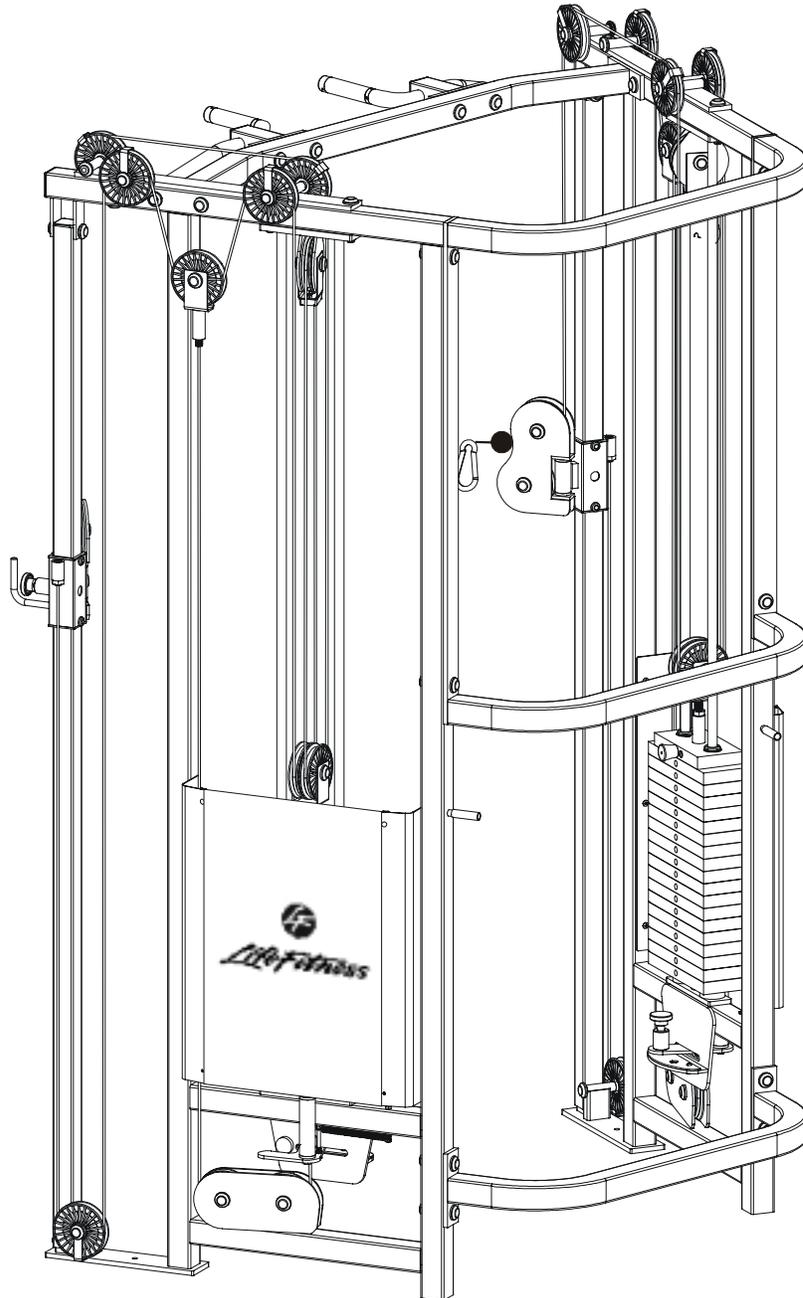


LifeFitness

SM22 ASSEMBLY INSTRUCTIONS



The SM22 comes partially assembled. Follow the steps below to complete the assembly.



WARNING: THE SM22 IS LARGE AND HEAVY. USE CAUTION WHEN ASSEMBLING THIS MACHINE. IT IS RECOMMENDED THAT THIS MACHINE BE BOLTED TO THE FLOOR.

MATERIALS AND TOOLS REQUIRED FOR ASSEMBLY

1. Socket wrench with 9/16" socket
2. 9/16" open end wrench

ASSEMBLY TIME

Two people can accomplish this assembly in approximately 1 hour.

UNPACKING



Figure 1. SM22 on pallet (cross bracing circled).

Follow the steps below when unpacking the SM22.

