

PRO 2 SERIES

Owner's Manual

8313401 REV B



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

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1. SAFETY INFORMATION

It is the sole responsibility of the purchaser of LIFE FITNESS products to read the owner's manual and 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, CONTACT LIFE FITNESS CUSTOMER SERVICE IMMEDIATELY AT 1-800-735-3867.

This equipment is categorized as class S per EN 957-1. As such this equipment 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.

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



ACCESS CONTROL

LIFE FITNESS 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.



INSTALLATION

SECURING EQUIPMENT - LIFE FITNESS recommends that all equipment be secured to a solid, level surface to stabilize it and eliminate rocking or tipping over. This must be performed by a licensed contractor.



PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that LIFE FITNESS 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 seat, knee hold down pad, range of motion limiter, foothold pad, pulley or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.



INSPECTION

1. DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all LIFE FITNESS equipment use only replacement parts supplied by LIFE FITNESS.
2. Cables and belts pose an extreme liability if used when frayed. Always replace any cable at first sign of wear (consult LIFE FITNESS if uncertain).
3. Routinely inspect all accessory clips that join attachments to the cables and replace them at the first sign of wear.
4. MAINTAIN LABELS AND NAME PLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.
5. EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
6. 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.
7. Before any use, examine all accessories approved for use with the LIFE FITNESS equipment for damage or wear.
8. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE LIFE FITNESS 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 LIFE FITNESS equipment.
2. Keep children away from strength equipment. Parents 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 users secure long hair back and up to avoid contact with moving parts.
4. All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.



PLATE LOADED, FREE WEIGHT AND BODY WEIGHT SYSTEMS

1. If the unit is equipped with weight rods, use only Olympic style weight plates (2.0" bore) for training weight. Do not use dumbbells or any means other than those stated to increase weight resistance - See machine specific section for more information.
2. Always utilize weight plate retention devices such as clamps or pins.
3. Only add weight plates up to the load limits of the unit. Make sure all weight plates are completely placed on the weight rod.
4. Never exceed the load rating for any plate loaded station, body weight station, bench or other free weight device; including specific weight rod and band peg limits - See machine specific section for load limit information.
5. Contact a Life Fitness representative with any questions regarding proper weights and loading.



SELECTORIZED WEIGHT STACK SYSTEMS

1. Use only weight selector pins supplied by LIFE FITNESS on weight stacks. Substitutes are forbidden.
2. Fully insert weight selector pins. Partial insertion can cause weights to fall unexpectedly.
3. Never pin the weight stack in an elevated position.
4. Never remove selector pin if any weights are suspended.
5. Never attempt to release jammed weights or parts.
6. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by LIFE FITNESS.

2. WARRANTY

WHAT IS COVERED

This Life Fitness 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 charge 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 you Operation 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.

CHANGES IN WARRANTY NOT AUTHORIZED

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

EFFECTS 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 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

*There is no warranty coverage for labor on Strength Products.

Frame	Pillow Blocks	Pulleys	Weight Plates	Guide Rods	Cables	Belts / Springs	Grips	Upholstery	Bearings	Hardware / Mechanical
10 Years	5 Years	5 Years	5 Years	5 Years	1 Year	90 Days	1 Year	90 Days	1 Year	90 Days

WARNING LABELS

**WARNING**

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Before using, read all the warnings and obtain instruction on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before use. **DO NOT** use if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Seek assistance.
7. Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
8. Use only the incremental weights supplied by the manufacturer. **DO NOT** use dumbbells or other means to add resistance to the machine.
9. Children must not be allowed near this machine. Supervise teenagers.
10. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
11. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

Found on the weight tower



Found at contact and moving points



Found on PSHG platform adjustment

3. CONTACT INFORMATION

For Product Service within the United States and Canada:

Toll-free: 800-735-3867

Please call Monday through Friday from 7:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address, and 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
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.

Return address:

Life Fitness World Headquarters

Attn: CSS Help Desk

5100 N. River Rd.

Schiller Park, IL 60176

For Product Service Internationally see contact information listed on page one of this manual.

4. GENERAL SPECIFICATIONS

1. Frame Construction

- Frame is constructed of mechanical quality steel purchased in mill run quantities.
- Frame is primarily 4" x 2" (102 mm x 51 mm), 3" x 2" (76 mm x 51 mm), and 1-1/2" x 2" (38 mm x 51 mm) rectangular-shaped tubing with 11 gauge wall thickness.
- Frames are mostly fully welded and constructed in two, but not more than 4 pieces to facilitate movement through smaller doorways and difficult installations.

2. Frame Finish

- Prior to applying finish, each part is chemically washed to prepare surface for maximum adhesion.
- The frames are coated with an electrostatic epoxy powder coat finish applied in a powder form and then baked at 400° F (204°C).
- To prevent frame and surface corrosion, wax equipment annually and keep away from salt, chlorine and all other harmful chemicals.

3. Weight Selection

- Weights are selected by using a 7/16" selector pin, which completely penetrates the weight plate and is held in place during use by a magnetic ring to keep the pin from disengaging chance of disengaging during use.
- The selector pin is connected to the top weight to eliminate loss or substitution of substandard pins.

4. Incremental Weight System

- Base version provides one 7.5 lb. (3.75 kg.) add-a-weight which is stored on the side of the weight stack tower when not in use.
- SE version provides two 5 lb. (2.5 kg.) drop-down weights that are contained on the guide rods to eliminate removal.

5. Weight Plates

- Machined from solid, 1" thick steel. Finish is wrinkle gray powder coat. Thickness of plate is held to precise tolerances by machining the entire upper and lower surfaces. This results in a better pin fit to the stem.

6. Weight Plate Bushings

- Each plate (not just the top weight) will contain low friction bushings, which surround the guide rods to minimize friction and noise.

7. Top Weight Bushings

- The top weight runs on bushings which are mounted in the plate with rubber grommets to compensate for minor misalignment and insure optimal performance.
- The bushings are self-lubricating in order that the guide rods will not require lubrication.

8. Weight Stack Guide Rods

- Guide rods are 3/4" cold drawn steel, turned ground and polished with hard chrome finish.

9. Weight Stack Suspension

- Durable rubber bumpers are placed under each stack to reduce shock and vibration stresses to the frame and facility floor.

10. Weight Selection Shaft

- The shaft is constructed of zinc plated cold finished steel and precision drilled for accurate pin selection.

11. Weight Transport

- 7x19 construction, 3/16" galvanized steel, internally lubricated, nylon-coated aircraft cable with breaking strength rated at over 4,000 pounds (meets U.S. military specifications).

12. Cable Adjustment

- All cables can be adjusted at the top weight utilizing a metric 24mm open-end wrench.

13. Weight Stack Guards

- SE version is available with rear shrouds only or with a front and rear shroud option to prevent bystanders from inadvertent contact with the weight stack during use.
- Base version is available with no shrouds or with a rear shroud option.

14. Pulleys

- All pulleys are at least 4-1/4" (11 cm) working diameter using fiberglass-impregnated nylon with precision fit cable groove and double sealed bearings.

15. Pulley Covers

- As a safety precaution, all pulleys are covered to minimize the danger of a moving pulley catching a person's finger or clothes.

16. Cams

- All cams are individually designed for each unit to match the appropriate muscle strength capability curve.

17. Counter Balanced Input Arms

- Input arms on equipment are counter balanced where appropriate to eliminate the weight of the assembly from the weight selected by the user.

18. Pivot Bearings

- Bearings are sealed with a basic radial load rating of over 2,000 lbs. (909 kg.).
- Bearings are mounted within ductile cast iron, precision-machined housings for optimal alignment, resulting in smooth and friction free movement.

