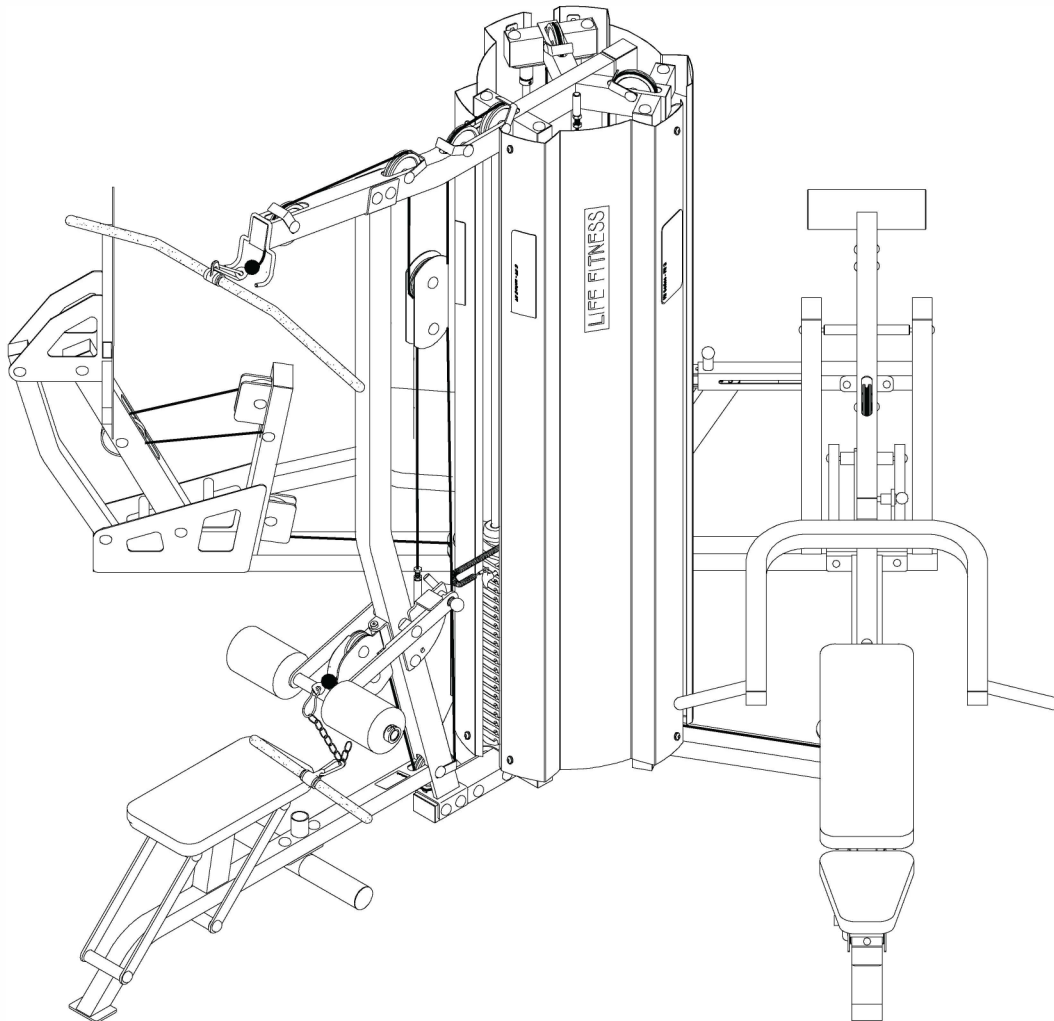




## ***FIT SERIES FIT-3 W/ LEG PRESS***

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## ***ASSEMBLY INSTRUCTIONS***

# MAIN UNIT PARTS LIST

| KEY | PART #        | DESCRIPTION                   | QTY | KEY | PART #            | DESCRIPTION                 | QTY |
|-----|---------------|-------------------------------|-----|-----|-------------------|-----------------------------|-----|
| 1   | ACU04-1360    | COUNTERBALANCE                | 1   | 43  | ACU07-0156        | MULTI PRESS BACK PAD        | 1   |
| 2   | ACU04-1367    | FOOT REST                     | 1   | 44  | ACU08-0077        | 3/8 X 1" FLANGE SPACER      | 1   |
| 3   | ACU04-1361    | SEAT PAD SUPPORT              | 1   | 45  | ACU10-0215        | 5 X 8" ROLLER PAD           | 2   |
| 4   | ACU04-1338    | PRESS ARM                     | 1   | 46  | ACU08-0085        | 3/8 X 1/2" FLANGE SPACER    | 16  |
| 5   | ACU04-1359    | PIVOT ARM                     | 1   | 47  | ACU05-0350        | 3/8 X 1/2" SPACER           | 1   |
| 6   | ACU04-1358    | MULTI PRESS SEAT ADJUST       | 1   | 48  | ACU08-0078        | 3/8 X 3/4" FLANGE SPACER    | 1   |
| 7   | ACU04-1362    | BACK PAD SUPPORT              | 1   | 49  | ACUDA1C03804316NU | 3/8 X 25mm BOLT             | 3   |
| 8   | ACU04-1356    | MULTI PRESS FRAME             | 1   | 50  | ACUDA1C03803216NU | 3/8 X 32mm BOLT             | 2   |
| 9   | ACU04-1355    | TOWER UPRIGHT                 | 1   | 51  | ACUDA1C03804316NU | 3/8 X 43mm BOLT             | 10  |
| 10  | ACU04-1352    | TOWER BASE                    | 1   | 52  | ACUDA1C03804316YU | 3/8 X 43mm BOLT W/LOCTITE   | 2   |
| 11  | ACU04-1365    | LAT/LOW BOOM                  | 1   | 53  | ACUDA1C03805016NU | 3/8 X 50mm BOLT             | 3   |
| 12  | ACU04-1364    | KNEE HOLD DOWN                | 1   | 54  | ACUDA1C03806116NU | 3/8 X 61mm BOLT             | 4   |
| 13  | ACU04-1368    | LAT/LOW SEAT                  | 1   | 55  | ACUDA1C03806716NU | 3/8 X 67mm BOLT             | 10  |
| 14  | ACU04-1363    | LAT/LOW FRAME                 | 1   | 56  | ACUDA1C03807016NU | 3/8 X 70mm BOLT             | 7   |
| 15  | ACU04-1354    | SHROUD BRACKET                | 3   | 57  | ACUDA1C03807316NU | 3/8 X 73mm BOLT             | 5   |
| 16  | ACU02-1306    | SHROUD SUPPORT BRACKET        | 3   | 58  | ACUDA1C03809016NU | 3/8 X 90mm BOLT             | 17  |
| 17  | ACU04-1366    | SWIVEL PULLEY                 | 1   | 59  | ACUDA1C03809716NU | 3/8 X 97mm BOLT             | 4   |
| 18  | ACU02-1294    | MULTI PRESS PLATE             | 2   | 60  | ACUDA1C03810616NU | 3/8 X 106mm BOLT            | 2   |
| 19  | ACU02-1321    | LAT/LOW PLATE                 | 4   | 61  | ACUDA1C03816416NU | 3/8 X 164mm BOLT            | 7   |
| 20  | ACU04-1385    | MULTI-PRESS ADJUST PLATE      | 1   | 62  | ACUDA1C03812516NB | 3/8 X 25mm BUTTON HEAD BOLT | 12  |
| 21  | ACU02-1320    | LAT/LOW ADJUST PLATE          | 1   | 63  | ACUDA1C03817616NB | 3/8 X 76mm BUTTON HD BOLT   | 4   |
| 22  | ACU05-0313    | 1/2 X 3" SHOULDER BOLT        | 1   | 64  | ACUDC1250100020B  | 3/8" BLACK SAE WASHER       | 16  |
| 23  | ACU02-1296    | DUAL PULLEY PLATE             | 2   | 65  | ACUDE2E03807200U  | 3/8" LOW HEIGHT LOCK NUT    | 69  |
| 24  | ACU01-2028    | MULTI PRESS SLIDE TUBE        | 1   | 66  | ACUDC120010510U   | 3/8" SAE WASHER             | 145 |
| 25  | ACU05-0351    | PILLOW BLOCK                  | 2   | 67  | ACU05-0310        | 3/8" RH WASHER              | 135 |
| 26  | ACU06-0025    | 4-1/2" PULLEY                 | 14  | 68  | ACU06-0357BLK     | BLACK RH CAP                | 43  |
| 27  | ACU06-0024    | 3-1/2" PULLEY                 | 1   | 69  | ACU06-0357WHT     | WHITE RH CAP                | 92  |
| 28  | ACU02-1304    | 2-7/8 X 2-1/4" CABLE CLIP     | 7   | OR  | ACU06-0357PLAT    | PLATINUM RH CAP             | 92  |
| 29  | ACU02-0078    | 3-1/2 X 1" CABLE CLIP         | 1   | 70  | ACU07-0158        | MULTI PRESS SEAT PAD        | 1   |
| 30  | ACU05-0349    | 3/4 X 3-1/8" TAPPED SHAFT     | 1   | 71  | ACU13-0122        | LAT CABLE                   | 1   |
| 31  | ACU06-0371    | 3" ACCORDIAN SLEEVE           | 2   | 72  | ACU13-0123        | ROW CABLE                   | 1   |
| 32  | ACU06-0304    | 3/4 X 2" WEIGHT STACK CUSHION | 6   | 73  | ACU13-0121        | MULTI-PRESS CABLE           | 1   |
| 33  | ACU01-2155    | GUIDE ROD                     | 6   | 74  | LEA7308601        | WEIGHT STACK LABEL          | 3   |
| 34  | ACU72925      | WEIGHT PLATE                  | 60  | 75  | ACU04-1353        | STORAGE UPRIGHT             | 1   |
| 35  | ACU06-0382    | 2-3/8" OD PLASTIC WASHER      | 4   | 76  | ACU03-0340        | STORAGE PEG                 | 2   |
| 36  | ACU10-0204ASY | HEAD PLATE                    | 3   | 77  | ACU05-0193        | 12 LINK CHAIN               | 1   |
| 37  | ACU05-0356    | PILLOW BLOCK SPACER           | 4   | 78  | ACUDI1080080U     | SNAP LINK                   | 3   |
| 38  | ACU11-0067    | WEIGHT STACK PIN              | 3   | 79  | ACU04-1386        | LAT BAR                     | 1   |
| 39  | ACU05-0212    | 13/16" SHAFT COLLAR           | 6   | 80  | ACU04-0622        | LOW ROW BAR                 | 1   |
| 40  | ACU06-0388    | 1-1/4" SHAFT COLLAR           | 2   | 81  | ACU10-0205BLK     | MULTI PRESS SHROUD          | 1   |
| 41  | ACU05-0348    | 5-1/2" PIVOT SHAFT            | 7   | 82  | ACU10-0205BLK     | LAT SHROUD                  | 1   |
| 42  | ACU07-0157    | LAT SEAT PAD                  | 1   | 83  | ACU03-0536        | 5-1/2" TAPPED PIVOT SHAFT   | 1   |

## LEG PRESS PARTS LIST

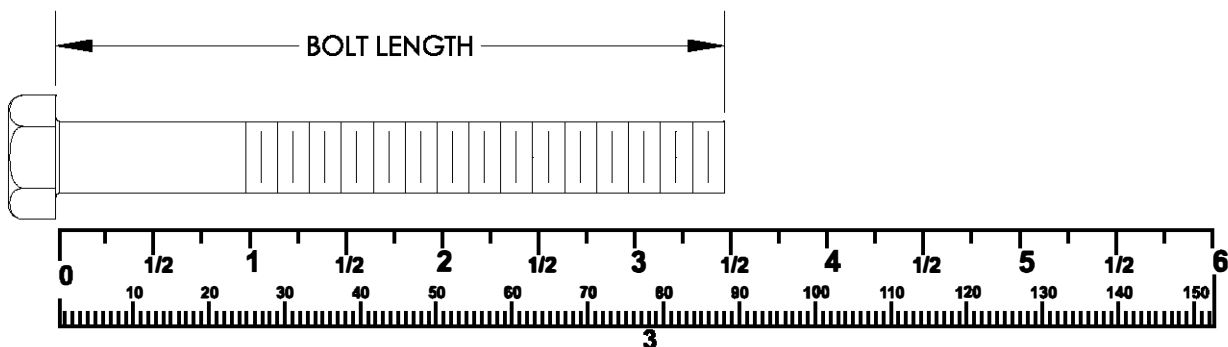
| KEY | PART #        | DESCRIPTION                | QTY | KEY | PART #            | DESCRIPTION              | QTY |
|-----|---------------|----------------------------|-----|-----|-------------------|--------------------------|-----|
| 84  | ACU10-0205BLK | LEGPRESSSHROUD             | 1   | 99  | ACUDA1C03804316NU | 3/8 X 43mm BOLT          | 4   |
| 85  | ACU04-1377    | LEGPRESS FRAME             | 1   | 100 | ACUDA1C03807016NU | 3/8 X 50mm BOLT          | 2   |
| 86  | ACU04-1378    | HANDLE                     | 1   | 101 | ACUDA1C03806716NU | 3/8 X 67mm BOLT          | 3   |
| 87  | ACU04-1379    | MAINPIVOTARM               | 1   | 102 | ACUDA1C03807016NU | 3/8 X 70mm BOLT          | 1   |
| 88  | ACU04-1380    | SECONDARYPIVOTARM          | 1   | 103 | ACUDA1C03807316NU | 3/8 X 73mm BOLT          | 4   |
| 89  | ACU04-1381    | FOOT PLATE                 | 1   | 104 | ACUDA1C03811716NU | 3/8 X 117mm BOLT         | 9   |
| 90  |               | LEGPRESS PLACARD           | 1   | 105 | ACUDE2E03807200B  | 3/8" LOW HEIGHT LOCK NUT | 15  |
| 91  | ACU07-0161    | LEGPRESS SEAT PAD          | 1   | 106 | ACUDC120010510U   | 3/8" SAE WASHER          | 34  |
| 92  | ACU07-0159    | LEGPRESS BACK PAD          | 1   | 107 | ACU05-0310        | 3/8" RH WASHER           | 30  |
| 93  | ACU13-0125    | LEGPRESS CABLE             | 1   | 108 | ACU06-0357        | BLACK RH CAP             | 5   |
| 94  | ACU06-0025    | 4-1/2" PULLEY              | 7   | 109 | ACU06-0357        | WHITE RH CAP             | 25  |
| 95  | ACU02-1304    | 2-7/8 X 2-1/4" CABLE CLIP  | 1   | OR  | ACU06-0357        | PLATINUM RH CAP          | 25  |
| 96  | ACU08-0085    | 3/8 X 1/2" FLANGE SPACER   | 4   | 110 | ACU04-1510        | PULLEY BRACKET           | 1   |
| 97  | ACU08-0079    | 3/8 X 1-1/2" FLANGE SPACER | 2   | 111 | ACU13-0144        | FLOATING PULLEY CABLE    | 1   |
| 98  | ACU05-0352    | 3/4 X 4" PIVOT SHAFT       | 4   | 112 | ACU04-1382        | BACK PAD SUPPORT         | 1   |

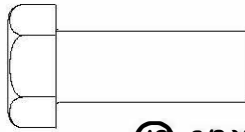
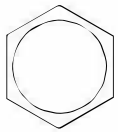
### Tools Required for Assembly

- \* 9/16" wrench
- \* Ratchet with 9/16" socket
- \* Metric Allen wrench set

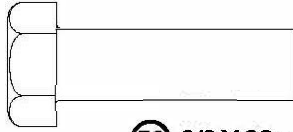
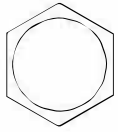
### Bolt Length Ruler

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

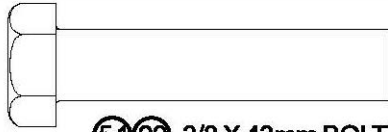
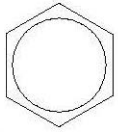




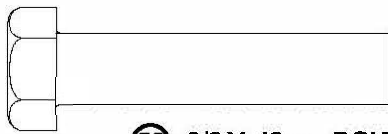
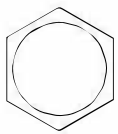
(49) 3/8 X 25mm BOLT



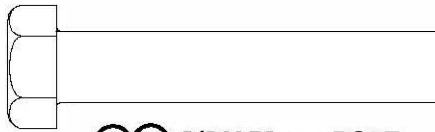
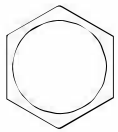
(50) 3/8 X 32mm BOLT



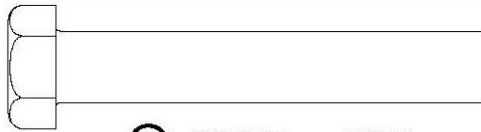
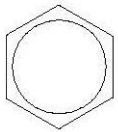
(51) (99) 3/8 X 43mm BOLT



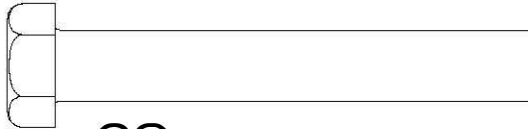
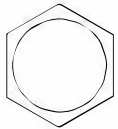
(52) 3/8 X 43mm BOLT W/NYLOCK



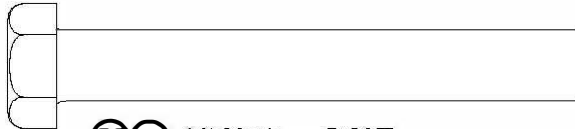
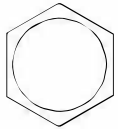
(53) (100) 3/8 X 50mm BOLT



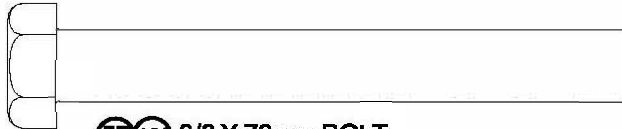
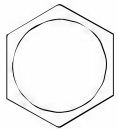
(54) 3/8 X 61mm BOLT



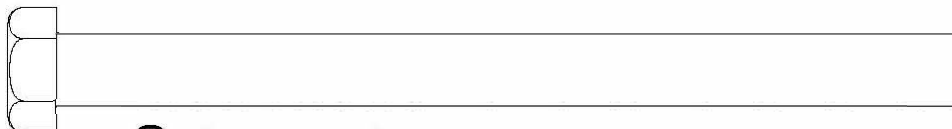
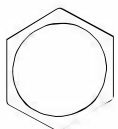
(55) (101) 3/8 X 67mm BOLT



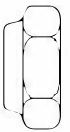
(56) (102) 3/8 X 70mm BOLT



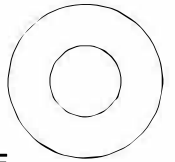
(57) (103) 3/8 X 73mm BOLT



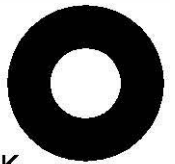
(104) 3/8 X 117mm BOLT



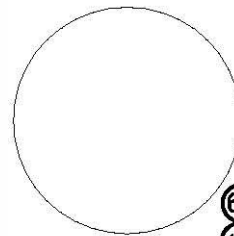
(65) (105)  
3/8" LOW  
HEIGHT LOCK  
NUT



(66) (106)  
3/8" SAE  
WASHER

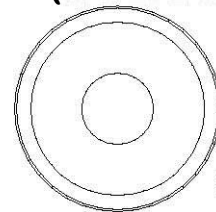


(64)  
3/8" BLACK  
SAE WASHER

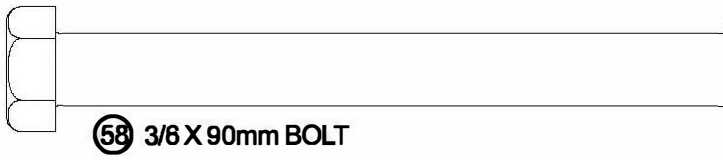
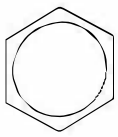


(68) (69)  
(108) (109)  
RH CAP

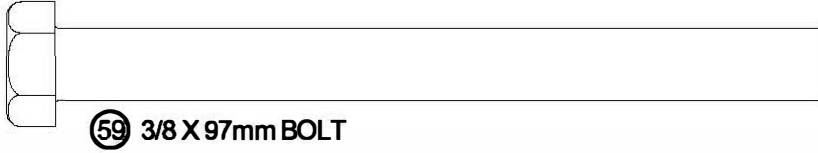
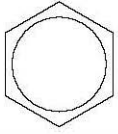
(WHITE/PLATINUM/BLACK)



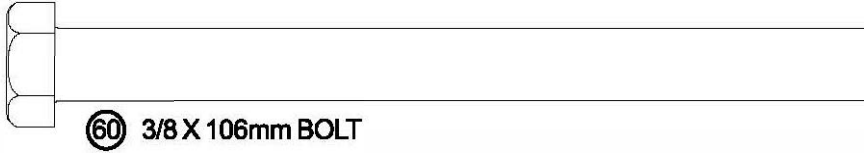
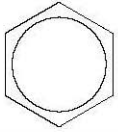
(67) (107)  
RH  
WASHER



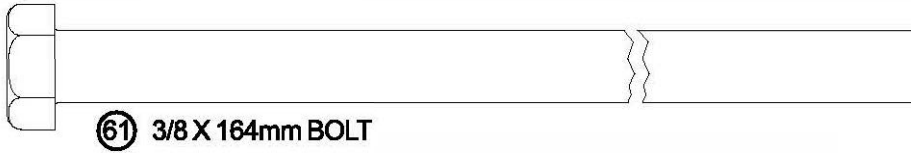
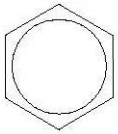
58 3/8 X 90mm BOLT



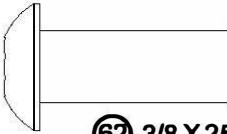
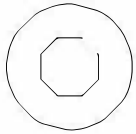
59 3/8 X 97mm BOLT



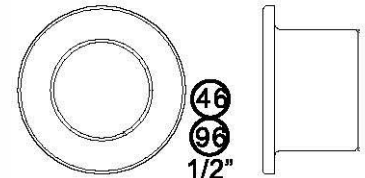
60 3/8 X 106mm BOLT



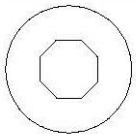
61 3/8 X 164mm BOLT



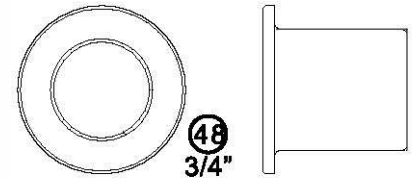
62 3/8 X 25mm BUTTON HEAD BOLT



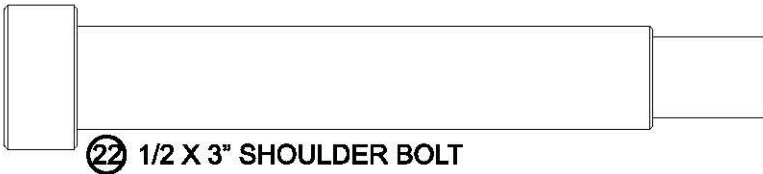
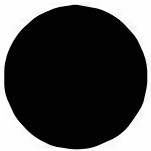
FLANGE SPACER



