

# EXPLORE CONSOLE

## OPERATION MANUAL



# CORPORATE HEADQUARTERS

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

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

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

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

FCC Warning - Possible Radio / Television Interference

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

EN 957 Class SB (treadmill and PowerMill climber only): Professional and / or commercial use.

EN 957 Class SA (bikes, cross-trainer, and FlexStrider variable stride trainer only): Professional and / or commercial use.



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



**MISE EN GARDE : tout changement ou toute modification de ce matériel peut annuler la garantie du produit.**

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

#### **Cross-Trainers only:**

*For EN 957-9 Class A accuracy testing, input mechanical power was measured by connecting the resistance device (generator) with the console to a dynamometer. Torque test data was recorded across the available speed and resistance level settings. The mechanical resistance was then determined by a deceleration test without a user riding it, measuring precisely the starting speed and time until the pedals stopped moving. The torque required to stop the unit was then calculated from the system inertia, input speed, and time to stop then added to dynamometer data to obtain total system torque. From measured torque and speed, the input mechanical power and variance from displayed power were calculated. At level 10 and a constant 55 RPM, displayed wattage was 107 watts, with a 4.7% variance from input power on the test equipment. At level 12 and a constant 80 RPM, displayed wattage was 136 watts, with a 1.6% variance from input power on the test equipment.*

#### **FlexStrider Variable Stride Trainer only:**

*For EN 957-9 Class A accuracy testing, input mechanical power was measured by connecting the resistance device (generator) with the console to a dynamometer. Torque test data was recorded across the available speed and resistance level settings. The mechanical resistance was then determined by a deceleration test without a user riding it, measuring precisely both motions exhibited by the product: 1) The rotational deceleration measured from the starting speed and time, at minimum stride, until the rotating mechanism comes to a stop, and 2) The angular deceleration measured from a starting angle and time until the pedal leg lever assembly comes to a stop. The torque required to stop the unit was then calculated from the system inertia, input speed, angle, and time to stop, and then added to the dynamometer data to obtain the total system torque. From measured torque and speed, the input mechanical power and variance from displayed power were calculated. At level 10 and a constant 40 RPM, displayed wattage was 128 watts, with a 2.1% variance from input power on the test equipment. At level 15 and a constant 60 RPM, displayed wattage was 167 watts, with a 4.6% variance from input power on the test equipment.*

This Operation Manual describes the functions of the following products:

***Elevation Series Explore Treadmill***  
***Elevation Series Explore Cross-Trainer***  
***Elevation Series Explore Recumbent Lifecycle® Exercise Bike***  
***Elevation Series Explore Upright Lifecycle® Exercise Bike***  
***Elevation Series Explore FlexStrider™ Variable Stride Trainer***  
***Elevation Series Explore PowerMill™ Climber***

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

**Statements of Purpose:**

- The Life Fitness Treadmill is an exercise machine that enables users to walk or run, in place, indoors on a moving surface.
- The Life Fitness Cross-Trainer is an exercise machine that combines low-impact elliptical pedaling with push / pull arm motion to provide an efficient, effective total body workout indoors.
- The Life Fitness Lifecycle Exercise Bike is a machine that simulates the movements of riding a bicycle indoors at various speeds and levels of resistance.
- The Life Fitness FlexStrider Variable-Stride Trainer is a commercial exercise machine that allows exercisers to instantly choose the length of an elliptical stride for a total-body, low-impact workout.
- The Life Fitness PowerMill Climber is a commercial exercise machine that enables users to scale a revolving staircase at a wide variety of speeds.



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

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



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

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

# IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using Life Fitness products.

## ALL PRODUCTS



### **CAUTION:**

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

- **DANGER:** To reduce the risk of electrical shock, always unplug Life Fitness products before cleaning or attempting any maintenance activity.
- **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
- **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
  - Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.
  - Position the product so that the power cord plug to the wall is accessible to the user. Make sure that the power cord is not knotted or twisted and that it is not trapped under any equipment or other objects.
  - If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
  - Always follow the console instructions for proper operation.
  - This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
  - Do not use this product outdoors, near swimming pools or in areas of high humidity.
  - Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
  - Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Support Services.
  - Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
  - Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
  - Keep all loose clothing, shoelaces, and towels away from moving parts.
  - Do not reach into, or underneath, the unit or tip it on its side during operation.
  - Keep children away from the products.
  - Do not allow other people to interfere in any way with the user or equipment during a workout.
  - Allow LCD consoles to "normalize" with respect to temperature for one hour before plugging the unit in and using.
  - Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
  - Read all warnings on each product prior to starting a workout.
  - If warnings are missing or damaged, please contact Life Fitness immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Life Fitness is not responsible for missing or damaged warning labels.

- Health and Environmental Regulations Warning - This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

## TREADMILL

- **WARNING:** Keep the area 6.5 ft. (2 m) by 3 ft. (0.9 m) behind the Life Fitness treadmill clear of any obstructions, including walls, furniture, and other equipment.
- **WARNING:** Be sure the emergency stop lanyard is clipped to the user and in proper position on the treadmill before beginning any workout.
- **WARNING:** The belt centering adjustment must be performed if the belt is not between the marks indicating the maximum allowed lateral positions. Refer to *Elevation Series 95T Treadmill Assembly Instructions*.
- **CAUTION:** Risk of injury to persons - to avoid injury, use extreme caution when stepping onto or off of a moving belt. Read assembly instruction manual before using.
  - The product should never be left unattended when plugged in. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
  - Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord on the floor under or along the side of the treadmill. Refer to *Elevation Series 95T Treadmill Assembly Instructions*.
  - Handrails may be held to enhance stability as needed, but are not for continuous use.
  - Never mount or dismount the treadmill while the running belt is moving. Use the handrails whenever additional stability is required. In case of an emergency, such as tripping, grasp the handrails, and place the feet on the side platforms.
  - Never walk or jog backwards on the treadmill.
  - Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
  - The system causes immobilization of the treadmill when a pre-defined hard key sequence has been activated. This sequence is currently defined as 3 STOP key presses followed by 3 SPEED DOWN ARROW key presses on the activity zone keypad. To prevent false toggling of the Immobilized feature, this sequence must be done in a 5-10 second period.

## CROSS-TRAINER & FLEXSTRIDER

- **WARNING:** Ensure that there is at least 1 ft. (0.3 m) of clearance in front of the Life Fitness Cross-Trainer and at least 2 ft. (0.6m) on the side.
- **WARNING:** Ensure that there is at least 2 ft. (0.6m) of clearance behind and on each side of the Life Fitness FlexStrider.

- **WARNING:** The Cross-Trainer and FlexStrider are not equipped with a free-wheeling feature. Therefore, the products cannot be stopped immediately.
- Do not stand or sit on the rear plastic covers of the Cross-Trainer.
- Do not stand on center tube of the Cross-Trainer.
- The individual human power required to perform an exercise may be different than the mechanical power displayed on the Cross-Trainer and FlexStrider.
- Use caution when mounting or dismounting the Cross-Trainer and FlexStrider. Before mounting, use the moving arms to bring the pedal nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto the moving arms.
- Never face backward while using the Cross-Trainer or FlexStrider.

## LIFECYCLE EXERCISE BIKES

- **WARNING:** Provide at least 3 ft. (0.9 m) between the front or rear of the Life Fitness bike to any other objects and 2 ft. (0.6 m) in the direction the equipment is accessed from.
- Do not stand or sit on plastic shrouds.
- Use caution when mounting or dismounting the Lifecycle Exercise Bike. Use the stationary handlebar whenever additional stability is required.

## POWERMILL CLIMBER

- **WARNING:** Allow at least 3 ft. (1 m) of clearance behind the Life Fitness PowerMill Climber and 1 ft. (0.3 m) on each side.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- The product should never be left unattended when plugged in. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
- Never walk or jog backwards on the PowerMill Climber.
- Unlike bikes, cross-trainers, or the traditional paddle stairclimbers, this is a motorized product. This motorized product causes stair steps to descend at variable rates and therefore operates on different planes simultaneously. While operating the product during a typical workout, the user is forced to fully concentrate on coordinating his or her efforts on the moving stairs. Therefore, the user cannot see if anyone or any thing approaches from the rear. For these reasons this unit is **designed for use only in a controlled setting. The PowerMill Climber is not designed for use in the home and should not be used in an environment where children or animals might have access.**
- When it is necessary to immobilize the product, set the display to read SELECT WORKOUT. (Press the PAUSE / STOP key twice if not already there.) Hold down the LEVEL DOWN arrow key and press the PAUSE / STOP key. The product now displays "IMMOBILIZED". The product can't be operated in this state. The motor is disabled. The product will remain in this state across resets, power cycles, etc. To restore normal operation, repeat the same key sequence: hold down the LEVEL DOWN arrow key and press the PAUSE / STOP key. The product will display "SELECT WORKOUT".

