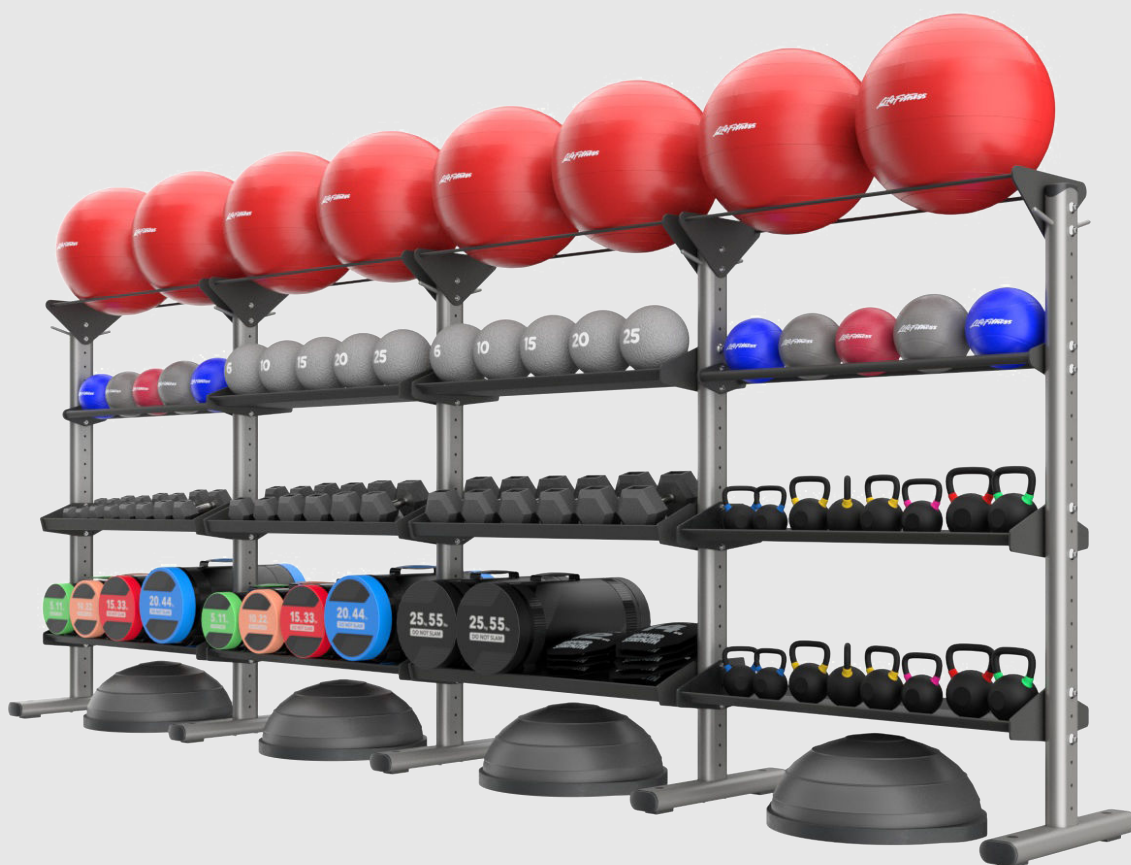


Signature Modular Storage System

SMSS-CORE, SMSS-ADD, SMSS-SIDE

Owner's Manual/Assembly Instructions



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Marketing.HK.Asia@lifefitness.com

*Also check www.lifefitness.com for local representation or distributor/dealer

User and Service Documents Link

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

Additional information is available online using the link above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

Vous trouverez plus d'informations en ligne à l'aide du lien ci-dessus.

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

Informações adicionais estão disponíveis on-line, através do link acima.

Дополнительная информация доступна в интернете по ссылке, указанной выше.

Mediante el enlace anterior podrá acceder a información adicional en línea.

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

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

Mitjançant l'enllaç anterior podreu accedir a informació addicional en línia.

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

ከላይ የተቀመጠውን አገናኝ(ሊንክ) በመጠቀም መረጃዎች አንላይን ያገኛሉ፡፡

Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

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

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

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

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

Informații suplimentare sunt disponibile online, utilizând link-ul de mai sus.

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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www.lifefitness.com • 1016566-0001 AA • 2020

1. Safety

Safety Information

Operating Warnings



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

- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.
- This equipment is not intended for use by children. Keep children under the age of 13 away from the machine.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.
- This equipment is categorized as class S per EN ISO 20957-1. As such this equipment is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact Life Fitness Family of Brands with any questions regarding this classification.

Access Control

- Life Fitness Family of Brands recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner.

Installation

- **SECURING EQUIPMENT** - Life Fitness Family of Brands recommends this equipment be secured to a solid, level surface to stabilize it and eliminate rocking or tipping over. This must be performed by a licensed contractor. See [Bolt to Floor Guidelines](#) for installation procedure.

Proper Usage

- Do not use any equipment in any way other than as designed or intended by the manufacturer. It is imperative that Life Fitness Family of Brands equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.

Inspection

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

Warnings and Cautions


Warning labels indicate a potentially hazardous situation that could result in serious injury or death if the precautions are not observed.

Caution labels indicate a potentially hazardous situation that could result in serious injury or damage to machine if the precautions are not observed.

Contact [Customer Support Services](#) to replace any worn or damaged labels.

Product Labels




General Warning

**WARNING**

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

1. Before using, read all the warnings and obtain instruction on the use of this machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect machine and attachments before use. DO NOT use if the machine or attachments appear damaged, DO NOT attempt to fix broken or jammed machine or damaged attachments. Notify staff immediately.
5. Children must not be allowed near this machine. Supervise teenagers.
6. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

Serial Number




9525 WEST BRYN MAWR AVE
ROSEMONT, IL 60018
USA 1-800-351-3737
CAGE Code: OCMY5
www.LifeFitness.com

EN ISO 20957 Class S

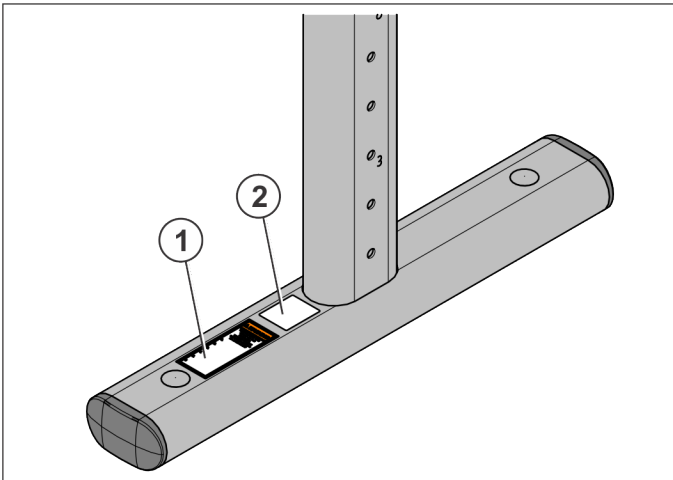
Model: XXX
Manufactured in the USA with US and Foreign parts

