

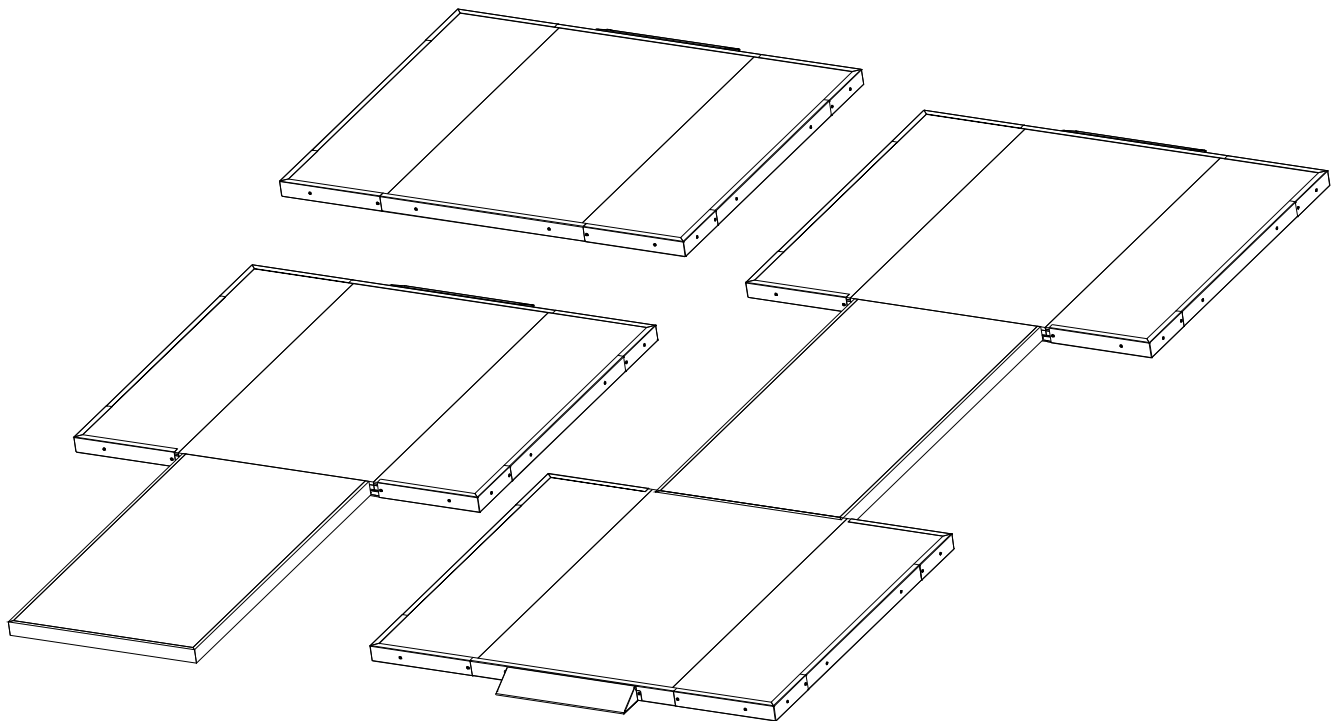
# ***Life Fitness***

## ***PLATFORMS***

### ***OHD-P, OHD-SIP***

### ***OHD-MIP, OHD-LIP***

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## ***ASSEMBLY INSTRUCTIONS***

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## Tools Required for Assembly

