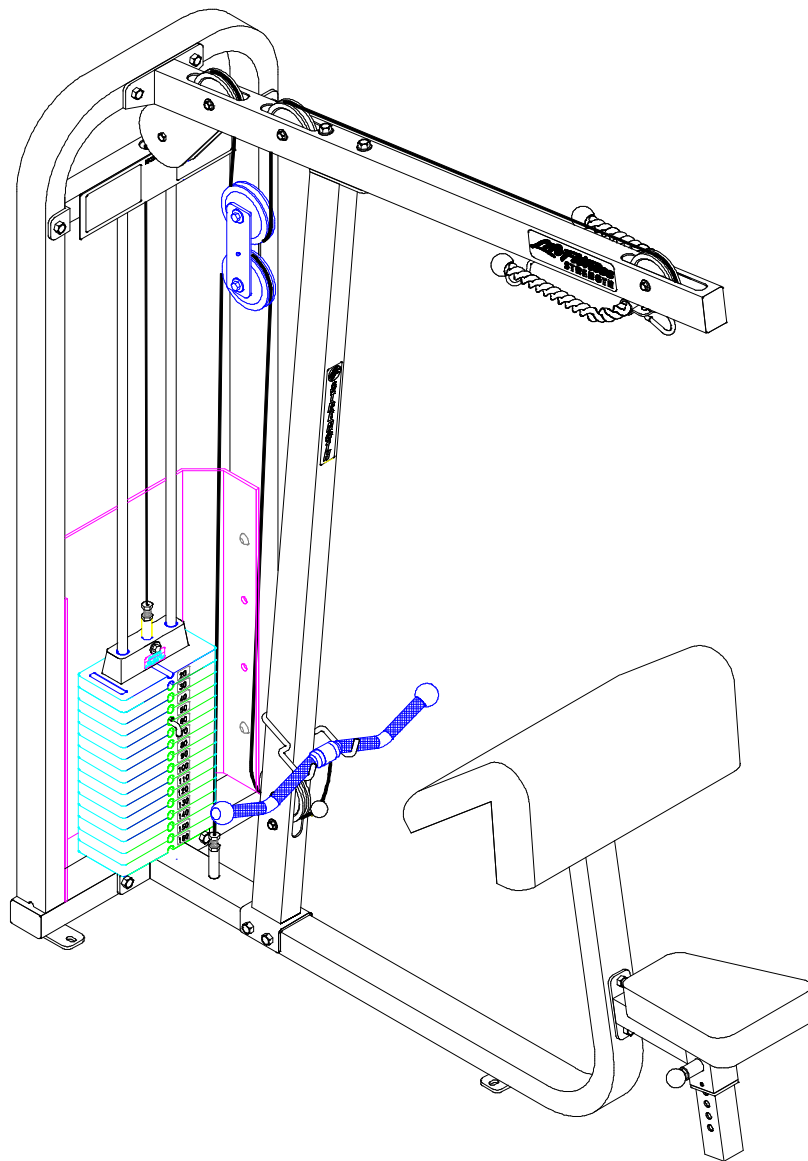


# ***Life Fitness*** **STRENGTH**

## ***8225 BICEP/TRICEP MACHINE***

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## ***ASSEMBLY INSTRUCTIONS***



## IMPORTANT NOTES

### Please note:

- \* Thank you for purchasing the LIFE FITNESS 8225 BICEP/TRICEP MACHINE. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- \* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your LIFE FITNESS customer service representative at (800) 328-9714.

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

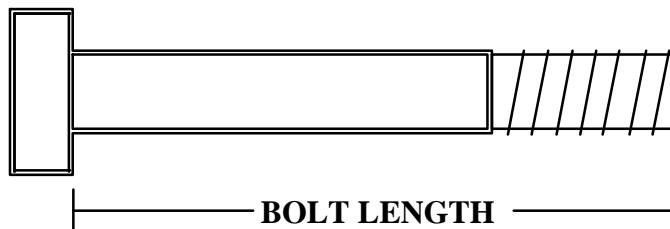
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your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

## Tools Required for Assembly

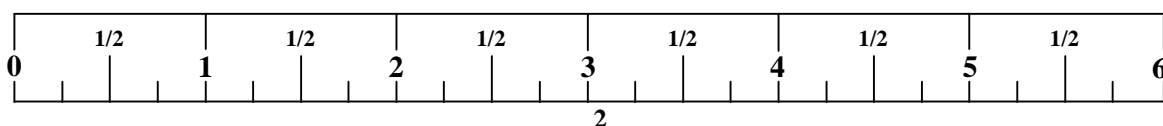
- \* Rubber mallet or hammer
- \* 3/4" wrench, 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* 5/32", 7/32" Allen wrenches
- \* Adjustable wrench
- \* Tape measure

