

**HAMMER
STRENGTH**

**HAMMER
STRENGTH®**

BUILDING CHAMPIONS

HD ELITE PLATFORMS & INSERTS

OWNER'S MANUAL & ASSEMBLY INSTRUCTIONS

HDE-4X8 / HDE-6X8 / HDE-8X8 / HDE-INSERT /
HDECR-LSTOR-INSERT / HDERAMP
9129701 REV A-1



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Operating Hours: 9.00h-18.00h

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

SAFETY AND WARRANTY

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 INSTRUCTIONS OR 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.



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 - If the HD ELITE PLATFORM and INSERT is intended for use with an HD ELITE RACK it is recommended that the accompanying rack 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 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.



OPERATING WARNINGS

1. It is the purchaser's sole responsibility to properly instruct their end users and supervising personnel as to the proper operating procedures of all HAMMER STRENGTH 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.



PLATE LOADED, FREE WEIGHT AND BODY WEIGHT SYSTEMS

1. 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 sections for load limit information.
2. Only use BUMPER style plates with the HD ELITE PLATFORMS.
3. Contact a LIFE FITNESS representative with any questions regarding proper weights and loading.

SAFETY AND WARRANTY

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.

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 charge 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 you 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.

SAFETY AND WARRANTY

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 (*see page 1 of this manual*).

WARRANTY COVERAGE

- 1 year Foundation and Frame (not including surface finish).
- 90 days Rubber Mat, Hardware, Items not specified.

SPECIFICATIONS

HDE - 4X8 (4' x 8' Platform)

Platform Dimensions:	48" L x 92" W x 3" H (123 cm L x 233 cm W x 7 cm H)
Product Weight:	188 lbs. (85 kg)
Training Weight:	500 lbs. (227 kg)

HDE - 6X8 (6' x 8' Platform)

Platform Dimensions:	72" L x 92" W x 3" H (183 cm L x 233 cm W x 7 cm H)
Product Weight:	269 lbs. (122 kg)
Training Weight:	500 lbs. (227 kg)

HDE - 8X8 (8' x 8' Platform)

Platform Dimensions:	96" L x 92" W x 3" H (244 cm L x 233 cm W x 7 cm H)
Product Weight:	350 lbs. (159 kg)
Training Weight:	500 lbs. (227 kg)

Optional

HDERRAMP

Platform Dimensions:	29" L x 7" W x 3" H (73 cm L x 18 cm W x 7 cm H)
Product Weight:	9 lbs. (4 kg)

HDEHRS - STD (HALF RACK SHORT BASE INSERT)

Insert Dimensions:	25.4" L x 42" W x 2.6" H (64.5 cm L x 107 cm W x 6.6 cm H)
Product Weight:	31 lbs. (14 kg)
Training Weight:	500 lbs. (227 kg)

HDEHRL - STD (HALF RACK LONG BASE INSERT)

Insert Dimensions:	45" L x 42" W x 2.6" H (114 cm L x 107 cm W x 6.6 cm H)
Product Weight:	57 lbs. (26 kg)
Training Weight:	500 lbs. (227 kg)

HDEPR - STD (POWER RACK STANDARD BASE INSERT)

HDEMR - STD (MULTI RACK STANDARD BASE INSERT)

Insert Dimensions:	67" L x 42" W x 2.6" H (170 cm L x 107 cm W x 6.6 cm H)
Product Weight:	81 lbs. (37 kg)
Training Weight:	500 lbs. (227 kg)

HDEPR - SU (POWER RACK SUMO BASE INSERT)

HDEMR - SU (MULTI RACK SUMO BASE INSERT)

Insert Dimensions:	67" L x 42" W x 2.6" H (170 cm L x 107 cm W x 6.6 cm H)
Product Weight:	88 lbs. (40 kg)
Training Weight:	500 lbs. (227 kg)

HDECR - LSTOR - INSERT (LONG STORAGE INSERT ONLY)

Insert Dimensions:	30" L x 42" W x 2.6" H (76 cm L x 107 cm W x 6.6 cm H)
Product Weight:	30 lbs. (14 kg)
Training Weight:	500 lbs. (227 kg)

MAINTENANCE PROCEDURES

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 (see *APPROPRIATE PROTECTION*). 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.

