

# Integrity Series Cross-Trainer (CLSX)

Operation Manual



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\* Also check [www.lifefitness.com](http://www.lifefitness.com) for local representation or distributor/dealer

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Before using this product, it is essential to read this ENTIRE operation manual and ALL installation instructions. It describes equipment setup and instructs members on how to use it correctly and safely.

Avant d'utiliser ce produit, il est indispensable de lire ce manuel d'utilisation dans son INTÉGRALITÉ, ainsi que TOUTES les instructions d'installations.

Ce manuel explique comment installer l'équipement et comment l'utiliser correctement et sans danger.

#### FCC Warning - Possible Radio / Television Interference

Note: This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.

Class SA (Studio): Professional and / or commercial use.



**CAUTION: Any changes or modifications to this equipment could void the product warranty.**

**Mise en garde : tout changement ou toute modification de ce matériel peut annuler la garantie du produit.**

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative.

This Operation Manual describes the functions of the following product:

### **Integrity Series Cross-Trainer (CLSX)**

See "Specifications" in this manual for product specific features.

Statement of Purpose: The Life Fitness Cross-Trainer is an exercise machine that combines low-impact elliptical pedaling with push/pull arm motion to provide an efficient, effective total body workout.



**CAUTION: Life Fitness STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, or is over the age of 45, or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.**

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.



**Mise en garde: Life Fitness conseille VIVEMENT de consulter un médecin pour subir un examen médical complet avant de commencer tout programme d'exercice, et tout particulièrement si l'utilisateur a des antécédents familiaux d'hypertension ou de troubles cardiaques, ou s'il a plus de 45 ans, s'il fume, s'il a du cholestérol, s'il est obèse ou n'a pas fait d'exercice régulièrement depuis un an.**

Si, pendant l'utilisation de l'appareil, l'utilisateur ressent un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit cesser immédiatement.

# IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the LIFE FITNESS cross-trainer.



**DANGER:** To reduce the risk of electrical shock, always unplug Life Fitness product before cleaning or attempting any maintenance activity.

- **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
- **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
- **WARNING:** Keep the area 6.5 ft. (2 m) by 3 ft. (1 m) behind the Life Fitness cross-trainer clear of any obstructions, including walls, furniture, and other equipment.
- **WARNING:** Be sure the emergency stop lanyard is clipped to the user and in proper position on the cross-trainer before beginning any workout.
- **CAUTION:** Risk of injury to persons - to avoid injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual before using.
- **CAUTION:** Any changes or modifications to this equipment could void the product warranty.
  - To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
  - Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.
  - Position the product so that the power cord plug to the wall is accessible to the user.
  - If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
  - Always follow the console instructions for proper operation.
  - This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
  - Do not use this product outdoors, near swimming pools or in areas of high humidity.
  - Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
  - Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Support Services.

- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces, and towels away from moving parts.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and using.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord on the floor under or along the side of the cross-trainer. Refer to Section 2.5 for proper power cord routing.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- Never mount or dismount the cross-trainer while the running belt is moving. Use the handrails whenever additional stability is required. In case of an emergency, such as tripping, grasp the handrails, and place the feet on the side platforms.
- Never walk or jog backwards on the cross-trainer.
- When it is necessary to immobilize the cross-trainer, set the display to read SELECT WORKOUT. (Press the STOP key twice if not already there.) Then hold down the SPEED DOWN key and press the PAUSE key. The cross-trainer now displays IMMOBILIZED”. In this state, the cross-trainer cannot be operated. The belt and incline motors are disabled. The cross-trainer will remain in this state across resets, power cycles, etc. To restore normal operation, repeat the same key sequence: hold down the SPEED DOWN key, and press the PAUSE key. The cross-trainer will display “SELECT WORKOUT” again.
- Read all warnings on each product prior to starting a workout.
- Children should be supervised to ensure that they do not play with the product.
- Health and Environmental Regulations Warning - This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

**SAVE THESE INSTRUCTIONS FOR  
FUTURE REFERENCE.**

# CONSIGNES DE SÉCURITÉ IMPORTANTES

Lire toutes les instructions avant d'utiliser le tapis roulant.



**DANGER:** Pour réduire les risques de décharge électrique, toujours débrancher cet appareil Life Fitness avant le nettoyage ou toute mesure d'entretien.

- **AVERTISSEMENT:** Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, chaque appareil doit absolument être branché sur une prise électrique correctement mise à la terre.
- **AVERTISSEMENT:** Des systèmes de surveillance de fréquence cardiaque peuvent être inexacts. Trop d'exercices peuvent entraîner des blessures sérieuses, voire mortelles. En cas de sensation d'évanouissement, arrêter immédiatement l'entraînement.
- **AVERTISSEMENT:** Conserver une zone de 2 m sur 1 m libre de toute obstruction derrière le tapis roulant (aucun mur, meuble ou autre appareil).
- **AVERTISSEMENT:** S'assurer que la dragonne d'arrêt d'urgence est attachée à l'utilisateur et fixée adéquatement au tapis roulant avant de commencer un exercice.
- **MISE EN GARDE:** Risque de blessures corporelles - Pour éviter de se blesser, faire preuve d'extrême prudence lors de la montée ou descente de la courroie en mouvement. Lire les instructions avant tout usage de l'appareil.
- **MISE EN GARDE:** Tout changement et toute modification de ce matériel peut annuler la garantie du produit.
  - Pour débrancher, mettre l'appareil hors tension au niveau de l'interrupteur d'alimentation, puis retirer la fiche de la prise électrique.
  - Ne jamais faire fonctionner un produit Life Fitness dont la fiche ou le cordon d'alimentation est endommagé, ni aucun appareil qui serait tombé ou aurait été endommagé ou même partiellement plongé dans l'eau. Appeler le service clientèle de Life Fitness.
  - Placer ce produit de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation.
  - Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
  - Les instructions de la console doivent toujours être suivies pour obtenir un fonctionnement correct.
  - Cet appareil n'est pas prévu pour être utilisé par des personnes (y compris les enfants) dont les capacités physiques, sensorielles ou mentales sont réduites, ou des personnes dénuées d'expérience ou de connaissance, sauf si elles ont pu bénéficier, par l'intermédiaire d'une personne responsable de leur sécurité, d'une surveillance ou d'instructions préalables concernant l'utilisation de l'appareil.
  - Ne pas utiliser ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.



- Ne jamais faire fonctionner d'appareil Life Fitness dont les orifices d'aération seraient bloqués. Les garder exempts de peluches, de cheveux ou de toute obstruction.
- Ne jamais rien insérer dans les ouvertures de cet appareil. Si un objet tombe à l'intérieur de l'appareil, couper l'alimentation électrique, débrancher le cordon de la prise et le récupérer avec précaution. S'il est impossible de l'atteindre, communiquer avec le service à la clientèle de Life Fitness.
- Ne jamais placer aucun liquide directement sur l'appareil, sauf dans le plateau pour accessoires ou un support prévu à cet effet. Il est recommandé d'utiliser des conteneurs munis de couvercles.
- Ne pas utiliser cet appareil pieds nus. Toujours porter des chaussures. Porter des chaussures avec des semelles en caoutchouc ou fournissant une très bonne adhérence. Ne pas utiliser de chaussures à talons, à semelles en cuir ou munies de crampons. S'assurer qu'aucun caillou n'est incrusté dans les semelles.
- Éloigner les vêtements lâches, les lacets et les serviettes des pièces en mouvement.
- Ne pas placer les mains sous l'appareil ou dans l'appareil, et ne pas le renverser sur le côté pendant le fonctionnement.
- Ne laisser personne déranger de quelque manière que ce soit l'utilisateur ou interférer avec l'équipement durant un entraînement.
- Laisser les consoles ACL se « normaliser » pendant une heure quant à la température avant le branchement et l'utilisation de l'appareil.
- Cet appareil ne doit être employé que pour l'usage auquel il est destiné, conformément aux directives du manuel. Ne pas utiliser d'accessoires qui ne sont pas recommandés par le fabricant.
- Tenir le cordon d'alimentation à l'écart de toute surface chauffée. Ne pas tirer l'appareil par le cordon d'alimentation; ne pas utiliser le cordon comme poignée. Ne pas faire passer le cordon sur le sol, sous le tapis roulant, ni le long de l'appareil. Reportez-vous à la Section 2.5 pour la disposition adéquate du cordon d'alimentation.
- Les rampes latérales peuvent servir à rétablir son équilibre, mais ne sont pas destinées à un usage continu.
- Ne jamais monter sur le tapis de course et ne pas en descendre jamais pendant qu'il tourne. Utiliser les rampes latérales afin de ne pas perdre l'équilibre. En cas d'urgence, par exemple, en cas de trébuchement ou de faux pas, saisir les barres latérales et placer les pieds sur les plates-formes latérales.
- Ne jamais marcher ni courir à reculons sur le tapis roulant.
- Ne pas utiliser ce produit dans des salles où des vaporisateurs aérosols sont employés ou bien où de l'oxygène est administré. Ces substances créent des risques de combustion et d'explosion.
- S'il est nécessaire d'immobiliser le tapis roulant, régler l'afficheur sur SELECT WORKOUT (SÉLECTIONNER EXERCICE). (Appuyer deux fois sur la touche Remise à zéro si l'afficheur n'en est pas déjà à ce point.) Maintenir ensuite la touche SPEED DOWN (RALENTISSEMENT) enfoncée et appuyer sur la touche PAUSE. L'appareil affiche désormais IMMOBILIZED (Immobilisé). Il ne peut alors plus fonctionner, Le moteur principal, le moteur en ligne et le cireur sont désactivés. Le tapis roulant restera immobilisé, même s'il est réinitialisé, mis hors tension, puis remis sous tension, etc. Le mode de fonctionnement normal ne peut être rétabli qu'au moyen de la même séquence de touches : maintenir la touche SPEED DOWN (RALENTISSEMENT) enfoncée et appuyer sur PAUSE. L'appareil affichera SELECT WORKOUT (SÉLECTIONNER EXERCICE) à nouveau.
- Lisez tous les avertissements sur chaque produit avant de démarrer un exercice.
- Ne laisser personne déranger de quelque manière que ce soit l'utilisateur ou interférer avec l'équipement durant un entraînement.
- Règlementation en matière de santé et d'environnement : avertissement - Ce produit peut contenir des substances chimiques considérées par l'État de Californie comme cancérigènes et causant des malformations congénitales ou d'autres troubles de l'appareil reproducteur. Pour plus d'informations sur la réglementation européenne n° 1907/2006 (REACH) et le California Safe Drinking Water and Toxic Enforcement Act de 1986 (Proposition 65), connectez-vous à l'adresse suivante : <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

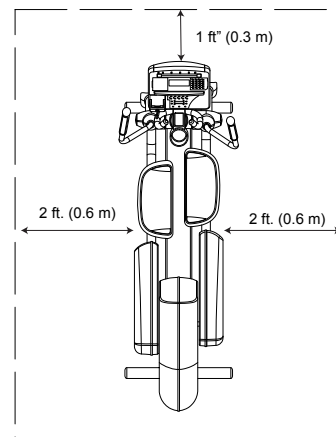
**CONSERVER CES INSTRUCTIONS  
POUR TOUT USAGE ULTÉRIEUR.**

# 1 SETUP

Read the Operation Manual before setting up the Life Fitness Cross-trainer. Place the cross-trainer where it will be used before beginning the setup procedure.

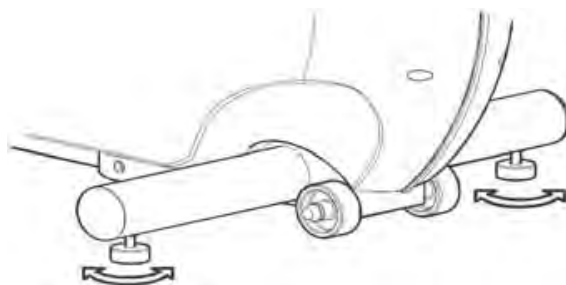
## WHERE TO PLACE THE LIFE FITNESS® CROSS-TRAINER

Follow all *Safety Instructions* in Section 1.1 and move the Life Fitness Cross-Trainer to the location in which it will be used. See Section 4, *Specifications*, for the dimensions of the footprint. Allow 1 foot of clearance in front of the Life Fitness Cross-Trainer to allow for movement of the pedal levers and at least 2 ft. (0.6 m) on the side. It should be easy to mount the Life Fitness Cross-Trainer from the side.



