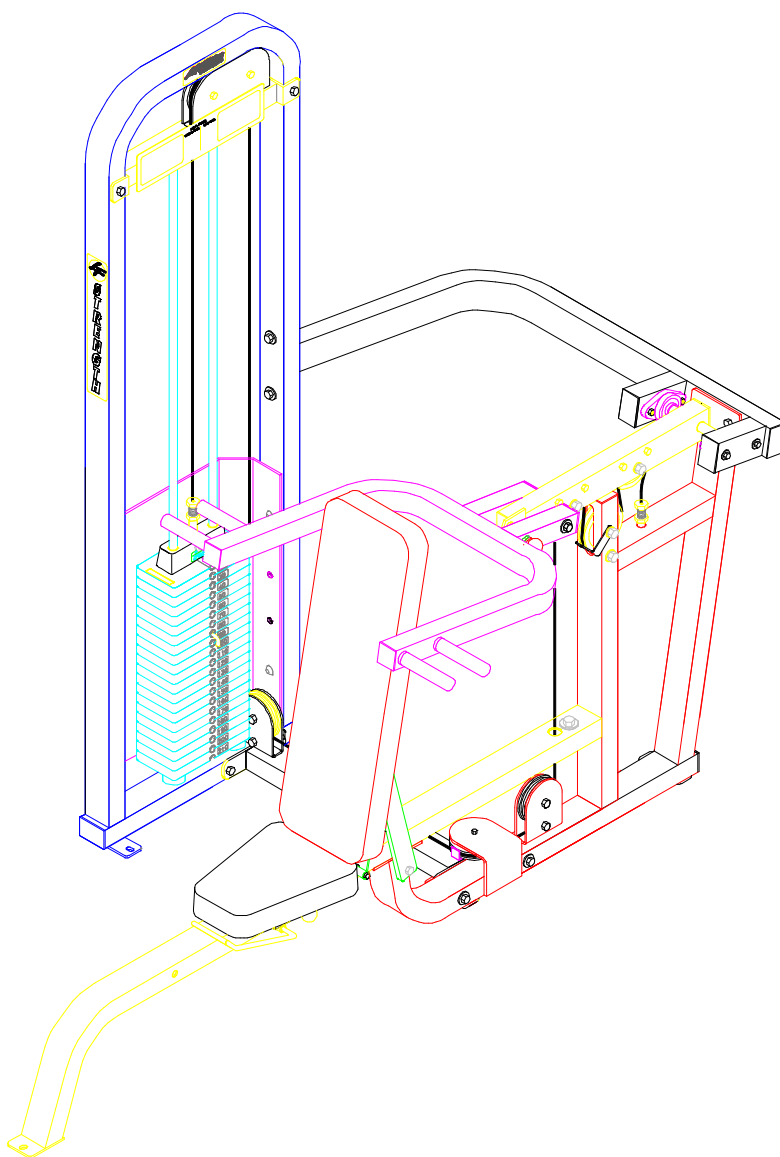


Life Fitness **STRENGTH**

8215 MULTI-PRESS



ASSEMBLY INSTRUCTIONS



IMPORTANT NOTES

Please note:

- * Thank you for purchasing the LIFE FITNESS 8215 MULTI-PRESS. 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.
- * 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) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

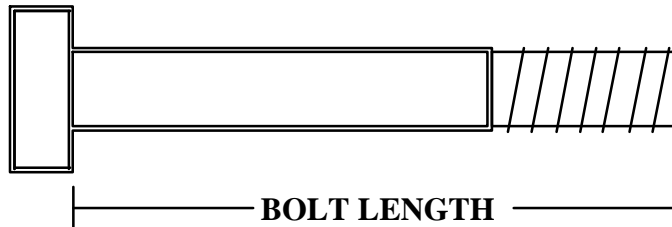
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local LIFE FITNESS STRENGTH distributor or call the LIFE FITNESS STRENGTH customer service department at (800) 328-9714.
5. Consult your physician before beginning any exercise program.

Tools Required for Assembly

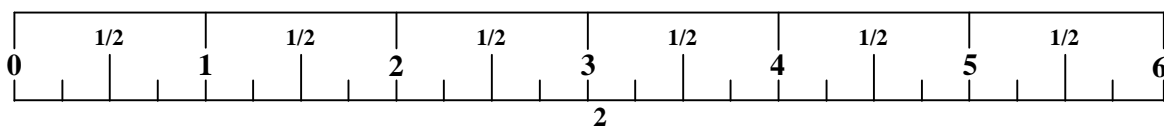
- * Rubber mallet or hammer
- * 3/4" wrench, 9/16" wrench
- * Ratchet with 3/4" and 9/16" sockets
- * 5/32", 3/16", 7/32" Allen wrenches
- * Adjustable wrench
- * Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6795203	TOWER	1	30	3202107	1/2 X 6-1/2" BOLT	1
2	6784303	PRESS BASE	1	31	3202103	1/2 X 4" BOLT	6
3	6755602	WOLFFSLEEVE	1	32	3102910	1/2 X 3" BOLT	5
4	6755903	PRESS ARM	1	33	3202101	1/2 X 1-1/4" BOLT	2
5	6878202	PRESS ARM ADJUST	1	34	3102905	3/8 X 3-3/4" BOLT	2
6	6783403	LOWER SUPPORT	1	35	3102915	3/8 X 3-1/4" BOLT	4
7	6781303	TOWER BRACE	1	36	3108404	3/8 X 3" FLAT HEAD BOLT	2
8	6784703	UPPER SUPPORT	1	37	3102922	3/8 X 2-3/4" BOLT	6
9	6784103	PRESS FRAME	1	38	3102933	3/8 X 2" BOLT	7
10	6624302	BACK PAD ANGLE RIGHT	1	39	3102901	3/8 X 1-1/4" BOLT	7
11	6624203	BACK PAD ANGLE LEFT	1	40	3102909	3/8 X 1" BUTTON HEAD	4
12	6651602	15-1/2" PLATE	2	41	3102502	1/2" WASHER	16
13	6780304	BACK PAD	1	42	3102501	3/8" WASHER	15
14	6780004	SEAT PAD	1	43	3102801	1/2" LOCK NUT	11
15	6791102	SHROUD	1	44	3102804	1/2" LOW HEIGHT LOCK NUT	3
16	6214501	WEIGHT PLATE	20	45	3102802	3/8" LOCK NUT	21
17	6284501	WEIGHT STACK SHAFT	1	46	6406401	HINGE TAB	2
18	6714601	HEAD PLATE	1	47	6466901	1/2" SPRING PIN	1
19	3116101	4-1/2" PULLEY	8	48	6412001	3/8" SPRING PIN	1
20	6782301	63-1/2" GUIDE ROD	2	49	6214401	SELECTOR PIN	1
21	6784601	217-3/4" CABLE	1	50	6619301	U-PIN	1
22	6382301	WEIGHT PLATE BUSHING 10 CT	4	51	6020601	1/2" FLANGE BEARING	2
23	3108002	WEIGHT STACK CUSHION	2	52	6480301	3/8" FLANGE SPACER	6
24	3109602	1/2" PAL NUT	1	53	6122702	1/2" SPACER	2
25	3118401	4" VINYL CAP	1	54	6703801	WEIGHT STACK LABEL LBS.	1
26	6757701	2-7/8 X 1" CABLE CLIP	1	55	6189501	WEIGHT STACK LABEL (1-25)	1
27	3203501	PILLOW BLOCK	2	56	6868702	1/4 X 8" PLATE	1
28	3103302	13/16" SHAFT COLLAR	2	57	6827001	2-7/8 X 2-1/4" CABLE CLIP	2
29	3202105	1/2 X 7-1/2" BOLT	1				

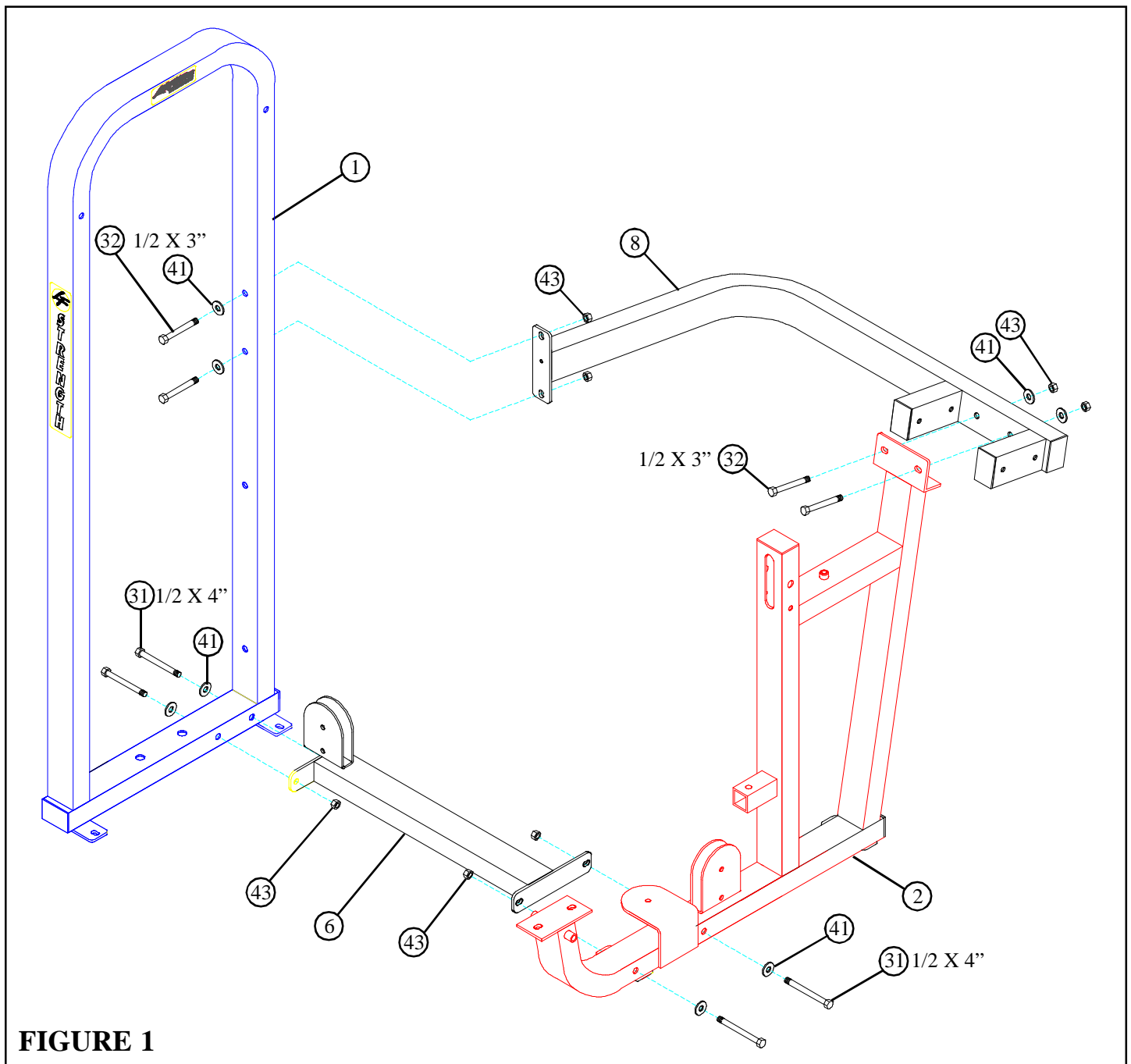
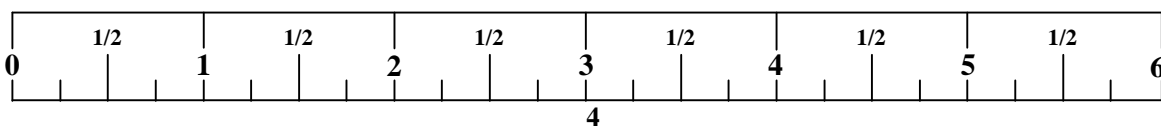


FIGURE 1

STEP 1:

- **LOOSELY** assemble LOWER SUPPORT (6) to the TOWER (1) and PRESS FRAME (2) using four 1/2 X 4" BOLTS (31), four 1/2" WASHERS (41), and three 1/2" LOCK NUTS (43). See FIGURE 1.
- **LOOSELY** assemble UPPER SUPPORT (8) to the TOWER (1) and PRESS FRAME (2) using four 1/2 X 3" BOLTS (32), four 1/2" WASHERS (41) and four 1/2" LOCK NUTS (43). See FIGURE 1.
- **SECURELY TIGHTEN THE FRAME CONNECTIONS IN THE FOLLOWING ORDER:**
 1. LOWER SUPPORT (6) to the TOWER (1) and PRESS FRAME (2).
 2. UPPER SUPPORT (8) to the TOWER (1) and PRESS FRAME (2).



