

LifeFitness



PRO 2 SERIES OWNER'S MANUAL



1. SAFETY AND WARRANTY INFORMATION

It is the sole responsibility of the purchaser of LIFE FITNESS products to read the owner's manual, warning labels and 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.

LIFE FITNESS recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner. The extent of control is at the discretion of the owner.

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. **SECURING EQUIPMENT:** All equipment **MUST** be secured to a solid, level surface and eliminate rocking or tipping over. This must be performed by a licensed contractor.
4. **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.
5. 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.

SPECIFIC OPERATING WARNINGS

1. Routinely inspect all accessory clips that join attachments to the cables and replace at the first sign of wear.
2. Use only weight selector pins supplied by LIFE FITNESS on weight stacks. Substitutes are forbidden.
3. Cables pose an extreme liability if used when frayed. Always replace any cable at first sign of wear (consult LIFE FITNESS if uncertain).
4. **Do not allow users to wear loose fitting clothing while using equipment.** It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
5. **Fully insert weight selector pins.** Partial insertion can cause weights to fall unexpectedly. Never pin the weight stack in an elevated position. Never remove selector pin if any weights are suspended. **Never attempt to release jammed weights or parts.**
6. When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.
7. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all LIFE FITNESS equipment.
8. **Keep children away from selectorized strength equipment.** Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
9. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by LIFE FITNESS.
10. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM LIFE FITNESS PERSONNEL.
11. Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
12. Do not exceed maximum user weight – 300 lbs.

WARRANTY

WHAT IS COVERED

This Life Fitness commercial exercise equipment (.Product.) 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

Life Fitness World Headquarters

Attn: CSS Help Desk

5100 N. River Rd.

Schiller Park, IL. 60176

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!

! WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Before using, read all the warnings and obtain instruction on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before use. **DO NOT** use if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
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. Seek assistance.
7. Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
8. Use only the incremental weights supplied by the manufacturer. **DO NOT** use dumbbells or other means to add resistance to the machine.
9. Children must not be allowed near this machine. Supervise teenagers.
10. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

! WARNING

KEEP CLEAR OF MOVING PARTS

OR



Found at moving parts

← Found at base of weight stack tower

Found on PSHG platform adjustment





2. GENERAL SPECIFICATIONS

1. Frame Construction

- Frame is constructed of mechanical quality steel purchased in mill run quantities
- Frame is primarily 4" x 2" (10 cm x 5 cm) and 3" x 2" (8 cm x 5 cm) rectangular-shaped tubing with 11 gauge wall thickness.
- Frames are mostly fully welded and constructed in two, but not more than 3 pieces to facilitate movement through smaller doorways and difficult installations

2. Frame Finish

- Prior to applying finish, each part is chemically washed to prepare surface for maximum adhesion.
- The frames are coated with an electrostatic epoxy powder coat finish applied in a powder form and then baked at 400° F (204° C.)
- To prevent frame and surface corrosion, wax equipment annually and keep away from salt, chlorine and all other harmful chemicals.

3. Weight Selection

- Weights are selected by using a 7/16" selector pin, which completely penetrates the weight plate and is held in place during use by a magnetic ring to keep the pin from disengaging during use.
- The selector pin is connected to the top weight to eliminate loss or substitution of substandard pins.

4. Incremental Weight System

- Incremental weight system allows the resistance to be increased in 5 pound increments and are contained on the guide rods to eliminate removal.
- When in use, the increment weights retain the balance of the stack resulting in a smoother action of the weight stack as compared to systems which load the increment on the side or back of the actual stack.

5. Weight Plates

- Machined from solid, 1" thick steel. Finish is wrinkle gray powder coat. Thickness of plate is held to precise tolerances by machining the entire upper and lower surfaces resulting in a better pin fit to the stem.

6. Weight Plate Bushings

- Each plate (not just the top weight) will contain low friction bushings, which surround the guide rods to minimize friction and noise

7. Top Weight Bushings

- The top weight runs on bushings which are mounted in the plate with rubber grommets to compensate for minor misalignment and insure optimal performance.
- The bushings are self-lubricating in order that the guide rods will not require lubrication.

8. Weight Stack Guide Rods

- Guide rods are ¾" cold drawn steel, turned ground and polished with hard chrome finish.

9. Weight Stack Suspension

- Durable rubber bumpers are placed under each stack to reduce shock and vibration stresses to the frame and facility floor.

10. Weight Selection Shaft

- The shaft is constructed of zinc plated cold finished steel and precision drilled for accurate pin selection.

11. Weight Transport

- 7x19 construction, 3/16" galvanized steel, internally lubricated, nylon-coated aircraft cable with breaking strength rated at over 4,000 pounds (meets U.S. military specifications.)

12. Cable Adjustment

- All cables can be adjusted at the top weight utilizing a metric 24mm open-end wrench.

13. Weight Stack Guards

- All weight stacks are fully guarded on the backside to prevent bystanders from inadvertent contact with the weight stack during use.
- Front weight stack guards are available as an option.

14. Pulleys

- All pulleys are at least 4-1/4" (11 cm) working diameter using fiberglass-impregnated nylon with precision fit cable groove and double sealed bearings.

15. Pulley Covers

- As a safety precaution, all pulleys are covered to minimize the danger of a moving pulley catching a person's finger or clothes.

16. Cams

- All cams are individually designed for each unit to match the appropriate muscle strength capability curve.

17. Counter Balanced Input Arms

- Input arms on equipment are counter balanced where appropriate to eliminate the weight of the assembly from the weight selected by the user.

18. Pivot Bearings

- Bearings are sealed with a basic radial load rating of over 2,000 pounds (909 kg.)
- Bearings are mounted within ductile cast iron, precision-machined housings for optimal alignment, resulting in smooth and friction free movement.

19. Rollers

- Internal seat carriage adjustment rollers are made of molded polymer mounted on machined steel axles for smooth, durable operation.

