

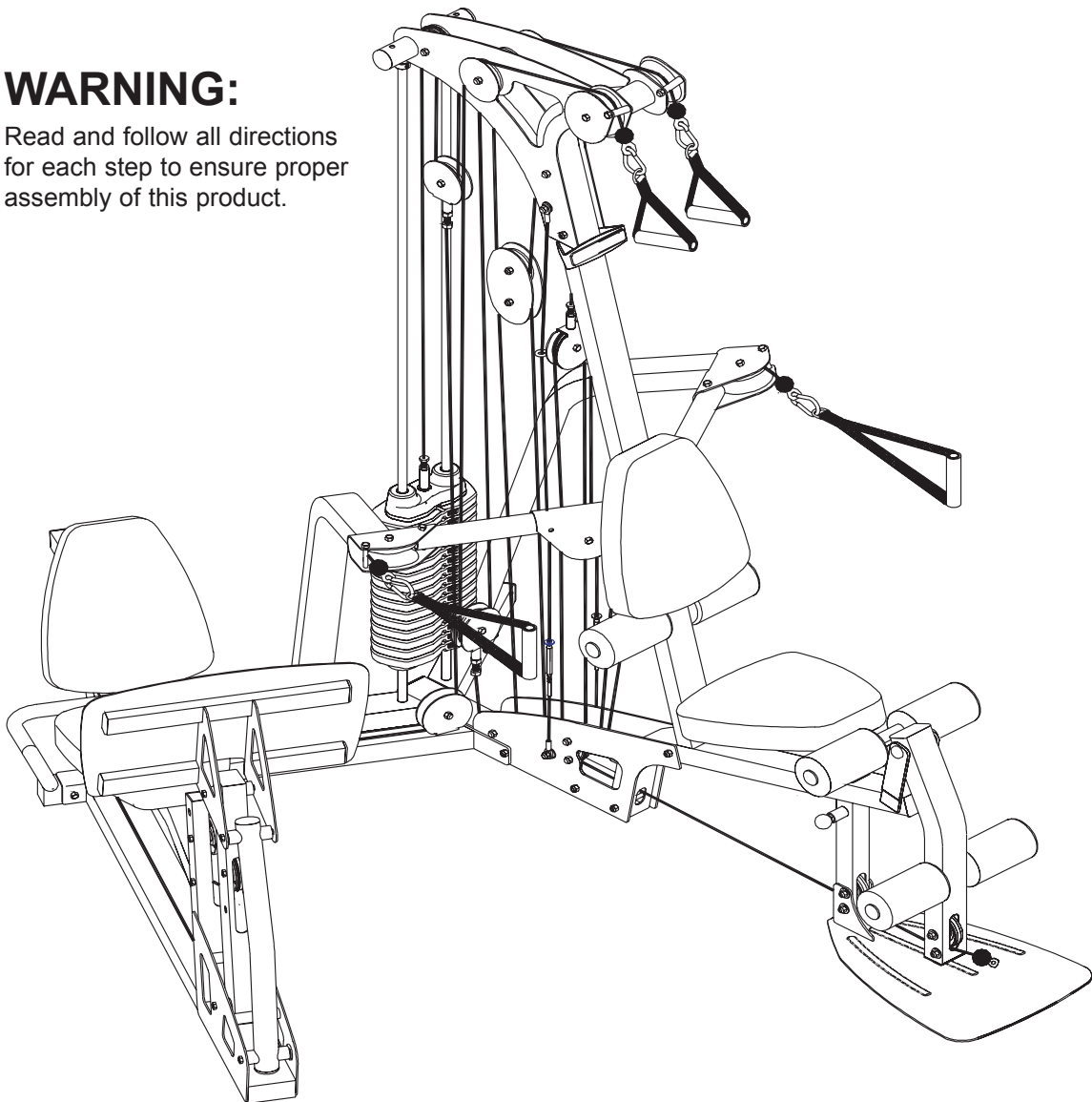


LEG PRESS ADAPTER KIT FOR G3 GYM SYSTEM



WARNING:

Read and follow all directions for each step to ensure proper assembly of this product.



USER'S GUIDE

G3-GLPA-101
Revision: 07/17/08

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IMPORTANT SAFELY INFORMATION



**THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT.
To MINIMIZE RISK, FOLLOW THESE RULES!**

1. Before using, read all the warnings and instructions 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 and clothing free of all moving objects.
4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized Life Fitness dealer and have repairs made by an authorized service technician before use.
5. Be certain that the weight pin is inserted completely. Use only the pin provided by the manufacturer. If unsure, call your authorized Life Fitness dealer.
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. Notify your authorized Life Fitness dealer.
7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix any problems. Notify your authorized Life Fitness dealer and have repairs made by an authorized service technician before use.
8. Make sure all spring-loaded pull pins are fully engaged in the adjustment position and fully tighten the thumbscrew before use.
9. Children must not be allowed near this machine. Supervise teenagers.

Note: In our continuing effort to improve our products, specifications are subject to change.

IMPORTANT NOTES

Thank you for purchasing the Life Fitness G3 Leg Press Adapter Kit. Please read these instructions thoroughly and keep them for future reference.

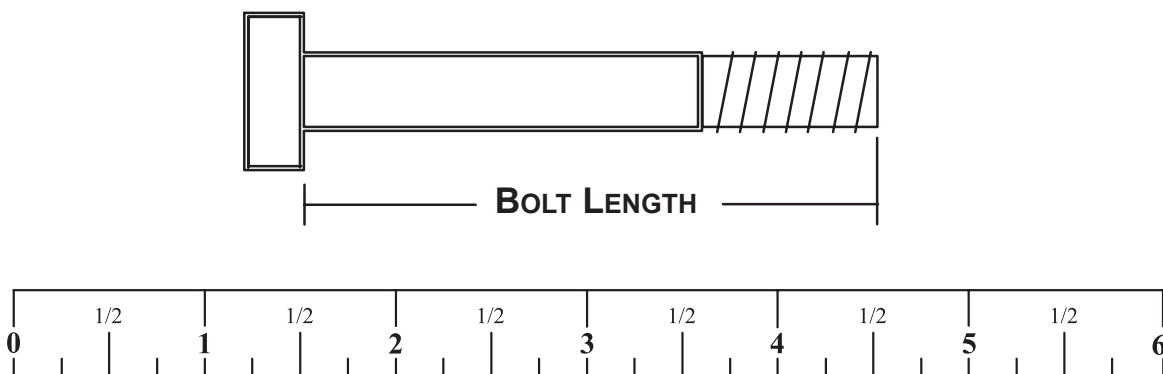
This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

TOOLS REQUIRED FOR ASSEMBLY

- 9/16" wrench
- Ratchet 9/16" socket
- Adjustable wrench
- Tape measure.

