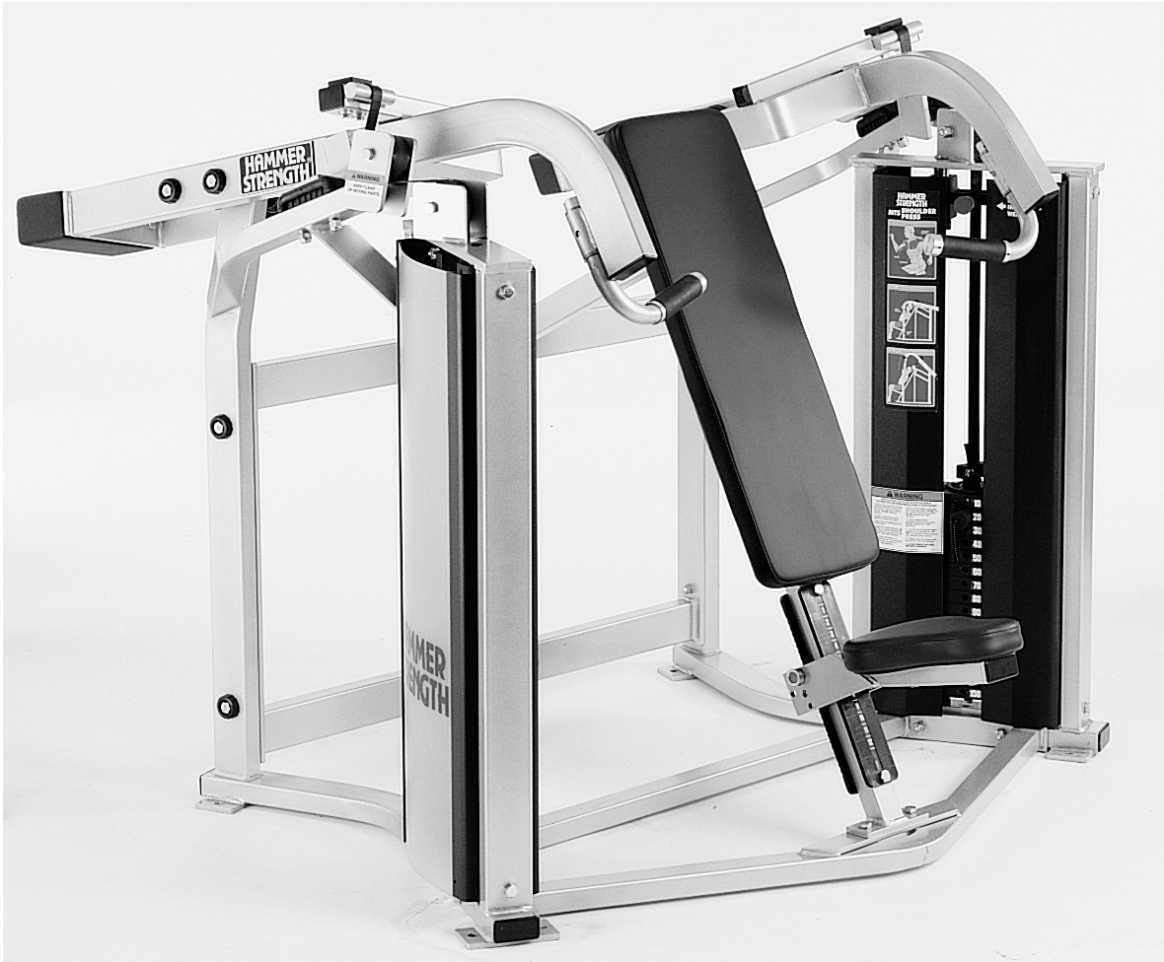


HAMMER STRENGTH®



Hammer Strength MTS Owners Manual

HAMMER STRENGTH



1. SAFETY AND WARRANTY INFORMATION

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 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.

WARRANTY

WHAT IS COVERED

This Life Fitness commercial exercise equipment (.Product.) is warranted to be free of all defects in material and workmanship to the original purchaser for the specific items and duration listed:

- 10 years on structural frame
- 5 years on pillow blocks
- 5 years on pulleys
- 5 years on weight plates
- 5 years on guide rods
- 1 year on bearings
- 1 year on grips
- 1 year on cables and belts (if so equipped)
- 1 year for rust or corrosion of structural frame. Scratches or scrapes where the subsurface of the unit has been exposed must have been properly repaired by the customer.
- 90 days on upholstery and any items not specified.

Life Fitness will ship to you at our expense, any repair parts covered by the warranty as stated. If the Product is deemed not repairable by Life Fitness authorized personnel, we reserve the right to replace any or all of the Product at our option within the stated 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 Products location, alterations or modifications without written authorization by Life Fitness, 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 North America (excluding Hawaii) and are then subject to the terms provided by that country's authorized Life Fitness Representative.

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 for year 2 and beyond.

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

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!

! 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.**

! WARNING

KEEP CLEAR OF MOVING PARTS

OR



2. GENERAL SPECIFICATIONS

PERFORMANCE SPECIFICATIONS

1. *Independent Movement Arms*

- Movement arms are independent of one another to insure proportional results.
- Provides greater training variety such as training one arm at a time or alternating movements.

2. *Dual Weight Stacks*

- Each movement arm is connected to its own weight stack in order to preserve the integrity of the independent arm action.

3. *Iso-Lateral Technology*

- Shall incorporate converging on pressing exercises and diverging movement on pulling exercises.
- Replicates the body's natural movements and minimizes joint stress.

MECHANICAL SPECIFICATIONS

1. *Frame Construction*

- Frame shall be constructed of U.S. made mechanical quality steel purchased in mill run quantities to assure the best consistency.
- Primarily, 1 ½ "x 3" and 1 ½ " x 2" rectangular tubing with 11 gauge thickness (.120 wall).
- Frames to be bolted together for portability and space-efficient shipment.
- Bolt plate flanges are 3/8" thick.