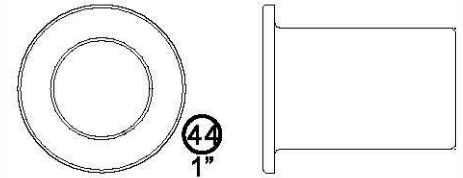
63 3/8 X 76mm BUTTON HEAD BOLT



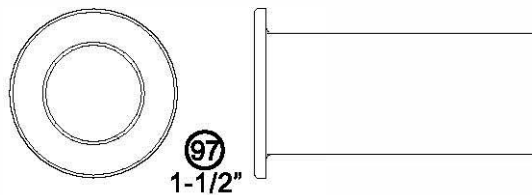
FLANGE SPACER



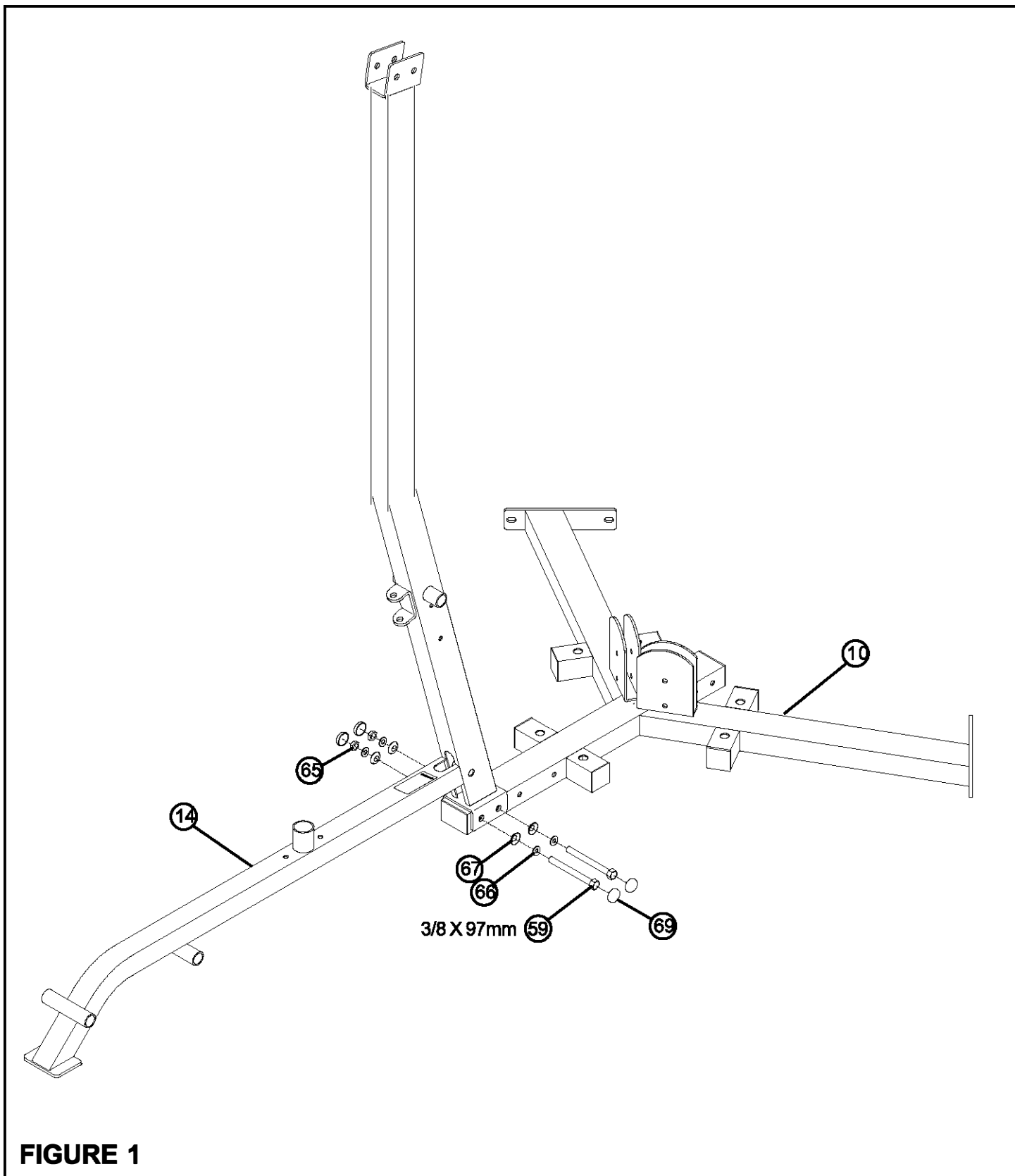
22 1/2 X 3" SHOULDER BOLT



FLANGE SPACER



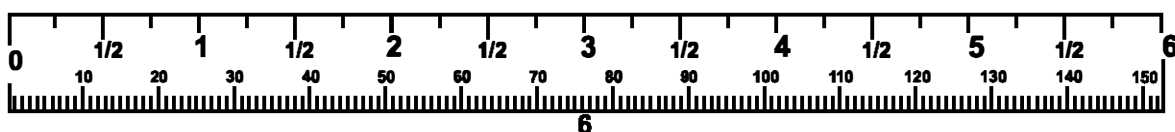
FLANGE SPACER

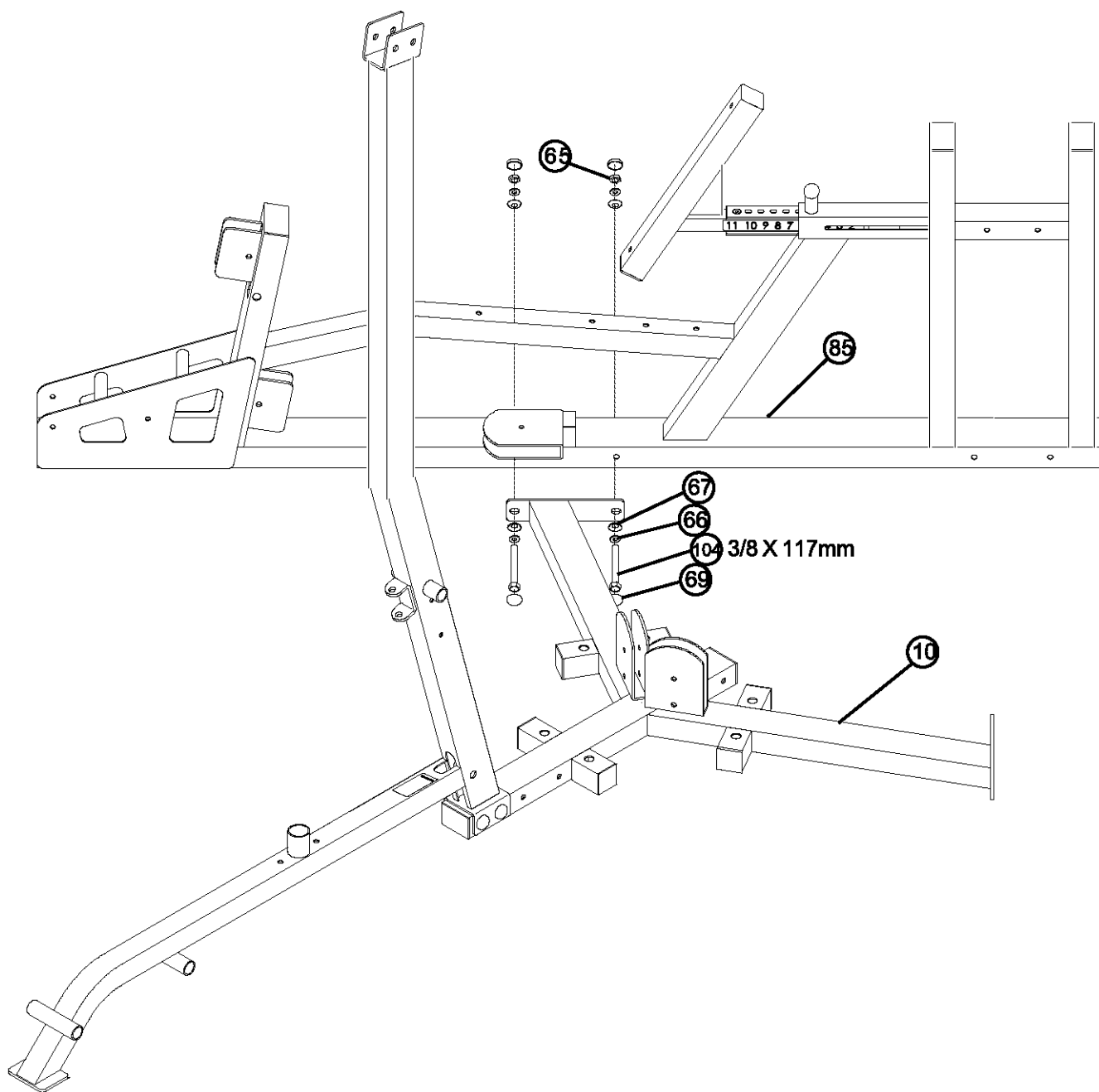


**FIGURE 1**

**STEP 1:**

- **LOOSELY** assemble the LAT/LOW FRAME (14) to the TOWER BASE (10) using four RH CAPS (69), two 3/8 X 97mm BOLTS (59), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 1.

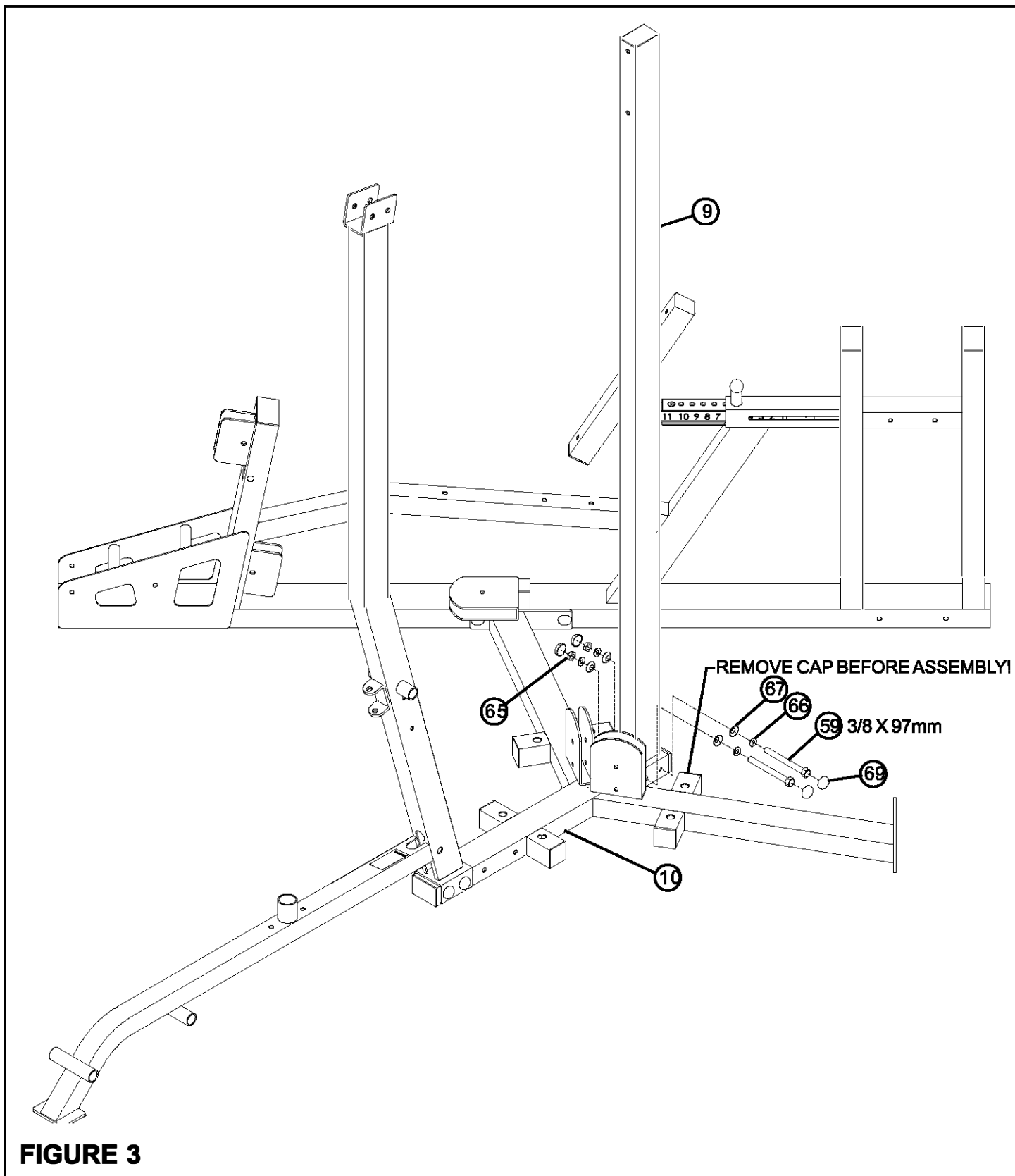




**FIGURE 2**

**STEP 2:**

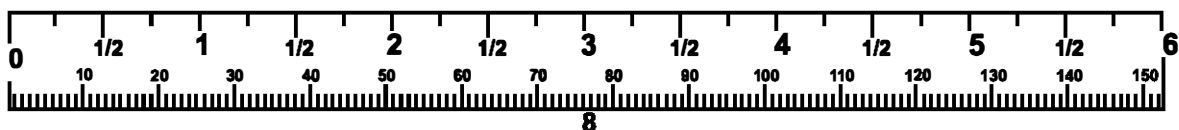
- **LOOSELY** assemble the LEG PRESS FRAME (85) to the TOWER BASE (10) using four RH CAPS (69), two 3/8 X 117 mm BOLTS (104), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 2. (NOTE: The two 3/8 X 117mm BOLTS (104) for this step are in the LEG PRESS hardware bag.)

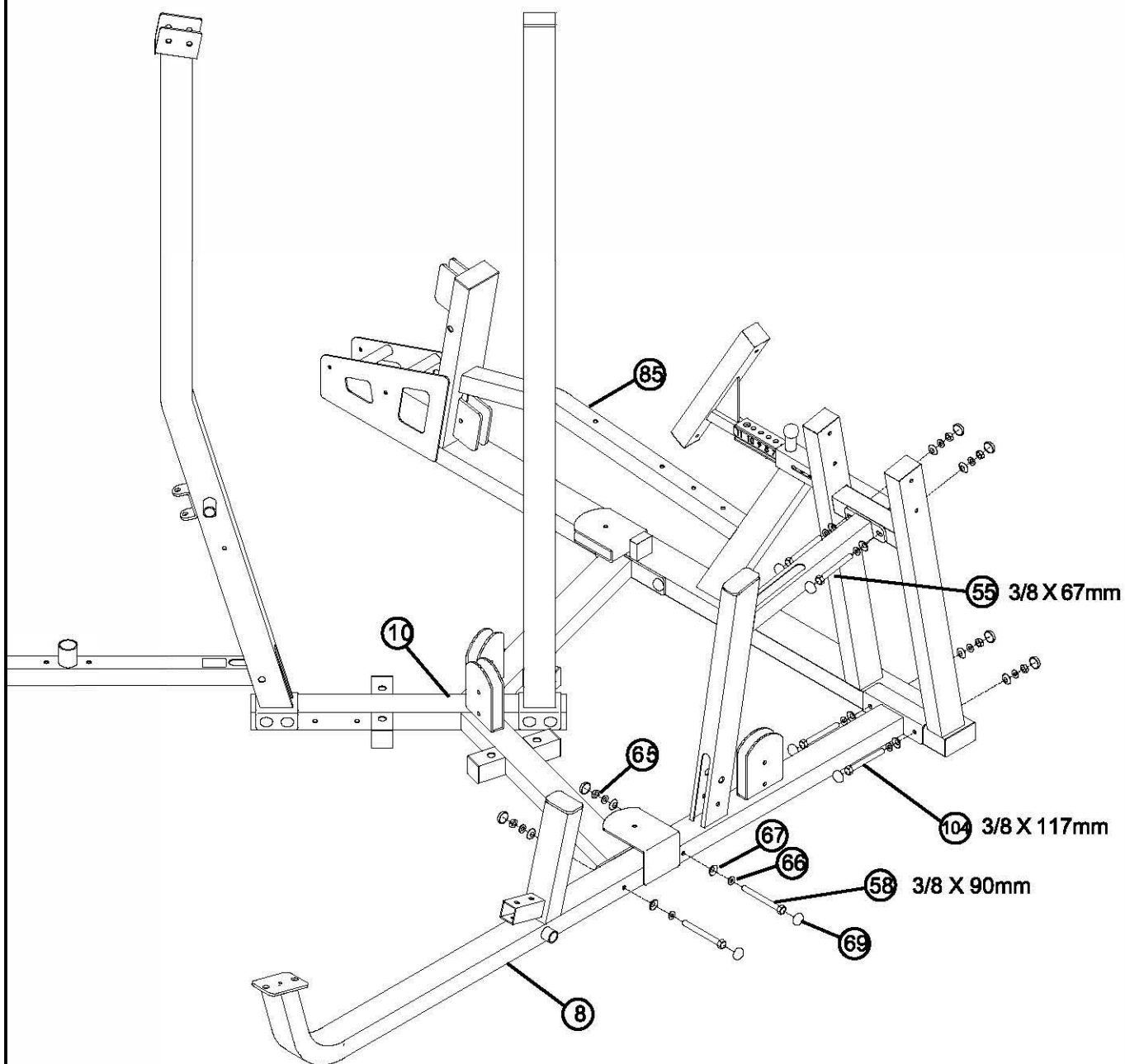


**FIGURE 3**

**STEP 3:**

- **LOOSELY** assemble the TOWER UPRIGHT (9) to the TOWER BASE (10) using four RH CAPS (69), two 3/8 X 97mm BOLTS (59), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 3. (NOTE: REPLACE CAP AFTER ASSEMBLY.)





**FIGURE 4**

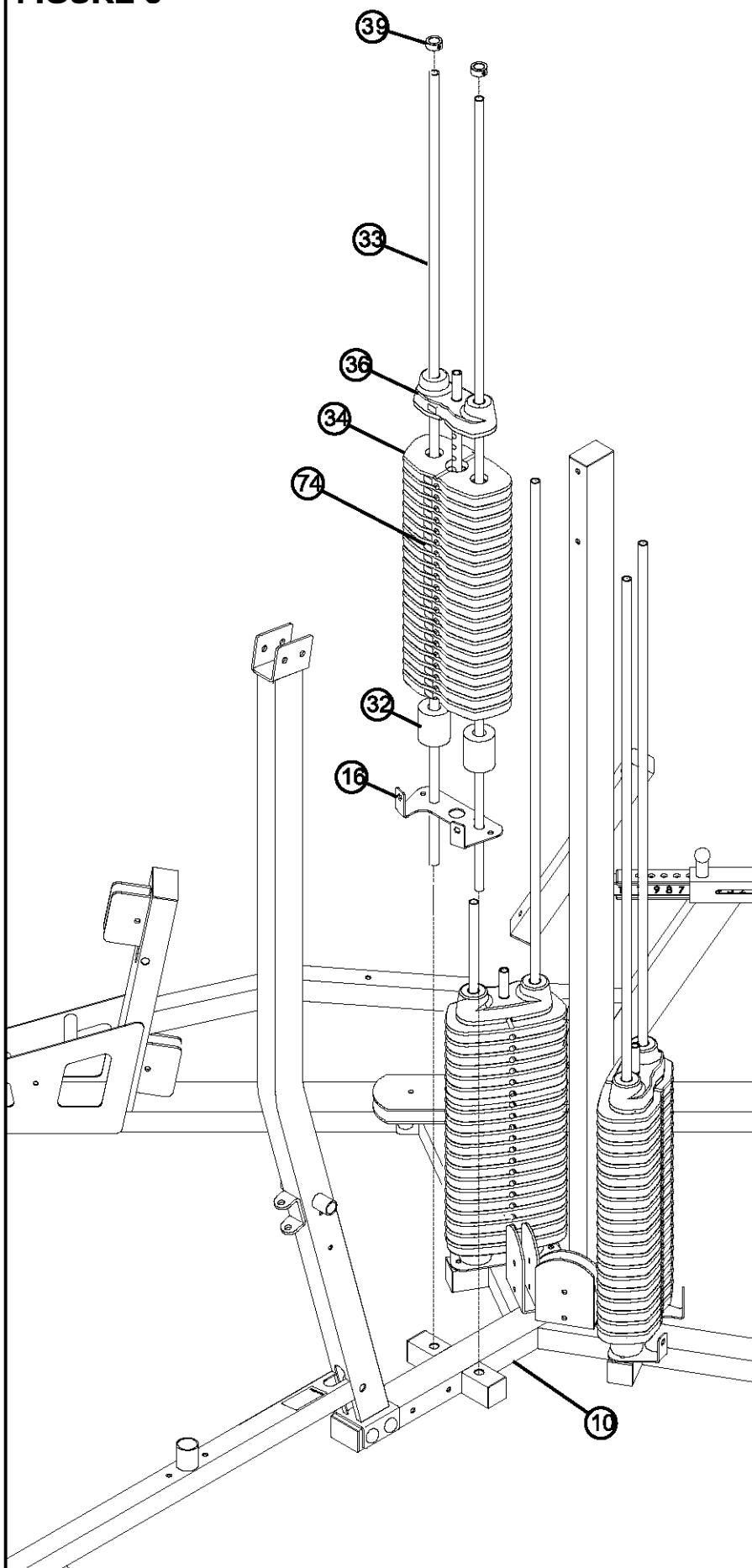
**STEP 4:**

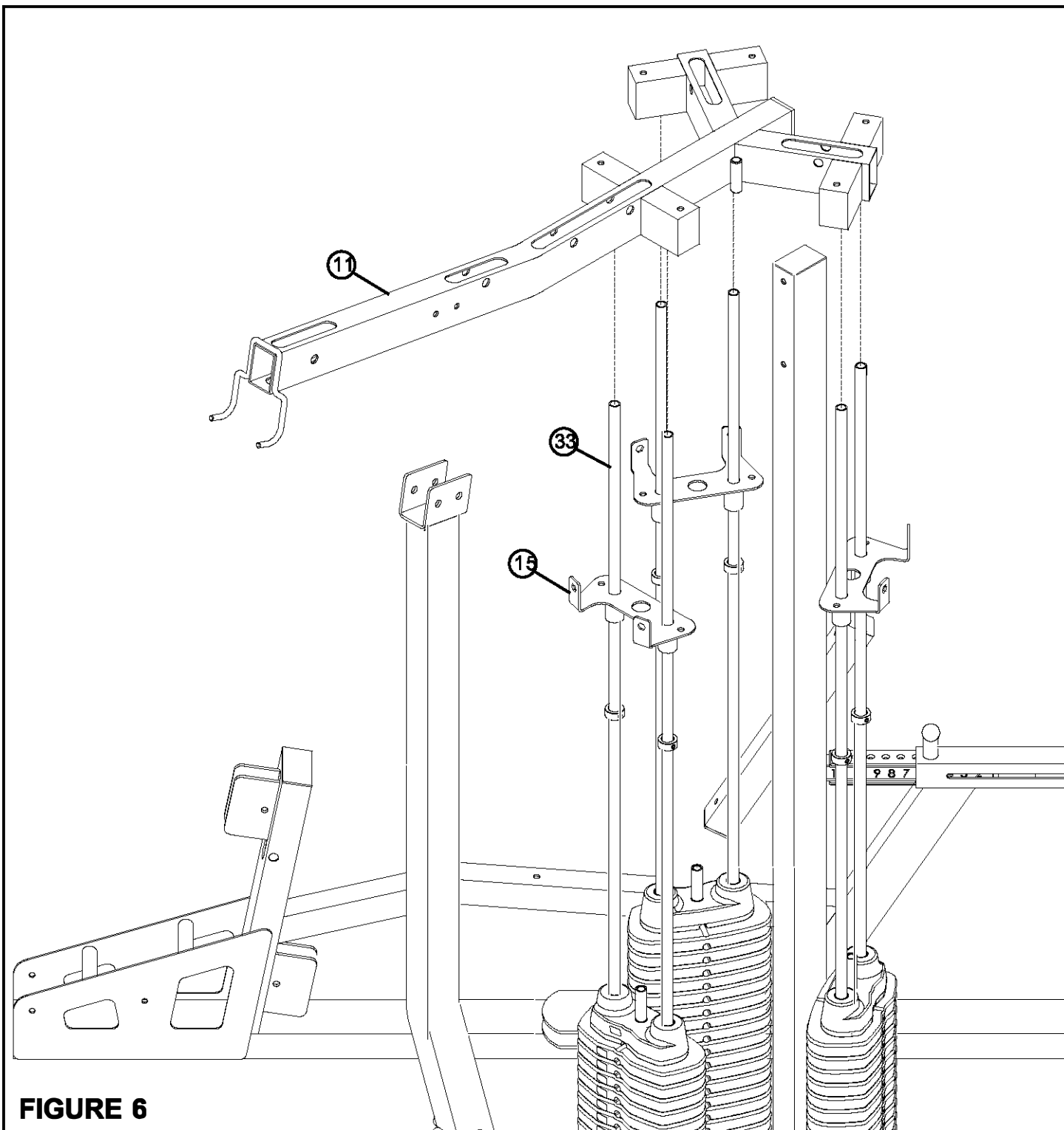
- **LOOSELY** assemble the MULTI PRESS FRAME (8) to the LEG PRESS FRAME (85) using eight RH CAPS (69), two 3/8 X 117mm BOLTS (104), two 3/8 X 67mm BOLTS (55), eight 3/8" SAE WASHERS (66), eight 3/8" RH WASHERS (67) and four 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE (NOTE: The two 3/8 X 117mm BOLTS (104) for this step are in the LEG PRESS hardware bag.)
- **LOOSELY** assemble the MULTI PRESS FRAME (8) to TOWER BASE (10) using four RH CAPS (69), two 3/8 X 90mm BOLTS (58), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 4.

## STEP 5:

- Insert two GUIDE RODS (33) through the SHROUD SUPPORT BRACKET (16) and into the TOWER BASE (10) as shown on FIGURE 5.
- **(NOTE: Lubricate GUIDE RODS (33) with silicon or teflon spray available at most hardware stores.)**
- Slide two 3/4 X 2" WEIGHT STACK CUSHIONS (32) down over the GUIDE RODS (33) as shown in FIGURE 5.
- Using **EXTREME CARE** slide all twenty WEIGHT PLATES (34) down over the GUIDE RODS (33) on to the WEIGHT STACK CUSHIONS (32). Make sure that the WEIGHT PLATES (34) are all facing as shown.
- Slide the HEAD PLATE ASSEMBLY (36) down over the GUIDE RODS (33) onto the weight stack as shown in FIGURE 5.
- Slide two 13/16" SHAFT COLLARS (39) over the GUIDE RODS (33) as shown in FIGURE 5.
- Apply WEIGHT STACK LABELS (74) to WEIGHT PLATES (34) and HEAD PLATE (36) as shown in FIGURE 5. Begin with number one at the HEAD PLATE (36) with larger numbers in consecutive order towards bottom of weight stack.
- Repeat STEP 5 to assemble two more weight stacks to the TOWER BASE (10).

**FIGURE 5**

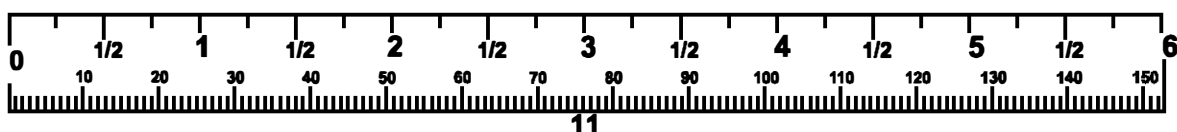




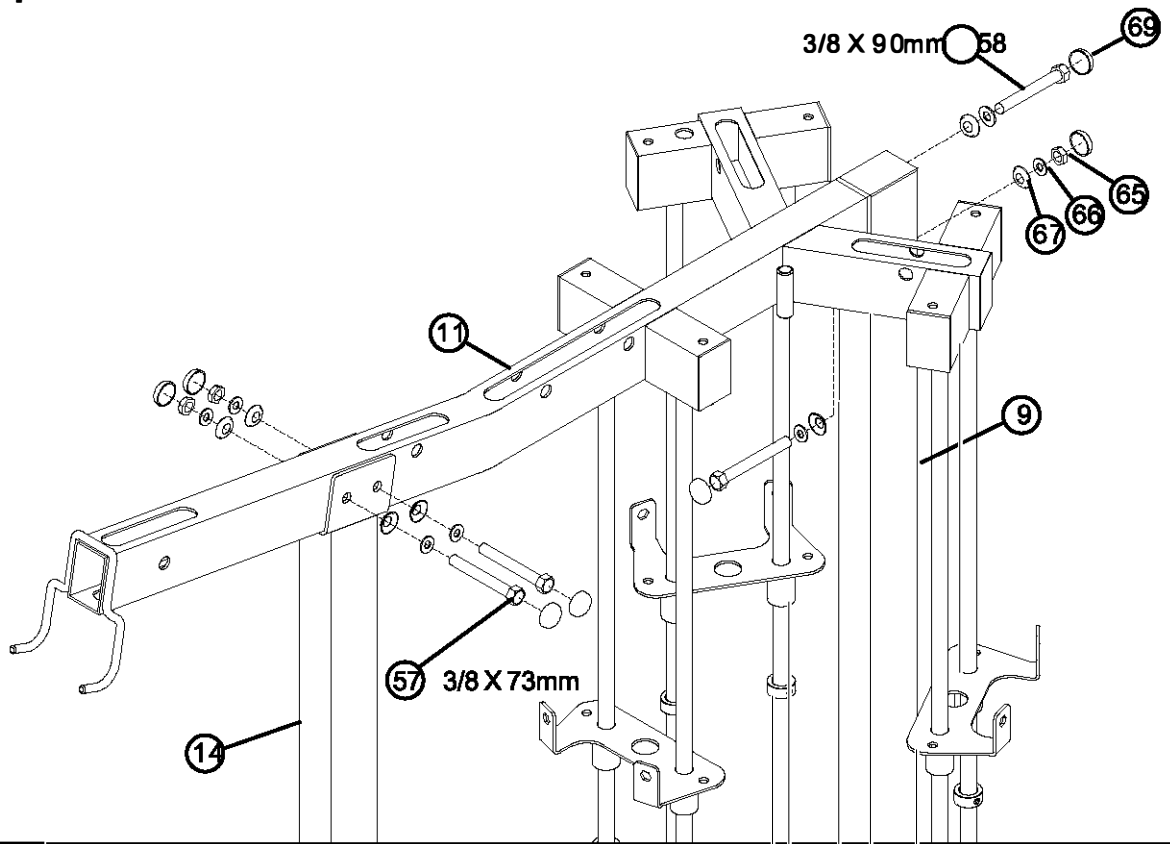
**FIGURE 6**

**STEP 6:**

- **CAREFULLY** slide three SHROUD BRACKETS (15) over all the GUIDE RODS (33) as shown in FIGURE 6.
- **CAREFULLY** assemble the LAT/LOW BOOM (11) over all the GUIDE RODS (33) as shown in FIGURE 6.

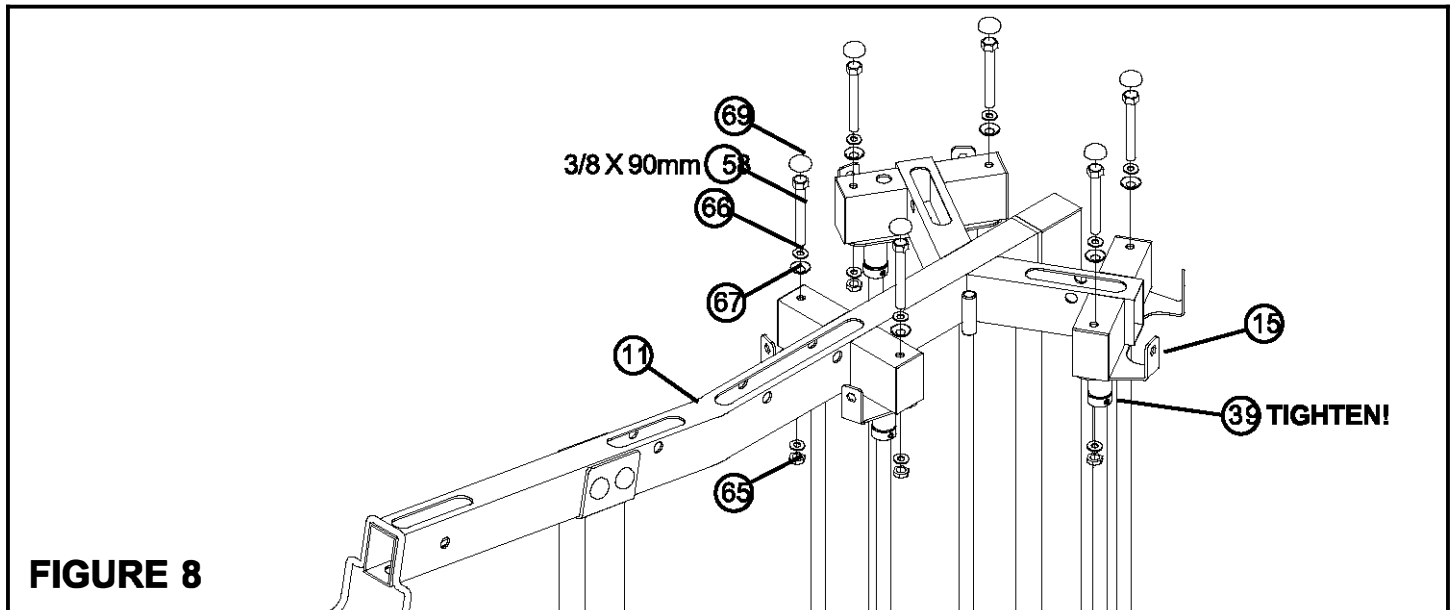


**FIGURE 7**



**STEP 7:**

- **LOOSELY** assemble the LAT/LOW BOOM (11) to the LAT/LOW FRAME (14) and the TOWER UPRIGHT (9) using seven RH CAPS (69), two 3/8 X 73mm BOLTS (57), two 3/8 X 90mm BOLTS (58), seven 3/8 SAE WASHERS (66), seven 3/8 RH WASHERS (67) and three 3/8 LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 7.