20. Support Rails

- Seated Leg Press (PSSLP) has wire brushed stainless steel rails.

21. Bolts

- All hardware is nickel plated

22. Upholstery

- All edges are stitched to eliminate any folds in the material that would limit durability.

23. Foam

- Three and Four pound EVA foam (deformation resistant) or equivalent is used on all machines. The foam is injection molded directly to the multi-ply wood support board with integral 10mm T-nuts.

24. Hand Grips

- Handgrips are an extruded 60-durometer-thermorubber compound that is non-absorbing, wear and tear resistant and exhibits good dry and wet frictional characteristics.
- The grips are retained with aluminum collars.

25. Seat Adjustments

- Numeric seat and pad adjustments (where appropriate) correctly align body to machine for proper posture, muscle isolation and body stabilization.
- Seats move on rollers to eliminate any sliding frictions and improve ease of use on seat adjustment mechanism.
- Seats adjust in ½" increments.

26. Foot Platforms

- Foot platforms are Linex™ covered ensuring slip resistance and long lasting protection against wear

27. Instructional Placard

- Visual placards provide step by step instructions as well as pictures to illustrate proper use and muscles trained.

28. Equipment Anchoring

- All machines have holes in the feet, which allow for easy anchoring to the floor. Life Fitness recommends that all machines be anchored to the floor to minimize the possibility that they will be tipped.

29. Warranty

- 30. A 10-year minimum warranty on frames, 5 years on integral bearings, guide rods, pulleys and weight plates, 1 year on cables and grips and 90 days on upholstery and any items not specified.
- 31. Machines are not warranted against rust. In order to protect your machines against rust, please repair all chips and scratches, and be sure the workout environment is free of humidity. For example, ensure that the equipment does not share the HVAC system with a swimming pool area. For maximum protection, please utilize an extra coat of automotive quality finish wax and wipe excessive sweat and liquids from the machines.

32. Liability Insurance

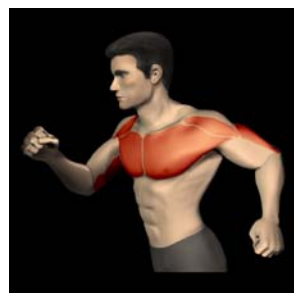
- Certificate of insurance available upon request



3. EXERCISE SECTION



PRO 2 CHEST PRESS (PSCP)



Muscles Exercised – Pectoralis Major, Anterior Deltoid and Triceps

Setup

Adjust the seat height so handles are aligned with mid-chest. Using the start adjuster knob located on the right side of the pressing arm, adjust to the desired range of motion. Check the weight stack to ensure appropriate resistance. Grip the handles and position elbows slightly below shoulders. Body is positioned with chest-up, shoulders and head back against back pad.

Performing the Exercise

With a controlled motion, extend the handles out till arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise, think about drawing the elbows toward each other as opposed to pressing on the exercise arm. This will increase the mental concentration on the Pectoralis Major.

PRO 2 SHOULDER PRESS (PSSP)



Muscles Exercised – Deltoids and Triceps

Setup

Adjust the seat height so handles are aligned with or above shoulder height. Check the weight stack to ensure appropriate resistance. Grip either set of handles. Body is positioned with chest-up, shoulders and head back against back pad.

NOTE: The neutral handles are ideal for persons with limited shoulder flexibility or orthopedic limitations.

Performing the Exercise

With a controlled motion, extend the handles up till arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: Focus on extending your elbows as opposed to pressing the arm up, as this increases the mental concentration on the Deltoid muscles.

PRO 2 LAT PULLDOWN (PSPD)



Muscles Exercised – Latissimus Dorsi and Biceps

Setup:

Sit and adjust the thigh pads to secure the legs in position. Check the weight stack to ensure appropriate resistance. Stand and grip bar in desired position, then pull down and sit with thighs under pads. Body is positioned leaning back slightly from the hips with chest-up.

TIP: Attempt to stabilize the body without the use of the thigh pads until necessary.

TIP: The ideal grip position on the bar positions the hands as far out as possible, but still allows the elbows to contact the sides of the body in the down position during the exercise. This ensures a full range of motion.

Performing the Exercise:

With a controlled motion, draw down the bar in front of the chest till it nearly makes contact with the chest, then extend the handles out till arms are fully extended. Return the handles to the start position and repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise think about lifting the chest to the bar as opposed to pulling the bar down. This will re-enforce the correct exercise position and increases the mental concentration on the Latissimus Dorsi.

PRO 2 FIXED PULLDOWN (PSFPD)**Muscles Exercised** – Latissimus Dorsi and Biceps**Setup:**

Adjust the seat height to secure legs under the roller pads. Stand up and grip the handles in desired position, then sit down with thighs under roller pads. Pull handles down, keeping chest up and elbows under hands. When finished, straighten arms and carefully stand up until weight stack comes to a rest.

Performing the Exercise:

With a controlled motion pull handles down to the top of the chest. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise think about lifting the chest to the handles as opposed to pulling the bar down. This will re-enforce the correct exercise position and increases the mental concentration on the Latissimus Dorsi.

PRO 2 SEATED ROW (PSRW)



Muscles Exercised – Latissimus Dorsi, Trapezius, Rhomboids, Teres Major and Minor, Posterior Deltoids and Biceps

Setup

Adjust the seat height to align the mid-chest with the top of the chest pad. Keeping feet firmly on the footplates, adjust the seat frame position to allow full arm extension. Check the weight stack to ensure appropriate resistance. Grip the desired handles and position body with head and chest-up.