**SAVE THESE INSTRUCTIONS FOR  
FUTURE REFERENCE.**



# CONSIGNES DE SÉCURITÉ IMPORTANTES

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

## TOUS LES APPAREILS



**MISE EN GARDE:** Tout changement et toute modification de ce matériel peut annuler la garantie du produit.

- **DANGER:** Pour réduire les risques de décharge électrique, toujours débrancher cet appareil Life Fitness avant le nettoyage ou toute mesure d'entretien.
- **AVERTISSEMENT:** Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, chaque appareil doit absolument être branché sur une prise électrique correctement mise à la terre.
- **AVERTISSEMENT:** Des systèmes de surveillance de fréquence cardiaque peuvent être inexacts. Trop d'exercices peuvent entraîner des blessures sérieuses, voire mortelles. En cas de sensation d'évanouissement, arrêter immédiatement l'entraînement.
  - Ne jamais faire fonctionner un produit Life Fitness dont la fiche ou le cordon d'alimentation est endommagé, ni aucun appareil qui serait tombé ou aurait été endommagé ou même partiellement plongé dans l'eau. Appeler le service clientèle de Life Fitness.
  - Placer ce produit de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation. Assurez-vous que le cordon d'alimentation n'est pas noué ou tordu et qu'il n'est pas coincé sous un autre appareil ou sous tout autre objet.
  - Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
  - Les instructions de la console doivent toujours être suivies pour obtenir un fonctionnement correct.
  - Cet appareil n'est pas prévu pour être utilisé par des personnes (y compris les enfants) dont les capacités physiques, sensorielles ou mentales sont réduites, ou des personnes dénuées d'expérience ou de connaissance, sauf si elles ont pu bénéficier, par l'intermédiaire d'une personne responsable de leur sécurité, d'une surveillance ou d'instructions préalables concernant l'utilisation de l'appareil.
  - Ne pas utiliser ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
  - Ne jamais faire fonctionner d'appareil Life Fitness dont les orifices d'aération seraient bloqués. Les garder exempts de peluches, de cheveux ou de toute obstruction.
  - Ne jamais rien insérer dans les ouvertures de cet appareil. Si un objet tombe à l'intérieur de l'appareil, couper l'alimentation électrique, débrancher le cordon de la prise et le récupérer avec précaution. S'il est impossible de l'atteindre, communiquer avec le service à la clientèle de Life Fitness.
  - Ne jamais placer aucun liquide directement sur l'appareil, sauf dans le plateau pour accessoires ou un support prévu à cet effet. Il est recommandé d'utiliser des conteneurs munis de couvercles.
  - Ne pas utiliser cet appareil pieds nus. Toujours porter des chaussures. Porter des chaussures avec des semelles en caoutchouc ou fournissant une très bonne adhérence. Ne pas utiliser de chaussures à talons, à semelles en cuir ou munies de crampons. S'assurer qu'aucun caillou n'est incrusté dans les semelles.
  - Éloigner les vêtements lâches, les lacets et les serviettes des pièces en mouvement.

- Ne pas placer les mains sous l'appareil ou dans l'appareil, et ne pas le renverser sur le côté pendant le fonctionnement.
- Ne laisser personne déranger de quelque manière que ce soit l'utilisateur ou interférer avec l'équipement durant un entraînement.
- Laisser les consoles ACL se « normaliser » pendant une heure quant à la température avant le branchement et l'utilisation de l'appareil.
- Cet appareil ne doit être employé que pour l'usage auquel il est destiné, conformément aux directives du manuel. Ne pas utiliser d'accessoires qui ne sont pas recommandés par le fabricant.
- Lisez tous les avertissements sur chaque produit avant de démarrer un exercice.
- Si les avertissements sont absents ou endommagés, veuillez contacter immédiatement Life Fitness afin de les faire remplacer. Les étiquettes d'avertissement sont livrées avec chaque produit et doivent être installées avant leur utilisation. Life Fitness ne peut être tenu responsable lorsque des étiquettes d'avertissement sont absentes ou endommagées.

## TAPIS ROULANTS

- **AVERTISSEMENT:** Conserver une zone de 2 m (6.5 ft.) sur 0,9 m (3 ft.) libre de toute obstruction derrière le tapis roulant Life Fitness, y compris aucun mur, meuble ou autre appareil.
- **AVERTISSEMENT:** S'assurer que la dragonne d'arrêt d'urgence est attachée à l'utilisateur et fixée adéquatement au tapis roulant avant de commencer un exercice.
- **AVERTISSEMENT** :Le réglage de centrage de la courroie doit être effectué si la courroie ne se trouve pas entre les repères indiquant les positions latérales maximum permises. Reportez-vous aux *Instructions de Montage Tapis de Course 95T*.
- **MISE EN GARDE:** Risque de blessures corporelles – Pour éviter de se blesser, faire preuve d'extrême prudence lors de la montée ou descente de la courroie en mouvement. Lire les instructions avant tout usage de l'appareil.
  - Ne laissez jamais l'appareil sans surveillance lorsqu'il est branché. Débranchez-le systématiquement après son utilisation, et avant l'ajout et le retrait de pièces. Pour débrancher, mettre l'appareil hors tension au niveau de l'interrupteur d'alimentation, puis retirer la fiche de la prise électrique.
  - Tenir le cordon d'alimentation à l'écart de toute surface chauffée. Ne pas tirer l'appareil par le cordon d'alimentation; ne pas utiliser le cordon comme poignée. Ne pas faire passer le cordon sur le sol, sous le tapis roulant, ni le long de l'appareil. Reportez-vous aux *Instructions de Montage Tapis de Course 95T* pour la disposition adéquate du cordon d'alimentation.
  - Les rampes latérales peuvent servir à rétablir son équilibre, mais ne sont pas destinées à un usage continu.
  - Ne jamais monter sur le tapis roulant et ne jamais en descendre pendant qu'il tourne. Utiliser les rampes latérales afin de ne pas perdre l'équilibre. En cas d'urgence, par exemple, en cas de trébuchement ou de faux pas, saisir les rampes latérales et placer les pieds sur les plates-formes latérales.
  - Ne jamais marcher ni courir à reculons sur le tapis roulant.
  - Ne pas utiliser ce produit dans des salles où des vaporisateurs aérosols sont employés ou bien où de l'oxygène est administré. Ces substances créent des risques de combustion et d'explosion.
  - Le système entraîne l'immobilisation du tapis de course lorsqu'une séquence de touches prédéfinie dure a été activée. Cette séquence est actuellement définie comme 3 ARRÊTER presses clés suivies de 3 presses clés de vitesse touche flèche bas sur le pavé de la zone activité. Pour éviter la fausse activation/désactivation de la fonctionnalité Immobilized, cette séquence doit se faire dans une période de 5-10 secondes.

## CROSS-TRAINERS & FLEXSTRIDER

- **AVERTISSEMENT :** Veillez à laisser un espace d'au moins 30 cm (1 pied) à l'avant du Life Fitness Cross-Trainer et d'au moins 60 cm (2 pieds) sur les côtés.
- **AVERTISSEMENT :** Le Cross-Trainer ne fonctionne pas « en roue libre » et ne peut donc pas être arrêté instantanément. Ne vous tenez pas debout ou assis sur les caches en plastique situés à l'arrière.
  - Ne pas rester debout ou s'asseoir sur les couvercles arrière en plastique du Cross-Trainer.
  - Ne pas rester debout sur le tube central.
  - La puissance nécessaire à chaque utilisateur pour effectuer un exercice peut différer de la puissance mécanique affichée sur le Cross-Trainer.

## VÉLOS LIFECYCLE®

- **AVERTISSEMENT :** Laisser une distance de 41 cm (16 in.) entre la partie la plus large du vélo et les autres objets de chaque côté. Établir une distance d'au moins 0,9 m (3 ft.) entre l'avant ou l'arrière du vélo de LIFE FITNESS et d'autres objets.
  - Ne pas se tenir debout ou s'asseoir sur les protections en plastique.
  - Procédez avec précaution lors du montage ou du démontage de la machine. Utilisez la barre fixe pour renforcer votre stabilité.

