

HAMMER STRENGTH®

**HAMMER
STRENGTH®**

Hammer Strength Plate-Loaded Owner's Manual



CORPORATE HEADQUARTERS

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Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)

Global Website: www.lifefitness.com

INTERNATIONAL OFFICES

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Sales/Marketing Email: lifefitness@lifefitness.com.br
Service Operating Hours:
9:00 - 17:00 (BRT) (Monday-Friday)
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9:00 -20:00 (BRT) (Monday-Friday)
10:00 - 16:00 (BRT) (Saturday)

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Operating Hours: 7:00am-6:00pm (CST)

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THE NETHERLANDS
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Fax: (+31) 180 646 699
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Operating Hours: 9:00h-17:00h (CET)

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1353.666017
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Operating Hours:
General Office: 9.00am - 5.00pm (GMT)
Customer Support: 8.30am - 5.00pm (GMT)

Germany & Switzerland Life Fitness Europe GMBH

Siemensstraße 3
85716 Unterschleißheim
GERMANY
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Operating Hours: 08.30 -16.30h (CET)

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kundenberatung@lifefitness.com
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Sales/Marketing Email: info.iberia@lifefitness.com
Operating Hours:
9.00h-18.00h (Monday-Thursday)
8.30h-15.00h (Friday)

Belgium Life Fitness Benelux NV

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4800 Verviers
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All Other EMEA Countries & Distributor Business C-EMEA*

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marketing.db.cemea@lifefitness.com
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ASIA PACIFIC (AP)

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5-27-7 Sendagaya
Shibuya-Ku, Tokyo
Japan 151-0051
Telephone: (+81) 3.3359.4309
Fax: (+81) 3.3359.4307
Service Email: service@lifefitnessjapan.com
Sales/Marketing Email: sales@lifefitnessjapan.com
Operating Hours: 9.00h-17.00h (JAPAN)

China and Hong Kong Life Fitness Asia Pacific LTD

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132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
Fax: (+852) 2575.6001
Service Email: HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

All Other Asia Pacific countries & distributor business Asia Pacific*

Room 2610, Miramar Tower
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Sales/Marketing Email:
ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

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1. SAFETY INFORMATION

It is the sole responsibility of the purchaser of HAMMER STRENGTH products to read the owner's manual and 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, CONTACT LIFE FITNESS CUSTOMER SERVICE IMMEDIATELY AT 1-800-735-3867.

This equipment is categorized as class S per EN ISO 20975-1. As such this equipment is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact HAMMER STRENGTH with any questions regarding this classification.

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



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 - HAMMER STRENGTH recommends that all equipment be secured to a solid, level surface to stabilize it and eliminate rocking or tipping over. This must be performed by a licensed contractor.



Health and Environmental Regulations Warning - This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

SAFETY INFORMATION (Con't)



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.
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 HAMMER STRENGTH equipment use only replacement parts supplied by HAMMER STRENGTH.
2. Cables and belts pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult HAMMER STRENGTH if uncertain).
3. Routinely inspect all accessory clips that join attachments to the cables and replace them at the first sign of wear.
4. MAINTAIN LABELS AND NAME PLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact HAMMER STRENGTH for a replacement.
5. EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep 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. HAMMER STRENGTH 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 HAMMER STRENGTH equipment for damage or wear.
8. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE HAMMER STRENGTH EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.

SAFETY INFORMATION (Con't)



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. 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.
4. All bystanders must stay clear of all users, moving parts and 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"/50mm 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 HAMMER STRENGTH representative with any questions regarding proper weights and loading.



SELECTORIZED WEIGHT STACK SYSTEMS

1. Use only weight selector pins supplied by HAMMER STRENGTH 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 HAMMER STRENGTH.

2. WARRANTY

WHAT IS COVERED

This HAMMER STRENGTH commercial exercise equipment 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 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.

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.

WARRANTY (Con't)

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.

Structural Frame (Not coatings)	Bearings	Upholstery	Grips	Hardware/ Mechanical
10 Years	5 Years	90 Days	90 Days	1 Year

3. CONTACT INFORMATION

For CUSTOMER Service within the United States and Canada:
1-800-351-3737 or customersupport@lifefitness.com

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
Columbia Centre III - 9525 West Bryn Mawr Avenue
Rosemont, IL 60018

For Product Service Internationally see contact information listed on page 1 of this manual.

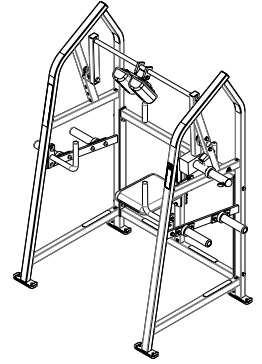
4. EXERCISE AND GENERAL SPECIFICATIONS

Plate-Loaded 4 Way Neck (PL-4W)

Muscles Exercised: Sternocleidomastoid, Trapezius and Sternothyroid

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Seat should be adjusted to allow handles to be slightly below mid-chest. Grip the handles. Place head against the head pads.



Performing the Exercise

With a controlled motion, push the head pads up until the neck is fully extended. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	PL-4W	
Machine Weight:	245 lbs	111.1 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	2 lbs	0.9 kgs
Plate Capacity*:	3-25 lb plates	4-15 kg plates
Max Resistance:	75 lbs total	60 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 60" x 36" x 69" (153cm x 91cm x 176cm)

Live Area: 108" x 60" x 69" (275cm x 153cm x 176cm)

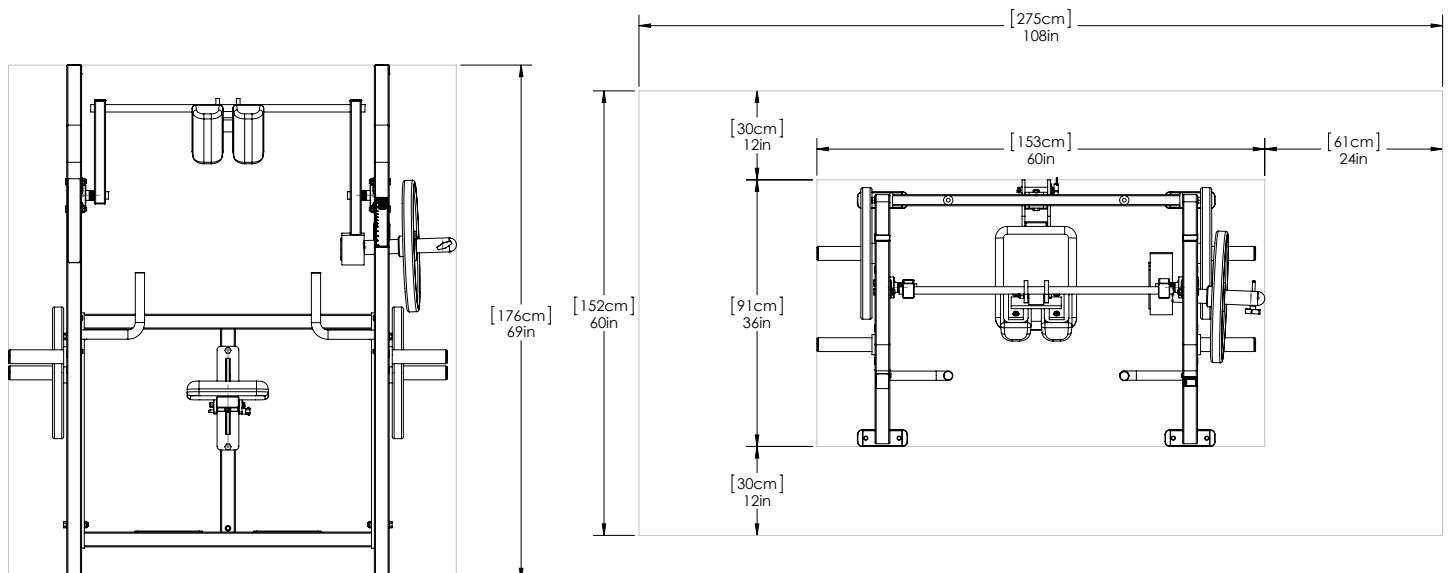
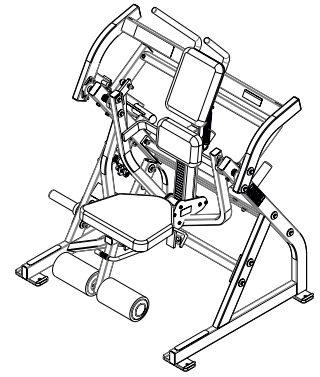


Plate-Loaded Abdominal Oblique Crunch (PL-AB)



Muscles Exercised: Abdominals, Obliques

Abdominal Crunch Setup

Load the appropriate amount of weight plates to ensure proper resistance. Adjust the seat height so that the lower back pad is resting on your lower back. Sit in the machine with your legs placed behind the lower roller pads. Grip handles.

Performing the Abdominal Crunch Exercise

With a controlled motion upper torso crunch, emphasizing the use of your abdominal muscles, raise your knees and bring your arms towards them. Avoid using your arms to power through the motion. Your arms should provide a guide for the motion. Concentrate on squeezing your abdominal muscles throughout the exercise. Maintaining control, return to the start position and repeat the motion.

Oblique Crunch Setup

Load the appropriate amount of weight plates to ensure proper resistance. Adjust the seat height so that the lower back pad is resting on your lower back. Using the front lever, adjust the seat rotation to the left or right. Sit in the machine with your legs placed behind the lower roller pads. Grip handles.

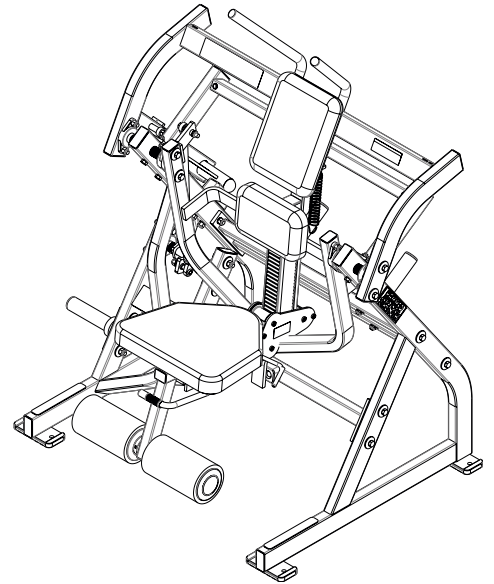
Performing the Oblique Crunch Exercise

With a controlled motion upper torso crunch, emphasizing the use of your oblique muscles, raise your knees and bring your arms towards them. Avoid using your arms to power through the motion. Your arms should provide a guide for the motion. Concentrate on squeezing your oblique muscles throughout the exercise. Maintaining control, return to the start position and repeat the motion.

