

G4 GYM SYSTEM

ASSEMBLY INSTRUCTIONS

G4-001 / CLASS H / 09/19/08 / 8604101 / REV B-2

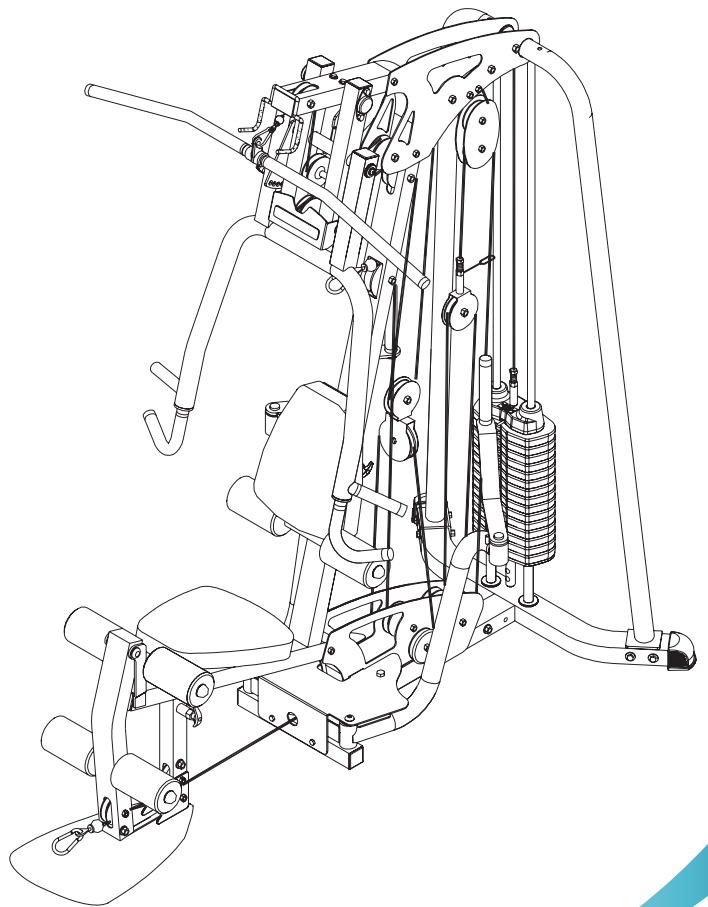


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IMPORTANT SAFETY INFORMATION

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 30.

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.

Note: In our continuing effort to improve our products, specifications are subject to change.

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IMPORTANT NOTES

Thank you for purchasing the Life Fitness G4 Gym System. Please read these instructions thoroughly and keep them for future reference.

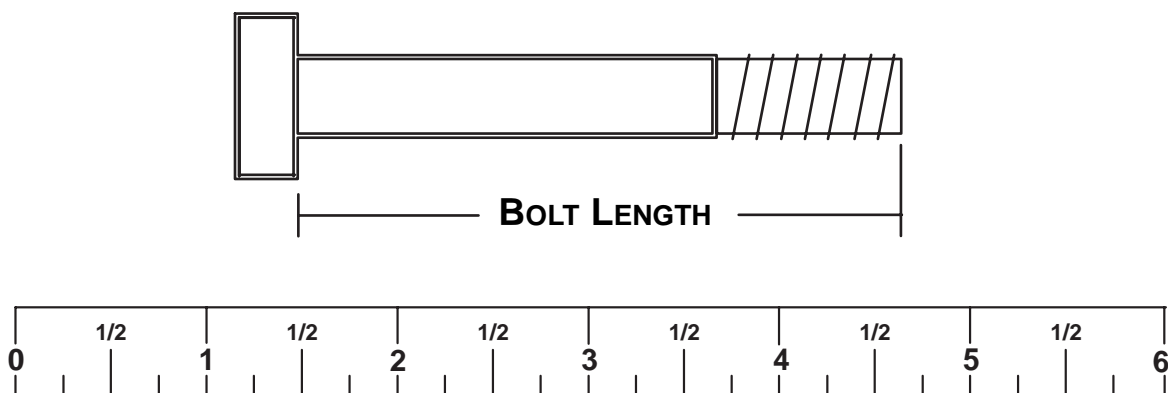
This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

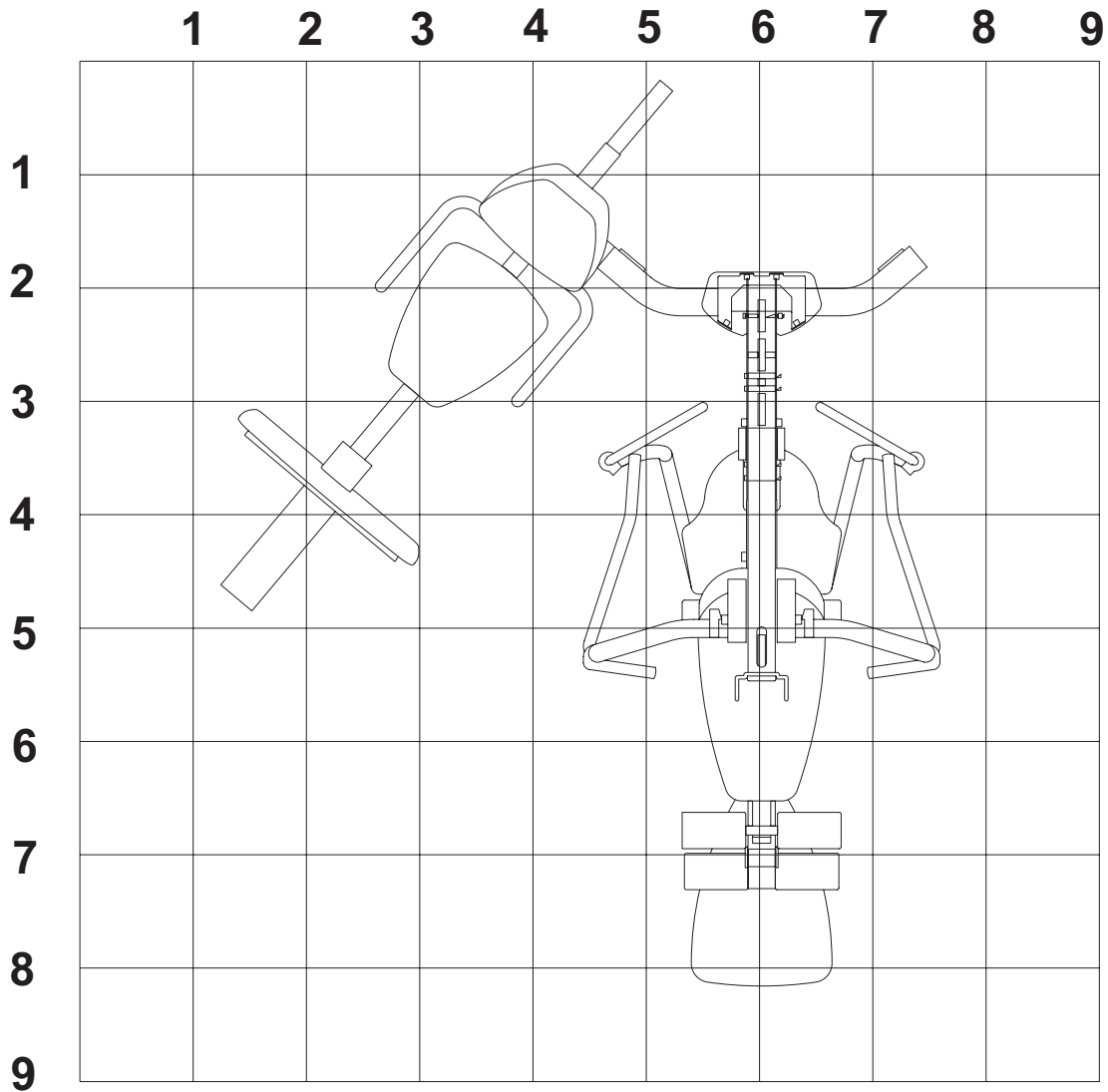
TOOLS REQUIRED FOR ASSEMBLY

- Rubber mallet or hammer
- 3/4" wrench
- 9/16" wrench
- Ratchet with 3/4" and 9/16" sockets
- 5/32" Allen wrench
- 6mm Allen wrench
- 5/16" Allen wrench
- 3/16" Allen wrench
- Adjustable wrench
- Tape measure

BOLT LENGTH RULER

Note: Bolt length is measured from the underside of the head of the bolt.





1 Square = 1' X 1'

Minimum Required Usable Space

Max User Weight = 300 pounds (136 kg)

Length = 86 inches (219 cm)

Width = 70 inches (178 cm)

Height = 83 inches (211 cm)

Weight = 484 pounds (220 kg)

Dimensions Including GLP Leg Press (optional)

Length = 107 inches (272 cm)

Width = 101 inches (257 cm)

Height = 83 inches (211 cm)

PARTS LIST

COMPONENTS PARTS LIST

KEY	DESCRIPTION	QTY
A	FRAME	1
B	BASE	1
C	BASE PLATE	2
D	BOOM PLATE LEFT	1
E	BOOM PLATE RIGHT	1
F	LEFT PEC FLY ARM	1
G	RIGHT PEC FLY ARM	1
H	PRESS ARM	1
I	PEC FLY HANDLE	2
J	SEAT ADJUST	1
K	LEG PEDESTAL	1
L	FOOT PLATE	1
M	LEFT REAR UPRIGHT	1
N	RIGHT REAR UPRIGHT	1
O	PEC PLATE	1
P	"L" CABLE RETAINER	2
Q	3-1/2" PULLEY GUARD	2
R	SHORT "L" CABLE BRACE	2
S	LONG "L" CABLE BRACE	1
T	3/4 X 17-7/8" TUBE	1
U	3/4 X 18-3/8" TUBE	1
V	3/4 X 21" TUBE	1
W	BACK INCLINE ADJUST	1
X	PRESS ARM SUPPORT FRAME	1
Y	PRESS ARM ADJUSTMENT	1
Z	FLOATING PULLEY BRKT	1
AA	DBL FLOATING PULLEY BRKT ASSY	1
AB	DBL FLOATING PULLEY	2
AC	GUIDE ROD	2
AD	WEIGHT STACK SPACER	2
AE	WEIGHT STACK CUSHION	2
AF	HEAD PLATE ASSY	1
AG	LAT BAR ASSY	1
AH	LOW ROW BAR	1
AI	SEAT PAD	1
AJ	ROLLER PAD	6
AK	AB STRAP	1
AL	ANKLE STRAP	1
AM	LAT CABLE 199-3/6"	1
AN	LOW CABLE 168"	1
AO	GUIDE CABLE 96"	1
AP	PEC FLY CABLE 90-1/2"	1
AQ	WEIGHT PLATE LABEL	1
AR	BACK PAD	1
AS	WEIGHT PLATES	15

HARDWARE PARTS LIST

KEY	PART	DESCRIPTION	QTY
1		1/2 X 5-3/4" BOLT	1
2		1/2 X 104mm BOLT	1
3		3/8 X 8" BOLT	2
4		3/8 X 5-3/4" BOLT	1
5		3/8 X 4" BOLT	1
6		3/8 X 3-3/4" BOLT	24
7		3/8 X 3-1/4" BOLT	2
8		3/8 X 3" BLK BOLT	2
9		3/8 X 2-3/4" BOLT	2
10		3/8 X 3" SILVER BOLT	2
11		3/8 X 1-3/4" BOLT	5
12		3/8 X 1-1/4" BOLT	2
13		3/8" SHIMWASHER	2
14		3/8 X 3/4" BOLT	2
15		1/2 X 3/4" BTN HEAD	4
16		3/8 X 1" FLAT HEAD	2
17		1/2" FLAT WASHER	2
18		3/8" FLAT WASHER	15
19		3/8" SILVER LOCK NUT	39
20		1/2" LOCK NUT	2
21		CHAIN	1
22		SNAP LINK	4
23		CABLE WIRE GUIDE	1
24		1" SPACER	11
25		1-1/4" SPACER	2
26		1-1/16" STEP SPACER	6
27		11/16" STEP SPACER	2
28		1/2" STEP SPACER	2
29		SHAFT COLLAR	2
30		ROLLER PAD CAP	6
31		3/8" STAR KNOB	1
32		RH CAP	2
33		3/4" PLASTIC WASHER	12
34		PLASTIC SLEEVE	2
35		3-1/2" PULLEY	20
36		4-1/2" PULLEY	2
37		V PULLEY	1
38		5/16 x 1" BTN HEAD	6
39		PULLEY GUARD	2
40		3/8" BLACK LOCK NUT	2
41		SILICON	1
42		G4 EXERCISE CARD	1
43		TOUCH-UP PAINT(PLAT)	1
44		TOUCH-UP PAINT(SHDW GRY)	1

Note: Some of the parts listed may be pre-installed.

