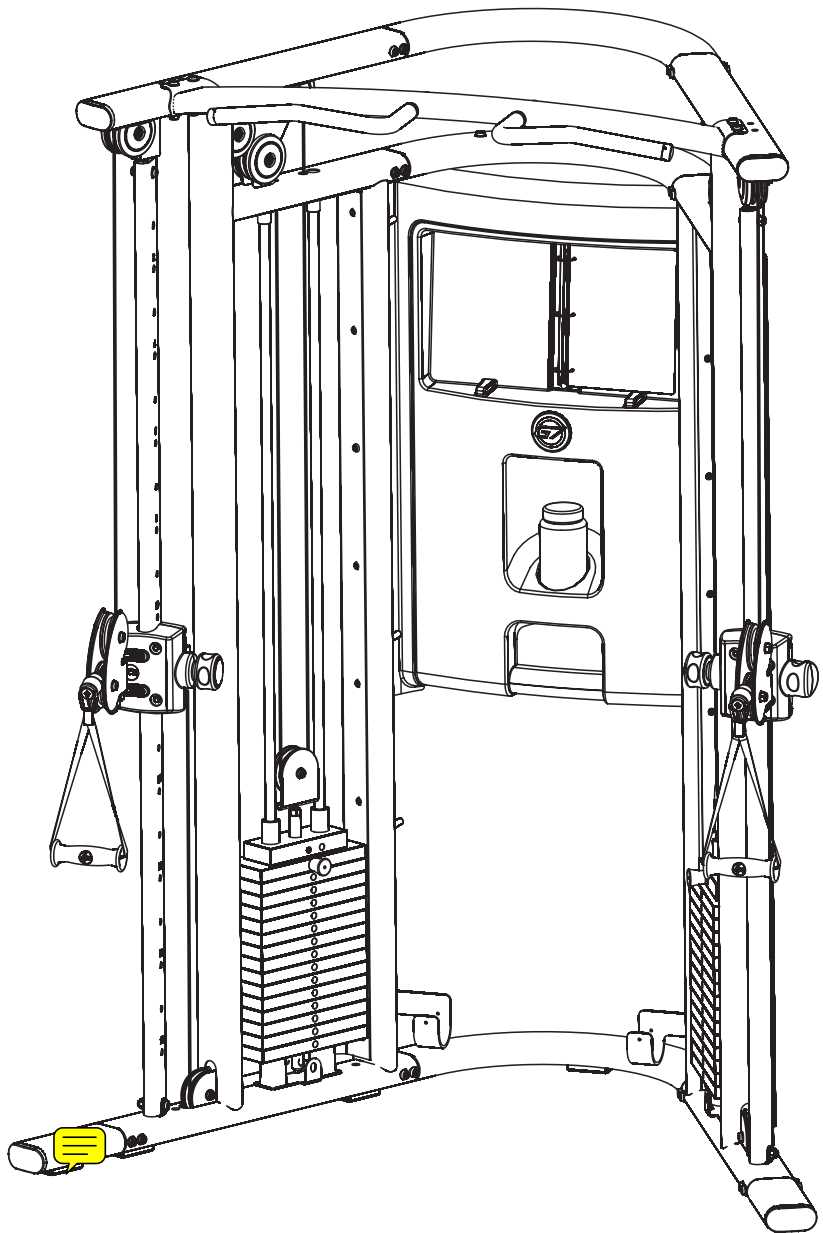




G7 CABLE MOTION™ GYM SYSTEM USER GUIDE



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

CLASS H
PART # 8352100 REV. A
VERSION: LFG7-001
DATE: 08-10-07

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IMPORTANT SAFETY INFORMATION



THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES!

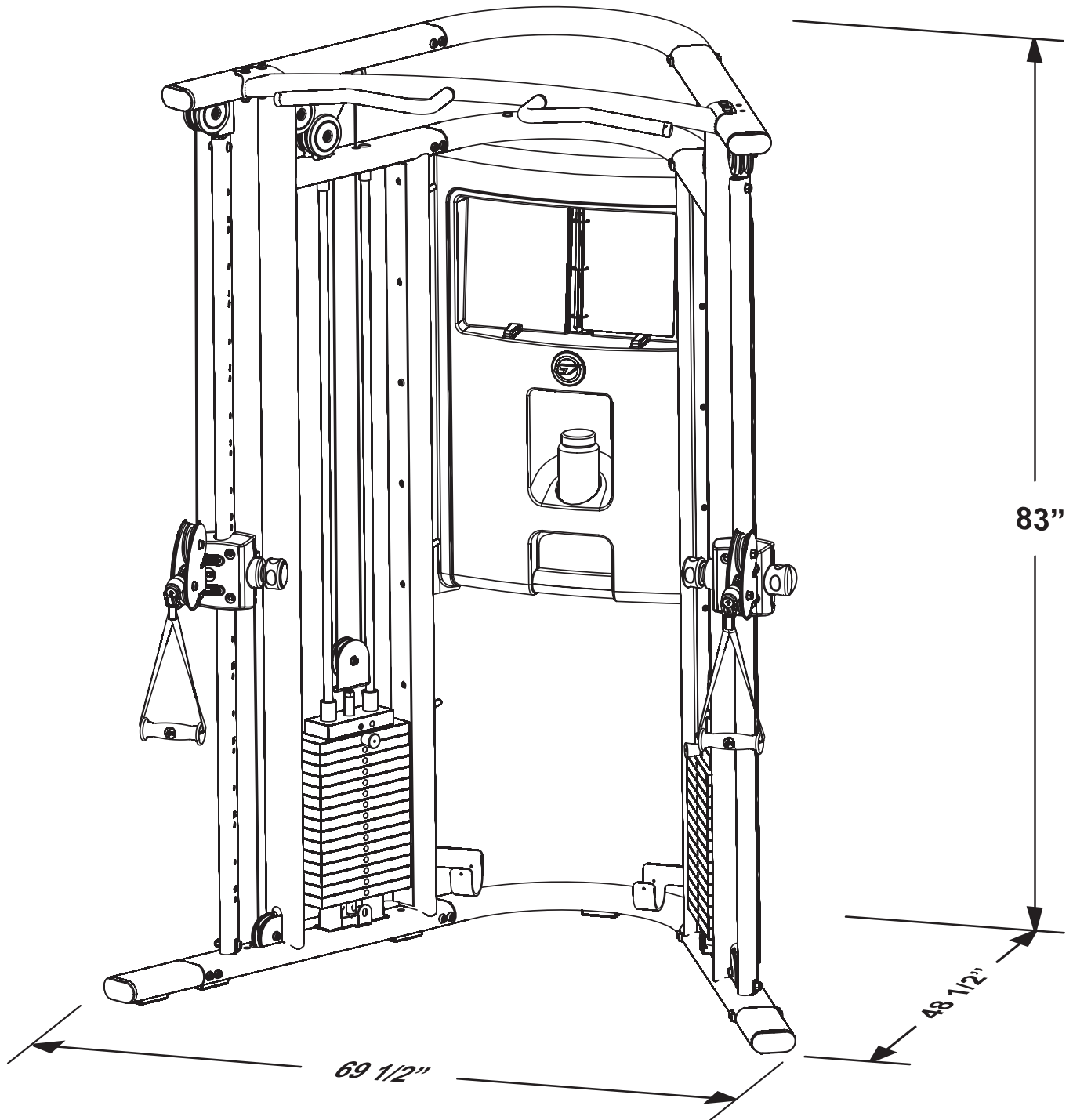
1. Before using, read all the warnings and instructions on the use of this machine including the workout book and instructional DVD. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body and clothing free of all moving objects.
4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized Life Fitness dealer before use and have repairs made by an authorized service technician.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized Life Fitness dealer.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized Life Fitness dealer.
7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized Life Fitness dealer before use and have repairs made by an authorized service technician.
8. Make sure all spring loaded pull pins are fully engaged in the adjustment position before use.
9. Children and pets must not be allowed near this machine. Supervise teenagers.

Please note:

- * Thank you for purchasing the Life Fitness G7 Cable Motion 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.