## HOW TO STABILIZE THE LIFE FITNESS CROSS-TRAINER

After placing the Life Fitness Cross-Trainer in position, check the unit's stability by attempting to rock it. Any slight rocking indicates that the unit must be leveled. Check the stabilizing feet to determine which foot does not rest fully on the floor. Rotate the foot counter-clockwise to lower it. Recheck the stability and adjust again as needed until the Life Fitness Cross-Trainer is stable and no longer rocks. **Lock the adjustment into position by tightening the jam nut against the stabilizer bar with an open end 9/16 inch wrench.**



## CHECK FOR POWER

The console is powered by a rechargeable 6-volt battery. Check the battery by pressing the START key. The console should light up, and the MESSAGE CENTER should display a prompt to set up a workout. If this does not occur, mount the Life Fitness Cross-Trainer and begin pedaling. The console should then light up, making it possible to program a workout. Pedal for 10 to 20 minutes at 1.5 mph (2.4 kph) or faster during a workout to charge the battery. Afterwards, the pedal action during workouts keeps the battery charged. If the console still does not light, contact Life Fitness Customer Support Services (see page one of this manual for more information).

## FITNESS AND ENTERTAINMENT NETWORKING

Two interchangeable network ports allow the Life Fitness Cross-Trainer to be connected to a fitness entertainment system and/or a network, such as FitLinxx™ interactive fitness network.

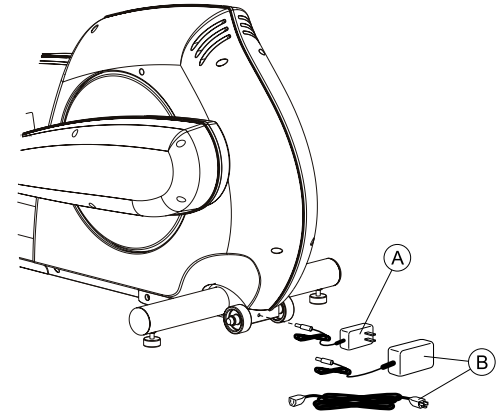
- **Networking:** The built-in networking ports allow the unit to exchange workout information with a fitness network database.
- **Fitness Entertainment:** The network connection enables the console to power a third-party receiver for use with a service such as the Cardio Theater® entertainment system or the BroadcastVision™ entertainment system.

These ports are located on the back of the console and are enclosed by a removable cover. Any use of the ports for other than their intended purpose could void the product warranty.



## CHECK FOR CONSOLE POWER

The console is powered by a rechargeable 6-volt battery. Check the battery by pressing the START key. The console should light up, and the MESSAGE CENTER should display a prompt to set up a workout. If this does not occur, mount the Life Fitness Cross-Trainer and begin pedaling. The console should then light up, making it possible to program a workout. Pedal for 10 to 20 minutes at 1.5 mph (2.4 kph) or faster during a workout to charge the battery. Afterwards, the pedal action during workouts keeps the battery charged. If the console still does not light, contact Life Fitness Customer Support Services (see page one of this manual for more information).



**Note:** Optional external power supply can be used for CLSX units. Use only the power supply provided by Life Fitness in order to insure against unsafe operation.

## GROUNDING INSTRUCTIONS (APPLICABLE FOR UNITS USING EXTERNAL POWER SUPPLY)

This Life Fitness product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides a path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances.



**A temporary adapter MUST NOT BE USED to connect this plug to a two-pole receptacle in North America. If a properly grounded, 15amp outlet is not available, one must be installed by a qualified electrician.**



**IL EST ABSOLUMENT INTERDIT d'employer un adaptateur temporaire pour brancher cette fiche sur une prise bipolaire en Amérique du Nord. Si aucune prise de 15 A correctement mise à la terre n'est disponible, en faire installer une par un électricien qualifié.**



**DANGER: A risk of electrical shock may result from improper connection of the equipment-grounding conductor. Check with a qualified electrician if in doubt as to proper grounding technique. DO NOT modify the plug provided with the product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Any modification to the electrical plug will result in a voided warranty.**

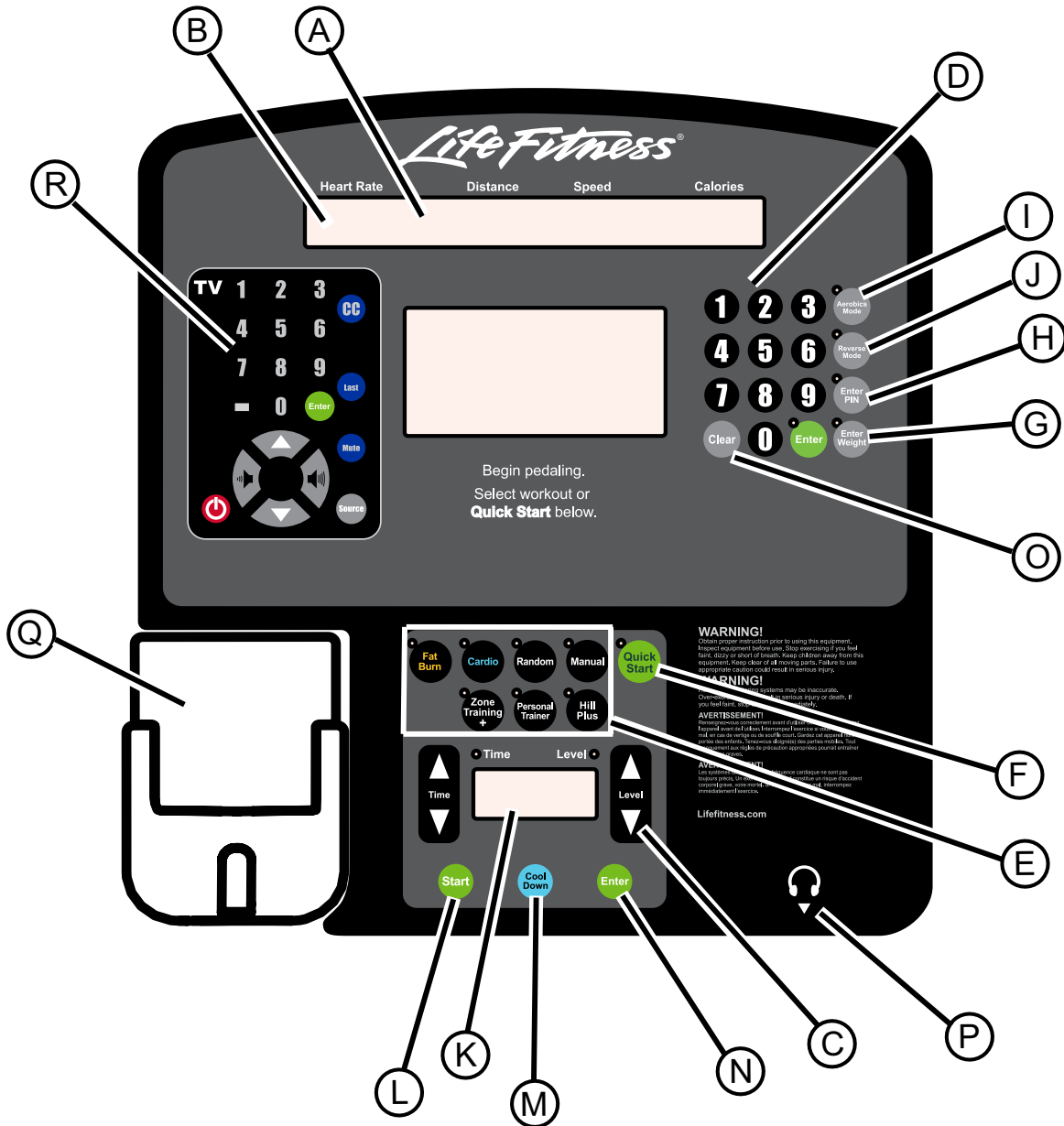


**Un branchement incorrect du conducteur de mise à la terre peut entraîner des risques de décharge électrique. Consulter un électricien si des doutes subsistent quant à la technique de mise à la terre. NE PAS MODIFIER la fiche fournie avec l'appareil. Si elle ne s'adapte pas à une prise, faire installer une prise correcte par un électricien qualifié. Toutemodification à la fiche annule la garantie.**

# 2 Console Overlay

## 2.1 Console Overlay

The computerized display console on the cross-trainer allows the user to tailor a workout to personal fitness abilities and goals and to monitor progress. With this easy-to-use console, the user can track fitness improvement from one workout to another.



## 2.2 Console Overlay Description

A. **WORKOUT PROFILE** window: This window displays shapes, made of columns of lights, that represent the levels of intensity in a workout-in-progress. The height of the first column on the left side of the window is proportional to the current level of intensity. During a **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL, or EXTREME HEART RATE** workout, which requires the use of a Polar® telemetry heart rate chest strap or the Lifepulse system sensors, the Workout Profile window displays a flashing heart shape to request the user's heart rate signal. If the console does not detect a signal, the MESSAGE CENTER displays the prompt "NEED HEART RATE - PLACE HANDS ON SENSORS OR USE TELEMETRY STRAP". If the console does not receive the signal within three minutes, the workout automatically is converted to a **MANUAL** program.

B. **MESSAGE CENTER**: This window displays step-by-step instructions for setting up a workout. During a workout, it displays statistics about the progress of the workout:

- **Heart Rate:** the detected heart rate if the user is wearing the chest strap or grasping the Lifepulse system sensors.
- **Distance:** the total distance traveled in miles (or kilometers if enabled).
- **Speed:** the pedaling speed or rate in miles per hour (or kilometers per hour if enabled).
- **Calories:** the number of calories burned since beginning the workout.

If configured to do so, the MESSAGE CENTER displays any or all of these three values each time the intensity level changes during the workout:

- **Calories per Hour:** the rate of calories burned per hour.
- **Watts:** effort level in Watts. The Watt is a unit of power output or the expression of the mechanical rate of work.
- **METs:** effort level in METs. The MET is an expression of the rate of work for the human body at rest, or a metabolic equivalent; one MET is approximately equal to the metabolism of a person at rest.

**Note:** *The Watts display and the Calories per Hour display cannot be turned on at the same time.*

C. **ARROW** keys: A pair of UP and DOWN arrows is located on either side of the TIME/LEVEL window. When setting up a workout, use either set of arrows to change workout parameters displayed on the console, such as length of workout, weight, age, target heart rate, and intensity level. During a workout, pressing the arrows on the right (LEVEL) side of the display changes the target heart rate for **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL, and EXTREME HEART RATE** workouts or the intensity level for other workouts. Pressing the arrows on the left (TIME) side increases or decreases the workout duration. Pressing the arrows on the right (LEVEL) side increases or decreases the intensity level.

**Note:** *Whenever an arrow key is pressed during a workout, an increase (up arrow key) or decrease (down arrow key) is made to the corresponding parameter (level). The number that appears reflects that change. For example, if the user is at level 6 and presses the right up arrow key, the number 7 will appear, reflecting that the user has chosen a new level. If the change is desired, press ENTER to accept. If the change is not desired, the user has ten seconds to reset the level to the desired parameter, before the unit accepts the changed value and makes the appropriate adjustments.*

D. **NUMERIC** keypad: Use these keys to enter values, such as length of workout, weight, age, target heart rate, and intensity level. While a workout is in progress, numeric keys can be used to set new intensity levels or change the target heart rate in the **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL, and EXTREME HEART RATE** and workouts. The ARROW keys have a similar function, except that they change work out parameters by single increments.

E. **WORKOUT SELECTION** keys: Press any of these keys to select the program identified on the given key's label. These programs include: **FAT BURN, CARDIO, RANDOM, MANUAL, ZONE TRAINING +, PERSONAL TRAINER,** and **HILL PLUS.**

F. **QUICK START** key: Press this key to begin a manual workout immediately, without having to select a workout program. Once the workout is in progress, use the ARROW keys or the NUMERIC KEYPAD to change the intensity level or workout duration as desired.