Max User Wt: XXXlbs XXXkgs
Max Training Wt: XXXlbs XXXkgs

SN: XXXXXXXXXXXX



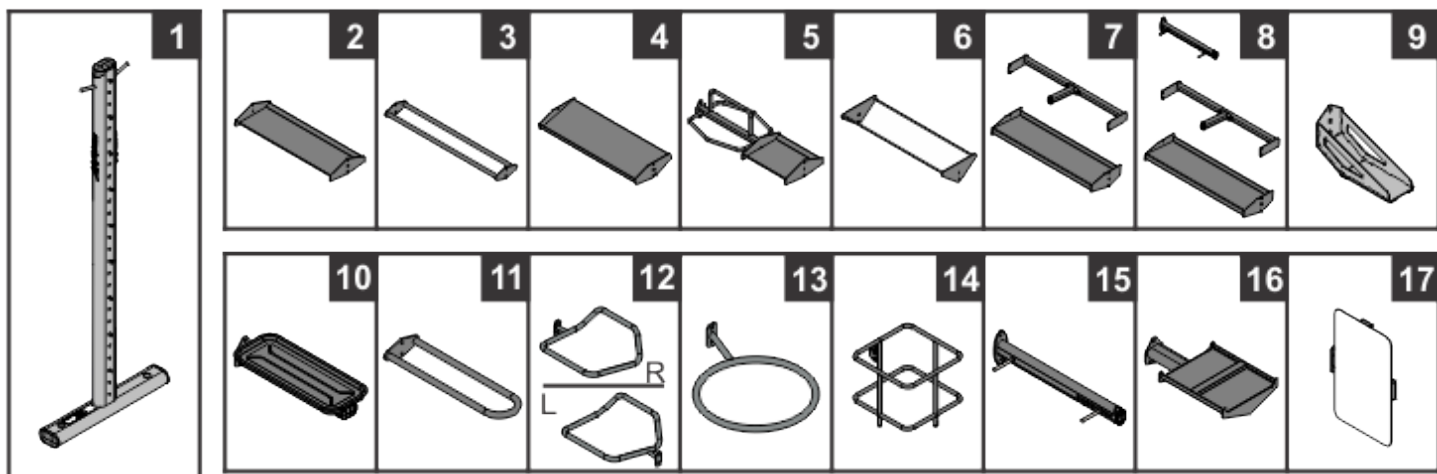
Label Locations



Item	Description
1	General Warning Label
2	Serial Number Label

2. Assembly

Components / Options



Item	Description
1	Frame

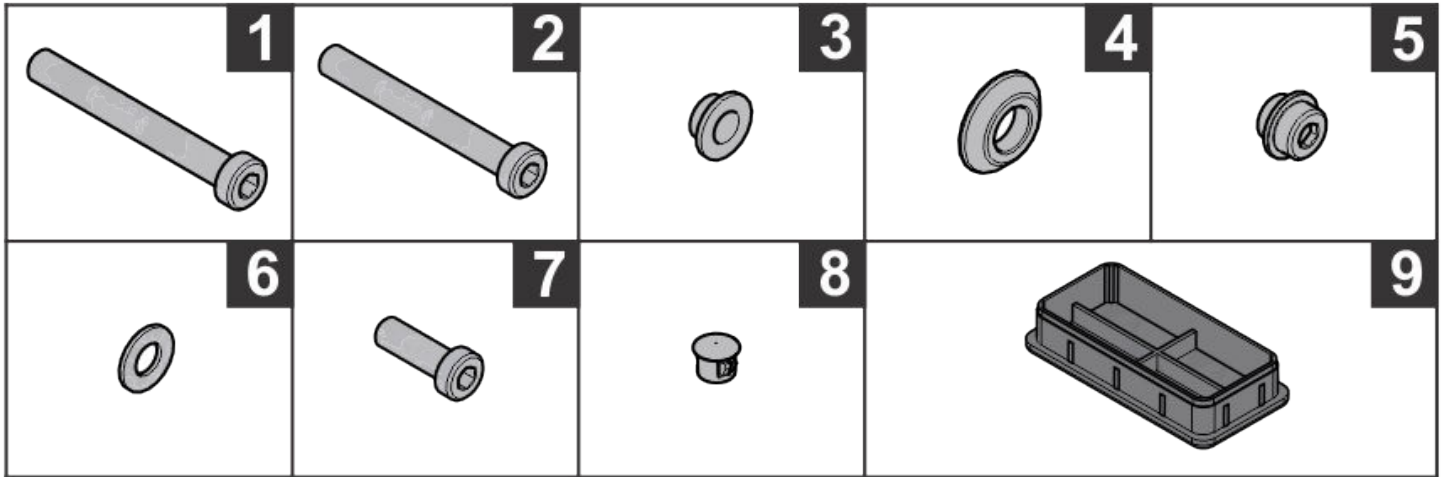
Shelf Components / Options

2	Accessory Shelf
3	Dual Rail Shelf
4	Dumbbell Storage Shelf
5	Dual BOSU Plus Shelf
6	Stability Ball Shelf
7	ViPR / Roller Shelf
8	ViPR / Roller Shelf with Mat Storage
9	Side Foot

Side Storage Options

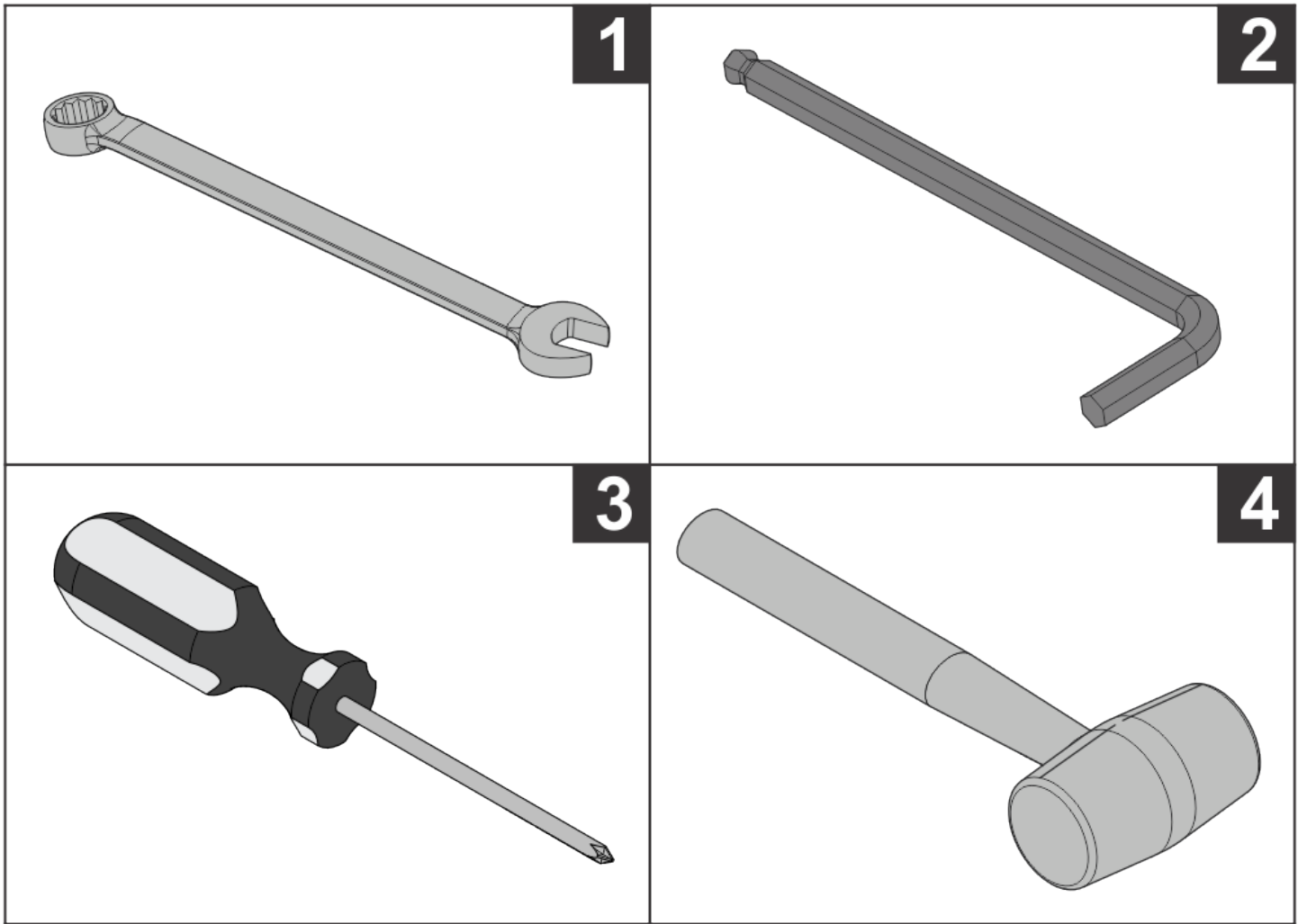
10	Accessory Storage
11	Dual Rail Storage
12	BOSU Right and Left Storage
13	Stability Ball Storage
14	Foam Roller Storage
15	Mat Storage
16	Power Block Pro 50 Storage
17	Workout Board

