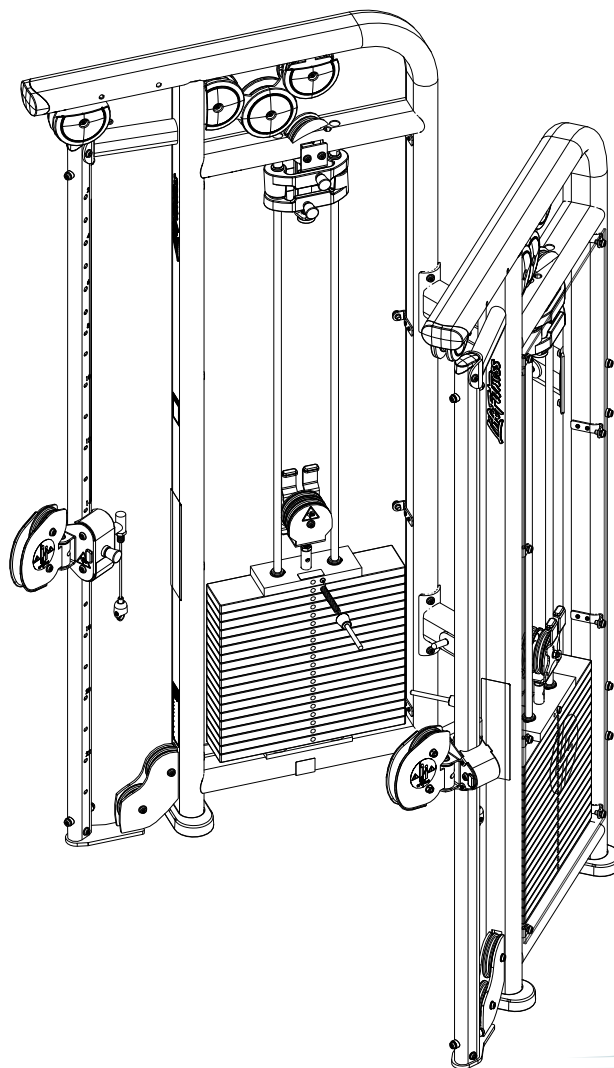


SIGNATURE SERIES CABLE MOTION  
DUAL ADJUSTABLE PULLEY  
CMDAP

PARTS MANUAL



**SERIAL NUMBERS CMDAP0612001-CURRENT (DROP-DOWN INC. WEIGHTS)**



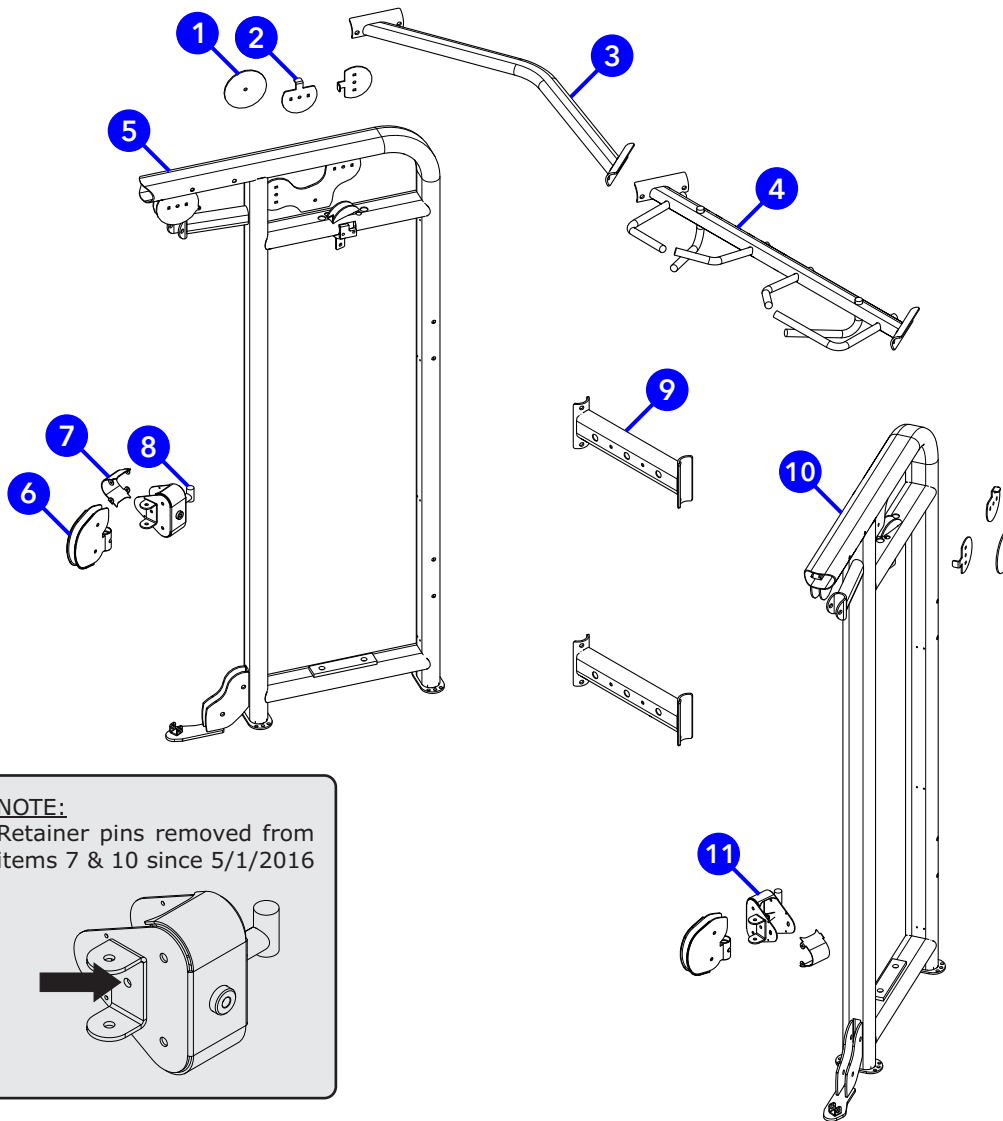
PAINTED WELDMENTS .....	PAGE 3
CONNECTING HARDWARE .....	4
TOWER ASSEMBLY .....	5
TOWER ASSEMBLY LEGEND .....	6
CARRIAGE ASSEMBLY .....	7
ADJUSTABLE PULLEY COLUMN ASSEMBLY .....	8
CHIN SUPPORT ASSEMBLY .....	9
REAR SUPPORT ASSEMBLY .....	10
STACK PULLEY ASSEMBLY .....	11
390 LB. WEIGHT STACK ASSEMBLY .....	12
CABLE ROUTING .....	13
ACCESSORIES .....	14
LONG BAR ASSEMBLY .....	15
SPORT BAR ASSEMBLY .....	16
TRAINING AIDES .....	17
OPTIONAL FRONT SHROUD KIT .....	18
OPTIONAL SHROUD STACK WRAPS .....	19

**SERIAL NUMBERS CMDAP0512129-1012310XXXXX AND BELOW (ADD-ON INC. WEIGHTS)**



RIGHT HAND TOWER ASSEMBLY .....	20
LEFT HAND TOWER ASSEMBLY .....	21
STACK PULLEY ASSEMBLY .....	22

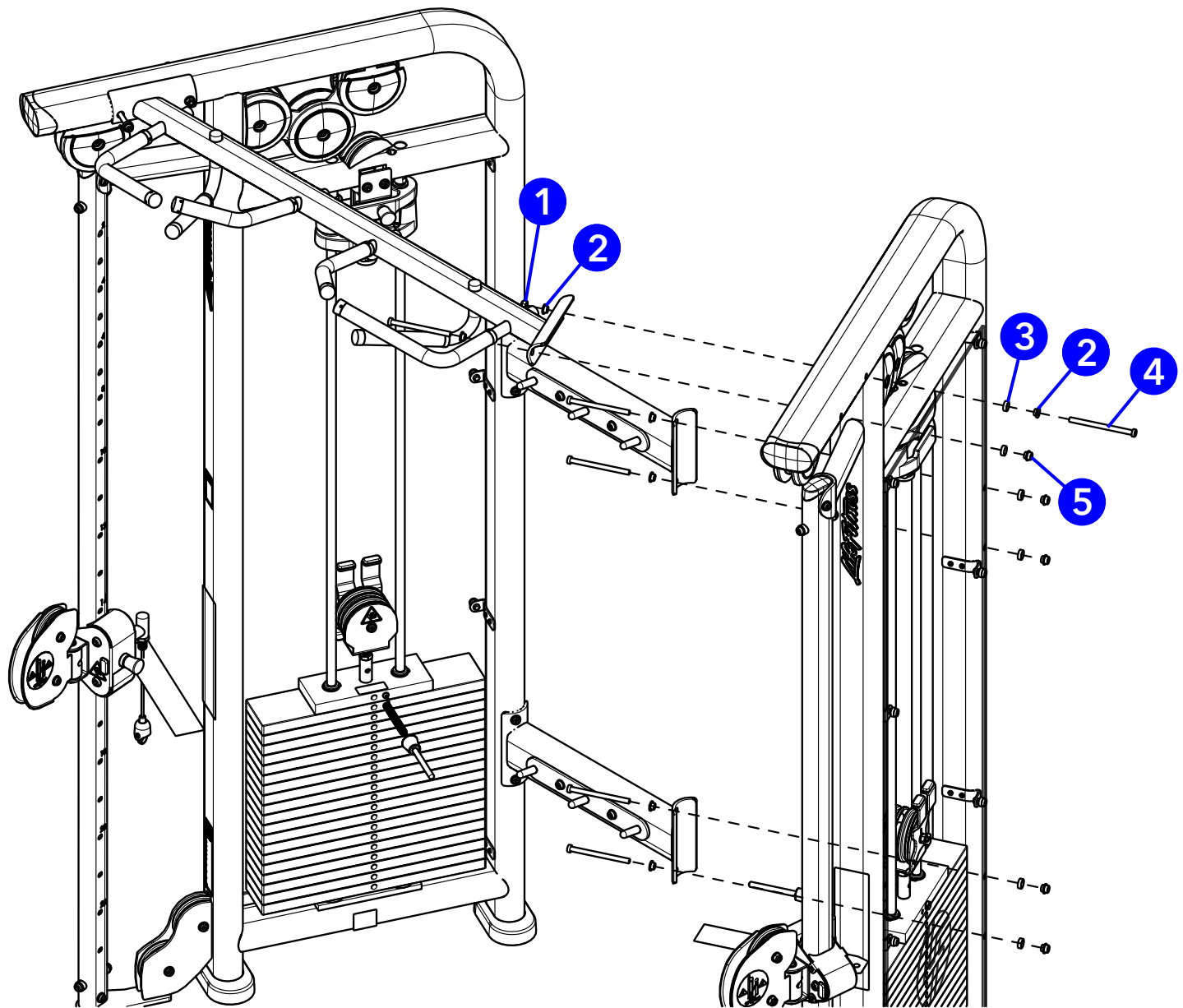
Serial Numbers (Ramsey) CMDAP0612001 = **CMDAP0612** Product Code CMDAP, Month 06 (June), Year 12 and after (Add-on inc. weights)  
 Serial Numbers (Protokon) 1012320XXXXX = **101232** Location Code 10, Year 12, Week 32 (August) and after (Add-on inc. weights)