BOLT LENGTH RULER

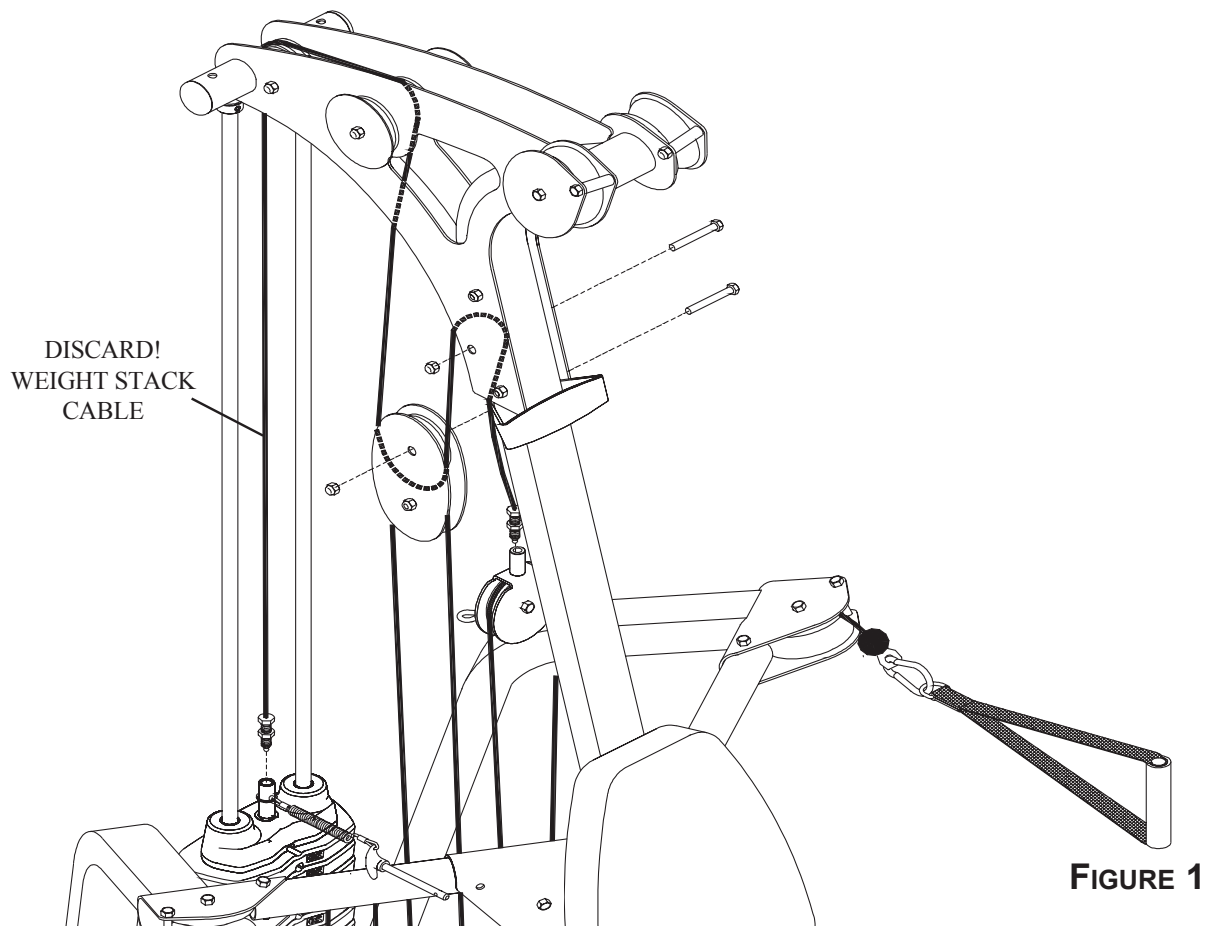
Note: Bolt length is measured from the underside of the head of the bolt.



PARTS LIST

KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
1	LEG PRESS ADAPTOR	1	9	3/8 X 1-3/4" BOLT	4
2	PULLEY BRACKET	1	10	3/8 X 2-3/4" BOLT	3
3	WEIGHT STACK CABLE	1	11	3/8 X 4" BOLT	2
4	LEG PRESS CABLE	1	12	3/8 X 4-3/4" BOLT	4
5	3-1/2" PULLEY	6	13	STEP SPACER 19/32" LG	2
6	2" COVER CAP	1	14	STEP SPACER 1-19/32" LG	2
7	3/8" WASHER	10	15	STEP SPACER 1-11/16" LG	2
8	3/8" LOCKNUT	13	16	CABLE L CLIP	1

Note: The LEG PRESS ATTACHMENT(GLP) must be assembled before connecting it to the Lift Fitness G3 GYM SYSTEMS



STEP 1:

- Remove the WEIGHT STACK CABLE as shown in FIGURE 1. Discard the cable..

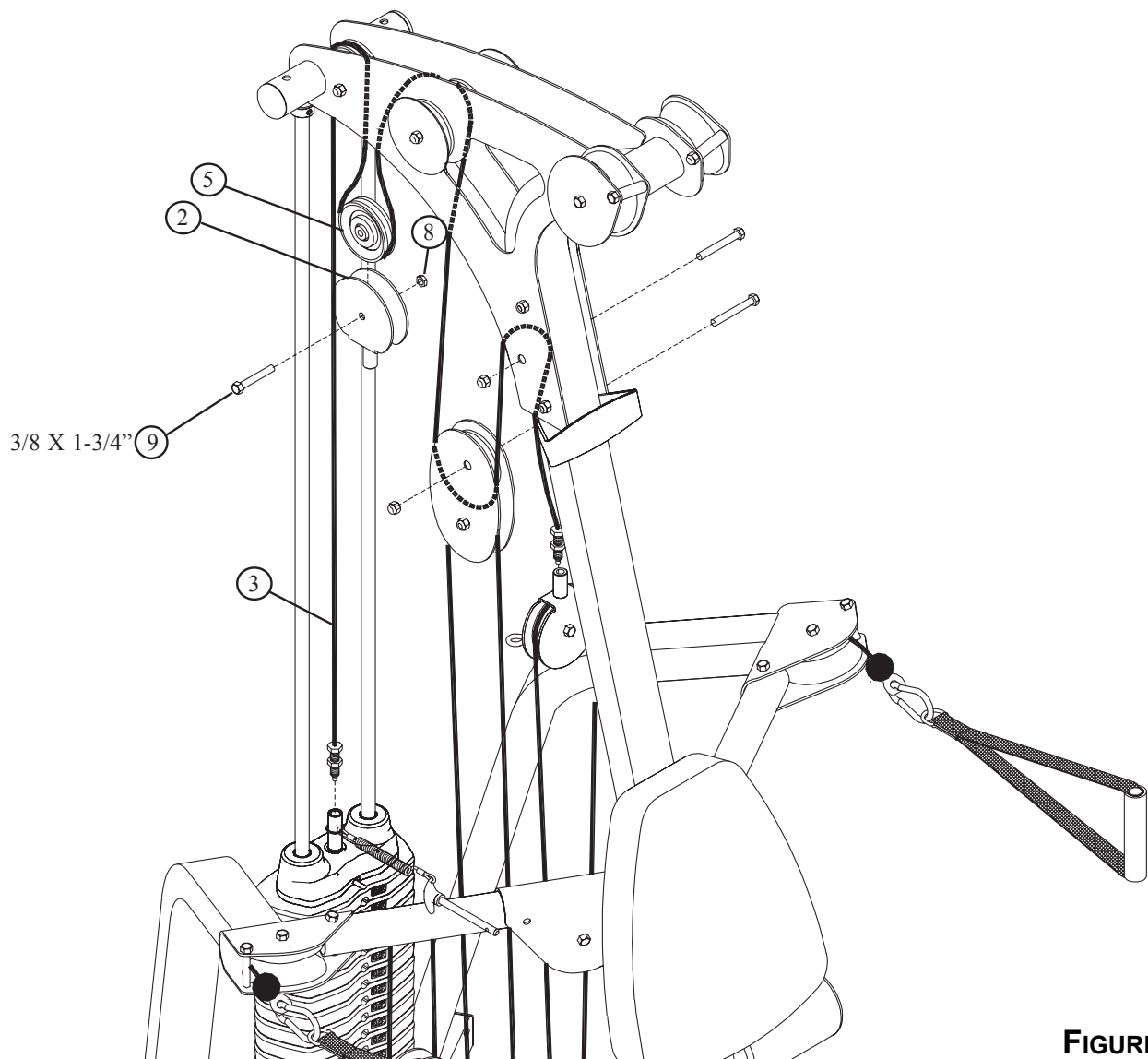
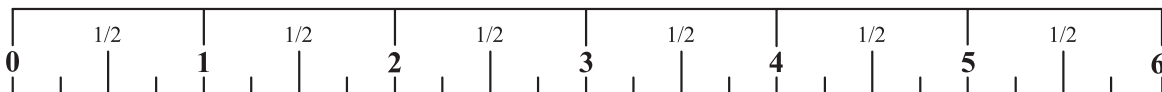