MAINTENANCE PROCEDURES

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 refer 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.

COMPONENTS AND TOOLS

ITEM	QTY	DESCRIPTION
1	1	CENTER PLATFORM
2	2	SIDE WING PLATFORM
3	4	WING HOOK ASSEMBLY
4	2	CENTER FRAME (HD4X8 / HD6X8 / HD8X8)
	1	CENTER FRAME (<i>when INSERT is used</i>)
5	4	LEFT CORNER FRAME
6	4	RIGHT CORNER FRAME
7	2	CENTER FRAME WITH LABEL
8	38	#10 X 1 1/4 PHILLIPS FLAT HEAD BLACK WOOD SCREW
9	1	OPTIONAL PLATFORM HDERAMP
10	2	#12 X 1.5 PHILLIPS WOOD SCREW (<i>OPTIONAL PLATFORM HDERAMP ONLY</i>)
11	1	HDEHRS - STD (HALR RACK SHORT BASE INSERT)
	1	HDEHRL - STD (HALF RACK LONG BASE INSERT)
	1	HDEPR - STD (POWER RACK STANDARD BASE INSERT)
	1	HDEMR - STD (MULTI RACK STANDARD BASE INSERT)
	1	HDEPR - SU (POWER RACK SUMO BASE INSERT)
	1	HDEMR - SU (MULTI RACK SUMO BASE INSERT)
12	1	HDECR - LSTOR - INSERT (LONG STORAGE INSERT ONLY)

Tools Required:

- #2 or #3 Phillips Screw Driver
- Rubber Mallet
- Ratchet
- 9/16" Socket

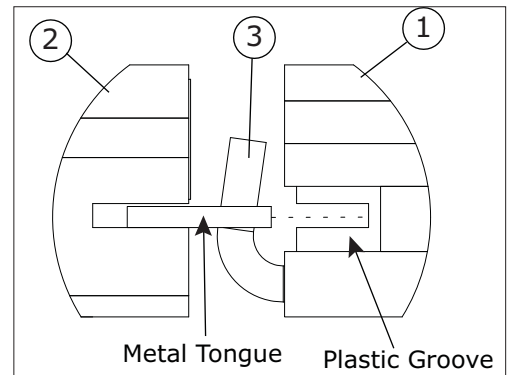
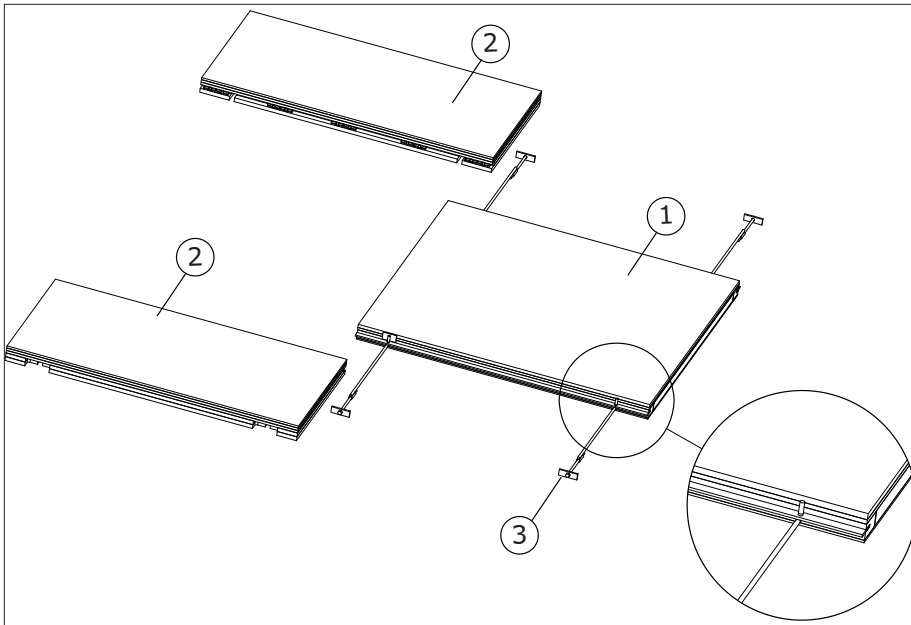
ASSEMBLY INSTRUCTIONS

