

# LIFE FITNESS MULTI ADJUSTABLE BENCH

LBR-MA

## Parts Manual

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*LifeFitness*  
WHAT WE LIVE FOR

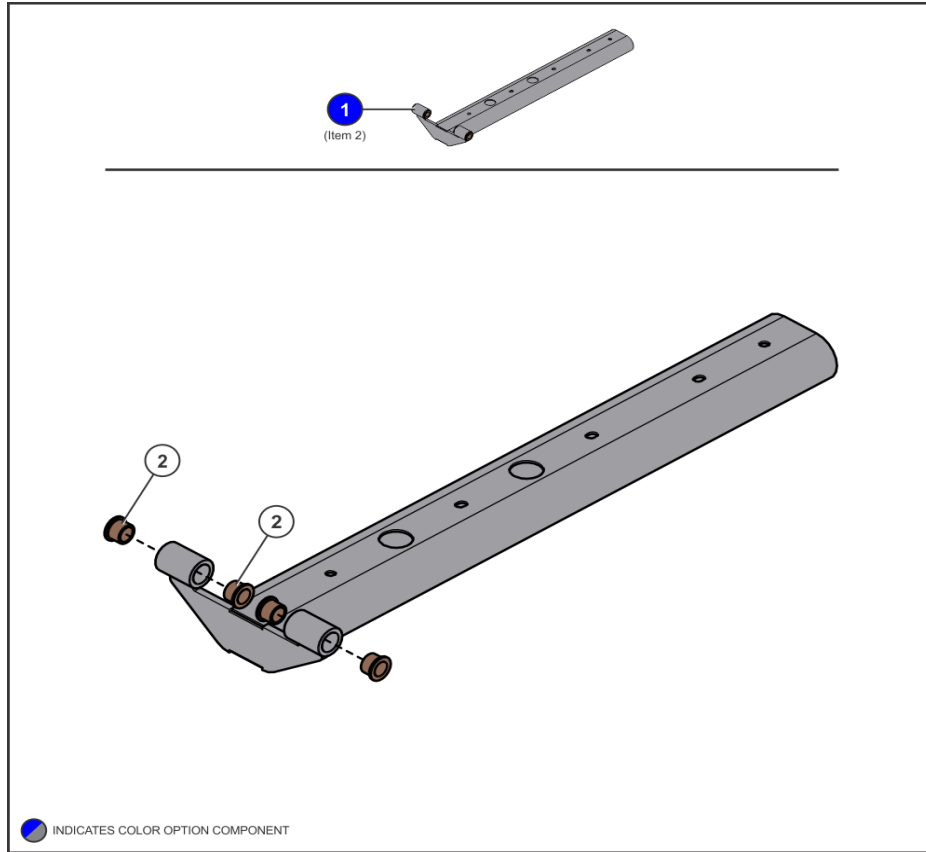


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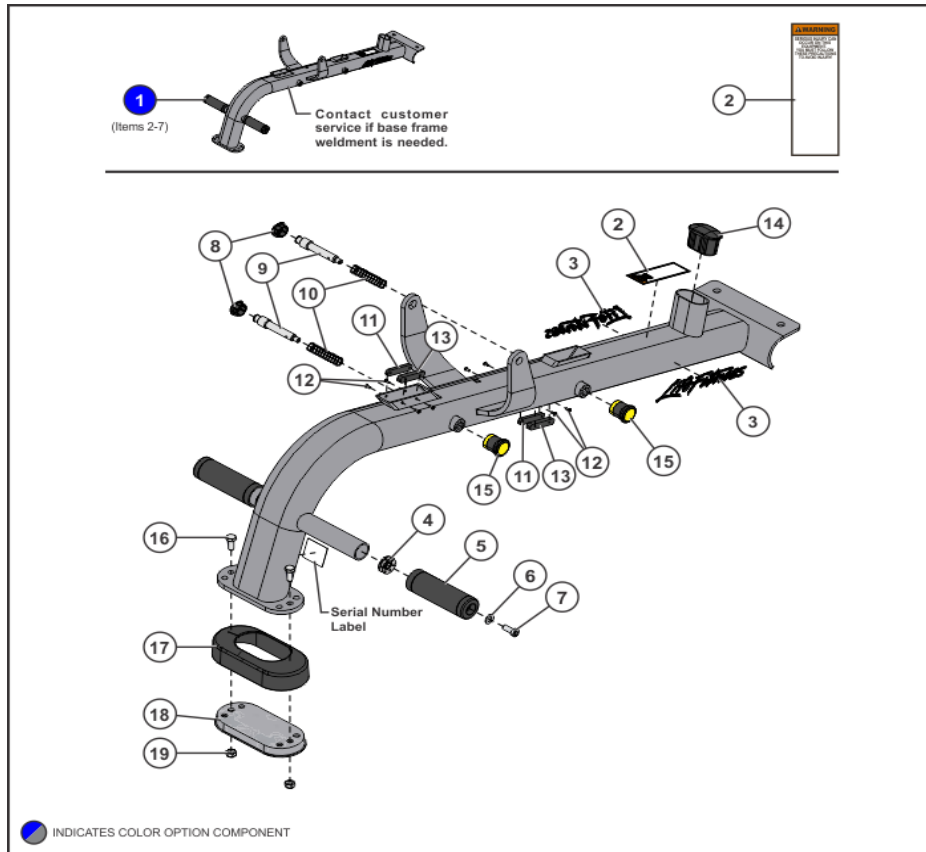
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## Back Assembly