Product Code:	PL-AB	
Machine Weight:	355 lbs	161 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	25 lbs + 10% of user's weight	11.3 kgs + 10% of user's weight
Plate Capacity*:	5-25 lb plates	4-15 kg plates
Max Resistance:	125 lbs	60 kgs

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Plate-Loaded Abdominal Oblique Crunch (PL-AB)



Instructional Placard Label:



Dimensions: 58" x 57" x 61" (148cm x 144cm x 154cm)
Live Area: 106" x 81" x 73" (270cm x 205cm x 185cm)

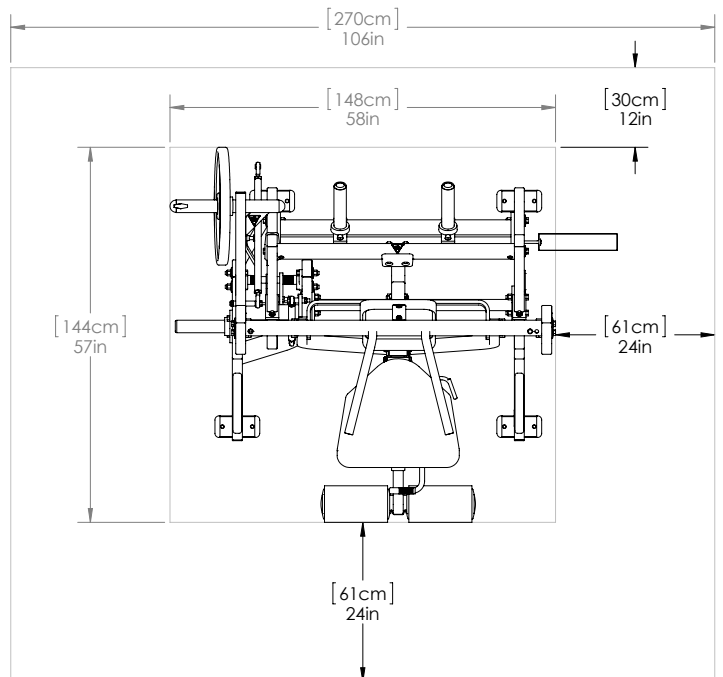
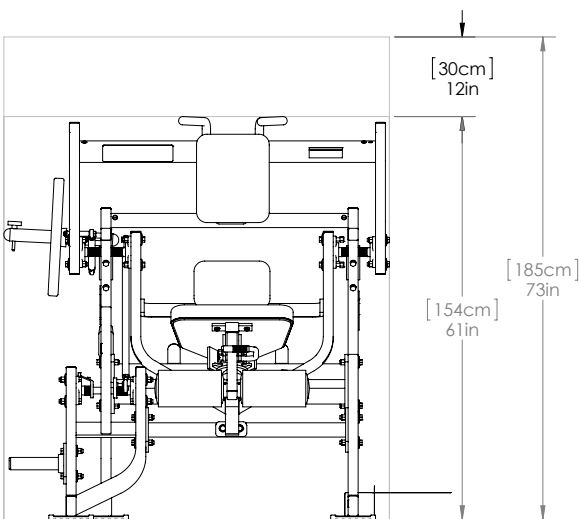
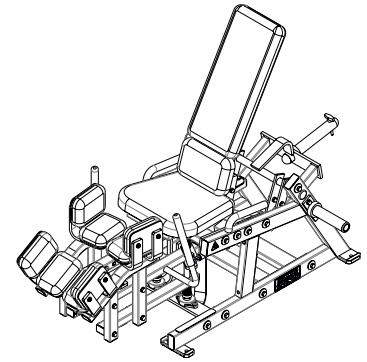


Plate-Loaded Abductor (PL-ABD)

Muscles Exercised: Abductor

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pins. Seat back should be adjusted to allow proper body positioning. Hold handles at side for stability.



Performing the Exercise

With legs placed on the pads and in a controlled motion, push legs away from one another. Use movement arm handles for assistance/resistance. Return legs to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	PL-ABD	
Machine Weight:	330 lbs	149.7 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	3 lbs per work arm	1.4 kgs per work arm
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	225 lbs per side / 450 lbs total	100 kgs per side / 200 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label: No Placard Used

Dimensions: 61" x 71" x 51" (155cm x 181cm x 129cm)

Live Area: 109" x 95" x 51" (277cm x 242cm x 129cm)

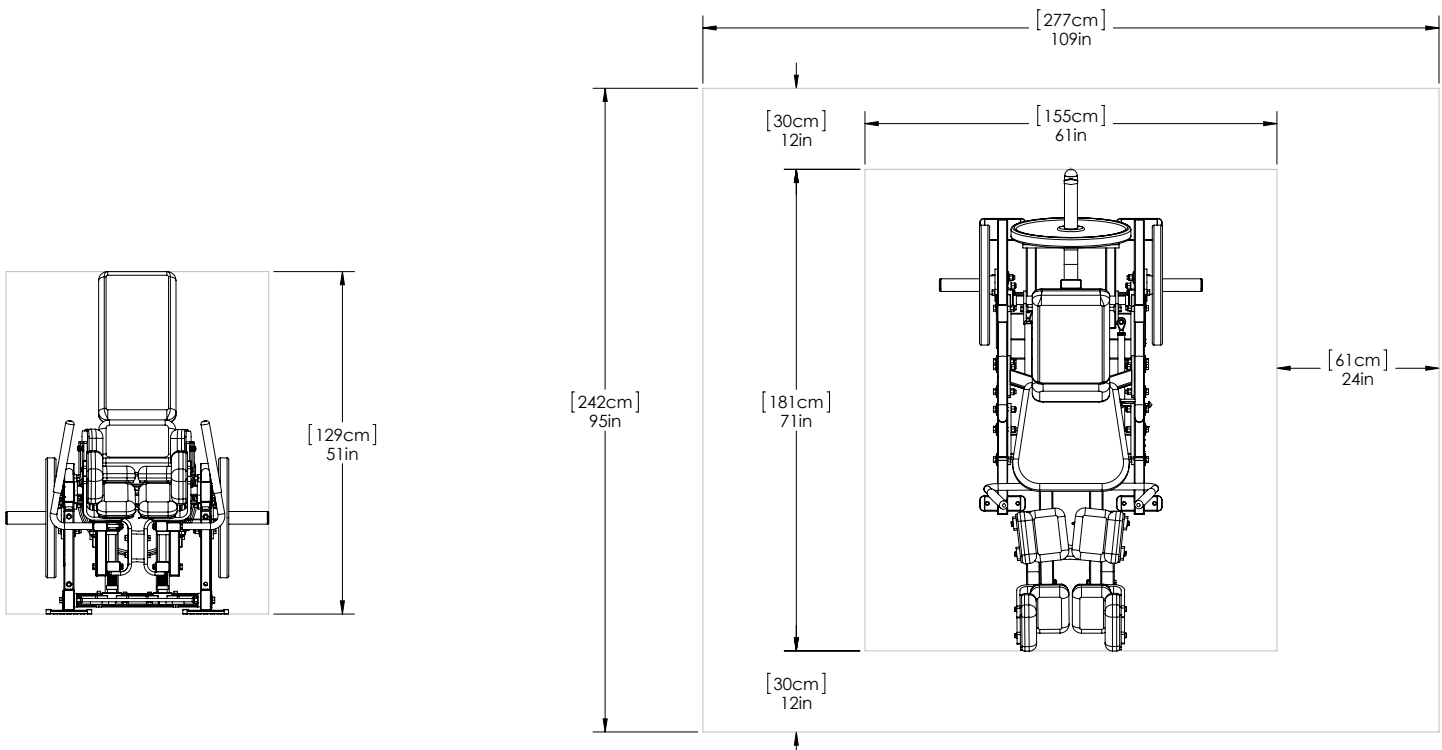
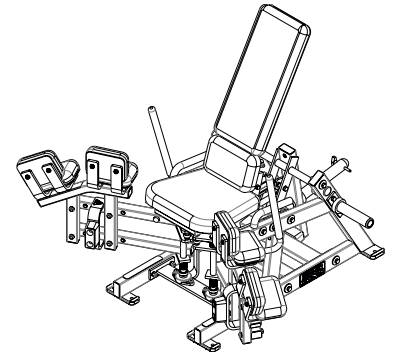


Plate-Loaded Adductor (PL-ADD)

Muscles Exercised: Adductor

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pins. Seat back should be adjusted to allow proper body positioning. Hold handles at side for stability.



Performing the Exercise

With legs placed on the pads and in a controlled motion, push legs towards one another. Use movement arm handles for assistance/resistance. Return legs to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	PL-ADD	
Machine Weight:	360 lbs	163.3 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	3 lbs per work arm	1.4 kgs per work arm
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	225 lbs per side / 450 lbs total	100 kgs per side / 200 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label: No Placard Used

Dimensions: 61" x 69" x 51" (156cm x 175cm x 129cm)

Live Area: 109" x 93" x 51" (278cm x 236cm x 129cm)

