

# *Platinum Club Series Treadmill 7"* *Console*

OPERATION MANUAL



*LifeFitness*

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

Class HB (Home): Domestic 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.

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This Operation Manual describes the functions of the following product::

Life Fitness Treadmill:

### **Platinum Club Series Treadmill**

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

Statement of Purpose: The treadmill is an exercise machine that enables users to walk or run, in place, on a moving surface.



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

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



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

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

# 1 GETTING STARTED

## 1.1 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the treadmill.

### OPERATION

- Always follow the console instructions for proper operation.
- Never insert objects into any opening in this product. 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.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- 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 this product 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.
- 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.
- The system issues immobilization of the treadmill when a pre-defined hard key sequence has been activated by the user. This sequence is currently defined as 3 STOP key presses followed by 3 SPEED DOWN ARROW key presses. To prevent false toggling of the Immobilized feature, this sequence should be limited to a pre-defined time period (i.e. sequence must be done in a 5-10 second period). Sequence should also enforce that only PRESSED events are used (i.e. if HELD or RELEASED are detected during the sequence, then the sequence is rejected). Once the Workout Logic sees this event, it toggles the Immobilization configuration item, saves it in the registry, and then issues an ImmobilizationStatus event to the system.

**SAVE THESE INSTRUCTIONS  
FOR FUTURE REFERENCE.**

# 1 DÉMARRAGE

## 1.1 CONSIGNES DE SÉCURITÉ IMPORTANTES

Lire toutes les instructions avant d'utiliser le tapis roulant.

### FONCTIONNEMENT

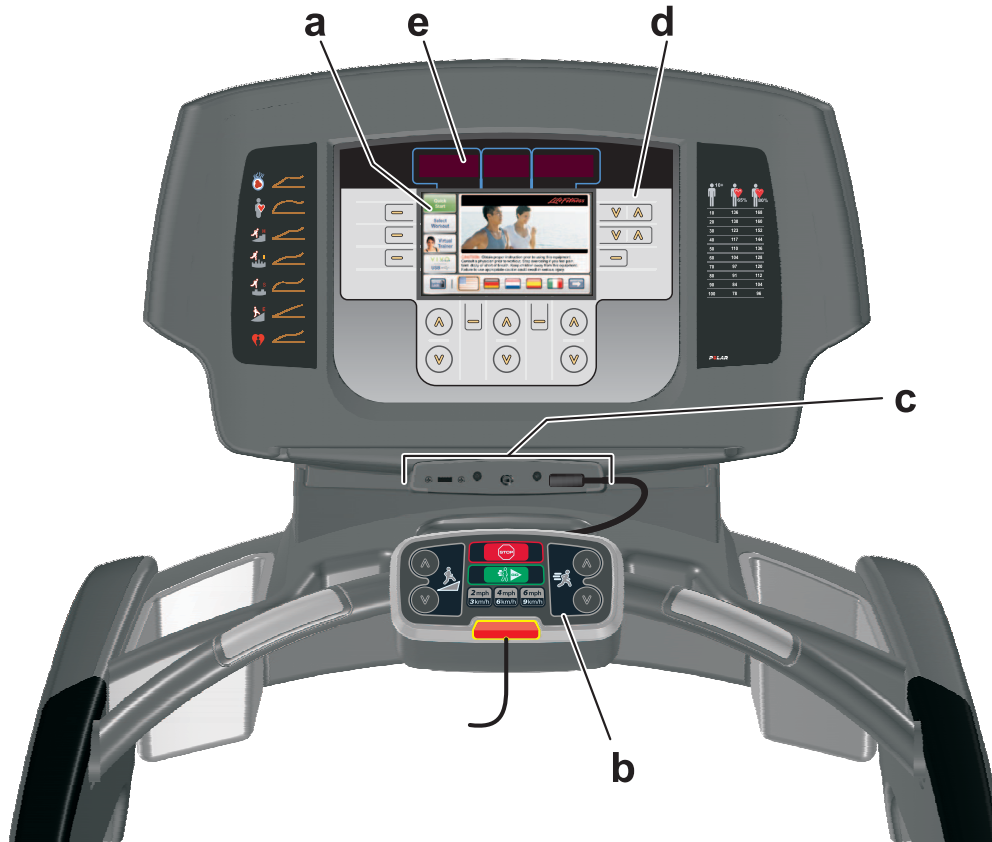
- Ne jamais placer aucun liquide directement sur l'appareil, sauf dans le plateau pour accessoires ou un support prévu à cet effet. Il est recommandé d'utiliser des contenants munis de couvercles.
- Éloigner les vêtements lâches, les lacets et les serviettes des pièces en mouvement.
- Les rampes latérales peuvent servir à rétablir son équilibre, mais ne sont pas destinées à un usage continu.
- Ne jamais monter sur le tapis de course 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 barres latérales et placer les pieds sur les plates-formes latérales.
- Ne jamais marcher ni courir à reculons sur le tapis roulant.
- Quand il est nécessaire d'immobiliser le tapis roulant, retourner à l'écran de bienvenue. (Appuyer deux fois sur la touche STOP ramène immédiatement l'appareil à l'écran de bienvenue.) Tenir brièvement la touche SPEED DOWN (ralentir), la relâcher et appuyer sur la touche PAUSE. (La touche VITESSE VERS LE BAS est la flèche pointant vers le bas à l'extrême droite du groupe de flèches sur le panneau de commande.) L'écran du tapis roulant affiche alors «Appareil immobilisé par le gestionnaire» Il ne peut alors plus fonctionner, Le moteur principal, et la la pente. Le tapis roulant restera immobilisé, même s'il est réinitialisé, mis hors tension, puis remis sous tension, etc. Le mode de fonctionnement normal ne peut être rétabli qu'au moyen de la même séquence de touches : tenir brièvement la touche VITESSE VERS LE BAS enfoncée, la relâcher et appuyer sur la touche PAUSE. Le tapis roulant reviendra à l'écran de bienvenue.

