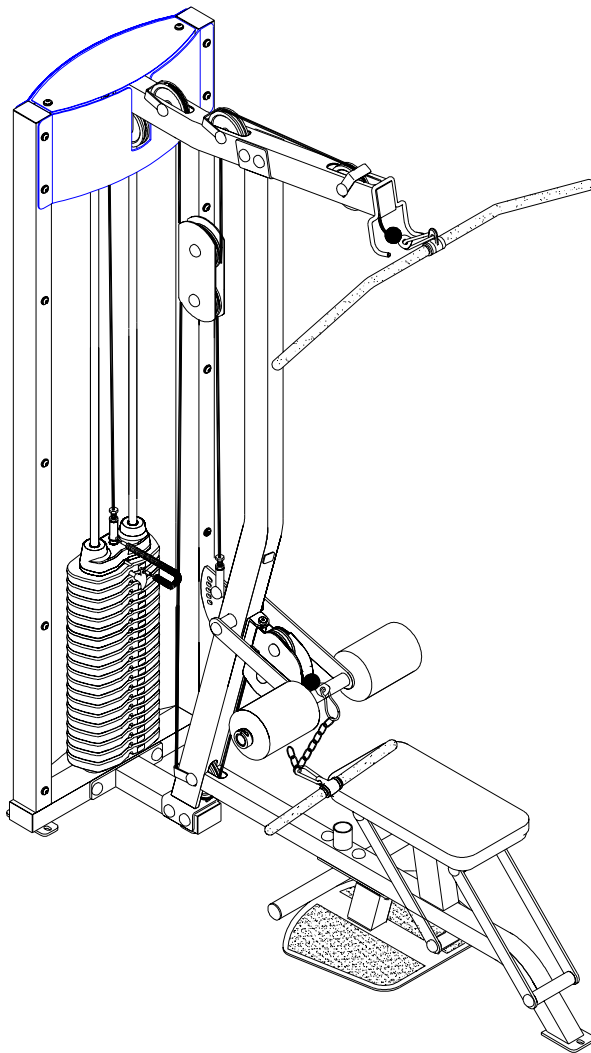


Life Fitness

FIT SERIES LAT/ROW



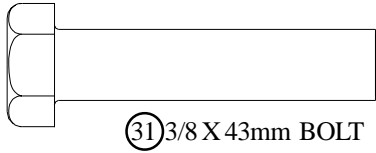
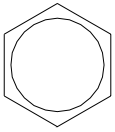
ASSEMBLY INSTRUCTIONS

PARTS LIST

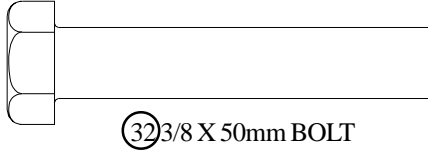
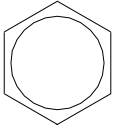
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	ACU04-1656	TOWER	1	31	ACUDA1C03804316NU	3/8 X 43mm BOLT	5
2	ACU04-1654	FOOT PLATE	1	32	ACUDA1C03805016NU	3/8 X 50mm BOLT	4
3	ACU04-1652	LAT/LOW BOOM	1	33	ACUDC1250100020B	3/8" FLAT WASHER	6
4	ACU04-1364	KNEE HOLD DOWN	1	34	ACUDA1C03806716NU	3/8 X 67mm BOLT	4
5	ACU04-1368	LAT/LOW SEAT	1	35	ACUDA1C03807016NU	3/8 X 70mm BOLT	4
6	ACU04-1363	LAT/LOW FRAME	1	36	ACUDA1C03807316NU	3/8 X 73mm BOLT	4
7	ACU04-1366	SWIVEL PULLEY	1	37	ACUDA1C03809016NU	3/8 X 90mm BOLT	2
8	ACU02-1321	LAT/LOW PLATE	4	38	ACUDA1C03809716NU	3/8 X 97mm BOLT	2
9	ACU02-1320	LAT/LOW ADJUST PLATE	1	39	ACUDA1C03816416NU	3/8 X 164mm BOLT	5
10	ACU04-1655	LAT/LOW BASE	1	40	ACUDAEC03802516YB	3/8 X 25mm BUTTON HEAD BOLT	2
11	ACU02-1296	DUAL PULLEY PLATE	2	41	ACU05-0313	1/2 X 3" SHOULDER BOLT	1
12	ACU04-1653	GUIDE ROD SUPPORT	1	42	ACUDC1250100020B	3/8" BLACK FLAT WASHER	26
13	ACU06-0024	3-1/2" PULLEY	1	43	ACUDB2E03807200U	3/8" LOW HEIGHT LOCK NUT	29
14	ACU06-0025	4-1/2" PULLEY	8	44	ACUDC1200105010U	3/8" SAE WASHER	53
15	ACU02-1304	2-7/8 X 2-1/4" CABLE CLIP	4	45	ACU05-0310	3/8" RH WASHER	53
16	ACU05-0349	3/4 X 3-1/8" TAPPED SHAFT	1	46	ACU06-0357	BLACK RH CAP	24
17	ACUDAEC03809016NB	3/8 X 90mm BUTTON HEAD BOLT	12	47	ACU06-0357	WHITE RH CAP	29
18	ACU06-0304	3/4 X 2" WEIGHT STACK CUSHION	2	OR	ACU06-0357	PLATINUM RH CAP	29
19	ACU01-2375	GUIDEROD	2	48	ACU13-0123	ROW CABLE	1
20	ACU72925	WEIGHT PLATE	20	49	ACU13-0166	LAT CABLE	1
21	ACU06-0382	2-3/8" OD PLASTIC WASHER	4	50	ACU73086	WEIGHT STACK LABEL	1
22	ACU10-0204ASY	HEAD PLATE	1	51	ACU05-0193	12 LINK CHAIN	1
23	ACU11-0067	WEIGHT STACK PIN	1	52	ACUDI1080080U	SNAP LINK	3
24	ACU05-0212	13/16" SHAFT COLLAR	2	53	ACU04-1386	LAT BAR	1
25	ACU06-0388	1-1/4" SHAFT COLLAR	2	54	ACU04-0622	LOW ROW BAR	1
26	ACU05-0348	5-1/2" PIVOT SHAFT	5	55	ACU10-0229	TOP SHROUD	1
27	ACU07-0157	LAT SEAT PAD	1	56	ACU10-0231	FRONT SHROUD	1
28	ACU10-0215	ROLLER PAD	2	57	ACU10-0228	REAR SHROUD	1
29	ACU08-0085	3/8 X 1/2" FLANGE SPACER	8	58	ACUDB9E03813016B	3/8" ACORN NUT	12
30	ACU05-0350	3/8 X 1/2" SPACER	1				

Tools Required for Assembly

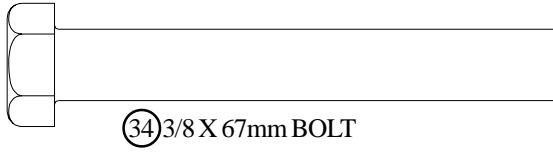
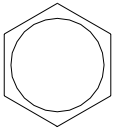
- * 9/16" wrench
- * Ratchet with 9/16" socket
- * Metric Allen wrench set



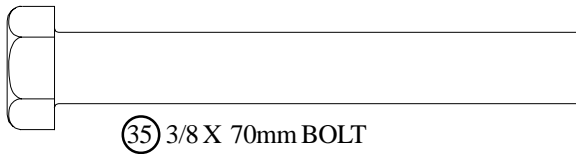
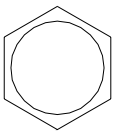
31 3/8 X 43mm BOLT



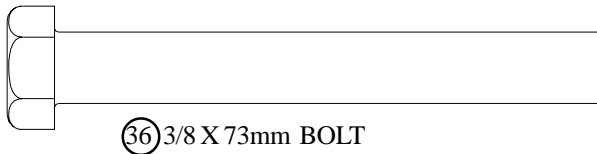
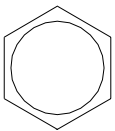
32 3/8 X 50mm BOLT



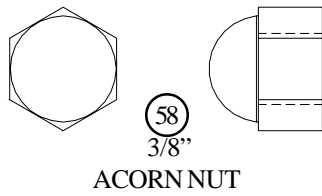
34 3/8 X 67mm BOLT



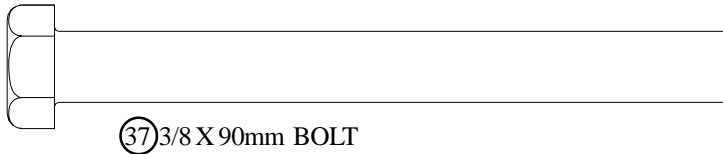
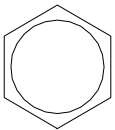
35 3/8 X 70mm BOLT



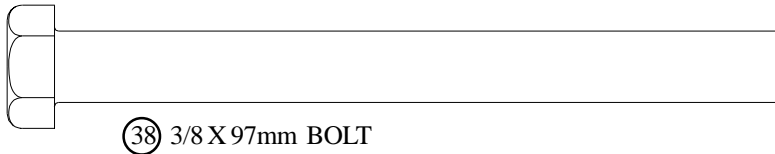
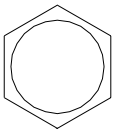
36 3/8 X 73mm BOLT



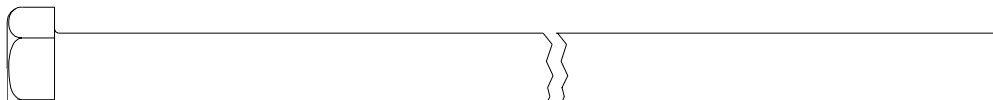
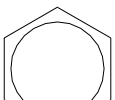
58 3/8" ACORN NUT



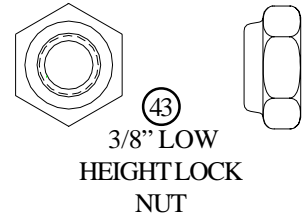
37 3/8 X 90mm BOLT



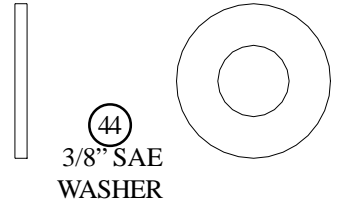
38 3/8 X 97mm BOLT



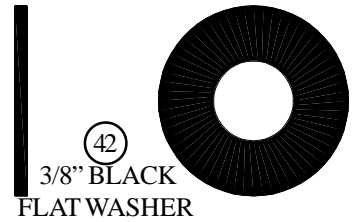
39 3/8 X 164mm BOLT



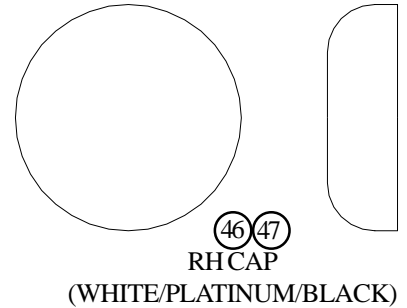
43 3/8" LOW HEIGHT LOCK NUT



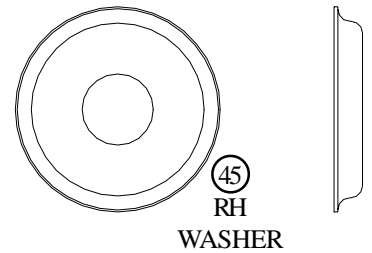
44 3/8" SAE WASHER



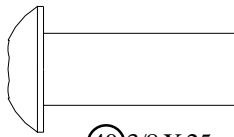
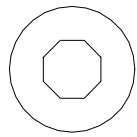
42 3/8" BLACK FLAT WASHER



