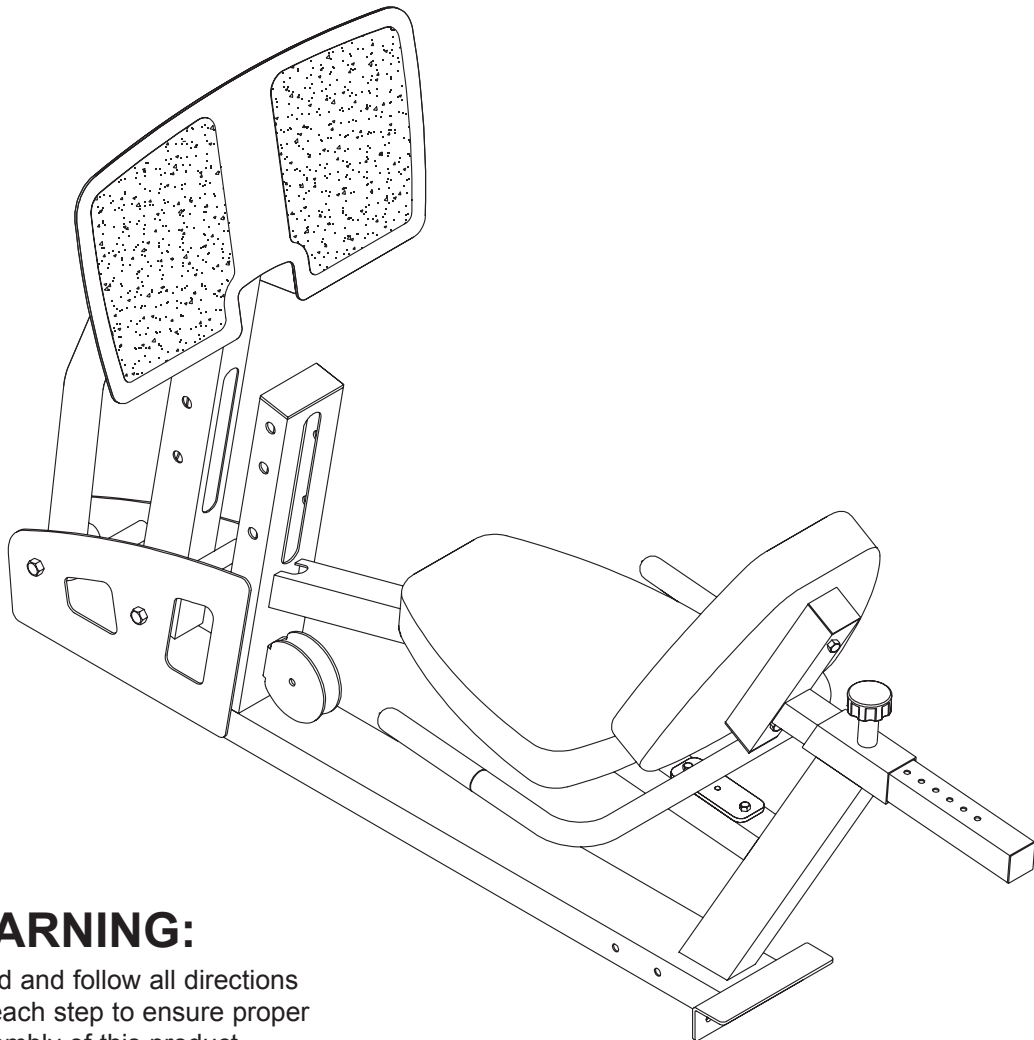




GLP LEG PRESS



WARNING:

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

ASSEMBLY INSTRUCTIONS

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1. 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 15.

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.

IMPORTANT NOTES

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

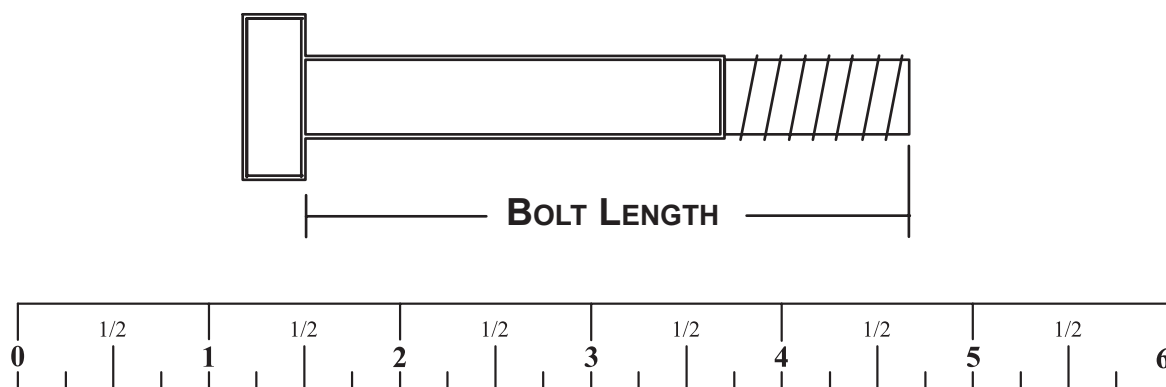
This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

TOOLS REQUIRED FOR ASSEMBLY

- 3/4" wrench.
- 9/16" wrench.
- Ratchet with 3/4" and 9/16" sockets.
- Adjustable wrench.
- Tape measure.

BOLT LENGTH RULER

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



PARTS LIST

Note: Some of the components may be pre-assembled.