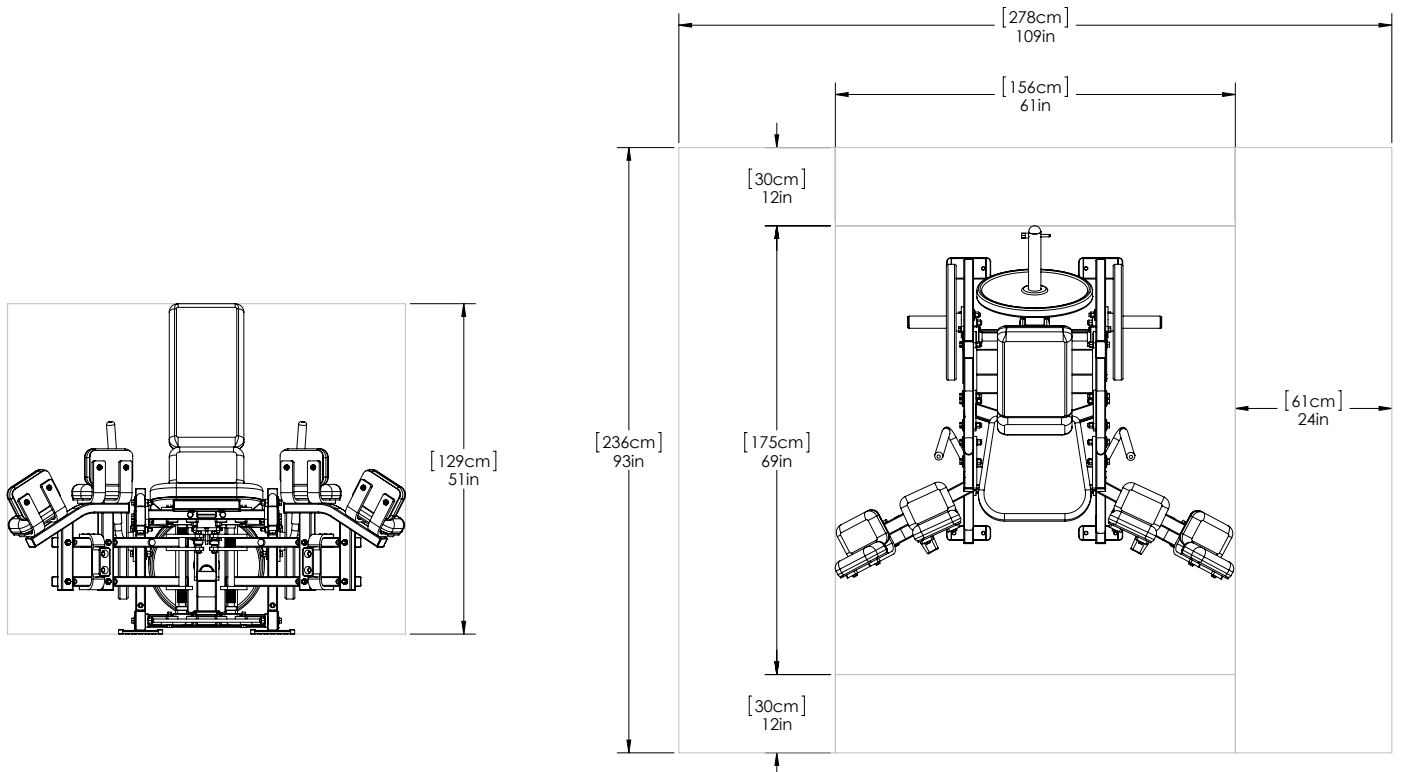


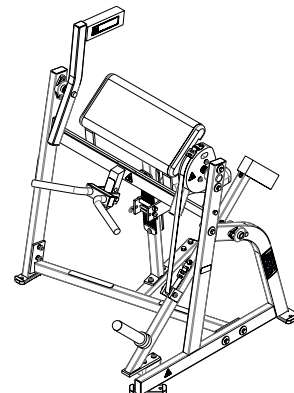
Plate-Loaded Seated Bicep (PL-BI)

Muscles Exercised: Biceps

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Seat should be adjusted to allow arm pit to rest near top of pad. Align elbows near main pivot. Grip handles firmly with an under-hand grip. Position body with chest up and shoulders back.

Tip: Back of upper arm should remain on pad through movement.



Performing the Exercise

With a controlled motion, curl the handles up until the arms are fully flexed. Return to the start position and repeat the motion, while maintaining proper body positioning.

Tip: A wider grip will focus more on the inside of the Biceps muscle. A narrow grip will focus more on the outside of the Biceps muscle.

Product Code:	PL-BI	
Machine Weight:	225 lbs	102 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	4 lbs	1.8 kgs
Plate Capacity*:	5-45 lb plates	4-25 kg plates
Max Resistance:	225 lbs total	100 kgs per side / 200 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 50" x 43" x 53" (127cm x 110cm x 136cm)

Live Area: 74" x 91" x 53" (188cm x 232cm x 136cm)

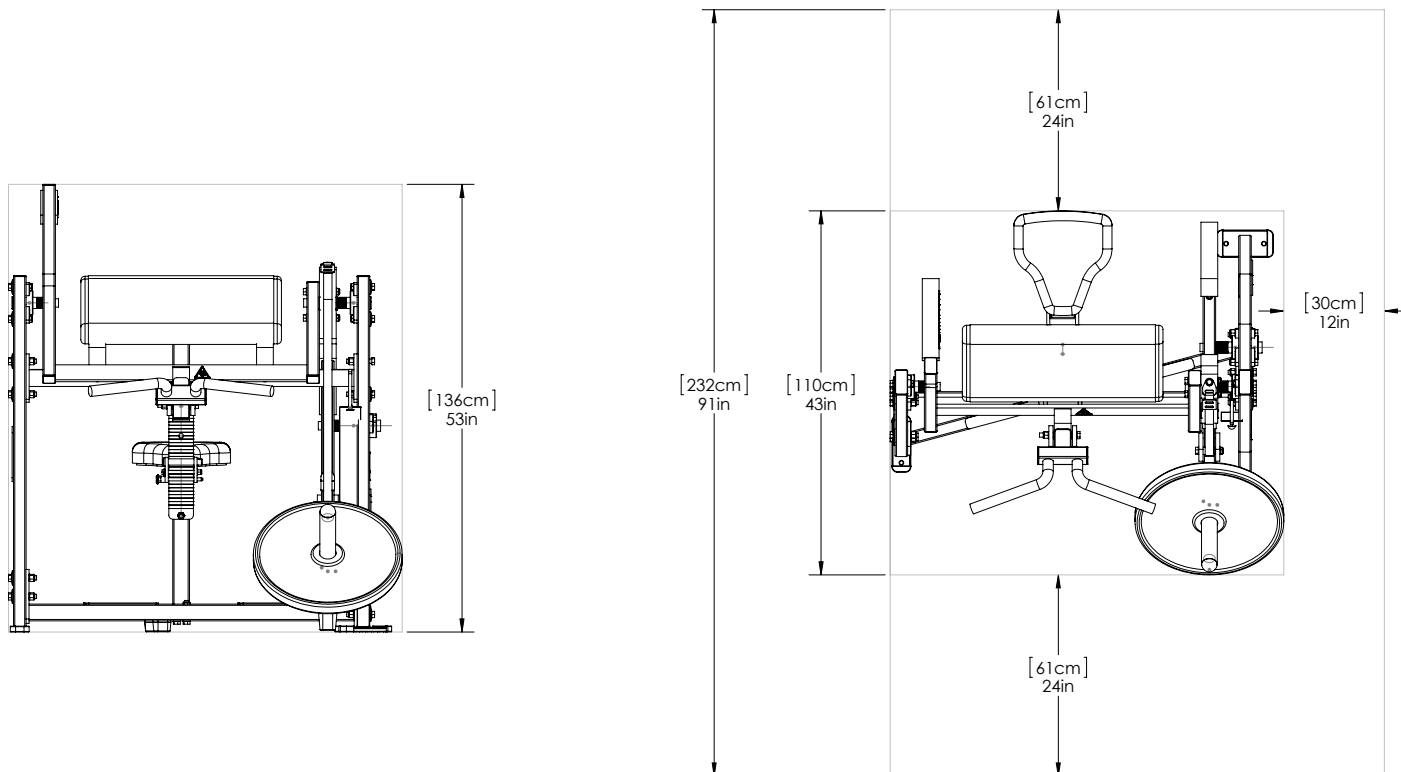
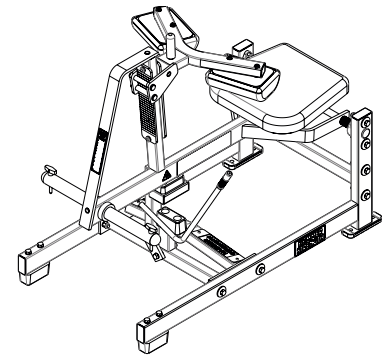


Plate-Loaded Seated Calf Raise (PL-CALF)

Muscles Exercised: Soleus

Setup

Load the unit with the desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. With feet securely placed on foot-plate, adjust knee pad to allow comfortable positioning.



Performing the Exercise

With a controlled motion, raise the balls of your feet as comfortably possible. Move stop out of workarm path. Return to start position and repeat the motion while maintaining proper body positioning. When finished, raise weights and pull stop lever back to upright position.

Product Code:	PL-CALF	
Machine Weight:	200 lbs	90.7 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	60 lbs	27.2 kgs
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	450 lbs total	100 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 29" x 53" x 50" (73cm x 135cm x 127cm)

Live Area: 77" x 89" x 62" (195cm x 226cm x 157cm)

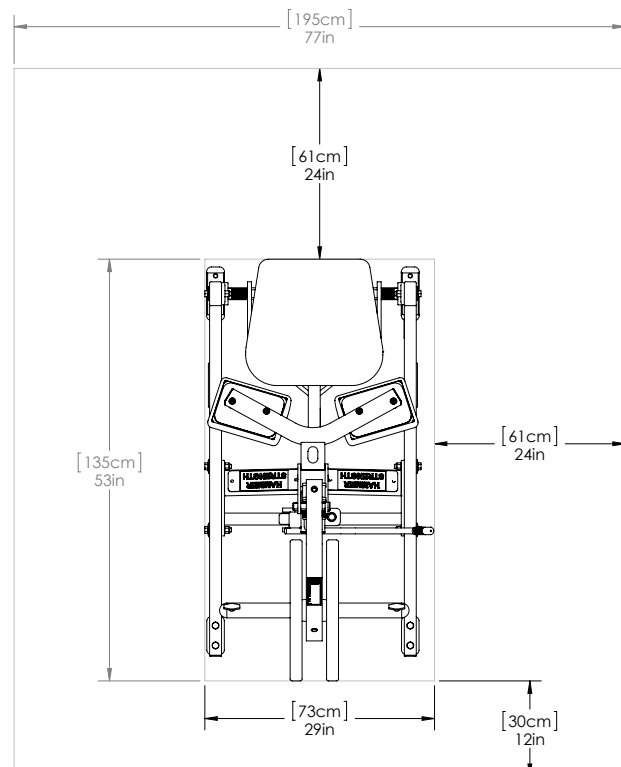
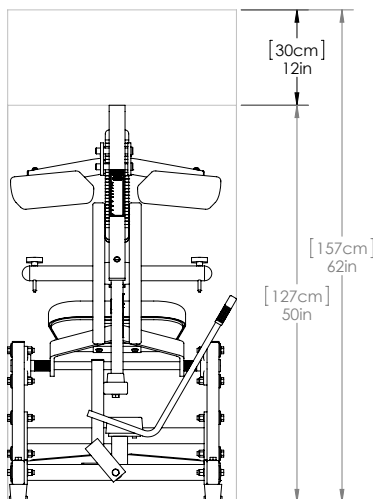


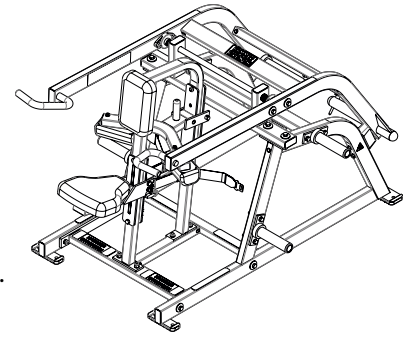
Plate-Loaded Seated Dip (PL-DIP)

Muscles Exercised: Pectoralis Major, Triceps & Anterior Deltoid

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Sit upright or lean slightly forward. Adjust seat so that elbows are at approximately 90 degrees at start movement. Tighten and clasp seatbelt. With feet placed on the floor, adjust knee pad to allow comfortable positioning.