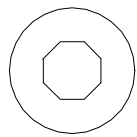
46 47 RH CAP (WHITE/PLATINUM/BLACK)



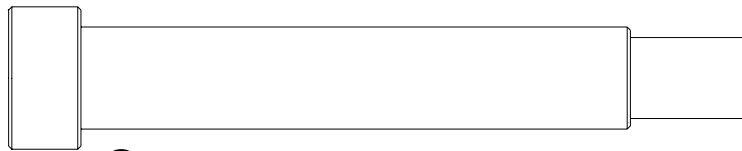
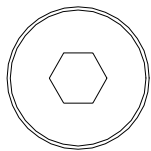
45 RH WASHER



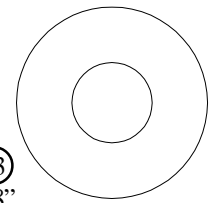
④⑩ 3/8 X 25mm BUTTON HEAD BOLT



④⑰ 3/8 X 90mm BUTTON HEAD BOLT

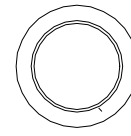


④① 1/2 X 3" SHOULDER BOLT



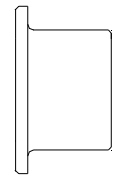
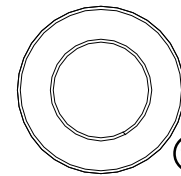
④③
3/8"

FLAT WASHER



④③①

3/8 X 1/2" SPACER

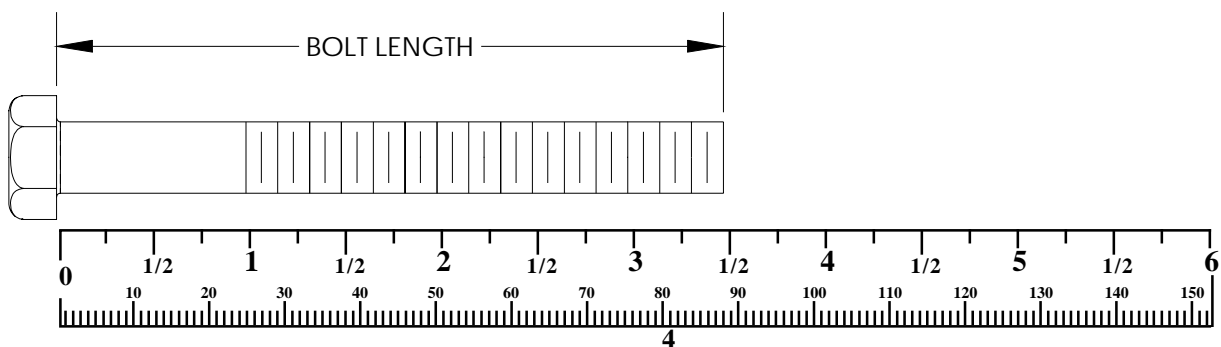


④②①

3/8 X 1/2"
FLANGE SPACER

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



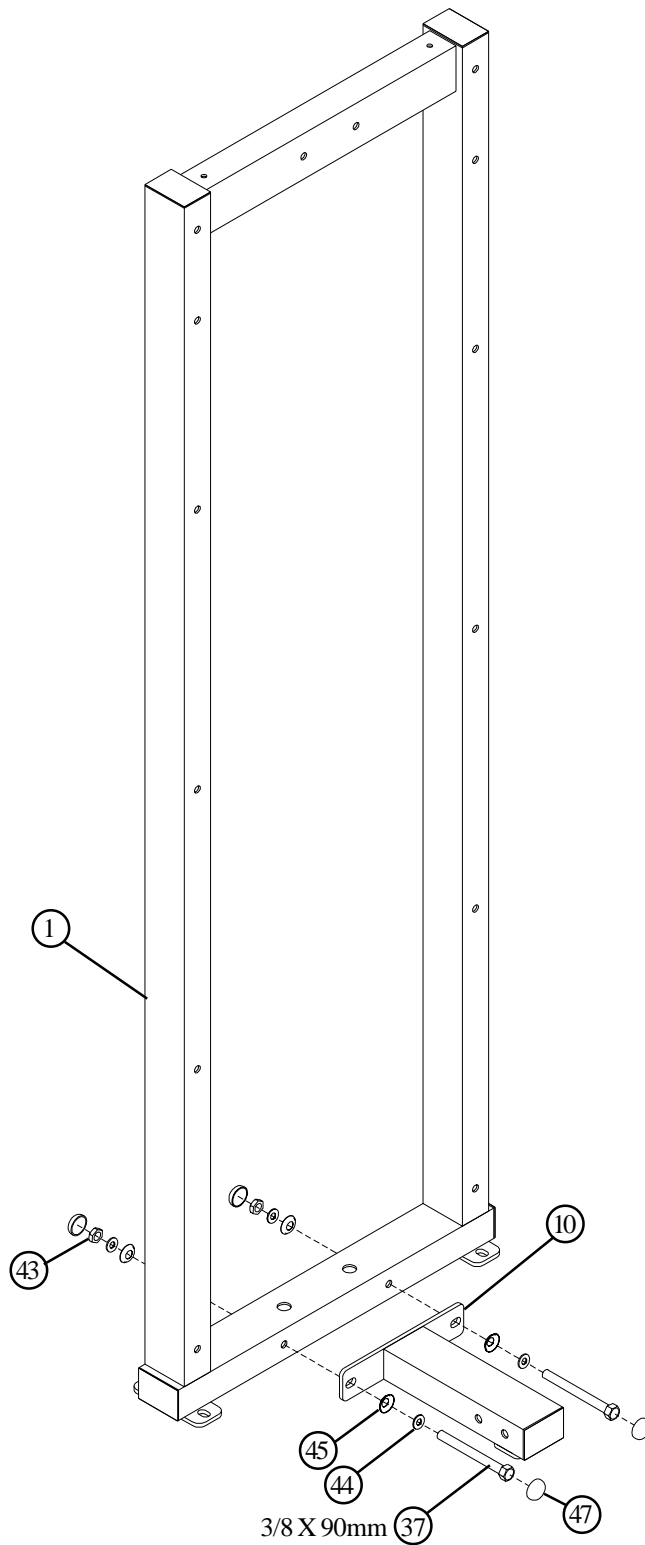


FIGURE 1

STEP 1:

- **LOOSELY** assemble the LAT/LOW BASE (10) to the TOWER (1) using four RH CAPS (47), two 3/8 X 90mm BOLTS (37), four 3/8" SAE WASHERS (44), four 3/8" RH WASHERS (45) and two 3/8" LOW HEIGHT LOCK NUTS (43) as shown in FIGURE 1.

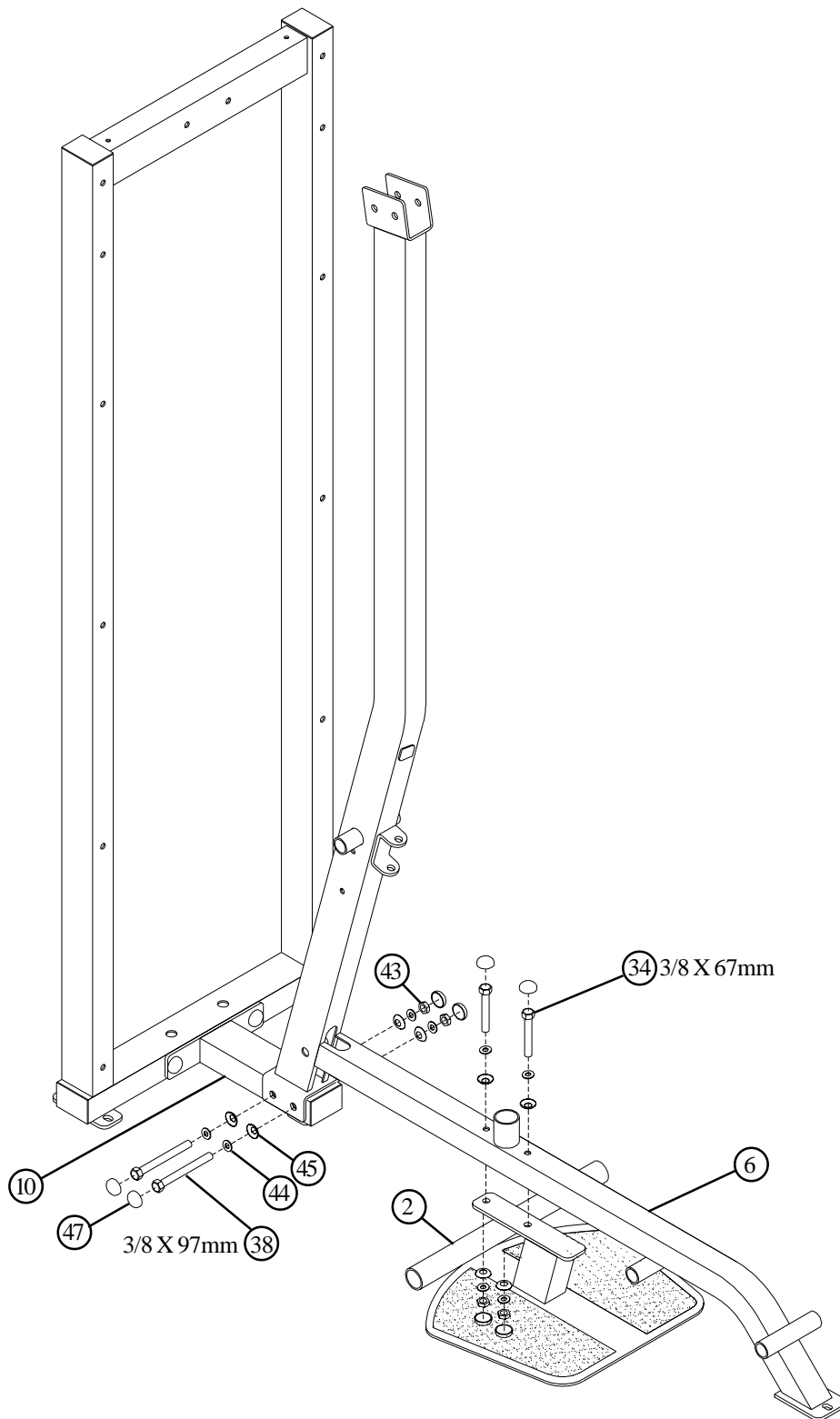
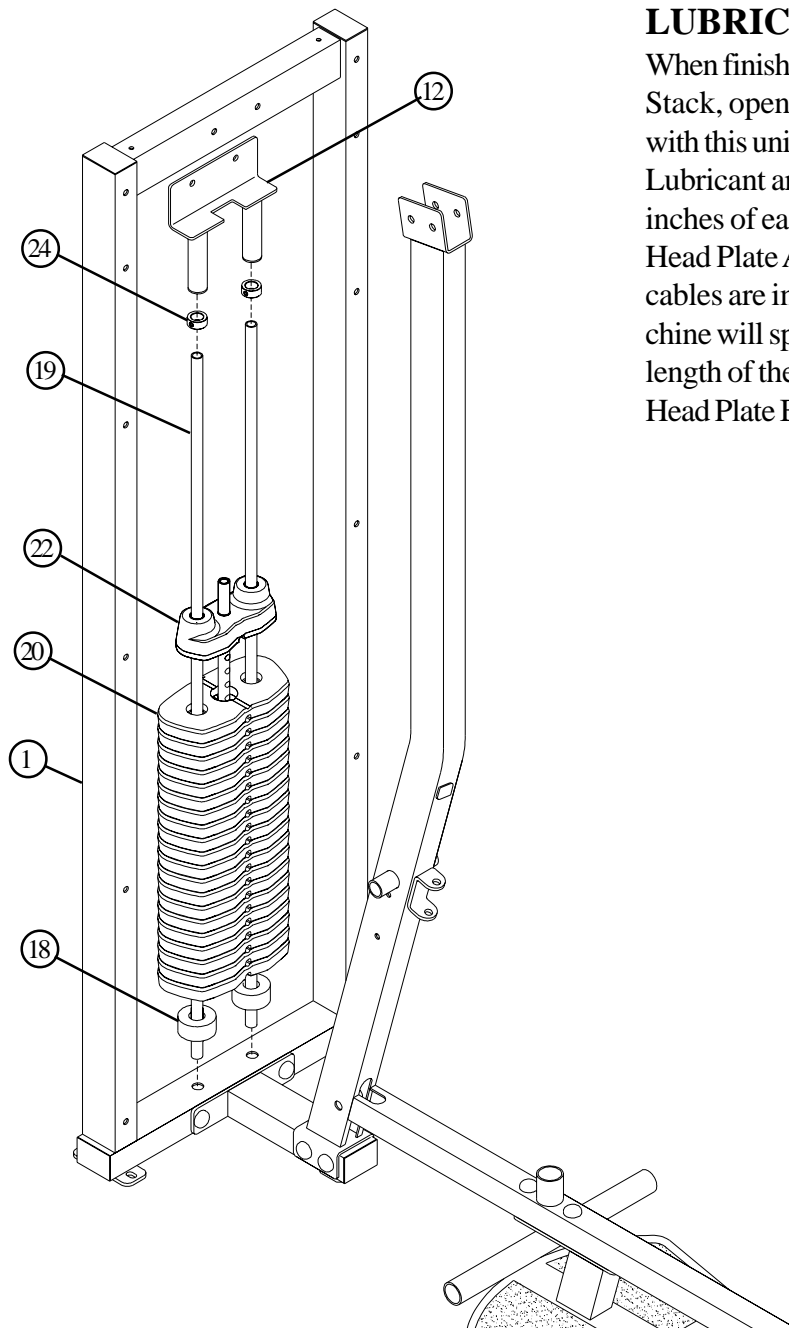


