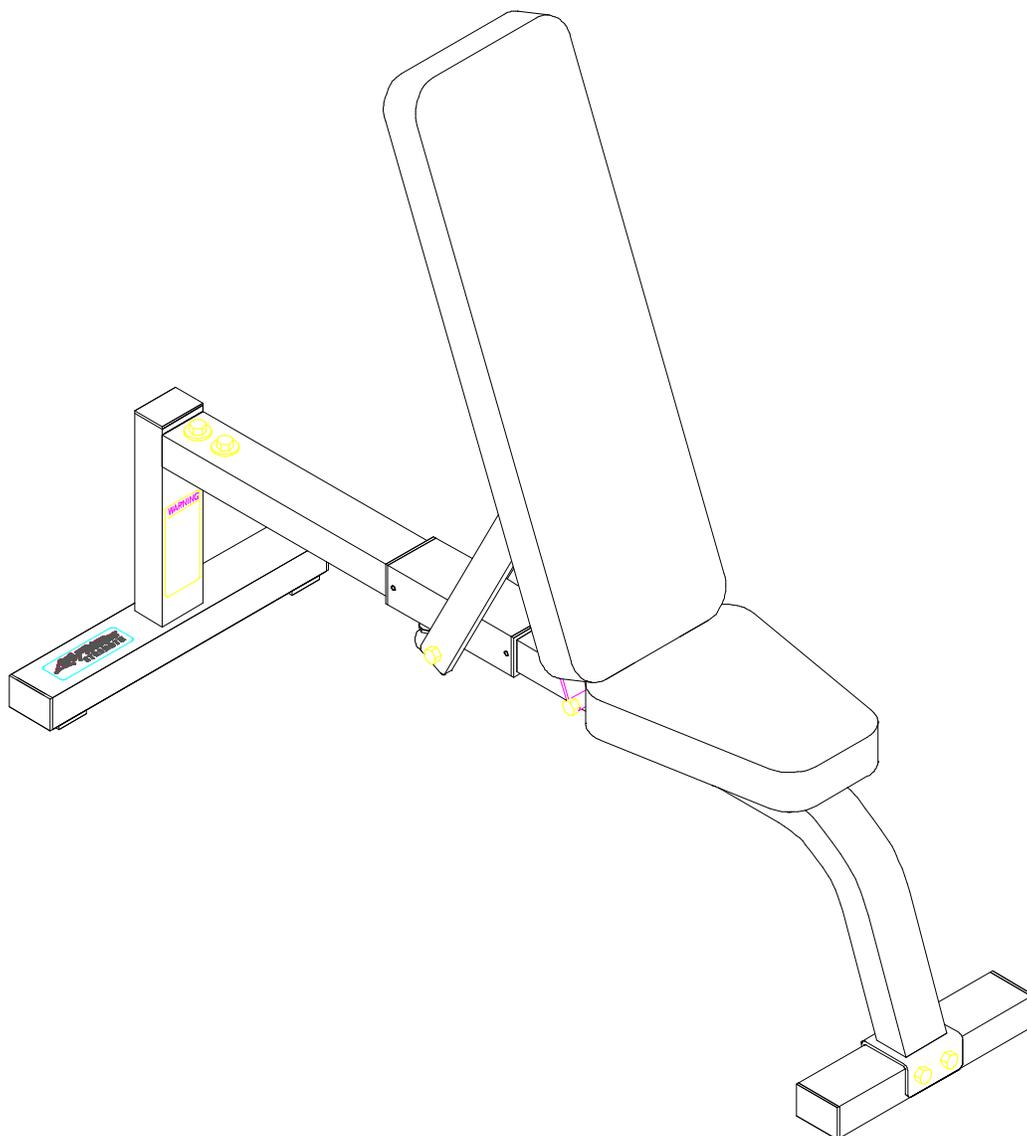


# **LIFE FITNESS**

## **STRENGTH**

### **8115 FLAT & INCLINE BENCH**

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### **ASSEMBLY INSTRUCTIONS**



**IMPORTANT NOTES**

**Please note:**

- \* Thank you for purchasing the LIFE FITNESS 8115 FLAT & INCLINE BENCH. 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:

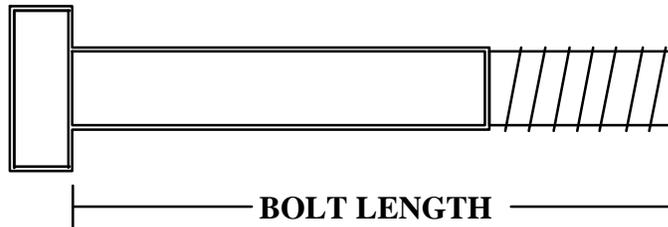
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your 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**

