

G7 CABLE MOTION™ GYM SYSTEM

ASSEMBLY INSTRUCTIONS

G7-002 / CLASS H / APRIL 24, 2024 / 8352101 REV. CB

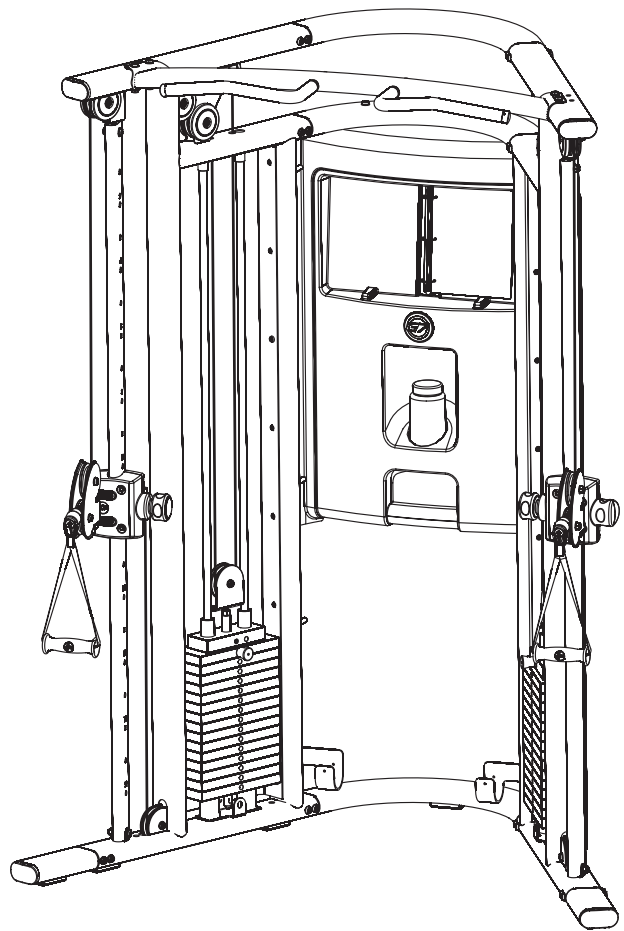


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SAFETY INFORMATION

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.

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE INSTRUCTIONS OR WARNINGS ARE UNCLEAR, CONTACT LIFE FITNESS CUSTOMER SERVICE IMMEDIATELY AT 1-800-351-3737 WITHIN THE US AND CANADA. INTERNATIONAL OFFICE CONTACT INFORMATION IS AVAILABLE ON PAGE 26.

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.

This equipment is categorized as class H per EN 957-1. And as such this equipment is only intended for Home use. It is not intended for commercial, institutional and/or studio facilities 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 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 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 as 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 EXERCIZING 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 at the first sign of wear.
4. 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.
5. EQUIPMENT MAINTENANCE - 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.
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. 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 and attached accessories and components while machine is in operation.



SELECTORIZED WEIGHT STACK SYSTEMS

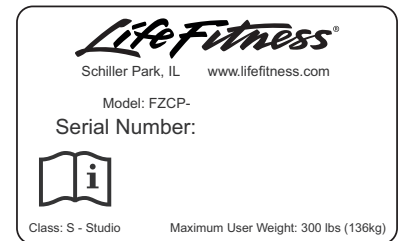
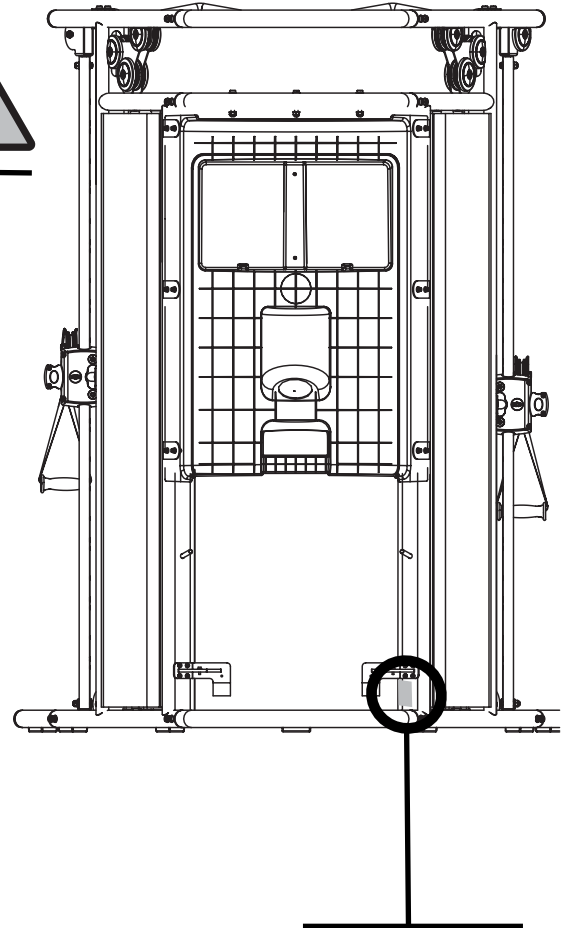
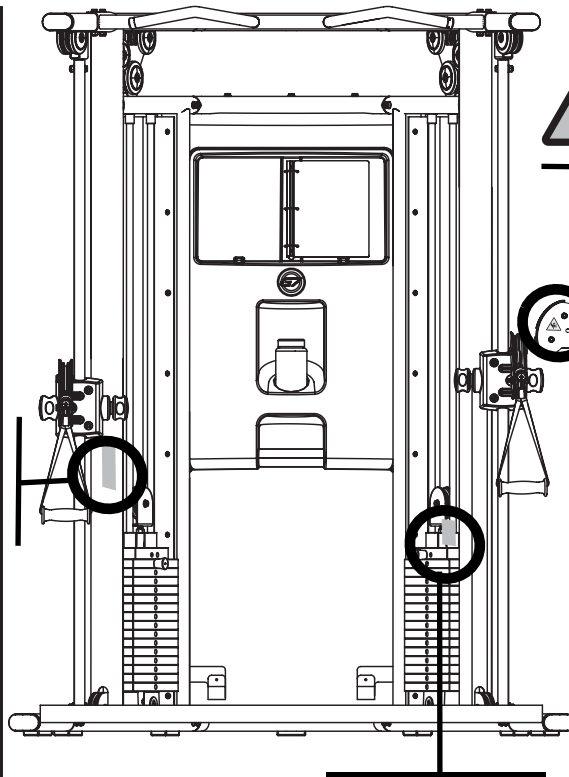
1. Use only weight selector pins supplied by LIFE FITNESS on weight stacks. Substitutes are forbidden.
2. Fully insert weight selector pins. Partial insertion can cause weights to fall unexpectedly.
3. Never pin the weight stack in an elevated position.
4. Never remove selector pin if any weights are 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.

G7 WARNING LABELS

⚠ WARNING

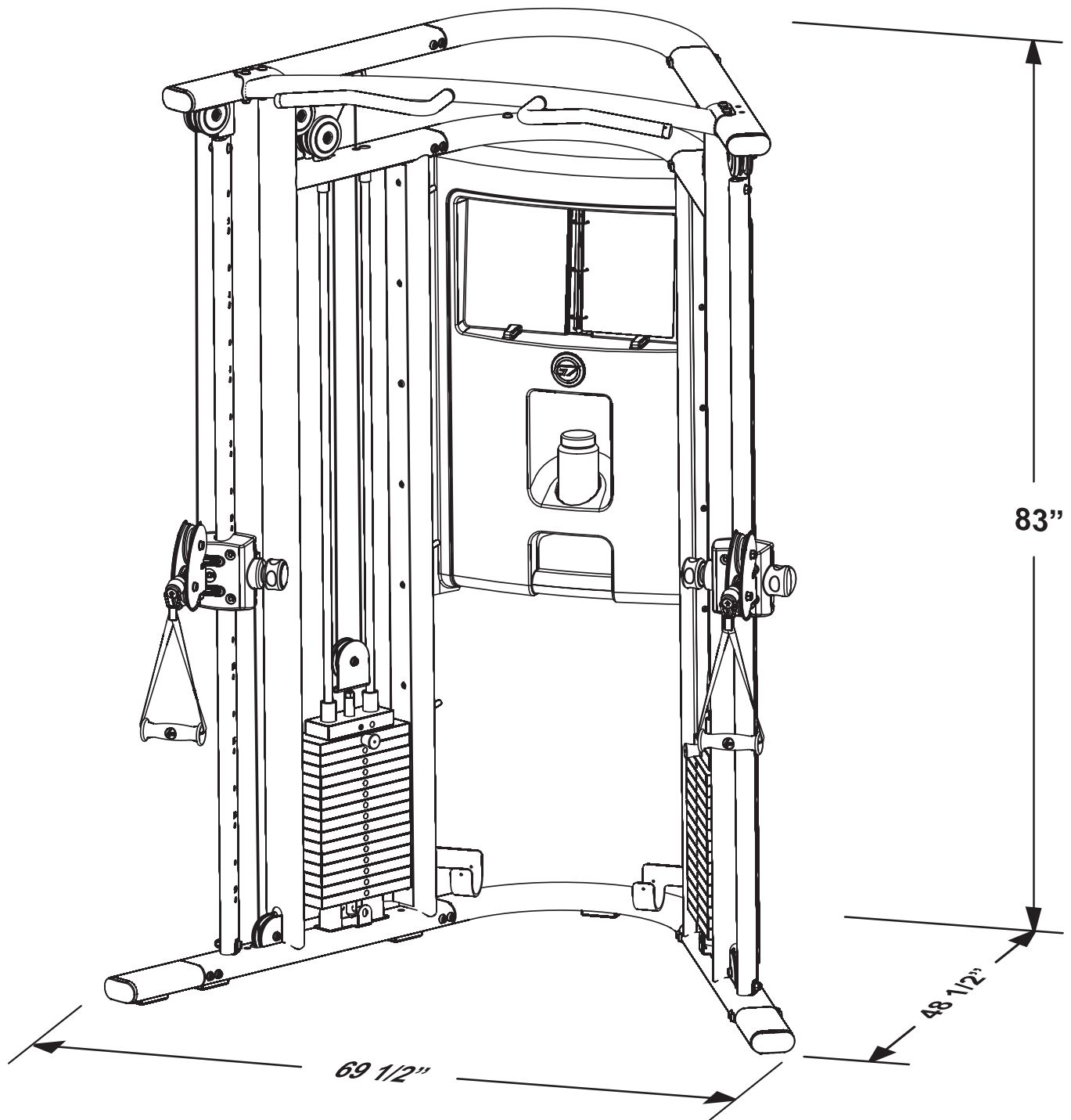
SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