19. Rollers

- Internal seat carriage adjustment rollers are made of molded polymer mounted on machined steel axles for smooth, durable operation.

20. Support Rails

- Seated Leg Press (PSSLP) has wire brushed stainless steel rails.

21. Bolts

- All hardware is nickel plated.

22. Upholstery

- All edges are stitched to eliminate any folds in the material that would limit durability.

23. Foam

- Three and Four pound EVA foam (deformation resistant) or equivalent is used on all machines. The foam is injection molded directly to the multi-ply wood support board with integral 10mm T-nuts.

24. Hand Grips

- Hand grips are an extruded 60-durometer-thermorubber compound that is non-absorbing, wear and tear resistant and exhibits good dry and wet frictional characteristics.
- The grips are retained with aluminum collars, which eliminates the tendency of the grip to slide off the handle.

25. Seat Adjustments

- Numeric seat and pad adjustments (where appropriate) correctly align body to machine for proper posture, muscle isolation and body stabilization.
- Seats adjust in ½" (12 mm) increments.

26. Foot Platforms

- Foot platforms are Linex™ covered ensuring slip resistance and long lasting protection against wear.

27. Instructional Placard

- Visual placards provide step-by-step instructions as well as pictures to illustrate proper use and muscles trained.

28. 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.

29. Warranty

- A 10-year minimum warranty on frames, 5 years on integral bearings, guide rods, pulleys and weight plates, 1 year on cables and grips and 90 days on upholstery and any items not specified.

30. Liability Insurance

- Certificate of insurance available upon request.

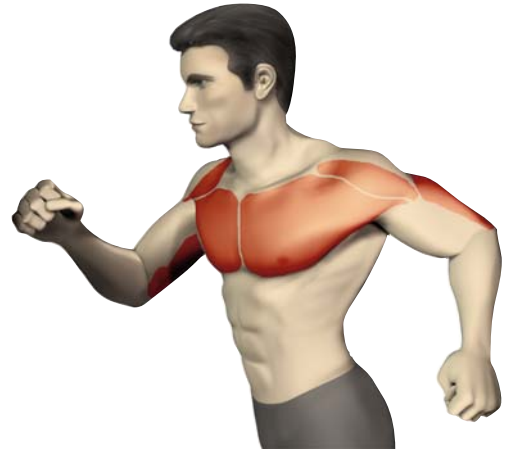
5. Exercise & Product Specifications

PRO 2 CHEST PRESS (PSCP)

**Muscles Exercised - Pectoralis Major,
Anterior Deltoid & Triceps**

Setup

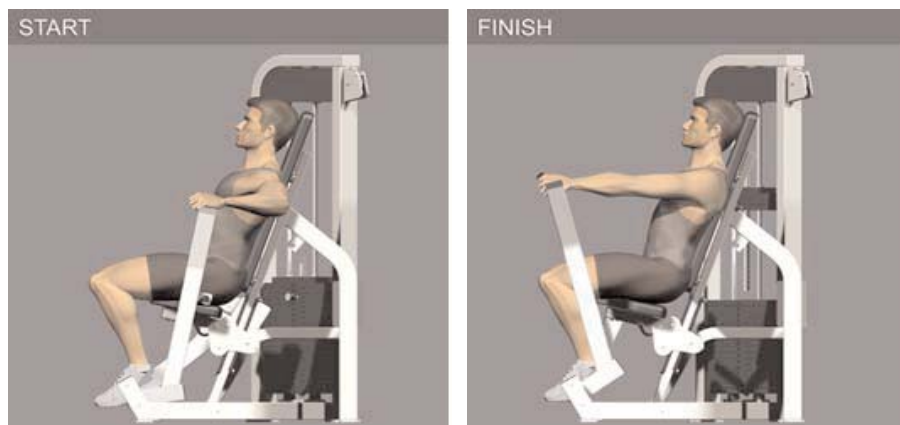
Adjust the seat height so handles are aligned with mid-chest. Using the start adjuster knob located on the right side of the pressing arm, adjust to the desired range of motion. Check the weight stack to ensure appropriate resistance. Grip the handles and position elbows slightly below shoulders. Body is positioned with chest-up, shoulders and head back against back pad.



Performing the Exercise

With a controlled motion, extend the handles out till arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise, think about drawing the elbows toward each other as opposed to pressing on the exercise arm. This will increase the mental concentration on the Pectoralis Major.



Product Code - PSCP



Machine Weight:	560 lbs	254 kgs
Standard Weight Stack:	295 lbs	138 kgs
Maximum User Weight:	300 lbs	136 kgs

- Pressing arm adjusts in five positions so users can determine their own range of motion.
- Foot bar is built-in to the machine for users to increase their stabilization during heavy lifts.

PRODUCT DIMENSIONS WITH WORKING AREA (PSCP)

Size:	in. = 41L x 57W x 64H	cm = 104L x 145W x 163H
Live Area:	in. = 83L x 57W x 64H	cm = 210L x 145W x 163H

PRO 2 SHOULDER PRESS (PSSP)

Muscles Exercised - Deltoids & Triceps

Setup

Adjust the seat height so handles are aligned with or above shoulder height. Check the weight stack to ensure appropriate resistance. Grip either set of handles. Body is positioned with chest-up, shoulders and head back against back pad.

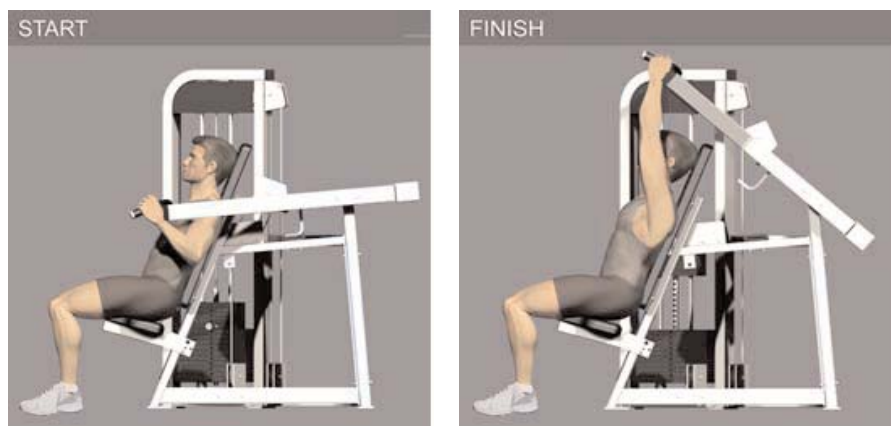
NOTE: The neutral handles are ideal for persons with limited shoulder flexibility or orthopedic limitations.



Performing the Exercise

With a controlled motion, extend the handles up till arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: Focus on extending your elbows as opposed to pressing the arm up, as this increases the mental concentration on the Deltoid muscles.



Product Code PSSP



Machine Weight:	520 lbs	236 kgs
Standard Weight Stack:	200 lbs	95 kgs
Maximum User Weight:	300 lbs	136 kgs

- Pressing arm includes both bar and neutral grips for user’s individual preference of anatomical limitations.
- Range of motion is adjusted with the use of the seat position.

PRODUCT DIMENSIONS WITH WORKING AREA (PSSP)

Size:	in. = 60L x 56W x 64H	cm = 152L x 142W x 163H
Live Area:	in. = 102L x 56W x 64H	cm = 259L x 142W x 163H

PRO 2 LAT PULLDOWN (PSPD)

Muscles Exercised - Latissimus Dorsi & Biceps

Setup

Sit and adjust the thigh pads to secure the legs in position. Check the weight stack to ensure appropriate resistance. Stand and grip bar in desired position, then pull down and sit with thighs under pads. Body is positioned leaning back slightly from the hips with chest-up.