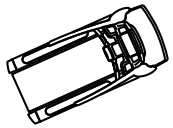
## POWERMILL™ CLIMBER

- **AVERTISSEMENT :** Gardez une distance d'au moins 1 m (3 ft.) libre de toute obstruction derrière le PowerMill Climber, y compris aucun mur, meuble ou autre appareil, et de 0.3 m (1 ft.) de chaque côté du PowerMill Climber.
  - Les rampes latérales peuvent servir à rétablir son équilibre, mais ne sont pas destinées à un usage continu.
  - Ne laissez jamais l'appareil sans surveillance lorsqu'il est branché. Débranchez-le systématiquement après son utilisation, et avant l'ajout et le retrait de pièces. Pour débrancher, mettre l'appareil hors tension au niveau de l'interrupteur d'alimentation, puis retirer la fiche de la prise électrique.
  - Ne jamais marcher ni courir à reculons sur le PowerMill Climber.
  - À la différence des vélos, cross-trainers et steppers traditionnels à pédale, il s'agit d'un appareil motorisé. Cet appareil motorisé permet de faire descendre les marches d'escalier à des vitesses variables et opère donc à différents niveaux simultanément. Au cours d'un entraînement classique sur cet appareil, l'utilisateur doit se concentrer afin de coordonner ses efforts sur les escaliers en mouvement. Il n'a donc pas la possibilité de voir si quelqu'un ou quelque chose s'approche par l'arrière. Cette unité est dès lors uniquement conçue pour être utilisée dans un environnement contrôlé. Le PowerMill Climber n'est pas conçu pour être utilisé à domicile et ne doit en aucun cas être utilisé dans un environnement auquel les enfants ou animaux ont accès.
  - Si vous devez immobiliser l'appareil, réglez l'affichage sur SÉLECTIONNER EXERCICE. (Pour ce faire, appuyez deux fois sur la touche PAUSE / STOP.) Maintenez la touche NIVEAU VERS LE BAS enfoncée et appuyez sur la touche PAUSE / STOP. L'appareil affiche désormais le message « IMMOBILISÉ ». En mode Immobilisé, l'appareil ne peut être utilisé. Le moteur est désactivé. L'appareil restera immobilisé, même s'il est réinitialisé, mis hors tension, puis à nouveau sous tension, etc. Le mode de fonctionnement normal ne peut être rétabli qu'au moyen de la même séquence de touches : maintenez la touche NIVEAU VERS LE BAS enfoncée et appuyez sur la touche PAUSE / STOP. L'appareil affiche désormais « SÉLECTIONNER EXERCICE ».

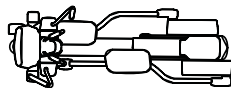
# CONSERVER CES INSTRUCTIONS POUR TOUT USAGE ULTÉRIEUR.

# ***ELEVATION SERIES EXPLORE MANUAL ICONS***

The Elevation Series Explore™ Manual covers information for multiple cardio products. To help differentiate we use the following icons.



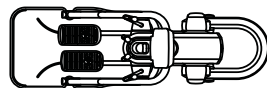
***TREADMILL-ONLY FEATURE***



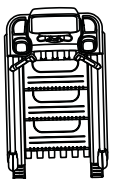
***CROSS-TRAINER-ONLY FEATURE***



***BIKE-ONLY FEATURE***



***FLEXSTRIDER-ONLY FEATURE***



***POWERMILL-ONLY FEATURE***

# EXPLORE CONSOLE OVERVIEW



## 1. Navigation

### a. QuickNav™ Dial

Turn and push to select, set up and save workouts.

### b. Navigation Button

Press to access the navigation menu.

### c. Back Button

Press to return to the previous screen.

### d. Cool Down Button

Press to enter Cool Down.

### e. Stop Button

Press to Stop to end the workout.

### f. Wake Up Light (Not available on all models)

When the Console goes into Energy Saver Mode and goes idle, this button will light up. To wake up the console, press the **QuickNav Dial** (a).

## 2. TV Controls

Use this keypad to adjust TV Controls.

## 3. Data Input Keypad

This keypad is used to enter numeric information during workout set up.

## 4. LCD Screen Display

View information about workouts, workout set up and account log in.

## 5. Controls

### g. Incline

Press these keys to increase or decrease the incline, level or resistance.

### h. Speed

Press these keys to increase or decrease the speed of the striding belt.

## 6. Optional RFID (Radio Frequency Identification)

Fitness facility owners can order this option for their users allowing them to swipe their facility identification card on the console. The console's hardware is compatible with the two main frequencies (125kHz and 13.56Mhz) used for RFID cards.

## 7. Reading Rack / iPad Holder

Place traditional reading material as well as mobile devices and tablets in this built-in holder.

## 8. Headphone Input

Use this plug in headphones to listen to audio from attached entertainment products.

## EXPLORE CONSOLE FEATURES

Using the QuickNav™ dial, select from the following options: Login

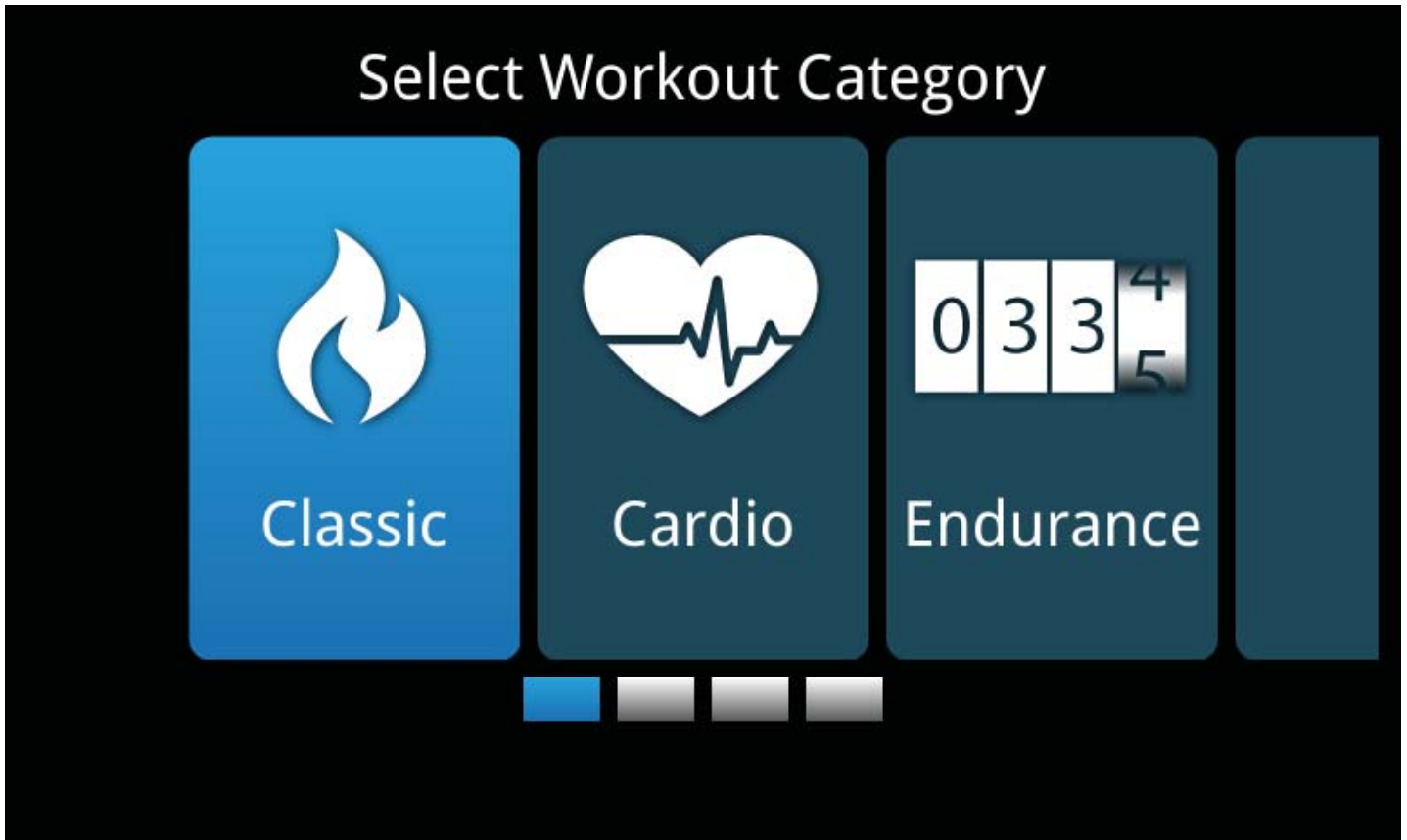


### 1. Login

Press to log into an LFconnect account or other compatible fitness network for workout tracking. Scan the QR code to log into LFconnect or download Apple® or Android™ LFconnect mobile app for workout tracking. If the console is connected to the Internet, the mobile app will use wireless Internet to login. If the console is not connected to the Internet, ensure that Bluetooth is enabled on your mobile device as well as in the LFconnect mobile app. The console is compatible with Android 4.3 or higher and Apple smartphones utilizing Wi-Fi, BTLE, and the LFconnect™ app. If another compatible fitness network is utilized, the PIN may be used for login.

