Life Fitness
Rely on it.™

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Before using this product, it is essential that you read this ENTIRE operation manual and ALL installation instructions.

It will help you set up your equipment quickly and instruct your members on how to use it correctly and safely.

FCC Warning — Possible Radio / Television Interference

NOTE: This equipment has been tested and found to comply with Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, you are encouraged to try to correct the interference by one or more of the following measures:

ı   Reorient or relocate the receiving antenna.

ı   Increase the space between the equipment.

ı   Plug the equipment into two electrical outlets located on separate circuits.

ı   Consult an exercise equipment dealer or an experienced radio / TV technician for help.

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

⚠ **You are cautioned that any changes or modifications to this equipment could void your product warranty!**
CAUTION

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user serviceable parts.

TABLE OF CONTENTS

English

This Operation Manual describes the functions of the following products:

Life Fitness Treadmills:
9000

9100HR

9500HR

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

Dear Valued Customer,

Congratulations . . . and thank you for choosing a **Life Fitness** treadmill, one of the most versatile treadmills ever developed. It is the culmination of over 20 years of Life Fitness research, innovation and engineering designed to deliver an efficient product with the reliability for which Life Fitness is known. It is recognized as one of the world's most popular and advanced computerized running / walking machines.

Like other Life Fitness products, the Life Fitness treadmill is designed to give you an effective workout that is motivating and efficient. The user-friendly console displays a host of visual feedback in addition to acting as your personal "coach" with easy-to-follow prompts and instructions.
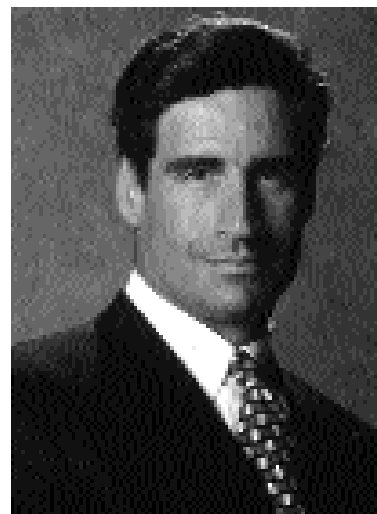
Augie Nieto
President, Life Fitness

Working out with a Life Fitness treadmill gives you more features and programs than most other aerobic training products. For the first time, Heart Rate Zone Training™ exercise is easily achievable. The Fat Burn and Cardio programs offer specific training programs based on your fitness goals, and the Lifepulse™ digital heart rate sensors and Polar® telemetry heart rate monitoring systems make it even easier to follow your heart to better fitness. The Life Fitness treadmill's patented FlexDeck® shock absorption system minimizes impact to bones, joints and muscles, and its powerful motor allows for a wide range of belt speeds yet remains incredibly quiet.

We understand that a reliable product is just as important as one that is effective. That is why we not only test our products, we punish them. We put them through their paces at top resistance levels, 24 hours a day, seven days a week, often for twice the warranty period. It is the reason we were the first U.S. fitness manufacturer with ISO 9001 Certification — the international symbol for quality workmanship.

If you have any questions regarding the operation of your Life Fitness treadmill, please call Life Fitness Customer Support Services at the number listed in Section 5.

Sincerely,

Augie Nieto
President, Life Fitness

1

GETTING STARTED

1.1 Important Safety Instructions

DANGER **To reduce the risk of electrical shock, always unplug the Life Fitness treadmill 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 treadmill to a properly grounded electrical outlet.**

- To disconnect, turn off power switch, then remove plug from outlet.
- Always follow the console instructions for proper operation.
- Never operate a *Life Fitness* treadmill 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.
- Keep the power cord away from heated surfaces. Do not pull the treadmill by the power cord or use the cord as a handle. Do not run the power cord under or along the side of the treadmill.
- Do not use the treadmill outdoors, near swimming pools or in areas of high humidity.
- Never operate a *Life Fitness* treadmill with the air openings on the front motor housing blocked. Keep air openings free of lint, hair or any obstructing material.
- Never insert objects into any opening in the treadmill. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If you cannot reach the item, contact Life Fitness Customer Support Services.
- Never place liquids of any type directly on the unit.
- Do not use the treadmill in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Keep all loose clothing, shoelaces, and towels away from the running surface and belt rollers.
- Keep the area six feet behind the treadmill clear of any obstructions, including walls, furniture, and other equipment.
- Never mount or dismount the treadmill while the running belt is moving. Use the handrails whenever additional stability is required.
- 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.
- Do not use the treadmill in bare feet.
- Never walk or jog backwards on the treadmill.
- Do not reach into or underneath the unit, or tip it on its side during operation.

  SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

CAUTION **Life Fitness STRONGLY recommends that if you are undertaking an exercise program please see your physician for a complete medical exam, particularly if you have a family history of high blood pressure or heart disease, are over the age of 45, or if you smoke, have high cholesterol, are obese, or have not exercised regularly in the past year.**

If, at any time while exercising, you feel faint, dizzy, pain, or shortness of breath, stop immediately.

1.2 Setup

Electrical Requirements

The *Life Fitness* treadmill is intended for use on a normal 120-volt electrical circuit in the U.S. and Canada. Consult the chart for electrical requirements outside the U.S. and Canada.

LOCATION	VOLTAGE	Hz	AMPs
United Kingdom	240	50	10
Fed'l Rep of Germany, The Netherlands, Italy, Chile, Belgium , Korea, Argentina	220	50	10
France	110/220	50	20/10
Latin America	220	60	10
Spain	220	50	10
Japan	100/200	50/60	20/10
Australia	240/250	50	10
U.S., Canada	120	60	20

Grounding Instructions

The *Life Fitness* treadmill 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.

> ⚠ CAUTION
> *A temporary adapter should NOT be used to connect this plug to a 2-pole receptacle in North America. If a properly grounded outlet is not available, a properly grounded 20-amp outlet must be installed by a qualified electrician. Models drawing 20-amps must be installed on a dedicated line.*

> ⚠ DANGER
> *A risk of electrical shock may result from improper connection of the equipment-grounding conductor. Check with a qualified electrician if you are 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.*

How to Stabilize the Life Fitness Treadmill

When deciding where to place the *Life Fitness* treadmill, please pay close attention to the following:

l   Do not place the sides of the treadmill closer than eight (8) inches or 20 centimeters, from any electrical device, including any other electrical exercise equipment.

l   Do not locate the treadmill near swimming pools or in areas of high humidity.

l   Do not place the treadmill in such a manner that the power cord runs beneath the frame or near the wheels of the unit.

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, loosen the JAM NUT (A), if so equipped, on the stabilizing leg located on the user's back right side of the machine (as the user faces the console). Turn the STABILIZING LEG until the rocking motion ceases. Retighten the JAM NUT.

> **NOTE: It is extremely important that the treadmill stabilizing leg be correctly adjusted for proper operation. An unbalanced unit may cause striding belt misalignment.**

Power Safety Switch for Life Fitness Treadmills

The Power Safety Key is one of the many safety features of the *Life Fitness* treadmill. This allows you to be certain the treadmill is used only in a supervised manner. Removing the Power Safety Key mechanically locks the switch in the OFF position.

The Power Safety Key should be removed while you are not using the treadmill to avoid unauthorized persons from doing so.

Remember to store the Power Safety Key out of the reach of children.
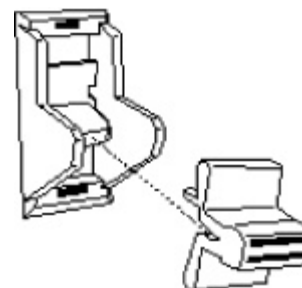
> ⚠ **WARNING**   **Remove power switch safety key when not in use and store out of reach of children.**

1.3 Optional Settings for the Life Fitness Treadmill

Maximum Speed Option

With the maximum speed option, the maximum speed of the **Life Fitness** treadmill can be set to any speed between 2.0 and 10.0 mph (3.2 and 16.1 kph) in 0.5 increments. To change the maximum speed on the **Life Fitness** treadmill:

1. Press CLEAR / PAUSE until the Message Center displays "Press Start to Begin." Press CLEAR / PAUSE again. (Press the MANUAL key now if connected to Lifecenter).

2. Press 9-1-9 on the numeric keypad and press START / ENTER.

3. Press the HILL, RANDOM and FIT TEST keys so that they are lit. The letters "E" and "A" will appear in the Program Profile window.

4. Various messages will scroll through the Message Center window. When the message "Maximum Speed - _._ m.p.h." appears in the window, press the speed up / down key to change the maximum speed from 2.0 - 10.0 mph (3.2 - 16.1 kph) in 0.5 increments.

5. After setting the new maximum speed, press CLEAR / PAUSE. The new maximum speed will take effect.

Minimum Speed Option

With the minimum speed option, the minimum speed of the **Life Fitness** treadmill can be changed from 1.5 to 1.0 mph (2.4 to 1.6 kph). To change the minimum speed on the **Life Fitness** treadmill:

1. Press CLEAR / PAUSE until the message center displays "Press Start to Begin." Press CLEAR / PAUSE again. (Press the MANUAL key now if connected to Lifecenter).

2. Press 9-1-9 on the numeric keypad and press START / ENTER.

3. Press the HILL, RANDOM and FIT TEST keys so that they are lit. The letters "E" and "A" will appear in the Program Profile window.

4. Various messages will scroll through the Message Center window. When the message "Minimum Speed - _._ m.p.h." appears in the window, press the speed up / down key to toggle the minimum speed between 1.5 - 1.0 mph (2.4 and 1.6 kph).

