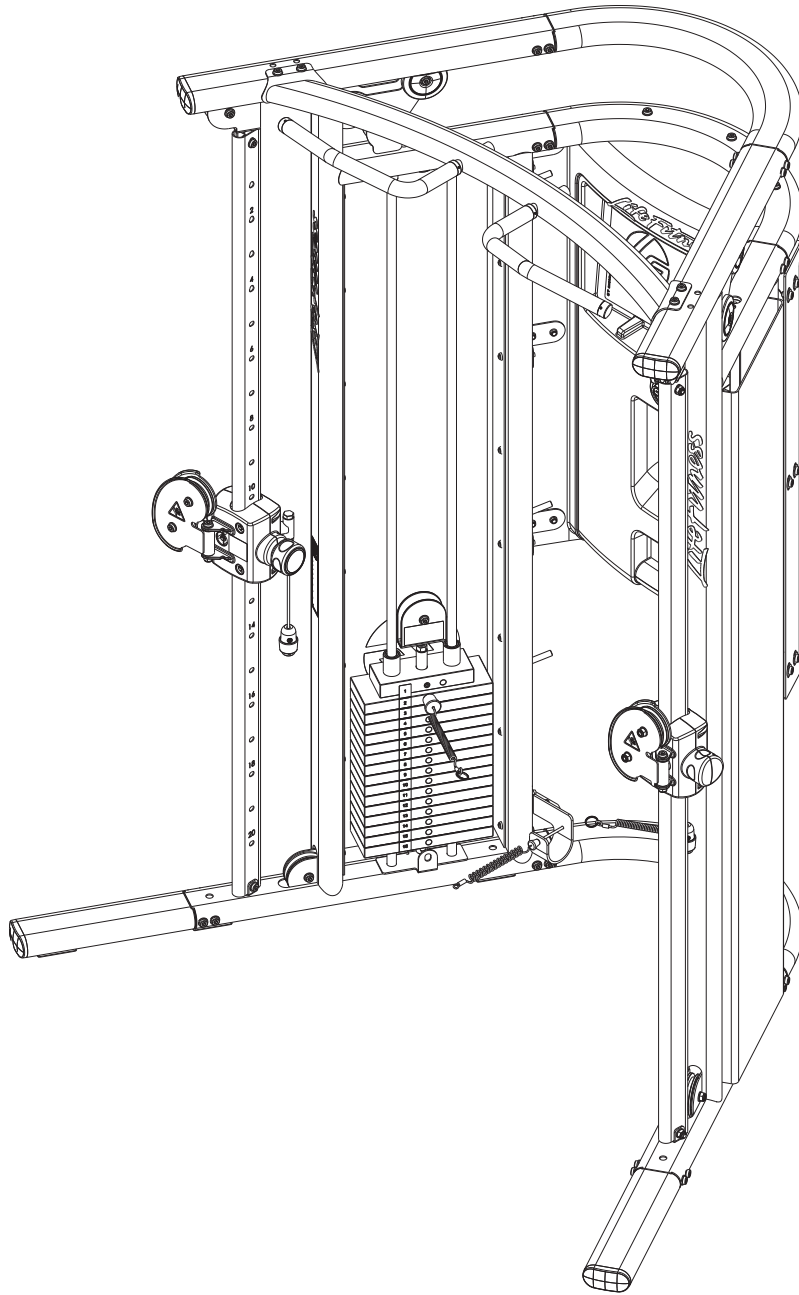




LFG7-001
G7 HOME GYM



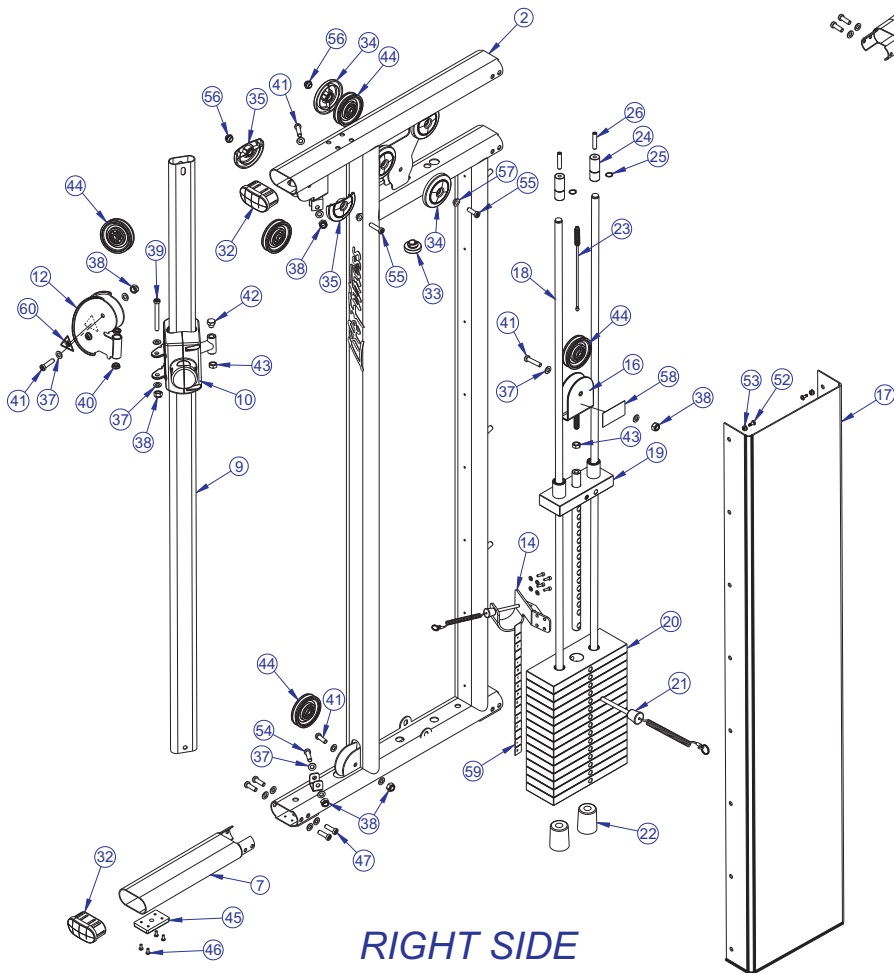
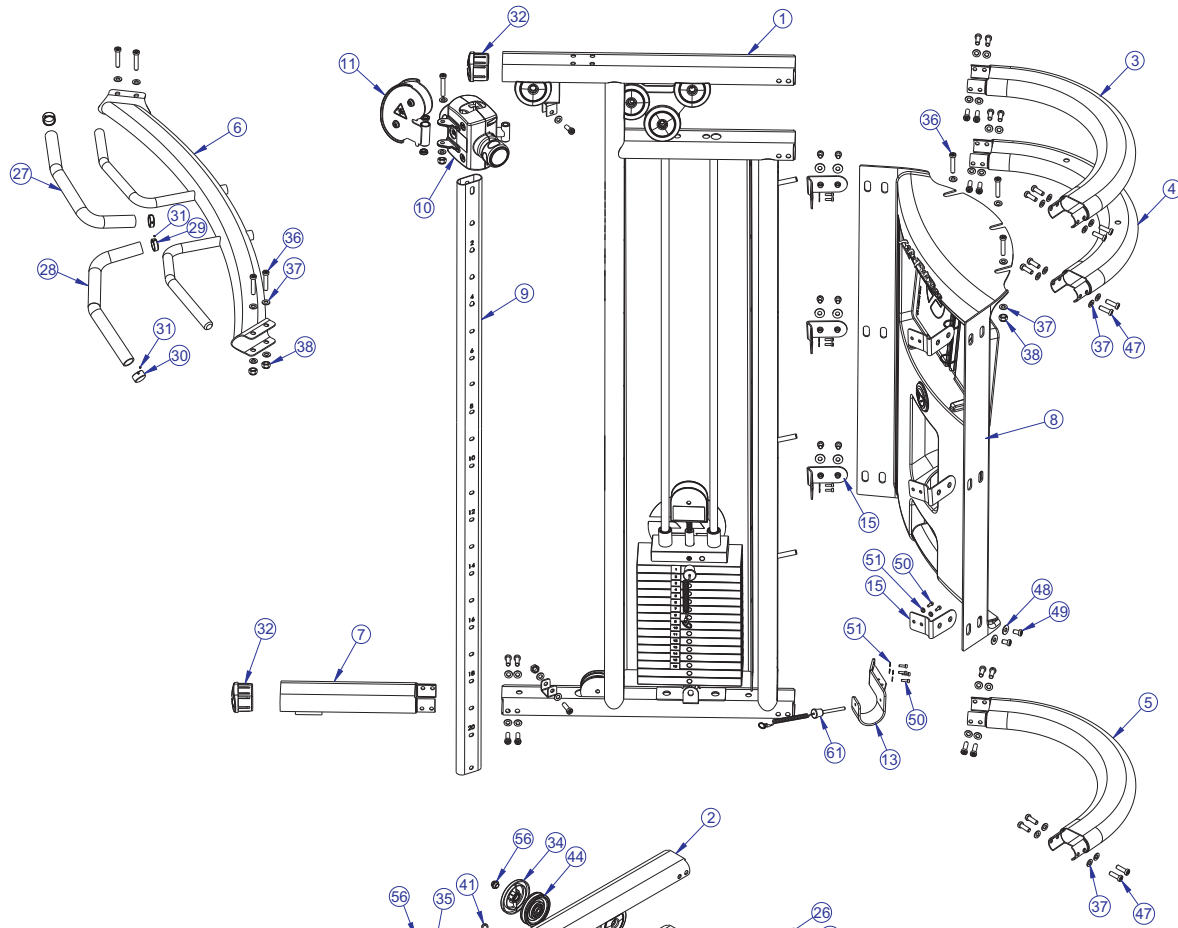
Customer Support Services
PARTS MANUAL

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LFG7-001 G7 HOME GYM COMPONENT ASSEMBLY

