

ACTIVATE CARDIO SERIES OST, OSX, OSC, & OSR OPERATION MANUAL M051-00K90-0016 REV B



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Before using this product, it is essential to read this ENTIRE operation manual and ALL assembly 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.*

EN 957 Class SB (*treadmills only*): Professional and / or commercial use.

EN 957 Class SA (*bikes and cross-trainers only*): 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. There are no user serviceable parts.

This Operation Manual describes the functions of the following products:

Activate Treadmill (OST)

Activate Cross-Trainer (OSX)

Activate Recumbent Lifecycle® Exercise Bike (OSR)

Activate Upright Lifecycle® Exercise Bike (OSC)

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

Statements of Purpose:

- The Life Fitness Treadmill is an exercise machine that enables users to walk or run, in place, on a moving surface.
- 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.
- The Life Fitness Lifecycle exercise bike is a machine that simulates the movements of riding a bicycle at various speeds and levels of resistance.



CAUTION: Health-related injuries may result from incorrect or excessive use of exercise equipment. 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, is over the age of 45, 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: Liés à la santé des blessures peuvent résulter de l'utilisation incorrecte ou excessive de l'équipement d'exercice. Life Fitness recommande FORTEMENT 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, 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 s'arrêter immédiatement.

1 GETTING STARTED

1.1 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using Life Fitness products.

ALL PRODUCTS

- **DANGER:** To reduce the risk of electrical shock, always unplug Life Fitness products 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.
- 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.

TREADMILLS

- **WARNING:** Keep the area 6.5 ft. (2 m) by 3 ft. (0.9 m) behind the Life Fitness treadmill 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 treadmill before beginning any workout.
- **WARNING:** The belt centering adjustment must be performed if the belt is not between the marks indicating the maximum allowed lateral positions. Refer to Section 2.
- **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.
- 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 treadmill. Refer to Section 2 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 treadmill 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 treadmill.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- When it is necessary to immobilize the treadmill, set the display to read SELECT WORKOUT. (Press the CLEAR key twice if not already there.) Then hold down the SPEED DOWN key and press the PAUSE key. The treadmill now displays “IMMOBILIZED”. In this state, the treadmill cannot be operated. The belt and incline motors are disabled. The treadmill 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 treadmill will display “SELECT WORKOUT” again.

CROSS-TRAINERS

- **WARNING:** Ensure that there is at least 1 ft. (0.3 m) of clearance in front of the Life Fitness Cross-Trainer.
- Do not stand or sit on the rear plastic covers.
- Do not stand on center tube.
- Use caution when mounting or dismounting the Cross-Trainer. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto the moving arms.
- Never face backward while using the Cross-Trainer.

LIFECYCLE[®] BIKES

- **WARNING:** Allow a distance of 16 in. (41 cm) between the widest part of the bike and other objects on either side. Provide at least 3 ft. (0.9 m) between the front or rear of the Life Fitness bike to any other objects.
- Use caution when mounting or dismounting the Lifecycle exercise bike.
- Do not stand or sit on plastic shrouds.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

1 DÉMARRAGE

1.1 CONSIGNES DE SÉCURITÉ IMPORTANTES

Lire toutes les instructions avant d'utiliser les appareils Life Fitness.

TOUS LES APPAREILS

- **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.
- 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.

TAPIS ROULANTS

- **AVERTISSEMENT** : Conserver une zone de 2 m (6.5 ft) sur 0,9 m (3 ft) libre de toute obstruction derrière le tapis roulant Life Fitness, y compris 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.
- **AVERTISSEMENT** : Le réglage de centrage de la courroie doit être effectué si la courroie ne se trouve pas entre les repères indiquant les positions latérales maximum permises. Se référer à la Section 2.
- **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.
- 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. Se reporter à la section 2 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 roulant et ne jamais en descendre 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 rampes 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 l'exercice). (Appuyer deux fois sur la touche CLEAR [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. La courroie et les moteurs inclinés 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 l'exercice) à nouveau.

CROSS-TRAINERS

- **AVERTISSEMENT** : S'assurer qu'il existe un dégagement d'au moins 0,3 m (1 ft) devant le Cross-Trainer de Life Fitness.
- Ne pas rester debout ou s'asseoir sur les couvercles arrière en plastique du Cross-Trainer.
- Ne pas rester debout sur le tube central.
- Faire preuve de prudence lors du montage ou démontage du Cross-Trainer. Utiliser les rampes latérales chaque fois qu'un équilibre supplémentaire est nécessaire. Lors de l'entraînement, tenir les bras en mouvement.
- Ne jamais faire face à l'arrière lors de l'utilisation du Cross-Trainer.

VÉLOS LIFECYCLE®

- **AVERTISSEMENT** : Laisser une distance de 41 cm (16 in.) entre la partie la plus large du vélo et les autres objets de chaque côté. Établir une distance d'au moins 0,9 m (3 ft) entre l'avant ou l'arrière du vélo de Life Fitness et d'autres objets.
- Faire preuve de prudence lors du montage ou démontage du vélo d'exercices Lifecycle.
- Ne pas se tenir debout ou s'asseoir sur les protections en plastique.

CONSERVER CES INSTRUCTIONS POUR TOUT USAGE ULTÉRIEUR.

2 SET-UP

Read the Operation Manual before setting up the Life Fitness product. Follow all safety instructions in Section 1.1 and place the product where it will be used before beginning the setup procedure.

2.1 TREADMILLS

ELECTRICAL POWER REQUIREMENTS

The Life Fitness Treadmill requires a dedicated* line with isolated neutral according to the electrical configurations listed in the chart below.

Supply Voltage (VAC)	Frequency (Hz)	Rated Current (Amps)
100	50 / 60	18
120	50 / 60	18
200	50 / 60	9
220	50 / 60	9
230	50 / 60	9
240+	50 / 60	9

* One individual branch circuit for each treadmill per NEC article 210-21 (b) (1) and 210-23 (or other appropriate, country specific electrical compliance guidelines). The hot and neutral wires must each be routed independently (not looped or tied to other circuits).

Note: Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.

GROUNDING INSTRUCTIONS

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, 20-amp outlet is not available, one must be installed by a qualified electrician. Models drawing 16 amps or more must be installed on a dedicated line.

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 20 A correctement mise à la terre n'est disponible, en faire installer une par un électricien qualifié. Les modèles utilisant 16 A ou plus doivent être branchés sur un circuit spécialisé.



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.

HOW TO POSITION AND STABILIZE THE LIFE FITNESS TREADMILL

Follow all safety instructions in Section 1.1 and move the treadmill to the location in which it will be used.

SAFETY CLEARANCES

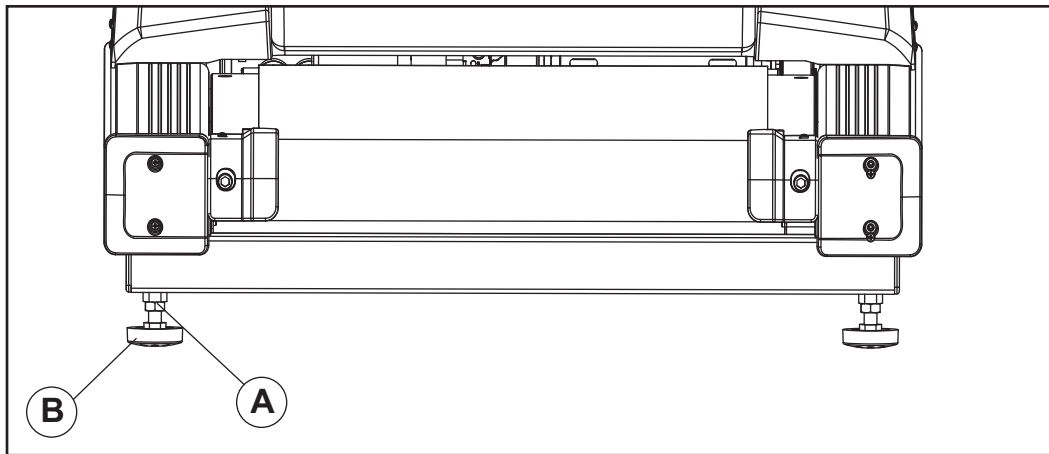
The following information is supplied as regional reference data regarding safety clearances around the exterior of the treadmill.

- **EU:** The European EN957 Safety Standard requires a 6.5 ft. (2 m) minimum from the rear of the treadmill to any object or surface and at least as wide as the treadmill.
- **U.S. and other regions:** The ASTM International (ASTM) F2115 - 05 Standard recommends the minimum dimensions to be 1.64 ft. (0.5 m) on each side of the treadmill and 3 ft. (1 m) behind the rearward most portion of the usable moving surface or 6.5 ft. (2 m) behind the furthest rearward obstruction to emergency egress from the treadmill.

After placing the unit where it will be used, check its stability. If there is even a slight rocking motion or the unit is not stable, determine which stabilizing leg is not resting on the floor. To adjust, loosen the JAM NUT (A), and turn the STABILIZING LEG (B) until the rocking motion ceases, and both stabilizing legs rest firmly on the floor. Retighten the JAM NUT.

