HAMMER STRENGTH®

HAMMER STRENGTH®

Premium Wood Platforms

Owner's Manual & Assembly Instructions

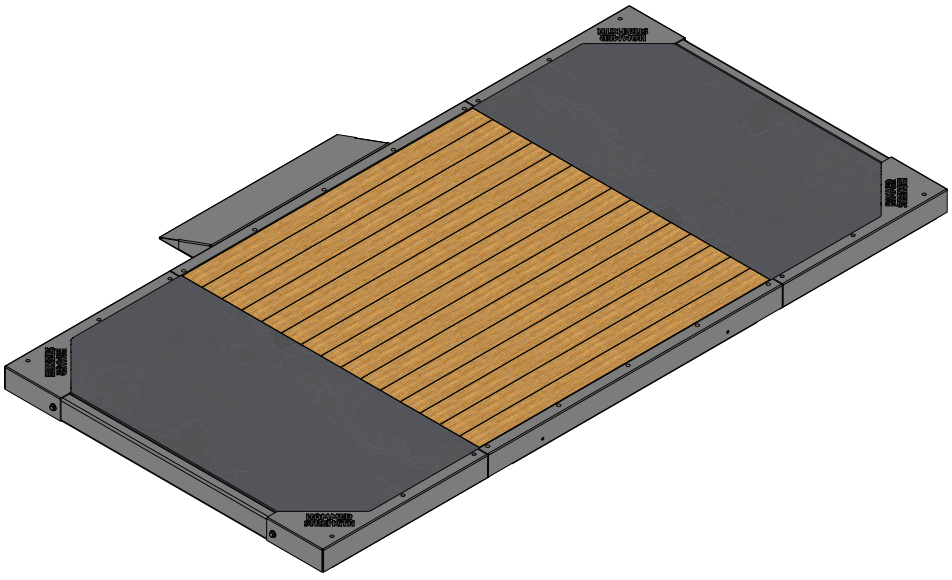
PW-4X8 / PW-6X8 / PW-8X8 / PW-INSERT / PW-RAMP

PW2-4X8 / PW2-6X8 / PW2-8X8 / PW2-RAMP

PW3-4X8 / PW3-6X8 / PW3-8X8 / PW2-INS-HDLSTOR-LD

HDLPRMR-STD-INS / HDLPRMR-SU-INS / HDLHRL-INS

HDLHRS-INS / HDT-BR-INS / ATST-PR-INS / ATST-HR-INS



1004462-0001 REV AB

M051-00K20-0426

Operation Manuals and other Product Information available at https://www.lftechsupport.com/web/document-library/documents

أدلة التشغيل ومعلومات أخرى عن الجهاز متاحة على الموقع https://www.lftechsupport.com/web/document-library/documents

操作マニュアルおよびその他の製品情報については、https://www.lftechsupport.com/web/document-library/documents をご覧ください。

如需操作手册和其他产品信息，请登录：https://www.lftechsupport.com/web/document-library/documents

操作手冊和其他產品資訊請見 https://www.lftechsupport.com/web/document-library/documents

작동 설명서 및 기타 제품 정보는 https://www.lftechsupport.com/web/document-library/documents 에서 찾을 수 있습니다.

Trobareu el manual de funcionament i altra informació de producte a https://www.lftechsupport.com/web/document-library/documents

Mae Llawlyfrau Gweithredu a Gwybodaeth Arall am Beiriannau ar gael yn https://www.lftechsupport.com/web/document-library/documents

Die Betriebsanleitung und andere Produktinformationen erhalten Sie unter https://www.lftechsupport.com/web/document-library/documents

Encontrará el manual de funcionamiento y otra información de producto en https://www.lftechsupport.com/web/document-library/documents

Erabiltzailearen Eskuliburua eta Beste Produktuei buruzko Informazioa eskuratu https://www.lftechsupport.com/web/document-library/documents gunean

Käyttöoppaat ja muut tuotetiedot ovat saatavana osoitteessa https://www.lftechsupport.com/web/document-library/documents

Les manuels d’utilisation, ainsi que d’autres informations sur les Produits, sont disponibles sur https://www.lftechsupport.com/web/document-library/documents

Felhasználói kézikönyvek és más termékinformációk: https://www.lftechsupport.com/web/document-library/documents

Manuali di funzionamento e altre informazioni sui prodotti disponibili su https://www.lftechsupport.com/web/document-library/documents

Manuali di funzionamento e altre informazioni sui prodotti disponibili su https://www.lftechsupport.com/web/document-library/documents

Instrukcje obsługi i inne informacje o produktach dostępne na stronie https://www.lftechsupport.com/web/document-library/documents

Manuais de Operação e Informações sobre outros produtos disponíveis em https://www.lftechsupport.com/web/document-library/documents

Руководства по эксплуатации и другую касающуюся нашей продукции информацию можно найти, перейдя по ссылке https://www.lftechsupport.com/web/document-library/documents

Kullanım Kılavuzları ve Diğer Ürün Bilgileri https://www.lftechsupport.com/web/document-library/documents’da bulunmaktadır

CORPORATE HEADQUARTERS

Columbia Centre III, 9525 West Bryn Mawr Avenue, Rosemont, Illinois 60018 • U.S.A.
847.288.3300 • FAX: 847.288.3703
Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)
Global Website: ***www.lifefitness.com***

INTERNATIONAL OFFICES

AMERICAS

North America
Life Fitness, Inc.

Columbia Centre III
9525 West Bryn Mawr Avenue
Rosemont, IL 60018 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email:
customersupport@lifefitness.com
Service Website: *www.lifefitness.com/parts*
Sales/Marketing Email:
commercialsales@lifefitness.com
Operating Hours: 7:00 am-6:00 pm (CST)

Brazil
Life Fitness Brasil

Av. Cidade Jardim, 900
Jd. Paulistano
São Paulo, SP 01454-000
BRAZIL
SAC: 0800 773 8282
Telephone: +55 (11) 3095 5200
Fax: +55 (11) 3095 5201
Service Email: *suporte@lifefitness.com.br*
Sales/Marketing Email:
lifefitness@lifefitness.com.br
Service Operating Hours:
9:00 - 17:00 (BRT) (Monday-Friday)
Store Operating Hours:
9:00 -20:00 (BRT) (Monday-Friday)
10:00 - 16:00 (BRT) (Saturday)

Latin America & Caribbean*
Life Fitness Inc.