G. **ENTER WEIGHT** key: Press this key to enter a user weight during a workout. Use the time ARROW keys or the NUMERIC keypad to enter a weight value.

- H. ENTER PIN key: Log on to the FitLinxx Interactive Fitness Network using a dedicated PIN Number. A FitLinxx Interactive Fitness Network shall be supported through the CSAFE console port connector as a CSAFE Compatible Device.
- I. AEROBICS MODE: Press this key to activate a workout mode in which the MESSAGE CENTER displays prompts that vary the workload and emphasize different muscle groups during the workout. It can be used with any workout, except for **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL** or **EXTREME HEART RATE**.
- J. REVERSE MODE: Press this key to activate a workout mode that alternates five minutes of forward motion with two minutes of reverse motion. It can be used with any workout, except for the **HEART RATE ZONE TRAINING+** workouts.

For more information about Aerobics Mode and Reverse Mode, see *Selecting a Workout Mode* in Section 4.2.

- K. LEVEL / TIME WINDOW: This window displays the programmed intensity level and the time elapsed since the start of the program.
- L. START: Press this key to activate the console for programming a new workout. The activated console lights up and displays "SELECT WORKOUT OR PRESS QUICK START". If no key is pressed for 15 seconds and the user stops pedaling, the console shuts down again.

**Note:** *The Life Fitness Cross-Trainer's AutoStart feature also activates the console when the user steps on the pedals and begins pedaling.*

- M. COOL DOWN key: Workout programs end automatically in a Cool Down mode, which lowers the intensity level. Press the COOL DOWN key at any desired point during a workout to go immediately into Cool Down mode. In this phase of a workout the body begins to remove lactic acid and other accumulated by-products of exercise, which build up in muscles during a workout and contribute to muscle soreness. The console automatically adjusts each workout's Cool Down level according to the individual user's performance.
- N. ENTER key: Press this key to confirm entries of workout setup values, as displayed in the MESSAGE CENTER.
- O. CLEAR key: Press this key, when programming a workout, to clear incorrect data, such as weight or age, before pressing the ENTER key. Pressing CLEAR during a workout stops it immediately, at which point, the MESSAGE CENTER displays a summary of the workout, including total time elapsed, total distance traveled, and total calories burned. Pressing CLEAR a second time causes the MESSAGE CENTER to prompt the user for a new workout setup.
- P. HEADPHONE JACK: Headphones must be plugged into the bottom of the console to access sound for optional entertainment systems. The jack is not a user-replaceable feature. Contact Life Fitness Customer Support Services for more information
- Q. MOBILE DEVICE HOLDER: Use the holder for storing mobile devices. Users may charge their devices via the universal USB port.
- R. TV Keypad: These keys are used to control optional entertainment systems.

**Note:** These keys are NOT used for workout program data entry.

M1 NUMERIC KEYS: Press these keys to enter channels.

M2 CC: Use this key to enable the Closed Caption Choice.

M3 LAST: Press this key to see the last channel viewed.

M4 ENTER: Use this key to enter entertainment selections.

M5 MUTE: Press this key to turn off the sound (*Current Selected Source*).

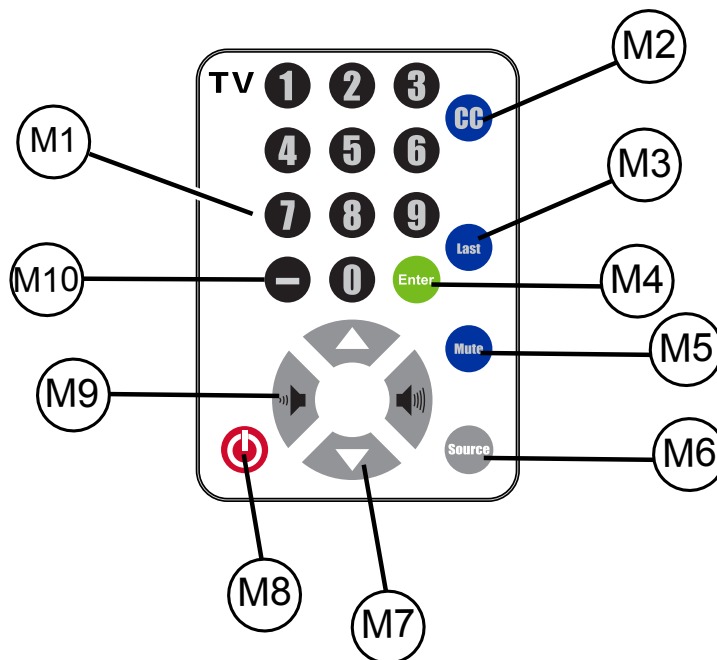
M6 SOURCE SELECT: Use this key to select TV or optional AUX (auxiliary) audio source.

M7 UP/DOWN ARROW KEYS: Use these keys to change channels.

M8 POWER: Use this key to turn the power On and Off.

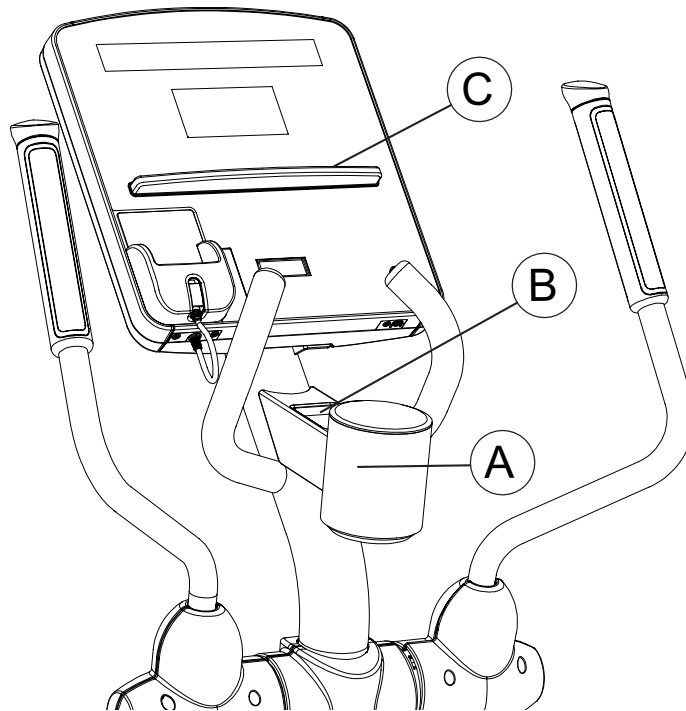
M9 LEFT and RIGHT VOLUME KEYS: Use these keys to adjust the volume up and down (*Current Selected Source*).

M10 DIGITAL TV TUNER SUB-CHANNEL ENTRY KEY ( - ): Use this key to enter Digital TV channels.



## 2.3 Reading Rack and Accessory Trays

The water bottle holder (A) provides easy storage for water bottles. The accessory tray (B), which is mounted near the base of the console, provides a storage tray with space for items such as personal stereos and cell phones. Additionally, an integrated reading rack (C) for allowing a book or magazine is located at the base of the upper panel of the console.





# 3 Heart Rate Zone Training®

## 3.1 Why Heart Rate Zone Training Exercise?

Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results. That is the idea behind the Life Fitness Heart Rate Zone Training® approach to exercise.

Zone Training identifies an exerciser’s ideal heart rate range, or zone, for burning fat or increasing cardiovascular fitness. The zone is a percentage of the theoretical maximum (HRmax), and its value depends on the workout. The maximal Heart Rate formula is defined by the American College of Sports Medicine’s “Guidelines for Exercise Testing and Prescription”, 8th Edition, 2010. HRmax equals to 206.9 minus the total of 0.67 multiplied by a person’s age.

$$\text{HR Max} = 206.9 - (0.67 * \text{age})$$

The Life Fitness Cross-trainer features five exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training+ exercise:

- FAT BURN
- HEART RATE HILL™
- EXTREME HEART RATE™
- CARDIO
- HEART RATE INTERVAL™

Each workout offers different benefits, as discussed in Section 4, *The Workouts*.

**NOTE:** Consulting a fitness trainer is recommended for defining specific fitness goals and designing a workout program.

To change the target heart rate during a workout, simply enter a new target heart rate using the NUMERIC KEYPAD. To switch between programs during a workout, use the WORKOUT SELECTION KEYS.

The Heart Rate Zone Training® workout programs measure heart rate. Wear the optional Polar® telemetry heart rate chest strap, or grip the Lifepulse™ sensors, to enable the cross-trainer’s on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the incline level to maintain the target heart rate based on the actual heart rate.

Age	Theoretical Maximum Heart Rate	65% (Fat Burn)	80% (Cardio)
10	200	130	160
20	194	126	155
30	187	121	149
40	180	117	144
50	173	113	139
60	167	108	133
70	160	104	128
80	153	100	123
90	147	95	117
99	141	91	112

**NOTE:** Reference the above chart for Theoretical Maximum Heart Rates and Target Heart Rates.

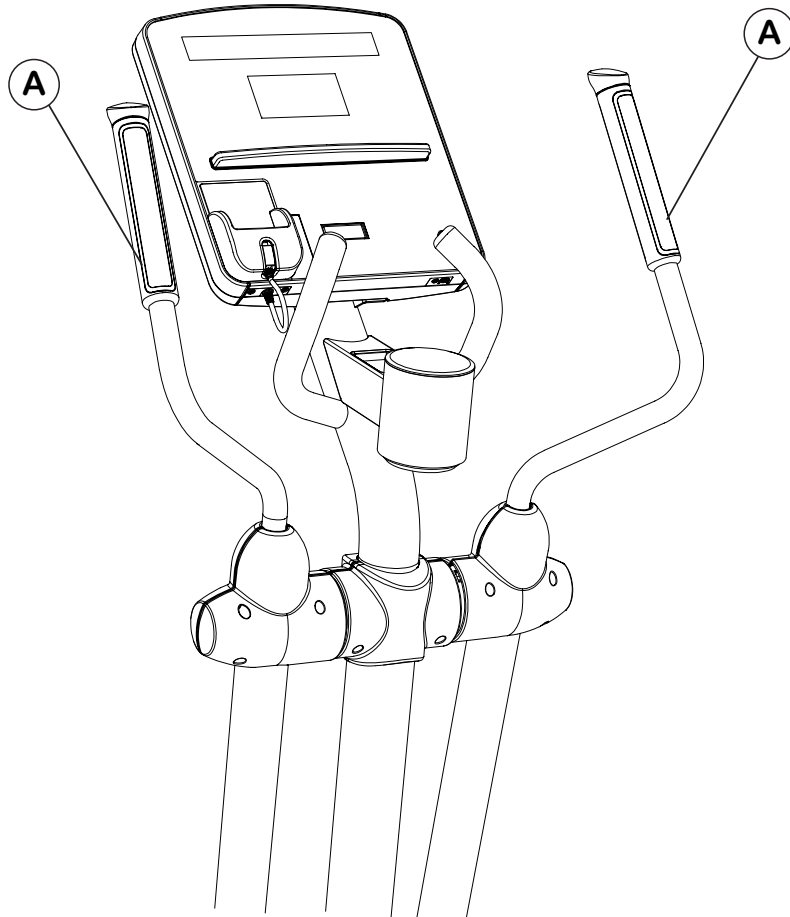
## 3.2 Heart Rate Monitoring

### The Lifepulse™ Digital Heart Rate Monitoring System

The patented Lifepulse system sensors are the built-in heart rate monitoring system on the Life Fitness Cross-Trainer. For the most accurate reading possible, during a workout:

- Grasp the sensors (A) firmly.
- Hold each sensors at the vertical midpoint.
- Keep hands steady and in place.

The console displays the heart rate within 10 to 40 seconds after the user grasps the sensors. The following factors may affect a Lifepulse reading: incorrect hand placement on the sensors, upper body activity, lotion or dirt on hands, and excessive or insufficient pressure used when gripping the sensors.



