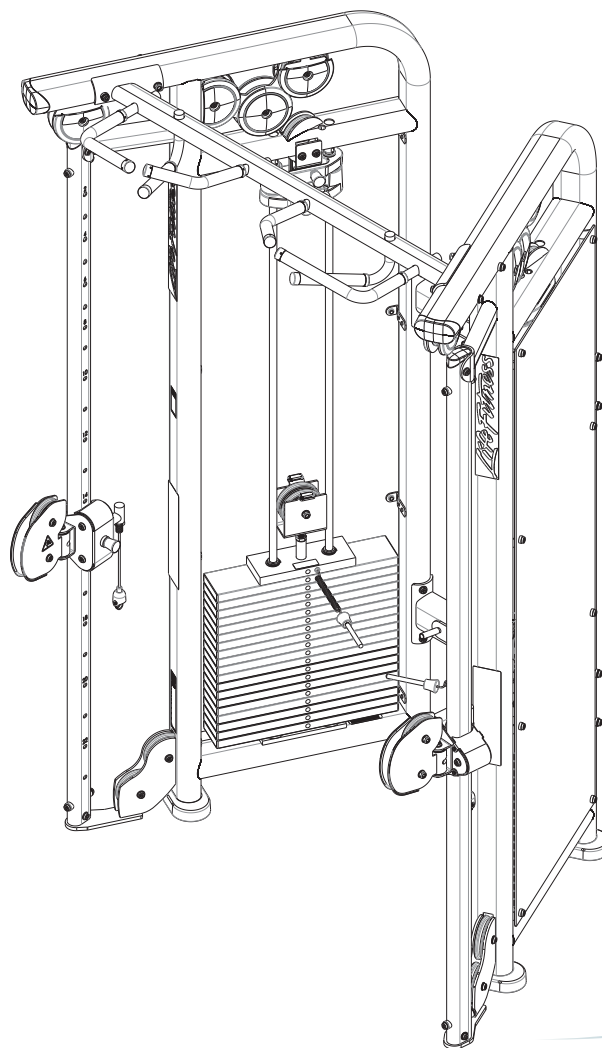


SIGNATURE SERIES CABLE MOTION DUAL ADJUSTABLE PULLEY CMDAP

PARTS MANUAL



LifeFitness
WHAT WE LIVE FOR

SERIAL NUMBER CMDAP0512089 - CURRENT

UNITS WITH DROP-DOWN INCREMENTAL WEIGHTS

	PAGE
FRAME AND UPHOLSTERY COLORS	3
PAINTED WELDMENTS	4
COMPONENT ASSEMBLY	5
RIGHT HAND TOWER ASSEMBLY	6
RIGHT HAND TOWER ASSEMBLY TABLE	7
RIGHT HAND CARRIAGE ASSEMBLY	8
ADJ. PULLEY COLUMN ASSEMBLY	9
CHIN SUPPORT ASSEMBLY	10
OPTIONAL NO HANDLE BOOM	11
REAR SUPPORT ASSEMBLY	12
LEFT HAND TOWER ASSEMBLY	13
LEFT HAND TOWER ASSEMBLY TABLE	14
LEFT HAND CARRIAGE ASSEMBLY	15
STACK PULLEY ASSEMBLY	16
390 LB. WEIGHT STACK ASSEMBLY	17
CABLE ROUTING	18
ACCESSORIES	19
LONG BAR ASSEMBLY	20
SPORT BAR ASSEMBLY	21
TRAINING AIDES	22
OPTIONAL FRONT SHROUD KIT	23
OPTIONAL SHROUD STACK WRAPS	24

SERIAL NUMBER CMDAP0512088 AND BELOW

UNITS WITH ADD-ON INCREMENTAL WEIGHTS

RIGHT HAND TOWER ASSEMBLY	25
LEFT HAND TOWER ASSEMBLY	26

FRAME AND UPHOLSTERY COLORS

Strength Frame Colors



Platinum



White



Black



Ice Blue Metallic



Midnight Metallic



Nickel



Blue



Red



Yellow



Candy Apple Red

Note: Include frame color in pick-slip notes when ordering frame assemblies or weldments.

Strength Upholstery Colors



American Beauty Red 07



Azure 20



Black 01



Cranberry 04



Graphite 22



Hunter Green 13



Regimental Blue 14



Royal Blue 02



Slate 03



Wheat 21



Burgundy 29



Candy Apple Red 28



Chestnut 34



Concord 16



Crocus 19



Dove Gray 37



Emerald 27



Grotto 25



Gun Metal 39



Imperial Blue 33



Jade 26



Navy 32



Northwoods Green 05



Paprika 35



Plum 30



Putty 38



Space Blue 06



Suede 08

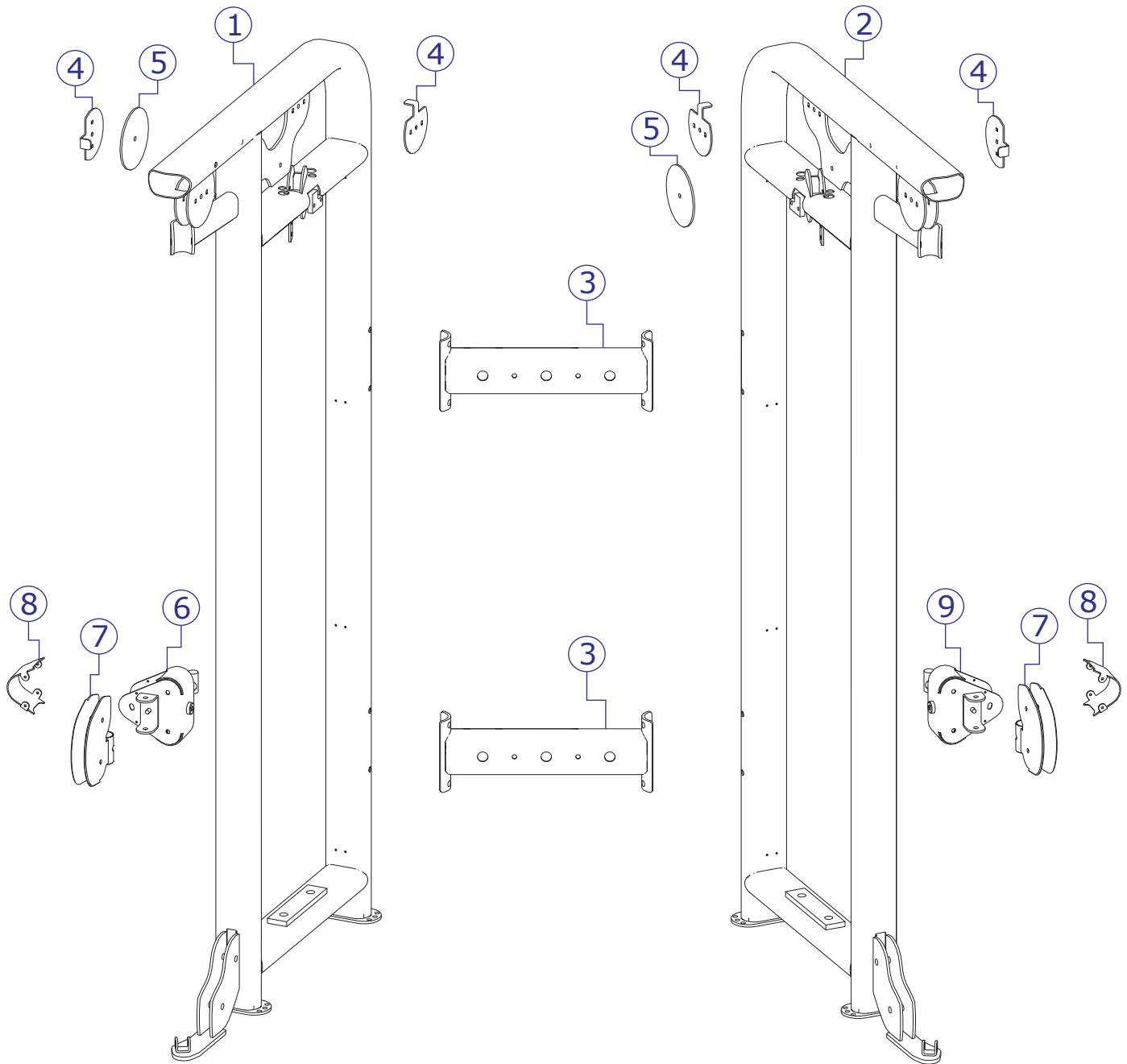


Terra Cotta 36



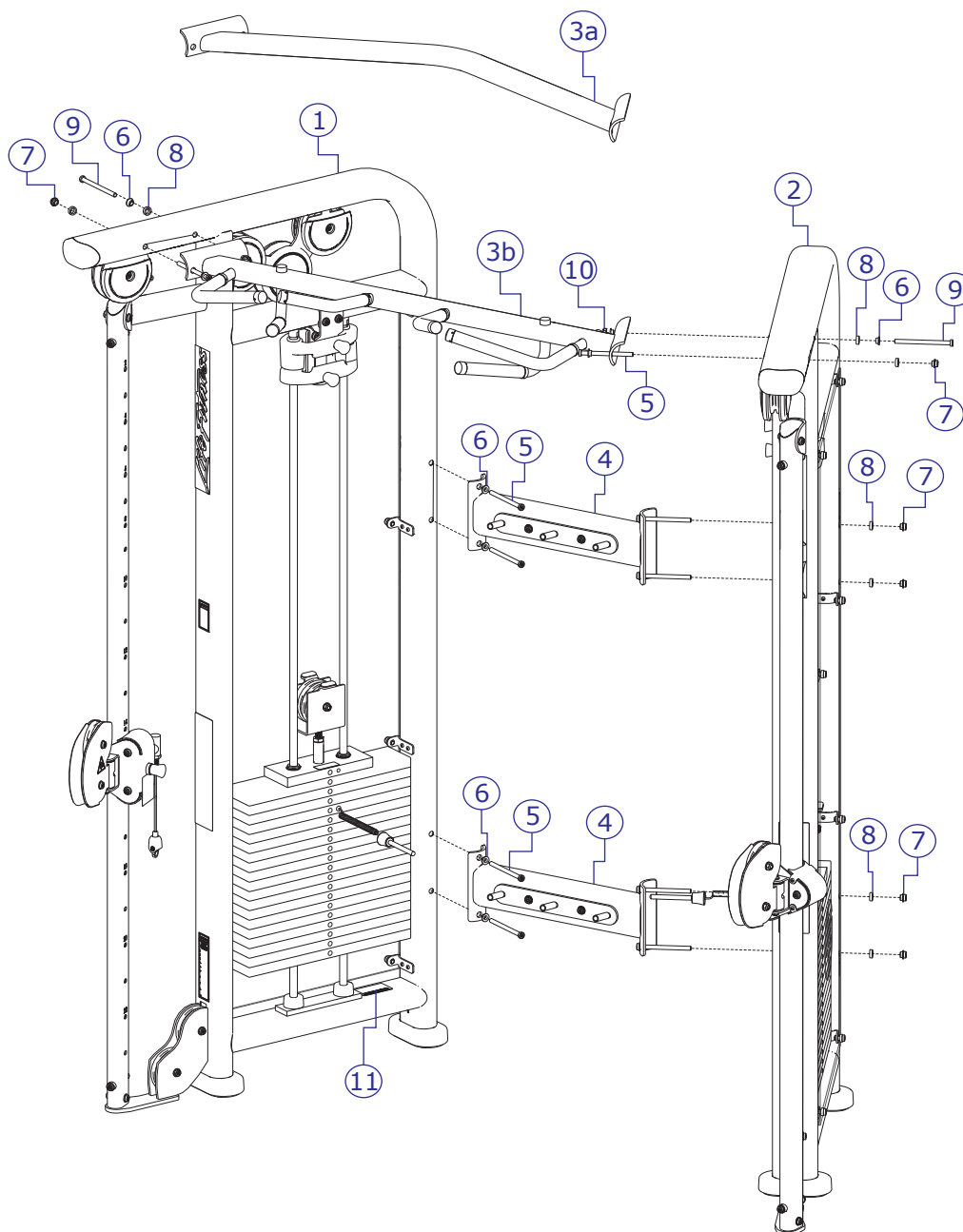
Turquoise 17

Note: Replace XX with above color suffix when ordering pads (ie. 74123XX = 7412301 Black)
Use 99 suffix for custom upholstery.



