

HAMMER STRENGTH®



Hammer Strength Linear Leg Press Owners Manual

Part Number 8344901
Rev. A-1



1. SAFETY AND WARRANTY INFORMATION

It is the sole responsibility of the purchaser of LIFE FITNESS 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.

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

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. The extent of control is at the discretion of the owner.

PROPER USAGE

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

CHECK FOR DAMAGED PARTS

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

SPECIFIC OPERATING WARNINGS

1. Routinely inspect all accessory clips that join attachments to the cables and replace at the first sign of wear.
2. Use only weight selector pins supplied by LIFE FITNESS on weight stacks. Substitutes are forbidden.
3. Cables pose an extreme liability if used when frayed. Always replace any cable at first sign of wear (consult LIFE FITNESS if uncertain).
4. **Do not allow users to wear loose fitting clothing while using equipment.** It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
5. **Fully insert weight selector pins.** Partial insertion can cause weights to fall unexpectedly. Never pin the weight stack in an elevated position. Never remove selector pin if any weights are suspended. **Never attempt to release jammed weights or parts.**
6. When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.
7. 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.
8. **Keep children away from selectorized strength equipment.** Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
9. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by LIFE FITNESS.
10. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM LIFE FITNESS PERSONNEL.
11. 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 and consult your physician.
12. Do not exceed maximum user weight – 300 lbs.

WARRANTY

WHAT IS COVERED

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

WHO IS COVERED

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

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE

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

WHAT WE WILL DO TO CORRECT COVERED DEFECTS

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

WHAT IS NOT COVERED

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

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.

HOW TO GET PARTS & SERVICE

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

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

Life Fitness World Headquarters

Attn: CSS Help Desk

5100 N. River Rd.

Schiller Park, IL. 60176

EXCLUSIVE WARRANTY

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

CHANGES IN WARRANTY NOT AUTHORIZED

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

EFFECT OF STATE LAWS

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

OUR PLEDGE TO YOU

Our Products are designed and manufactured to the highest standards.

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

! WARNING

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

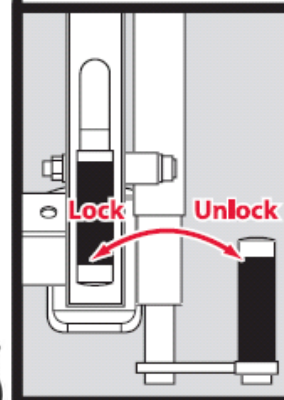
1. Before using, read all the warnings and obtain instruction on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving parts.
4. Inspect the machines before 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. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**



Found at moving parts

EXERCISE INSTRUCTION

1. Lift carriage with feet.
2. Rotate both release handles away from hips to unlock.
3. Perform exercise.
4. Rotate both release handles in towards hips to lock. Hold in place while racking carriage.



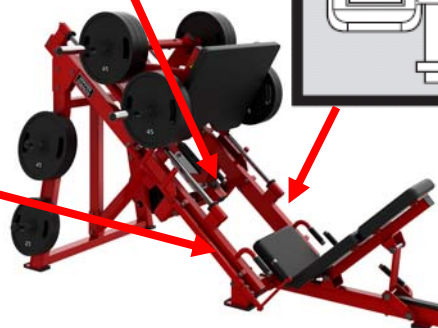
! WARNING

SERIOUS INJURY could result if carriage falls toward user.

Carriage stops **MUST BE IN LOCKED POSITION** while performing calf raises.

! WARNING

Before exercise, set bottom stop to desired range of motion.





2. GENERAL SPECIFICATIONS

1. Frame Construction

- Frame is constructed of mechanical quality steel purchased in mill run quantities
- Frame is primarily 2" x 4" and 2" x 3" rectangular tubing with 11 gauge wall thickness. Frames are fully welded and bolt together for maximum structural integrity and minimum maintenance when possible. However, larger machines have bolt-together configuration 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. Linear Guidance System

- Two 1-1/4" precision case hardened linear shafts
- Four individual self aligning 1-1/4" linear bearings held in place with snap rings for easy maintenance
- Custom designed heavy duty 2-1/2" bearing housing

4. Racking System

- Dual independent carriage catch and release handles simple intuitive operation
- Four position adjustable stop to accommodate a wide range of users

5. Weight Plate Holders

- Durable chrome-nickel plating on all weight plate holders
- Four built in holders accommodate Olympic plates

6. Bolts

- All hardware is stainless steel, zinc plated or nickel plated

7. Upholstery

- Contoured pads on selective units
- All edges are stitched to eliminate any folds in the material that would limit durability.