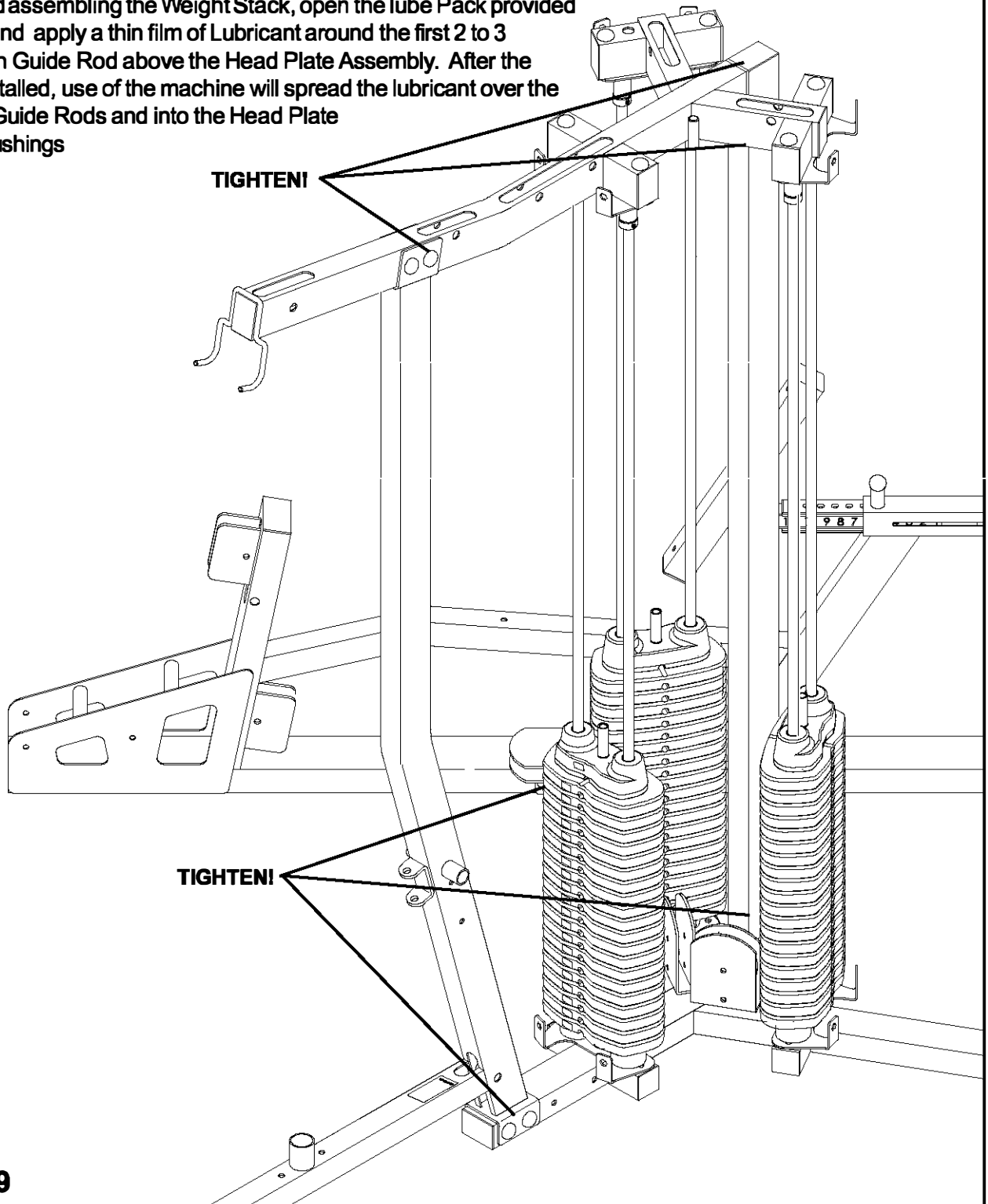
**FIGURE 8**

**STEP 8:**

- **SECURELY** assemble the three SHROUD BRACKETS (15) to the LAT/LOW BOOM (11) using six RH CAPS (69), six 3/8 X 90mm BOLTS (58), twelve 3/8 SAE WASHERS (66), six 3/8 RH WASHERS (67) and six 3/8 LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 8. (NOTE: Use RH WASHERS and RH CAPS on top only.)
- Slide the 13/16" SHAFT COLLARS (39) up against the SHROUD BRACKETS (15) and **SECURELY** tighten the set screws on the SHAFT COLLARS (39). See FIGURE 8.

## LUBRICATION NOTE:

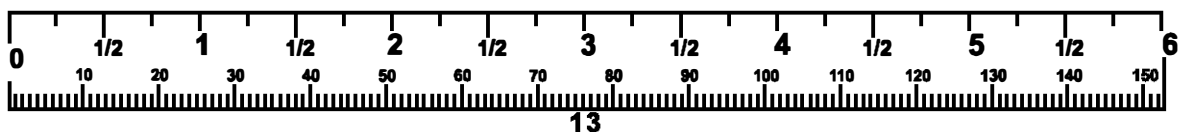
When finished assembling the Weight Stack, open the lube Pack provided with this unit and apply a thin film of Lubricant around the first 2 to 3 inches of each Guide Rod above the Head Plate Assembly. After the cables are installed, use of the machine will spread the lubricant over the length of the Guide Rods and into the Head Plate Assemblies bushings

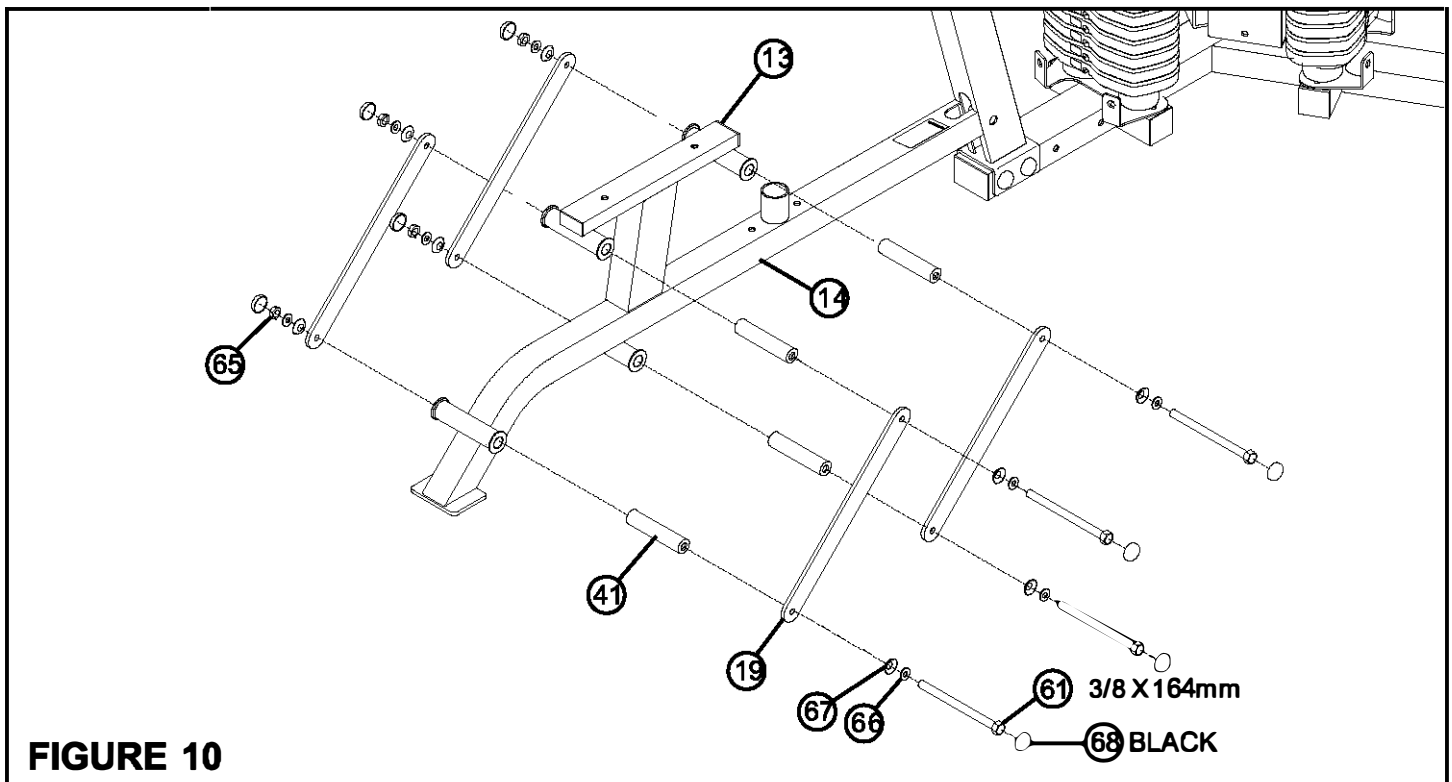


**FIGURE 9**

## STEP 9:

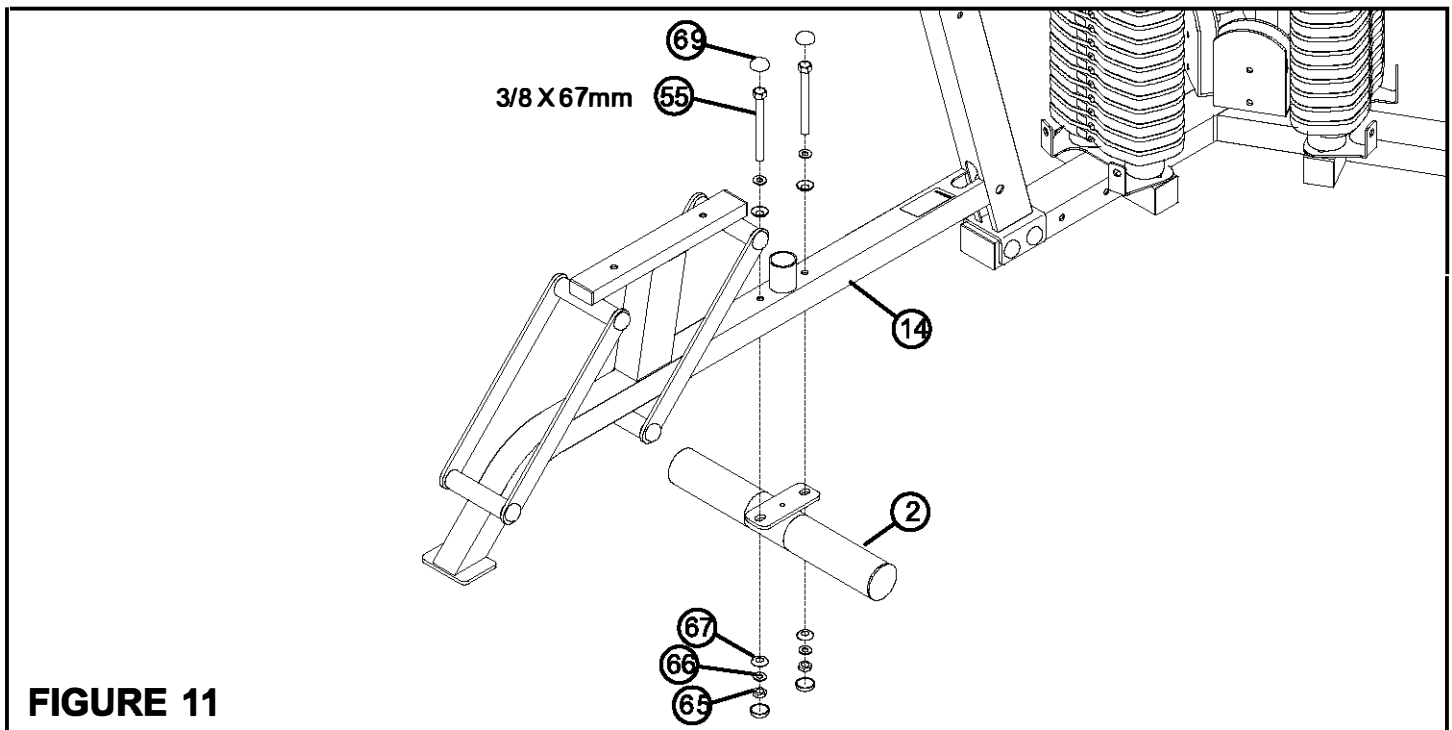
- Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (69) over the RH WASHERS (67) on all tightened connections.





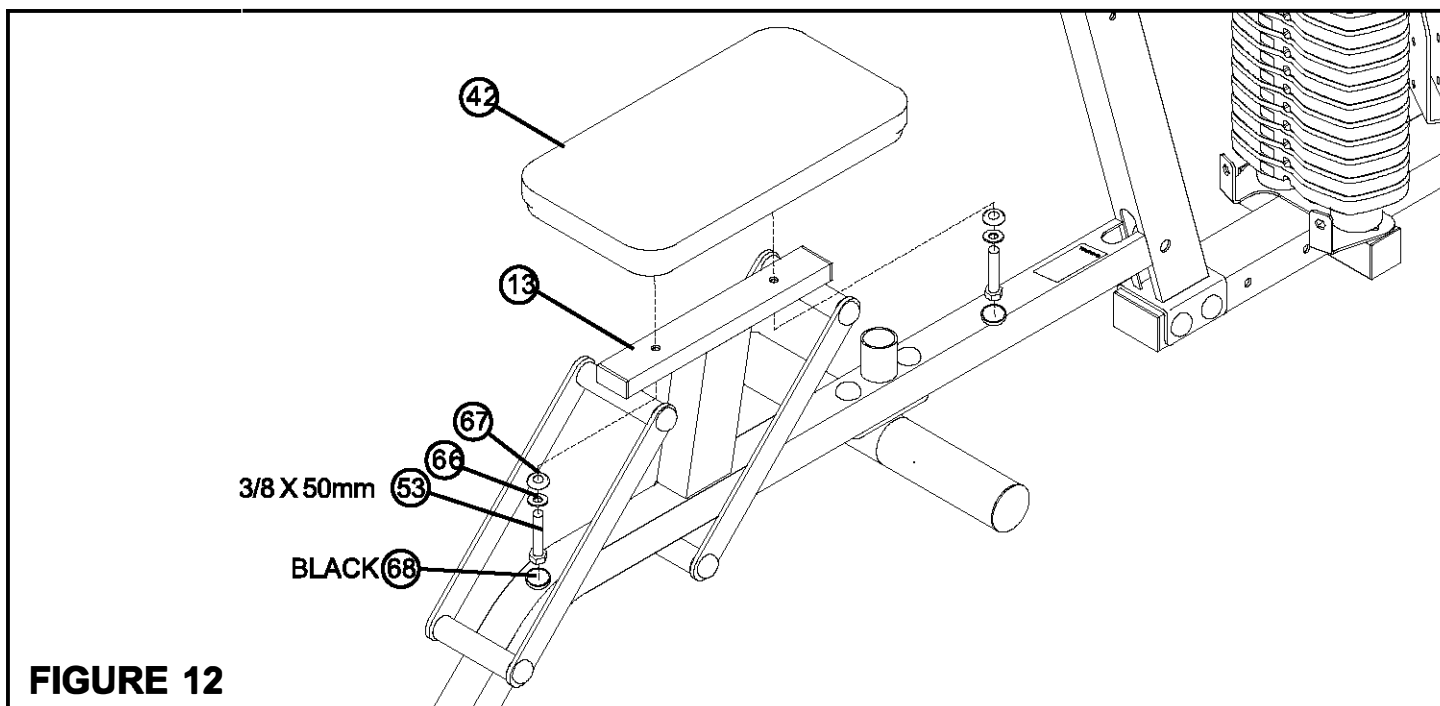
#### STEP 10:

- Insert four 5-1/2" PIVOT SHAFTS (41) into the LAT/LOW FRAME (14) and the LAT/LOW SEAT (13) as shown in FIGURE 10.
- **SECURELY** assemble four LAT/LOW PLATES (19) to the LAT/LOW SEAT (13) and to the LAT/LOW FRAME (14) using eight BLACK RH CAPS (68), four 3/8 X 164mm BOLTS (61), eight 3/8" SAE WASHERS (66), eight 3/8" RH WASHERS (67) and four 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 10.



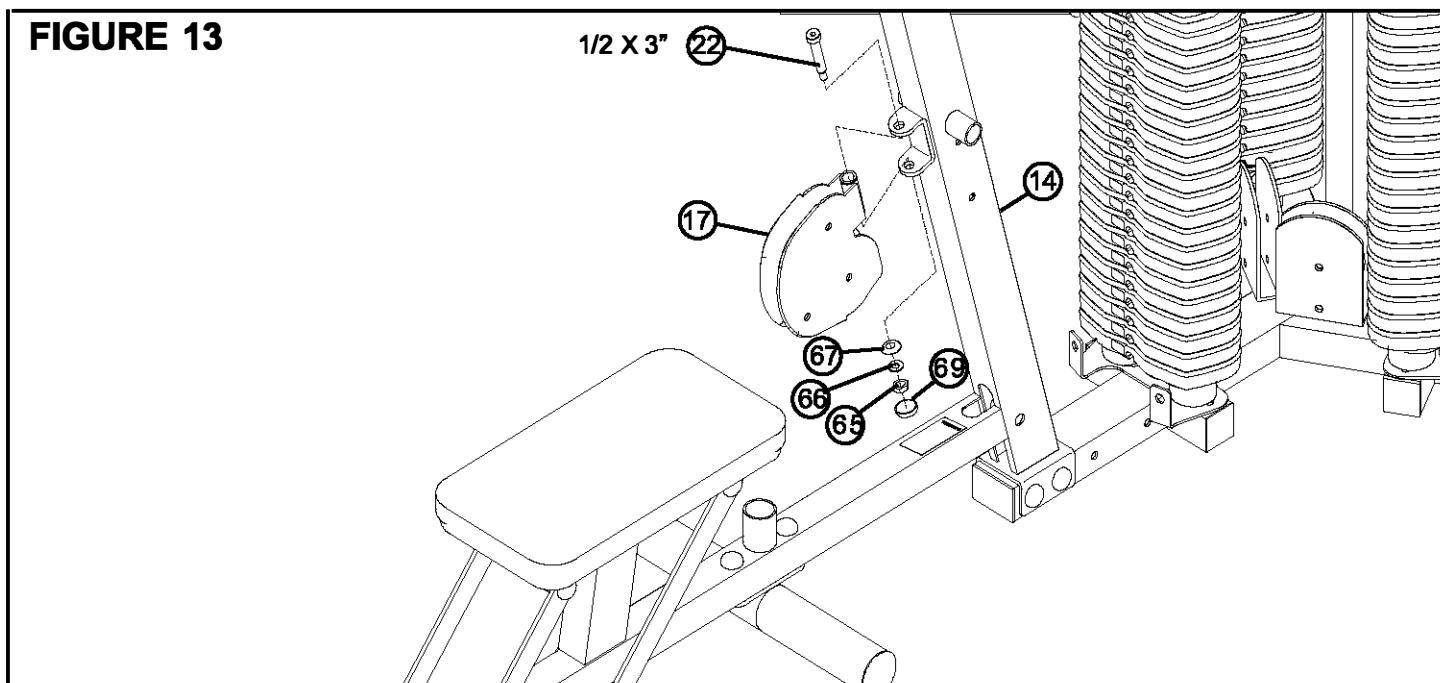
#### STEP 11:

- **SECURELY** assemble FOOT REST (2) to the LAT/LOW FRAME (14) using four RH CAPS (69), two 3/8 X 67mm BOLTS (55), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 11.



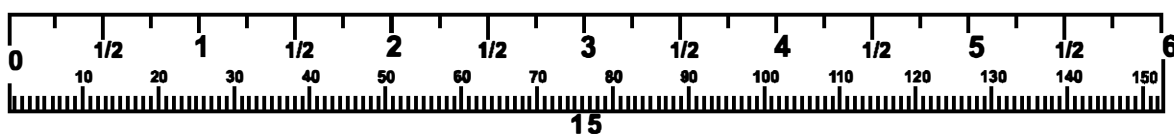
### STEP 12:

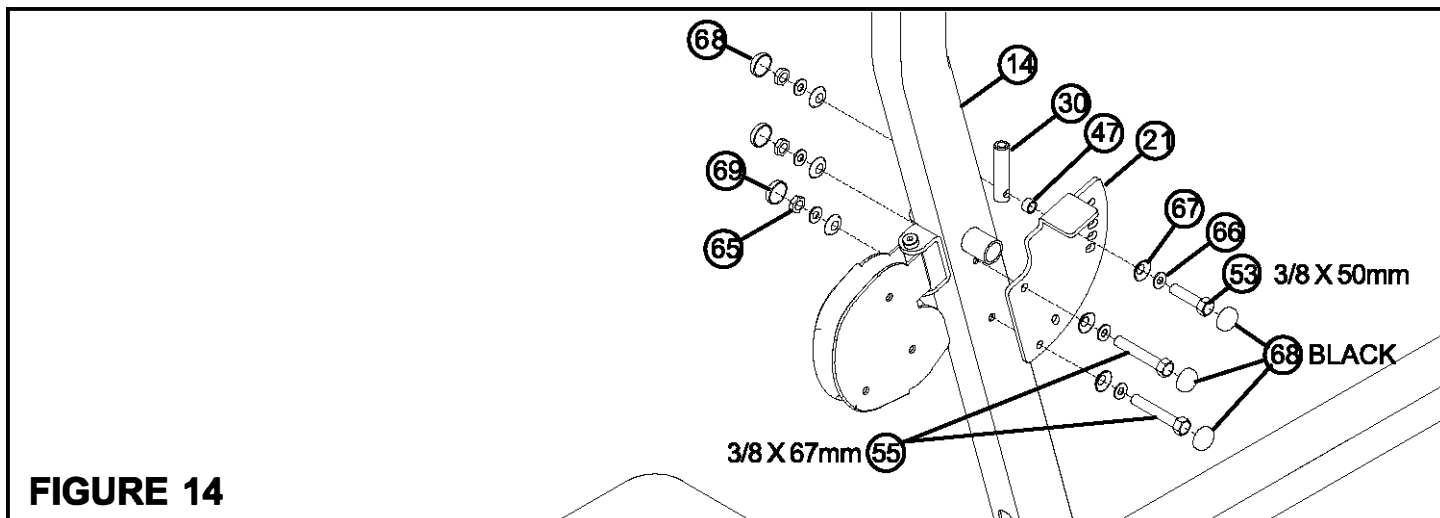
- **SECURELY** assemble LAT SEAT PAD (42) to the LAT/LOW SEAT (13) using two BLACK RH CAPS (68), two 3/8 X 50mm BOLTS (53), two 3/8 SAE WASHERS (66) and two 3/8 RH WASHERS (67) as shown in FIGURE 12.



### STEP 13:

- Assemble the SWIVEL PULLEY (17) to the LAT/LOW FRAME (14) using one 1/2 X 3" SHOULDER BOLT (22), one 3/8" RH WASHER (67), one 3/8" SAE WASHER (66) one 3/8" LOW HEIGHT LOCK NUT (65) and one RH CAP (69) as shown in FIGURE 13. (NOTE: Tighten connection enough to remove play, yet allowing SWIVEL PULLEY (17) to rotate freely.)