Tip: To allow for more range of motion, or less range of motion, adjust seat height accordingly.



Performing the Exercise

With a controlled motion, extend handles down until arms are fully extended. DO NOT lock elbows at the bottom of the pressing motion. Return handles to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	PL-DIP	
Machine Weight:	285 lbs	129.3 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	4 lbs per work arm	1.8 kgs per work arm
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	450 lbs total	200 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 49" x 72" x 43" (124cm x 182cm x 109cm)

Live Area: 97" x 108" x 43" (246cm x 274cm x 109cm)

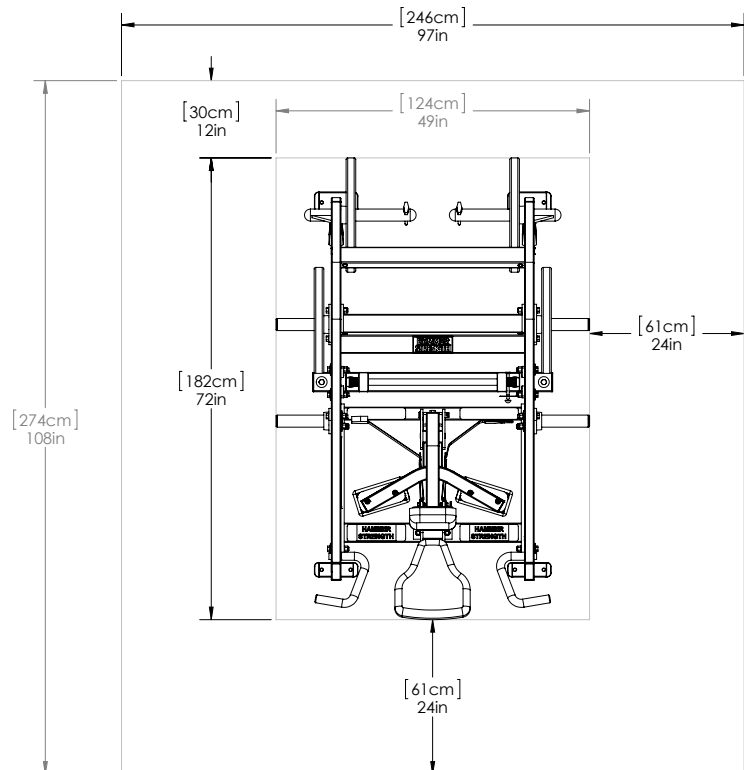
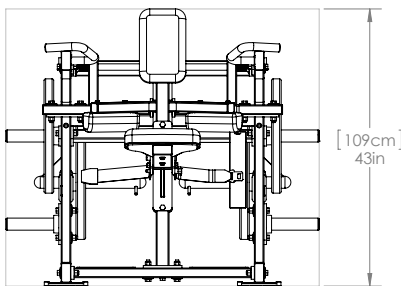
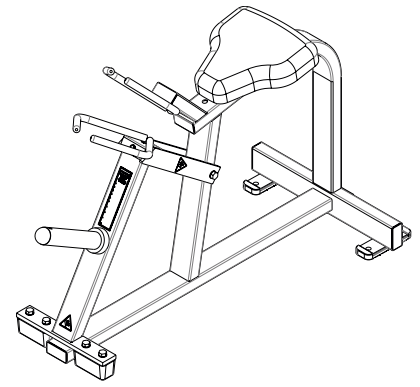


Plate-Loaded Gripper (PL-GRIP)

Muscles Exercised: Brachioradialis, Flexor Carpi Radialis, Flexor Carpi Ulnaris and Extensor Retinaculum

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Grip the frame handles with the inside of thumbs while fingers grip the movement arm handles.



Performing the Exercise

With a controlled motion, pull fingers towards thumbs by making a fist. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.



DO NOT place feet under movement arm while in use!!

Product Code: PL-GRIP

Machine Weight: 65 lbs

29.5kgs

Max User Weight: 350 lbs

158.8 kgs

Start Resistance: 14 lbs

3.6 kgs

Plate Capacity*: 4-45 lb plates per weight rod

3-25 kg plates per weight rod

Max Resistance: 180 lbs total

75 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label: No Placard Used

Dimensions: 21" x 47" x 33" (54cm x 120cm x 84cm)

Live Area: 69" 59" x 33" (176cm x 150cm x 84cm)

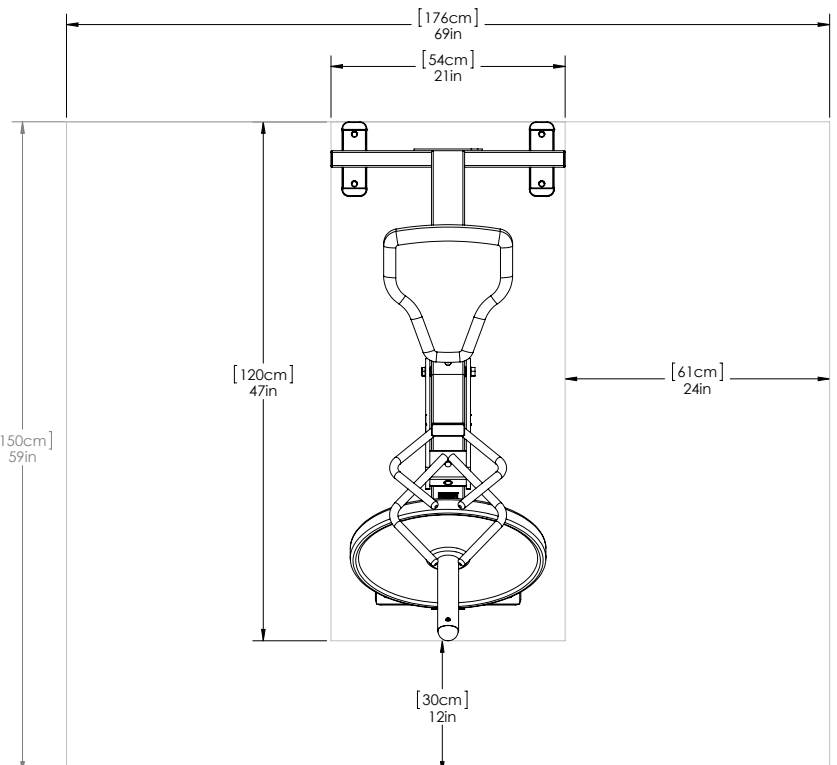
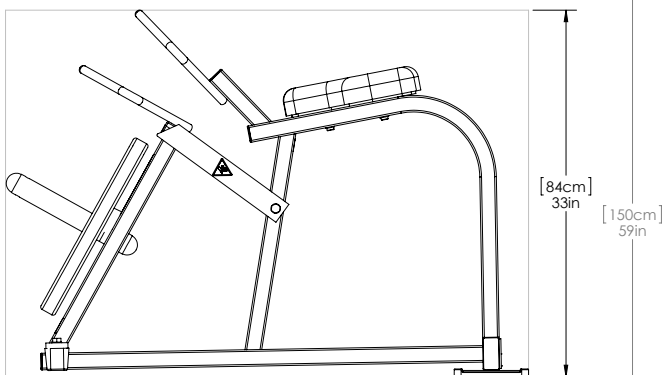
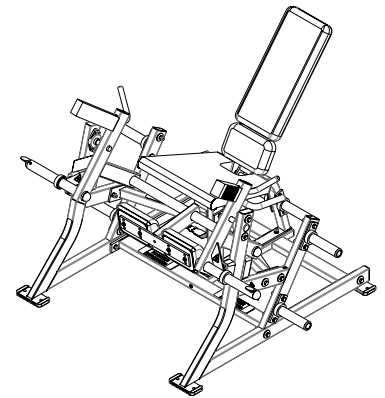


Plate-Loaded Leg Extension (PL-LE)

Muscles Exercised: Quadriceps

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Adjust the back pad to align the knee joint with the machine pivot (axis of rotation). Grip the handles located on the sides of the seat. Tighten and clasp seatbelt. Position body with chest up and with shoulders back and against the back pad.



Performing the Exercise

With a controlled motion extend the legs to nearly full extension without locking out knees. Return the legs to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	PL-LE	
Machine Weight:	300 lbs	136 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	4 lbs per work arm	1.8 kgs per work arm
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	225 lbs per side / 450 lbs total	100 kgs per side / 200 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 65" x 61" x 51" (164cm x 155cm x 129cm)

Live Area: 113" x 85" 51" (286cm x 216cm x 129cm)

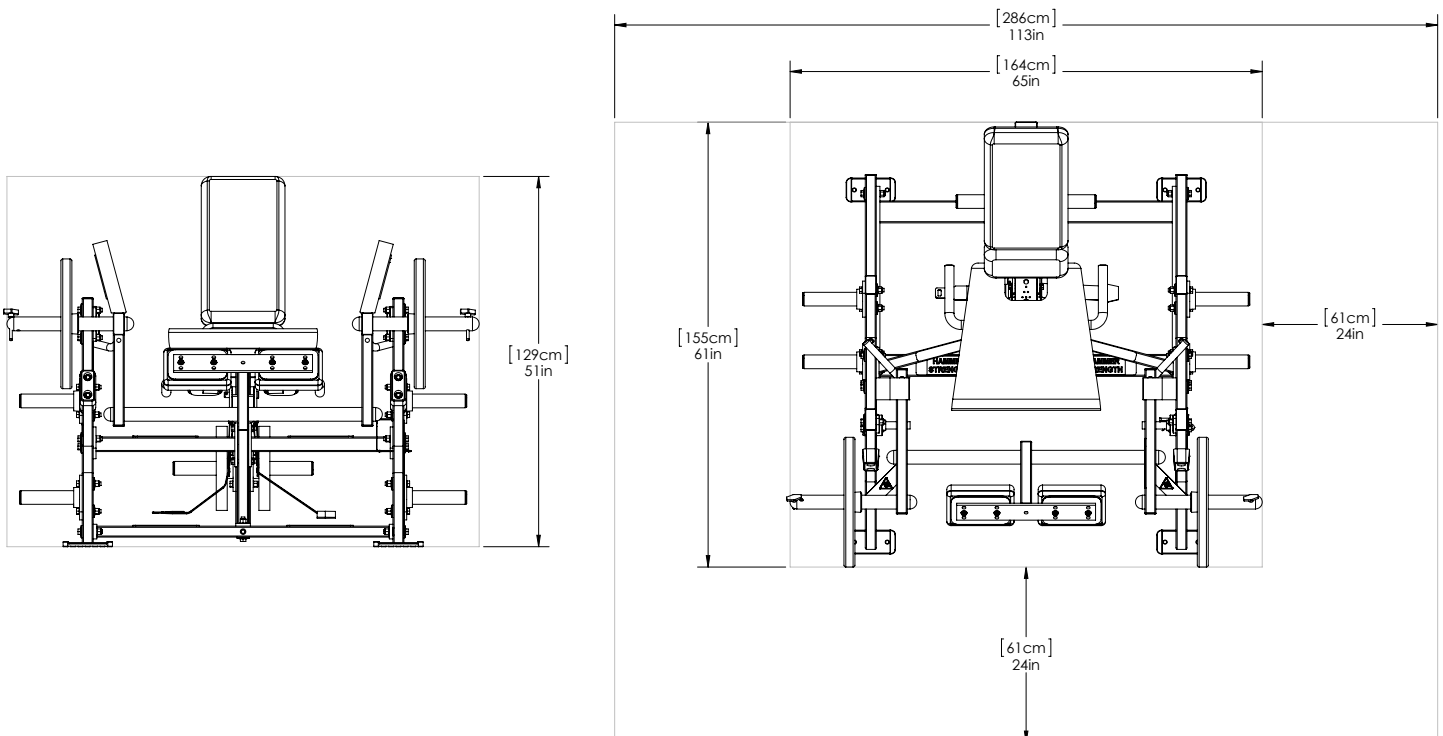
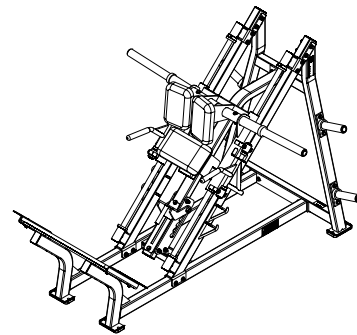


