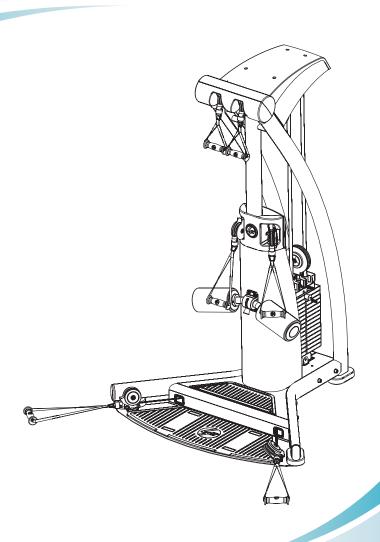
# G5 CABLE MOTION<sup>TM</sup> GYM SYSTEM

# **ASSEMBLY INSTRUCTIONS**

G5-001 / CLASS H / 09/30/08 / 8289201 REV. B





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## SAFETY INFORMATION

It is the sole responsibility of the purchaser of LIFE FITNESS products to read the owner's manual, warning labels and instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE INSTRUCTIONS OR WARNINGS ARE UNCLEAR, CONTACT LIFE FITNESS CUSTOMER SERVICE IMMEDIATELY AT 1-800-351-3737 WITHIN THE US AND CANADA. INTERNATIONAL OFFICE CONTACT INFORMATION IS AVAILABLE ON PAGE 24.

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 sur face to stabilize and eliminate rocking or tipping over. This must be per formed 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).
- 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**

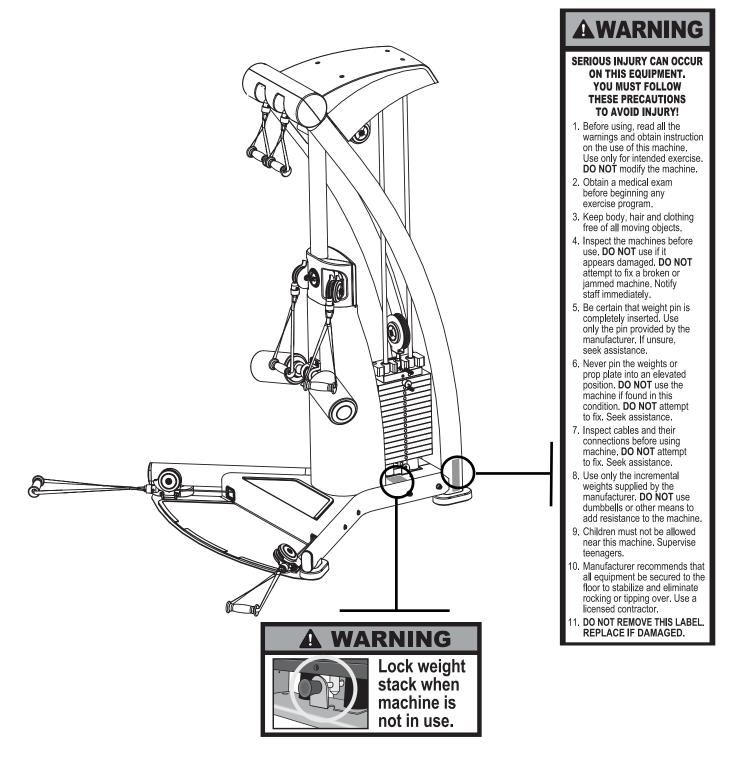
- 1. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all LIFE FITNESS equipment.
- 2. Keep children away from strength equipment. Parent or others supervising children must provide close supervision of children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

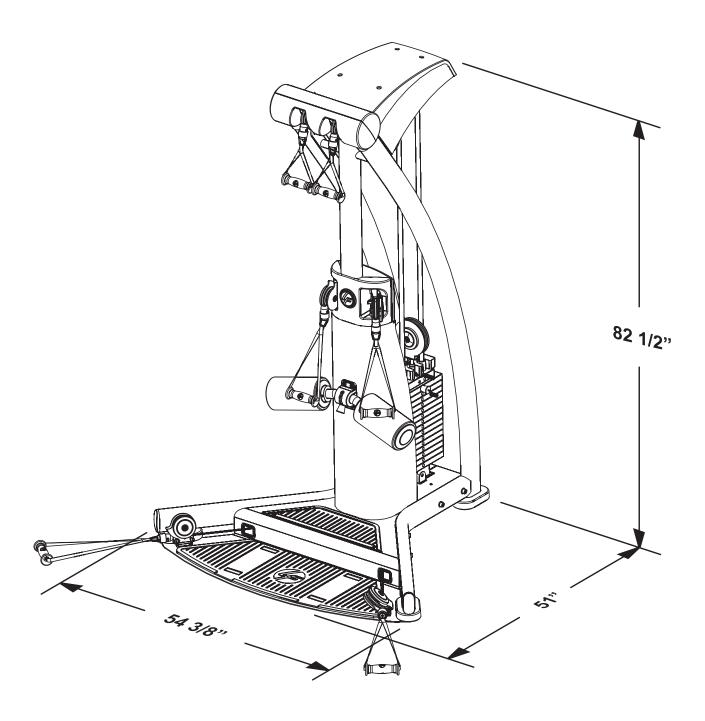
- 1. Use only weight selector pins supplied by LIFE FITNESS on weight stacks. Substitutes are forbidden.
- 2. Fully insert weight selector pins. Partial insertion can cause weights to fall unexpectedly.
- 3. Never pin the weight stack in an elevated position.
- 4. Never remove selector pin if any weights 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.

