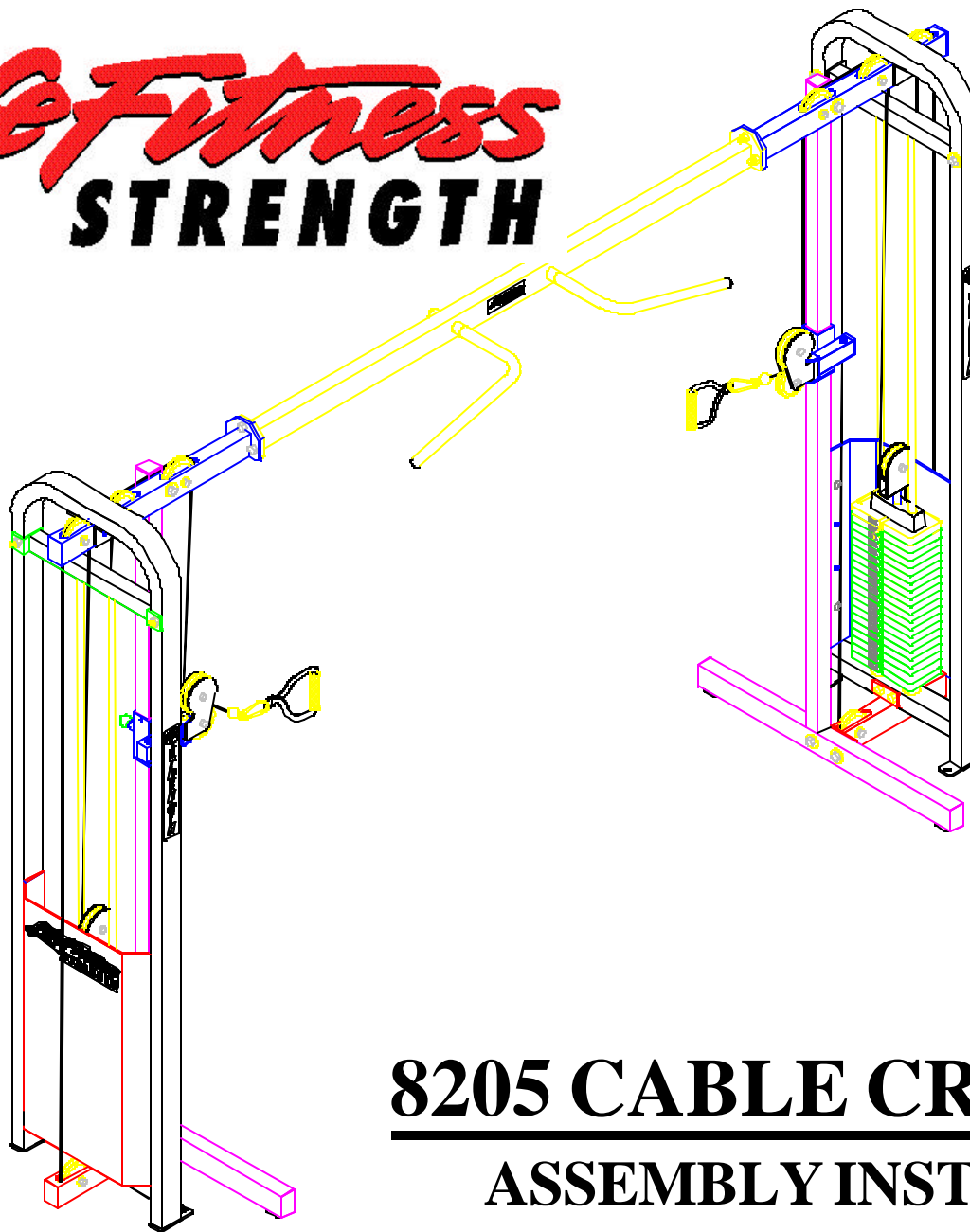


LifeFitness
STRENGTH



8205 CABLE CROSS OVER
ASSEMBLY INSTRUCTIONS



IMPORTANT NOTES

Please note:

- * Thank you for purchasing the LIFE FITNESS 8205 CABLE CROSS OVER. 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.
- * 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.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local LIFE FITNESS STRENGTH distributor or call the LIFE FITNESS STRENGTH customer service department at (800) 328-9714.
5. Consult your physician before beginning any exercise program.

Tools Required for Assembly

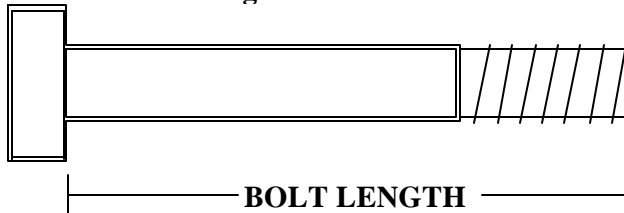
- * Rubber mallet or hammer
 - * 3/4" wrench
 - * 9/16" wrench
- * Ratchet with 3/4" and 9/16" sockets
 - * 5/16" Allen wrench,
 - * Adjustable wrench
 - * Tape measure

PARTS LIST

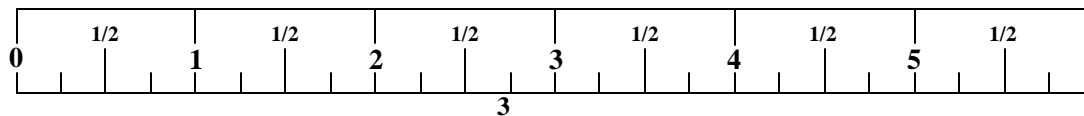
KEY	PART#	DESCRIPTION	QTY	KEY	PART#	DESCRIPTION	QTY
1	6788503	TOWER	2	22	3108002	WEIGHT STACK CUSHION	4
2	6744102	NOVATRAK SWIVEL	2	23	6382301	PLATE BUSHING (10 CT.)	8
3	6789002	CENTER PULLEY BRACKET	2	24	3103801	5/16" SNAPHOOK	2
4	6744803	TOWER BRACE	2	25	6412001	3/8" SPRING PIN ASSEMBLY	2
5	6789102	SWIVEL HOLDER	2	26	3102501	3/8" FLAT WASHER	2
6	6789403	LOWER PULLEY HOUSING	2	27	3102502	1/2" FLAT WASHER	12
7	6789703	SWIVEL UPRIGHT	2	28	3102802	3/8" LOCK NUT	16
8	6788203	UPPER PULLEY HOUSING	2	29	3102801	1/2" LOCK NUT	18
9	6788103	CHIN-UP SUPPORT	1	30	3102804	1/2" LOW HT LOCK NUT	6
10	6459401	81" GUIDE ROD	4	31	3202401	3/8 X 1" BTN HD CAP SCREW	8
11	6785602	SHROUD	2	32	3102901	3/8 X 1-1/4" BOLT	2
12	3202402	1/2 X 3/4" BTN HD CAP SCREW	2	33	3102933	3/8 X 2" BOLT	6
13	3116101	4-1/2" PULLEY	14	34	3102922	3/8 X 2-3/4" BOLT	10
14	3116201	3-1/2" PULLEY	2	35	3202101	1/2 X 1-1/4" BOLT	8
15	6793201	STRAP	2	36	3102918	1/2 X 3-1/4" BOLT	6
16	6284501	WEIGHT STACK SHAFT	2	37	3202103	1/2 X 4" BOLT	10
17	6714601	HEAD PLATE	2	38	3102944	1/2 X 5" BOLT	2
18	6790101	CABLE	2	39	6703801	WEIGHT STACK LABEL (LBS.)	2
19	6020601	1/2" FLANGE BEARING	4	40	6189501	WEIGHT STACK LABEL (1-25)	2
20	6480301	3/8" FLANGE SPACER	20	41	6214501	WEIGHT PLATE	40
21	6214401	WEIGHT STACK PIN	2	42	3103302	13/16" SHAFT COLLAR	4

Bolt Length Ruler

NOTE: Bolt length is measured from the underside of the head of the bolt.



BOLT LENGTH RULER:



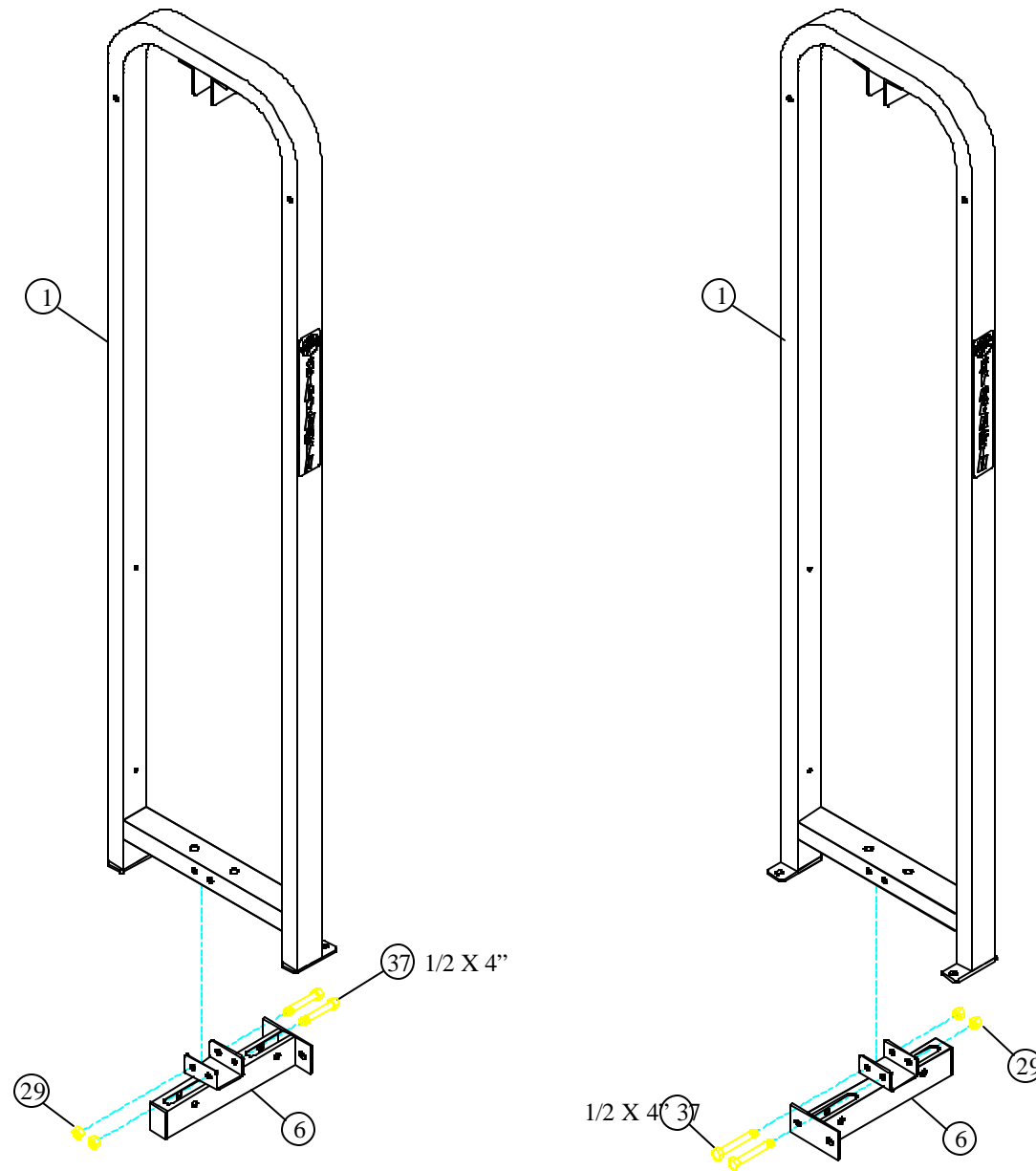


FIGURE 1

STEP 1

- **LOOSELY** assemble the two LOWER PULLEY HOUSINGS (6) to the two TOWERS (1) using four 1/2 X 4" BOLTS (37) and four 1/2" LOCK NUTS (29) as shown in FIGURE 1.

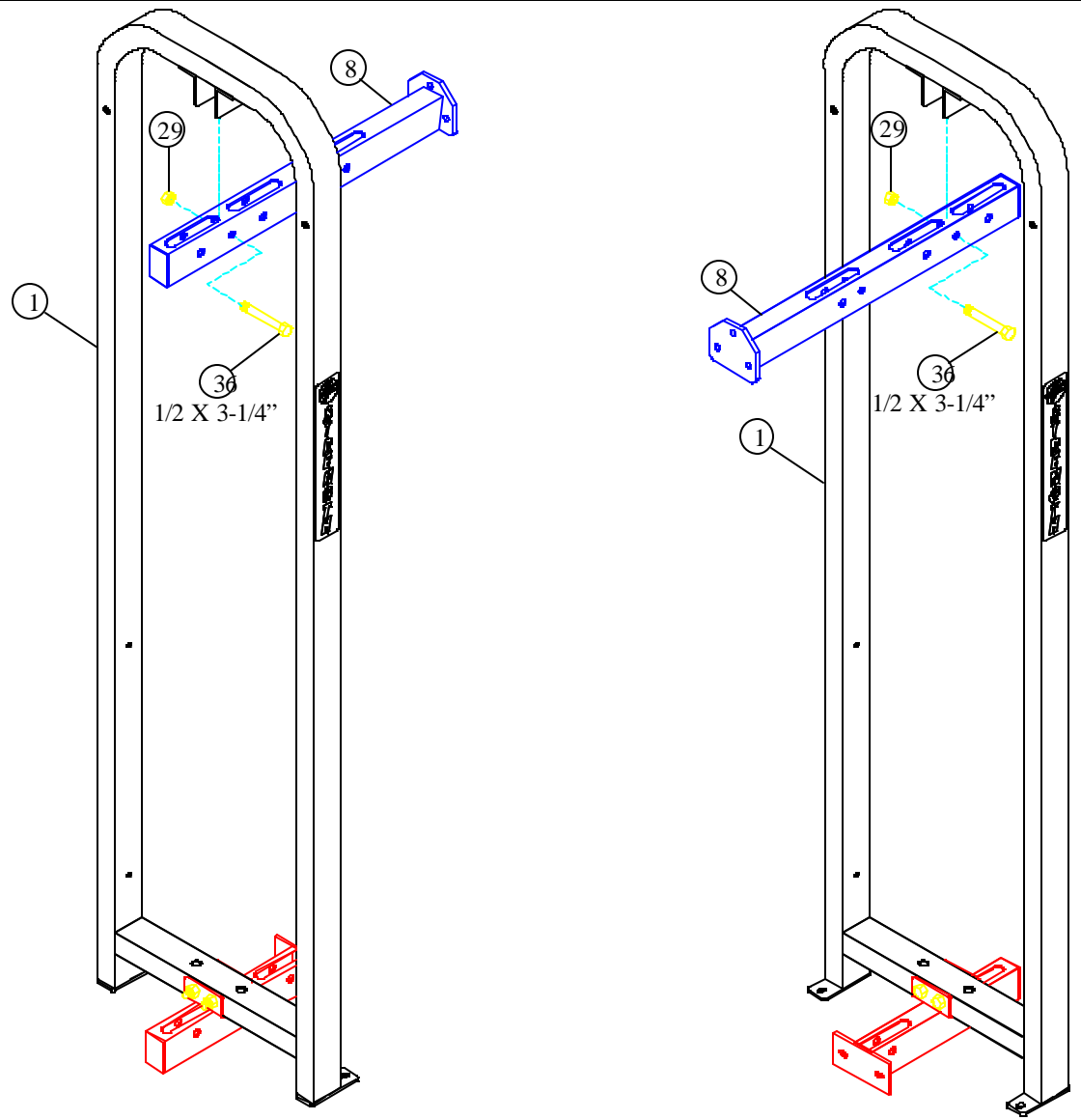
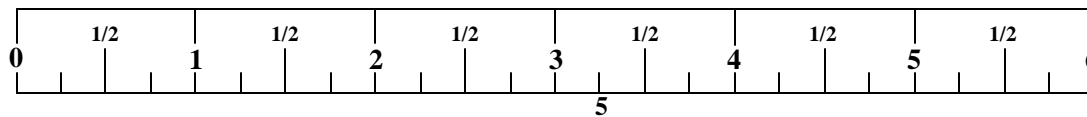


FIGURE 2

STEP 2

- **LOOSELY** assemble the two UPPER PULLEY HOUSINGS (8) to the two TOWERS (1) using two 1/2 X 3-1/4" BOLTS (36) and two 1/2" LOCK NUTS (29) as shown in FIGURE 2.