Plate-Loaded Linear Hack Squat (PL-LHS)

Muscles Exercised: Quadriceps, Hamstrings and Glutes

Setup

Set center safety stop to desired range. Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Position feet on the foot plate, hip width apart. Position the body seated against pads. Grip handles on each side of the seat carriage.



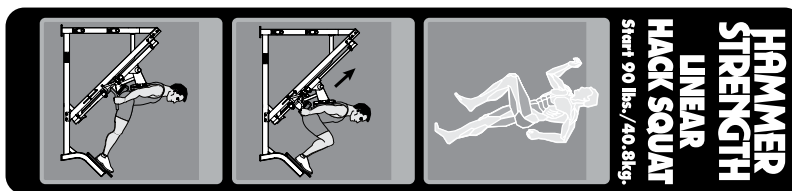
Performing the Exercise

With a controlled motion, push legs to nearly full extension without locking out the knees. Move gripped left and right lever stops out of the carriage path by pulling them towards the hips. Do not release the handles until exercise is complete and carriage is resting on lever stops. Return to start position and repeat the motion while maintaining proper body position. When finished, raise carriage, push both handles away from the hips, and gently set carriage down on lever stops.

Product Code:	PL-LHS	
Machine Weight:	423 lbs	191.9 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	90 lbs	40.8 kgs
Plate Capacity*:	8-45 lb plates per weight rod	7-25 kg plates per weight rod
Max Resistance:	720 total	350 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 25 lb weight plates and 46 mm for 10 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 61" x 82" x 54" (155cm x 208.3cm x 137cm)

Live Area: 109" x 82" x 54" (277cm x 208.3cm x 137cm)

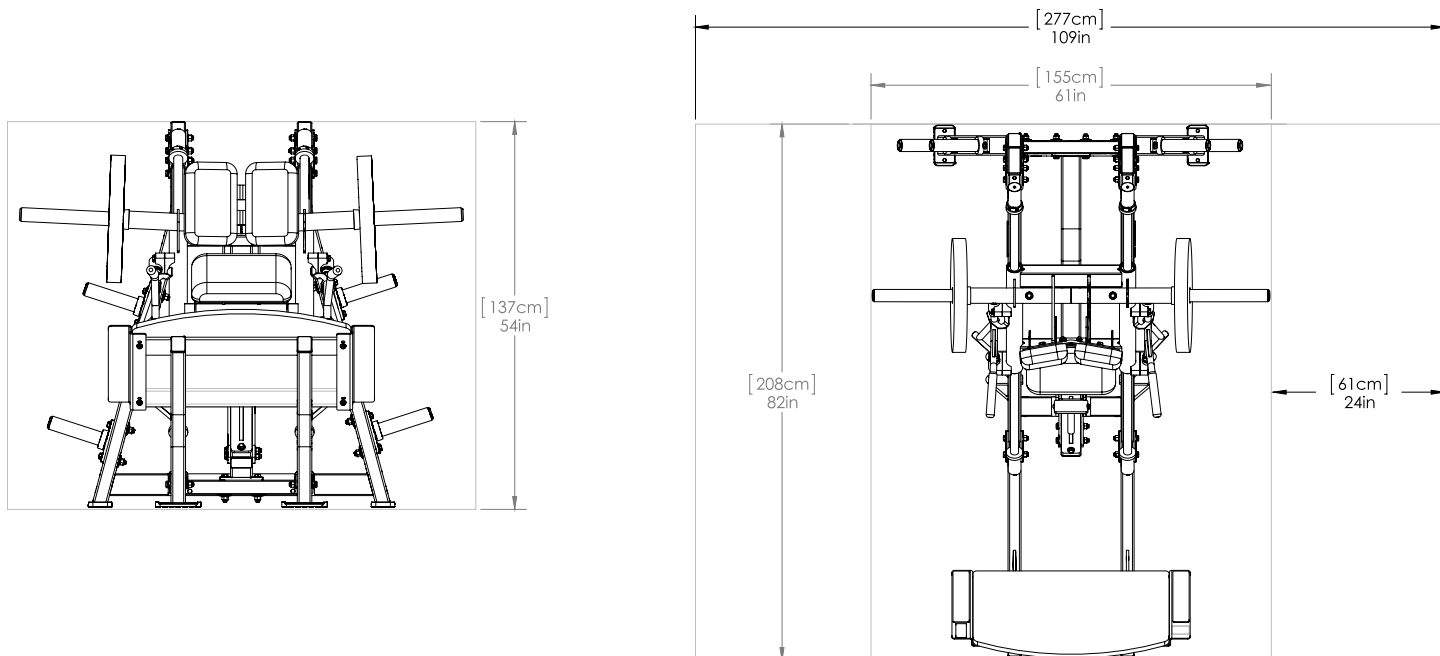
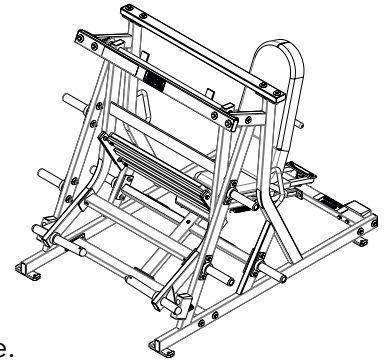


Plate-Loaded Leg Press (PL-LP)

Muscles Exercised: Quadricep, Hamstring and Glute

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Adjust the seat carriage by pulling up on seat handles behind the back pad and adjust carriage fore or aft. Position feet on the foot plates, hip width apart. Position the body with chest up, shoulders and head back against back pad. Grip handles on each side of the seat carriage.



Performing the Exercise

With a controlled motion push legs to nearly full extension without locking out knees. Return the legs to the start position and repeat the motion while maintaining proper body positioning.

Product Code: PL-LP

Machine Weight:	535 lbs	242.7 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	21 lbs per work arm	9.5 kgs per work arm
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	450 lbs / 990 lbs with Rhino Horn	100 kgs per side / 500 kgs with Rhino Horn

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 62" x 97" x 57" (158cm x 245cm x 144cm)

Live Area: 110" x 109" x 57" (280cm x 276cm x 144cm)

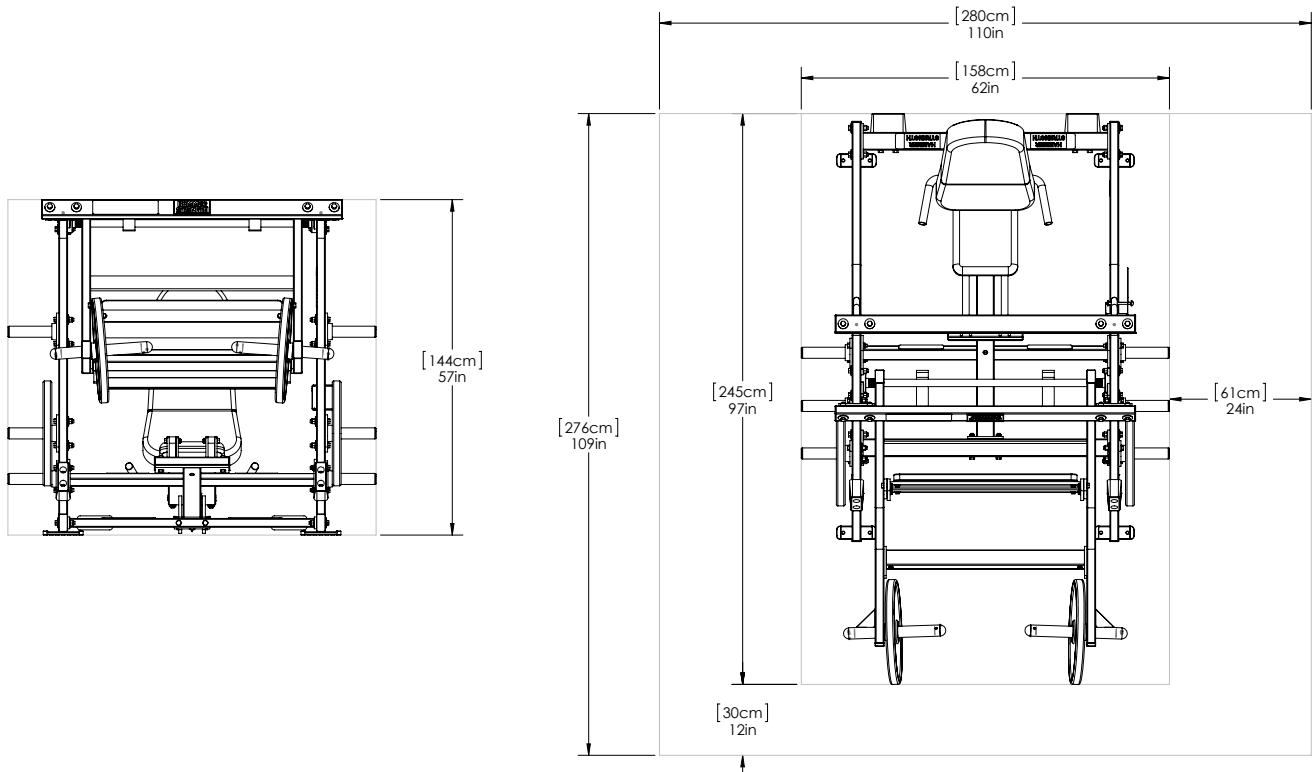
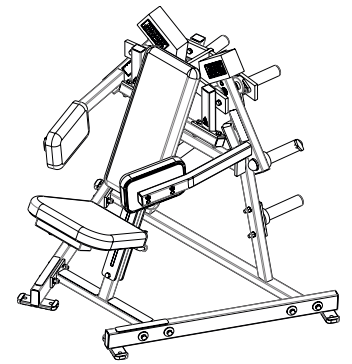


Plate-Loaded Lateral Raise (PL-LR)

Muscles Exercised: Trapezius, Deltoid and Latissimus dorsi

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Seat should be adjusted to allow for proper body positioning. In the seated body position, place elbows up against elbow pads.



