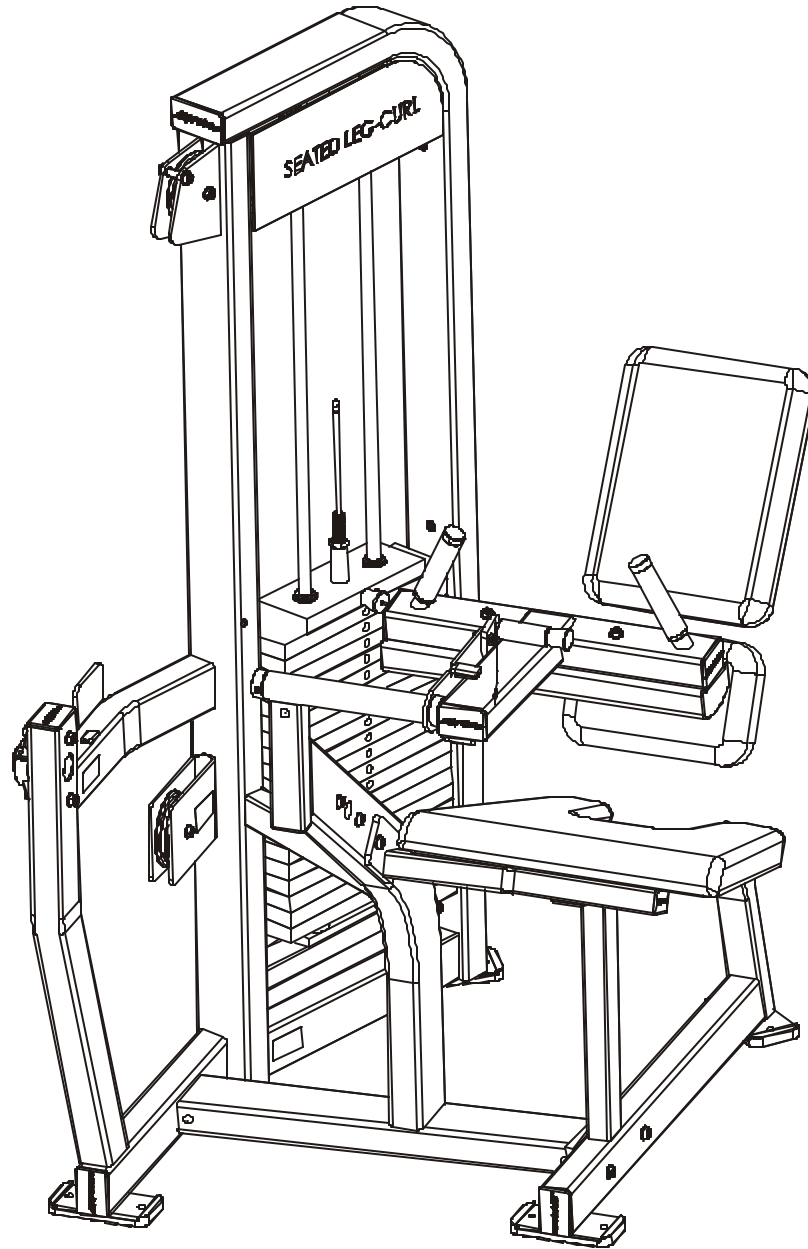


# *Life Fitness*

## PRO SERIES II PSSLC SEATED LEG CURL



## Customer Support Services ***PARTS MANUAL***

# **PSSLC SEATED LEG CURL**

**Notes:**

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# PSSLC SEATED LEG CURL

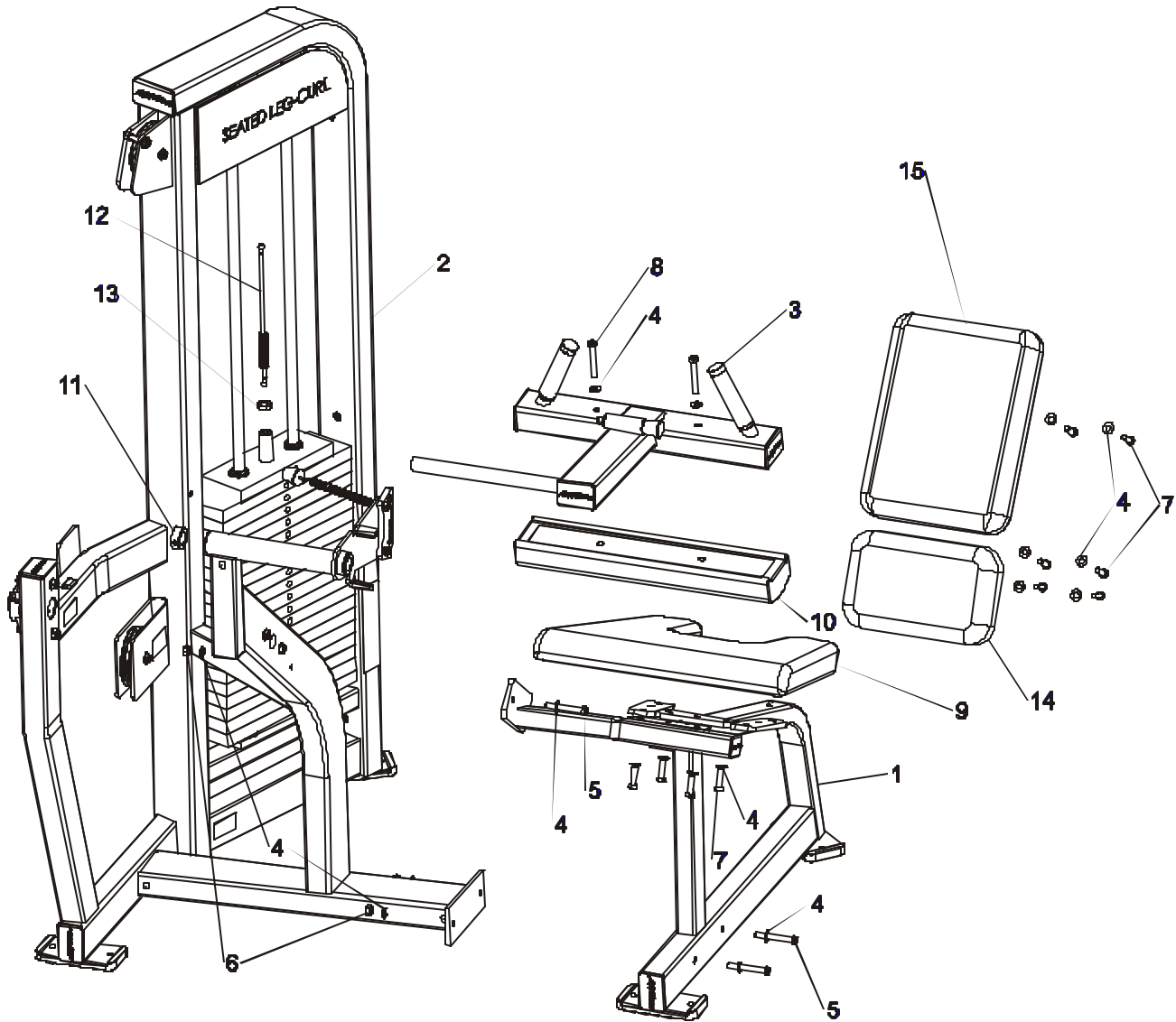
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# PSSLC SEATED LEG CURL

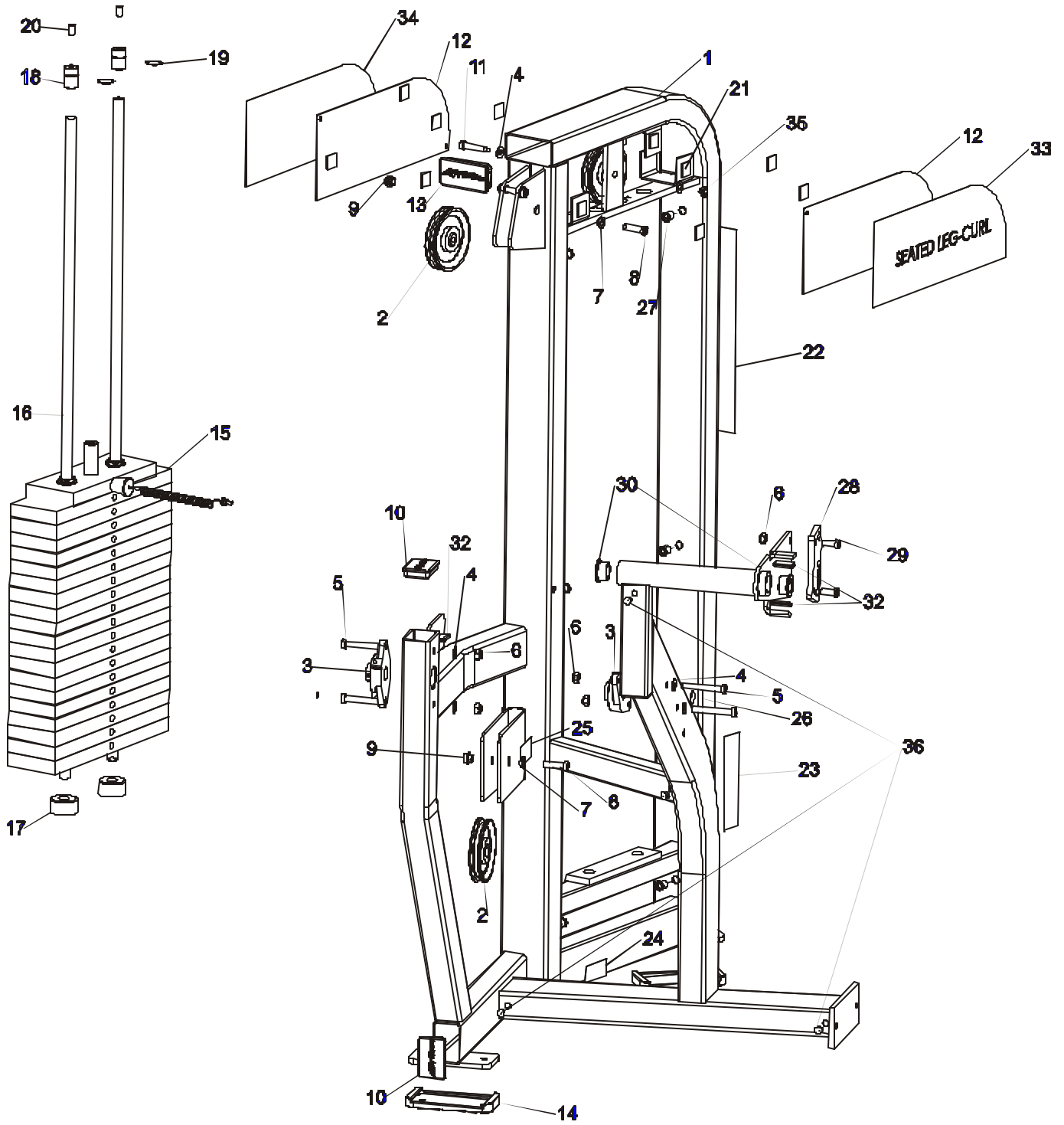
## COMPONENT ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7579301	ASSY, PSSLC SEAT-FRAME
2	1	7579901	ASSY, PSSLC SIDE FRAME
3	1	7580501	ASSY, PSSLC THIGH HOLD-DOWN
4	18	3236601	WASHER, 3/8 SAE SS
5	3	3236212	SCREW, M10 X1.5 75MM
6	3	3236801	NUT, M10 HEX NYLOCK SS
7	10	3236204	SCREW, M10 X1.5 35MM
8	2	3236211	SCREW, M10 X1.5 70MM
9	1	7459101	PAD, SEAT 18-1/2 X 19-7/8
10	1	7470701	PAD, KNEE
11	1	3103303	SHAFT COLLAR, 1.0 I.D. ZINC
12	1	7423714	CABLE, PSSLC
13	1	3236902	NUT, M16 X 2 HEX JAM SS
14	1	7399300	PAD, 7 X 11-1/4
15	1	7422101	PAD, BACK 15 X 11-1/4

