

# Life Fitness Olympic Military Bench

LBR-OM

Assembly Instructions





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[marketing.hk.asia@lifefitness.com](mailto:marketing.hk.asia@lifefitness.com)

\*Also check [www.lifefitness.com](http://www.lifefitness.com) for local representation or distributor/dealer

## User and Service Documents Link

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<https://lifefitness9512.zendesk.com/hc/en-us>

<https://www.lftechsupport.com/web/document-library/documents>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

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Допълнителна информация можете да намерите онлайн, като използвате връзката по-горе.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

Wubetumi anya nsem afoforo aka ho wa websait so denam asem a ewa atifi ho a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

Viðbótarupplýsingar eru fáanlegar á netinu með því að smella á tengilinn hér fyrir ofan.

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

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[www.lifefitness.com](http://www.lifefitness.com) • 1024349-0001 AA • 2023

# 1. Safety

## Safety Information

It is the sole responsibility of the purchaser of Life Fitness Family of Brands 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 Family of Brands CUSTOMER SERVICE IMMEDIATELY AT 1-800-351-3737.

This equipment is categorized as class S per EN ISO 20957-1. As such this equipment is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact Life Fitness Family of Brands with any questions regarding this classification.

It is recommended that all users of Life Fitness Family of Brands exercise equipment be informed of the following information prior to use.

### Operating Warnings



**WARNING:** This product can expose you to chemicals including Methyl Isobutyl Ketone, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to <http://www.P65Warnings.ca.gov>

- Life Fitness Family of Brands does not warrant nor guarantee that component parts used in the manufacture of products offered under the Life Fitness Family of Brands are latex-free. Users of these products must take all necessary precautions to prevent accidental contact that could lead to an adverse latex reaction.
- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- 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.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.

### Access Control

- Life Fitness Family of Brands 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

- Life Fitness Family of Brands 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. See [Bolt to Floor Guide](#) for installation procedure.

### Proper Usage

- Do not use any equipment in any way other than as designed or intended by the manufacturer. It is imperative that Life Fitness Family of Brands equipment is used properly to avoid injury.
- 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.

### Inspection

- DO NOT attempt to use or repair any accessory approved for use with the equipment which appears to be damaged or worn.
- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all Life Fitness Family of Brands equipment, use only replacement parts supplied by Life Fitness Family of Brands.
- Maintain labels and name plates - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Life Fitness Family of Brands customer service for a replacement.
- 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.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. Life Fitness Family of Brands will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

- Before use, examine all accessories approved for use with the Life Fitness Family of Brands equipment for damage or wear.

### **Plate Loaded, Free Weight, and Body Weight Systems**

- 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 specifications for load limit information.
- Contact a Life Fitness Family of Brands representative with any questions regarding proper weights and loading.



### **Warnings and Cautions**

- Warning labels indicate a potentially hazardous situation that could result in serious injury or death if the precautions are not observed.
- Caution labels indicate a potentially hazardous situation that could result in serious injury or damage to machine if the precautions are not observed.
- Contact [Customer Support Services](#) to replace any worn or damaged labels.

# Product Labels

## FCC Compliant

EN ISO 20957  
TSCA Title VI Compliant

**CE UK CA**

THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS: (1) THIS DEVICE MAY NOT CAUSE HARMFUL INTERFERENCE, AND (2) THIS DEVICE MUST ACCEPT ANY INTERFERENCE RECEIVED, INCLUDING INTERFERENCE THAT MAY CAUSE UNDESIRE OPERATION.

## Serial Number

**LifeFitness** Bijdorplein 25-31 CAGE: 0CMY5  
10601 W Belmont Ave 2992 LB Barendrecht  
Franklin Park, IL 60131 The Netherlands  
USA 1-800-351-3737 +310180646666

www.lifefitness.com 

Model:  
SS-TR.PLT.BLK.X-LB.STD.S

Max. User Weight:	300 lbs	136 kgs
Max. Training Weight:	210 lbs	210 kgs
Max. Storage Weight:		lbs

