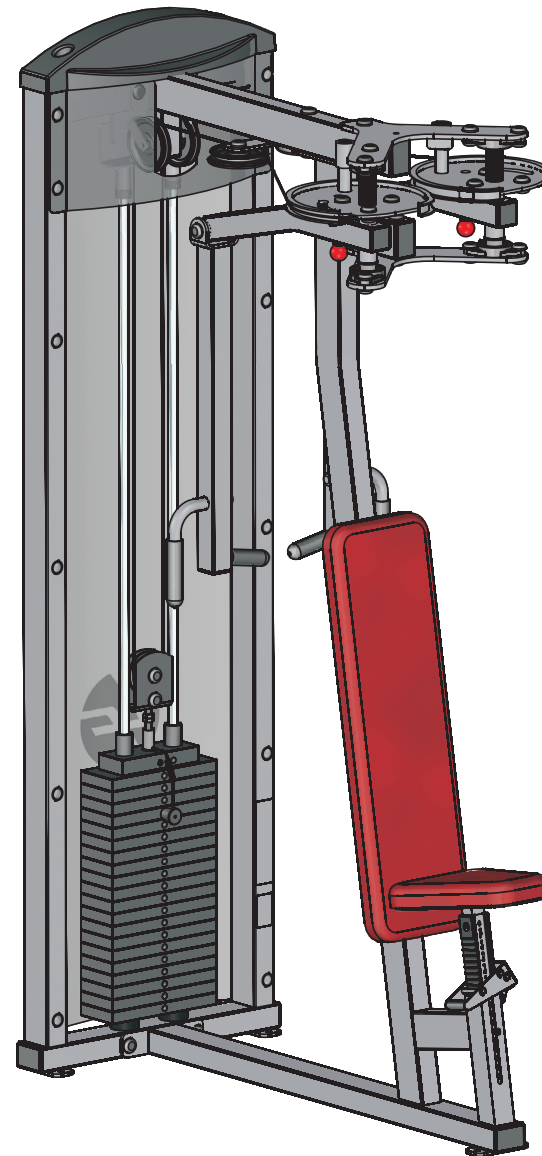


Fly / Rear Deltoid

Owners Manual



LifeFitness

Fly / Rear Deltoid

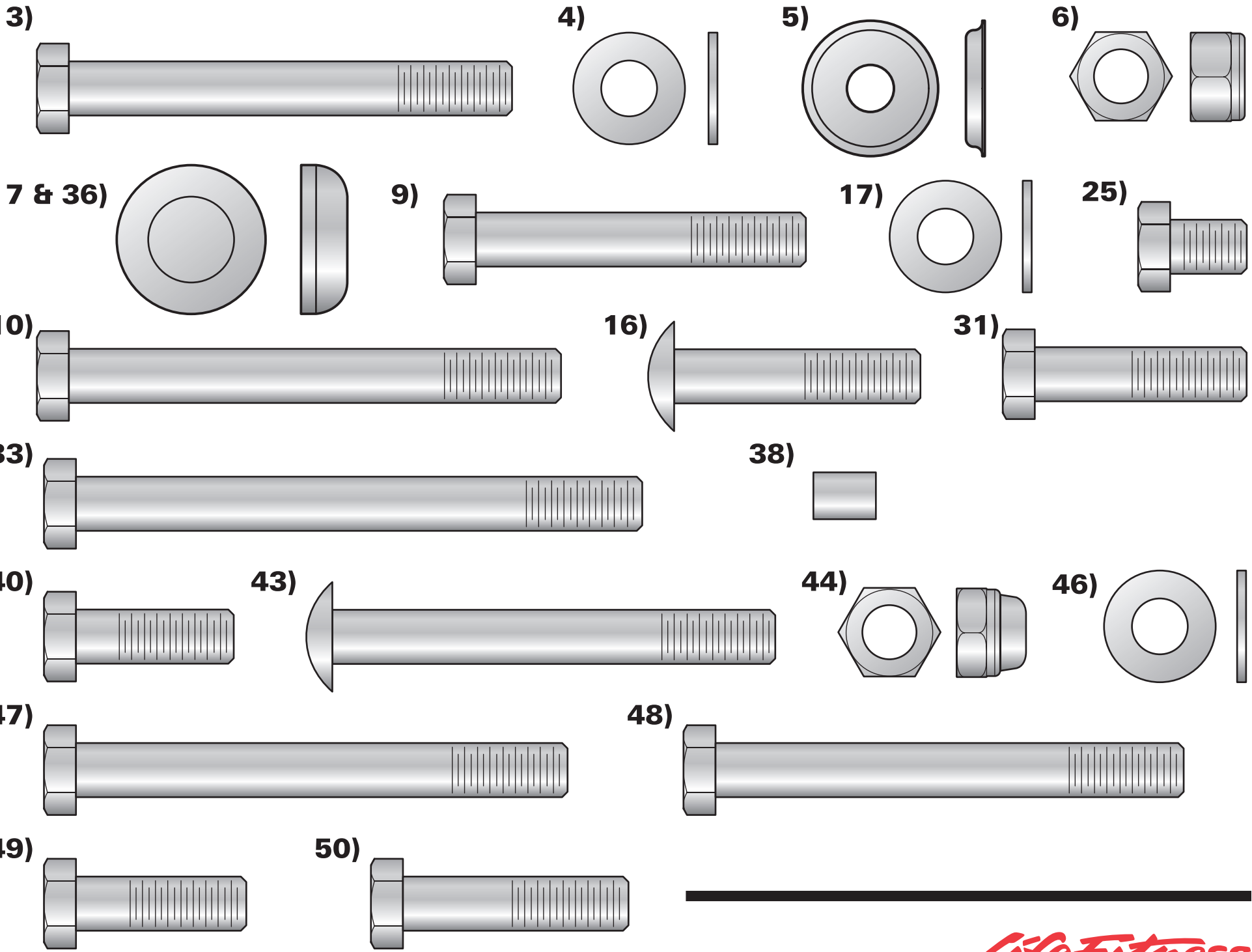
1. Assembly Instructions

Item	Qty	Description	Part Number
1	1	Front Upright	AAP04-0746 (WHT)(PLT)
2	1	Tower	AP04-0745 (WHT)(PLT)
3	3	3/8 x 92mm Hex Bolt	DA1C03809216NU
4	44	3/8 SAE Washer	DC120010510U
5	44	3/8 RH Washer	P05-0009
6	23	3/8 Low HT Lock Nut	DB2E03807200U
7	30	RH Cap	P06-0021 (WHT)(PLT)
8	1	Top Boom	AP04-0747 (WHT)(PLT)
9	2	3/8 x 68mm Hex Bolt	DA1C03806816NU
10	3	3/8 x 102mm Hex Bolt	DA1C03810216NU
11	1	Bearing Support Plate	P02-0884
12	2	Upper Pivot Arm	AP04-0748 (WHT)(PLT)
13	1	Right Cam	P04-0749 (WHT)(PLT)
14	2	Accordian Sleeves	A06-0371
15	4	Pillow Block	A05-0351
16	2	3/8 x 25mm Btn Hd Bolt	DAEC03802516NB
17	26	3/8 Black Flat Washer	DC125010020U
18	1	Left Cam	P04-0750 (WHT)(PLT)
19	2	Lower Pivot Arm	AP04-0751 (WHT)(PLT)
20	2	Guide Rod	P01-1050
21	2	Weight Stack Cushion	A06-0304
22	20	Weight Plate	ACU79352
23	1	Head Plate Assembly	AP10-0053
24	2	Shaft Collar	A05-0212
25	2	3/8 x 16mm Btn Hd Bolt	DAEC03801616NU
26	1	Guide Rod Support	P04-0752

Item	Qty	Description	Part Number
27	1	Weight Stack Pin	P11-0048
28	1	Center Pulley Bracket	P02-0892
29	4	4 1/2" Pulley	P06-0035