Key	Description	Qty
1	Frame	1
2	Seat Adjust	1
3	Handle	1
4	Main Arm	1
5	Second Arm	1
6	Footplate	1
7	Pulley Bracket	1
8	Seat Pad	2
9	3/8 X 3" Bolt	6
10	3/8" Flat Washer	8
11	3/8" Lock Nut	2
12	1/2 X 4-3/4" Bolt	4
13	1/2" Lock Nut	4
14	Spring Pin Knob	1
15	3/4 X 4" Shaft	4
16	Bumper, 1-1/2 X 2"	2
17	M4 X 0.7 X 6" Set Screw	1
18	Back Pad	1

ASSEMBLY FOR THE G2 AND G4 SYSTEMS.

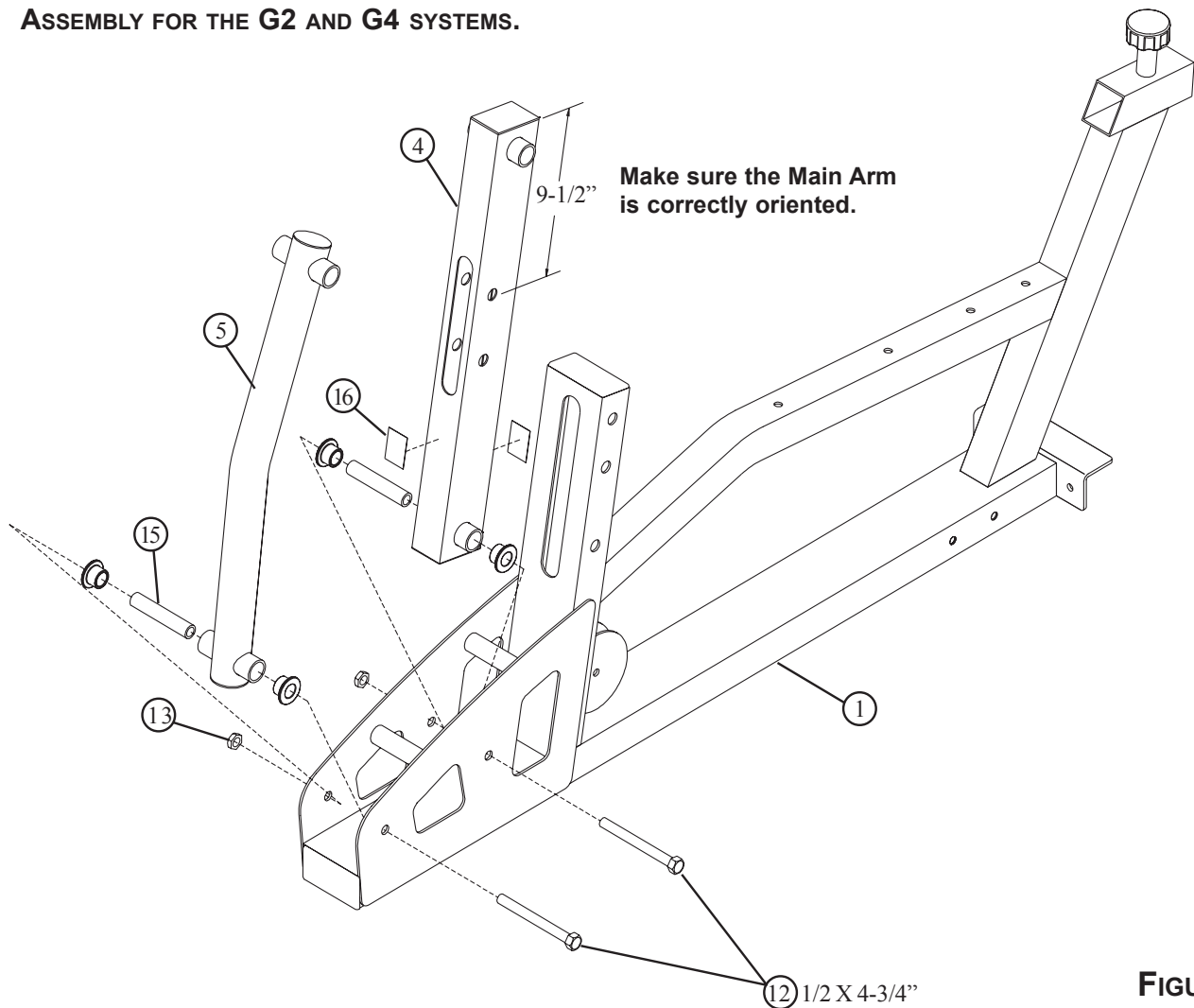


FIGURE 1

STEP 1:

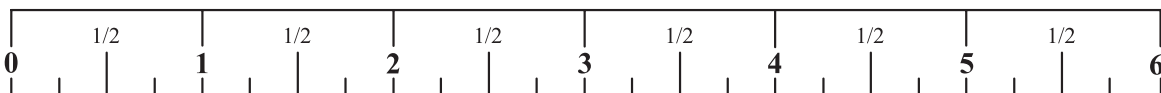
Note: Follow Step 1 to assemble the Leg Press for the G2 and G4 systems. To assemble the Leg Press for the G3 systems, proceed to Step 2.

Note: Flange bearings should be pre-installed.

- Securely assemble the Second Arm (5) to the Frame (1) using one 1/2 x 4-3/4" Bolt (12), one 3/4 x 4" Shaft (15) and one 1/2" Lock Nut (13). See Figure 1.
- Securely assemble the Main Arm (4) to the Frame (1) using one 1/2 x 4-3/4" Bolt (12), two 3/4" Flange Bearings (14), one 3/4 x 4" Shaft (15) and one 1/2" Lock Nut (13).

Note: Make sure Main Arm (4) is oriented correctly. The top hole should be 9-1/2" from the top of the arm as shown in Figure 1.