## Bolt Length Ruler

**NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.**

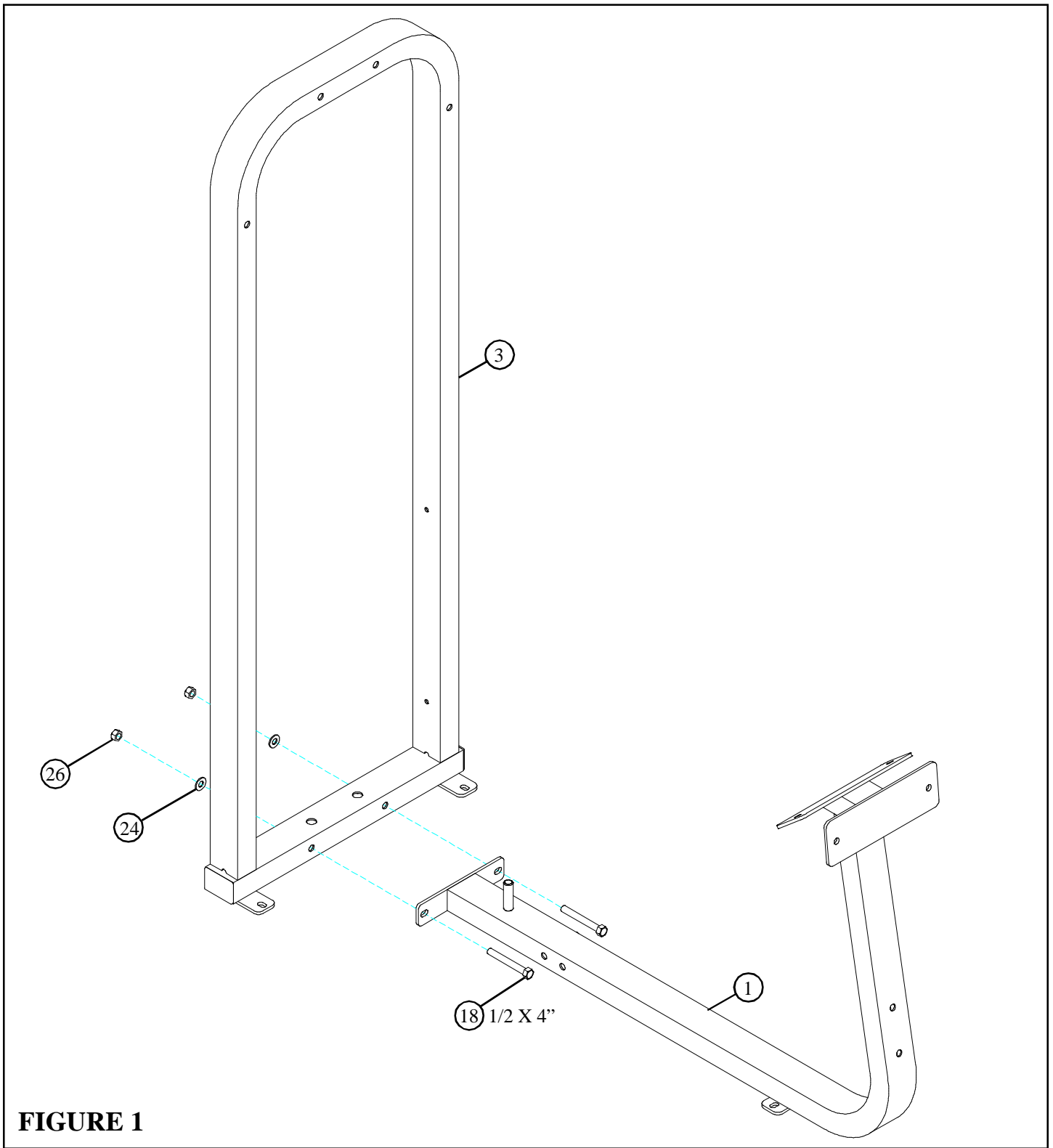


### BOLT LENGTH RULER:



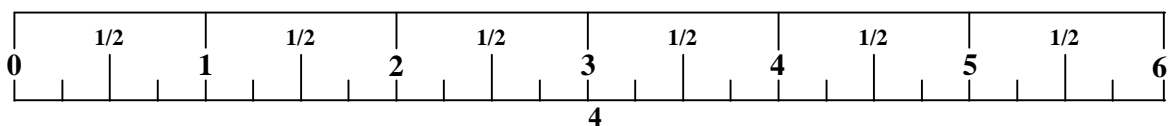
## PARTS LIST

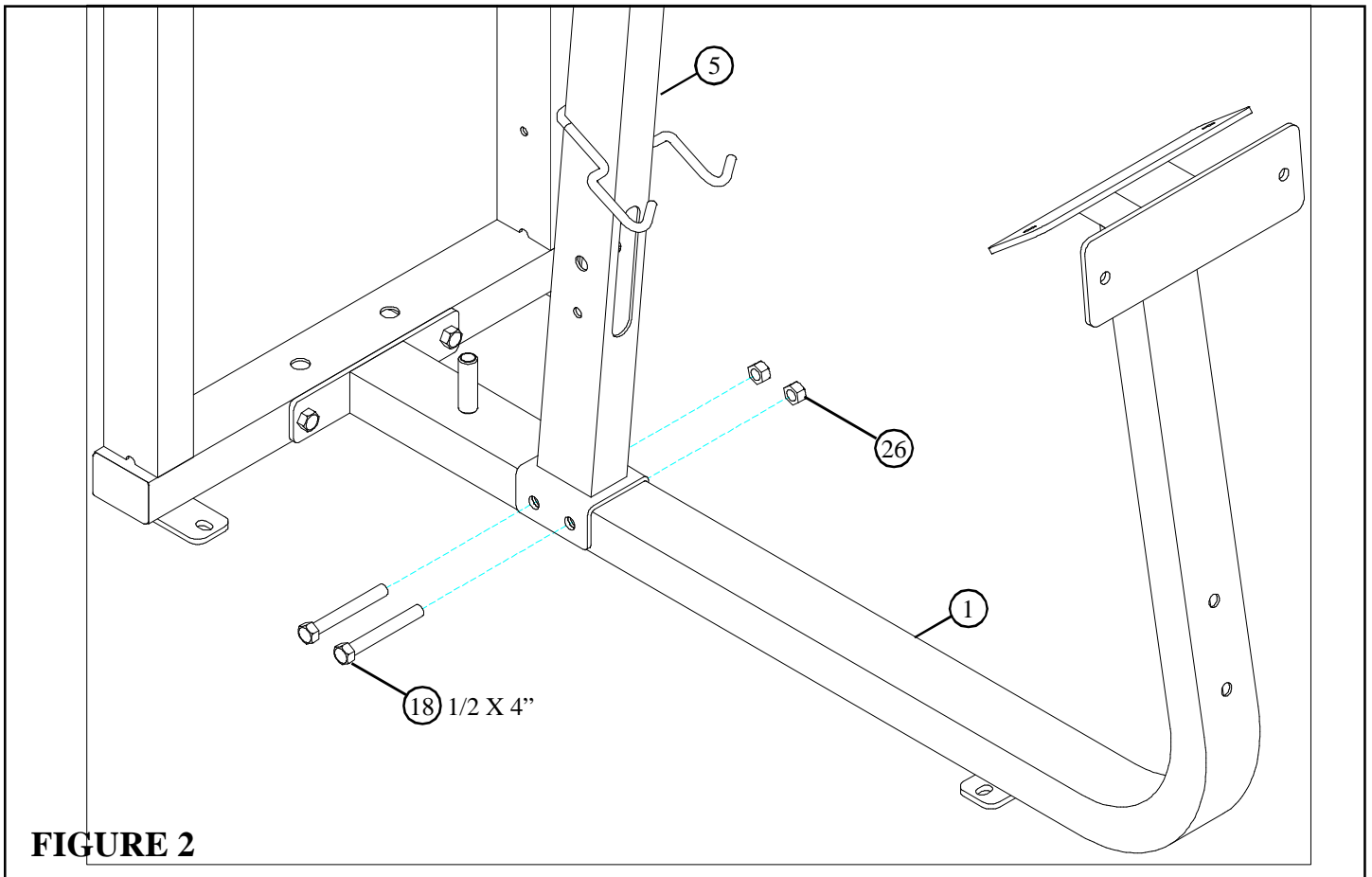
KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	6846003	BASE	1		21	3102902	3/8 X 2-1/4" BOLT	3
2	6845503	TOP BOOM	1		22	3102922	3/8 X 2-3/4" BOLT	5
3	6845103	TOWER	1		23	3202401	3/8 X 1" BUTTON HEAD	4
4	6777703	TOWER BRACE	1		24	3102502	1/2 " WASHER	10
5	6845303	UPRIGHT	1		25	3102501	3/8" WASHER	13
6	6845703	SEAT SUPPORT	1		26	3102801	1/2" LOCKNUT	11
7	6847002	PAD SUPPORT	1		27	3102802	3/8" LOCKNUT	8
8	6489902	2 X 7-1/4" PLATE	2		28	6480301	3/8" FLANGE SPACER	8
9	6851401	ARM CURL BAR	1		29	6412001	3/8" SPRING PIN	1
10	6851501	TRICEP ROPE	1		30	3103801	5/16" SNAP HOOK	2
11	6851901	ARM CURL CABLE	1		31	3103302	13/16" SHAFT COLLAR	2
12	6852001	TRICEP CABLE	1		32	6266001	WEIGHT STACK SHAFT	1
13	3116101	4-1/2" PULLEY	7		33	6714601	HEAD PLATE	1
14	6791102	SHROUD	1		34	6214401	SELECTOR PIN	1
15	6782301	63-1/2" GUIDE ROD	2		35	6214501	WEIGHT PLATE	15
16	6852301	SEAT PAD	1		36	3108002	WEIGHT STACK CUSHION	2
17	6852601	ARM PAD	1		37	6382301	PLATE BUSHING (10 COUNT)	3
18	3102917	1/2 X 4" BOLT	10		38	6703801	WEIGHT STACK LABELS LBS.	1
19	3102953	1/2 X 2-3/4" BOLT	2		39	6189501	WEIGHT STACK LABELS (1-25)	1
20	3102901	3/8 X 1-1/4" BOLT	7					



#### STEP 1:

- **LOOSELY** assemble the BASE (1) to the TOWER (3) using two 1/2 X 4" BOLTS (18), two 1/2" WASHERS (24), and two 1/2" LOCK NUTS (26) as shown in FIGURE 1.

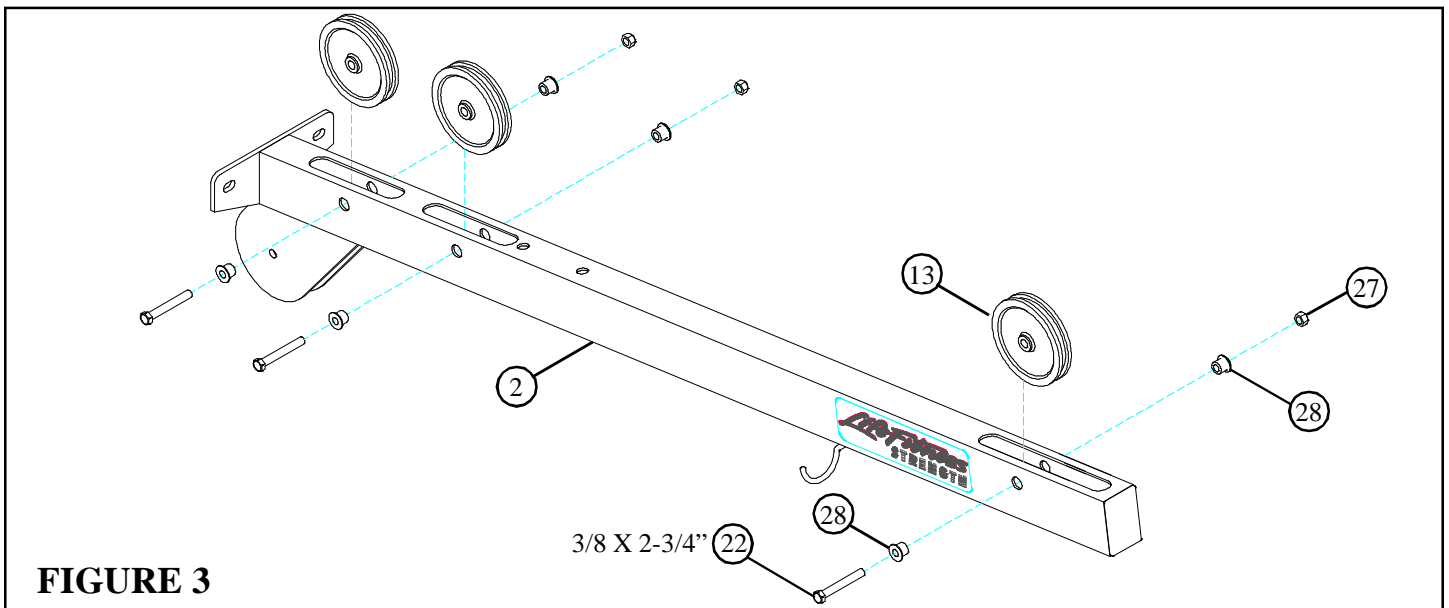




**FIGURE 2**

**STEP 2:**

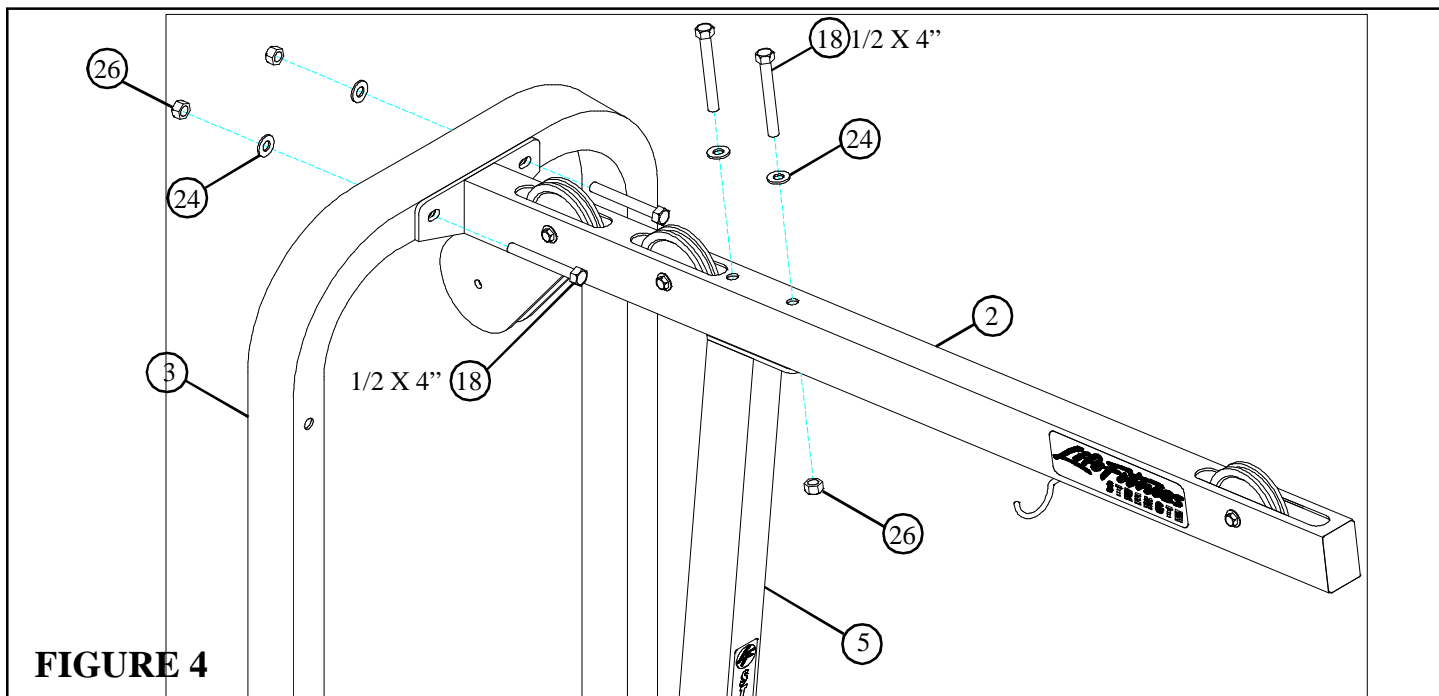
- **LOOSELY** assemble the UPRIGHT (5) to the BASE (1) using four 1/2 X 4" BOLTS (18), two 1/2" WASHERS (24), and four 1/2" LOCK NUTS (26) as shown in FIGURE 2.