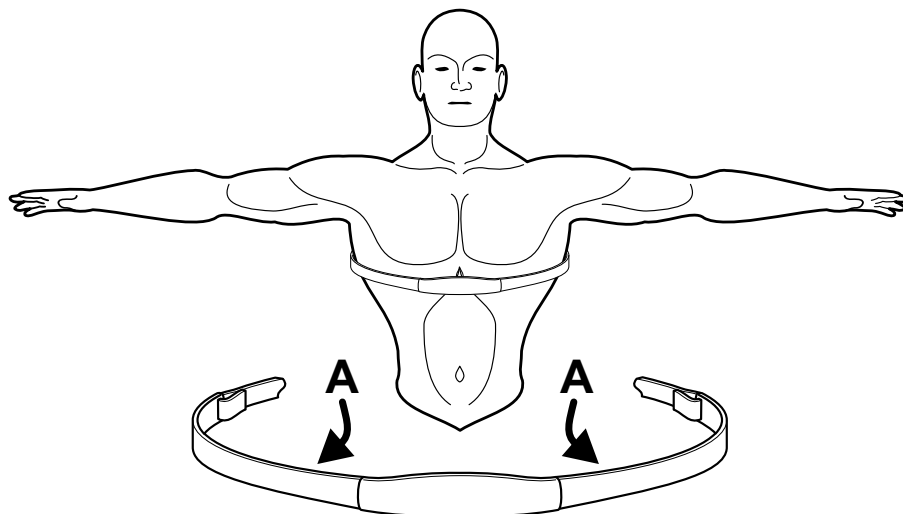
## The Optional Polar® Telemetry Heart Rate Chest Strap

The Life Fitness Cross-trainer is equipped with Polar® telemetry, a heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals to the cross-trainer console. These electrodes are attached to a chest strap that the user wears during the workout. The Polar telemetry heart rate chest strap is optional. Contact Life Fitness Customer Support Services to order.

See the diagram below for correct positioning of the Polar telemetry heart rate chest strap. The electrodes (A), which are the two grooved surfaces on the underside of the strap, must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moisten the electrodes. Then, secure the Polar telemetry heart rate chest strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.

The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with bare skin. However, it functions properly through a thin layer of wet clothing. If it becomes necessary to re-moisten the Polar telemetry heart rate chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and re-moisten them.

During the setup of a heart rate zone training workout, the user will be required to enter a start-up speed. If a Polar telemetry heart rate chest strap is not detected, the maximum allowable speed is 4.5 mph. If a Polar telemetry heart rate chest strap is detected, the maximum speed is 14 mph.



# 4 Workouts

## 4.1 Workout Overview

The following workouts are pre-programmed for the Life Fitness Cross-trainer.

**QUICK START** is the fastest way to begin exercising. After the QUICK START key is pressed, a constant-level workout begins. The intensity level does not change automatically.

**MANUAL** is a constant effort workout in which the user can change the intensity level at any time.

**RANDOM** is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.

**FAT BURN** is a low-intensity workout for burning a higher percentage of calories from fat. The user wears a Polar telemetry heart rate chest strap, or grasps the Lifepulse™ sensors continuously. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 65% of the theoretical maximum.

**CARDIO** is a higher intensity workout for more fit users, maximizing cardiovascular benefits and total calories burned. The user wears a Polar telemetry heart rate chest strap or grasps the Lifepulse™ sensors continuously. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80% of the theoretical maximum.

The following workouts are accessed by pressing the **HILL PLUS** key.

**HILL** is an interval training workout. Intervals are periods of intense aerobic exercise separated by regular periods of lower-intensity exercise.

**AROUND THE WORLD** is an interval-training workout in which the hills resemble scenes of various geographical areas.

**CASCADES** is a two-peak workout in which intensity levels gradually increase and decrease.

**FOOTHILLS** is a rolling hill workout with low intensity levels.

**INTERVAL** is a HILL workout in which intensity levels rise and fall. The higher levels gradually incline toward a peak and then gradually decline.

**KILIMANJARO** is a HILL workout in which the intensity levels gradually incline toward one ultimate peak and then gradually decline.

**SPEED TRAINING** is a HILL workout in which the intensity level alternates between high and low levels very quickly to simulate a typical speed training workout.

The following workouts are accessed by pressing the **ZONE TRAINING+** key:

**HEART RATE HILL™** takes the user through three different hills based on the target heart rate. The user wears a Polar telemetry heart rate chest strap or grasps the Lifepulse™ sensors continuously.

**HEART RATE INTERVAL™** alternates between a hill and a valley based on the target heart rate. The user wears a Polar telemetry heart rate chest strap or grasps the Lifepulse™ sensors continuously.

**EXTREME HEART RATE™** is an intense workout for more experienced users. It is designed to get the heart rate up and down as quickly as possible. The user wears a Polar telemetry heart rate chest strap or grasps the Lifepulse™ sensors continuously.

The following workouts are accessed by pressing the **PERSONAL TRAINER** key:

**LIFE FITNESS FIT TEST** estimates cardiovascular fitness and can be used to monitor improvements in endurance every 4-6 weeks.

**CROSS-TRAIN AEROBICS** simulates the experience of working with a personal trainer. The MESSAGE CENTER displays prompts at different times to emphasize pushing, pulling, total body, lower body, speed changes, and forward/reverse motion. This versatile workout promotes maximum cross-training benefits.

**CROSS-TRAIN REVERSE** continuously alternates five minutes of forward motion with two minutes of backward motion to cross-train different muscle groups.

## 4.2 Using the Workouts

This section provides detailed information on setting up and using workouts. For quick-reference setup steps, see the chart at the end of the section.

### TO BEGIN A WORKOUT

To mount the Life Fitness Cross-Trainer, grasp the handles and carefully step on the pedals. To dismount, step off the pedals while still holding the handles. Then let go of the handles.

**Without networking**, press START or begin pedaling to activate the console. The Message Center displays, "SELECT WORKOUT OR PRESS ENTER TO BEGIN." If it displays a different message, press the Clear key twice in rapid succession.

**With optional networking enabled**, press START or begin pedaling to activate the console. The Message Center displays, "SELECT WORKOUT OR ENTER PIN USING ENTER PIN KEY". Either select a workout as described below, or log on to the networked exercise database, and then select a workout. To log onto the network, press ENTER PIN, then using the NUMERIC KEYPAD enter the correct digits of the ID number and press ENTER.

### SELECTING AND USING QUICK START

**QUICK START** is the fastest way to begin exercising and bypasses the steps of selecting a specific workout program. At the MESSAGE CENTER prompt to select a workout, press the QUICK START key. The workout begins at an intensity level that remains the same unless manually changed.

### SELECTING A WORKOUT

For **MANUAL, FAT BURN, CARDIO**, and **RANDOM**: When prompted to select a workout, press the key labeled with the name of the desired workout.

For **HEART RATE HILL, HEART RATE INTERVAL**, and **EXTREME HEART RATE**: When prompted by the MESSAGE CENTER to select a workout, press the ZONE TRAINING+ key. The MESSAGE CENTER then displays the name of one of the zone training workouts. Press ENTER to select the displayed workout or continue to press the Zone Training+ key to display each of the other options. Press ENTER to select the desired workout.

For **CROSS-TRAIN REVERSE** and **CROSS-TRAIN AEROBICS**: When prompted by the MESSAGE CENTER to select a workout, press the PERSONAL TRAINER key. The MESSAGE CENTER displays the name a workout. Press ENTER to select the displayed workout or continue to press the PERSONAL TRAINER key to display each of the other options. Press ENTER to select the desired workout.

For **HILL, AROUND THE WORLD, FOOTHILLS, INTERVAL, KILIMANJARO, CASCADES**, and **SPEED TRAINING**: When prompted by the MESSAGE CENTER to select a workout, press the HILL PLUS key. The MESSAGE CENTER then displays the name of the one of these workouts. Press ENTER to select the displayed workout or continue to press the HILL PLUS key to display each of the other options. Press ENTER to select the desired program.

### ENTERING WEIGHT

When prompted by the MESSAGE CENTER to enter weight, use the arrow keys to increase or decrease the displayed weight to the correct value (or key in the correct value with the numeric keypad) and press ENTER. The default weight is 150 pounds or 68 kilograms. The on-board computer calculates the number and rate of calories burned using the entered weight as well as the pedaling speed and resistance level.

### ENTERING AGE

When prompted by the MESSAGE CENTER to enter age, use the arrow keys to increase or decrease the displayed age to the correct value (or key in the correct value with the numeric keypad) and press ENTER.

Life Fitness Cross-Trainer workout programs that set a target heart rate zone first calculate the user's theoretical maximum heart rate. The HRmax equals 206.9 minus the total of 0.67 multiplied by a person's age. The programs then calculate the target zone as a percentage of the theoretical maximum.

### ENTERING TIME

When prompted by the MESSAGE CENTER to enter a time, use the arrow keys to increase or decrease the displayed time to the desired value (or key in the desired value with the numeric keypad) and press ENTER.

## SELECTING AND ADJUSTING THE RESISTANCE LEVEL

When prompted by the message center, use the ARROW keys to increase or decrease the displayed intensity level or target heart rate to the desired value (or key in the desired value with the numeric keypad) and press ENTER. Adjust the level as needed or desired during the workout.

- **Resistance level:** The Life Fitness Cross-Trainer provides a selection of 25 resistance levels. The resistance level appears in the Workout Profile window as rows of lights arranged in columns. Selecting a low intensity level at first is recommended. As physical conditioning improves, the levels can increase.
- **Target heart rate:** Programs that calculate a target heart rate base this number on the age of the user and the type of workout. The user accepts or adjusts the rate when setting up the workout. During the workout itself, the program reads the heart rate, which is transmitted via the heart rate chest strap or the Lifepulse system sensors; it uses this data to adjust the resistance. Manually raising the rate increases the intensity of the cardiovascular exercise.

## SELECTING A GOAL TYPE

Workouts can be programmed to target certain type of goals:

- Calories
- Distance
- Time in zone

The **Calories Goal** feature is designed to promote weight loss and weight control. The user sets a calorie goal during the workout setup. Once the goal is met, the workout automatically goes into a Cool Down Phase and ends afterward.

To use this feature:

1. Press the PERSONAL TRAINER key when prompted to select a workout.
2. Continue to press the PERSONAL TRAINER key until the MESSAGE CENTER displays "CALORIES GOAL". Then press ENTER.
3. Enter the desired calorie goal value.
4. Select a workout.
5. Run through the set-up steps for the selected workout.
6. Begin the workout.

The **Distance Goal** feature is designed to build endurance. The user sets a distance goal during the workout setup. Once the goal is met, the workout automatically goes into a Cool Down Phase and ends afterward.

To use this feature:

1. Press the PERSONAL TRAINER key when prompted to select a workout.
2. Continue to press the PERSONAL TRAINER key until the MESSAGE CENTER displays "DISTANCE GOAL".
3. Press ENTER.
4. Enter the desired distance goal value.
5. Select a workout.
6. Run through the set-up steps for the selected workout.
7. Begin the workout.

The **TIME IN ZONE GOAL** program enhances **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL,** and **EXTREME HEART RATE** workouts by setting a certain duration within the target zone as a workout goal. The program automatically alters the resistance to maintain a pace that will meet that objective within that duration. Once the objective is met, the workout automatically goes into a Cool Down Phase.

To use the Time In Zone Goal feature:

1. Press the Zone Training+ key when prompted to select a workout
2. Continue to press the Zone Training+ key until the MESSAGE CENTER displays "TIME IN ZONE GOAL". Then press ENTER.
3. Enter weight.
4. Select the duration for staying within the zone.
5. Select a **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL,** or **EXTREME HEART RATE** workout.
6. Enter age.
7. Accept or change the target heart rate displayed by the MESSAGE CENTER.
8. Begin the workout.

### **SELECTING A WORKOUT MODE**

Two workout mode options on the Life Fitness Cross-Trainer feature alternate ways to vary workouts.

- **Aerobics Mode:** This workout mode simulates the experience of working out with a trainer. Throughout the workout, the MESSAGE CENTER displays prompts to vary the workload and emphasize different muscle groups, such as upper- and lower-body. This feature can be used with any workout (except for Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval or Extreme Heart Rate). To select it, press the **AEROBICS MODE** key.
- **Reverse Mode:** This workout mode continuously alternates five minutes of forward motion with two minutes of reverse motion, to exercise different leg muscles. This feature can be used with any workout (except for Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval or Extreme Heart Rate). To select it, press the **REVERSE MODE** key.

