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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 26.

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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www.lifefitness.com
IMPORTANT NOTES
Thank you for purchasing the Life Fitness G2 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
- Adjustable wrench
- Tape measure.

BOLT LENGTH RULER

Note: Bolt length is measured from the underside of the head of the bolt.
Minimum Required Usable Space

Max User Weight = 300 pounds (136 kg)
Length = 82 inches (208.5 cm) 6’ 10”
Width = 71 inches (180.5 cm) 5’11”
Height = 83 inches (211 cm) 6’ 11”
Weight = 379 pounds (172 kg)

Dimensions Including GLP Leg Press (optional)
Length = 82 inches (208.5 cm) 6’ 10”
Width = 108 inches (180.5 cm) 9’ 0”
## PARTS LIST

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

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<th>DESCRIPTION</th>
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### QTY

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STEP 1:

- **LOOSELY** assemble two BASE PLATES (3) to the FRAME (1) and BASE (2) using four 3/8 X 3-3/4" BOLTS (30) and four 3/8" LOCK NUTS (34). See FIGURE 1.

- **LOOSELY** assemble the FOOTPLATE (62) to the lower holes in the FRAME (1) using one 3/8 x 3” BLACK BOLT (70) and one 3/8” BLACK LOCK NUT (54).

- **LOOSELY** assemble the **TOP** of the FRAME BRACE (64) to the FRAME (1) using two 3/8 x 4” BOLTS (63), two 3/8” WASHERS (36) and two 3/8” LOCK NUTS (34). Assemble the **BOTTOM** of the FRAME BRACE (64) to the BASE (2) using one 3/8 x 3” BLACK BOLT (29), one 3/8 x 2-1/2” BOLT (28), three 3/8” WASHERS (36) and one 3/8” LOCK NUT (34).
CHECK THAT THE HEADPLATE (19) AND WEIGHT PLATES (22)
ARE ASSEMBLED AS SHOWN IN FIGURES 2 & 3.
**STEP 4:**

- Place the two GUIDE RODS (16) through the BOTTOM SHROUD BRACKET (A) (FOUND IN THE SHROUD KIT BOX) into the BASE (2), as shown in FIGURE 4.

  **Note:** Lubricate the GUIDE RODS (16) with the included silicon package.

- Slide the following items in order down each GUIDE ROD (16), one WEIGHT STACK SPACER (45), and one WEIGHT STACK CUSHION (46).

- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (22) down the GUIDE RODS (16) onto the WEIGHT STACK CUSHIONS (46). Make sure that the keyholes of the WEIGHT PLATES (22) are all facing the right way.

- Slide the HEAD PLATE ASSEMBLY (19) down the GUIDE RODS (16) onto the weight stack.

- Slide the SHAFT COLLARS (48) down each GUIDE ROD (16).

**FIGURE 4**

**FIGURE 5**

**STEP 5:**

- Carefully slide the RIGHT and LEFT (5 & 4) BOOM PLATES onto the GUIDE RODS (16) as shown in FIGURE 5 and loosely assemble the BOOM PLATES (5 & 4) to the FRAME (1) using two 3/8 x 3-3/4" BOLTS (30) and two 3/8" LOCK NUTS (34). **CAUTION MUST BE TAKEN NOT TO PULL THE GUIDE RODS (16) OUT OF THE BASE (2).**

- Screw the ADJUSTABLE GLIDE (53) approximately 1/2" into the FRAME (1) and tighten the jam nut securely as shown.
**STEP 6:**
- Use a hammer to tap one 5/16 X 2" ROLL PIN (47) thru the LEFT PRESS HANDLE (7) until it is flush with the other side of the HANDLE as shown in FIGURE 6.
- Repeat STEP 6 for the RIGHT PRESS HANDLE (6).

