

# OPTIMA SERIES STRENGTH

Owner's Manual

05.25.10 / 8850901 REV B-2



## CORPORATE HEADQUARTERS

5100 River Road  
Schiller Park, Illinois 60176 • U.S.A.  
847.288.3300 • FAX: 847.288.3703  
800.735.3867 (Toll-free within U.S.A., Canada)  
Global Website: [www.lifefitness.com](http://www.lifefitness.com)

## INTERNATIONAL OFFICES

### AMERICAS

#### North America Life Fitness Inc.

5100 N River Road  
Schiller Park, IL 60176 U.S.A  
Telephone: (847) 288 3300  
Fax: (847) 288 3703  
Service Email: [commercialservicereply@lifefitness.com](mailto:commercialservicereply@lifefitness.com)  
Sales/Marketing Email: [commercialsales@lifefitness.com](mailto: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](mailto:suporte@lifefitness.com.br)  
Sales/Marketing Email: [lifefitness@lifefitness.com.br](mailto: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.

5100 N River Road  
Schiller Park, IL 60176 U.S.A  
Telephone: (847) 288 3300  
Fax: (847) 288 3703  
Service Email: [customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)  
Sales/Marketing Email: [commercialsales@lifefitness.com](mailto: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](mailto:service.benelux@lifefitness.com)  
Sales/Marketing Email:  
[marketing.benelux@lifefitness.com](mailto: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](mailto:uk.support@lifefitness.com)  
Sales/Marketing Email: [life@lifefitness.com](mailto: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](mailto:kundendienst@lifefitness.com)  
Sales/Marketing Email: [kundenberatung@lifefitness.com](mailto:kundenberatung@lifefitness.com)  
Operating Hours: 08.30 -16.30h (CET)

#### Austria Life Fitness Austria

Vertriebs G.m.b.H.  
Dückerstraße 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](mailto:kundendienst@lifefitness.com)  
Marketing/Sales Email: [kundenberatung@lifefitness.com](mailto:kundenberatung@lifefitness.com)  
Operating Hours: 9.00h-17.00h (MEZ)

#### Spain Life Fitness IBERIA

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

#### Belgium Life Fitness Benelux NV

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

#### Italy Life Fitness Europe GmbH

Siemensstraße 3  
85716 Unterschleißheim  
GERMANY  
Telephone: (+39) 02-55378611  
Service: 800438836 (In Italy)  
Fax: (+39) 02-55378699  
Service Email: [assistenza@lifefitness.com](mailto:assistenza@lifefitness.com)  
Sales/Marketing Email: [info@lifefitnessitalia.com](mailto:info@lifefitnessitalia.com)  
Operating Hours: 08:30 - 16:30h (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](mailto:service.db.cemea@lifefitness.com)  
Sales/Marketing Email:  
[marketing.db.cemea@lifefitness.com](mailto:marketing.db.cemea@lifefitness.com)  
Operating Hours: 9.00h-17.00h (CET)

### ASIA PACIFIC (AP)

#### Japan Life Fitness 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](mailto:service@lifefitnessjapan.com)  
Sales/Marketing Email: [sales@lifefitnessjapan.com](mailto:sales@lifefitnessjapan.com)  
Operating Hours: 9.00h-17.00h (JAPAN)

#### China and Hong Kong Life Fitness Asia Pacific LTD

Room 2610, Miramar Tower  
132 Nathan Road  
Tsimshatsui, Kowloon  
HONG KONG  
Telephone: (+852) 2891.6677  
Fax: (+852) 2575.6001  
Service Email: [HongKongEnquiry@lifefitness.com](mailto:HongKongEnquiry@lifefitness.com)  
Sales/Marketing Email: [ChinaEnquiry@lifefitness.com](mailto:ChinaEnquiry@lifefitness.com)  
Operating Hours: 9.00h-18.00h

#### All Other Asia Pacific countries & distributor business Asia Pacific\*

Room 2610, Miramar Tower  
132 Nathan Road  
Tsimshatsui, Kowloon  
HONG KONG  
Telephone: (+852) 2891.6677  
Fax: (+852) 2575.6001  
Service Email: [HongKongEnquiry@lifefitness.com](mailto:HongKongEnquiry@lifefitness.com)  
Sales/Marketing Email: [ChinaEnquiry@lifefitness.com](mailto:ChinaEnquiry@lifefitness.com)  
Operating Hours: 9.00h-18.00h

\* Also check [www.lifefitness.com](http://www.lifefitness.com) for local representation or distributor/dealer.

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## 1. SAFETY INFORMATION

It is the sole responsibility of the purchaser of LIFE FITNESS products to read the owner's manual and 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, CONTACT LIFE FITNESS CUSTOMER SERVICE IMMEDIATELY AT 1-800-735-3867.

This equipment is categorized as class S per EN 957-1. As such this equipment 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.

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



### ACCESS CONTROL

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.



### INSTALLATION

SECURING EQUIPMENT - LIFE FITNESS recommends that all equipment be secured to a solid, level surface to stabilize it 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 LIFE FITNESS 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.
4. When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad, pulley or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.



## **INSPECTION**

1. DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all LIFE FITNESS equipment use only replacement parts supplied by LIFE FITNESS.
2. Cables and belts pose an extreme liability if used when frayed. Always replace any cable at first sign of wear. Consult LIFE FITNESS if uncertain.
3. Routinely inspect all accessory clips that join attachments to the cables and replace them at the first sign of wear.
4. MAINTAIN LABELS AND NAME PLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.
5. EQUIPMENT MAINTENANCE - 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.
6. 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.
7. Before any use, examine all accessories approved for use with the LIFE FITNESS equipment for damage or wear.
8. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE LIFE FITNESS 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 LIFE FITNESS equipment.
2. Keep children away from strength equipment. Parents 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 users secure long hair back and up to avoid contact with moving parts.
4. All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.



### **SELECTORIZED WEIGHT STACK SYSTEMS**

1. Use only weight selector pins supplied by LIFE FITNESS on weight stacks. Substitutes are forbidden.
2. Fully insert weight selector pins. Partial insertion can cause weights to fall unexpectedly.
3. Never pin the weight stack in an elevated position.
4. Never remove selector pin if any weights are suspended.
5. Never attempt to release jammed weights or parts.
6. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by LIFE FITNESS.



### **PLATE LOADED, FREE WEIGHT AND BODY WEIGHT SYSTEMS**

1. If the unit is equipped with weight rods, use only Olympic style weight plates (2.0" bore) for training weight. Do not use dumbbells or any means other than those stated to increase weight resistance. See machine specific section for more information.
2. Always utilize weight plate retention devices such as clamps or pins.
3. Only add weight plates up to the load limits of the unit. Make sure all weight plates are completely placed on the weight rod.
4. Never exceed the load rating for any plate loaded station, body weight station, bench or other free weight device, including specific weight rod and band peg limits. See machine specific section for load limit information.
5. Contact a Life Fitness representative with any questions regarding proper weights and loading.

## **2. WARRANTY**

### **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 charge after the first year.

### **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 you 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.

### **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.

## 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.

## WARRANTY COVERAGE

\*There is no warranty coverage for labor on Strength Products.

Structural Frame (Not coatings)	Pillow Blocks	Pulleys	Weight Plates	Guide Rods	Cables	Belts / Springs	Grips	Upholstery	Bearings	Hardware / Mechanical
10 Years	1 Year	1 Year	1 Year	1 Year	1 Year	90 Days	1 Year	90 Days	1 Year	90 Days

### 3. CONTACT INFORMATION

#### For Product Service within the United States and Canada:

Toll-free: 800-735-3867

Please call Monday through Friday from 7:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address, and 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.
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.

#### Return address:

Life Fitness World Headquarters

Attn: CSS Help Desk

5100 N. River Rd.

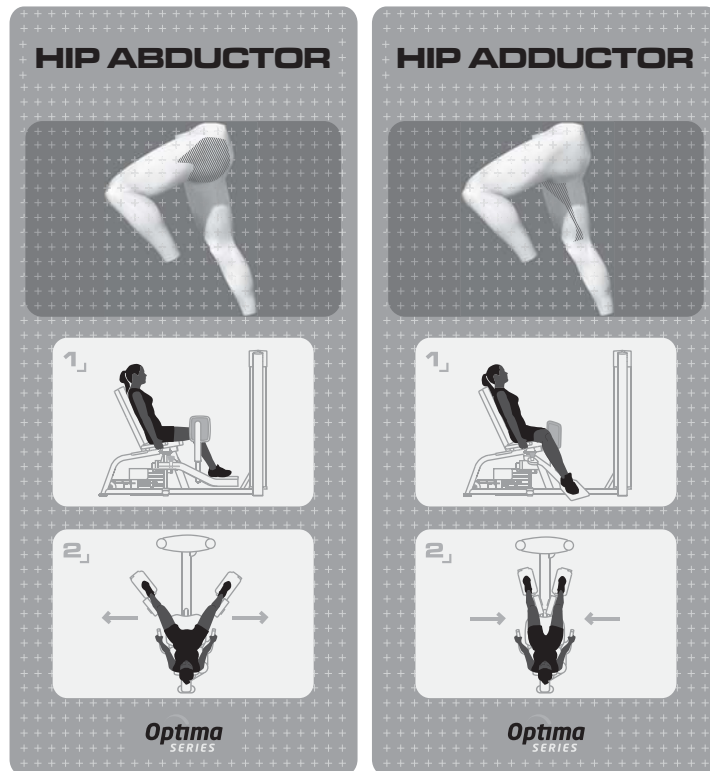
Schiller Park, IL 60176

For Product Service Internationally see contact information listed on page one of this manual.



