



*Signature Series Cable Motion  
Dual Adjustable Pulley*

## SIGNATURE SERIES CABLE MOTION

### *Define your own path*

That's exactly what your users will do with Cable Motion™ Technology from Life Fitness. It's multi-dimensional strength training. It's user-defined paths of motion that allow for an endless variety of exercises that build balance, stability, and power. It's infinite training choices — single stations, multi-use and multi-jungles. Turn heads during facility tours. Spark interest among loyal patrons. Boost revenues for your personal training programs. These are just a few of the ways the Signature Series Cable Motion can help you achieve success.

### *Cable Motion moves your facility in many directions*

- Give your exercisers the freedom to move limbs independently of one another, one at a time, both at the same time, or use different weights for each limb.
- Encourage member retention by motivating your users to reach new levels of strength training with advanced exercise opportunities.
- Increase your personal-training revenue with easy-to-use equipment that allows your trainers to design an unlimited number of programs.
- Attract a variety of exercisers, regardless of their fitness goals or skills, with low starting resistance and easy adjustments.
- Provide your users with the ideal functional training tools to help them add more strength to their everyday, real-life activities.
  - Athletes will improve on-the-field performance
  - Work-specific exercises will reduce on-the-job injuries
  - Active older adults will improve performance in activities of daily living
- Enhance workout variety with unique swivelling handles.

#### STRENGTH IQ

EQUIPMENT CLASSIFICATION KEY:



FUNDAMENTAL

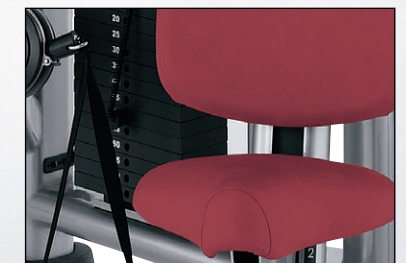
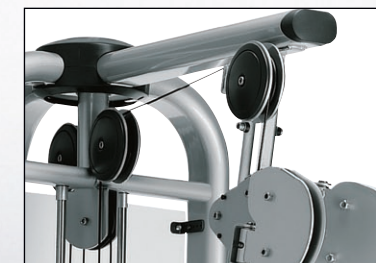


DEVELOPMENTAL



>> SPECIALIZED

SPECIALIZED: Advanced training equipment for more experienced users.



## SINGLE STATIONS



□ **Chest Press**

CMCP

- 1:2 resistance (2 x 190 lbs/2 x 95 kg weight stacks)
- Smooth, easy gas-assisted seat adjustment
- Each arm has a dedicated weight stack for exercise variety
- 2 molded handles included



□ **Shoulder Press**

CMSP

- 1:2 resistance (2 x 150 lbs/2 x 75 kg weight stacks)
- Smooth, easy gas-assisted seat adjustment
- Each arm has a dedicated weight stack for exercise variety
- 2 molded handles included



□ **Row**

CMRW

- 1:2 Resistance (2 x 220 lbs/2 x 107 kg weight stacks)
- Independent pulleys allow user-defined paths of motion and exercise variety
- Each arm has a dedicated weight stack for exercise variety
- 2 molded handles and V-Bar handle included



□ **Pull-down**

CMPD

- 1:2 resistance (2 x 220 lbs/2 x 107 kg weight stacks)
- Adjustable roller pads for lower body stabilization
- Each arm has a dedicated weight stack for exercise variety
- 2 molded handles and traditional lat pull-down bar included

## MULTI-USE



□ **Dual Adjustable Pulley**

CMDAP

- 20 adjustment positions per column allow users to perform over 225 exercises for the ultimate in strength training variety
- 1:4 resistance level for low starting resistance and high speed movements suitable for sport-specific training
- Dual-roller mechanism provides smooth and easy adjustment
- Includes accessory kit with 2 long strap handles, 2 short strap handles, 1 leg extension/curl strap, 1 short bar, 1 ankle strap, 1 triceps rope
- Instructional poster and CD included