Performing the Exercise

With a controlled motion, push the elbow pads out until the arms are fully extended. Return the movement arms to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	PL-LR	
Machine Weight:	295 lbs	134 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	1 lbs per work arm	0.5 kgs per work arm
Plate Capacity*:	3-25 lb plates per weight rod	3-15 kg plates per weight rod
Max Resistance:	75 lbs per side / 150 lbs total	45 kgs per side / 90 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 48" x 53" x 66" (121cm x 135cm x 169cm)

Live Area: 96" x 77" x 94" (243cm x 196cm x 238cm)

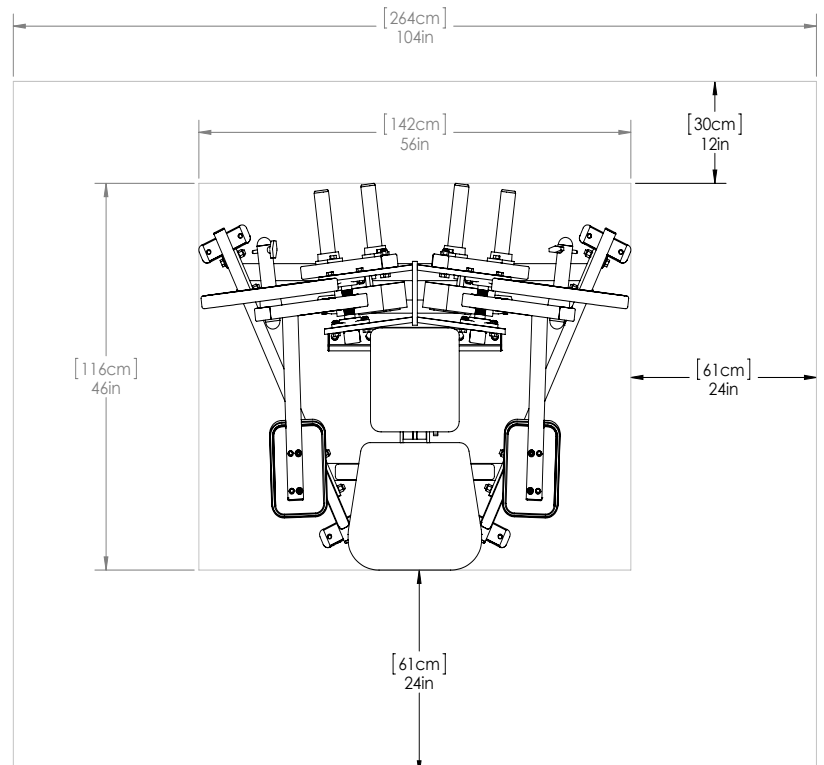
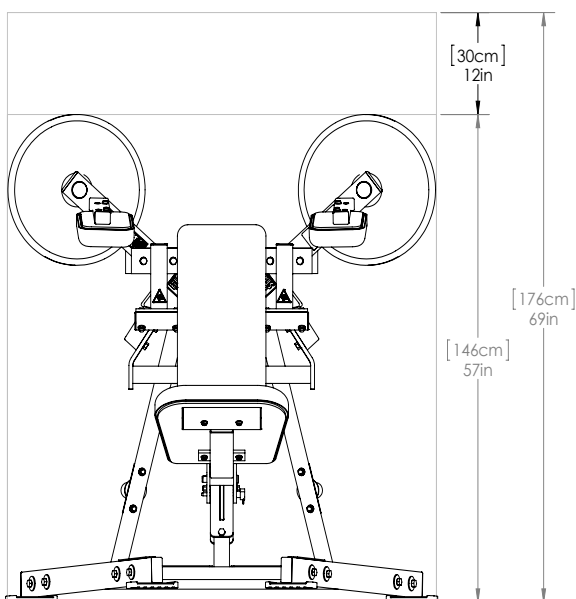
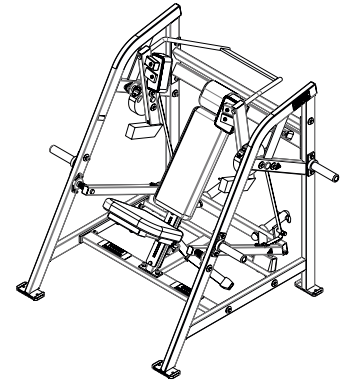


Plate-Loaded Pullover (PL-PO)

Muscles Exercised: Deltoid, Latissimus dorsi, Tricep, Infraspinatus fascia and Teres major/minor

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Seat should be adjusted to allow for proper body positioning. Tighten and clasp seatbelt. In the seated body position, place elbows onto elbow pads and place hands above head and grasp the movement arm.



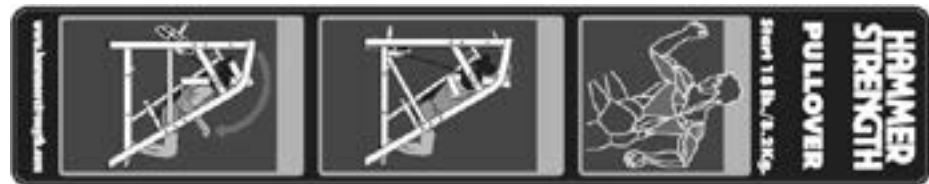
Performing the Exercise

With a controlled motion, pull the movement arm downward. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	PL-PO	
Machine Weight:	370 lbs	167.8 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	18 lbs per work arm	8.2 kgs per work arm
Plate Capacity*:	4-45 lb plates per weight rod	3-25 kg plates per weight rod
Max Resistance:	360 lbs total	150 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 64" x 57" x 58" (162cm x 144cm x 148cm)

Live Area: 112" x 81" x 75" (284cm x 205cm x 190cm)

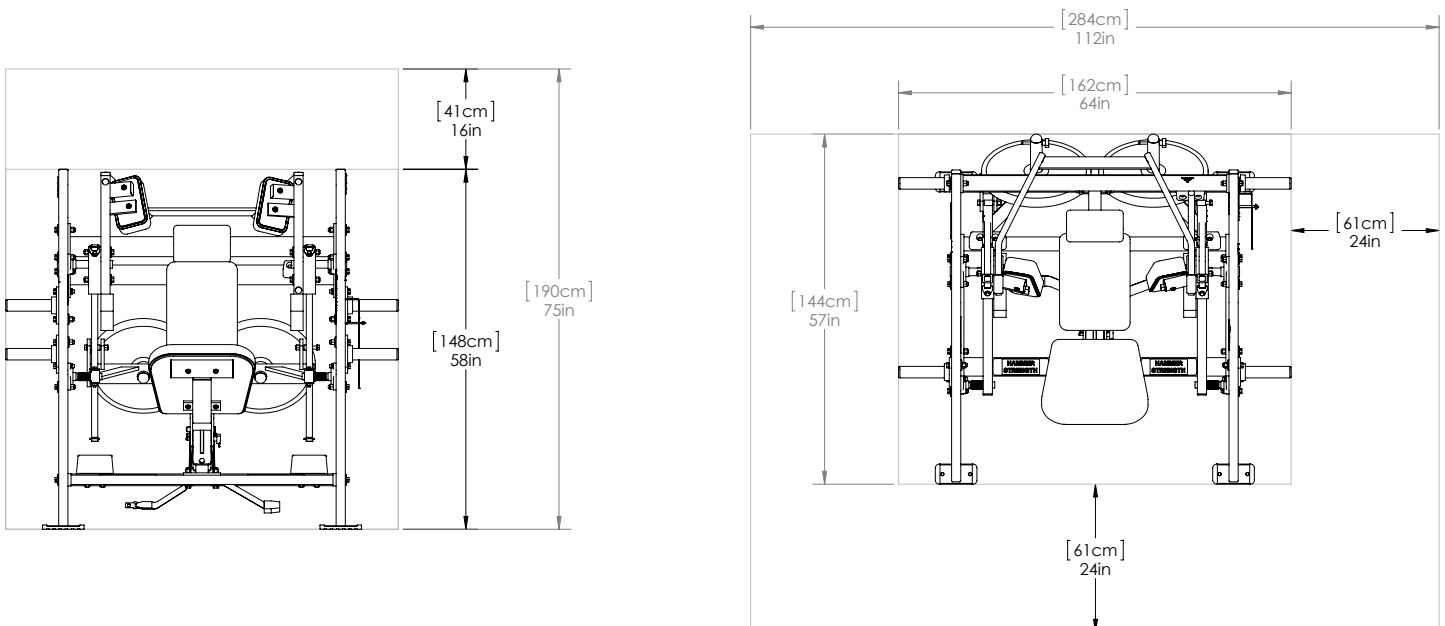


Plate-Loaded Seated/Standing Shrug (PL-SH)

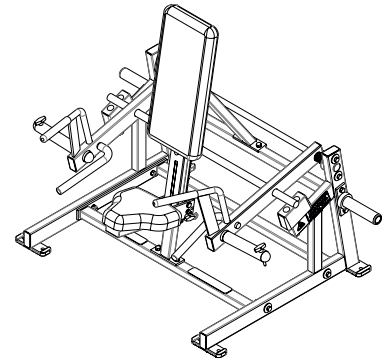
Muscles Exercised: Trapezius, Infraspinatus, Rhomboid major, and Teres major/minor

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pins.

Seated - Seat should be adjusted to allow for proper body positioning. In the seated body position, grab each movement arm grip.

Standing - In the standing position and facing the unit, grab each movement arm grip.