HDE - 4X8 / HDE - 6X8 / HDE - 8X8

1. Place the WING HOOK ASSEMBLIES (3) into the holes of the Metal Tongue of the CENTER PLATFORM (1). Position the WING HOOK ASSEMBLIES (3) hook side up as shown. Carefully place the SIDE WING PLATFORMS (2) over the WING HOOK ASSEMBLIES so they are aligned with the channels.
2. Make sure the Metal Tongue of the CENTER PLATFORM (1) is engaged in the Plastic Groove of the SIDE WING PLATFORM (2) before using a hand ratchet to tighten. Use a Rubber Mallet to help engage the Metal Tongue into the Plastic Groove.



Hand tighten the SIDE WING PLATFORMS. Do NOT use power tools.

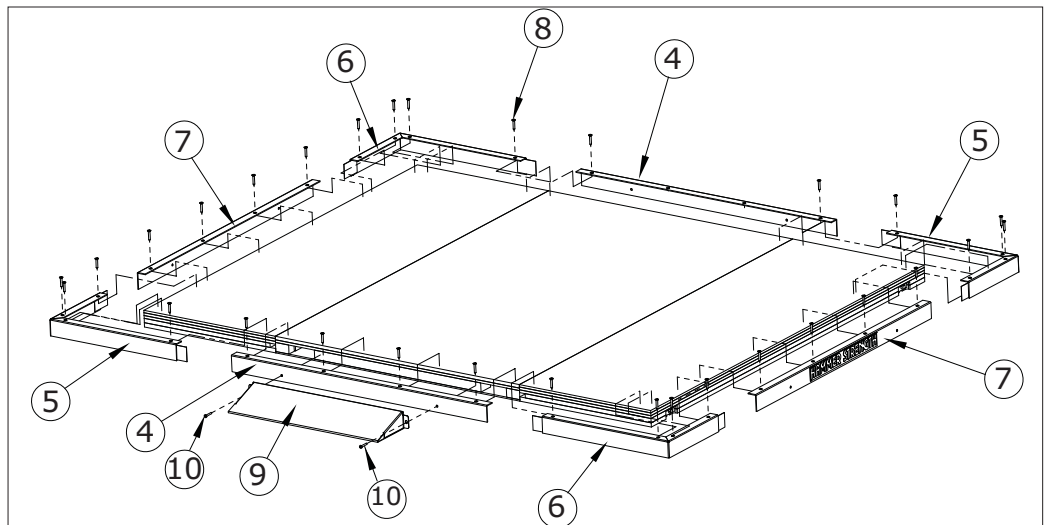


Note: Use a Rubber Mallet to help engage the Metal Tongue into the Plastic Groove.

3. Tighten the WING HOOK ASSEMBLY (3) until the SIDE WING PLATFORM (2) is flushed with the CENTER PLATFORM (1). **Note:** Assemble one SIDE WING PLATFORM (2) at a time. Tighten both SIDE WING ASSEMBLIES evenly. Do not fully tighten one down and then the other. This may cause misalignment and crack the wood.
4. Place the LEFT and RIGHT CORNER FRAMES (5 & 6) tightly against the side platforms. Secure from the top using twelve #10 X 1 1/4 PHILLIPS FLAT HEAD BLACK WOOD SCREWS (8). Position the CENTER FRAMES (4) so they are centered and the gaps between the CORNER FRAMES (5 & 6) are equal. Secure from the top using twelve #10 X 1 1/4 PHILLIPS FLAT HEAD BLACK WOOD SCREWS (8). Repeat the process to secure the CENTER FRAME WITH LABEL (8) to the LEFT and RIGHT CORNER FRAMES (5 & 6).