FIGURE 2

STEP 2:

- Screw the long threaded end of the new WEIGHT STACK CABLE (3) into the end of the WEIGHT PLATE SHAFT. See FIGURE 2.
- Route the WEIGHT STACK CABLE (3) around the pulley in the BOOM PLATES as shown in FIGURE 2. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**
- Assemble one 3-1/2" PULLEY (5) to the PULLEY BRACKET (2) using one 3/8 X 1-3/4" BOLT (9) and one 3/8" LOCK NUT (8) **(Note: Loop the WEIGHT STACK CABLE around the PULLEY prior to assembling the PULLEY BRACKET.)**
- Screw the short threaded end of the WEIGHT STACK CABLE (3) into the end of the PULLEY BRACKET (2). See FIGURE 2.



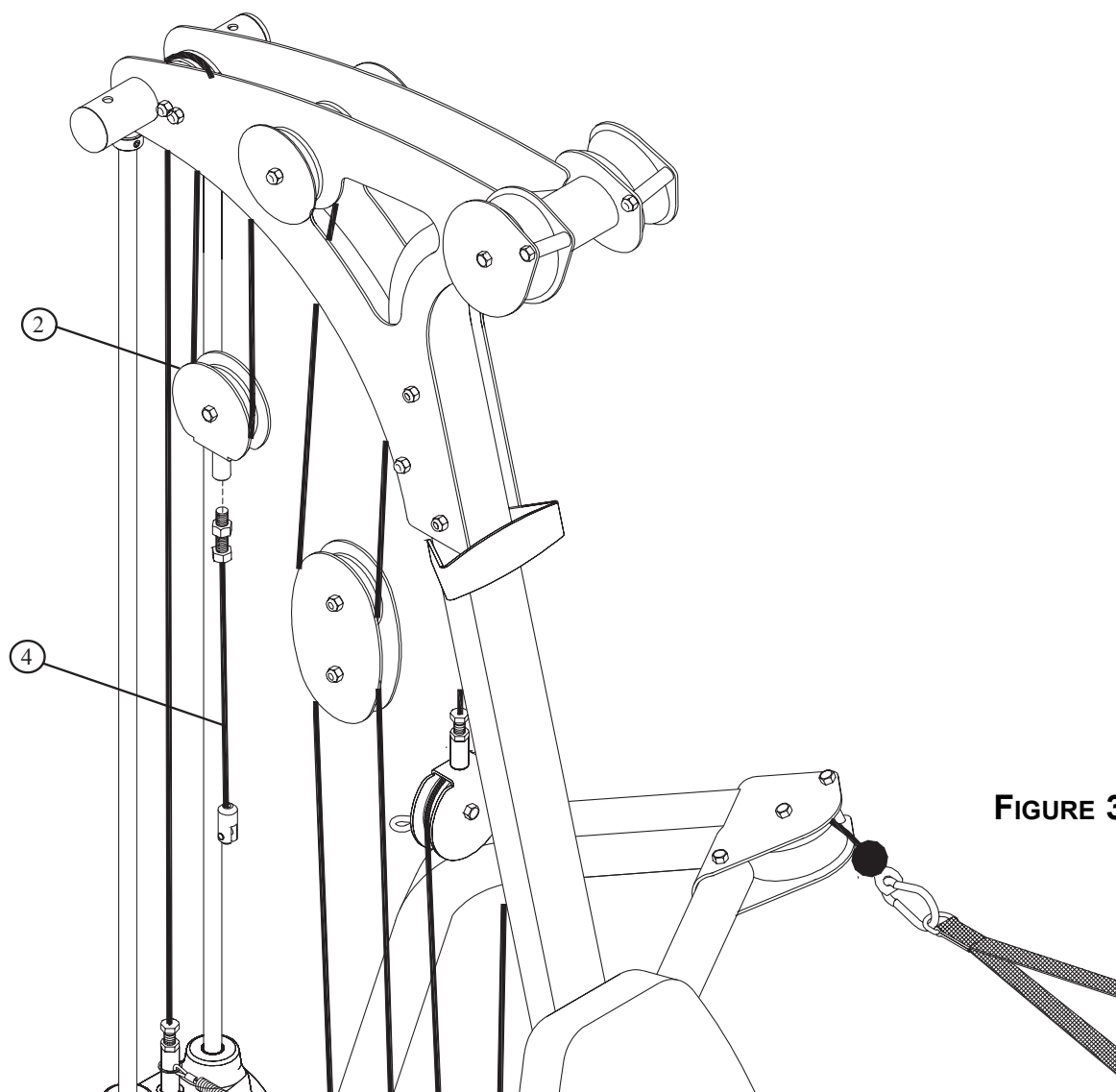


FIGURE 3

STEP 3:

- Screw the threaded end of LEG PRESS CABLE (4) to the PULLEY BRACKET (2) as shown in FIGURE 3.

