

HAMMER STRENGTH®

**HAMMER
STRENGTH®**

Heavy Duty Athletic Perimeter

Owner's Manual & Assembly Instructions

HDT-PHR, HDT-PSF





Operation Manuals and other Product Information available at <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>

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

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CORPORATE HEADQUARTERS

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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
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lifefitness@lifefitness.com.br
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Store Operating Hours:
9:00 -20:00 (BRT) (Monday-Friday)
10:00 - 16:00 (BRT) (Saturday)

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9525 West Bryn Mawr Avenue
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Fax: (847) 288 3703
Service Email:
customersupport@lifefitness.com
Sales/Marketing Email:
commercialsales@lifefitness.com
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Fax: (+31) 180 646 699
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(GMT)

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8.30h-15.00h (Friday)

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marketing.db.cemea@lifefitness.com
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Sales/Marketing Email:
sales@lifefitnessjapan.com
Operating Hours: 9.00h-17.00h (JAPAN)

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Fax: (+852) 2575.6894
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Sales/Marketing Email:
Marketing.HK.Asia@lifefitness.com
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Service Operating Hours: 9.00h-18.00h

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

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Fax: (+852) 2575.6894
Service Email:
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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 Perimeter 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.
5. Bar Catches, Bar Supports, Dip Handles, and any other types of adjuster are intended to be used in the front of the unit. **Do not** install and perform exercise with Bar Catches, Bar Supports, Dip Handles, or any other types of adjuster on the back of the units.

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

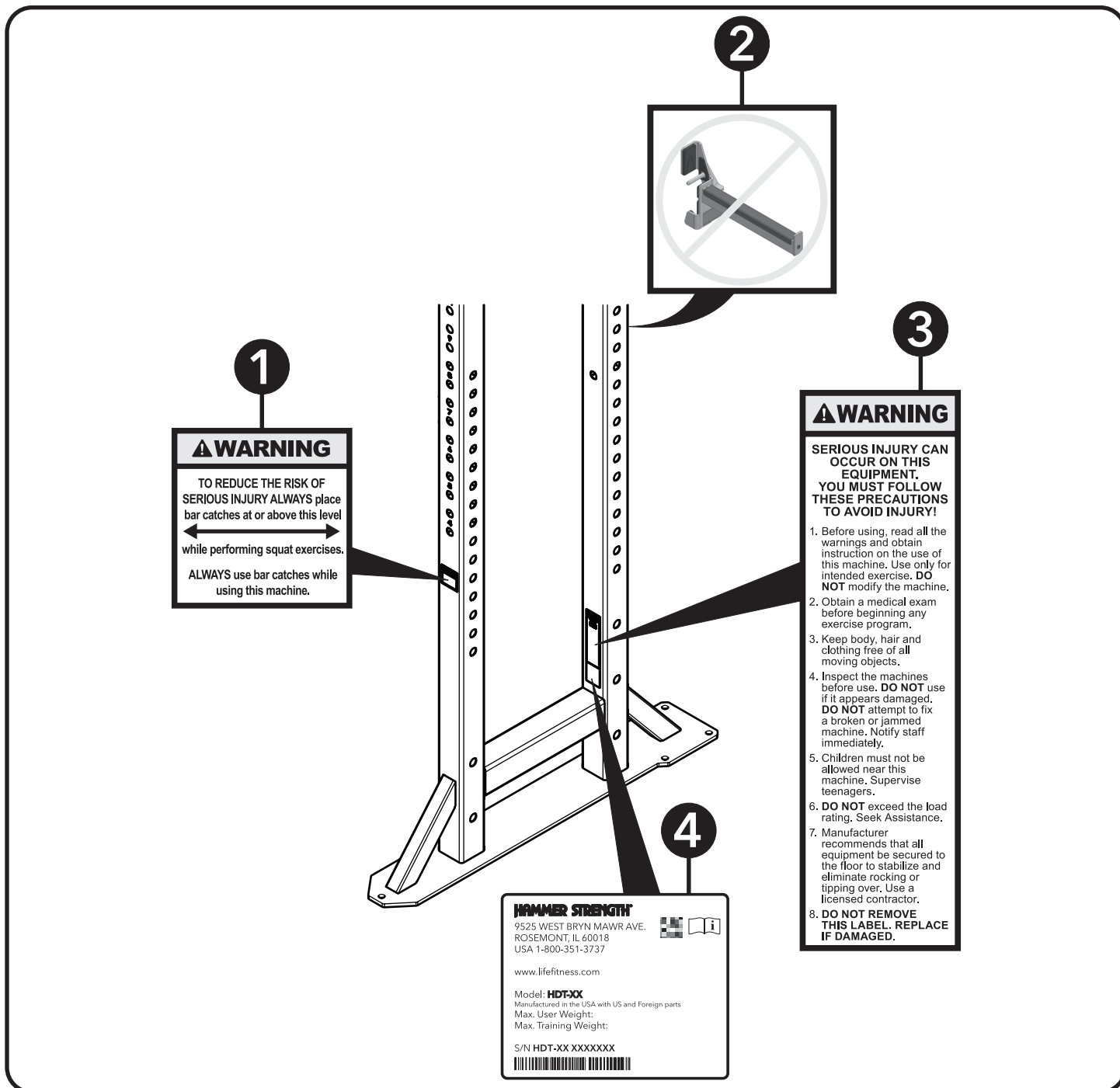
1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit.
3. Contact the nearest LIFE FITNESS Customer Support Services group.

WARRANTY COVERAGE

Warranties outside the United States may vary.

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

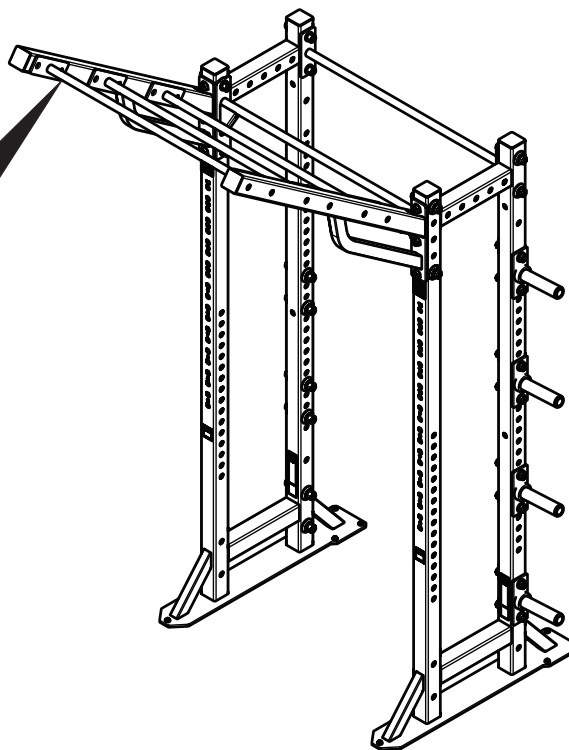
LABEL LOCATIONS



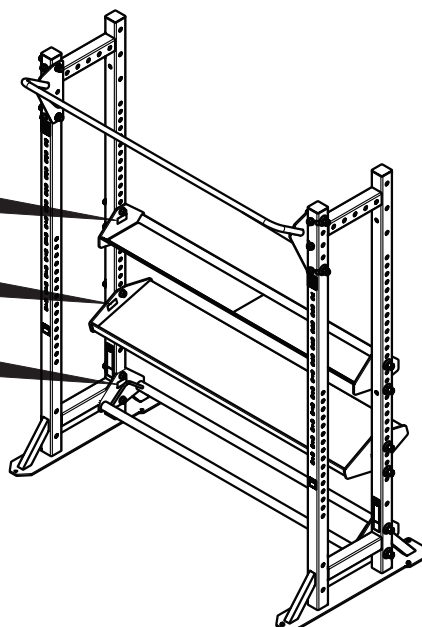
ITEM	LABEL
1	SQUAT HEIGHT
2	NO BAR CATCH
3	GENERAL WARNING
4	SERIAL NUMBER

LABEL LOCATIONS (CONTINUED)

WING REQUIRED BOLT TO FLOOR LABEL



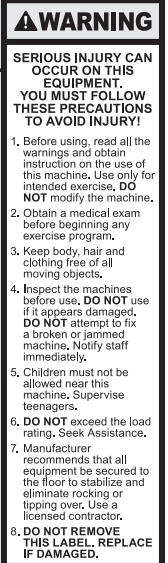
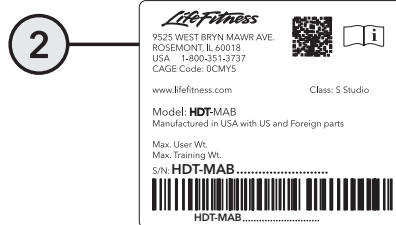
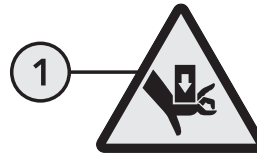
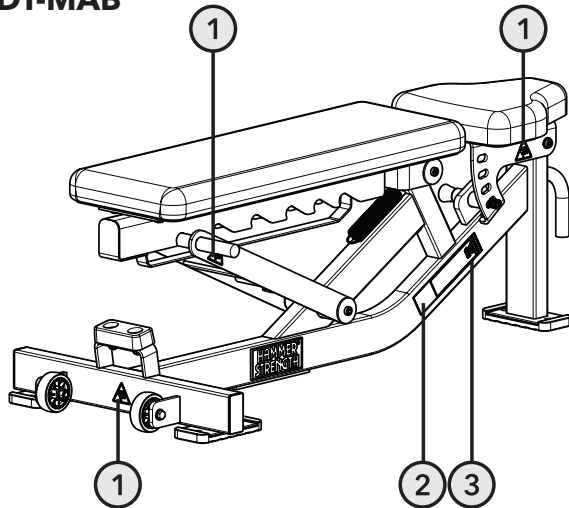
TRAY STORAGE LABELS



LABEL LOCATIONS (CONTINUED)

BENCH LABELS

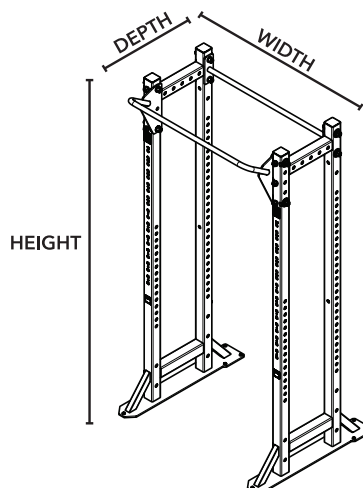
HDT-MAB



PERIMETER SPECIFICATIONS

PRODUCT DIMENSIONS

- HEIGHT -
97" (246CM)
(ADD 34" (87CM) FOR WING OPTION)
- DEPTH -
39.75" (101CM)
- WIDTH -
MINIMUM: 49" (125CM)



MAXIMUM USER WEIGHT

- 350LB (159KG)