5. After setting the desired minimum speed, press CLEAR / PAUSE. The new minimum speed will now take effect.

Maximum Program Time Option

The maximum program time option allows the maximum program time to be changed from the standard maximum time limit of 60 minutes to anywhere from 1 to 99 minutes. To change the *Life Fitness* treadmill maximum program time:

1. Press CLEAR / PAUSE until the Message Center displays "Press Start to Begin." Press CLEAR / PAUSE again. (Press the MANUAL key now if connected to Lifecenter).

2. Press 9-1-9 on the numeric keypad and press START / ENTER.

3. Press the HILL, RANDOM and FIT TEST keys so that they are lit. The letters "E" and "A" will appear in the Program Profile window.

4. Various messages will scroll through the Message Center window. When the message "Program Time _ _" appears in the window, press the speed increase key to increase the maximum program time and the speed down key to decrease the maximum program time.

5. After setting the new maximum program time, press CLEAR / PAUSE. The new maximum program time will now take effect.

Turning Telemetry On and Off

1. Press CLEAR / PAUSE until the Message Center displays "Press Start to Begin." Press CLEAR / PAUSE again. (Press the MANUAL key now if connected to Lifecenter).

2. Press 9-1-9 on the numeric keypad and press START / ENTER.

3. Press the HILL, RANDOM and FIT TEST keys so that they are lit. The letters "E" and "A" will appear in the Program Profile window.

4. Various messages will scroll through the Message Center window. When the message "Telemetry HR on / off" appears in the window, press the speed up / down key to toggle the telemetry function on and off.

5. After turning the telemetry function on or off, press CLEAR / PAUSE. Telemetry will be either on or off, depending on where you set it.

Password Protection Option

Password protection allows you to limit the use of your *Life Fitness* treadmill to only those who have been given a numeric password which you have preset.

Setting the Password

1. Press CLEAR / PAUSE until the message center displays "Press Start to Begin". Press CLEAR / PAUSE again. (Press the MANUAL key now if connected to Lifecenter).

2. Press 9-*-0-0, on the numeric keypad and press START / ENTER.

3. "Password ___" will appear in the Message Center window. Enter a password at this time (a valid password is any number between 1 and 999). You can press CLEAR / PAUSE at any time while setting a password to delete your entry.

4. After setting a password, press the START / ENTER key. The new password has now been accepted.

Once the password protection mode has been set, each time someone presses the START / ENTER, the message center will ask the user for the password. The user must press the numeric code and the START / ENTER key for the Life Fitness trainer to continue. If an incorrect password is entered, the message center will continue to prompt the user for the correct password.

If You Forget the Password

1. Press CLEAR / PAUSE until the message center displays "Press Start to Begin." Press CLEAR / PAUSE again. (Press the MANUAL key now if connected to Lifecenter).

2. Press 9-*-0-0 on the numeric keypad and press START / ENTER. Your password will now appear in the Message Center window. Press the STOP button to exit.

Changing the Password

1. Press CLEAR / PAUSE until the message center displays "Press Start to Begin." Press CLEAR / PAUSE again. (Press the MANUAL key now if connected to Lifecenter).

2. Press 9-*-0-0 on the numeric keypad and press START / ENTER. Your password will now appear in the Message Center window.

3. Key in a new password (1 to 999).

4. Press the START / ENTER key. The new password is now in effect.

Disabling the password

1. Press CLEAR / PAUSE until the message center displays "Press Start to Begin." Press CLEAR / PAUSE again. (Press the MANUAL key now if connected to Lifecenter).

2. Press 9-*-0-0 on the numeric keypad and press START / ENTER. Your password will now appear in the Message Center window.

3. Press CLEAR / PAUSE and the START / ENTER key. Your password is now disabled and the *Life Fitness* treadmill will operate without requiring a password.

* 9-0-0-0 for 9000 treadmill, 9-1-0-0 for 9100HR treadmill, or 9-5-0-0 for 9500HR treadmill

2.1 Display Console Overview

The computerized display console is easy to use. It allows you to follow your progress as you walk, jog or run. The **Life Fitness** treadmill's on-board computer lets you tailor your workout to your individual fitness capabilities and goals while providing a unique means of measuring fitness improvement from one workout to the next.

English
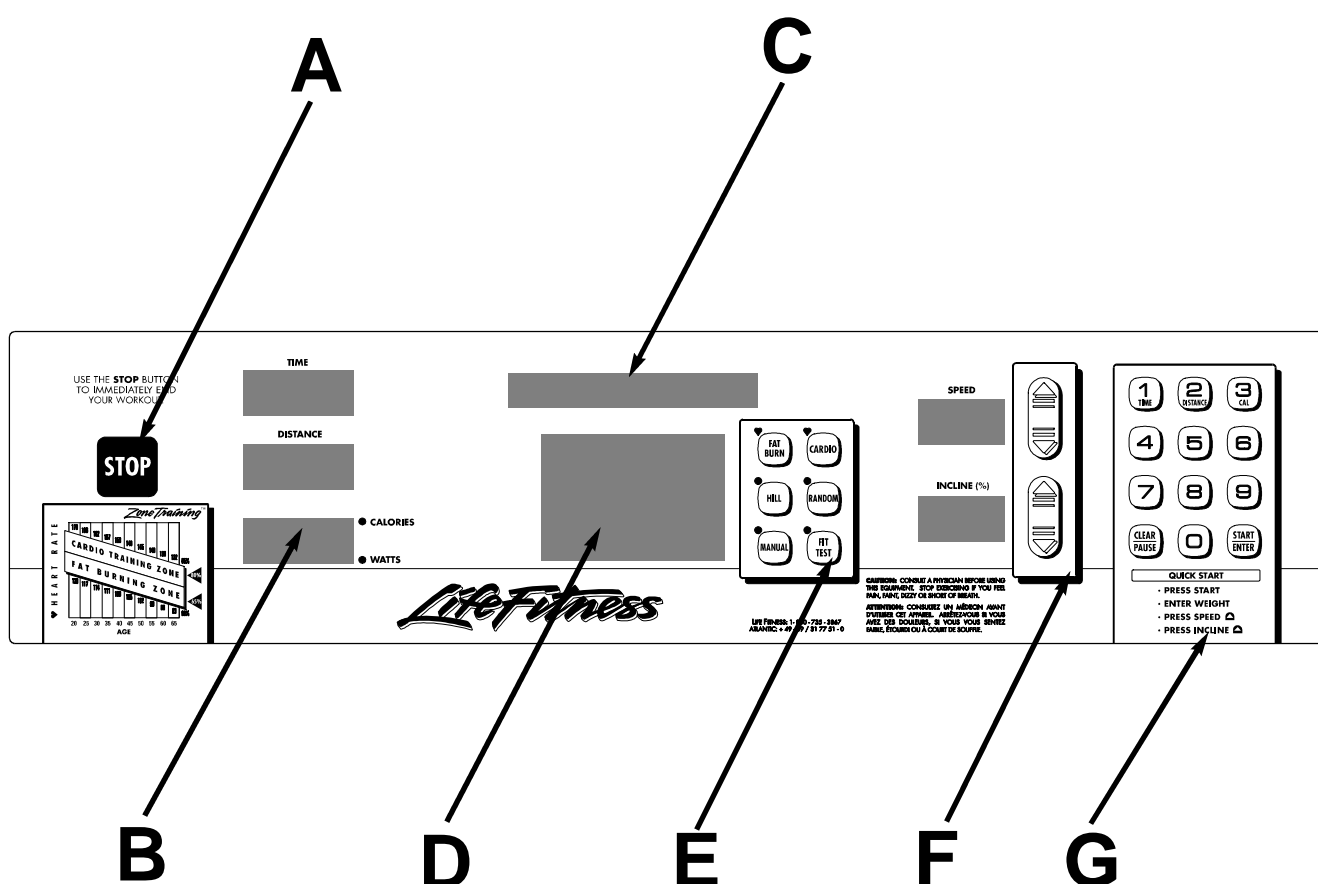
2.2 Display Console Descriptions

A Stop Button

STOP: Pressing this button will immediately stop the striding belt and discontinue any program.

B Feedback Windows

TIME: A continuous display of the elapsed time of each workout.

DISTANCE: A continual display of miles or kilometers traveled. At the end of the program, total distance traveled will be displayed.

CALORIES / WATTS: Display alternates between total calories burned and Watts level every five seconds.

C Message Center

MESSAGE CENTER: Provides simple step-by-step instructions and motivational messages. Also, calories per hour, METS, Watts and heart rate will be displayed in this window. Example: In the Fit Test program, a message will prompt you to grasp the Lifepulse sensors, if so equipped, so that a pulse may be obtained (if you are not wearing an optional heart rate chest strap).

D Program Profile Window

PROGRAM PROFILE WINDOW: Diplays a matrix of LED lights displaying your current position and the upcoming terrain. As you stride, the light columns move across the screen from right to left. The higher the column of lights, the greater the incline and workout intensity.

E

Program Selection Keys

PROGRAM SELECTION KEYS: You can choose the Fat Burn or Cardio Heart Rate Zone Training programs in addition to Life Fitness's proven Hill, Random, Manual, and Fit Test programs.

