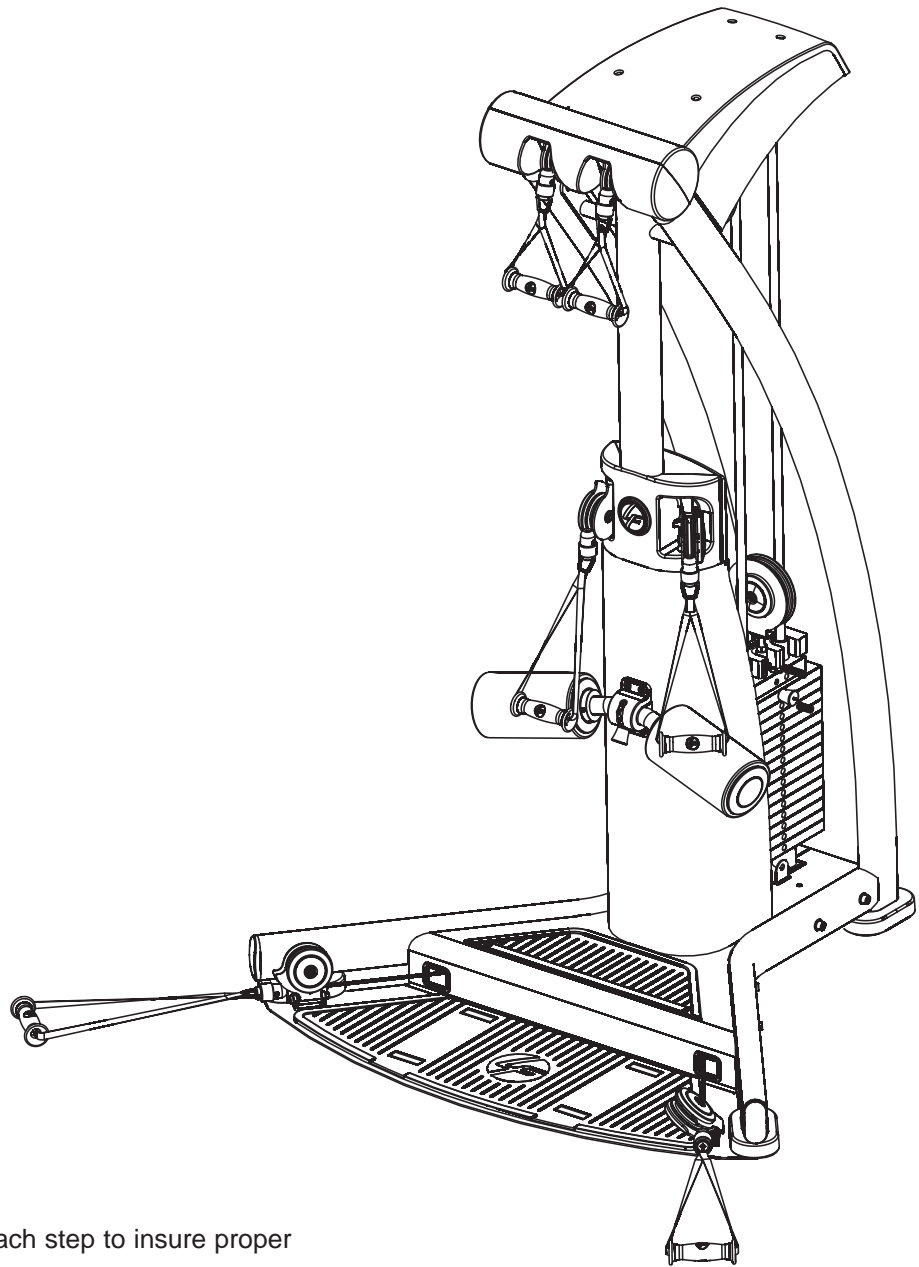




G5 CABLE MOTION™ GYM SYSTEM USER GUIDE



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

CLASS H
PART # 8289201 REV. A
VERSION: LFG5-003
DATE: 08-16-07

TABLE OF CONTENTS

Safety Statement	2	Assembly Instructions	7
Gym Dimensions.	3	General Maintenance	19
Components List	4	Warranty Statement/Notes	20
Hardware	6	Contact Information.	21

IMPORTANT SAFETY INFORMATION



THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES!

1. Before using, read all the warnings and instructions on the use of this machine including the wall chart and instructional DVD. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body and clothing free of all moving objects.
4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized Life Fitness dealer before use and have repairs made by an authorized service technician.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized Life Fitness dealer.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized Life Fitness dealer.
7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized Life Fitness dealer before use and have repairs made by an authorized service technician.
8. Make sure all spring loaded pull pins are fully engaged in the adjustment position before use.
9. Children and pets must not be allowed near this machine. Supervise teenagers.

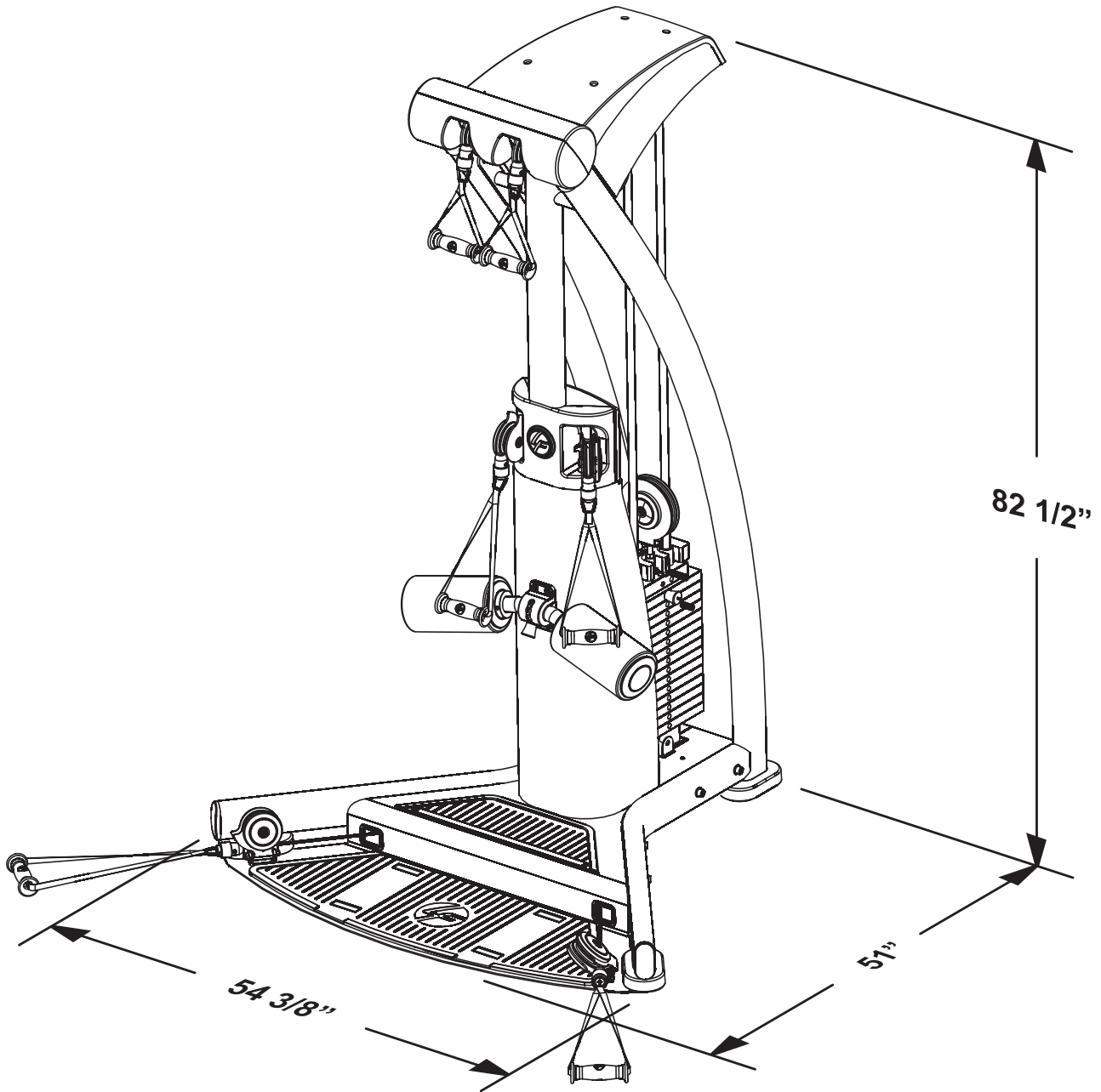
Please note:

- * Thank you for purchasing the Life Fitness G5 Cable Motion Gym System. 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.
- * **DO NOT** securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

NOTE: In a continual effort to improve our products, specifications are subject to change.
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www.LifeFitness.com

GYM DIMENSIONS



Resistance Ratio: 1:2
Machine Weight: 500 pounds

COMPONENTS LIST

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8188301	FRONT UPRIGHT ASSEMBLY
2	1	8210501	FOOT PLATE WITH MATS ASSEMBLY
4	1	8349801	RIGHT UPRIGHT ASSEMBLY
5	1	8349901	LEFT UPRIGHT ASSEMBLY
6	2	8264701	GUIDE ROD ASSEMBLY
8	1	8317801	FRONT SHROUD ASSEMBLY
9	1	8317701	MOUNTING BRACKET
11	2	8264801	FLOATING PULLEYS ASSEMBLY
12	1	8262501	TOP PLATE ASSEMBLY
13	1	8344601	RIGHT BOTTOM PLATE ASSEMBLY
14	1	7963701	SELECTOR PIN, 80/20, ASSEMBLY
15	1	8288301	MAIN TOP COVER WITH INSERTS ASSEMBLY
16	1	8235801	TOP BACK COVER
17	1	8235701	TOP FRONT COVER
22	2	8264702	GUIDE ROD (Assembly)
23	2	8264301	WEIGHT STACK CUSHION
25	1	8349701	UPPER SWIVEL PULLEYS ASSEMBLY
		8350601	UPPER RIGHT PULLEY ASSEMBLY
		8350701	UPPER LEFT PULLEY ASSEMBLY
26	1	8350301	LOWER LEFT PULLEY ASSEMBLY
27	1	8350201	LOWER RIGHT PULLEY ASSEMBLY
28	1	8364401	SIDE TOP LEFT COVER
29	1	8364501	SIDE TOP RIGHT COVER
30	1	8344501	LEFT BOTTOM PLATE
32	1	7777301	TOUCH UP PAINT, PLT
36	2	7642301	BUMPER, CM/MJ, PLUG
37	6	7672601	QUICK CONNECT
38	2	8140701	SHORT HANDLE ASSEMBLY
39	2	8140702	MEDIUM HANDLE ASSEMBLY
40	2	7745501	LONG HANDLE ASSEMBLY
41	1	7745801	FOOT STRAP
42	2	8286101	GUIDE CABLE
43	1	8285902	UPPER CABLE (LONG) ASSEMBLY
44	2	8285901	LOWER CABLE (SHORT) ASSEMBLY
45	1	8289201	USERS GUIDE
46	15	7935301	WEIGHT PLATE, 10LB, CASTEEL
48	1	8289101	WALL CHART
49	1	8289001	DVD
50	1	8259201	BACK THIGH HOLD CLAMP
51	1	8259101	FRONT THIGH HOLD CLAMP
52	1	8263001	THIGH HOLD TUBE
53	2	7424701	SHORT ROLLER PAD
54	1	8263701	TULIP STYLE KNOB
55	1	8350001	RIGHT SUPPORT LEG
56	1	8350101	LEFT SUPPORT LEG

WEIGHT STACK LABELS (Qty. 1)
8327001

Accessory Bar (Qty 1)
8288001

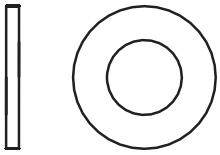
Adapter Rings (Qty 2)
7944401



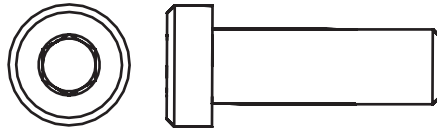
COMPONENTS LIST

HARDWARE			
ITEM NO.	QTY.	PART NO.	DESCRIPTION
57	14	3102514	3/8" WASHER
58	4	3256203	M10 X 30MM SCREW
59	8	3256211	M10 X 70MM SCREW
60	4	3241313	M12 X 80MM SCREW
61	8	3102507	1/2" WASHER
62	4	3242005	M12 HEX NYLOCK NUT
63	2	3240502	M10 X 50 HEX TENSION SCREW
64	2	7634401	GUIDEROD RETAINER
65	4	3236501	M4 X 0.7MM ZINC PHILLIPS PAN HEAD
66	2	3253901	M10 X 20MM SCREW
67	2	3232421	RETAINING RING
68	4	3223401	10-32 X 3/4" PHILLIPS PAN HEAD
69	2	3241709	M6 X 60MM SCREW
70	2	3102508	1/4" WASHER
71	4	3242002	M10 HEX NYLOCK NUT
72	9	3241201	M4 ZINC PHILLIPS PAN HEAD
74	2	3226001	#6 x 3/8" (9.5mm) BLACK PHILLIPS PAN HEAD SCREW
REQUIRED TOOLS			
* ADJUSTABLE WRENCH			
* EXTERNAL SNAP RING PLIERS			
* 4mm ALLEN WRENCH			
* 7mm ALLEN WRENCH			
* 13mm WRENCH			
* 17mm WRENCH			
* 8mm ALLEN WRENCH			
* 19 mm WRENCH			
* PHILLIPS SCREW DRIVER			

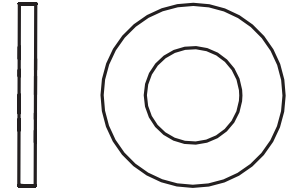
HARDWARE:



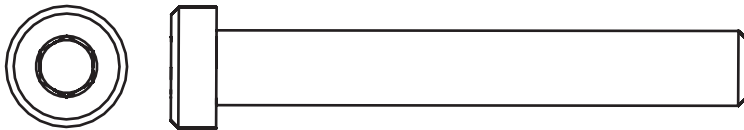
3/8" WASHER (#57)



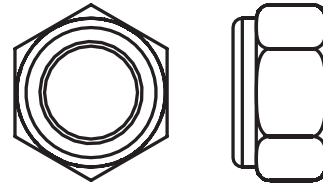
M10 X 30MM SCREW (#58)



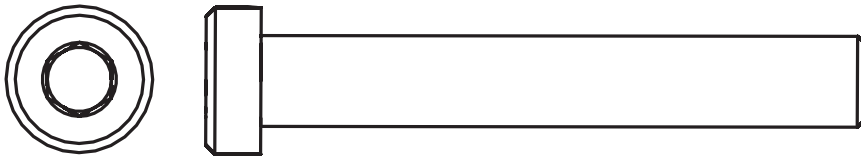
1/2" WASHER (#61)



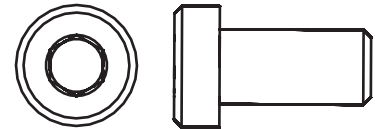
M10 X 70MM SCREW (#59)



M12 NYLOCK NUT (#62)



M12 X 80MM SCREW (#60)



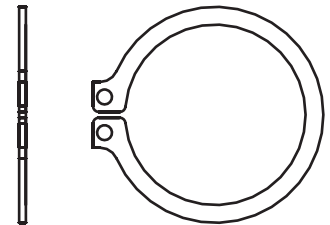
M10 X 20MM SCREW (#66)



M10 HEX TENSION SCREW (#63)



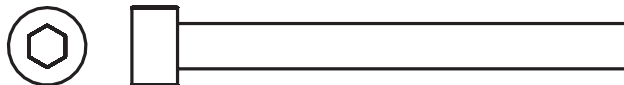
M4 LARGE HEAD ZINC PHILLIPS PAN HEAD SCREW (#65)



RETAINER RING (#67)



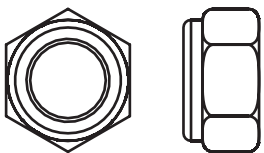
#10 x 3/4" BRONZE PHILLIPS PAN HEAD SCREW (#68)



M6 x 60MM SCREW (#69)



1/4" WASHER (#70)



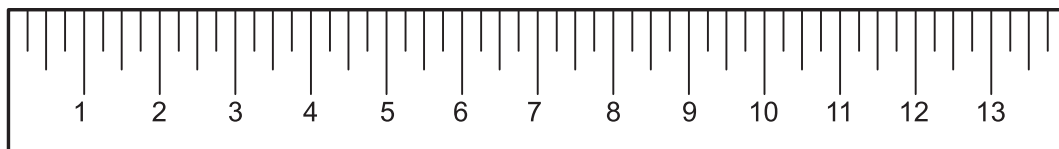
M10 NYLOCK NUT (#71)