**FIGURE 3**

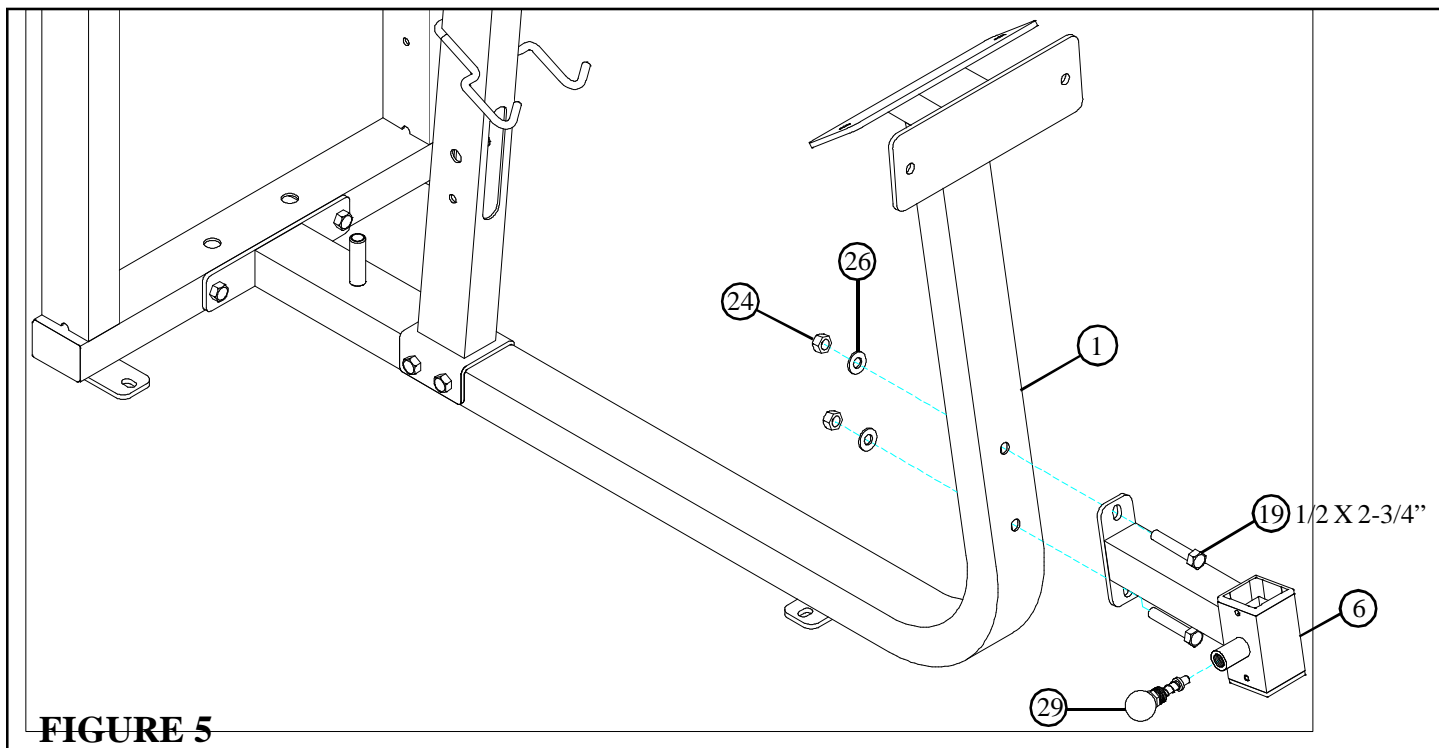
**STEP 3:**

- **SECURELY** assemble three 4-1/2" PULLEYS (13) to the TOP BOOM (2) using three 3/8 X 2-3/4" BOLTS (22), six 3/8" FLANGE SPACERS (28), and three 3/8" LOCK NUTS (27) as shown in FIGURE 3.



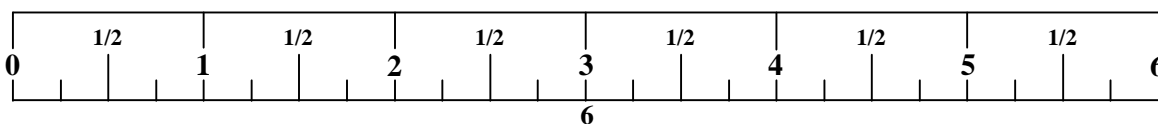
#### STEP 4

- **LOOSELY** assemble the TOP BOOM (2) to the TOWER (3) and the UPRIGHT (5) using four 1/2 X 4" BOLTS (18), four 1/2" WASHERS (24), and three 1/2" LOCK NUTS (26) as shown in FIGURE 4.
- **Securely tighten all loose frame connections made to this point.**



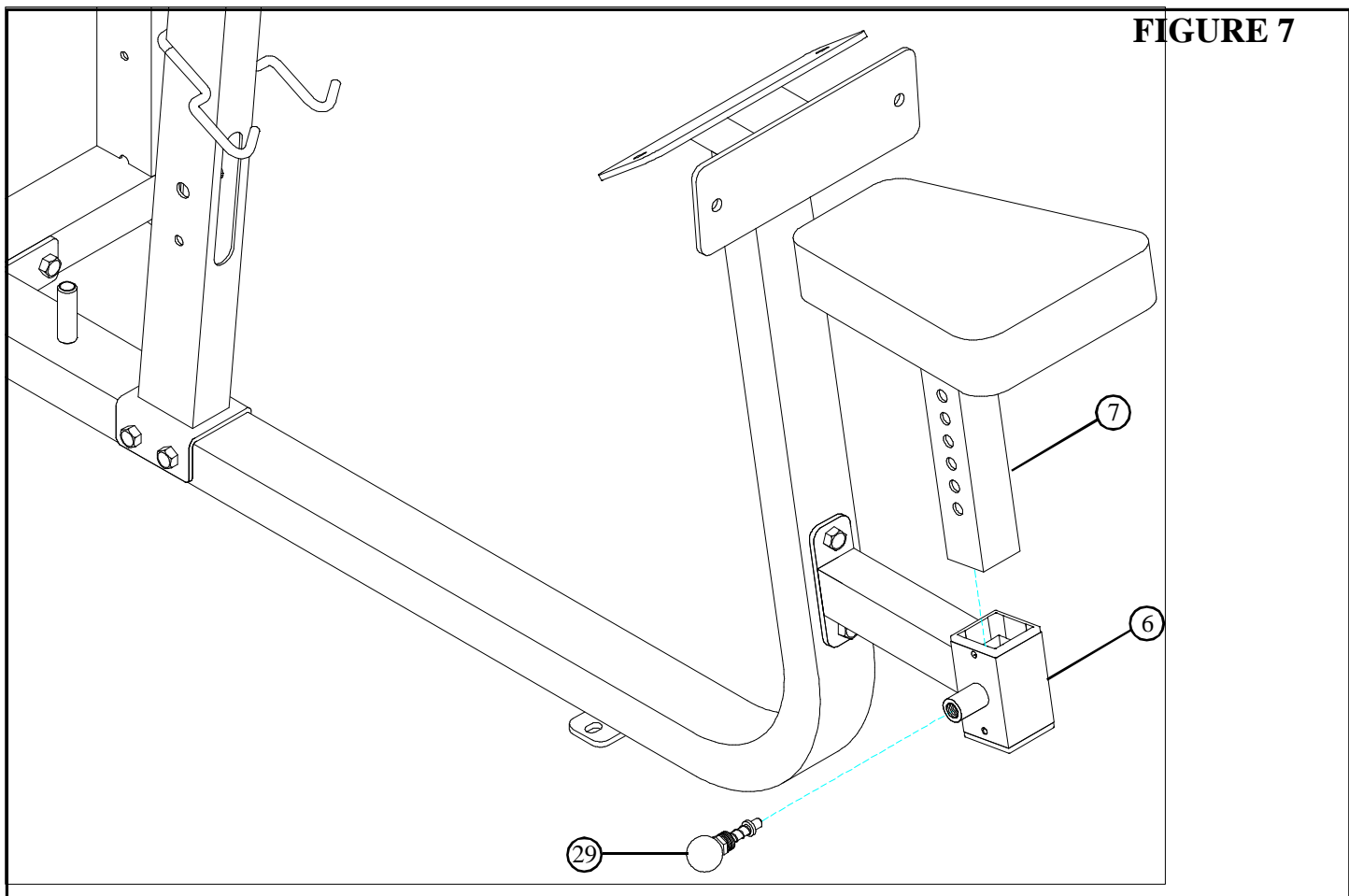
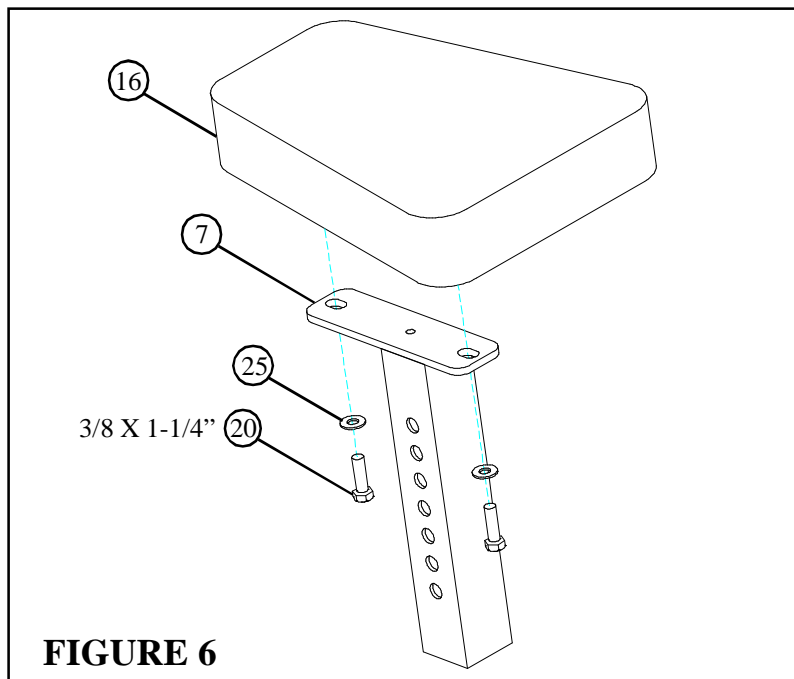
#### STEP 5:

- **SECURELY** assemble SEAT SUPPORT (6) to the BASE (1) using two 1/2 X 2-3/4" BOLTS (19), two 1/2" WASHERS (24), and two 1/2" LOCK NUTS (26) as shown in FIGURE 5.



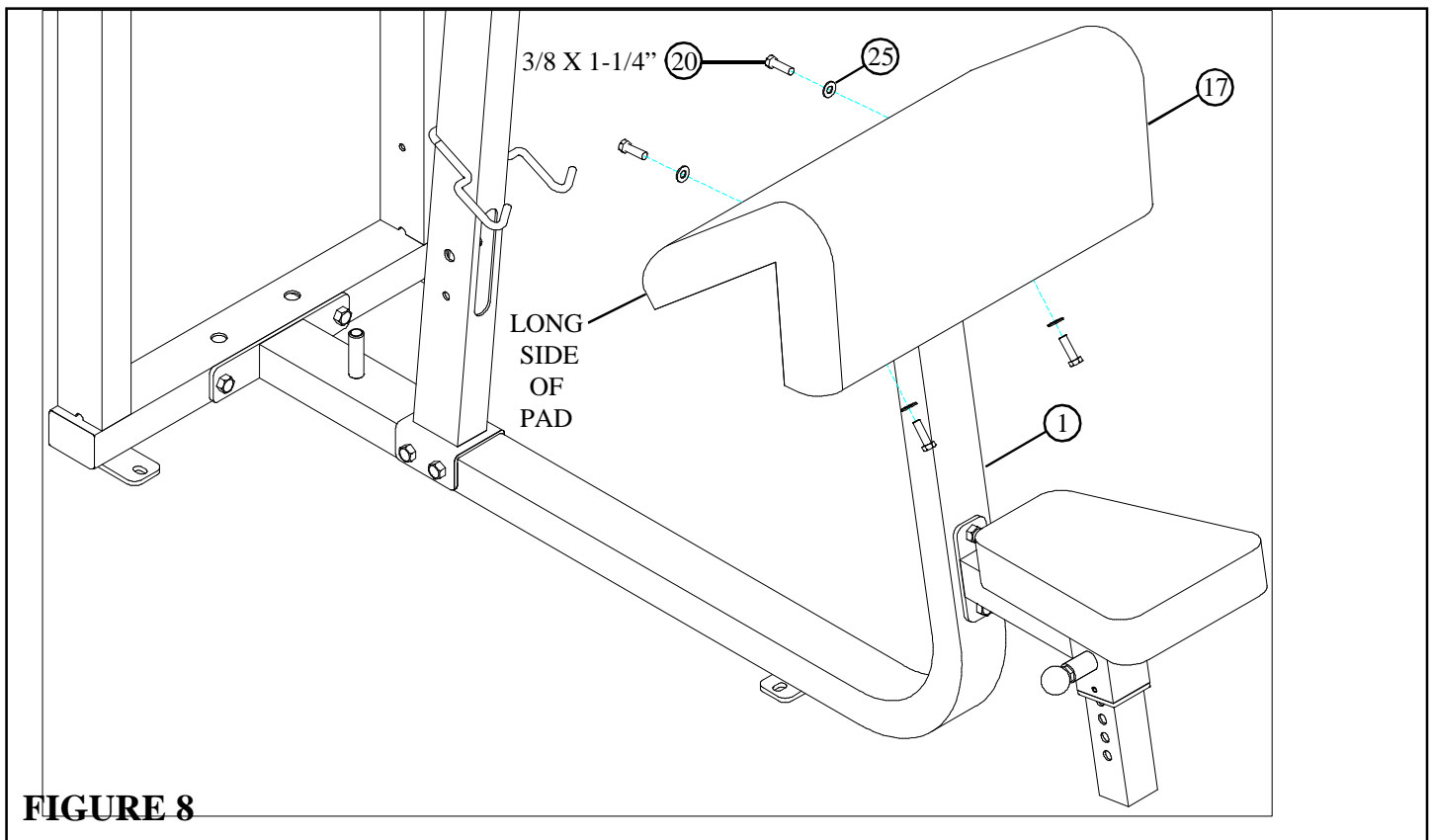
## STEP 6:

- **SECURELY** assemble SEAT PAD (16) to the PAD SUPPORT (7) using two 3/8 X 1-1/4" BOLTS (21) and two 3/8" WASHERS (25) as shown in FIGURE 6.



## STEP 7:

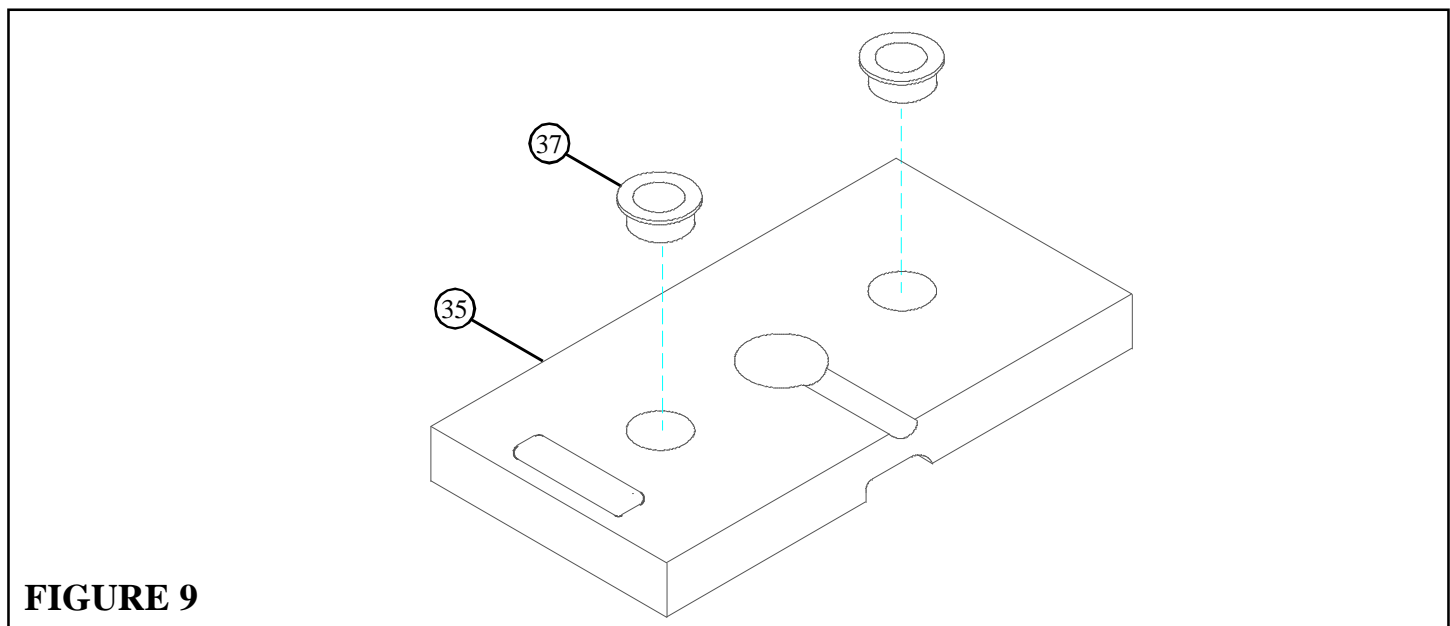
- **SECURELY** assemble the 3/8" SPRING PIN (29) to the SPRING PIN HOUSING on the SEAT SUPPORT (6) as shown in FIGURE 7.
- Pull back on SPRING PIN and slide PAD SUPPORT (7) over square tube on SEAT SUPPORT (6) as shown in FIGURE 7.



**FIGURE 8**

**STEP 8:**

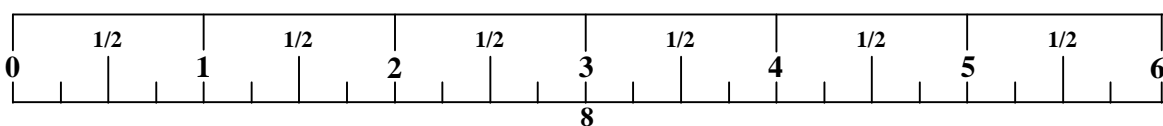
- **SECURELY** assemble ARM PAD (17) to the BASE (1) using four 3/8 X 1-1/4" BOLTS (20) and four 3/8" WASHERS (25) as shown in FIGURE 8.



**FIGURE 9**

**STEP 9:**

- Snap two WEIGHT PLATE BUSHINGS (37) into the top of all fifteen WEIGHT PLATES (35) as shown in FIGURE 9.