30	2	Pulley Cover	P02-0256 (WHT)(PLT)
31	2	3/8 x 44mm Hex Bolt	DA1C03804416NU
32	2	Cable Clip	P02-0082
33	1	3/8 x 118mm Hex Bolt	DA1C03811816NU
34	1	Cable	P13-0101
35	1	3 1/2" Pulley	P06-0051
36	14	Black RH Cap	P06-0021
37	1	Back Pad	P07-0007
38	8	3/8 x 1/2 Spacer	A05-0356
39	1	Seat Pad	P07-0006
40	2	3/8 x 33mm Hex Bolt	DA1C03803316NU
41	1	Front Shroud	P10-0049
42	1	Rear Shroud	A10-0228
43	12	3/8 x 90mm Btn Hd Bolt	DAEC03809016NB
44	12	Acorn Nut	A05-0443
45	1	Tower Cap	AP06-0333
46	8	3/8 Flat Washer	DC125010520U
47	2	3/8 x 100mm Hex Bolt	DA1C03810016NU
48	2	3/8 x 96mm Hex Bolt	DA1C03809616NU
49	8	3/8 x 35mm Hex Bolt	DA1C03803516NU
50	2	3/8 x 46mm Hex Bolt	DA1C03804616NU
51	1	Backing Plate	P02-1132

Tools Required:

- 8mm Allen Wrench
- 9/16" Wrench
- Ratchet
- 3" Ratchet Extension
- 9/16" Socket
- 8mm Hex Bit



Fly / Rear Deltoid

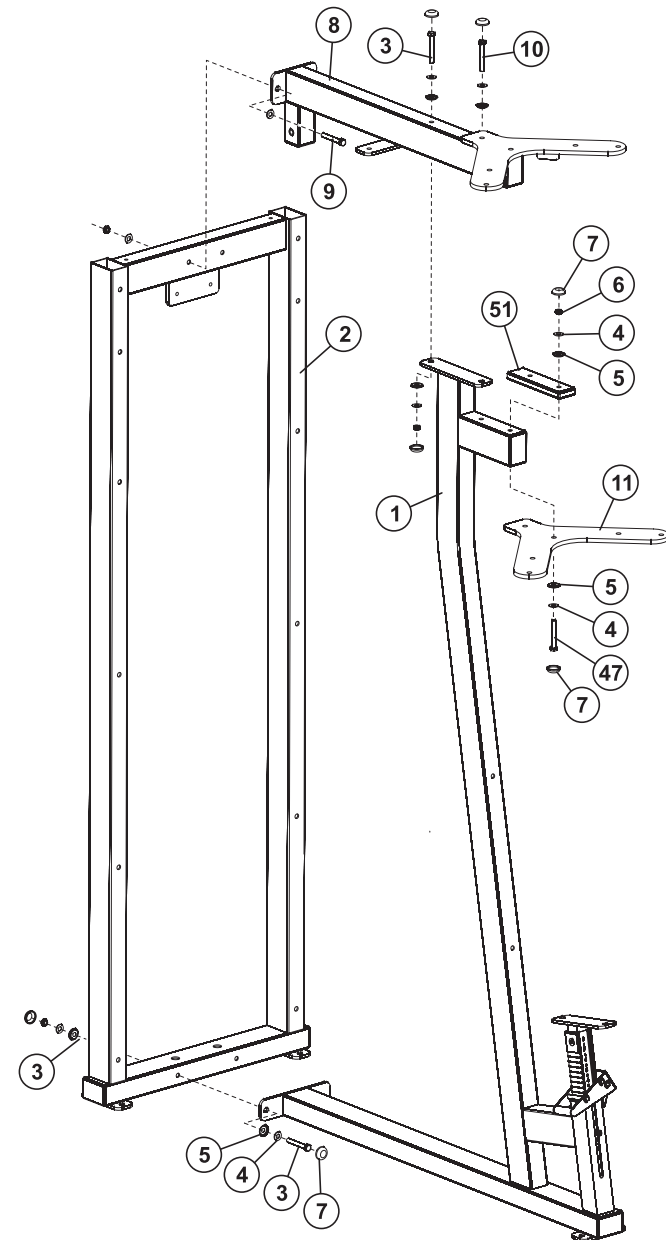
1. Assembly Instructions

1. LOOSELY assemble FRONT UPRIGHT (1) to the TOWER (2) using two 3/8 X 92mm BOLTS (3), four 3/8" SAE WASHERS (4), four 3/8" RH WASHERS (5), two 3/8" LOW HT LOCK NUTS (6) and four RH CAPS (7) as shown.
2. LOOSELY assemble the TOP BOOM (8) to the TOWER (2) using two 3/8 X 68mm BOLTS (9), four 3/8" FLAT WASHERS (46), and two 3/8" LOW HT LOCK NUTS (6) as shown.

