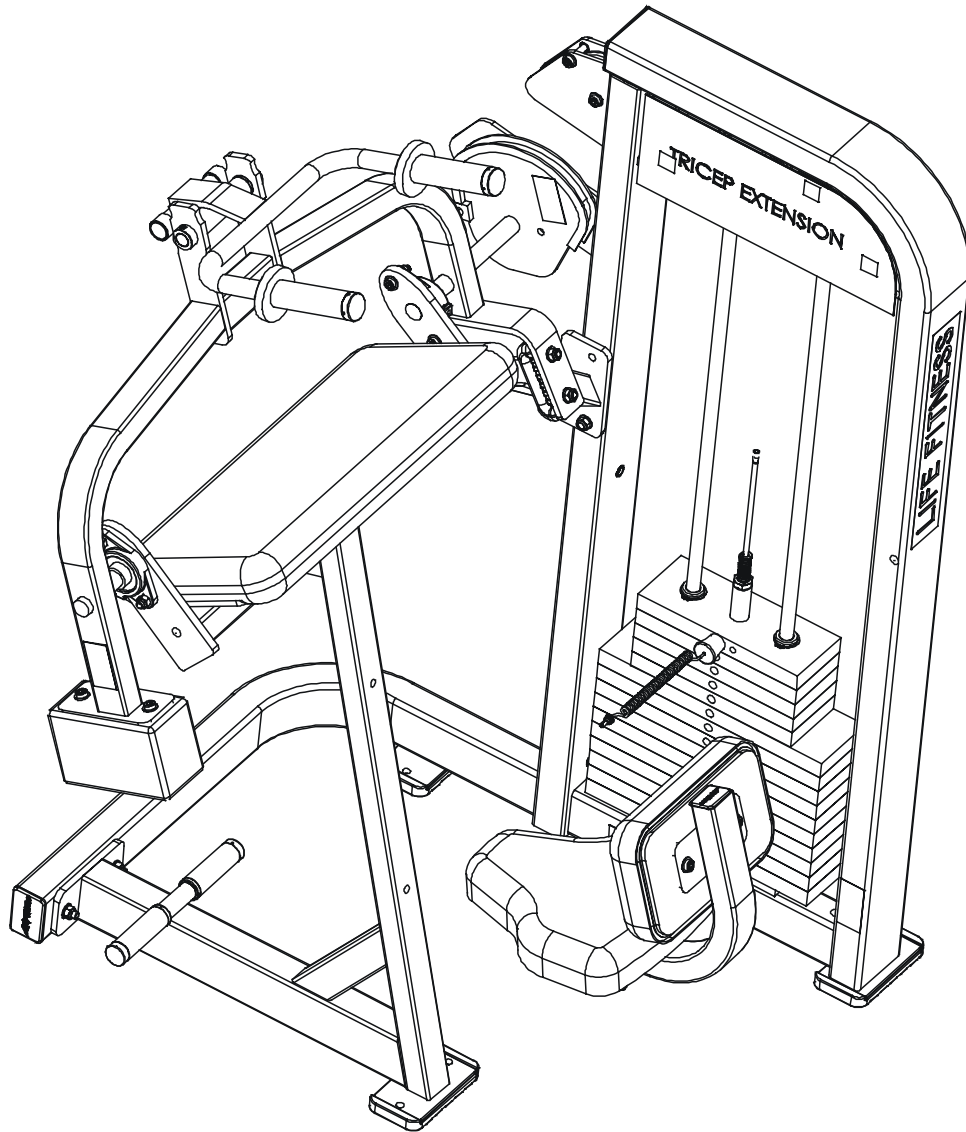


Life Fitness

PRO SERIES II PSTESE TRICEPS EXTENSION