Note: It is extremely important that the stabilizing leg be correctly adjusted for proper operation. An unbalanced unit may cause striding belt misalignment. A bubble level is recommended to ensure proper leveling.

Note: Stabilize the treadmill each time the unit is relocated.



POWER SWITCH

Located on the front panel at the base of the treadmill, the ON/OFF switch has two positions: "I" (one) for ON and "0" (zero) for OFF.

POWER CORD ROUTING

Connect the power cord to the power receptacle (C) in the front of the treadmill. The power cord can be routed left or right depending on installation / site needs.

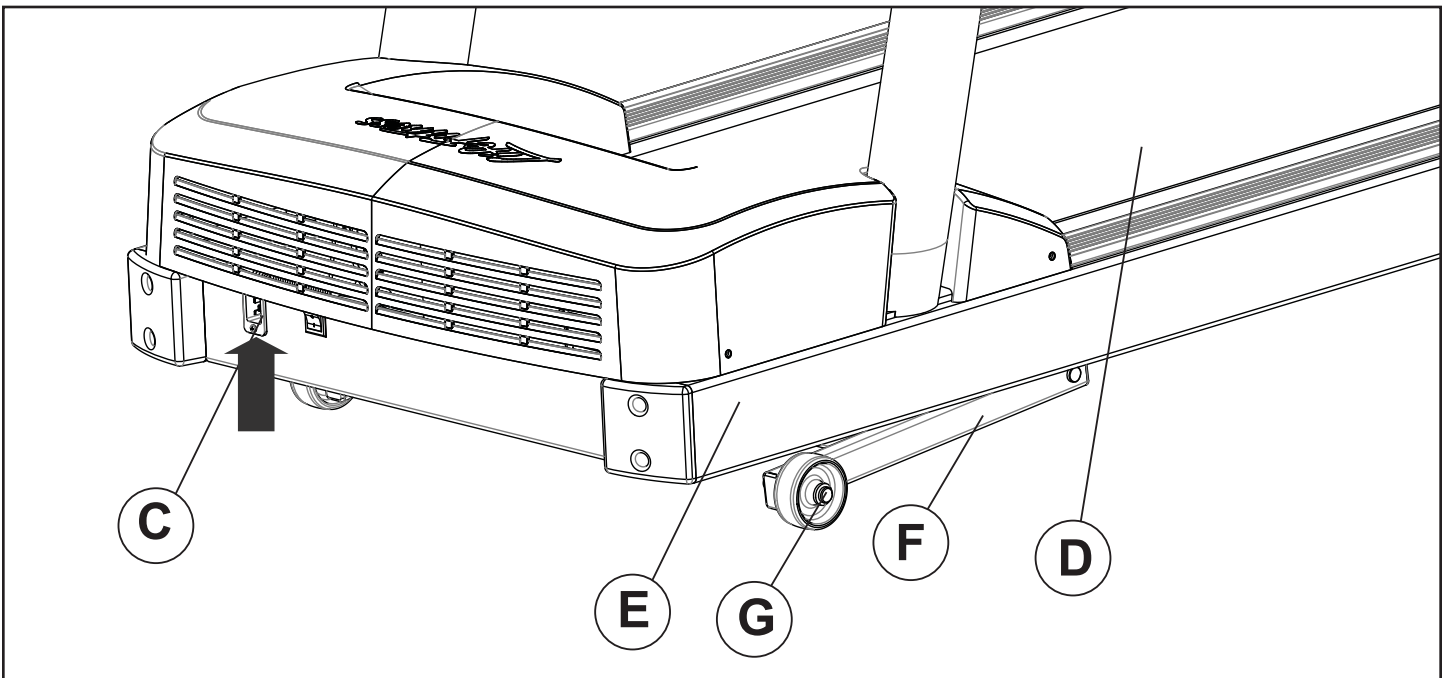


CAUTION: Make sure that there is 6.5 ft. (2 m) of clearance behind the treadmill. Contact Life Fitness Customer Support Services for an optional longer power cord if necessary.



CAUTION: Insure that the power cord does not contact the striding belt (D) or get pinched between the frame (E), lift frame (F) or the wheel (G). Failure to follow this warning may result in serious injury.

AVERTISSEMENT : S'assurer que le cordon d'alimentation n'entre pas en contact avec le tapis et ne soit pas pincé entre le cadre, le bras de levage ou la roue. Le non-respect de cet avertissement peut provoquer de graves blessures.



HOW TO ADJUST AND TENSION THE STRIDING BELT

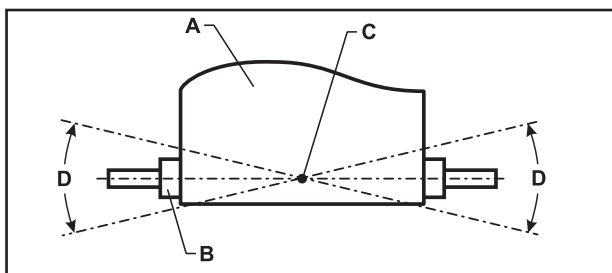
Do not move the treadmill or place hands under the treadmill while it is plugged into an electrical outlet!

THE BELT TENSIONING BOLTS

A 5/16-inch Allen wrench is required for this task. The Life Fitness Treadmill has access holes in the rear roller guards which allow access to the tensioning bolts. These tensioning bolts make it possible to adjust the tracking and centering of the striding belt (A) without removing the guards.

Note: It is extremely important that the treadmill be correctly leveled prior to any tracking adjustments. An unstable unit may cause striding belt misalignment. See How To Position and Stabilize the Life Fitness Treadmill at the beginning of this section prior to attempting any rear roller adjustments.

Before proceeding, it is helpful to visualize the REAR ROLLER (B) pivot point (C). Each adjustment made to one side of the ROLLER must be met with an equal and opposite adjustment (D) to the other side of the ROLLER to maintain an ideal belt tension at the pivot point.



TRACKING (CENTERING) A STRIDING BELT

After installing and leveling the treadmill, check the belt to ensure that it is tracking properly. First, plug the power cord into an appropriate outlet. See *Electrical Power Requirements* at the beginning of this section for details. Then turn the treadmill ON. Two people are needed to perform this procedure.

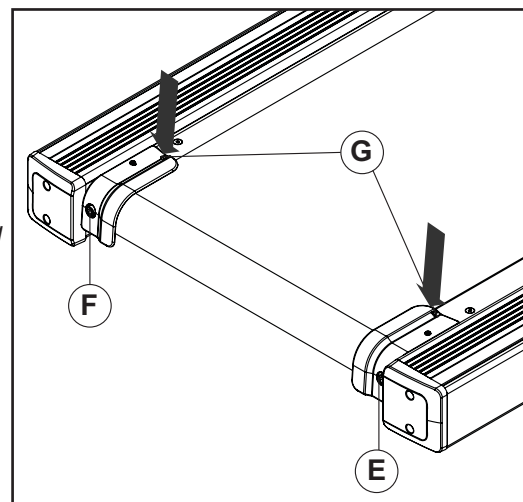
1. Locate the access hole in the rear roller guards to access the belt tensioning bolts.
2. One person stands on the side rails of the treadmill and straddles the belt. This person presses the MANUAL workout and sets the belt speed to 7.0 mph (11.0 kph).
3. If the striding belt has moved to the right, the second person turns the right tension bolt (E), using a 5/16-inch Allen wrench, 1/8-turn clockwise and then turns the left tension bolt (F) 1/8-turn counter-clockwise to make the striding belt track back to the center of the roller.

If the striding belt has moved to the left, turn the left tension bolt 1/8-turn clockwise and then turn the right tension bolt 1/8-turn counter-clockwise to make the striding belt track back to the center of the roller.

4. Repeat the adjustments until the striding belt appears centered. Allow the unit to continue running for several minutes at 7.0 mph (11 kph) to observe if tracking remains stabilized.

Note: Normal belt operating position is for the belt to be located within the belt travel indicators (triangles) (G) on the rear roller guards.

Note: Do not exceed one full turn of the adjusting screws in either direction. If after one full turn the belt does not track properly, contact Customer Support Services. Do not overtighten the tensioning bolts while making belt adjustments. Overtightening of bolts may overstretch and damage the striding belt or roller.



TENSIONING AN EXISTING STRIDING BELT

1. Enter the MANUAL workout and operate the treadmill for five minutes at 5.0 mph (8.0 kph).

Note: DO NOT RUN OR WALK ON BELT.

2. Reduce the speed to 2.0 mph (3.2 kph). Walk on the treadmill. Tightly grip the handrails and apply force with feet on the striding belt near the motor cover against the moving belt direction. If the belt slips, continue to Step 3. If it does not slip, the tension is correct.
3. Using the STOP key, stop the treadmill. Turn the belt tensioning bolts a quarter-turn clockwise for each side.
4. Repeat STEPS 2 and 3 until the belt no longer slips. Do not exceed one full turn (four quarter turns) per side when adjusting the belt tensioning bolts.
5. Enter the MANUAL workout, and operate the treadmill at 2.0 mph (3.2 kph) and check to insure proper tracking. If the striding belt drifts to the left or right see *Tracking (Centering) A Striding Belt* on the previous page.

