

GADJ ADJUSTABLE BENCH

ASSEMBLY INSTRUCTIONS

GADJ-001 / CLASS H / 5/19/10 / 8362301 REV C-3

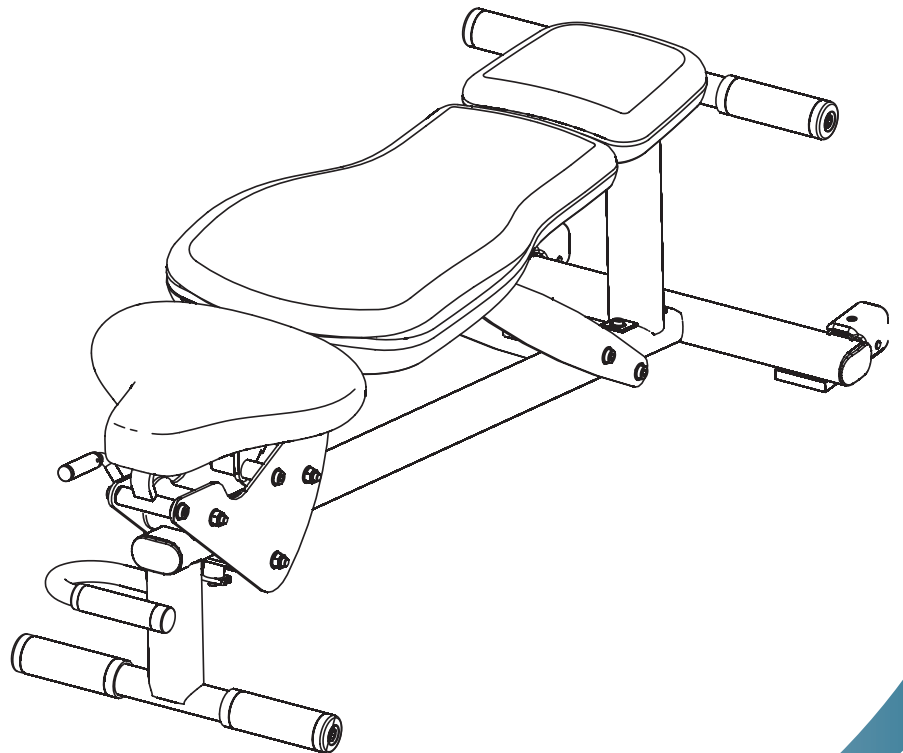


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SAFETY INFORMATION

It is the sole responsibility of the purchaser of LIFE FITNESS products to read the owner's manual, 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 INSTRUCTIONS OR WARNINGS ARE UNCLEAR, CONTACT LIFE FITNESS CUSTOMER SERVICE IMMEDIATELY AT 1-800-351-3737 WITHIN THE US AND CANADA. INTERNATIONAL OFFICE CONTACT INFORMATION IS AVAILABLE ON **PAGE 16**.

Keep children away from strength equipment. Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.

This equipment is categorized as class H per EN 957-1. And as such this equipment is only intended for Home use. It is not intended for commercial, institutional and/or studio facilities use. Contact LIFE FITNESS with any questions regarding this classification.

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



ACCESS CONTROL

LIFE FITNESS recommends that all 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 - LIFE FITNESS recommends that all equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.



PROPER USAGE

1. Do not use any equipment in any way other than as designed or intended by the manufacturer. It is imperative that LIFE FITNESS 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 EXERCIZING 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 LIFE FITNESS equipment use only replacement parts supplied by LIFE FITNESS.
2. Cables and Belts pose an extreme liability if used when frayed. Always replace any cable at first sign of wear (consult LIFE FITNESS if uncertain).
3. Routinely inspect all accessory clips that join attachments to the cables and replace at the first sign of wear.
4. MAINTAIN LABELS AND NAMEPLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.
5. EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as keeping 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. LIFE FITNESS 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 LIFE FITNESS equipment for damage or wear.
8. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE LIFE FITNESS EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.



OPERATING WARNINGS

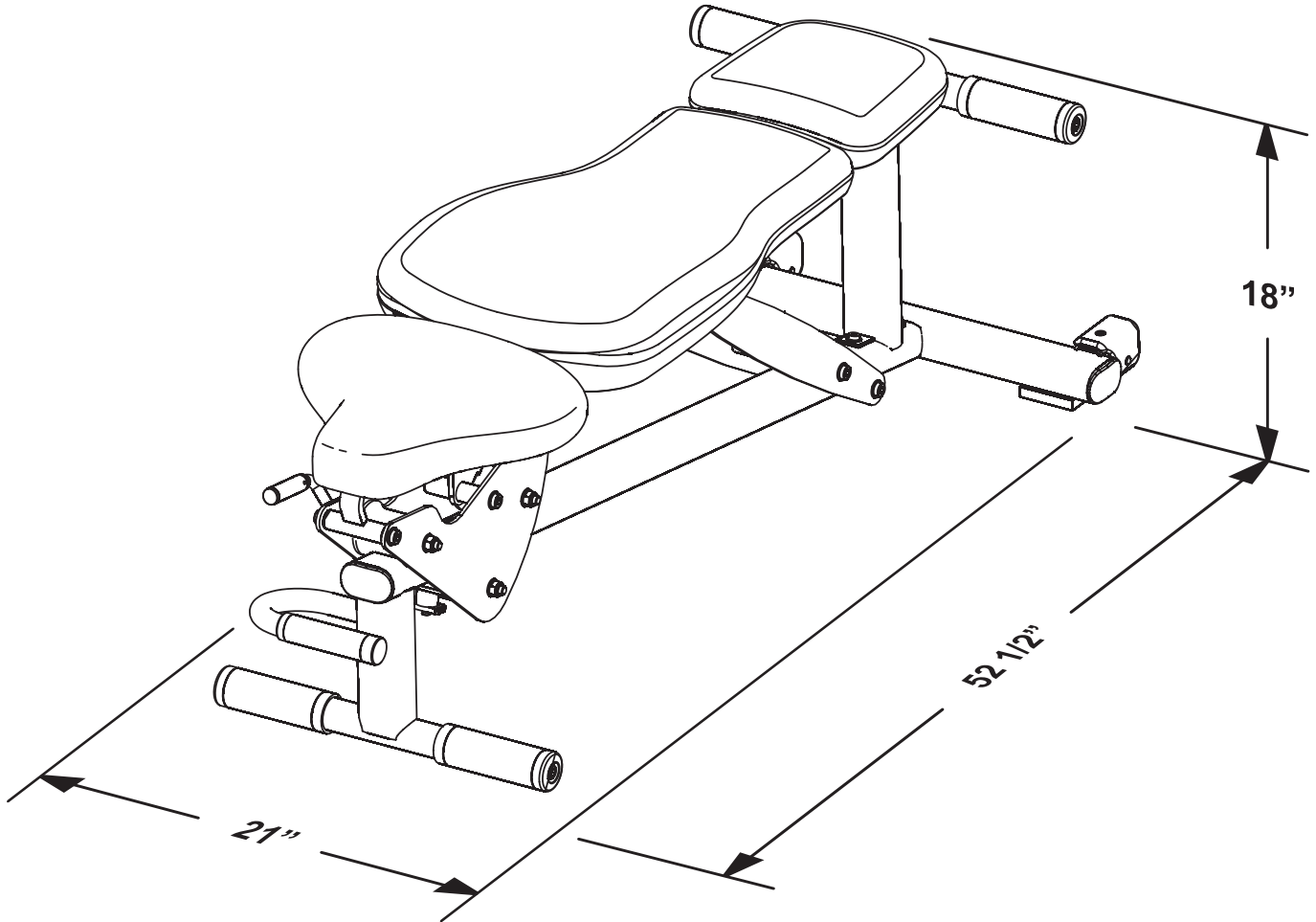
1. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all LIFE FITNESS equipment.
2. Keep children away from strength equipment. Parent or others supervising children must provide close supervision of children 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 user's 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.



