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**PWR PLAY Product Line Specifications | Strength Team**

# PWR Play – General Product Line Specifications

## Frame

- Fully welded 11-gauge steel frames
- Electrostatic powder coat finish for maximum durability
- Ergonomic latex free rubber handles
- Optional front weight stack shrouds

## Weight Plates

- Solid steel 15 lb (7.5 kg) weight plates
- Top weight plate is fitted with self-lubricated bushings
- Magnetic weight selector pin locks into place

## Adjustments

- High visibility, color contrasting, yellow adjustment points
- Ergonomic latex free rubber over molded adjustments
- Minimal adjustments for ease of use and quick transition between stations

## Instructional Placards

- Placards pictorially illustrate the exercise instructions for ease of use without language barriers.
- QR code provides video of exercise and for use with LF Connect App

## Cable & Pulleys

- 7 x 19 strand construction, lubricated, nylon-coated cables.
- 3.5, 4.5, & 6 inch diameter fiberglass-impregnated nylon pulleys with sealed ball bearings
- Cable ratings:
  - 1/8" cable = 2,000 lbf tensile strength
  - 3/16" cable = 4,200 lbf tensile strength

## Foot platforms

- All foot platforms are molded with a slip-resistant texture

## Cushions

- Ergonomically contoured cushions utilize a molded foam for superior comfort, support and increased durability



[Life Fitness Knowledge Base Article](#)

## Weight Rating

- User weight rating = 300 lb (136 kg)

## Certifications

- ASTM F1749, F2571, F2216, F2276, F2277
- EN ISO 92057-1:2013, ISO/DIS 20957-2:2018
- CA TB133

## Warranty

- 10-year limited warranty on the structural frame (coatings excluded)
- 5 year on the pulleys, weight plates, & guide rods
- 1 year on the bearings, cables, & grips
- 90 days on the upholstery, springs, & any items not specified
- Warranties outside the U.S. may vary

# Core

## LPP-CORE

**Size (L x W x H):** 32.1" x 32.1" x 94"

Metric (cm): 82 x 82 x 239

**Weight:** 225 lb (102.1 kg)

**Additional info:**

- Used as the central connection point for PWR Play stations
- Can add up to 4 training stations per Core

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# Core Connector – Accessory Storage LPP-SX

**Size (L\* x W x H):** 37" x 11.7" x 83.6"

Metric (cm): 94 x 30 x 212

**Recommended Live Area (L\* x W x H):** 37" x 60" x 96"

Metric (cm): 94 x 152 x 244

**Weight:** 600 lb (272.2 kg)

**Recommended Accessories:**

- Kettlebells
- Slam Balls
- Med Balls

**Additional Info:**

- Med Ball / Slam Ball specific storage
- Flat, rubber over molded trays

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*Connects 2 Cores*

# Core Connector – Adjustable Cable Crossover LPP-CX

**Size (L\* x W x H):** 116.2" x 22.9" x 93.9"

Metric (cm): 295 x 58 x 239

**Recommended Live Area (L\* x W x H):** 116.2" x 129" x 113"

Metric (cm): 295 x 328 x 287

**Max Live Area (L\* x W x H):** 116.2" x 234" x 113"

Metric (cm): 295 x 594 x 287

**Weight:** 600 lb (272.2 kg)

**Weight Stack** (per weight stack):

Standard: 190 lb (95 kg)

Effective user resistance: 95 lb (47.5 kg)

## Accessories Included:

- 2 short handles
- 1 ankle strap

## Additional Info:

- 4 chin up handle positions
- Carriage adjusts from 7 to 76 inches (18 to 193 cm) above the floor
- Carriage swivels 175 degrees
- Cabled at a 2:1 ratio
- Optional: Adj. Cable Handle Storage

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Adj Cable Handle Storage  
LPP-HR