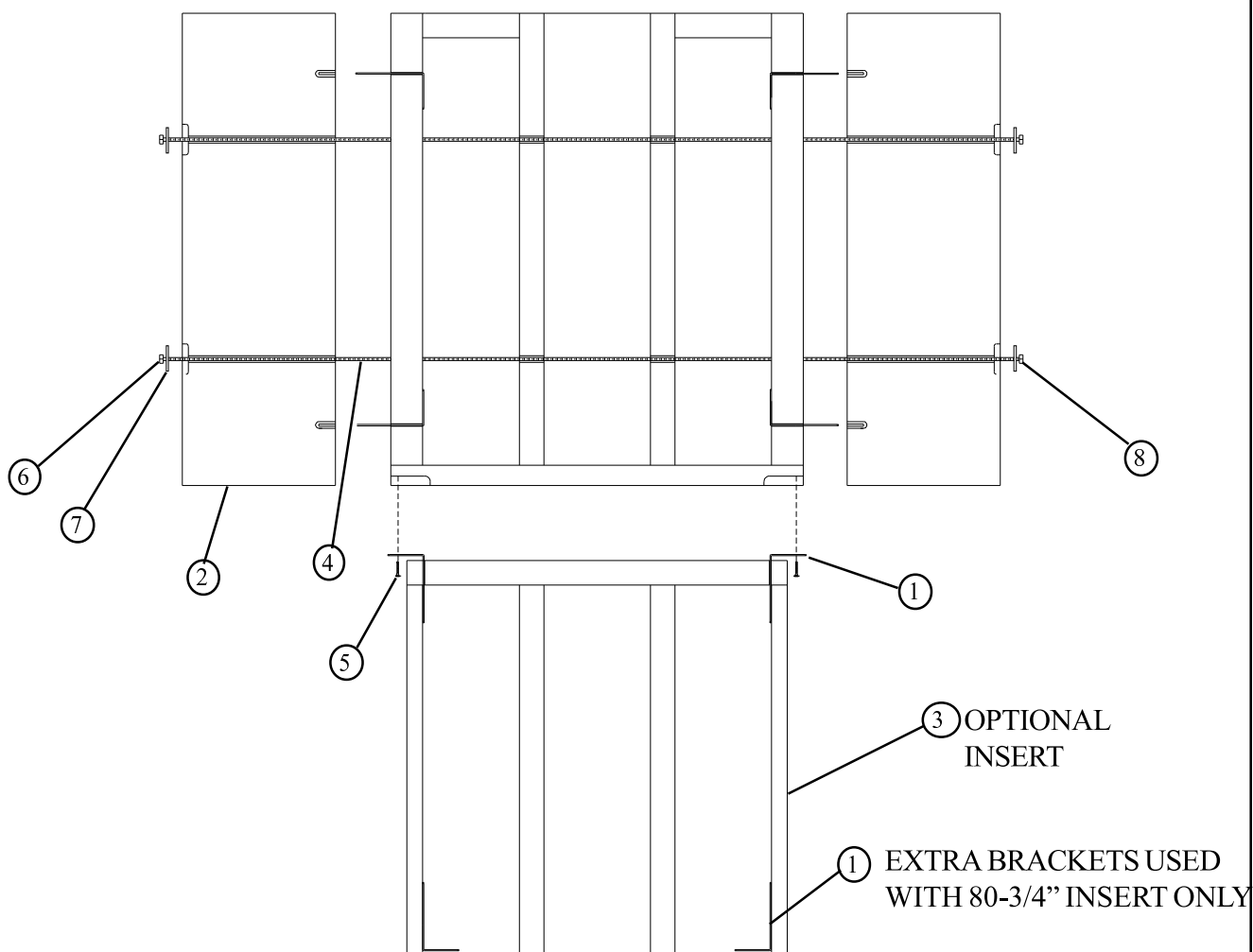
- \* Power Drill
- \* Philip Screw Driver
- \* Rubber Mallet
- \* Allen wrench set
- \* Drill set
  - 1/8" drill bit
  - 3/16" drill bit

**NOTE:** In a continual effort to improve our products, specifications are subject to change  
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[www.Hammer Strength.com](http://www.Hammer Strength.com)