SELECTORIZED WEIGHT STACK SYSTEMS

1. Use only weight selector pins supplied by LIFE FITNESS 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 LIFE FITNESS.

BENCH DIMENSIONS

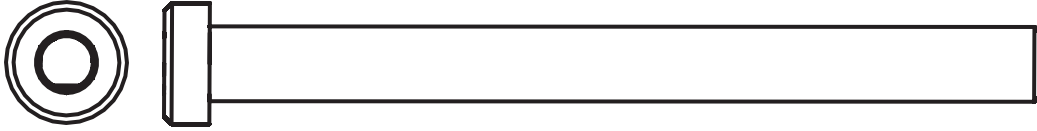


Height:		
Flat	18 inches	(457mm)
Fully Upright	42 3/8 inches	(1076mm)
Width:	21 inches	(530mm)
Length:	52.5 inches	(1335mm)
Bench Weight:	77 pounds	(35Kg)
Max User Weight:	300 pounds	(136.08Kg)
Max Training Weight:	300 pounds	(136.08Kg)

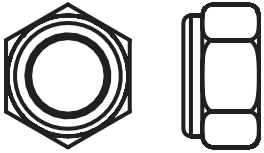
COMPONENTS LIST

ITEM NO.	QTY.	DESCRIPTION	PART NO.
1	1	MAIN FRAME ASSEMBLY	8623101
2	1	SEAT ADJUSTMENT HANDLE	8300301
3	3	ROLLER	8314701
4	1	PAD HOLDER ASSEMBLY	8623201
5	2	BACKREST SUPPORT	8328501
6	1	HEADREST PAD	7474301
7	1	BACK PAD	7474101
8	4	HOLE PLUG	3237403
9	1	ROLLER CARRIAGE ASSY	8351101
10	1	UPRIGHT TUBE ASSY	8351301
11	1	SEAT ADJUSTMENT ASSEMBLY	8351001
12	1	TOUCH UP PAINT (PLATINUM)	ACUTU-PLATINUM
HARDWARE (Blister Pack)			8622901
13	2	M10 X 110MM SCREW	3256218
14	2	M10 HEX NYLOCK NUT	3242002
15	20	3/8" FLAT WASHER	3102514
16	4	1/2" X 1/2" BUSHING	6020602
17	2	1/2" X 3 1/4" SLOTTED SHAFT	8260805
18	12	M10 X 20MM SCREW	3256201
19	4	M10 X 35MM SCREW	3251704
20	2	M8 HEX NYLOCK NUT	3242004
21	2	M8 X 55MM HEX SOCKET SCREW	3255808
22	3	3/4" X 5 1/4" SHAFT	8622804
23	1	1/2" X 3 1/4" SHAFT	8622803
24	6	3/4" X 1" BUSHING	3104901
25	4	5/16" FLAT WASHER	3102509
REQUIRED TOOLS			
Allen Wrench (5/16", 5mm, 7mm, 8mm, 13mm)			
Wrench (9/16", 17mm)			

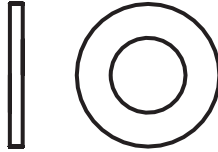
HARDWARE:



M10 X 110MM SCREW (#13)



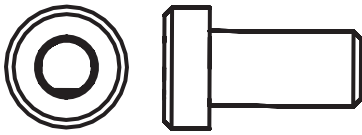
M10 NYLOCK NUT (#14)



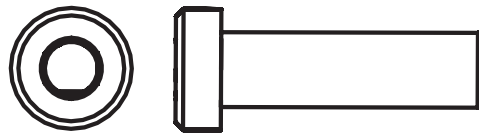
3/8" WASHER (#15)



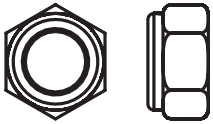
1/2" X 1/2" BUSHING (#16)



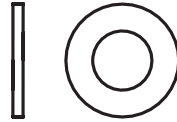
M10 X 20MM SCREW (#18)



M10 X 35MM SCREW (#19)



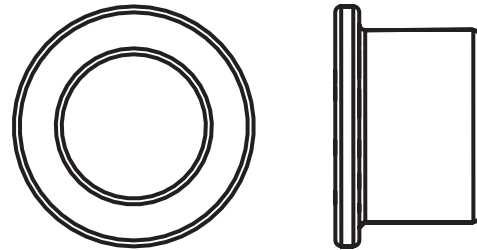
M8 NYLOCK NUT (#20)



5/16" WASHER (#25)

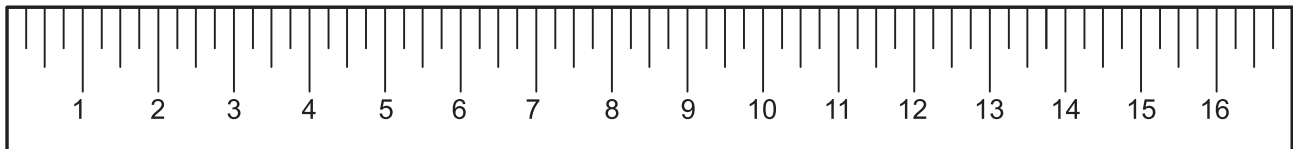


M8 X 55MM HEX SOCKET SCREW (#21)

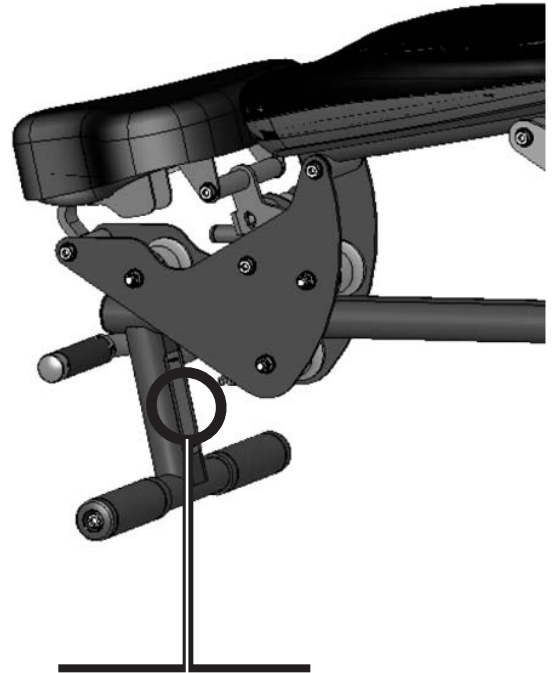


3/4" X 1" BUSHING (#24)