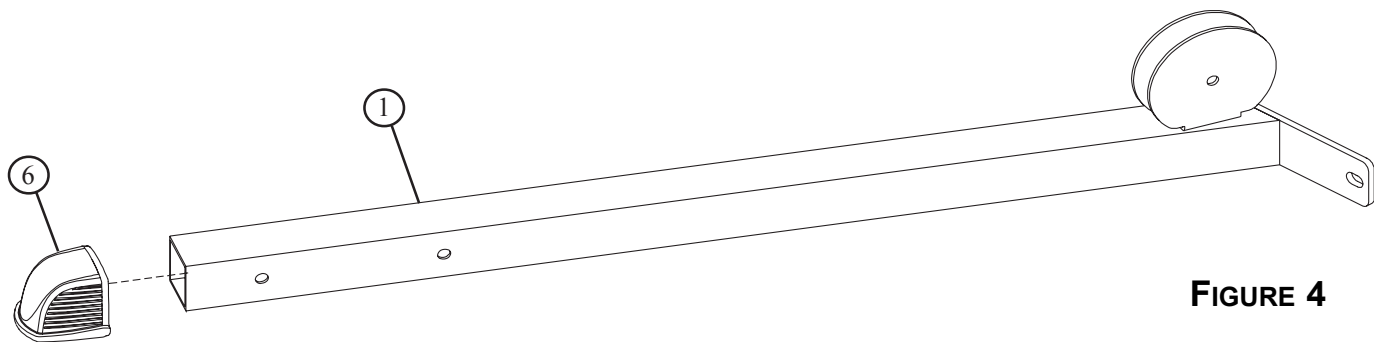
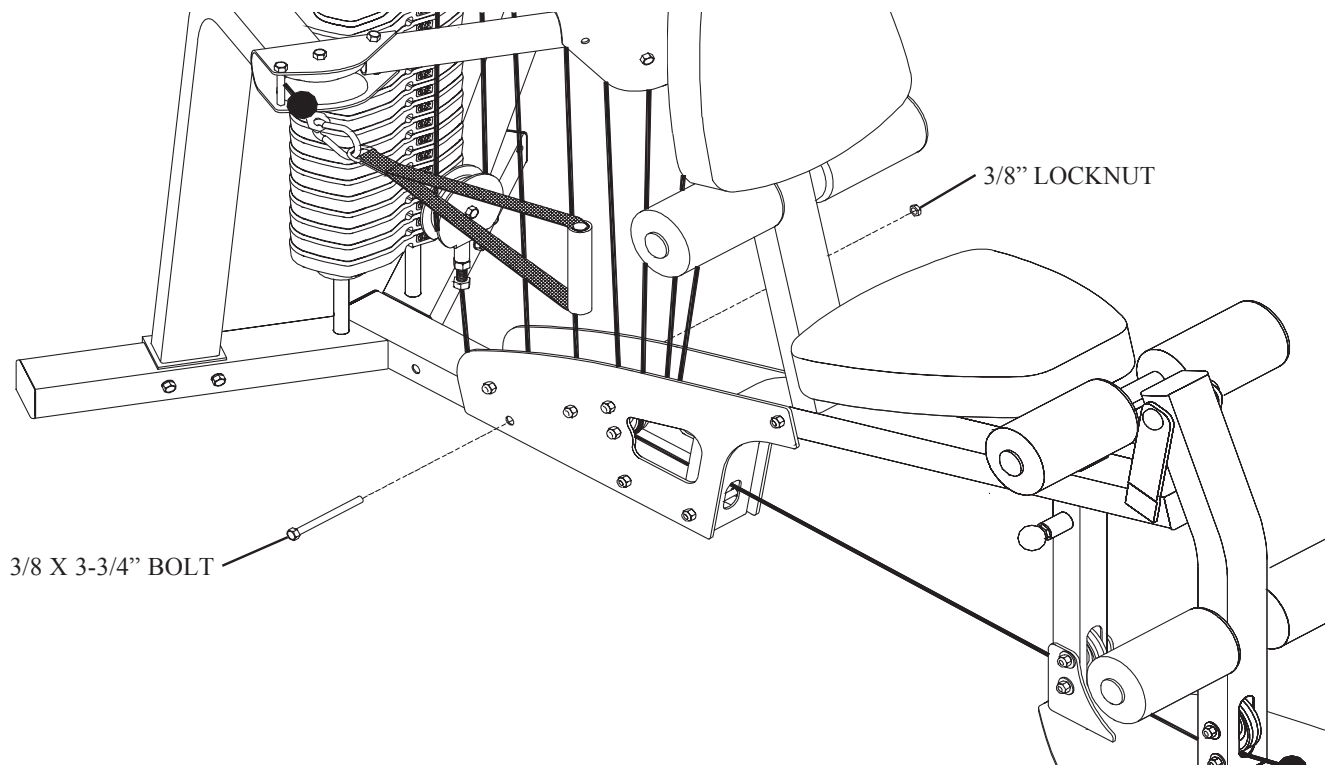


FIGURE 4

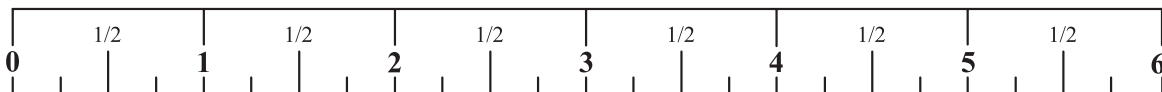
STEP 4:

- If not already installed, slide one 2" SQ. COVER CAP (6) over the FRONT LEG (1) as shown in FIGURE 4.



STEP 5:

- Remove the 3/8 X 3-3/4" BOLT and 3/8" LOCK NUT from the BASE PLATE as shown in FIGURE 5. Discard the 3/8 X 3-3/4" BOLT.



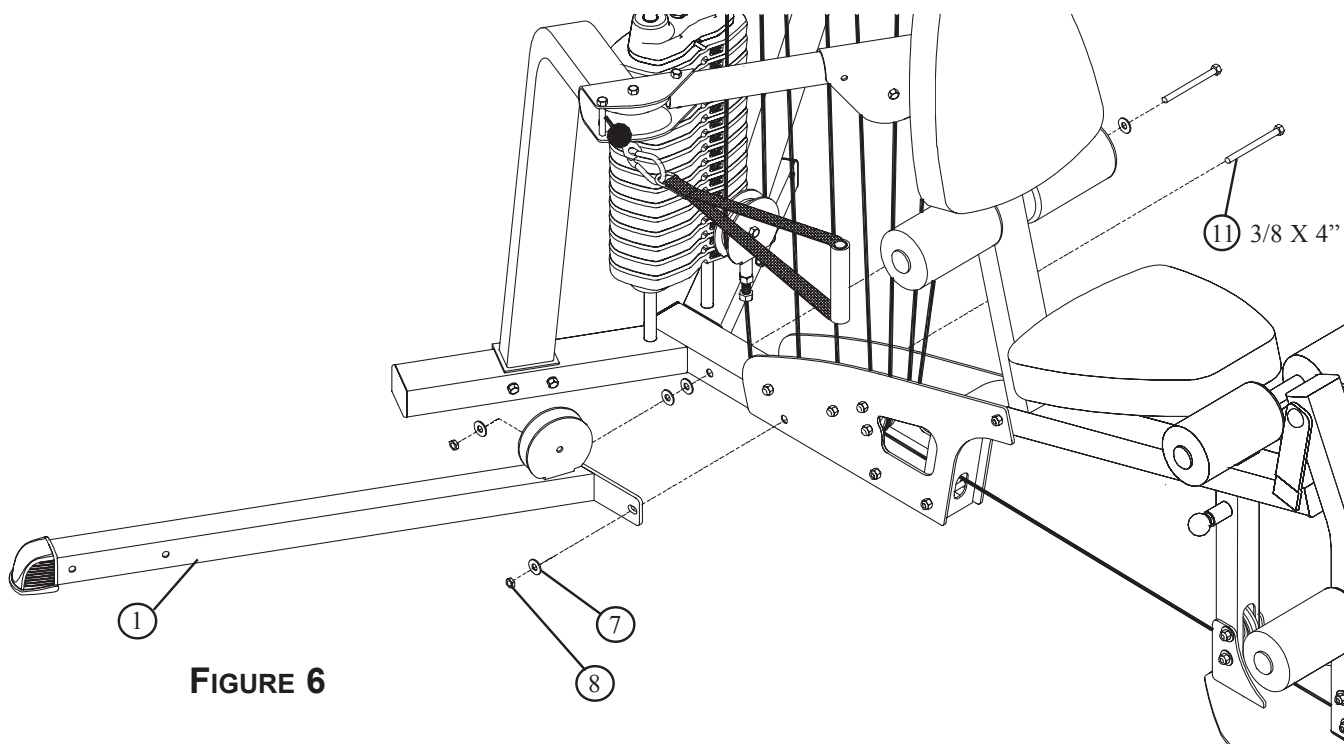


FIGURE 6

STEP 6:

- **SECURELY** assemble the LEG PRESS ADAPTOR (1) to the G3 Gym System using two 3/8 X 4" BOLTS (11), five 3/8" WASHERS (7), one previously removed 3/8" LOCK NUT and one 3/8" LOCK NUT (8) as shown in FIGURE 6.