Do not overtighten the tensioning bolts while making belt adjustments. Overtightening of bolts may over stretch and damage the striding belt or roller bearings. Do not exceed one full turn of either bolt in either direction.

USING AND TESTING THE SAFETY STOP PULL CORD

During operation of the treadmill, the lanyard on the Safety Stop Pull Cord should be attached to an item of the user's clothing.

While the treadmill is on and the console display is active, remove the Safety Stop Pull Cord from the treadmill. A message shall be displayed on the console similar to "REPLACE EMERGENCY STOP SWITCH". With the Safety Stop Pull Cord removed no keys shall function on the treadmill.

Place the Safety Stop Pull Cord back in place. The treadmill will reset and will be ready for operation.

PROACTIVE BELT WEAR NOTIFICATION

The treadmill proactively notifies the facility manager about belt wear through diagnostics. A single indicator is lit on the treadmill console (if manager-enabled) when a belt check is required. This indicator light is located in the upper left corner of the workout profile window.

TO CHECK FOR NOTIFICATIONS:

To enter Belt/Deck Info, press the CLEAR key twice and then quickly press and hold the PAUSE key until the MESSAGE CENTER displays the words "SERVICE MENU". Use any of the UP/DOWN arrow keys to navigate to the INFORMATION Menu. Then access the "Belt / Deck Information" submenu.

Note: Notifications are automatically cleared once they have been displayed.

2.2 CROSS-TRAINERS

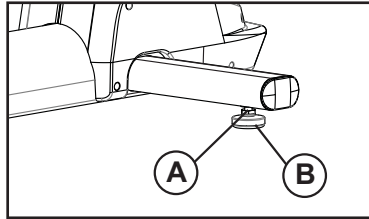
WHERE TO PLACE THE LIFE FITNESS CROSS-TRAINER

Allow 1 ft. (0.3 m) of clearance in front of the Life Fitness Cross-Trainer to allow for movement of the pedal levers. 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 (B) 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 (A) against the stabilizer bar with an open end 17 mm wrench.**

Note: Stabilize the cross-trainer each time the unit is relocated.



CHECK FOR POWER

The console is powered by a rechargeable 6-volt battery. Check the battery by pressing the POWER ON 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.

USING THE POWER ASSIST OPTION

The cross-trainer's optional Power Assist feature makes it possible for the console to be powered by an external electrical source, eliminating the need to pedal at a minimum speed to supply constant power to the console. With this option, users who wish to use the cross-trainer for rehabilitative exercise may pedal at a rate below the minimum without losing console power.

Enabling the Power Assist option requires an optional kit. Contact Life Fitness Customer Support Services to order the kit.

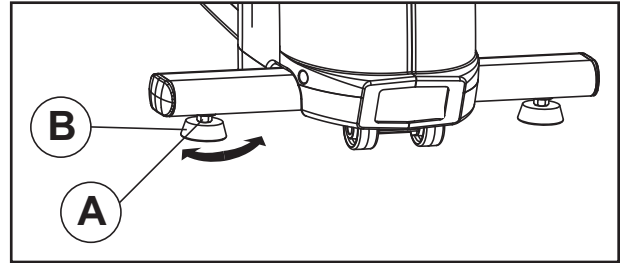
2.3 UPRIGHT AND RECUMBENT LIFECYCLE® EXERCISE BIKES

WHERE TO PLACE THE LIFECYCLE EXERCISE BIKE

Allow a distance of 16 in. (41 cm) between the widest part of the bike and other objects on either side. Allow a distance of 3 ft. (0.9 m) between the front or rear of the bike to any other objects.

HOW TO STABILIZE THE LIFECYCLE EXERCISE BIKE

After placing the bike in position, check the unit's stability by attempting to rock it from side to side. Any slight rocking indicates that the unit must be leveled. Determine which foot is not resting completely on the floor. Loosen the jam nut (A) with an open-end 15mm wrench, and rotate the stabilizing foot (B) to lower it. Verify that the bike is stable, and repeat the adjustment as necessary until the unit no longer rocks. Lock the adjustment by tightening the jam nut against the stabilizer bar.

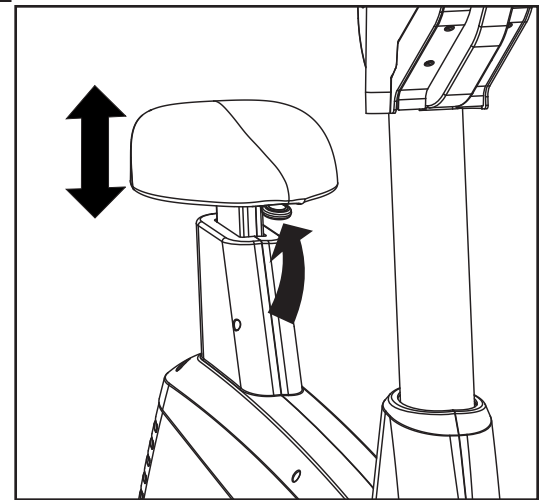


Note: Stabilize the bike each time the unit is relocated.

HOW TO ADJUST THE SEAT ON AN UPRIGHT LIFECYCLE EXERCISE BIKE

It is important to adjust the seat to an optimal height for pedaling on the Upright Lifecycle Exercise Bike. Pedaling with the seat too low can place excessive strain on the knees and quadriceps muscles. Pedaling with the seat too high can irritate the feet, ankles, hips, and knees. To determine whether or not the seat requires adjustment, sit on it and place the balls of the feet on the pedals. The knee should bend slightly when the pedal is at the lowest point of its rotation. It should be possible to pedal without locking the knees or shifting in the seat.

The bike features a vertical ratchet seat adjustment system, which makes it easy and safe to change the height of the seat quickly. To raise the seat, lift the body so that there is no weight on the seat. Then, hold the seat and pull up the adjustment lever under the nose of the seat pad to unlock the seat post. While holding the adjustment lever, pull up on the seat to the desired height and release the adjustment lever to let it lock into place. Test and re-adjust the seat height as necessary.



To lower the seat, lift the body so that there is no weight on the seat. Hold the seat and pull up the adjustment lever under the nose of the seat pad to unlock the seat post. Let the seat slide down to the desired height, and release the adjustment lever to lock the seat post into place. Test and re-adjust the seat height as necessary.

The bike's seat post can be adjusted in 0.35-in. (0.9 cm) increments within a 13.46-in. (34.2 cm) total up/down range. A total of 38 height settings are possible.



CAUTION: When using the height adjustment mechanism to change the height of a partially raised seat, hold the seat to prevent it from falling on the hand.



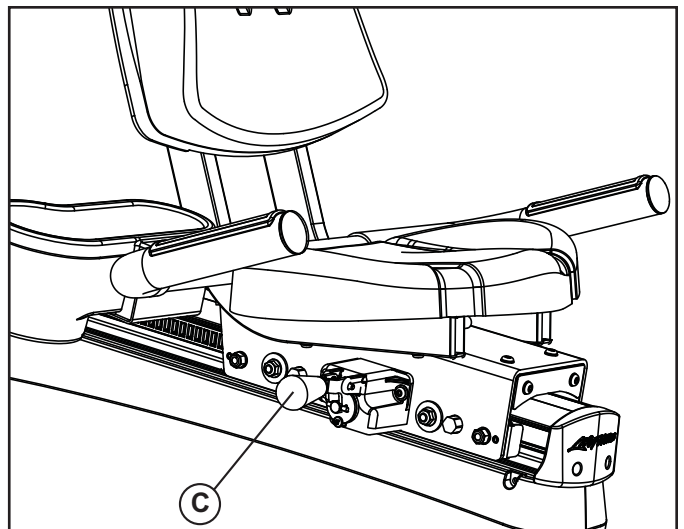
MISE EN GARDE - Lorsque vous utilisez le mécanisme de réglage de la hauteur pour monter une selle déjà partiellement surélevée, maintenez cette dernière afin qu'elle ne vous tombe pas sur la main.

HOW TO ADJUST THE SEAT ON A RECUMBENT LIFECYCLE EXERCISE BIKE

A properly adjusted seat is extremely important in any bike activity and the Recumbent Lifecycle Exercise Bike is no exception. If the seat is too close, excessive strain will be placed on the knees and quadriceps muscles; if the seat is too far, the resulting reaching action will irritate the feet, ankles, hips and knees.

Sit on the seat with back against the back rest and place the balls of the feet on the pedals. An optimum position will allow movement through the bottom of the stroke without locking the knees or shifting in the seat. The knees should have a slight bend at the point of fullest leg extension.

If the seat needs to be adjusted, lift the spring-loaded adjusting handle (C) located on the right, front side of the seat. Slide the seat forward or backward as necessary to the proper position and release the pin to complete engagement. Gently slide the seat forward and backward a small distance to ensure it is locked into place. Check the seat distance again and re-adjust it if necessary.