**CONSERVER CES INSTRUCTIONS POUR LE  
CONSULTER À L'AVENIR.**

# 2 THE DISPLAY CONSOLE AND ACTIVITY ZONE

## 2.1 DISPLAY CONSOLE AND ACTIVITY ZONE OVERVIEW

The computerized display console on the treadmill 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.



**a. Touchscreen Display:** The Touchscreen Display (the LCD screen) allows the user to choose, set up, and monitor a workout.

**b. Activity Zone:** The Activity Zone allows the user to quickly adjust the incline and speed during a workout using the UP and DOWN arrows. The Activity Zone also includes a QUICK START button, and WALK, JOG, and RUN preset buttons. A STOP button is located on top of the Activity Zone. A STOP magnet is located on the bottom of the Activity Zone.

**c. Options Panel:** The Options Panel allows the user to plug in headphones, iPod®, or USB stick.

**d. Control Panel:** The Control Panel allows the user to control workout and media parameters without leaving the Workout Progress screen by pressing illuminated keys.

**e. Data Display:** The Data Display allows the user to view distance, heart rate, and calories burned during the workout.



## 2.2 DISPLAY CONSOLE AND ACTIVITY ZONE DESCRIPTIONS

This section lists and describes the functions for the buttons on the Touchscreen Display on the Life Fitness Treadmill. See Section 4, *The Workouts*, for detailed information on using the console to set up workouts.

### TOUCHSCREEN DISPLAY

The Touchscreen Display, in combination with the illuminated Control Panel keys, allows the user to move from screen to screen by simply touching buttons to access other screens. Among many features, the Touchscreen Display enables users to access:

- 1) **SELECT WORKOUT** — choose a workout.
- 2) **VIRTUAL TRAINER SETUP** — choose a Virtual Trainer for workout motivation.
- 3) **USB PRESET SELECTION** — select a saved preset from a USB stick.
- 4) **WORKOUT SETUP** — enter workout values and goals.
- 5) **WORKOUT PROGRESS** — monitor progress, edit workout goals, and access entertainment.
- 6) **WORKOUT SUMMARY INFORMATION** — view and save workout summary information.
- 7) **MEDIA CENTER** — setup media options (Life Fitness ATTACHABLE TV and iPod).
- 8) **LANGUAGE SELECT** — choose from various available languages.