TIP: Attempt to stabilize the body without the use of the thigh pads until necessary.

TIP: The ideal grip position on the bar positions the hands as far out as possible, but still allows the elbows to contact the sides of the body in the down position during the exercise. This ensures a full range of motion.



Performing the Exercise

With a controlled motion, draw down the bar in front of the chest till it nearly makes contact with the chest, then extend the handles out till arms are fully extended. Return the handles to the start position and repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise think about lifting the chest to the bar as opposed to pulling the bar down. This will reinforce the correct exercise position and increase the mental concentration on the Latissimus Dorsi.



Product Code PSPD



Machine Weight:	545 lbs	247 kgs
Weight Stack:	295 lbs	138 kgs
Maximum User Weight:	300 lbs	136 kgs

- Thigh pads easily adjust to provide both stability and comfort.
- Straight bar with angled ends ensures correct arm and wrist position throughout the entire range-of-motion.

PRODUCT DIMENSIONS WITH WORKING AREA (PSPD)

Size:	in. = 54L x 33W x 89H	cm = 137L x 84W x 226H
Live Area:	in. = 78L x 48W x 89H	cm = 198L x 122W x 226H

PRO 2 FIXED PULLDOWN (PSFPD)

Muscles Exercised - Latissimus Dorsi & Biceps

Setup

Adjust the seat height to secure legs under the roller pads. Stand up and grip the handles in desired position, then sit down with thighs under roller pads. Pull handles down, keeping chest up and elbows under hands. When finished, straighten arms and carefully stand up until weight stack comes to a rest.

Performing the Exercise

With a controlled motion pull handles down to the top of the chest. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise think about lifting the chest to the handles as opposed to pulling the bar down. This will reinforce the correct exercise position and increase the mental concentration on the Latissimus Dorsi.



Start



Finish

Product Code - PSFPD



Machine Weight:	620 lbs	281 kgs
Weight Stack:	295 lbs	138 kgs
Maximum User Weight:	300 lbs	136 kgs

- Defined path of motion provides an easier exercise experience versus traditional Lat Pulldown that is user defined.
- Angled seat enhances stability and cues user for proper exercise position.

PRODUCT DIMENSIONS WITH WORKING AREA (PSFPD)

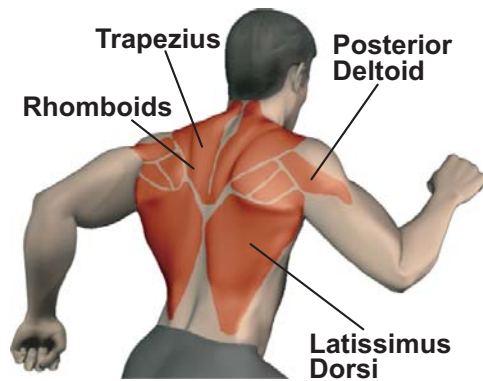
Size:	in. = 55L x 58W x 73H	cm = 139L x 147W x 185H
Live Area:	in. = 107L x 58W x 73H	cm = 272L x 147W x 185H

PRO 2 SEATED ROW (PSRW)

Muscles Exercised - Latissimus Dorsi, Trapezius, Rhomboids, Teres Major & Minor, Posterior Deltoids & Biceps

Setup

Adjust the seat height to align the mid-chest with the top of the chest pad. Keeping feet firmly on the footplates, adjust the seat frame position to allow full arm extension. Check the weight stack to ensure appropriate resistance. Grip the desired handles and position body with head and chest-up.



NOTE: The upper handles focus primarily on the Posterior Deltoid and upper back muscles. The middle and lower handles focus primarily on the Latissimus Dorsi and middle back muscles, while the lower handles provide a variation with the wrists positioned in a neutral position.

Performing the Exercise

Stabilize the body in position, pressing feet firmly into the footplates, preventing excessive pressure on the chest pad. With a controlled motion, draw back the arms as far as can be controlled. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise with any of the handles, think about drawing the elbows back, beyond the body, as this increases the mental concentration on the muscles being trained.



Product Code - PSRW



Machine Weight:	590 lbs	268 kgs
Weight Stack:	295 lbs	138 kgs
Maximum User Weight:	300 lbs	136 kgs

- Multiple grips are provided for greater exercise variety to train the mid- or upper-back muscles.
- Overhead pivot creates a natural arc of motion.
- Chest and seat pads pivot-together providing stable positioning and decreasing the overall size of the machine.

PRODUCT DIMENSIONS WITH WORKING AREA (PSRW)

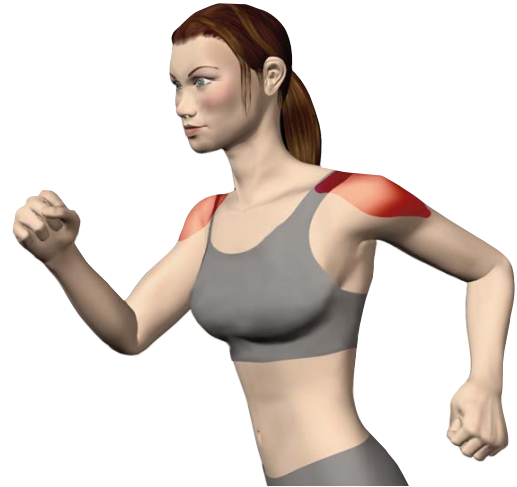
Size:	in. = 52L x 34W x 71H	cm = 132L x 86W x 180H
Live Area:	in. = 76L x 52W x 71H	cm = 193L x 132W x 180H

PRO 2 LATERAL RAISE (PSLR)

Muscles Exercised - Anterior & Middle Deltoid

Setup

Adjust the seat height so that the shoulder joints are aligned with the machines pivot points, indicated by the red axis of rotation decals. Sit facing the machine gripping the handles and positioning the elbows at the sides or slightly in front of the body. Check the weight stack to ensure appropriate resistance. Body is positioned with chest-up, leaning forward against the chest pad.

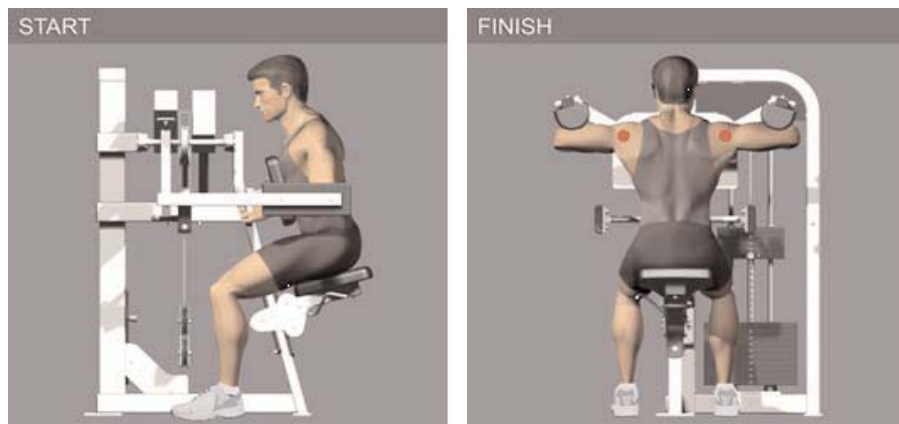


NOTE: If the seat is adjusted properly, the pads should not slide on the arms during the exercise.