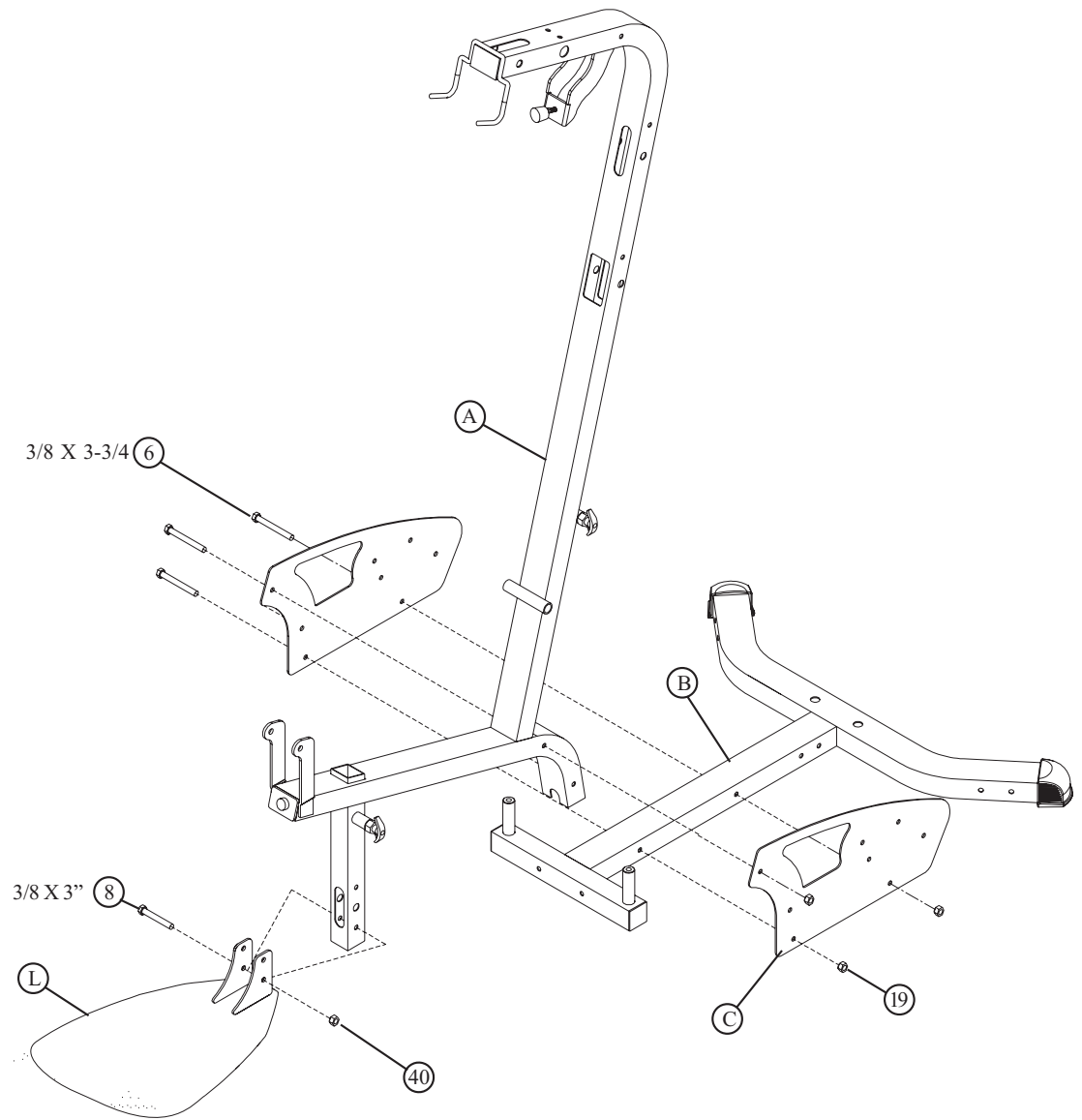


FIGURE 1

STEP 1:

- **LOOSELY** assemble two BASE PLATES (C) to the FRAME (A) and BASE (B) using three 3/8 X 3-3/4" BOLTS (6) and three 3/8" SILVER LOCK NUTS (19). See FIGURE 1.
- **LOOSELY** assemble the FOOTPLATE (L) to the lower holes in FRAME (A) using one 3/8 X 3" BOLT (8) and one 3/8" BLACK LOCK NUT (40) as shown in FIGURE 1.

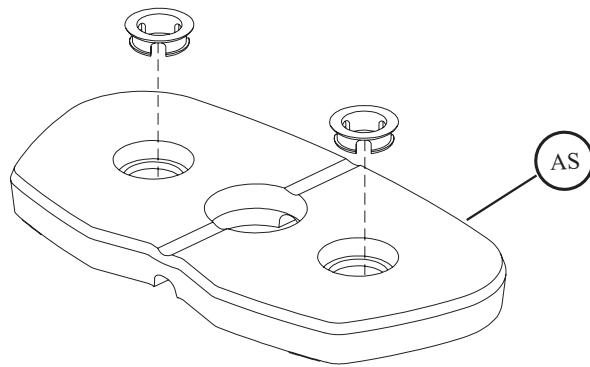


FIGURE 2

**CHECK THAT THE WEIGHT PLATES (AS) AND HEAD PLATE (AF)
ARE ASSEMBLED AS SHOWN IN FIGURES 2 & 3.**

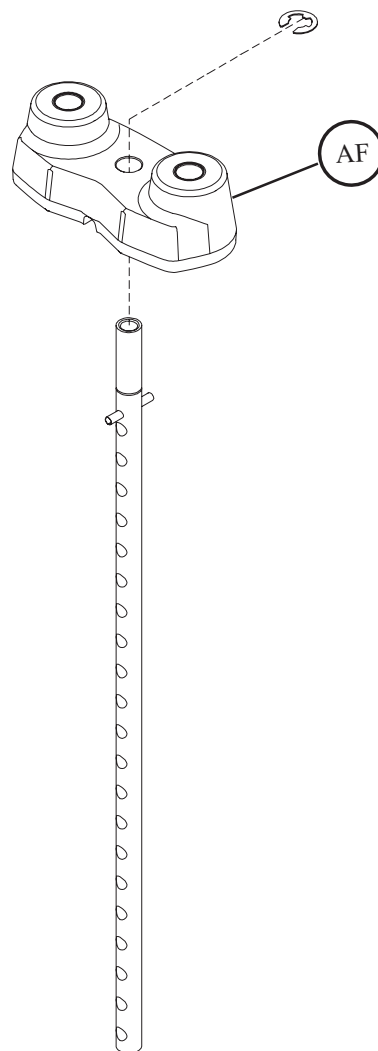


FIGURE 3

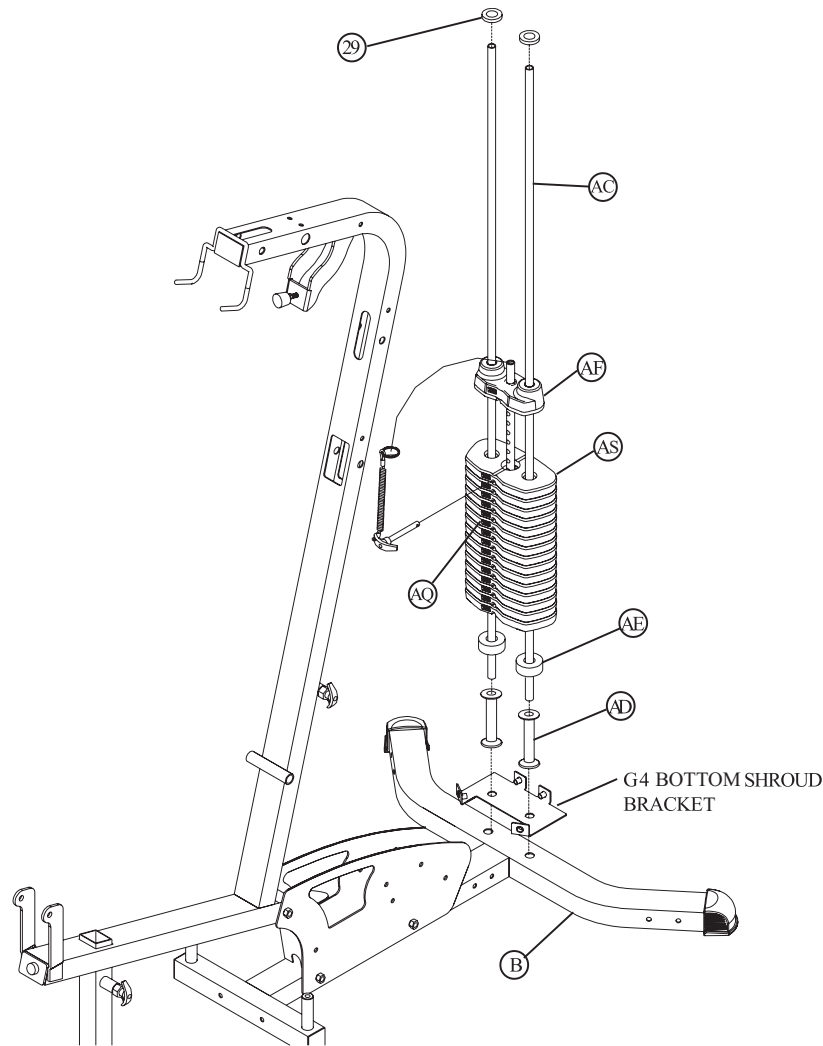


FIGURE 4

STEP 4:

- Place the GUIDE RODS (AC) through the BOTTOM SHROUD BRACKET and into the BASE FRAME (B) as shown in FIGURE 4.
- **Note: Lubricate the GUIDE RODS (AC) with the included silicon package.**
- Slide two WEIGHT STACK SPACERS (AD) and two WEIGHT STACK CUSHIONS (AE) down over the GUIDE RODS (AC).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (AS) down over the GUIDE RODS (AC) on to the WEIGHT STACK CUSHIONS (AE). Make sure that the WEIGHT PLATES (AS) are all facing as shown.
- Slide the HEAD PLATE (AF) down over the GUIDE RODS (AC) onto the weight stack.
- Slide two SHAFT COLLARS (29) over the GUIDE RODS (AC) as shown in FIGURE 4.
- Apply WEIGHT STACK LABELS (AQ) to the WEIGHT PLATES (AS) and the HEAD PLATE (AF) as shown in FIGURE 4. Begin with number one at the HEAD PLATE (AF) with larger numbers in consecutive order towards the bottom of the weight stack.

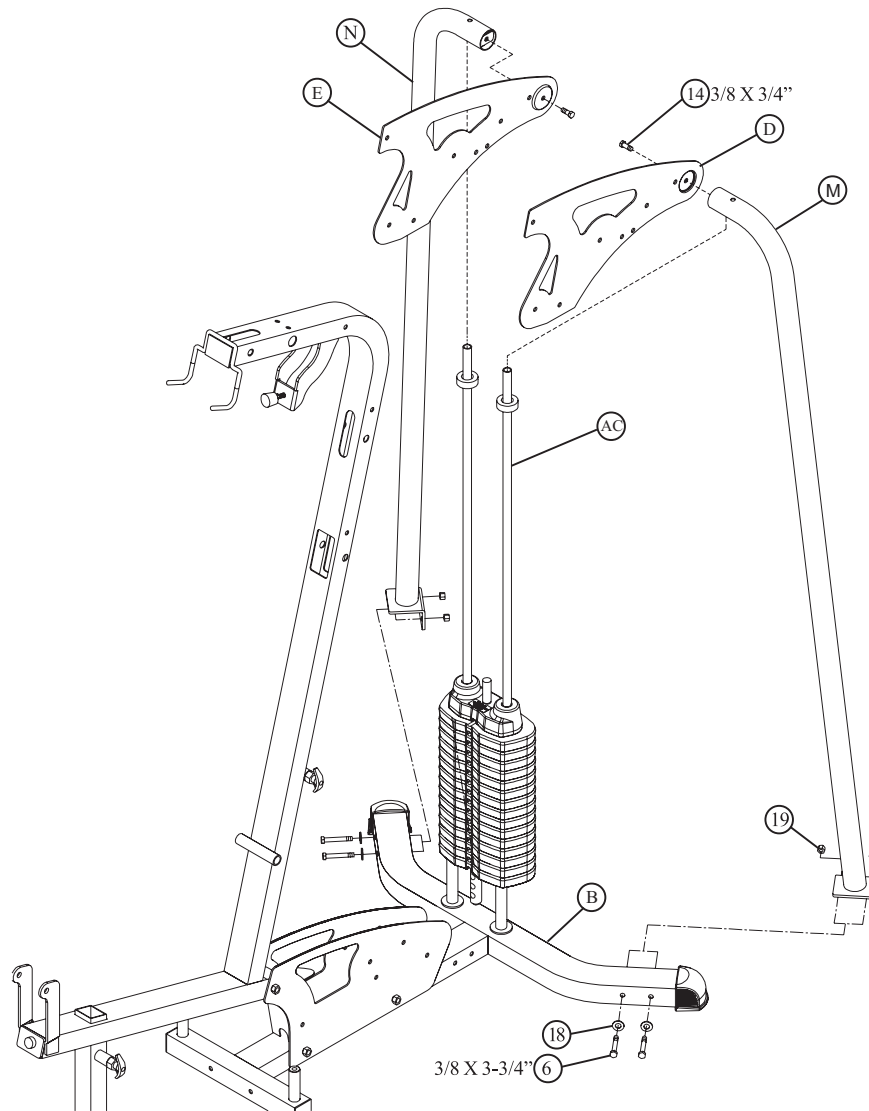
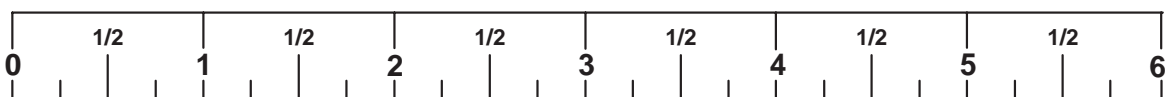


FIGURE 5

STEP 5:

- Carefully slide the RIGHT (N) and LEFT (M) REAR UPRIGHTS over the GUIDE RODS (AC) as shown in FIGURE 5 and SECURELY assemble the RIGHT (N) and LEFT (M) REAR UPRIGHTS to the BASE (B) using four 3/8 X 3-3/4" BOLTS (6), four 3/8" WASHERS (18) and four 3/8" SILVER LOCK NUTS (19) as shown in FIGURE 5.
- SECURELY assemble the RIGHT (E) and LEFT (D) BOOM PLATES to the RIGHT (N) and LEFT (M) REAR UPRIGHTS using two 3/8 X 3/4" BOLTS W/LOCKTITE (14) as shown in FIGURE 5.