LEFT SIDE



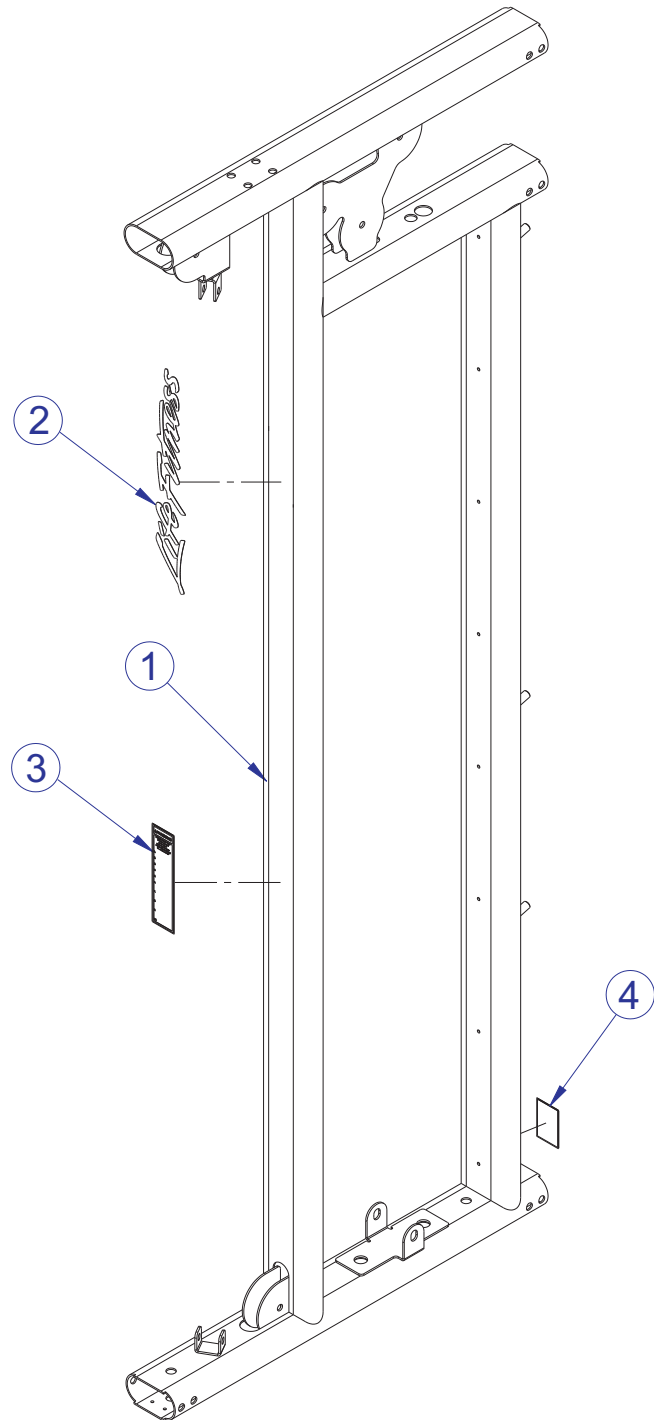
RIGHT SIDE

LFG7-001 G7 HOME GYM COMPONENT ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8172901	WLDMT, TOWER, LEFT
2	1	8172001	WLDMT, TOWER, RIGHT
3	1	8178003	BTUBE, REAR TOP
4	1	8178002	BTUBE, REAR MIDDLE
5	1	8178004	BTUBE, REAR BOTTOM
6	1	8176701	WLDMNT, CHIN-UP
7	2	8312601	FOOT, EXTENSION, FLOV
8	1	8275801	ASSY, KIOSK
9	2	8162201	TUBE, NUMBERED SLIDE
10	2	8189901	ASSY, ROLLER CARRIAGE
11	1	8151301	WLDMT, SWIVEL PULLEY LEFT
12	1	8316401	WLDMT, SWIVEL PULLEY RIGHT
13	1	8256901	WLDMT, BRKT, U, LEFT
14	1	8257401	WLDMT, BRKT, U, RIGHT
15	6	8244301	BRKT, KIOSK
16	2	8315601	WLDMT, HEAD PLATE PULLEY
17	2	8167301	SHIELD, REAR SHROUD
18	4	8264701	ASSY, GUIDE ROD
19	2	8262501	ASSY, TOP PLATE 15, CASTEEL, SPCL
20	30	7935301	WEIGHT PLATE, 10LB, CASTEEL
21	2	7936701	ASSY, SELECTOR PIN, 80/20
22	4	8264301	CUSHION, WEIGHT STACK, 65MM
23	2	8265601	CABLE, BE, BE
24	4	7634401	RETAINER, CM/MJ, GUIDE ROD
25	4	3232421	RING:BRE .940 5100-100 ST PP B
26	4	3240502	M10 X 1.5 X 50 HXS NO CUP ST BO
27	1	8211301	GRIP, CHIN UP, LEFT
28	1	8211401	GRIP, CHIN UP, RIGHT
29	2	7662801	RING, GRIP 1.25 OD
30	2	7662901	CAP; GRIP 1.25 OD

