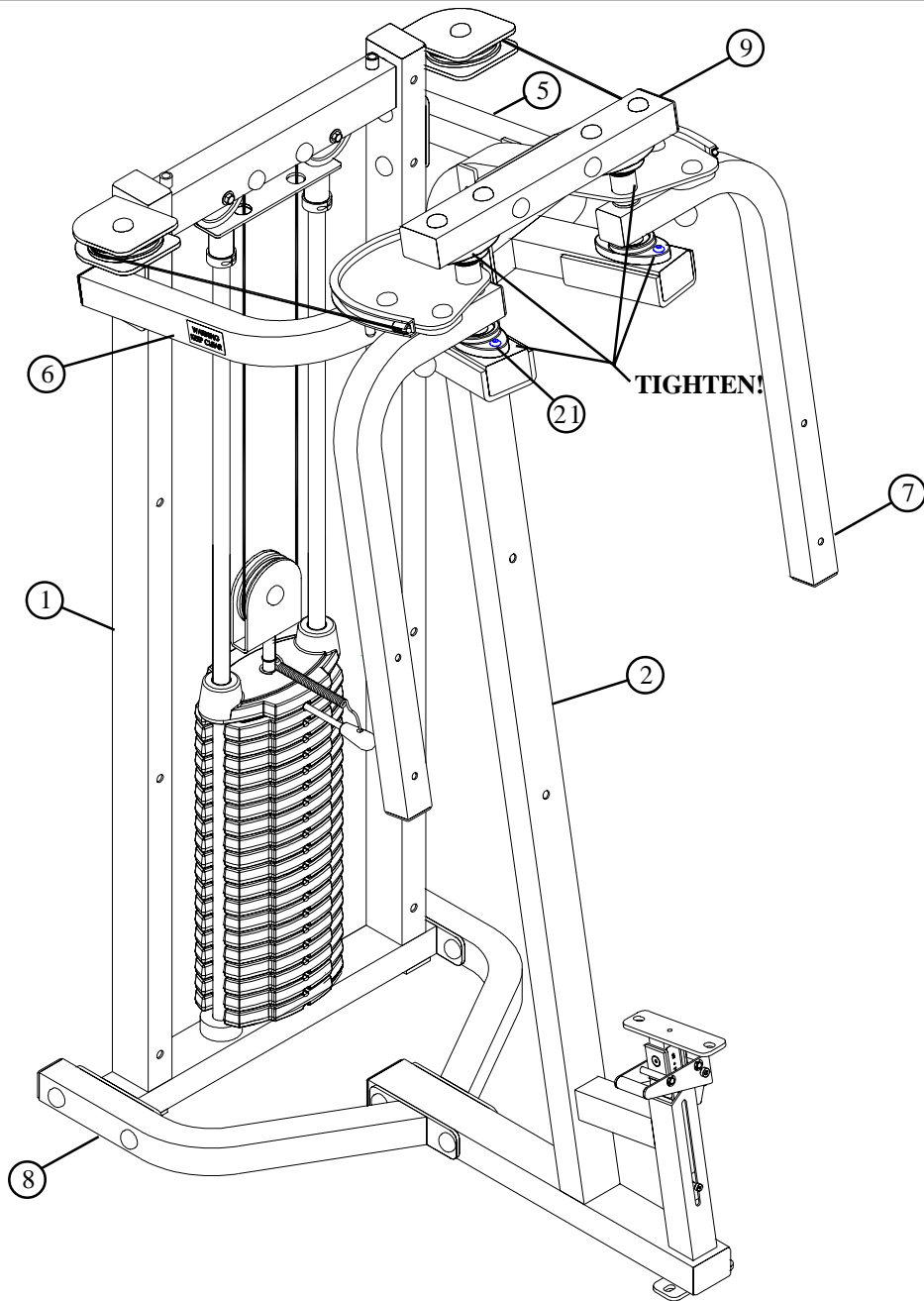
FIGURE 9



ST*****

- Run the CABLE under and around the 4-1/2" PULLEY (29) as shown in FIGURE 9.
- **SECURELY** assemble the 4-1/2" PULLEY (29) to the bracket on the HEAD PLATE (10) using one 3/8 X 1-3/4" BOLT (37), two **BLACK** RH CAPS (25), two 3/8" RH WASHERS (20) and one 3/8" LOW HEIGHT LOCK NUTS (18) as shown in FIGURE 9. **(NOTE: To adjust cable tension, disassemble the 4-1/2" PULLEY (29) and loosen both jam nuts under the bracket on the HEAD PLATE (10). Adjust the bolt accordingly. Retighten jam nuts and reassemble the 4-1/2" PULLEY (29).**
- The WEIGHT STACK LABEL sheet (23) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.
- Peel the backing off the WEIGHT STACK LABELS (23), line up sheet to the right of the selector opening and apply labels to the WEIGHT PLATES (34), starting with the HEAD PLATE (10) as shown in FIGURE 9.

