

Circuit Series

Owners Manual



LifeFitness

1. Safety

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.

It is recommended that all users of LIFE FITNESS exercise equipment be informed of the following information prior to its use.

LIFE FITNESS 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. The extent of control is at the discretion of the owner.

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that weight stack machines as well as any other LIFE FITNESS equipment are used properly to avoid injury.
2. Keep hands and feet clear at all times from moving parts to avoid injury.

CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. 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. **SECURING EQUIPMENT:** All equipment **MUST** be secured to a solid, level surface to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.
4. **MAINTAIN ALL EQUIPMENT:** 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.
5. 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.

SPECIFIC OPERATING WARNINGS

1. Routinely inspect all accessory clips that join attachments to the cables and replace at the first sign of wear.
2. Use only weight selector pins supplied by LIFE FITNESS on weight stacks. Substitutes are forbidden.
3. Cables pose an extreme liability if used when frayed. Always replace any cable at first sign of wear (consult LIFE FITNESS if uncertain).
4. **Do not allow users to wear loose fitting clothing while using equipment.** It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
5. **Fully insert weight selector pins.** Partial insertion can cause weights to fall unexpectedly. Never pin the weight stack in an elevated position. Never remove selector pin if any weights are suspended. **Never attempt to release jammed weights or parts.**
6. When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.
7. 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.
8. **Keep children away from selectorized strength equipment.** Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.

9. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by LIFE FITNESS.
10. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM LIFE FITNESS PERSONNEL.
11. 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 and consult your physician.
12. Do not exceed maximum user weight - 300 lbs.

FOUND AT THE BASE OF THE TOWER

⚠ WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Before using, read all the warnings and obtain instruction on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before use. **DO NOT** use if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
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. Seek assistance.
7. Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
8. Use only the incremental weights supplied by the manufacturer. **DO NOT** use dumbbells or other means to add resistance to the machine.
9. Children must not be allowed near this machine. Supervise teenagers.
10. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

FOUND AT MOVING PARTS



Circuit Series

2. Warranty

WARRANTY

A 7-year minimum warranty on structural frames (excluding finish surfaces); 3-year on integral bearings, guide rods, pulleys and belts; 1-year on cables and Life Bands and 90 days on upholstery and any items not specified.

WHAT IS COVERED

This Life Fitness commercial exercise equipment (.Product.) 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 charges 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 (.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.

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.

HOW TO GET PARTS & SERVICE

Simply call Customer Support Services at (800) 351-3737 or (847) 451-0036, Monday through Friday from 8:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address and the serial number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service. Before shipping:

1. Obtain a Return Authorization Number (RA#) from Customer Support Services
2. Securely pack your Product (use the original shipping carton, if possible)
3. Write the RA# on the outside of the carton
4. Insure the Product, and
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty

Life Fitness World Headquarters

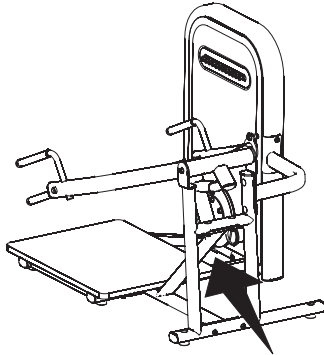
Attn: CSS Help Desk

5100 N. River Rd.

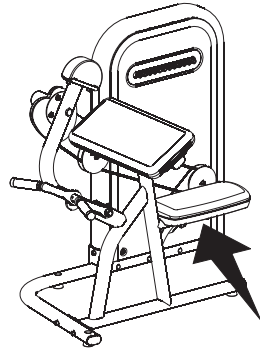
Schiller Park, IL. 60176

SERIAL NUMBER LOCATIONS

TCSL



ALL OTHER PRODUCTS (Serial number located under seat pad)



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.

EFFECT OF STATE LAWS

This warranty gives you specific legal rights and you may have other rights, which vary, from state to state.

OUR PLEDGE TO YOU

Our Products are designed and manufactured to the highest standards.

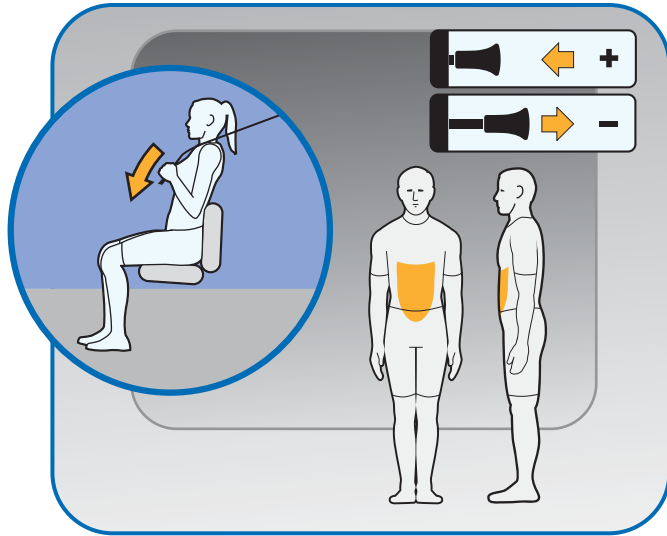
We want you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

The Life Fitness logo, featuring the brand name in a stylized, cursive script font.