CAUTION: Do not attempt to adjust the seat while pedaling the bike. Doing so, or failing to insert the seat pin completely may result in an uncomfortable workout or cause injury.

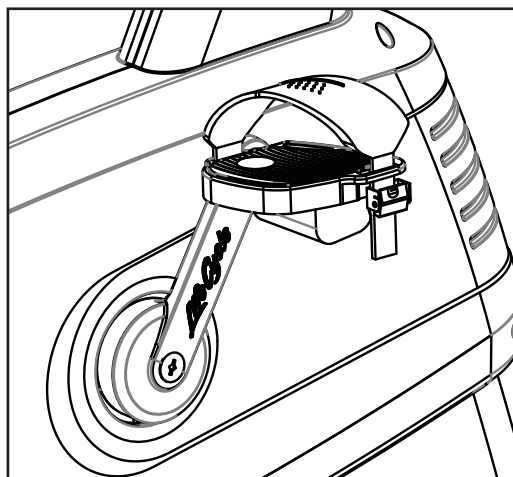


MISE EN GARDE : Ne pas essayer d'ajuster la selle pendant le pédalage. Tout ajustage en cours de fonctionnement ou toute insertion incomplète de la goupille de la selle pourrait nuire à l'exercice ou entraîner des blessures.

HOW TO ADJUST THE PEDAL STRAPS

The bike pedal straps keep the user's shoes on the pedals during a workout. The straps should fit comfortably, but they also should be tight enough to prevent shoes from slipping at any point in the pedaling rotation. Before working out, a user should test and adjust the tightness of the straps.

The pedal straps on the foot pedals can be adjusted to fit a variety of shoe sizes. Each strap is held in place by a spring-loaded clip that is connected to the outer edge of each pedal. To tighten a strap, simply pull the loose end of the strap down. It automatically locks into place with each pull. To loosen a strap, press down on the top of the clip and pull the strap up. Release the clip to lock the strap into place. Test the adjustment, and change if necessary.



STARTING UP THE BIKE CONSOLE

When a user begins pedaling on the Lifecycle exercise bike, the unit's Auto-Start feature powers up the console, causing the console display to light up and the MESSAGE CENTER to flash a prompt: "SELECT WORKOUT USING ARROW KEYS OR PRESS QUICK START." If the user does not make a selection in 20 seconds, the console automatically starts a **MANUAL** workout. If the user stops pedaling for more than 15 seconds, the console shuts down. Alternately, the user may press the POWER ON key to power up the console.

USING THE POWER ASSIST OPTION

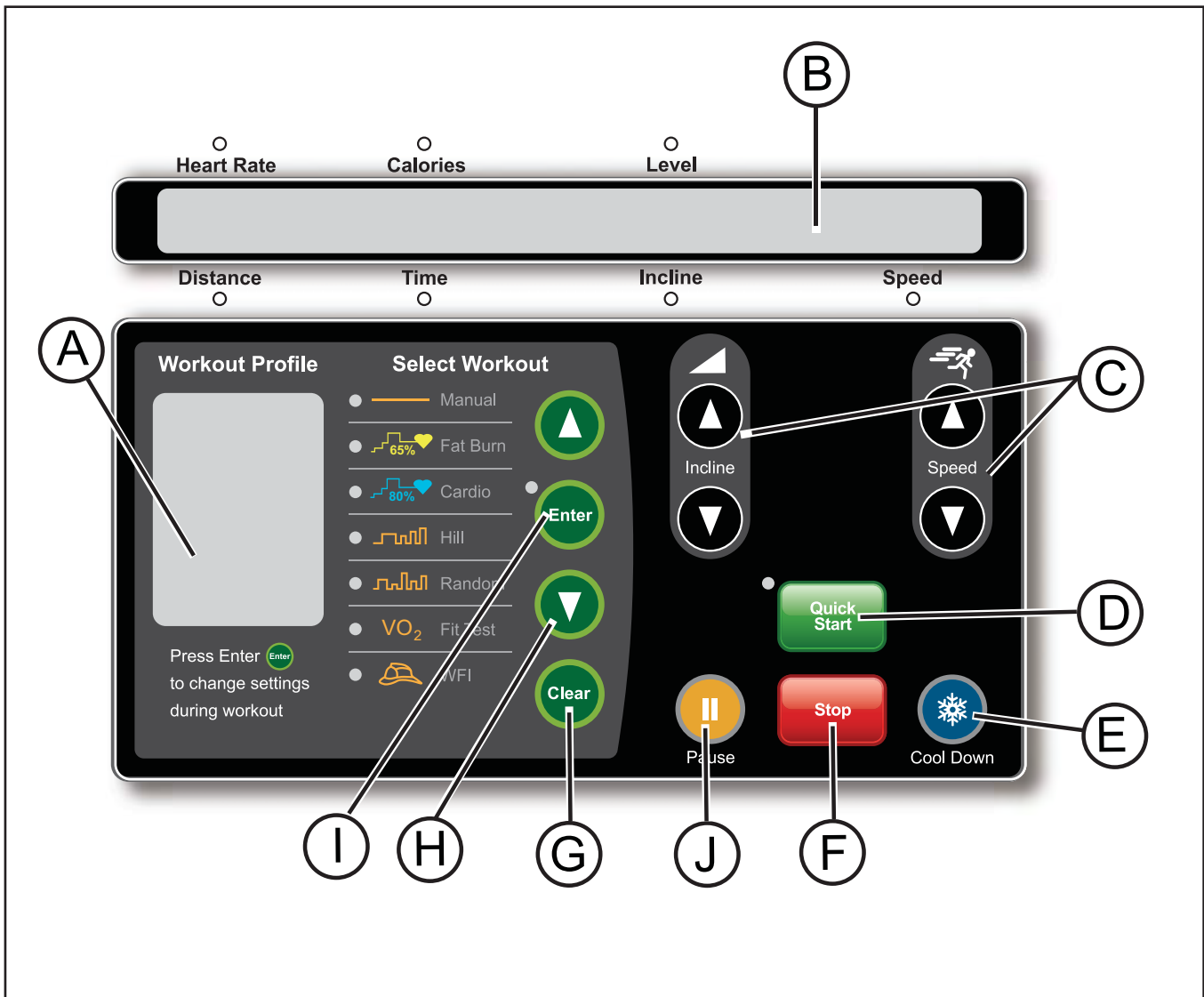
The Lifecycle exercise bike's optional Power Assist feature makes it possible for the console to be powered by an external electrical source, eliminating the need to pedal at a minimum speed to supply constant power to the console. With this option, users who wish to ride the bike for rehabilitative exercise may pedal at a rate below the minimum without losing console power.

Enabling the Power Assist option requires a an optional kit. Contact Life Fitness Customer Support Services to order the kit.