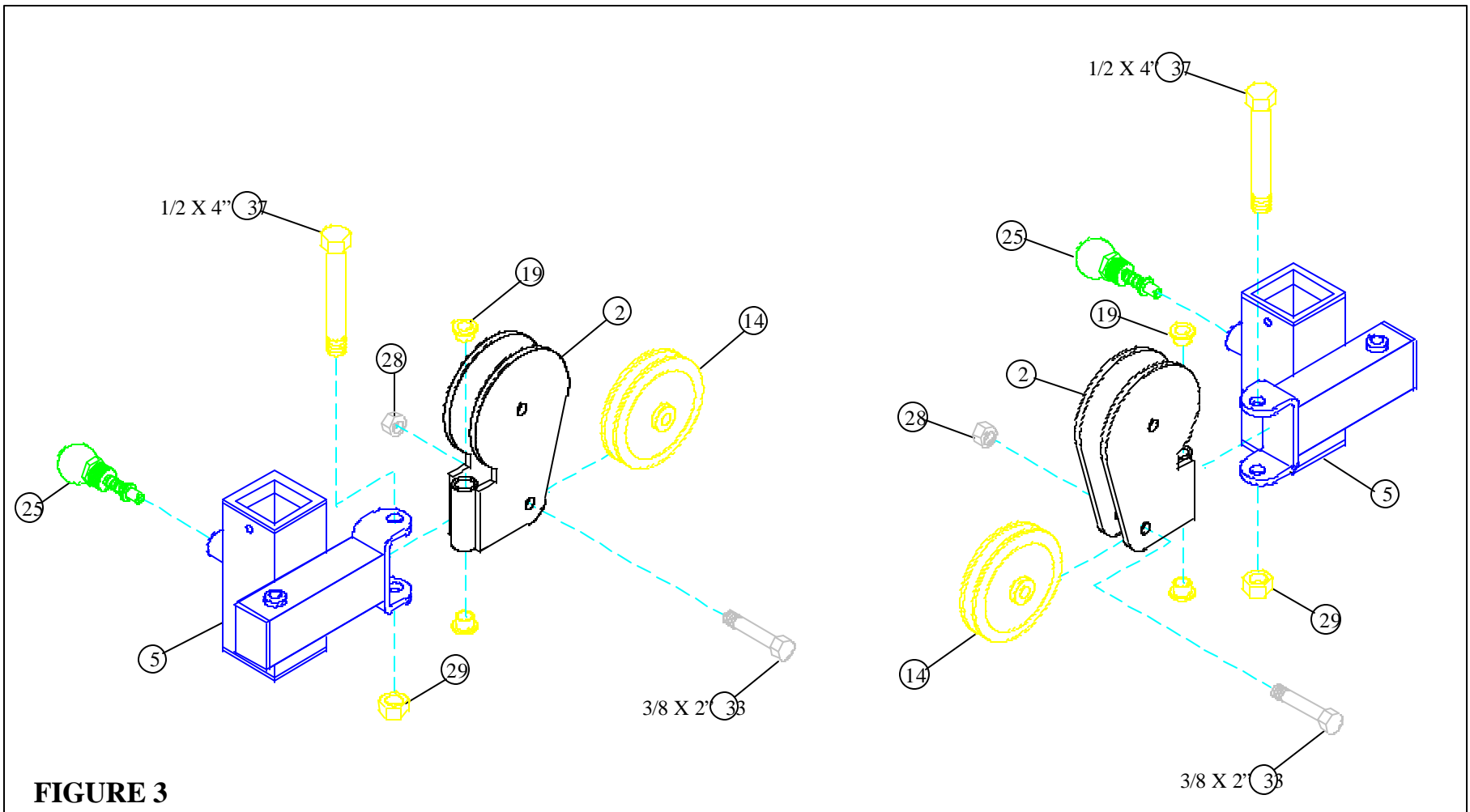


FIGURE 3

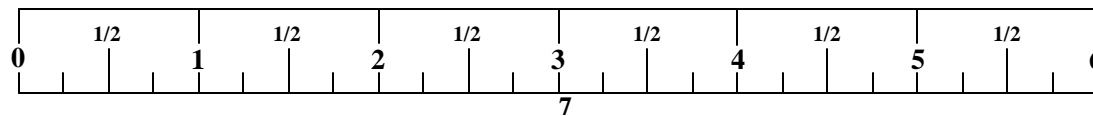
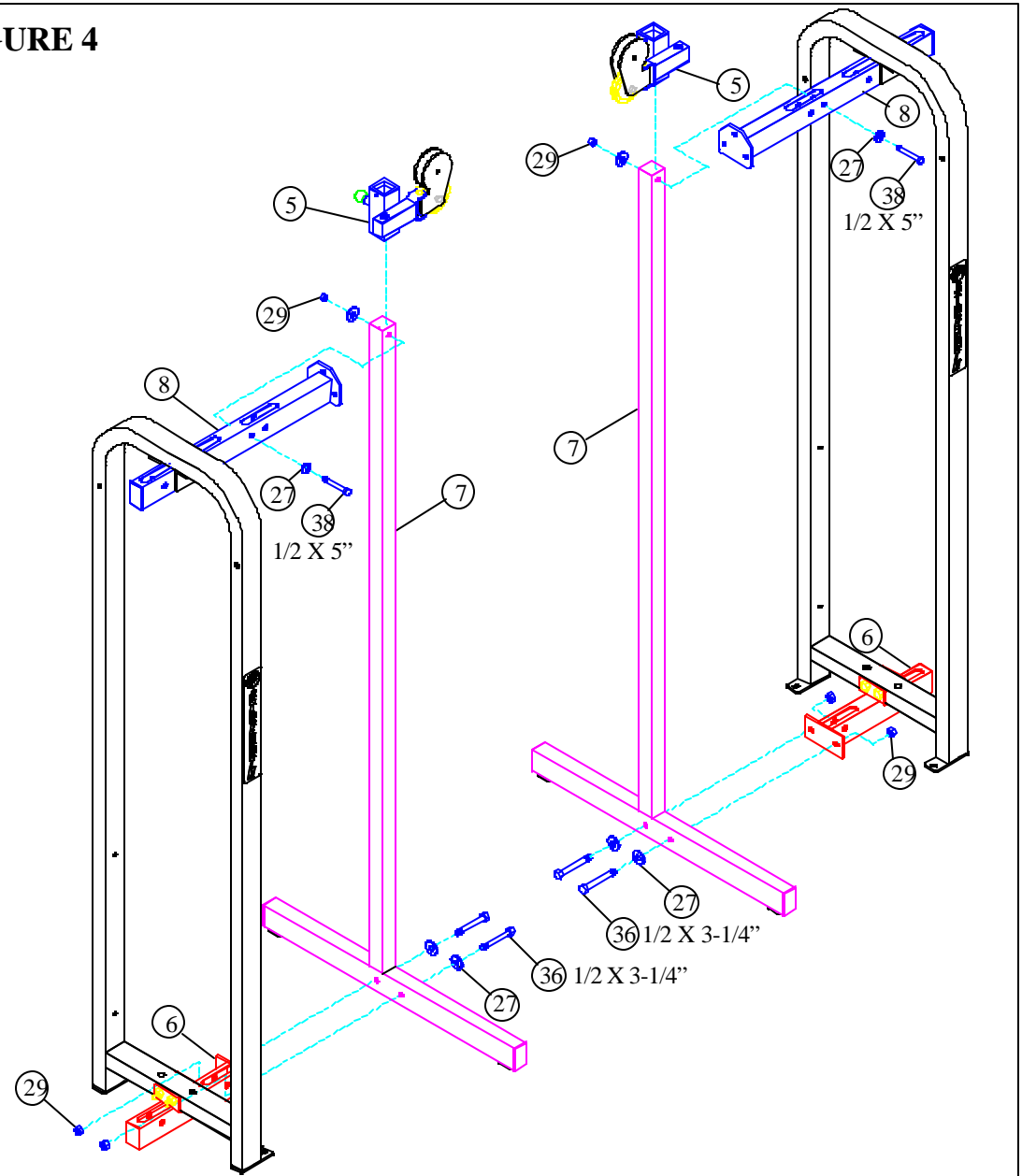
STEP 3

- **SECURELY** assemble two 3-1/2" PULLEYS (14) to the two NOVATRAK SWIVELS (2) using two 3/8 X 2" BOLTS (33) and two 3/8" LOCK NUTS (28). See FIGURE 3.
- Insert two 1/2" FLANGE BEARINGS (19) into each end of the NOVATRAK SWIVELS (2) and assemble them to the SWIVEL HOLDERS (5) using two 1/2 X 4" BOLTS (37), and two 1/2" LOCK NUTS (29). (**NOTE: Tighten connection enough to remove play, yet allowing the SWIVEL HOLDER (2) to rotate freely.**) See FIGURE 3.
- **SECURELY** assemble two 3/8" SPRING PIN ASSEMBLIES (25) to the SWIVEL HOLDERS (5). See FIGURE 3.

STEP 4

- Pull back the SPRING PINS on the SWIVEL HOLDERS (5) and slide assemblies over the SWIVEL UPRIGHTS (7) as shown in FIGURE 4.
- **LOOSELY** assemble the two SWIVEL UPRIGHTS (7) to the LOWER PULLEY HOUSING (6) using four 1/2 X 3-1/4" BOLTS (36), four 1/2" WASHERS (27), and four 1/2" LOCK NUTS (29) as shown in FIGURE 4.
- **LOOSELY** assemble the SWIVEL UPRIGHTS (7) to the UPPER PULLEY HOUSING (8) using two 1/2 X 5" BOLTS (38), four 1/2" WASHERS (27), and two 1/2" LOCK NUTS (29) as shown in FIGURE 4.
- **SECURELY** assemble all loose connections made to this point.

FIGURE 4



STEP 5

- **SECURELY** assemble the CHIN-UP SUPPORT (9) to the two UPPER PULLEY HOUSINGS (8) using six 1/2 X 1-1/4" BOLTS (35) and six 1/2" LOW HEIGHT LOCK NUTS (30) as shown in FIGURE 5.

