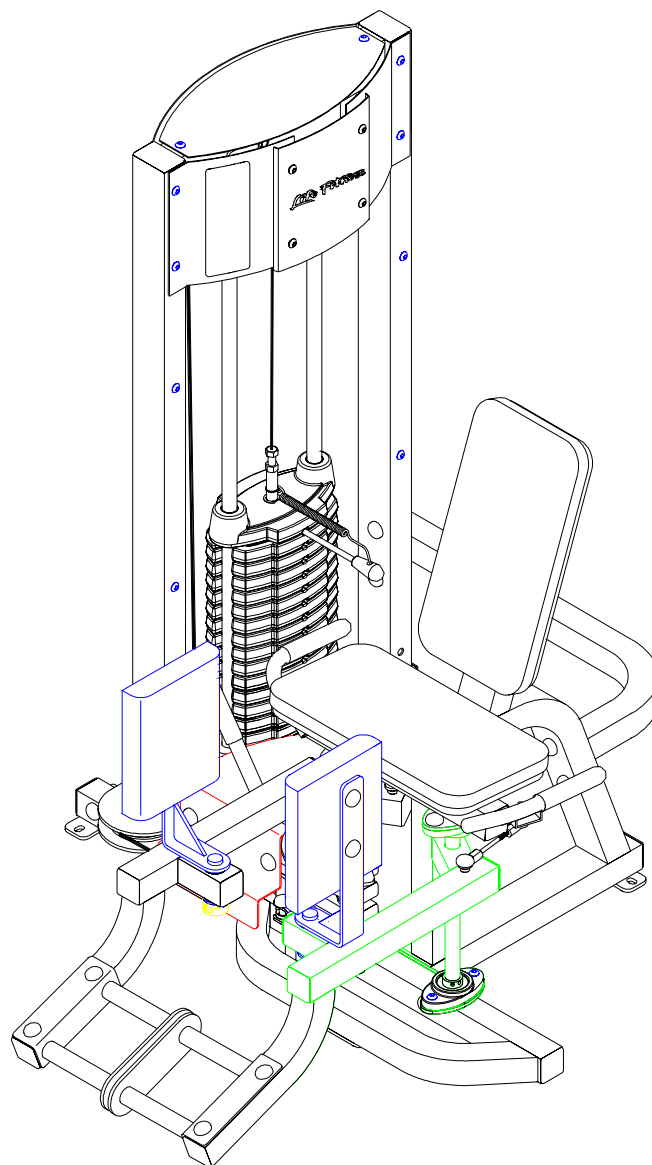


Life Fitness

CLUB SERIES HIP AB/ADDUCTOR



ASSEMBLY INSTRUCTIONS

KEY	PART #	DESCRIPTION	QTY
1	71710xx	TOWER	1
1A	6692601	END CAP 3 X 2	3
1B	3222801	PULLEY, 4.5 OD X .25 ID X 1	3
1C	6866701	WASHER, RH 3/8 ID	3
1D	3102514	WASHER, FLAT 3/8 SAE ST ZN	4
1E	3102933	3/8-16X2 UNS HEX FHB G2 ZN	2
1F	6866602	CAP, RH20 WHT (03 PLATINUM)	3
1G	3102903	3/8-16X2.5 UNS HEX FHB G2 ZN	2
1H	6480301	SPACER, FLNG 3/8 ID X 5/8 OD X 9/16	4
1I	3102807	NYLOCK NUT, 3/8-16 LOW HT	4
1J	6714901	GUIDE ROD BUSHING 1 ID X 2	2
1K	3116201	PULLEY, 3.5 OD X 3/8 ID X 1	1
1L	7184902	CABLE, BC-TP1,T2,123	1
1M	6793001	PRODUCT WARNING LABEL	1
2	71729xx	PIVOT ARM SUPPORT	1
3	71745xx	CROSS BRACE	1
4	71733xx	PTD ASSY, RIGHT PIVOT ARM	1
4A	71748xx	PTD ASSY, ADJUSTMENT ARM	1
4B	71753xx	PTD ASSY, FRONT PULLEY ARM	1
4C	71756xx	PTD ASSY, REAR PULLEY ARM	1
4D	3104903	BRNG, FLANGE 1-1/4 OD 1 ID	2
5	71741xx	LEFT PIVOT ARM	1
6	71723xx	CROSS SUPPORT	1
7	71715xx	SEAT FRAME	1
8	71762xx	KNEE SUPPORT	2
9	68839xx	GUIDE ROD SUPPORT	1
10	3222801	4-1/2" PULLEY	2
11	6140701	1 X 1" GLIDE	5
12	71759xx	PIVOT LINK	1
13	71765xx	HANDLE	1
14	7177001	FOOT SUPPORT	2
15	6925501	HEAD PLATE	1
16	3102901	3/8 X 1-1/4" BOLT	6
17	3102941	3/8 X 1-1/2" BOLT	2
18	3102933	3/8 X 2" BOLT	1
19	31029xx	3/8 X 2-1/4" BOLT	4
20	3102922	3/8 X 2-3/4" BOLT	11
21	3102904	3/8 X 3" BOLT	2

KEY	PART #	DESCRIPTION	QTY
22	3102915	3/8 X 3-1/4" BOLT	2
23	3202406	3/8 X 1-1/4" BUTTON HEAD BOLT	8
24	3233502	1/2 X 3-1/4" SHOULDER BOLT	1
25	3102807	3/8" LOW HEIGHT LOCK NUT	31
26	3221501	3/8" ACORN NUT	1
27	3102514	3/8" SAE WASHER	38
28	6866701	3/8" RH WASHER	60
29	3114502	3/8" LOCK WASHER	1
30	6122701	3/8 X 1" SPACER	2
31	6122704	3/8 X 1/4" SPACER	4
32	3203002	SINGLE SPLIT SHAFT COLLAR	4
33	3203501	PILLOW BLOCK	3
34	6913801	WEIGHT STACK SELECTOR PIN	1
35	3108001	WEIGHT STACK CUSHION	2
36	3222001	1" SHAFT COLLAR	2
37	6020601	1/2" FLANGE SPACER	2
38	6714901	GUIDE ROD BUSHING	2
39	7184701	PLACARD LABEL, ENGLISH	1
40	7184801	LANGUAGE PLACARD LABEL*	1
41	6926601	GUIDE ROD	2
42	6887202	10 LB. WEIGHT PLATE (STD)	20
43	6888402	15 LB. WEIGHT PLATE (OPT)	10
44	68775xx	SEAT PAD	2
45	69132xx	LEG PAD	2
46	6971601	WEIGHT STACK LABEL	1
47	3230701	STARLOCK WASHER	8
48	6866602	RH CAP WHT	56
OR	6866603	PLATINUM RH CAP	56
49	7177301	3/8" THREADED ROD	2
50	3233201	ROD END BEARING	4
51	7177402	SHROUD	1
52	3102935	3/8 X 4-1/2" BOLT	1
53	6757701	CABLE CLIP	2
54	6866601	BLACK RH CAP	4
55	3102924	3/8 X 1-3/4" BOLT	1
56	3102903	3/8 X 2-1/2" BOLT	6
57	3102416	CAP, END 2 X 1	6
58	6405201	CAP, END 2 SQUARE	10

For all 5 digit part numbers you need to add the color at the end

For weldments use the following codes

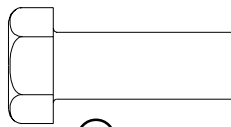
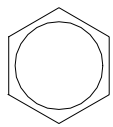
07 Denotes Platinum

08 Denotes White

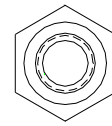
For Upholstery use the following codes

*LANGUAGE PLACARDS-

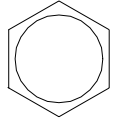
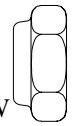
These come with the product and are a sheet with all of the following languages: Japanese, Italian, Spanish, Dutch, French, German, and Portuguese.



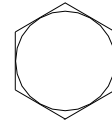
⑱ 3/8 X 1" BOLT



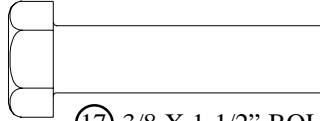
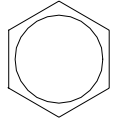
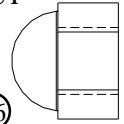
⑳ 3/8" LOW HEIGHT LOCK NUT



㉑ 3/8 X 1-1/4" BOLT



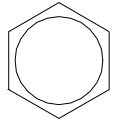
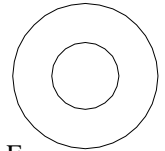
㉒ 3/8" ACORN NUT



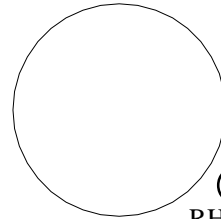
㉓ 3/8 X 1-1/2" BOLT



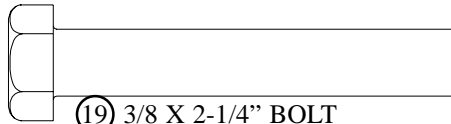
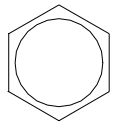
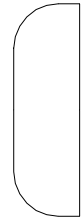
㉔ 3/8" SAE WASHER



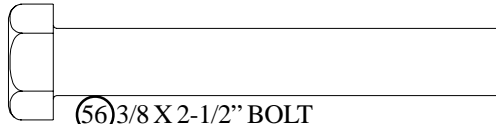
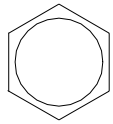
㉕ 3/8 X 1-3/4" BOLT



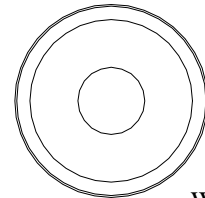
㉖ RH CAP (WHITE/PLATINUM/BLACK)



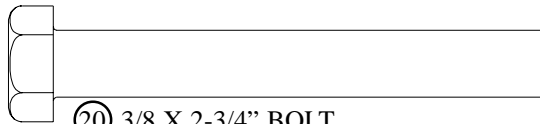
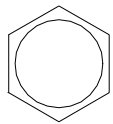
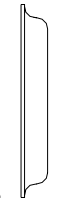
㉗ 3/8 X 2-1/4" BOLT



㉘ 3/8 X 2-1/2" BOLT



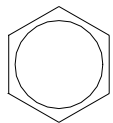
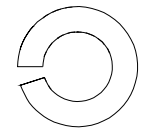
㉙ RH WASHER



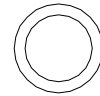
㉚ 3/8 X 2-3/4" BOLT



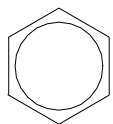
㉛ 3/8" LOCK WASHER



㉜ 3/8 X 3" BOLT



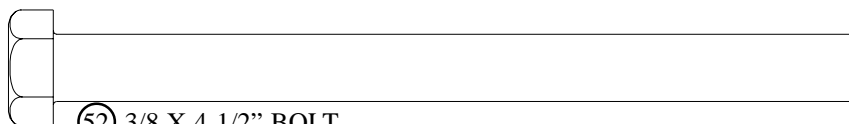
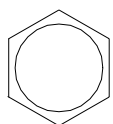
㉝ 3/8 X 1" SPACER



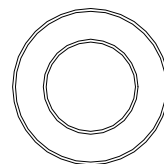
㉞ 3/8 X 3-1/4" BOLT



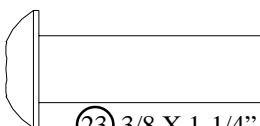
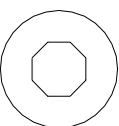
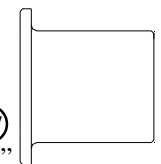
㉟ 3/8 X 1/4" SPACER