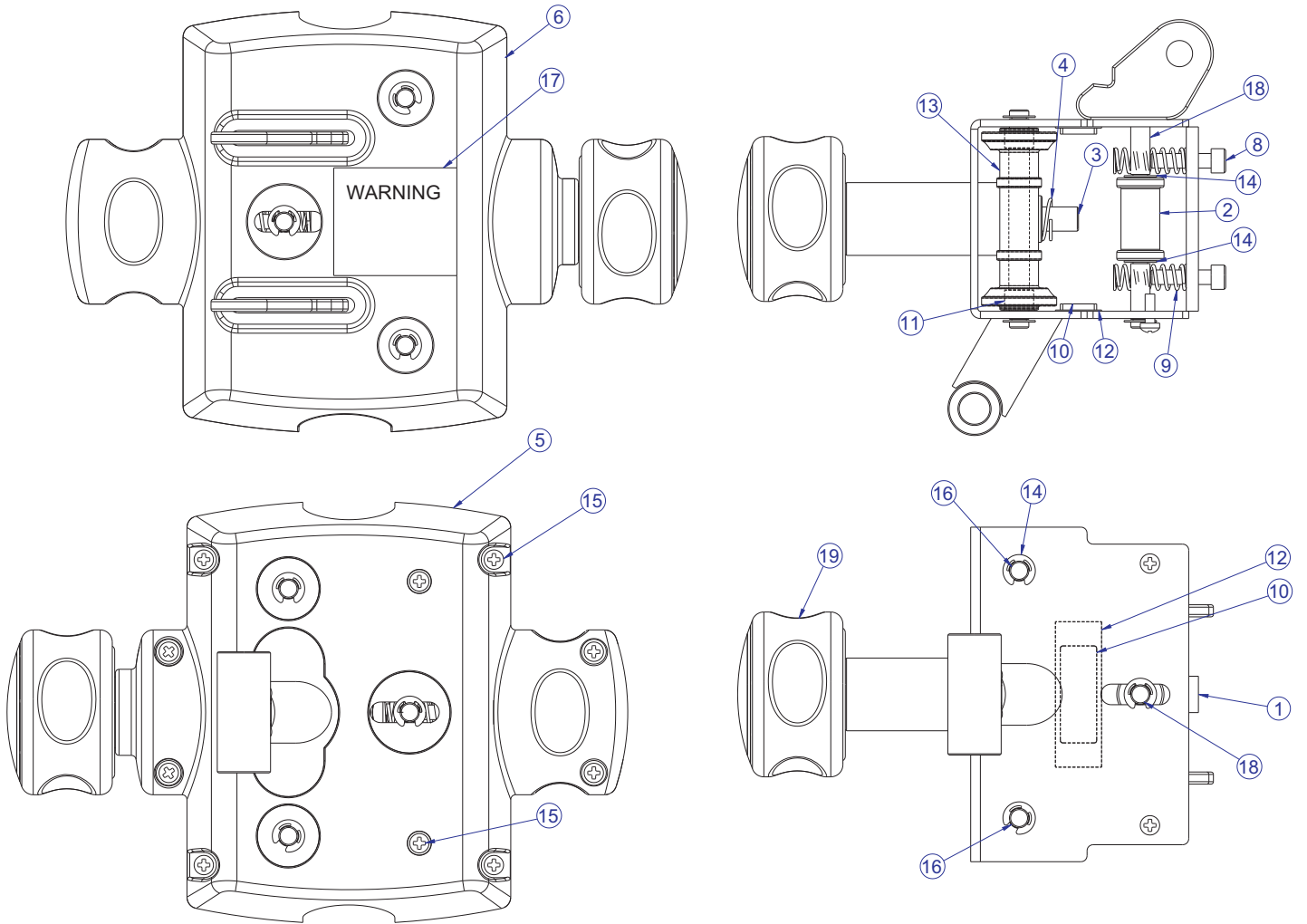
31	8	3247701	M4 X 0.7 X 3 HZS NO CUP ST BO
32	4	8167401	END CAP, 50 X 100 X 2.5
33	2	7642301	BUMPER, CM/MJ, PLUG
34	4	8229001	COVER, PULLEY, FULL
35	12	8228901	COVER, PULLEY, PARTIAL
36	7	3256211	SCREW, M10 X 1.5 70MM ZN
37	94	3264201	WASHER, M10
38	25	3242002	NUT, M10 X 1.5 HEX NYLOCK
39	2	3256215	SCREW, M10 X 1.5 90MM ZN
40	4	3261501	BEARING, FLANGED BALL, 10IDX19OD
41	12	3256206	SCREW, M10 X 1.5 45MM ZN
42	2	8317101	PLUG, HEX, .500-13
43	4	3102702	NUT, HEX 1/2-13
44	16	3258301	PULLEY, 88.9 OD X 10 X 25.4
45	7	7810801	PAD, RUBBER FOOT, 10-0101-006, BNR
46	28	3239102	SCREW, M5 X .8 X 12 PHL PAN TT ST BZ
47	44	3256201	SCREW, M10 X 1.5 X 1.5 20MM ZN
48	12	3265001	WASHER, 10.5MM X 25MM
49	12	3264901	SCREW, M10 X 1.5, SH BO