Hardware List



Item	Description
1	M10 X 85mm Bolt (included with side foot kit only)
2	M10 X 80mm Bolt
3	Retainer
4	1/4" Spacer
5	Socket Nut
6	M10 Washer
7	M10 X 25mm Bolt
8	7/16" Hole Plug
9	End Cap

Tools Required



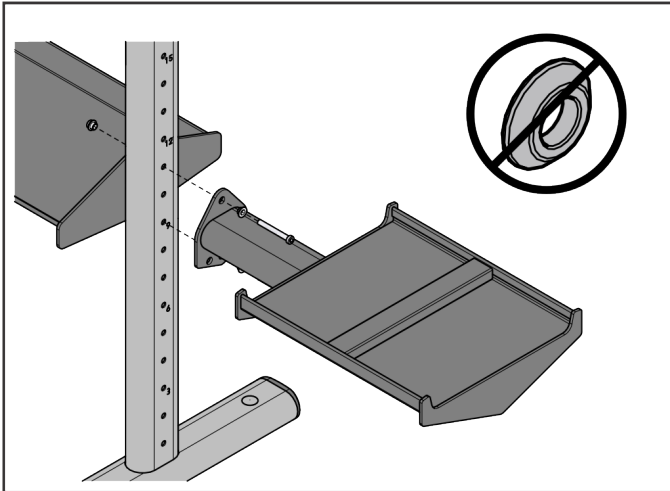
Item	Description	Qty.
1	1/2" Wrench	1
	3/4" Wrench	1
	17mm Wrench	1
2	3mm Hex Wrench	1
	7mm Hex Wrench	2
3	#2 Phillips Screwdriver	1
4	Rubber Mallet	1

See [Bolt to Floor Guide](#) section for required anchoring tools.

Assembly Guidelines

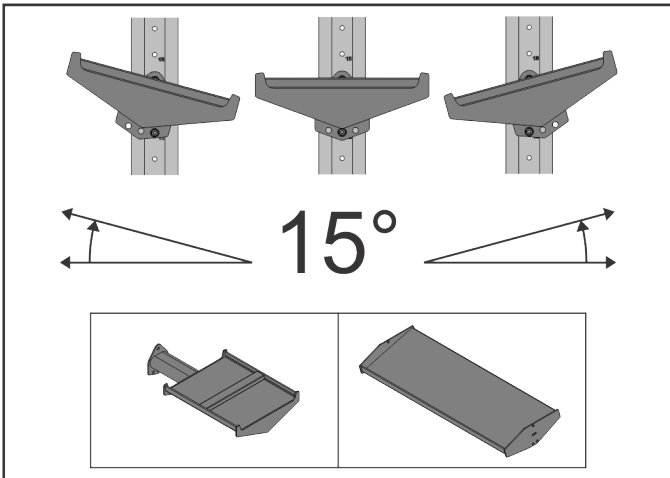
When installing two options side by side:

- 1/4" spacers not required if options share same mounting holes.



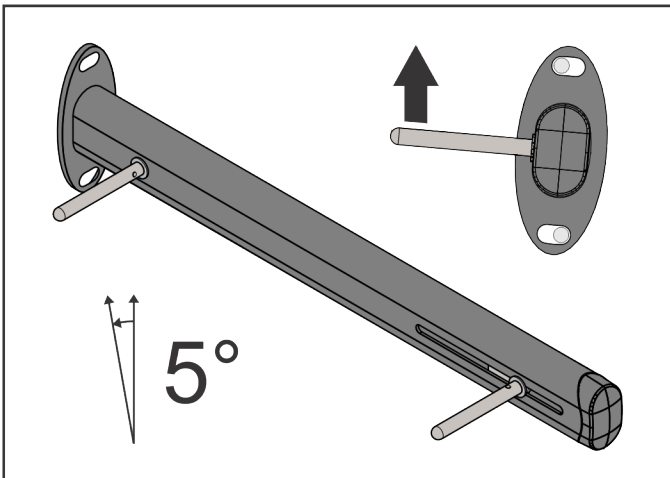
When installing Power Block and Dumbbell Storage:

- Select one of three 15 degree positions.



When installing the Mat Holder:

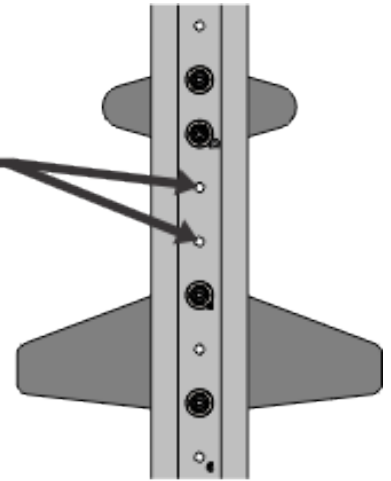
- Rotate mat holder 5 degrees upward so mats stay in place.



Shelf and Side Option Clearances

*Example shown in Image on Right

Bottom Shelf	Minimum Open Bolt Holes Required above Bottom Shelf
Accessory Shelf*	2
Dumbbell Shelf	3
Dual BOSU Plus Shelf*	8
Side Dual Rail (medicine balls)	3
Side BOSU Storage (Left or Right)	3
Side Accessory Storage	3
Side Power Block Pro 50	7



- Ensure shelves and side options have minimum spacing requirements, by counting bolt holes between the top bolt of the lower shelf and the bottom bolt of the shelf above it, using the bottom shelf as a reference for the key above.
- Image above is an "example" and indicates the bottom shelf is an Accessory Shelf.

Option Compatibility

Shelf Storage Compatibility



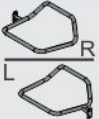





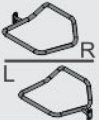
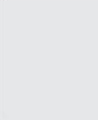


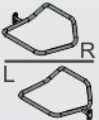





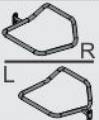
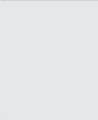
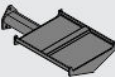

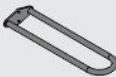
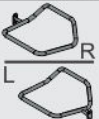



Shaded sections of the shelf positions, #1 being bottom and #5 being top, signify the shelf option with its accessories.

#5									
#4									
#3									
#2									
#1				*					

*BOSU Plus Shelf must be mounted at the third hole from the bottom, otherwise the BOSU will contact the floor.

Side Storage Compatibility

Shaded sections of the side storage positions, #1 being bottom and #5 being top, signify the shelf option with its accessories.