Performing the Exercise

With a controlled motion extend the elbows out to the sides until they are even with the shoulders. Return the pads to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise, think about extending the elbows out to the side in a large arc, as this increases the mental concentration on the Deltoids.



Product Code PSLR



Machine Weight:	535 lbs	243 kgs
Weight Stack:	200 lbs	95 kgs
Maximum User Weight:	300 lbs	136 kgs

- Chest pad and arm pad positioning are optimized for Middle Deltoid muscle stimulation.
- Handles pivot to accommodate users of all sizes.

PRODUCT DIMENSIONS WITH WORKING AREA (PSLR)

Size:	in. = 42L x 37W x 55H	cm = 107L x 94W x 140H
Live Area:	in. = 66L x 49W x 55H	cm = 168L x 124W x 140H

PRO 2 PECTORAL FLY / REAR DELTOID (PSFLY)

Muscles Exercised -

Pectoral Fly – Pectoralis & Anterior Deltoid

Rear Deltoid – Posterior Deltoid & Trapezius

Setup - Pectoral Fly

Adjust the seat height so elbows are slightly below shoulders, when holding the vertical handles. Adjust the start position using the overhead range of motion adjustments for each arm. Check the weight stack to ensure appropriate resistance. Sit with chest-up and shoulders back and grip the vertical handles keeping the elbows slightly bent.

Setup - Rear Deltoid

Adjust the seat height, if necessary, so arms are parallel to floor, while holding the inside handles. Adjust the start position, bringing the arms into the furthest back position. Check the weight stack to ensure appropriate resistance. Sit facing pad and grip the horizontal handles firmly keeping elbows slightly bent.

Performing the Exercise

With a controlled motion, rotate the handles out and about the shoulder as far as can be controlled, while maintaining the arms in position as described in the setup. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.



Product Code - PSFLY



Machine Weight:	580 lbs	263 kgs
Weight Stack:	295 lbs	138 kgs
Maximum User Weight:	300 lbs	136 kgs

- User arms pivot to accommodate individual forearm lengths and varying paths-of-motion.
- Handle positions are optimized to eliminate the need to readjust the seat position in-between the fly and rear deltoid exercise.

PRODUCT DIMENSIONS WITH WORKING AREA (PSFLY)

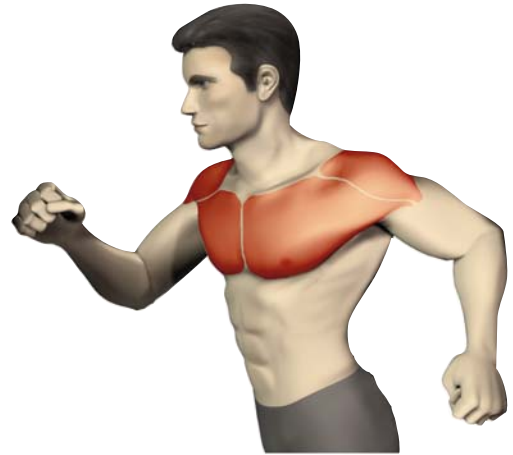
Size:	in. = 49L x 56W x 71H	cm = 124L x 142W x 180H
Live Area:	in. = 103L x 68W x 71H	cm = 261L x 173W x 180H

PRO 2 PECTORAL FLY (PSPEC)

Muscles Exercised - Pectoralis & Anterior Deltoid

Setup

Adjust the seat height so elbows are slightly below shoulders, when holding the handles. Adjust the start position using the overhead range of motion adjustments for each arm. Check the weight stack to ensure appropriate resistance. Sit with chest-up and shoulders back and grip the handles keeping the elbows and forearm comfortably on the pad.



Performing the Exercise

With a controlled motion, rotate the handles in and bringing the elbows together, while maintaining the arms in position as described in the set-up. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.



Start



Finish

Product Code - PSPEC



Machine Weight:	580 lbs	263 kgs
Weight Stack:	295 lbs	138 kgs
Maximum User Weight:	300 lbs	136 kgs

- Machine arms pivot to self align with users of all sizes.
- Built-in foot bar for user stabilization.
- Five start positions for multiple range-of-motion preferences.

PRODUCT DIMENSIONS WITH WORKING AREA (PSPEC)

Size:	in. = 49L x 56W x 71H	cm = 124L x 142W x 180H
Live Area:	in. = 103L x 68W x 71H	cm = 261L x 173W x 180H

PRO 2 TRICEPS EXTENSION (PSTE)

Muscles Exercised - Triceps

Setup

Adjust the seat height so backs of arms rest fully on arm pad, aligning elbows with machines pivot, indicated by red axis of rotation decal. Check the weight stack to ensure appropriate resistance. Rotate handle back and grip firmly and position feet under foot bar for stability. Body is positioned with hips in contact with lower back pad, leaning forward from hips keeping back straight.



Performing the Exercise

With a controlled motion, extend the handles out till arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.



Start



Finish

Product Code - PSTE



Machine Weight:	470 lbs	213 kgs
Weight Stack:	200 lbs	95 kgs
Maximum User Weight:	300 lbs	136 kgs

- Seat and upper arm pads are angled to enhance user stability during the exercise.
- Handle pivots to automatically adjust for varying forearm lengths and mistakes made during exercise set-up.
- Axis of alignment clearly marked with yellow dot to encourage correct axis alignment.

PRODUCT DIMENSIONS WITH WORKING AREA (PSTE)

Size:	in. = 45L x 44W x 55H	cm = 114L x 112W x 140H
Live Area:	in. = 53L x 68W x 55H	cm = 135L x 173W x 140H

PRO 2 BICEPS CURL (PSBC)

Muscles Exercised - Biceps

Setup

Adjust the seat height so backs of arms rest fully on arm pad, aligning elbows with machines pivot, indicated by red axis of rotation decal. Check the weight stack to ensure appropriate resistance. Rotate handle forward and grip firmly. Body is positioned with chest up and shoulder back, leaning forward slightly if necessary to increase stability.



Performing the Exercise

With a controlled motion, curl the handles up till arms are fully flexed. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.



Start



Finish

Product Code - PSBC



Machine Weight:	450 lbs	204 kgs
Weight Stack:	200 lbs	95 kgs
Maximum User Weight:	300 lbs	136 kgs

- Arm pad is angled for stability and limits unwanted shoulder movement during exercise.
- Pivot is positioned for ideal alignment and angled handgrips reduce the incidence of wrist strain.
- Axis of alignment clearly marked with yellow dot to encourage correct axis alignment.

PRODUCT DIMENSIONS WITH WORKING AREA (PSBC)

Size:	in. = 45L x 41W x 55H	cm = 114L x 104W x 140H
Live Area:	in. = 53L x 65W x 55H	cm = 135L x 165W x 140H

PRO 2 SEATED LEG PRESS (PSSLP)

Muscles Exercised - Quadriceps, Hamstrings & Gluteus

Setup

Adjust the start position, using the release lever located on the seat's left side, to the desired range of motion. Position feet on the footplate hip width apart, with the feet turned out slightly. Check the weight stack to ensure appropriate resistance. Grip the handles on the sides of the seat and position body with chest-up, shoulders and head back against back pad.

NOTE: When positioning the feet on the footplate, ensure that the feet are placed so that the knees do not move beyond the toes, as this places excessive stress on the knee joints.