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.**



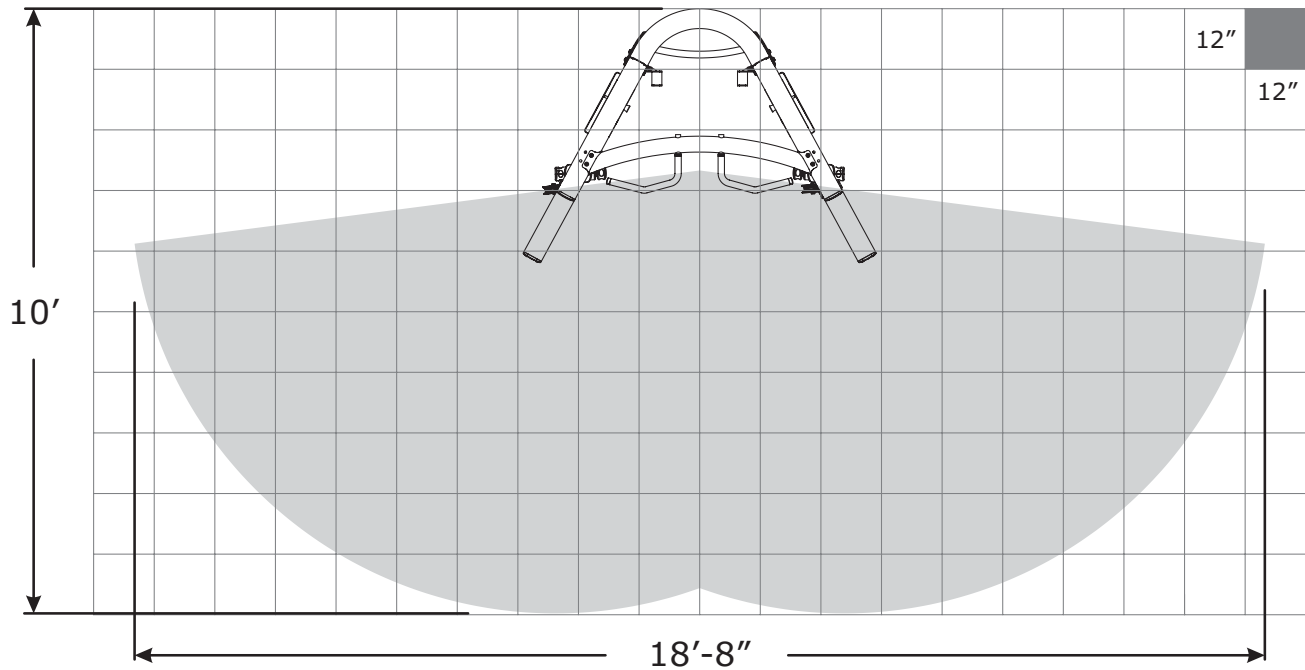
NOTE: Lock the weight stack when not using the gym. Make sure all the weight plates are resting on the plate below with no gap in between. Insert the weight selector pin in the tab underneath the weight stack. The weight selector pin should be inserted until the knob touches the metal tab. Once the pin goes through the weight stack system, the weight stack becomes immobile. Verify that the pin has gone through the weight stack stem.

GYM DIMENSIONS



Weight: 720 lbs
Resistance Ratio: 1:2
Weight Stack: 160 lbs

G7 LIVE AREA



NOTE: The live area shows the extent of the G7 gym. It does not include the user.

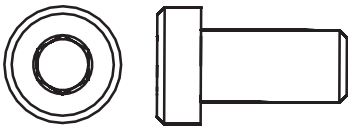
COMPONENTS LIST

ITEM NO.	QTY.	DESCRIPTION
1	1	LEFT TOWER
2	1	TOP BRACKET TUBE
3	1	MIDDLE BRACKET TUBE
4	1	BOTTOM BRACKET TUBE
5	1	LEFT SLIDE TUBE (WITH ROLLER CARRIAGE) ASSEMBLY
6	1	RIGHT U BRACKET
7	1	LEFT U BRACKET
8	1	RIGHT SWIVEL PULLEY
9	1	LEFT SWIVEL PULLEY
10	1	RIGHT SLIDE TUBE (WITH ROLLER CARRIAGE) ASSEMBLY
11	1	RIGHT TOWER
12	1	CHIN UP BAR
13	16	PULLEY
14	4	PARTIAL PULLEY COVER
15	4	GUIDE ROD RETAINER
16	4	GUIDE ROD ASSEMBLY
17	30	10 LB WEIGHT PLATE
18	2	TOP PLATE
19	2	HEAD PLATE PULLEY ASSEMBLY
20	4	WEIGHT STACK CUSHION
21	2	CABLE
22	2	FOOT EXTENSION
23	2	SIDE SHROUD
24	6	KIOSK BRACKET
25	1	KIOSK ASSEMBLY
26	2	WEIGHT PIN & RING
27	4	FULL PULLEY COVER
28	1	LEFT ROLLER CARRIAGE
29	1	RIGHT ROLLER CARRIAGE
30	2	D RINGS
31	1	THIGH STRAP
32	1	FOOT STRAP
34	1	MARKER
35	2	HANDLES
36	2	SNAP LINKS
38	1	TOUCH-UP PAINT
39	1	EXERCISE BALL
40	1	PUMP
41	1	LONG BAR
60	1	EXERCISE BOOKLET

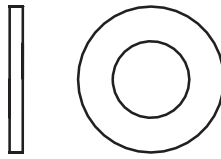
COMPONENTS LIST

HARDWARE		
ITEM NO.	QTY.	DESCRIPTION
43	32	M10 X 20MM SCREW
44	58	M10 WASHER
45	20	M5 HEX SCREW
46	20	M6 WASHER
47	4	M10 X 55MM SCREW
48	2	M10 X 45MM SCREW
49	13	M10 HEX NYLOCK NUT
50	7	M10 X 70MM SCREW
51	2	M10 SOCKET HEAD NUT
52	2	M10 X 50MM SCREW
53	2	PULLEY RETAINER
54	4	RETAINER RING
55	4	M10 X 50MM HEX TENSION SCREW
56	32	M5 SHOULDER SCREW
57	12	M10 X 16MM SCREW
58	12	M10.5 WASHER
59	2	.500-13 JAM NUT
BLISTER PACKS		
Blister Pack 7-1	1	
Blister Pack 7-2	1	
Blister Pack 7-3	1	
Blister Pack 7-4	1	
Blister Pack 7-5	1	
Blister Pack 7-6	1	
REQUIRED TOOLS		
ADJUSTABLE WRENCH		
EXTERNAL SNAP RING PLIERS		
PHILLIPS SCREW DRIVER		
ALLEN WRENCHES (4mm, 5mm, 7mm)		
WRENCH (17mm)		

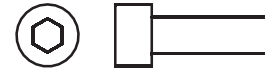
HARDWARE:



M10 X 20MM SCREW (#43)



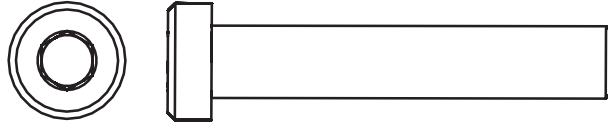
M10 WASHER (#44)



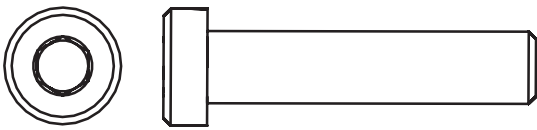
M5 HEX SCREW (#45)



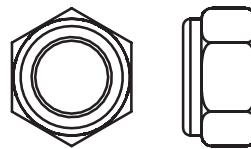
M6 WASHER (#46)



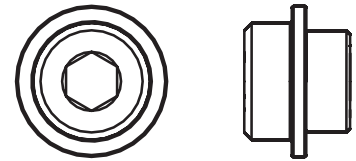
M10 X 55MM SCREW (#47)



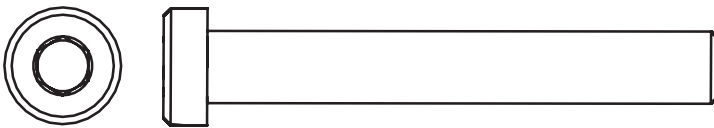
M10 X 45MM SCREW (#48)



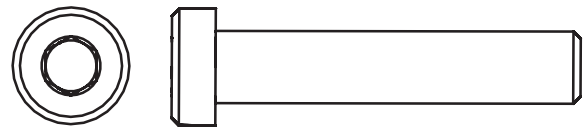
M10 HEX NYLOCK NUT (#49)



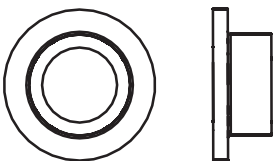
M10 SOCKET NUT (#51)



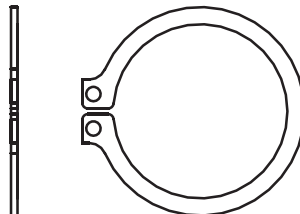
M10 X 70MM SCREW (#50)



M10 X 50MM SCREW (#52)



PULLEY RETAINER (#53)



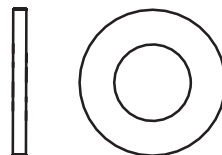
RETAINER RING (#54)



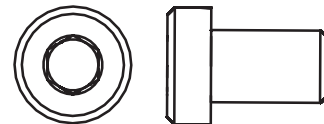
M10 X 50MM HEX TENSION SCREW (#55)



M5 SHOULDER SCREW (#56)



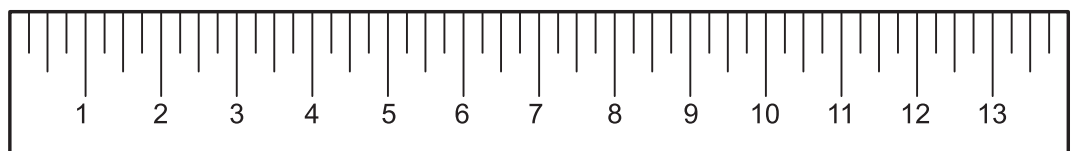
M10.5 WASHER (#58)