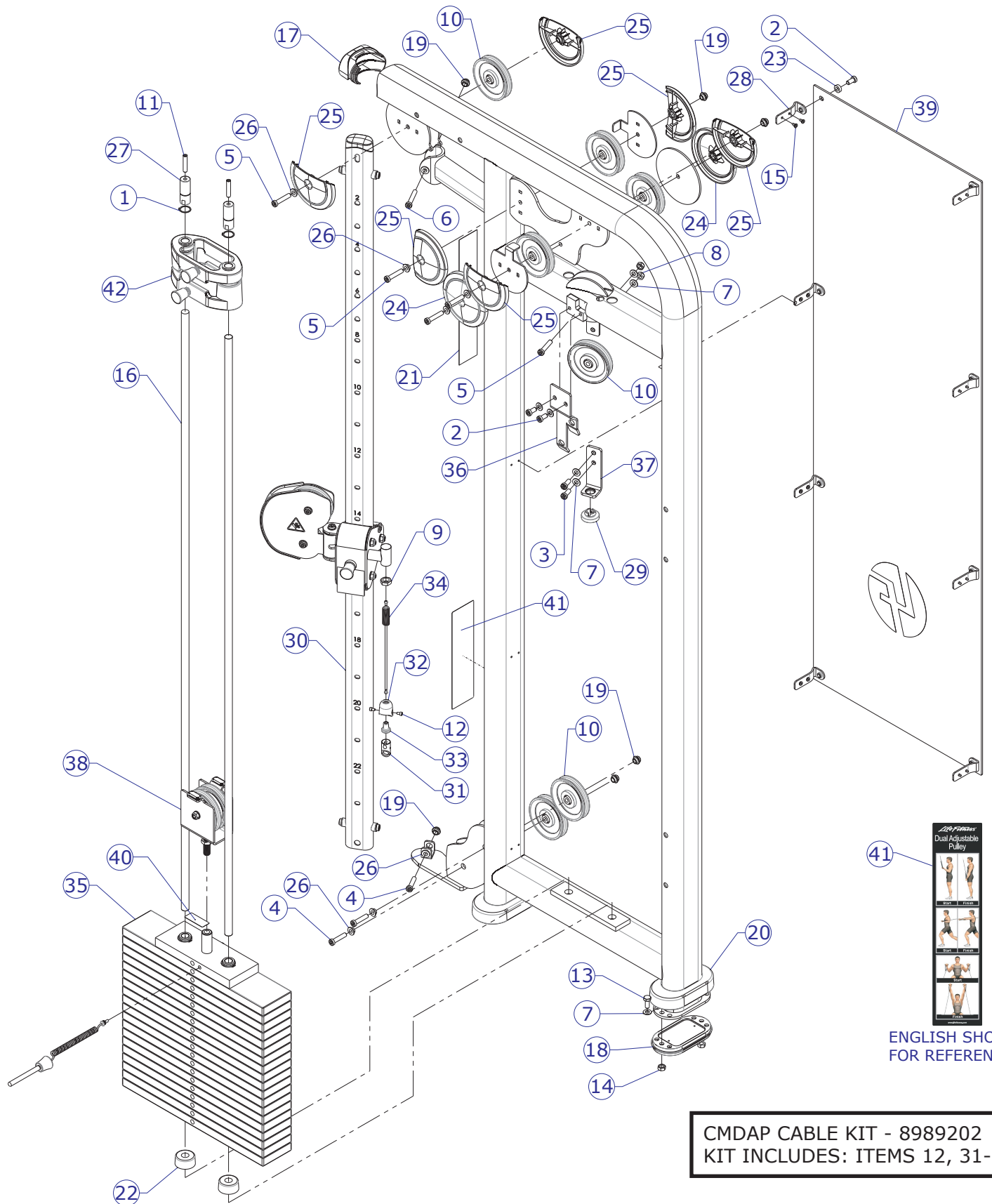
ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	9131000	WLDMT, CMDAP TOWER, RH	ANY
2	1	9131100	WLDMT, CMDAP TOWER, LH	ANY
3	2	7642601	WLDMT, CMDAP REAR SUPPORT	ANY
4	4	7730901	BRKT, COVER/CABLE RETAINER	ANY
5	2	7301101	PLATE, PULLEY	ANY
6	1	8346901	WLDMT, CMDAP RH CARRIAGE	ANY
7	1	7633301	WLDMT, CM/MJ, SWIVEL PULLEY	ANY
8	1	7631801	BRKT, CM/MJ, CARRIAGE SHROUD	ANY
9	1	8346701	WLDMT, CMDAP LH CARRIAGE	ANY





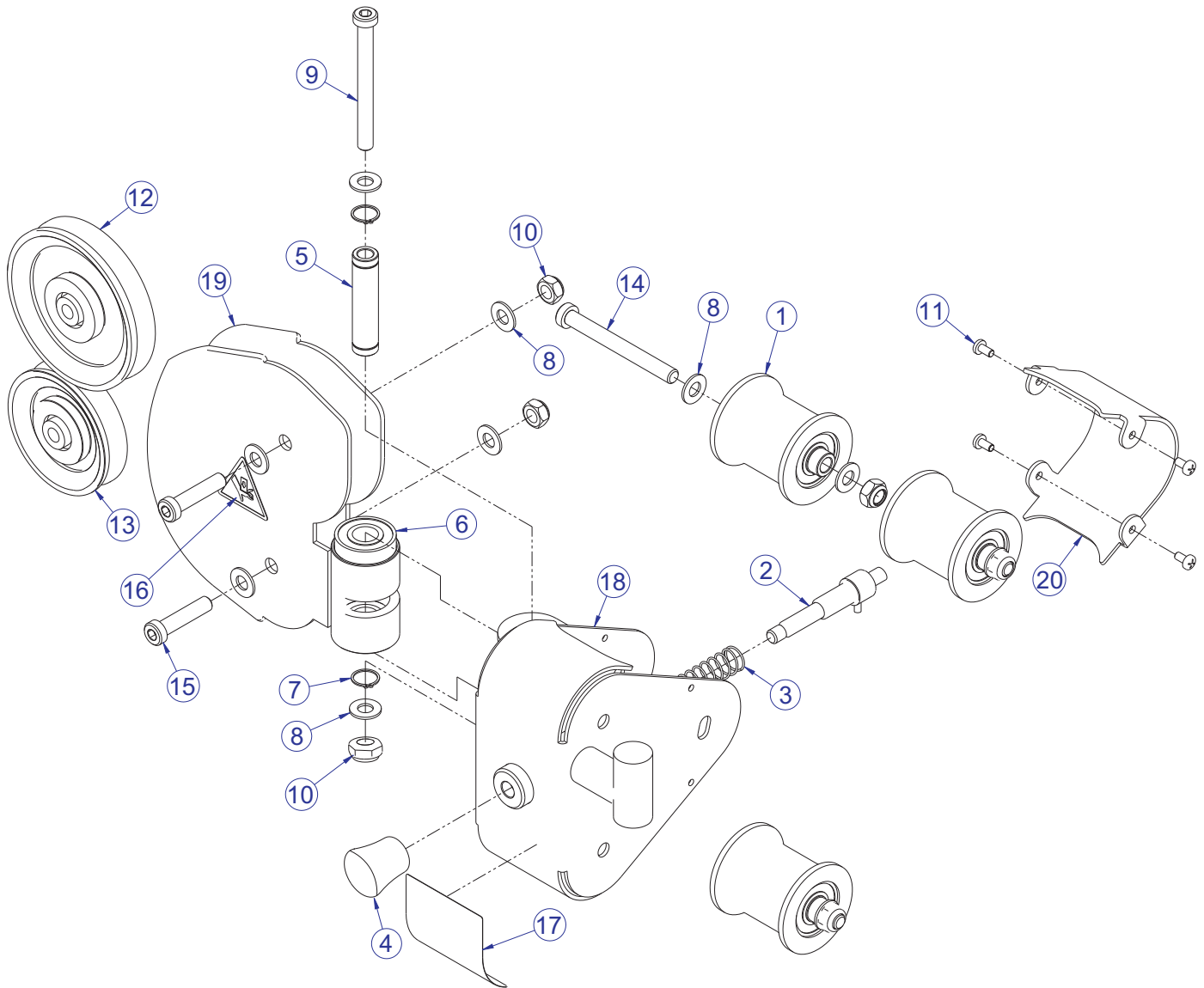
ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	SEE PAGE 6/7	ASSY, CMDAP RH TOWER	ANY
2	1	SEE PAGE 13/14	ASSY, CMDAP LH TOWER	ANY
3	1	8539101	ASSY, CMDAP BOOM - NO HANDLES	ANY
		7713901	ASSY, CMDAP CHIN SUPPORT	ANY
4	2	7714101	ASSY, CMDAP REAR SUPPORT	ANY
5	10	3236220	SCREW, M10 X1.5 130MM	-
6	10	7630101	RETAINER, CM/MJ, PULLEY	-
7	10	7335401	NUT, M10 X 1.5 SOCKET HEAD	-
8	10	7634701	SPACER, CM/MJ, .565 X .815	-
9	2	3236221	M10 X 1.5 X 140 HXS SOC CS SS	-
10	2	3236801	NUT, M10 HEX NYLOCK SS	-
11	1	7571301	LABEL, SERIAL NUMBER, BLANK	-