F

Speed and Incline Keys and Windows
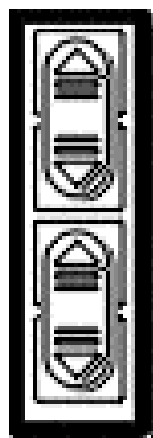
SPEED KEYS: Pressing these keys allow you to increase or decrease the striding belt speed from 1.5 mph (2.4 kph) to 10.0 mph (16.1 kph). You may use this key to change the belt speed at any time. The adjacent window shows the current stridng belt speed in miles per hour or kilometers per hour on metric units.

INCLINE (%) KEYS: Pressing these keys allow you to increase or decrease the elevation of the treadmill deck from 0% to 15% (0% to 12% on the Life Fitness 9000 Treadmill) in increments of 0.5% (increments of 0.1% while adjusting itself to keep you in your target heart rate zone). Use this key to alter the incline during any program except Fit Test. The adjacent window displays the current deck elevation of the Life Fitness Treadmill.

G

Keypad

The keypad is used to enter information, including program durations, difficulty level, weight, Fit Test and program-specific information (such as age and gender).

START / ENTER KEY: This key is used to begin an exercise program, to restart a program after pausing or to enter the data displayed in the message center.

CLEAR / PAUSE KEY: Press this key once to clear data not yet entered. Press it once during a program to pause the program. Pressing twice in succession while programming resets the unit and begins the programming sequence again.

NUMERIC KEYS: Use these keys to enter exercise time, belt speed, weight, distance, goal selection, gender and target heart rate.

3HEART RATE ZONE TRAINING™ EXERCISE

3.1 Why Heart Rate Zone Training Exercise?

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

Zone Training Exercise takes the guesswork out of working out by identifying specific ranges, or zones, in which to maintain a heart rate to achieve maximum exercise results according to goals. In short, Zone Training Exercise all but eliminates under- and over-training by targeting your heart rate to individual fitness objectives.

For instance, if the primary goal is to burn fat, exercise at a level between 60% and 75% of your theoretical maximum heart rate[†]. If you wish to improve cardiovascular condition, work out at 75% to 85% of your theoretical maximum heart rate.
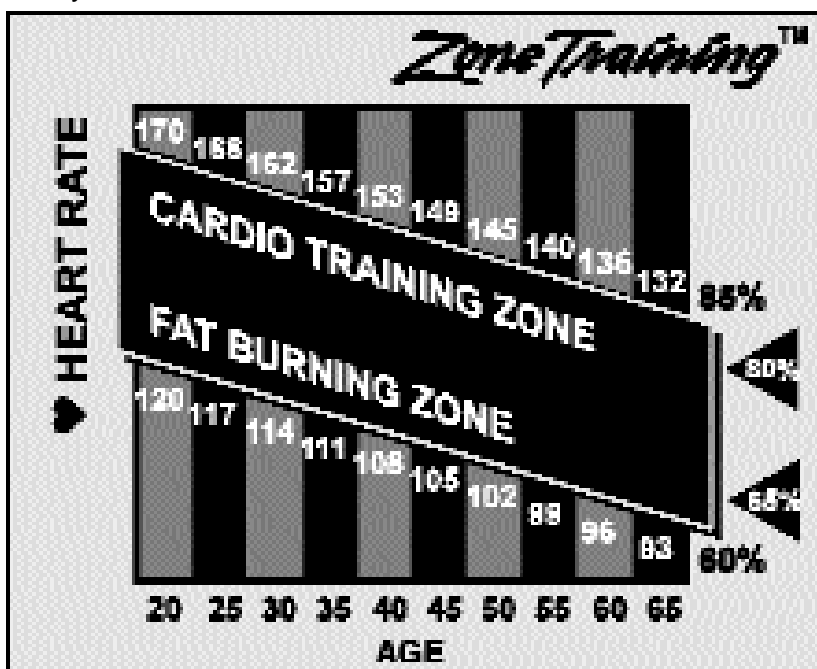
Life Fitness offers two exclusive programs designed to take full advantage of the benefits of Heart Rate Zone Training Exercise: Fat Burn and Cardio. You can vary the focus of the exercise activities by switching between the Fat Burn and Cardio programs at any time during a workout or entering a new target heart rate with the keypad.

Both the Fat Burn and Cardio programs measure heart rate. Grasp the Lifepulse sensors (if so equipped) when prompted with the ♡ or simply wear an optional telemetry heart rate chest strap and the heart rate will be transmitted to the on-board computer continuously. The resistance level will automatically adjust to maintain the target heart rate based on your actual heart rate.

[†]Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as 220 minus your age.

3.2 Heart Rate Monitoring

The Lifepulse® Digital Heart Rate Monitoring Systems

The patented Lifepulse digital heart-rate monitoring systems are one of the built-in heart-rate monitoring systems on the **Life Fitness 9100HR and 9500HR** treadmills.

To use the Lifepulse monitors, simply grasp the stainless steel sensors on the handlebars when the display console prompts you with the ■ , or anytime you wish to check your heart rate while at speeds below 4.5 mph (7.2 kph). There are four sensors, two on each of the handlebars. You must make contact with all four sensors to obtain your heart rate. The console will display your heart rate in 20 - 30 seconds.

⚠ **Do not attempt to grasp the Lifepulse sensors at speeds above 4.5 mph (7.2 kph).**

CAU ION

The Optional Heart Rate Chest Strap

The Optional Heart Rate Chest Strap allows the on-board , Polar compatible, telemetry heart rate feature of the treadmill to continuously monitor your heart rate and in many programs adjusts aspects of the workout such as resistance level.

Wet the transmitter electrodes (the two grooved surfaces on the underside of the strap) and secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.
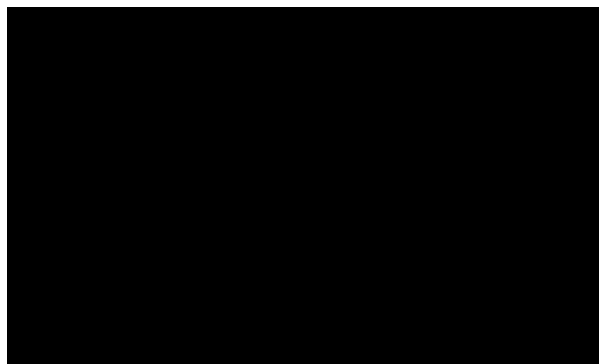
The transmitter strap will deliver an optimum heart rate reading when the electrodes are directly in contact with bare skin. However, it will function properly through wet, lightweight clothing.

The key to proper operation is for the electrodes to remain wet to transmit the electrical impulses of the heart back to the receiver.

If it becomes necessary to remoisten the chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, then moisten them in this position.

4 THE PROGRAMS

4.1 Program Overviews

Selecting a workout program on the **Life Fitness** treadmill is as easy as pushing a button. There are six computerized aerobic workout programs preprogrammed on the **Life Fitness** treadmill.

QUICK START is the fastest way to begin exercising, allows you to start a manual program with the push of a button.

FAT BURN is a workout offering a low intensity way to burn fat. The Fat Burn program will automatically change the resistance level to maintain your heart rate at 65% of theoretical maximum.

CARDIO is a higher intensity workout emphasizing cardiovascular benefits and maximum fat burning for more fit users. The Cardio program will automatically change the effort level to maintain your heart rate at 80% of your theoretical maximum.

HILL is an interval training workout consisting of a combination of hills and valleys proven to provide effective, time-efficient cardiovascular results.

RANDOM is an interval training workout of varying resistance levels which occur randomly with each exercise session.

MANUAL is a constant effort workout in which the user can change resistance level or speed at any time.

FIT TEST is a way of measuring the aerobic fitness level of an individual compared to others of the same age and gender.

The Programs
Step by Step

QUICKSTART

START ENTER → Press SPEED → Press INCLINE

The QUICK START Feature

START ENTER → Enter WEIGHT → Press ENTER → Select Program or Quick Start

FAT BURN
Press ENTER → Select GOAL: Choose MINUTES, DISTANCE, or CALORIES → Input GOAL AMOUNT → Press ENTER → Choose AGE or TARGET HEART RATE → Press ENTER → Enter SPEED → Press ENTER

CARDIO
Press ENTER → Select GOAL: Choose MINUTES, DISTANCE, or CALORIES → Input GOAL AMOUNT → Press ENTER → Choose AGE or TARGET HEART RATE → Press ENTER → Enter SPEED → Press ENTER

MANUAL
Press ENTER → Select GOAL: Choose MINUTES, DISTANCE, or CALORIES → Input GOAL AMOUNT → Press ENTER → Enter SPEED → Press ENTER

RANDOM
Press ENTER → Select GOAL: Choose MINUTES, DISTANCE, or CALORIES → Input GOAL AMOUNT → Press ENTER → Choose INCLINE LEVEL → Press ENTER → Enter SPEED → Press ENTER

HILL
Press ENTER → Enter MINUTES → Press ENTER → Choose INCLINE LEVEL → Press ENTER → Enter SPEED → Press ENTER

VO2 / FIT TEST
Press ENTER → Enter AGE → Press ENTER → Enter GENDER → Press ENTER → Enter SPEED → Press ENTER

4.2 Program Descriptions

QUICK START

ı   Press the Start Button
ı   Enter your weight
ı   Enter speed
ı   Press Incline

The Quick Start feature allows quick access into a workout with a minimum of keystrokes. It starts the Manual program with the maximum allowable workout duration.

To Begin a Life Fitness Treadmill Workout (except Fit Test)

Use the following steps to begin any of the Treadmill programs.

ı   Press the START / ENTER key
ı   Enter weight using the numeric keypad and then press the START / ENTER key.
        (Correct weight data is necessary to properly calculate caloric burn information.)
ı   Select a program or **"Quick Start"** by pressing the speed and incline up arrows keys.