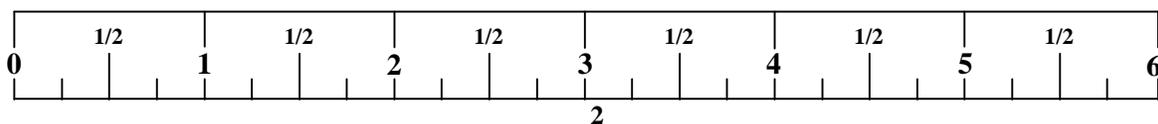
- \* Rubber mallet or hammer
- \* 3/4" wrench, 9/16" wrench
- \* Ratchet with 3/4" and 9/16" sockets
- \* Adjustable wrench
- \* Tape measure

**Bolt Length Ruler**

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

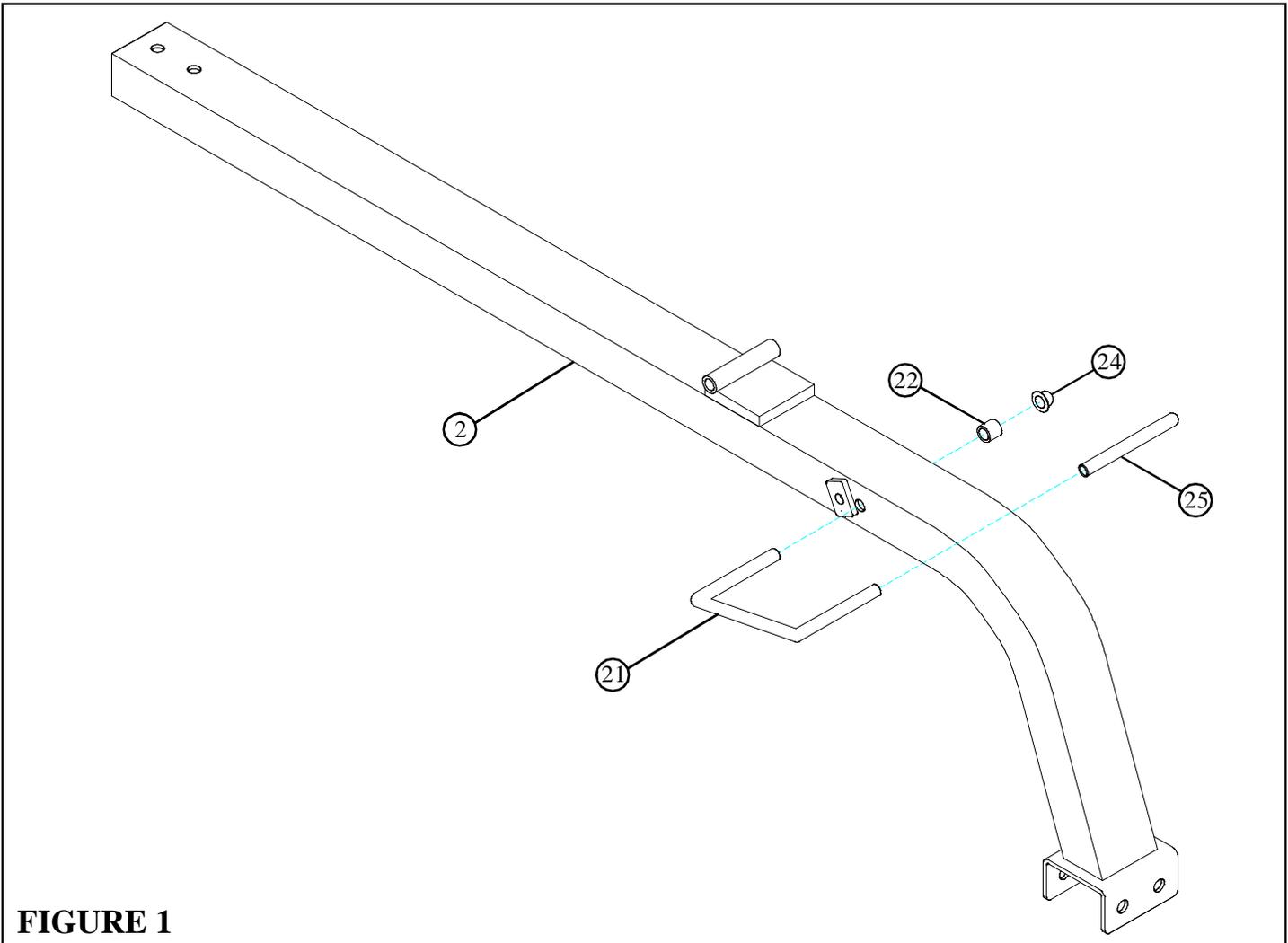


**BOLT LENGTH RULER:**



# PARTS LIST

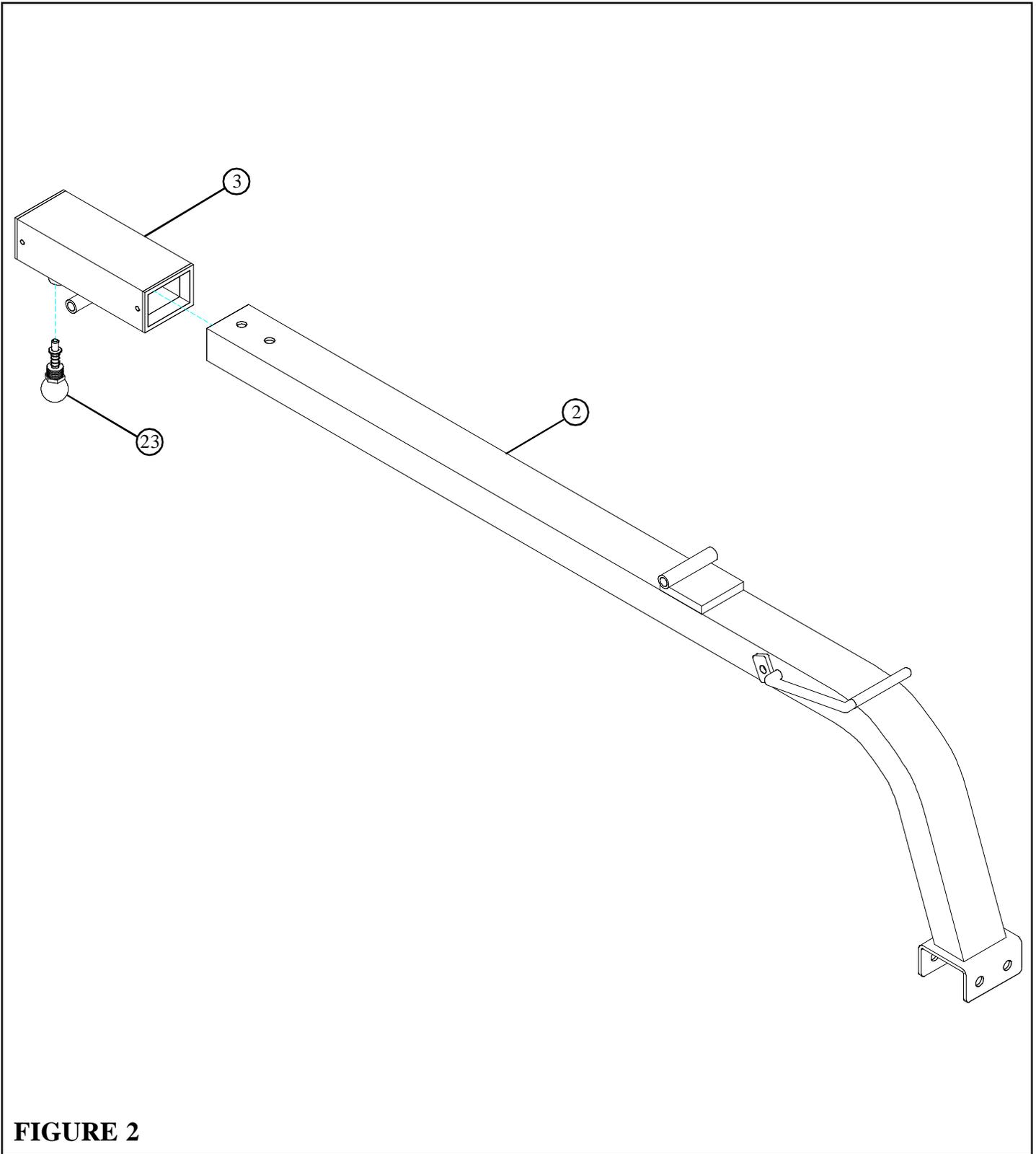
KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6651703	REAR UPRIGHT	1	14	3202101	1/2 X 1-1/4" BOLT	2
2	6700503	BENCH FRAME	1	15	3102901	3/8 X 1-1/4" BOLT	4
3	6712803	ADJUSTABLE SLEEVE	1	16	3102502	1/2" WASHER	6
4	6697203	BASE TUBE	1	17	3102501	3/8" WASHER	6
5	6624202	LEFT BACK PAD ANGLE	1	18	3102801	1/2" LOCK NUT	5
6	6624302	RIGHT BACK PAD ANGLE	1	19	3102804	1/2" LOW HEIGHT NUT	3
7	6651602	2 X 15-1/2" PLATE	2	20	6406401	HINGE TAB	2
8	6780001	SEATPAD	1	21	6619301	U-PIN	1
9	6780301	BACK PAD	1	22	6653101	1/2" SPACER	1
10	3202106	1/2 X 9-1/2" BOLT	1	23	6412001	3/8" SPRING PIN	1
11	3202107	1/2 X 6-1/2" BOLT	1	24	3120701	1/2" PAL NUT	1
12	3102917	1/2 X 4" BOLT	2	25	3118401	4" VINYL CAP	1
13	3102910	1/2 X 3" BOLT	2				