## 4. EXERCISE & GENERAL SPECIFICATIONS

### OPTIMA SERIES HIP ABDUCTOR/ADDUCTOR (OSHAA)

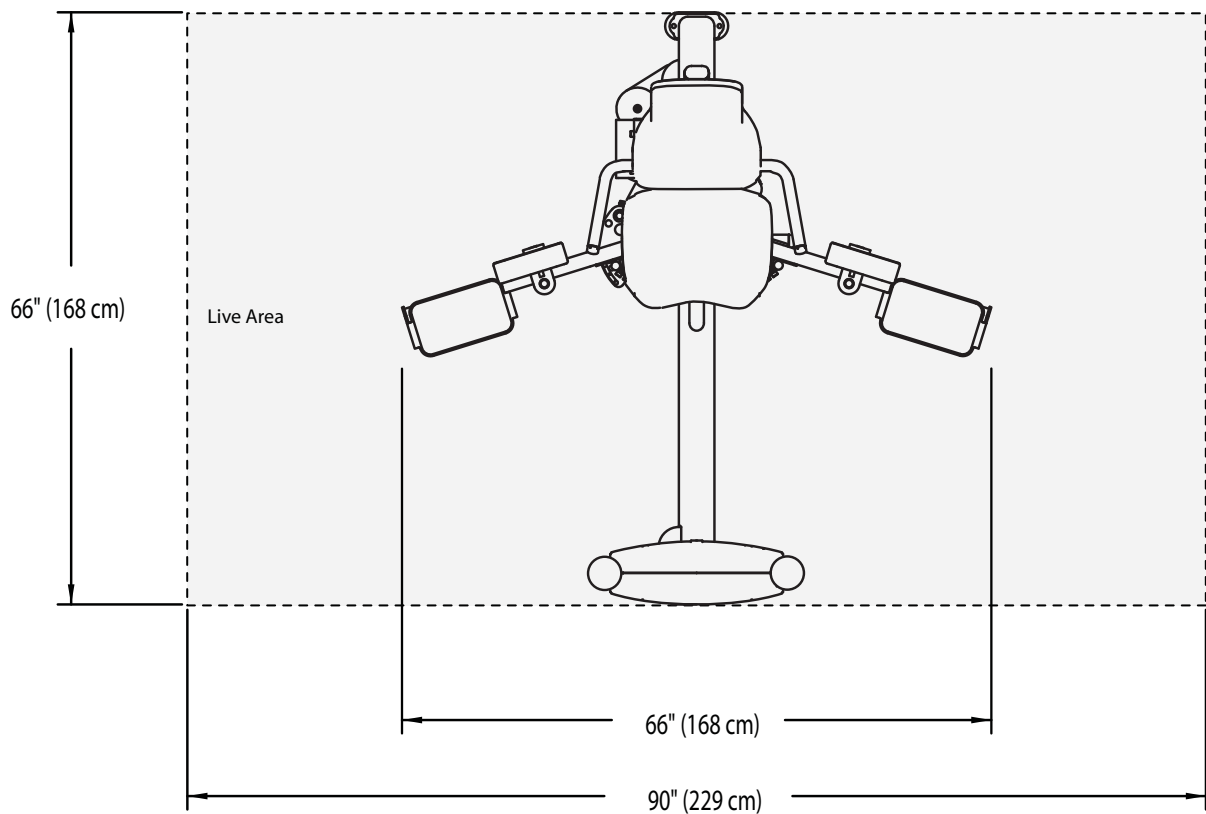


HIP ABDUCTOR	HIP ADDUCTOR
<p><b>Muscles Exercised:</b> Hip Abductors</p>	<p><b>Muscles Exercised:</b> Hip Adductors</p>
<p><b>Setup:</b> Rotate the knee pads outward. Sit down. Position feet on foot platform so knees are bent 90 degrees. Adjust the start position to be as narrow as comfort allows.</p>	<p><b>Setup:</b> Rotate the knee pads inward. Sit down. Position feet on foot platform so knees are bent 90 degrees. Adjust the start position to be as wide as comfort allows.</p>
<p><b>Performing the Exercise:</b> Holding the handles, slowly move the pads outward by pushing with the knees. Hold the outward extreme position briefly. Slowly return to the start position.</p>	<p><b>Performing the Exercise:</b> Hold the handles. Slowly move the pads inward by pushing with the knees. Hold the inward extreme position briefly. Slowly return to the start position. When finished, pull the adjustment knob to release the weight pads to exit the machine.</p>

## PRODUCT DIMENSIONS WITH WORKING AREA

Product # - OSHAA

<b>Machine Weight:</b>	425 lbs.	193 kgs.
<b>Weight Stack:</b>	142 lbs.	64 kgs.
<b>Size:</b>	in. = 66 L x 66 W x 57 H	cm = 168 cmL x 168 cmW x 145 cmH
<b>Live Area:</b>	in. = 90 L x 66 W	cm = 229 cmL x 168 cmW
<b>Max User Weight:</b>	250 lbs.	113 kgs.

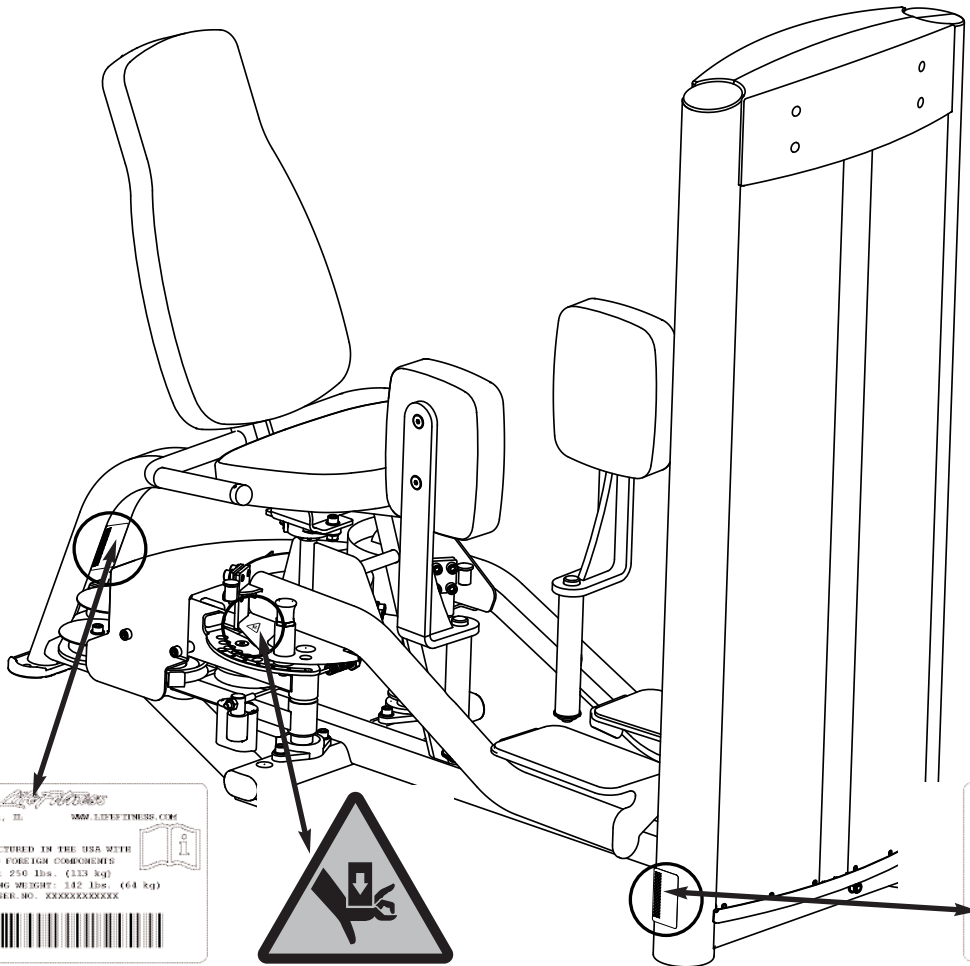
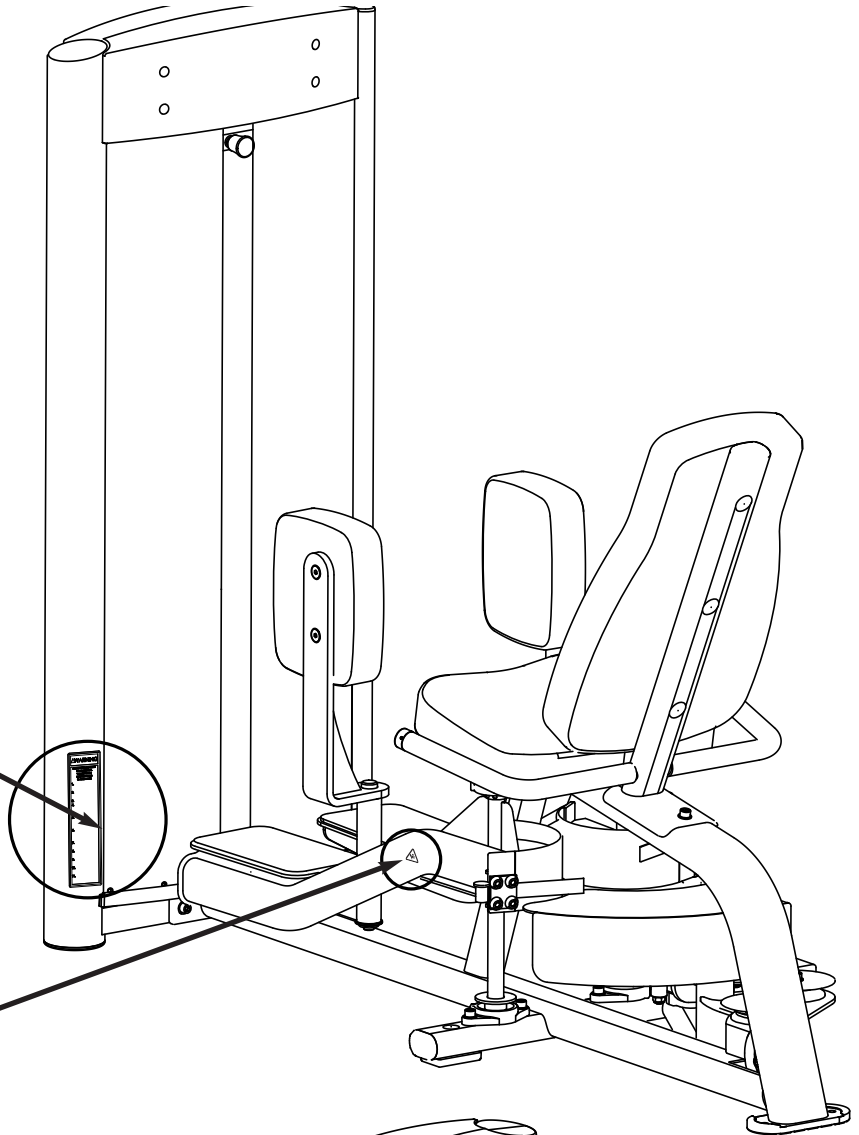