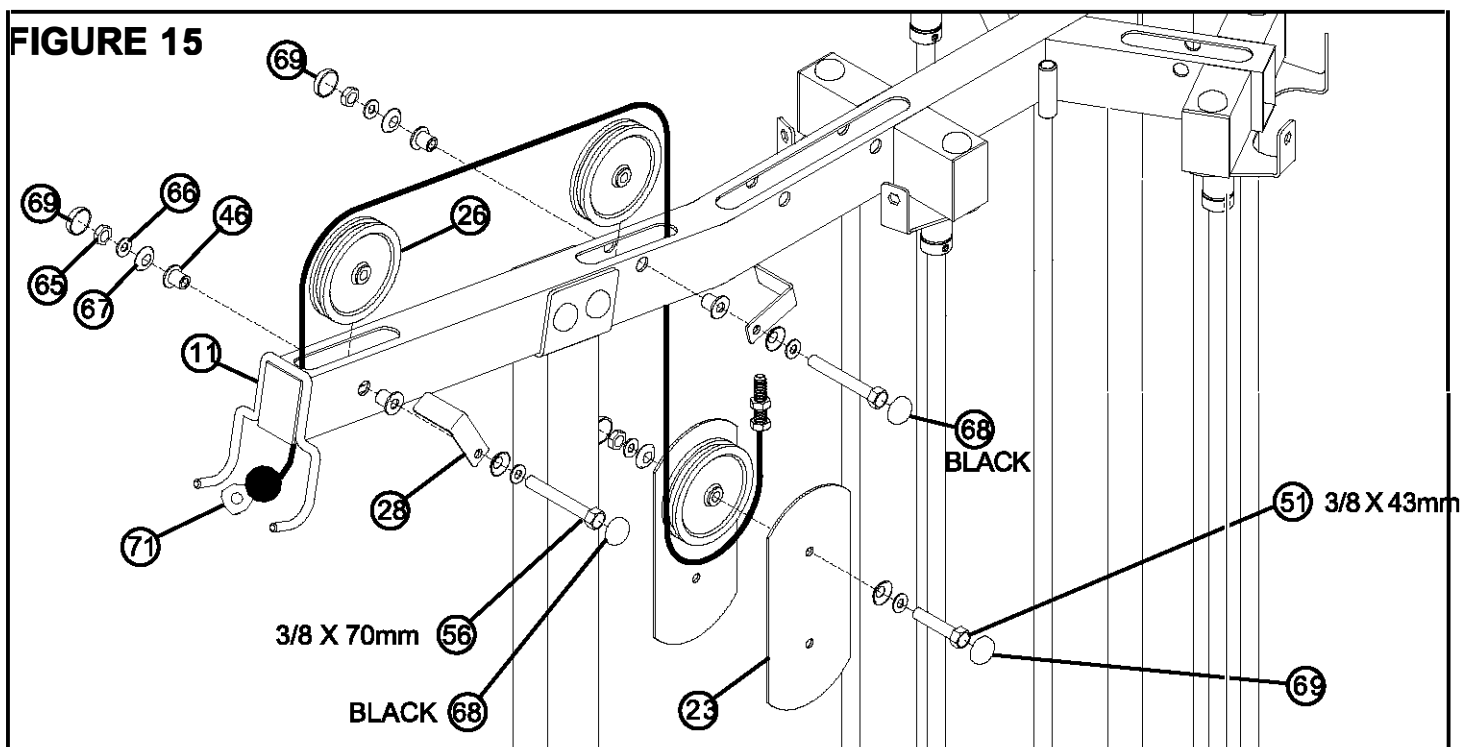




**FIGURE 14**

**STEP 14:**

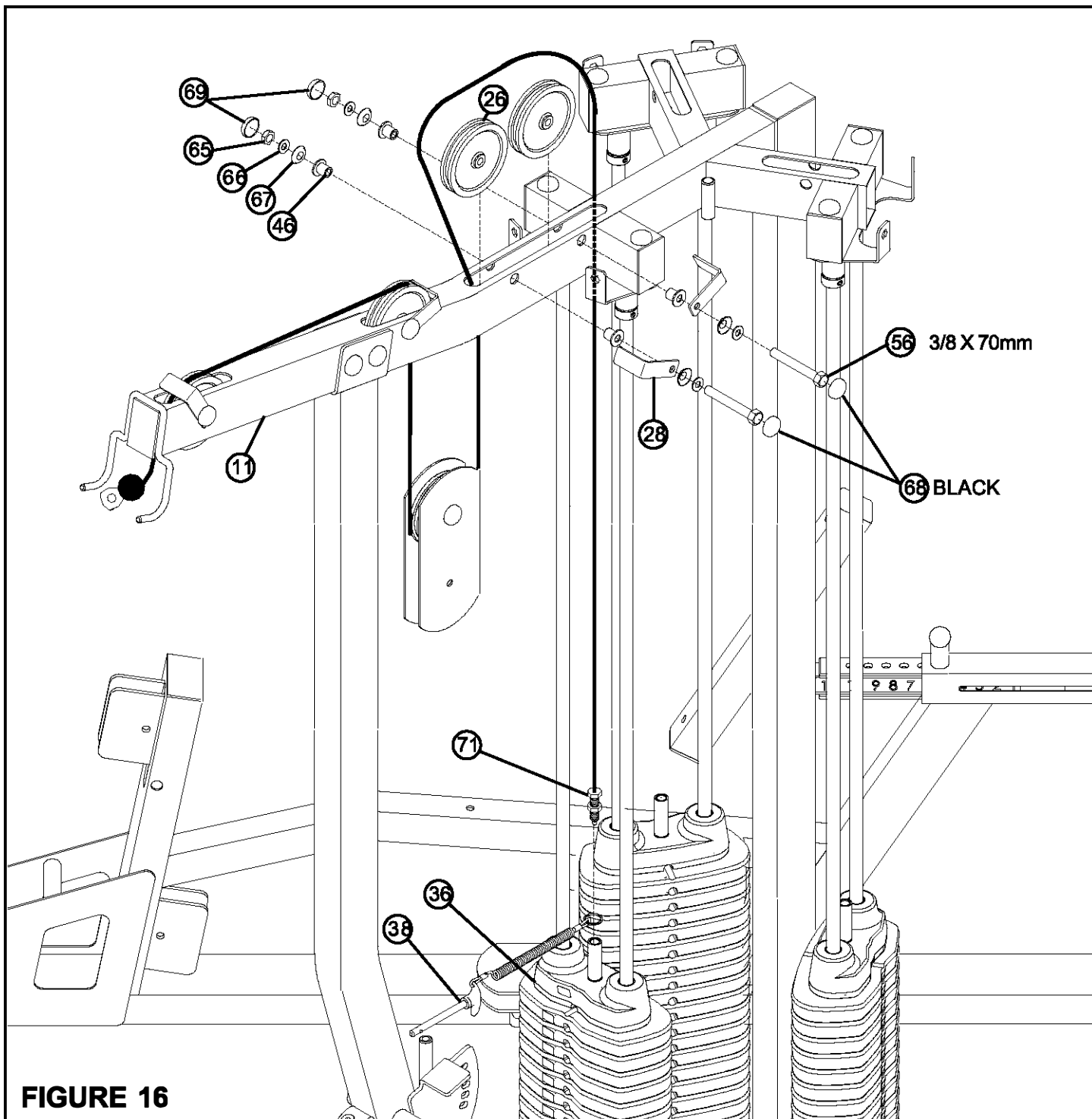
- **SECURELY** assemble the LAT/LOW ADJUST PLATE (21) to the LAT/LOW FRAME (14) using two BLACK RH CAPS (68), two RH CAPS (69), two 3/8 X 67mm BOLTS (55), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 14.
- Assemble the 3/4 X 3-1/8" TAPPED SHAFT (30) to the LAT/LOW ADJUST PLATE (21) using two BLACK RH CAPS (68), one 3/8 X 50mm BOLT (53), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67), one 3/8 X 1/2" SPACER (47) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 14. (NOTE: Tighten connection enough to remove play, yet allowing TAPPED SHAFT to rotate freely.)



**FIGURE 15**

**STEP 15:**

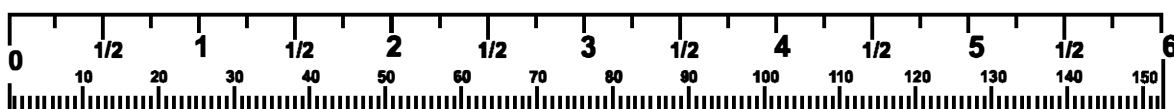
- Route the LAT CABLE (71) through the LAT/LOW BOOM (11) and assemble two 4-1/2" PULLEYS (26) to the BOOM (11) using two RH CAPS (69), two BLACK RH CAPS (68), two 3/8 X 70mm BOLTS (56), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67), two 2-7/8 X 2-1/4" CABLE CLIPS (28), four 3/8 X 1/2" FLANGE SPACERS (46) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 15.
- Route the LAT CABLE (71) around one 4-1/2" PULLEY (26) and assemble the PULLEY to two DUAL PULLEY PLATES (23) using two RH CAPS (69), one 3/8 X 43mm BOLT (51), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 15.

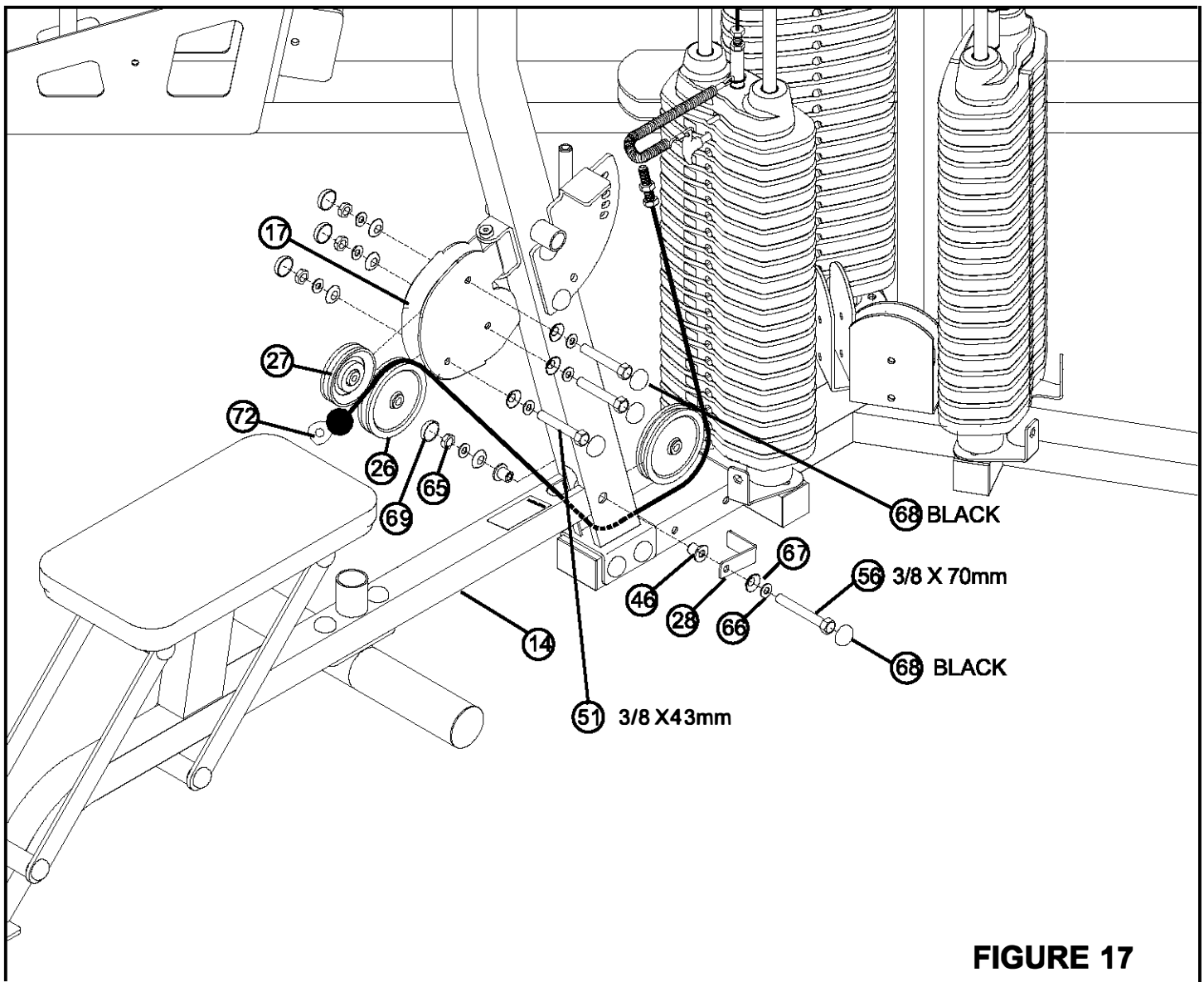


**FIGURE 16**

### STEP 16:

- Route the LAT CABLE (71) through the LAT/LOW BOOM (11) and assemble two 4-1/2" PULLEYS (26) to the BOOM (11) using two BLACK RH CAPS (68), two RH CAPS (69), two 3/8" X 70mm BOLTS (56), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67), two 2-7/8" X 2-1/4" CABLE CLIPS (28), four 3/8" X 1/2" FLANGE SPACERS (46) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 16.
- Slide one WEIGHT STACK PIN (38) over the stem on the HEAD PLATE (36) as shown in FIGURE 16.
- Screw the threaded end of the LAT CABLE (71) all the way onto the end of the stem on the HEAD PLATE (36) and tighten jam nut securely. See FIGURE 16.



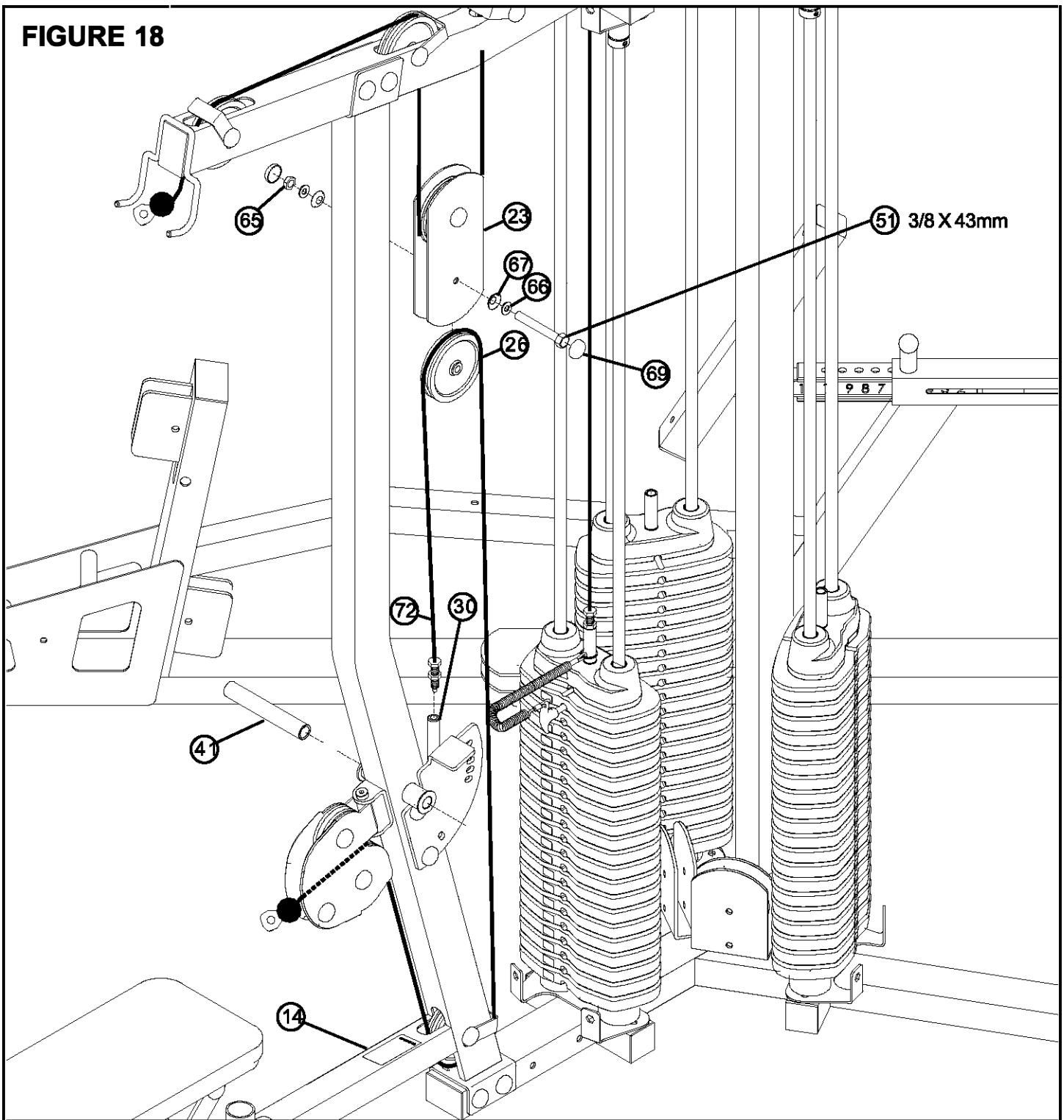


**FIGURE 17**

### **STEP 17:**

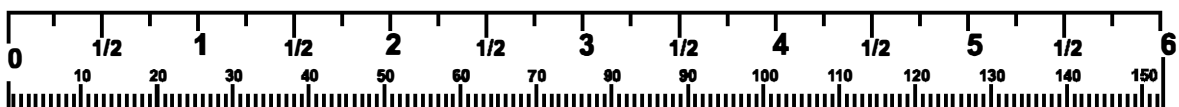
- Route the ROW CABLE (72) around one 4-1/2" PULLEY (26) and assemble the 4-1/2" PULLEY and one 3-1/2" PULLEY (27) to the SWIVEL PULLEY (17) using six BLACK RH CAPS (68), three 3/8 X 43mm BOLTS (51), six 3/8" SAE WASHERS (66), six 3/8" RH WASHERS (67) and three 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 17.
- Route the ROW CABLE (72) through the LAT/LOW FRAME (14) and assemble one 4-1/2" PULLEY (26) using one RH CAP (69), one BLACK RH CAP (68), one 3/8 X 70mm BOLT (56), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67), one 2-7/8 X 2-1/4" CABLE CLIP (28), two 3/8 X 1/2" FLANGE SPACERS (46) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 17.

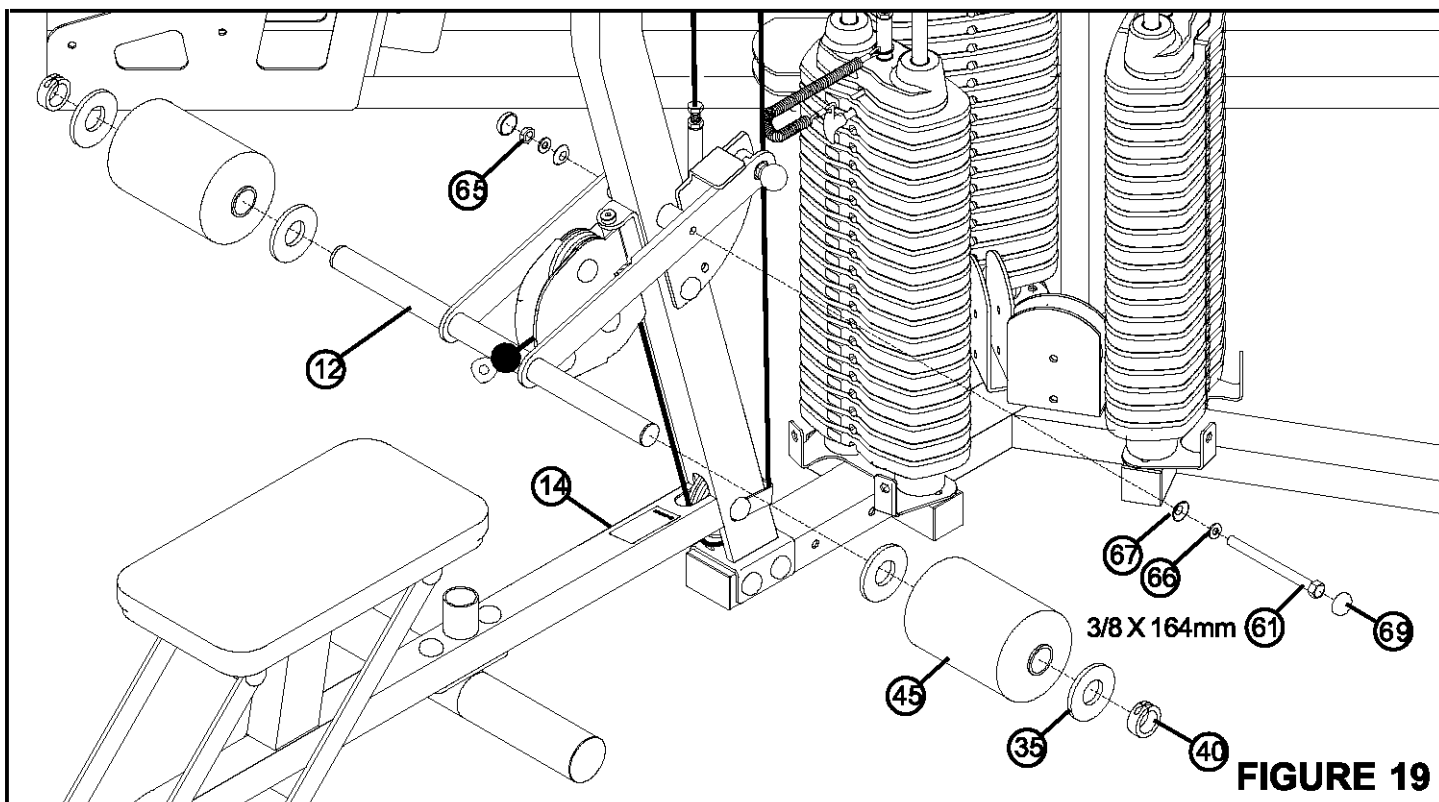
**FIGURE 18**



**STEP 18:**

- Route the ROW CABLE (72) around one 4-1/2" PULLEY (26) and assemble the PULLEY to the bottom holes of the DUAL PULLEY PLATES (23) using two RH CAPS (69), one 3/8 X 43mm BOLT (51), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 18.
- Screw the threaded end of the ROW CABLE (72) all the way onto the end of the 3/4 X 3-1/8" TAPPED SHAFT (30) and tighten jam nut securely. See FIGURE 18.
- Insert one 5-1/2" PIVOT SHAFT (41) into the LAT/LOW ROW FRAME (14) as shown in FIGURE 18.

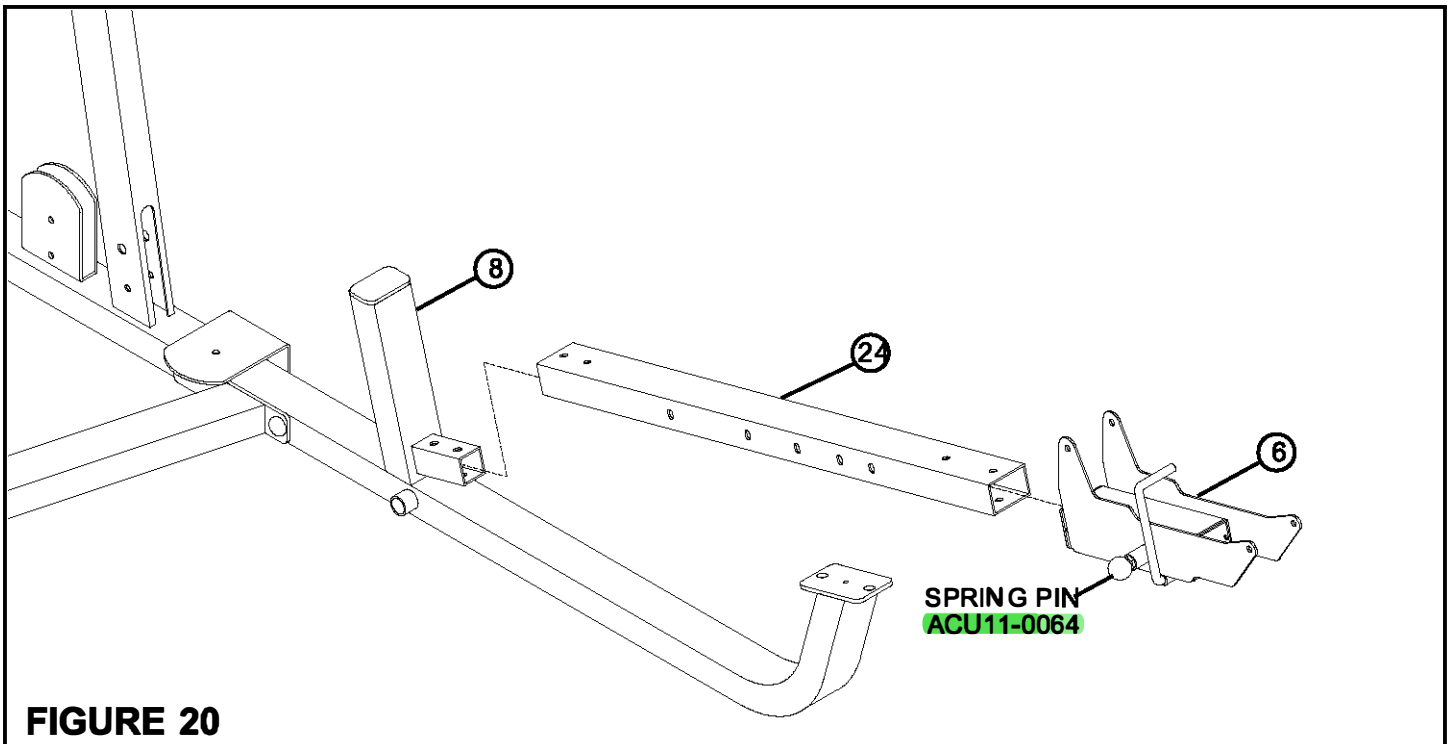




**FIGURE 19**

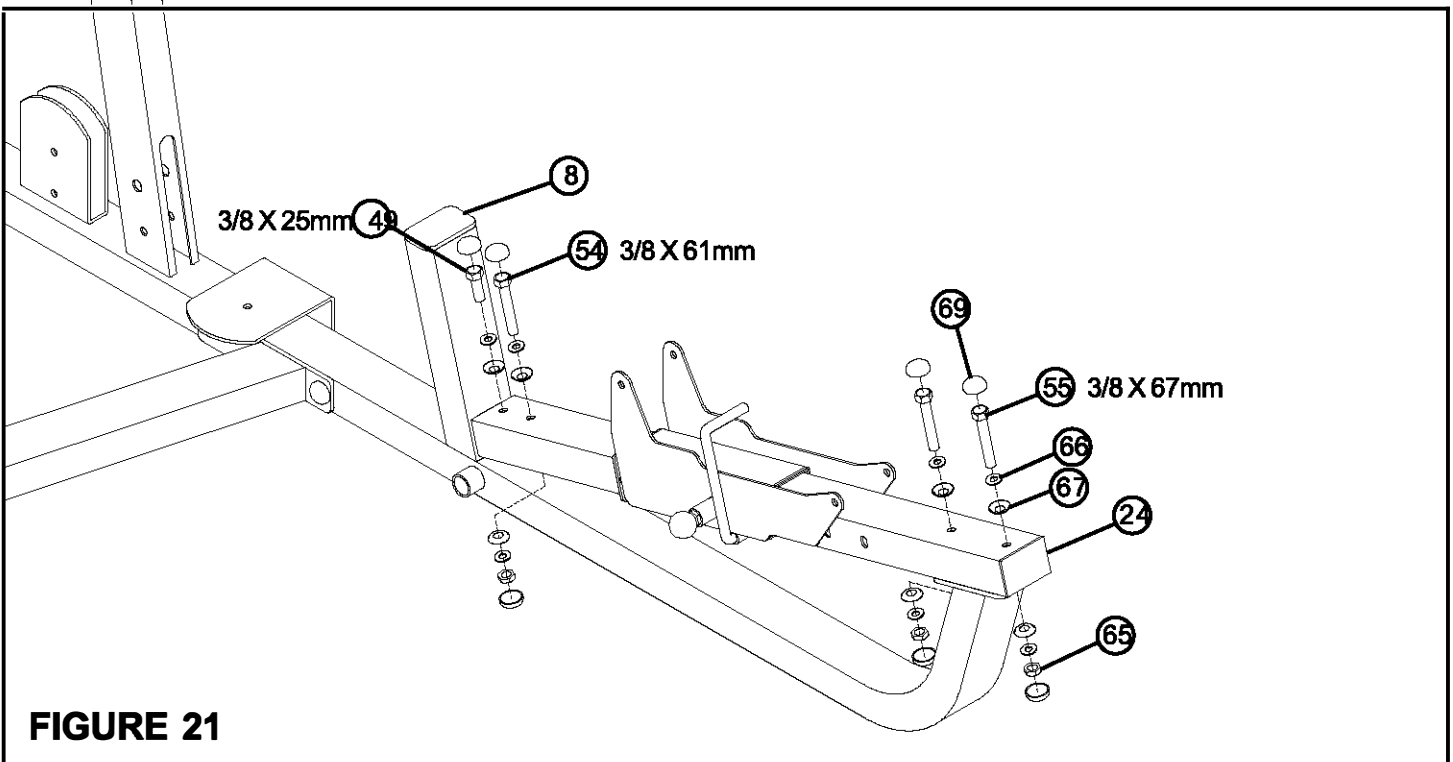
### **STEP 19:**

- **SECURELY** assemble the KNEE HOLD DOWN (12) to the LAT/LOW FRAME (14) using two RH CAPS (69), one 3/8 X 164mm BOLT (61), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 19.
- Assemble two ROLLER PADS (45) and four 2-3/8" OD PLASTIC WASHERS (35) to the KNEE HOLD DOWN (12) using two 1-1/4" SHAFT COLLARS (40) as shown in FIGURE 19.