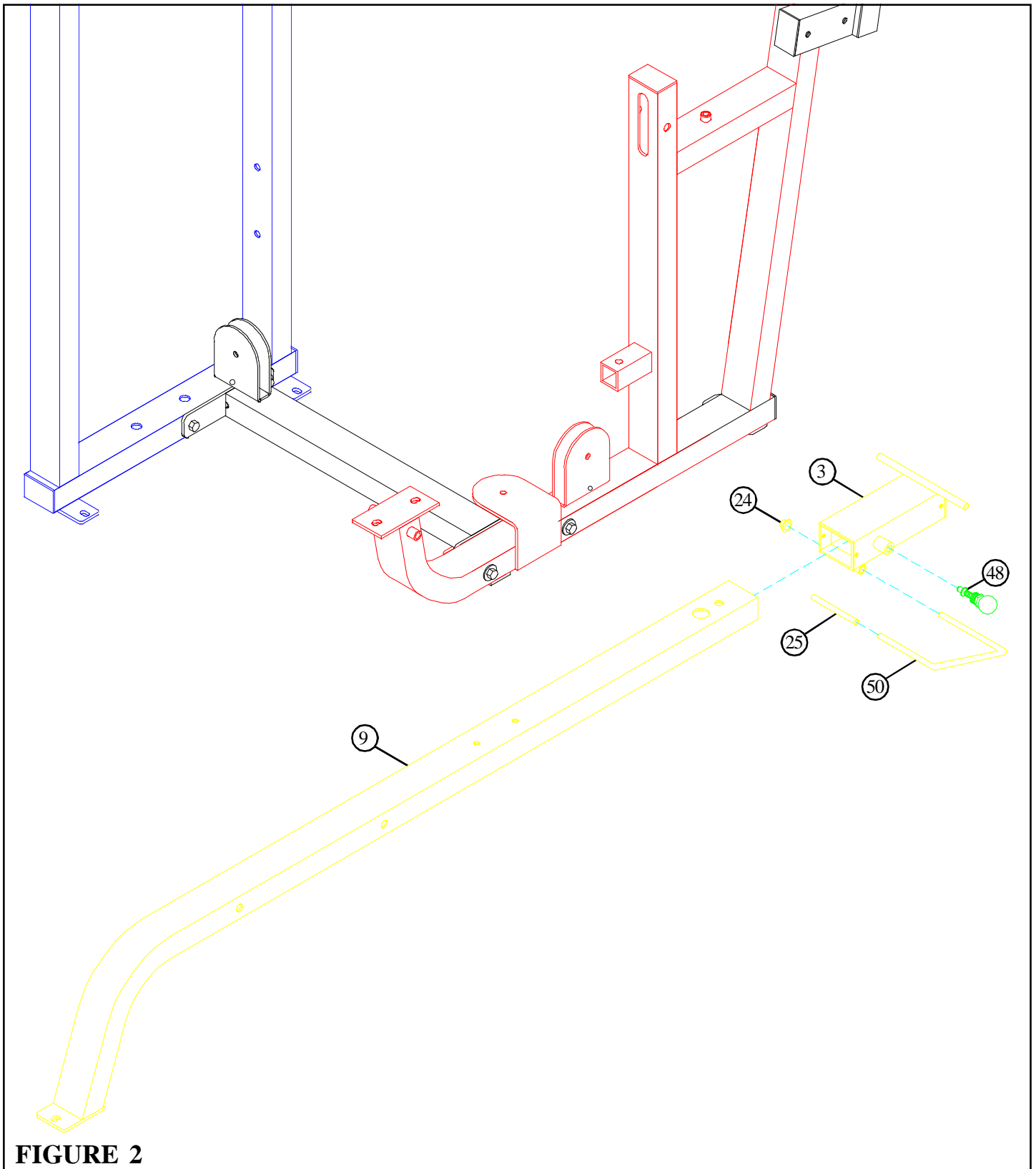


FIGURE 2

STEP 2:

- **SECURELY** assemble one 3/8" SPRING PIN (48) to the WOLFF SLEEVE (3) as shown in FIGURE 2. (**IMPORTANT! Tighten nut of SPRING PIN completely.**)
- Attach one U-PIN (50) to the WOLFF SLEEVE (3) using one 1/2" PAL NUT (24). Slide one 4" VINYL CAP (25) onto the U-PIN (50) as shown in FIGURE 2.
- Pull back on SPRING PIN and **CAREFULLY** slide the assembled WOLFF SLEEVE (3) onto the PRESS FRAME (9) until the SPRING PIN engages in one of the holes. See FIGURE 2.

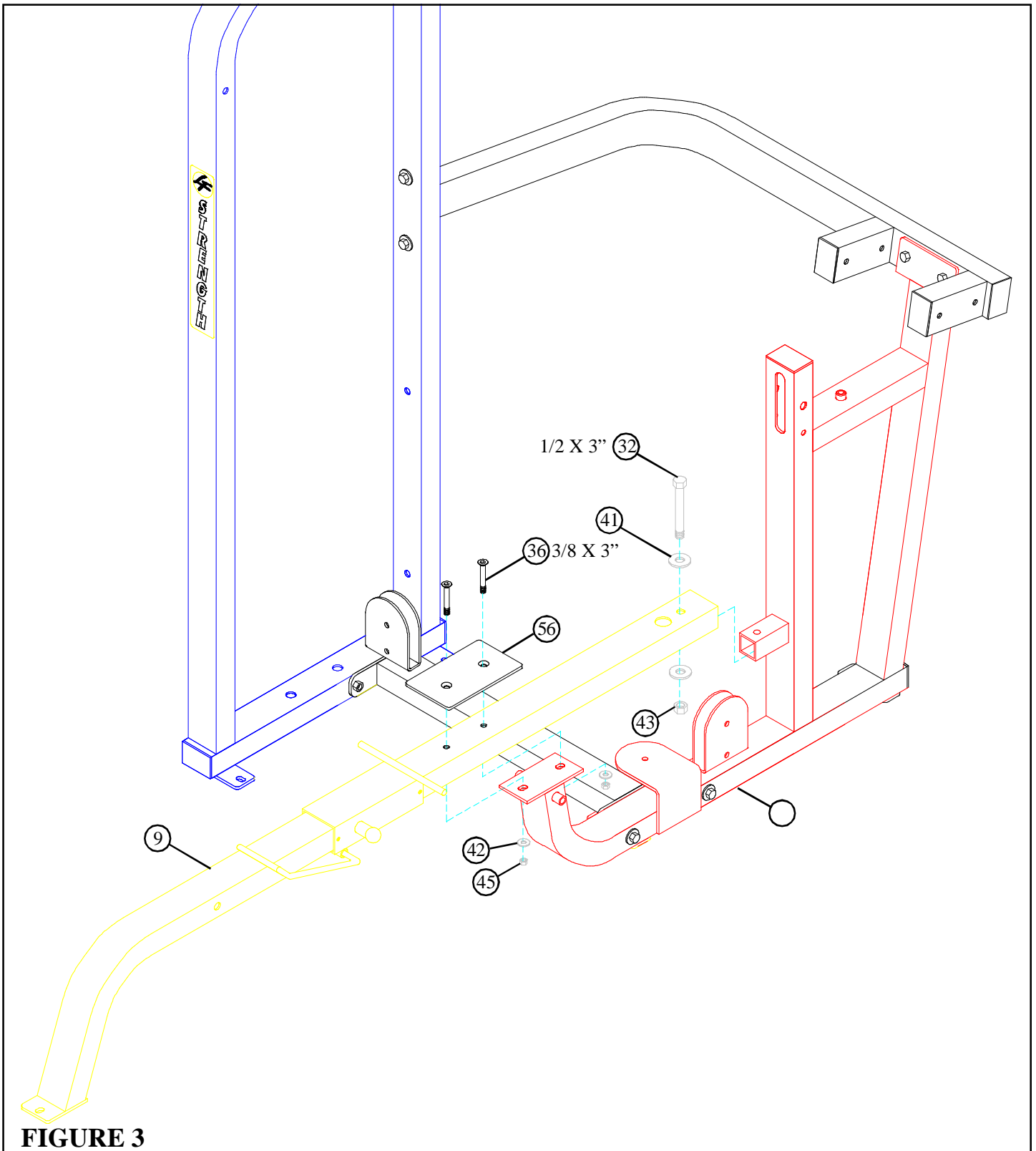
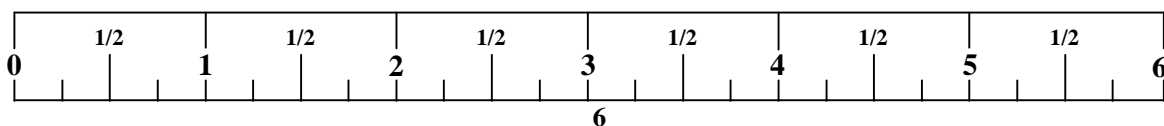


FIGURE 3

STEP 3:

- **SECURELY** assemble the PRESS FRAME (9) to the PRESS BASE (2) using one 1/2 X 3" BOLT (32), two 1/2" WASHERS (41), and one 1/2" LOCK NUT (43), as well as two 3/8 X 3" FLAT HEAD BOLTS (36), one 1/4 X 8" PLATE (56), two 3/8" WASHERS (42), and two 3/8" LOCK NUTS (45) as shown in FIGURE 3. (NOTE: Make sure 3/8" FLAT HEAD BOLTS face downward.)