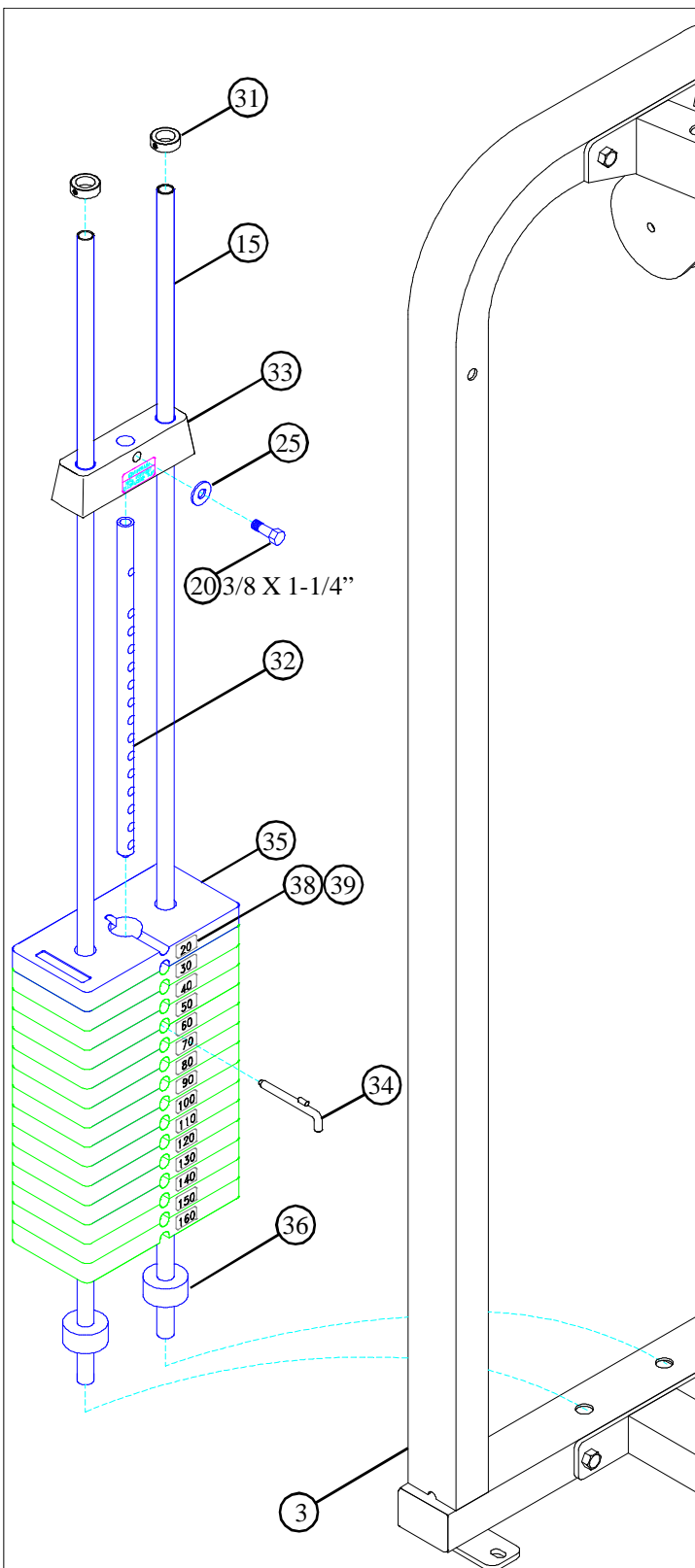


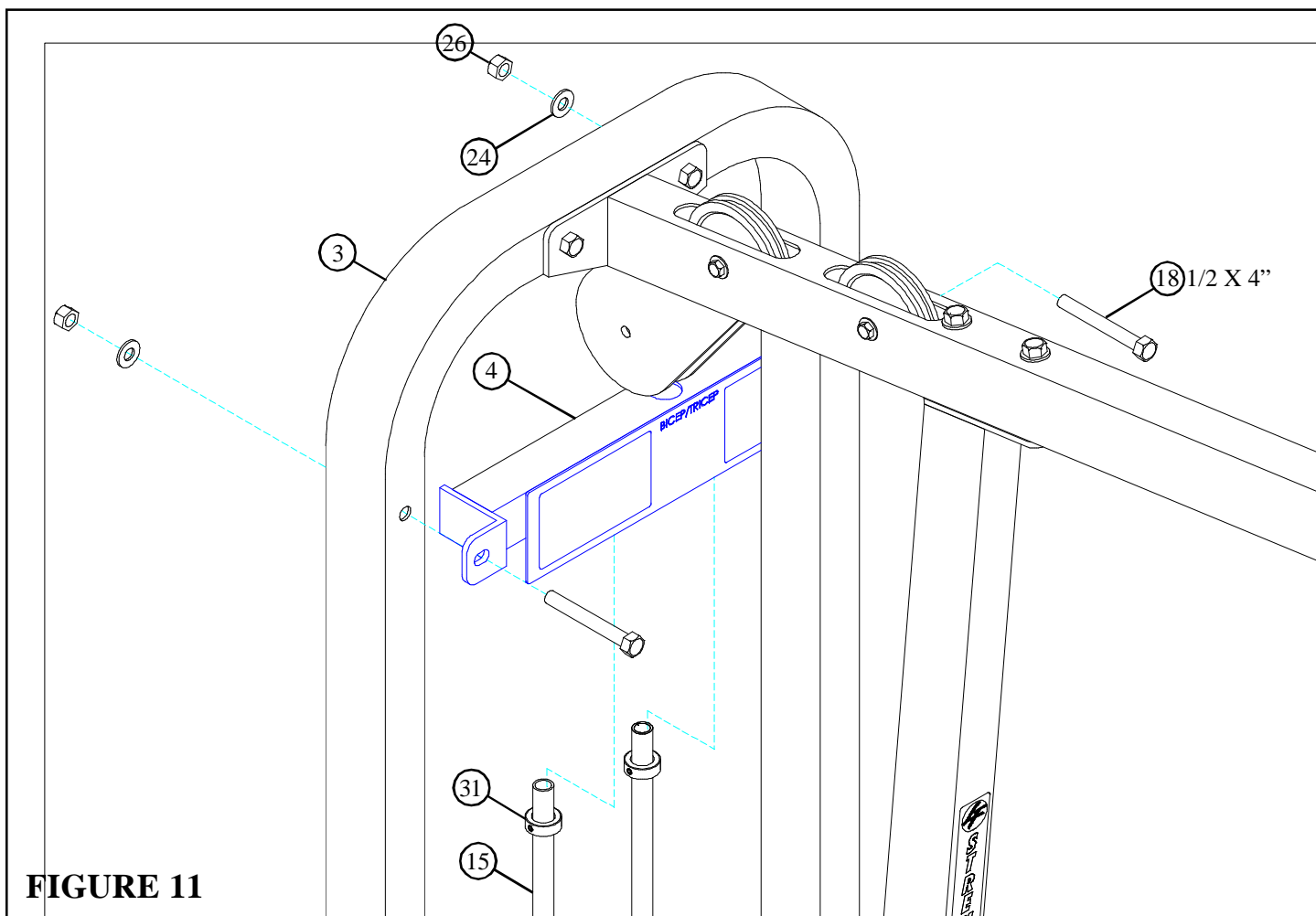


## STEP 10

- Insert the two GUIDE RODS (15) into the base of the TOWER (3) as shown in FIGURE 10. Lubricate the GUIDE RODS (15) with a silicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (36) down over the GUIDE RODS (15). See FIGURE 10.
- Using **EXTREME CARE** slide fifteen WEIGHT PLATES (35) down over the GUIDE RODS (15) with the key-hole facing as shown in FIGURE 10.
- Securely assemble the WEIGHT STACK SHAFT (32) to the HEAD PLATE (33) using one 3/8 X 1-1/4" BOLT (20) and one 3/8" WASHER (25). (**Note: The bolt hole in the HEAD PLATE (33) should be on top.**)
- Carefully Slide the HEAD PLATE ASSEMBLY (32 & 33) down over the GUIDE RODS (15) onto the weight stack as shown in FIGURE 10.
- Slide two 13/16" SHAFT COLLARS (31) over the GUIDE RODS (15) as shown in FIGURE 10.
- Insert the SELECTOR PIN (34) into the WEIGHT STACK as shown.
- Apply one set of WEIGHT STACK LABELS - LBS. OR 1-25 (38) (39) to each WEIGHT PLATE (35) as shown in FIGURE 10.

**FIGURE 10**





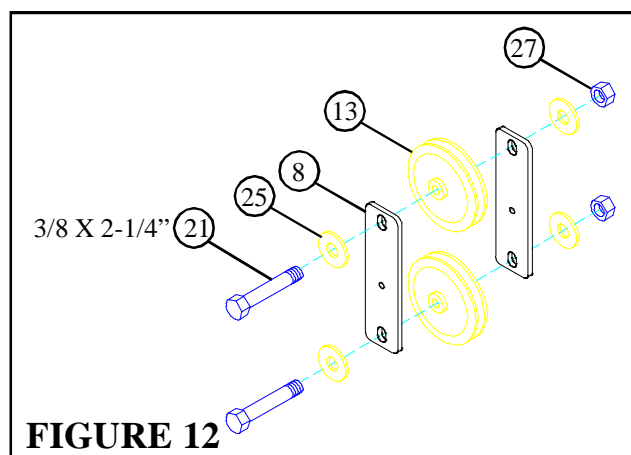
**FIGURE 11**

**STEP 11:**

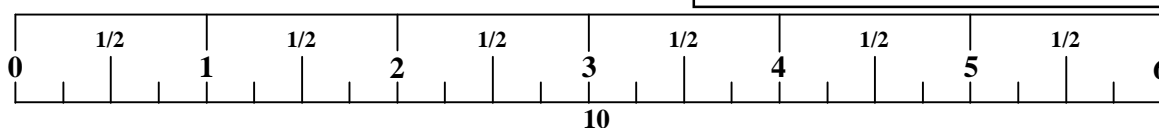
- Place TOWER BRACE (4) over the GUIDE RODS (15) as shown and **SECURELY** assemble TOWER BRACE (4) to the TOWER (3) using two 1/2 X 4" BOLTS (18), two 1/2" WASHERS (24), and two 1/2" LOCK NUTS (26) as shown in FIGURE 11.
- Slide the 13/16" SHAFT COLLARS (31) to the top of the GUIDE RODS (15) and **SECURELY** tighten the SHAFT COLLAR (31) set screws. See FIGURE 11.