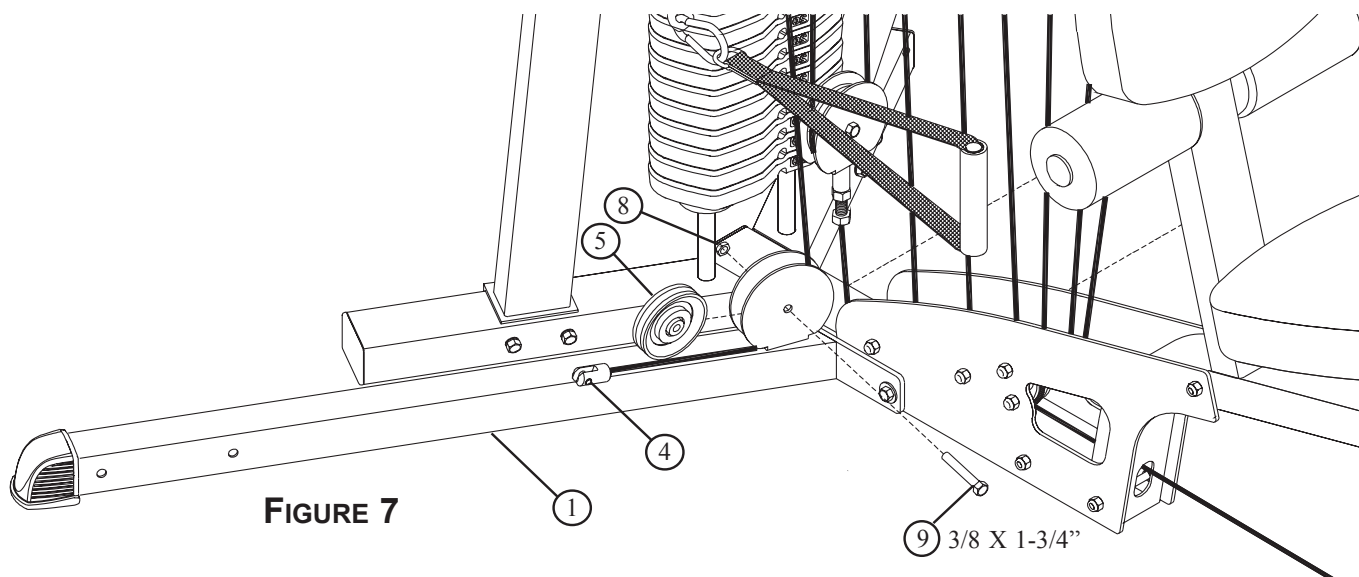


FIGURE 7

STEP 7:

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2" PULLEY (5) and **SECURELY** assemble the 3-1/2" PULLEY (5) to the LEG PRESS ADAPTOR (1) using one 3/8 X 1-3/4" BOLT (9) and one 3/8" LOCK NUT (8). See FIGURE 7.

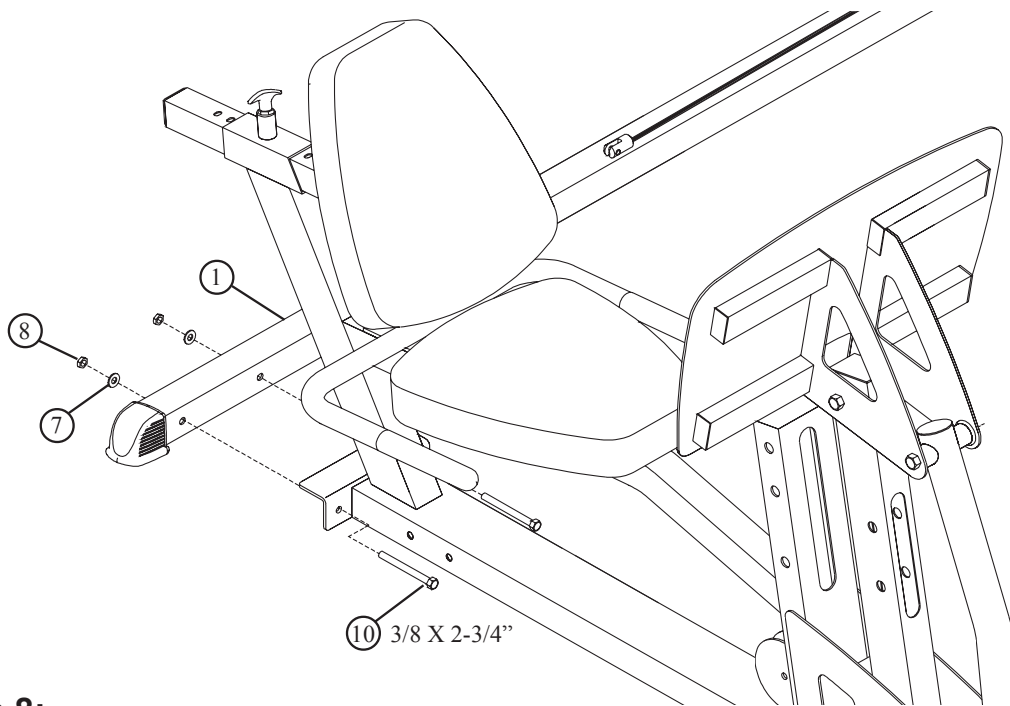


FIGURE 8

STEP 8:

- **SECURELY** attach the GLP LEG PRESS to the LEG PRESS ADAPTOR (1) using two 3/8" X 2-3/4" BOLTS (10), two 3/8" WASHERS (7), and two 3/8" LOCK NUTS (8). See FIGURE 8.

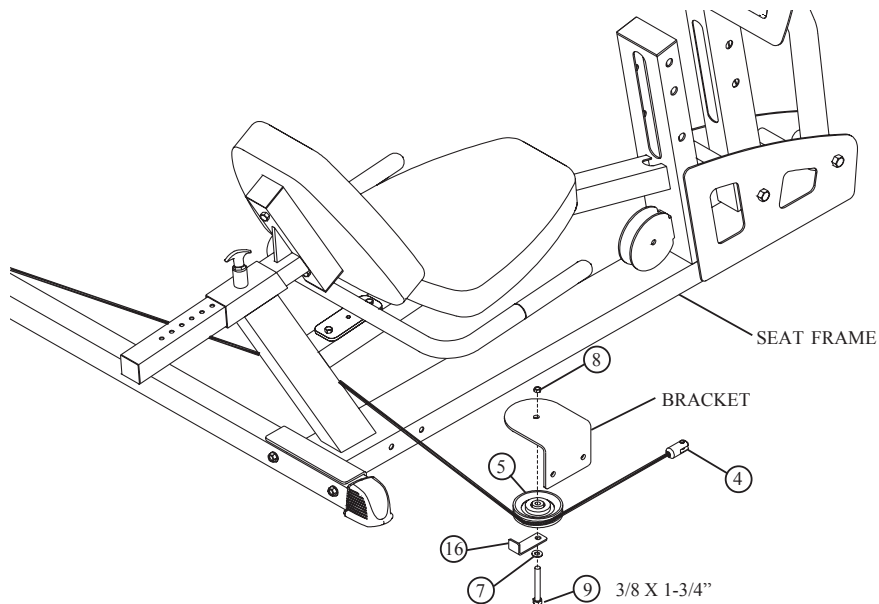
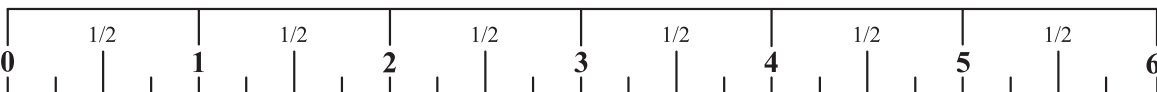


