

Hammer Strength Ground Base

Owner's Manual



CORPORATE HEADQUARTERS

Columbia Centre III, 9525 West Bryn Mawr Avenue, Rosemont, Illinois 60018 • U.S.A.

847.288.3300 • FAX: 847.288.3703

Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)

Global Website: www.lifefitness.com

INTERNATIONAL OFFICES

AMERICAS

North America Life Fitness, Inc.

Columbia Centre III
9525 West Bryn Mawr Avenue
Rosemont, IL 60018 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email: customersupport@lifefitness.com
Service Website: www.lifefitness.com/parts
Sales/Marketing Email:
commercialsales@lifefitness.com
Operating Hours: 7:00 am-6:00 pm (CST)

Brazil Life Fitness Brasil

Av. Cidade Jardim, 900
Jd. Paulistano
São Paulo, SP 01454-000
BRAZIL
SAC: 0800 773 8282
Telephone: +55 (11) 3095 5200
Fax: +55 (11) 3095 5201
Service Email: suporte@lifefitness.com.br
Sales/Marketing Email: lifefitness@lifefitness.com.br
Service Operating Hours:
9:00 - 17:00 (BRT) (Monday-Friday)
Store Operating Hours:
9:00 -20:00 (BRT) (Monday-Friday)
10:00 - 16:00 (BRT) (Saturday)

Latin America & Caribbean* Life Fitness Inc.

Columbia Centre III
9525 West Bryn Mawr Avenue
Rosemont, IL 60018 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email: customersupport@lifefitness.com
Sales/Marketing Email:
commercialsales@lifefitness.com
Operating Hours: 7:00am-6:00pm (CST)

EUROPE, MIDDLE EAST, & AFRICA (EMEA)

Netherlands & Luxemburg Life Fitness Atlantic BV

Bijdorpplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 666
Fax: (+31) 180 646 699
Service Email: service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9:00h-17:00h (CET)

United Kingdom & Ireland Life Fitness UK LTD

Queen Adelaide
Ely, Cambs, CB7 4UB
Telephone: General Office (+44)
1353.666017
Customer Support (+44) 1353.665507
Fax: (+44) 1353.666018
Service Email: uk.support@lifefitness.com
Sales/Marketing Email: life@lifefitness.com
Operating Hours:
General Office: 9.00am - 5.00pm (GMT)
Customer Support: 8.30am - 5.00pm (GMT)

Germany & Switzerland Life Fitness Europe GMBH

Siemensstraße 3
85716 Unterschleißheim
GERMANY
Telephone: (+49) 89.31 77 51.0 (Germany)
(+41) 0848 000 901 (Switzerland)
Fax: (+49) 89.31 77 51.99 (Germany)
(+41) 043 818 07 20 (Switzerland)
Service Email: kundendienst@lifefitness.com
Sales/Marketing Email:
kundenberatung@lifefitness.com
Operating Hours: 08.30 -16.30h (CET)

Austria Life Fitness Austria

Vertriebs G.m.b.H.
Dückerstraße 7-9/3/36
1220 Vienna
AUSTRIA
Telephone: (+43) 1.61.57.198
Fax: (+43) 1.61.57.198.20
Service Email: kundendienst@lifefitness.com
Marketing/Sales Email:
kundenberatung@lifefitness.com
Operating Hours: 08:30-16.30.h (MEZ)

Spain Life Fitness IBERIA

C/Frederic Mompou 5,1ª^a
08960 Sant Just Desvern Barcelona
SPAIN
Telephone: (+34) 93.672.4660
Fax: (+34) 93.672.4670
Service Email: servicio.tecnico@lifefitness.com
Sales/Marketing Email: info.iberia@lifefitness.com
Operating Hours:
9.00h-18.00h (Monday-Thursday)
8.30h-15.00h (Friday)

Belgium Life Fitness Benelux NV

Parc Industriel de Petit-Rechain
4800 Verviers
BELGIUM
Telephone: (+32) 87 300 942
Fax: (+32) 87 300 943
Service Email: service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9.00h -17.00h (CET)

All Other EMEA Countries & Distributor Business C-EMEA*

Bijdorpplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 644
Fax: (+31) 180 646 699
Service Email: service.db.cemea@lifefitness.com
Sales/Marketing Email:
marketing.db.cemea@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

ASIA PACIFIC (AP)

Japan Life Fitness Japan

Japan Nippon Brunswick Bldg., #8F
5-27-7 Sendagaya
Shibuya-Ku, Tokyo
Japan 151-0051
Telephone: (+81) 3.3359.4309
Fax: (+81) 3.3359.4307
Service Email: service@lifefitnessjapan.com
Sales/Marketing Email: sales@lifefitnessjapan.com
Operating Hours: 9.00h-17.00h (JAPAN)

China and Hong Kong Life Fitness Asia Pacific LTD

Room 2610, Miramar Tower
132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
Fax: (+852) 2575.6001
Service Email: HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

All Other Asia Pacific countries & distributor business Asia Pacific*

Room 2610, Miramar Tower
132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
Fax: (+852) 2575.6001
Service Email: HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

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1. SAFETY INFORMATION

It is the sole responsibility of the purchaser of HAMMER STRENGTH products to read the owner's manual and warning labels and instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT LIFE FITNESS CUSTOMER SERVICE IMMEDIATELY AT 1-800-735-3867.

This equipment is categorized as class S per EN 957-1. As such this equipment is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact HAMMER STRENGTH with any questions regarding this classification.

It is recommended that all users of HAMMER STRENGTH exercise equipment be informed of the following information prior to use.



ACCESS CONTROL

HAMMER STRENGTH 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.



INSTALLATION

SECURING EQUIPMENT - HAMMER STRENGTH recommends that all equipment be secured to a solid, level surface to stabilize it and eliminate rocking or tipping over. This must be performed by a licensed contractor.

SAFETY INFORMATION (Con't)



PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that HAMMER STRENGTH equipment is used properly to avoid injury.
2. 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 EXERCISING and consult your physician.
3. Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
4. When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad, pulley or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.



INSPECTION

1. DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all HAMMER STRENGTH equipment use only replacement parts supplied by HAMMER STRENGTH.
2. Cables and belts pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult HAMMER STRENGTH if uncertain).
3. Routinely inspect all accessory clips that join attachments to the cables and replace them at the first sign of wear.
4. MAINTAIN LABELS AND NAME PLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact HAMMER STRENGTH for a replacement.
5. EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
6. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. HAMMER STRENGTH will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.
7. Before any use, examine all accessories approved for use with the HAMMER STRENGTH equipment for damage or wear.
8. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE HAMMER STRENGTH EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.