*Connects 2 Cores*

# Adjustable Cable Crossover - Attached LPP-CC

**Size (L\* x W x H):** 143.3" x 28.5" x 94"  
Metric (cm): 364 x 72 x 239

**Recommended Live Area (L\* x W):** 114.5" x 129" x 113"  
Metric (cm): 291 x 328 x 287

**Weight:** 720 lb (326.6 kg)

**Weight Stack** (per stack):  
Standard: 197.5 lb (92.5 kg)  
Effective user resistance: 98.75 lb (46.25 kg)

**Accessories Included:**

- 2 short handles
- 1 ankle strap

**Additional Info:**

- 2:1 cable ratio
- Carriages swivel 175°
- Adjusts from 7 to 76 inches (18 to 193 cm) above the floor
- Includes 4 chin-up handle positions
- Optional: Adj. Cable Handle Storage

*\*Length beyond the core.*



Adj Cable Handle Storage  
LPP-HR

# Adjustable 2:1 Cable LPP-AC

**Size (L\* x W x H):** 19.8" x 14.3" x 92"  
Metric (cm): 50.3 x 36 x 234

**Recommended Live Area (L\* x W x H):** 102" x 69" x 92"  
Metric (cm): 259 x 175 x 234

**Max Live Area (L\* x W x H):** 135" x 234" x 92"  
Metric (cm): 343 x 594 x 234

**Weight:** 260 lb (117.9 kg)

**Weight Stack:**

Standard: 197.5 lb (92.5 kg)

Effective user resistance: 98.75 lb (46.25 kg)

**Accessories Included:**

- 1 long handle
- 1 ankle strap

**Additional Info:**

- Carriage adjusts from 7 to 76 inches (18 to 193 cm) above the floor
- Carriage swivels 175 degrees
- 2:1 cable ratio
- 4 chin handle positions
- Optional: Adj. Cable Handle Storage

*\*Length beyond the core.*

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Adj Cable Handle Storage  
LPP-HR

# Adjustable 4:1 Dynamic Cable LPP-AD

**Size (L\* x W x H):** 19.8" x 14.3" x 92"  
Metric (cm): 50.3 x 36 x 234

**Recommended Live Area (L\* x W x H):** 102" x 69" x 92"  
Metric (cm): 259 x 175 x 234

**Max Live Area (L\* x W x H):** 135" x 234" x 96"  
Metric (cm): 343 x 594 x 244

**Weight:** 460 lb (208.7 kg)

**Weight Stack:**

Standard: 392.5 lb (183.5 kg)

Effective user resistance: 98.125 lb (45.875 kg)

**Accessories Included:**

- 1 short handle
- 1 long handle
- 1 ankle strap

**Additional Info:**

- Carriage adjusts from 7 to 76 inches (18 to 193 cm) above the floor
- Carriage swivels 175 degrees
- 4:1 cable ratio for more dynamic exercises
- Optional: Adj. Cable Handle Storage

*\*Length beyond the core.*

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Adj Cable Handle Storage  
LPP-HR

# Dual Cable High LPP-DH

**Size (L\* x W x H):** 18.1" x 50" x 92.1"

Metric (cm): 46 x 127 x 234

**Recommended Live Area (L\* x W x H):** 108" x 168" x 92.1"

Metric (cm): 274.3 x 426.7 x 234

**Max Live Area (L\* x W x H):** 206" x 374" x 92.1"

Metric (cm): 523 x 950 x 234

**Weight:** 430 lb (195 kg)

## **Weight Stack:**

Standard: 302.5 lb (141.5 kg)

Effective user resistance (per handle): 75.625 lb (35.375 kg)

## **Accessories Included:**

- 2 adjustable handles (with three adjustable positions to accommodate different size users)

## **Additional Info:**

- Unique design allows for users to use the pad for support or users can perform the movements unsupported for a more challenging total body workout
- Handle pulleys rotate 360 degrees for unlimited range of motion
- 4:1 cable handle ratio for more dynamic exercises

*\*Length beyond the core.*



# Dual Cable Low

## LPP-DL

**Size (L\* x W x H):** 20" x 50" x 92.1"

Metric (cm): 51 x 127 x 234

**Recommended Live Area (L\* x W x H):** 108" x 168" x 92.1"

Metric (cm): 274.3 x 426.7 x 234

**Max Live Area (L\* x W x H):** 208" x 374" x 92.1"

Metric (cm): 528 x 950 x 234

**Weight:** 435 lb (197.3 kg)

**Weight Stack:**

Standard: 302.5 lb (141.5 kg)