Customer Support Services ***PARTS MANUAL***

PSTESE TRICEPS EXTENSION

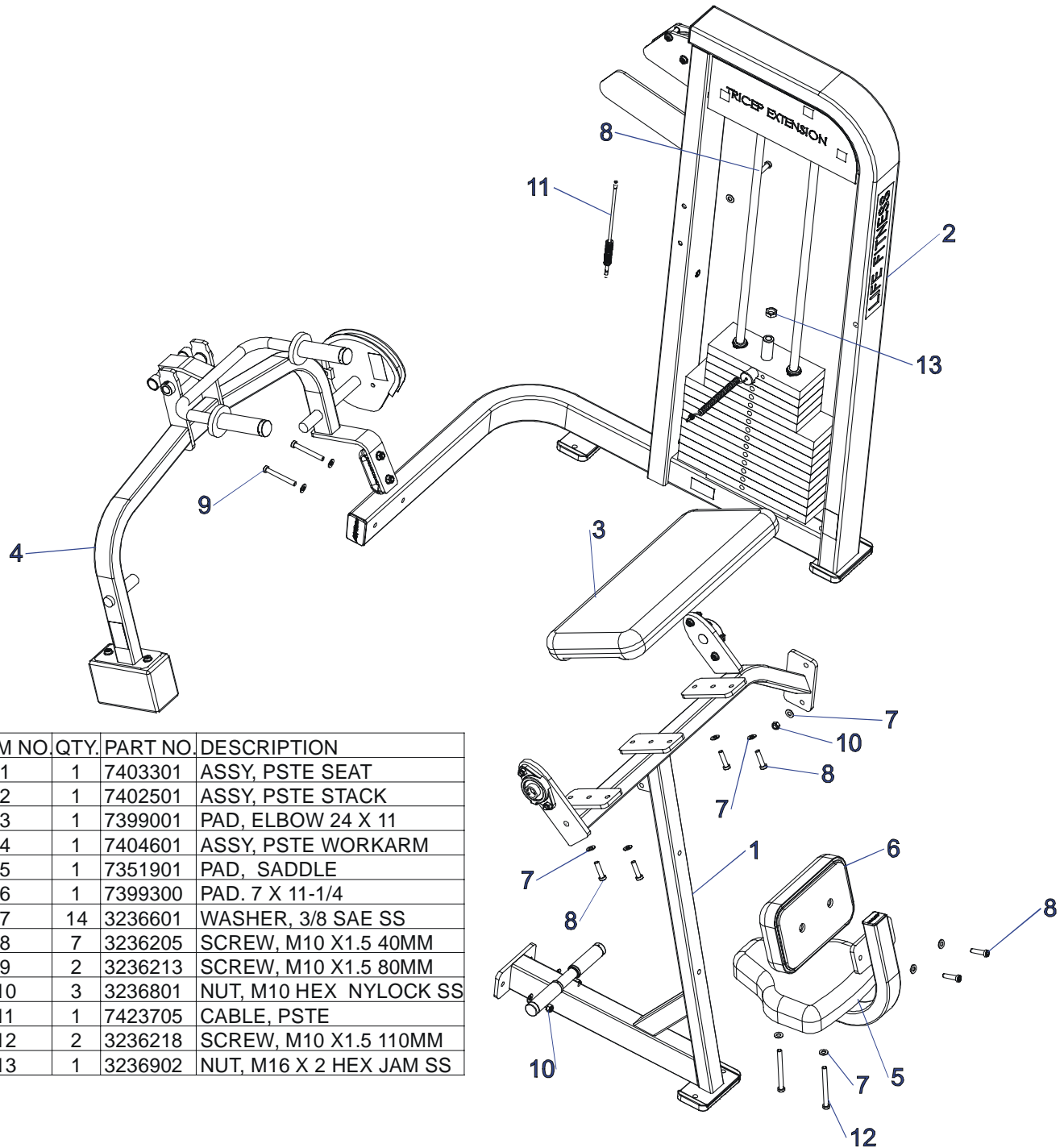
Notes:

PSTESE TRICEPS EXTENSION

Contents

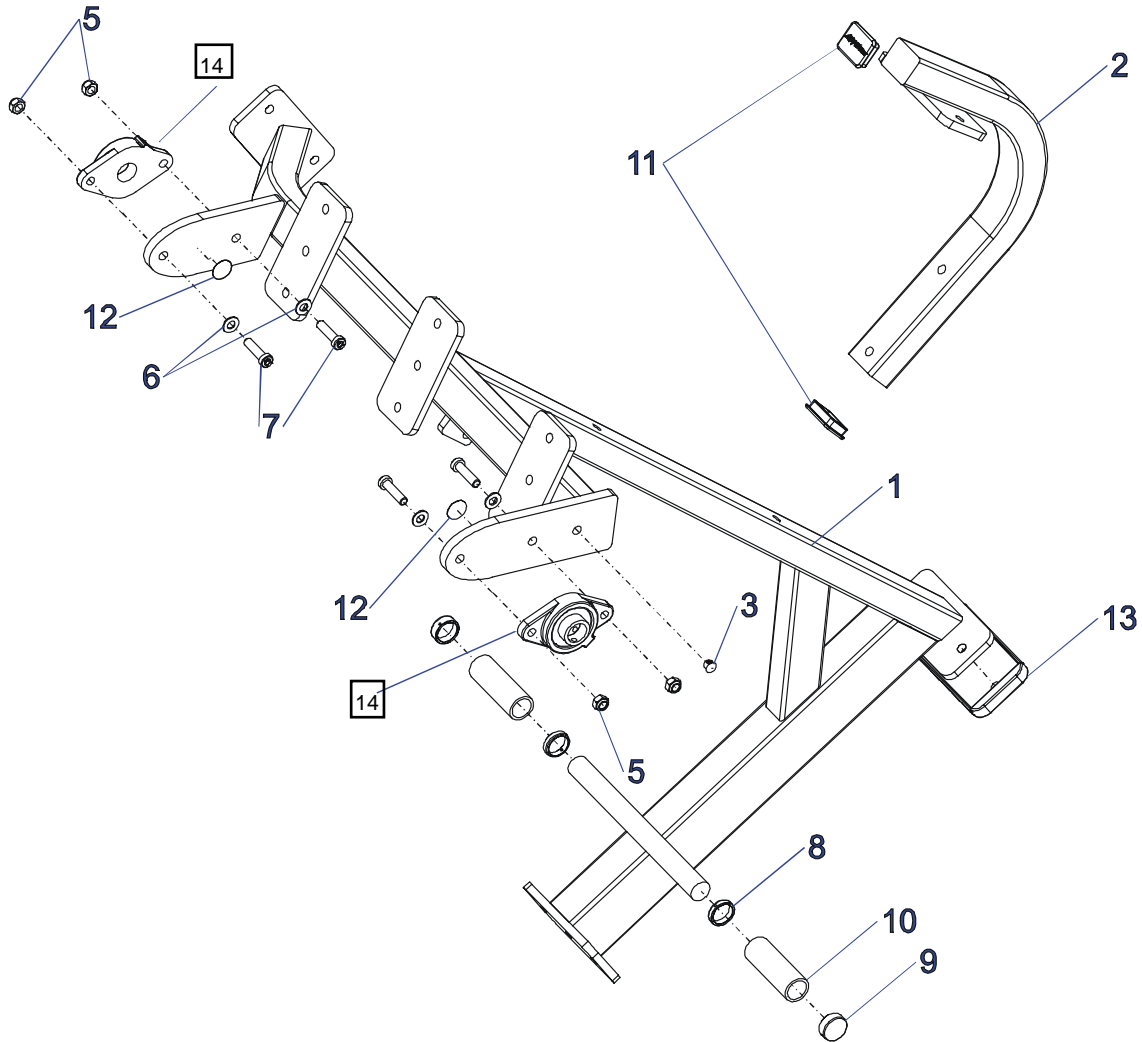
	PAGE
COMPONENT ASSEMBLY.....	4
SEAT ASSEMBLY	5
WORK ARM ASSEMBLY	6
STACK ASSEMBLY	7
90 DEGREE ROLLER SEAT	8
INCREMENT WEIGHT W/STRIKER	9
WEIGHT STACK 200LB	10
SHROUD KIT STD-SHORT	11

PSTESE TRICEPS EXTENSION COMPONENT ASSEMBLY



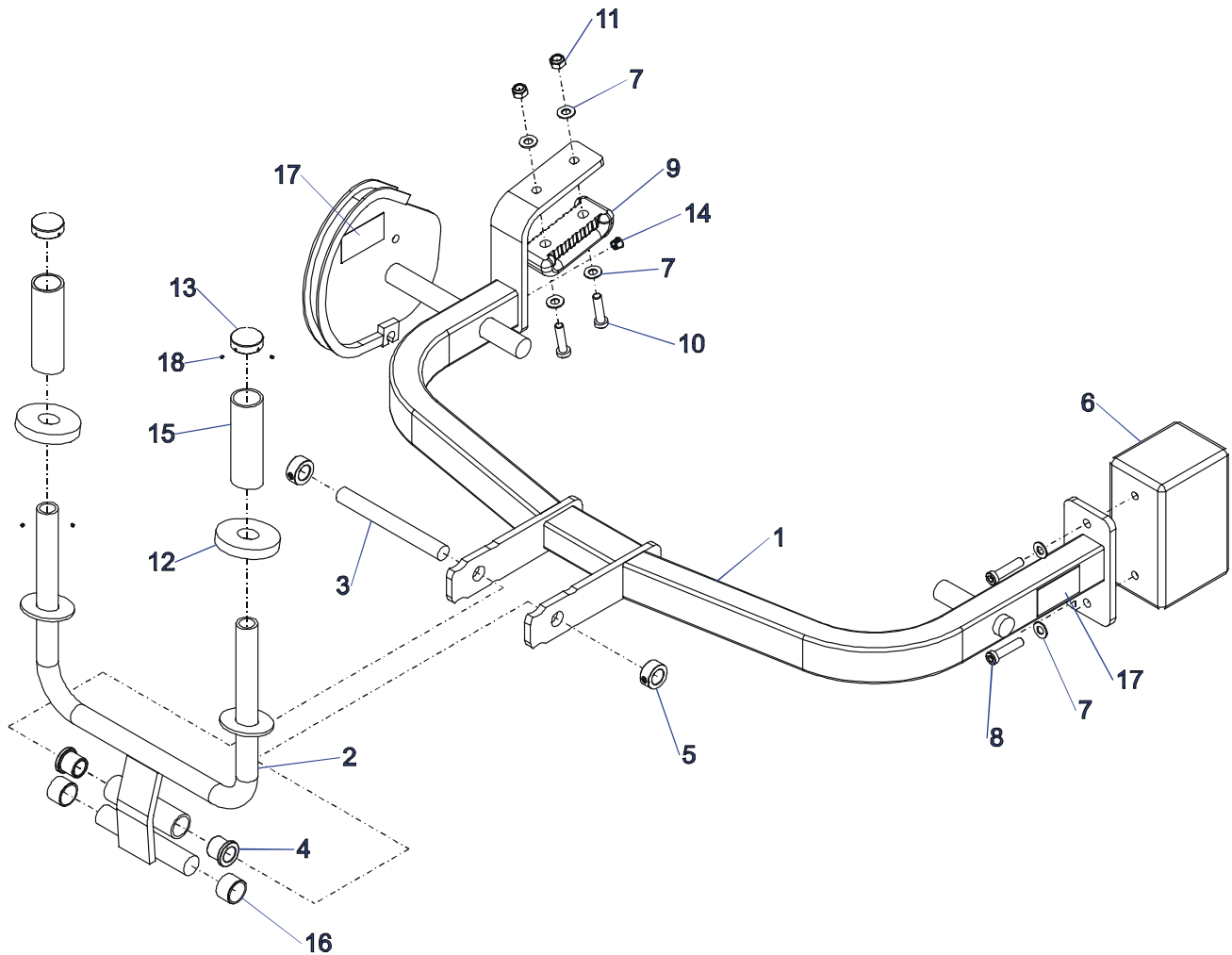
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7403301	ASSY, PSTE SEAT
2	1	7402501	ASSY, PSTE STACK
3	1	7399001	PAD, ELBOW 24 X 11
4	1	7404601	ASSY, PSTE WORKARM
5	1	7351901	PAD, SADDLE
6	1	7399300	PAD. 7 X 11-1/4
7	14	3236601	WASHER, 3/8 SAE SS
8	7	3236205	SCREW, M10 X1.5 40MM
9	2	3236213	SCREW, M10 X1.5 80MM
10	3	3236801	NUT, M10 HEX NYLOCK SS
11	1	7423705	CABLE, PSTE
12	2	3236218	SCREW, M10 X1.5 110MM
13	1	3236902	NUT, M16 X 2 HEX JAM SS

