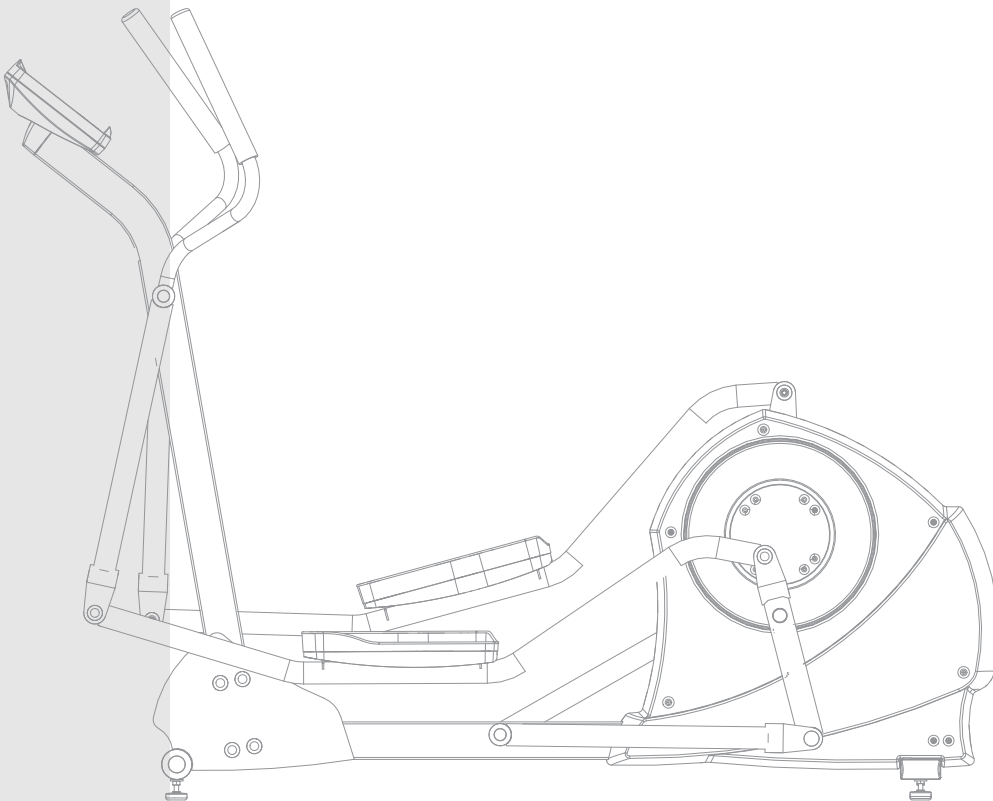
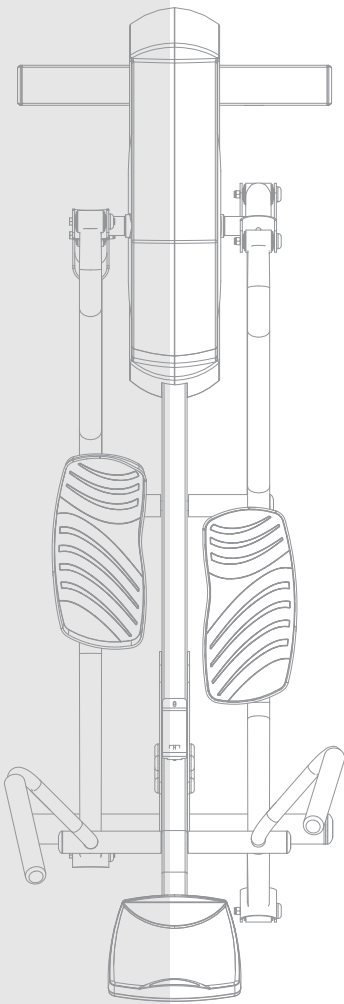




SX30 Cross-trainer

USER MANUAL



CORPORATE HEADQUARTERS

10601 West Belmont Avenue
Franklin Park, Illinois 60131 • U.S.A.
847.288.3300 • FAX: 847.288.3703
800.735.3867 (Toll-free within U.S.A., Canada)

www.lifefitness.com

INTERNATIONAL OFFICES

LIFE FITNESS ASIA PACIFIC LTD

Room 2610, Miramar Tower
132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
FAX: (+852) 2575.6001

LIFE FITNESS ATLANTIC BV LIFE FITNESS BENELUX

Bijdorplein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180.646.666
FAX: (+31) 180.646.699
Telephone: (+32) 87.300.942
FAX: (+32) 87.300.943

LIFE FITNESS DO BRAZIL

Av. Dr. Dib Sauaia Neto 1478
Alphaville, Barueri, SP
06465-140
BRAZIL
Telephone (+55) 11.4193.8282
FAX: (+55) 11.4193.8283

LIFE FITNESS VERTRIEBS GMBH

Dückerstraße 7-9/3/36
1220 Vienna
AUSTRIA
Telephone: (+43) 1.61 57 198
FAX: (+43) 1.61 57 198.20

LIFE FITNESS IBERIA

Pol. Ind. Molí dels Frares. c/C, nº 12
08620 Sant Vicenç dels Horts (Barcelona)
SPAIN
Telephone: (+34) 93.672.4660
FAX: (+34) 93.672.4670

LIFE FITNESS EUROPE GMBH

Siemensstrasse 3
85716 Unterschleissheim
GERMANY
Telephone: (+49) 89.31 77 51.0
FAX: (+49) 89.31 77 51.99

LIFE FITNESS ITALIA S.R.L.