Effective user resistance (per handle): 75.625 lb (35.375 kg)

**Accessories Included:**

- 2 adjustable handles (with three adjustable positions to accommodate different size users)

**Additional Info:**

- Unique design allows for users to use the pad for support or users can perform the movements unsupported for a more challenging total body workout
- Handle pulleys rotate 360 degrees for unlimited range of motion
- 4:1 cable handle ratio for more dynamic exercises



# Dual Cable Pulldown

## LPP-DP

**Size (L\* x W x H):** 35.9" x 47.6" x 92.7"

Metric (cm): 91 x 121 x 235

**Recommended Live Area (L\* x W x H):** 60" x 84" x 92.7"

Metric (cm): 152 x 213 x 235

**Max Live Area (L\* x W x H):** 60" x 84" x 92.7"

Metric (cm): 60 x 213 x 235

**Weight:** 340 lb (154.2 kg)

### **Weight Stack:**

Standard: 257.5 lb (120.5 kg)

Effective user resistance (per handle): 128.75 lb (60.25 kg)

### **Accessories Included:**

- 2 short handles
- 1 Lat bar

### **Additional Info:**

- Adjustable knee hold down pad accommodates different size users
- 2 overhead swivel pulleys with independent directional resistance
- 2:1 cable handle ratio
- Comes with lat bar storage

*\*Length beyond the core.*



# Dual Cable Row

## LPP-DR

**Size (L\* x W x H):** 73" x 26.6" x 92.1"

Metric (cm): 185 x 68 x 234

**Recommended Live Area (L\* x W x H):** 97" x 69" x 92.1"

Metric (cm): 245 x 175 x 234

**Max Live Area (L\* x W x H):** 97" x 69" x 92.1"

Metric (cm): 245 x 175 x 234

**Weight:** 360 lb (163.3 kg)

**Weight Stack:**

Standard: 257.5 lb (120.5 kg)

Effective user resistance (per handle): 128.75 lb (60.25 kg)

**Accessories Included:**

- 2 short handles
- 1 row handle

**Additional Info:**

- 2 swivel pulleys with independent directional resistance
- 2:1 cable handle ratio
- Angled foot platforms for bracing/stability

*\*Length beyond the core.*

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# Pulldown

## LPP-PD

**Size (L\* x W x H):** 35.9" x 54" x 92"

Metric (cm): 91 x 137 x 234

**Recommended Live Area (L\* x W x H):** 60" x 84" x 92"

Metric (cm): 152 x 213 x 234

**Max Live Area (L\* x W x H):** 60" x 84" x 92"

Metric (cm): 60 x 213 x 234

**Weight:** 340 lb (154.2 kg)

### Weight Stack:

Standard: 257.5 lb (120.5 kg)

Effective user resistance: 257.5 lb (120.5 kg)

### Accessories Included:

- 1 lat bar

### Additional Info:

- For performing standard lat pulldowns
- Adjustable knee hold down pad to accommodate different size users
- Swivel pulley for exercise variety
- 1:1 cable ratio for max resistance

*\*Length beyond the core.*

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# Row

## LPP-RW

**Size (L\* x W x H):** 73" x 26.6" x 92.1"

Metric (cm): 185 x 68 x 234

**Recommended Live Area (L\* x W x H):** 97" x 69" x 92.1"

Metric (cm): 245 x 175 x 234

**Max Live Area (L\* x W x H):** 97" x 69" x 92.1"

Metric (cm): 245 x 175 x 234

**Weight:** 360 lb (163.3 kg)

**Weight Stack:**

Standard: 257.5 lb (120.5 kg)

Effective user resistance: 257.5 lb (120.5 kg)

**Accessories Included:**

- 1 row handle

**Additional Info:**

- For performing standard rows
- 1:1 cable ratio
- Angled foot platforms for bracing/stability