Columbia Centre III
9525 West Bryn Mawr Avenue
Rosemont, IL 60018 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email:
customersupport@lifefitness.com
Sales/Marketing Email:
commercialsales@lifefitness.com
Operating Hours: 7:00am-6:00pm (CST)

EUROPE, MIDDLE EAST, & AFRICA (EMEA)

Netherlands & Luxemburg
Life Fitness Atlantic BV

Bijdorpplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 666
Fax: (+31) 180 646 699
Service Email:
service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

United Kingdom & Ireland
Life Fitness UK LTD

Queen Adelaide
Ely, Cambs, CB7 4UB
Telephone: General Office (+44) 1353.666017
Customer Support (+44) 1353.665507
Fax: (+44) 1353.666018
Service Email: *uk.support@lifefitness.com*
Sales/Marketing Email: *life@lifefitness.com*
Operating Hours:
General Office: 9.00am - 5.00pm (GMT)
Customer Support: 8.30am - 5.00pm (GMT)

Germany & Switzerland
Life Fitness Europe GMBH

Siemensstraße 3
85716 Unterschleißheim
GERMANY
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)
Service Email:
kundendienst@lifefitness.com
Sales/Marketing Email:
kundenberatung@lifefitness.com
Operating Hours: 08.30 -16.30h (CET)

Austria
Life Fitness Austria

Vertriebs G.m.b.H.
Dückegasse 7-9/3/36
1220 Vienna
AUSTRIA
Telephone: (+43) 1.61.57.198
Fax: (+43) 1.61.57.198.20
Service Email: *kundendienst@lifefitness.com*
Marketing/Sales Email:
kundenberatung@lifefitness.com
Operating Hours: 08:30-16.30.h (MEZ)

Spain
Life Fitness IBERIA

C/Frederic Mompou 5,1°1ª
08960 Sant Just Desvern Barcelona
SPAIN
Telephone: (+34) 93.672.4660
Fax: (+34) 93.672.4670
Service Email: *servicio.tecnico@lifefitness.com*
Sales/Marketing Email:
info.iberia@lifefitness.com
Operating Hours:
9.00h-18.00h (Monday-Thursday)
8.30h-15.00h (Friday)

Belgium
Life Fitness Benelux NV

Parc Industrial de Petit-Rechain
4800 Verviers
BELGIUM
Telephone: (+32) 87 300 942
Fax: (+32) 87 300 943
Service Email:
service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9.00h -17.00h (CET)

All Other EMEA Countries & Distributor Business C-EMEA*

Bijdorpplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 644
Fax: (+31) 180 646 699
Service Email:
service.db.cemea@lifefitness.com
Sales/Marketing Email:
marketing.db.cemea@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

ASIA PACIFIC (AP)

Japan
Life Fitness Japan

Japan Nippon Brunswick Bldg., #8F
5-27-7 Sendagaya
Shibuya-Ku, Tokyo
Japan 151-0051
Telephone: (+81) 3.3359.4309
Fax: (+81) 3.3359.4307
Service Email: *service@lifefitnessjapan.com*
Sales/Marketing Email:
sales@lifefitnessjapan.com
Operating Hours: 9.00h-17.00h (JAPAN)

Hong Kong
Life Fitness Asia Pacific LTD

32/F, Global Trade Square
21 Wong Chuk Hang Road
HONG KONG
Telephone: (+852) 2575.6262
Fax: (+852) 2575.6894
Service Email:
HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
Marketing.HK.Asia@lifefitness.com
Operating Hours: 9.00h-17.00h
Service Operating Hours: 9.00h-18.00h

All Other Asia Pacific countries & distributor business Asia Pacific*
Life Fitness Asia Pacific LTD

32/F, Global Trade Square
21 Wong Chuk Hang Road
HONG KONG
Telephone: (+852) 2575.6262
Fax: (+852) 2575.6894
Service Email:
HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
Marketing.HK.Asia@lifefitness.com
Operating Hours: 9.00h-17.00h
Service Operating Hours: 9.00h-18.00h

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

CONTENTS

SAFETY INFORMATION 5-6

SAFETY AND WARRANTY 7-8

SPECIFICATIONS 9

MAINTENANCE PROCEDURES..... 10-11

COMPONENTS AND REQUIRED TOOLS..... 12

OPTIONAL EQUIPMENT..... 13

PLATFORM ASSEMBLY INSTRUCTIONS 14-17

HDLLS INSERT ASSEMBLY INSTRUCTIONS 17

OPTIONAL RAMP ASSEMBLY INSTRUCTIONS 18

SAFETY INFORMATION

It is the sole responsibility of the purchaser of HAMMER STRENGTH 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 WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM LIFE FITNESS PERSONNEL.

It is recommended that all users of HAMMER STRENGTH exercise equipment be informed of the following information prior to use.

This equipment is categorized as class S per EN 20957-1 and as such is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact LIFE FITNESS with any questions regarding this classification.

ACCESS CONTROL

HAMMER STRENGTH 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 - If the HDL ELITE PLATFORM and INSERT is intended for use with an HDL ELITE RACK it is recommended that the accompanying rack be secured to a solid, level surface to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that HAMMER STRENGTH 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 EXERCISING and consult your physician.
3. Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.

SAFETY INFORMATION

INSPECTION

1. DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all HAMMER STRENGTH equipment use only replacement parts supplied by LIFE FITNESS.

2. 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.

3. EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.

4. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. See Maintenance section for care and maintenance instructions.