FIGURE 5

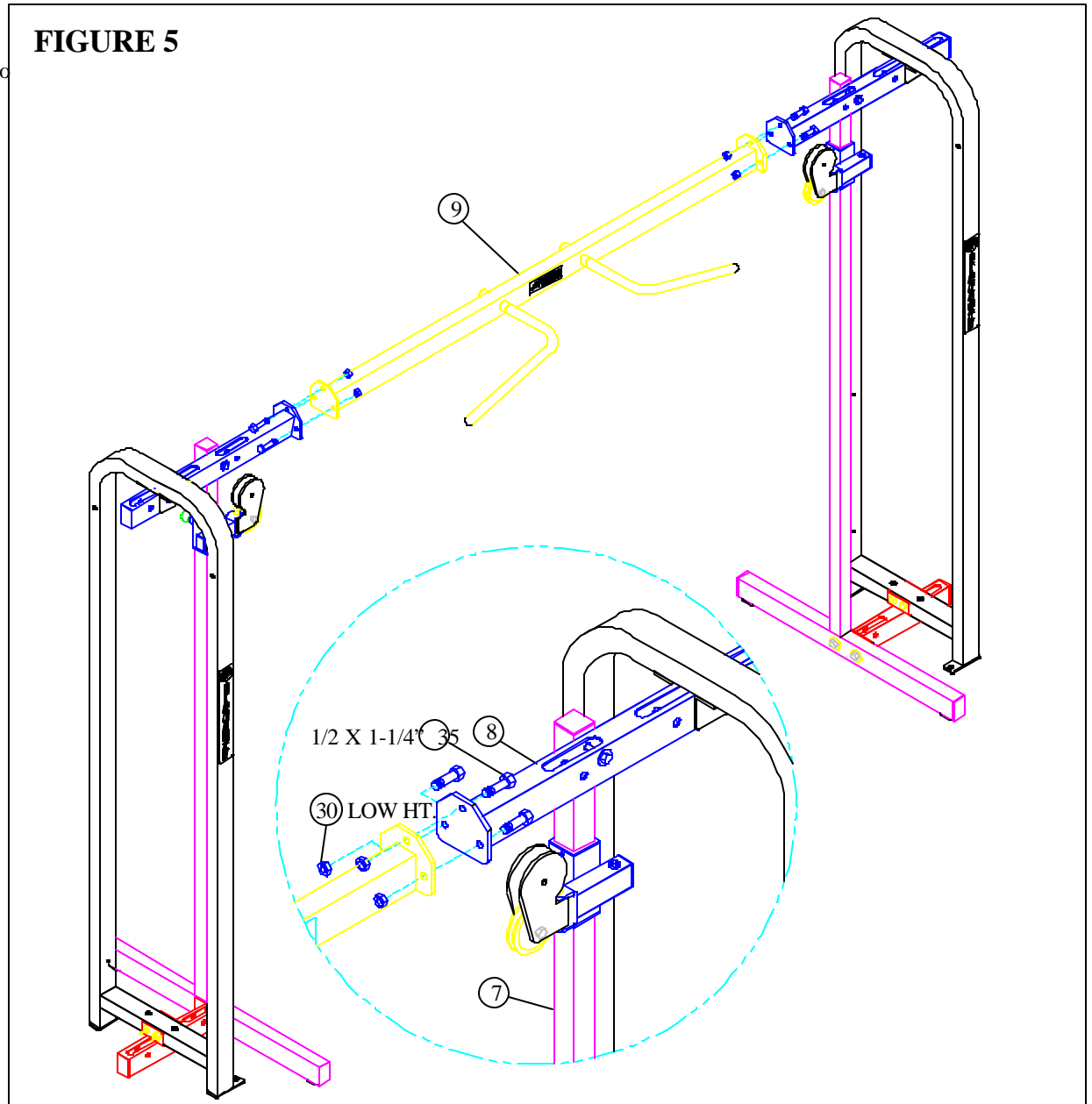
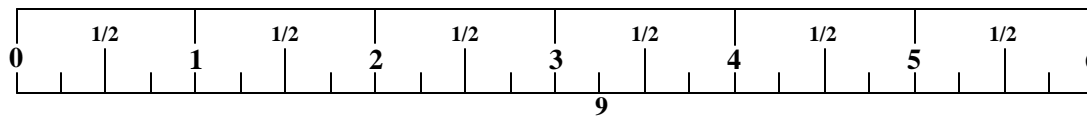
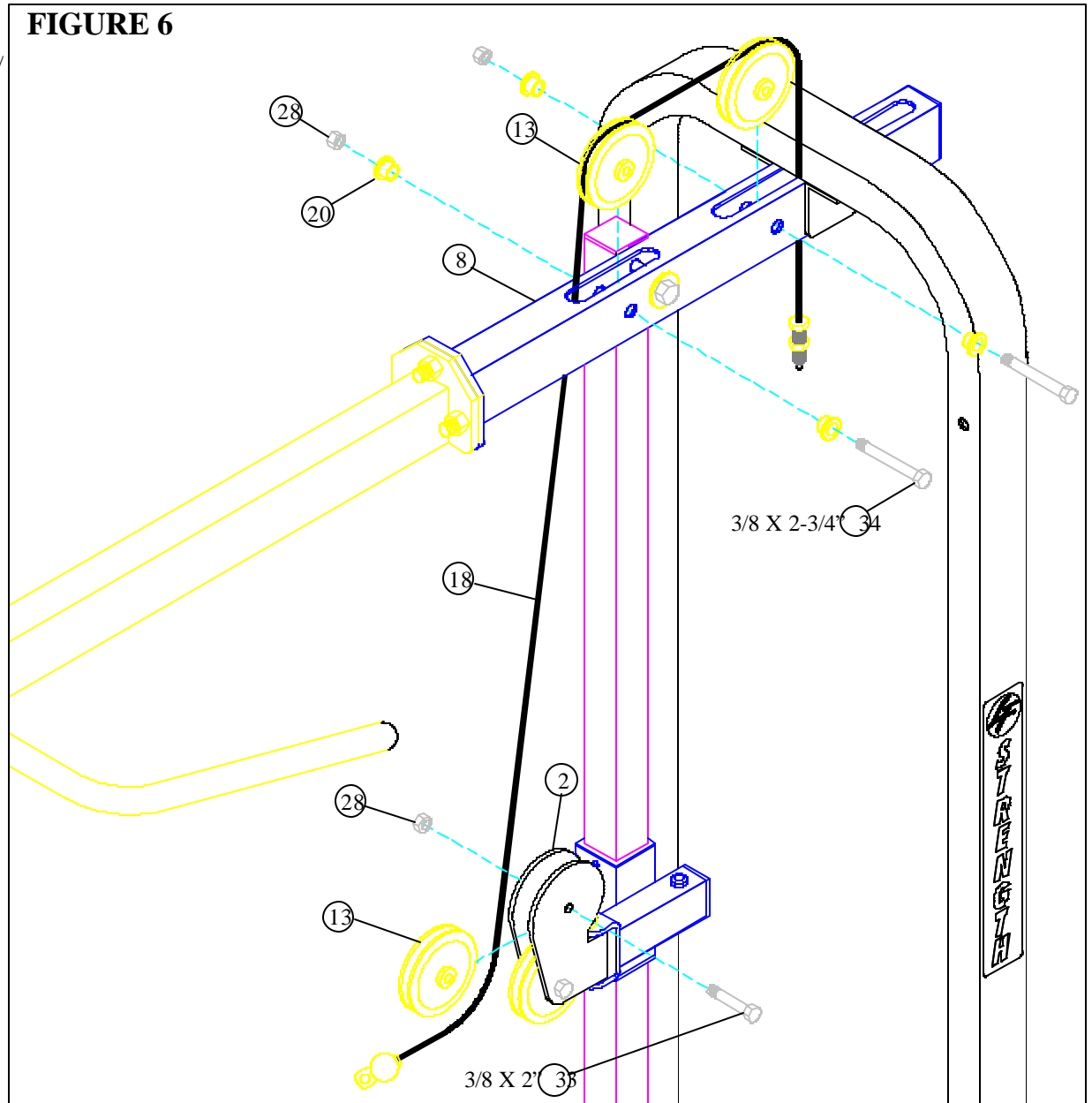
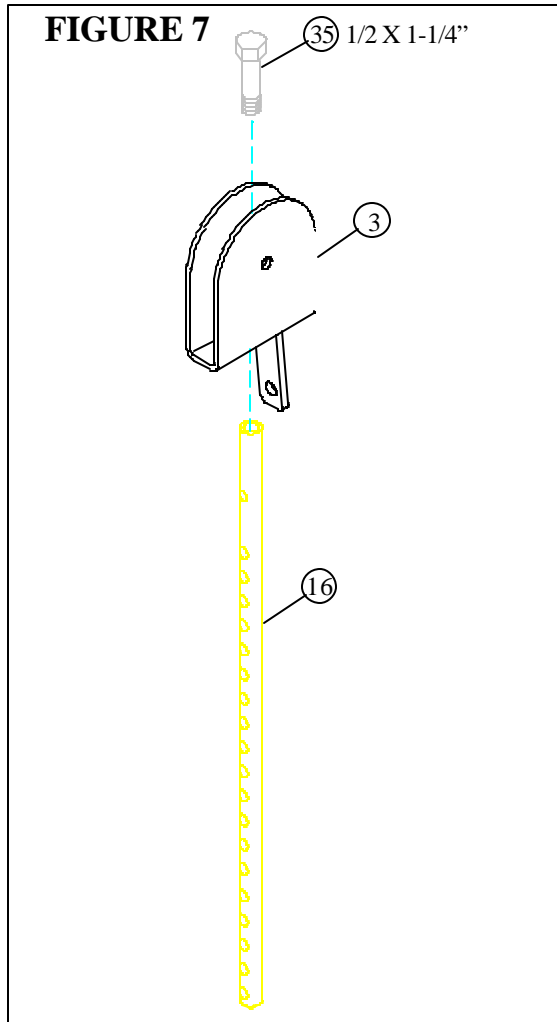


FIGURE 6

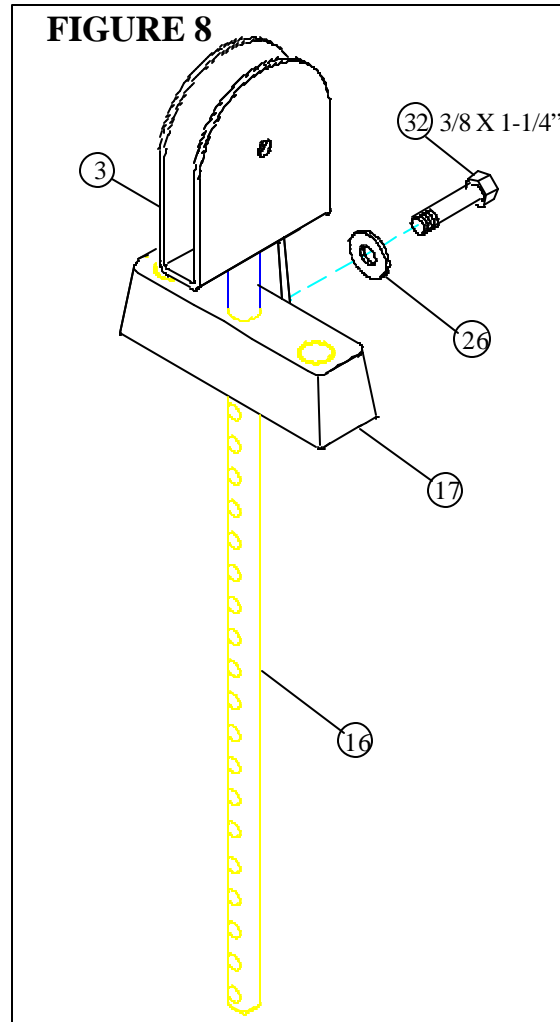
- Loop the ball end of the CABLE (18) around one 4-1/2" PULLEY (13) and **SECURELY** assemble the 4-1/2" PULLEY (13) to the NOVATRAK SWIVEL (2) using one 3/8 X 2" BOLT (33) and one 3/8" LOCK NUT (28) as shown in FIGURE 6.
- Route the threaded end of the CABLE (18) through the opening in the UPPER PULLEY HOUSING (8) and around two 4-1/2" PULLEYS (13) as shown in FIGURE 6.
- **SECURELY** assemble the two 4-1/2" PULLEYS (13) to the UPPER PULLEY HOUSING (8) using two 3/8 X 2-3/4" BOLTS (34), four 3/8" FLANGE SPACERS (20), and four 3/8" LOCK NUTS (28). See FIGURE 6.