SAFETY INFORMATION (Con't)



OPERATING WARNINGS

1. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all HAMMER STRENGTH equipment.
2. Keep children away from strength equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
3. Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
4. All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.



PLATE LOADED, FREE WEIGHT AND BODY WEIGHT SYSTEMS

1. If the unit is equipped with weight rods, use only Olympic style weight plates (2"/50mm bore) for training weight. Do not use dumbbells or any means other than those stated to increase weight resistance - See machine specific section for more information.
2. Always utilize weight plate retention devices such as clamps or pins.
3. Only add weight plates up to the load limits of the unit. Make sure all weight plates are completely placed on the weight rod.
4. Never exceed the load rating for any plate loaded station, body weight station, bench or other free weight device; including specific weight rod and band peg limits - See machine specific section for load limit information.
5. Contact a HAMMER STRENGTH representative with any questions regarding proper weights and loading.



SELECTORIZED WEIGHT STACK SYSTEMS

1. Use only weight selector pins supplied by HAMMER STRENGTH on weight stacks. Substitutes are forbidden.
2. Fully insert weight selector pins. Partial insertion can cause weights to fall unexpectedly.
3. Never pin the weight stack in an elevated position.
4. Never remove selector pin if any weights are suspended.
5. Never attempt to release jammed weights or parts.
6. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by HAMMER STRENGTH.

2. WARRANTY

WHAT IS COVERED

This HAMMER STRENGTH commercial exercise equipment 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 charge after the first year.

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.

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.

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.

WARRANTY (Con't)

CHANGES IN WARRANTY NOT AUTHORIZED

No one is authorized to change, modify or extend the terms of this limited warranty.

EFFECTS 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 to be 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!

HOW TO OBTAIN PARTS & SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit.
3. Contact the nearest Life Fitness Customer Support Services group.

WARRANTY COVERAGE

*There is no warranty coverage for labor on Strength Products.

Structural Frame (Not coatings)	Bearings	Upholstery	Grips	Hardware/ Mechanical
10 Years	5 Years	90 Days	90 Days	1 Year

3. CONTACT INFORMATION

For CUSTOMER Service within the United States and Canada:
1-800-351-3737 or customersupport@lifefitness.com

Please call Monday through Friday from 7:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address, and 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
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.

Return address:

Life Fitness World Headquarters
Attn: CSS Help Desk
Columbia Centre III - 9525 West Bryn Mawr Avenue
Rosemont, IL 60018

For Product Service Internationally see contact information listed on page 1 of this manual.

4. EXERCISE AND GENERAL SPECIFICATIONS

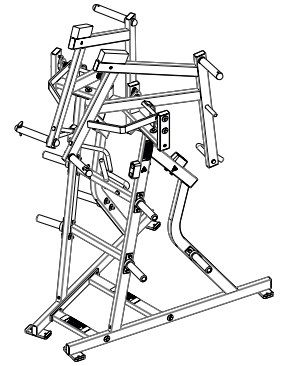
Ground Base Combo Decline (GB-CD)

Muscles Exercised: **Decline Press:** Pectorals, Anterior Deltoid, Triceps
Low Row: Latissimus Dorsi, Posterior Deltoid, Trapezius, Teres Major, Rhomboids, Biceps

Setup

Decline Press: Load the rear of unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Place feet shoulder width apart facing machine and grip the handles.

Low Row: Load the front of unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Place feet shoulder width apart facing machine and grip the handles.



Performing the Exercise

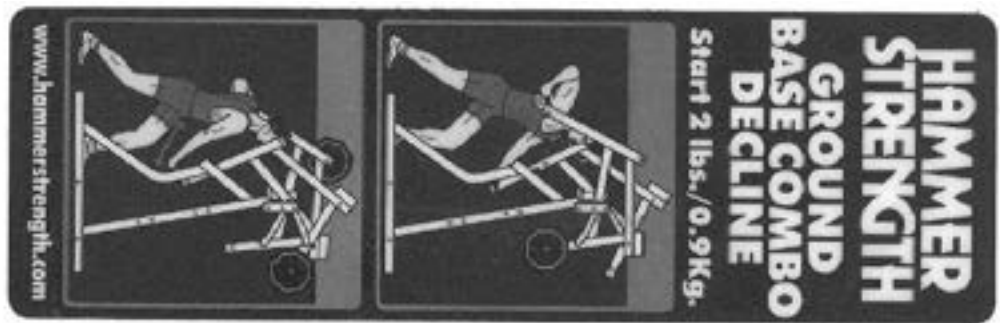
Decline Press: With a controlled motion, press downward until arms are near full extension. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

Low Row: With a controlled motion, pull upward until arms are just past 90 degrees. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	GB-CD	
Machine Weight:	360 lbs	163.3 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	2 lbs	0.9 kgs
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	225 lbs per side / 450 lb total	100 kgs per side / 200 kgs total

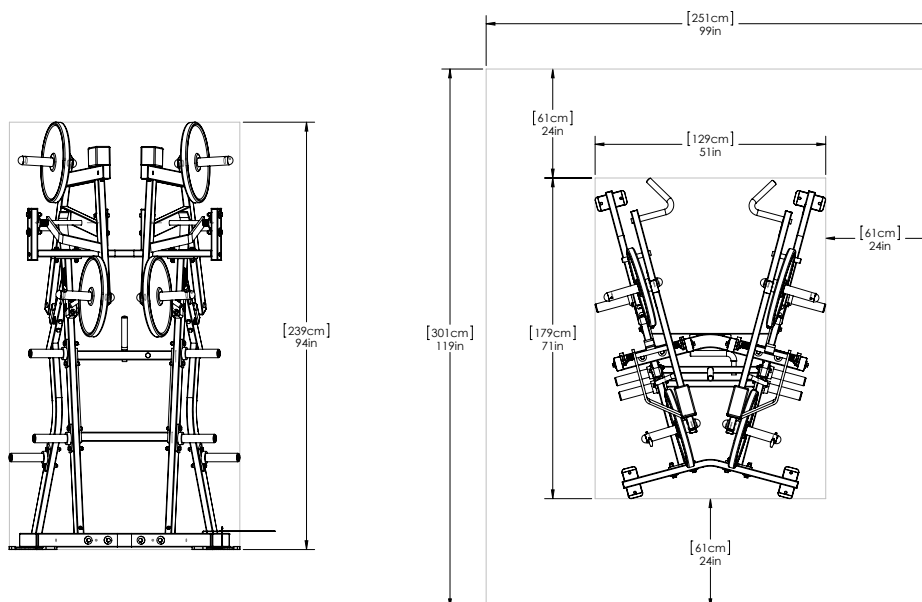
* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



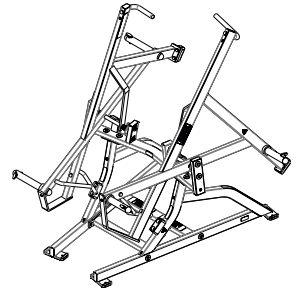
Dimensions: 51" x 71" x 94" (129cm x 179cm x 239cm)

Live Area: 99" x 119" x 94" (251cm x 301cm x 239cm)



Ground Base Combo Incline (GB-CI)

Muscles Exercised: Incline Press: Pectorals, Anterior Deltoid, Triceps
High Row: Latissimus Dorsi, Posterior Deltoid, Trapezius, Teres Major, Rhomboids, Biceps



Setup

Incline Press: Load the front of unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Place feet shoulder width apart facing machine and grip the handles.