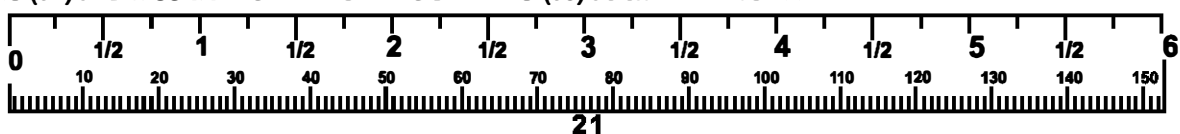
### STEP 20:

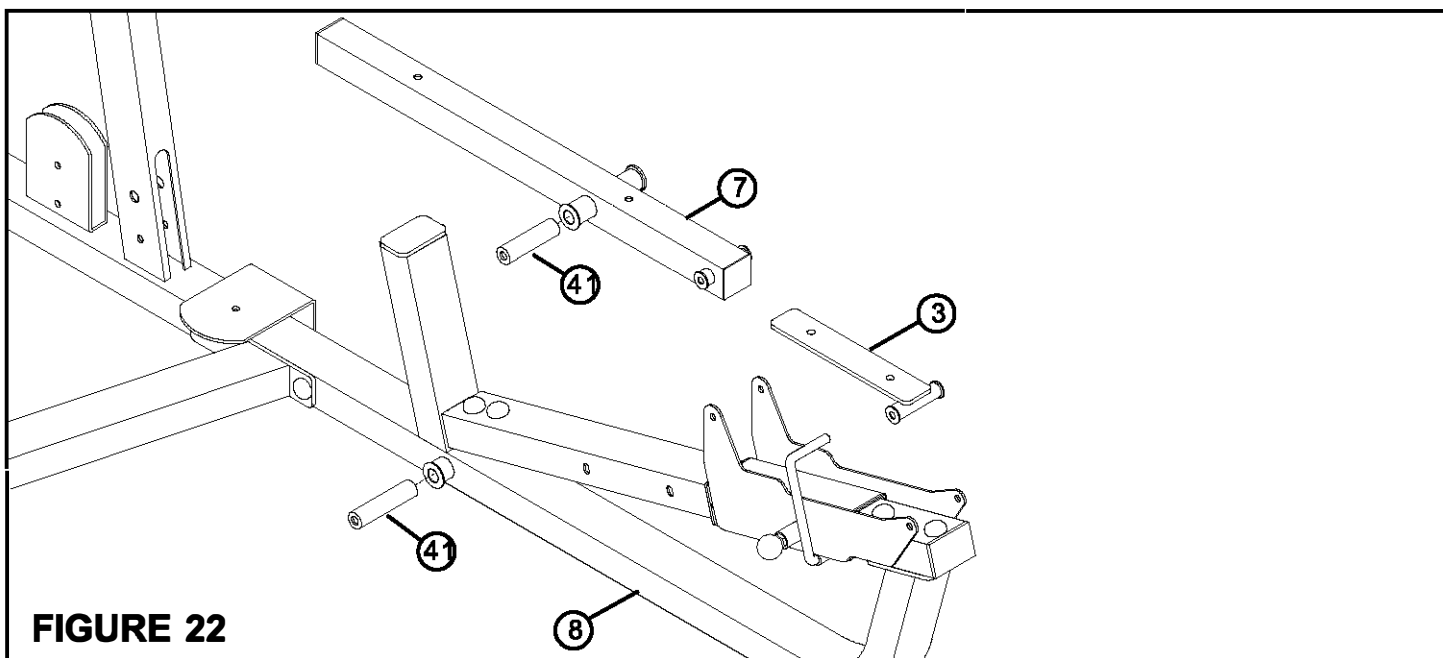
- Pull back on the SPRING PIN and slide the MULTI PRESS SEAT ADJUST (6) over the MULTI PRESS SLIDE TUBE (24) as shown in FIGURE 20.
- Slide the end of the MULTI PRESS SLIDE TUBE (24) over the MULTI PRESS FRAME (8) as shown in FIGURE 20.



### STEP 21:

- **SECURELY** assemble the MULTI PRESS SLIDE TUBE (24) to the MULTI PRESS FRAME (8) using seven RH CAPS (69), two 3/8 X 67mm BOLTS (55), one 3/8 X 61mm BOLT (54), one 3/8 X 25mm BOLT (49), seven 3/8" SAE WASHERS (66), seven 3/8" RH WASHERS (67) and three 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 21.

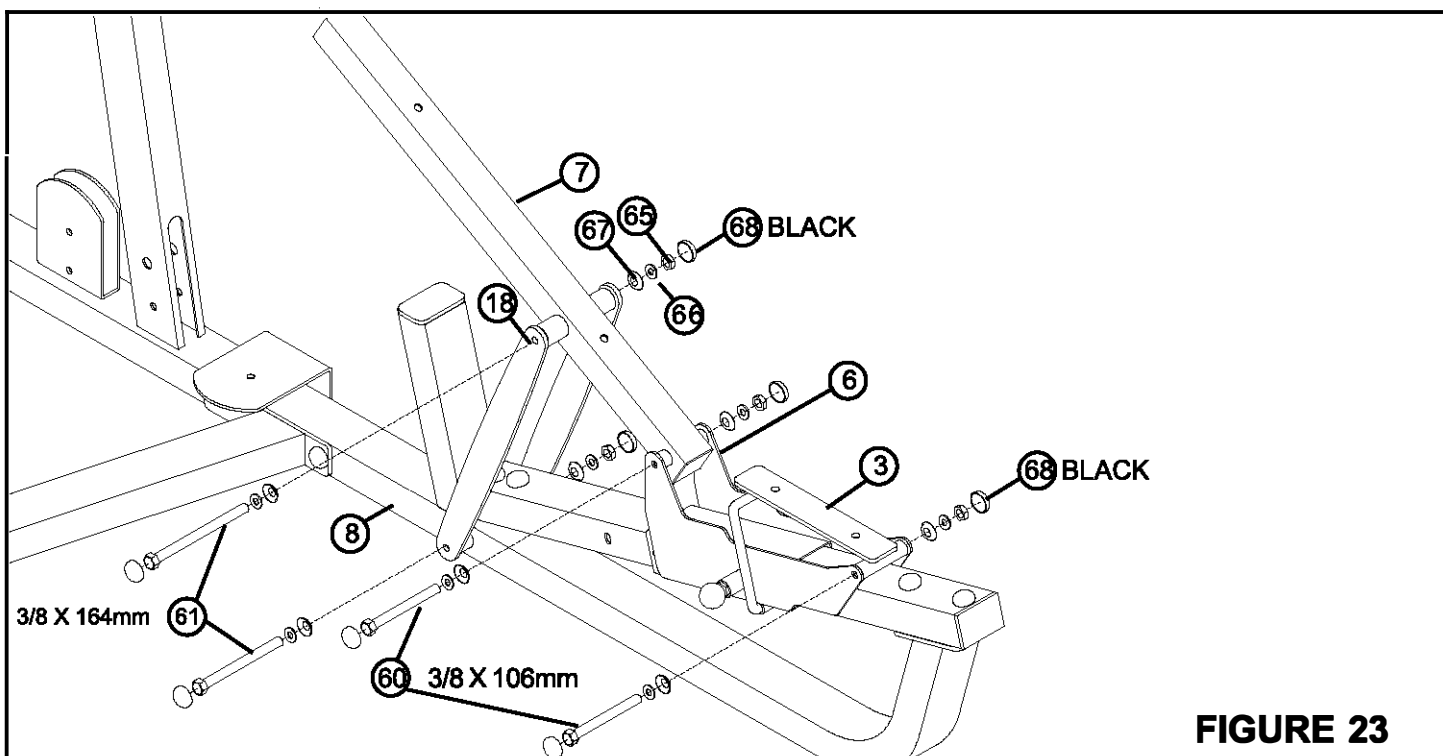




**FIGURE 22**

**STEP 22:**

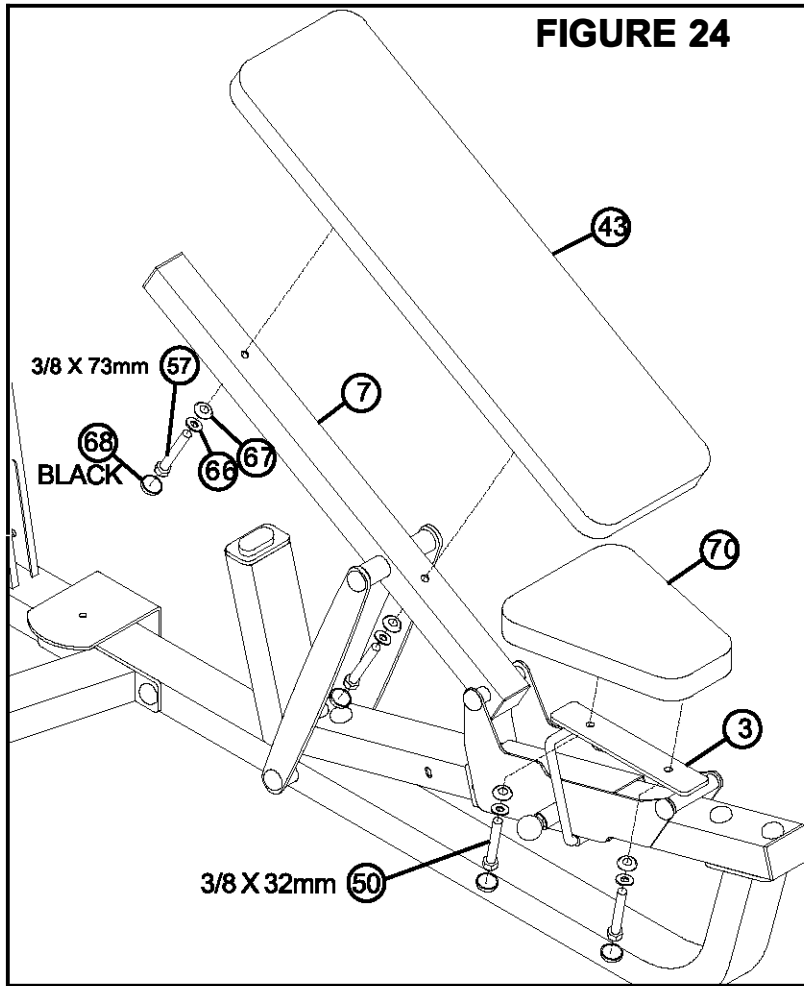
- Insert one 5-1/2" PIVOT SHAFT (41) into the MULTI PRESS FRAME (8) and one 5-1/2" PIVOT SHAFT (41) into the BACK PAD SUPPORT (7) as shown in FIGURE 22.



**FIGURE 23**

**STEP 23:**

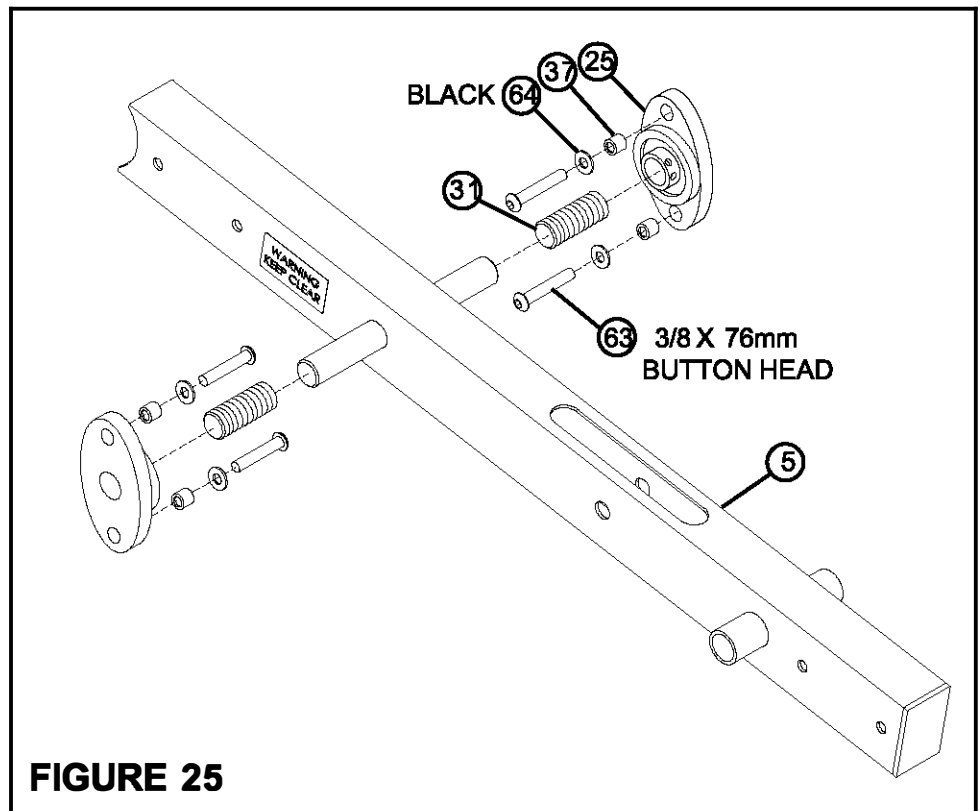
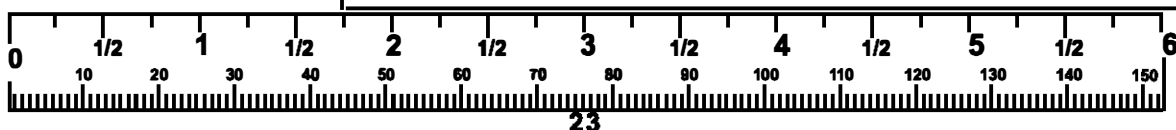
- **SECURELY** assemble the BACK PAD SUPPORT (7) to the MULTI PRESS SEAT ADJUST (6) using two BLACK RH CAPS (68), one 3/8 X 106mm BOLT (60), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 23. **NOTE: Tighten connections enough to remove slop, yet allow part to rotate freely.)**
- **SECURELY** assemble two MULTI PRESS PLATES (18) to the BACK PAD SUPPORT (7) and to the MULTI PRESS FRAME (8) using four BLACK RH CAPS (68), two 3/8 X 164mm BOLTS (61), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 23.
- **SECURELY** assemble the SEAT PAD SUPPORT (3) to the MULTI PRESS SEAT ADJUST (6) using two BLACK RH CAPS (68), one 3/8 X 106mm BOLT (60), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 23. **NOTE: Tighten connections enough to remove slop, yet allow part to rotate freely.)**

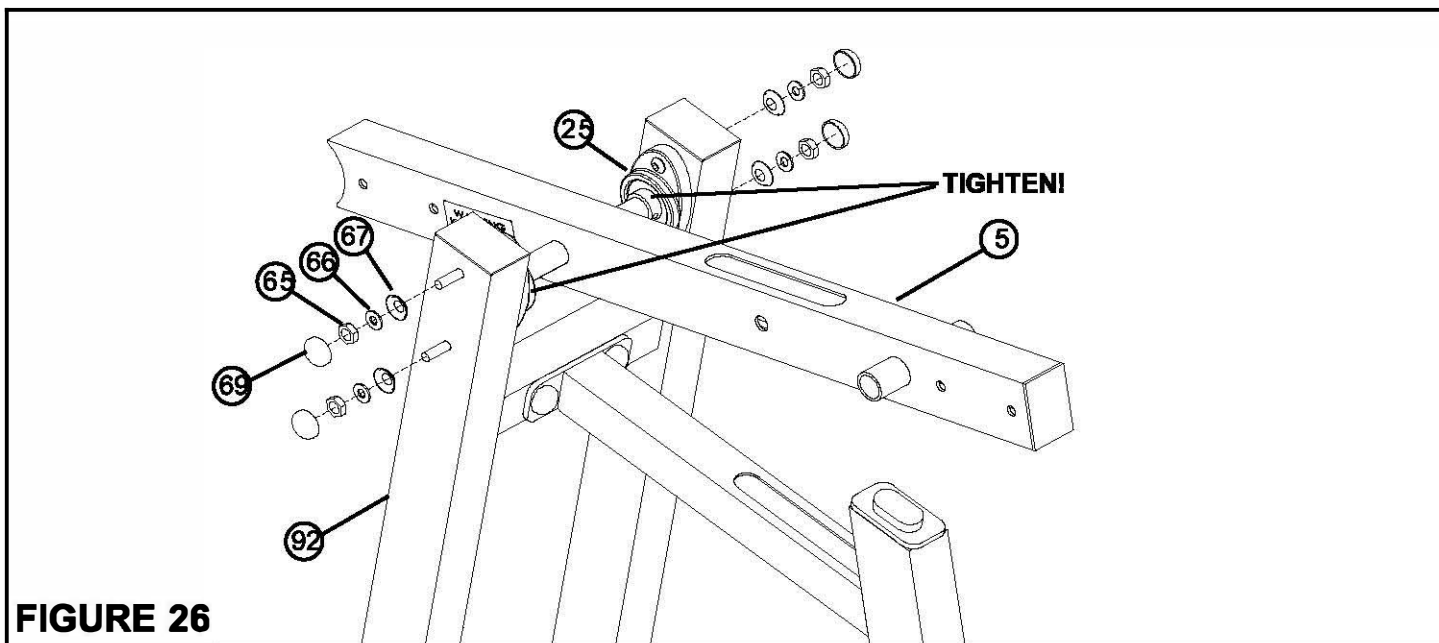
**FIGURE 24****STEP 24:**

- **SECURELY** assemble the MULTI PRESS BACK PAD (43) to the BACK PAD SUPPORT (7) using two BLACK RH CAPS (68), two 3/8 X 73mm BOLTS (57), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67) as shown in FIGURE 24.
- **SECURELY** assemble the MULTI PRESS SEAT PAD (70) to the SEAT PAD SUPPORT (3) using two BLACK RH CAPS (68), two 3/8 X 32mm BOLTS (50), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67) as shown in FIGURE 24.

**STEP 25:**

- Slide two 3" ACCORDIAN SLEEVES (31) over the shafts on the PIVOT ARM (5) as shown in FIGURE 25.
- Slide two PILLOW BLOCKS (25) over the shafts on the PIVOT ARM (5) as shown in FIGURE 25.
- Assemble four 3/8 X 76mm BUTTON HEAD BOLTS (63), four 3/8" BLACK SAE WASHERS (64) and four PILLOW BLOCK SPACERS (37) to the PILLOW BLOCKS (25) as shown in FIGURE 25.

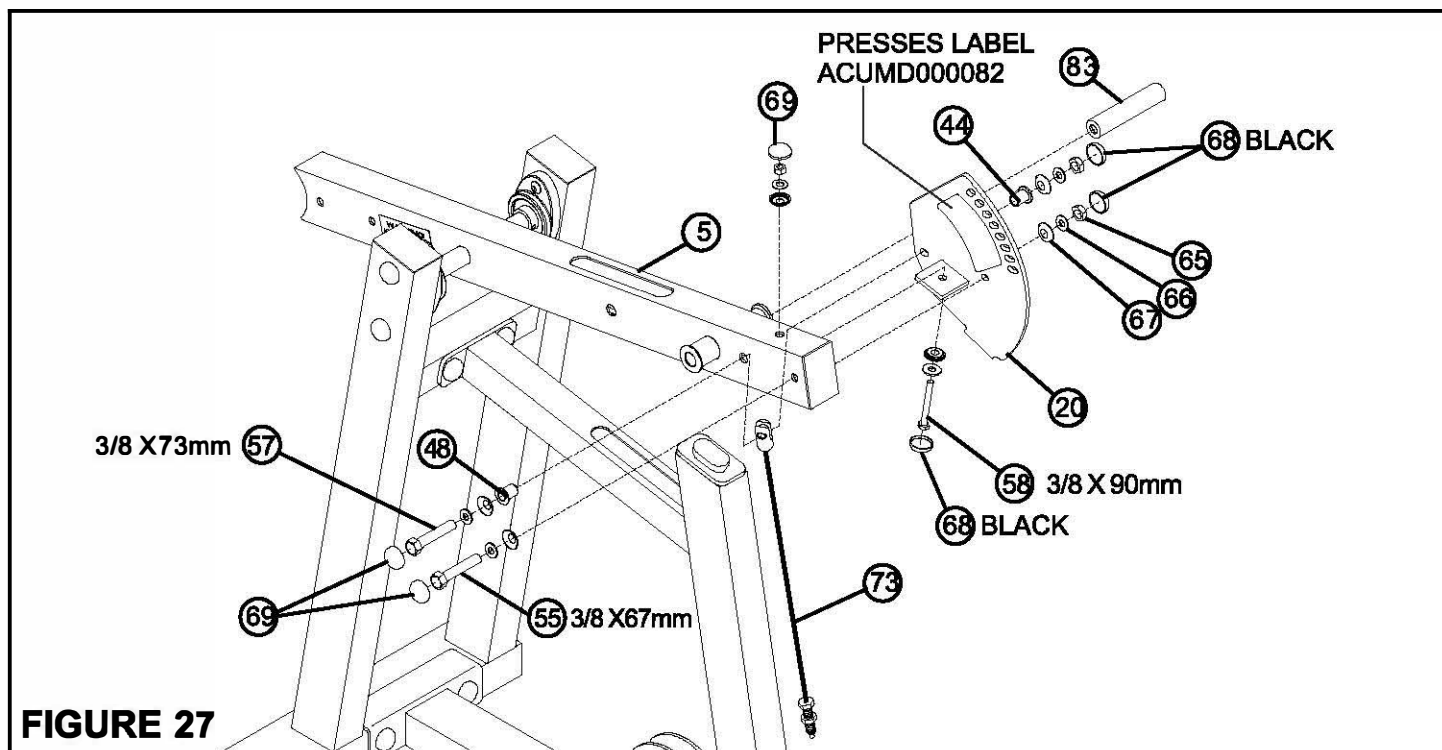
**FIGURE 25**



**FIGURE 26**

**STEP 26:**

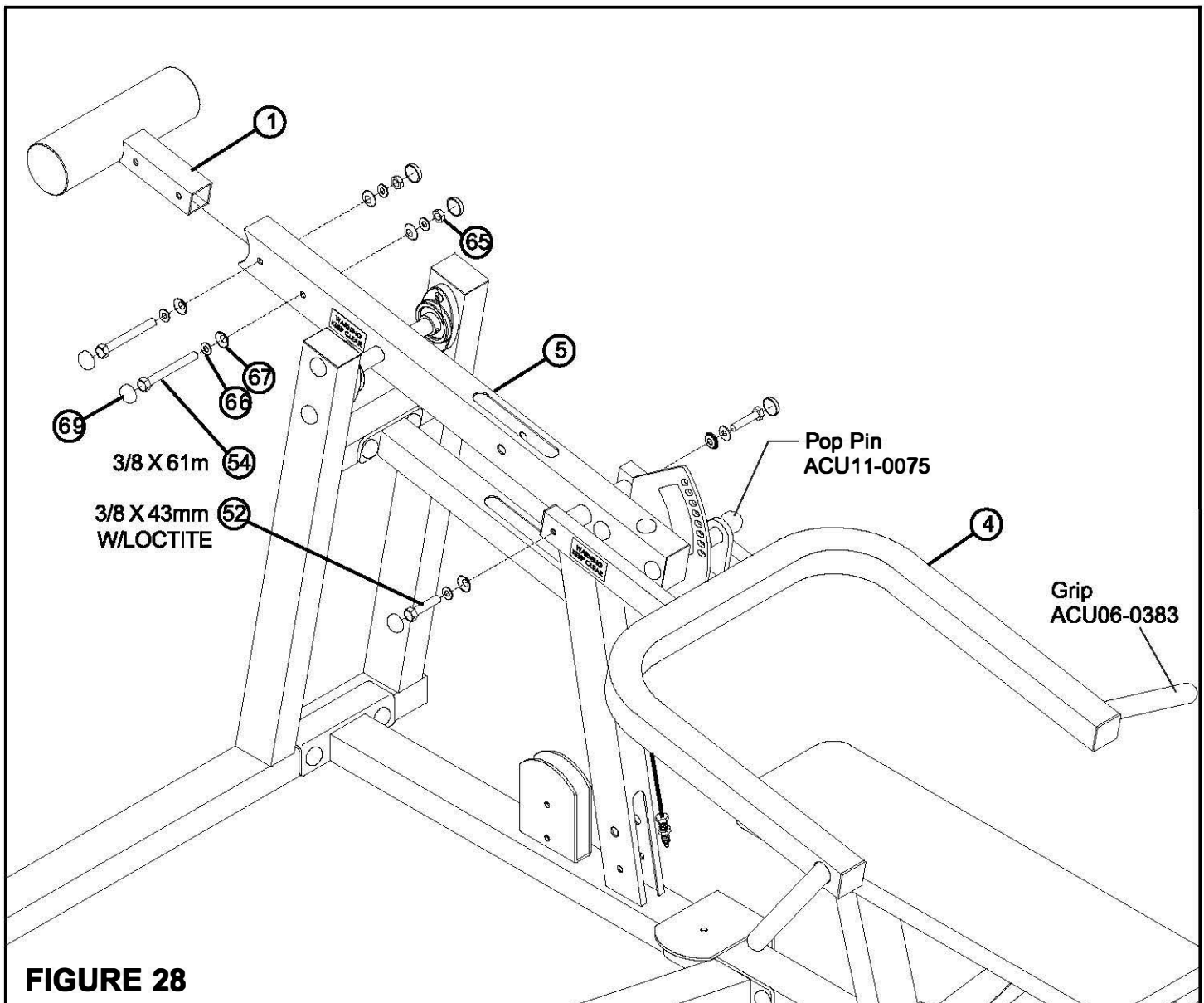
- **SECURELY** assemble the PIVOT ARM (5) to the LEG CURL/EXT FRAME (92) using four previously inserted 3/8 X 76mm BUTTON HEAD BOLTS (63), four RH WASHERS (67), four 3/8\" SAE WASHERS (66), four 3/8\" LOW HEIGHT LOCK NUTS (65) and four RH CAPS (69) as shown in FIGURE 26.
- **IMPORTANT!** When PIVOT ARM (5) is centered and level in the PILLOW BLOCKS (25), tighten the PILLOW BLOCK set screws.



**FIGURE 27**

**STEP 27:**

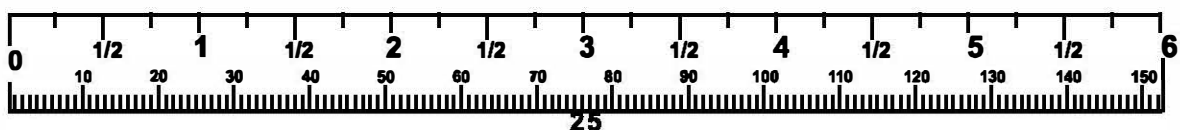
- **SECURELY** assemble the MULTI PRESS ADJUST PLATE (20) to the PIVOT ARM (5) using three RH CAPS (69), three BLACK RH CAPS (68), one 3/8 X 67mm BOLT (55), one 3/8 X 73mm BOLT (57), one 3/8 X 90mm BOLT (58), six 3/8\" SAE WASHERS (66), six 3/8\" RH WASHERS (67), one 3/8 X 3/4\" FLANGE SPACER (48), one 3/8 X 1\" FLANGE SPACER (44), one MULTI PRESS CABLE (73) and three 3/8\" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 27. (NOTE: Assemble the MULTI PRESS CABLE to the second set of holes.)
- Insert one 5-1/2\" TAPPED PIVOT SHAFT (83) into the PIVOT ARM (5).