## BOTTOM VIEW OF PLATFORM USED FOR ILLUSTRATION ONLY

***\*\*MUST BE ASSEMBLED TOP SIDE UP\*\****



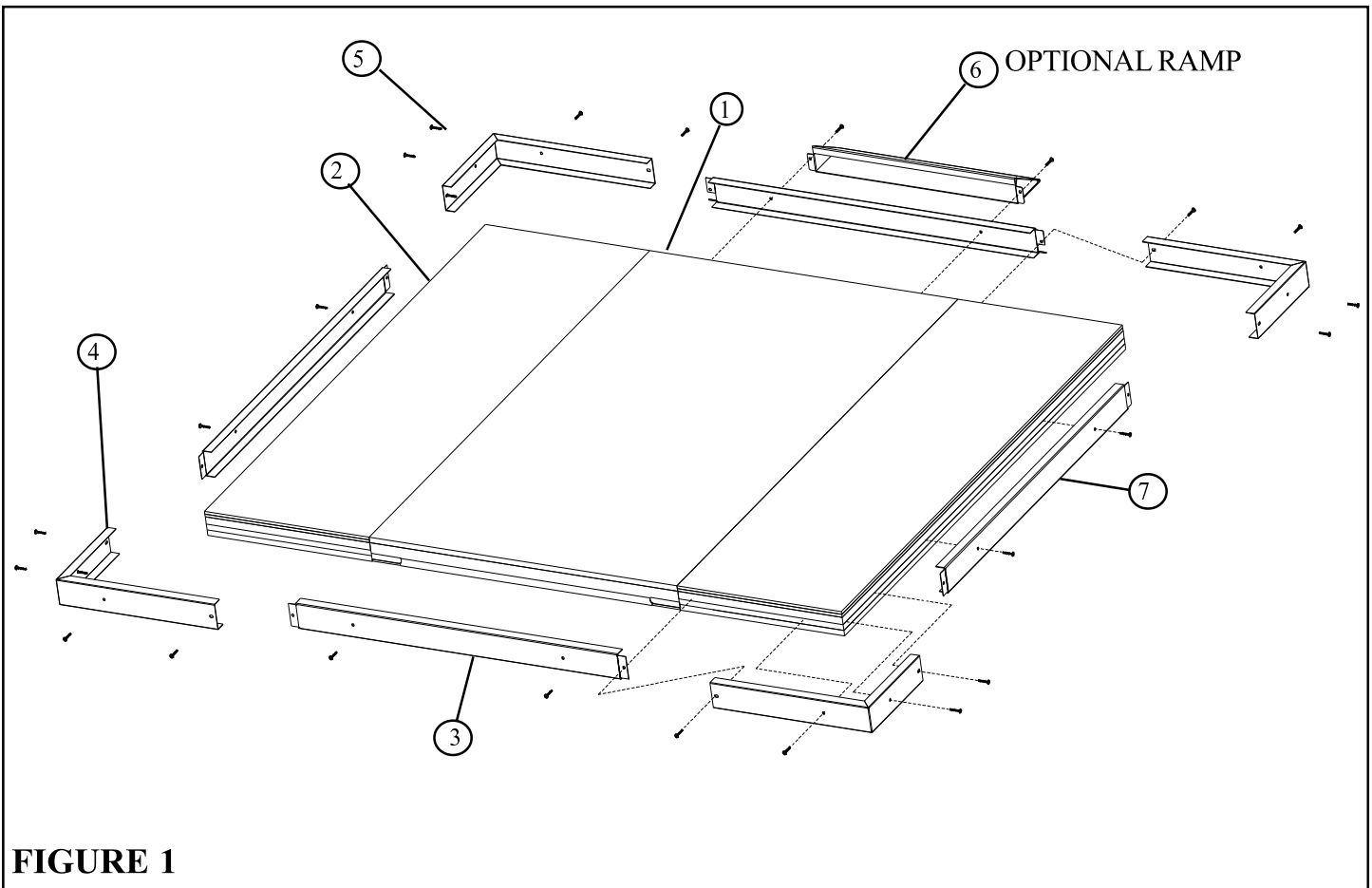
- Begin assembling by sliding **THREADED ROD (4)**, thru side holes in **BASE (1)**
- Set **SIDE PANELS(2)** in place with channels over **THREADED RODS (4)** and slide **SIDE PANELS (2)** together with **BASE (1)**
- Screw and tighten, **ACORN NUTS (6)** and **PLATE (7)** to one end of the **THREADED ROD (4)**
- Screw and tighten, **NYLOCK UT (8)** and **PLATE (7)** to one end of the **THREADED ROD (4)**
- Securely attach **INSERT (3)** to **BASE (1)** , using two **1/4 X 1-3/4 LAG SCREW (5)**

***BASE AND SIDE PANELS MIGHT HAVE SLIGHT GAP BETWEEN THEM ALLOWING FOR SLIGHT MOVEMENT***

| ITEM NO. | QTY. | PART NO.      | DESCRIPTION             |
|----------|------|---------------|-------------------------|
| 1        | 1    | NOT ORDERABLE | BASE                    |
| 2        | 2    | 8080901       | SIDE PANEL              |
| 3        | 1    | 8081001       | INSERT 42 X 48          |
|          |      | 8081002       | INSERT 42 X 70-12/      |
|          |      | 8081003       | INSERT 42X 80-3/4       |
| 4        | 4    | 8080701       | 1/2" x 90-3/4" THRD ROD |
| 5        | 2    | 8080501       | 1/4 X 1-3/4 LAG SCREW   |
| 6        | 2    | 3259701       | ACORN NUT 1/2-13        |
| 7        | 4    | 8081101       | WASHER-PLATE            |
| 8        | 2    | 3102801       | NUT, NYLOCK 1/2-13      |

