

# ***Achieve Console***

OPERATION MANUAL



***LifeFitness***

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

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

This will help in setting up the equipment quickly  
and in instructing others on how to use it correctly and safely .

Avant toute utilisation de 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 operation manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.*

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



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



**MISE EN GARDE:** Tout changement et 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.

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This Operation Manual describes the functions of the  
**Achieve Console**



**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, or is over the age of 45, or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

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



**MISE EN GARDE:** Des problèmes de santé peuvent être causés par une utilisation incorrecte ou excessive de l'équipement. Life Fitness conseille **VIVEMENT** de consulter un médecin pour subir un examen médical complet avant de commencer tout programme d'exercice, et tout particulièrement si l'utilisateur a des antécédents familiaux d'hypertension ou de troubles cardiaques, ou s'il a plus de 45 ans, s'il fume, s'il a du cholestérol, s'il est obèse ou n'a pas fait d'exercice régulièrement depuis un an.

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

# 1 GETTING STARTED

## 1.1 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this product.

- If this Life Fitness product does not function properly after it has been dropped, damaged, or even partially immersed in water, contact Life Fitness Customer Support Services for assistance.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by children, invalids or disabled persons.
- Never place liquids of any type directly on the unit, except in the accessory tray water bottle holder . Containers with lids are recommended.

**SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.**

# 1 POINT DE DÉPART

## 1.1 CONSIGNES DE SÉCURITÉ IMPORTANTES

Lisez toutes les instructions avant le fait d'utiliser ce produit.

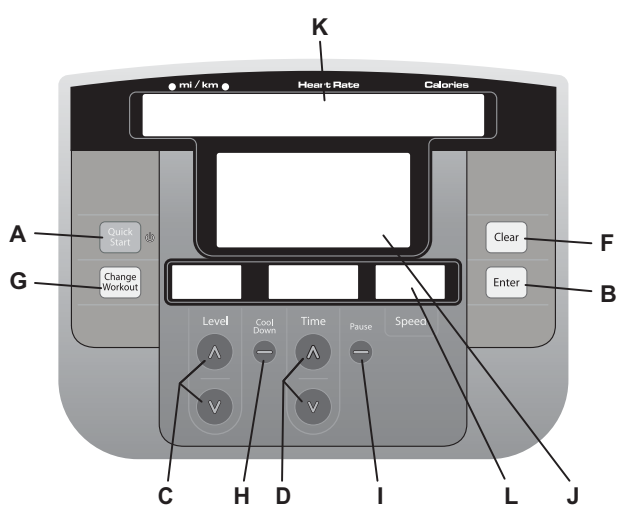
- Si l'appareil Life Fitness ne fonctionne pas correctement après avoir subi une chute, des dommages ou une immersion même partielle dans l'eau, contactez le service d'assistance clientèle de Life Fitness.
- Pour un fonctionnement correct, suivez toujours les instructions de la console.
- Une surveillance étroite est nécessaire en cas d'utilisation par des enfants, des personnes invalides ou handicapées.
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Il est recommandé d'utiliser des conteneurs munis d'un couvercle.

**CONSERVEZ CES INSTRUCTIONS POUR USAGE ULTÉRIEUR.**

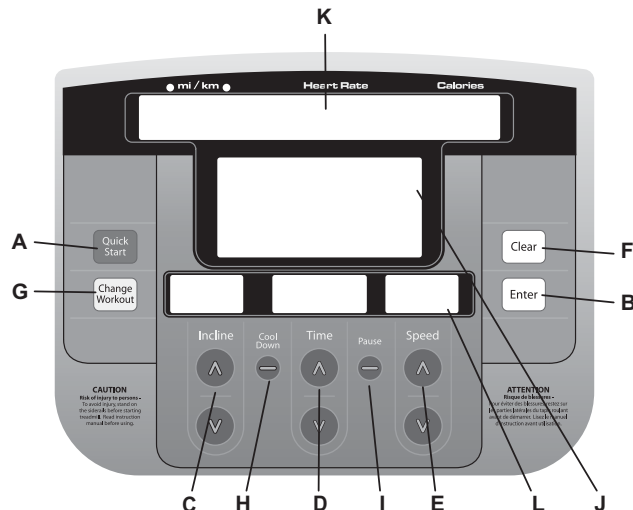
# 2 THE ACHIEVE DISPLAY CONSOLE

## 2.1 ACHIEVE DISPLAY CONSOLE OVERVIEW

The Achieve LED display console allows the user to tailor a workout to personal fitness abilities and goals and to monitor progress. With this easy-to-use console, the user can track fitness improvement from one workout to the next.



Achieve Console (*non-treadmill products*)



Achieve Console (*treadmills*)

## 2.2 ACHIEVE DISPLAY CONSOLE DESCRIPTIONS

This section lists and describes the functions for the keys and display windows on the Achieve console. See Section 4 titled *The Workouts* for detailed information on using the console to set up workouts.

### A. QUICK START:

*Non-treadmill products:* Press this key to activate the console for programming a new workout. The activated console lights up and displays “SELECT WORKOUT OR PRESS QUICK START”. If no key is pressed for 15 seconds, and the user stops pedaling, the console shuts down again. The Life Fitness AutoStart feature also activates the Achieve console when the user steps on a product’s pedals and begins pedaling.

*On treadmills:* Press the QUICK START key on the console or Activity Zone or any of the Walk/Jog/Run keys. The belt starts moving at 0.5 mph (0.8 kph) and 0% incline. If either of the Walk/Jog/Run keys are pressed, the belt starts moving at the following speeds: walk (2 mph / 3 kph), jog (4 mph / 6 kph) run (6 mph / 9 kph).

**B. ENTER:** Press this key after entering each value, such as weight or workout time, when prompted by console display messages.

**C. LEVEL UP/DOWN ARROW keys (*non-treadmill products*):** Pressing the LEVEL ARROW keys, or the at-your-fingertips resistance controls on the bikes and cross-trainers (see Section 2.3 titled *At-Your-Fingertips Resistance Controls*), increases or decreases the resistance level.

**INCLINE UP/DOWN ARROW keys (*treadmills only*):** Pressing the INCLINE ARROW keys increases or decreases the incline on the treadmill as well as the level in Hill and Random workouts. These arrow keys also adjust target heart rate\*.

**D. TIME UP/DOWN ARROW keys:** When setting up a workout, use the TIME ARROW keys to change workout parameters displayed on the console, such as length of workout, weight, and age.

**E. SPEED UP/DOWN ARROW keys (*treadmills only*):** During a workout, pressing the SPEED ARROW keys changes the speed of the belt.

**NOTE:** Whenever an arrow key is pressed during a workout, an increase (up arrow key) or decrease (down arrow key) is made to the corresponding parameter (level). The number that appears reflects that change. For example, if the user is at level 6 and presses the right up arrow key, the number 7 will appear, reflecting that the user has chosen a new level.

\* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user’s THR for the **CARDIO** workout is 144. This workout targets 80 percent of the maximum, so the equation would be  $(220-40) \cdot 80 = 144$ .



- F. CLEAR (non-treadmill products):** Pressing the CLEAR key once transitions the system to the Workout Summary mode. Pressing CLEAR during the data entry phase of the workout program will return the entry to the system default (i.e. pressing CLEAR while entering your weight will return the weight value to 150 lbs). Pressing CLEAR twice activates the console for programming a new workout. The activated console lights up and displays “SELECT WORKOUT OR PRESS QUICK START”.