LOOSELY assemble TOP BOOM to the FRONT UPRIGHT (1) using one 3/8 X 102mm BOLT (10), one 3/8 X 92mm BOLT (3), four 3/8" SAE WASHERS (4), four 3/8" RH WASHERS (5), two 3/8" LOW HT LOCK NUTS (6) and four RH CAPS (7).

3. SECURELY tighten all loose frame connections made to this point, then proceed to snap RH CAPS (7) over the RH WASHERS (5) on all tightened connections.
4. Assemble the BEARING SUPPORT PLATE (11) and BACKING PLATE (51) to the FRONT UPRIGHT (1) using two 3/8 X 100mm BOLTS (47), four 3/8" SAE WASHERS (4), four 3/8" RH WASHERS (5), two 3/8" LOW HT LOCK NUTS (6) and four RH CAPS (7) as shown.

NOTE: Tighten bolts until snug. After PIVOT ARMS are assembled and adjusted these bolts will be tightened.



5. Insert one PIVOT ARM (12) over the LOWER PIVOT SHAFT (A) of the RIGHT CAM (13) as shown.

Slide an ACCORIDIAN SLEEVE (14) over the UPPER PIVOT SHAFT on the RIGHT CAM as shown.

Slide two PILLOW BLOCKS (15) over the UPPER and LOWER PIVOT SHAFTS on the RIGHT CAM.

Assemble the RIGHT CAM ASSEMBLY (13) to the TOP BOOM (8) and BEARING SUPPORT PLATE (11) using eight 3/8 X 1/2 SPACER (38), eight 3/8 X 35mm HEX HEAD BOLTS (49), four 3/8" RH WASHERS (5), four 3/8" SAE WASHERS (4), four 3/8" LOW HT LOCK NUTS (6), four RH CAPS (7) and four BLACK RH CAPS (36) as shown.

NOTE: Tighten bolts until snug. After PIVOT ARMS are adjusted these bolts will be tightened.

Repeat the procedure for the LEFT CAM (18) and PIVOT ARM.

6. SECURELY assemble both LOWER PIVOT ARMS (19) to the LEFT and RIGHT UPPER PIVOT ARMS (12) using two 3/8 X 96mm BOLTS (48), four 3/8" SAE WASHERS (4), four 3/8" RH WASHERS (5), two 3/8" LOW HT LOCK NUTS (6) and four RH CAPS (7).

7. PIVOT ARM ALIGNMENT:

Before tightening bolts from STEPS 4 & 5 make the following alignment checks:

Make sure that the LEFT and RIGHT UPPER PIVOT ARMS (12) are parallel with the TOP BOOM (8). See FIGURE A.

Make sure that the DELT and FLY HANDLES (C) line up with each other. See FIGURE B.

SECURELY tighten the bolts from STEPS 4 & 5

DO NOT tighten the setscrews of the PILLOW BLOCKS (15) at this time. The UPPER PIVOT ARMS may have to be adjusted after cable routing.

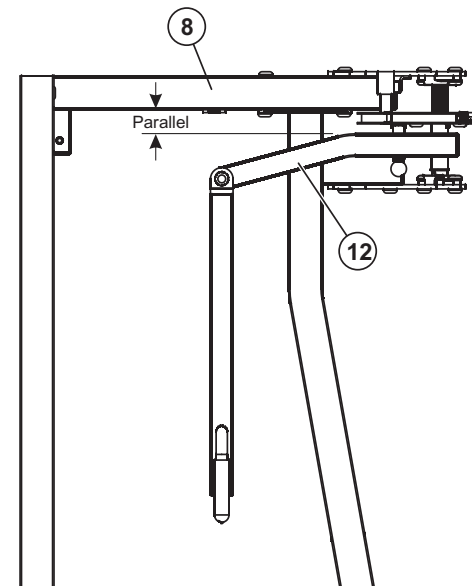
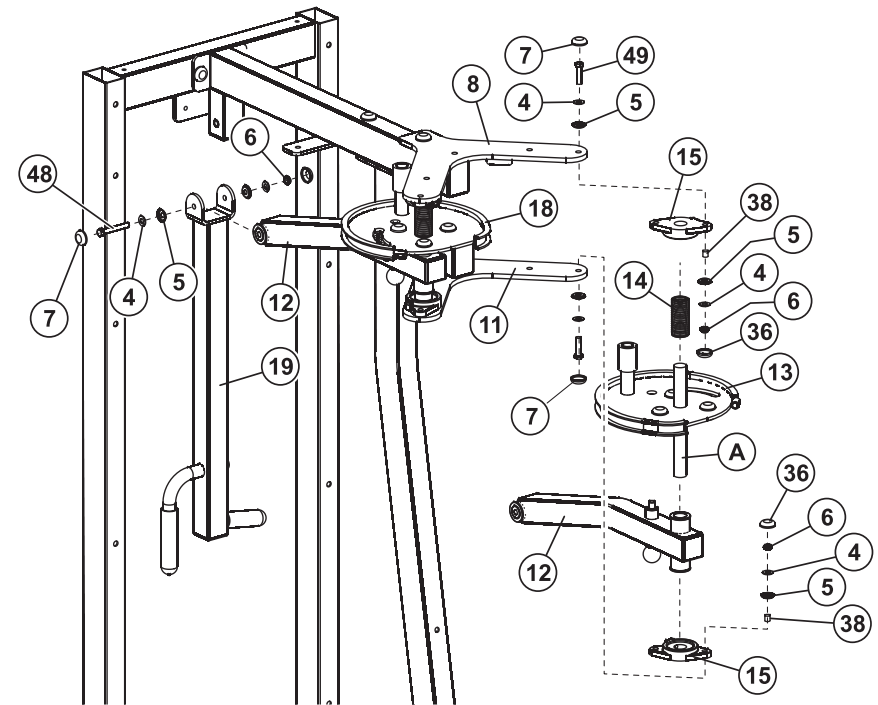