50	22	3242201	M5-.8 X 16MM HXS SOC CS ST PH
51	22	3264101	WASHER, M6
52	32	3262501	SCREW, SHOULDER, M5 X 6 X 14
53	32	3262701	GROMMET, 17/64 X 3/8
54	2	3256208	SCREW, M10 X 1.5 55MM ZN
55	8	3256207	SCREW, M10 X 1.5 50MM ZN
56	8	3264601	NUT, M10 X 1.5 SCK HD, SPL
57	8	3264501	RETAINER, PULLEY
58	2	8326901	LABEL, WARNING, LOCKOUT
59	2	8327001	LABEL, WEIGHT STACK STRIP
60	4	8039501	LABEL, WARNING, TRIANGLE, BNR
61	2	8257501	PIN, DETENT, 5MM LOCK OUT

LFG7-001 G7 HOME GYM LEFT TOWER ASSEMBLY - 8172901



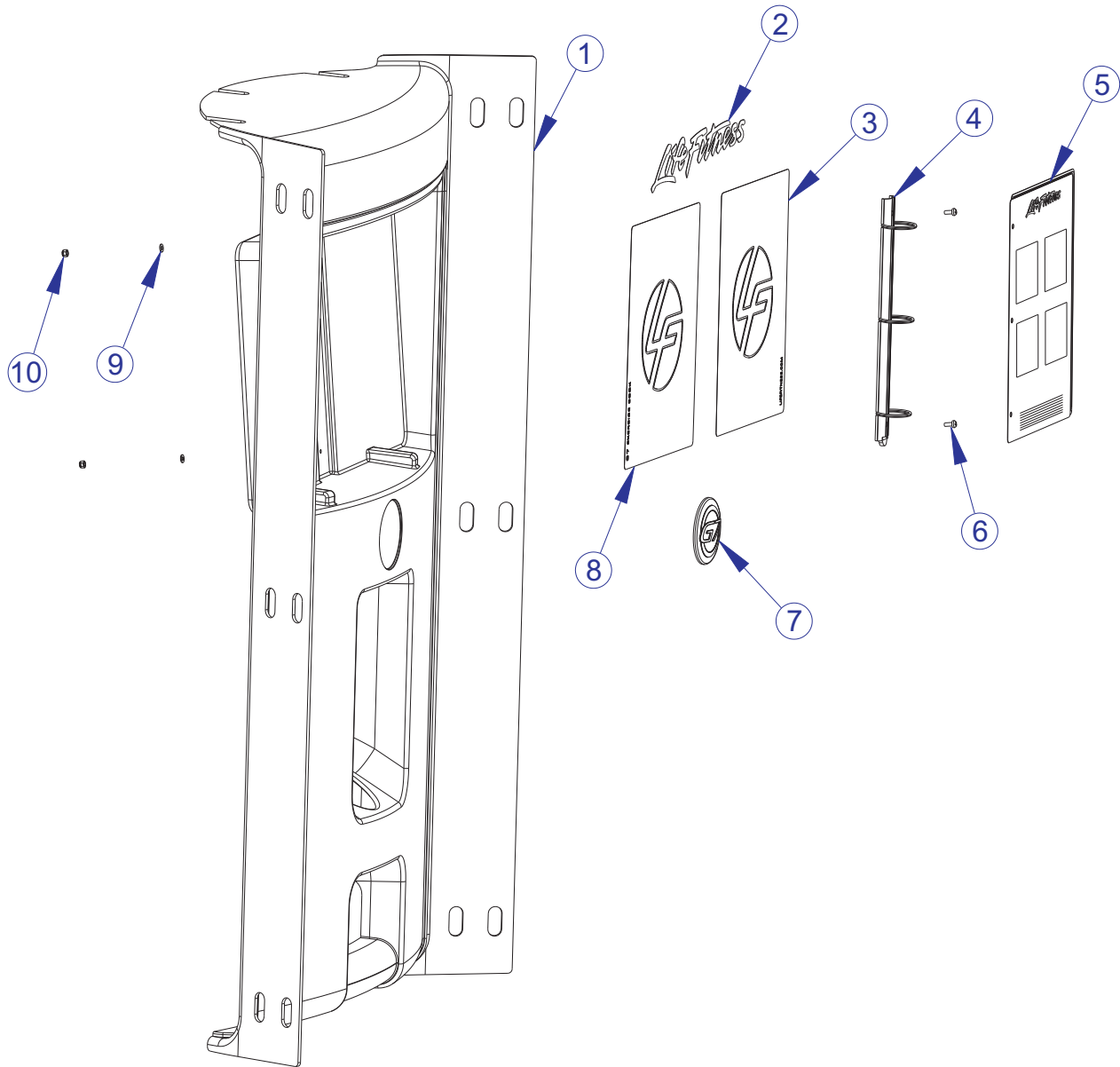
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8172001	WLDMT, TOWER, LEFT
2	1	8317001	LABEL, LIFE FIT 63.5MM X 381MM
3	1	8220001	LABEL, ASTM WARNING SELECT-ENG
4	1	8106801	LABEL, SERIAL NUMBER, LARGE, 10-0123-001, BNR