2. *Frame Finish*

- Prior to applying finish, each part shall be sandblasted to prepare the surface for maximum adhesion.
- The frames are coated with an electrostatic epoxy powder coat finish applied in a powder form and then baked at 400° F (204° C.)
- To prevent frame and surface corrosion, wax equipment annually and keep away from salt, chlorine and all other harmful chemicals.

3. *Weight Selection*

- Weights are to be selected by using a 7/16" selector pin, which completely penetrates the weight plate and is held in place with a magnet to eliminate any chance of disengaging during use.
- The selector pin shall be connected to the top weight to eliminate loss or substitution of substandard pins.

4. Weight Plates

- Shall be machined from solid, 1" thick steel, which will never break. The result shall be a smooth, consistent finish which is very hard, assuring to be scratch and chip resistant.

5. Weight Plate Bushings

- Each plate (not just the top weight) will contain low friction bushings, which surround the guide rods to minimize friction and noise by eliminating any metal to metal contact.

6. Top Weight Bushings

- The top weight bushings shall float within the top weight utilizing rubber o-rings to assure ideal alignment with the guide rods.
- The bushings shall be self-lubricating in order that the guide rods will not require lubrication thereby eliminating a time consuming and dirty maintenance task.

7. Weight Stack Guide Rods

- Shall be 3/4" cold-drawn steel, turned ground and polished with hard chrome finish.

8. Weight Stack Suspension

- Shall have durable rubber bumpers under each stack to reduce shock and vibration stresses to the frame and facility floor.

9. Weight Selection Shafts

- Shall be constructed of stainless steel and precision drilled for accurate pin selection.

10. Weight Transport

- Shall be a .985" Mectrol belt, with breaking strength rated at over 4000 pounds.

11. Belt Adjustment

- All belts can be adjusted at the top weight . This system is consistent machine to machine, convenient, and easy to understand.
- Two 3/8 " bolts at the stack and at the user arm retain each belt.
- A 3/8 " socket head ratchet is used for simple adjustment where the belt attaches to the user arm.

12. Weight Stack Guards

- All weight stacks shall be completely guarded, front and back, except for a 30mm gap for weight selection. This is to prevent bystanders from inadvertent contact with the weight stack during use.

13. Pulleys

- Shall be glass impregnated nylon with a 7° crown designed to maintain the belt in the center of pulley during the full range of operation.
- Pulleys shall contain no edge flanges, which would cause accelerated belt wear.

14. Pulley Coverings

- As a safety precaution, all pulleys shall be covered on each side to minimize the danger of a moving pulley catching a person's finger or clothes.

15. Counter Balanced Input Arms

- Input arms on equipment shall be counter balanced where appropriate to eliminate the weight of the assembly from the weight selected by the user.

16. Radial Bearings

- Shall be pillow block bearing with basic radial load rating of over 2000 pounds. Pillow block bearings allow shaft to self-align as well as rotate, which results in smooth and friction free movement.

17. Adjustable Seat

- Seat adjusts in 3/8 " increments. Total of 24 adjustments for a 9" adjustment range.
- New and easy lift and lock seat adjustment. No pull buttons.

18. Bolts

- All hardware shall be grade 5 or grade 8 steel. ½ " bolts along with Nyloc nuts are used for frame construction.

19. Upholstery

- A superior grade of Boltalex or Naugahyde colorguard vinyl shall be used on all pads and wear covers.
- All edges shall be stitched to eliminate any folds in the material that would limit durability.

20. Foam

- 3 and 4 pound EVA foam (deformation resistant) or equivalent shall be used on all machines. Foam shall be glued to a support board and contour shall be shaped. Wood backing shall be set with minimum 3/8"x20 T-nuts.

21. Hand Grips

- Shall be an extruded 60 durometer thermorubber compound that is non-absorbing, wear and tear resistant, and exhibits good dry and wet frictional characteristics.
- The grips shall be retained to the machine through the use of aluminum collars thereby eliminating the tendency of the grip to slide off the machine.

22. Instructional Placard

- Shall provide illustrations for proper use and muscles trained.

23. Equipment Anchoring

- Each machine shall be equipped with a provision for anchoring it to the floor.

24. Warranty

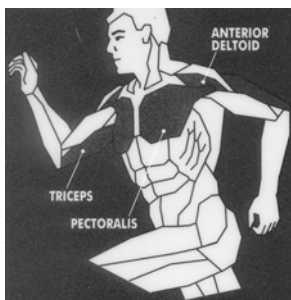
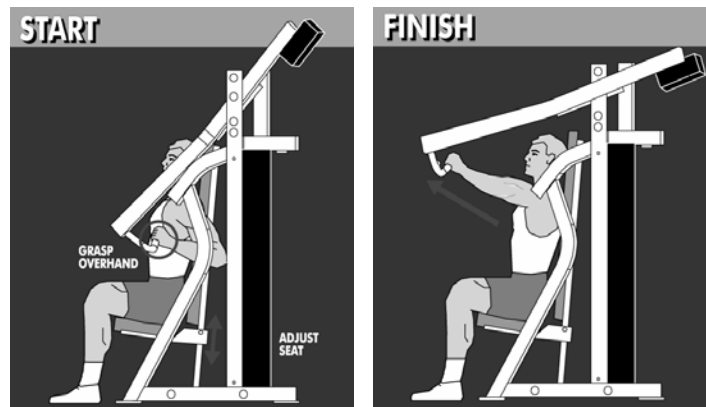
- A 10-year minimum warranty on structural frames (excluding surface finish), 5-years on pillow block bearings, guide rods, pulleys and weight plates, 1 year on belt, and grips, and 90 days on upholstery and any items not specified.
- Machines are not warranted against rust. In order to protect your machines against rust, please repair all chips and scratches, and be sure the workout environment is free of humidity. For example, ensure that the equipment does not share the HVAC system with a swimming pool area. For maximum protection, please utilize an extra coat of automotive quality finish wax and wipe excessive sweat and liquids from the machines.