Circuit Series

3. Exercises

Circuit Series Ab Crunch (TCAB)



Muscles Exercised - Abdominals

Setup

Sit in the machine with your feet placed on the floor. Engage appropriate resistance. Grip handles over shoulders.

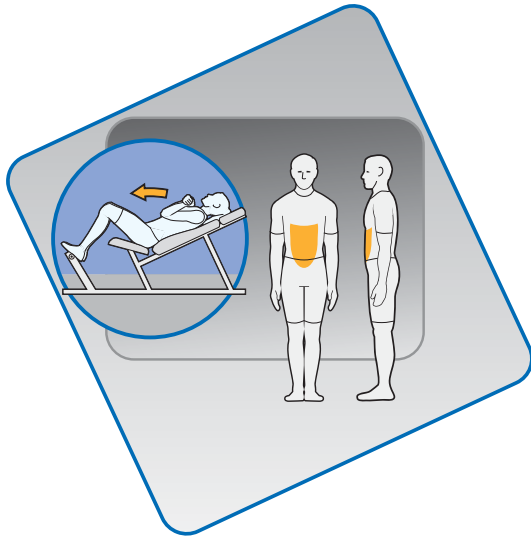
Performing the Exercise

With a controlled motion, crunch torso, emphasizing the use of your abdominal muscles. Avoid using your arms to power through the motion. Concentrate on squeezing your abdominal muscles throughout the exercise. Maintaining control, return to the start position and repeat the motion.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs. of Resistance	9	12	14	18	21	27	32	37	41	47	51	55	59
Kg. of Resistance	4	5	6	8	10	12	15	17	19	21	23	25	28

Circuit Series Ab Curl Bench (TCABB)



Muscles Exercised - Abdominals

Setup

Sit in the machine with your feet placed on the foot pegs. Lay back against the back pad.

Performing the Exercise

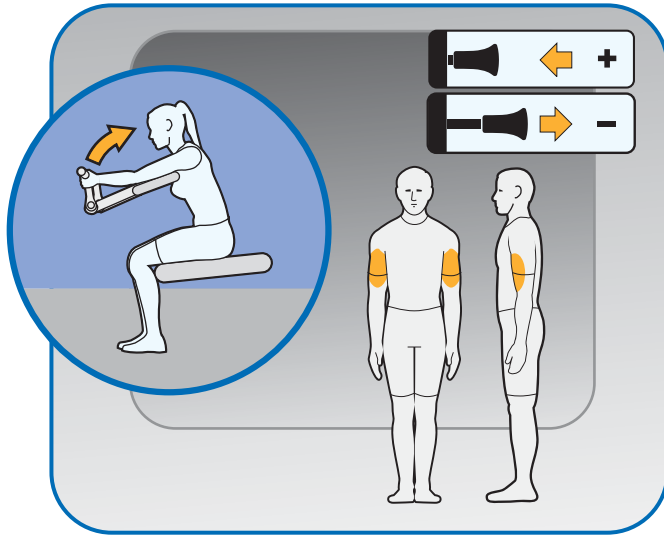
Place hands across chest or behind head and, with a controlled motion, crunch torso emphasizing the use of your abdominal muscles. Avoid using your arms to pull on the head. Concentrate on squeezing your abdominal muscles throughout the exercise. Maintaining control, return to the start position and repeat the motion.

Tip: For increased difficulty, hold legs in the air while performing the exercise.

Circuit Series

3. Exercises

Circuit Series Biceps Curl (TCBC)



Muscles Exercised - Biceps

Setup

Align elbows with the axis of rotation. Engage appropriate resistance. Rotate handle forward and grip firmly. Body is positioned with chest up and shoulders back, leaning forward slightly if necessary to increase stability.

Performing the Exercise

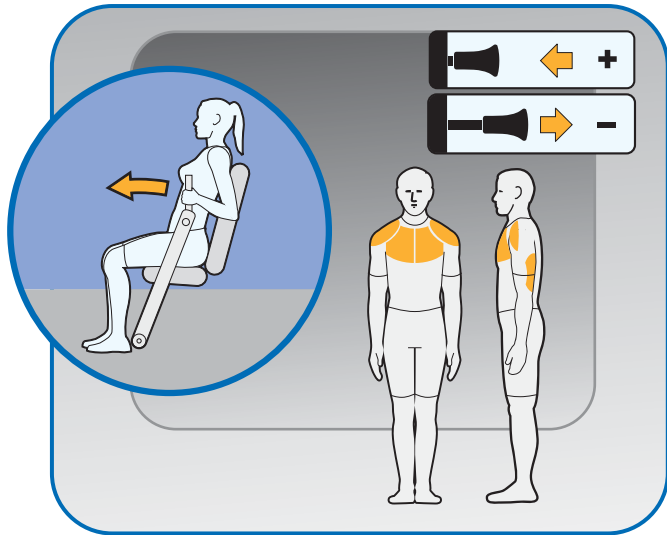
With a controlled motion, curl the handles up to full flexion. Return the handles to the start position without letting the resistance rest. Repeat the motion while maintaining proper body positioning.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs. of Resistance	9	12	14	16	18	23	27	31	34	39	43	48	52
Kg. of Resistance	4	5	6	7	8	10	12	14	15	18	20	22	24



Circuit Series Chest Press (TCCP)



Muscles Exercised - Pectoralis Major, Anterior Deltoid and Triceps

Setup

Sit in seat with feet flat on the floor and back against the back pad. Engage appropriate resistance. Grip the handles and position elbows slightly below shoulders. Body is positioned with chest up; shoulders and head back against back pad.