FIGURE 2

STEP 2:

- **LOOSELY** assemble the LAT/LOW FRAME (6) to the LAT/LOW BASE (10) using four RH CAPS (47), two 3/8 X 97mm BOLTS (38), four 3/8" SAE WASHERS (44), four 3/8" RH WASHERS (45) and two 3/8" LOW HEIGHT LOCK NUTS (43) as shown in FIGURE 2.
- **LOOSELY** assemble the FOOT PLATE (2) to the LAT/LOW FRAME (6) using four RH CAPS (47), two 3/8 X 67mm BOLTS (34), four 3/8" SAE WASHERS (44), four 3/8" RH WASHERS (45) and two 3/8" LOW HEIGHT LOCK NUTS (43) as shown in FIGURE 2.



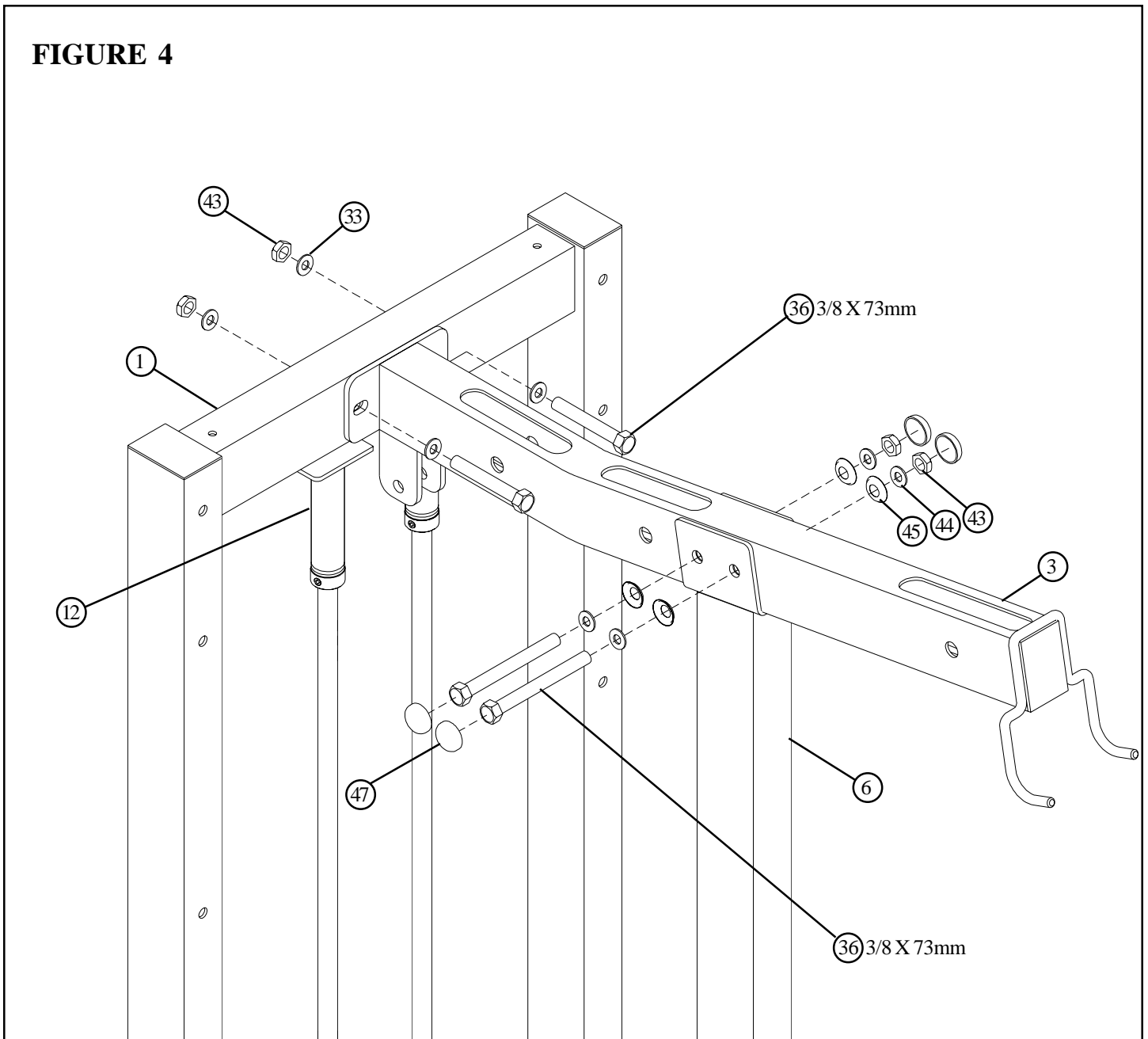
LUBRICATION NOTE:
 When finished assembling the Weight Stack, open the lube Pack provided with this unit and apply a thin film of Lubricant around the first 2 to 3 inches of each Guide Rod above the Head Plate Assembly. After the cables are installed, use of the machine will spread the lubricant over the length of the Guide Rods and into the Head Plate Bushings

FIGURE 3

STEP 3:

- Insert two GUIDE RODS (19) into the TOWER (1) as shown on FIGURE 3.
- Slide two 3/4 X 2" WEIGHT STACK CUSHIONS (18) down over the GUIDE RODS (19) as shown in FIGURE 3.
- Using **EXTREME CARE** slide all twenty WEIGHT PLATES (20) down over the GUIDE RODS (19) on to the WEIGHT STACK CUSHIONS (18). Make sure that the WEIGHT PLATES (20) are all facing as shown.
- Slide the HEAD PLATE ASSEMBLY (22) down over the GUIDE RODS (19) onto the weight stack as shown in FIGURE 3.
- Slide two 13/16" SHAFT COLLARS (24) and the GUIDE ROD SUPPORT (12) over the GUIDE RODS (19) as shown in FIGURE 3.

FIGURE 4



STEP 4:

- **LOOSELY** assemble the LAT/LOW BOOM (3) to the TOWER (1) and the GUIDE ROD SUPPORT (12) using two 3/8 X 73mm BOLTS (36), four 3/8" FLAT WASHERS (33) and two 3/8" LOW HEIGHT LOCK NUTS (43) as shown in FIGURE 4.
- **LOOSELY** assemble the LAT/LOW BOOM (3) to the LAT/LOW FRAME (6) using four RH CAPS (47), two 3/8 X 73mm BOLTS (36), four 3/8" SAE WASHERS (44), four 3/8" RH WASHERS (45) and two 3/8" LOW HEIGHT LOCK NUTS (43) as shown in FIGURE 4.

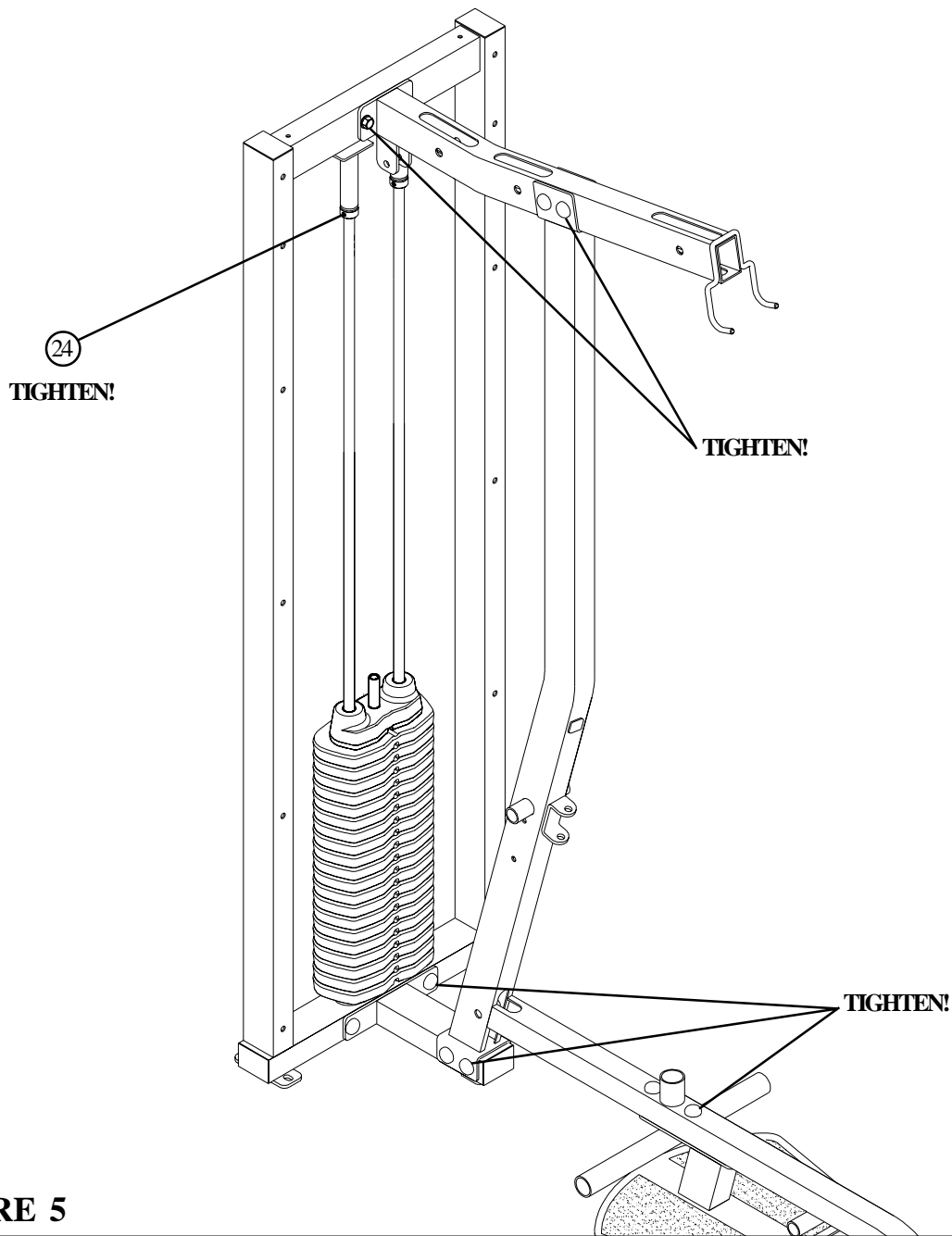


FIGURE 5

STEP 5:

- **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (47) over the RH WASHERS (45) on all tightened connections.**
- Slide the 13/16" SHAFT COLLARS (24) up against the GUIDE ROD SUPPORT (12) and **SECURELY** tighten the set screws on the SHAFT COLLARS (24). See FIGURE 6.

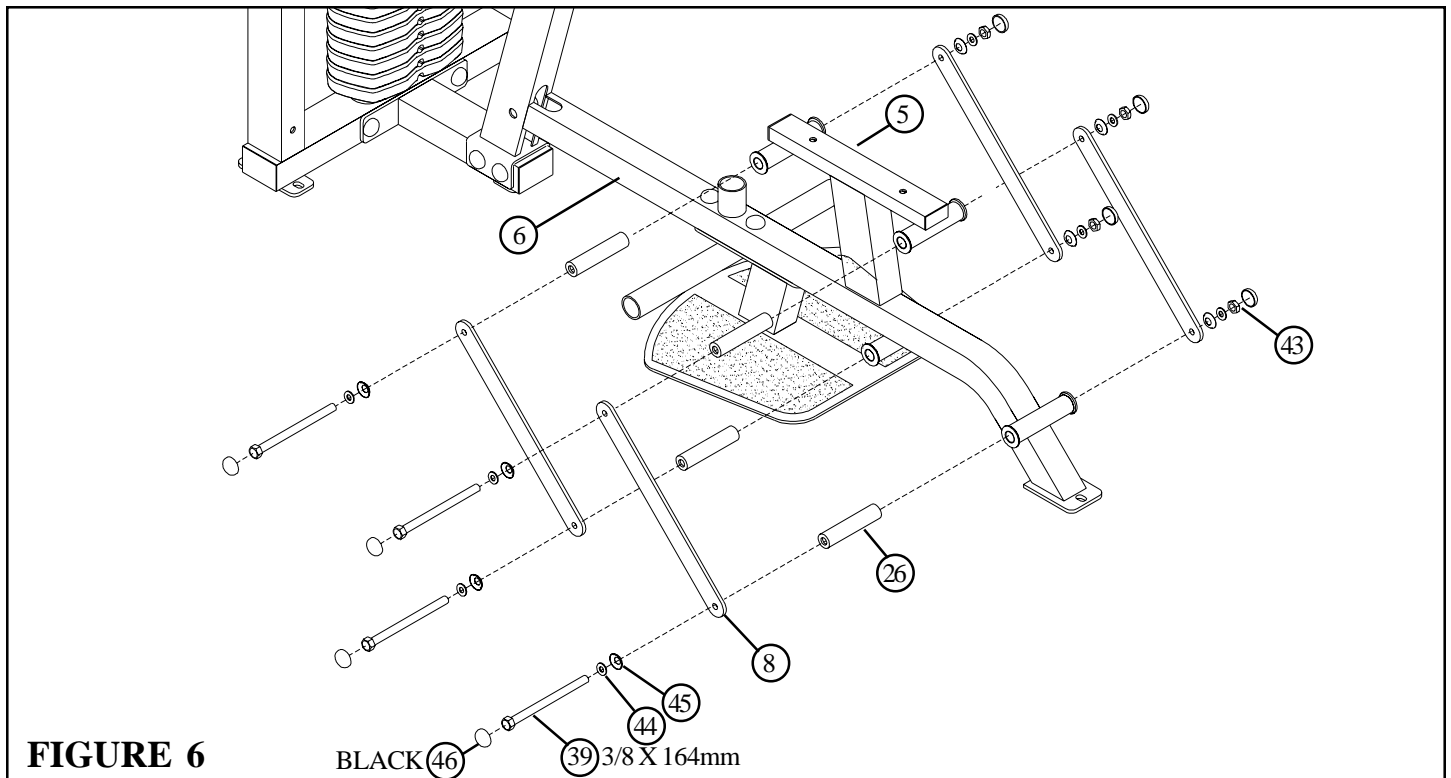


FIGURE 6

STEP 6:

- Insert four 5-1/2" PIVOT SHAFTS (26) into the LAT/LOW FRAME (6) and the LAT/LOW SEAT (5) as shown in FIGURE 6.
- **SECURELY** assemble four LAT/LOW PLATES (8) to the LAT/LOW SEAT (5) and to the LAT/LOW FRAME (6) using eight BLACK RH CAPS (46), four 3/8 X 164mm BOLTS (39), eight 3/8" SAE WASHERS (44), eight 3/8" RH WASHERS (45) and four 3/8" LOW HEIGHT LOCK NUTS (43) as shown in FIGURE 6.

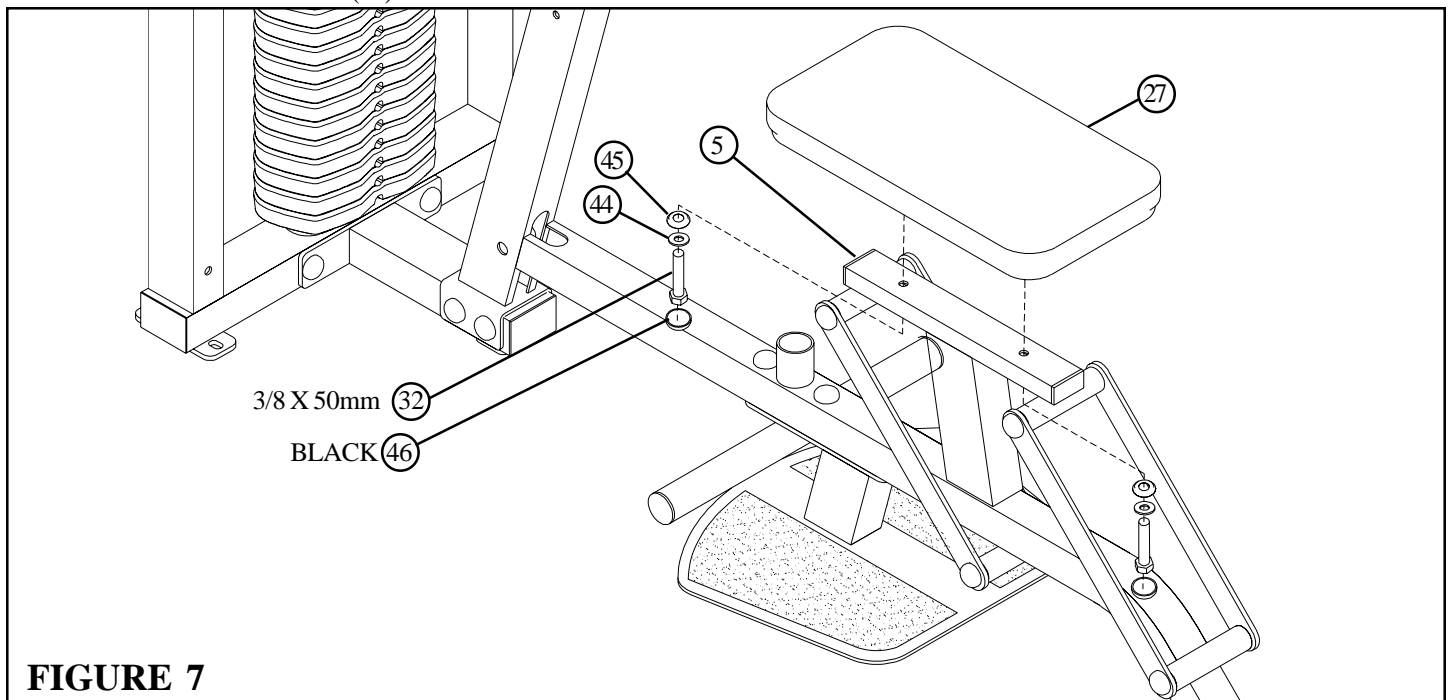
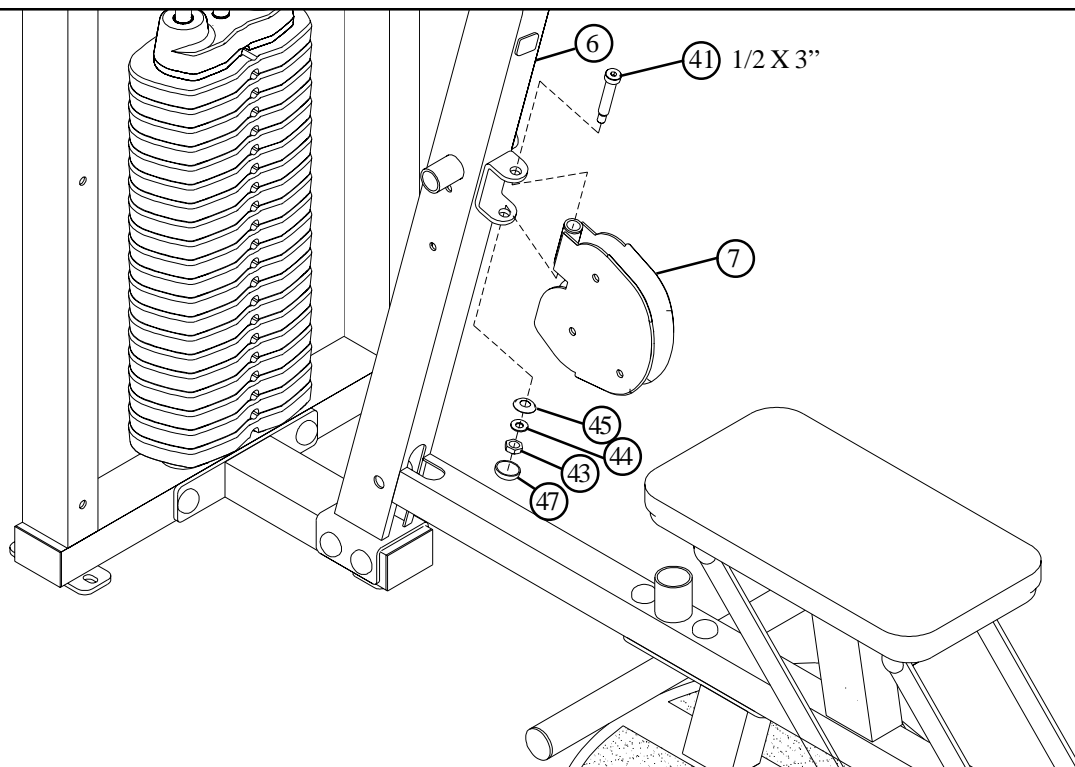