#### 1) HOME SCREEN



- A. QUICK START:** Press this button to begin a manual workout immediately, bypassing any setup or goal setting. Once started, the user can then make adjustments to the workout. Once the workout is in progress choose **SPEED**, or **INCLINE** to determine the level of intensity, and **ENTER WEIGHT FOR ACCURATE CALORIES** so that **Calories Burned/Calories per Hour** can be computed and displayed. Select the **COOL DOWN** button on the bottom of the screen to enter a cool down phase when ready.
- B. SELECT WORKOUT:** Allows the user to choose from a variety of different workout programs. See Section 4.1, *Workout Overviews*, for a description of each workout.
- C. VIRTUAL TRAINER:** Allows the user to select a male or female trainer to assist during workout setup and provide audible feedback during a workout.
- D. USB:** Allows the user to access previously saved workout setup data, bypassing the workout setup procedure and immediately entering a workout.
- E. SCREEN LOCK/UNLOCK:** (Cannot be used during a workout.) Freezes the screen for the purpose of routine maintenance/screen cleaning. The screen automatically unlocks after ten seconds. Pressing **SCREEN LOCK** a second time will unlock it as well.

**F. LANGUAGE SELECTION:** Allows users to change the language of the interface to one of thirteen possible languages. Select the appropriate language flag from the bottom of the screen.

**G. MORE LANGUAGES:** Select this button to see additional language flags.

See Section 5.2, Configuration Menu, Manager's Configuration 1, *Language*, for language setup details.

## 2) CONTROL PANEL

The Control Panel allows the user to control workout and media parameters without leaving the Workout Progress screen.



**H. ARROW KEYS:** When in the workout phase, the illuminated UP and DOWN arrow keys are used in combination with the Touchscreen Display. These keys allow the user to make changes to a workout goal during the workout setup. Each set of arrow keys controls the goal located directly above it on the Touchscreen Display.

Changeable information (i.e. a workout goal) either appears as a button (Time, Level, Incline, Target Heart Rate\*, and Speed) or is accessible through CHANGE WORKOUT, CHANGE GOAL (Calories, Distance, and for heart rate programs, Time in Zone). Workout statistics are not changeable.

For example, use the illuminated arrow keys under ELAPSED TIME (a workout goal) to change the goal time for the session.

**I. COOL DOWN:** Workout programs end automatically in a cool down phase, which lowers the intensity level. In this phase of a workout the body begins to remove lactic acid and other accumulated by-products of exercise, which build up in muscles during a workout and contribute to muscle soreness.

Press the illuminated key under COOL DOWN to enter the cool down stage at any point during the workout. Each workout's cool down level is automatically adjusted according to the individual user's performance. (Cool down times are pre-set in proportion to the duration of a workout.) The cool down time can be changed by using the corresponding arrow keys on the control panel. At the end of cool down, or after pressing the END WORKOUT key, a workout summary box appears.

**J. PAUSE:** Press the illuminated key below PAUSE to stop the belt and hold the current workout. A RESUME WORKOUT button and EXIT button appear on the Touchscreen. Continue the workout by selecting RESUME WORKOUT or end the workout by selecting EXIT.

**K. MEDIA:** Press the illuminated key next to MEDIA to access the following options: Life Fitness Attachable Television and iPod.

**L. VOLUME:** Volume control for the optional Life Fitness Attachable TV and iPod. Press the illuminated UP and DOWN arrow keys next to the volume icon to adjust volume.

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

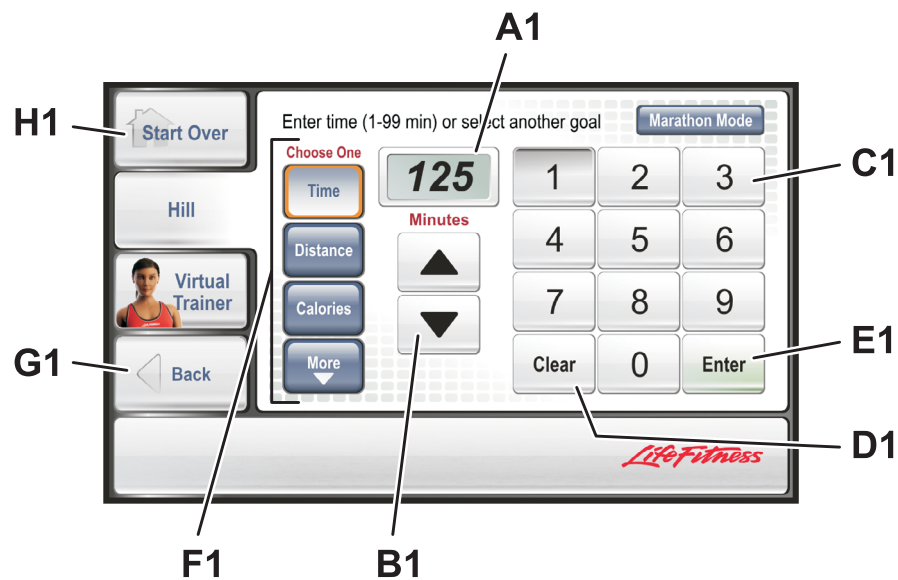
- M.** CH: Channel control for the optional Life Fitness Attachable TV and iPod. Press the illuminated UP and DOWN arrow keys next to the channel icon (ch) to change channel.
- N.** CHANGE VIEW: Press the illuminated key next to CHANGE VIEW to toggle between four landscapes: 400-METER TRACK, CLASSIC PROFILE, MOUNTAIN, and 5K NATURE TRAIL.
- O.** CHANGE WORKOUT: Press the illuminated key next to CHANGE WORKOUT to switch between four categories of workouts.
- P.** VIRTUAL TRAINER: Press the illuminated key next to VIRTUAL TRAINER to turn trainer off.

