



FIT SERIES

MAKE THE MOST OF WHAT YOU'VE GOT.

Fit Series makes the most of your space without straining your budget. This affordable, attractive strength training equipment includes a complete line of multi-station, dual-purpose exercise machines and benches and racks – all with the durability you've come to expect from Life Fitness. For small spaces and tight budgets choose the biggest name in fitness. Life Fitness.

EXCEPTIONAL VALUE AT A COMPETITIVE PRICE

- > These space-efficient products feature a small footprint, making them the perfect choice for environments where floor space is at a premium. The multi-gyms and dual-exercise machines help facilities maximize the number of exercises available to users in a small area.
- > Advanced biomechanics ensure that the equipment follows users' natural movements, delivering a superior feel. The machines also accommodate exercisers of all sizes.
- > Intuitive, straightforward product designs are both easily recognizable and easy to use. Plus, simple adjustments make transitioning from one exercise to the next on the selectorized dual machines virtually effortless.
- > These machines meet the needs of exercisers at all levels, from the low starting resistance of 10 lbs (5 kg) for the novice to the standard 210 lbs (95 kg) weight stack for experienced users.
- > Like all Life Fitness equipment, Fit Series is built to last. Simple designs and proven commercial materials and components provide outstanding durability.
- > Facilities can enjoy an attractive fitness environment, thanks to the consistent industrial design used across the entire line.

STRENGTH IQ EQUIPMENT CLASSIFICATION KEY



FUNDAMENTAL



DEVELOPMENTAL



SPECIALIZED

FUNDAMENTAL: Equipment specifically designed for all types of users.
SPECIALIZED: Advanced training equipment for more experienced users.



Fit 3 Multi-Gym / FSF3

- Three weight stacks enable use by up to three users at the same time
- Users can efficiently perform a total-body workout with easy adjustments between exercises
- Corner unit design for maximum space optimization



Biceps / Triceps / FSBT

- Exercise starting points optimally position user for correct exercise movements
- Biceps curl bar docking station allows quick and easy exercise execution
- Includes triceps rope and revolving biceps curl bar



Dual Adjustable Pulley / FSDAP

- User-defined path of motion provides extensive exercise variety
- 14 pulley positions per column enable users to perform over 225 exercises
- Angled towers minimize floor space requirements



Lat Pulldown / Low Row / FSLR

- Provides two superior back exercise movements, incorporating upper- and mid-back, and rear-shoulder muscle groups
- Adjustable roller pads comfortably hold user in the proper exercise position



Multi-Press / FSMP

- Easily adjusts from flat, incline, and shoulder pressing positions through five bench adjustment angles
- Tapered seat and low bench height ensures a stable three-point stance and correct proper user biomechanics
- Angled press handles and solid, smooth movement reduce stress to the wrists



- Unique, Quick-Flip seat quickly and easily positions user in the correct position for both exercises



Fit 1.0 CM / FSFCM1

- > Cable Motion™ technology offers virtually unlimited, user-defined exercise variety
- > Three integrated pulley zones provide total-body exercise
- > Adjustable bench accommodates seated exercises, and can be removed for stability ball or standing exercises



Pec Fly / Rear Delt / FSFLY

- > Machine arms pivot to accommodate individual forearm length and natural path of motion
- > Optimal handle positions eliminate seat readjustment between exercises
- > Seat and start position adjustments provide a personalized fit for users of all sizes



Abdominal / Back Extension / FSABBA

- > Lumbar pad helps users easily find correct position relative to axis of rotation
- > Range-of-motion adjustment in 10-degree increments allows users a safe range of exercise
- > Two non-slip foot positions accommodate users of all sizes



Hip Abduction / Adduction / FSHAA

- > Dual-resistance mechanism and swivel pads allow user to work both inner thigh and outer thigh
- > Range-of-motion adjustment in 10-degree increments allows user to set a safe exercise range
- > Simple and intuitive exercise movements for ease of use



Leg Curl / Leg Extension / FSLCE

- > User can quickly transition between exercises with one easy pull-pin adjustment
- > Optimally positions user for natural exercise movements to minimize stress on joints and lower back



- > Quick back and roller pad adjustments enable customized fit for users of all sizes