MAXIMUM TRAINING WEIGHT

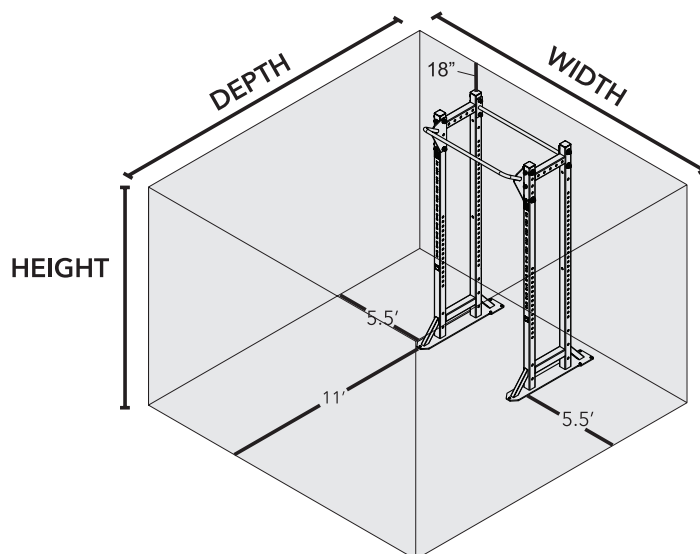
- 495LB (225KG)

FRAME CONSTRUCTION

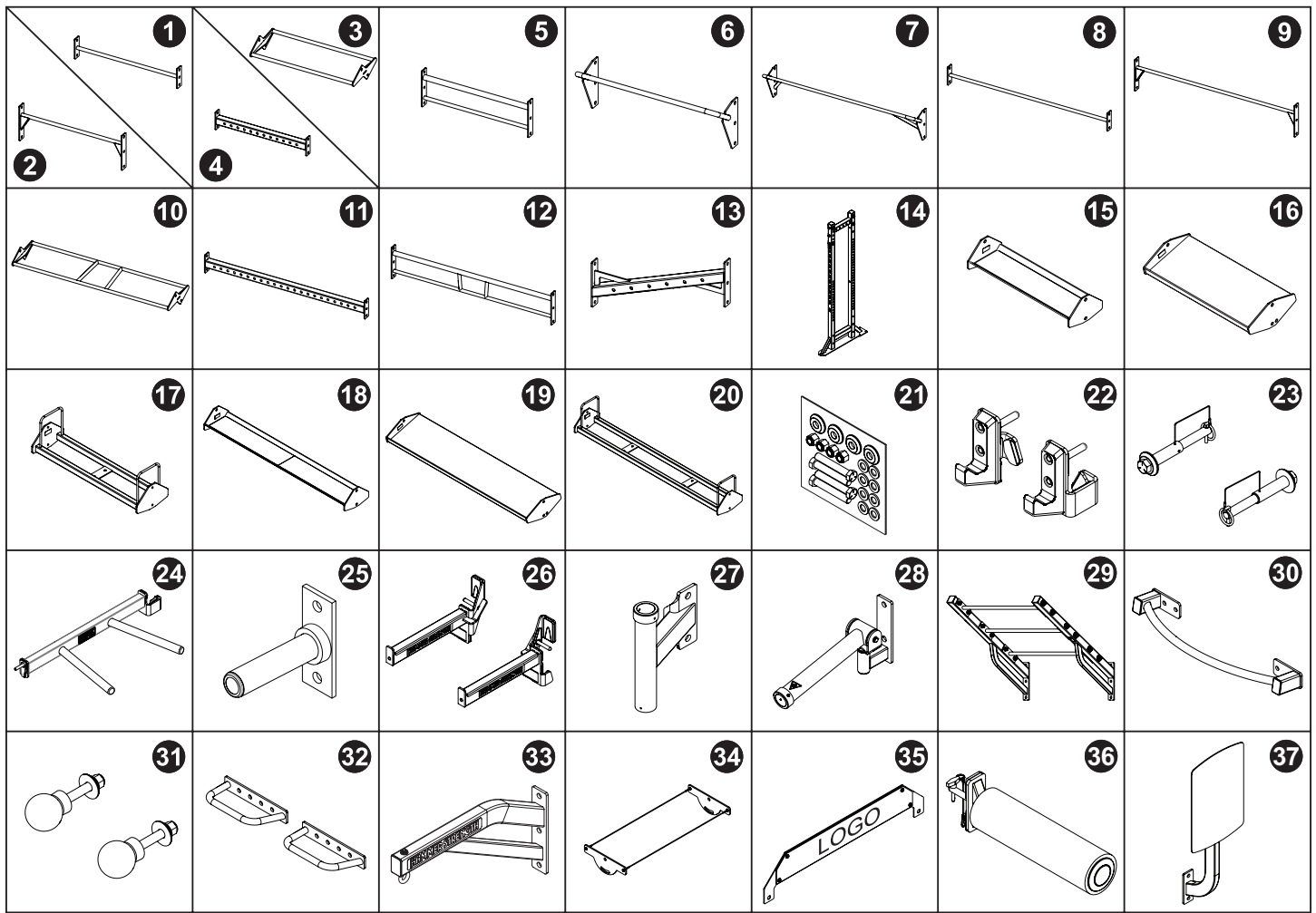
- FRAMES ARE MADE FROM 11 GAUGE STEEL AND 3/8" STEEL PLATES.

LIVE AREAS

- HEIGHT -
ADD 18" (46CM)
- DEPTH -
ADD 11' (335CM) TO FRONT
- WIDTH -
ADD 5.5' (168CM) TO BOTH ENDS



WEIGHT SPECIFICATIONS



ITEM NO	DESCRIPTION	WEIGHT	
		LBS	KG
1	42" MB PU BAR	9.5	4.3
2	42" SB PU BAR	14.9	6.8
3	42" OB PU BAR	23.9	10.8
4	42" SQ WLDMT	20	9.1
5	42" TS PU BAR	20.7	9.4
6	42" SC PU BAR	34.7	15.7
7	72" SC PU BAR	49.1	22.3
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	8 FOOT UPRIGHT	109.1	49.5
15	42" STORAGE TRAY - KB	38.9	17.6
16	42" STORAGE TRAY - DB	56.7	25.7
17	42" STORAGE TRAY - BP	31.5	14.3
18	72" STORAGE TRAY - KB	57.7	26.2

ITEM NO	DESCRIPTION	WEIGHT	
		LBS	KG
19	72" STORAGE TRAY - DB	80.4	36.5
20	72" STORAGE TRAY - BP	42.6	19.3
21	HARDWARE BLISTER PACK 1	1.7	0.8
22	BAR SUPPORTS (PAIR)	15.4	7
23	OPTIONAL BAND PEGS (PAIR)	3	1.4
24	OPTIONAL DIP	27.2	12.3
25	OPTIONAL WEIGHT HORN (PAIR)	4	1.8
26	OPTIONAL BAR CATCHES (PAIR)	43	19.5
27	OPTIONAL BAR STORAGE	9.4	4.3
28	OPTIONAL POWER PIVOT	19	8.6
29	OPTIONAL WING	106	48.1
30	OPTIONAL BOLTED ARC PU	15.9	7.2
31	OPTIONAL BOLTED BALL PU	3.9	1.7
32	OPTIONAL NEUTRAL PU	17.4	7.9
33	OPTIONAL HEAVY BAG HOLDER	19.7	8.9
34	OPTIONAL BALL STORAGE (42"/72")	15/15	6.8/6.8
35	OPTIONAL CUSTOM SIGN (42"/72")	30.1/55	13.7/24.9
36	OPTIONAL NORDIC HAM	15	6.8
37	OPTIONAL WALL BALL TARGET	33	15

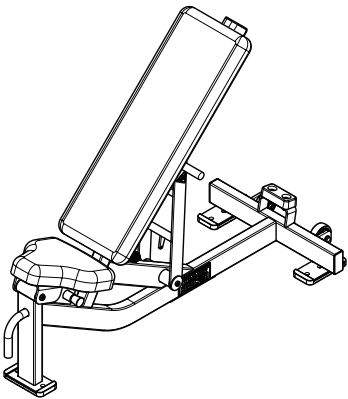
BENCHES

Multi-Angle Bench (HDT-MAB)

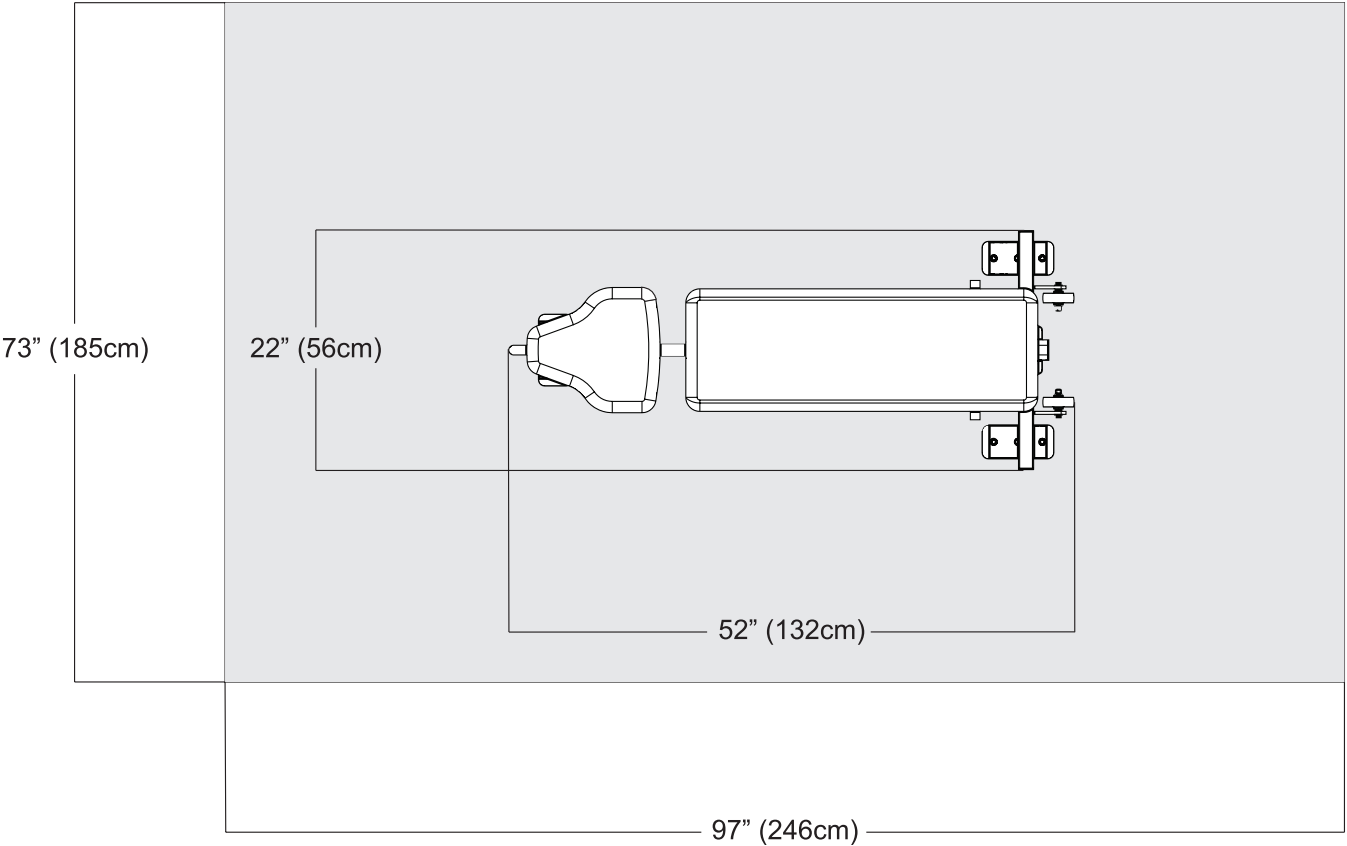
Description

The Multi-Angle Bench is a folding weight bench that offers a back pad with six adjustable pressing angles from 0°-80°, in 13.3° increments, and a seat pad with four adjustments to help ensure ergonomically solid performance.