FIGURE 10



STEP 10:

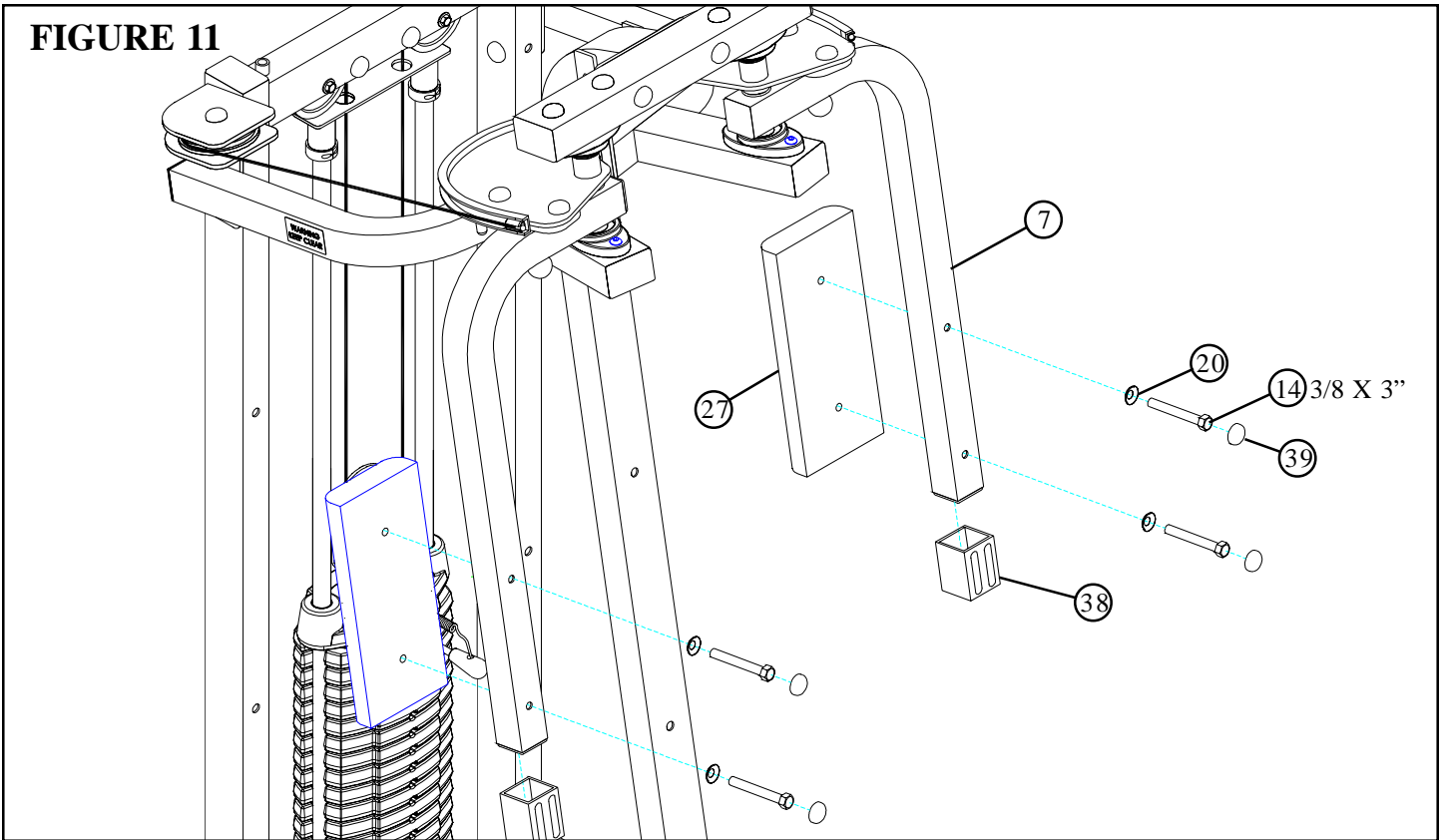
• **SECURELY TIGHTEN ALL CONNECTIONS IN THE FOLLOWING SEQUENCE:**

1. Position the RIGHT and LEFT TOP FRAMES (5 & 6) so that the plates are square to the TOWER (1) then **SECURELY** tighten the corresponding NUTS and BOLTS.
2. Position the RIGHT and LEFT TOP FRAMES (5 & 6) so that the plates are square to the SEAT FRAME (2) then **SECURELY** tighten the corresponding NUTS and BOLTS.
3. **SECURELY** tighten BOTTOM FRAMES (8) to the TOWER (1) and SEAT FRAME (2).
4. Rotate both the PIVOT ARMS (7) forward so that their bottom corners meet and the PIVOT ARMS (7) are symmetrical to each other. Maintain this position and **SECURELY** tighten the PILLOW BLOCKS (21) to the 3" X 2" TUBE (9) and the RIGHT and LEFT TOP FRAMES (5 & 6).

