



***Signature Series Owners 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 to stabilize 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



## 2. GENERAL SPECIFICATIONS

### 1. Frame Construction

- Frame is constructed of mechanical quality steel purchased in mill run quantities
- Frame is primarily 2 ½" x 4 ½" oval-shaped tubing with 11 gauge wall thickness. Movement arms are primarily 1 5/8" x 2 ¾" oval-shaped tubing with 11 gauge wall thickness
- Frames are fully welded (not bolt together) for maximum structural integrity and minimum maintenance when possible. However, larger machines have bolt-together configuration 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.
- The selector pin is connected to the top weight to eliminate loss of substitution of substandard pins

### 4. Incremental Weight System

- Incremental weight system that allows user to increase resistance by 5# increments (5#, 10#, 15#)
- System utilizes a secondary weight stack and is adjustable with a pull and turn of the dial that is integrated on the top plate of the primary weight 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. This results 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 is stabilized with an engineered composite structure with self-lubricating bushings.

**8. Weight Stack Guide Rods**

- Guide rods are 3/4" 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.

**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 front and backside to prevent bystanders from inadvertent contact with the weight stack during use.

**14. Pulleys**

- All pulleys are at least 4-1/4" 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 CNC machined from solid polymer and 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. Integral Bearings**

- Bearings are sealed bearings with a basic radial load rating of over 2,000 pounds. Bearings are mounted within precision-machined housings for optimal alignment, which results in smooth and friction free movement.

### **19. Support Rails**

- SLP has wire brushed stainless steel rails.

### **20. Bolts**

- All hardware is stainless steel, zinc plated or nickel plated

### **21. Upholstery**

- Contoured pads on selective units
- All edges are stitched to eliminate any folds in the material that would limit durability.

### **22. 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.

### **23. 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, which eliminates the tendency of the grip to slide off the handle.

### **24. Seat Adjustments**

- Numeric seat and pad adjustments correctly align body to machine for proper posture, muscle isolation and body stabilization.
- Gas assisted springs (where applicable) to improve ease of use on adjustments
- Internal seat carriage adjustment rollers are made of molded polymer mounted on machined steel axles for smooth, durable operation.

### **25. Foot Platforms**

- All foot platforms are molded rubber with a slip resistant texture

### **26. Instructional Placard**

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

### **27. 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.

**28. Warranty**

- 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.
- 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.

**29. Liability Insurance**

- Certificate of insurance available upon request

# LifeFitness

## 3. EXERCISE SECTION



## SIGNATURE SERIES CHEST PRESS (FZCP)



**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.*

## SIGNATURE SERIES SHOULDER PRESS (FZSP)

**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.

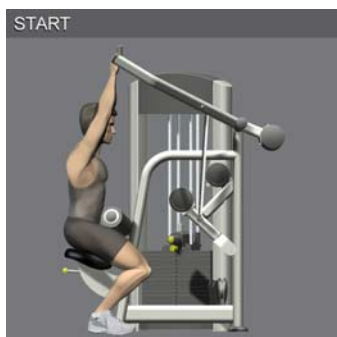
*NOTE: The neutral handles are ideal for persons with limited shoulder flexibility or orthopedic limitations.*

**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.*

## SIGNATURE SERIES PULLDOWN (FZPD)



**Muscles Exercised** – Latissimus Dorsi and Biceps

**Setup:**

Check the weight stack to ensure appropriate resistance. Stand and grip bar in desired position, then pull down and sit with thighs under pads. Upper body is positioned leaning slightly forward from the hips, pulling directly over shoulders.  
*TIP: Attempt to stabilize the body without the use of the thigh pads until necessary.*  
*TIP: The ideal grip position on the handle 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 handles directly over the shoulders until hands reach shoulder height, then extend the handles up until 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 lowering your elbows towards your lower back. This will re-enforce the correct exercise position and increases the mental concentration on the Latissimus Dorsi.*

## SIGNATURE SERIES ROW REAR DELTOID (FZRW)



**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 floor, adjust the chest pad 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 lower handles focus primarily on the Latissimus Dorsi and middle back muscles.*

### Performing the Exercise

Stabilize the body in position, pressing feet firmly on floor, 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.*

*TIP: When performing rear deltoid exercise, tip elbows up so they are parallel with floor*



## SIGNATURE SERIES TRICEPS PRESS (FZTP)

**Muscles Exercised** – Triceps**Setup**

Adjust seat up or down so that elbows are bent at 90 degree angles when gripping the handles. Select desired weight. Rotate handles inward or outward as desired. Rest feet on floor. Keep back slightly arched and head up.