## **G5 WARNING LABELS**



**NOTE:** Lock the weight stack when not using the gym. Make sure all the weight plates are resting on the plate below with no gap in between. Insert the weight selector pin in the tab underneath the weight stack. The weight selector pin should be inserted until the knob touches the metal tab. Once the pin goes through the weight stack system, the weight stack becomes immobile. Verify that the pin has gone through the weight stack stem.

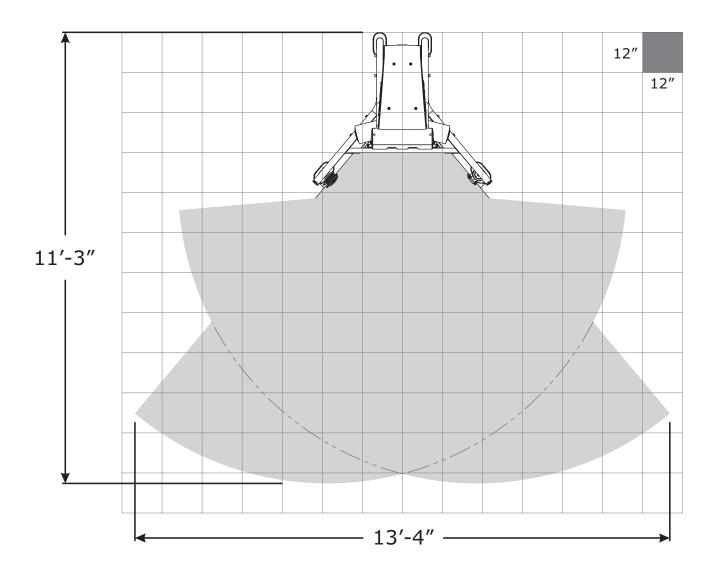
# **GYM DIMENSIONS**



Resistance Ratio: 1:2

500 pounds Machine Weight: Weight Stack: 160 pounds

# **G5 LIVE AREA**



**NOTE:** The live area shows the extent of the G5 gym. It does not include the user.

# **COMPONENTS LIST**

NOTE: This component list is for ASSEMBLY ONLY. For ordering serviceable parts, please go to: http://us.home.lifefitness.com/content.cfm/servicedocuments

1 2 3	1	FRONT UPRIGHT
	1	
3		UPPER SWIVEL PULLEYS
	1	LEFT UPRIGHT
4	1	RIGHT UPRIGHT
5	1	LEFT BASE
6	1	RIGHT BASE
7	1	FOOT PLATE
8	2	GUIDE ROD
9	15	WEIGHT PLATE
10	1	HEAD PLATE PULLEY
11	1	SELECTOR PIN
12	1	TOP PLATE
13	2	WEIGHT STACK CUSHION
14	2	FLOATING PULLEYS
15	1	FRONT SHROUD
16	1	RIGHT BOTTOM PLATE
17	1	LEFT BOTTOM PLATE
18	1	BACK THIGH HOLD CLAMP
19	1	THIGH HOLD DOWN
20	1	TOP BACK COVER
21	1	TOP FRONT COVER
22	1	MOUNTING SHEET
23	1	TOP COVER
24	1	TOP RIGHT COVER
25	1	TOP LEFT COVER
26	2	SHORT HANDLE
27	2	MEDIUM HANDLE
28	2	ADJUSTABLE HANDLE
29	1	UPPER (LONG) CABLE
30	2	LOWER (SHORT) CABLE
31	2	GUIDE CABLE
32	6	QUICK CONNECT
33	1	FOOT STRAP
34	1	THIGH STRAP
35	1	ADAPTER BAR
36	2	SNAP LINKS
37	2	UNIVERSAL RINGS
38	1	EXERCISE BALL

# **COMPONENTS LIST**

HARDWARE		
ITEM NO.	QTY.	DESCRIPTION
39	14	3/8" WASHER
40	4	M10 X 30MM SCREW
41	8	M10 X 70MM SCREW
42	4	M12 X 80MM SCREW
43	8	1/2" WASHER
44	4	M12 HEX NYLOCK NUT
45	2	M10 X 50 HEX TENSION SCREW
46	2	GUIDE ROD RETAINER
47	4	M4 X 0.7MM ZINC PHILLIPS PAN HEAD SCREW
48	2	M10 X 20MM SCREW
49	2	RETAINING RING
50	4	#10-32 X 3/4" PHILLIPS PAN HEAD SCREW
51	2	M6 X 60MM SCREW
52	2	1/4" WASHER
53	4	M10 HEX NYLOCK NUT
54	8	M4 ZINC PHILLIPS PAN HEAD SCREW
55	2	#6 X 3/8" BLACK PHILLIPS PAN HEAD SCREW