NOTE: In a continual effort to improve our products, specifications are subject to change.
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GYM DIMENSIONS



Weight: 720 lbs
Resistance Ratio: 1:2

COMPONENTS LIST

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8172901	LEFT TOWER
2	1	8178003	TOP BRACKET TUBE
3	1	8178002	MIDDLE BRACKET TUBE
4	1	8178004	BOTTOM BRACKET TUBE
5	1	8613201 & 8162201	Roller Carriage Assy. (8613201) & Chrome Slide (8162201)
6	1	8257401	RIGHT U BRACKET
7	1	8256901	LEFT U BRACKET
8	1	8316401	RIGHT SWIVEL PULLEY
9	1	8151301	LEFT SWIVEL PULLEY
10	1	8613101 & 8162201	Roller Carriage Assy. (8613101) & Chrome Slide (8162201)
11	1	8172001	RIGHT TOWER
12	1	8176701	CHIN UP BAR
13	2	3258301	PULLEY, 88.9 OD X 10 X 25.4
14	4	8228901	COVER, PULLEY, PARTIAL
15	4	7634401	GUIDEROD RETAINER
16	4	8264701	GUIDE ROD ASSEMBLY
17	30	7935301	WEIGHT PLATE, 10LB, CASTEEL
18	2	8262501	TOP PLATE 15, CASTEEL, SPCL
19	2	8315601	HEAD PLATE PULLEY ASSEMBLY
20	4	8264301	CUSHION, WEIGHT STACK, 65MM
21	2	8265601	CABLE, BE, BE
22	2	8312601	FOOT, EXTENSION, FLOV
23	2	8167301	SIDE SHROUD
24	6	8244301	KIOSK BRACKET
25	1	8275801	KIOSK ASSEMBLY
43	2	7936701	WEIGHT PIN & RING
44	4	8229001	COVER, PULLEY, FULL
45	2	7944401	D RINGS
46	1	8288601	THIGH STRAP
47	1	7745801	FOOT STRAP
48	1	8280401	TOWEL
49	1	8348101	MARKER
50	2	8140702	HANDLES
51	2	2103801	SNAP LINKS
52	1	8288701	DVD
53	1	7777301	TOUCH UP PAINT, PLT
54	1	8313701	HARDWARE BAG
55	1	8280501	WATER BOTTLE

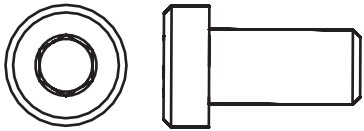
PAPER BINDER WORKOUT BOOK - 70 PAGES
8265801

WEIGHT STACK LABELS (Qty. 2)
8327001

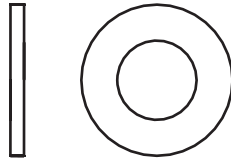
COMPONENTS LIST

HARDWARE LISTED BELOW			
ITEM NO.	QTY.	PART NO.	DESCRIPTION
26	32	3256201	M10 X20MM SCREW
27	52	3264201	M10 WASHER
28	20	3242201	M5 HEX SCREW
29	20	3264101	M6 WASHER
30	4	3256208	M10 X 55MM SCREW
31	2	3256206	M10 X 45MM SCREW
32	13	3242002	M10 HEX NYLOCK NUT
33	7	3256211	M10 X 70MM SCREW
34	2	3264601	M10 SOCKET HEAD NUT
35	2	3256207	M10 X 50MM SCREW
36	2	3264501	PULLEY RETAINER
37	4	3232421	RETAINER RING
38	4	3240502	M10 X 50mm HEX TENSION SCREW
39	32	3262501	M5 SHOULDER SCREW
40	12	3264901	M10 X 20MM SCREW
41	12	3265001	M10.5 WASHER
REQUIRED TOOLS LISTED BELOW			
* 7mm ALLEN WRENCH (2)			
* 4mm ALLEN WRENCH			
* 5mm ALLEN WRENCH			
* 17mm WRENCH			
* EXTERNAL SNAP RING PLIERS			
* ADJUSTABLE WRENCH			
* PHILLIPS SCREW DRIVER			

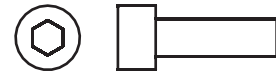
HARDWARE:



M10 X 20MM SCREW (#26)



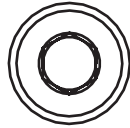
M10 WASHER (#27)



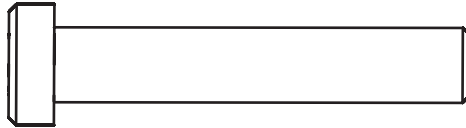
M5 SCREW (#28)



M6 WASHER (#29)



M10 X 55MM SCREW (#30)



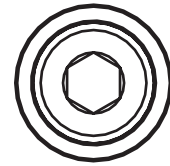
M10 X 45MM SCREW (#31)



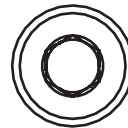
M10 NYLOCK NUT (#32)



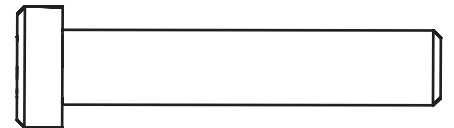
M10 SOCKET NUT (#34)



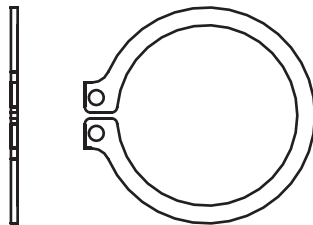
M10 X 70MM SCREW (#33)



M10 X 50MM SCREW (#35)



PULLEY RETAINER (#36)



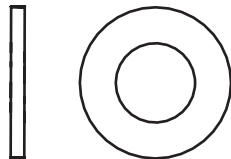
RETAINER RING (#37)



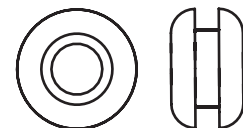
M10 HEX TENSION SCREW (#38)



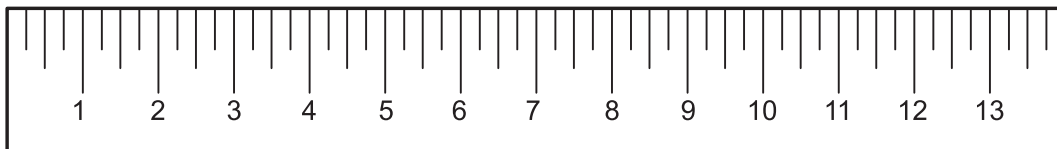
M5 SHOULDER SCREW (#39)

