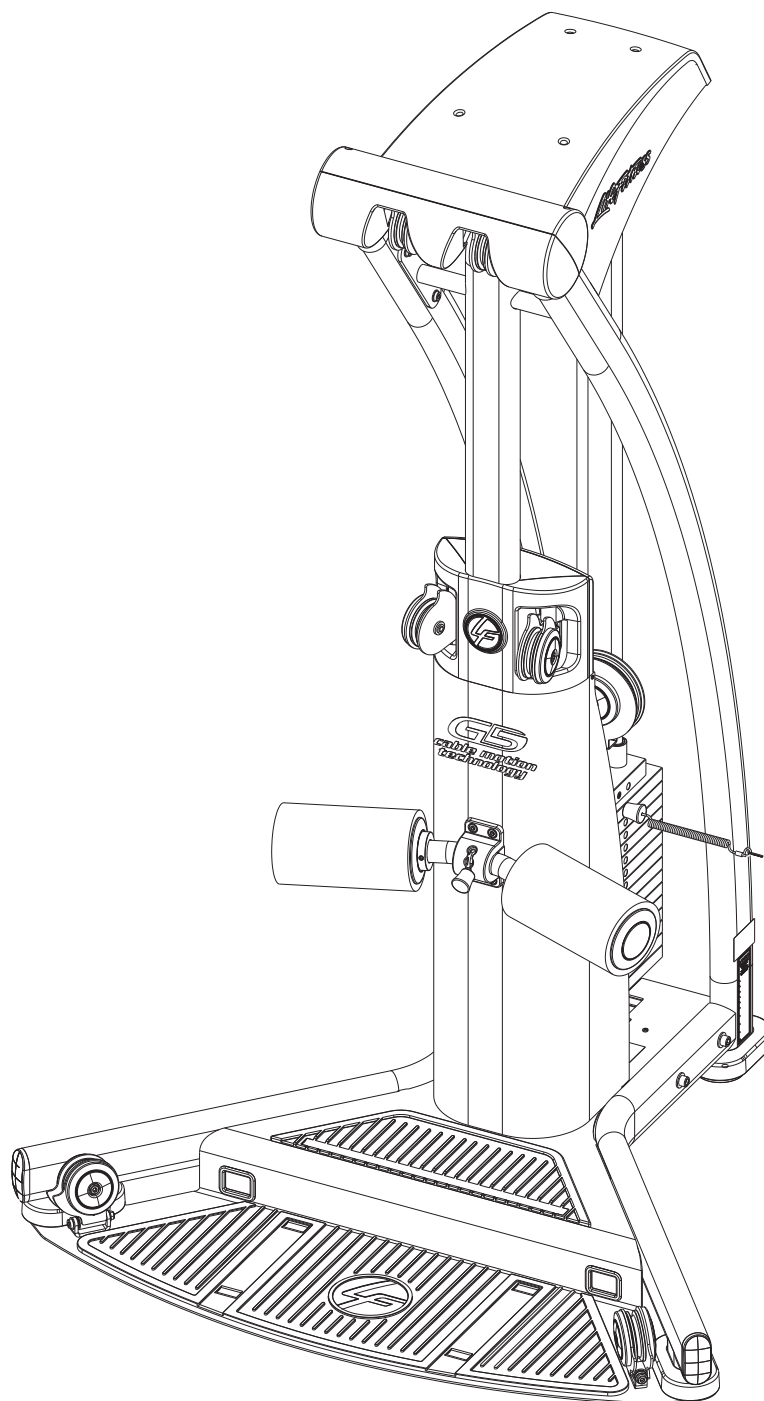




LFG5-003
G5 HOME GYM (VERSION 3)



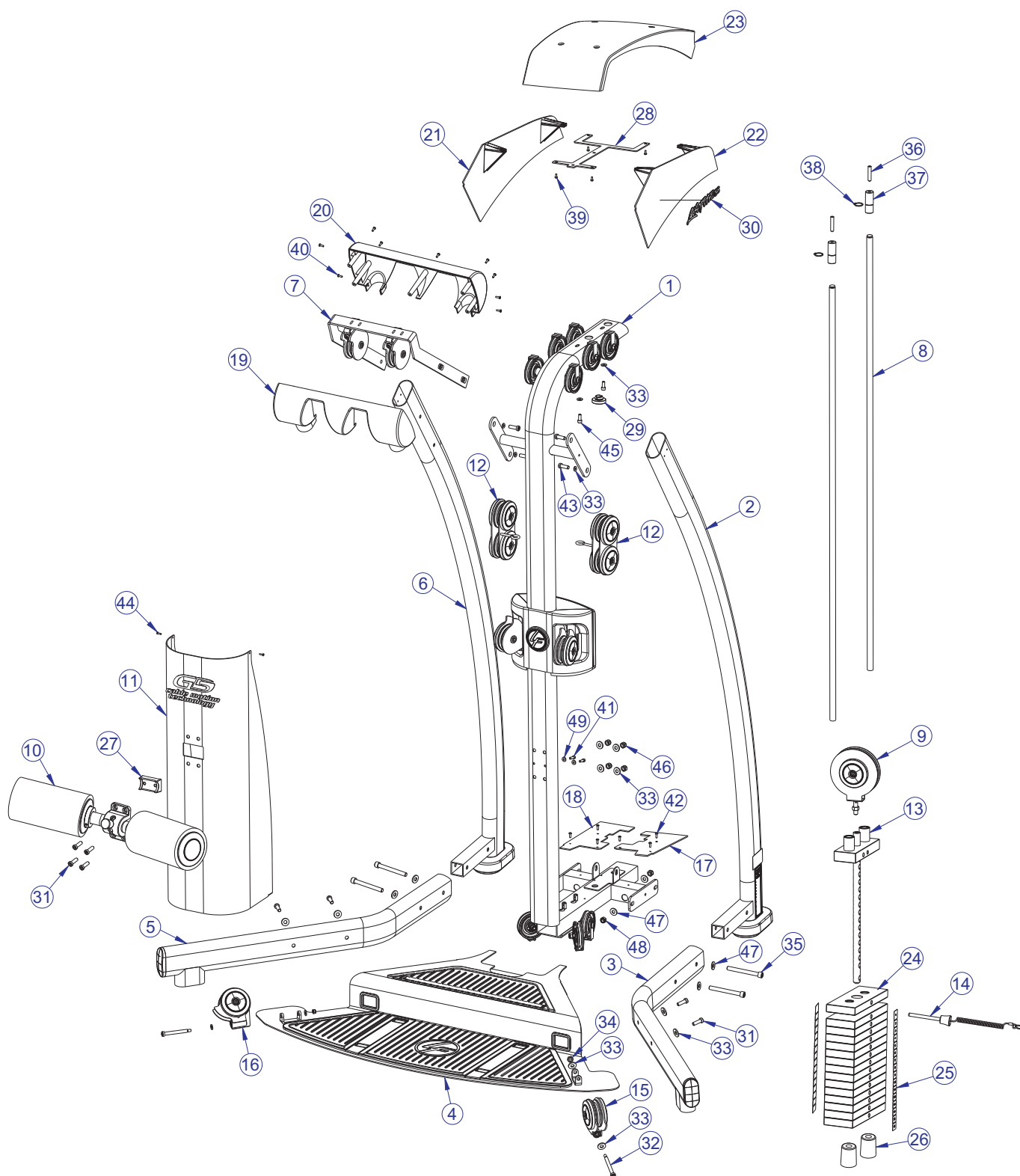
Customer Support Services
PARTS MANUAL

LFG5-003 G5 HOME GYM

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LFG5-003 G5 HOME GYM COMPONENT ASSEMBLY



LEGEND ON PAGE 4

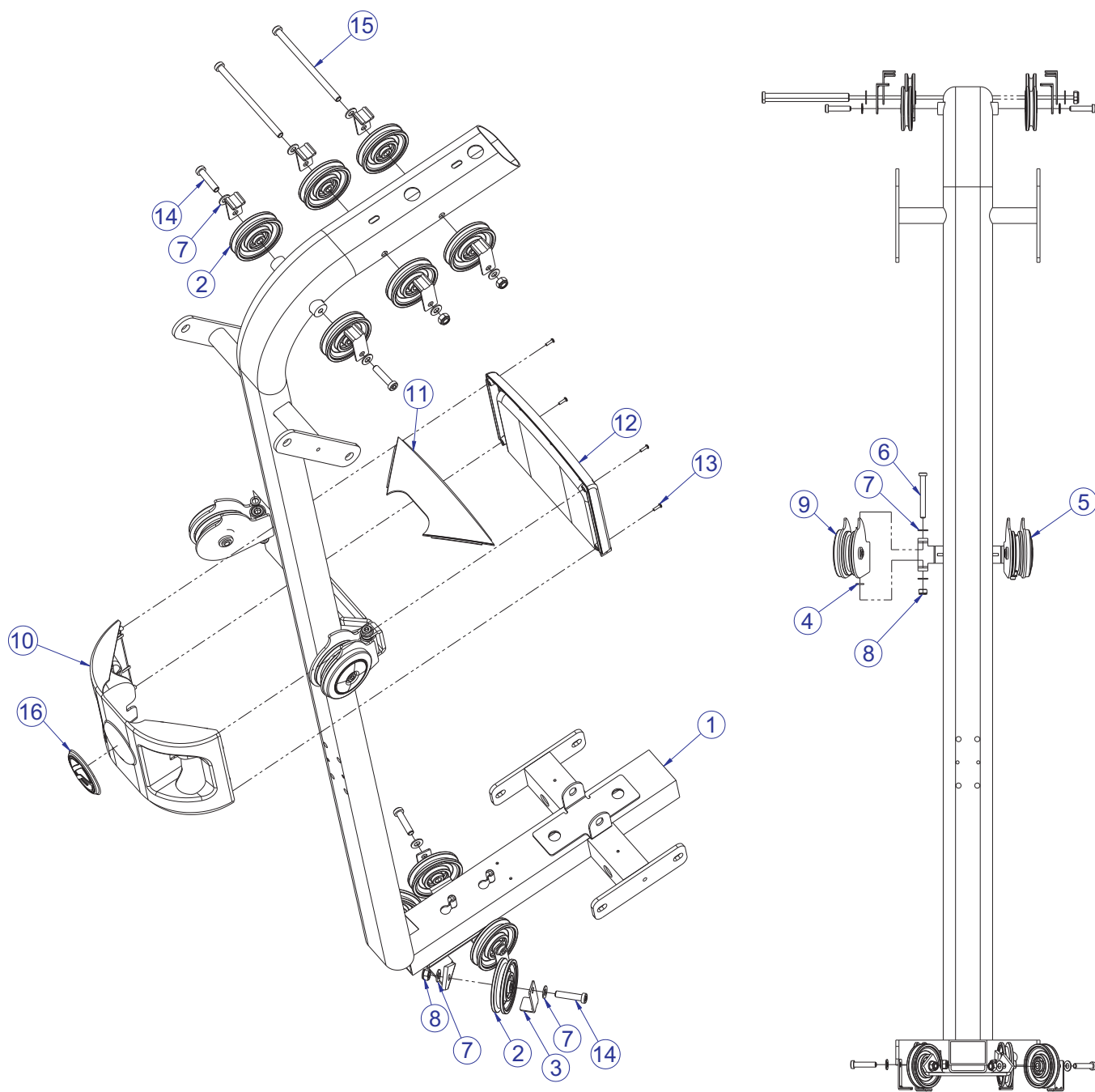
LFG5-003 G5 HOME GYM

COMPONENT ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8188301	PTD ASSY, FRONT UPRIGHT
2	1	8349801	ASSY, RIGHT UPRIGHT
3	1	8350001	ASSY, G5 BASE RIGHT
4	1	8210501	ASSY, G5, FOOT PLATE WITH MATS
5	1	8350101	ASSY, G5 BASE LEFT
6	1	8349901	ASSY, LEFT UPRIGHT
7	1	8349701	ASSY, UPPER SWIVEL PULLEYS
8	2	8264702	ASSY, GUIDE ROD
9	1	8350401	ASSY, HEAD PLATE PULLEY
10	1	8350501	ASSY, THIGH HOLD DOWN
11	1	8317801	ASSY, G5 FRONT SHROUD
12	2	8264801	PTD ASSY, FLOATING PULLEY
13	1	8262501	ASSY, TOP PLATE 15, CASTEEL, SPCL
14	1	7936701	ASSY, SELECTOR PIN, 80/20
15	1	8350201	ASSY, LOWER PULLEY RIGHT
16	1	8350301	ASSY, LOWER PULLEY LEFT
17	1	8344601	ASSY, BOTTOM PLATE, RIGHT
18	1	8344501	ASSY, BOTTOM PLATE, LEFT
19	1	8235701	COVER, TOP, FRONT
20	1	8235801	COVER, TOP, BACK
21	1	8264401	COVER, G5, TOP FLAG LEFT
22	1	8264501	COVER, G5, TOP FLAG RIGHT
23	1	8288301	ASSY, TOP COVER WITH INSERTS
24	15	7935301	WEIGHT PLATE, 10LB, CASTEEL
25	2	8327001	LABEL, WEIGHT STACK STRIP
26	2	8264301	CUSHION, WEIGHT STACK, 65MM
27	1	8322101	ASSY, CLAMP BACK
28	1	8317701	WLDMT, MOUNTING SHEET
29	1	7642301	BUMPER, CM/MJ, PLUG
30	2	7764701	LABEL, LIFE FITNESS LARGE
31	8	3256211	SCREW, M10 X 1.5 70MM ZN
32	6	3263302	SCREW, SHOULDER, M8 X 65MM
33	18	3102514	WASHER, FLAT 3/8 IN SAE ST ZN
34	2	3242004	NUT, M8 X 1.25 HEX NYLOCK
35	4	3241313	M12 X 1.75 X80MM SHCS, STD HEAD
36	2	3240502	M10 X 1.5 X 50 HXS NO CUP ST BO
37	2	7634401	RETAINER, CM/MJ, GUIDE ROD
38	2	3232421	RING:BRE .940 5100-100 ST PP B
39	4	3236501	M4 X 0.7 PHIL PAN MS ST ZN
40	9	3241201	M4 X 13 PHL PAN F ST ZN
41	2	3241709	M6 X 1 X 60MM SHCS, STD HEAD
42	6	3223401	10-32X3/8 PHL PAN HEAD TT ST BZ
43	4	3256203	SCREW, M10 X 1.5 30MM ZN
44	2	3226001	6-20 X 6 PHL PAN PLT ST BZ
45	2	3256201	SCREW, M10 X 1.5 X 1.5 20MM ZN
46	4	3242002	NUT, M10 X 1.5 HEX NYLOCK
47	8	3102507	WSH, FLAT 1/2 ID SAE ZN
48	4	3242005	NUT, METRIC HEX NYLOCK, M12 X 1.75
49	2	3102508	WASHER, FLAT #10 USS ST ZN