# OHD-P

| ITEM NO. | QTY. | PART NO.          | DESCRIPTION           |
|----------|------|-------------------|-----------------------|
| 1        | 1    | NOT ORDERABLE     | ASSY, CENTER PLATFORM |
| 2        | 2    | 8080901           | ASSY, SIDE PLATFORM   |
| 3        | 4    | 7951901           | CENTER FRAME          |
| 4        | 4    | 7689701           | CORNER FRAME          |
| 5        | 24   | 3256601           | FRAME SCREW           |
| 6        | 1    | OHD-RAMP-0101-101 | RAMP                  |



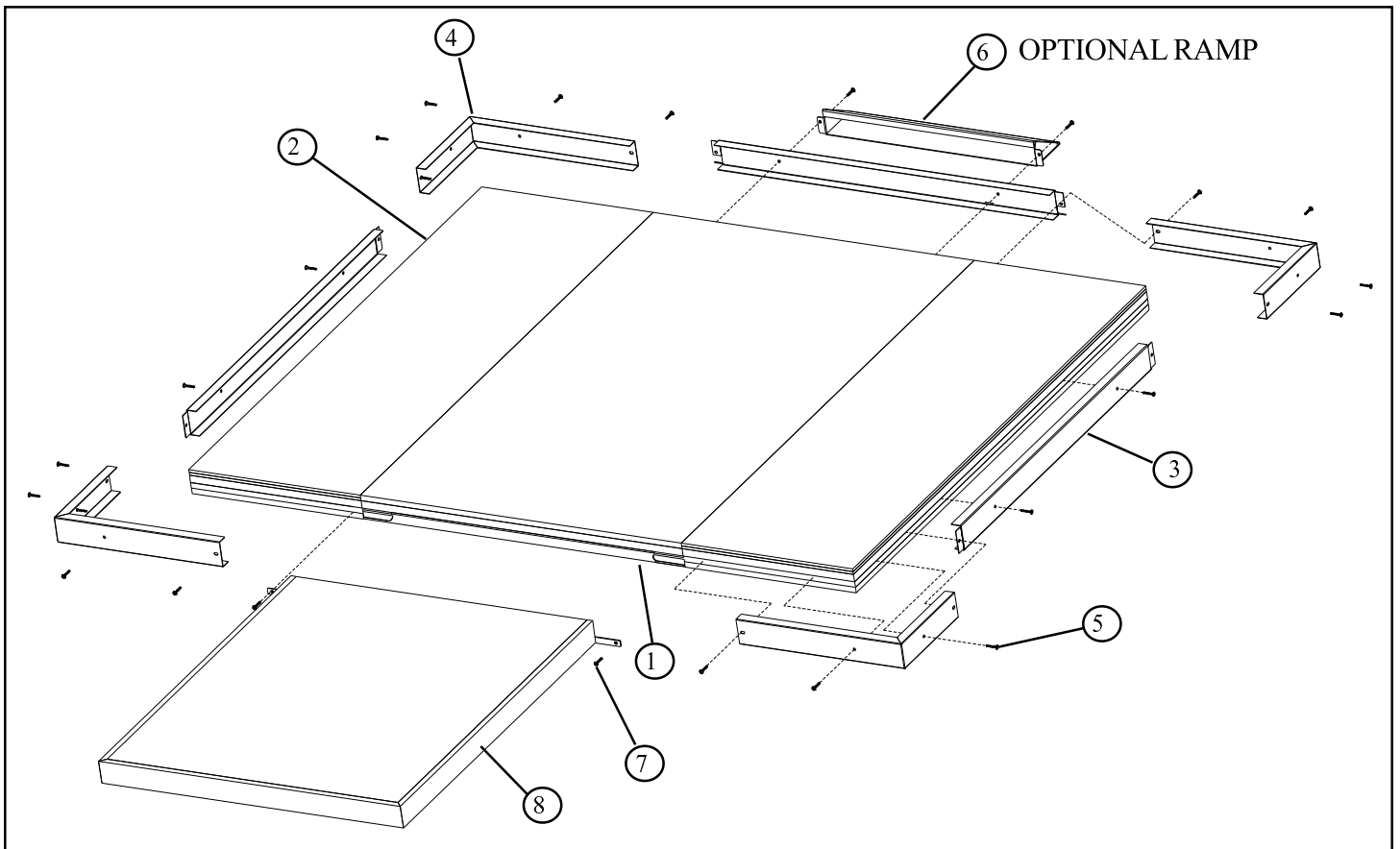
**NOTE: ALL SCREW HOLE LOCATIONS MUST BE PRE-DRILLED USING 1/8" FOR BRACKET SCREWS AND 3/16" FOR FRAME SCREWS BEFORE INSERTING WOOD SCREWS TO AVOID ANY DAMAGE TO WOOD**