25. Liability Insurance

- Certificate of insurance available to the customer upon request.

3. MTS MACHINES

MTS CHEST PRESS (MTCP)



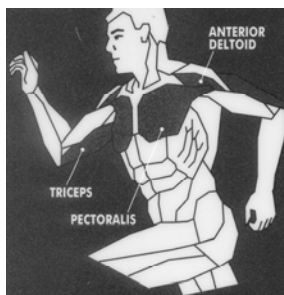
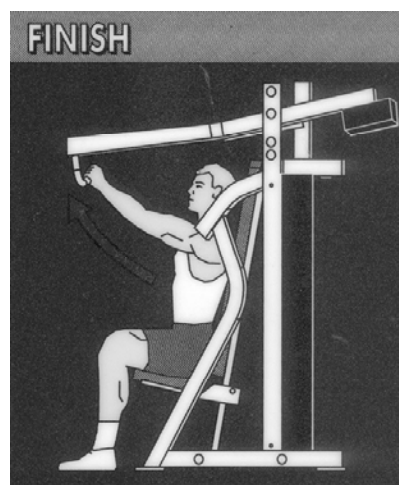
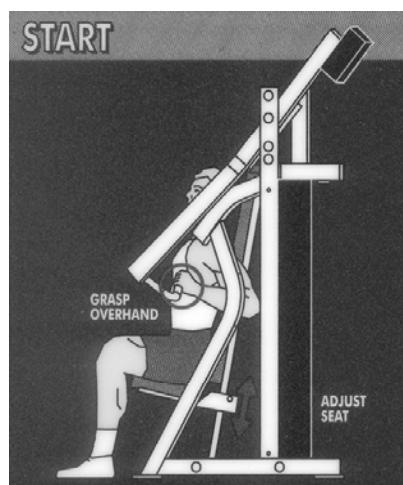
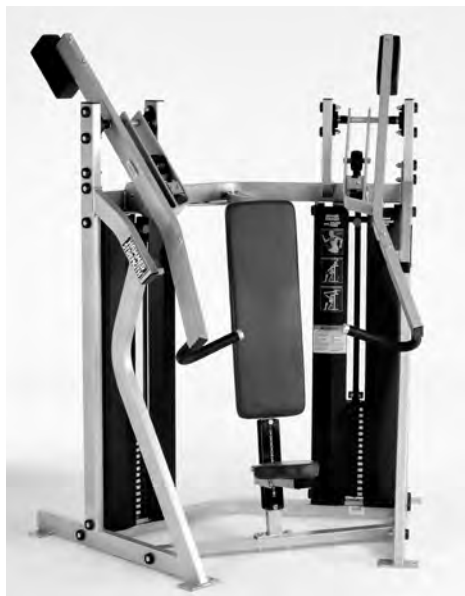
Muscles exercised: Primary – Pectoralis Major. Secondary – Anterior Deltoid and Triceps.

Setup: Adjust the seat height so that handles are aligned with upper chest. Check the weight stacks to ensure appropriate resistance. Grasp the handles overhanded with hands in line with elbows. Body is positioned with chest-up, shoulders and head back against back pad.

Performing the exercise: With a controlled motion, press the handles out until 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.

3. MTS MACHINES

MTS INCLINE PRESS (MTIP)



Muscles exercised: Primary – Pectoralis Major. Secondary – Anterior Deltoid and Triceps.

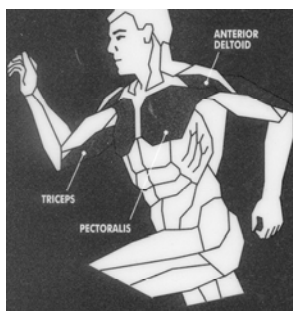
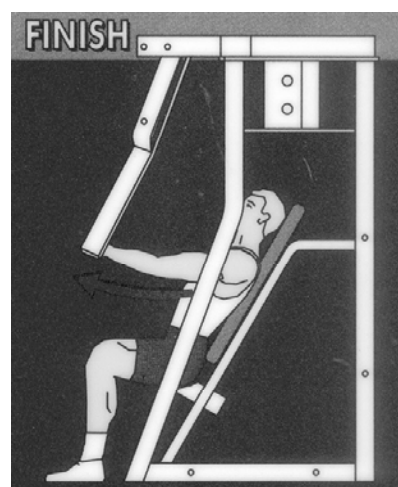
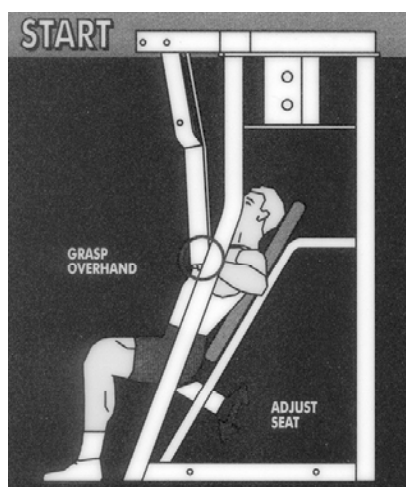
Setup

Adjust the seat height so that the handles are aligned with upper chest. Check the weight stacks to ensure appropriate resistance. Grasp the handles overhanded with hands in line with elbows. Body is positioned with chest-up, shoulders and head back against back pad.

Performing the exercise

With a controlled motion, press the handles out till 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.

MTS DECLINE PRESS (MTDP)



Muscles exercised: Primary – Pectoralis Major. Secondary - Anterior Deltoids and Triceps.