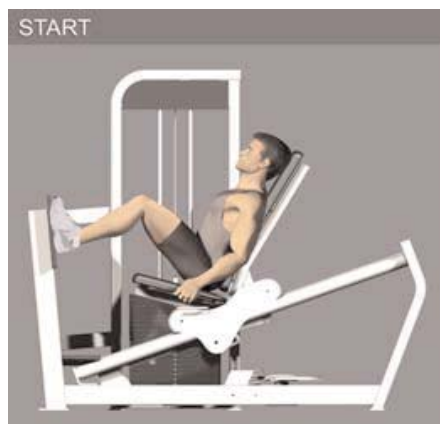


Performing the Exercise

With a controlled motion, extend the legs until the knees are slightly bent. **DO NOT LOCK THE KNEES.** Return to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise, think about extending the knees downward, as this mental concentration increases the focus on the leg muscles.

NOTE: **DO NOT** sacrifice proper exercise form in order to utilize more resistance during the exercise, as this can result in Serious Injury.



Start



Finish

Product Code - PSSLP



Machine Weight:	810 lbs	368 kgs
Weight Stack:	390 lbs	195 kgs
Maximum User Weight:	300 lbs	136 kgs

- Stainless steel rails are maintenance-free and offer an exceptionally smooth motion.
- User position and pressing angle are biomechanically optimized to limit unwanted forces in the knees.

PRODUCT DIMENSIONS WITH WORKING AREA (PSSLP)

Size:	in. = 79L x 40W x 71H	cm = 201L x 102W x 180H
Live Area:	in. = 79L x 64W x 71H	cm = 201L x 163W x 180H

PRO 2 LEG EXTENSION (PSLE)

Muscles Exercised - Quadriceps

Setup

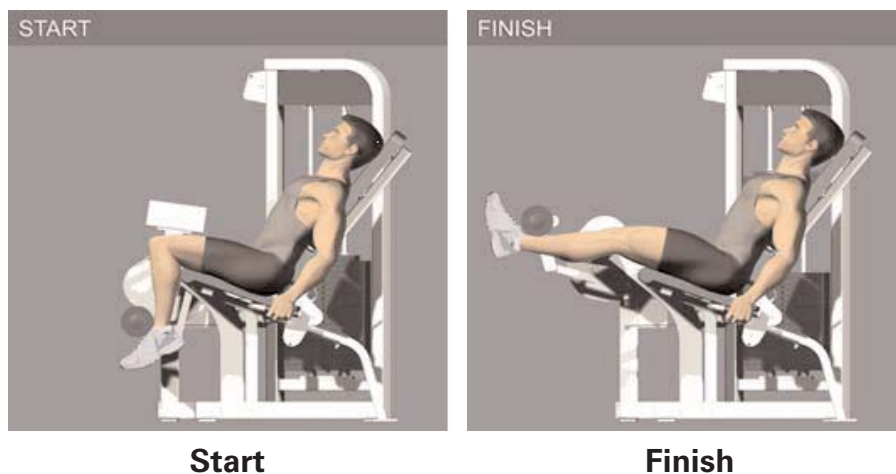
Adjust the back pad to align with the machine pivot, as indicated by the red axis of rotation decal, with the knee joints. Adjust the lower leg pad to a comfortable position above the ankle. Using the adjustment knob located on the machine cam (available on Pro 2 SE only), adjust the start position to the desired range of motion. Check the weight stack to ensure appropriate resistance. Grip the handles located on the sides of the seat. Body is positioned with chest-up, shoulders back and against back pad.



Performing the Exercise

Rotate the thighs so the knees are pointing upwards and with a controlled motion, extend the legs to near full extension. Return the legs to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: Position the thighs with the knees pointing upwards and maintain this while performing the exercise. This position is safer for the knee joint and more effective for the Quadriceps muscles.



Product Code - PSLE



Machine Weight:	570 lbs	368 kgs
Weight Stack:	295 lbs	138 kgs
Maximum User Weight:	300 lbs	136 kgs

- 100-degree angle between seat and back pad increases comfort and encourages full Quadriceps contraction without Hamstrings flexibility limitations.
- Pro 2 SE version offers standard five-position range-of-motion adjuster for individual preference or anatomical limitations.
- Pro 2 SE version offers a Tibia pad and seat back adjustment accessible from the seated position.
- Axis of alignment clearly marked with yellow dot to encourage correct axis alignment.

PRODUCT DIMENSIONS WITH WORKING AREA (PSLE)

Size:	in. = 47L x 41W x 64H	cm = 119L x 104W x 163H
Live Area:	in. = 89L x 65W x 64H	cm = 226L x 165W x 163H

PRO 2 LEG CURL (PSLC)

Muscles Exercised - Hamstrings

Setup

Lie face down on the pads, positioning the knees just off the pad aligned with the machine pivot, as indicated by the red axis of rotation decal. The lower leg pad should be positioned comfortably above the back of the ankles, adjust this as needed. Using the adjustment knob located on the machine cam (available on Pro 2 SE only), adjust the start position to the desired range of motion. Check the weight stack to ensure appropriate resistance. Grip the handles located under the chest pad at the head of the machine.

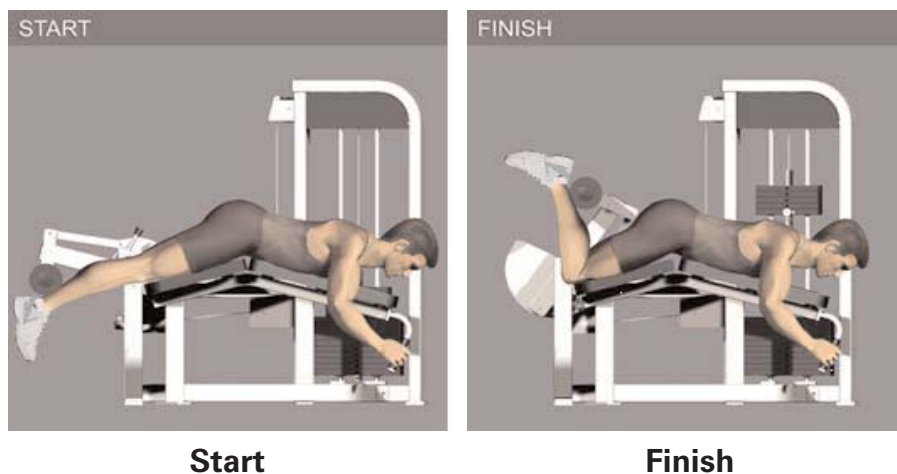


NOTE: Excessively lifting the hips off the pad during the exercise can place unwanted stress on the lower back. One method to overcome this is to slightly lift the thighs off the pad and hold, while performing the exercise, as this action forces the hips downward.

Performing the Exercise

Keeping the hips in contact with the pad and with a controlled motion, curl the legs up till fully flexed, without the hips losing contact with the pad. Return the legs to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: Allow the feet to maintain in a relaxed position during the exercise. Flexing the feet during the exercise will activate the Gastrocnemius muscle and distract from the focus on the Hamstrings muscle. Alternatively, allowing the Gastrocnemius muscle to assist increases the functionality of the exercise. The action taken with the feet should depend upon the goals of the exercise.



Product Code - PSLC



Machine Weight:	475 lbs	216 kgs
Weight Stack:	200 lbs	95 kgs
Maximum User Weight:	300 lbs	136 kgs

- Chest pad and hip pad form a diverging angle encourages a full range-of-motion and helps reduce lower back stress.
- Pro 2 SE version offers standard five-position range-of-motion adjuster for individual preference or anatomical limitations.
- Axis of alignment clearly marked with yellow dot to encourage correct axis alignment.