**NOTE:** Headphones are necessary to access the sound for the optional Life Fitness Attachable TV and iPod. The headphone jack is located on the lower center of the Activity Zone. The jack is a user-replaceable feature. Contact Life Fitness Customer Support Services for more information. (See Base Assembly Manual for contact information.)

### 3) WORKOUT SETUP

Workouts are accessed through the SELECT WORKOUT button. Workouts are located under one of four workout categories: CLASSIC, HEART RATE +, HILL + and ADVANCED. Workout options are listed to the right of each category label. Advancing through the categories will show individual workout descriptions.

WORKOUT SETUP screens are accessed upon selection of a workout program button. They allow the user to enter values or to choose a goal for the workout selected. These depend on the workout, but might include goal type (time, distance, calories, pace, and distance climbed), level, age, weight, distance, speed, incline, and target heart rate\* (for heart rate programs).



- A1.** DATA DISPLAY: Displays the data input and value.
- B1.** ARROW BUTTONS: Use the UP and DOWN arrows to adjust workout values/goals such as length of workout, weight, age, incline, speed, distance, target heart rate, and intensity level. Press ENTER (E1) to record the selection.
- C1.** NUMERIC KEYPAD: Another way for the user to enter workout parameters. Key in the desired number on the keypad and press ENTER (E1).
- D1.** CLEAR: Clears any entry and returns the default setting.
- E1.** ENTER: Press this button after entering a value to register the value and move to the next screen.

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

**F1. GOAL TYPE:** Select a desired workout goal type. Choose from Time, Distance, Calories, Pace, Distance Climbed, Time in Zone or Marathon Mode (if enabled).

**G1. BACK:** Returns to the previous screen.

**H1. START OVER:** Exits workout setup and returns to the Home Screen.

## TYPES OF WORKOUT SETUP SCREENS

### GOAL SETUP SCREENS

- **Goal Type:** The default setting of Goal Type is TIME (length of workout) allowing the user to set a predetermined length of time for the workout.

Users may also choose a more advanced Goal Type such as DISTANCE, CALORIES, PACE, DISTANCE CLIMBED, or TIME IN ZONE (only available for heart rate programs).

For Distance, Calories, Pace, Distance Climbed, and Time in Zone, the length of the workout depends on how long it takes to reach the goal. The workout continues until the goal is met. To exit early, either choose COOL DOWN from the bottom of the display to go immediately into the cool down phase, or choose CHANGE WORKOUT to access a different program. For more information, see Section 4.2, *Using the Workouts, Selecting a Goal Type*.

For information on how to set, and get maximum benefit from, these type of workout goals consult a Personal Trainer. For further information on Zone Training see Section 3.1, *Heart Rate Zone Training*, titled *Why Heart Rate Zone Training Exercise*.

- **Level:** Choose the programmed intensity level of the workout. Levels range from 1 to 20.
- **Incline:** Choose the amount of incline on the treadmill.
- **Speed:** Use to set the striding belt speed of the treadmill.
- **Target Heart Rate\*:** (heart rate workouts only) Gives a recommended heart rate according to age. For **Fat Burn**, the target heart rate is computed at 65% of the theoretical maximum<sup>†</sup> heart rate. For **Cardio**, the target heart rate is computed at 80%. For more information on Target Heart Rate, see Section 3, *Heart Rate Zone Training Exercise*.

### VALUE SETUP SCREENS

- **Weight:** Entering an accurate weight allows calories to be calculated, and enables Calories Burned and Calories per Hour.
- **Age:** Allows heart rate programs to accurately determine target heart rate.
- **Gender:** Used in the fit test prediction equation and associated fitness rating.