- Securely assemble two 1-1/2" Bumpers (16) to each side of the Main Arm (4) where the Main Arm (4) contacts the Frame (1). See Figure 1.
- Proceed to Step 3.



ASSEMBLY FOR THE G3 SYSTEMS.

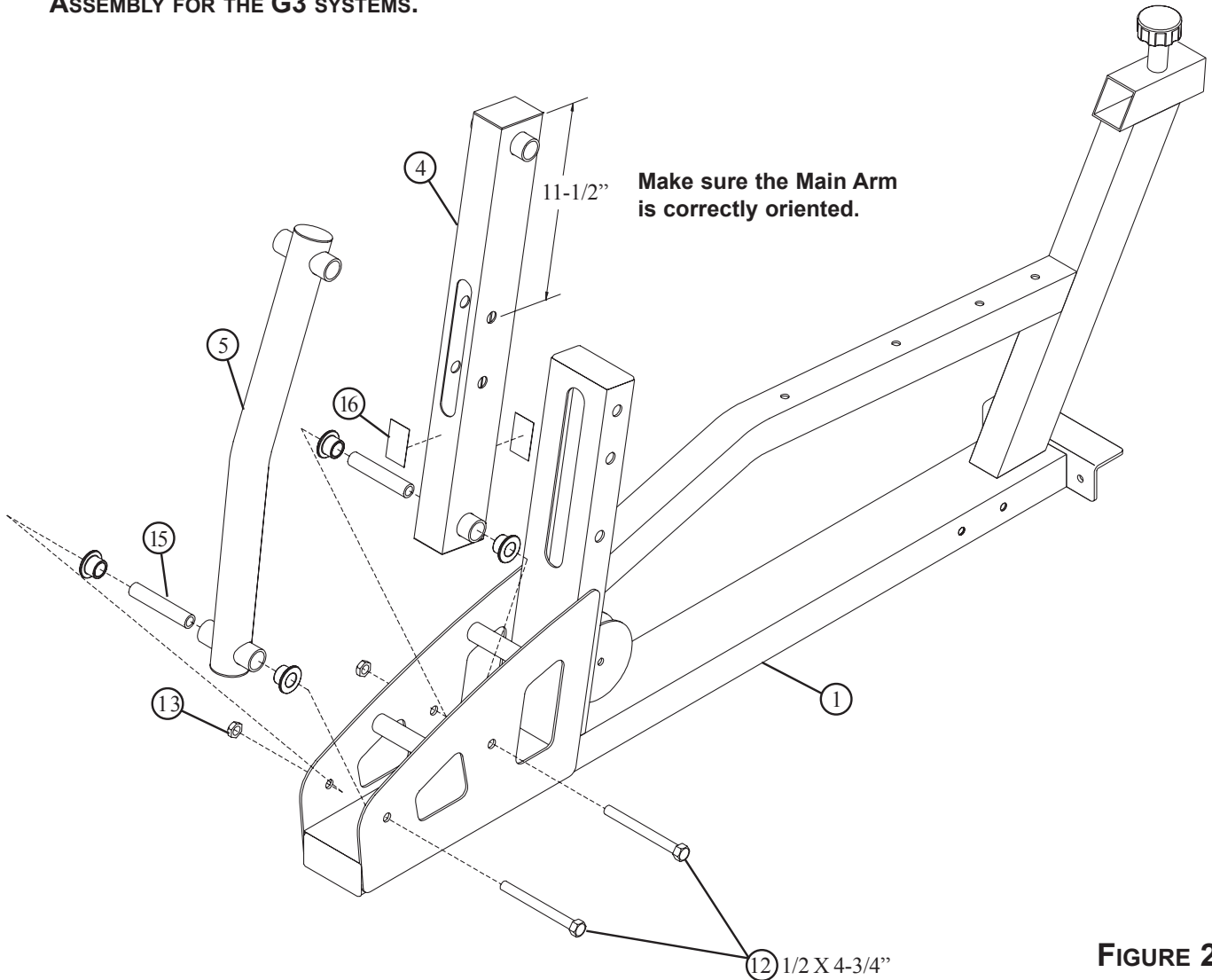


FIGURE 2

STEP 2:

Note: Follow Step 2 to assemble the Leg Press for the G3 systems. To assemble the Leg Press for the G2 or G4 system, go to Step 3.

Note: Flange bearings should be pre-installed.

- A. Securely assemble the Second Arm (5) to the Frame (1) using one 1/2 x 4-3/4" Bolt (12), one 3/4 x 4" Shaft (15) and one 1/2" Lock Nut (13). See Figure 2.
- B. Securely assemble the Main Arm (4) to the Frame (1) using one 1/2 x 4-3/4" Bolt (12), two 3/4" Flange Bearings (14), one 3/4 x 4" Shaft (15) and one 1/2" Lock Nut (13).

Note: Make sure Main Arm (4) is oriented correctly. The top hole should be 11-1/4" from the top of the arm as shown in Figure 2.

- C. Securely assemble two 1-1/2" Bumpers (16) to each side of the Main Arm (4) where the Main Arm (4) contacts the Frame (1). See Figure 2.
- D. Proceed to Step 3.