Product Code:	HDT-MAB	
Machine Weight:	85 lbs	39 kgs
Max User Weight:	300 lbs	136 kgs
Max Capacity:	675 lbs	306 kgs



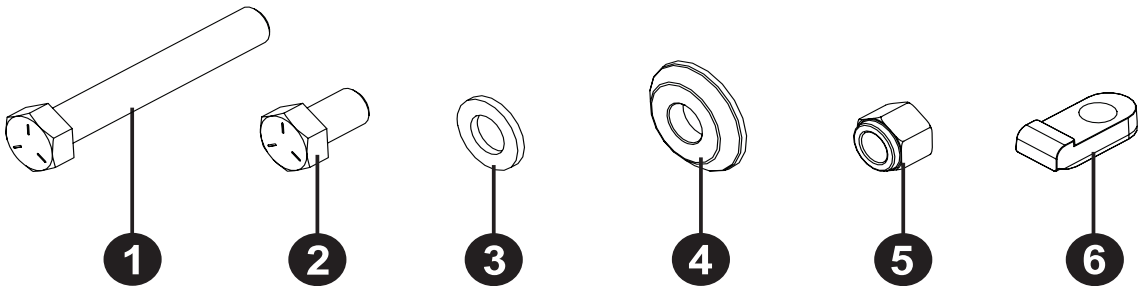
Dimensions: 52" L x 22" W x 18.5" H (132cm L x 56cm W x 47cm H)
Live Area: 97" L x 73" W (246cm L x 185cm W)



ASSEMBLY INSTRUCTIONS

 **VERIFY LAYOUT WITH OWNER BEFORE ASSEMBLY!** 

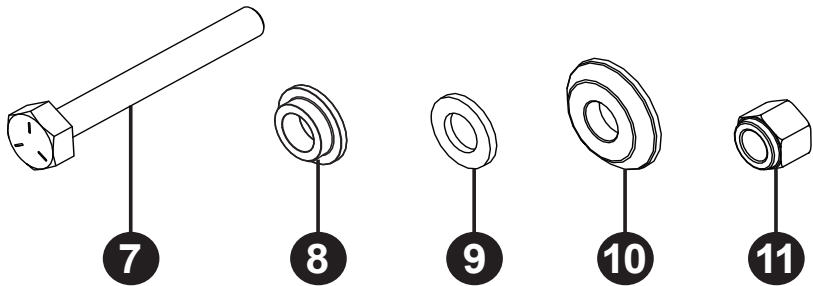
HARDWARE - 3/4"



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

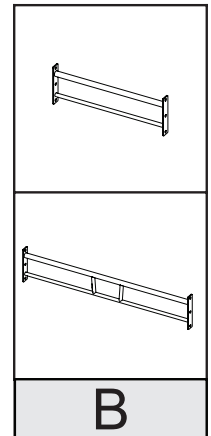
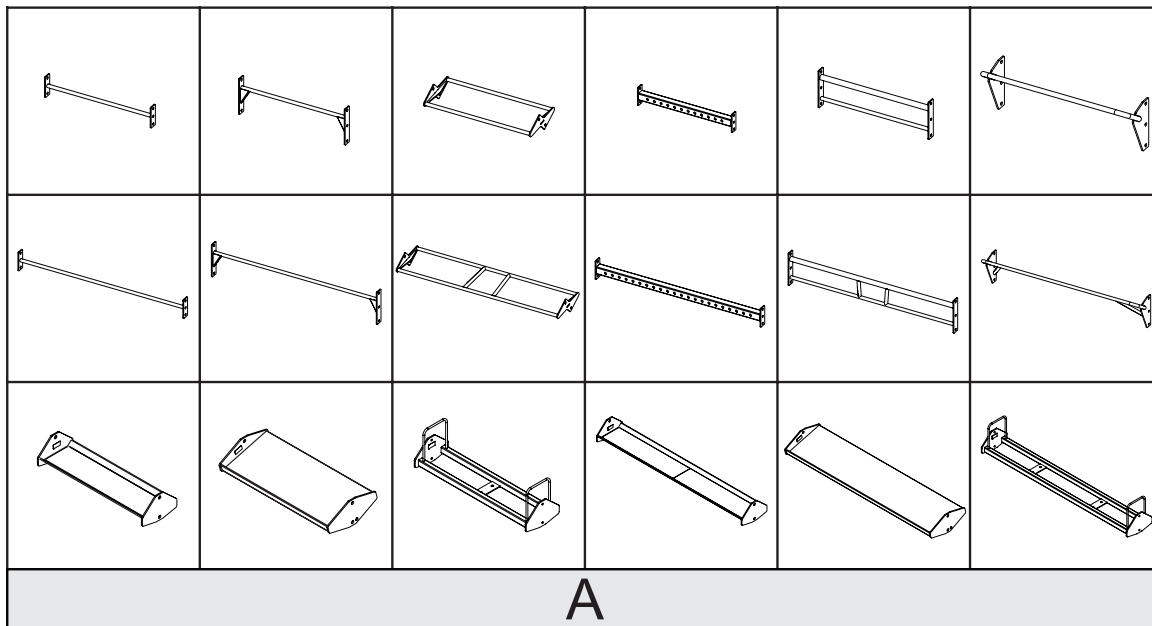
HARDWARE - 1/2"



ITEM NO.	DESCRIPTION
7	1/2-10 x 4.5" Hex Head Bolt
8	1/2" Step Washer
9	1/2" Lock Washer
10	Backing Washer
11	1/2-10 Nylock Nut

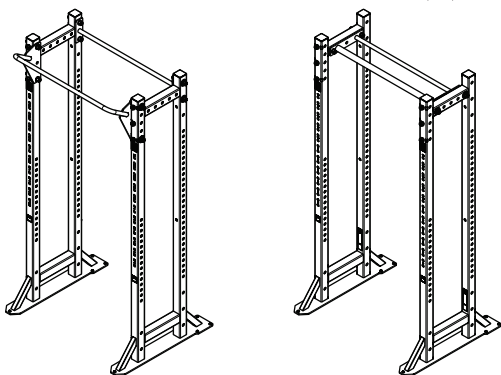
TOOLS REQUIRED	
QTY.	DESCRIPTION
2	3/4" Open End Wrenches
1	T25 Torx Wrench
1	1-Torque Wrench

CROSS-MEMBER REQUIREMENTS



PAIRED UPRIGHTS - WITHOUT TRAYS:

- CAN USE TWO CROSS-MEMBERS (A)
- CAN USE 1 THICK/SKINNY BAR (B) HORIZONTAL

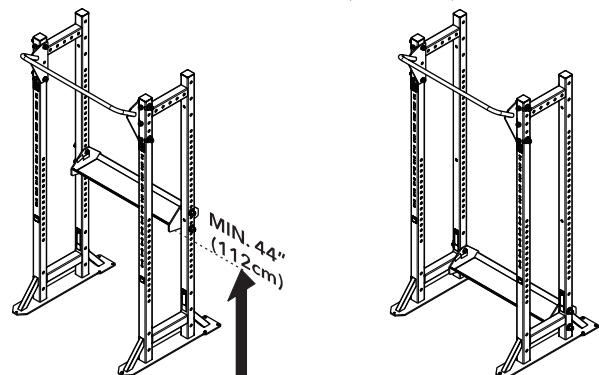


CORRECT

CORRECT

PAIRED UPRIGHTS - WITH TRAYS:

- CAN USE ONE CROSS-MEMBER (A) IF TRAY IS AT LEAST 44 INCHES (112CM) HIGH

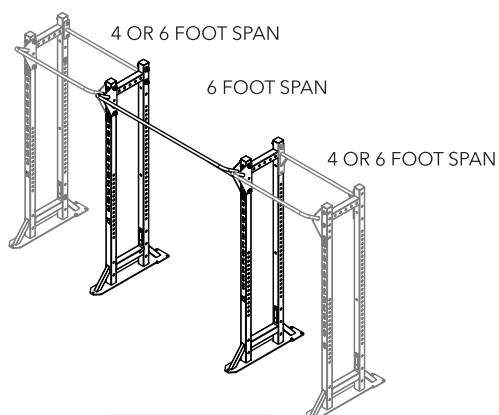


CORRECT

INCORRECT

MULTI UPRIGHTS - WITHOUT TRAYS:

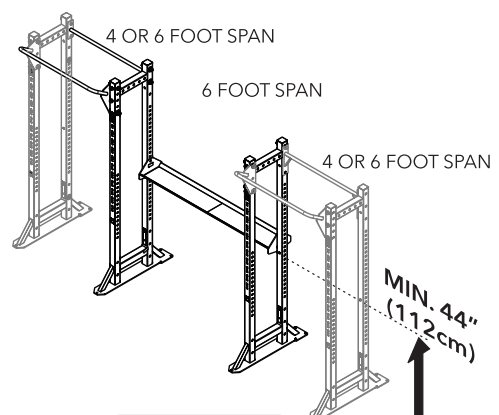
- 6 FOOT SPAN CAN USE ONE CROSS-MEMBER IF INLINE WITH OTHER UPRIGHT



CORRECT

MULTI UPRIGHTS - WITH TRAYS:

- 6 FOOT SPAN CAN USE ONE TRAY IF AT LEAST 44" HIGH AND IF INLINE WITH OTHER UPRIGHT



CORRECT

* See Hardware parts lists (page 16) for hardware details.

UPRIGHTS

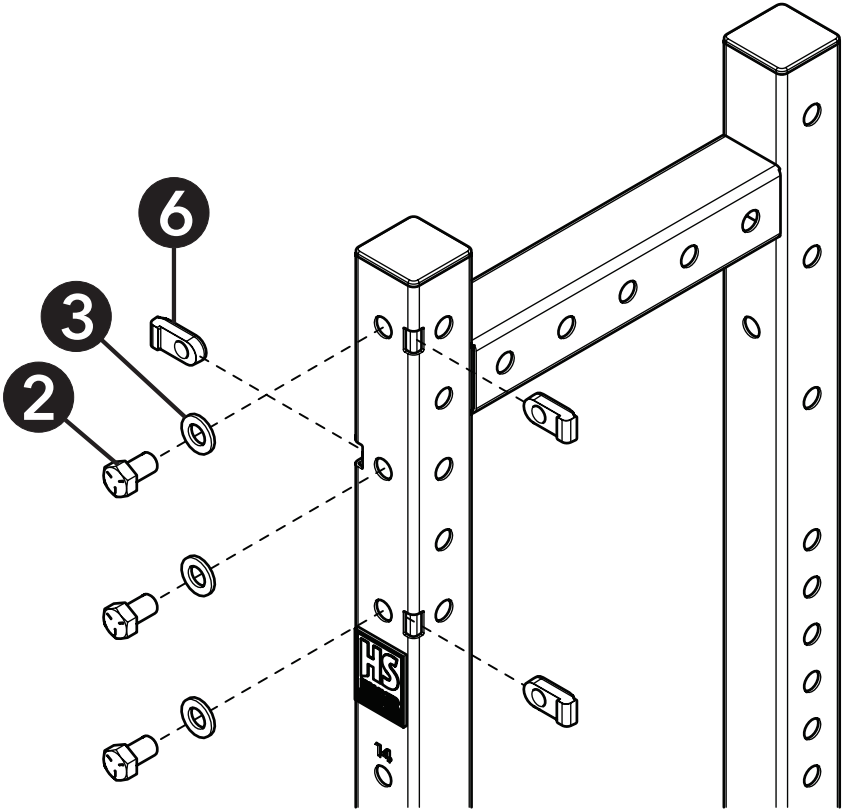
1.