> **NOTE: The speed and incline may be changed at any time during an exercise program (other than the Fit Test) by pressing the UP / DOWN ARROW keys.**

Fat Burn and Cardio Programs

l Begin a treadmill workout (see beginning of this section).

l After pushing either the Fat Burn or Cardio key, select a program goal by pressing 1 for a goal based on time, 2 for a distance-based goal or 3 for a goal based on calories, followed by a numeric value for the chosen goal (1 to 99 minutes, 1.5 to 10.0 miles (2.4 to 16.1 kilometers), and 1 to 2,000 calories) and START / ENTER.

l To have the Life Fitness computer automatically set your fat burning or cardiovascular target heart rate based on your age, input your age and press the START / ENTER button. If you prefer, you may enter your own target heart rate by pressing '0', inputting your preferred target by using the keypad, and pressing the START / ENTER key.

l Finally, select a striding belt speed, again using the keypad and pressing the START / ENTER key using:

Lifepulse digital sensors . . . .**1.5 to 4.5 mph (2.4 to 7.2 kph)**
Optional heart rate chest strap . . . .**1.5 to 10.0 mph (2.4 to 16.1 kph)**

FAT BURN PROGRAM

The Fat Burn program brings the benefits and results of Heart Rate Zone Training Exercise to users on a daily basis.

On the *Life Fitness* treadmill, the Fat Burn program uses the technology of heart rate monitoring (via your optional heart rate chest strap or the Lifepulse sensors) to help you maintain a specific heart rate (65% of your theoretical maximum heart rate[†] within a target zone based on age, maximizing the aerobic benefits of exercise by accessing the body's fat stores for fuel.

The result is a perfect workout every time, eliminating both under- and over-training. You can concentrate on your workout, because the *Life Fitness* treadmill responds to your heart rate and adjusts the incline of the treadmill in 0.10 percent increments to keep you at the target heart rate.

CARDIO PROGRAM

The Cardio program is virtually identical to the Fat Burn program. The only difference is that your target heart rate is calculated at 80% of your theoretical maximum to accentuate cardiovascular improvement by placing a heavier work load on the heart muscle. If you wish to vary the focus of exercise activities, transfer between the Fat Burn and Cardio programs at any time during a workout.

You can change your target heart rate at any time during a workout by simply keying in the new target heart rate.

[†]Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as 220 minus your age.

Hill Program

⊪ HILL PROGRAM

- Begin a treadmill workout (see beginning of this section).
- After selecting the Hill workout, select a desired workout time from 1 to 99 minutes using the keypad, then press START / ENTER.
- After selecting a workout duration, choose an incline level between 1 and 12 using the keypad and press the START / ENTER key (see Selecting the Correct Incline Level).
- Finally, select a belt speed from 1.5 to 4.5 (2.4 to 7.2 Kph) when using the Lifepulse digital sensors (if so equipped) or 1.5 to 10.0 mph (2.4 to 16.1 kph) when using an optional heart rate chest strap, again using the keypad and pressing the START / ENTER key.

The *Life Fitness* treadmill's patented Hill program offers the ideal configuration for interval training: periods of intense aerobic activity separated by regular intervals of lower-intensity exercise. The computerized interval training program has been scientifically demonstrated to yield greater cardiorespiratory improvement than steady-pace training. Not only does the Hill program offer the challenge of alternating periods of high and low intensity, but the levels of intensity become progressively more difficult during the course of the program. The longer the Hill program, the more amount of time spent on top of a hill and at the bottom of a valley.

Each Hill program session comprises the following phases:.
(1) Warm-up, (2) Plateau, (3) Interval Training, and (4) Cool-down.

Warm-up: Gradually brings heart rate into the lower portion of the target heart rate zone, increasing respiration and blood flow to working muscles.

Plateau: Increases heart rate so that it is within target zone. Check the heart rate at the end of the plateau period to ensure having entered the target heart rate zone.

Interval Training: A series of hills and valleys. During this portion of the workout, you are confronted with a series of successively steeper hills, each separated from the next by a valley or recovery period. Check the heart rate at the end of the interval training period to ensure that you have stayed within the target zone.

Cool-down: The cool-down allows the body to begin removing accumulated by-products of exercise, such as lactic acid, which build up in muscles during a workout and contribute to muscle soreness.

The Hill profile diagram shows the effort level and recovery periods encountered during a *Life Fitness* treadmill Hill program workout. Effort and recovery periods are simulated on the display console by columns of red lights in the Program Profile window. Each column represents one interval and 20 intervals comprise the program. The columns move from right to left during the workout. The higher the column, the higher the incline. Consequently, you must increase the effort to continue training.

1 to 9 minutes: Because workouts with durations of less than 10 minutes are insufficient for the Hill program to complete all four phases adequately, the program truncates at various stages in order to meet the chosen workout time.

10 to 19 minutes: The interval durations are initially set at 30 seconds for a 10-minute workout. For every additional minute of workout duration, the Hill program lengthens each interval by three seconds. Thus, a 15-minute Hill workout will feature 20 intervals of 45 seconds each.

20 to 99 minutes: All intervals last 60 seconds. As minutes are added, additional hills and valleys are presented beyond the initial four of the interval training phase. The additional hills and valleys will follow the form of the first four, dropping back down to the level of the very first hill encountered and progressing in height every two minutes until the highest hill is reached again. This process repeats until the workout duration is met.

TERRAIN (HILLS AND VALLEYS)

WARM-UP   PLATEAU   INTERVAL TRAINING   COOL-DOWN

FIRST HR
CHECK POINT

SECOND HR
CHECK POINT
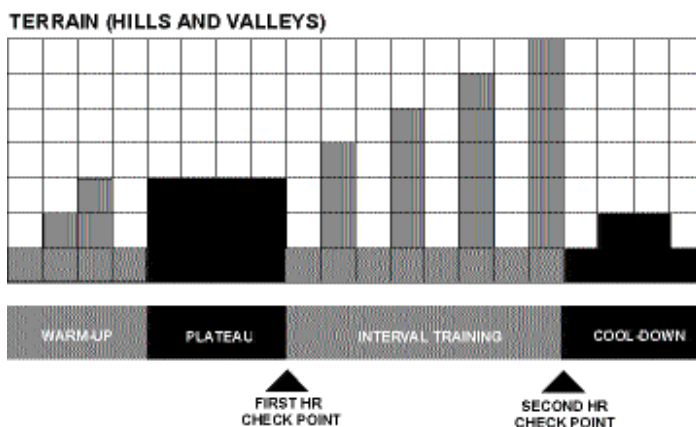
Heart Rate Check Points

For Fat Burning:

- First Heart Rate Check Point — Heart rate should be between 60% and 70% of the theoretical maximum heart rate for the age category (see the Terrain (Hills and Valleys).
- Second Heart Rate Check Point — Heart rate should be between 70% and 75% of the theoretical maximum heart rate for the age category.

For Cardio:

- First Heart Rate Check Point — Heart rate should be between 75% and 80% of the theoretical maximum for the age category.
- Second Heart Rate Check Point — Heart rate should be between 80% and 85% of the theoretical maximum for the age category.

Be sure to check the heart rate near the end of the plateau and interval training periods using the Lifepulse Sensors (if so equipped), if not wearing an optional Zone Trainer chest strap (see the *Terrain (Hills and Valleys)* chart above). Always take the heart rate at the time indicated to make sure you are staying within the target heart rate zone.

Note: When wearing an optional Heart Rate Chest Strap the ***Life Fitness*** treadmill does the work automatically by constantly updating the onboard computer with your current heart rate status.

Random and Manual Programs

l   Begin a treadmill workout (see beginning of this section).

l   Select a program goal by pressing 1 for a goal based on time, 2 for a distance-based goal or 3 for a goal based on calories, followed by a numeric value for the chosen goal (1 to 99 minutes, 0.1 to 10.0 miles (2.4 to 16.1 kilometers) and 1 to 2,000 calories). Press the START / ENTER key.

l   For the Random program only, key in an incline level from 1 to 12 and press theSTART / ENTER key.

l   Finally, select a striding belt speed from 1.5 to 4.5 (2.4 to 7.2 Kph) when using the Lifepulse digital sensors (if so equipped) or 1.5 to 10.0 mph (2.4 to 16.1 kph) when using an optional heart rate chest strap, again using the keypad and then press the START / ENTER key.

In both the Random and Manual programs, check the heart rate after the first five minutes of exercise and again every five to ten minutes thereafter using the Lifepulse sensors, if so equipped, (if not wearing an optional heart rate chest strap). This ensures that you are exercising within their target heart rate zone.

RANDOM PROGRAM

The *Life Fitness* treadmill's on-board computer randomly selects hill and valley terrain which varies with each and every workout, resulting in more than one million combinations. An ideal choice for those who like variety in their workout!

MANUAL PROGRAM

The Manual program gives you complete control over the workout. Determine a goal, select the incline percentage (if any), and set a speed that is comfortable. In the Manual program, you can work out as intensely or as casually as you wish.

VO₂ FIT TEST

The *Life Fitness* treadmill Fit Test program is another exclusive feature of this versatile treadmill. Think of it as a relative fitness score. The Fit Test can be used to monitor improvement in endurance every four to six weeks.

l Begin a treadmill workout (see beginning of this section).

l Use the numeric keys to enter your age from 10 to 99, then press START / ENTER.

l After entering your age, input your sex by pressing 1 for male or 2 for female followed by the START / ENTER button.

l The message center will prompt you to select one of four speeds: 2, 3, 4 or 4.5 mph (3.2, 4.8, 6.4 or 7.2 kph). Consult the table below for an approximate speed based on the perceived activity level and key in the appropriate striding belt speed. The speed selected can not be changed once the Fit Test begins.