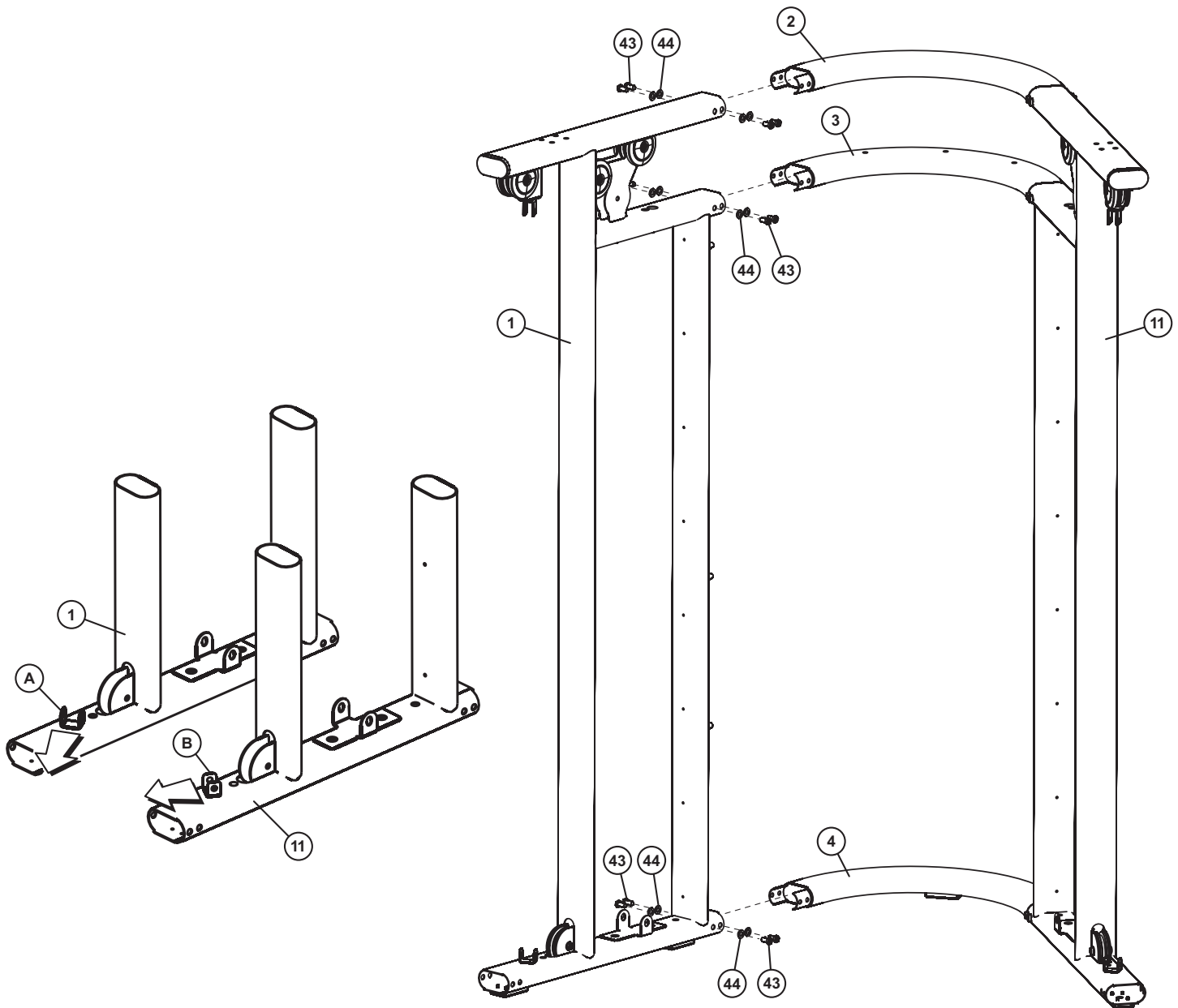
M10 X 16MM SCREW (#57)



.500-13 JAM NUT (#59)



Centimeters



NOTE: Two person assembly is recommended.

STEP 1:

Use the following hardware contained in Blister Pack (7-1):

- M10 x 20mm SCREW (Qty. 24)
- M10 WASHER (Qty. 24)

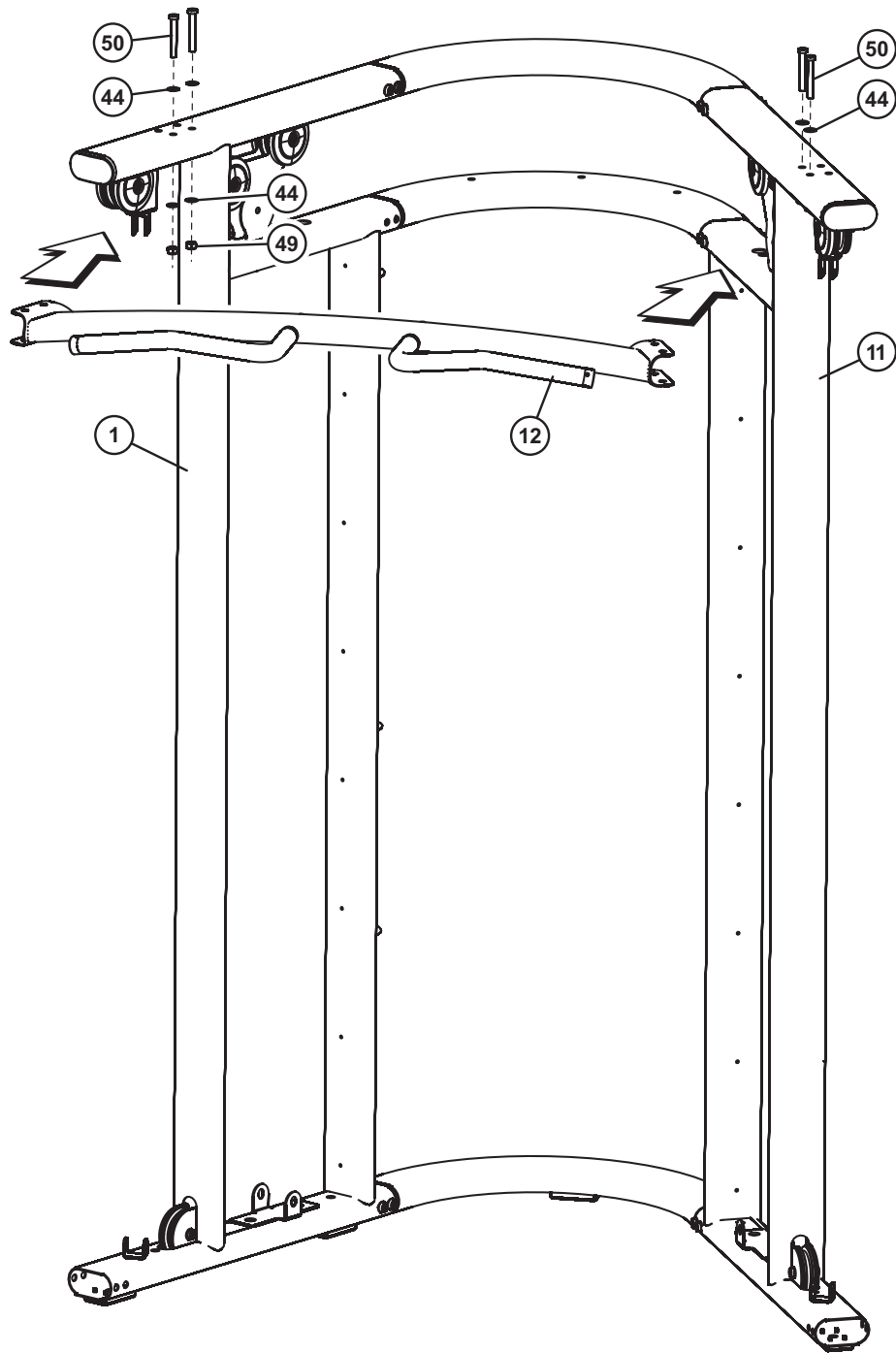
- ❑ Make sure the LEFT TOWER (1) and the RIGHT TOWER (11) are positioned correctly prior to assembly. The LEFT U BRACKET (A) and RIGHT U BRACKET (B) should point towards each other as shown in the above illustration.
- ❑ Use four M10 x 20mm SCREWS (43) and four M10 WASHERS (44) to connect the BOTTOM BRACKET TUBE (4) to the LEFT TOWER (1). Finger tighten only.

NOTE: THE BOTTOM BRACKET TUBE (4) HAS A RUBBER PAD ATTACHED TO IT TO MAKE CONTACT WITH THE FLOOR.

- ❑ Repeat the above process using the TOP BRACKET TUBE (2) and the MIDDLE BRACKET TUBE (3).

NOTE: THE TOP BRACKET TUBE (2) DOES NOT HAVE ANY HOLES. THE MIDDLE BRACKET TUBE (3) HAS THREE HOLES THROUGH THE TOP AND BOTTOM.

- ❑ Repeat all of the above steps to attach the TOP (2), MIDDLE (3), and BOTTOM (4) BRACKET TUBES to the RIGHT TOWER (11). Tighten M10 x 20mm SCREWS (43) to 15-20 ft-lbs. (20.3-27.1Nm).



STEP 2:

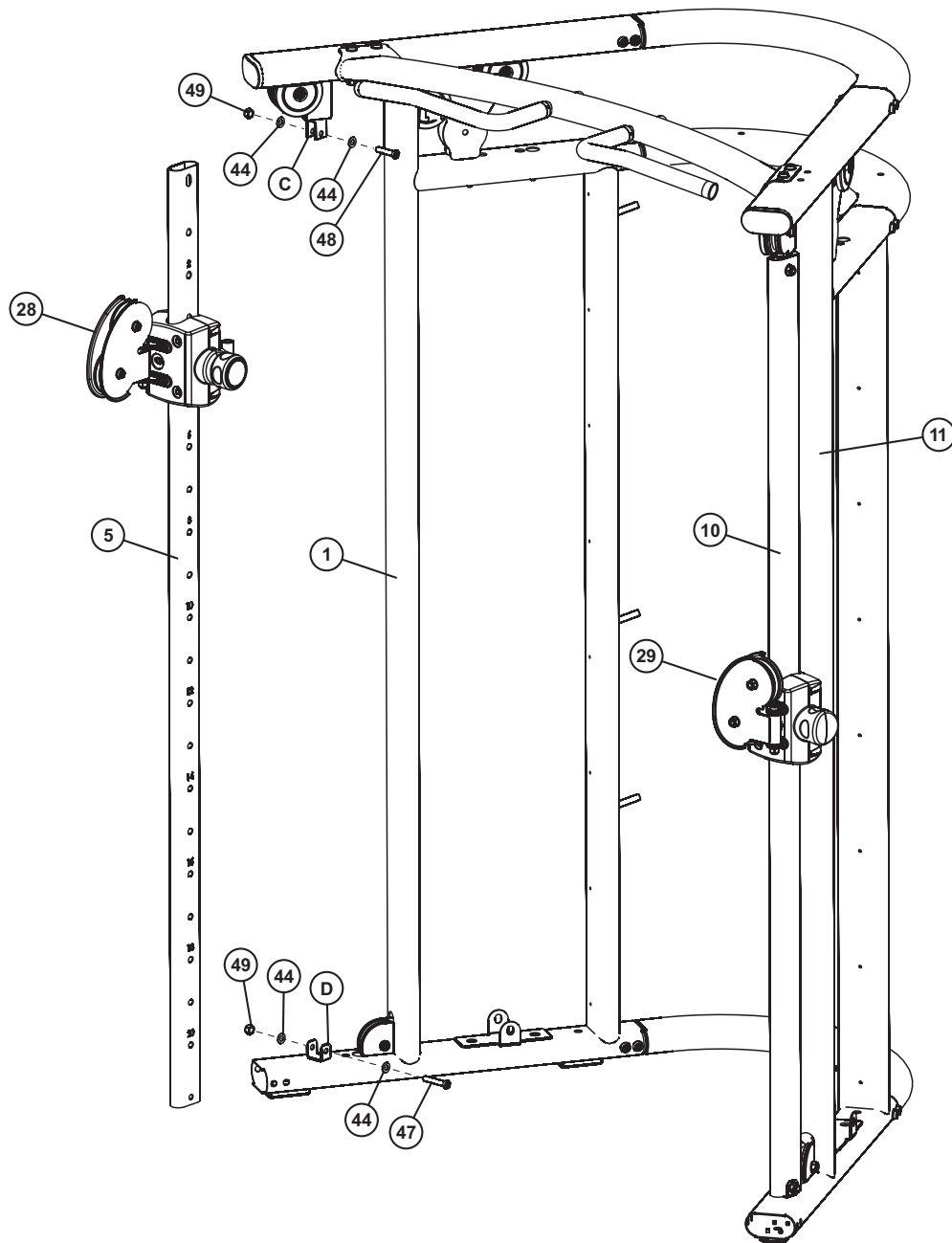
Use the following hardware contained in Blister Pack (7-1):

- M10 x 70mm SCREW (Qty. 4)
- M10 WASHER (Qty. 8)
- M10 HEX NYLOCK NUT (Qty. 4)

- Attach the CHIN UP BAR (12) between the LEFT TOWER (1) and RIGHT TOWER (11) using four M10 x 70mm SCREWS (50), eight M10 WASHERS (44), and four M10 HEX NYLOCK NUTS (49). Finger tighten only.

NOTE: Make sure the CHIN UP BAR (12) is in the correct position as shown.

- Tighten all FRAME and CHIN UP BAR screws and nuts to 20-25 ft-lbs. (27.1-33.8Nm).



STEP 3:

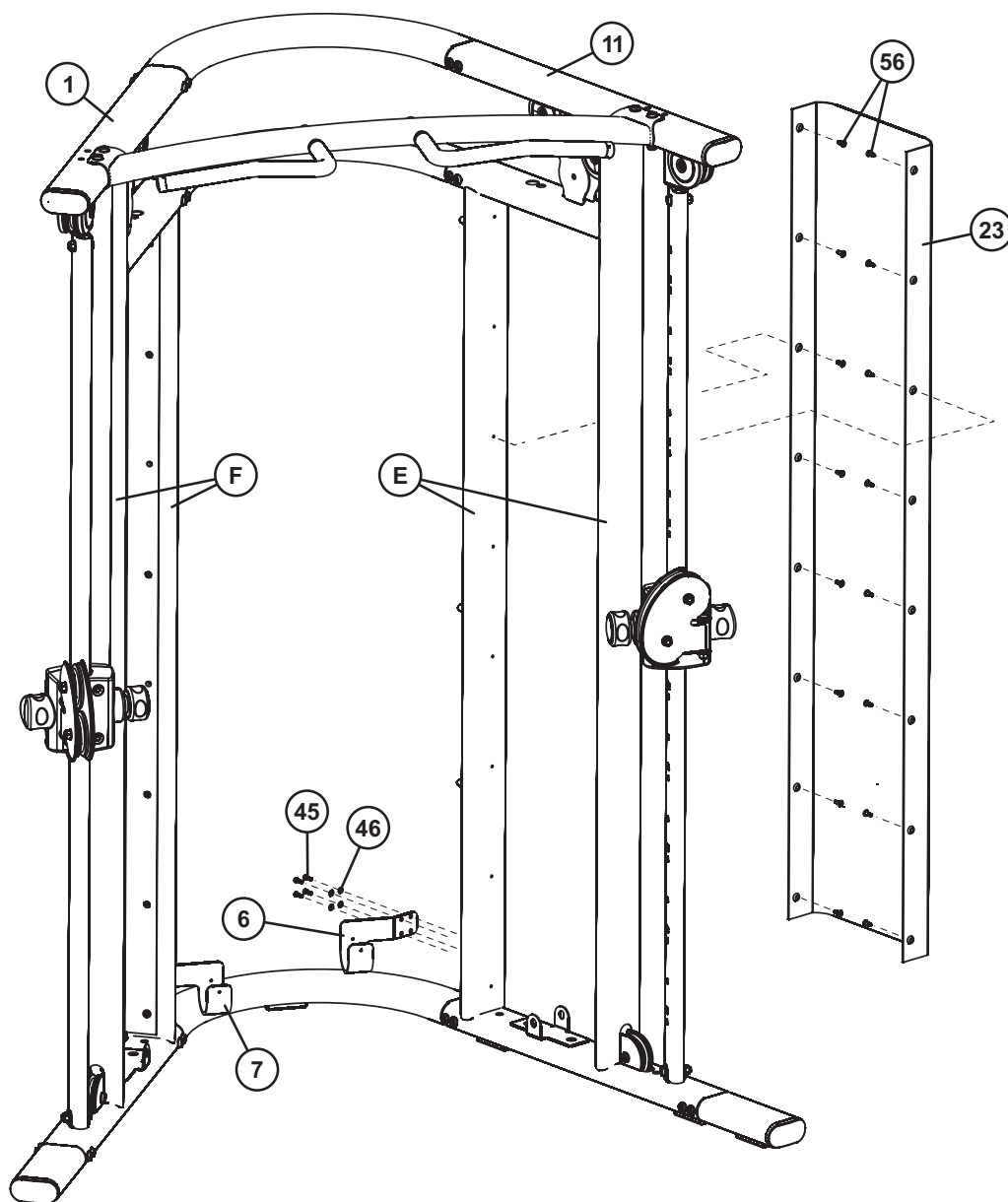
Use the following hardware contained in Blister Pack (7-2):

- M10 x 45mm SCREW (Qty. 2)
- M10 WASHER (Qty. 8)
- M10 HEX NYLOCK NUT (Qty. 4)
- M10 x 55mm SCREW (Qty. 2)

- ❑ Slide ROLLER CARRIAGE onto the LEFT SLIDE TUBE then slide the top of the LEFT SLIDE TUBE ASSEMBLY (5) over the UPPER BRACKET (C) on the LEFT TOWER (1).

NOTE: MAKE SURE THE ENGRAVED NUMBERS ON THE LEFT SLIDE TUBE ASSEMBLY (5) FACE THE INSIDE OF THE GYM. NOTE THE ORIENTATION OF THE CARRIAGE.

- ❑ Secure the LEFT SLIDE TUBE ASSEMBLY (5) to the UPPER BRACKET (C) of the LEFT TOWER (1) using one M10 x 45mm SCREW (48), two M10 WASHERS (44), and one M10 HEX NYLOCK NUT (49). Do not tighten at this time.
- ❑ Secure the LEFT SLIDE TUBE ASSEMBLY (5) to the LOWER BRACKET (D) of the LEFT TOWER (1) using one M10 x 55mm SCREW (47), two M10 WASHERS (44), and one M10 HEX NYLOCK NUT (49).
- ❑ Repeat the above process to secure the RIGHT SLIDE TUBE ASSEMBLY (10) to the RIGHT TOWER (11). Tighten all nuts and screws to 15-20 ft-lbs. (20.3-27.1Nm).



STEP 4:

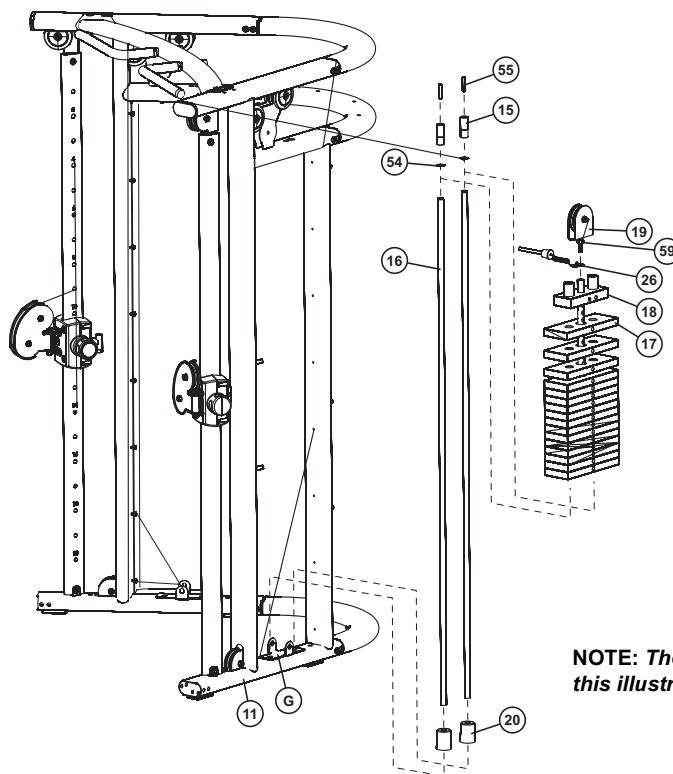
Use the following hardware contained in Blister Pack (7-2):

- M5 SHOULDER SCREW (Qty. 32)
- M5 HEX SCREW (Qty. 8)
- M6 WASHER (Qty. 8)

- ☐ Remove the protective paper from the SIDE SHROUD (23) before installation.
- ☐ Install one SIDE SHROUD (23) to the RIGHT TOWER (11) using sixteen M5 SHOULDER SCREWS (56) on the inside of the SIDE SHROUD (23) into the UPRIGHT TUBES (E) of the RIGHT TOWER (11). Tighten the screws to 25-29 in-lbs (2.8-3.2Nm).

NOTE: YOU MUST BE STANDING INSIDE THE GYM TO INSTALL THE SIDE SHROUD (23).