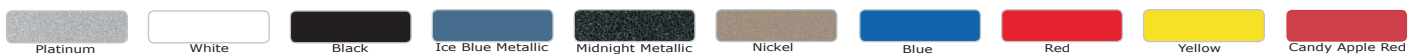


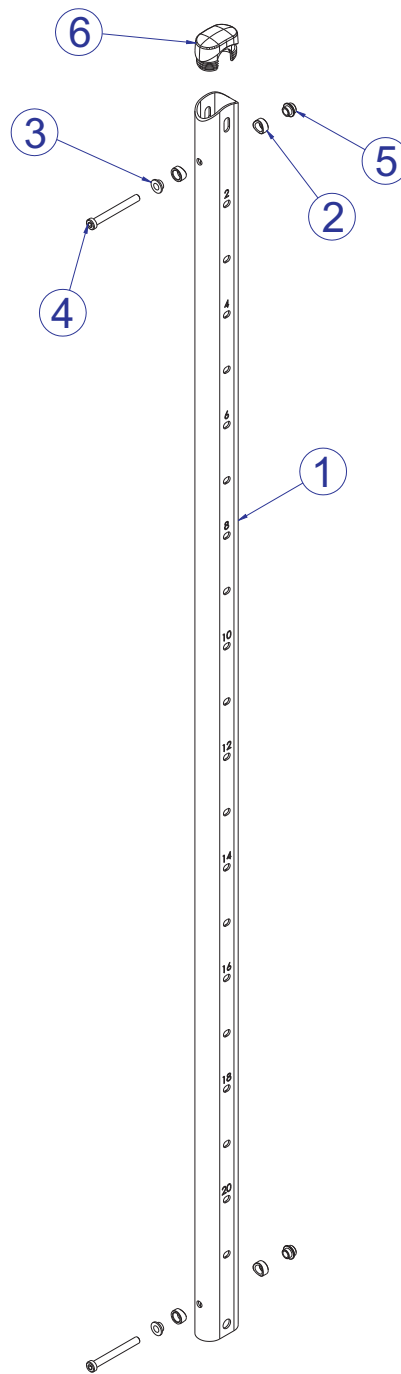
SEE PAGE 7 FOR TABLE

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3232421	RING, BRE .940, 5100-100 ST PP B
2	10	3236201	SCREW, M10 X1.5 20MM
3	2	3236202	SCREW, M10 X1.5 25MM
4	3	3236206	SCREW, M10 X1.5 45MM
5	5	3236207	SCREW, M10 X1.5 50MM
6	1	3236209	SCREW, M10 X1.5 60MM
7	10	3236601	WASHER, 3/8 SAE SS
8	2	3236801	NUT, M10 HEX NYLOCK SS
9	1	3236902	NUT, HEX JAM M16 X 2 SS
10	7	3237801	PULLEY, 4.5" OD
11	2	3240502	M10 X 1.5 X 50 HXS NO CUP ST BO
12	2	3250002	M5 X 0.8 HXS SOC CS ST BZ X 8
13	4	3251202	SCREW, M10 X1.5 X 25MM UNS HEX CS ST ZN
14	4	3254703	NUT, M10 X 1.5 HEX ZINC
15	16	3270601	SCREW, #10-32 TRX PAN ST BZ
16	2	7328618	GUIDE ROD, .75 OD SOLID 71.50
17	1	7333901	CAP, LARGE FLOV- END
18	2	7334001	FOOT, 2.50 X 4.49 FLOV
19	8	7335401	NUT, M10 X 1.5 SOCKET HEAD
20	2	7340201	COVER, FOOT - STRAIGHT
21	1	7348001	LABEL, LIFE FITNESS LOGO
22	2	7352101	CUSHION, WEIGHT STACK
23	8	7385201	SPACER, .406 X .750 X .250
24	2	7629901	COVER, PULLEY- BOLTED FULL
25	6	7630001	COVER, PULLEY BOLTED PARTIAL
26	8	7630101	RETAINER, CM/MJ, PULLEY
27	2	7634401	RETAINER, CM/MJ, GUIDEROD
28	8	7642095	BRKT, CM/MJ, REAR SHROUD SG
29	1	7642301	BUMPER, CM/MJ, PLUG
30	1	SEE PAGE 9	ASSY, CM/MJ, ADJ PLY COLUMN
31	1	8943601	LINK, CM/MJ, CABLE END
32	1	8943701	HSNG, CM/MJ, CABLE END
33	1	8943801	INSERT, CM/MJ, CABLE END
34	1	8946908	CABLE, CMDAP
35	1	SEE PAGE 17	ASSY, 390LB STACK W/O PIN
36	1	9035601	STRIKER PLATE, INCR. WGT.
37	1	9102895	BRKT, STACK BUMPER MOUNT SGR
38	1	SEE PAGE 16	ASSY, CMDAP STACK PULLEYS -SGY
39	1	8353201	SHROUD, CM/MJ REAR
40	1	77445XX	LABEL, WEIGHT AT HANDLE
41	1	77494XX	LABEL, PLACARD CMDAP RH
42	2	9102601	ASSY, INCREMENT WGT.

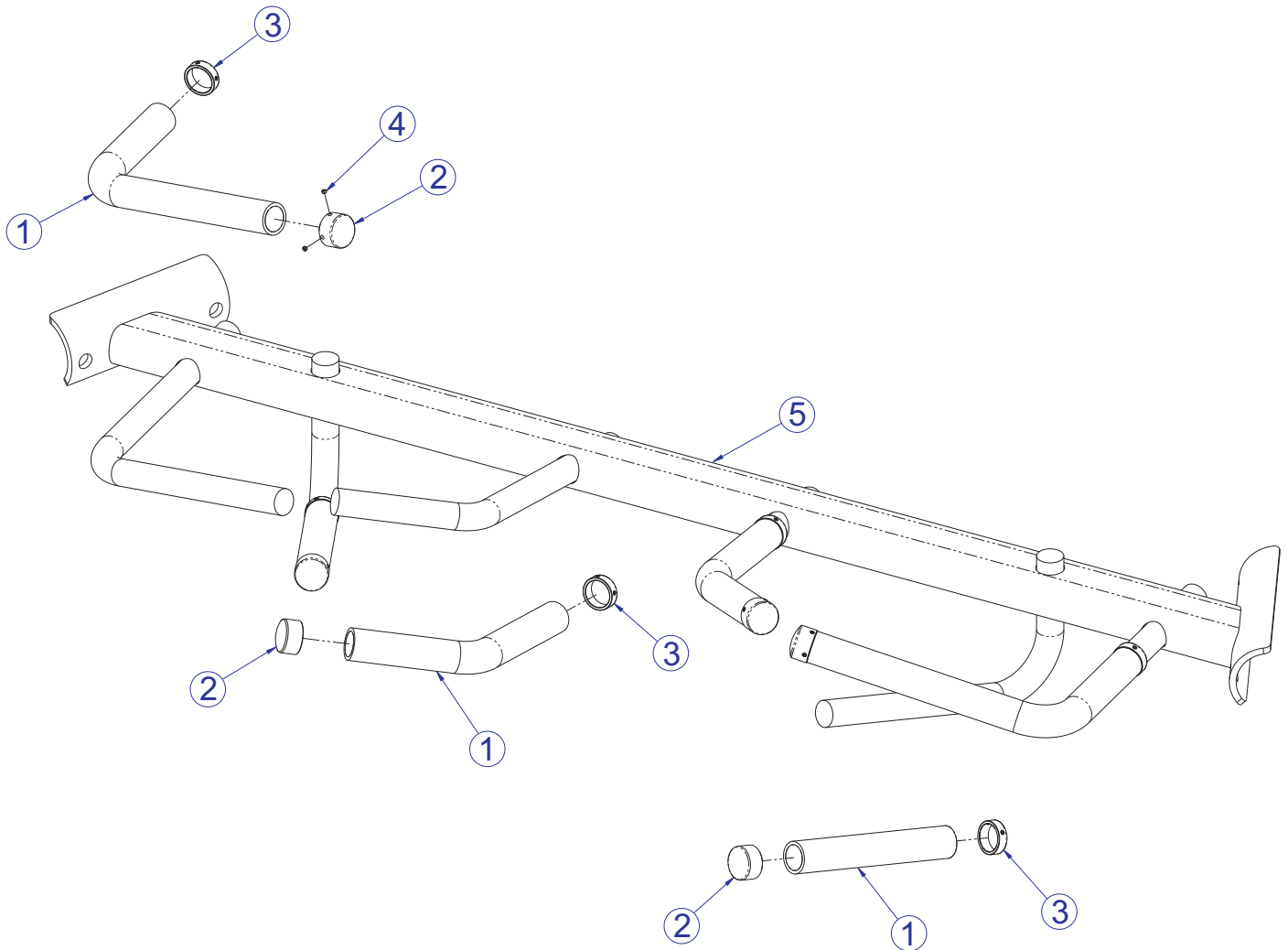


ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	3	7637901	ASSY, ROLLER-CONCAVE	-
2	1	8327901	ASSY, CM/MJ PULL PIN, BEVEL NOSE	-
3	1	7351501	SPRING, PULL PIN LARGE	-
4	1	7351401	KNOB, TULIP STYLE	-
		7424803	KNOB, POP PIN, YELLOW	
5	1	7645401	SHAFT, CM/MJ, 6203 BRNG	-
6	2	3245901	BEARING, 6203	-
7	2	3232413	RING, BRE .631, 5100-66, ST PP B	-
8	12	3236601	WASHER, 3/8 SAE SS	-
9	1	3236217	SCREW, M10 X1.5 100MM	-
10	6	3236801	NUT, M10 HEX NYLOCK SS	-
11	4	3239101	SCREW, M5X10 PHL PAN TT ST	-
12	1	3237801	PULLEY, 4.5" OD	-
13	1	3245701	PULLEY, 3.5" OD, 10MM ID SG	-
14	3	3236216	SCREW, M10 X1.5 95MM	-
15	2	3236206	SCREW, M10 X1.5 45MM	-
16	1	8039501	LABEL, WARNING, TRIANGLE	-
17	1	7821001	LABEL, WARNING ADJ. CARRIAGE	-
18	1	8346901	WLDMT, CMDAP RH CARRIAGE	ANY
19	1	7633301	WLDMT, CM/MJ, SWIVEL PULLEY	ANY
20	1	7631801	BRKT, CM/MJ, CARRIAGE SHROUD	ANY



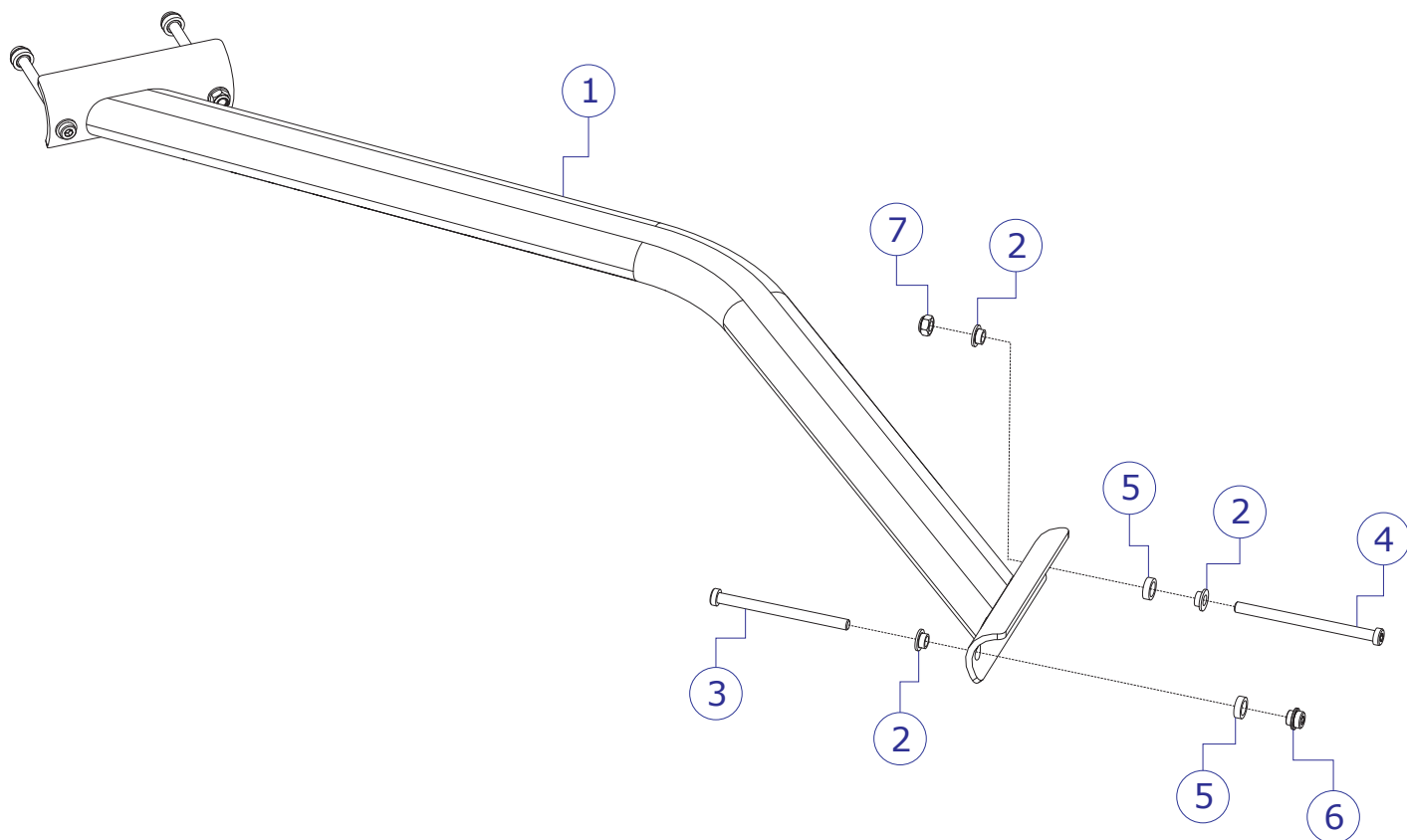


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	8264101	TUBE, CM/MJ ADJ COLUMN
2	4	7645501	SPACER, CM/MJ, SM FLOV CONCAVE
3	2	7630101	RETAINER, CM/MJ, PULLEY
4	2	3236215	SCREW, M10 X1.5 90MM
5	2	7335401	NUT, M10 X 1.5 SOCKET HEAD
6	1	7333801	CAP, SMALL FLOV- END