BEGINNER	INTERMEDIATE	ADVANCED
2.0 mph / 3.2 kph	3.0, 4.0 mph / 4.8, 6.4 kph	4.5 mph / 7.2 kph

The Fit Test will last five minutes (a one-minute warm-up followed by four minutes of consistent effort). Speed and incline cannot be changed in the Fit Test; they must be maintained in order to ensure an accurate Fit Test score computation.

After the Fit Test is complete, you will be instructed to grasp the Lifepulse sensors (unless wearing a heart rate chest strap) so that your heart rate can be read by the on-board computer. Your Fit Test score and ranking will appear in the Message Center window. The Fit Test scoring tables in this section can be used to determine rank with others in the same category.

> **NOTE: If your heart rate is lower than 60% of your theoretical maximum heart rate, you will be instructed to perform the Fit Test again at a faster belt speed.**

The Fit Test is also a submax test of VO_2 max, which is a measurement of how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood. This measurement is generally regarded by physicians and exercise physiologists as the standard for aerobic capacity. Please note that the VO_2 max values received will be 10% to 15% higher than those achieved on a stationary cycle. Stationary cycling offers a specific workout for the quadriceps muscles which often reach maximum fatigue at a lower level of VO_2 max than what a person would reach on a stairclimber or a treadmill.*

The rate of pedaling or stepping is often difficult to control. However, treadmill speed and incline can be precisely regulated. And unlike cycling or stepping, walking is a natural, habitual activity. Most people become accustomed to treadmill walking within two minutes.

* Ebbeling, Cara B.; Puleo, Elane M.; Ward, Ann; Widrick, Jeffrey, and Rippe, James M, "Development ff A Single Stage Submaximal Treadmill Walking Test.: University of Massachusetts Medical Center, 1991 "Unpublished."

VO₂

Fit Test Tips

The computer will not accept:

l   heart rates less than 52 or greater than 200 beats per minute
l   body weights less than 50 pounds (22 kg) or greater than 300 pounds (136 kg)
l   ages below 10 or over 99 years
l   data input that exceeds human potential

If an error is made when entering any Fit Test data, correct it by pressing CLEAR / PAUSE, inputting the correct information, and pressing ENTER.

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

l   amount of sleep the previous night (at least seven hours is recommended)
l   time of day
l   time since last meal (two to four hours after the last meal is recommended)
l   time since last drinking a liquid containing caffeine or alcohol, or smoking a cigarette (at least four hours is recommended)
l   time since last exercise (at least six hours is recommended)

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

NOTE: To receive a proper Fit Test score, you must work within a training heart rate zone, which is 60% to 85% of the theoretical maximum heart rate.

RELATIVE FITNESS CLASSIFICATION FOR MEN

Rating	AGE				
	20 - 29	30 - 39	40 - 49	50 - 59	60+
Eltie	61+	57+	55+	53+	50+
Excellent	55 - 60	52 - 56	50 - 54	47 - 52	44 - 49
Good	50 - 54	46 - 51	44 - 49	42 - 46	39 - 43
Above Average	44 - 49	41 - 45	39 - 43	36 - 41	33 - 38
Average	40 - 43	36 - 40	34 - 38	32 - 35	29 - 32
Below Average	34 - 39	31 - 35	29 - 33	26 - 31	23 - 28
Poor	29 - 33	25 - 30	22 - 28	20 - 25	18 - 22
Very Poor	<29	<25	<22	<20	<18

RELATIVE FITNESS CLASSIFICATION FOR WOMEN

Rating	AGE				
	20 - 29	30 - 39	40 - 49	50 - 59	60+
Eltie	54+	51+	48+	46+	44+
Excellent	48 - 53	45 - 50	43 - 47	41 - 45	39 - 43
Good	43 - 47	40 - 44	37 - 42	35 - 40	33 - 38
Above Average	37 - 42	34 - 39	32 - 36	30 - 34	28 - 32
Average	33 - 36	30 - 33	28 - 31	25 - 29	23 - 27
Below Average	28 - 32	24 - 29	22 - 27	20 - 24	18 - 22
Poor	22 - 27	19 - 23	17 - 21	14 - 19	12 - 17
Very Poor	<22	<19	<17	<14	<12

Fit Test scoring

4.3 The Message Center

Your *Life Fitness* treadmill constantly monitors performance during an exercise program, and displays prompts to inform and advise on performance. The following messages are representative of what you may see over the course of a workout.

PROGRAM SET-UP MESSAGES

MESSAGE	COMMENT
PRESS START TO BEGIN	Begins the exercise program set-up.
ENTER WEIGHT ___ KGS	You must enter accurate weight in pounds (or kilograms) to calculate calorie burn.
SELECT PROGRAM OR… BEGIN BY PRESSING… SPEED CONTROL ARROWS	Prompts you to select an exercise program or begin by pressing the speed increase arrow(s).
SELECT INCLINE LEVEL… 1 TO 12. LEVEL IS __	Select an incline level from 1 to 12 (Hill and Random programs only).
CHOOSE PROGRAM GOAL… PRESS -1- FOR TIME... -2- FOR DISTANCE OR... -3- FOR CALORIES	Select workout duration, distance to be traveled or calories to burn goal in all programs except the Fit Test.
SELECT DISTANCE… ENTER KM - __._	Prompts you to select desired distance traveled from 0.1 to 10.0 (0.1 to 16 kilometers).
ENTER TIME __ MIN	Instructs you to select a time goal from 1 to 99 minutes for your workout.
ENTER CALORIES- XXXX	Instructs you to select a caloric goal from 1 to 2,000 calories for your workout .
ENTER AGE OR PRESS -0- KEY TO SET YOUR TARGET HEART RATE	In the Fat Burn and Cardio programs, you must input your age for computation of your target heart rate, or enter another target from 72 to 178 beats per minute using the 0 key.

MESSAGE	COMMENT
SELECT YOUR SPEED… **FROM 2.4 TO __._ KPH**	Select a belt speed within the specified range. In the Fat Burn and Cardio programs, the upper limit is 4.5 mph (7.2 kph) for Lifepulse use and 10 mph (16.1kph) for telemetry. In the Fit Test program the choices are 2, 3, 4 or 4.5 mph (3.2, 4.8, 6.4 or 7.2 kph).
FIT TEST LASTS 5 MIN **ENTER YOUR AGE - __**	Enter your age from 10 to 99 years (Fit Test program only).
ENTER YOUR SEX… PRESS 1 FOR **MALE… PRESS 2 FOR FEMALE**	Indicate your sex, male or female (Fit Test Program only).
SELECT 1 OF 4 SPEEDS… **3, 5, OR 7 KM/H**	Enter Fit Test striding belt speeds based on perceived activity level: Beginner, Advanced, or Expert.
BEGIN X MIN WARM-UP	Start 1-minute warm-up for the Fit Test program.
HAVE A GOOD WORKOUT **TO SELECT NEW SPEED… SIMPLY** **PRESS THE… UP DOWN ARROW KEYS…** **OR… KEY IN A NEW SPEED**	The Manual workout is about to begin. Speed may be increased or decreased by pressing the speed arrow key or by entering a new running speed via the numeric keypad.
HAVE A GOOD WORKOUT **USE KEYPAD TO CHANGE…** **INCLINE LEVEL**	The Hill or Random workout is about to begin. Change the program's level by pressing the incline arrow key.
BEGIN X MIN WARM-UP **HAVE A GOOD WORKOUT** **USE KEYPAD TO CHANGE… TARGET HR**	The Fat Burn or Cardio workout is about to begin with a 3-minute warm-up period to get the heart rate into the appropriate target zone.
MIN TARGET HR - 72 **MAX TARGET HR - 178**	The lowest and highest target heart rates allowable.
TO MEET TARGET HR DECREASE SPEED	Reduce speed to reach your target heart rate (only in the Fat Burn and Cardio programs).

English

MESSAGE	COMMENT
TO MEET TARGET HR... **INCREASE SPEED OR…** **LOWER HR**	Either increase speed or select a lower target heart rate (only in the Fat Burn and Cardio programs).
TO MEET TARGET HR... RAISE INCLINE OR… INCREASE SPEED OR… LOWER TARGET HR	Either increase the incline, increase speed or select a lower target heart rate (only in the Fat Burn and Cardio programs).
TARGET HR IS	Your target heart rate (only in the Fat Burn and Cardio programs).
HEART RATE - ___ BPM	Your current heart rate.
USE KEYPAD TO CHANGE… TARGET HR	To alter the selected target heart rate, input a new target heart rate using the numeric keypad.
USE KEYPAD TO CHANGE… INCLINE LEVEL	To alter the percent of incline, key in a number from 1 to12 and press START / ENTER.
#### [CALORIES/TIME/MILES or KM] TO GO	The amount of calories, time, miles or kilometers remaining until goal is reached to complete workout.
ENTER TIME __ MIN **ENTER CALORIES- XXXX** **SELECT DISTANCE… ENTER KM - __._**	After selecting any program, except Fit Test, enter a goal of time, distance or calories for that program.
INVALID TIME ENTERED… OPTIONS AVAILABLE… 1 THRU __ MINUTES	The goal value entered — calories, time or distance — is not valid and must be within the indicated range.
WORKOUT PAUSED **TO RESTART WORKOUT… PRESS THE START KEY… TO END YOUR WORKOUT… PRESS THE STOP KEY**	Prompts action in pause mode in all programs except Fit Test.
PRESS START TO BEGIN… **NEXT 4 MIN. FIT TEST** **(Appears if initial Fit Test results were invalid.)**	Press START / ENTER to begin taking your Fit Test again.