□ **Cable Column**

CMCC

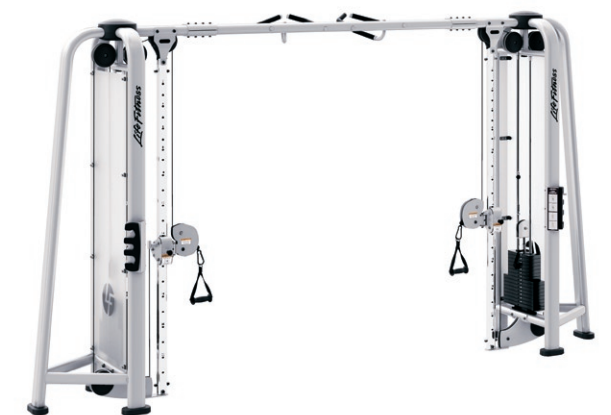
- Dual pulleys and 9 different handles create extensive training options
- Resistance ratio, 1:4 for each handle and 1:2 when used together, allows less experienced users to start with lower resistance
- 20 adjustment positions create a wide variety of exercises. Dual-roller mechanism provides smooth and easy adjustment
- Includes accessory kit with 2 long strap handles, 2 short strap handles, 1 leg extension/curl strap, 1 short bar, 1 ankle strap, 1 triceps rope



□ **Hammer Strength Training Vest**

HSTV

- Allows for added workout variety when used with the Cable Motion Dual Adjustable Pulley
- Attach color-coded rings to pulleys to add resistance or assistance to workouts
- Constructed of high grade Neoprene and breathable mesh fabric
- Sizes XS to XXXL (chest size 29" to 49")



□ **Cable Crossover**

CMACO

- Each weight stack provides a 1:2 resistance ratio
- Multiple position chin-up handles offer a choice of exercises
- 2 molded handles included
- Unit shown is configured with adjustable pulleys



# MULTI-JUNGLES

## Ultimate Configurability

Exercise your options with our custom-built Cable Motion Multi-Jungles. Your choices have never been better. Custom configure the placement of four modular tower platforms and up to ten different training stations in a way that meets your space requirements, facility's unique image, and users' needs.

### FOUR DIFFERENT MODULAR TOWER PLATFORMS

• 4-STACK	MJ4
• 8-STACK	MJ8
• 12-STACK – STRAIGHT	MJ12S
• 12-STACK – V-SHAPE	MJ12V

### ACCESSORIES

• HANDLE/ACCESSORY RACK	MJHAR
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### TEN DIFFERENT TRAINING STATIONS

• ADJUSTABLE PULLEY (Includes molded grip handle)	MJAP	• LAT PULLDOWN (Includes pulldown bar)	MJLP
• ADJUSTABLE CROSSOVER (Includes 2 molded grip handles) Extends from core tower	MJACO	• DUAL PULLEY PULLDOWN (Includes fixed molded handles)	MJLPD
• ADJUSTABLE CROSSOVER (Includes 2 molded grip handles) Connects two core towers	MJAXO	• LOW ROW (Includes V-bar handle)	MJRW
• FIXED CROSSOVER (Includes 2 molded grip handles) Extends from core tower	MJFCO	• DUAL PULLEY ROW (Includes fixed molded handles)	MJRWD
• FIXED CROSSOVER (Includes 2 molded grip handles) Connects two core towers	MJFXO	• TRICEPS PUSHDOWN (Includes triceps rope)	MJTP



### Multi-Jungle (Sample 5-Stack)

- 196" L x 143.5" W x 94" H (498 cm x 364 cm x 239 cm)
- Stations shown on MJ4 Platform
  - Dual Pulley Pulldown (Includes fixed molded handles) MJLPD
  - Triceps Pushdown (Includes triceps rope) MJTP
  - Dual Pulley Row (Includes fixed molded handles) MJRWD
  - Adjustable Crossover (Includes 2 molded grip handles) MJACO