Centimeters



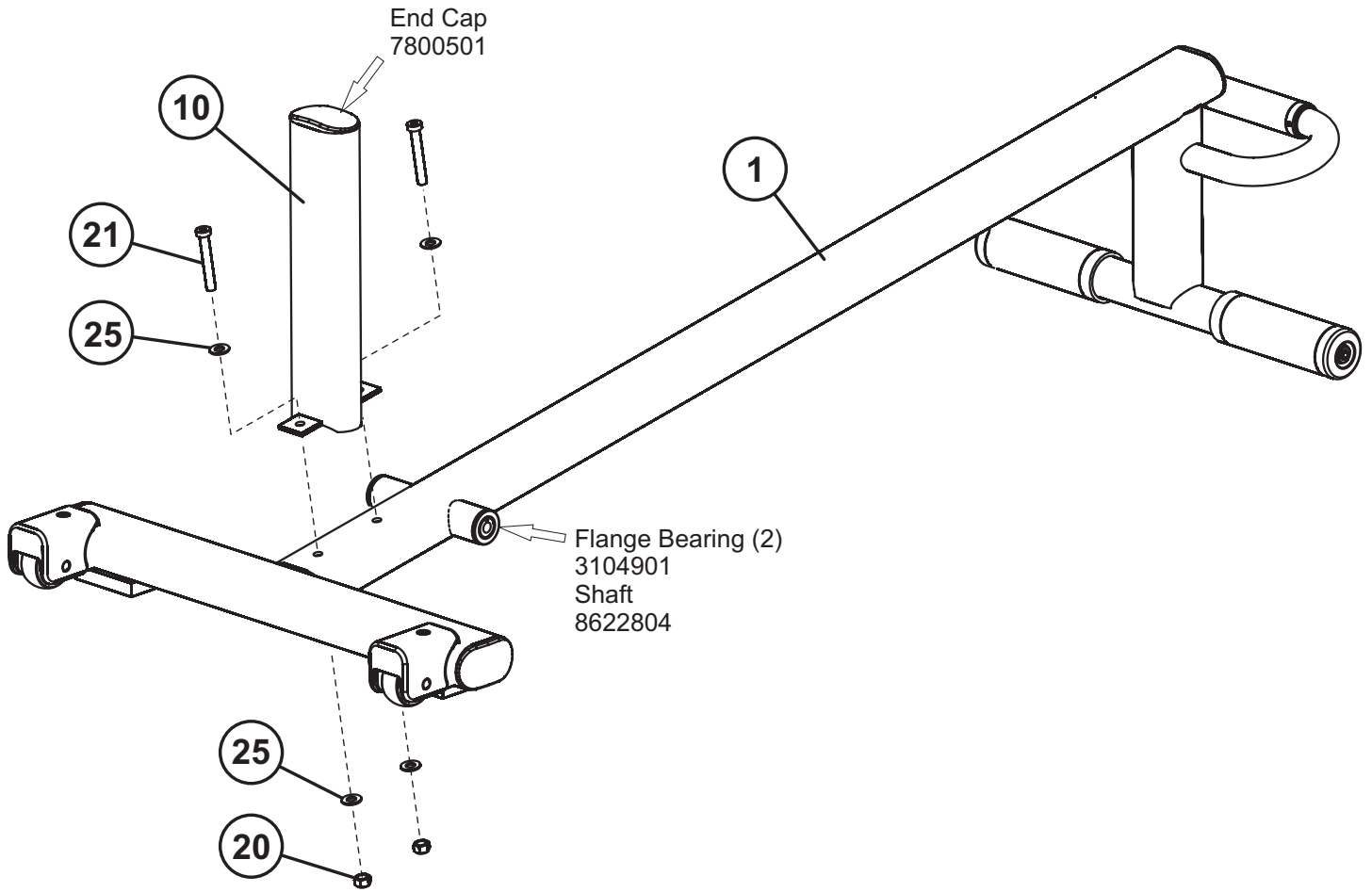
GADJ WARNING LABELS



! WARNING

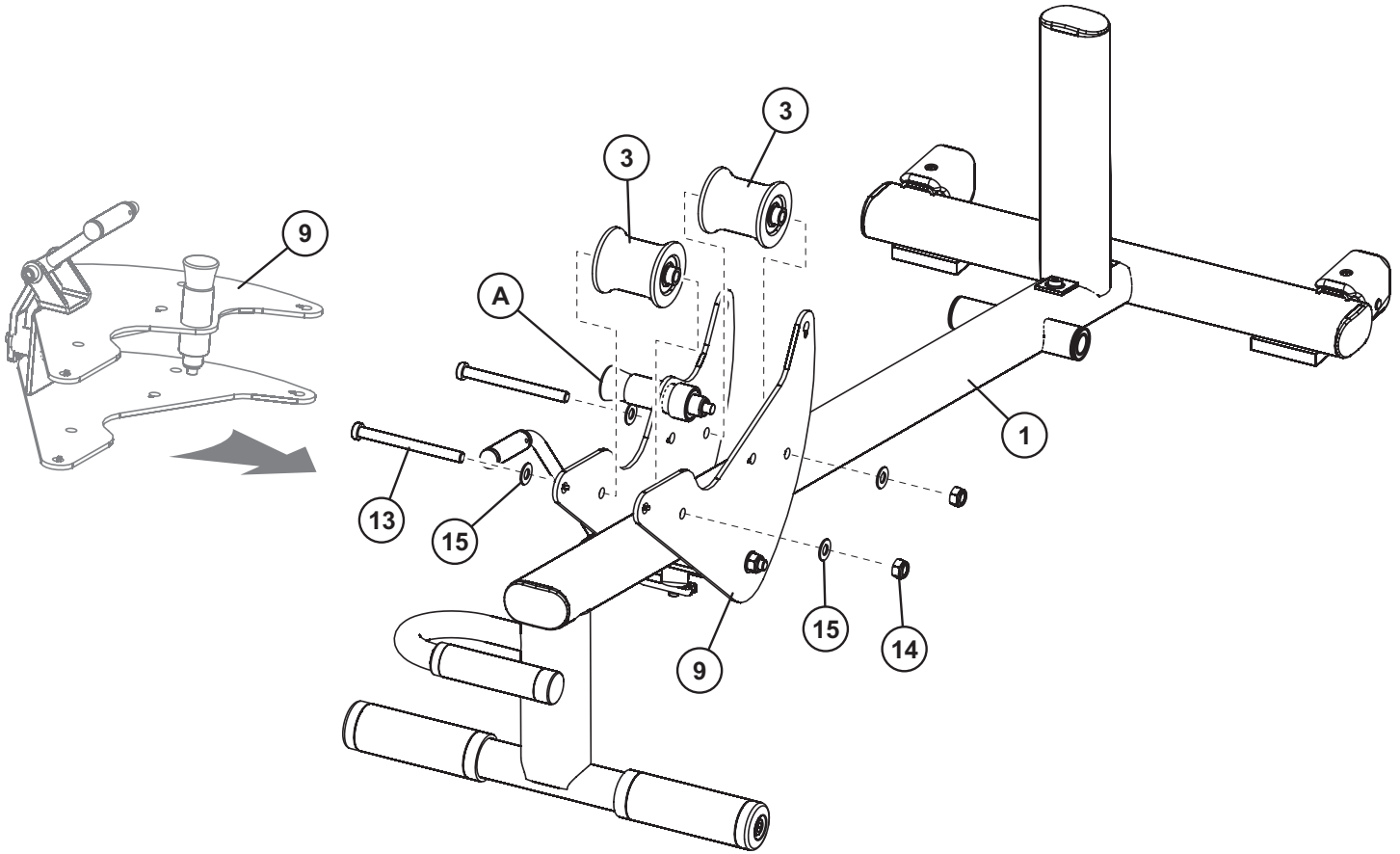
SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

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 the machines before use. **DO NOT** use if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.
5. Children must not be allowed near this machine. Supervise teenagers.
6. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**



STEP 1:

- Assemble the UPRIGHT TUBE (10) to the MAIN FRAME ASSEMBLY (1) using two M8 x 55mm HEX SOCKET SCREWS (21), four 5/16" FLAT WASHERS (25), and two M8 HEX NYLOCK NUTS (20). Tighten the screws and nuts securely.