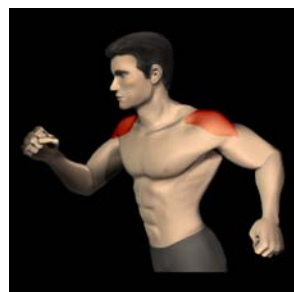
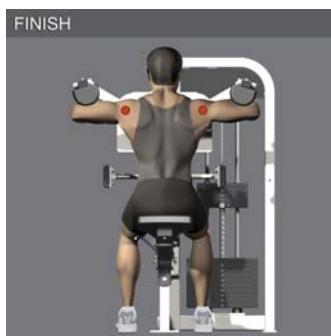
NOTE: The upper handles focus primarily on the Posterior Deltoid and upper back muscles. The middle and lower handles focus primarily on the Latissimus Dorsi and middle back muscles, while the lower handles provide a variation with the wrists positioned in a neutral position.

Performing the Exercise

Stabilize the body in position, pressing feet firmly into the footplates, preventing excessive pressure on the chest pad. With a controlled motion, draw back the arms as far as can be controlled. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise with any of the handles, think about drawing the elbows back, beyond the body, as this increases the mental concentration on the muscles being trained.

PRO 2 LATERAL RAISE (PSLR)



Muscles Exercised – Anterior and Middle Deltoid

Setup

Adjust the seat height so that the shoulder joints are aligned with the machines pivot points, indicated by the red axis of rotation decals. Sit facing the machine gripping the handles and positioning the elbows at the sides or slightly in front of the body. Check the weight stack to ensure appropriate resistance. Body is positioned with chest-up, leaning forward against the chest pad.

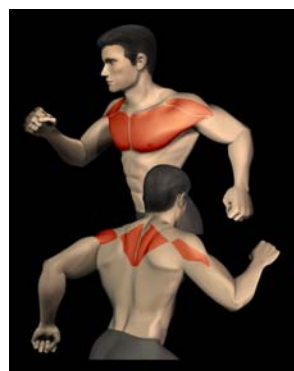
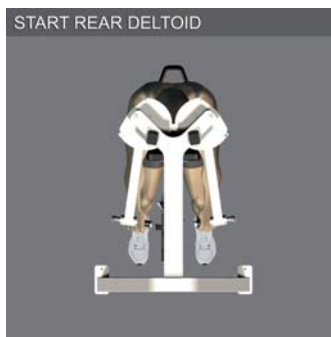
NOTE: If the seat is adjusted properly, the pads should not slide on the arms during the exercise.

Performing the Exercise

With a controlled motion extend the elbows out to the sides until they are even with the shoulders. Return the pads to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise, think about extending the elbows out to the side in a large arc, as this increases the mental concentration on the Deltoids.

PRO 2 PECTORAL FLY/REAR DELTOID (PSFLY)



Muscles Exercised – Pectoral Fly – Pectoralis and Anterior Deltoid
Rear Deltoid – Posterior Deltoid and Trapezius

Setup – Pectoral Fly

Adjust the seat height so elbows are slightly below shoulders, when holding the vertical handles. Adjust the start position using the overhead range of motion adjustments for each arm. Check the weight stack to ensure appropriate resistance. Sit with chest-up and shoulders back and grip the vertical handles keeping the elbows slightly bent.

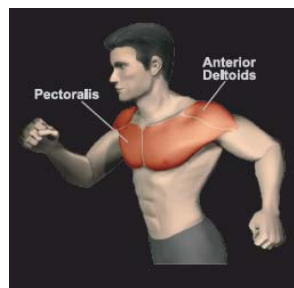
Setup – Rear Deltoid

Adjust the seat height, if necessary, so arms are parallel to floor, while holding the inside handles. Adjust the start position, bringing the arms into the furthest back position. Check the weight stack to ensure appropriate resistance. Sit facing pad and grip the horizontal handles firmly keeping elbows slightly bent.

Performing the Exercise

With a controlled motion, rotate the handles out and about the shoulder as far as can be controlled, while maintaining the arms in position as described in the set-up. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

PRO 2 PECTORAL FLY (PSPEC)



Muscles Exercised – Pectoralis and Anterior Deltoid

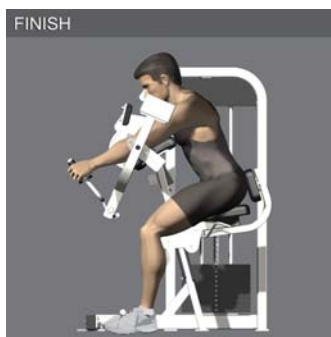
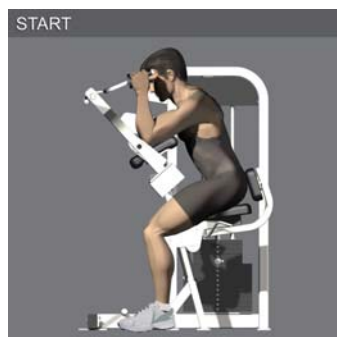
Setup

Adjust the seat height so elbows are slightly below shoulders, when holding the handles. Adjust the start position using the overhead range of motion adjustments for each arm. Check the weight stack to ensure appropriate resistance. Sit with chest-up and shoulders back and grip the handles keeping the elbows and forearm comfortably on the pad.

Performing the Exercise

With a controlled motion, rotate the handles in and bringing the elbows together, while maintaining the arms in position as described in the set-up. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

PRO 2 TRICEPS EXTENSION (PSTE)



Muscles Exercised – Triceps

Setup

Adjust the seat height so backs of arms rest fully on arm pad, aligning elbows with machines pivot, indicated by red axis of rotation decal. Check the weight stack to ensure appropriate resistance. Rotate handle back and grip firmly and position feet under foot bar for stability. Body is positioned with hips in contact with lower back pad, leaning forward from hips keeping back straight.

Performing the Exercise

With a controlled motion, extend the handles out till arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

PRO 2 BICEPS CURL (PSBC)



Muscles Exercised – Biceps

Setup

Adjust the seat height so backs of arms rest fully on arm pad, aligning elbows with machines pivot, indicated by red axis of rotation decal. Check the weight stack to ensure appropriate resistance. Rotate handle forward and grip firmly. Body is positioned with chest up and shoulder back, leaning forward slightly if necessary to increase stability.