- ☐ Repeat this process for installing one SIDE SHROUD (23) to the LEFT TOWER (1).
- ☐ Attach the RIGHT U BRACKET (6) onto the back of the UPRIGHT TUBE (E) of the RIGHT TOWER (11) using four M5 HEX SCREWS (45) and four M6 WASHERS (46). Tighten the screws to 25-29 in-lbs (2.8-3.2Nm).
- ☐ Repeat this process for installing the LEFT U BRACKET (7) onto the back of the UPRIGHT TUBE (F) of the LEFT TOWER (1).



NOTE: The Side Shroud is not shown in this illustration for clarity.

STEP5:

Use the following hardware contained in Blister Pack (7-3):

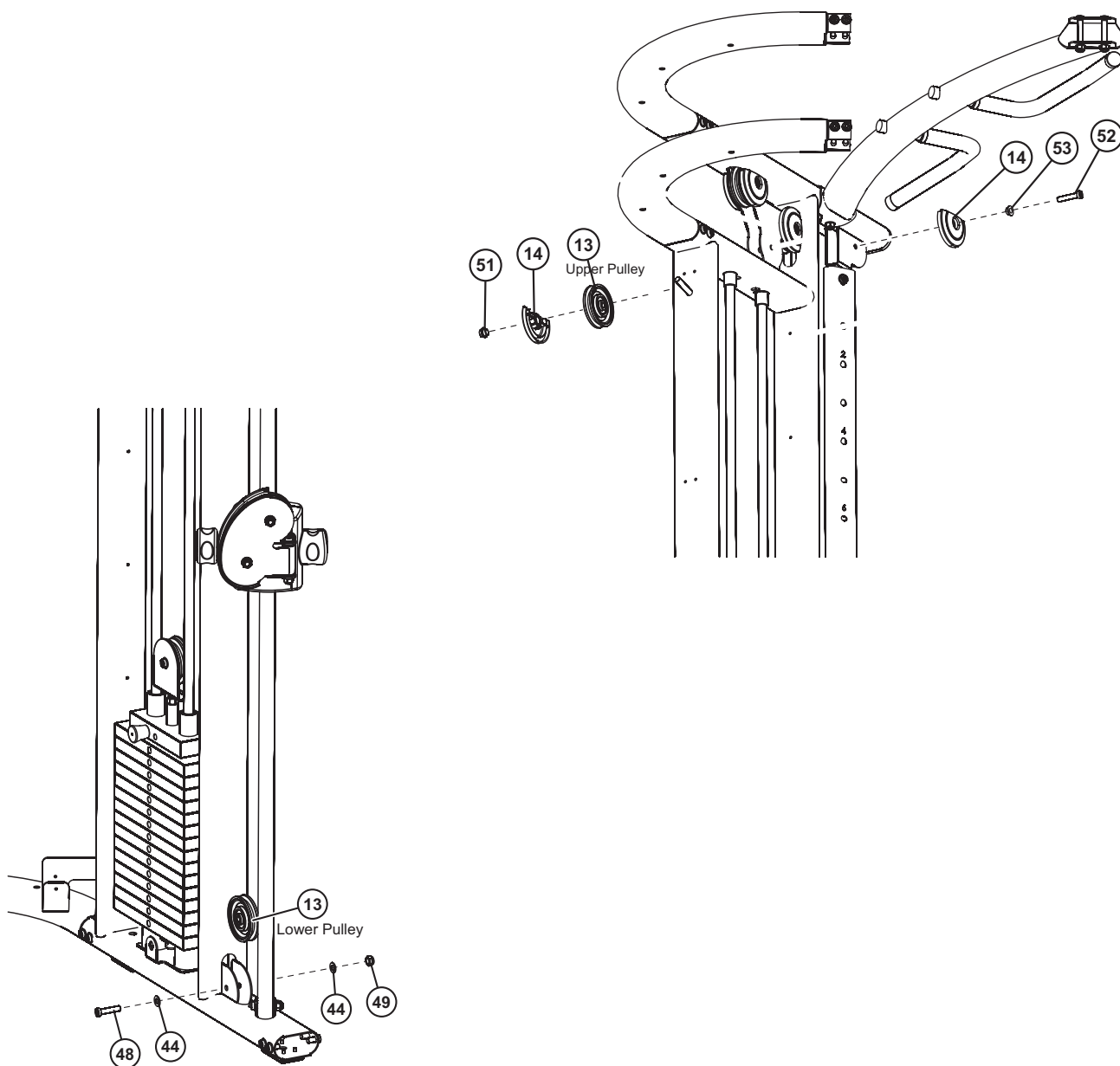
- M10 x 50mm HEX TENSION SCREW (Qty. 4)
- GUIDE ROD RETAINER (Qty. 4)
- RETAINER RING (Qty. 4)

NOTE: INSTALL FROM THE INSIDE OF THE UNIT.

- ☐ Position two WEIGHT STACK CUSHIONS (20) and GUIDE RODS (16) at the GUIDE ROD BRACKET (G) on the RIGHT TOWER (11) as shown.

NOTE: MAKE SURE THAT THE PLUGGED END OF THE GUIDE RODS (16) ARE FACING UP.

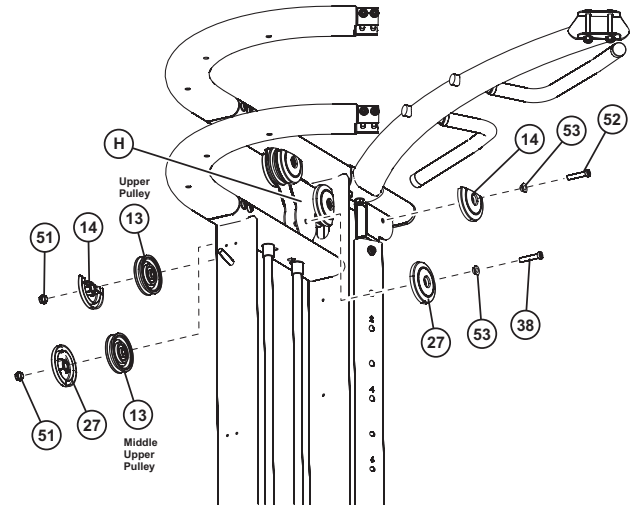
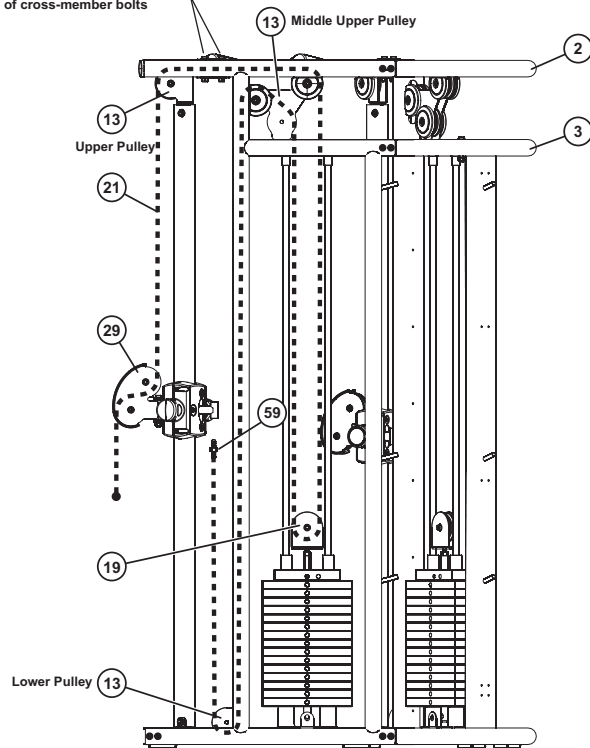
- ☐ Slide one WEIGHT PLATE (17) over the GUIDE RODS (16) and slowly lower the WEIGHT PLATE (17) onto the WEIGHT STACK CUSHIONS (20).
- ☐ Continue stacking a total of fifteen WEIGHT PLATES (17).
- ☐ Slide one TOP PLATE (18) over the GUIDE RODS (16) and slowly lower it onto the WEIGHT PLATES (17).
- ☐ Slide one WEIGHT PIN with RING (26) over the stem of the TOP PLATE (18).
- ☐ Thread the HEAD PLATE PULLEY ASSEMBLY (19) into the TOP PLATE (18). Do not tighten! This will be adjusted later. Make sure the JAM NUT (59) is threaded onto the HEAD PLATE PULLEY ASSEMBLY (19) before threading into the TOP PLATE (18).
- ☐ Slide one RETAINER RING (54) over each of the GUIDE RODS (16).
- ☐ Thread an M10 x 50mm HEX TENSION SCREW (55) into each of the two GUIDE ROD RETAINERS (15). Do not fully thread the M10 X 50mm HEX TENSION SCREWS (55) into the GUIDEROD RETAINERS (15).
- ☐ Slide the GUIDE ROD RETAINERS (15) into the holes on the RIGHT TOWER (11). Make sure the M10 x 50mm HEX TENSION SCREWS (55) in the GUIDE ROD RETAINERS (15) are facing up.
- ☐ Push the GUIDE ROD RETAINERS (15) up high enough so that the GUIDE RODS (16) can be placed under them.
- ☐ Lower the GUIDE ROD RETAINERS (15) over the GUIDE RODS (16).
- ☐ Slide the RETAINER RINGS (54) up. Use a RETAINING RING PLIER to secure the RETAINER RINGS (54) into the groove on the GUIDE ROD RETAINERS (15). If the groove is hidden inside the hole on the tube, use a 5mm ALLEN WRENCH to loosen the M10 x 50mm HEX TENSION SCREW (55) until the groove is accessible.
- ☐ Tighten M10 x 50 HEX TENSION SCREW to 20-39 in-lbs. or hand tighten until the RETAINER RINGS (54) contact the tube face. The GUIDE ROD RETAINERS (15) should not be loose. It may be necessary to grip the GUIDE ROD RETAINERS (15) from spinning while tightening the M10 x 50 TENSION SCREW (55).
- ☐ Repeat this step to complete the LEFT TOWER assembly.



STEP 6:

- ❑ Uncoil the cables to remove all twists.
- ❑ Remove the (UPPER) PULLEYS (13) on the RIGHT TOWER (11) and LEFT TOWER (1) by removing the M10 x 50mm SCREW (52), PULLEY RETAINER (53), M10 SOCKET HEAD NUT (51), and PARTIAL PULLEY COVERS (14). Set the (UPPER) PULLEYS (13) and hardware aside.
- ❑ Remove the (LOWER) PULLEYS (13) on the RIGHT TOWER (11) and LEFT TOWER (1) by removing the M10 x 45mm SCREW (48), two M10 WASHERS (44), and M10 HEX NYLOCK NUT (49).