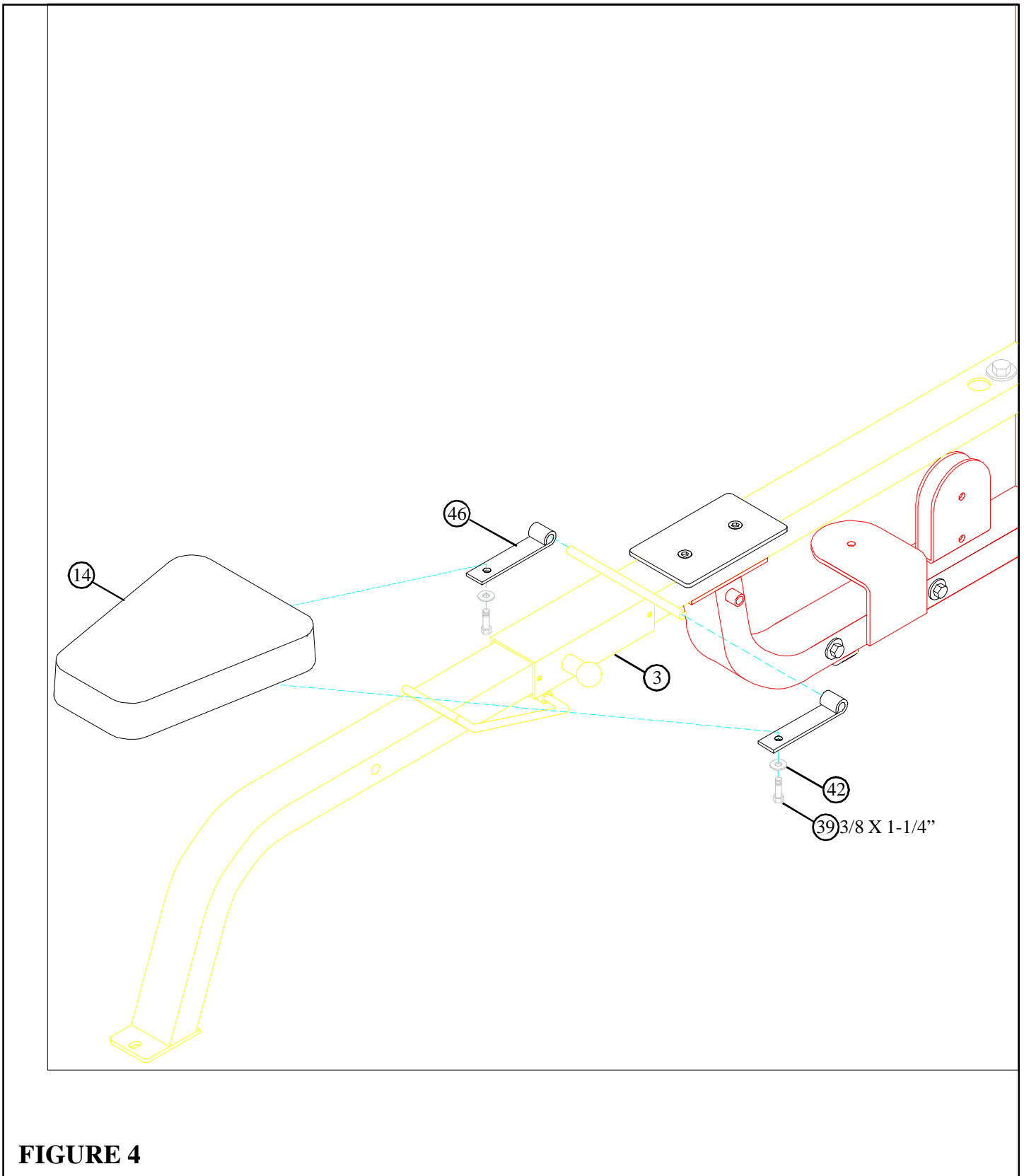


FIGURE 4

STEP 4:

- Slide two HINGE TABS (46) onto the WOLFF SLEEVE (3) and **SECURELY** assemble SEAT PAD (14) using two 3/8 X 1-1/4" BOLTS (39), and two 3/8" WASHERS (42). See FIGURE 4. (**NOTE: Please note the HINGE TAB direction.**)

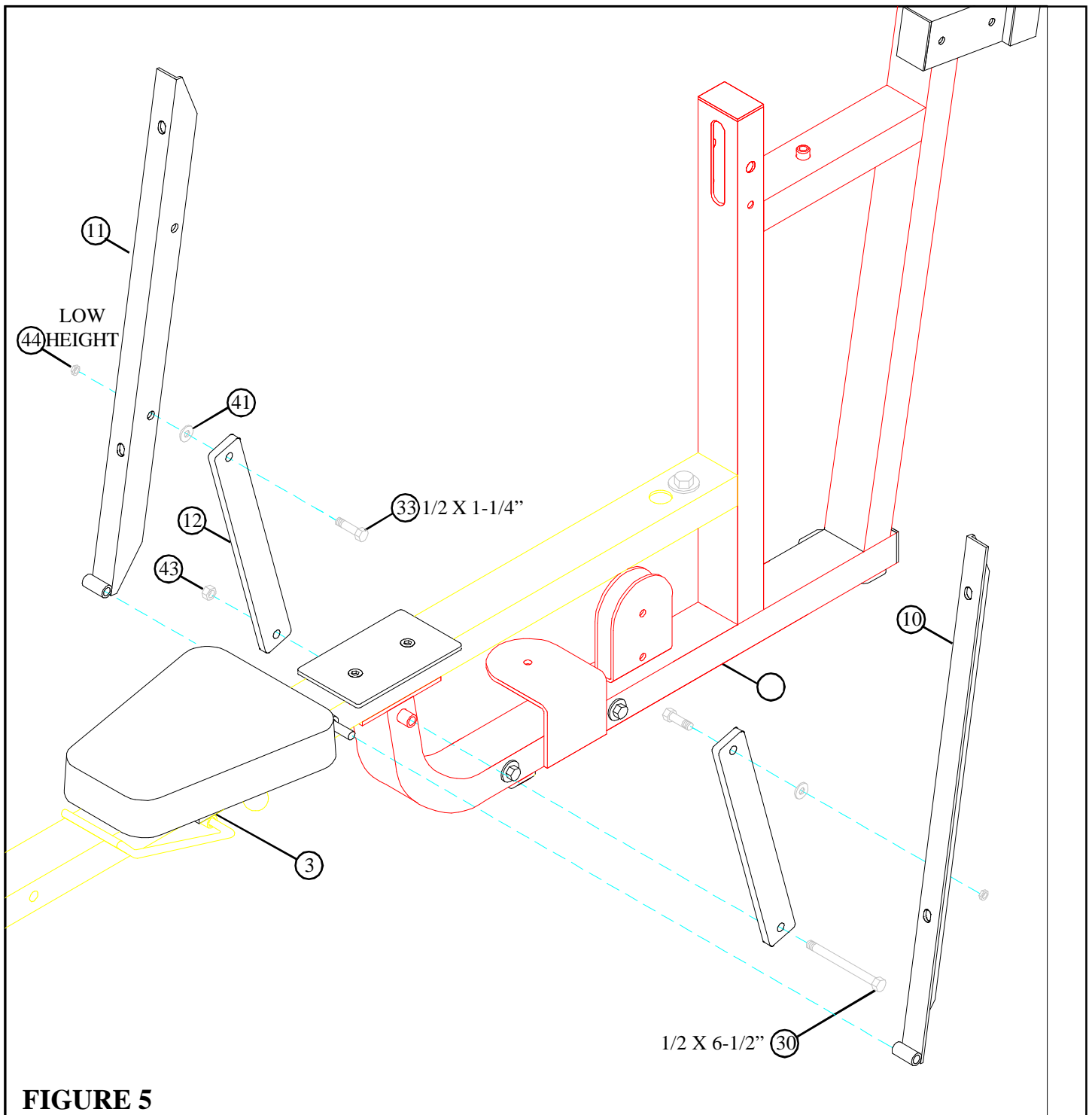
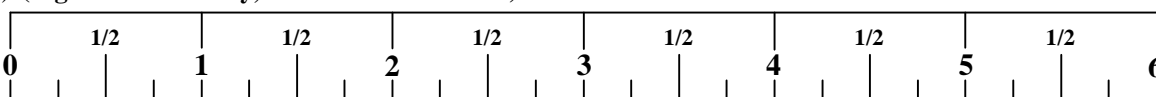


FIGURE 5

STEP 5:

- Slide the RIGHT BACK PAD ANGLE (10) and the LEFT BACK PAD ANGLE (11) onto the shaft on the WOLFF SLEEVE (3) as shown in FIGURE 5.
- Assemble the 1/2 X 2 X 15-1/2" PLATES (12) to the RIGHT BACK PAD ANGLE (10) and the LEFT BACK PAD ANGLE (11) using two 1/2 X 1-1/4" BOLTS (33), two 1/2" WASHERS (41), and two 1/2" LOW HEIGHT LOCK NUTS (44). **(NOTE: (Tighten nuts securely, then back off 1/4 turn.)**
- Assemble the 15-1/2" PLATES (12) to the bushing of the PRESS BASE (2) using one 1/2" X 6-1/2" BOLT (30) and one 1/2" LOCK NUT (43). **(Tighten nut securely, then back off 1/4 turn.)** See FIGURE 5.



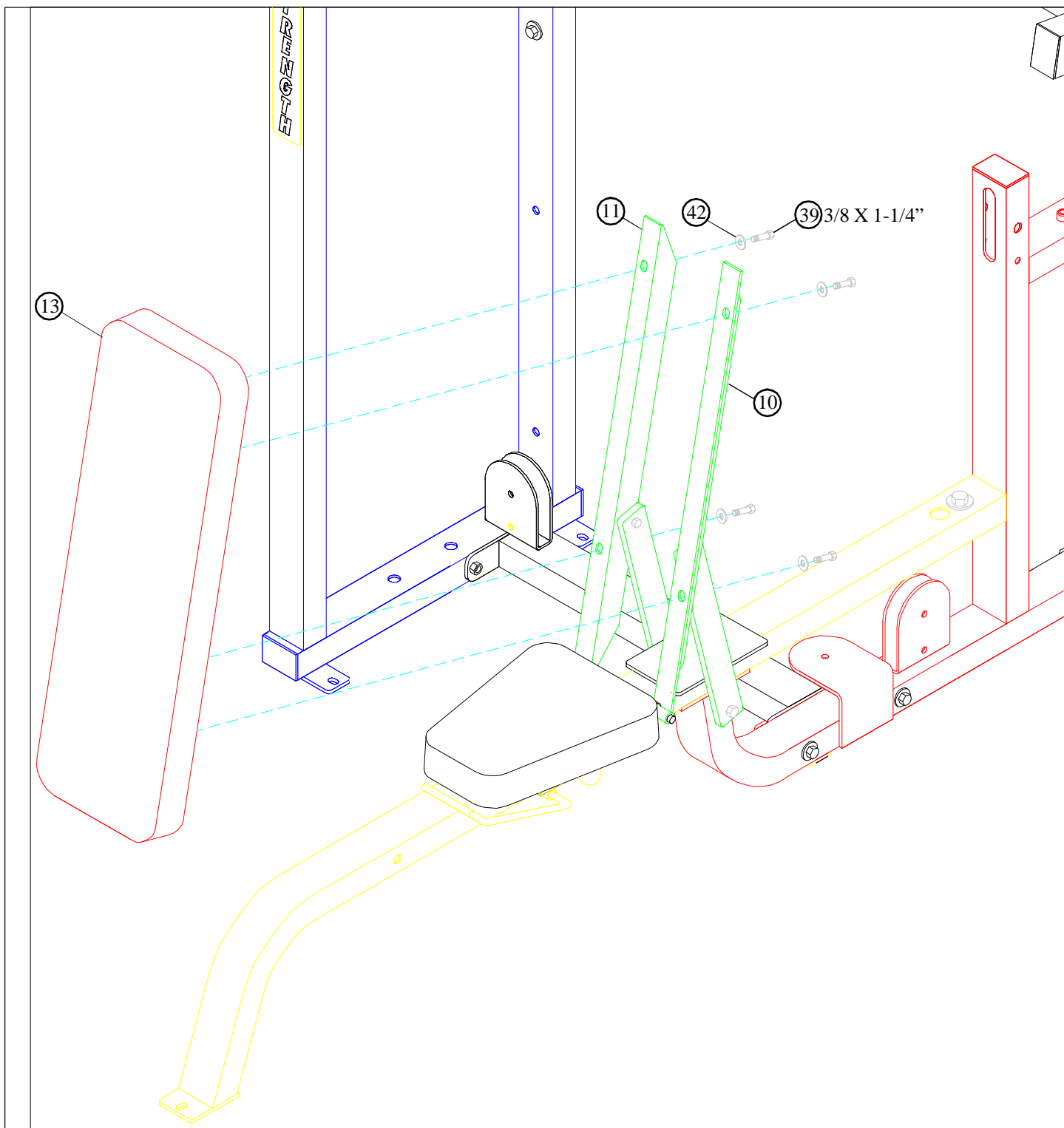


FIGURE 6

STEP 6:

- **SECURELY** assemble the BACK PAD (13) to the LEFT & RIGHT BACK PAD ANGLES (11 & 10) using four 3/8 X 1-1/4" BOLTS (39) and four 3/8" WASHERS (42). See FIGURE 6.