#### REQUIRED TOOLS

ADJUSTABLE WRENCH

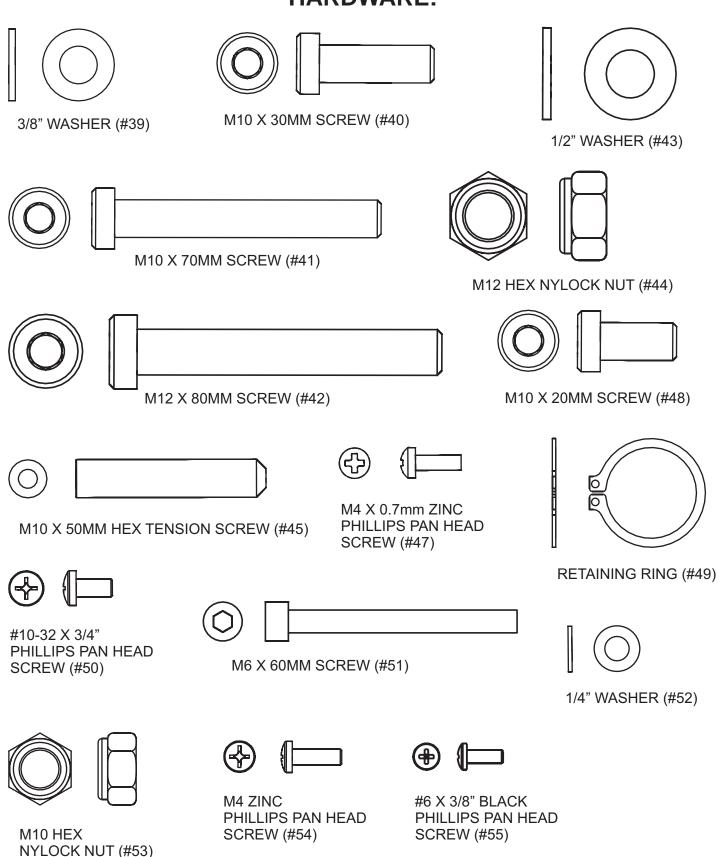
EXTERNAL SNAP RING PLIERS

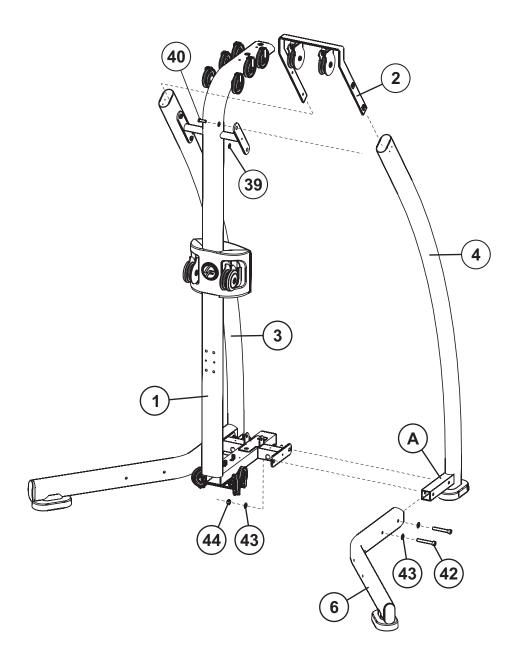
PHILLIPS SCREW DRIVER

ALLEN WRENCHES (4mm, 7mm, 8mm)

WRENCHES (13mm, 17mm, 19mm)