**SN: SS-TR0521B028**



Manufactured in the USA with US and Foreign parts

## General Warning

**! WARNING**

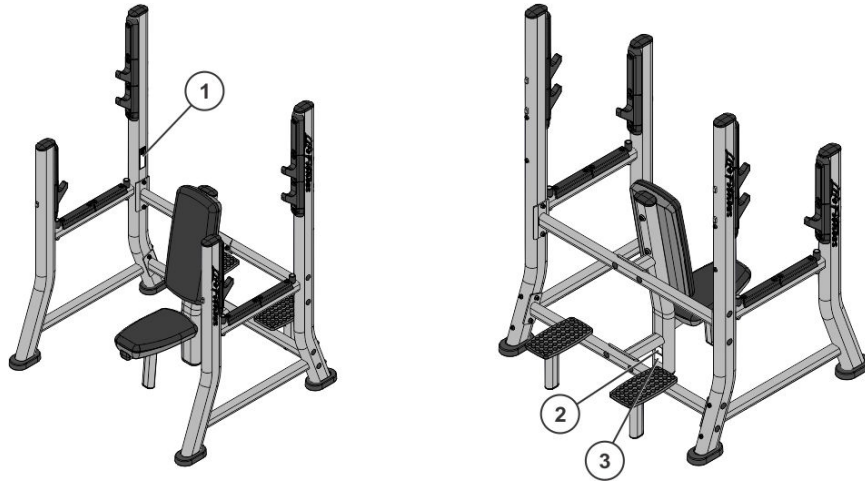
**SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!**

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 machine and attachments before use. **DO NOT** use if the machine or attachments appear damaged. **DO NOT** attempt to fix broken or jammed machine or damaged attachments. Notify staff immediately.
5. Children must not be allowed near this machine. Supervise teenagers.
6. **DO NOT** exceed the load rating. Seek Assistance.
7. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
8. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