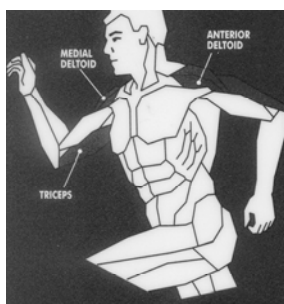
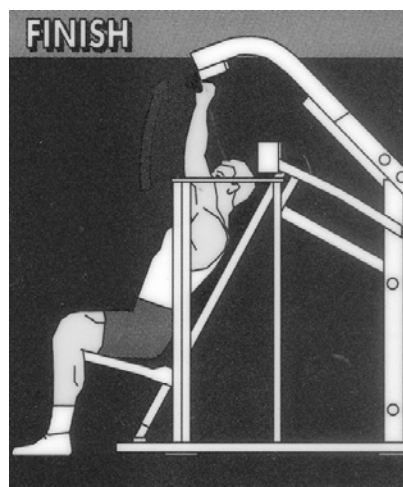
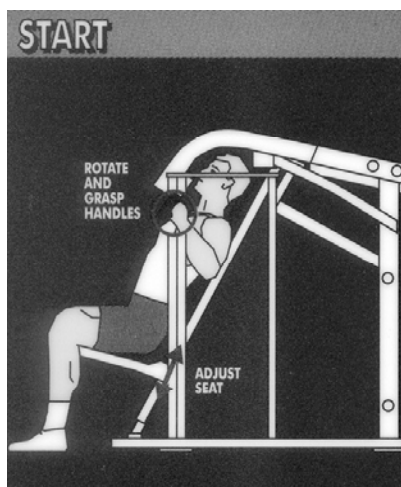
Setup

Adjust the seat height so that the handles are aligned with upper chest. Check the weight stacks to ensure appropriate resistance. Grasp the handles overhanded with hands in line with elbows. Body is positioned with chest-up, shoulders and head back against back pad.

Performing the exercise

With a controlled motion, press the handles out till 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.

MTS SHOULDER PRESS (MTSP)



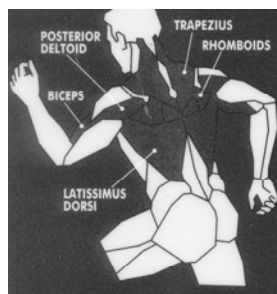
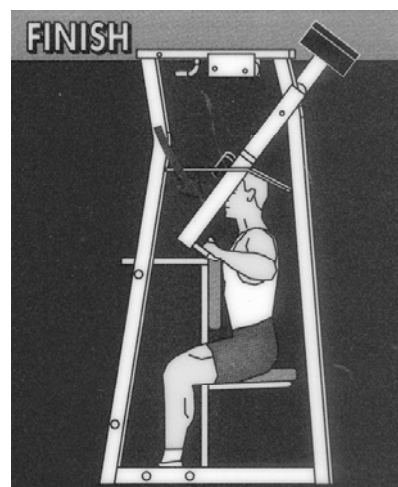
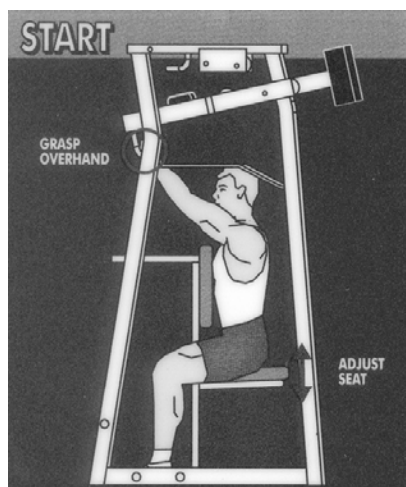
Muscles exercised: Primary – Anterior and Medial Deltoids. Secondary – Triceps.

Setup

Adjust the seat height so the handles are aligned with or above shoulder height. Check the weight stacks to ensure appropriate resistance. Grasp the handles overhanded and swivel the handles to a comfortable position. Body is positioned with chest-up, shoulders and head back against back pad.

Performing the exercise

With a controlled motion, press the handles up till 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.

MTS HIGH ROW (MTHR)

Muscles exercised: Primary – Posterior Deltoid, Rhomboids, Teres Major. Secondary - Latissimus Dorsi, Trapezius and Biceps.

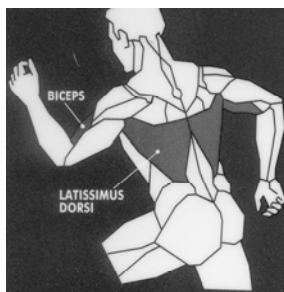
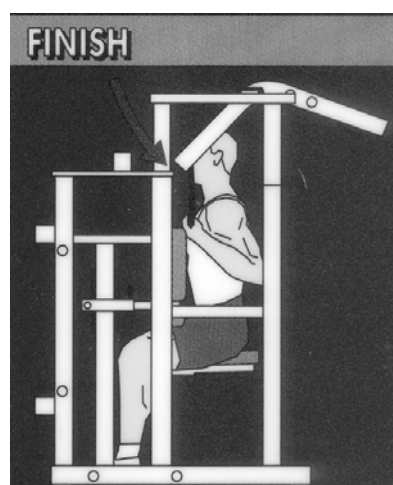
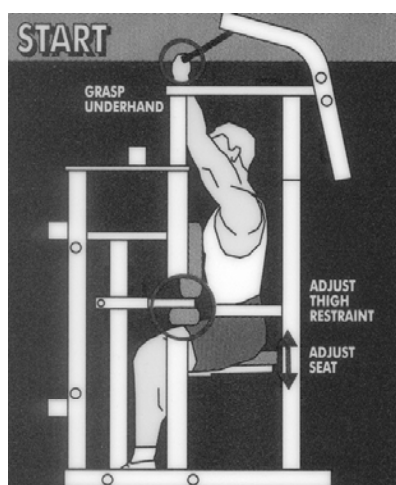
Setup

Adjust the seat height so that when seated hands just about grasp the handles when arms are outstretched. Check the weight stacks to ensure appropriate resistance. Grasp the handles overhanded. Body is positioned with chest-up, shoulders and head held back.