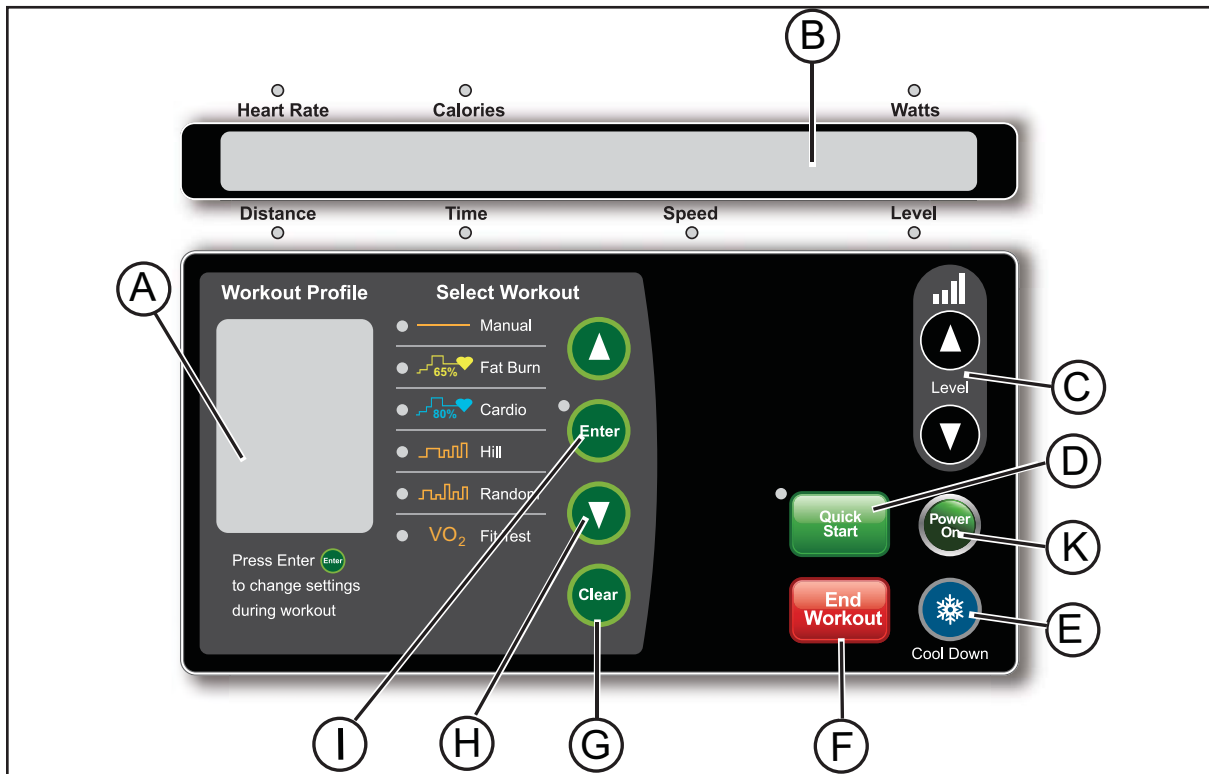
3 CONSOLE OVERLAYS

3.1 CONSOLE OVERLAYS OVERVIEW

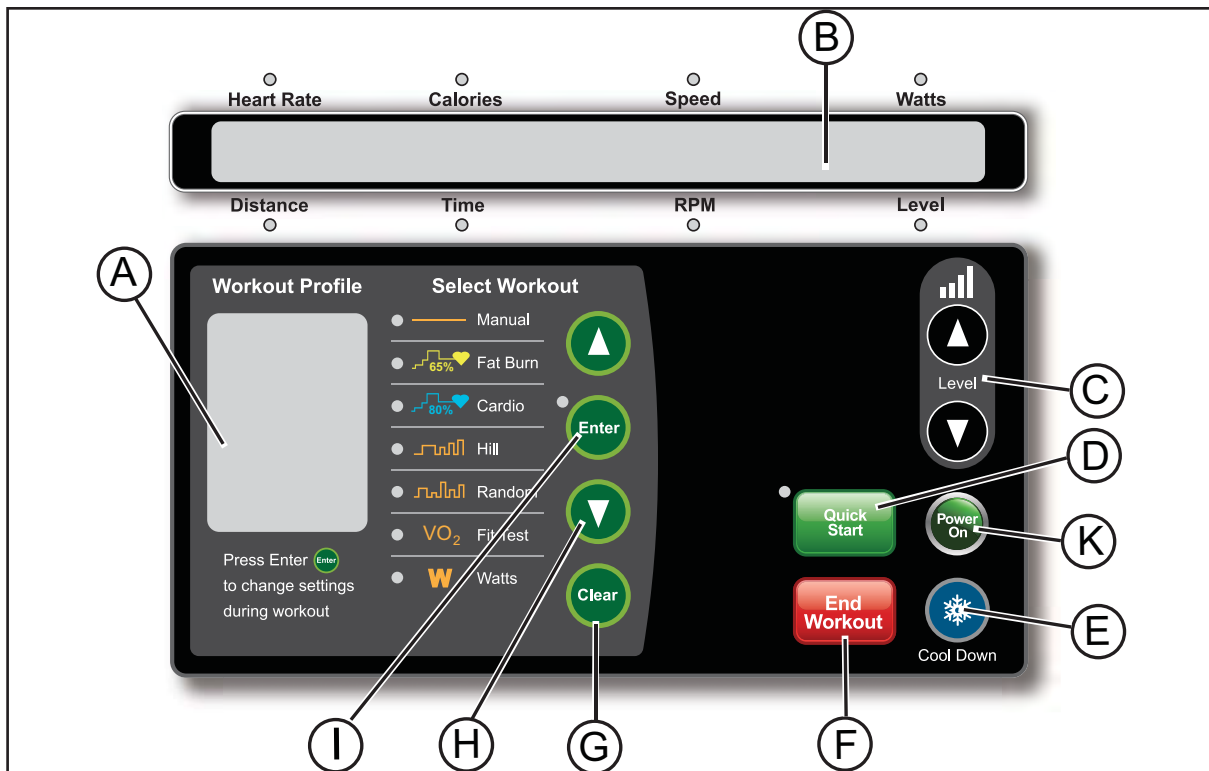
The computerized display console on these products allow the user to tailor a workout to personal fitness abilities and goals and to monitor progress. With these easy-to-use consoles, the user can track fitness improvement from one workout to the next.



Treadmill



Cross-Trainer



Lifecycles

3.2 CONSOLE OVERLAYS DESCRIPTION

- A. **WORKOUT PROFILE WINDOW:** During a workout, interval hills and valleys appear in this window as rows of light stacked in columns. The number of lit rows within a column corresponds to resistance levels/inclines.
- B. **MESSAGE CENTER:** This window displays workout information as well as step-by-step instructions for setting up a workout. These displays include: time, distance, total calories burned, calories per hour, heart rate, target heart rate, Watts, METs, resistance level, and speed.

Note: Distance climbed, pace, and incline are displayed on treadmills only. RPM and speed displays toggle on bikes only.

- C. **INCLINE and SPEED arrow keys (treadmills only):** Press these keys to increase or decrease the incline of the treadmill deck or the striding belt speed.

LEVEL arrow keys (bikes and cross-trainers): Press these keys to increase or decrease the resistance level.

Note: Bikes and cross-trainers have adjustable or speed-independent braking systems.

- D. **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 INCLINE, SPEED, or LEVEL UP/DOWN arrow keys to change the intensity level or press ENTER to change the in-session workout parameters such as workout duration as desired.

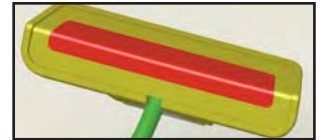
Note: Use the GREEN UP/DOWN arrow keys to change time.

- E. **COOL DOWN key:** Press this key to begin an automatically customized workout cool down.

- F. **STOP (treadmills only):** Press this key to stop the current workout and start the Workout Summary.

END WORKOUT (bikes and cross-trainers only): Press this key to immediately end the current workout and start the Workout Summary.

Note (treadmills only): A STOP magnet is located in the center of the panel below the display console. A cord with a clip is attached to this magnet. Before starting a workout, attach the clip to clothing. To stop the striding belt on the treadmill, pull the cord, removing the magnet from the console. Replace the magnet to reset the system.



- G. **CLEAR key:** Press this key once to clear data not yet entered. Press it twice in succession while programming to reset the equipment and restart the programming sequence.
- H. **UP/DOWN arrow keys:** Use the UP/DOWN arrow keys to scroll through the workout selections, workout parameters, and changing workout parameters. Select desired workout and press ENTER. These programs include: **MANUAL, FAT BURN, CARDIO, HILL, RANDOM, FIT TEST, ENTER PIN (CSAFE NETWORK only), WFI (treadmills only) and WATTS (bikes only).**
- I. **ENTER key:** Press this key to confirm entries of workout setup values, as displayed in the MESSAGE CENTER.
- J. **PAUSE (treadmills only):** Press this key to stop the belt and hold the current workout. Continue the workout by pressing the ENTER key. **Note:** The treadmill starts at the minimum speed of 0.5 mph after a pause.
- K. **POWER ON key (bikes and cross-trainers only):** Press this key to turn the console power on.

4 HEART RATE ZONE TRAINING®

4.1 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 products feature these exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training exercise:

- FAT BURN
- CARDIO

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

To change settings during a workout, press ENTER.

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 on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the incline level on treadmills and resistance on cross-trainers and bikes 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.

4.2 HEART RATE MONITORING

THE LIFEPULSE™ SYSTEM

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

- Grasp the sensors firmly.
- Hold each sensors at the 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.

Note (treadmills only): Do not attempt to grasp the sensors at speeds above 4.5 mph or 7.2 kph. For these speeds, the use of a Polar telemetry heart rate chest strap is recommended.

THE OPTIONAL POLAR® TELEMETRY HEART RATE CHEST STRAP

The Polar® telemetry heart rate monitoring system transfers heart rate signals to the console when electrodes are pressed against the skin. These electrodes are attached to a Polar telemetry heart rate 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.

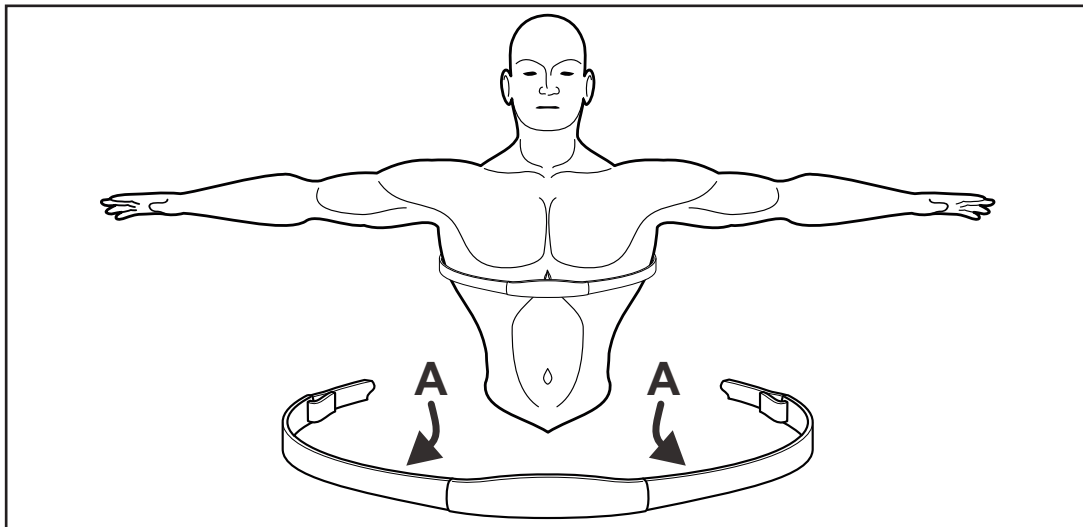
See the diagram below for correct positioning of the Polar telemetry heart rate chest strap. The electrodes (A), which are the two grooved surfaces on the underside of the strap, must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moisten the electrodes. 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.