Performing the Exercise

With a controlled motion, extend the handles out to full extension. Return the handles to the start position without letting the resistance rest. Repeat the motion while maintaining proper body positioning.

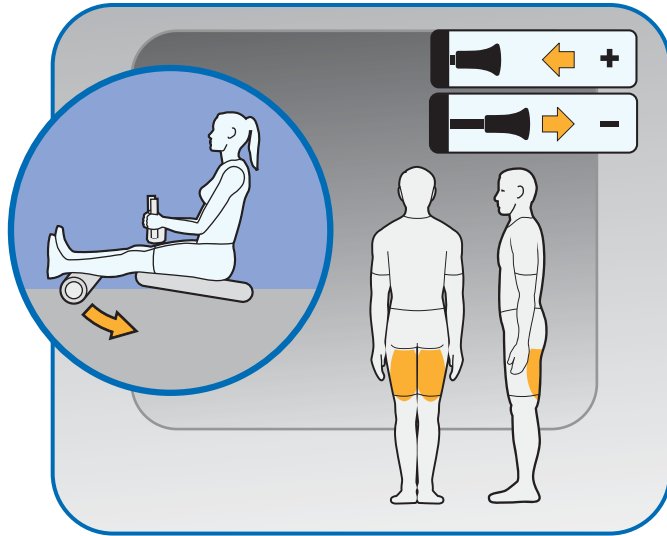
Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs. of Resistance	10	17	23	30	37	49	60	72	83	94	106	117	127
Kg. of Resistance	5	8	10	14	17	22	27	33	38	43	48	53	58

Circuit Series

3. Exercises

Circuit Series Seated Leg Curl (TCLC)



Muscles Exercised - Hamstrings

Setup

Sit down on seat. Release the thigh pad and ensure that it is in a comfortable position on the lower thigh (slightly behind the knee). The user should be positioned so that the knee lines up with the axis of rotation (pivot point). Engage appropriate resistance. Lean back slightly so that upper body is at about 90 degrees to seat, causing downward pressure on the thigh pad. Keep back straight and head up.

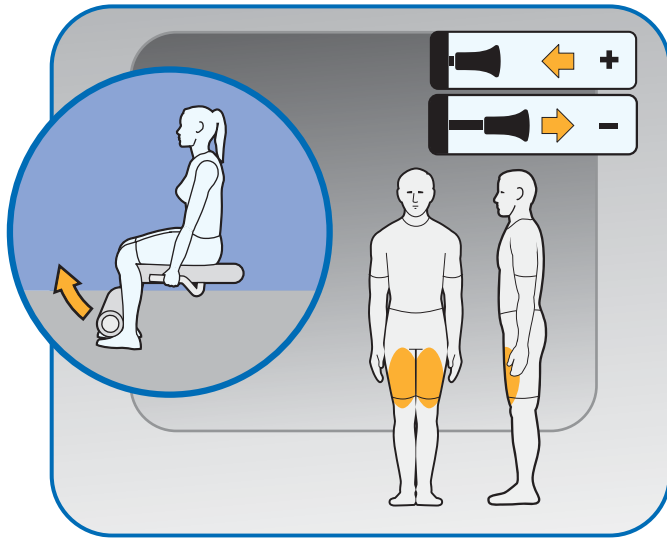
Performing the Exercise

Hold the thigh pad handles and pull back slightly to hold legs in place. Curl the pad down and back slowly. Hold the pad at the back position for a moment. Slowly let the pad out and repeat the motion. Raise the thigh pad to locked position and exit the machine.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs. of Resistance	10	15	20	26	30	39	47	55	63	71	80	88	96
Kg. of Resistance	5	7	9	12	14	18	21	25	29	32	36	40	44

Circuit Series Leg Extension (TCLE)



Muscles Exercised - Quadriceps

Setup

Sit down on seat. The user should be positioned so that the knee lines up with the axis of rotation (pivot point). Engage appropriate resistance. Grip the handles located on the sides of the seat, leaning back slightly so that upper body is at about 90 degrees to seat. Body is positioned with chest up and shoulders back.

Performing the Exercise

Rotate the thighs so the knees are pointing upwards and with a controlled motion, extend the legs to near full extension. Return the legs to the start position, without letting the resistance rest. Repeat the motion, while maintaining proper body positioning.

TIP: Position the thighs with the knees pointing upwards and maintain this while performing the exercise. This position is safer for the knee joint and more effective for the Quadriceps muscles.

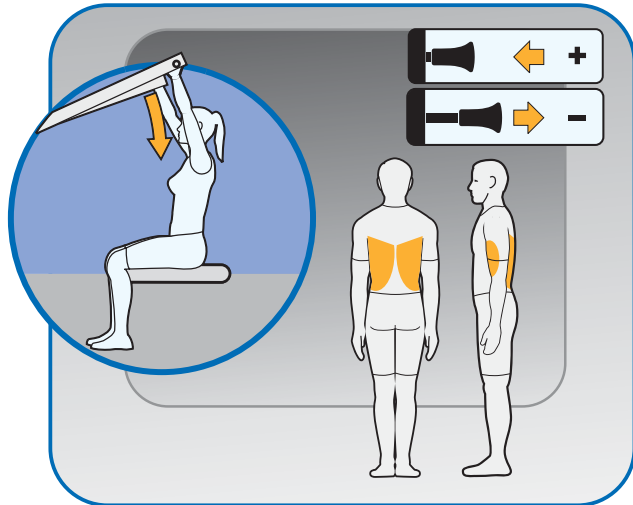
Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs. of Resistance	8	13	19	26	32	41	50	58	68	77	86	94	103
Kg. of Resistance	4	6	9	12	15	19	23	26	31	35	39	43	47