MESSAGE	COMMENT
AT END OF 4 MINUTES… **TAKE 15 SECOND PULSE**	Grasp the Lifepulse sensors at the conclusion of the Fit Test (unless wearing an optional chest strap).
TAKE 15 SECOND PULSE… **15 SEC PULSE IS __**	Appears if Lifepulse sensors are not grasped within the alloted time. Prompts you to take your 15-second pulse and then confirms it upon entry. (If optional heart rate chest strap is used, your heart rate is automatically conveyed to the tread mill's on-board computer).
YOUR HEART RATE... IS NOT HIGH **ENOUGH… REDO TEST AT _._ KPH**	Heart rate is too low to calculate a Fit Test score accurately. Take the test again at a higher belt speed.
PULSE SEEMS TOO HIGH… **CONSULT INSTRUCTOR**	Heart rate is above the expected reading; see a trainer to determine possible cause(s).
PULSE SEEMS TOO LOW	Heart rate is below the expected reading; see a trainer to determine possible cause(s).
FIT TEST ENDED	Fit Test is over.
FIT TEST SCORE - __… (ELITE, **EXCELLENT, GOOD, ABOVE AVERAGE,** **AVERAGE, BELOW AVERAGE)**	Fit Test score as compared to others of your age and sex.
PACE - __._ MIN KM **[MILE or KM]**	Current pace, expressed in time (in minutes) to travel one mile or kilometer.
COOLDOWN PERIOD - ___	Time remaining in the 60- or 90-second cool-down period.
WORKOUT ENDED	Goal has been reached to complete workout.
NOTE NOTE NOTE… **MAX SPEED REDUCED TO… . KMH** **FOR WORKOUT**	Temporary maximum speed imposed based on weight and stress to the striding belt. The user should notify maintenance or club personnel.

MESSAGE	COMMENT
NOTE: YOUR PUSHING… BELT TOO HARD… PLEASE RUN SAFELY	Running at a speed beyond the capacity of the machine and must slow down.
NOTIFY MAINTENANCE (Press Manual Key first if connected to Lifecenter® System)	An internal malfunction has occurred. Press 9-1-9 START / ENTER for malfunction code and contact maintenance staff or call Life Fitness Customer Support Services.
MEMORY CHIP FAILURE (Press Manual Key first if connected to Lifecenter Systems)	The on-board computer's memory chip has sustained some type of damage or malfunction. Press 9-1-9 START / ENTER for diagnostic evaluation and call Life Fitness Customer Support Services.
POWER UP RESET …	Appears whenever the treadmill is turned on.
WAXER NEEDS REFILL	The treadmill's auto waxer needs refilling. Notify maintenance personnel or call Life Fitness Customer Support Services.
USE CHEST STRAP… OR… GRIP HANDLEBAR PADS… TO GET HEART RATE	Grip the sensors if running under 4.5 mph (7.2 kph) or wear an optional telemetry chest strap
YOUR HEART RATE IS DANGEROUSLY HIGH	Exceeding the chosen program level. When exercising with the optional heart rate chest strap you may come within range of electromagnetic signals strong enough to cause abnormally elevated heart rate readings. Possible sources of such signals include television sets and / or antennas, computers, cars, high voltage power lines and motor driven exercise equipment. Another heart rate transmitter within three feet (one meter) may also cause abnormal heart rate readings.

4.4 How to Maximize Workouts on a Life Fitness Treadmill

Selecting the Correct Intensity Level

In the Hill and Random programs, incline level refers to a range of hill inclines measured in percentages. The higher the incline level selected (between 1 and 12), the greater the range of hill incline percentages.

In the Hill and Random programs, incline level refers to a range of hill inclines measured in percentages. The higher the incline level selected (between 1 and 12), the greater the range of hill incline percentages.

Life Fitness 9000 Treadmill	
Level 1: 0.0% – 4.0%	Level 7: 3.5% – 9.5%
Level 2: 0.0% – 6.0%	Level 8: 4.0% – 10.0%
Level 3: 0.0% – 7.0%	Level 9: 4.5% – 10.5%
Level 4: 1.0% – 7.0%	Level 10: 5.0% – 11.0%
Level 5: 2.0% – 8.0%	Level 11: 5.5% – 11.5%
Level 6: 3.0% – 9.0%	Level 12: 6.0% – 12.0%

Life Fitness 9100HR and 9500HR Treadmills	
Level 1: 0.0% – 4.0%	Level 7: 4.0% – 10.0%
Level 2: 0.0% – 6.0%	Level 8: 5.0% – 11.0%
Level 3: 0.0% – 7.0%	Level 9: 6.0% – 12.0%
Level 4: 1.0% – 7.0%	Level 10: 7.0% – 13.0%
Level 5: 2.0% – 8.0%	Level 11: 8.0% – 14.0%
Level 6: 3.0% – 9.0%	Level 12: 9.0% – 15.0%

There are seven possible hill incline percentages within the range for any level. The first hill height is represented by four lights per column in the Program Profile window, and each successive LED represents a higher hill. For example, in level 5, the lowest incline percentage for any hill is 2.0% (represented by four LEDs) and no hill will be higher than an 8.0% incline (all 10 LEDs in the column will be lit). You may increase or decrease the elevation, but the change will only last as long as the hill you are currently on. When the program calls for a change in incline, the elevation will change in accordance with the incline level you originally selected. You can choose a new incline level at anytime during either program.

5 SERVICE AND TECHNICAL DATA

5.1 Preventive Maintenance Tips

The **Life Fitness** treadmill is backed by the engineering excellence and reliability of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial **Life Fitness** treadmills are among the most popular of aerobic trainers, regularly standing up to marathon use — 18 hours a day, 7 days a week — in health clubs, colleges and military facilities the world over.

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

- Clean the display console and all exterior surfaces regularly with mild soap and water or a mild household cleaner. DO NOT use paper towels, ammonia or acid based cleaners.*

- Check operation of the stop button once a week.

- Vacuum the striding belt regularly to keep debris from accumulating.

- Inspect exterior parts regularly for wear, particularly the striding belt and deck.

- Inspect and vacuum the area under unit regularly.

- Check the position of the striding belt.

  The optimum operating position of the striding belt is from 3/16" (4.7mm) to 11/16" (17.4mm) on the Life Fitness 9000 treadmill or 1/4" to 7/8" (6.4mm to 22mm) on the 9100HR and 9500HR treadmills from either side of the frame extrusions. If the striding belt travels beyond this position, see "How to Adjust and Tension the Striding Belt" or contact **Life Fitness Customer Support Services** for proper alignment instructions.

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*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.

5.2 Preventive Maintenance Schedule

Follow the schedule below that pertains to the particular model treadmill used.

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
Anti-Static Cords		I	R	
Console Mounting Bolts			I	
Frame	C			I
Striding Belt (Top)	C		I	
Brush	C			R
Deck	C (vaccum)		I	
Power Cord	I	I	I	
Display Console	C	I	I	
Handlebar	C		I	
Handrail & Handlebar Bolts			I	
Front Roller			I	
Rear Roller			I	
Stop Button	I			
Rear Roller Guard		C and I		
Tracking Spring		I		
Drive Motor Belt			I	
Wax Assembly Container		I		
Wax System Leaks			I	
Wax Nozzle		C and I		
Wax Refill				R

KEY: C=Clean; I=Inspect; R=Replace

5.3 Troubleshooting the Optional Heart Rate Chest Strap

Heart Rate Reading Is Erratic Or Absent Entirely.

ı Repeat the electrode wetting procedure (see How to Use the Optional Heart Rate Monitor Chest Strap). The electrodes must be wet to pick up and transmit accurate heart rate readings.

ı Make sure the electrodes are flat against the skin.

ı Wash the belt transmitter regularly with mild soap and water.

ı Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.

ı The chest strap is battery operated and will eventually stop functioning. If the chest strap transmitter battery is depleted, contact **Life Fitness Customer Support Services** at 800.351.3737 for instructions on how to have the chest strap replaced.

Heart Rate Reading Is Erratic Or Extremely High (Above 200).

ı When exercising with the optional heart rate chest strap, you may come within range of electromagnetic signals strong enough to cause abnormally elevated heart rate readings. Possible sources of such signals include television sets and/or antennas, computers, cars, high voltage power lines and motor driven exercise equipment. Another heart rate transmitter within three feet (one meter) may also cause abnormal heart rate readings.

5.4 How to Adjust and Tension the Striding Belt on the Life Fitness 9000 Treadmill
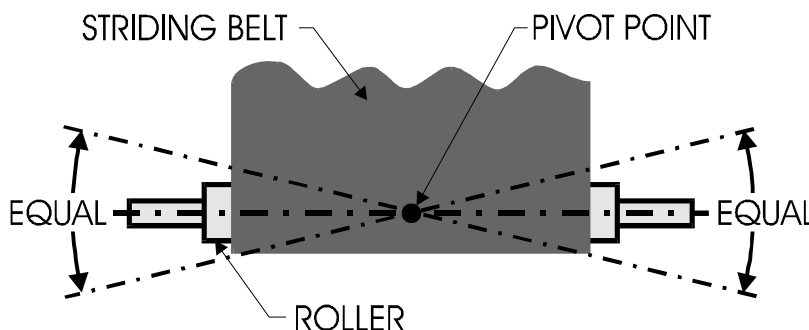
> ⚠ **CAUTION** **Do not move treadmill or place your hands under treadmill while it is plugged into an electrical outlet!**

Tool required: 3/8" hex key wrench

The *Life Fitness* treadmill has access holes in the end caps which allow access to the tensioning bolts. These tensioning bolts make it possible to adjust tracking and centering of the striding belt without removing the end caps.

