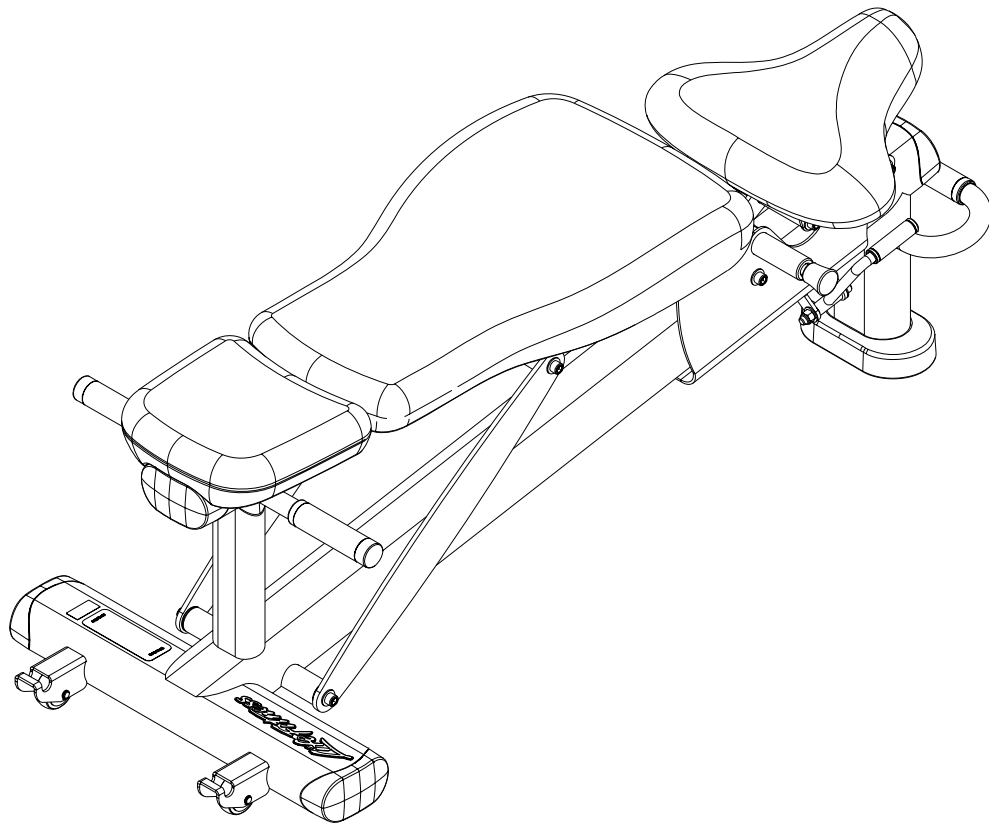


ADJUSTABLE BENCH USER GUIDE



WARNING:

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

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IMPORTANT SAFETY INFORMATION



THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES!

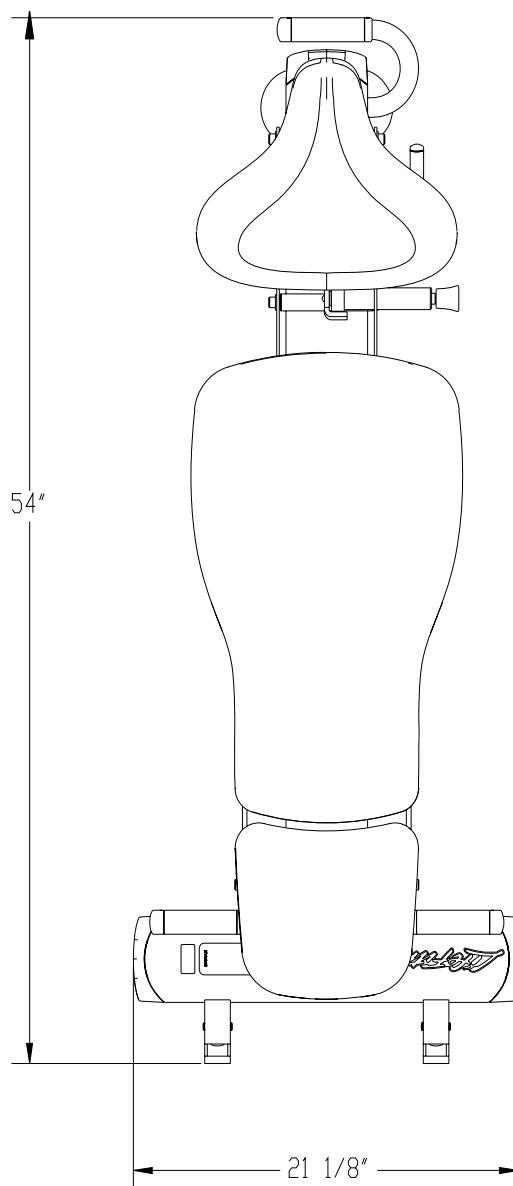
1. Before using, read all the warnings and instructions on the use of this machine including the wall chart and instructional DVD. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body and clothing free of all moving objects.
4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized Life Fitness dealer before use and have repairs made by an authorized service technician.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized Life Fitness dealer.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized Life Fitness dealer.
7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized Life Fitness dealer before use and have repairs made by an authorized service technician.
8. Make sure all spring loaded pull pins are fully engaged in the adjustment position before use.
9. Children and pets must not be allowed near this machine. Supervise teenagers.