# LABEL LOCATIONS (OSHAA)

## ⚠ 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. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
11. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**



Schiller Park, IL WWW.LIFEFITNESS.COM

MODEL: OSHAA

MADE IN: MANUFACTURED IN THE USA WITH US AND FOREIGN COMPONENTS

MAX. USER WEIGHT: 250 lbs. (113 kg)

MAX. USER TRAINING WEIGHT: 132 lbs. (64 kg)

CLASS: S-STUDIO SER. NO. XXXXXXXXXXXXX

Schiller Park, IL WWW.LIFEFITNESS.COM

MODEL: OSHAA

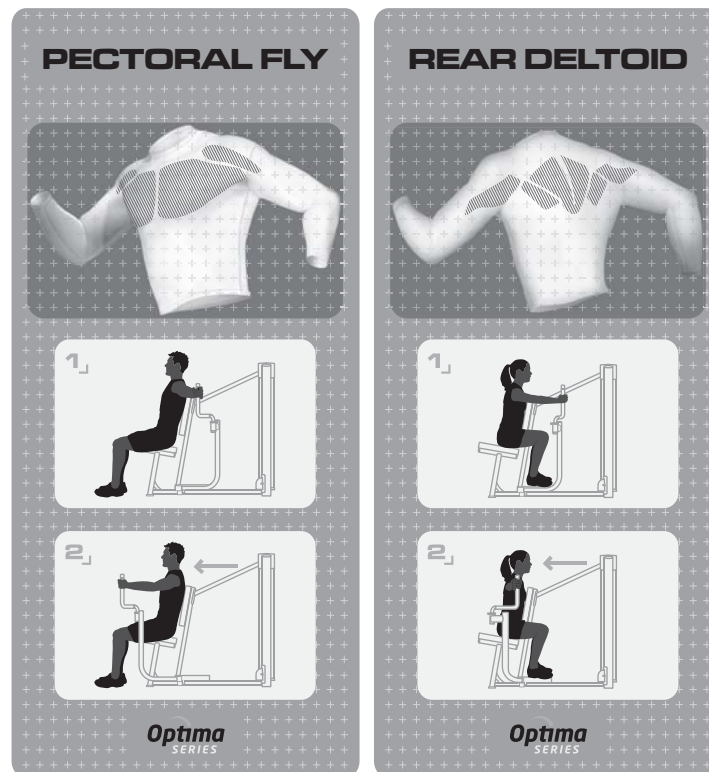
MADE IN: MANUFACTURED IN THE USA WITH US AND FOREIGN COMPONENTS

MAX. USER WEIGHT: 250 lbs. (113 kg)

MAX. USER TRAINING WEIGHT: 132 lbs. (64 kg)

CLASS: S-STUDIO SER. NO. XXXXXXXXXXXXX

## OPTIMA SERIES PECTORAL FLY / REAR DELTOID (OSFLY)

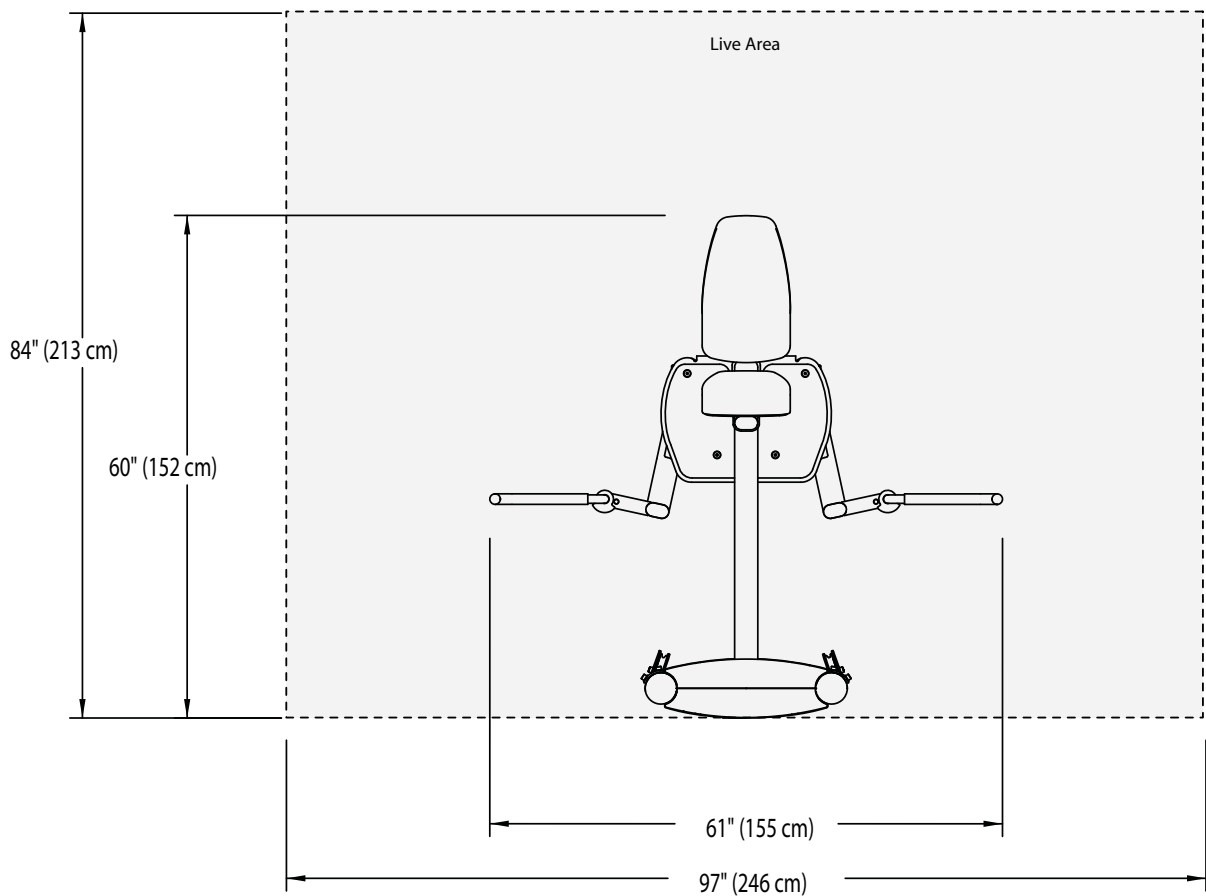


PECTORAL FLY	REAR DELTOID
<p><b>Muscles Exercised:</b> Pectoralis, Anterior Deltoid</p>	<p><b>Muscles Exercised:</b> Posterior Deltoid, Rhomboids, Trapezius, Infraspinatus</p>
<p><b>Setup:</b> Sit with back against the vertical pad. Grab the handles keeping hands slightly below shoulder height.</p>	<p><b>Setup:</b> Sit with chest against the vertical pad. For shorter users position feet on foot platform and for taller users place feet on the ground. Grab the handles keeping hands slightly below shoulder height. Rotate the handles inward until they are fixed against the restrictor pin.</p>
<p><b>Performing the Exercise:</b> With a controlled motion and elbows bent, bring hands together. Return the handles to the start position without letting the resistance rest on the weight stack. Repeat the motion while maintaining proper body positioning.</p>	<p><b>Performing the Exercise:</b> With a controlled motion and elbows bent, move hands away from each other. Squeeze shoulder blades together at the end of the movement. Return the handles to the start position without letting the resistance rest on the weight stack. Repeat the motion while maintaining proper body positionin.</p>

## PRODUCT DIMENSIONS WITH WORKING AREA

Product # - OSFLY

<b>Machine Weight:</b>	425 lbs.	193 kgs.
<b>Weight Stack:</b>	202 lbs.	92 kgs.
<b>Size:</b>	in. = 61 L x 60 W x 57 H	cm. = 155 cmL x 152 cmW x 145 cmH
<b>Live Area:</b>	in. = 97 L x 84 W	cm. = 246 cmL x 213 cmW
<b>Max User Weight:</b>	250 lbs.	113 kgs.