**CLEAR (treadmills):** Pressing the CLEAR key once causes the system to go into Pause Mode. Pressing the CLEAR key twice transitions the system to the Workout Summary mode. Pressing CLEAR during the data entry phase of the workout program will return the entry to the system default (i.e. pressing CLEAR while entering your weight will return the weight value to 150 lbs).

**G. CHANGE WORKOUT**

**MANUAL:** Press the CHANGE WORKOUT key until MANUAL appears and select the **MANUAL** program, in which the intensity level remains the same unless it is manually changed.

**RANDOM:** Press the CHANGE WORKOUT key until RANDOM appears and select the **RANDOM** program, which is a workout of constantly changing intensity levels that occur in no regular pattern or progression.

**HILL:** Press the CHANGE WORKOUT key until HILL appears and select the **HILL** program, in which periods of intense aerobic exercise are separated by regular periods of lower-intensity exercise.

**FAT BURN:** Press the CHANGE WORKOUT key until FAT BURN appears and select the **FAT BURN** program, which is a low-intensity workout for burning a higher percentage of calories from fat.

**CARDIO:** Press the CHANGE WORKOUT key until CARDIO appears and select the **CARDIO** program, which is a higher intensity workout for more fit users, emphasizing cardiovascular benefits and high total calorie expenditure.

**FIT TEST:** Press the CHANGE WORKOUT key until FIT TEST appears and select the **FIT TEST** program, in which cardiovascular fitness is estimated and can be used to monitor improvements in endurance every four to six weeks.

- H. COOL DOWN:** Workout programs automatically end in a Cool Down mode, which lowers the intensity level. Press the Cool Down key at any desired point during a workout to go immediately into Cool Down mode. In this phase of a workout the body begins to remove lactic acid and other accumulated by-products of exercise, which build up in muscles during a workout and contribute to muscle soreness. The console automatically adjusts each workout's Cool Down level according to the individual user's performance. The cool down duration is between 1 and 5 minutes for all workouts. A half of resistance level drops for every cool down minute within the 1-4 minute cool down duration. For cool down times that are longer than 5 minutes, the resistance level drops by 1/4 for each minute.

Workout Time	Cool Down Time
1-4 minutes	1 minute
5-10 minutes	2 minutes
10-19 minutes	3 minutes
Over 19 minutes	5 minutes

- I. PAUSE:** For treadmills, press the PAUSE key at any point during a workout to go immediately into Pause Mode. The belt slowly comes to a stop. The workout is temporarily inactive and saved for a default time of 1 minute. Once the pause time reaches 1 minute, the workout summary appears.

Users have the following three options for bikes and cross-trainers:

- Press the PAUSE key and continue pedaling: the resistance level drops to Level 1. The workout is temporarily inactive and saved for a default time of 1 minute. After 1 minute, the pause mode expires and the workout summary appears. To resume the workout, press the PAUSE key a second time.
- Press the PAUSE key and stop pedaling: the resistance level drops to 0. The workout is temporarily inactive and after 1 minute the console shuts off. Press CLEAR once to see the workout summary. To resume the workout, begin pedaling.
- Stop pedaling: the resistance level drops to 0. The workout is temporarily inactive and after 1 minute the console shuts off. Press CLEAR once to see the workout summary. To resume the workout, begin pedaling.

**NOTE:** Workouts will be paused if the user stops pedaling within 15 seconds of beginning a workout or drops below 30 RPM during a workout. In either case, if the user doesn't begin pedaling or increasing speed within 60 seconds, the console shuts off.

- J. WORKOUT PROFILE window:** This window displays shapes, made of columns of light s, that represent the levels of intensity in a workout-in-progress. The height of the first column on the left side of the window is proportional to the current level of intensity.

During a Fat Burn or Cardio workout, which requires the use of a Polar ® heart rate chest strap or the Lifepulse system sensors, the Workout Profile window displays a flashing heart shape while detecting the user's heart rate signal. If the console does not detect a signal, the MESSAGE CENTER displays the prompt "NEED HEART RATE - PLACE HANDS ON SENSORS OR USE TELEMETRY STRAP". If the console does not receive the signal within three minutes, the workout is automatically converted to a Manual program.

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

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

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

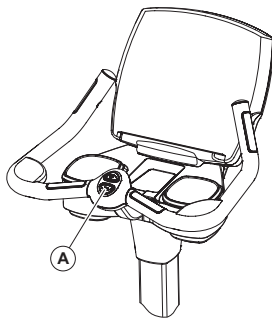
- **Watts:** effort level in Watts. A Watt is a unit of power output or the expression of the mechanical rate of work.
- **METs:** effort level in METs. A MET is an expression of the rate of work for the human body, or a metabolic equivalent; one MET is approximately equal to the metabolism of a person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

- L. DATA DISPLAY WINDOW:** This window displays the following information:

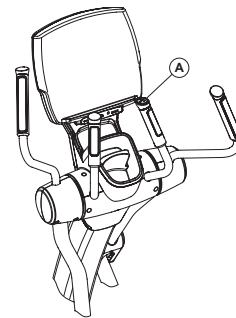
- Incline (*treadmills*) / Level (*non-treadmill products*)
- Speed
- Time

## 2.3 AT-YOUR-FINGERTIPS RESISTANCE CONTROLS (*BIKES AND CROSS-TRAINERS ONLY*)

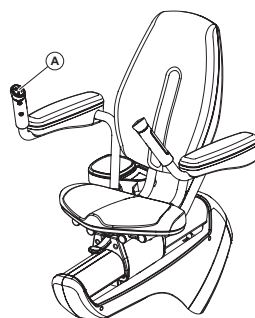
At-Your-Fingertips Resistance Controls (A) are featured on Lifefitness Lifecycle Exercise Bikes and Cross-Trainers. These controls offer a convenient way for users to increase or decrease their workout resistance levels.



At-Your-Fingertips Resistance Controls are located in the middle of the handlebars on the Upright Lifecycle Exercise Bike.



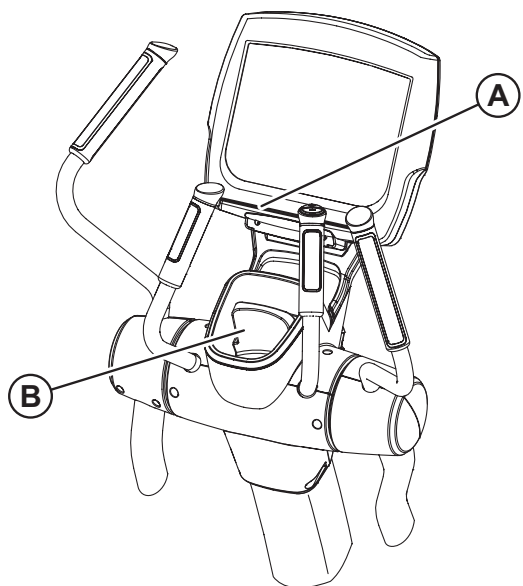
At-Your-Fingertips Resistance Controls are located on the right bullhorn of the Cross-Trainer.



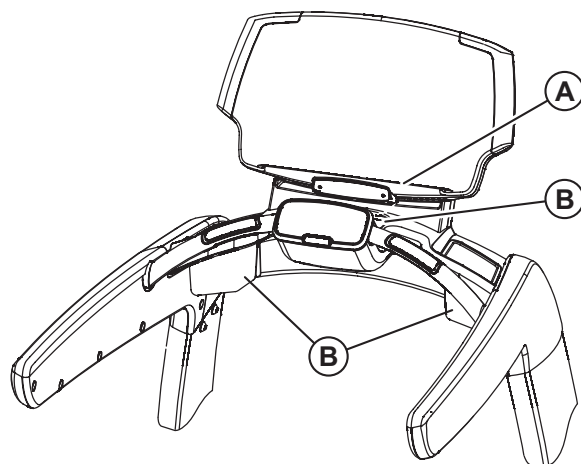
At-Your-Fingertips Resistance Controls are located on the right armrest and right side handlebar on the Recumbent Lifecycle Exercise Bike.