Figure A

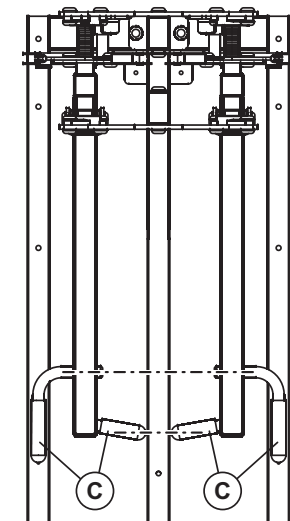


Figure B

Fly / Rear Deltoid

1. Assembly Instructions

8. WEIGHT STACK ASSEMBLY:

Insert the two GUIDE RODS (20) into the base of the TOWER (2) as shown.

Slide two WEIGHT STACK CUSHIONS (21) down over the GUIDE RODS.

Lubricate the GUIDE RODS with a silicon or teflon spray that is available at most hardware stores.

Using EXTREME CARE, slide twenty 10 LB. WEIGHT PLATES (22) down over the GUIDE RODS as shown.

Carefully Slide the HEAD PLATE ASSEMBLY (23) down over the GUIDE RODS onto the weight stack.

Slide two 13/16" SHAFT COLLARS (24) over each GUIDE ROD as shown.

9. Slide the GUIDE ROD SUPPORT (26) over the GUIDE RODS and SECURELY assemble the GUIDE ROD SUPPORT to the tower using two 3/8 X 16mm BOLTS (25) and two 3/8" FLAT WASHERS (46).

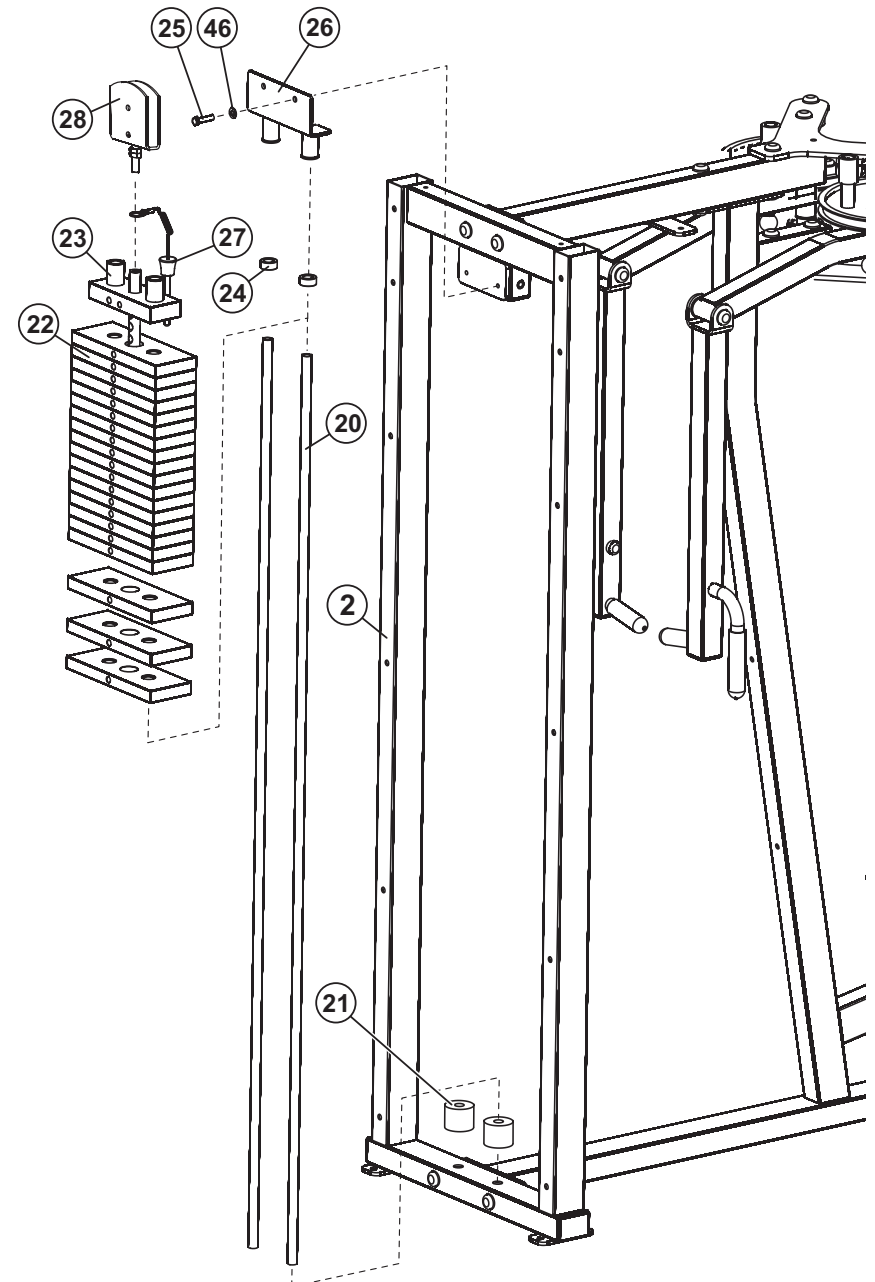
Slide the 13/16" SHAFT COLLARS (24) underneath the GUIDE ROD SUPPORT and SECURELY tighten the set screws.

10. Slide one WEIGHT STACK PIN (27) over the STEM on the HEAD PLATE (23) as shown.

LOOSELY thread the CENTER PULLEY BRACKET (28) into the STEM of the HEAD PLATE far enough so that half the threads are exposed.

NOTE: Do not tighten jams nut at this time.

Apply WEIGHT STACK LABELS to WEIGHT PLATES (22) and HEAD PLATE. Begin with number one at the HEAD PLATE with larger numbers in consecutive order towards bottom of weight stack.