Please note:

- * Thank you for purchasing the Life Fitness ADJ ADJUSTABLE BENCH. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- * **DO NOT** securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

NOTE: In a continual effort to improve our products, specifications are subject to change
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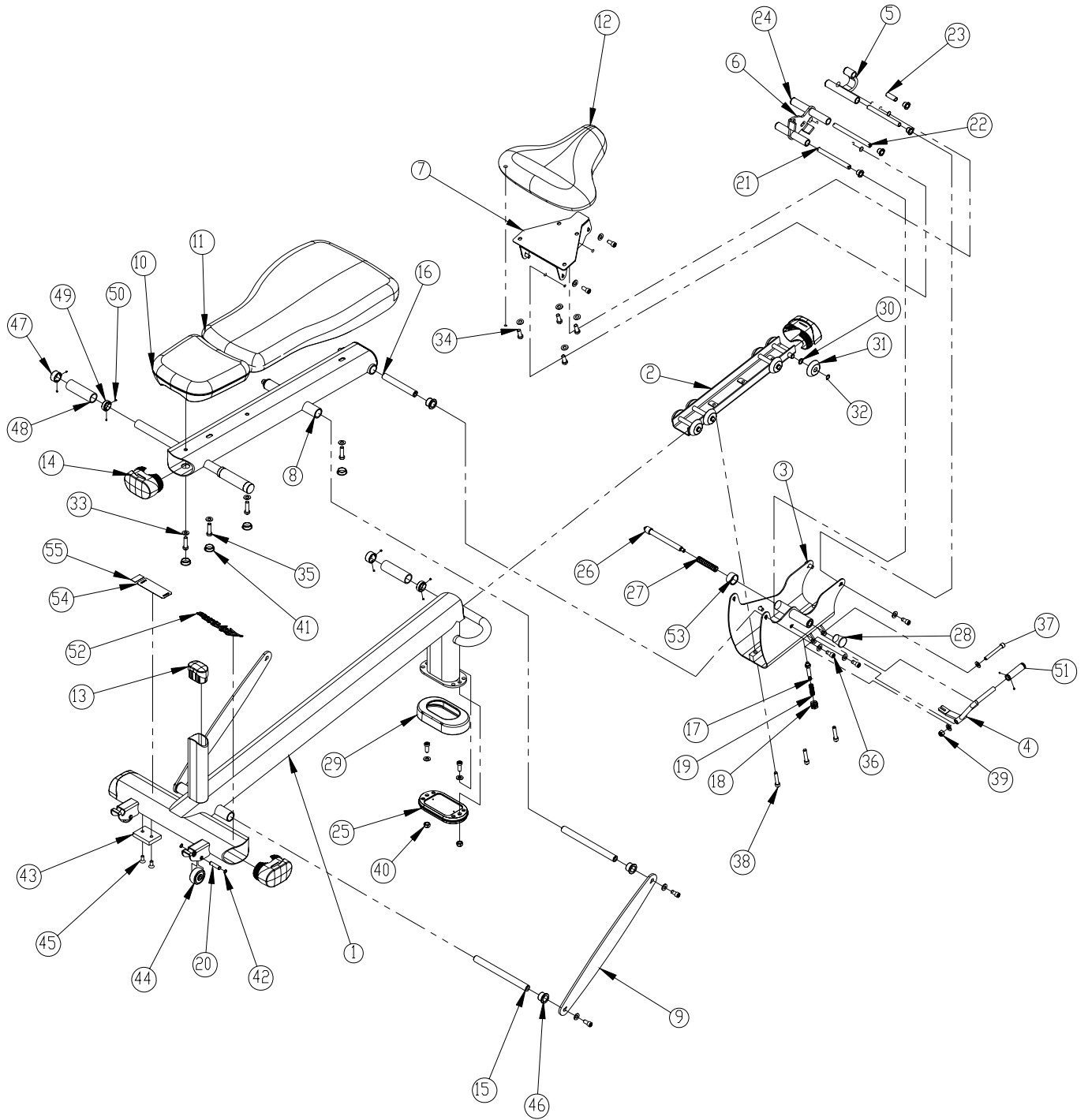
OVERHEAD VIEW