㊱ 3/8 X 4-1/2" BOLT



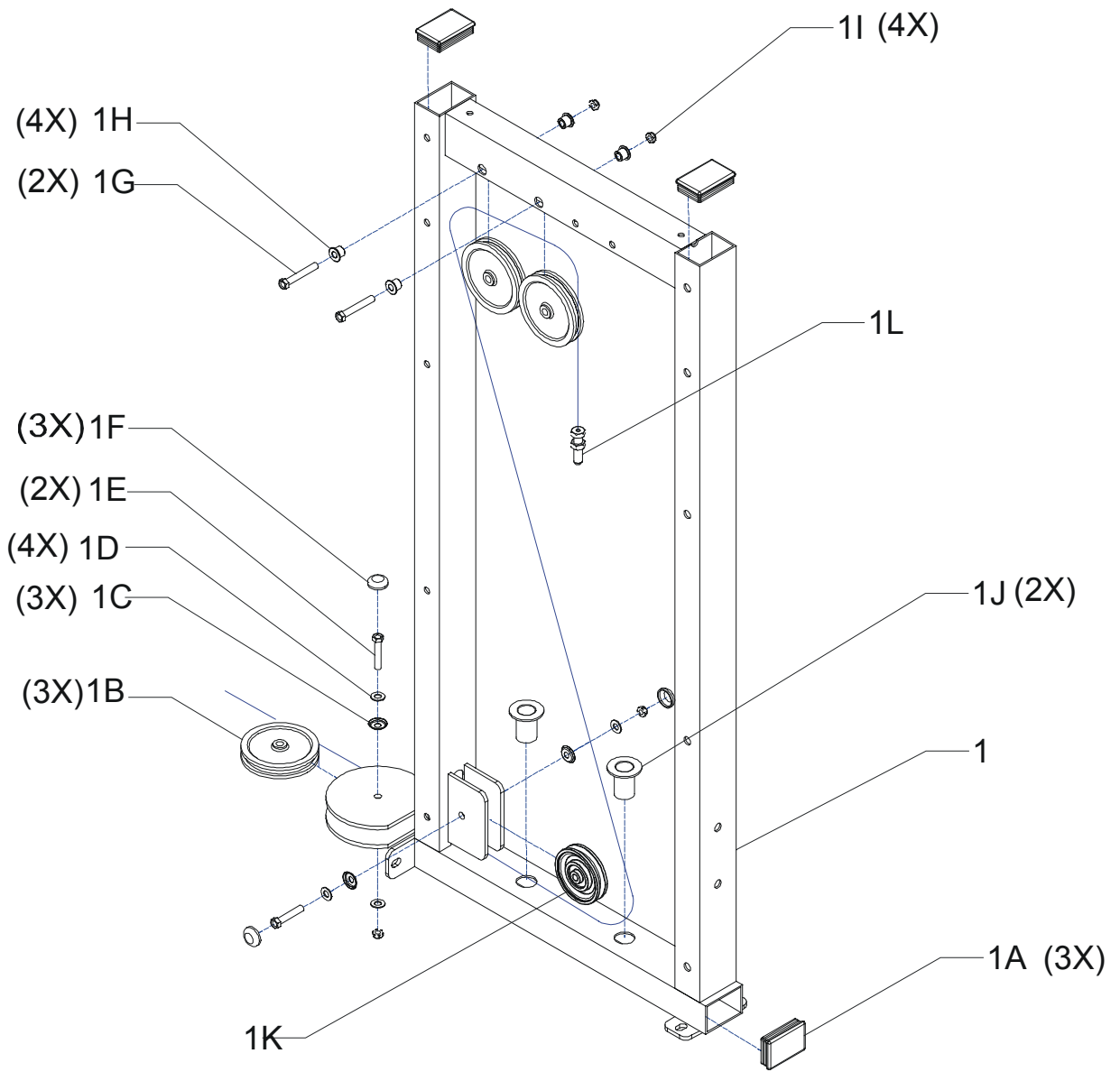
㊲ 1/2" FLANGE BEARING



㊳ 3/8 X 1-1/4" BUTTON HEAD BOLT

㊴ STARLOCK WASHER

㊵ 1/2 X 3-1/4" SHOULDER BOLT



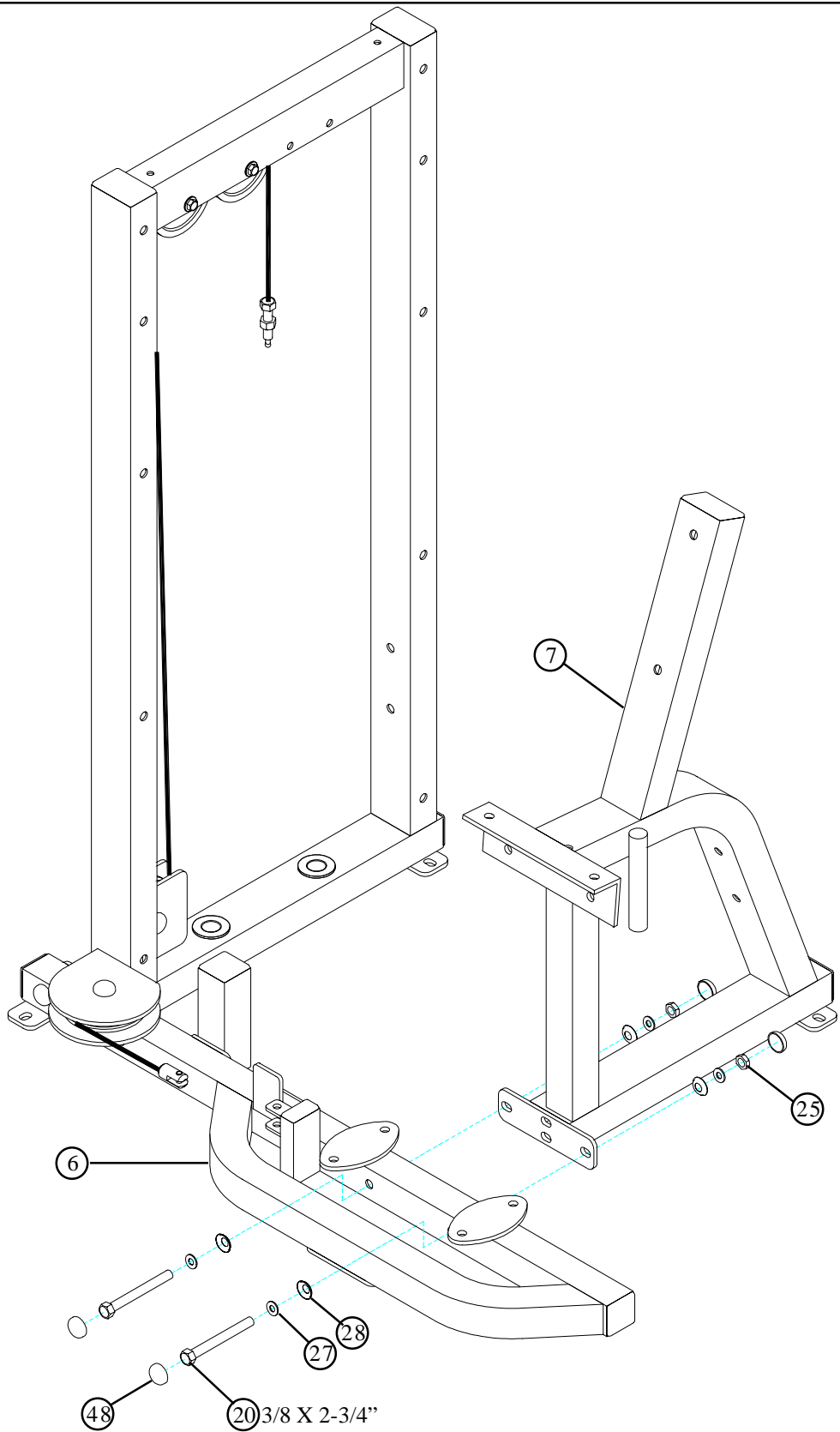


FIGURE 2

STEP 2:

- **LOOSELY** assemble the SEAT FRAME (7) to the CROSS SUPPORT (6) using four RH CAPS (48), two 3/8 X 2-3/4" BOLTS (20), four 3/8" SAE WASHERS (27), four 3/8" RH WASHERS (28) and two 3/8" LOW HEIGHT LOCK NUTS (25) as shown in FIGURE 2.

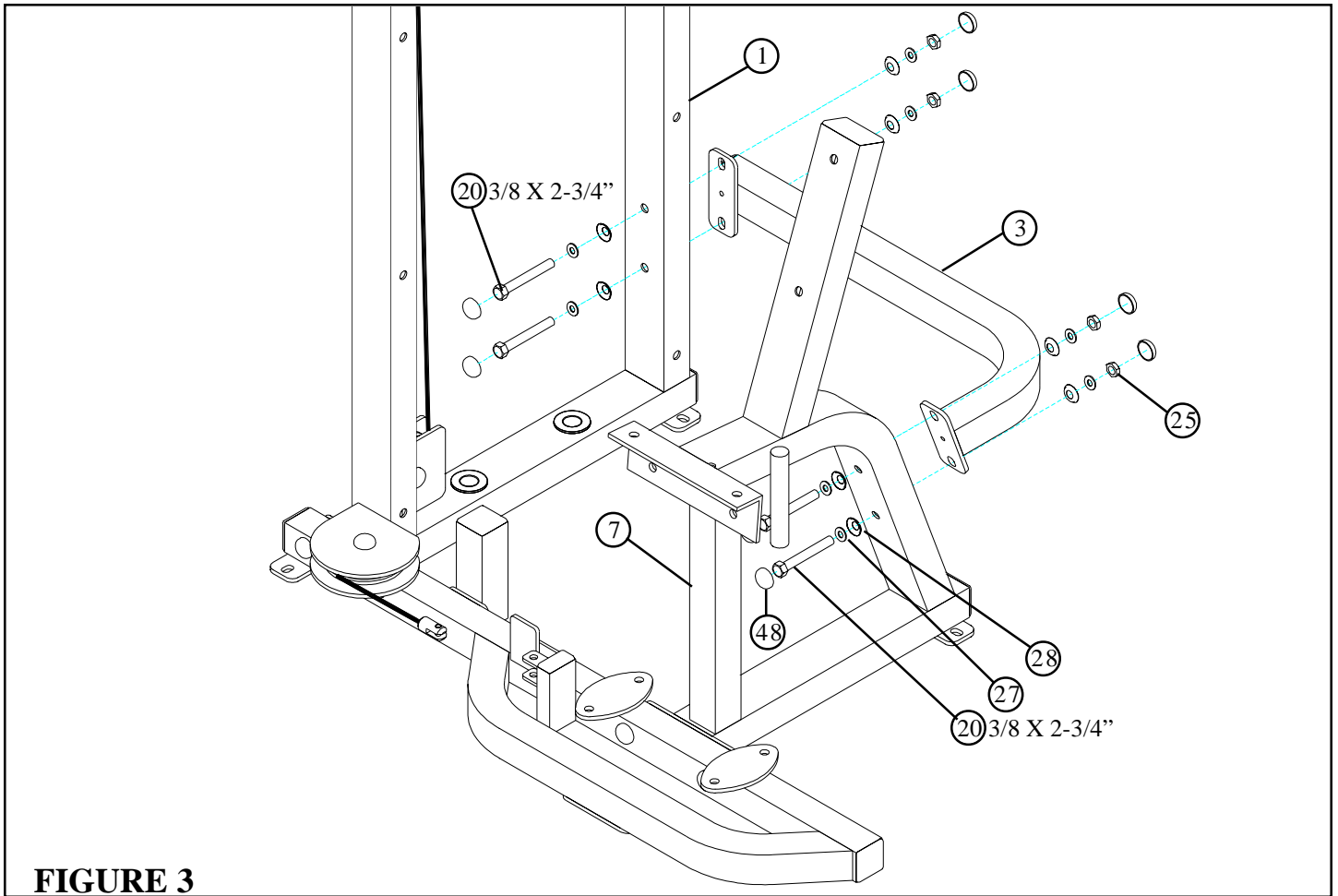


FIGURE 3

STEP 3:

- **LOOSELY** assemble the CROSS BRACE (3) to the SEAT FRAME (7) and the TOWER (1) using eight RH CAPS (48), four 3/8 X 2-3/4" BOLTS (20), eight 3/8" SAE WASHERS (27), eight 3/8" RH WASHERS (28) and four 3/8" LOW HEIGHT LOCK NUTS (25) as shown in FIGURE 3.
 - **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (48) over the RH WASHERS (28) on all tightened connections.**

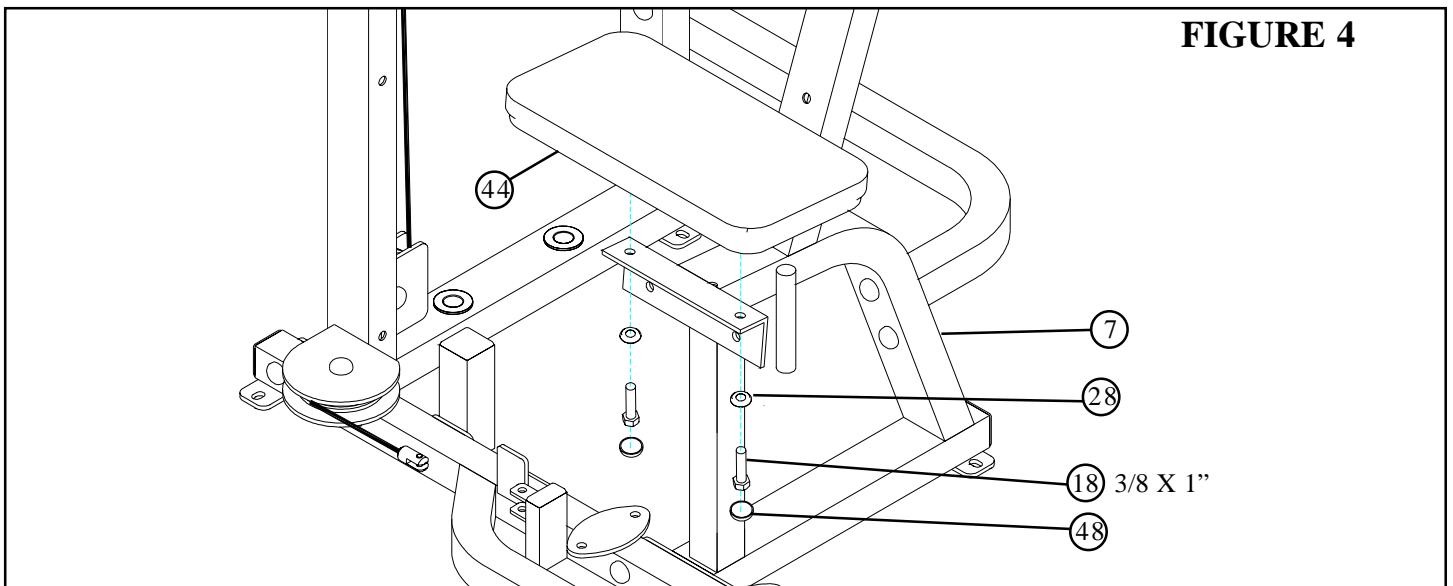


FIGURE 4

STEP 4:

- **SECURELY** assemble the SEAT PAD (44) to the SEAT FRAME (7) using two RH CAPS (48), two 3/8 X 1" BOLTS (18) and two 3/8" RH WASHERS (28) as shown in FIGURE 4.

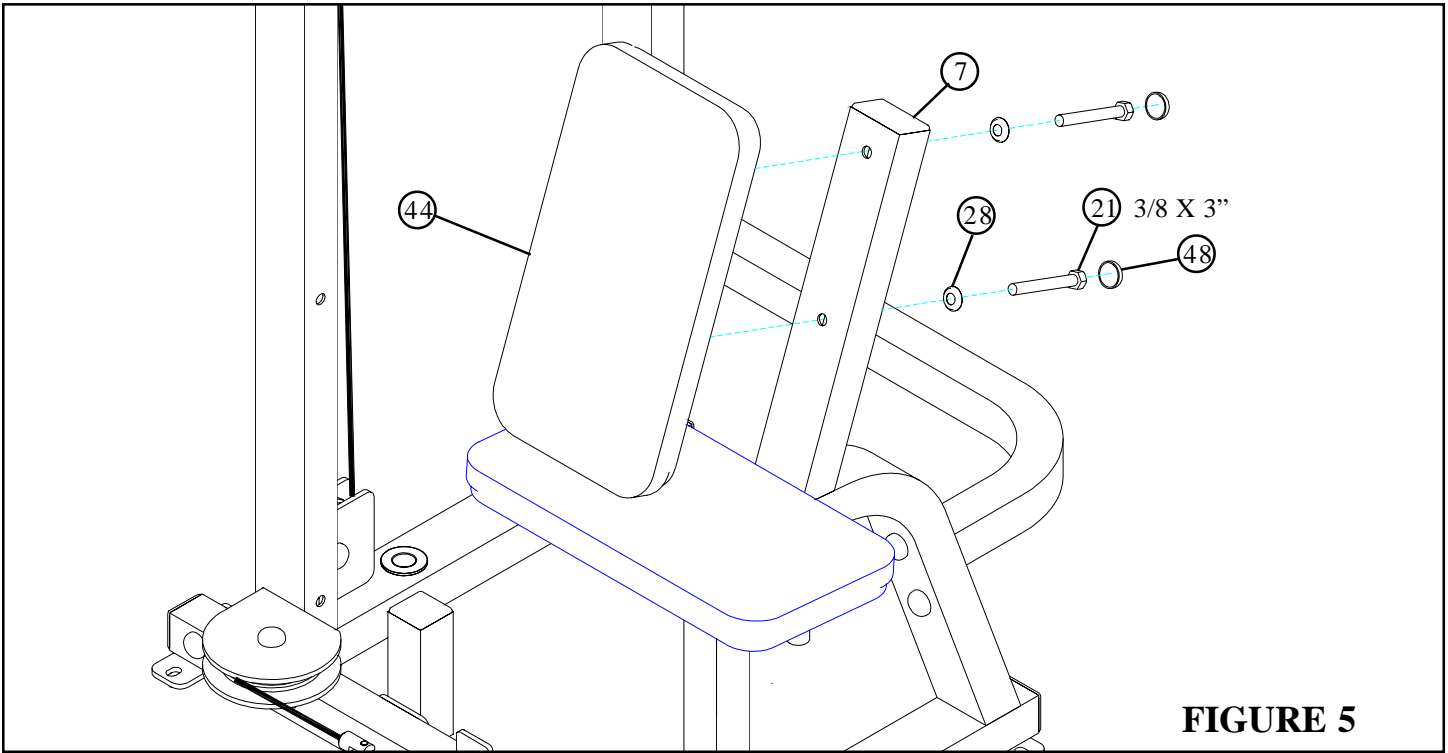


FIGURE 5

STEP 5:

- **SECURELY** assemble the SEAT PAD (44) to the SEAT FRAME (7) using two RH CAPS (48), two 3/8 X 3" BOLTS (21) and two 3/8" RH WASHERS (28) as shown in FIGURE 5.