Performing the Exercise

With a controlled motion, pull the movement arm upward. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	PL-SH	
Machine Weight:	235 lbs	106.6 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	25 lbs per work arm	11.3 kgs per work arm
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	450 lbs total	200 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 60" x 42" x 49" (153cm x 107cm x 125cm)

Live Area: 108" x 78" x 49" (275cm x 199cm x 125cm)

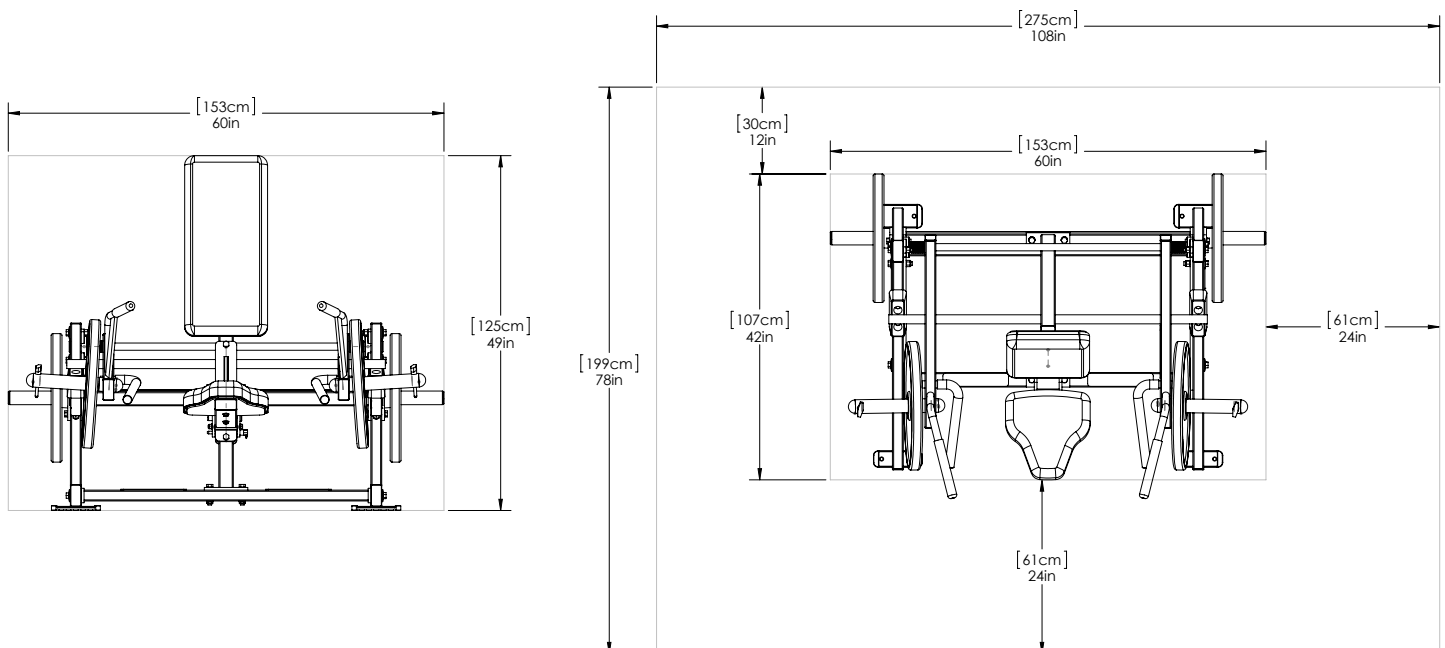
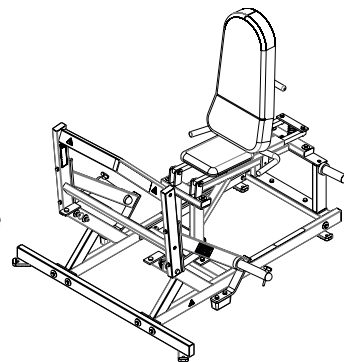


Plate-Loaded Super Horizontal Calf (PL-SHC)

Muscles Exercised: Gastrocnemius and Soleus

Setup

Load the unit with the desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Adjust the seat carriage by pulling up on seat handles behind the back pad and adjust carriage fore or aft. Place feet securely on footplate.



Performing the Exercise

With a controlled motion extend toes to full extension. Return the toes to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	PL-SHC	
Machine Weight:	380 lbs	172.4 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	20 lbs per work arm	9.1 kgs per work arm
Plate Capacity*:	6-45 lb plates per weight rod	5-25 kg plates per weight rod
Max Resistance:	270 lbs per side / 450 lbs total	125 kgs per side / 250 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 57" x 73" x 57" (144.8cm x 185.4cm x 144.8cm)

Live Area: 105" x 97" x 57" (266.7cm x 246.4cm x 144.8cm)

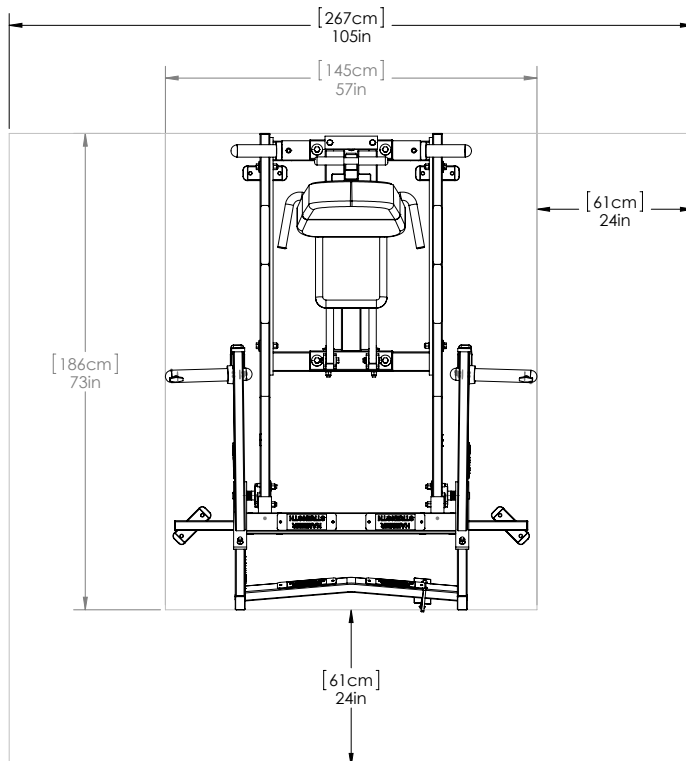
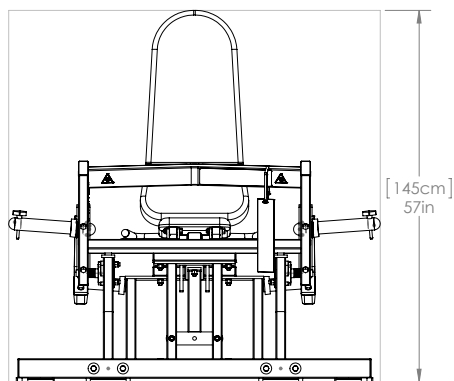
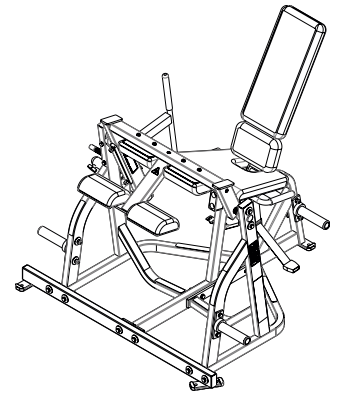


Plate-Loaded Seated Leg Curl (PL-SLC)

Muscles Exercised: Hamstrings and Gastrocnemius

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Adjust the back pad to align the knee joint with the machine pivot (axis of rotation). Grip the handles located on the sides of the seat. Tighten and clasp seatbelt. Position body with chest up and with shoulders back and against the back pad.



Performing the Exercise

With a controlled motion pull the legs downward to nearly full extension without locking out knees. Return the legs to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	PL-SLC	
Machine Weight:	330 lbs	149.7 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	3 lbs per work arm	1.4 kgs per work arm
Plate Capacity*:	4-45 lb plates per weight rod	3-25 kg plates per weight rod
Max Resistance:	180 lbs total	75 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 60" x 55" x 56" (153cm x 141cm x 142cm)

Live Area: 108" x 103" x 68" (275cm x 263cm x 172cm)

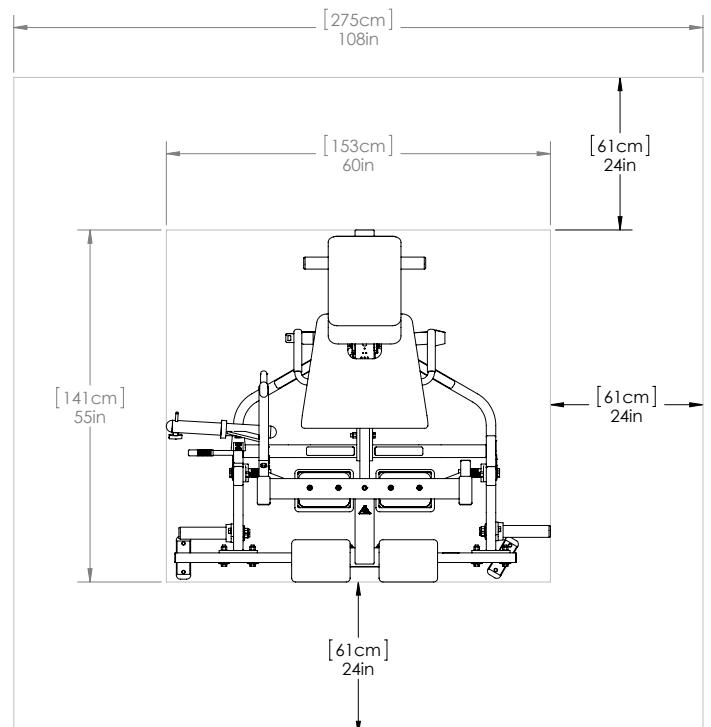
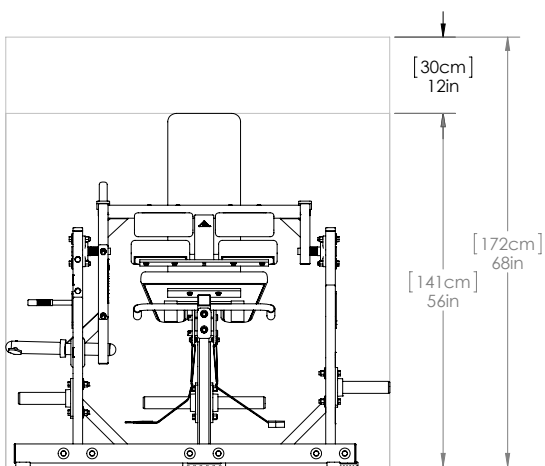
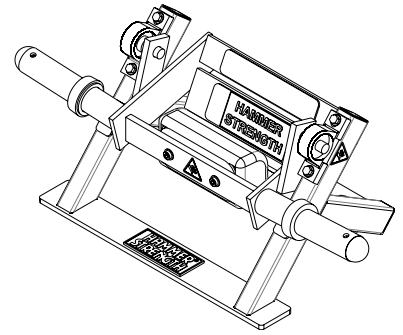


Plate-Loaded Tibia Dorsi Flexion (PL-TIB)

Muscles Exercised: Tibialis Posterior, Flexor hallucis longus and Flexor digitorum longus

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Insert foot, one at a time, toe first into unit so top of foot rests against pad and bottom of foot is planted flat against wear strips. Align ankles with the with the machine pivot (axis of rotation).



