

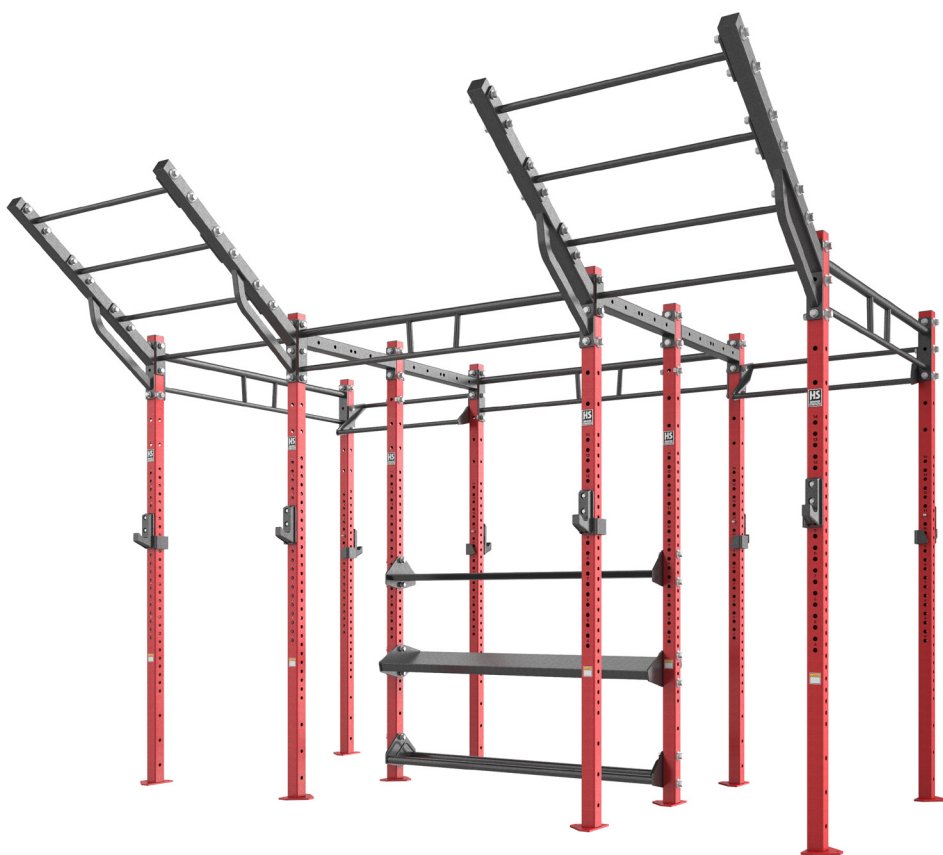
HAMMER STRENGTH®

**HAMMER
STRENGTH®**

Heavy Duty Athletic Rigs

Owner's Manual & Assembly Instructions

HDT-RIG





Operation Manuals and other Product Information available at <https://www.lftechsupport.com/web/document-library/documents>

عقودنا ولع فحاتم زامجلان ع ورخا تامول عور لى غشتلا قلا <https://www.lftechsupport.com/web/document-library/documents>

操作マニュアルおよびその他の製品情報については、<https://www.lftechsupport.com/web/document-library/documents> をご覧ください。

如需操作手册和其他产品信息，请登录：<https://www.lftechsupport.com/web/document-library/documents>

操作手册和其他產品資訊請見 <https://www.lftechsupport.com/web/document-library/documents>

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Trobareu el manual de funcionament i altra informació de producte a <https://www.lftechsupport.com/web/document-library/documents>

Mae Llwylyfrau Gweithredu a Gwybodaeth Arall am Beiriannau ar gael yn <https://www.lftechsupport.com/web/document-library/documents>

Die Betriebsanleitung und andere Produktinformationen erhalten Sie unter <https://www.lftechsupport.com/web/document-library/documents>

Encontrará el manual de funcionamiento y otra información de producto en <https://www.lftechsupport.com/web/document-library/documents>

Erabiltzailearen Eskuliburua eta Beste Produktuei buruzko Informazioa eskuratu <https://www.lftechsupport.com/web/document-library/documents> gunean

Käyttöoppaat ja muut tuotetiedot ovat saatavana osoitteessa <https://www.lftechsupport.com/web/document-library/documents>

Les manuels d'utilisation, ainsi que d'autres informations sur les Produits, sont disponibles sur <https://www.lftechsupport.com/web/document-library/documents>

Felhasználói kézikönyvek és más termékinformációk: <https://www.lftechsupport.com/web/document-library/documents>

Manuali di funzionamento e altre informazioni sui prodotti disponibili su <https://www.lftechsupport.com/web/document-library/documents>

Manuali di funzionamento e altre informazioni sui prodotti disponibili su <https://www.lftechsupport.com/web/document-library/documents>

Instrukcje obsługi i inne informacje o produktach dostępne na stronie <https://www.lftechsupport.com/web/document-library/documents>

Manuais de Operação e Informações sobre outros produtos disponíveis em <https://www.lftechsupport.com/web/document-library/documents>

Руководства по эксплуатации и другую касающуюся нашей продукции информацию можно найти, перейдя по ссылке <https://www.lftechsupport.com/web/document-library/documents>

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CORPORATE HEADQUARTERS

Columbia Centre III, 9525 West Bryn Mawr Avenue, Rosemont, Illinois 60018 • U.S.A.

847.288.3300 • FAX: 847.288.3703

Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)

Global Website: www.lifefitness.com

INTERNATIONAL OFFICES

AMERICAS

North America Life Fitness, Inc.

Columbia Centre III
9525 West Bryn Mawr Avenue
Rosemont, IL 60018 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email:

customersupport@lifefitness.com

Service Website: www.lifefitness.com/parts

Sales/Marketing Email:

commercialsales@lifefitness.com

Operating Hours: 7:00 am-6:00 pm (CST)

Brazil

Life Fitness Brasil

Av. Cidade Jardim, 900
Jd. Paulistano
São Paulo, SP 01454-000
BRAZIL

SAC: 0800 773 8282
Telephone: +55 (11) 3095 5200
Fax: +55 (11) 3095 5201

Service Email: suporte@lifefitness.com.br

Sales/Marketing Email:
lifefitness@lifefitness.com.br

Service Operating Hours:
9:00 - 17:00 (BRT) (Monday-Friday)

Store Operating Hours:
9:00 -20:00 (BRT) (Monday-Friday)
10:00 - 16:00 (BRT) (Saturday)

Latin America & Caribbean* Life Fitness Inc.

Columbia Centre III
9525 West Bryn Mawr Avenue
Rosemont, IL 60018 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email:

customersupport@lifefitness.com

Sales/Marketing Email:

commercialsales@lifefitness.com

Operating Hours: 7:00am-6:00pm (CST)

EUROPE, MIDDLE EAST, & AFRICA (EMEA)

Netherlands & Luxembourg Life Fitness Atlantic BV

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2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 666
Fax: (+31) 180 646 699
Service Email:

service.benelux@lifefitness.com

Sales/Marketing Email:

marketing.benelux@lifefitness.com

Operating Hours: 9.00h-17.00h (CET)

United Kingdom & Ireland Life Fitness UK LTD

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1353.666017
Customer Support (+44) 1353.665507
Fax: (+44) 1353.666018
Service Email: uk.support@lifefitness.com
Sales/Marketing Email: life@lifefitness.com
Operating Hours:
General Office: 9.00am - 5.00pm (GMT)
Customer Support: 8.30am - 5.00pm (GMT)

Germany & Switzerland Life Fitness Europe GMBH

Siemensstraße 3
85716 Unterschleißheim
GERMANY
Telephone: (+49) 89.31 77 51.0 (Germany)
(+41) 0848 000 901 (Switzerland)
Fax: (+49) 89.31 77 51.99 (Germany)
(+41) 043 818 07 20 (Switzerland)
Service Email:
kundendienst@lifefitness.com
Sales/Marketing Email:
kundenberatung@lifefitness.com
Operating Hours: 08.30 -16.30h (CET)

Austria Life Fitness Austria

Vertriebs G.m.b.H.
Dückegasse 7-9/3/36
1220 Vienna
AUSTRIA
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Fax: (+43) 1.61.57.198.20
Service Email: kundendienst@lifefitness.com
Marketing/Sales Email:
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Spain Life Fitness IBERIA

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Sales/Marketing Email:
info.iberia@lifefitness.com
Operating Hours:
9.00h-18.00h (Monday-Thursday)
8.30h-15.00h (Friday)

Belgium Life Fitness Benelux NV

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4800 Verviers
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Fax: (+32) 87 300 943
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Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9.00h -17.00h (CET)

All Other EMEA Countries & Distributor Business C-EMEA*

Bijdorpplein 25-31
2992 LB Barendrecht
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Telephone: (+31) 180 646 644
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Service Email:
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Sales/Marketing Email:
marketing.db.cemea@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

ASIA PACIFIC (AP)

Japan Life Fitness Japan

Japan Nippon Brunswick Bldg., #8F
5-27-7 Sendagaya
Shibuya-Ku, Tokyo
Japan 151-0051
Telephone: (+81) 3.3359.4309
Fax: (+81) 3.3359.4307
Service Email: service@lifefitnessjapan.com
Sales/Marketing Email:
sales@lifefitnessjapan.com
Operating Hours: 9.00h-17.00h (JAPAN)

Hong Kong Life Fitness Asia Pacific LTD

32/F, Global Trade Square
21 Wong Chuk Hang Road
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Telephone: (+852) 2575.6262
Fax: (+852) 2575.6894
Service Email:
HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
Marketing.HK.Asia@lifefitness.com
Operating Hours: 9.00h-17.00h
Service Operating Hours: 9.00h-18.00h

All Other Asia Pacific countries & distributor business Asia Pacific* Life Fitness Asia Pacific LTD

32/F, Global Trade Square
21 Wong Chuk Hang Road
HONG KONG
Telephone: (+852) 2575.6262
Fax: (+852) 2575.6894
Service Email:
HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
Marketing.HK.Asia@lifefitness.com
Operating Hours: 9.00h-17.00h
Service Operating Hours: 9.00h-18.00h

* Also check www.lifefitness.com for local representation or distributor/dealer

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SAFETY INFORMATION

It is the sole responsibility of the purchaser of HAMMER STRENGTH products to read the owner's manual, warning labels and instruct all individuals whether they are the end user or supervising personnel, on proper usage of the equipment.

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM LIFE FITNESS PERSONNEL.

It is recommended that all users of HAMMER STRENGTH exercise equipment be informed of the following information prior to use.

This equipment is categorized as class S per EN ISO 20957-1 and as such is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact LIFE FITNESS with any questions regarding this classification.

ACCESS CONTROL

HAMMER STRENGTH recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner.

This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.

INSTALLATION

1. SECURING EQUIPMENT - Manufacturer **requires** that the accompanying equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.
2. Manufacturer **requires** that this training equipment be secured to the floor by a licensed contractor. Refer to the Bolt to Floor Guidelines section for assembly instructions on proper attaching operation and minimum pullout force of the anchors.
3. Manufacturer **requires** that all Athletic Rigs be secured to the floor to stabilize and eliminate rocking or tipping over. If necessary, please contact HAMMER STRENGTH for any questions

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that HAMMER STRENGTH equipment is used properly to avoid injury.
2. Injuries may result if exercising improperly or excessively. 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 EXERCISING and consult your physician.
3. Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
4. When adjusting any Half Rack and Power Rack bar support, Half Rack Bar Catches, Power Rack Flexible Catches or any other type of adjuster, make certain that the pin is fully engaged in hole to avoid injury.

SAFETY INFORMATION (CONTINUED)

INSPECTION

1. DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all HAMMER STRENGTH equipment 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. EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
4. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. See Maintenance section for care and maintenance instructions.
5. Before any use, examine all accessories approved for use with the HAMMER STRENGTH equipment for damage or wear.
6. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE HAMMER STRENGTH EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.

OPERATING WARNINGS

1. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all HAMMER STRENGTH equipment.
2. 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.
3. Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have user's secure long hair back and up to avoid contact with moving parts.
4. All bystanders must stay clear of all users, moving parts, attached accessories and components while machine is in operation.
5. Never exceed the load rating for any athletic racks, bench or other free weight device; including specific weight rod and band peg limits.



WARNING: This product can expose you to chemicals including Methyl Isobutyl Ketone, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov

PREVENTIVE MAINTENANCE

MAINTENANCE SCHEDULE

ACTION	WEEKLY	MONTHLY	AS NEEDED
CLEAN			
FRAME		X	
INSPECT			
FRAME	X		
PAINT		X	
HARDWARE	X		
ACCESSORIES	X		

CLEAN:

- Frame with a mild soap and water.

INSPECT:

- All paint chips should be filled in immediately with HAMMER STRENGTH touch-up paint.
- Hardware should be checked for looseness, tampering or wear. Tighten/replace as required.
- Frames should be inspected for wear and damage.
- Straps for Power Rack Flexible Bar Catches to be inspected for cuts, frays, or other damage. Any strap showing sign of damage should be replaced immediately.

LIFE FITNESS APPROVED CLEANERS (United States availability only)

Two preferred cleaners have been approved by LIFE FITNESS reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient for gym staff to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes. Contact Customer Support Services to order these cleaners. Call: 1-800-351-3737 or email: customersupport@lifefitness.com).

LIFE FITNESS COMPATIBLE CLEANERS

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean exterior surfaces. Use a soft cotton cloth only. Apply the cleaner to the cotton cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

REMOVAL OF PAINT, MARKING PEN AND LABELS

Butyl cellosolve works well for removal of paints, marking pen inks, lipstick, etc.

Labels, stickers, etc. may be removed using kerosene. When the solvent will not penetrate sticker material, apply heat (hair dryer) to soften the adhesive and promote removal. GASOLINE SHOULD NOT BE USED.

WARRANTY

WHAT IS COVERED

This HAMMER STRENGTH commercial exercise equipment 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 after the first year.

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 this Owner's 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.

OPERATION 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.

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.

WARRANTY (CONTINUED)

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

EFFECT OF LAWS

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

OUR PLEDGE TO YOU

We want you to be 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!

HOW TO OBTAIN PARTS & SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit.
3. Contact the nearest LIFE FITNESS Customer Support Services group.

WARRANTY COVERAGE

Warranties outside the United States may vary.