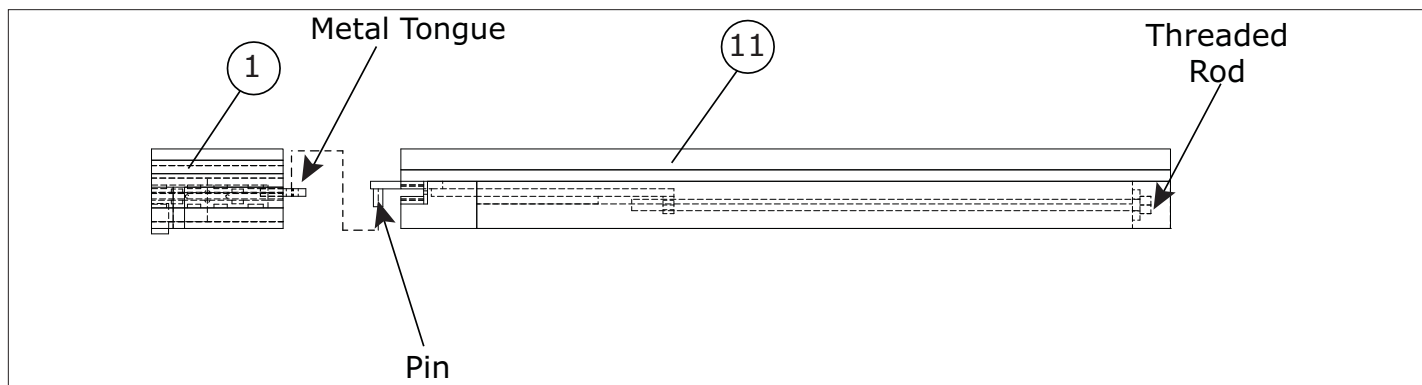
Note: The CENTER FRAME (4) and the CENTER FRAME WITH LABEL (7) should overlap the LEFT and RIGHT CORNER FRAMES (5 & 6).

Note: If using the OPTIONAL PLATFORM RAMP (9) attach to one of the CENTER FRAMES (4) using two #12 x 1.5 PHILLIPS WOOD SCREWS (10) as shown.