5. Before any use, examine all accessories approved for use with the HAMMER STRENGTH equipment for damage or wear.

6. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE HAMMER STRENGTH 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 HAMMER STRENGTH 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, attached accessories and components while machine is in operation.

5. Never exceed the load rating for any athletic racks, bench or other free weight device; including specific weight rod and band peg limits.

6. Only use BUMPER style plates with the wooden platforms (no steel plates, urethane coated plates, or dumbbells).

7. Contact a LIFE FITNESS representative with any questions regarding proper weights and loading.



8. 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 www.P65Warnings.ca.gov"

SAFETY AND WARRANTY

FLOORING REPRESENTATION WARRANTY STATEMENT

LIFE FITNESS warrants that the floor system supplied will be free from manufacturing defects for a period of one year. The foregoing warranty is in lieu of and excludes all other warranties not expressly set forth herein, whether express or implied in operation of law or otherwise, including, but not limited to any implied warranties of merchantability or fitness. This warranty is expressly limited to the floor system supplied by LIFE FITNESS. The warranty does not cover floor damage caused (wholly or in part) by fire, winds, floods, moisture, other unfavorable atmospheric conditions or chemical action, nor does it apply to damage caused by ordinary wear, misuse, abuse, negligent or intentional misconduct, aging, faulty building construction, concrete slab separation, faulty or unsuitable subsurface or site preparation, settlement of the building walls or faulty or unprofessional assembly, disassembly, storage and care of the floor system. LIFE FITNESS shall not be liable for incidental or consequential losses, damages or expenses directly or indirectly arising from the sale, handling, or use of floor system, or from any other cause relating thereto, and their liability hereunder in any case is expressly limited to the replacement of materials (goods) not complying with this agreement, or at their elections, to the repayment of, or crediting buyer with, an amount equal to the purchase price of such materials (goods), whether such claims are for breach of warranty or negligence. Any claim shall be deemed waived by buyer unless submitted to LIFE FITNESS in writing within 30 days from the date buyer discovered, or should have discovered, any claimed breach. One year warranty on structural foundation and frame (excluding surface finish). 90 day warranty on rubber mats, hardware, and items not specified.

WHAT IS COVERED

This LIFE FITNESS commercial exercise equipment (HDL and AT platforms) 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 & INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, We, LIFE FITNESS, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge during the second and third years (if applicable).

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 representative.

SAFETY AND WARRANTY

OPERATION 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.

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.

OUR PLEDGE TO YOU

Our products are designed and manufactured to the highest standards.

We want you to be completely satisfied with our products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

HOW TO OBTAIN PARTS & SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit.
3. Contact the nearest LIFE FITNESS Customer Support Services group (see page 3 of this manual).

WARRANTY COVERAGE

- 1 year Foundation and Frame (not including surface finish).
- 90 days Rubber Mat, Hardware, Items not specified.

MAXIMUM TRAINING WEIGHT

500lb (227Kg)

SPECIFICATIONS

PW2 - 4X8 (4′ x 8′ Platform)
Platform Dimensions: 48″ L x 92″ W x 3″ H (123 cm L x 233 cm W x 7 cm H)
Product Weight: 264.6 lbs. (120 kg)

PW2 - 6X8 (6′ x 8′ Platform)
Platform Dimensions: 72″ L x 92″ W x 3″ H (183 cm L x 233 cm W x 7 cm H)
Product Weight: 321.9 lbs. (146 kg)

PW2 - 8X8 (8′ x 8′ Platform)
Platform Dimensions: 96″ L x 92″ W x 3″ H (244 cm L x 233 cm W x 7 cm H)
Product Weight: 436.5 lbs. (198 kg)

HDL OPTIONAL EQUIPMENT-
PW2-RAMP
Platform Dimensions: 29″ L x 8″ W x 3″ H (73.7 cm L x 18 cm W x 7.8 cm H)
Product Weight: 9.9 lbs. (4.5 kg)

HDLHRS - INS (HALF RACK SHORT BASE INSERT)
Insert Dimensions: 28″ L x 42″ W x 3″ H (71.1 cm L x 107 cm W x 7.8 cm H)
Product Weight: 46.2 lbs. (21 kg)

HDLHRL - INS (HALF RACK LONG BASE INSERT)
Insert Dimensions: 48.6″ L x 42″ W x 3″ H (123.4 cm L x 107 cm W x 7.8 cm H)
Product Weight: 83.8 lbs. (38 kg)

HDLPRMR-STD-INS (POWER RACK STANDARD BASE INSERT)
(MULTI RACK STANDARD BASE INSERT)
Insert Dimensions: 70.5″ L x 42″ W x 3″ H (179.1 cm L x 107 cm W x 7.8 cm H)
Product Weight: 125.7 lbs. (57 kg)

HDLPRMR-SU-INS (POWER RACK SUMO BASE INSERT)
(MULTI RACK SUMO BASE INSERT)
Insert Dimensions: 70.5″ L x 42″ W x 3″ H (179.1 cm L x 107 cm W x 7.8 cm H)
Product Weight: 145.5 lbs. (66 kg)

PW2-INS-HDLSTOR-LD (LONG STORAGE INSERT ONLY)
Insert Dimensions: 30″ L x 42″ W x 3.9″ H (76 cm L x 107 cm W x 9.9 cm H)
Product Weight: 44.1 lbs. (20 kg)

HD ATHLETIC/CYBEX INSERTS
AT-ST-HR-INS (HD ATHLETIC HALF RACK)
Insert Dimensions: 64.5″ L x 42″ W x 3″ H (163.8 cm L x 107 cm W x 7.8 cm H)
Product Weight: 121.6 lbs. (55 kg)

ATST-PR-INS (HD ATHLETIC POWER RACK)
Insert Dimensions: 47.75″ L x 42″ W x 3″ H (121.3 cm L x 107 cm W x 7.8 cm H)
Product Weight: 90.8 lbs. (41.2 kg)

HDT-BR (HD ATHLETIC BRIDGE)
Insert Dimensions: 27.38″ L x 41.5″ W x 3″ H (69.5 cm L x 105.4 cm W x 7.8 cm H)
Product Weight: 52.7 lbs. (23.9 kg)

MAINTENANCE PROCEDURES

IMPORTANT

NEVER shut down the ventilating system in your facility for a prolonged period of time.