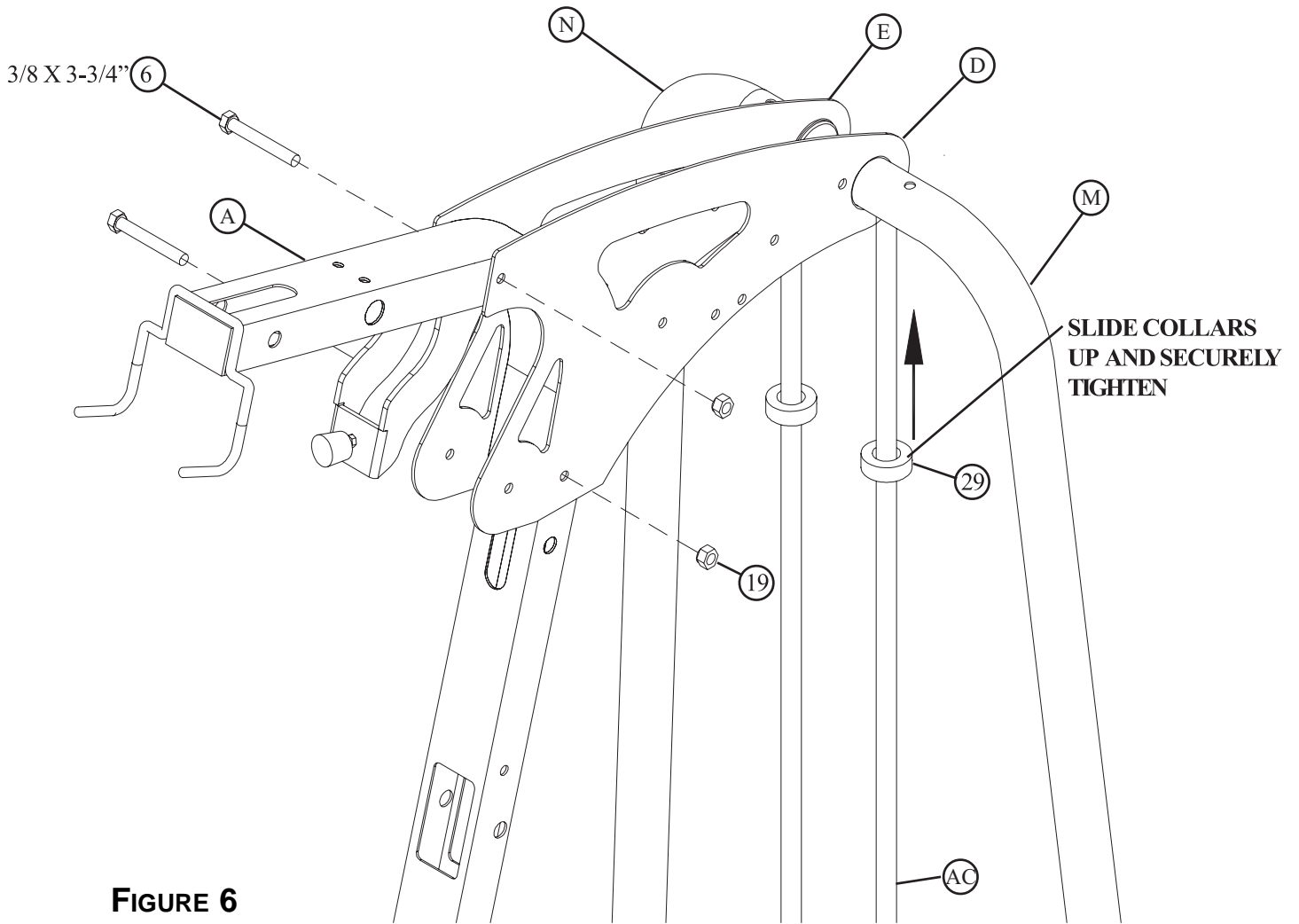


FIGURE 6

STEP 6:

- **SECURELY** assemble the LEFT (D) and RIGHT (E) BOOM PLATES to the FRAME (A) using two 3/8 X 3-3/4" BOLTS (6) and two 3/8" SILVER LOCK NUTS (19). See FIGURE 6.
- Slide up both SHAFT COLLARS (29) to the top until flush with the bottom of the guide rod bushings in both the LEFT (M) and RIGHT (N) REAR UPRIGHTS and **SECURELY TIGHTEN** as shown in FIGURE 6.

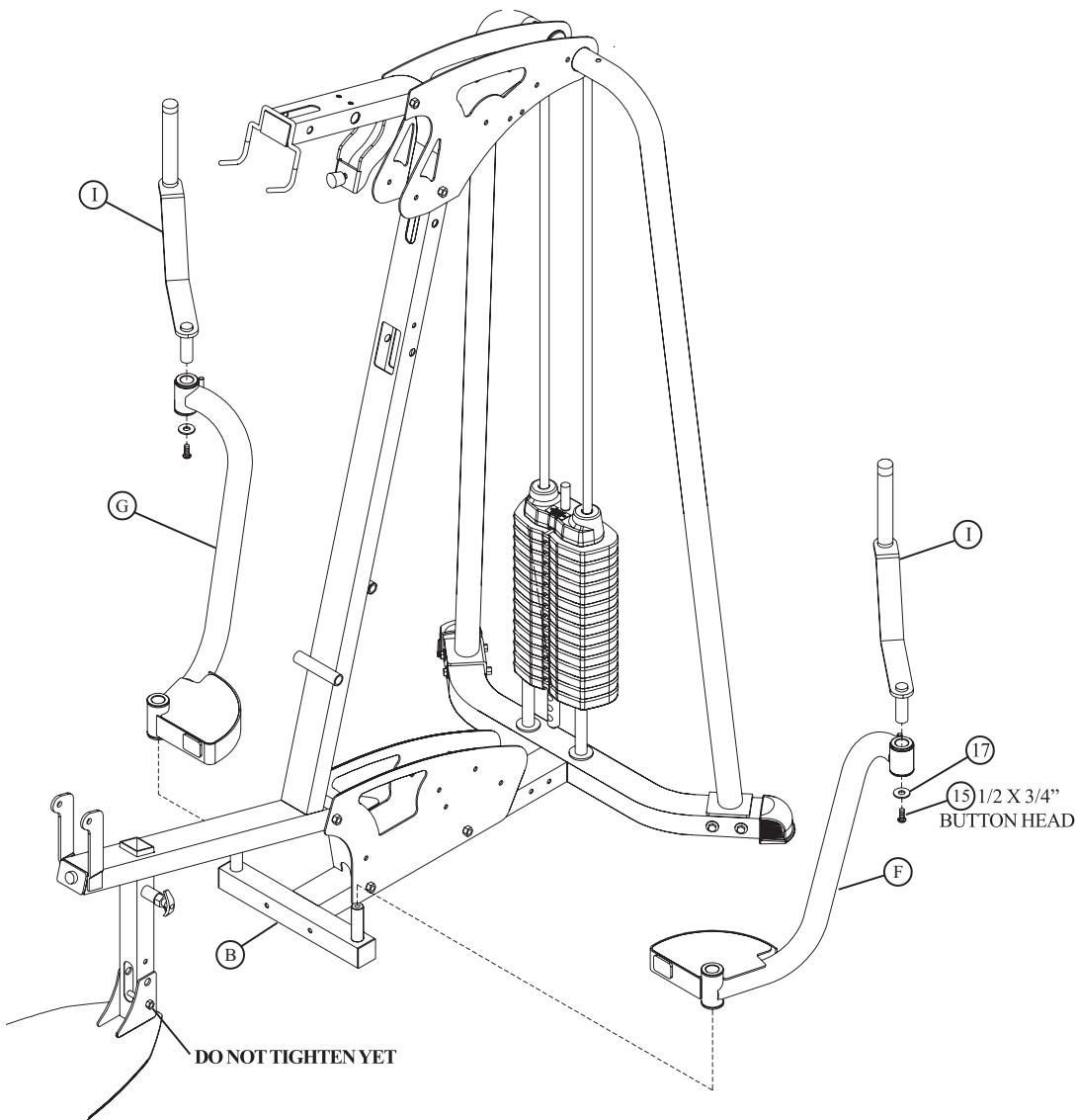
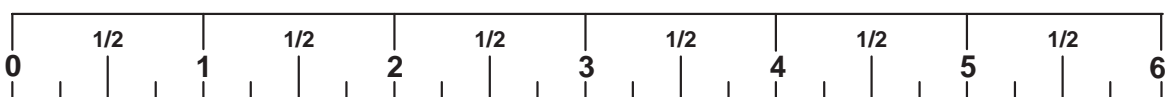


FIGURE 7

STEP 7:

- Securely tighten all frame connections except the FOOTPLATE/FRAME connection as noted in FIGURE 7.
- Slide the LEFT (F) and RIGHT (G) PEC FLY ARMS over the BASE (B) as shown in FIGURE 7.
- SECURELY assemble the PEC FLY HANDLES (I) to the LEFT (F) and RIGHT (G) PEC FLY ARMS using two 1/2 X 3/4" BUTTON HEAD BOLTS (15), and two 1/2" WASHERS (17) as shown in FIGURE 7.



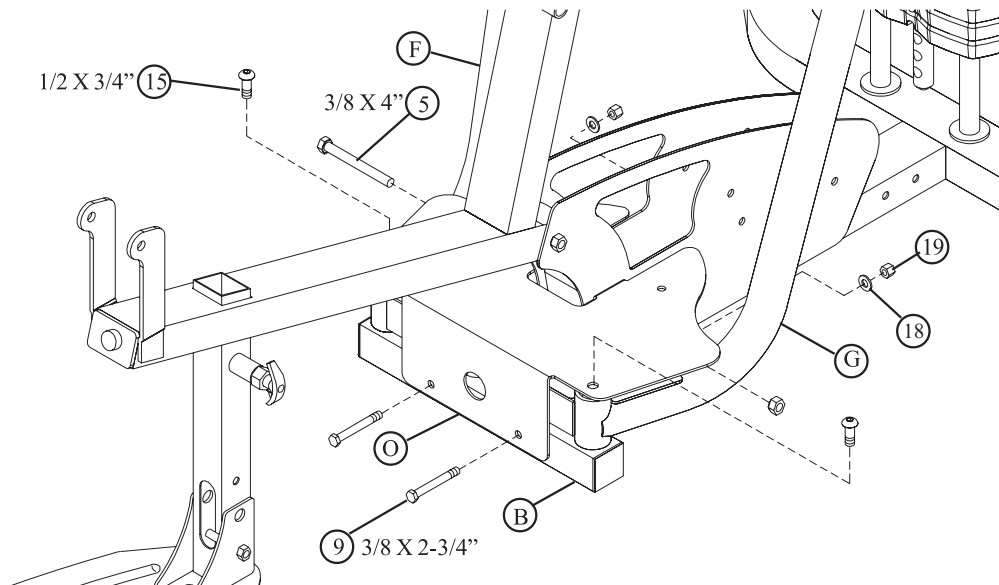


FIGURE 8

STEP 8:

- SECURELY assemble the PEC PLATE (O) to the BASE (B) using two 3/8 X 2-3/4" BOLTS (9), one 3/8 X 4" BOLT (5), two 3/8" WASHERS (18) and three 3/8" SILVER LOCK NUTS (19) as shown in FIGURE 8.
- SECURELY assemble the LEFT (F) and RIGHT (G) PEC FLY ARMS to the BASE (B) using two 1/2 X 3/4" BUTTON HEAD BOLTS (15) as shown in FIGURE 8. **(Note: Tighten this connection enough to remove excess play yet allow the PEC FLY ARMS freely.)**

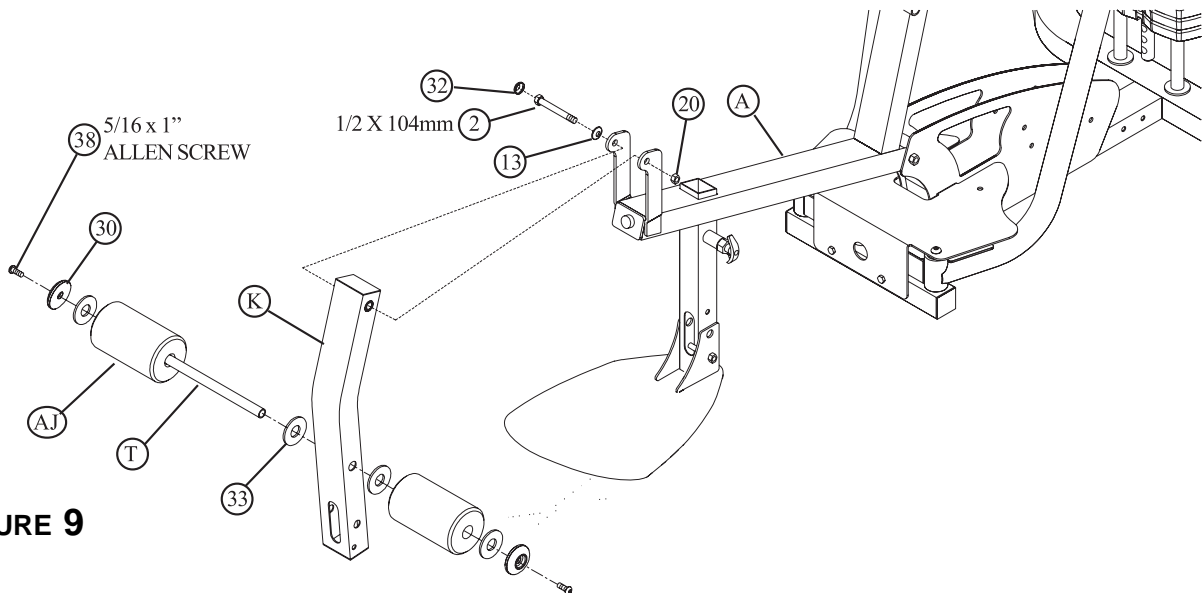


FIGURE 9

STEP 9:

- Assemble the LEG PEDESTAL (K) to the FRAME (A) using two RH CAPS (32), one 1/2 X 104mm BOLT (2), two 3/8" SHIM WASHERS (13), and one 1/2" LOCK NUT (20). **(Note: Tighten this connection enough to remove excess play yet allow the LEG PEDESTAL to rotate freely.)**
- Assemble two ROLLER PADS (AJ) to the LEG PEDESTAL (K) using one 3/4 X 17-7/8" TUBE (T), and four PLASTIC WASHERS (33).
- Assemble two ROLLER PAD CAPS (30) using two 5/16" X 1" ALLEN SCREWS (38) as shown in FIGURE 9.

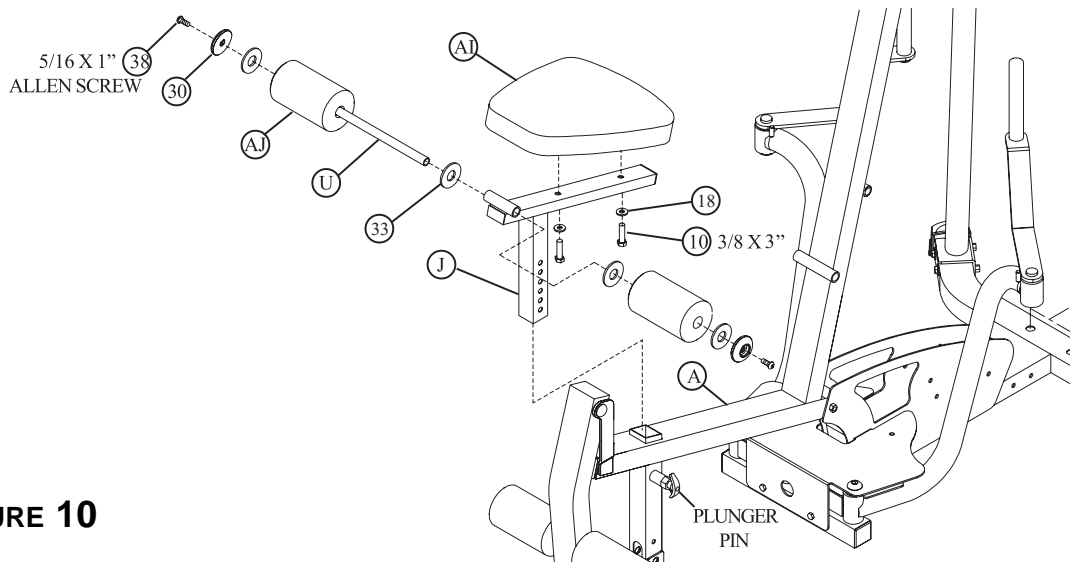


FIGURE 10

STEP 10:

- **SECURELY** assemble the SEAT PAD (AI) to the SEAT ADJUST (J) using two 3/8 X 3" SILVER BOLTS (10) and two 3/8" WASHERS (18).
- Assemble two ROLLER PADS (AJ) to the SEAT ADJUST (J) using one 3/4 X 18-3/8" TUBE (U), four PLASTIC WASHERS (33), two ROLLER PAD CAPS (30), and two 5/16 X 1" ALLEN SCREWS (38) as shown in FIGURE 10.
- **CAREFULLY** insert the SEAT ADJUST ASSEMBLY into the FRAME (A) as shown. The SEAT height can be adjusted using the PLUNGER PIN.