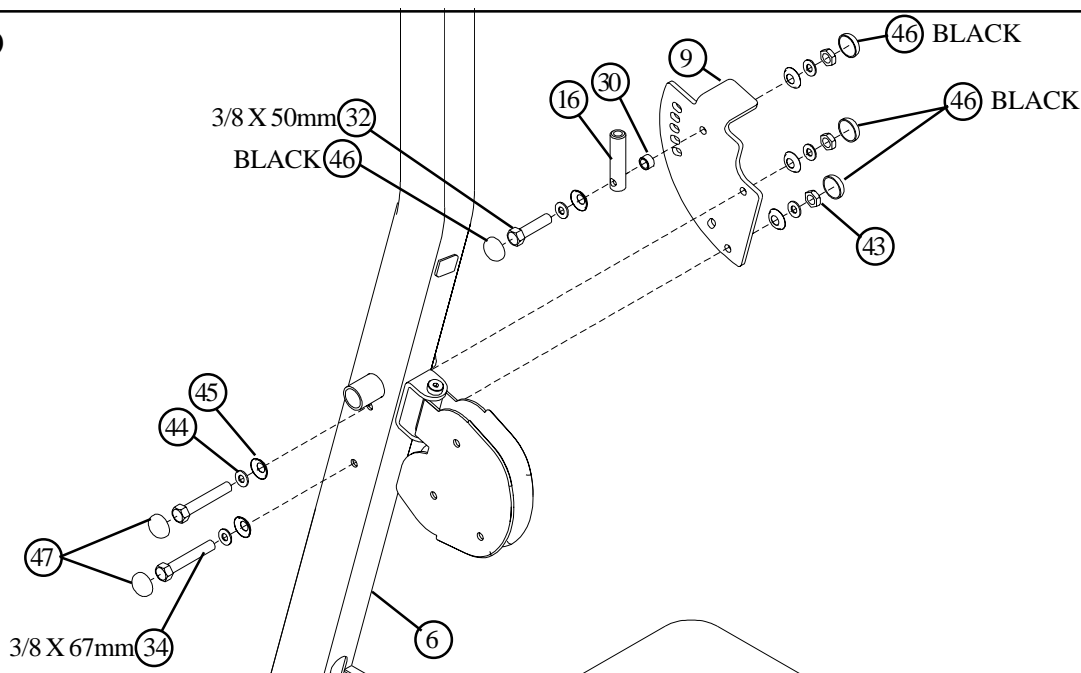
FIGURE 7

STEP 7:

- **SECURELY** assemble LAT SEAT PAD (27) to the LAT/LOW SEAT (5) using two BLACK RH CAPS (46), two 3/8 X 50mm BOLTS (32), two 3/8" SAE WASHERS (44) and two 3/8" RH WASHERS (45) as shown in FIGURE 7.

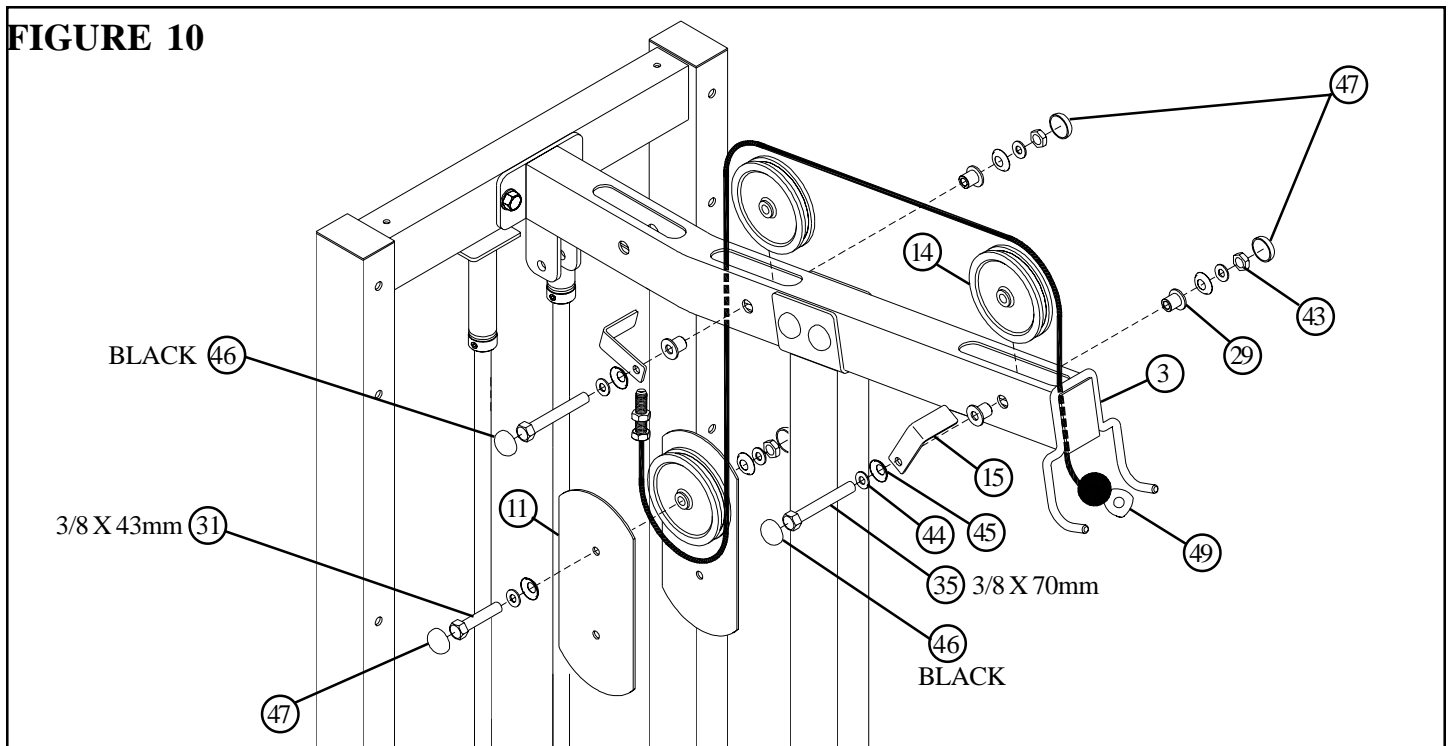
FIGURE 8**STEP 8:**

- Assemble the SWIVEL PULLEY (7) to the LAT/LOW FRAME (6) using one 1/2 X 3" SHOULDER BOLT (41), one 3/8" RH WASHER (45), one 3/8" SAE WASHER (44) one 3/8" LOW HEIGHT LOCK NUT (43) and one RH CAP (47) as shown in FIGURE 8. **(NOTE: Tighten connection enough to remove play, yet allowing SWIVEL PULLEY (7) to rotate freely.)**

FIGURE 9**STEP 9:**

- **SECURELY** assemble the LAT/LOW ADJUST PLATE (9) to the LAT/LOW FRAME (6) using two BLACK RH CAPS (46), two RH CAPS (47), two 3/8 X 67mm BOLTS (34), four 3/8" SAE WASHERS (44), four 3/8" RH WASHERS (45) and two 3/8" LOW HEIGHT LOCK NUTS (43) as shown in FIGURE 9.
- Assemble the 3/4 X 3-1/8" TAPPED SHAFT (16) to the LAT/LOW ADJUST PLATE (9) using two BLACK RH CAPS (46), one 3/8 X 50mm BOLT (32), two 3/8" SAE WASHERS (44), two 3/8" RH WASHERS (45), one 3/8 X 1/2" SPACER (30) and one 3/8" LOW HEIGHT LOCK NUT (43) as shown in FIGURE 9. **(NOTE: Tighten connection enough to remove play, yet allowing TAPPED SHAFT to rotate freely.)**

FIGURE 10



STEP 10:

- Route the LAT CABLE (49) through the LAT/LOW BOOM (3) as shown and **SECURELY** assemble two 4-1/2" PULLEYS (14) to the LAT/LOW BOOM (3) using two RH CAPS (47), two BLACK RH CAPS (46), two 3/8 X 70mm BOLTS (35), four 3/8" SAE WASHERS (44), four 3/8" RH WASHERS (45), two 2-7/8" X 2-1/4" CABLE CLIPS (15), four 3/8 X 1/2" FLANGE SPACERS (29) and two 3/8" LOW HEIGHT LOCK NUTS (43) as shown in FIGURE 10.
- Route the LAT CABLE (49) around one 4-1/2" PULLEY (14) and **LOOSELY** assemble the PULLEY to two DUAL PULLEY PLATES (11) using two RH CAPS (47), one 3/8 X 43mm BOLT (31), two 3/8" SAE WASHERS (44), two 3/8" RH WASHERS (45) and one 3/8" LOW HEIGHT LOCK NUT (43) as shown in FIGURE 10.

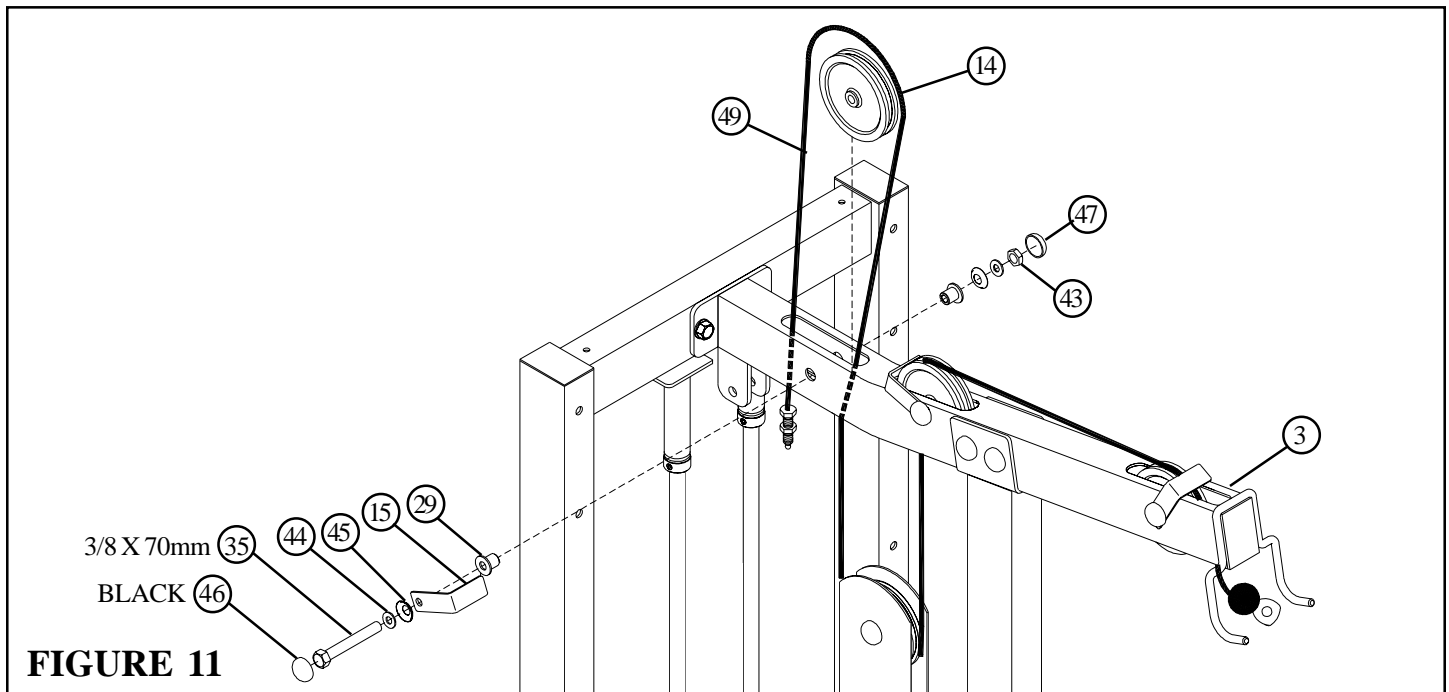


FIGURE 11

STEP 11:

- Route the LAT CABLE (49) back through the LAT/LOW BOOM (3) as shown and **SECURELY** assemble one 4-1/2" PULLEY (14) to the LAT/LOW BOOM (3) using one BLACK RH CAP (46), one RH CAP (47), one 3/8 X 70mm BOLT (35), two 3/8" SAE WASHERS (44), two 3/8" RH WASHERS (45), one 2-7/8 X 2-1/4" CABLE CLIP (15), two 3/8 X 1/2" FLANGE SPACERS (29) and one 3/8" LOW HEIGHT LOCK NUTS (43) as shown in FIGURE 11.