**FIGURE 1**

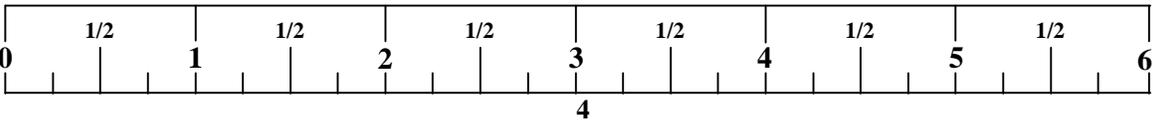
**STEP 1:**

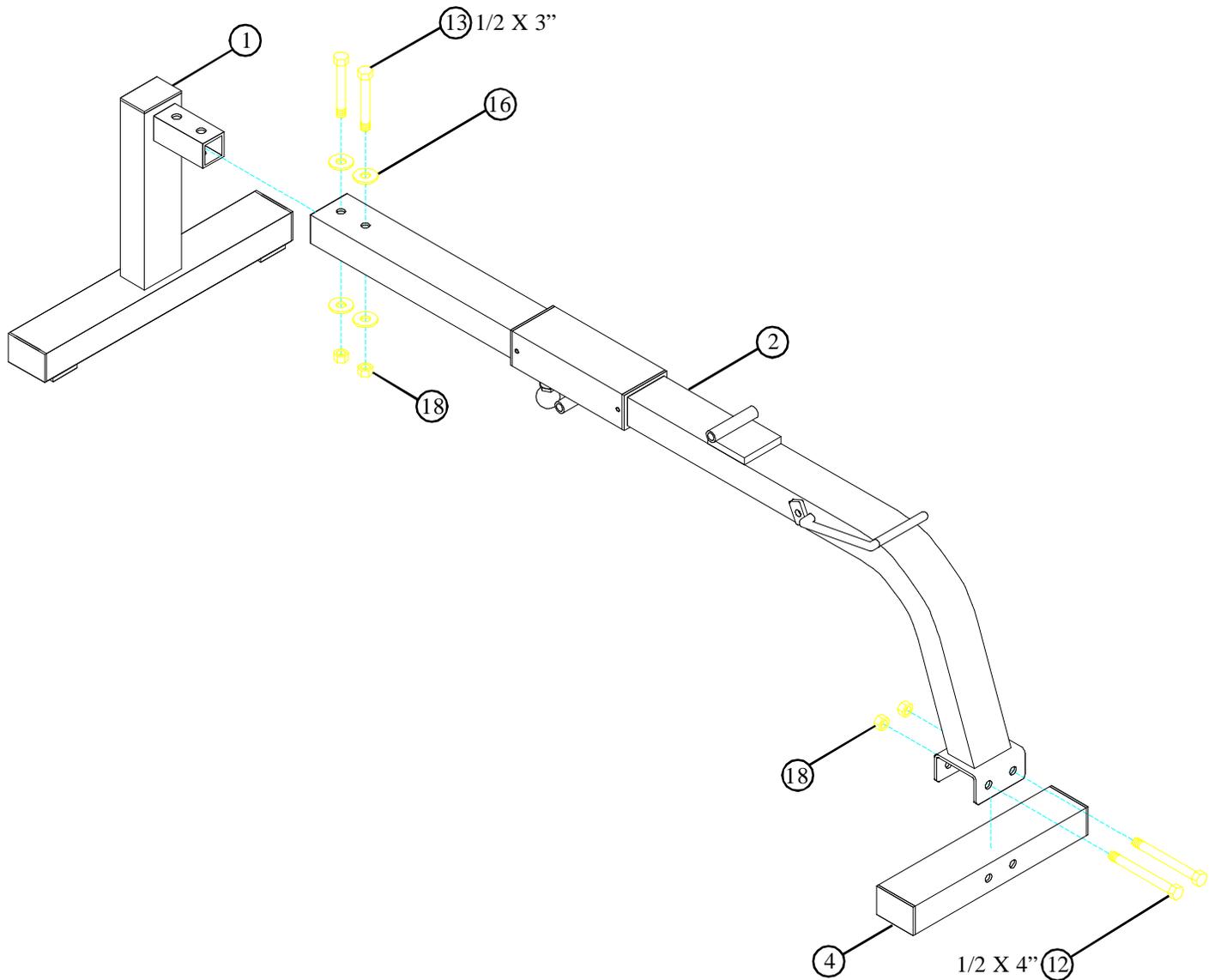
- Assemble one U-PIN (21) to the BENCH FRAME (2) using one 1/2" SPACER (22) and one 1/2" PAL NUT (24) as shown in FIGURE 1.
- Slide one 4" VINYL CAP (25) onto the U-PIN (21) as shown in FIGURE 1.