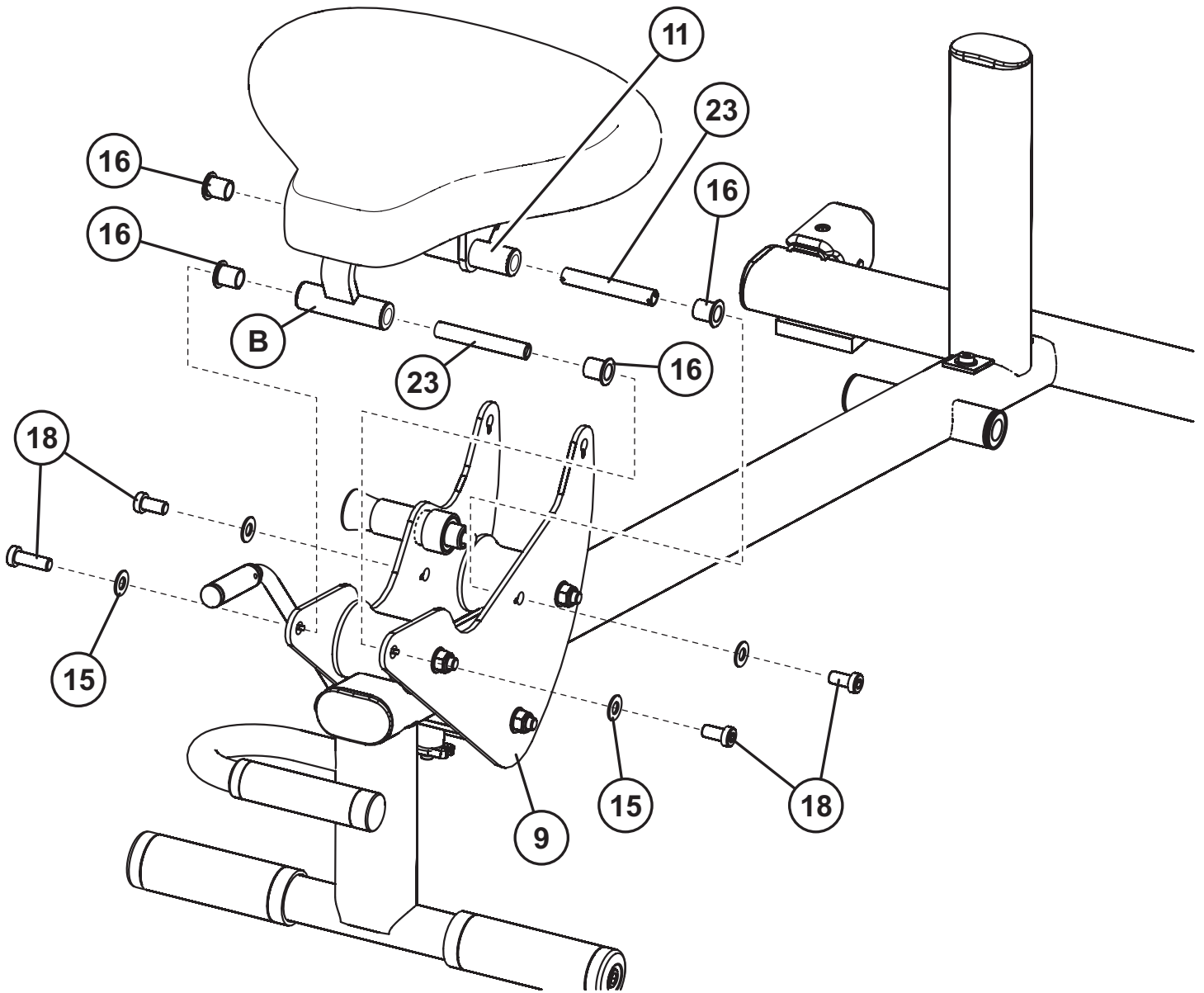
STEP 2:

- With the ROLLER CARRIAGE ASSEMBLY (9) oriented on its side, carefully position the ROLLER CARRIAGE ASSEMBLY (9) over the MAIN FRAME ASSEMBLY (1) and tilt into its final position as shown.

NOTE: IF NECESSARY, PULL ON THE CARRIAGE KNOB (A) TO GET THE ROLLER CARRIAGE (9) ON THE MAIN FRAME ASSEMBLY (1).

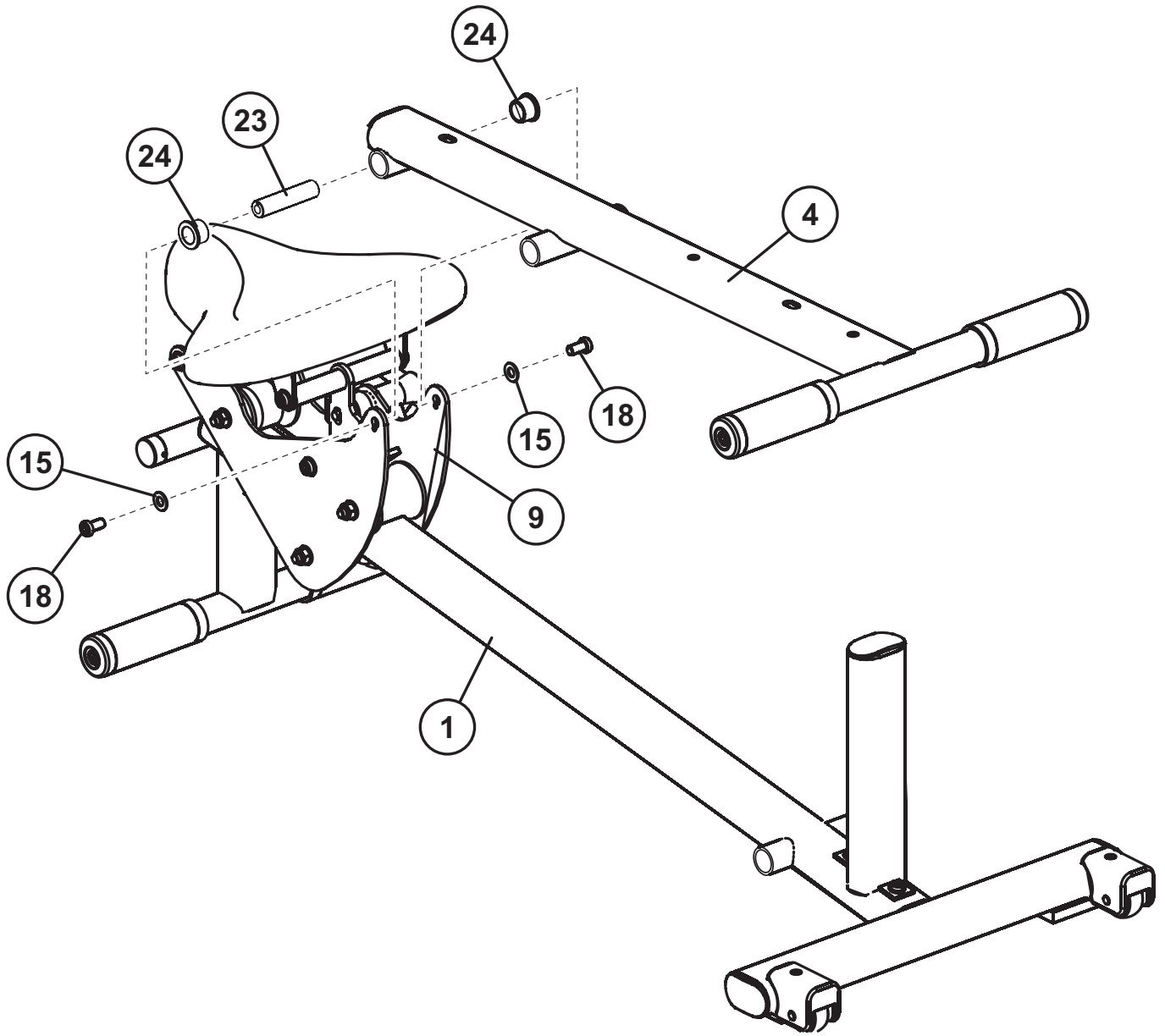
- Attach the two remaining ROLLERS (3) to the ROLLER CARRIAGE ASSEMBLY (9) using one M10 x 110mm SCREW (13), two FLAT 3/8" WASHERS (15), and one M10 HEX NYLOCK NUT (14) each. Tighten the screws and nuts securely.