Performing the exercise

With a controlled motion pull the handles down and back, leading with your elbows. Bring the handles back as far as you can then return to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

MTS FRONT PULLDOWN (MTFP)



Muscles exercised: Primary - Latissimus Dorsi. Secondary - Biceps.

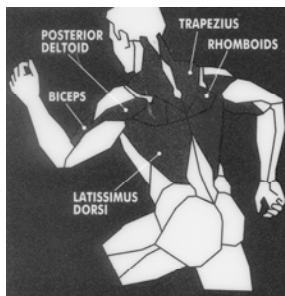
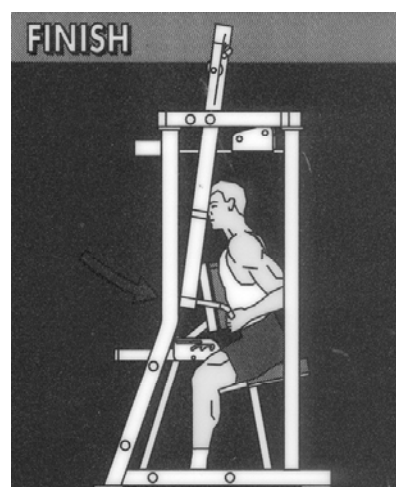
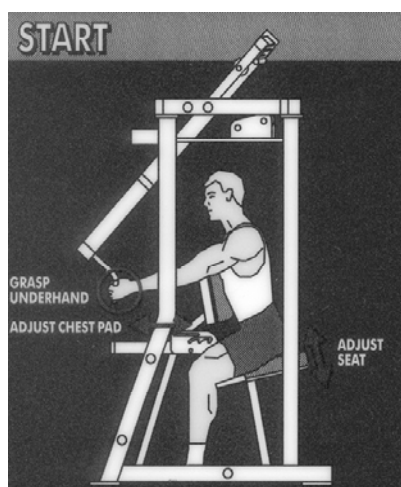
Setup

Adjust the seat height so that when seated hands just about grasp handles when arms are out stretched. Adjust the thigh restraint to secure your lower body. Check the weight stacks to ensure appropriate resistance. Grasp the handles underhanded. Body is positioned with chest-up, shoulders and head held back.

Performing the exercise

With a controlled motion pull the handles down and back, leading with your elbows. Bring the handles back as far as you can then return to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

MTS ROW (MTRW)



Muscles exercised: Primary - Latissimus Dorsi and Rhomboids. Secondary - Trapezius, Posterior Deltoid, Teres Major and Biceps.

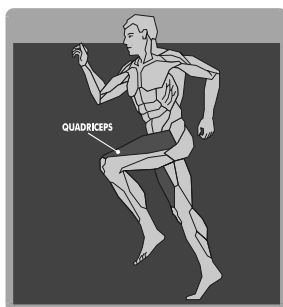
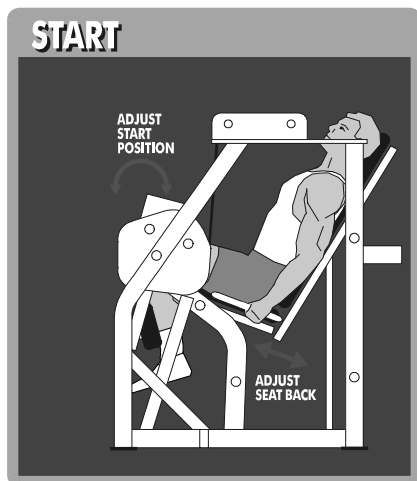
Setup

Adjust the seat height so that when performing exercise your elbow bends 90-degrees. Adjust the chest pad so that hands just about grasp the handles when arms are outstretched. Check the weight stacks to ensure appropriate resistance. Grasp the handles underhanded. Body is in position with chest-up, shoulders and head held back.

Performing the exercise

With a controlled motion, pull the handles back leading with your elbows. Bring the handles back as far as you can then return to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

MTS LEG EXTENSION (MTLE)



Muscles Exercised – Primary - Quadriceps

Set-Up

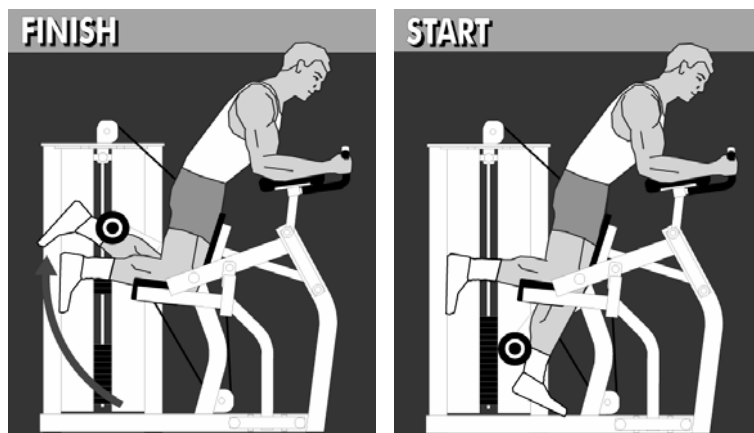
While sitting in the machine make sure that your knees are aligned with the machines axis of rotation. Adjust the seat back so that it is positioned comfortably against your back, providing support and helping maintain alignment with the axis of rotation. Adjust the start position for the desired range of motion.

Performance

Ensure that the appropriate resistance has been selected for each leg.

NOTE: The resistance used for each leg may be different. Typically, one leg is stronger than the opposite leg, but this strength difference can be minimized with regular training.

