

HAMMER
STRENGTH

**HAMMER
STRENGTH®**

BUILDING CHAMPIONS

**BENCHES & RACKS
(RACK SYSTEM)**

OWNER'S MANUAL

8926601



CORPORATE HEADQUARTERS

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847.288.3300 • FAX: 847.288.3703
800.735.3867 (Toll-free within U.S.A., Canada)
Global Website: www.lifefitness.com

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Sales/Marketing Email: commercialsales@lifefitness.com
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9:00 -20:00 (BRT) (Monday-Friday)
10:00 - 16:00 (BRT) (Saturday)

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Customer Support: 8.30am - 5.00pm (GMT)

Germany & Switzerland Life Fitness Europe GMBH

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Life Fitness IBERIA

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Life Fitness Asia Pacific LTD

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Fax: (+852) 2575.6001
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Sales/Marketing Email: ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

All Other Asia Pacific countries & distributor business Asia Pacific*

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Operating Hours: 9.00h-18.00h

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

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

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

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

This equipment is categorized as class S per EN 957-1 and as such is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact LIFE FITNESS with any questions regarding this classification.



ACCESS CONTROL

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



INSTALLATION

SECURING EQUIPMENT - If the PLATFORM is intended to be used with other LIFE FITNESS equipment it is recommended that the accompanying equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.



PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that HAMMER STRENGTH equipment is used properly to avoid injury.
2. Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
3. Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.



INSPECTION

1. DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all HAMMER STRENGTH equipment use only replacement parts supplied by LIFE FITNESS.
2. MAINTAIN LABELS AND NAMEPLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.
3. EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
4. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. See *Maintenance* section for care and maintenance instructions.
5. Before any use, examine all accessories approved for use with the LIFE FITNESS equipment for damage or wear.
6. 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 HAMMER STRENGTH equipment.
2. Keep children away from strength equipment. Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
3. Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have user's secure long hair back and up to avoid contact with moving parts.
4. All bystanders must stay clear of all users, moving parts, attached accessories and components while machine is in operation.



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.

WARRANTY

WHAT IS COVERED

This LIFE FITNESS commercial exercise equipment (.Product.) is warranted to be free of all defects in material and workmanship.

WHO IS COVERED

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

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, We, LIFE FITNESS, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges after the first year.

WHAT WE WILL DO TO CORRECT COVERED DEFECTS

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

WHAT IS NOT COVERED

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in 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.

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.

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

FLOORING REPRESENTATION WARRANTY STATEMENT

Life Fitness warrants that the floor system supplied will be free from manufacturing defects for a period of one year. The foregoing warranty is in lieu of and excludes all other warranties not expressly set forth herein, whether express or implied in operation of law or otherwise, including, but not limited to any implied warranties of merchantability or fitness. This warranty is expressly limited to the floor system supplied by Life Fitness. The warranty does not cover floor damage caused (wholly or in part) by fire, winds, floods, moisture, other unfavorable atmospheric conditions or chemical action, nor does it apply to damage caused by ordinary wear, misuse, abuse, negligent or intentional misconduct, aging, faulty building construction, concrete slab separation, faulty or unsuitable subsurface or site preparation, settlement of the building walls or faulty or unprofessional assembly, disassembly, storage and care of the floor system.

Life Fitness shall not be liable for incidental or consequential losses, damages or expenses directly or indirectly arising from the sale, handling, or use of floor system, or from any other cause relating thereto, and their liability hereunder in any case is expressly limited to the replacement of materials (goods) not complying with this agreement, or at their elections, to the repayment of, or crediting buyer with, an amount equal to the purchase price of such materials (goods), whether such claims are for breach of warranty or negligence. Any claim shall be deemed waived by buyer unless submitted to Life Fitness in writing within 30 days from the date buyer discovered, or should have discovered, any claimed breach. One year warranty on structural foundation and frame (excluding surface finish). 90 day warranty on rubber mats, hardware, and items not specified.