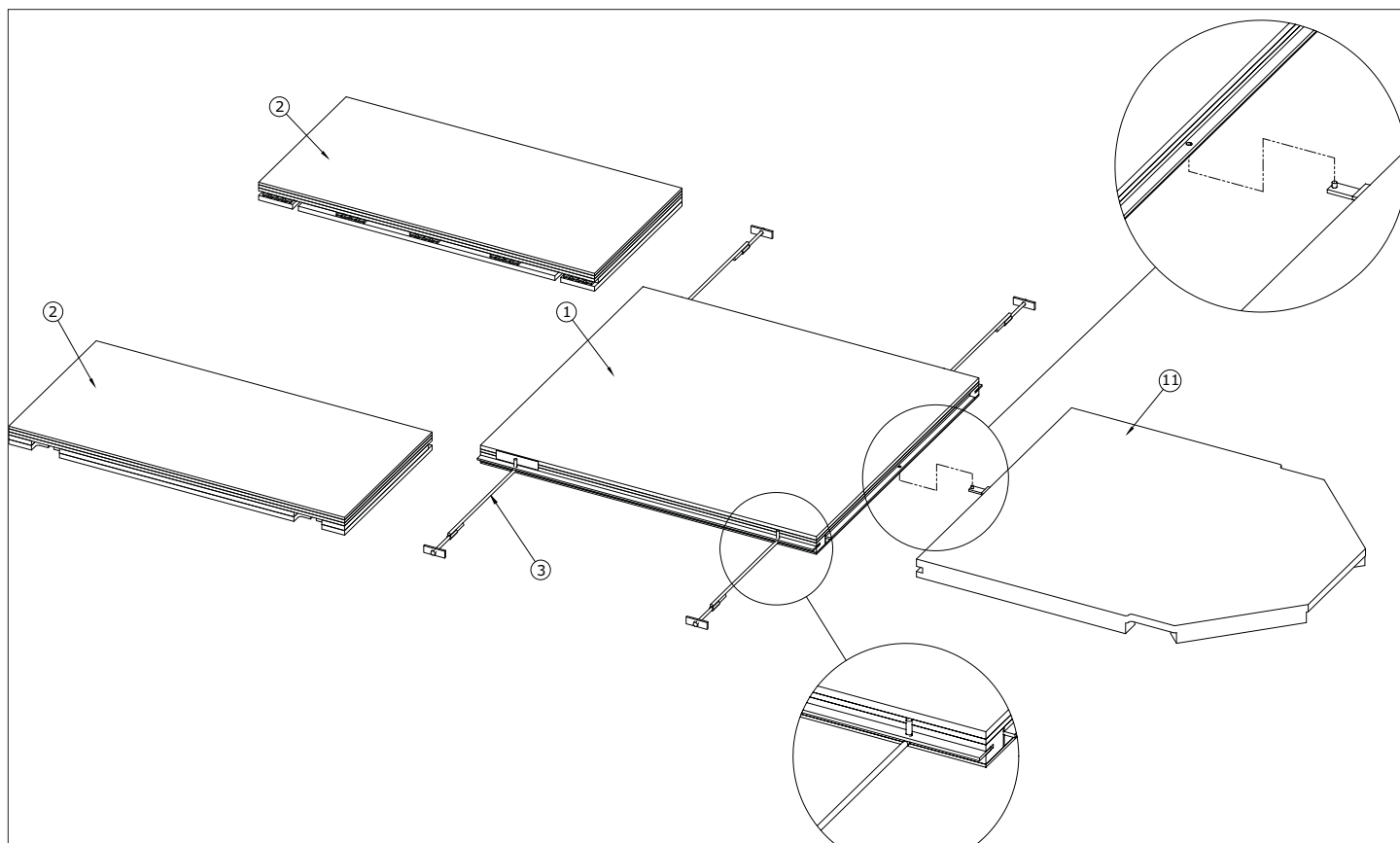


ASSEMBLY INSTRUCTIONS

USING AN INSERT



1. Place the INSERT (11) in the Rack so that you can insert the pin of the INSERT ASSEMBLY into the hole of the Metal Tongue of CENTER PLATFORM (1). Tighten the threaded rod on the opposite side with a hand ratchet until the INSERT ASSEMBLY is pulled flush with the CENTER PLATFORM.
2. Place the WING HOOK ASSEMBLIES (3) into the holes of the Metal Tongue of the CENTER PLATFORM (1). Position the WING HOOK ASSEMBLIES (3) hook side up as shown. Carefully place the SIDE WING PLATFORMS (2) over the WING HOOK ASSEMBLIES so they are aligned with the channels.
3. Make sure the Metal Tongue of the CENTER PLATFORM (1) is engaged in the Plastic Groove of the SIDE WING PLATFORM (2) before using a hand ratchet to tighten. See previous page for illustration.
Note: Use a Rubber Mallet to help engage the Metal Tongue into the Plastic Groove.
4. Tighten the WING HOOK ASSEMBLY (3) until the SIDE WING PLATFORM (2) is flushed with the CENTER PLATFORM (1). **Note:** Assemble one SIDE WING PLATFORM (2) at a time. Tighten both SIDE WING ASSEMBLIES evenly. Do not fully tighten one down and then the other. This may cause misalignment and crack the wood.