Via Vittorio Veneto, 57/A
39042 Bressanone (Bolzano)
ITALY
Telephone: (+39) 0472.835 470
FAX: (+39) 0472.833 150

LIFE FITNESS LATIN AMERICA and CARIBBEAN

10601 West Belmont Avenue
Franklin Park, Illinois 60131
U.S.A.
Telephone: (+1) 847.288.3300
FAX: (+1) 847.288.3886

LIFE FITNESS UK LTD

Queen Adelaide
Ely, Cambs CB7 4UB
UNITED KINGDOM
Telephone: (+44) 1353.666017
FAX: (+44) 1353.666018

LIFE FITNESS JAPAN

Nippon Brunswick Bldg., #8F
5-27-7 Sendagaya
Shibuya-Ku, Tokyo
JAPAN 151-0051
Telephone: (+81) 3.3359.4309
FAX: (+81) 3.3359.4307

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

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

FCC Warning - Possible Radio / Television Interference

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. 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. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and the receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

Class HB (Home): Domestic use. Not suitable for therapeutic purposes.



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

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

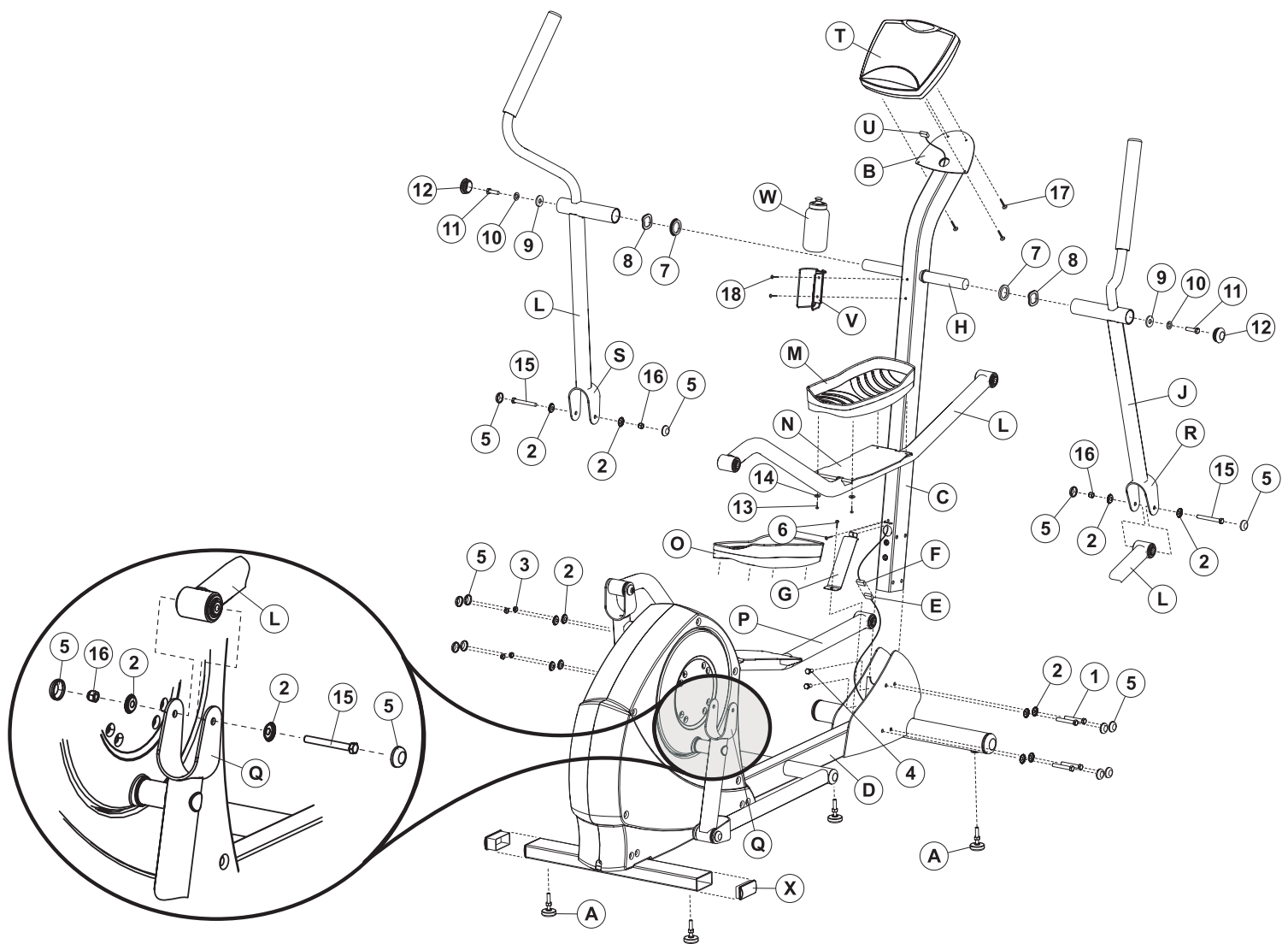
TABLE OF CONTENTS

Unpacking and Assembly	4
Operation	6
1. Getting Started	7
1.1 Important Safety Instructions	7
1.2 Set-up	8
Where to Place the Cross-trainer // How to Stabilize the Cross-trainer // Plug In the Cross-trainer	
2 The Display Console	9
2.1 The Display Console Overview	9
2.2 Display Console Descriptions	10
2.3 The Reading Rack and Water Bottle Holder	11
3. Correct Usage	12
3.1 Mounting and dismounting the Cross-Trainer	12
3.2 Biomechanical Guidelines	12
General // Forward Motion – Total Body // Reverse Motion – Total Body // Braking Resistance	
4 The Workouts	13
4.1 Workout Overviews	13
4.2 Setting Up and Using the Workouts	13
Selecting and Using Quick Start Manual Mode // Selecting a Workout // Entering a Duration //	
Selecting and Adjusting the Intensity Level // Starting a Workout // Pausing a Workout //	
Resetting a Workout // Reviewing a Completed Workout // Understanding the Heart Rate Zone	
to Maximize Workout Benefits	
4.3 Workout Descriptions	15
5 Service and Technical Data	17
5.1 Preventative Maintenance Tips	17
5.2 Preventative Maintenance Schedule	17
5.3 How to Obtain Product Service	18
5.4 Cross-trainer Specifications	19

© 2002 Life Fitness, a division of Brunswick Corporation. All rights reserved. Life Fitness is a registered trademark of Brunswick Corporation. Sport is a trademark of Brunswick Corporation. Any use of these trademark, without the express written consent of Life Fitness is forbidden.