### **SWITCHING WORKOUTS "ON-THE-FLY"**

It is possible, during a workout, to switch to another workout program. After a switch, the console retains all the progress information about the workout since its beginning. To change workouts "on the fly," simply press the key for the desired new workout. This feature is available for all workouts except for **AROUND THE WORLD, KILIMANJARO, INTERVAL, CASCADES, SPEED TRAINING, FOOTHILLS,** and **PERSONAL TRAINER** workouts.

### **PAUSING WORKOUTS**

to pause a workout, simply stop pedaling. To continue the workout, resume pedaling. The pause duration lasts 60 seconds, after which the console automatically shuts down.

### **ENDING WORKOUTS EARLY**

To end a workout before the pre-set duration expires, press Clear once. The MESSAGE CENTER then displays a workout summary, which includes the distance travelled, the total calories burned, and other statistics. Press **CLEAR** a second time and the MESSAGE CENTER displays "SELECT WORKOUT OR PRESS QUICK START" for a new workout.

The chart below lists the steps for setting up each workout.

### **Quick Start**

Press QUICK START  
Begin workout

### **Manual**

Press MANUAL  
Enter Weight  
Enter Time  
Enter Incline  
Enter Speed  
Begin Workout

### **Random**

Press RANDOM  
Enter Weight  
Enter Time  
Enter Level  
Enter Speed  
Begin Workout

### **Fat Burn**

Press FAT BURN  
Enter Weight  
Enter Time  
Enter Age  
Enter Target Heart Rate  
Enter Speed  
Begin Workout

### **Cardio**

Press CARDIO  
Enter Weight  
Enter Time  
Enter Age  
Enter Target Heart Rate  
Enter Speed  
Begin Workout

### **Hill**

Press HILL  
Enter Weight  
Enter Time  
Enter Level  
Enter Speed  
Begin Workout

### **Personal Trainer Workouts**

Press PERSONAL TRAINER  
repeatedly until PERSONAL  
TRAINER WORKOUT appears;  
press ENTER  
Select the desired workout  
number (1-6); press ENTER  
Begin workout

### **Heart Rate Hill™**

Press ZONE TRAINING+  
repeatedly until HEART RATE  
HILL appears;  
press ENTER  
Enter Weight  
Enter Time  
Enter Age  
Enter Target Heart Rate  
Enter Speed  
Begin Workout

### **Heart Rate Interval™**

Press ZONE TRAINING+  
repeatedly until  
HEART RATE INTERVAL appears;  
press ENTER  
Enter Weight  
Enter Time  
Enter Age  
Enter Target Heart Rate  
Enter Speed  
Begin Workout

### **Extreme Heart Rate™**

Press ZONE TRAINING+  
repeatedly until  
EXTREME HEART RATE appears;  
press ENTER  
Enter Weight  
Enter Time  
Enter Age  
Enter Target Heart Rate  
Enter Walk Speed  
Enter Jog Speed  
Begin workout

### **Life Fitness Fit Test**

Press FIT TEST  
repeatedly until  
FIT TEST = 5 MIN appears; press  
ENTER  
Enter Weight  
Enter Age  
Enter Gender  
Enter Speed  
Begin Workout

### **Interval**

Press HILL PLUS repeatedly  
until INTERVAL appears;  
Press ENTER  
Enter weight  
Enter time  
Select level  
Begin workout

### **Cross-Train Reverse**

Cross-train reverse  
Press PERSONAL TRAINER  
repeatedly until X-TRAIN  
REVERSE appears; press ENTER  
Enter weight  
Enter time  
Select level  
Begin workout

### **Cross-Train Aerobics**

Press PERSONAL TRAINER  
repeatedly until X-TRAIN  
AEROBICS appears; press  
ENTER  
Enter weight  
Enter time  
Select level  
Begin workout

### **Around the World**

Press HILL PLUS repeatedly  
until AROUND THE WORLD  
appears; press ENTER  
Enter weight  
Enter time  
Select level  
Begin workout

### **Cascades**

Press HILL PLUS repeatedly  
until CASCADES appears; press  
ENTER  
Enter weight  
Enter time  
Select level  
Begin workout

### **Foothills**

Press HILL PLUS repeatedly until  
Foothills appears; press ENTER  
Enter weight  
Enter time  
Select level  
Begin workout

### **Kilimanjaro**

Press HILL PLUS repeatedly  
until KILIMANJARO  
appears; press ENTER  
Enter weight  
Enter time  
Select level  
Begin workout

### **Speed Training**

Press HILL PLUS repeatedly until  
SPEED TRAINING appears; press  
ENTER  
Enter weight  
Enter time  
Select level  
Begin workout



## 4.3 Workout Descriptions

**QUICK START** is the fastest way to begin exercising and bypasses the steps of selecting a specific workout program. The intensity level for the workout is set automatically and remains the same unless manually changed. To change the level, use the LEVEL arrow keys or use the NUMERIC KEYPAD to enter a higher or lower level number.

### MANUAL

The **MANUAL** program sets an intensity level that does not change automatically. While the workout is in progress, increase or lower the intensity level as desired using the arrow keys.

### RANDOM

The **RANDOM** program creates a terrain of hills and valleys that varies with each workout. More than one million different patterns are possible.

### FAT BURN

The **FAT BURN** workout is designed to maintain a user's heart rate at 65% of the theoretical maximum (HRmax) for optimal results. Throughout the workout, the user wears a Polar telemetry heart rate chest strap or grasps the Lifepulse™ sensors. If the user is not wearing a Polar telemetry heart rate chest strap, the WORKOUT PROFILE WINDOW displays a heart shape, and the MESSAGE CENTER displays a prompt to grasp the sensors. The console continuously monitors and displays the heart rate, adjusting the intensity level of the Cross-Trainer to reach and maintain the target. This system eliminates over-training and under-training, and it maximizes the aerobic benefits of exercise by using the body's fat stores for fuel.

### CARDIO

The **CARDIO** workout is virtually identical to Fat Burn, however the target heart rate is calculated at 80% of the theoretical maximum (HRmax). The higher target promotes cardiovascular improvement by placing a heavier workload on the heart muscle.

### PERSONAL TRAINER

#### • CUSTOM WORKOUTS

The cross-trainer console stores up to six custom workouts. For information on creating these workouts, see *Programming Custom Workouts* in Section 6.

To use CUSTOM WORKOUTS, press the PERSONAL TRAINER KEY repeatedly until the MESSAGE CENTER displays "personal trainer workouts". Then, press ENTER. The MESSAGE CENTER displays a prompt to select a custom workout number, ranging from 1 to 6. Using the ARROW KEYS or the NUMERIC KEYPAD, select the number and press ENTER. If a workout has not been created for that number, the MESSAGE CENTER simply scrolls to the next number. If a workout has been created for the selected number, the MESSAGE CENTER displays successive prompts to enter the weight and choose a speed. After these entries are provided, the workout begins.

#### • DISTANCE GOAL

This workout is designed to build endurance. The objective is to cover a certain distance in miles. Once the objective is met, the workout automatically goes into a cool down phase, and ends afterward.

**NOTE:** When a user sets this goal with the TIME ARROW keys, the console displays the values in .10-mile increments.

#### • CALORIES GOAL

This workout is designed to promote weight loss and weight control. The objective is to burn a certain number of calories in the selected time duration. Once the objective is met, the workout automatically goes into a cool down phase, and ends afterward.

#### • TIME IN ZONE GOAL

The Time in Zone Goal program, a feature of Heart Rate Zone Training®, enhances FAT BURN and CARDIO workouts by setting a duration for staying within the target zone as the workout goal. Once the duration objective is met, the workout goes into a cool down phase.

#### • SPORT TRAINING™

This distance-goal workout is designed for runners training for races. The program creates realistic terrains by setting different incline levels throughout the course. Incline grades depend on the difficulty levels selected during the workout setup. A 1.5% incline grade, which is the baseline level, simulates a flat running surface. A zero percent grade simulates running downhill. Incline durations range between 30 and 60 seconds. The course ends when the distance goal is met. Two Sport Training programs are available on the cross-trainer:

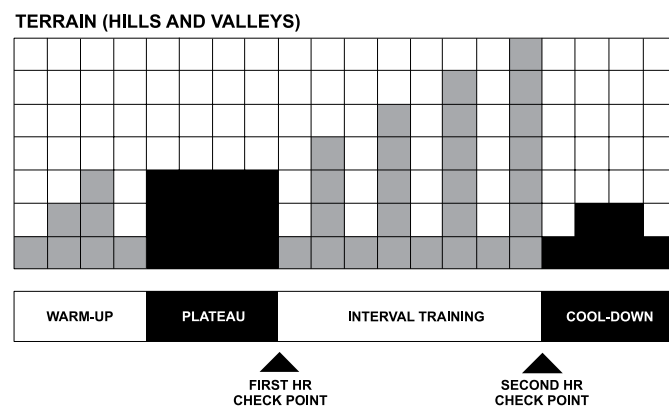
- Sport Training (5K) is a 5-kilometer, or 3.1-mile, course.
- Sport Training (10K) is a 10-kilometer, or 6.2-mile, course.

## HILL

The Life Fitness-patented HILL workout offers a variety of configurations for interval training. Intervals are periods of intense cardiovascular exercise separated by regular periods of lower-intensity exercise. The WORKOUT PROFILE window represents these high and low intervals as columns of illuminated LEDs, which together have the appearance of hills and valleys. The computerized interval training workout has been scientifically demonstrated to promote greater cardiorespiratory improvement than steady-pace training.

The HILL workout goes through four phases, each marked by different intensity levels. The WORKOUT PROFILE window displays the progress of these phases. As noted in the descriptions below, the heart rate should be measured at two stages in the workout to gauge its effectiveness. Wear the Polar telemetry heart rate chest strap or continuously grip the Lifepulse™ handles. The MESSAGE CENTER does not display a request for a heart rate measurement, as it does with CARDIO, FAT BURN and the HEART RATE ZONE TRAINING programs.

1. **Warm-up** is a phase of low, gradually rising resistance, which brings the heart rate into the lower end of the target zone and increases respiration and blood flow to working muscles.
2. **Plateau** increases the intensity slightly and keeps it steady, to bring the heart rate to the low end of the target zone. Check the heart rate at the end of this phase.
3. **Interval Training** is a series of increasingly steeper hills alternating with valleys or stints of recovery. The heart rate should rise to the high end of the target zone. Check the heart rate at the end of this phase.
4. **Cool Down** is a low-intensity phase that allows the body to begin removing lactic acid and other exercise by-products which build up in muscles and contribute to soreness.



Each column, as seen in the WORKOUT PROFILE WINDOW and the chart above, represents one interval. The overall duration of the workout determines the length of each interval. Each workout is made up of 20 intervals, so the duration of each interval is equal to the duration of the entire workout divided by 20.

**1 to 9 minutes:** A workout with a duration of less than 10 minutes is insufficient for the HILL program to complete all four phases adequately. The program therefore condenses a workout of this duration at various stages.

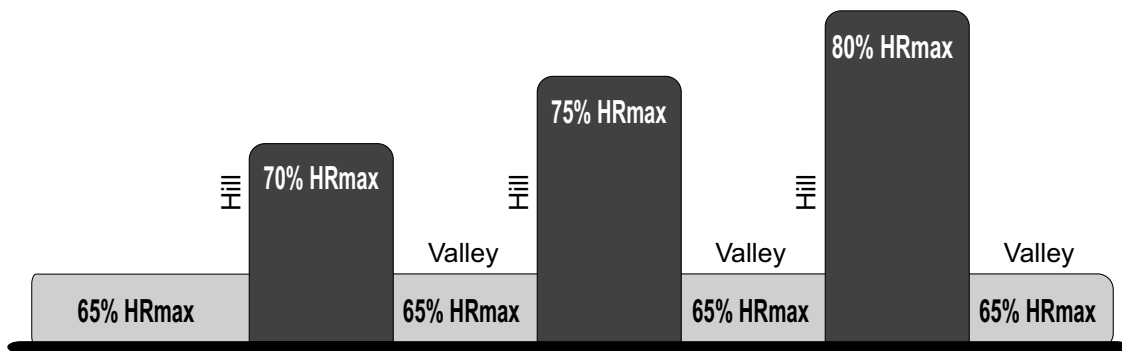
**10 to 19 minutes:** The interval durations initially are set at 30 seconds for a 10-minute workout. For every minute over 10, each interval increases by three seconds. A 15-minute workout consists of 20 intervals at 45 seconds each.