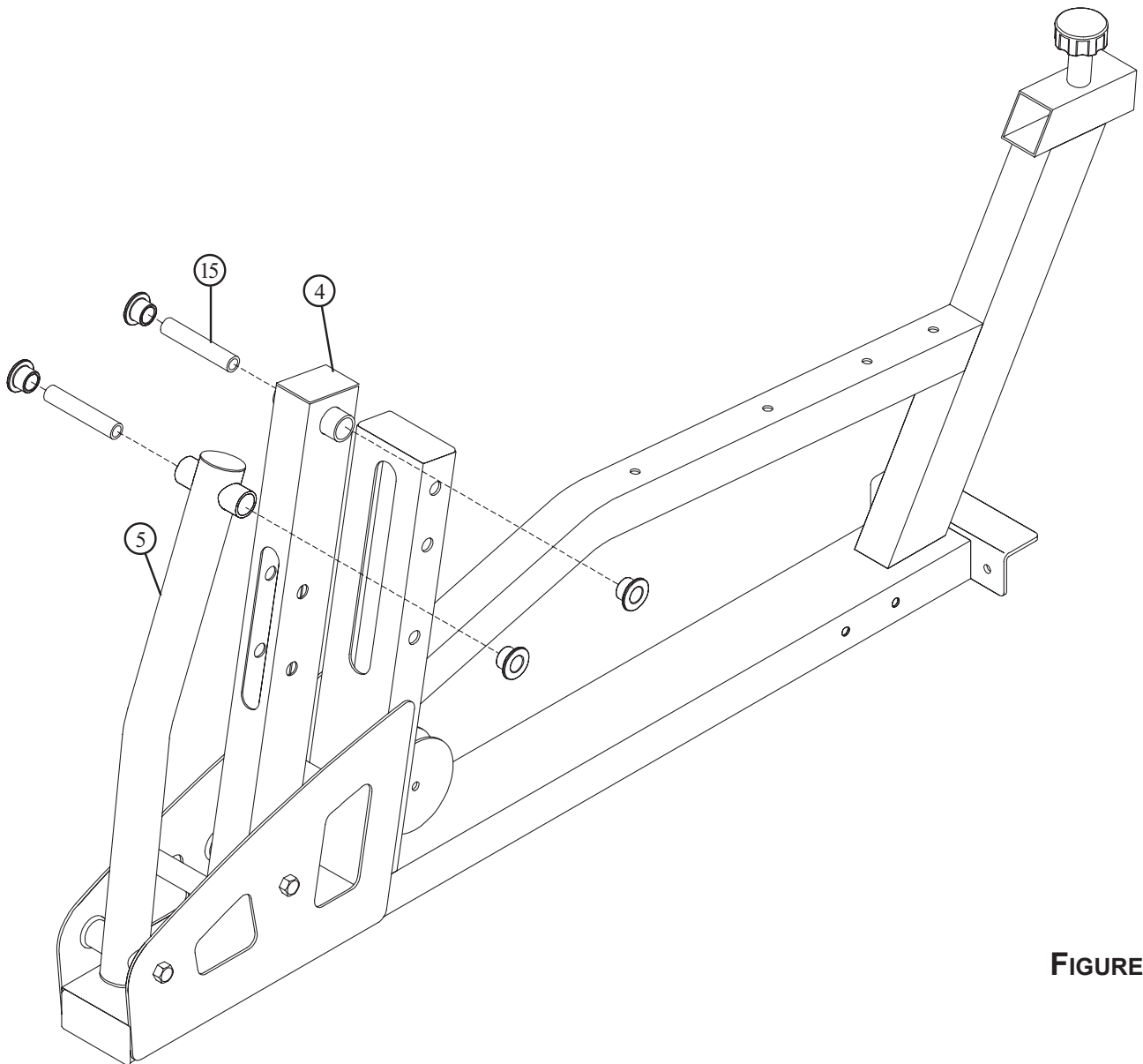
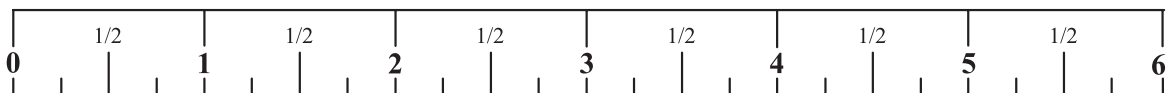


FIGURE 3

STEP 3:

- A. Insert one 3/4 x 4" Shaft (15) through pre-installed Flange Bearings in the Second Arm (5) as shown in Figure 3.
- B. Insert one 3/4 x 4" Shaft (15) through pre-installed Flange Bearings in the Main Arm (4) as shown in Figure 3.