**NOTE:**  
 Retainer pins removed from items 7 & 10 since 5/1/2016

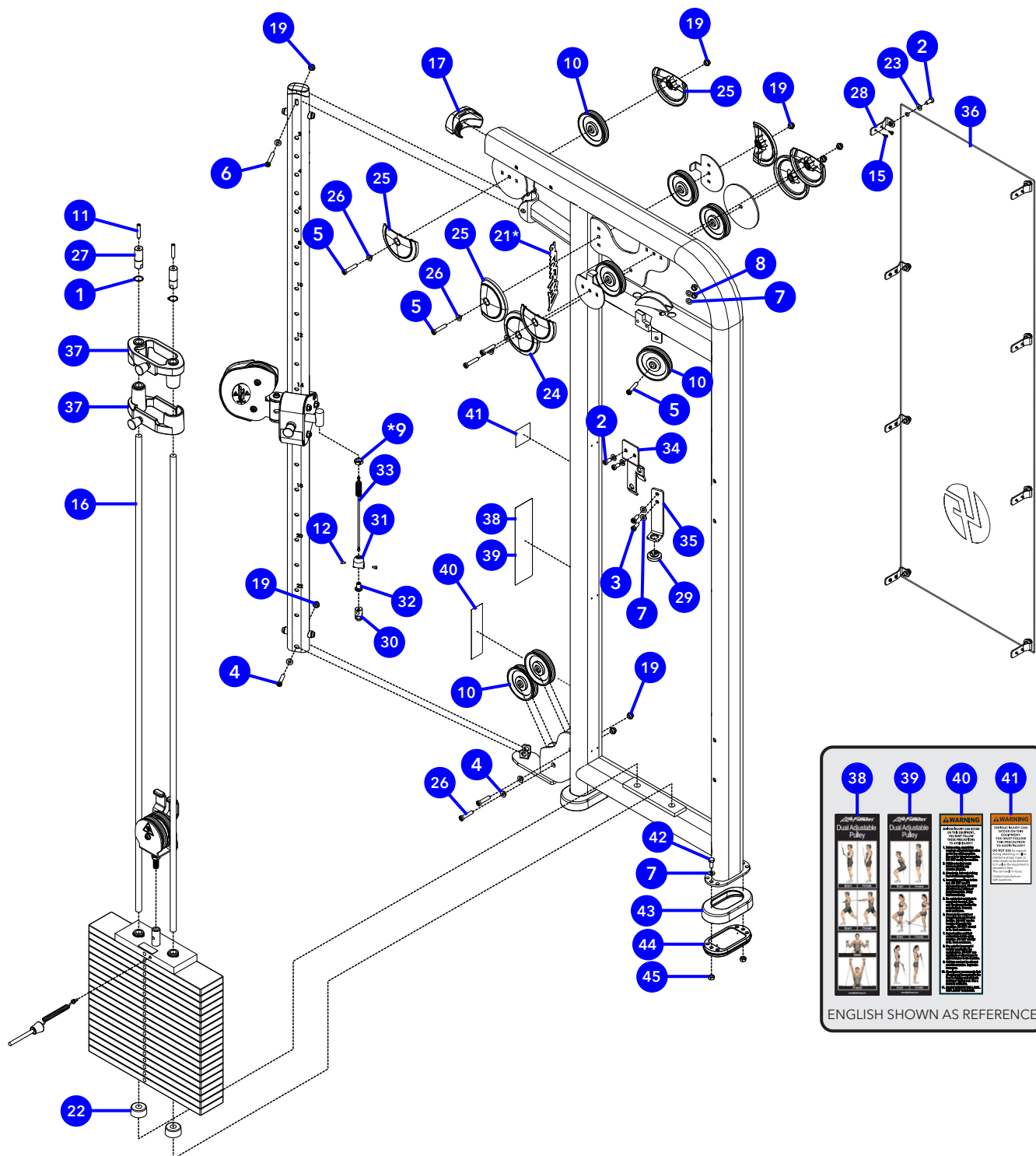
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	7301199	PLATE, PULLEY
2	4	7730999	BRKT, COVER/CABLE RETAINER
3	1	8539101	ASSY, CMDAP BOOM - NOHANDLES
4		7642701	WLDMT, CMDAP CHIN SUPPORT
5	1	9131000	WLDMT, CMDAP TOWER, RH
6	1	7633301	WLDMT, CM/MJ, SWIVEL PULLEY
7	1	7631801	BRKT, CM/MJ, CARRIAGE SHROUD
8	1	8346901	WLDMT, CMDAP RH CARRIAGE
9	2	7642601	WLDMT, CMDAP REAR SUPPORT
10	1	9131100	WLDMT, CMDAP TOWER, LH
11	1	8346701	WLDMT, CMDAP LH CARRIAGE

**NOTE:** Above items are powdercoat painted; include desired frame color within order notes.



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3236801	NUT, NYLOCK M10 X 1.5 SS
2	14	7630101	RETAINER, CM/MJ, PULLEY
3	12	7634701	SPACER, CM/MJ, .565 X .815
4	12	3236220	M10 X 1.5 X 130 SHCS, LOW HEAD
5	10	7335401	NUT, SOCKET HEAD M10 X 1.5 SS

Serial Numbers (Ramsey) CMDAP0612001 = **CMDAP0612** Product Code CMDAP, Month 06 (June), Year 12 and after (Add-on inc. weights)  
 Serial Numbers (Protokon) 1012320XXXXX = **101232** Location Code 10, Year 12, Week 32 (August) and after (Add-on inc. weights)



Please see the following KB article [Life Fitness CMDAP, Hammer Strength HDLDAP Swivel Type Cable End Inspection](#)

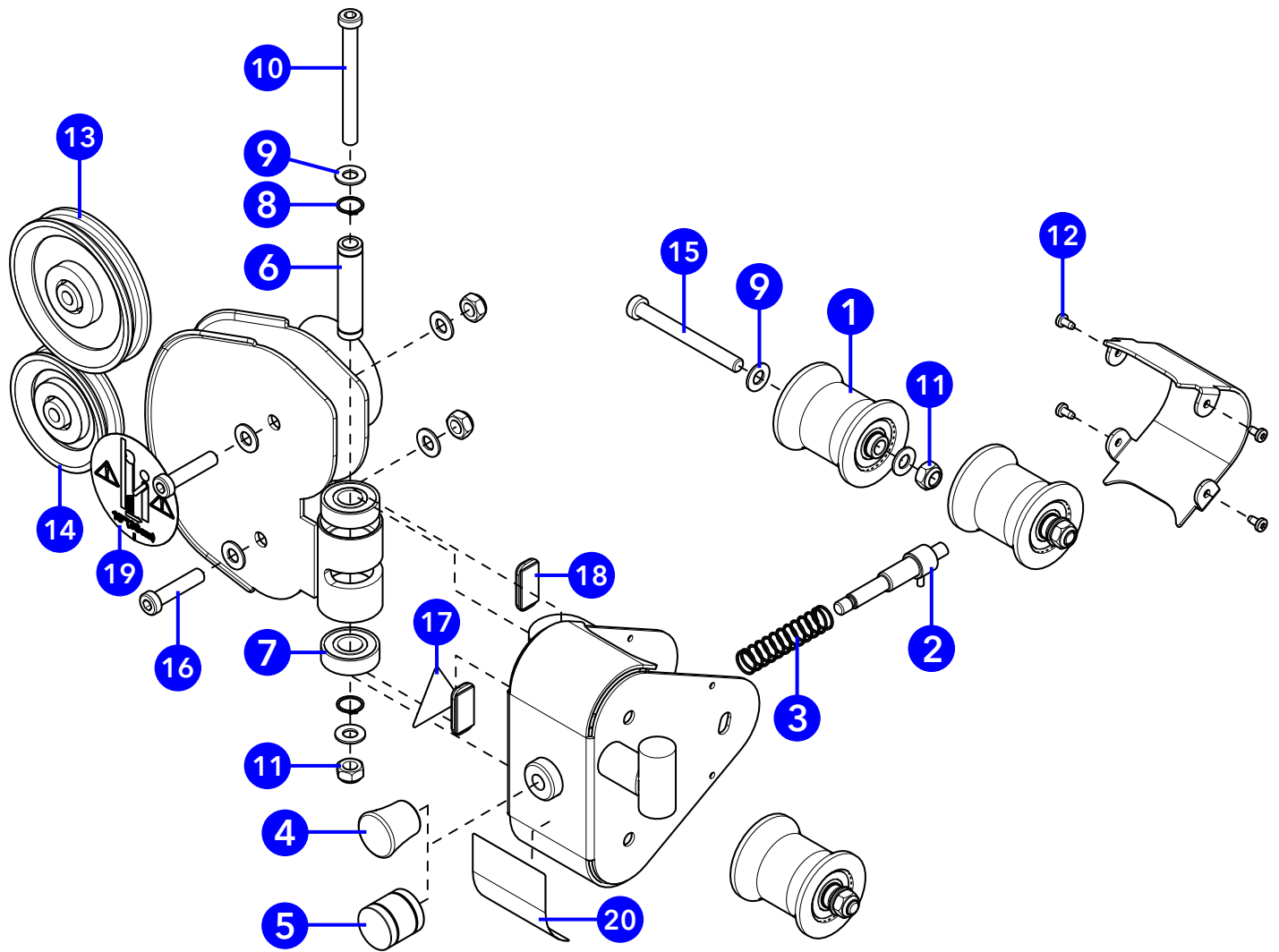
**\*NOTE:** Item 21 has been changed to Part# 8866901. When ordering, please order a quantity of 2 and replace both labels.