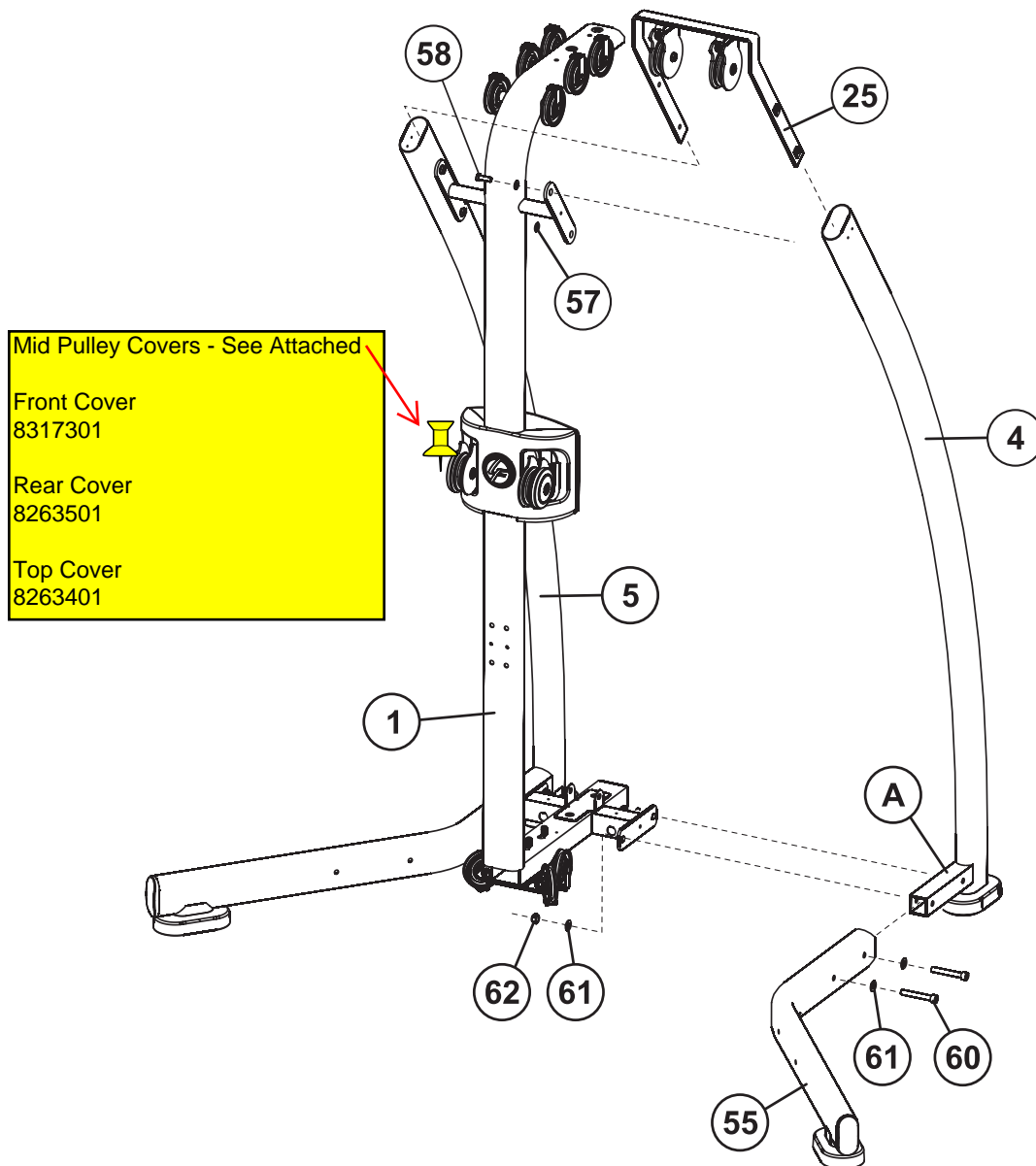
M4 ZINC PHILLIPS PAN HEAD SCREW (#72)



#6 x 3/8" BLACK PHILLIPS PAN HEAD SCREW (#74)



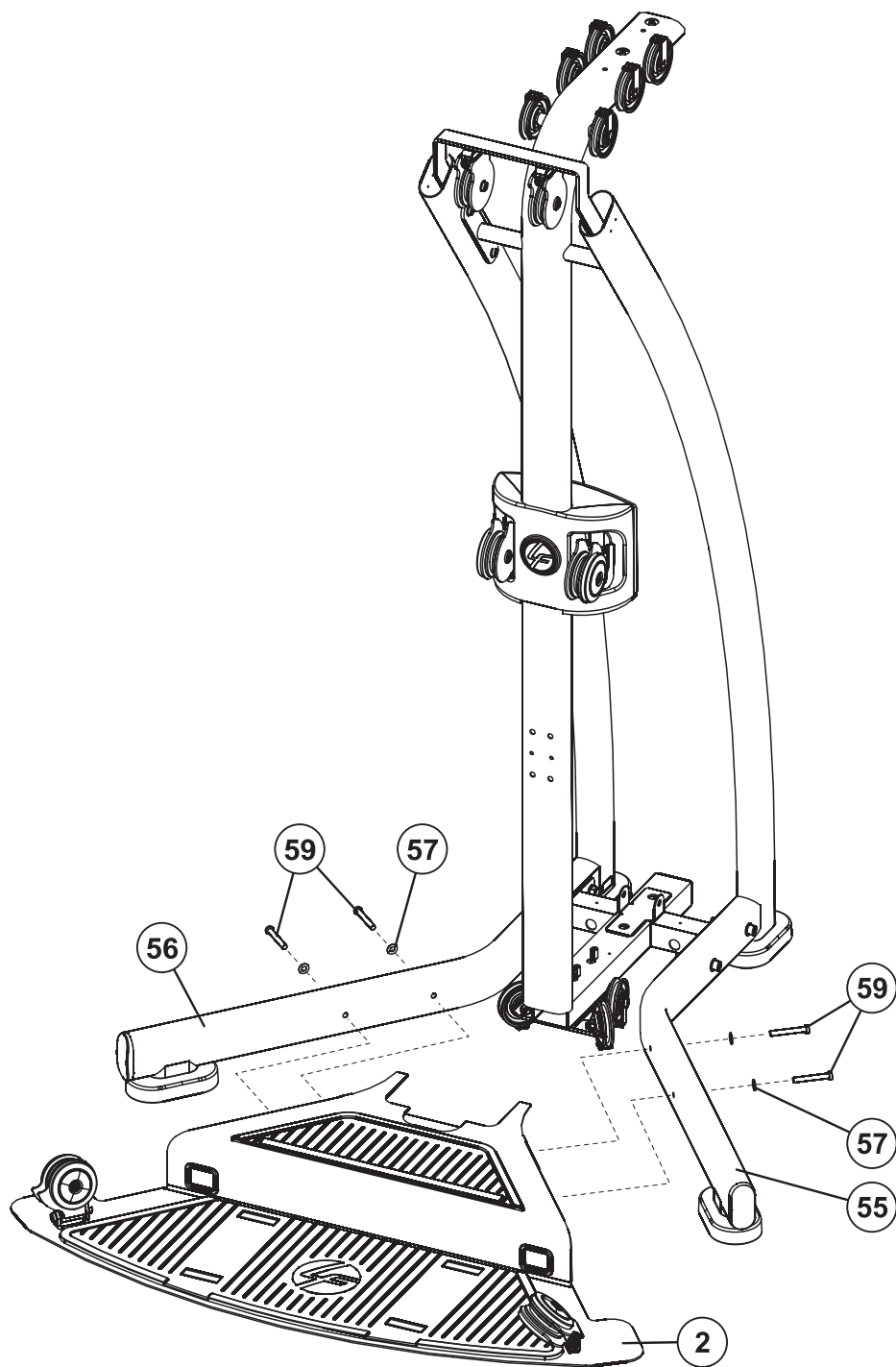
Centimeters



STEP 1:

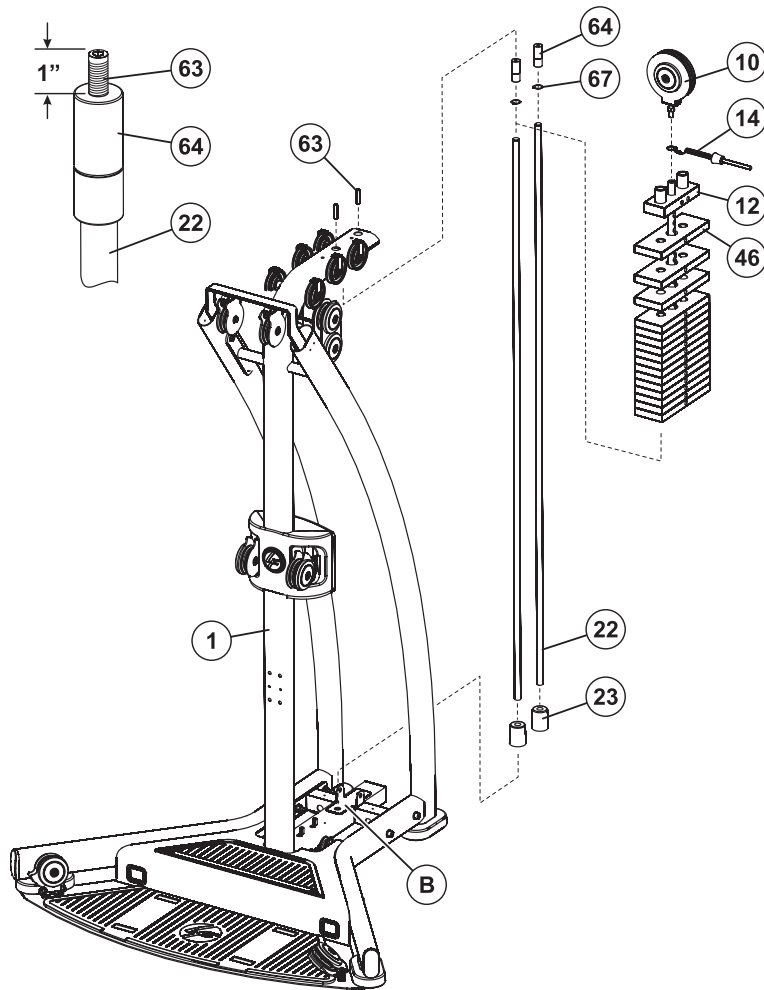
- ❑ Slide the RIGHT SUPPORT LEG (55) over the MOUNTING TUBE (A) of the RIGHT UPRIGHT (4). Loosely secure the RIGHT SUPPORT LEG (55) and RIGHT UPRIGHT (4) to the FRONT UPRIGHT (1) using two M12 x 80mm SCREWS (60), four 1/2" WASHERS (61), and two M12 HEX NYLOCK NUTS (62) as shown.
- ❑ With the UPPER PULLEY ASSEMBLY (25) oriented as shown, insert the UPPER PULLEY ASSEMBLY (25) into the top of the RIGHT UPRIGHT (4) and secure together the RIGHT UPRIGHT (4), FRONT UPRIGHT (1), and UPPER PULLEY ASSEMBLY (25) using two M10 x 30mm SCREWS (58) and two FLAT 3/8" WASHERS (57).
- ❑ Repeat the above steps to assemble the LEFT UPRIGHT (5) and LEFT SUPPORT LEG (56) to the FRONT UPRIGHT (1).

NOTE: THE TOP PULLEY WELDMENT ATTACHES TO THE INSIDE OF THE UPRIGHT SIDES AND THE ORIENTATION SHOULD BE AS SHOWN.



STEP 2:

- ❑ **LOOSELY** attach the FOOTPLATE (2) to the RIGHT SUPPORT LEG (55) and LEFT SUPPORT LEG (56) using four M10 x 70mm SCREWS (59) and four FLAT 3/8" WASHERS (57).

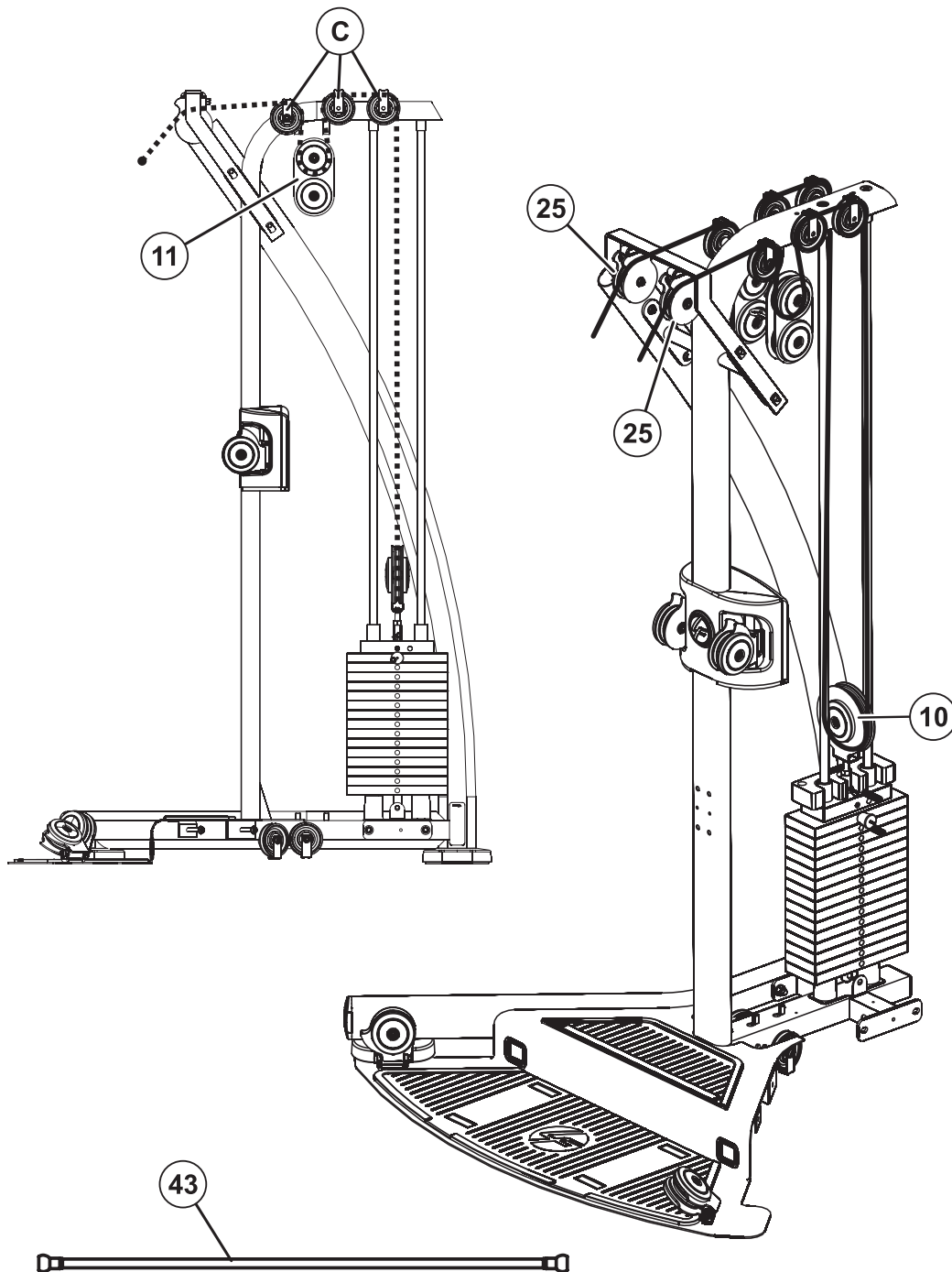


STEP 3:

- Position two WEIGHT STACK CUSHIONS (23) and GUIDE RODS (22) 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 (22) ARE FACING UP.

- CAREFULLY** slide one of the WEIGHT PLATES (46) over the top of the GUIDE RODS (22) and slowly lower the WEIGHT PLATE on to the WEIGHT STACK CUSHIONS (23).
- Continue stacking a total of 15 WEIGHT PLATES (46).
- Slide the TOP PLATE (12) over the GUIDE RODS (22) and slowly lower it onto the WEIGHT PLATES (46).
- Slide the WEIGHT PIN with RING (14) over the stem of the TOP PLATE (12).
- Thread the HEAD PLATE PULLEY ASSEMBLY (10) into the TOP PLATE (12).
- Slide one RETAINING RING (67) over the top of each of the GUIDE RODS (22).
- Thread one M10 x 50mm HEX TENSION SCREW (63) into each of the two GUIDE ROD RETAINERS (64). Do not fully thread the M10 x 50mm HEX TENSION SCREWS(63) into the GUIDE ROD RETAINERS (64).
- CAREFULLY** slide the GUIDE ROD RETAINERS (64) into the hole under the top of the FRONT UPRIGHT (1). Make sure the M10 x 50mm HEX TENSION SCREWS (63) in the GUIDE ROD RETAINERS (64) are facing up.
- Push the GUIDE ROD RETAINERS (64) up high enough so that the GUIDE RODS (22) can be placed under them.
- Lower the GUIDE ROD RETAINERS (64) over the GUIDE RODS (22).
- Slide the RETAINING RINGS (67) up. Use External Snap Ring Pliers to secure the RETAINING RINGS (67) into the groove on the GUIDE ROD RETAINERS (64).
- Tighten all frame bolts securely.