ITEM	QTY
2	3
3	3
6	3

100%



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



STORAGE TRAYS

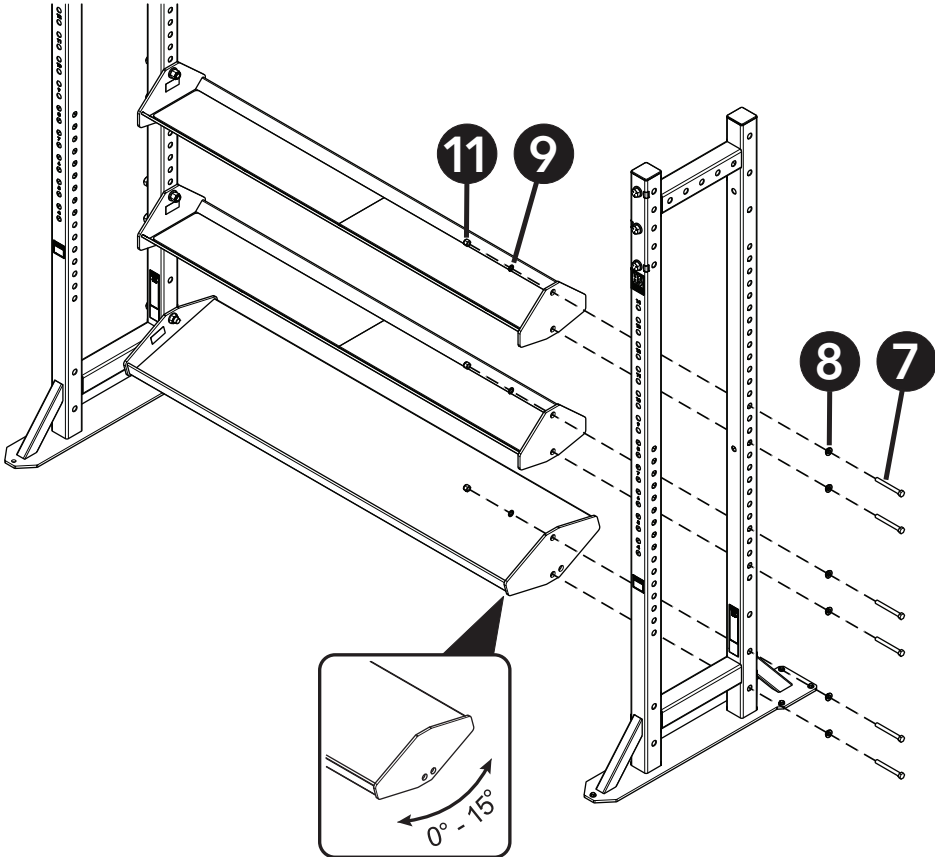
2.

ITEM	QTY
7	12
8	12
9	12
11	12

50%



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



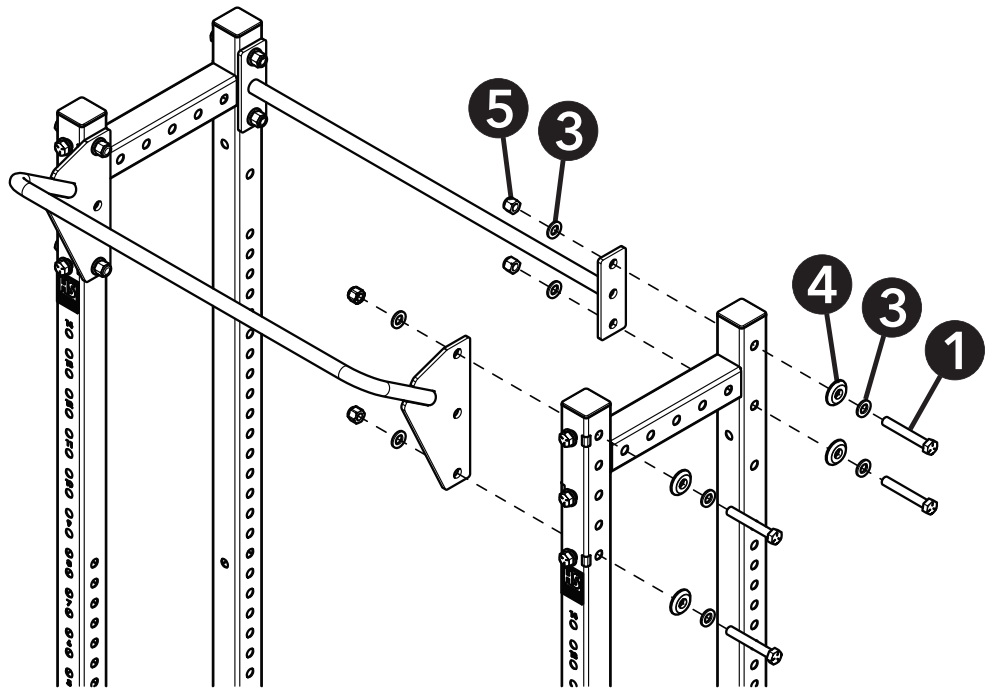
PULL-UP BARS

3.

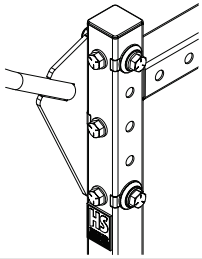
ITEM	QTY
1	8
3	16
4	8
5	8

50% 

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



FINAL INSTALLATION



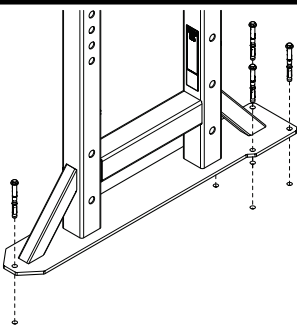
CHECK HAMMER LOCKS

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

100% 

TIGHTEN ALL HARDWARE

ONCE FULLY ASSEMBLED, TIGHTEN EACH BOLT TO 45-50 FT-LBS (61-68Nm).



BOLT TO FLOOR

THE UNIT MUST NOW 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.

* See Hardware parts lists (page 16) for hardware details.

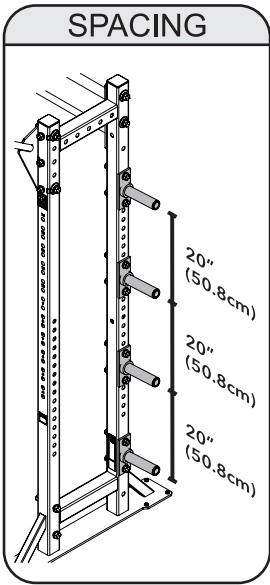
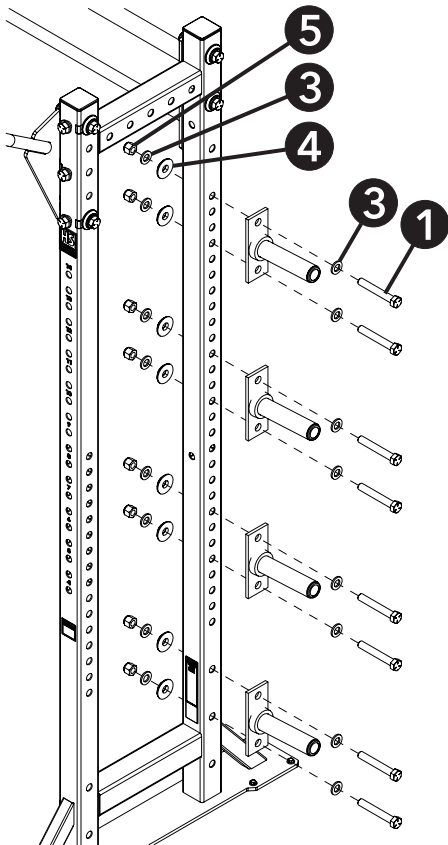
OPTIONAL EQUIPMENT - WEIGHT HORNS (PAIR)

1.

ITEM	QTY
1	16
3	32
4	16
5	16



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



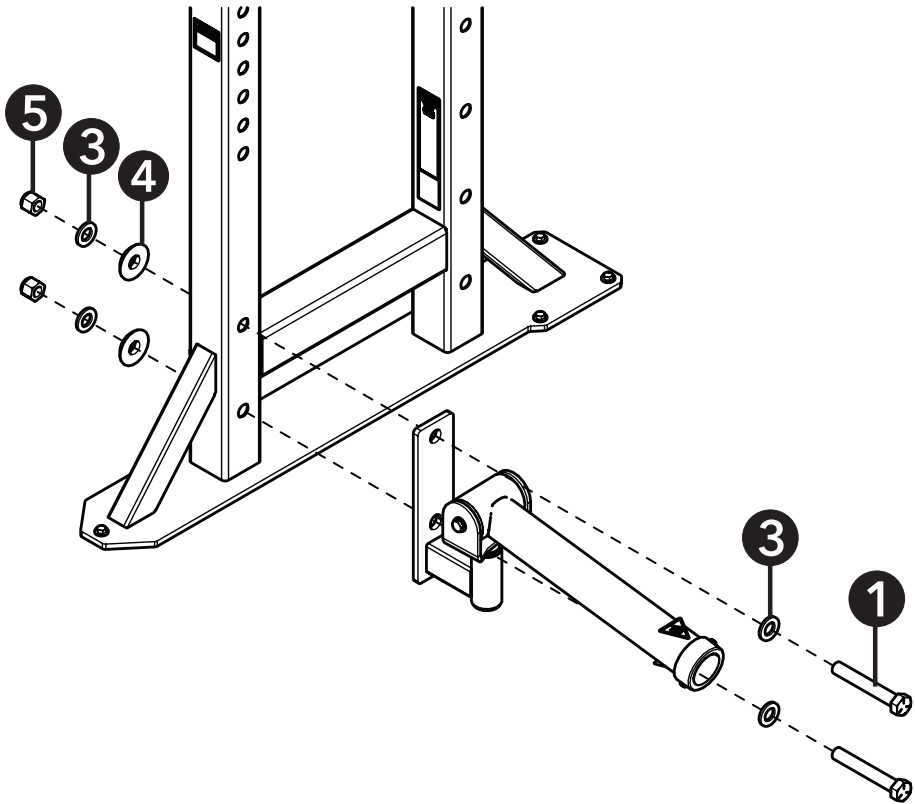
OPTIONAL EQUIPMENT - POWER PIVOT

1.