FRAME (not coating)	HARDWARE/MECHANICAL	COSMETIC
10 Years	90 Days	90 Days

LABEL LOCATIONS

SERIAL NUMBER

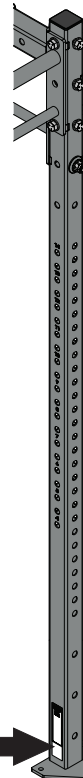
HAMMER STRENGTH®

9525 WEST BRYN MAWR AVE.
ROSEMONT, IL 60018
USA 1-800-351-3737

www.lifefitness.com

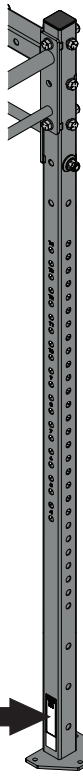
Model: **HDTXX-XX**
Manufactured in the USA with US and Foreign parts
Max. User Weight:
Max. Training Weight:

S/N HDTXX-XX



GENERAL WARNING

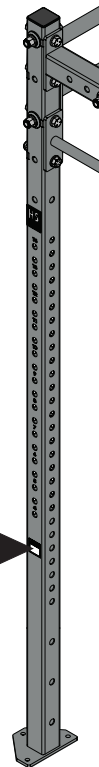
⚠ WARNING SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY! - Before using, read all the safety and caution instructions on the use of the machine. See also the related literature. DO NOT modify the machine. - Obtain a medical exam before beginning any exercise program. - Keep body, hair, clothing, jewelry, and loose items away from moving objects. - Report the machine before use. DO NOT use if repairs are required. DO NOT attempt to fix machine. If you must, consult a qualified technician. - Children must not be allowed near this machine. Supervise children. DO NOT exceed the load rating. Do not overload. - Manufacturer's recommendations for equipment use should be followed. Do not use equipment for any purpose other than intended. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.	⚠ AVERTISSEMENT L'UTILISATION DE CET ÉQUIPEMENT PEUT PROVOQUER DES BLESSURES SÉRIES. VOUS DEVEZ SUIVRE LES PRÉCAUTIONS CHAPRÉES. - Avant d'utiliser l'équipement, lisez toutes les instructions de sécurité et les notices relatives à son utilisation. Voir également la littérature associée. N'essayez pas de modifier l'équipement. - Obtenez un examen médical avant de commencer tout programme d'exercice. - Gardez le corps, les cheveux, les vêtements, les bijoux et les objets lâches éloignés des pièces mobiles. - Signalez le matériel avant utilisation. N'utilisez pas l'équipement si des réparations sont nécessaires. N'essayez pas de réparer l'équipement. Si vous devez le faire, consultez un technicien qualifié. - Les enfants ne doivent pas être autorisés à se tenir près de cet équipement. Surveillez les enfants. N'excédez pas la charge admissible. Ne surchargez pas. - Respectez les recommandations du fabricant pour l'utilisation de l'équipement. Ne l'utilisez pas à d'autres fins que celles prévues. N'ENLEVEZ PAS CETTE ÉTIQUETTE. REMPLACEZ-LA SI ELLE EST ENDOMMAGÉE.	⚠ ADVERTENCIA ESTE EQUIPO PUEDE PROVOCAR LESIONES GRAVES. DEBE SEGUIR ESTAS PRECAUCIONES PARA EVITAR LESIONES! - Antes de utilizar las instalaciones, lea todas las instrucciones de seguridad y las instrucciones de uso. Véase también la literatura relacionada. NUNCA intente modificar el equipo. - Obtenga un examen médico antes de comenzar cualquier programa de ejercicios. - Mantenga el cuerpo, el cabello, la ropa, las joyas y los objetos sueltos alejados de las partes móviles. - Informe al personal antes de utilizar el equipo. NUNCA utilice el equipo si necesita reparaciones. No intente reparar el equipo. Si necesita reparaciones, consulte a un técnico calificado. - Los niños no deben estar cerca de este equipo. Vigile a los niños. No exceda la carga permitida. No sobrecargue. - Respete las recomendaciones del fabricante para el uso del equipo. No lo use para otros fines que los previstos. No retire esta etiqueta. Sustitúela si está dañada.	⚠ WARNUNG AUF DIESEM GERÄT KANN BESONNENDE GEHÄR KANN VERLETZUNGEN KOMMEN. BEFOLGEN SIE DIESE VORSICHTSMAßNAHMEN, UM VERLETZUNGEN ZU VERMEIDEN! - Bevor Sie das Gerät benutzen, lesen Sie alle Sicherheitsanweisungen und die Gebrauchsanweisung. Siehe auch die dazugehörige Literatur. Niemand darf das Gerät modifizieren. - Bevor Sie mit einem Trainingsprogramm beginnen, lassen Sie sich von einem Arzt untersuchen. - Halten Sie Ihren Körper, Ihre Haare, Ihre Kleidung, Ihre Schmuckstücke und lose Gegenstände von den beweglichen Teilen fern. - Melden Sie das Gerät vor dem Benutzen an. Nutzen Sie das Gerät nicht, wenn Reparaturen erforderlich sind. Versuchen Sie nicht, das Gerät zu reparieren. Wenn Reparaturen erforderlich sind, lassen Sie das Gerät von einem qualifizierten Techniker reparieren. - Kinder dürfen nicht in der Nähe des Geräts sein. Überwachen Sie Kinder. Nicht die zulässige Last überschreiten. Überlasten Sie das Gerät nicht. - Beachten Sie die Empfehlungen des Herstellers für den Gebrauch des Geräts. Benutzen Sie das Gerät nicht für andere Zwecke als für die vorgesehenen Zwecke. Nicht diese Warnung entfernen. Ersetzen Sie sie, wenn sie beschädigt ist.	⚠ AVVERTENZA DALL'USO DI QUESTA ATTREZZATURA POTREBBE DERIVARE GRAVITÀ LESIONI. PER EVITARE LESIONI, ATTENDESI ALLE SEGUENTI PRECAUZIONI. - Prima di usare l'attrezzatura, leggere attentamente tutte le istruzioni di sicurezza e le istruzioni d'uso. Vedere anche la letteratura correlata. Non tentare di modificare l'attrezzatura. - Prima di iniziare un programma di esercizio, sottoporsi a un esame medico. - Mantenere il corpo, i capelli, i vestiti, gli accessori e gli oggetti personali lontani dalle parti in movimento. - Segnalare il malfunzionamento dell'attrezzatura prima dell'uso. Non utilizzare l'attrezzatura se necessita di riparazioni. Non tentare di riparare l'attrezzatura. Se sono necessarie le riparazioni, farle eseguire da un tecnico qualificato. - Non consentire ai bambini di avvicinarsi a questa attrezzatura. Sorvegliare i bambini. Non superare la capacità massima di carico. - Seguire le raccomandazioni del produttore per l'uso dell'attrezzatura. Non utilizzarla per scopi diversi da quelli previsti. Non rimuovere questa etichetta. Sostituirla in caso di danneggiamento.	⚠ WAARSCHUWING BIJ GEBRUIK VAN DIT TOESTEL KAN ERNSTIGE LETSEL OF VERLETENISSEN. DEZIE VORSICHTSMAATREGELEN OM LETSEL TE VOORKOMEN. - Voordat u de machine gaat gebruiken, moet u alle veiligheidsinstructies en de gebruiksaanwijzing zorgvuldig lezen. Zie ook de bijbehorende literatuur. Probeer niet de machine te wijzigingen aanbrengen. - Voordat u begint met een oefenprogramma, moet u eerst een medisch onderzoek laten verrichten. - Houd uw lichaam, uw haar, uw kleding, uw sieraden en losse voorwerpen weg van de bewegende delen van de machine. - Meld het apparaat aan vóór gebruik. Gebruik het apparaat niet als het reparatie nodig heeft. Probeer het apparaat niet te repareren. Indien reparatie nodig is, moet u de machine laten repareren door een gekwalificeerd monteur. - Voorkom dat kinderen in de buurt van de machine komen. Toezicht houden op kinderen. Neem niet de toegestane belasting overschrijden. - Volg de aanbevelingen van de fabrikant voor het gebruik van de machine. Gebruik de machine niet voor andere doeleinden dan de bedoelde. Verwijder deze waarschuwing niet. Vervang deze waarschuwing indien deze beschadigd is.
⚠ ATENÇÃO ACIDENTES GRAVES PODEM OCORRER COM ESTE EQUIPAMENTO. VOCÊ DEVE SEGUIR ESTAS PRECAUCOES PARA EVITAR ACIDENTES! - Antes de usar, leia todas as instruções de segurança e as instruções de uso. Veja também a literatura relacionada. NÃO tente modificar o equipamento. - Obtenha um exame médico antes de iniciar qualquer programa de exercícios. - Mantenha o corpo, o cabelo, a roupa, as jóias e os objetos soltos longe das partes móveis. - Informe o pessoal antes de utilizar o equipamento. Não utilize o equipamento se precisar de reparos. Não tente reparar o equipamento. Se precisar de reparos, consulte um técnico qualificado. - Não permita que crianças fiquem perto deste equipamento. Supervisione as crianças. Não exceda a capacidade máxima de carga. - Siga as recomendações do fabricante para o uso do equipamento. Não use o equipamento para outros fins que os previstos. Não remova esta etiqueta. Substitua se danificada.	⚠ UYARI Bİ GERMENDE CİHAZIN KULLANILMASI KATİ'ERİNE NEDEN OLABİLECEK ZARARLILAR. BU CİHAZI KULLANIRKEN BU UYARILARA DİKKAT EDİLMELİDİR. - Bu ekipmanı kullanmadan önce tüm güvenlik talimatlarını ve kullanma talimatlarını dikkatlice okuyunuz. Ayrıca ilgili literatürü de inceleyiniz. Cihazı değiştirmeyi denemeyiniz. - Egzersiz yapmadan önce tıbbi bir uzmanla görüşünüz. - Bedeni, saçları, kıyafetleri, takılar ve serbest bırakılan nesneleri hareketli kısımlardan uzak tutunuz. - Kullanmadan önce ekipmanı kontrol ediniz. Ekipmanı onarım gerektiriyorsa kullanmayınız. Ekipmanı onarmayınız. Onarım gerektiren ekipmanı bir yetkili teknisyene gösteriniz. - Çocukların bu ekipmana yaklaşmasını önleyiniz. Çocukları izleyiniz. Yükün izin verilen miktarını aşmayınız. - Üreticinin ekipman kullanımı için tavsiyelerini dikkatlice okuyunuz. Ekipmanı başka amaçlar için kullanmayınız. Bu etiketi kaldırma. Zararlı ise değiştiriniz.	⚠ 警告 この機器を使用すると、重大な怪我の原因となる可能性があります。怪我を避けるために、以下の注意事項を必ず守ってください。 - 使用前に、必ず安全に関するすべての指示と取扱説明書をよく読んでください。また、関連する文献もご覧ください。 機器を改造しないでください。 - 運動プログラムを開始する前に、医師の診察を受けましょう。 - 身体、髪、衣服、アクセサリー、および落下物などを可動部分から遠ざけてください。 - 使用前に機器を確認してください。 修理が必要な場合は使用しないでください。修理を試みず、専門の技術者に修理を依頼してください。 - 子どもがこの機器の近くにいないようにしてください。子どもを監視してください。 最大許容負荷を超えないでください。 - 製造元の機器の使用法を必ずよく読んでください。機器を指定された用途以外に使用しないでください。 この警告ラベルを破損してはなりません。破損した場合は交換してください。	⚠ ОСТОРОЖНО НА ЭТОМ ОБОРУДОВАНИИ МОЖНО ПОЛУЧИТЬ СЕРЬЕЗНЫЕ ТРАВМЫ. НЕ ПРЕДУПРЕЖДАЮЩИЕ МЕРЫ ПРЕДОСТОРОЖИТЕЛЬНОСТИ. - Перед использованием оборудования внимательно прочтите все инструкции по безопасности и инструкции по эксплуатации. См. также соответствующую литературу. Не пытайтесь модифицировать оборудование. - Перед началом тренировки проконсультируйтесь с врачом. - Держите тело, волосы, одежду, украшения и незакрепленные предметы подальше от движущихся частей оборудования. - Проверяйте оборудование перед использованием. Не используйте оборудование, требующее ремонта. Не пытайтесь отремонтировать оборудование. Если требуется ремонт, обратитесь к квалифицированному специалисту. - Не позволяйте детям находиться рядом с оборудованием. Следите за детьми. Не превышайте допустимую нагрузку. - Внимательно читайте рекомендации производителя по использованию оборудования. Не используйте оборудование для других целей, чем для которых оно предназначено. Не удаляйте этикетку. Замените, если повреждена.	⚠ 警告 この機器を使用すると、重大な怪我の原因となる可能性があります。怪我を避けるために、以下の注意事項を必ず守ってください。 - 使用前、必ず安全に関するすべての指示と取扱説明書をよく読んでください。また、関連する文献もご覧ください。 機器を改造しないでください。 - 運動プログラムを開始する前に、医師の診察を受けましょう。 - 身体、髪、衣服、アクセサリー、および落下物などを可動部分から遠ざけてください。 - 使用前に機器を確認してください。 修理が必要な場合は使用しないでください。修理を試みず、専門の技術者に修理を依頼してください。 - 子どもがこの機器の近くにいないようにしてください。子どもを監視してください。 最大許容負荷を超えないでください。 - 製造元の機器の使用法を必ずよく読んでください。機器を指定された用途以外に使用しないでください。 この警告ラベルを破損してはなりません。破損した場合は交換してください。	⚠ تحذير عند استخدام هذا الجهاز، يمكن أن تحدث إصابات خطيرة. يجب اتباع هذه التعليمات لتجنب الإصابات. - استخدم الجهاز فقط بعد قراءة جميع تعليمات السلامة والتعليمات التشغيلية بعناية. راجع أيضًا الأدبيات ذات الصلة. لا تحاول تعديل الجهاز. - قبل بدء برنامج التمرين، استشر طبيبك. - بقيك، شعرك، ملابسك، مجوهراتك، وأشياء متناثرة بعيدًا عن الأجزاء المتحركة للجهاز. - تحقق من الجهاز قبل استخدامه. لا تستخدم الجهاز إذا احتاج إلى إصلاح. لا تحاول إصلاح الجهاز. إذا احتاج إلى إصلاح، فاستشر فنيًا مؤهلًا. - منع الأطفال من الاقتراب من الجهاز. اشرق على الأطفال. لا تتجاوز الحد الأقصى للحمل. - اقرأ بعناية تعليمات الشركة المصنعة لاستخدام الجهاز. لا تستخدم الجهاز لأغراض غير المقصود. لا تزيل هذا التحذير. استبدله إذا تضرر.



LABEL LOCATIONS (CONTINUED)

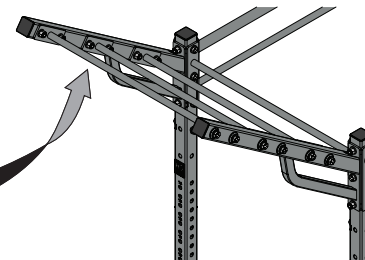
SQUAT HEIGHT

⚠ WARNING TO REDUCE THE RISK OF SERIOUS INJURY ALWAYS place bar catches at or above this level while performing squat exercises. ALWAYS use bar catches while using this machine.	⚠ AVERTISSEMENT POUR RÉDUIRE LE RISQUE DE BLESSURES GRAVES, TOUJOURS placer les barres de prise à ce niveau ou plus haut pour les exercices de musculation des jambes. TOUJOURS utiliser les barres de prise lors de l'utilisation de la machine.	⚠ ADVERTENCIA PARA REDUCIR EL RIESGO DE LESIONES GRAVES SIEMPRE coloque los topes de la barra en este nivel o por encima mientras realiza los ejercicios de sentadillas. SIEMPRE utilice los topes de la barra cuando use esta máquina.
⚠ AVVERTENZA PER RIDURRE IL RISCHIO DI LESIONI GRAVI posizionare SEMPRE i ganci a questo livello o al di sopra di esso quando si eseguono esercizi di squat. Usare SEMPRE i ganci quando si utilizza questa macchina.	⚠ WAARSCHUWING OM DE KANS OP ERNSTIG LETSEL TE VOORKOMEN zet bij hurkoefeningen de verstoppen voor de stang ALTUD op of boven deze hoogte. Gebruik bij deze machine ALTUD verstoppen voor de stang.	⚠ ATENÇÃO PARA REDUZIR O RISCO DE FERIMENTOS GRAVES SEMPRE coloque travas de apoio no mesmo nível ou acima dele ao realizar exercícios de agachamento. SEMPRE use travas de apoio ao usar esta máquina.
⚠ 警告 重症を負うリスクを軽減するため、スクワットを行う場合は必ずこの高さもしくはこの高さ以上バーキャッチを置いてください。 マシンを使用する場合は、常にバーキャッチを使用してください。	⚠ ОСТОРОЖНО ДЛЯ СНИЖЕНИЯ РИСКА СЕРЬЕЗНЫХ ТРАВМ ВСЕГДА размещайте ограничители на этом уровне или выше при выполнении упражнений с приседанием. ВСЕГДА применяйте ограничители при использовании машины.	⚠ 警告 为减少严重受伤的危險，请务必在进行下降训练時，將杆托手放置在此水平上或高于此水平。请务必在使用器械時使用杆托手。
⚠ تحذير لتقليل خطر حدوث الإصابات الخطيرة، قم دائماً بوضع قضبان الإمساك عند هذا المستوى أو أعلى أثناء تدرية تمرينات القرفصاء. قم دائماً باستخدام قضبان الإمساك أثناء استخدام هذا الجهاز.	⚠ UYARI CİDDİ YARALANMA RİSKİNİ AZALTMAK İÇİN squat egzersizleri yaparken bar pimlerini DAİMA yerine takın. Bu makineyi kullanırken bar pimlerini DAİMA kullanın.	⚠ WARNING UM DAS RISKO SCHWERER VERLETZUNGEN ZU VERMEIDEN, die Stangenauflagen bei Kniebeugen IMMER auf oder über dieser Höhe platzieren. Bei Verwendung dieses Geräts IMMER Stangenauflagen verwenden.