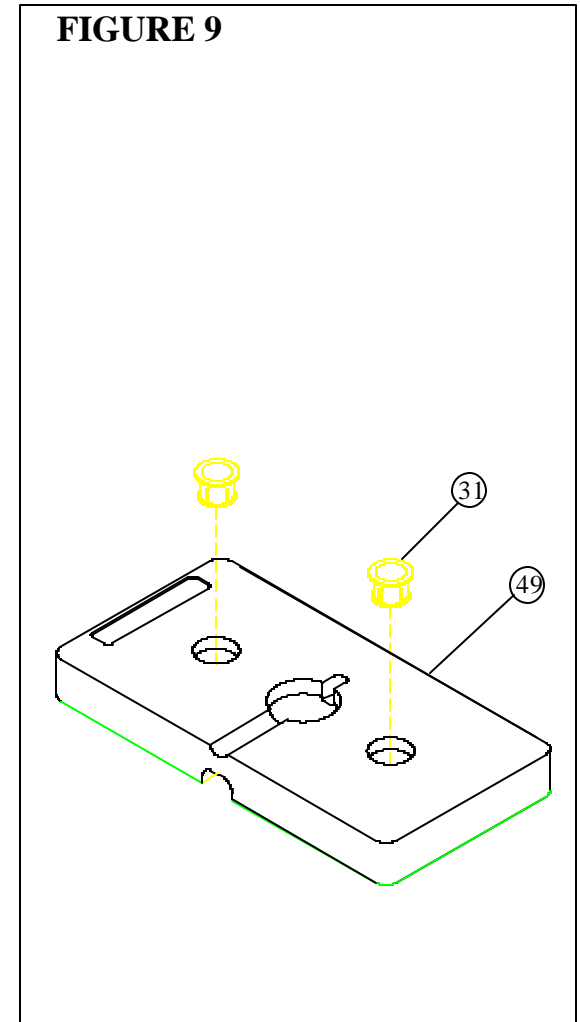
STEP 7:

- **SECURELY** assembly the CENTER PULLEY BRACKETS (3) to the WEIGHT STACK SHAFTS (16) using one 1/2 X 1-1/4 BOLT (35) as shown in FIGURE 7.



STEP 8:

- Slide HEAD PLATES (17) up the WEIGHT STACK SHAFTS (16) and **SECURELY** assemble the CENTER PULLEY BRACKETS (3) to the HEAD PLATES (17) using two 3/8 X 1-1/4" BOLTS (32) and two 3/8" WASHERS (26) as shown in FIGURE 8.



STEP 9:

- Snap two WEIGHT PLATE BUSHINGS (23) each, into the top side of the forty WEIGHT PLATES (41) as shown in FIGURE 9.

STEP 10:

- Insert the two GUIDE RODS (10) into the base of the TOWER (1) as shown in FIGURE 10. Lubricate the GUIDE RODS with a silicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (22) down over the GUIDE RODS (10). See FIGURE 10.
- Using **EXTREME CARE** slide twenty WEIGHT PLATES (41) down over the GUIDE RODS (10) with the key-hole facing as shown in FIGURE 10.

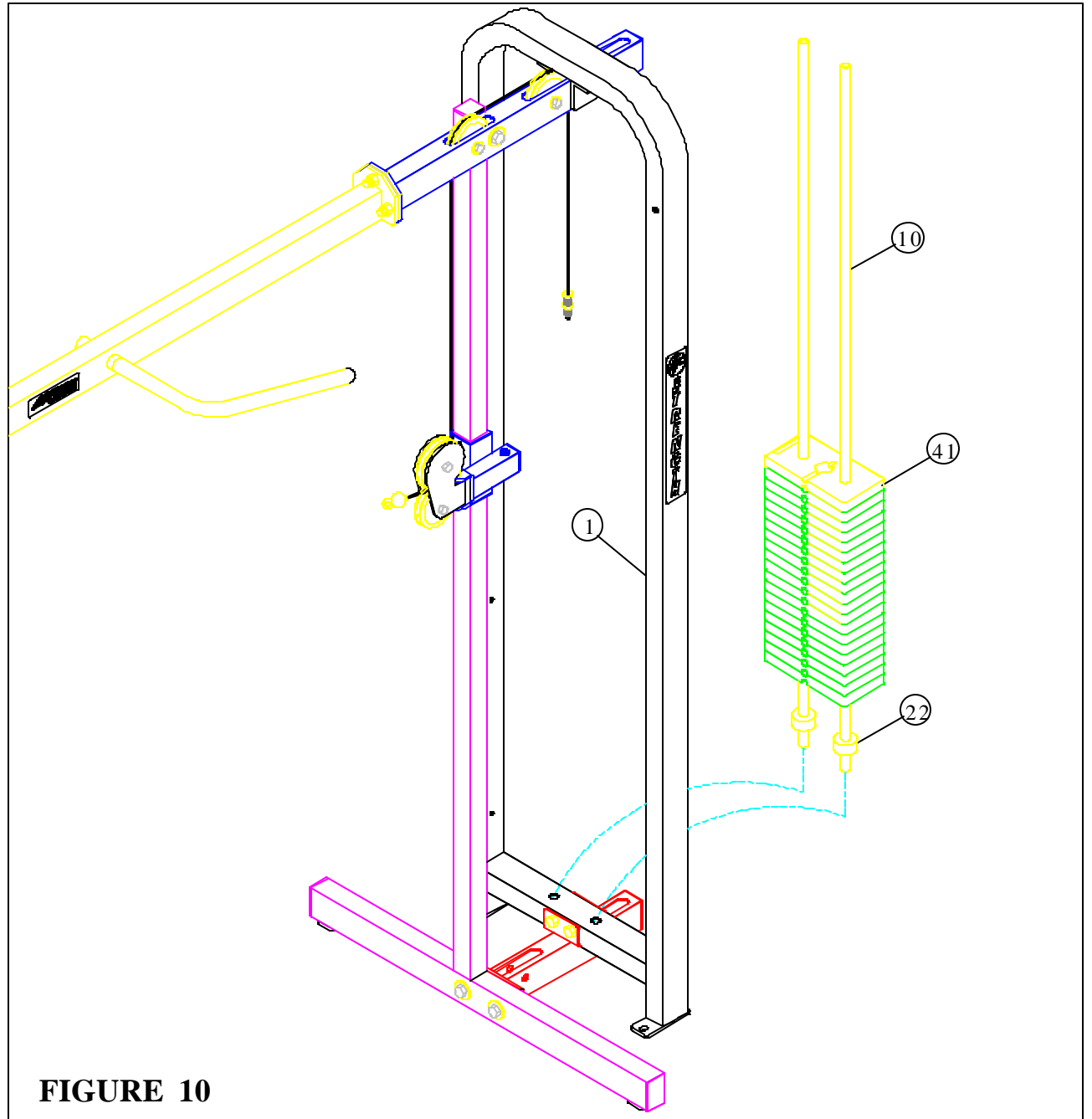
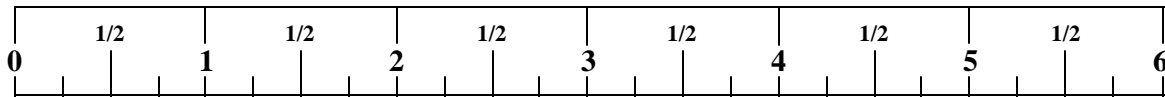
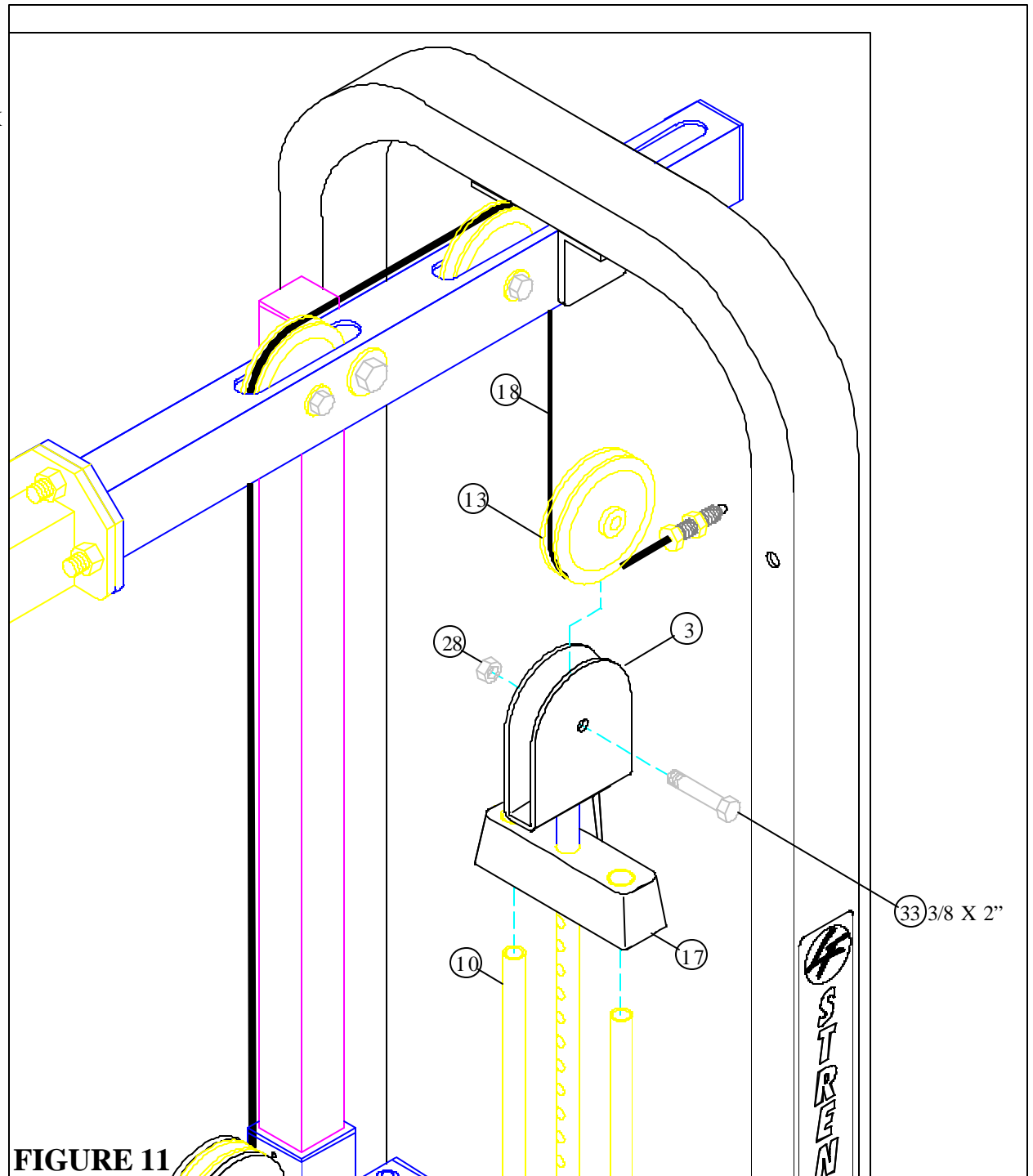