LFG7-001 G7 HOME GYM ROLLER CARRIAGE ASSEMBLY - 8189901



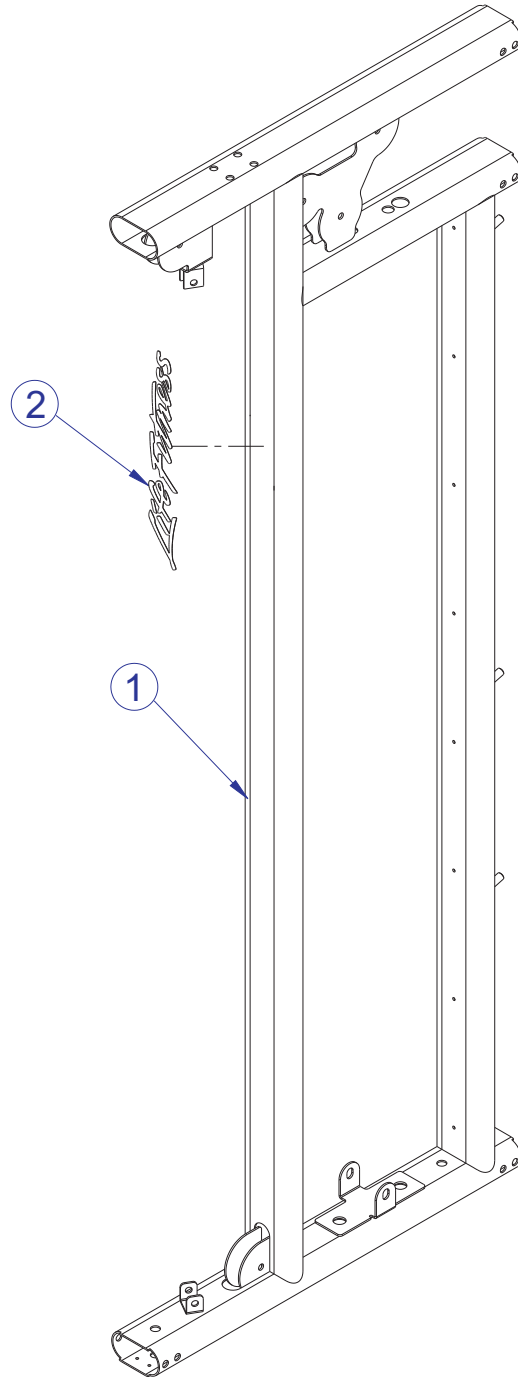
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8189901	ASSY, ROLLER CARRIAGE
2	1	8182501	ROLLER, FLOV, 30 X 70
3	1	8190301	PIN, PULL HANDLE
4	1	7351501	SPRING; PULL PIN LARGE
5	1	8222201	COVER, BACK, ROLLER CARRIAGE
6	1	8222101	COVER, FRONT, ROLLER CARRIAGE
8	2	3264302	SCREW, CAP, M6 X 1.0, 25MM
9	2	3263501	SPRING, COMPRESSION
10	2	8293701	INSERT, CARRIAGE BEARING
11	6	3263801	BRG, NEEDLE
12	2	3264801	TAPE, VHB
13	2	8294101	ROLLER, FLOV 30 X 70, LONG
14	8	3221704	E-RING, EXTERNAL, .250
15	10	3236501	M4 X 0.7 PHIL PAN MS ST ZN
16	2	8294001	SHAFT, ROLLER, 8MM
17	1	8344401	LABEL, WARNING, PULL PIN
18	1	8294002	SHAFT, ROLLER, 10MM
19	1	8396301	ASSY, OVERMOLD GRIP