*\*Length beyond the core.*

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# Triceps Pushdown

## LPP-TP

**Size (L\* x W x H):** 20.1" x 14.3" x 92.1"

Metric (cm): 51 x 36 x 234

**Recommended Live Area (L\* x W x H):** 48" x 36" x 92.1"

Metric (cm): 122 x 91 x 234

**Max Live Area (L\* x W x H):** 48" x 36" x 92.1"

Metric (cm): 122 x 91 x 234

**Weight:** 225 lb (102.1 kg)

**Weight Stack:**

Standard: 197.5 lb (92.5 kg)

Effective user resistance: 197.5 lb (92.5 kg)

**Accessories Included:**

- 1 triceps rope

**Additional Info:**

- For performing triceps pushdowns
- 1:1 cable ratio for max resistance
- Swivel pulley for exercise variety



# Assist Dip / Chin

## LPP-DC

**Size (L\* x W x H):** 44.7" x 46.5" x 97.8"

Metric (cm): 113 x 118 x 248

**Recommended Live Area (L\* x W x H):** 69" x 70.5" x 113"

Metric (cm): 175 x 178 x 287

**Max Live Area (L\* x W x H):** 69" x 70.5" x 113"

Metric (cm): 175 x 178 x 287

**Weight:** 610 lb (278 kg)

### Weight Stack:

Standard: 257.5 lb (120.5 kg)

Effective user assistance: 125.5 lb (62.75 kg)

### Additional info:

- Folding foot support that allows for assisted or unassisted dips & chin-ups
- 3 chin-up hand positions
- Weight Stack labels reflect the amount of assistance
- **Does not have a shroud option**

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*\*Length beyond the core.*

# Station Panel

## LPP-PA

**Size (W x H):** 23.25" x 71"\*

Metric (cm): 59 x 180

\*Blank shroud does not affect size or Live Area

**Weight:** 13 lb (5.9 kg)

**Additional info:**

- Fills open sides of the Core for a clean consistent aesthetic

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# Punching Bag Anchor LPP-BA

**Size (L\* x W x H):** 34.4" x 26.6" x 98.5"

Metric (cm): 87 x 68 x 250

**Recommended Live Area (L\* x W):** 108" x 108"

Metric (cm): 274 x 274

**Weight (w/o Heavy Bag):** 70 lb (31.8 kg)

## Recommended Accessories

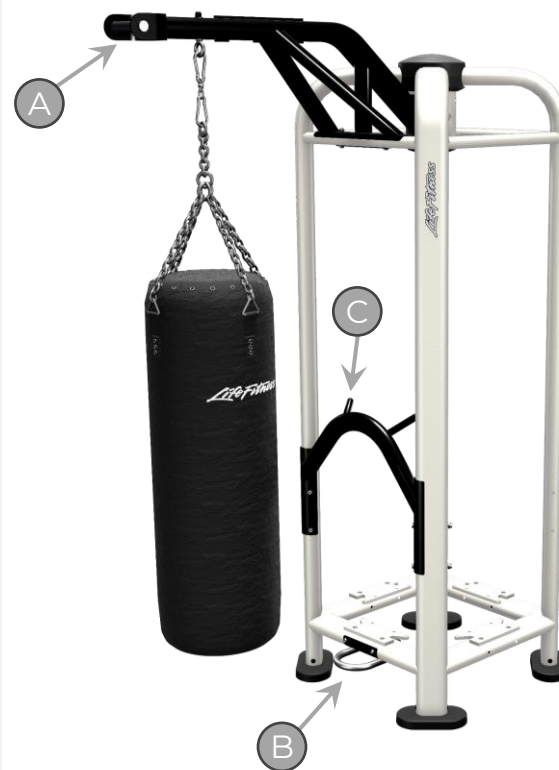
- Heavy Bag
- Boxing Gloves
- Suspension Trainer
- Battle Rope

## Additional Info:

- Bodyweight Trainer anchor
  - Battle Rope anchor
  - Glove and bag storage for when performing suspension training exercises
- Rated for a 100 lb / 50 kg Heavy Bag
    - Heavy Bag not included
  - **Note: Does not have a shroud option**

