



*Fit Series
Dual Adjustable Pulley*



FIT SERIES

STRENGTH

Maximize your space and budget

The Fit Series is the ideal solution if your facility has limited space and a limited budget. This affordable strength training equipment makes the most of a small area and includes a complete line of multi-station units, dual and multi-purpose exercise machines, benches and racks. And the easy-to-use, attractive equipment features the durability you expect from Life Fitness. Fit Series fits...anywhere.

Exceptional value at a competitive price

- These space-efficient products feature a small footprint, making them the perfect choice for environments where floor space is at a premium. The multi-gyms and dual-exercise machines help facilities maximize the number of exercises available to users in a small area.
- Advanced biomechanics ensure that the equipment follows users' natural movements, delivering a superior feel. The machines also accommodate exercisers of all sizes.
- The Fit Series line is highly intuitive. Simple, straightforward product designs are both easily recognizable and easy to use.
- Easy adjustments make transitioning from one exercise to the next on the selectorized dual machines virtually effortless.
- These machines meet the needs of exercisers at all levels, from the low starting resistance of 10 lbs/5 kg for the novice to the standard 210 lbs weight stack for experienced users.
- Like all Life Fitness equipment, the Fit Series is built to last. Simple designs and proven commercial materials and components provide outstanding durability.
- Facilities can enjoy an attractive fitness environment, thanks to the consistent industrial design used across the entire line.

STRENGTH IQ

EQUIPMENT CLASSIFICATION KEY:



FUNDAMENTAL: Fit 3 and Selectorized
SPECIALIZED: DAP, Fit 1.0 CM, and Benches and Racks



□ **Fit 3 Multi-Gym**

FSE3

- Three weight stacks enable use by up to three users at the same time
- Users can efficiently perform a total-body workout with easy adjustments between exercises
- Corner unit design for maximum space optimization



□ **Fit 1.0 CM**

FSECM1

- Cable Motion™ technology offers virtually unlimited, user-defined exercise variety
- Three integrated pulley zones provide total-body exercise
- Adjustable bench accommodates seated exercises, and can be removed for stability ball or standing exercises



□ **Biceps/Triceps**

FSBT

- Exercise starting points optimally position user for correct exercise movements
- Biceps curl bar docking station allows quick and easy exercise execution
- Includes triceps rope and revolving biceps curl bar



□ *Dual Adjustable Pulley* ESDAP

- User-defined path of motion provides extensive exercise variety
- 14 pulley positions per column enable users to perform over 225 exercises
- Angled towers minimize floor space requirements



□ *Multi-Press* ESMP

- Easily adjusts from flat, incline, and shoulder pressing positions through five bench adjustment angles
- Tapered seat and low bench height ensures a stable three-point stance and correct proper user biomechanics
- Angled press handles and solid, smooth movement reduce stress to the wrists



□ *Lat Pulldown/Low Row* ESLR

- Provides two superior back exercise movements, incorporating upper- and mid-back, and rear-shoulder muscle groups
- Adjustable roller pads comfortably hold user in the proper exercise position



- Unique, Quick-Flip seat quickly and easily positions user in the correct position for both exercises



□ *Pec Fly/Rear Delt*

ESFLY

- Machine arms pivot to accommodate individual forearm length and natural path of motion
- Optimal handle positions eliminate seat readjustment between exercises
- Seat and start position adjustments provide a personalized fit for users of all sizes



□ *Leg Curl/Leg Extension*

ESLCE

- User can quickly transition between exercises with one easy pull-pin adjustment
- Optimally positions user for natural exercise movements to minimize stress on joints and lower back
- Quick back and roller pad adjustments enable customized fit for users of all sizes



□ **Abdominal/Back Extension** FSABBA

- Lumbar pad helps users easily find correct position relative to axis of rotation
- Range-of-motion adjustment in 10-degree increments allows users a safe range of exercise
- Two non-slip foot positions accommodate users of all sizes



□ **Hip Abduction/Adduction** FSHAA

- Dual-resistance mechanism and swivel pads allow user to work both inner thigh and outer thigh
- Range-of-motion adjustment in 10-degree increments allows user to set a safe exercise range
- Simple and intuitive exercise movements for ease of use



□ **Leg Press/Calf Extension** ESLPC

- Natural arc-of-motion and pad angles maximize muscular involvement and minimize joint stress
- Adjustable back pad and foot platform accommodate users of all sizes
- Oversize, non-skid foot platform helps hold feet in place and allows for a variety of natural foot positions