Circuit Series

3. Exercises

Circuit Series Lat Pulldown (TCPD)



Muscles Exercised - Latissimus Dorsi and Biceps

Setup

Engage appropriate resistance. Stand and grip bar in desired position, then pull down and sit with thighs under roller pads. Upper body is positioned leaning slightly forward from the hips, pulling directly over shoulders.

TIP: Attempt to stabilize the body without the use of the thigh pads until necessary. TIP: The ideal grip position on the handle positions the hands as far out as possible, but still allows the elbows to contact the sides of the body in the down position during the exercise. This ensures a full range of motion.

Performing the Exercise:

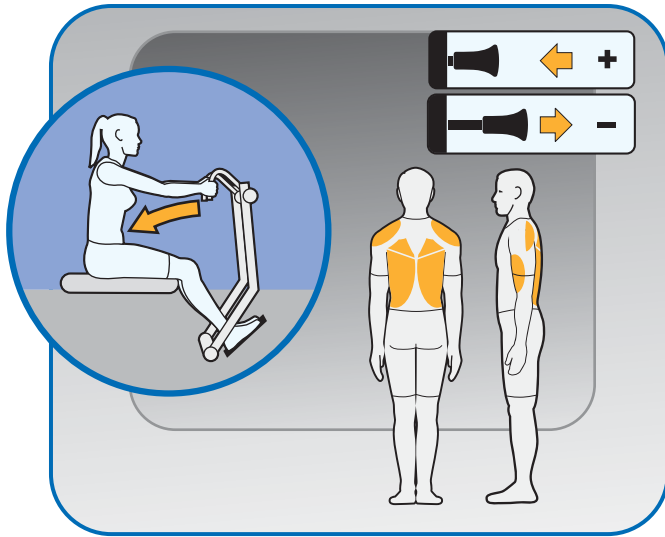
With a controlled motion, draw down the handles directly over the shoulders until hands reach shoulder height, then extend the handles up until arms are fully extended. Return the handles to the start position and repeat the motion without letting the resistance rest. Maintain proper body positioning throughout exercise.

TIP: While performing the exercise think about lifting the chest to the handles as opposed to pulling the bar down. This will re-enforce the correct exercise position and increases the mental concentration on the Latissimus Dorsi.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs. of Resistance	16	23	30	37	46	56	69	82	93	104	115	129	140
Kg. of Resistance	7	10	14	17	21	25	31	37	42	47	52	59	64

Circuit Series Seated Row (TCRW)



Muscles Exercised - Latissimus Dorsi, Trapezius, Rhomboids, Teres Major and Minor, Posterior Deltoids and Biceps

Setup

Engage appropriate resistance. Position body so knees are slightly extended keeping feet firmly on the footplates. Grip the handles and position body with head and chest up; back straight.

Performing the Exercise

Stabilize the body in position, pressing feet firmly into the footplates. With a controlled motion, draw back the arms as far as can be controlled. Return the handles to the start position without letting the resistance rest. Repeat the motion while maintaining proper body positioning.

TIP: While performing the exercise, think about drawing the elbows back, beyond the body, as this increases the mental concentration on the muscles being trained.

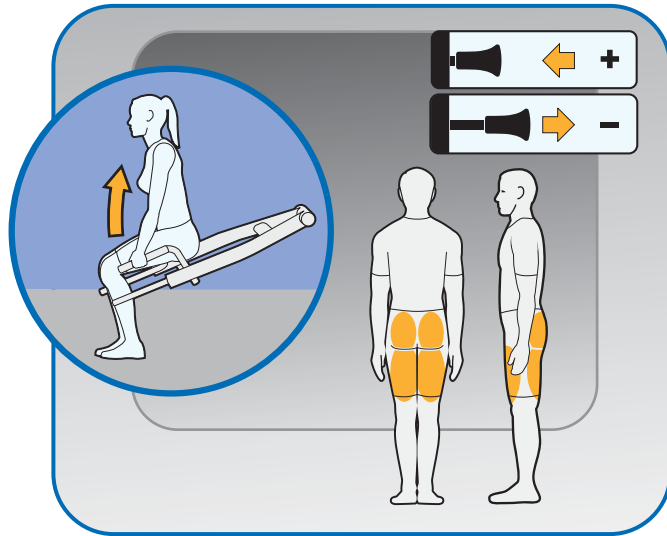
Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs. of Resistance	18	24	30	37	43	54	64	75	87	98	109	118	130
Kg. of Resistance	8	11	14	17	20	24	29	34	39	44	49	54	59

Circuit Series

3. Exercises

Circuit Series Squat (TCSL)



Muscles Exercised - Quadriceps, Hamstrings, Gluteus

Setup

Stand in machine facing out. Engage proper resistance. Grip upper or lower handles based on height and comfort. Position feet slightly wider than shoulder width apart.