![Figure 6](image)

**STEP 7:**
- Place the LEFT PRESS HANDLE (7) onto the PRESS ARM (8). Place the PRESS ARM SPACER (65) as shown over the 5/16 x 2" ROLL PIN (47), make sure that the 5/16 X 2" ROLL PIN (47) passes into the slot located in the plate of the PRESS ARM (8).
- Once in place, secure and tighten the LEFT PRESS HANDLE (7) to the PRESS ARM (8) using one 3/8" WASH-ER (36) and one 3/8" LOCK NUT (34).
- **IMPORTANT!** Do not overtighten: PRESS ARM should rotate freely.
- Repeat STEP 7 for the RIGHT PRESS HANDLE (6).

**Note:** Place the PRESS ARM (8) upside down on the floor as shown to complete this step. HANDLES (7) MUST BE PLACED TOWARDS INSIDE OF THE PRESS ARM.

![Figure 7](image)
STEP 8:

- Place the PRESS ARM (8) into the PRIMARY PIVOT (9) and securely tighten using two 3/8 X 3" SILVER BOLTS (29), four 3/8" FLAT WASHERS (36), and two 3/8" LOCK NUTS (34).
- Insert and tighten two 3/8" LOCKING SPRING PINS (49) into the PRESS HANDLES (6 & 7).
- Lock the PRESS HANDLES (6 & 7) into place using the 3/8" LOCKING SPRING PINS (49).
- Insert one OVAL END CAP (66) into the opening of each handle as shown in FIGURE 8.
- To disengage the LOCKING SPRING PINS (49), pull out and twist 1/4 turn.
STEP 9:

- SECURELY TIGHTEN ALL FRAME CONNECTIONS BEFORE PROCEEDING TO NEXT STEP.
- SECURELY TIGHTEN the top of both SHAFT COLLARS (48) flush to bottom of both BOOM PLATES (4 & 5).
- Insert one 3/4 x 4" SHAFT (40) into both 3/4" flange bearings on the FRAME (1).
- Assemble the PRIMARY PIVOT (9) of the PRESS ARM ASSEMBLY to the top of the FRAME (1) using one 1/2 X 8-3/4" BOLT (33), two 1/2" FLAT WASHERS (37), and one 1/2" LOCK NUT (60).
**STEP 10:**

- Apply the WEIGHT STACK LABELS (61) to the WEIGHT PLATES (22) and HEAD PLATE (19) as shown in FIGURE 10. Begin with number one at the HEAD PLATE (19) with the larger numbers in consecutive order towards the bottom of the weight stack.

- Securely assemble one SEAT PAD (13) to the SEAT ADJUST (10) using two 3/8 X 3" SILVER BOLTS (29) and two 3/8" WASHERS (36) as shown.

- Securely assemble one BACK PAD (23) to the FRAME (1) using two 3/8 X 3" SILVER BOLTS (29) and two 3/8" WASHERS (36) as shown. The top connection of the FRAME BRACE (64) may have to be loosened and then re-tightened after the BACK PAD (23) is tightened.

- Gently insert the SEAT ADJUST (10) into the tube located on the FRAME (1).

- Securely tighten the T-HANDLE SPRING PIN (50) to the FRAME (1) and hand tighten the 3/8" STAR KNOB (52).
**STEP 11:**
- Assemble the LEG PEDESTAL (11) to the FRAME (1) using one 1/2 X 104mm BOLT (32), two 1/2” RH CAP HOLDER WASHERS (56) and one 1/2” LOW HT LOCK NUT (35).
- Assemble two RH CAPS (55) to the 1/2” RH CAP HOLDER WASHERS (56) as shown in FIGURE 11.

**STEP 12:**
- Route the LAT CABLE (20) and LOW CABLE (21) as shown in FIGURE 12.
• ILLUSTRATION “A” used as the cable routing reference for steps 13-16.