□ **Smith Machine** ESSM

- Multi-purpose system provides ultimate strength training variety
- Adjustable stops act as range limiters for most exercises
- Includes six weight horns for Olympic plate weight storage



□ **Power Rack**

CSPR

- Adjustable rods lock in place to enhance safety
- Built-in chin-up bar adds variety to workouts
- 8' tall, 38" depth (243 cm tall, 97 cm depth) accommodates athletic training



□ **Vertical Knee Raise/Dip**

CSVKR

- Abdominal and upper-body exercises combined into one unit
- Angled elbow pads provide secure upright positioning



□ **45° Back Extension**

CS45X

- Large footrest and angled thigh pad increases comfort
- Easy adjustment accommodates users of all sizes



□ **Adjustable Abdominal Bench**

CSAAB

- Upright handle attachment for convenient angle adjustment
- Wheels allow for ease of movement



□ **Olympic Flat Bench** CSOFB

- High resistant wear surfaces on the bar holder protect frame finish



□ **Olympic Incline Bench** CSOIB

- 30-degree back pad
- Large spotter platform
- High resistant wear surfaces on the bar holder



□ **Flat Bench** CSFB

- Sturdy 2" x 3" tube construction enhances durability



□ **Adjustable Bench** CSAJB

- Adjusts to six different angles from flat to 80 degrees
- Fixed lumbar support adds extra comfort and stability
- Wheels allow for easy mobility



□ **3 Tier Dumbbell Rack** CSDB3T

- Space-efficient footprint accommodates 10 pairs of dumbbells
- Angled for easy loading



□ **Hexagonal Dumbbell Rack** CSDBH

- Accommodates 10 pairs of hexagon dumbbells
- Angled for easy loading

□ **Saddle Dumbbell Rack** CSDBS

- Saddles preserve finish on dumbbells and rack
- Angled for easy loading



□ **Olympic Plate Tree** CSPT

- Six weight horns positioned to fit 2.5–100 lb Olympic plates
- Metal plate attachments protect frame finish



□ **Vertical Dumbbell Rack** CSDBV

- Vertical design saves space and holds six pairs of dumbbells

Product Specs

FRAME COLORS*



PLATINUM

WHITE

UPHOLSTERY COLOR*



BLACK

*Fit 1.0 CM available in platinum frame only. Actual frame and upholstery color may differ from printed samples shown.

FRAME

- 11-gauge steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability

CUSHIONING

- Contoured cushions utilize a molded frame for superior comfort and durability

INSTRUCTIONAL PLACARDS

- Easy-to-follow instructions illustrate proper use and muscles trained. Fit 3 wall chart included for additional guidance

SHROUD

- Each weight stack is protected with standard shrouds to improve facility safety. Fit 1.0 CM and Fit 3 have full weight stack shrouds, and Fit Duals have full rear and partial front shrouds

WEIGHT PLATES AND GUIDE RODS

- Chrome-plated guide rods enable free floating movement of weight plates for ultra-smooth motion
- Cold-rolled, precision-machined, steel selector shaft provides smooth, quiet function and maintains correct alignment in the weight stack during exercise movement

CABLES AND PULLEYS

- Internally-lubricated steel aircraft cable nylon coated to 3/16" deliver smooth performance
- 4 1/2" (11 cm) and 6" (15 cm) diameter fiberglass-impregnated nylon pulleys feature sealed ball bearings
- One tool-threaded cable adjustment on the top weight allows for easy adjustments and keeps cables tensioned correctly

HAND GRIPS

- Hand grips on the Fit 3 and selectorized duals are durable rubber compound that is wear and tear resistant
- Fit 1.0 CM and Dual Adjustable Pulley hand grips are a durable urethane composite

Multi-Use

STATION	PRODUCT CODE	TOTAL WEIGHT	WEIGHT STACK	DIMENSIONS (L x W x H)
Fit 3	FSF3	1,255 lbs (570 kg)	3 x 210 lbs (3 x 95 kg)	102" x 102" x 85" (229 cm x 229 cm x 216 cm)
Fit 1.0 CM*	FSFCM1	651 lbs (295 kg)	160 lbs (73 kg)	89" x 54" x 83" (226 cm x 137 cm x 211 cm)
Dual Adjustable Pulley	FSDAP	680 lbs (308 kg)	2 x 160 lbs (2 x 73 kg)	44.5" x 55.5" x 88.5" (113 cm x 114 cm x 225 cm)
Smith Machine	FSSM	305 lbs (139 kg)	—	57" x 70" x 91" (145 cm x 178 cm x 230 cm)
Power Rack	CSPR	364 lbs (165 kg)	—	67" x 66" x 96" (170 cm x 168 cm x 244 cm)