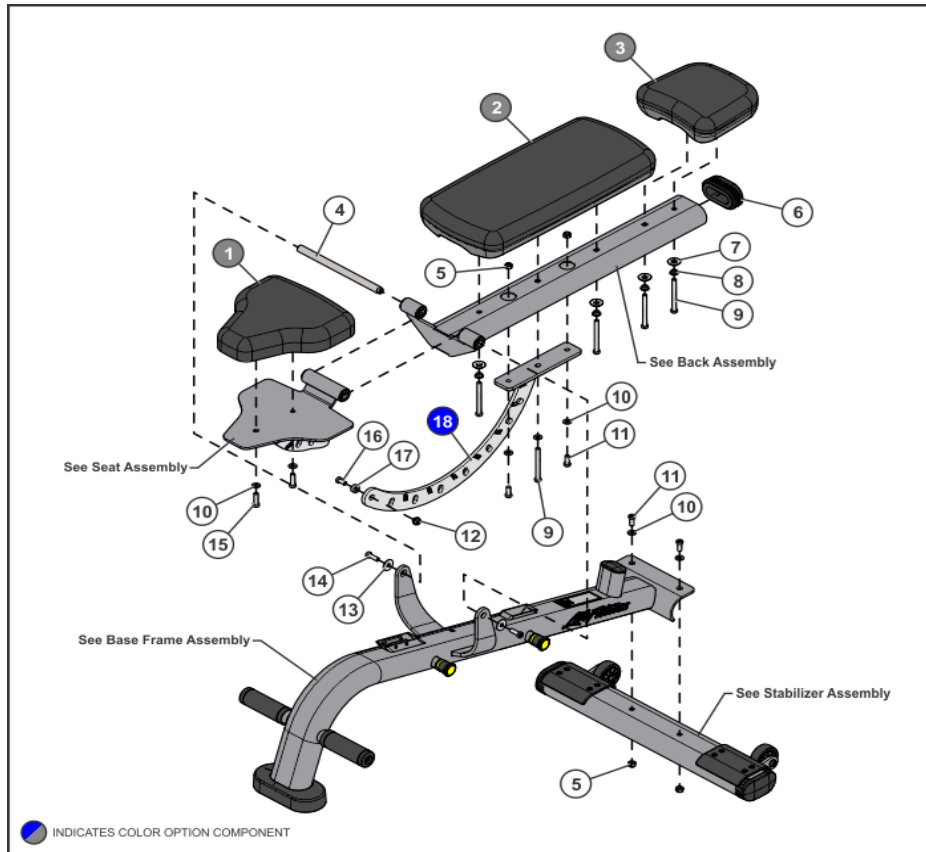
| Ref # | Part Number  | Qty | Description                   |
|-------|--------------|-----|-------------------------------|
| 1     | 1022680-0000 | 1   | ASSEMBLY: BACK Custom         |
| 2     | 3104901      | 2   | BEARING, FLG .75 ID X 1.00 OD |