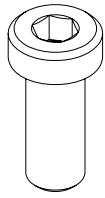
COMPONENTS LIST

ITEM	QTY.	PART NO.	DESCRIPTION	ITEM	QTY.	PART NO.	DESCRIPTION
1	1	LEA7702501	WLDMT, G5 BENCH, FRAME	31	8	LEA7331501	ROLLER, SEAT CARRIAGE
2	1	LEA7703201	WLDMT, G5 BENCH, SEAT CARRIAGE	32	8	LEA3232409	RING, RETAINING, EXTERNAL
3	1	LEA7703401	WLDMT, G5 BENCH, SADDLE	33	26	LEA3102514	WASHER, 3/8 SAE
4	1	LEA7704501	WLDMT, G5 BENCH, HANDLE POP PIN	34	6	LEA3251702	SCREW, M10 X1.5 25MM
5	1	LEA7704101	WLDMT, G5 BENCH, SEAT 4-BAR	35	4	LEA3251704	SCREW, M10 X1.5 35MM
6	1	LEA7703901	WLDMT, G5 BENCH, SEAT ADJUST	36	14	LEA3249203	.375 HXS SOC CS X .750
7	1	LEA7704301	WLDMT, G5 BENCH, SEAT SUPPORT	37	1	LEA3249212	.375 HXS SOC CS X 2.75
8	1	LEA7704801	WLDMT, G5 BENCH, BACK PAD	38	3	LEA3249208	.375 HXS SOC CS X 1.75
9	2	LEA7705101	PLATE, 4-BAR	39	1	LEA3102802	NUT, .375 - 16 NYLOCK
10	1	LEA7474301	PAD, HEAD REST	40	2	LEA3242002	NUT, M10 HEX NYLOCK
11	1	LEA7474101	PAD, LARGE BACK	41	4	LEA3237403	PLUG, 1" HOLE
12	1	LEA7297101	PAD, SEAT SADDLE	42	4	LEA3232405	RING, RETAINING, EXTERNAL
13	1	LEA7317901	STOP, BUMPER	43	2	LEA7605801	PAD, RUBBER 2 X "X"
14	4	LEA7763101	END CAP, 2.50 X 4.49 FLOV	44	2	LEA7656301	WHEEL, 2 OD X 3/8 ID RUBBER
15	2	LEA7705802	SHAFT, TAPPED 0.75 DIA X 8.79	45	4	LEA3234303	5/16-18 HXS FL SC ST BZ X .75
16	1	LEA7705801	SHAFT, TAPPED 0.75 DIA X 5.29	46	6	LEA3104901	.75" ID 1.00" OD BRONZE BUSHING
17	1	LEA7705201	PIN, POP .375 SLIDE	47	3	LEA7662901	CAP, GRIP 1.25 OD
18	1	LEA6411701	GUIDE, PLUNGER 3/4-10 X 5/8	48	3	LEA3235801	GRIP, 1.25" OD X 4" FZLE, FZSLC, FZCE
19	1	LEA6411801	SPRING, POP PIN 3/8 DIA X 2-3/4	49	3	LEA7662801	RING, GRIP 1.25 OD
20	2	LEA7705301	AXLE, WHEEL	50	14	LEA3247701	M4 X .7 HXS NO CUP ST BO
21	2	LEA7705403	SHAFT, .50 DIA SLOTTED X 5.21	51	1	LEA7744901	HANDLE, REMOTE
22	1	LEA7705404	SHAFT, .50 DIA SLOTTED X 6.08	52	1	LEA7748001	LABEL, LIFE FITNESS SMALL
23	1	LEA7705401	SHAFT, .50 DIA SLOTTED X 1.46	53	1	LEA7690102	BUMPER, SLEEVE - 1.125 ID
24	8	LEA6020602	BEARING, FLG 1/2 ID X 5/8 OD X 1/2	54	1	LEA7002501	LABEL, H WARNING 4.5 X 1.625
25	1	LEA7763001	FOOT, 2.50 X 4.49 FLOV	55	1	LEA6433001	LABEL, SERIAL NUMBER
26	1	LEA7425102	PIN, PULL X 6.75				
27	1	LEA7351501	SPRING; PULL PIN LARGE				
28	1	LEA7351401	KNOB, TULIP STYLE				
29	1	LEA7340201	COVER, FOOT - STRAIGHT				
30	8	LEA3243801	WASHER, .500 X .750 X .010 SHIM				