* Fit 1.0 CM, 50 lbs weight add-on, WGT 50-101

Stations

STATION	PRODUCT CODE	TOTAL WEIGHT	WEIGHT STACK	DIMENSIONS (L x W x H)
Multi-Press	FSMP	530 lbs (241 kg)	210 lbs (95 kg)	86" x 48" x 71" (218 cm x 122 cm x 180 cm)
Biceps/Triceps	FSBT	417 lbs (189 kg)	210 lbs (95 kg)	51" x 24" x 76" (130 cm x 61 cm x 193 cm)
Lat Pulldown/Low Row	FSLR	479 lbs (218 kg)	210 lbs (95 kg)	66" x 50" x 88" (168 cm x 127 cm x 224 cm)
Pec Fly/Rear Delt	FSFLY	490 lbs (222 kg)	210 lbs (95 kg)	51.5" x 54" x 85" (131 cm x 137 cm x 216 cm)
Ab/Back Extension	FSABBA	490 lbs (222 kg)	160 lbs (73 kg)	52.5" x 44" x 70.5" (134 cm x 112 cm x 179 cm)
Hip Abduction/Adduction	FSHAA	517 lbs (235 kg)	210 lbs (95 kg)	64.5" x 25" x 70.5" (164 cm x 63.5 cm x 179 cm)
Leg Curl/Leg Extension	FSLCE	478 lbs (217 kg)	210 lbs (95 kg)	65" x 38" x 71" (165 cm x 97 cm x 180 cm)
Leg Press/Calf Extension	FSLPC	511 lbs (232 kg)	210 lbs (95 kg)	76" x 41" x 85" (194 cm x 105 cm x 216 cm)

Benches and Racks

STATION	PRODUCT CODE	TOTAL WEIGHT	WEIGHT STACK	DIMENSIONS (L x W x H)
Vertical Knee Raise/Dip	CSVKR	122 lbs (55 kg)	—	26" x 42" x 66" (66 cm x 107 cm x 168 cm)
Olympic Flat Bench	CSOFB	146 lbs (66 kg)	—	66" x 67" x 45" (168 cm x 170 cm x 113 cm)
Olympic Incline Bench	CSOIB	169 lbs (77 kg)	—	66" x 67" x 58" (168 cm x 170 cm x 146 cm)
45° Back Extension	CS45X	74 lbs (33.5 kg)	—	26" x 55" x 37" (66 cm x 140 cm x 94 cm)
Adjustable Bench	CSAAB	94 lbs (43 kg)	—	24" x 62" x 35" (61 cm x 158 cm x 89 cm)
Flat Bench	CSFB	60 lbs (27 kg)	—	52" x 20" x 17" (132 cm x 51 cm x 43 cm)
Adjustable Bench	CSAJB	100 lbs (45 kg)	—	50" x 18" x 17" (127 cm x 46 cm x 43 cm)
3-Tier Dumbbell Rack	CSDB3T	152 lbs (62 kg)	—	27" x 50" x 34.5" (69 cm x 127 cm 88 cm)
Hexagon Dumbbell Rack	CSDBH	166 lbs (75 kg)	—	80" x 25" x 28" (203 cm x 64 cm x 71 cm)
Saddle Dumbbell Rack	CSDBS	190 lbs (86 kg)	—	91" x 25" x 28" (231 cm x 64 cm x 71 cm)
Olympic Plate Tree	CSPT	55 lbs (25 kg)	—	17" x 19" x 50" (43 cm x 48 cm x 127 cm)
Vertical Dumbbell Rack	CSDVB	43 lbs (19.5 kg)	—	14" x 18.5" x 48" (36 cm x 47 cm 122 cm)

WARRANTY

10-year limited warranty on the structural frame (coatings excluded); 1 year on guide rods, cables, pulleys and weight plates, 90 days on grips, upholstery and any items not specified. Fit 1.0 CM only: 10-year limited warranty on the structural frame (coatings excluded); 1 year on parts and hardware; 90 days on upholstery and cables. Warranties outside the U.S. may vary. Contact Life Fitness for details.

Specifications subject to change.

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