## EXPLORE CONSOLE FEATURES

Using the QuickNav™ dial, you can select from the following options: Workouts



### 2. Workouts

Select a workout program to complete.

Choose workouts from Classic, Cardio, Endurance or Evaluate and enter the applicable parameters such as goal, duration, speed, level, resistance and weight for a customized workout. Select and click on the arrow to begin the workout.

## EXPLORE CONSOLE FEATURES

Using the QuickNav™ dial, you can select from the following options: Go



### 3. Go

Press to begin a Quick Start workout.



## **EXPLORE CONSOLE FEATURES**

*Using the QuickNav™ dial, you can select from the following options: Languages*



#### **4. Languages**

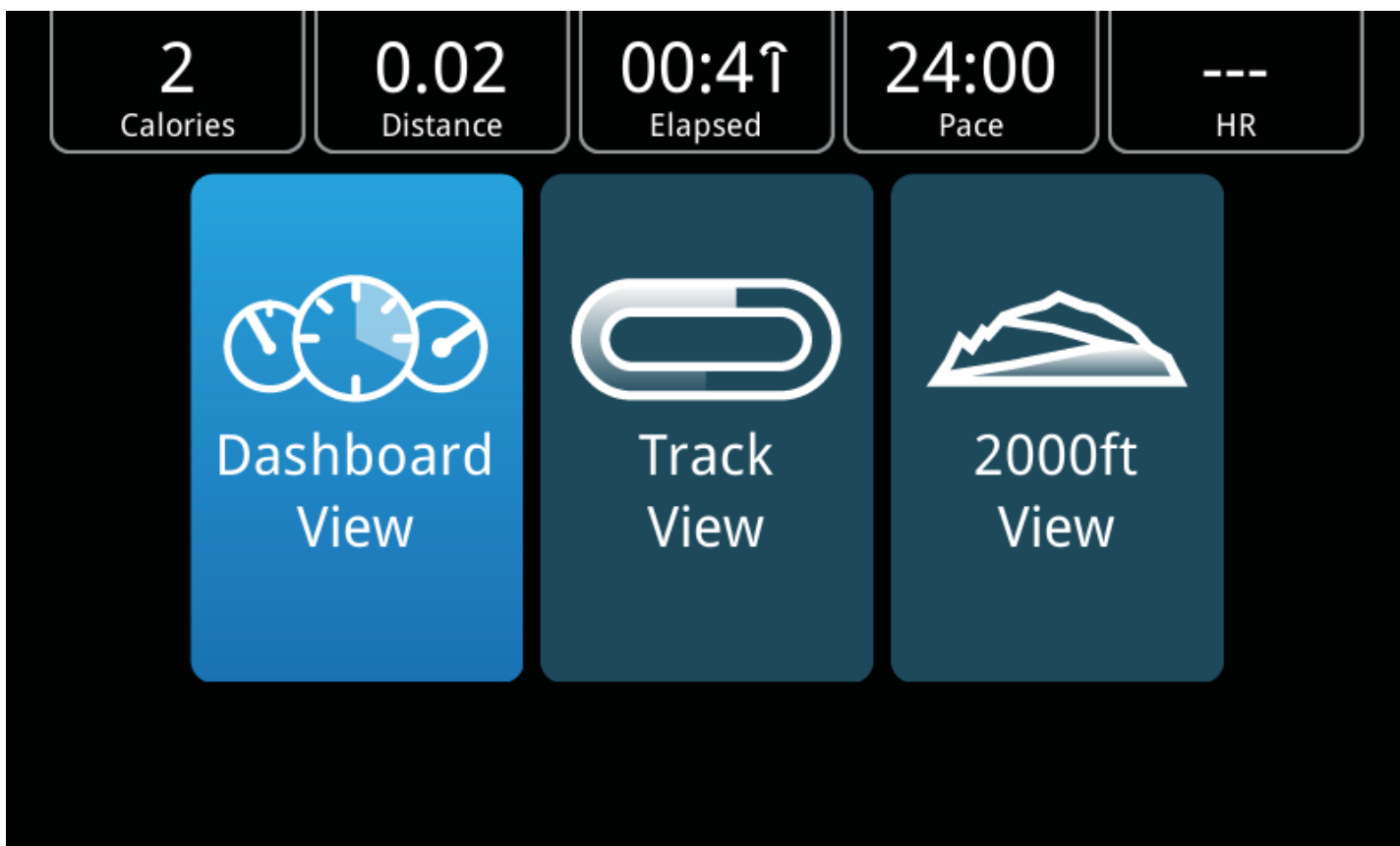
Press to display the language selection screen and choose the language for the console display for the workout.

Language choices include:

- English
- Spanish
- French
- German
- Italian
- Dutch
- Japanese
- Korean
- Portuguese
- Russian
- Turkish
- Chinese (Simplified)
- Chinese (Traditional)

## EXPLORE CONSOLE FEATURES

Using the QuickNav™ dial, you can select from the following options: Views



### 5. Views

Look at workout data in multiple views including dashboard, track and mountain views.

## **EXPLORE CONSOLE FEATURES**

*Using the QuickNav™ dial, you can select from the following options: Saving Workouts*

# Sign In to Track Your Workouts and Progress

Scan to sign in with your Lfconnect account or to download the LfConnect app and start tracking your workouts.



### **6. Saving Workouts**



Log on to an Lfconnect account or other compatible fitness network via the login screen. Once logged on, the workout data will be sent to the appropriate network upon completion of a workout. If not logged in, the option to save a workout at the end of a workout will be presented. This option allows you to log on and save the workout that was just completed.

Log on is available via the internet connection from the console. If the console is not connected to the internet, Lfconnect log on is still possible with a Bluetooth compatible phone via the same QR code.

User must have Bluetooth enabled on their phone and within the Lfconnect mobile app in order for a Bluetooth connection to occur.

# WORKOUT DESCRIPTIONS

## Classic Workouts

- **Manual Goals** is a constant effort workout in which the user can change incline level or speed at any time.
- **Hill** is an interval training workout. Intervals are periods of intense aerobic exercise separated by regular periods of lower-intensity exercise. The overall duration of the workout determines the length of each interval.
- **Random** is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.
- **Rolling Hills** is a rolling hill workout with low intensity levels.
- **Cross-Train Aerobics** simulates the experience of working with a personal trainer. There are prompts to emphasize pushing, pulling, total body, lower body, speed changes, and forward / reverse motion. 
- **Cross-Train Reverse** continuously alternates 5 minutes of forward motion with 2 minutes of reverse motion. 

## Cardio Workouts (Heart Rate Zone Training\*)

- **Moderate Burn** is a low-intensity cardio workout. The program adjusts the intensity level through changing the incline (elevation), based on the actual heart rate, to maintain the rate at 65% of the theoretical maximum.
- **Vigorous Burn** is a higher-intensity workout for more fit users, maximizing cardiovascular benefits and total calories burned. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80% of the theoretical maximum.
- **Fixed Time Interval** takes the user through three different hills based on targeting three different heart rate goals.
- **Variable Time Interval** alternates between a hill and a valley based on the target heart rate.

Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results. That is the idea behind the Life Fitness Heart Rate Zone Training approach to exercise. Zone Training identifies an exerciser’s ideal heart rate range, or zone, for burning fat or increasing cardiovascular fitness. The zone is a percentage of the theoretical maximum (HRmax), and its value depends on the workout. The maximal heart rate formula is defined by the American College of Sports Medicine’s *Guidelines for Exercise Testing and Prescription*, 8th Edition, 2010. HRmax equals to 206.9 minus the total of 0.67 multiplied by a person’s age.

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

### Theoretical Maximum Heart Rates and Target Heart Rates

Reference the chart below for Theoretical Maximum Heart Rates and Target Heart Rates.

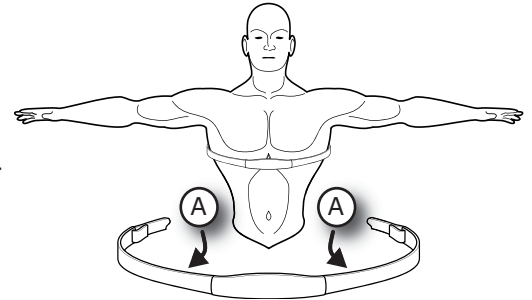
Age	Theoretical Maximum Heart Rate	65% (Moderate Burn)	80% (Vigorous Burn)
10	200	130	160
20	194	126	155
30	187	121	149
40	180	117	144
50	173	113	139
60	167	108	133
70	160	104	128
80	153	100	123
90	147	95	117
99	141	91	112

Wear the optional Polar® telemetry heart rate chest strap, or grip the Lifepulse™ sensors, to enable the on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the incline level to maintain the target heart rate based on the actual heart rate.

### The Optional Polar® Telemetry Heart Rate Chest Strap

The Polar telemetry heart rate monitoring system transfers heart rate signals to the console when electrodes are pressed against the skin. These electrodes are attached to a Polar telemetry heart rate chest strap that the user wears during the workout. The Polar telemetry heart rate chest strap is optional. Contact Life Fitness Customer Support Services to order.

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



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

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

**Note:** During the setup of a heart rate zone training workout, the user will be required to enter a start-up speed. If a Polar telemetry heart rate chest strap is not detected, the maximum allowable speed is 4.5 mph / 7.2 kph. If a Polar telemetry heart rate chest strap is detected, users can workout at the maximum allowed speed set in Manager's Configuration.

### The Lifepulse™ System

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

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

The console displays the heart rate within 10 to 40 seconds after the user grasps the sensors. The following factors may affect a Lifepulse reading:

- incorrect hand placement on the sensors,
- upper body activity, lotion or dirt on hands, and
- excessive or insufficient pressure used when gripping the sensors.






**Treadmill**










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



## Endurance Workouts

- **Starter Interval** is a series of increasingly steeper hills, alternating with valley, or stints of recovery. **Note:** Not available on Treadmill or PowerMill.
- **Watts / METs** targets a rate of effort equal to a certain number of Watts / METs. 
- **5K** is a distance-goal workout that simulates an actual terrain with varying incline 
- **10K** is a distance-goal workout that simulates an actual terrain with varying incline levels. It is designed to assist runners in training for a 5-kilometer, or 3.1-mile, race. 

## Evaluate Workouts

- **Life Fitness Fit Test** estimates cardiovascular fitness and can be used to monitor improvements in endurance every 4 - 6 weeks. (See following page for details on set up and results ratings).
- **U.S. Navy Physical Readiness Test (PRT)** is a 5-minute distance goal test based on the time needed to complete the required distance and is used by the U.S. Navy and Naval academies to measure aerobic capacity. **Note:** Not available on FlexStrider or PowerMill.
- **Candidate Physical Ability Test (CPAT)** is used to predict the ability to perform basic fire fighting tasks developed by the International Association of Fire Fighters. The test starts out with a 20-second warm up period at a set stepping rate of 50 steps per minute followed by the 3-minute test at a set stepping rate of 60 steps per minute. 
- **U.S. Air Force Fitness Test (PRT)** is a physical performance test used to assess muscular endurance and cardiorespiratory fitness. 
- **U.S. Army Physical Fitness Test (PFT)** is a 5-minute physical performance test used to assess muscular endurance and cardiorespiratory fitness. 
- **U.S. Marines Physical Fitness Test (PFT)** is a physical performance test used to assess muscular endurance and cardiorespiratory fitness. 
- **Physical Efficiency Battery (PEB)** is used by U.S. Federal Law Enforcement, U.S. Federal Bureau of Investigation, and other federal organizations for the hiring and maintenance of federal jobs. 
- **WFI Submax Protocol** is a graded submax assessment used to predict a fire fighter's aerobic capacity. This test automatically increases speed and incline until a target heart rate is reached. This assessment replaces the Gerkin assessment. Once the target heart rate has been exceeded for 15 seconds, the program goes into a cool down for 3 minutes at 3 mph at a 0% grade. 
- **FAMS** is a 1.5 mile run alternative event - a 12 minute cycle test. 

## WORKOUT DESCRIPTIONS - LIFE FITNESS FIT TEST

- The Life Fitness Fit Test estimates cardiovascular activity and can be used to monitor improvements in endurance every 4 - 6 weeks.
- The Fit Test is considered to be a submax  $VO_2$  (volume or oxygen) test and gauges how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood.
- Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity.
- Workout duration is 5 minutes total.
- Take the Fit Test under similar circumstances each time. For the most accurate Fit Test results, you should perform the Fit Test on three consecutive days and average the three scores.
- To receive a proper Fit Test score, the work done must be within a training heart rate zone that is 60% to 85% of the theoretical maximum heart rate (HRmax).

The user must grasp the hand sensors when prompted, or wear a Polar telemetry heart rate chest strap as the test score calculation is based on a heart rate reading.

**Note:** *The workout will be terminated if a heart rate is not detected after 2.5 minutes.*

Your heart rate is dependent on many factors, including:

- amount of sleep the previous night (*at least 7 hours is recommended*)
- time of day
- time you last ate (*2 - 4 hours after the last meal is recommended*)
- time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (*at least 4 hours is recommended*)
- time since you last exercised (*at least 6 hours is recommended*)

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

	Inactive	Active	Very Active
<b>Treadmill</b>	2 - 3 mph (3.2 - 4.8 kph)	3 - 4 mph (4.8 - 6.4 kph)	3.5 - 4.5 mph (5.6 - 7.2 kph)
<b>Cross-Trainer</b>	L 2-4 men L 1-2 women	L 3-10 men L 2-5 women	L 7-15 men L 3-10 women
<b>Lifecycle Exercise Bikes</b>	L 4-6 men L 2-4 women	L 5-10 men L 3-7 women	L 8-14 men L 6-10 women
<b>PowerMill Climber</b>	L1 - L4	L3 - L7	L6 - L11
<b>FlexStrider</b>	L6 - L10	L8 - L10	L10 - L14

Within each suggested range, use these additional guidelines:

Lower Half of Range	Upper Half of Range
higher age	lower age
lower weight	higher weight (in cases of excessive weight, use lower half of range)
shorter	taller

After the 5-minute FIT TEST is completed, a FIT TEST score and rating will be displayed.

Please note that the estimated VO<sub>2</sub> max scores achieved will be 10-15% lower on stationary exercise bikes than those achieved on other Life Fitness cardiovascular equipment. Stationary cycling has a higher rate of isolated muscle fatigue of the quadriceps when compared to walking / running on a treadmill or utilizing a bike. This higher rate of fatigue corresponds to lower levels of estimated VO<sub>2</sub> max scores.

### Relative Fitness Classification for MEN

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

### Relative Fitness Classification for WOMEN


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

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

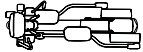










## WORKOUT SETUP - DATA ENTRY OPTIONS

Reference the chart below for a list of workouts, goals associated with each workout, and parameters required for input.