8. 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.

9. Hand Grips

- Handgrips 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.

10. Seat Adjustments

- Seat and pad adjustments correctly align body to machine for proper posture, muscle isolation and body stabilization.
- Two position quick adjust seat mechanism

11. Foot Platforms

- Thick heavy duty foot platform is rubber coated with a slip resistant texture

12. Instructional Placard

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

13. 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.

14. 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.
- Machines are not warranted against rust. In order to protect your machines against rust, please repair all chips and scratches, and be sure the workout environment is free of humidity. For example, ensure that the equipment does not share the HVAC system with a swimming pool area. For maximum protection, please utilize an extra coat of automotive quality finish wax and wipe excessive sweat and liquids from the machines.

15. Liability Insurance

- Certificate of insurance available upon request

HAMMER STRENGTH®

3. MACHINE SPECIFICATIONS

Product Specifications

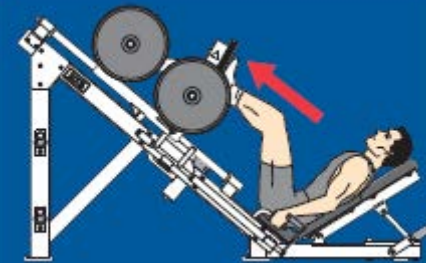
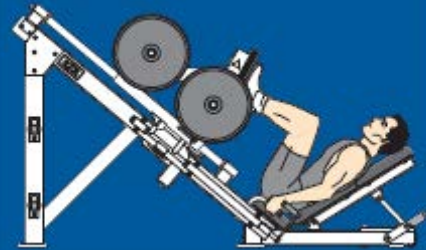
Linear Leg Press		Product # - HSLLP
Machine Weight:	630 lbs	285 kg
Load Rating:	1,800 lbs	816 kg
Max User Weight:	300 lbs	136 kg
Size:	in. = 95"L x 65"W x 57"H	cm = 241L x 165W x 145H
Live Area:	in. = 113"L x 89"W x 57"H	cm = 287L x 226W x 145H

- Linear bearings create a smooth feel and function throughout the life of the product.
- Flip-in, flip-out racking mechanism is intuitive and easy to use.
- Molded pads for longer life and higher durability
- 10 – 45 lb. plates maximum per weight rod
- Start Resistance: 118 lbs. (53 kg)

EXERCISE INSTRUCTION

1. Lift carriage with feet.
2. Rotate both release handles away from hips to unlock.
3. Perform exercise.
4. Rotate both release handles in towards hips to lock. Hold in place while racking carriage.

Muscles Trained





4. MAINTENANCE PROCEDURES

<i>ACTION</i>	<i>DAILY</i>	<i>MONTHLY</i>	<i>BI-ANNUALLY</i>	<i>YEARLY</i>	<i>AS NEEDED</i>
CLEAN					
Upholstery	X				
Guide Rods		X			
Shields					X
Hand Grips					X
Frames (Wax)					X
INSPECT					
Hardware		X			
Frame			X		
Hand Grips					X
Paint					X
LUBRICATE					
Guide Rods					X

CLEAN

- Upholstery with a mild soap and water.
- Guide rods with a cotton cloth and break-free.
- Hand grips with mild soap and water.
- Wax frames with a standard, non-abrasive, wax finish.

INSPECT

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

LUBRICATE

- Guide rods with Silicone Compound (part number 3238401). Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed.

ONCE A DAY

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

ONCE A WEEK

- Visually inspect all hardware for loosening, tampering or wear.
- Check jam nut on weight stack for tightness.
- Inspect all accessory and or carabiner clips or connecting links for wear.
- Check condition of hand grips.
- Check cables for stretch and adjust as necessary by loosening the large nut on top of the weight stack and screw in the threaded plug until cable is tight and the weight stack pin goes in all holes easily. Tighten the large nut to complete the adjustment.

ONCE A MONTH

- Clean Guide Rods with break-free on a cloth and wipe off old residue. Clean tops of bearings at stack and inspect for heavy buildup on rods below head plate (lift half of stack and do a visual inspection, then clean as necessary).
- 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) to clean and remove shoe scuffs from powdercoated surfaces as necessary.

Removal of Paint, Marking Pen, 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.