FIGURE 9

STEP 9:

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2" PULLEY (5) and **SECURELY** assemble the 3-1/2" PULLEY (5) to the BRACKET (from the 100 LEG PRESS) using one 3/8 X 1-3/4" BOLT (9), one 3/8" WASHER (7), one CABLE CLIP (16) and one 3/8" LOCK NUT (8) as shown in FIGURE 9. Make sure the CABLE is in the grooves of all the pulleys.



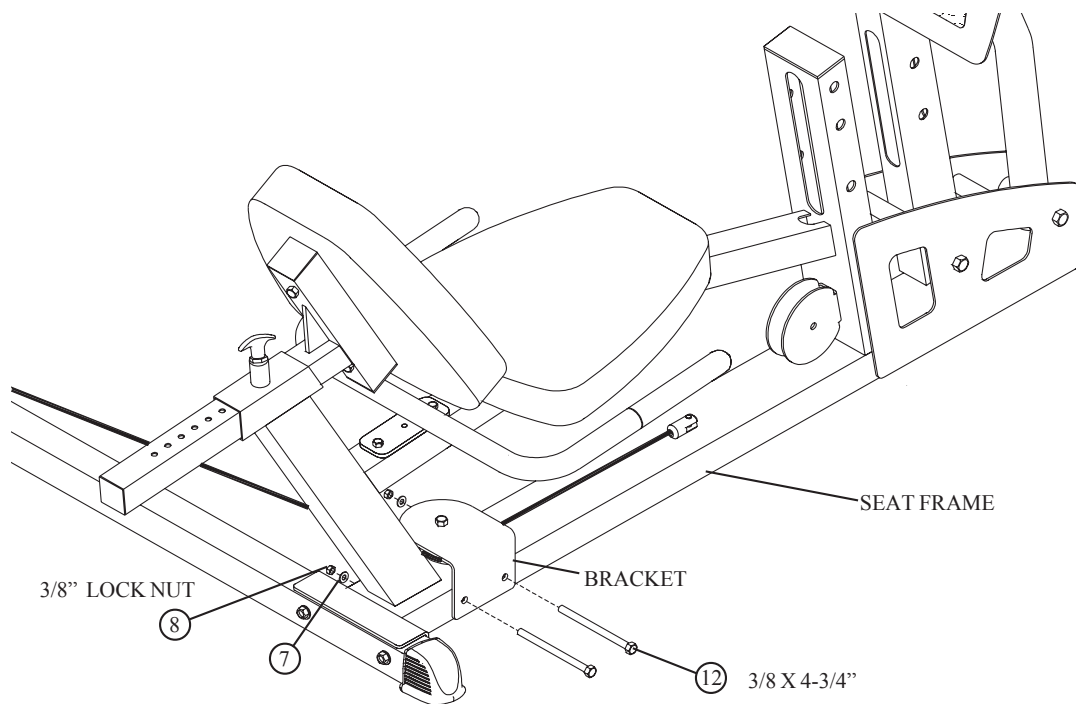


FIGURE 10

STEP 10:

- **SECURELY** attach the BRACKET (from GLP LEG PRESS) to the SEAT FRAME using two 3/8" X 4-3/4" BOLTS (12), two 3/8" WASHERS (7), and two 3/8" LOCK NUTS (8). See FIGURE 10.

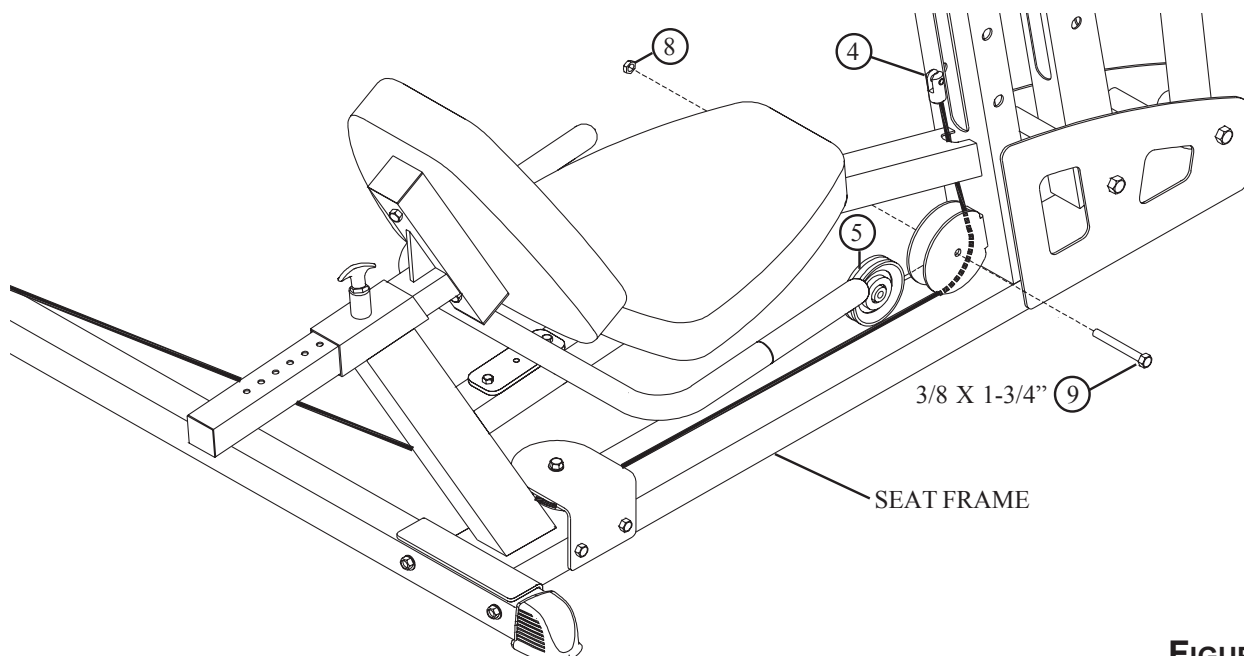
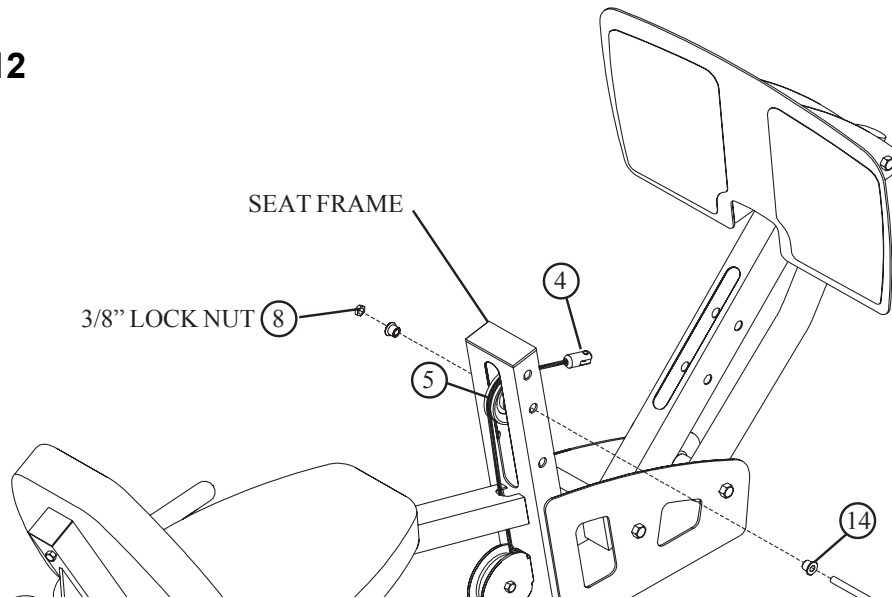