ITEM	QTY
1	2
3	4
4	2
5	2

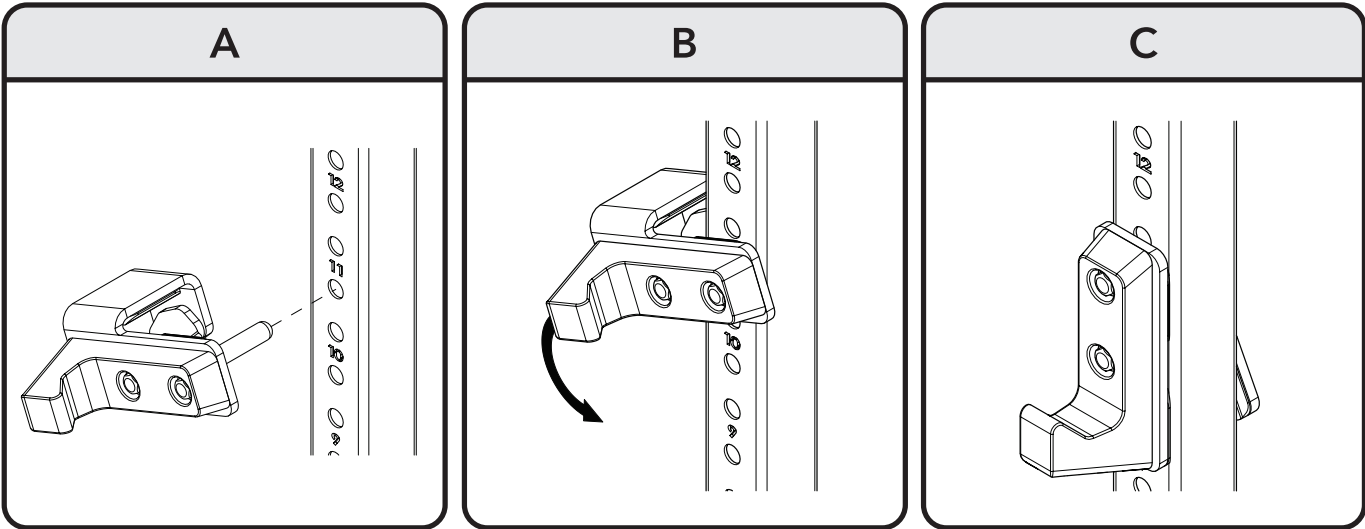


45-50 FT-LBS
(61-68Nm)



OPTIONAL EQUIPMENT - BAR SUPPORTS (PAIR)

1.



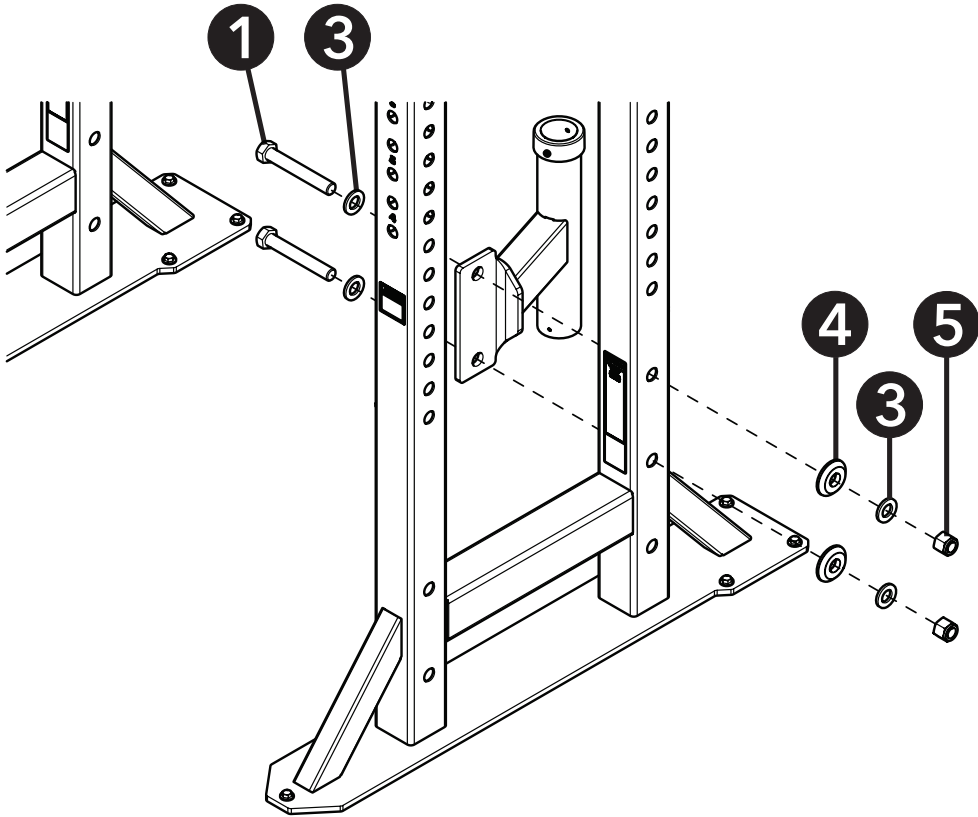
OPTIONAL EQUIPMENT - BAR HOLDER

1.

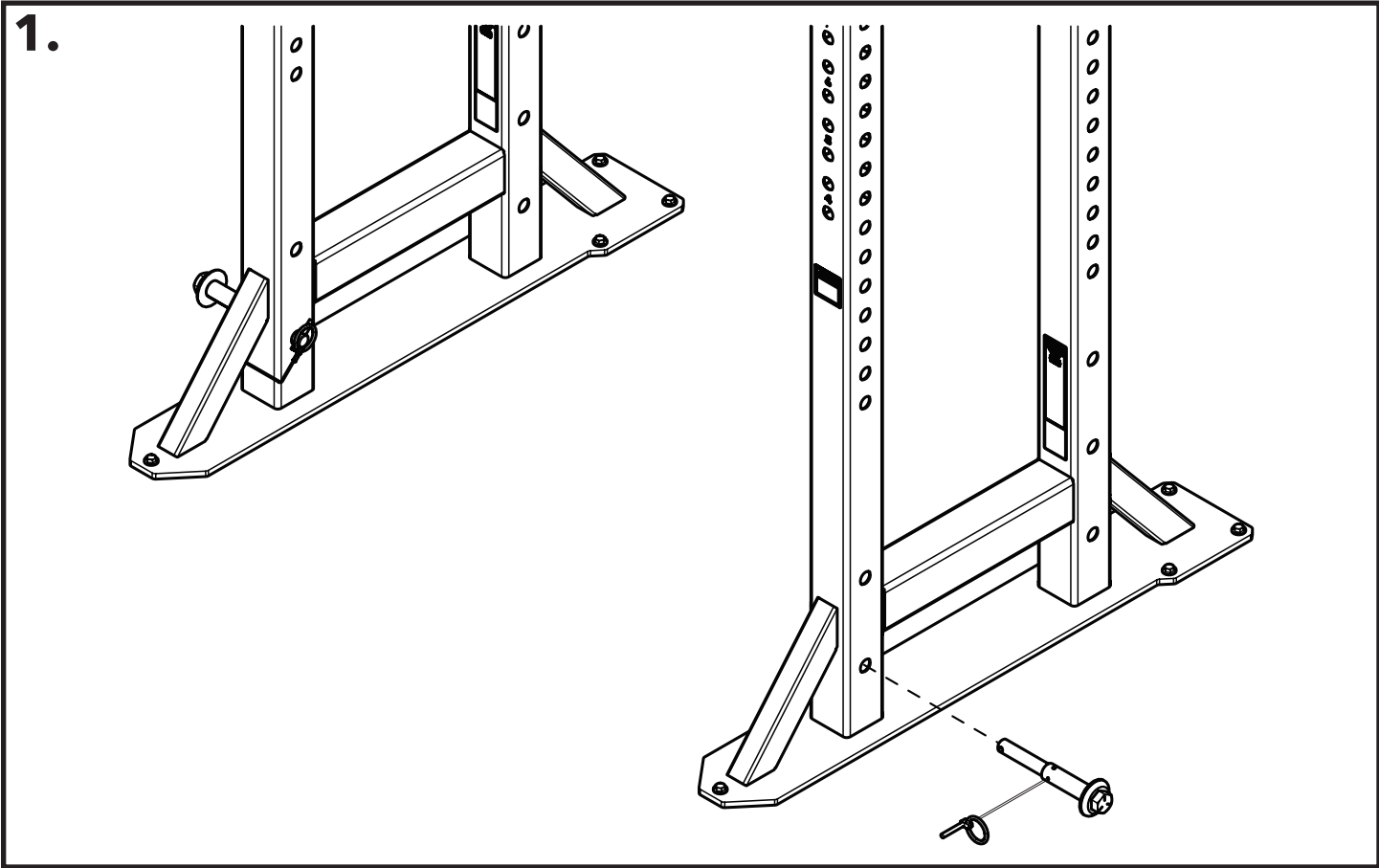
ITEM	QTY
1	2
3	4
4	2
5	2



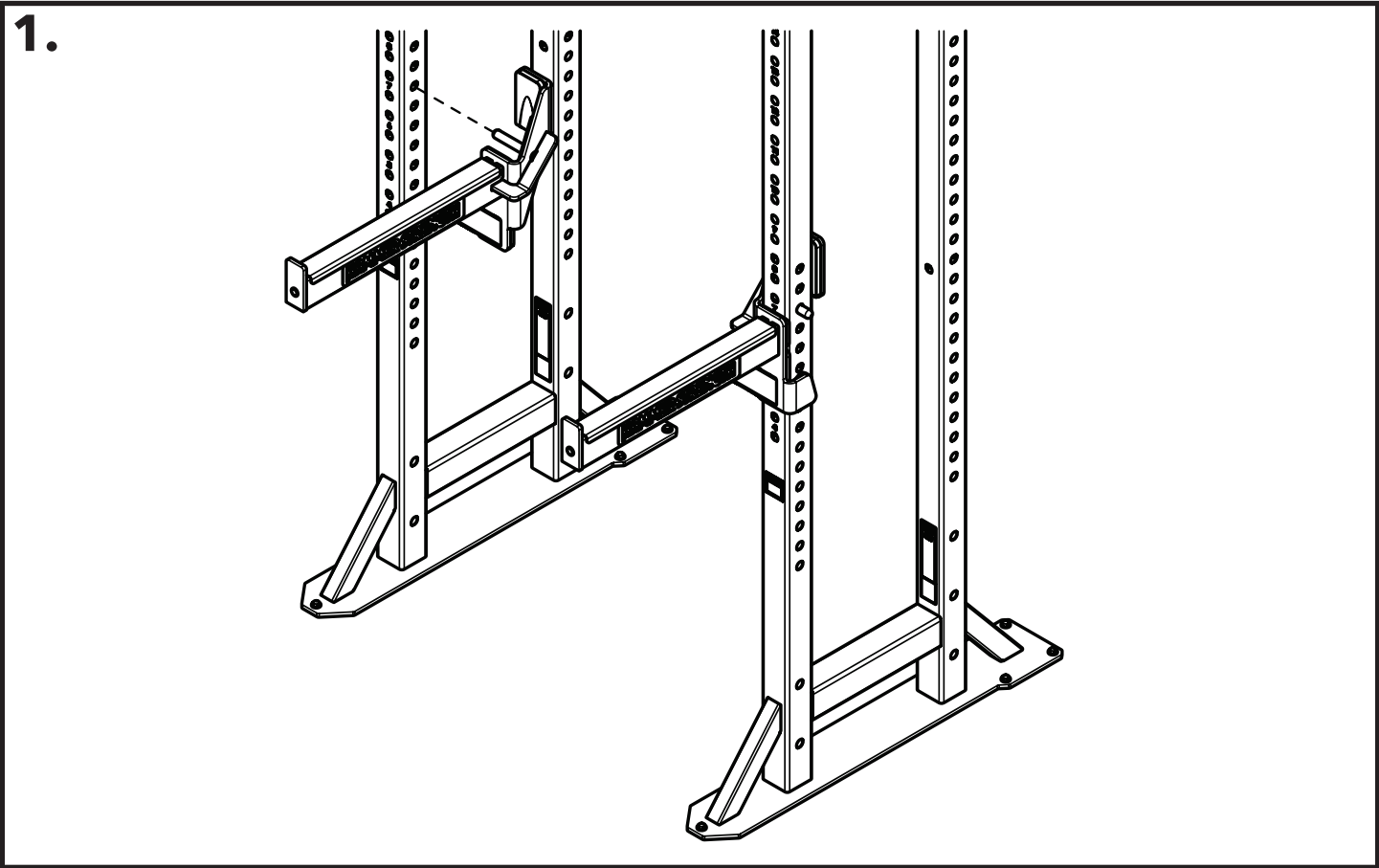
45-50 FT-LBS
(61-68Nm)