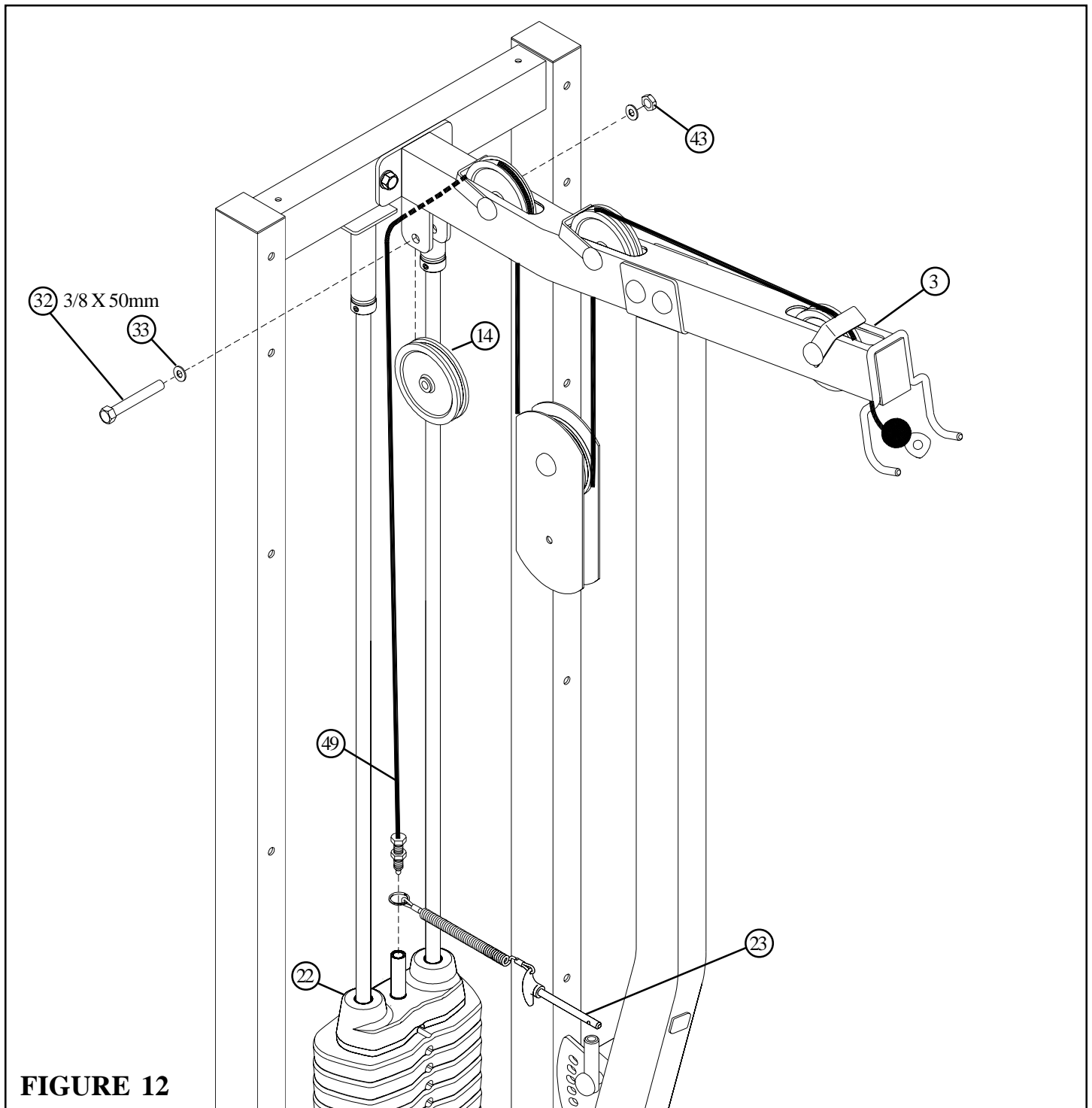


FIGURE 12

STEP 12:

- Route the LAT CABLE (49) around one 4-1/2" PULLEY (14) and **SECURELY** assemble the PULLEY to the LAT/LOW BOOM (3) using one 3/8 X 50mm BOLT (32), two 3/8" FLAT WASHERS (33) and one 3/8" LOW HEIGHT LOCK NUT (43) as shown in FIGURE 12.
- Slide one WEIGHT STACK PIN (23) over the stem on the HEAD PLATE (22) as shown in FIGURE 12.
- **LOOSELY** thread end of the LAT CABLE (49) into the end of the stem on the HEAD PLATE (22). See FIGURE 12. (**NOTE: Cable adjustment will be made in a later step.**)

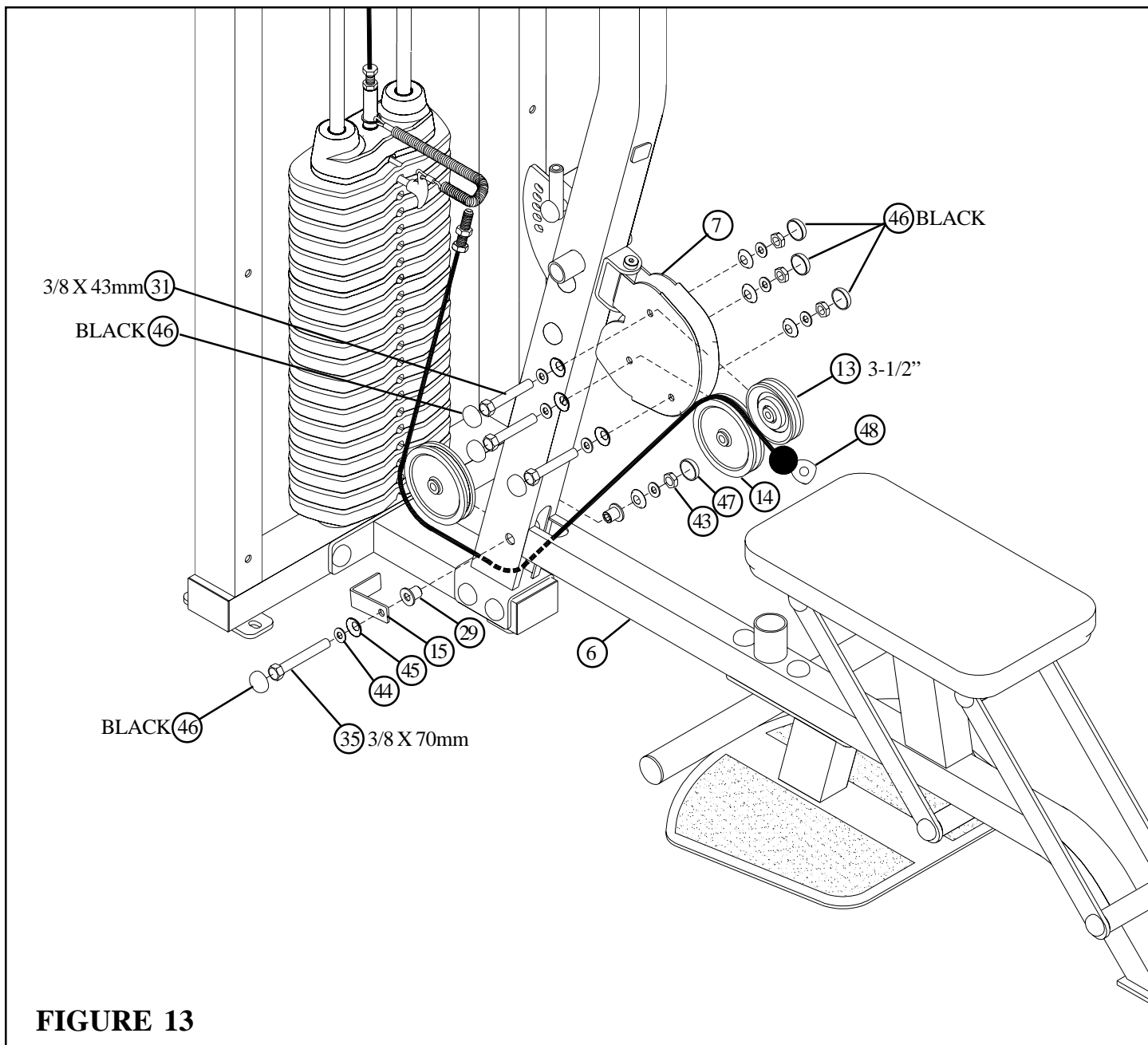
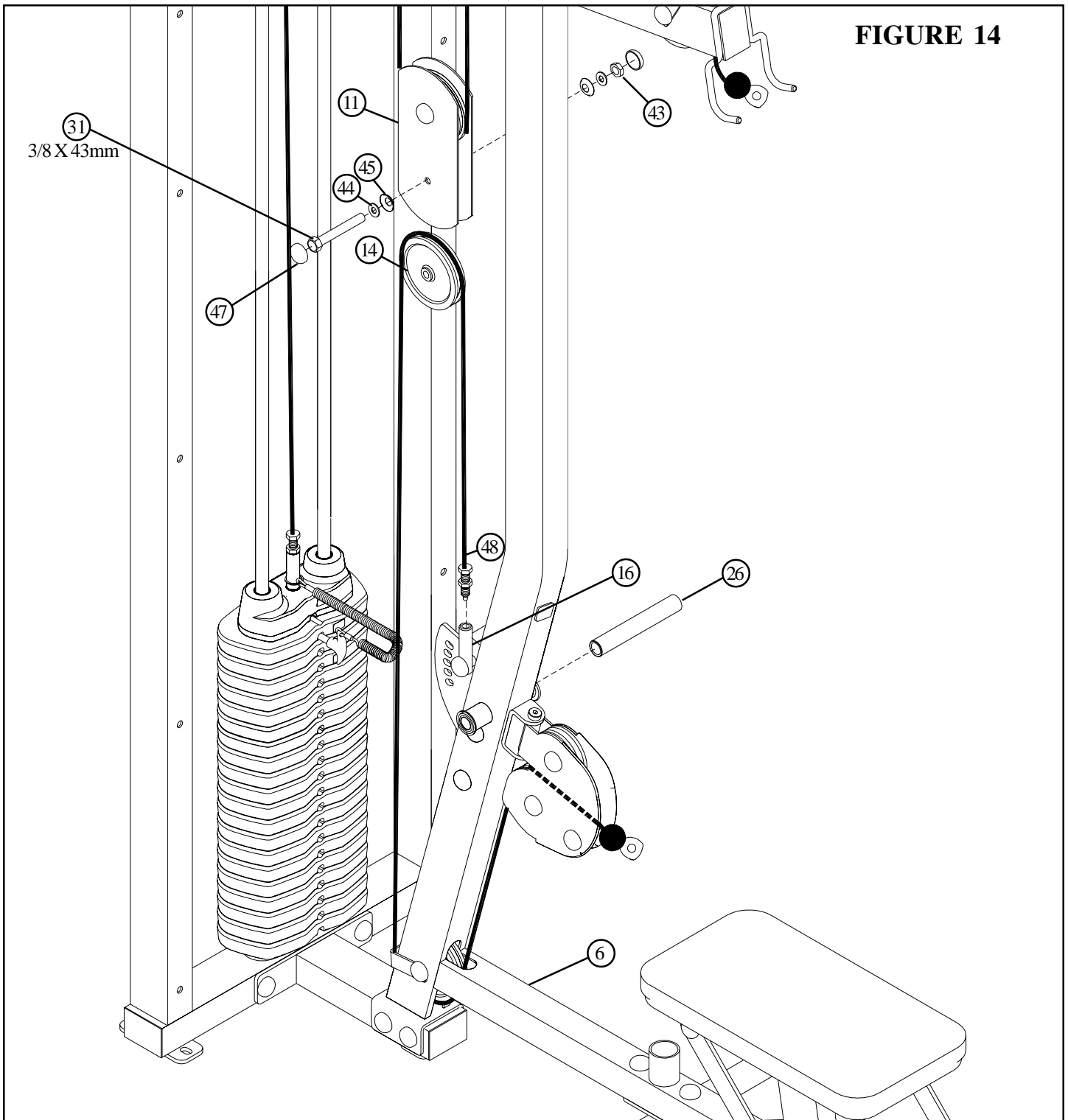