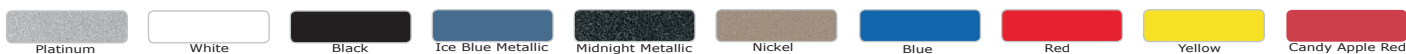


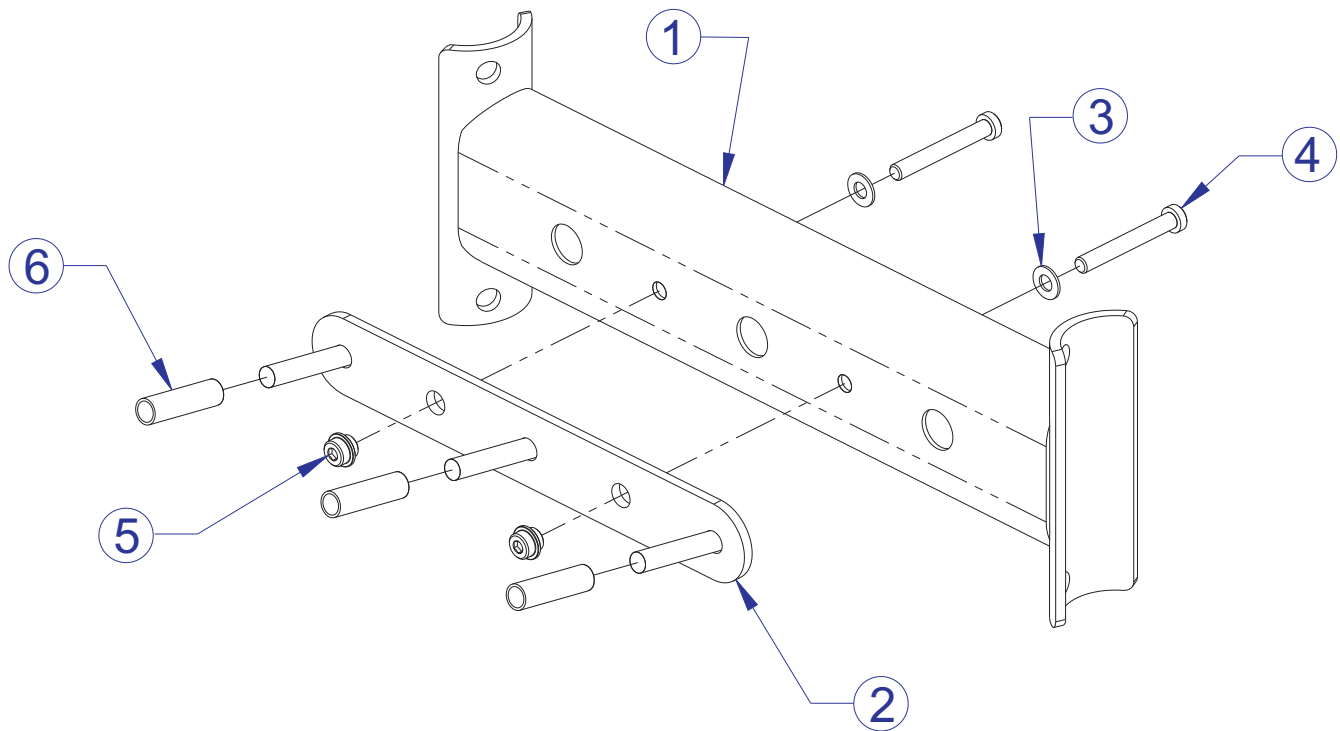
ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	6	3235801	GRIP, 1.25 OD X .125 WALL OPEN END	-
2	6	7662901	CAP, GRIP 1.25 OD	-
3	6	7662801	RING, GRIP 1.25 OD	-
4	24	3247701	M4 X .7 HXS NO CUP ST BO	-
5	1	7642701	WLDMT, CMDAP CHIN SUPPORT	ANY





ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	8539001	WLDMT, CMDAP BOOM - NOHANDLES	ANY
2	6	7630101	RETAINER, CM/MJ, PULLEY	-
3	2	3236220	SCREW, M10 X1.5 130MM	-
4	2	3236221	SCREW, M10 X1.5 140MM	-
5	4	7634701	SPACER, CM/MJ, .565 X .815	-
6	2	7335401	NUT, M10 X 1.5 SOCKET HEAD	-
7	2	3236801	NUT, M10 HEX NYLOCK SS	-

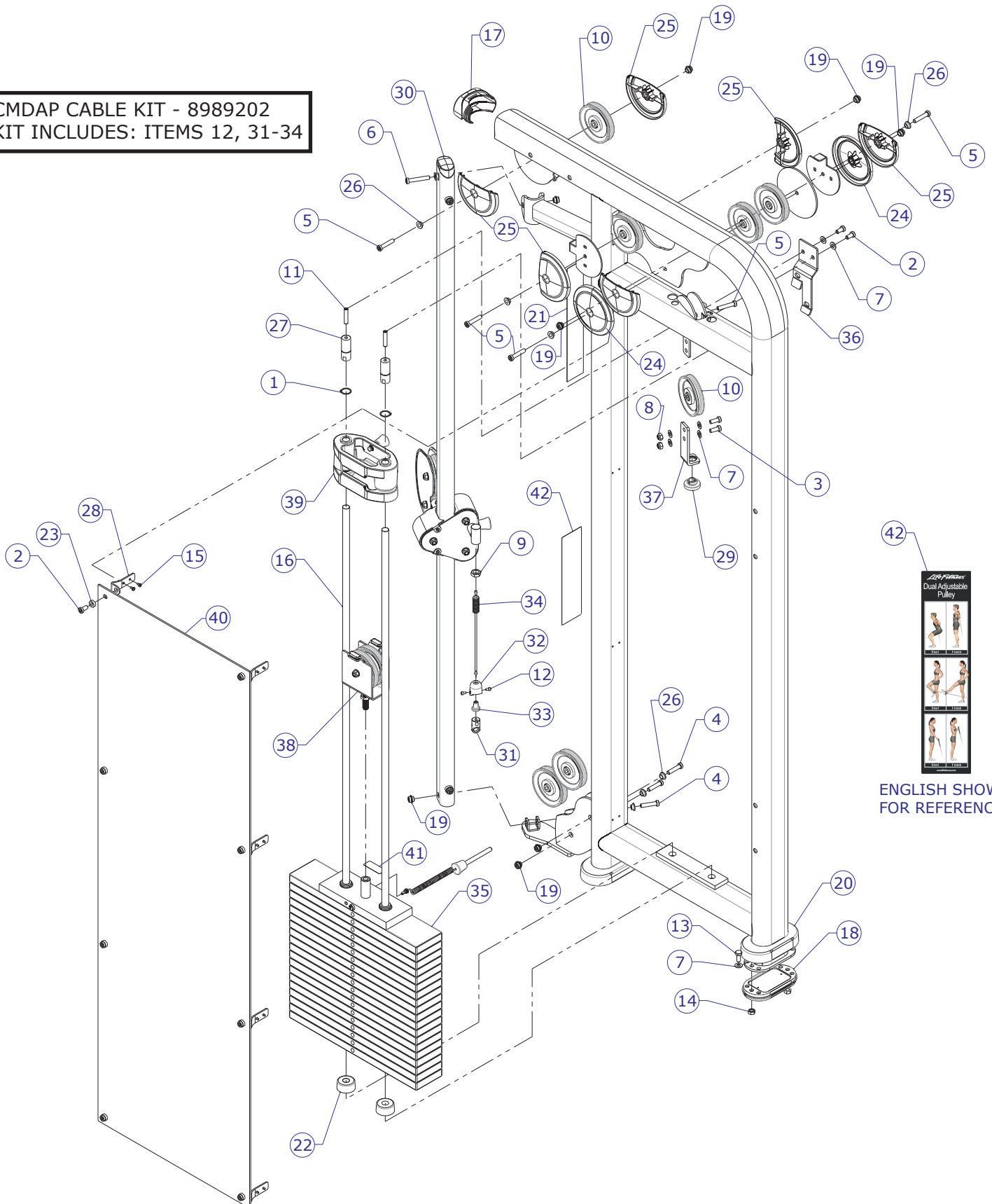




ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	7642601	WLDMT, CMDAP REAR SUPPORT	ANY
2	1	7644895	WLDMT, CM ACC RACK	SG
3	2	3236601	WASHER, 3/8 SAE SS	-
4	2	3236212	SCREW, M10 X1.5 75MM	-
5	2	7335401	NUT, M10 X 1.5 SOCKET HEAD	-
6	3	7749601	SLEEVE, .50" ID X 2.25"	-



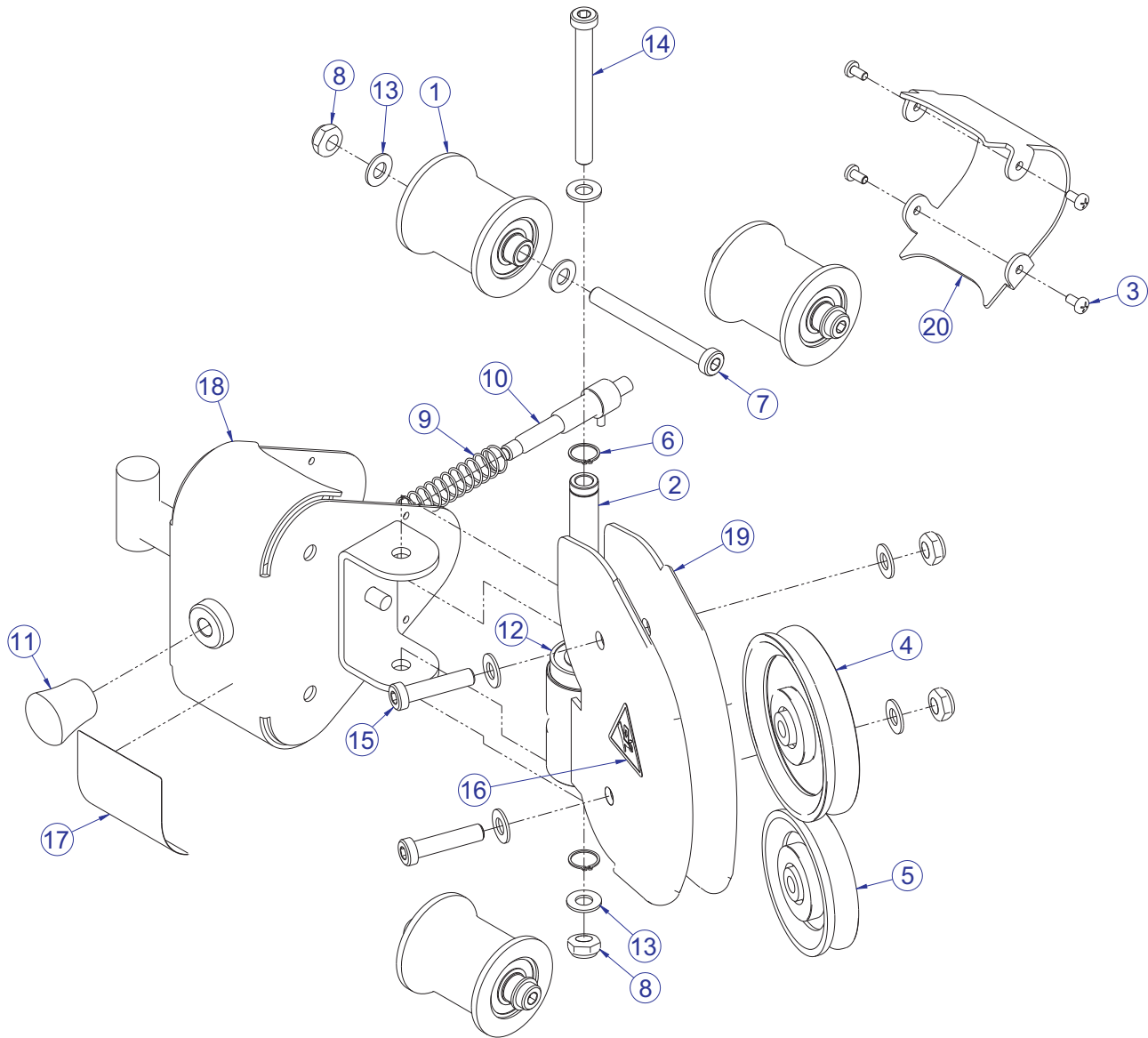
CMDAP CABLE KIT - 8989202
KIT INCLUDES: ITEMS 12, 31-34