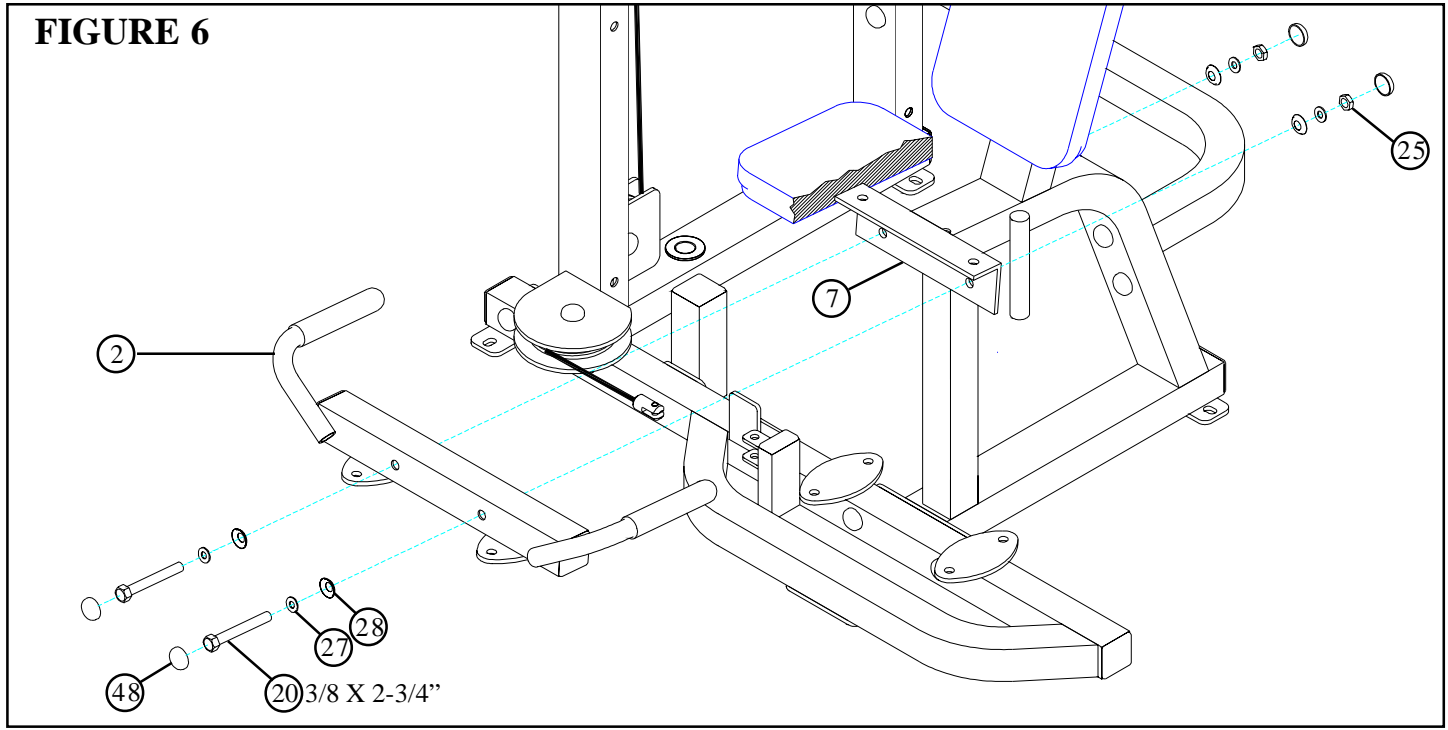
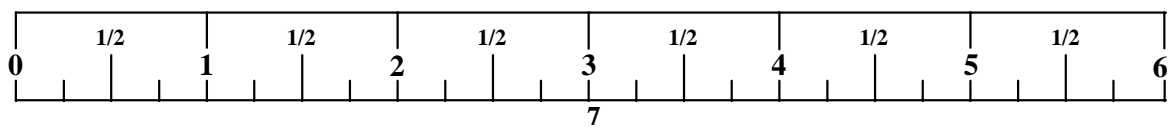


FIGURE 6

STEP 6:

- **SECURELY** assemble the PIVOT ARM SUPPORT (2) to the SEAT FRAME (7) using four RH CAPS (48), two 3/8 X 2-3/4" BOLTS (20), four 3/8" SAE WASHERS (27), four 3/8" RH WASHERS (28) and two 3/8" LOW HEIGHT LOCK NUTS (25) as shown in FIGURE 6.



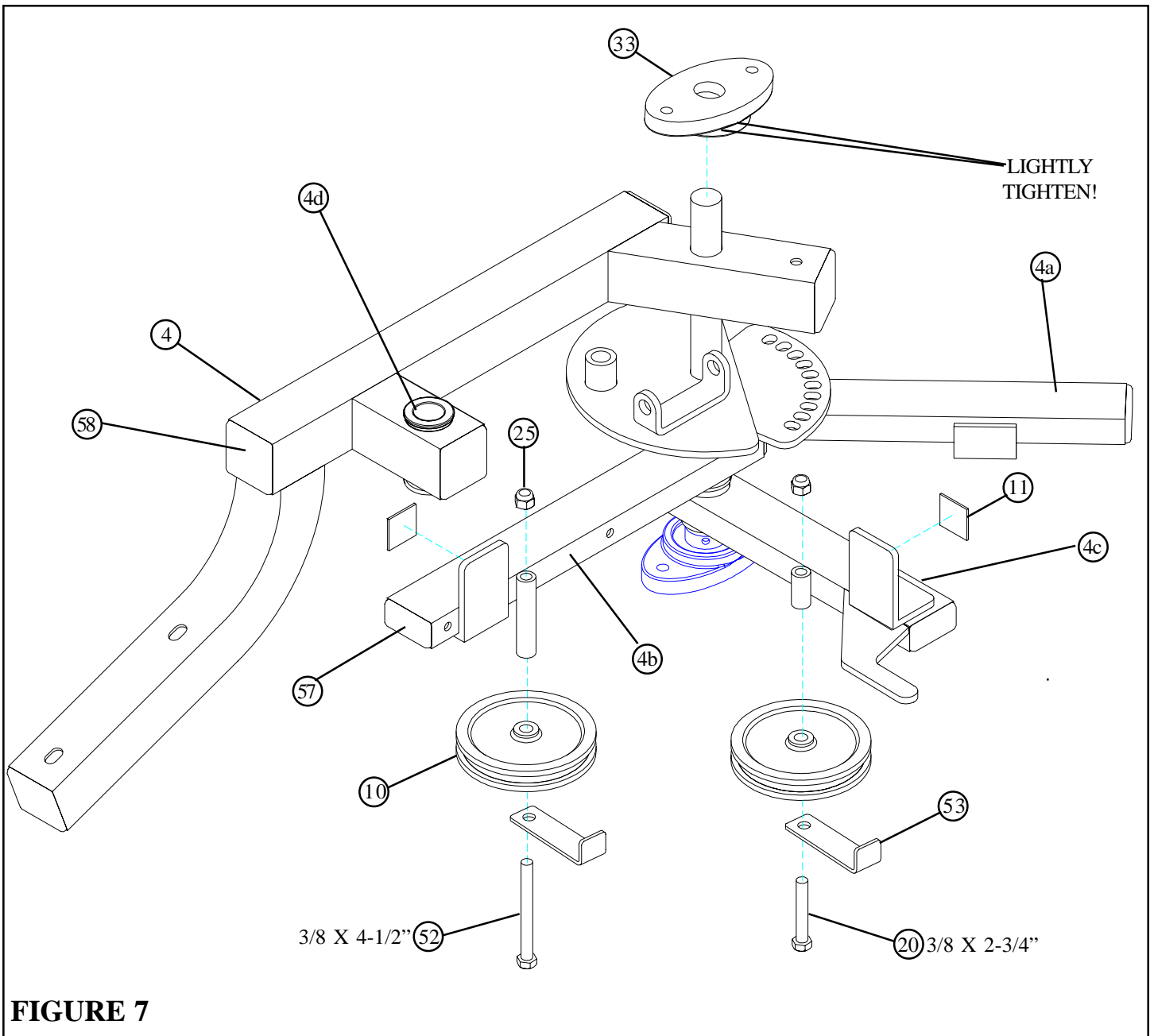
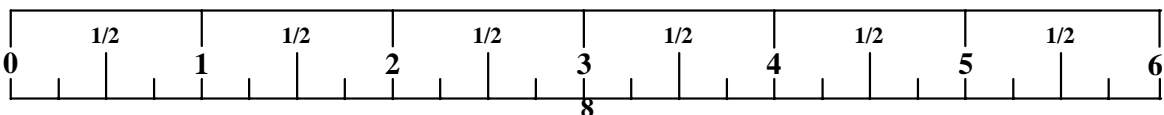


FIGURE 7

STEP 7:

- Slide one PILLOW BLOCK (33) over the shaft on the RIGHT PIVOT ARM (4).
- **LOOSELY** assemble one 4-1/2" PULLEY (10) to the middle rectangular tube on the RIGHT PIVOT ARM (4) using one 3/8 X 2-3/4" BOLT (20), one CABLE CLIP (53) and one 3/8" LOW HEIGHT LOCK NUT (25) as shown in FIGURE 7.
- **LOOSELY** assemble one 4-1/2" PULLEY (10) to the bottom rectangular tube on the RIGHT PIVOT ARM (4) using one 3/8 X 4-1/2" BOLT (52), one CABLE CLIP (53) and one 3/8" LOW HEIGHT LOCK NUT (25) as shown in FIGURE 7.
- Assemble two 1 X 1" GLIDES (11) to the top of the L-brackets on the RIGHT PIVOT ARM (4) as shown in FIGURE 7.



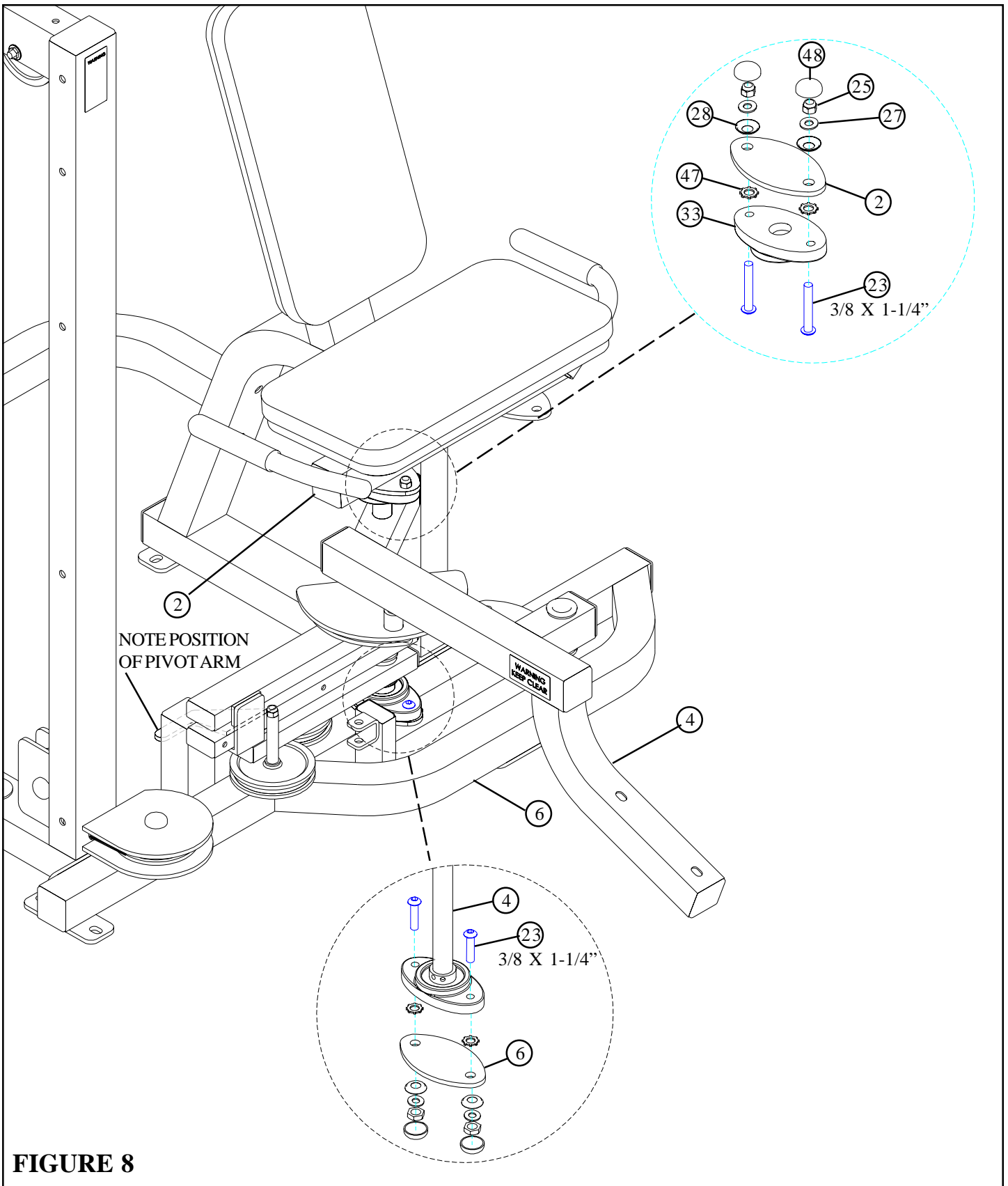
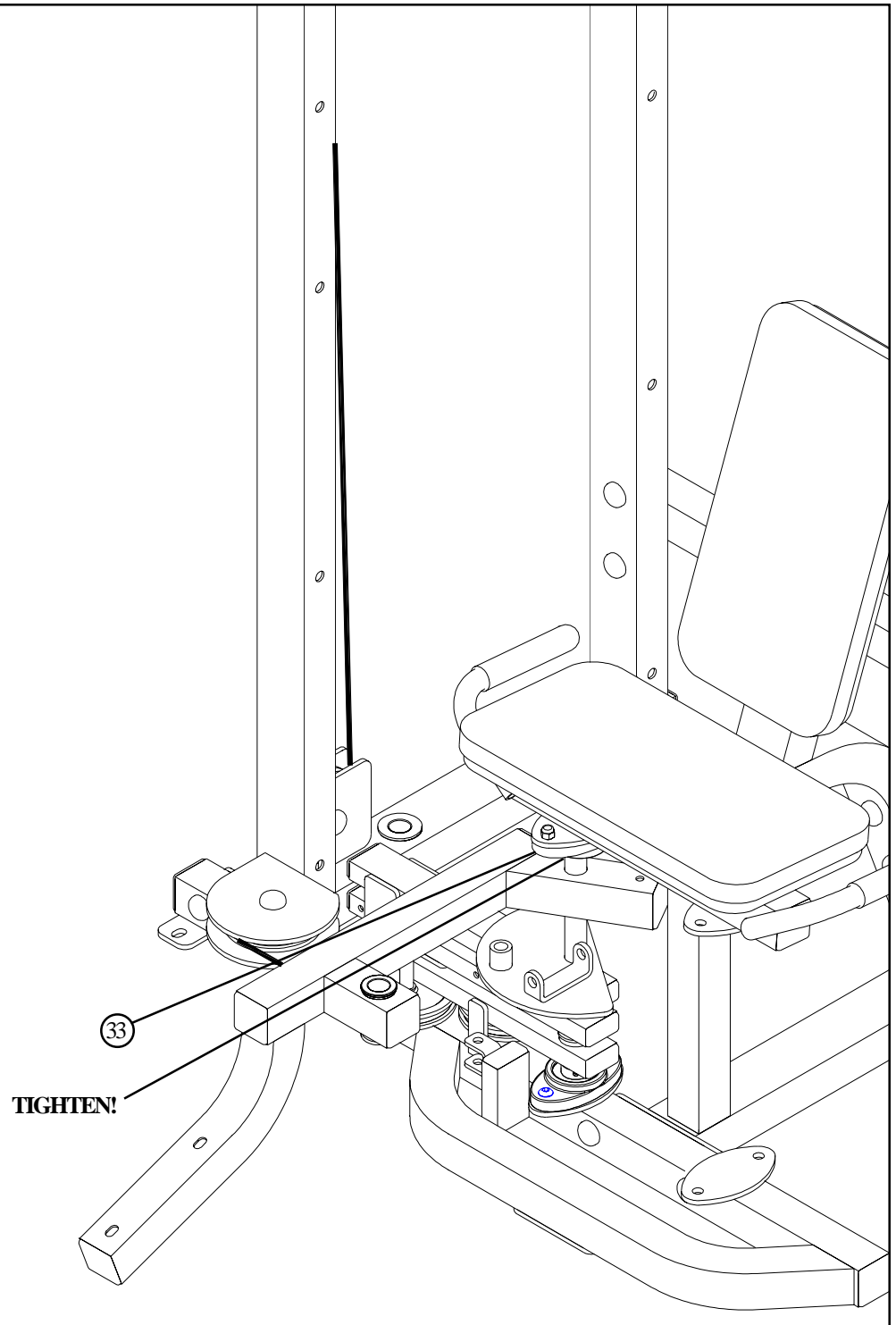


FIGURE 8

STEP 8:

- **SECURELY** assemble the PILLOW BLOCKS (33) on the RIGHT PIVOT ARM (4) to the CROSS SUPPORT (6) and the PIVOT ARM SUPPORT (2) using four 3/8 X 1-1/4" BUTTON HEAD CAP SCREWS (23), four RH CAPS (48), four 3/8" SAE WASHERS (27), four 3/8" RH WASHERS (28), four STARLOCK WASHERS (47) and four 3/8" LOW HEIGHT LOCK NUTS (25) as shown in FIGURE 8.