Note: If the Lifepulse system sensors are grasped while the chest strap is worn, and if the signals from the sensors are valid, the on-board computer uses these sensor signals for calculating the heart rate instead of those transmitted by the Polar telemetry heart rate chest strap.

Note (treadmills only): 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, users can workout at the maximum allowed speed set in Manager's Configuration.



5 THE WORKOUTS

5.1 WORKOUT DESCRIPTIONS

- **QUICK START** is the fastest way to begin exercising. After the QUICK START key is pressed, a constant-level MANUAL workout begins.
- The **MANUAL** program is a constant effort workout in which the user can change resistance level or speed at any time. While the workout is in progress, increase or decrease the intensity level as desired using the LEVEL UP/DOWN arrow keys on bikes and cross-trainers. Use the SPEED or INCLINE UP/DOWN arrow keys on treadmills.
- The **RANDOM** program is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.
- 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 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.

***Note:** The intensity level on treadmills can be temporarily adjusted using the INCLINE UP/DOWN arrow keys or permanently changed by setting a new in-session Target Heart Rate goal. Speed can only be changed by the user. For bikes and cross-trainers the intensity level can be changed by adjusting the target heart rate goal directly with the LEVEL UP/DOWN arrow keys.*

***Note:** Change the target heart rate at any time by pressing ENTER to change the in-session workout parameter for target heart rate.*

- 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.

***Note:** The intensity level on treadmills can be temporarily adjusted using the INCLINE UP/DOWN arrow keys or permanently changed by setting a new in-session Target Heart Rate goal. Speed can only be changed by the user. For bikes and cross-trainers the intensity level can be changed by adjusting the target heart rate goal directly with the LEVEL UP/DOWN arrow keys.*

***Note:** Change the target heart rate at any time by pressing ENTER to change the in-session workout parameter for target heart rate.*

- The Life Fitness-patented **HILL** workout offers a variety of configurations for interval training. Intervals are periods of intense aerobic exercise separated by regular periods of lower-intensity exercise. The WORKOUT PROFILE window represents these high and low intervals as columns of light, which together have the appearance of hills and valleys. Each column represents one interval. The overall duration of the workout determines the length of each interval.

***1 to 9 minutes (available for Bikes and Cross-Trainers only if Power Assist option is enabled):** 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 added by the user "on the fly", 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.*

• **FIT TEST**

The Life Fitness 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.

Note (treadmills only): 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.

The Fit Test is considered to be a submax VO₂ (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. Please note that the estimated VO₂ max scores achieved will be 10-15% lower on stationary exercise bikes than those achieved on other Life Fitness cardiovascular equipment. Stationary cycling has a higher rate of isolated muscle fatigue of the quadriceps when compared to walking/running on a treadmill or utilizing a bike. This higher rate of fatigue corresponds to lower levels of estimated VO₂ max scores.

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

FIT TEST PROGRAM SUGGESTED EXERTION LEVELS

	Inactive	Active	Very Active
Treadmills	2-3 mph (3.2-4.8 kph)	3-4 mph (4.8-6.4 kph)	3.5-4.5 mph (5.6-7.2 kph)
Cross-Trainers	L 2-4 men L 1-2 women	L 3-10 men L 2-5 women	L 7-15 men L 3-10 women
Lifecycle Exercise Bikes	L 4-6 men L 2-4 women	L 5-10 men L 3-7 women	L 8-14 men L 6-10 women

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 lbs. (34 kg) or greater than 400 lbs. (181 kg)
- ages below 10 or over 99 years
- data input that exceeds human potential

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

RELATIVE FITNESS CLASSIFICATION FOR WOMEN					
	Estimated VO ₂ Max (ml/kg/min) Per Age Category				
Rating	20-29	30-39	40-49	50-59	60+
Elite	47+	44+	42+	37+	35+
Excellent	45-46	42-43	40-41	35-36	33-34
Very Good	43-44	40-41	38-39	33-34	31-32
Above Average	38-42	36-39	34-37	30-32	27-30
Average	33-37	31-35	30-33	26-29	24-26
Below Average	31-32	29-30	28-29	24-25	22-23
Low	28-30	27-28	25-27	22-23	20-21
Very Low	<28	<27	<25	<22	<20

Life Fitness developed this rating scale based on VO₂ 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 VO₂ max estimation, and a means of assessing initial fitness level and tracking improvement.

- **WFI SUBMAX PROTOCOL (TREADMILLS ONLY)**

The Life Fitness Treadmill features an additional fitness test based upon specific predefined protocols.

- **WFI Submax Protocol:** Submaximal VO₂
The WFI Submax Protocol is a graded submax assessment used to predict a fire fighter's aerobic capacity. This test automatically increases speed and incline until a target heart rate is reached.

To ensure an accurate test score, do not change entries once the workout begins. Once the target heart rate has been exceeded for 15 seconds, the program goes into a cool down. The cool down last for three minutes at 3 mph at a 0% grade. The workout summary includes the following information:

- The test time is displayed in the TIME window.
- The VO₂ max test score is displayed in the SPEED window.
- The recovery heart rate is displayed in the HEART RATE window.

- **MARATHON MODE (TREADMILLS ONLY)**

A workout in MARATHON MODE allows the user to workout indefinitely and ends only if the user chooses to end it or a stop system is activated. To activate this mode, while setting up a workout for all but FIT TEST and WFI programs, enter a time value greater than the maximum program time allowed.

- **WATTS (BIKES ONLY)**

This workout targets a rate of effort equal to a certain number of Watts. A Watt is a unit of power that measures the amount of mechanical work required to operate a device. It is roughly equal to 0.25 calories per hour. The workout program automatically alters the intensity level to maintain the appropriate rate of effort.

5.2 LOGGING ON TO THE NETWORK

If the product is connected to a network, use the UP/DOWN arrow keys to scroll past the last workout shown on the console. The MESSAGE CENTER displays a prompt to log on with a personal ID number. Press ENTER to select this option. Use the UP/DOWN arrow keys to enter the correct digits of the ID number and press ENTER.

6 SERVICE MENU

6.1 ENTERING THE SERVICE MENU

Managers and other authorized personnel can use the Service Menu to access DIAGNOSTICS, INFORMATION, MAINTENANCE, and CONFIGURATION submenus.

How to Enter the Service Menu on Treadmills: Press the CLEAR key twice to initiate a system reset then immediately release the CLEAR key and press and hold the PAUSE key. Continue holding the PAUSE key until the MESSAGE CENTER displays the words SERVICE MENU. The Service Menu includes the Information, Service, Maintenance and Configuration submenus. Use the UP/DOWN arrow keys to navigate between submenus. Use the ENTER key to select the desired submenu. Press the CLEAR key to exit.

How to Enter the Service Menu on Bikes and Cross-Trainers: The Service Menu includes the Information, Diagnostic and Configuration submenus. To enter the Service Menu press and hold down the GREEN UP arrow key while initiating a system reset by pressing and releasing the CLEAR key twice. Continue to hold down the UP arrow key until the MESSAGE CENTER displays the words CODE VER. X.XX. This is the Information menu which is the default submenu in the Service Menu. From the Service Menu the Diagnostic submenu may be accessed by pressing and holding the QUICK START key while pressing ENTER. Similarly, the optional Configuration submenu may be entered by pressing and holding the COOL DOWN key while pressing ENTER. Use the ENTER and CLEAR keys to navigate submenu items and use the arrow keys to change option settings or to see more items in a submenu. Press the CLEAR key to exit the Service Menu.

6.2 SUBMENUS

Diagnostics (System Test for Treadmills; Service Menu for Bikes & Cross-Trainers)

The Diagnostics submenu allows technicians to run systems diagnostics. For Treadmills, use the UP/DOWN arrow keys to navigate through the list of diagnostic utilities and the ENTER key to select the currently navigated utility. For Bikes and Cross-Trainers, use the ENTER and CLEAR keys to navigate through the list of diagnostic utilities and any of the UP/DOWN arrow keys to interact with the currently navigated to utility. Press the CLEAR key to exit the current diagnostic utility. Press the CLEAR key repeatedly to exit the Diagnostics Menu.