## 2.4 THE ACCESSORY TRAY / READING RACK

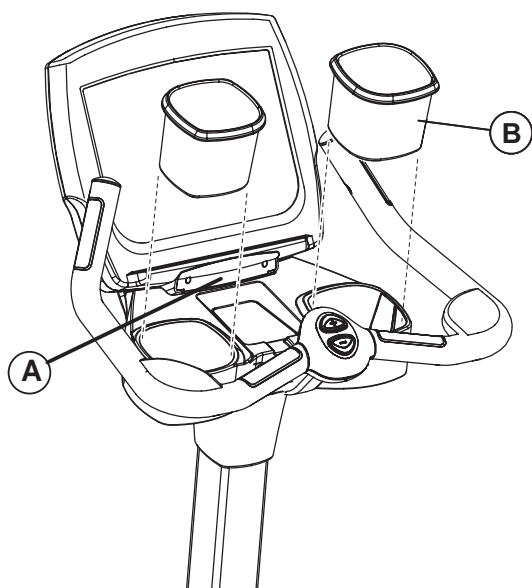
A built-in reading rack (A) allows a book or magazine to be supported during the workout. A built-in accessory tray (B) provides storage for items such as water bottles, personal media devices, and cell phones.



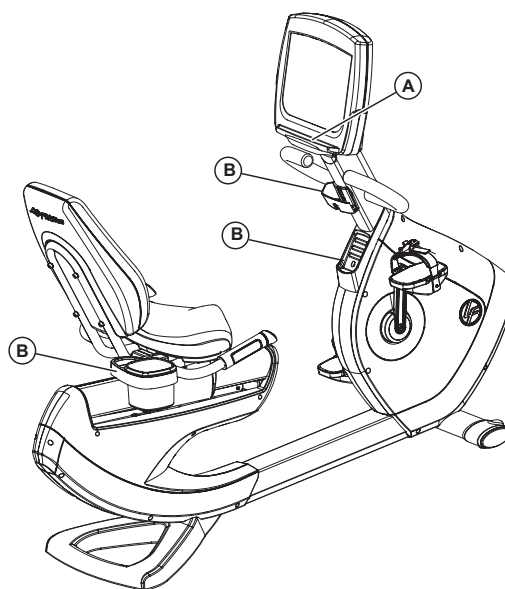
Cross-Trainer



Treadmill



Upright Lifecycle Exercise Bike



Recumbent Lifecycle Exercise Bike

# 3 HEART RATE ZONE TRAINING EXERCISE

## 3.1 WHY HEART RATE ZONE TRAINING EXERCISE?

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

Zone training identifies an exerciser's ideal heart rate range, or zone, for burning a higher percent age of calories from fat or increasing cardiovascular fitness. The values within the zone depend on the workout.

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

ZONE TRAINING		
FAT BURN = LOW INTENSITY		
CARDIO = HIGH INTENSITY		
AGE	65%	80%
10	136	168
20	130	160
30	123	152
40	117	144
50	110	136
60	104	128
70	97	120
80	91	112
90	84	104
100	78	96
SUGGESTED TARGET		
HEART RATE AS % OF MAX		
ACSM HEART RATE RANGE:		
55% - 90%		

**FAT BURN** and **CARDIO** are exclusive workouts designed to take full advantage of the benefits of heart rate zone training exercise. During one of these workouts, grasp the Lifepulse system sensors continuously, or wear the Polar® heart rate chest strap to enable the on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the resistance level (*non-treadmill products*) or incline (*treadmills*) to maintain the target heart rate\* based on the actual heart rate. To change the target heart rate during a workout, use the LEVEL UP/DOWN ARROW keys (*left keys*) on non-treadmill products. Use the INCLINE UP/DOWN ARROW keys (*left keys*) on treadmills.

\* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO** workout is 144. This workout targets 80 percent of the maximum, so the equation would be  $(220-40) \times .80 = 144$ .

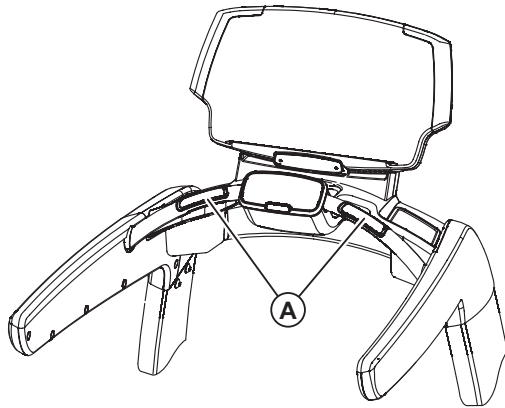
## 3.2 HEART RATE MONITORING

### THE LIFEPUULSE™ DIGITAL HEART RATE MONITORING SYSTEM

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

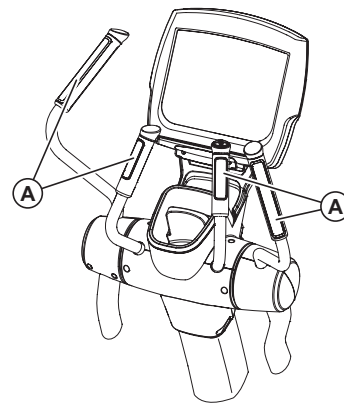
- Grasp the sensors (A) firmly.
- Hold each sensor at the horizontal (treadmill, recumbent bike and upright bike) or vertical mid point (cross-trainer and upright bike).
- Keep hands steady and in place.

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.



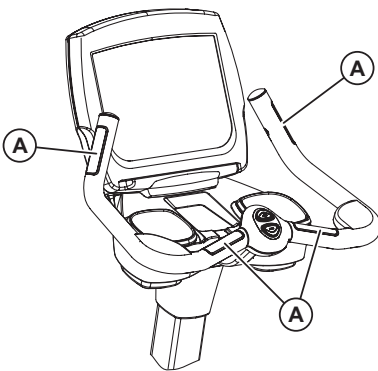
Treadmill

**NOTE:** Do not attempt to grasp the sensors at speeds over 4.5 mph, or 7.3 kph. For these speeds use of a heart rate chest strap is recommended.