PRODUCT DIMENSIONS WITH WORKING AREA (PSLC)

Size:	in. = 65L x 39W x 55H	cm = 165L x 99W x 140H
Live Area:	in. = 107L x 63W x 55H	cm = 272L x 160W x 140H

PRO 2 HORIZONTAL CALF (PSHC)

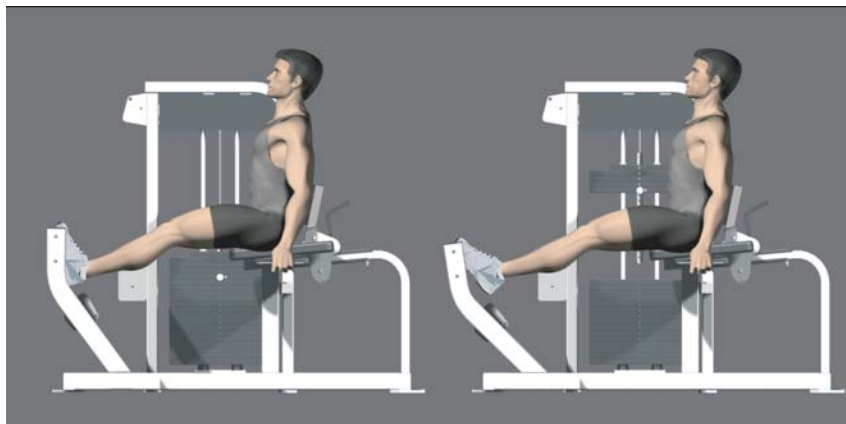
Muscles Exercised - Gastrocnemius & Soleus

Setup

Adjust the seat back to allow a slight bend in the knees, when the balls-of-the-feet are positioned on the footplate. Check the weight stack to ensure appropriate resistance. Position the hips firmly against the back pad and grip the handles located on the sides of the seat pad. Body is positioned with chest-up, shoulders back and against back pad.

Performing the Exercise

With a controlled motion, press upward on the balls-of-the-feet as far as can be controlled, while maintaining the knees slightly bent. **DO NOT LOCK OR HYPEREXTEND THE KNEES.** Return the footplate to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.



Start

Finish

Product Code - PSHC



Machine Weight:	690 lbs	313 kgs
Weight Stack:	370 lbs	185 kgs
Maximum User Weight:	300 lbs	136 kgs

- Force is transmitted through hips to eliminate spinal compression.
- Adjustable back pad provides range-of-motion adjustment for users of all sizes.

PRODUCT DIMENSIONS WITH WORKING AREA (PSHC)

Size:	in. = 61L x 32W x 55H	cm = 155L x 81W x 140H
Live Area:	in. = 77L x 56W x 55H	cm = 196L x 142W x 140H

PRO 2 ABDOMINAL CRUNCH (PSABC)

Muscles Exercised - Abdominals

Setup

Sit and position feet on desired foot peg. Lay on back pad and grip handles.

Performing the Exercise

Slowly contract abdominals in a crunch motion. Return weight with controlled movement to starting position.



Start



Finish

Product Code - PSABC



Machine Weight:	515 lbs	234 kgs
Weight Stack:	200 lbs	95 kgs
Maximum User Weight:	300 lbs	136 kgs

- Patent-pending AbCam System designed with dual pivot motion that naturally replicates an effective abdominal crunch movement.
- Counter-balanced work arm provides low start resistance.
- Two foot pegs allow comfort for users of all sizes without adjustments.

PRODUCT DIMENSIONS WITH WORKING AREA (PSABC)

Size:	in. = 62L x 35W x 55H	cm = 158L x 89W x 140H
Live Area:	in. = 70L x 58W x 55H	cm = 140L x 147W x 140H

PRO 2 HIP ABDUCTION (PSHAB)

Muscles Exercised - Hip Abductors

Setup

Sit down with feet on foot pegs so knees are bent 90 degrees. Adjust start position with range of motion adjustment and slowly move the pads out – pushing with knees – and return.

Performing the Exercise

Hold the handles and slowly move the pads out, pushing with knees. Hold the outward extreme position briefly. Slowly return to the start position. When finished, pull the lever to release the weight pads to exit the machine.



Start



Finish

Product Code - PSHAB



Machine Weight:	575 lbs	261 kgs
Weight Stack:	295 lbs	138 kgs
Maximum User Weight:	300 lbs	136 kgs

- Adjustable start position facilitates easy entry and exit.
- Knee pads and dual foot positions provide leg support while reducing torque around the knee.
- Front-mounted weight stack lets users adjust weight from the seated position and provides a privacy screen.

PRODUCT DIMENSIONS WITH WORKING AREA (PSHAB)

Size:	in. = 61L x 26W x 55H	cm = 155L x 66W x 140H
Live Area:	in. = 61L x 77W x 55H	cm = 155L x 196W x 140H

PRO 2 HIP ADDUCTION (PSHAD)

Muscles Exercised - Hip Adductors

Setup

Sit down with feet on foot pegs so knees are bent 90 degrees. Adjust start position with range of motion adjustment and slowly move the pads inward – pushing with knees – and return.

Performing the Exercise

Hold the handles and slowly move the pads in, pushing with knees. Hold the inward extreme position briefly. Slowly return to the start position. When finished, pull the lever to release the weight pads to exit the machine.



Start



Finish

Product Code - PSHAD



Machine Weight:	575 lbs	261 kgs
Weight Stack:	295 lbs	138 kgs
Maximum User Weight:	300 lbs	136 kgs

- Ratchet mechanism allows user to adjust start position in 10-degree increments to accommodate each individual’s desired range and flexibility.
- Knee pads and dual foot positions provide leg support while reducing torque around the knee Tibia pad provides lower body stabilization.
- Front-mounted weight stack lets users adjust weight from the seated position and provides a privacy screen.

PRODUCT DIMENSIONS WITH WORKING AREA (PSHAD)

Size:	in. = 61L x 26W x 55H	cm = 155L x 66W x 140H
Live Area:	in. = 61L x 77W x 55H	cm = 155L x 196W x 140H

PRO 2 HIP & GLUTE (PSHG)

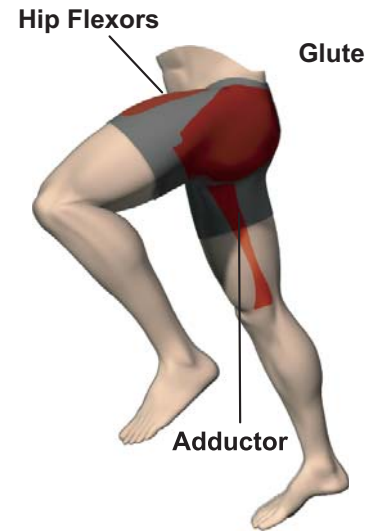
Muscles Exercised - Hip Abductors, Adductors, Flexors & Glute