**STEP 2:**

- **SECURELY** assemble the 3/8" SPRING PIN (23) to the ADJUSTABLE SLEEVE (3) as shown in FIGURE 2.
- Pull back the 3/8" SPRING PIN (23) on the ADJUSTABLE SLEEVE (3) and slide it over the end of the BENCH FRAME (2) as shown in FIGURE 2. Slide the ADJUSTABLE SLEEVE (3) up to the first adjustment hole.

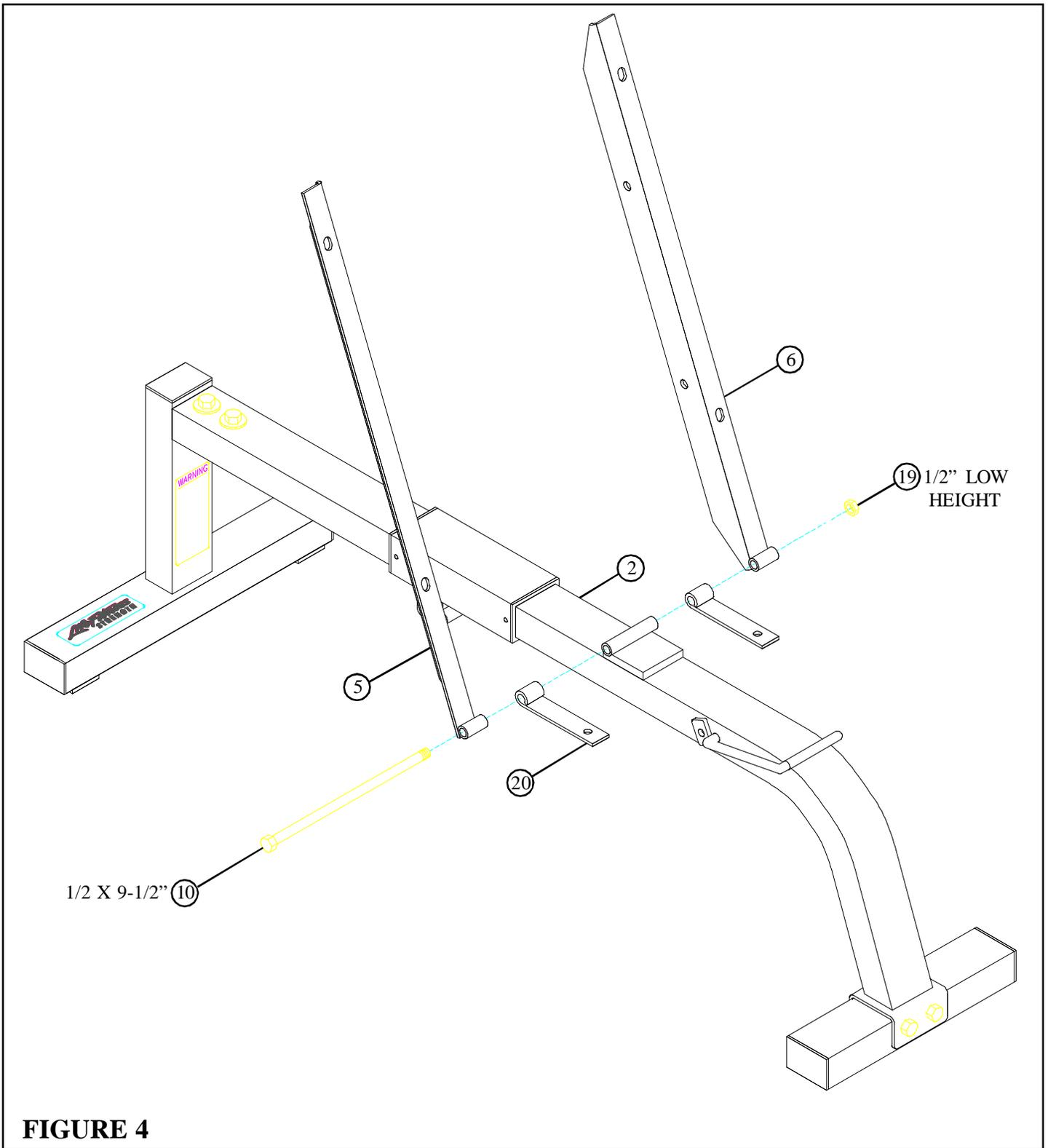