## **HARDWARE:**

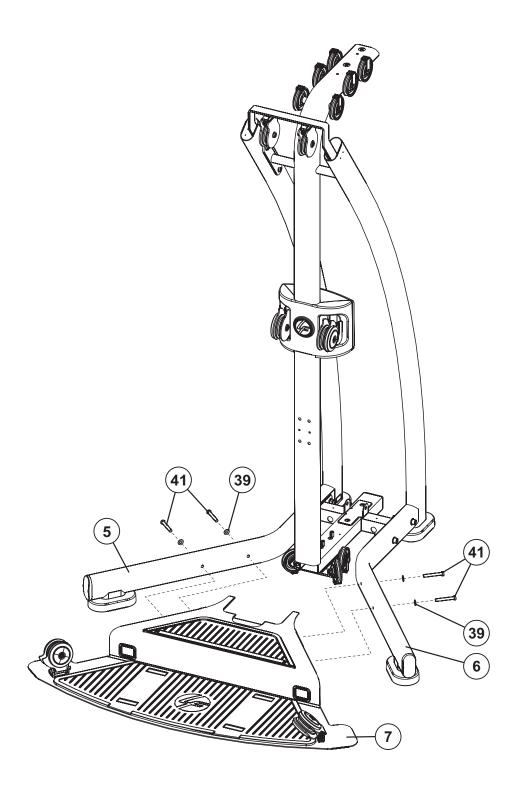




#### STEP 1:

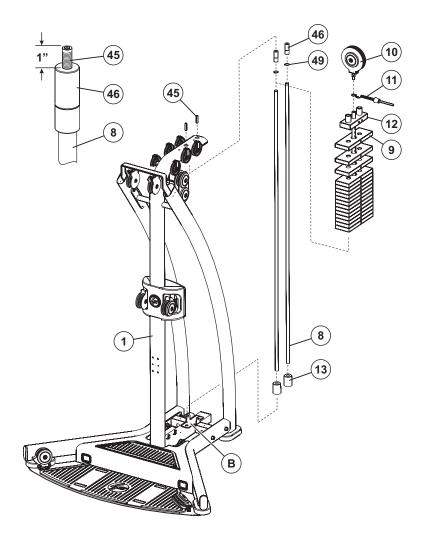
- □ Slide the RIGHT BASE (6) over the MOUNTING TUBE (A) of the RIGHT UPRIGHT (4). Loosely secure the RIGHT BASE (6) and RIGHT UPRIGHT (4) to the FRONT UPRIGHT (1) using two M12 x 80mm SCREWS (42), four 1/2" WASHERS (43), and two M12 HEX NYLOCK NUTS (44) as shown.
- □ With the UPPER SWIVEL PULLEYS (2) oriented as shown, insert the UPPER SWIVEL PULLEYS (2) into the top of the RIGHT UPRIGHT (4) and secure together the RIGHT UPRIGHT (4), FRONT UPRIGHT (1), and UPPER SWIVEL PULLEYS (2) using two M10 x 30mm SCREWS (40) and two FLAT 3/8" WASHERS (39).
- Repeat the above steps to assemble the LEFT UPRIGHT (3) and LEFT BASE (5) to the FRONT UPRIGHT (1).

NOTE: THE UPPER SWIVEL PULLEYS (2) ATTACH TO THE INSIDE OF THE UPRIGHT SIDES AND THE ORIENTATION SHOULD BE AS SHOWN.



#### STEP 2:

□ LOOSELY attach the FOOTPLATE (7) to the RIGHT BASE (6) and LEFT BASE (5) using four M10 x 70mm SCREWS (41) and four FLAT 3/8" WASHERS (39).

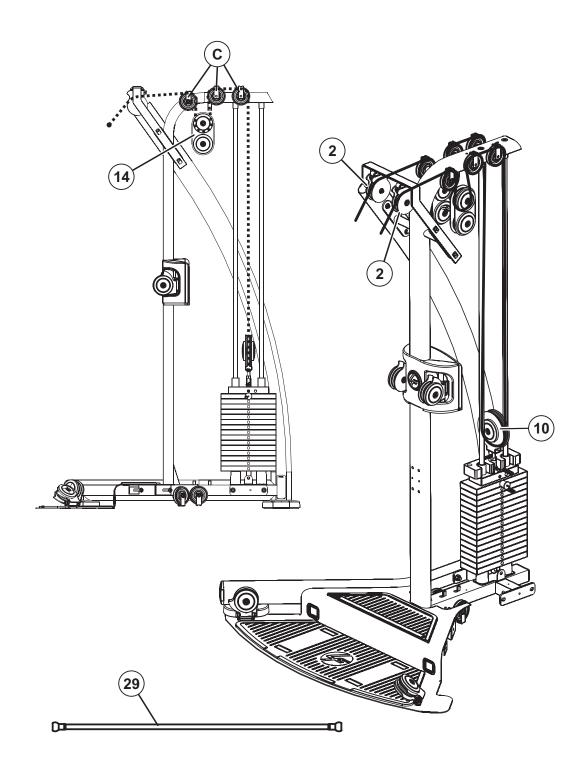


#### STEP 3:

□ Position two WEIGHT STACK CUSHIONS (13) and GUIDE RODS (8) at the GUIDE ROD BRACKET (B) on the bottom of the FRONT UPRIGHT (1).