## SEE PAGE 6 FOR TABLE

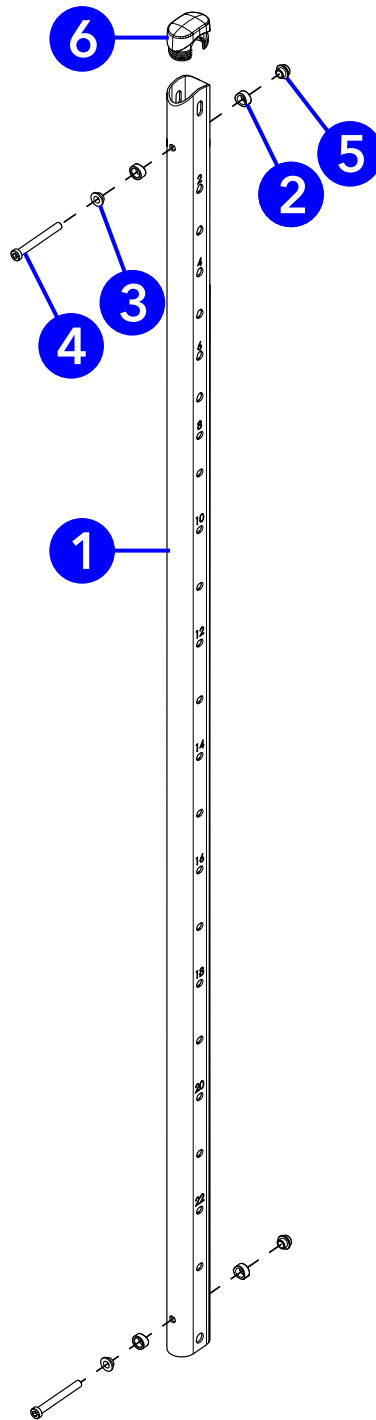
## SERIAL NUMBERS CMDAP0612001-CURRENT (DROP-DOWN INC. WEIGHTS)



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3232421	RING, BRE .940, 5100-100 ST PP B
2	10	3236201	SCREW, M10 X1.5 20MM
3	2	3236202	SCREW, M10 X1.5 25MM
4	3	3236206	SCREW, M10 X1.5 45MM
5	5	3236207	SCREW, M10 X1.5 50MM
6	1	3236209	SCREW, M10 X1.5 60MM
7	14	3236601	WASHER, 3/8 SAE SS
8	2	3236801	NUT, M10 HEX NYLOCK SS
9	1	3236902	NUT, HEX JAM M16 X 2 SS
10	7	3237801	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
11	2	3240502	M10 X 1.5 X 50 HXS NO CUP ST BO
12	2	3250002	M5 X 0.8 HXS SOC CS ST BZ X 8
13	4	3251202	SCREW, M10 X1.5 X 25MM UNS HEX CS ST ZN
14	4	3254703	NUT, M10 X 1.5 HEX ZINC
15	16	3270601	SCREW, #10-32 X 3/8 TRX PAN ST BZ
16	2	7328618	GUIDE ROD, .75 OD SOLID 71.50
17	1	7333901	CAP, LARGE FLOV- END
18	2	7334001	FOOT, 2.50 X 4.49 FLOV
19	8	7335401	NUT, M10 X 1.5 SOCKET HEAD
20	2	7340201	COVER, FOOT - STRAIGHT
21	2	8866901	LABEL, LIFE FITNESS LOGO
22	2	7352101	CUSHION, WEIGHT STACK
23	8	7385201	SPACER, .406 X .750 X .250
24	2	7629901	COVER, PULLEY- BOLTED FULL
25	6	7630001	COVER, PULLEY BOLTED PARTIAL
26	8	7630101	RETAINER, CM/MJ PULLEY
27	2	7634401	RETAINER, CM/MJ, GUIDEROD
28	8	7642095	BRKT, CM/MJ, REAR SHROUD SG
29	1	7642301	BUMPER, CM/MJ, PLUG
30	1	8943601	LINK, CM/MJ, CABLE END
31	1	8943701	HSNG, CM/MJ, CABLE END
32	1	8943801	INSERT, CM/MJ, CABLE END
33	1	8946908	CABLE, CMDAP (437"/ 11100mm)
34	1	9231103	STRIKER PLATE, INCR WGT, HT AND PLATED
35	1	1013912-9301	BRACKET: INC WEIGHT STOP, 1/4" -HWG
36	1	8353201	SHROUD, CM/MJ REAR
37	2	9102601	ASSY, INCREMENT WGT.
38	1	7749401	LABEL, PLACARD CMDAP RH-ENGLISH
		7749402	LABEL, PLACARD CMDAP RH-GERMAN
		7749403	LABEL, PLACARD CMDAP RH-FRENCH
		7749404	LABEL, PLACARD CMDAP RH-SPANISH
		7749405	LABEL, PLACARD CMDAP RH-ITALIAN
		7749406	LABEL, PLACARD CMDAP RH-DUTCH
		7749407	LABEL, PLACARD CMDAP RH-JAPANESE
39	1	7749408	LABEL, PLACARD CMDAP RH-PORTUGUESE
		7749501	LABEL, PLACARD CMDAP LH-ENGLISH
		7749502	LABEL, PLACARD CMDAP LH-GERMAN
		7749503	LABEL, PLACARD CMDAP LH-FRENCH
		7749504	LABEL, PLACARD CMDAP LH-SPANISH
		7749505	LABEL, PLACARD CMDAP LH-ITALIAN
		7749506	LABEL, PLACARD CMDAP LH-DUTCH
40	1	7749507	LABEL, PLACARD CMDAP LH-JAPANESE
		7749508	LABEL, PLACARD CMDAP LH-PORTUGUESE
		8220001	LABEL, ASTM, SELECT VERT-ENGLISH
		8220002	LABEL, ASTM, SELECT VERT-GERMAN
		8220003	LABEL, ASTM, SELECT VERT-FRENCH
		8220004	LABEL, ASTM, SELECT VERT-SPANISH
		8220005	LABEL, ASTM, SELECT VERT-ITALIAN
41	1	8220006	LABEL, ASTM, SELECT VERT-DUTCH
		8220007	LABEL, ASTM, SELECT VERT-JAPANESE
		8220008	LABEL, ASTM, SELECT VERT-PORTUGUESE
		9141101	LABEL, WARNING, STRAP TRAINING -ENGLISH
		9141102	LABEL, WARNING, STRAP TRAINING -GERMAN
		9141103	LABEL, WARNING, STRAP TRAINING -FRENCH
		9141104	LABEL, WARNING, STRAP TRAINING -SPANISH
42	4	9141105	LABEL, WARNING, STRAP TRAINING -ITALIAN
		9141106	LABEL, WARNING, STRAP TRAINING -DUTCH
		9141107	LABEL, WARNING, STRAP TRAINING -JAPANESE
		9141108	LABEL, WARNING, STRAP TRAINING -PORTUGUESE
43	2	7340201	COVER, FOOT - STRAIGHT
44	2	7334001	FOOT, 2.50 X 4.49 FLOV, 10-0074-046, BNR
45	4	3254703	NUT, M10 X 1.5 HEX ZINC

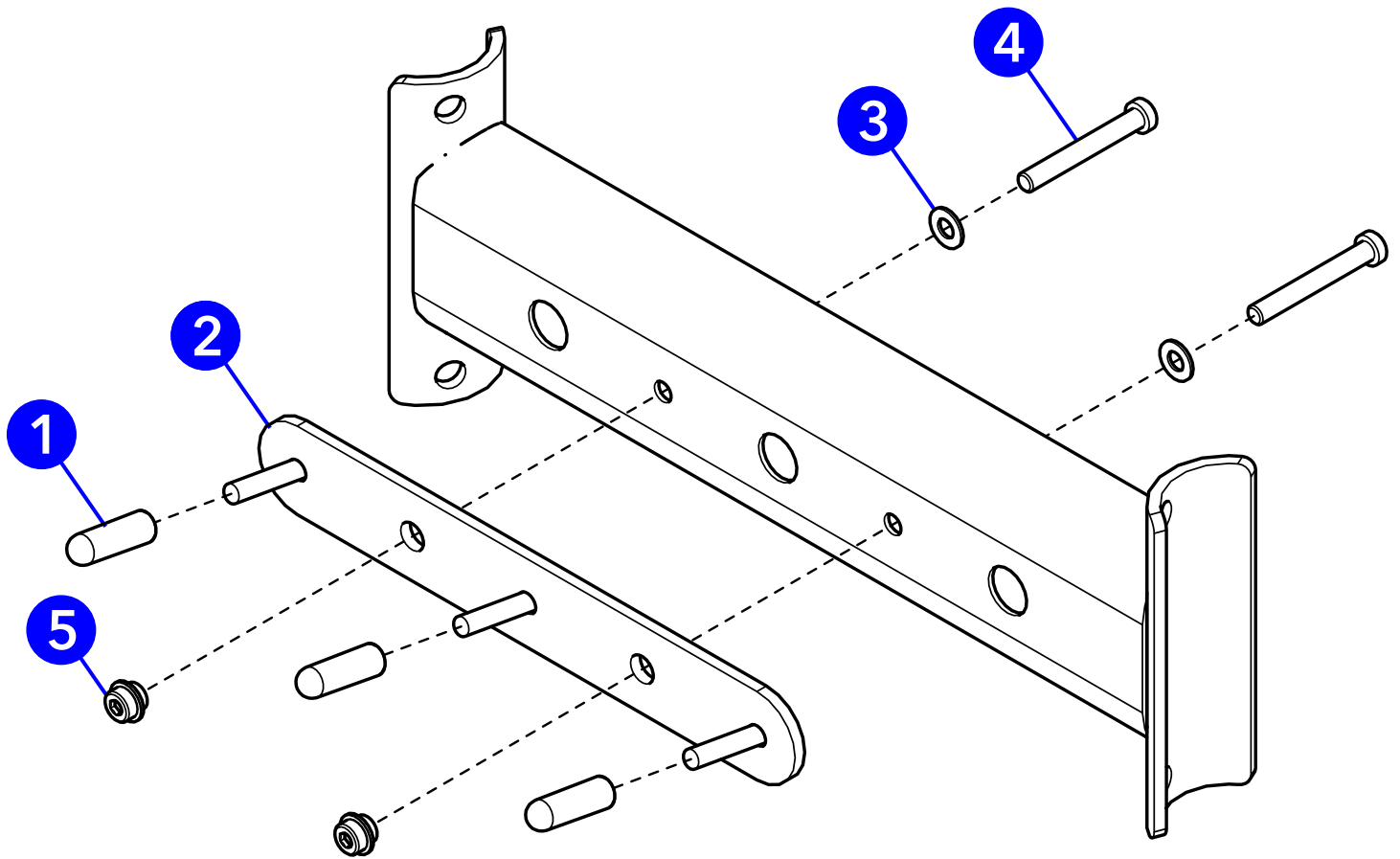


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	3	7637901	ASSY, ROLLER-CONCAVE
2	1	1002880-0001	ASSY, CM/MJ PIN-PULL, BEVEL NOSE
3	1	7351501	SPRING, PULL PIN LARGE
4	1	7351401	KNOB, TULIP STYLE
5		7424803	KNOB, POP PIN, YELLOW
6	1	7645401	SHAFT, CM/MJ, 6203 BRNG
7	2	3245901	BEARING, 6203
8	2	3232413	RING, BRE .631, 5100-66, ST PP B
9	12	3236601	WASHER, 3/8 SAE SS
10	1	3236217	SCREW, M10 X1.5 100MM
11	6	3236801	NUT, M10 HEX NYLOCK SS
12	4	3270601	SCREW, #10-32 X 3/8 TRX PAN ST BZ
13	1	3237801	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
14	1	3245701	PULLEY, 3.5" OD, 10MM ID
15	3	3236216	SCREW, M10 X1.5 95MM
16	2	3236206	SCREW, M10 X1.5 45MM
17	2	8039501	LABEL, WARNING, TRIANGLE, 10-0099-067, BNR
18	2	7570801	GUARD, PAINT 1.25"x.75"x.25"
19	1	1011299-0001	LABEL: WARNING, ADJ CARRIAGE
20	1	7821001	LABEL, WARNING ADJ CARRIAGE