**FIGURE 3**

**STEP 3:**

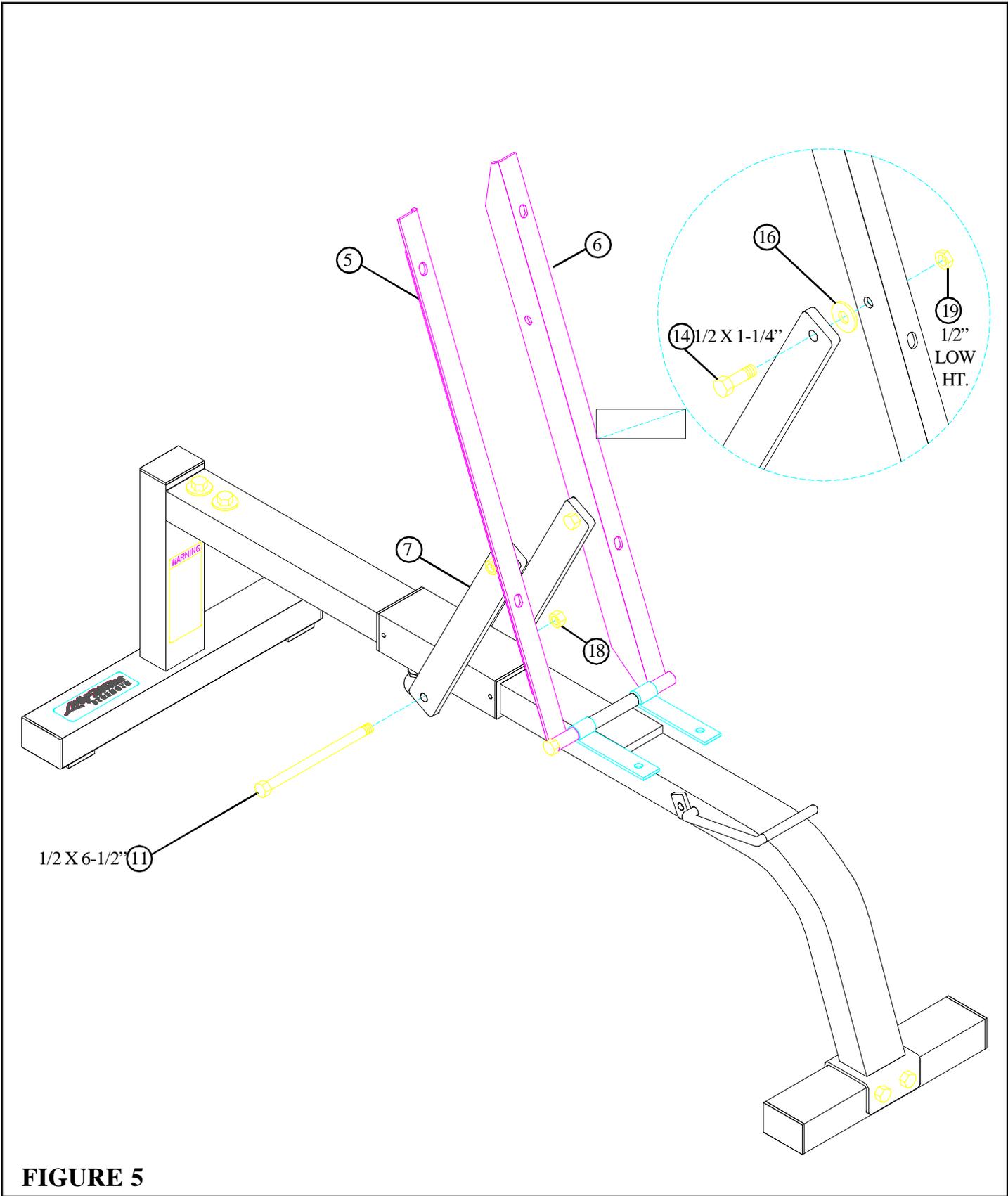
- **SECURELY** assemble the REAR UPRIGHT (1) to the BENCH FRAME (2) using two 1/2 X 3" BOLTS (13), four 1/2" WASHERS (16), and two 1/2" LOCK NUTS (18) as shown in FIGURE 3.
- **SECURELY** assemble the BASE TUBE (4) to the BENCH FRAME (2) using two 1/2 X 4" BOLTS (12) and two 1/2" LOCK NUTS (18) as shown in FIGURE 3.