UNPACKING THE CROSS-TRAINER

1. Carefully cut and remove the SHIPPING BANDS.
2. Carefully cut the tape securing the TOP FLAPS.
3. Fold the TOP FLAPS outward fully.
4. Remove the UPRIGHT TUBE ASSEMBLY and PEDAL LEVER. Remove the CENTER STYROFOAM SPACER.
5. Remove all remaining components, parts bags, and styrofoam packaging until only the base unit remains.
6. Remove the OUTER SHIPPING SLEEVE.
7. With the help of another person, carefully lift the BASE UNIT from the SHIPPING CARTON. Remove the protective packaging from the unit



ASSEMBLING THE CROSS-TRAINER

Tools required: Metric Socket set, Phillips Screwdriver, Metric Wrench set

1. Position the base unit near the desired location for use (*Refer to the "Getting Started" section of this manual for proper location*). Locate and install the four LEVELER FEET (A) into the front and rear STABILIZERS as shown.
 2. With the DISPLAY CONSOLE MOUNTING PLATE (B) facing upward, lay the UPRIGHT TUBE ASSEMBLY (C) on floor in front of BASE FRAME (D). Cut the wire tie securing the LOWER WIRE HARNESS (E) to the front of the BASE FRAME. Connect the UPPER WIRE HARNESS (F) to the LOWER WIRE HARNESS.
 3. Position the UPRIGHT TUBE ASSEMBLY (C) between the plates on the front of the BASE FRAME (D). Feed any excess wire harness into the BASE FRAME. Tilt the UPRIGHT TUBE ASSEMBLY into an upright position. Align the holes on the plates with the holes on the UPRIGHT TUBE ASSEMBLY. Secure the UPRIGHT TUBE ASSEMBLY to the BASE FRAME using four 2-3/4" BOLTS (1), eight CAP WASHERS (2) (4 on each side) and four NUTS (3). Tighten until snug.
 4. Using two 1" BOLTS (4), secure the UPRIGHT TUBE ASSEMBLY (C) to the backside of the connector joint on the BASE FRAME (D). Tighten all the BOLTS securely. Install eight black PLASTIC COVER CAPS (5) over each 2-3/4" BOLT HEAD (1 & 4) and NUT (3).
 5. Slide the tab of the UPRIGHT TUBE ANGLE BRACE (G) into the slot located near the base of the UPRIGHT TUBE ASSEMBLY (C) and pivot the UPRIGHT TUBE ANGLE BRACE downward to meet the BASE FRAME (D). Using two screws (6) secure the UPRIGHT TUBE ANGLE BRACE to the UPRIGHT TUBE ASSEMBLY and BASE FRAME as shown.
 6. Slide one LARGE FLAT WASHER (7) and one LARGE WAVE WASHER (8) onto the user right PIVOT SHAFT (H). Slide the WASHERS fully over the PIVOT SHAFT until seated against the pre-installed STOP RING.
 7. Locate the user right ROCKER ARM ASSEMBLY (J) (Marked with an "R"). With the top handgrip facing the front of the unit (as shown), slide the user right ROCKER ARM ASSEMBLY onto the user right PIVOT SHAFT (H) until seated against the WASHERS (7 & 8). Secure the ROCKER ARM ASSEMBLY to the PIVOT SHAFT using one FLAT WASHER (9), LOCK WASHER (10), and 1-1/4" HEX BOLT (11). Tighten the BOLT securely. Insert one ROCKER ARM END CAP (12) into the end of the ROCKER ARM SHAFT. Repeat the procedure for the user left ROCKER ARM ASSEMBLY (K).
 8. Locate the user right PEDAL LEVER (L) and PEDAL (M). Position the PEDAL above the PEDAL MOUNTING PLATE (N) and secure the PEDAL using four SCREWS (13) and LOCK WASHERS (14). Tighten the SCREWS securely. Repeat for the user left PEDAL (O) and PEDAL LEVER (P).
 9. Position the rear end of the user right PEDAL LEVER (L) near the user right REAR CLEVIS (Q). Position the end of the PEDAL LEVER between the clevis flanges. Align the holes and secure as shown using two CAP WASHERS (2), one 3 1/4" BOLT (15), one NUT (16) and two PLASTIC COVER CAPS (5). Tighten the BOLT and NUT securely.
 10. Lift the front end of the user right PEDAL LEVER (L) to meet the user right ROCKER ARM CLEVIS (R). Secure the PEDAL LEVER to the ROCKER ARM CLEVIS using two CAP WASHERS (2), one 3 1/4" BOLT (15), one NUT (16) and two PLASTIC COVER CAPS (5). Tighten the BOLT and NUT securely. Repeat the procedure for the user left PEDAL LEVER (P) and ROCKER ARM CLEVIS (S).
 11. Position the DISPLAY CONSOLE (T) over the DISPLAY CONSOLE MOUNTING PLATE (B) located at the top of the UPRIGHT TUBE ASSEMBLY (C). Plug the CONNECTOR (U) leading from the DISPLAY CONSOLE MOUNTING PLATE into the corresponding CONNECTOR in the back of the DISPLAY CONSOLE. Make sure the connector snaps into place. Push excess wire harness into the opening of the DISPLAY CONSOLE MOUNTING PLATE.
 12. Secure the DISPLAY CONSOLE (T) to the DISPLAY CONSOLE MOUNTING PLATE (B) using four SCREWS (17). Tighten the screws securely.
-  **CAUTION:** *Be careful not to pinch the wire harness when assembling the DISPLAY CONSOLE (T) to the DISPLAY CONSOLE MOUNTING PLATE (B).*
13. Secure the WATER BOTTLE BRACKET (V) to the UPRIGHT TUBE ASSEMBLY (C) as shown using two SCREWS (18). Tighten the SCREWS securely. Insert the WATER BOTTLE (W) into the WATER BOTTLE BRACKET.
 14. Locate the REAR STABILIZER END CAPS (X). Insert one REAR STABILIZER END CAP into either end of the REAR STABILIZER.
 15. Refer to the "Getting Started" section of this manual for proper location, stabilizing, and POWER ADAPTER instructions.