Performing the Exercise

With a controlled motion, curl the handles up till arms are fully flexed. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

PRO 2 SEATED LEG PRESS (PSSLP)



Muscles Exercised – Quadriceps, Hamstrings and Gluteus

Setup

Adjust the start position, using the release lever located on the seats left side, to the desired range of motion. Position feet on the foot plate hip width apart, with the feet turned out slightly. Check the weight stack to ensure appropriate resistance. Grip the handles on the sides of the seat and position body with chest-up, shoulders and head back against back pad.

NOTE: When positioning the feet on the foot plate, ensure that the feet are placed so that the knees do not move beyond the toes, as this places excessive stress on the knee joints.

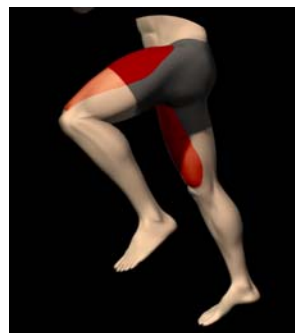
Performing the Exercise

With a controlled motion, extend the legs until the knees are slightly bent. DO NOT LOCK THE KNEES. Return to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise, think about extending the knees downward, as this mental concentration increases the focus on the leg muscles.

NOTE: DO NOT sacrifice proper exercise form in order to utilize more resistance during the exercise, as this can result in Serious Injury.

PRO 2 LEG EXTENSION (PSLE)



Muscles Exercised – Quadriceps

Setup

Adjust the back pad to align with the machine pivot, as indicated by the red axis of rotation decal, with the knee joints. Adjust the lower leg pad to a comfortable position above the ankle. Using the adjustment knob located on the machine cam (*available on Pro 2 SE only*), adjust the start position to the desired range of motion. Check the weight stack to ensure appropriate resistance. Grip the handles located on the sides of the seat. Body is positioned with chest-up, shoulders back and against back pad.

Performing the Exercise

Rotate the thighs so the knees are pointing upwards and with a controlled motion, extend the legs to near full extension. Return the legs to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: Position the thighs with the knees pointing upwards and maintain this, while performing the exercise. This position is safer for the knee joint and more effective for the Quadriceps muscles.

PRO 2 LEG CURL (PSLC)



Muscles Exercised – Hamstrings

Setup

Lie face down on the pads, positioning the knees just off of the pad aligned with the machine pivot, as indicated by the red axis of rotation decal. The lower leg pad should be positioned comfortably above the back of the ankles, adjust this as needed. Using the adjustment knob located on the machine cam (available on Pro 2 SE only), adjust the start position to the desired range of motion. Check the weight stack to ensure appropriate resistance. Grip the handles located under the chest pad at the head of the machine.

NOTE: Excessively lifting the hips off of the pad during the exercise can place unwanted stress on the lower back. One method to overcome this is to slightly lift the thighs off of the pad and hold, while performing the exercise, as this action forces the hips downward.

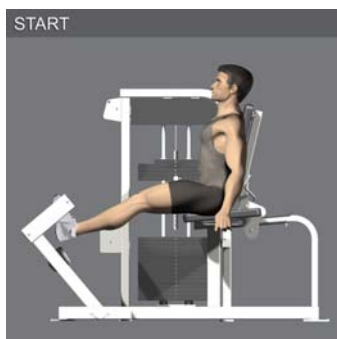
Performing the Exercise

Keeping the hips in contact with the pad and with a controlled motion, curl the legs up till fully flexed, without the hips losing contact with the pad. Return the legs to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: Allow the feet to maintain in a relaxed position during the exercise.

Flexing the feet during the exercise will activate the Gastrocnemius muscle and distract from the focus on the Hamstrings muscle. Alternatively, allowing the Gastrocnemius muscle to assist increases the functionality of the exercise. The action taken with the feet should depend upon the goals of the exercise.

PRO 2 HORIZONTAL CALF (PSHC)



Muscles Exercised – Gastrocnemius and Soleus

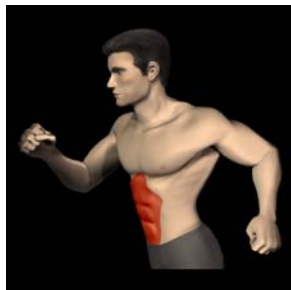
Setup

Adjust the seat back to allow a slight bend in the knees, when the balls-of-the-feet are positioned on the footplate. Check the weight stack to ensure appropriate resistance. Position the hips firmly against the back pad and grip the handles located on the sides of the seat pad. Body is positioned with chest-up, shoulders back and against back pad.

Performing the Exercise

With a controlled motion, press upward on the balls-of-the-feet as far as can be controlled, while maintaining the knees slightly bent. DO NOT LOCK OR HYPEREXTEND THE KNEES. Return the footplate to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

PRO 2 ABDOMINAL CRUNCH (PSABC)



Muscles Exercised – Abdominals

Setup

Sit and position feet on desired foot peg. Lay on back pad and grip handles.

Performing the Exercise


Slowly contract abdominals in a crunch motion. Return weight with controlled movement to starting position.