Performing the Exercise

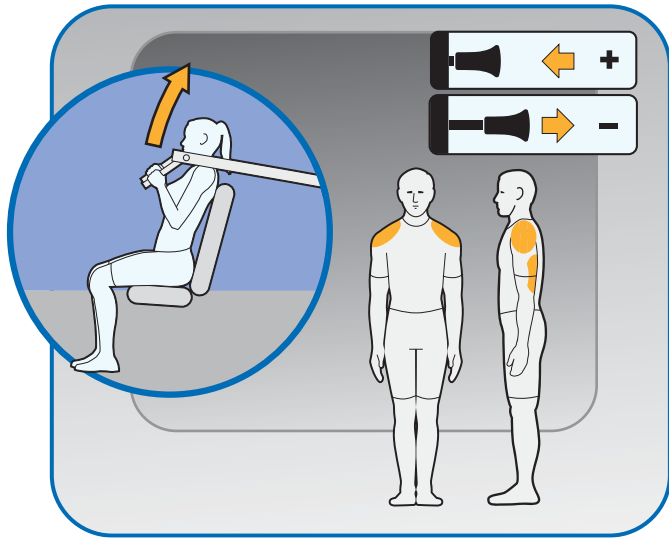
Bend at the knees while keeping head and upper body stable and upright. Squat down until the top of the thigh is parallel with the ground. Stand up pushing through the heels and extending the knees and hips. Repeat the motion while maintaining proper body position throughout range of motion.

Note: The user should only squat as deep as they can maintain proper form and comfort.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs. of Resistance	32	39	45	52	59	71	83	94	106	118	128	139	150
Kg. of Resistance	15	18	20	24	27	32	38	43	48	54	58	63	68

Circuit Series Shoulder Press (TCSP)



Muscles Exercised - Deltoids and Triceps

Setup

Sit in seat with feet flat on the floor and back against the back pad. Engage appropriate resistance and grip handles.

Performing the Exercise

With a controlled motion, extend the handles up to full extension. Return the handles to the start position without letting the resistance rest. Repeat the motion while maintaining proper body positioning.

TIP: Focus on extending your elbows as opposed to pressing the arm up, as this increases the mental concentration on the Deltoid muscles.

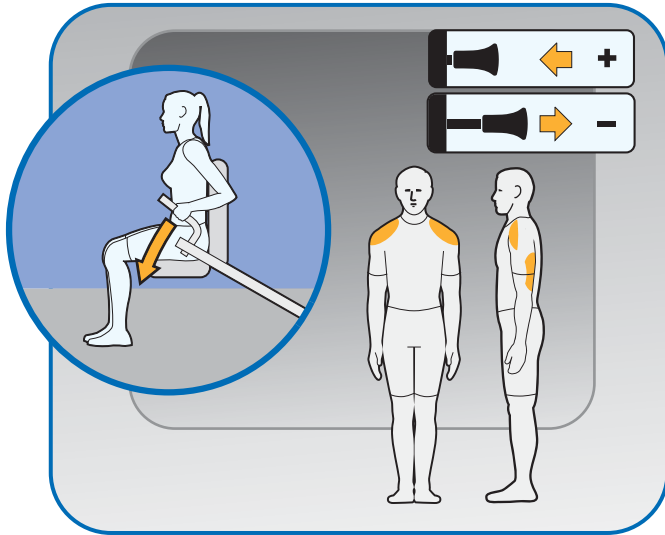
Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs. of Resistance	9	13	18	22	26	32	37	45	52	59	65	72	79
Kg. of Resistance	4	6	8	10	12	15	17	20	24	27	29	33	36

Circuit Series

3. Exercises

Circuit Series Triceps Press (TCTP)



Muscles Exercised - Triceps

Setup

Sit in seat with feet flat on the floor and back against the back pad. Engage appropriate resistance. Grip the handles, keeping back slightly arched with head up.

Performing the Exercise

With back on the pad and elbows close to your sides, slowly press the handles down. Do not lock elbows at the bottom of the pressing motion. Slowly return handles to start position and repeat the motion.

Resistance Profile

Pins Engaged	0	1	2	3	4	5	6	7	8	9	10	11	12
Lbs. of Resistance	4	12	20	27	34	47	60	72	84	97	110	120	135
Kg. of Resistance	2	5	9	12	15	21	27	33	38	44	50	54	61



Circuit Series

4. Specifications

General Specifications

1. Frame Construction

Frame is constructed of mechanical quality steel purchased in mill run quantities
Frame is primarily 1.63" x 2.75" 11 gage flat oval tubing.

2. Frame Finish

Prior to applying finish, each part is chemically washed to prepare surface for maximum adhesion

3. Bolts

All hardware is metric and has a corrosion resistant finish.

4. Instructional Placard

Each unit has a specific placard that provides illustration for proper use and variety of exercises.

5. Equipment Anchoring

All machines have holes in the feet, which allow for easy anchoring to the floor. Life Fitness recommends that all machines be anchored to the floor to minimize the possibility that they will be tipped.