Leg Press / Calf Extension / FSLPC

- > Natural arc-of-motion and pad angles maximize muscular involvement and minimize joint stress
- > Adjustable back pad and foot platform accommodate users of all sizes
- > Oversize, non-skid foot platform helps hold feet in place and allows for a variety of natural foot positions



Smith Machine / FSSM

- > Multi-purpose system provides ultimate strength training variety
- > Adjustable stops act as range limiters for most exercises
- > Includes six weight horns for Olympic plate weight storage


Power Rack / CSPR

- Adjustable rods lock in place to enhance safety
- Built-in chin-up bar adds variety to workouts
- 8' tall, 38" depth (243 cm tall, 97 cm depth) accommodates athletic training


Vertical Knee Raise / Dip / CSVKR

- Abdominal and upper-body exercises combined into one unit
- Angled elbow pads provide secure upright positioning


Olympic Flat Bench / CSOFB

- High resistant wear surfaces on the bar holder protect frame finish


Olympic Incline Bench / CSOIB

- 30-degree back pad
- Large spotter platform
- High resistant wear surfaces on the bar holder


45° Back Extension / CS45X

- Large footrest and angled thigh pad increases comfort
- Easy adjustment accommodates users of all sizes


Adjustable Abdominal Bench / CSAAB

- Upright handle attachment for convenient angle adjustment
- Wheels allow for easy mobility


Flat Bench / CSFB

- Sturdy 2" x 3" tube construction enhances durability


Adjustable Bench / CSAJB

- Adjusts to six different angles (flat to 80°)
- Fixed lumbar support adds extra comfort and stability
- Wheels allow for easy mobility



3 Tier Dumbbell Rack / CSDB3T

- > Space-efficient footprint accommodates 10 pairs of dumbbells
- > Angled for easy loading



Hexagonal Dumbbell Rack / CSDBH

- > Accommodates 10 pairs of hexagon dumbbells
- > Angled for easy loading



Saddle Dumbbell Rack / CSDBS

- > Saddles preserve finish on dumbbells and rack
- > Angled for easy loading



Olympic Plate Tree / CSPT

- > Six weight horns positioned to fit 2.5-100 lb Olympic plates
- > Metal plate attachments protect frame finish



Vertical Dumbbell Rack / CSDBV

- > Vertical design saves space and holds six pairs of dumbbells

SPECIFICATIONS

FRAME

- > 11-gauge steel frame ensures maximum structural integrity
- > Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability

CUSHIONING

- > Cushions utilize a layer of foam for comfort and durability

INSTRUCTIONAL PLACARDS

- > Easy-to-follow instructions illustrate proper use and muscles trained
- > Fit 3 wall chart included for additional guidance

SHROUD

- > Each weight stack is protected with standard shrouds to improve facility safety
- > Fit 3 has full weight stack shrouds, and Fit Duals have full rear and partial front shrouds

WEIGHT PLATES AND GUIDE RODS

- > Chrome-plated guide rods enable free floating movement of weight plates for ultra-smooth motion
- > Cold-rolled, precision-machined, steel selector shaft provides smooth, quiet function and maintains correct alignment in the weight stack during exercise movement

CABLES AND PULLEYS

- > Internally-lubricated steel aircraft cable, nylon coated to 3/16", delivers smooth performance
- > 4 1/2" (11 cm) and 6" (15 cm) diameter fiberglass-impregnated nylon pulleys feature sealed ball bearings
- > One tool-threaded cable adjustment on the top weight allows for easy adjustments and keeps cables tensioned correctly

HAND GRIPS

- > Hand grips on the Fit 3 and selectorized duals are durable rubber compound that is wear and tear resistant
- > Dual Adjustable Pulley hand grips are a durable urethane composite

MULTI-USE

STATION	PRODUCT CODE	TOTAL WEIGHT	WEIGHT STACK	DIMENSIONS (L x W x H)
Fit 3	FSF3	1,255 lbs (570 kg)	3 x 210 lbs (3 x 95 kg)	102" x 102" x 85" (259 cm x 259 cm x 216 cm)
Dual Adjustable Pulley	FSDAP	680 lbs (308 kg)	2 x 160 lbs (2 x 73 kg)	44.5" x 55.5" x 88.5" (113 cm x 114 cm x 225 cm)
Smith Machine	FSSM	305 lbs (139 kg)	—	57" x 70" x 91" (145 cm x 178 cm x 230 cm)
Power Rack	CSPR	364 lbs (165 kg)	—	67" x 66" x 96" (170 cm x 168 cm x 244 cm)