<b>WORKOUT</b>	<b>GOALS</b>	<b>USER INPUT</b>
<b>Manual Goals</b>	Time	Time, Weight, Incline, Speed / RPM / SPM
	Distance	Distance, Weight, Incline / Resistance, Speed / SPM / RPM
	Calories	Calories, Weight, Incline / Resistance, Speed / SPM / RPM
	Distance Climbed	Distance Climbed, Weight, Incline Speed
	Pace	Distance, Time / Mile, Weight, Incline / Resistance, Speed / RPM
	Marathon Mode	Weight, Incline / Resistance, Speed / SPM / RPM
<b>Hill &amp; Random</b>	Time	Time, Weight, Average Level, Speed / SPM / RPM
	Distance	Distance, Weight, Average Level, Speed / SPM / RPM
	Calories	Calories, Weight, Average Level, Speed / SPM / RPM
	Distance Climbed	Distance Climbed, Weight, Average Level, Speed / SPM / RPM
	Pace	Distance, Time / Mile, Weight, Average Level, Speed / RPM
	Marathon Mode	Weight, Average Level, Speed / SPM / RPM
<b>Rolling Hills</b>	Time	Time, Weight, Average Level, Speed / SPM / RPM
	Marathon Mode	Weight, Average Level, Speed / SPM / RPM
<b>Moderate Burn, Vigorous Burn, Fixed Time Interval &amp; Variable Time Interval</b>	Time	Time, Weight, Age, Target Heart Rate, Speed / SPM / RPM
	Distance	Distance, Weight, Age, Target Heart Rate, Speed / SPM / RPM
	Calories	Calories, Weight, Age, Target Heart Rate, Speed / SPM / RPM
	Distance Climbed	Distance Climbed, Weight, Age, Target Heart Rate, Speed / SPM / RPM
	Time In Zone	Time in Zone, Weight, Age, Target Heart Rate, Speed / SPM / RPM
	Marathon Mode	Weight, Age, Target Heart Rate, Speed / SPM / RPM
<b>Starter Interval</b>	N/A	Level ( <i>Lifecycle exercise bikes, cross-trainers &amp; FlexStrider</i> )
 <b>5K &amp; 10K</b>	N/A	Weight, Level, Speed

## WORKOUT SETUP - DATA ENTRY OPTIONS (CONTINUED)

WORKOUT	GOALS	USER INPUT
<b>Cross-Train Aerobics &amp; Reverse</b> 	Time	Time, Weight, Incline, Level
	Distance	Distance, Weight, Level
	Distance Climbed	Distance Climbed, Weight, Level
	Calories	Calories, Weight, Level
	Marathon Mode	Weight, Level
<b>Watts &amp; METs</b> 	Time	Time, Weight (for METs only), Watts / METs
	Distance	Distance, Weight (for METs only), Watts / METs
	Calories	Calories, Weight (for METs only), Watts / METs
	Distance Climbed	Distance Climbed, Weight (for METs only), Watts / METs
	Pace	Distance, Time / Mile, Weight (for METs only), Level
	Marathon Mode	Weight (for METs only), Watts / METs

WORKOUT	USER INPUT
<b>Life Fitness Fit Test</b>	Weight, Age, Gender, Speed / Level
<b>Navy Physical Readiness Test</b> (not available on PowerMill or FlexStrider)	Elevation (> 5000 ft. or < 5000 ft.), Weight, Age, Gender, Speed / Level
 <b>U.S. Army Physical Fitness Test</b>	Weight, Age, Gender, Speed
 <b>U.S. Marines Physical Fitness Test</b>	Elevation (> 5000 ft. or < 5000 ft.), Weight, Gender, Speed
 <b>U.S. Air Force Fitness Test</b>	Weight, Age, Gender, Speed, Test (1.5 mile run or 1.0 mile walk)
  <b>WFI Submax Protocol</b>	Weight, Height, Age
 <b>Physical Efficiency Battery (PEB)</b>	Weight, Age, Gender, Speed
 <b>FAMS</b>	Weight, Gender, Level

# WORKOUT SETUP - DATA ENTRY OPTIONS (CONTINUED)

## User Input Ranges

### Time

1 - 60 minutes

### Weight

75 - 400 lbs. (34 -181 kg)

### Incline

0.0 - 15.0

### Speed

0.5 - 14.0 mph

20 - 160 spm (PowerMill only)

### Age

10 - 99 years

### Height

36 - 90 inches

### Average Level

1 - 20

Level refers to a range of incline percentages.

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

### PowerMill:

Configurable \* : 0 - 20 Level

Configurable \* : 12 - 182 SPM

\* If the "Level Zero" option is enabled the minimum level becomes 0 and minimum SPM is 12.

\* If the "Level 21 - 25" option is disabled then maximum level is 20 and maximum SPM is 159.

Levels 21 - 25 and corresponding SPM rates of 160 to 182 are only allowed in the MANUAL workout.

# SYSTEM OPTIONS MENU



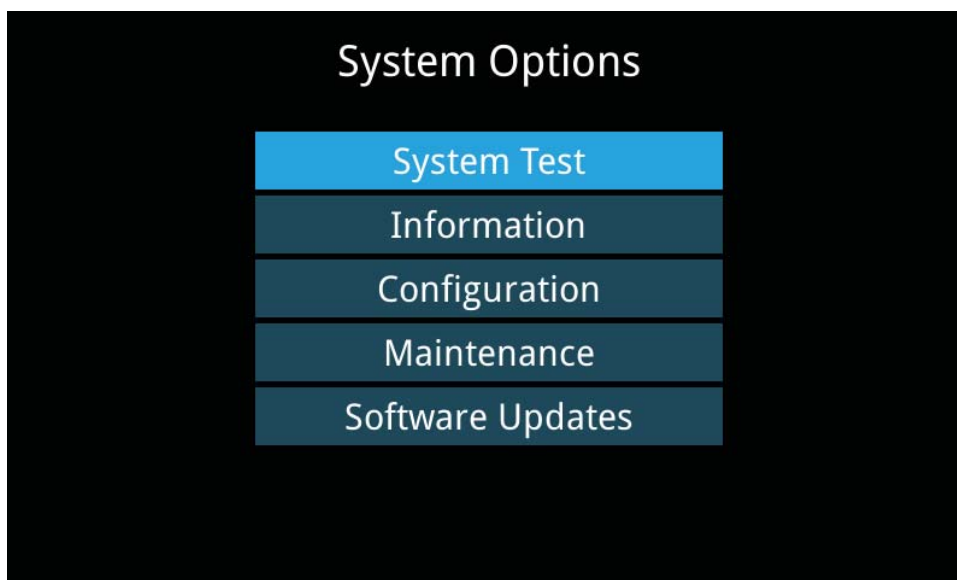
## Access the Systems Options Menu

- Go to the Workouts Selection screen.
- Push the following button sequence: Cool Down button, Stop button, Cool Down button, Stop button.



## Systems Options Main Menu

- System Test
- Information
- Configuration
- Maintenance
- Software Updates



## **Systems Options Main Menu: Configuration Menu**

The Configuration Menu allows fitness facility managers to configure basic functionality of the product as well as network and media settings. The button of the selected option is blue. When a selection is made that option's menu screen appears to the right.

### **Manager**

Set unit defaults.

### **Date / Time**

Set date and time.

### **Wireless Connectivity**

Add wireless network.

### **Export / Import Settings**

- Export settings to USB stick
- Import settings from USB stick

## Systems Options Main Menu: Configuration Menu: Manager: Defaults

Setting	Default	Description
<b>EXPLORE CARDIO PRODUCTS</b>		
Default User Language	English U.S.	This option allows for the setting of a new default language. Choices include: English, Spanish, Portuguese, Italian, French, German, Dutch, Turkish, Traditional Chinese, Simplified Chinese, Japanese, Korean, Russian.
Units	English	Set the measurement unit type for weight, distance, height, and speed. Note: Metric available.
Workout Duration Configuration	Basic, 60 minute max	Set maximum workout duration limits. 99 minutes maximum.
Pause Time	1 minute	Set the maximum time during which a workout can remain in pause mode. 99 minutes maximum.
Program Timeout	30 seconds	The amount of time, ranging from 0 - 255 seconds, a user can go without interacting with the dial or keypad during workout setup before the unit returns to the Home Screen.
Inactivity Timer	On, 2 hours	Set the desired amount of time of inactivity before the system automatically turns off.
Auto On/Off	Off	Set the time of day for the system to automatically turn off.
System Sounds	On	This option controls whether the system speaker beep is generated on key presses.
Marathon Mode	On	This option allows the user to workout indefinitely.
Telemetry	On	Switching on the telemetry feature makes it possible to use the Polar®-compatible Heart Rate Zone Training exercises with a Polar telemetry heart rate chest strap for monitoring the heart rate.
Fit Test Plus	On	This option enables or disables the following Fit Tests: Army Physical Fitness Test, Navy Physical Readiness Test, Marines Physical Fitness Test, Air Force Fitness Test, WFI Submax Protocol, and Physical Efficiency Battery.