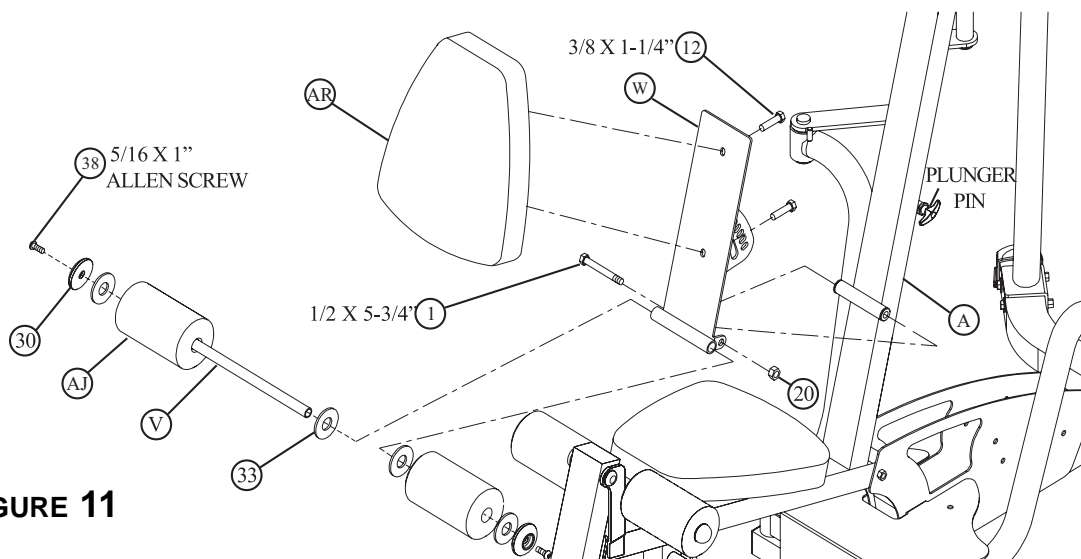


FIGURE 11

STEP 11:

- **SECURELY** assemble the BACK PAD (AR) to the BACK INCLINE ADJUST (W) using two 3/8 X 1-1/4" BOLTS (12).
- **SECURELY** assemble the BACK INCLINE ADJUST (W) to the FRAME (A) using one 1/2 X 5-3/4" BOLT (1) and one 1/2" LOCK NUT (20). The BACK PAD angle can be adjusted using the PLUNGER. (**Note: Tighten this connection enough to remove excess play yet allow the BACK INCLINE ADJUST to rotate freely.**)
- Assemble two ROLLER PADS (AJ) to the BACK INCLINE ADJUST (W) using one 3/4 X 21" TUBE (V), four PLASTIC WASHERS (33), two ROLLER PAD CAPS (30), and two 5/16 X 1" ALLEN SCREWS (38) as shown in FIGURE 11.

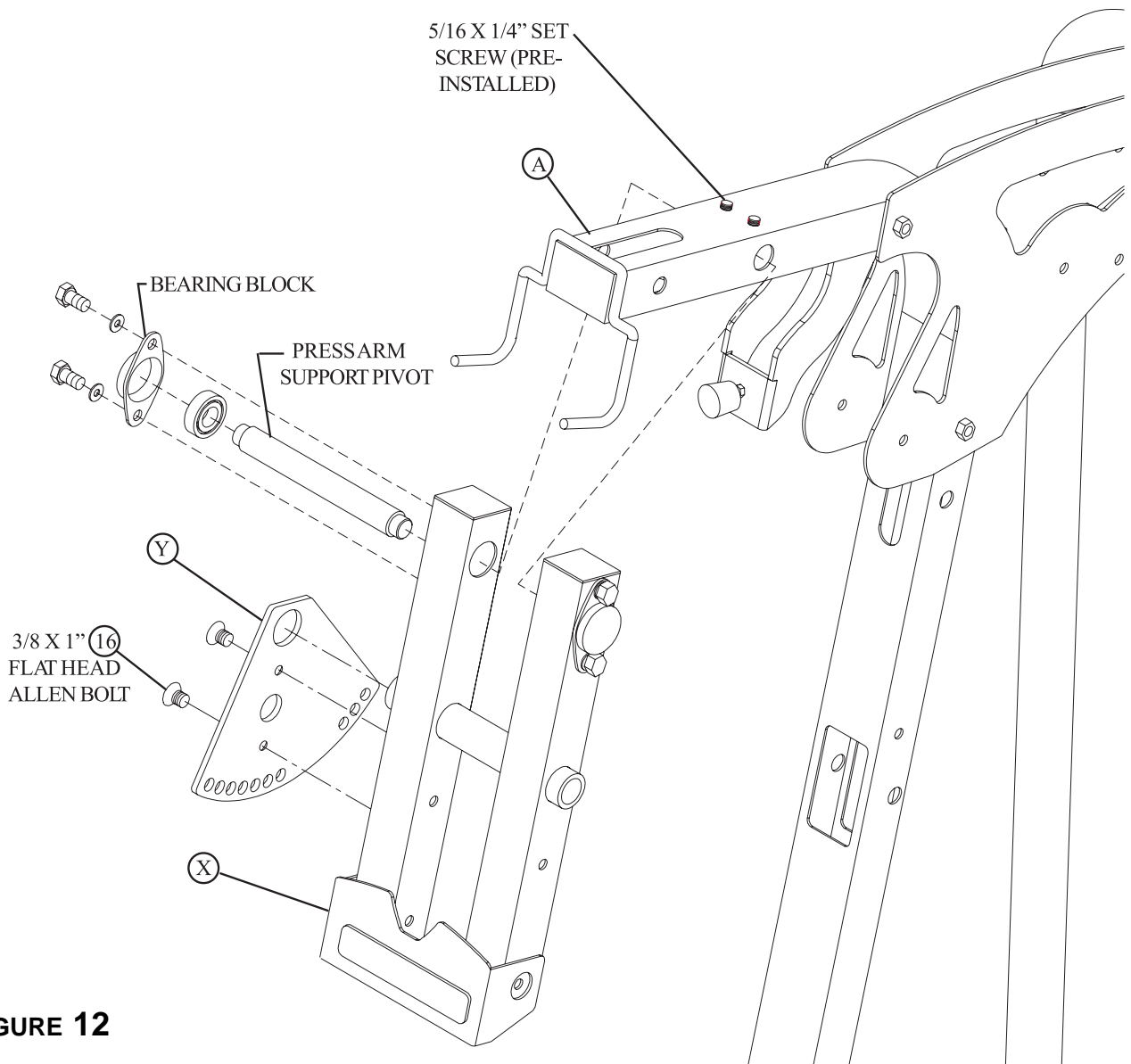
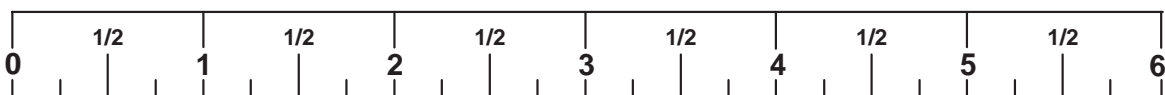


FIGURE 12

STEP 12:

- Disassemble one of the BEARING BLOCKS from the PRESS ARM SUPPORT FRAME (X) and remove the PRESS ARM SUPPORT PIVOT as shown in FIGURE 12.
- Insert the PRESS ARM SUPPORT PIVOT thru the PRESS ARM SUPPORT FRAME (X) and the FRAME (A). Assemble the BEARING BLOCKS to the PRESS ARM SUPPORT FRAME (X) as shown in FIGURE 12.
- **SECURELY** tighten the two 5/16 X 1/4" SET SCREWS (PRE-INSTALLED) on the FRAME (A) as shown in FIGURE 12.
- **SECURELY** assemble the PRESS ARM ADJUSTMENT PLATE (Y) to the PRESS ARM SUPPORT FRAME (X) using two 3/8 X 1" FLAT HEAD ALLEN BOLTS (16) as shown in FIGURE 12.



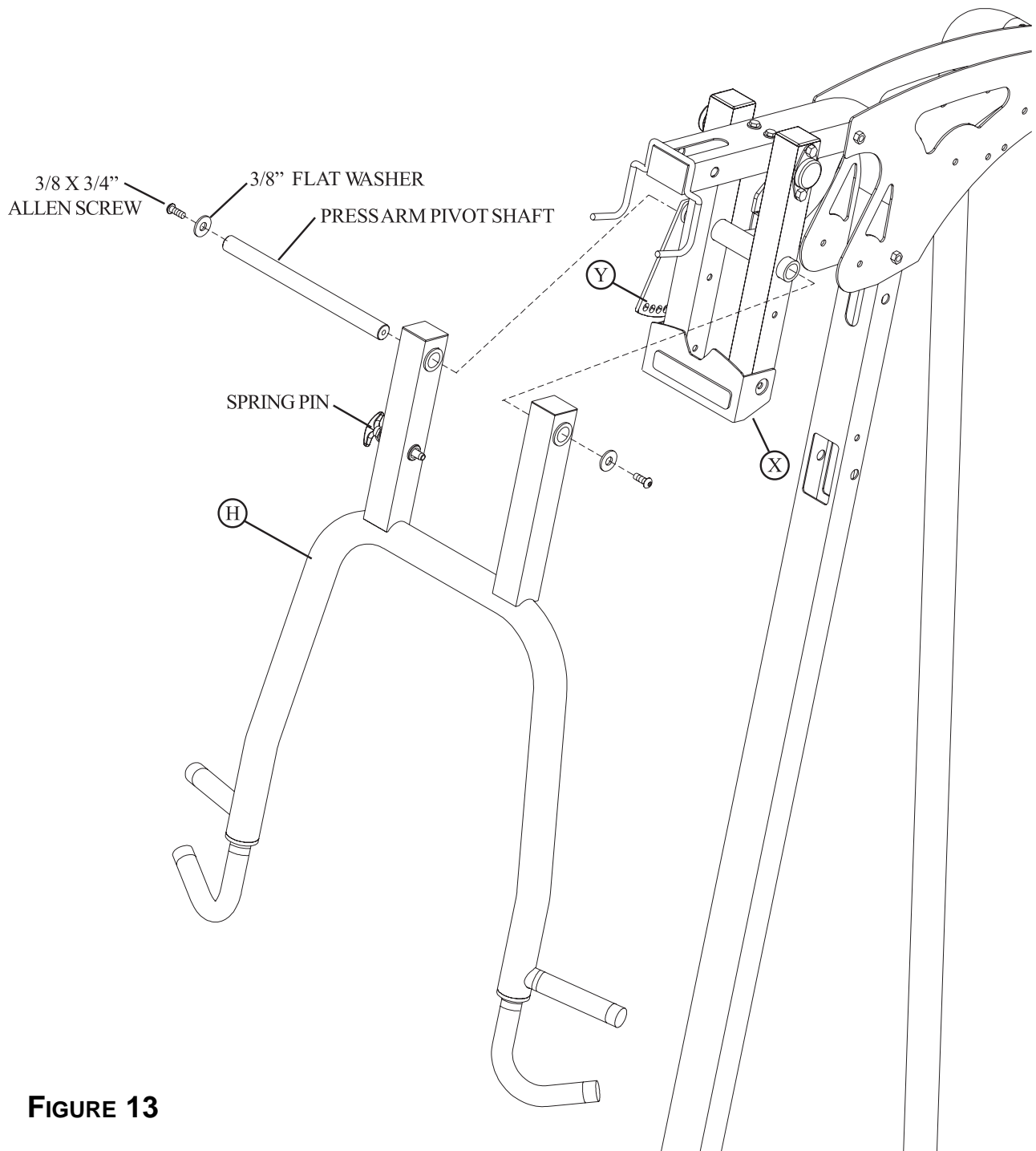


FIGURE 13

STEP 13:

- Disassemble the PRESS ARM PIVOT SHAFT from the PRESS ARM (H) by removing the two 3/8 X 3/4" ALLEN SCREWS and two 3/8" FLAT WASHERS as shown in FIGURE 13.
- Insert the PRESS ARM PIVOT SHAFT thru the PRESS ARM (H) and the PRESS ARM SUPPORT FRAME (X) and then reassemble the 3/8 X 3/4" ALLEN SCREWS and 3/8" FLAT WASHERS to the PRESS ARM PIVOT SHAFT as shown in FIGURE 13. (**Note: Tighten this connection enough to remove excess play yet allow the PRESS ARM to rotate freely.**)
- Pull back on the SPRING PIN and rotate the PRESS ARM (H) until the SPRING PIN connects with the PRESS ARM ADJUSTMENT (Y).