PRO 2 HIP ABDUCTION (PSHAB)

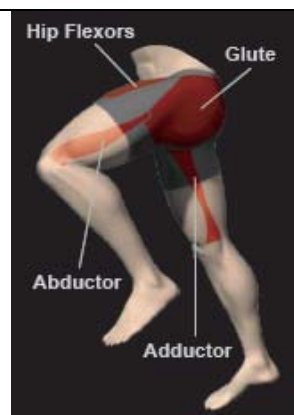
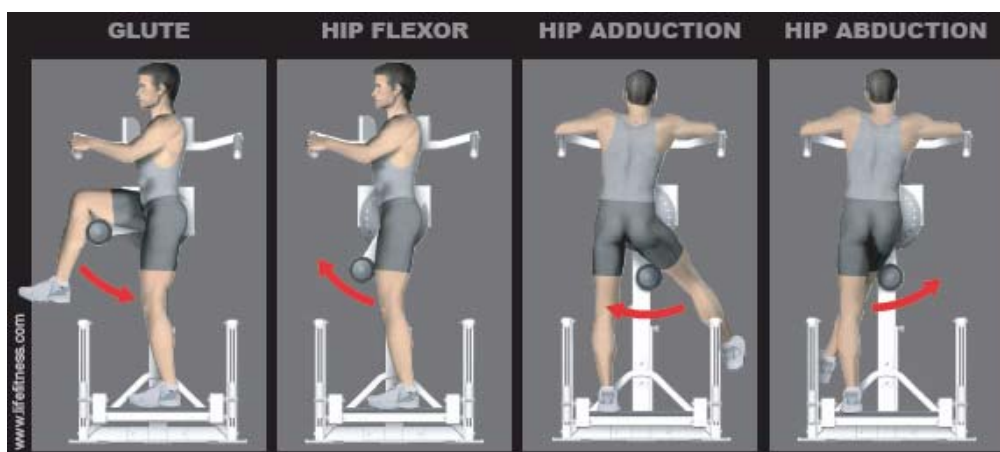
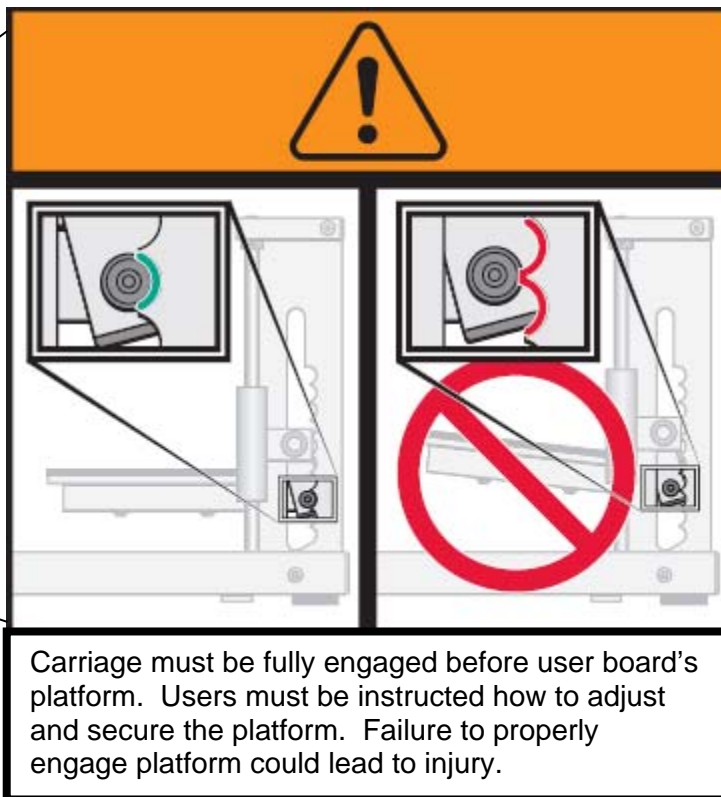
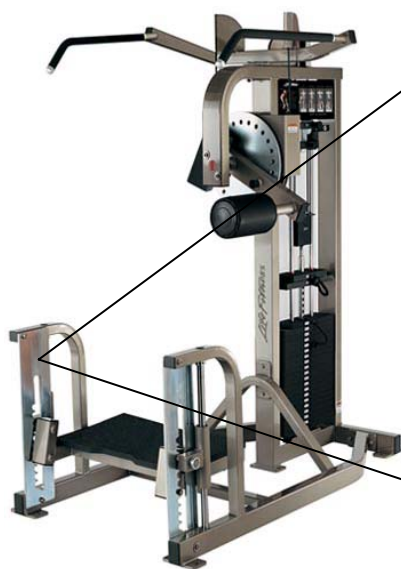
	<p>Muscles Exercised – Hip Abductors</p> <p>Setup Sit down with feet on foot pegs so knees are bent 90 degrees. Adjust start position with range of motion adjustment and slowly move the pads out – pushing with knees – and return.</p> <p>Performing the Exercise Hold the handles and slowly move the pads out, pushing with knees. Hold the outward extreme position briefly. Slowly return to the start position. When finished, pull the lever to release the weight pads to exit the machine.</p>
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PRO 2 HIP ADDUCTION (PSHAD)



	<p>Muscles Exercised – Hip Adductors</p> <p>Setup Sit down with feet on foot pegs so knees are bent 90 degrees. Adjust start position with range of motion adjustment and slowly move the pads inward – pushing with knees – and return.</p> <p>Performing the Exercise Hold the handles and slowly move the pads in, pushing with knees. Hold the inward extreme position briefly. Slowly return to the start position. When finished, pull the lever to release the weight pads to exit the machine.</p>
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PRO 2 HIP & GLUTE (PSHG)



Muscles Exercised – Hip Adductors, Adductors, Flexors and Glute

Setup

Adjust foot platform so the ball of the hip is in line with the axis of rotation sticker located in the center of the work arm. Make sure the platform is locked into place and completely flat prior to stepping on it. Set work arm at desired start position based on the exercise you wish to perform.

Performing the Exercise

Stand on the platform with the exercising hip in line with the axis of rotation. Lightly grip handles and perform the desired exercise. Return weight to the start position prior to exiting the machine.