## Base Frame



| Ref # | Part Number  | Qty | Description                                |
|-------|--------------|-----|--|
| 1     | 1022673-0000 | 1   | ASSEMBLY: FRAME Custom                     |
| 2     | 8137801      | 1   | LABEL, ASTM, OLY VERT-SHEET                |
| 3     | 7865201      | 2   | LABEL, LIFE FITNESS LOGO, 10-0099-062, BNR |
| 4     | 7347301      | 2   | NUT, SPIDER M10 X 1.5                      |
| 5     | 7800102      | 2   | GRIP, 1.50 ID FOOT                         |
| 6     | 3236601      | 2   | WASHER, 3/8 SAE STAINLESS STEEL            |
| 7     | 3236202      | 2   | M10 X 1.5 X 25 SHCS, LOW HEAD              |
| 8     | 1022979-0001 | 2   | PLUG: CURVED HOLE, 1 INCH                  |
| 9     | 1022977-0001 | 2   | PIN: PULL, WITH DETENT                     |
| 10    | 7351501      | 2   | SPRING; PULL PIN LARGE                     |
| 11    | 1023266-0001 | 2   | SPACER: 1/4" INDEX                         |
| 12    | 3226006      | 8   | 6-20 X 5 PHL PAN PLT ST BZ                 |
| 13    | 1023265-0001 | 2   | SPACER: 3/8" INDEX PLATE GUIDE             |
| 14    | 7800502      | 1   | CAP, SML FLOV END -CHR                     |
| 15    | 9454703      | 2   | KNOB, ADJ                                  |
| 16    | 3251202      | 2   | M10 X 1.5 X 25MM UNS HEX CS ST ZN          |
| 17    | 9461401      | 1   | COVER, FOOT -20 deg                        |
| 18    | 9319301      | 1   | FOOT, 2.5 X 4.49 FLOV                      |
| 19    | 3236801      | 2   | NUT, NYLOCK M10 X 1.5 SS                   |