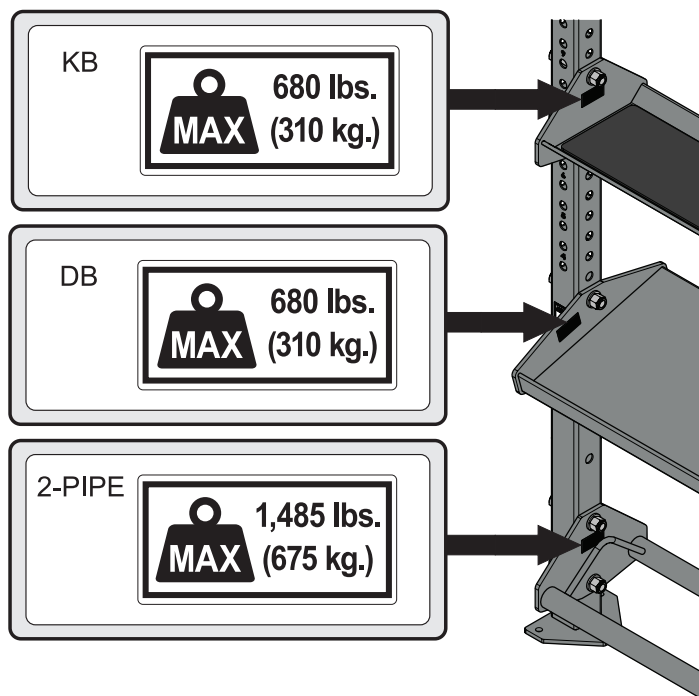
WING REQUIRED BOLT TO FLOOR

⚠ WARNING SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THIS PRECAUTION TO AVOID INJURY! DO NOT USE any body weight strap training devices with this equipment unless the equipment is secured to the floor. Contact LIFE FITNESS with questions.	⚠ AVERTISSEMENT L'UTILISATION DE CE DISPOSITIF PEUT ENGENDRER DES BLESSURES GRAVES. SUIVEZ IMPÉRATIVEMENT LA CONSIGNE CI-APRÈS POUR NE PAS VOUS BLESSER! N'UTILISEZ PAS le dispositif de bande élastique avec cet équipement, sauf si ce dernier est correctement ancré au sol. Contactez LIFE FITNESS pour toute question.	⚠ ADVERTENCIA PUNTO DE ANCLAJE SE PUEDEN PRODUCIR LESIONES GRAVES EN ESTE EQUIPO. ¡DEBE RESPETAR LAS PRECAUCIONES PARA EVITAR LESIONES! NO UTILICE ningún aparato de entrenamiento de levantamiento de peso en el equipo a menos que se haya fijado de forma segura al suelo. Consulte cualquier duda a LIFE FITNESS.	⚠ WARNING BEI DER NUTZUNG DIESER GERÄTES KANN ES ZU ERNSTHAFTEN VERLETZUNGEN KOMMEN. FOLGEN SIE UNBEDINGT DEN WARNSHINWEISEN, UM VERLETZUNGEN ZU VERMEIDEN! Körpergewicht Trainingsbänder dürfen NUR in diesem Gerät verwendet werden, wenn das Gerät im Boden verankert ist. Die Fragen wenden Sie sich bitte an LIFE FITNESS.
⚠ AVVERTENZA L'USO DI QUESTA ATTREZZATURA PUÒ COMPORTARE GRAVI LESIONI. SEGUIRE ATTENTAMENTE LE INDICAZIONI PER EVITARE LESIONI! NON UTILIZZARE dispositivi di allenamento con cinture sollecito peso corporeo con questa attrezzatura salvo non sia fissata al pavimento. Per qualsiasi domanda Rivolgersi a LIFE FITNESS.	⚠ WAARSCHUWING GEBRUIK VAN DEZE APPARATUUR KAN ERNSTIG LETSEL TOT GEVOEL HEBBEN. U MOET DEZE WAARSCHUWING TER HARTE NEEMEN OM LETSEL TE VOORKOMEN! GEBRUIK bij deze apparatuur GEEN body-weight-straptrainingssysteem tenzij deze apparatuur stevig op de vloer is bevestigd. Neem bij vragen contact op met LIFE FITNESS.	⚠ ATENÇÃO ACIDENTES GRAVES PODEM OCORRER NESTE EQUIPAMENTO. VOCÊ DEVE SEGUIR ESTAS PRECAUCOES PARA EVITAR ACIDENTES! NÃO USE nenhum aparelho com fitas para exercitar o corpo juntamente com este equipamento a não ser que o equipamento esteja preso ao chão. Consulte a LIFE FITNESS em caso de dúvida.	⚠ UYARI BU EKİPMANDA CİDDİ YARALANMA MEYDANA GELEBİLİR. YARALANMAYI ÖNLEMEK İÇİN BU UYARILARI DİKKATLE OKUYUNUZ. Ekipman zemine sabitlemedikçe bu ekipmanı vücudunuza bağlayarak egzersis yapmayın. KULLANMAYIN. Sorularınız için LIFE FITNESS ile temasa geçin.
⚠ 警告 本機器の使用により重大なケガをする場合があります。このようなケガを防止するため、この使用上の注意をよくお読みください。 本機器が既に固定されていない場合は、ボディウェイト・ストラップトレーニング用品等を本機器に装着してご使用になることは絶対に止めてください。 ご不明な点がございましたら、ライフフィットネスまでお問い合わせください。	⚠ ОСТОРОЖНО ПРИ НЕПРАВИЛЬНОМ ИСПОЛЬЗОВАНИИ ДАННОГО ОБОРУДОВАНИЯ ВОЗМОЖНО ПОЛУЧИТЬ СЕРЬЕЗНУЮ ТРАВМУ. ВО ИЗБЕЖАНИЕ ТРАВМ ПРЕДПРИМИТЕ СЛЕДУЮЩИЕ МЕРЫ ПРЕДОСТОРОЖНОСТИ. НЕ ИСПОЛЬЗУЙТЕ тренировочные ремни для веса тела с этим оборудованием, если оно не прикреплено к полу. В случае возникновения вопросов обращайтесь в компанию LIFE FITNESS.	⚠ 警告 该设备可能会造成严重伤害。为避免受伤，请务必遵守以下预防措施！ 除非该设备固定安装在地板上，否则请勿使用任何体重带。将该训练设备和该器械捆绑在一起。 有任何问题请联系 力健。	⚠ تحذير يمكن أن تحدث إصابات خطيرة عند استخدام هذا الجهاز. يجب أن تتبع هذه التعليمات لتجنب الإصابات! لا تستخدم أي أجهزة تدريب الوزن مع هذا الجهاز إلا إذا كان الجهاز مثبتاً على الأرض. اتصل بشركة LIFE FITNESS في حال كان لديك استفسار.

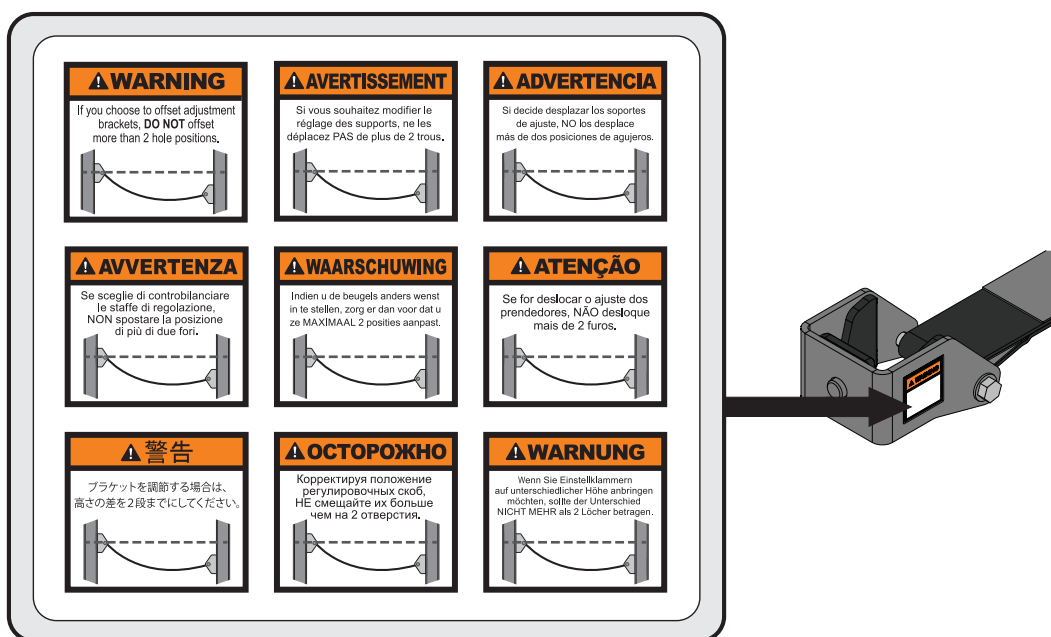


LABEL LOCATIONS (CONTINUED)

TRAY STORAGE



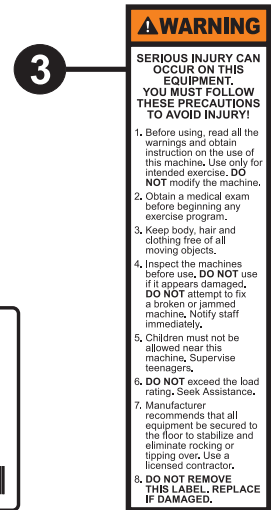
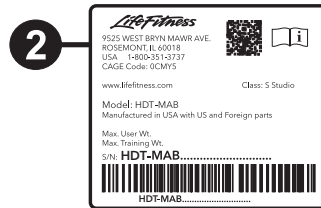
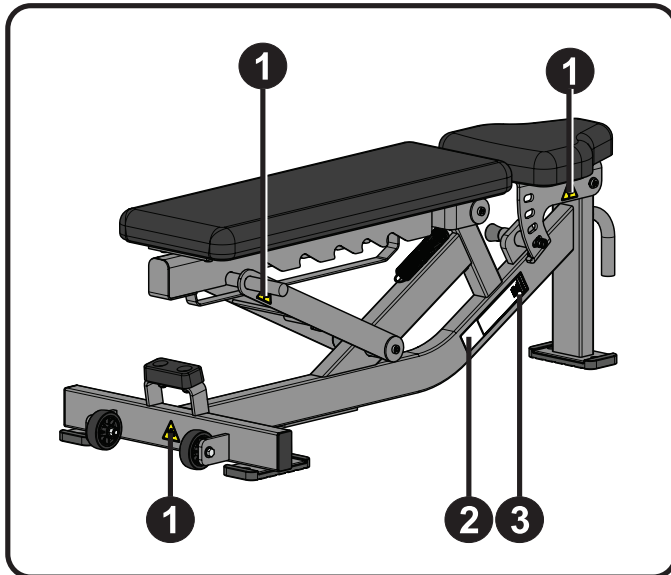
FLEXIBLE BAR CATCH



LABEL LOCATIONS (CONTINUED)

BENCH LABELS

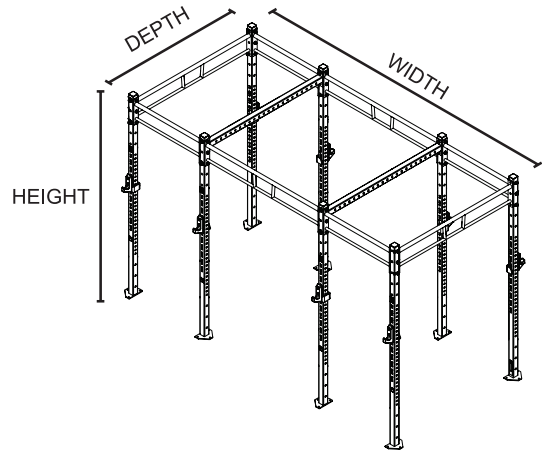
HDT-MAB



RIG SPECIFICATIONS

PRODUCT DIMENSIONS

- HEIGHT -
9 FOOT: 109.25" (277CM)
10 FOOT: 121.25" (308CM)
(ADD 34" (87CM) FOR WING OPTION)
- DEPTH -
4 FOOT: 54" (137CM)
6 FOOT: 78" (198CM)
- WIDTH -
MINIMUM: 53.5 (136CM)
MAXIMUM: N/A



MAXIMUM USER WEIGHT

- 350LB (159KG)

MAXIMUM TRAINING WEIGHT

- 495LB (225KG)

FRAME CONSTRUCTION

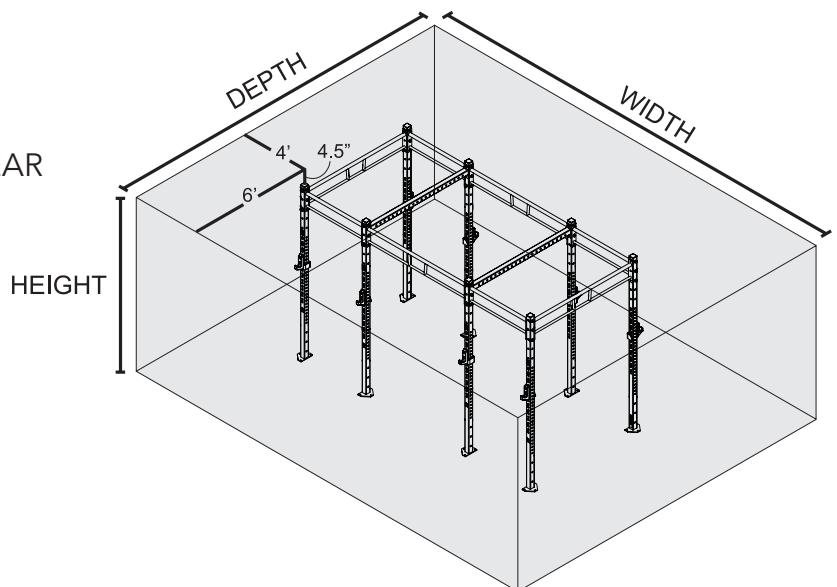
- FRAMES ARE MADE FROM 11 GAUGE STEEL AND 3/8" STEEL PLATES.