LFG5-003 G5 HOME GYM

FRONT UPRIGHT ASSEMBLY - 8188301



LEGEND ON PAGE 6

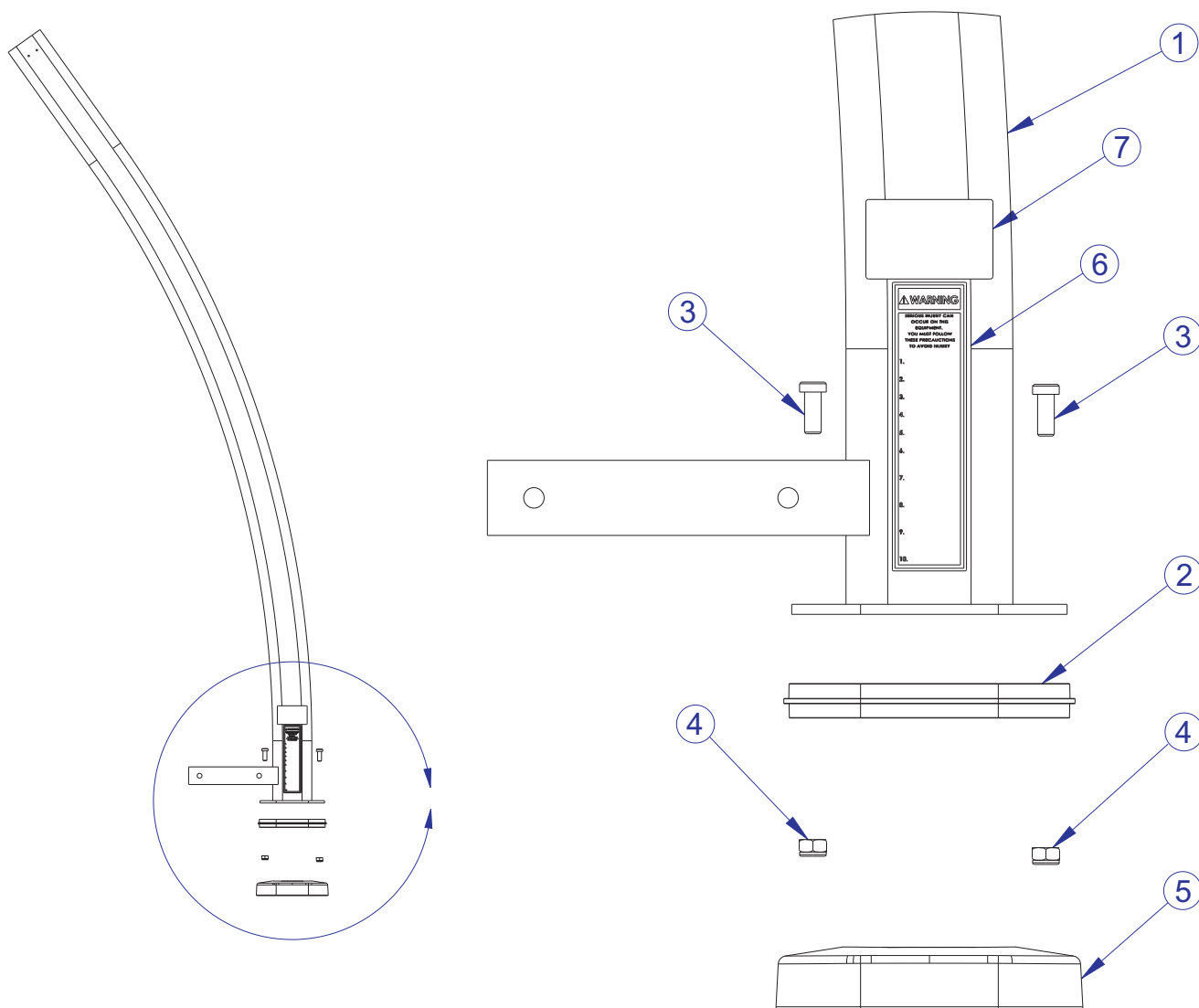
LFG5-003 G5 HOME GYM

FRONT UPRIGHT ASSEMBLY LEGEND

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8297601	WLDMT, FRONT UPRIGHT
2	10	3258301	PULLEY, 88.9 OD X 10 X 25.4
3	10	6533501	BRKT, L 2-3/8 X 1 X 1
4	4	3241401	WASHER, FLAT
5	1	8350801	ASSY, MID PULLEY RIGHT
6	2	3256214	SCREW, M10 X1.5 85MM
7	18	3102514	WASHER, FLAT 3/8" SAE ST ZN
8	8	3242002	NUT, M10 X 1.5 HEX NYLOCK
9	1	8350901	ASSY, MID PULLEY LEFT
10	1	8317301	ASSY, G5 MID FRONT COVER
11	1	8263401	COVER, MID TOP
12	1	8263501	COVER, MID BACK
13	4	3226003	SCREW, 6-20 X 8 PHL PAN PLT BZ
14	6	3256206	SCREW, M10 X1.5 45MM
15	2	3256224	SCREW, M10 X1.5 45MM
16	1	AK58-00245-0000	MEDALLION-ASSY: LF-BUG B

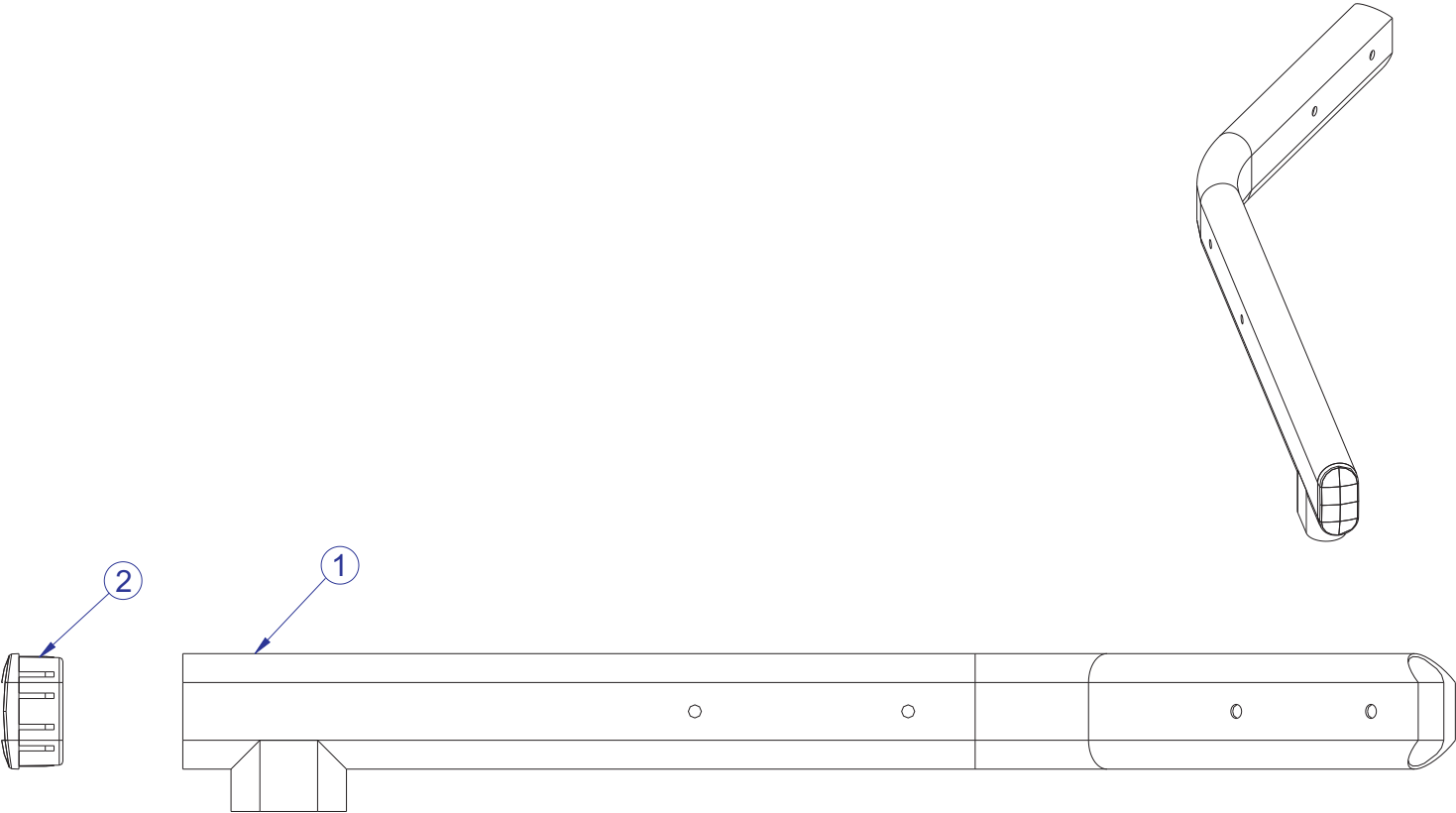
LFG5-003 G5 HOME GYM

RIGHT UPRIGHT ASSEMBLY - 8349801



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8349801	ASSY., G5 RIGHT SIDE UPRIGHT
2	1	7763001	FOOT, 2.50 X 4.49 FLOV
3	2	3256202	SCREW, M10 X1.5 25MM
4	2	3242002	NUT, M10 X 1.5 HEX NYLOCK
5	1	8265301	COVER, FOOT - STRAIGHT
6	1	8220001	LABEL, ASTM WARNING SELECT-ENG
7	1	8106801	LABEL, SERIAL NUMBER, LARGE, 10-0123-001, BNR

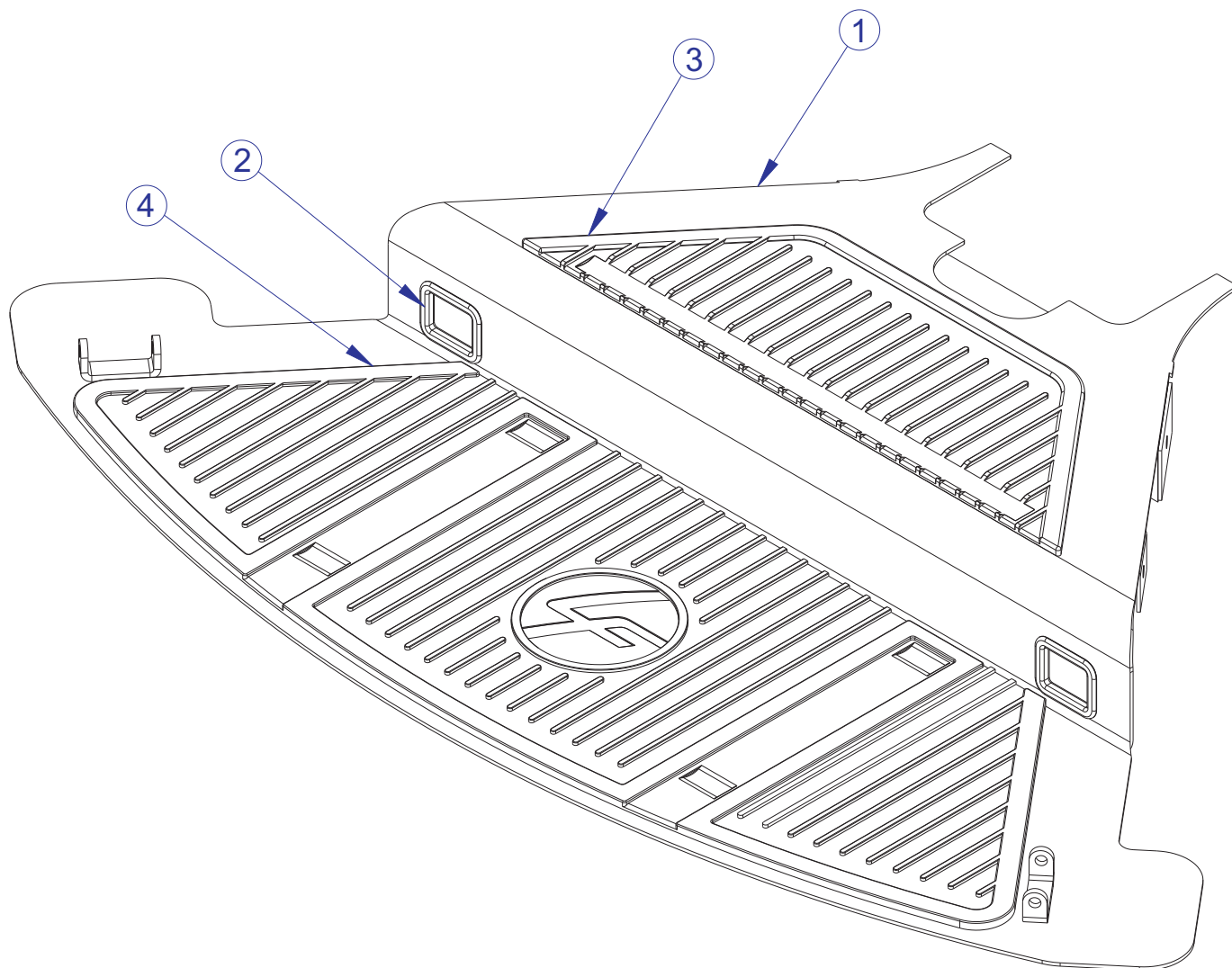
LFG5-003 G5 HOME GYM
RIGHT BASE ASSEMBLY - 8350001



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8350001	ASSY, G5 BASE RIGHT
2	1	8167401	CAP, 50x100x2.5