FIGURE 9

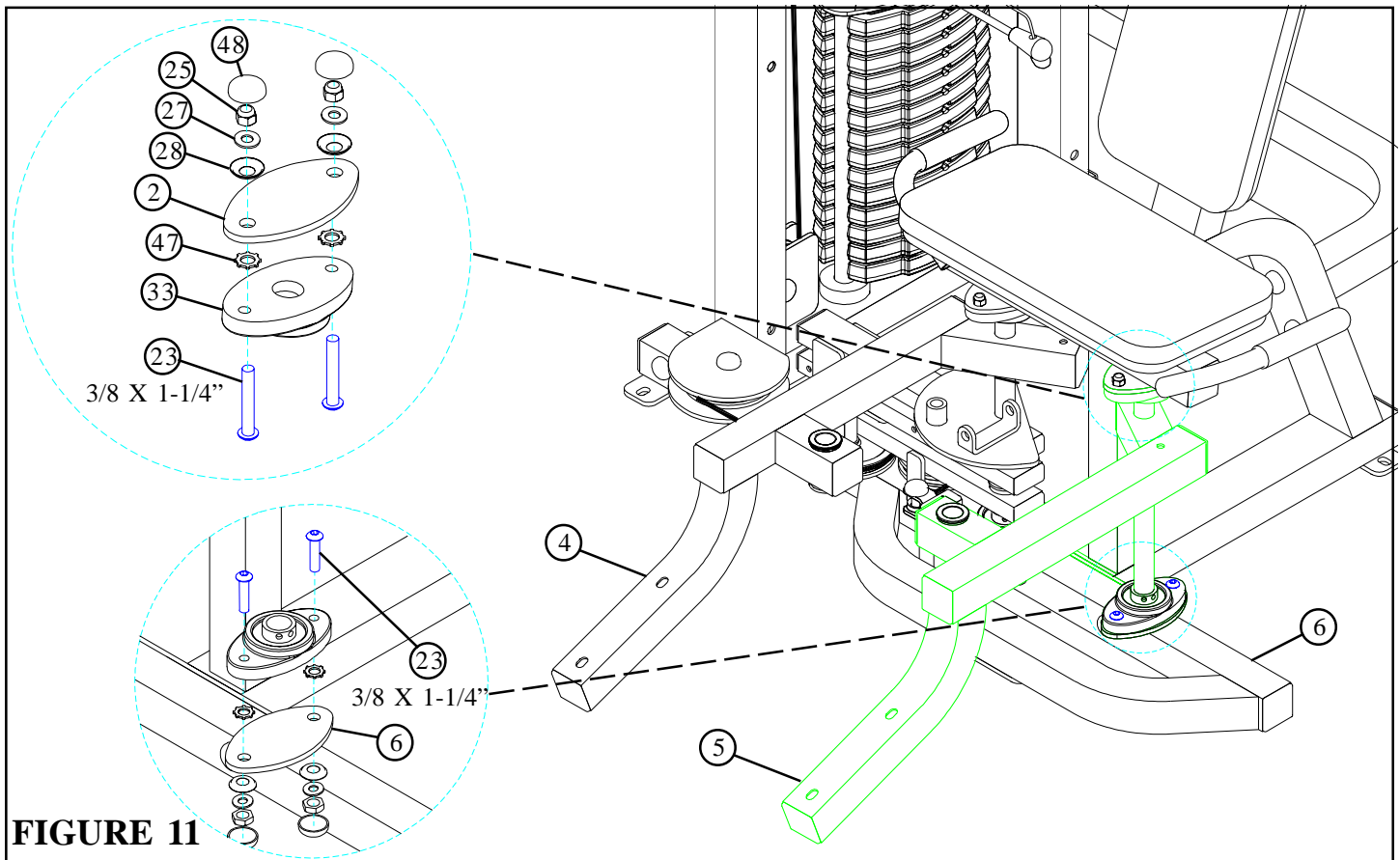
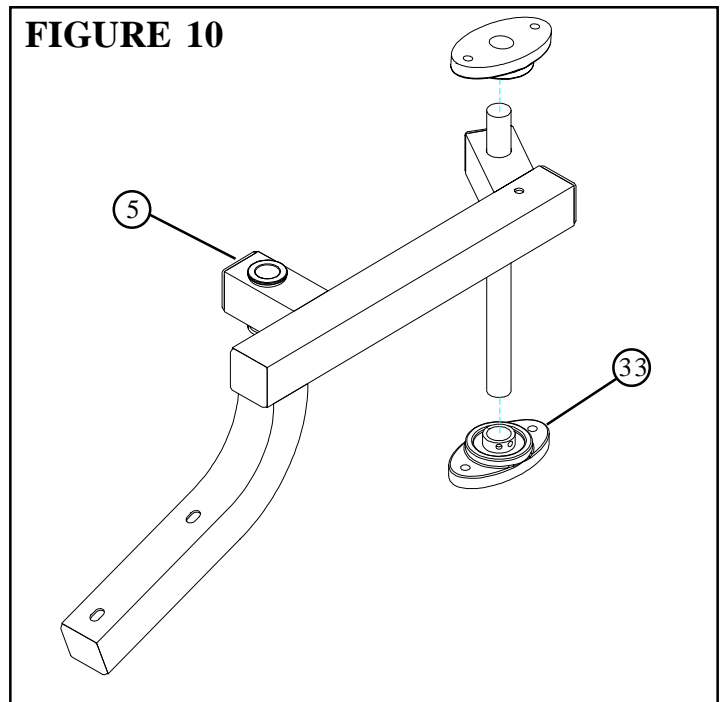


STEP 9:

- **SECURELY** tighten the set screws on the assembled PILLOW BLOCK (33) as shown in FIGURE 9.

STEP 10:

- Slide two PILLOW BLOCKS (33) over the LEFT PIVOT ARM (5) as shown in FIGURE 10.



STEP 11:

- **SECURELY** assemble the PILLOW BLOCKS (33) on the LEFT PIVOT ARM (5) to the CROSS SUPPORT (6) and the PIVOT ARM SUPPORT (2) using four 3/8 X 1-1/4" BUTTON HEAD CAP SCREWS (23), four 3/8" SAE WASHERS (27), four RH WASHERS (28), four STARLOCK WASHERS (47), four 3/8" LOW HEIGHT LOCK NUTS (25) and four RH CAPS (48) as shown in FIGURE 11.

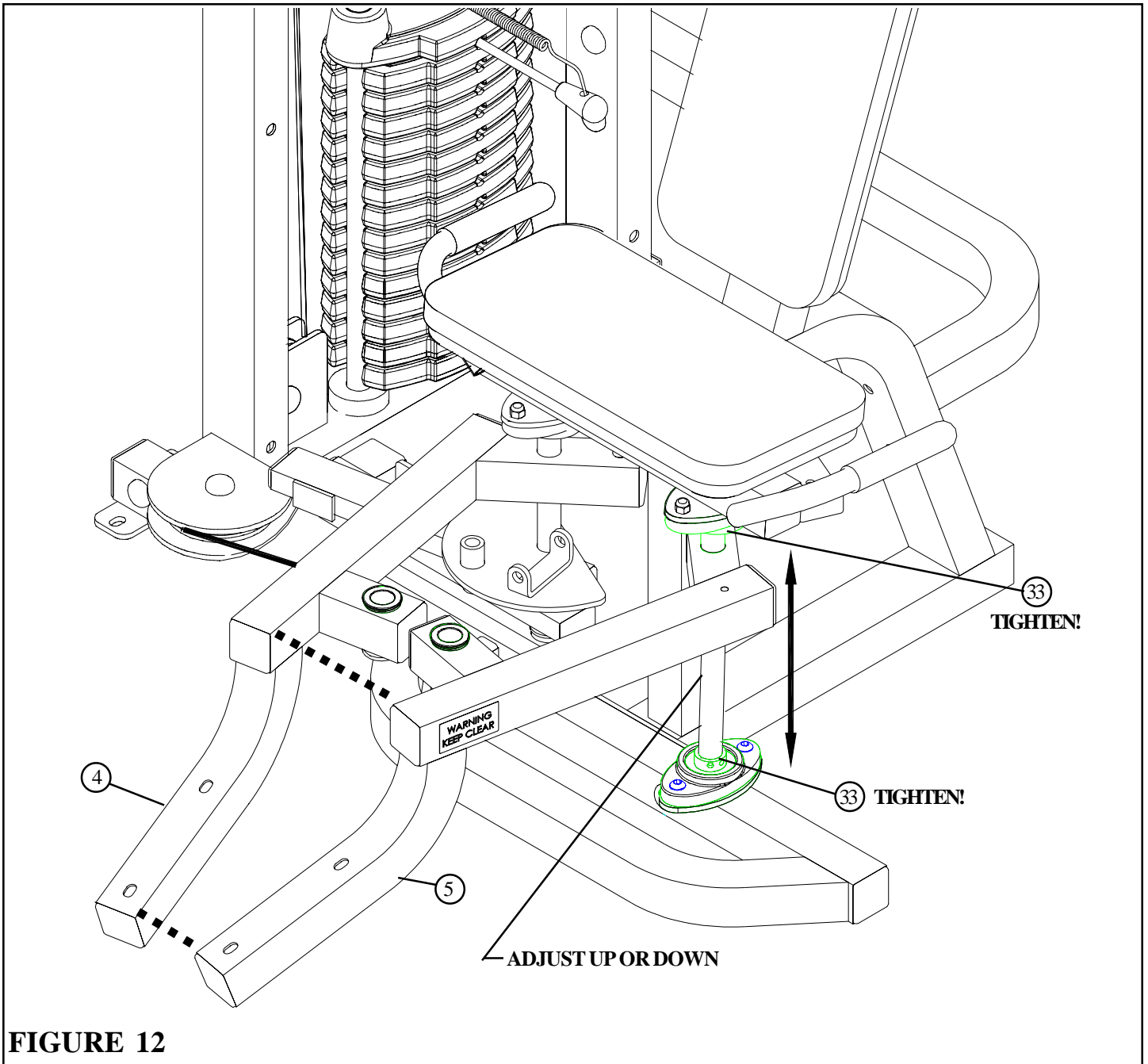


FIGURE 12

STEP 12:

- Rotate both PIVOT ARMS (4 & 5) so that they contact each other. Adjust the LEFT PIVOT ARM (5) so that both arms are the same height. **TIGHTEN** the PILLOW BLOCK (33) set screws.