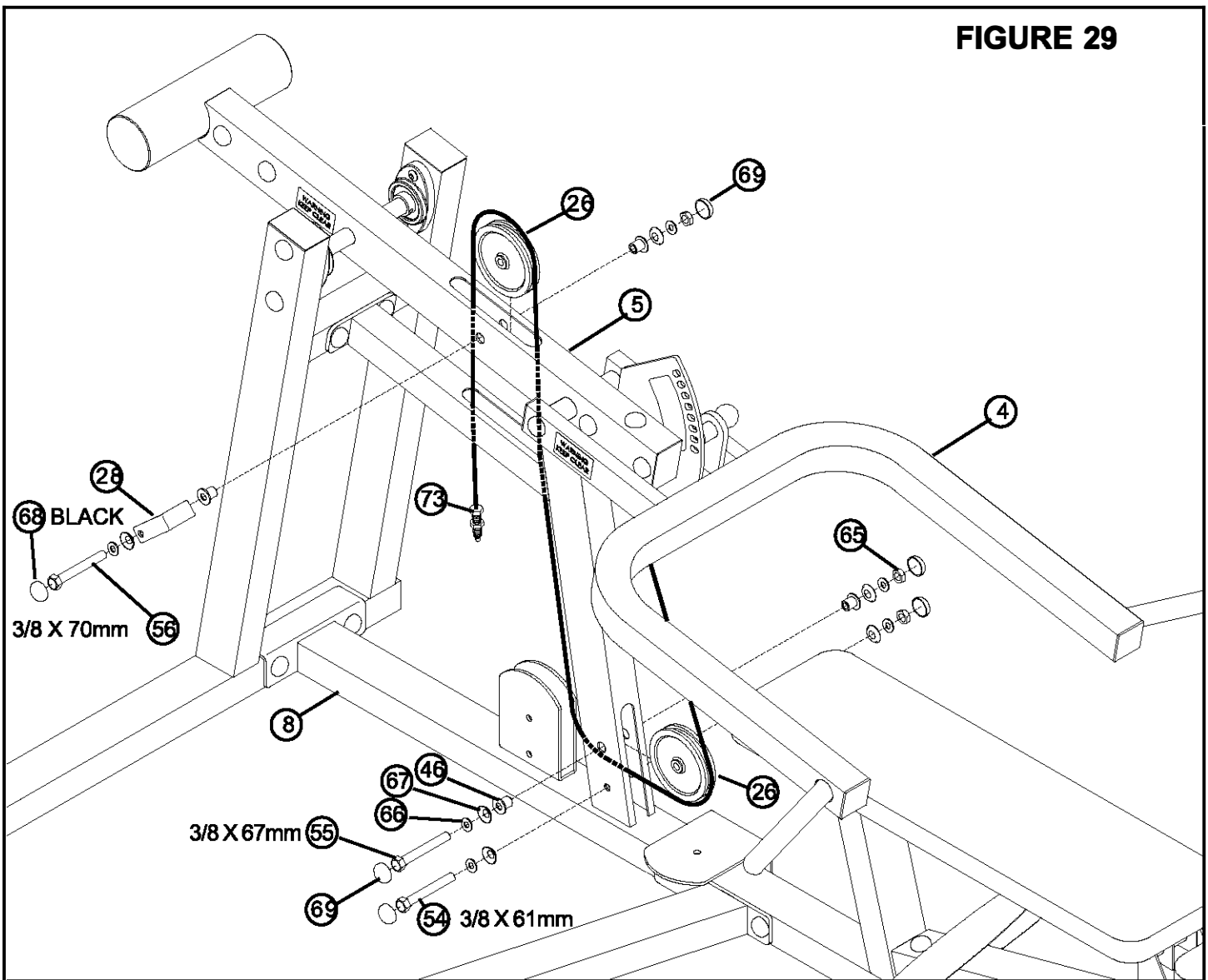


**FIGURE 28**

**STEP 28:**

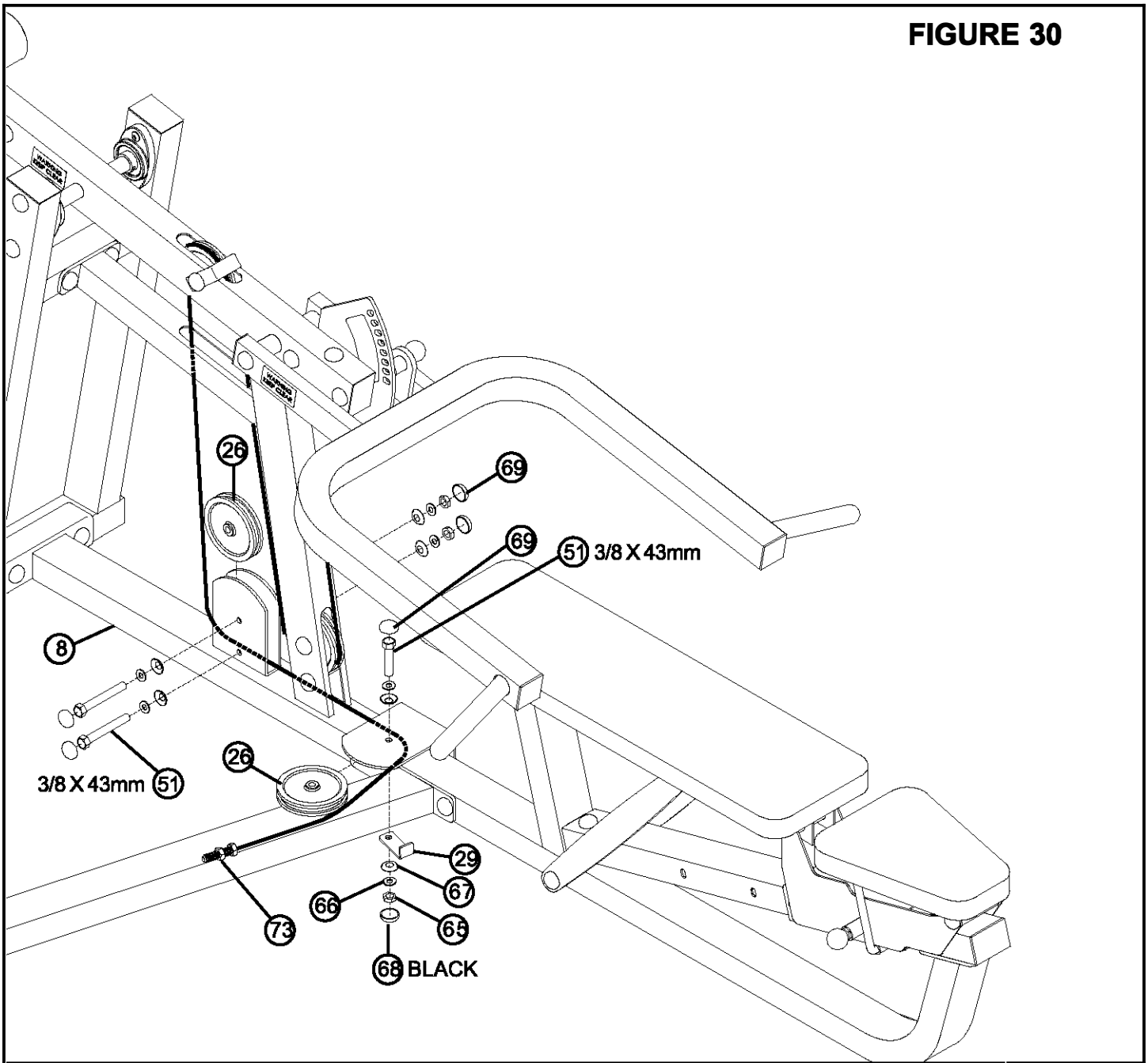
- **SECURELY** assemble the PRESS ARM (4) to the PIVOT ARM (5) using two RH CAPS (69), two 3/8 X 43mm BOLTS W/LOCTITE (52), two 3/8" SAE WASHERS (66) and two 3/8" RH WASHERS (67) as shown in FIGURE 28.
- **SECURELY** assemble the COUNTERBALANCE (1) to the PIVOT ARM (5) using four RH CAPS (69), two 3/8 X 61mm BOLTS (54), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 28.



**FIGURE 29****STEP 29:**

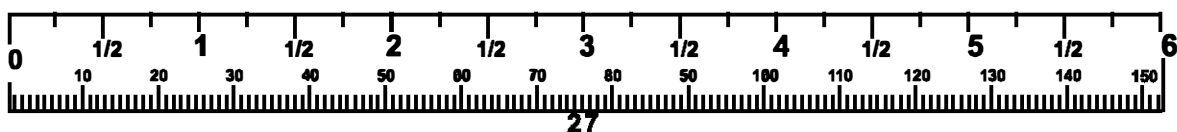
- Route the MULTI PRESS CABLE (73) through the MULTI PRESS FRAME (8) and assemble one 4-1/2" PULLEY (26) to the FRAME (8) using four RH CAPS (69), one 3/8 X 67mm BOLT (55), one 3/8 X 61mm BOLT (54), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67), two 3/8 X 1/2" FLANGE SPACERS (46) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 29.
- Route the MULTI PRESS CABLE (73) through the MULTI PRESS FRAME (8) and PIVOT ARM (5) and assemble one 4-1/2" PULLEY (26) to the PIVOT ARM (5) using one BLACK RH CAP (68), one RH CAP (69), one 3/8 X 70mm BOLT (56), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67), one 2-7/8" X 2-1/4" CABLE CLIP (28), two 3/8 X 1/2" FLANGE SPACERS (46) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 29.

**FIGURE 30**

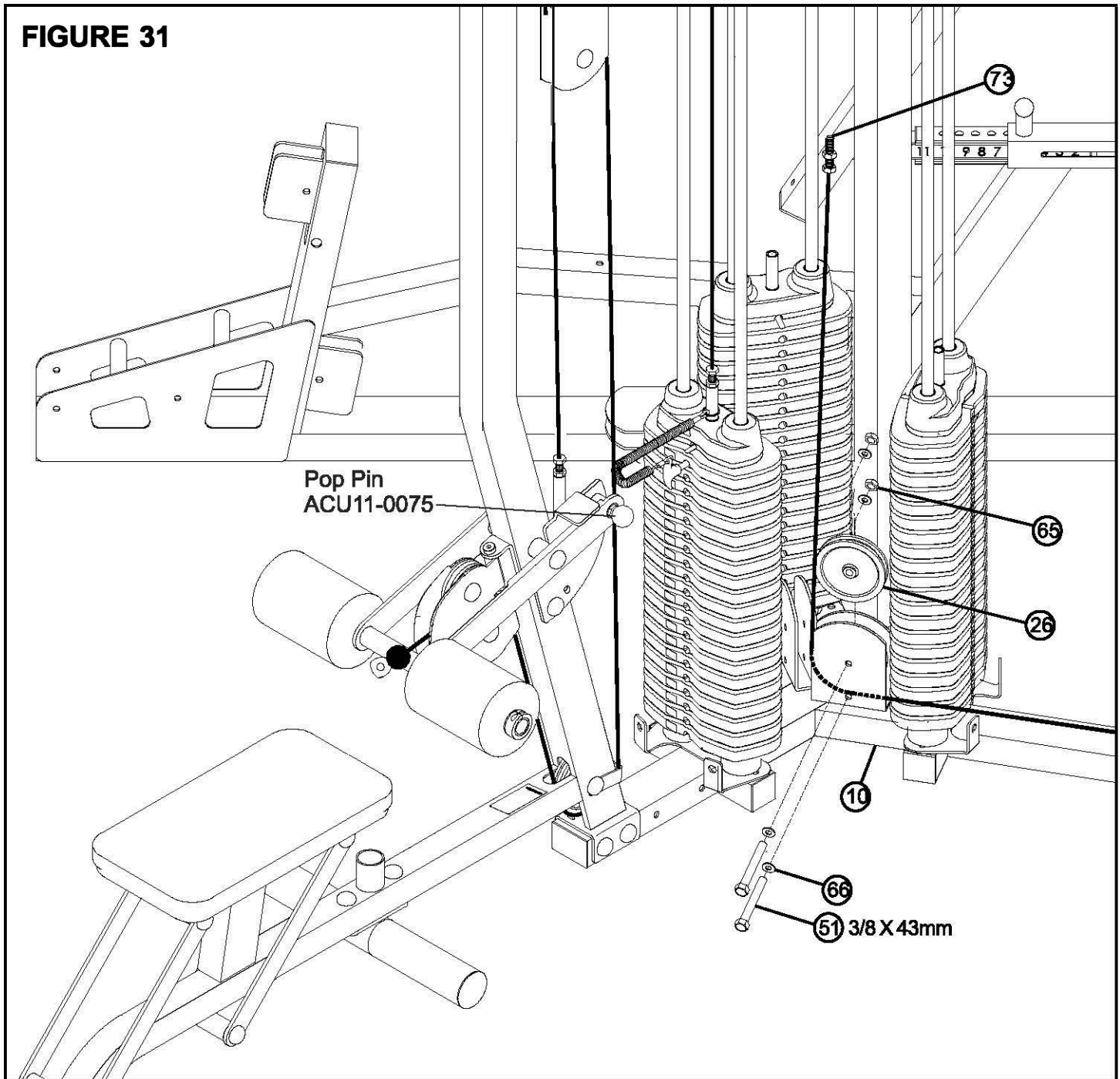


**STEP 30:**

- Route the MULTI PRESS CABLE (73) through the bracket on the MULTI PRESS FRAME (8) and assemble one 4-1/2" PULLEY (26) to the FRAME (8) using four RH CAPS (69), two 3/8 X 43mm BOLTS (51), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 30.
- Route the MULTI PRESS CABLE (73) under the bracket on the MULTI PRESS FRAME (8) and assemble one 4-1/2" PULLEY (26) to the FRAME (8) using one BLACK RH CAP (68), one RH CAP (69), one 3/8 X 43mm BOLT (51), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67), one 3-1/2 X 1" CABLE CLIP (29) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 30.



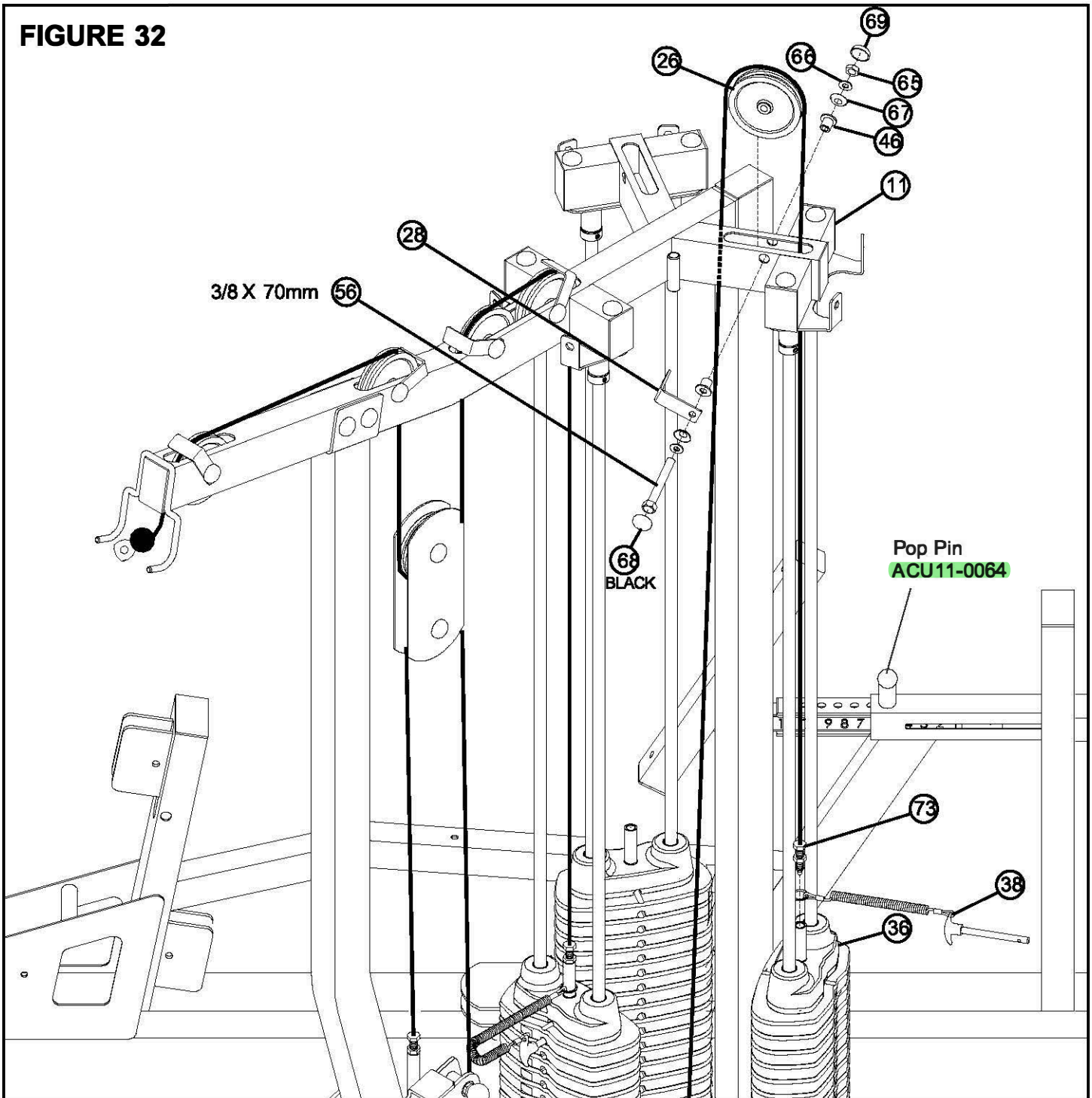
**FIGURE 31**



**STEP 31:**

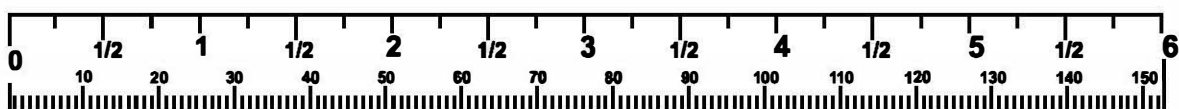
- Route the MULTI PRESS CABLE (73) under the weight stack and through the bracket on the TOWER BASE (10) and assemble one 4-1/2" PULLEY (26) to the TOWER BASE (10) using two 3/8 X 43mm BOLTS (51), four 3/8" SAE WASHERS (66) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 31.

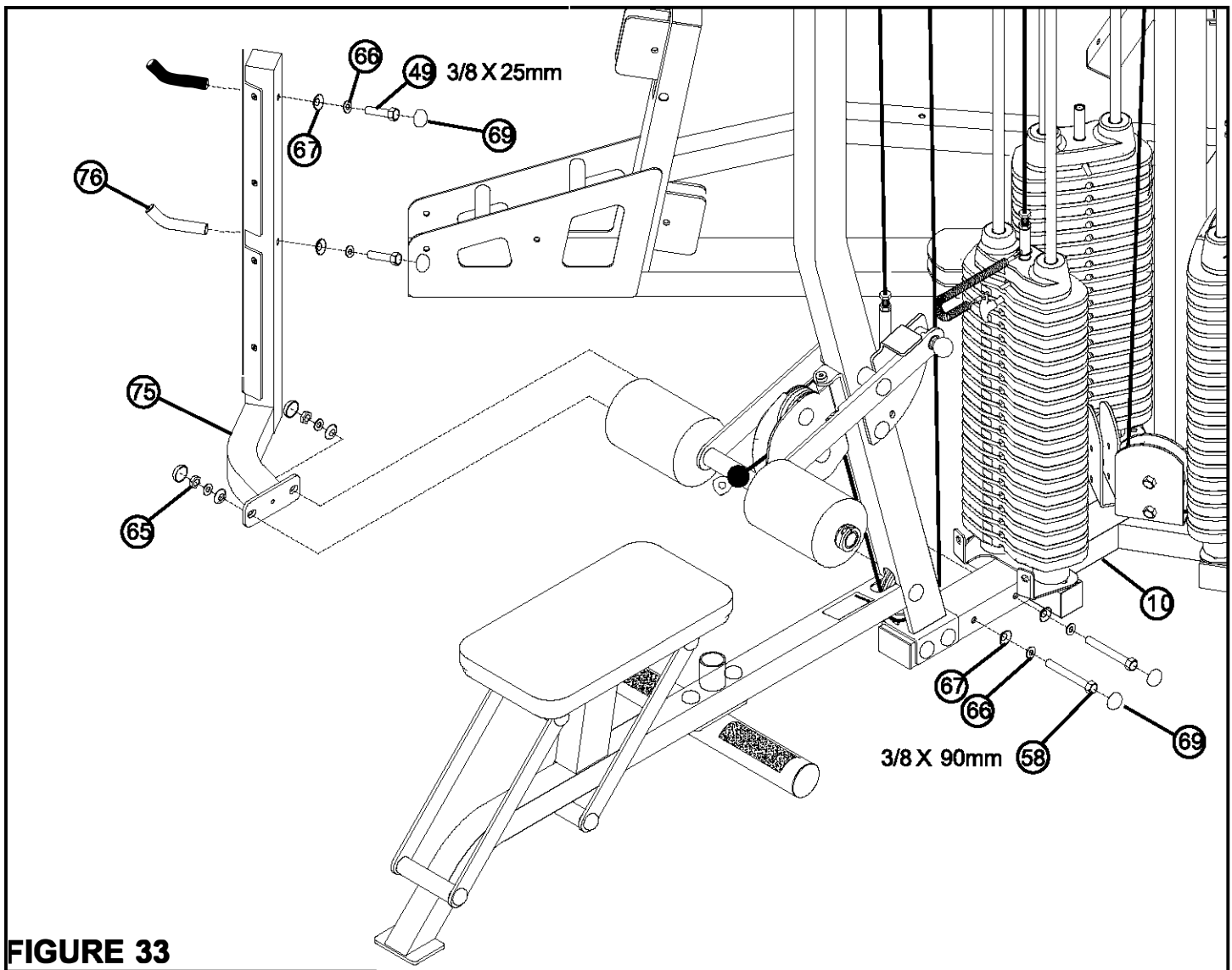
**FIGURE 32**



**STEP 32:**

- Route the MULTI PRESS CABLE (73) through the LAT/LOW BOOM (11) and assemble one 4-1/2" PULLEY (26) to the BOOM (11) using one BLACK RH CAP (68), one RH CAP (69), one 3/8 X 70mm BOLT (56), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67), one 2-7/8" X 2-1/4" CABLE CLIP (28), two 3/8 X 1/2" FLANGE SPACERS (46) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 32.
- Slide one WEIGHT STACK PIN (38) over the stem on the HEAD PLATE (36) as shown in FIGURE 32.
- Screw the threaded end of the MULTI PRESS CABLE (73) all the way onto the end of the stem on the HEAD PLATE (36) and tighten jam nut securely. See FIGURE 32.





**FIGURE 33**

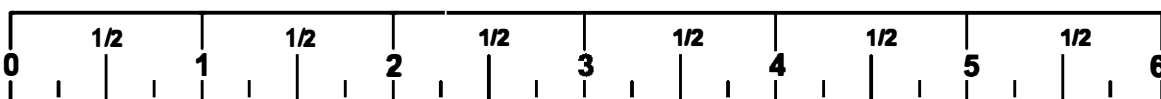
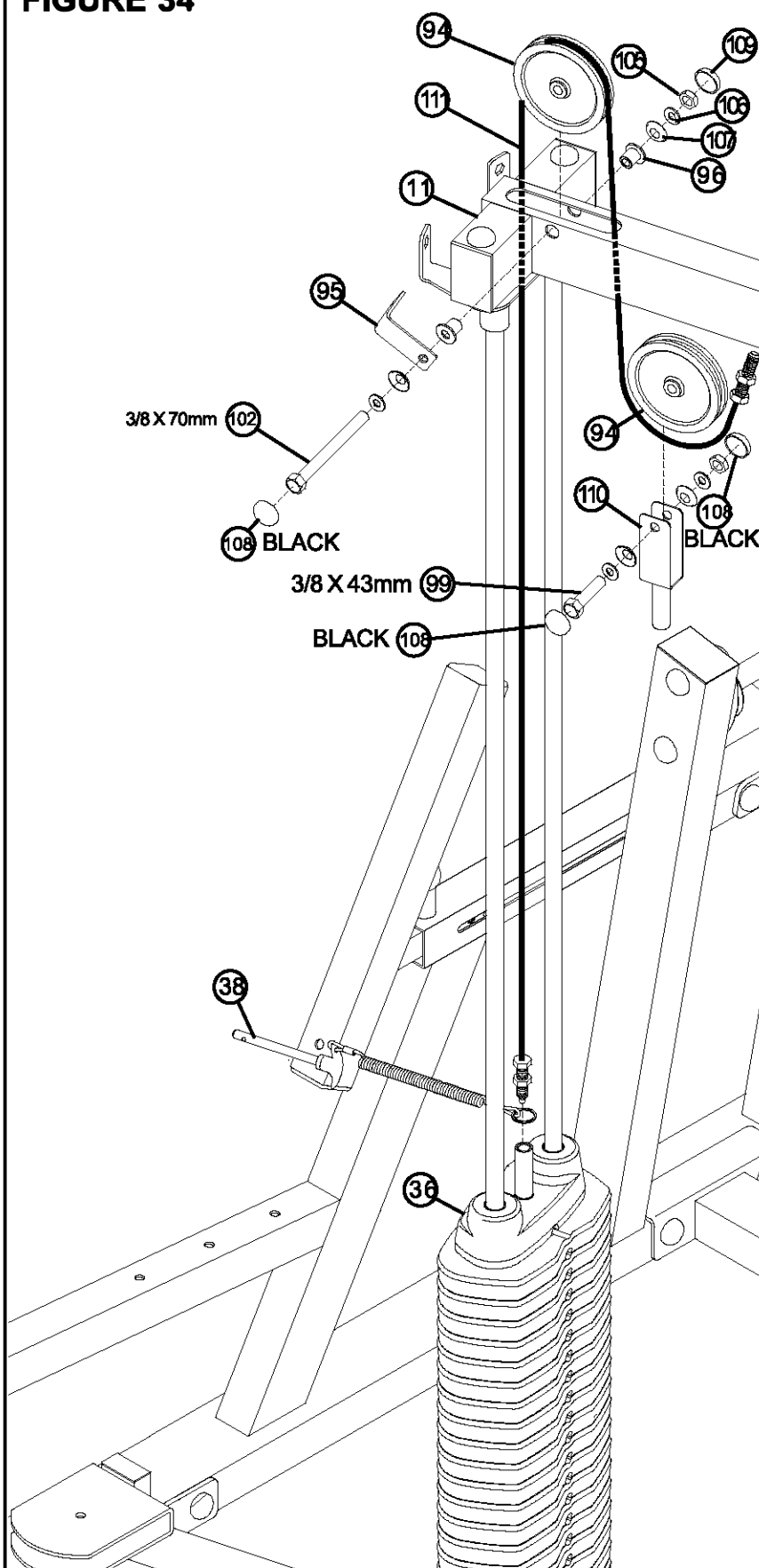
**STEP 33:**

- **SECURELY** assemble the STORAGE UPRIGHT (75) to the TOWER BASE (10) using four RH CAPS (69), two 3/8 X 90mm BOLTS (58), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 33.
- **SECURELY** assemble the STORAGE PEGS (76) to the STORAGE UPRIGHT (75) using two RH CAPS (69), two 3/8 X 25mm BOLTS (49), two 3/8" SAE WASHERS (66) and two 3/8" RH WASHERS (67) as shown in FIGURE 33.
- **Please refer to the LEG PRESS PARTS LIST to complete the assembly of the LEG PRESS.**

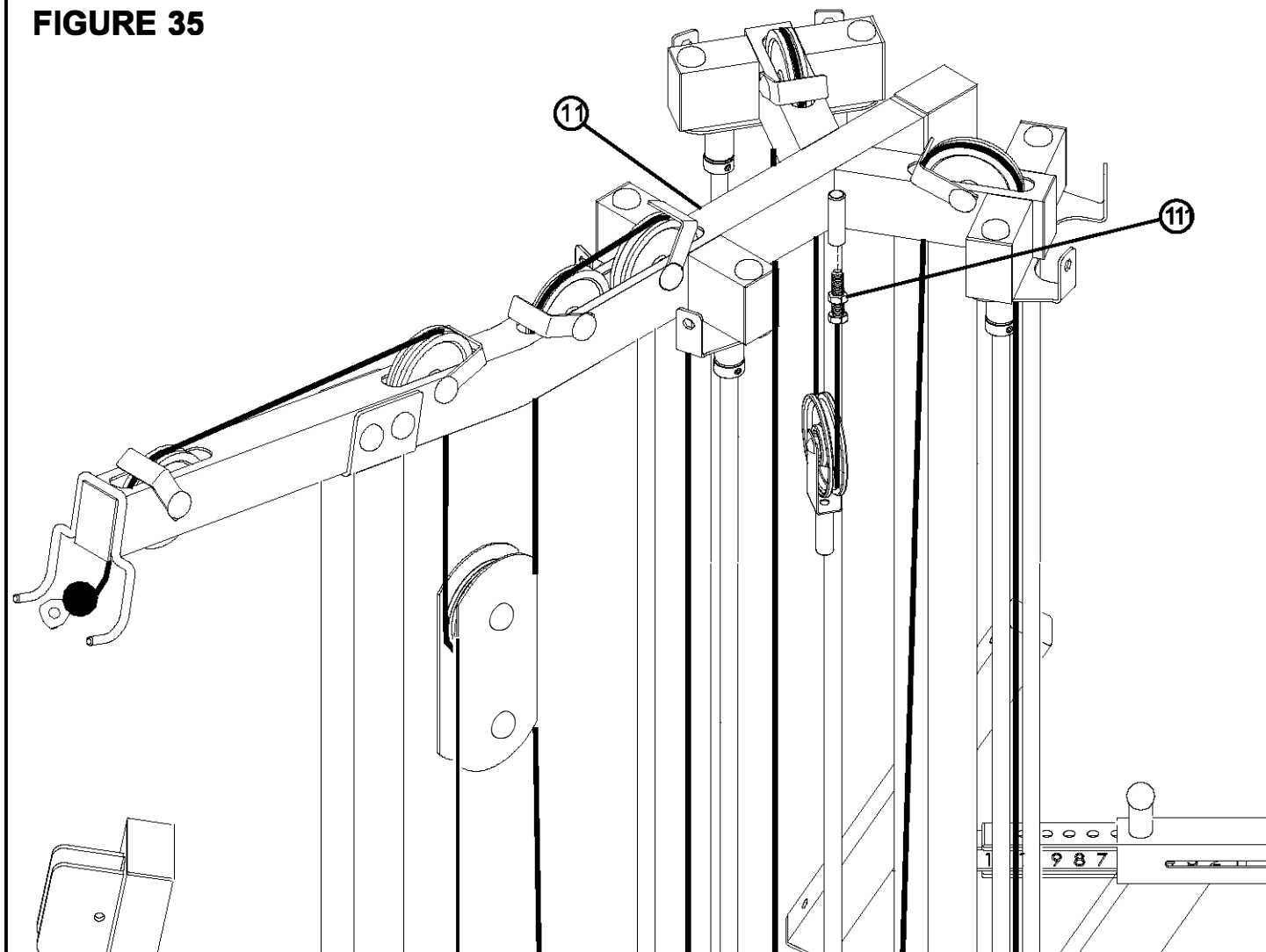
## STEP 34:

- Slide one WEIGHT STACK SELECTOR PIN (38) over the shaft on the HEAD PLATE (36) as shown in FIGURE 34.
- Screw the threaded end of the FLOATING PULLEY CABLE (111) all the way onto the end of the shaft on the HEAD PLATE (36) and tighten jam nut securely. See FIGURE 34.
- Route the FLOATING PULLEY CABLE (111) through the LAT/LOW ROW BOOM (11) and assemble one 4-1/2" PULLEY (94) to the BOOM (11) using one RH CAP (109), one BLACK RH CAP (108), one 3/8 X 70mm BOLT (102), two 3/8" SAE WASHERS (106), two 3/8" RH WASHERS (107), one 2-7/8 X 2-1/4" CABLE CLIP (95), two 3/8 X 1/2" FLANGE SPACERS (96) and one 3/8" LOW HEIGHT LOCK NUT (105) as shown in FIGURE 34.
- Route the FLOATING PULLEY CABLE (111) around one 4-1/2" PULLEY (94) and assemble the PULLEY (94) to the PULLEY BRACKET (110) using two BLACK RH CAPS (108), one 3/8 X 43mm BOLT (99), two 3/8" SAE WASHERS (106), two 3/8" RH WASHERS (107) and one 3/8" LOW HEIGHT LOCK NUT (105) as shown in FIGURE 34.