High Row: Load the rear of unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Place feet shoulder width apart facing machine and grip the handles.

Performing the Exercise

Incline Press: With a controlled motion, press upward until arms are near full extension. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

High Row: With a controlled motion, pull handles until arms are just past 90 degrees. Return the movement arm to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	GB-CI	
Machine Weight:	275 lbs	124.7 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	1 lbs per work arm	0.5 kgs per work arm
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	225 lbs per side / 450 lb total	100 kgs per side / 200 kgs total

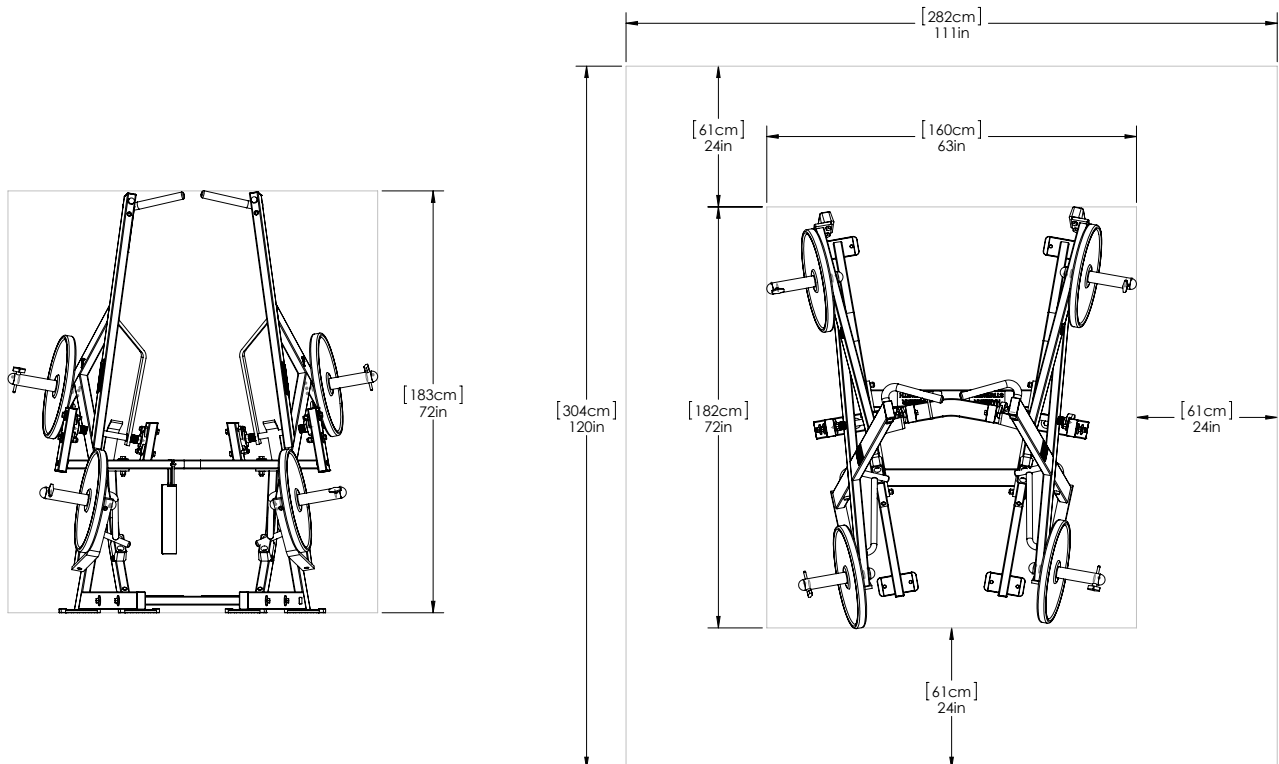
* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 63" x 72" x 72" (160cm x 182cm x 183cm)

Live Area: 111" x 120" x 72" (282cm x 304cm x 183cm)



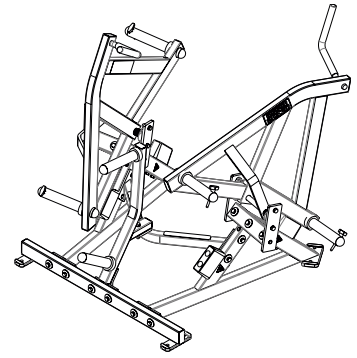
Ground Base Combo Twist (GB-CT)

Muscles Exercised: **Left Twist:** Obliques, Left Pectorals, Anterior Deltoid, Triceps, Right Latissimus Dorsi, Posterior Deltoid, Trapezius, Teres Major, Rhomboids, Biceps
Right Twist: Obliques, Right Pectorals, Anterior Deltoid, Triceps, Left Latissimus Dorsi, Posterior Deltoid, Trapezius, Teres Major, Rhomboids, Biceps

Setup

Left Twist: Load the rear of the right movement arm and the front of the left movement arm with desired amount of weight to ensure appropriate resistance. Secure plates with retaining pins.

Right Twist: Load the rear of the left movement arm and the front of the right movement arm with desired amount of weight to ensure appropriate resistance. Secure plates with retaining pins.