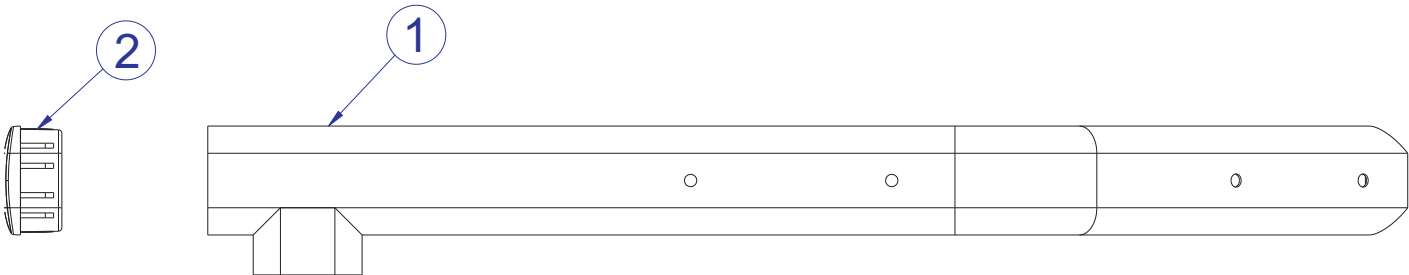
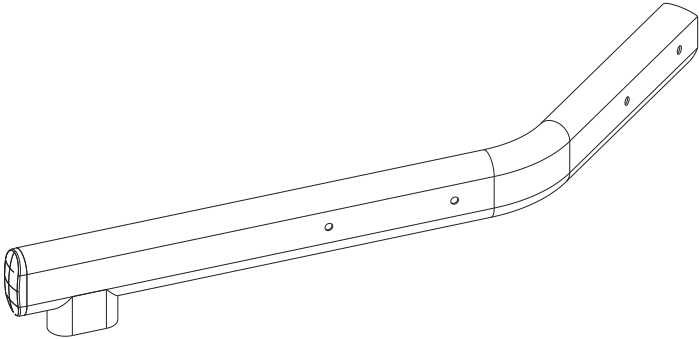
LFG5-003 G5 HOME GYM

FOOT PLATE ASSEMBLY - 8210501



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8210501	ASSY., G5, FOOT PLATE
2	2	7775301	GROMMET, CABLE HOLE
3	1	8206501	RUBBER, G5 FLOOR MAT UPPER
4	1	8189301	RUBBER, G5 FLOOR MAT LOWER

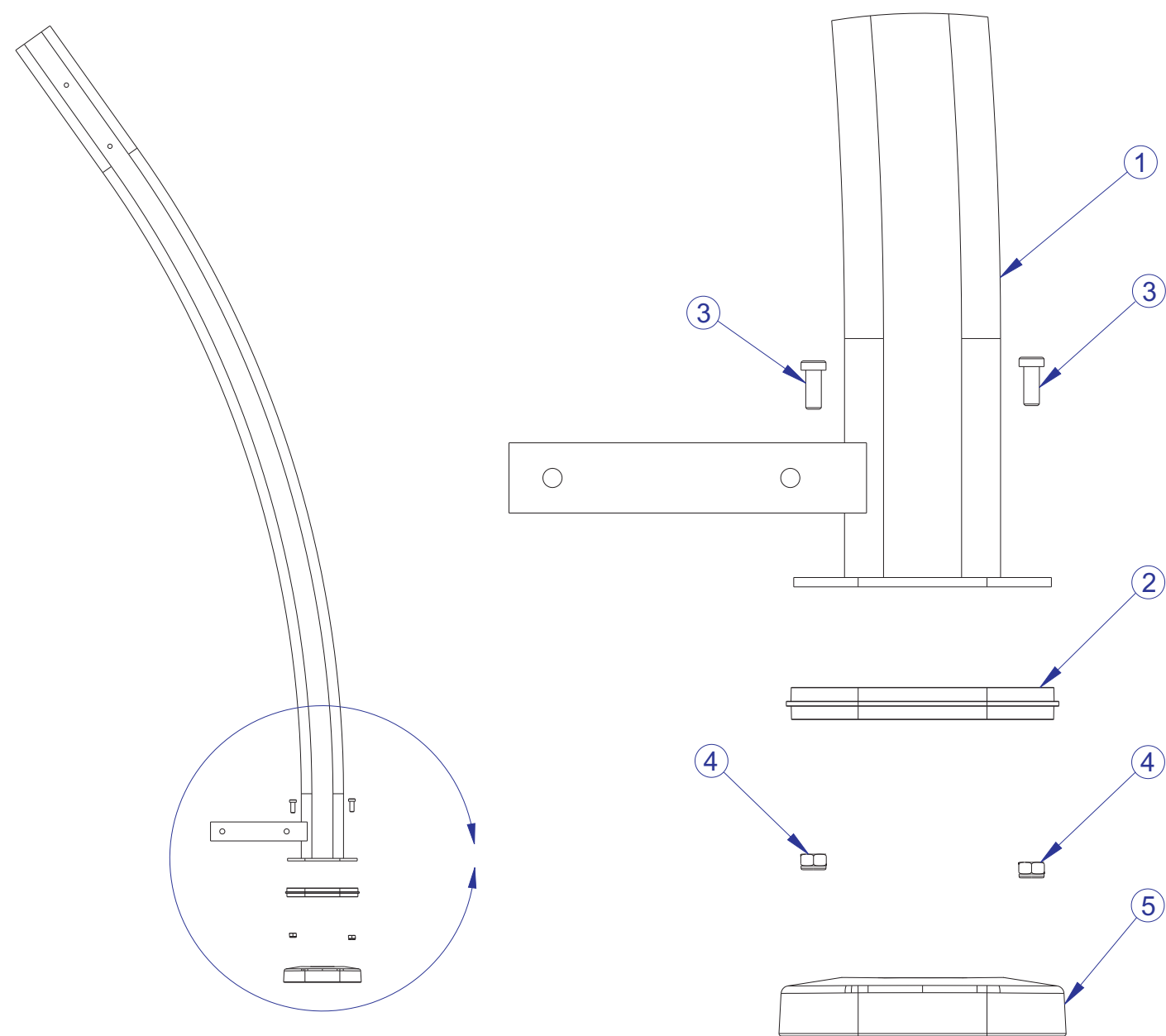
LFG5-003 G5 HOME GYM
LEFT BASE ASSEMBLY - 8350101



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8350101	ASSY, G5 BASE LEFT
2	1	8167401	CAP, 50x100x2.5

LFG5-003 G5 HOME GYM

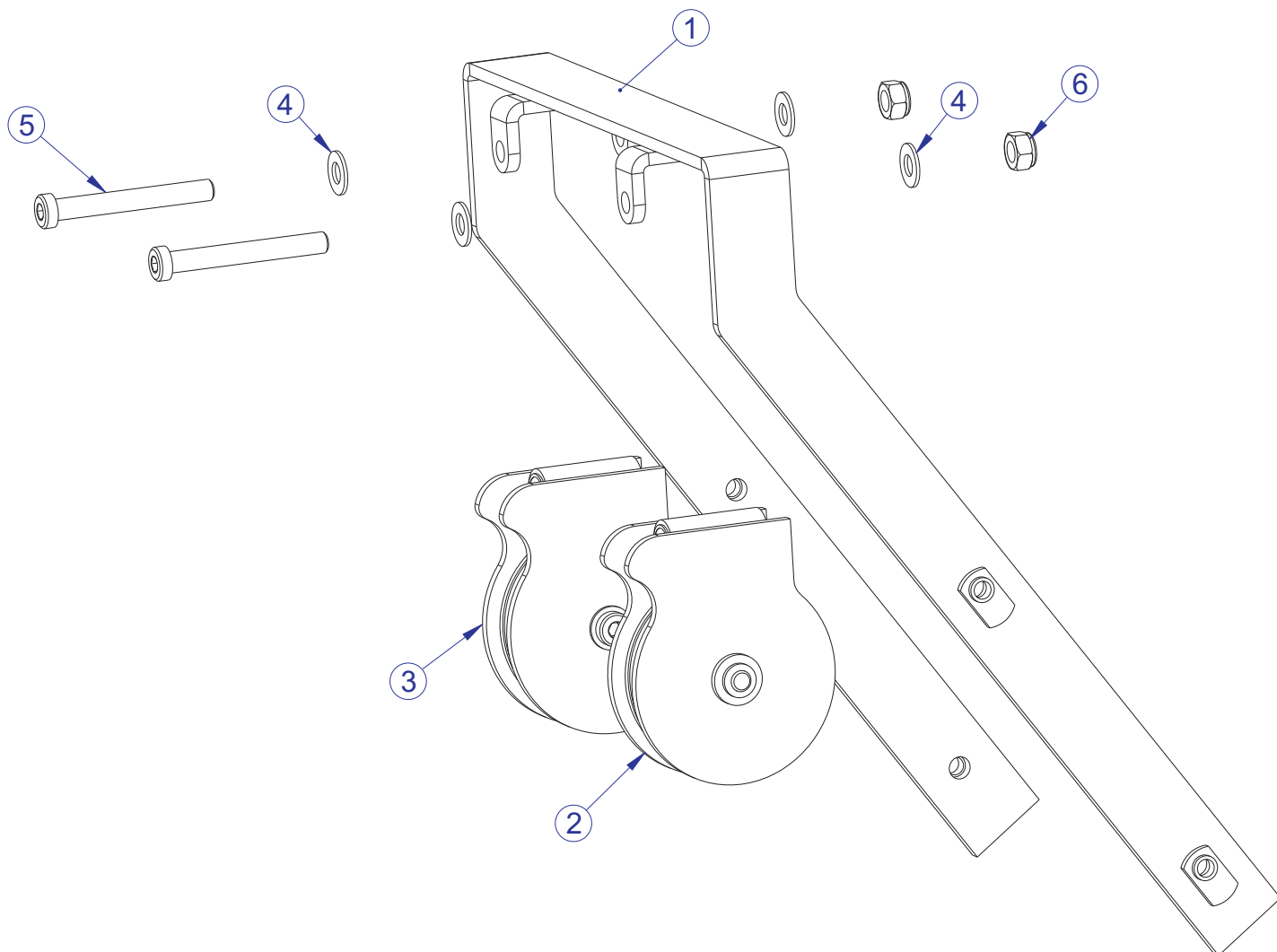
LEFT UPRIGHT ASSEMBLY - 8349901



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8349901	ASSY., G5 LEFT SIDE UPRIGHT
2	1	7763001	FOOT, 2.50 X 4.49 FLOV
3	2	3256202	SCREW, M10 X1.5 25MM
4	2	3242002	NUT, M10 X 1.5 HEX NYLOCK
5	1	8265301	COVER, FOOT - STRAIGHT