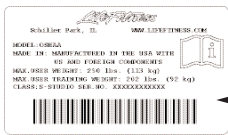
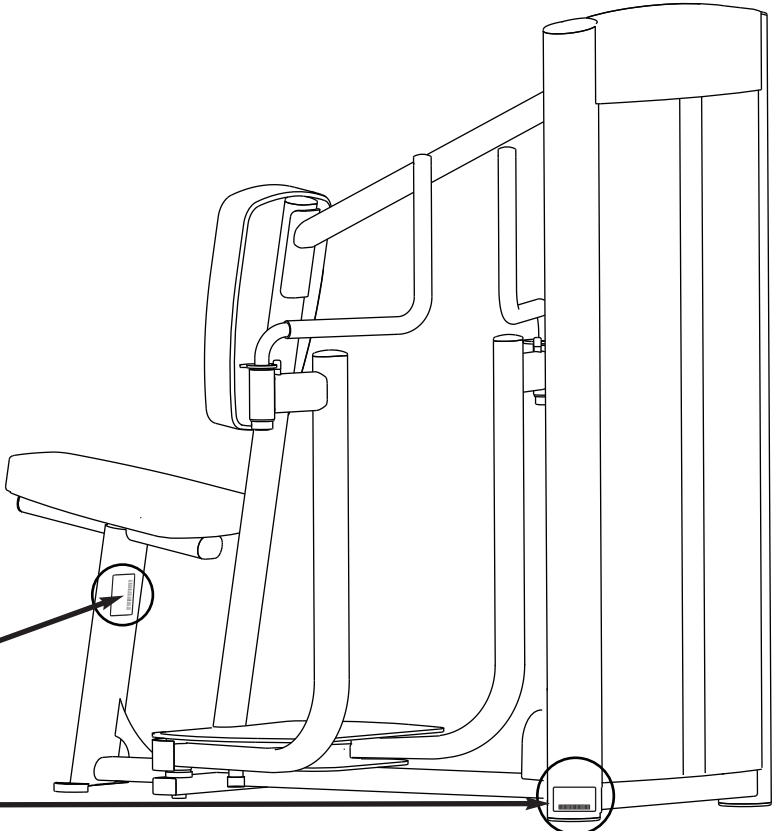
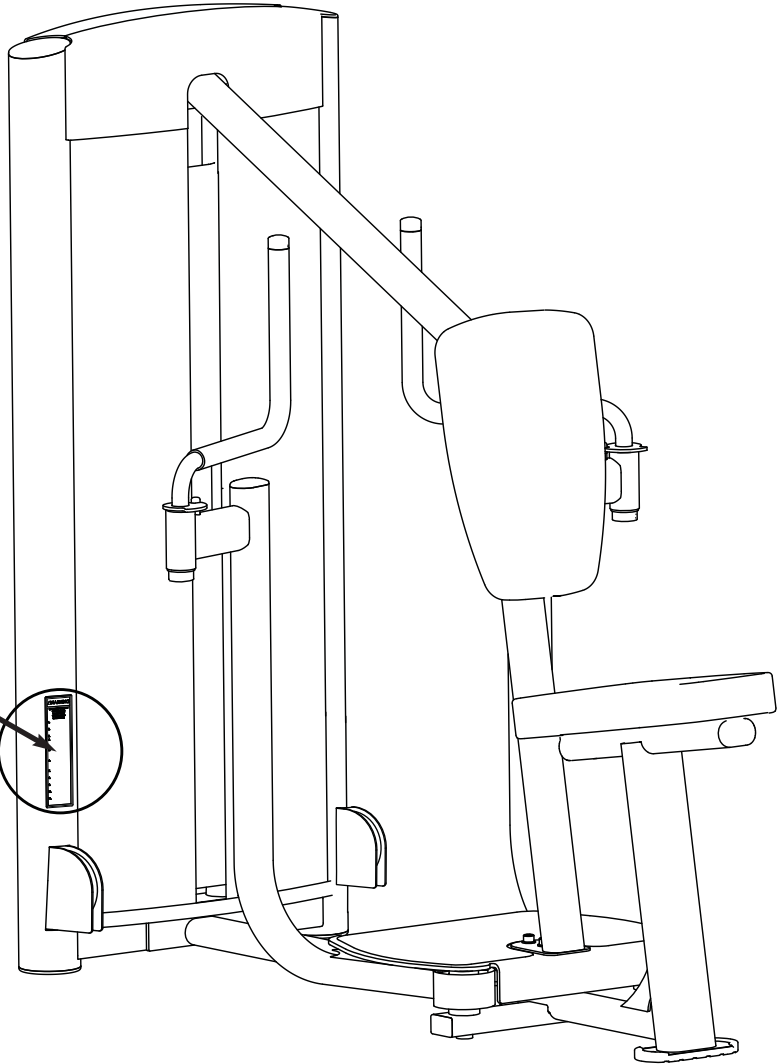


# LABEL LOCATIONS (OSFLY)

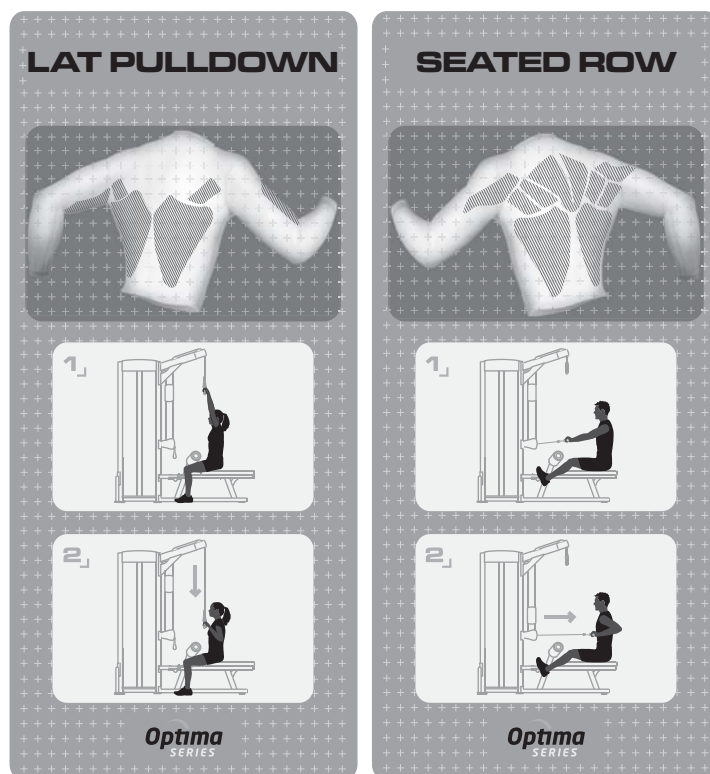
**⚠ WARNING**

**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. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
11. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**