**STEP 12:**

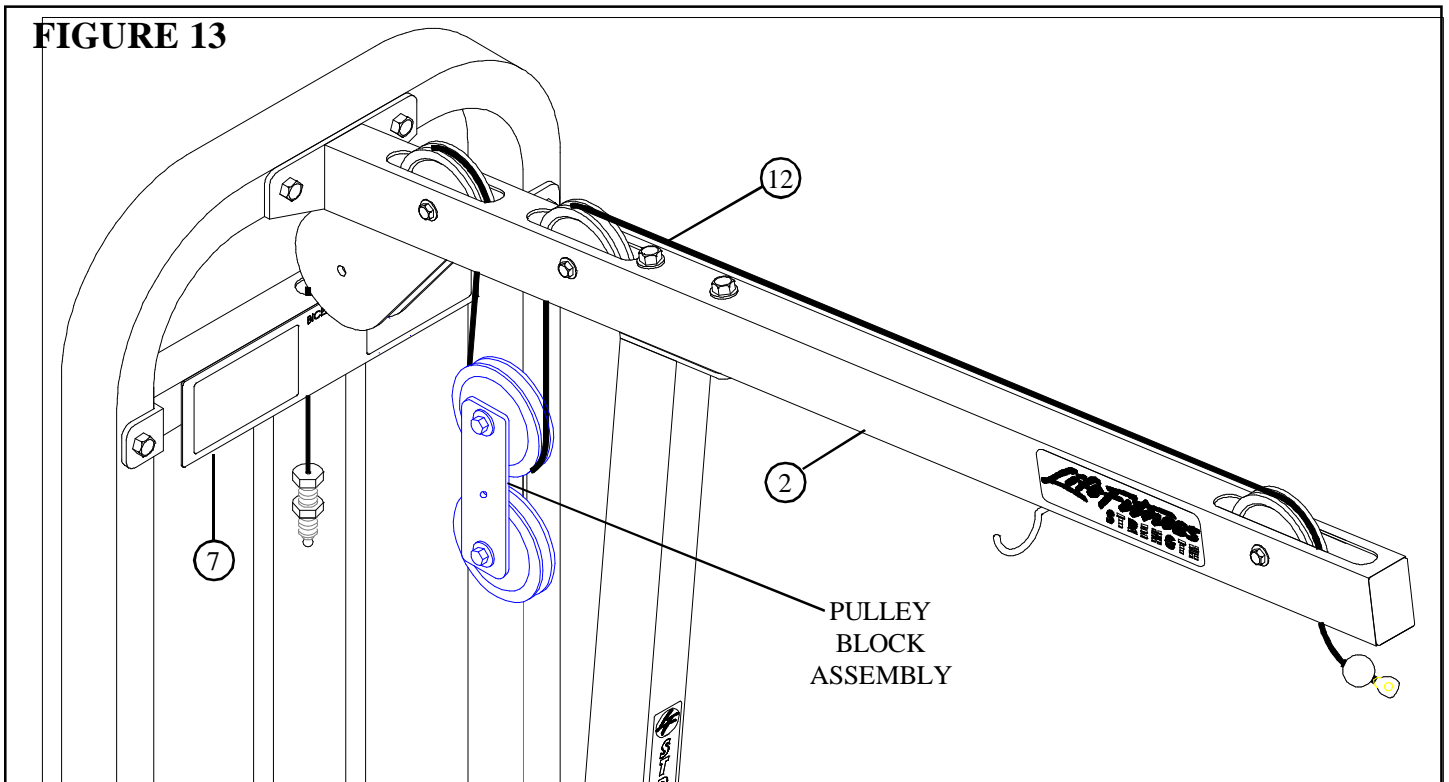
- **LOOSELY** assemble two 2 X 7-1/4" PLATES (8) to two 4-1/2" PULLEYS (13) using two 3/8 X 2-1/4" BOLTS (21), four 3/8" WASHERS (25), and two 3/8" LOCK NUTS (27). See FIGURE 12.



**FIGURE 12**



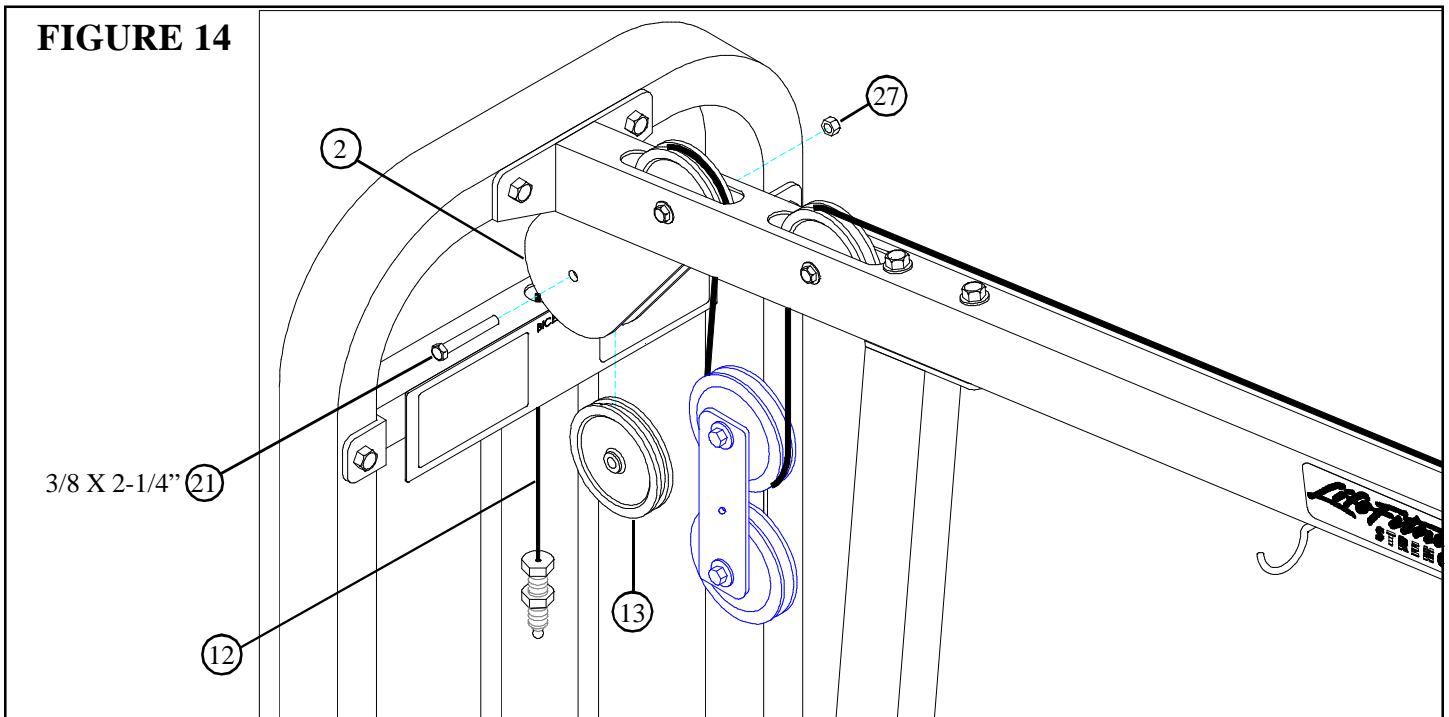
**FIGURE 13**



**STEP 13:**

- Route threaded end of the TRICEP CABLE (12) around pulleys in TOP BOOM (2) and PULLEY BLOCK ASSEMBLY. Route TRICEP CABLE (12) down through hole in TOWER BRACE (7) as shown in FIGURE 13.