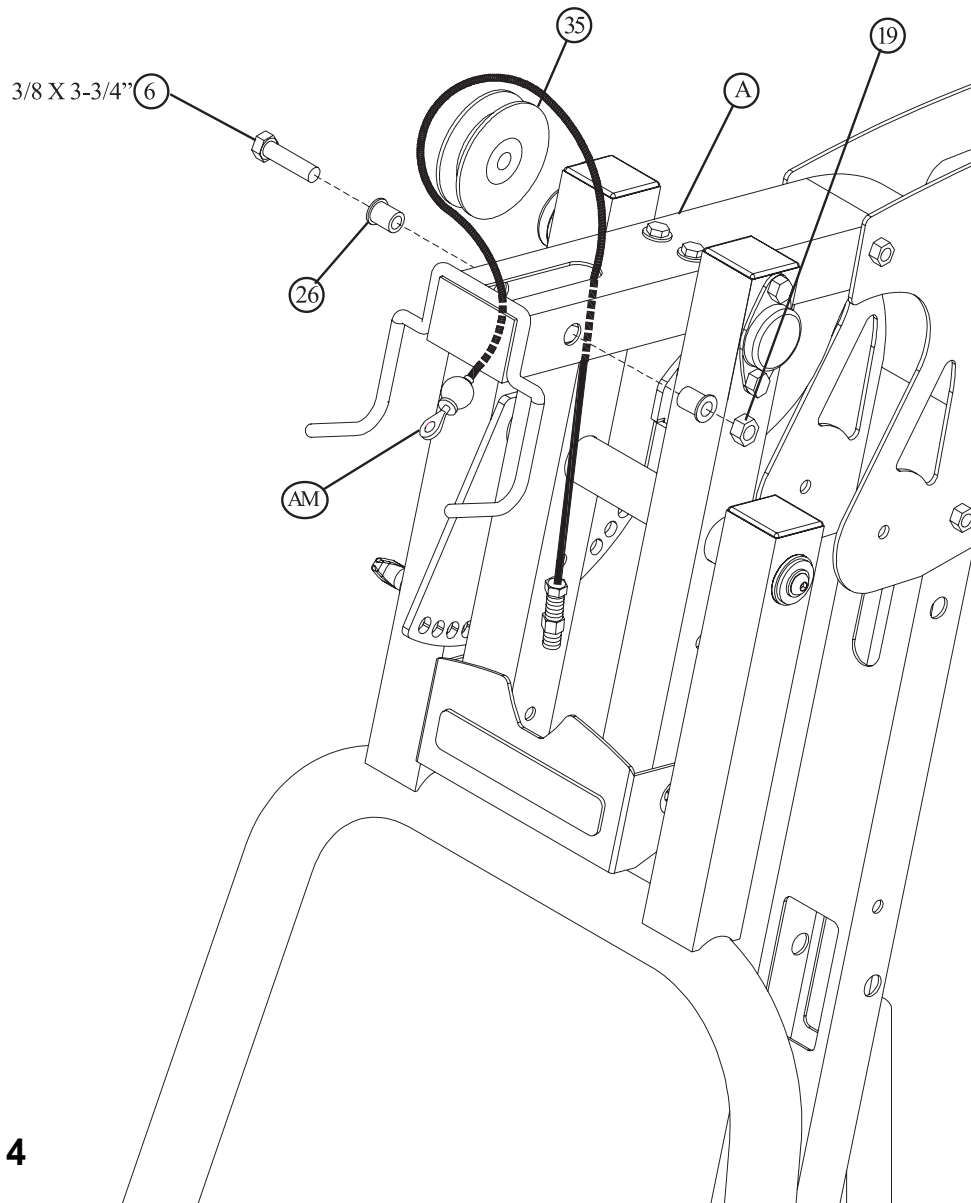
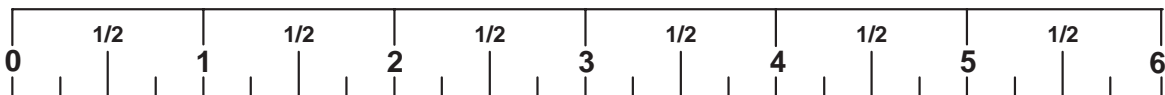


FIGURE 14

STEP 14:

- Route the LAT CABLE (AM) through the FRAME (A) and assemble one 3-1/2" PULLEY (35) to the FRAME (A) using one 3/8" X 3-3/4" BOLT (6), two 3/8" X 1-1/16" FLANGE SPACERS (26), and one 3/8" SILVER LOCK NUT (19). See FIGURE 14.

NOTE: Make sure the cable runs in the grooves of the pulleys.



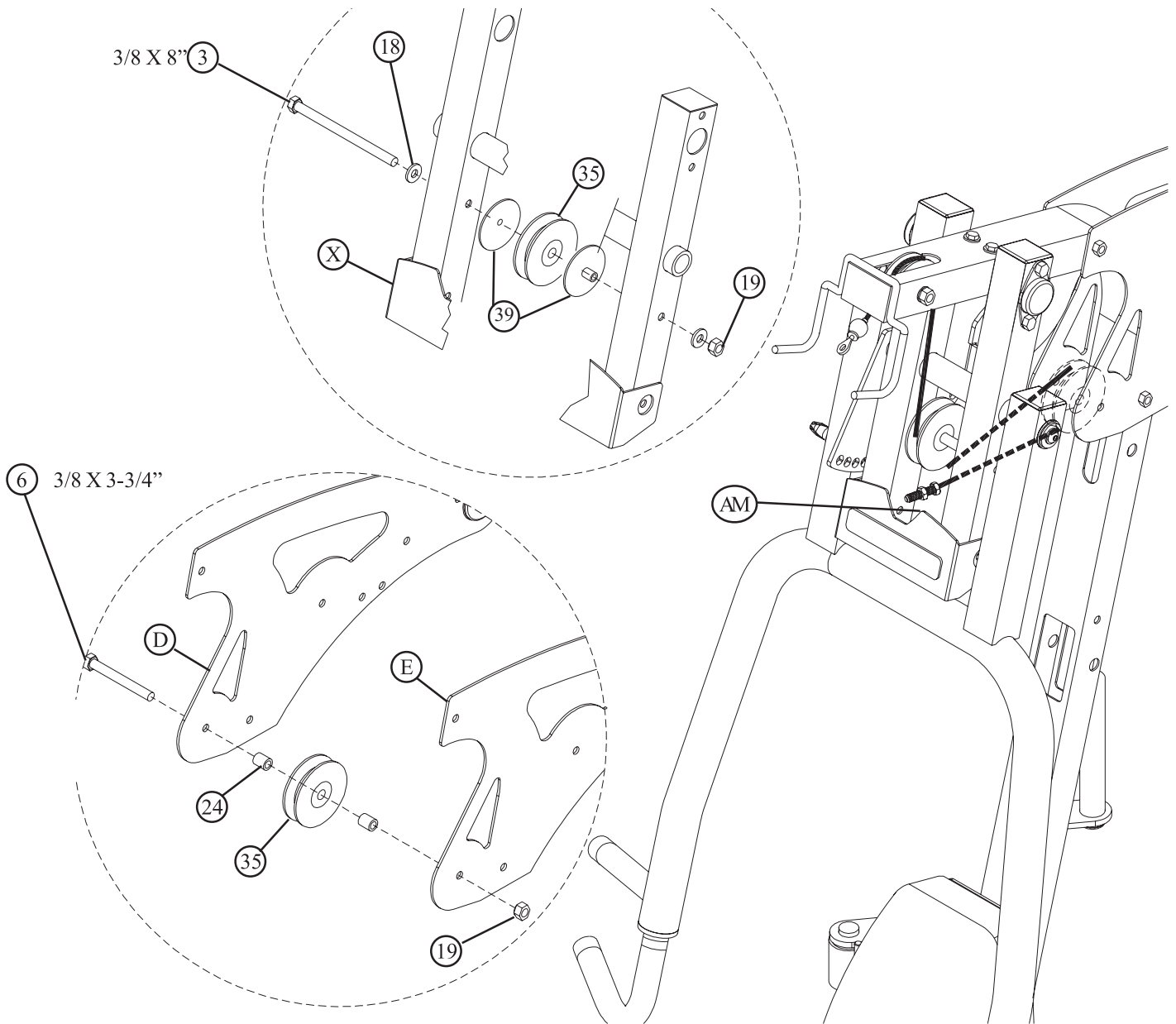


FIGURE 15

STEP 15:

- Route the LAT CABLE (AM) through the PRESS ARM SUPPORT FRAME (X) and assemble one 3-1/2" PULLEY (35) to the FRAME PRESS ARM SUPPORT FRAME (X) using one 3/8 X 8" BOLT (3), two 3/8" WASHERS (18), two PULLEY GUARD SPACERS (39) and one 3/8" SILVER LOCK NUT (19). See FIGURE 15.
- Route the LAT CABLE (AM) around one 3-1/2" PULLEY (35) and assemble the PULLEY to the LEFT (D) and RIGHT (E) BOOM PLATES using one 3/8 X 3-3/4" BOLT (6), two 3/8 X 1" SPACERS (24) and one 3/8" SILVER LOCK NUT (19). See FIGURE 15.

NOTE: Make sure the cable runs in the grooves of the pulleys.

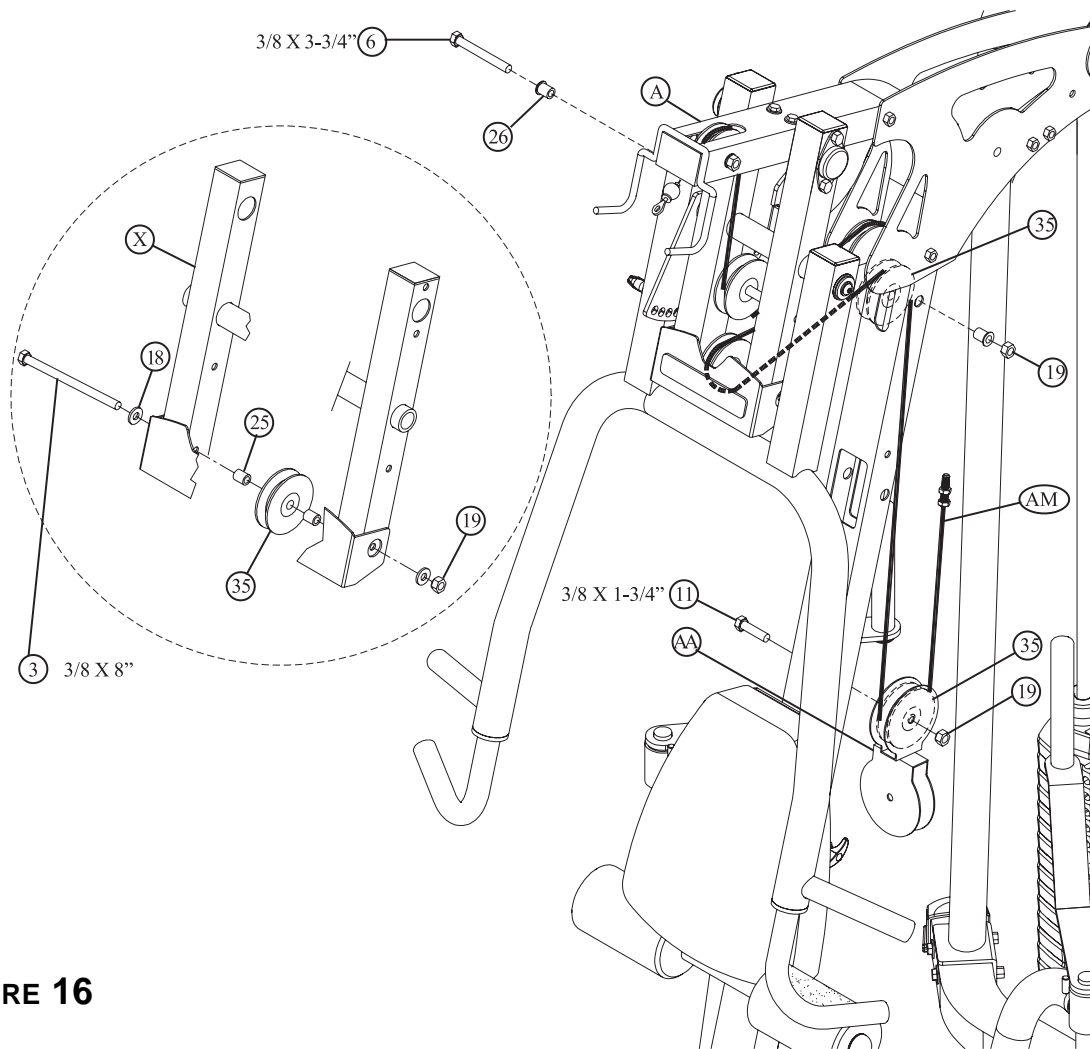
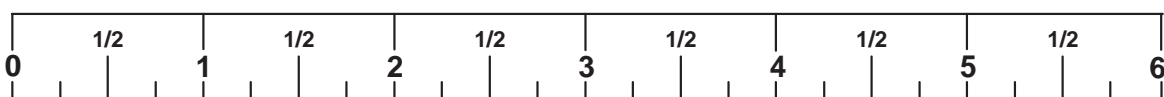


FIGURE 16

STEP 16:

- Route the LAT CABLE (AM) through the PRESS ARM SUPPORT FRAME (X) and assemble one 3-1/2" PULLEY (35) to the FRAME PRESS ARM SUPPORT FRAME (X) using one 3/8 X 8" BOLT (3), two 3/8" WASHERS (18), two 3/8 X 1-1/4" SPACERS (25) and one 3/8" SILVER LOCK NUT (19). See FIGURE 16.
- Route the LAT CABLE (AM) through the FRAME (A) and assemble one 3-1/2" PULLEY (35) to the FRAME (A) using one 3/8 X 3-3/4" BOLT (6), two 3/8 X 1-1/16" FLANGE SPACERS (26) and one 3/8" SILVER LOCK NUT (19). See FIGURE 16.
- Route the LAT CABLE (AM) around one 3-1/2" PULLEY (35) and assemble the PULLEY to the DOUBLE FLOATING PULLEY BRACKET ASSEMBLY (AA) using one 3/8 X 1-3/4" BOLT (11) and one 3/8" SILVER LOCK NUT (19). See FIGURE 16.

NOTE: Make sure the cable runs in the grooves of the pulleys.