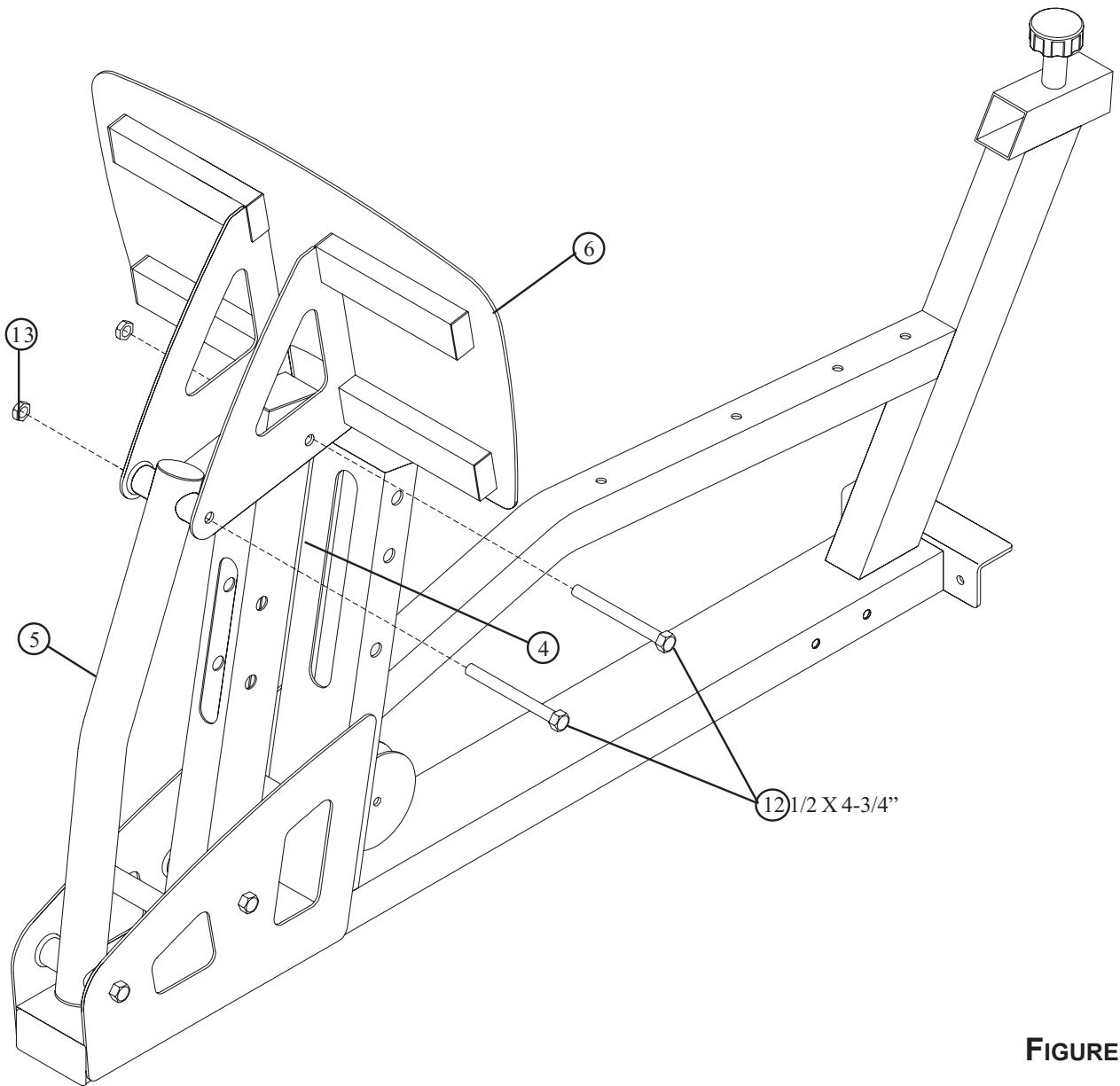


FIGURE 4

STEP 4:

Securely assemble the Footplate (6) to the Second Arm (5) and the Main Arm (4) using two 1/2 x 4-3/4" Bolts (12) and two 1/2" Lock Nuts (13). See Figure 4.

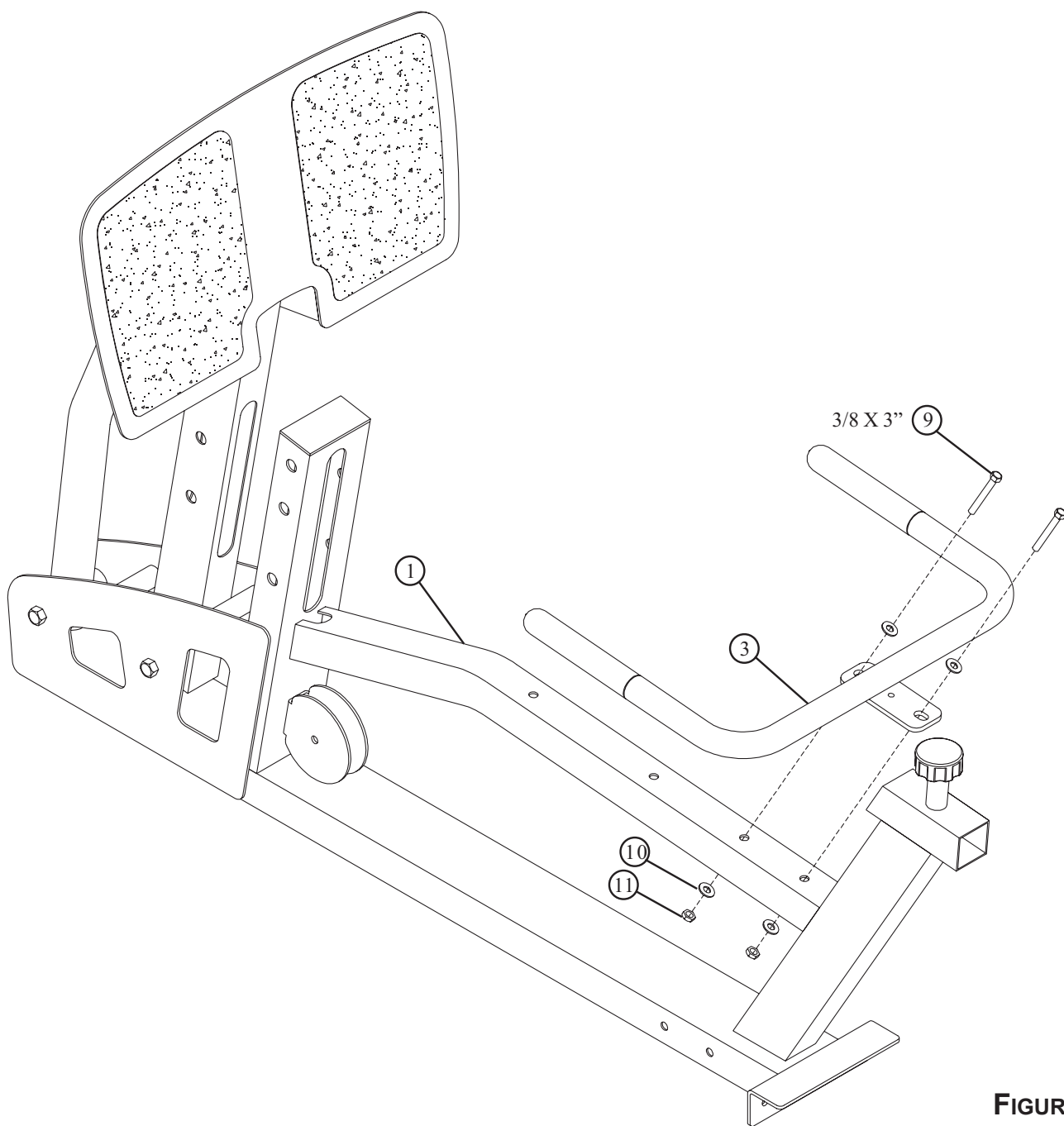
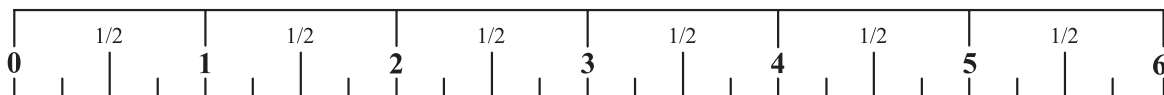