LIVE AREAS

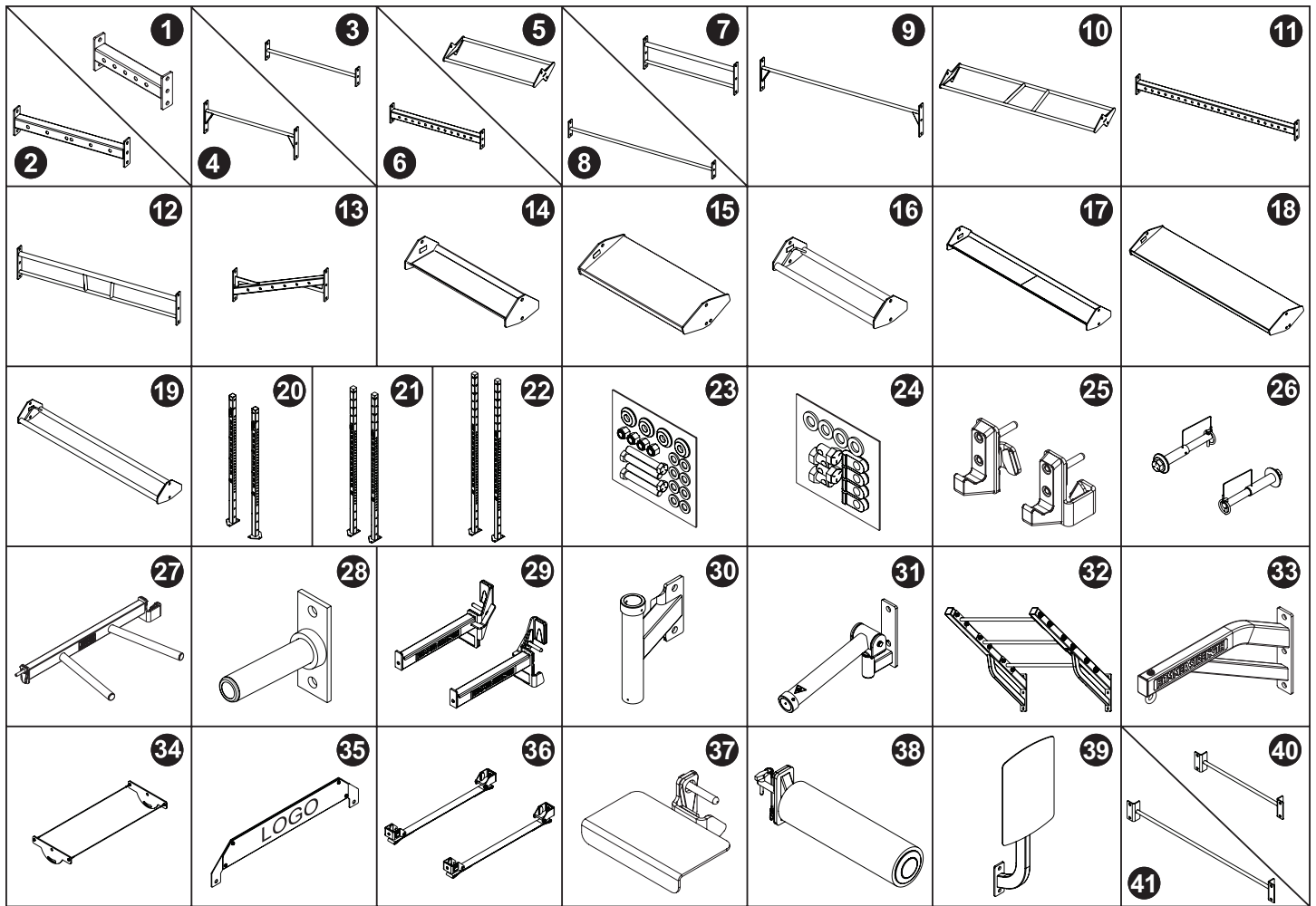
HEIGHT - 9 FOOT: 114" (290CM)
10 FOOT: 126" (320CM)

DEPTH - ADD 6' (153CM) TO FRONT & REAR

WIDTH - ADD 4' (122CM) TO BOTH ENDS
OR
TO LEFT & RIGHT SIDE END



WEIGHT SPECIFICATIONS



ITEM NO	DESCRIPTION	WEIGHT	
		LBS	KG
1	19-1/2" CROSSMEMBER	11.4	5.2
2	34-1/2" SQ WLDMT	16.9	7.7
3	42" MB PU BAR	9.5	4.3
4	42" SB PU BAR	14.9	6.8
5	42" OB PU BAR	23.9	10.8
6	42" SQ WLDMT	20	9.1
7	42" TS PU BAR	20.7	9.4
8	72" MB PU BAR	29.2	13.3
9	72" SB PU BAR	35	15.9
10	72" OB PU BAR	67	30.4
11	72" SQ WLDMT	30.4	13.8
12	72" TS PU BAR	47.6	21.6
13	42" AMB WLDMT	28.5	12.9
14	42" STORAGE TRAY - KB	38.9	17.6
15	42" STORAGE TRAY - DB	56.7	25.7
16	42" STORAGE TRAY - BP	31.5	14.3
17	72" STORAGE TRAY - KB	57.7	26.2
18	72" STORAGE TRAY - DB	80.4	36.5
19	72" STORAGE TRAY - BP	42.6	19.3
20	8' UPRIGHTS (PAIR)	79	35.8
21	9' UPRIGHTS (PAIR)	84.5	38.3

ITEM NO	DESCRIPTION	WEIGHT	
		LBS	KG
22	10' UPRIGHTS (PAIR)	93	42.2
23	HARDWARE BLISTER PACK 1	1.7	0.8
24	HARDWARE HAMMER LOCK BLISTER PACK	1.1	0.5
25	BAR SUPPORTS (PAIR)	15.4	7
26	OPTIONAL BAND PEGS	3	1.4
27	OPTIONAL DIP	27.2	12.3
28	OPTIONAL WEIGHT HORN	4	1.8
29	OPTIONAL BAR CATCHES (PAIR)	43	19.5
30	OPTIONAL BAR STORAGE	9.4	4.3
31	OPTIONAL POWER PIVOT	19	8.6
32	OPTIONAL WING	106	48.1
33	OPTIONAL HEAVY BAG HANGER	19.7	8.9
34	OPTIONAL BALL HOLDER (42"/72")	15/15	6.8/6.8
35	OPTIONAL CUSTOM SIGN (42"/72")	30.1/55	13.7/24.9
36	OPTIONAL FLEXIBLE BAR CATCHES (PAIR)	19.6	8.9
37	OPTIONAL STEP ACCESSORY	15.4	6.98
38	OPTIONAL NORDIC HAM	15	6.8
39	OPTIONAL WALL BALL TARGET	33	15
40	OPTIONAL END CAP BARS 42"	25	11.3
41	OPTIONAL END CAP BARS 72"	35	15.9

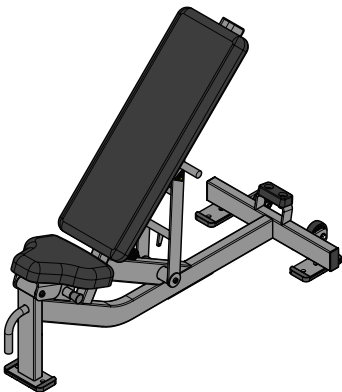
BENCHES

Multi-Angle Bench (HDT-MAB)

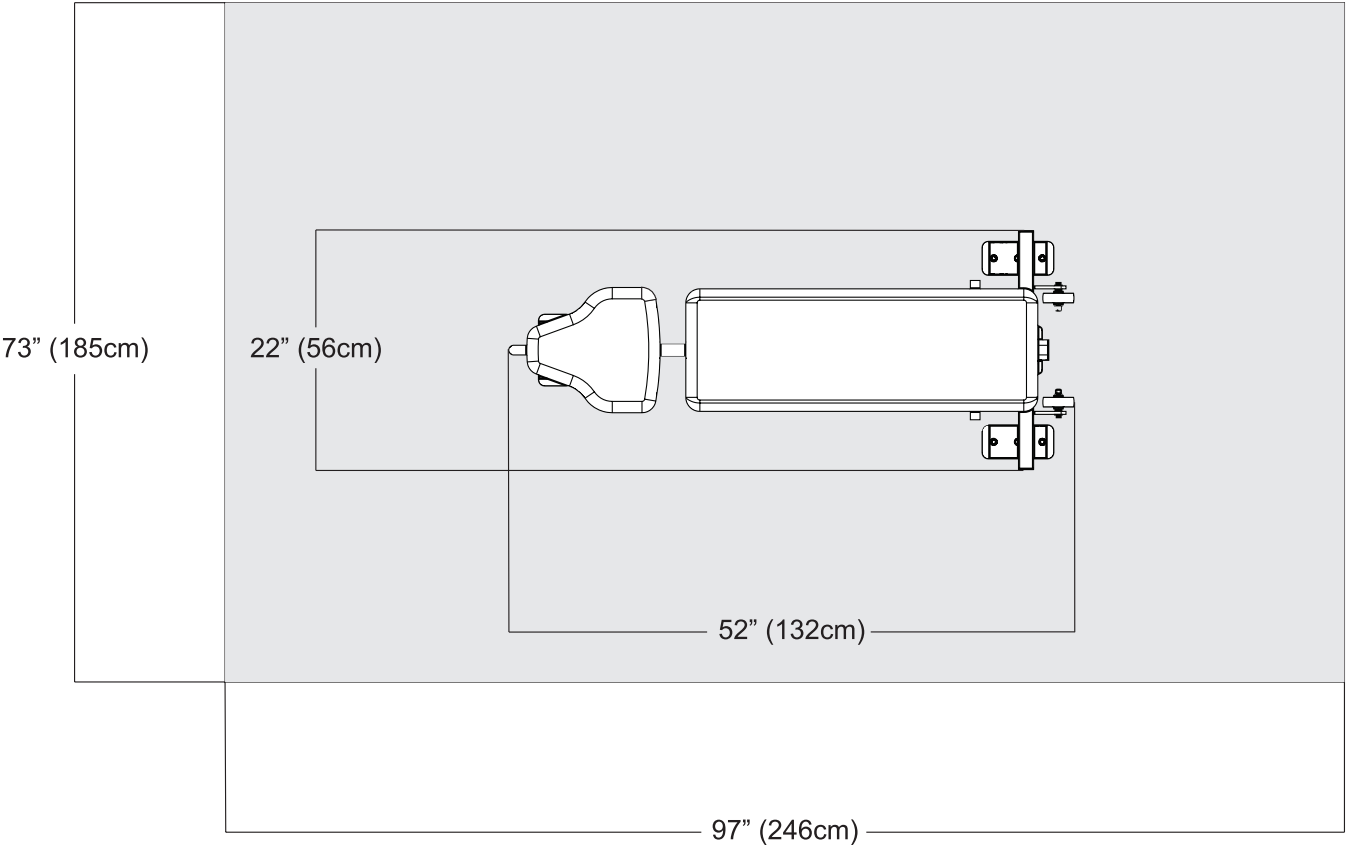
Description

The Multi-Angle Bench is a folding weight bench that offers a back pad with seven adjustable pressing angles from -10°, 0°, 15°, 30°, 45°, 60° and 75° with a seat pad with three adjustments from 0°, 15° and 30° to help ensure ergonomically solid performance.

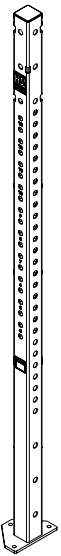
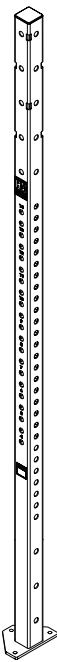
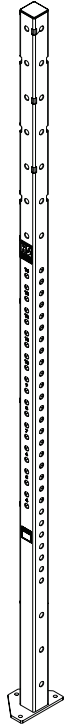
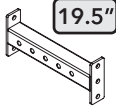
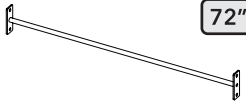
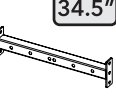
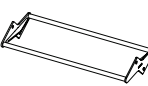
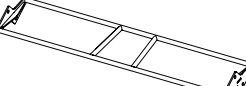
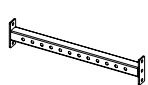
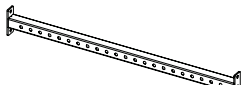
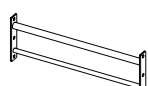
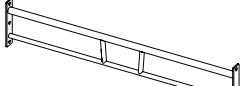
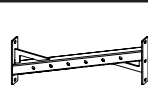
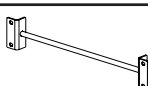
Product Code:	HDT-MAB	
Machine Weight:	85 lbs	39 kgs
Max User Weight:	350 lbs	158 kgs
Max Training Weigt:	675 lbs	224 kgs



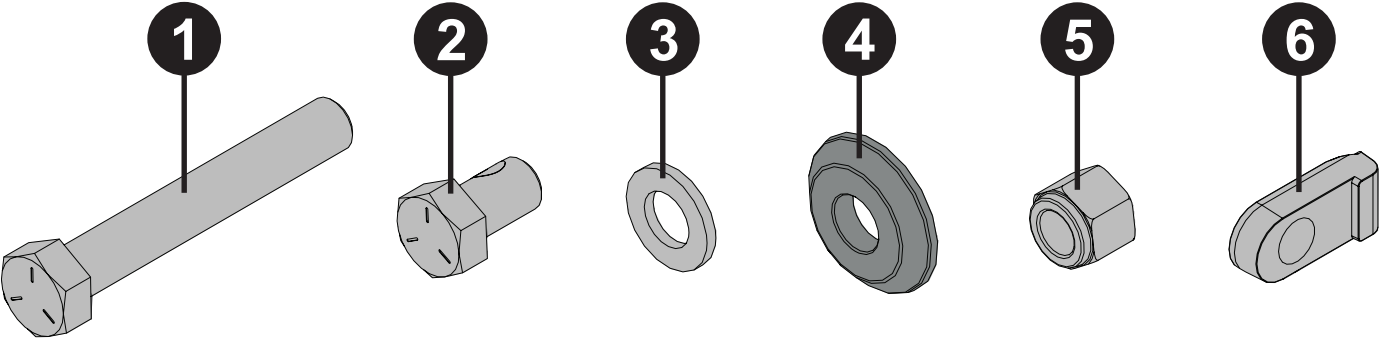
Dimensions: 52" L x 22" W x 18.5" H (132cm L x 56cm W x 47cm H)
Live Area: 97" L x 73" W (246cm L x 185cm W)



COMPONENTS AND SAMPLE RIGS

UPRIGHTS			MEMBERS			STANDARD RIGS	
8'	9'	10'	19.5"	42"	72"		
							
							
							
							
							
							
							
							

ASSEMBLY INSTRUCTIONS



HARDWARE	
ITEM NO.	DESCRIPTION
1	3/4-10 x 5" Hex Head Screw
2	3/4-10 x 1-1/4" Hex Head Screw
3	3/4" Flat Washer
4	2.25 OD x 3/8" Spacer
5	3/4-10 Nylock Nut
6	3/4"-10 Hammer Lock Nut