*NOTE: To allow for more range of motion, or, less range of motion, adjust seat height accordingly.*

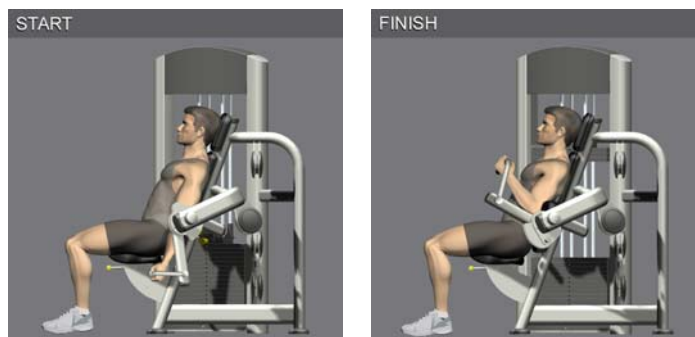
**Performing the Exercise**

With back on the pad and elbows close to your sides, slowly press the handles down. Do not lock elbows at the bottom of the pressing motion. Slowly return handles to start position.

*TIP: For added variety, use large ends of handles to isolate triceps and pectorals.*



## SIGNATURE SERIES BICEPS CURL (FZBC)

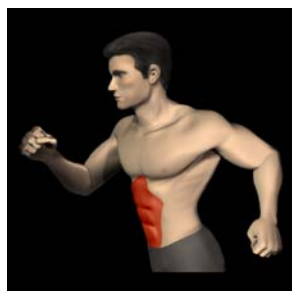
**Muscles Exercised – Biceps****Setup**

Adjust the seat height so elbows are slightly off arm pads and aligned with axis of rotation. Check the weight stack to ensure appropriate resistance. Sit with chest-up and shoulders back and grip the handles keeping the elbows slightly bent.

**Performing the Exercise**

Grip the handles with palms up. Arms should be straight. Curl the handles up toward your upper arm, while keeping your elbows on the pad and aligned with the pivot point. Hold the handle briefly at the top of the exercise and slowly return the bar to the start position.

## SIGNATURE SERIES ABDOMINAL (FZAB)

**Muscles Exercised** – Abdominals**Setup**

Adjust the seat height so that lower back pad is resting on your lower back. Sit in the machine with your legs placed behind the lower roller pads. Check the weight stack to ensure appropriate resistance. Grip handles.

**Performing the Exercise**

With a controlled motion upper torso crunch, emphasizing the use of your abdominal muscles. Avoid using your arms to power through the motion, they should provide a guide for the motion. Concentrate on squeezing your abdominal muscles throughout the exercise. Maintaining control, return to the start position and repeat the motion.

*TIP: Grasping only one handle while performing the exercise is a way to prevent from using your arms excessively.*

## SIGNATURE SERIES SEATED LEG PRESS (FZSLP)



**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.*

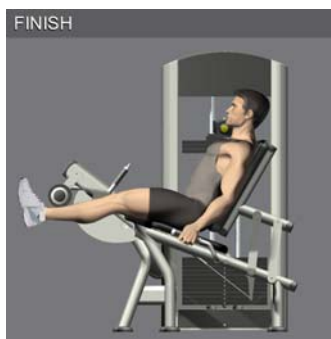
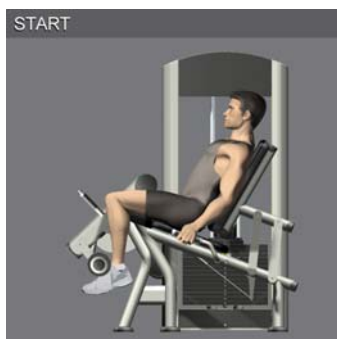
### Performing the Exercise

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.*

## SIGNATURE SERIES LEG EXTENSION (FZLE)

**Muscles Exercised** – Quadriceps**Setup**

Adjust the back pad to align with the knee joint with the machine pivot (axis of rotation). Adjust the lower leg pad to a comfortable position above the ankle. Using the adjustment knob located near the machine cam. 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.*

## SIGNATURE SERIES SEATED LEG CURL (FZSLC)



### Muscles Exercised – Hamstrings

#### Setup

Sit down on seat and adjust the back pad by pulling the knob under the left side of 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.

#### Performing the Exercise

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.