NEVER use household cleaning products or procedures. They can be harmful to the floor finish and to the wood and may also leave floors sticky or slippery, and potentially harmful to users.

NEVER clean your floor using scrubbing machinery or power scrubbers that use water under pressure. Water is your platform's worst enemy!

NEVER attempt to modify or repair your sports floor without first consulting with your flooring contractor. Please post Maintenance Procedures in the office of the superintendent, the maintenance engineer, or the custodian. The LIFE FITNESS warranty is solely based on strict compliance with the care and maintenance outlined in this manual.

GENERAL CARE

HUMIDITY AND VENTILATION

Since all wood flooring will expand and contract as relative humidity varies, it is important to minimize extremes between low and high. Hardwood flooring is manufactured at moisture content most compatible with a 35%-50% relative humidity range. Geographical regions and available mechanicals determine the typical range of temperature and humidity for each facility. Maintaining a 15% fluctuation between highest and lowest average indoor relative humidity provides limited shrinkage and expansion.

EXCESSIVE SEPARATION AND TIGHTENING

Separation between flooring boards commonly develops during winter low humidity, and flooring typically aligns generally tight during peak summer humidity conditions. While moderate shrinkage and expansion is normal, make use of available HVAC systems to prevent excessive shrinkage and expansion of flooring.

KEEP WATER AND GRIT OFF THE FLOOR SURFACE

Protect your floors from tracking moisture and grit at exterior doorways by providing suitable floor mats. Check mats frequently to assure no moisture is trapped underneath. Correct all leaks immediately and protect your floor from excessive condensation moisture by properly insulating ductwork, interior drains, and downspouts. Any dampness within your building should be brought to the attention of your architect and engineers.

DAILY CARE

SWEEPING THE FLOOR

Sweep your floor daily with a dry dust mop. Floors with heavy use should be dust mopped up to three times a day. For more thorough daily cleaning, an untreated dust mop may be sprayed with approved diluted (warm water) floor cleaner especially compatible with gym floor finishes (see APPROPRIATE PROTECTION). Apply cleaning solution to dust mop and not directly to floor, and replace soiled dust mop covers as necessary. Do not allow cleaning residue to build up on the floor surface from excess treatment of dust mop.

MAINTENANCE PROCEDURES

SPILLAGE / SPOTS / STAINS

Wipe liquid spills and water from the floor immediately with a thoroughly wrung soft cloth or thoroughly wrung mop dampened with approved floor cleaner. Remove chewing gum by applying crushed ice in a plastic bag until the gum becomes brittle enough to crumble off the floor surface. Clean remaining residue with cloth dampened with floor cleaner.

Remove aggressive marks (black marks, rubber burns) with cloth dampened with cleaner. Apply cleaners using a soft cloth, never a rough or textured cloth.

FLOOR LOADS

Significant point and/or area loads can affect the integrity of the wood floor surface and athletic sub floor components.

POINT LOADS

Point loads refer to concentration of weight on a small area of the floor surface. Examples of high point loads include wheels that are crowned or tapered rather than those making full and flat contact, and wheels that include center ridges remaining from the molding process. Other examples of destructive point loads include shoe cleats and table or chair legs with small contact points.

AREA LOADS

Area loads refer to broad based loads that are less likely to compress wood fibers, but if significant are likely to damage flooring and/or sub floor components. Examples of excessive area loads include maintenance equipment such as hoists and lift vehicles.

APPROPRIATE PROTECTION

Maintenance equipment such as hoists, lifts and outriggers should not be used on your LIFE FITNESS Platform. Approved floor cleaner, such as "Poloplaz Hardwood Floor Cleaner", may be sourced through Poloplaz (800-421-7311) www.poloplaz.com. Your installing contractor or maintenance supplier may offer an alternate cleaning concentrate that can be diluted and used in the manner described, however it must be compatible with the gym finish and contain no oils, silicones or waxes.

COMPONENTS AND REQUIRED TOOLS

ITEM	QTY	DESCRIPTION
1	1	CENTER PLATFORM
2	2	SIDE WING PLATFORM
3	4	HOOK ASSEMBLY
4	2	CENTER FRAME (HDL-4X8 / HDL-6X8 / HDL-8X8)
	1	CENTER FRAME (when INSERT is used)
5	2	LEFT CORNER FRAME
6	2	RIGHT CORNER FRAME
7	2	TUBE 1.5 X 3 x 48" (for 4X8 platforms)
	2	TUBE 1.5 X 3 x 72" (for 6X8 platforms)
	2	TUBE 1.5 X 3 X 96" (for 8X8 platforms)
8	17	#10 X 2-1/2 PHILLIPS FLAT HEAD BLACK WOOD SCREW (With Insert)
	22	#10 X 2-1/2 PHILLIPS FLAT HEAD BLACK WOOD SCREW (No Insert)
9	1	OPTIONAL PLATFORM HDLRAMP
10	4	3/8-16X1.25 HEX HEAD BOLT
11	4	WASHER, FLAT 3/8 IN SAE ST ZN
12	2	#12 X 1.5 PHILLIPS WOOD SCREW (OPTIONAL PLATFORM HDLRAMP ONLY)