1002324-0001

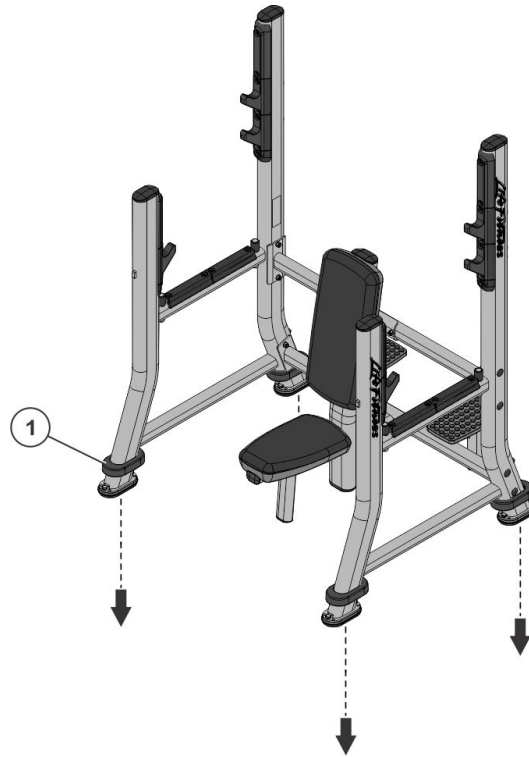


## Label Locations



Item	Description	Qty.
1	General Warning	1
2	FCC Compliant	1
3	Serial Number	1

## Bolt to Floor Locations

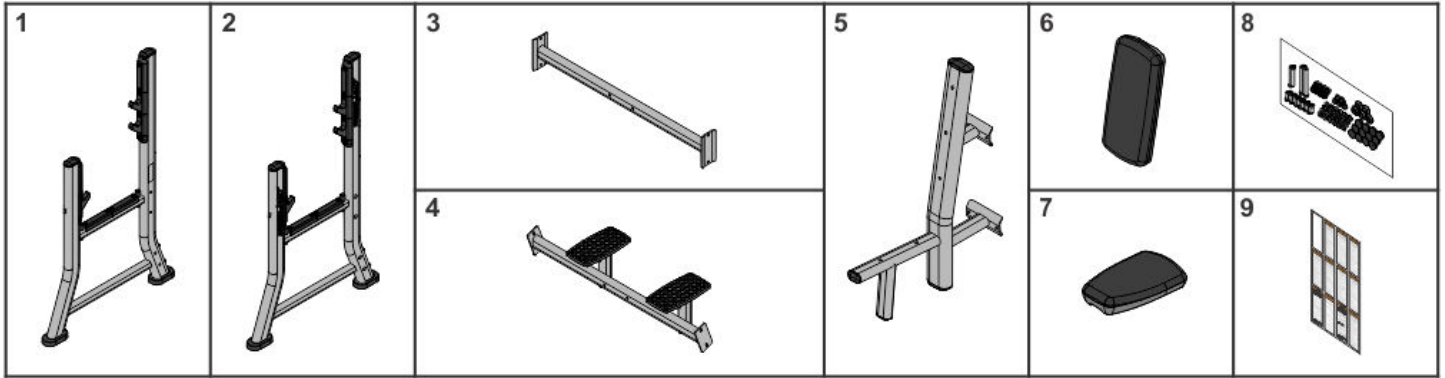


Raise foot covers to expose the bolt to floor location points.

Item	Description	Qty.
1	Foot Cover	4

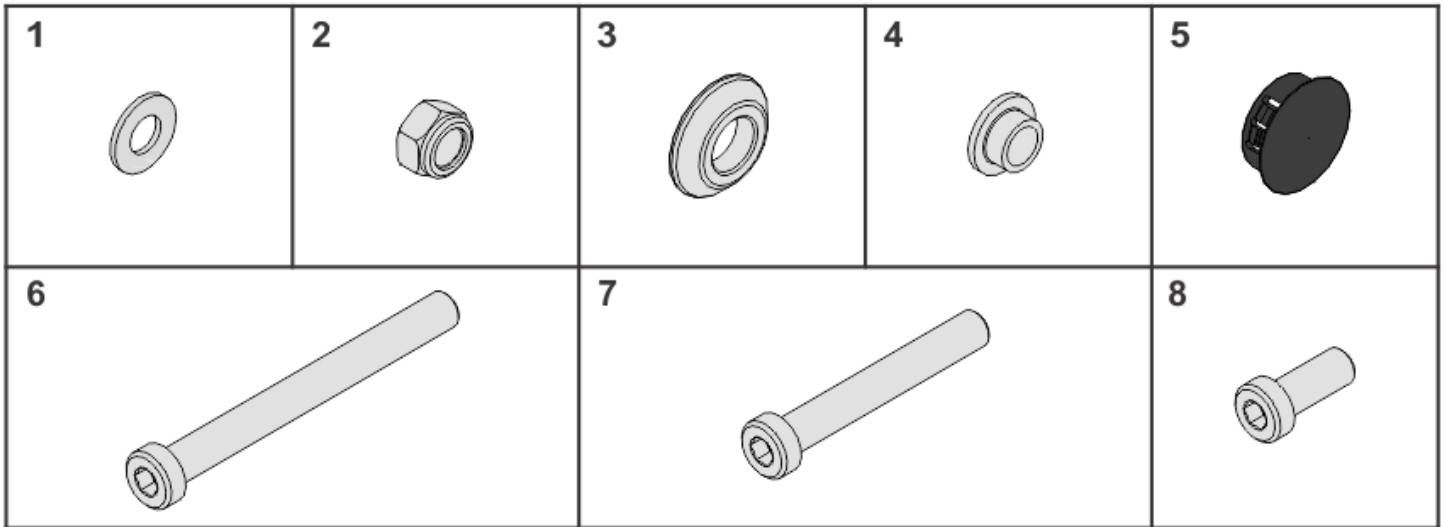
# 2. Assembly

## Components



tem	Description	Qty.
1	Right Side Frame	1
2	Left Side Frame	1
3	Cross Member	1
4	Spotter Platform	1
5	Seat Frame	1
6	Back Pad	1
7	Seat Pad	1
8	Hardware Bag	1
9	Multi-Language Warning Sheet	1

## Hardware



Item	Description	Qty.
1	3/8 Washer	24
2	M10 Hex Nylock Nut	12
3	1-1/4 OD x 1/4 Spacer	5
4	CM/MJ Retainer	5
5	1" Hole Plug	12
6	M10 x 1.5 x 100mm Screw	3
7	M10 x 1.5 x 70mm Screw	2
8	M10 x 1.5 x 25mm Screw	12