11. PULLEY ASSEMBLY:

LOOSELY assemble two 4-1/2" PULLEYS (29) and two PULLEY COVERS (30) to the TOP BOOM (8) using two 3/8 X 44mm BOLTS (31), four 3/8" SAE WASHERS (4), four 3/8" RH WASHERS (5), two 3/8" LOW HT LOCK NUTS (6) and four RH CAPS (7) as shown.

NOTE: DO NOT tighten until after CABLE has been routed.

LOOSELY assemble two 4-1/2" PULLEYS (29) and two 2-7/8 X 1" CABLE CLIP (32) to the TOP BOOM using one 3/8 X 118mm BOLT (33), two 3/8" FLAT WASHERS (46), and one 3/8" LOW HT LOCK NUT (6).

NOTE: DO NOT tighten until after CABLE has been routed.

12. CABLE ROUTING:

Create a loop in the center of the CABLE (34) and insert one 3-1/2" PULLEY (35) into that loop. LOOSELY assemble the PULLEY to the CENTER PULLEY BRACKET (28) using two 3/8 X 46mm BOLTS (50), four 3/8" SAE WASHERS (4), four 3/8" RH WASHERS (5), two 3/8" LOW HT LOCK NUTS (6) and four BLACK RH CAPS (36).

NOTE: DO NOT tighten until after CABLE has been completely routed.

Route each end of the CABLE (34) up to the two PULLEYS above the WEIGHT STACK. Drape both ends of the CABLE over the top of each PULLEY and underneath the 2-7/8 X 1" CABLE CLIP (32). SECURELY tighten the 3/8 X 115mm BOLT (33) from STEP 11.

NOTE: Make sure CABLE CLIP (32) is positioned as shown.

Route each end of the CABLE around the two horizontal PULLEYS and underneath the PULLEY COVERS (30) on the TOP BOOM (8). SECURELY tighten the 3/8 X 44mm BOLT (31) from STEP 11.

NOTE: Make sure PULLEY COVER (30) is positioned as shown.

Attach each end of the CABLE to the bushings of the CAMS (13 & 18) on the LEFT and RIGHT UPPER PIVOT ARMS (12) as shown.

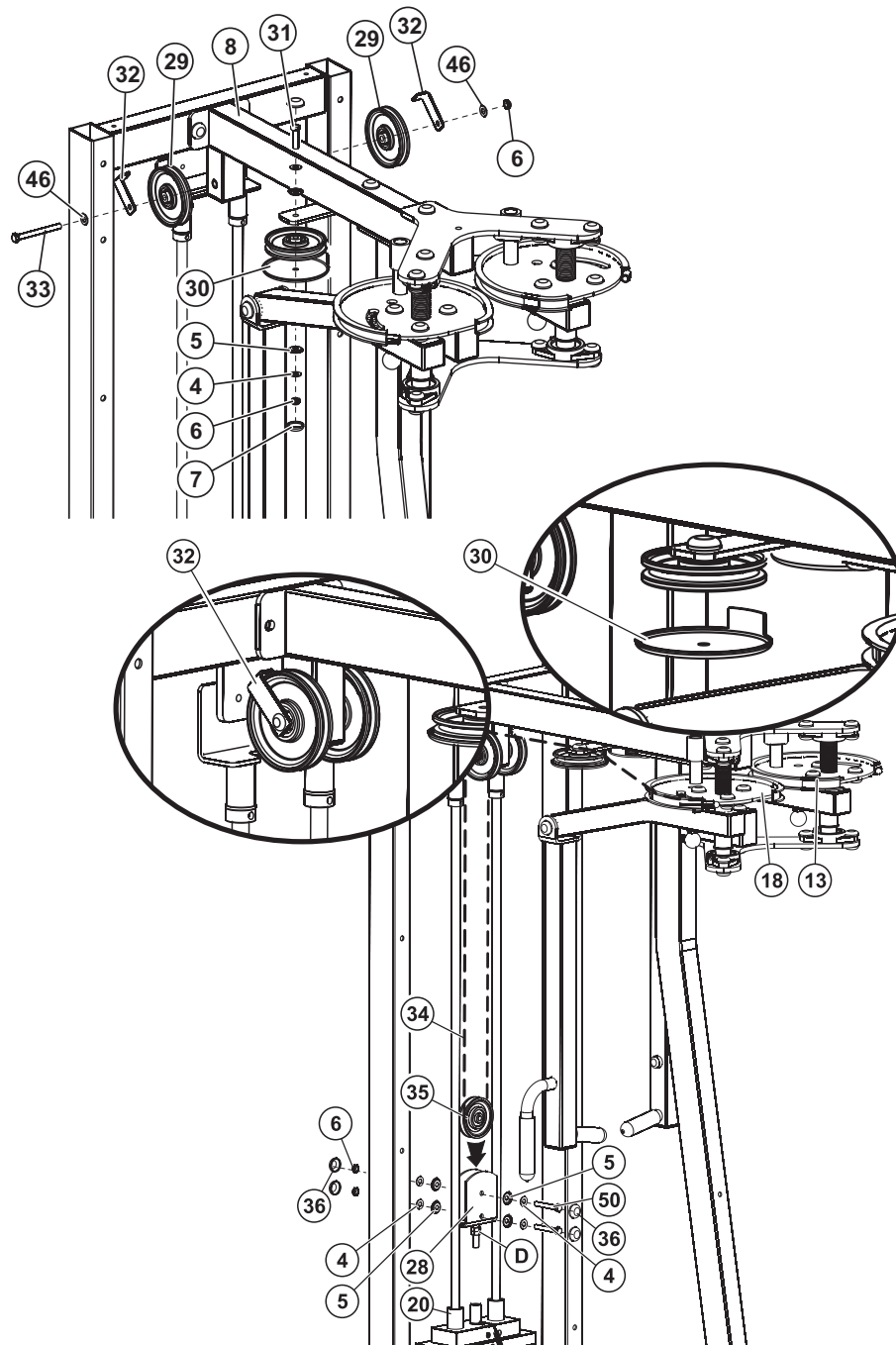
13. CABLE ADJUSTMENT:

If the HEAD PLATE (23) is not resting on top of the first plate or there is too much slop in the CABLE, simply remove the 3-1/2" PULLEY (35) from the CENTER PULLEY BRACKET (28) and spin the CENTER PULLEY BRACKET clockwise or counter clockwise to adjust the height. Reassemble the 3-1/2" PULLEY and SECURELY tighten. The HEAD PLATE should barely touch the first plate. Once the desired height is obtained, SECURELY tighten JAM NUTS (D).