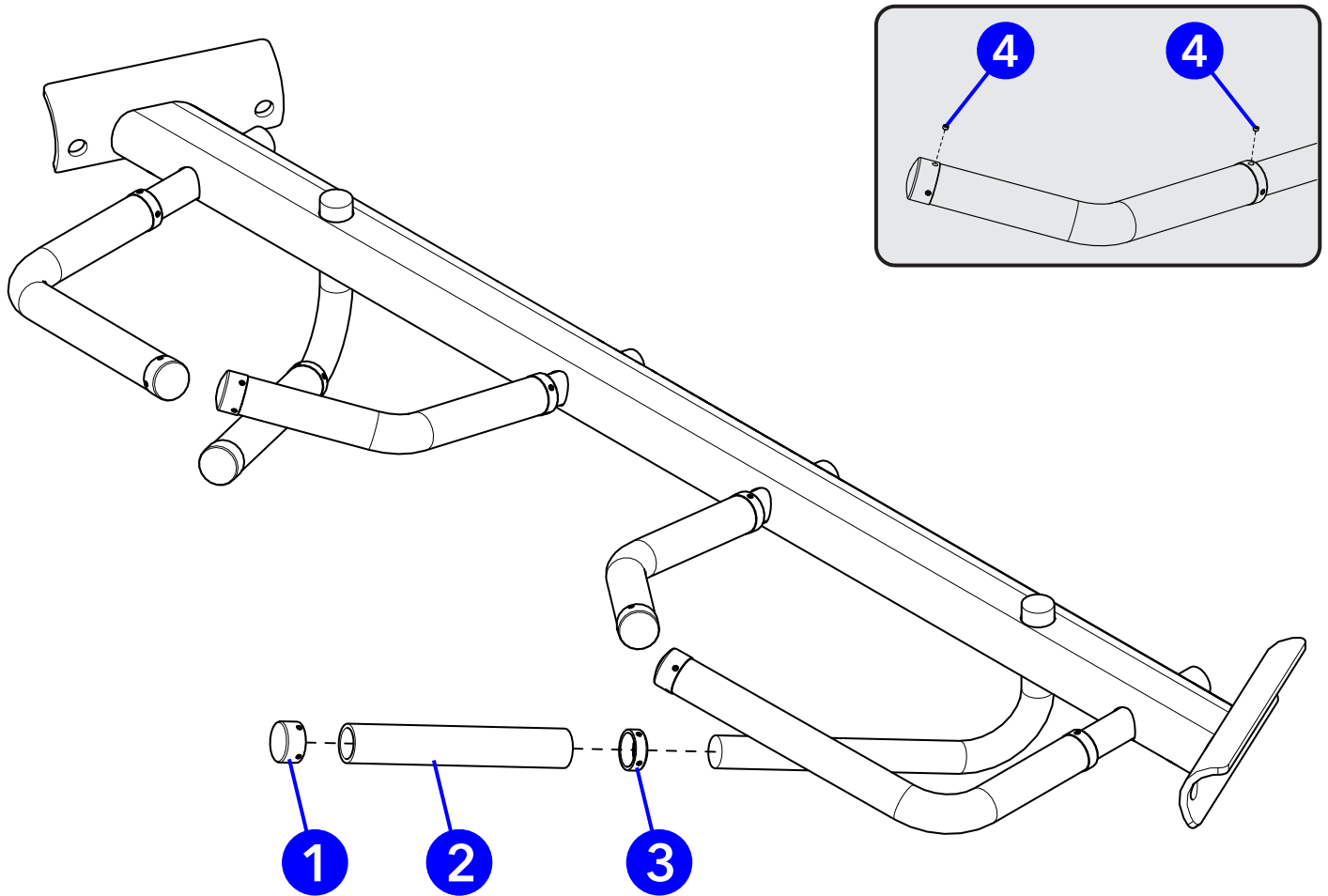


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8264101	TUBE, CM/MJ ADJ COLUMN
2	4	7645501	SPACER, CM/MJ, SM FLOW CONCAVE
3	2	7630101	RETAINER, CM/MJ, PULLEY
4	2	3236215	M10 X 1.5 X 90 SHCS, LOW HEAD
5	2	7335401	NUT, SOCKET HEAD M10 X 1.5 SS
6	1	7333801	CAP, SMALL FLOW-END



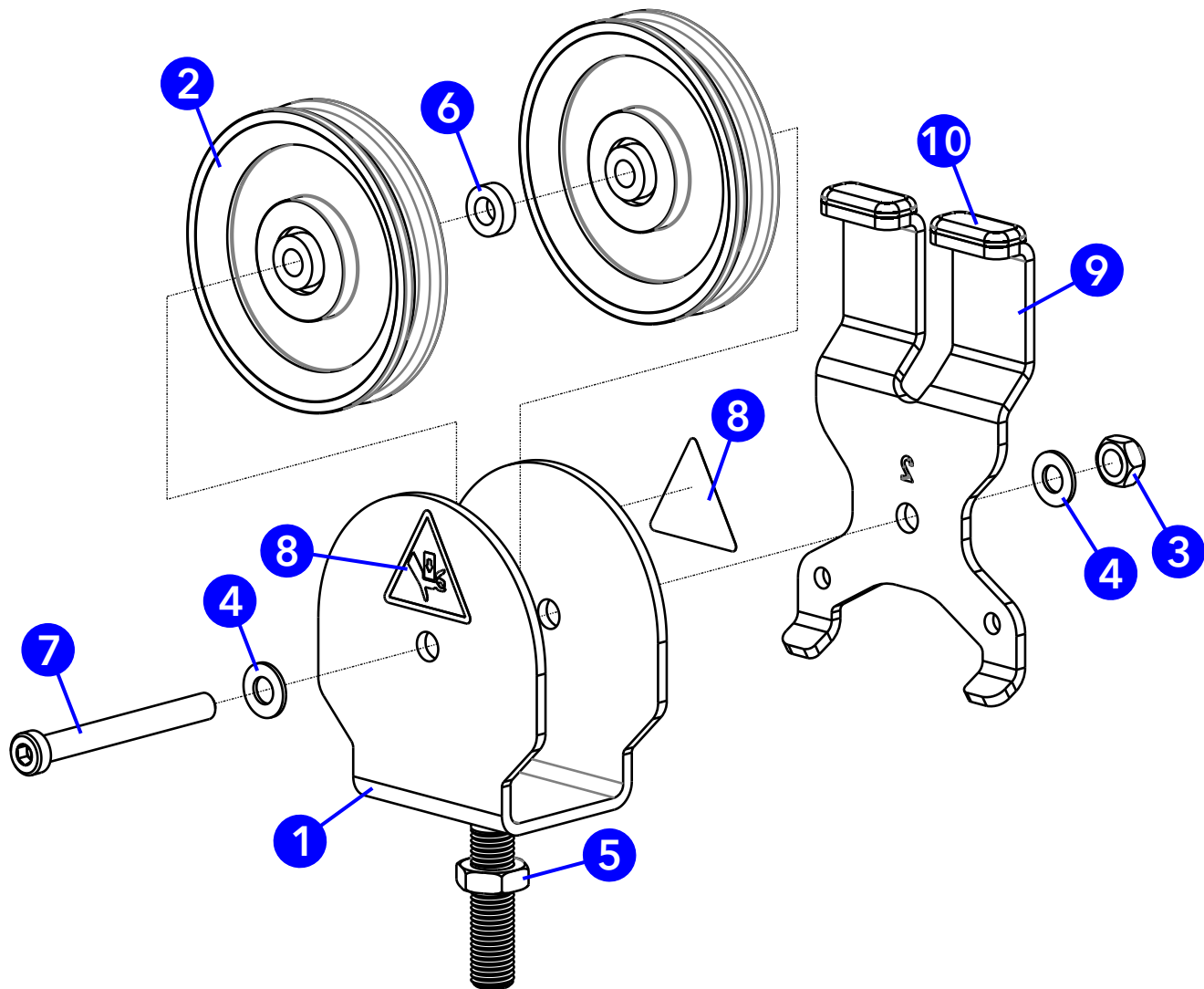


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	3	9507101	CAP, CM ACC. RACK
2	1	9509801	WLDMT, CM ACC. RACK
3	2	3236601	WASHER, 3/8 SAE SS
4	2	3236212	SCREW, M10 X1.5 75MM

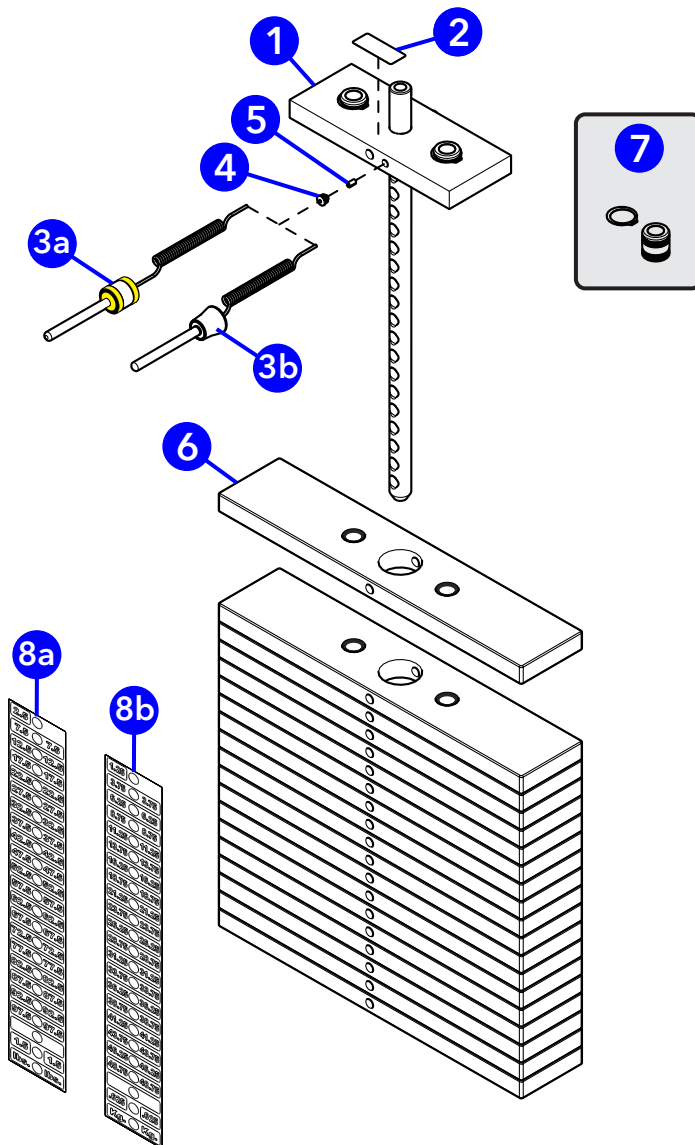


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	6	7662901	CAP; GRIP 1.25 OD
2	6	3235801	GRIP, 1.25 OD X .125 WALL OPEN END
3	6	7662801	RING, GRIP 1.25 OD
4	24	3247701	M4 X 0.7 X 3 HZS NO CUP ST BO