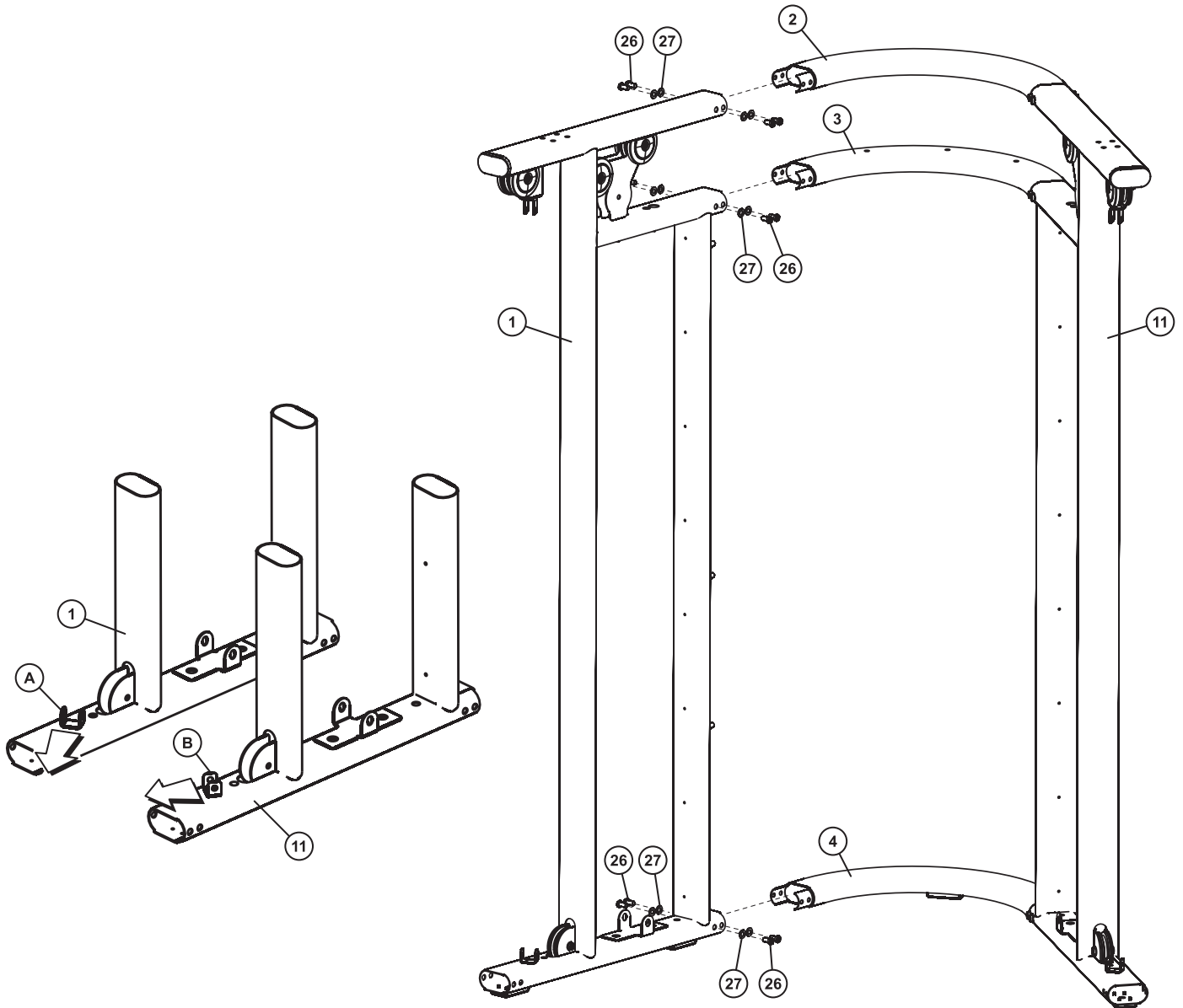


M10.5 WASHER (#41)



SHROUD GROMMET (#42)





NOTE: Two person assembly is recommended.

STEP 1:

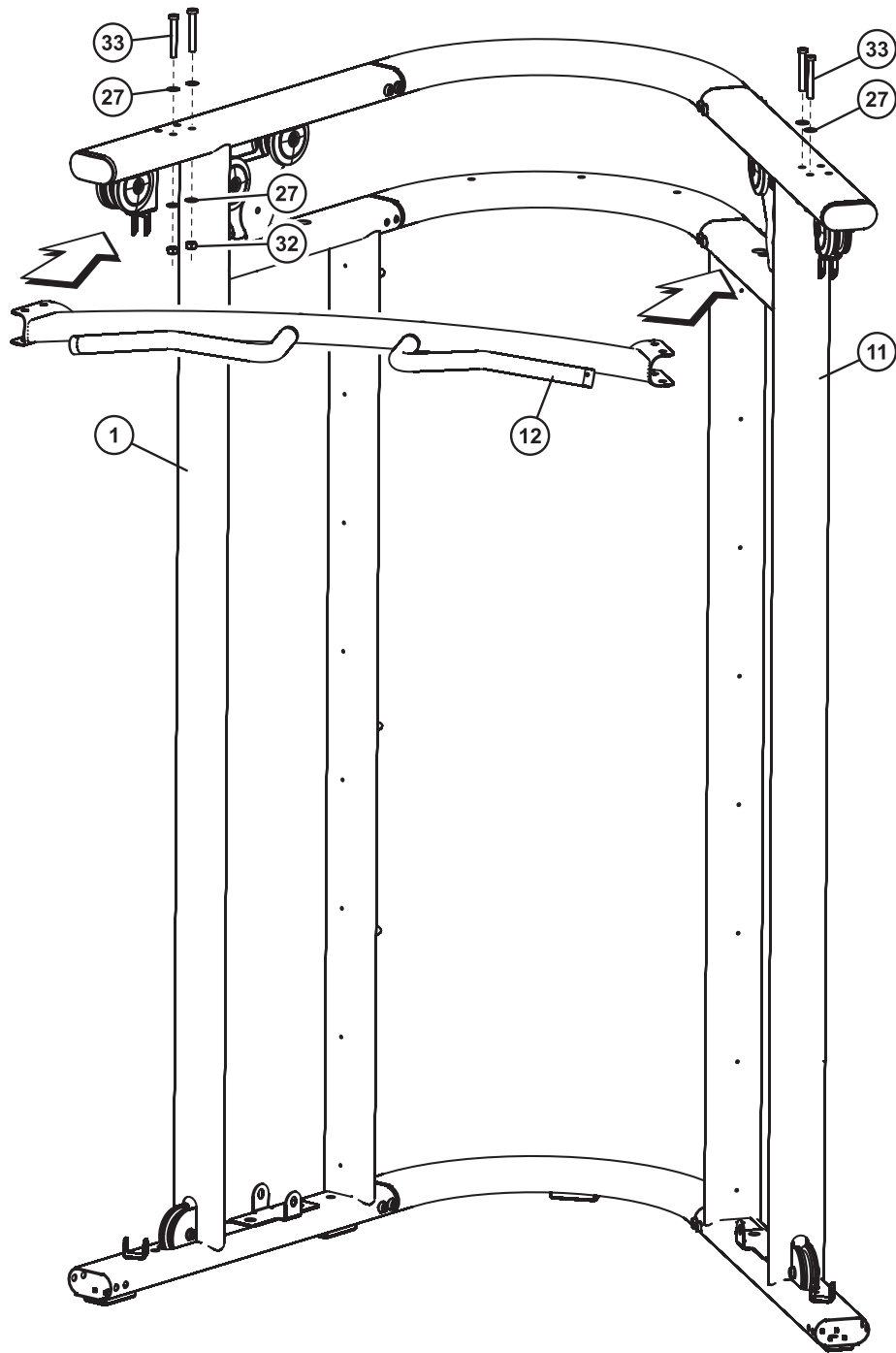
- Make sure the LEFT TOWER (1) and the RIGHT TOWER (11) are positioned correctly prior to assembly. The LEFT U BRACKET (A) and RIGHT U BRACKET (B) should point towards each other as shown in the above illustration.
- Use four M10 x 20mm SCREWS (26) and four M10 WASHERS (27) to connect the BOTTOM BRACKET TUBE (4) to the LEFT TOWER (1). Finger tighten only.

NOTE: THE BOTTOM BRACKET TUBE (4) HAS A RUBBER PAD ATTACHED TO IT TO MAKE CONTACT WITH THE FLOOR.

- Repeat the above process using the TOP BRACKET TUBE (2) and the MIDDLE BRACKET TUBE (3).

NOTE: THE TOP BRACKET TUBE (2) DOES NOT HAVE ANY HOLES. THE MIDDLE BRACKET TUBE (3) HAS THREE HOLES THROUGH THE TOP AND BOTTOM.

- Repeat all of the above steps to attach the TOP (2), MIDDLE (3), and BOTTOM (4) BRACKET TUBES to the RIGHT TOWER (11).