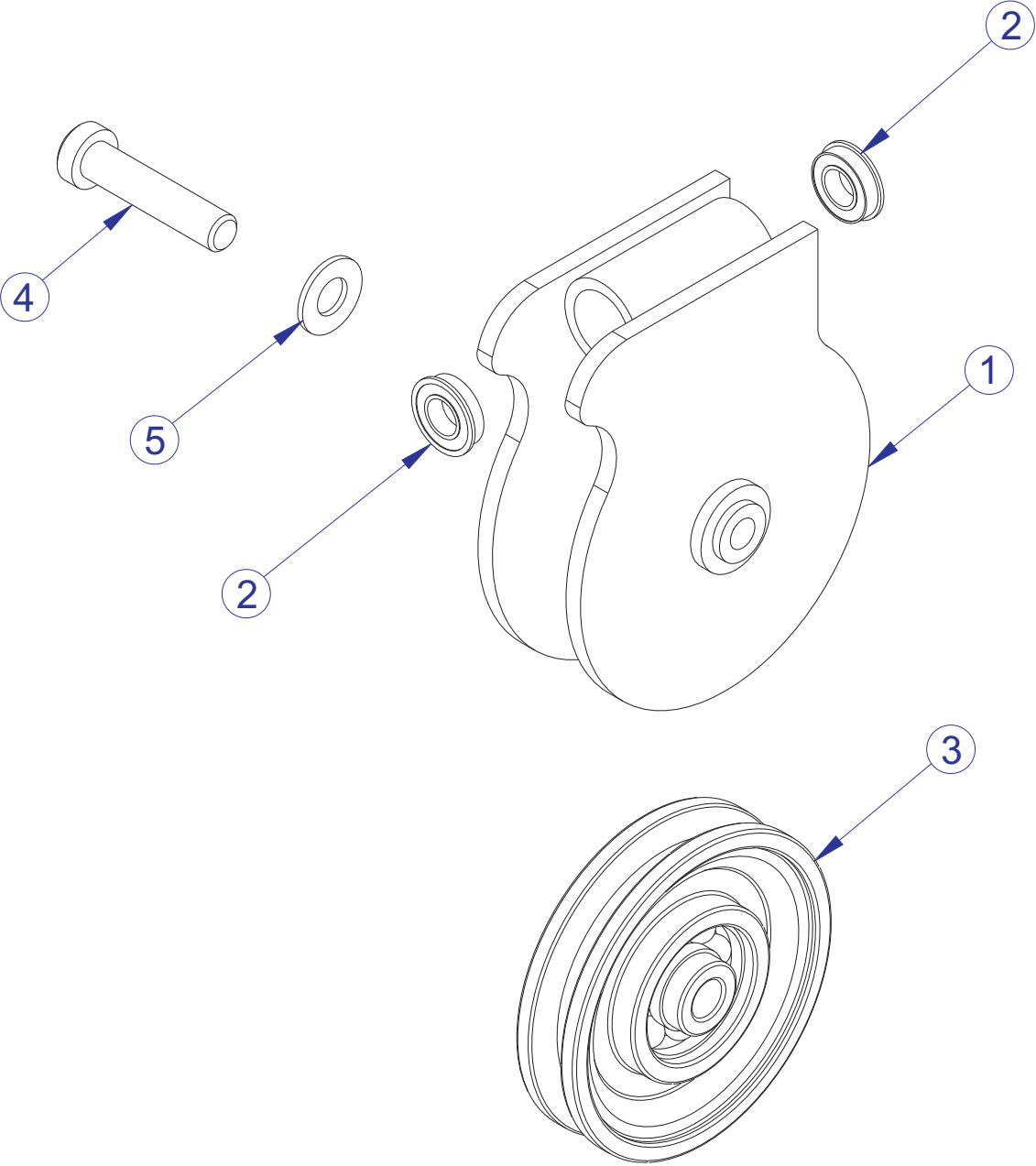
LFG5-003 G5 HOME GYM

UPPER SWIVEL PULLEY ASSEMBLY - 8349701



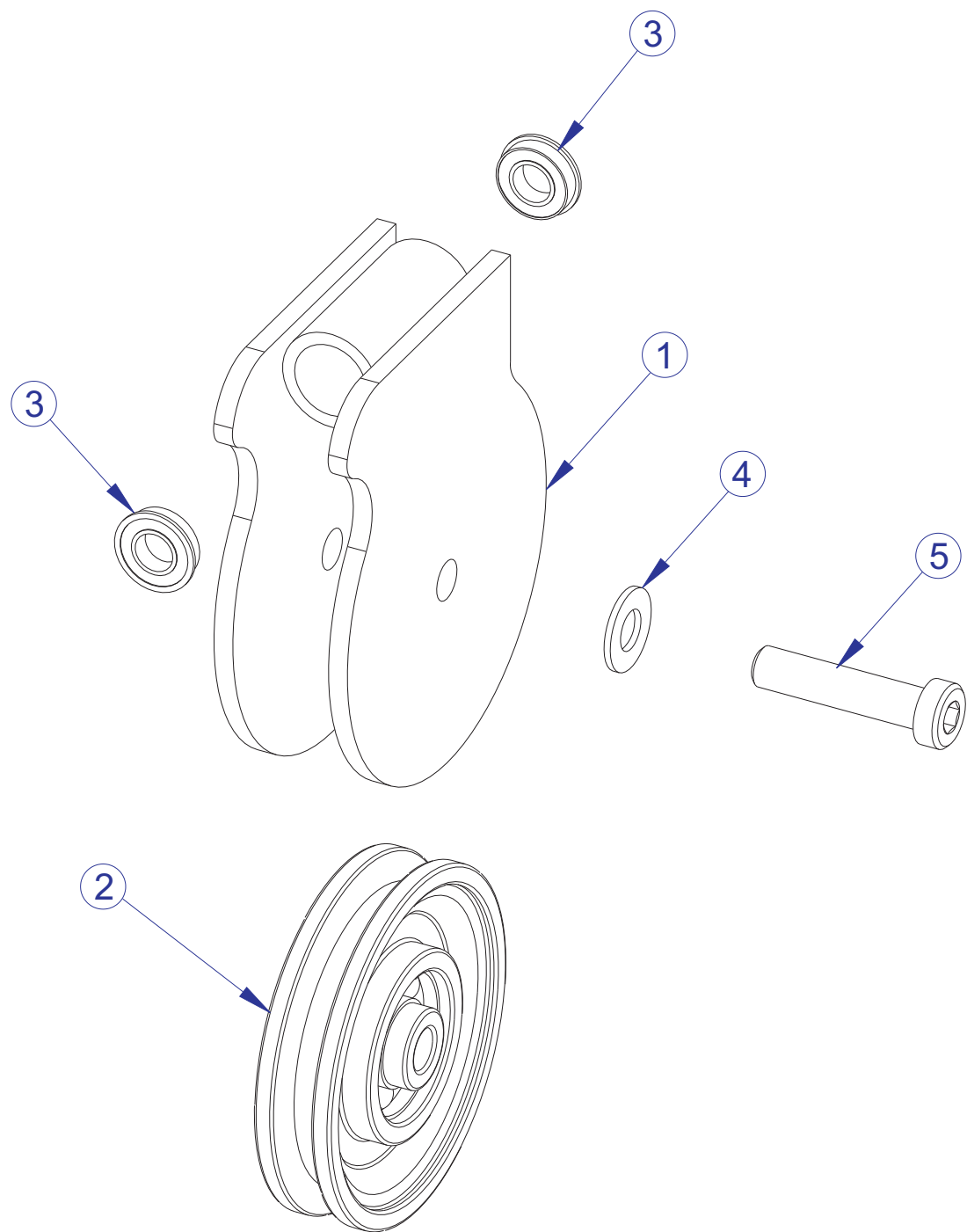
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8187501	WLDMT, UPPER PULLEY
2	1	8350601	ASSY, UPPER PULLEY RIGHT
3	1	8350701	ASSY, UPPER PULLEY LEFT
4	4	3102514	WASHER, FLAT 3/8" SAE ST ZN
5	2	3256213	SCREW, M10 X1.5 80MM
6	2	3242002	NUT, M10 X 1.5 HEX NYLOCK

LFG5-003 G5 HOME GYM
UPPER RIGHT PULLEY ASSEMBLY - 8350601



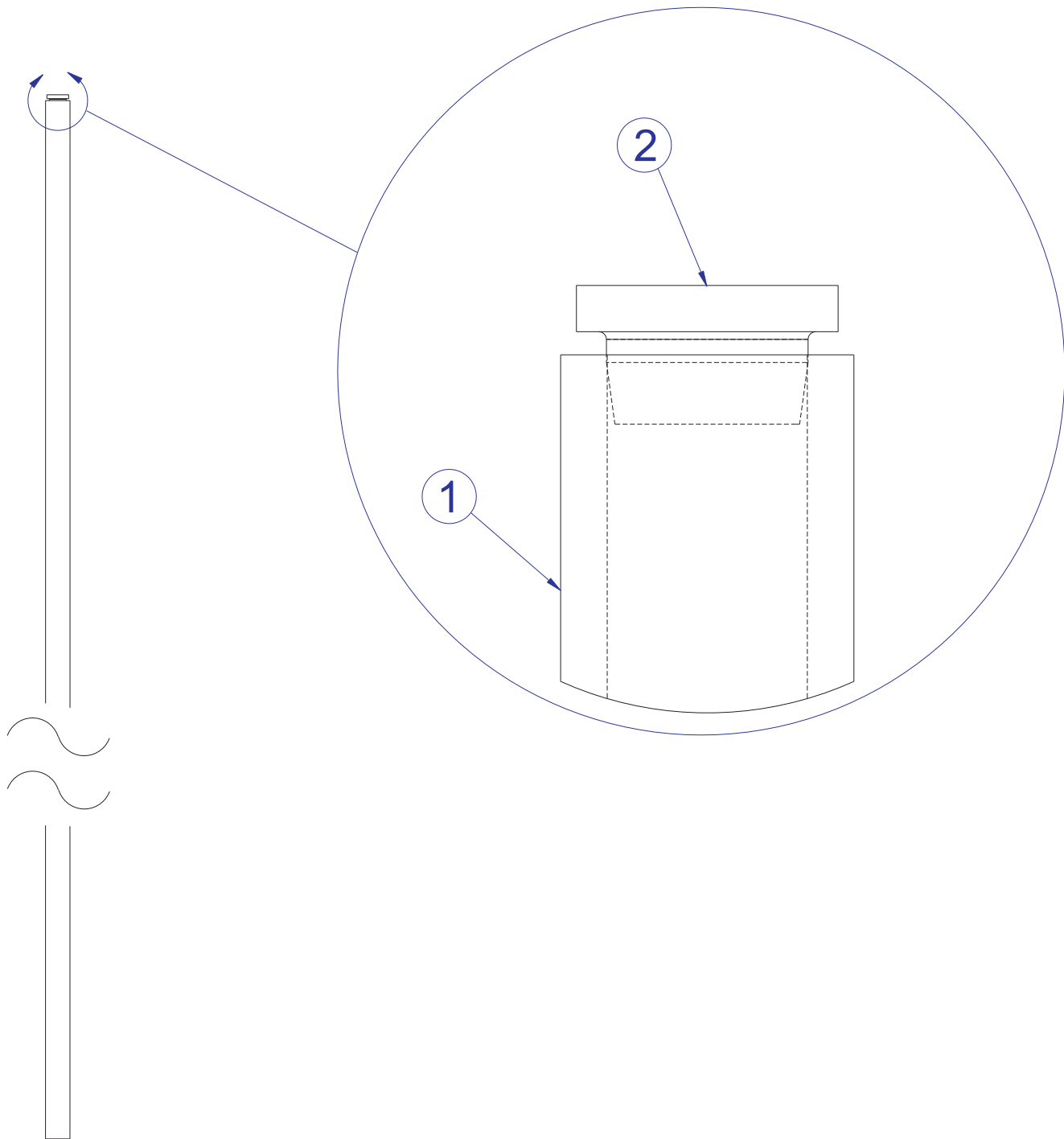
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8276501	WLDMT, UPPER SWIVEL PULLEY, RIGHT
2	2	3261501	BEARING, FLANGED BALL, 10MM ID X 19MM OD
3	1	3258301	PULLEY, 88.9 OD X 10 X 25.4
4	1	3256206	SCREW, M10 X1.5 45MM
5	1	3102514	WASHER, FLAT 3/8" SAE ST ZN

LFG5-003 G5 HOME GYM
UPPER LEFT PULLEY ASSEMBLY - 8350701



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8149501	WLDMT, UPPER SWIVEL PULLEY, LEFT
2	1	3258301	PULLEY, 88.9 OD X 10 X 25.4
3	2	3261501	BEARING, FLANGED BALL, 10MM ID X 19MM OD
4	1	3102514	WASHER, FLAT 3/8" SAE ST ZN
5	1	3256206	SCREW, M10 X1.5 45MM