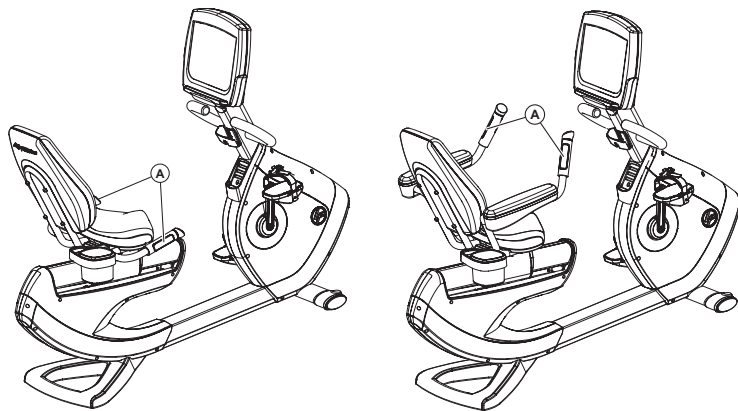
Cross-Trainer

**NOTE:** Sensors are located on both the arms and bull horns.



Upright Lifecycle Exercise Bike

**NOTE:** Grasp two of the four opposing sensors (A) that are set into the handlebars.



Recumbent Lifecycle Exercise Bike

**NOTE:** Sensors are located on the side handlebars and armrests.

## THE POLAR® TELEMETRY HEART RATE MONITORING CHEST STRAP

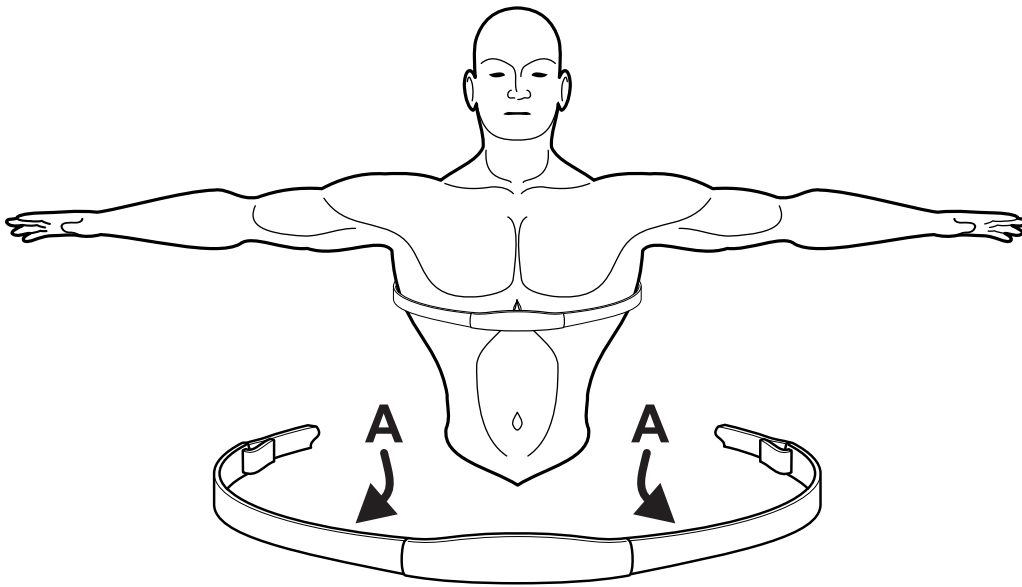
The Polar® heart rate monitoring system transfers heart rate signals to the console when electrodes are pressed against the skin. These electrodes are attached to a chest strap that the user wears during the workout. The chest strap and telemetry electrodes are optional. To order, call Life Fitness Customer Support Services (see page 1 of this manual).

See the diagram below for correct positioning of the 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 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 accurate heart rate reading when the electrodes are in direct contact with skin. However, it also functions properly through a thin layer of wet clothing.

If it becomes necessary to re-moisten the chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and 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 the sensor signals for measuring the heart rate instead of those transmitted with the chest strap.



# 4 THE WORKOUTS

## 4.1 WORKOUT OVERVIEWS

This section lists the available pre-programmed workouts. For more detailed information, see Section 4.2 titled *Using the Workouts*.

**QUICK START** is the fastest way to begin exercising and bypasses the steps involved in selecting a specific workout program. On non-treadmill products, after the QUICK START key is pressed, a constant-level workout begins. The intensity level does not change automatically. On treadmills, press the QUICK START key on the console or Activity Zone or any of the Walk/Jog/Run keys to begin a manual, constant-level workout immediately, without having to select a workout program.

**MANUAL** is a workout in which the intensity level does not change automatically. It is accessed by pressing the CHANGE WORKOUT key repeatedly until MANUAL appears and then pressing ENTER.

**RANDOM** is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression. It is accessed by pressing the CHANGE WORKOUT key repeatedly until RANDOM appears and then pressing ENTER.

**HILL** is an interval-training workout combining "hills" and "valleys" of different intensity levels, which is proven to provide effective, time-efficient cardiovascular results. It is accessed by pressing the CHANGE WORKOUT key repeatedly until HILL appears and then pressing ENTER.

**FAT BURN** is a low-intensity workout for burning a higher percentage of calories from fat. The user must wear a heart rate chest strap or grasp the Lifepulse system sensors continuously. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the rate at 65 percent of the theoretical maximum<sup>†</sup>. It is accessed by pressing the CHANGE WORKOUT key repeatedly until FAT BURN appears and then pressing ENTER.

**CARDIO** is a higher intensity workout for more fit users, maximizing cardiovascular benefits and total calories burned. The user must wear a heart rate chest strap or grasp the Lifepulse system sensors continuously. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80 percent of the theoretical maximum<sup>†</sup>. It is accessed by pressing the CHANGE WORKOUT key repeatedly until CARDIO appears and then pressing ENTER.

**Note:** *Lifepulse heart monitoring is not recommended over 4.5 mph (7.3 kph) on treadmills. Speed is limited to 4.5 mph (7.3 kph) if users do not wear a telemetry strap or target heart rate\* is not detected.*

**FIT TEST** estimates cardiovascular fitness compared to other people of the same age and gender. It is accessed by pressing the CHANGE WORKOUT key repeatedly until FIT TEST appears and then pressing ENTER.

## 4.2 USING THE WORKOUTS

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

### TO BEGIN A WORKOUT

*Non-Treadmill products:*

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

Press QUICK START, begin pedaling. The MESSAGE CENTER displays, "SELECT WORKOUT OR PRESS ENTER TO BEGIN." If it displays a different message, press the CLEAR key twice in rapid succession.

**NOTE:** *The Life Fitness AutoStart feature also activates the Achieve console when the user begins pedaling.*

*Treadmill products:*

Press the QUICK START key on the console or Activity Zone or any of the Walk/Jog/Run keys. The belt starts moving at 0.5 mph (0.8 kph) and 0% incline. If either of the Walk/Jog/Run keys are pressed, the belt starts moving at the following speeds: walk (2 mph / 3 kph), jog (4 mph / 6 kph) run (6 mph / 9 kph).

<sup>†</sup> Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.

\* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO** workout is 144.

This workout targets 80 percent of the maximum, so the equation would be (220-40)\*.80=144.

## SELECTING AND USING QUICK START

**QUICK START** is the fastest way to begin exercising and bypasses the steps of selecting a specific workout program. At the MESSAGE CENTER prompt to select a workout, press the QUICK START key on the console or Activity Zone or Walk/Jog/Run keys (on treadmills). The workout begins at an intensity level that remains the same unless manually changed. After one minute, the MESSAGE CENTER displays a prompt to enter weight, which the computer requires to calculate total calories burned. If the weight is not entered, calories will not be displayed.

### SELECTING A WORKOUT

For **MANUAL, FAT BURN, CARDIO, RANDOM, HILL,** and **FIT TEST:** When prompted to select a workout, press the CHANGE WORKOUT key until the desired workout appears and then press ENTER.