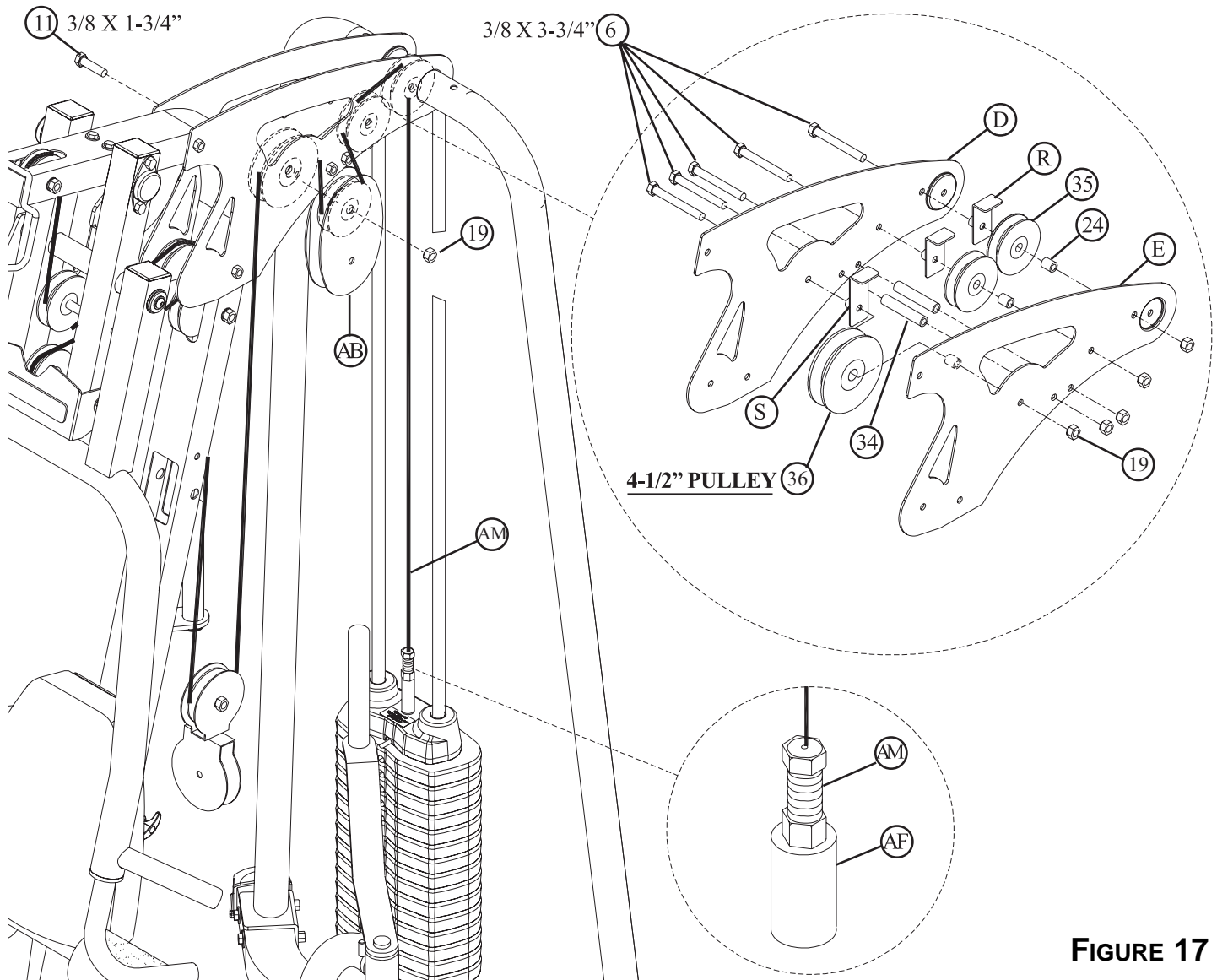


FIGURE 17

STEP 17:

- Route the LAT CABLE (AM) around one **4-1/2" PULLEY** (36) and assemble the PULLEY to the LEFT (D) and RIGHT (E) BOOM PLATES using one 3/8 X 3-3/4" BOLT (6), one LONG "L" CABLE BRACE (S), one 1" SPACER (24) and one 3/8" SILVER LOCK NUT (19). See FIGURE 17.
- **SECURELY** assemble two PLASTIC SLEEVES (34) to the LEFT (D) and RIGHT (E) BOOM PLATES using two 3/8 X 3-3/4" BOLTS (6) and two 3/8" SILVER LOCK NUTS (19) as shown in FIGURE 17.
- Route the LAT CABLE (AM) around one 3-1/2" PULLEY (35) and assemble two DOUBLE FLOATING PULLEY PLATES (AB) to the 3-1/2" PULLEY (35) using one 3/8 X 1-3/4" BOLT (11) and one 3/8" SILVER LOCK NUT (19). See FIGURE 17. (**Note: Make sure the cable runs in the grooves of the pulleys.**)
- Route the LAT CABLE (AM) over two 3-1/2" PULLEYS (35) and assemble the PULLEYS to the LEFT (D) and RIGHT (E) BOOM PLATES using two 3/8 X 3-3/4" BOLTS (6), two SHORT "L" CABLE BRACES (R), two 1" SPACERS (24) and two 3/8" SILVER LOCK NUTS (19). See FIGURE 17.
- Screw the threaded end of the LAT CABLE (AM) into the end of the HEAD PLATE ASSEMBLY (AF). See FIGURE 17.

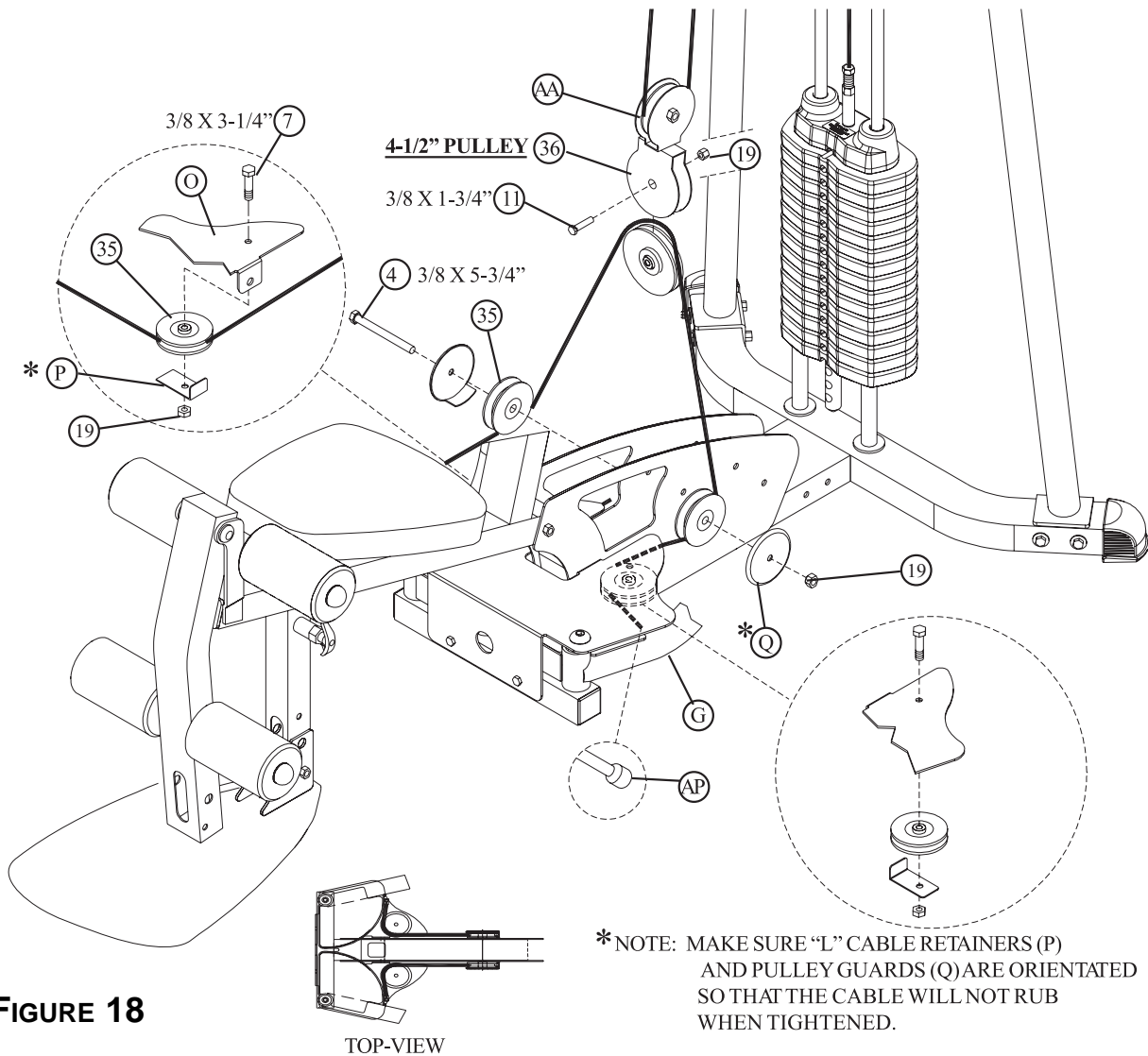
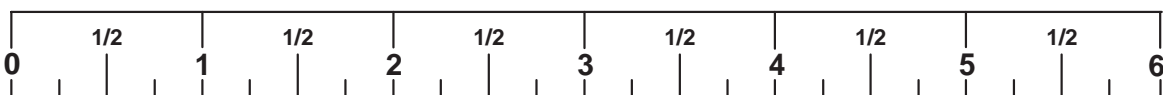


FIGURE 18

STEP 18:

- Securely assemble the PEC FLY CABLE (AP) to the LEFT PEC ARM (F) as shown in FIGURE 18.
- Assemble one 3-1/2" PULLEY (35) to the PEC PLATE (O) using one 3/8 X 3-1/4" BOLT (7), one "L" CABLE RETAINER (P) and one 3/8" SILVER LOCK NUT (19). See FIGURE 18. **(Note: Loop the PEC FLY CABLE (AP) around the PULLEY prior to assembling the PULLEY to the PEC PLATE.)**
- Assemble two 3-1/2" PULLEYS (35) to the BASE PLATES (C) using one 3/8 X 5-3/4" BOLT (4), two PULLEY GUARDS (Q) and one 3/8" SILVER LOCK NUT (19). See FIGURE 18. **(Note: Loop the PEC FLY CABLE (AP) around the PULLEY prior to assembling the PULLEY to the PEC PLATE.)**
- Route the PEC FLY CABLE (AP) around one 4-1/2" PULLEY (36) and assemble the 4-1/2" PULLEY (36) to the DOUBLE FLOATING PULLEY BRACKET ASSEMBLY (AA) using one 3/8" X 1-3/4" BOLT (11) and one 3/8" SILVER LOCK NUT (19). See FIGURE 18.
- Assemble one 3-1/2" PULLEY (35) to the PEC PLATE (O) using one 3/8 X 3-1/4" BOLT (7), one "L" CABLE RETAINER (P) and one 3/8" SILVER LOCK NUT (19). See FIGURE 18. **(Note: Loop the PEC FLY CABLE (AP) around the PULLEY prior to assembling the PULLEY to the PEC PLATE.)**
- Securely assemble the PEC FLY CABLE (AP) to the RIGHT PEC ARM (G) as shown in FIGURE 18.



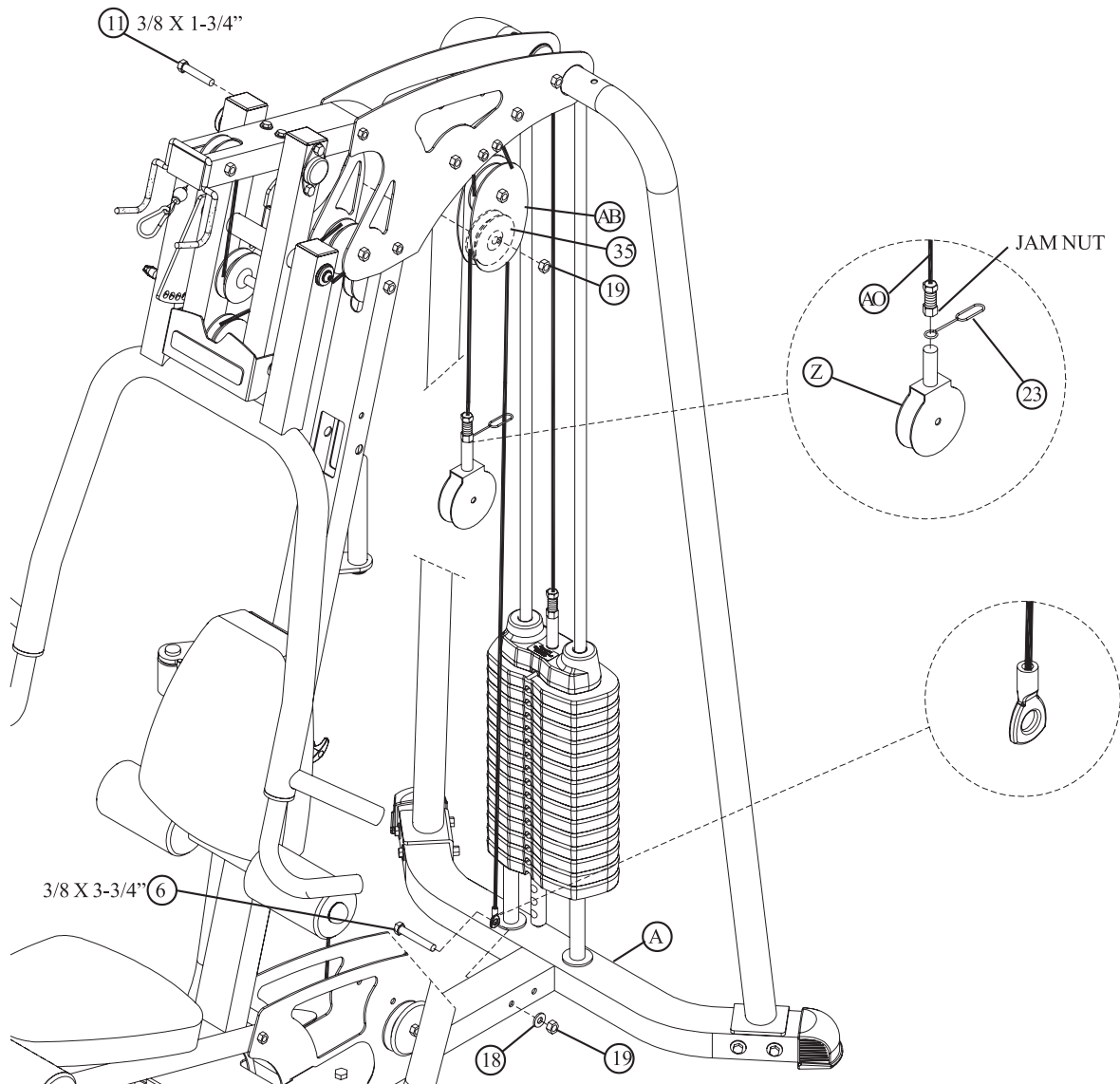


FIGURE 19

STEP 19:

- Screw the threaded end of the GUIDE CABLE (AO) into the end of the FLOATING PULLEY BRACKET (Z). Secure the CABLE GUIDE (23) in place with the JAM NUT on the GUIDE CABLE. See FIGURE 19.
- Route the GUIDE CABLE (AO) around one 3-1/2" PULLEY (35) and assemble the PULLEY to the FLOATING PULLEY PLATES (AB) using one 3/8 X 1-3/4" BOLT (11) and one 3/8" SILVER LOCK NUT (19). See FIGURE 19. **(Note: Make sure the cable runs in the grooves of the pulleys.)**
- Route the hook end of the GUIDE CABLE (AO) thru the CABLE GUIDE (23) then the GUIDE CABLE (AO) to the BASE using one 3/8 X 3-3/4" BOLT (6), one 3/8" WASHER (18) and one 3/8" SILVER LOCK NUT (19) as shown in FIGURE 19.