FIGURE 11

STEP 11:

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2" PULLEY (5) and **SECURELY** assemble the 3-1/2" PULLEY (5) to the bracket on the SEAT FRAME using one 3/8" X 1-3/4" BOLT (9) and one 3/8" LOCK NUT (8) as shown in FIGURE 11 . Make sure the CABLE is in the grooves of all the pulleys.

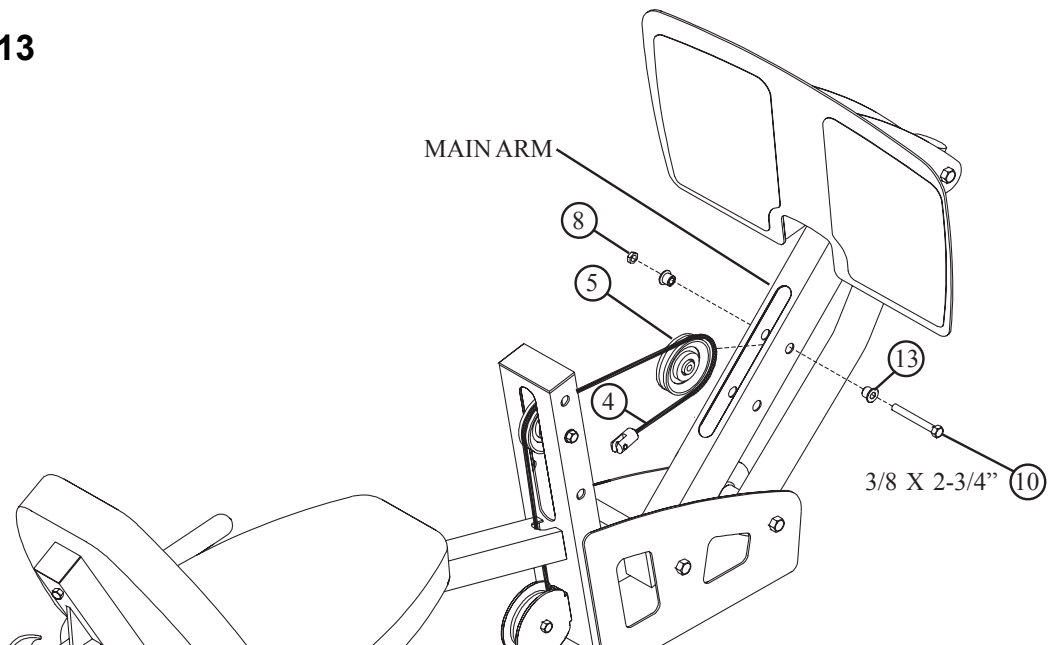
FIGURE 12



STEP 12:

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2" PULLEY (5) and **SECURELY** assemble the 3-1/2" PULLEY (5) to the SEAT FRAME using one 3/8 X 4-3/4" BOLT (12), two STEP SPACERS 1-19/32 (14), and one 3/8" LOCK NUT (8) as shown in FIGURE 12. Make sure the CABLE is in the grooves of all the pulleys.

FIGURE 13



STEP 13:

- Carefully route the LEG PRESS CABLE (4) around one 3-1/2" PULLEY (5) and **SECURELY** assemble the 3-1/2" PULLEY (5) to the MAIN ARM using one 3/8 X 2-3/4" BOLT (10), two STEP SPACERS 19/32"(13) and one 3/8" LOCK NUT (8) as shown in FIGURE 13. Make sure the CABLE is in the grooves of all the pulleys.