# PSSLC SEATED LEG CURL

## SIDE FRAME ASSEMBLY



# PSSLC SEATED LEG CURL

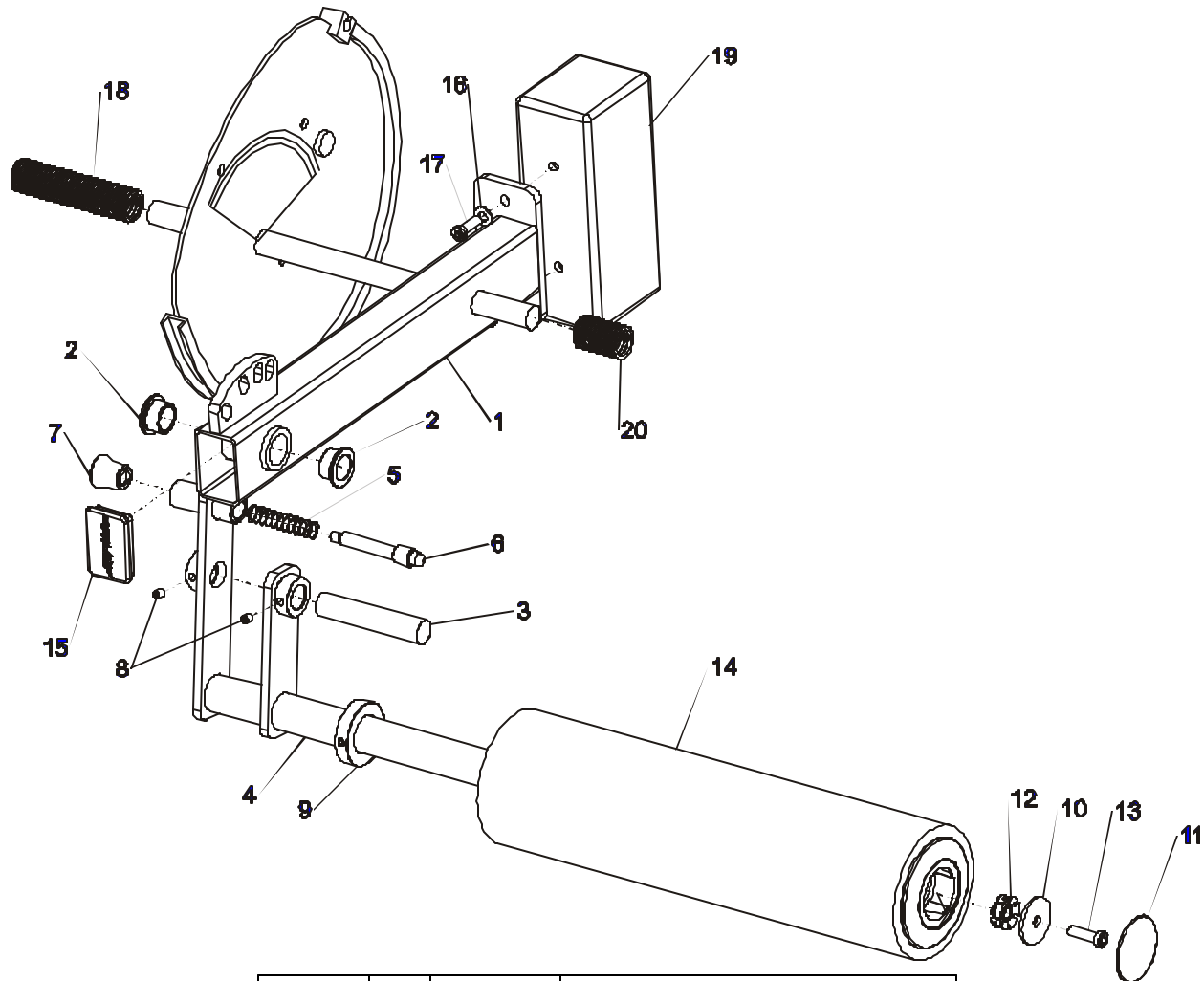
## SIDE FRAME ASSEMBLY CALLOUTS

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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7580001	WLDMT, PSSLC-SIDE FRAME
2	3	3237801	PULLEY, 4.5" OD
3	2	3237701	ASSY, PILLOW BLOCK 4.88 X 2.75
4	6	3236601	WASHER, 3/8 SAE SS
5	4	3236212	SCREW, M10 X1.5 75MM
6	6	3236801	NUT, M10 HEX NYLOCK SS
7	3	7348101	WASHER, SPACER
8	3	3236205	SCREW, M10 X1.5 40MM
9	3	7335401	NUT, M10 X 1.5 SOCKET HEAD
10	2	7352301	CAP, END 2 X 3
11	1	3236206	SCREW, M10 X1.5 45MM
12	2	7606602	COVER, STACK-PRO2 STD
13	1	7352401	CAP, END 2 X 4
14	2	7388201	Footpad, PS Rubber
15	1	7353501	ASSY, 300LB STACK
16	2	7328601	GUIDE ROD, .75 OD SOLID 48.38
17	2	7352101	CUSHION, WEIGHT STACK
18	2	7402301	RETAINER, GUIDEROD
19	2	3232421	RING, BRE .940, 5100-100 ST PP B
20	2	3240501	M10 X 1.5 HXS NO CUP ST BO
21	12	7544201	PAD, DUAL LOCK 250, 1" X 1"
22	1	7348001	LABEL, LIFE FITNESS LOGO
23	1	7422004	LABEL, 2" ASTM WARN
24	2	7422007	LABEL, SERIAL NO
25	1	7422003	LABEL, MOVING PARTS
26	1	7488701	LABEL, AXIS OF ROTATION
27	6	3238101	NUT, BLIND INSERT M10 X 1.5
28	1	7573601	PLATE, SLOTTED .375
29	2	3236202	SCREW, M10 X1.5 25MM
30	2	3104903	1.00" ID 1.25" OD BRONZ BUSHING
31	1	7352201	CAP, END 1-1/2 X 2
32	3	7570801	Guard, Paint 1.25"x.75"x.25"
33	1	7584001	LABEL, PSSLC PLACARD
34	1	7584101	LABEL, PSSLC LOGO PANEL
35	1	3236901	NUT, M10 X 1.5 JAM
36	6	3237401	PLUG, 7/16" HOLE