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 level the *Life Fitness* treadmill" prior to attempting any rear roller adjustments.

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

Tracking (centering) an existing or new striding belt

Step 1

Locate the belt tensioning bolts, one on each rear frame cap.

Step 2
Enter the Manual program and set the belt speed to run at 4.0 mph (6.4 kph).

BELT DRIFTING RIGHT   BELT DRIFTING LEFT

English

Step 3

l   If the striding belt has moved to the right, turn the right tension bolt 1/4 turn clock-wise and then turn the left tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller.

l   If the striding belt has moved to the left, turn the left tension bolt 1/4 turn clock-wise and then turn the right tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller.

Step 4

Repeat adjustments until striding belt appears centered. Allow machine to continue running for several minutes to observe if tracking remains stabilized.

> ⚠ **CAUTION** **Do not over tighten the tensioning bolts while making belt adjustments. over tightening of bolts may over stretch and damage the striding belt as well as place an unnecessary load on the roller bearings.**

Tensioning an existing striding belt

Step 1

Enter the Manual program and run unit for five minutes at 5.0 mph (8.0 kph).

DO NOT RUN ON BELT.

Step 2

With the belt speed at 2.0 mph (3.2 kph), tightly grip the handrails and attempt to stall the striding belt. If the belt slips, continue to Step 3. If it does not slip, the tension is correct.

Step 3

Stop the treadmill and alternately turn the belt tensioning bolts 1/4-turn clockwise to tension, not exceeding one full turn. Repeat Steps 1 and 2 until the belt no longer slips. (See *Tracking (Centering) an Existing or New Striding Belt*.)

Step 4

Enter the Manual program and run the treadmill at 2.0 mph (3.2 kph) check to insure proper tracking. If the Striding Belt drifts to the left or right see **Tracking (Centering) an existing or new striding belt** on the previous page.

5.5 How to Adjust and Tension the Striding Belt on the Life Fitness 9100HR Treadmill
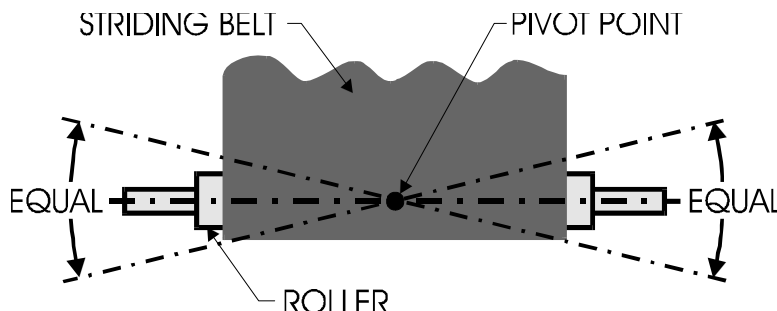
⚠ **CAUTION** **Do not move treadmill or place your hands under treadmill while it is plugged into an electrical outlet!**

Tool required: 5/16" hex key wrench

The *Life Fitness* treadmill has access holes in the end caps which allow access to the tensioning bolts. These tensioning bolts make it possible to adjust tracking and centering of the striding belt without removing the end caps.

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 level the *Life Fitness* treadmill" prior to attempting any rear roller adjustments.
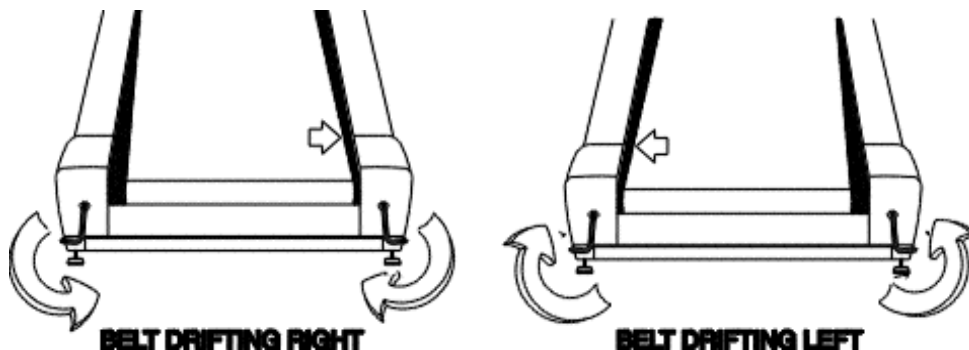
Before proceeding, it is helpful to visualize the REAR ROLLER pivot point. Each adjustment made to one side of the ROLLER must be met with an equal and opposite adjustment to the other side of the ROLLER to maintain an ideal belt tension at the pivot point.

STRIDING BELT — PIVOT POINT
EQUAL — EQUAL
ROLLER

Tracking (centering) an existing or new striding belt

Step 1

Locate the two access holes to the belt tensioning bolts on each of the end caps.

BELT DRIFTING RIGHT   BELT DRIFTING LEFT

Step 2

Enter the Manual program and set the belt speed to run at 4.0 mph (6.4 kph).

Step 3

l   If the striding belt has moved to the right, turn the right tension bolt 1/4 turn clockwise and then turn the left tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller.

l   If the striding belt has moved to the left, turn the left tension bolt 1/4 turn clockwise and then turn the right tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller.

> ⚠ **CAUTION** **Do not over tighten the tensioning bolts while making belt adjustments. over tightening of bolts may over stretch and damage the striding belt as well as place an unnecessary load on the roller bearings.**

Step 4

Repeat adjustments until striding belt appears centered. Allow machine to continue running for several minutes to observe if tracking remains stabilized.

Tensioning an existing striding belt

Step 1

Enter the Manual program and run unit for five minutes at 5.0 mph (8.0 kph).
DO NOT RUN ON BELT.

Step 2

Reduce the speed to 2.0 mph (3.2 kph). Walk on the treadmill, tightly grip the handrails and attempt to stall the striding belt. If the belt slips, continue to Step 3. If it does not slip, the tension is correct.

Step 3

Stop the treadmill and alternately turn the belt tensioning bolts 1/4-turn clockwise to tension, not exceeding one full turn. Repeat Steps 2 and 3 until the belt no longer slips.

Step 4

Enter the Manual program and run the treadmill at 2.0 mph (3.2 kph) check to insure proper tracking. If the Striding Belt drifts to the left or right see **Tracking (Centering) an existing or new striding belt** on the previous page.

5.6 How to Adjust and Tension the Striding Belt on the Life Fitness 9500HR Treadmill

⚠ **CAUTION** **Do not move treadmill or place your hands under treadmill while it is plugged into an electrical outlet!**

Tool required: 7/32" hex key wrench and 9/16" socket wrench

The Life Fitness treadmill has tensioning bolts that adjust the tracking and centering of the striding belt. It will be necessary to remove the user, front frame caps to access these tensioning bolts.
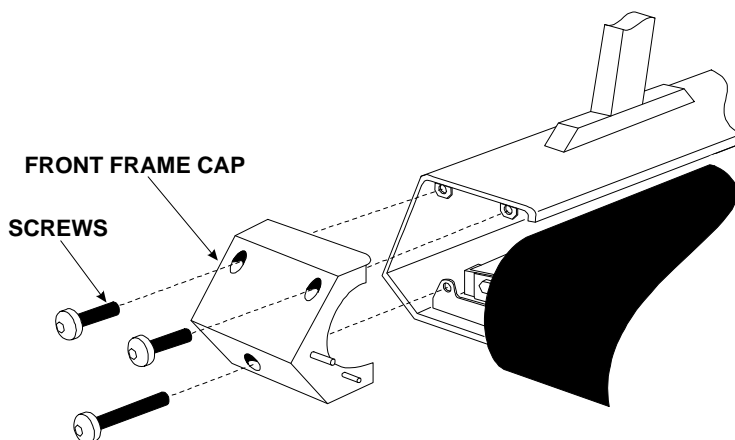
NOTE: It is extremely important that the treadmill be correctly leveled prior to any tracking adjustments. An unstable unit may cause striding belt misalignment. see "How to Stabilize the Life Fitness Treadmill" prior to attempting any roller adjustments.