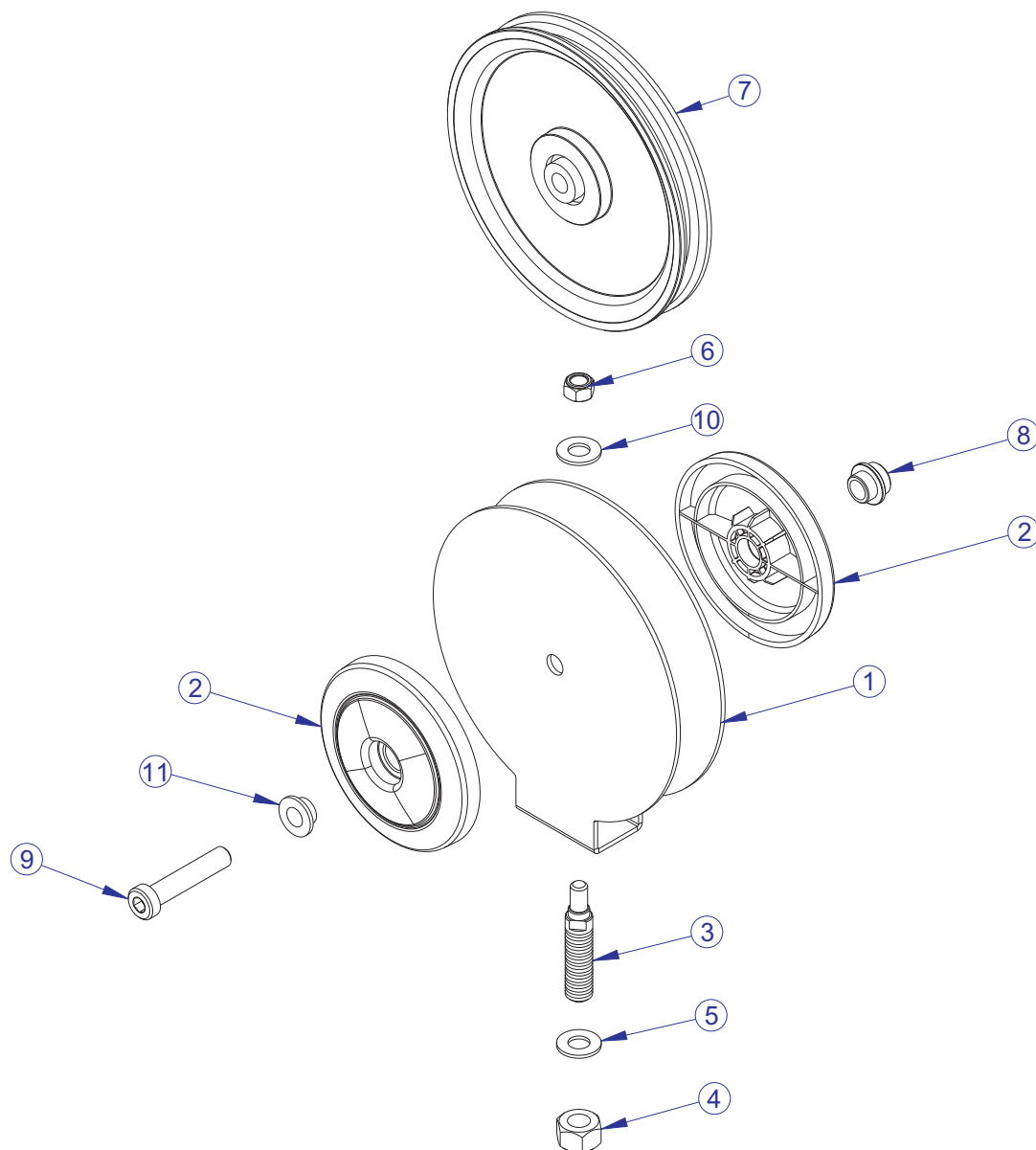
LFG5-003 G5 HOME GYM
GUIDE ROD ASSEMBLY - 8264702



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8166902	GUIDE ROD, HOLLOW, 19MM
2	1	8264601	PLUG, GUIDE ROD

LFG5-003 G5 HOME GYM

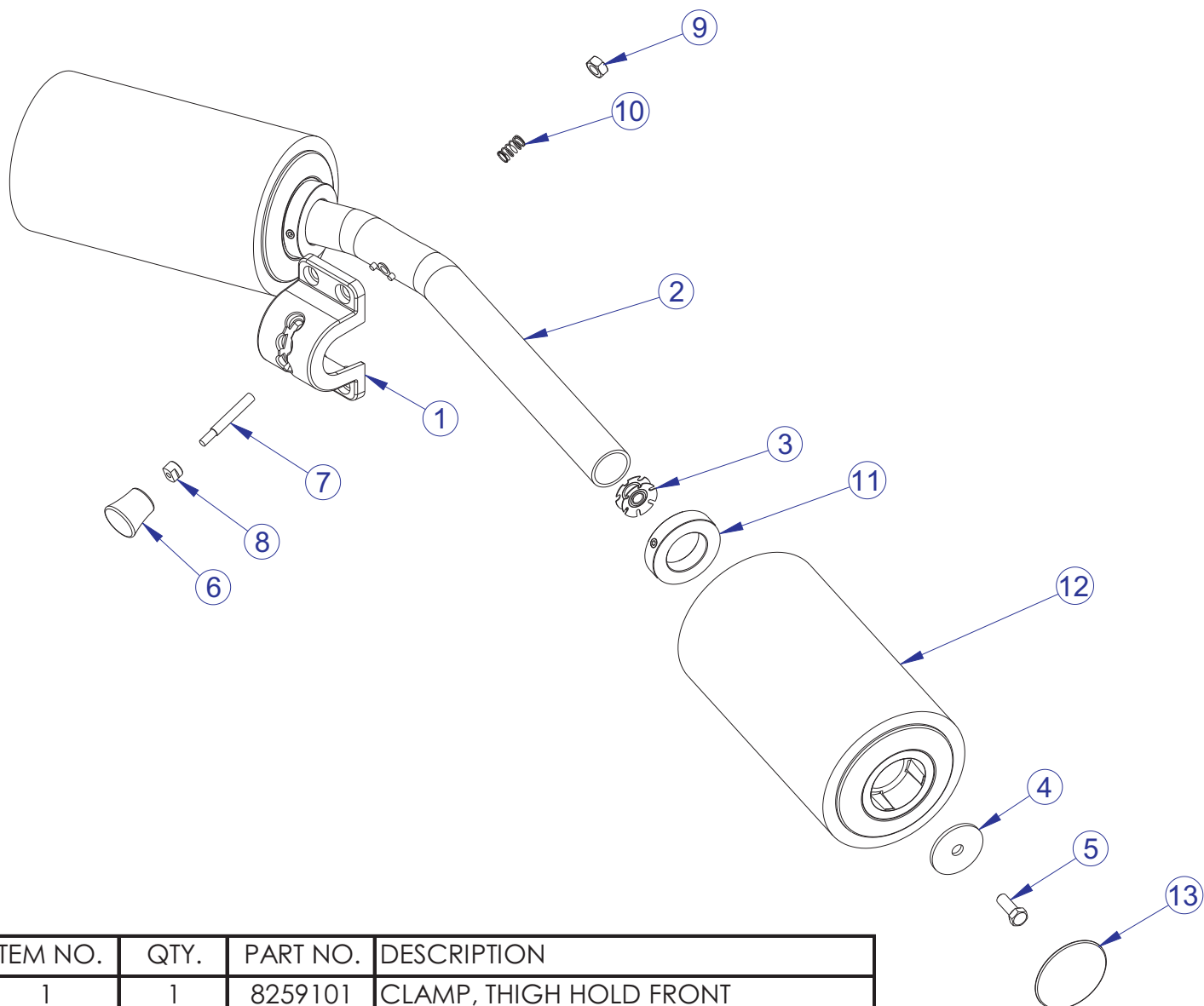
HEAD PLATE PULLEY ASSEMBLY - 8350401



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8288201	BRACKET, 6 PULLEY
2	2	8229001	COVER, PULLEY, FULL
3	1	8315701	THREADED PLUG, G5
4	1	3102702	NUT, HEX
5	1	3102514	WASHER, FLAT 3/8" SAE ST ZN
6	1	3242004	NUT, M8 X 1.25 HEX NYLOCK
7	1	3239601	PULLEY, 6" OD x 10MM ID
8	1	7335401	NUT, M10 X 1.5 SOCKET HEAD
9	1	3256207	SCREW, M10 X1.5 50MM
10	1	3102509	WASHER, FLAT 5/16 ID SAE ZN
11	1	7630101	RETAINER, CM/MJ, PULLEY

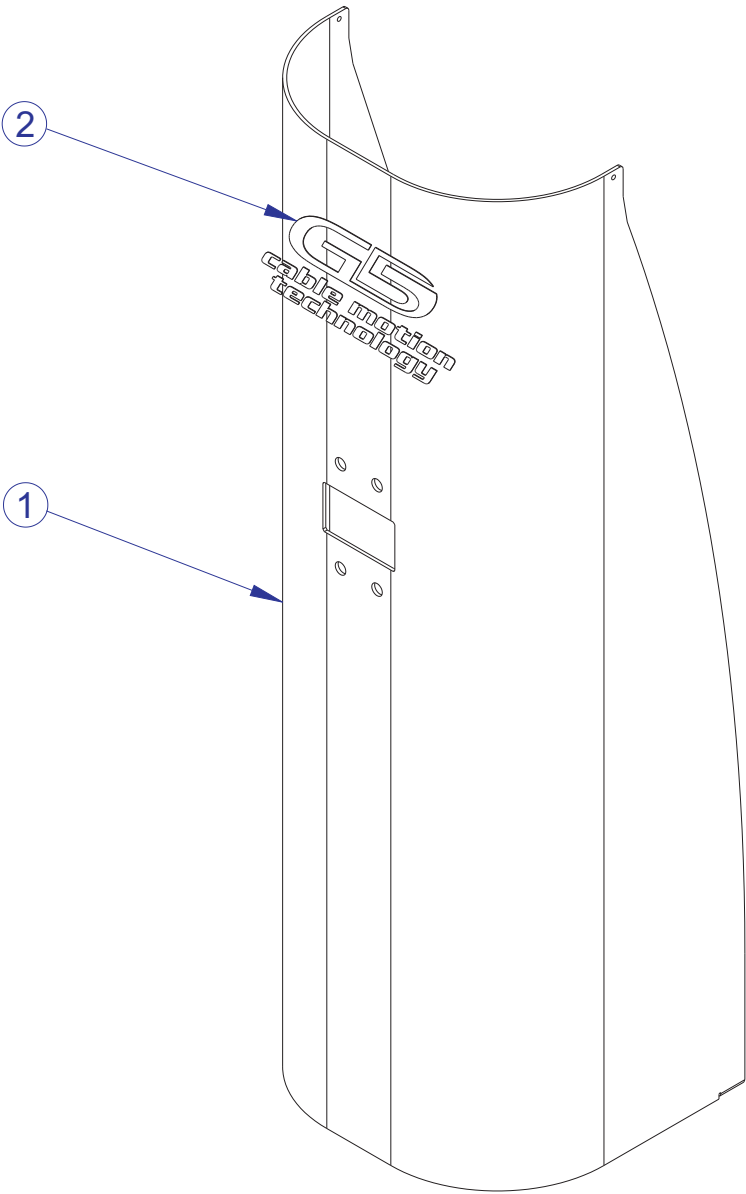
LFG5-003 G5 HOME GYM

THIGH HOLD DOWN ASSEMBLY - 8350501



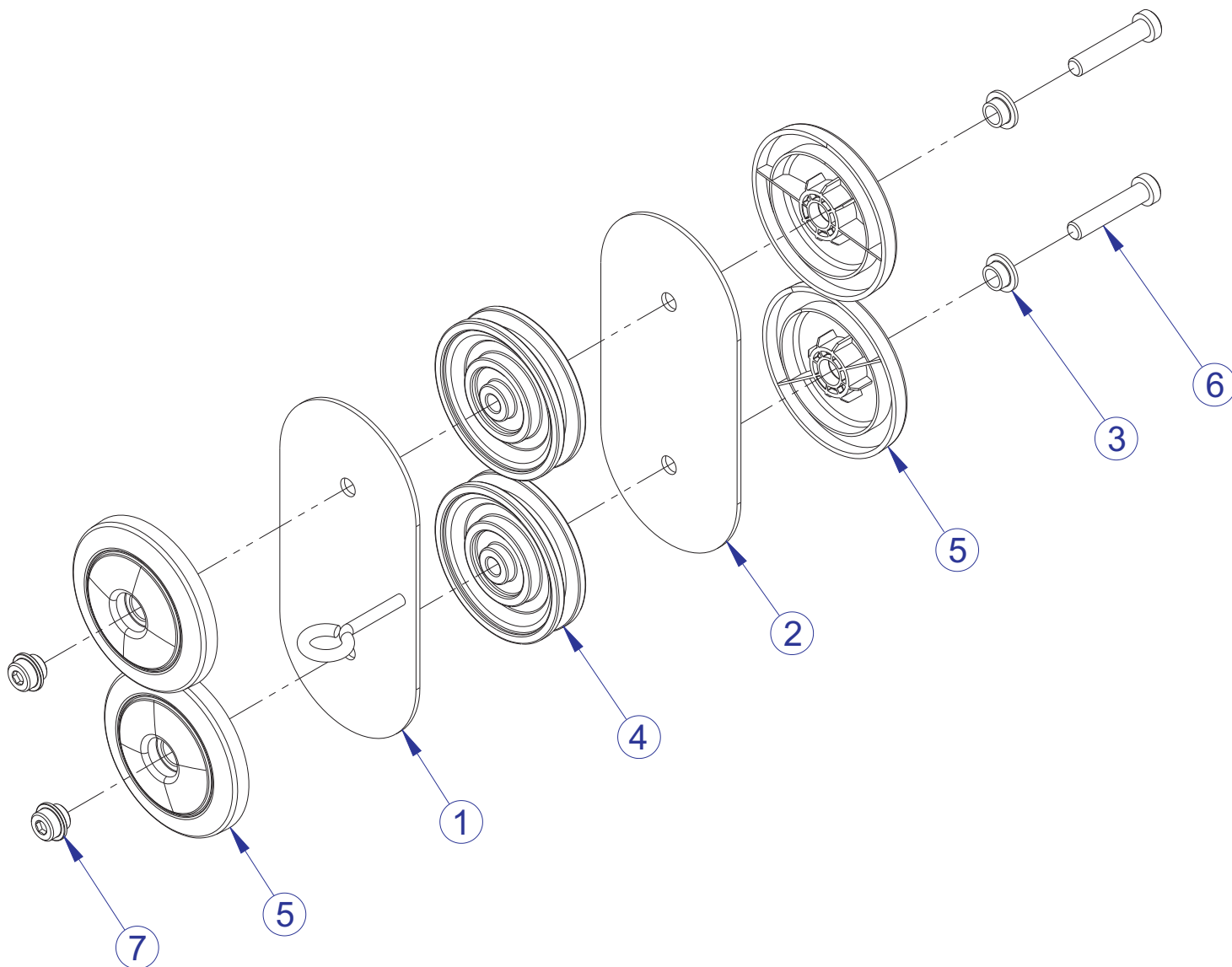
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8259101	CLAMP, THIGH HOLD FRONT
2	1	8263001	WLDMNT, THIGH HOLD TUBE
3	2	7621301	NUT, SPIDER 3/8-16
4	2	7322301	PLATE, 1.97 OD X .44 ID 10GA
5	2	3102909	.375 - 16 X 1.00 HEX HEAD BOLT
6	1	8263701	KNOB, TULIP STYLE
7	1	8322201	SHAFT, 8MM, THREADED ENDS
8	1	8263101	NUT, 1/4 - 20
9	1	3254703	NUT, M10 X 1.5 HEX ZINC
10	1	3264701	SRING, COMP, 11.6 X 0.99 X 22.2mm
11	2	7357901	SHAFT COLLAR, 1-1/2" ID ALUM
12	2	7424701	ASSY, ROLLER PAD - SHORT
13	2	7308701	CAP, BEARING HOUSING