# PSSLC SEATED LEG CURL

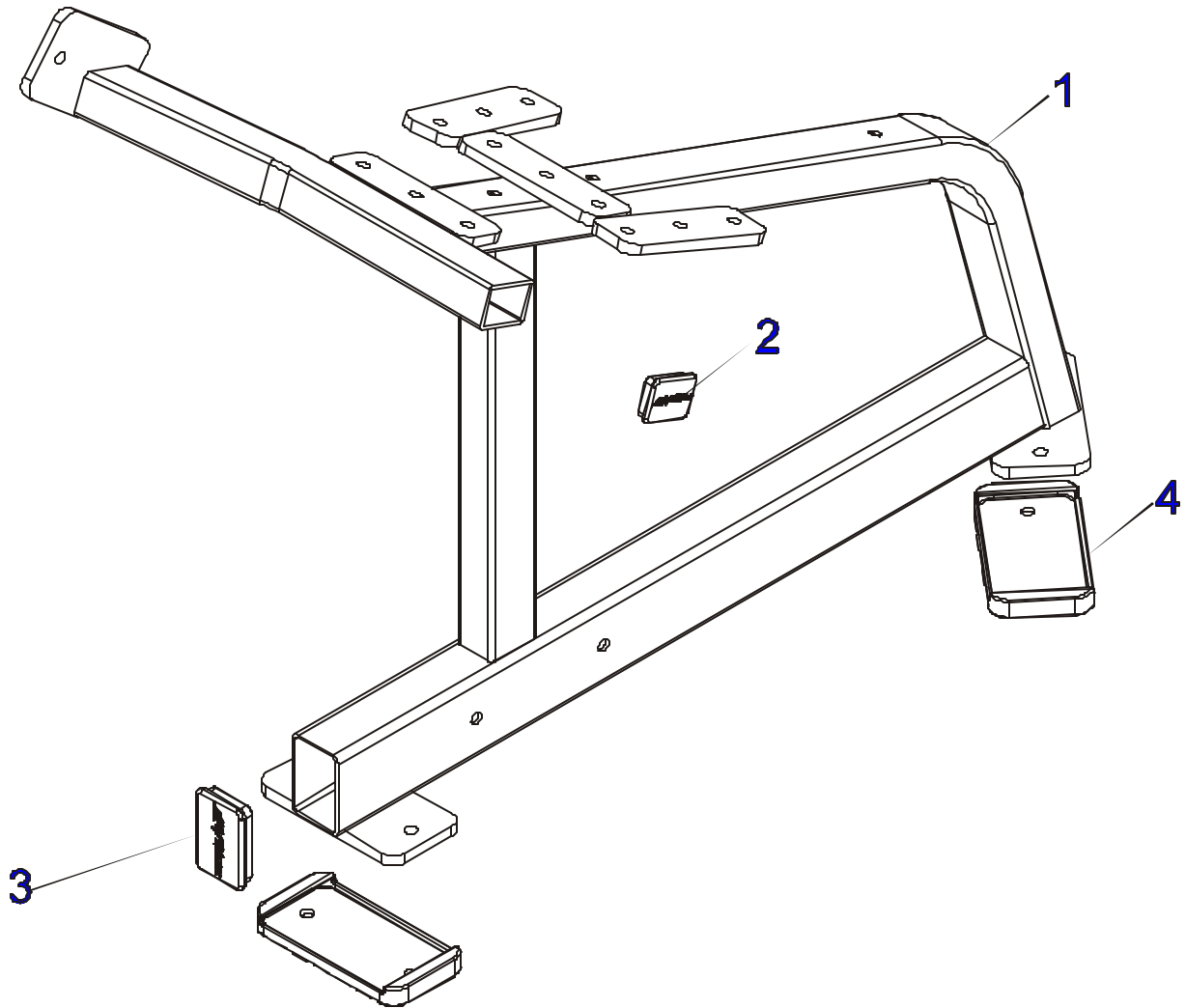
## BMA ASSEMBLY



ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	7581201	WLDMT, PSSLC-BMA
2	2	3104903	1.00" ID 1.25" OD BRONZ BUSHING
3	1	7358201	SHAFT, 1 DIA STAINLESS X 4-7/8
4	1	7374695	WELDMENT, PSLE&LC-BASE KICKER
5	1	7351501	SPRING; PULL PIN LARGE
6	1	7351301	PIN, PULL
7	1	7351401	KNOB, TULIP STYLE
8	2	3242902	SCREW, SET BO
9	1	7357901	SHAFT COLLAR, 1-1/2" ID ALUM
10	1	7322301	PLATE, 1.97 OD X .44 ID 10GA
11	1	7308701	CAP, BEARING HOUSING
12	1	7347301	NUT, SPIDER M10 X 1.5
13	1	3236204	SCREW, M10 X1.5 35MM
14	1	7392801	ASSY, ROLLER PAD - LONG
15	1	7352301	CAP, END 2 X 3
16	2	3236601	WASHER, 3/8 SAE SS
17	2	3236203	SCREW, M10 X1.5 30MM
18	1	6912805	SLEEVE, ACCRDN 1.0 ID X 5.5
19	1	7365801	WEIGHT, COUNTER LG
20	1	6912804	SLEEVE, ACCRDN 1.0 ID X 2

# PSSLC SEATED LEG CURL SEAT FRAME ASSEMBLY

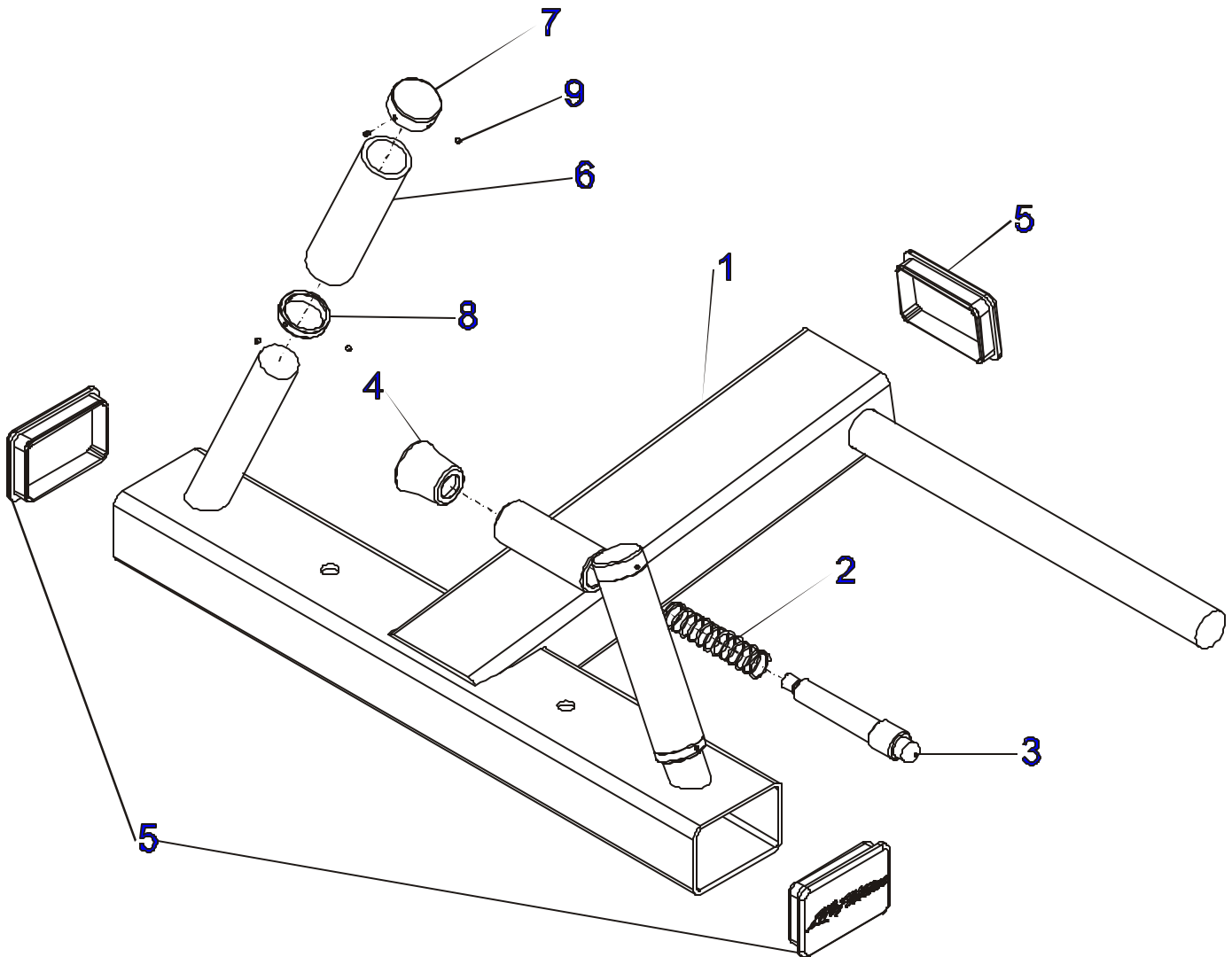
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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7579401	WLDMT, PSSLC SEAT FRAME
2	1	7352201	CAP, END 1-1/2 X 2
3	1	7352301	CAP, END 2 X 3
4	2	7388201	Footpad, PS Rubber



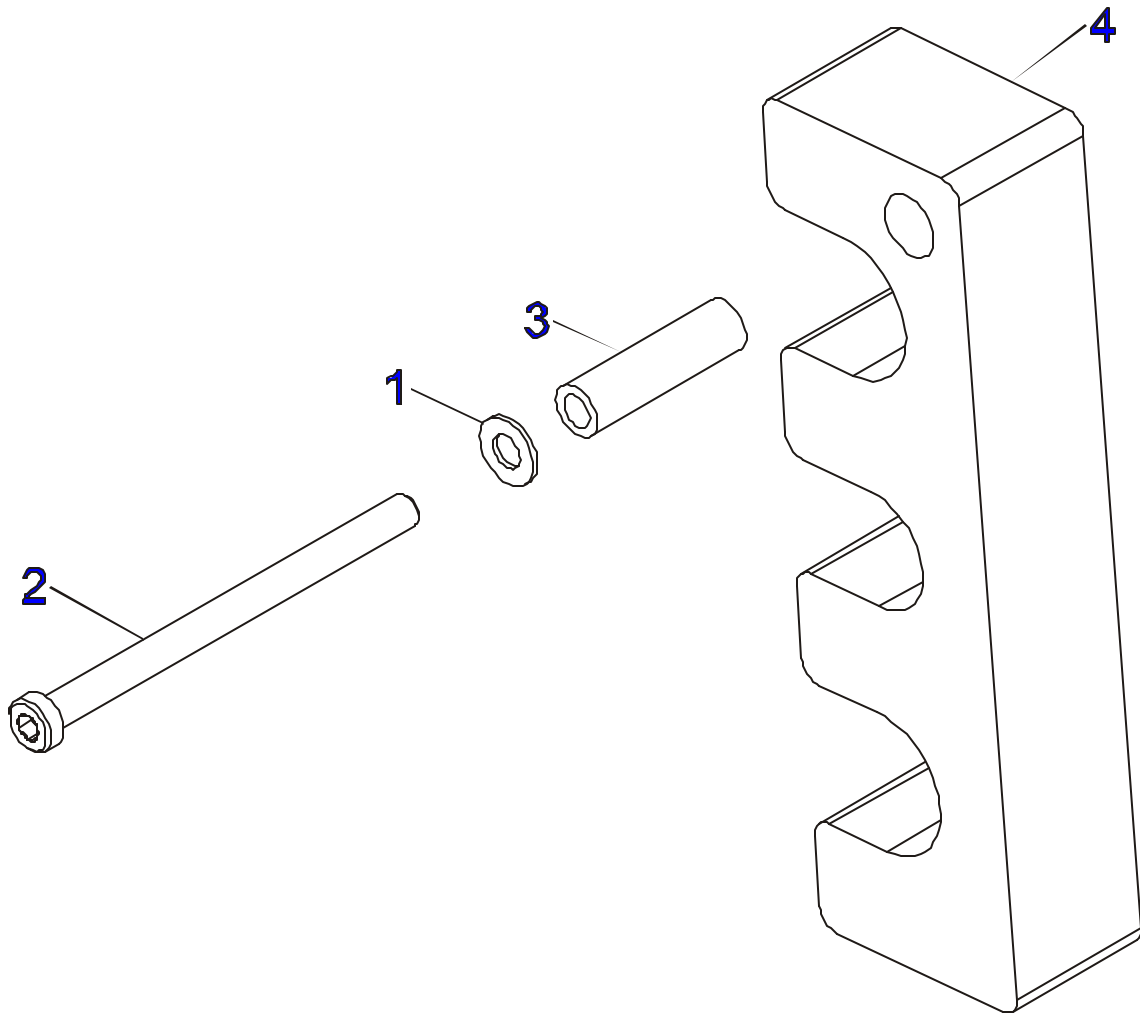
# PSSLC SEATED LEG CURL THIGH HOLD DOWN ASSEMBLY



ITEM NO	QTY.	PART NO.	DESCRIPTION
1	1	7580601	WLDMT, PSSLC-THIGH
2	1	7351501	SPRING; PULL PIN LARGE
3	1	7351301	PIN, PULL
4	1	7351401	KNOB, TULIP STYLE
5	3	7352301	CAP, END 2 X 3
6	2	3235801	MTDP GRIP, SHADOW GRAY
7	2	7306901	CAP, GRIP 1.25 OD
8	2	7315601	RING, GRIP 1.25 OD
9	8	3237201	M3 X .5 HXS NO CUP ST BO