## Systems Options Main Menu: Configuration Menu: Manager: Defaults

Setting	Default	Description
<b>TREADMILL ONLY</b>		
Maximum Speed	<i>14.0 mph (23 k/ph )</i>	Set the fastest speed the treadmill can operate.
Minimum Speed	<i>0.5 mph (0.8 k/ph )</i>	Set the slowest speed the treadmill can operate.
Maximum % Incline	<i>15.0</i>	This option changes the maximum incline grade to a value lower than 15%.
Speed Increase Limiting with Up Key	<i>Disabled</i>	This option limits the rate at which the speed increases with the up key.
Stride Sensor	<i>On</i>	This option automatically pauses the workout if the user steps off the belt.
Acceleration Rate	<i>3</i>	The rate at which the treadmill accelerates to the selected speed, ranging from 1 (slowest) to 5 (fastest).
Deceleration Rate	<i>3</i>	The rate at which the treadmill decelerates to the selected speed, ranging from 1 (slowest) to 5 (fastest).

Setting	Default	Description
<b>POWERMILL ONLY</b>		
Warm Up Speed	<i>Disabled</i>	This option allows for Level 0, which includes a slow speed of 12-19 SPM.
High Speeds	<i>Disabled</i>	This option allows for Levels 21-25, which includes high speeds of 160-182 SPM.

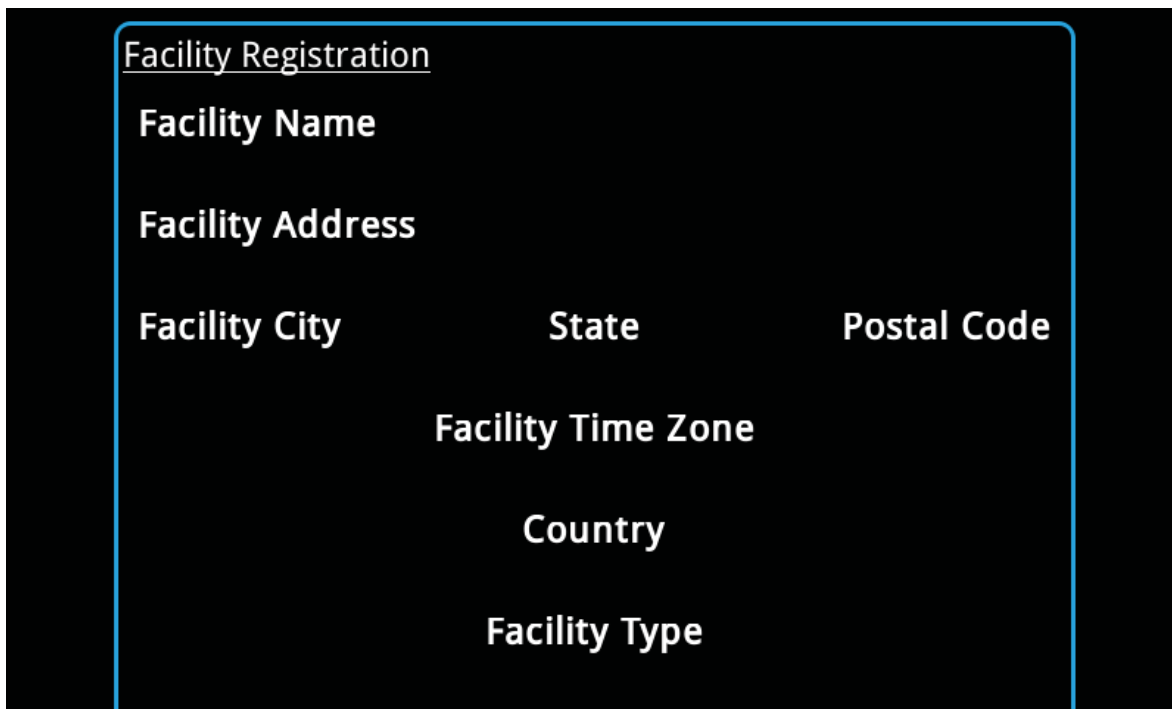
## Systems Options Main Menu: Registration

Facility registration information can be viewed from the Registration menu. This information can be updated from LFconnect.com through an LFconnect.com manager's account. Facility managers can create LFconnect manager accounts on LFconnect.com and register their equipment to manage their internet connected equipment on LFconnect.com.

Benefits of connecting equipment to the internet and registering equipment on LFconnect.com include:

- **Asset Management**
  - Product usage statistics
  - Software updates
- **Equipment Customization**
  - Custom workouts by facility and trainer
  - Product settings specific to your facility needs

Software updates can be downloaded to a USB from LFconnect.com for non-connected units. For units that are connected to the internet, the software can be installed on all units from the facility's manager account on LFconnect.com.



The image shows a screenshot of a registration form with a black background and white text. The form is enclosed in a blue border. The fields are as follows:

- Facility Registration
- Facility Name
- Facility Address
- Facility City                      State                      Postal Code
- Facility Time Zone
- Country
- Facility Type



## **PREVENTIVE MAINTENANCE TIPS**

Life Fitness products are backed by the engineering excellence and reliability of Life Fitness and are one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness equipment are among the most popular of aerobic trainers in health clubs, colleges and military facilities worldwide.

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

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

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

- Locate the product in a cool, dry place.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see *Life Fitness Approved Cleaners*) and a microfiber cloth.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.

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

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

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

### **Life Fitness Compatible Cleaners**

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

## TROUBLESHOOTING - TREADMILLS

Malfunction	Probable Cause	Corrective Action
<b>No power.</b>	ON / OFF switch is not in proper position.	Turn the switch to the ON position.
	Power source is insufficient	Plug treadmill into a dedicated 20 amp circuit. Using a voltmeter, verify power at outlet. If no power exists, reset circuit breaker at panel.
	Line cord is damaged.	Replace line cord. Contact Life Fitness Customer Support Services.
	Line cord is improperly seated in socket.	Inspect power connection at wall outlet and at machine for proper contact.
<b>Striding belt slips off-center.</b>	Floor surface is uneven.	Check levelers and level treadmill. Check striding belt & re-tension as necessary.
<b>Maximum speed is reduced.</b>	User is pushing striding belt. This occurs when the runner is running faster than the striding belt will travel, with the result of the striding belt being pushed with the runner's feet.	Instruct users not to push striding belt in either direction.
	User is stalling striding belt. This will occur with heavier users at lower striding belt speeds. The striding belt will "stall" if the user is traveling slower than the striding belt speed.	
	Striding belt/deck malfunctions. The deck laminate is worn through or the underside of striding belt is glazed over (hard, glossy).	Replace belt and deck. Contact Life Fitness Customer Support Services.
	Power source is insufficient.	Plug treadmill into a dedicated 20 amp circuit.
<b>Rubbing sound comes from underneath machine.</b>	Foreign objects may be stuck underneath the machine.	Inspect underneath striding belt and machine. Remove any debris or objects that may cause interference with the treadmill.
<b>Display does not illuminate when machine is powered on.</b>	Loose connection at display console or motor control board.	Check all electrical connections for proper attachment. Contact Life Fitness Customer Support Services.
<b>Unit resets randomly or pauses.</b>	Power source is insufficient.	Plug treadmill into a dedicated 20 amp circuit.
	Damaged ground prong on line cord.	Replace line cord.
	Line cord improperly seated in electrical outlet.	Inspect power connection at electrical outlet and at machine for proper contact.
	Emergency stop magnet is not engaged.	Re-engage the emergency stop magnet.
	Towel or other item may be making contact with stop switch while user is running.	Move all possible obstructions off display console and handlebar.
	Intermittent keypad closure.	Contact Life Fitness Customer Support Services.
	Main wire harness is pinched.	
	Ground path is open.	
Treadmill not on a dedicated power line. Possible two units sharing a neutral line.	Have an electrician re-wire the outlet to have a dedicated power source for each treadmill. Dedicated power source means the treadmill is the only device on that circuit.	