Note: *These tests should only be used by (or with the express instruction of) a trained Life Fitness service technician.*

Information (Code Ver. X.XX on Bikes and Cross-Trainers)

The Information submenu will display system information such as the software version numbers and their associated part numbers as well as the version numbers of other installed software components. Additionally, for treadmills you can view system statistics and other details. The UP/ DOWN arrow keys can be used to navigate through the list of items that may be displayed. Press the ENTER key to select any additional statistics or details. Press the CLEAR key once to exit the Information Menu and consequently the System Menu.

Maintenance (Treadmills only)

The Maintenance submenus allow authorized personnel to log maintenance events.

Configuration (Manager's and Manufacturer's Configuration on Treadmill; Optional Settings on Bikes & Cross-Trainers)

The Configuration menu allows the manager to configure options for the product (*see list of options on next page*).

For Treadmills the Configuration menu consists of two submenus: Manager and Manufacturer. Use the UP/DOWN arrow keys to navigate to the submenu and press ENTER to select.

Note: *The ENTER key cannot be used to select the Manufacturer's Configuration submenu which contains settings that cannot be changed by the customer.*

For Bikes and Cross-Trainers use the ENTER and CLEAR keys to navigate the items in the submenu and the arrow keys to select or make changes to the option settings.

6.3 MANAGER'S CONFIGURATION (OPTIONAL SETTINGS)

Setting	Default Value	Description
Treadmills, Bikes, and Cross-Trainers		
Maximum Workout Duration	60 Minutes	This feature allows the setting of maximum workout duration limits.
Pause Timeout	1 Minute (<i>treadmills</i>) 5 Minutes (<i>bikes and cross-trainers with Power Assist Option only</i>)	This sets the maximum time during which a workout can remain in pause mode. <i>This configuration applies to externally powered products only.</i>
English / Metric Units	English (<i>International: Metric</i>)	This option sets the measurement unit type for weight, distance, height and speed.
METS Display	Off	If this option is enabled, the MESSAGE CENTER displays the METs equivalent of the user's power output.
Calorie Per Hour (CPH) Display	On (<i>International: Off</i>)	If this option is enabled, the MESSAGE CENTER displays the number of calories burned per hour during the workout.
User Language Note: <i>This setting is located in the Service Menu for bikes and cross-trainers.</i>	English	This option allows for the setting of a new default language for user and service messages.
Language Select	Off	If this option is enabled, users will be prompted to select a language for use during the workout.
Telemetry	On	Switching on the telemetry feature makes it possible to use the Polar®-compatible Heart Rate Zone Training exercises with a Polar telemetry heart rate chest strap for monitoring the heart rate.
Bikes and Cross-Trainers ONLY		
WATTS Display Toggle	On	If this option is enabled, the MESSAGE CENTER will regularly toggle the display between the Watts equivalent of the user's power output and the current Level setting. If disabled, the Watts value will be "locked" in the display and Level will only display when changed.
Sleep Mode	Off	The Sleep Mode configuration setting controls how long the console will stay powered up from the last key press but before actively engaging the product in exercise. <i>This configuration applies to externally powered products only.</i> Upon entry to this utility the current configuration setting shall be displayed. The UP/DOWN arrow keys shall allow incrementing/decrementing of the Sleep Mode value in 1 minute increments respectively. The range of values for Sleep Mode shall be 1 through 99 minutes and OFF.

6.3 MANAGER'S CONFIGURATION (OPTIONAL SETTINGS)

Setting	Default Value	Description
Treadmills ONLY		
Maximum Speed	12.0 mph <i>(International: 20 kph)</i>	This option allows for setting the fastest speed at which the treadmill can operate.
Minimum Speed	0.5 mph <i>(International: 0.8 kph)</i>	This option allows for setting the slowest speed at which the treadmill can operate.
Pace Display	On	If this option is enabled, the rate of minutes per mile is displayed.
Distance Climbed	Off	If this option is enabled, the total distance climbed, based on the incline and speed is displayed.
Acceleration Rate	3	This sets the rate at which the treadmill accelerates to the selected speed, ranging from one (slowest) to five (fastest).
Deceleration Rate	3	This sets the rate at which the treadmill decelerates to the selected speed, ranging from one (slowest) to five (fastest).
Maximum Incline	15.0	This option changes the maximum incline grade to a value lower than 15%.
System Beeps	On	This option controls whether the system speaker beep is generated on key presses.
Marathon Mode	Off	This option allows the user to workout indefinitely.
Belt Wear Notification Indicator	Off	If enabled, this option will alert a manager if a belt notification exists.

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. Commercial Life Fitness equipment are among the most popular of aerobic trainers in health clubs, colleges and military facilities worldwide.

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. Pay special attention to parts that are subject to wear, as outlined below.*

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. Portez une attention toute particulière aux pièces qui s'usent, comme indiqué ci-dessous.*

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

- Locate the product in a cool, dry place.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see *Life Fitness Approved Cleaners*) and a microfiber 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.

Treadmills Only:

- Check operation of the emergency stop system once a week.
- Check the operation of the stop button once a week.
- Inspect and vacuum the area directly surrounding and under the unit regularly.
- Vacuum around the striding belt regularly to keep debris from accumulating.
- Inspect exterior parts regularly for wear, particularly the striding belt, deck and line cord.
- Check to make sure the unit is properly leveled.
- Check the position (centering) of the striding belt.

Note: Normal belt operating position is for the belt to be located within the belt travel indicators on the rear roller guards as shown in Section 2.1. Refer to *Tracking (Centering) A Striding Belt* or contact Life Fitness Customer Support Services for proper alignment instructions.

Bikes & Cross-Trainers Only:

- Clean the top surface of the pedals regularly.
- Clean the housing and moving arms (Cross-Trainer) thoroughly on a regular basis.
- Keep the pedal straps fastened securely when using the Bikes.

LIFE FITNESS APPROVED CLEANERS

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

Item	Weekly	Monthly	Bi-Annually
Console Overlays	Clean		Inspect
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Hardware			Inspect
Frames	Clean		Inspect
Plastic Covers	Clean	Inspect	Inspect
Lifepulse Sensors	Clean / Inspect		
Pedals and Straps	Clean	Inspect	
Toe Guards, Endcaps		Visual / Inspect	
Striding Belt Centered	Inspect		
Machine Level	* Inspect		
Emergency Stop Magnet	Clean / Inspect		
Motor Cover	Clean	Vacuum / Clean	
Motor Electronic Compartment			Inspect
Drive Belt			Inspect
Leg Levelers		Inspect / Adjust	
Front & Rear Rollers			Inspect
Side Step Area	Clean	Inspect	
Side Hand Rails	Clean		Inspect
Ergo™ Front Handlebar	Clean		Inspect
*Use bubble level to inspect			

7.3 RECYCLING THE BATTERY (BIKES & CROSS-TRAINERS)

When the Life Fitness product is about to be discarded at the end of its useful life, the rechargeable battery must first be removed and recycled. If an optional external power supply is present, it must be disconnected before the battery is removed.

Cross-Trainer: To access the battery, use a Phillips screwdriver to remove the front shrouds. To remove the battery, disconnect the cable, and remove the two screws holding the battery to the bracket.

Upright or Recumbent Lifecycle: To access the battery, use a Phillips screwdriver to remove the main shroud on an Upright Lifecycle or the back shrouds on a Recumbent Lifecycle. To remove the battery, disconnect the cable, and remove the two screws holding the battery.

7.4 TROUBLESHOOTING

TREADMILLS ONLY

Malfunction	Probable Cause	Corrective Action
No power.	ON / OFF switch is not in proper position.	Turn the switch to the ON position.
	Power source is insufficient.	Plug treadmill into a dedicated 20 amp circuit. Using a voltmeter, verify power at outlet. If no power exists, reset circuit breaker at panel.
	Line cord is damaged.	Replace line cord. Contact Life Fitness Customer Support Services.
	Line cord is improperly seated in socket.	Inspect power connection at wall outlet and at machine for proper contact.

TROUBLESHOOTING (CONTINUED)

TREADMILLS ONLY

Malfunction	Probable Cause	Corrective Action
Striding belt slips off-center.	Floor surface is uneven.	<p>Check levelers and level treadmill.</p> <p>Check striding belt & re-tension as necessary. Refer to Section 2.1.</p>
Maximum speed is reduced.	User is pushing striding belt. This occurs when the runner is running faster than the striding belt will travel, with the result of the striding belt being pushed with the runner's feet.	Instruct users not to push striding belt in either direction.
	User is stalling striding belt. This will occur with heavier users at lower striding belt speeds. The striding belt will "stall" if the user is traveling slower than the striding belt speed.	
	Striding belt/deck malfunctions. The deck laminate is worn through or the underside of striding belt is glazed over (hard, glossy).	Replace belt and deck. Contact Life Fitness Customer Support Services.
	Power source is insufficient.	Plug treadmill into a dedicated 20 amp circuit.
Rubbing sound comes from underneath machine.	Foreign objects may be stuck underneath the machine.	Inspect underneath striding belt and machine. Remove any debris or objects that may cause interference with the treadmill.
Display does not illuminate when machine is powered on.	Loose connection at display console or motor control board.	Check all electrical connections for proper attachment. Contact Life Fitness Customer Support Services.