This Operation Manual describes the functions of the following products:

Life Fitness Sport™ cross-trainer:

SX30

See Section 7, titled *Specifications* page in this manual for product-specific features.

Statement of Purpose: The 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.



Health-related injuries may result from incorrect or excessive use of exercise equipment. The manufacturer **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. The manufacturer also recommends consulting a fitness professional on the correct use of this product.

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

1 GETTING STARTED

1.1 IMPORTANT SAFETY INSTRUCTIONS



SAFETY WARNING: The safety of the product can be maintained only if it is examined regularly for damage and wear. See Preventative Maintenance section for details.

- Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The cross-trainer is intended for use solely in the manner described in this manual.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by or near children, invalids or disabled persons.
- If the cross-trainer does not function properly after it has been dropped, damaged, or even partially immersed in water, contact Customer Support Services for assistance.
- Never insert objects into any opening in the cross-trainer. If an object should drop inside, carefully retrieve it. If the item is beyond reach, contact Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray. Containers with lids are recommended.
- Do not use the cross-trainer outdoors, near swimming pools or in areas of high humidity.
- Keep all loose clothing, shoelaces, and towels away from the cross-trainer pedals.
- Keep the area around the cross-trainer clear of any obstructions, including walls and furniture.
- Use caution when mounting or dismounting the cross-trainer. While exercising, always hold onto the user arms.
- 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.
- 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 alongside of the Cross-Trainer.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the cross-trainer in bare feet.
- Do not tip the cross-trainer on its side during operation.
- Keep hands and feet away from all moving parts.
- To ensure proper functioning of this product, do not install attachments or accessories that are not provided or recommended by Life Fitness.
- Use this product in a well-ventillated area.
- Use this product on a solid, level surface.
- Make sure that all components are fastened securely.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

1.2 SETUP

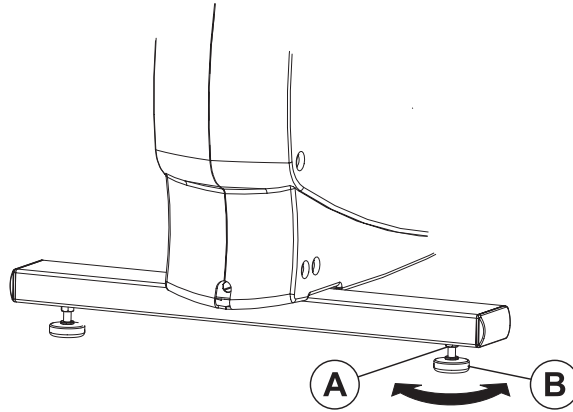
Read the entire Operation Manual before setting up the cross-trainer.

WHERE TO PLACE THE CROSS-TRAINER

Following all safety instructions in Section 1.1, move the cross-trainer to the location in which it will be used. See Section 5, titled *Specifications*, for the dimensions of the footprint. Allow one foot (30.4 cm) of clearance in front of the cross-trainer to allow for movement of the pedal levers. It should be easy to mount the cross-trainer from the side.

HOW TO STABILIZE THE CROSS-TRAINER

After placing the cross-trainer in position, check the unit's stability by attempting to rock it in all directions. Any slight rocking indicates that the unit must be leveled. Determine which foot is not resting completely on the floor. Loosen the jam nut (A) with an open-end 17mm wrench, and rotate the stabilizing foot (B) to lower it. Verify that the cross-trainer is stable, and repeat the adjustment as necessary until the unit no longer rocks. Lock the adjustment by tightening the jam nut against the stabilizer bar. It is extremely important that the stabilizing leg be correctly adjusted for proper operation.

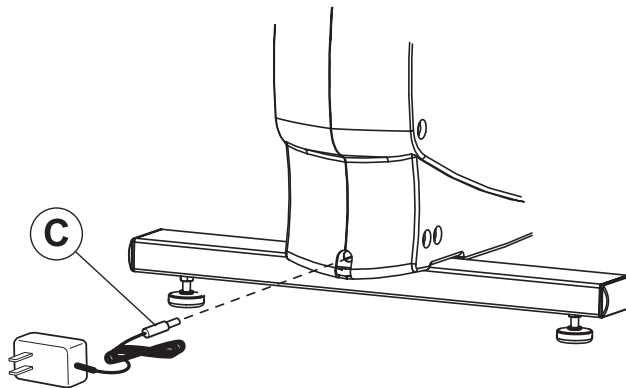


PLUG IN THE CROSS-TRAINER

The cross-trainer comes with a standard power supply for the U.S., or a power supply with country-specific line cords.

Insert the power adapter jack (C) into the barrel plug on the back of the cross-trainer. Then insert the power supply into the wall outlet. Make sure the cord is routed so that it doesn't bind and will not be walked on.