LFG7-001 G7 HOME GYM KIOSK ASSEMBLY



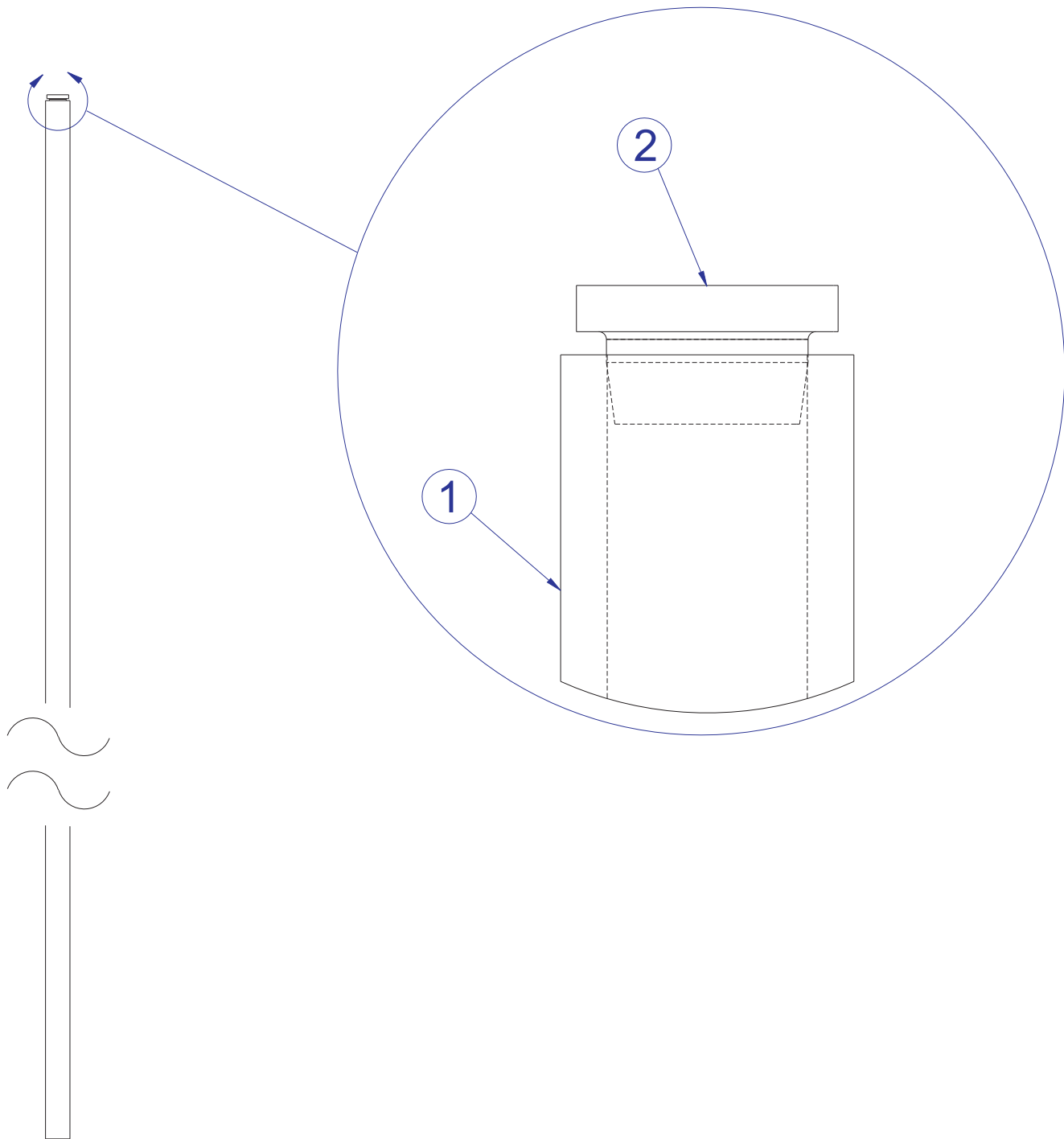
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8235401	KIOSK, G7
2	1	8327101	LABEL, LIFE FIT 63.5MM X 381MM
3	1	8344801	LABEL, RIGHT BACK, KIOSK
4	1	8275701	BINDER, 3 RING, KIOSK
5	1	8265801	PAPER, BINDER, G7 (WORKOUT BOOK)
6	2	3236502	M4 X 0.7 PHL PAN MS ST ZN
7	1	8289301	ASSY, BUG, G7
8	1	8344701	LABEL, LEFT BACK, KIOSK
9	2	3265301	WASHER, M4
10	2	3265201	NUT, M4 X 0.7 HEX NYLOCK

LFG7-001 G7 HOME GYM RIGHT TOWER ASSEMBLY - 8172001



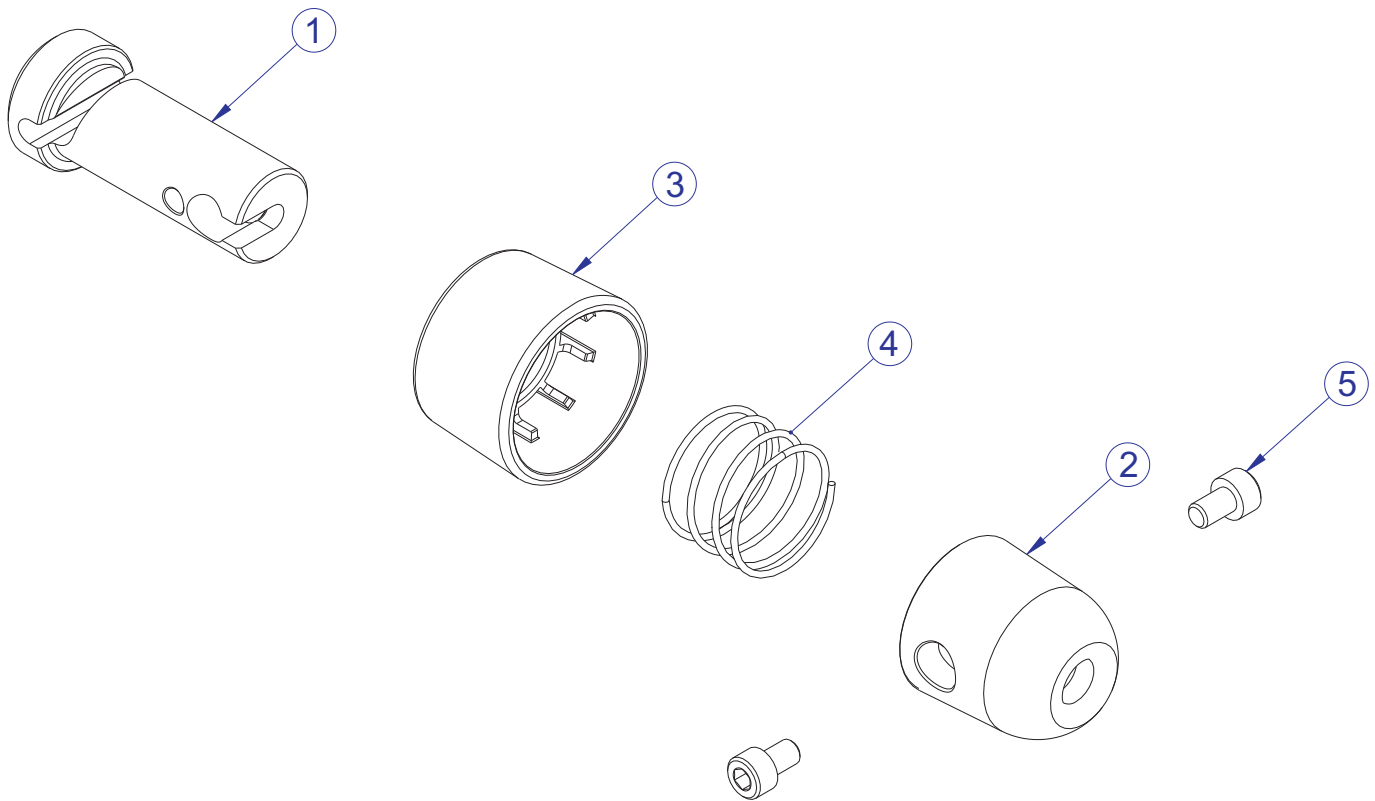
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8172001	WLDMT, TOWER, RIGHT
2	1	8317001	LABEL, LIFE FIT 63.5MM X 381MM