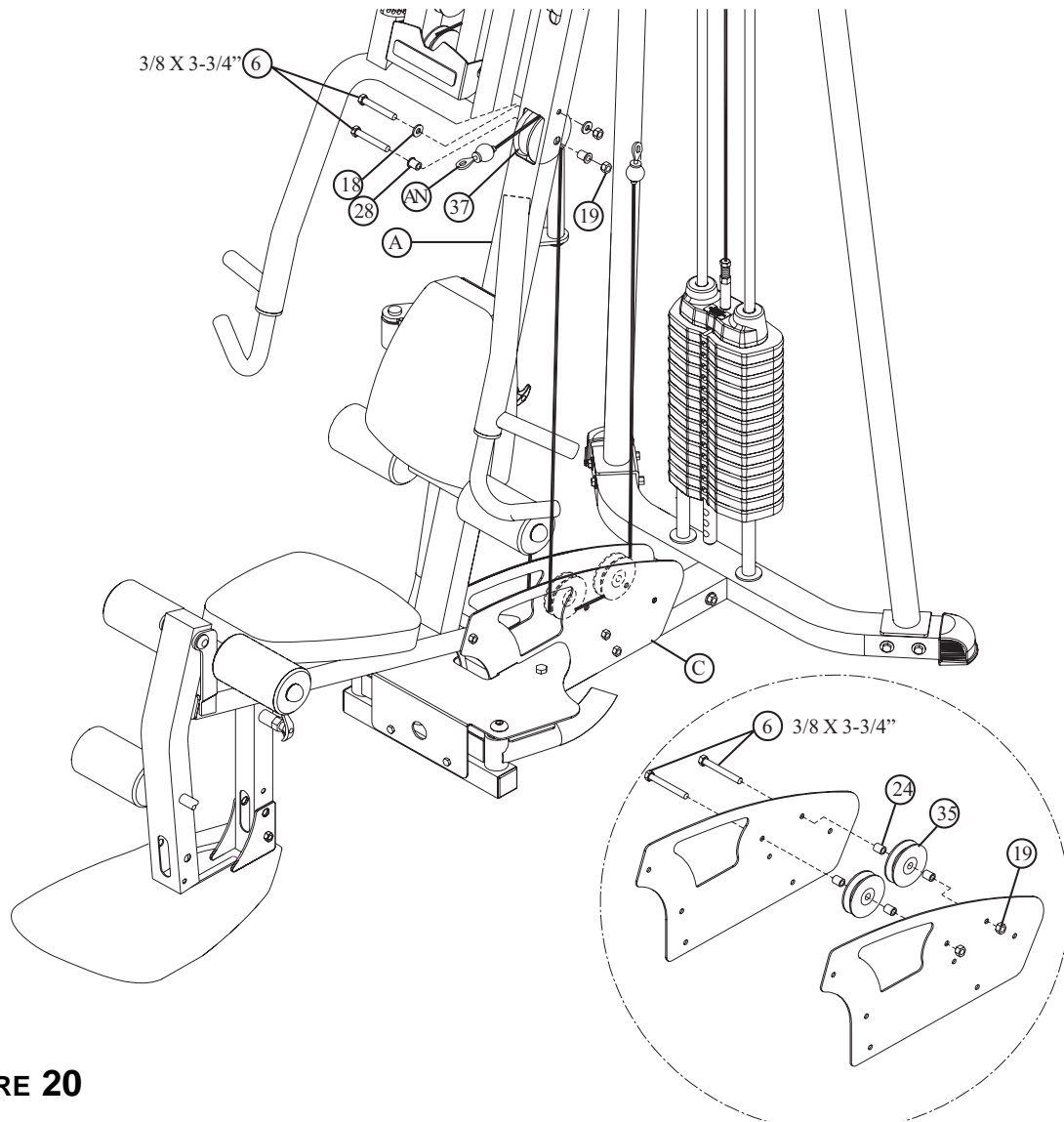


FIGURE 20

STEP 20:

- Route the large ball end of the LOW CABLE (AN) around one V- PULLEY (37) and assemble the PULLEY to the FRAME (A) using two 3/8 X 3-3/4" BOLTS (6), two 1/2" FLANGE SPACERS (28), two 3/8" WASHERS (18) and two 3/8" SILVER LOCK NUTS (19) as shown in FIGURE 20.
- Route the small ball end of the LOW CABLE (AN) through the BASE PLATES (C) and assemble two 3-1/2" PULLEYS (35) to the BASE PLATES (C) using two 3/8 X 3-3/4" BOLTS (6), four 1" SPACERS (24) and two 3/8" SILVER LOCK NUTS (19). See FIGURE 20.

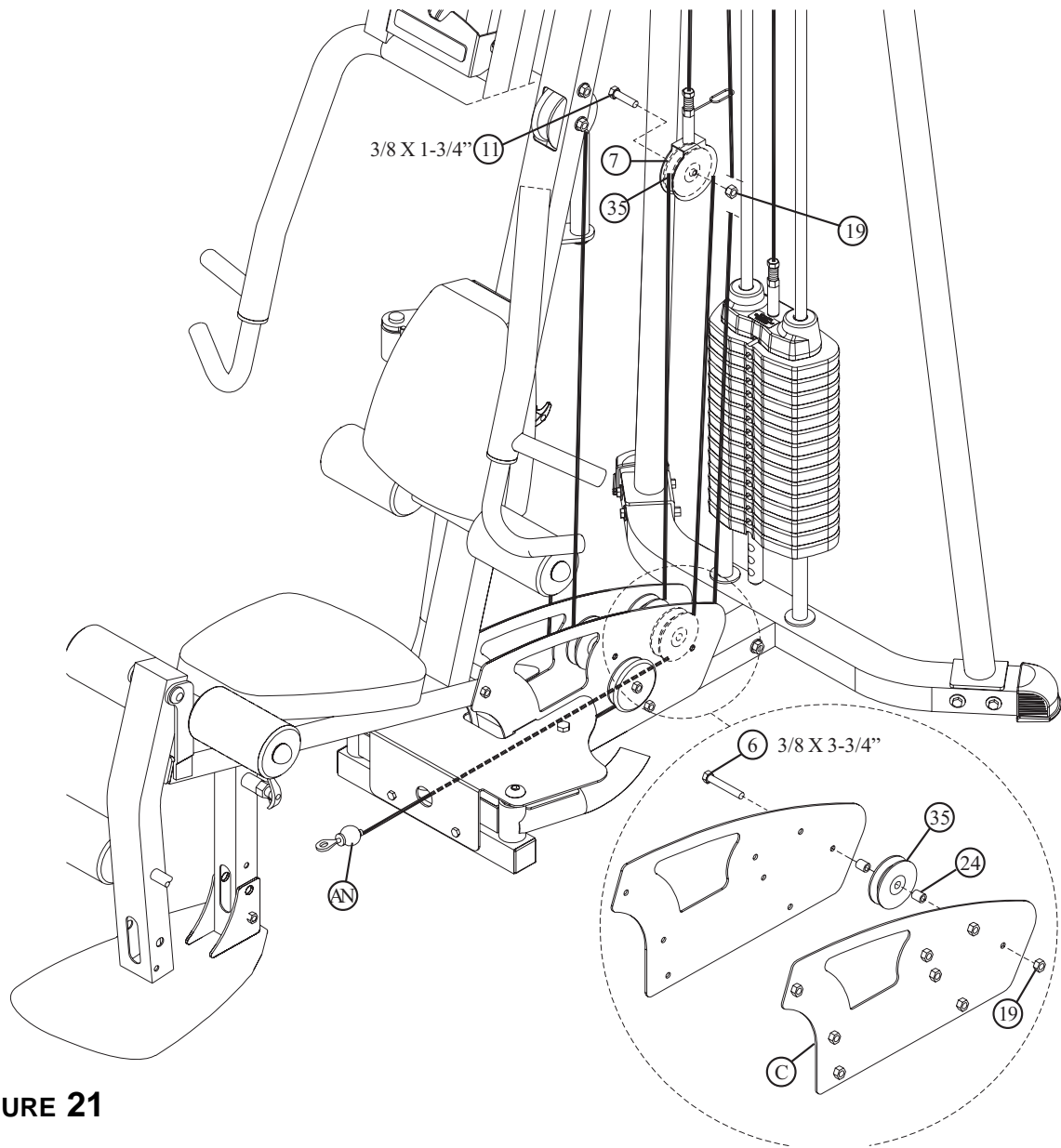


FIGURE 21

STEP 21:

- Route the LOW CABLE (AN) around one 3-1/2" PULLEY (35) and assemble the PULLEY to the PULLEY BRACKET (Z) using one 3/8 X 1-3/4" BOLT (11) and one 3/8" SILVER LOCK NUT (19) as shown in FIGURE 21.
- Route the LOW CABLE (AN) through the BASE PLATES (C) and assemble one 3-1/2" PULLEY (35) to the BASE PLATES (C) using one 3/8 X 3-3/4" BOLT (6), two 1" SPACERS (24) and one 3/8" SILVER LOCK NUT (19). See FIGURE 21.

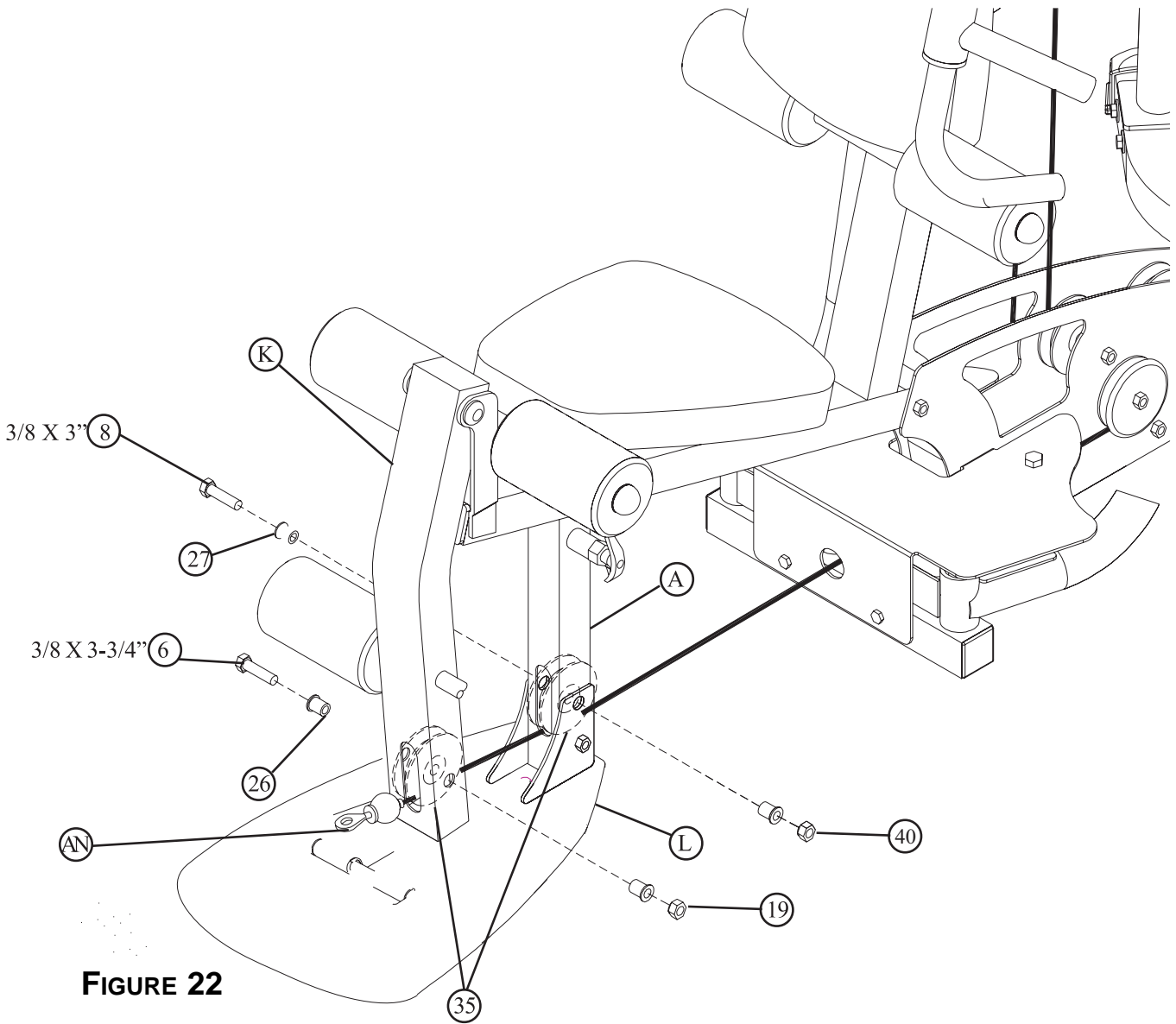
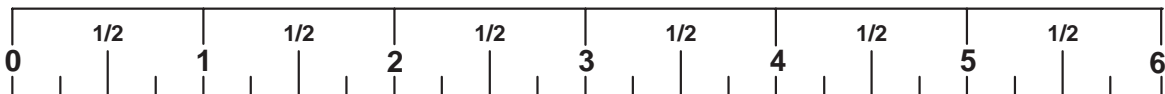


FIGURE 22

STEP 22:

- Assemble one 3-1/2" PULLEY (35) to the FOOT PLATE (L) using one 3/8 X 3" BLACK BOLT (8), two STEP SPACERS 11/16" (27) and one 3/8" BLACK LOCK NUT (40). See FIGURE 22.
- Route the small ball end of the LOW CABLE (AN) around one 3-1/2" PULLEY (35) and assemble the PULLEY to the LEG PEDESTAL (K) using one 3/8 X 3-3/4" BOLT (6), two 1-1/16" STEP SPACERS (26) and one 3/8" SILVER LOCK NUT (19) as shown in FIGURE 22. **(NOTE: The LOW CABLE (AN) should be routed over the retaining bolt as shown in FIGURE 22.)**