FIGURE 10



STEP 11:

- Run CABLE (18) under and around the 4-1/2" PULLEY (13) and **SECURELY** assemble the 4-1/2" PULLEY (13) to the CENTER PULLEY BRACKET (3) using one 3/8 X 2" BOLT (33) and one 3/8" LOCK NUT (28). See FIGURE 11.
- Carefully slide the HEAD PLATE ASSEMBLY (17) down over the GUIDE RODS (10) onto the weight stack as shown in FIGURE 11.



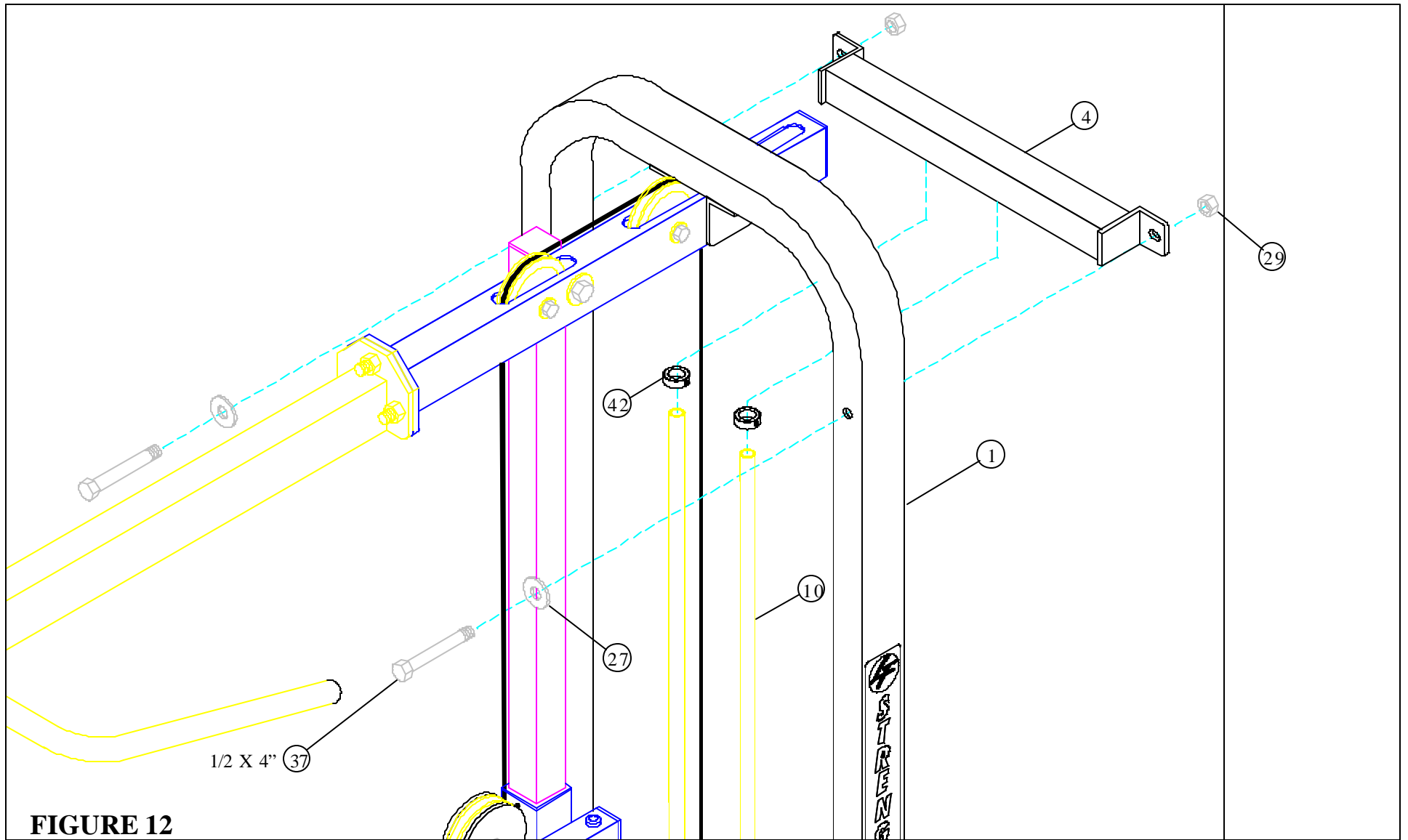
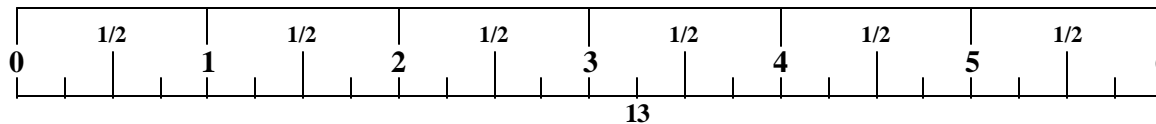


FIGURE 12

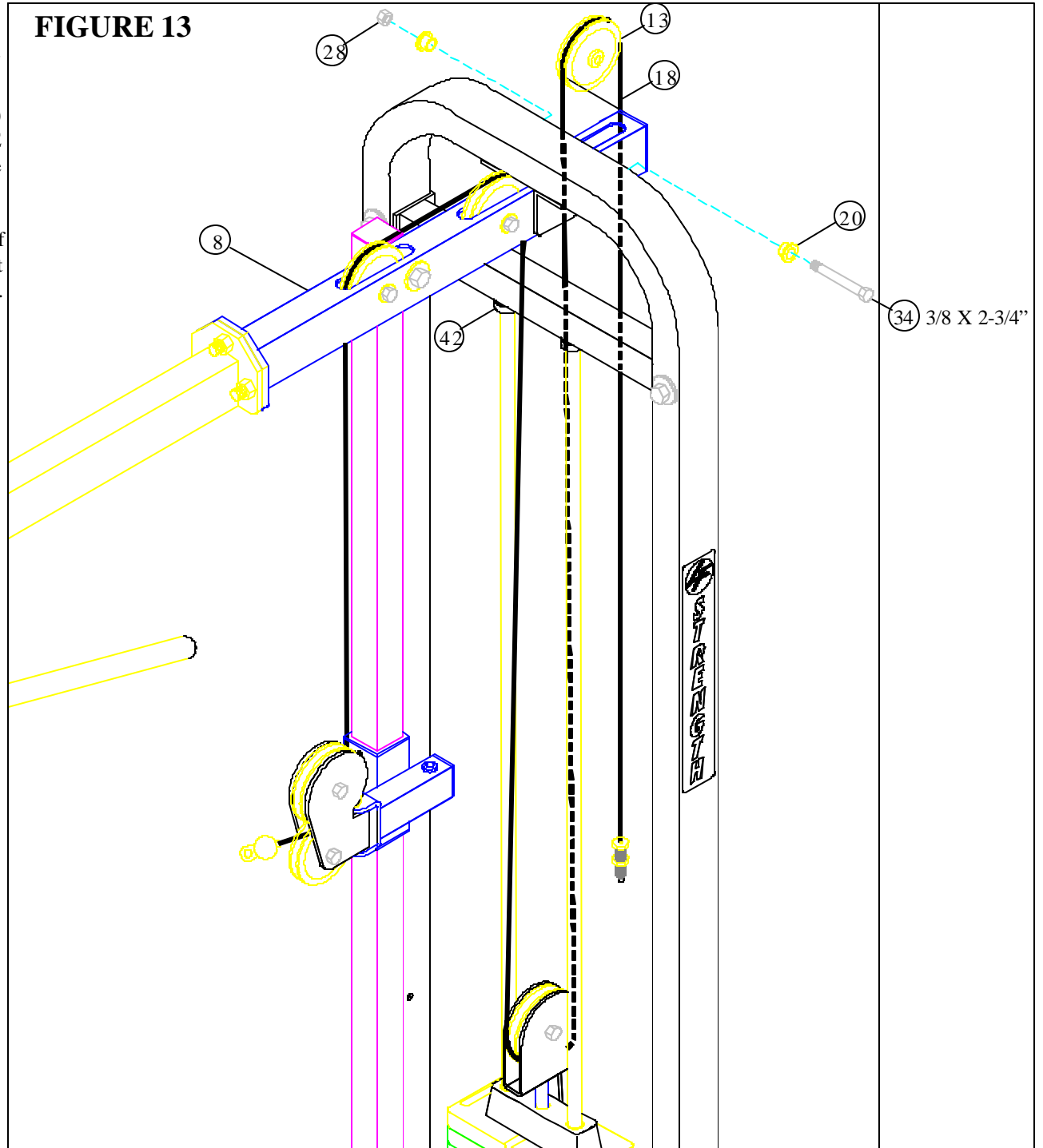
- STEP 12**
- Slide two 13/16" SHAFT COLLARS (42) down over the GUIDE RODS (10) as shown in FIGURE 12.
 - Slide the TOWER BRACE (4) over the GUIDE RODS (10) as shown in FIGURE 12.
 - **SECURELY** assemble the TOWER BRACE (4) to the TOWER (1) using two 1/2 X 4" BOLTS (37), two 1/2" WASHERS (27), and two 1/2" LOCK NUTS (29) as shown in FIGURE 12.