LFG5-003 G5 HOME GYM
FRONT SHROUD ASSEMBLY - 8317801



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8317801	ASSY., FRONT SHROUD
2	1	7762801	LABEL, G5 CM TECHNOLOGY

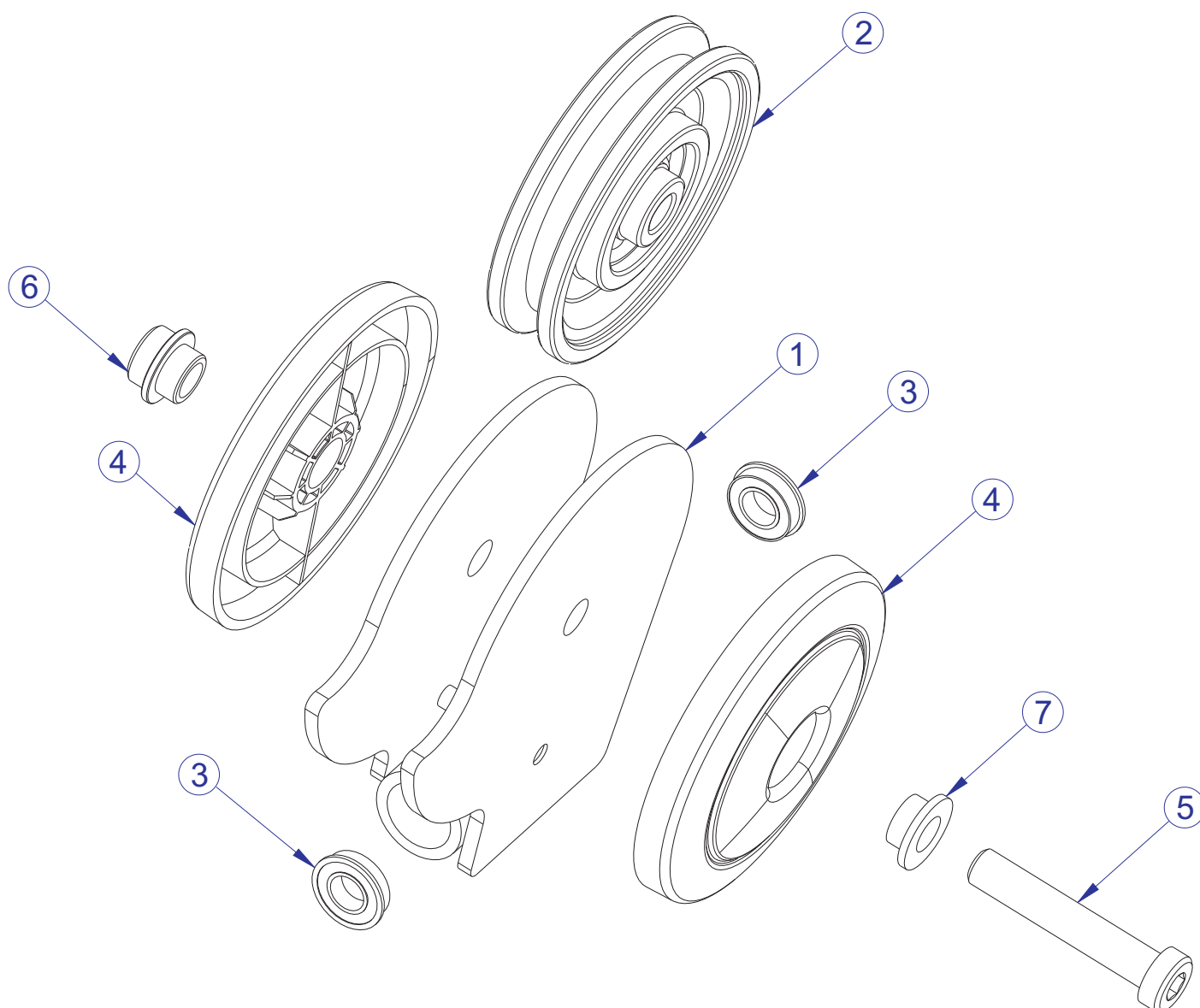
LFG5-003 G5 HOME GYM FLOATING PULLEY ASSEMBLY - 8264801



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8265001	WLDMT, G5, FLOATING PULLEY
2	1	8264901	SHEET, FLOATING
3	2	7630101	RETAINER, CM/MJ, PULLEY
4	2	3258301	PULLEY, 88.9 OD X 10 X 25.4
5	4	8229001	COVER, PULLEY, FULL
6	2	3256207	SCREW, M10 X1.5 50MM
7	2	7335401	NUT, M10 X 1.5 SOCKET HEAD

LFG5-003 G5 HOME GYM

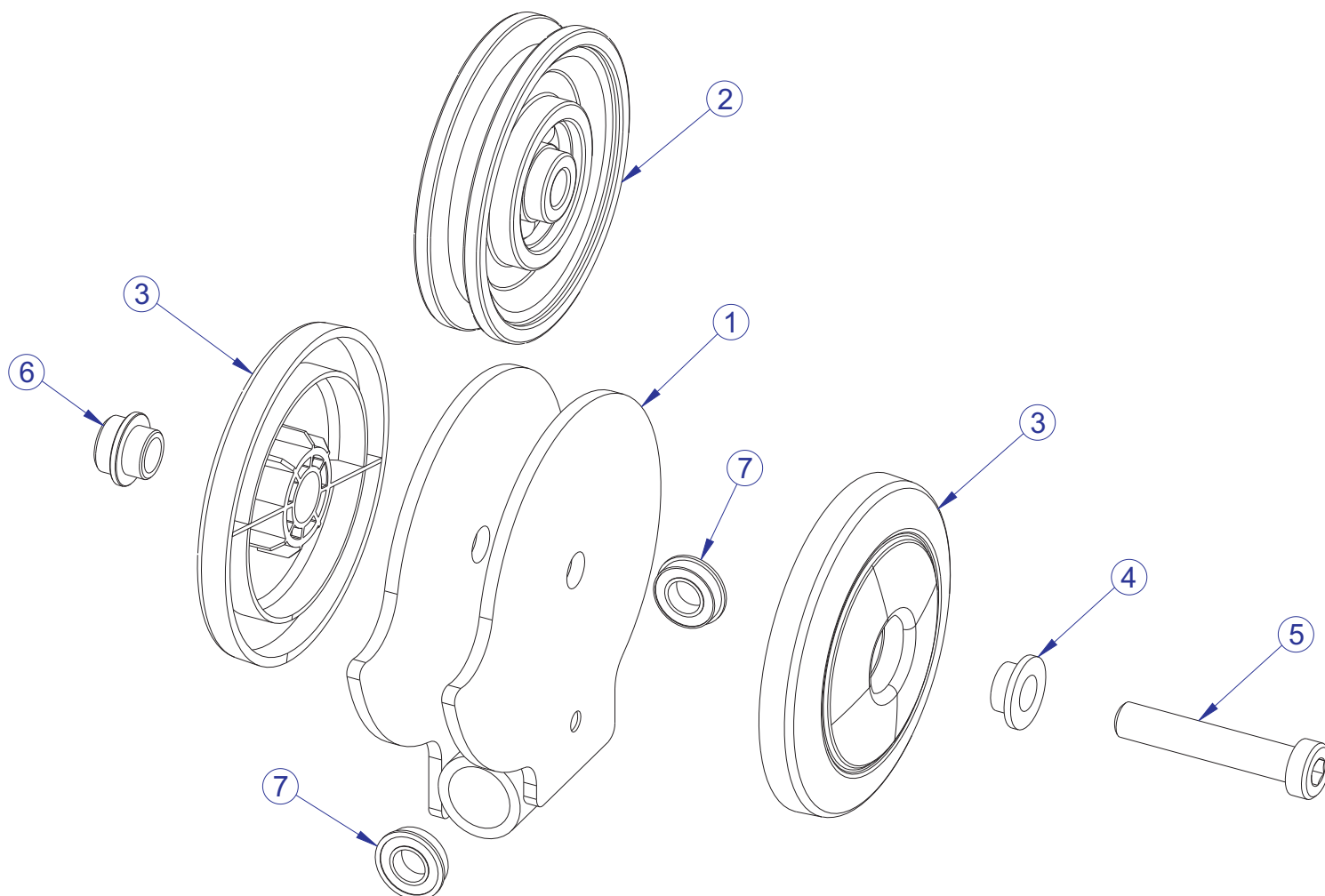
LOWER RIGHT PULLEY ASSEMBLY - 8350201



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8258701	WLDMNT, LOWER SWIVEL PULLEY, RIGHT
2	1	3258301	PULLEY, 88.9 OD X 10 X 25.4
3	2	3261501	BEARING, FLANGED BALL, 10MM ID X 19MM OD
4	2	8229001	COVER, PULLEY, FULL
5	1	3256208	SCREW, M10 X1.5 55MM
6	1	7335401	NUT, M10 X 1.5 SOCKET HEAD
7	1	7630101	RETAINER, CM/MJ, PULLEY

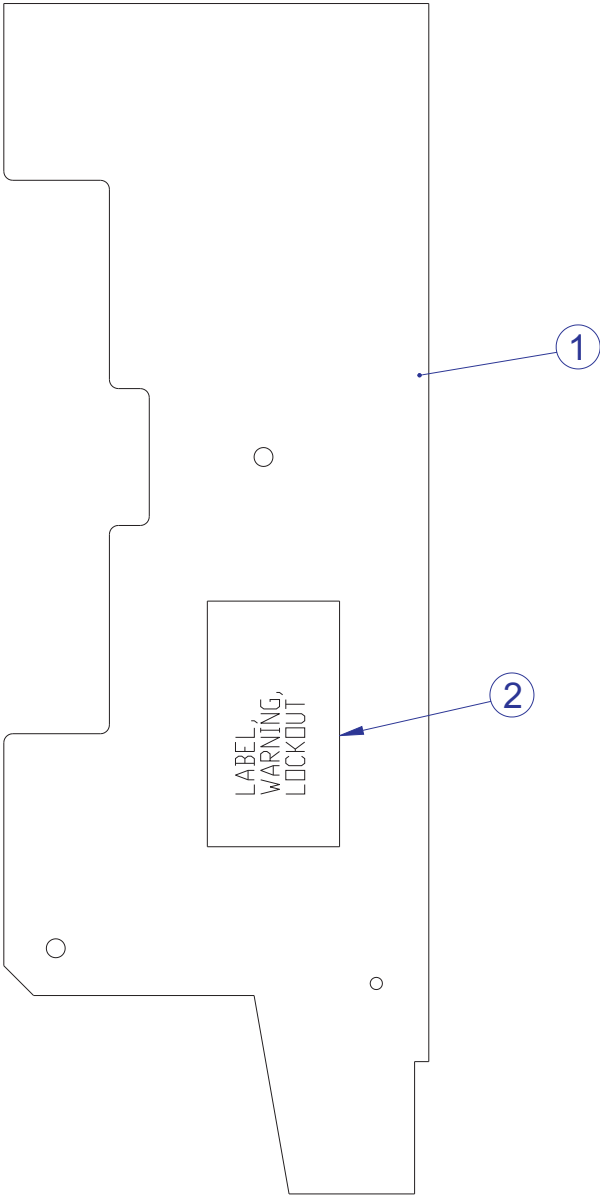
LFG5-003 G5 HOME GYM

LOWER LEFT PULLEY ASSEMBLY - 8350301



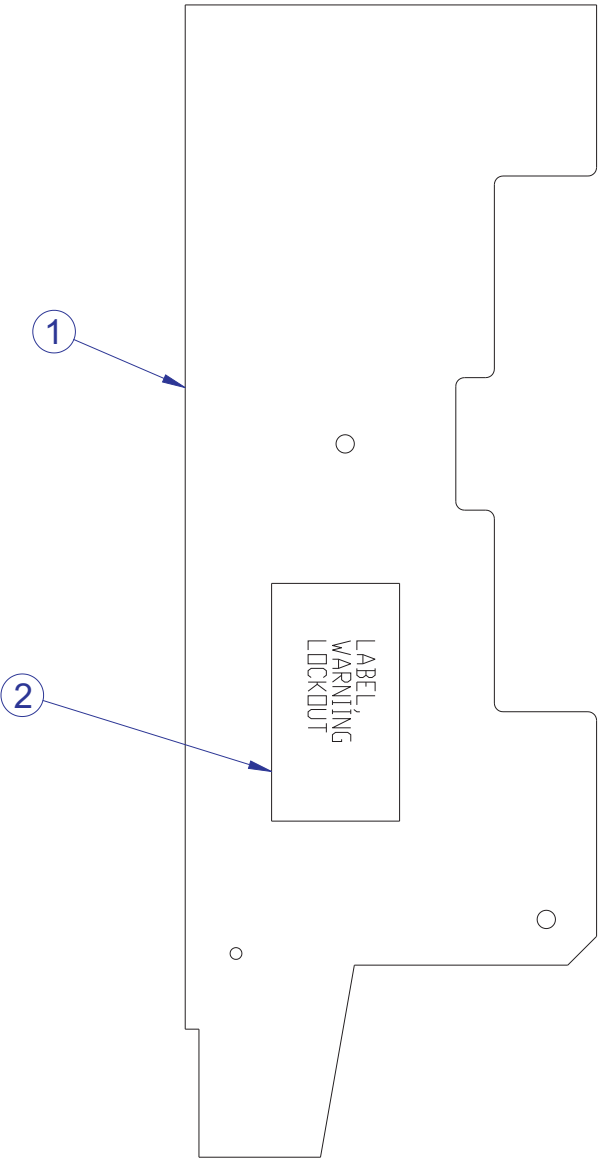
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8258601	WLDMNT, LOWER SWIVEL PULLEY, LEFT
2	1	3258301	PULLEY, 88.9 OD X 10 X 25.4
3	2	8229001	COVER, PULLEY, FULL
4	1	7630101	RETAINER, CM/MJ, PULLEY
5	1	3256208	SCREW, M10 X1.5 55MM
6	1	7335401	NUT, M10 X 1.5 SOCKET HEAD
7	2	3261501	BEARING, FLANGED BALL, 10MM ID X 19MM OD