Setup

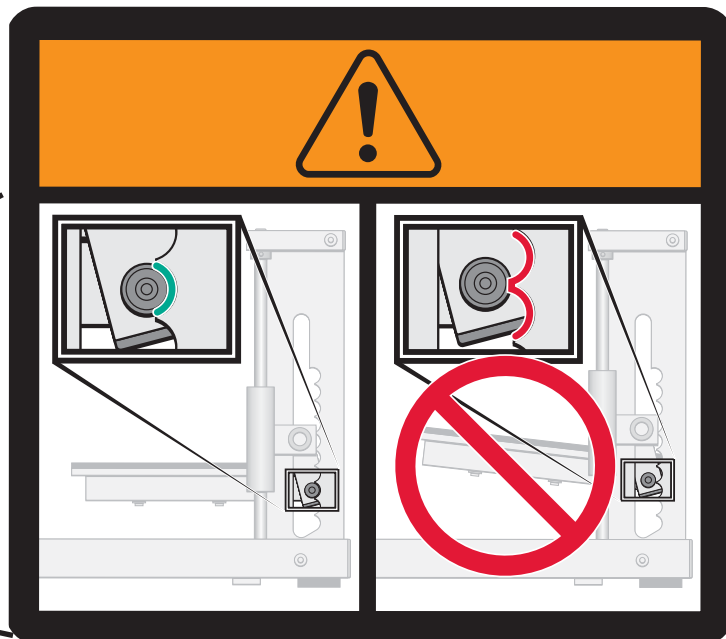
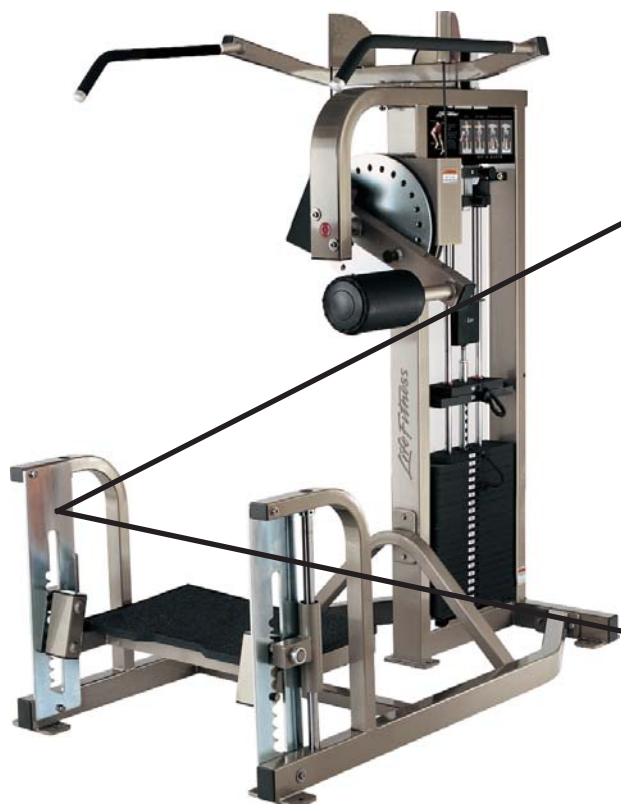
Adjust foot platform so the ball of the hip is in line with the axis of rotation sticker located in the center of the work arm. Make sure the platform is locked into place and completely flat prior to stepping on it. Set work arm at desired start position based on the exercise you wish to perform.

Performing the Exercise

Stand on the platform with the exercising hip in line with the axis of rotation. Lightly grip handles and perform the desired exercise. Return weight to the start position prior to exiting the machine.



Product Code - PSHG



Carriage must be fully engaged before user board's platform. Users must be instructed how to adjust and secure the platform. Failure to properly engage platform could lead to injury.

Machine Weight:	515 lbs	234 kgs
Weight Stack:	295 lbs	138 kgs
Maximum User Weight:	300 lbs	136 kgs

- Effectively trains the glutes, hip flexors, hip abductors and hip adductors.
- Bi-directional cam system has immediate resistance pick-up and is ideal for high speed training.
- Platform height adjustment accounts for users of all sizes.

PRODUCT DIMENSIONS WITH WORKING AREA (PSHG)

Size:	in. = 65L x 39W x 72H	cm = 165L x 99W x 183H
Live Area:	in. = 94L x 39W x 72H	cm = 239L x 99W x 183H

PRO 2 ASSIST DIP CHIN (PSADC)

Muscles Exercised -

Dip Assist – Triceps & Anterior Deltoid

Chin Assist – Biceps & Latissimus Dorsi

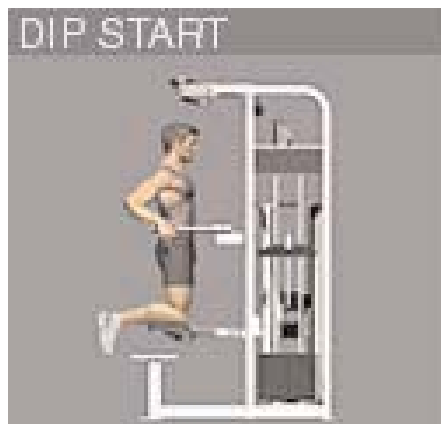
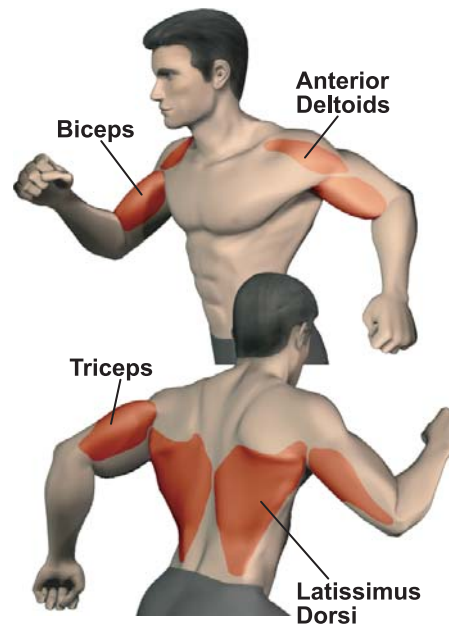
Setup

For the Dip Assist, rotate the lower bar handles inward or outward. Lower the pad down and lock it into place if assist is desired. Select desired weight.

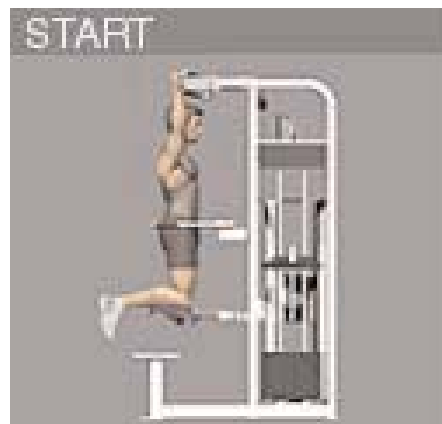
NOTE: Weight chosen is weight that will be subtracted from body weight when performing exercise. Hence, the more weight selected, the easier the exercise.

Performing the Exercise

Stand on the footplates and grip the lower bar handles if performing the Dip Assist. Choose a set of upper handles to perform the Chin Assist. Place knees on pad while stepping off the footplates. Keep back straight and head up while raising and lowering arms at the elbow. When finished, remove one knee from pad while it is in the down position and step onto footplate. Remove second knee when pad gets toward top and step onto footplate.



Start



Finish

Product Code - PSADC



Machine Weight:	655 lbs	298 kgs
Weight Stack:	175 lbs	82 kgs
Maximum User Weight:	300 lbs	136 kgs

- Knee pad folds down and away from user for unassisted training.
- Multi-position handles allow for variation in exercise and provide size adaptability.

PRODUCT DIMENSIONS WITH WORKING AREA (PSADC)

Size:	in. = 46L x 45W x 87H	cm = 118L x 113W x 221H
Live Area:	in. = 70L x 45W x 87H	cm = 178L x 113W x 221H

PRO 2 BACK EXTENSION (PSBE)

Muscles Exercised - Erector Spinae & Gluteals

Setup

From a seated position – with hips pushed against lumbar pad - place feet on foot support. Adjust the foot support so knees are slightly bent. Adjust start position on back pad for desired range of motion.

Performing the Exercise

With chest up and shoulders back - grip handles and extend back – until low back contacts lumbar pad. Hold the position briefly and return weight with controlled movement to starting position.