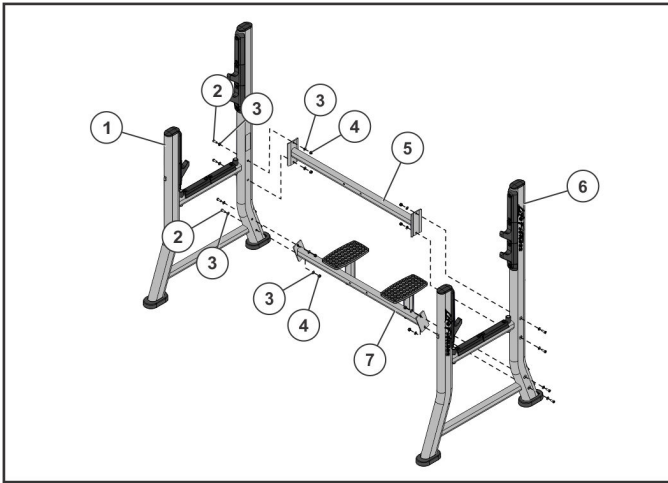
## Tools Required

- 7 mm Allen wrench
- 17 mm open end wrench
- Level
- Safety glasses
- Tape measure
- Torque wrench

# Assembly Procedure

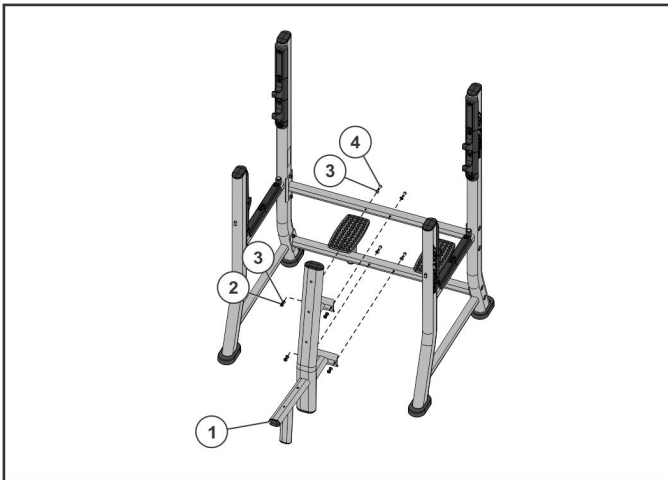
## Assemble Olympic Military Bench

1. Attach the cross member and spotter platform to the side frames, check for level and tighten hardware to **20-25 ft-lbs (27-34 Nm)**.



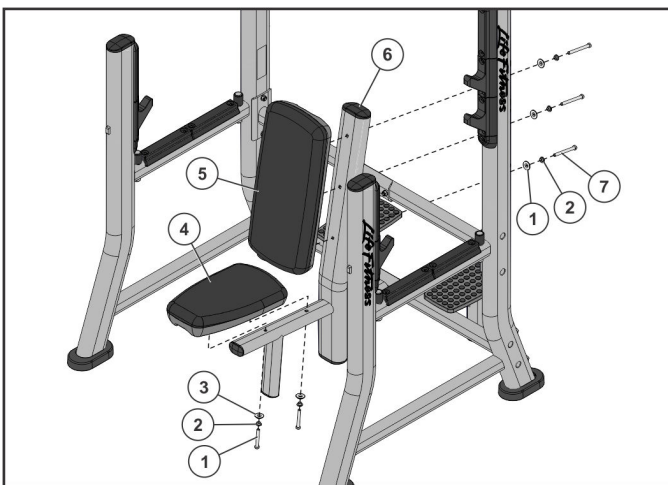
Item	Description	Qty.
1	Ride Side Frame	1
2	M10 x 1.5 x 25mm Screw	8
3	3/8 Washer	16
4	M10 Hex Nylock Nut	8
5	Cross Member	1
6	Left Side Frame	1
7	Spotter Platform	1