6. Liability Insurance

Certificate of insurance available upon request

Circuit Series

4. Specifications

Product Specifications

PRODUCT	PRODUCT NUMBER	PHYSICAL DIMENSIONS	WORKING DIMENSIONS*	WEIGHT
AB CRUNCH	TCAB	47" L x 34" W x 53.5" H 120cm L x 86cm W x 136cm H	75" L x 54" W x 53.5" H 191cm L x 137cm W x 136cm H	233 lbs 106 Kg
AB CURL BENCH	TCABB	62" L x 23" W x 30" H 158cm L x 59cm W x 76cm H	80" L x 59" W x 30" H 203cm L x 150cm W x 76cm H	75 lbs 34 Kg
BICEPS CURL	TCBC	54" L x 35" W x 45" H 137cm L x 89cm W x 114cm H	72" L x 63" W x 45" H 183cm L x 160cm W x 114cm H	251 lbs 114 Kg
CHEST PRESS	TCCP	47" L x 39" W x 45" H 119cm L x 99cm W x 114cm H	75" L x 57" W x 45" H 191cm L x 145cm W x 114cm H	260 lbs 118 Kg
SEATED LEG CURL	TCLC	45" L x 36" W x 45" H 114cm L x 92cm W x 114cm H	65" L x 60" W x 45" H 165cm L x 152cm W x 114cm H	290 lbs 132 Kg
LEG EXTENSION	TCLE	34" L x 37" W x 45" H 86cm L x 94cm W x 114cm H	66" L x 61" W x 45" H 168cm L x 155cm W x 114cm H	279 lbs 127 Kg
LAT PULLDOWN	TCPD	63" L x 43" W x 71" H 160cm L x 109cm W x 180cm H	87" L x 63" W x 71" H 221cm L x 160cm W x 180cm H	279 lbs 127 Kg
SEATED ROW	TCRW	48" L x 36" W x 45" H 122cm L x 92cm W x 114cm H	60" L x 66" W x 45" H 152cm L x 168cm W x 114cm H	282 lbs 128 Kg
SQUAT	TCSL	53.5" L x 42" W x 45" H 136cm L x 107cm W x 114cm H	78" L x 60" W x 45" H 198cm L x 152cm W x 114cm H	251 lbs 114 Kg
SHOULDER PRESS	TCSP	53" L x 43" W x 45" H 135cm L x 109cm W x 114cm H	77" L x 61" W x 45" H 196cm L x 155cm W x 114cm H	264 lbs 120 Kg
TRICEPS PRESS	TCTP	62" L x 37" W x 45" H 158cm L x 94cm W x 114cm H	86" L x 55" W x 45" H 218cm L x 140cm W x 114cm H	328 lbs 149 Kg

* Minimum space required for functional use by an average size person.

Circuit Series

5. Maintenance

The safety and integrity designed into the equipment can only be maintained when the equipment is regularly examined for damage and repair. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged parts shall be replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied parts shall be used to maintain/repair the equipment.

CLEAN

- Hand grips with mild soap and water.

INSPECT

- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage. All paint chips should be filled immediately with touch-up paint.
- Handgrips should be checked for wear or damage.

ONCE A WEEK

- Visually inspect all hardware for loosening, tampering or wear.
- Check condition of hand grips.

ACTION	MONTHLY	BI-ANNUALLY	AS NEEDED
CLEAN			
Hand Grips			X
INSPECT			
Hardware	X		
Frame		X	
Hand Grips			X

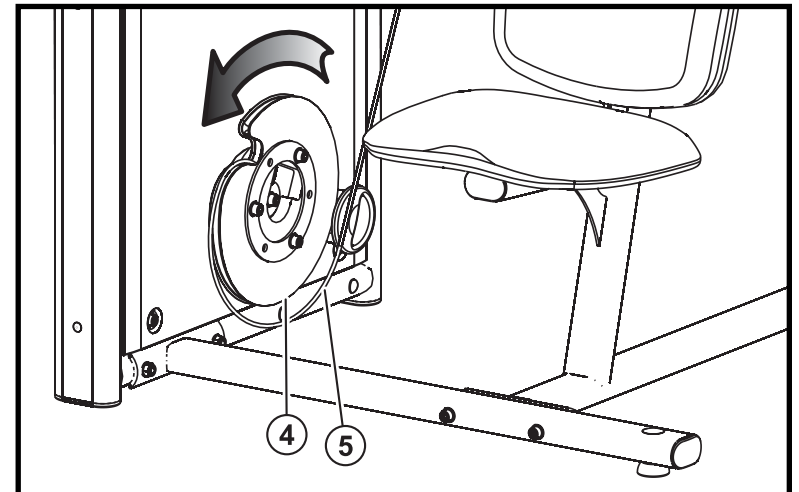
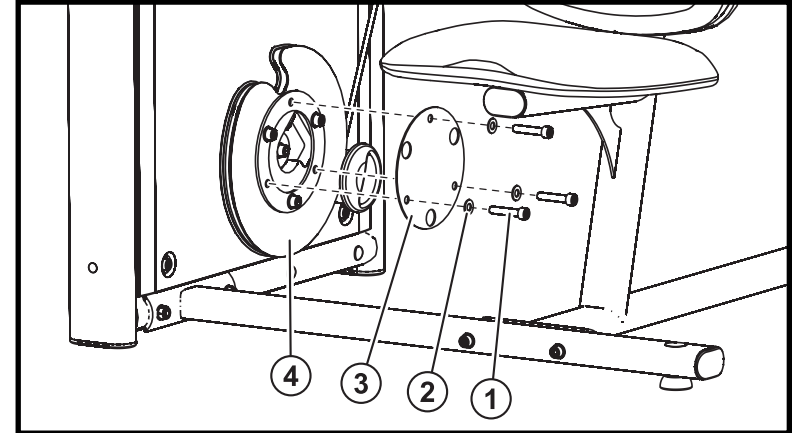
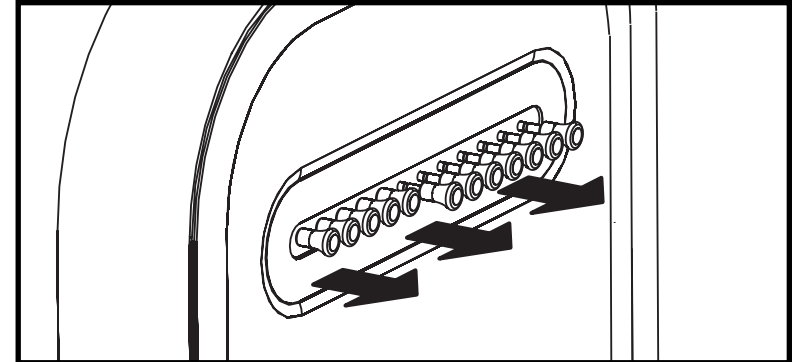
Shroud Removal & Replacement