Start



Finish

Product Code - PSBE



Machine Weight:	560 lbs	254 kgs
Weight Stack:	295 lbs	138 kgs
Maximum User Weight:	300 lbs	136 kgs

- Lumbar pad helps users easily find correct position relative to the axis of rotation.
- Five-position adjustable start mechanism for individual range of motion.

PRODUCT DIMENSIONS WITH WORKING AREA (PSBE)

Size:	in. = 46L x 40W x 55H	cm = 117L x 102W x 140H
Live Area:	in. = 64L x 64W x 55H	cm = 163L x 163W x 140H

PRO 2 SEATED LEG CURL (PSSLC)

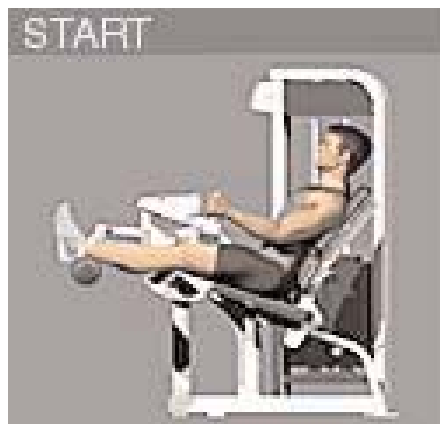
Muscles Exercised - Hamstrings

Setup

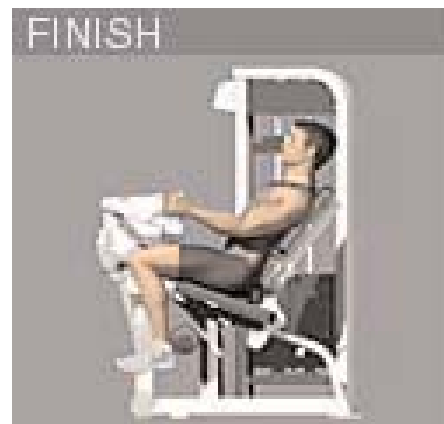
Sit down on seat and adjust the back pad by pulling the knob behind the seat. The seat should be adjusted so that the knee lines up with the axis of rotation (pivot point). Adjust the ankle pad so it's positioned just under the ankles. Check appropriate resistance on weight stack. Lower the thigh pad until it's comfortable. Keep back straight and head up.

Performing the Exercise

Hold the thigh pad handles. Curl the pad down and back slowly. Hold the pad at the back position for a moment. Slowly let the pad out. Raise the thigh pad to exit the machine.



Start



Finish

Product Code - PSSLC



Machine Weight:	515 lbs	234 kgs
Weight Stack:	295 lbs	138 kgs
Maximum User Weight:	300 lbs	136 kgs

- Back pad adjusts from exercise position for correct alignment with axis of rotation.
- Axis of motion marked with red dot to encourage correct axis alignment.
- Adjustable thigh pad with handles provides optimal stabilization during exercise.
- Five-position range-of-motion adjustments is standard on SE units.

PRODUCT DIMENSIONS WITH WORKING AREA (PSSLC)

Size:	in. = 55L x 34W x 55H	cm = 140L x 86W x 140H
Live Area:	in. = 89L x 58W x 55H	cm = 226L x 147W x 140H

Pro 2 Standing Calf (PSSC)

Muscles Exercised - Gastrocnemius & Soleus

Setup

Check the weight stack to ensure appropriate resistance. While standing on the floor, adjust the pads to your shoulder height by using the pull knob.

Performing the Exercise

Keeping back straight, slide shoulders under pads. Bend knees and step onto the platform with balls of the feet. Heels should be hanging off the back of the platform. Keeping back straight, extend legs to bring the weight stack up. Raise heels upward and hold briefly, then return to starting position. Finish by bending knees to bring the weight stack down and then exit the machine.



Start



Finish

Product Code - PSSC



Machine Weight:	680 lbs	308 kgs
Weight Stack:	390 lbs	195 kgs
Maximum User Weight:	300 lbs	136 kgs

- 9 pad height positions accommodate different height users.
- Contoured non-slip footplate allows for a full range of motion for users’ ankles.

PRODUCT DIMENSIONS WITH WORKING AREA (PSSC)

Size:	in. = 58L x 45W x 72H	cm = 148L x 114W x 183H
Live Area:	in. = 76L x 63W x 72H	cm = 193L x 161W x 183H

NOTE: REMOVE FOOTPLATE PRIOR TO MOVING THE UNIT.

5. MAINTENANCE PROCEDURES

MAINTENANCE SCHEDULE

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
CLEAN				
Upholstery	X			
Guide Rods			X	
Shrouds			X	
Hand Grips				X
WAX				
Frames				X
INSPECT				
Paint			X	
Cable	X			
Hardware		X		
Frame		X		
Hand Grips		X		
Shrouds	X			
LUBRICATE				
Guide Rods				X

CLEAN...

1. Upholstery with an approved or compatible cleaner.
2. Guide Rods with a cotton cloth.
3. Hand Grips with an approved or compatible cleaner.

WAX...

1. Frames with a standard, non-abrasive, wax finish.

INSPECT...

1. Cables. Look for wear or damage and proper tension. Pay close attention at bends and attachment points.
2. Hardware. Check for loosening. Tighten as required.
3. Frames. Inspect for wear and damage.
4. Handgrips. Check for wear and damage.
5. For paint chips. Fill in immediately with Life Fitness touch-up paint.

LUBRICATE

Lubricate guide rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Apply the lubricant to a cotton cloth, and then run the cotton cloth up and down the guide rods as needed.

Note: only a few drops of lubricant are required for each guide rod.

ONCE A DAY

1. Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.
2. Visually inspect cables for wear at and around connections and along the entire length of the cable. Always replace at first sign of wear.

ONCE A WEEK

1. Visually inspect all hardware for loosening, tampering or wear.
2. Check Jam Nut at top of weight stack for tightness.
3. Inspect all accessories, connecting links, and carabiner clips for wear.
4. Check condition of hand grips.
5. Check cables for stretch and adjust as necessary by loosening the large Jam Nut on top of the weight stack and by screwing in the Threaded Plug until cable is tight and the weight stack pin goes in all holes easily.
6. Inspect Shrouds for damage and clean as necessary.

ONCE A MONTH

1. Clean Guide Rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Clean tops of bearings at stack and inspect for heavy buildup on rods below the head plate. Lift half of stack and do a visual inspection, then clean as necessary.
2. Inspect hardware on all machines and tighten any bolts or nuts that may have loosened over the life of the product.

NOTES

Use polishing compound (such as car wax) and remove shoe scuffs from powder coated surfaces as necessary.

CLEANING THE SHROUDS

Adherence to regular and proper cleaning procedures is recommended to preserve the appearance.

MINIMIZE SCRATCHES

Wash the shrouds with an approved or compatible cleaner. Do not scrub brushes on the shrouds. Fresh paint splashes, grease and smeared glazing compounds can be removed easily before drying by rubbing lightly with isopropyl alcohol. Afterward, a warm final wash should be made.

LIFE FITNESS APPROVED CLEANERS

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 work-outs. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (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 the display and all 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.

IMPORTANT HAZARDS

1. DO NOT use abrasive or highly alkaline cleaners on the shrouds.
2. NEVER scrape shrouds with squeegees, razor blades or other sharp instruments.
3. DO NOT clean shrouds in hot sun or at elevated temperatures.
4. NEVER use benzene, gasoline, acetone or carbon tetrachloride on the shrouds.

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