**PSSLC SEATED LEG CURL**  
**ADD ON INCREMENT WEIGHT**

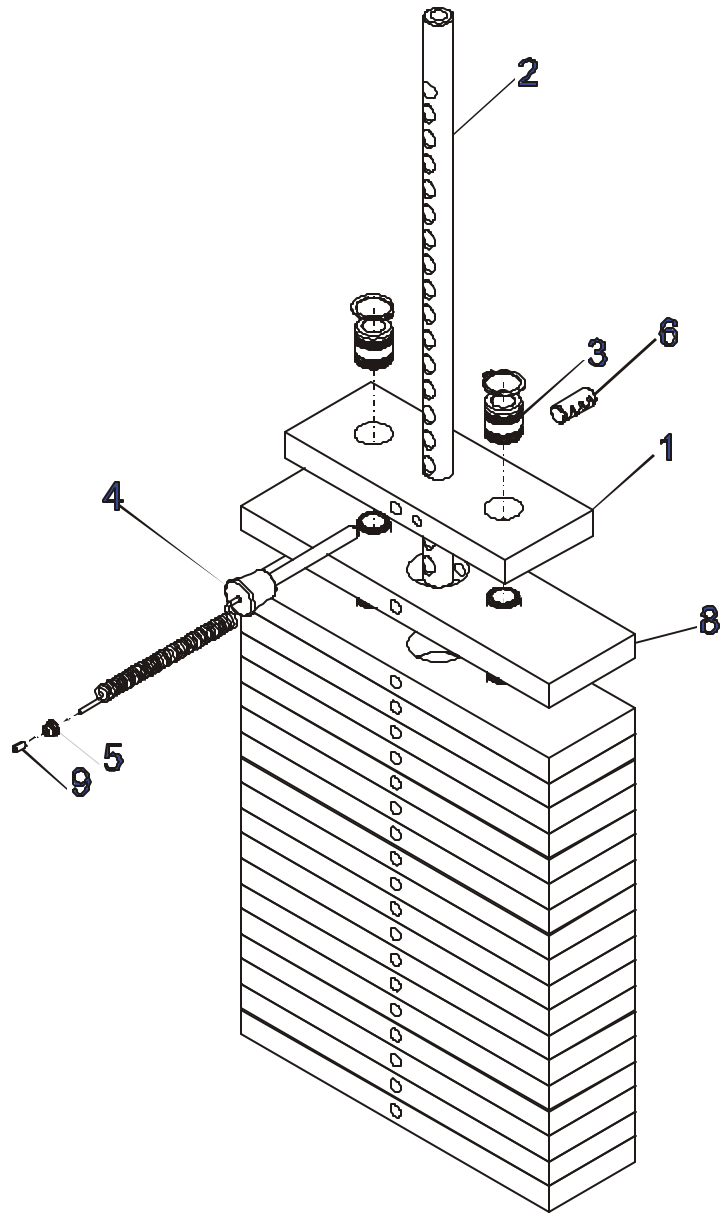
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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236601	WASHER, 3/8 SAE SS
2	1	3236221	SCREW, M10 X1.5 140MM
3	1	7401701	COVER, PLASTIC PEG 2-1/4
4	1	7366101	WEIGHT, 7.5 LB. ADD-ON

# PSSLC SEATED LEG CURL WEIGHT STACK ASSEMBLY

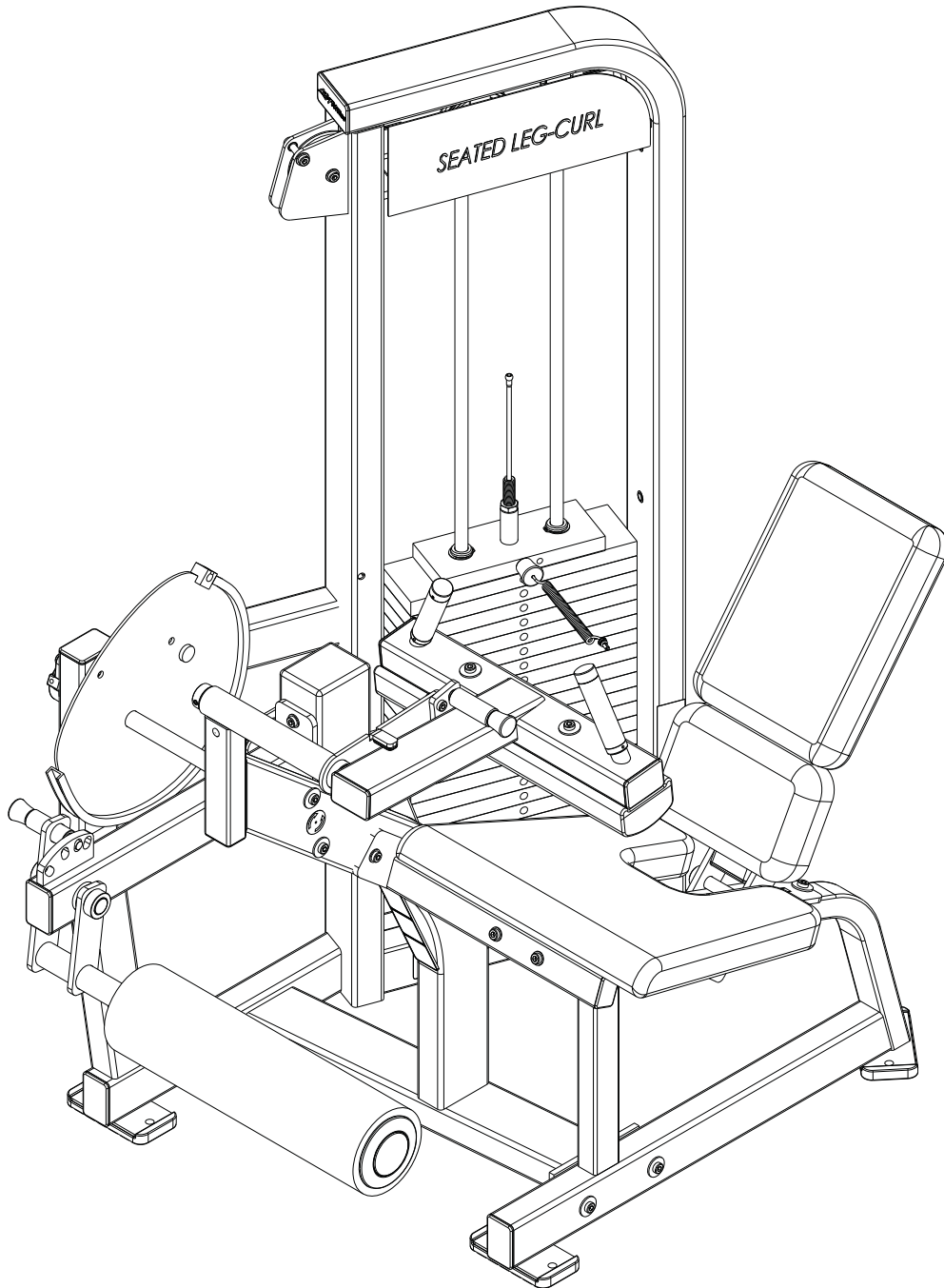
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ITEM NO	QTY	PART NO.	DESCRIPTION
1	1	7353901	HEADPLATE, WT. STACK
2	1	7356600	STEM, PRO2 19 HOLE
3	2	7338001	BUSHING, HEADPLATE
4	1	7353001	ASSY, SELECTOR PIN
5	1	7356501	PLUG, LANYARD ATTACHMENT
6	1	3236001	BUSHING, SPRING PIN
8	19	7353801	ASSY, 15 LB PLATE
9	1	7523601	CRIMP, CABLE