For Product Service within the United States and Canada:

Toll-free: 800-351-3737

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 page one of this manual:

ATHLETIC SERIES POWER RACK

Product # - ASPR

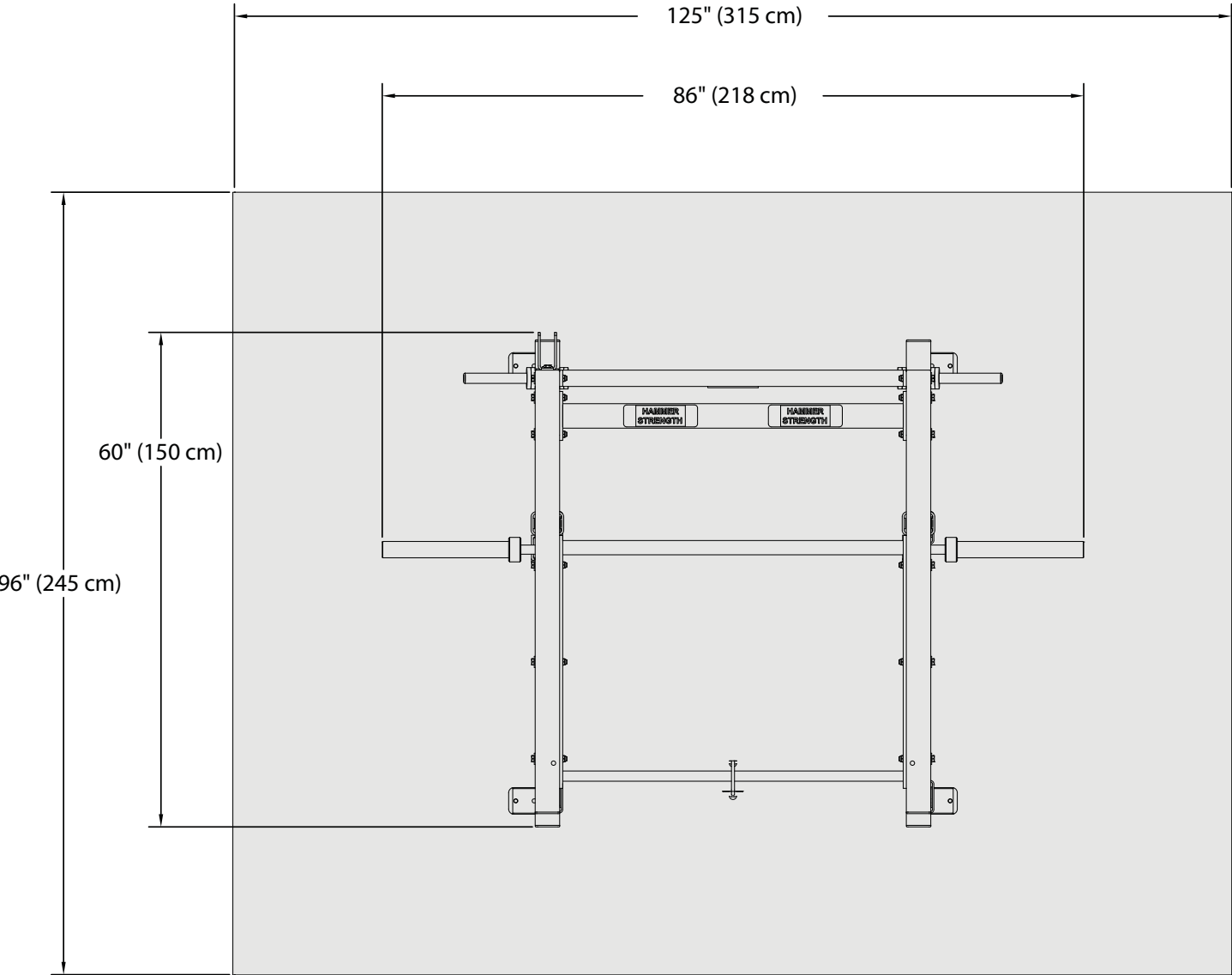
Machine Weight:	360 lbs.	163 kg.
Size:	in. = 60 L x 65 W x 92 H	cm. = 150 L x 166 W x 234 H
Live Area:	in. = 125 L x 96 W	cm. = 315 L x 245 W
Max Training Weight	675 lbs.	320 kg.
Max User Weight:	300 lbs.	136 kg.