**FIGURE 4**

**STEP 4:**

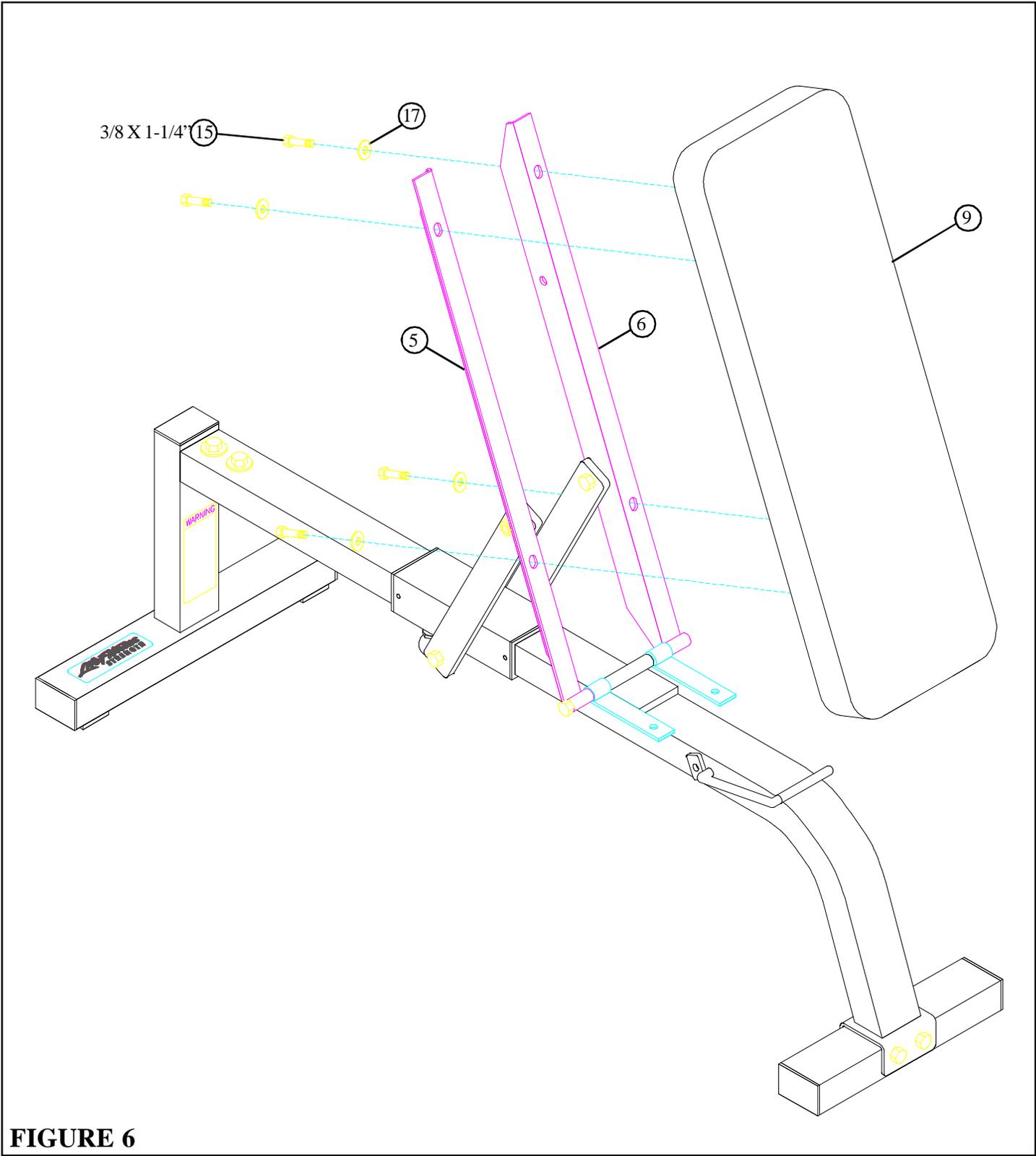
- Assemble the LEFT & RIGHT BACK PAD ANGLES (5 & 6) and two HINGE TABS (20) to the BENCH FRAME (2) using one 1/2 X 9-1/2" BOLT (10) and one 1/2" LOW HEIGHT LOCK NUT (19). (**NOTE: Tighten connection enough to remove play yet allowing the parts to rotate freely.**) See FIGURE 4.



**FIGURE 5**

**STEP 5:**

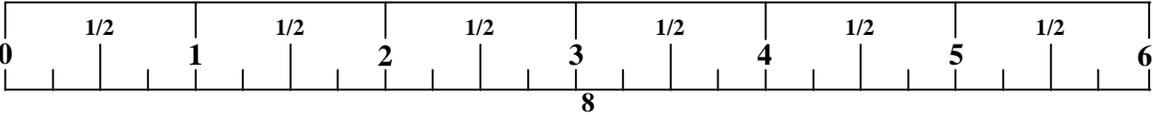
- Assemble the LEFT & RIGHT BACK PAD ANGLES (5 & 6) and two HINGE TABS (20) to the BENCH FRAME (2) using one 1/2 X 9-1/2" BOLT (10) and one 1/2" LOW HEIGHT LOCK NUT (19). (NOTE: Tighten connection enough to remove play yet allowing the parts to rotate freely.) See FIGURE 4.