FIGURE 5

STEP 5:

Securely assemble the Handle (3) to the Frame (1) using two 3/8 x 3" Bolts (9), four 3/8" Flat Washers (10) and two 3/8" Lock Nuts (13) as shown in Figure 5.



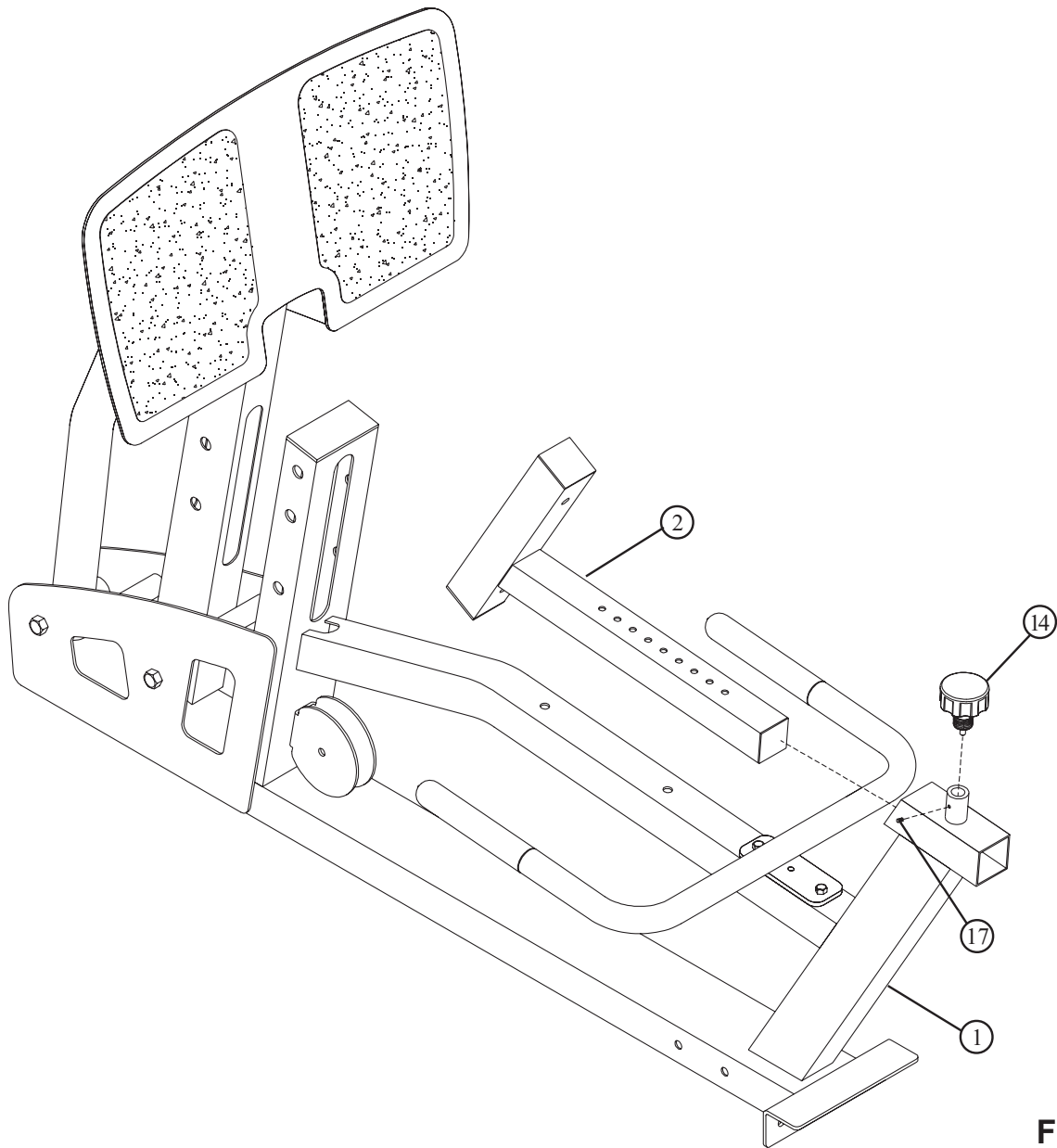


FIGURE 6

STEP 6:

- A. Securely assemble the Spring Pin Knob (14) to the Frame (1) as shown in Figure 6.

Note: Make sure to screw the Spring Pin Knob (14) all the way in.