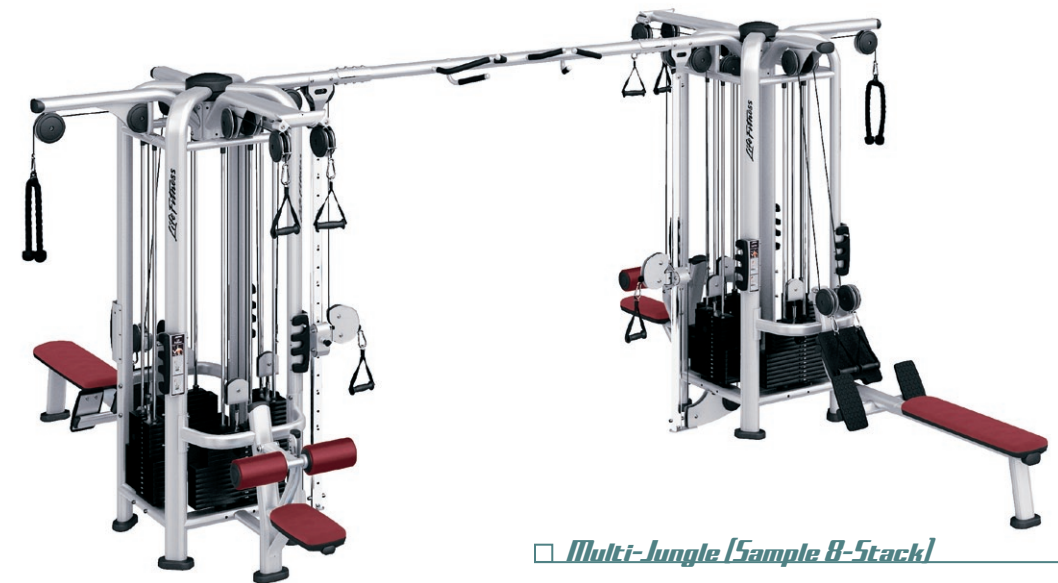
### Multi-Jungle (Sample 4-Stack)

- 143.5" L x 74" W x 94" H (364 cm x 188 cm x 239 cm)
- Stations Shown On MJ4 Platform
  - Adjustable Pulley (Includes molded grip handle) MJAP
  - Low Row (Includes V-bar handle) MJRW
  - Triceps Pressdown (Includes triceps rope) MJTP
  - Lat Pulldown (Includes pulldown bar) MJLP



### Multi-Jungle Handle/Accessory Rack

- Provides convenient storage for accessories used with Cable Motion Multi-Jungles
- Mounts to the corner of any Multi-Jungle adjustable pulley station
- Includes six chrome hooks and two storage tubes to hold accessories  
*(Accessories not included)*



### Multi-Jungle (Sample 8-Stack)

- 221" L x 143.5" W x 94" H (561 cm x 364 cm x 239 cm)
- Stations shown on MJ8 Platform
  - Lat Pulldown (Includes pulldown bar) MJLP
  - Adjustable Crossover (Includes 2 molded grip handles) MJAXO
  - Low Row (Includes V-bar handle) MJRW
  - Triceps Pushdown (Includes triceps rope) MJTP
  - Dual Pulley Pulldown (Includes fixed molded handles) MJLPD
  - Adjustable Pulley (Includes molded grip handle) MJAP
  - Dual Pulley Row (Includes fixed molded handles) MJRWD

Actual product colors may differ from printed images shown. See page 101 for complete specifications.

### Multi-Jungle (Sample 12-Stack Straight)

370" L x 181" W x 94" H (939 cm x 459 cm x 239 cm)

- Stations shown on MJ12S Platform
  - Triceps Pushdown (Includes triceps rope) MJTP
  - Adjustable Pulley (Includes molded grip handle) MJAP
  - Adjustable Crossover (Includes 2 molded grip handles) MJAXO
  - Lat Pulldown (Includes pulldown bar) MJLP
  - Dual Pulley Pulldown (Includes fixed molded handles) MJLPD
  - Low Row (Includes V-bar handle) MJRW
  - Dual Pulley Row (Includes fixed molded handles) MJRWD



### Multi-Jungle (Sample 12-Stack V-Shape)

291" L x 224" W x 94" H (739 cm x 569 cm x 239 cm)

- Stations shown on MJ12V Platform
  - Triceps Pushdown (Includes triceps rope) MJTP
  - Dual Pulley Row (Includes fixed molded handles) MJRWD
  - Low Row (Includes V-bar handle) MJRW
  - Adjustable Crossover (Includes 2 molded grip handles) MJAXO
  - Dual Pulley Pulldown (Includes fixed molded handles) MJLPD
  - Adjustable Pulley (Includes molded grip handle) MJAP
  - Lat Pulldown (Includes pulldown bar) MJLP

Actual product colors may differ from printed images shown. See page 101 for complete specifications.