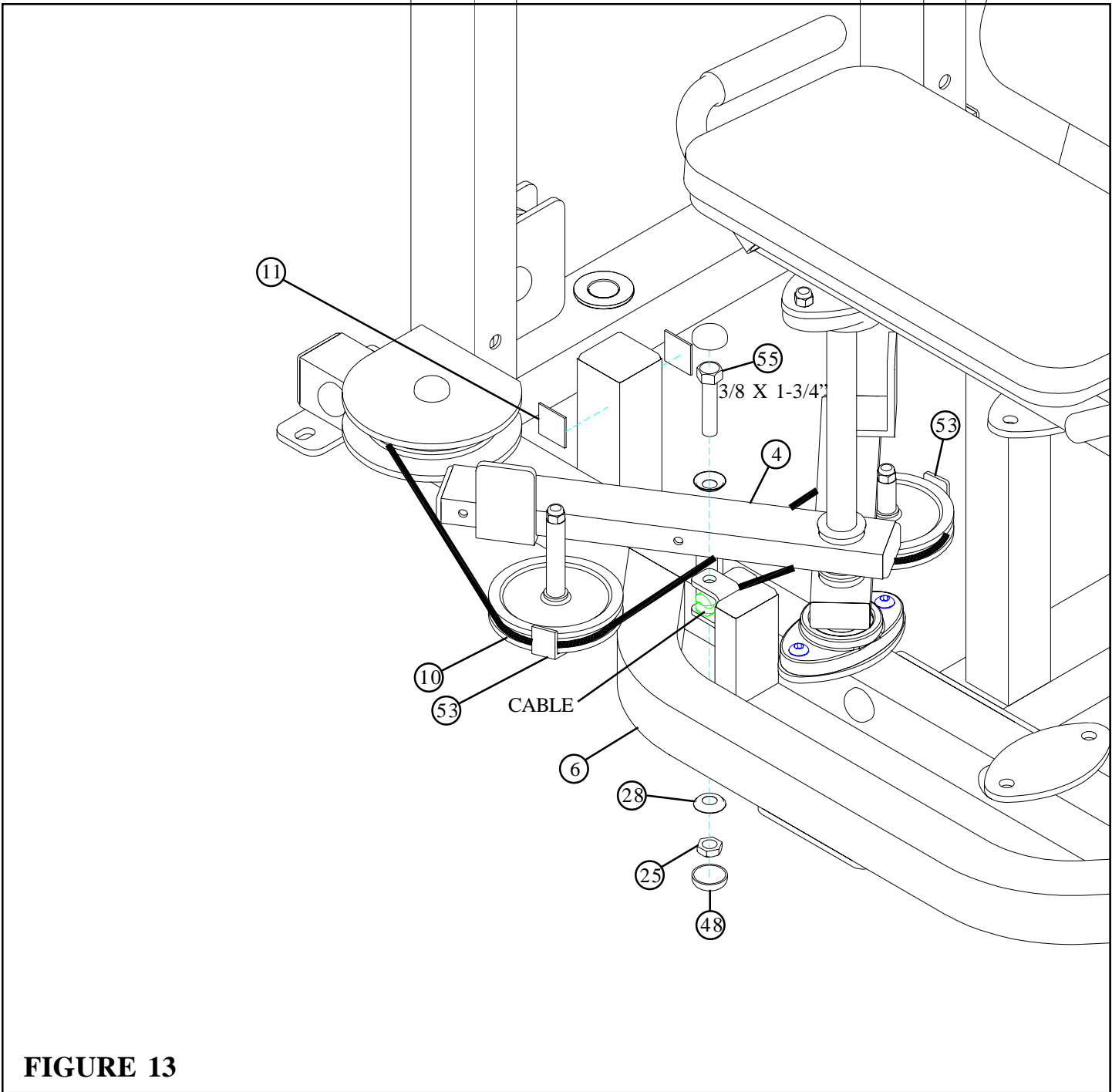


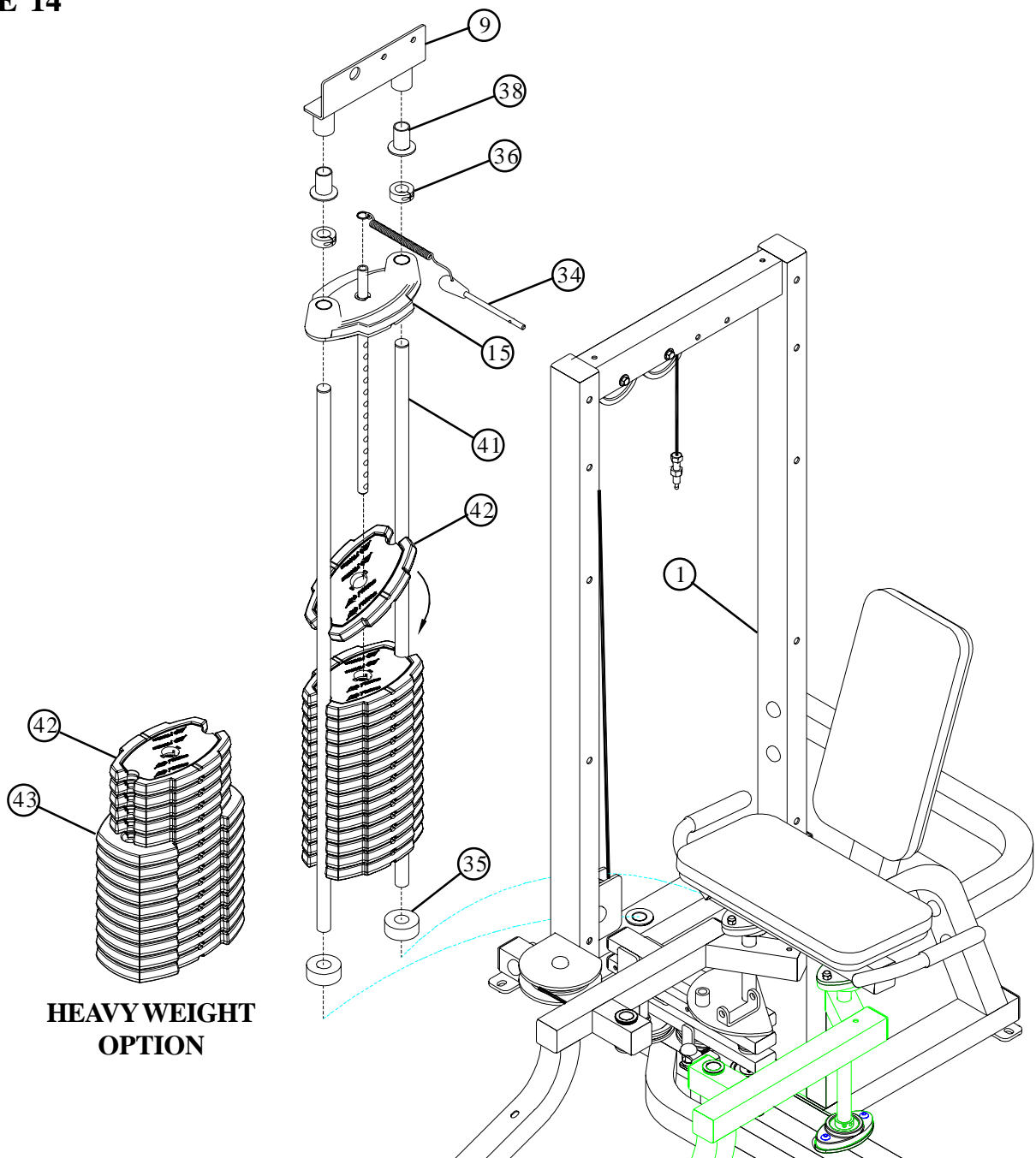
FIGURE 13

STEP 13:

- **CAREFULLY** route the CABLE around both the 4-1/2” PULLEYS (10) on the RIGHT PIVOT ARM (4) as shown, and assemble the end of the CABLE to the CROSS SUPPORT (6) using two RH CAPS (48), one 3/8 X 1-3/4” BOLT (55), two 3/8” RH WASHERS (28) and one 3/8” LOW HEIGHT LOCK NUTS (25) as shown in FIGURE 13. (NOTE: Make sure the CABLE runs in the grooves of all PULLEYS.)
- **SECURELY** tighten the BOLTS connecting the PULLEYS to the RIGHT PIVOT ARM (4). (NOTE: Orientate both CABLE CLIPS (53) as shown.)
- Assemble two 1 X 1” GLIDES (11) to the tube on the CROSS SUPPORT (6) where the RIGHT PIVOT ARM (4) contacts the tube on both sides as shown in FIGURE 13.



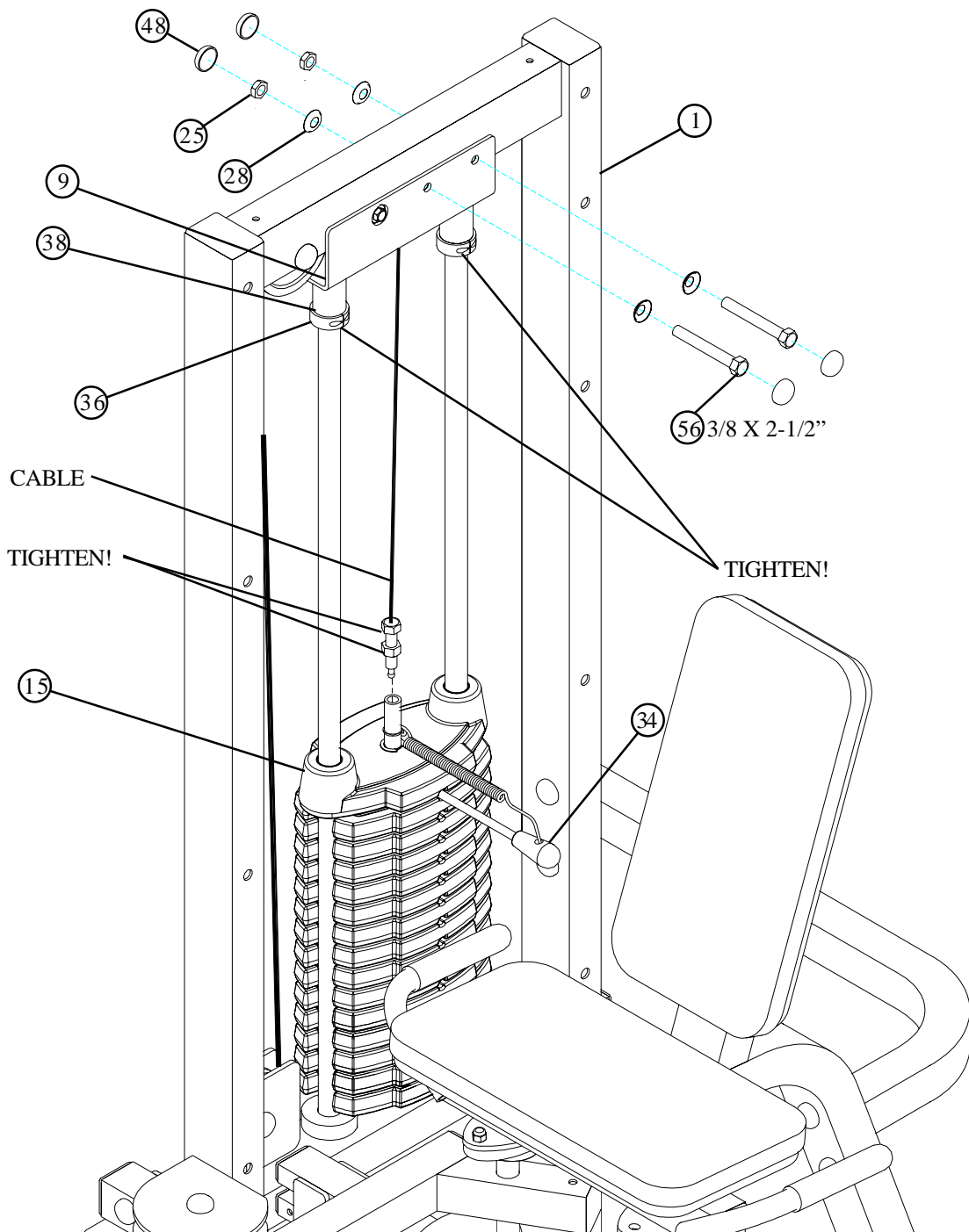
FIGURE 14



STEP 14:

- Insert the two GUIDE RODS (41) (found in SHROUD KIT box) into the base of the TOWER (1) as shown in FIGURE 14. Lubricate the GUIDE RODS (41) with a silicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (35) down over the GUIDE RODS (41). See FIGURE 14.
- Using **EXTREME CARE** place fifteen 10 LB. WEIGHT PLATES (42) over the GUIDE RODS (41) as shown in FIGURE 14. (**NOTE: IF HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (43) over the GUIDE RODS (41) first, then slide five 10 LB. WEIGHT PLATES (42) over the GUIDE RODS.**)
- Carefully Slide the HEAD PLATE (15) down over the GUIDE RODS (41) onto the weight stack as shown in FIGURE 14.
- Slide one WEIGHT STACK SELECTOR PIN (34) over the shaft on the HEAD PLATE (15) as shown in FIGURE 14.
- Slide two 1" SHAFT COLLARS (36) over each GUIDE ROD (41) as shown in FIGURE 14.
- Slide two GUIDE ROD BUSHINGS (38) over each GUIDE ROD(41).
- Place the GUIDE ROD SUPPORT (9) over the GUIDE RODS (41) as shown in FIGURE 14.

FIGURE 15



STEP 15:

- **SECURELY** assemble the GUIDE ROD SUPPORT (9) to the TOWER (1) using four RH CAPS (48), two 3/8 X 2-1/2" BOLTS (56), four 3/8" RH WASHERS (28) and two 3/8" LOW HEIGHT LOCK NUTS (25) as shown in FIGURE 15. (NOTE: Be sure to route cable through the hole of the GUIDE ROD SUPPORT (9) before tightening.)
- Slide GUIDE ROD BUSHINGS (38) into the tubes on the GUIDE ROD SUPPORT (9), slide 1" SHAFT COLLARS (36) underneath the GUIDE ROD BUSHINGS (38) and **SECURELY** tighten the set screws.
- Screw the threaded end of the CABLE into the end of the shaft on the HEAD PLATE (15) until the CABLE is taut and tighten jam nut securely. See FIGURE 15.
- Insert the WEIGHT STACK PIN (34) into the WEIGHT STACK as shown in FIGURE 15.

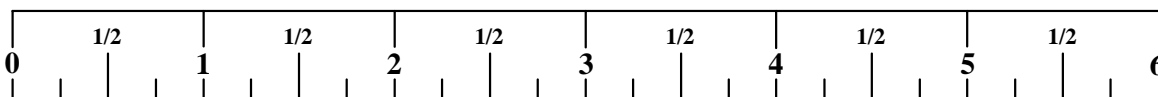
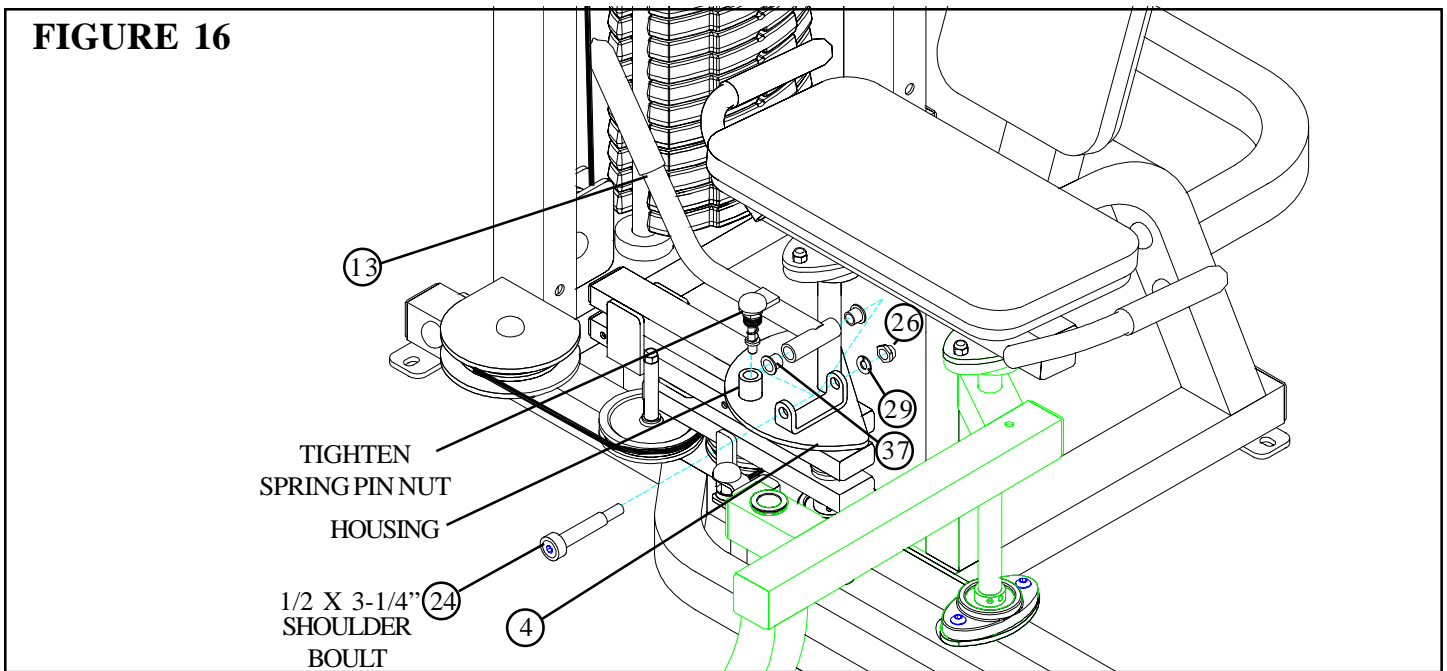


FIGURE 16



STEP 16:

- Insert the SPRING ASSEMBLY on the HANDLE (13) into the HOUSING on the RIGHT PIVOT ARM (4). Thread the nut into the HOUSING and tighten **SECURELY**.
- Finish assembling the HANDLE (13) to the RIGHT PIVOT ARM (4) using one 1/2 X 3-1/4" SHOULDER BOLT (24), two 1/2" FLANGE BEARINGS (37), one 3/8" LOCK WASHER (29), and one 3/8" ACORN NUT (26) as shown in FIGURE 16. (**NOTE: Tighten enough to allow HANDLE to lift up freely without sticking.**)