NOTE: THE TWO ROLLERS SHOULD BE POSITIONED ABOVE THE MAIN FRAME ASSEMBLY (1).



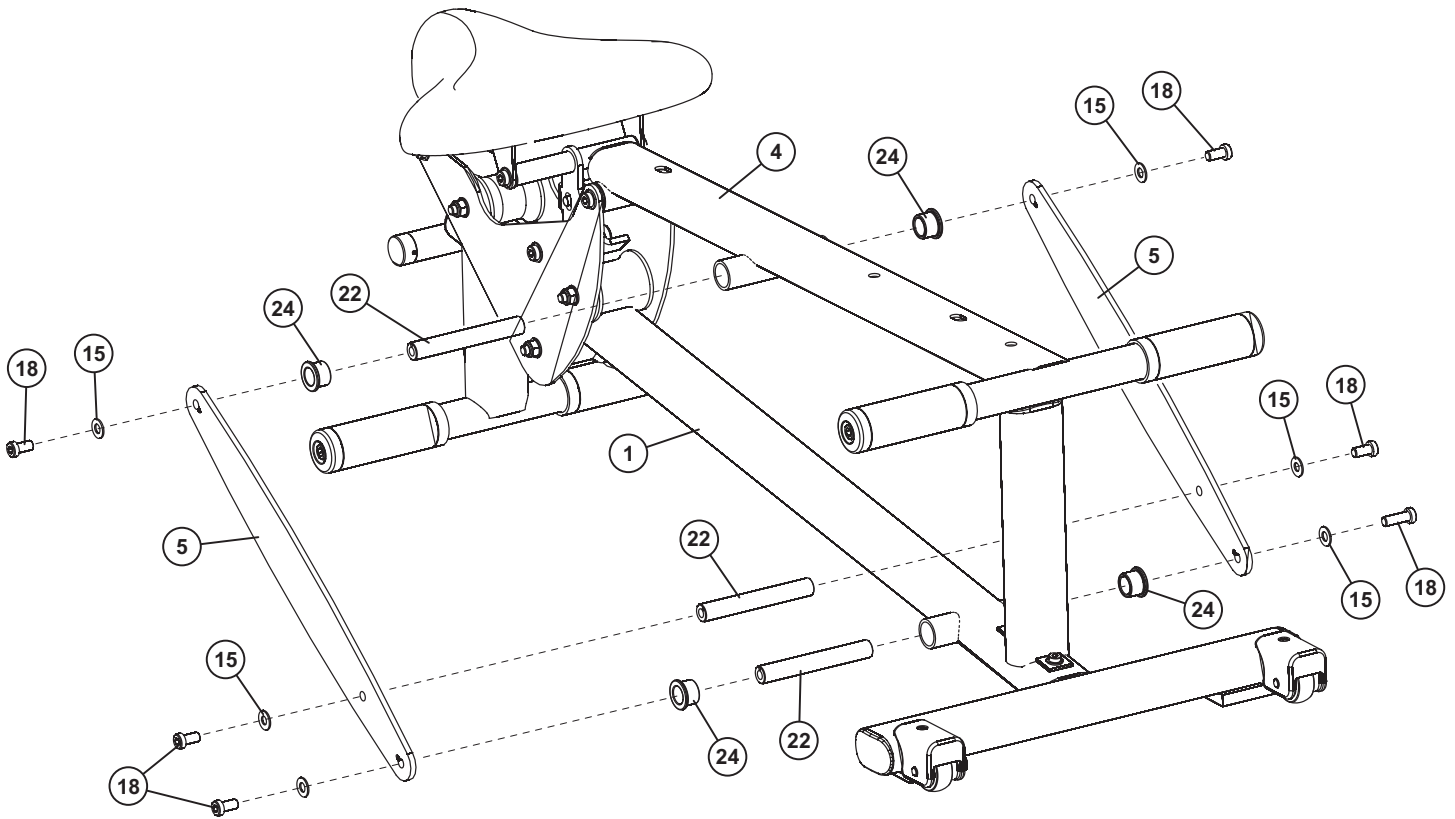
STEP 3:

- Insert two 1/2" x 1/2" BUSHINGS (16) into the bottom ends of the SEAT ADJUSTMENT ASSEMBLY (11). Insert the 1/2" x 3 1/4" SHAFT (23) through the 1/2" x 1/2" BUSHINGS (16).
- Insert two 1/2" x 1/2" BUSHINGS (16) into the bottom ends of the SEAT PIVOT BAR (B). Insert the 1/2" x 3 1/4" SHAFT (23) through the 1/2" x 1/2" BUSHINGS (16).
- Attach the SEAT ADJUSTMENT ASSEMBLY (11) and the SEAT PIVOT BAR (B) to the ROLLER CARRIAGE ASSEMBLY (9) using four M10 X 20mm SCREWS (18) and four FLAT 3/8" WASHERS (15). Tighten the screws securely.



STEP 4:

- Insert two 3/4" x 1" BUSHINGS (24) to the ends of the PAD HOLDER ASSEMBLY (4). Insert the 1/2" x 3 1/4" SHAFT (23) through the 3/4" x 1" BUSHINGS (24).
- Position the PAD HOLDER ASSEMBLY (4) onto the MAIN FRAME ASSEMBLY (1) as shown.
- Secure the PAD HOLDER ASSEMBLY (4) to the ROLLER CARRIAGE ASSEMBLY (9) using two M10 x 20mm SCREWS (18) and two FLAT 3/8" WASHERS (15). Tighten the screws securely.