Grasp the side handles to stabilize yourself while performing the exercise. Concentrate on squeezing your quadriceps as you extend your legs, pausing briefly at full extension. Lift and lower the resistance with controlled movements.

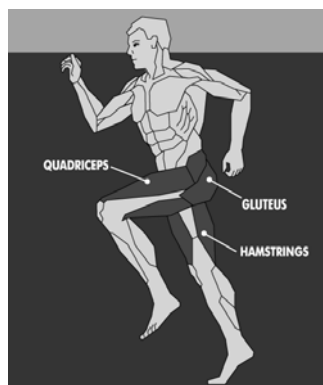
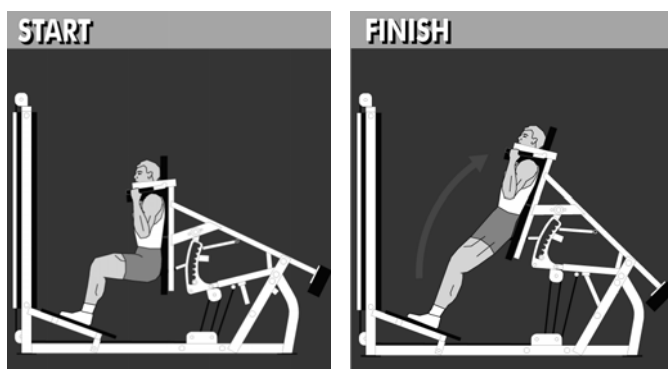
MTS KNEELING LEG CURL (MTKC)

Muscles exercised: Primary - Hamstring

Setup: Kneel on the knee pad and lean forward stabilizing the leg on thigh pad. Check the weight stacks to ensure appropriate resistance. Grasp handles and bend at the hips to support body on forearm pad. Step opposite leg behind roller pad. Position head, shoulders and back in a neutral position.

Performing the exercise: With a controlled motion, flex the knee, pulling the roller pad and heel towards the buttox. Bring the roller pad up as far as you can then return to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

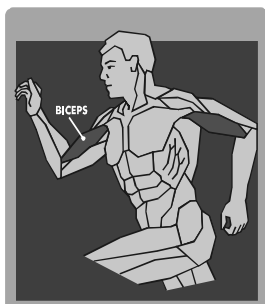
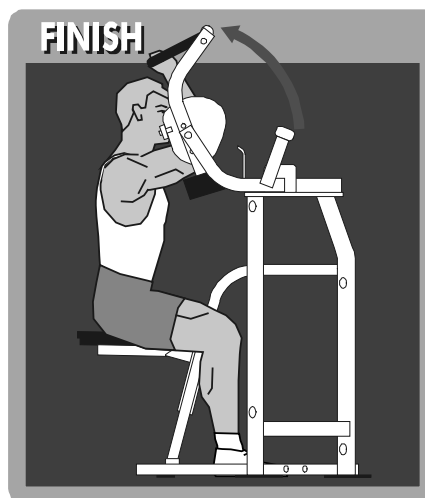
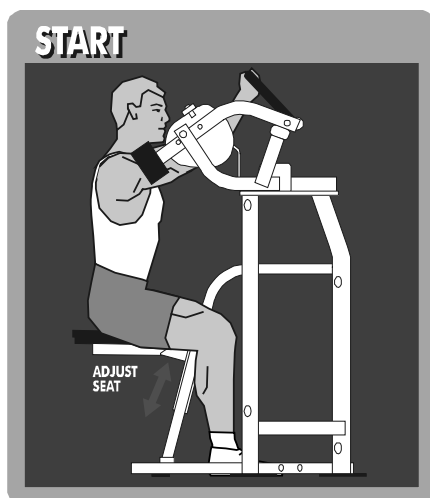
MTS V-SQUAT (MTVS)



Muscles Exercised: Primary – Quadriceps/ Gluteus. Secondary – Hamstrings

Setup: Adjust the start position to desired depth of squat. Check the weight stack to ensure appropriate resistance. Squat into machine placing feet near the center of the platform, shoulder width apart. Securely position the body against the back pad and shoulder pads and grasp handles. Position head facing forward and against the pad during the exercise.

Performing the exercise: With a controlled motion, extend hips and knees by generating force through the heels to a standing position. Do not “lock” knees. Return to starting position without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

MTS BICEP CURL (MTBC)

Muscles Exercised – Primary – Biceps.

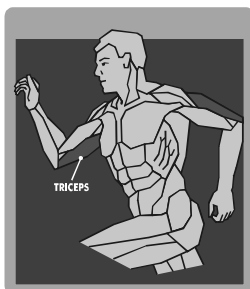
Set-Up

Adjust the seat height so that your elbows line-up with the axis of rotation for each machine arm and your upper arms lay flat on the pads. Check the weight stacks to ensure appropriate resistance. Grasp the handles underhanded. Body is positioned with chest-up and spine straight.

Performance

With a controlled motion curl your arms, bringing the handles towards you while maintaining proper alignment. Concentrate on squeezing the Biceps as you curl upwards, pausing briefly at the top of the motion before lowering the handles. Maintaining control, return to the start position and repeat the motion.