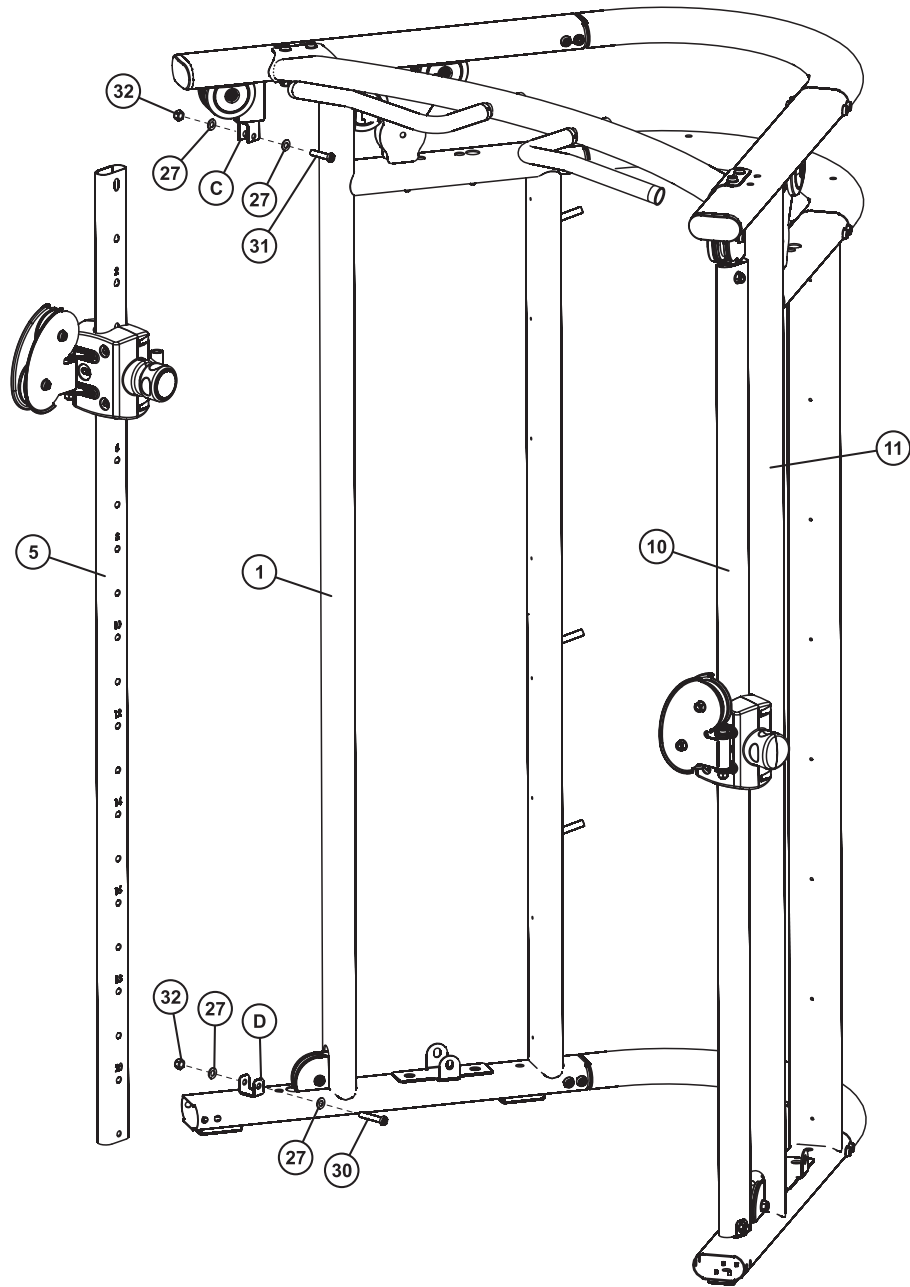


STEP 2:

- Attach the CHIN UP BAR (12) between the LEFT TOWER (1) and RIGHT TOWER (11) using four M10 x 70mm SCREWS (33), eight M10 WASHERS (27), and four M10 HEX NYLOCK NUTS (32). Finger tighten only.

NOTE: Make sure the CHIN UP BAR (12) is in the correct position as shown.

- Tighten all FRAME and CHIN UP BAR screws and nuts securely.

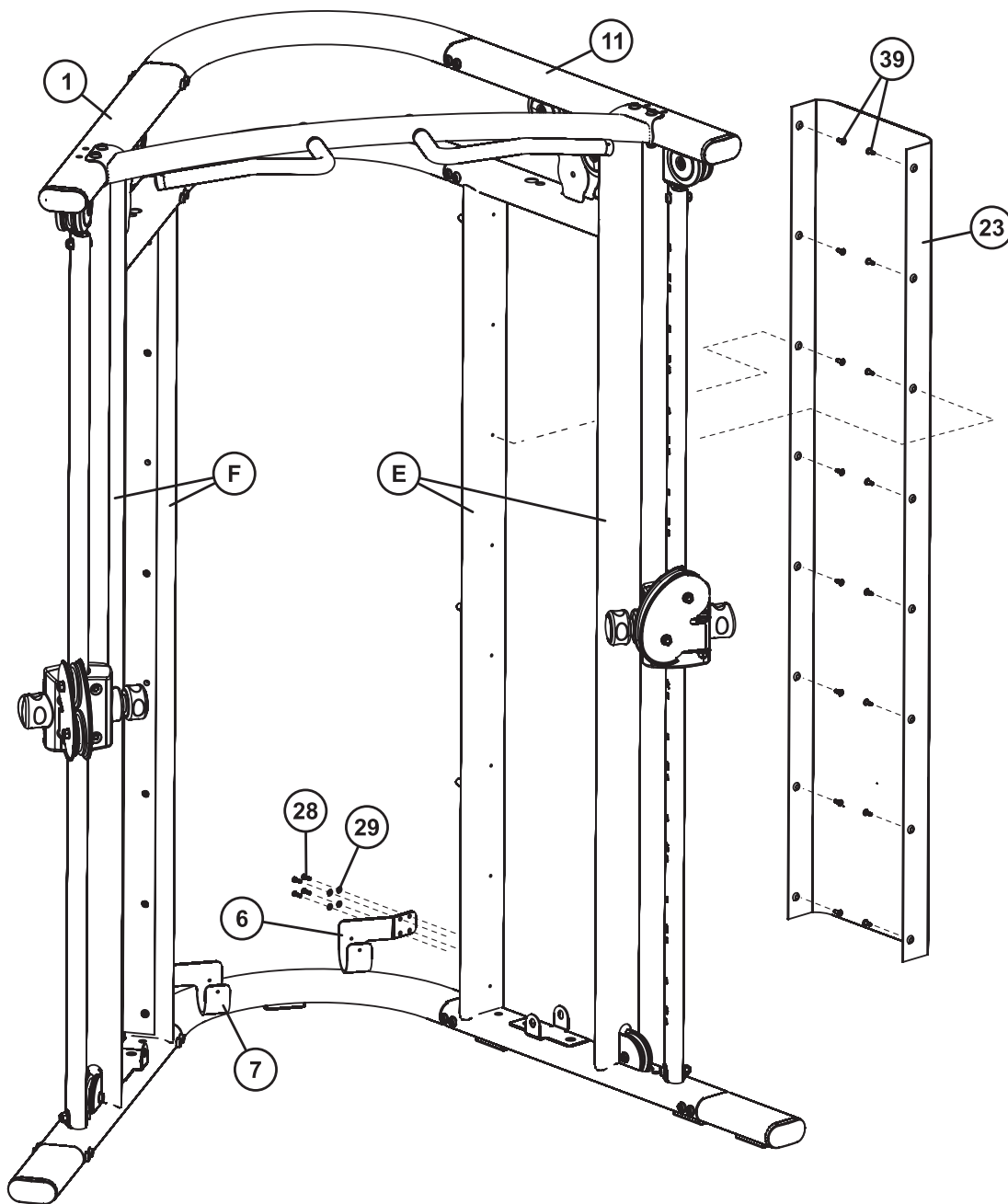


STEP 3:

- ❑ Slide the top of the LEFT SLIDE TUBE ASSEMBLY (5) over the UPPER BRACKET (C) on the LEFT TOWER (1).

NOTE: MAKE SURE THE ENGRAVED NUMBERS ON THE LEFT SLIDE TUBE ASSEMBLY (5) FACE THE INSIDE OF THE GYM. NOTE THE ORIENTATION OF THE CARRIAGE.

- ❑ Secure the LEFT SLIDE TUBE ASSEMBLY (5) to the UPPER BRACKET (C) of the LEFT TOWER (1) using one M10 x 45mm SCREW (31), two M10 WASHERS (27), and one M10 HEX NYLOCK NUT (32). Do not tighten at this time.
- ❑ Secure the LEFT SLIDE TUBE ASSEMBLY (5) to the LOWER BRACKET (D) of the LEFT TOWER (1) using one M10 x 55mm SCREW (30), two M10 WASHERS (27), and one M10 HEX NYLOCK NUT (32).
- ❑ Repeat the above process to secure the RIGHT SLIDE TUBE ASSEMBLY (10) to the RIGHT TOWER (11). Tighten all nuts and screws securely,