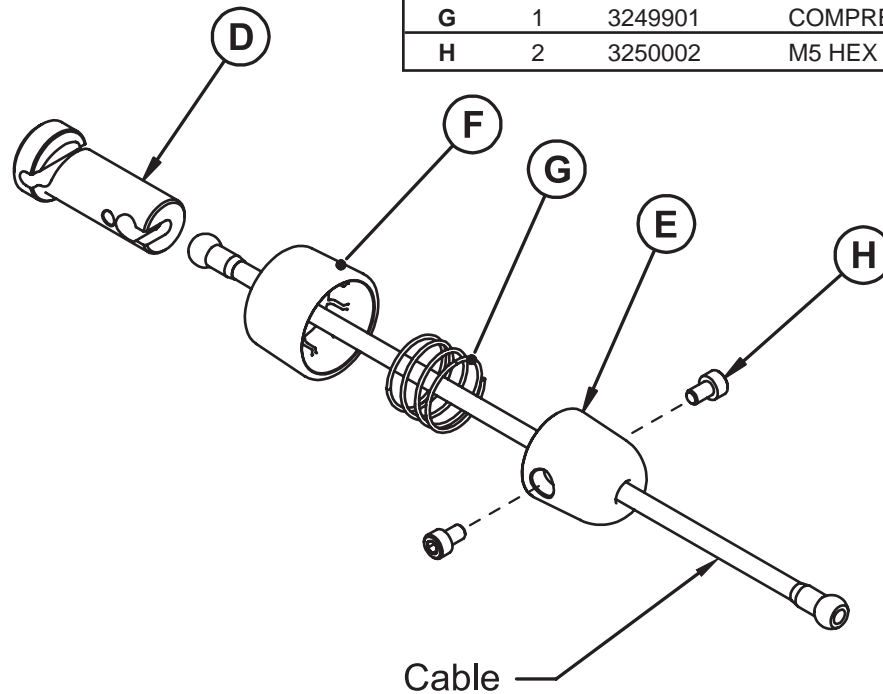


STEP 4:

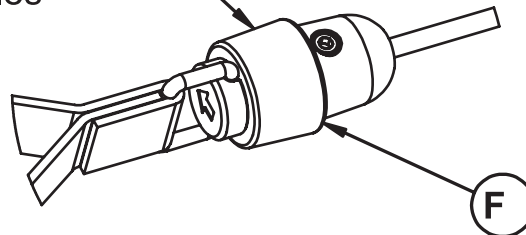
- ❑ Remove one QUICK CONNECT from the end of one UPPER (LONG) CABLE (43).
- ❑ Insert the end (where the QUICK CONNECT was removed) of the UPPER (LONG) CABLE (43) through the UPPER PULLEY (25) and follow routing illustration to the FLOATING PULLEY ASSEMBLY (11) through to the HEAD PLATE PULLEY ASSEMBLY (10). Continue to the other side, ending at the other UPPER PULLEY (25). Reattach the previously removed QUICK CONNECT to the end of the UPPER (LONG) CABLE (43).

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

ITEM	QTY.	PART NO.	DESCRIPTION
37	6	7872601	QUICK CONNECT ASSEMBLY
D	1	7726201	QUICK CONNECT COUPLER
E	1	7726401	QUICK CONNECT HOUSING
F	1	7726301	QUICK CONNECT SLEEVE
G	1	3249901	COMPRESSION SPRING
H	2	3250002	M5 HEX SCREWS



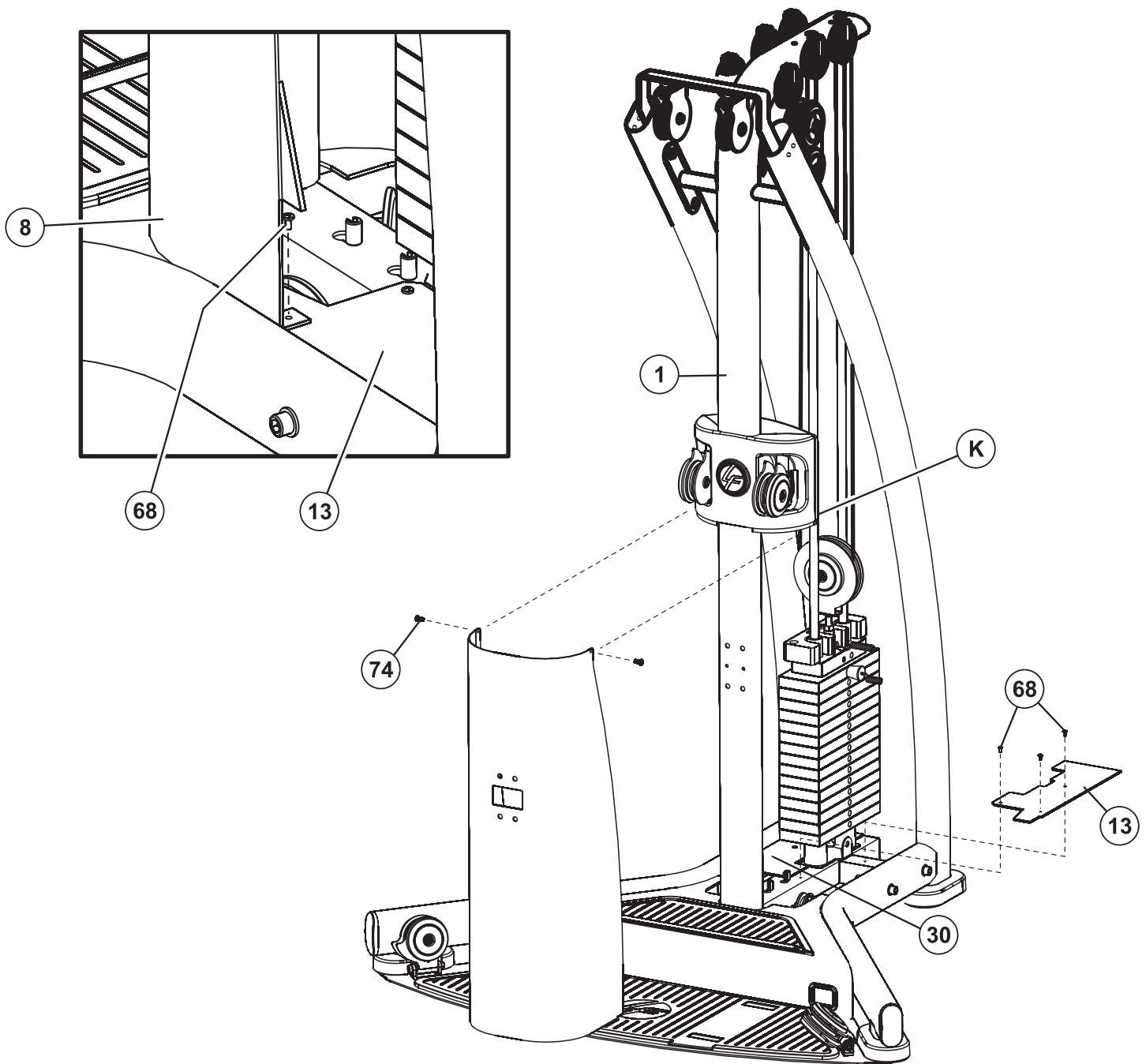
Slide Mechanism to insert
or Exchange Handles



STEP 5:

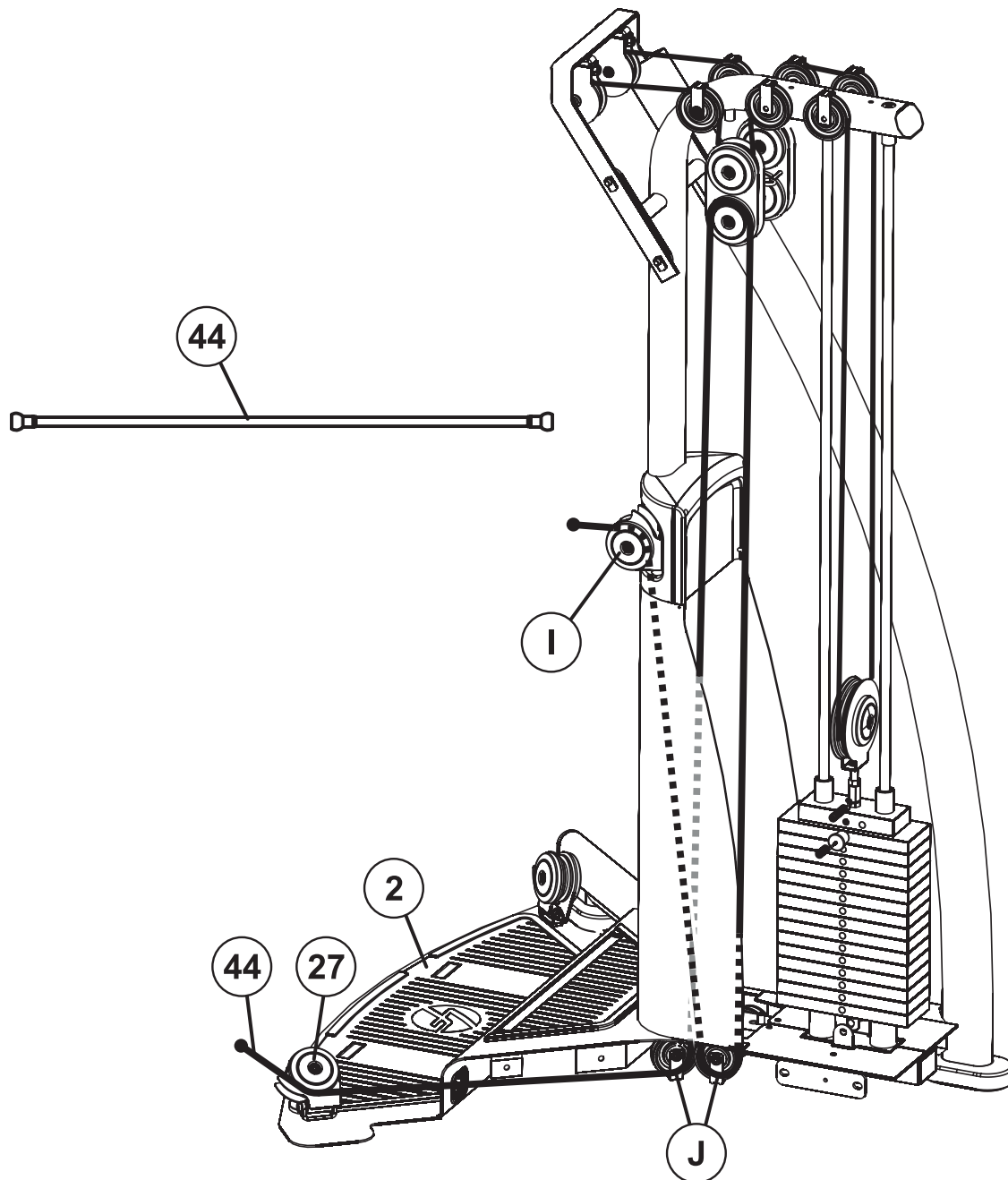
- ❑ Disassemble the QUICK CONNECT (37) by removing the two M5 HEX SCREWS (H) from the QUICK CONNECT COUPLER (D). Carefully remove the COMPRESSION SPRING (G), the QUICK CONNECT SLEEVE (F) and the QUICK CONNECT HOUSING (E).
- ❑ Slide the QUICK CONNECT HOUSING (E), COMPRESSION SPRING (G), and QUICK CONNECT 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 ADJUSTMENTS TO THE WEIGHT STACK PULLEY (TIGHTEN OR LOOSEN).



STEP 6:

- ❑ Mount the RIGHT BOTTOM PLATE (13) and the LEFT BOTTOM PLATE (30) to the FRONT UPRIGHT (1) using two 10-32 x 3/4" PHILLIPS PAN HEAD SCREWS (68) for each plate.
- ❑ Place the FRONT SHROUD (8) around the FRONT UPRIGHT (1).
- ❑ Align the bottom mounting holes of the FRONT SHROUD (8) with the remaining mounting holes on the RIGHT BOTTOM PLATE (13) and the LEFT BOTTOM PLATE (30). Secure with one 10-32 x 3/4" PHILLIPS PAN HEAD SCREW (68) on each plate.
- ❑ Attach the bottom corners of the MID BACK COVER (K) to the back of the FRONT SHROUD (8) using two #6 x 3/8" (9.5mm) BLACK PHILLIPS PAN HEAD SCREWS (74). DO NOT OVERTIGHTEN SCREWS INTO PLASTIC PARTS.

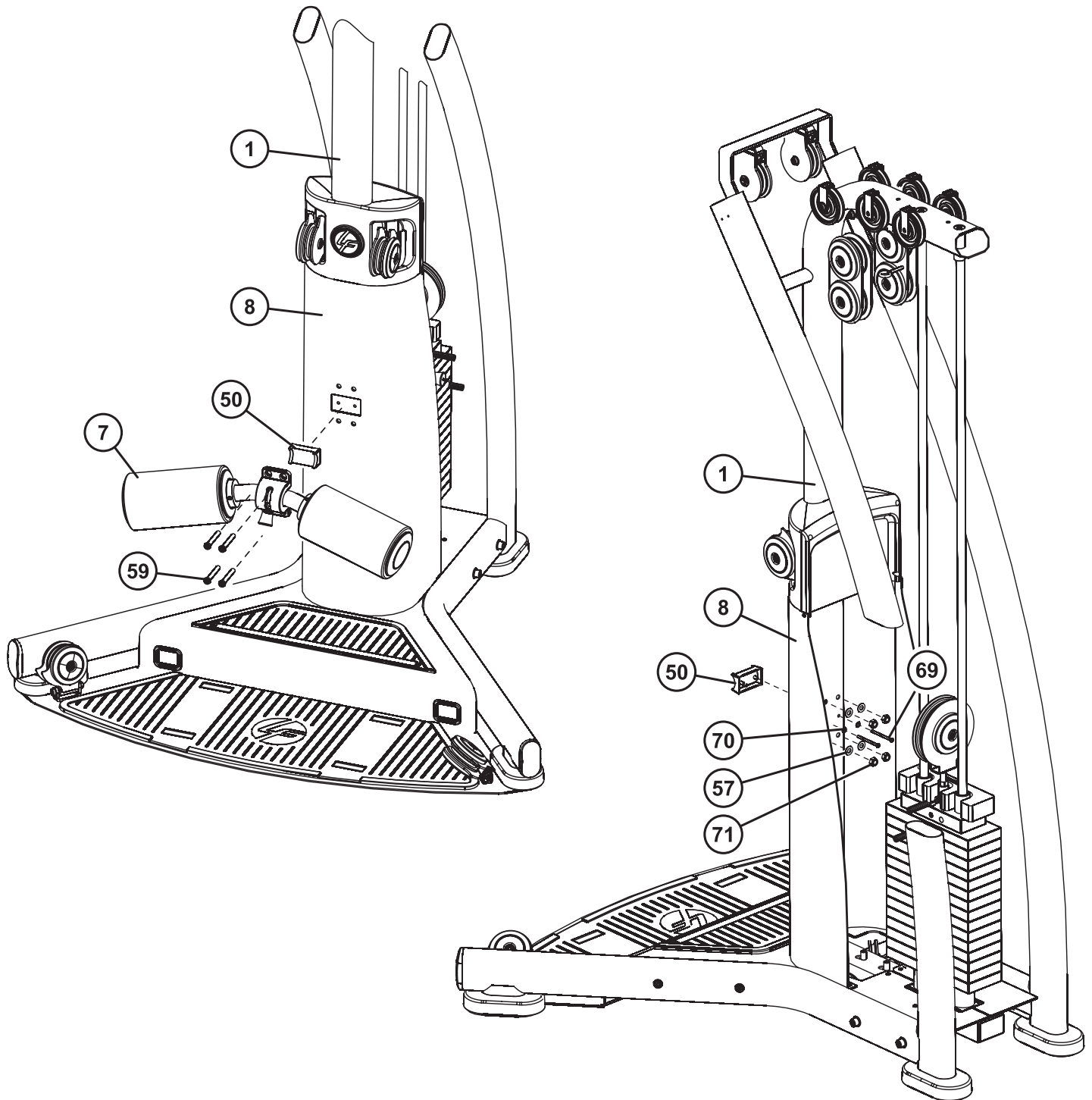


STEP 7:

- ❑ Remove one QUICK CONNECT from the end of one LOWER (SHORT) CABLE (44).
- ❑ Insert the end (where the QUICK CONNECT was removed) of the the LOWER (SHORT) CABLE (44) through the LOWER RIGHT PULLEY (27) and through the access hole in the FOOTPLATE (2). Continue routing the cable as shown ending at the RIGHT MID PULLEY ASSEMBLY (I). Reattach the previously removed QUICK CONNECT to the end of the LOWER SHORT CABLE (44).