ENGLISH SHOWN
 FOR REFERENCE

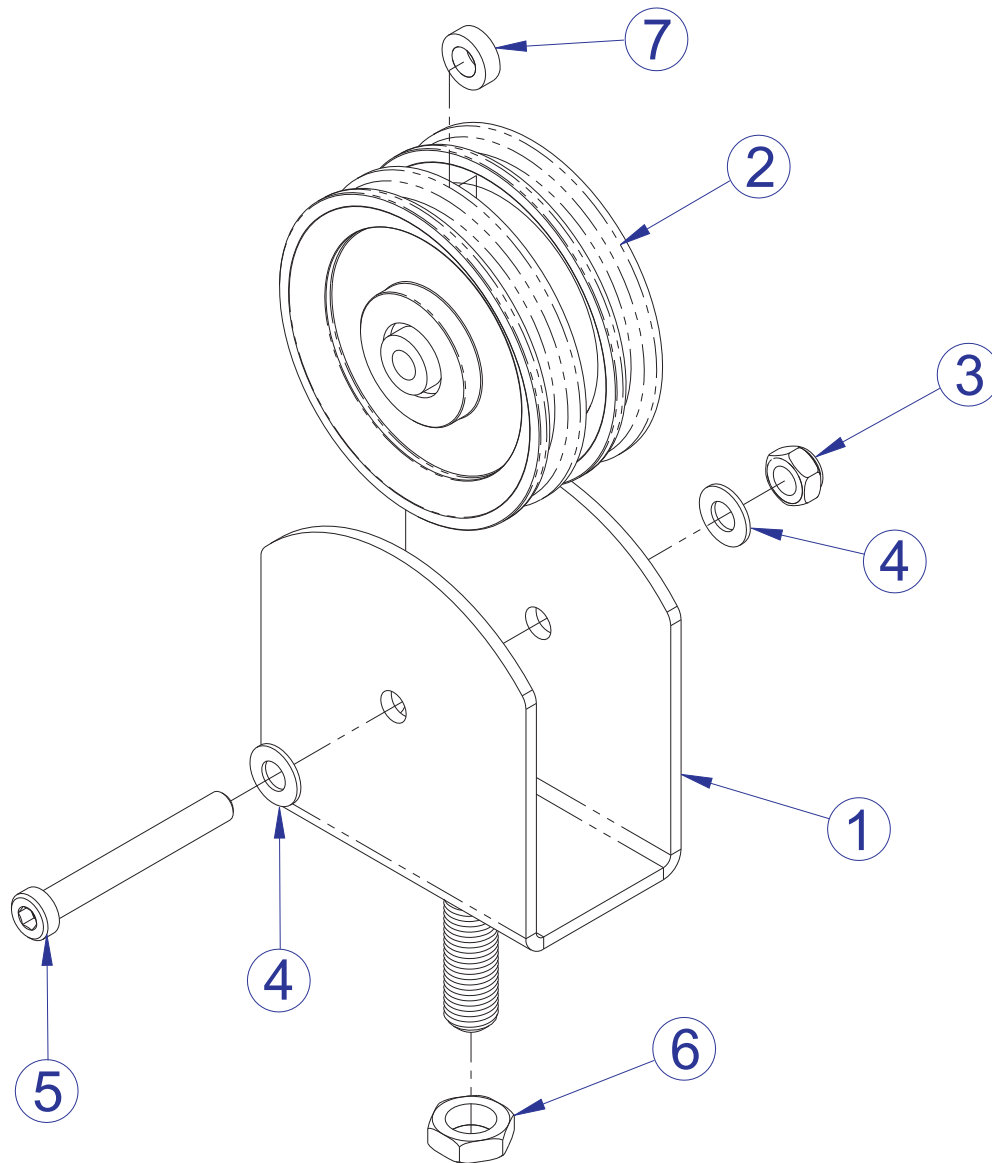
SEE PAGE 14 FOR TABLE

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	3232421	RING, BRE .940, 5100-100 ST PP B
2	10	3236201	SCREW, M10 X1.5 20MM
3	2	3236202	SCREW, M10 X1.5 25MM
4	3	3236206	SCREW, M10 X1.5 45MM
5	5	3236207	SCREW, M10 X1.5 50MM
6	1	3236209	SCREW, M10 X1.5 60MM
7	10	3236601	WASHER, 3/8 SAE SS
8	2	3236801	NUT, M10 HEX NYLOCK SS
9	1	3236902	NUT, HEX JAM M16 X 2 SS
10	7	3237801	PULLEY, 4.5" OD
11	2	3240502	M10 X 1.5 X 50 HXS NO CUP ST BO
12	2	3250002	M5 X 0.8 HXS SOC CS ST BZ X 8
13	4	3251202	SCREW, M10 X1.5 X 25MM UNS HEX CS ST ZN
14	4	3254703	NUT, M10 X 1.5 HEX ZINC
15	16	3270601	SCREW, #10-32 TRX PAN ST BZ
16	2	7328618	GUIDE ROD, .75 OD SOLID 71.50
17	1	7333901	CAP, LARGE FLOV- END
18	2	7334001	FOOT, 2.50 X 4.49 FLOV
19	8	7335401	NUT, M10 X 1.5 SOCKET HEAD
20	2	7340201	COVER, FOOT - STRAIGHT
21	1	7348001	LABEL, LIFE FITNESS LOGO
22	2	7352101	CUSHION, WEIGHT STACK
23	8	7385201	SPACER, .406 X .750 X .250
24	2	7629901	COVER, PULLEY- BOLTED FULL
25	6	7630001	COVER, PULLEY BOLTED PARTIAL
26	8	7630101	RETAINER, CM/MJ, PULLEY
27	2	7634401	RETAINER, CM/MJ, GUIDEROD
28	8	7642095	BRKT, CM/MJ, REAR SHROUD SG
29	1	7642301	BUMPER, CM/MJ, PLUG
30	1	SEE PAGE 9	ASSY, CM/MJ, ADJ PLY COLUMN
31	1	8943601	LINK, CM/MJ, CABLE END
32	1	8943701	HSNG, CM/MJ, CABLE END
33	1	8943801	INSERT, CM/MJ, CABLE END
34	1	8946908	CABLE, CMDAP
35	1	SEE PAGE 17	ASSY, 390LB STACK W/O PIN
36	1	9035601	STRIKER PLATE, INCR. WGT.
37	1	9102895	BRKT, STACK BUMPER MOUNT SGR
38	1	SEE PAGE 16	ASSY, CMDAP STACK PULLEYS -SGY
39	2	9102601	ASSY, INCREMENT WGT.
40	1	8353201	SHROUD, CM/MJ REAR
41	1	77445XX	LABEL, WEIGHT AT HANDLE
42	1	77495XX	LABEL, PLACARD CMDAP LH



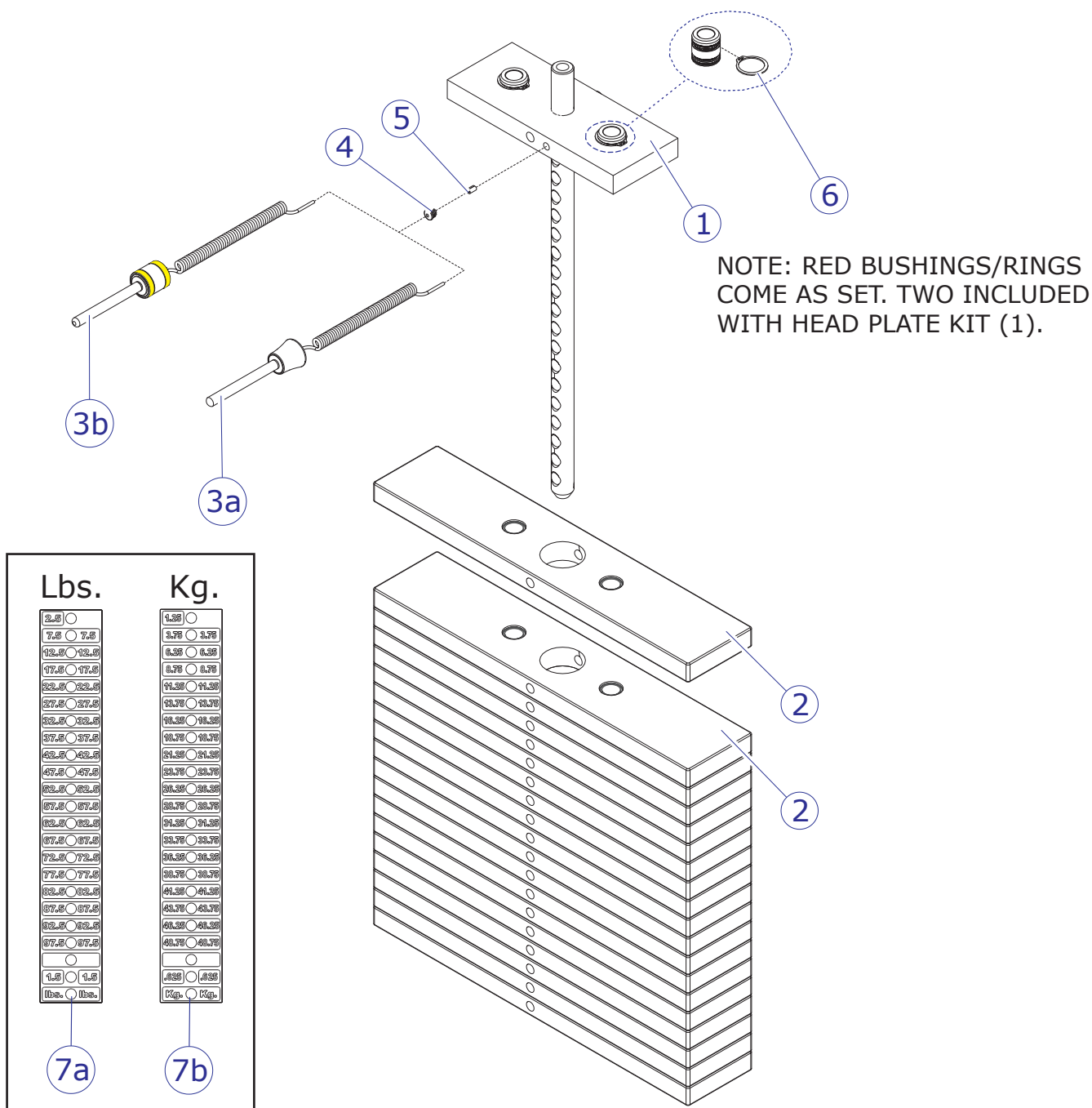
ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	3	7637901	ASSY, ROLLER-CONCAVE	-
2	1	7645401	SHAFT, CM/MJ, 6203 BRNG	-
3	4	3239101	SCREW, M5X10 PHL PAN TT ST	-
4	1	3237801	PULLEY, 4.5" OD	-
5	1	3245701	PULLEY, 3.5" OD, 10MM ID SG	-
6	2	3232413	RING, BRE .631, 5100-66, ST PP B	-
7	3	3236216	SCREW, M10 X1.5 95MM	-
8	6	3236801	NUT, M10 HEX NYLOCK SS	-
9	1	7351501	SPRING, PULL PIN LARGE	-
10	1	8327901	ASSY, CM/MJ PULL PIN, BEVEL NOSE	-
11	1	7351401	KNOB, TULIP STYLE	-
		7424803	KNOB, POP PIN, YELLOW	
12	2	3245901	BEARING, 6203	-
13	12	3236601	WASHER, 3/8 SAE SS	-
14	1	3236217	SCREW, M10 X1.5 100MM	-
15	2	3236206	SCREW, M10 X1.5 45MM	-
16	1	8039501	LABEL, WARNING, TRIANGLE	-
17	1	7821001	LABEL, WARNING ADJ. CARRIAGE	-
18	1	8346701	WLDMT, CMDAP LH CARRIAGE	ANY
19	1	7633301	WLDMT, CM/MJ, SWIVEL PULLEY	ANY
20	1	7631801	BRKT, CM/MJ, CARRIAGE SHROUD	ANY