LFG7-001 G7 HOME GYM GUIDE ROD ASSEMBLY - 8264701



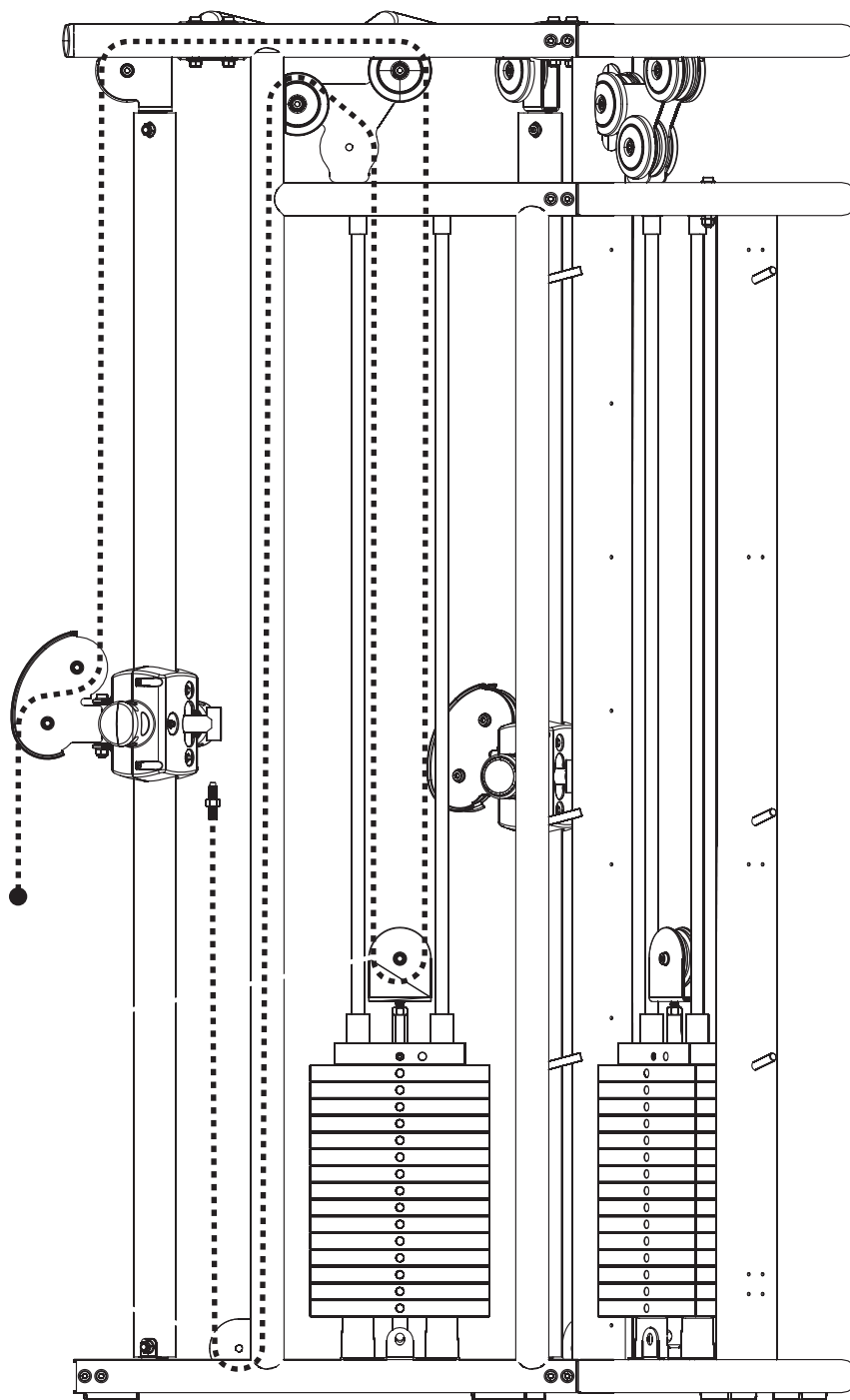
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8166901	GUIDE ROD, 19MM X 1762MM
2	1	8264601	PLUG, GUIDE ROD

LFG7-001 G7 HOME GYM QUICK CONNECT ASSEMBLY - 7872601



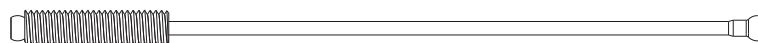
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7726201	COUPLER, QUICK CONNECT
2	1	7726401	HSNG, QUICK CONNECT
3	1	7726301	SLEEVE, QUICK CONNECT
4	1	3249901	SPRING, COMPRESSION
5	2	3250002	M5 X 0.8 HXS SOC CS ST BZ X 8