MTS TRICEPS EXTENSION (MTTE)



Muscles Exercised – Primary - Triceps

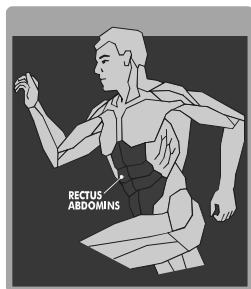
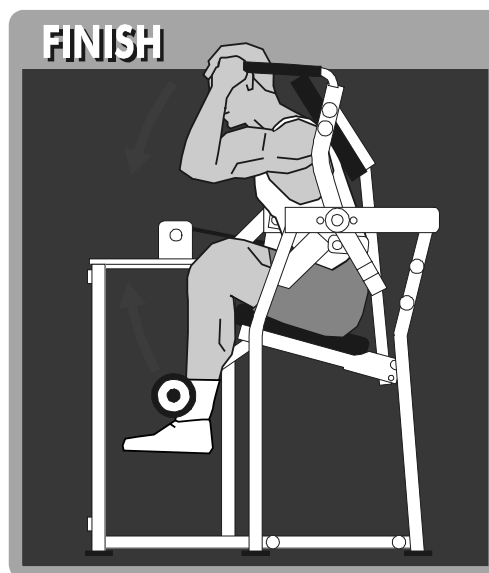
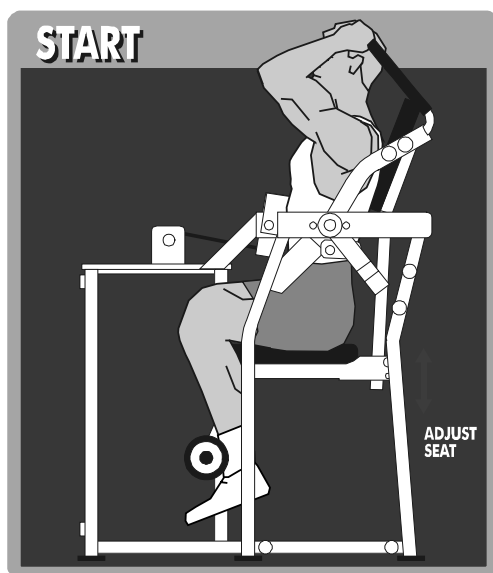
Set-Up

Adjust the seat height and back pad position so that your elbows line-up with the axis of rotation for each machine arm and your upper arms lay flat on the pads. Check the weight stacks to ensure appropriate resistance. Grasp the handles. Body is positioned with chest-up and back against back pad.

Performance

With a controlled motion extend your arms, pressing the handles away from you while maintaining proper alignment. Concentrate on squeezing the Triceps as you extend your arms, pausing briefly at full extension before lowering the handles. Maintaining control, return to the start position and repeat the motion.

MTS ABDOMINAL (MTAB)



Muscles Exercised – Primary – Rectus Abdominis

Set-Up

Adjust the seat height so that the lower back pad is resting on your lower back. Sit in the machine with your legs placed behind the lower roller pads. Check the weight stack to ensure appropriate resistance. Grasp the handles.

Performance

With a controlled motion crunch together your upper and lower body, emphasizing the use of your abdominal muscles. Avoid using your arms and legs to power through the motion, they should provide a guide for the motion. Grasping only one handle while performing the exercise is a way to prevent from using your arms excessively. Concentrate on squeezing your abdominals throughout the exercise. Maintaining control, return to the start position and repeat the motion.

MTS Chest Press (MTCP) Specifications

Machine Weight:	765 lbs.	347 kg.
Weight Stacks:	2 @ 150 lbs. ea.	2 @ 68 kg. ea.
Size:	in.= 68 w x 40 d x 77 h	cm= 173 x 102 x 196
Live Area:	in.= 68 w x 76 d x 77 h	cm= 173 x 193 x 196

MTS Incline Press (MTIP) Specifications

Machine Weight:	765 lbs.	347 kg.
Weight Stacks:	2 @ 150 lbs. ea.	2 @ 68 kg. ea.
Size:	in.= 68 w x 40 d x 77 h	cm= 173 x 102 x 196
Live Area:	in.= 68 w x 76 d x 77 h	cm= 173 x 193 x 196

MTS Decline Press (MTDP) Specifications

Machine Weight:	755 lbs.	342 kg.
Weight Stacks:	2 @ 150 lbs. ea.	2 @ 68 kg. ea.
Size:	in.= 64 w x 39 d x 66 h	cm= 163 x 99.1 x 168
Live Area:	in.= 64 w x 75 d x 66 h	cm= 163 x 191 x 168

MTS Shoulder Press (MTSP) Specifications

Machine Weight:	746 lbs.	338 kg.
Weight Stacks:	2 @ 150 lbs. ea.	2 @ 68 kg. ea.
Size:	in.= 62 w x 45 d x 54 h	cm= 158 x 114 x 137
Live Area:	in.= 62 w x 69 d x 54 h	cm= 158 x 175 x 137

MTS High Row (MTHR) Specifications

Machine Weight:	780 lbs.	354 kg.
Weight Stacks:	2 @ 150 lbs. ea.	2 @ 68 kg. ea.
Size:	in.= 72 w x 47 d x 77 h	cm= 183 x 119 x 196
Live Area:	in.= 72 w x 71 d x 77 h	cm= 183 x 180 x 196

MTS Row (MTRW) Specifications

Machine Weight:	765 lbs.	347 kg.
Weight Stacks:	2 @ 150 lbs. ea.	2 @ 68 kg. ea.
Size:	in.= 62 w x 51 d x 82 h	cm= 158 x 130 x 208
Live Area:	in.= 62 w x 75 d x 82 h	cm= 158 x 191 x 208

MTS Front Pulldown (MTFP) Specifications

Machine Weight:	793 lbs.	360 kg.
Weight Stacks:	2 @ 150 lbs. ea.	2 @ 68 kg. ea.
Size:	in.= 58 w x 48 d x 80 h	cm= 147 x 122 x 203
Live Area	in.= 58 w x 72 d x 80 h	cm= 147 x 183 x 203

MTS Leg Extension (MTLE) Specifications

Machine Weight:	750 lbs.	341 kg.
Weight Stacks:	2 @ 150 lbs. ea.	2 @ 68 kg. ea.
Size:	in.= 57 w x 48 d x 55 h	cm= 145 x 122 x 140
Live Area	in.= 57 w x 84 d x 55 h	cm= 145 x 213 x 140