Olympic Bar *

Plate Capacity:	7-45 lb. plates per weight rod	6-25 kg. plates per weight rod
Max Resistance:	675 lbs.	320 kg.

* Assuming a 45-lb. (20 kg.) Olympic-Style Bar

PRODUCT DIMENSIONS WITH WORKING AREA



LABEL LOCATIONS (ASPR)

⚠ 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. Children must not be allowed near this machine. Supervise teenagers.
6. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
7. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.** 8926501



HAMMER STRENGTH®

Schiller Park, IL

WWW.LIFFITNESS.COM

MODEL: ASPR

MADE IN: MANUFACTURED IN THE USA WITH
US AND FOREIGN COMPONENTS

MAX.USER WEIGHT: 300 lbs. (136 kg)

MAX.USER TRAINING WEIGHT: 675 lbs. (320 kg)

CLASS:S-STUDIO SER.NO. XXXXXXXXXXXX

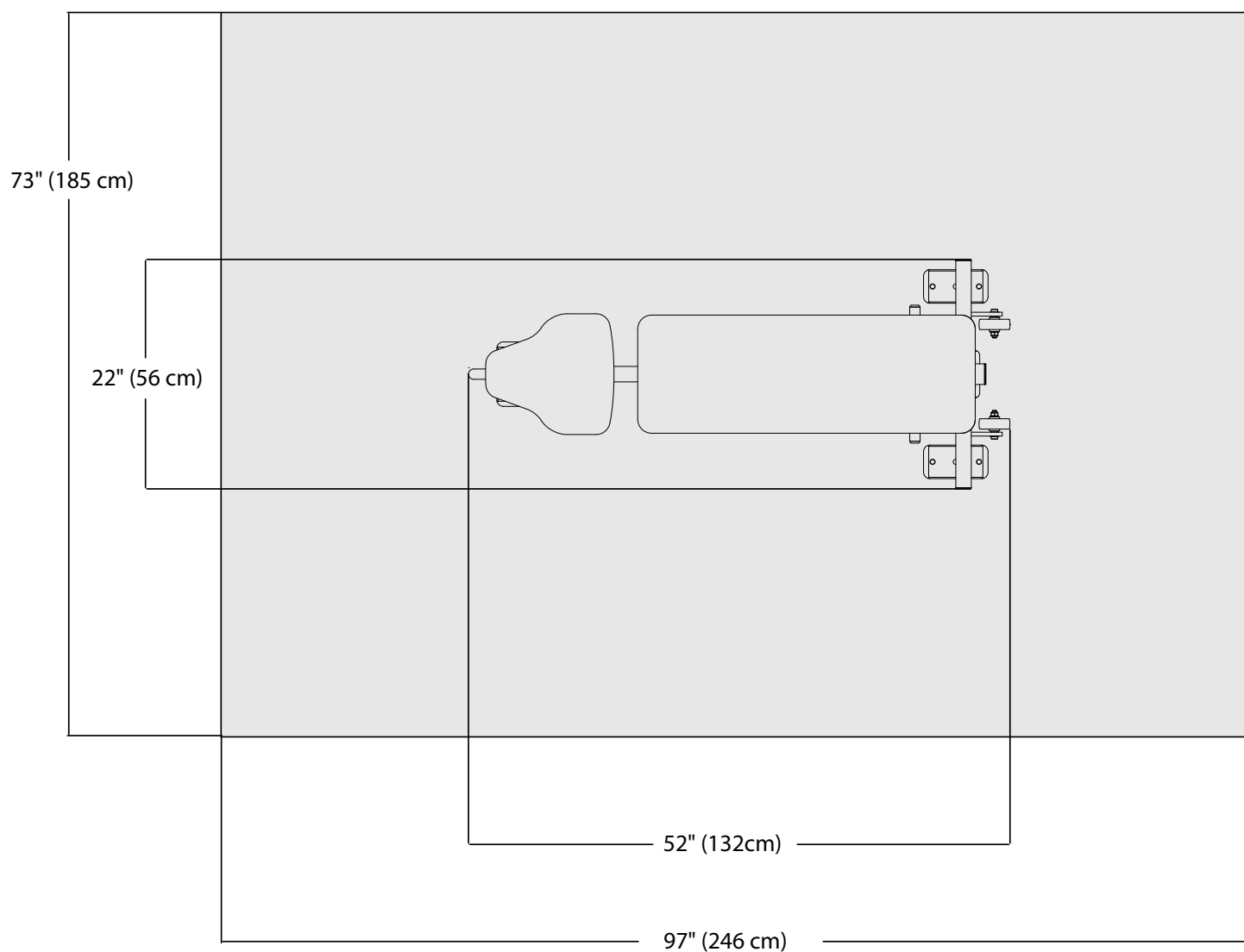


ATHLETIC SERIES MULTIPLE-ADJUSTABLE BENCH

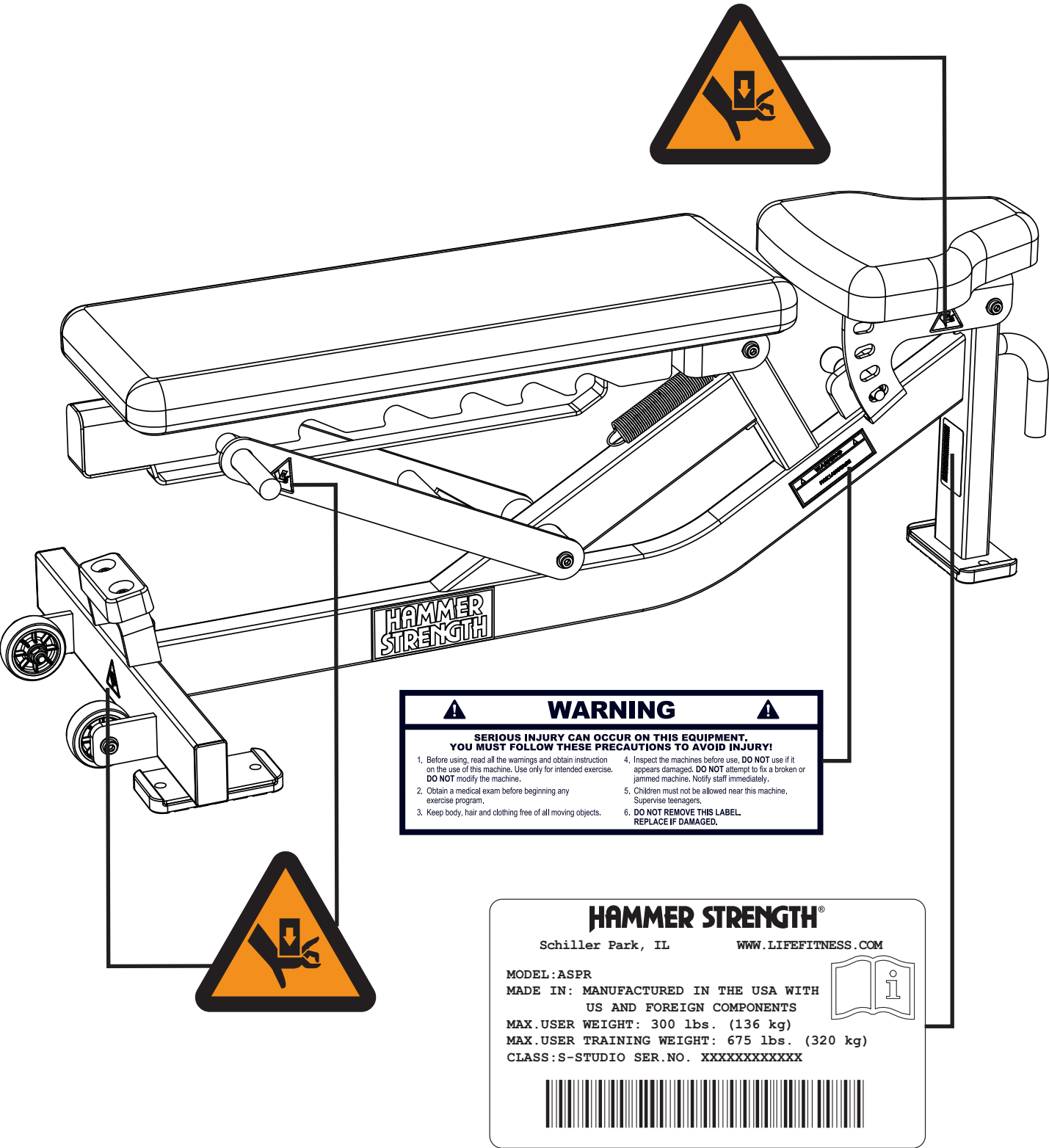
Product # - ASMAB

Bench Weight:	85 lbs.	39 kg.
Size:	in. = 52 L x 22 W x 18.5 H	cm = 132 L x 56 W x 47 H
Live Area:	in. = 97 L x 73 W	cm = 246 L x 185 W
Max User Weight:	300 lbs.	136 kg.
Max Training Weight	675 lbs.	320 kg.