**FIGURE 34**



**FIGURE 35**

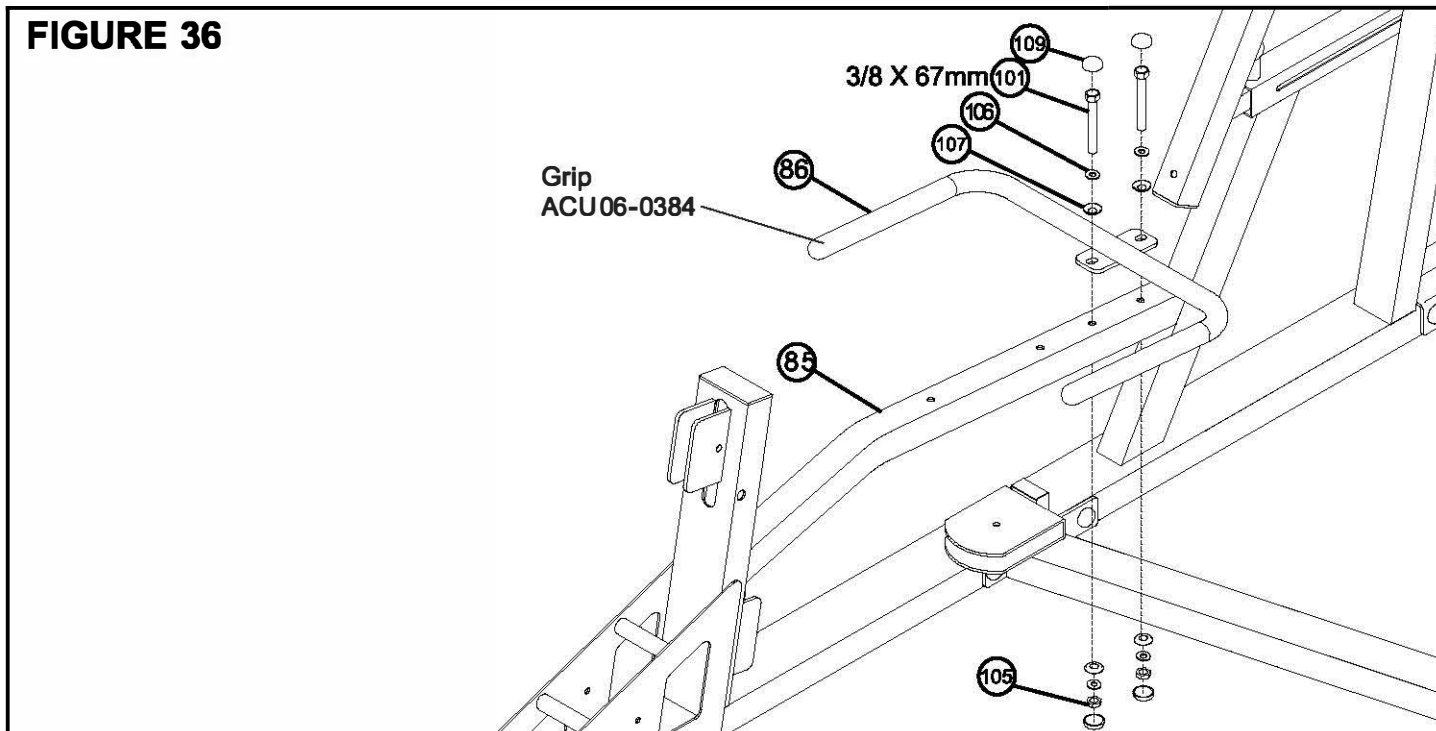


**STEP 35:**

- Screw the threaded end of the FLOATING PULLEY CABLE (111) all the way onto the end of the shaft on the LAT/LOW ROW BOOM (11) and tighten jam nut securely. See FIGURE 35.

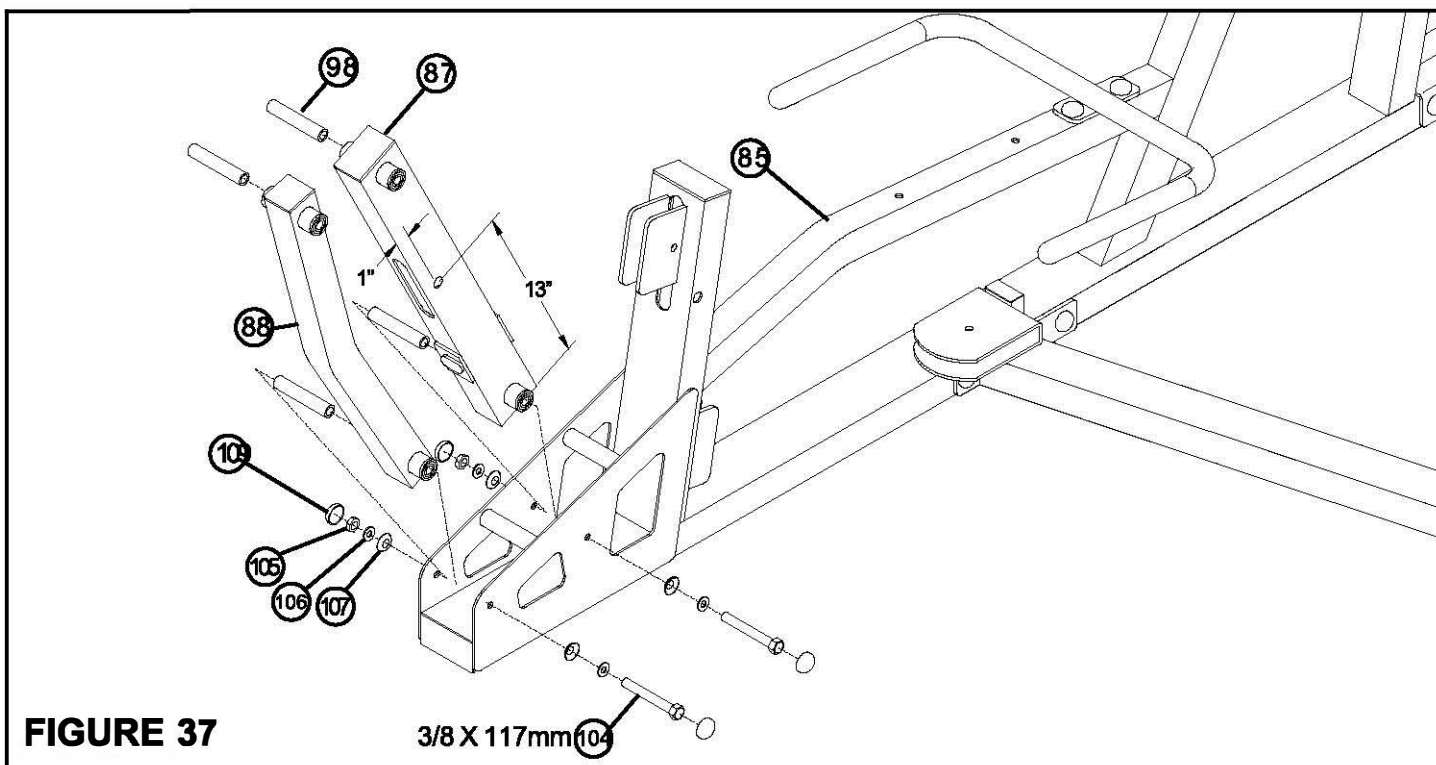


**FIGURE 36**



**STEP 36:**

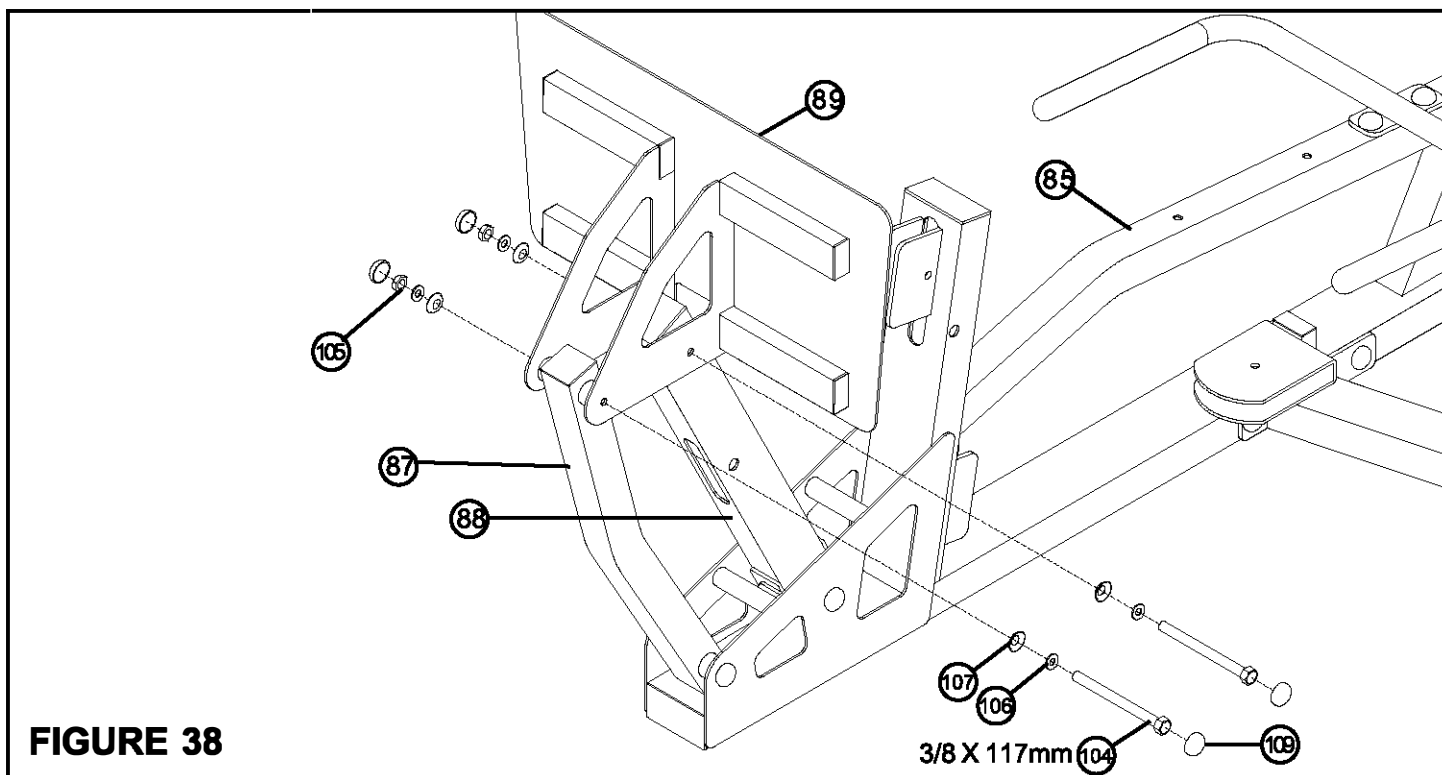
- **SECURELY** assemble the HANDLE (86) to the LEG PRESS FRAME (85) using four RH CAPS (109), two 3/8 X 67mm BOLTS (101), four 3/8 SAE WASHERS (106), four 3/8 RH WASHERS (107) and two 3/8 LOW HEIGHT LOCK NUTS (105) as shown in FIGURE 36.



**FIGURE 37**

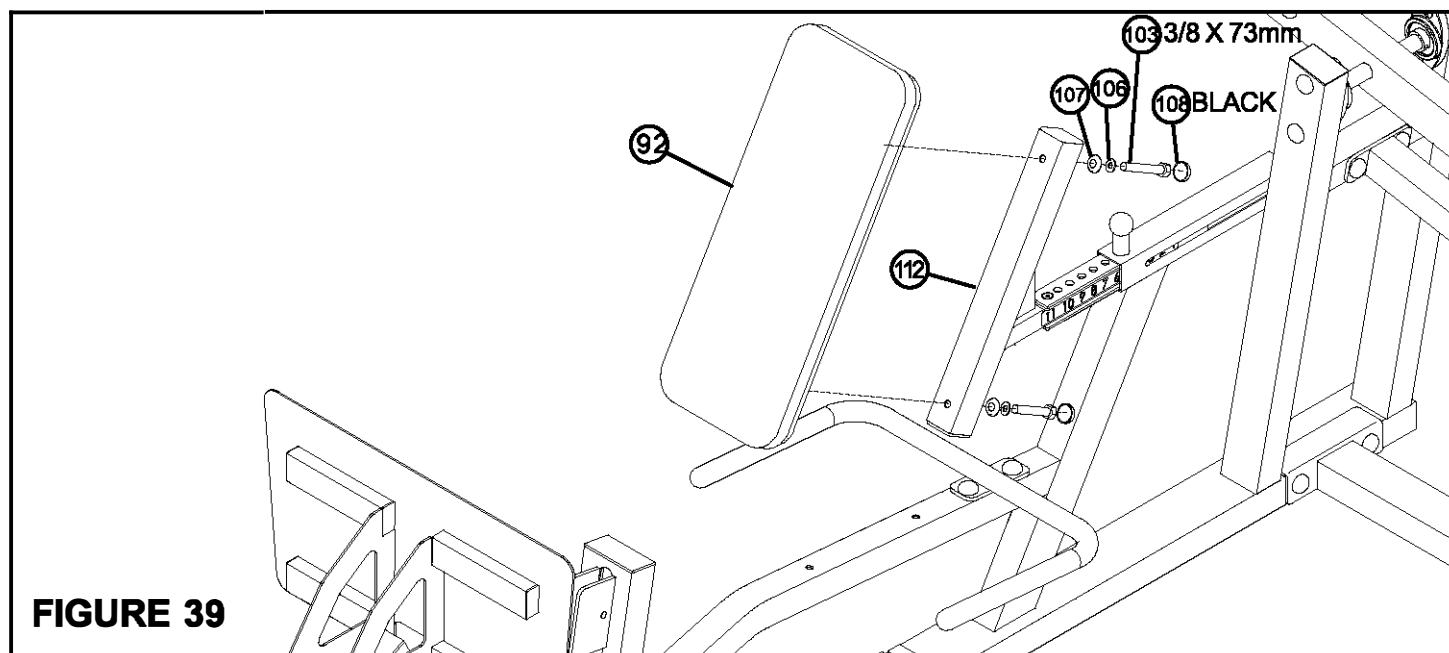
**STEP 37:**

- Assemble four 3/4 X 4" PIVOT SHAFTS (98) to the MAIN & SECONDARY PIVOT ARMS (87 & 88) as shown in FIGURE 37.
- **SECURELY** assemble the MAIN & SECONDARY PIVOT ARMS (87 & 88) to the LEG PRESS FRAME (85) using four RH CAPS (109), two 3/8 X 117mm BOLTS (104), four 3/8 SAE WASHERS (106), four 3/8 RH WASHERS (107) and two 3/8 LOW HEIGHT LOCK NUTS (105) as shown in FIGURE 37. (**NOTE: Make sure the MAIN PIVOT ARM is assembled as shown.**)



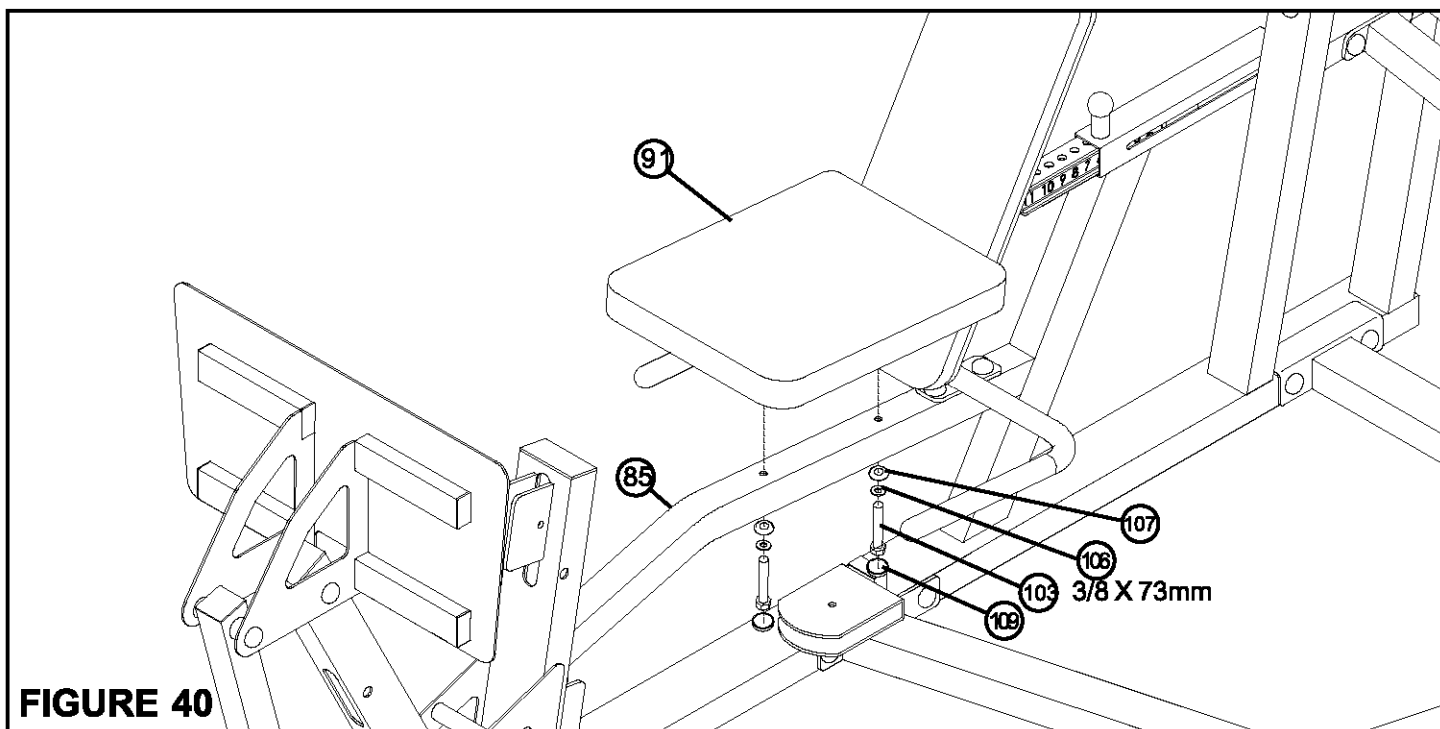
#### STEP 38:

- **SECURELY** assemble the FOOT PLATE (89) to the MAIN & SECONDARY PIVOT ARMS (87 & 88) using four RH CAPS (109), two 3/8 X 117mm BOLTS (104), four 3/8" SAE WASHERS (106), four 3/8" RH WASHERS (107), and two 3/8" LOW HEIGHT LOCK NUTS (105) as shown in FIGURE 38.



#### STEP 39:

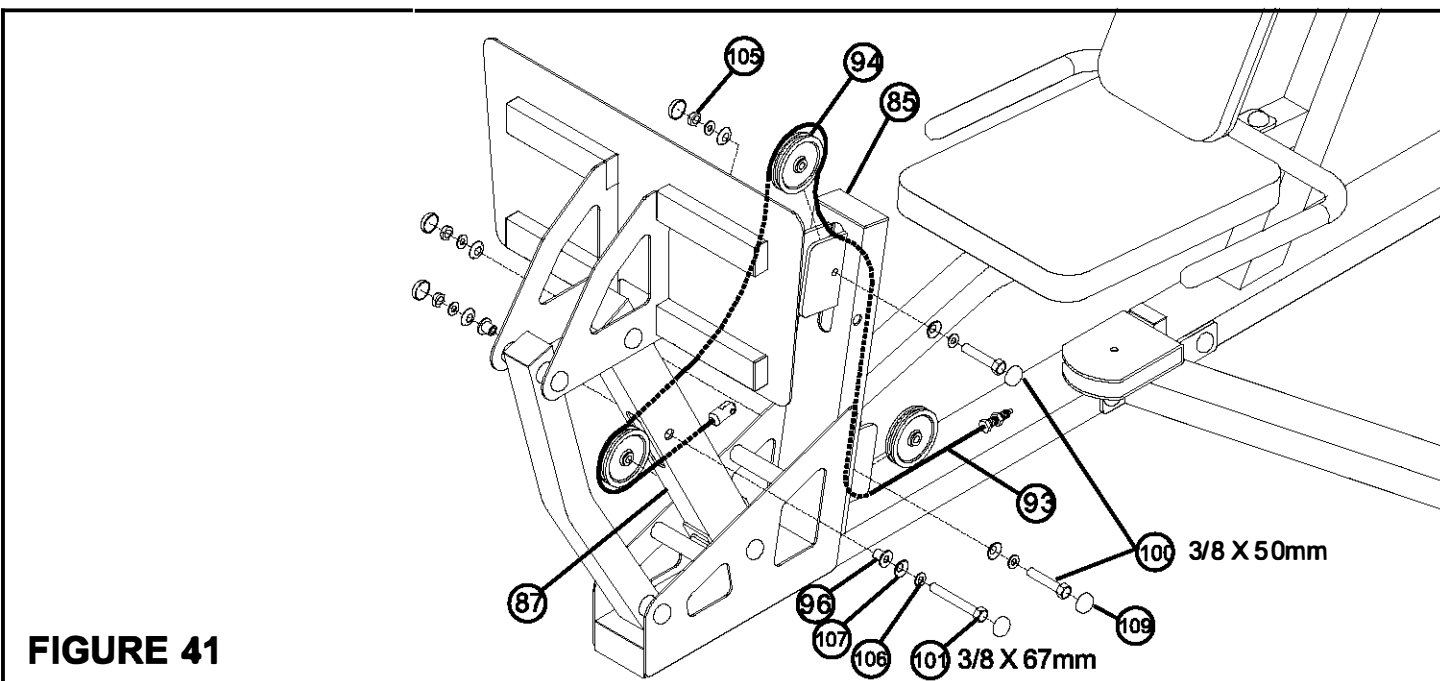
- **SECURELY** assemble the LEG PRESS BACK PAD (92) to the BACK PAD SUPPORT (112) using two BLACK RH CAPS (108), two 3/8 X 73mm BOLTS (103), two 3/8" SAE WASHERS (106) and two 3/8" RH WASHERS (107) as shown in FIGURE 39.



**FIGURE 40**

#### **STEP 40:**

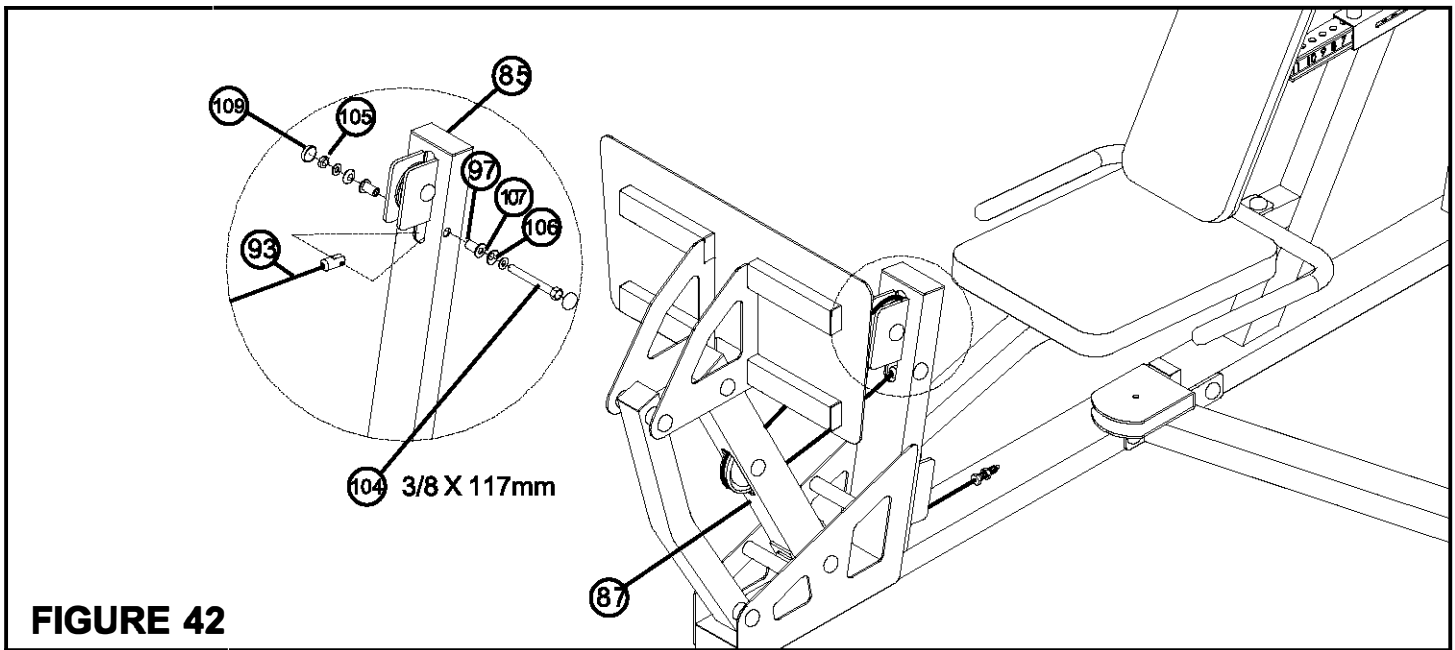
- **SECURELY** assemble the LEG PRESS SEAT PAD (91) to the LEG PRESS FRAME (85) using two RH CAPS (109), two 3/8 X 73mm BOLT (103), two 3/8 SAE WASHERS (106) and two 3/8 RH WASHERS (107) as shown in FIGURE 40.