LFG7-001 G7 HOME GYM CABLE ROUTING

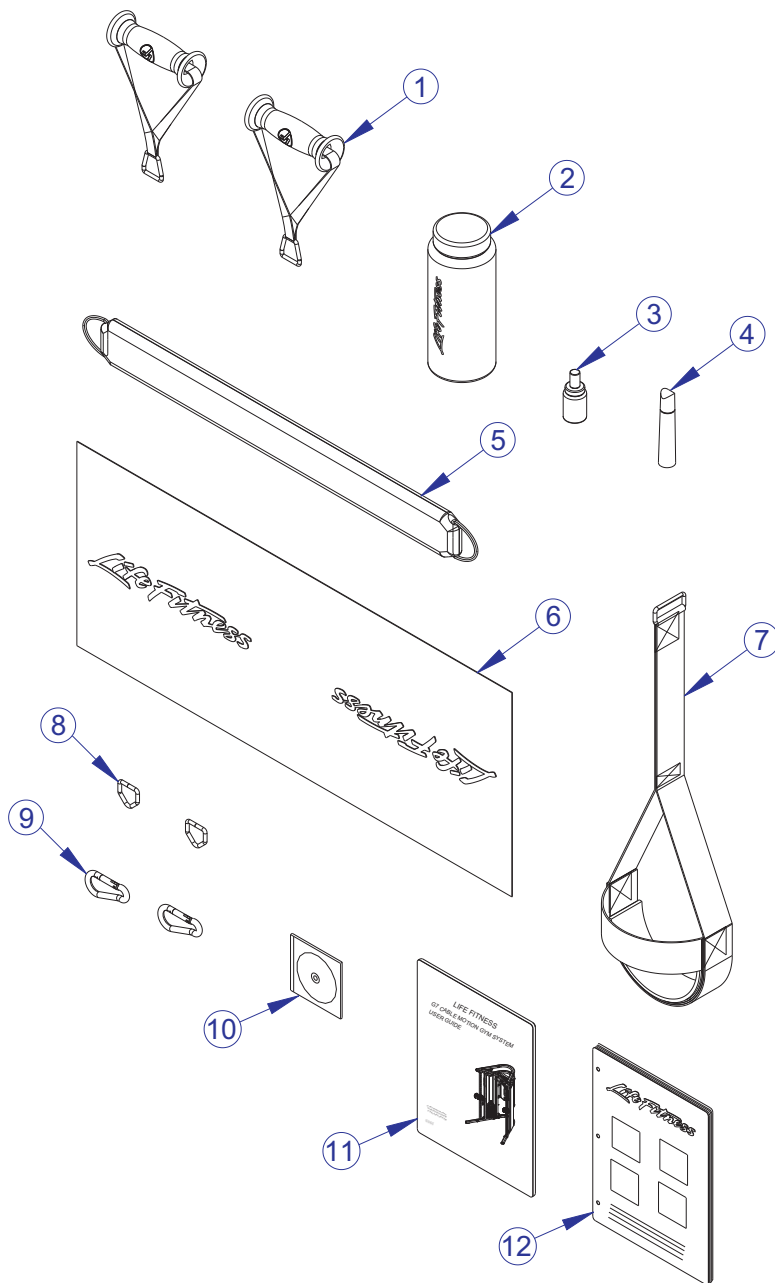


8265601 CABLE: 1 PER SIDE

7440mm



LFG7-001 G7 HOME GYM SUPPLIED ACCESSORIES



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	8140702	HANDLE AND STRAP ASSY 12 INCH STRAP
2	1	8280501	BOTTLE, G7
3	1	8359901	PAINT, TOUCH-UP, PLATINUM
4	1	8348101	MARKER, DRY ERASE (NO LONGER AVAILABLE)
5	1	8288601	ASSY THIGH STRAP
6	1	8280401	TOWEL, G7
7	1	7745801	HANDLE, STRAP FOOT
8	2	7944401	RING, UNIVERSAL ADAPTER
9	2	3103801	LINK, SNAP 5/16 DIA
10	1	8288701	DVD, G7
11	1	8352101	MANUAL, G7
12	1	8265801	PAPER, BINDER, G7 (70 PAGES)

8548101 KIT, BLISTER PACK SET G7
(Includes packs listed below)

8345001 G7 BLISTER PACK A 10-0211-32

8345101 G7 BLISTER PACK B 10-0211-34

8345201 G7 BLISTER PACK C 10-0211-41

8418901 G7 BLISTER PACK D 10-0211-42

8447401 G7 BLISTER PACK E 10-0211-43

8447501 G7 BLISTER PACK F 10-0211-44

LFG7-001 G7 HOME GYM
IMAGE



LFADJ-002 BENCH NOT INCLUDED

LFG7-001 G7 HOME GYM

SPEC PAGE

ITEM CODE

LFG7-001

PACKAGING

BOX 1: LFG7-101

WEIGHT: 239 Lbs.

DIMENSIONS: 87" L x 34.5" W x 11" H

BOX 2: LFG7-201

WEIGHT: 141 Lbs.

DIMENSIONS: 60" L x 34.5" W x 11" H

BOXED WEIGHT PLATES: 7954901 (Qty. 6)

WEIGHT: 49 Lbs.

DIMENSIONS: 11" L x 4" W x 5.5" H

FRAME COLOR

PLATINUM

PAD COLOR

N/A

CABLE RATIO - 1:2

ASSEMBLED DIMENSIONS (without optional bench)

MACHINE WEIGHT: 674 Lbs. (305.72 Kg.)

SIZE: 49" L (124cm) x 70" W (178cm) x 83" H (211cm)

LIVE AREA: 118" L (300cm) x 216" W (549cm) x 83" H (211cm)

OPTIONAL ITEMS

LFADJ-002 Adjustable Bench

ASSEMBLED DIMENSIONS (with optional bench)

SIZE: 63" L (160.2cm) x 70" W (178cm) x 83" H (211cm)

LIVE AREA: 118" L (300cm) x 216" W (549cm) x 83" H (211cm)