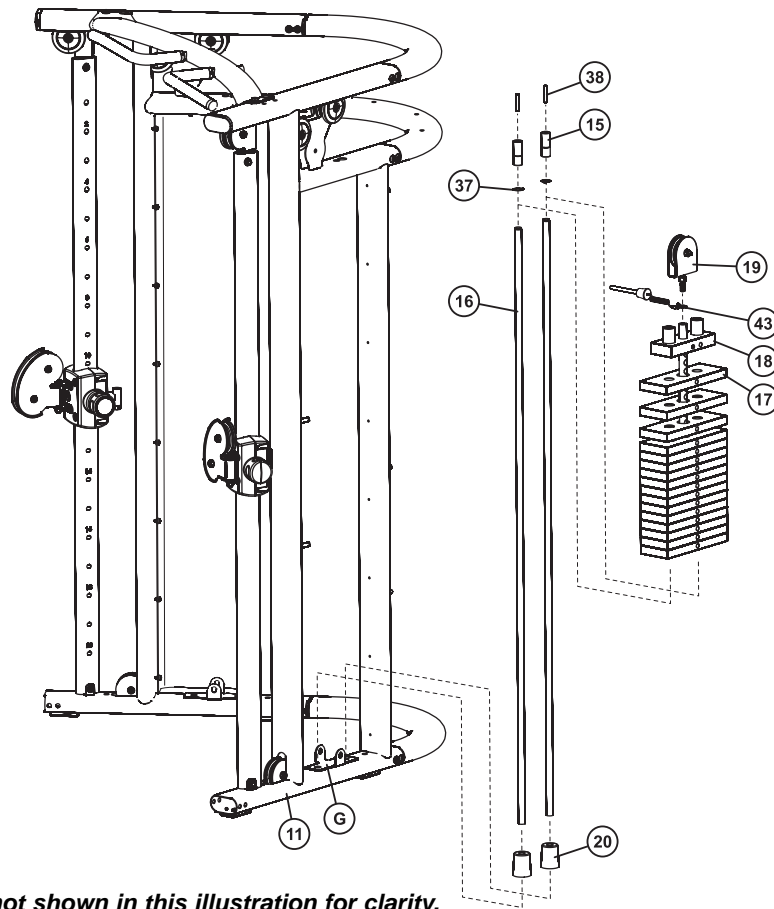


STEP 4:

- Remove the protective paper from the SIDE SHROUD (23) before installation.
- Install one SIDE SHROUD (23) to the RIGHT TOWER (11) using sixteen M5 SHOULDER SCREWS (39) on the inside of the SIDE SHROUD (23) into the UPRIGHT TUBES (E) of the RIGHT TOWER (11). Tighten the screws securely.

NOTE: YOU MUST BE STANDING INSIDE THE GYM TO INSTALL THE SIDE SHROUD (23).

- Repeat this process for installing one SIDE SHROUD (23) to the LEFT TOWER (1).
- Attach the RIGHT U BRACKET (6) onto the back of the UPRIGHT TUBE (E) of the RIGHT TOWER (11) using four SCREWS (28) and four M6 WASHERS (29). Tighten the screws securely.
- Repeat this process for installing the LEFT U BRACKET (7) onto the back of the UPRIGHT TUBE (F) of the LEFT TOWER (1).



NOTE: *The Side Shroud is not shown in this illustration for clarity.*

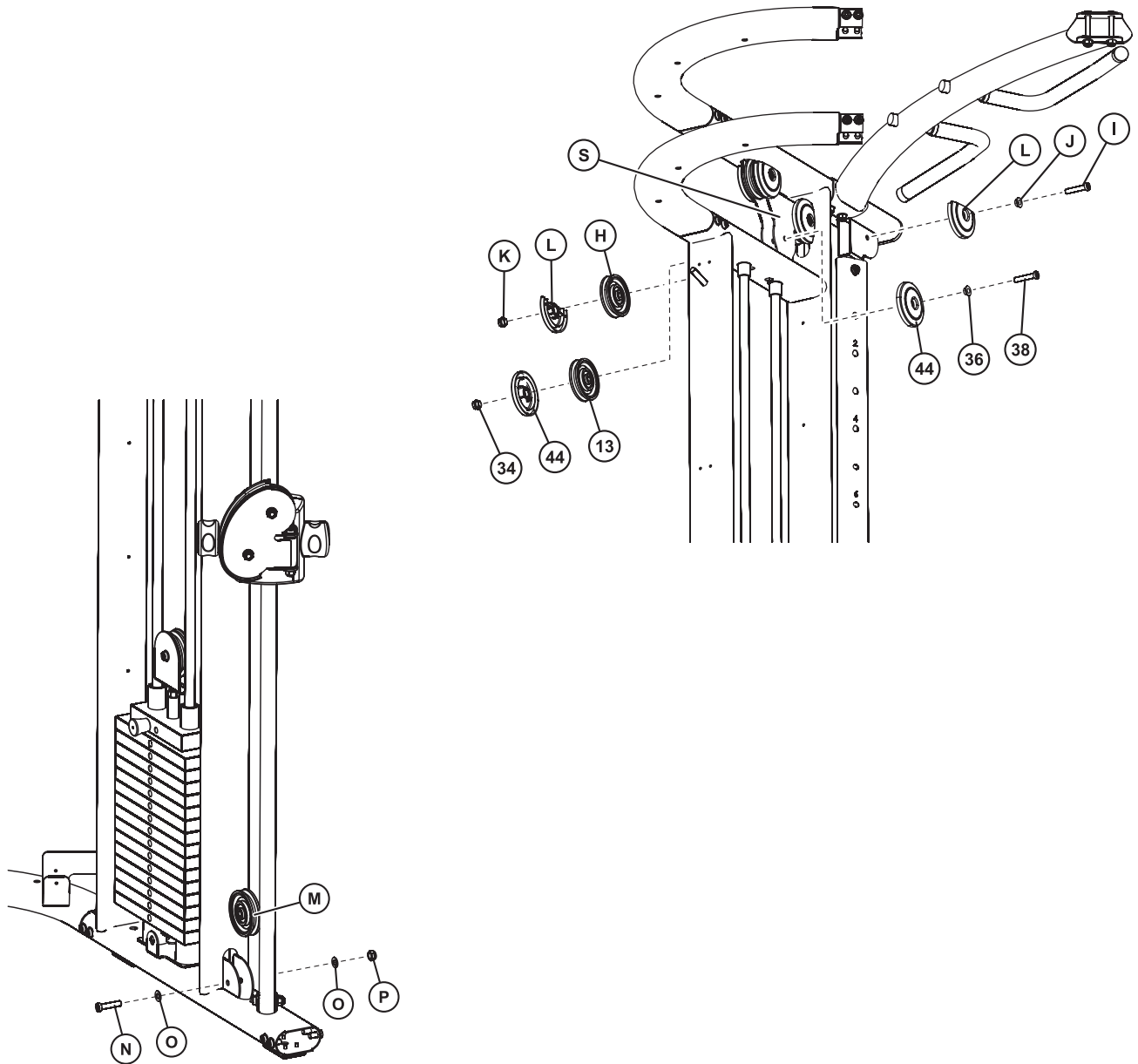
STEP 5

NOTE: **INSTALL FROM THE INSIDE OF THE UNIT.**

- Position two WEIGHT STACK CUSHIONS (20) and GUIDE RODS (16) at the GUIDE ROD BRACKET (G) on the RIGHT TOWER (11) as shown.