**Note:** If you purchased a leg press, please refer to the cable routing instructions included with the leg press kit.
**STEP 13:**

- Refer to the cable ILLUSTRATION “A” on page 14 for cable routing while installing pulleys.
- Assemble two 3-1/2” PULLEYS (24) into the FRAME (1) using two 3/8 X 3-3/4” BOLTS (30), four 3/8 X 1-1/16” FLANGE SPACERS (42) and two 3/8” LOCK NUTS (34) and tighten securely.
- Assemble one 3-1/2” PULLEY (24) into the PRIMARY PIVOT (9) upper hole using one 3/8 X 8-3/4” BOLT (31), two 3/8” FLAT WASHERS (36), two PULLEY GUARD SPACERS (69) and one 3/8” LOCK NUT (34) and tighten securely.
STEP 14:

- Refer to the cable ILLUSTRATION “A” on page 14 for cable routing while installing pulleys.

- Assemble one 3-1/2” PULLEY (24) into the PRIMARY PIVOT (9) lower hole using one 3/8 X 8-3/4” BOLT (31), two 3/8” FLAT WASHERS (36), two 3/8 X 1-3/8” SPACERS (44) and one 3/8” LOCK NUT (34) and tighten securely.

- Assemble one 3-1/2” PULLEY (24) to the FRAME (1) using one 3/8 X 3-3/4” BOLT (30), two 3/8 X 1-1/16” FLANGE SPACERS (42), and one 3/8” LOCK NUT (34). Tighten securely.

- Loosely assemble one 3-1/2” PULLEY (24) between the PULLEY PLATES (12) using one 3/8 X 1-3/4” BOLT (27) and one 3/8” LOCK NUT (34).

- Assemble two 3-1/2” PULLEYS (24) between the left and right BOOM PLATES (4 & 5) using two 3/8 X 3-3/4” BOLTS (30), two 3/8 X 1” SPACERS (43), two 3-1/2” CABLE GUARDS (38) and two 3/8” LOCK NUTS (34).
**STEP 15:**

- Slip the ring of the WEIGHT SELECTOR PIN (51) down the WEIGHT STACK SHAFT and insert the pin into one of the weights.

- Screw the end of the LAT CABLE (20) into the top of the WEIGHT STACK SHAFT on the HEAD PLATE ASSEMBLY (19) and securely tighten the JAM NUT as shown in FIGURE 15.

- Securely tighten the 1/2” LOCK NUT (35) on the PRIMARY PIVOT of the PRESS ARM (9).
STEP 16:

- Refer to the cable ILLUSTRATION “A” on page 14 for cable routing while installing pulleys.
- Securely assemble the ball end of the LOW CABLE (21) and one 3-1/2” PULLEY (24) to the LEG PEDESTAL (11) using one 3/8 X 3-3/4” BOLT (30), two 3/8” X 1-1/16” FLANGE SPACERS (42), two 3/8” WASHERS (36), and one 3/8” LOCK NUT (34).
- Securely assemble one 3-1/2” PULLEY (24) and two 3/8 X 3/4 FLANGE SPACERS (41) to the FRAME (1) using one 3/8 X 3” BLACK BOLT (70) and one 3/8” BLACK LOCK NUT (54).

Note: The LEG CABLE (21) should be routed over the retaining bolt as shown in FIGURE 16.
**STEP 17:**

- Refer to the cable ILLUSTRATION “A” on page 14 for cable routing while installing pulleys.

- Assemble one 3-1/2” PULLEY (24) between the BASE PLATES (3) using one 3/8 X 3-3/4” BOLT (30), two 3/8 X 1” SPACERS (43), and one 3/8” LOCK NUT (34). Tighten securely.

- Loosely assemble one 3-1/2” PULLEY (24) between the PULLEY PLATES (12) using one 3/8 X 1-3/4” BOLT (27) and one 3/8” LOCK NUT (34).

- Secure the end of the LOW CABLE (21) using one 3/8 x 3-3/4” BOLT (30), one 3/8” FLAT WASHER (36) and one 3/8” LOCK NUT (34) as shown in FIGURE 17.