#### NOTE: MAKE SURE THAT THE PLUGGED ENDS OF THE GUIDE RODS (8) ARE FACING UP.

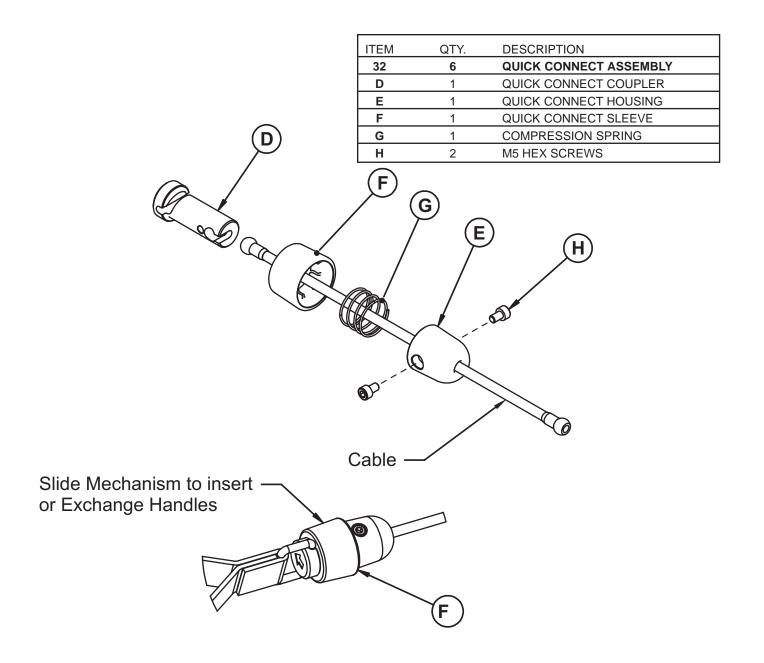
- □ CAREFULLY slide one of the WEIGHT PLATES (9) over the top of the GUIDE RODS (8) and slowly lower the WEIGHT PLATE (9) on to the WEIGHT STACK CUSHIONS (13).
- ☐ Continue stacking a total of 15 WEIGHT PLATES (9).
- ☐ Slide the TOP PLATE (12) over the GUIDE RODS (8) and slowly lower it onto the WEIGHT PLATES (9).
- □ Slide the SELECTOR PIN (11) over the stem of the TOP PLATE (12).
- ☐ Thread the HEAD PLATE PULLEY (10) into the TOP PLATE (12).
- □ Slide one RETAINING RING (49) over the top of each of the GUIDE RODS (8).
- ☐ Thread one M10 x 50mm HEX TENSION SCREW (45) into each of the two GUIDE ROD RETAINERS (46). Do not fully thread the M10 x 50mm HEX TENSION SCREWS (45) into the GUIDE ROD RETAINERS (46).
- □ CAREFULLY slide the GUIDE ROD RETAINERS (46) into the hole under the top of the FRONT UPRIGHT (1). Make sure the M10 x 50mm HEX TENSION SCREWS (45) in the GUIDE ROD RETAINERS (46) are facing up.
- □ Push the GUIDE ROD RETAINERS (46) up high enough so that the GUIDE RODS (8) can be placed under them.
- □ Lower the GUIDE ROD RETAINERS (46) over the GUIDE RODS (22).
- □ Slide the RETAINING RINGS (49) up. Use External Snap Ring Pliers to secure the RETAINING RINGS (49) into the groove on the GUIDE ROD RETAINERS (46).
- □ Tighten all frame bolts securely.



#### STEP 4:

- □ Remove one QUICK CONNECT from the end of one UPPER (LONG) CABLE (29).
- □ Insert the end (where the QUICK CONNECT was removed) of the UPPER (LONG) CABLE (29) through the UPPER SWIVEL PULLEYS (2) and follow routing illustration to the FLOATING PULLEYS (14) through to the HEAD PLATE PULLEY (10). Continue to the other side, ending at the other UPPER SWIVEL PULLEYS (2). Reattach the previously removed QUICK CONNECT to the end of the UPPER (LONG) CABLE (29).

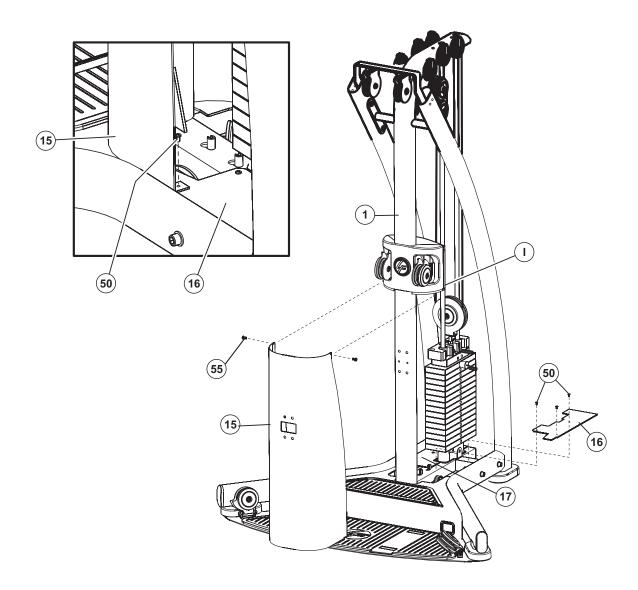
NOTE: THE CABLE MUST BE INSERTED BETWEEN THE PULLEY AND THE CABLE RETAINING CLIPS (C) AND MOVE FREELY.