TROUBLESHOOTING (CONTINUED)

TREADMILLS ONLY

Malfunction	Probable Cause	Corrective Action
Unit resets randomly or pauses.	Power source is insufficient.	Plug treadmill into a dedicated 20 amp circuit.
	Damaged ground prong on line cord.	Replace line cord.
	Line cord improperly seated in electrical outlet.	Inspect power connection at electrical outlet and at machine for proper contact.
	Emergency stop magnet is not engaged.	Re-engage the emergency stop magnet.
	Towel or other item may be making contact with stop switch while user is running.	Move all possible obstructions off display console and handlebar.
	Intermittent keypad closure.	Contact Life Fitness Customer Support Services.
	Main wire harness is pinched.	
	Ground path is open.	

TROUBLESHOOTING THE OPTIONAL POLAR® TELEMETRY HEART RATE CHEST STRAP

ALL PRODUCTS

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 product a few inches away from the probable cause, or move the probable cause a few inches away from the product, 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 ft. (0.9 m) generates electromagnetic interference.	

ALL PRODUCTS

Malfunction	Probable Cause	Corrective Action
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 4.2).
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin (see Section 4.2).
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 ft. (0.9 m) of the heart rate receiver.	Make sure the chest strap transmitter is within 3 ft. (0.9 m) 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 properly attached to the user's chest and move closer to the heart rate receiver inside the console. Wait up to 10 seconds for the heart rate to display on the console.</p> <p>The overall range of the heart rate strap is approximately 3 ft. (0.9 m) after it communicates with the receiver. The strap must be 1.5 - 2 ft. (0.5 - 0.6 m) away from the receiver in order to start communicating. When the display shows a heart rate value stay within 3 ft. (0.9 m).</p> <p>Notes:</p> <ol style="list-style-type: none"> 1. Ensure proper adherence of the Polar telemetry heart rate chest strap to user's chest. 2. Ensure proper conductivity between the electrodes and user's chest. 3. If needed, use the Polar watch to verify chest strap's operation.

7.5 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.
 - Treadmill:** located under the left rear endcap.
 - Bikes:** located on the front stabilizer.
 - Cross-Trainers:** located on the rear stabilizer.
3. Contact Life Fitness Customer Support Services.

8 ACTIVATE CARDIO SERIES SPECIFICATIONS

TREADMILLS, LIFECYCLES, & CROSS-TRAINERS	
Designed use:	Heavy / Commercial
Maximum user weight:	400 lbs. / 181 kg
Display type:	Segmented Alpha-numeric, LED Message Center or Complex Character, LCD Message Center
Ports (1):	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).
Heart rate monitoring systems:	Patented Lifepulse™ digital contact heart rate and Polar® telemetry-compatible heart rate monitoring system

TREADMILLS	
Power requirements:	120 volt, 20 amp (U.S.). See <i>Electrical Requirements</i> for requirements outside the United States.
Speed range:	0.5 - 12.0 mph (0.8 - 20 kph)
Incline level:	20
Elevation range:	0% -15% (in 0.5% increments) Note: Treadmill can automatically adjust incline in 0.1% increments if required by the workout.
Drive train:	AC motor and motor controller
Motor type:	Variable Speed AC
Motor size:	3.0 HP continuous duty
Rollers:	2.75 in. (7 cm) diameter, precision-crowned, front and back
Striding belt:	60 in. Length x 20 in. Width (152 cm Length x 51 cm Width), multi-ply
Waxing system:	Lubricant-Infused Striding Belt
Deck type:	3/4" medium density reversible fiberboard
Shock absorption system:	Patented FlexDeck® Shock Absorption System with Lifesprings™
Ergo™ front handrail:	Ergonomically shaped, elastomeric grip
Side handrails:	16 in. (41 cm) slide-on, rubber (elastomeric) grips
Stop system:	Red and yellow magnetic lanyard emergency stop system
Workouts:	Quick Start, Manual, Fat Burn, Cardio, Hill, Random, Fit Test, WFI
Continuous / Toggle displays:	Total elapsed time of workout, total calories burned, total distance, heart rate, target heart rate, speed, level, incline
Informational displays:	Distance climbed, Watts, METs, calories per hour, pace

	LIFECYCLES	CROSS-TRAINERS
Pedal speed range:	30 - 100 rpm	2.2 - 12.7 mph (3.5 -20.4 kph)
Pedal size:	5 in. x 5.5 in. (127 mm x 140 mm)	15.8 in. x 8 in. (401 mm x 203 mm)
Drive type:	Belt / Alternator	
Resistance level:	25	
Workouts:	Quick Start, Manual, Fat Burn, Cardio, Hill, Random, Fit Test	
	Watts	
Continuous / Toggle displays:	Total elapsed time of workout, total calories burned, total distance, heart rate, target heart rate, speed, resistance level	
	RPM	
Informational displays:	METs, Watts, calories per hour	

Physical Dimensions					
	Activate Console	Treadmill Base	Cross-Trainer Base	Upright Lifecycle Base	Recumbent Lifecycle Base
Length	14 in. / 35.56 cm	80.68 in. / 204.93 cm	82.2 in. / 209 cm 83.5 in. / 212 cm (with console)	44 in. / 112 cm	64 in. / 163 cm
Width	12 in. / 30.48 cm	32.098 in. / 81.53 cm	28 in. / 71 cm	23 in. / 59 cm	26.5 in. / 67.3 cm
Height	3.2 in. / 8.13 cm	57 in. / 145 cm	60.2 in. / 153 cm	54 in. / 137.5 cm	45.2 in. / 115 cm
Weight	2.4 lbs. / 1.09 kg	325 lbs. / 147.42 kg	240 lbs. / 109 kg	130 lbs. / 59 kg	200 lbs. / 91 kg
Shipping Dimensions					
Length	17 in. / 43.18 cm	85 in. / 216 cm	76.77 in. / 195 cm	51.18 in. / 130 cm	66.92 in. / 170 cm
Width	15.5 in. / 39.37 cm	40 in. / 101.6 cm	27.2 in. / 69 cm	14.57 in. / 37 cm	17.91 in. / 45.5 cm
Height	5.5 in. / 13.97 cm	25 in. / 63.5 cm	46 in. / 117 cm	31.89 in. / 81 cm	32.48 in. / 82.5 cm
Weight	5 lbs. / 2.27 kg	346 lbs. / 157 kg	298 lbs. / 135 kg	150 lbs. / 68.04 kg	184 lbs. / 83.46 kg

For EN 957-9 class A accuracy testing, input mechanical power was measured by connecting a cross-trainer to a fixture consisting of a motor and gear box with an attached torque transducer, amplifier, and readout display. Testing was done by removing the pedal lever from one side of the cross trainer and connecting the test fixture in place of the pedal lever at the crank shaft axis. Torque measurements were taken with and without the pedal lever installed on the other side of the cross-trainer in order to determine the level of measured torque required to compensate for the missing pedal lever. From measured torque and speed, the input mechanical power and variance from displayed power were calculated. At level 12 and a constant 60 RPM, displayed wattage was 122 watts, with a 3% variance from input power on the test equipment. At level 12 and a constant 70 RPM, displayed wattage was 131 watts, with a 5% variance from input power on the test equipment.

9 WARRANTY INFORMATION: OST, OSX, OSC, OSR

Note: Once any commercial product is placed in a private residence (home), it automatically becomes covered under that product category's consumer warranty. Warranty coverage begins at the original date of sale.

WHAT IS COVERED:

This **Life Fitness** commercial exercise equipment ("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:

All coverage is provided by specific Product according to the guidelines listed on the chart on the next page.

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE:

If the Product or any covered part must be returned to a service facility for repairs, **We, Life Fitness**, will pay all transportation and insurance charges for the first year. **You** are responsible for transportation and insurance charges during the second and third years (if applicable).

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 Operation Manual ("Manual").

One type RJ45 interchangeable Network ready and Fitness Entertainment port is supplied with the Product. This port complies with the FitLinxx CSAFE specification dated August 4, 2004 stating: 4.75VDC to 10VDC; maximum current of 85mA. Any Product damage caused by a load exceeding this FitLinxx CSAFE specification is not covered by warranty.

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** Customer Support Services 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.

OPERATION 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.

HOW TO GET REPLACEMENT 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 may 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.

CHANGES IN WARRANTY NOT AUTHORIZED:

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

EFFECT OF STATE LAWS:

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

OUR PLEDGE TO YOU:

Our Products are designed and manufactured to the highest standards. *We want you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!*

WARRANTY COVERAGE

OST Treadmill								
	Electrical	Mechanical	Labor	Cosmetic	Overlays	Frame	Lifesprings	Motor
6 months				X				
1 year		X	X					
2 years	X							
7 years						X	X	X
OSX Cross-Trainer & OSC / OSR Lifecycles								
6 months				X				
1 year			X					
2 years	X	X						
Activate Console								
6 months					X			
1 year			X					
2 years	X	X						