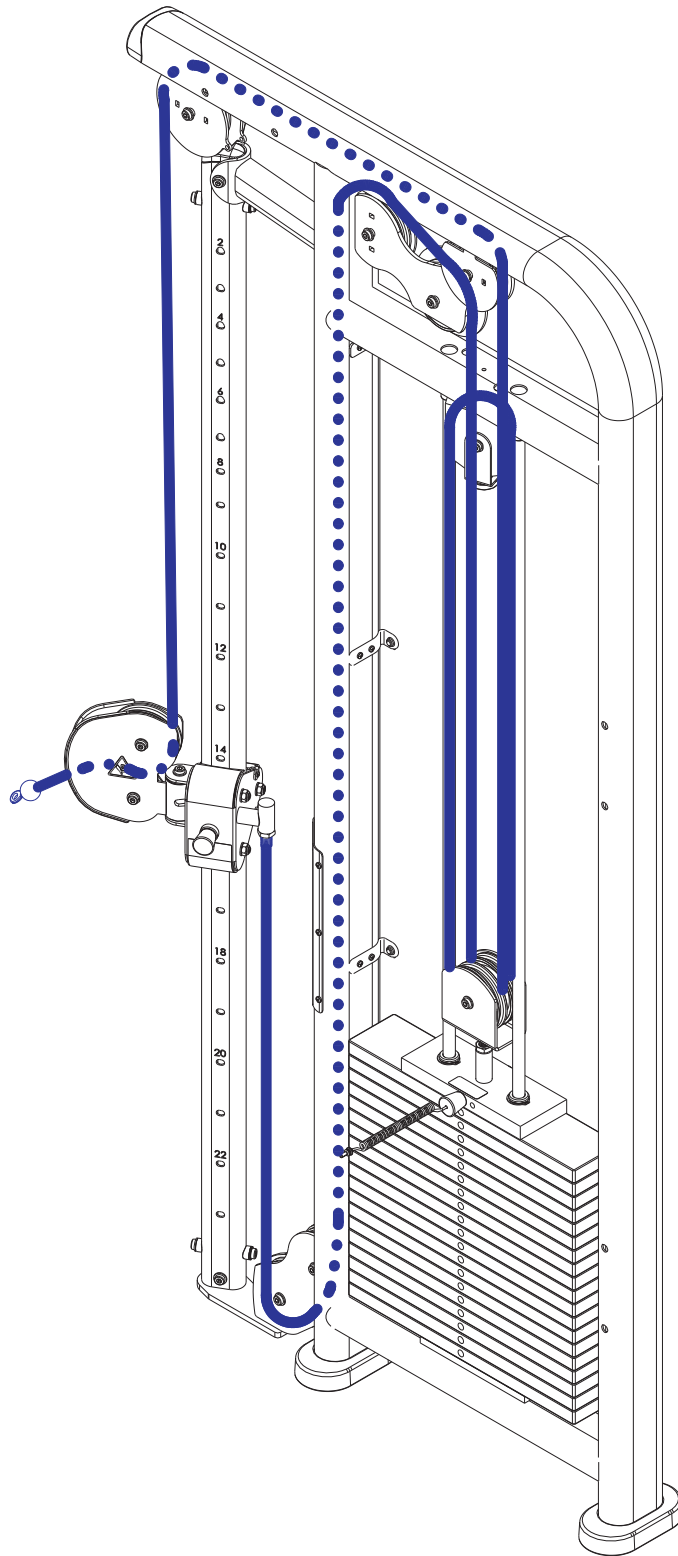


ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	7644095	WLDMT, HEAD PLATE DBL PULLEY	SG
2	2	3237801	PULLEY, 4.5" OD	-
3	1	3236801	NUT, M10 HEX NYLOCK SS	-
4	2	3236601	WASHER, 3/8 SAE SS	-
5	1	3236213	SCREW, M10 X1.5 80MM	-
6	1	3236902	NUT, M16 X 2 HEX JAM SS	-
7	1	7385201	SPACER, .406 X .750 X .250	-

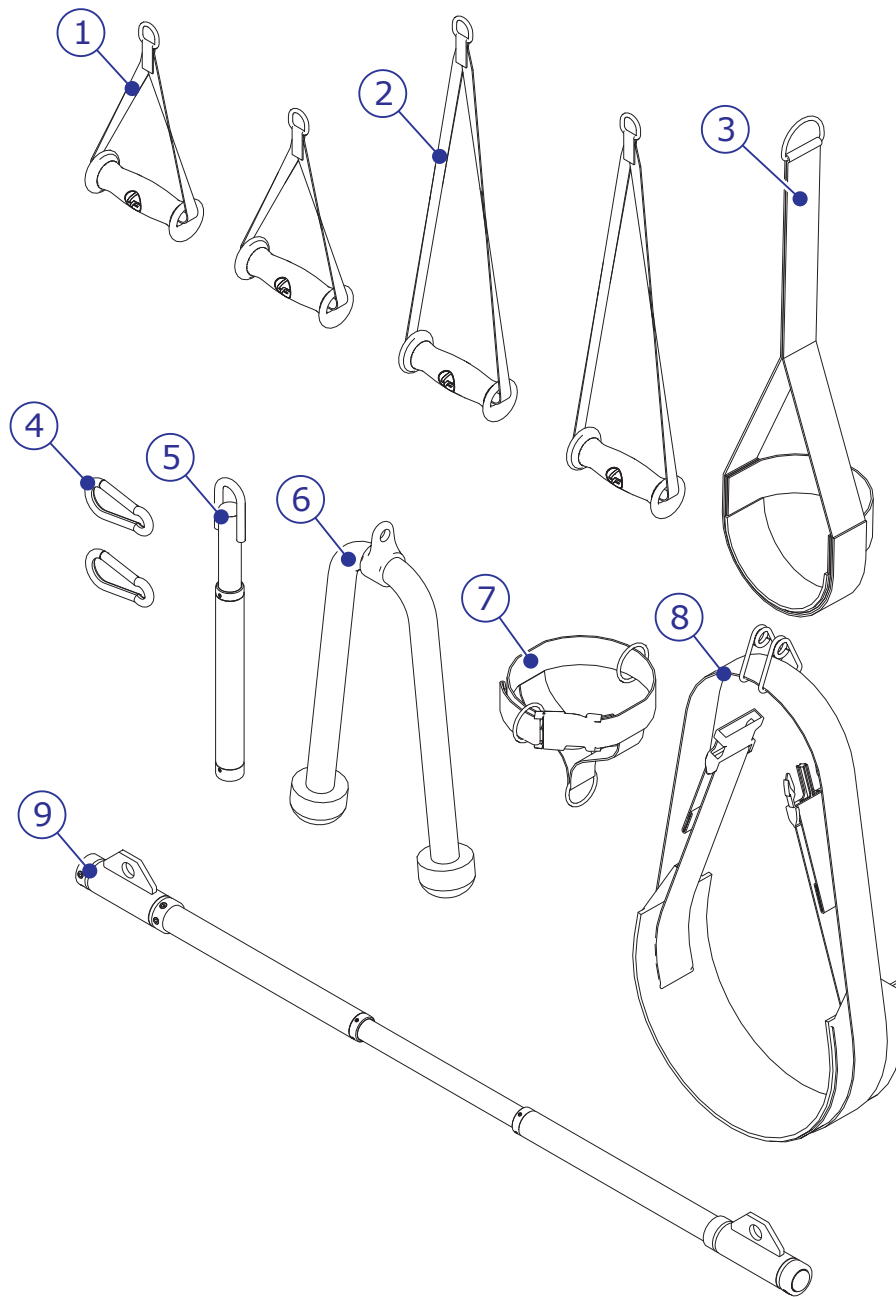




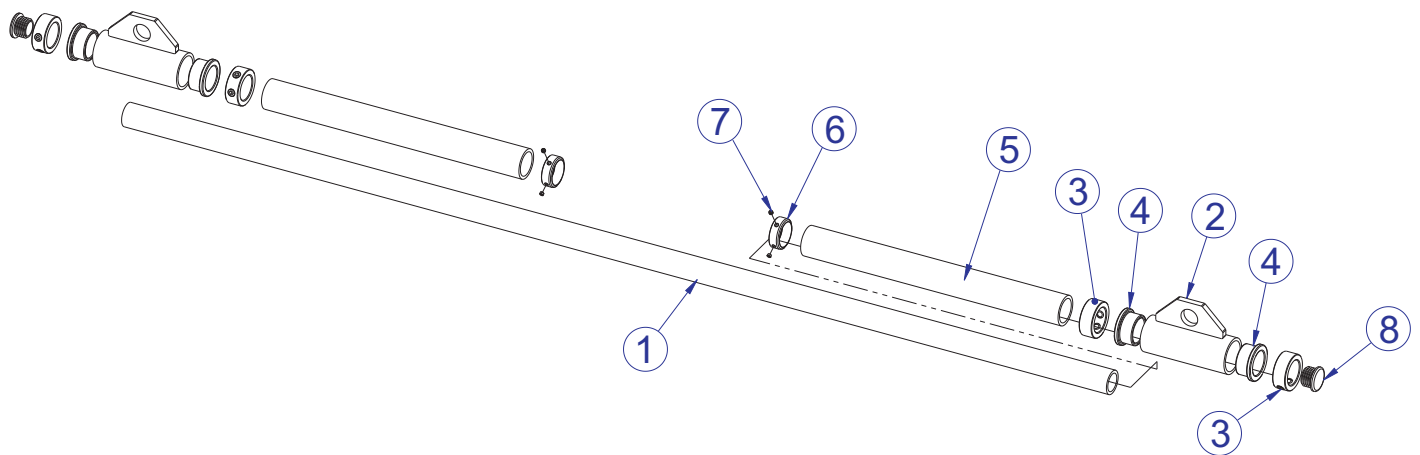
ITEM NO.	QTY.	PART NO.	DESCRIPTION	
1	1	8920201	19 HOLE HEAD PLATE/BAYONET SER. KIT ASSY	
2	19	7328401	WEIGHT PLATE, 20 LB	
3	a	1	7353001	ASSY, SELECTOR PIN
			8981903	ASSY, WT STACK SELECTOR PIN, SRT - YELLOW
4	1	7356501	PLUG, LANYARD ATTACHMENT	
5	1	7523601	CRIMP, CABLE	
6	2	7338001	BUSHING, HEADPLATE	
7	a	1	9138101	LABEL, WGHT STK, 97.5 LBS
			9138201	LABEL, WGHT STK, 48.75 KG