NOTE: Do not route cable on inside of cross-member bolts



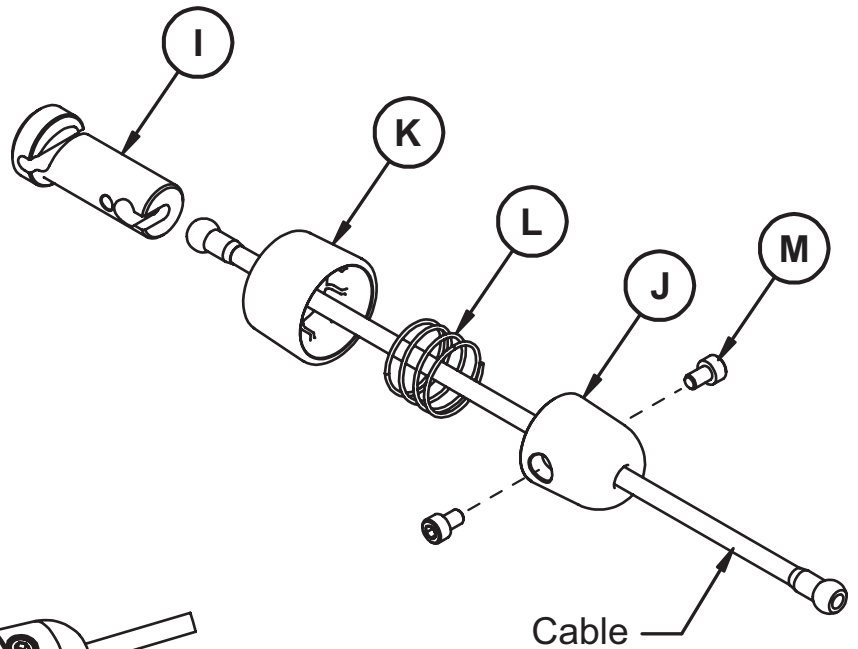
STEP 7:

Use the following hardware contained in Blister Packs (7-3), (7-4) and (7-5):

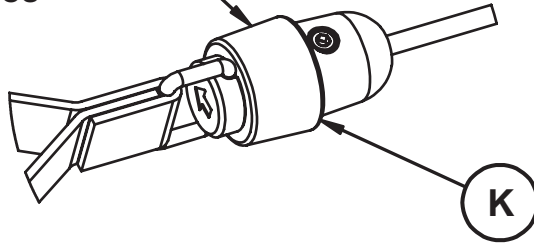
- M10 WASHER (Qty. 4)
- M10 HEX NYLOCK NUT (Qty. 2)
- M10 x 45mm SCREW (Qty. 2)
- M10 SOCKET HEAD NUT (Qty. 2)
- M10 x 50mm SCREW (Qty. 2)
- PULLEY RETAINER (Qty. 2)

- ☐ Remove the JAM NUT (59) from the threaded end of the CABLE (21).
- ☐ Lower the threaded end of the CABLE (21) down the long vertical tube that is in front of the gym until it can be retrieved near where the (LOWER) PULLEY (13) was located. Carefully pull enough cable out to reach the RIGHT ROLLER CARRIAGE (29).
- ☐ INSTALL the (LOWER) PULLEY (13) using the M10 x 45mm SCREW (48), two M10 WASHERS (44), and M10 HEX NYLOCK NUT (49). Be sure that the CABLE (21) is properly routed around the (LOWER) PULLEY (13).
- ☐ Bring the threaded end of the CABLE (21) up to the RIGHT ROLLER CARRIAGE (29) and thread the CABLE (21) into the RIGHT ROLLER CARRIAGE (29). Do not tighten!
- ☐ Assemble the (MIDDLE UPPER) PULLEY (13) by using two FULL PULLEY COVERS (14), one PULLEY RETAINER (53), one M10 SOCKET HEAD NUT (51) and one M10 x 50mm SCREW (52).
- ☐ Feed the cable end with the small ball between the MIDDLE UPPER PULLEY BRACKET (H) and then through the forward most hole in the MIDDLE BRACKET TUBE (3) above the HEAD PLATE PULLEY ASSEMBLY (19).
- ☐ Take the CABLE (21) down and around the HEAD PLATE PULLEY (19) and back up through the MIDDLE BRACKET TUBE (3) again, passing through the remaining access hole.
- ☐ Feed the CABLE (21) around where the (UPPER) PULLEY (13) of the RIGHT TOWER (11) was located. Forward the CABLE (21) through the TOP BRACKET TUBE (2) and out the access hole where the (UPPER) PULLEY (13) was located.
- ☐ REINSTALL the (UPPER) PULLEY (13) using the previously removed M10 x 50mm SCREW (I), PULLEY RETAINER (J), M10 SOCKET HEAD NUT (K), and PARTIAL PULLEY COVER (L). Be sure that the CABLE (21) is properly routed around the PULLEY.
- ☐ Bring the CABLE (21) down to the RIGHT ROLLER CARRIAGE (29).
- ☐ Feed the CABLE (21) through the two pulleys in the RIGHT ROLLER CARRIAGE (29) as shown.
- ☐ Tighten all screws and nuts to 20-25 ft-lbs. (27.1-33.8Nm).
- ☐ Repeat Step 6 to route the cable through the LEFT TOWER (1).

ITEM	QTY	DESCRIPTION
I	1	QUICK CONNECT COUPLER
J	1	QUICK CONNECT HOUSING
K	1	QUICK CONNECT SLEEVE
L	1	QUICK CONNECT SPRING
M	2	M5 HEX SCREW



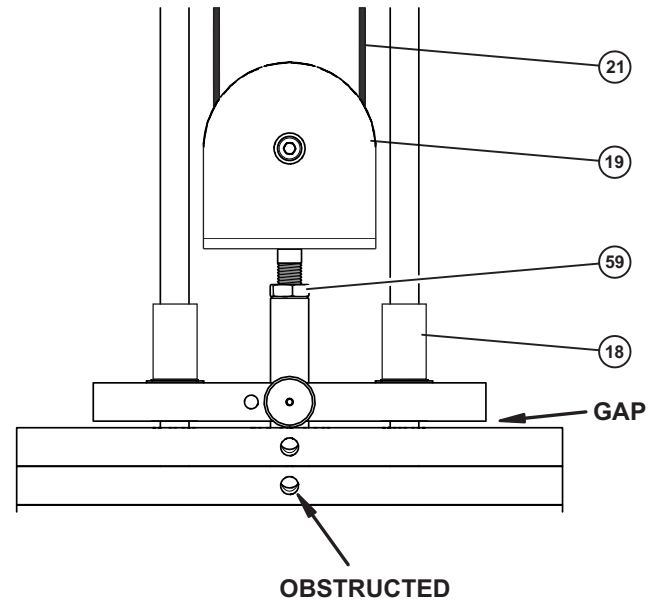
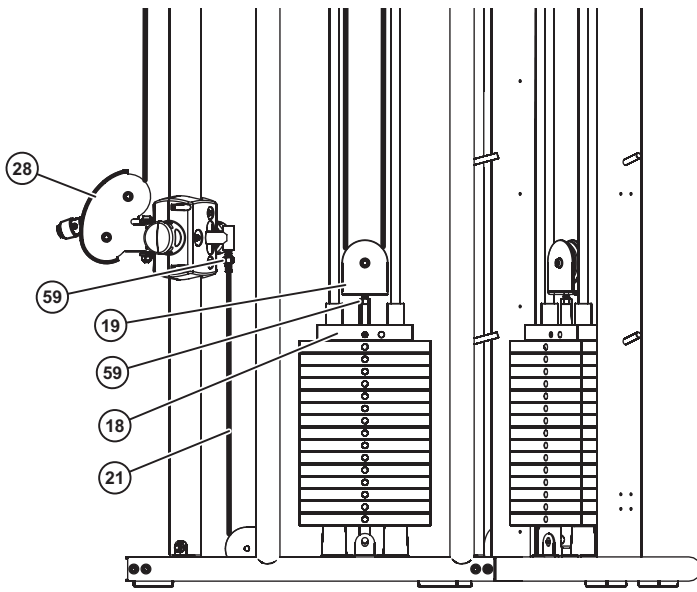
Slide Mechanism to insert or Exchange Handles



STEP 8:

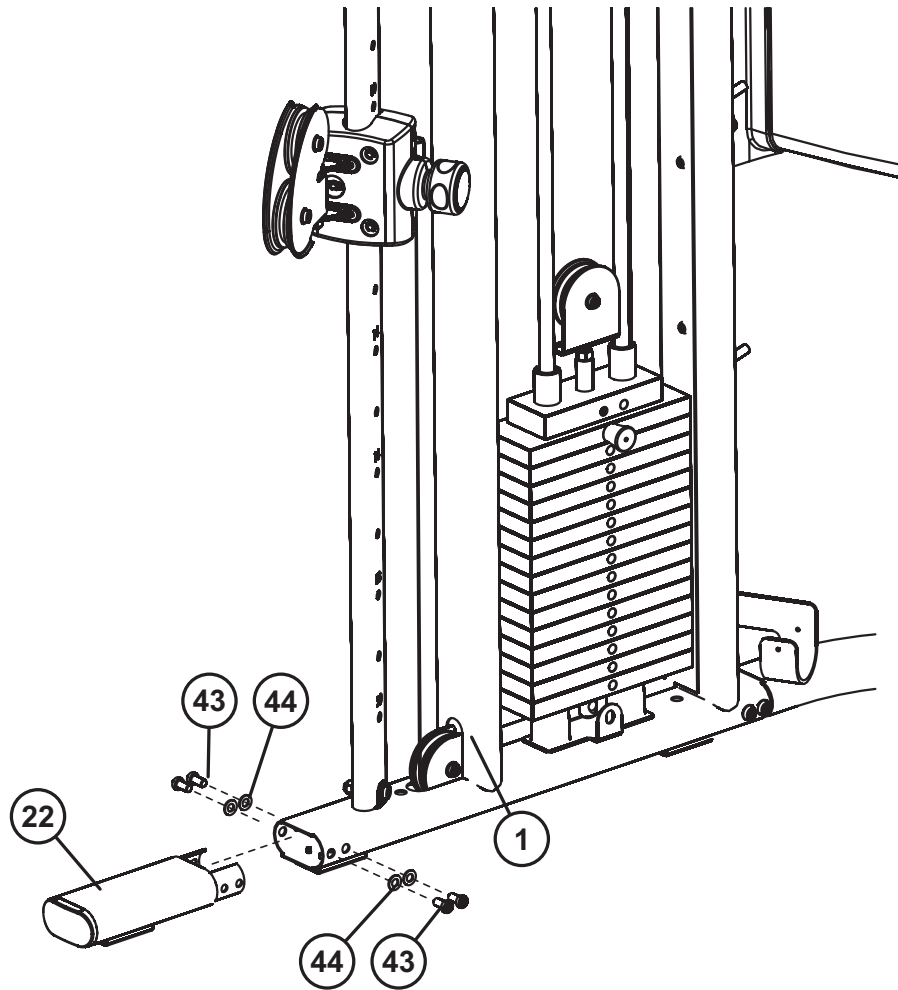
- ❑ Disassemble one QUICK CONNECT by removing the two M5 HEX SCREWS (M) from the QUICK CONNECT COUPLER (I). Carefully remove the QUICK CONNECT SPRING (L), the QUICK CONNECT SLEEVE (K) and the QUICK CONNECT HOUSING (J).
- ❑ Slide the QUICK CONNECT HOUSING (J), QUICK CONNECT SPRING (L), and QUICK CONNECT SLEEVE (K) onto the cable as shown. Insert the cable end into the QUICK CONNECT COUPLER (I).
- ❑ Slide the entire assembly over the QUICK CONNECT COUPLER (I). Attach the QUICK CONNECT COUPLER (I) and QUICK CONNECT HOUSING (J) together. Use the two M5 HEX SCREWS (M) and tighten to 25-29 in-lbs. (2.8-3.2Nm).