PRO 2 ASSIST DIP CHIN (PSADC)



Muscles Exercised – Dip Assist – Triceps, Anterior Delts Chin Assist – Biceps, Lats


Setup

For the Dip Assist, rotate the lower bar handles inward or outward. Lower the pad down and lock it into place if assist is desired. Select desired weight. (Note: weight chosen is weight that will be subtracted from body weight when performing exercise. Hence, the more weight selected, the easier the exercise.

Performing the Exercise

Stand on the foot plates and grip the lower bar handles if performing the Dip Assist. Choose a set of upper handles to perform the Chin Assist. Place knees on pad while stepping off of the foot plates. Keep back straight and head up while raising and lowering arms at the elbow. When finished, remove one knee from pad while it is in the down position and step onto foot plate. Remove second knee when pad gets toward top and step onto foot plate.

PRO 2 BACK EXTENSION (PSBE)

	<p>Muscles Exercised – Erector Spinae and Gluteals</p> <p>Setup From a seated position – with hips pushed against lumbar pad - place feet on foot support. Adjust the foot support so knees are slightly bent. Adjust start position on back pad for desired range of motion.</p> <p>Performing the Exercise With chest up and shoulders back - grip handles and extend back – until low back contacts lumbar pad. Hold the position briefly and return weight with controlled movement to starting position.</p>
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PRO 2 SEATED LEG CURL (PSSLC)

	<p>Muscles Exercised –</p> <p>Setup</p> <p>Sit down on seat and adjust the back pad by pulling the knob behind the seat. The seat should be adjusted so that the knee lines up with the axis of rotation (pivot point). Adjust the ankle pad so it's positioned just under the ankles. Check appropriate resistance on weight stack. Lower the thigh pad until it's comfortable. Keep back straight and head up.</p> <p>Performing the Exercise</p> <p>Hold the thigh pad handles. Curl the pad down and back slowly. Hold the pad at the back position for a moment. Slowly let the pad out. Raise the thigh pad to exit the machine.</p>
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4. GENERAL SPECIFICATIONS

CHEST PRESS		Product # - PSCP
Machine Weight:	560 lbs.	254 kg
Weight Stack:	300 lbs.	140 kg
Size:	in. = 41"L x 57"W x 64"H	cm = 104L x 145W x 163H
Live Area:	in. = 83"L x 57"W x 64"H	cm = 210L x 145W x 163H
<ul style="list-style-type: none"> Pressing arm adjusts in five-positions so users can determine their own range of motion. Foot bar is built-in to the machine for users to increase their stabilization during heavy lifts. 		

SHOULDER PRESS		Product # - PSSP
Machine Weight:	520 lbs.	236 kg
Weight Stack:	200 lbs.	100 kg
Size:	in. = 60L x 56W x 64H	cm = 152L x 142W x 163H
Live Area:	in. = 102"L x 56"W x 64"H	cm = 259L x 142W x 163H
<ul style="list-style-type: none"> Pressing arm includes both bar and neutral grips for user's individual preference of anatomical limitations. Range-of-motion is adjusted with the use of the seat position. 		

LAT PULLDOWN		Product # - PSPD
Machine Weight:	545 lbs.	247 kg
Weight Stack:	295 lbs.	140 kg
Size:	in. = 54"L x 33"W x 89"H	cm = 137L x 84W x 226H
Live Area:	in. = 78"L x 48"W x 89"H	cm = 198L x 122W x 226H
<ul style="list-style-type: none"> Thigh pads easily adjust to provide both stability and comfort. Straight bar with angled ends ensures correct arm and wrist position throughout the entire range-of-motion. 		

FIXED PULLDOWN		Product # - PSFPD
Machine Weight:	620 lbs.	281 kg
Weight Stack:	295 lbs.	138 kg
Size:	in. = 55"L x 58"W x 73"H	cm = 139L x 147W x 185H
Live Area:	in. = 107"L x 58"W x 73"H	cm = 272L x 147W x 185H
<ul style="list-style-type: none"> • Defined path of motion provides an easier exercise experience versus traditional Lat Pulldown that is user defined. • Angled seat enhances stability and cues user for proper exercise position. 		

SEATED ROW		Product # - PSRW
Machine Weight:	590 lbs.	268 kg
Weight Stack:	300 lbs.	140 kg
Size:	in. = 52L x 34W x 71H	cm = 132L x 86W x 180H
Live Area:	in. = 76"L x 52"W x 71"H	cm = 193L x 132W x 180H
<ul style="list-style-type: none"> • Multiple grips are provided for greater exercise variety to train the mid- or upper-back muscles. • Overhead pivot creates a natural arc of motion. • Chest and seat pads pivot-together providing stable positioning and decreasing the overall size of the machine. 		

LATERAL RAISE		Product # - PSLR
Machine Weight:	535 lbs.	243 kg
Weight Stack:	200 lbs.	100 kg
Size:	in. = 42L x 37W x 55H	cm = 107L x 94W x 140H
Live Area:	in. = 66"L x 49"W x 55"H	cm = 168L x 124W x 140H
<ul style="list-style-type: none"> • Chest pad and arm pads positioning are optimized for Middle Deltoid muscle stimulation. • Handles pivot to accommodate users of all sizes. 		

PECTORAL FLY/REAR DELTOID**Product # - PSFLY**

Machine Weight:	580 lbs.	263 kg
Weight Stack:	300 lbs.	140 kg
Size:	in. = 49L x 56W x 71H	cm = 124L x 142W x 180H
Live Area:	in. = 103"L x 68"W x 71"H	cm = 261L x 173W x 180H

- User arms pivot to accommodate individual forearm lengths and varying paths-of-motion.
- Handle positions are optimized to eliminate the need to re-adjust the seat position in-between the fly and rear delt. exercise.

PECTORAL FLY**Product # - PSPEC**

Machine Weight:	580 lbs.	263 kg
Weight Stack:	300 lbs.	140 kg
Size:	in. = 49L x 56W x 71H	cm = 124L x 142W x 180H
Live Area:	in. = 103"L x 68"W x 71"H	cm = 261L x 173W x 180H

- Machine arms pivot to self align with users of all sizes.
- Built-in foot bar for user stabilization
- 5 start positions for multiple range-of-motion preferences.