- **NOTE:** In order for the CABLE to track properly one or both of the following adjustments may be needed:
1. Raise or lower the RIGHT AND LEFT TOP FRAMES (5 & 6) before tightening their respective nuts and bolts.
 2. Raise or lower the PIVOT ARMS (7) in the PILLOW BLOCKS (21) before tightening the pillow block set screws.

- **After all frame connections have been tightened and the CABLE tracks properly, proceed to snap RH CAPS (39) over the RH WASHERS (20) on all tightened connections.**

FIGURE 11



STEP 11:

- Assemble two 2" SQ. VINYL CAPS (38) to the PIVOT ARMS (7) as shown in FIGURE 11.
- **SECURELY** assemble two ARM PADS (27) to the PIVOT ARMS (7) using four RH CAPS (39), four 3/8 X 3" BOLTS (14) and four 3/8" RH WASHERS (20) as shown in FIGURE 11.

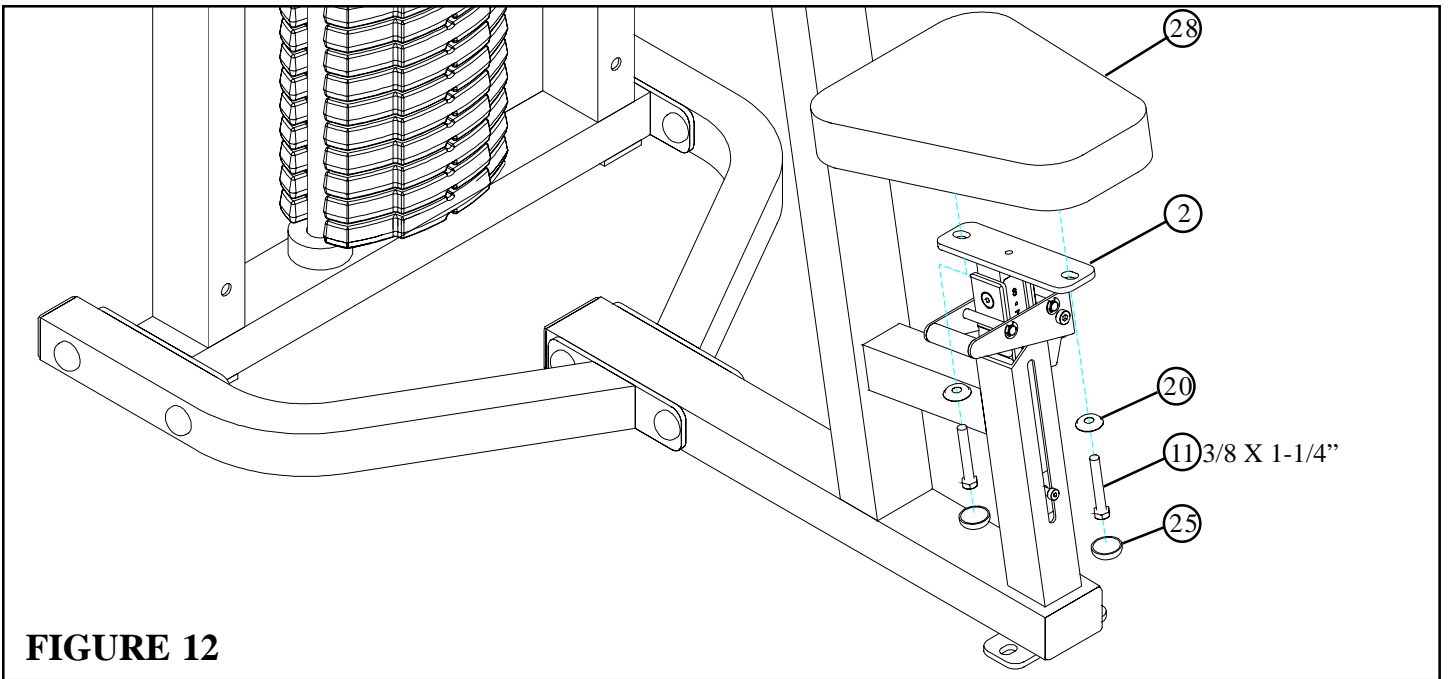
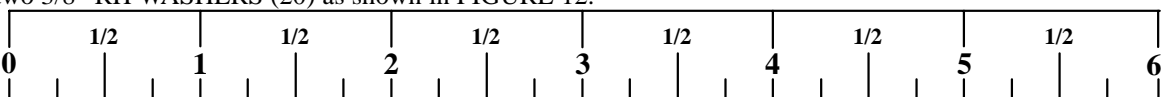
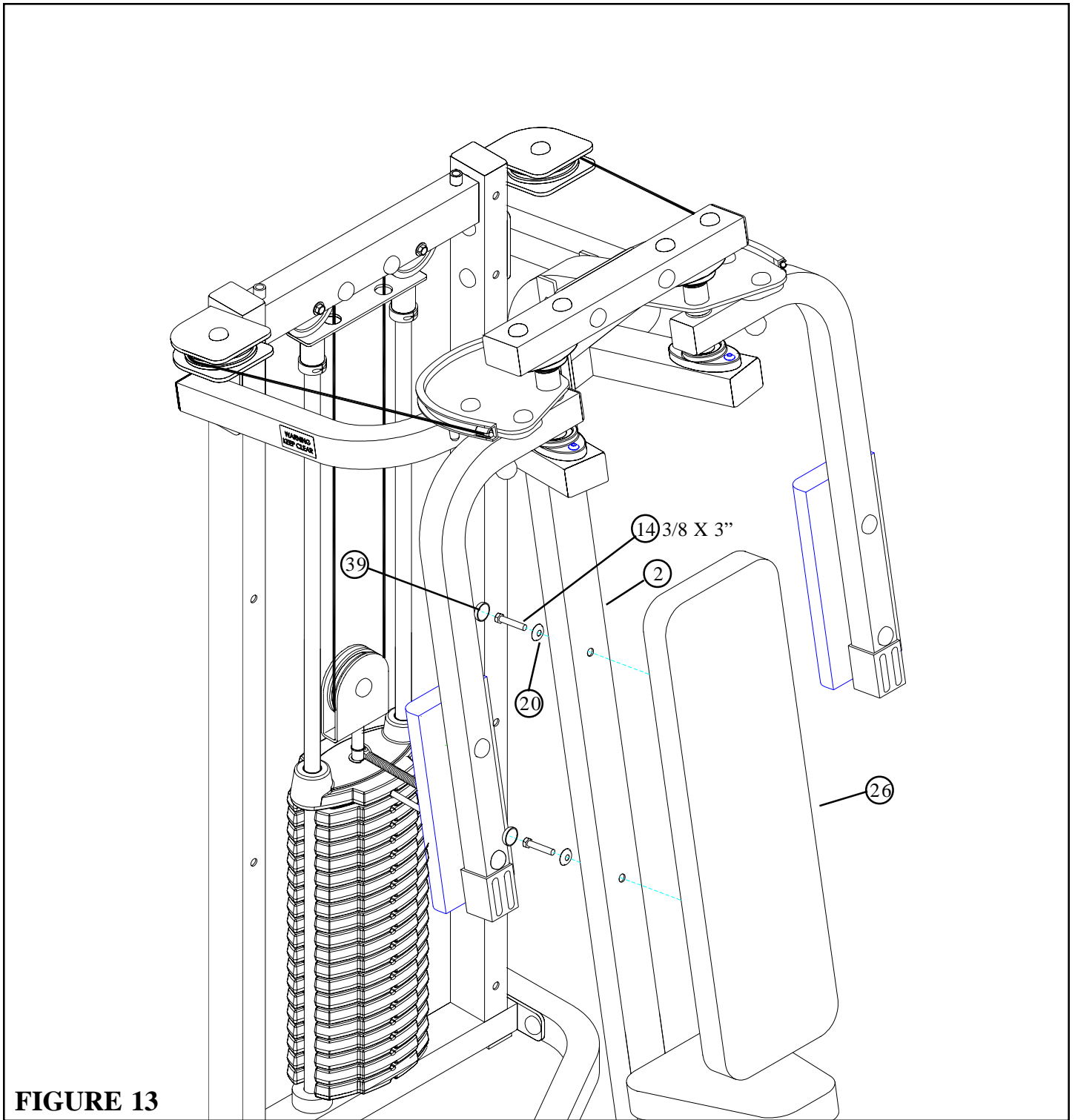


FIGURE 12

STEP 12:

- **SECURELY** assemble the SEAT PAD (28) to the SEAT FRAME (2) using two **BLACK** RH CAPS (25), two 3/8 X 1-1/4" BOLTS (11) and two 3/8" RH WASHERS (20) as shown in FIGURE 12.