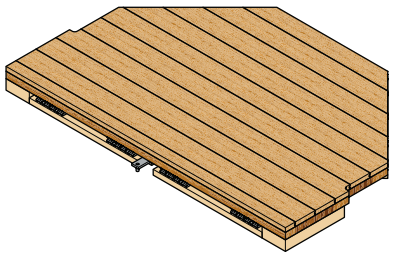
REQUIRED TOOLS

- #2 OR #3 PHILLIPS SCREWDRIVER
- RUBBER MALLET
- RATCHET
- 9/16" SOCKET
- CORDLESS/ELECTRIC DRILL
- 1/8" SIZE DRILL BIT

OPTIONAL EQUIPMENT

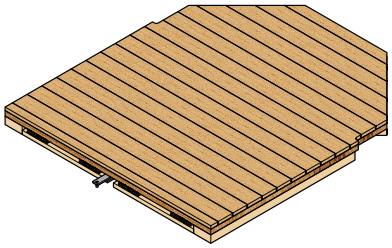
HDL INSERTS

HDLHRS



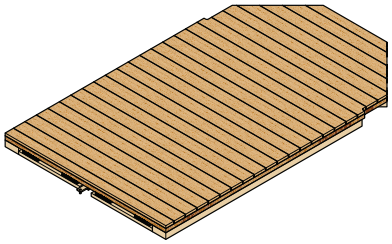
HALF RACK SHORT BASE

HDLHRL



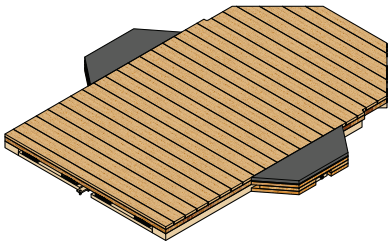
HALF RACK LONG BASE

HDLPRMR



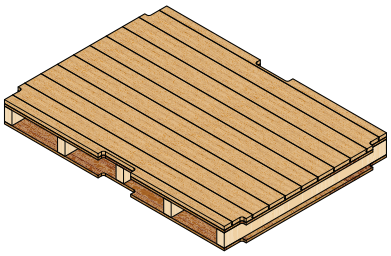
POWER RACK STANDARD BASE

HDLPRMR SUMO



POWER/MULTI RACK SUMO BASE

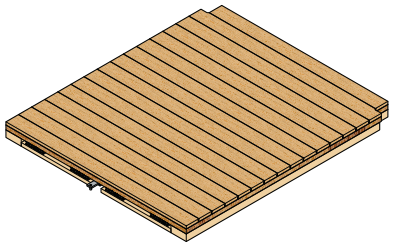
HDLLS



LONG STORAGE INSERT

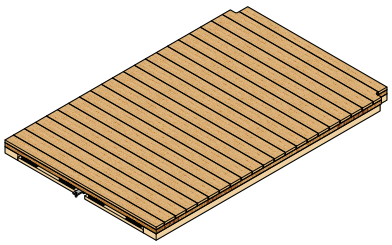
HDT INSERTS

HDT-HR



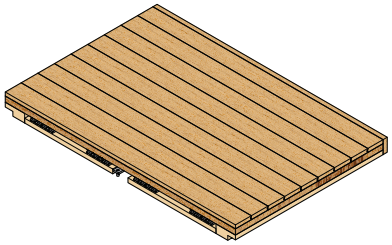
HALF RACK INSERT

HDT-PR



POWER RACK INSERT

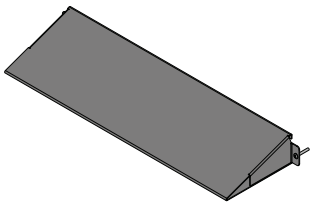
HDT-BR



BRIDGE INSERT

RAMP

HDLRAMP

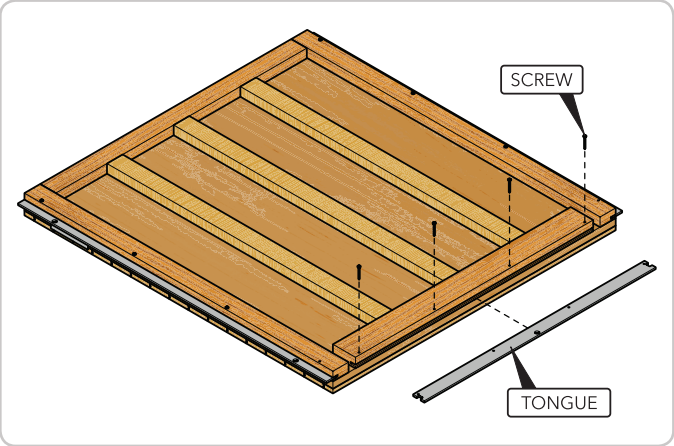


OPTIONAL RAMP

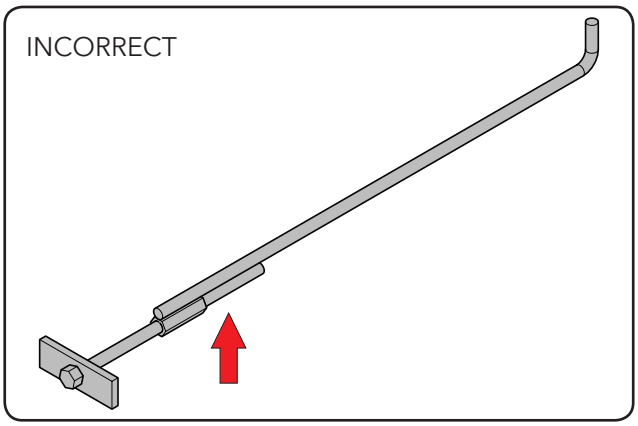
PLATFORM ASSEMBLY INSTRUCTIONS

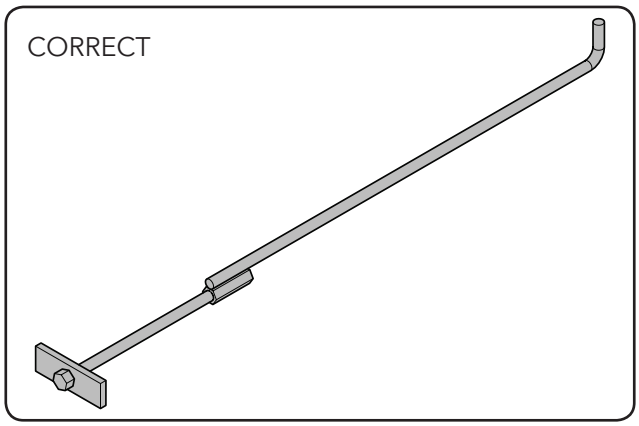
1. For platforms with Inserts continue to step 2.