PRO 2 SERIES  
PSSLC SEATED LEG CURL



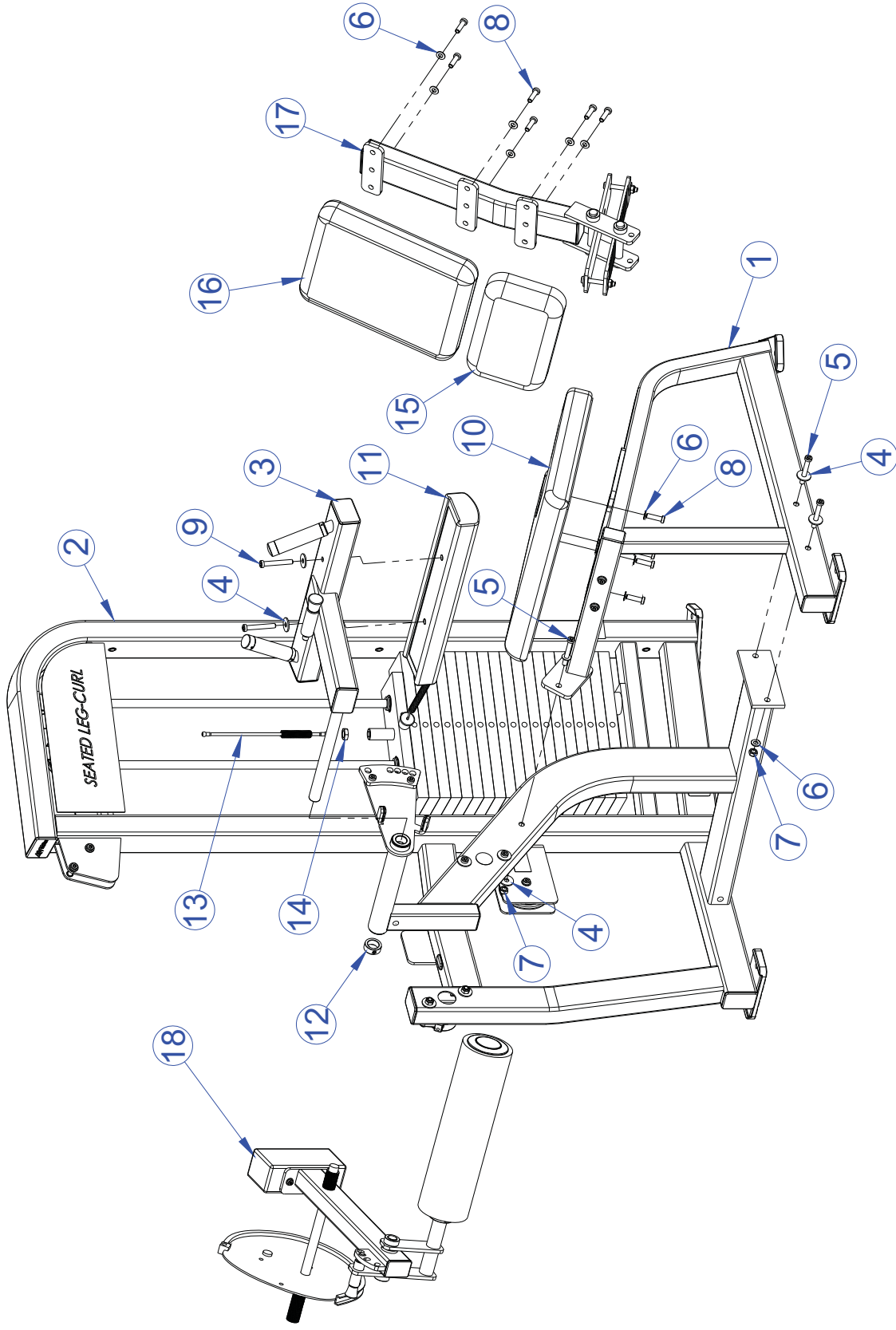
Customer Support Services  
**PARTS MANUAL**

# PSSLC SEATED LEG CURL CONTENTS

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# PSSLC SEATED LEG CURL COMPONENT ASSEMBLY



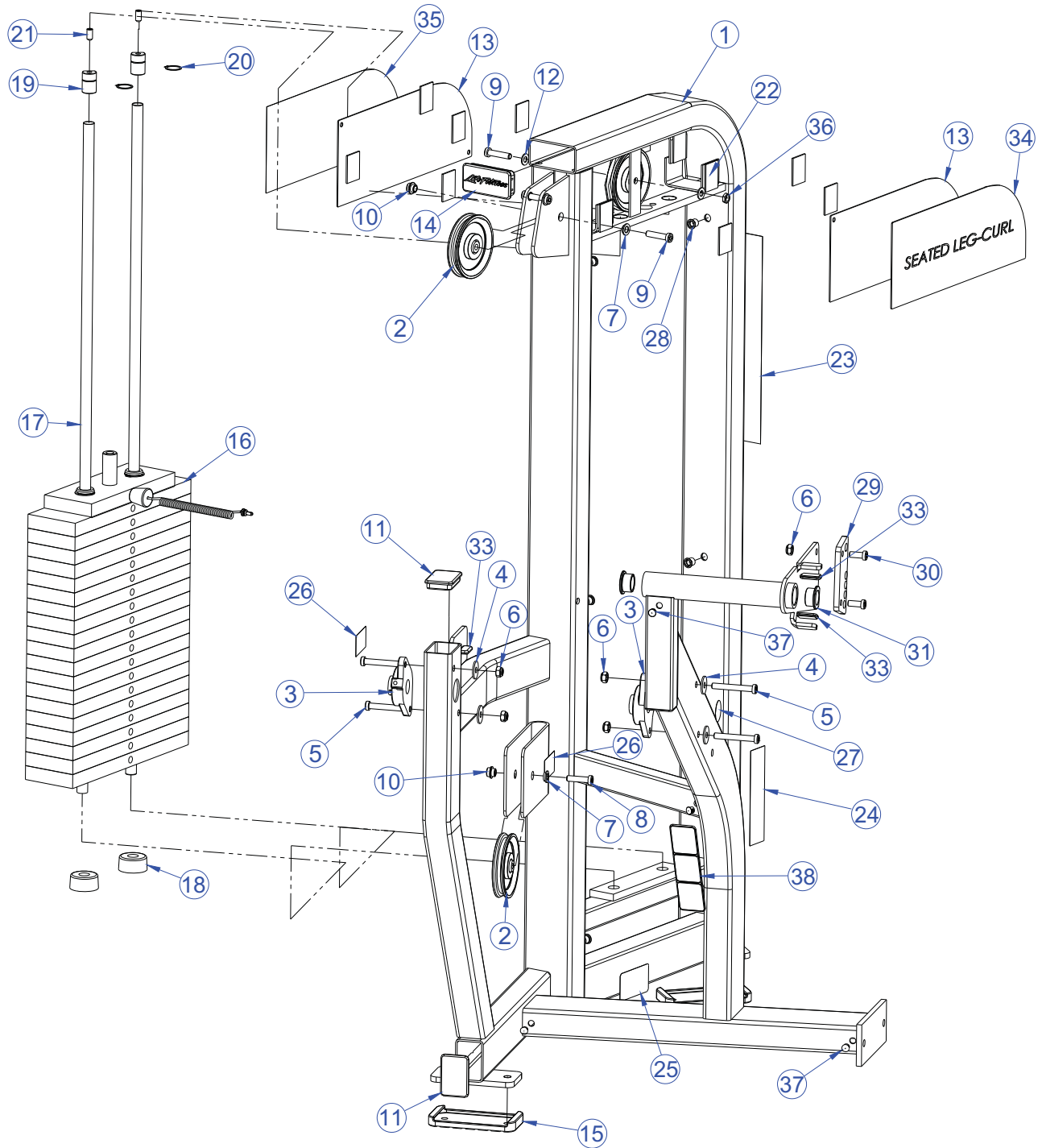
SEE PAGE 4 FOR LEGEND

# PSSLC SEATED LEG CURL COMPONENT ASSEMBLY LEGEND

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ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7579301	ASSY, PSSLC SEAT-FRAME
2	1	7579901	ASSY, PSSLC SIDE FRAME
3	1	7580501	ASSY, PSSLC THIGH HOLD-DOWN
4	5	3236602	WASHER, 3/8 ID X 1.25 OD SS
5	3	3236212	SCREW, M10 X1.5 75MM
6	13	3236601	WASHER, 3/8 SAE SS
7	3	3236801	NUT, M10 HEX NYLOCK SS
8	10	3236204	SCREW, M10 X1.5 35MM
9	2	3236211	SCREW, M10 X1.5 70MM
10	1	74591xx	PAD, SEAT 18-1/2 X 19-7/8
11	1	74707xx	PAD, KNEE
12	1	7435301	COLLAR, SHAFT 1.020 ID
13	1	7423714	CABLE, PSADC/SLC
14	1	3236902	NUT, M16 X 2 HEX JAM SS
15	1	73993xx	PAD. 7 X 11-1/4
16	1	74221xx	PAD, BACK 15 X 11-1/4
17	1	7384101	ASSY, PS-ST5 SEAT
18	1	PSSLC BMA	ASSY, MOVEMENT ARM