RIGHT HAND SIDE



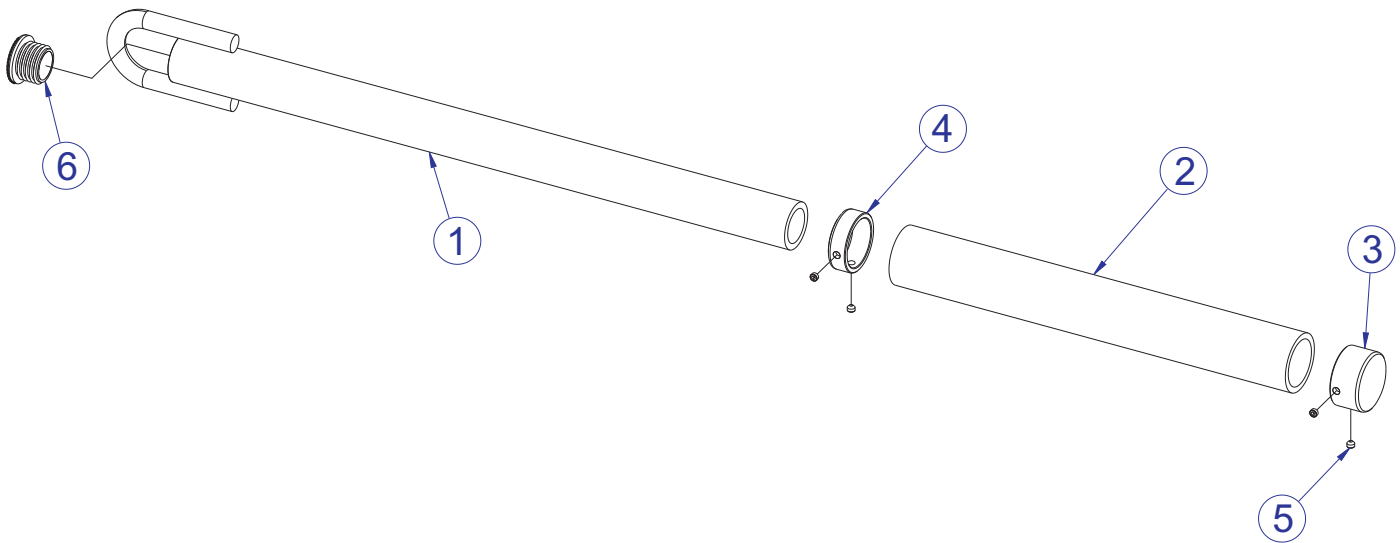
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	8219601	HANDLE, CM/MJ, SHORT STRAP
2	2	8219701	HANDLE, CM/MJ, LONG STRAP
3	1	7753001	LE/LC STRAP
4	2	3250201	SNAP LINK, 3/8 IN. DIA
5	1	7753201	ASSY, SPORT BAR
6	1	6851501	ROPE, TRICEP
7	1	7734701	STRAP, 4-WAY ANKLE
8	1	8929101	BELT, CMDAP
9	1	7753101	ASSY, LONG BAR



ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	7760995	TUBE, 1.00 OD 10GA X 44	-
2	2	7760695	WLDMT, LONG BAR SWIVEL	SG
3	4	7435301	COLLAR, SHAFT 1.020 ID	-
4	4	3104906	1.00" ID 1.25" OD BRONZ BUSHING	-
5	2	3235801	GRIP, 1.25 OD X .125 WALL OPEN END	-
6	2	7662801	RING, GRIP 1.25 OD	-
7	4	3247701	M4 X .7 HXS NO CUP ST BO	-
8	2	3119304	CAP, END 1 DIA RD 10-12GA	-



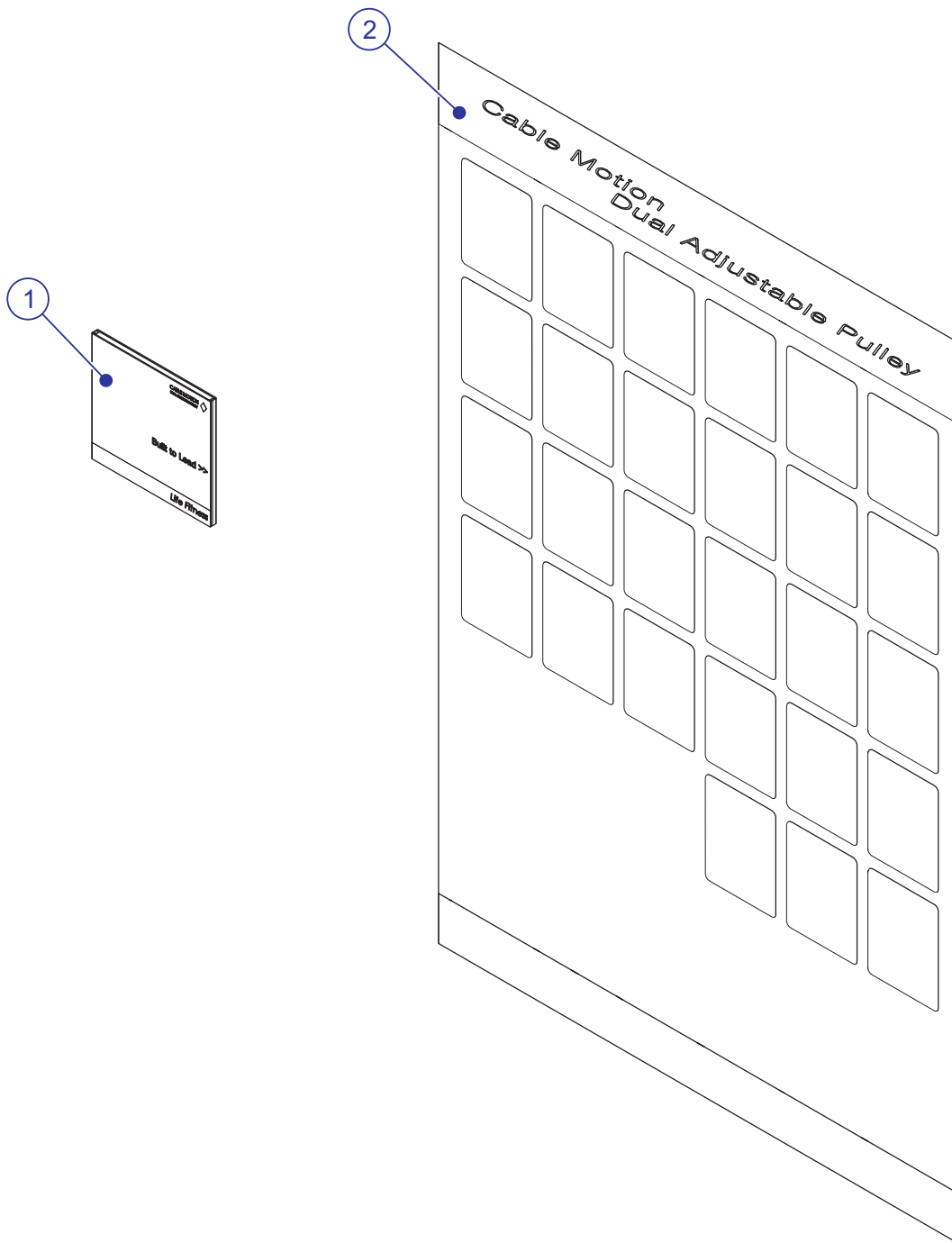
Shadow Gray



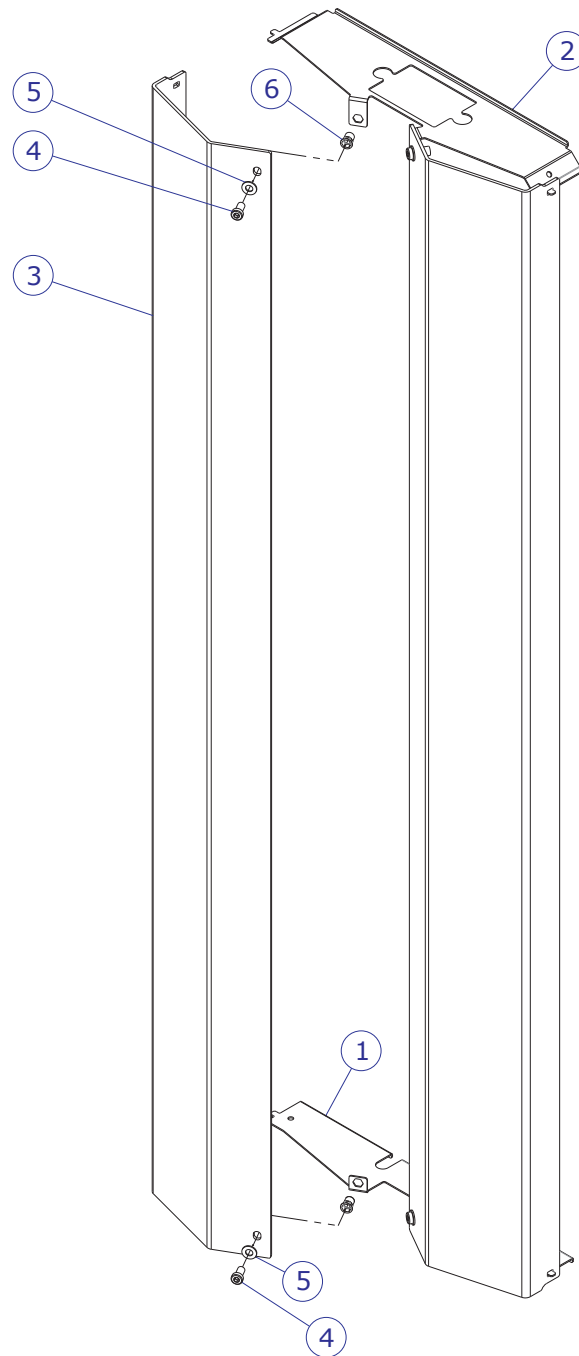
ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	7760395	WLDMT, SPORT BAR	SG
2	1	3235801	GRIP, 1.25 OD X .125 WALL OPEN END	-
3	1	7662801	RING, GRIP 1.25 OD	-
4	1	7662901	CAP, GRIP 1.25 OD	-
5	4	3247701	M4 X .7 HXS NO CUP ST BO	-
6	1	3119304	CAP, END 1 DIA RD 10-12GA	-



Shadow Gray



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7730801	CD-ROM, CMDAP/CMCC
2	1	7762301	POSTER, CMDAP INSTRUCTIONAL







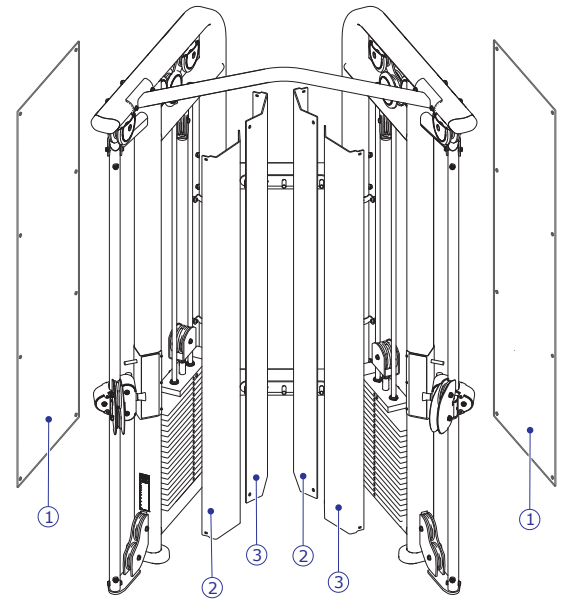
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	9035995	BRKT, SHROUD, CMDAP, BOTTOM, SG
2	1	9035795	BRKT, SHROUD, CMDAP, TOP, SG
3	2	9035801	SHROUD, CM/MJ FRONT
4	4	3236201	M10 X 1.5 X 20 SHCS, LOW HEAD
5	4	3236601	WASHER, 3/8 SAE STAINLESS STEEL
6	4	3238601	M10X1.5 BLIND THRD INSERT(HEX)