PSTESE TRICEPS EXTENSION SEAT ASSEMBLY



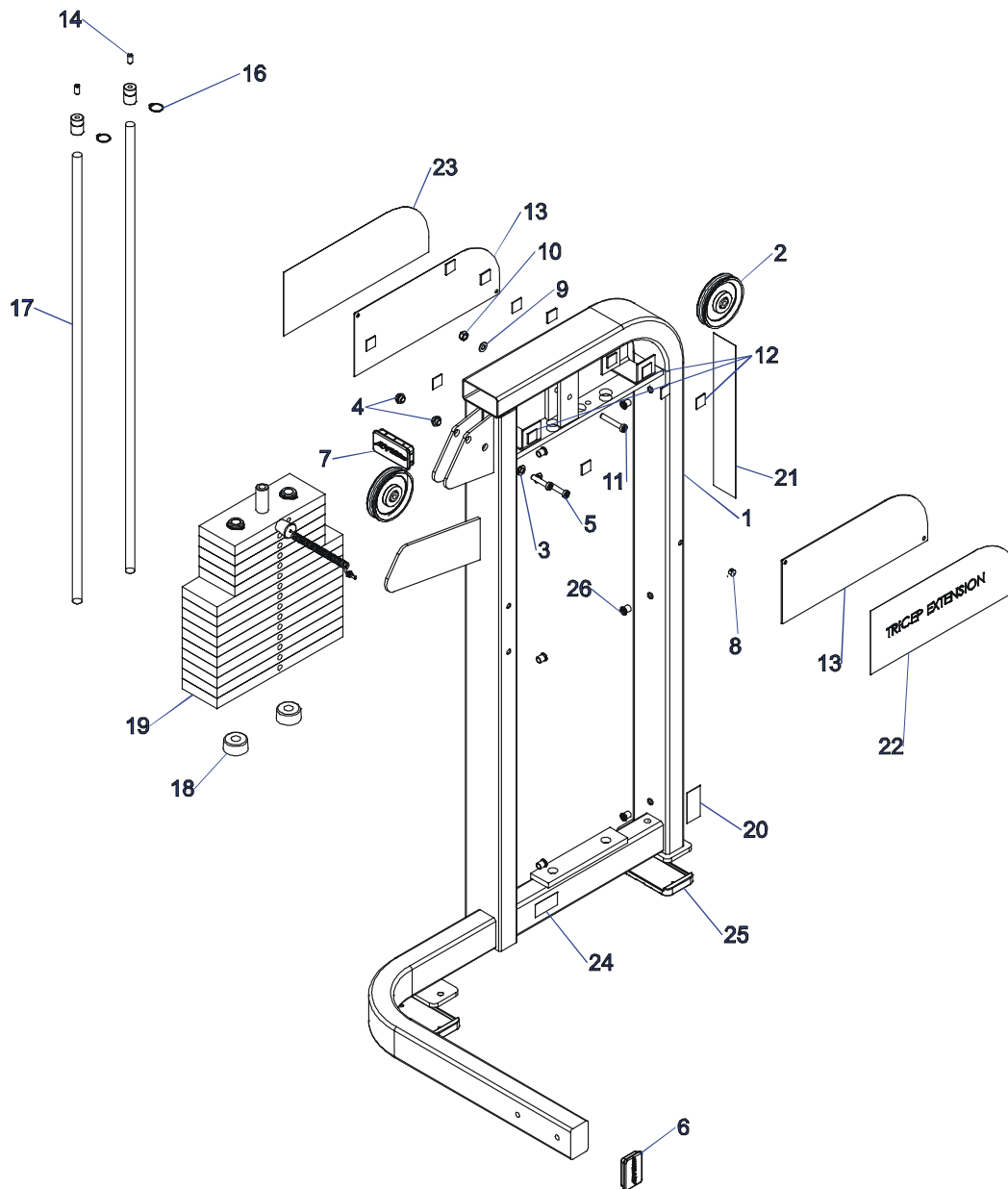
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7403401	WLDMT, PSTE SEAT FRAME
2	1	7404401	WLDMT, PSTE SEAT BACK
3	1	3237401	PLUG, 7/16" HOLE
4	2	3237701	ASSY, PILLOW BLOCK 4.88 X 2.75
5	4	3236801	NUT, M10 HEX NYLOCK SS
6	4	3236601	WASHER, 3/8 SAE SS
7	4	3236205	SCREW, M10 X1.5 40MM
8	2	7315601	RING, GRIP 1.25 OD
9	2	7306901	CAP, GRIP 1.25 OD
10	2	3235801	Grip, 1.25"OD
11	2	7352201	CAP, END 1-1/2 X 2
12	2	7488701	LABEL, AXIS OF ROTATION
13	1	7388201	Footpad, PS Rubber
14	2	3237701	Bearing.