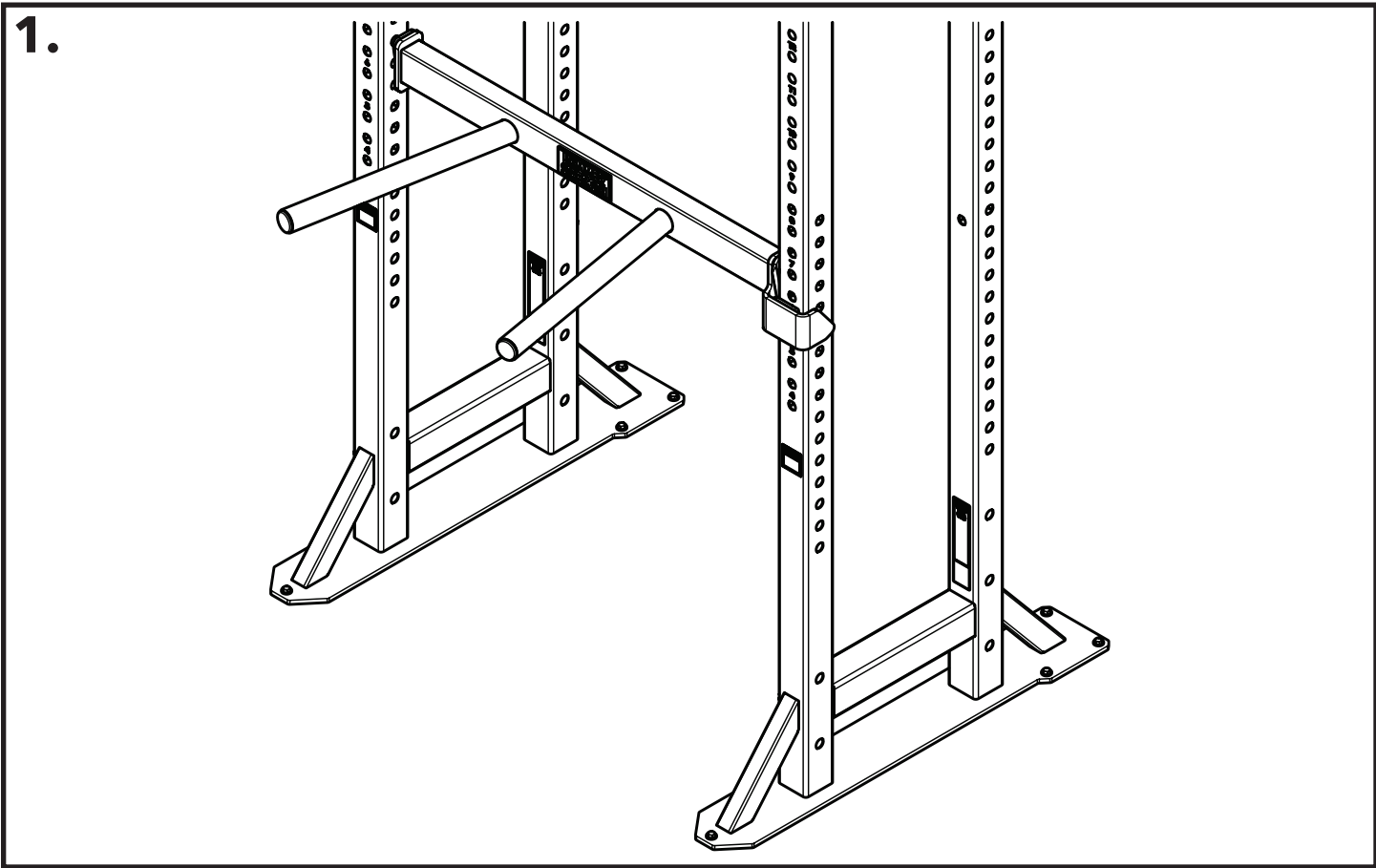
OPTIONAL EQUIPMENT - BAND PEGS (PAIR)



OPTIONAL EQUIPMENT - BAR CATCH (PAIR)



OPTIONAL EQUIPMENT - DIP



OPTIONAL EQUIPMENT - NEUTRAL PULL-UP (PAIR)

1.

ITEM	QTY
1	4
3	8
4	4
5	4

100%

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

A line drawing showing a neutral pull-up bar being attached to a power rack. The bar is a single horizontal bar with a curved grip. It is being inserted into the side rails of the power rack. The diagram includes callouts for parts 1, 3, 4, and 5, which correspond to the items in the table. Part 1 is a bolt, part 3 is a washer, part 4 is a nut, and part 5 is a pin. The power rack has a base with four feet and vertical side rails with multiple holes for adjustment.

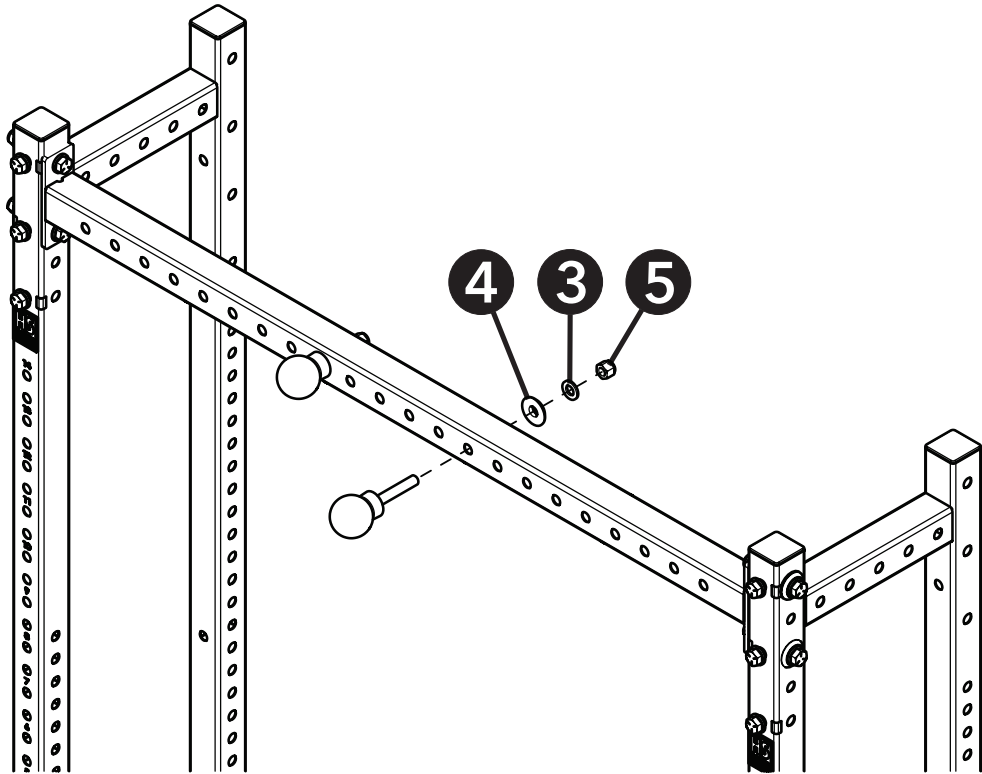
OPTIONAL EQUIPMENT - BOLTED BALL PULL-UP (PAIR)

1.

ITEM	QTY
3	2
4	2
5	2



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



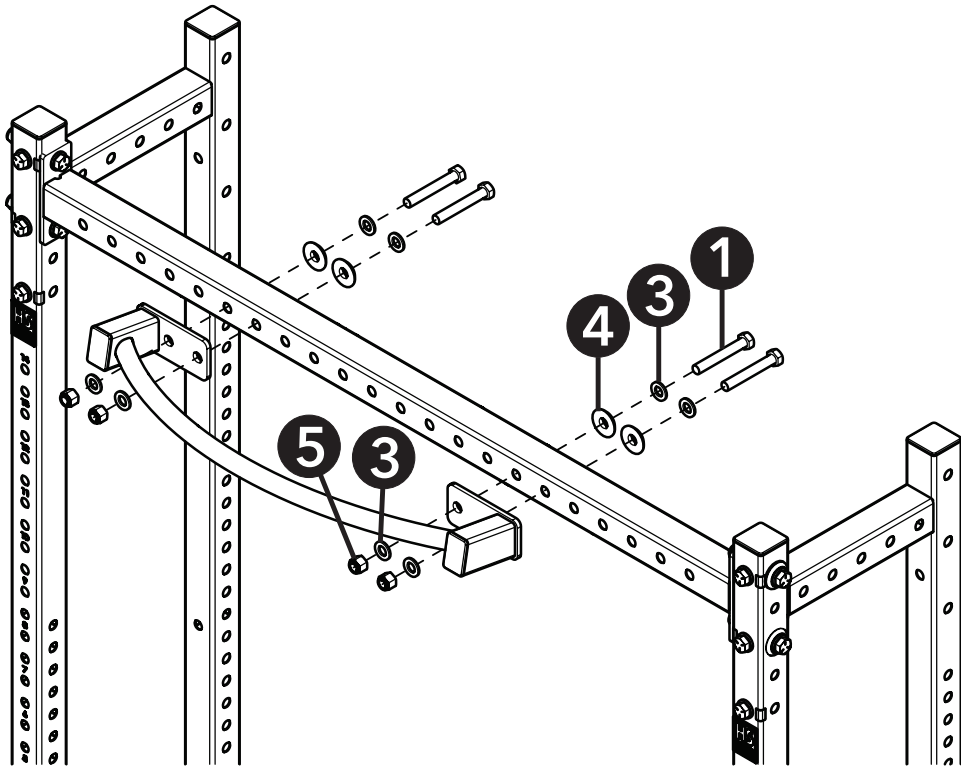
OPTIONAL EQUIPMENT - ARC PULL UP

1.

ITEM	QTY
1	4
3	8
4	4
5	4



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



OPTIONAL EQUIPMENT - DUAL RAIL BUMPER PLATE DIVIDER

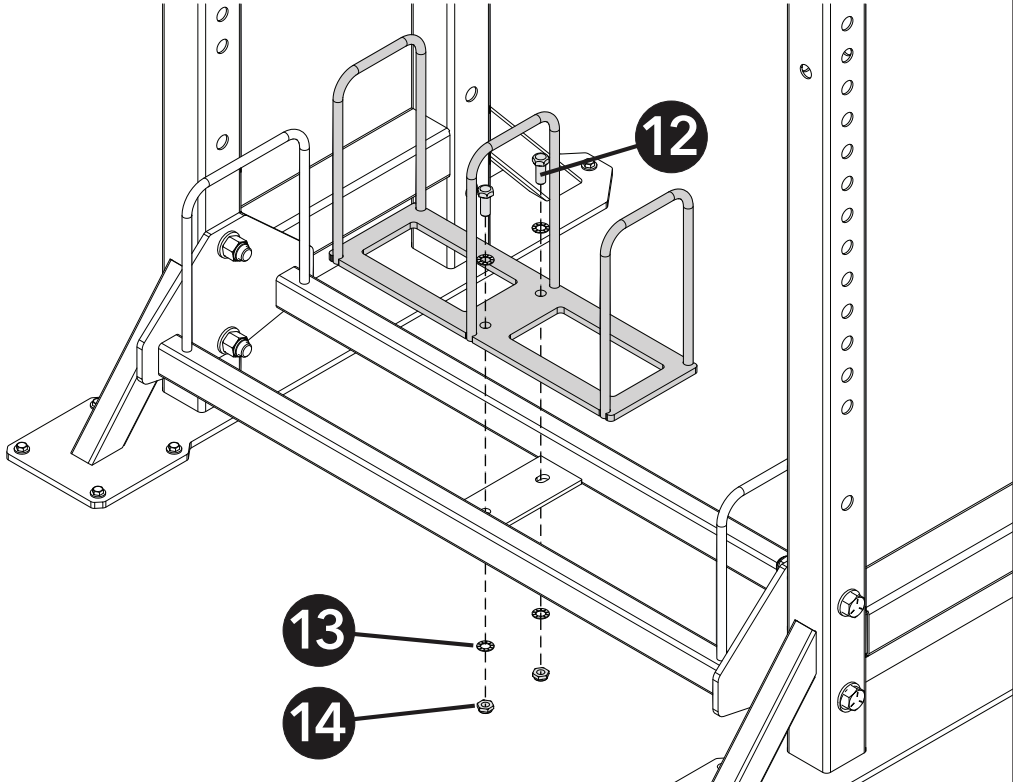
1.