### ENTERING WEIGHT

When prompted by the MESSAGE CENTER to enter weight, use the TIME UP/DOWN ARROW keys (center keys) to increase or decrease the displayed weight to the correct value and press ENTER. The default weight is 150 pounds or 68 kilograms. The on-board computer calculates the number and rate of calories burned using the entered weight as well as the pedaling (walking/running) speed and resistance (or incline). *(The default weight of 150 pounds will be entered automatically after 10 seconds if no keys are pressed).*

### ENTERING TIME

When prompted by the MESSAGE CENTER to enter a time, use the TIME UP/DOWN ARROW keys (center keys) to increase or decrease the displayed time to the desired value and press ENTER. *(The default time of 60 minutes will be entered automatically after 10 seconds if no keys are pressed).*

### ENTERING INCLINE (TREADMILLS ONLY)

When prompted by the MESSAGE CENTER to enter an incline, use the INCLINE UP/DOWN ARROW keys (left keys) to increase or decrease the displayed incline and press ENTER. *(The default Incline of 0% will be entered automatically after 10 seconds if no keys are pressed).*

### ENTERING SPEED (TREADMILLS ONLY)

When prompted by the MESSAGE CENTER to enter a speed, use the SPEED UP/DOWN ARROW keys (right keys) to increase or decrease the displayed speed and press ENTER.

### ENTERING LEVEL (NON-TREADMILLS ONLY)

When prompted by the MESSAGE CENTER to enter a level, use the LEVEL UP/DOWN ARROW keys (left keys), or the At-Your-Fingertips Resistance Controls, to increase or decrease the displayed resistance level and press ENTER.

### ENTERING GENDER (FIT TEST ONLY)

When prompted by the MESSAGE CENTER to enter a gender, use the TIME UP/DOWN ARROW keys (center keys) to select a gender and press ENTER.

### ENTERING AGE

When prompted by the MESSAGE CENTER to enter age, use the TIME UP/DOWN ARROW keys (center keys) to increase or decrease the displayed age to the correct value and press ENTER.

Life Fitness workout programs that set a target heart rate\* zone first calculate the user's theoretical maximum heart rate<sup>†</sup> by subtracting the user's age from the number 220. The programs then calculate the target zone as a percentage of the theoretical maximum.

## SELECTING AND ADJUSTING THE RESISTANCE LEVEL / INTENSITY LEVEL

When prompted by the MESSAGE CENTER, use the LEVEL UP/DOWN ARROW keys to increase or decrease the displayed resistance / intensity level.

- Resistance level: Bike and Cross-Trainer each support up to 25 levels. On each level, there are seven different hills, they are mapped directly into the 7 rows of a workout profile. Each hill offers finer tweaking of resistance.
- Intensity Level of Hill and Random Workouts (Treadmill): The steps for setting up a HILL or RANDOM workout include selecting a level. Level refers to a range of incline percentages as outlined in the table on the following page.

<sup>†</sup> Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.

\*Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be  $(220-40) \times .65 = 117$



LEVEL	% INCLINE	LEVEL	% INCLINE
1	0.0 – 1.5	11	2.0 – 8.5
2	0.0 – 2.2	12	3.0 – 9.2
3	0.0 – 2.9	13	3.5 – 9.9
4	0.0 – 3.6	14	5.0 – 10.6
5	0.0 – 4.3	15	5.5 – 11.3
6	0.0 – 5.0	16	6.5 – 12.0
7	0.0 – 5.7	17	7.0 – 12.7
8	0.0 – 6.4	18	8.0 – 13.4
9	0.5 – 7.1	19	8.7 – 14.1
10	1.5 – 7.8	20	9.0 – 15.0

### SELECTING AND ADJUSTING THE HEART RATE LEVEL

When prompted by the MESSAGE CENTER, use the LEVEL or INCLINE UP/DOWN ARROW keys (*left keys*) to increase or decrease the target heart rate\* to the desired value and press ENTER. Adjust the level as needed or desired during the workout.

- Target heart rate: Programs that calculate a target heart rate base this number on the age of the user and the type of workout. The user accepts or adjusts the rate when setting up the workout. During the workout itself, the program reads the heart rate, which is transmitted via the heart rate chest strap or the Lifepulse system sensors; it uses this data to adjust the resistance, incline, and if necessary, decrease speed. Manually raising the rate increases the intensity of the cardiovascular exercise.

### SWITCHING WORKOUTS “ON-THE-FLY”

It is possible, during a workout, to switch to another workout program. After a switch, the console retains all the progress information about the workout since its beginning. To change workouts “on the fly,” simply press the CHANGE WORKOUT key until the desired new workout appears and press ENTER. This feature is available for all workouts except the Fit Test.

### PAUSING WORKOUTS

*Non-Treadmill products:* To pause a workout, simply stop pedaling. The pause duration lasts 60 seconds, after which the console automatically shuts down. Resume pedaling to continue the workout or press CLEAR to view the workout summary. Users can also press the PAUSE key at any point during a workout to go immediately into Pause Mode. To continue the workout, press the PAUSE key a second time within the 60 second pause duration. After 60 seconds, the pause mode expires and the workout summary appears.

*Treadmills:* Press the PAUSE key to stop the belt and hold the current workout. Continue the workout by pressing the PAUSE key a second time. Pressing the CLEAR key once also activates the Pause Mode.

### ENDING WORKOUTS EARLY

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

*Treadmills:* Press the CLEAR key once to go into Pause Mode. Press the CLEAR key twice to transition the system to the Workout Summary mode. Press the CLEAR key a third time and the MESSAGE CENTER displays “SELECT WORKOUT OR PRESS QUICK START” for a new workout. Pressing the STOP key to stop the workout will transition to the Workout Summary mode. Pulling the Emergency Stop Switch causes a rapid belt deceleration. The following message is displayed: “REPLACE EMERGENCY STOP SWITCH.” Replacing the Emergency Stop Switch causes the system to transition to the Workout Summary mode.

\* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO** workout is 144. This workout targets 80 percent of the maximum, so the equation would be  $(220-40) \cdot .80 = 144$ .

## 4.3 WORKOUT DESCRIPTIONS

### WORKOUT MODES

On bikes, the **MANUAL**, **QUICK START**, **HILL** and **RANDOM** workouts default to **BIKE MODE** which simulates the experience of riding an actual bicycle. The rate of calories burned and total distance travelled increase automatically as the user increases the pedaling speed.

On bikes, the **FAT BURN**, **CARDIO**, and **FIT TEST** workouts default to **CONSTANT-CALORIES-PER-HOUR-MODE** which enables a user to maintain a constant rate of calories burned per hour. As the pedaling speed increases, the resistance level automatically decreases. As the pedaling speed decreases, the resistance level automatically increases.

### QUICK START

**QUICK START** is the fastest way to begin exercising and bypasses the steps of selecting a specific workout program. The intensity level for the workout is set automatically and remains the same unless manually changed. To change the level, use the **LEVEL UP/DOWN ARROW** keys on non-treadmill products (*SPEED and INCLINE UP/DOWN ARROW keys on treadmills*) to enter a higher or lower level number. After the workout has been in progress for one minute, the MESSAGE CENTER displays "ENTER WEIGHT", which the computer requires to calculate total calories. Using the **TIME UP/DOWN ARROW keys** (*center keys*) increases or decreases the displayed weight to the correct value.

**NOTE:** On non-treadmill products, the Life Fitness AutoStart feature also activates the Achieve console when the user steps on a product's pedals and begins pedaling.

**NOTE:** On treadmills, when the user presses **QUICK START** on the console or Activity Zone, the belt starts moving at 0.5 mph (0.8 kph) and 0% incline. If the Walk/Jog/Run keys are pressed and enabled, a workout starts at the following speeds: walk (2 mph / 3 kph), jog (4 mph / 6 kph) run (6 mph / 9 kph).