Shadow Gray

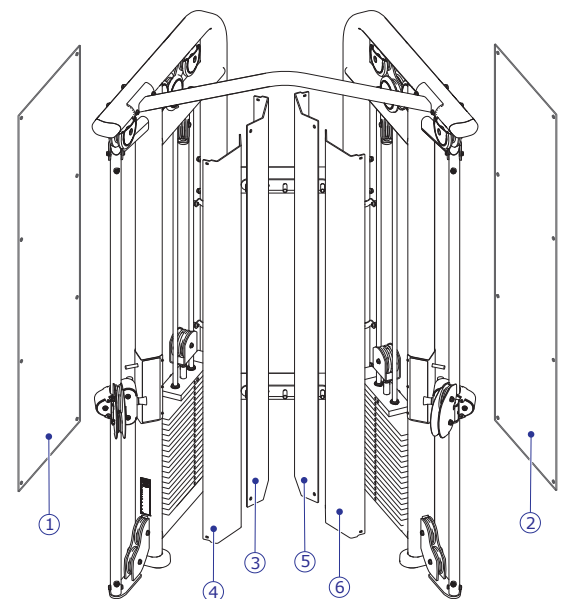
BAMBOO, BRONZE, ROSEWOOD & STAINLESS STEEL

	ITEM NO.	QTY.	PART NO.	DESCRIPTION
	1	2	8951401	SHROUD, CM/MJ, REAR -BAMBOO
	2	2	9147801	SHROUD, FNT, LT -BAMBOO
	3	2	9147701	SHROUD, CM/MJ, FNT, RT -BAMBOO
	1	2	8951801	SHROUD, CM/MJ, REAR -BRONZE
	2	2	9148701	SHROUD, FNT, LT -BRONZE
	3	2	9148601	SHROUD, FNT, RT -BRONZE
	1	2	8952201	SHROUD, CM/MJ, REAR -ROSEWOOD
	2	2	9149601	SHROUD, FNT, LT -ROSEWOOD
	3	2	9149501	SHROUD, FNT, RT -ROSEWOOD
	1	2	8952401	SHROUD, CM/MJ, REAR -STAINLESS STEEL
	2	2	9149901	SHROUD, FNT, LT -STAINLESS STEEL
	3	2	9149801	SHROUD, FNT, RT -STAINLESS STEEL

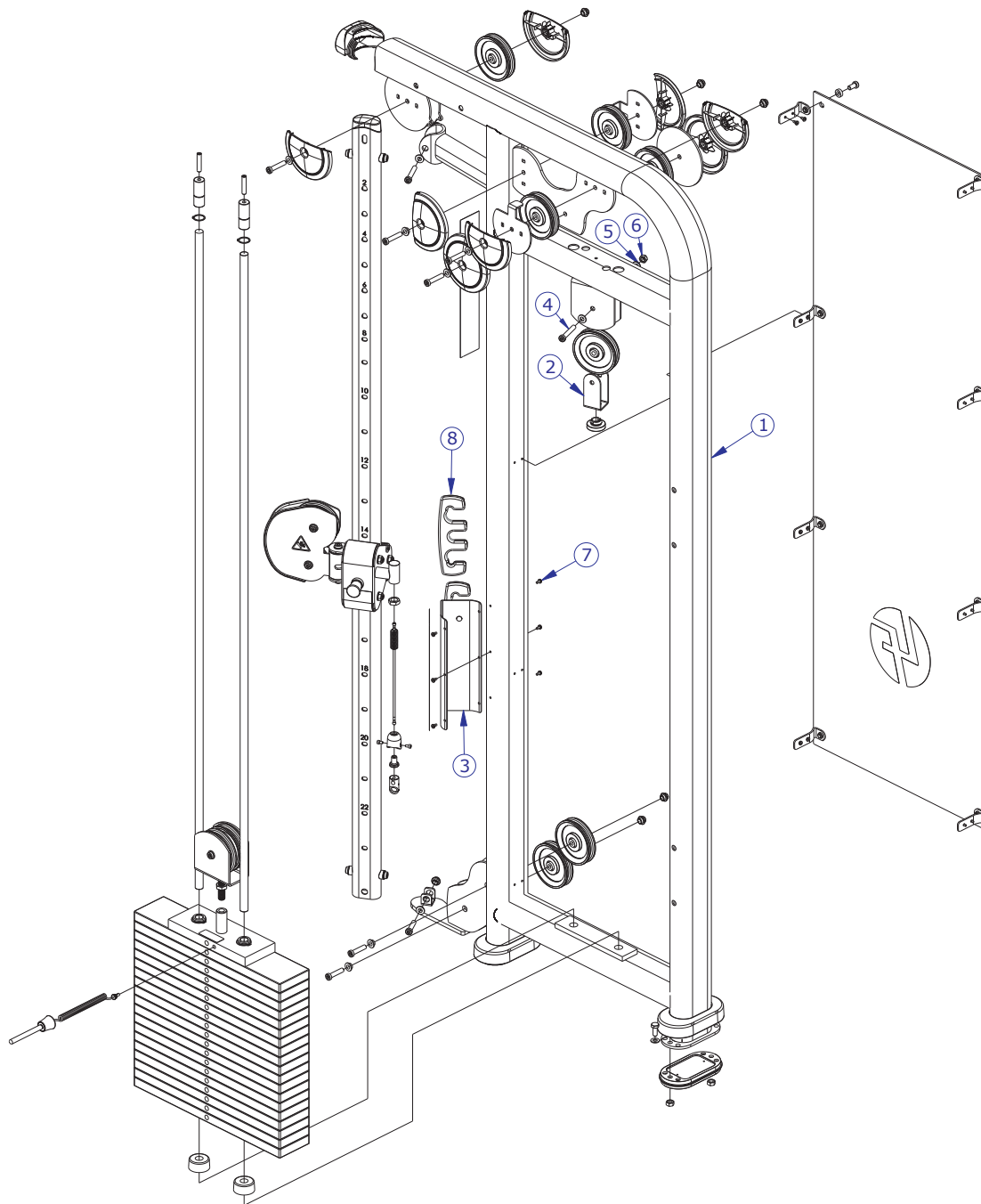


SKY & STEM

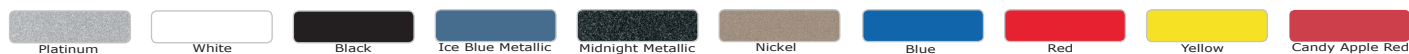
	ITEM NO.	QTY.	PART NO.	DESCRIPTION
	1	1	8951602	SHROUD, CM/MJ, RT TOWER, REAR -SKY
	2	1	8951601	SHROUD, CM/MJ, LT TOWER, REAR -SKY
	3	1	9148101	SHROUD, RT TOWER, FNT, LT -SKY
	4	1	9148001	SHROUD, RT TOWER, FNT, RT -SKY
	5	1	9148102	SHROUD, LT TOWER, FNT, LT -SKY
	6	1	9148002	SHROUD, LT TOWER FNT, RT -SKY
	1	1	8952001	SHROUD, CM/MJ, RT TOWER, REAR -STEM
	2	1	8952002	SHROUD, CM/MJ, LT TOWER, REAR -STEM
	3	1	9149302	SHROUD, RT TOWER, FNT, LT -STEM
	4	1	9149202	SHROUD, RT TOWER, FNT, RT -STEM
	5	1	9149301	SHROUD, CM/MJ, LT TOWER, FNT, LT -STEM
	6	1	9149201	SHROUD, CM/MJ, LT TOWER, FNT, RT -STEM



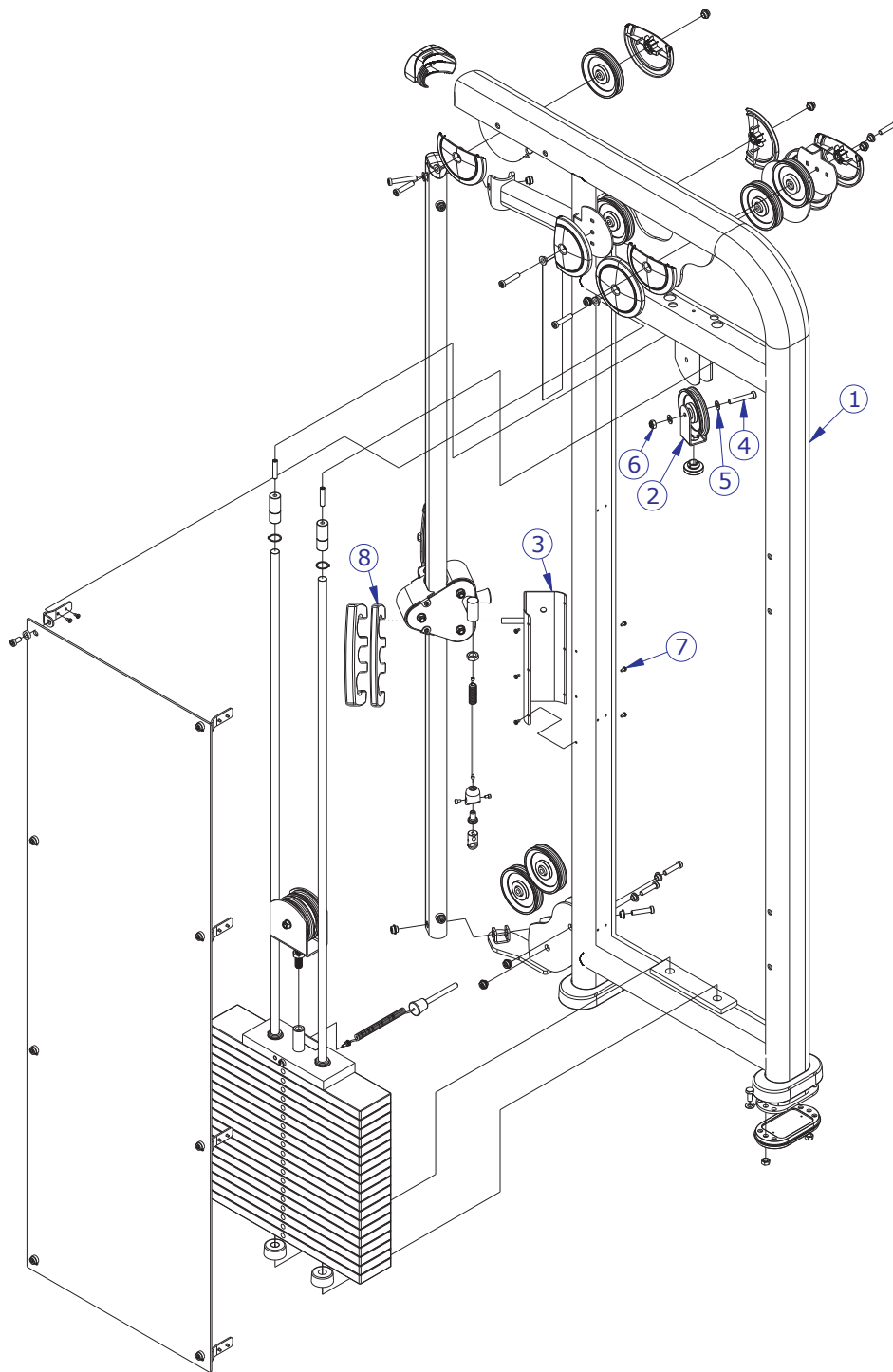
SERIAL NUMBER CMDAP0512088 AND BELOW



ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	7642401	WLDMT, CMDAP RH TOWER	ANY
2	1	7732401	BRKT, STACK BUMPER MOUNT	ANY
3	1	7749301	WLDMT, CM/MJ, PLACARD BRKT-2	ANY
4	1	3236209	SCREW, M10 X1.5 60MM	-
5	2	3236601	WASHER, 3/8 SAE SS	-
6	1	3236801	NUT, M10 HEX NYLOCK SS	-
7	6	3270601	SCREW, #10-32 TRX PAN ST BZ	-
8	2	7711501	WEIGHT, 5 LB. ADD-ON	-



SERIAL NUMBER CMDAP0512088 AND BELOW



ITEM NO.	QTY.	PART NO.	DESCRIPTION	FRAME COLOR
1	1	7642501	WLDMT, CMDAP LH TOWER	ANY
2	1	7732401	BRKT, STACK BUMPER MOUNT	ANY
3	1	7749301	WLDMT, CM/MJ, PLACARD BRKT-2	ANY
4	1	3236209	SCREW, M10 X1.5 60MM	-
5	2	3236601	WASHER, 3/8 SAE SS	-
6	1	3236801	NUT, M10 HEX NYLOCK SS	-
7	6	3270601	SCREW, #10-32 TRX PAN ST BZ	-
8	2	7711501	WEIGHT, 5 LB. ADD-ON	-