Performing the Exercise

Place lead twist leg out front and in a controlled motion, pull rear movement arm while pushing front movement arm. Return arms to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	GB-CT	
Machine Weight:	275 lbs	124.7 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	8 lbs per work arm	3.6 kgs per work arm
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	225 lbs per side / 450 lb total	100 kgs per side / 200 kgs total

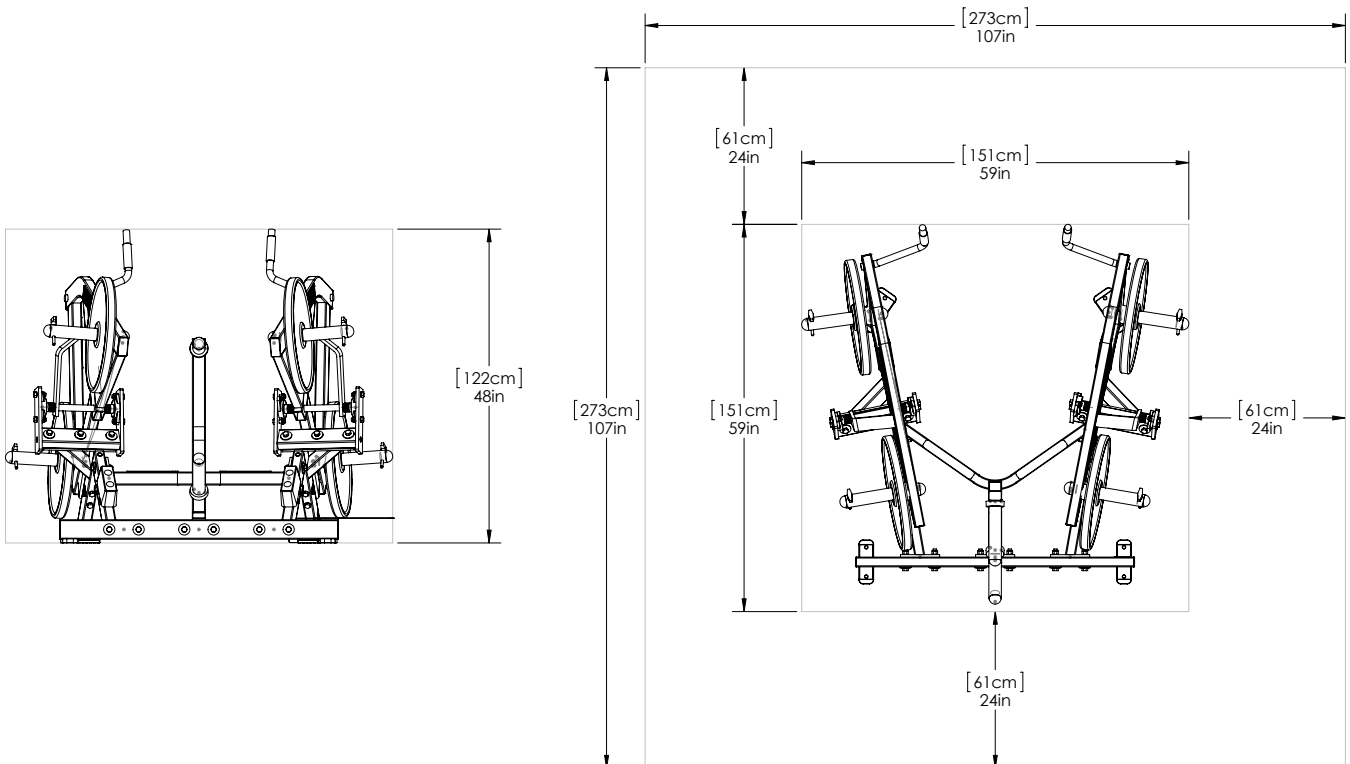
* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 59" x 59" x 48" (151cm x 151cm x 122cm)

Live Area: 107" x 107" x 48" (273cm x 273cm x 122cm)



Ground Base Jammer (GB-J)

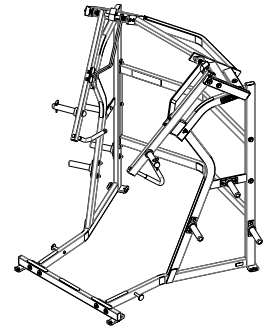
Muscles Exercised: Pectorals, Anterior Deltoid, Triceps, Quadriceps, Hamstrings, Glutes

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Position body with back facing unit (or turned 90 degrees).

Performing the Exercise

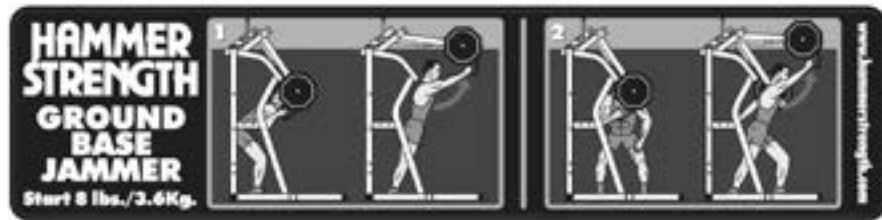
With a controlled motion, push the handles up until the arms are at full extension. Return to the start position and repeat the motion, while maintaining proper body positioning.



Product Code:	GB-J	
Machine Weight:	370 lbs	167.8 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	8 lbs per work arm	3.6 kgs per work arm
Plate Capacity*:	4-45 lb plates per weight rod	3-25 kg plates per weight rod
Max Resistance:	180 lbs per side / 360 lbs total	75 kgs per side / 150 kgs total

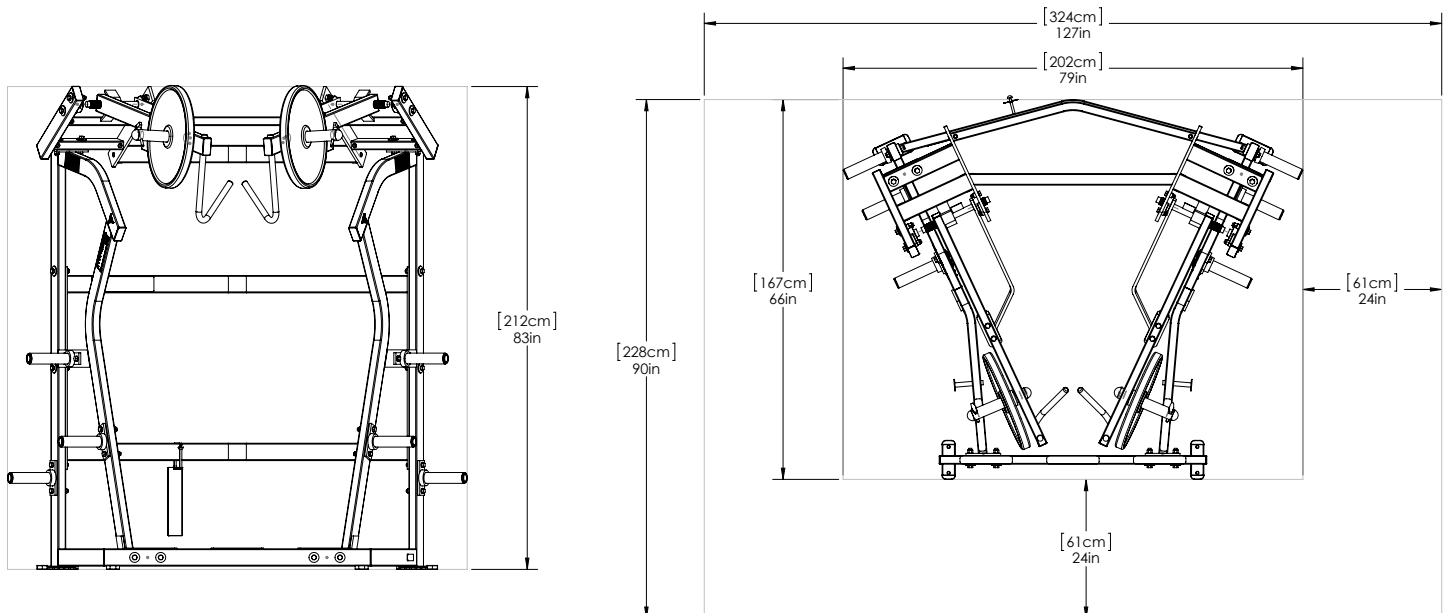
* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