NOTE: this step may have to be repeated from time to time because of CABLE stretch.

14. CABLE ALIGNMENT:

The CABLE (34) should track down the center of each CAM (13 & 18) when the ARMS are rotated. If this needs to be adjusted, simply loosen the setscrews on the PILLOW BLOCKS and adjust the LEFT and RIGHT UPPER PIVOT ARMS until the CABLE tracks correctly. SECURELY re-tighten set screws.



Fly / Rear Deltoid

1. Assembly Instructions

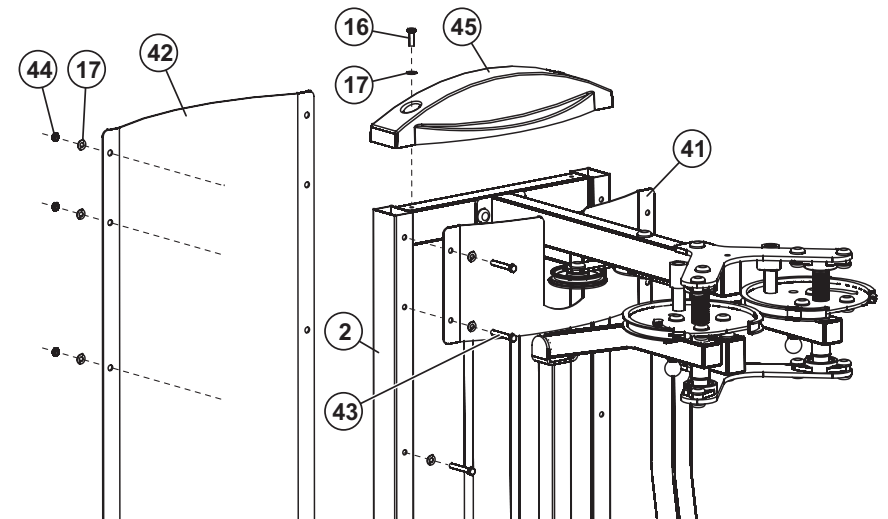
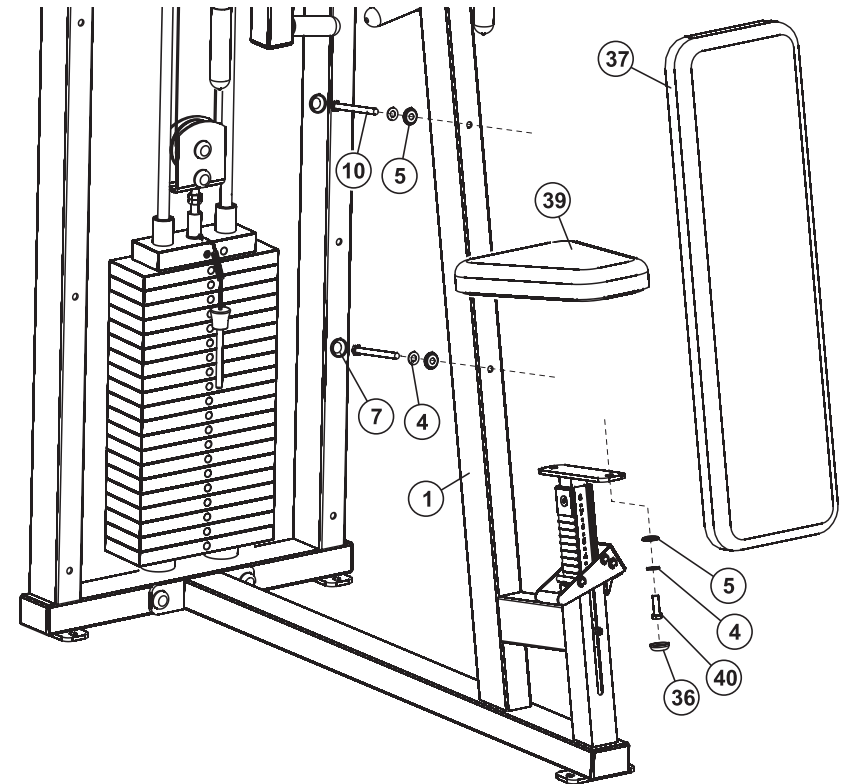
15. SECURELY assemble the BACK PAD (37) to the FRONT UPRIGHT (1) using two 3/8 X 102mm BOLTS (10), two 3/8" SAE WASHERS (4) two 3/8" RH WASHERS (5) and two RH CAPS (7) as shown.

16. SECURELY assemble the SEAT PAD (39) to the FRONT UPRIGHT (1) using two 3/8 X 33mm BOLTS (40), two 3/8" SAE WASHERS (4) two 3/8" RH WASHERS (5) and two BLACK RH CAPS (36).

17. SHROUD ASSEMBLY:

SECURELY assemble the FRONT SHROUD (41) and the REAR SHROUD (42) to the TOWER (2) using twelve 3/8 X 90mm BUTTON HEAD BOLTS (43), twenty-four 3/8" FLAT BLK WASHERS (17) and twelve 3/8" ACORN NUTS (44) as shown.

SECURELY assemble the TOWER CAP (45) to the TOWER using two 3/8 X 25mm BUTTON HEAD BOLTS (16) and two 3/8" FLAT BLK WASHERS (17).



Fly / Rear Deltoid

2. Safety & Warranty

It is the sole responsibility of the purchaser of LIFE FITNESS products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of LIFE FITNESS exercise equipment be informed of the following information prior to its use.

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that all LIFE FITNESS equipment is used properly to avoid injury.
2. Keep hands and feet clear at all times from moving parts to avoid injury.

CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by LIFE FITNESS.
2. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.
3. SECURING EQUIPMENT: All equipment MUST be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.
4. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. LIFE FITNESS will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

SPECIFIC OPERATING WARNINGS

1. Do not allow users to wear loose fitting clothing while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
2. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all LIFE FITNESS equipment.
3. Keep children away from strength equipment. Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
4. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by LIFE FITNESS.
5. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM LIFE FITNESS PERSONNEL.
6. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Fly / Rear Deltoid

2. Safety & Warranty

WARRANTY

WHAT IS COVERED

This Life Fitness commercial exercise equipment (Fly/Rear Deltoid) is warranted to be free of all defects in material and workmanship.

WHO IS COVERED

The original purchaser or any person receiving the Product as a gift from the original purchaser.

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges during the second and third years (if applicable).

WHAT WE WILL DO TO CORRECT COVERED DEFECTS

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual (.Manual.). All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness representative.

OWNERS MANUAL

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS & SERVICE

Simply call Customer Support Services at (800) 351-3737 or (847) 451-0036, Monday through Friday from 8:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address and the serial number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service. Before shipping:

1. Obtain a Return Authorization Number (RA#) from Customer Support Services
2. Securely pack your Product (use the original shipping carton, if possible)
3. Write the RA# on the outside of the carton
4. Insure the Product, and
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty

EXCLUSIVE WARRANTY

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

CHANGES IN WARRANTY NOT AUTHORIZED

No one is authorized to change, modify or extend the terms of this limited warranty.

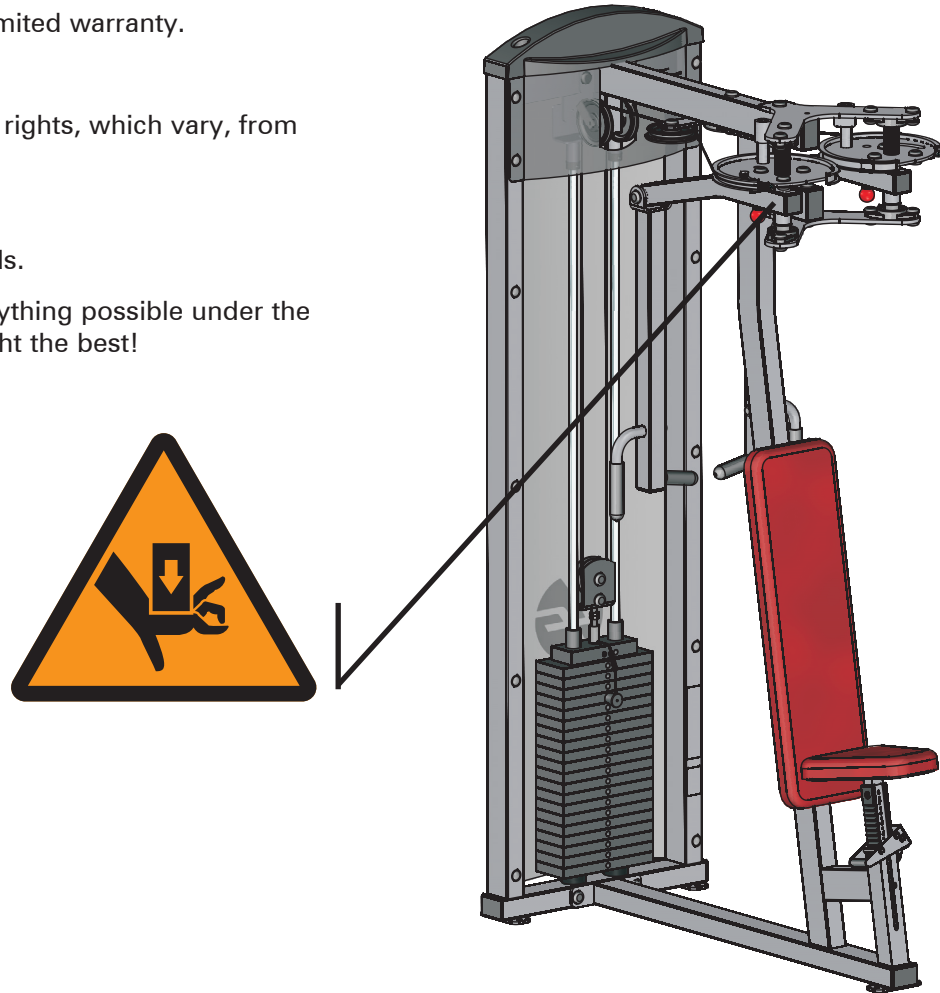
EFFECT OF STATE LAWS

This warranty gives you specific legal rights and you may have other rights, which vary, from state to state.

OUR PLEDGE TO YOU

Our Products are designed and manufactured to the highest standards.

We want you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!



LifeFitness

Fly / Rear Deltoid

3. Specifications

General Specifications

1. Frame Construction

Frame is constructed of mechanical quality steel purchased in mill run quantities

Frame is primarily 2" x 3" tubing with 11 gauge wall thickness.

2. Frame Finish

Prior to applying finish, each part is chemically washed to prepare surface for maximum adhesion

3. Bolts

All hardware is metric and has a corrosion resistant finish.

4. Instructional Placard

Visual placard provides illustration for proper use.

5. Equipment Anchoring

All machines have holes in the feet, which allow for easy anchoring to the floor. Life Fitness recommends that all machines be anchored to the floor to minimize the possibility that they will be tipped.

6. Warranty

A 10-year minimum warranty on structural frames (excluding finish surfaces), 1 year on guide rods, pulleys and weight plates, and 90 days on grips, upholstery, cables and any items not specified.