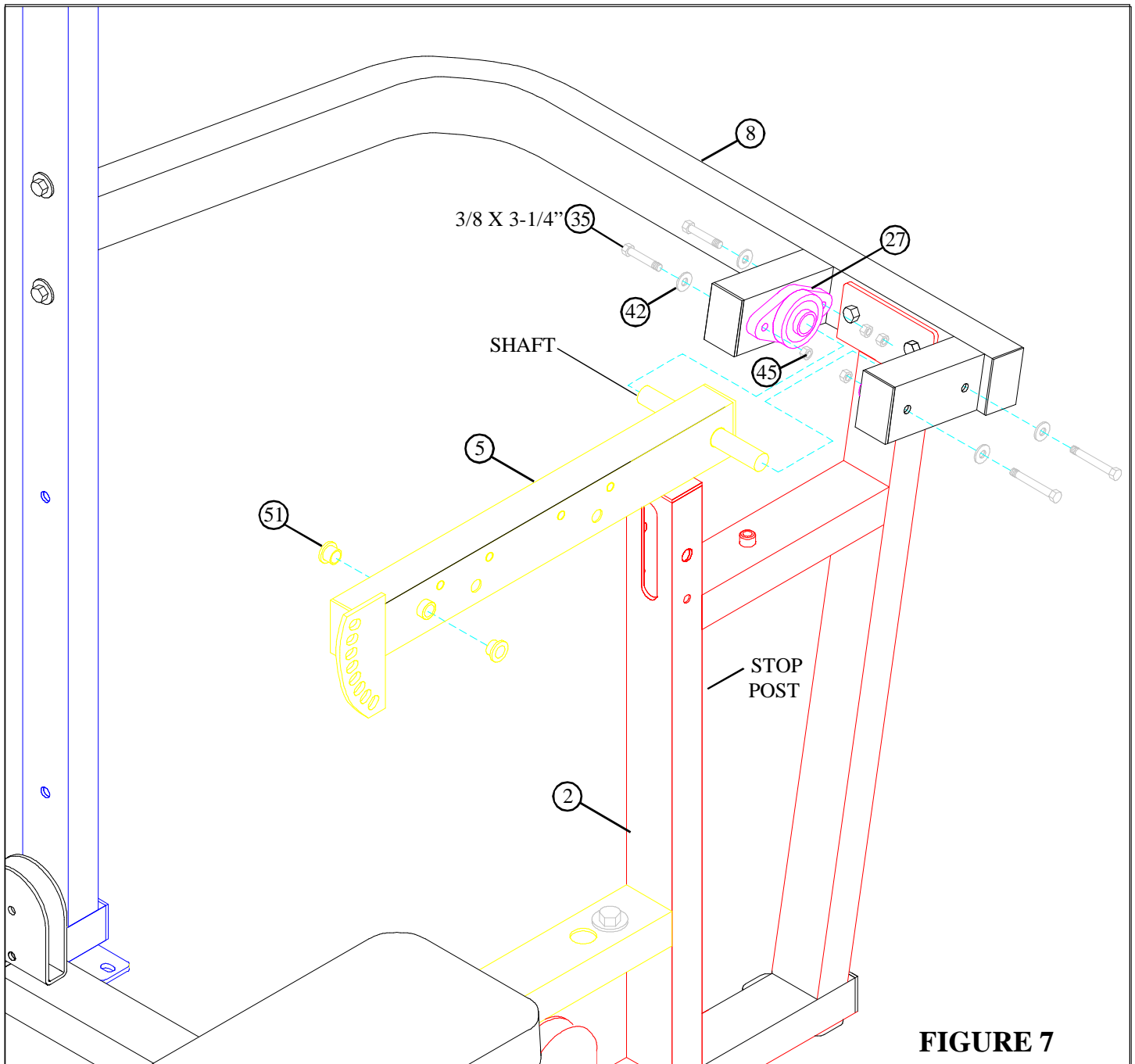
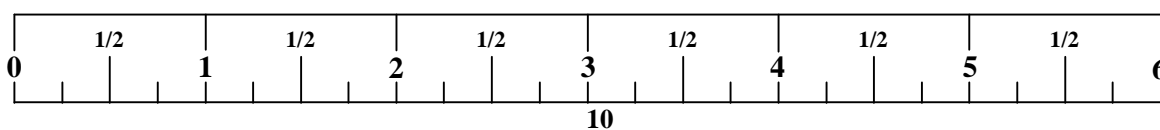


FIGURE 7

STEP 7:

- Slide two **PILLOW BLOCKS (27)** over the shaft on the **PRESS ARM ADJUST (5)** and **SECURELY** assemble the two **PILLOW BLOCKS (27)** to the **UPPER SUPPORT (8)** using four **3/8 X 3-1/4" BOLTS (35)**, four **3/8" WASHERS (42)**, and four **3/8" LOCK NUTS (45)** as shown in **FIGURE 7**.
- Center **PRESS ARM ADJUST (5)** on top of the **STOP POST** on the **PRESS BASE (2)** and securely tighten set screws on the **PILLOW BLOCKS (27)**. See **FIGURE 7**.
- Insert two **1/2" FLANGE BEARINGS (51)** into the bushings on the **PRESS ARM ADJUST (5)**. See **FIGURE 7**.



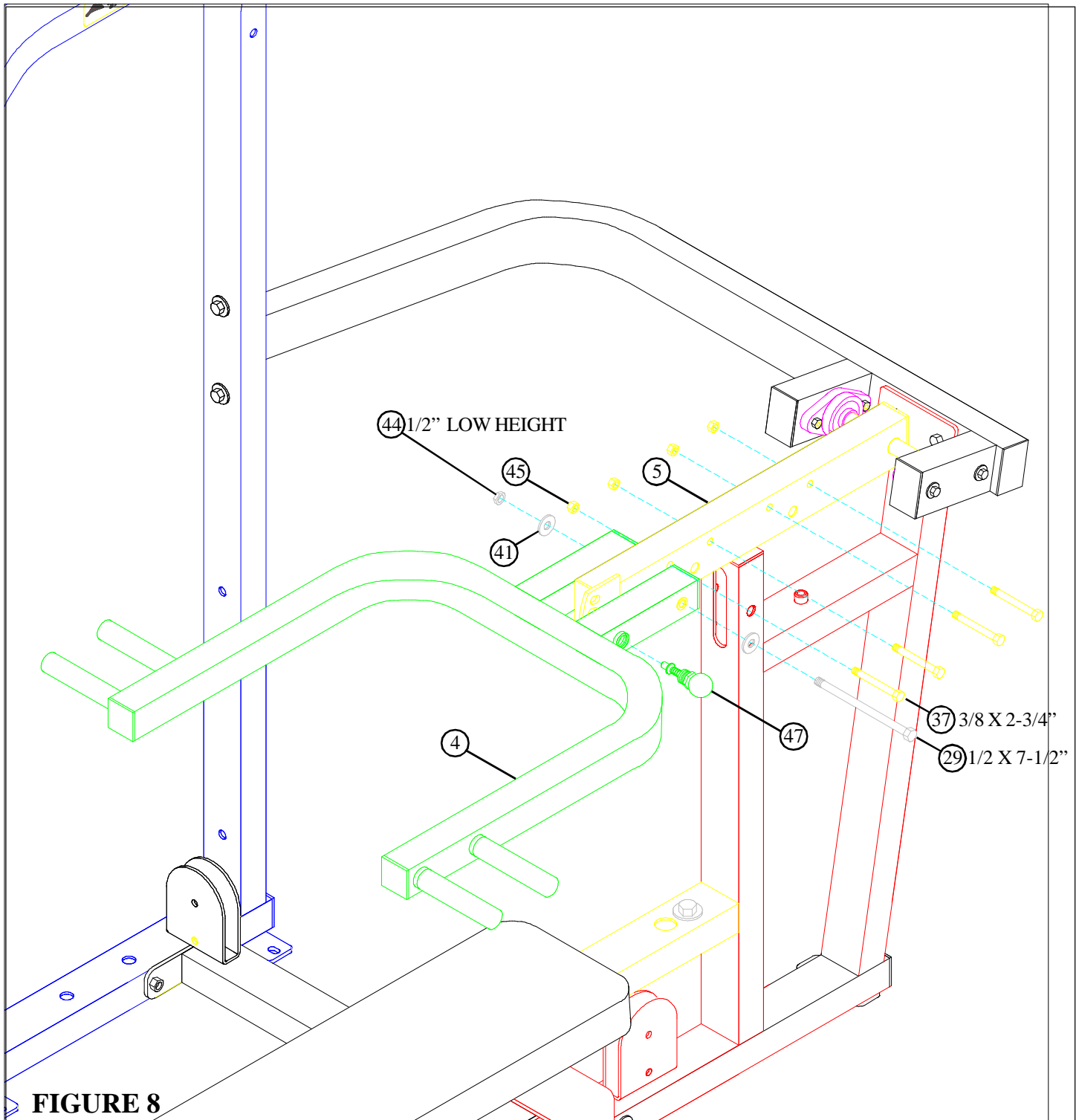


FIGURE 8

STEP 8:

- **SECURELY** assemble one 1/2" SPRING PIN (47) to the PRESS ARM (4) as shown in FIGURE 8. (**IMPORTANT! Tighten spring pin completely.**)
- **SECURELY** assemble the PRESS ARM (4) to the PRESS ARM ADJUST (5) using one 1/2 X 7-1/2" BOLT (29), two 1/2" WASHERS (41), and one 1/2" LOW HEIGHT LOCK NUT (44). (**NOTE: SECURELY tighten, then back nut off 1/4 turn to allow the press arm to rotate freely.**) See FIGURE 8.
- Pull back on 1/2" SPRING PIN (47) to adjust the PRESS ARM (4) position.
- **SECURELY** assemble four 3/8 X 2-3/4" BOLTS (37) and four 3/8" LOCK NUTS (45) to the PRESS ARM ADJUST (5) as shown in FIGURE 9.

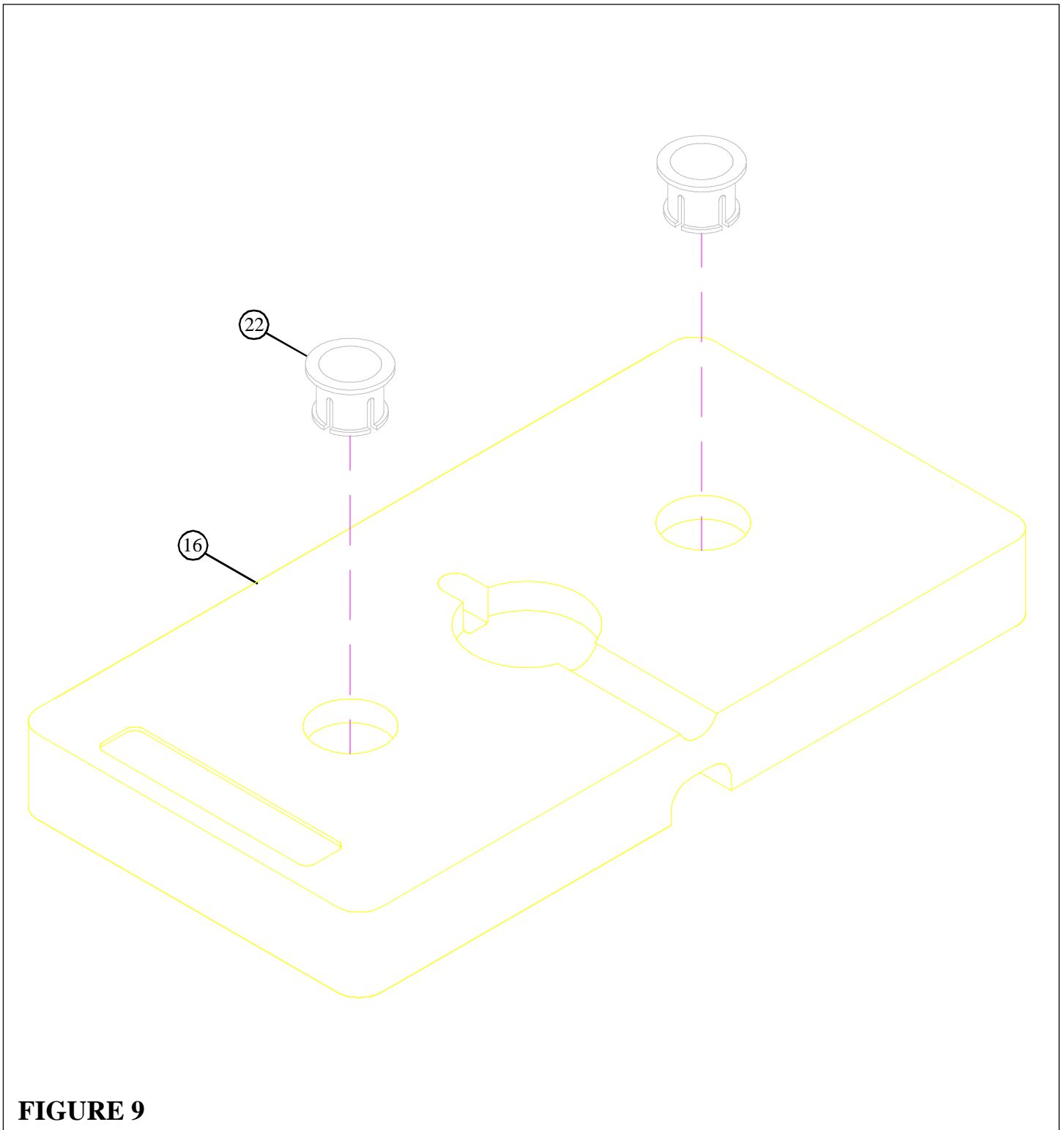
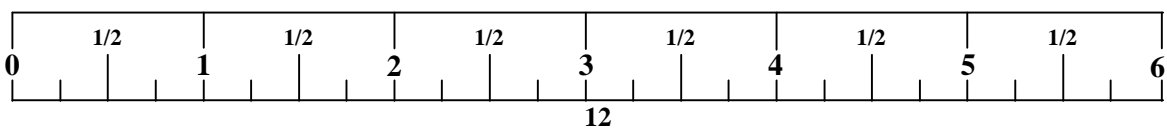