## OPTIMA SERIES LAT PULLDOWN / SEATED ROW (OSLR)

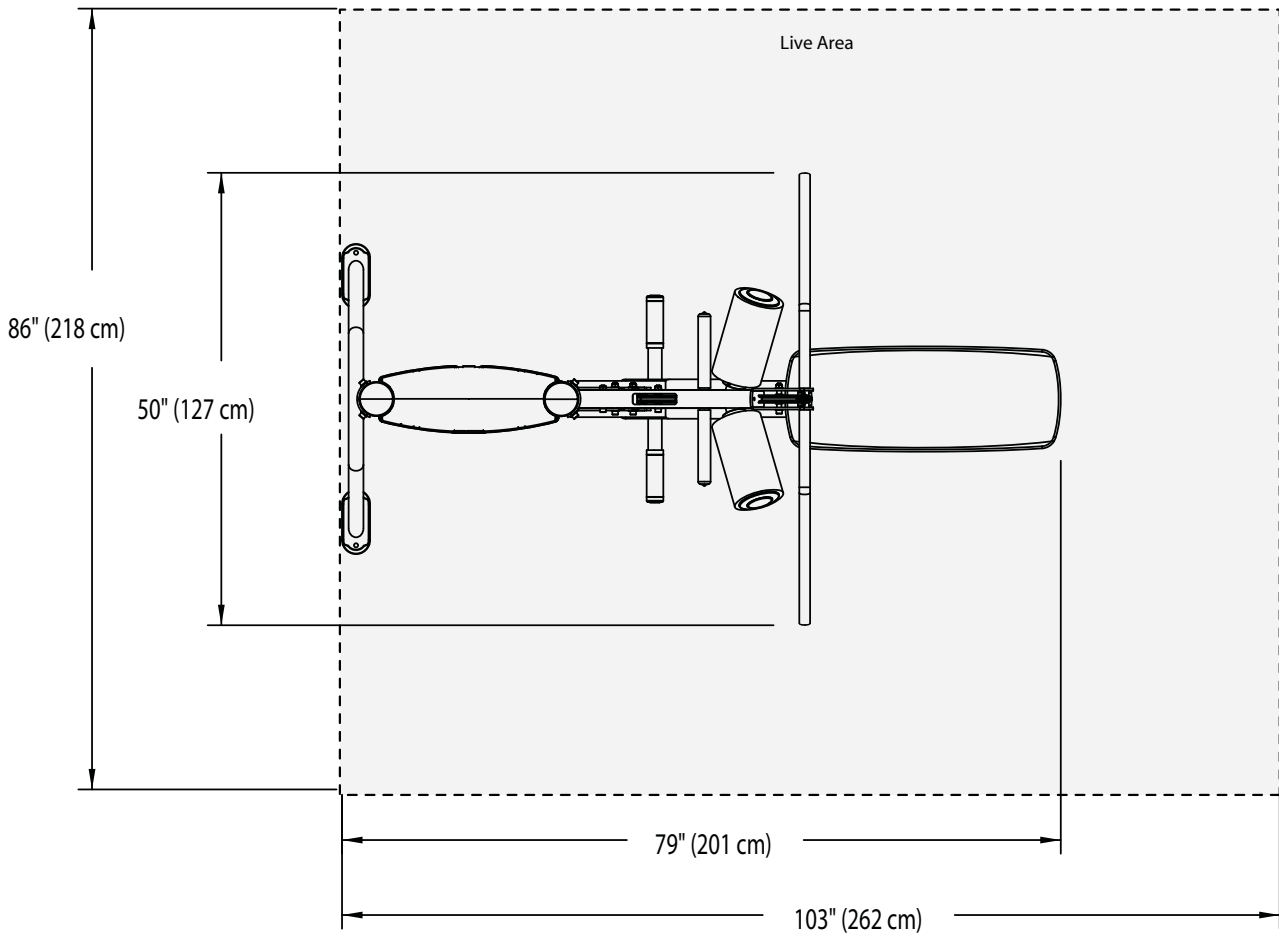


LAT PULLDOWN	SEATED ROW
<p><b>Muscles Exercised:</b> Latissimus Dorsi, Biceps</p>	<p><b>Muscles Exercised:</b> Latissimus Dorsi, Trapezius, Rhomboids, Posterior Deltoids, Biceps</p>
<p><b>Setup:</b> Stand and grip the bar in the desired position. Pull the bar down. Sit with thighs under the thigh pads. Position body to lean back slightly.</p> <p><i><b>TIP:</b> For the ideal grip position, locate the hands as far apart as possible while still allowing the elbows to contact the sides of the body in the down position during the exercise. This ensures a full range of motion.</i></p>	<p><b>Setup:</b> Sit down in arms reach of the handles. Grip the handles. Position body with the feet on the foot pegs and head and chest up.</p>
<p><b>Performing the Exercise:</b> With a controlled motion, draw the bar down in front of the chest until it nearly makes contact with the chest. Return the handles to the start position. Repeat the motion while maintaining proper body positioning.</p>	<p><b>Performing the Exercise:</b> Stabilize the body in position with feet firmly on foot pegs. With a controlled motion, pull the handle back until elbows are alongside the body. Return the handles to the start position without letting the resistance rest on the weight stack. Repeat the motion while maintaining proper body positioning.</p>

# PRODUCT DIMENSIONS WITH WORKING AREA

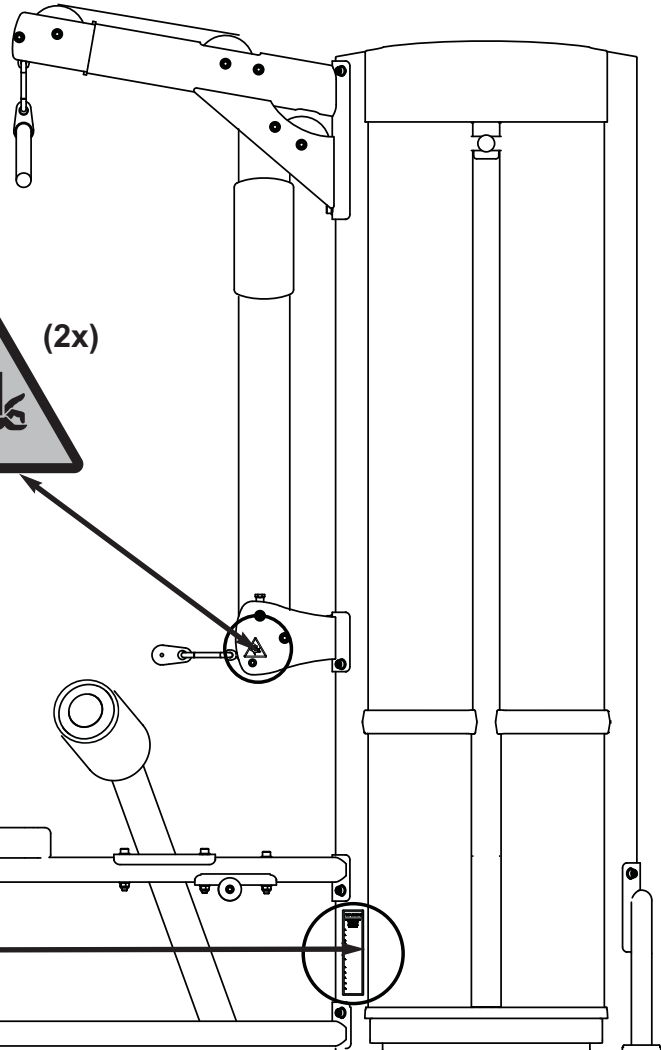
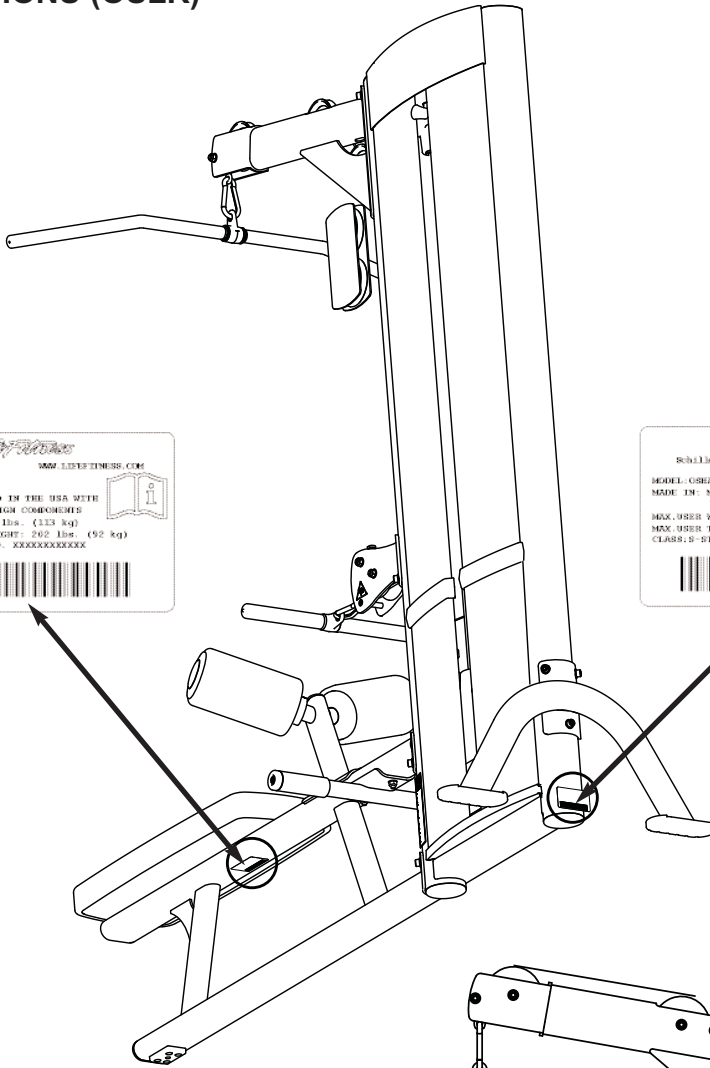
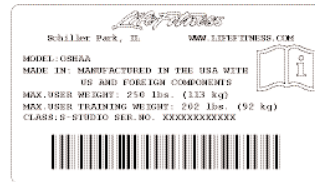
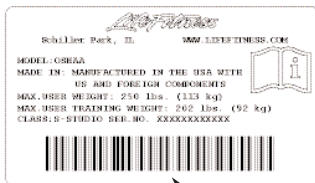
Product Code # - OSLR

<b>Machine Weight:</b>	443 lbs.	201 kgs.
<b>Weight Stack:</b>	202 lbs.	92 kgs.
<b>Size:</b>	in. = 79 L x 50 W x 87 H	cm. = 201 cmL x 127 cmW x 221 cmH
<b>Live Area:</b>	in. = 103 L x 86 W	cm. = 262 cmL x 218 cmW
<b>Max User Weight:</b>	250 lbs.	113 kgs.