### MANUAL WORKOUT

The **MANUAL** program sets an intensity level that does not change automatically. While the workout is in progress, increase or lower the intensity level as desired using the **LEVEL UP/DOWN ARROW** keys on non-treadmill products (*SPEED and INCLINE UP/DOWN ARROW keys on treadmills*).

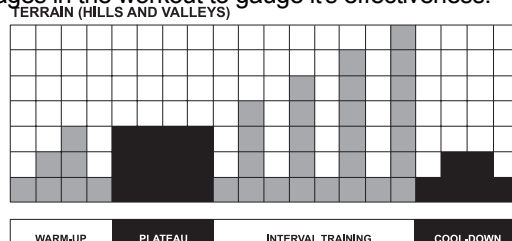
### RANDOM WORKOUT

The **RANDOM** program creates a terrain of hills and valleys that varies with each workout. More than one million different patterns are possible. For non-treadmill products, because workout levels are greater in this workout than in the **HILL** workout, it is recommended that the **RANDOM** workout be set one or two levels lower than the workout level which would normally be selected in the **HILL** workout. The **RANDOM** profile shift occurs every 10 seconds.

### HILL

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. The computerized interval training workout has been scientifically demonstrated to promote greater cardio-respiratory improvement than steady-p ace training.

Each **HILL** workout goes through four phases, each marked by different intensity levels. The **WORKOUT PROFILE** window displays the progress of these phases, as seen in the chart following these descriptions below. As noted in the descriptions, the heart rate should be measured by the user at two stages in the workout to gauge its effectiveness.



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

Each column, as seen in the WORKOUT PROFILE window and the chart above, represents one interval. The overall duration of the workout determines the length of each interval. The Hill program cannot complete all four phases adequately for a workout lasting less than 10 minutes. The program condenses a workout of this duration at various stages.

#### **Treadmills:**

- Intervals occur every 10 seconds if the workout duration is less than or equal to 10 minutes.
- Intervals occur every 11, 12, 13,...19 seconds for respective workout durations of 11, 12, 13,...19 minutes.
- Intervals occur every 20 seconds if the workout duration is over 20 minutes.

#### **Non-Treadmill Products:**

- Intervals occur every 5 seconds if the workout duration is less than or equal to 5 minutes.
- Intervals occur every 6, 7, 8,...19 seconds for respective workout durations of 6, 7, 8,...19 minutes
- Intervals occur every 20 seconds if the workout duration is over 20 minutes.

### **FAT BURN**

**FAT BURN** is a low-intensity workout for burning a higher percentage of calories from fat. The user must wear a heart rate chest strap or grasp the Lifepulse system sensors continuously. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the rate at 65 percent of the theoretical maximum<sup>†</sup>.

### **CARDIO**

**CARDIO** is a higher intensity workout for more fit users, maximizing cardiovascular benefits and total calories burned. The user must wear a heart rate chest strap or grasp the Lifepulse system sensors continuously. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80 percent of the theoretical maximum<sup>†</sup>.

### **FIT TEST**

The Life Fitness Fit Test program is another exclusive feature. The Fit Test workout estimates cardiovascular fitness and can be used to monitor improvements in endurance every four to six weeks. The user must grasp the Lifepulse hand sensors when prompted or wear a heart rate chest strap, as the test score calculation is based on a heart rate reading. The workout duration will be five minutes at a 5% incline (*treadmills*) or five minutes at the chosen resistance level (*non-treadmill products*). Immediately afterward, the console will take the user's heart rate reading, calculate a fitness score, and display the score in the MESSAGE CENTER.

The Fit Test is considered to be a submax VO<sub>2</sub> (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 estimate of aerobic capacity.

To set up the Fit Test (*on non-treadmill products*):

- Begin pedaling.
- Press the CHANGE WORKOUT button repeatedly until the FIT TEST option appears in the MESSAGE CENTER. Press ENTER to select the FIT TEST option.
- The MESSAGE CENTER will prompt for a user weight (ENTER WEIGHT). Use the TIME UP/DOWN ARROW keys (*center keys*) to input your weight. Press ENTER to accept the weight.
- The MESSAGE CENTER will next prompt for a user age (ENTER AGE). Use the TIME UP/DOWN ARROW keys (*center keys*) to input your age. Press ENTER to accept the age.
- The MESSAGE CENTER will next prompt for a user gender (SELECT GENDER). Use the TIME UP/DOWN ARROW keys (*center keys*) to select a gender. Press ENTER to accept the gender selection.
- The MESSAGE CENTER will next prompt for a workout level (ENTER LEVEL). Consult the following recommended fit test level chart for an appropriate effort level based on your age, gender and activity level. Use the TIME UP/DOWN ARROW keys (*center keys*) to enter the corresponding level.
- **NOTE: Cross-Trainers and Bikes only:** As the test continues, a message will prompt the user to maintain a pedaling rate between 50-60 rpm (*cross-trainers*) and 60-80 rpm (*bikes*). The user must maintain this rate throughout the 5-minute test duration. After 16 seconds, if the rate is not maintained, the fit test will automatically terminate.

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

<sup>†</sup> Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.

\* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO** workout is 144. This workout targets 80 percent of the maximum, so the equation would be (220-40)\*.80=144.

To set up the Fit Test (*on treadmills*):

- Press the CHANGE WORKOUT button repeatedly until the FIT TEST option appears in the MESSAGE CENTER. Press ENTER to select the FIT TEST option.
- The MESSAGE CENTER will prompt for a user weight (ENTER WEIGHT). Use the TIME UP/DOWN ARROW keys (*center keys*) to input your weight. Press ENTER to accept the weight.
- The MESSAGE CENTER will next prompt for a user age (ENTER AGE). Use the TIME UP/DOWN ARROW keys (*center keys*) to input your age. Press ENTER to accept the age.
- The MESSAGE CENTER will next prompt for a user gender (SELECT GENDER). Use the TIME UP/DOWN ARROW keys (*center keys*) to select a gender. Press ENTER to accept the gender selection.
- The MESSAGE CENTER will next prompt for a workout level (ENTER SPEED)(2-4.5 mph / 3.2 -7.3 kph). Consult the following recommended fit test level chart for an appropriate effort level based on your age, gender and activity level. Use the SPEED UP/DOWN ARROW keys to enter the corresponding level.

#### **FIT TEST PROGRAM SUGGESTED EXERTION LEVELS**

	<b>Inactive</b>	<b>Active</b>	<b>Very Active</b>
Cross-Trainer	L 2-4 men L 1-2 women	L 3-10 men L 2-5 women	L 7-15 men L 3-10 women
Treadmill	2-3 mph 3.2-4.8 kph	3-4 mph 4.8-6.4 kph	3.5-4.5 mph 5.6-7.3 kph
Exercise Bike	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 <sup>†</sup> heart rate.

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

<b>Lower Half of Range</b>	<b>Upper Half of Range</b>
higher age	lower age
lower weight	higher weight*
shorter	taller

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

The computer will not accept:

- heart rates less than 52 or greater than 200 beats per minute
- body weights less than 75 pounds (34 kg) or greater than 400 pounds (182 kg)
- ages below 10 or over 99 years

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

<sup>†</sup> Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.

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 since last meal (two to four hours after the last meal is recommended)
- time since last beverage containing caffeine or alcohol, or cigarette (at least four hours is recommended)
- time since last exercise (at least six hours is recommended)
- data input that exceeds human potential

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, the work done must be within a training heart rate zone that is 60 percent to 85 percent of the theoretical maximum heart rate. This rate is defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

The tables below list fit test results.