FIGURE 9

STEP 9:

- Snap two WEIGHT PLATE BUSHINGS (22) into the top side of all twenty WEIGHT PLATES (16) as shown in FIGURE 9.



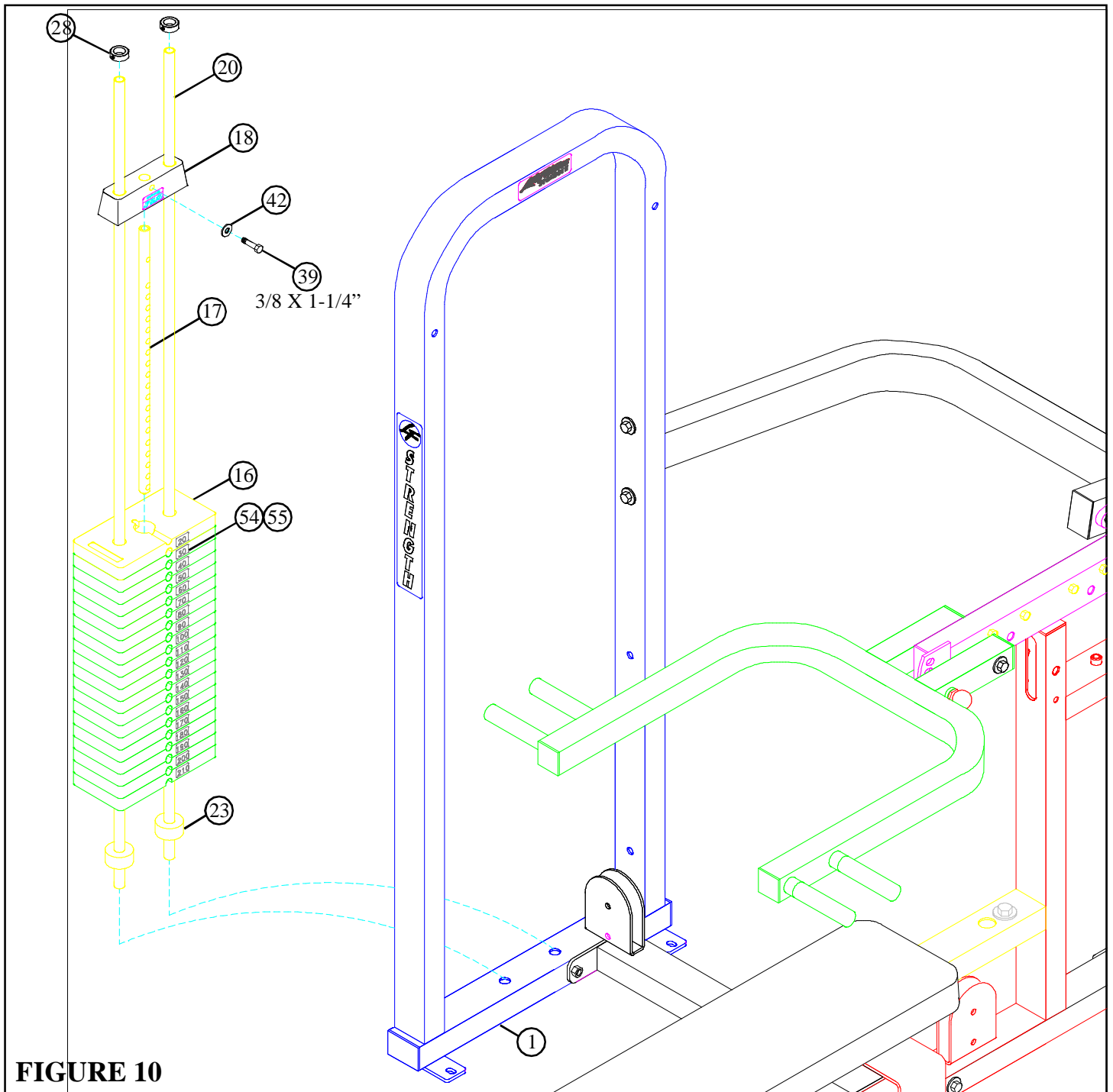


FIGURE 10

STEP 10:

- Insert the two GUIDE RODS (20) into the base of the TOWER (1) as shown in FIGURE 10. Lubricate the GUIDE RODS with a silicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (23) down over the GUIDE RODS (20). See FIGURE 10.
- Using **EXTREME CARE** slide twenty WEIGHT PLATES (16) down over the GUIDE RODS (20) with the key-hole facing as shown in FIGURE 10.
- **SECURELY** assemble the WEIGHT STACK SHAFT (17) to the HEAD PLATE (18) using one 3/8 X 1-1/4" BOLT (39) and one 3/8" WASHER (42). (**Note: The bolt hole in the HEAD PLATE (18) should be on top.**)
- Carefully Slide the HEAD PLATE ASSEMBLY down over the GUIDE RODS (20) onto the weight stack as shown.
- Slide two 13/16" SHAFT COLLARS (28) over the GUIDE RODS (20) as shown in FIGURE 10.
- Apply one set of WEIGHT STACK LABELS - LBS. OR #1-25 (54) (55) to each WEIGHT PLATE (16). See FIGURE 10.

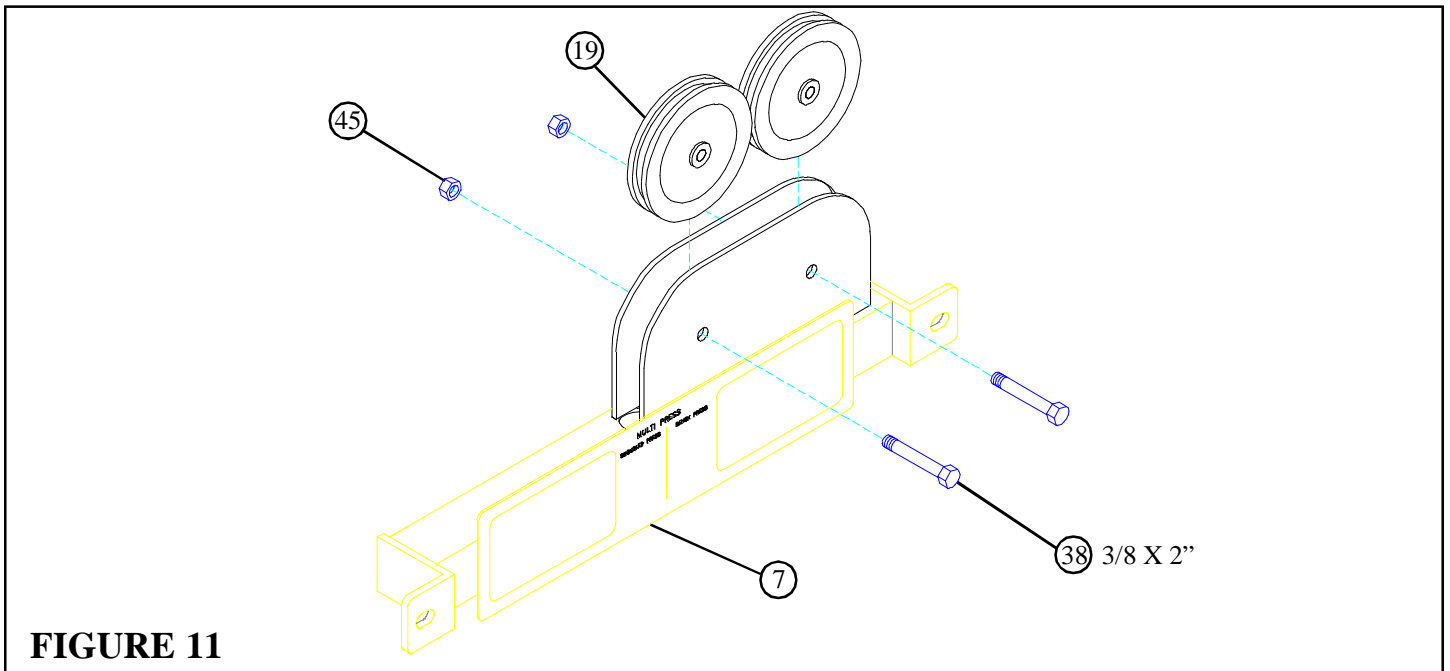


FIGURE 11

STEP 11:

- **SECURELY** assemble two 4-1/2" PULLEYS (19) to the TOWER BRACE (7) using two 3/8 X 2" BOLTS (38), and two 3/8" LOCK NUTS (45). See FIGURE 11.