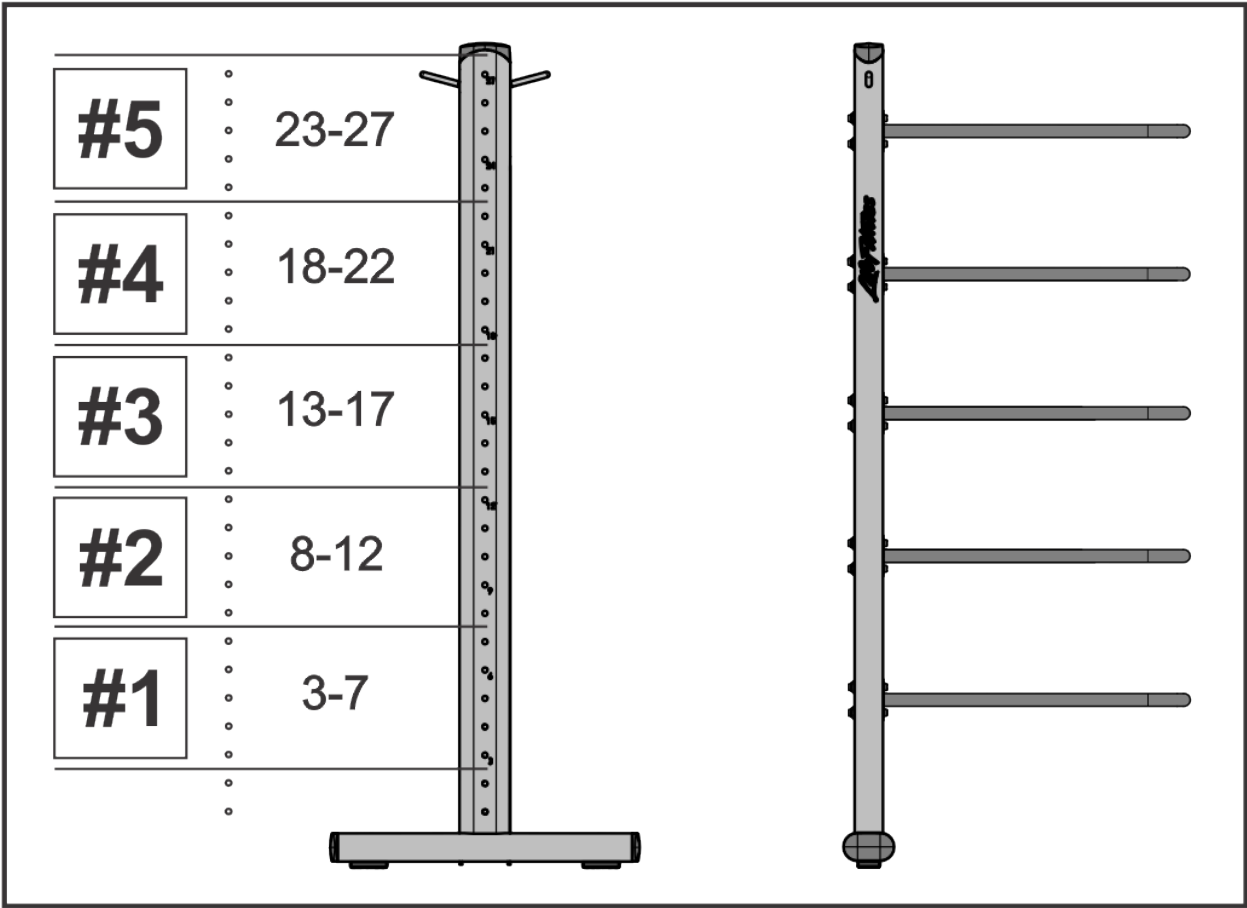
#5			 					
#4			 					
#3			 		*			
#2			 					
#1			 					

*Optional Workout Board can be fitted into the #3 position.

NOTE: Side Foot included when Accessory or Dual Rail side storage options are selected at any position.

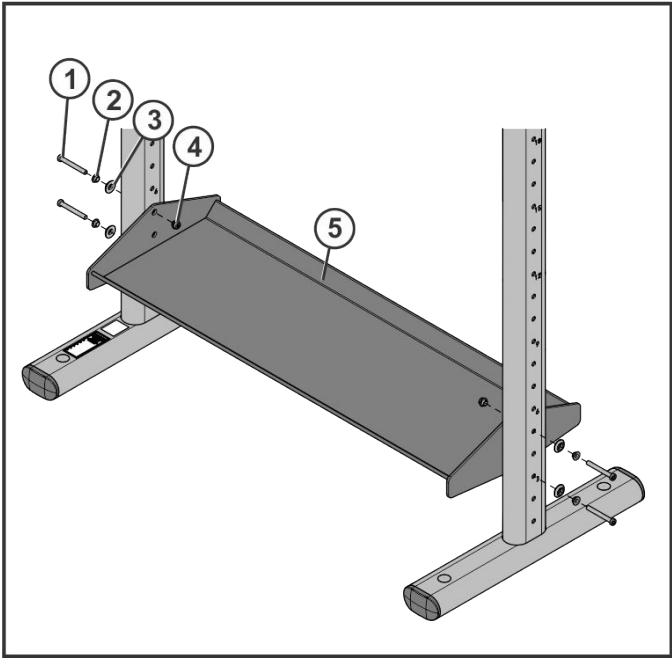
Storage Locations

Below illustration breaks down the five shelf and side storage locations.



Assembly Procedure
Install Shelf Option

Beginning at base:
Loosely install Shelf Option and hardware.

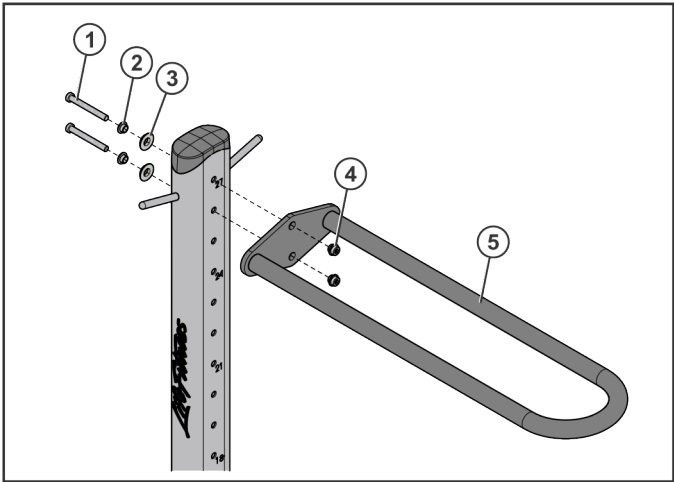


Item	Description	Qty.
1	M10 X 80mm Bolt	4
2	Retainer	4
3	1/4" Spacer	4
4	Socket Nut	4
5	Shelf Option	1

Install Side Option

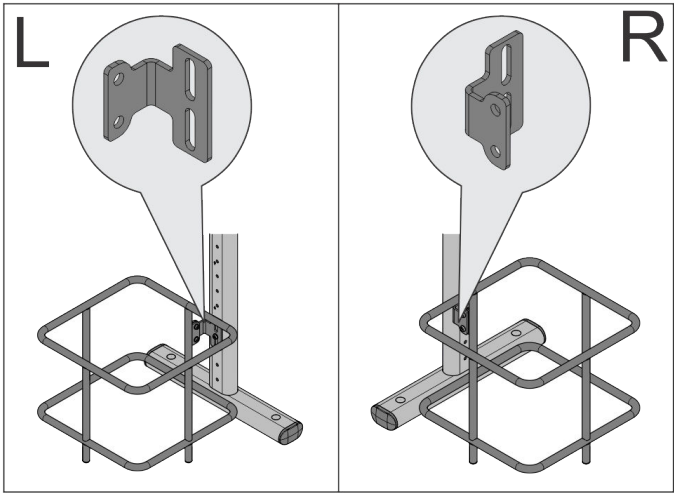
Install Side Storage Option (if equipped):

- 1. Loosely install Side Option and hardware.