#### RELATIVE FITNESS CLASSIFICATION FOR MEN

Men	Estimated VO2 Max (ml O <sub>2</sub> /kg/min) Per Age Category				
<b>Rating</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
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

Women	Estimated VO2 Max (ml O <sub>2</sub> /kg/min) Per Age Category				
<b>Rating</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50-59</b>	<b>60+</b>
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"* (7th Ed. 2006) which were obtained from the data collected by the Cooper Institute Aerobics Center Longitudinal Study, 1970-2002. It is designed to provide a qualitative description of a user's VO2 max estimation; and a means of guiding assessment and tracking improvement.

# LIFE FITNESS ACHIEVE CONSOLE WORKOUT SETUP STEPS

## QUICK START

Press QUICK START  
Enter weight  
Begin workout

## MANUAL

Press CHANGE WORKOUT repeatedly until MANUAL appears; press ENTER  
Enter weight (*cross-trainer and treadmill*)  
Enter time  
Select level (*non-treadmill*)  
Select incline (*treadmills*)  
Select speed (*treadmills*)  
Begin workout

## RANDOM

Press CHANGE WORKOUT repeatedly until RANDOM appears; press ENTER  
Enter weight (*cross-trainer and treadmill*)  
Enter time  
Select level  
Select speed (*treadmills*)  
Begin workout

## FAT BURN\*

Press CHANGE WORKOUT repeatedly until FAT BURN appears; press ENTER  
Enter weight (*cross-trainer and treadmill*)  
Enter time  
Enter age  
Accept THR\*\*  
Select speed (*treadmills*)  
Begin workout

## CARDIO\*

Press CHANGE WORKOUT repeatedly until CARDIO appears; press ENTER  
Enter weight (*cross-trainer and treadmill*)  
Enter time  
Enter age  
Accept THR  
Select speed (*treadmills*)  
Begin workout

## HILL

Press CHANGE WORKOUT repeatedly until HILL appears; press ENTER  
Enter weight (*cross-trainer and treadmill*)  
Enter time\*\*\*  
Select level  
Select speed (*treadmills*)  
Begin workout

## FIT TEST\*

Press CHANGE WORKOUT repeatedly until FIT TEST appears; press ENTER  
Enter weight (*cross-trainer and treadmill*)  
Enter time (*non-treadmill*)  
Enter age  
Enter gender  
Enter level (*non-treadmill*)  
Enter speed (*treadmills*)  
Begin workout

\* This workout requires the user to wear the polar heart rate chest strap or the grip the Life pulse sensors.

\*\* Target Heart Rate (THR) is a percentage of the theoretical maximum. A 40-year-old user's THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be  $(220-40) \times .65 = 117$ .

\*\*\* If a calorie or distance goal is being used, the MESSAGE CENTER does not display a prompt for a time duration.

# 5

## MANAGER CONFIGURATIONS

### 5.1 ENTERING AND USING THE MANAGER CONFIGURATION SETTINGS

Fitness facility managers and other authorized personnel can use the Manager Configurations feature to change default settings or to enable or disable certain workouts or displays on the Life Fitness exercise equipment. To access the console diagnostics to view version numbers and customize optional settings, users must be in the Select Workout Mode. Hold the COOL DOWN key while pressing the CLEAR key twice. Do not release the COOL DOWN key until "CODE VER-X.XX" is displayed. Use the ENTER key to advance through the settings. Use the CLEAR key to go back to the previous setting or exit the settings.

The following version numbers, for non-treadmill products, can be displayed: code version, console part number, GBC version (if available), Life Pulse version, CSafe version, and bootloader version.

MANAGER CONFIGURATION OPTIONAL SETTINGS: NON-TREADMILL PRODUCTS		
Setting	Default Value	Description
MAX WORKOUT DURATION	60 MINUTES	This is the maximum possible duration for a workout. The value can range from 1 to 99.
SHUTDOWN TIME	DISABLED	Enables the LED screen backlight to be turned off due to inactivity. <i>(This setting is only available on units using external power.)</i>
PAUSE TIME	60 SECONDS	The amount of time the unit can be inactive before it reverts back to the workout summary. The range is between 1 and 99 minutes.
ENGLISH/METRIC UNITS	ENGLISH	This option determines the units used for entering weight and measuring distance.
WATTS DISPLAY ENABLE/ DISABLE	DISABLED	If this option is enabled, the MESSAGE CENTER displays the work rate in Watts.
METS DISPLAY ENABLE/ DISABLE	DISABLED	If this option is enabled, the MESSAGE CENTER displays the work rate in METs.
CAL/HR DISPLAY ENABLE/ DISABLE	DISABLED	If this option is enabled, the MESSAGE CENTER displays the rate of calories per hour burned for the current intensity.
USER LANGUAGE SELECT	ENGLISH	This option, if enabled, allows the user to choose a language before each workout. Choices include: English, German, French, Italian, Dutch, Portuguese, Spanish, and Turkish.
STATISTICS	N/A	Press any UP arrow key to display information including cumulative hours the equipment was used, the number of times specific workouts were started, and cumulative distance.
PHOTOSHOOT	N/A	This is the last option in Manager's Configuration. When this option is reached, the display static data simulating a screen caption of a workout in progress. Press the CLEAR key to exit this setting.



The following version numbers, for treadmills, can be displayed: console version, console software part number, motor controller version, Life Pulse version, CSafe version, and bootloader version.

<b>MANAGER CONFIGURATION OPTIONAL SETTINGS: TREADMILL</b>		
<b>Setting</b>	<b>Default Value</b>	<b>Description</b>
MAX WORKOUT DURATION	60 MINUTES	This is the maximum possible duration for a workout. The value can range from 1 to 99, unless Marathon Mode is enabled.
PAUSE TIME	60 SECONDS	The amount of time the unit can be inactive before it reverts back to the workout summary. The range is between 1 and 99 minutes.
ENGLISH/METRIC UNITS	ENGLISH	This option determines the units used for entering weight and measuring distance.
WATTS DISPLAY ENABLE/ DISABLE	DISABLED	If this option is enabled, the MESSAGE CENTER displays the work rate in Watts.
METS DISPLAY ENABLE/ DISABLE	DISABLED	If this option is enabled, the MESSAGE CENTER displays the work rate in METs.
CAL/HR DISPLAY ENABLE/ DISABLE	DISABLED	If this option is enabled, the MESSAGE CENTER displays the rate of calories per hour burned for the current intensity.
USER LANGUAGE SELECT	ENGLISH	This option, if enabled, allows the user to choose a language before each workout. Choices include: English, German, French, Italian, Dutch, Portuguese, Spanish, and Turkish.
DEFAULT LANGUAGE SETUP	ENGLISH	Select a language as the default upon an exit from diagnostics. Press any of the UP arrow keys to scroll through the following choices (in order of appearance): English, German, French, Italian, Dutch, Portuguese, Spanish and Turkish. Pressing any of the DOWN arrow keys will show the languages in reverse order.
MAX SPEED	14 MPH	The maximum speed available to the users for the purpose of workout programming and execution.
MIN SPEED	0.5 MPH	The minimum speed available to the users for the purpose of workout programming and execution.
MAX INCLINE	15%	The maximum incline available to the users for the purpose of workout programming and execution.
MARATHON MODE	DISABLED	Enables/disables the constant run mode (allowing an unlimited workout duration).
STRIDE SENSOR	ENABLED	This feature automatically pauses the workout if the user steps off the belt.
ACCELERATION RATE	3	Set the acceleration rate.
DECELERATION RATE	3	Set the deceleration rate.
ACTIVITY ZONE 3-SPEED KEYS ON/OFF	ENABLED	Enables/disables the three speed keys (walk, jog, run) on the Activity Zone.
BELT NOTIFICATION	DISABLED	If enabled, this option will alert a fitness club manager if a belt notification exists.
TELEMETRY	ENABLED	This feature makes it possible to use the Polar-compatible Heart Rate Zone Training exercise chest strap for monitoring heart rate.
SYSTEM BEEPS	ENABLED	Enables/disables system beeps.
BELT/DECK INFO	N/A	Checks if notifications exist and how many events occurred. Use the arrow keys to view notifications.
STATISTICS	N/A	Press any UP arrow key to display information including cumulative hours and distance of both the belt and treadmill and the number of times specific workouts were started.
PHOTOSHOOT	N/A	This is the last option in Manager's Configuration. When this option is reached, the display shows static data simulating a screen capture of a workout in progress. Press the CLEAR key to exit this setting.