## 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

- Contoured cushions utilize a molded frame for superior comfort and durability

### ADJUSTMENTS

- Gas-assisted springs (where applicable) improve ease of use on adjustments

### INSTRUCTIONAL PLACARDS

- Easy-to-follow instructions illustrate proper use and muscles trained

### SHROUD

- Standard rear shrouds
- Optional front shrouds

### WEIGHT PLATES AND GUIDE RODS

- Solid-steel weight plates
- Top weight plate is fitted with self-lubricating bushings
- 7/16" (1 cm) diameter weight selector pin magnetically locks in place and is connected to stack to prevent loss

### CABLES AND PULLEYS

- 7 x 19 strand construction, lubricated, nylon-coated cable meets U.S. military specifications
- 4-1/2" (11 cm) and 6" (15 cm) diameter fiberglass-impregnated nylon pulleys feature sealed bearings

### HAND GRIPS

- Hand grips are a durable urethane composite
- Grips retained with aluminum collars preventing them from slipping during use

STATION	PRODUCT CODE	TOTAL WEIGHT	WEIGHT STACK	DIMENSIONS (L x W x H)
Chest Press	CMCP	680 lbs (309 kg)	2 x 190 lbs (2 x 95 kg)	49" x 46" x 64" (125 cm x 117 cm x 163 cm)
Shoulder Press	CMSP	600 lbs (273 kg)	2 x 150 lbs (2 x 75 kg)	46" x 46" x 64" (117 cm x 117 cm x 163 cm)
Row	CMRW	770 lbs (350 kg)	2 x 220 lbs (2 x 107 kg)	73" x 54" x 67" (186 cm x 138 cm x 171 cm)
Pulldown	CMPD	810 lbs (368 kg)	2 x 220 lbs (2 x 107 kg)	45" x 54" x 95" (115 cm x 138 cm x 242 cm)
Dual Adj. Pulley	CMDAP	1265 lbs (575 kg)	2 x 390 lbs (2 x 195 kg)	44" x 62" x 93" (112 cm x 157 cm x 236 cm)
Cable Column	CMCC	685 lbs (311 kg)	190 lbs (95 kg)	56" x 57" x 92" (142 cm x 145 cm x 234 cm)
Fixed. Cable Crossover	CMFCO	895 lbs (407 kg)	2 x 190 lbs (2 x 95 kg)	28.5" x 142" x 94" (72 cm x 361 cm x 239 cm)
Adj. Cable Crossover	CMACO	980 lbs (465 kg)	2 x 190 lbs (2 x 95 kg)	28.5" x 167" x 94" (72 cm x 424 cm x 239 cm)
Multi-Jungle Core Tower	—	225 lbs (102 kg)	—	32.5" x 32.5" x 94" (82.5 cm x 82.5 cm x 239 cm)
Adjustable Pulley	MJAP	260 lbs (118 kg)	190 lbs (95 kg)	14.5" x 18.5" x 92" (37 cm x 47 cm x 234 cm)
Adj. Crossover	MJACO	720 lbs (327 kg)	2 x 190 lbs (2 x 95 kg)	28.5" x 142" x 94" (72.5 cm x 361 cm x 239 cm)
Adj. Crossover connects towers	MJAXO	600 lbs (272 kg)	2 x 190 lbs (2 x 95 kg)	23" x 116" x 94" (58.5 cm x 295 cm x 239 cm)
Fixed Crossover	MJFCO	650 lbs (295 kg)	2 x 190 lbs (2 x 95 kg)	28.5" x 117" x 94" (72.5 cm x 297 cm x 239 cm)
Fix. Crossover connects towers	MJFXO	530 lbs (240 kg)	2 x 190 lbs (2 x 95 kg)	23" x 91.5" x 94" (58.5 cm x 232.5 cm x 239 cm)
Lat Pulldown	MJLP	340 lbs (154 kg)	260 lbs (130 kg)	26.75" x 37.25" x 92" (68 cm x 94.5 cm x 234 cm)
Dual Pulley Pulldown	MJLPD	340 lbs (154 kg)	260 lbs (130 kg)	26.75" x 37.25" x 92" (68 cm x 94.5 cm x 234 cm)
Low Row	MJRW	360 lbs (163 kg)	260 lbs (130 kg)	26.75" x 37.25" x 92" (68 cm x 94.5 cm x 234 cm)
Dual Pulley Row	MJRWD	360 lbs (163 kg)	260 lbs (130 kg)	26.75" x 37.25" x 92" (68 cm x 94.5 cm x 234 cm)
Triceps Pushdown	MJTP	225 lbs (102 kg)	190 lbs (95 kg)	4.5" x 21.25" x 92" (11.5 cm x 54 cm x 234 cm)
Accessory Rack	MJHAR	31 lbs (14 kg)	—	27" x 8.5" x 28" (68.5 cm x 21.5 cm x 71 cm)

ACCESSORY	PRODUCT CODE	SIZES
Hammer Strength Training Vest	HSTV	XS: 29"-31", S: 32"-34", M: 35"-37", L: 38"-40", XL: 41"-43", XXL: 44"-46", XXXL: 47"-49", XXXXL: 50"-52"

Specifications subject to change.