STEP 13:

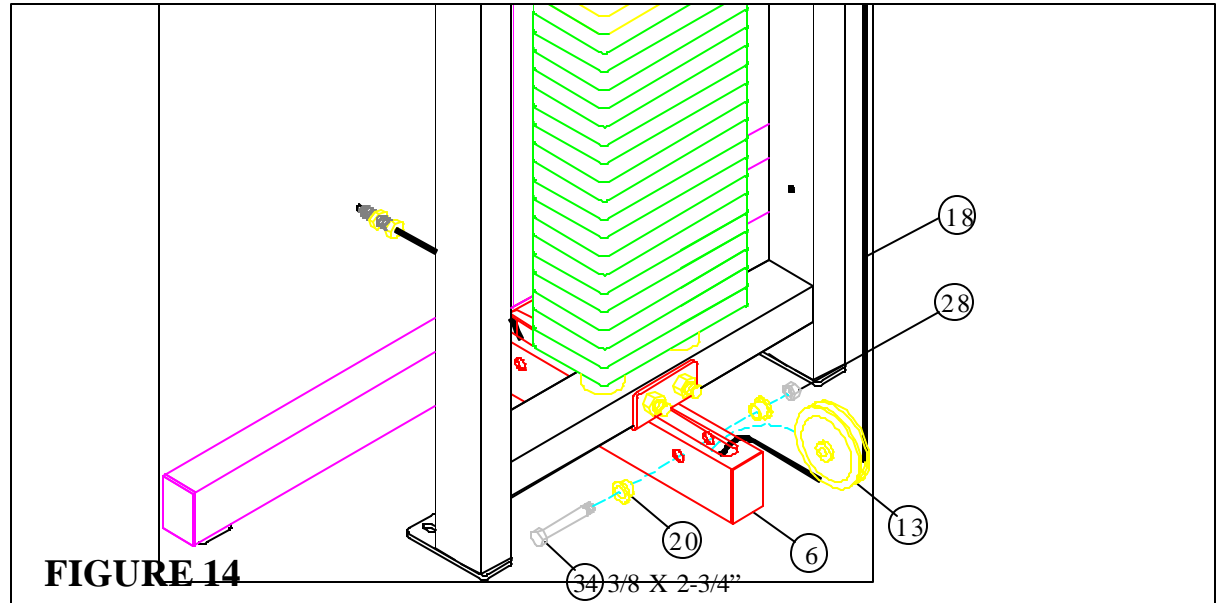
- Loop the threaded end of the CABLE (18) around a 4-1/2" PULLEY (13) and **SECURELY** assemble the 4-1/2" PULLEY (13) to the UPPER PULLEY HOUSING (8) using one 3/8 X 2-3/4" BOLT (34), two 3/8" FLANGE SPACERS (20), and two 3/8" LOCK NUTS (28). See FIGURE 13.
- Slide the 13/16" SHAFT COLLARS (42) to the top of the GUIDE RODS (10) and **SECURELY** tighten the set screws of the SHAFT COLLARS (42). See FIGURE 13.

FIGURE 13



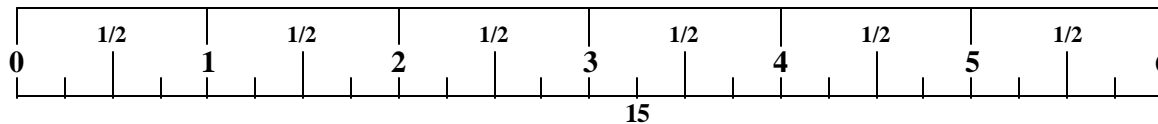
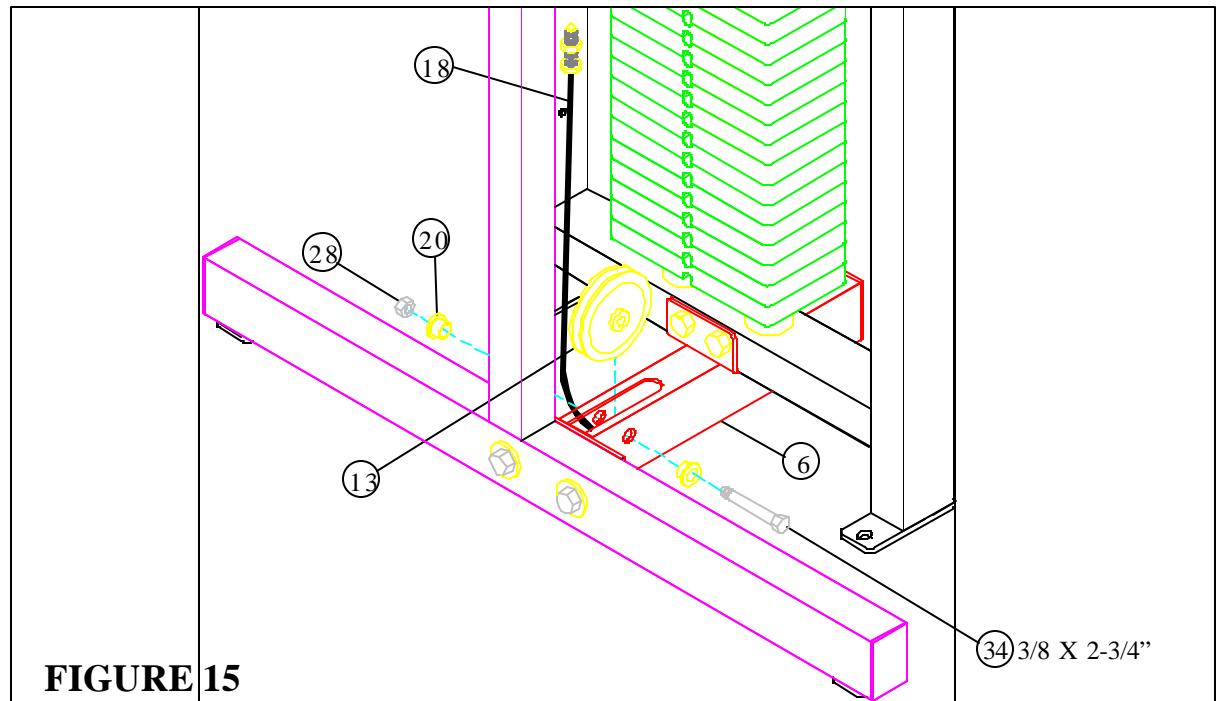
STEP 14:

- Route the threaded end of the CABLE (18) through the LOWER PULLEY HOUSING (6) as shown in FIGURE 14.
- Slip one 4-1/2" PULLEY (13) over the CABLE (18) and **SECURELY** assemble the 4-1/2" PULLEY (13) to the LOWER PULLEY HOUSING (6) using one 3/8 X 2-3/4" BOLT (34), two 3/8" FLANGE SPACER (20) and one 3/8" LOCK NUT (28) as shown in FIGURE 14. (**Make sure the CABLE is in the groove of the PULLEY.**)