7. Liability Insurance

Certificate of insurance available upon request

Product Specifications

FLY / REAR DELTOID

Product # - FSFLY

Size: in = 51.5L x 24.5W x 85H cm = 130.5L x 62.5W x 216H

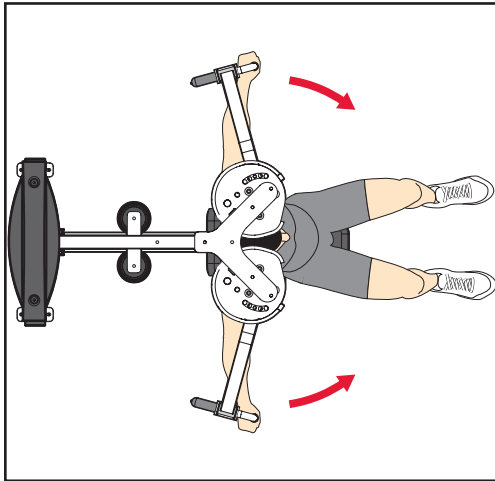
Live Area: in = 51.5L x 54W x 85H cm = 130.5L x 137W x 216H

Weight: lbs = 490 kg = 220

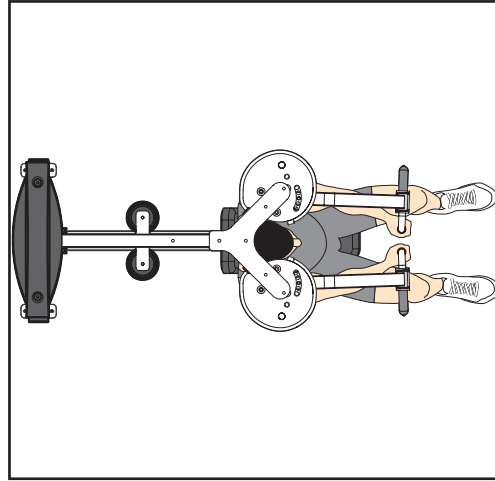
Fly / Rear Deltoid

4. Exercise

Fly

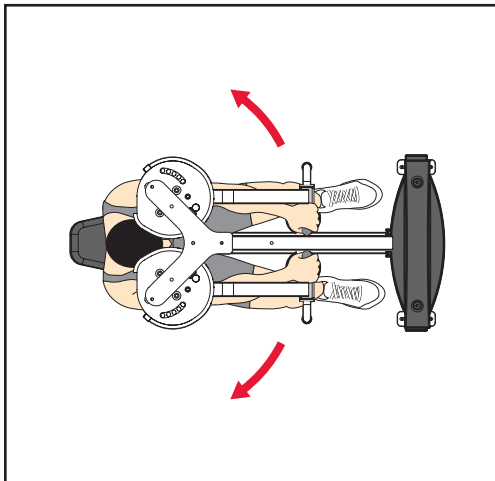


Start

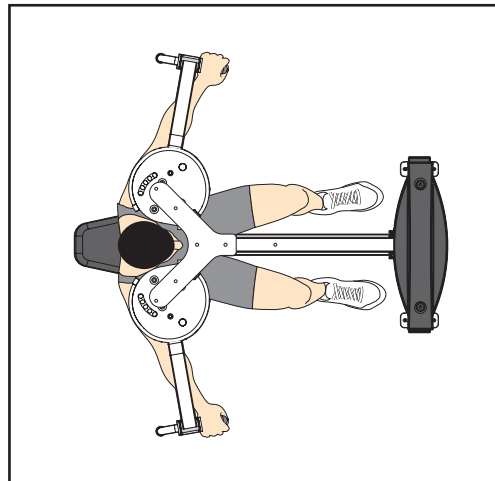


Finish

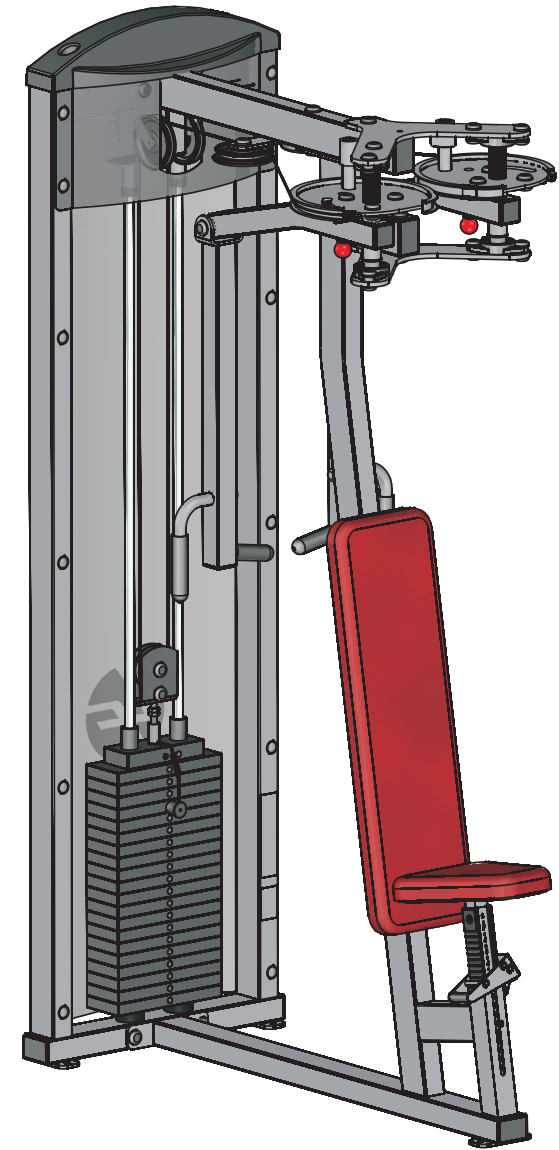
Rear Deltoid



Start



Finish



Fly / Rear Deltoid

5. Maintenance

CLEAN

- Upholstery with a mild soap and water.
- Hand grips with mild soap and water.

INSPECT

- Hardware should be checked for looseness. Tighten as required using metric tools.
- Frames should be inspected for wear or damage. All paint chips should be filled immediately with touch-up paint.
- Handgrips should be checked for wear or damage.

ONCE A DAY

- Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.

ONCE A WEEK

- Visually inspect all hardware for loosening, tampering or wear.
- Check condition of hand grips.

ACTION	DAILY	MONTHLY	BI-ANNUALLY	AS NEEDED
CLEAN				
Upholstery	X			
Hand Grips				X
INSPECT				
Hardware		X		
Frame			X	
Hand Grips				X