### STRENGTH FRAME AND UPHOLSTERY COLORS

See pages 130-131 for premium, standard and custom frame and upholstery color options.

### WARRANTY

10-year limited warranty on the structural frame (coatings excluded); 5-year on the pulleys, weight plates, and guide rods; 1-year on the bearings, cables and grips; and 90-day on the upholstery, springs, and any items not specified. Warranties outside the U.S. may vary. Contact Life Fitness for details.

### Strength Frame Colors



### Strength Upholstery Colors



### Strength Frame Color Chart

KEY:  
 ● Standard ○ Premium + Custom – Unavailable

COLOR	CIRCUIT SERIES	SIGNATURE SERIES		PRO2 SE SERIES	PRO2 SERIES	FIT SERIES	HAMMER STRENGTH		
		SINGLE STATIONS AND CABLE MOTION	BENCHES & RACKS				MTS	PLATE LOADED AND BENCHES & RACKS	OLYMPIC HEAVY-DUTY
Platinum	●	●	●	●	○	●	●	●	
White	●	●	●	●	●	●	●	●	
Black	—	●	—	●	○	—	●	●	
Ice Blue Metallic	—	○	—	○	○	—	○	●	
Midnight Metallic	—	○	—	○	○	—	○	●	
Nickel	—	○	—	○	○	—	○	●	
Blue	—	+	—	+	+	—	+	●	
Red	—	+	—	+	+	—	+	●	
Yellow	—	+	—	+	+	—	+	●	
Custom	—	+	—	+	+	—	+	+	

### Strength Upholstery Color Chart

KEY:  
 ● Standard ○ Premium + Custom – Unavailable

COLOR	CIRCUIT SERIES	SIGNATURE SERIES		PRO2 SE SERIES	PRO2 SERIES	FIT SERIES*	HAMMER STRENGTH		
		SINGLE STATIONS AND CABLE MOTION	BENCHES & RACKS				MTS	PLATE LOADED AND BENCHES & RACKS	OLYMPIC HEAVY-DUTY
Am. Beauty Red	●	●	●	●	○	—	●	●	○
Azure	●	●	●	●	○	—	●	●	○
Black	●	●	●	●	●	●	●	●	●
Cranberry	●	●	●	●	○	—	●	●	○
Graphite	●	●	●	●	○	—	●	●	○
Hunter Green	●	●	●	●	○	—	●	●	○
Regimental Blue	●	●	●	●	○	—	●	●	○
Royal Blue	●	●	●	●	○	—	●	●	○
Slate	●	●	●	●	○	—	●	●	○
Wheat	●	●	●	●	○	—	●	●	○
Burgundy	○	○	○	○	○	—	○	○	○
Candy Apple Red	○	○	○	○	○	—	○	○	○
Chestnut	○	○	○	○	○	—	○	○	○
Concord	○	○	○	○	○	—	○	○	○
Crocus	○	○	○	○	○	—	○	○	○
Dove Gray	○	○	○	○	○	—	○	○	○
Emerald	○	○	○	○	○	—	○	○	○
Grotto	○	○	○	○	○	—	○	○	○
Gun Metal	○	○	○	○	○	—	○	○	○
Imperial Blue	○	○	○	○	○	—	○	○	○
Jade	○	○	○	○	○	—	○	○	○
Navy	○	○	○	○	○	—	○	○	○
Northwds. Green	○	○	○	○	○	—	○	○	○
Paprika	○	○	○	○	○	—	○	○	○
Plum	○	○	○	○	○	—	○	○	○
Putty	○	○	○	○	○	—	○	○	○
Space Blue	○	○	○	○	○	—	○	○	○
Suede	○	○	○	○	○	—	○	○	○
Terra Cotta	○	○	○	○	○	—	○	○	○
Turquoise	○	○	○	○	○	—	○	○	○
Custom	+	+	+	+	+	—	+	+	+

Premium and custom frame and upholstery colors are available for an additional charge.

Actual frame and upholstery colors may differ from printed color samples shown.