## SIGNATURE SERIES CALF EXTENSION (FZCE)



**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.

## SIGNATURE SERIES FLY (FZPEC)



**Muscles Exercised** – Pectoralis Major

**Setup**

Adjust seat height so that elbows are slightly below shoulders when hands are placed on the handles. Adjust the start position with the range of motion adjustment. With hands placed on grips - sit with chest up and shoulders back – and slowly push hands together while keeping your shoulders placed against the back pad.

**Performing the Exercise**


With a controlled motion, rotate the handles to the front position and bring handles together. Repeat the motion, while maintaining proper body positioning.

*TIP: While performing the exercise, think about squeezing the hands toward each other as opposed to pulling on each exercise arm. This will increase the mental concentration on the Pectoralis Major.*



## SIGNATURE SERIES HIP ADDUCTION (FZHAD)



	<p><b>Muscles Exercised</b> – Hip Adductors</p> <p><b>Setup</b> 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 in – pushing with knees – and return</p> <p><b>Performing the Exercise</b> 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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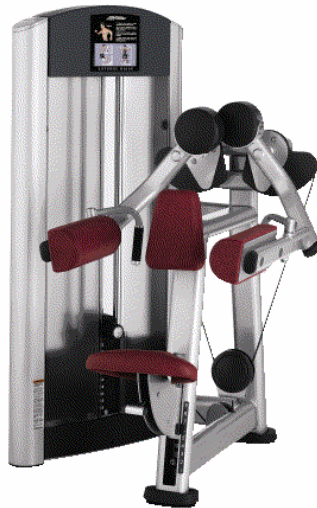



## SIGNATURE SERIES HIP ABDUCTION (FZHAB)



	<p><b>Muscles Exercised – Hip Abductors</b></p> <p><b>Setup</b>                  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><b>Performing the Exercise</b>                  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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## SIGNATURE SERIES LATERAL RAISE (FZLR)



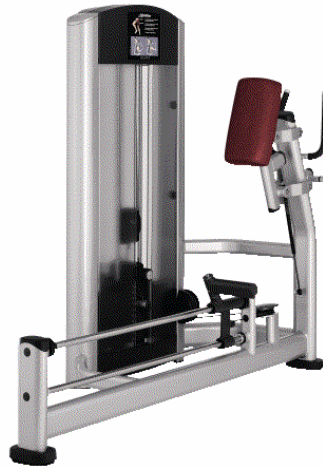
	<p><b>Muscles Exercised</b> – Deltoids</p> <p><b>Setup</b> Adjust seat height to align shoulders with machine pivots. Sit facing the machine and position forearms on pads. Lightly grip handles and raise elbows until even with shoulders. Return slowly to starting position.</p> <p><b>Performing the Exercise</b> When elbows reach shoulder height, hold the position briefly and then lower the pads slowly to starting position. <i>Tip – if seat is adjusted properly, pads should not slide on arms during exercise.</i></p>
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## SIGNATURE SERIES BACK EXTENSION (FZBE)



	<p><b>Muscles Exercised</b> – Erector Spinae and Gluteas</p> <p><b>Setup</b>                  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><b>Performing the Exercise</b>                  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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## SIGNATURE SERIES GLUTE (FZGL)



	<p><b>Muscles Exercised</b> –Gluteas and Quadriceps</p> <p><b>Setup</b> Adjust torso pad to fit between chest and abdominals. Place one foot on footplate while knees are slightly flexed.</p> <p><b>Performing the Exercise</b> Extend hip and knee. Slowly return footplate to starting position. Rotate footplate and repeat with opposite leg. <i>Tip: Keep torso upright on torso pad for greater gluteal contraction.</i></p>
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## SIGNATURE SERIES TORSO ROTATION (FZTR)



	<p><b>Muscles Exercised</b> – Obliques and Abdominals</p> <p><b>Setup</b> Adjust seat position for desired range of motion. Place knees on the front edge of seat pad while facing chest pads. Adjust chest support pads so that the center of the pads align with the top of the chest.</p> <p><b>Performing the Exercise</b> Grasp handles and slowly rotate torso. <i>Tip: Be sure knees are placed against support pads for greater stabilization.</i> Return to starting position. Rotate seat position to train opposite side of torso.</p>
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## 4. GENERAL SPECIFICATIONS