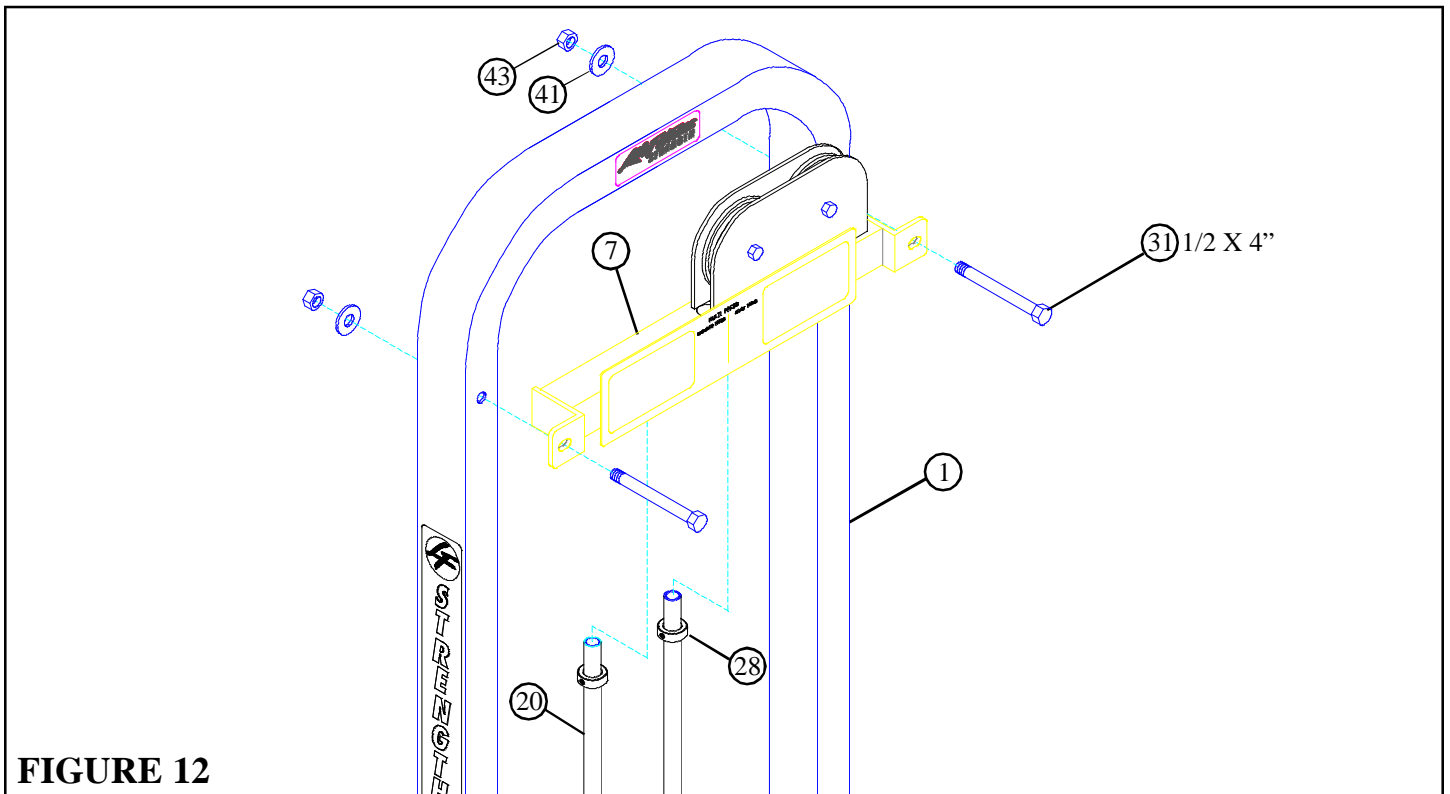
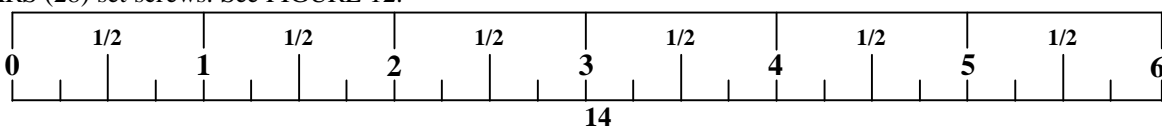


FIGURE 12

STEP 12:

- Place TOWER BRACE (7) over the GUIDE RODS (20) and **SECURELY** assemble TOWER BRACE (7) to the TOWER (1) using two 1/2 X 4" BOLTS (31), two 1/2" WASHERS (41), and two 1/2" LOCK NUTS (43) as shown in FIGURE 12.
- Slide the 13/16" SHAFT COLLARS (28) to the top of the GUIDE RODS (20) and **SECURELY** tighten the set screws of the SHAFT COLLARS (28) set screws. See FIGURE 12.



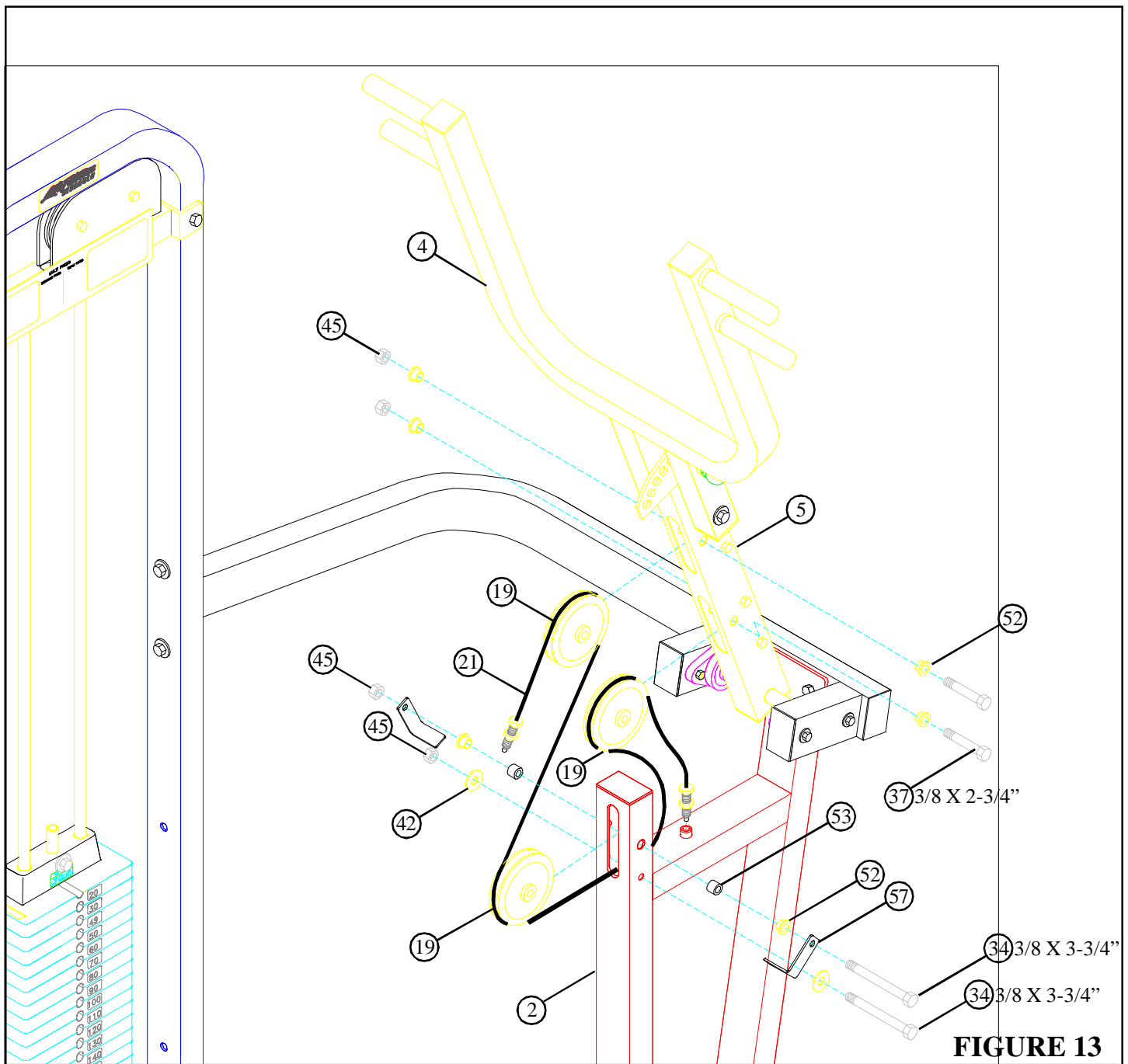


FIGURE 13

STEP 13:

- **SECURELY** assemble one of the threaded ends of the CABLE (21) 3/4 of the way into the threaded post on the PRESS BASE (2) as shown in FIGURE 13.
- Wrap the CABLE (21) around one 4-1/2" PULLEY (19) and **SECURELY** assemble the pulley to the **REAR** slot of the PRESS ARM ADJUST (5) using one 3/8 X 2-3/4" BOLT (37), two 3/8" FLANGE SPACERS (52), and one 3/8" LOCK NUT (45) as shown in FIGURE 13. (NOTE: Loop the cable over the pulley prior to inserting it into the slot.)
- Route CABLE (21) through the slot in the PRESS BASE (2) then **SECURELY** assemble one 4-1/2" PULLEY (19) to the PRESS BASE (2) using two 3/8 X 3-3/4" BOLTS (34), two 3/8" FLANGE SPACERS (52), two 2-7/8 X 2-1/4" CABLE CLIPS (2), two 1/2" SPACERS (53), two 3/8" WASHERS (42), and two 3/8" LOCK NUT (45) as shown in FIGURE 13. (NOTE: Make sure the cable is in the groove of the pulley and over the top of the retaining bolt before tightening it.) (NOTE: Position CABLE CLIPS as shown.)
- Wrap the CABLE (21) around one 4-1/2" PULLEY (19) and **SECURELY** assemble the pulley to the **FRONT** slot of the PRESS ARM ADJUST (5) using one 3/8 X 2-3/4" BOLT (37), two 3/8" FLANGE SPACERS (52), and one 3/8" LOCK NUT (45) as shown in FIGURE 13. (NOTE: Loop the cable over the pulley prior to inserting it into the slot.)

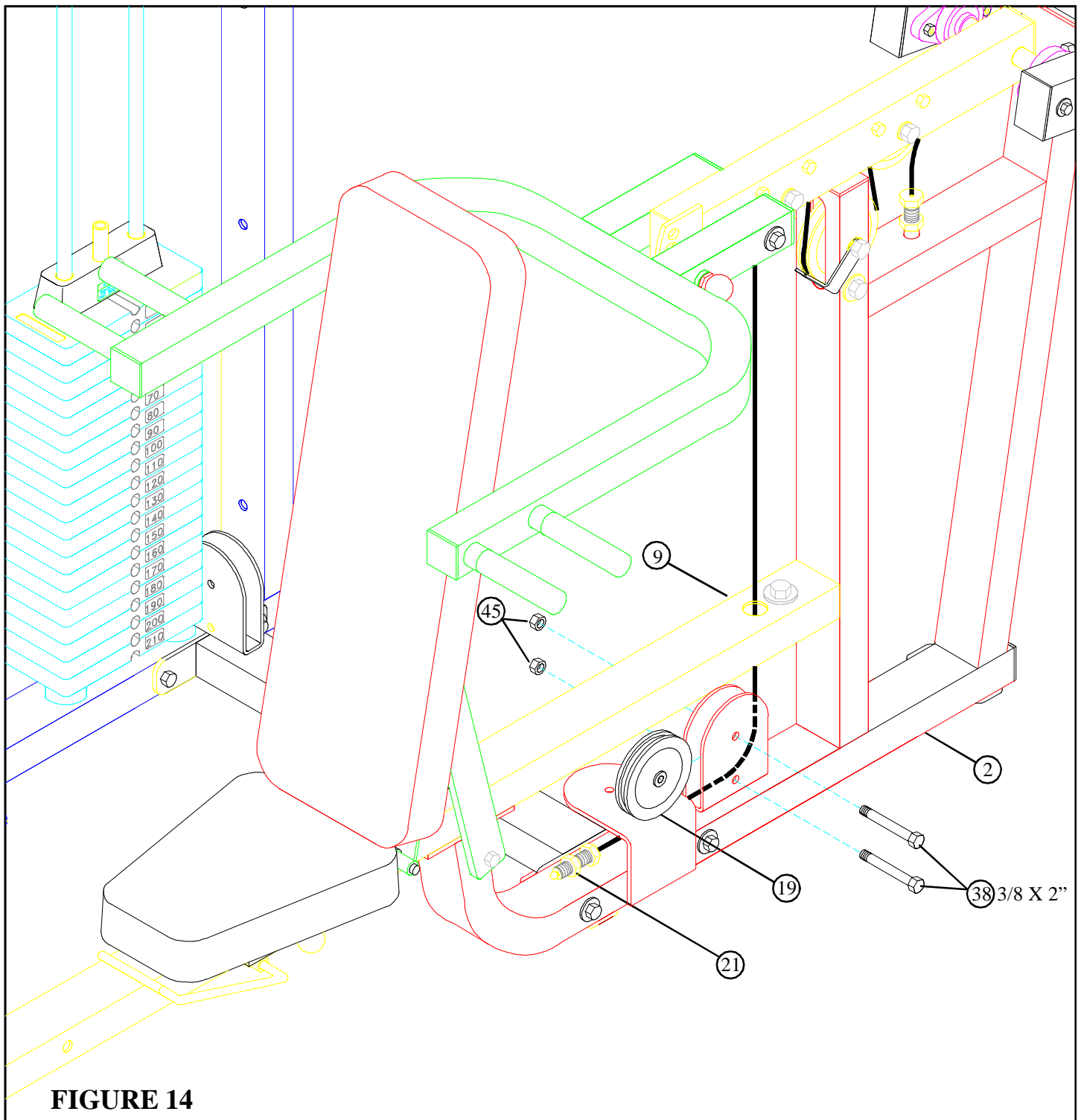
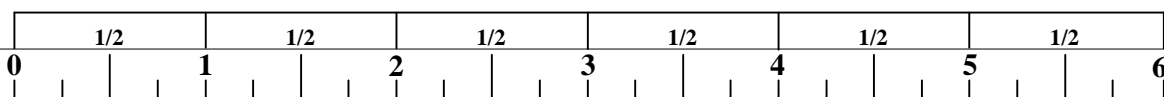