# LABEL LOCATIONS (OSLR)

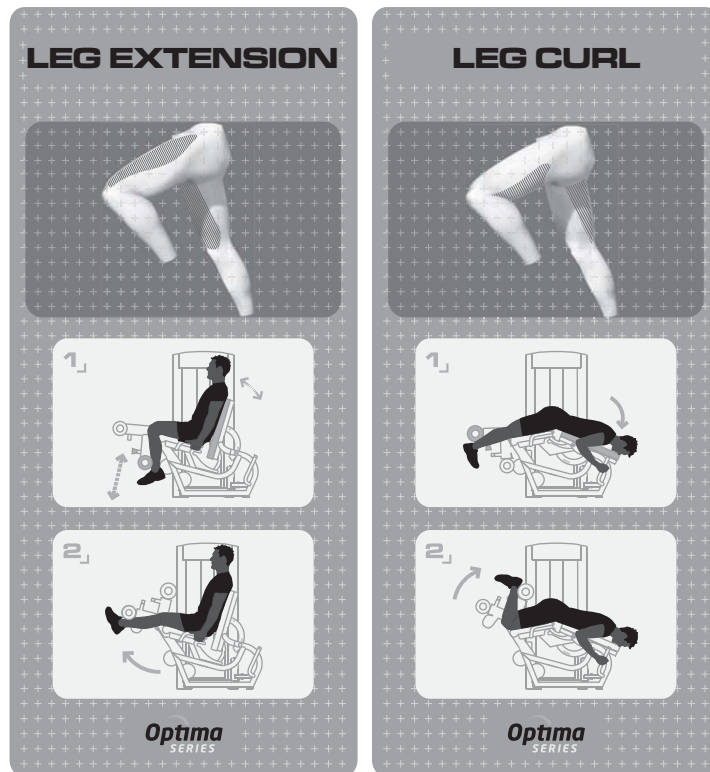


**WARNING**

**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. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
11. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**

## OPTIMA SERIES LEG EXTENSION / LEG CURL (OSLEC)

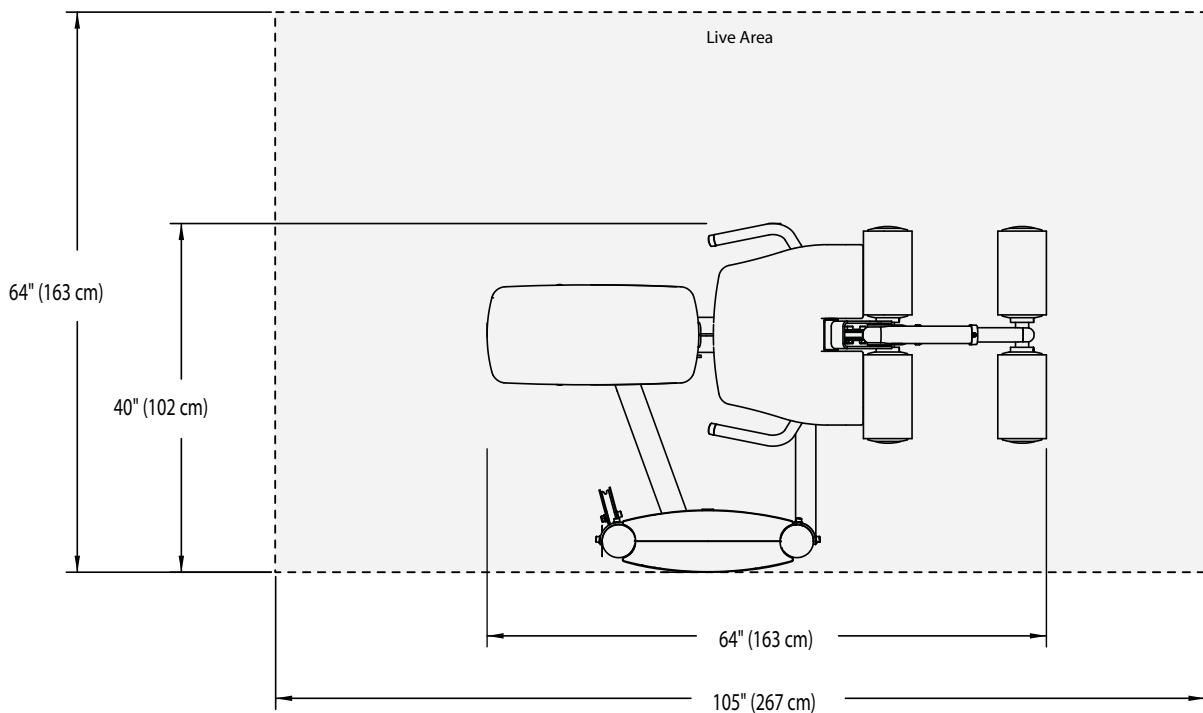


LEG EXTENSION	LEG CURL
<p><b>Muscles Exercised:</b> Quadriceps</p>	<p><b>Muscles Exercised:</b> Hamstrings</p>
<p><b>Setup:</b> Adjust the back pad to the vertical position. Sit down and align knee joint with the machine pivot (axis of rotation). Adjust the lower leg pad to a comfortable position above the ankle. Grip the handles located on the sides of the seat. Position body with chest up and with shoulders back and against the back pad.</p>	<p><b>Setup:</b> Adjust the back pad to the horizontal position. Lie face down on the pads. Position knees just off the pad, aligned with the machine's pivot. Position the lower leg pad comfortably above the back of the ankles. Adjust as needed. Grip the handles located under the chest pad at the head of the machine.</p>
<p><b>Performing the Exercise:</b> With a controlled motion extend the legs to nearly full extension without locking knees. Return legs to the start position without letting the resistance rest on the weight stack. Repeat the motion while maintaining proper body positioning.</p>	<p><b>Performing the Exercise:</b> Keep the hips in contact with the pad. With a controlled motion curl the legs up until fully flexed. Do not let the hips lose contact with the pad. Return the legs to the start position while maintaining proper body positioning.</p>

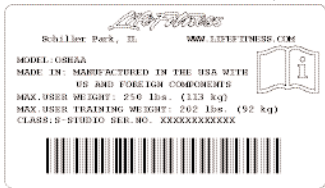
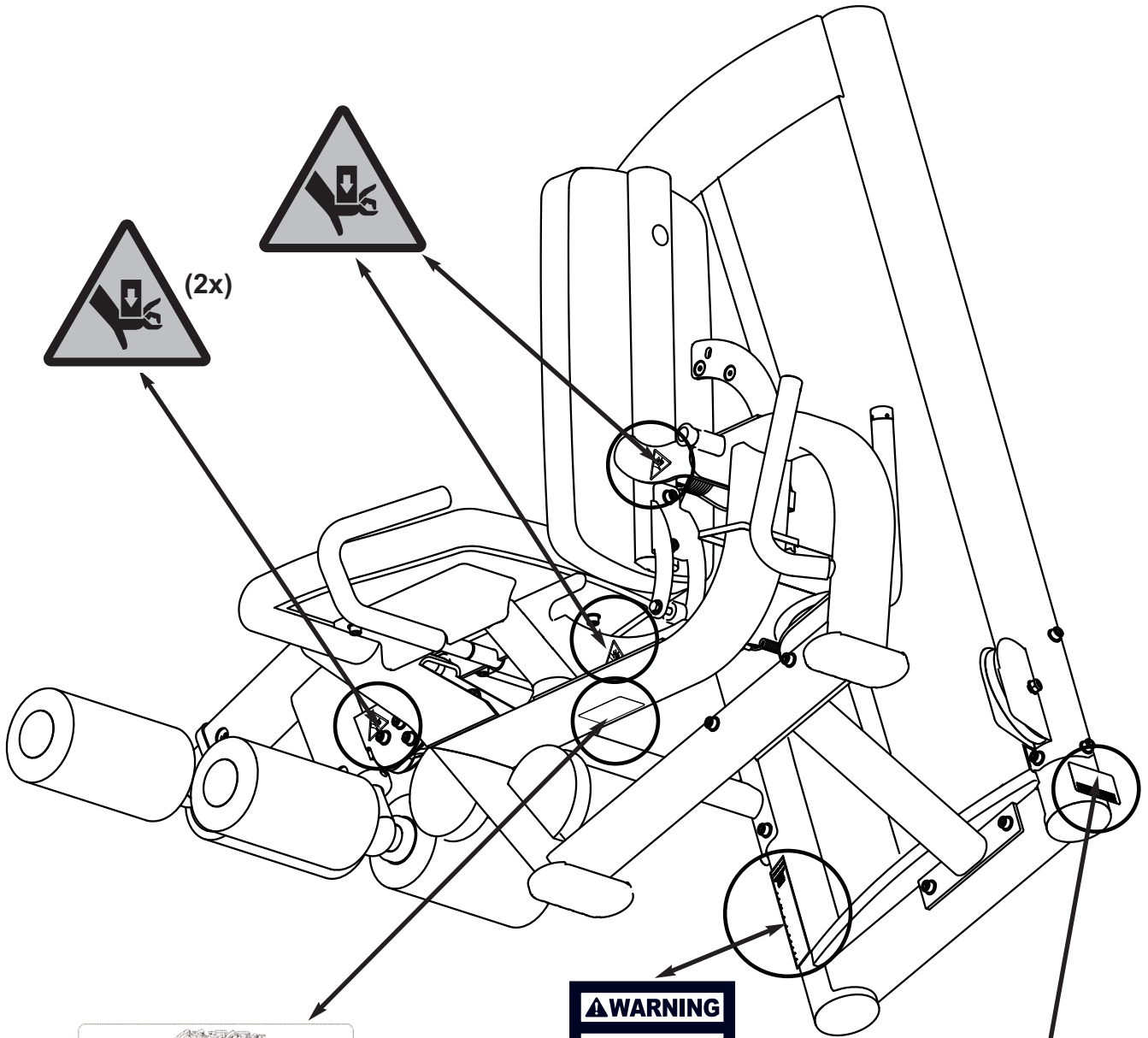
## PRODUCT DIMENSIONS WITH WORKING AREA