*\*Length beyond the core.*

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# Rope Pull

## LPP-RP

**Size (L\* x W x H):** 20" x 26.6" x 95.8"

Metric (cm): 51 x 68 x 243

**Recommended Live Area (L\* x W):** 108" x 108"

Metric (cm): 274 x 274

**Weight:** 100 lb (45 kg)

### Additional info:

- Overhead infinity rope with 5 different resistance settings for tailoring the pulling difficulty to your training
- Mid & low redirect pulleys provide multiple pulling angles
- **Note: Does not have a shroud option**

*\*Length beyond the core.*

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# Power Pivot

## LPP-PP

**Size (L\* x W x H):** 20.4" x 39" x 86.6"

Metric (cm): 52 x 99 x 220

**Recommended Live Area (L\* x W):** 108" x 108" x 86.6"

Metric (cm): 274 x 274

**Weight:** 80 lb (36.3 kg)

### Accessories Included:

- PWR Play Pivot bar that is ½ the weight of an Olympic Bar
- PWR Play Pivot bar storage location
- Olympic Plates weight storage
  - Note: Can attach to either side

### Recommended Accessories

- x1 – 5 lb Urethane Olympic Plate
- x2 – 10 lb Urethane Olympic Plates
- x1 – 25 lb Urethane Olympic Plate
- x1 – 45 lb Urethane Olympic Plate

### Additional Info:

- Used for rotational power
- **Note: does not have a shroud option**

*\*Length beyond the core.*

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# Power Pivot / Rope Pull

## LPP-PR

**Size (L\* x W x H):** 20.4" x 39" x 95.8"

Metric (cm): 52 x 99 x 243

**Recommended Live Area (L\* x W):** 108" x 108" x 95.8"

Metric (cm): 274 x 274 x 243

**Weight:** 180 lb (81.3 kg)

**Additional Info:**

- Combines the Rope Pull & Power Pivot into a single station

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*\*Length beyond the core.*

# Stall Bars

## LPP-SB

**Size (L\* x W x H):** 10.6" x 42" x 97.4"

Metric (cm): 27 x 107 x 247

**Recommended Live Area (L\* x W):** 108" x 108"

Metric (cm): 274 x 274

**Weight:** 340 lb (154.2 kg)

### Recommended Accessories:

- Covered Anchor Bands: Light, Medium, Heavy, Extra Heavy
- Body Weight Trainer

### Additional Info:

- Used for bodyweight training, anchoring bands and stretching
- 8" (20 cm) rung spacing
- Offset pull-up bar for suspension training, pull-ups, leg raises, etc.
- **Note: does not have a shroud option**

*\*Length beyond the core.*

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# Versa LPP-VA

**Size (L\* x W x H):** 25.6" x 14.5" x 92.6"

Metric (cm): 65 x 37 x 235

**Recommended Live Area (L\* x W):** 108" x 108"

Metric (cm): 274 x 274

**Weight:** 189 lb (85.7 kg)

## Recommended Accessories:

- Dual Handle Covered Bands: Medium, Extra Heavy
- Looped Covered Bands: Heavy, Extra Heavy
- Kettle Bells: 15 lb, 20 lb, 25 lb, 30 lb
- Slam Balls: 6 lb, 10 lb, 15 lb
- Med Balls: 6 lb, 8 lb, 10 lb, 15 lb

## Additional Info:

- Accessory Storage Areas: for: Elastic band, Med Ball, Kettlebells, and more.
- 5 U-Links for attaching & adjusting:
  - Step Platform (LPP-ST)
  - Dip Handle (LPP-DI)
  - Elastic bands
- **Note: does not have a shroud option**
- Optional: Dip or Step

*\*Length beyond the core.*

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Dip Attachment  
(LPP-DI)



Step Attachment  
(LPP-ST)