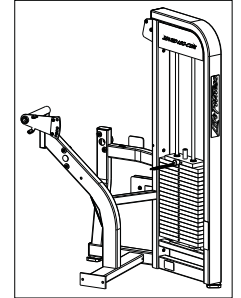
# PSSLC SEATED LEG CURL SIDE FRAME ASSEMBLY - 7579901



SEE PAGE 6 FOR LEGEND



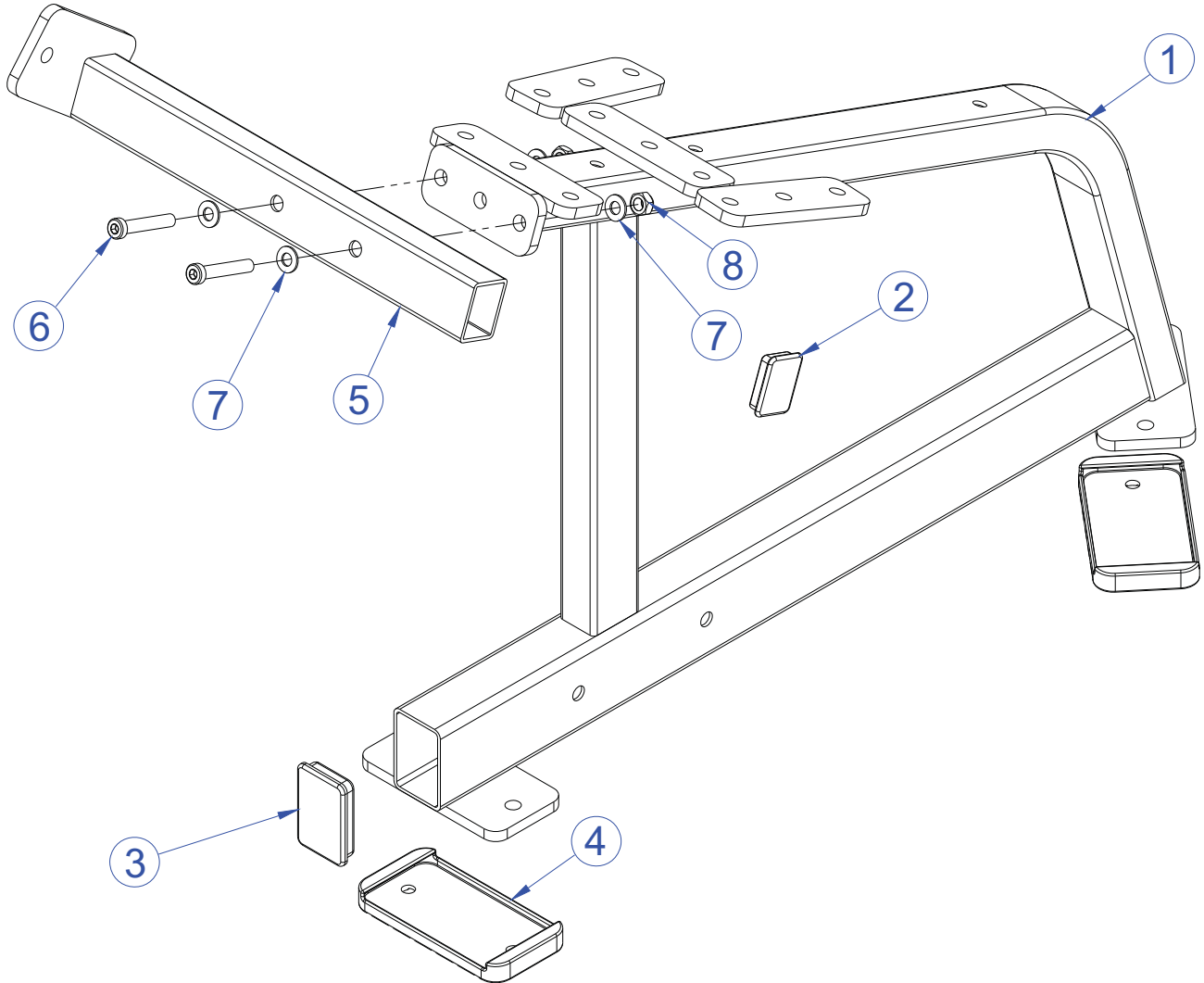
# PSSLC SEATED LEG CURL SIDE FRAME ASSEMBLY LEGEND



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7580001	WLDMT, PSSLC-SIDE FRAME
2	3	3237801	PULLEY, 4.5" OD
3	2	3237701	ASSY, PILLOW BLOCK 4.88 X 2.75
4	4	3236602	WASHER, 3/8 ID X 1.25 OD SS
5	4	3236212	SCREW, M10 X1.5 75MM
6	6	3236801	NUT, M10 HEX NYLOCK SS
7	3	7348101	WASHER, SPACER
8	1	3236205	SCREW, M10 X1.5 40MM
9	3	3236206	SCREW, M10 X1.5 45MM
10	3	7335401	NUT, M10 X 1.5 SOCKET HEAD
11	2	7352301	CAP, END 2 X 3
12	2	3236601	WASHER, 3/8 SAE SS
13	2	7606602	COVER, STACK-PRO2 STD
14	1	7352401	CAP, END 2 X 4
15	2	7388201	FOOTPAD, PS RUBBER
16	1	7353501	ASSY, 300LB STACK
17	2	7328601	GUIDE ROD, .75 OD SOLID 48.38
18	2	7352101	CUSHION, WEIGHT STACK
19	2	7402301	RETAINER, GUIDEROD
20	2	3232421	RING, BRE .940, 5100-100 ST PP B
21	2	3240501	M10 X 1.5 HXS NO CUP ST BO
22	12	7544202	PAD, DUAL LOCK 250 1.5" X 2.0"
23	1	7348001	LABEL, LIFE FITNESS LOGO
24	1	7422004	LABEL, 2" ASTM WARN
25	1	7571301	LABEL, SERIAL NUMBER
26	2	7422003	LABEL, MOVING PARTS
27	1	7488701	LABEL, AXIS OF ROTATION
28	6	3238101	NUT, BLIND INSERT M10 X 1.5
29	1	7573601	PLATE, SLOTTED .375
30	2	3236202	SCREW, M10 X1.5 25MM
31	2	3104903	1.00" ID 1.25" OD BRONZ BUSHING
32	1	7352201	CAP, END 1-1/2 X 2
33	3	7570801	GUARD, PAINT 1.25"x.75"x.25"
34	1	7584001	LABEL, PSSLC PLACARD
35	1	7584101	LABEL, PSSLC LOGO PANEL
36	1	3236901	NUT, M10 X 1.5 JAM
37	8	3237401	PLUG, 7/16" HOLE
38	1	7590101	GUARD, PRO 2 PAINT

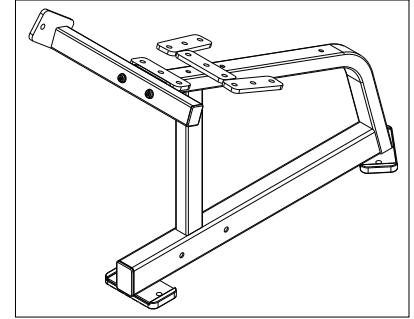
# PSSLC SEATED LEG CURL SEAT FRAME ASSEMBLY - 7579301

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SEE PAGE 8 FOR LEGEND

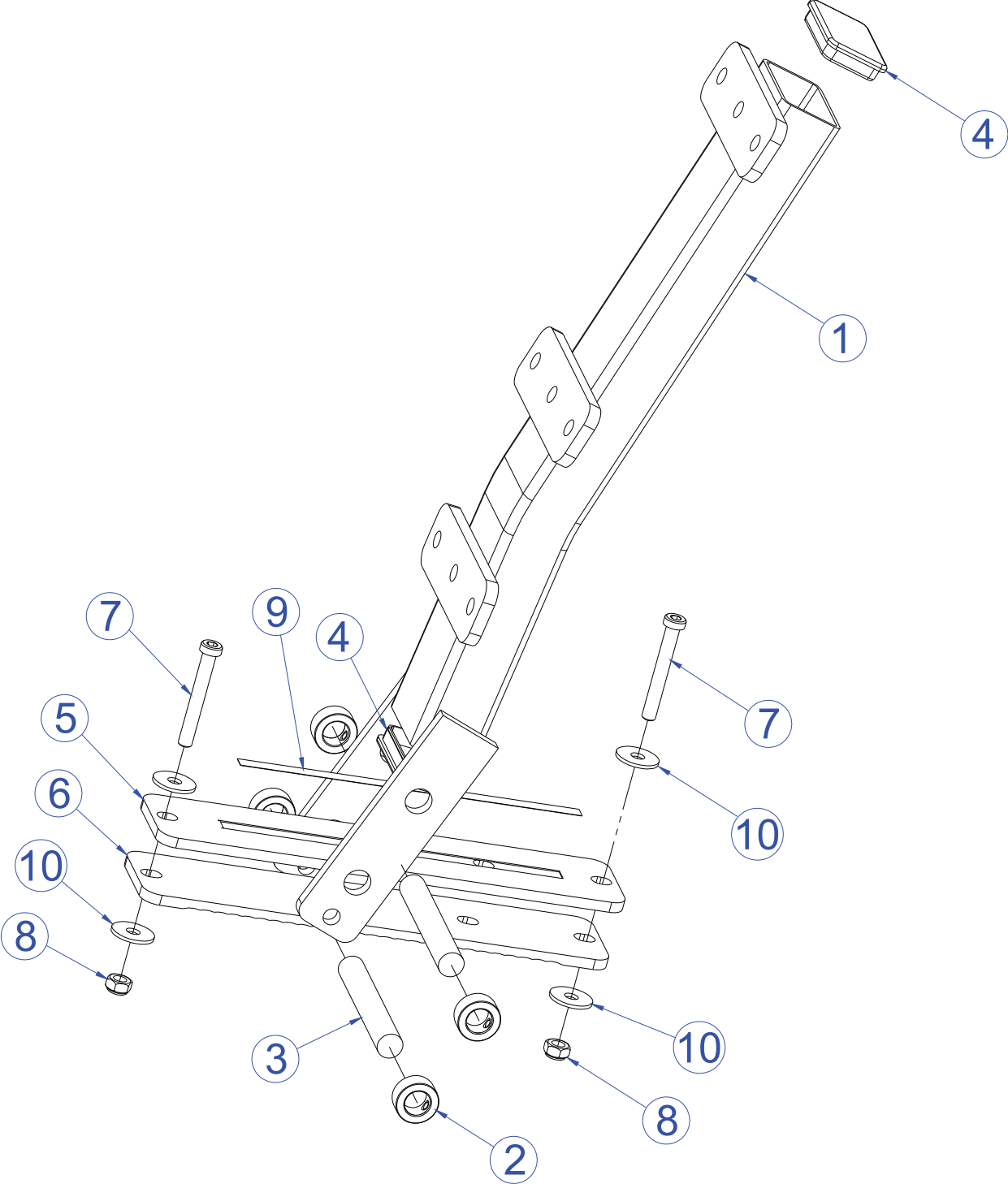
# PSSLC SEATED LEG CURL SEAT FRAME ASSEMBLY LEGEND



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7656101	WLDMT, PSSLC SEAT FRAME
2	1	7352201	CAP, END 1-1/2 X 2
3	1	7352301	CAP, END 2 X 3
4	2	7388201	FOOTPAD, PS RUBBER
5	1	7656001	WLDMT, PSSLC SEAT BRACE
6	2	3236209	SCREW, M10 X1.5 60MM
7	4	3236601	WASHER, 3/8 SAE SS
8	2	3236801	NUT, M10 HEX NYLOCK SS

PSSLC SEATED LEG CURL  
PS-ST5 SEAT ASSEMBLY - 7384101

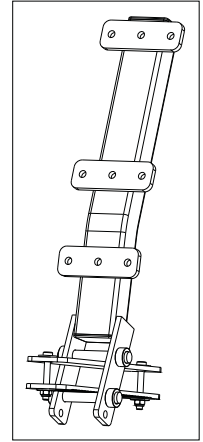
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SEE PAGE 10 FOR LEGEND