**20 to 99 minutes:** All intervals last 60 seconds. If the user adds minutes to the pre-set duration while the workout is in progress, the program adds hills and valleys that are identical to the first eight intervals of the Interval Training phase. This pattern repeats until the workout is completed.

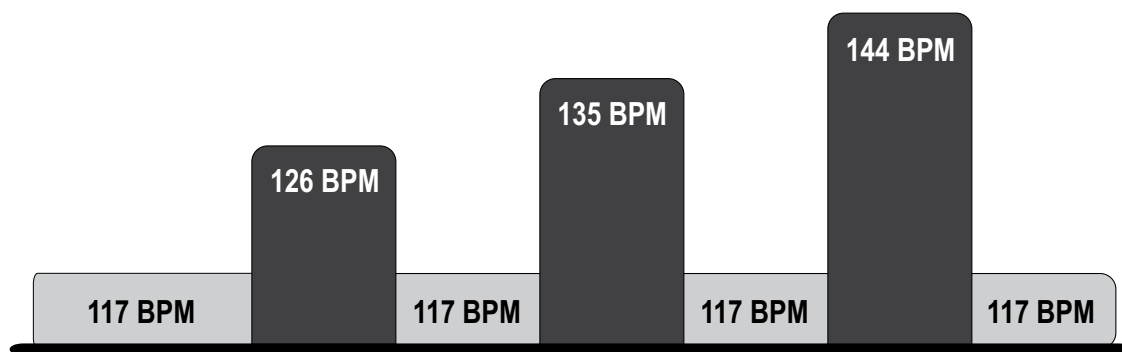
## HEART RATE HILL™

This program combines the standard HILL workout profile with the concept of Heart Rate Zone Training. The default target heart rate is calculated as 80% of the theoretical maximum (HRmax), but the user can adjust the target rate during the workout setup. All hills and valleys are percentages of HRmax. The workout consists of three hills that target three heart rate goals: The first hill brings the heart rate to 70% of HRmax. The second hill increases the rate to 75% of HRmax. The third hill matches the Target Heart Rate bringing the heart rate to 80% of HRmax. The valley always is defined as 65 percent of HRmax.

After a standard three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the user reaches 70% of HRmax, the hill continues for one minute. When the minute expires, the level decreases into a valley. Once the user's heart rate falls to 65% of HRmax, the valley continues for one minute. Then, the next hill begins with its corresponding heart rate goal. After the user completes the third hill/valley pair, the program returns to the first hill and repeats the cycle as long as the duration allows. At the end of the duration, the workout goes into a cool-down phase. If the heart rate goes above the theoretical maximum for more than 45 seconds, the cross-trainer automatically goes into pause mode. If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.



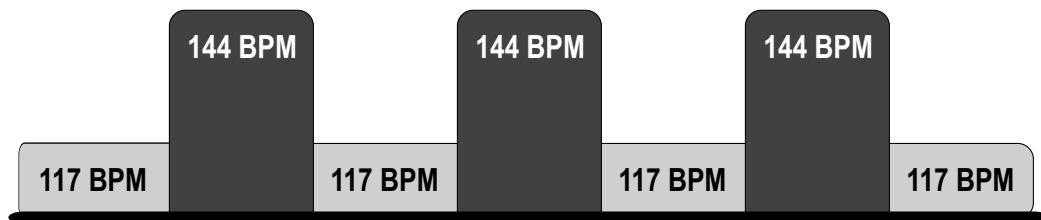
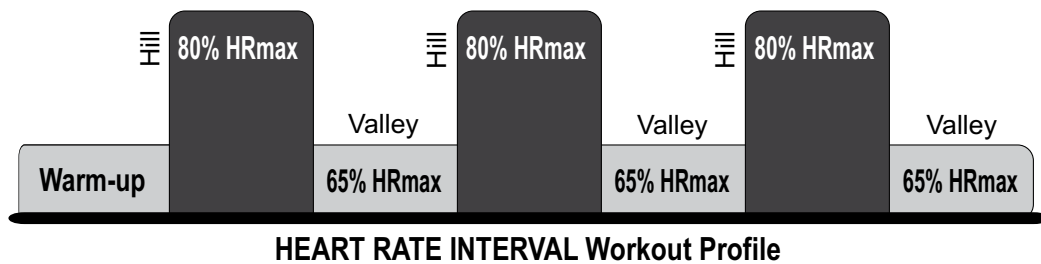
HEART RATE HILL Workout Profile



User Example: 80 percent of theoretical maximum (HRmax) (40 year old / 144 recommended BPM)

## HEART RATE INTERVAL™

This program also combines the standard HILL workout profile with the concept of Heart Rate Zone Training. The default target heart rate is calculated as 80% of the theoretical maximum (HRmax), but the user can adjust the target rate during the workout setup. The workout alternates between a hill, which brings the heart rate up to the target rate of 80% of HRmax, and a valley which brings the heart rate down to 65% of HRmax. After a standard three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the goal is reached, the hill continues for three minutes, then the level decreases into a valley. Once the 65% of HRmax goal is reached, the valley continues for three minutes, after which the next hill begins. The user's fitness level determines the number of hills and valleys encountered within the duration. At the end of the duration, the workout goes into a cool down phase. If the heart rate goes above the theoretical maximum for more than 45 seconds, the cross-trainer automatically goes into pause mode. If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.



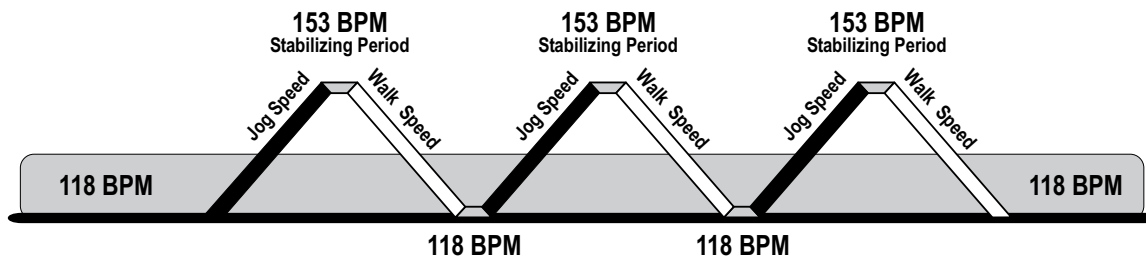
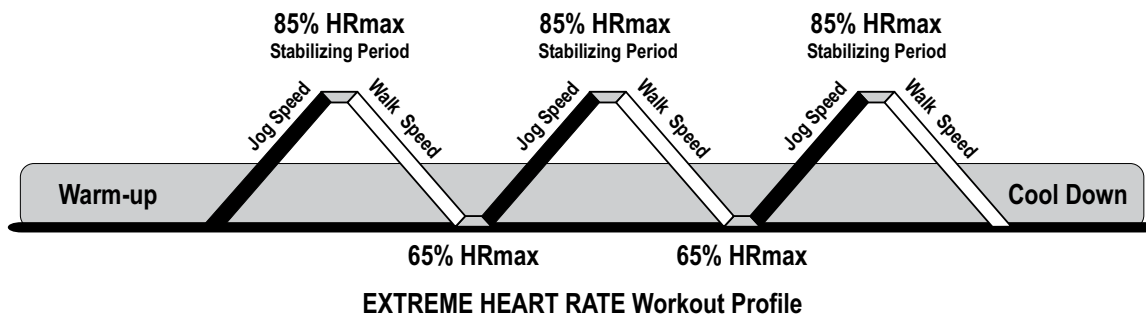
## EXTREME HEART RATE™

This intense, varied workout is designed to help more experienced users to break through fitness improvement plateaus. The workout alternates between two target heart rates as quickly as possible. The effect is similar to that of running sprints. The user must wear a Polar telemetry heart rate chest strap or grip the Lifepulse sensors throughout the workout.

**NOTE:** It is recommended that users who run at speeds faster than 4.5 mph wear the Polar telemetry heart rate chest strap and do not use the Lifepulse sensors.

When setting up the workout, the user enters a target heart rate and selects a walk speed and a jog speed. After a standard three-minute warm-up, the cross-trainer accelerates to the jog speed, and the incline increases, until the user reaches the target heart rate goal of 85% of the theoretical maximum (HRmax). That target rate is maintained for a stabilizing period. Then, the incline is reduced to 0%, and the cross-trainer slows to the walk speed. When the heart rate falls to the 65% of HRmax goal, it is maintained there for a stabilizing period. The program repeats the alternating of speeds and incline levels, continuing this pattern throughout the duration.

If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.



User Example 85 percent of theoretical maximum (HRmax) (40 year old / 153 recommended BPM)

## SIX PRE-SET WORKOUTS

**AROUND THE WORLD, CASCADES, FOOTHILLS, INTERVAL, KILIMANJARO,** and **SPEED TRAINING** are variations of the HILL workout. These workouts cannot be changed "on the fly."

AROUND THE WORLD is an interval-training workout in which the hills resemble scenes of various geographical areas.

CASCADES is a two-peak workout in which intensity levels gradually increase and decrease.

FOOTHILLS is a rolling hill workout with low intensity levels.

INTERVAL is a Hill workout in which intensity levels rise and fall. The higher levels gradually incline toward a peak and then gradually decline.

KILIMANJARO is a Hill workout in which the intensity levels gradually incline toward one ultimate peak and then gradually decline.

SPEED TRAINING is a Hill workout in which the intensity level alternates between high and low levels very quickly to simulate a typical speed training workout.

## CROSS-TRAIN AEROBICS

During this workout, the MESSAGE CENTER displays prompts to emphasize different muscle groups. To emphasize upper-body muscles, the MESSAGE CENTER displays prompts to focus on pushing and pulling the moving arms at various times. To emphasize lower-body muscles, the MESSAGE CENTER displays prompts to rest the hands on the stationary handlebar, thus forcing the legs to do all the work. The program also alternates between forward and reverse motion as well as different speeds.

Ten seconds after prompting the user to change pedaling direction, the workout applies "braking resistance," that is, a high resistance level that essentially forces the user to stop pedaling. Once the user stops pedaling, the workout resumes the normal resistance level. The actual level of braking resistance depends on the user's pedaling speed. If the user is pedaling at a rate equal to, or faster than 6.2 mph (10.0 kph), the workout applies the maximum level of braking resistance. If the user is pedaling at a speed below 6.2 mph (10.0 kph), the workout applies 92% of the maximum.

CROSS-TRAIN AEROBICS is a constant-resistance workout. However, for a similar experience with a variable-resistance-level workout, the user can start any workout (except for Fat Burn and CARDIO) and then press the Aerobics Mode key.

## CROSS-TRAIN REVERSE

This workout features alternating periods of pedaling forward and pedaling backwards. If the user chooses a workout duration 14 minutes or above, the unit displays alternating prompts to pedal forward for five minutes and then backward for two minutes. If the user selects a goal of 13 minutes or below, the display prompts the user to pedal forward for two minutes and then backward for one minute. If the user selects a goal other than time (distance or calorie), the program uses the default setting of prompting forward motion for five minutes and reverse for two minutes.

This feature varies the emphasis on different leg muscles. Ten seconds after prompting the user to change pedaling direction, the workout applies "braking resistance," that is, a high resistance level that essentially forces the user to stop pedaling. Once the user stops pedaling, the workout resumes the normal resistance level. The actual level of braking resistance depends on the user's pedaling SPEED. If the user is pedaling at a rate equal to, or faster than, 6.2 mph (10.0 kph), the workout applies the maximum level of braking resistance. If the user is pedaling at a speed below 6.2 mph (10.0 kph), the workout applies 92% of the maximum.

CROSS-TRAIN REVERSE is a constant-resistance workout. However, for a similar experience with a variable-resistance-level workout, the user can start any workout (except for Fat Burn and CARDIO) and then press the reverse Mode key.