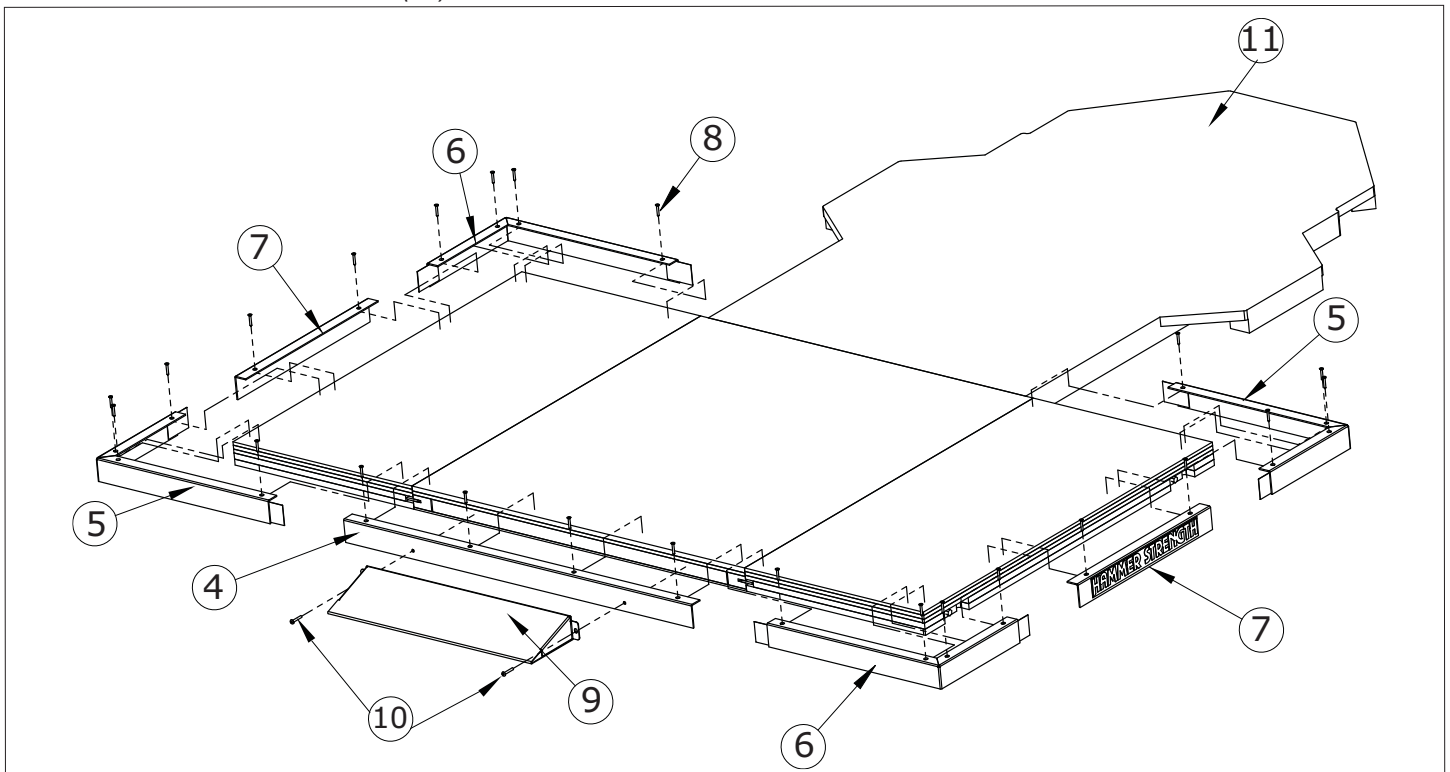
ASSEMBLY INSTRUCTIONS

5. Place the LEFT and RIGHT CORNER FRAMES (5 & 6) tightly against the side platforms. Secure from the top using twelve #10 X 1 1/4 PHILLIPS FLAT HEAD BLACK WOOD SCREWS (8). Position the CENTER FRAMES (4) so they are centered and the gaps between the CORNER FRAMES (6 & 7) are equal. Secure from the top using eight #10 X 1 1/4 PHILLIPS FLAT HEAD BLACK WOOD SCREWS (8). Repeat the process to secure the CENTER FRAME WITH LABEL (7) to the LEFT and RIGHT CORNER FRAMES (5 & 6).