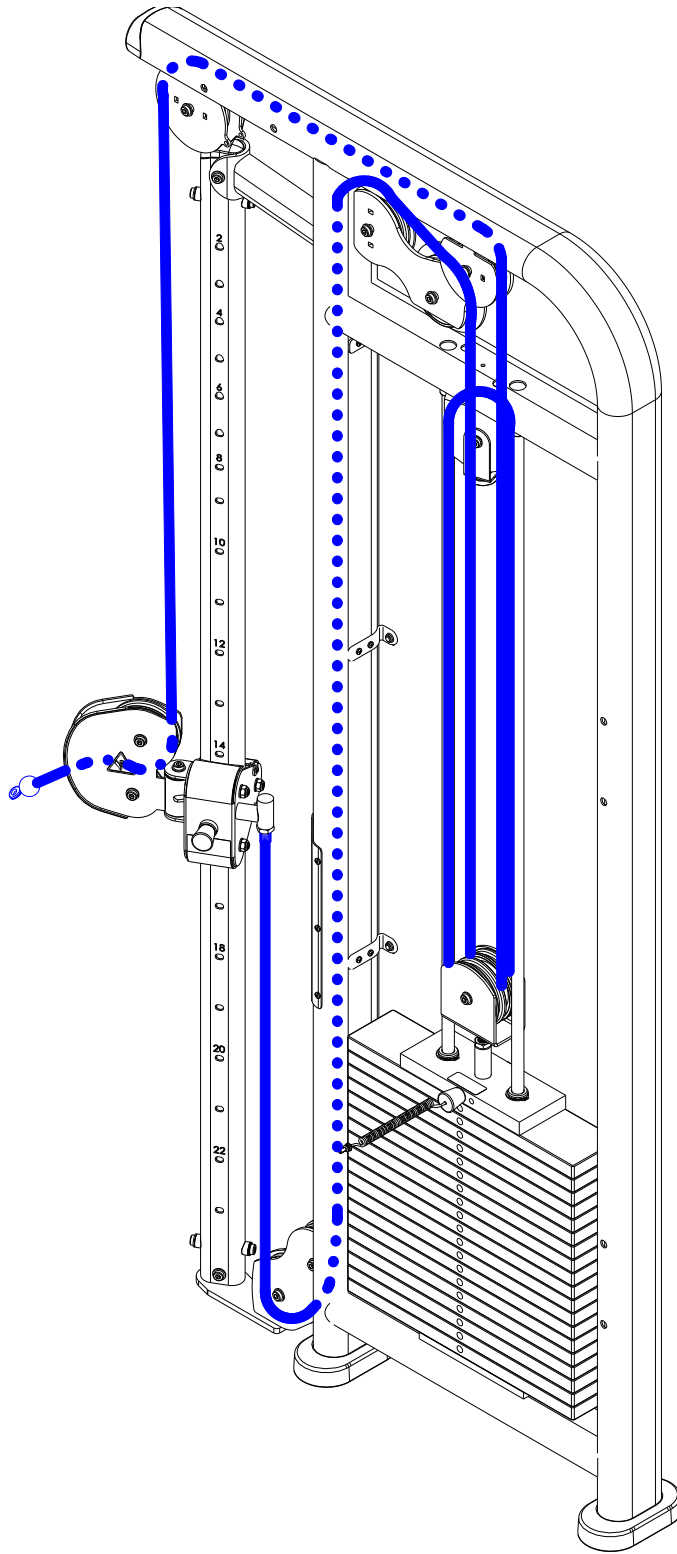
**SERIAL NUMBERS 1012311XXXXX AND AFTER**



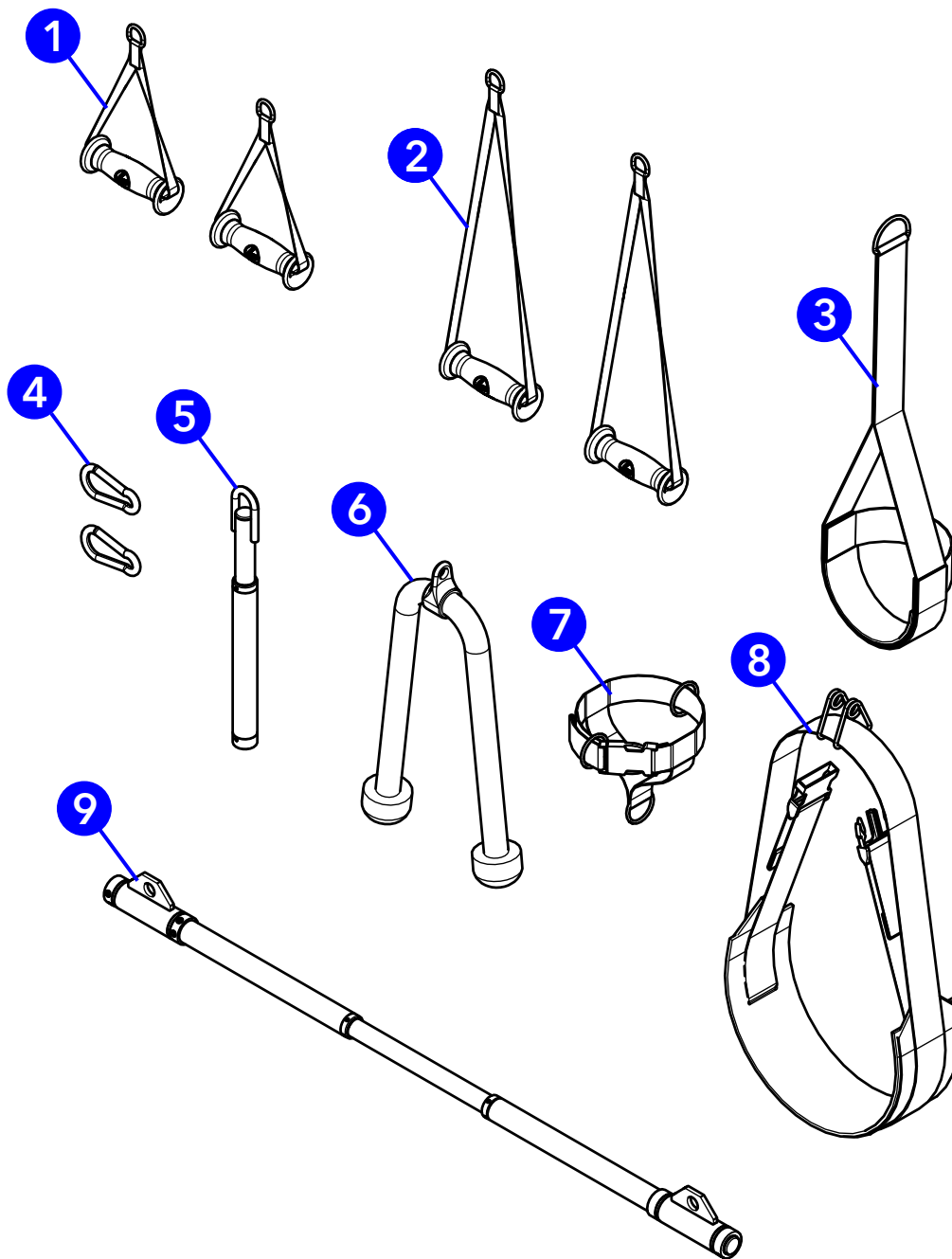
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	1012796-9301	WELDMENT: FLOATING DOUBLE PULLEY -HWG
2	2	3237801	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
3	1	3236801	NUT, M10 HEX NYLOCK SS
4	2	3236601	WASHER, 3/8 SAE SS
5	1	3236902	NUT, HEX JAM M16 X 2 SS
6	1	7385201	SPACER, .406 X .750 X .250
7	1	3236215	SCREW, M10 X1.5 90MM
8	2	8039501	LABEL, WARNING, TRIANGLE, 10-0099-067, BNR
9	1	1013924-9301	BRACKET: INC WEIGHT, DBL PULLEY, 7 GA
10	2	7570801	GUARD, PAINT 1.25 x .75 x .25



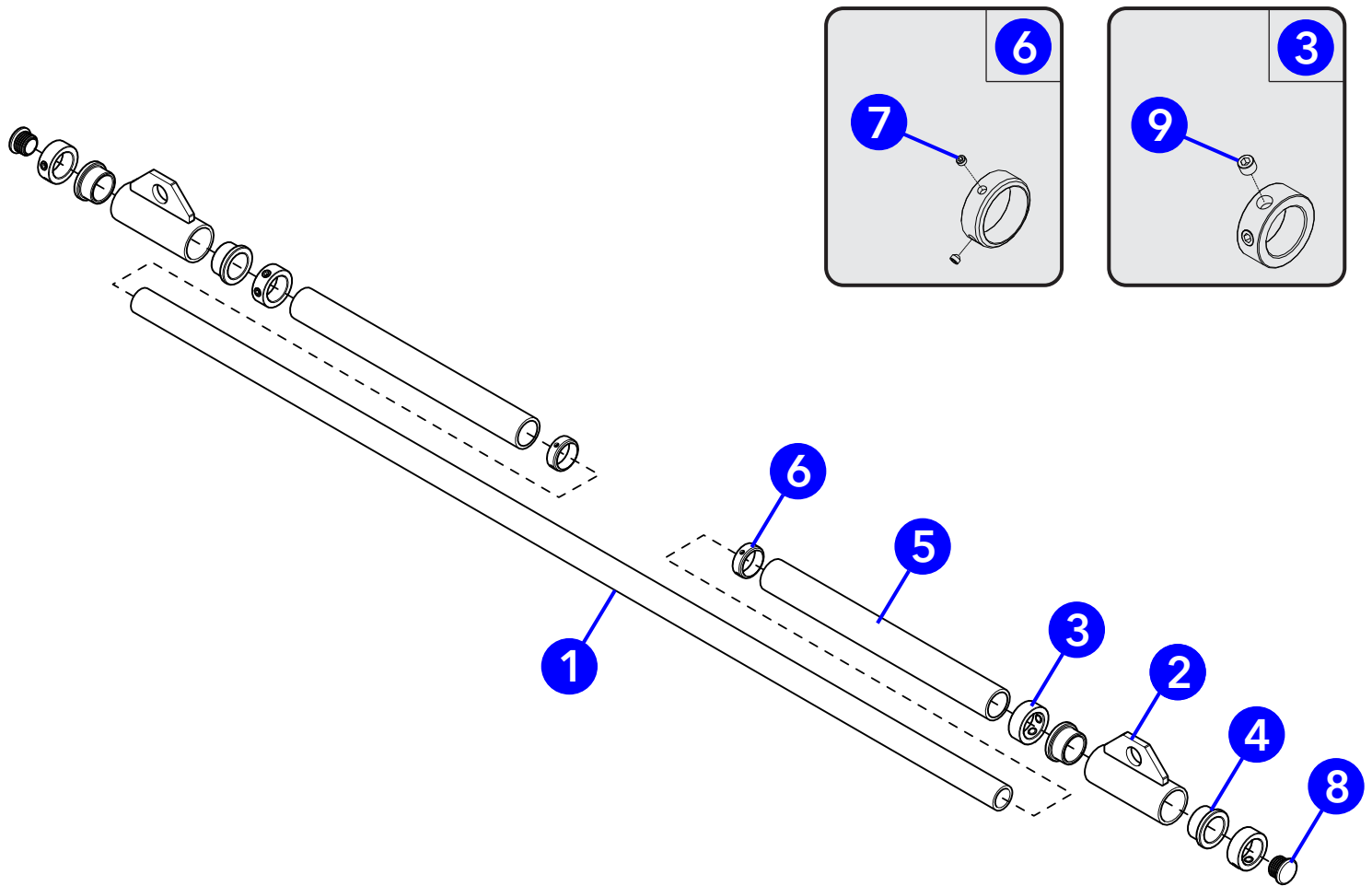
ITEM NO.	QTY.	PART NO.	DESCRIPTION	
1	1	8920201	19 HOLE HEAD PLATE/BAYONET SER. KIT ASSY	
2	1	7744501	LABEL, WEIGHT AT HANDLE - ENGLISH	
		7744502	LABEL, WEIGHT AT HANDLE - GERMAN	
		7744503	LABEL, WEIGHT AT HANDLE - FRENCH	
		7744504	LABEL, WEIGHT AT HANDLE - SPANISH	
		7744505	LABEL, WEIGHT AT HANDLE - ITALIAN	
		7744506	LABEL, WEIGHT AT HANDLE - DUTCH	
		7744507	LABEL, WEIGHT AT HANDLE - JAPANESE	
		7744508	LABEL, WEIGHT AT HANDLE - PORTUGUESE	
		7744510	LABEL, WEIGHT AT HANDLE - RUSSIAN	
		7744511	LABEL, WEIGHT AT HANDLE - TURKISH	
		7744512	LABEL, WEIGHT AT HANDLE - CHINESE	
		7744513	LABEL, WEIGHT AT HANDLE - ARABIC	
		7744514	LABEL, WEIGHT AT HANDLE - SWEDISH	
		7744515	LABEL, WEIGHT AT HANDLE - DANISH	
3	a	1	8981903	ASSY, WT STACK SELECTOR PIN, SRT - YELLOW
	b	1	7353001	ASSY, SELECTOR PIN
4	1	7356501	PLUG, LANYARD ATTACHMENT	
5	1	7523601	CRIMP, CABLE	
6	19	7328401	WEIGHT PLATE, 20 LB	
7	2	7338001	BUSHING, HEADPLATE	
8	a	1	9138101	LABEL, WGHT STK, 97.5 LBS
	b	1	9138201	LABEL, WGHT STK, 48.75 KG