PSTESE TRICEPS EXTENSION WORK ARM ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7404701	WLDMT, PSTE WORKARM
2	1	7405501	WLDMT, PSTE HANDLEBAR
3	1	7406201	SHAFT, PSTE 3/4 DIA X 6-5/8 SS
4	2	3104905	.75" ID 1.00" OD BRONZE BUSHING
5	2	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
6	1	7365901	WEIGHT, COUNTER MED
7	6	3236601	WASHER, 3/8 SAE SS
8	2	3236206	SCREW, M10 X1.5 45MM
9	1	7352001	BUMPER, 2-1/8 X 4-5/8
10	2	3236205	SCREW, M10 X1.5 40MM
11	2	3236801	NUT, M10 HEX NYLOCK SS
12	3	7388101	BUMPER, HANDLE
13	3	7306902	RING, GRIP 1.50 OD
14	1	3237401	PLUG, 7/16" HOLE
15	3	3235802	Grip, 1.50"OD
16	2	7481201	BRNG, 25M X 30M X 20
17	2	7422003	LABEL, MOVING PARTS
18	6	3237201	M3 X .5 HXS NO CUP ST BO

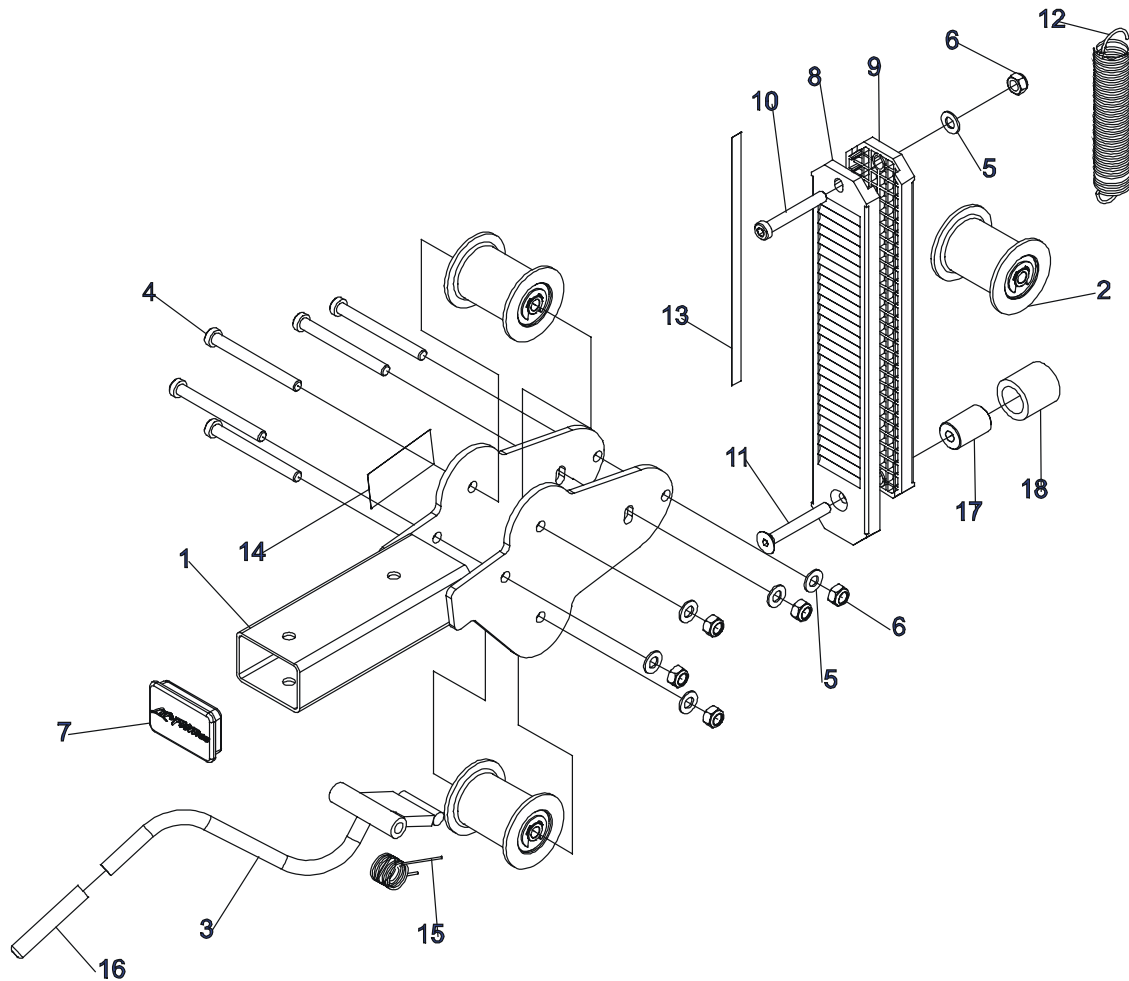
PSTESE TRICEPS EXTENSION STACK ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION	ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7402601	WLDMT, PSTE STACK	14	2	3240501	M10 X 1.5 HXS NO CUP ST BO
2	2	3237801	PULLEY, 4.5" OD	15	2	7402301	RETAINER, GUIDEROD
3	2	7348101	WASHER, SPACER	16	2	3232421	RING, BRE .940, 5100-100 ST PP B
4	2	7335401	NUT, M10 X 1.5 SOCKET HEAD	17	2	7328604	GUIDE ROD, .75 OD SOLID 43.88
5	2	3236206	SCREW, M10 X1.5 45MM	18	2	7352101	CUSHION, WEIGHT STACK
6	1	7352301	CAP, END 2 X 3	19	1	7353401	ASSY, 200LB STACK
7	1	7352401	CAP, END 2 X 4	20	1	7422001	LABEL, SEAT INST
8	3	3237401	PLUG, 7/16" HOLE	21	1	7348001	LABEL, LIFE FITNESS LOGO
9	1	3236601	WASHER, 3/8 SAE SS	22	1	7444401	LABEL, PSTE PLACARD
10	1	3236801	NUT, M10 HEX NYLOCK SS	23	1	7491201	LABEL, PRO2 LOGO LEFT
11	1	3236209	SCREW, M10 X1.5 60MM	24	1	7422007	LABEL, SERIAL NO
12	12	7544201	PAD, DUAL LOC 400, 1" X 1"	25	2	7388201	Footpad, PS Rubber
13	2	7353200	COVER, STACK	26	6	3238101	NUT, BLIND INSERT M10 X 1.5