2. Attach the seat frame to the frame assembly, check for level and tighten hardware to **20-25 ft-lbs (27-34 Nm)**.



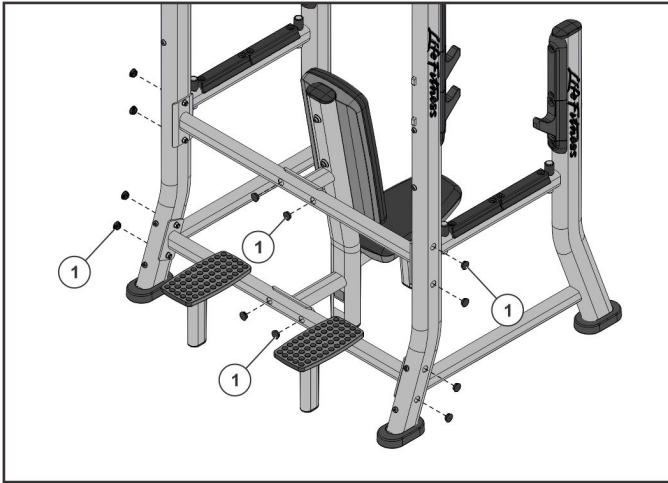
Item	Description	Qty.
1	Seat Frame	1
2	M10 Hex Nylock Nut	4
3	3/8 Washer	8
4	M10 x 1.5 x 25mm Screw	4

3. Install the back pad and seat pad onto the seat frame and tighten hardware to **40-50 in-lbs (4.5-5.6 Nm)**.



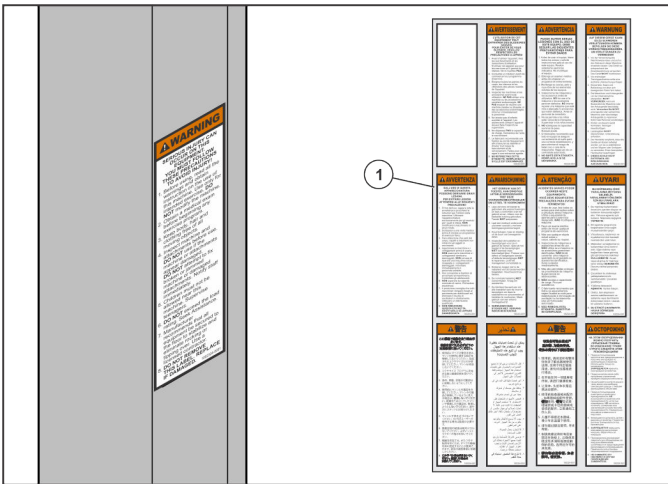
Item	Description	Qty.
1	M10 x 1.5 x 70mm Screw	2
2	CM/MJ Pulley Retainer	5
3	1-1/4 OD x 1/4 Spacer	5
4	Seat Pad	1
5	Back Pad	1
6	Seat Frame	1
7	M10 x 1.5 x 100mm Screw	3

4. Gently tap 1" hole plugs into place.



Item	Description	Qty.
1	1" Hole Plug	12

5. If desired, peel and stick label from the multi-language general warning sheet and carefully place over the English (default) label.