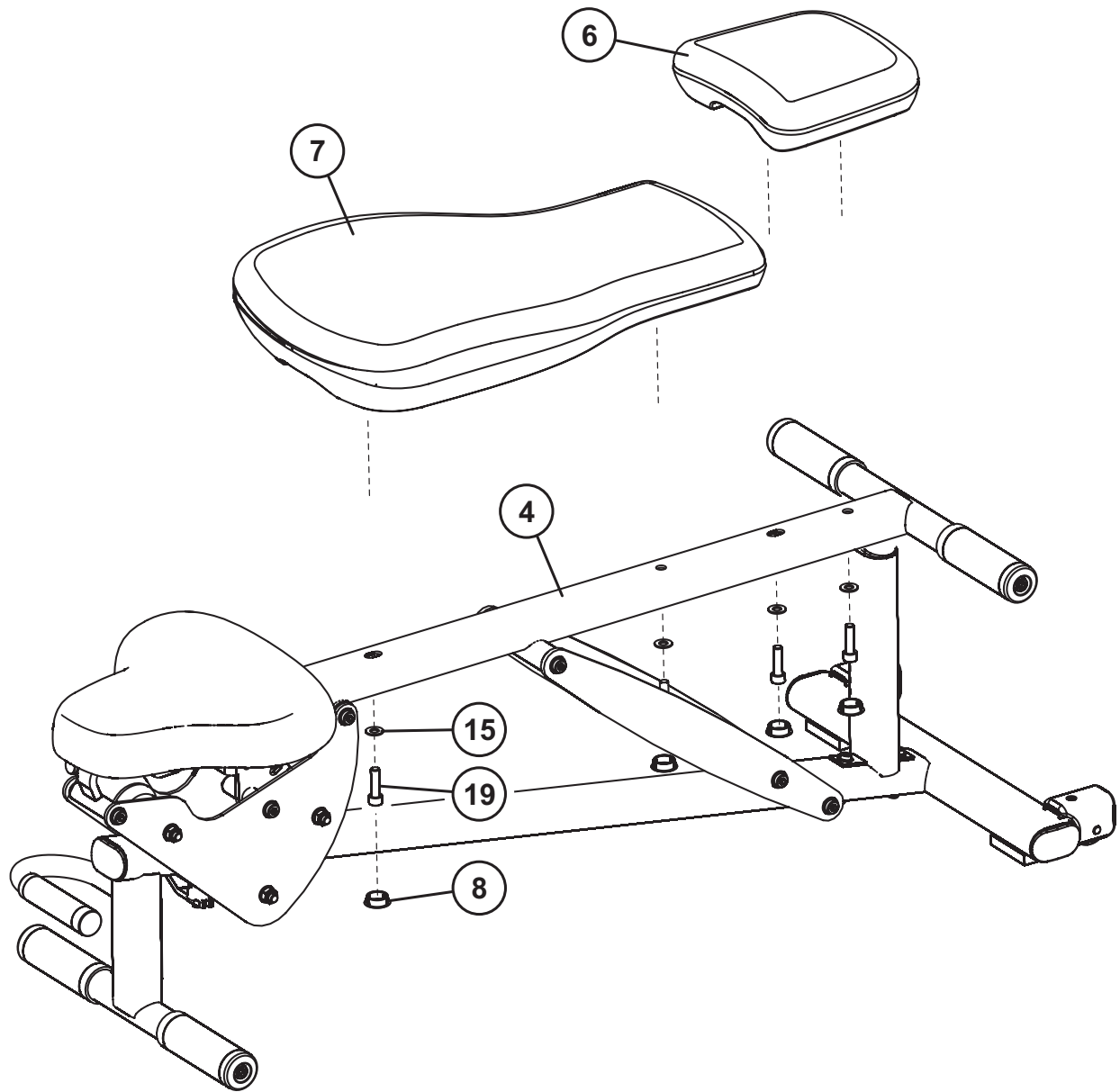


STEP 5:

- Insert two 3/4" x 1" BUSHINGS (24) to the of the PAD HOLDER ASSEMBLY (4). Insert one 3/4" x 5 1/4" SHAFT (22) through the 3/4" x 1" BUSHINGS (24).
- Insert two 3/4" x 1" BUSHINGS (24) to the ends of the MAIN FRAME ASSEMBLY (1). Insert one 3/4" x 5 1/4" SHAFT (22) through the 3/4" x 1" BUSHINGS (24).
- Attach the BACKREST SUPPORTS (5) to the MAIN FRAME ASSEMBLY (1) and the PAD HOLDER ASSEMBLY (4) using two M10 x 20mm SCREWS (18) and four FLAT 3/8" WASHERS (15) each. Finger tighten the screws.

NOTE: THE BACKREST SUPPORTS (5) SHOULD BE ORIENTED TOWARDS THE MAIN FRAME ASSEMBLY (1) AS SHOWN.

- Attach the remaining 3/4" x 5 1/4" SHAFT (22) between the BACKREST SUPPORTS (5) using two M10 x 20mm SCREWS (18) and two FLAT 3/8" WASHERS (15). Tighten all screws securely.



STEP 6:

- Attach the BACK PAD (7) to the PAD HOLDER ASSEMBLY (4) as shown using two M10 x 35mm SCREWS (19) and two FLAT 3/8" WASHERS (15). Tighten the screws securely. Do not overtighten the screws.
- Attach the HEADREST PAD (6) to the PAD HOLDER ASSEMBLY (4) as shown using two M10 x 35mm SCREWS (19) and two FLAT 3/8" WASHERS (15). Tighten the screws securely. Do not overtighten the screws.
- Insert HOLE PLUGS (8) into the four access holes underneath the PAD HOLDER ASSEMBLY (4).

MAINTENANCE

Please note:

- * 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) 351-3737.
- * Inspect equipment before each use. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
- * **PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD ON-LINE AT WWW.LIFEFITNESS.COM.**

Model #: _____

Serial #'s: _____

Note: The Model/Serial Number label is located under the MAIN FRAME ASSEMBLY.

Date of Purchase: _____

Dealer's Name _____

Dealer's Phone# _____

**Thank you for purchasing the Life Fitness
GADJ ADJUSTABLE BENCH**

LIMITED WARRANTY

Life Fitness® GADJ ADJUSTABLE BENCH

Life Fitness extends the following LIMITED WARRANTY to the original owner (proof of purchase required, keep your receipt with this manual) of the Life Fitness product. The Warranty terms apply to IN HOME and LIGHT INSTITUTIONAL USE ONLY.

1. **LIMITED WARRANTY ON FRAME AND WELDS.** If the frame of the Life Fitness product or a weld should crack or break, it will be repaired or replaced by Life Fitness. Terms: IN HOME USE ONLY: Lifetime – for so long as the Customer owns the Life Fitness product; LIGHT INSTITUTIONAL USE: Ten (10) years.
2. **LIMITED WARRANTY ON PARTS.** If the following parts are defective in material or workmanship, Life Fitness will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: IN HOME USE ONLY: Lifetime – for so long as the Customer owns the Life Fitness product; LIGHT INSTITUTIONAL USE: One (1) year.
3. **LIMITED WARRANTY ON CABLES AND UPHOLSTERY.** If the coated cables or upholstery are defective in material or workmanship, Life Fitness will repair or replace them, at its option. Terms: IN HOME USE ONLY: Three (3) years; LIGHT INSTITUTIONAL USE: Ninety (90) days.
4. **CONDITIONS AND EXCEPTIONS.** Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized Life Fitness Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of Life Fitness will void this Limited Warranty.
5. **REPLACEMENT AND REPAIR EXPENSES.** Life Fitness will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the Life Fitness product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to Life Fitness; and c. all necessary or incidental costs related to installation of the replacement parts.
6. **SHIPPING.** If shipping by the Owners is deemed necessary (in sole discretion of Life Fitness), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. Life Fitness will not assume any responsibility for any loss or damage incurred in shipping.
7. **CLAIM PROCEDURES.** If service on your Life Fitness product is required during the warranty period, please contact our Customer Service Department at 1-800-351-3737 (U.S. and Canada) or +1-847-288-3300 (outside of U.S. and Canada) for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product(s) (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.
8. **OWNER'S RIGHT.** This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.
9. **LIMITATION OF IMPLIED WARRANTIES.** All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.
10. **DISCLAIMER.** No other express warranty has been made or will be made on behalf of Life Fitness with respect to any Life Fitness product or the operation, repair or replacement of any Life Fitness product. Life Fitness shall not be responsible for injury, loss of use of the Life Fitness product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Notes:

CORPORATE HEADQUARTERS
5100 North River Road
Schiller Park, Illinois 60176 • U.S.A.
847.288.3300 • FAX: 847.288.3703
800.735.3867 (Toll-free within U.S.A., Canada)

INTERNATIONAL OFFICES

AMERICA'S

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Life Fitness Inc.**

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Life Fitness Do Brazil**

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**Latin America & Caribbean*
Life Fitness Inc.**

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**EUROPE, MIDDLE EAST, & AFRICA
(EMEA)**

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Life Fitness Atlantic BV**

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Telephone: (+31) 180 646 666
Fax: (+31) 180 646 699

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Ely, Cambs, CB7 4UB
Telephone: General Office (+44) 1353.666017 Customer
Support (+44) 1353.665507
Fax: (+44) 1353.666018