## FIT TEST

The cross-trainer FIT TEST program is another exclusive feature of this versatile cross-trainer. The Fit Test workout estimates cardiovascular fitness and can be used to monitor improvements in endurance every four to six weeks. The user must grasp the hand sensors (if equipped) when prompted, or wear a Polar telemetry heart rate chest strap as the test score calculation is based on a heart rate reading. The workout duration will be five minutes total with a one minute warm-up at 0% incline followed by four additional minutes at a 5% incline. Immediately afterward, the console will take the user's heart rate reading, calculate a fitness score and display the score in the MESSAGE CENTER.

The Fit Test is considered to be a submax  $\dot{V}O_2$  (volume of oxygen) test. It gauges how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood. Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity.

To set up the Fit Test:

- Press the FIT TEST button repeatedly until the FIT TEST option appears in the message center. Press ENTER to select the FIT TEST option.
- The message center will prompt for a user weight (ENTER WEIGHT). Use the NUMERIC KEYS or UP/DOWN ARROW KEYS to input your weight. Press ENTER to accept the weight.
- The message center will next prompt for a user age (ENTER AGE). Use the NUMERIC KEYS or UP/DOWN ARROW KEYS to input your age. Press ENTER to accept the age.
- The message center will next prompt for a user gender (SELECT GENDER). Using the UP/DOWN ARROW KEYS, select a gender. Press ENTER to accept the gender selection.
- The MESSAGE CENTER will next prompt for a workout level (ENTER speed)(2-4.5 mph). Consult the following recommended fit test level chart for an appropriate effort level based on your age, gender and activity level. Use the NUMERIC KEYS or UP/DOWN speed ARROW KEYS to enter the corresponding level.

After the five-minute FIT TEST is completed, a FIT TEST score and rating will be displayed.

### Fit Test Program Suggested Exertion Levels

	Inactive	Active	Very Active
Cross-trainer Fit Test Level	2 - 3 mph	3 - 4 mph	3.5 - 4.5 mph
	3.2 - 4.8 kph	4.8 - 6.4 kph	5.6 - 7.2 kph

**NOTE:** Cross-trainer will incline to 5% after a one minute warm-up.

Suggested exertion levels should be used as a guideline for setting up the Fit Test program. The goal is to elevate the user's heart rate to a level that is between 60%-85% of their theoretical maximum heart rate.

Within each suggested range, these additional guidelines can be used:

Lower Half of Range	Upper Half of Range
higher age	lower age
lower weight	higher weight*
shorter	taller

\* In cases of excessive weight, use lower half of range

The computer will not accept:

- heart rates less than 52 or greater than 200 beats per minute
- body weights less than 75 pounds (34 kg) or greater than 400 pounds (181 kg)
- ages below 10 or over 99 years
- data input that exceeds human potential

If you make an error when entering any Fit Test data, you can correct it by pressing CLEAR, inputting the correct information, and pressing ENTER.

It is important for you to take the Fit Test under similar circumstances each time. Your heart rate is dependent on many factors, including:

- amount of sleep the previous night (at least seven hours is recommended)
- time of day
- time you last ate (two to four hours after the last meal is recommended)
- time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (at least four hours is recommended)
- time since you last exercised (at least six hours is recommended)

For the most accurate Fit Test results, you should perform the Fit Test on three consecutive days and average the three scores.

**NOTE:** To receive a proper Fit Test score, the work done must be within a training heart rate zone that is 60% to 85% of the theoretical maximum heart rate (HRmax).

The tables below list fit test results.

### Relative Fitness Classification for MEN

Rating	<i>Elite</i>	<i>Excellent</i>	<i>Very Good</i>	<i>Above Average</i>	<i>Average</i>	<i>Below Average</i>	<i>Low</i>	<i>Very Low</i>
<b>Estimated VO<sub>2</sub> Max (ml/kg/min) per Age category</b>								
20 - 29 years	55+	53 - 54	50 - 52	45 - 49	40 - 44	38 - 39	35 - 37	<35
30 - 39 years	52+	50 - 51	48 - 49	43 - 47	38 - 42	36 - 37	34 - 35	<34
40 - 49 years	51+	49 - 50	46 - 48	42 - 45	37 - 41	34 - 36	32 - 33	<32
50 - 59 years	47+	45 - 46	43 - 44	39 - 42	34 - 38	32 - 33	29 - 31	<29
60+ years	43+	41 - 42	39 - 40	35 - 38	31 - 34	29 - 30	26 - 28	<26

### Relative Fitness Classification for WOMEN

Rating	<i>Elite</i>	<i>Excellent</i>	<i>Very Good</i>	<i>Above Average</i>	<i>Average</i>	<i>Below Average</i>	<i>Low</i>	<i>Very Low</i>
<b>Estimated VO<sub>2</sub> Max (ml/kg/min) per Age category</b>								
20 - 29 years	47+	45 - 46	43 - 44	38 - 42	33 - 37	31 - 32	28 - 30	<28
30 - 39 years	44+	42 - 43	40 - 41	36 - 39	31 - 35	29 - 30	27 - 28	<27
40 - 49 years	42+	40 - 41	38 - 39	34 - 37	30 - 33	28 - 29	25 - 27	<25
50 - 59 years	37+	35 - 36	33 - 34	30 - 32	26 - 29	24 - 25	22 - 23	<22
60+ years	35+	33 - 34	31 - 32	27 - 30	24 - 26	22 - 23	20 - 21	<20

Life Fitness developed this rating scale based on VO<sub>2</sub> max percentile distributions referenced in *American College of Sports Medicine's Guidelines for Exercise Testing and Prescription* (8th E. 2010). It is designed to provide a qualitative description of a user's VO<sub>2</sub> max estimation, and a means of assessing initial fitness level and tracking improvement.



## 4.4 Personal Trainer Workouts

Using the console, fitness club managers and other authorized personnel can create up to six custom workouts for the Life Fitness Cross-Trainer. Options include custom interval heart rate and hill workouts.

**Interval Heart Rate:** The trainer can design a workout that sets a different target heart rate for each interval and adjusts the resistance to the user's heart rate.

**Hill:** The trainer can create a custom hill workout that sets a different intensity level for each interval.

### USING PERSONAL TRAINER WORKOUTS

Once **PERSONAL TRAINER** workouts are created, users can access them with the PERSONAL TRAINER key. Each custom workout is identified by a numeral, from 1 to 6. To select these workouts, press the PERSONAL TRAINER key. When prompted by the MESSAGE CENTER, press the number corresponding to the desired workout using the NUMERIC keypad. Then press ENTER and begin the workout.

### CREATING A PERSONAL TRAINER WORKOUT

When the console is activated, hold down the Cool down button and press the PERSONAL TRAINER button simultaneously.

Using the ARROW keys, scroll to, and select, the "PERSONAL TRAINER WORKOUT ENTRY" option and press ENTER. (If the alternate option, "ERASE PERSONAL TRAINER WORKOUTS", is selected, the computer deletes setup information for all **PERSONAL TRAINER** workouts and the MESSAGE CENTER displays "PERSONAL TRAINER WORKOUTS ERASED". Then the MESSAGE CENTER displays "PERSONAL TRAINER WORKOUT ENTRY").

Select a number, from 1 to 6, to identify the new workout. Use the NUMERIC keypad or the ARROW keys. Then press ENTER.

If a **PERSONAL TRAINER** workout already has been created for that number, the MESSAGE CENTER displays a prompt to either modify the workout or proceed to another number. Pressing the CLEAR key overwrites the previously created workout, making it possible to create a new workout for that number. Pressing ENTER bypasses the number and proceeds to another number.

If a **PERSONAL TRAINER** workout has not been created for a selected number, the MESSAGE CENTER displays the prompt, "BEGIN PERSONAL TRAINER WORKOUT CREATION".

The MESSAGE CENTER displays a prompt to enter a duration time for the entire workout. Using the NUMERIC keypad, enter a duration and press ENTER.

The MESSAGE CENTER displays a prompt to select the workout type. Options are "TARGET HEART RATE PERCENTAGE" or "LEVEL". The latter type is for custom hill workouts. Use the ARROW keys to toggle between the options, and press ENTER to select one of them.

The MESSAGE CENTER displays a prompt to select a target heart rate or an intensity level for the first interval, depending on the type of workout chosen in an earlier step. Use the ARROW keys or the NUMERIC keypad. A **PERSONAL TRAINER** workout consists of 30 intervals, so the length of each interval is equal to the workout duration value divided by 30. After entering the value, press ENTER. Repeat this set of steps for each of the following 29 intervals. To keep the preceding value for the current interval, simply press ENTER. At the end of this setup, the MESSAGE CENTER displays "PERSONAL TRAINER WORKOUT COMPLETED". The new **PERSONAL TRAINER** workout is ready to use.

Press the ENTER key to set up another workout. OR

Press the CLEAR key. The MESSAGE CENTER will display "SELECT WORKOUT OR PRESS QUICK START."

## 4.5 Logging On to the Network

When the Cross-Trainer is connected to a network, the MESSAGE CENTER displays a prompt to log on with a personal ID number. Press Enter PIN, then using the NUMERIC KEYPAD enter the correct digits of the ID number and press ENTER.

## **Cool Down**

Life Fitness' unique Cool Down Protocol automatically customizes every cool down based on each user's workout performance. Workout performance factors such as speed, incline, duration and heart rate determine the duration and intensity of the cool down.

## **Dimming**

The dimming feature controls the brightness of the cross-trainer console display. To change the default brightness setting, press the PERSONAL TRAINER button repeatedly until the MESSAGE CENTER displays "DIMMING," and press ENTER. Then use the ARROW keys to increase or decrease the brightness to the desired setting, and press ENTER to save the new setting, or press CLEAR to revert to the default brightness setting.

If a new brightness setting is selected for a workout, that setting remains in place until it is manually changed, or the workout concludes. When a new workout begins the brightness reverts to the default setting.

# 5 WIRELESS CONNECTIVITY

Connect Integrity Series cardio equipment to LFconnect.com to

- offer workout tracking for exercisers
- obtain equipment usage information



1. Download the LFconnect Install App. A link can be found at [www.lftechsupport.com](http://www.lftechsupport.com).  
**Note:** Requires an Apple or Android device with a data connection and an LFconnect account.
2. Initialize each machine using the install App.
  - a. Scan MAC address barcode on connect module.
  - b. Scan serial number barcode on base of machine.
  - c. Scan QR code label.
3. Enter the following facility information using the install app:
  - a. Facility Name
  - b. Facility Address
  - c. Gateway Serial Number

**Note:** If the App cannot be used at the time of the installation to perform steps 2 and 3 the items listed must be recorded manually and entered at [www.lfconnectmoduleinstall.com](http://www.lfconnectmoduleinstall.com)

4. Perform a test workout on several machines using the LFconnect app. Verify that results get posted to the LFconnect user account associated with the installer's phone.

# 6 System Menu

A special system menu is available to Managers and other authorized personnel to allow access to certain Information, diagnostics tests and configuration settings.

## 6.1 Entering and Using the Service Menu

The System Menu consists of 3 submenus including the Information submenu, Diagnostic submenu and Configuration submenu. To enter the System Menu press and hold down the '5' key on the numeric keypad then press the CLEAR key twice. Continue to hold down the '5' key until the MESSAGE CENTER displays the words CODE VER. X.XX. This is the Information menu which is the default submenu in the System Menu.

### Information Menu (CODE VER X.XX)

The Information submenu will display information identifying the software version numbers and their associated part numbers as well as the version numbers of other installed software components. Use this menu when it is necessary to identify the version/part numbers installed on the product. The UP and DOWN arrow keys can be used to navigate through the list of items that may be displayed. Press the CLEAR key once to exit the Information Menu and hence the System Menu.

### Diagnostic Menu (SERVICE MENU)

The Diagnostics submenu allows technicians to run system diagnostics. This menu can be entered from the Information Menu by pressing and holding the COOL DOWN key then pressing the ENTER key. The MESSAGE CENTER will display the words SERVICE MENU. Pressing the ENTER key will navigate forward through the list of diagnostic utilities while pressing the CLEAR key will navigate backward. Use the CLEAR key repeatedly to exit the Diagnostic Menu.