## TROUBLESHOOTING - HEART RATE READING

Malfunction	Probable Cause	Corrective Action
<b>Heart rate reading is initially detected and functioning normally but then is lost.</b>	Use of personal electronic devices, such as cell phones and portable MP3 players, causes external noise interference.	Remove the source of noise or reposition the exercise equipment. Keep hand movement to a minimum on the sensors. Make sure there is good contact between the hands and heart rate sensors. Make sure hands are not damp or moist.
	Equipment is in close proximity to other sources of noise such as audio/video equipment, fans, two way radios, and high voltage/high current power lines.	
<b>Heart rate readings are abnormally elevated.</b>	Television sets and/or antennas, cell phones, computers, cars, high voltage power lines, motor driven exercise equipment, and another heart rate transmitter within 3 ft. (0.9 m) generate electromagnetic interference.	Move the product a few inches away from the probable cause, or move the probable cause a few inches away from the product, until the heart rate readings are accurate.
<b>Heart rate reading is erratic or absent entirely.</b>	Chest strap transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the chest strap transmitter electrodes (see <i>The Optional Polar® Telemetry Heart Rate Chest Strap</i> ).
	Chest strap transmitter electrodes are not laying flat against the skin.	Ensure the chest strap transmitter electrodes are laying flat against the skin (see <i>The Optional Polar® Telemetry Heart Rate Chest Strap</i> ).
	Chest strap transmitter needs cleaning.	Wash the chest strap transmitter with mild soap and water.
	Chest strap transmitter is not within 3 ft. (0.9 m) of the heart rate receiver.	Make sure the chest strap transmitter is within 3 ft. (0.9 m) of the heart rate receiver.
	Polar telemetry heart rate chest strap battery is depleted.	Contact Life Fitness Customer Support Services for instructions on how to have the Polar telemetry heart rate chest strap replaced.
	Polar telemetry heart rate chest strap did not lock in with the heart rate receiver.	<p>Make sure the Polar telemetry heart rate chest strap is properly attached to the user's chest and move closer to the heart rate receiver inside the console (Non-treads) or the activity zone (Treadmills). Wait up to 10 seconds for the heart rate to display on the console. The overall range of the heart rate strap is approximately 3 ft. (0.9 m) after it communicates with the receiver. The strap must be 1.5 - 2 ft. (0.5 - 0.6 m) away from the receiver in order to start communicating. When the display shows a heart rate value stay within 3 ft. (0.9 m).</p> <p>Notes:</p> <ol style="list-style-type: none"> <li>1. Ensure proper adherence of the Polar telemetry heart rate chest strap to user's chest.</li> <li>2. Ensure proper conductivity between the electrodes and user's chest.</li> </ol>

# EXPLORE CONSOLE SPECIFICATIONS

Console Screen Type:	7" Non-touchscreen LCD
LCD Touch Screen Power Requirement:	20.5 -25.5 VDC @ 3.5 A
Ports:	Type RJ45, interchangeable Network ready connection and Fitness Entertainment port (power compliant with FitLinxx CSAFE specification dated August 4, 2004: 4.75VDC to 10VDC; maximum current of 85mA).
Headphone Jack:	3.5mm Stereo (Bluetooth Device Compatibility: Android and Apple Bluetooth enabled devices compatible for login to LFconnect.com on units without internet connectivity).
Ambient Temperature Range (Operating)	10C - 40c (nominal 25C)
Temperature Range (Storage / Shipping)	-20C - 60C (key limiting item: LCD Touch Screen)
Humidity Range (Operating)	5% - 85% RH (nominal 40% RH, non-condensing)
Heart Rate Monitoring Systems:	Patented Lifepulse™ digital contact heart rate and Polar® telemetry-compatible heart rate monitoring system
Speed Range (Treadmill):	0.5 - 14.0 mph / 0.8 - 23 kph
Speed Range (PowerMill):	20 - 160 spm
Incline Levels (Treadmill):	15
Resistance Levels: (Bikes, Cross-Trainer, FlexStrider & PowerMill):	26 (0 - 25) (adjustable for bikes; speed independent for cross-trainer and FlexStrider; speed dependent for PowerMill)

## Workouts:

<i>Treadmill</i>	Manual Goals, Hill, Random, Rolling Hills, Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval, Life Fitness Fit Test, U.S. Navy Physical Readiness Test, U.S. Army Physical Fitness Test, U.S. Marines Physical Fitness Test, U.S. Air Force Fitness Test, 5K, 10K, WFI Submax Protocol, Physical Efficiency Battery
<i>Cross-Trainer</i>	Manual Goals, Hill, Random, Rolling Hills, Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval, Starter Interval, Life Fitness Fit Test, U.S. Navy Physical Readiness Test, Aerobics, Reverse
<i>Lifecycle Exercise Bikes</i>	Manual Goals, Hill, Random, Rolling Hills, Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval, Starter Interval, Life Fitness Fit Test, U.S. Navy Physical Readiness Test, Watts, METs
<i>FlexStrider</i>	Quick Start, Manual Goals, Random, Hill, Rolling Hills, Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval, Starter Interval, Fit Test
<i>PowerMill</i>	Quick Start, Manual Goals, Random, Hill, Rolling Hills, Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval, Fit Test, CPAT Test, WFI Submax Protocol

The following additional workouts are available on the LFconnect website: *Around the World, Cascades, Kilimanjaro, Extreme Heart Rate, Speed Training, Custom and Create Your Own Workouts*

*Bluetooth Device Compatibility: Android and Apple Bluetooth enabled devices compatible for login to LFconnect.com on units without internet connectivity.*

## PHYSICAL DIMENSIONS

	Physical Dimensions				Shipping Dimensions			
	Depth	Width	Height	Weight	Depth	Width	Height	Weight
<b>Explore Console (Treadmill)</b>	4.30 in. (110 mm)	20.75 in. (527 mm)	15.35 in. (390 mm)	TBD	7.50 in. (190.5 mm)	25.0 in. (635 mm)	19.0 in. (482.6 mm)	TBD
<b>Explore Console (Bikes, Crosstrainer, FlexStrider, PowerMill)</b>	4.30 in. (110 mm)	16.54 in. (420 mm)	15.35 in. (390 mm)	TBD	7.50 in. (190.5 mm)	20.50 in. (520.7 mm)	19.0 in. (482.6 mm)	TBD

# WARRANTY INFORMATION

## **WHAT IS COVERED.**

This LIFE FITNESS commercial exercise equipment ("Product") is warranted to be free of all defects in material and workmanship.

## **WHO IS COVERED.**

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

## **HOW LONG IS IT COVERED.**

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

## **WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE.**

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

## **WHAT WE WILL DO TO CORRECT COVERED DEFECTS.**

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

## **WHAT IS NOT COVERED.**

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual ("Manual").

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

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized LIFE FITNESS representative.

## **WHAT YOU MUST DO.**

Retain proof of purchase; use, operate and maintain the Product as specified in the Manual; notify Customer Support Services of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair.

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

## **HOW TO GET REPLACEMENT PARTS & SERVICE.**

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

## **EXCLUSIVE WARRANTY.**

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

## **CHANGES IN WARRANTY NOT AUTHORIZED.**

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

## **EFFECT OF STATE LAWS.**

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

## **OUR PLEDGE TO YOU.**

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

# WARRANTY INFORMATION

	Lifetime	10 Years	7 Years	3 Years	2 Years	1 Year	6 Months
<b>Commercial Console</b>					Electrical & Mechanical Parts	Labor	Overlay, Headphone Jack, & USB Port
<b>Consumer Console (Home Use)</b>				Electrical & Mechanical Parts		Labor	Overlay, Headphone Jack, & USB Port
<b>Treadmill (95T)</b>			Frame, Lifespring™ Shock Absorbers, & Motor		Electrical Components	Mechanical Components & Labor	
<b>Treadmill (PCST)</b>	Motor & Frame	Electrical & Mechanical Parts				Labor	
<b>Cross-Trainer (95X)</b>					Electrical & Mechanical Parts	Labor	
<b>Cross-Trainer (PCSX)</b>	Frame			Electrical & Mechanical Parts		Labor	
<b>Recumbent Bike (95R)</b>					Electrical & Mechanical Parts	Labor	
<b>Recumbent Bike (PCSR)</b>	Frame			Electrical & Mechanical Parts		Labor	
<b>Upright Bike (95C)</b>					Electrical & Mechanical Parts	Labor	
<b>Upright Bike (PCSC)</b>	Frame			Electrical & Mechanical Parts		Labor	
<b>FlexStrider (95FS)</b>					Electrical & Mechanical Parts	Labor	
<b>PowerMill (95PS)</b>					Electrical & Mechanical Parts	Labor	
<b>GSC</b>					Electrical & Mechanical Parts	Labor	

Warranties outside the U.S. may vary.