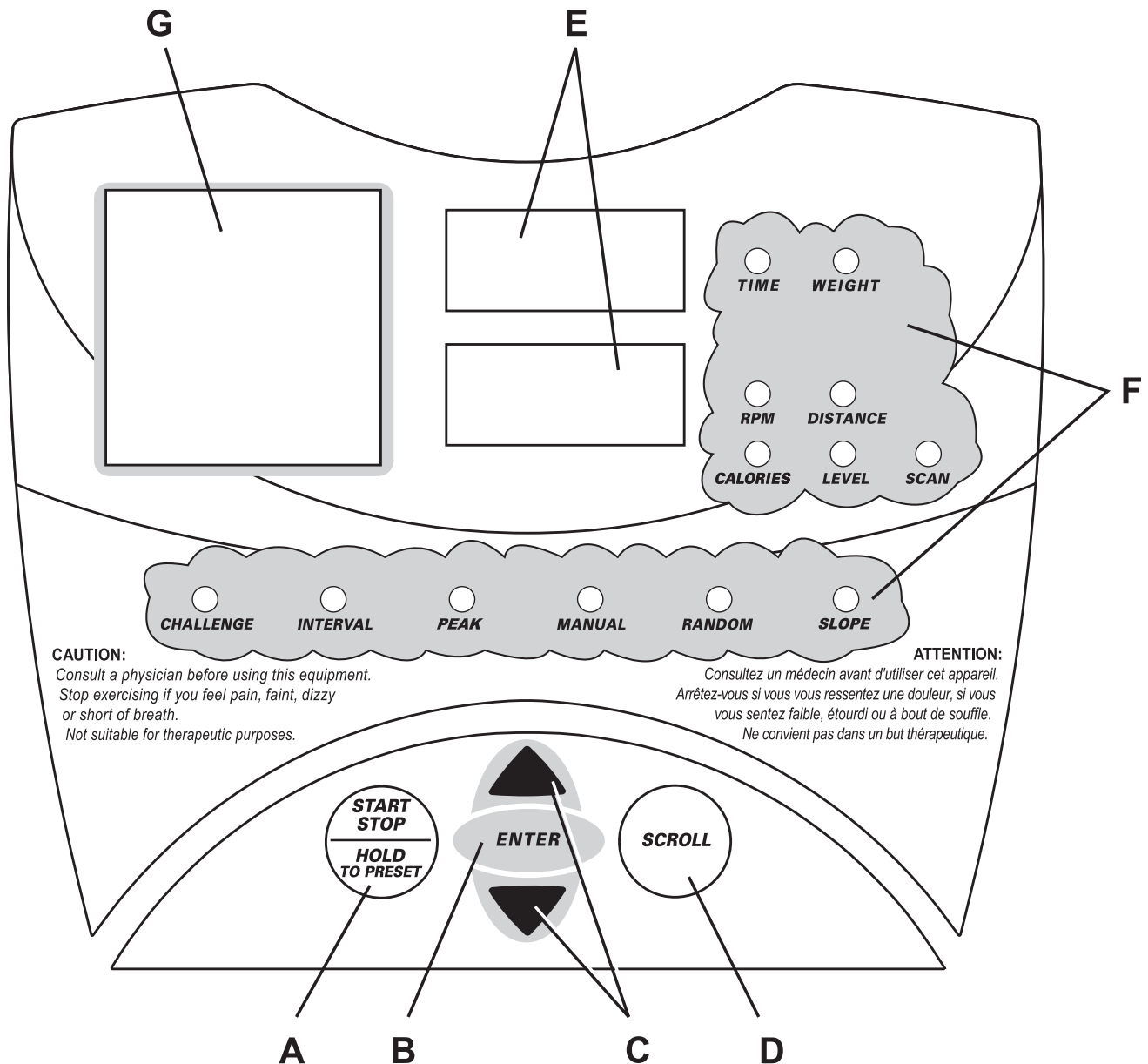
Check that the console LEDs light up. If not, recheck the plug and wall connections and make sure the wall outlet has power.



2 THE DISPLAY CONSOLE

2.1 DISPLAY CONSOLE OVERVIEW

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



2.2 DISPLAY CONSOLE DESCRIPTIONS

The functions for the keys and display windows on the cross-trainer console are listed and described in this section. See Section 4, titled *The Workouts*, for detailed information on using the console to set up workouts.

- A START/STOP/HOLD TO PRESET:** Use this key to initiate a number of different functions on the cross-trainer.
- Beginning a 30-minute QUICK-START **MANUAL** workout immediately, without setup steps
 - Beginning a workout after completing the setup steps for a specific workout
 - Pausing a workout-in-progress
 - Restarting a paused workout
 - Deleting a current workout and making it possible to set up a new workout
- B ENTER:** Press this key to accept information displayed by the console when setting up a workout.
- C ARROW KEYS:** Use these keys when setting up a workout to change displayed values for workout type, duration, and resistance level. When a workout is in progress, use these keys to change the intensity level.
- D SCROLL:** During a workout-in-progress, press this key to browse through workout statistics displayed in the bottom data window. Each time the SCROLL key is pressed, a different value is displayed, and it's corresponding light emitting diode (LED) lights up simultaneously. When the **Scan** LED lights up, the lower DATA window automatically displays all statistics in rotating succession.

Press this key to view summary data for a completed workout, including total calories burned and total distance traveled

- E DATA WINDOWS:** Two data windows are set in the center of the console display.
- The top window displays the following statistics. Depending on which statistic is being displayed at any given instance, the corresponding LED lights up at the same time.
- **Time:** The elapsed **time** of a workout-in-progress. During a workout setup, this window also shows the default duration of 30 minutes, which the user change using the ARROW keys.
 - **Weight:** The user's selected weight.
- The bottom window displays the following statistics in an alternating rotation for a workout-in-progress. Depending on which statistic is being displayed at any given instance, the corresponding LED lights up at the same time.
- **RPM (Revolutions Per Minute):** The pedaling speed or rate
 - **Distance:** The total distance traveled
 - **Calories:** The number of calories burned
 - **Level:** The resistance level of the current interval of a workout-in-progress
- F WORKOUT LED INDICATORS:** One set of LEDs is matched to the cross-trainer's set of workout options. During a workout setup, each time the user presses an ARROW key to view another workout option, one of these LEDs lights up to indicate that the corresponding workout is the currently displayed option. While a workout-in-progress, the LED corresponding to that workout remains lit up.