**FIGURE 41**

#### **STEP 41:**

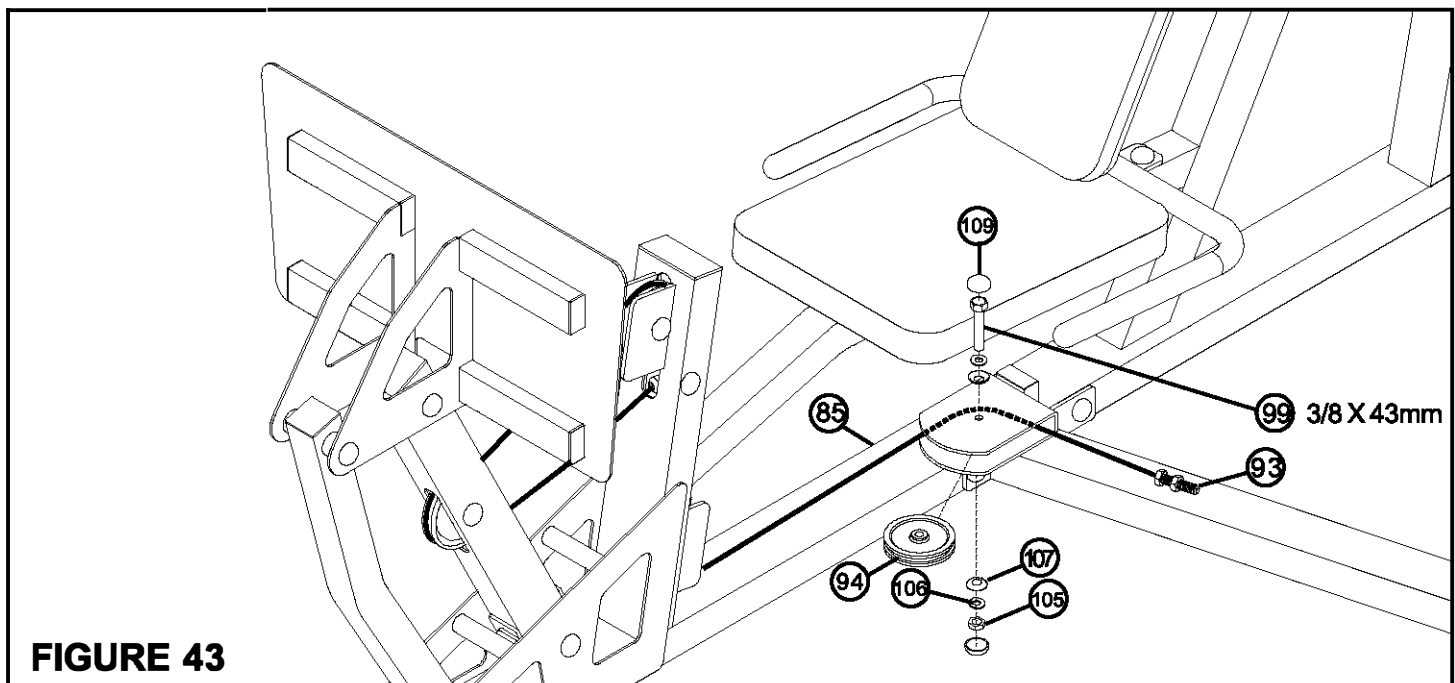
- Route the LEG PRESS CABLE (93) through the MAIN PIVOT ARM (87) and assemble one 4-1/2 PULLEY (94) to the MAIN PIVOT ARM (87) using two RH CAPS (109), one 3/8 X 67mm BOLT (101), two 3/8 X 1/2 FLANGE SPACERS (96), two 3/8 SAE WASHERS (106), two 3/8 RH WASHERS (107) and one 3/8 LOW HEIGHT LOCK NUT (105) as shown in FIGURE 41.
- Route the LEG PRESS CABLE (93) between the upper bracket and through the tube on the LEG PRESS FRAME (85) and assemble one 4-1/2 PULLEY (94) to the FRAME (85) using two RH CAPS (109), one 3/8 X 50mm BOLT (100), two 3/8 SAE WASHERS (106), two 3/8 RH WASHERS (107) and one 3/8 LOW HEIGHT LOCK NUT (105) as shown in FIGURE 41.
- Route the LEG PRESS CABLE (93) between the lower BRACKETS on the LEG PRESS FRAME (85) and assemble one 4-1/2 PULLEY (94) to the FRAME (85) using two RH CAPS (109), one 3/8 X 50mm BOLT (100), two 3/8 SAE WASHERS (106), two 3/8 RH WASHERS (107) and one 3/8 LOW HEIGHT LOCK NUT (105) as shown in FIGURE 41.



**FIGURE 42**

**STEP 42:**

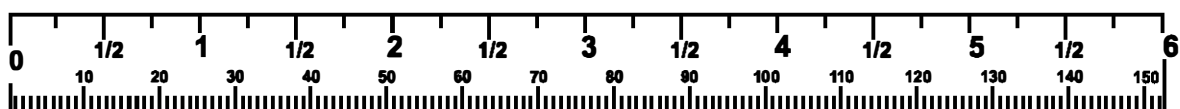
- Assemble the swivel end of the LEG PRESS CABLE (93) to the LEG PRESS FRAME (85) using two RH CAPS (109), one 3/8 X 117mm BOLT (104), two 3/8 X 1-1/2" FLANGE SPACERS (97), two 3/8" SAE WASHERS (106), two 3/8" RH WASHERS (107) and one 3/8" LOW HEIGHT LOCK NUT (105) as shown in FIGURE 42.

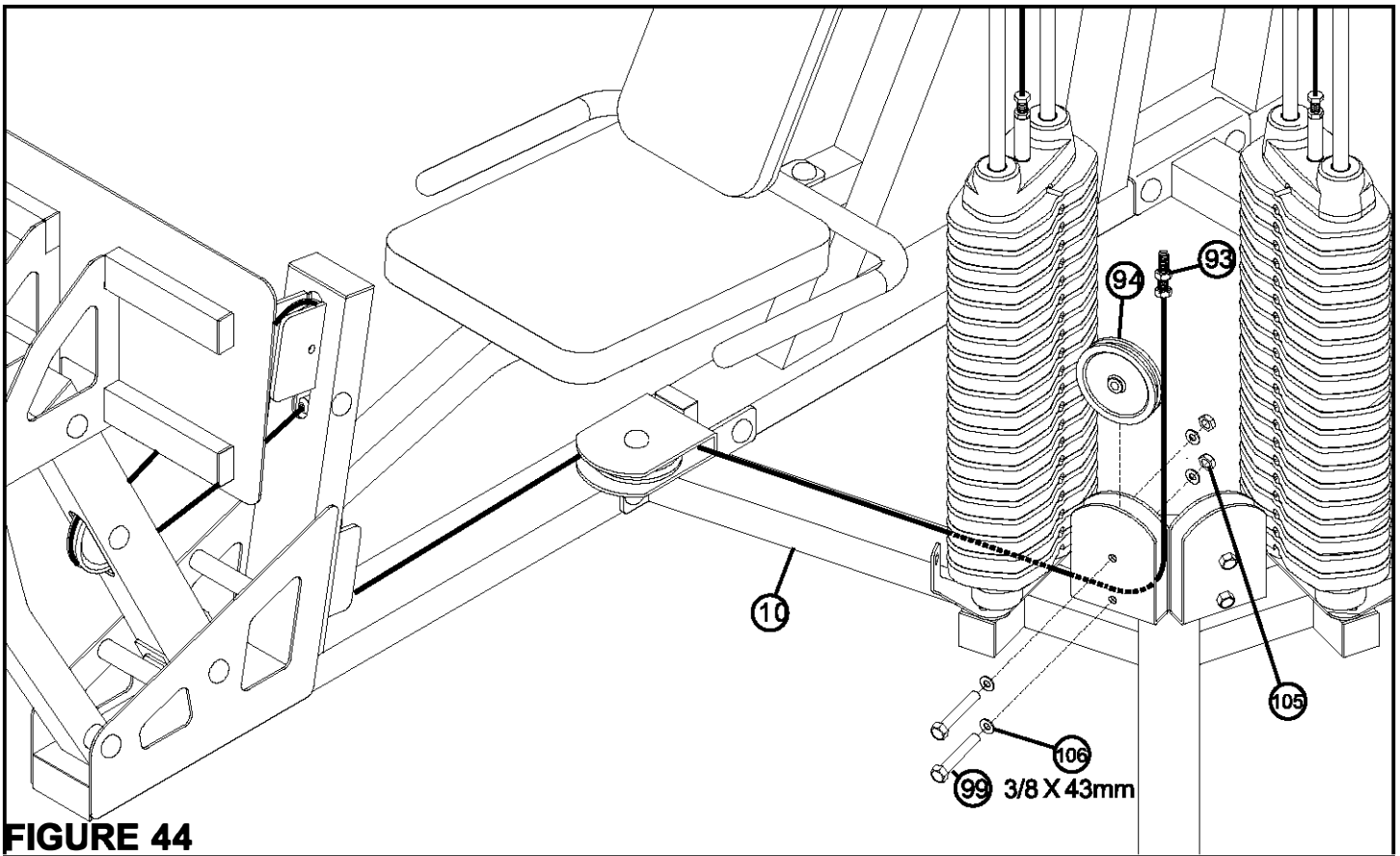


**FIGURE 43**

**STEP 43:**

- Route the LEG PRESS CABLE (93) through the bracket on the LEG PRESS FRAME (85) and assemble one 4-1/2" PULLEY (94) to the bracket on the FRAME (85) using two RH CAPS (109), one 3/8 X 43mm BOLT (99), two 3/8" SAE WASHERS (106), two 3/8" RH WASHERS (107) and one 3/8" LOW HEIGHT LOCK NUT (105) as shown in FIGURE 43.





**FIGURE 44**

**STEP 44:**

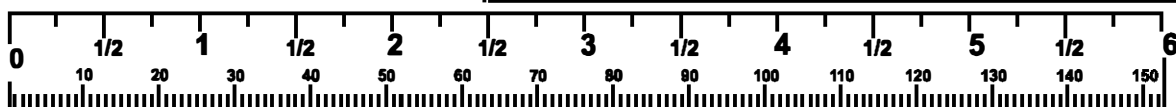
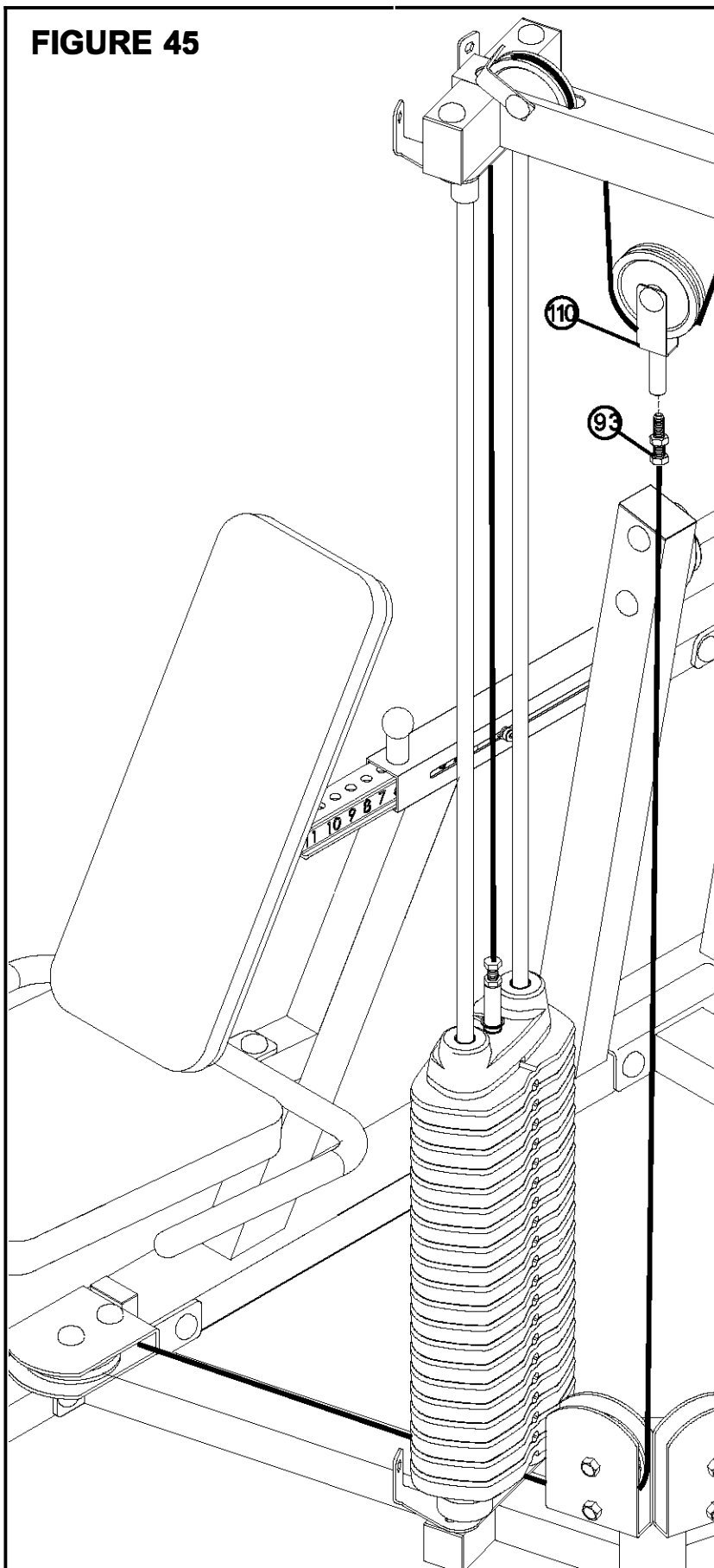
- Route the LEG PRESS CABLE (93) under the weight stack and through the bracket on the TOWER BASE (10) and assemble one 4-1/2" PULLEY (94) to the TOWER BASE (10) using two 3/8 X 43mm BOLTS (99), four 3/8" SAE WASHERS (106) and two 3/8" LOW HEIGHT LOCK NUTS (105) as shown in FIGURE 44.

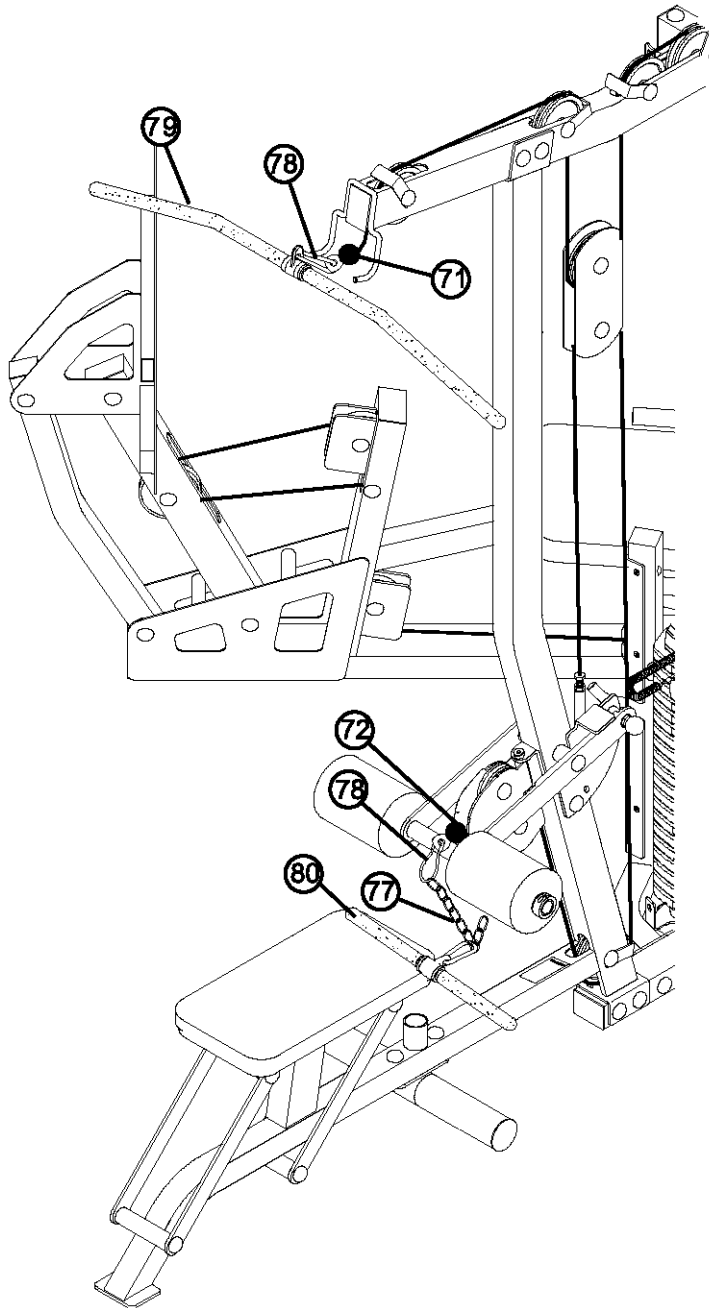
## STEP 45:

- Screw the threaded end of the LEG PRESS CABLE (93) all the way onto the end of the shaft on the PULLEY BRACKET (110) and tighten jam nut securely. See FIGURE 45.

- Please refer back to the MAIN UNIT PARTS LIST to complete assembly.

**FIGURE 45**

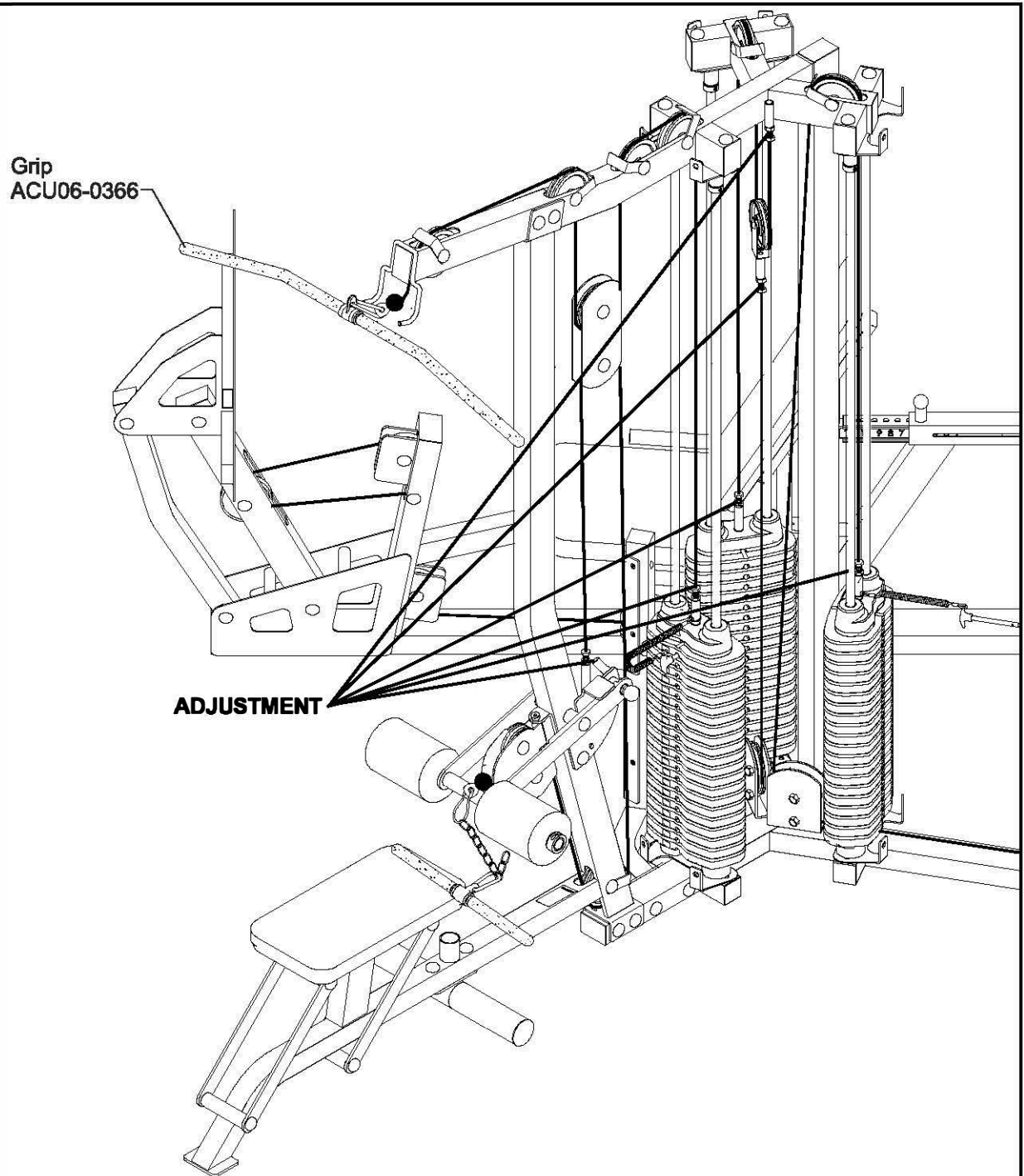




**FIGURE 46**

**STEP 46:**

- Assemble the LOW ROW BAR (80) to the ROW CABLE (72) using two SNAP LINKS (78) and one 12-LINK CHAIN (77) as shown in FIGURE 46.
- Assemble the LAT BAR (79) to the LAT CABLE (71) using one SNAP LINK (78) as shown in FIGURE 46.

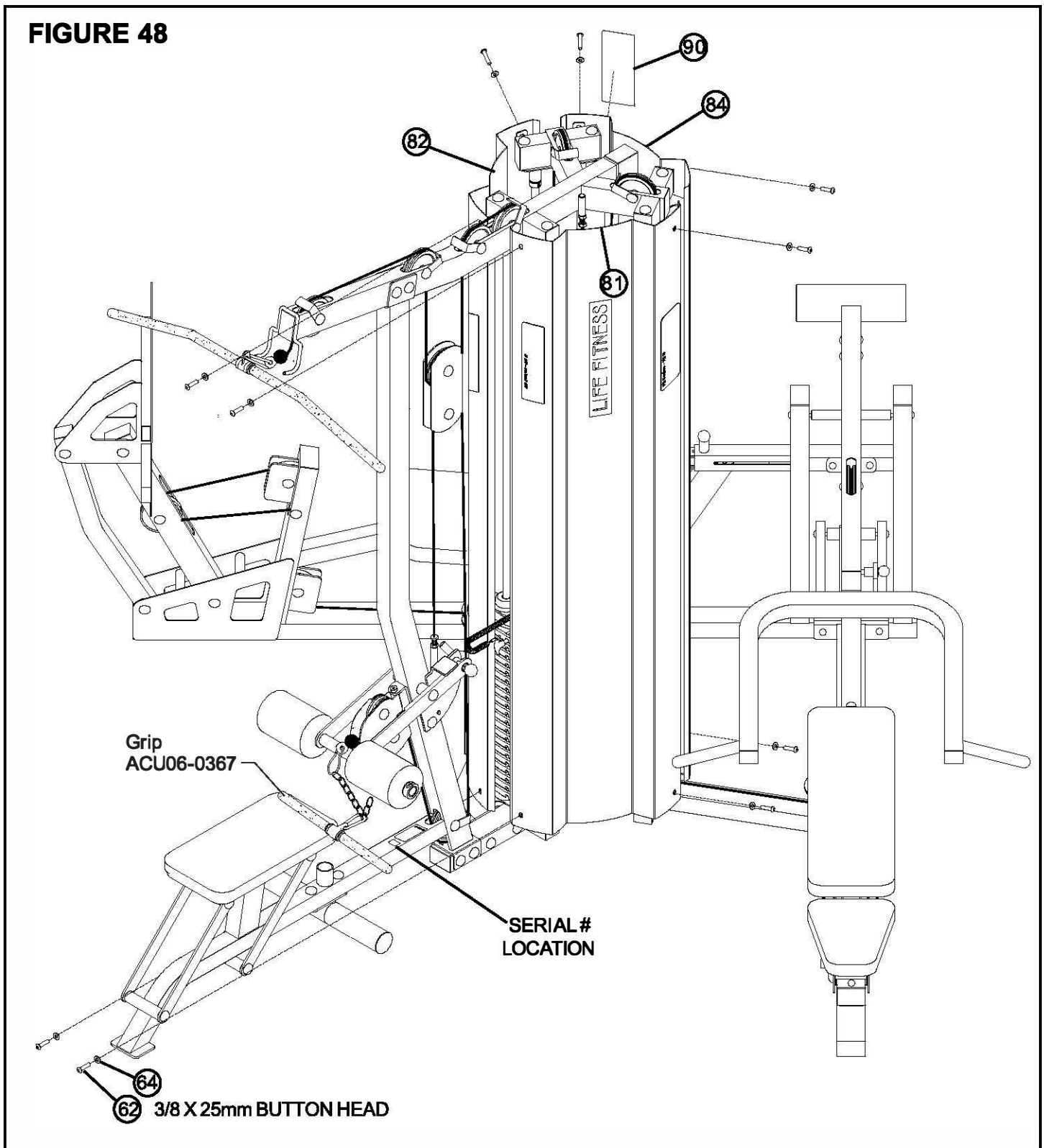


**FIGURE 47**

### **STEP 47:**

- Adjustments can be made in the above locations to set the correct amount of tension in the cables.
- If upon completion of assembly, the HEAD PLATE (36) does not sit on top of the first WEIGHT PLATE (34), push the HEAD PLATE (36) down, insert the WEIGHT STACK PIN (38) and perform several repetitions. This will relax the cable system and prevent the HEAD PLATE (36) from lifting up. See FIGURE 47.
- If after completing the previous step, the HEAD PLATE (36) still does not sit on top of the first WEIGHT PLATE (34) or if there is excess slack in the cable system, adjust the threaded ends of the CABLES attached to the HEAD PLATE (36) and the 3/4 X 3-1/8" TAPPED SHAFT (30) accordingly and retighten the jam nuts. See FIGURE 47.
- For maximum performance, the HEAD PLATE (36) should just barely sit on the top WEIGHT PLATE (34).

**FIGURE 48**



**STEP 48:**

- **SECURELY** assemble the MULTI-PRESS SHROUD (81), LAT SHROUD (82), and LEG PRESS SHROUD (84) to the SHROUD BRACKETS (15 & 16) using twelve 3/8 X 25mm BUTTON HEAD BOLTS (62) and twelve 3/8" BLACKSAE WASHERS (64) as shown in FIGURE 48.
- Assemble the LEG PRESS PLACARD (90) to the LEG PRESS SHROUD (84) as shown in FIGURE 48.

**Thank you for purchasing the LifeFitness FIT 3. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.**

## 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                                     |
| 1 YEAR   | 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       | X            |               |                  |                    |                  |
| Guide Rods       |              |               |                  |                    | X                |
| Hand Grips       |              |               |                  |                    | X                |
| <b>INSPECT</b>   |              |               |                  |                    |                  |
| Visual Overall   | X            |               |                  |                    |                  |
| Cables           |              | X             |                  |                    |                  |
| Hardware         |              |               | X                |                    |                  |
| Frame            |              |               |                  | X                  |                  |
| Hand Grips       |              |               |                  |                    | X                |
| <b>LUBRICATE</b> |              |               |                  |                    |                  |
| 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 Life Fitness customer service representative at (800) 351-3737

#### Inspect:

- Cable 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 FIT-3. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.**