# Adjustable Cable Handle Storage LPP-HR

**Size (L\* x W x H):** 26.5" x 8.5" x 7"

Metric (cm): 67 x 22 x 18

**Recommended Live Area (L\* x W):** 33" x 33"

Metric (cm): 84 x 84

**Weight:** 31 lb (14.1 kg)

## Additional Info:

- Works with:
  - Adjustable Cables (LPP-AC & LPP-AD)
  - Adjustable Cable Crossovers (LPP-CC & LPP-CX)
- Flat rubber over molded storage shelf for storing accessories, water bottle, handles or attachments
- 6 chrome plated J-Hooks for handles storage

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*\*Length beyond the core.*

# DIP

## LPP-DI

**Size (L\* x W x H):**

32 x 28 x 13 in (81 x 71 x 33 cm)

**Recommended Live Area (L\* x W x H):**

68 x 52 x 96 in ( 173 x 132 x 244 cm)

**Weight:** 27 lb (12.2 kg)

**Additional Info:**

- Max User weight: 300 lb (136 kg)
- Works with the Versa Station only

*\*Length beyond the core.*

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# STEP LPP-ST

**Size (L\* x W x H):**

30.5 x 24.5 x 13.0 in (77 x 62 x 33 cm)

**Recommended Live Area (L\* x W x H):**

67x 97 x 96 in (170 x 246 x 244 cm)

**Weight:** 50 lb (22.7 kg)

**Additional Info:**

- Max User weight: 300 lb (136 kg)
- Max Load Capacity: 400 lb (182 kg)
- Works with the Versa Station only

*\*Length beyond the core.*

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# Adjustable Cable Crossbar LPP-CB

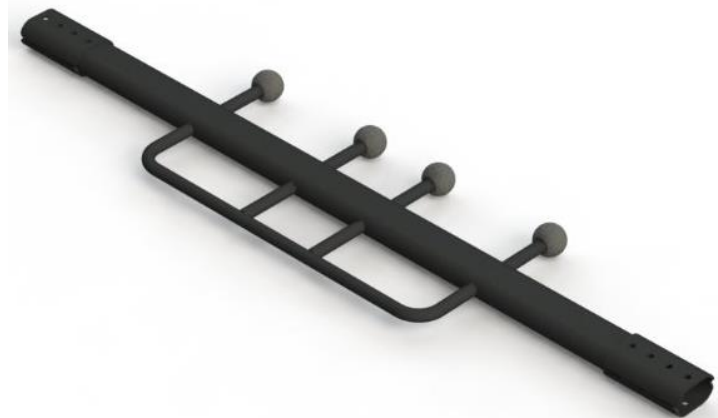
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**Size (L x W x H):** 4 different lengths:

Option	Space Between Units	Weight	L	W	H
S	72.4" (183.9 cm)	56 lb (25 kg)	81.5" (207 cm)	19.5" (50 cm)	6.0" (15 cm)
M	84.4" (214.4 cm)	60lb (27 kg)	93.5" (237 cm)	19.5" (50 cm)	6.0" (15 cm)
L	96.4" (244.9 cm)	64 lb (29 kg)	105.5" (268 cm)	19.5" (50 cm)	6.0" (15 cm)
XL	99.1" (251.7 cm)	65 lb (30 kg)	108.2" (275 cm)	19.5" (50 cm)	6.0" (15 cm)

## Additional Info:

- Designed to connect LPP-AC or LPP-AD or SYNRGY360/90 Cable leg
- Functional training attachment anchor
- Straight Pull up handles on one side of the boom with multiple grip options
- Ball Grip Pull up handles on the other side offer multiple grip options and additional training variation
- Coated with a special high-wear charcoal grey powder coat paint formulation to resist wear and provides a texture coating for better grip