PRODUCT DIMENSIONS WITH WORKING AREA



LABEL LOCATIONS (ASMAB)



ATHLETIC SERIES PLATFORMS

Product# - AS6X8

Product Weight:	200 lbs.	91 kg.
Platform Size:	in. = 72 L x 92 W x 1.5 H	cm. = 184 L x 233 W x 4 H
Insert Size:	N/A	N/A
Max Training Weight:	416 lbs.	188 kg.

Product# - AS6X8SI

Product Weight:	250 lbs.	113 kg.
Platform Size:	in. = 72 L x 92 W x 1.5 H	cm. = 184 L x 233 W x 4 H
Insert Size:	in. = 48 L x 42 W x 1.5 H	cm. = 122 L x 106 W x 4 H
Max Training Weight:	416 lbs.	188 kg.

Product# - AS6X8MI

Product Weight:	280 lbs.	127 kg.
Platform Size:	in. = 72 L x 92 W x 1.5 H	cm = 184 L x 233 W x 4 H
Insert Size:	in. = 70 L x 42 W x 1.5 H	cm = 122 L x 106 W x 4 H
Max Training Weight:	416 lbs.	188 kg.

Product# - ASRAMP (Optional)

Product Weight:	9 lbs.	4 kg.
Size:	in. = 29 L x 6 W x 1.5 H	cm. = 73 L x 15.2 W x 4 H
Max Training Weight:	416 lbs.	188 kg.



Always use bumper plates with the platforms.

Note: Training weight of the platforms with a standard set of bumper plates and an Olympic Style bar is 416 lbs. (188 kg.)

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 a mild soap and water.
2. Guide Rods with a cotton cloth.
3. Hand Grips with mild soap and water.

WAX...

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

INSPECT...

1. Cables for wear or damage and proper tension.
Pay close attention at bends and attachment points.
2. Hardware should be checked for looseness. Tighten as required.
3. Frames should be inspected for wear and damage.
4. Handgrips should be checked for wear and damage.
5. All paint chips should be filled 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 the 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) to 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 a mild soap or detergent (e.g. Original Dawn® Dishwashing Liquid) and luke-warm water using a clean sponge or a soft cloth. Rinse well with clean water. Dry thoroughly with a chamois or moist cellulose sponge to prevent water spots. Do not scrub or use 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, beginning with a mild soap or detergent solution and ending with a thorough rinsing with clean water.