   For platforms with no insert (PW2-4X8 / PW2-6X8 / PW2-8X8): flip over Center Platform (#1), remove the Four (4) screws and remove metal tongue by prying in the notch or screw hole - **DO NOT pry against finished side of wood!**

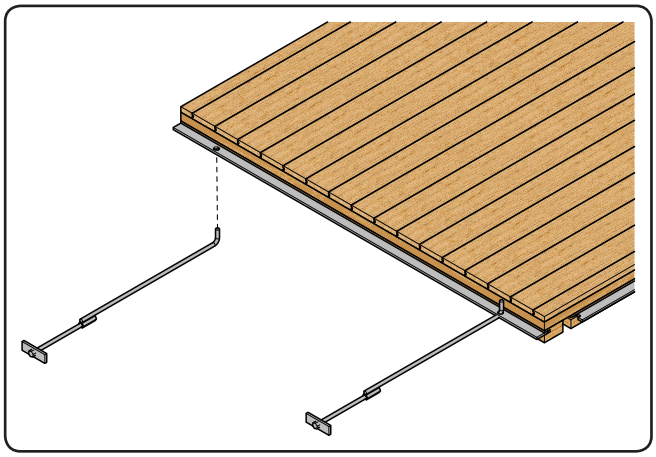


2. Unscrew the Hex Bolt to make Hook Assemblies (#3) as long as possible.



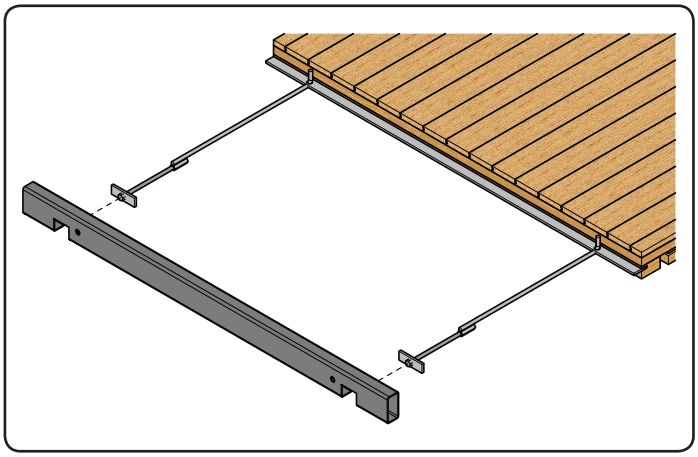


3. Insert the Four (4) Hook Assemblies (#3) into the Center Platform (#1) hook side up.

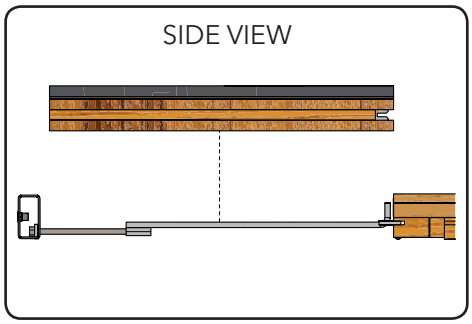


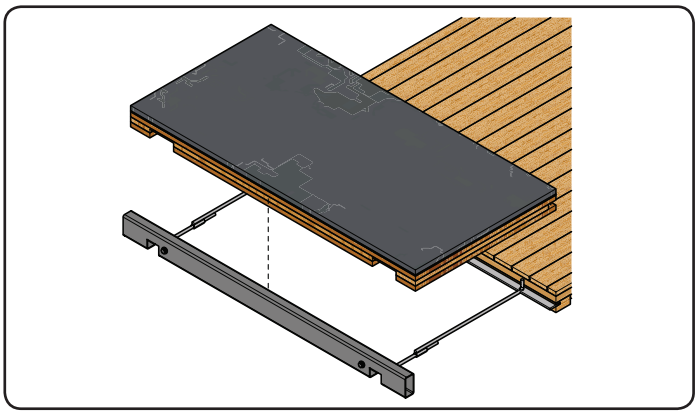
PLATFORM ASSEMBLY INSTRUCTIONS

4. Place Tubes (#7) over Hook Assemblies with cut-out sections of Tubes facing floor.

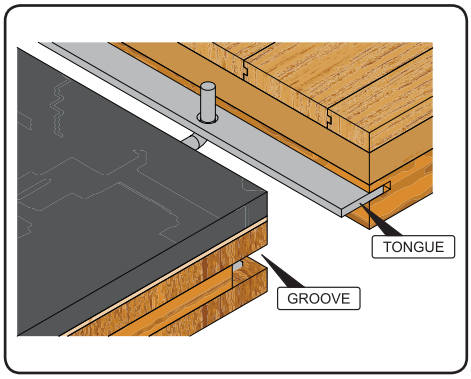


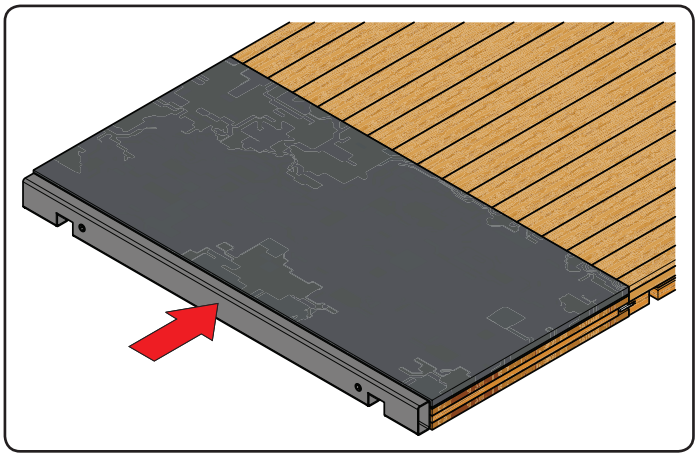
5. Insert Side Wings (#2) between the Center Platform and the Tubes.