# PWR Play Shrouds

	MODEL	Model Code	Front Shroud
CORE	CORE	LPP-CORE	N/A
	CORE CONNECTOR - ACCESSORY STORAGE	LPP-SX	
	CORE CONNECTOR - ADJUSTABLE CABLE CROSSOVER	LPP-CX	
CABLE	ADJUSTABLE CABLE CROSSOVER	LPP-CC	Dom: Optional EU: Required
	ADJUSTABLE 2:1 CABLE	LPP-AC	
	ADJUSTABLE 4:1 DYNAMIC CABLE	LPP-AD	
DUAL CABLE	DUAL CABLE HIGH	LPP-DH	Dom & EU: Optional
	DUAL CABLE LOW	LPP-DL	
	DUAL CABLE ROW	LPP-DR	
	DUAL CABLE PULLDOWN	LPP-DP	
TRADITIONAL	ROW	LPP-RW	N/A
	PULLDOWN	LPP-PD	
	TRICEPS PUSHDOWN	LPP-TP	
	ASSIST DIP / CHIN	LPP-DC	
	STATION PANEL	LPP-PA	
FUNCTIONAL	PUNCHING BAG ANCHOR	LPP-BA	N/A
	ROPE PULL	LPP-RP	
	POWER PIVOT	LPP-PP	
	POWER PIVOT / ROPE PULL	LPP-PR	
	STALL BARS	LPP-SB	
	VERSA	LPP-VA	
MISC	DIP	LPP-DI	N/A
	STEP	LPP-ST	
	ADJUSTABLE CABLE CROSSBAR	LPP-CB	
	ADJUSTABLE CABLE HANDLE STORAGE	LPP-HR	

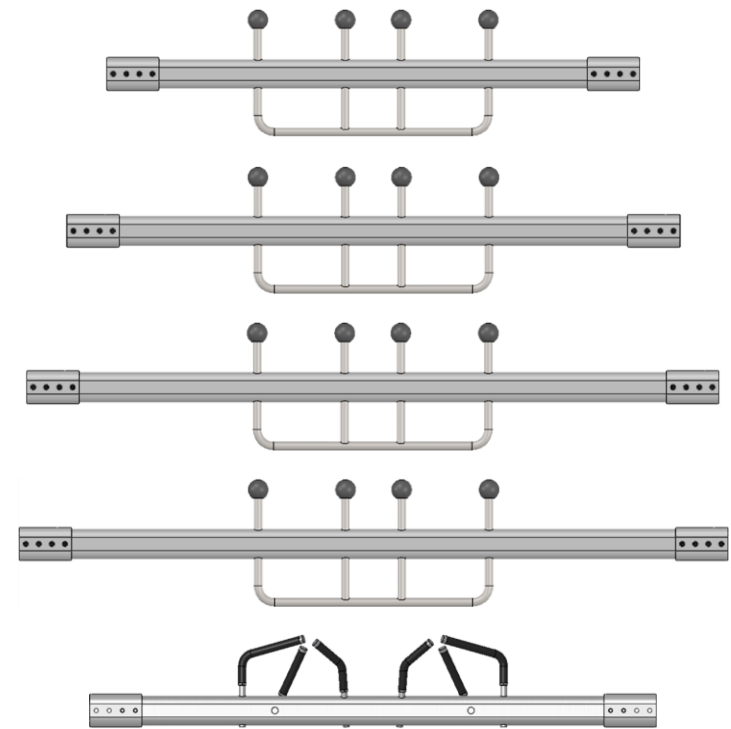




# PWR Play

## Crossbar Comparison

Model	Option	Space Between Units	Weight	L	W	H
LPP-CB	S	72.4" (183.9 cm)	56 lb (25 kg)	81.5" (207 cm)	19.5" (50 cm)	6.0" (15 cm)
	M	84.4" (214.4 cm)	60lb (27 kg)	93.5" (237 cm)	19.5" (50 cm)	6.0" (15 cm)
	L	96.4" (244.9 cm)	64 lb (29 kg)	105.5" (268 cm)	19.5" (50 cm)	6.0" (15 cm)
	XL	99.1" (251.7 cm)	65 lb (30 kg)	108.2" (275 cm)	19.5" (50 cm)	6.0" (15 cm)
LPP-CC LPP-CX	-	77.6" (197.1 cm)	66 lb (30 kg)	86.7" (220 cm)	14.0" (36 cm)	7.4" (19 cm)