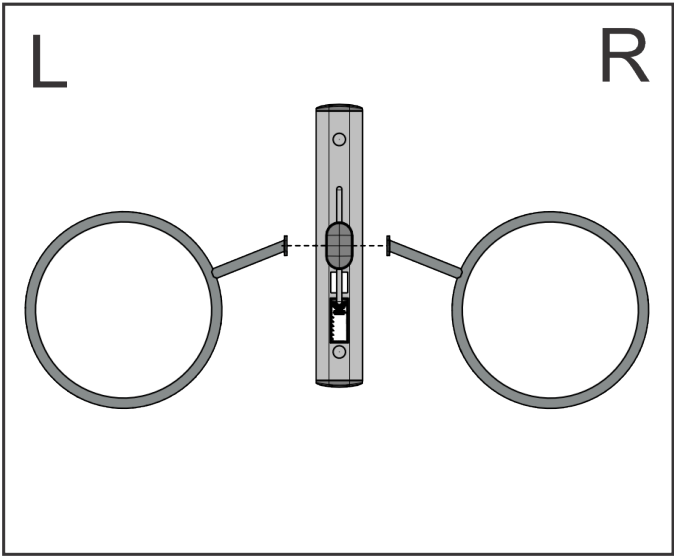


Item	Description	Qty.
1	M10 X 80mm Bolt	4
2	Retainer	4
3	1/4" Spacer	4
4	Socket Nut	4
5	Side Storage Option	1

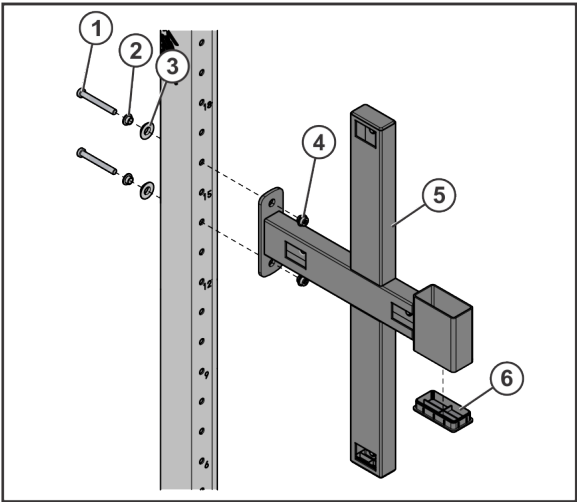
- 2. For Foam Roller option:
Orientate bracket for Left or Right placement.



- 3. For Stability Ball option:
Orientate for Left or Right placement.

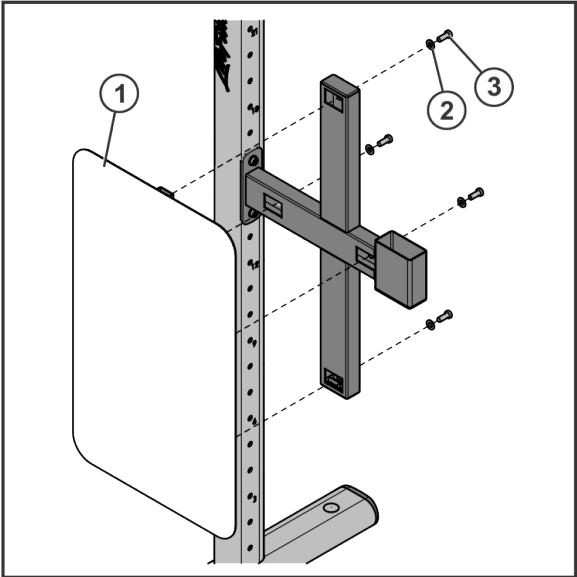


4. For Workout Board:
Install Workout Board frame.



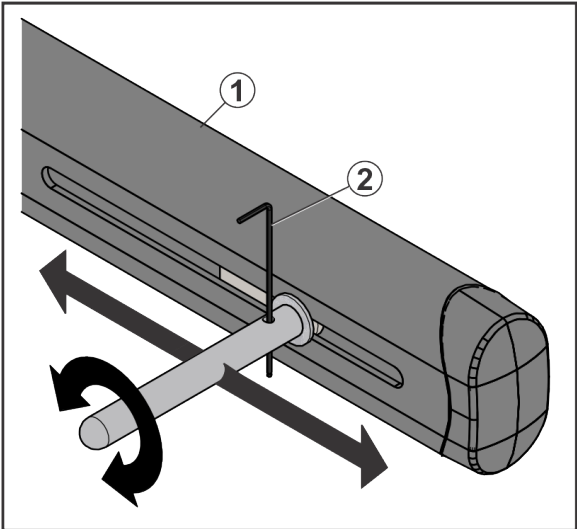
Item	Description	Qty.
1	M10 X 80mm Bolt	2
2	Retainer	2
3	1/4" Spacer	2
4	Socket Nut	2
5	Workout Board Frame	1
6	End Cap	1

5. For Workout Board:
Install Workout Board to frame.



Item	Description	Qty.
1	Workout Board	1
2	M10 Washer	4
3	M10 X 25mm Bolt	4

6. For Mat Holder:
Adjust peg width as required.

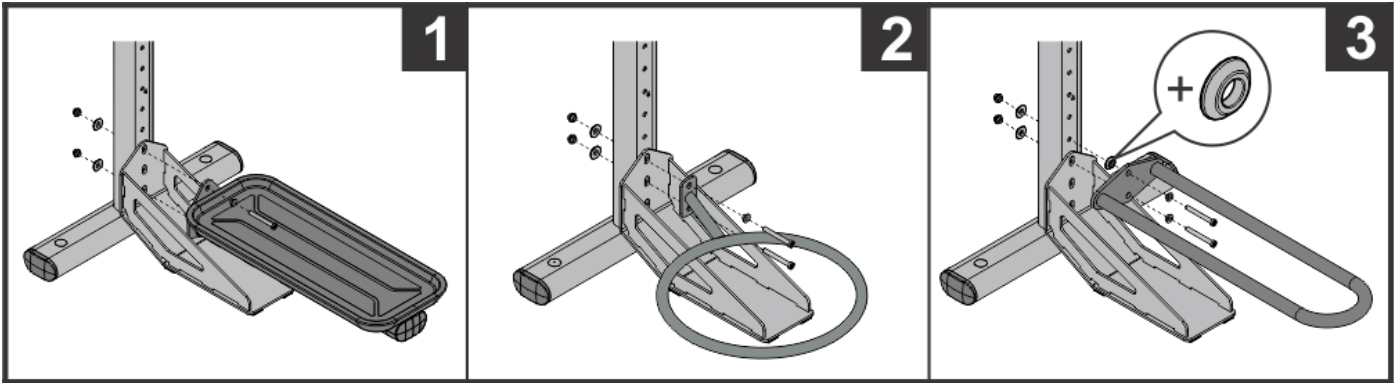


Item	Description	Qty.
1	Mat Holder Assembly	1
2	3mm Hex Wrench	1

Side Foot Option

Beginning at base:

1. Use below chart and table for Side Storage's lowest mounting locations with Side Foot option.

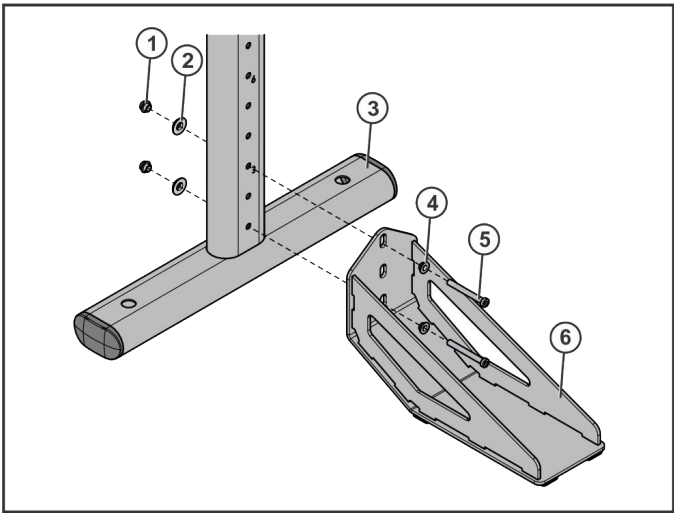


Lowest possible side storage positions with side foot

Group	Side Storage	Frame Holes
1	Accessory Storage (shown)	1 and 3
2	BOSU Left Storage	2 and 3
	BOSU Right Storage	
	Stability Ball Storage (shown)	
3	Dual Rail Storage (shown)	3 and 4*

NOTE: *Add 1/4" Spacer for hole 4

2. Loosely install Side Foot and hardware.



Item	Description	Qty.
1	Socket Nut	2
2	1/4" Spacer	2
3	Upright	1
4	Retainer	2
5	M10 X 80mm Bolt	2
6	Side Foot	1

NOTE: Use the longer M10 X 85mm Bolts if side storage option shares the same hole positions with the Side Foot.