FIGURE 14

STEP 14:

- Route the threaded end of the CABLE (21) through the large hole in the PRESS FRAME (9) as shown in FIGURE 14.
- Wrap the CABLE (21) around one 4-1/2" PULLEY (19) and **SECURELY** assemble the 4-1/2" PULLEY (19) to the vertical pulley bracket on the PRESS FRAME (2) using two 3/8 X 2" BOLTS (38) and two 3/8" LOCK NUTS (45) as shown in FIGURE 14. (**NOTE: Make sure CABLE (21) runs over the retaining bolt on the vertical pulley bracket.**)



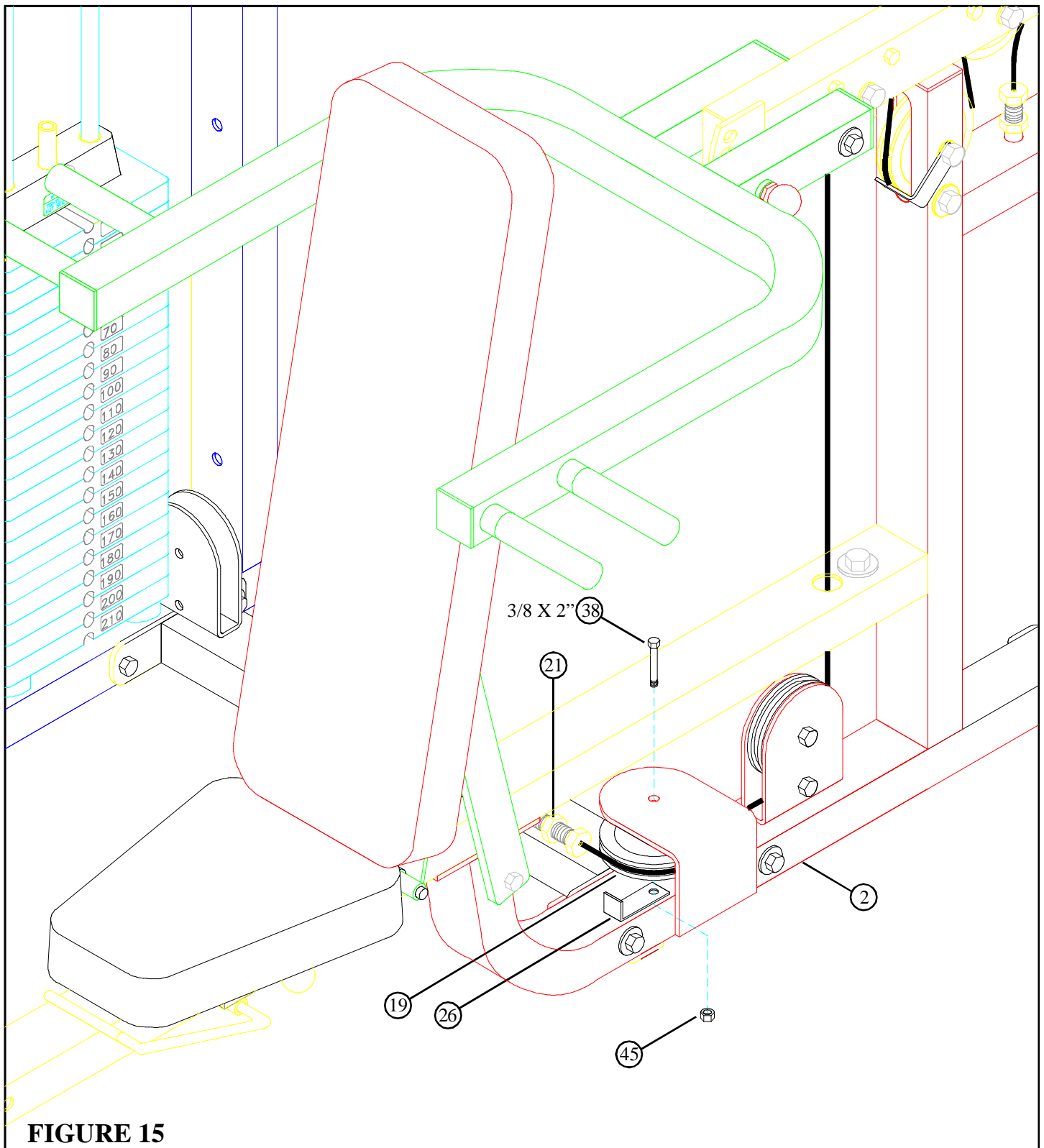


FIGURE 15

STEP 15:

- Wrap the CABLE (21) around one 4-1/2" PULLEY (19) and **SECURELY** assemble the 4-1/2" PULLEY (19) to the horizontal pulley bracket on the PRESS FRAME (2) using one 3/8 X 2" BOLT (38), one 2-7/8" CABLE CLIP (26), and one 3/8" LOCK NUT (45) as shown in FIGURE 15. (NOTE: Before tightening, make sure CABLE CLIP (26) is positioned as shown in FIGURE 15.)

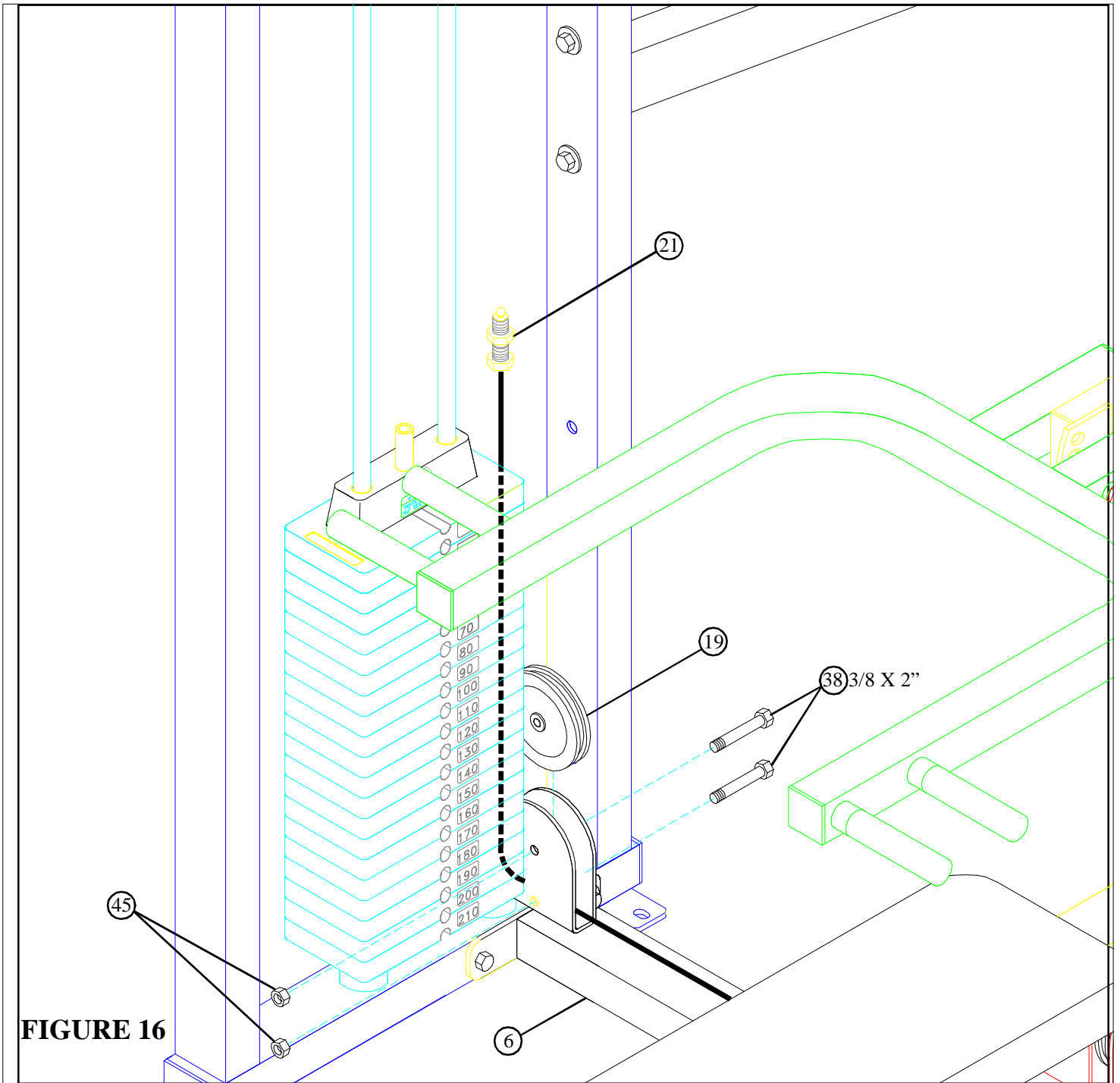


FIGURE 16

STEP 16:

- Wrap the CABLE (21) around one 4-1/2" PULLEY (19) and **SECURELY** assemble the 4-1/2" PULLEY (19) to the vertical pulley bracket on the LOWER SUPPORT (6) using two 3/8 X 2" BOLTS (38) and two 3/8" LOCK NUTS (45) as shown in FIGURE 16. (**NOTE: Make sure CABLE (21) runs over the retaining bolt on the vertical pulley bracket.**)