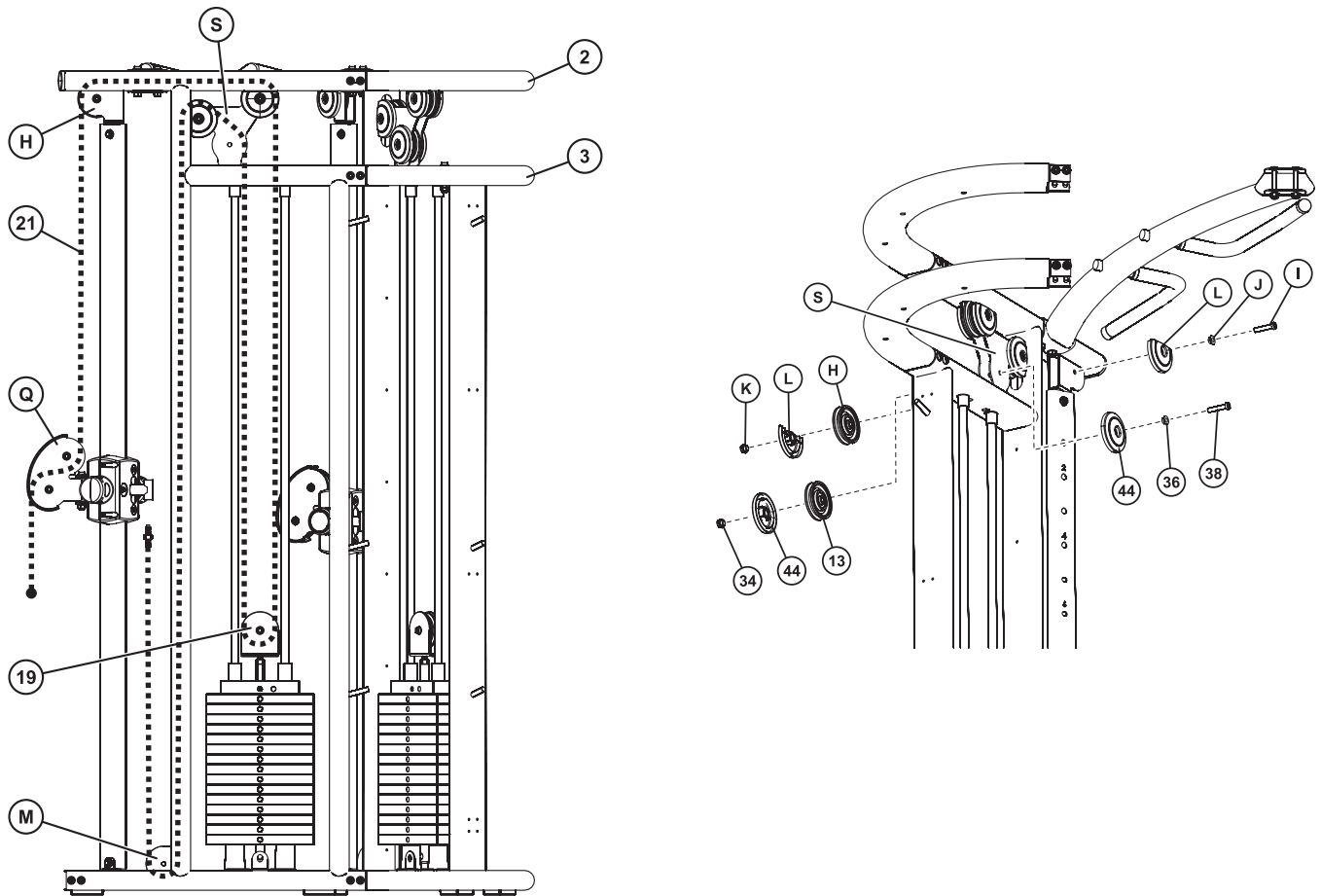
NOTE: **MAKE SURE THAT THE PLUGGED END OF THE GUIDE RODS (16) ARE FACING UP.**

- Slide one WEIGHT PLATE (17) over the GUIDE RODS (16) and slowly lower the WEIGHT PLATE (17) onto the WEIGHT STACK CUSHIONS (20).
- Continue stacking a total of fifteen WEIGHT PLATES (17).
- Slide one TOP PLATE (18) over the GUIDE RODS (16) and slowly lower it onto the WEIGHT PLATES (17).
- Slide one WEIGHT PIN with RING (43) over the stem of the TOP PLATE (18).
- Thread the HEAD PLATE PULLEY ASSEMBLY (19) into the TOP PLATE (18). Do not tighten! This will be adjusted later.
- Slide one RETAINING RING (37) over each of the GUIDE RODS (16).
- Thread an M10 X 50mm HEX TENSION SCREW (38) into each of two GUIDE ROD RETAINERS (15). Do not fully thread the M10 X 50mm HEX TENSION SCREW (38) into the GUIDE ROD RETAINERS (15).
- Slide the GUIDE ROD RETAINERS (15) into the holes on the RIGHT TOWER (11). Make sure the M10 X 50mm HEX TENSION SCREW (38) in the GUIDE ROD RETAINERS (15) are facing up.
- Push the GUIDE ROD RETAINERS (15) up high enough so that the GUIDE RODS (16) can be placed under them.
- Lower the GUIDE ROD RETAINERS (15) over the GUIDE RODS (16).
- Slide the RETAINING RINGS (37) up. Use a RETAINING RING PLIER to secure the RETAINING RINGS (37) into the groove on the GUIDE ROD RETAINERS (15). If the groove is hidden inside the hole on the tube, use a 5mm ALLEN WRENCH to loosen the M10 X 50mm HEX TENSION SCREW (38) until the groove is accessible.
- Repeat this step to complete the LEFT TOWER assembly.



STEP 6:

- ❑ Uncoil cables to remove all twists.
- ❑ Remove the UPPER PULLEYS (H) on the RIGHT TOWER (11) and LEFT TOWER (1) by removing the M10 x 50mm SCREW (I), PULLEY RETAINER (J), M10 SOCKET HEAD NUT (K), and PARTIAL PULLEY COVERS (L). Set the UPPER PULLEYS (H) and hardware aside.
- ❑ Remove the LOWER PULLEYS (M) on the RIGHT TOWER (11) and LEFT TOWER by removing the M10 x 55mm SCREW (N), M10 WASHERS (O), and M10 HEX NYLOCK NUT (P).

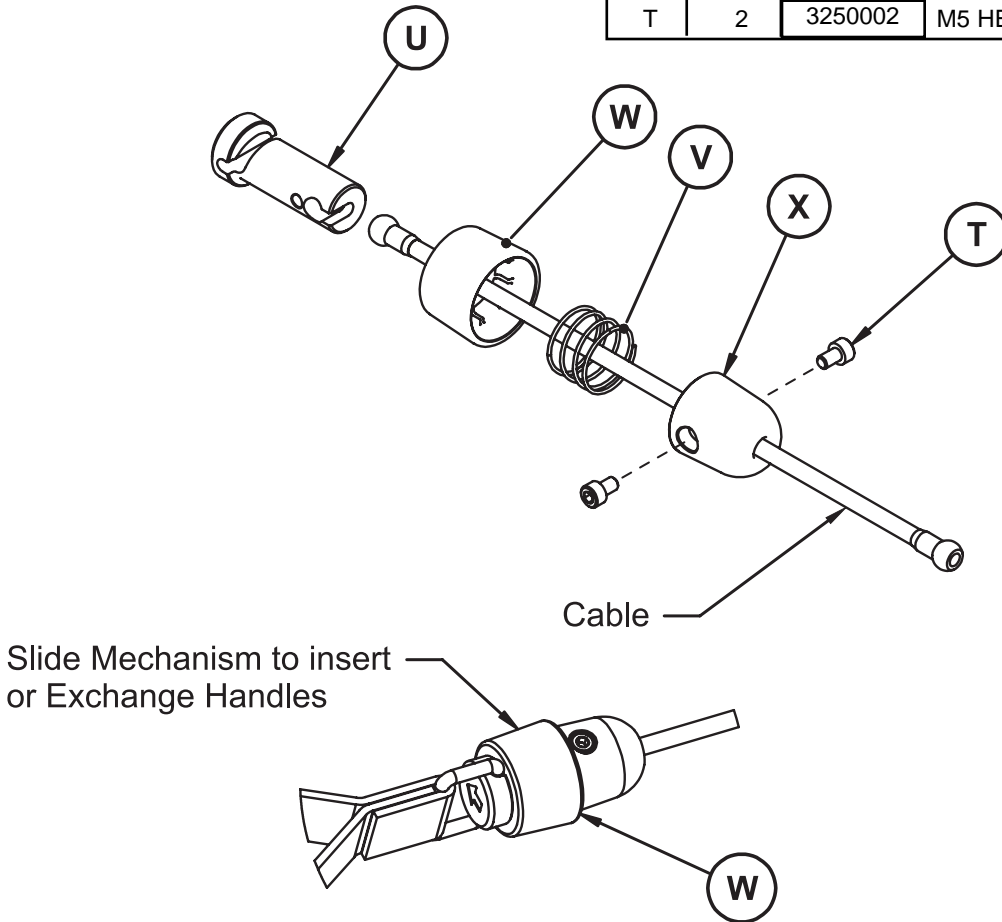


STEP 7:

- Insert the threaded end of the CABLE (21) where UPPER PULLEY (H) was located.
- Lower the CABLE (21) down the long vertical tube that is in front of the gym until it can be retrieved near where the LOWER PULLEY (M) was located. Carefully pull enough cable out to reach the ROLLER CARRIAGE (Q).
- REINSTALL the LOWER PULLEY using the previously removed M10 x 55mm SCREW (N), M10 WASHERS (O), and M10 HEX NYLOCK NUT (P). Be sure that the CABLE (21) is properly routed around the PULLEY.
- Bring the threaded end of the CABLE (21) up to the ROLLER CARRIAGE (Q) and thread the CABLE (21) into the ROLLER CARRIAGE (Q). Do not tighten!
- Assemble the MIDDLE UPPER PULLEY (13) by using two FULL PULLEY COVERS (44), one PULLEY RETAINER (36), one M10 SOCKET HEAD NUT (34) and one M10 x 50mm HEX TENSION SCREW. (38).
- Feed the cable end with the small ball between the MIDDLE UPPER PULLEY BRACKET (S) and then through the forward most hole in the MIDDLE BRACKET TUBE (3) above the HEAD PLATE PULLEY ASSEMBLY (19).
- Take the CABLE (21) down and around the HEAD PLATE PULLEY (19) and back up through the MIDDLE BRACKET TUBE (3) again, passing through the remaining access hole.
- Feed the CABLE (21) around where the UPPER PULLEY (H) of the RIGHT TOWER (11) was located. Forward the CABLE (21) through the TOP BRACKET TUBE (2) and out the access hole where the UPPER PULLEY (H) was located.
- REINSTALL UPPER PULLEY (H) using the previously removed M10 x 50mm SCREW (I), PULLEY RETAINER (J), M10 SOCKET HEAD NUT (K), and PARTIAL PULLEY COVER (L). Be sure that the CABLE (21) is properly routed around the PULLEY.
- Bring the CABLE (21) down to the ROLLER CARRIAGE (Q).
- Feed the CABLE (21) through the two pulleys in the ROLLER CARRIAGE (Q) as shown..
- Repeat Step 6 to route the cable through the LEFT TOWER (1).