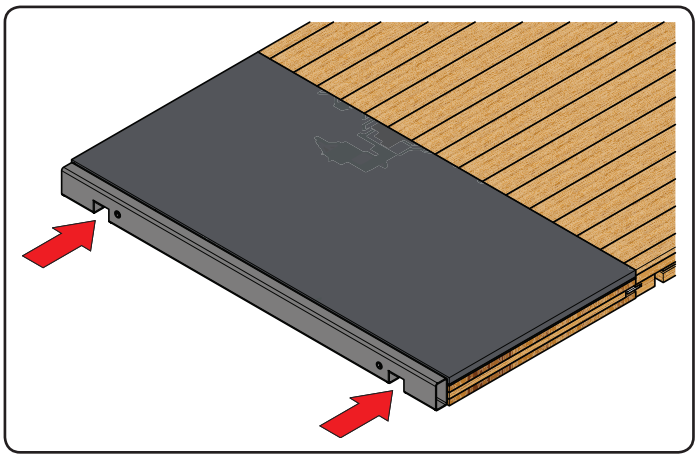
6. Push in Side Wings ensuring the tongue and groove lock into place.





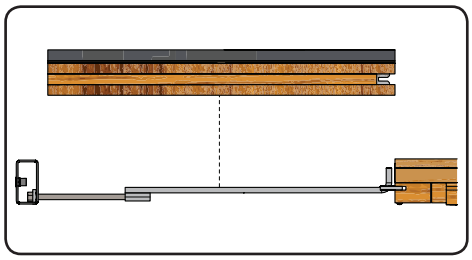
PLATFORM ASSEMBLY INSTRUCTIONS

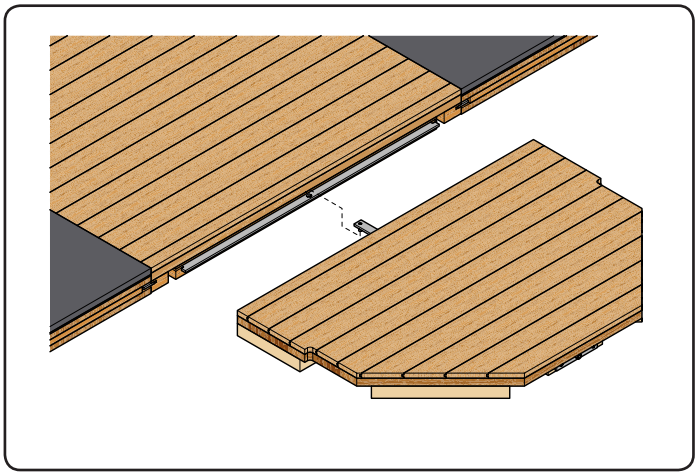
7. Center Tubes to Side Wings and tighten Hex Bolts on Hook Assemblies until Side Wings are flush against platform.
   DO NOT overtighten!



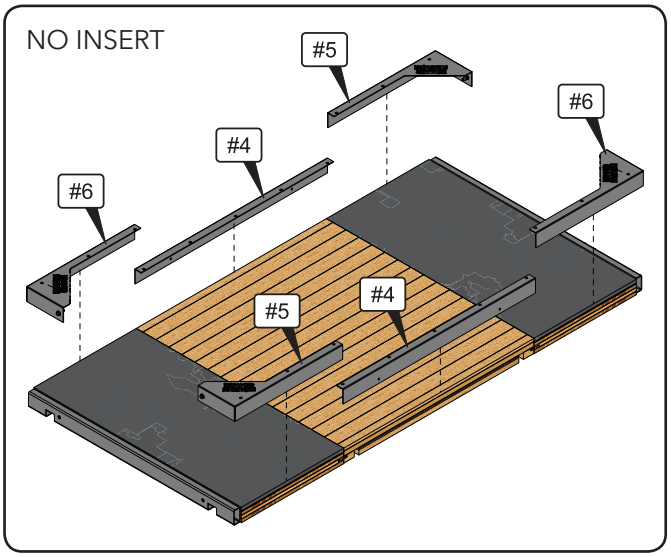
8. For platforms with no inserts (PW2-4X8 / PW2-6X8 / PW2-8X8): continue to Step 9.

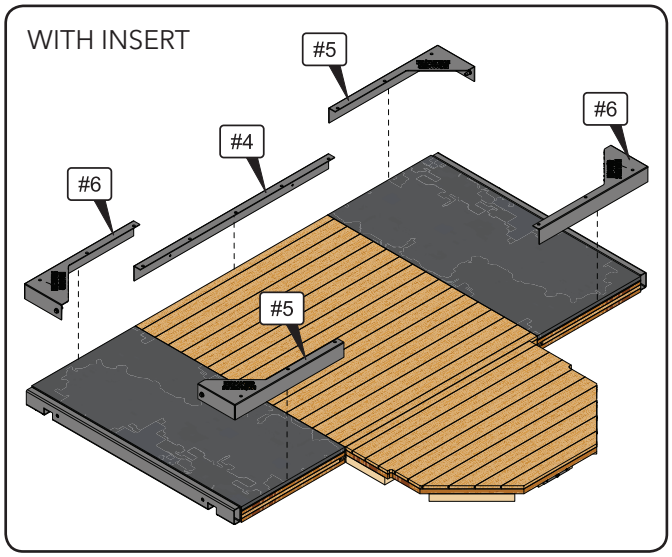
   For platforms with inserts: Lock Insert Pin into Center Platform Tongue. Tighten Hex Bolt on opposite side of Insert Pin until flush. **DO NOT overtighten!**