#### STEP 5:

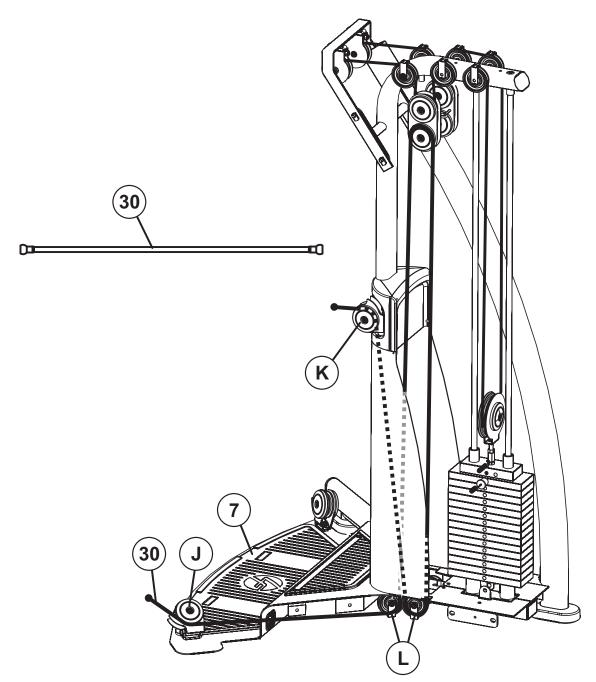
- □ Dissemble the QUICK CONNECT (32) by removing the two M5 HEX SCREWS (H) from the QUICK CONNECT COUPLER (D). Carefully remove the COMPRESSION SPRING (G), the QUICK CONNECT SLEEVE (F) and the QUICK CONNECT HOUSING (E).
- □ Slide the QUICK CONNECT HOUSING (E), COMPRESSION SPRING (G), and QUICK CONNECT SLEEVE (F) onto the cable as shown. Insert the cable end into the QUICK CONNECT COUPLER (D).
- □ Slide the entire assembly over the QUICK CONNECT COUPLER (D). Attach the QUICK CONNECT COUPLER (D) and QUICK CONNECT HOUSING (E) together. Use the two M5 HEX SCREWS (H) to tighten.

NOTE: IF NECESSARY, ENSURE THE CABLES ARE THE PROPER LENGTH AND MAKE NECESSARY ADJUST-MENTS TO THE WEIGHT STACK PULLEY (TIGHTEN OR LOOSEN).



#### STEP 6:

- Mount the RIGHT BOTTOM PLATE (16) and the LEFT BOTTOM PLATE (17) to the FRONT UPRIGHT (1) using two 10-32 x 3/4" PHILLIPS PAN HEAD SCREWS (50) for each plate.
- □ Place the FRONT SHROUD (15) around the FRONT UPRIGHT (1).
- □ Align the bottom mounting holes of the FRONT SHROUD (15) with the remaining mounting holes on the RIGHT BOTTOM PLATE (16) and the LEFT BOTTOM PLATE (17). Secure with one 10-32 x 3/4" PHILLIPS PAN HEAD SCREW (50) on each plate.
- Attach the bottom corners of the MID BACK COVER (I) to the back of the FRONT SHROUD (15) using two #6 x 3/8" (9.5mm) BLACK PHILLIPS PAN HEAD SCREWS (55). DO NOT OVERTIGHTEN SCREWS INTO PLASTIC PARTS.

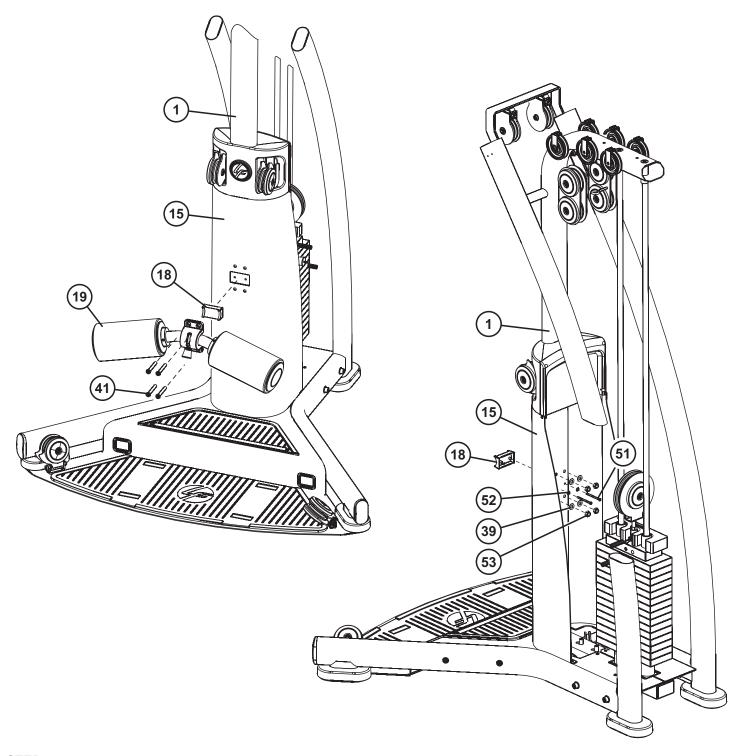


#### STEP 7:

- ☐ Remove one QUICK CONNECT from the end of one LOWER (SHORT) CABLE (30).
- ☐ Insert the end (where the QUICK CONNECT was removed) of the the LOWER (SHORT) CABLE (30) through the LOWER RIGHT PULLEY (J) and through the access hole in the FOOTPLATE (7). Continue routing the cable as shown ending at the RIGHT MID PULLEY ASSEMBLY (K). Reattach the previously removed QUICK CONNECT to the end of the LOWER (SHORT) CABLE (30).