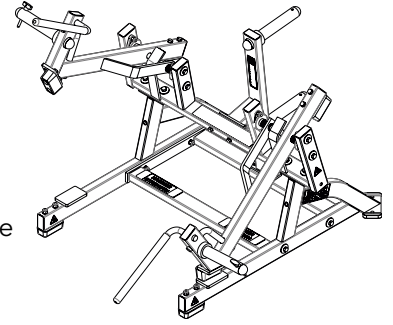
Dimensions: 79" x 66" x 83" (202cm x 167cm x 212cm)

Live Area: 127" x 90" x 83" (324cm x 228cm x 212cm)



Ground Base Squat High Pull (GB-SHP)

Muscles Exercised: Squat: Quadriceps, Hamstrings, Glutes
 High Pull: Deltoids, Trapezius, Biceps



Setup

Squat: Load the unit with the desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Position body with back facing unit.

High Pull: Load the unit with the desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Position body with back facing unit.

Performing the Exercise

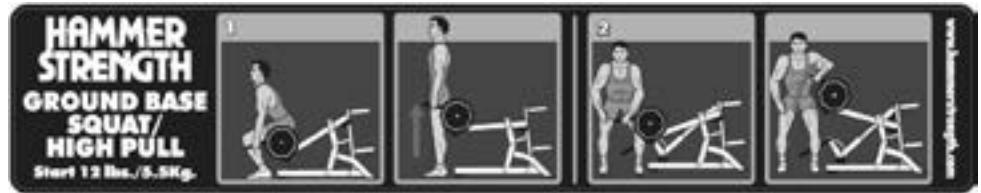
Squat: With a controlled motion, stand upright until fully extended. Return handles to the start position and repeat the motion while maintaining proper body positioning.

High Pull: With a controlled motion, stand at full extension while raising movement arm. Return to start position and repeat the motion while maintaining proper body positioning.

Product Code:	GB-SHP	
Machine Weight:	220 lbs	99.8 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	12 lbs per work arm	5.5 kgs per work arm
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	225 lbs per side / 450 lb total	100 kgs per side / 200 kgs total

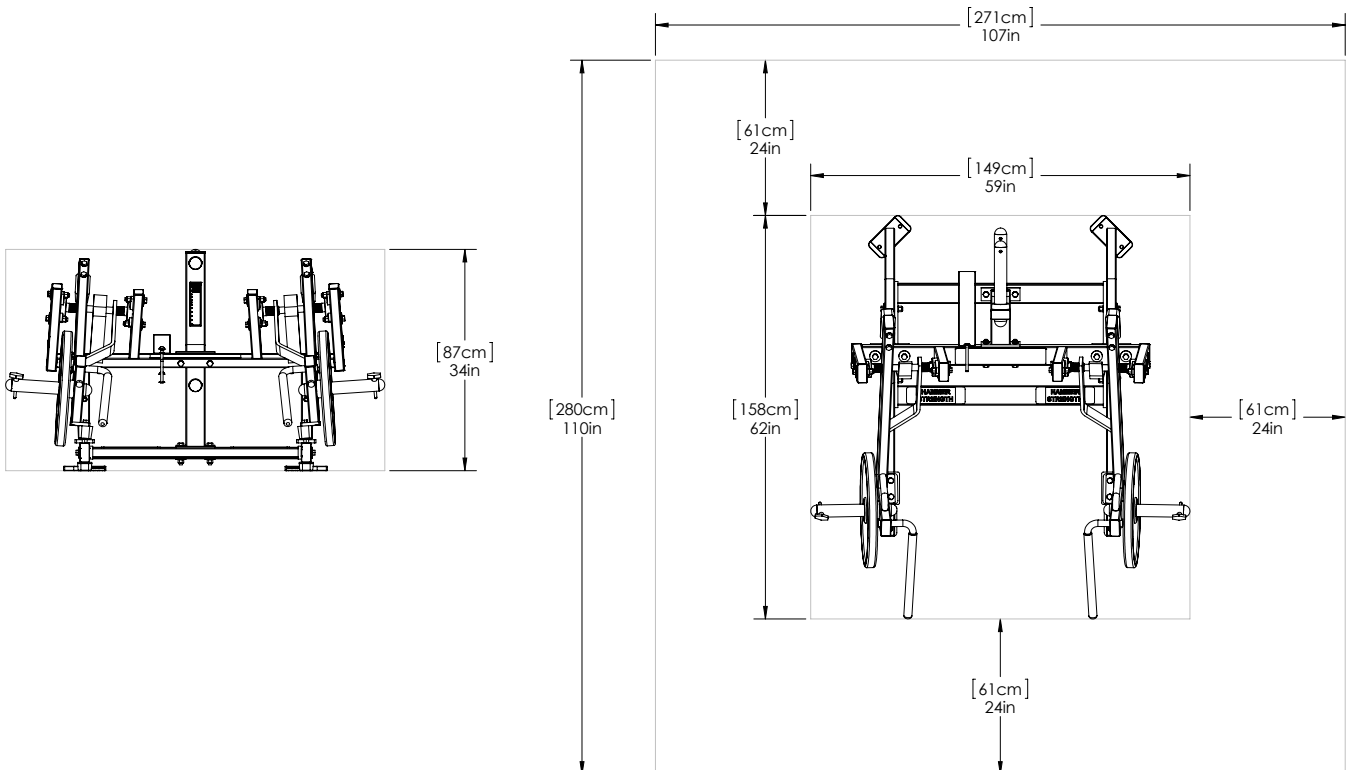
* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 59" x 62" x 34" (149cm x 158cm x 87cm)