FIGURE 13

STEP 13:

- Route the ROW CABLE (48) around one 4-1/2" PULLEY (14) and **SECURELY** assemble the 4-1/2" PULLEY and one 3-1/2" PULLEY (13) to the SWIVEL PULLEY (7) using six BLACK RH CAPS (46), three 3/8 X 43mm BOLTS (31), six 3/8" SAE WASHERS (44), six 3/8" RH WASHERS (45) and three 3/8" LOW HEIGHT LOCK NUTS (43) as shown in FIGURE 13.
- Route the ROW CABLE (48) through the LAT/LOW FRAME (6) and **SECURELY** assemble one 4-1/2" PULLEY (14) to the LAT/LOW FRAME (6) using one RH CAP (47), one BLACK RH CAP (46), one 3/8 X 70mm BOLT (35), two 3/8" SAE WASHERS (44), two 3/8" RH WASHERS (45), one 2-7/8 X 2-1/4" CABLE CLIP (15), two 3/8 X 1/2" FLANGE SPACERS (29) and one 3/8" LOW HEIGHT LOCK NUT (43) as shown in FIGURE 13.

FIGURE 14



STEP 14:

- Route the ROW CABLE (48) around one 4-1/2" PULLEY (14) and **SECURELY** assemble the PULLEY to the bottom holes of the DUAL PULLEY PLATES (11) using two RH CAPS (47), one 3/8 X 43mm BOLT (31), two 3/8" SAE WASHERS (44), two 3/8" RH WASHERS (45) and one 3/8" LOW HEIGHT LOCK NUT (43) as shown in FIGURE 14. (**NOTE: SECURELY tighten the top PULLEY.**)
- **LOOSELY** thread the end of the ROW CABLE (48) into the end of the 3/4 X 3-1/8" TAPPED SHAFT (16). See FIGURE 14. (**NOTE: Cable adjustment will be made in a later step.**)
- Insert one 5-1/2" PIVOT SHAFT (26) into the LAT/LOW ROW FRAME (6) as shown in FIGURE 14.

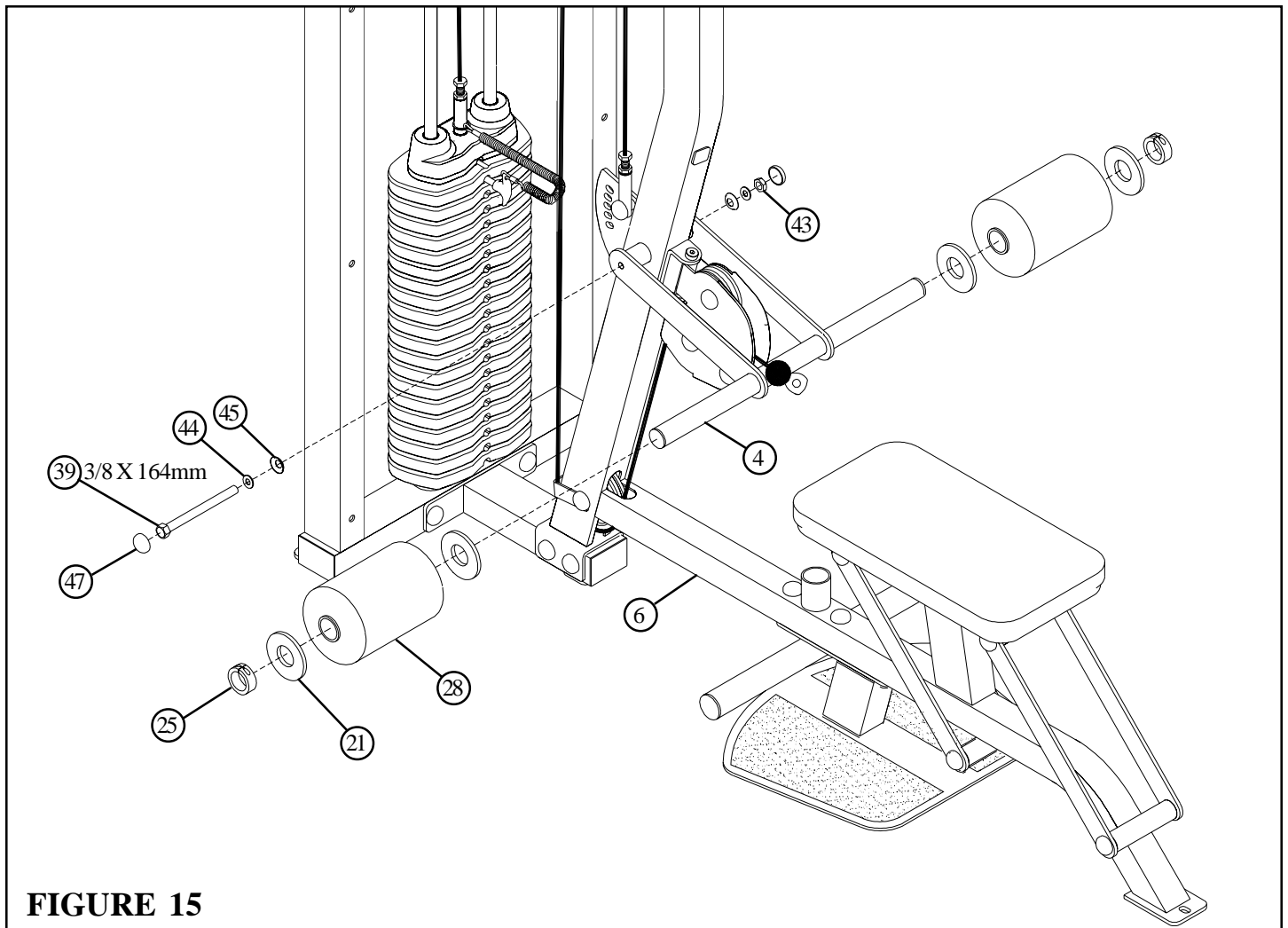


FIGURE 15

STEP 15:

- **SECURELY** assemble the KNEE HOLD DOWN (4) to the LAT/LOW FRAME (6) using two RH CAPS (47), one 3/8 X 164mm BOLT (39), two 3/8" SAE WASHERS (44), two 3/8" RH WASHERS (45) and one 3/8" LOW HEIGHT LOCK NUT (43) as shown in FIGURE 15.
- Assemble two ROLLER PADS (28) and four 2-3/8" OD PLASTIC WASHERS (21) to the KNEE HOLD DOWN (4) using two 1-1/4" SHAFT COLLARS (25) as shown in FIGURE 15.

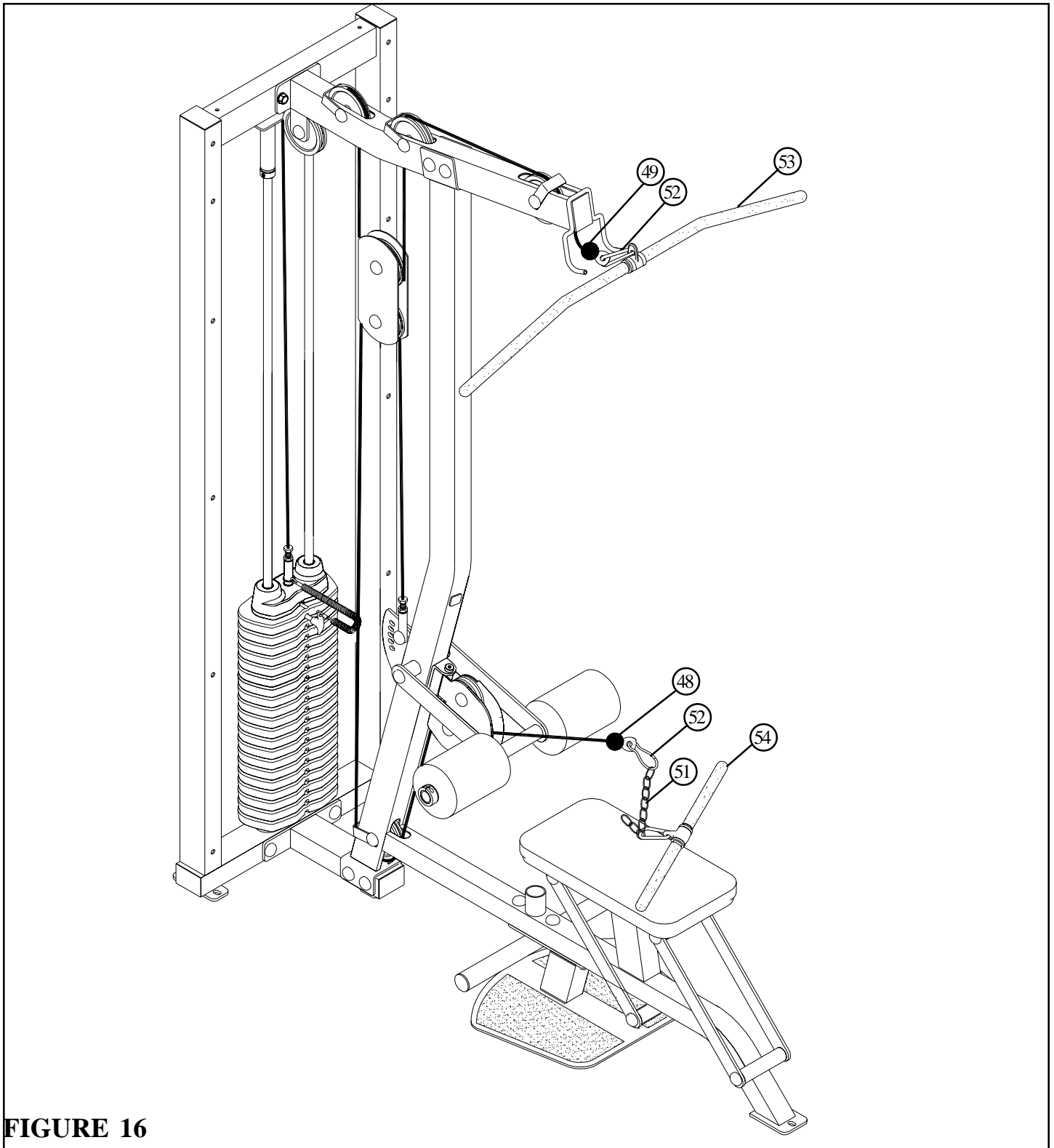


FIGURE 16

STEP 16:

- Assemble the LOW ROW BAR (54) to the ROW CABLE (48) using two SNAPLINKS (52) and one 12-LINK CHAIN (51) as shown in FIGURE 16.
- Assemble the LAT BAR (53) to the LAT CABLE (49) using one SNAPLINK (52) as shown in FIGURE 16.

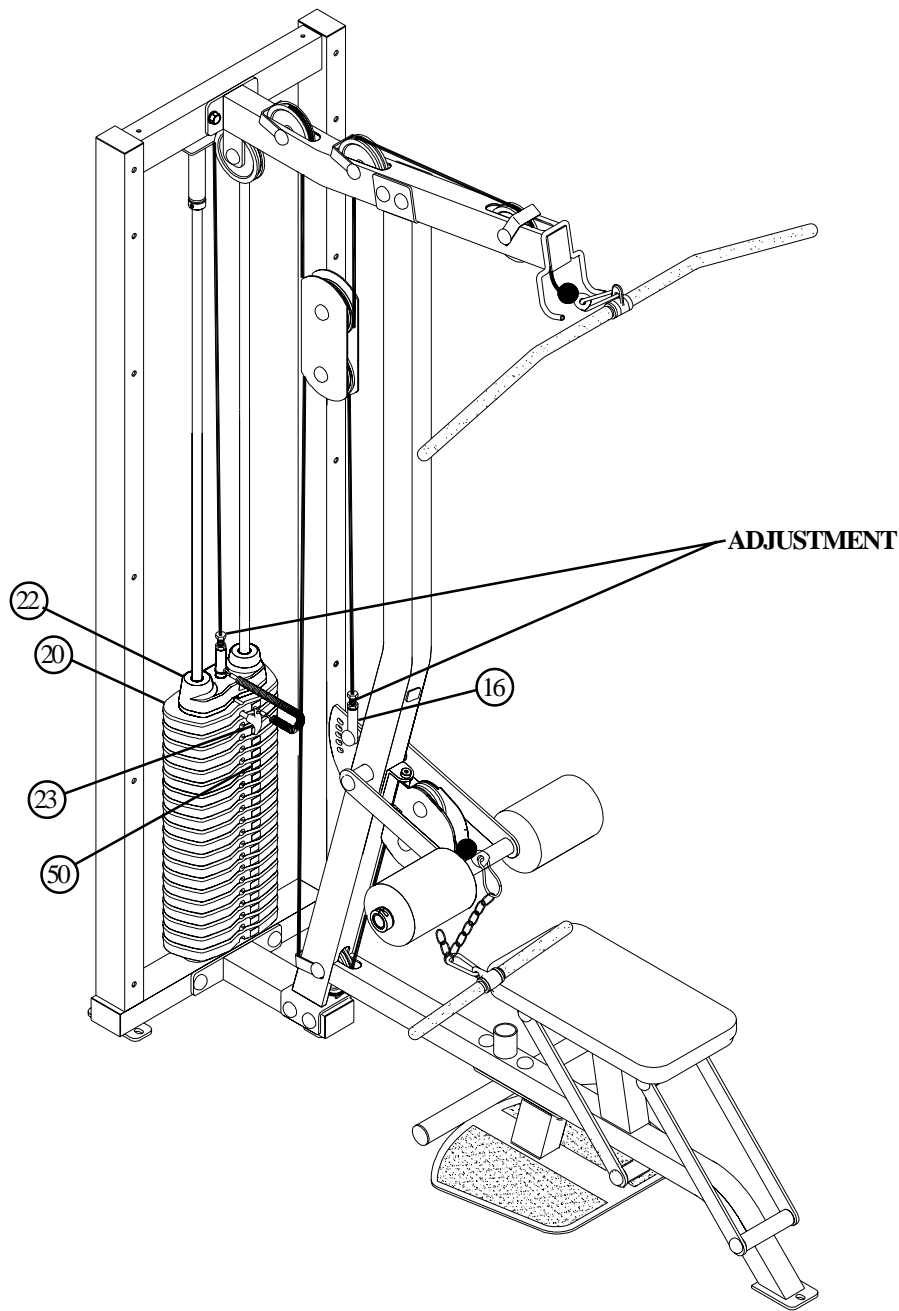
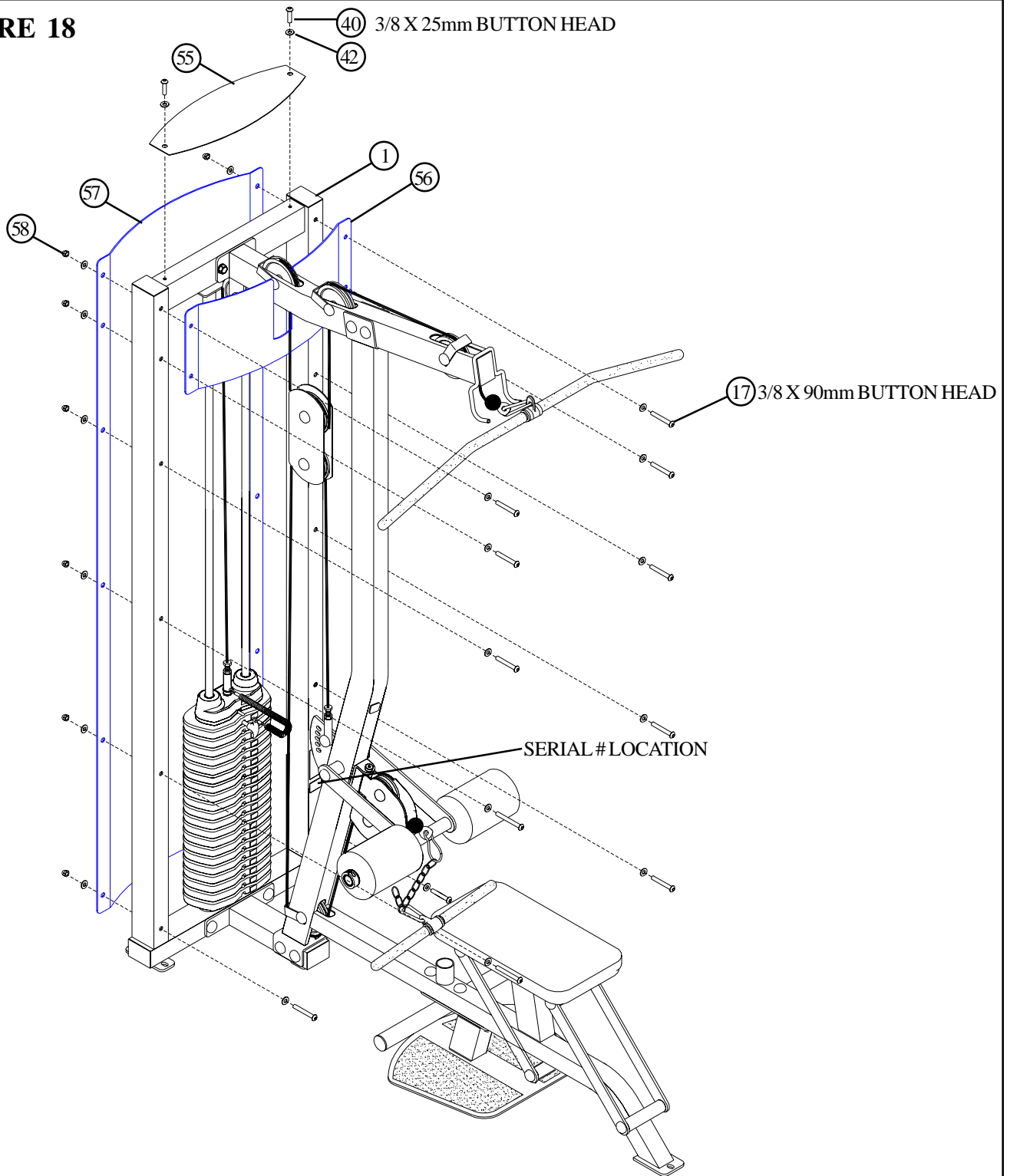


FIGURE 17

STEP 17:

- Adjustments can be made in the above locations to set the correct amount of tension in the cables.
- If upon completion of assembly, the HEAD PLATE (22) does not sit on top of the first WEIGHT PLATE (20), push the HEAD PLATE (22) down, insert the WEIGHT STACK PIN (23) and perform several repetitions. This will relax the cable system and prevent the HEAD PLATE (22) from lifting up. See FIGURE 17.
- If after completing the previous step, the HEAD PLATE (22) still does not sit on top of the first WEIGHT PLATE (20) or if there is excess slack in the cable system, adjust the threaded ends of the CABLES attached to the HEAD PLATE (22) and the 3/4 X 3-1/8" TAPPED SHAFT (16) accordingly and retighten the jam nuts. See FIGURE 17.
- For maximum performance, the HEAD PLATE (22) should just barely sit on the top WEIGHT PLATE (20).
- Apply WEIGHT STACK LABELS (50) to WEIGHT PLATES (20) and HEAD PLATE (22) as shown in FIGURE 17. Begin with number one at the HEAD PLATE (22) with larger numbers in consecutive order towards bottom of weight stack.

FIGURE 18



STEP 18:

- **SECURELY** assemble the TOP SHROUD (55) to the TOWER (1) using two 3/8 X 25mm BUTTON HEAD BOLTS (40) and two 3/8" BLACK FLAT WASHERS (42) as shown above.
- **SECURELY** assemble the FRONT SHROUD (56) and the REAR SHROUD (57) to the TOWER (1) using twelve 3/8 X 90mm BUTTON HEAD BOLTS (17), twenty-four 3/8" BLACK FLAT WASHERS (42) and twelve 3/8" ACORN NUTS (58) as shown above.

Thank you for purchasing the LifeFitness FIT SERIES LAT/ROW. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURAL FRAME
1 YEAR	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

<i>Action</i>	<i>DAILY</i>	<i>WEEKLY</i>	<i>QUARTERLY</i>	<i>BI-ANNUALLY</i>	<i>AS NEEDED</i>
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800) 351-3737

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

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