TRICEPS EXTENSION**Product # - PSTE**

Machine Weight:	470 lbs.	213 kg
Weight Stack:	200 lbs.	100 kg
Size:	in. = 45L x 44W x 55H	cm = 114L x 112W x 140H
Live Area:	in. = 53"L x 68"W x 55"H	cm = 135L x 173W x 140H

- Seat and upper arm pads are angled to enhance user stability during the exercise.
- Handle pivots to automatically adjust for varying forearm lengths and mistakes made during exercise set-up.
- Axis of alignment clearly marked with yellow dot to encourage correct axis alignment.

BICEPS CURL		Product # - PSBC
Machine Weight:	450 lbs.	204 kg
Weight Stack:	200 lbs.	100 kg
Size:	in. = 45L x 41W x 55H	cm = 114L x 104W x 140H
Live Area:	in. = 53"L x 65"W x 55"H	cm = 135L x 165W x 140H
<ul style="list-style-type: none"> • Arm pad is angled for stability and limits unwanted shoulder movement during exercise. • Pivot is positioned for ideal alignment and angled handgrips reduce the incidence of wrist strain. • Axis of alignment clearly marked with yellow dot to encourage correct axis alignment. 		

SEATED LEG PRESS		Product # - PSSLP
Machine Weight:	810 lbs.	368 kg
Weight Stack:	395 lbs.	178 kg
Size:	in. = 79L x 40W x 71H	cm = 201L x 102W x 180H
Live Area:	in. = 79"L x 64"W x 71"H	cm = 201L x 163W x 180H
<ul style="list-style-type: none"> • Stainless-steel rails are maintenance-free and offer an exceptionally smooth motion. • User position and pressing angle are biomechanically optimized to limit unwanted forces in the knees. 		

LEG EXTENSION		Product # - PSLE
Machine Weight:	570 lbs.	368 kg
Weight Stack:	300 lbs.	140 kg
Size:	in. = 47L x 41W x 64H	cm = 119L x 104W x 163H
Live Area:	in. = 89"L x 65"W x 64"H	cm = 226L x 165W x 163H
<ul style="list-style-type: none"> • 100-degree angle between seat and back pad increases comfort and encourages full Quadriceps contraction without Hamstrings flexibility limitations. • Pro 2 SE version offers standard five-position range-of-motion adjuster for individual preference or anatomical limitations. • Pro 2 SE version offers a Tibia pad and seat back adjustment accessible from the seated position • Axis of alignment clearly marked with yellow dot to encourage correct axis alignment. 		

LEG CURL**Product # - PSLC**

Machine Weight:	475 lbs.	216 kg
Weight Stack:	200 lbs.	100 kg
Size:	in. = 65L x 39W x 55H	cm = 165L x 99W x 140H
Live Area:	in. = 107"L x 63"W x 55"H	cm = 272L x 160W x 140H

- Chest pad and hip pad form a diverging angle encourages a full range-of-motion and helps reduce lower back stress.
- Pro 2 SE version offers standard five-position range-of-motion adjuster for individual preference or anatomical limitations.
- Axis of alignment clearly marked with yellow dot to encourage correct axis alignment.

HORIZONTAL CALF**Product # - PSHC**

Machine Weight:	690 lbs.	313 kg
Weight Stack:	395 lbs.	178 kg
Size:	in. = 61L x 32W x 55H	cm = 155L x 81W x 140H
Live Area:	in. = 77"L x 56"W x 55"H	cm = 196L x 142W x 140H

- Force is transmitted through hips to eliminate spinal compression.
- Adjustable back pad provides range-of-motion adjustment for users of all sizes.

ABDOMINAL CRUNCH**Product # - PSABC**

Machine Weight:	515 lbs.	234 kg
Weight Stack:	200 lbs.	100 kg
Size:	in. = 62L x 35W x 55H	cm = 158L x 89W x 140H
Live Area:	in. = 70"L x 58"W x 55"H	cm = 140L x 147W x 140H

- Patent-pending AbCam System designed with dual pivot motion that naturally replicates an effective abdominal crunch movement
- Counter-balanced work arm provides low start resistance
- 2 foot pegs allows comfort for users of all sizes without adjustments

HIP ABDUCTION**Product # - PSHAB**

Machine Weight:	575 lbs.	261 kg
Weight Stack:	295 lbs.	138 kg
Size:	in. = 61L x 26W x 55H	cm = 155L x 66W x 140H
Live Area:	in. = 61"L x 77"W x 55"H	cm = 155L x 196W x 140H

- Adjustable start position facilitates easy entry and exit
- Knee pads and dual foot positions provide leg support while reducing torque around the knee
- Front-mounted weight stack lets users adjust weight from the seated position and provides a privacy screen

HIP ADDUCTION**Product # - PSHAD**

Machine Weight:	575 lbs.	261 kg
Weight Stack:	295 lbs.	138 kg
Size:	in. = 61L x 26W x 55H	cm = 155L x 66W x 140H
Live Area:	in. = 61"L x 77"W x 55"H	cm = 155L x 196W x 140H

- Ratchet mechanism allows user to adjust start position in 10-degree increments to accommodate each individual's desired range and flexibility
- Knee pads and dual foot positions provide leg support while reducing torque around the knee Tibia pad provides lower body stabilization
- Front-mounted weight stack lets users adjust weight from the seated position and provides a privacy screen

HIP & GLUTE**Product # - PSHG**

Machine Weight:	515 lbs.	234 kg
Weight Stack:	200 lbs.	100 kg
Size:	in. = 65L x 39W x 72H	cm = 165L x 99W x 183H
Live Area:	in. = 94"L x 39"W x 72"H	cm = 239L x 99W x 183H