TOOLS REQUIRED	
QTY.	DESCRIPTION
2	3/4" Open End Wrenches
1	1-1/16" Socket Wrench
1	1-1/8" Open End Wrench
1	T25 Torx Wrench
1	1-Torque Wrench



VERIFY RIG LAYOUT WITH OWNER BEFORE ASSEMBLY

STEP 1

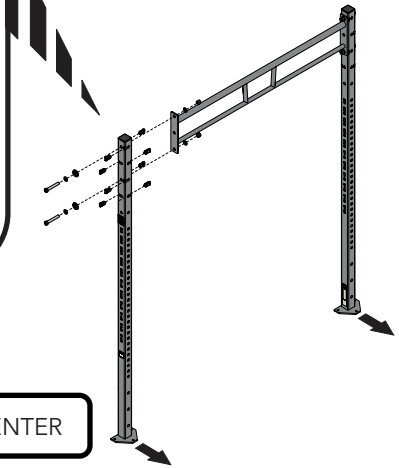
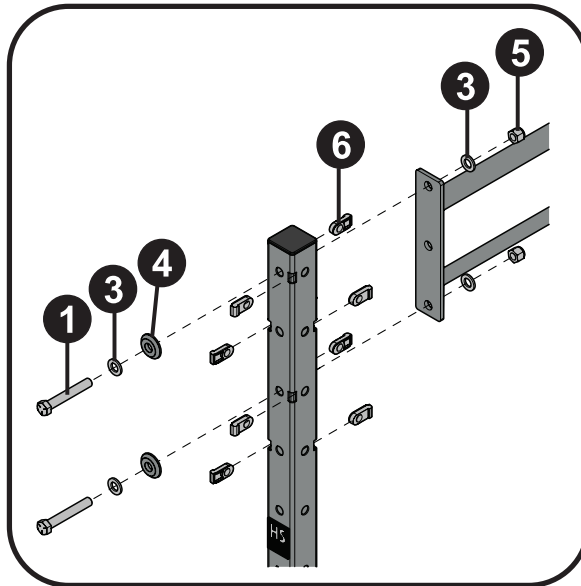
CONNECT UPRIGHTS

ITEM	QTY
1	4
3	8
4	4
5	4
6	16

50%



22-25 FT-LBS
(30-34Nm)



ENSURE FEET FACE CENTER

STEP 2

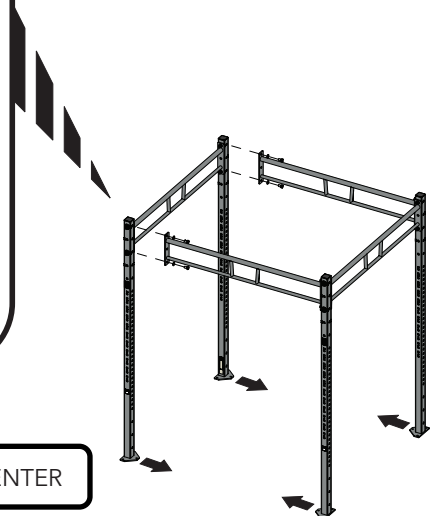
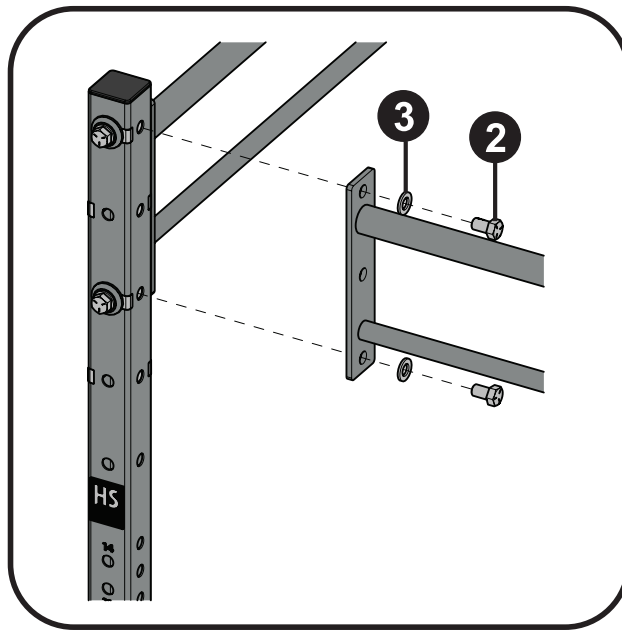
CONNECT MEMBERS

ITEM	QTY
2	4
3	4

50%



22-25 FT-LBS
(30-34Nm)



ENSURE FEET FACE CENTER

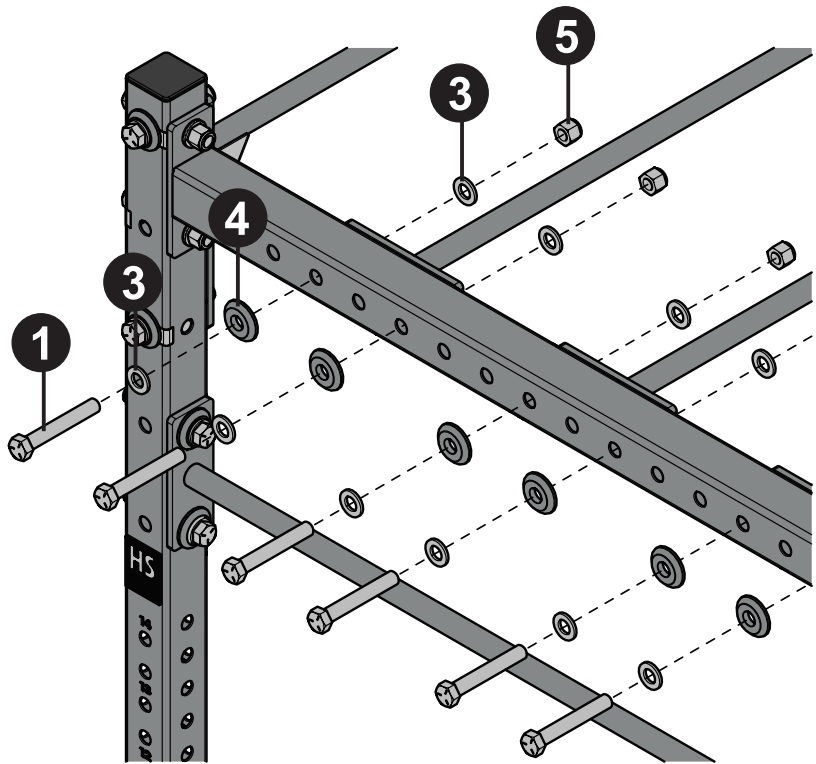
STEP 3

**MONKEY BARS
(IF APPLICABLE)**

ITEM	QTY
1	16
3	32
4	16
5	16



22-25 FT-LBS
(30-34Nm)



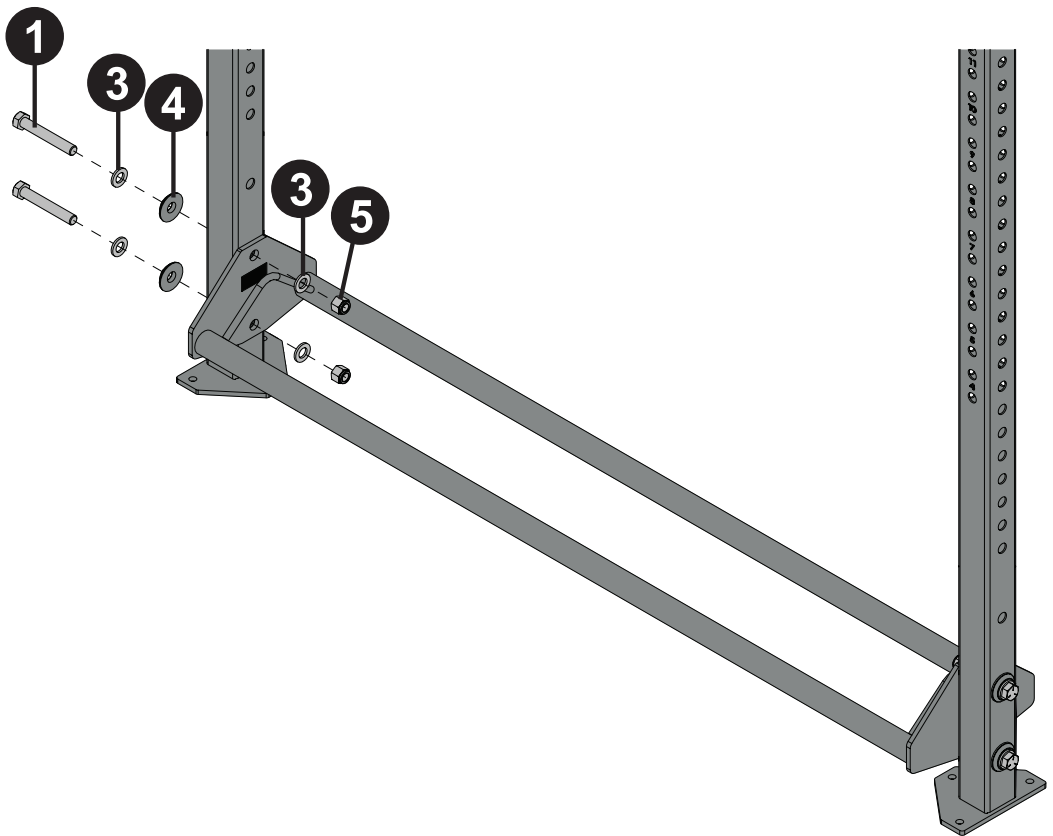
STEP 4

**STORAGE TRAYS
(IF APPLICABLE)**

ITEM	QTY
1	4
3	8
4	4
5	4



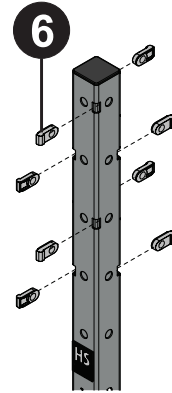
22-25 FT-LBS
(30-34Nm)



STEP 5

CHECK HAMMER LOCKS

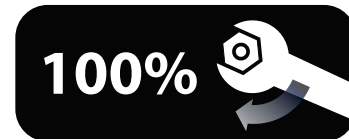
ENSURE ALL HAMMER LOCK HOLES ARE FILLED OR ARE COVERED BY PLATES.



STEP 6

TIGHTEN HARDWARE

ONCE RIG IS FULLY ASSEMBLED, TIGHTEN EACH BOLT TO 45-50 FTLBS (61-68Nm).

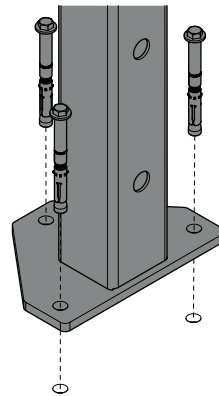


STEP 7

BOLT TO FLOOR

THE RIG MUST BE BOLTED TO THE FLOOR PRIOR TO USE BY ANCHORING THROUGH EACH BOLT HOLE IN EACH FOOT.

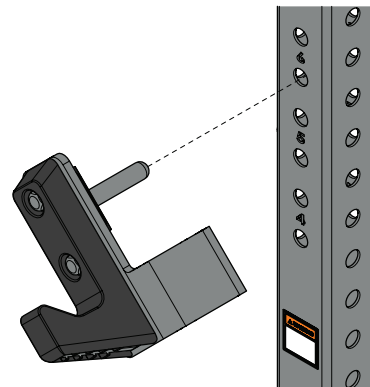
REFER TO THE BOLT TO FLOOR GUIDELINES SECTION FOR INSTALLATION ASSISTANCE.



STEP 8

BAR SUPPORTS

INSTALL BAR SUPPORTS ON UPRIGHTS WITH FOUR FOOT WIDE SPACES, EXCLUDING UPRIGHTS USED FOR STORAGE.



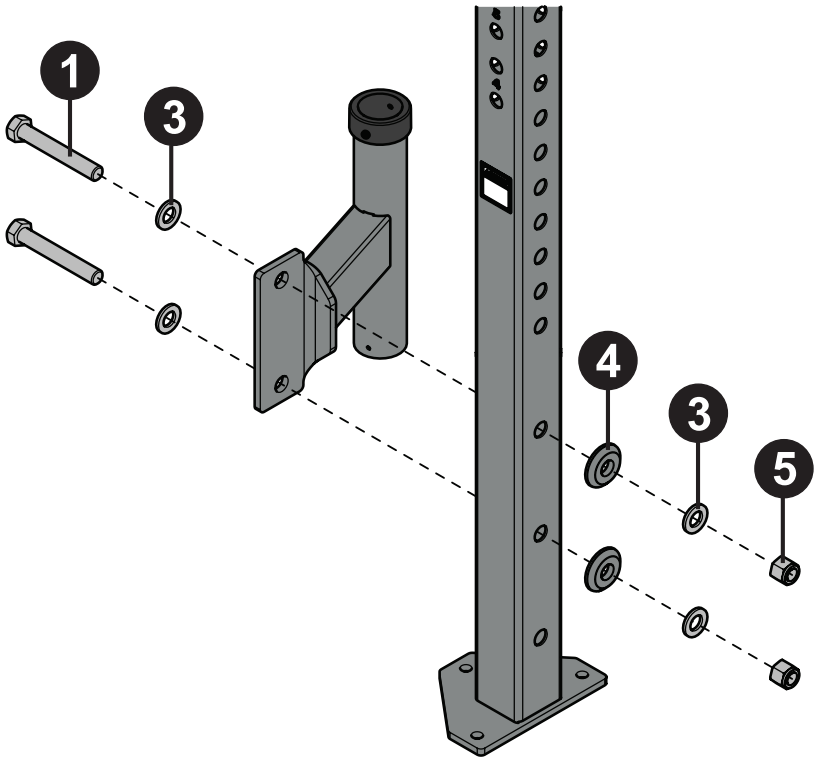
OPTIONAL EQUIPMENT

BAR STORAGE ASSEMBLY

ITEM	QTY
1	2
3	4
4	2
5	2



45-50 FT-LBS
(61-68Nm)