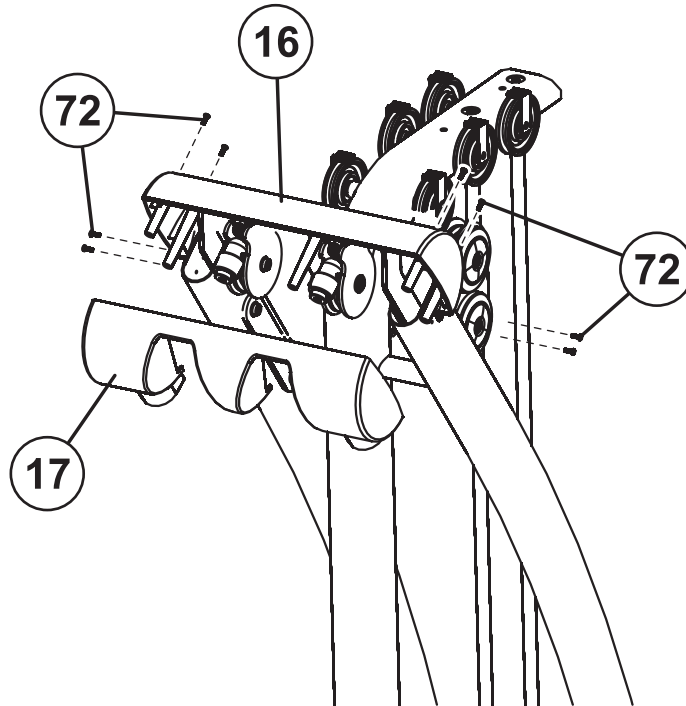
NOTE: THE CABLE MUST BE INSERTED BETWEEN THE PULLEY AND THE PULLEY GUIDE (J) AND MOVE FREELY.

- ❑ Repeat the routing on the left side of the unit using the remaining LOWER (SHORT) CABLE (44).



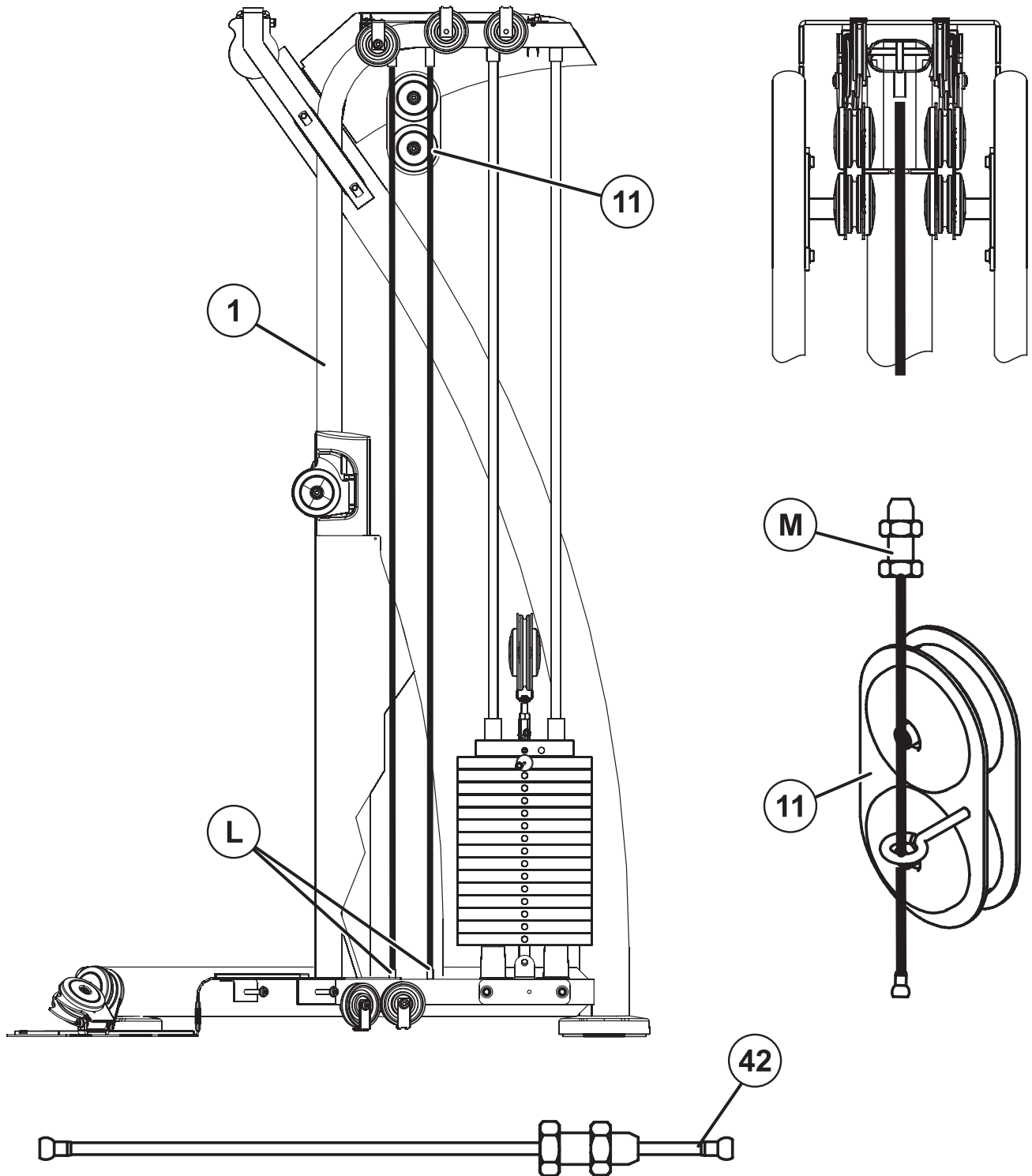
STEP 8:

- ❑ Attach the BACK THIGH HOLD CLAMP (50) to the the MAIN UPRIGHT (1) by using two M6 x 60mm SCREWS (69) and two 1/4" WASHERS (70) from the back of the MAIN UPRIGHT (1).
- ❑ Attach the ROLLER PAD ASSEMBLY (7) to the MAIN UPRIGHT (1) by using four M10 x 70mm SCREWS (59), eight 3/8" WASHERS (57), and four M10 HEX NYLOCK NUTS (71) through the FRONT SHROUD (8) and through the MAIN UPRIGHT (1). Tighten SECURELY.



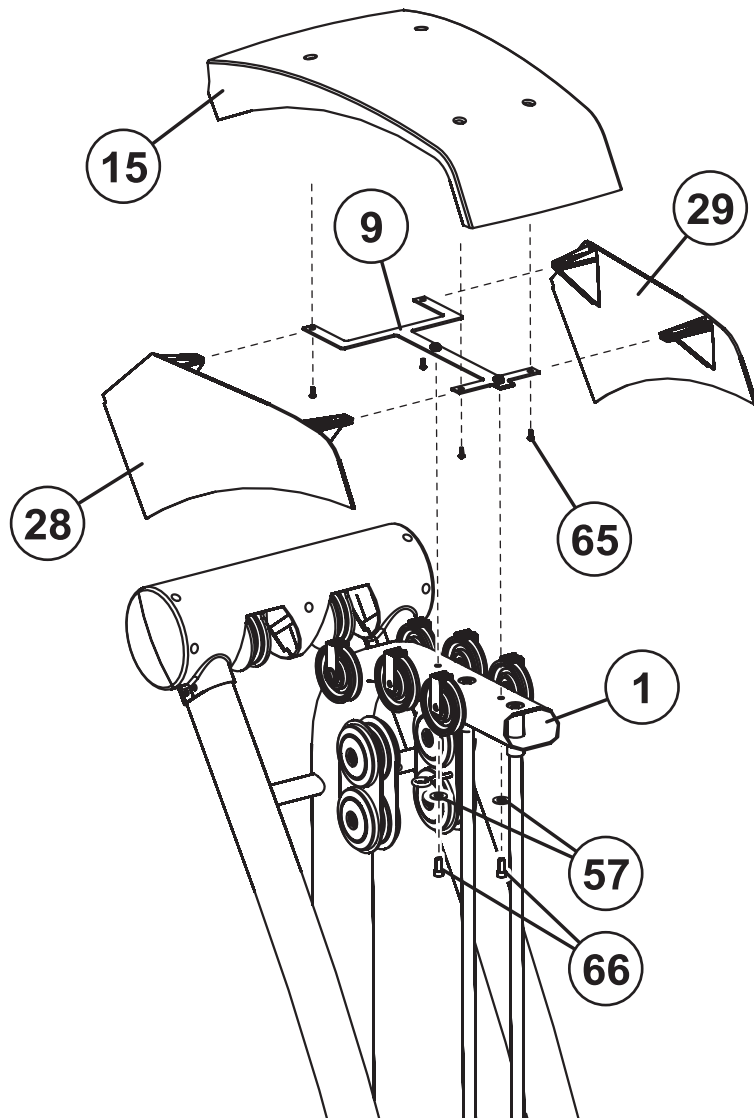
STEP 9:

- ❑ Attach the TOP FRONT COVER (17) to the TOP BACK COVER (16) using eight M4 ZINC PHILLIPS PAN HEAD SCREWS (72). DO NOT OVERTIGHTEN SCREWS INTO PLASTIC PARTS.