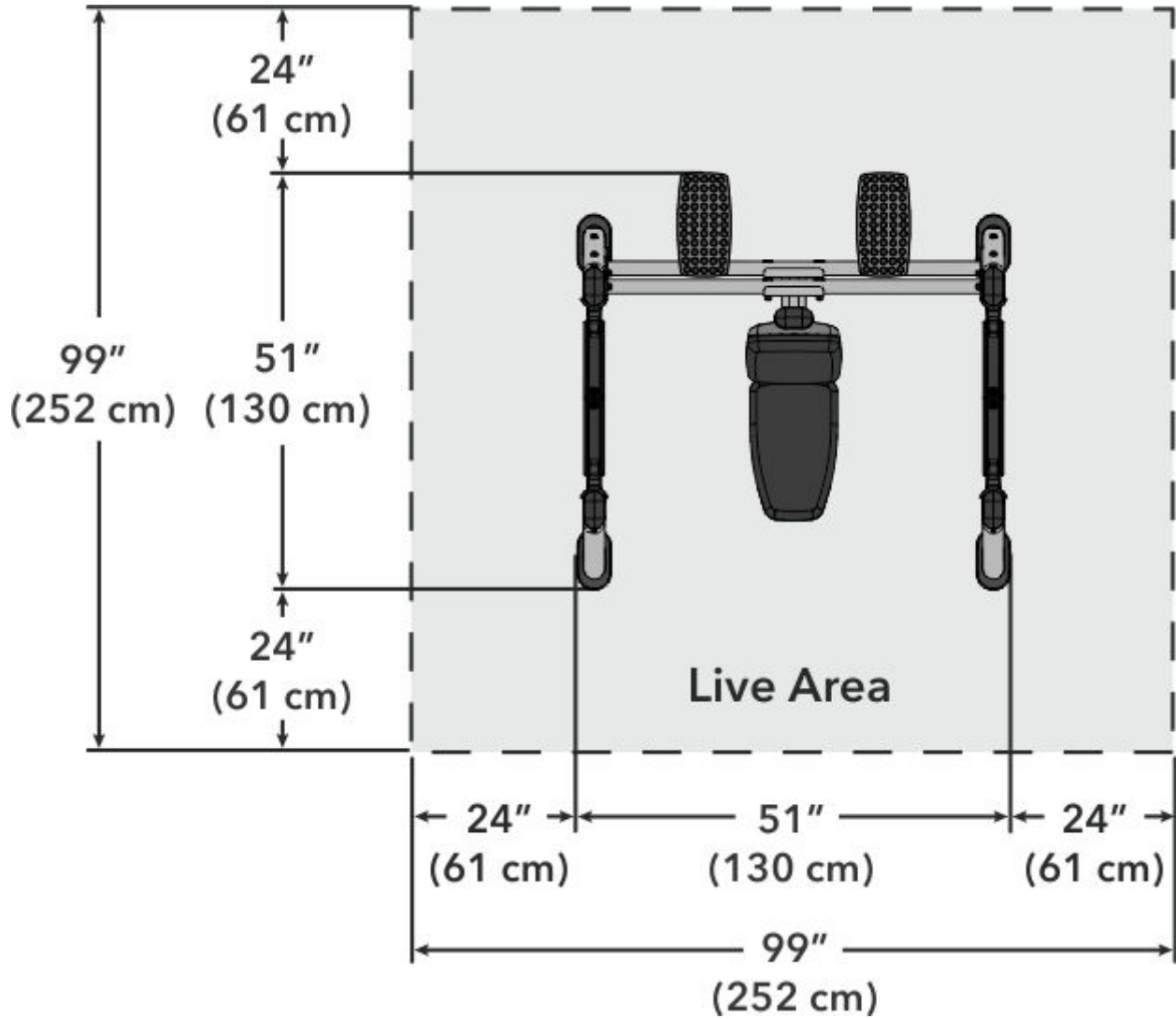


Item	Description	Qty.
1	Multi-Language General Warning Sheet	1

# 3. Product Information

## Specifications

Machine Weight:	269 lbs.	122 kg.
Size (L x W x H):	in. = 51 x 51 x 70	cm = 130 x 130 x 178
Live Area (L x W):	in. = 99 x 99	cm = 252 x 252
Max User Weight:	300 lbs.	136 kg.



# 4. Bolt to Floor Guide

## Introduction

Life Fitness Family of Brands designs its products to be stable when used as designed. Because strength training is dynamic, we cannot predict how users will ultimately use the products in all circumstances. Therefore, Life Fitness Family of Brands **recommends** that strength training equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over.

Each new unit shipped comes with a multi-language hangtag stating the importance of bolting the unit down as a safety precaution.

It is the facility's responsibility to adhere to local and regional building codes.

## Delivery and Installation Tips

### All Anchors

- Fasteners must have minimum embedment in concrete floor, not including screed, regardless of wood/tile/rubber over sub-floor. (See *Anchor Types* for maximum sub-floor thickness between unit and concrete to equipment foot must be made of flooring or other material (i.e. no air gaps)).
- DO NOT reuse fasteners. Static and Dynamic anchors are designed for one-time use only.
- Factor in equipment's feet height when selecting fastener length.
- Factor in flooring thickness when selecting fastener length.
- It is also recommended to drill an additional 1/2" (12.7 mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.
- Minimum concrete compressive strength: 3000 psi (20 N/mm<sup>2</sup>).

### Anchoring

- All anchors must have a minimum embedment into concrete, regardless of wood/tile/rubber/screed over sub-floor.
- Dynamic anchors must have a minimum embedment depth in concrete to ensure maximum security and pull out force. See *Anchor Types* for embedment depth minimums.

### Building Codes

It is the facility's responsibility to adhere to local and regional building codes. Please verify with the customer to ensure that they are aware of this.