ITEM	QTY
12	2
13	4
14	2

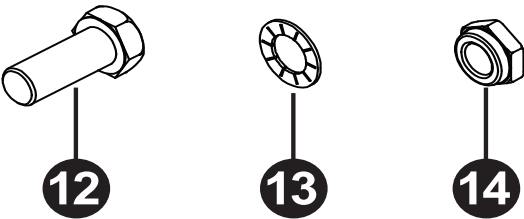
100%



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



HARDWARE - DUAL RAIL BUMPER PLATE DIVIDER



ITEM NO.	DESCRIPTION
12	1/2-13 X 1.25 UNS HEX FHB G5 ZN
13	WSH, .500 IN-D ST ZN
14	NUT, NYLOCK-JAM 1/2-13 ST ZN

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

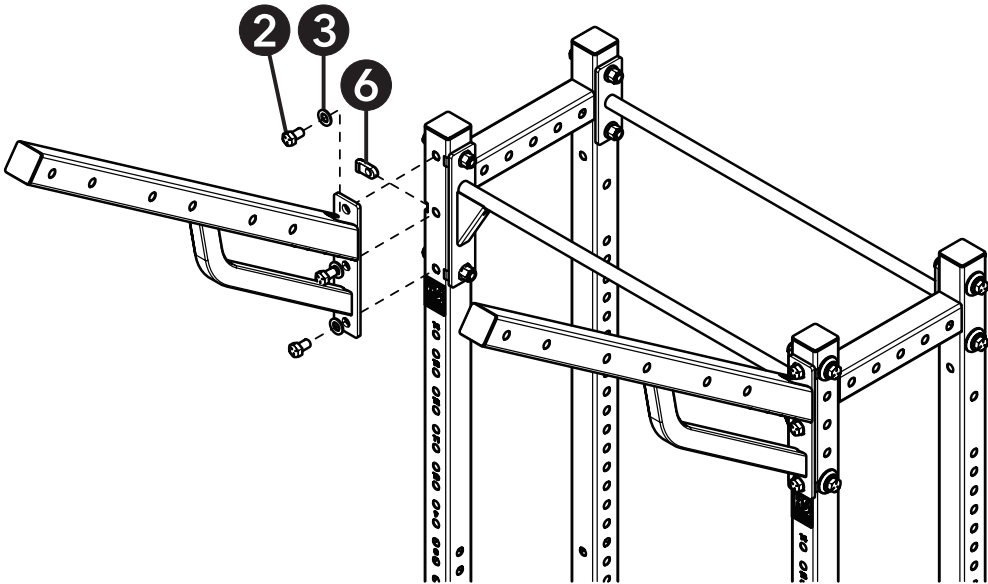
OPTIONAL EQUIPMENT - WING

1.

ITEM	QTY
2	6
3	6
6	6



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

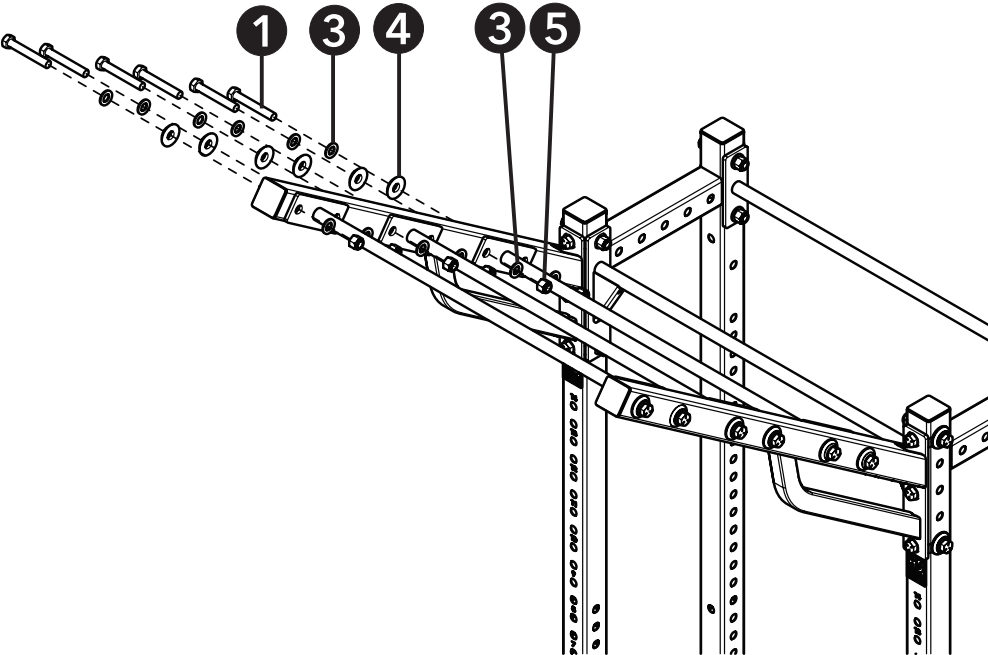


2.

ITEM	QTY
1	12
3	24
4	12
5	12



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



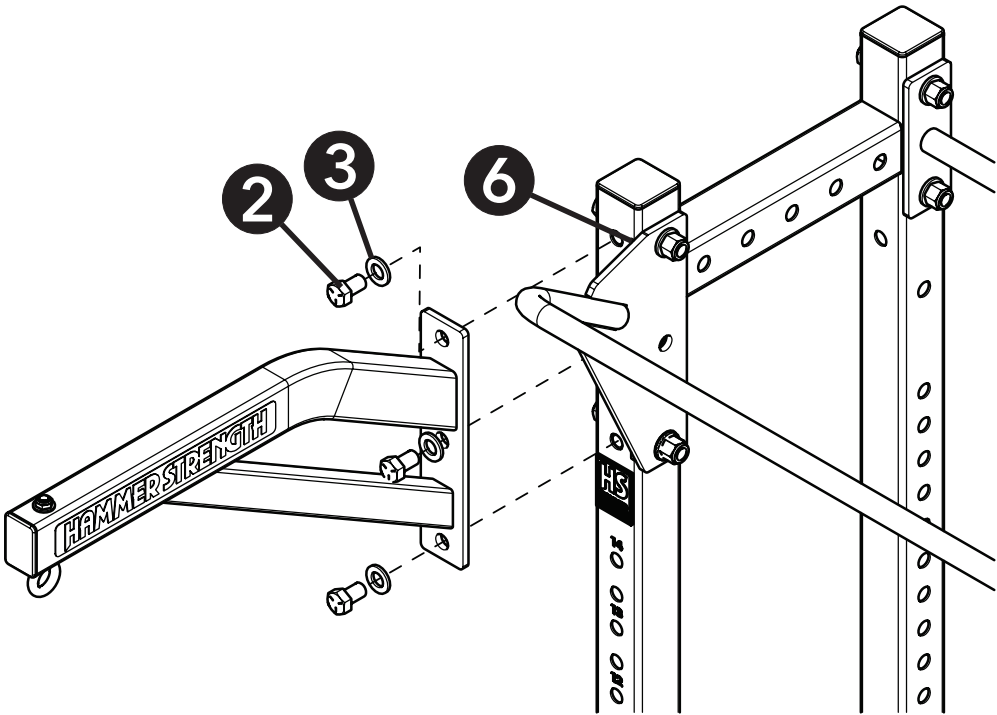
OPTIONAL EQUIPMENT - HEAVY BAG HANGER

1.

ITEM	QTY
2	3
3	3
6	3



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



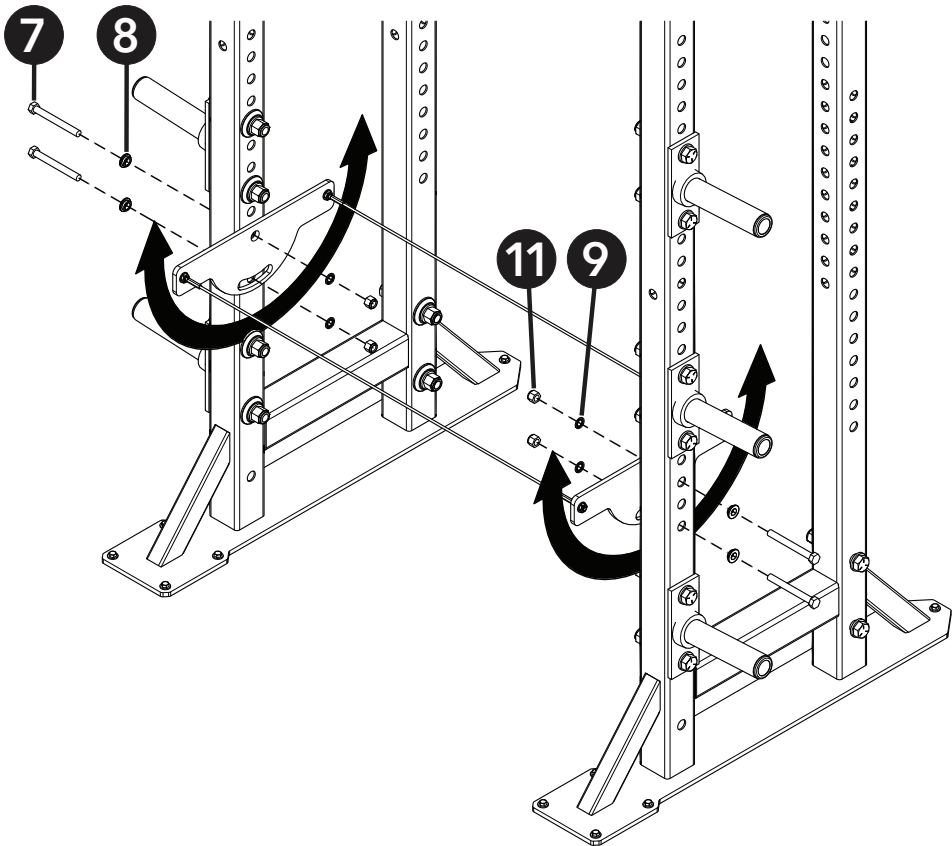
OPTIONAL EQUIPMENT - STABILITY BALL STORAGE

1.