PSTESE TRICEPS EXTENSION

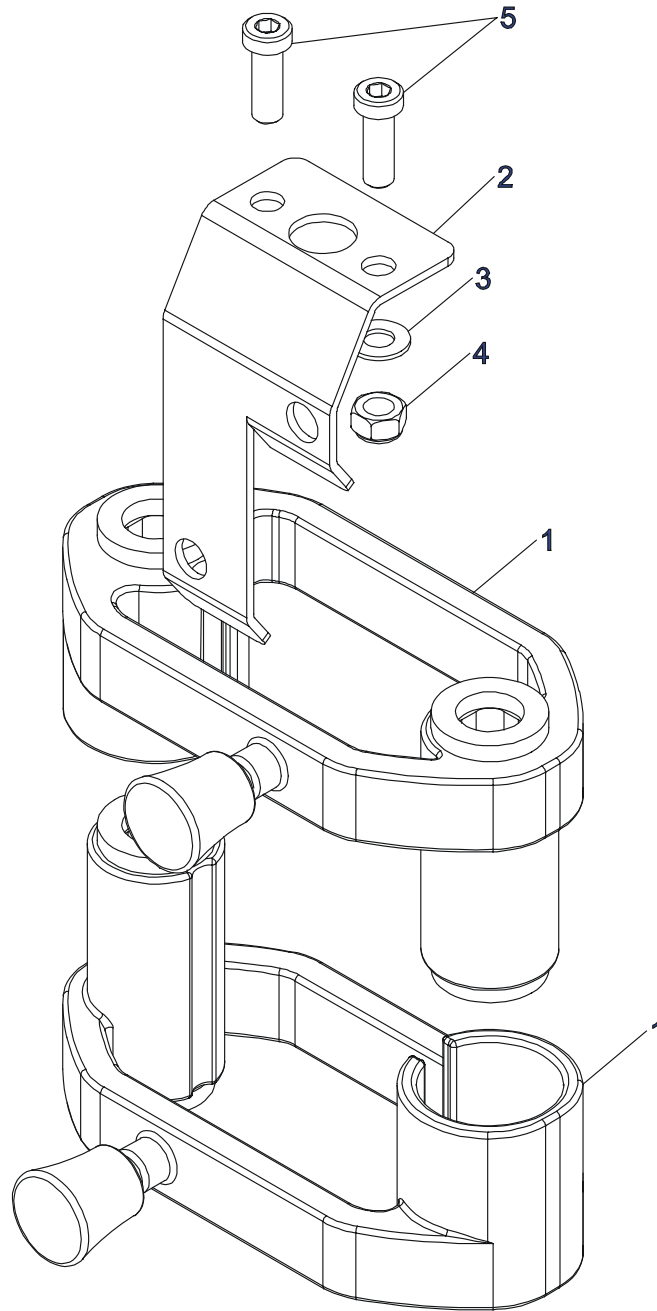
90 DEGREE ROLLER SEAT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7396801	Wldmnt, 90 Deg Roller Seat
2	3	7564201	ASSY, SEAT ROLLER
3	1	7387595	Weldmnt, PS-Roller Seat Handle
4	5	3236217	SCREW, M10 X1.5 100MM
5	6	3236601	WASHER, 3/8 SAE SS
6	6	3236801	NUT, M10 HEX NYLOCK SS
7	1	7352301	CAP, END 2 X 3
8	1	7564301	SEATRACK, ROLLER SERRATED
9	1	7564401	SEATRACK, FLAT
10	1	3236211	SCREW, M10 X1.5 70MM
11	1	3238312	M10x1.5x75mm
12	1	7442601	SPRING, PRO2 ROLLER SEAT
13	1	7422002	LABEL, SEAT ADJUST
14	1	7422001	LABEL, SEAT INST
15	1	7442701	SPRNG, PRO2 HANDLE TORSION
16	1	3238502	CAP, 1/2 X 5/8
17	1	7570601	STOP, ROLLER SEAT
18	1	3235802	GRIP, SHADOW GRAY, 1.5"