### Carpeting

If bolted down to carpet flooring, be sure to use a box cutter knife to cut the carpet threads around each foot. This will help avoid the carpet threads from being wrapped around and pulled by the drill bit.

### Competitor Product

The bolt down guidelines and procedures for *Life Fitness* products were determined by the company's Engineering and Installation Development groups. These guidelines include which anchors to use and positioning of the anchors are required for *Life Fitness* product.

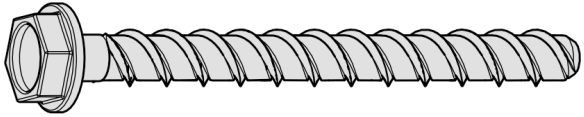
- *Life Fitness* does not have that level of specification or engineering input for competitive product.
- *Life Fitness* installation teams are not permitted to anchor competitor equipment.

### Drilling

It is also recommended to drill an additional 1/2" (12.7 mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.

- This can be done by marking your drill bit with a piece of tape.
- While it is recommended that a vacuum be used to clean up debris, this will not account for all the debris that will settle at the bottom of the drilled hole.

## Anchor Type - Static

Static Anchor	Standard Sizes	Drill Bit Size
	Imperial: KH-EZ 3/8" x 5"	3/8in
	Metric: HUS-H 10mm x 130mm	10mm

## Anchor Specifications

Static Anchor	Minimum Concrete Thickness	Minimum Drill Depth in Concrete	Minimum Concrete Embedment	Minimum concrete compressive strength
KH-EZ 1/4"	4-1/8" (105mm)	1/2" (12.7mm) beyond anchor length	2-1/2" (63.5mm)	3000psi (20 N/mm <sup>2</sup> )
HUS-H 6mm	3-3/32" (100mm)	25/64" (10mm) beyond anchor length	2-1/64" (55mm)	3000psi (20 N/mm <sup>2</sup> )


## Pullout Force

*Life Fitness* specifies Hilti™ static and dynamic anchors. According to the anchor manufacturer, the recommended design pullout force (in tension) for the specified anchors, when properly installed in cracked concrete, is provided in the side table. This table should be used for reference only; for additional and up-to-date information on the anchor capabilities or the design pullout force in other substrates, please consult Hilti directly at <https://www.us.hilti.com>.

Selected Anchor	Design Resistance in Tension *
KH-EZ 1/4" x 4"	830 lb
HUS-H 6MM x 120MM	3.3 kN
KH-EZ 3/8" x 4"	1535 lb
KH-EZ 3/8" x 5"	1535 lb
HUS-H 8MM x 120MM	3.3 kN
HUS-H 8MM x 150MM	3.3 kN
HSL-3 and HSL4 M 8/40	2000 lb
HST M12 x 115/20	8 kN
HST M12 x 195/200	8 kN
KB-TZ 3/8" x 3-3/4"	1615 lb

\* Design strength extracted from the Hilti Anchor Fastening Technology Manual.

## Tools Required

 **WARNING:** Adhere to manufacturer's equipment warnings and guidelines. Follow manufacturer's instructions for proper usage.

- 1" L-shape SDS rotary hammer
- (Imperial anchors) 3/8" diameter carbide drill bit
- (Metric anchors) 10mm diameter carbide drill bit
- Extension cord
- Floor scanner / rebar detector (optional)
- Hammer (Dynamic anchors only)
- Rotary tool
- Safety glasses
- Tape measure
- Torque wrench




- Vacuum (for debris)