1. Remove the cross brace and top brace 2 x 4's (circled in Figure 1).
2. Remove the bolt bag.
3. Unbolt the Bottom Brace and lift it off of the pallet.
4. Unbolt the Top and lift it off of the pallet.
5. Slide the Back Brace off of the pallet.



WARNING: THE SIDES OF THE SM22 ARE VERY UNSTABLE UNTIL THE MACHINE HAS BEEN COMPLETELY ASSEMBLED. SOMEONE SHOULD BE HOLDING THE SIDES UNTIL THEY HAVE BEEN ASSEMBLED.

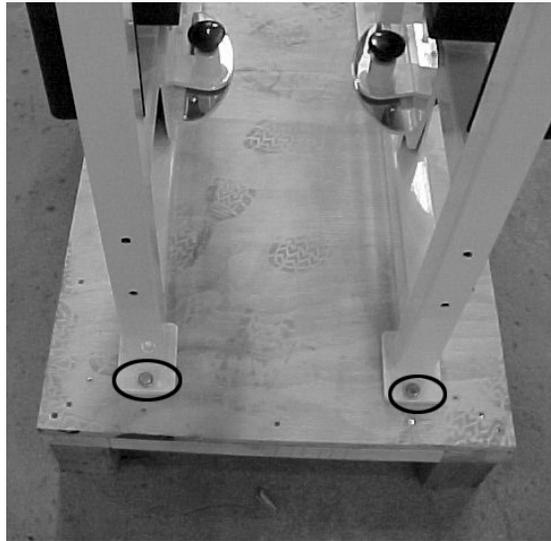


Figure 2. Sides lagged down.

6. WITH SOMEONE HOLDING UP THE LEFT SIDE, unbolt the left side from the pallet. Carefully remove the side from the pallet and make sure it is placed in a stable position.
7. Repeat Step 6 for the Right Side.
8. Remove the packaging materials from the machine and discard it along with the lag bolts and the pallet.