### Product Specifications

<b>CHEST PRESS</b>		<b>Product # - FZCP</b>
<b>Machine Weight:</b>	600 lbs	273 kg
<b>Weight Stack:</b>	290 lbs	145 kg
<b>Size:</b>	in. = 57"L x 52"W x 71"H	cm = 145L x 132W x 180H
<b>Live Area:</b>	in. = 96"L x 52"W x 71"H	cm = 244L x 132W x 180H
<ul style="list-style-type: none"> <li>• Adjustable start lever on press arm allows user to control range of motion from a seated position</li> <li>• Converging press arms produce a natural forward pressing movement for a superior feel</li> <li>• Overhead pivot creates natural arc of movement</li> </ul>		

<b>SHOULDER PRESS</b>		<b>Product # - FZSP</b>
<b>Machine Weight:</b>	500 lbs	227 kg
<b>Weight Stack:</b>	190 lbs	95 kg
<b>Size:</b>	in. = 60L x 52W x 64H	cm = 152L x 132W x 162H
<b>Live Area:</b>	in. = 102"L x 52"W x 64"H	cm = 259L x 132W x 162H
<ul style="list-style-type: none"> <li>• Converging press arms create a natural overhead pressing movement for superior feel</li> <li>• Counterbalanced exercise arms reduce starting resistance level</li> <li>• Ergonomically designed neutral and pronated hand grips for greater exercise variety</li> </ul>		

<b>PULLDOWN</b>		<b>Product # - FZPD</b>
<b>Machine Weight:</b>	570 lbs	259 kg
<b>Weight Stack:</b>	290 lbs	145 kg
<b>Size:</b>	in. = 54"L x 52"W x 78"H	cm = 137L x 132W x 198H
<b>Live Area:</b>	in. = 96"L x 64"W x 78"H	cm = 244L x 163W x 198H
<ul style="list-style-type: none"> <li>• Diverging movement creates a natural downward pulling exercise pattern for a superior feel</li> <li>• Angled thigh pad for greater stabilization.</li> </ul>		

<b>BICEPS CURL</b>		<b>Product # - FZBC</b>
<b>Machine Weight:</b>	545 lbs	248 kg
<b>Weight Stack:</b>	190 lbs	95 kg
<b>Size:</b>	in. = 36L x 60W x 64H	cm = 92L x 152W x 163H
<b>Live Area:</b>	in. = 78"L x 69"W x 64"H	cm = 198L x 175W x 163H
<ul style="list-style-type: none"> <li>• Upper arm pads are configured to align elbow off pad in order to reduce joint compression and encourage greater stabilization.</li> <li>• Easy access allows all users to comfortably perform the exercise.</li> <li>• Handle pivots automatically to fit all forearm lengths</li> <li>• Independent arms allow for greater exercise variety.</li> </ul>		

<b>TRICEPS PRESS</b>		<b>Product # - FZTP</b>
<b>Machine Weight:</b>	640 lbs	291kg
<b>Weight Stack:</b>	290 lbs	145 kg
<b>Size:</b>	in. = 64L x 43W x 64H	cm = 163L x 109W x 163H
<b>Live Area:</b>	in. = 106"L x 43"W x 63"H	cm = 269L x 109W x 163H
<ul style="list-style-type: none"> <li>• Oversized pressing handles and traditional dip style handles rotate in two positions providing size adaptability and greater exercise variety</li> <li>• Angled back pad provides greater stabilization to the user</li> </ul>		

<b>ROW/REAR DELT</b>		<b>Product # - FZRW</b>
<b>Machine Weight:</b>	580 lbs	264 kg
<b>Weight Stack:</b>	290 lbs	145 kg
<b>Size:</b>	in. = 58L x 43W x 64H	cm = 146L x 109W x 163H
<b>Live Area:</b>	in. = 82"L x 52"W x 64"H	cm = 208L x 132W x 163H
<ul style="list-style-type: none"> <li>• Multiple grips for greater exercise variety on lats and rear deltoids</li> <li>• Diverging movement pattern follows the natural path of movement for a superior feel</li> <li>• Pivoting support arms track handles in correct position throughout path of movement</li> <li>• Adjustable chest pad to accommodate users of all sizes</li> </ul>		