Live Area: 107" x 110" x 34" (271cm x 280cm x 87cm)

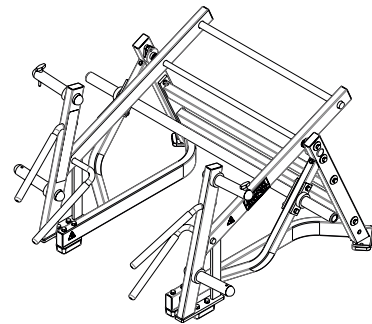


Ground Base Squat Lunge (GB-SL)

Muscles Exercised: Quadriceps, Hamstrings, Glutes

Setup

Load the unit with desired amount of weight to ensure appropriate resistance and secure plates with retaining pin. Bend at knees and grab handles.



Performing the Exercise

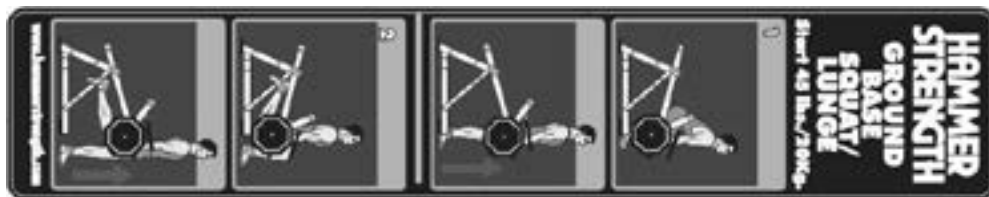
Squat: With a controlled motion, stand upright until fully extended. Return handles to the start position and repeat the motion while maintaining proper body positioning.

Lunge: With a controlled motion, stand upright until fully extended. Place one foot on rear wear strips while returning handles to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	GB-SL	
Machine Weight:	240 lbs	108.9 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	45 lbs	20 kgs
Plate Capacity*:	8-45 lb plates per weight rod	7-25 kg plates per weight rod
Max Resistance:	720 lbs total	175 kg total

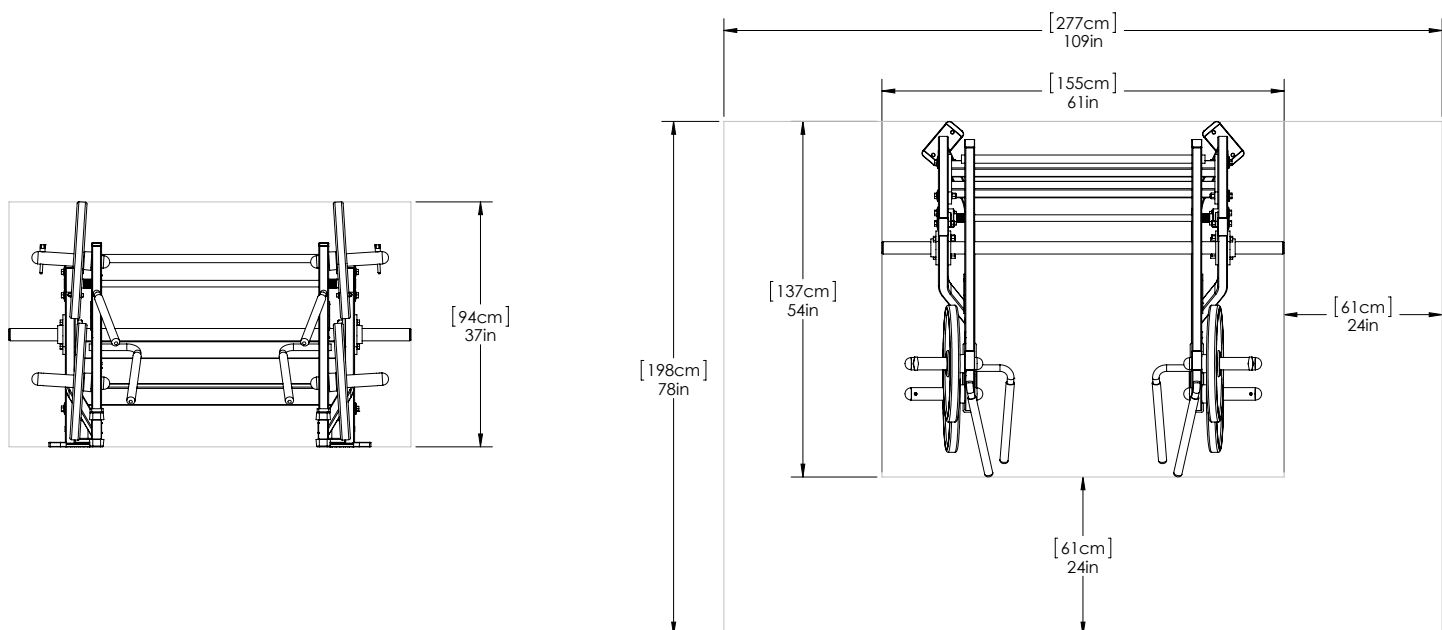
* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 61" x 54" x 37" (155cm x 137m x 94cm)

Live Area: 109" x 78" x 37" (277cm x 198cm x 94cm)

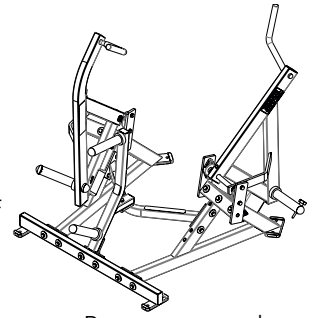


Ground Base Twist Left (GB-TL)

Muscles Exercised: Obliques, Left Pectorals, Anterior Deltoid, Triceps, Right Latissimus Dorsi, Posterior Deltoid, Trapezius, Teres Major, Rhomboids, Biceps

Setup

Load the rear of the right movement arm and the front of the left movement arm with desired amount of weight to ensure appropriate resistance. Secure plates with retaining pins.