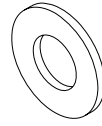
EXPLODED VIEW



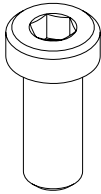
HARDWARE:



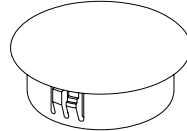
ITEM 34
CAP SCREW
M10 x 1.5 x 25mm



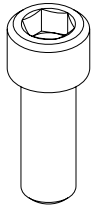
ITEM 33
WASHER



ITEM 35
CAP SCREW
M10 x 1.5 x 35mm



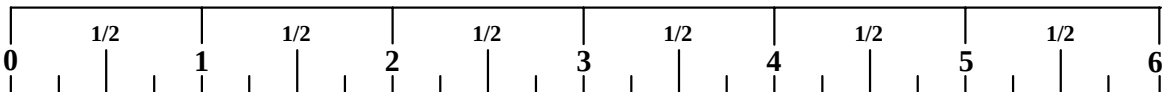
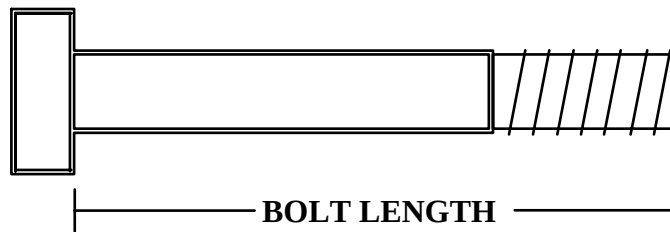
ITEM 41
1" HOLE PLUG