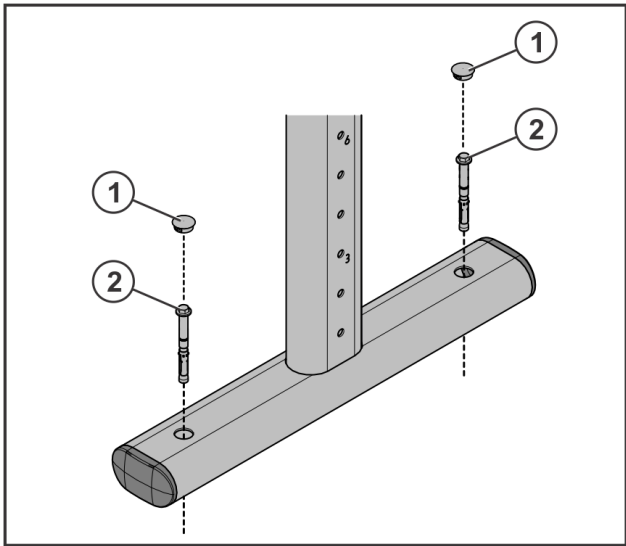
Final Assembly

Follow these steps to complete assembly.

- 1. Tighten all hardware:
Torque hardware to 18-20 ft-lbs (24.4-27.1 Nm).



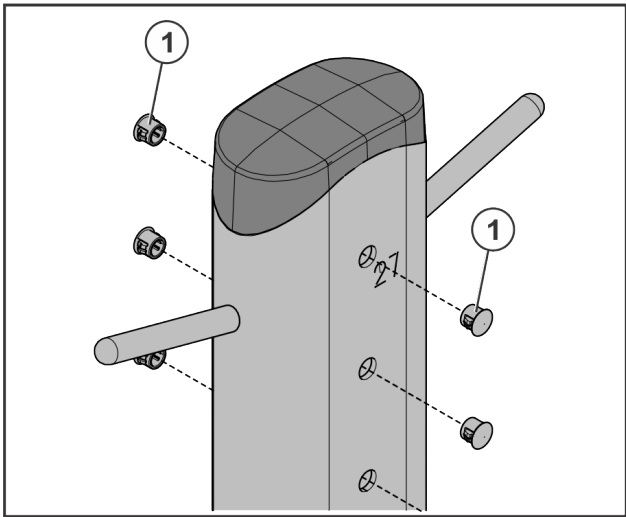
- 2. Anchor unit to floor - RECOMMENDED:
Refer to [Bolt to Floor Guide](#) in this manual for further details.



Item	Description	Qty.
1	Hole Plug	2
2	Floor Anchor	2

NOTE: Floor Anchor's available for sale through Life Fitness upon request

- 3. Attach Hole Plugs (where applicable):
Fill holes with Hole Plugs; tap flush into frame.



Item	Description	Qty.
1	7/16" Hole Plug	29

3. Product Information

Specifications

Weights and Dimensions

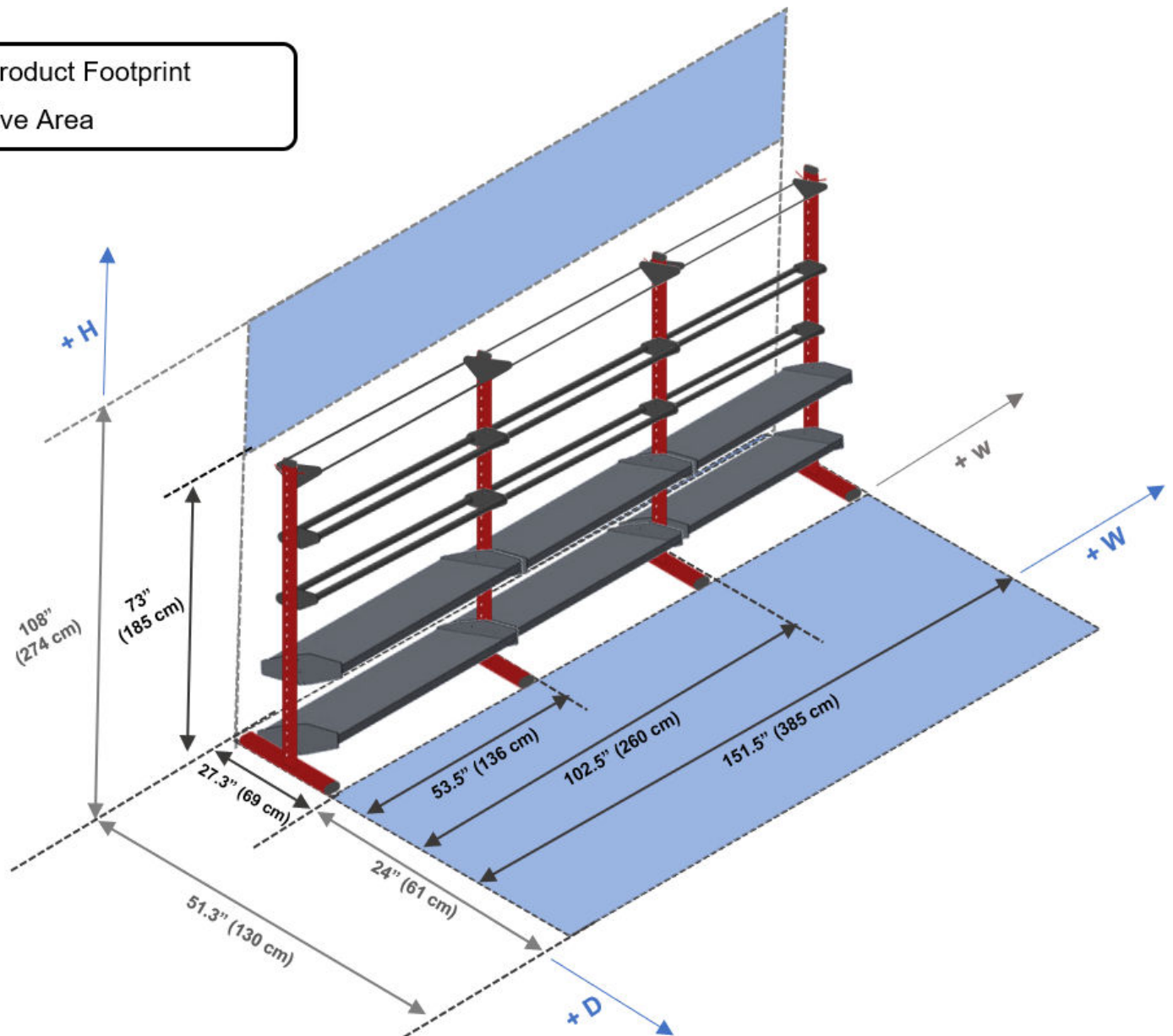
Uprights	Weight		Dimensions D x W x H	
	Pounds	Kilograms	Inches	Centimeter
SMSS-CORE (two uprights)	76.72	34.79	27.32 x 53.5 x 72.7	69.39 x 135.89 x 184.66
SMSS-ADD (one upright)	38.37	17.40	27.32 x 4.5 x 72.7	69.39 x 11.43 x 184.66

Shelf Storage Options	Weight		Dimensions D x W x H	
	Pounds	Kilograms	Inches	Centimeter
Accessory Shelf	42	19.05	17 x 46.5 x 6.5	43.18 x 118.11 x 16.51
Dual Rail Shelf	15	6.80	9.5 x 46.5 x 4	24.13 x 118.11 x 10.16
Dumbbell Storage Shelf	49	22.23	18 x 46.5 x 6	45.72 x 118.11 x 15.24
Dual BOSU Plus Shelf	40.65	18.44	21.63 x 46.5 x 13.5	54.94 x 118.11 x 34.29
Stability Ball Shelf	15.6	7.08	16 x 46.5 x 7.57	40.64 x 118.11 x 19.23
ViPR / Roller Shelf	41	18.60	14 x 46.5 x 26	35.56 x 118.11 x 66.04
ViPR / Roller Shelf with Mat Storage	49	22.23	14 x 46.5 x 66	35.56 x 118.11 x 167.64