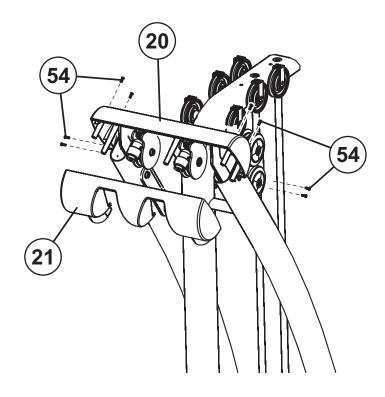
# NOTE: THE CABLE MUST BE INSERTED BETWEEN THE PULLEY AND THE PULLEY GUIDE (L) AND MOVE FREELY.

Repeat the routing on the left side of the unit using the remaining LOWER (SHORT) CABLE (30).



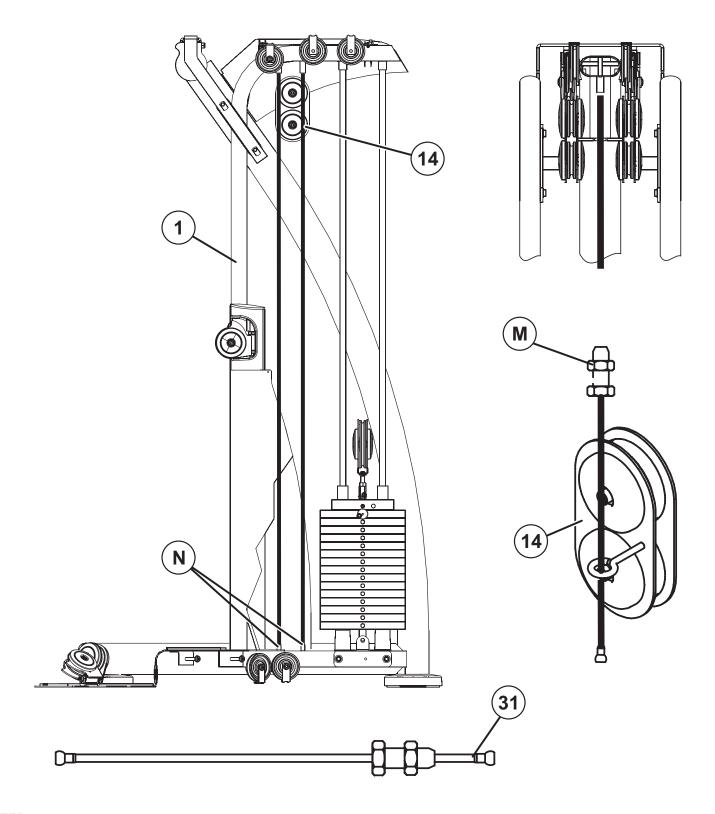
#### STEP 8:

- Attach the BACK THIGH HOLD CLAMP (18) to the the FRONT UPRIGHT (1) by using two M6 x 60mm SCREWS (51) and two 1/4" WASHERS (52) from the back of the FRONT UPRIGHT (1).
- □ Attach the THIGH HOLD DOWN (19) to the FRONT UPRIGHT (1) by using four M10 x 70mm SCREWS (41), eight 3/8" WASHERS (39), and four M10 HEX NYLOCK NUTS (53) through the FRONT SHROUD (15) and through the FRONT UPRIGHT (1). Tighten SECURELY.



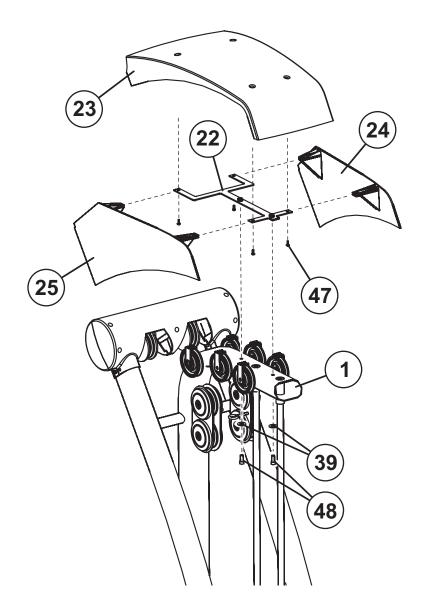
#### STEP 9:

Attach the TOP FRONT COVER (21) to the TOP BACK COVER (20) using eight M4 ZINC PHILLIPS PAN HEAD SCREWS (54). DO NOT OVERTIGHTEN SCREWS INTO PLASTIC PARTS.