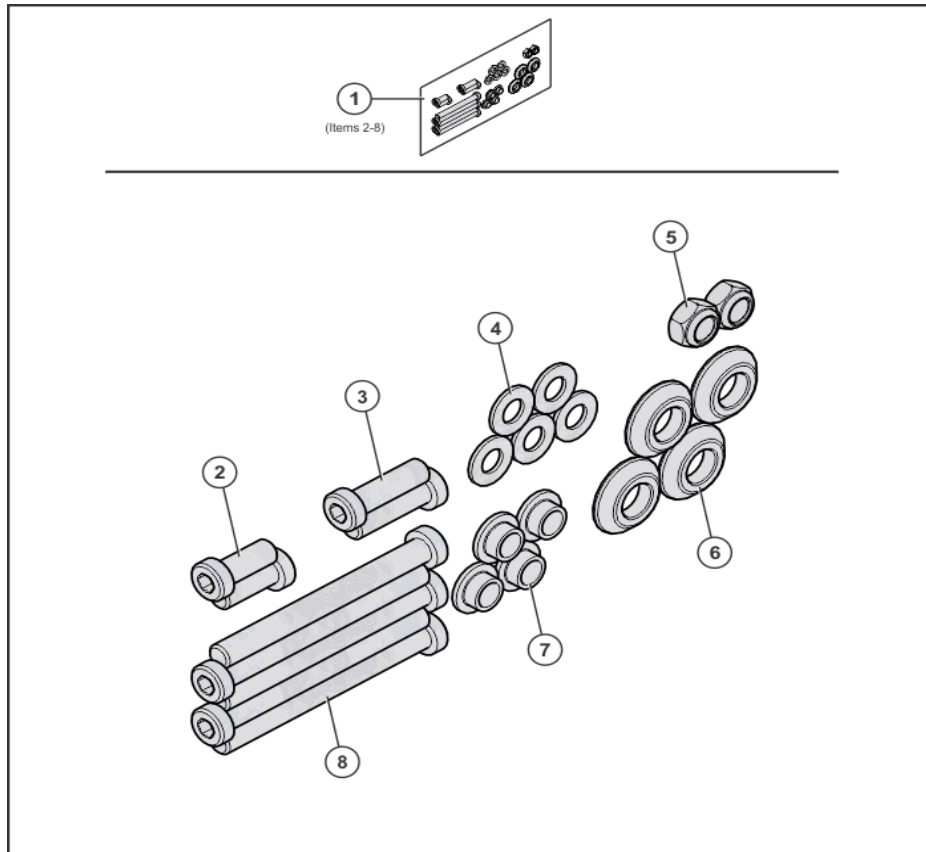
# Components



| Ref # | Part Number  | Qty | Description                                     |
|-------|--------------|-----|---|
| 1     | 1023461-0101 | 1   | PAD: SADDLE, CUS, DOUBLE-STITCH Black           |
| 1     | 1023461-0199 | 1   | PAD: SADDLE, CUS, DOUBLE-STITCH Custom          |
| 1     | 1023461-0001 | 1   | PAD: SADDLE, CUS, SINGLE-STITCH Black           |
| 1     | 1023461-0099 | 1   | PAD: SADDLE, CUS, SINGLE-STITCH Custom          |
| 2     | 1000014-0101 | 1   | PAD, 24 X 11 FLAT CUS, DBL STITCH-- BLACK       |
| 2     | 1000014-0199 | 1   | PAD, 24 X 11 FLAT CUS, DBL STITCH-- Custom      |
| 2     | 1000014-0001 | 1   | PAD, 24 X 11 FLAT CUS, SNGL STITCH- BLACK       |
| 2     | 1000014-0099 | 1   | PAD, 24 X 11 FLAT CUS, SNGL STITCH- Custom      |
| 3     | 1023447-0101 | 1   | PAD: HEAD REST, FLAT, CUS, DOUBLE-STITCH Black  |
| 3     | 1023447-0001 | 1   | PAD: HEAD REST, FLAT, CUS, SINGLE-STITCH Black  |
| 3     | 1023447-0199 | 1   | PAD: HEAD REST, FLAT, CUS, DOUBLE-STITCH Custom |
| 3     | 1023447-0099 | 1   | PAD: HEAD REST, FLAT, CUS, SINGLE-STITCH Custom |
| 4     | 1022479-0002 | 1   | SHAFT: PIVOT, 10.75"                            |
| 5     | 3236801      | 4   | NUT, NYLOCK M10 X 1.5 SS                        |
| 6     | 1002166-0700 | 1   | ENDCAP: LARGE FLOV, BLACK                       |
| 7     | 1012186-0001 | 4   | SPACER: 1-1/4 OD X 1/4                          |
| 8     | 7630101      | 4   | RETAINER, CM/MJ, PULLEY                         |
| 9     | 3236217      | 5   | M10 X 1.5 X 100 SHCS, LOW HEAD                  |
| 10    | 3236601      | 7   | WASHER, 3/8 SAE STAINLESS STEEL                 |
| 11    | 3236202      | 4   | M10 X 1.5 X 25 SHCS, LOW HEAD                   |
| 12    | 7335401      | 1   | NUT, M10 X 1.5 SOCKET HEAD                      |
| 13    | 3236602      | 2   | WASHER, 3/8 ID X 1.25 OD SS                     |