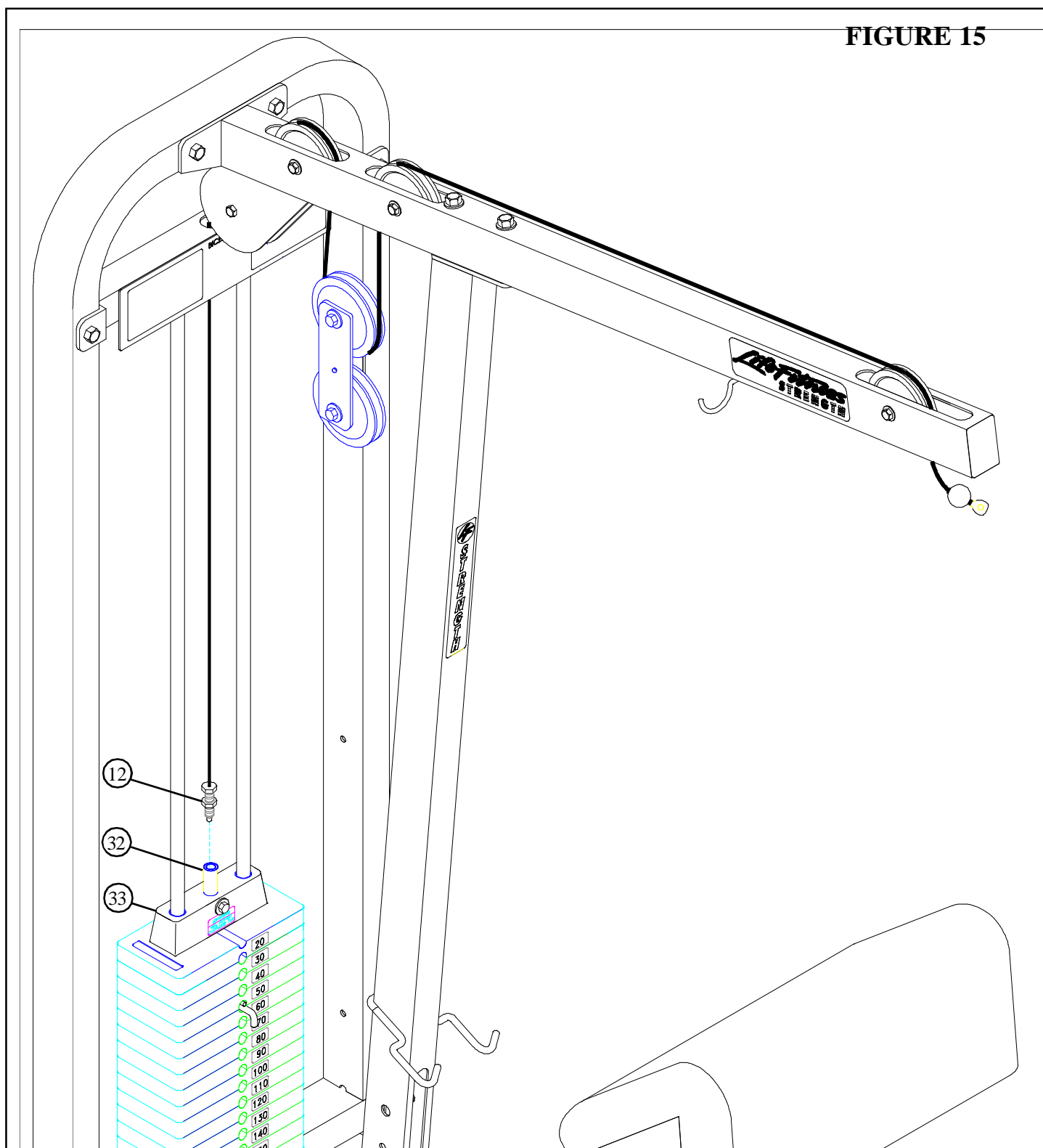
**FIGURE 14**



**STEP 14:**

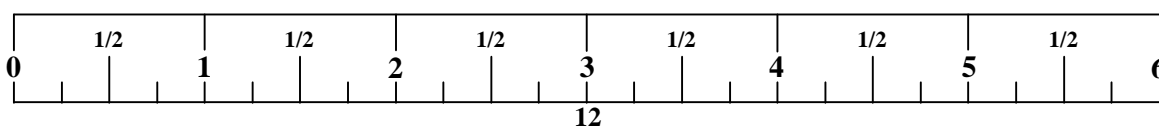
- **SECURELY** assemble one 4-1/2" PULLEY (13) between the plates of the TOP BOOM (2) using one 3/8 X 2-1/4" BOLT (21) and one 3/8" LOCK NUT (27) as shown in FIGURE 14. (**NOTE: Make sure the cable runs in the groove of the PULLEY.**)

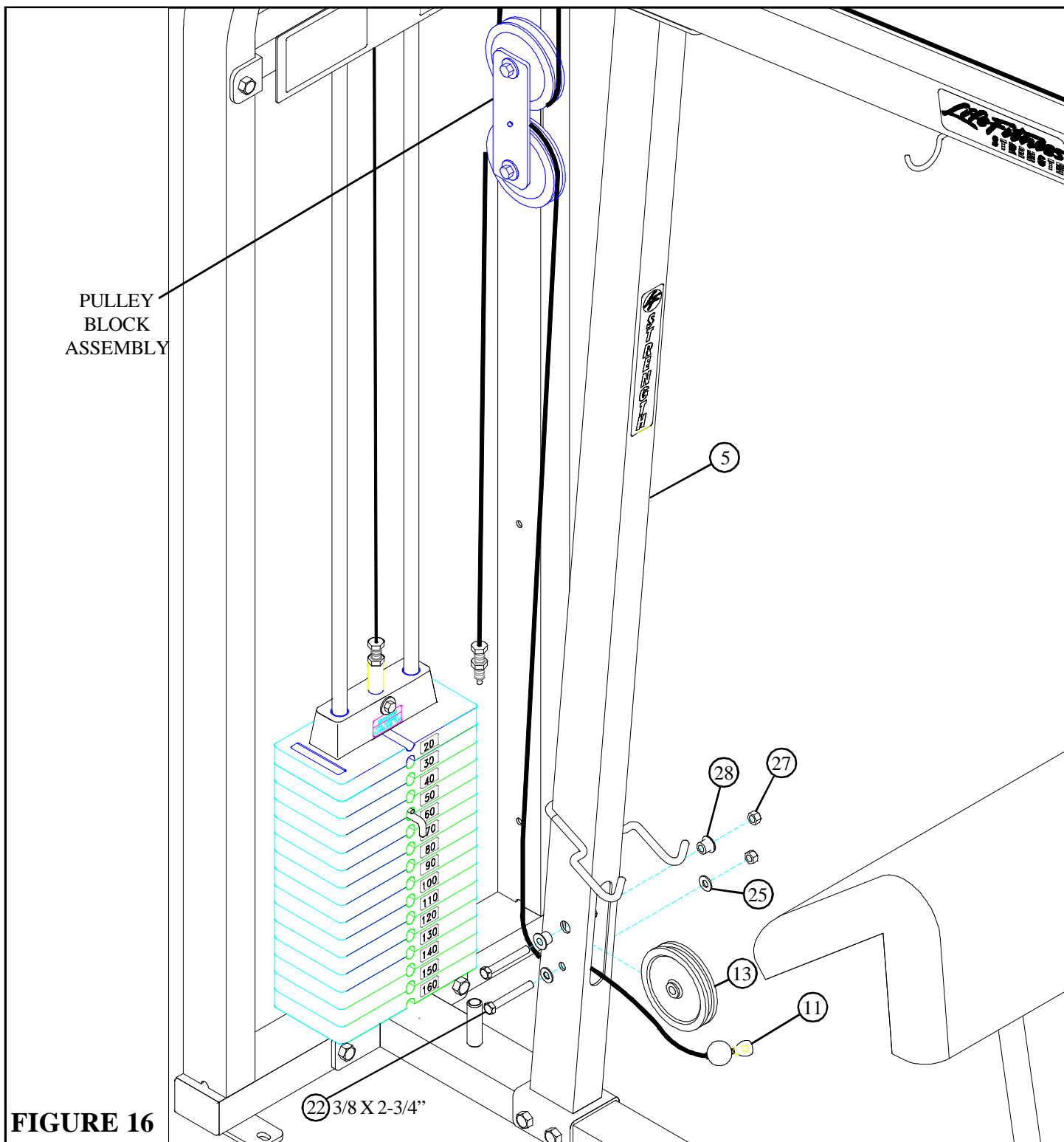
**FIGURE 15**



**STEP 15:**

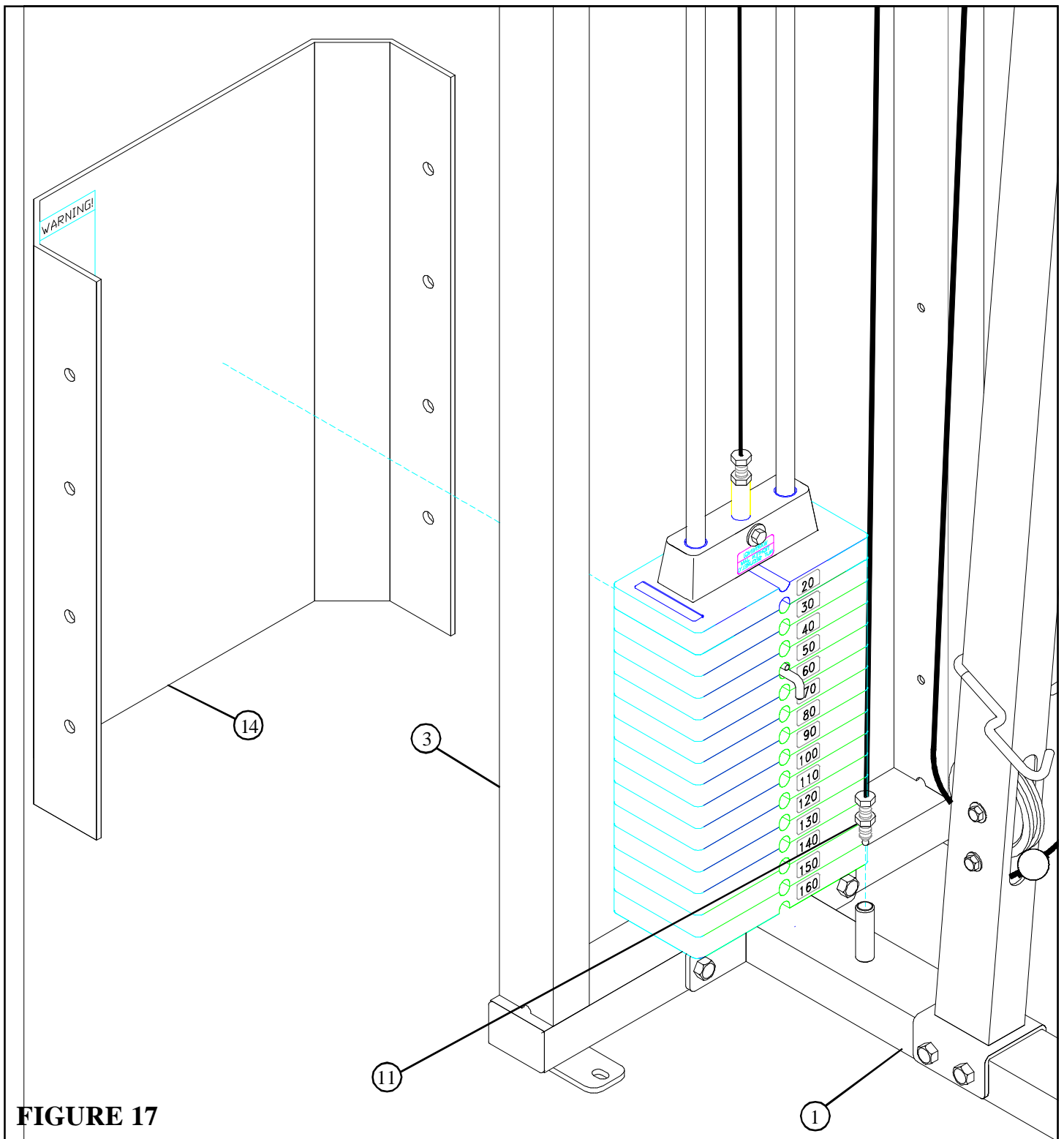
- Screw the treaded end of the TRICEP CABLE (12) approximately 1" into the end of the WEIGHT STACK SHAFT (32) of the HEAD PLATE (33) and tighten jam nut securely. See FIGURE 15.