- Tighten both 3-1/2” PULLEYS (24) located on the PULLEY PLATES (12).
**STEP 18:**

- Attach two 4 X 7" ROLLER PADS (15) to the LEG PEDESTAL (11) using one 3/4 X 17-3/8" TUBE (14), four PLASTIC WASHERS (39), two ROLLER PAD CAPS (67) and two 5/16 x 1” BUTTON HEAD BOLTS (68) as shown in FIGURE 18.

- Attach two 4 X 7" ROLLER PADS (15) to the SEAT ADJUST (10) using one 3/4 X 18-1/8" TUBE (18), four PLASTIC WASHERS (39), two ROLLER PAD CAPS (67) and two 5/16 x 1” BUTTON HEAD BOLTS (68) as shown in FIGURE 18.

- Attach two 4 X 7" ROLLER PADS (15) to the FRAME (1) using one 3/4 X 18-1/8" TUBE (18), four PLASTIC WASHERS (39), two ROLLER PAD CAPS (67) and two 5/16 x 1” BUTTON HEAD BOLTS (68) as shown in FIGURE 18.
STEP 19:

- If upon completion of assembly, the HEAD PLATE (19) does not sit on top of the first WEIGHT PLATE (22), push the HEAD PLATE (19) down, insert the WEIGHT SELECTOR PIN (51) and perform several repetitions at the press station. This will relax the cable system and prevent the HEAD PLATE (19) from lifting up. See FIGURE 19.

- If after completing the previous step, the HEAD PLATE (19) still does not sit on top of the first WEIGHT PLATE (22), or if there is excess slack in the cable system, adjust the threaded end of the LAT CABLE (20) and ADJUSTABLE GLIDE (53) accordingly and retighten the jam nuts. See FIGURE 19.

- For maximum performance, the HEAD PLATE (19) should just barely sit on the top WEIGHT PLATE (22).

- Attach the LAT BAR (17) to the ball end of the LAT CABLE (20) using one SNAP LINK (57) as shown in FIGURE 19.

- Attach the ANKLE STRAP (25) to the LINK CHAIN (26) using one SNAP LINK (57) as shown in FIGURE 19.

- Attach the LOW ROW BAR (58) to the ball end of the LOW CABLE (21) using one SNAP LINK (57).
**STEP 20:**

- 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" LOCK NUTS (8) as shown in FIGURE 20. The BOTTOM SHROUD BRACKET (4) was previously inserted under the weight stack.

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## PARTS LIST

<table>
<thead>
<tr>
<th>KEY</th>
<th>DESCRIPTION</th>
<th>QTY</th>
<th>KEY</th>
<th>DESCRIPTION</th>
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<tr>
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<td>5</td>
<td>3/8 X 1” BUTTON HEAD BOLT</td>
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<tr>
<td>2</td>
<td>RIGHT SHROUD</td>
<td>1</td>
<td>6</td>
<td>3/8” BLACK SAE WASHER</td>
<td>8</td>
</tr>
<tr>
<td>3</td>
<td>TOP SHROUD BRACKET</td>
<td>1</td>
<td>7</td>
<td>3/8 X 2-1/2” BOLT</td>
<td>2</td>
</tr>
<tr>
<td>4</td>
<td>BOTTOM SHROUD BRACKET</td>
<td>1</td>
<td>8</td>
<td>3/8” LOCK NUT</td>
<td>2</td>
</tr>
</tbody>
</table>

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**FIGURE 20**

![Diagram showing assembly of shroud brackets to boom plates](image)

- RIGHT BOOM PLATE
- LEFT BOOM PLATE
- TOP SHROUD BRACKET (3)
- BOTTOM SHROUD BRACKET (4)
STEP 21:

- 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.

Note: You can hang the exercise cards on the M4 X 20mm SHOULDER BOLT that is preassembled to the SHROUD.

THANK YOU FOR PURCHASING THE LIFE FITNESS G2 GYM SYSTEM!
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 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 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 #: _____________________________________________

SERIAL NUMBER LOCATED ON PULLEY BRACKET

SERIAL NUMBER LOCATION
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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