Another set of LEDs is matched to a set of workout statistics. See the DATA WINDOWS description above.

The LED labeled "scan" lights up during a workout-in-progress to indicate that the console is alternately displaying **RPM, Distance, Calories** and **Level** in the bottom DATA WINDOW.

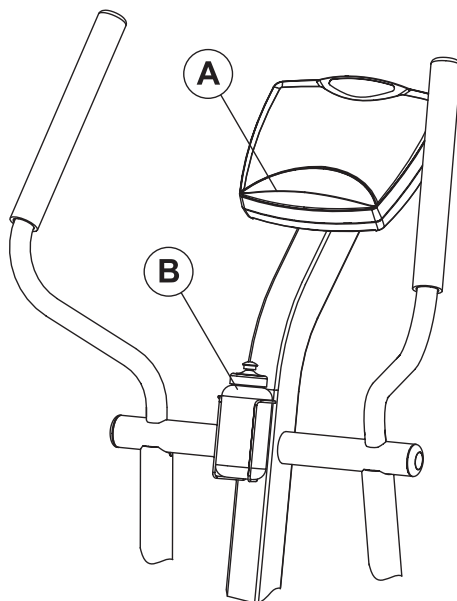
See the SCROLL key and DATA WINDOW descriptions above for more information.

- G DOT MATRIX DISPLAY:** This window displays a workout's profile, which consists of columns of light that represent the levels of intensity of each interval. During the setup for a **RANDOM** workout, this window displays computer-generated profile options, which the user can browse using the ARROW keys.

2.3 THE READING RACK AND WATER BOTTLE HOLDER

A reading rack (A) for supporting a book or magazine is located at the base of the upper panel of the console.

A water bottle holder (B) is mounted on the monocolumn of the cross-trainer.



3 CORRECT USAGE

3.1 MOUNTING AND DISMOUNTING THE CROSS-TRAINER

If mounting from the user right side of the Cross-Trainer, grasp the user right handlebar with the right hand. Place the right foot on the user right pedal and carefully step over the Cross-Trainer, grasp the user left handlebar with the left hand, and place the left foot on the user left pedal. If mounting from the user left side, proceed in an opposite fashion. Reverse the process to dismount the Cross-Trainer.

3.2 BIOMECHANICAL GUIDELINES

There are two exercise variations that can be performed on the Cross-Trainer. For each variation, it is important to follow these general biomechanical guidelines as well as the specific instructions listed below.

GENERAL

- Feet should be in a comfortable position facing forward on the pedals so the knees move in a forward plane (not angled inward or outward) and so the hips do not rotate outward.
- Keep back straight. Do not bend forward at the waist.
- Keep both feet on the pedals at all times.
- If desired, allow heels to slightly lift off the pedals during the motion.
- Do not lock knees during the workout. Keep them slightly bent throughout the motion.

FORWARD MOTION – TOTAL BODY

- Mount the Cross-Trainer facing forward
- Hands should be positioned comfortably on the moving handles such that the elbow creates a 90 degree angle when the moving handlebar is rotated toward you
- Choose the desired workout profile and duration on the console
- Begin moving feet in a smooth forward pedaling motion by pushing top foot forward and pulling bottom foot backward
- Exercise at a speed that is comfortable for you

REVERSE MOTION – TOTAL BODY

- Mount the Cross-Trainer facing forward
- Hands should be positioned comfortably on the moving handles such that the elbow creates a 90 degree angle when the moving handlebar is rotated toward you
- Choose the desired workout profile and duration on the console
- Begin moving feet in a smooth reverse pedaling motion by pulling top foot backward and pushing bottom foot forward
- Exercise at a speed that is comfortable for you

BRAKING RESISTANCE

The Life Fitness Cross-Trainer features speed-dependent braking resistance. For a set resistance level on the monitor, the resistance increases with speed. The faster you go, the greater the resistance. The computer makes no adjustments to maintain the resistance level based on your speed.

4 THE WORKOUTS

4.1 WORKOUT OVERVIEWS

This section lists the cross-trainer's pre-programmed workouts. For more detailed information, see Section 4.2, titled *Setting Up and Using the Workouts*.

QUICK START MANUAL MODE is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout program. After the START key is pressed, a constant-level workout begins. The resistance level does not change automatically.

INTERVAL combines "hills" and "valleys" of different resistance levels, which is proven to provide effective, time-efficient cardiovascular results.

RANDOM is an interval training workout for which the user selects a computer-generated profile of varying intensity levels.

MANUAL is a workout in which the resistance level does not change automatically.

PEAK is intended to burn fat by building up to, and maintaining, a constant level of resistance throughout the workout.

SLOPE gradually increases the intensity throughout the workout duration. It is intended to strengthen the heart, as well as the major muscle groups that are most active during the workout, such as the leg muscle groups.

CHALLENGE begins at a high resistance level and maintains this level throughout the duration.

4.2 SETTING UP AND USING THE WORKOUTS

To activate the console, press any key, or simply start pedaling. When the console display lights up, either select **QUICK START MANUAL MODE**, or select a specific workout. Setting up a specific workout involves three steps, which are described in this section:

1. Selecting a workout
2. Entering a workout duration
3. Entering a weight
4. Selecting a difficulty level
5. Starting the workout (pressing START)

SELECTING AND USING QUICK START MANUAL MODE

Press the START key to begin a 30-minute **MANUAL** workout immediately. Once the workout is in progress, it is possible to change the resistance level using the ARROW keys.