Performing the Exercise

With a controlled motion lift up with foot by tilting rearward to nearly full extension. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	PL-TIB	
Machine Weight:	52 lbs	23.6 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	3 lbs per work arm	1.4 kgs per work arm
Plate Capacity*:	3-25 lb plates per weight rod	2-10 kg plates per weight rod
Max Resistance:	75 lbs per side / 150 lbs total	20 kgs per side / 40 kgs total

* Capacities listed are calculated using a thickness of 1-1/2" for 25 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label: No Placard Used

Dimensions: 34" x 21" x 19" (86cm x 53cm x 49cm)
Live Area: 82" x 57" x 31" (207cm x 144cm x 80cm)

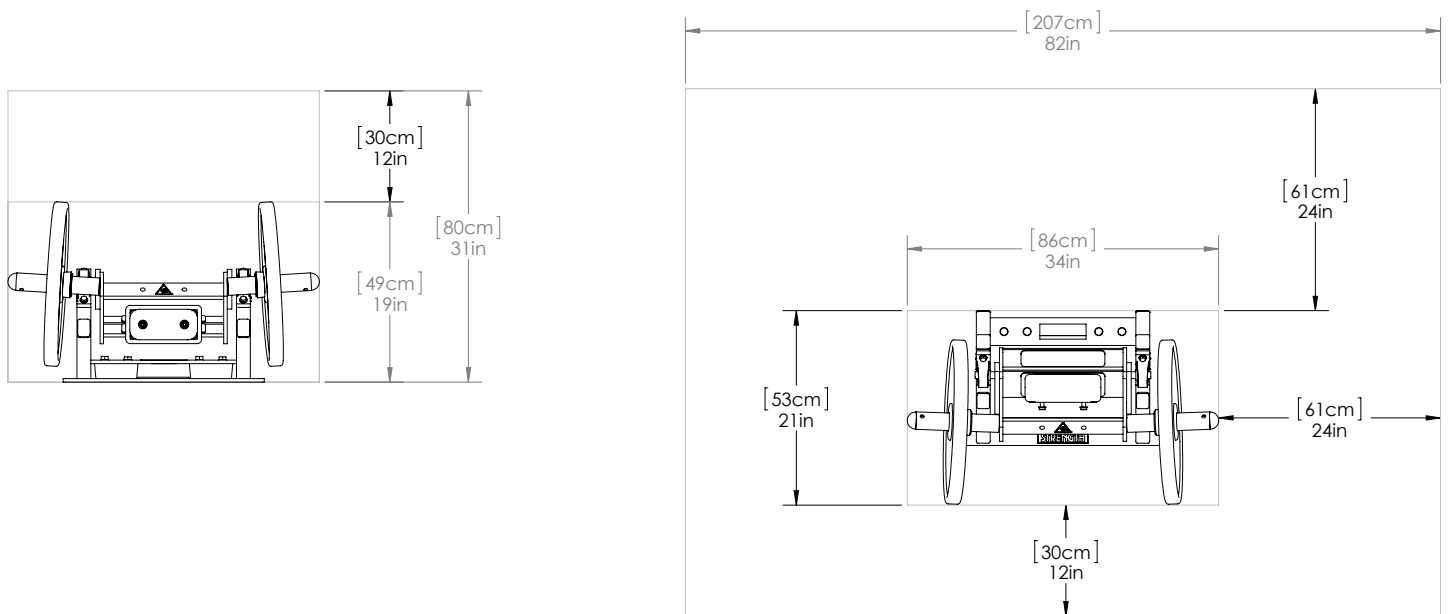


Plate-Loaded Vertical Squat (PL-VSQ)

Muscles Exercised: Latissimus Dorsi, Quadriceps, Glutes and Hamstrings

Setup

Load the unit with the desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. With feet securely placed on footplate, lean back into rear pads and shoulders into high pads. Hold above handles for stability.



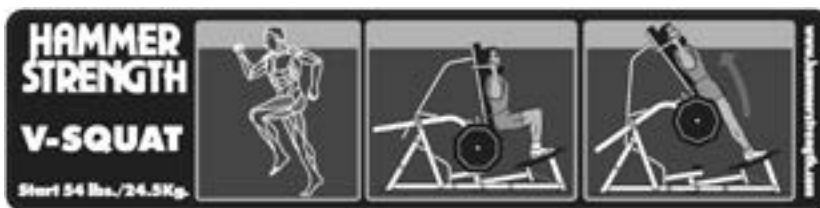
Performing the Exercise

With a controlled motion, begin to stand upward placing bulk of load into shoulder pads. Move stop out of workarm path. Return to start position and repeat the motion while maintaining proper body positioning. When finished, raise weights and pull stop lever back to upright position.

Product Code:	PL-VSQ	
Machine Weight:	530 lbs	240.4 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	54 lbs	24.5 kgs
Plate Capacity*:	6-45 lb plates per weight rod	5-25 kg plates per weight rod
Max Resistance:	540 lbs total	125 kgs total

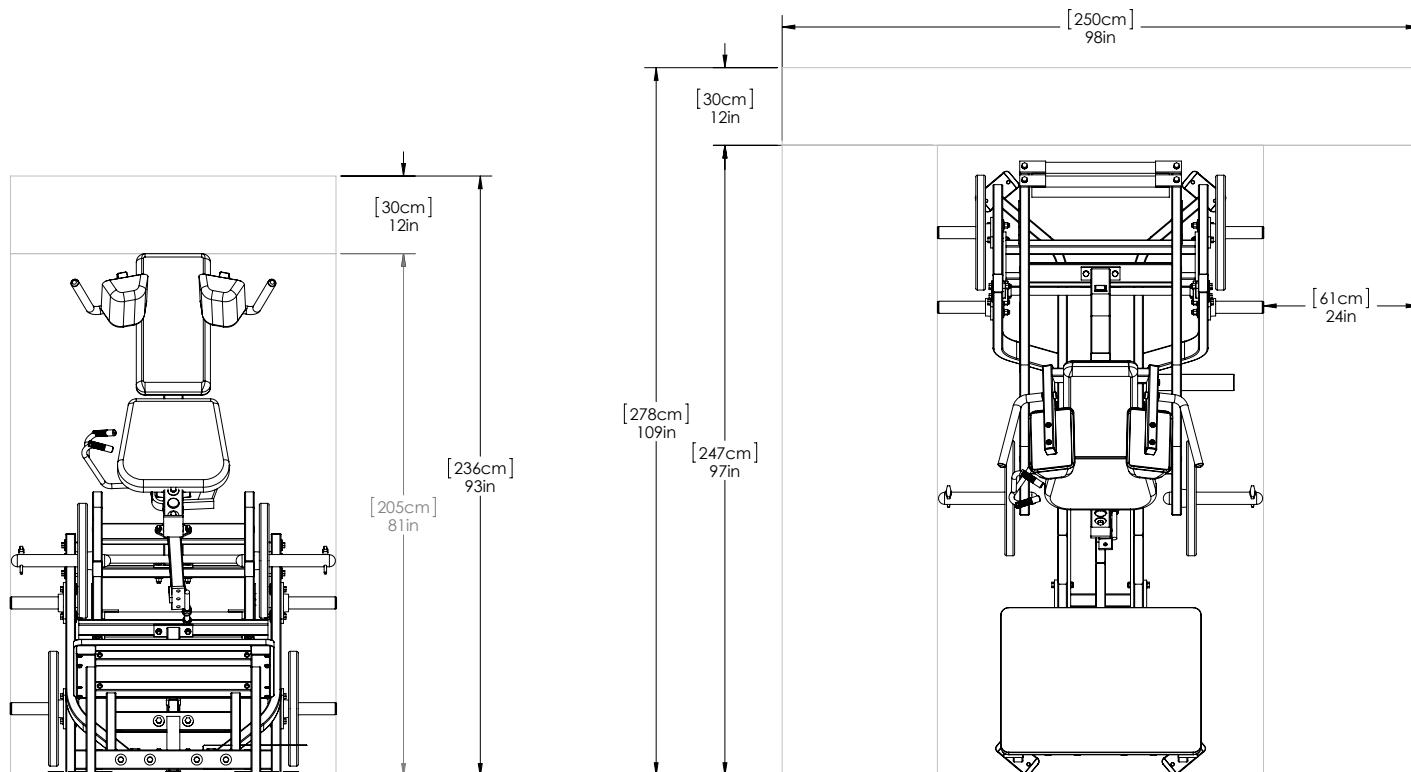
* Capacities listed are calculated using a thickness of 1-1/2" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 42" x 97" x 81" (107cm x 247cm x 205cm)

Live Area: 98" x 109" x 93" (250cm x 278cm x 236cm)



5. MAINTENANCE

MAINTENANCE SCHEDULE

<i>ACTION</i>	<u>DAILY</u>	<u>WEEKLY</u>	<u>MONTHLY</u>	<u>AS NEEDED</u>
CLEAN Upholstery Hand Grips	X		X	
WAX Frames				X
INSPECT Paint Hardware Frame Hand Grips Belts	X	X X X	X	

CLEAN...

1. Upholstery with an approved or compatible cleaner.
2. Hand Grips with an approved or compatible cleaner.

WAX...

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

INSPECT...

1. Belts. Look for wear or damage and proper tension. Pay close attention at bends and attachment points.
2. Hardware. Check for loosening. Tighten as required.
3. Frames. Inspect for wear and damage.
4. Handgrips. Check for wear and damage.
5. For paint chips. Fill in immediately with HAMMER STRENGTH touch-up paint.

MAINTENANCE (Con't)

ONCE A DAY

1. Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.
2. Visually inspect belts for wear at and around connections and along the entire length of the belt. Always replace at first sign of wear.

ONCE A WEEK

1. Inspect all accessories, connecting links, and carabiner clips for wear.
2. Check condition of hand grips.
3. Check for belt stretch on PLBI and adjust as necessary by loosening the belt clamp on top of the lower movement arm, then pulling loose end of belt to tighten. Tighten belt clamp down.

ONCE A MONTH

Visually inspect all hardware for loosening, tampering or wear.

NOTES

Use polishing compound (such as car wax) and remove shoe scuffs from powder coated surfaces as necessary.

MINIMIZE SCRATCHES

Wash the unit with approved or compatible cleaners 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. 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.

MAINTENANCE (Con't)

HAMMER STRENGTH APPROVED CLEANERS

Two preferred cleaners have been approved by HAMMER STRENGTH 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).

HAMMER STRENGTH 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.
2. NEVER scrape equipment with squeegees, razor blades or other sharp instruments.
3. DO NOT clean equipment in hot sun or at elevated temperatures.
4. NEVER use benzene, gasoline, acetone or carbon tetrachloride.

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