- Attach SIDE PANELS (2) to BASE (1) REFER TO PAGE 3
- Place CENTER FRAMES (3) and CORNER FRAMES (4) into place and secure with FRAME SCREWS (5)

**DO NOT OVERTIGHTEN FRAME SCREWS**

# OHD-SIP / OHD-MIP / OHD-LIP

| ITEM NO. | QTY. | PART NO.      | DESCRIPTION            |
|----------|------|---------------|------------------------|
| 1        | 1    | NOT ORDERABLE | ASSY, CENTER PLATFORM  |
| 2        | 2    | 8080901       | ASSY, SIDE PLATFORM    |
| 3        | 3    | 7951901       | CENTER FRAME           |
| 4        | 4    | 7689701       | CORNER FRAME           |
| 5        | 24   | 3256601       | FRAME SCREW            |
| 6        | 1    | 7951601       | RAMP                   |
| 7        | 2    | 8080501       | 1/4 X 1-3/4 LAGE SCREW |
| 8        | 1    | 8081001       | INSERT 42 X 48         |
|          |      | 8081002       | INSERT 42 X 70-1/2     |
|          |      | 8081003       | INSERT 42 X 80-3/4     |



**NOTE ALL SCREW HOLE LOCATIONS MUST BE PRE-DRILLED USING 1/8" FOR BRACKET SCREWS AND 3/16" FOR FRAME SCREWS BEFORE INSERTING WOOD SCREWS TO AVOID ANY DAMAGE TO WOOD**

- Secure SIDE PANELS (2) to BASE (1) REFER TO PAGE 3
- Secure INSERT (3) to BASE (1) using two LAGE SCREW (7) REFER TO PAGE
- Place CENTER FRAMES (5) and CORNER FRAMES (6) into place and secure with FRAME SCREWS (8)

**DO NOT OVERTIGHTEN FRAME SCREWS**

## IMPORTANT

### NEVER

shut down the ventilating system in your facility for a prolonged period of time.

### NEVER

use household cleaning products or procedures. They can be harmful to the floor finish and to the wood and may also leave floors sticky or slippery, and potentially harmful to athletes.

### NEVER

clean your floor using scrubbing machinery or power scrubbers that use water under pressure. Water is your floor's worst enemy!

### NEVER

attempt to modify or repair your sports floor without first consulting with your flooring contractor.

**Please post in office of  
superintendent, maintenance  
engineer, or custodian.**

The Life Fitness warranty is solely based on strict compliance with the care and maintenance outlined on this card.

## GENERAL CARE

**HUMIDITY AND VENTILATION** Since all wood flooring will expand and contract as relative humidity varies, it is important to minimize extremes between low and high. Hardwood flooring is manufactured at moisture content most compatible with a 35%-50% relative humidity range. Geographical regions and available mechanicals determine the typical range of temperature and humidity for each facility. Maintaining a 15% fluctuation between highest and lowest average indoor relative humidity provides limited shrinkage and growth.

## EXCESSIVE SEPARATION AND TIGHTENING

Separation between flooring boards commonly develops during winter low humidity, and flooring typically aligns generally tight during peak summer humidity conditions. While moderate shrinkage and expansion is normal, make use of available HVAC systems to prevent excessive tightening and shrinkage of flooring.

## KEEP WATER AND GRIT OFF THE FLOOR SURFACE

Protect your floors from tracking moisture and grit at exterior doorways by providing suitable floor mats, and check mats frequently to assure no moisture is trapped underneath. Correct all leaks immediately and protect your floor from excessive condensation moisture by properly insulating ductwork, interior drains, and downspouts. Any dampness within your building should be brought to the attention of your architect and engineers.

## DAILY CARE

### SWEEPING THE FLOOR

Sweep your floor daily with a dry dust mop. Floors with heavy use should be dust mopped up to three times a day.

For more thorough daily cleaning, an untreated dust mop may be sprayed with approved diluted (warm water) floor cleaner\* especially compatible with gym floor finishes. Apply cleaning solution to dust mop and not directly to floor, and replace soiled dust mop covers as necessary. Do not allow cleaning residue to build up on the floor surface from excess treatment of dust mop.