- Efficiently trains the glutes, hip flexors, hip abductors and hip adductors
- Bi-directional cam system has immediate resistance pick-up and is ideal for high speed training
- Platform height adjustment accounts for users of all sizes

ASSIST DIP CHIN		Product # - PSADC
Machine Weight:	655 lbs.	298 kg
Weight Stack:	190 lbs.	89 kg
Size:	in. = 46"L x 45"W x 87"H	cm = 118L x 113W x 221H
Live Area:	in. = 70"L x 45"W x 87"H	cm = 178L x 113W x 221H
<ul style="list-style-type: none"> • Knee pad folds down and away from user for unassisted training • Multi-Position handles allow for variation in exercise and provide size adaptability 		

BACK EXTENSION		Product # - PSBE
Machine Weight:	560 lbs.	254 kg
Weight Stack:	295 lbs.	138 kg
Size:	in. = 46L x 40W x 55H	cm = 117L x 102W x 140H
Live Area:	in. = 64"L x 64"W x 55"H	cm = 163L x 163W x 140H
<ul style="list-style-type: none"> • Lumbar pad helps users easily find correct position relative to the axis of rotation • 5 position adjustable start mechanism for individual range of motion 		

SEATED LEG CURL		Product # - PSSLC
Machine Weight:	515 lbs.	234 kg
Weight Stack:	295 lbs.	138 kg
Size:	in. = 55L x 34W x 55H	cm = 140L x 86W x 140H
Live Area:	in. = 89"L x 58"W x 55"H	cm = 226L x 147W x 140H
<ul style="list-style-type: none"> • Back pad adjusts from exercise position for correct alignment with axis of rotation • Axis of motion marked with red dot to encourage correct axis alignment • Adjustable thigh pad with handles provides optimal stabilization during exercise • Five-position range-of-motion adjustment is standard on SE units 		



5. MAINTENANCE PROCEDURES

ACTION	DAILY	MONTHLY	BI-ANNUALLY	YEARLY	AS NEEDED
CLEAN					
Upholstery	X				
Guide Rods		X			
Shields					X
Hand Grips					X
Frames (Wax)					X
INSPECT					
Paint					X
Cable	X				
Hardware		X			
Frame			X		
Hand Grips					X
LUBRICATE					
Guide Rods					X

CLEAN

- Upholstery with a mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Wax frames with a standard, non-abrasive, wax finish.

INSPECT

- Cables for wear or damage and proper tension (should not exceed $\frac{3}{4}$ " deflection). Pay close attention at bends and attachments points.
- Hardware should be checked for looseness. Tighten as required using metric tools.
- Frames should be inspected for wear or damage.
- Handgrips should be checked for wear or damage.
- All paint chips should be filled immediately with touch-up paint.

LUBRICATE

- Guide rods with Break-Free (part number SK50-P0005-0000). Apply the Break-Free to a cotton cloth, then run the cotton cloth up and down the guide rods as needed.

ONCE A DAY

- Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.
- Visually inspect cables for wear at and around connections and along entire length of cable. Always replace at first sign of wear.

ONCE A WEEK

- Visually inspect all hardware for loosening, tampering or wear.
- Check jam nut on weight stack for tightness.
- Inspect all accessory and or carabiner clips or connecting links for wear.
- Check condition of hand grips.
- Check cables for stretch and adjust as necessary by loosening the large nut on top of the weight stack and screw in the threaded plug until cable is tight and the weight stack pin goes in all holes easily. Tighten the large nut to complete the adjustment.

ONCE A MONTH

- Clean Guide Rods with paint thinner on a cloth and wipe off old residue. Clean tops of bearings at stack and inspect for heavy buildup on rods below head plate (lift half of stack and do a visual inspection, then clean as necessary).
- Inspect hardware on all machines and tighten any bolts or nuts that may have loosened over the life of the product.

LUBRICATION

- Lubricate guide rods with Break-Free (part number SK50-P0005-0000). Apply the Break-Free to a cotton cloth, then run the cotton cloth up and down the guide rods as needed.

NOTES

- Use polishing compound (such as car wax) to clean and remove shoe scuffs from powdercoated surfaces as necessary.

CLEANING THE SHIELDS

The shields on the PRO 2 SERIES machines are made from POLYCARBONATE. Adherence to regular and proper cleaning procedures is recommended to preserve the appearance.

Washing to Minimize Scratches

Wash POLYCARBONATE with a mild soap or detergent (e.g. Original Dawn Dishwashing Liquid) and lukewarm water using a clean sponge or a soft cloth. Rinse well with clean water. Dry thoroughly with a chamois or moist cellulose sponge to prevent water spots. Do not scrub or use brushes on these products.

Fresh paint splashes, grease and smeared glazing compounds can be removed easily before drying by rubbing lightly with isopropyl. Afterward, a warm final wash should be made, using a mild soap or detergent solution and ending with a thorough rinsing with clean water.

Some Important “Don’ts”

- DO NOT use abrasive or highly alkaline cleaners on the shields.
- Never scrape shields with squeegees, razor blades or other sharp instruments.
- Benzene, gasoline, acetone or carbon tetrachloride should never be used on the shields.
- DO NOT clean shields in hot sun or at elevated temperatures.

Compatible Cleaners for Shields

The following cleaning agents have been found compatible with POLYCARBONATE. The manufacturer’s recommendations and instructions should be followed. They are Original Dawn, Freon T.F., Palmolive Liquid, Top Job, and Windex with Ammonia D.

Removal of Paint, Marking Pen, Labels

Butyl cellosolve works well for removal of paints, marking pen inks, lipstick, etc. Labels, stickers, etc. may be removed using kerosene. When the solvent will not penetrate sticker material apply heat (hair dryer) to soften the adhesive and promote removal. GASOLINE SHOULD NOT BE USED.

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