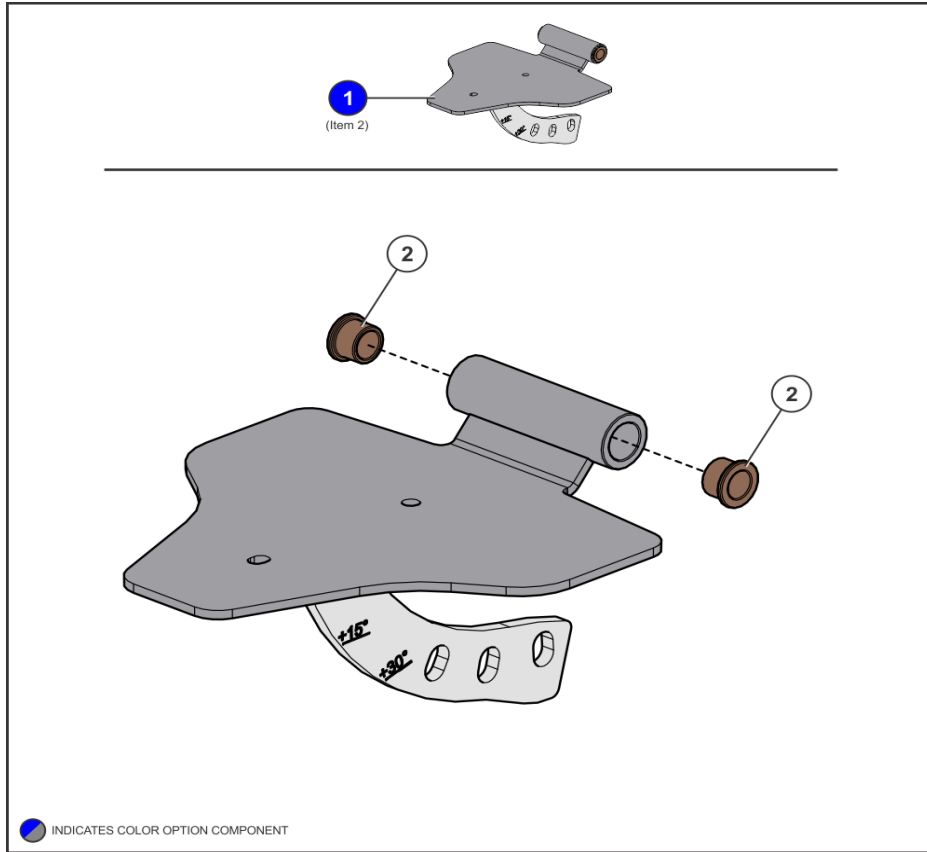
| <b>Ref #</b> | <b>Part Number</b> | <b>Qty</b> | <b>Description</b>            |
|--------------|--------------------|------------|-------------------------------|
| 14           | 3236203            | 2          | M10 X 1.5 X 30 SHCS, LOW HEAD |
| 15           | 3236204            | 2          | M10 X 1.5 X 35 SHCS, LOW HEAD |
| 16           | 3236201            | 1          | M10 X 1.5 X 20 SHCS, LOW HEAD |
| 17           | 8862701            | 1          | SPACER, NYLON                 |
| 18           | 1022679-0000       | 1          | WELDMENT: BACK INDEX Custom   |