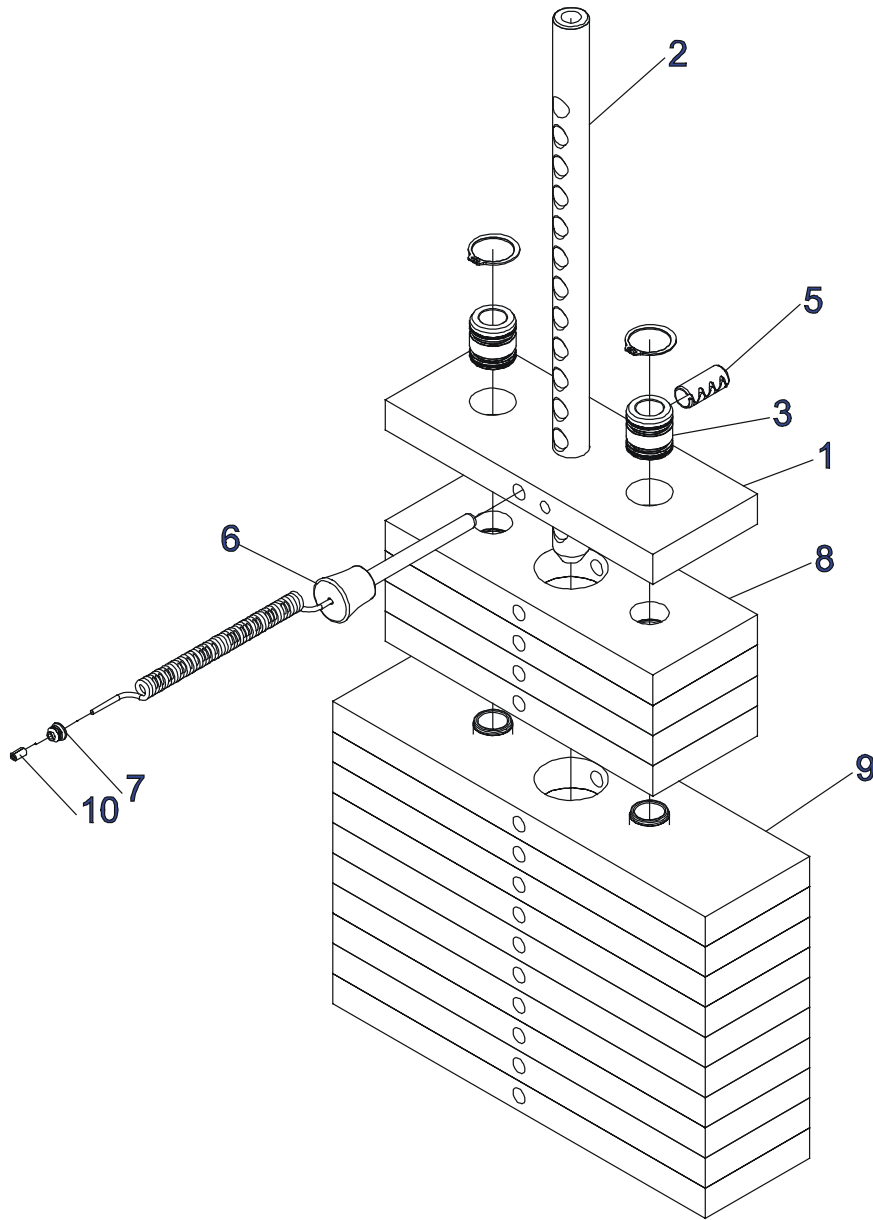
PSTESE TRICEPS EXTENSION

INCREMENT WEIGHT W/STRIKER



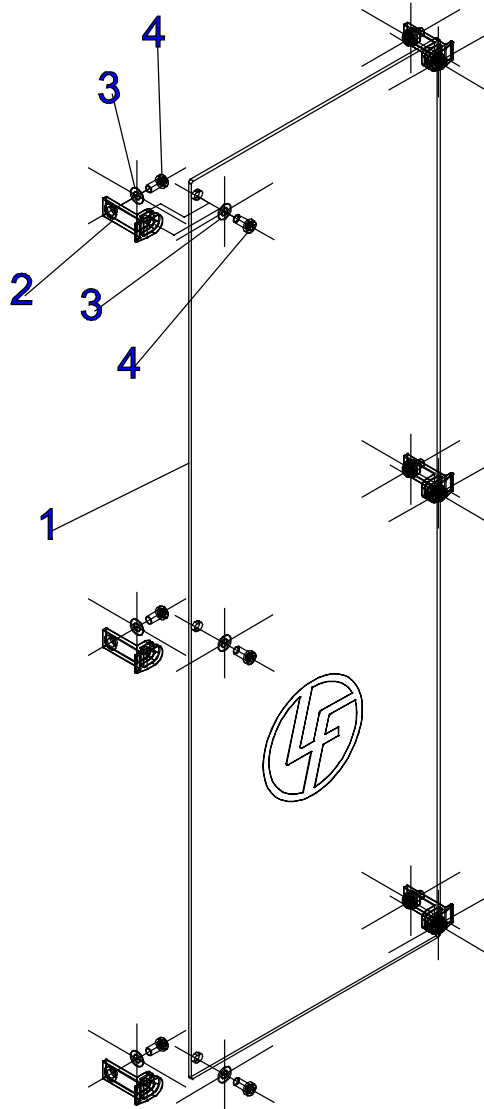
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	2	7446501	ASSY, 5LB INCREMENT WEIGHT
2	1	7447101	PLATE, INCR. WT STRIKER
3	2	3236601	WASHER, 3/8 SAE SS
4	2	3236801	NUT, M10 HEX NYLOCK SS
5	2	3236203	SCREW, M10 X1.5 30MM

PSTESE TRICEPS EXTENSION WEIGHT STACK ASSY 200LB



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7353901	HEADPLATE, WT. STACK
2	1	7352601	BAYONET, 14 PLATE
3	2	7338001	BUSHING, HEADPLATE
5	1	3236001	BUSHING, SPRING PIN
6	1	7353001	ASSY, SELECTOR PIN
7	1	7356501	PLUG, LANYARD ATTACHMENT
8	4	7353701	ASSY, 10 LB PLATE
9	10	7353801	ASSY, 15 LB PLATE
10	1	7523601	CRIMP, CABLE

PSTESE TRICEPS EXTENSION SHROUD KIT STD-SHORT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7655301	SHIELD, PS REAR
2	6	7376701	BRACKET, PS REAR
3	12	3236601	SHIELD
4	12	3236201	SCREW, M10 X1.5 20MM