LFG5-003 G5 HOME GYM
RIGHT BOTTOM PLATE ASSEMBLY - 8344601



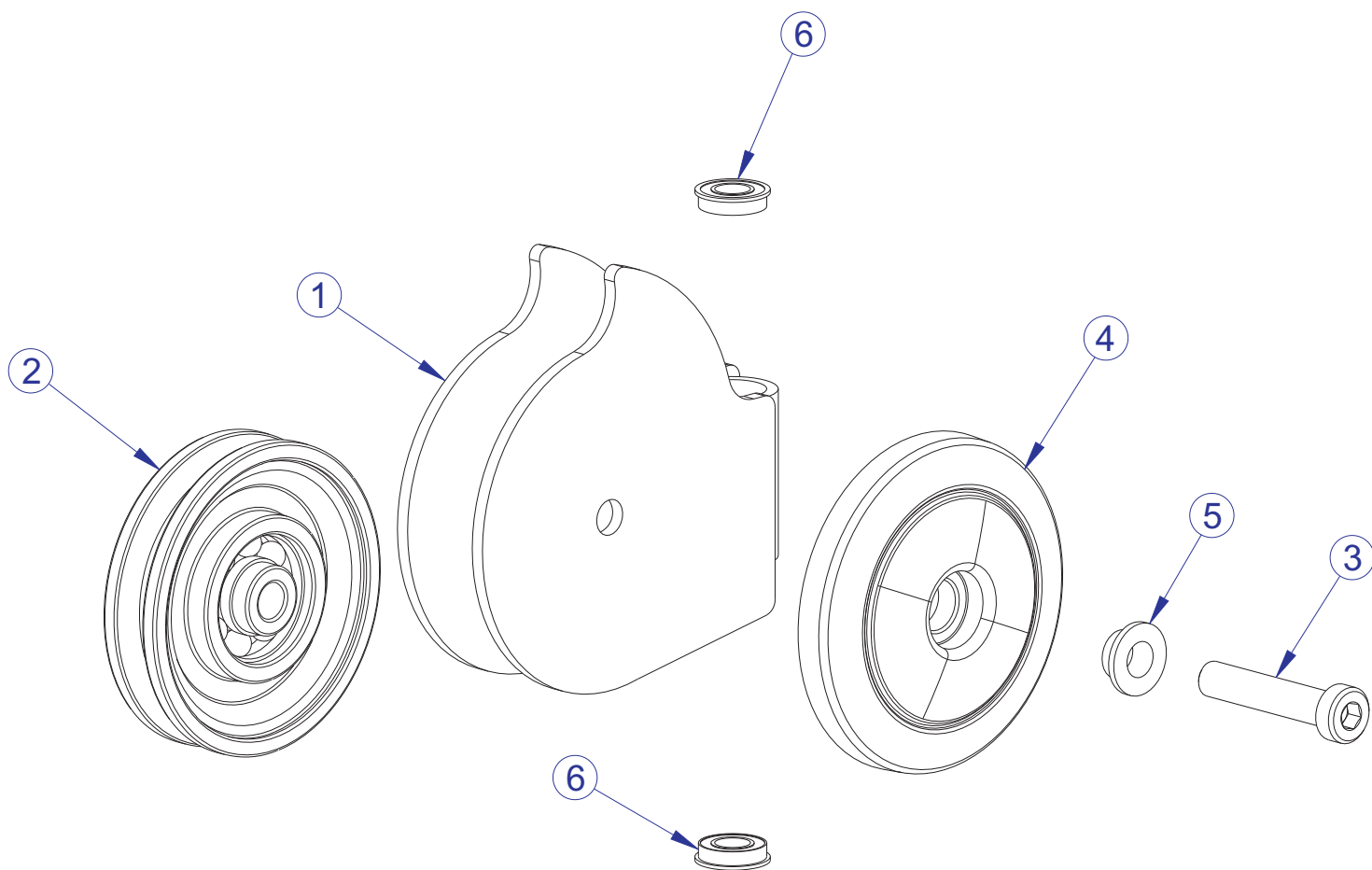
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8344601	PLATE ASSY. , REAR BOTTOM
2	1	8326901	LABEL, WARNING, LOCK OUT

LFG5-003 G5 HOME GYM
LEFT BOTTOM PLATE ASSEMBLY - 8344501



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8344501	PLATE ASSY., REAR BOTTOM
2	1	8326901	LABEL, WARNING, LOCK OUT

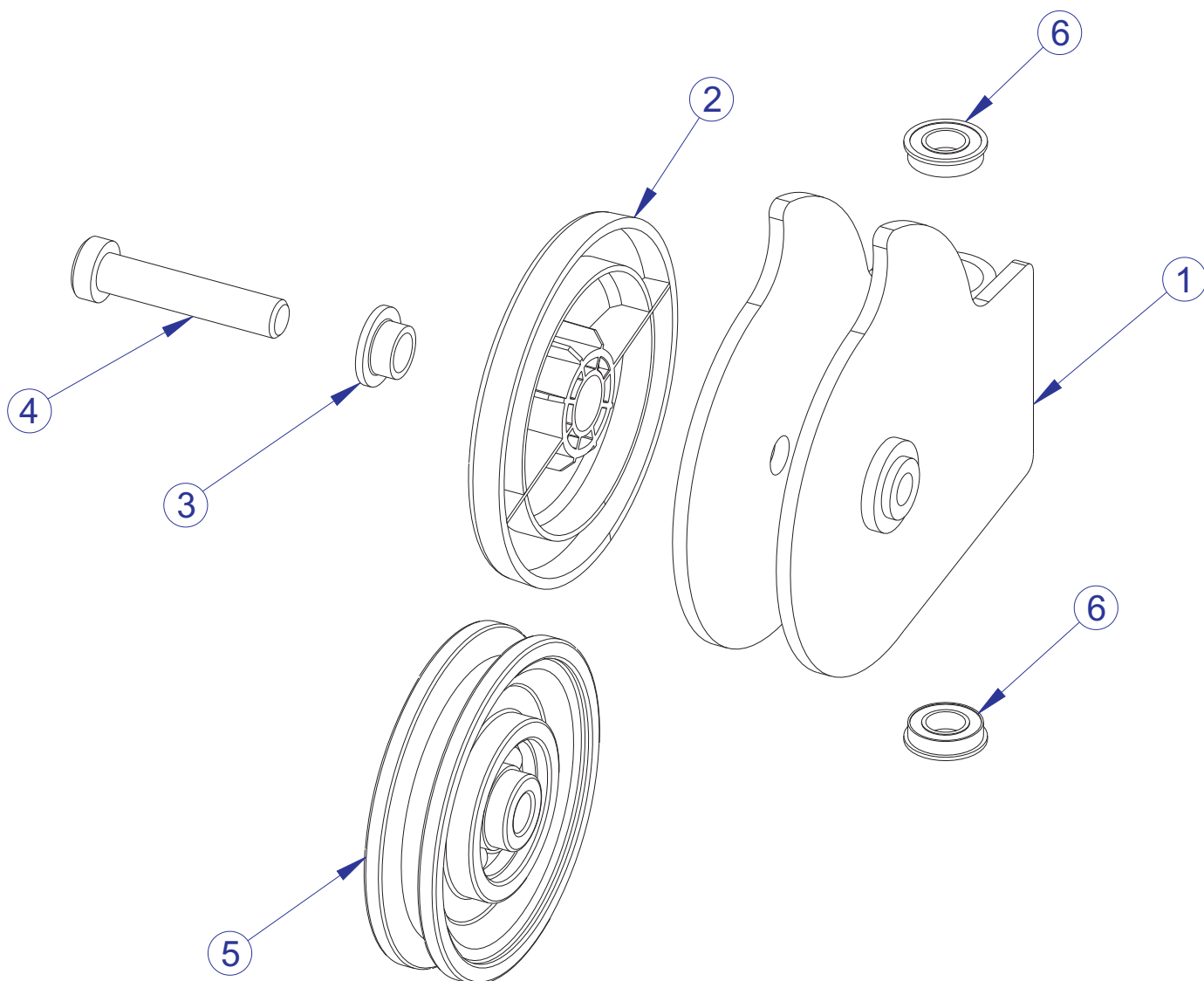
LFG5-003 G5 HOME GYM
RIGHT MID PULLEY ASSEMBLY - 8350801



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8206101	WLDMNT, MID SWIVEL PULLEY, RIGHT
2	1	3258301	PULLEY, 88.9 OD X 10 X 25.4
3	1	3256207	SCREW, M10 X1.5 50MM
4	1	8229001	COVER, PULLEY, FULL
5	1	7630101	RETAINER, CM/MJ, PULLEY
6	2	3261501	BEARING, FLANGED BALL, 10MM ID X 19MM OD

LFG5-003 G5 HOME GYM

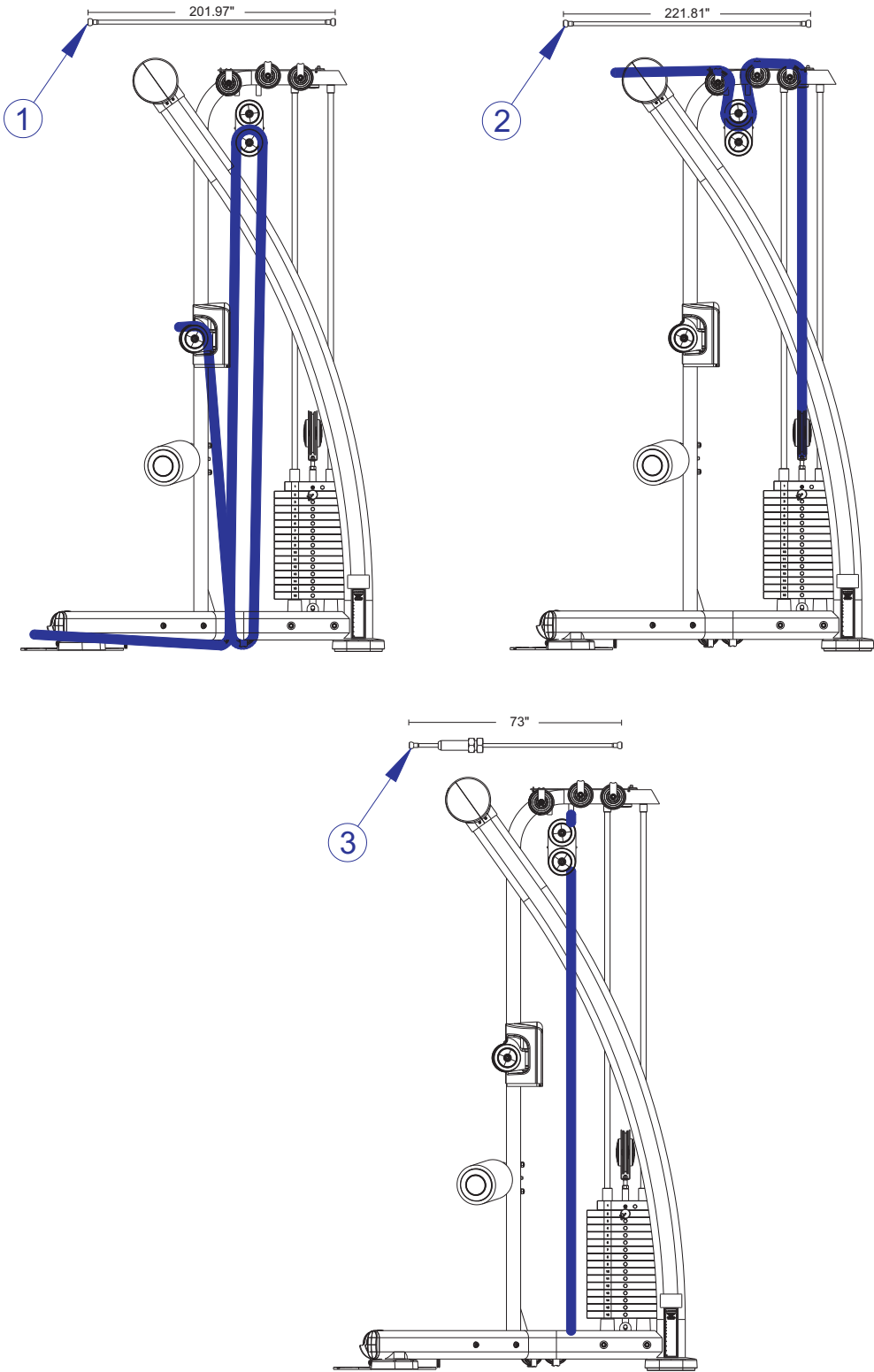
LEFT MID PULLEY ASSEMBLY - 8350901



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8149401	WLDMNT, MID SWIVEL PULLEY, LEFT
2	1	8229001	COVER, PULLEY, FULL
3	1	7630101	RETAINER, CM/MJ, PULLEY
4	1	3256207	SCREW, M10 X1.5 50MM
5	1	3258301	PULLEY, 88.9 OD X 10 X 25.4
6	2	3261501	BEARING, FLANGED BALL, 10MM ID X 19MM OD