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Life Fitness Europe GMBH**

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85716 Unterschleissheim
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(+41) 0848 000 901 (Switzerland)
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(+41) 043 818 07 20 (Switzerland)

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Life Fitness Austria**

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Fax: (+43) 1.61.57.198.20

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Fax: (+34) 936 724 670

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Fax: (+39) 045.7238197

**Belgium
Life Fitness Benelux NV**

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4800 Verviers
BELGIUM
Telephone: (+32) 87 300 942
Fax: (+32) 87 300 943

**All Other EMEA countries &
distributor business C-EMEA***

Bijdorpplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 666
Fax: (+31) 180 646 699

ASIA PACIFIC (AP)

**Japan
Life Fitness 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

**China and Hong Kong
Life Fitness Asia Pacific LTD**

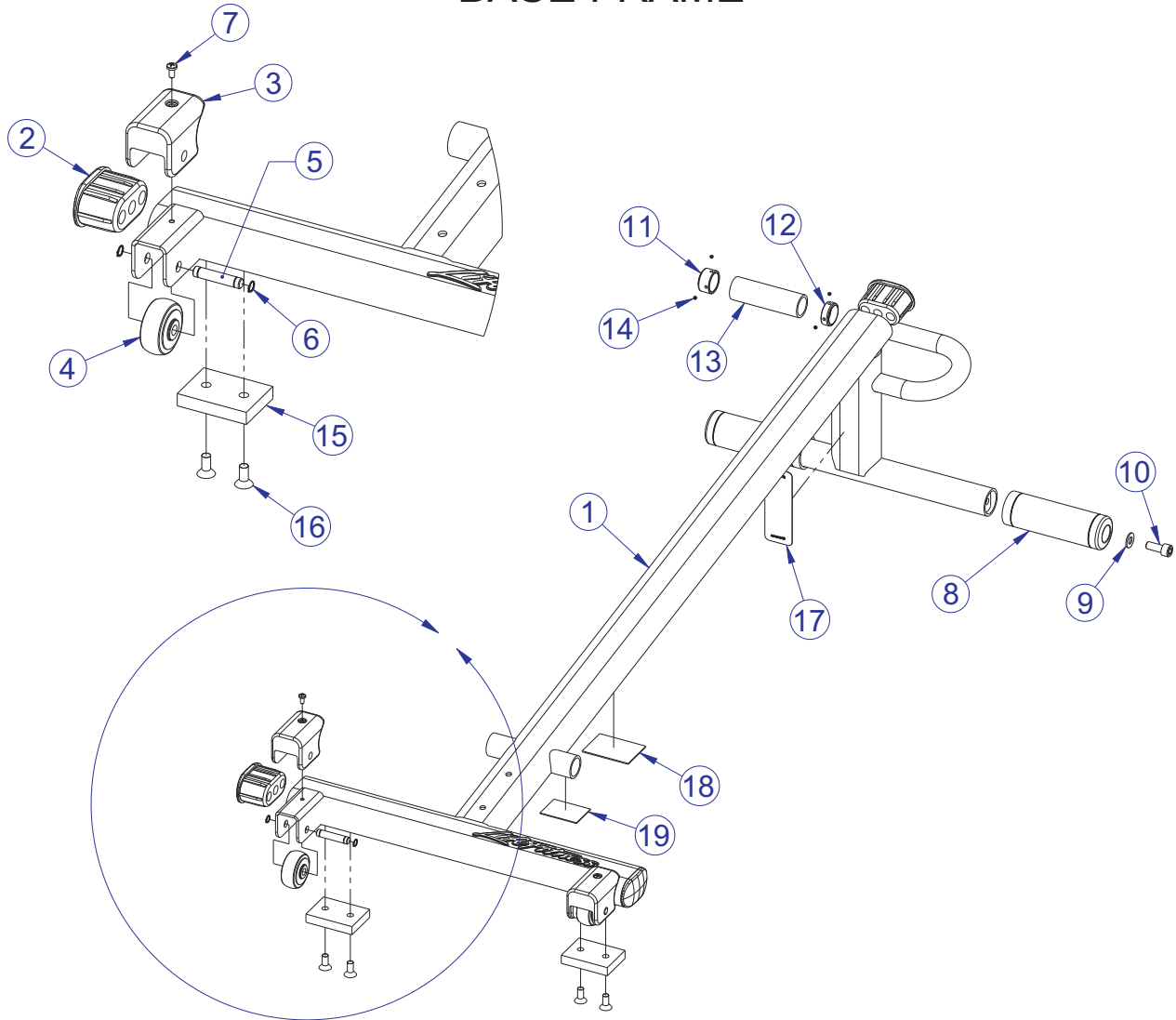
Room 2610, Miramar Tower
132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
Fax: (+852) 2575.6001