Quick Connect Assembly - Part Number 7872601

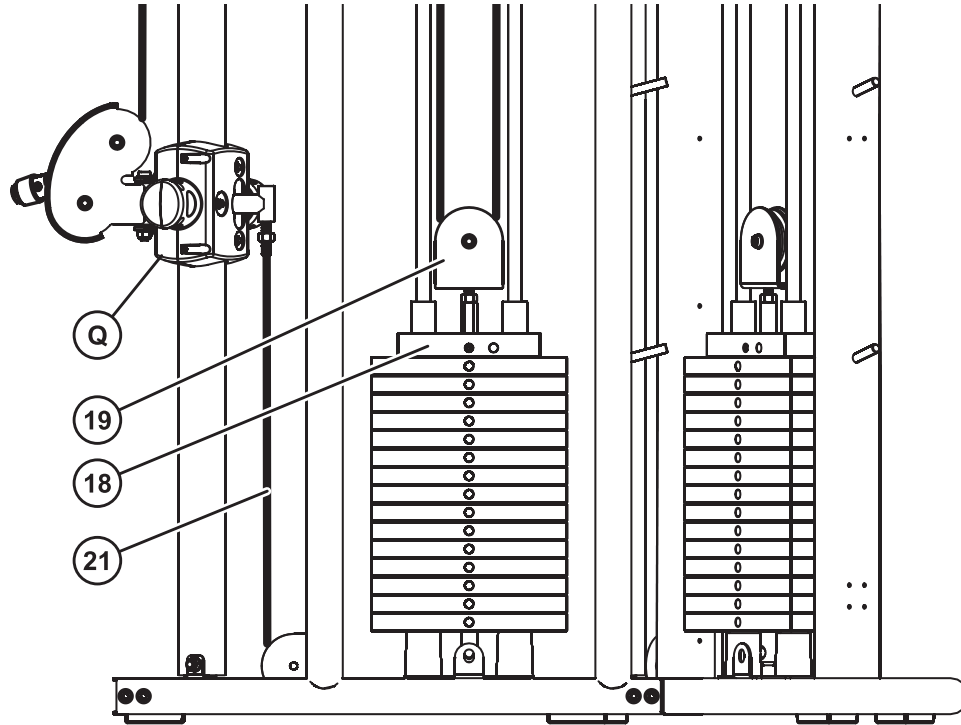
ITEM	QTY.	Part Number	DESCRIPTION
U	1	7726201	QUICK CONNECT COUPLER
X	1	7726401	QUICK CONNECT HOUSING
W	1	7726301	QUICK CONNECT SLEEVE
V	1	3249901	QUICK CONNECT SPRING
T	2	3250002	M5 HEX SCREW



STEP 8:

- ❑ Disassemble one QUICK CONNECT by removing the two M5 HEX SCREWS (T) from the QUICK CONNECT COUPLER (U). Carefully remove the QUICK CONNECT SPRING (V), the QUICK CONNECT SLEEVE (W) and the QUICK CONNECT HOUSING (X).
- ❑ Slide the QUICK CONNECT HOUSING (X), QUICK CONNECT SPRING (V), and QUICK CONNECT SLEEVE (W) onto the cable as shown. Insert the cable end into the QUICK CONNECT COUPLER (U)
- ❑ Slide the entire assembly over the QUICK CONNECT COUPLER (U). Attach the QUICK CONNECT COUPLER (U) and QUICK CONNECT HOUSING (X) together. Use the two M5 HEX SCREWS (T) to tighten.

NOTE: IF NECESSARY, ENSURE CABLES ARE PROPER LENGTH; MAKE NECESSARY ADJUSTMENTS TO THE WEIGHT STACK PULLEY (TIGHTEN OR LOOSEN); THREAD THE END OF THE CABLE; AND REMOVE THE PULLEY FROM THE HOUSING AND SPIN CLOCKWISE OR COUNTER CLOCKWISE TO LOOSEN/TIGHTEN.

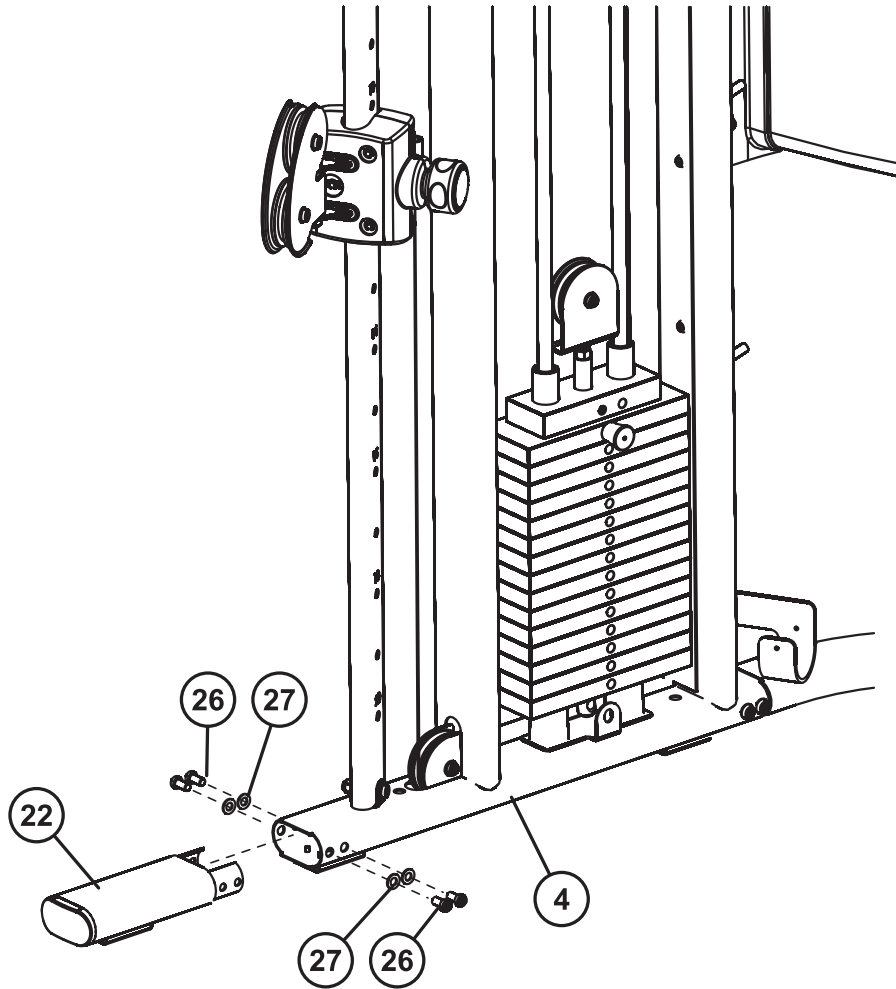


STEP 9:

- Make adjustments to the HEAD PLATE PULLEY (19) and the threaded cable end to adjust cable length and to ensure the cable is taut.
- If the threaded cable end is completely threaded into the ROLLER CARRIAGE (Q) and there is still some slack in the CABLE (21), remove the pulley from the HEAD PLATE PULLEY (19). Thread the HEAD PLATE PULLEY (19) further into the TOP PLATE ASSEMBLY (18) and reinstall the pulley.