Side Storage Options	Weight		Dimensions D x W x H	
	Pounds	Kilograms	Inches	Centimeter
Accessory Storage	38	17.24	12 x 30 x 7	30.48 x 76.2 x 17.78
Dual Rail Storage	11	4.99	9.5 x 30.5 x 4	24.13 x 77.47 x 10.16
BOSU - Left & Right	10	4.54	20 x 26 x 9	50.8 x 66.04 x 22.86
Stability Ball Storage	6	2.72	19 x 25.5 x 4	48.26 x 64.77 x 10.16
Foam Roller Storage	22	9.98	21 x 22 x 17	53.34 x 55.88 x 43.18
Mat Storage	8	3.63	6.5 x 26.5 x 6.5	16.51 x 67.31 x 16.51
Power Block Pro 50 Storage	36	16.33	17 x 29.5 x 7	43.18 x 74.93 x 17.78
Workout Board	33	14.97	2 x 19 x 30	5.08 x 48.26 x 76.2
Side Foot	12.5	5.67	6.5 x 18.5 x 10.78	16.51 x 46.99 x 27.38

Footprint and Live Area

Option	Footprint			Live Area		
	d	w	h	D	W	H
Dual Rail	N/A	+ 29" (73.6 cm)	N/A	N/A	+ 29" (73.6 cm)	N/A
Accessory		+ 28.5" (72.4 cm)			+ 28.5" (72.4 cm)	
BOSU		+ 24" (60.9 cm)			+ 24" (60.9 cm)	
Stability Ball		+ 23.8" (60.5 cm)			+ 23.8" (60.5 cm)	
Workout Board		+ 17.5" (44.5 cm)			+ 17.5" (44.5 cm)	
Power Block Pro 50		+ 28" (71.2 cm)			+ 28" (71.2 cm)	
Mat Storage		+ 27" (68.6 cm)			+ 27" (68.6 cm)	
Foam Roller		+ 22.5" (57.2 cm)			+ 22.5" (57.2 cm)	



4. Maintenance Procedures

Maintenance Schedule

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
WAX				
Frames				X
INSPECT				
Paint			X	
Hardware		X		
Frame		X		

Wax

- Frames with a standard, non-abrasive, wax finish.

Inspect

- Hardware. Check for loosening. Tighten as required.
- Frames. Inspect for wear and damage.
- For paint chips. Fill in immediately with manufacturers touch-up paint.

Once a Week

- Visually inspect all hardware for loosening, tampering or wear.

Once a Month

- Inspect hardware on all machines and tighten any bolts or nuts that may have loosened over the life of the product.

Notes

- Use polishing compound (such as car wax) and remove shoe scuffs from powder coated surfaces as necessary.

Approved and Compatible Cleaners

Two preferred cleaners have been approved by reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: customersupport@lifefitness.com).

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

Removal of Paint, Marking Pens, or Labels

- Butyl cellosolve works well for removal of paints, marking pen inks, lipstick, etc.
- Labels, stickers, etc. may be removed using kerosene. When the solvent will not penetrate sticker material, apply heat (hair dryer) to soften the adhesive and promote removal. GASOLINE SHOULD NOT BE USED.

5. Warranty

What is Covered

This Life Fitness Family of Brands commercial exercise equipment product is warranted to be free of all defects in material and workmanship.

Who is Covered

The original purchaser or any person receiving the product as a gift from the original purchaser.

Who Pays Transportation and Insurance For Service

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness Family of Brands, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

What We Will Do To Correct Covered Defects

We will ship to you any new or rebuilt replacement part or component, or at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

What is Not Covered

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization, or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual.

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness Family of Brands representative.

Owner's Manual

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

Exclusive Warranty

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranty coverages and terms may differ outside the United States. Please contact the Life Fitness office servicing your country (contact information found at the front of this manual) or visit the applicable local Life Fitness website to receive the specific warranty information for your country.

Changes in Warranty Not Authorized

No one is authorized to change, modify or extend the terms of this limited warranty.

Effects of State Laws

This warranty gives you specific legal rights, and you may have other rights which vary from state to state and country by country.

Warranty Coverage

NOTE: There is no warranty coverage for labor on Strength Products.

Item	10 Years	5 Years	1 Year	90 Days
Frame	X			
Hardware / Mechanical				X
Items Not Specified				X

6. Bolt to Floor Guide

Introduction

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

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

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

Delivery and Installation Tips

All Anchors

- Fasteners must have minimum embedment in concrete floor, not including screed, regardless of wood/tile/rubber over sub-floor. (See *Anchor Types* for maximum sub-floor thickness between unit and concrete to equipment foot must be made of flooring or other material (i.e. no air gaps)).
- DO NOT reuse fasteners. Static and Dynamic anchors are designed for one-time use only.
- Factor in equipment's feet height when selecting fastener length.
- Factor in flooring thickness when selecting fastener length.
- It is also recommended to drill an additional 1/2" (12.7 mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.
- Minimum concrete compressive strength: 3000 psi (20 N/mm²).

Anchoring

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

Building Codes

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

Carpeting

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

Competitor Product

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

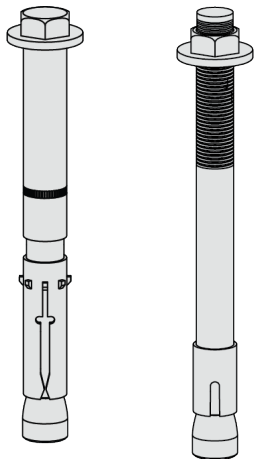
- *Life Fitness* does not have that level of specification or engineering input for competitive product.
- *Life Fitness* installation teams are not permitted to anchor competitor equipment.

Drilling

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

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

Anchor Types

Subfloor thickness between unit and concrete			
Anchor		0" - 3/4" (0mm - 19.1mm)	3/4" - 1.0" (19.1mm - 25.4mm)
			1.0" - 7.0" (25.4mm - 178mm)
HSL	HST	HSL-3 M 8/40	HST M12 x 115/20 to HST M12 x 295/200 (length depends on subfloor thickness)
			

- HS Anchors listed are Metric Hilti™ Concrete Anchors
- Minimum concrete compressive strength: 3000psi (20 N/mm²)
- Minimum concrete thickness:
 - HSL-3 M 8: 4-3/4" (120mm)
 - HST M12 : 5-1/2" (140mm)
- Minimum distance from anchor to concrete edge or seam:
 - HSL-3 M 8: 2-3/8" (60mm)
 - HST M12: 4-3/4" (120mm)
- Minimum hole depth in concrete:
 - HSL-3 M 8: 3-1/64" (80mm)
 - HST M12 Safety Stud Anchor (EMEA): 3.7" (95mm)
- Minimum concrete embedment:
 - HSL-3 M 8: 2-13/32" (60mm)
 - HST M12 Safety Stud Anchor (EMEA): 2.8" (70mm)

Anchor Specifications

Static Anchor	Minimum Concrete Thickness	Minimum Drill Depth in Concrete	Minimum Concrete Embedment	Minimum concrete compressive strength
HSL-3 M8/40	4-3/4" (120mm)	1/2" (12.7mm) beyond anchor length	2-13/32" (60mm)	3000psi (20.7 N/mm ²)
HST M 12	5-1/2" (140mm)	25/64" (10mm) beyond anchor length	2.8" (70mm)	3000psi (20.7 N/mm ²)


Pullout Force

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

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

* Design strength extracted from the Hilti Anchor Fastening Technology Manual issued September 2014.