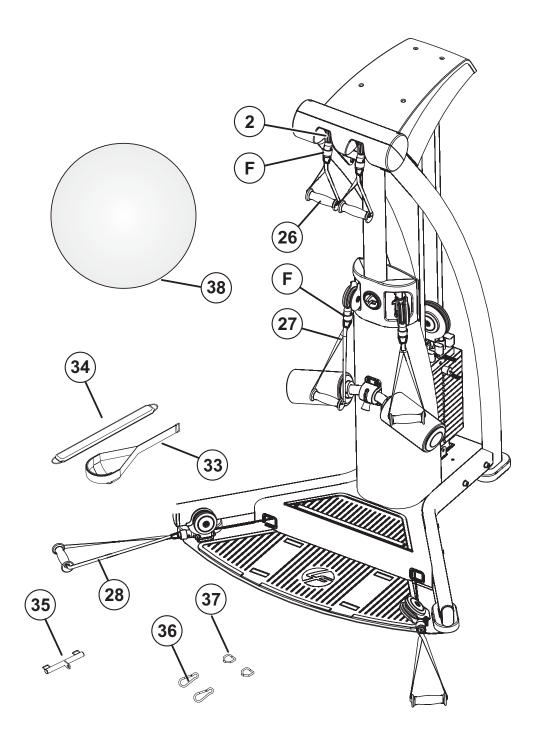
#### **STEP 10:**

- ☐ Insert the ball end of one GUIDE CABLE (31) through the eye hook on one FLOATING PULLEYS (14). Insert and hook the ball end of the cable into the SLOTTED BUSHING (N) located at the bottom of the frame located directly below the FLOATING PULLEYS (14).
- □ Screw the threaded end of the cable into the FRONT UPRIGHT (1) and loosely tighten the cable by screwing the JAM NUT (M) to the top of the frame.
- □ REPEAT THE ABOVE PROCESS FOR THE REMAINING GUIDE CABLE (31).



#### **STEP 11:**

- Assemble the MOUNTING SHEET (22) to the top of the FRONT UPRIGHT (1) using two M10 x 20mm SCREWS (48) and two 3/8" WASHERS (39). Tighten screws SECURELY.
- Attach the TOP LEFT COVER (25), the TOP RIGHT COVER (24) and the TOP COVER (23) to the MOUNTING SHEET (22) using four M4 x 0.7 ZINC PHILLIPS PAN HEAD SCREWS (47). DO NOT OVERTIGHTEN SCREWS INTO PLASTIC PARTS.



#### **STEP 12:**

- □ Referencing step 5, at the UPPER SWIVEL PULLEYS (2) push back on the QUICK CONNECT SLEEVE (F) at the end of each cable and attach the SHORT HANDLES (26).
- Repeat the process for attaching the ADJUSTABLE HANDLES (28) to the lower cable ends and the MEDIUM HANDLES (27) to the middle cable ends.

NOTE: THE HANDLE CONFIGURATION DEFINED WILL ACCOMMODATE MOST EXERCISES.

NOTE: THE FOOT STRAP (33) IS TO BE ATTACHED TO ONE OF THE MID SECTION PULLEY CABLE ENDS FOR LEG EXTENSIONS AND TO ONE OF THE LOWER PULLEY CABLE ENDS FOR LEG CURL EXERCISES.

## **MAINTENANCE**

#### Please note:

- \* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Life Fitness customer service representative at (800) 351-3737.
- \* Inspect equipment before each use. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
- \* PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD ON-LINE AT WWW.LIFEFITNESS.COM.

	Model #:		
	Serial #'s:		
Note:	: The Model/Serial Number label is located toward	ds the bottom of the RIGHT L	JPRIGHT.
	Date of Purchase:		
	Dealer's Name		
	Dealer's Phone#		

Thank you for purchasing the Life Fitness G5 CABLE MOTION GYM SYSTEM

#### LIMITED WARRANTY

#### Life Fitness® G5 Cable Motion™ Gvm 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.

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#### **CORPORATE HEADQUARTERS**

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

#### INTERNATIONAL OFFICES

#### AMERICA'S

#### North America Life Fitness Inc.

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#### Brazil Life Fitness Do Brazil

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

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#### United Kingdom & Ireland Life Fitness UK LTD

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Telephone: General Office (+44) 1353.666017 Customer

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#### Germany & Switzerland Life Fitness Europe GMBH

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Telephone: (+49) 89.31 77 51.0 (Germany) (+41) 0848 000 901 (Switzerland)

Fax: (+49) 89.31 77 51.99 (Germany) (+41) 043 818 07 20 (Switzerland)

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#### Life Fitness Austria

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#### Spain

#### Life Fitness IBERIA

C/Frederic Mompou 5,1°1° 08960 Sant Just Desvern Barcelona SPAIN Telephone: (+34) 936 724 660

#### Italy

#### Life Fitness ITALIA S.R.L.

Fax: (+34) 936 724 670

Via Crivellin 7/N 37010 Affi Verona ITALY Telephone: (+39) 045.7237811 Fax: (+39) 045.7238197

#### Belgium

#### Life Fitness Benelux NV

Parc Industrial de Petit-Rechain 4800 Verviers BELGIUM Telephone: (+32) 87 300 942 Fax: (+32) 87 300 943

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

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#### ASIA PACIFIC (AP)

#### Japan

#### Life Fitness Japan

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