**Fitness Safety**

- Read all warnings posted on the machine.
- Stay clear of weights and moving parts. Keep observers, children and pets at a safe distance. Do not allow children to play on equipment.
- Be certain weight stack selector pin is fully inserted.
- Inspect machine for worn or loose components prior to use. Pay close attention to cables and their connections. Immediately notify facility manager of any worn parts before use.
- Do not wear loose, dangling clothing or jewelry while using this equipment.
- Do not attempt to lift more weight than you can comfortably handle.
- Consult a physician prior to commencing your exercise program. If you feel faint, dizzy or experience pain, stop and consult your physician.
- Contact a personal trainer for more advanced exercise options.
- If you have any questions on the proper use of the equipment, please call Life Fitness at 1-800-689-6222.

www.lifefitness.com.au