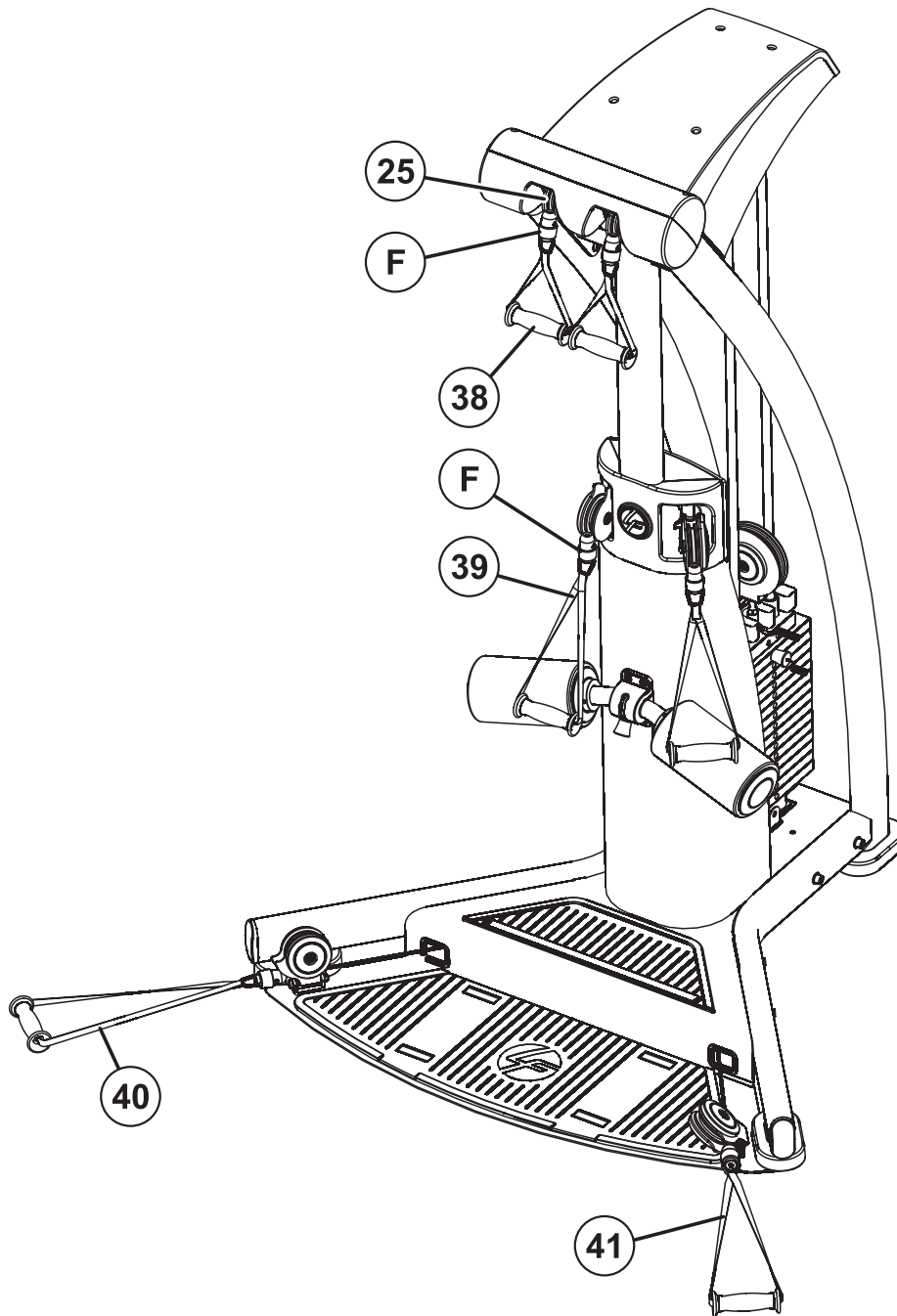
STEP 10:

- ❑ Insert the ball end of one GUIDE CABLE (42) through the eye hook on one FLOATING PULLEY ASSEMBLY (11). Insert and hook the ball end of the cable into the SLOTTED BUSHING (L) located at the bottom of the frame located directly below the FLOATING PULLEY ASSEMBLY (11).
- ❑ 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 (42).**



STEP 11:

- ❑ Assemble the MOUNTING BRACKET (9) to the top of the FRONT UPRIGHT (1) using two M10 x 20mm SCREWS (66) and two 3/8" WASHERS (57). Tighten screws SECURELY.
- ❑ Attach the SIDE TOP LEFT COVER (28), the SIDE TOP RIGHT COVER (29) and the MAIN TOP COVER (15) to the MOUNTING BRACKET (9) using four M4 x 0.7 ZINC PHILLIPS PAN HEAD SCREWS (65). DO NOT OVERTIGHTEN SCREWS INTO PLASTIC PARTS.



STEP 12:

- ❑ Referencing step 5, at the UPPER SWIVEL PULLEYS (25) push back on the QUICK CONNECT SLEEVE (F) at the end of each cable and attach the SHORTER HANDLES (38).
- ❑ Repeat the process for attaching the ADJUSTABLE HANDLES (40) to the lower cable ends and the MEDIUM HANDLES (39) to the middle cable ends.

NOTE: THE HANDLE CONFIGURATION DEFINED WILL ACCOMMODATE MOST EXERCISES.

NOTE: THE FOOT STRAP (41) 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 daily. 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 towards the bottom of the RIGHT SIDE UPRIGHT.

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™ Gym 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.

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- OWNER'S RIGHT.** This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.
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Notes:

LIFE FITNESS

5100 NORTH RIVER ROAD.

SCHILLER PARK, IL 60176 U.S.A.

Tel: 1.847.288.3300 Fax: 1.800.216.8893

1.800.351.3737 (Toll-free within the U.S. and Canada)

www.LifeFitness.com

INTERNATIONAL OFFICES

Life Fitness Atlantic BV
Atlantic Headquarters
Bijdorpplein 25-31
2992 LB Barendrecht
The Netherlands
Phone: (180) 646 666
Fax: (180) 646 703

Life Fitness (UK) Ltd.
Queen Adelaide
Ely, Cambs CB7 4UB
United Kingdom
Phone CSS: (01353) 665507
Fax CSS: (01353) 666719

Life Fitness EUROPE GmbH
Siemensstrasse 3
85716 Unterschleissheim
Germany
Phone: (089) 31 77 51-0
Fax: (089) 31 77 51 99

Life Fitness Benelux N.V.
Bijdorpplein 25-31
2992 LB Barendrecht
The Netherlands
Phone: 31 (180) 64 66 69
Fax: 31 (180) 64 66 99

Life Fitness Italia S.R.L.
Via Crivellin 7/N
37010 Affi Verona
Italy
Phone: 39 (457) 237811
Fax: 39 (457) 238197

Life Fitness Japan
8/F, Nippon Brunswick Building
5-27-7 Sendagaya
Shibuya-Ku, Tokyo 151-0051
Japan
Phone: 81 (3) 3359-4309
Fax: 81 (3) 3359-4307

Life Fitness Asia Pacific Limited
Room 2610, Miramar Tower
132 Nathan Road, Tsimshatsui
Kowloon, Hong Kong
Phone: (852) 2891-6677
Fax: (852) 2575-6001

Life Fitness Do Brazil
Al. Rio Negro, 433-Predio 2-Sala 2
3° andar (Confab)
Aphaville-Barueri-Sao Paulo
CEP: 06454-904
Brazil
Phone: 55 (11)7295-2217
Fax: 55 (11) 7295-2218

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