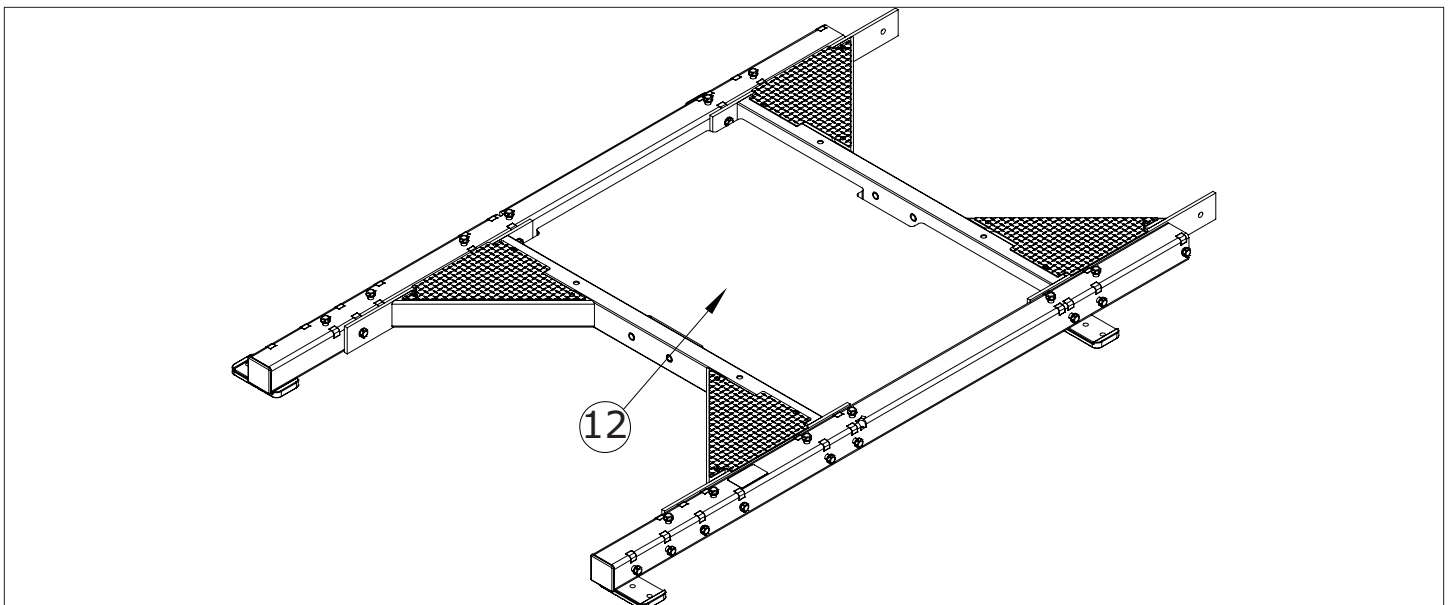
Note: The CENTER FRAME (4) and the CENTER FRAME WITH LABEL (7) should overlap the LEFT and RIGHT CORNER FRAMES (5 & 6).

Note: On the insert side, one CENTER FRAME (4) will not be used.

Note: If using the OPTIONAL PLATFORM RAMP (9) attach to one of the CENTER FRAMES (4) using two #12 x 1.5 PHILLIPS WOOD SCREWS (10) as shown.



6. When using a LONG STORAGE INSERT (12) set it in the rack. No mechanical assembly required.



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