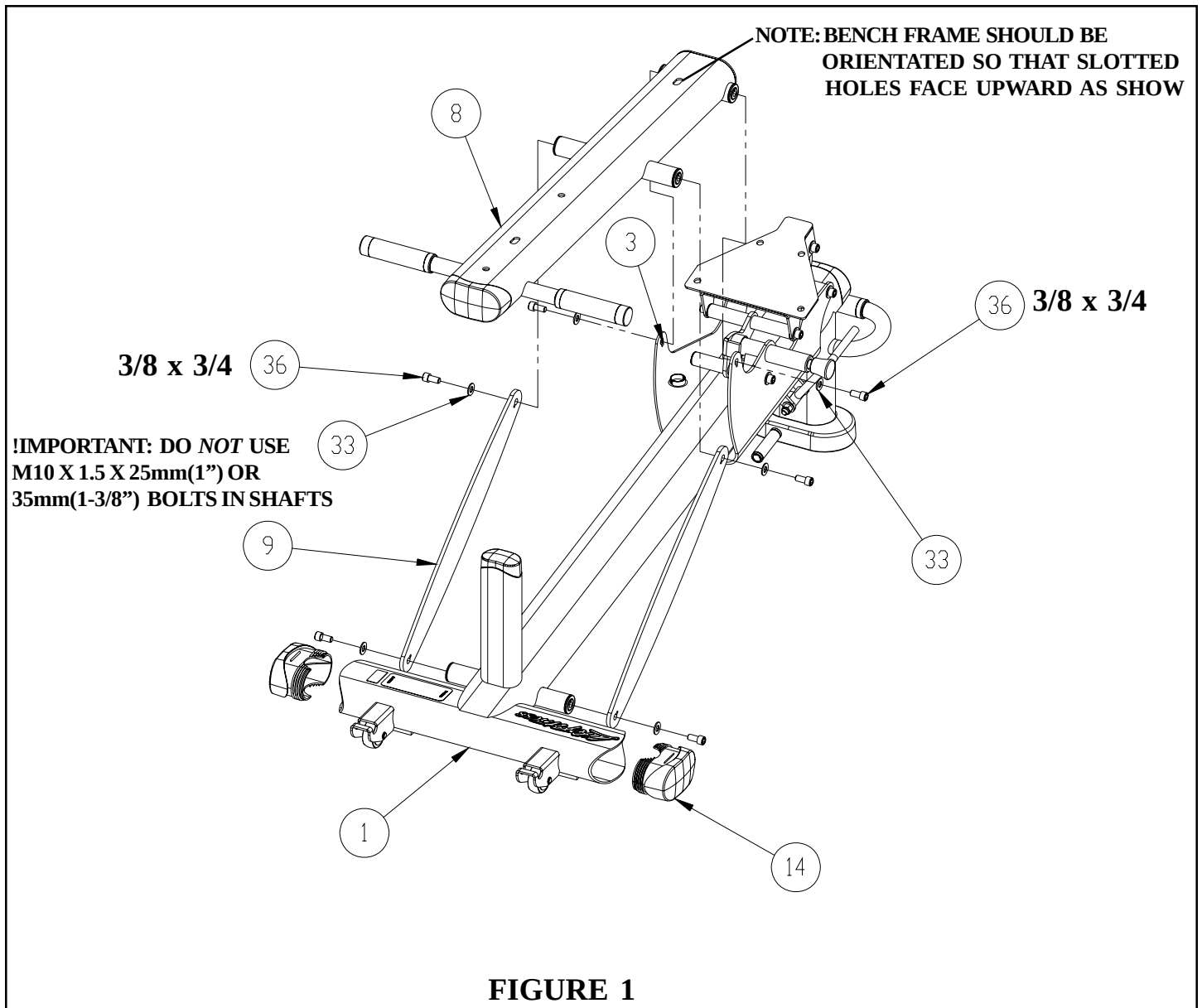


ITEM 36
CAP SCREW
3/8-16 x 3/4

REQUIRED TOOLS:

- * Adjustable wrench
- * Tape measure
- * Two 5/16 Allen wrenches
- * 9/16 Wrench