Product # - OSLEC

<b>Machine Weight:</b>	437 lbs.	198 kgs.
<b>Weight Stack:</b>	202 lbs.	92 kgs.
<b>Size:</b>	in. = 64 L x 40 W x 57 H	cm = 163 cmL x 102 cmW x 145 cmH
<b>Live Area:</b>	in. = 105 L x 64 W	cm = 267 cmL x 163 cmW
<b>Max User Weight:</b>	250 lbs.	113 kgs.



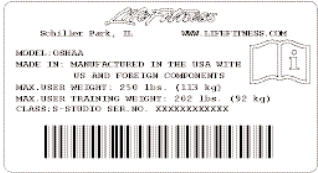
# LABEL LOCATIONS (OSLEC)



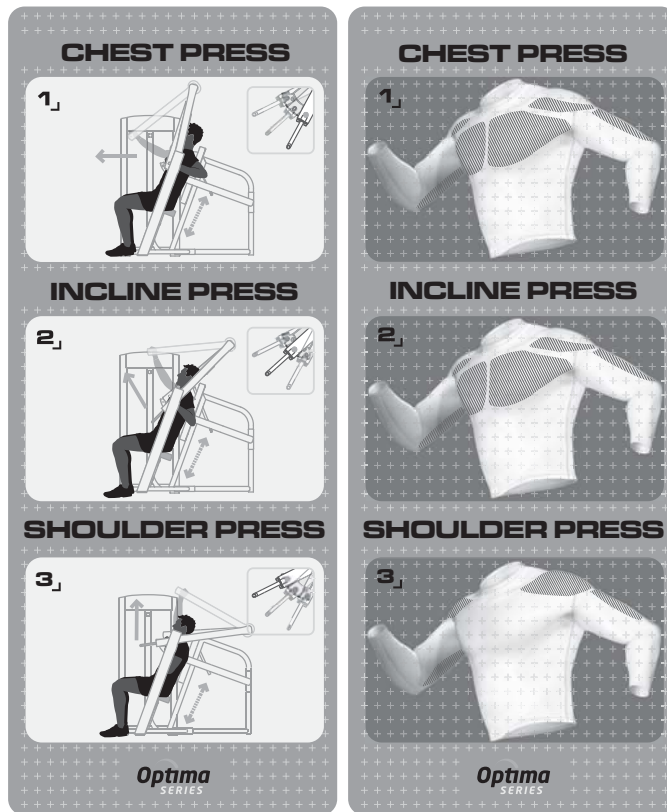
**WARNING**

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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. Manufacturer recommends that all equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
11. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**



## OPTIMA SERIES MULTI-PRESS (OSMP)

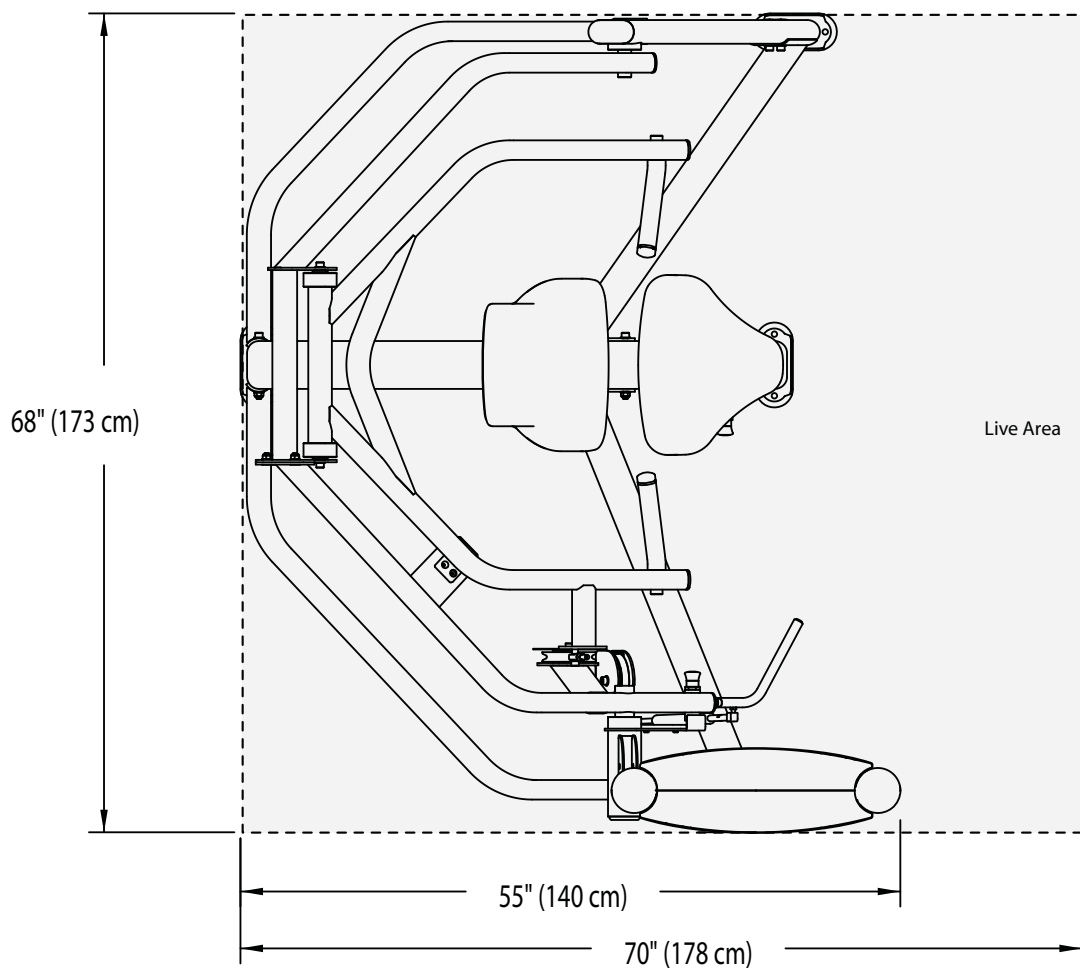


CHEST PRESS	INCLINE PRESS	SHOULDER PRESS
<p><b>Muscles Exercised:</b> Pectoralis Major, Anterior Deltoid, Triceps</p>	<p><b>Muscles Exercised:</b> Pectoralis Major, Anterior Deltoid, Triceps</p>	<p><b>Muscles Exercised:</b> Deltoids, Triceps</p>
<p><b>Setup:</b> Adjust the press arm to the vertical position labeled position 1. Adjust the seat so the handles are aligned with the middle of the chest. Grip the handles and position elbows slightly below the shoulders. Position the body with shoulders back and head back.</p>	<p><b>Setup:</b> Adjust the press arm to the angled position labeled position 2. Adjust the seat height so the handles are aligned with the middle to upper chest. Grip the handles. Position elbows slightly below the shoulders. Position the body with shoulders back and head back.</p>	<p><b>Setup:</b> Adjust the press arm to the horizontal position labeled position 3. Adjust the seat height so the handles are aligned at or above shoulder height. Grip the handles and position the body shoulders back and head back.</p>
<p><b>Performing the Exercise:</b> With a controlled motion extend the handles out until the arms are fully extended. Return the handles to the start position without letting the resistance rest on the stack. Repeat the motion while maintaining proper body positioning.</p>		

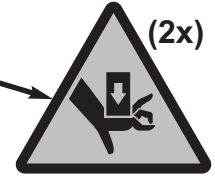
## PRODUCT DIMENSIONS WITH WORKING AREA

Product Code # - OSMP

<b>Machine Weight:</b>	514 lbs.	233 kgs.
<b>Weight Stack:</b>	202 lbs.	92 kgs.
<b>Size:</b>	in. = 55 L x 68 W x 71 H	cm. = 140cmL x 173 cmW x180 cmH
<b>Live Area:</b>	in. = 70 L x 68 W	cm. = 178 cmL x 173 cmW
<b>Max User Weight:</b>	250 lbs.	113 kgs.