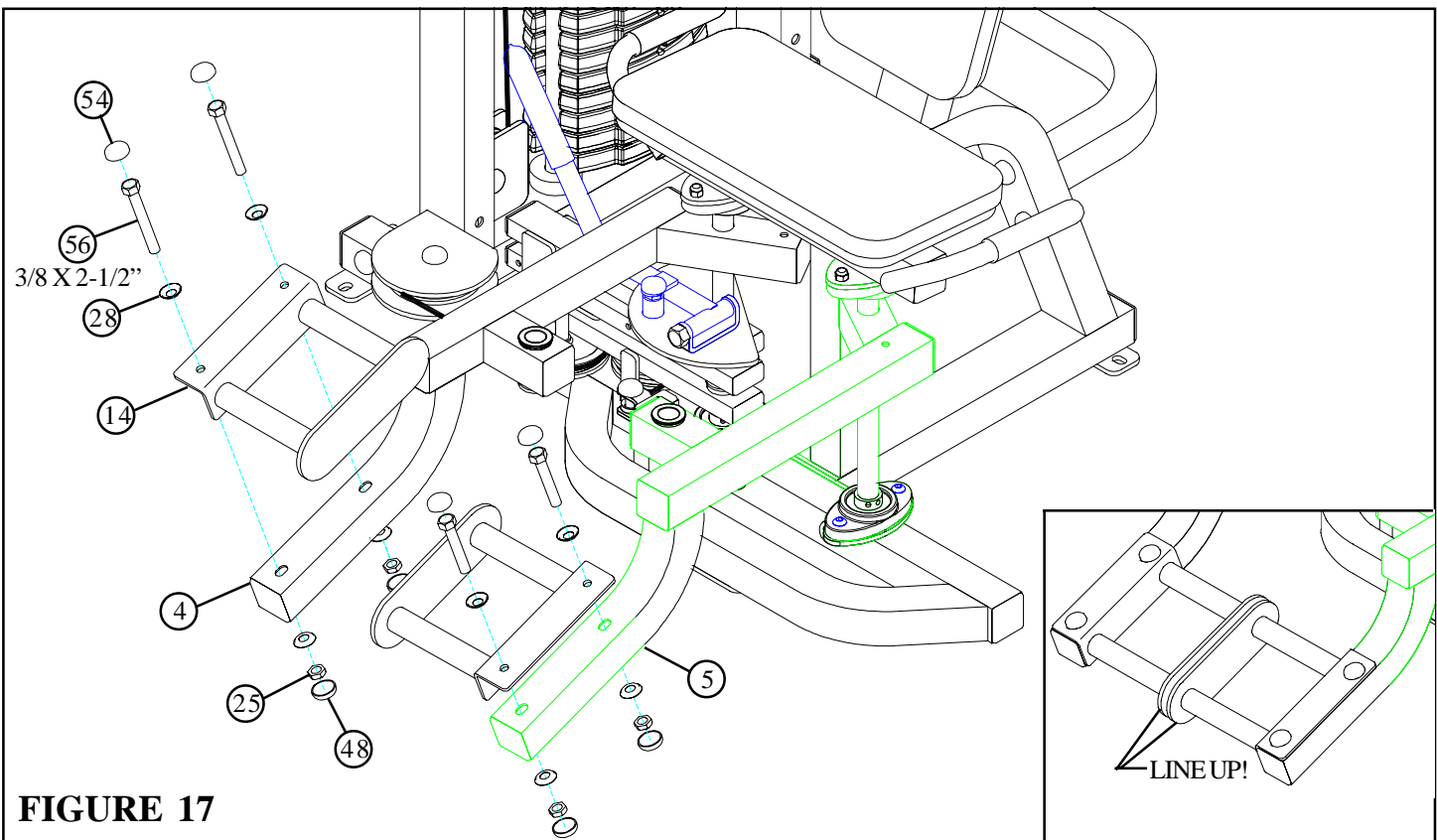


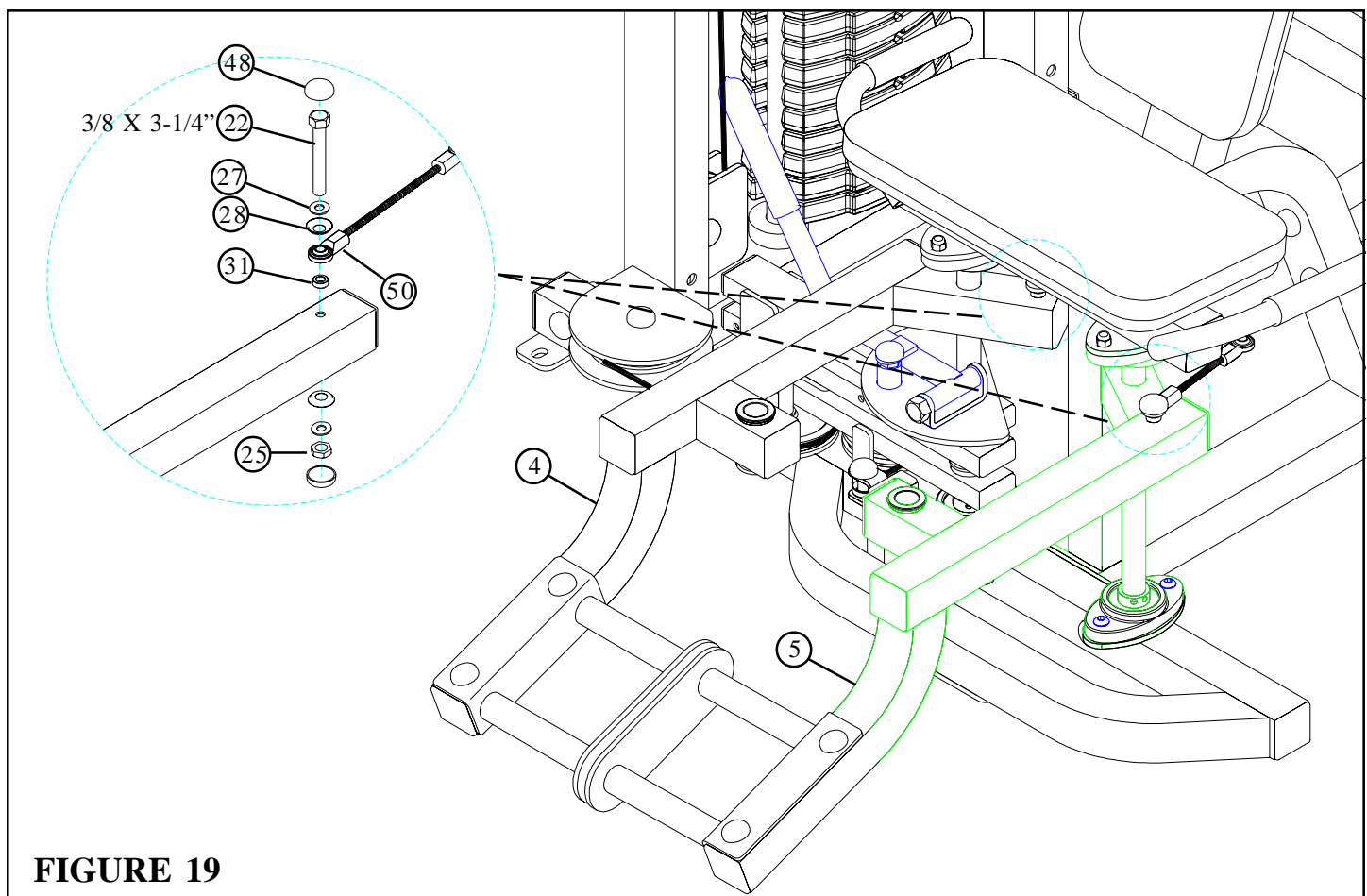
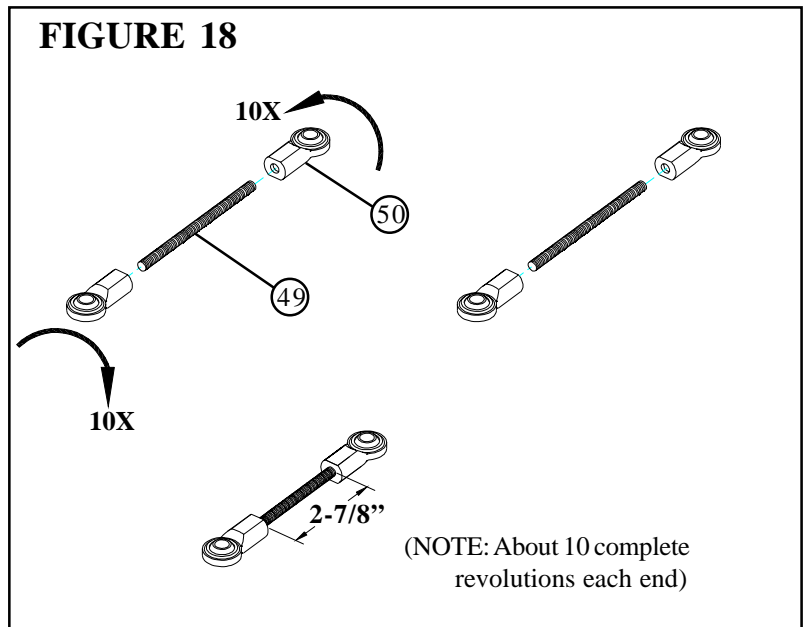
FIGURE 17

STEP 17:

- **SECURELY** assemble two FOOT SUPPORTS (14) to the RIGHT and LEFT PIVOT ARMS (4 & 5) using four RH CAPS (48), four BLACK RH CAPS (54), four 3/8 X 2-1/2" (56), eight 3/8" RH WASHERS (28) and four 3/8" LOW HEIGHT LOCK NUTS (25) as shown in FIGURE 17. (**NOTE: Make sure FOOT SUPPORTS (14) line up VERTICALLY before tightening. SEE INSET.**)

STEP 18:

- Assemble the ROD END BEARINGS (50) to the 3/8" THREADED RODS (49) so that a 2-7/8" gap exists between the end of the ROD END BEARINGS (5) as shown in FIGURE 18. (NOTE: Make sure each THREADED ROD (49) is screwed into each ROD END (50) equally.)

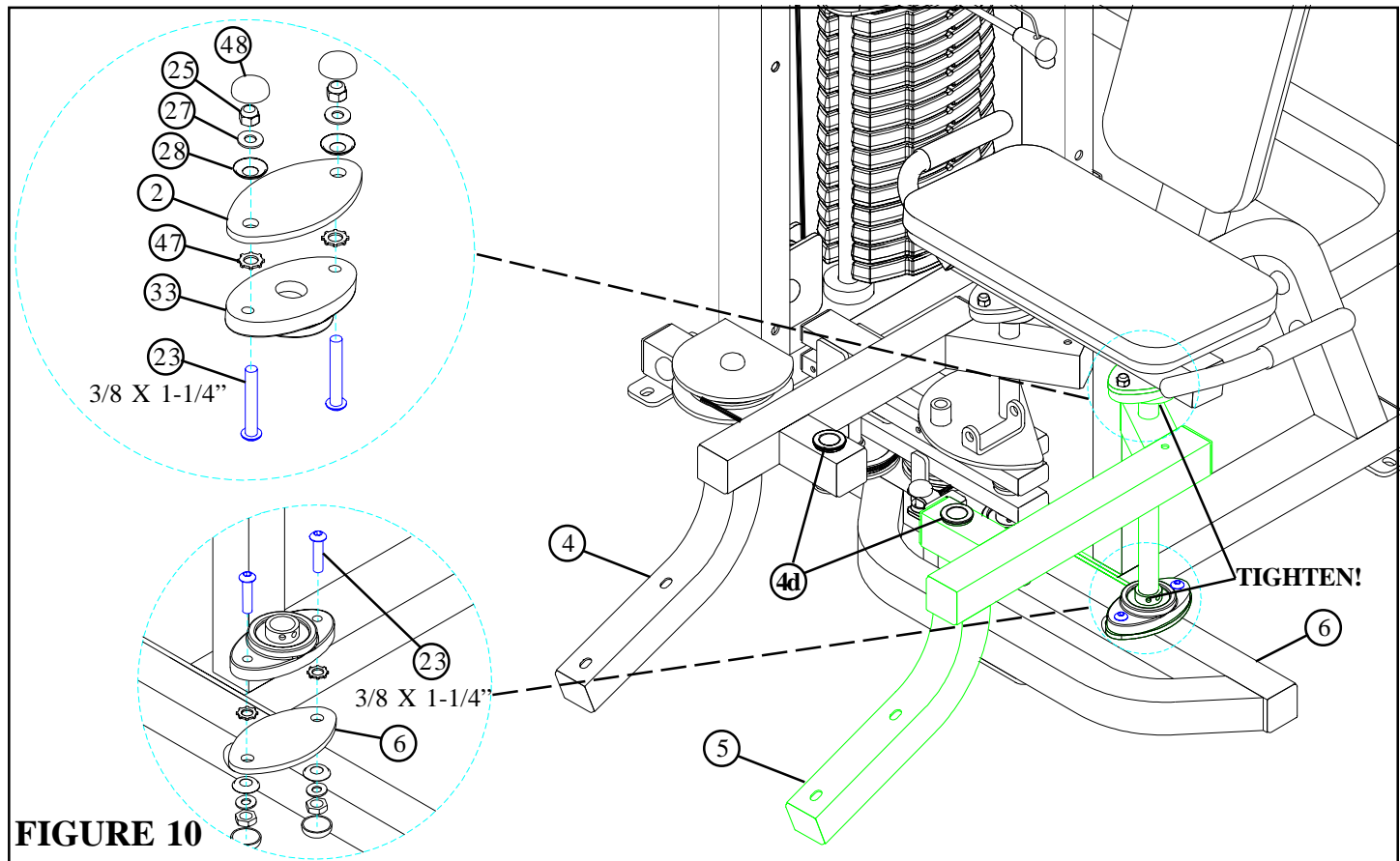
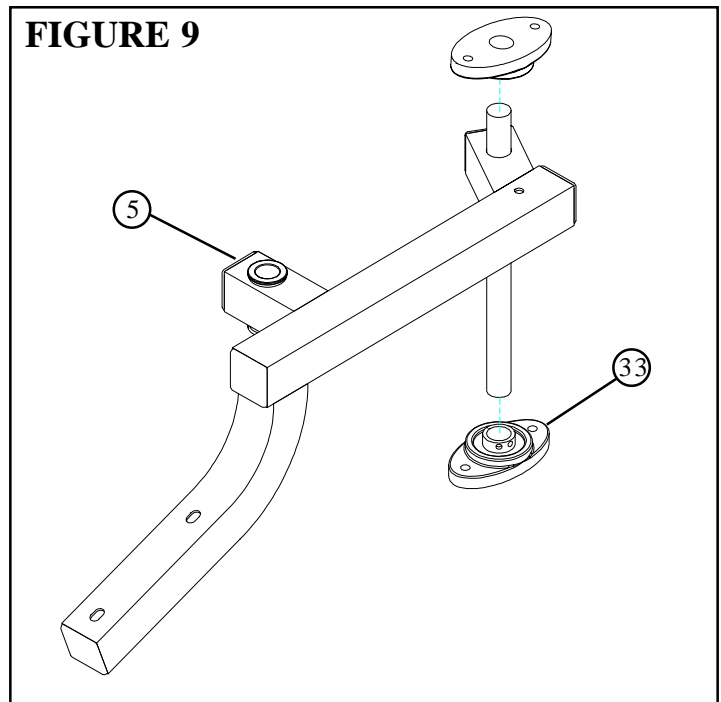


STEP 19:

- SECURELY** assemble the ROD END BEARINGS (50) to the RIGHT PIVOT ARM (4) using two RH CAPS (48), one 3/8 X 3-1/4" BOLT (22), two 3/8" SAE WASHERS (27), two 3/8" RH WASHERS (28), one 3/8 X 1/4" SPACER (31) and one 3/8" LOW HEIGHT LOCK NUTS (25) as shown in FIGURE 19.
- SECURELY** assemble the ROD END BEARINGS (50) to the LEFT PIVOT ARM (5) using two RH CAPS (48), one 3/8 X 3-1/4" BOLT (22), two 3/8" SAE WASHERS (27), two 3/8" RH WASHERS (28), one 3/8 X 1/4" SPACER (31) and one 3/8" LOW HEIGHT LOCK NUTS (25) as shown in FIGURE 19.