SELECTING A WORKOUT

For **INTERVAL**, **MANUAL**, **PEAK**, **SLOPE**, and **CHALLENGE**: Press the ARROW KEYS until the LED display for the desired workout lights up. Then, press ENTER to confirm the workout selection.

For **RANDOM**: Press the ARROW KEYS until the LED display for the RANDOM workout lights up. Then, press ENTER. The first computer-generated **RANDOM** workout profile appears in the the DOT MATRIX DISPLAY. To accept this profile, press ENTER. To view another profile, press an ARROW key. Continue to press the ARROW key until a desired profile appears. Then, press ENTER to accept the profile.

ENTERING A DURATION

After a workout is selected, the top DATA WINDOW flashes a default workout duration of 30 minutes. Press ENTER to accept the default. Or, to change the duration, use the ARROW keys. Then, when the desired duration appears in the DATA WINDOW, press ENTER to accept the duration. It is not possible to change the duration of a workout-in-progress.

ENTERING WEIGHT

After a workout is selected, the top DATA WINDOW flashes a default weight. Press ENTER to accept the default. Or, to change the weight, use the ARROW keys. Then, when the weight appears in the DATA WINDOW, press ENTER to accept it. The on-board computer calculates the number and rate of calories burned using the entered weight as well as the pedaling speed.

SELECTING A DIFFICULTY LEVEL

After a duration is entered, the bottom DATA WINDOW flashes a default difficulty level of "1", which is the easiest of the nine difficulty levels. Press ENTER to accept the default. Or, to change the level, use the ARROW keys. Then, when the desired level appears in the DATA WINDOW, press ENTER to accept the duration.

Each of the nine difficulty levels corresponds to a range of resistance levels as seen in the table below. Resistance levels are applied to each individual interval within a workout profile. See Section 4.3, titled *Workout Descriptions* for more information. While the workout is in progress, it is possible to change the resistance level of the current interval. That change remains in effect for the duration of the interval. See the topic titled *Adjusting the Intensity Level* in this section.

Difficulty Level	Resistance Level Range
1	1 to 8
2	2 to 9
3	3 to 10
4	4 to 11
5	5 to 12
6	6 to 13
7	7 to 14
8	8 to 15
9	9 to 16

STARTING A WORKOUT

After accepting a difficulty level, press START to begin the workout.

ADJUSTING THE RESISTANCE LEVEL OF AN INTERVAL

The cross-trainer features 16 resistance levels, with "1" being the easiest and "16" being the most difficult. While a workout is in progress, it is possible to change the resistance level of the current interval. To do so, simply press the UP or DOWN ARROW key repeatedly until the DATA DISPLAY window shows the desired level. That change remains in effect for the duration of the interval only.

Note: *The cross-Trainer features speed-dependent braking resistance. For a set resistance level on the monitor, the resistance increases with the user's speed. The computer makes no adjustments to maintain the resistance level based on the user's speed.*

PAUSING A WORKOUT

To pause a workout-in-progress, press the STOP key, or simply stop pedaling for 25 seconds. A workout can remain in pause mode for a maximum duration of five minutes. If a paused workout is not resumed before the five-minute pause duration ends, the console shuts down, and the paused workout information is lost. To resume a paused workout, press the START key or simply begin pedaling again.

RESETTING A WORKOUT

To reset a workout, press the STOP key, and hold it for three seconds. This deletes the current workout and makes it possible to set up a new workout.

REVIEWING A COMPLETED WORKOUT

When a workout reaches the end of its duration, the console emits four consecutive beeps. At this point, it is possible to review summary data for the completed workout, including total calories burned and distance traveled, by pressing the SCROLL key and reading the results in the DATA WINDOWS. Afterward, press the STOP key to return to the workout-select mode.

USING THE HEART RATE ZONE TO MAXIMIZE WORKOUT BENEFITS

Research shows that keeping the heart rate within a certain range while exercising promotes muscular and cardiovascular conditioning for maximum health benefits. This range is between 60 percent and 85 percent of a given user's theoretical maximum heart rate. The maximum rate varies by age. To calculate it, subtract the user's age from the number 220.

For example, the theoretical maximum heart rate for a 35-year-old user would be 185 beats per minute (bpm) because $220 - 35 = 185$. Therefore, the optimal heart rate range or zone for a 35-year-old user would be between 111 bpm ($185 \times .60$) and 157 bpm ($185 \times .85$).

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

To monitor the heart rate during a workout, feel the pulse in the wrist or the carotid artery in the neck while looking at a watch. Count the number of pulse beats within one minute.

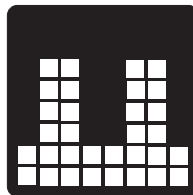
SWITCHING THE CONSOLE DISPLAY TO METRIC UNITS

By default, the cross-trainer's console displays the workout statistic of distance in English units. It is possible to switch to metric units. When the console is shut down, remove the four screws that attach the console to the console support assembly column. Carefully turn the console upside down and flip the "English/Metric" switch that appears in the back of the console to the "Metric" setting. Re-attach the console to the support assembly column. Restart the cross-trainer.

4.3 WORKOUT DESCRIPTIONS

INTERVAL

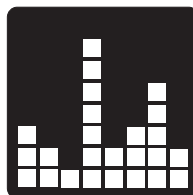
This workout combines "hills" and "valleys" of alternating high- and low-resistance levels. Raising and decreasing the heart rate in this manner is proven to provide effective, time-efficient fitness results. Each interval is of equal duration, and the overall duration of the workout determines the duration of the intervals. As the profile diagram indicates, the workout begins with a low-resistance warm-up and ends with a low-resistance cool-down.