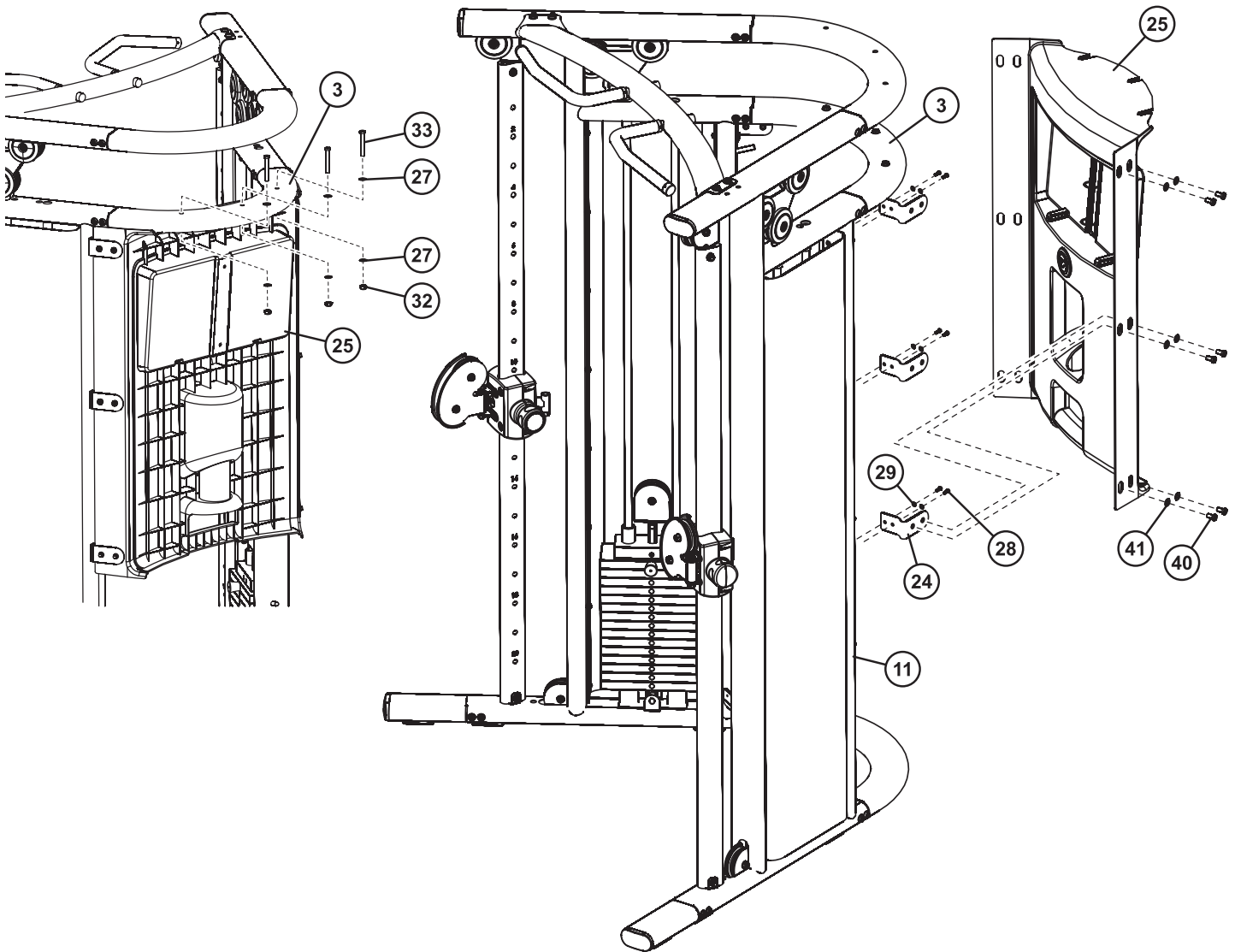
NOTE: IF REMOVING THE PULLEY, REMOVE THE M10 x 50mm SCREW , PULLEY RETAINER, M10 SOCKET HEAD NUT, and PARTIAL PULLEY COVERS.

- Once the CABLE (21) is taut, engage the jam nut at the threaded end of the cable as well as at the HEAD PLATE PULLEY ASSEMBLY (19).



STEP 10:

- ❑ Install the FOOT EXTENSIONS (22) to the BOTTOM BRACKET TUBES (4) using four M10 x 20mm SCREWS (26) and four M10 WASHERS (27) on each side.



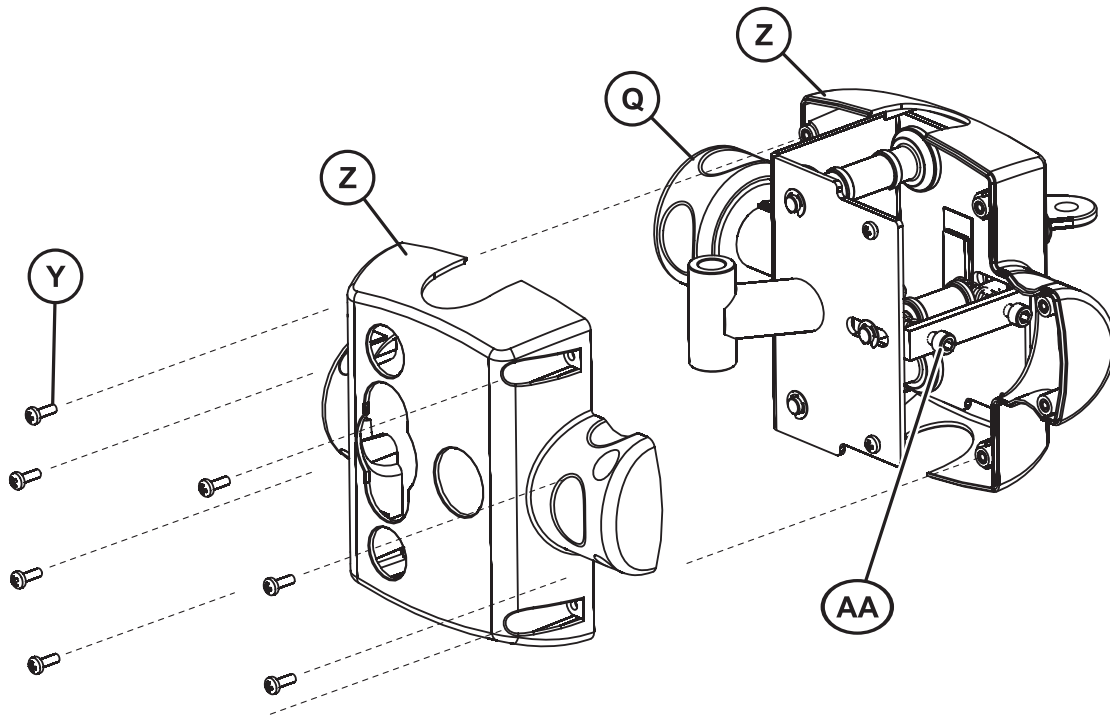
STEP 11:

- ❑ Attach the six KIOSK BRACKETS (24) to the RIGHT TOWER (11) and LEFT TOWER (1) using two M5 HEX SCREWS (28) and two M6 WASHERS (29) each. Tighten the screws securely.
- ❑ Fasten the KIOSK (25) to the KIOSK BRACKETS (24) using twelve M10 x 20mm SCREWS (40) and twelve 10.5 WASHERS (41).

NOTE: SUPPORT THE KIOSK (25) UNTIL THE SCREWS ARE INSTALLED.

- ❑ Secure the top of the KIOSK (25) to the MIDDLE BRACKET TUBE (3) using three M10 x 70mm SCREWS (33), six M10 WASHERS (27), and three M10 HEX NYLOCK NUTS (32).

NOTE: THE TOP OF THE KIOSK (25) HAS THREE SLOTS THAT FIT UNDERNEATH THE THREE HOLES OF THE MIDDLE BRACKET TUBE (3).



STEP 12:

- Adjust the rollers if the ROLLER CARRIAGE (Q) rolls up and down the tube with difficulty, or if it seems to sloppy.
- Unscrew the cable end from the roller carriage housing.
- Remove the SCREWS (Y) that hold the two PLASTIC COVERS (Z) together.
- There are two ROLLER ADJUSTMENT SCREWS (AA), each with a spring, on the back side of the roller carriage housing. The roller drag can be increased/decreased by adjusting these screws.

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 daily. 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 label is located on the back side of the UPRIGHT TUBE of the LEFT TOWER)

Date of Purchase: _____

Dealer's Name _____

Dealer's Phone# _____

**Thank you for purchasing the Life Fitness
G7 CABLE MOTION GYM SYSTEM**

LIMITED WARRANTY

Life Fitness® G7 Cable Motion™ Gym System

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:

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