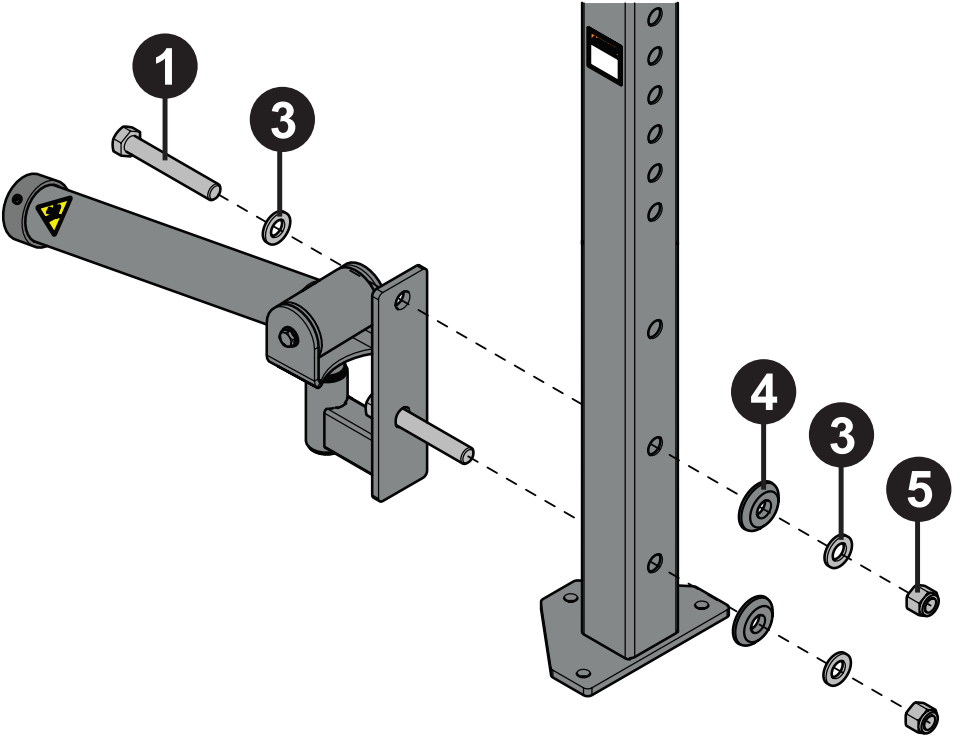


POWER PIVOT ASSEMBLY

ITEM	QTY
1	2
3	4
4	2
5	2



45-50 FT-LBS
(61-68Nm)



OPTIONAL EQUIPMENT

WING ASSEMBLY

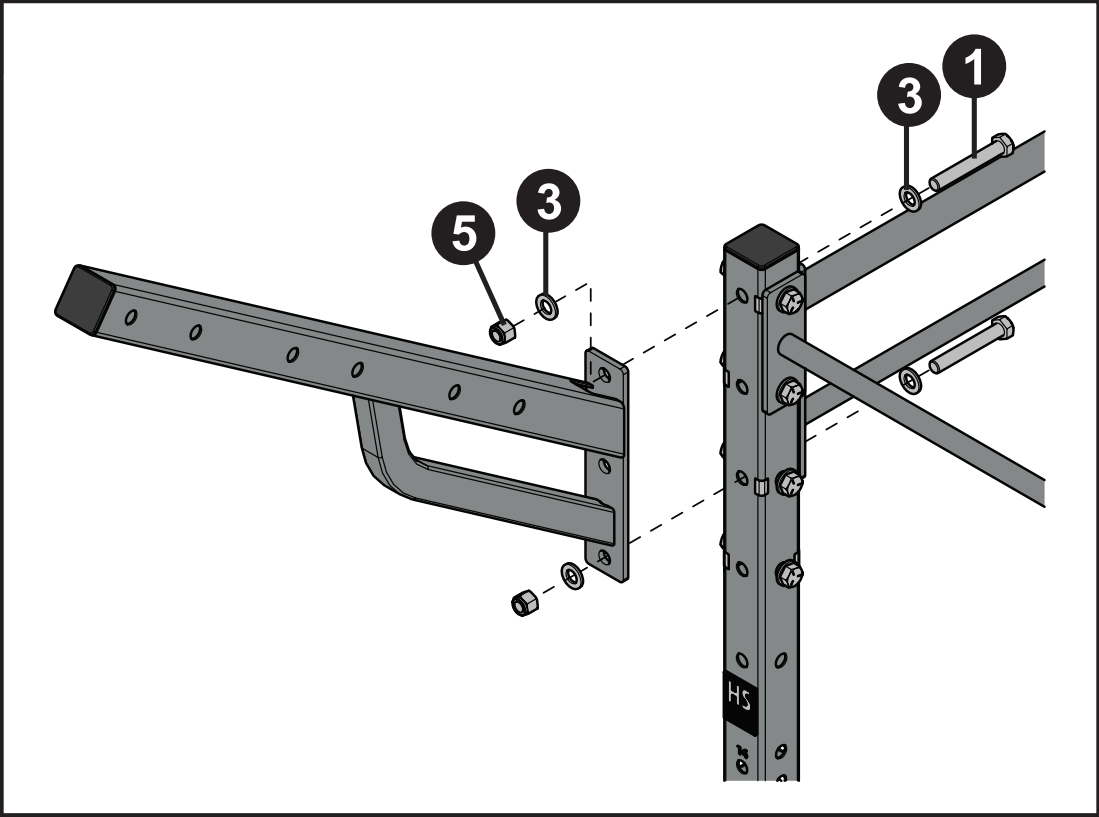
STEP 1 OF 2

ITEM	QTY
1	4
3	8
5	4

50%



22-25 FT-LBS
(30-34Nm)



WING ASSEMBLY

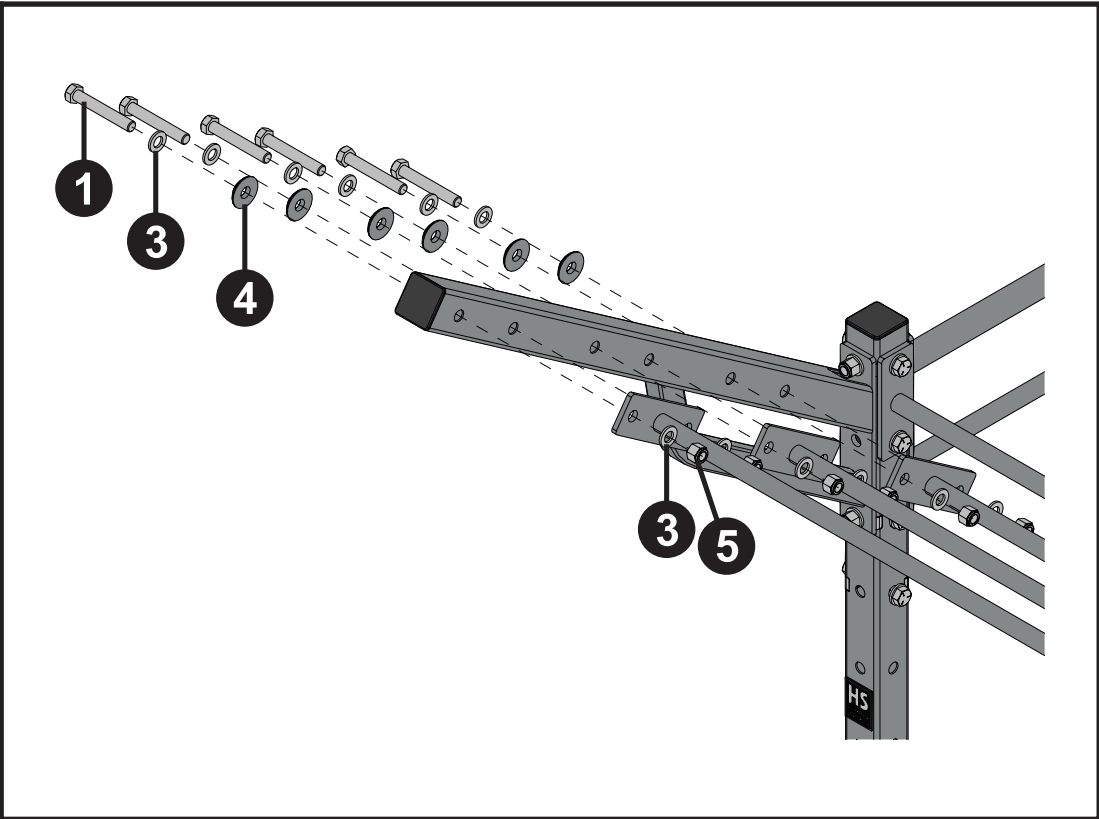
STEP 2 OF 2

ITEM	QTY
1	12
3	24
4	12
5	12

100%



45-50 FT-LBS
(61-68Nm)

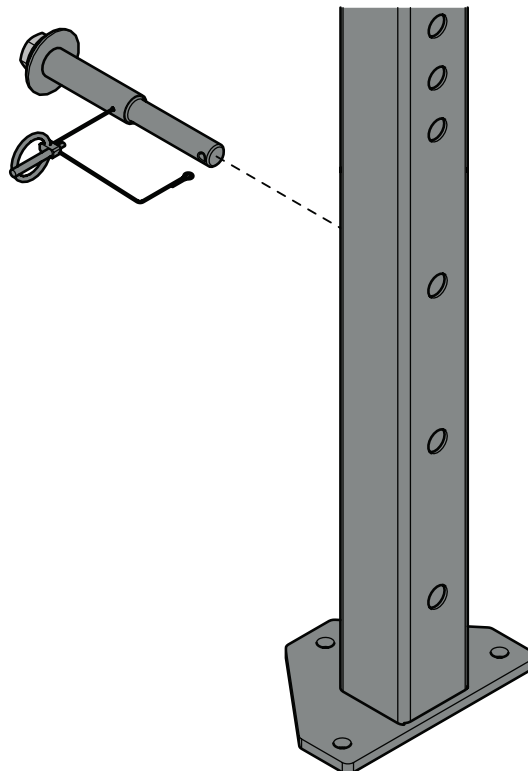


OPTIONAL EQUIPMENT

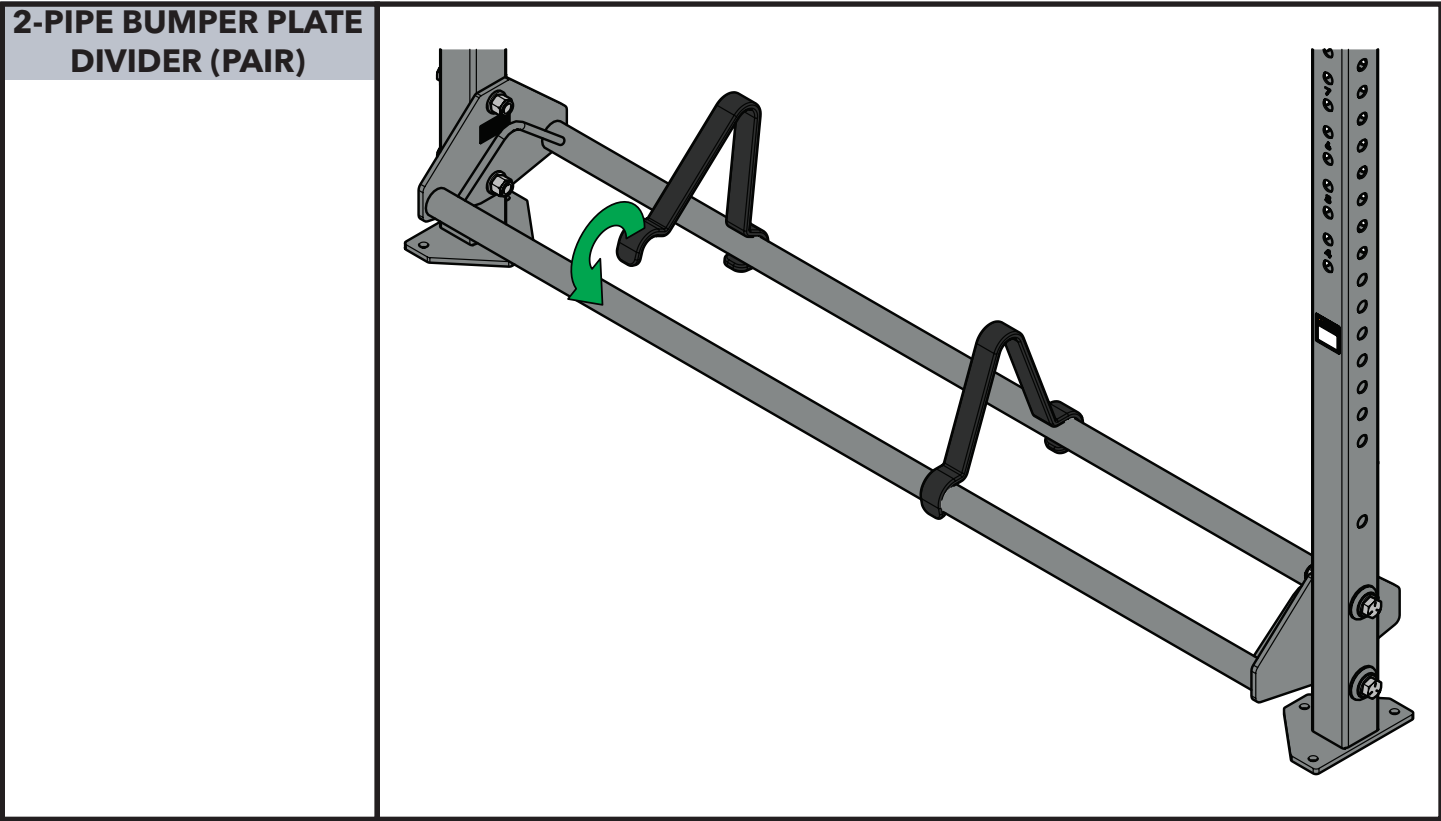
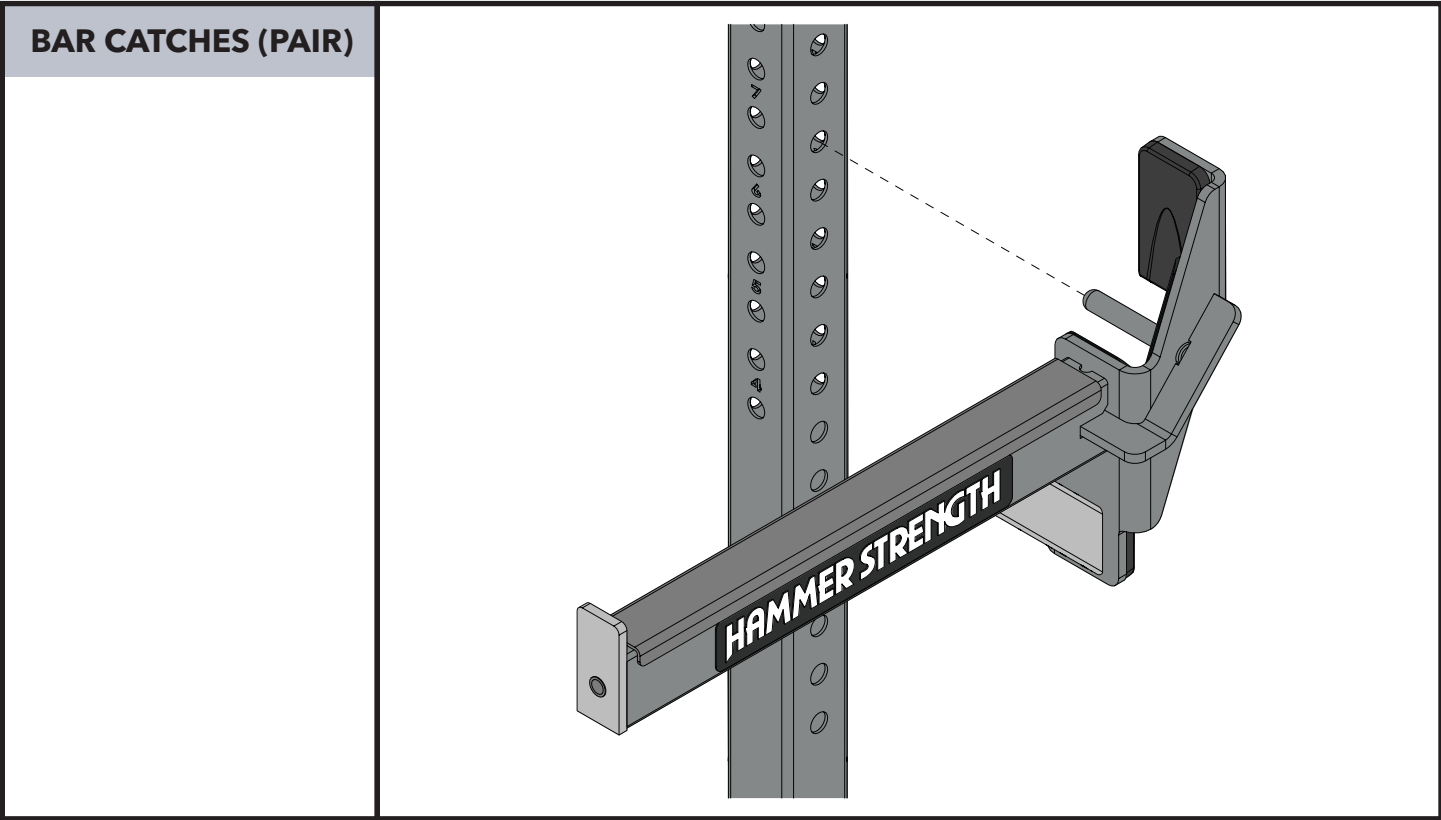
DIP HANDLE