<b>SEATED LEG PRESS</b>		<b>Product # - FZSLP</b>
<b>Machine Weight:</b>	810 lbs	368 kg
<b>Weight Stack:</b>	390 lbs	195 kg
<b>Size:</b>	in. = 79L x 43W x 70H	cm = 201L x 109W x 178H
<b>Live Area:</b>	in. = 79"L x 67"W x 70"H	cm = 201L x 170W x 178H
<ul style="list-style-type: none"> <li>• Upright exercise position is especially applicable to novice or deconditioned users.</li> <li>• Force is transmitted through hips, eliminating spinal compression</li> <li>• Grid on footplate helps ensure balanced foot position and encourages repeatability.</li> <li>• Adjustable seat carriage to accommodate user size and desired range of motion.</li> </ul>		

<b>LEG EXTENSION</b>		<b>Product # - FZLE</b>
<b>Machine Weight:</b>	640 lbs	291 kg
<b>Weight Stack:</b>	290 lbs	145 kg
<b>Size:</b>	in. = 57L x 42W x 64H	cm = 145L x 107W x 163H
<b>Live Area:</b>	in. = 99"L x 66"W x 64"H	cm = 251L x 168W x 163H
<ul style="list-style-type: none"> <li>• 100 degree angle between seat and backpad increases comfort and encourages full quadricep contraction without hamstring flexibility limitations.</li> <li>• Back pad, tibia pad and range of motion adjustments are all easily adjustable from a convenient seated position</li> <li>• Handles positioned at side to provide stability.</li> <li>• Angled knee support rotates knees for better alignment with axis of rotation</li> </ul>		



<b>SEATED LEG CURL</b>		<b>Product # - FZSLC</b>
<b>Machine Weight:</b>	665 lbs	302 kg
<b>Weight Stack:</b>	290 lbs	145 kg
<b>Size:</b>	in. = 62L x 42W x 64H	cm = 157L x 107W x 162H
<b>Live Area:</b>	in. = 104"L x 66"W x 64"H	cm = 264L x 168W x 162H
<ul style="list-style-type: none"> <li>• Back pad, tibia pad and range of motion adjustments are all easily adjustable from a convenient seated position.</li> <li>• Handles positioned at side to provide stability.</li> <li>• Adjustable thigh pad provides greater stabilization during exercise</li> </ul>		

<b>ABDOMINAL</b>		<b>Product # - FZAB</b>
<b>Machine Weight:</b>	530 lbs	241 kg
<b>Weight Stack:</b>	190 lbs	95 kg
<b>Size:</b>	in. = 52"L x 47"W x 64"H	cm = 132L x 119W x 162H
<b>Live Area:</b>	in. = 74"L x 47"W x 64"H	cm = 188L x 119W x 162H
<ul style="list-style-type: none"> <li>• Combination of elbow and back pads with hand grips provide greater upper body stabilization</li> <li>• Tibia pad provides lower body stabilization</li> <li>• Unique design allows natural "crunch" style movement for maximum abdominal contraction</li> </ul>		

<b>CALF EXTENSION</b>		<b>Product # - FZCE</b>
<b>Machine Weight:</b>	700 lbs	318 kg
<b>Weight Stack:</b>	390 lbs	195 kg
<b>Size:</b>	in. = 62"L x 40"W x 64"H	cm = 157L x 102W x 162H
<b>Live Area:</b>	in. = 80"L x 64"W x 64"H	cm = 203L x 162W x 162H
<ul style="list-style-type: none"> <li>• Footplate rotates through a natural arc of motion</li> <li>• Convenient seat height aids in easy entry and exit from machine</li> <li>• Molded rubber footplate helps ensure balanced foot position and encourages repeatability</li> </ul>		

<b>FLY</b>		<b>Product # - FZPEC</b>
<b>Machine Weight:</b>	645 lbs	293 kg
<b>Weight Stack:</b>	290 lbs	145 kg
<b>Size:</b>	in. = 50 x 38 x 64"H	cm = 127x 97x 162H
<b>Live Area:</b>	in. = 94"L x 46"W x 64"H	cm =239L x 117W x 162H
<ul style="list-style-type: none"> <li>• Range of motion adjusts in 10 degree increments</li> <li>• Handles automatically adjust to fit all users arm lengths</li> <li>• Dependent arm movement for greater ease of use</li> </ul>		

<b>HIP ADDUCTION</b>		<b>Product # - FZHAD</b>
<b>Machine Weight:</b>	555 lbs	252 kg
<b>Weight Stack:</b>	290 lbs	145 kg
<b>Size:</b>	in. = 63"L x 29"W x 64"H	cm = 160L x 74W x 162H
<b>Live Area:</b>	in. = 63"L x 80"W x 64"H	cm =160L x 203W x 162H
<ul style="list-style-type: none"> <li>• Ratchet mechanism allows users to adjust start position in 10° increments</li> <li>• Knee pads and dual foot positions provide leg support and reduce torque around the knees</li> <li>• Elevated weight stack for easier access from seated position</li> </ul>		