NOTE: IF NECESSARY, ENSURE CABLES ARE PROPER LENGTH; MAKE NECESSARY ADJUSTMENTS TO THE WEIGHT STACK PULLEY (TIGHTEN OR LOOSEN); THREAD THE END OF THE CABLE; AND REMOVE THE PULLEY FROM THE HOUSING AND SPIN CLOCKWISE OR COUNTER CLOCKWISE TO LOOSEN/TIGHTEN.



STEP 9:

- ❑ Make adjustments to the HEAD PLATE PULLEY (19) and the threaded cable end in the LEFT ROLLER CARRIAGE (28) to adjust cable length and to ensure the cable is taut.
- ❑ If there is slack in the cable, or too tight and pulling the TOP PLATE ASSEMBLY (18) up, adjust the HEAD PLATE PULLEY (19) by removing its pulley and threading it more/less as needed. Make sure HEAD PLATE PULLEY (19) is inserted into the TOP PLATE ASSEMBLY (18) a minimum of 1/2in (12.7mm); same with the CABLE inserted into the LEFT ROLLER CARRIAGE (28). Reinstall pulley and tighten to 20-25 ft-lbs. (27.1-33.8Nm).
- ❑ Once the CABLE (21) is taut, engage the JAM NUT (59) at the threaded end of the cable as well as at the HEAD PLATE PULLEY ASSEMBLY (19). Tighten jam nut to 20-25 ft-lbs. (27.1-33.8Nm).

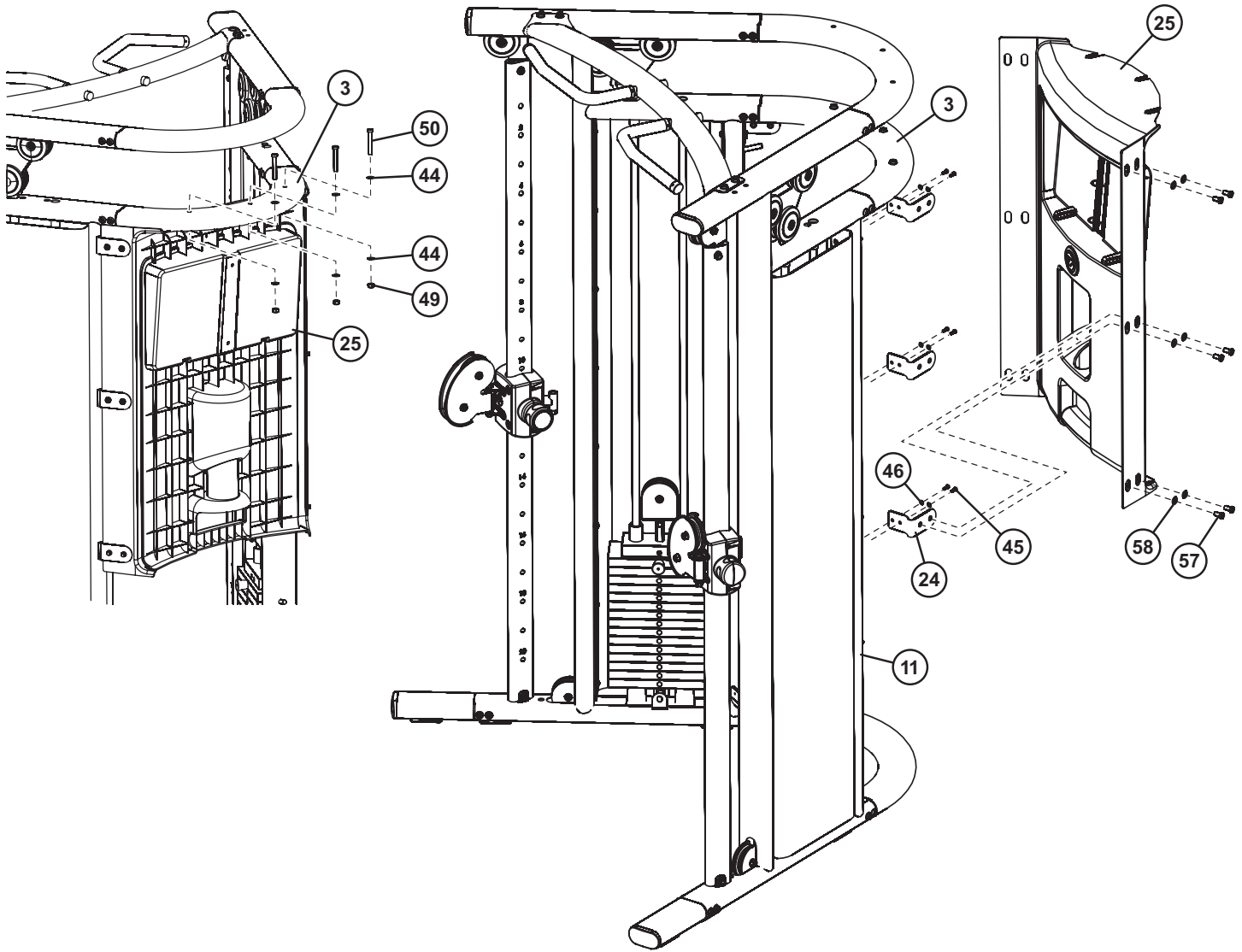


STEP 10:

Use the following hardware contained in Blister Pack (7-4):

- M10 x 20mm SCREW (Qty. 8)
- M10 WASHER (Qty. 8)

- Install one FOOT EXTENSION (22) to the bottom of the LEFT TOWER (1) using four M10 x 20mm SCREWS (43) and four M10 WASHERS (44).
- Repeat the above step to attach the other FOOT EXTENSION (22) to the bottom of the RIGHT TOWER (11). Tighten to 15-20 ft-lbs. (20.3-27.1Nm).



STEP 11:

Use the following hardware contained in Blister Pack (7-6):

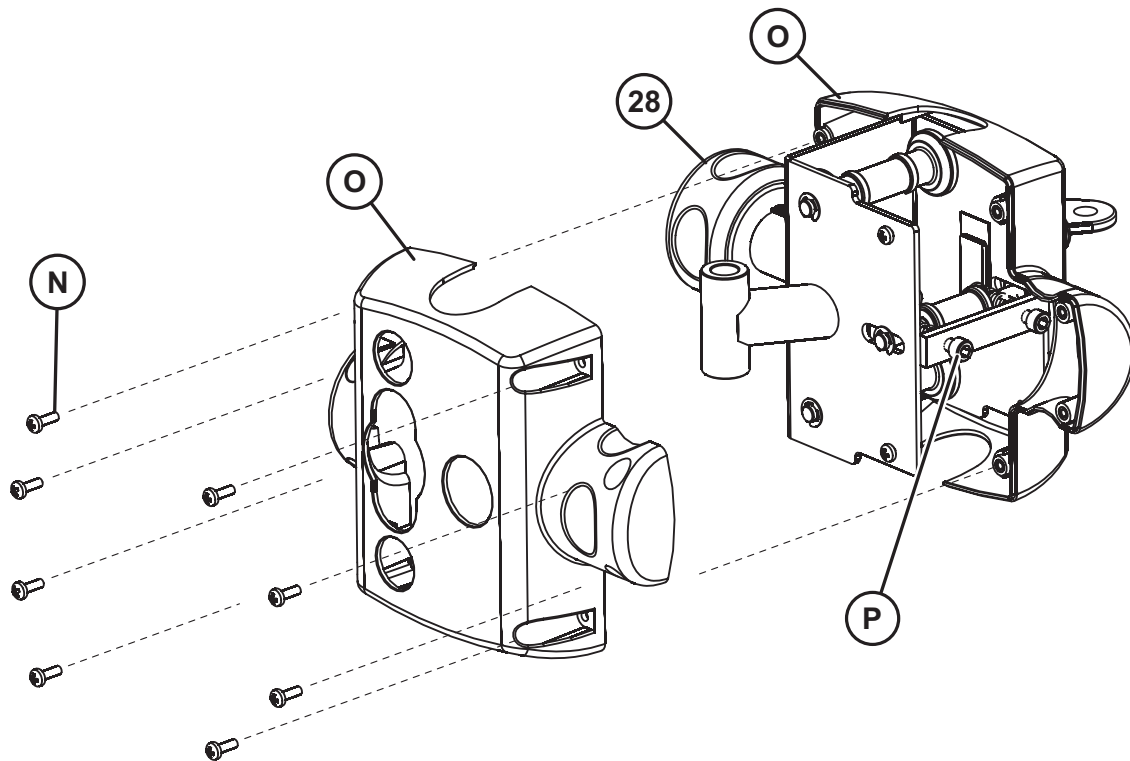
- M5 HEX SCREW (Qty. 12)
- M6 WASHER (Qty. 12)
- M10 x 16mm SCREW (Qty. 12)
- M10.5 WASHER (Qty. 12)
- M10 x 70mm SCREW (Qty. 3)
- M10 WASHER (Qty. 6)
- M10 HEX NYLOCK NUT (Qty. 3)

- Attach the six KIOSK BRACKETS (24) to the RIGHT TOWER (11) and LEFT TOWER (1) using two M5 HEX SCREWS (45) and two M6 WASHERS (46) each. Tighten the screws securely to 25-29 in-lbs (2.8-3.2Nm).
- Fasten the KIOSK (25) to the KIOSK BRACKETS (24) using twelve M10 x 16mm SCREWS (57) and twelve M10.5 WASHERS (58). Tighten to 10-15 ft-lbs. (13.5-20.3Nm).