# PSSLC SEATED LEG CURL

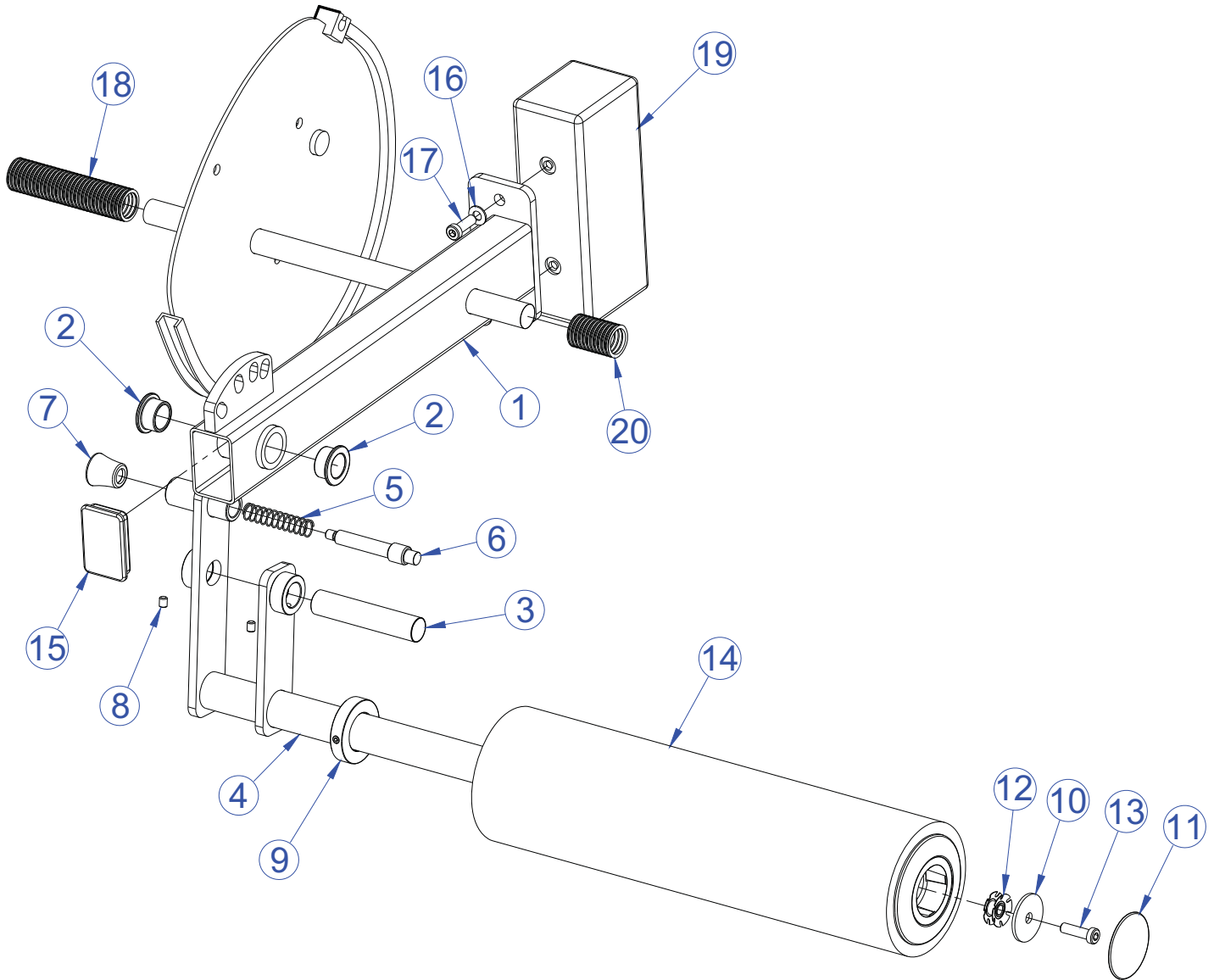
## PS-ST5 SEAT ASSEMBLY LEGEND



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7384201	WELDMENT, PS-ST5
2	4	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
3	2	7359301	.75" SS ROUND SEAT PIN
4	2	7352301	CAP, END 2 X 3
5	1	7359701	SEATRACK FRONT
6	1	7359801	SEATRACK BACK
7	2	3236212	SCREW, M10 X1.5 75MM
8	2	3236801	NUT, M10 HEX NYLOCK SS
9	1	7422002	LABEL, SEAT ADJUST
10	4	3236602	WASHER, 3/8 ID X 1.25 OD SS

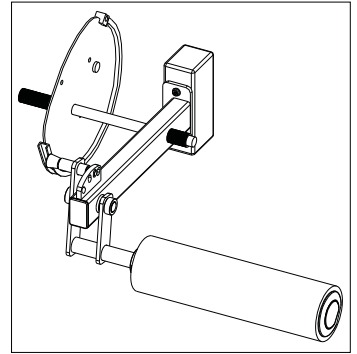
# PSSLC SEATED LEG CURL WORK ARM ASSEMBLY

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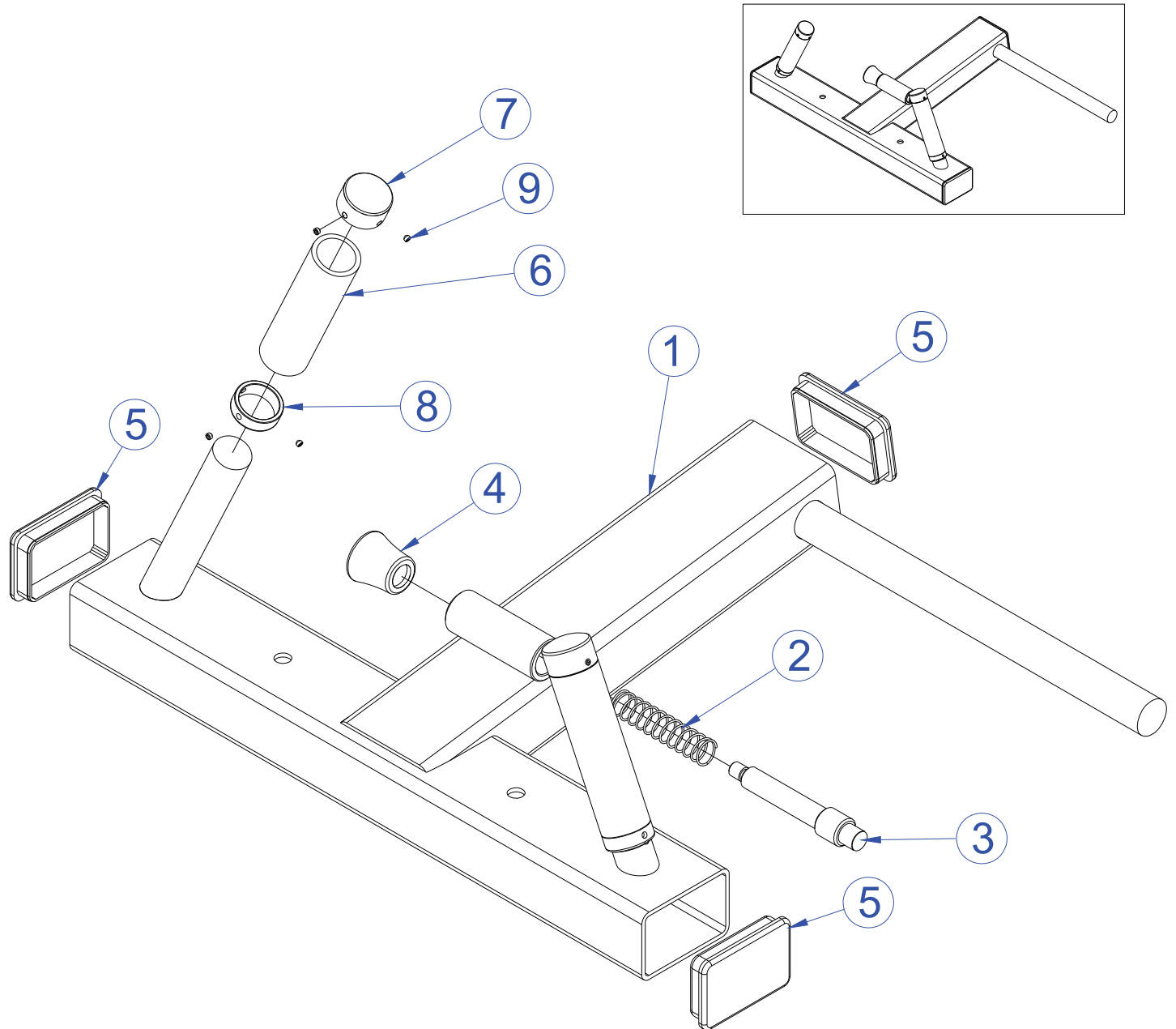
SEE PAGE 12 FOR LEGEND

# PSSLC SEATED LEG CURL WORK ARM ASSEMBLY LEGEND



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7581201	WLDMT, PSSLC-BMA
2	2	3104903	1.00" ID 1.25" OD BRONZ BUSHING
3	1	7358201	SHAFT, 1 DIA X 4.88
4	1	7374695	WELDMENT, PSLE&LC-BASE KICKER
5	1	7351501	SPRING; PULL PIN LARGE
6	1	7351300	PIN, PULL
7	1	7351401	KNOB, TULIP STYLE
8	2	3242902	SCREW, SET BO
9	1	7357901	SHAFT COLLAR, 1-1/2" ID ALUM
10	1	7322301	PLATE, 1.97 OD X .44 ID 10GA
11	1	7308701	CAP, BEARING HOUSING
12	1	7347301	NUT, SPIDER M10 X 1.5
13	1	3236204	SCREW, M10 X1.5 35MM
14	1	7392801	ASSY, ROLLER PAD - LONG
15	1	7352301	CAP, END 2 X 3
16	2	3236601	WASHER, 3/8 SAE SS
17	2	3236203	SCREW, M10 X1.5 30MM
18	1	6912805	SLEEVE, ACCRDN 1.0 ID X 5.5
19	1	7802501	WEIGHT, COUNTER LG
20	1	6912804	SLEEVE, ACCRDN 1.0 ID X 2