- B. Insert the M4 Set Screw (17) all the way into the plunger pin barrel on the Frame (1), then screw it back out 1/4 of a turn, so that the Spring Pin Knob (14) rotates freely until its treads contact the M4 Set Screw (17).
- C. Carefully slide the Seat Adjust (2) into the Frame (1) as shown in Figure 6. The Seat Adjust (2) can be moved by turning the Spring Pin Knob (14) counterclockwise and pulling. The Seat Adjust (2) can be secured in place by releasing the Spring Pin Knob (14) into an adjustment hole and turning it clockwise until tight.

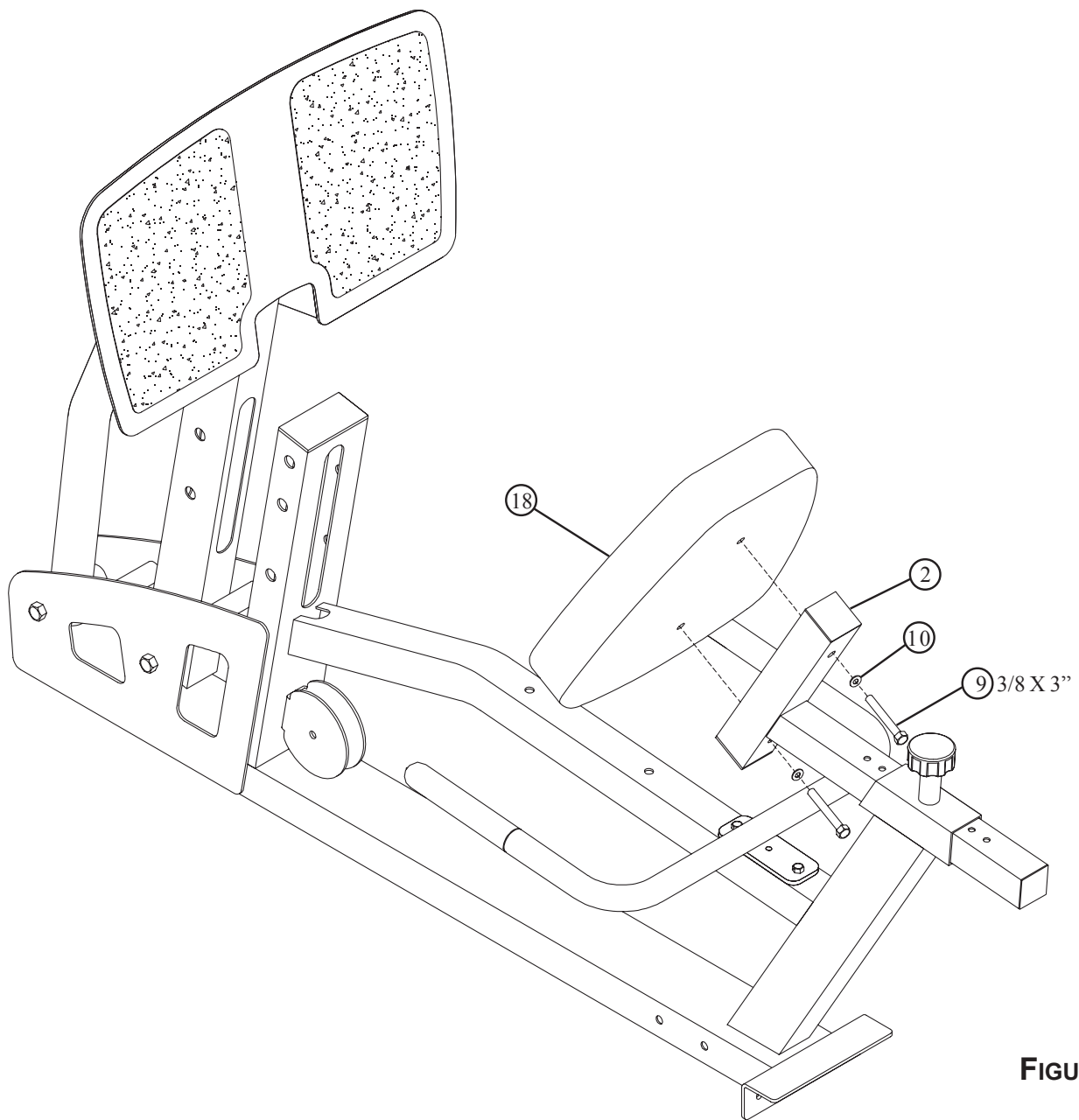
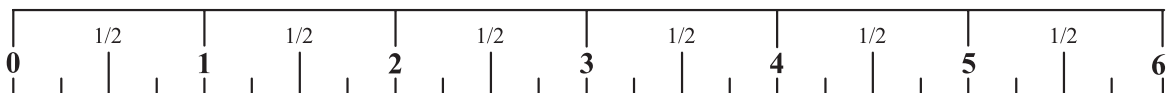


FIGURE 7

STEP 7:

Securely assemble one Back Pad (8) to the Seat Adjust (2) using two 3/8 x 3" Bolts (9) and two 3/8" Flat Washers (10) as shown in Figure 7.