STEP 9:

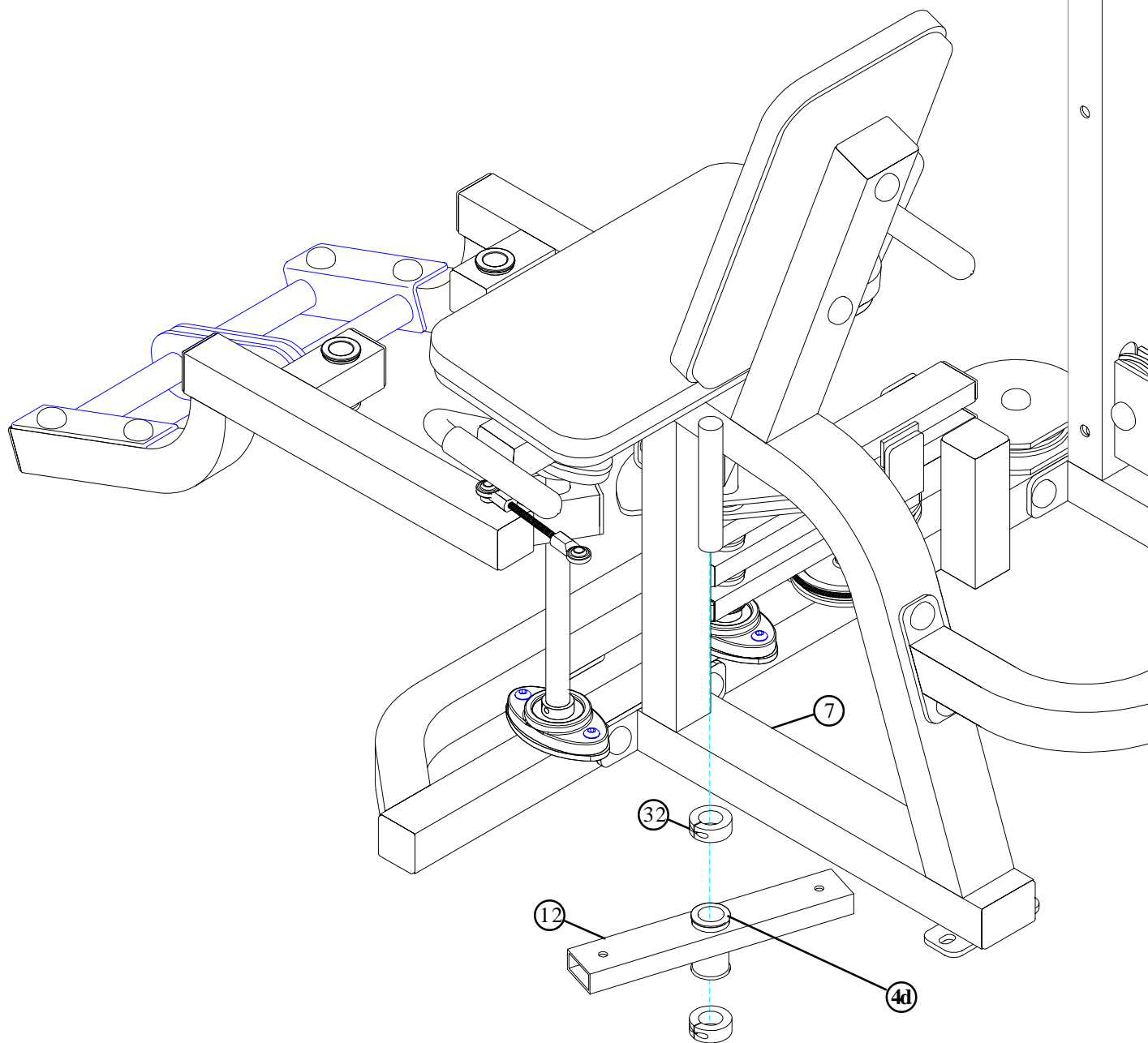
- Slide two PILLOW BLOCKS (33) over the LEFT PIVOT ARM (5) and **LIGHTLY** tighten the set screws on the PILLOW BLOCKS (33) as shown in FIGURE 9.



STEP 10:

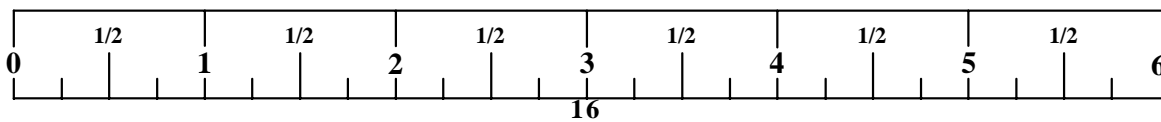
- LOOSELY** assemble the PILLOW BLOCKS (33) on the LEFT PIVOT ARM (5) to the CROSS SUPPORT (6) and the PIVOT ARM SUPPORT (2) using four 3/8 X 1-1/4" BUTTON HEAD CAP SCREWS (23), four 3/8" SAE WASHERS (27), four RH WASHERS (28), four STARLOCK WASHERS (47), four 3/8" LOW HEIGHT LOCK NUTS (25) and four RH CAPS (48) as shown in FIGURE 10.
- LOOSEN** set screws on the PILLOW BLOCKS (33) on the LEFT PIVOT ARM (5) & RIGHT PIVOT ARM (4). Rotate both PIVOT ARM (4 & 5) so that they contact each other and line up. **TIGHTEN** the PILLOW BLOCKS (33) on both PIVOT ARMS (4 & 5) and to the CROSS SUPPORT (6) and PIVOT ARM SUPPORT (2). Adjust the PIVOT ARMS (4 & 5) up or down so that both arms are the same height. **TIGHTEN** all PILLOW BLOCK (33) set screws.

FIGURE 18



STEP 18:

- Slide two SINGLE SPLIT SHAFT COLLARS (32) and the PIVOT LINK (12) over the shaft on the SEAT FRAME (7) and **LOOSELY** tighten the set screws on the SINGLE SPLIT SHAFT COLLARS (32) as shown in FIGURE 18.



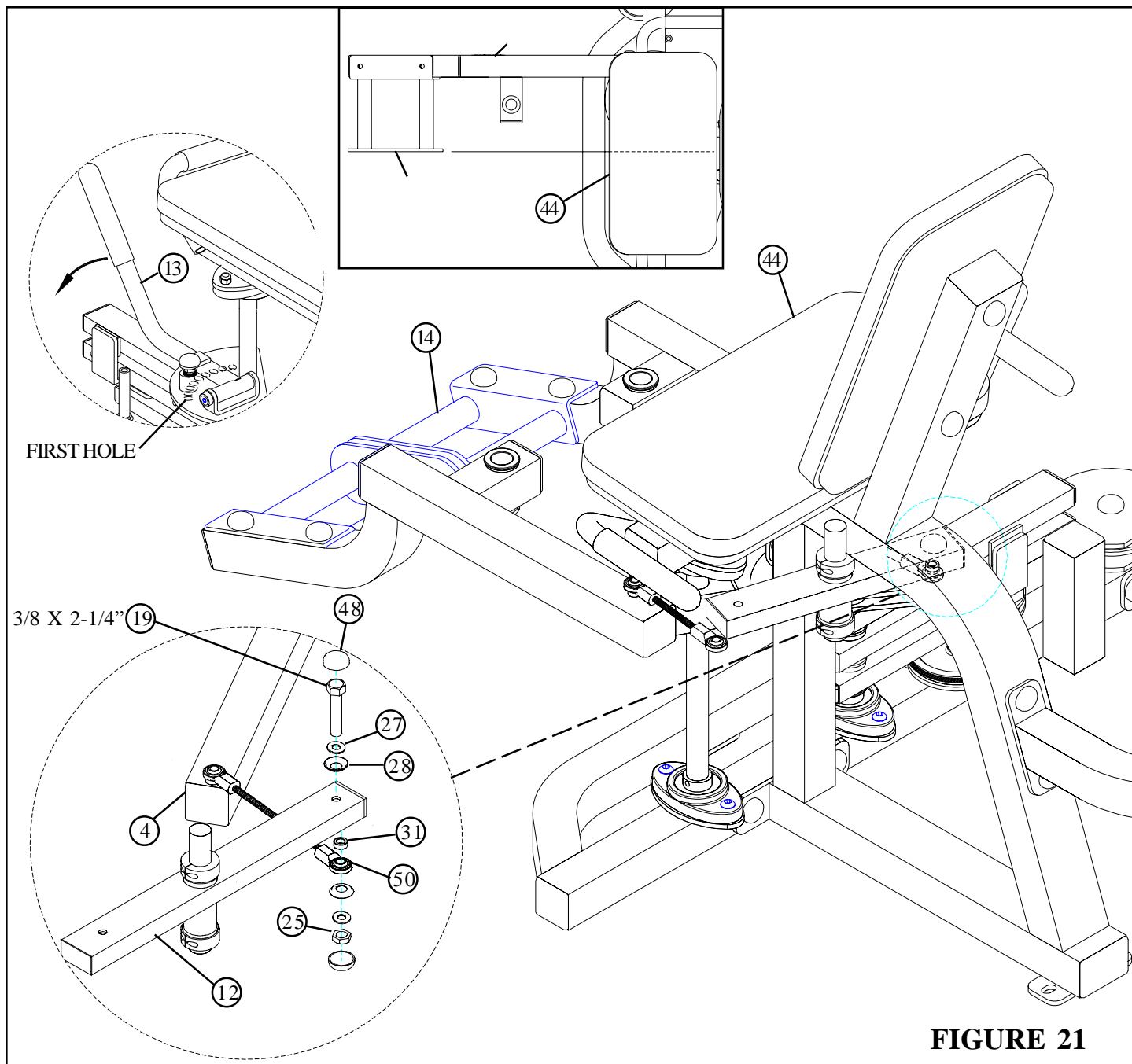


FIGURE 21

STEP 21:

The following are the adjustment steps for the RIGHT and LEFT PIVOT ARMS (4 & 5). Please follow them in order and carefully.

RIGHT PIVOT ARM (4) ASSEMBLY: (THIS MUST BE DONE FIRST)

- **SECURELY** assemble ROD END BEARING (50) on the RIGHT PIVOT ARM (4) to the PIVOT LINK (12) using two RH CAPS (48), one 3/8 X 2-1/4" BOLT (19), two 3/8" SAE WASHERS (27), two 3/8" RH WASHERS (28), one 3/8 X 1/4" SPACER (31), and one 3/8" LOW HEIGHT LOCK NUT (25) as shown in FIGURE 21. (Note: DO NOT assemble the RH CAPS until all the adjustments have been made.)
- Lift HANDLE (13) on the RIGHT PIVOT ARM (4) and adjust it **forward** to the first hole position.
- For correct alignment of the RIGHT PIVOT ARM (4), the END of the FOOT SUPPORT (14) should be center of the SEAT PAD (44). (SEE TOP VIEW)
- **IF NOT CENTERED:** Disassemble the ROD END BEARING (50) from the PIVOT LINK (12) and rotate BEARING **counter-clockwise** to move PIVOT ARM **forward**, or **clockwise** to move PIVOT ARM **back**. (turn one complete revolution per time then reassemble, and check) Once the PIVOT ARM is centered, tighten bolt and assemble the two RH CAPS (48). Proceed to LEFT PIVOT ARM (5) assembly
- **IF CENTERED:** Assemble the two RH CAPS (48), and proceed to LEFT PIVOT ARM assembly.

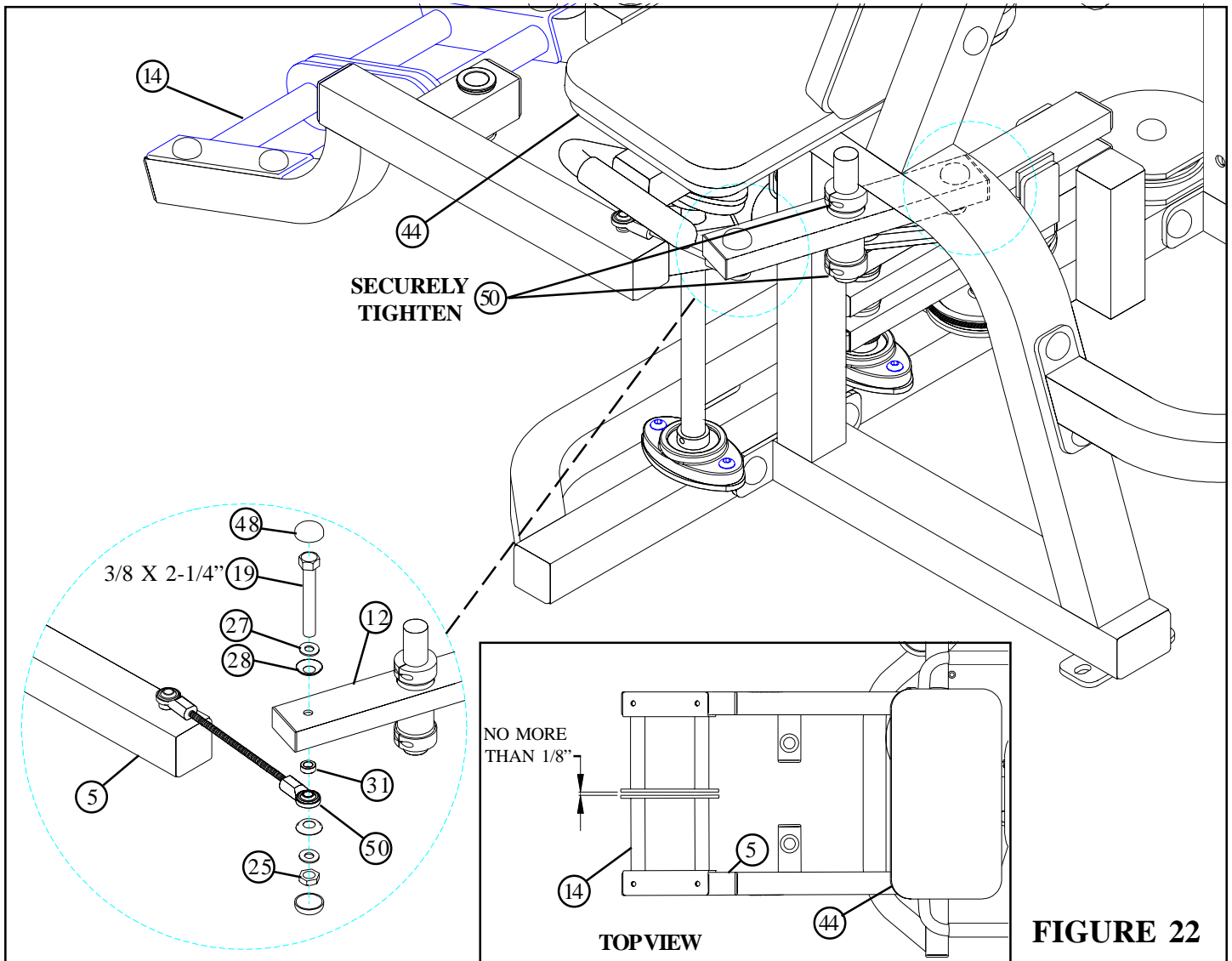


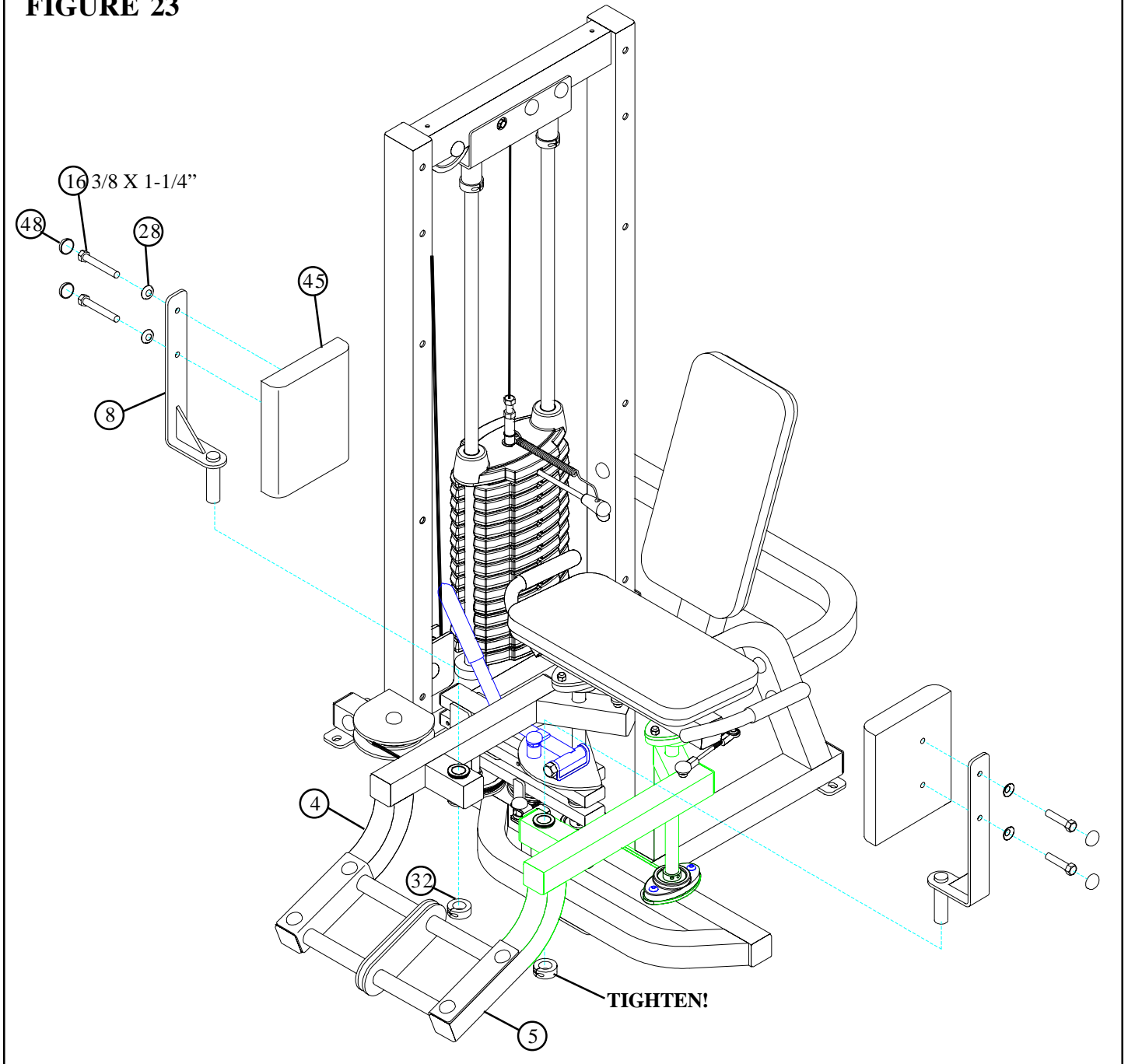
FIGURE 22

STEP 22:

LEFT PIVOT ARM (5) ASSEMBLY:

- Before beginning the LEFT PIVOT ARM (5) assembly, make sure the RIGHT PIVOT ARM (4) is in the first hole position
- SECURELY assemble ROD END BEARING (50) on the LEFT PIVOT ARM (5) to the PIVOT LINK (12) using two RH CAPS (48), one 3/8 X 2-1/4" BOLT (19), two 3/8" SAE WASHERS (27), two 3/8" RH WASHERS (28), one 3/8 X 1/4" SPACER (31), and one 3/8" LOW HEIGHT LOCK NUT (25) as shown in FIGURE 22. (Note: DO NOT assemble the RH CAPS until all the adjustments have been made.)
- If ROD END BEARING (50) won't assemble to the PIVOT LINK (12), then the PIVOT ARMS are too close together, and the BEARING needs to be adjusted:
 - Rotate the BEARING clockwise to move PIVOT ARM back. Turn BEARING one complete revolution per time until the BEARING can be assembled to the PIVOT LINK. (Note: DO NOT create more than an 1/8" gap between the FOOT SUPPORTS) (SEE TOP VIEW)
 - Assemble the two RH CAPS (48).
- If the gap between the FOOT SUPPORTS (14) is too large (more than 1/8") then the PIVOT ARMS are too far apart, and the ROD END BEARING (50) needs to be adjusted:
 - Rotate the BEARING counter-clockwise to move PIVOT ARM in. Turn BEARING one complete revolution per time until the FOOT SUPPORTS are 1/8" apart. (Note: DO NOT create more than an 1/8" gap between the FOOT SUPPORTS) (SEE TOP VIEW)
 - Reassemble the BEARING to the PIVOT LINK, then assemble the two RH CAPS (48).
- Adjust the height of the PIVOT LINK (12) so that the THREADED RODS are parallel with the floor. Then tighten the set screws of both SINGLE SPLIT SHAFT COLLARS (32).

FIGURE 23



STEP 23:

- Slide the KNEE SUPPORTS (8) into the RIGHT and LEFT PIVOT ARMS (4 & 5) and assemble two SINGLE SPLIT SHAFT COLLARS (32) to the KNEE SUPPORTS (8) and **SECURELY** tighten.
- **SECURELY** assemble two LEG PADS (45) to the KNEE SUPPORTS (8) using four RH CAPS (48), four 3/8 X 1-1/4" (16) and four 3/8" RH WASHERS (28) as shown in FIGURE 23.

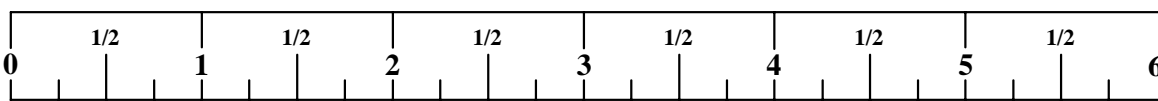
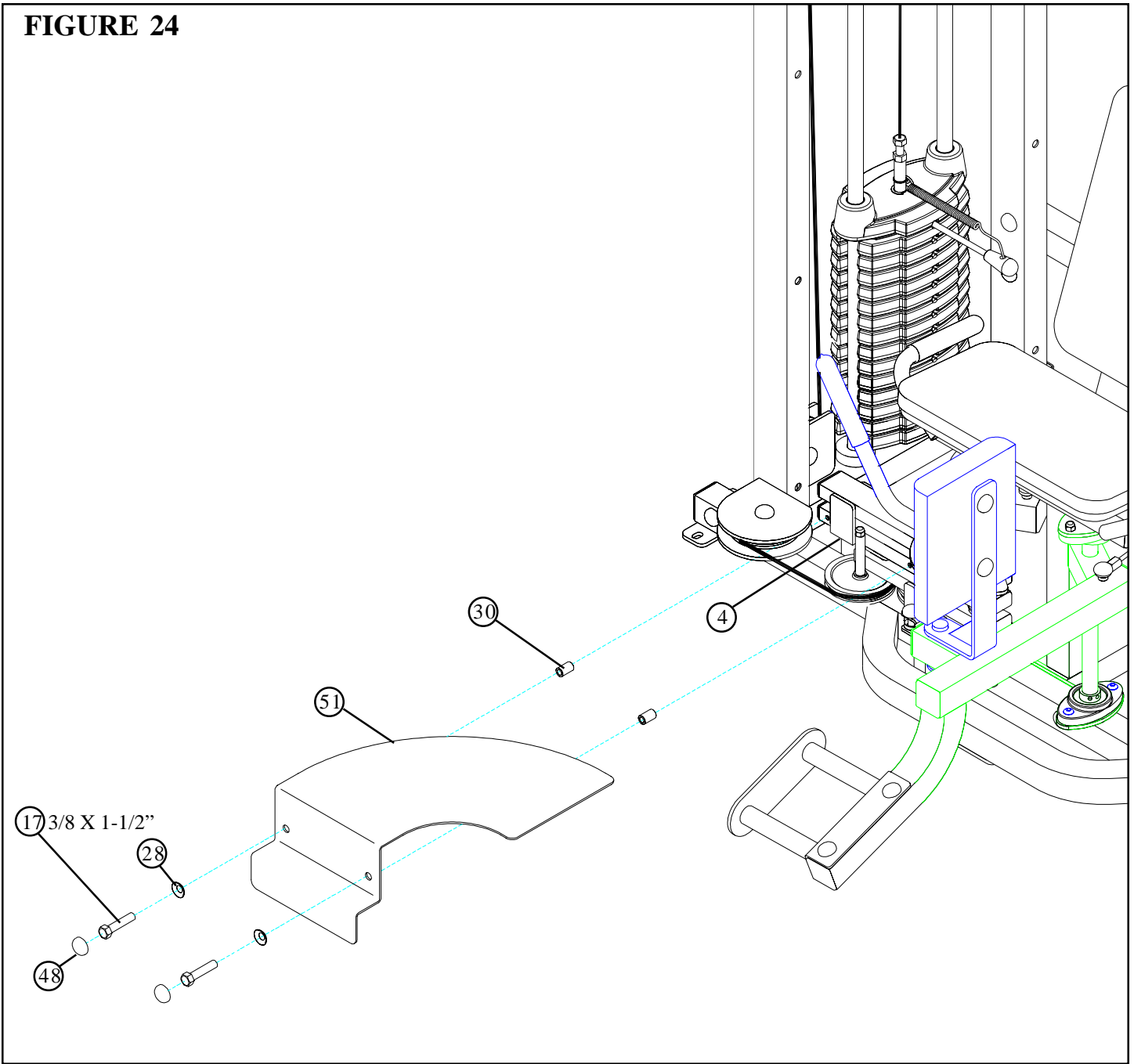


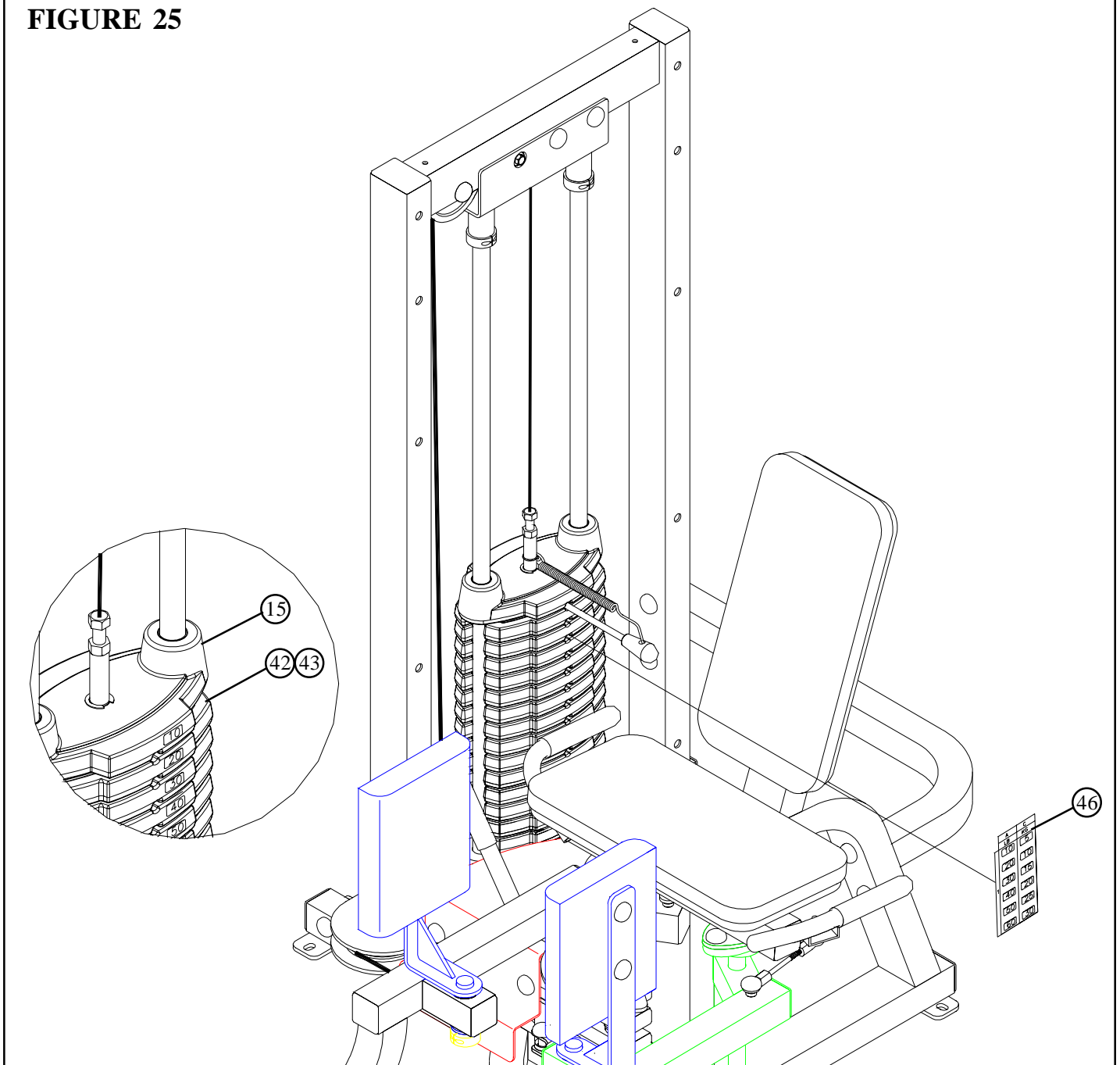
FIGURE 24



STEP 24:

- **SECURELY** assemble the SHROUD (51) to the middle rectangular tube on the RIGHT PIVOT ARM (4) using using two RH CAPS (48), two 3/8 X 1-1/2" BOLTS (17), two 3/8" RH WASHERS (28) and two 3/8 X 1" SPACERS (30) as shown in FIGURE 24.

FIGURE 25



STEP 25:

- The WEIGHT STACK LABEL sheet (46) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.
- Peel the backing off the WEIGHT STACK LABELS (46), line up sheet to the right of the selector opening and apply labels to the WEIGHT PLATES (42 or 43), starting with the HEAD PLATE (15) as shown in FIGURE 25.
- **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**

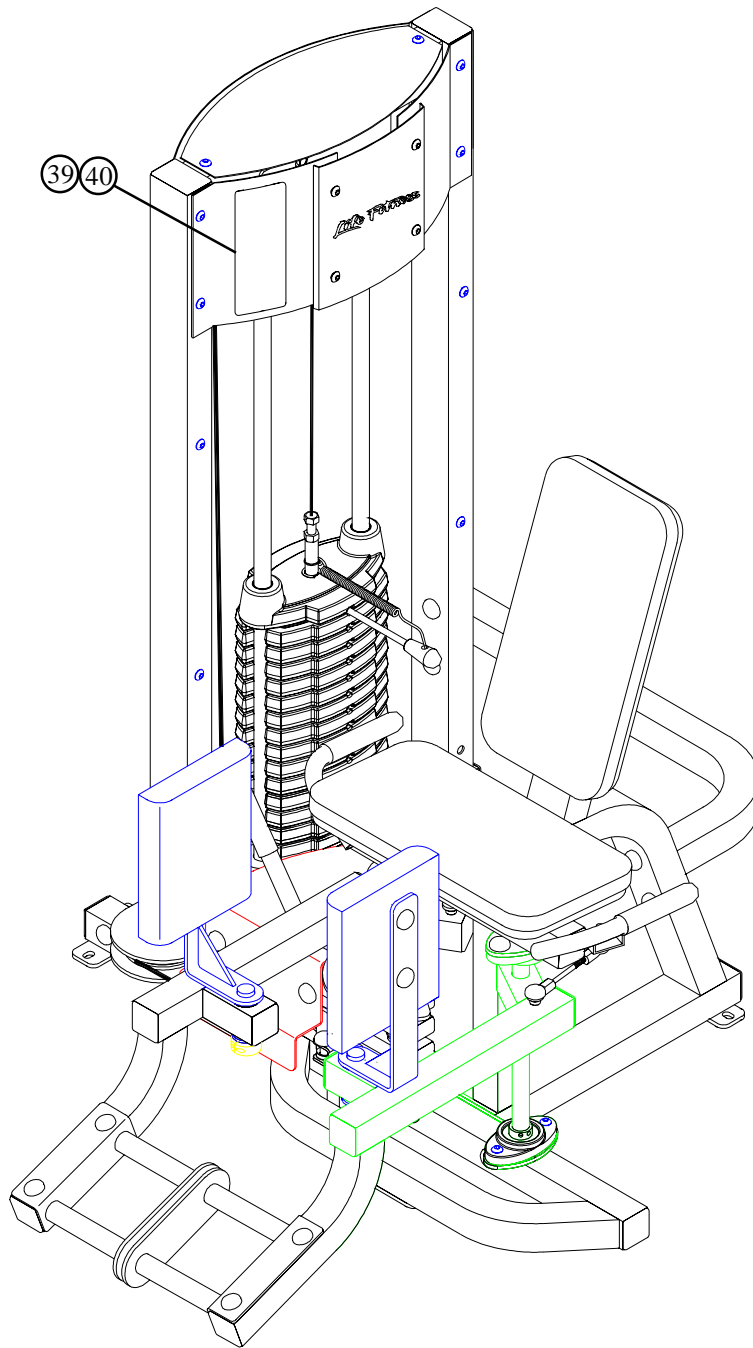


FIGURE 26

STEP 26:

- Assemble the PLACARD LABEL (39) or the FOREIGN LANGUAGE PLACARD LABEL (40) to the FRONT SHROUD as shown in FIGURE 26.

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