## Hardware Bag



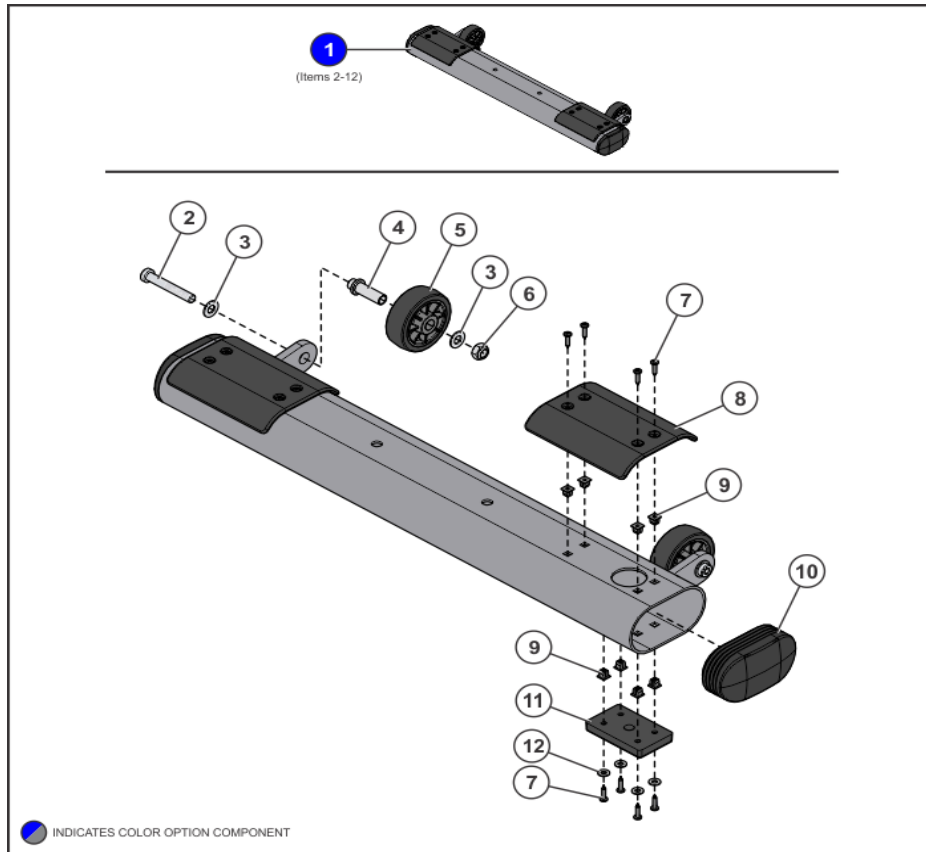
| Ref # | Part Number  | Qty | Description                     |
|-------|--------------|-----|---------------------------------|
| 1     | 1023362-0001 | 1   | ASSY: HARDWARE BAG              |
| 2     | 3236202      | 2   | M10 X 1.5 X 25 SHCS, LOW HEAD   |
| 3     | 3236204      | 2   | M10 X 1.5 X 35 SHCS, LOW HEAD   |
| 4     | 3236601      | 5   | WASHER, 3/8 SAE STAINLESS STEEL |
| 5     | 3236801      | 2   | NUT, NYLOCK M10 X 1.5 SS        |
| 6     | 3236217      | 5   | M10 X 1.5 X 100 SHCS, LOW HEAD  |
| 7     | 7630101      | 4   | RETAINER, CM/MJ, PULLEY         |
| 8     | 1012186-0001 | 4   | SPACER: 1-1/4 OD X 1/4          |

## Seat Assembly



| Ref # | Part Number  | Qty | Description                   |
|-------|--------------|-----|-------------------------------|
| 1     | 1022691-0000 | 1   | ASSEMBLY: SEAT Custom         |
| 2     | 3104901      | 2   | BEARING, FLG .75 ID X 1.00 OD |

# Stabilizer



| Ref # | Part Number     | Qty | Description                         |
|-------|-----------------|-----|-------------------------------------|
| 1     | 1022480-0000    | 1   | ASSEMBLY: STABILIZER Custom         |
| 2     | 3236210         | 2   | M10 X 1.5 X 65 SHCS, LOW HEAD       |
| 3     | 3236601         | 4   | WASHER, 3/8 SAE STAINLESS STEEL     |
| 4     | 7961401         | 2   | AXLE, FW, WHEEL                     |
| 5     | 0K59-01164-0000 | 2   | WHEEL: 3.0 OD X .50 ID OVERMOLD     |
| 6     | 3236801         | 2   | NUT, NYLOCK M10 X 1.5 SS            |
| 7     | 3275801         | 16  | SCREW, 8 X 3/4 DIN PHL PAN AB ST ZB |
| 8     | 7821703         | 2   | GUARD, SHORT PAINT - CHR            |
| 9     | 0017-00042-1147 | 16  | GROMMET: SCREW, 8 OR 10             |
| 10    | 1002166-0700    | 2   | ENDCAP: LARGE FLOV, BLACK           |
| 11    | 7810811         | 2   | PAD, RUBBER FOOT -CHR               |
| 12    | 3114407         | 8   | WASHER, FLAT #10 SAE ST BZ          |