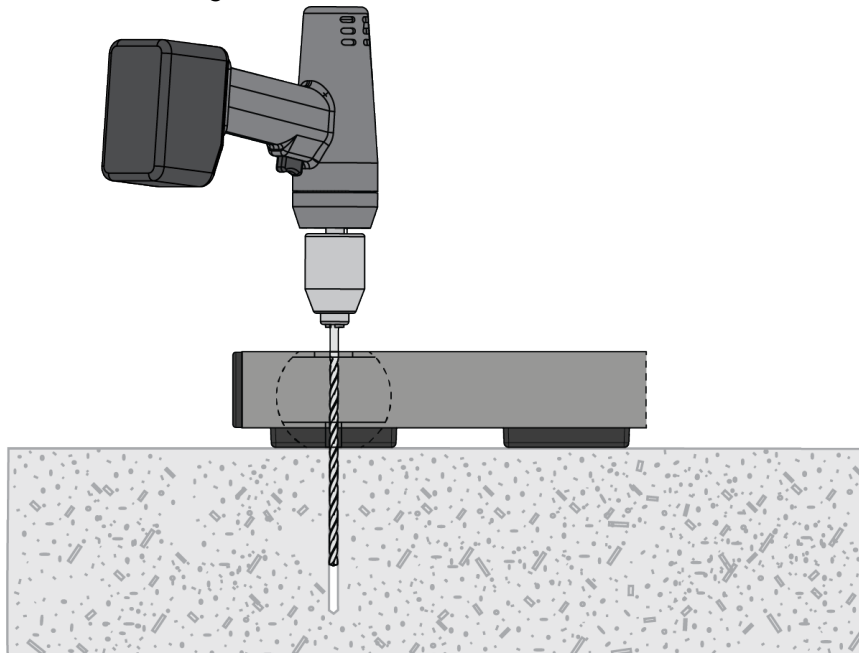
## Static Anchor

- Floor scanner / rebar detector (optional)
- 1" L-shape SDS rotary hammer
- 1/4" x 12" (6mm x 305mm) carbide drill bit (for 1/4" (6mm) anchors)
- 3/8" x 12" (8mm x 305mm) carbide drill bit (for 3/8" (8mm) anchors)
- Safety glasses
- Extension cord
- Impact wrench
- Vacuum (for debris)

## Static Anchor Procedure

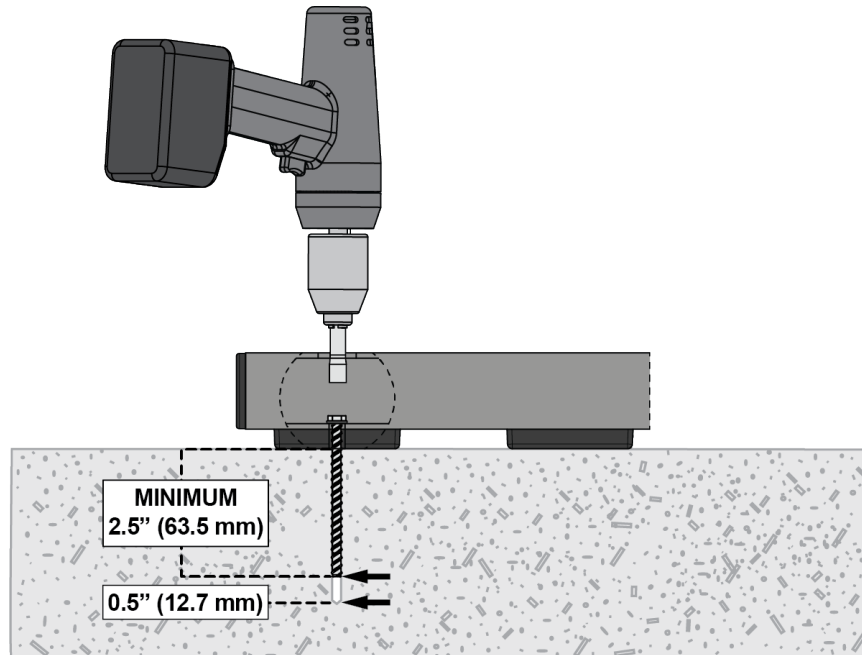
 **CAUTION:** If it is possible that the length of your bolt will not provide the minimum requirement of 2.5" (63.5mm) of engagement, a longer anchor should be used.

1. Place unit into position to be mounted and cycle unit to set stance.
2. Each foot **must** get at least one static fastener.
3. Wearing protective glasses, drill down into the flooring to the required depth as perpendicular as possible, ensuring that the foot thickness is being accounted for; refer to *Anchor Selection* and *Foot Dimensions*.



4. Insert fastener and tighten to 18 Foot-Pounds (24Nm) for 1/4" (6mm) anchor or 40 Foot-Pounds (54Nm) for 3/8" (8mm) anchor.

**NOTE:** If the legs/frame do not contact the mounting surface **DO NOT** pull down with the fastener or anchor. Loosen frame hardware and re-tighten to allow machine to align.



## Foot Dimensions

Use below image to determine foot specifications.