STATIONS

STATION	PRODUCT CODE	TOTAL WEIGHT	WEIGHT STACK	DIMENSIONS (L x W x H)
Multi-Press	FSMP	530 lbs (241 kg)	210 lbs (95 kg)	86" x 48" x 71" (218 cm x 122 cm x 180 cm)
Biceps/Triceps	FSBT	417 lbs (189 kg)	210 lbs (95 kg)	51" x 24" x 76" (130 cm x 61 cm x 193 cm)
Lat Pulldown/Low Row	FSLR	479 lbs (218 kg)	210 lbs (95 kg)	66" x 50" x 88" (168 cm x 127 cm x 224 cm)
Pec Fly/Rear Delt	FSFLY	490 lbs (222 kg)	210 lbs (95 kg)	51.5" x 54" x 85" (131 cm x 137 cm x 216 cm)
Ab/Back Extension	FSABBA	490 lbs (222 kg)	160 lbs (73 kg)	52.5" x 44" x 70.5" (134 cm x 112 cm x 179 cm)
Hip Abduction/Adduction	FSHAA	517 lbs (235 kg)	210 lbs (95 kg)	64.5" x 25" x 70.5" (164 cm x 63.5 cm x 179 cm)
Leg Curl/Leg Extension	FSLCE	478 lbs (217 kg)	210 lbs (95 kg)	65" x 38" x 71" (165 cm x 97 cm x 180 cm)
Leg Press/Calf Extension	FSLPC	511 lbs (232 kg)	210 lbs (95 kg)	76" x 41" x 85" (194 cm x 105 cm x 216 cm)

BENCHES AND RACKS

STATION	PRODUCT CODE	TOTAL WEIGHT	WEIGHT STACK	DIMENSIONS (L x W x H)
Vertical Knee Raise/Dip	CSVKR	122 lbs (55 kg)	—	26" x 42" x 66" (66 cm x 107 cm x 168 cm)
Olympic Flat Bench	CSOFB	146 lbs (66 kg)	—	66" x 67" x 45" (168 cm x 170 cm x 113 cm)
Olympic Incline Bench	CSOIB	169 lbs (77 kg)	—	66" x 67" x 58" (168 cm x 170 cm x 146 cm)
45° Back Extension	CS45X	74 lbs (33.5 kg)	—	26" x 55" x 37" (66 cm x 140 cm x 94 cm)
Adjustable Bench	CSAAB	94 lbs (43 kg)	—	24" x 62" x 35" (61 cm x 158 cm x 89 cm)
Flat Bench	CSFB	60 lbs (27 kg)	—	52" x 20" x 17" (132 cm x 51 cm x 43 cm)
Adjustable Bench	CSAJB	100 lbs (45 kg)	—	50" x 18" x 17" (127 cm x 46 cm x 43 cm)
3-Tier Dumbbell Rack	CSDB3T	152 lbs (62 kg)	—	27" x 50" x 34.5" (69 cm x 127 cm x 88 cm)
Hexagon Dumbbell Rack	CSDBH	166 lbs (75 kg)	—	80" x 25" x 28" (203 cm x 64 cm x 71 cm)
Saddle Dumbbell Rack	CSDBS	190 lbs (86 kg)	—	91" x 25" x 28" (231 cm x 64 cm x 71 cm)
Olympic Plate Tree	CSPT	55 lbs (25 kg)	—	17" x 19" x 50" (43 cm x 48 cm x 127 cm)
Vertical Dumbbell Rack	CSDBV	43 lbs (19.5 kg)	—	14" x 18.5" x 48" (36 cm x 47 cm x 122 cm)

Specifications subject to change.

STRENGTH FRAME AND UPHOLSTERY COLORS See pages 136-137 for premium, standard and custom frame and upholstery color options.

WARRANTY 10-year limited warranty on the structural frame (coatings excluded); 1-year on guide rods, cables, pulleys and weight plates, 90-day on grips, upholstery and any items not specified. Warranties outside the U.S. may vary. Contact Life Fitness for details.