NOTE: SUPPORT THE KIOSK (25) UNTIL THE SCREWS ARE INSTALLED.

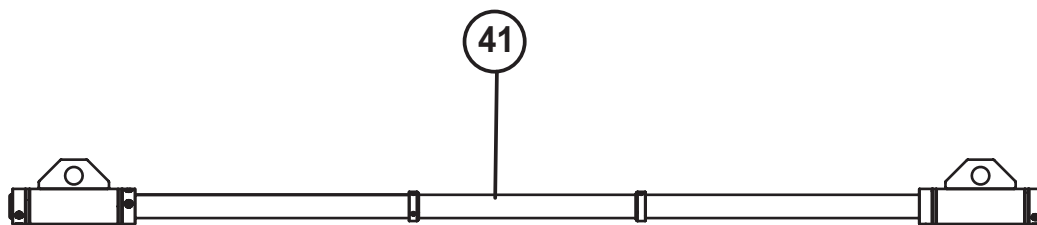
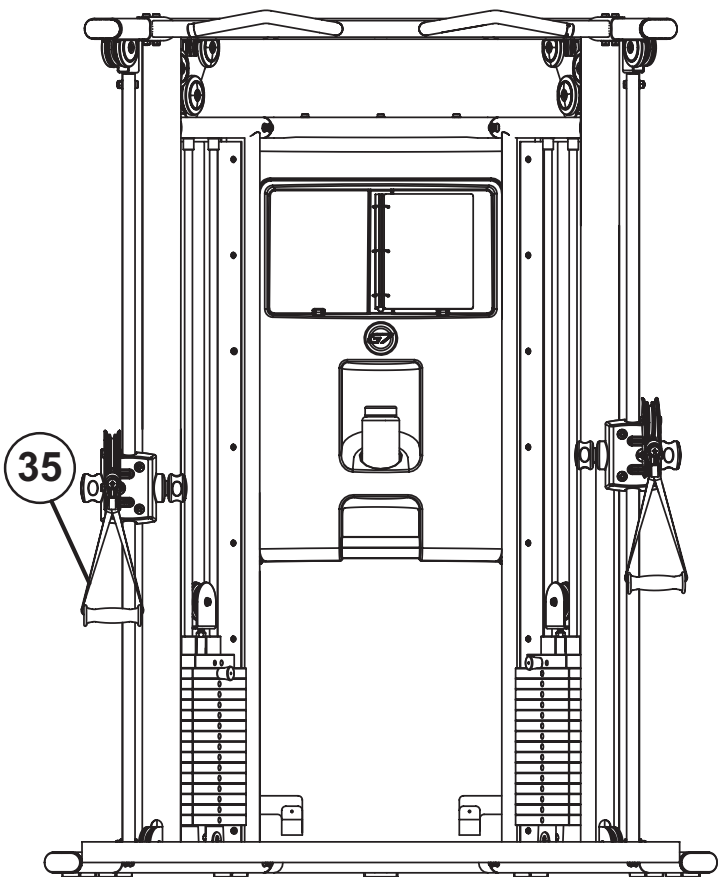
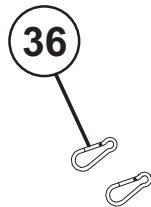
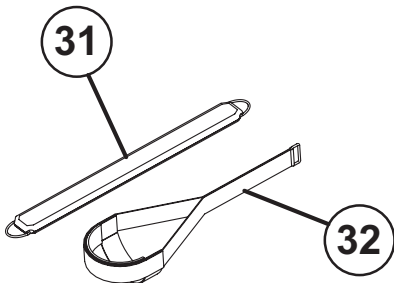
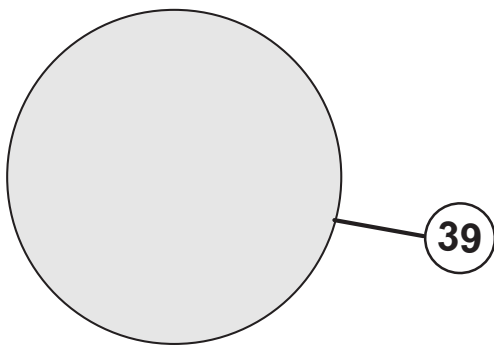
- Secure the top of the KIOSK (25) to the MIDDLE BRACKET TUBE (3) using three M10 x 70mm SCREWS (50), six M10 WASHERS (44), and three M10 HEX NYLOCK NUTS (49). Tighten to 10-15 ft-lbs. (13.5-20.3Nm).

NOTE: THE TOP OF THE KIOSK (25) HAS THREE SLOTS THAT FIT UNDERNEATH THE THREE HOLES OF THE MIDDLE BRACKET TUBE (3).



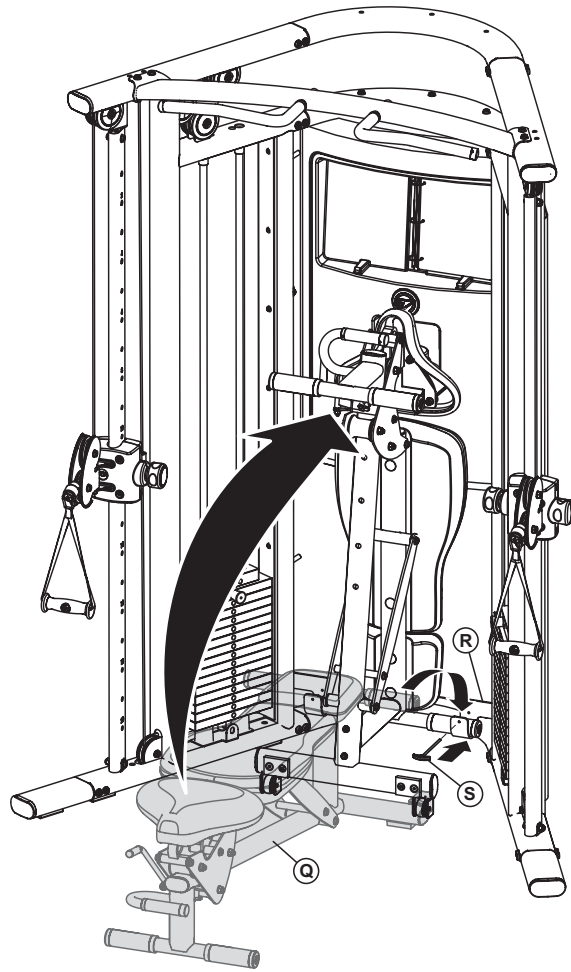
STEP 12:

- ☐ Adjust the rollers if the ROLLER CARRIAGE (28) rolls up and down the tube with difficulty, or if it seems to sloppy.
- ☐ Unscrew the cable end from the roller carriage housing.
- ☐ Remove the SCREWS (N) that hold the two PLASTIC COVERS (O) together.
- ☐ There are two ROLLER ADJUSTMENT SCREWS (P), each with a spring, on the back side of the roller carriage housing. The roller drag can be increased/decreased by adjusting these screws.



STEP 13:

- The G7 comes with the following accessories: THIGH STRAP (31), FOOT STRAP (32), HANDLES (35), SNAP LINKS (36), LONG BAR (41), and EXERCISE BALL (39).



STEP 14:

- ☐ Use the FRONT HANDLE (Q) to tilt the bench.
- ☐ Steer the bench to align with the U BRACKETS (R).
- ☐ Insert one PIN (S) into each bracket so the bench is restrained.

MAINTENANCE

Please note:

- * We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Life Fitness customer service representative at (800) 351-3737.
- * Inspect equipment before each use. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
- * **PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD ON-LINE AT WWW.LIFEFITNESS.COM.**

Model #: _____

Serial #'s: _____

(Note: The Model/Serial label is located on the back side of the UPRIGHT TUBE of the LEFT TOWER)

Date of Purchase: _____

Dealer's Name _____

Dealer's Phone# _____

**Thank you for purchasing the Life Fitness
G7 CABLE MOTION GYM SYSTEM**

LIMITED WARRANTY

Life Fitness® G7 Cable Motion™ Gym System

Life Fitness extends the following LIMITED WARRANTY to the original owner (proof of purchase required, keep your receipt with this manual) of the Life Fitness product. The Warranty terms apply to IN HOME and LIGHT INSTITUTIONAL USE ONLY.

1. **LIMITED WARRANTY ON FRAME AND WELDS.** If the frame of the Life Fitness product or a weld should crack or break, it will be repaired or replaced by Life Fitness. Terms: IN HOME USE ONLY: Lifetime – for so long as the Customer owns the Life Fitness product; LIGHT INSTITUTIONAL USE: Ten (10) years.
2. **LIMITED WARRANTY ON PARTS** If the following parts are defective in material or workmanship, Life Fitness will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: IN HOME USE ONLY: Lifetime – for so long as the Customer owns the Life Fitness product; LIGHT INSTITUTIONAL USE: One (1) year.
3. **LIMITED WARRANTY ON CABLES AND UPHOLSTERY.** If the coated cables or upholstery are defective in material or workmanship, Life Fitness will repair or replace them, at its option. Terms: IN HOME USE ONLY: Three (3) years; LIGHT INSTITUTIONAL USE: Ninety (90) days.
4. **CONDITIONS AND EXCEPTIONS.** Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized Life Fitness Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of Life Fitness will void this Limited Warranty.
5. **REPLACEMENT AND REPAIR EXPENSES.** Life Fitness will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the Life Fitness product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to Life Fitness; and c. all necessary or incidental costs related to installation of the replacement parts.
6. **SHIPPING.** If shipping by the Owners is deemed necessary (in sole discretion of Life Fitness), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. Life Fitness will not assume any responsibility for any loss or damage incurred in shipping.
7. **CLAIM PROCEDURES.** If service on your Life Fitness product is required during the warranty period, please contact our Customer Service Department at 1-800-351-3737 (U.S. and Canada) or +1-847-288-3300 (outside of U.S. and Canada) for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product(s) (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.
8. **OWNER'S RIGHT.** This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.
9. **LIMITATION OF IMPLIED WARRANTIES.** All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.
10. **DISCLAIMER.** No other express warranty has been made or will be made on behalf of Life Fitness with respect to any Life Fitness product or the operation, repair or replacement of any Life Fitness product. Life Fitness shall not be responsible for injury, loss of use of the Life Fitness product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

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