Tools Required

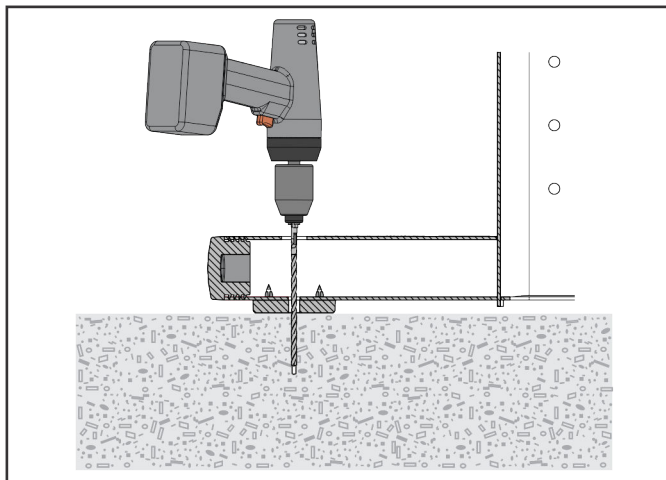
 **WARNING:** Adhere to manufacturer's equipment warnings and guidelines. Follow manufacturer's instructions for proper usage.

Dynamic Anchor

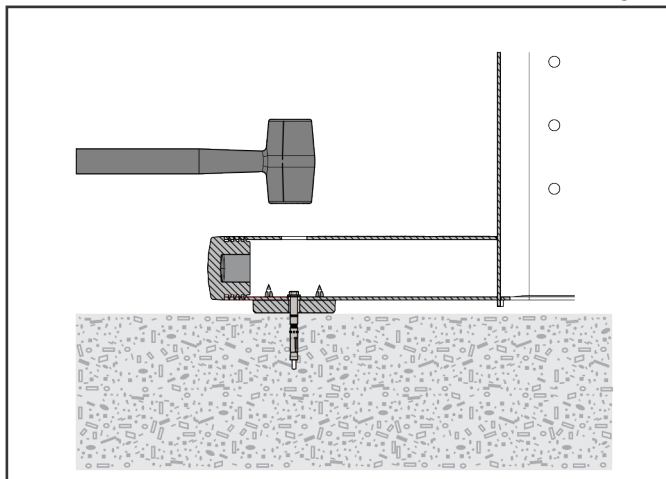
- Floor scanner / rebar detector (optional)
- 1" L-shape SDS rotary hammer
- 12mm x 305mm carbide drill bit
- Blackhawk™ by Proto™ 3/8" ratcheting micrometer adj. torque wrench (34870- A)
- Rubber mallet/dead blow hammer
- Safety glasses
- Extension cord
- Vacuum (for debris)

Dynamic HSL-3 8/40 Anchor Procedure

1. Place unit into position to be mounted.
2. Wearing protective glasses, drill down into flooring perpendicularly to the required depth, ensuring that the foot thickness is being accounted for; refer to *Anchor Selection* and *Foot Dimensions* Section.

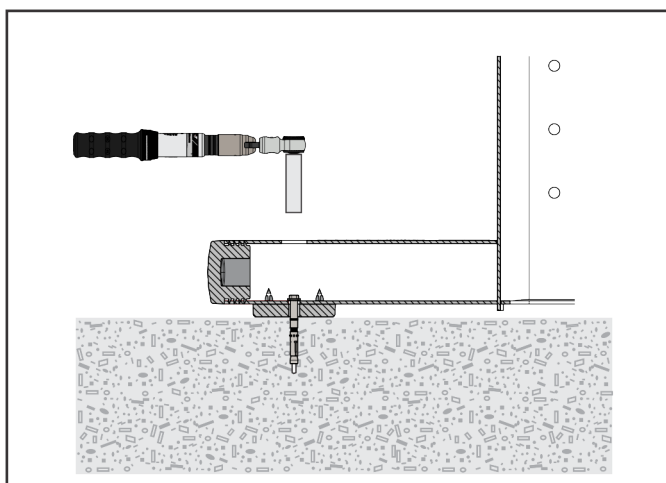


3. Clear out the debris from hole, insert fastener and hammer into hole until flush against frame plate.



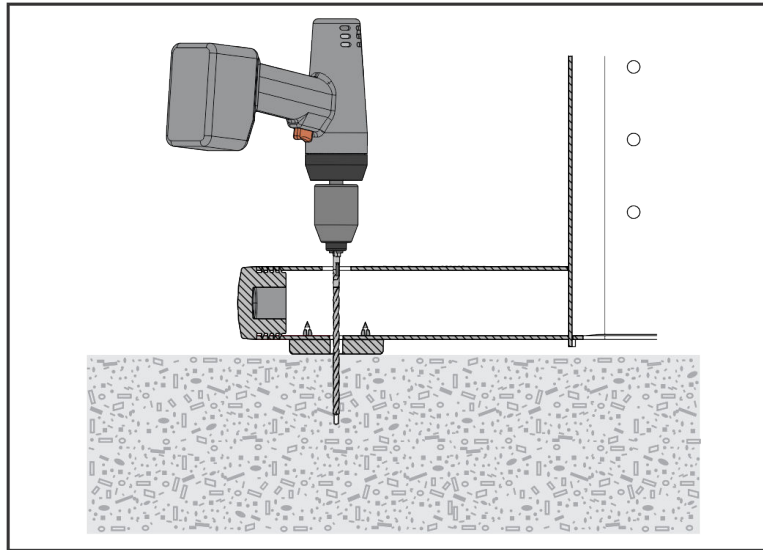
4. Tighten to 18 Foot-Pounds (24Nm).

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

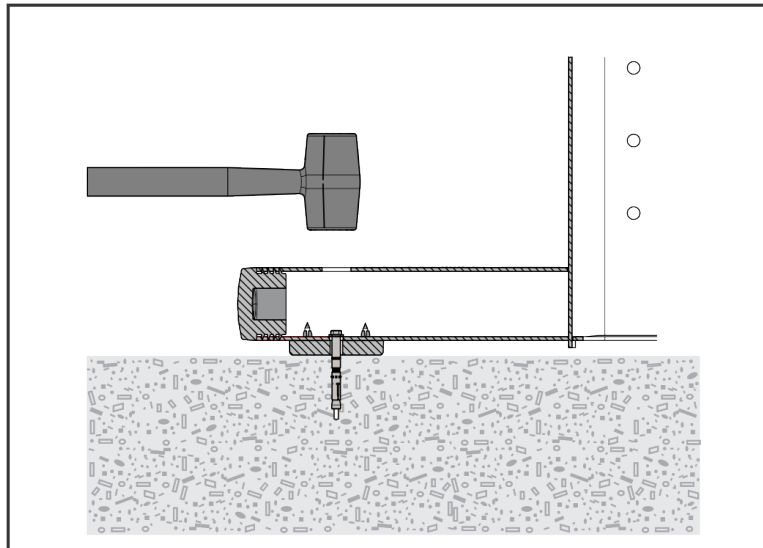


Dynamic HST Safety Stud Anchor Procedure

1. Place unit into position to be mounted and cycle unit to set stance.
2. If necessary, cut HST Safety Stud Anchor to length before installation, leaving enough length to ensure proper concrete embedment (see *Anchor Section* for embedment depth required) and proper tightening torque (44 Foot-Pounds/60Nm).
3. Wearing protective glasses, drill down into flooring perpendicularly to the required depth, ensuring that the foot thickness is being accounted for; refer to *Anchor Selection* and *Foot Dimensions*.



4. Clear out the debris from hole and then insert fastener and hammer into hole until flush against frame plate.



5. Tighten to 44 Foot-Pounds (60Nm).
6. If necessary, cut extra length from top of anchor with a rotary tool leaving proper concrete engagement and torque requirements.
7. Re-tighten anchor to 44 Foot-Pounds (60Nm).

Foot Dimensions

Use below image to determine foot specifications.