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 workouts. 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.

FLOORING MAINTENANCE

IMPORTANT

NEVER shut down the ventilating system in your facility for a prolonged period of time.

NEVER use household cleaning products or procedures. They can be harmful to the floor finish and to the wood and may also leave floors sticky or slippery, and potentially harmful to users.

NEVER clean your floor using scrubbing machinery or power scrubbers that use water under pressure. Water is your floor's worst enemy!

NEVER attempt to modify or repair your sports floor without first consulting with your flooring contractor.

Please post Maintenance Procedures in the office of the superintendent, the maintenance engineer, or the custodian. The Life Fitness warranty is solely based on strict compliance with the care and maintenance outlined in this manual.

GENERAL CARE

HUMIDITY AND VENTILATION

Since all wood flooring will expand and contract as relative humidity varies, it is important to minimize extremes between low and high. Hardwood flooring is manufactured at moisture content most compatible with a 35%-50% relative humidity range. Geographical regions and available mechanicals determine the typical range of temperature and humidity for each facility. Maintaining a 15% fluctuation between highest and lowest average indoor relative humidity provides limited shrinkage and expansion.

EXCESSIVE SEPARATION AND TIGHTENING

Separation between flooring boards commonly develops during winter low humidity, and flooring typically aligns generally tight during peak summer humidity conditions. While moderate shrinkage and expansion is normal, make use of available HVAC systems to prevent excessive shrinkage and expansion of flooring.

KEEP WATER AND GRIT OFF THE FLOOR SURFACE

Protect your floors from tracking moisture and grit at exterior doorways by providing suitable floor mats. Check mats frequently to assure no moisture is trapped underneath. Correct all leaks immediately and protect your floor from excessive condensation moisture by properly insulating ductwork, interior drains, and downspouts. Any dampness within your building should be brought to the attention of your architect and engineers.

DAILY CARE

SWEEPING THE FLOOR

Sweep your floor daily with a dry dust mop. Floors with heavy use should be dust mopped up to three times a day. For more thorough daily cleaning, an untreated dust mop may be sprayed with approved diluted (warm water) floor cleaner* especially compatible with gym floor finishes. Apply cleaning solution to dust mop and not directly to floor, and replace soiled dust mop covers as necessary. Do not allow cleaning residue to build up on the floor surface from excess treatment of dust mop.

SPILLAGE / SPOTS / STAINS

Wipe liquid spills and water from the floor immediately with a thoroughly wrung soft cloth or thoroughly wrung mop dampened with approved floor cleaner. Remove chewing gum by applying crushed ice in a plastic bag until the gum becomes brittle enough to crumble off the floor surface. Clean remaining residue with cloth dampened with floor cleaner. Remove aggressive marks (black marks, rubber burns) with cloth dampened with cleaner. Apply cleaners using a soft cloth, never a rough or textured cloth.

FLOOR LOADS

Significant point and/or area loads can affect the integrity of the wood floor surface and athletic sub floor components.

POINT LOADS

Point loads refer to concentration of weight on a small area of the floor surface. Examples of high point loads include wheels that are crowned or tapered rather than those making full and flat contact, and wheels that include center ridges remaining from the molding process. Other examples of destructive point loads include shoe cleats and table or chair legs with small contact points.

AREA LOADS

Area loads refers to broad based loads that are less likely to compress wood fibers, but if significant are likely to damage flooring and/or sub floor components. Examples of excessive area loads include maintenance equipment such as hoists and lift vehicles.

APPROPRIATE PROTECTION

Maintenance equipment such as hoists, lifts and outriggers should not be used on your Life Fitness Platform. Approved floor cleaner, such as "Poloplaz Hardwood Floor Cleaner", may be sourced through Poloplaz (800-421-7311) www.poloplaz.com.

Your installing contractor or maintenance supplier may offer an alternate cleaning concentrate that can be diluted and used in the manner described, however it must be compatible with the gym finish and contain no oils, silicones or waxes.

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