## SPILLAGE/SPOTS/STAINS

Wipe liquid spills and water from the floor immediately with a thoroughly wrung soft cloth or thoroughly wrung mop dampened with approved floor cleaner.

Remove chewing gum by applying crushed ice in a plastic bag until the gum becomes brittle enough to crumble off the floor surface. Clean remaining residue with cloth dampened with floor cleaner. Remove aggressive marks (black marks, rubber burns) with cloth dampened with cleaner.

Apply cleaners using a soft cloth, never a rough or textured cloth.

## FLOOR LOADS

Significant point and/or area loads can affect the integrity of the wood floor surface and athletic sub floor components.

## POINT LOADS

Point loads refer to concentration of weight on a small area of the floor surface. Examples of high point loads include wheels that are crowned or tapered rather than those making full and flat contact, and wheels that include center ridges remaining from the molding process. Other examples of destructive point loads include shoe cleats, and table or chair legs with small contact points.

## AREA LOADS

Area loads refers to broad based loads that are less likely to compress wood fibers, but if significant are likely to damage flooring and/or sub floor components. Examples of excessive area loads include maintenance equipment such as hoists and lift vehicles.

## APPROPRIATE PROTECTION

**Maintenance equipment such as hoists, lifts and outriggers should not be used on your Life Fitness Platform.**

\*Approved floor cleaner, such as "Poloplaz Hardwood Floor Cleaner", may be sourced through Poloplaz (800-421-7311) [www.poloplaz.com](http://www.poloplaz.com).

\*Your Installing contractor or maintenance supplier may offer an alternate cleaning concentrate that can be diluted and used in the manner described, however it must be compatible with the gym finish and contain no oils, silicones or waxes.

## **1.6 WARRANTY**

### **A. LifeFitness Flooring Representation and Warranty -**

LifeFitness warrants that the floor system supplied will be free from manufacturing defects for a period of one year. The foregoing warranty is in lieu of and excludes all other warranties not expressly set forth herein, whether express or implied in operation of law or otherwise, including, but not limited to any implied warranties of merchantability or fitness. This warranty is expressly limited to the floor system supplied by LifeFitness. The warranty does not cover floor damage

caused (wholly or in part) by fire, winds, floods, moisture, other unfavorable atmospheric conditions or chemical action, nor does it apply to damage caused by ordinary wear, misuse, abuse, negligent or intentional misconduct, aging, faulty building construction, concrete slab separation, faulty or unsuitable subsurface or site preparation, settlement of the building walls or faulty or unprofessional assembly, disassembly, storage and use of the floor system.

## **WARRANTY STATEMENT**

- B. Life Fitness shall not be liable for incidental or consequential losses, damages or expenses directly or indirectly arising from the sale, handling, or use of floor system, or from any other cause relating thereto, and their liability hereunder in any case is expressly limited to the replacement of materials (goods) not complying with this agreement, or at their elections, to the repayment of, or crediting buyer with, an amount equal to the purchase price of such materials (goods), whether such claims are for breach of warranty or negligence. Any claim shall be deemed waived by buyer unless submitted to Life Fitness in writing within 30 days from the date buyer discovered, or should have discovered, any claimed breach. One year warranty on structural foundation and frame (excluding surface finish) Also, 90 days on rubber mats, hardware and items not specified.



## 1. SAFETY AND WARRANTY INFORMATION

It is the sole responsibility of the purchaser of LIFE FITNESS products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of LIFE FITNESS exercise equipment be informed of the following information prior to its use.

### PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that weight stack machines as well as any other LIFE FITNESS equipment are used properly to avoid injury.
2. Keep hands and feet clear at all times from moving parts to avoid injury.

### CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by LIFE FITNESS.
2. **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.
3. **MAINTAIN ALL EQUIPMENT:** 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.
4. 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.

## **WARRANTY**

### **WHAT IS COVERED**

This Life Fitness 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 charges during the second and third years (if applicable).

### **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* (.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.

## **HOW TO GET PARTS & SERVICE**

Simply call Customer Support Services at **(800) 351-3737 or (847) 451-0036**, Monday through Friday from 8:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address and the 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, and
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

## **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.

## **CHANGES IN WARRANTY NOT AUTHORIZED**

No one is authorized to change, modify or extend the terms of this limited warranty.

## **EFFECT 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 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!***