ASSEMBLY

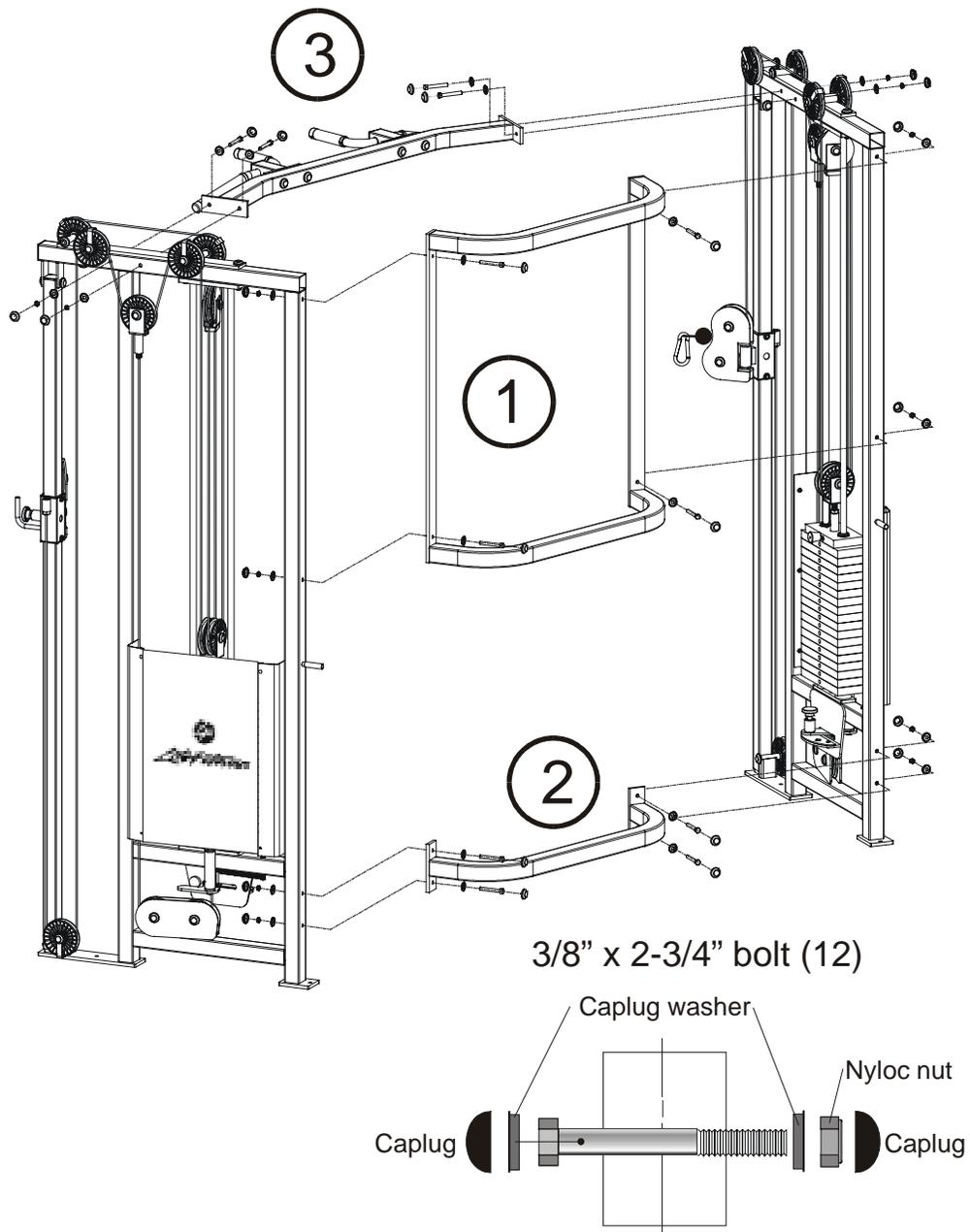


Figure 3. SM22 assembly.

You will be using 3/8" x 2-3/4" bolts in the configuration shown in Figure 1 to assemble this machine. Using a 9/16" socket and open end wrench:

1. Connect the Back Brace (#1) to the sides. Leave the bolts loose until all parts have been assembled.
2. Connect the Bottom Brace (#2) to the sides. Leave the bolts loose until all parts have been assembled.
3. Connect the Top (#3) to the sides. Leave the bolts loose until all parts have been assembled.
4. Go back and tighten all bolts. Overtightening the bolts will make it difficult to put the Caplug on the nut.
5. Place the Caplugs on all the Caplug washers.
6. Check to see that the weight stack pins slide easily into all weight plates.
7. Check to see that the pulley adjustment mechanism works correctly by lifting the handle (see Figure 2) and placing it into each of the two holes. Then attach a handle to the cable and lift the weight stack in each of the variable resistance positions.

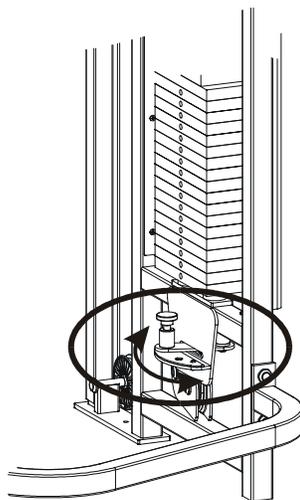


Figure 4. Adjusting the pulleys.

WEIGHT STACK STICKER PLACEMENT

The figure below shows where to place the weight stack stickers. The row of lower weight plate numbers needs to go above the “Lighter” sticker and the row of higher weight plate numbers need to go above the “Heavier” sticker. The sticker edge should be placed 1-1/4” from the center of the pin holes.

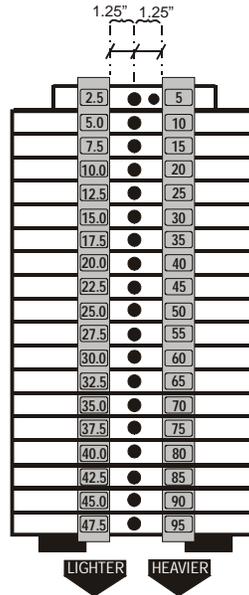


Figure 5. Weight plate stickers.

To apply the weight plate stickers:

1. Peel off the backing.
2. Line up sticker backing edge with holes as shown in the figure. Make sure the sheet of labels is straight.
3. Press down each sticker.
4. Slowly and carefully remove the top strip. Make sure each plate number is left behind.

PARTS LIST

Description	Part Number	Quantity
Caplug washer	0017-00104-0368	24
3/8" x 2-3/4" hex bolts	0017-00101-1408	12
3/8" Nyloc nut	0017-00103-0217	12
Caplug cap	0017-00042-0969	24