**NOTE:** PWR Play Crossbar dimensions are the same as the MJ counterparts

# PWR Play

## How do I convert?

Adj Cable to Core Connector - Adj Cable Crossover:



**Note:** Both Adjustable Cables should be the same model to ensure the same cable ratio and ultimately the same feel.

# PWR Play

## How do I convert?

An **Adj Cable Crossover** to **Core Connector - Adj Cable Crossover**:



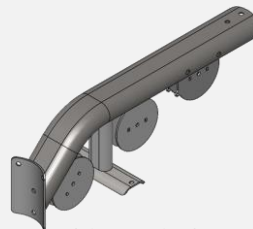
Existing  
**Adj Cable Crossover**  
(LPP-CC)

-



Remove - Reuse - Recycle  
**Tower Portion of Adj Cable Crossover**  
(Many of the components need to be reused)

+



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Add new components (via Service):

- **1x Upper Weldment** (p/n: 1025057-0000 in frame color)
- **1x Cable** (p/n: 8946916)
- **5x Bolts** (p/n: 3236202)
- **7x Washers** (p/n: 3236601)
- **5x Nylock Nuts** (p/n: 3236801)
- **2x Hole Plugs** (p/n: 3237403)
- **1x Placard** (p/n: 1024717-0001)



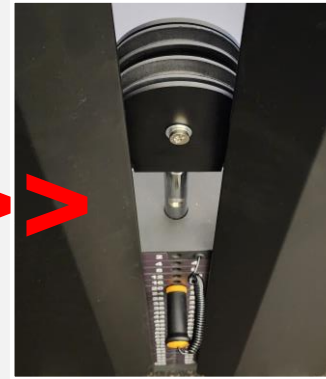
New  
**Core Connector - Adj Cable Crossover**

# PWR Play & MJ

## Do they work together?

### ✓ PWR Play Stations do work on the MJ CORE

- **However**, the new increment weight system on PWR Play will **NOT** work on the MJ CORE since the structure to support it is new and only on the PWR Play CORE. The increment weight system should be removed and be recycled. The old MJ add-on increment weight would then be able to be used on the new PWR Play weight stack



### ✗ MJ Stations do NOT work on the PWR Play CORE

- ✓ PWR Play Handle Rack (LPP-HR) does connect to the MJ CORES in the same way as the previous version (MJ-HAR)

- ✓ PWR Play Front Shrouds do fit on the MJ.

- **However**, the PWR Play Shroud Support Brackets are NOT compatible with MJ



# PWR Play & MJ

## How do I connect?

The new **PWR Play system** to the old **Multi-Jungle (MJ) system**?

Connect a **PWR Play Core**  
to a **Multi Jungle Core**  
with either **Core Connector**

**Note:** *Cybex PWR Play and Life Fitness Multi-Jungle used the same frames*

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**Core Connector – Accessory Storage**  
LPP-SX



**Core Connector - Adjustable Cable Crossover**  
LPP-CX

**However,** the new PWR Play increment weight system will **NOT** work on the MJ CORE as previously stated & will need to be removed

# PWR Play & MJ Can I?

Reuse the **MJ Adj Pulley** to create **PWR Play Core Connector - Adj Cable Crossover**:

**No!**

**WHY?**

- The Weight Stacks would **NOT** be equal
  - (See the **Main Weight Stack** comparison)
- The top weldment needs replacing

To replace the weight stack, the top weldment and other misc. components would cost as much as simply buying a new station



Main Weight Stack (lb)	
MJAP	PWR Play
5	5
10	12.5
15	20
20	27.5
25	35
30	42.5
35	50
42.5	57.5
50	65
57.5	72.5
65	80
72.5	87.5
80	95
87.5	-
95	-

Main Weight Stack (kg)	
MJAP	PWR Play
2.5	2.5
5	6
7.5	9.5
10	13
12.5	16.5
15	20
17.5	23.5
21.25	27
25	30.5
28.75	34
32.5	37.5
36.25	41
40	44.5
43.75	-
47.5	-

**Note:** Cybex PWR Play and Life Fitness Multi-Jungle used the same frames