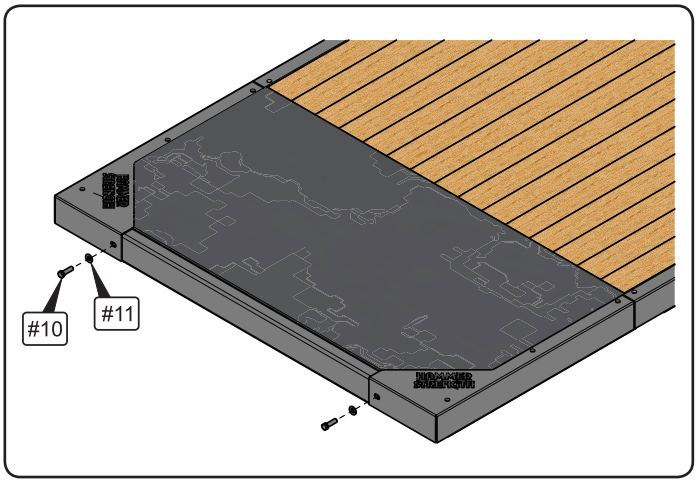
9. Add frame sections (#4-6) to platform. NOTE: Platforms with Inserts only use one Center Frame (#4).





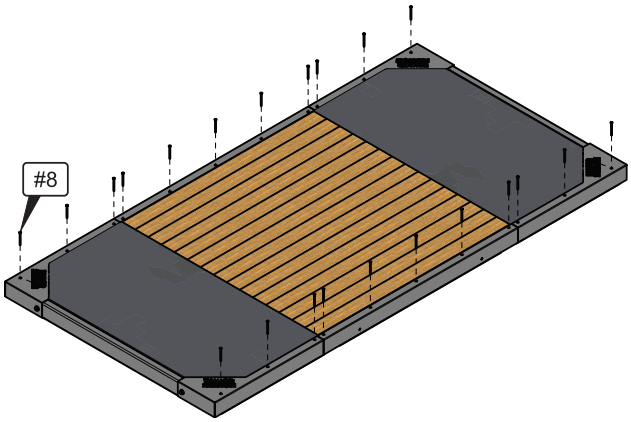
PLATFORM ASSEMBLY INSTRUCTIONS

10. Install Four (4) Hex Head bolts (#10) and Washers (#11). Tighten to 8-10 FT-LBS (10.8-13.5Nm)

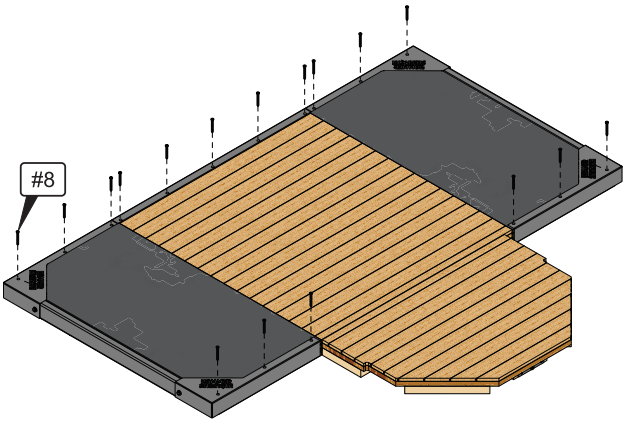


11. Pre-drill holes and screw down the frame (#4-6) using the Phillips Flat Head Screws (#8). NOTE: Platforms with no Insert require 22 screws whereas platforms with inserts require 17.

NO INSERT

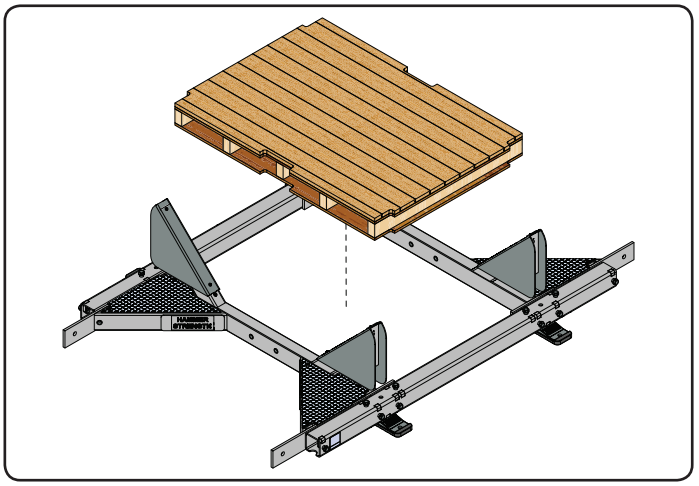


WITH INSERT



HDLSTOR-LD INSERT ASSEMBLY INSTRUCTIONS

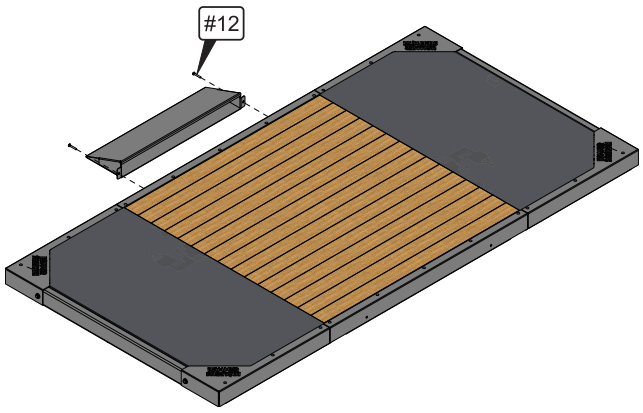
1. For HDLSTOR-LD inserts, drop insert into place. No tools required.



OPTIONAL RAMP INSTALLATION INSTRUCTIONS

1. Screw Ramp (#9) into Center Frame's pre-drilled holes using Two (2) #12 Phillips Wood Screws (#12).
   DO NOT overtighten!

NO INSERT



WITH INSERT