1. Pull out all RESISTANCE ADJUSTMENT PINS.

Front Shroud Removal

NOTE: Not all Circuit Series products utilize the CAM shown. For products without the shown CAM, skip to step 4.

2. Remove the three BOLTS (1) and WASHERS (2) securing the CAM COVER PLATE (3). Set the BOLTS, WASHERS and CAM COVER PLATE aside.
3. Rotate the CAM (4) counter-clockwise and remove the CABLE (5) from around the CAM.



4. Remove the BOLT (6), WASHER (7) and PLATE (8) securing the CAM (4) to the TOWER AXLE (9). Set the CAM on the floor.
5. Remove the two BOLTS (10) and WASHERS (11) securing the FRONT SHROUD (12) to the TOWER (13). Tilt the bottom of the FRONT SHROUD outward approximately 6" (150 mm) disengaging the side tabs. Carefully lower the FRONT SHROUD to disengage the top tabs.

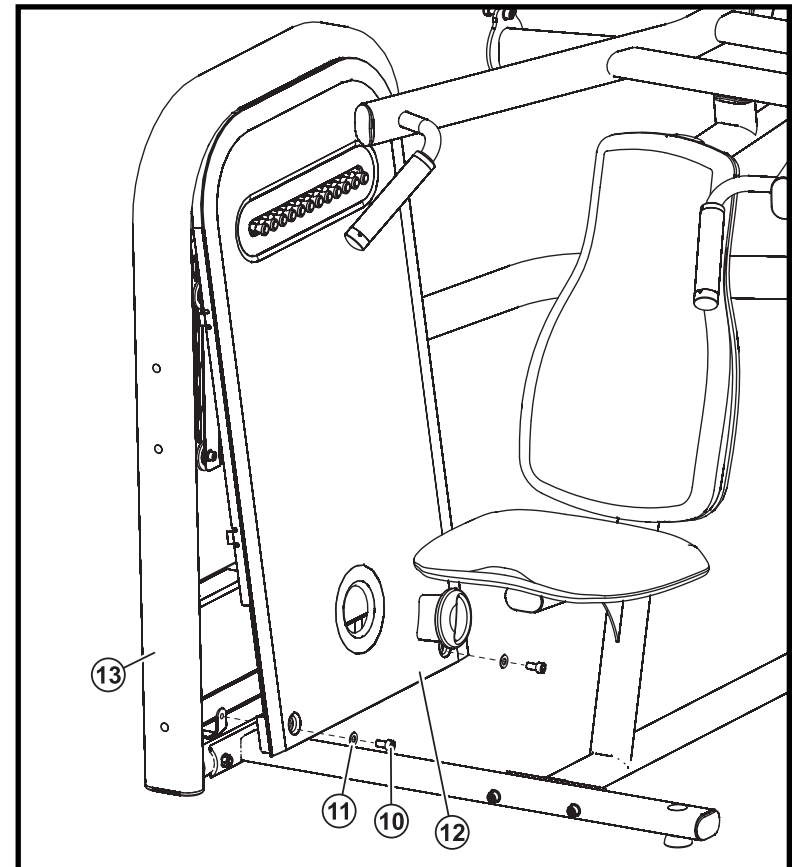
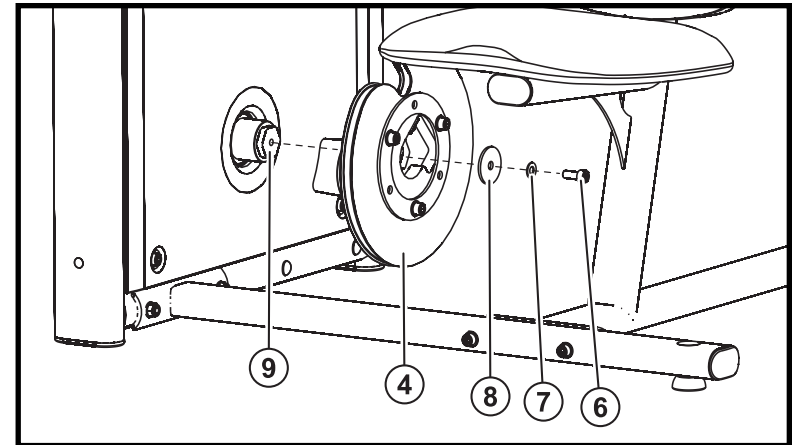
TIP: Pushing in the RESISTANCE ADJUSTMENT PINS may make removing the FRONT SHROUD easier.