Interval profile

RANDOM

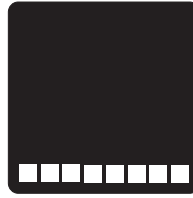
When the user selects a **RANDOM** workout, the cross-trainer computer automatically generates various profiles, each offering a different combination of resistance levels. This choice of profiles adds variety to the workout routine.



Sample random profile

MANUAL

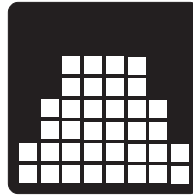
MANUAL is a workout in which the resistance level does not change automatically. When a **MANUAL** workout is in progress, the user can vary the resistance levels by pressing the UP and DOWN ARROW keys.



Manual profile

PEAK

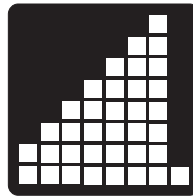
PEAK is intended to burn fat by maintaining a constant level of resistance throughout the workout. As the profile diagram indicates, the resistance level begins gradually, maintains a plateau and then gradually declines.



Peak profile

SLOPE

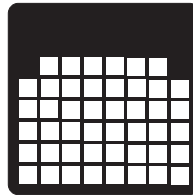
SLOPE gradually increases the intensity throughout the workout duration. It is intended to strengthen the heart, as well as the major muscle groups that are most active during the workout, such as the leg muscle groups. As the profile diagram indicates, the workout starts at a low resistance level, builds to a peak and ends with a low-level cool-down interval.



Slope profile

CHALLENGE

CHALLENGE begins at a high resistance level and maintains this level throughout the duration. As the profile diagram indicates, the workout begins at a high level and continues for most of the duration at a high plateau.



Challenge profile

5 SERVICE AND TECHNICAL DATA

5.1 PREVENTATIVE MAINTENANCE TIPS

The cross-trainer is backed by engineering excellence and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. The manufacturer's products have proven to be durable in health clubs, colleges, military facilities, and other locations the world over. This same technology, engineering expertise, and reliability have gone into the cross-trainer.

NOTE: *The safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, 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.*

The following preventive maintenance tips will keep the cross-trainer operating at peak performance:

- Locate the cross-trainer in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Use a **100% cotton cloth**, lightly moistened with water and mild liquid cleaning product, to clean the cross-trainer. Other fabrics, including paper towels, may scratch the surface. **Do not use ammonia 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 thoroughly on a regular basis.

NOTE: *A non-abrasive cleaner and soft cotton cloth are strongly recommended for cleaning the exterior of the unit. 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.*

5.2 PREVENTATIVE MAINTENANCE SCHEDULE

Follow the schedule below to ensure proper operation of the product.

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
Display Console	C	I		
Console Mounting Bolts			I	
Frame	C			I
Plastic Covers	C	I		

KEY: C=Clean; I=Inspect

5.3 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 and document the serial number of the unit. The serial number plate is located on the front stabilizer, below the shroud.
3. Contact Customer Support Services via the Web at: www.lifefitness.com, or call the nearest Customer Support Services group:

For Product Service within
the United States and Canada:

Telephone: (+1) 847.451.0036
FAX: (+1) 847.288.3702
Toll-free telephone: 800.351.3737

For Product Service Internationally:

Life Fitness Europe GmbH
Telephone: (+49) 089.317.751.66
FAX: (+49) 089.317.751.38

Life Fitness (UK) LTD
Telephone: (+44) 1353.665507
FAX: (+44) 1353.666018

Life Fitness Atlantic BV
Life Fitness Benelux
Telephone: (+32) 03.644.44.88
FAX: (+32) 03.644.24.80
Telephone: (+32) 87.300.942
FAX: (+32) 87.300.943

Life Fitness Italia S.R.L.
Telephone: (+39) 0472.835.470
FAX: (+39) 0472.833.150
Toll-free telephone: 800.438836

Life Fitness Vertriebs GmbH
Telephone: (+43) 1615.7198
FAX: (+43) 1615.7198.20

Life Fitness Asia Pacific Ltd
Telephone: (+852) 2891.6677
FAX: (+852) 2575.6001

*Life Fitness Latin America
and Caribbean*
Telephone: (+1) 847.288.3964
FAX: (+1) 847 288.3886

Life Fitness Brazil
Telephone: (+55) 11.7295.2217
FAX: (+55) 11.7295.2218

Life Fitness Japan
Telephone: (+81) 3.3359.4306
FAX: (+81) 3.3359.4307

Life Fitness Iberia
Telephone : (+34) 93 672 4660
FAX : (+34) 93 672 4670

5.4 CROSS-TRAINER SPECIFICATIONS

Designed use:	Consumer
Maximum user weight:	300 pounds / 136 kilograms
Resistance system:	Eddy current
CONSOLE:	
Displays:	DATA DISPLAYS with time, RPM, distance, calories, and level DOT MATRIX WINDOW indicating workout profile
Summaries:	Time, distance
WORKOUTS:	Quick Start Manual Mode, Interval, Random, Manual, Peak, Slope, Challenge
Intensity levels:	16
Pedal size	16 inches by 7 inches / 41 centimeters by 18 centimeters
Drive type:	Link6
Power requirements:	120V in United States 220V in Europe 240+V in Australia
Color:	Blue
ASSEMBLED DIMENSIONS:	
Length	65 inches / 165 centimeters
Width	27 inches / 68 centimeters
Height	62 inches / 157 centimeters
Weight	204 pounds / 93 kilograms
SHIPPING DIMENSIONS:	
Length	73 inches / 185 centimeters
Width	28.5 inches / 72.5 centimeters
Height	32 inches / 81 centimeters
Weight	244 pounds / 111 kilograms

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>