**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

PARTS LIST

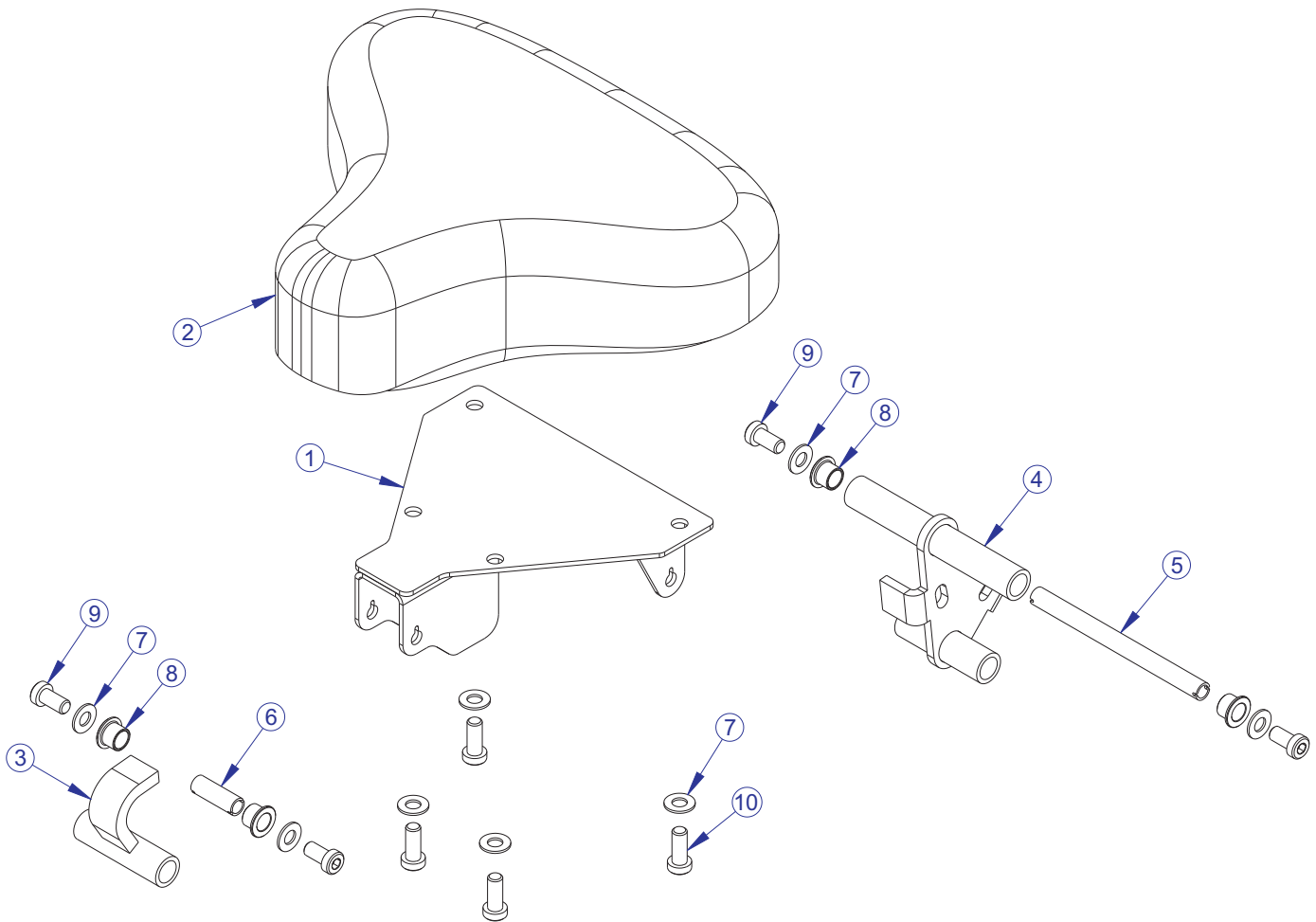
BASE FRAME



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8622501	WLDMT, MAIN
2	3	7800501	CAP, SML FLOV END
3	2	8265501	WHEEL HOUSING COVER, RUBBER
4	2	7656301	WHEEL, 2 OD X 3/8 ID RUBBER
5	2	8317501	AXEL WHEEL LFADJ-102
6	4	3232405	RNG, BRE .352,5100-37,ST,PP,B
7	2	3223401	10-32X3/8 PHL PAN HEAD TT ST BZ
8	2	7800101	GRIP, 1.50 ID FOOT
9	2	3102514	WASHER, FLAT 3/8 IN SAE ST ZN
10	2	3251702	M10 X 1.5 25 HXS SOC CS ST ZN
11	1	7662901	CAP; GRIP 1.25 OD
12	1	7662801	RING, GRIP 1.25 OD
13	1	3235801	GRIP, 1.25 OD X .125 WALL OPEN END
14	4	LEA3247701	M4 X 0.7 X 3 HZS NO CUP ST BO
15	2	7605801	PAD, RUBBER 2 X "X"
16	4	3234303	5/16-18 HXS FL SC ST BZ X .750
17	1	LEA7002501	LABEL; H WARNING 4.5 X 1.625
18	1	8300901	WARNING LABEL LFADJ-102
19	1	8106801	LABEL, SERIAL NUMBER, LARGE, 10-0123-001

PARTS LIST

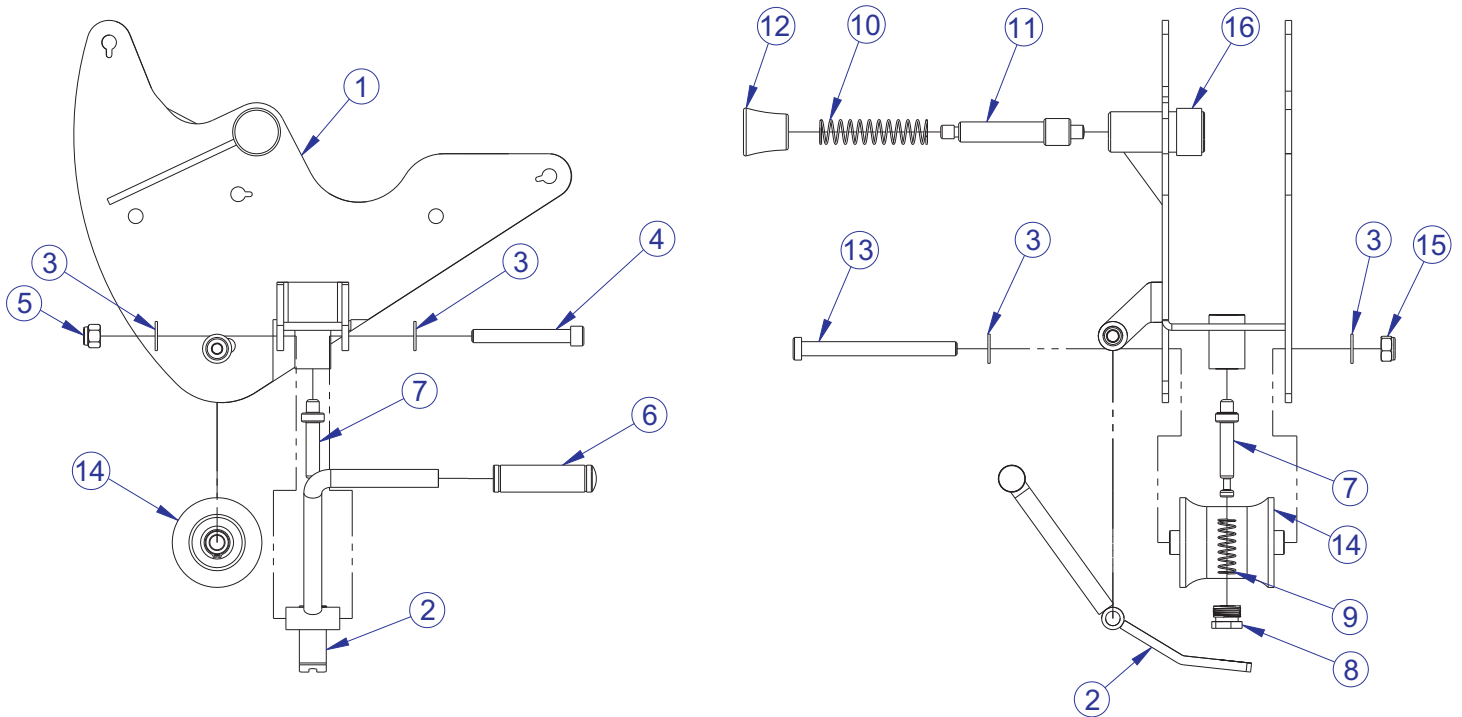
SEAT SUPPORT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7704301	WLDMT, G5 BENCH, SEAT SUPPORT
2	1	7297101	PAD, SEAT SADDLE
3	1	8263601	WLDMT, G5 BENCH, SEAT 4-BAR
4	1	8321801	WLDMT, G5 BENCH, SEAT ADJUST
5	1	8260804	SHAFT, .50 DIA SLOTTED X 6.08
6	1	8260801	SHAFT, .50 DIA SLOTTED X 1.46
7	8	3102514	WASHER, FLAT 3/8" SAE ST ZN
8	4	6020602	BEARING, FLG 1/2 ID X 5/8 OD X 1/2
9	4	3256201	SCREW, M10 X1.5 20MM
10	4	3256202	SCREW, M10 X1.5 25MM

PARTS LIST

SEAT CARRIAGE



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8259801	WLDMT, G5 BENCH, SADDLE
2	1	8300301	WLDMT, G5 BENCH, HANDLE POP PIN
3	4	3102514	WASHER, FLAT 3/8" SAE ST ZN
4	1	3249212	.375 HXS SOC CS ST ZN X 2.75
5	1	3102802	NUT, NYLOCK 3/8-16
6	1	7744901	HANDLE, REMOTE
7	1	7705201	PIN, POP .375 SLIDE
8	1	6411701	GUIDE, PLUNGER 3/4-10 X 5/8
9	1	6411801	SPRING, POP PIN 3/8 DIA X 2-3/4
10	1	7351501	SPRING, PULL PIN LARGE
11	1	8260501	PIN, PULL
12	1	7351401	KNOB, TULIP STYLE
13	1	3256218	SCREW, M10 X1.5 110MM
14	1	8314701	ASSY, ROLLER-CONCAVE
15	1	3242002	NUT, M10 X 1.5 HEX NYLOCK
16	1	7690201	BUMPER, SLEEVE - 1.125 INCH DIA