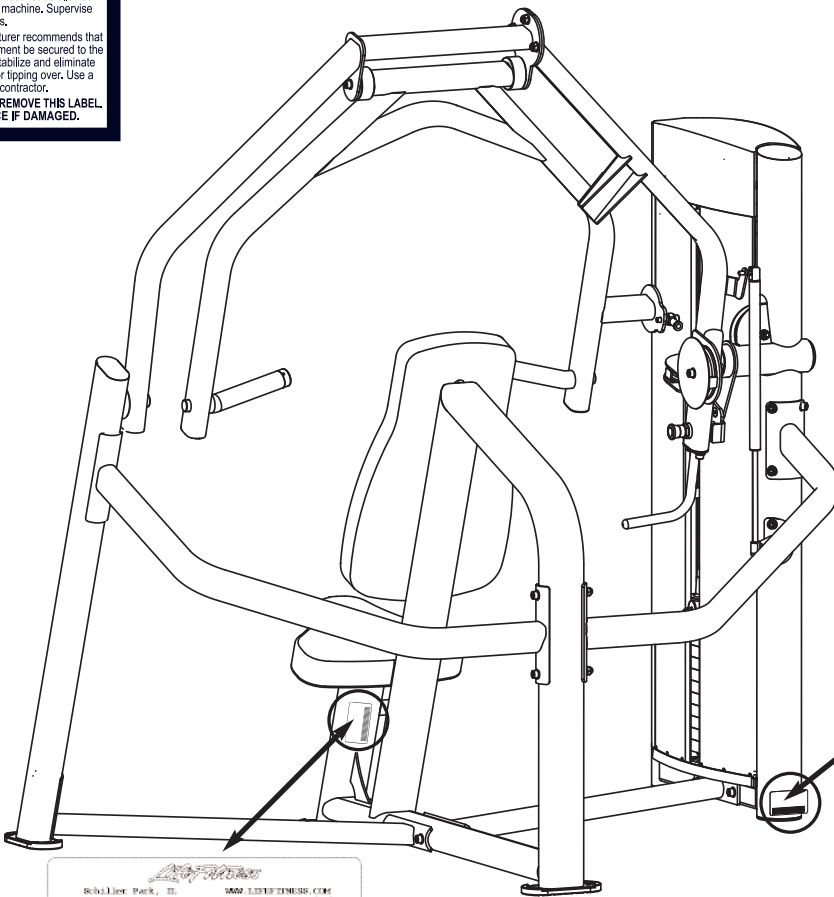
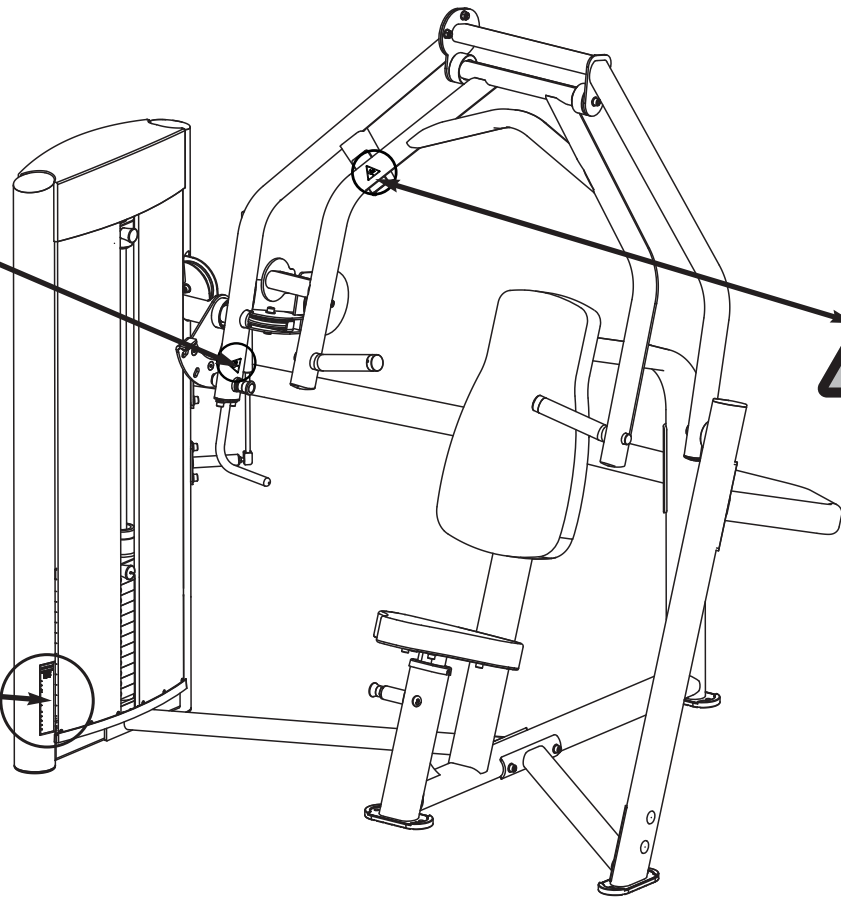
# LABEL LOCATIONS (OSMP)



**WARNING**

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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.
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Schiller Park, IL [WWW.LIFEFITNESS.COM](http://WWW.LIFEFITNESS.COM)


MODEL: OSMDA

MADE IN: MANUFACTURED IN THE USA WITH US AND FOREIGN COMPONENTS

MAX. USER WEIGHT: 250 lbs. (113 kg)

MAX. USER TRAINING WEIGHT: 202 lbs. (92 kg)

CLASS: S-STUDIO SER. NO. XXXXXXXXXXXXX



Schiller Park, IL [WWW.LIFEFITNESS.COM](http://WWW.LIFEFITNESS.COM)


MODEL: OSMDA

MADE IN: MANUFACTURED IN THE USA WITH US AND FOREIGN COMPONENTS

MAX. USER WEIGHT: 250 lbs. (113 kg)

MAX. USER TRAINING WEIGHT: 202 lbs. (92 kg)

CLASS: S-STUDIO SER. NO. XXXXXXXXXXXXX



## 5. MAINTENANCE PROCEDURES

### MAINTENANCE SCHEDULE

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
<b>CLEAN</b>				
Upholstery	X			
Guide Rods			X	
Shrouds			X	
Hand Grips				X
<b>WAX</b>				
Frames				X
<b>INSPECT</b>				
Paint			X	
Cable	X			
Hardware		X		
Frame		X		
Hand Grips		X		
Shrouds	X			
<b>LUBRICATE</b>				
Guide Rods				X

#### CLEAN...

1. Upholstery with an approved or compatible cleaner.
2. Guide Rods with a cotton cloth.
3. Hand Grips with mild soap and water.

#### WAX...

1. Frames with a standard, non-abrasive, wax finish.

#### INSPECT...

1. Cables. Look for wear or damage and proper tension. Pay close attention at bends and attachment points.
2. Hardware. Check for looseness. Tighten as required.
3. Frames. Inspect for wear and damage.
4. Handgrips. Check for wear and damage.
5. For paint chips. Fill in immediately with Life Fitness touch-up paint.

#### LUBRICATE

Lubricate guide rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Apply the lubricant to a cotton cloth, and then run the cotton cloth up and down the guide rods as needed. Note: only a few drops of lubricant are required for each guide rod.



## **ONCE A DAY**

1. Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.
2. Visually inspect cables for wear at and around connections and along the entire length of the cable. Always replace at first sign of wear.

## **ONCE A WEEK**

1. Visually inspect all hardware for loosening, tampering or wear.
2. Check Jam Nut at top of weight stack for tightness.
3. Inspect all accessories, connecting links, and carabiner clips for wear.
4. Check condition of hand grips.
5. Check cables for stretch and adjust as necessary by loosening the large Jam Nut on top of the weight stack and by screwing in the Threaded Plug until cable is tight and the weight stack pin goes in all holes easily.
6. Inspect Shrouds for damage and clean as necessary.

## **ONCE A MONTH**

1. Clean Guide Rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Clean tops of bearings at stack and inspect for heavy buildup on rods below the head plate. Lift half of stack and do a visual inspection, then clean as necessary.
2. Inspect hardware on all machines and tighten any bolts or nuts that may have loosened over the life of the product.

## **NOTES**

Use polishing compound (such as car wax) and remove shoe scuffs from powder coated surfaces as necessary.

## **CLEANING THE SHROUDS**

Adherence to regular and proper cleaning procedures is recommended to preserve the appearance.

## **MINIMIZE SCRATCHES**

Wash the shrouds with an approved or compatible cleaner. Do not scrub brushes on the shrouds. Fresh paint splashes, grease and smeared glazing compounds can be removed easily before drying by rubbing lightly with isopropyl alcohol. Afterward, a warm final wash should be made.

## **LIFE FITNESS APPROVED CLEANERS**

Two preferred cleaners have been approved by Life Fitness reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient for gym staff to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: [customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)).

## REMOVAL OF PAINT, MARKING PEN AND LABELS

Butyl cellosolve works well for removal of paints, marking pen inks, lipstick, etc.

Labels, stickers, etc. may be removed using kerosene. When the solvent will not penetrate sticker material, apply heat (hair dryer) to soften the adhesive and promote removal. **GASOLINE SHOULD NOT BE USED.**



### IMPORTANT HAZARDS

1. DO NOT use abrasive or highly alkaline cleaners on the shrouds.
2. NEVER scrape shrouds with squeegees, razor blades or other sharp instruments.
3. DO NOT clean shrouds in hot sun or at elevated temperatures.
4. NEVER use benzene, gasoline, acetone or carbon tetrachloride on the shrouds.

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