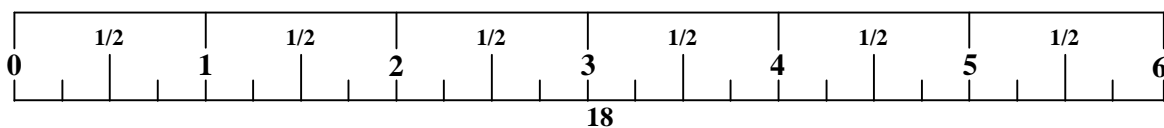
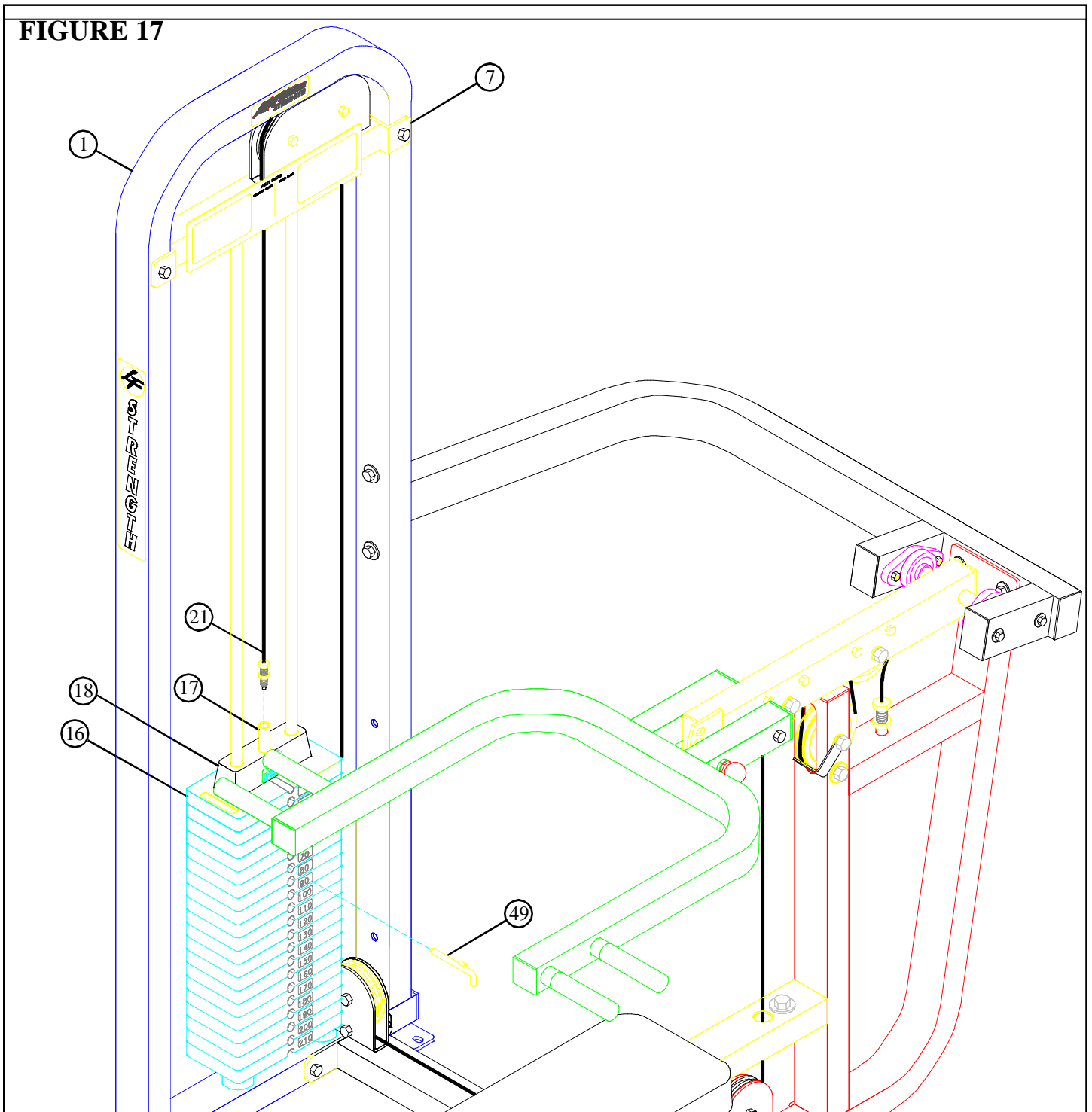


FIGURE 17



STEP 17:

- Route the threaded end of the CABLE (21) through the holes and around the pulleys in the TOWER BRACE (7) as shown in FIGURE 17.
- Screw the threaded end of the CABLE (21) approximately 3/4" into the end of the WEIGHT STACK SHAFT (17) and tighten jam nut securely. See FIGURE 17.
- If the HEAD PLATE (18) does not sit on top of the first WEIGHT PLATE (16), push the head plate down, insert the SELECTOR PIN (49) and perform several repetitions on the machine. This will relax the cable system and prevent the HEAD PLATE (18) from lifting up.
- If after completing the previous step the HEAD PLATE (18) still does not sit on top of the first WEIGHT PLATE (16) or if there is excess slack in the cable system, adjust the threaded end of the CABLE accordingly and retighten the jam nut.

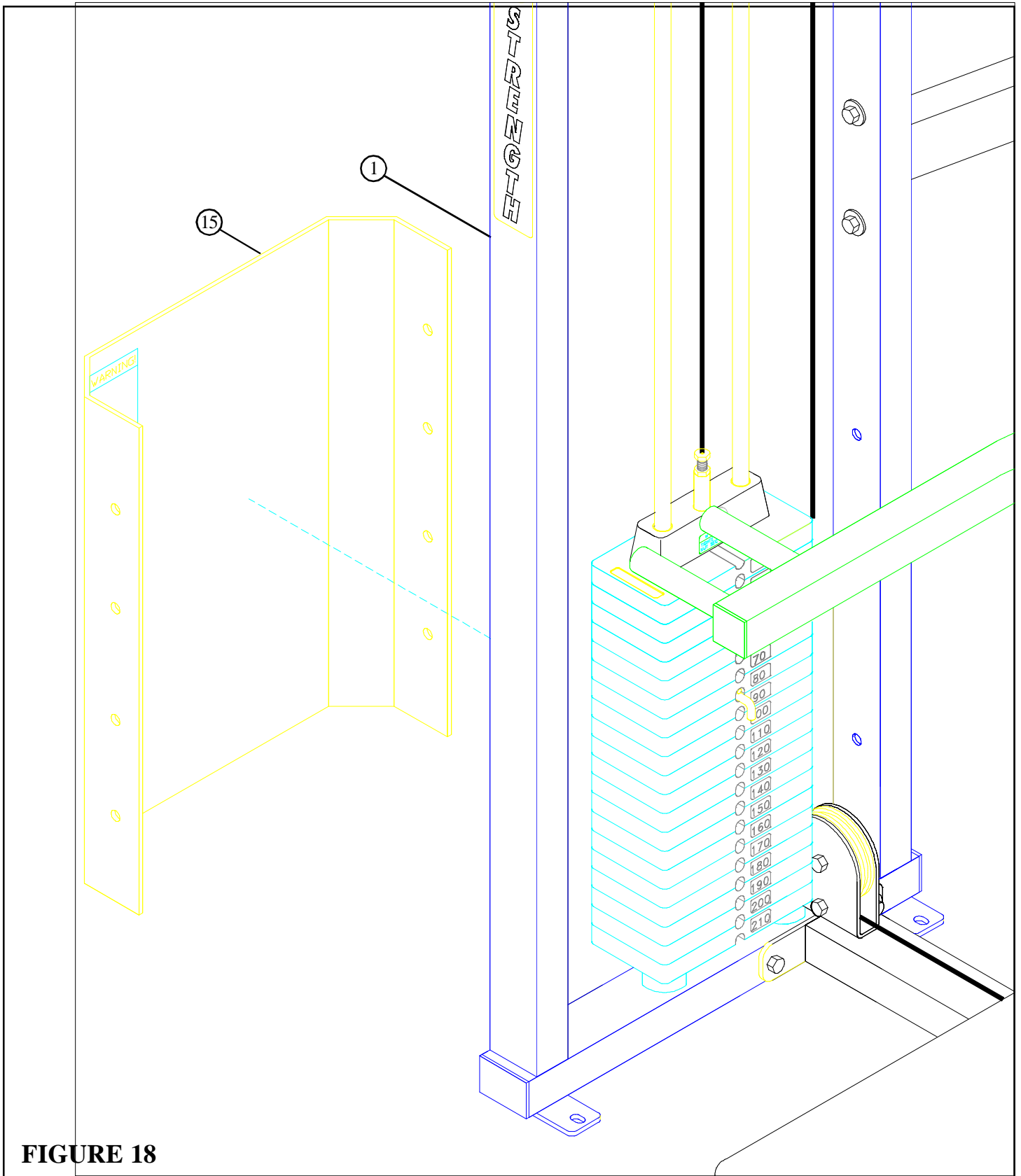
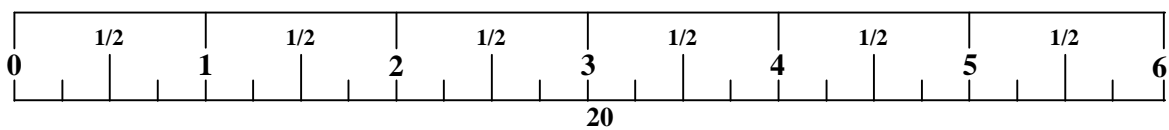


FIGURE 18

STEP 18:

- Slide the SHROUD (15) between the TOWER (1) as shown in FIGURE 18.



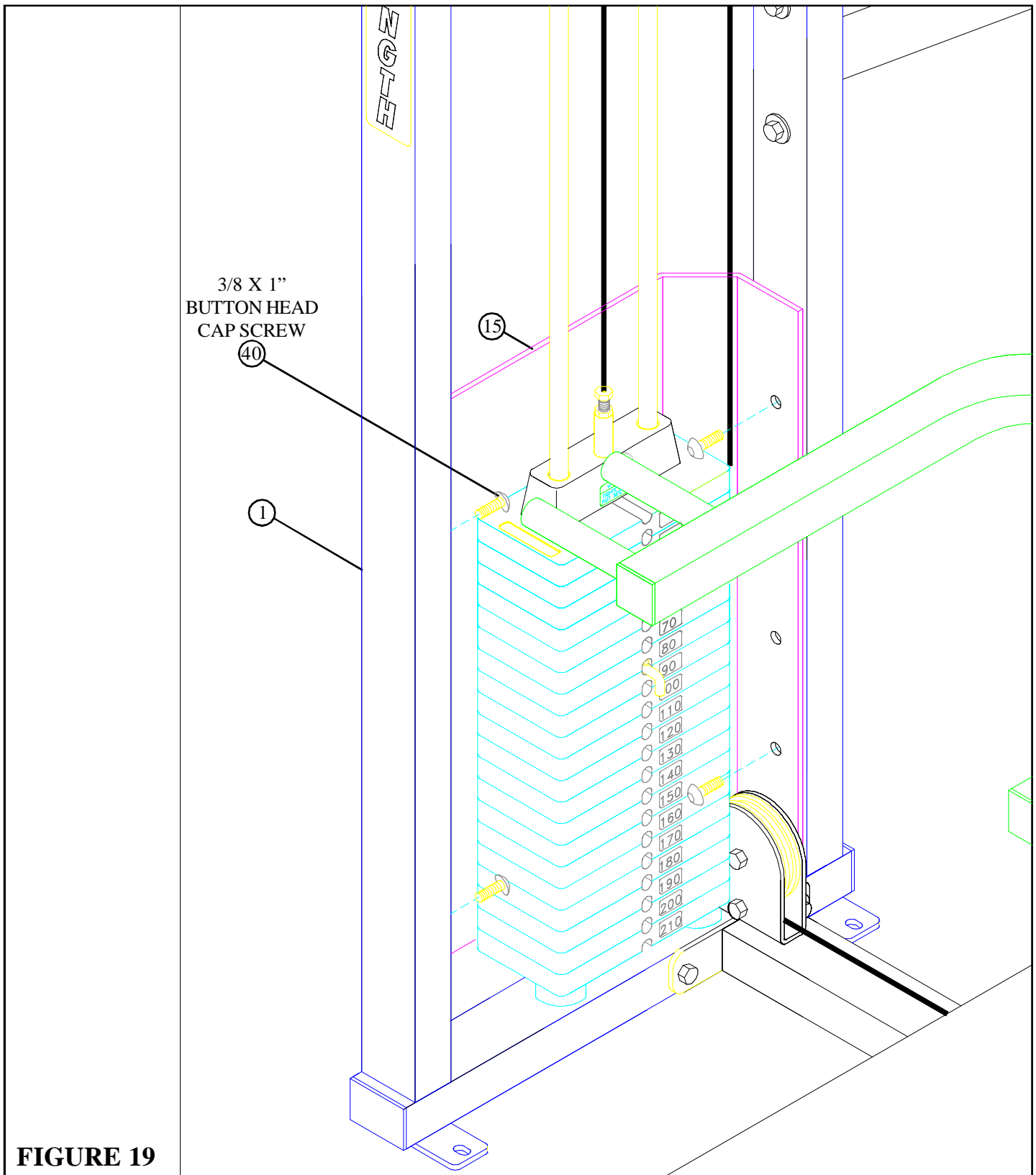


FIGURE 19

STEP 19:

- **SECURELY** assemble the SHROUD (15) to the TOWER (1) using four 3/8 X 1" BUTTON HEAD CAP SCREWS (40) as shown in FIGURE 19.

Thank you for purchasing the LifeFitness 8215 MULTI-PRESS. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 328-9714.

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