Rear Shroud Removal

2. Remove the two BOLTS (10) and WASHERS (11) securing the REAR SHROUD (12) to the TOWER (13). Tilt the bottom of the REAR SHROUD outward approximately 6" (150 mm) disengaging the side tabs. Carefully lower the REAR SHROUD to disengage the top tabs.

Shroud Replacement

Reverse the removal process to replace SHROUDS. Be sure to tighten all BOLTS securely as they are replaced. Do not over-tighten the BOLTS.



Lifeband Removal & Replacement

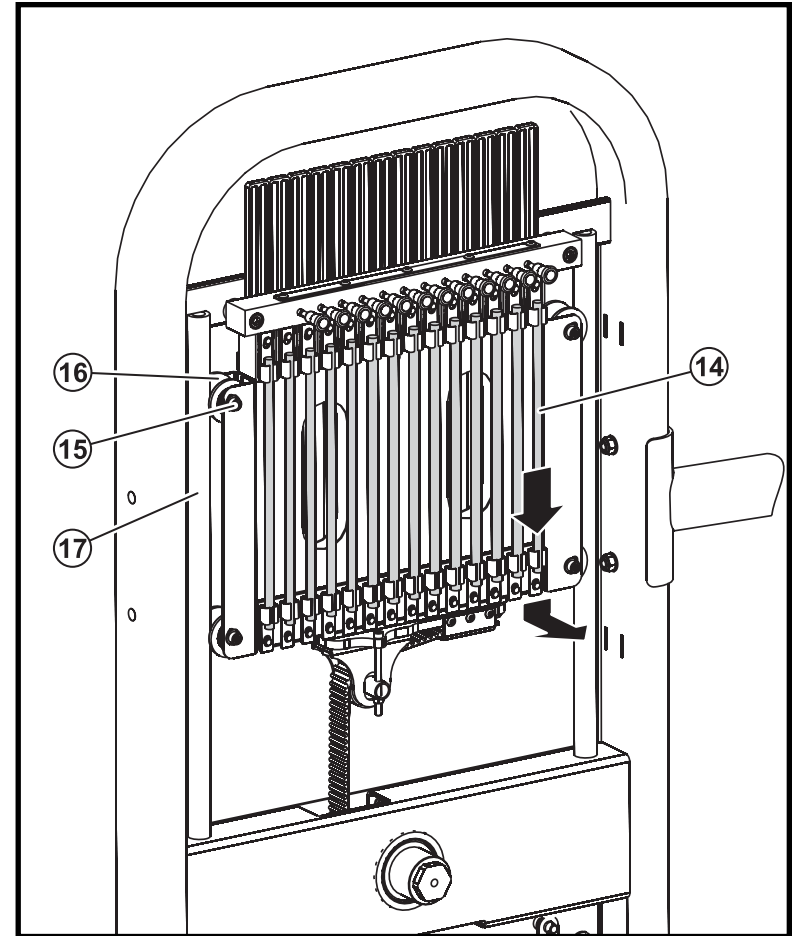
1. Remove the FRONT and/or REAR SHROUD(S). Follow the steps defined earlier in this section.
2. Push in all RESISTANCE ADJUSTMENT PINS.
3. Carefully pull the bottom of the damaged LIFEBAND (14) downward to disengage the LIFEBAND CLIP from the LINK PIN. Pull the LIFEBAND outward to remove the bottom of the LIFEBAND.
4. Disengage the top LIFEBAND CLIP of the damaged LIFEBAND in similar fashion. Remove the damaged LIFEBAND from the unit.
5. Install the new LIFEBAND in reverse order of removal.

NOTE: If replacing all LIFEBANDS, completely replace LIFEBANDS on one side of the TOWER before beginning the opposite side.

Carriage Roller Adjustment

1. Remove the FRONT and REAR SHROUDS. Follow the steps defined earlier in this section.
2. Push in all RESISTANCE ADJUSTMENT PINS.
3. Loosen the NUT (15) of the loose CARRIAGE ROLLER (16). Pull upward and outward (away from the center of the machine) until the CARRIAGE ROLLER makes contact with the GUIDE ROD (17).
4. Re-tighten the NUT (15) securely.

NOTE: If the entire carriage is loose, all CARRIAGE ROLLERS may need adjusting. Loosen the NUTS (15) of all four CARRIAGE ROLLERS (16). Allow the CARRIAGE to center itself. Adjust the CARRIAGE ROLLERS as instructed above beginning with the top CARRIAGE ROLLERS followed by the bottom CARRIAGE ROLLERS.



Leveling the Unit

1. Place the unit in the intended place for use and check stability.
2. If the unit is not stable, loosen all frame bolted connections and let the machine settle. Tighten the frame connections starting at the bottom and proceed upward.
3. The FEET (A) can be adjusted by inserting or removing supplied SHIMS (B).

To add or remove SHIMS, loosen the LEVELING FOOT BOLT (C) and NUT (D). Add or remove SHIMS until the machine is level and stable. Once the machine is level, lightly tighten all the FOOT the BOLTS and NUTS. Do not over-tighten the BOLTS and NUTS. Do not compress the rubber FEET.