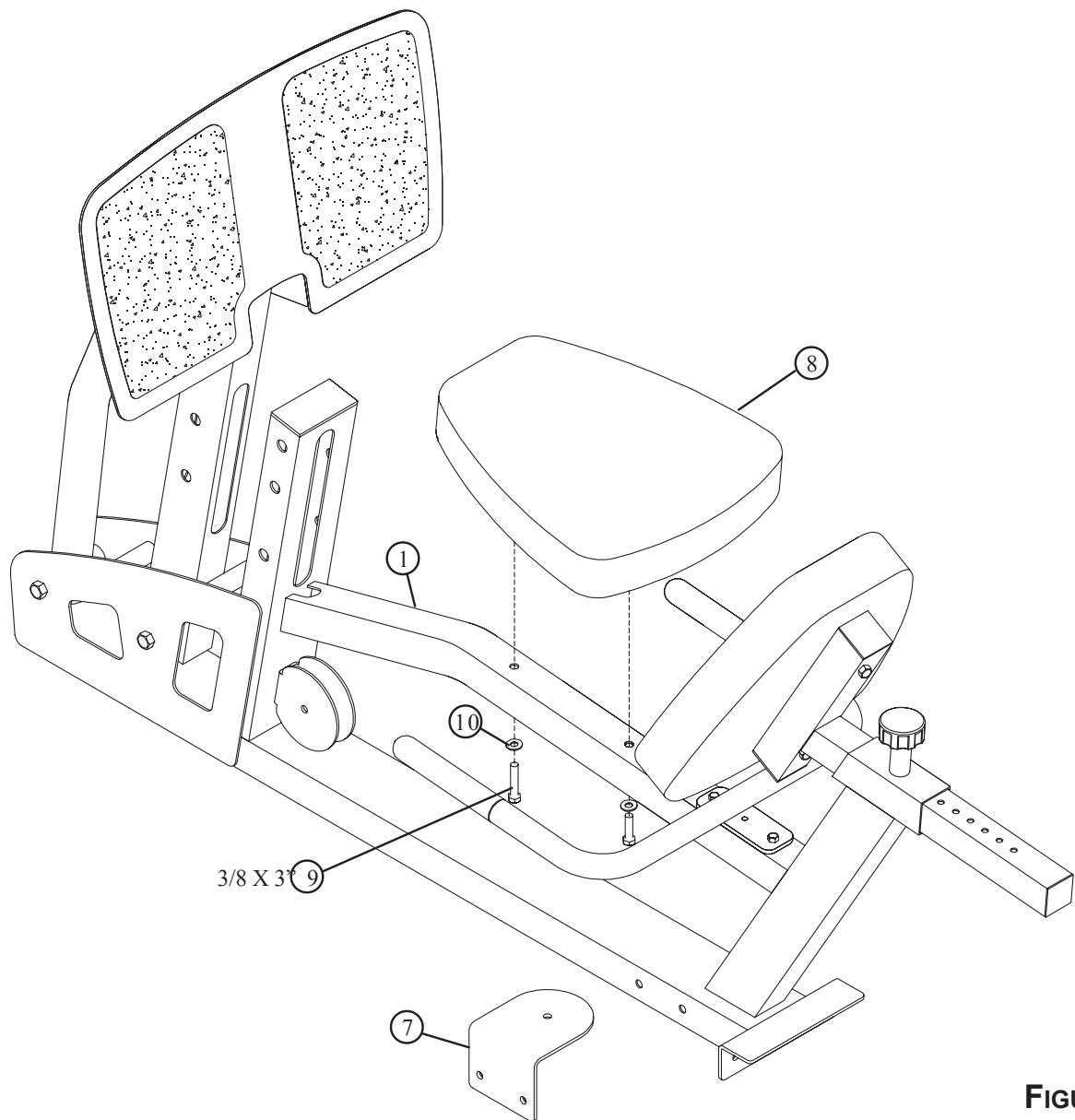


FIGURE 8

STEP 8:

- A. Securely assemble one Pad (18) to the Frame (1) using two 3/8 x 3" Bolts (9) and two 3/8" Flat Washers (10) as shown in Figure 8.
- B. To attach the GLP Leg Press to a home gym, refer to the Leg Press Adapter assembly instructions. The Pulley Bracket (7) will be installed when the Leg Press is connected to the home gym.

Thank you for purchasing the Life Fitness GLP Leg Press. If you are unsure about the proper use of your exercise equipment, contact your local Life Fitness distributor or call the Life Fitness customer service department at 1-800-351-3737.

MAINTENANCE

- 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 1-800-351-3737.
- Inspect equipment daily. 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 THAT YOUR EQUIPMENT REQUIRES SERVICE YOU WILL BE ASKED FOR THIS INFORMATION.

Remember to fill out your registration card on-line at **www.lifefitness.com/registration** .

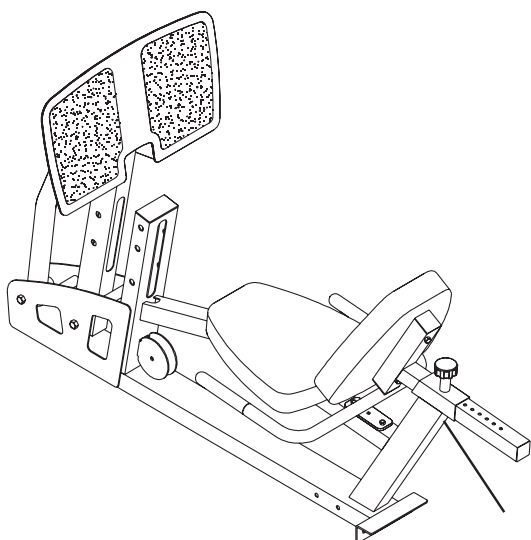
MODEL # _____

SERIAL # _____

DATE OF PURCHASE: _____

DEALER'S NAME: _____

DEALER'S PHONE # _____



SERIAL NUMBER LOCATION

THANK YOU FOR PURCHASING THE LIFE FITNESS GLP LEG PRESS.

WARRANTY

Life Fitness extends the following LIMITED WARRANTY to the original owner of the Life Fitness products. The Warranty terms apply to IN HOME 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: Lifetime – for so long as the Customer owns the Life Fitness product.
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: Lifetime – for so long as the Customer owns the Life Fitness product.
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: Three (3) years.
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 1-800-328-9714 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 (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. The above limitation or exclusion may not apply to you.

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