BAND PEGS



OPTIONAL EQUIPMENT



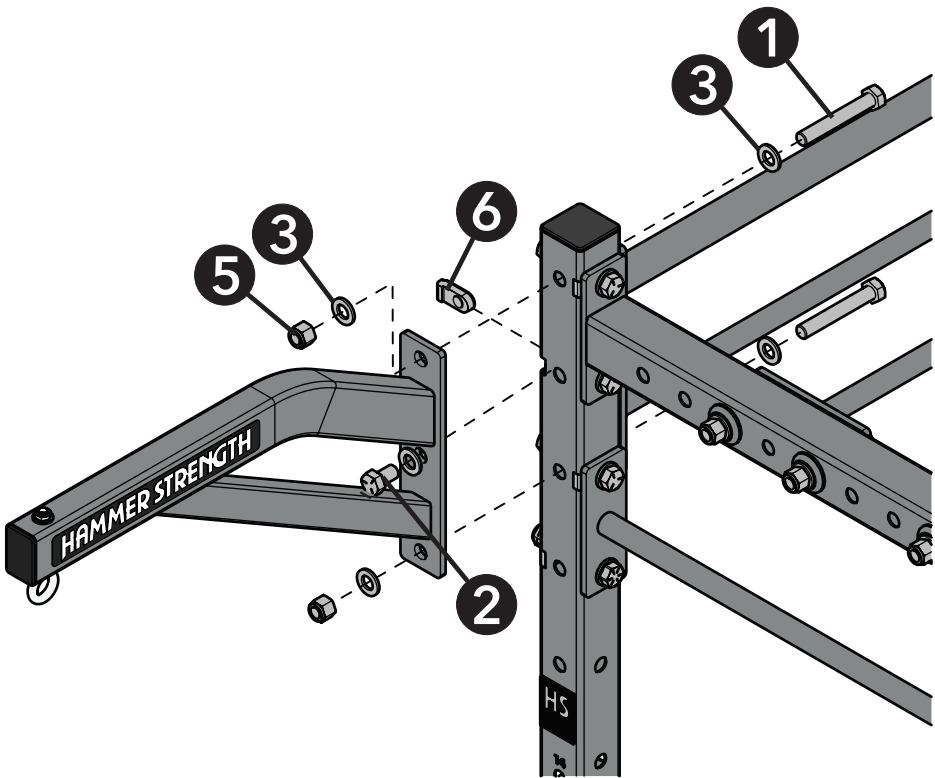
OPTIONAL EQUIPMENT

HEAVY BAG HANGER

ITEM	QTY
1	2
2	1
3	5
5	2
6	1



45-50 FT-LBS
(61-68Nm)

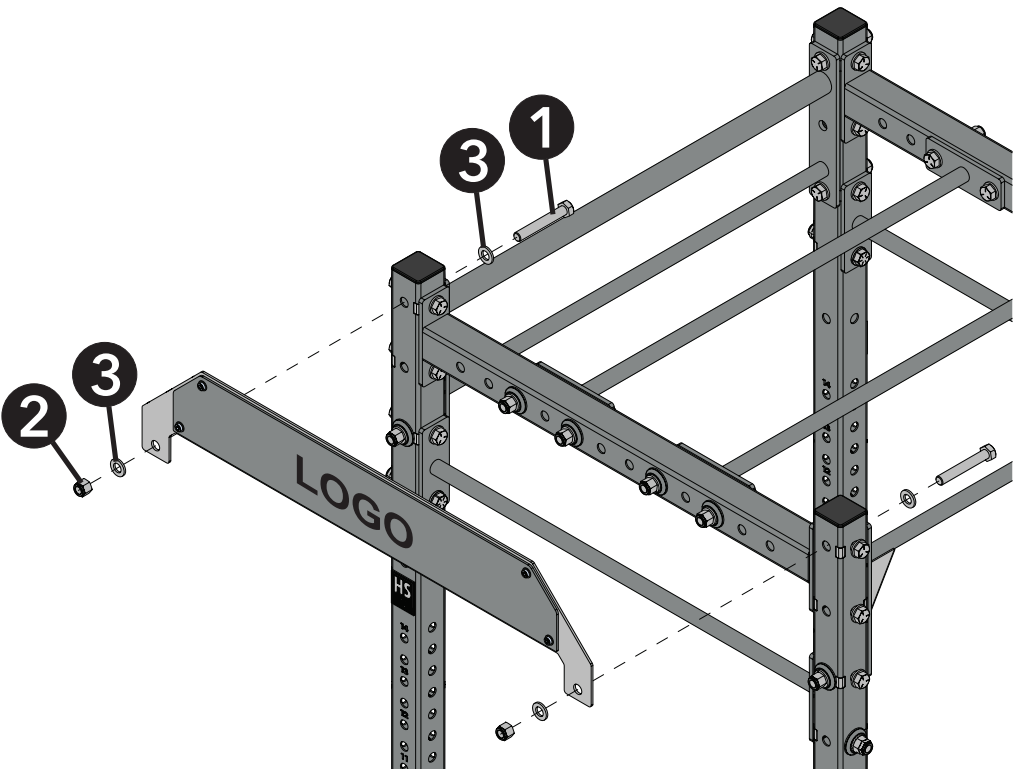


CUSTOM SIGN

ITEM	QTY
1	2
3	4
5	2



45-50 FT-LBS
(61-68Nm)



OPTIONAL EQUIPMENT

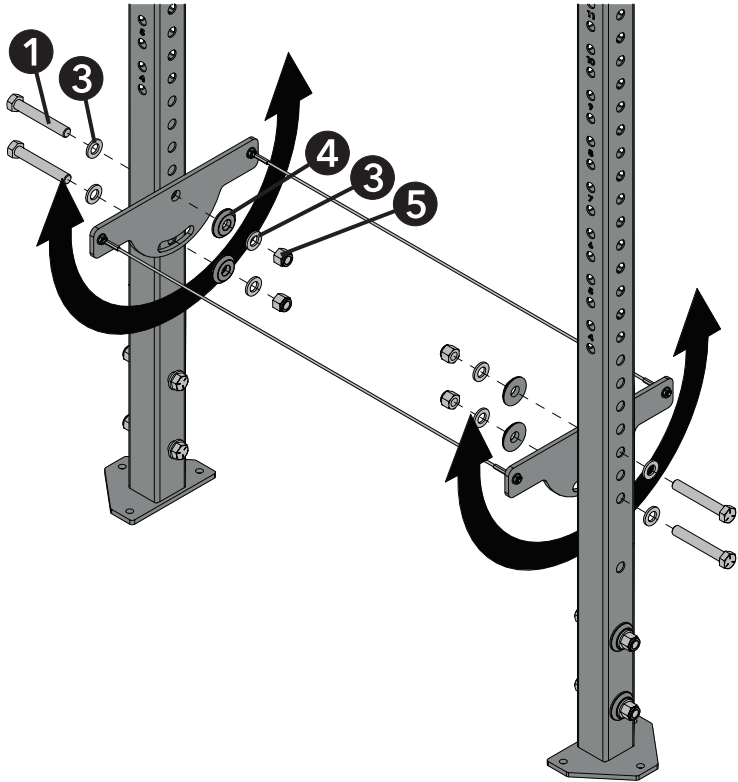
STABILITY BALL STORAGE

ITEM	QTY
1	4
3	8
4	4
5	4

100%



45-50 FT-LBS
(61-68Nm)



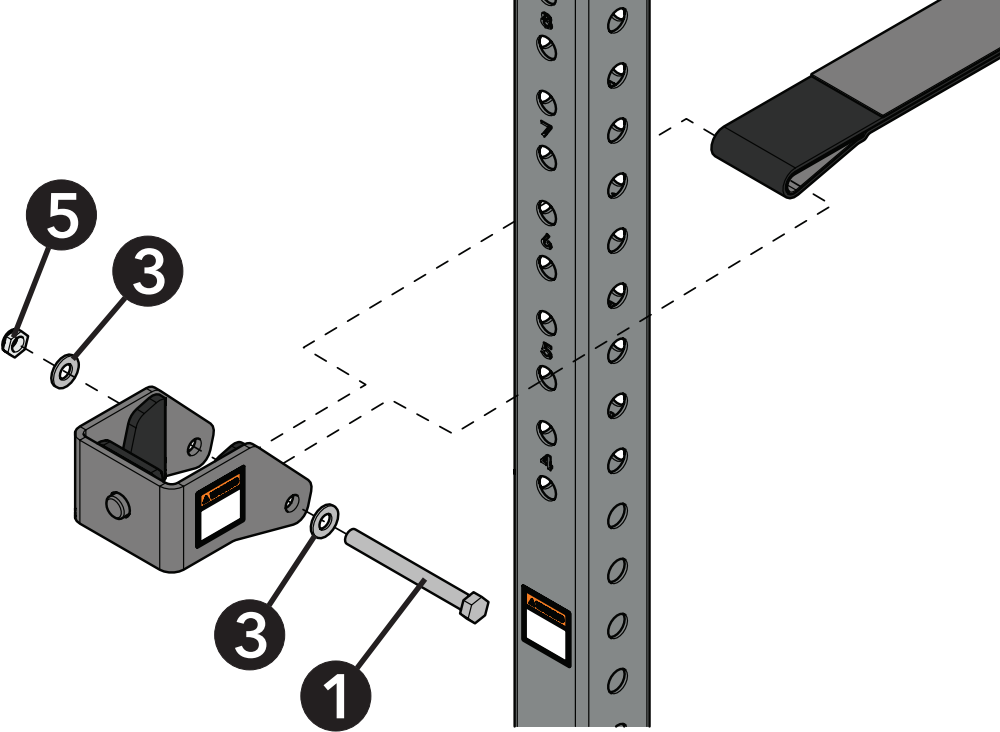
FLEXIBLE BAR CATCHES (PAIR)

ITEM	QTY
1	2
3	4
5	2

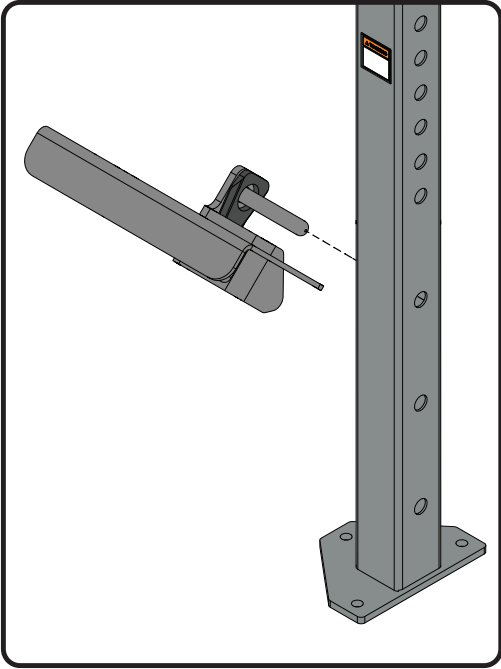
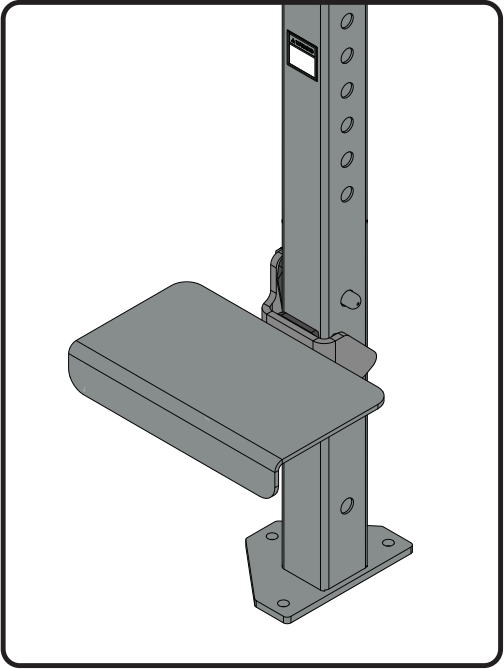
100%

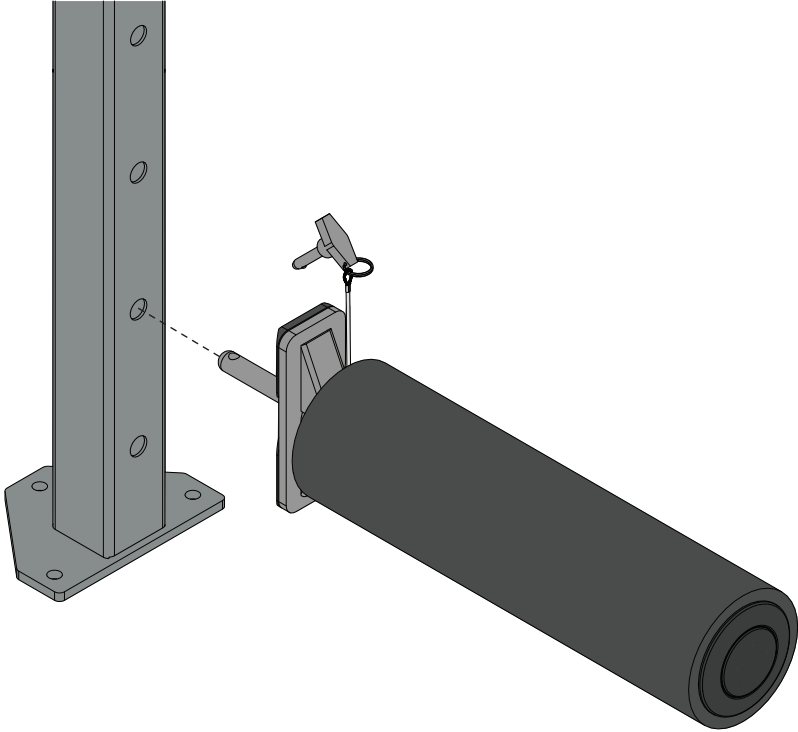


45-50 FT-LBS
(61-68Nm)