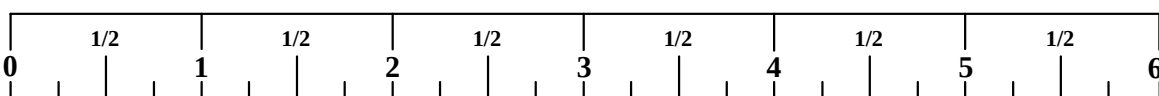


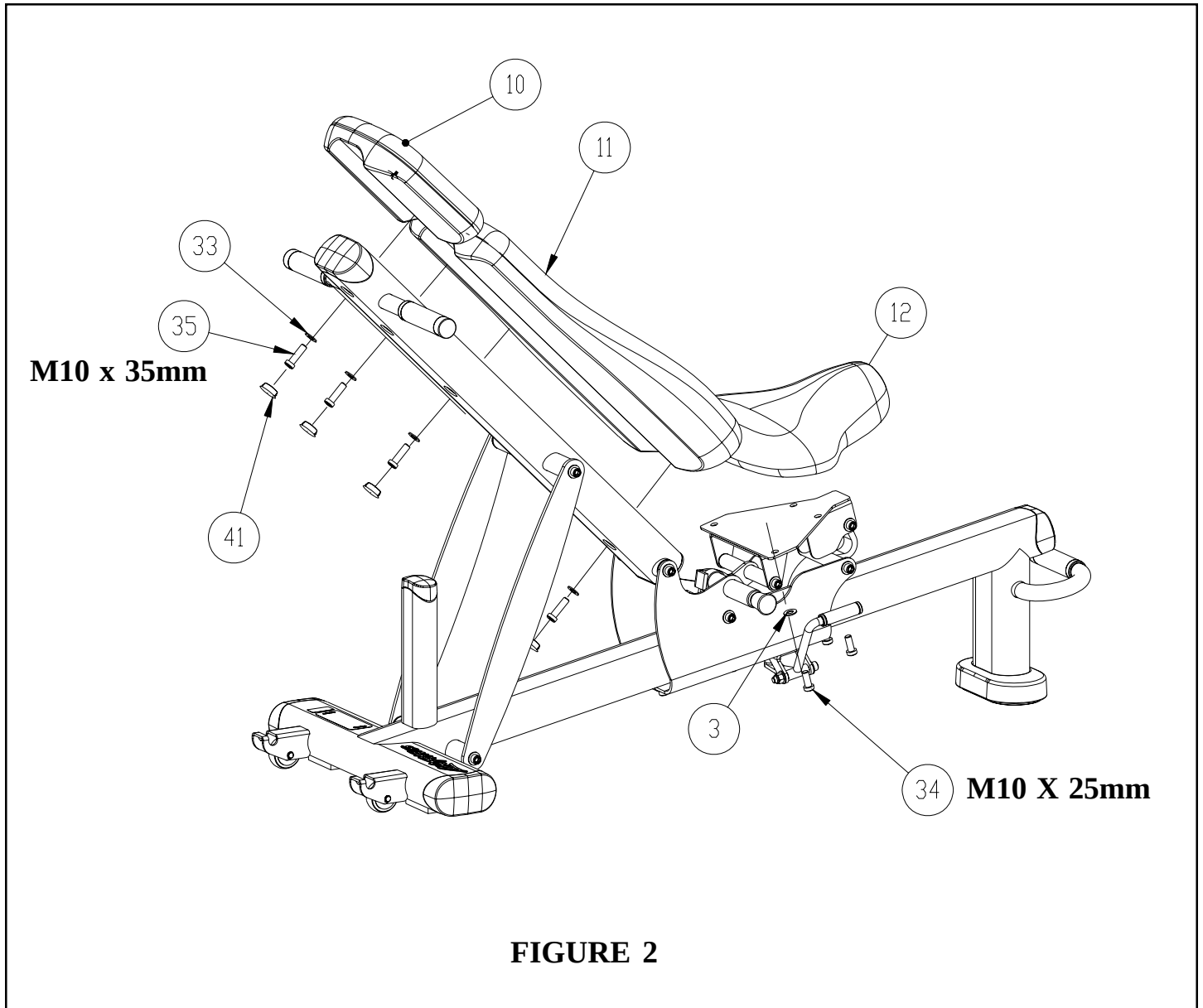


STEP 1:

- ☐ Insert two END CAPS (14) into FRAME (1)
- ☐ Insert one LONGE TAPPED SHAFT (15) into frame (1) and one into BACK PAD SUPPORT (8), Insert one SHORT TAPPED SHAFT (46) into SADDLE (3)
- ☐ Attach two PLATES (9) one per side near bottom of frame and to BACK PAD SUPPORT (8) using four 3/8 x 3/4 CAP SCREWS (36) and four 3/8 WASHERS (33)
- ☐ Next attach BENCH FRAME (8) to BENCH SADDLE (3) using two 3/8 x 3/4 CAP SCREWS (36) and two 3/8 WASHERS (33)
- ☐ Simultaneously tighten both cap screws securely for each shaft from both ends

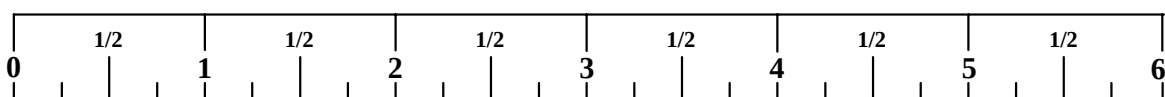
!IMPORTANT: DO NOT USE M10 X 1.5 X 25mm (1") OR 35mm (1-3/8") BOLTS IN SHAFTS





STEP 2:

- ❑ Assemble PADS (10) and (11) using four M10 X 35mm SCREWS (35) and four 3/8 WASHERS (33).
- ❑ Securely tighten all pad screws, then insert four PLUGS (44) into holes.
- ❑ **PULL OUT LOCKING PIN AND ADJUST SEAT (12) TO ALLOW CLEARANCE TO INSTALL SCREWS**
Complete pad assembly by attaching PAD (12) using four M10 X 25mm SCREWS (34) and 3/8 WASHERS (33)



MAINTENANCE

Please note:

- * We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Life Fitness customer service representative at (800) 328-9714.
- * Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury
- * **PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

Important Customer Purchase Information:

Model #: _____

Serial #'s: _____

Date of Purchase: _____

Authorized Life Fitness Dealer Purchased from:

Address: _____

Phone: _____

Salesperson: _____

Thank you for purchasing the Life Fitness Adjustable Bench

LIMITED WARRANTY

Life Fitness® G5 Cable Motion™ Gym System

Life Fitness extends the following LIMITED WARRANTY to the original owner (proof of purchase required, keep your receipt with this manual) of the Life Fitness product. The Warranty terms apply to IN HOME and LIGHT INSTITUTIONAL USE ONLY.

1. **LIMITED WARRANTY ON FRAME AND WELDS.** If the frame of the Life Fitness product or a weld should crack or break, it will be repaired or replaced by Life Fitness at its option. Repaired or replaced parts are warranted for the remaining portion of the original warranty period. Terms: IN HOME USE ONLY: Lifetime – for so long as the original owner owns the Life Fitness product; LIGHT INSTITUTIONAL USE: Original owner, ten (10) years.
2. **LIMITED WARRANTY ON PARTS.** If the following parts are defective in material or workmanship, Life Fitness will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Replacement parts are warranted for the remaining portion of the original warranty period. Terms: IN HOME USE ONLY: Lifetime – for so long as the original owner owns the Life Fitness product; LIGHT INSTITUTIONAL USE: Original owner, one (1) year.
3. **LIMITED WARRANTY ON CABLES AND UPHOLSTERY.** If the coated cables or upholstery are defective in material or workmanship, Life Fitness will repair or replace them, at its option. Repaired or replaced parts are warranted for the remaining portion of the original warranty period. Terms: IN HOME USE ONLY: Original owner, three (3) years; LIGHT INSTITUTIONAL USE: Original owner, ninety (90) days.
4. **DEFINITION OF APPLICATIONS:** IN HOME USE ONLY applies to the product being used solely in a single family residential setting used by a single family for family use only and not for professional training. LIGHT INSTITUTIONAL USE refers to the product being used in an application where multiple users have access to the product with no more than six hours of continual use on a daily basis. Such usage can include applications such as municipalities, small personal training studios, specialty athletic training studios, multiple housing, corporate fitness facilities, hospitality.
5. **CONDITIONS AND EXCEPTIONS.** Any product misuse, abuse, negligence, alteration or modification without Life Fitness' written authorization, any attempt to repair by a person other than an authorized Life Fitness Service Center, any improper assembly or installation, accident, debris resulting from any construction activities on the premises where the product is located, rust or corrosion, failure on the Owner's part to use, operate and maintain the product as set out in the product's operation manual, or any other condition resulting from occurrences beyond the control of Life Fitness will void this Limited Warranty. THIS WARRANTY MAY VARY OR BE VOID (AT LIFE FITNESS' OPTION) FOR PRODUCTS SHIPPED OUTSIDE OF THE UNITED STATES.
6. **REPLACEMENT AND REPAIR EXPENSES.** Life Fitness will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the Life Fitness product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to Life Fitness; and c. all necessary or incidental costs related to installation of the replacement parts.
7. **SHIPPING.** If shipping by the Owners is deemed necessary (in sole discretion of Life Fitness), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. Life Fitness will not assume any responsibility for any loss or damage incurred in shipping.
8. **CLAIM PROCEDURES.** If service on your Life Fitness product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 (U.S. and Canada) or +1-847-288-3300 (outside of U.S. and Canada) for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product(s) (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.
9. **OWNER'S RIGHT.** This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.
10. **LIMITATION OF IMPLIED WARRANTIES.** All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.
11. **DISCLAIMER.** No other express warranty has been made or will be made on behalf of Life Fitness with respect to any Life Fitness product or the operation, repair or replacement of any Life Fitness product. Life Fitness shall not be responsible for injury, loss of use of the Life Fitness product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

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