STEP 13:

- **SECURELY** assemble the BACK PAD (26) to the SEAT FRAME (2) using two RH CAPS (39), two 3/8 X 3" BOLTS (14) and two 3/8" RH WASHERS (20) as shown in FIGURE 13.
- **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**

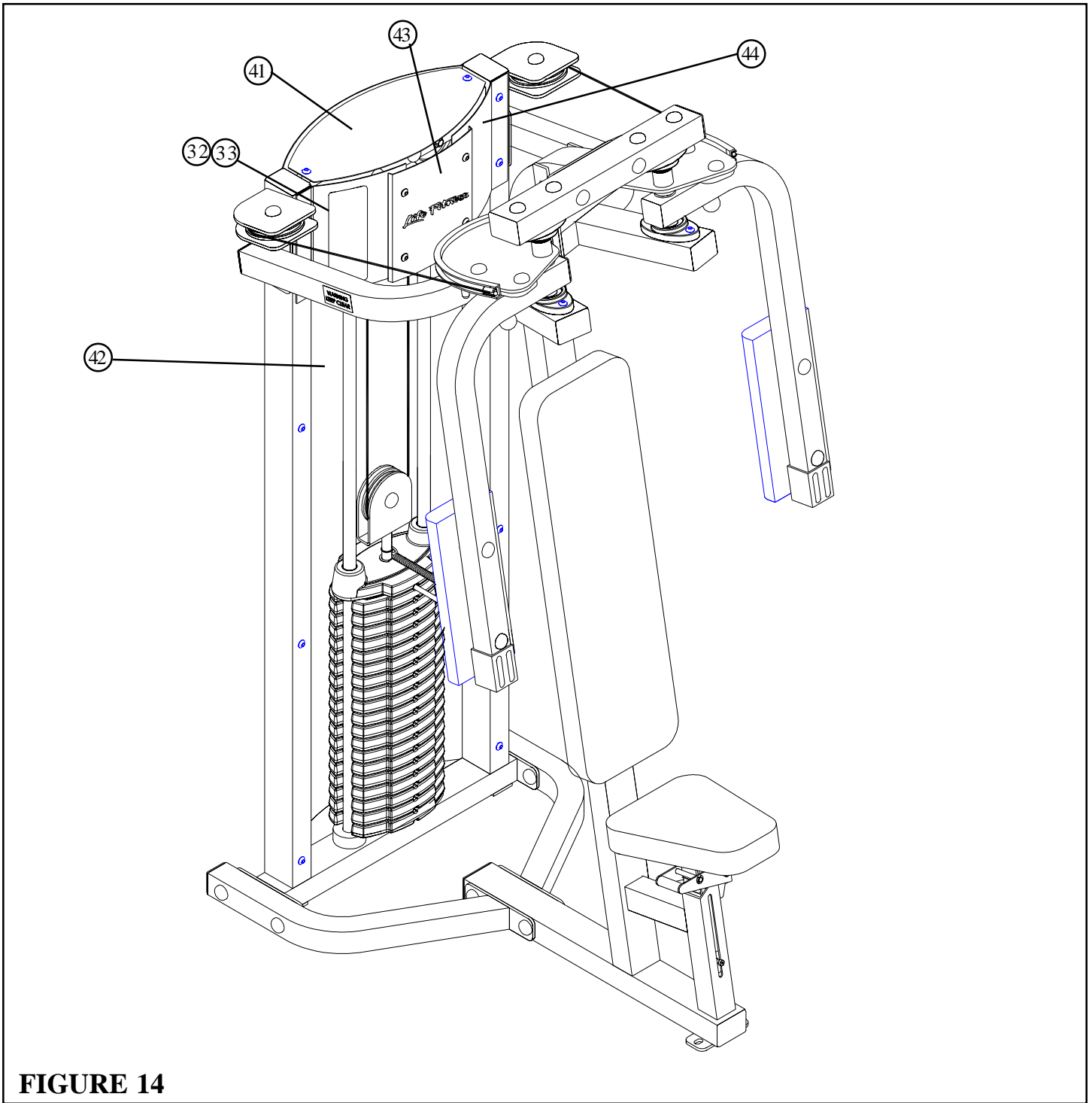


FIGURE 14

STEP 14:

- Assemble the PLACARD LABEL (32) or the FOREIGN LANGUAGE PLACARD LABEL (33) to the FRONT SHROUD as shown in FIGURE 13.



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