OPTIONAL EQUIPMENT

STEP ACCESSORY	 
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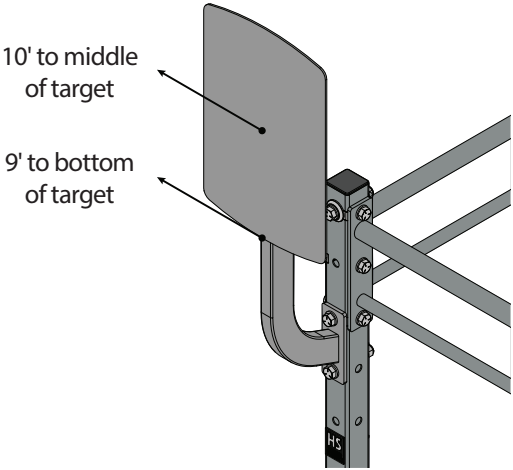
NORDIC HAM	
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OPTIONAL EQUIPMENT

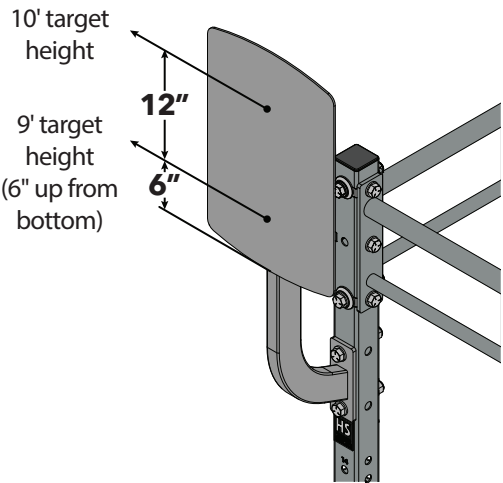
WALL BALL
TARGET

MOUNTING LOCATIONS

PRIMARY MOUNTING HEIGHT



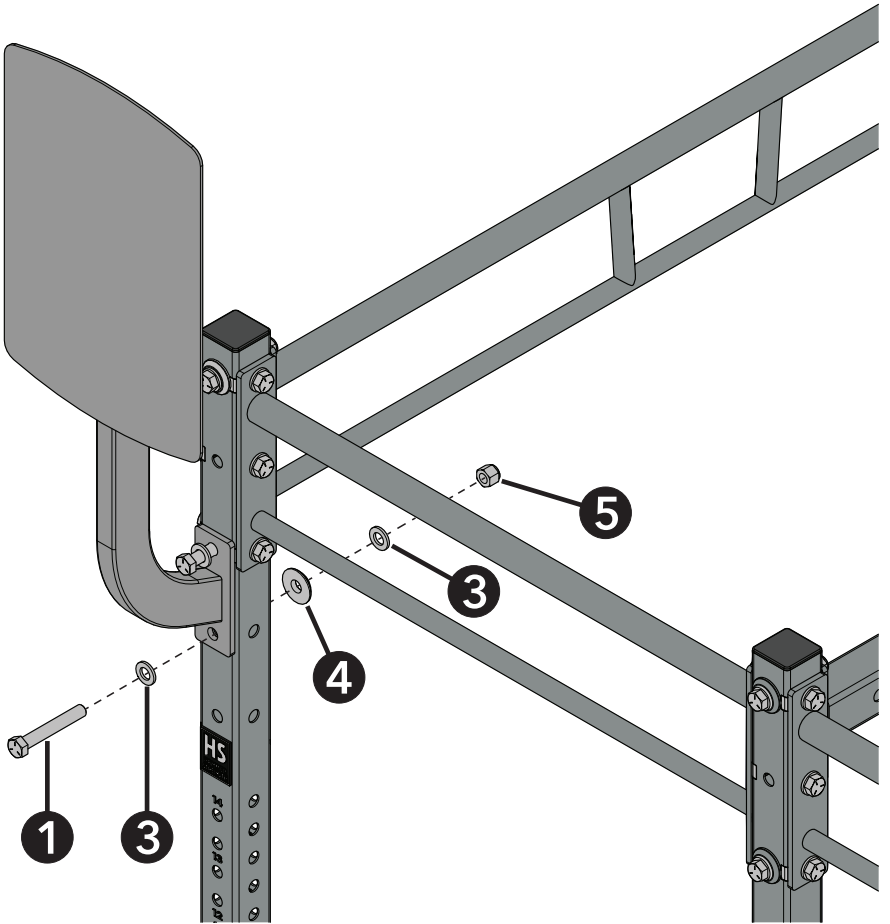
ALTERNATIVE MOUNTING HEIGHT



ITEM	QTY
1	2
3	4
4	1
5	2



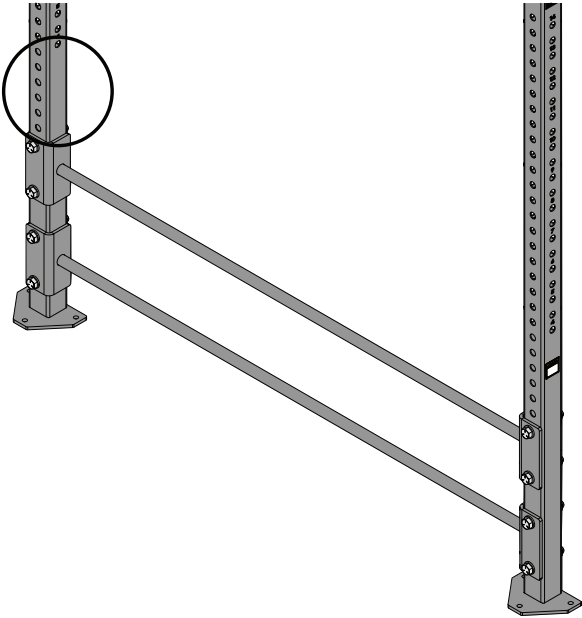
45-50 FT-LBS
(61-68Nm)



OPTIONAL EQUIPMENT

END CAP BARS

MOUNTING LOCATIONS

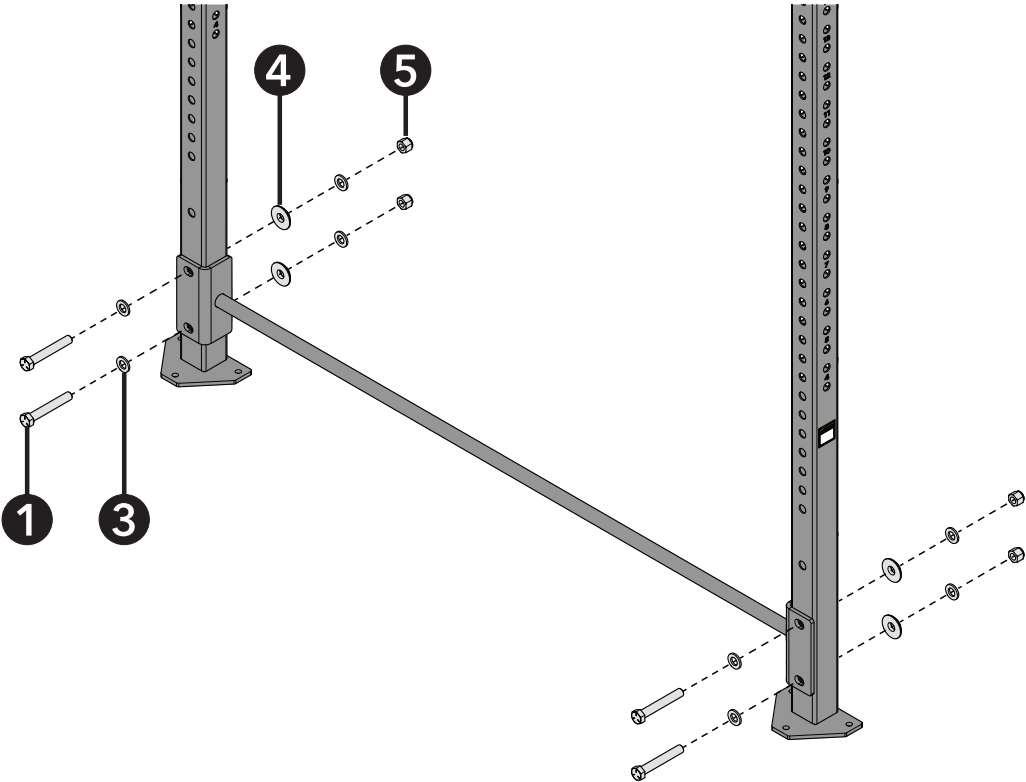


End cap bars only needed where there are no holes on inside of tube face for mounting.

ITEM	QTY
1	4
3	8
4	4
5	4



45-50 FT-LBS
(61-68Nm)



BOLT TO FLOOR GUIDELINES

Life Fitness designs its products to be stable when used as designed. Because strength training is dynamic, we cannot predict how users will ultimately use the products in all circumstances. Therefore, Life Fitness recommends that strength training equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over. For some equipment, securing the equipment to the floor is REQUIRED.

- All Hammer Strength Rigs Units (HDT-RIG) are required to be bolted down.

It is the facility's responsibility to adhere to local and regional building codes.

All Anchors

- Fasteners must have minimum embedment in concrete floor, not including screed, regardless of wood/tile/rubber over subfloor. (See Anchor Selection for maximum subfloor thickness between unit and concrete to equipment foot must be made of flooring or other material (i.e. no air gaps)).
- DO NOT reuse fasteners. Static and Dynamic anchors are designed for one-time use only.
- Factor in equipment's feet height when selecting fastener length.
- Factor in flooring thickness when selecting fastener length.
- It is also recommended to drill an additional 1/2" (12.7mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.
- Minimum concrete compressive strength: 3000psi (20 N/mm²).

Anchoring

- All anchors must have a minimum embedment into concrete, regardless of wood/tile/rubber/screed over sub-floor.
- Dynamic anchors must have a minimum embedment depth in concrete to ensure maximum security and pull out force. See Anchor Selection for embedment depth minimums.

Building Codes

- It is the facility's responsibility to adhere to local and regional building codes. Please verify with the customer to ensure that they are aware of this.

Carpeting

- If bolted down to carpet flooring, be sure to use a box cutter knife to cut the carpet threads around each foot. This will help avoid the carpet threads from being wrapped around and pulled by the drill bit.

Competitor Product

- The bolt down guidelines and procedures for Life Fitness products were determined by the company's Engineering and Installation Development groups. These guidelines include which anchors to use and positioning of the anchors are required for Life Fitness product.
- Life Fitness does not have that level of specification or engineering input for competitive product.
 - Life Fitness installation teams are not permitted to anchor competitor equipment.

Drilling

- It is also recommended to drill an additional 1/2" (12.7mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.
- This can be done by marking your drill bit with a piece of tape.
 - While it is recommended that a vacuum be used to clean up debris, this will not account for all the debris that will settle at the bottom of the drilled hole.

Anchor Types

PRODUCT	ANCHOR		Subfloor between unit and concrete 0" to 1/2" (12.7mm) thick	Subfloor between unit and concrete over 1/2" (12.7mm) thick
All Hammer Strength Rigs (HDT-RIG)	Dynamic	Imperial	HSL-3 M 8/40 LF p/n 9226402	HST M 12 x 115/20 to 295/200 (length depends on subfloor thickness)
		Metric		

Anchor Specifications

DYNAMIC ANCHOR	Minimum Concrete Thickness	Minimum Drill Depth in Concrete	Minimum Concrete Embedment	Minimum concrete compressive strength
KH-EZ 3/8"	4-7/8" (124mm)	1/2" beyond anchor length	3-1/4" (83mm)	3000psi
HUS-H 8mm	120mm (4-3/4")	10mm beyond anchor length	75mm (2-3/32")	20 N/mm2
HSL-3 M/40	4-3/4" (120mm)	1/2" beyond anchor length	2-13/32" (60mm)	3000psi
HST M 12	140mm (5-1/2")	10mm beyond anchor length	70mm (2.8")	20 N/mm2

Pullout Force

Life Fitness specifies Hilti™ static and dynamic anchors. According to the anchor manufacturer, the recommended design pullout force (in tension) for the specified anchors, when properly installed in cracked concrete, is provided in the side table. This table should be used for reference only; for additional and up-to-date information on the anchor capabilities or the design pullout force in other substrates, please consult Hilti directly at <https://www.us.hilti.com>.

SELECTED ANCHOR	DESIGN RESISTANCE IN TENSION
KH-EZ 3/8" x 4"	1535 lb
KH-EZ 3/8" x 5"	1535 lb
HUS-H 8mm x 120mm	3.3 kN
HUS-H 8mm x 140mm	3.3 kN
HSL-3/8 4"	2000 lb
HST M12 x 115/20	8 kN
HST M12 x 195/200	8kN
* Design strength extracted from the Hilti Anchor Fastening Technology Manual issued November 2016.	

Tools Required

Adhere to manufacturer's equipment warnings and guidelines. Follow manufacturer's instructions for proper usage.

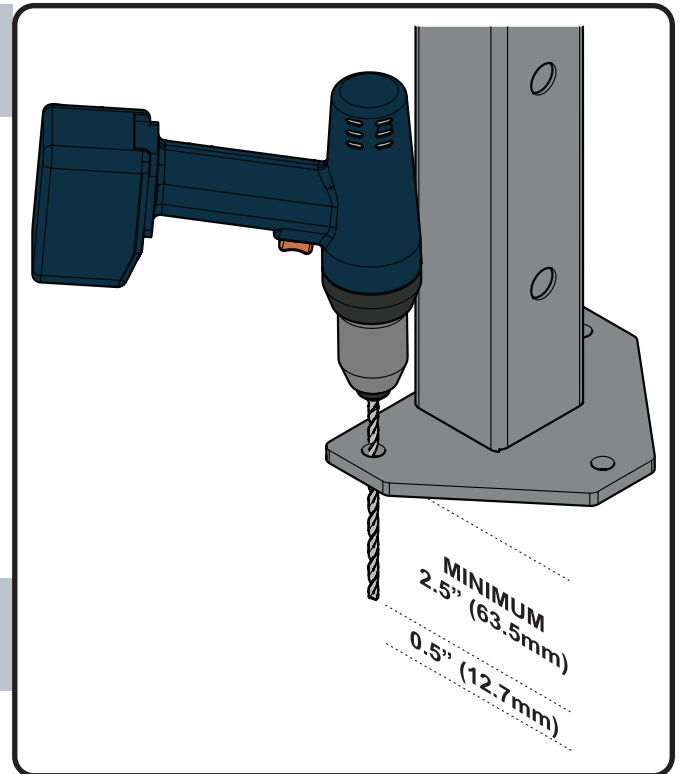
Floor scanner/rebar detector (optional)	Safety glasses
1" L-shape SDS rotary hammer	Extension cord
1/4" x 12" (6mm x 305mm) carbide drill bit (for 1/4" (6mm) anchors)	Impact wrench
3/8" x 12" (8mm x 305mm) carbide drill bit (for 3/8" (8mm) anchors)	Vacuum (for debris)

Static Anchor Procedure

If it is possible that the length of your bolt will not provide the minimum requirement of 2.5" (63.5mm) of engagement, a longer anchor should be used.

1. Place unit into position to be mounted and cycle unit to set stance.
2. Each foot **must** get at least one fastener.
3. Wearing protective glasses, drill down into the flooring to the required depth as perpendicular as possible, ensuring that the foot thickness is being accounted for; refer to Anchor Types and Foot Dimensions.
4. Insert fastener and tighten to 18 Foot-Pounds (24Nm) for 1/4" (6mm) anchor or 40 Foot-Pounds (54Nm) for 3/8" (8mm) anchor.

If the legs/frame do not contact the mounting surface DO NOT pull down with the fastener or anchor. Loosen frame hardware and re-tighten to allow machine to align.



Foot Dimensions

Use below to determine foot specifications.