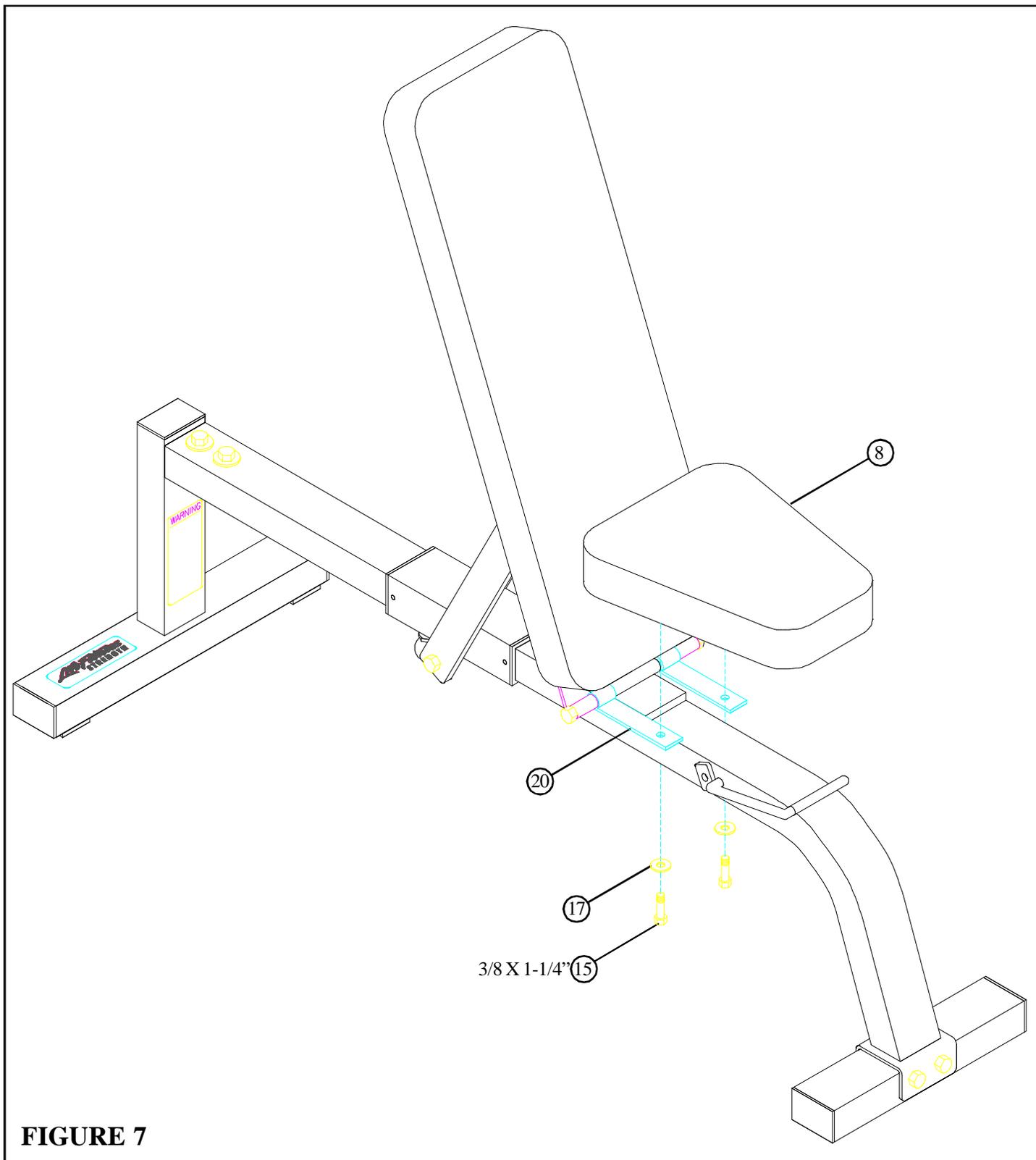


**FIGURE 6**

**STEP 6:**

- **SECURELY** assemble the BACK PAD (9) to the LEFT & RIGHT BACK PAD ANGLES (5 & 6) using four 3/8 X 1-1/4" BOLTS (15) and four 3/8" WASHERS (17) as shown in FIGURE 6.





**FIGURE 7**

**STEP 7:**

- **SECURELY** assemble the SEAT PAD (8) to the HINGE TABS (20) using two 3/8 X 1-1/4" BOLTS (15) and two 3/8" WASHERS (17) as shown in FIGURE 7.

**Thank you for purchasing the LifeFitness 8115 FLAT & INCLINE BENCH. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 328-9714.**