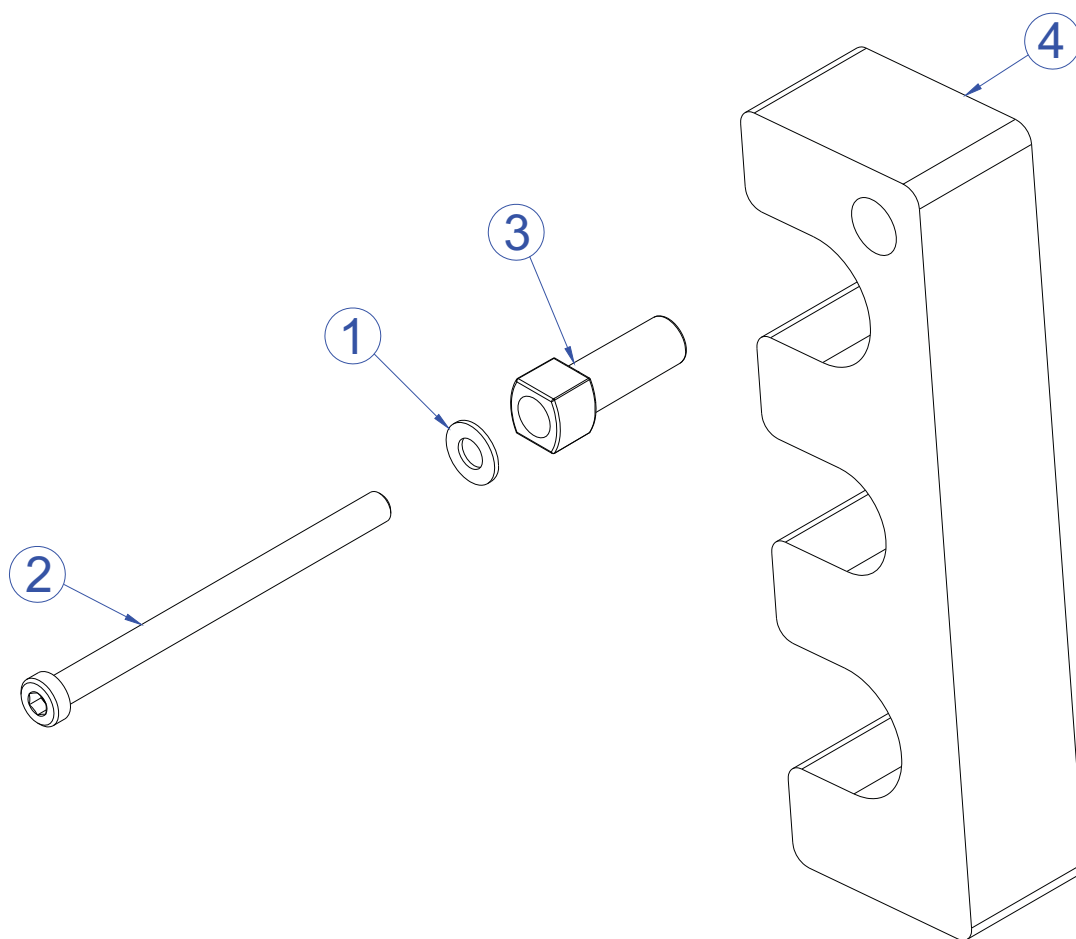
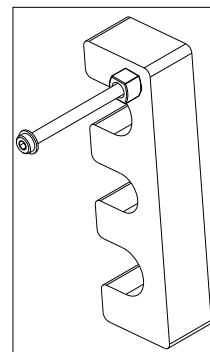
# PSSLC SEATED LEG CURL THIGH HOLD DOWN ASSEMBLY - 7580501



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7580601	WLDMT, PSSLC-THIGH RESTRAINT
2	1	7351501	SPRING; PULL PIN LARGE
3	1	7351300	PIN, PULL
4	1	7351401	KNOB, TULIP STYLE
5	3	7352301	CAP, END 2 X 3
6	2	3235801	GRIP, TBC
7	2	7662901	CAP, GRIP 1.25 OD
8	2	7662801	RING, GRIP 1.25 OD
9	8	3247701	M4 X .7 HXS NO CUP ST BO



# PSSLC SEATED LEG CURL ADD-ON INCREMENT WEIGHT ASSEMBLY - 7415001

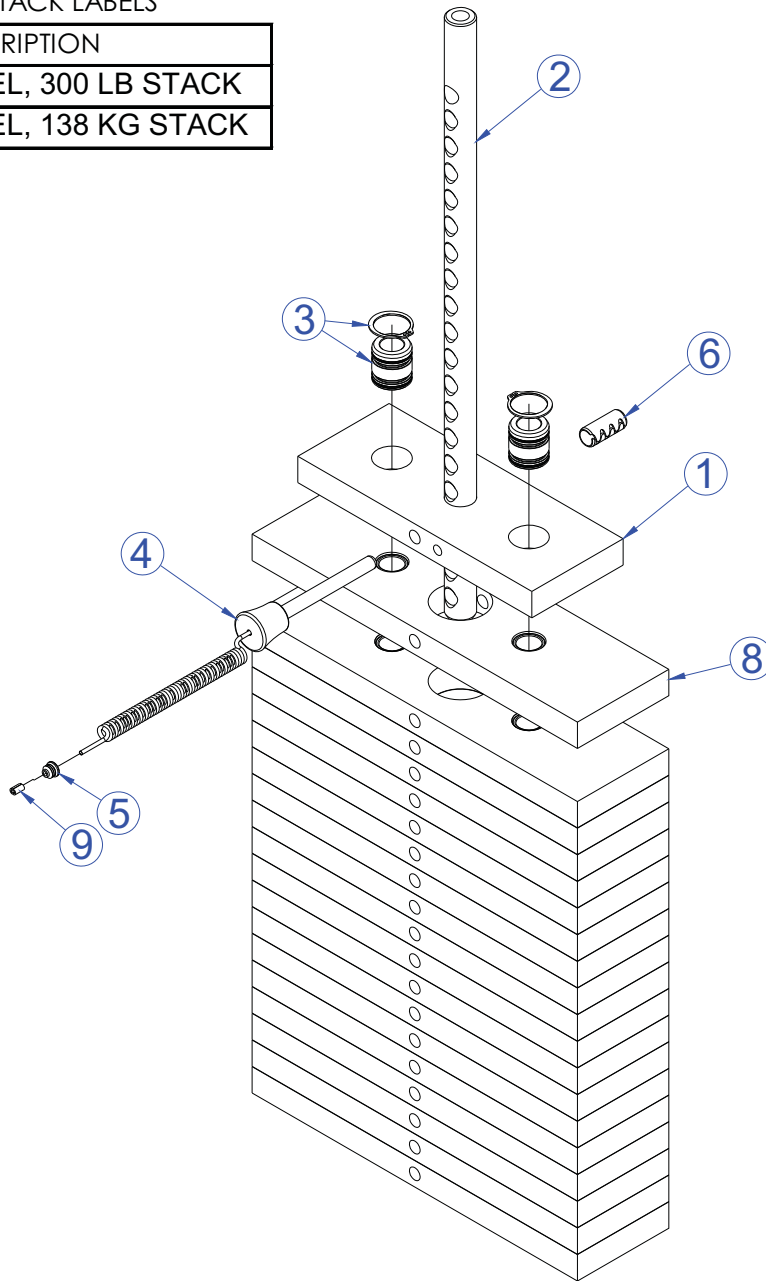
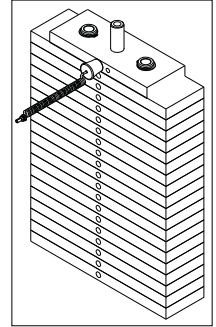


ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	3236601	WASHER, 3/8 SAE SS
2	1	3236221	SCREW, M10 X1.5 140MM
3	1	7401701	COVER, PLASTIC PEG 2-1/4
4	1	7366101	WEIGHT, 7.5 LB. ADD-ON

# PSSLC SEATED LEG CURL WEIGHT STACK ASSY 300LB - 7353501

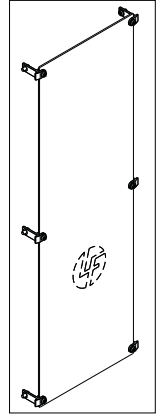
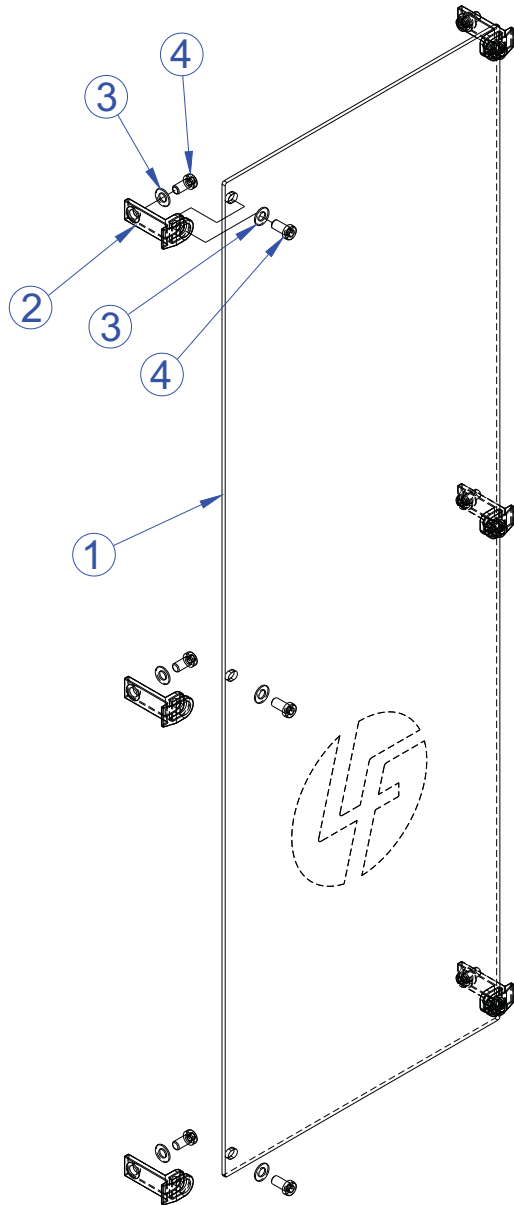
## WEIGHT STACK LABELS

PART NO.	DESCRIPTION
7987201	LABEL, 300 LB STACK
7987401	LABEL, 138 KG STACK



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7353901	HEADPLATE, WT. STACK
2	1	7356600	STEM, PRO2 19 HOLE
3	2	7338001	BUSHING, HEADPLATE
4	1	7353001	ASSY, SELECTOR PIN
5	1	7356501	PLUG, LANYARD ATTACHMENT
6	1	3236001	BUSHING, SPRING PIN
8	19	7353801	ASSY, 15 LB PLATE
9	1	7523601	CRIMP, CABLE

# PSSLC SEATED LEG CURL OPTIONAL REAR SHROUD KIT STD-MED - 7415202



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7376802	SHIELD, PS REAR
2	6	7655301	BRACKET, PS REAR SHIELD
3	12	3236601	WASHER, 3/8 SAE SS
4	12	3236201	SCREW, M10 X1.5 20MM