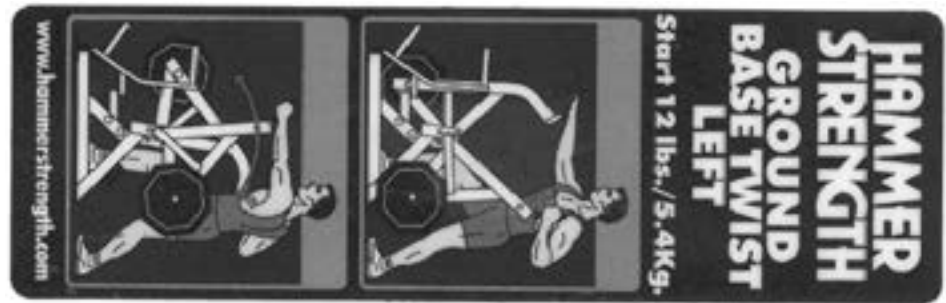
Performing the Exercise

Place left leg out front and in a controlled motion, pull rear movement arm while pushing front movement arm. Return arms to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	GB-TL	
Machine Weight:	200 lbs	90.7 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	12 lbs	5.4 kgs
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	225 lbs per side / 450 lb total	100 kgs per side / 200 kgs total

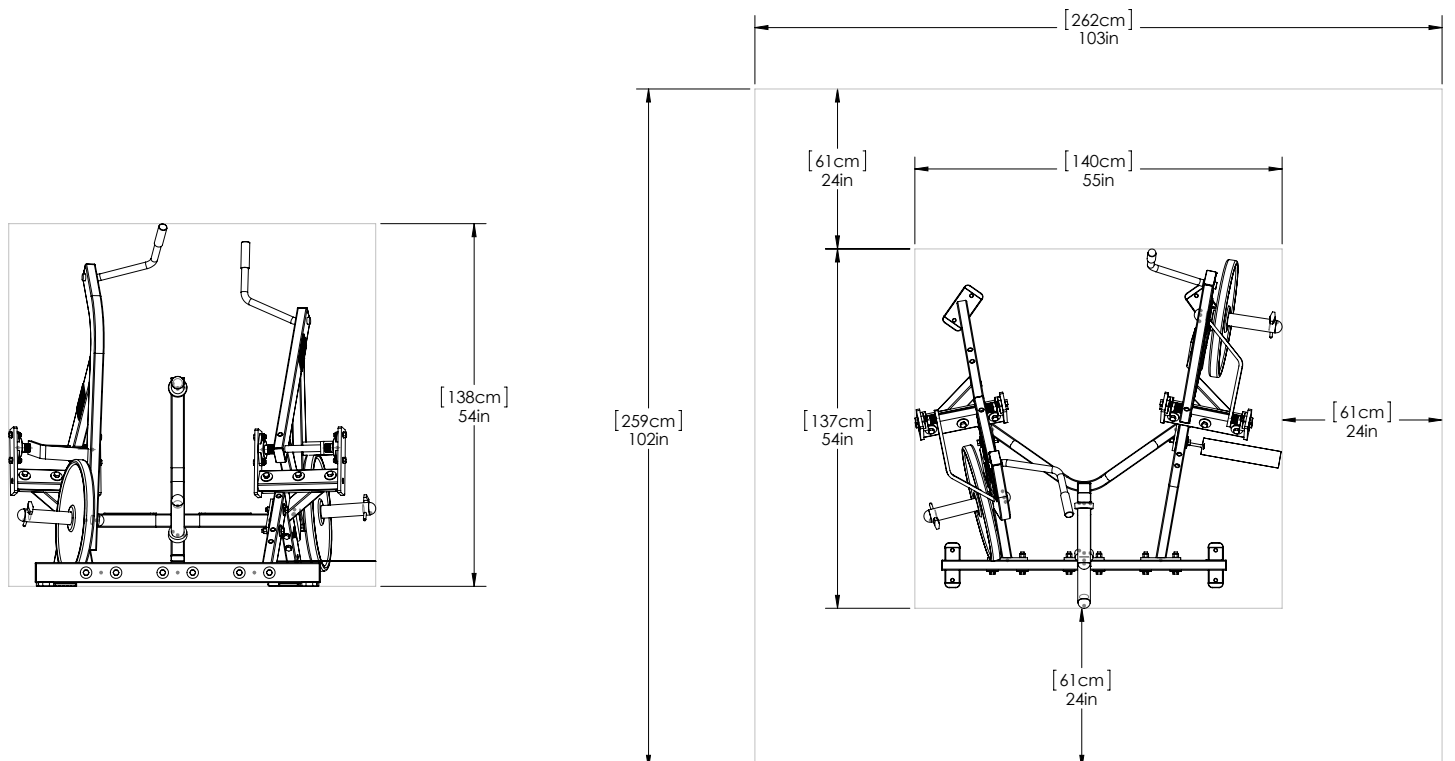
* Capacities listed are calculated using a thickness of 1-5/8" for 45 lb weight plates and 48 mm for 25 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 55" x 54" x 54" (140cm x 137cm x 138cm)

Live Area: 103" x 102" x 54" (262cm x 259cm x 138cm)

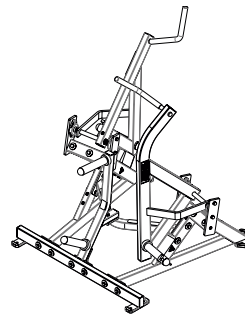


Ground Base Twist Right (GB-TR)

Muscles Exercised: Obliques, Right Pectorals, Anterior Deltoid, Triceps, Left Latissimus Dorsi
Posterior Deltoid, Trapezius, Teres Major, Rhomboids, Biceps

Setup

Load the rear of the left movement arm and the front of the right movement arm with desired amount of weight to ensure appropriate resistance. Secure plates with retaining pins.



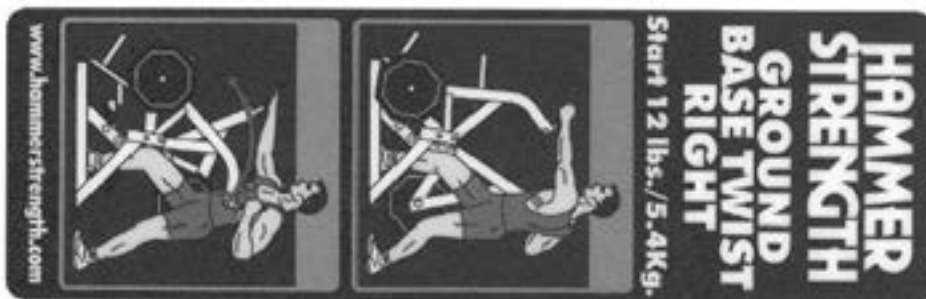
Performing the Exercise

Place right leg out front and in a controlled motion, pull rear movement arm while pushing front movement arm. Return arms to the start position and repeat the motion while maintaining proper body positioning.