### Configuration Menu (OPTIONAL SETTINGS)

The Configuration submenu allows the manager to configure options for the product. This menu can be entered from the Information Menu by pressing the ENTER key. The MESSAGE CENTER will display the words OPTIONAL SETTINGS. Pressing the ENTER key will navigate forward through the list of optional settings while pressing the CLEAR key will navigate backward. Use the CLEAR key repeatedly to exit the Configuration Menu. See the next page for a list of configuration options (Optional Settings).

## 6.2 Manager's Configuration (Optional Settings)

Setting	Default	Description
Pause Timeout	5 Minutes	This sets the maximum time during which a workout can remain in pause mode. <i>(Available on externally powered units).</i>
Maximum Workout Duration	60 Minutes	This feature allows the setting of maximum workout duration limits.
English / Metric Units	English (International: Metric)	This option sets the measurement unit type for weight, distance, and speed.
WATTS Display	Off (International: On)	If this option is enabled, the MESSAGE CENTER displays the Watts equivalent of the step rate.
METS Display	Off	If this option is enabled, the MESSAGE CENTER displays the METs equivalent of the step rate.
Pace Display	On	If this option is enabled, the rate of minutes per mile is displayed.
Calorie Per Hour (CPH) Display	On (International: Off)	If this option is enabled, the MESSAGE CENTER displays the number of calories burned per hour during the workout.
Sleep Mode	Off	The Sleep Time configuration setting controls how long the console will stay powered up from the last key press but before actively engaging the product in exercise. This configuration applies to externally powered products only. Upon entry to this utility the current configuration setting shall be displayed. The UP / DOWN arrow keys shall allow incrementing / decrementing of the Sleep Time value in 1 minute increments respectively. The range of values for Sleep Time shall be 1 through 99 minutes and OFF.
Language Select	Off	If this option is enabled, users can set the User Language. Choices include: English, German, French, Spanish, Italian, Dutch, and Russian.
AUX Source	Off	This setting allows control over whether or not an optional CSAFE compatible audio device attached to the CSAFE connector shall be selectable as an audio source with the Source Select key.
TV Gain	2	This setting allows control over the console earphone volume range for the Life Fitness Attachable TV Source. The range of settings are from 0 (Low) to 7 (High).

## User Language Select

If enabled, this option allows users to select the language by which to interact with the unit during a workout.

To enable the User Language Select option, enter the Manager's Configuration (Optional Settings). Using the TIME UP / DOWN ARROW keys, scroll to language sel. Once language sel appears in the MESSAGE CENTER, press any of the INCLINE or SPEED UP/DOWN ARROW keys to toggle the mode from OFF to ON.

The console will display the message "select language using arrow keys". The user can select from a list of available languages (English, German, French, Spanish, Italian, Dutch, and Russian) using any of the arrow keys. Press enter when the desired language appears to select that language. A workout can now be started using the selected language. Selecting a language is not necessary to begin a workout. Simply press the QUICK START key to start a workout or any of the program keys to begin workout programming using the default language.

# 7 Service and Technical Data

## 7.1 Preventive Maintenance Tips

Life Fitness products are backed by the engineering excellence and reliability of Life Fitness and are one of the most rugged and trouble-free pieces of exercise equipment on the market today.

**NOTE: Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced.**

REMARQUE: pour conserver un matériel sûr, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil tant que les pièces défectueuses n'ont pas été réparées ou remplacées.

The following preventive maintenance tips will keep the Life Fitness product operating at peak performance:

- Locate the Life Fitness Cross-Trainer in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see Life Fitness Approved Cleaners) and a soft cotton cloth.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Clean the housing and moving arms thoroughly on a regular basis.

**\* NOTE:** *When cleaning the exterior of the unit, a non-abrasive cleaner and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment; use non-abrasive cleaner on a soft cloth and then wipe the unit. Contact Life Fitness Customer Support Services for more details.*

### Life Fitness Approved Cleaners (United States Availability Only)

Two preferred cleaners have been approved by Life Fitness reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1. PureGreen 24 is available in a spray which is convenient for gym staff to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control. Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: customersupport@lifefitness.com).

### Life Fitness Compatible Cleaners

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

## 7.2 Preventive Maintenance Schedule

<b>Item</b>	<b>Weekly</b>	<b>Monthly</b>	<b>Annually</b>
Console Overlays	Clean		Inspect
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Frames	Clean		Inspect
Plastic Covers	Clean	Inspect	Inspect
Lifepulse Sensors	Clean / Inspect		
Hardware			Inspect
Pedals	Clean	Inspect	
Leg Levelers		Inspect / Adjust	



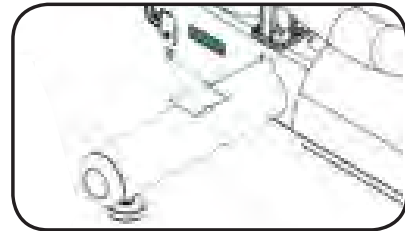
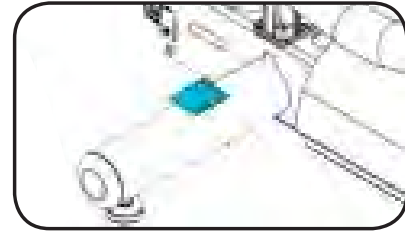
### 7.3 Troubleshooting the Optional Polar® Telemetry Heart Rate Chest Strap

Malfunction	Probable Cause	Corrective Action
Heart rate reading is initially detected and functioning normally but then is lost.	Use of personal electronic devices, such as cell phones and portable MP3 players, causes external noise interference.	Remove the source of noise or reposition the exercise equipment.
	Equipment is in close proximity to other sources of noise such as audio/ video equipment, fans, two way radios, and high voltage/high current power lines.	
Heart rate readings are abnormally elevated	Television sets and/or antennas generate electromagnetic interference.	Move the Cross-Trainer a few inches away from the probable cause, or move the probable cause a few inches away from the Cross-Trainer, until the heart rate readings are accurate.
	Cell phones generate electromagnetic interference.	
	Computers generate electromagnetic interference.	
	Cars generate electromagnetic interference.	
	High voltage power lines generate electromagnetic interference.	
	Motor driven exercise equipment generates electromagnetic interference.	
	Another heart rate transmitter within 3 feet (1 meter) generates electromagnetic interference.	

Heart rate reading is erratic or absent entirely.	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes (see Section 3.2).
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin (see Section 3.2).
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (1 meter) of the heart rate receiver.	Make sure the chest strap transmitter is within 3 feet (1 meter) of the heart rate receiver.
	Polar telemetry heart rate chest strap battery is depleted	Contact Life Fitness Customer Support Services for instructions on how to have the Polar telemetry heart rate chest strap replaced.
	Polar telemetry heart rate chest strap did not lock in with the heart rate receiver.	<p>Make sure the Polar telemetry heart rate chest strap is installed and move closer to the heart rate receiver. Wait up to 10 seconds for the heart rate to display on the console.</p> <p>Notes:</p> <ol style="list-style-type: none"> <li>1. Ensure proper adherence of the Polar telemetry heart rate chest strap to user's chest.</li> <li>2. Ensure proper conductivity between the electrodes and user's chest.</li> <li>3. If needed, use the Polar watch to verify chest strap's operation.</li> </ol>

## 7.4 How to Obtain Product Service / Serial Number Location

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the back of the unit near the toe guard as well as under the left rear endcap.
3. Contact Life Fitness Customer Support Services.



Remove plastic shroud to find small serial label location.

## 7.5 RECYCLING THE BATTERY

When this Life Fitness product is about to be discarded at the end of its useful life, the rechargeable battery must be removed and recycled. To access the battery, use a medium tip Phillips screw driver to remove the screws that fasten the left and right front covers to the frame. The battery is located beneath these covers on top of the frame. To remove the battery, remove the two wires connected to the battery and the two screws that hold the battery in place. Dispose of the battery properly.

# 8 Specifications

## 8.1 CLSX Integrity Series Cross-Trainer

Designed use: Heavy / Commercial

Maximum user weight: 350 pounds / 160 kilograms

Power requirements: 100- 240 volt, 1.0 amp (outside U.S. & Canada)

Pedal Speed Range: 2.2 - 12.7 mph (3.5- 20.4kph)

Drive Type: Belt / alternator

Workouts: Quick Start, Manual, Cardio, Fat Burn, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™, Random, Hill, Calories Goal, Distance Goal, Time in Zone Goal, Time-based Goal, Custom Workouts (6), Life Fitness Fit Test, Cool Down Mode, Cross-Train Aerobic, Cross-Train Reverse, Speed Training, Around the World, Cascades, Foot-hills,

Interval, Kilimanjaro

Heart rate monitoring systems: Patented Lifepulse™ digital contact heart rate and Polar® telemetry-compatible heart rate monitoring system

Console displays: Elapsed time, total distance, distance climbed, total calories burned, pace, calories burned per hour, heart rate, target heart rate, Watts, METS, workout profile, custom start message, speed, incline

Ports (2): Type RJ45, interchangeable Network ready connection and Fitness Entertainment port (power compliant with FitLinxx CSAFE specification dated August 4, 2004: 4.75VDC to 10VDC; maximum current of 85mA).

Mobile Device Charging: 5vdc @ 500mA

Headphone jack: 3.5mm Stereo, 150mW max

Physical Dimensions		Shipping Dimensions (without console)	
Length	81.75 in. / 207.65 cm	Length	80 in. / 203 cm
Width	28 in. / 71.12 cm	Width	28 in. / 71 cm
Height	65 in. / 165 cm (with console)	Height	47.5 in. / 121 cm
Weight (base)	239 lbs. / 108.41 kg	Domestic Weight	303 lbs. / 137 kg
	243 lbs. / 110.22 kg (with console)		

# 9 Warranty

Model	2 Years	1 Year	6 Months
<b>CLST Cross-trainer</b>	<ul style="list-style-type: none"> <li>Electrical &amp; Mechanical Parts</li> </ul>	<ul style="list-style-type: none"> <li>Labor</li> </ul>	<ul style="list-style-type: none"> <li>Console Overlay</li> </ul>

**WHAT IS COVERED:**

This Life Fitness consumer product ("Product") is warranted to be free of all defects in material and workmanship.

**WHO IS COVERED:**

The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

**HOW LONG IS IT COVERED:**

Residential: All electrical and mechanical components and labor are covered, after the date of purchase, as listed on the chart above.

Non-Residential: Warranty void (this Product is intended for residential use only).

**WHO PAYS SHIPPING & INSURANCE FOR SERVICE:**

If the Product or any warranted part must be returned to a service facility for repairs, Life Fitness will pay all shipping and insurance charges during the warranty period (within the United States only). The purchaser is responsible for shipping and insurance charges after the warranty has expired.

**WHAT WE WILL DO TO CORRECT COVERED DEFECTS:**

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

**WHAT IS NOT COVERED:**

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your User Manual ("Manual"). All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness Representative.

**WHAT YOU MUST DO:**

Retain proof of purchase. Use, operate and maintain the Product as specified in the Manual; notify the place of purchase of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. Life Fitness reserves the right to decide whether or not a product is to be returned for repair.

**USER MANUAL:**

It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

**PRODUCT REGISTRATION:**

Register online at [www.lifefitness.com/home/product-registration.html](http://www.lifefitness.com/home/product-registration.html). Our receipt assures that your name, address and date of purchase are on file as a registered owner of the Product. Being a registered owner assures coverage in the event you lose your proof of purchase. Please retain your proof of purchase, such as your bill of sale or receipt.

**HOW TO GET PARTS & SERVICE:**

Refer to page one of this manual for your local service contact information. Reference your name, address and the serial number of your Product (consoles and frames have separate serial numbers). They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

**EXCLUSIVE WARRANTY:**

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranties may vary outside the U.S. Contact Life Fitness for details.

**CHANGES IN WARRANTY NOT AUTHORIZED:**

No one is authorized to change, modify or extend the terms of this limited warranty.

**EFFECT OF U.S. STATE LAWS:**

This warranty gives you specific legal rights and you may have other rights which vary from state to state.