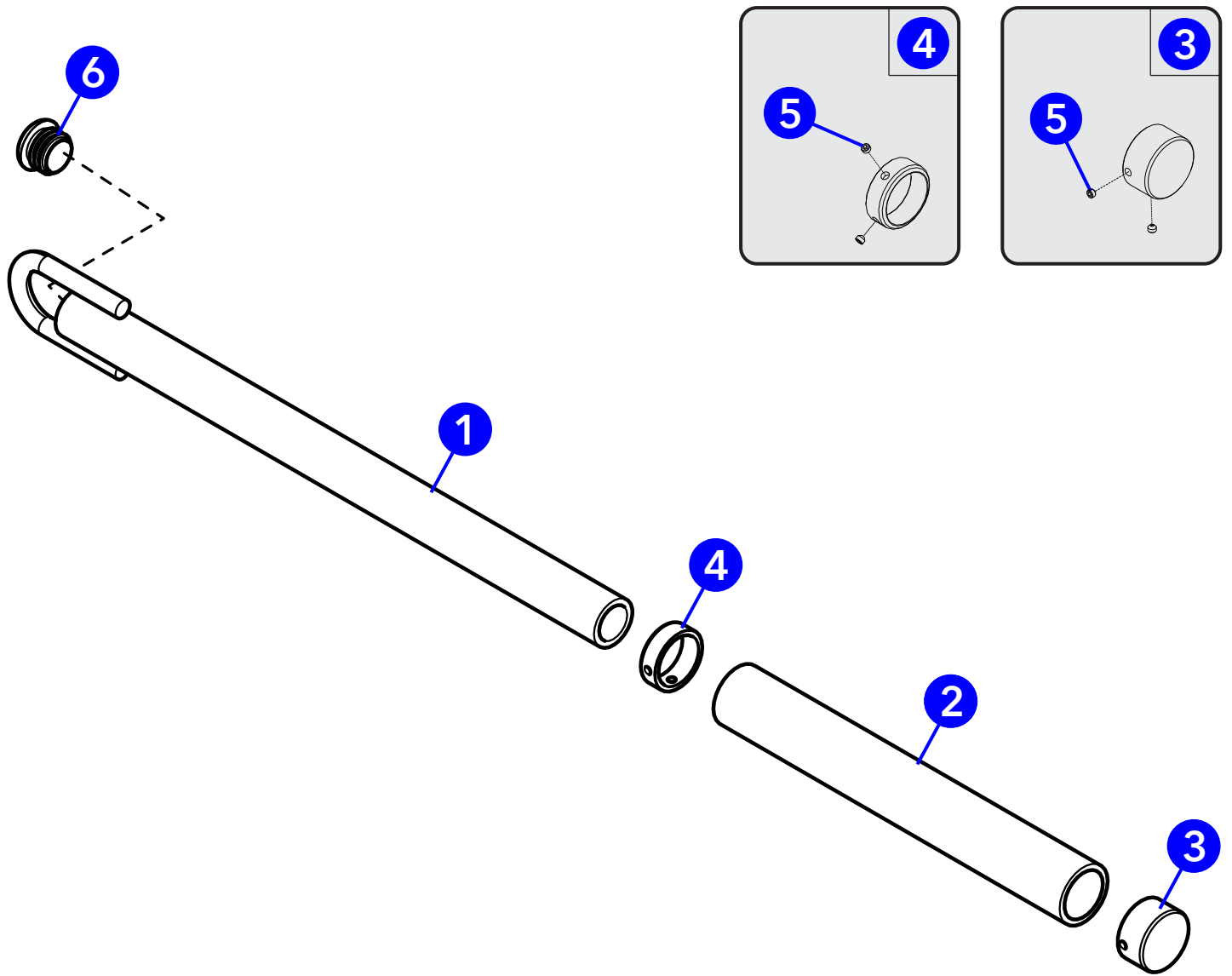
RIGHT HAND SIDE



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	8219601	HANDLE, CM/MJ/OSDAP, SHORT STRAP
2	2	8219701	HANDLE, CM/MJ, LONG STRAP
3	1	7753001	LE/LC STRAP
4	2	3250201	SNAP LINK, 3/8 IN. DIA
5	1	7753201	ASSY, SPORT BAR
6	1	6851501	ROPE, TRICEP
7	1	7734701	STRAP, 4-WAY ANKLE
8	1	8929101	BELT, CMDAP
9	1	7753101	ASSY, LONG BAR

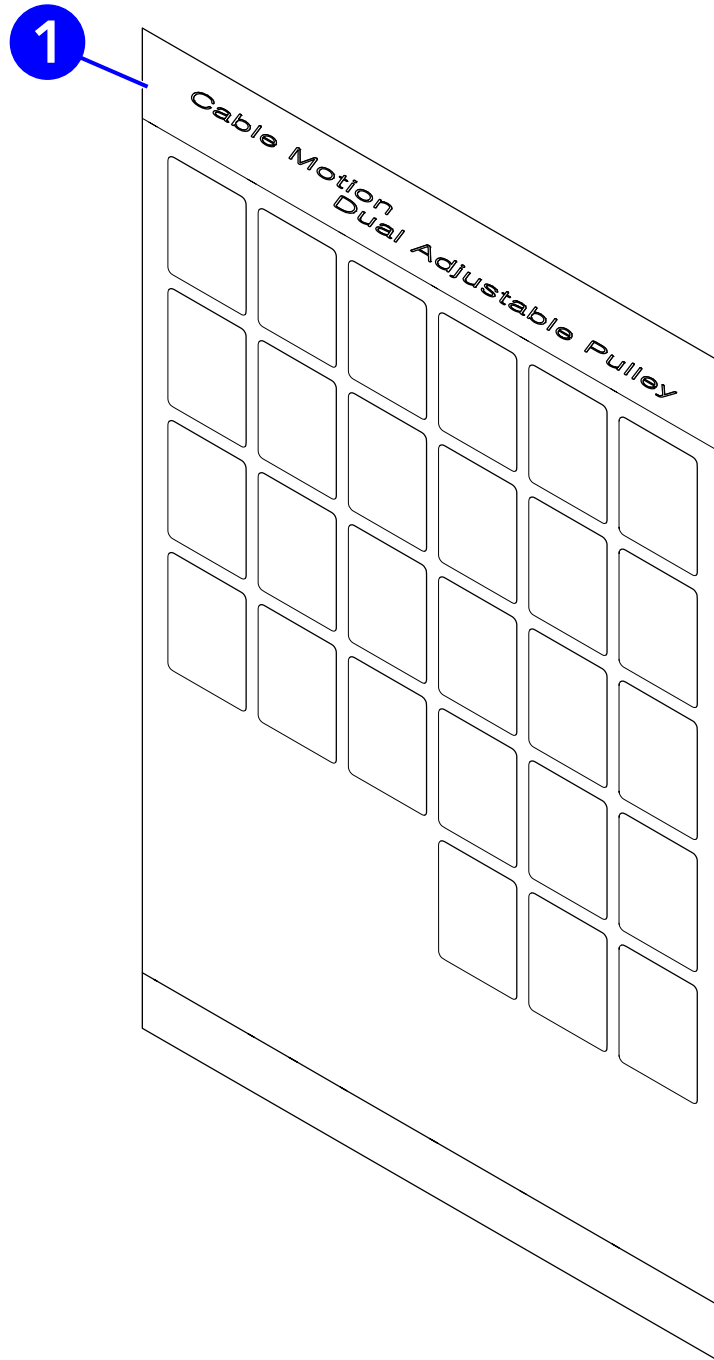


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7760995	TUBE, 1.00 OD 10GA X 44 SHADOW GRAY
2	2	7760695	WLDMT, LONG BAR SWIVEL SHADOW GRAY
3	4	7435301	COLLAR, SHAFT 1.020 ID
4	4	3104906	BEARING, FLG 1.00 ID X 1.25 OD
5	2	3235801	GRIP, 1.25 OD X .125 WALL OPEN END
6	2	7662801	RING, GRIP 1.25 OD
7	4	3247701	M4 X 0.7 HXS NO CUP ST BO
8	2	3119304	CAP, END 1 DIA RD 10-12GA
9	8	3242901	SET SCREW, 5/16-18 X 1/4