<b>HIP ABDUCTION</b>		<b>Product # - FZHAB</b>
<b>Machine Weight:</b>	555 lbs	252 kg
<b>Weight Stack:</b>	290 lbs	145 kg
<b>Size:</b>	in. = 63"L x 29"W x 64"H	cm = 160L x 74W x 162H
<b>Live Area:</b>	in. = 63"L x 80"W x 64"H	cm =160L x 203W x 162H
<ul style="list-style-type: none"> <li>• Adjustable start position facilitates easy entry and exit</li> <li>• Knee pads and dual foot positions provide leg support and reduce torque around the knees</li> <li>• Elevated weight stack for easier access from seated position</li> </ul>		

<b>LATERAL RAISE</b>		<b>Product # - FZLR</b>
<b>Machine Weight:</b>	525 lbs	239 kg
<b>Weight Stack:</b>	190 lbs	95 kg
<b>Size:</b>	in. = 43"W x 48"L x 64"H	cm = 109W x 122L x 162H
<b>Live Area:</b>	in. = 67"L x 60"W x 64"H	cm =170L x 152W x 162H
<ul style="list-style-type: none"> <li>• Pad positions are optimized for middle deltoid muscle stimulation</li> <li>• Pivoting handles accommodate users of all sizes</li> <li>• Counterbalanced arms for lower starting resistance</li> </ul>		

<b>BACK EXTENSION</b>		<b>Product # - FZBE</b>
<b>Machine Weight:</b>	595 lbs	270 kg
<b>Weight Stack:</b>	290 lbs	145 kg
<b>Size:</b>	in. = 53"L x 44"W x 64"H	cm = 135L x 112 x 162H
<b>Live Area:</b>	in. = 71"L x 68"W x 64"H	cm = 180L x 173W x 162H
<ul style="list-style-type: none"> <li>Adjustable footplate accommodates users of all sizes and is adjustable from a seated position</li> <li>Lumbar pad helps users easily find correct position relative to the axis of rotation</li> <li>5 position adjustable start mechanism for individual range of motion</li> </ul>		

<b>GLUTE</b>		<b>Product # - FZGL</b>
<b>Machine Weight:</b>	490 lbs	223 kg
<b>Weight Stack:</b>	190 lbs	95 kg
<b>Size:</b>	in. = 72"L x 36"W x 64"H	cm = 183L x 91W x 162H
<b>Live Area:</b>	in. = 72"L x 60"W x 64"H	cm = 183L x 152W x 162H
<ul style="list-style-type: none"> <li>Upright body position is comfortable and non-intimidating</li> <li>Adjustable torso pad to accommodate users of all sizes</li> <li>Linear design maximizes full range of motion for greater muscle stimulation</li> </ul>		

<b>TORSO ROTATION</b>		<b>Product # - FZTR</b>
<b>Machine Weight:</b>	520 lbs	236 kg
<b>Weight Stack:</b>	190 lbs	95 kg
<b>Size:</b>	in. = 48"L x 36" W x 64"H	cm = 122L x 91W x 162H
<b>Live Area:</b>	in. = 90"L x 48"W x 64"H	cm = 229L x 122W x 162H
<ul style="list-style-type: none"> <li>Adjustable chest pad accommodates users of all sizes</li> <li>Handles and knee supports provide greater user stabilization</li> <li>Four adjustable start positions</li> </ul>		



## 5. MAINTENANCE PROCEDURES

<b>ACTION</b>	<b>DAILY</b>	<b>MONTHLY</b>	<b>BI-ANNUALLY</b>	<b>YEARLY</b>	<b>AS NEEDED</b>
<b>CLEAN</b>					
Upholstery	X				
Guide Rods		X			
Shields					X
Hand Grips					X
<b>INSPECT</b>					
Cable	X				
Hardware		X			
Frame			X		
Hand Grips					X
<b>LUBRICATE</b>					
Guide Rods					X

### CLEAN

- Upholstery with a mild soap and water.
- Guide rods with a cotton cloth and break-free.
- Hand grips with mild soap and water.

### 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.

### LUBRICATE

- Guide rods with Silicone Compound (part number 3238401). Apply the lubricant 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 break-free 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.

## 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 Signature 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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