ITEM	QTY
7	4
8	4
9	4
11	4



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



OPTIONAL EQUIPMENT - BRANDING PLATE

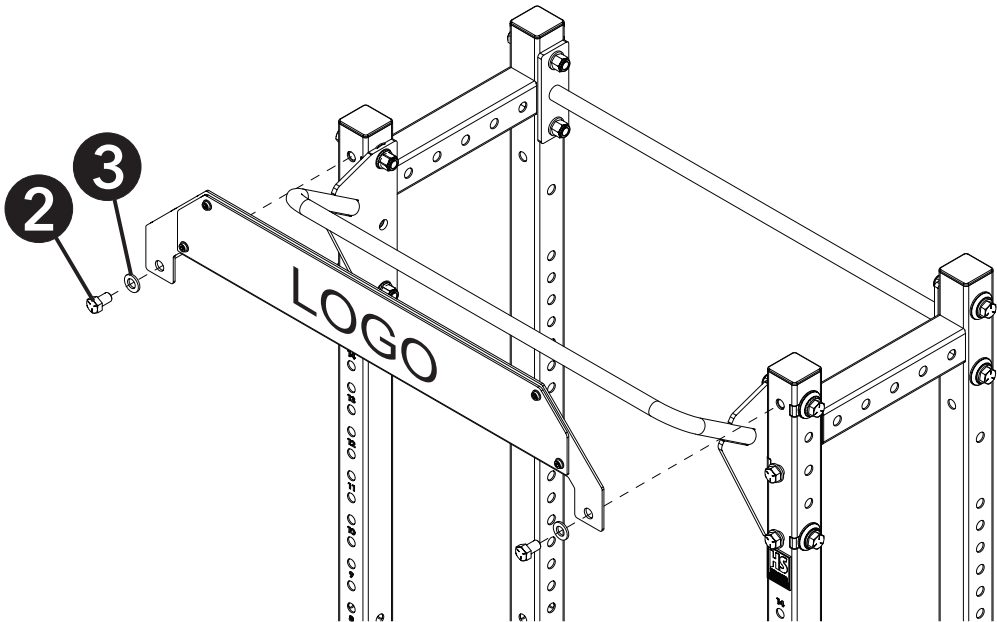
1.

ITEM	QTY
2	2
3	2



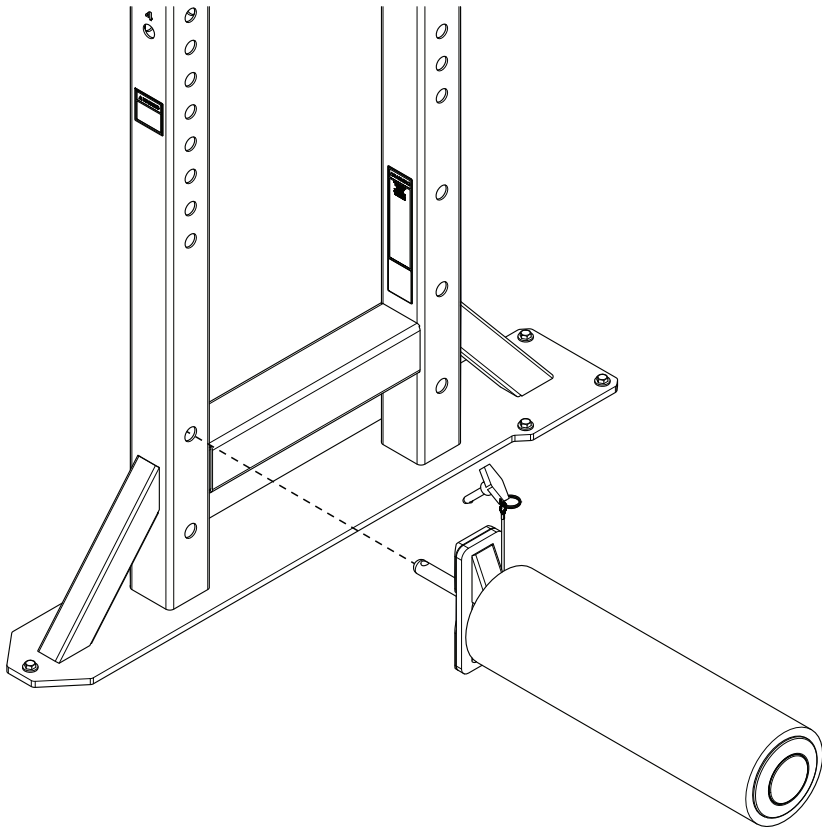
45-50 FT-LBS
(61-68Nm)

- NOTE**
- FRONT OR REAR MOUNTABLE (FRONT SHOWN)
 - ASSEMBLE AWAY FROM PULL UP STATIONS



OPTIONAL EQUIPMENT - NORDIC HAM

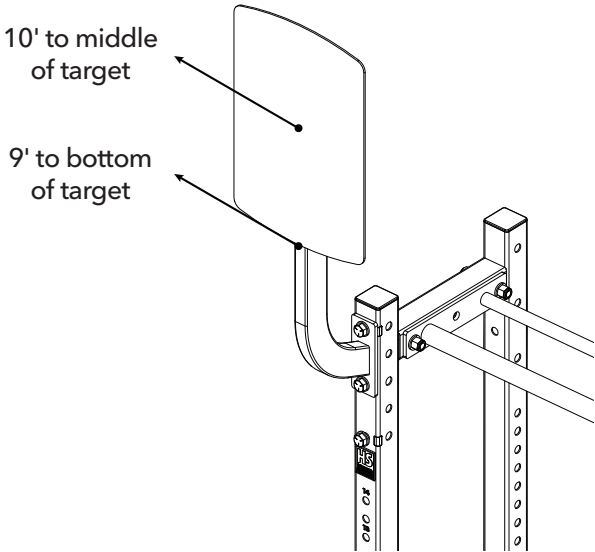
1.



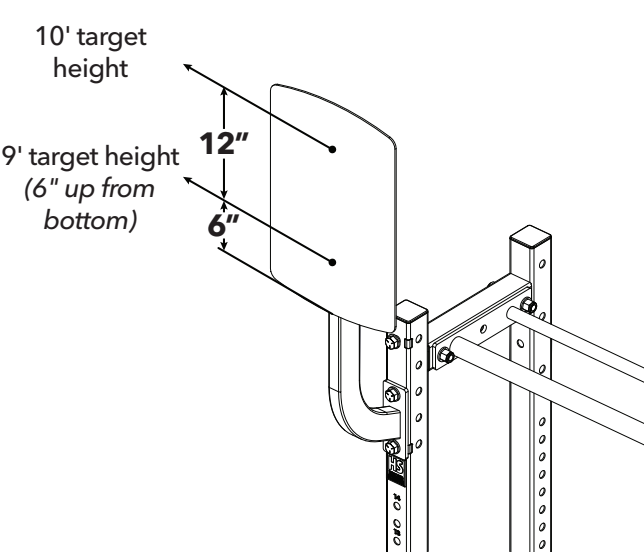
OPTIONAL EQUIPMENT - WALL BALL TARGET

MOUNTING LOCATIONS

PRIMARY MOUNTING HEIGHT



ALTERNATIVE MOUNTING HEIGHT

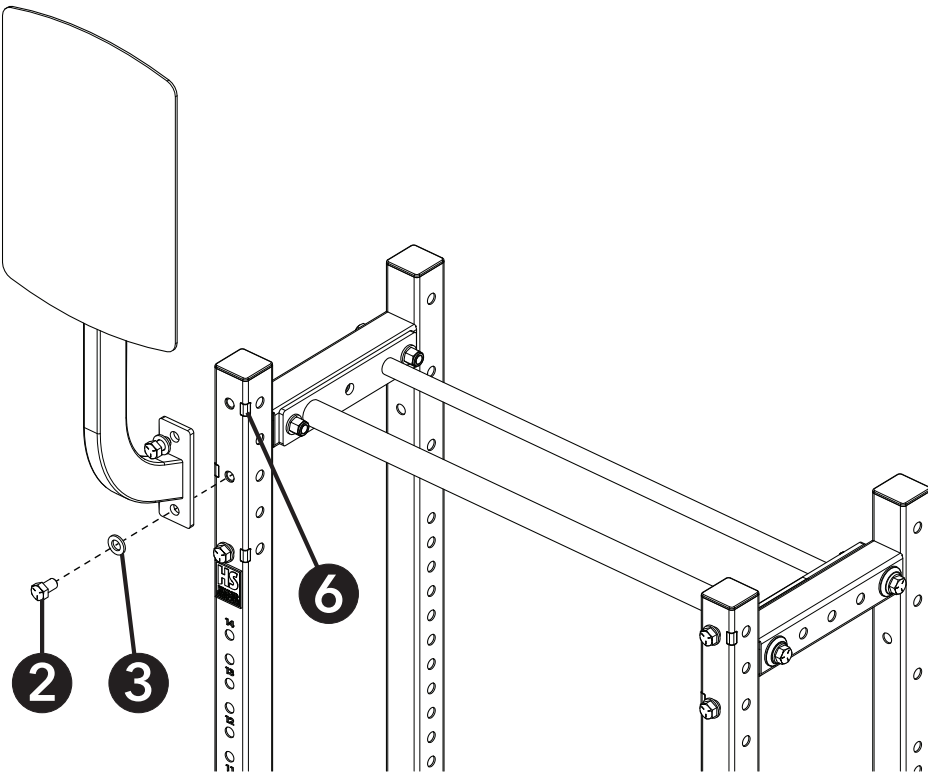


1.

ITEM	QTY
2	2
3	2
6	2



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 Perimeter Units (HDT-PHR) 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

- Life Fitness requires that each foot has at least one anchor bolted to the floor.
- All anchors must have a minimum embedment into concrete, regardless of wood/tile/rubber/screed over subfloor.
- 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 Perimeter (HDT-PHR)	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.

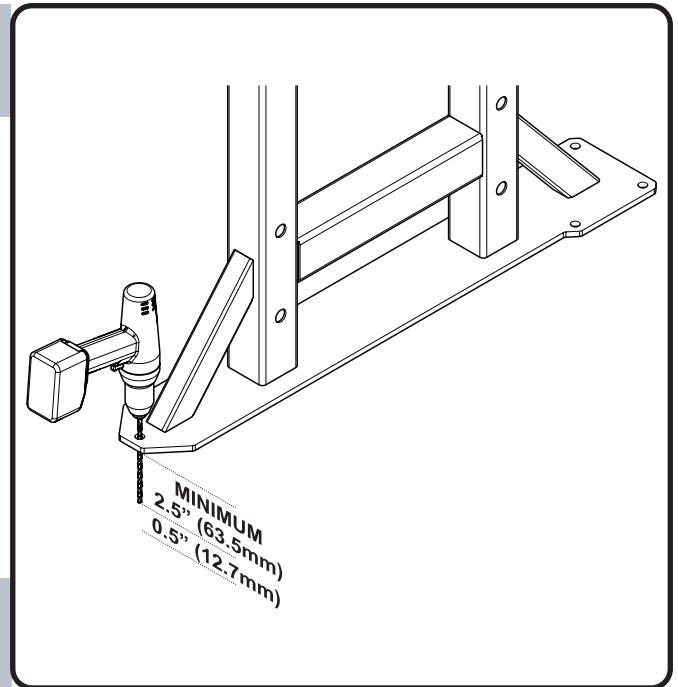
Floor scanner/rebar detector (optional)	Safety glasses
1" L-shape SDS rotary hammer	Extension cord
1/4" x 12" (6mm x 305mm) carbide drill bit (for 1/4" (6mm) anchors)	Impact wrench
3/8" x 12" (8mm x 305mm) carbide drill bit (for 3/8" (8mm) anchors)	Vacuum (for debris)

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.