### STEP 16:

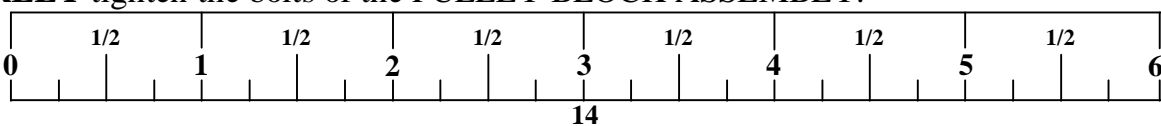
- Route the threaded end of the ARM CURL CABLE (11) through the UPRIGHT (5) as shown, then **SECURELY** assemble one 4-1/2" PULLEY (13) to the UPRIGHT (4) and over the top of the cable using two 3/8 X 2-3/4" BOLTS (22), two 3/8" FLANGE SPACERS (28), two 3/8" WASHERS (25), and two 3/8" LOCKNUTS (27). (NOTE: The LOW ROW CABLE (11) should be routed over the retaining bolt as shown in FIGURE 16.)
- Route threaded end of the ARM CURL CABLE (11) around the bottom pulley of the PULLEY BLOCK ASSEMBLY as shown in FIGURE 16.

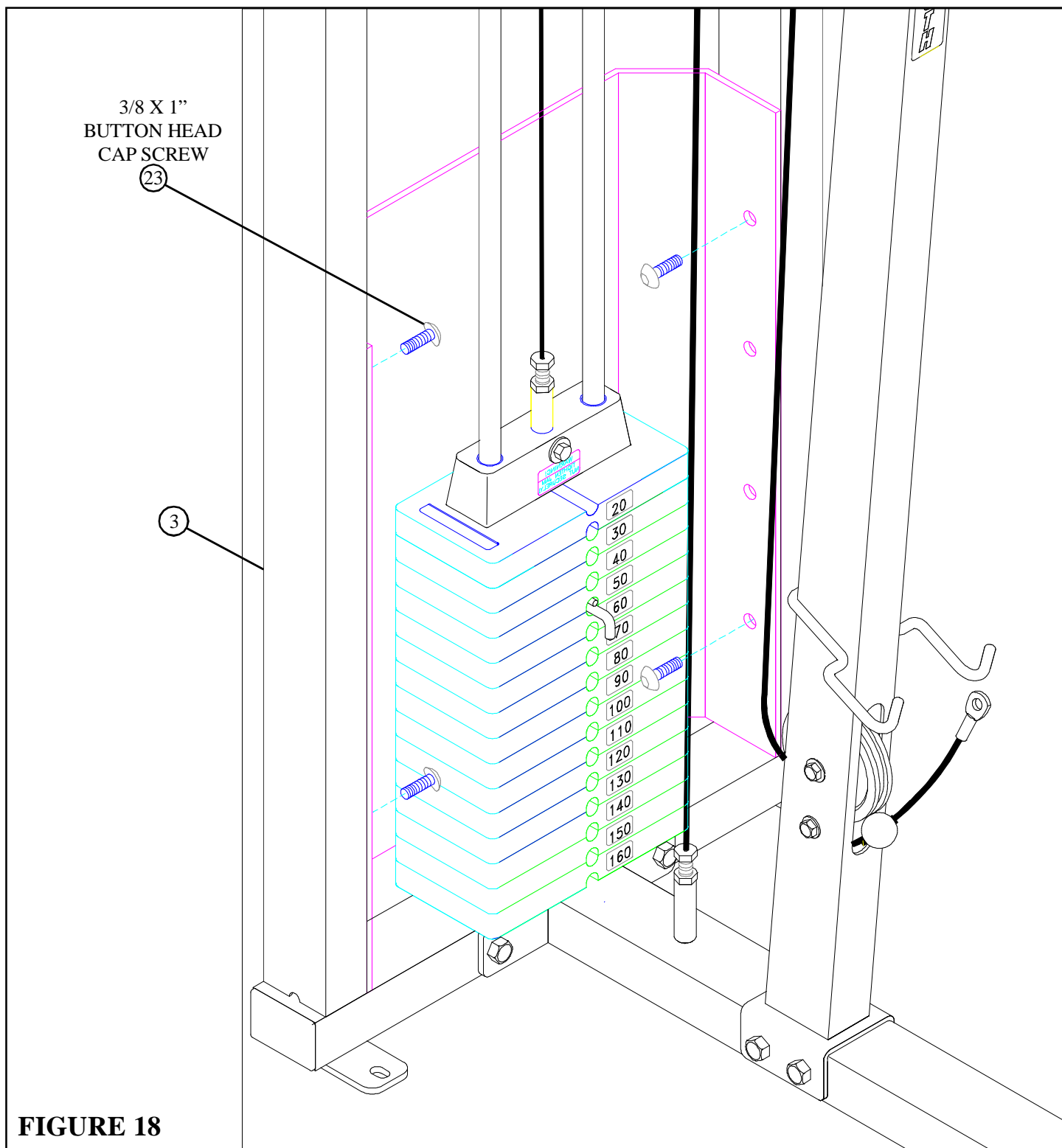


**FIGURE 17**

**STEP 17:**

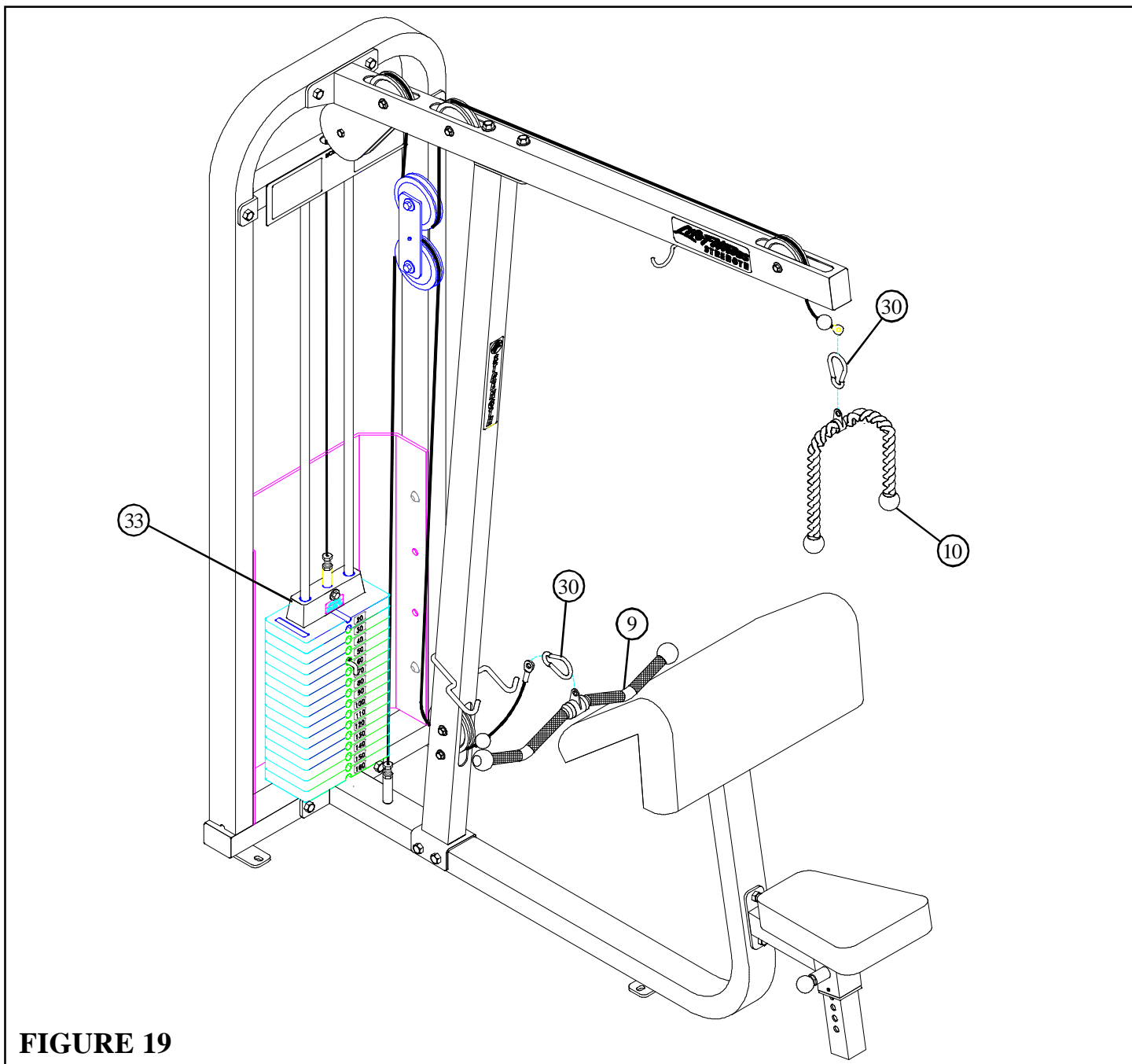
- Screw the threaded end of the ARM CURL CABLE (11) into threaded housing on the base of BASE (1) and tighten jam nut securely.
- Slide the SHROUD (14) between the TOWER (3) as shown in FIGURE 17.
- **SECURELY** tighten the bolts of the PULLEY BLOCK ASSEMBLY.





**STEP 18:**

- **SECURELY** assemble the SHROUD (14) to the TOWER (63) using four 3/8 X 1" BUTTON HEAD CAP SCREWS (23) as shown in FIGURE 18.



**FIGURE 19**

**STEP 19:**

- Attach ARM CURL BAR (9) & TRICEP ROPE (10) to ball ends of cables using two 5/16" SNAP HOOKS (30). See FIGURE 19.
- If the HEAD PLATE (33) does not sit on top of the first WEIGHT PLATE (35), push the head plate down, insert the SELECTOR PIN (34) and perform several repetitions on the machine. This will relax the cable system and prevent the HEAD PLATE (33) from lifting up.
- If after completing previous step the HEAD PLATE (33) still does not sit on top of the first WEIGHT PLATE (35) or if there is excess slack in the cable system, adjust the threaded end of the CABLE accordingly and retighten the jam nut.

**Thank you for purchasing the LifeFitness 8225 BICEP/TRICEP. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 328-9714.**