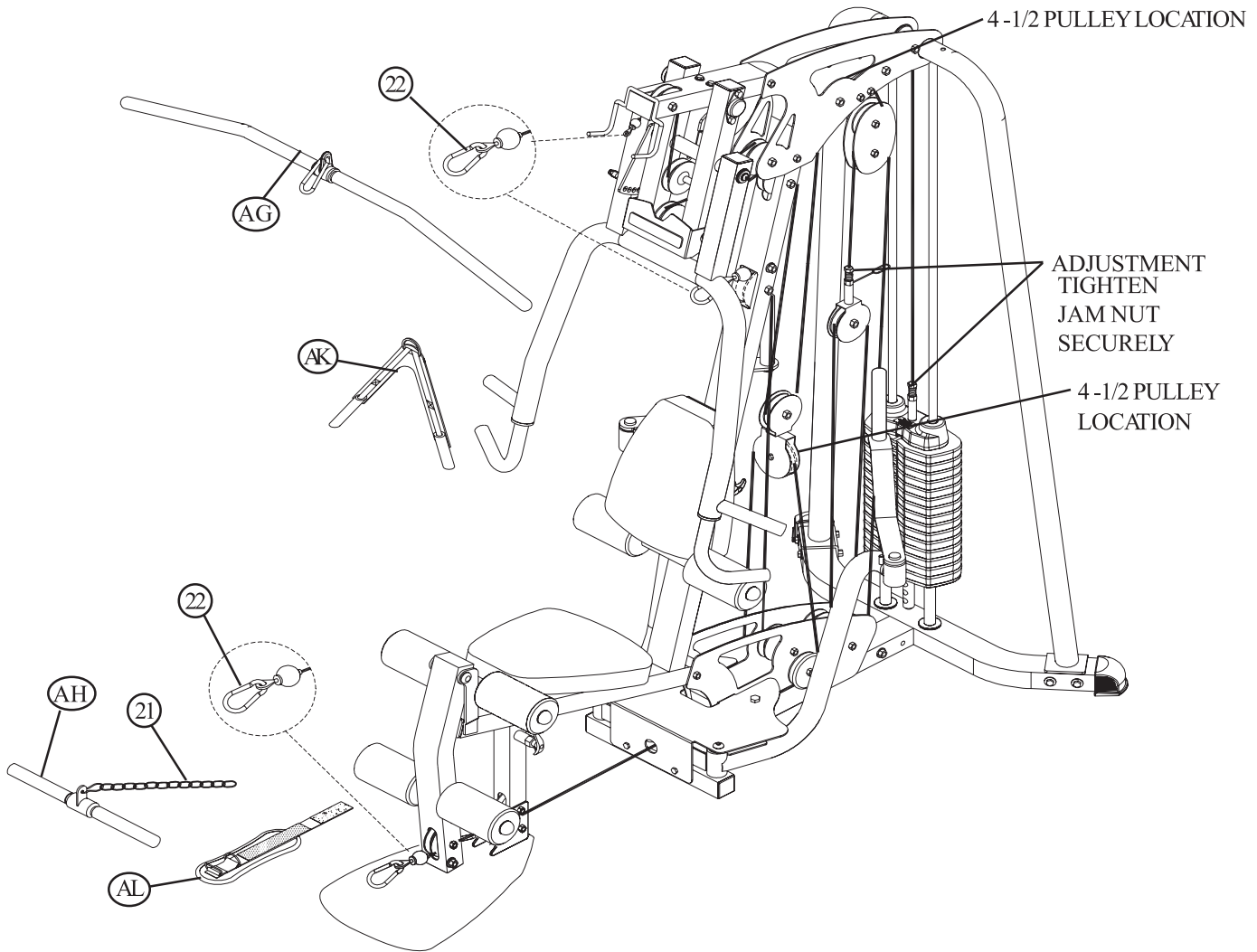


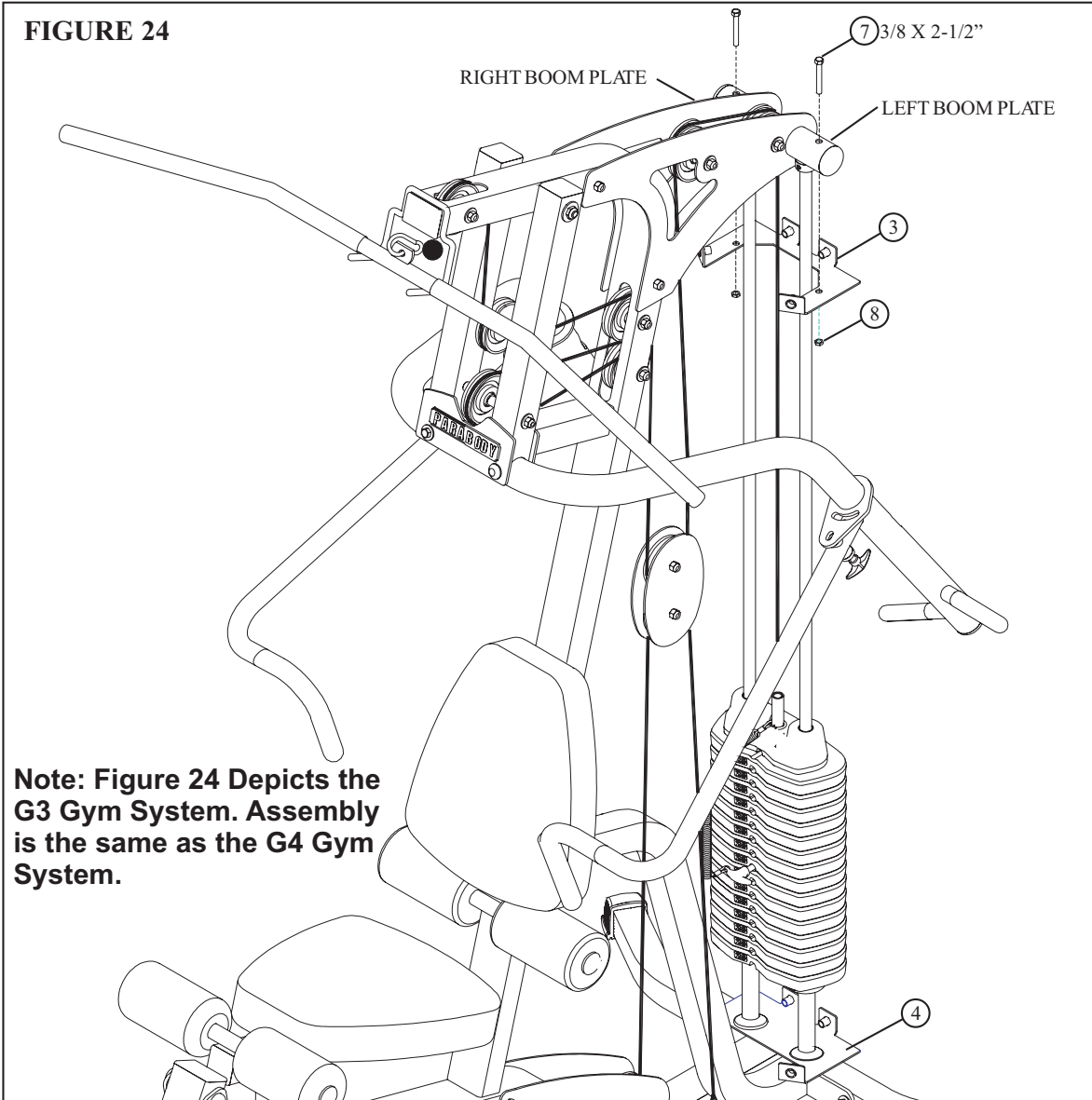
FIGURE 23

STEP 23:

- If upon completion of assembly, the HEAD PLATE (AF) does not sit on top of the first WEIGHT PLATE, push the HEAD PLATE (AF) down, insert the WEIGHT SELECTOR PIN and perform several repetitions at the press station. This will relax the cable system and prevent the HEAD PLATE (AF) from lifting up. See FIGURE 23.
- If after completing the previous step, the HEAD PLATE (AF) still does not sit on top of the first WEIGHT PLATE or if there is excess slack in the cable system, adjust the threaded end of the LAT CABLE (AM) and ADJUSTABLE GLIDE accordingly and retighten the jam nuts. See FIGURE 23.
- For maximum performance, the HEAD PLATE (AF) should just barely sit on the top WEIGHT PLATE.
- Attach the LAT BAR (AG) to the ball end of LAT CABLE (AM) using one SNAP LINK (22) as shown in FIGURE 23.
- Attach the ANKLE STRAP (AL) to the 12 LINK CHAIN (21) using one SNAP LINK (22) as shown in FIGURE 23.
- Attach the AB STRAP (AK) to the ball end of LOW CABLE (AN) using one SNAP LINK (22) as shown in FIGURE 23.

PARTS LIST

KEY	DESCRIPTION	QTY		KEY	DESCRIPTION	QTY
1	LEFT SHROUD	1		5	3/8 X 1" BUTTON HEAD BOLT	8
2	RIGHT SHROUD	1		6	3/8" BLACK SAE WASHER	8
3	TOP SHROUD BRACKET	1		7	3/8 X 2-1/2" BOLT	2
4	BOTTOM SHROUD BRACKET	1		8	3/8" LOCK NUT	2



STEP 24:

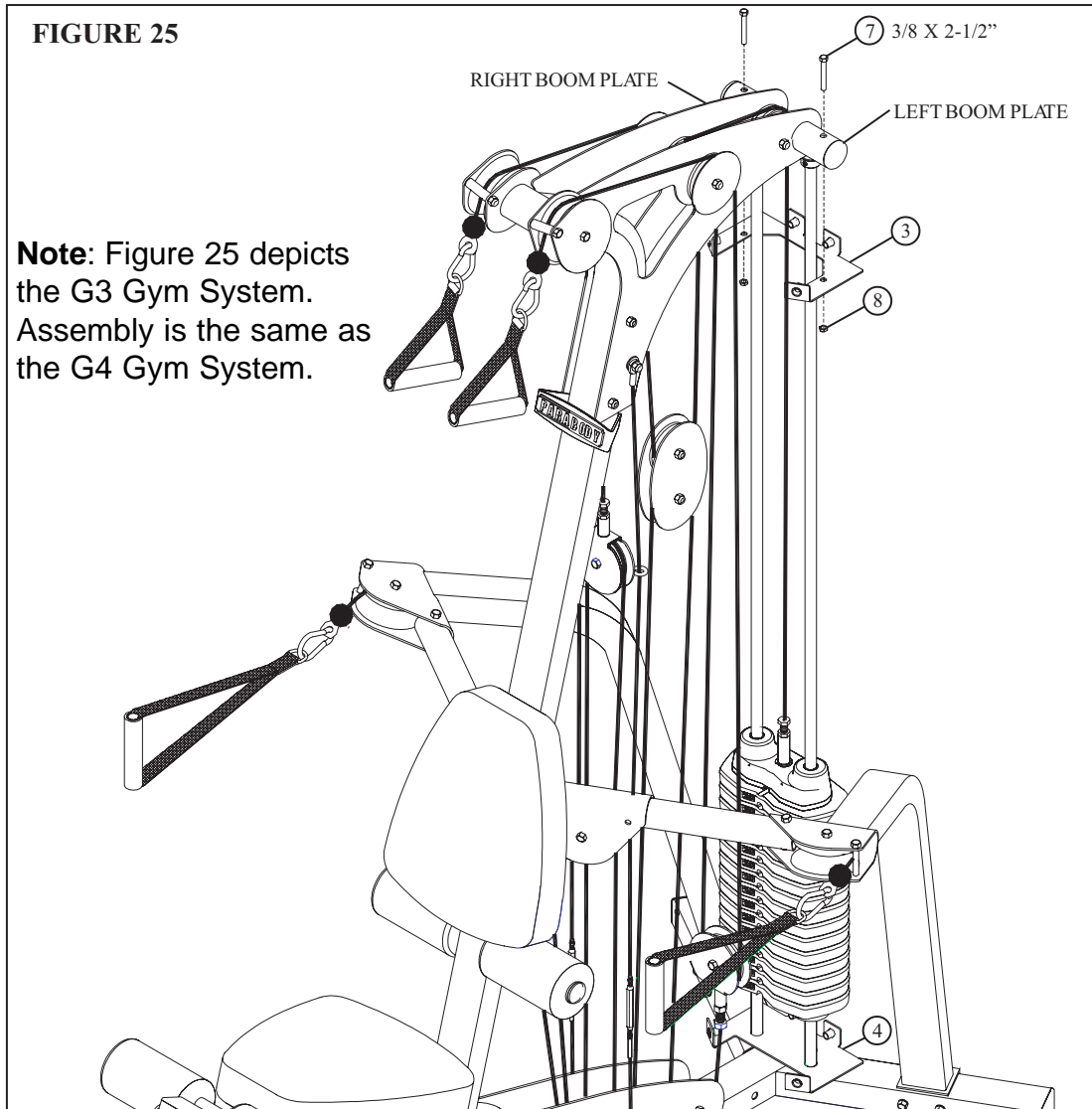
- **SECURELY** assemble the TOP SHROUD BRACKET (3) to the RIGHT and LEFT BOOM PLATES using two 3/8 X 2-1/2" BOLTS (7) and two 3/8" BLACK LOCK NUTS (8) as shown in FIGURE 24. The BOTTOM SHROUD BRACKET (4) was previously inserted under the weight stack.

PARTS LIST

KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
1	LEFT SHROUD	1	5	3/8 X 1" BUTTON HEAD BOLT	8
2	RIGHT SHROUD	1	6	3/8" BLACK SAE WASHER	8
3	TOP SHROUD BRACKET	1	7	3/8 X 2-1/2" BOLT	2
4	BOTTOM SHROUD BRACKET	1	8	3/8" LOCK NUT	2

FIGURE 25

Note: Figure 25 depicts the G3 Gym System. Assembly is the same as the G4 Gym System.



STEP 25:

- SECURELY assemble the LEFT SHROUD (1) and RIGHT SHROUD (2) to the TOP (3) and BOTTOM (4) SHROUD BRACKETS using eight 3/8 X 1" BUTTON HEAD BOLTS (5) and eight 3/8" BLACK SAE WASHERS (6) as shown in FIGURE 21.
- One M4 X 20mm SHOULDER BOLT, M4 WASHER, and M4 NUT are pre-assembled to the shroud. Use the M4 X 20MM SHOULDER BOLT to hang the G4 Exercise Cards.

This completes the assembly of the G4 Gym System.

MAINTENANCE

- 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 1-800-351-3737.
- Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
- Lubricate the guide rods with a teflon based (or equivalent) lubricant on a regular basis.
- PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT THAT YOUR EQUIPMENT REQUIRES SERVICE YOU WILL BE ASKED FOR THIS INFORMATION.

Remember to fill out your registration card on-line at www.lifefitness.com/registration.

MODEL # _____

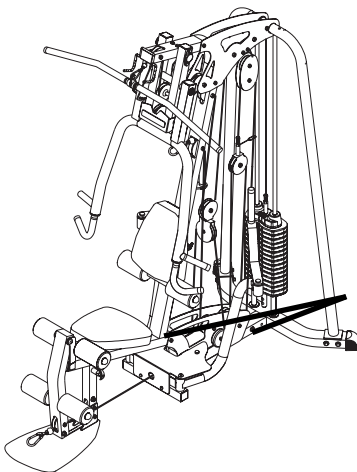
SERIAL # _____

DATE OF PURCHASE: _____

DEALER'S NAME: _____

DEALER'S PHONE # _____

THANK YOU FOR PURCHASING THE LIFE FITNESS G4 GYM SYSTEM!



SERIAL NUMBER LOCATED
ON BACK OF BASE AND ON
FRONT UPRIGHT

WARRANTY

Life Fitness extends the following LIMITED WARRANTY to the original owner of the Life Fitness products. The Warranty terms apply to IN HOME 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: Lifetime – for so long as the Customer owns the Life Fitness product.
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: Lifetime – for so long as the Customer owns the Life Fitness product.
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: Three (3) years.
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 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 (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. The above limitation or exclusion may not apply to you.

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