Product Code:	GB-TR	
Machine Weight:	200 lbs	90.7 kgs
Max User Weight:	350 lbs	158.8 kgs
Start Resistance:	12 lbs	5.4 kgs
Plate Capacity*:	5-45 lb plates per weight rod	4-25 kg plates per weight rod
Max Resistance:	225 lbs per side / 450 lb total	100 kgs per side / 200 kgs total

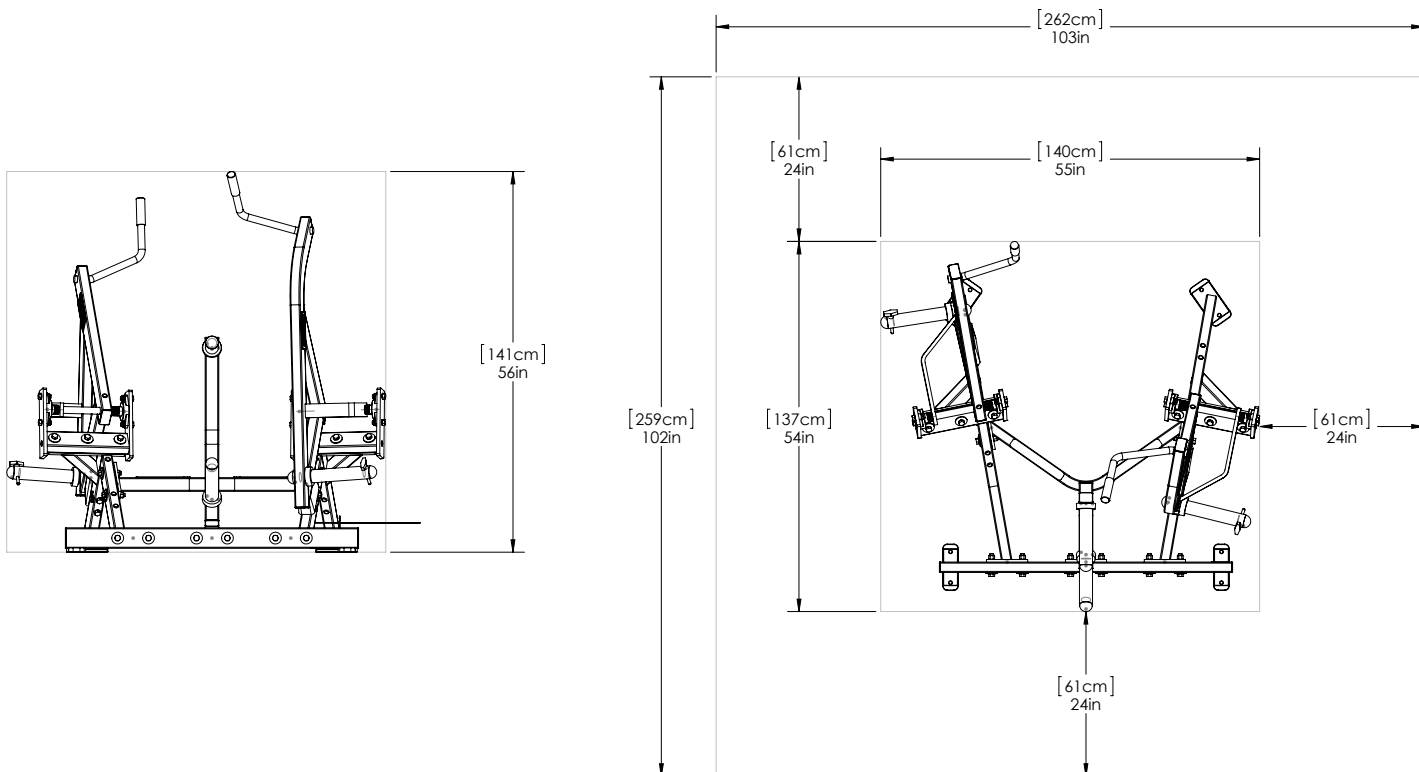
* Capacities listed are calculated using a thickness of 1-7/8" for 25 lb weight plates and 46 mm for 10 kg weight plates. If your facility uses thicker weight plates, the capacity may be reduced.

Instructional Placard Label:



Dimensions: 55" x 54" x 56" (140cm x 137cm x 141cm)

Live Area: 103" x 102" x 56" (262cm x 259cm x 141cm)



5. MAINTENANCE

MAINTENANCE SCHEDULE

<i>ACTION</i>	<u>DAILY</u>	<u>WEEKLY</u>	<u>MONTHLY</u>	<u>AS NEEDED</u>
CLEAN Upholstery Hand Grips	X		X	
WAX Frames				X
INSPECT Paint Hardware Frame Hand Grips Belts	X	X X X	X	

CLEAN...

1. Upholstery with an approved or compatible cleaner.
2. Hand Grips with an approved or compatible cleaner.

WAX...

1. Frames with a standard, non-abrasive, wax finish.

INSPECT...

1. Belts. Look for wear or damage and proper tension. Pay close attention at bends and attachment points.
2. Hardware. Check for loosening. Tighten as required.
3. Frames. Inspect for wear and damage.
4. Handgrips. Check for wear and damage.
5. For paint chips. Fill in immediately with HAMMER STRENGTH touch-up paint.

MAINTENANCE (Con't)

ONCE A DAY

1. Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.
2. Visually inspect belts for wear at and around connections and along the entire length of the belt.
Always replace at first sign of wear.

ONCE A WEEK

1. Inspect all accessories, connecting links, and carabiner clips for wear.
2. Check condition of hand grips.
3. Check for belt stretch on PLBI and adjust as necessary by loosening the belt clamp on top of the lower movement arm, then pulling loose end of belt to tighten. Tighten belt clamp down.

ONCE A MONTH

Visually inspect all hardware for loosening, tampering or wear.

NOTES

Use polishing compound (such as car wax) and remove shoe scuffs from powder coated surfaces as necessary.

MINIMIZE SCRATCHES

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

MAINTENANCE (Con't)

HAMMER STRENGTH APPROVED CLEANERS

Two preferred cleaners have been approved by HAMMER STRENGTH reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient for gym staff to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes. Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: customersupport@lifefitness.com).

HAMMER STRENGTH COMPATIBLE CLEANERS

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft cotton cloth only. Apply the cleaner to the cotton cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

REMOVAL OF PAINT, MARKING PEN AND 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.

IMPORTANT HAZARDS

1. DO NOT use abrasive or highly alkaline cleaners.
2. NEVER scrape equipment with squeegees, razor blades or other sharp instruments.
3. DO NOT clean equipment in hot sun or at elevated temperatures.
4. NEVER use benzene, gasoline, acetone or carbon tetrachloride.

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