Before proceeding, it is helpful to visualize the FRONT ROLLER pivot point. Each adjustment made to one side of the ROLLER must be met with an equal and opposite adjustment to the other side of the ROLLER to maintain an ideal belt tension at the pivot point.
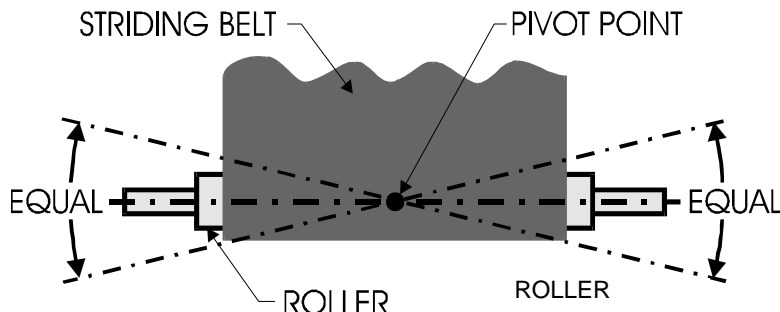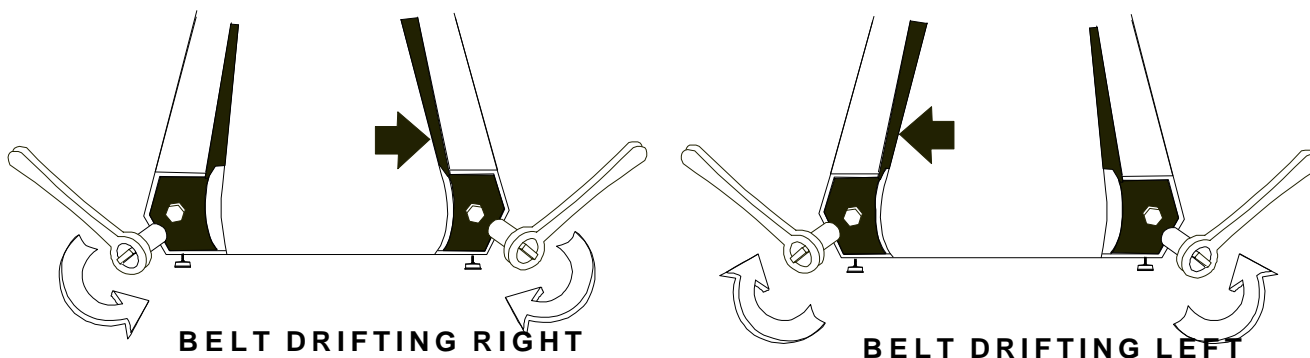
Step 1
Remove the user, left and right FRONT FRAME CAPS to access the belt tensioning bolts.

Step 2

Enter the Manual program and set the belt speed to run at 4.0 mph (6.4 kph).

BELT DRIFTING RIGHT   BELT DRIFTING LEFT

Step 3

l   If the striding belt has moved to the right, turn the right tension bolt 1/4 turn clockwise and then turn the left tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller.

l   If the striding belt has moved to the left, turn the left tension bolt 1/4 turn clockwise and then turn the right tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller.

Step 4

Repeat adjustments until striding belt appears centered. Allow machine to continue running for several minutes to observe if tracking remains stabilized.

Step 5
Replace FRAME CAPS.

Do not over tighten the tensioning bolts while making belt adjustments. over tightening of bolts may over stretch and damage the striding belt as well as place an unnecessary load on the roller bearings.

CAUTION

5.7 How to Obtain Product Service

Step 1

Verify the symptom and review the operating instructions and How To Solve Basic Operating Problems on the previous page. The problem may be unfamiliarity with the product and its features and programs.

Step 2

Locate and document the serial number of the unit, which is located on the serial number plate above the power entry area on the 9000 and 9500HR treadmills and on the front crossbar between the wheels on the 9100HR treadmill.

Step 3

Contact the nearest **Life Fitness Customer Support Services group:**

Toll-free within the U.S. and Canada
Telephone: 800.351.3737
Telephone: 847.451.0036
FAX: 847.288.3702

For Product Service Internationally:

Life Fitness Europo GmbH
Telephone: 49.89.317751.66
FAX: 49.89.317751.38

Life Fitness Austria Vertriebs GmbH
Telephone: 43.1.61 57198
FAX: 43.1.61 57198.20

Life Fitness (UK) Ltd
Telephone: 44.1.353.665507
FAX: 44.1.353.666018

Life Fitness Asia Pacific Ltd
Telephone: 852.2575.6262
FAX: 852.2575.6001

Life Fitness Benelux
Telephone: 32.3.644.4488
FAX: 32.3.644.2480

Life Fitness Latin America
Telephone: 847.451.0036
FAX: 847.288.3702

Life Fitness Italia S.R.L.
Telephone: 39.472.835470

FAX:39.472.833150

Please have the serial number of the product and the problem or symptom ready for the Customer Support Services specialist who will be assisting you. This information is necessary for us to help solve any problems you may be having.

5.8 Life Fitness 9000 Treadmill Specifications

Designed use	Heavy/Commercial
Maximum user weight	300 pounds / 136 kilograms
Speed range	1.5–10.0 mph (2.4–16.1 kph) in 0.1 increments; (1.0 mph to 1.6 kph minimum speed setting is optional.)
Elevation range	0%–12% (in 0.5% increments)
Drive train	Single stage Poly-V drive
Motor type	Variable Speed AC
Motor size	2.0 hp
Power requirements	120 volt, 20 amp (U.S.). See **Electrical Requirements** for requirements outside the United States.
Roller diameter	2.5 inches / 6.4 centimeters
Crowned rollers	Front and back
Striding Belt color/type	Black/PVC multi-ply
Belt waxing system	Computer controlled parastolic pump system
Belt size	58 inches L x 18 inches W / 147.3 cm L x 45.7 cm W
Deck type	FlexDeck® Shock Absorption System. 3/4" medium density reversible fiberboard.
Side hand rails	Cantilevered
Stop button	Red, raised and prominently positioned
Programs	Fat Burn, Cardio, Hill, Random, Manual, Fit Test
Heart rate monitoring system	Polar telemetry compatible heart rate monitoring
Console displays	Elapsed time, total distance, total calories burned, watts, METS, calories burned per hour, speed (mph or kph), incline, heart rate.

PHYSICAL DIMENSIONS:

Length	78 inches / 198 centimeters
Width	29 inches / 74 centimeters
Height	47 inches / 119 centimeters
Weight	300 pounds / 136 kilograms

SHIPPING DIMENSIONS:

Length	84 inches / 213 centimeters
Width	34 inches / 86 centimeters
Height	25 inches / 64 centimeters
Weight	350 pounds / 159 kilograms

5.9 Life Fitness 9100HR Treadmill Specifications

Designed use	Heavy / Commercial
Maximum user weight	300 pounds / 136.1 kilograms
Speed range	1.5–10.0 mph (2.4–16.1 kph) in 0.1 increments; (1.0 mph/1.6 kph minimum speed setting is optional.)
Elevation range	0%–15% (in 0.5% increments)
Drive train	Single stage Poly-V drive
Motor type	Variable Speed AC
Motor size	2.0 hp
Power requirements	120 volt, 20 amp (U.S.). See Electrical Requirements for requirements outside the United States.
Roller diameter	3.5 inches / 8.9 centimeters
Crowned rollers	Front and back
Striding Belt color/type	Grey/PVC multi-ply
Belt waxing system	Computer controlled parastolic pump system
Belt size	58 inches L x 18 inches W / 147.3 cm L x 45.7 cm W
Deck type	FlexDeck® Shock Absorption System. 3/4" medium density reversible fiberboard.
Side hand rails	Cantilevered
Stop button	Red, raised and prominently positioned
Programs	Fat Burn, Cardio, Hill, Random, Manual, Fit Test
Heart rate monitoring system	Lifepulse digital system sensors and Polar Telemetry compatible Heart Rate monitoring
Console displays	Elapsed time, total distance, total calories burned, watts, mets, heart rate, calories burned per hour, speed (mph or kph), incline

PHYSICAL DIMENSIONS:

Length	80 inches / 203 centimeters
Width	31 inches / 79 centimeters
Height	48 inches / 122 centimeters
Weight	375 pounds / 170 kilograms

SHIPPING DIMENSIONS:

Length	84 inches / 213 centimeters
Width	34 inches / 86 centimeters
Height	25 inches / 64 centimeters
Weight	425 pounds / 193 kilograms

5.9 Life Fitness 9500HR Treadmill Specifications

Designed use	Heavy / Commercial
Maximum user weight	300 pounds / 136.1 kilograms
Speed range	1.5–10.0 mph (2.4–16.1 kph) in 0.1 increments; (1.0 mph/1.6 kph minimum speed setting is optional.)
Elevation range	0%–15% (in 0.5% increments)
Drive train	Two stage Poly-V Kevlar drive
Motor type	Variable Speed AC
Motor size	2.0 hp
Power requirements	120 volt, 20 amp (U.S.). See **Electrical Requirements** for requirements outside the United States.
Roller diameter	9.0 inches / 22.9 centimeters
Crowned rollers	Front and back
Striding Belt color/type	Grey/PVC multi-ply
Belt waxing system	Computer controlled pump system
Belt size	62 inches L x 18 inches W / 147.3 cm L x 45.7 cm W
Deck type	FlexDeck® Shock Absorption System. 3/4" medium density reversible fiberboard.
Side hand rails	Cantilevered
Stop button	Red, raised and prominently positioned
Programs	Fat Burn, Cardio, Hill, Random, Manual, Fit Test
Heart rate monitoring system	Lifepulse system and Polar Telemetry compatible Heart Rate monitoring
Console displays	Elapsed time, total distance, total calories burned, watts, mets, heart rate, calories burned per hour, speed (mph or kph), incline

PHYSICAL DIMENSIONS:

Length	70 inches / 178 centimeters
Width	35.5 inches / 90.2 centimeters
Height	51.3 inches / 130.3 centimeters
Weight	450 pounds / 204.5 kilograms

SHIPPING DIMENSIONS:

Length	83 inches / 211 centimeters
Width	42 inches / 107 centimeters
Height	26 inches / 66 centimeters
Weight	540 pounds / 245.5 kilograms

English