LFG5-003 G5 HOME GYM

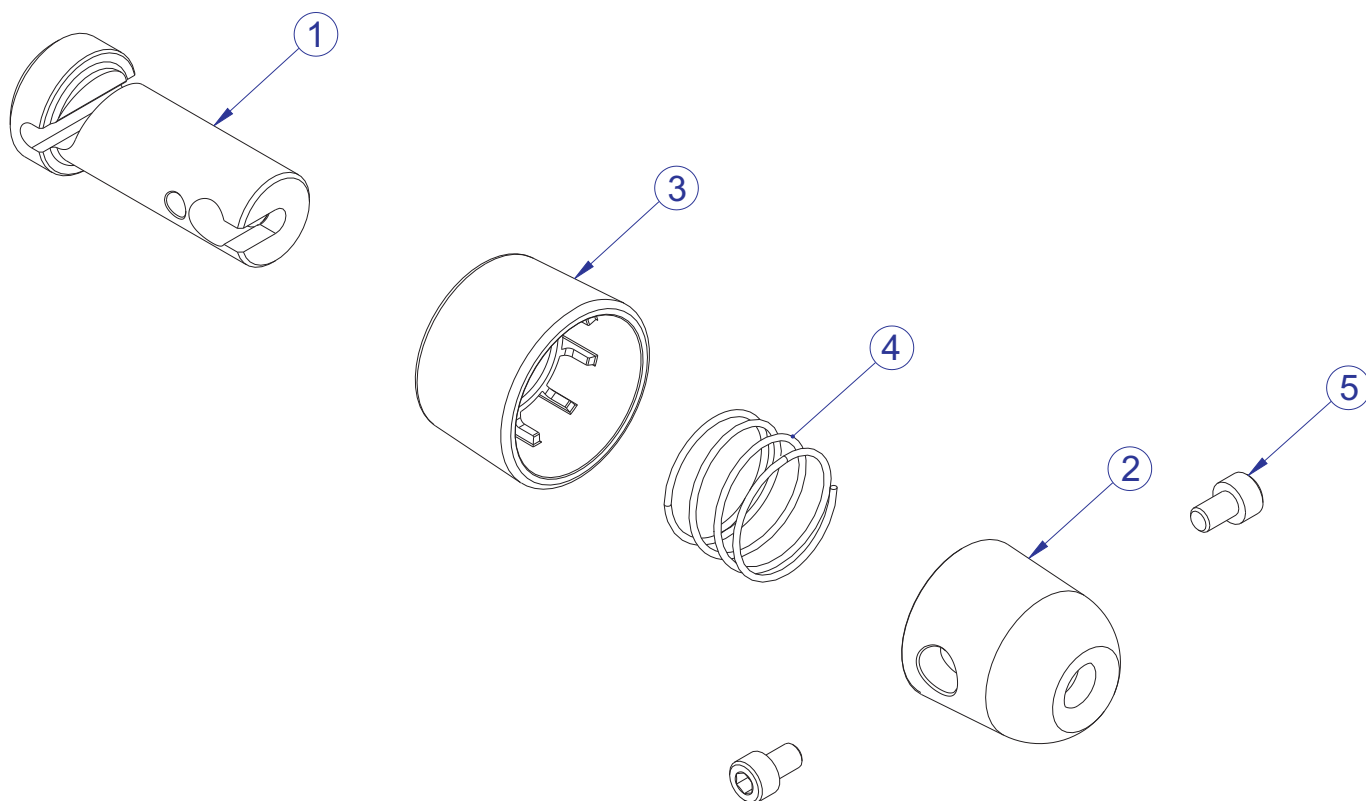
CABLES



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	8285901	CABLE, BS-BS, T2 X 5130MM
2	1	8285902	CABLE, BS-BS, T2, X 5634MM
3	2	8286101	CABLE, BS-TP1, T2, 73

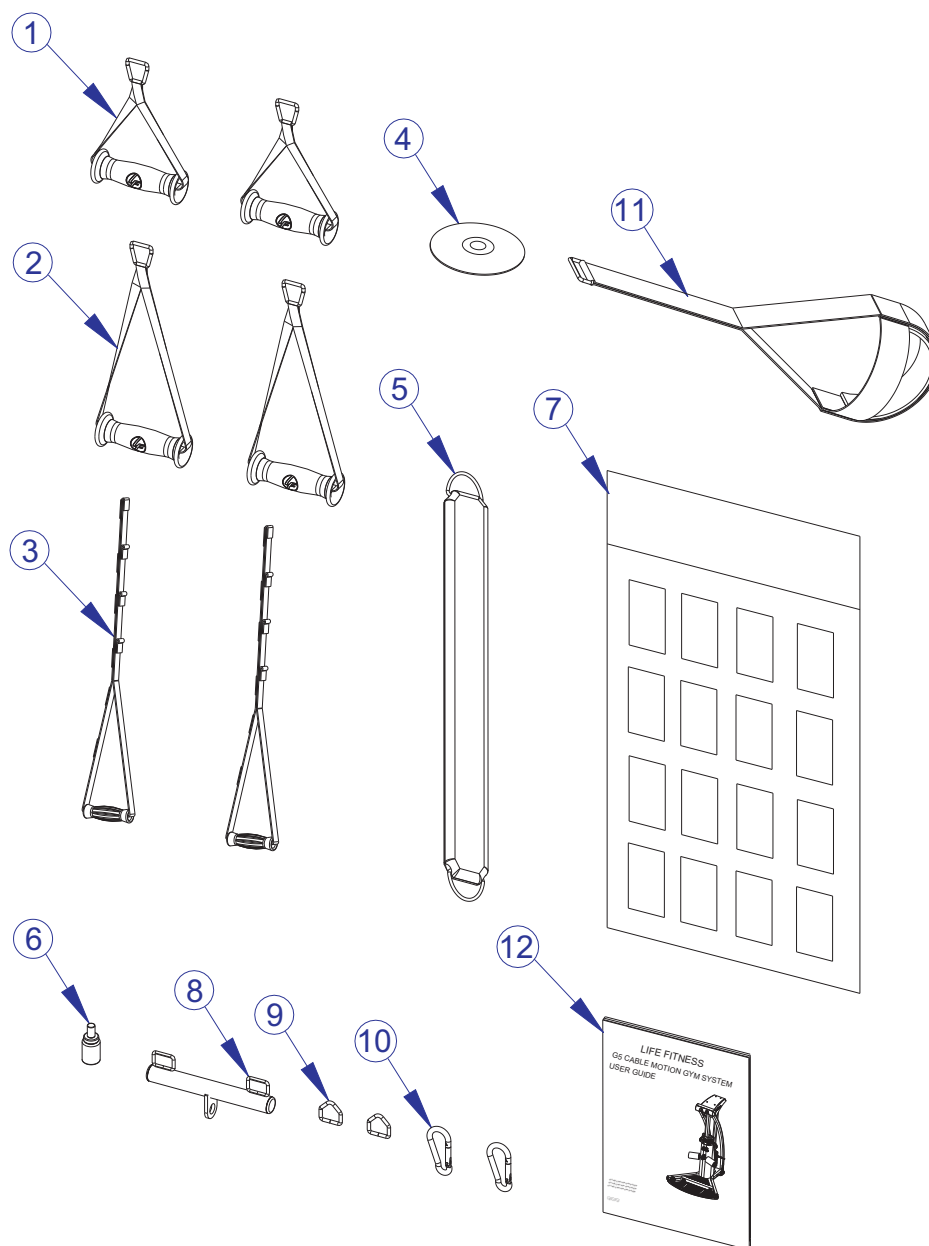
LFG5-003 G5 HOME GYM

QUICK CONNECT ASSEMBLY - 7872601



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

LFG5-003 G5 HOME GYM SUPPLIED ACCESSORIES

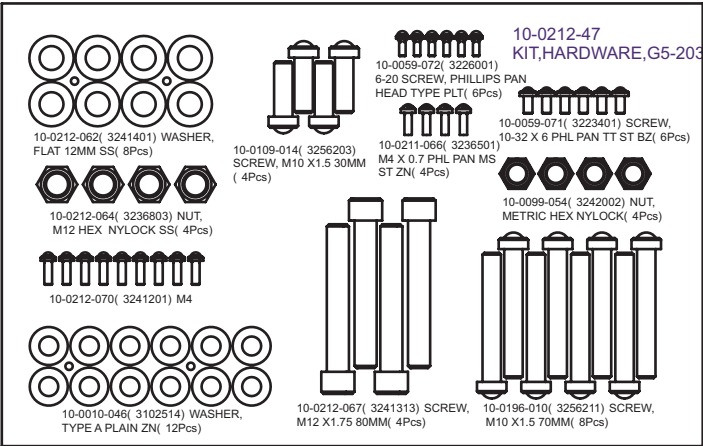


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	8140701	HANDLE AND STRAP ASSY 7 INCH STRAP
2	2	8140702	HANDLE AND STRAP ASSY 12 INCH STRAP
3	2	7745501	HANDLE, STRAP ADJUSTABLE
4	1	8289001	DVD, G5
5	1	8288601	ASSY THIGH STRAP
6	1	8395501	TOUCH-UP PAINT, PLATINUM
7	1	8289101	WALL CHART, G5
8	1	8288001	WLDMT, ACCESSORY BAR
9	2	7944401	RING, UNIVERSAL ADAPTER
10	2	3103801	LINK, SNAP 5/16 DIA
11	1	7745801	HANDLE, STRAP FOOT
12	1	8289201	USER'S MANUAL ASSY. INSTRUCTIONS, G5

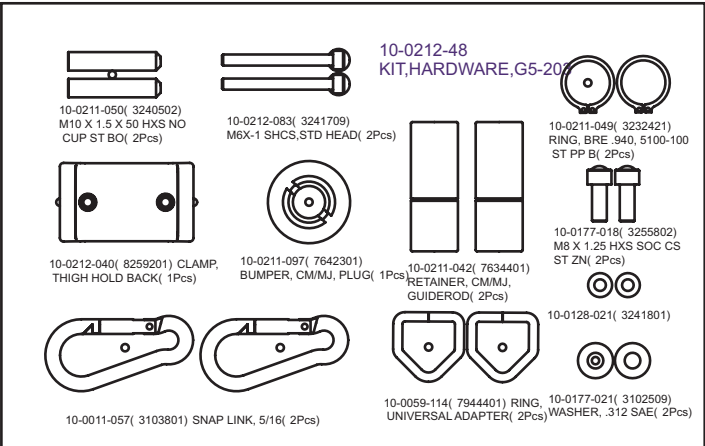
IF HARDWARE BAG/S ARE MISSING AT INSTALL,
ORDER NEEDED HARDWARE BAG/S:

8548001 KIT, BLISTER PACK SET G5
(Includes both packs shown below)

8345501



8345601



QTY.	PART NO.	DESCRIPTION
1	8345501	G5 BLISTER PACK 1 10-0212-47
1	8345601	G5 BLISTER PACK 2 10-0212-48

LFG5-003 G5 HOME GYM IMAGE



LFADJ-002 BENCH NOT INCLUDED

LFG5-003 G5 HOME GYM

SPEC PAGE

ITEM CODE

LFG5-003

PACKAGING

BOX 1: LFG5-103

WEIGHT: 247 Lbs.

DIMENSIONS: 87" L x 54" W x 12" H

BOX 2: LFG5-203

WEIGHT: 245 Lbs.

DIMENSIONS: 87" L x 53" W x 12.5" H

BOXED WEIGHT PLATES: 7954901 (Qty. 3)

WEIGHT: 49 Lbs.

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

FRAME COLOR

PLATINUM

PAD COLOR

BLACK

CABLE RATIO - 100% (1:1)

ASSEMBLED DIMENSIONS (without optional bench)

MACHINE WEIGHT: 635 Lbs. (289.85 Kg.)

SIZE: 89" L (226cm) x 54" W (137cm) x 83" H (211cm)

LIVE AREA: 100" L (254cm) x 77" W (77cm) x 83H (210cm)

OPTIONAL ITEMS

LFADJ-002 Adjustable Bench

ASSEMBLED DIMENSIONS (with optional bench)

SIZE: 128" L (325cm) x 54" W (137cm) x 83" H (211cm)

LIVE AREA: 128" L (254cm) x 77" W (77cm) x 83H (210cm)