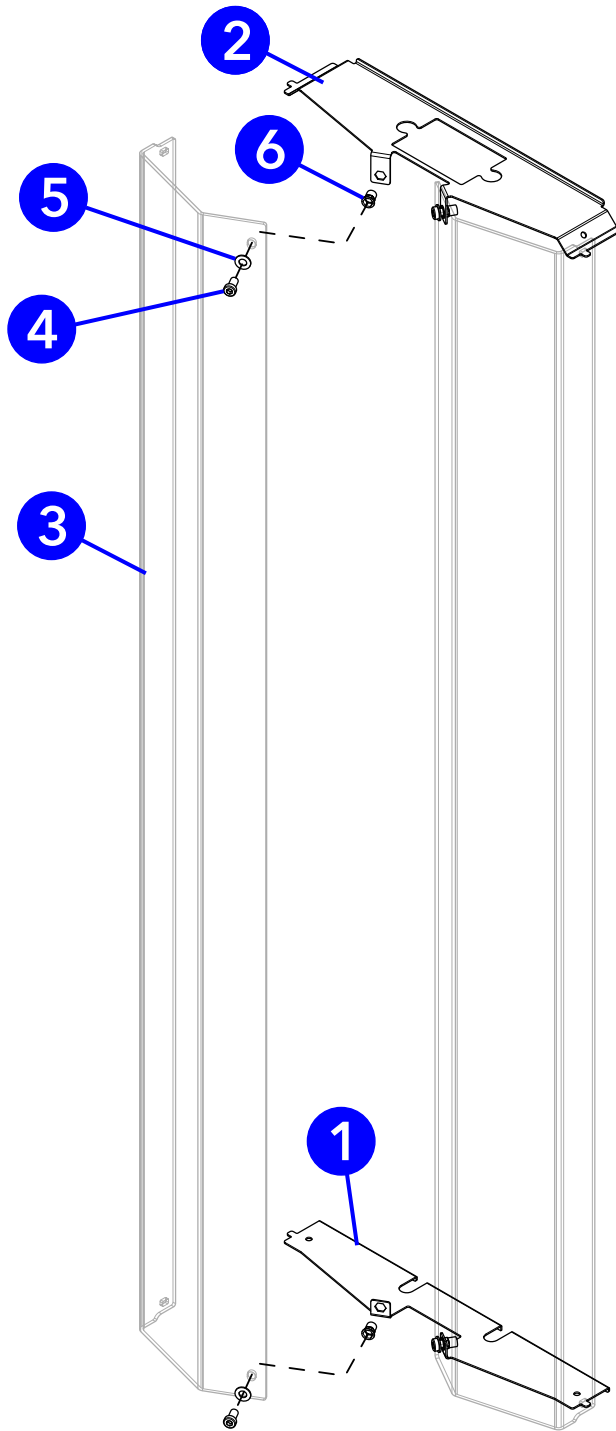


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7760395	WLDMT, SPORT BAR SHADOW GRAY
2	1	3235801	GRIP, 1.25 OD X .125 WALL OPEN END
3	1	7662801	RING, GRIP 1.25 OD
4	1	7662901	CAP; GRIP 1.25 OD
5	4	3247701	M4 X .7 HXS NO CUP ST BO
6	1	3119304	CAP, END 1 DIA RD 10-12GA









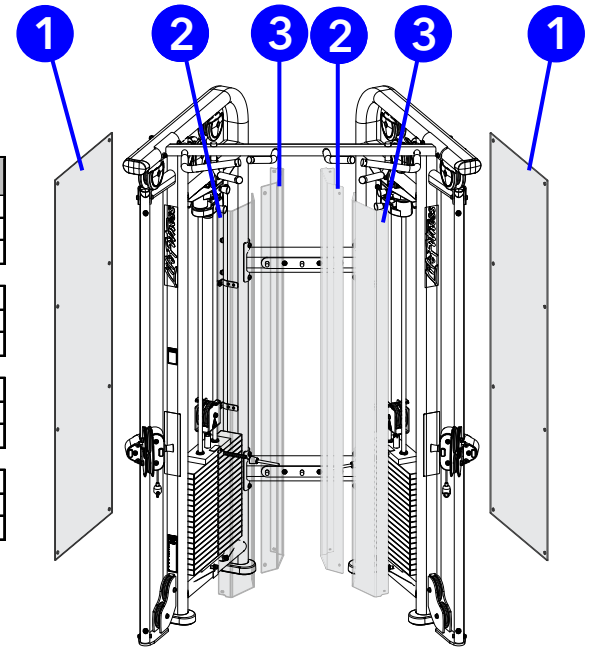
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7762301	POSTER, CMDAP INSTRUCTIONAL





ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9035995	BRKT, SHROUD, CMDAP, BOTTOM, SG
2	1	9035795	BRKT, SHROUD, CMDAP, TOP, SG
3	2	9035801	SHROUD, CM/MJ FRONT
4	4	3236201	M10 X 1.5 X 20 SHCS, LOW HEAD
5	4	3236601	WASHER, 3/8 SAE STAINLESS STEEL
6	4	3238601	M10X1.5 BLIND THRD INSERT(HEX)

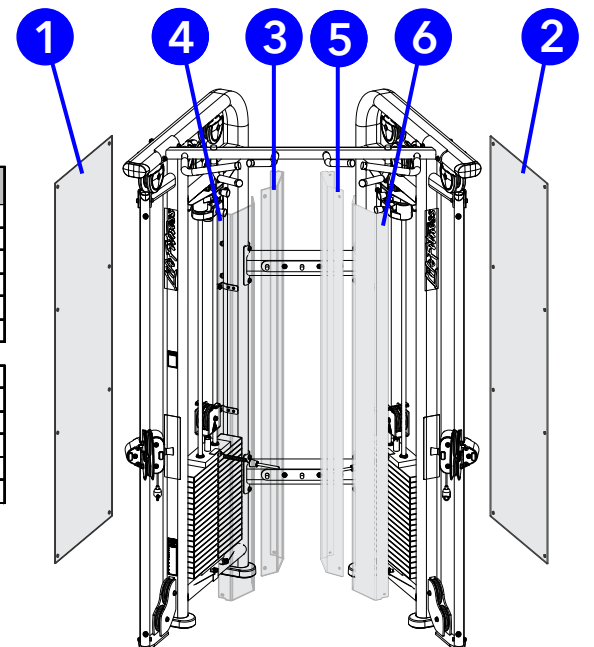
## BAMBOO, BRONZE, ROSEWOOD & STAINLESS STEEL

	ITEM NO.	QTY.	PART NO.	DESCRIPTION
	1	2	8951401	SHROUD, CM/MJ, REAR -BAMBOO
	2	2	9147801	SHROUD, FNT, LT -BAMBOO
	3	2	9147701	SHROUD, CM/MJ, FNT, RT -BAMBOO
	1	2	8951801	SHROUD, CM/MJ, REAR -BRONZE
	2	2	9148701	SHROUD, FNT, LT -BRONZE
	3	2	9148601	SHROUD, FNT, RT -BRONZE
	1	2	8952201	SHROUD, CM/MJ, REAR -ROSEWOOD
	2	2	9149601	SHROUD, FNT, LT -ROSEWOOD
	3	2	9149501	SHROUD, FNT, RT -ROSEWOOD
	1	2	8952401	SHROUD, CM/MJ, REAR -STAINLESS STEEL
	2	2	9149901	SHROUD, FNT, LT -STAINLESS STEEL
	3	2	9149801	SHROUD, FNT, RT -STAINLESS STEEL

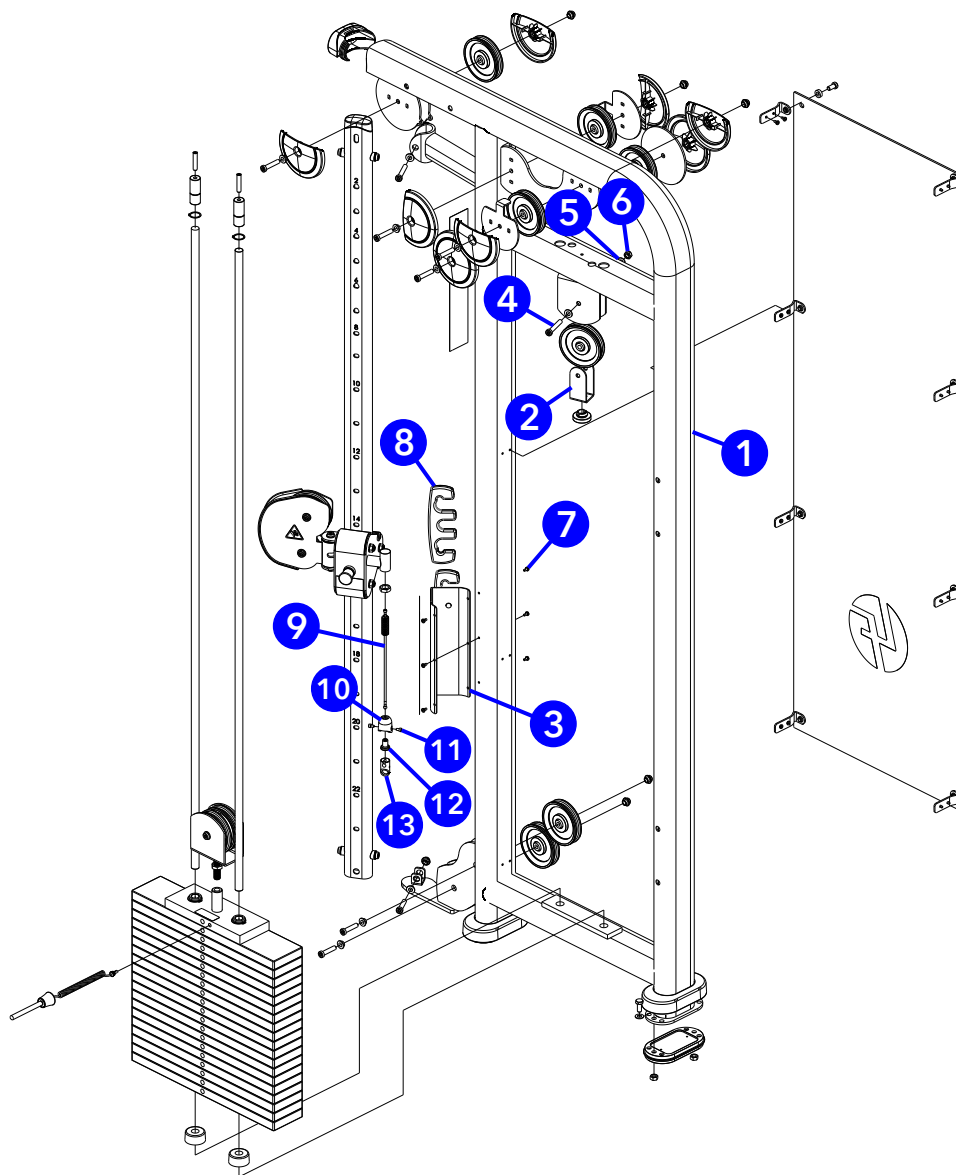


## SKY & STEM

	ITEM NO.	QTY.	PART NO.	DESCRIPTION
	1	1	8951602	SHROUD, CM/MJ, RT TOWER, REAR -SKY
	2	1	8951601	SHROUD, CM/MJ, LT TOWER, REAR -SKY
	3	1	9148101	SHROUD, RT TOWER, FNT, LT -SKY
	4	1	9148001	SHROUD, RT TOWER, FNT, RT -SKY
	5	1	9148102	SHROUD, LT TOWER, FNT, LT -SKY
	6	1	9148002	SHROUD, LT TOWER FNT, RT -SKY
	1	1	8952001	SHROUD, CM/MJ, RT TOWER, REAR -STEM
	2	1	8952002	SHROUD, CM/MJ, LT TOWER, REAR -STEM
	3	1	9149302	SHROUD, RT TOWER, FNT, LT -STEM
	4	1	9149202	SHROUD, RT TOWER, FNT, RT -STEM
	5	1	9149301	SHROUD, CM/MJ, LT TOWER, FNT, LT -STEM
	6	1	9149201	SHROUD, CM/MJ, LT TOWER, FNT, RT -STEM