# 6 SERVICE AND TECHNICAL DATA

## 6.1 PREVENTIVE MAINTENANCE TIPS

Life Fitness equipment is backed by the engineering excellence of Life Fitness. Commercial Life Fitness products have proven to be durable in health clubs, colleges, and military facilities the world over.

**NOTE:** *The 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 in the Preventive Maintenance Schedule.*

**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 your Life Fitness exercise equipment operating at peak performance:

- Locate the Life Fitness exercise equipment in a cool, dry place.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Use a 100% cotton cloth, lightly moistened with water and mild liquid detergent, to clean the Life Fitness exercise equipment. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia, chlorine, or acid-based cleaners.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Clean the housing and moving arms thoroughly on a regular basis.



**NOTE:** When cleaning the exterior of the unit, a non-abrasive cleaner and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment; apply the non-abrasive cleaner on a soft cloth and then wipe the unit.

## 6.2 PREVENTIVE MAINTENANCE SCHEDULE - ACHIEVE CONSOLE

Follow the schedules below to ensure proper operation of the Achieve Console.

<b>ITEM</b>	<b>WEEKLY</b>	<b>MONTHLY</b>	<b>BI-ANNUALLY</b>	<b>ANNUALLY</b>
<i>Display Console</i>	<i>Clean</i>	<i>Inspect</i>		
<i>Console Mounting Bolts</i>			<i>Inspect</i>	
<i>Accessory Tray / Reading Rack</i>	<i>Clean</i>	<i>Inspect</i>		

## 6.3 TROUBLESHOOTING THE POLAR® HEART RATE CHEST STRAP

### HEART RATE READING IS ERRATIC, ABSENT ENTIRELY, OR ABNORMALLY ELEVATED

<b>Malfunction</b>	<b>Probable Cause</b>	<b>Corrective Action</b>
Heart rate reading is erratic or absent entirely	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes (see section 3.2).
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin (see section 3.2).
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (one meter) of the heart rate receiver.	Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
	Chest strap battery is depleted.	Contact Life Fitness Customer Support Services for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from television sets and/or antennas.	Move the exercise equipment a few inches away from the probable cause, or move the probable cause a few inches away from the exercise equipment, until the heart rate readings are accurate.
	Electromagnetic interference from cell phones.	
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from portable/personal electronic devices.	
	Electromagnetic interference from motor driven exercise equipment.	
	Electromagnetic interference from another heart rate transmitter within three feet (one meter).	

## 6.4 TROUBLESHOOTING THE LIFEPUULSE SYSTEM SENSORS

If the heart rate reading is erratic or missing, do the following:

- Dry the hands if necessary to prevent slipping.
- Apply hands to both sensors, one in each hand.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors.

## 6.5 HOW TO OBTAIN PRODUCT SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate the serial number plate. On treadmills, the serial number plate is on the bottom rear . On cross-trainers, the serial number plate is on the back stabilizer. On bikes, the serial number plate is on the front stabilizer. Document the serial number, which consists of three letters followed by six numerals.
3. Contact Life Fitness Customer Support Services via the Web at [www.lifefitness.com](http://www.lifefitness.com), or call the nearest Life Fitness Customer Support Services group (*see page 1 of this manual*).

# 7 SPECIFICATIONS

## 7.1 LIFE FITNESS ACHIEVE CONSOLE

### Console:

Type:	MESSAGE CENTER with UP/DOWN ARROW keys
Displays:	Elapsed time, Speed, Level, Calories, Heart Rate, Distance. When enabled: METs and Watts
Summaries:	Total elapsed time of workout, total calories burned, total distance
Character size:	0.54 inches

Workouts and Goals: Manual, Random, Hill, Fat Burn, Cardio, and Fit Test

Heart rate monitor: Polar® telemetry heart rate monitoring system  
Lifepulse system sensors  
Polar® heart rate chest strap: optional

Resistance Levels: 25  
(Non-Treadmill products only)

Incline Levels: 20  
(Treadmills only)

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

### PHYSICAL DIMENSIONS:

#### Non-Treadmill Achieve Console

Length:	16 inches / 40.64 centimeters
Width:	15 inches / 38.10 centimeters
Height:	4 inches / 10.16 centimeters
Weight:	4 pounds / 1.81 kilograms

#### Treadmill Achieve Console

Length:	25 inches / 63.50 centimeters
Width:	15 inches / 38.10 centimeters
Height:	4 inches / 10.16 centimeters
Weight:	5.80 pounds / 2.63 kilograms

### SHIPPING DIMENSIONS:

#### Non-Treadmill Achieve Console

Length:	19.875 inches / 50.48 centimeters
Width:	18.25 inches / 46.36 centimeters
Height:	7.50 inches / 19.05 centimeters
Weight:	7.40 pounds / 3.36 kilograms

#### Treadmill Achieve Console

Length:	28.75 inches / 73.03 centimeters
Width:	18.25 inches / 46.36 centimeters
Height:	7.125 inches / 18.10 centimeters
Weight:	10.20 pounds / 4.63 kilograms

## 7.2 WARRANTY INFORMATION

### WARRANTY COVERAGE: ACHIEVE CONSOLE FOR 97C, 95C, 95R, 95T, 95X

#### 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 the Product as a gift from the original purchaser.

#### HOW LONG IS IT COVERED:

All coverage is provided by specific Product according to the guidelines listed on the chart accompanying this warranty card.

#### 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").

Two type RJ45 interchangeable Network ready and Fitness Entertainment ports are supplied with the Product. These ports comply with the Fitlinxx CSA Specification dated August 4, 2004 stating: 4.75VDC to 10VDC; maximum current of 85mA. Any Product damage caused by a load exceeding this FitlinXXSAFE 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 (*our receipt of the attached registration card assures registration of purchase information but is not required*); **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.

#### REPLACEMENT CONSOLE & SERVICE:

Simply call Customer Support Services at (800) 351-3737 or (847) 451-0036, Monday through Friday from 8:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address and the serial number of your console (*refer to page 1 for Customer Services contact information*). They will tell you how to get a replacement console or, if necessary, arrange for service where your console is located or advise you on how and where to ship the console for service.

Before shipping:

1. **obtain** a Return Authorization Number (**RA#**) from Customer Support Services
2. securely **pack** your console (*use the original shipping carton, if possible*)
3. **write** the **RA#** on the outside of the carton
4. **insure** the console, and
5. **include** a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty

#### 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!*

Model	2 Years	1 Year
97C, 95C, 95R, 95T, 95X	Mechanical and Electrical components	Labor

*\*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.*