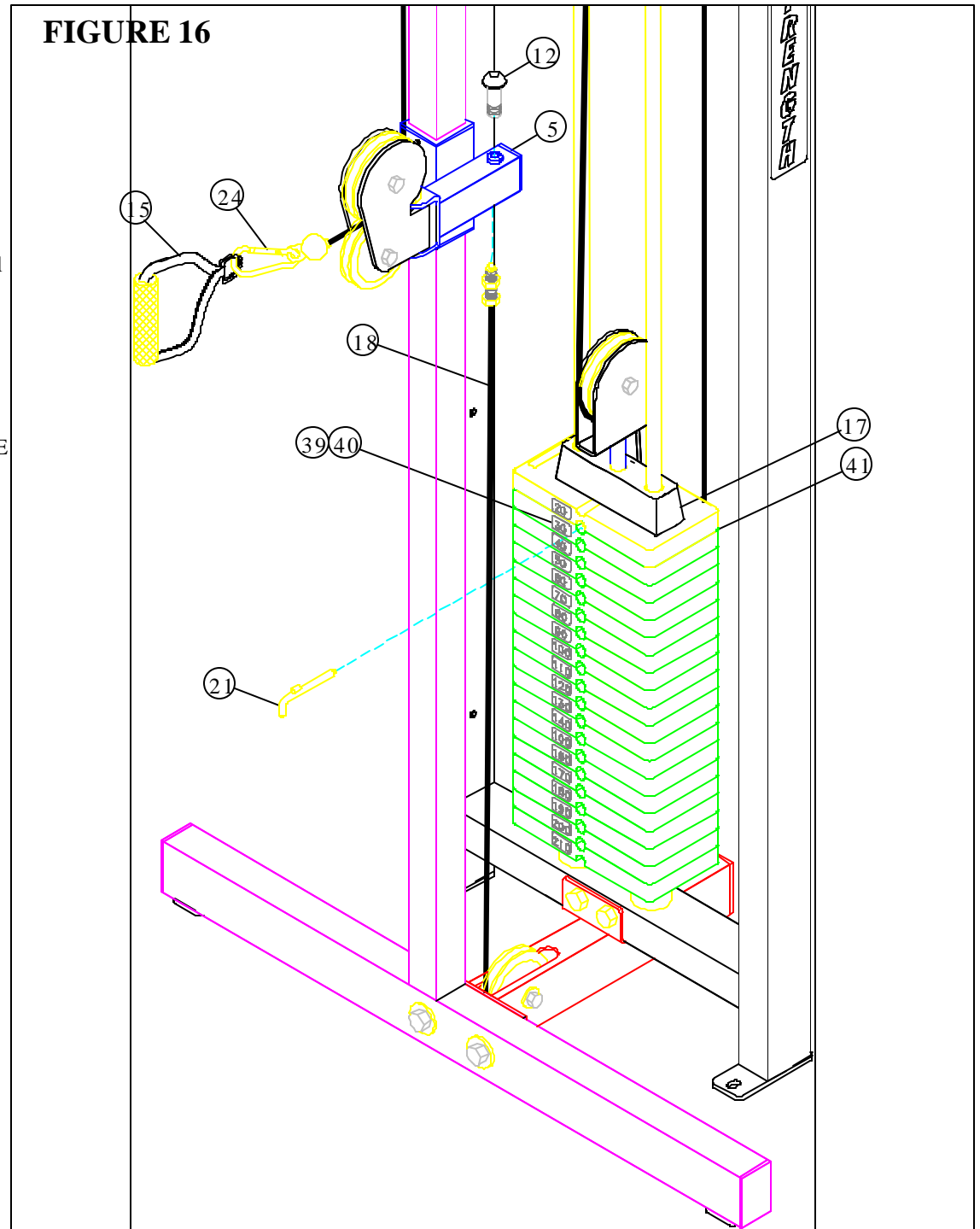
STEP 15:

- Slip one 4-1/2" PULLEY (13) over the CABLE (18) and **SECURELY** assemble the 4-1/2" PULLEY (13) to the LOWER PULLEY HOUSING (6) using one 3/8 X 2-3/4" BOLT (34), two 3/8" FLANGE BEARINGS (20) and one 3/8" LOCK NUT (28) as shown in FIGURE 15. (**Make sure the CABLE is in the groove of the PULLEY.**)



STEP 16

- Screw the threaded end of CABLE (18) approximately 3/4" into the SWIVEL HOLDER (5) and tighten jam nut SECURELY as shown in FIGURE 16.
 - **SECURELY** assemble one 1/2 X 3/4" BUTTON HEAD CAP SCREW (12) to the SWIVEL HOLDER (5). See FIGURE 16.
 - Attach one 5/16" SNAP HOOK (24) and one STRAP (15) to the ball end of the CABLE (18). See FIGURE 16.
 - Apply one set of WEIGHT STACK LABELS - LBS. OR 1-25 (39) (40) to each WEIGHT PLATE (41) as shown in FIGURE 16.
 - Insert the WEIGHT STACK PIN (21) into the first WEIGHT PLATE (41) of the WEIGHT STACK as shown in FIGURE 16.
 - If the HEAD PLATE (17) does not sit on top of the first WEIGHT PLATE (41), push the head plate down, insert the SELECTOR PIN (21) and perform several repetitions on the machine. This will relax the cable system and prevent the HEAD PLATE (17) from lifting up.
 - If after completing the previous step the HEAD PLATE (17) still does not sit on top of the first WEIGHT PLATE (41) or if there is excess slack in the cable system, adjust the threaded end of the CABLE (18) accordingly and RETIGHTEN the jam nut.
-
- **Repeat STEPS 6-16 to assemble cable on other side of the CABLE CROSS OVER.**



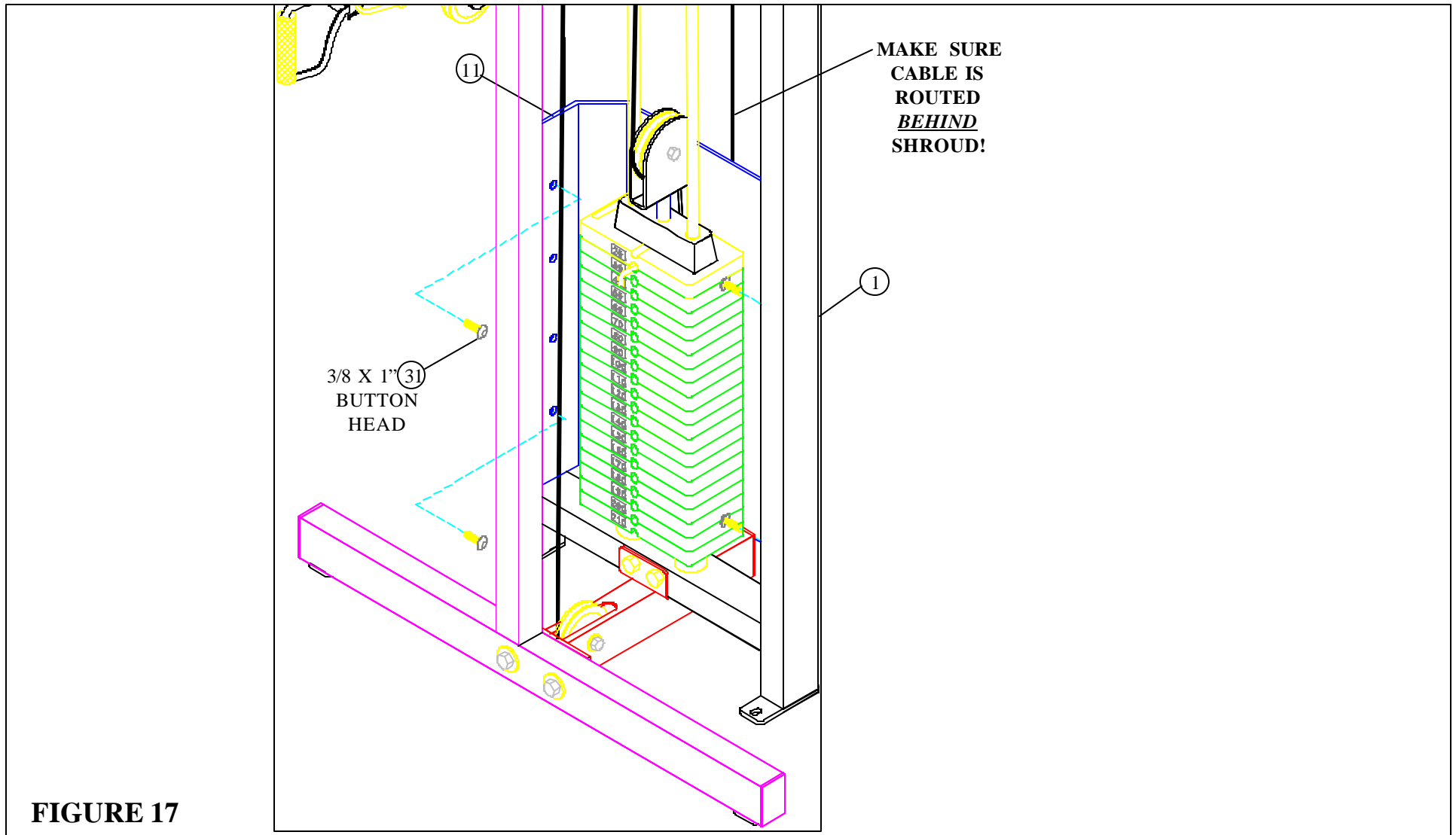
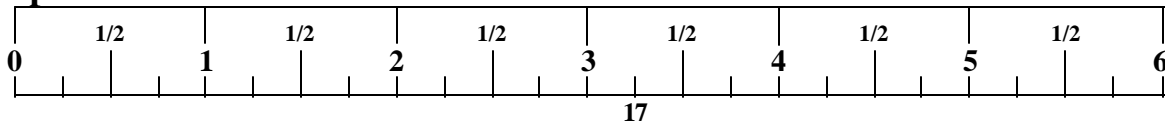


FIGURE 17

STEP 17:

- **SECURELY** assemble the SHROUD (11) to the TOWER (1) using four 3/8 X 1" BUTTON HEAD CAP SCREWS (31) as shown in FIGURE 17.

- **Repeat STEP 17 to assemble SHROUD on other side of the CABLE CROSS OVER.**



STEP 18:

- Make sure all connections are tight and secure.

Thank you for purchasing the LifeFitness 8205 CABLE CROSS OVER. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 328-9714.

FIGURE 18