SERIAL NUMBERS CMDAP0512129-1012310XXXXX AND BELOW (ADD-ON INC. WEIGHTS) 



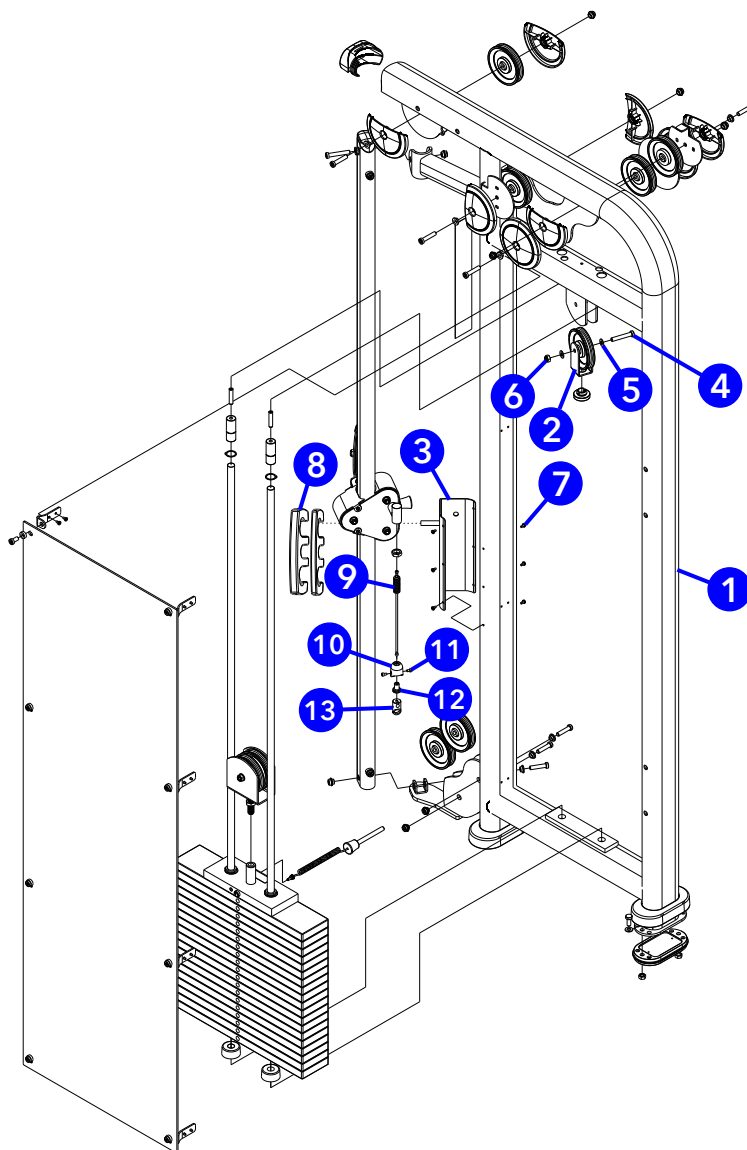
Please see the following KB article [Life Fitness CMDAP, Hammer Strength HDLDAP Swivel Type Cable End Inspection](#)

**NOTE:** Items 1, 2 and 3 are powdercoat painted; include desired frame color within order notes.

CABLE KIT - 8989202  
INCLUDES: ITEMS 9-13

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7642401	WLDMT, CMDAP RH TOWER
2	1	7732401	BRKT, STACK BUMPER MOUNT
3	1	7749301	WLDMT, CM/MJ, PLACARD BRKT-2
4	1	3236209	M10 X 1.5 X 60 SHCS, LOW HEAD
5	2	3236601	WASHER, 3/8 SAE STAINLESS STEEL
6	1	3236801	NUT, NYLOCK M10 X 1.5 SS
7	6	3270601	SCREW, #10-32 X 3/8 TRX PAN ST BZ
8	2	7711501	WEIGHT, 5 LB. ADD-ON
9	1	8946902	CABLE, CMDAP
10	1	8943701	HSNG, CM/MJ, CABLE END
11	2	3250002	M5 X 0.8 X 8 HXS SOC CS ST BZ
12	1	8943801	INSERT, CM/MJ, CABLE END
13	1	8943601	LINK, CM/MJ, CABLE END

SERIAL NUMBERS CMDAP0512129-1012310XXXXX AND BELOW (ADD-ON INC. WEIGHTS) 



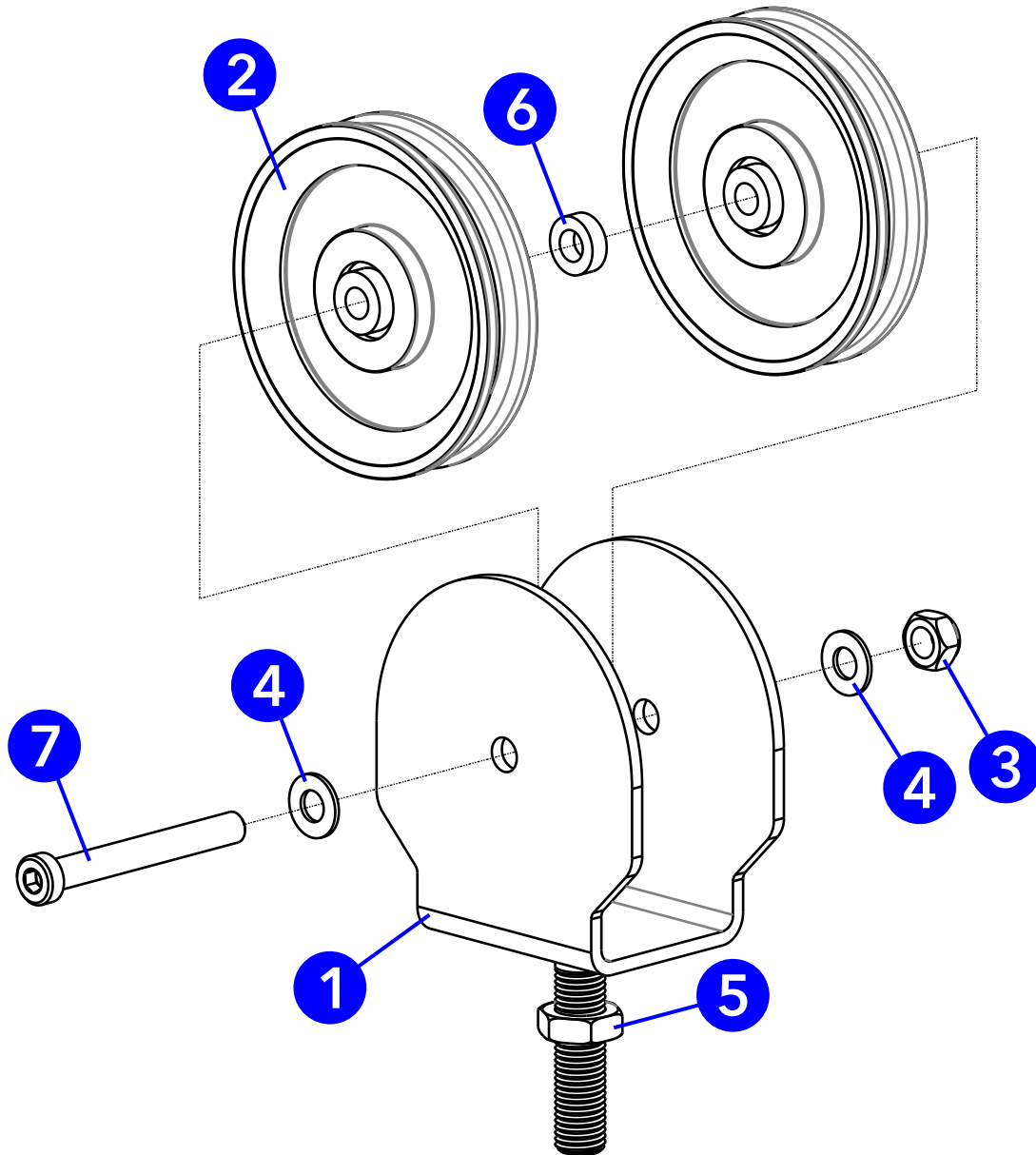
Please see the following KB article [Life Fitness CMDAP, Hammer Strength HDLDAP Swivel Type Cable End Inspection](#)

**NOTE:** Items 1, 2 and 3 are powdercoat painted; include desired frame color within order notes.

CABLE KIT - 8989202  
INCLUDES: ITEMS 9-13

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7642401	WLDMT, CMDAP RH TOWER
2	1	7732401	BRKT, STACK BUMPER MOUNT
3	1	7749301	WLDMT, CM/MJ, PLACARD BRKT-2
4	1	3236209	M10 X 1.5 X 60 SHCS, LOW HEAD
5	2	3236601	WASHER, 3/8 SAE STAINLESS STEEL
6	1	3236801	NUT, NYLOCK M10 X 1.5 SS
7	6	3270601	SCREW, #10-32 X 3/8 TRX PAN ST BZ
8	2	7711501	WEIGHT, 5 LB. ADD-ON
9	1	8946902	CABLE, CMDAP (428"/10873.6mm)
10	1	8943701	HSNG, CM/MJ, CABLE END
11	2	3250002	M5 X 0.8 X 8 HXS SOC CS ST BZ
12	1	8943801	INSERT, CM/MJ, CABLE END
13	1	8943601	LINK, CM/MJ, CABLE END

Serial Numbers (Ramsey) CMDAP0512129 = **CMDAP0512** Product Code CMDAP, Month 05 (May), Year 12 and prior (Add-on inc. weights)  
 Serial Numbers (Protokon) 1012310XXXXX = **101231** Location Code 10, Year 12, Week 31 (August) and prior (Add-on inc. weights)



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	1012796-9301	WELDMENT: FLOATING DOUBLE PULLEY -HWG
2	2	3237801	PULLEY, 1/4 IN CABLE (T3), 4.5 IN OD
3	1	3236801	NUT, M10 HEX NYLOCK SS
4	2	3236601	WASHER, 3/8 SAE SS
5	1	3236902	NUT, HEX JAM M16 X 2 SS
6	1	7385201	SPACER, .406 X .750 X .250
7	1	3236214	SCREW, M10 X1.5 85MM