MTS Kneeling Leg Curl (MTKC) Specifications

Machine Weight:	730 lbs.	331 kg.
Weight Stacks:	2 @ 150 lbs. ea.	2 @ 68 kg. ea.
Size:	in.= 56 w x 52 d x 54 h	cm= 142 x 132 x 137
Live Area	in.= 56 w x 88 d x 54 h	cm= 142 x 224 x 137

MTS V-Squat (MTVS) Specifications

Machine Weight:	750 lbs.	341 kg.
Weight Stacks:	390 lbs.	195 kg.
Size:	in.= 31 w x 96 d x 79 h	cm= 79 x 244 x 201
Live Area	in.= 55 w x 96 d x 79 h	cm= 140 x 244 x 201

MTS Biceps Curl (MTBC) Specifications

Machine Weight:	528 lbs.	236 kg.
Weight Stacks:	2 @ 100 lbs. ea.	2 @ 50 kg. ea.
Size:	in.= 58 w x 38 d x 59 h	cm= 147 x 97 x 150
Live Area	in.= 58 w x 62 d x 59 h	cm= 147 x 157x 150

MTS Triceps Extension (MTTE) Specifications

Machine Weight:	750 lbs.	341 kg.
Weight Stacks:	2 @ 100 lbs. ea.	2 @ 50 kg. ea.
Size:	in.= 52 w x 36 d x 60 h	cm= 132 x 91 x 152
Live Area	in.= 52 w x 66 d x 60 h	cm= 132 x 168 x 152

MTS Abdominal Crunch (MTAB) Specifications

Machine Weight:	530 lbs.	241 kg.
Weight Stacks:	150 lbs.	75 kg.
Size:	in.= 39 w x 28 d x 56 h	cm= 99 x 71 x 142
Live Area	in.= 52 w x 66 d x 60 h	cm= 99 x 168 x 142

4. MAINTENANCE PROCEDURES

<i>ACTION</i>	<i>DAILY</i>	<i>WEEKLY</i>	<i>MONTHLY</i>	<i>QUARTERLY</i>	<i>BI-ANNUALLY</i>	<i>YEARLY</i>	<i>AS NEEDED</i>
CLEAN							
Upholstery	X						
Guide Rods			X				
Linear Rods							X
Shields							X
Hand Grips		X					
INSPECT							
Belts	X						
Hardware		X					
Frame					X		
Hand Grips							X
LUBRICATE							
Linear Bearing							
Guide Rods							X

CLEAN

- Upholstery with a mild soap and water.
- Guide and linear rods with a cotton cloth.
- Hand grips with mild soap and water.

INSPECT

- Belts should be inspected for wear or damage. Pay close attention at bends and attachments points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand grips should be checked for wear or damage.

ONCE A DAY

- Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.
- Visually inspect belts for wear at and around connections and along entire length of belt. Always replace at first sign of wear.

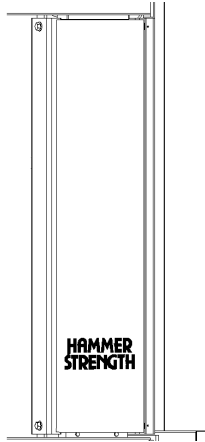
ONCE A WEEK

- Visually inspect all hardware for loosening, tampering or wear.
- Check bolts on both ends of belt for tightness.
- Check condition of hand grips.
- Check belts for stretch and adjust as necessary by loosening the bolts on the arms and pulling belt through. The belts should be adjusted so that there is no slack with the top weight plate resting on the weight stack. Make sure the weight pin goes in all holes easily. Tighten the bolts to complete the adjustment.

NOTES

- Use polishing compound (such as car wax) to clean and remove shoe scuffs from powdercoated surfaces as necessary.

CLEANING THE SHIELDS



The shields on the MTS machine are made from polycarbonate. Adherence to regular and proper cleaning procedures is recommended to preserve the appearance.

Washing To Minimize Scratches

Wash the polycarbonate shields with a mild soap or detergent (e.g. Joy Dishwashing Liquid) and lukewarm water using a clean sponge or a soft cloth. Rinse well with clean water. Dry thoroughly with a chamois or moist cellulose sponge to prevent water spots. Do not scrub or use brushes on these products; their coating is UV-resistant, not mar-resistant. Fresh paint splashes, grease and smeared glazing compounds can be removed easily before drying by rubbing lightly with a grade of VM&P naphtha or isopropyl. Afterward, a warm final wash should be made, using a mild soap or detergent solution and ending with a thorough rinsing with clean water.

Minimizing Hairline Scratches

Scratches and minor abrasions can be minimized by using a mild automobile polish. Four such products that tend to polish and fill scratches are: Johnson Paste Wax, Novus Plastic Polish #1 and #2, Mirror Glaze plastic polish, and Plexus. It is suggested that a test be made on a small corner of a shield with the product selected and that the polish manufacturer's instructions be followed.

Some Important "Don'ts"

- DO NOT use abrasive or highly alkaline cleaners on the shields.
- Never scrape shields with squeegees, razor blades or other sharp instruments.
- Benzene, gasoline, acetone or carbon tetrachloride should never be used on the shields.
- DO NOT clean shields in hot sun or at elevated temperatures.

Compatible Cleaners For Shields

The following cleaning agents have been found compatible with polycarbonate. The manufacturer's recommendations and instructions should be followed. They are: Joy, Freon T.F., Palmolive Liquid, Top Job, VM&P grade naphtha, Windex with Ammonia D.

Removal Of Paint, Marking Pen, Labels

Butyl cellosolve works well for removal of paints, marking pen inks, lipstick, etc. Labels, stickers, etc. may be removed using kerosene or VM&P naphtha. When the solvent will not penetrate sticker material apply heat (hair dryer) to soften the adhesive and promote removal. GASOLINE SHOULD NOT BE USED.

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