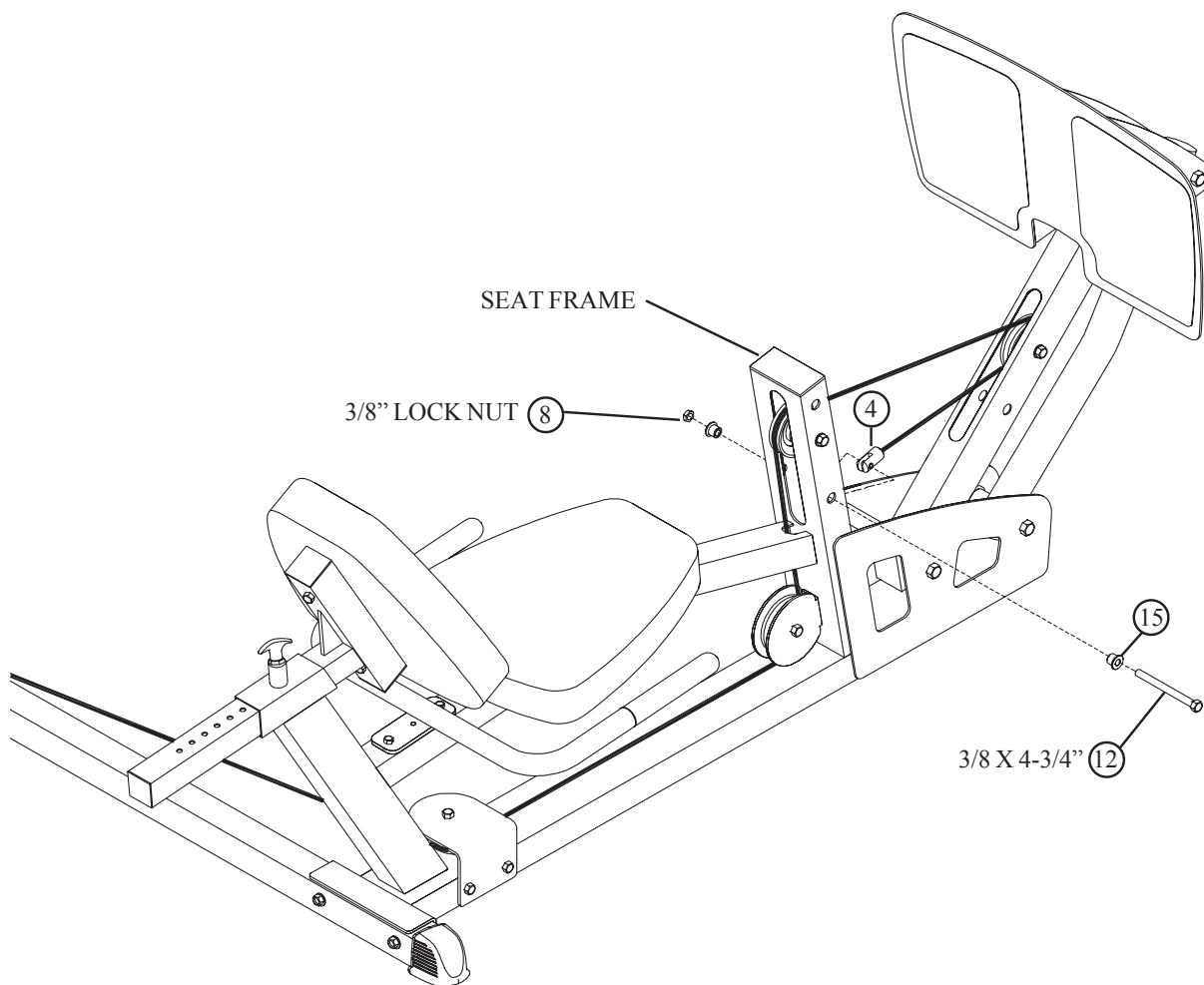


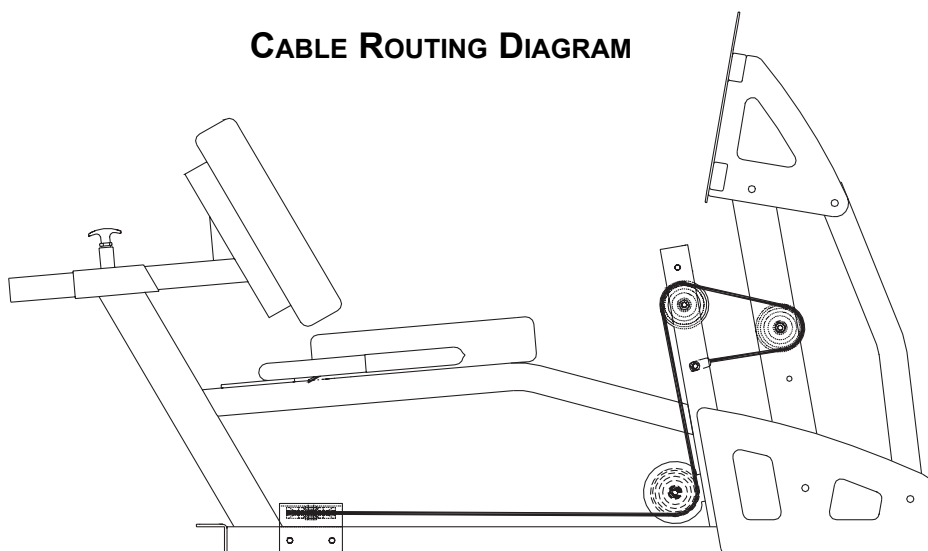
FIGURE 14

STEP 14:

- **SECURELY** assemble the swivel end of the LEG PRESS CABLE (4) to the SEAT FRAME using one 3/8 X 4-3/4" BOLT (12), two STEP SPACERS 1-11/16" (15) and one 3/8" LOCK NUT (8).

NOTE: SECURELY tighten, then back nut off 1/4 turn

CABLE ROUTING DIAGRAM



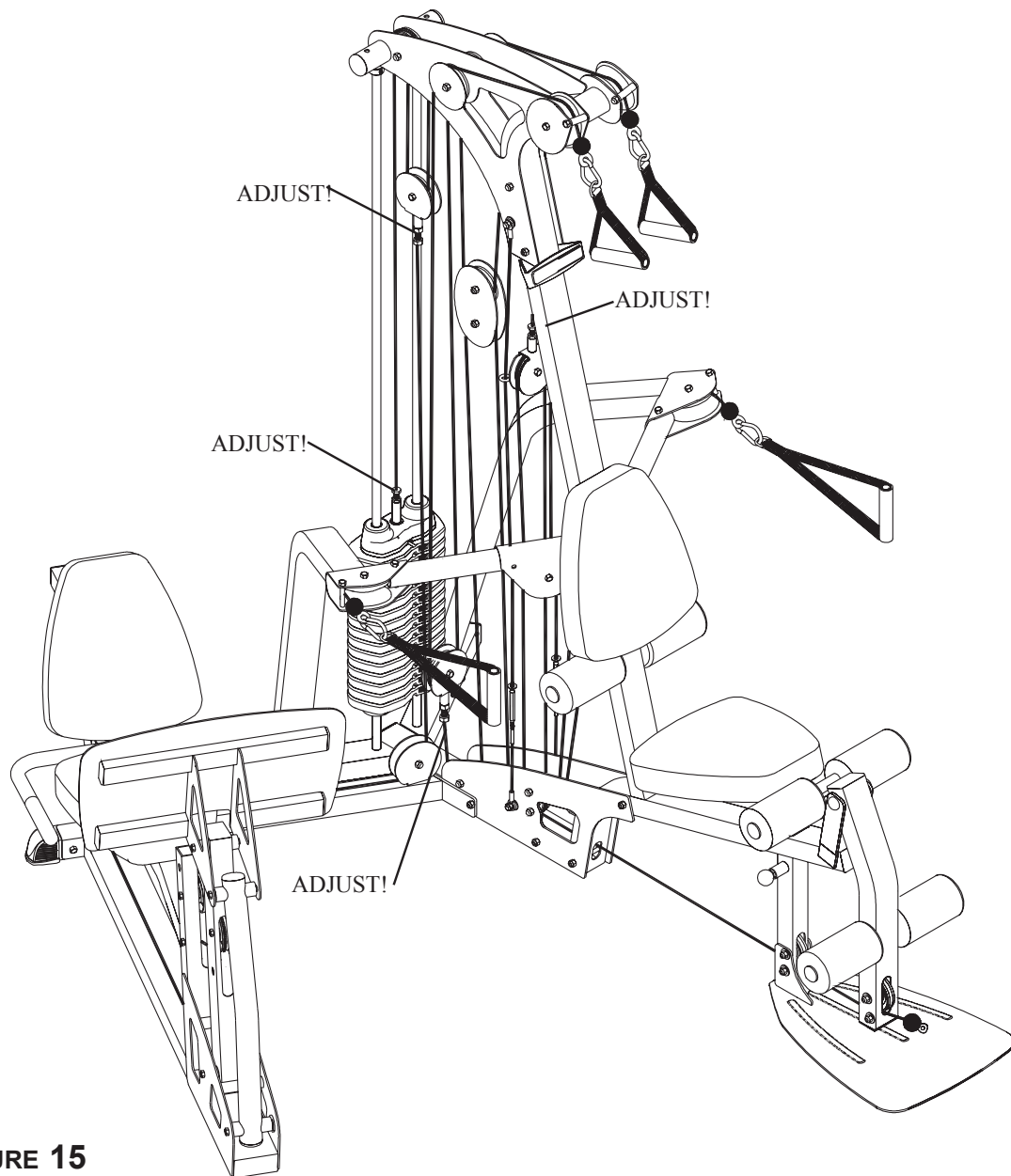


FIGURE 15

STEP 15:

- To set the correct amount of tension in the cables, push the HEAD PLATE down, insert the WEIGHT SELECTOR PIN and perform several repetitions at the leg press station. This will relax the cable system and prevent the HEAD PLATE from lifting up.
- If further CABLE ADJUSTMENT is needed, reference the G3 GYM SYSTEM assembly instructions.

**THIS CONCLUDES THE ASSEMBLY OF THE G3-GLPA
LEG PRESS ADAPTER KIT**