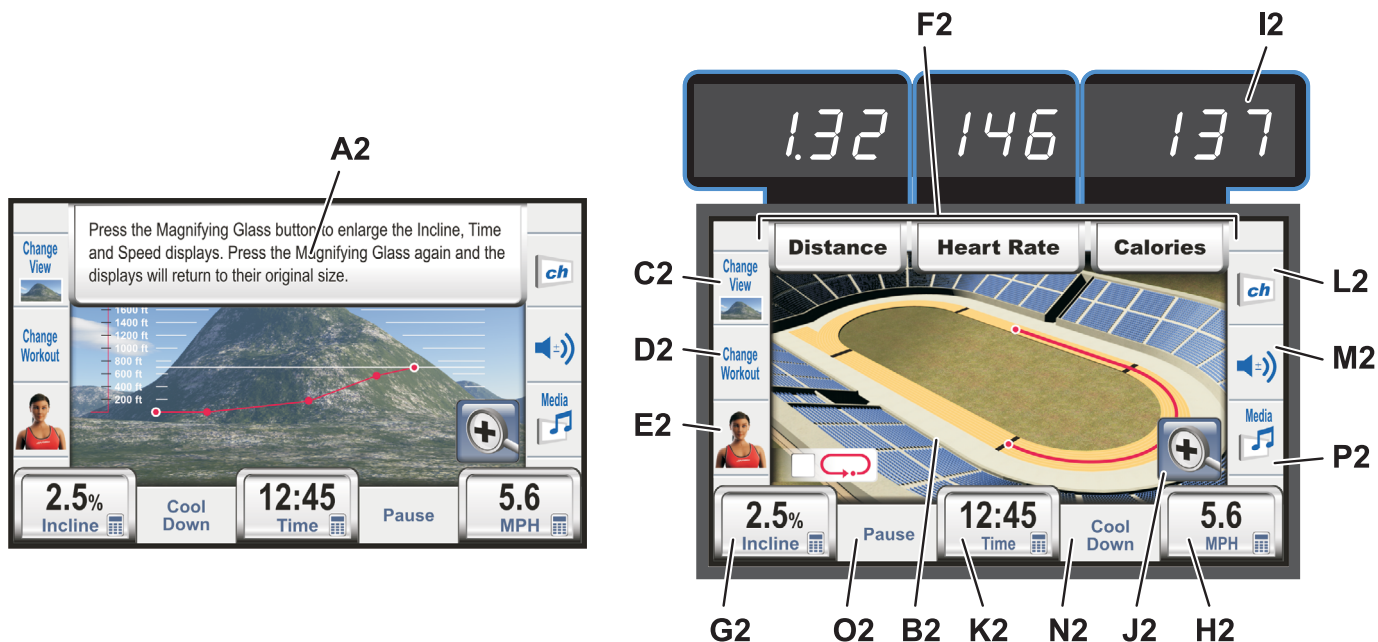
<sup>†</sup> Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.

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

## 4) WORKOUT PROGRESS

The Workout Progress Screen opens automatically upon completion of the workout setup, signaling the user to start the workout. This screen allows the user to monitor the progress of the workout. It provides a visual representation of the workout as it proceeds and monitors distance, pace, elapsed time, heart rate, incline, speed, and calories expended/calories per hour.

From the Workout Progress Screen, goals including Time, Incline, Speed and Target Heart Rate\* (for heart rate programs) can be changed at any point during the workout. Not every goal item is available in every workout. Only valid goal times are shown and accessible in the workout progress screen during a workout. This screen also allows access to the media center.



**A2. MESSAGE AREA:** Shows the user the workout type, prompts the user for needed information, and explains concepts.

**B2. WORKOUT PROFILE WINDOW:** This window displays workout progress using one of four workout landscapes.

**C2. CHANGE VIEW:** This button allows the user to toggle between four workout landscapes: 400-METER TRACK, CLASSIC PROFILE, MOUNTAIN, and 5K NATURE TRAIL. These can be toggled between at will without losing workout progress information.

**D2. CHANGE WORKOUT:** Choose this button to go back to the workout selection screen and SELECT WORKOUT. To change workouts, choose the new program, enter any remaining values, and press ENTER.

**E2. VIRTUAL TRAINER:** Choose this button to enable or disable the VIRTUAL TRAINER.

### F2. GOAL DISPLAYS

**HEART RATE:** (Replaces level on heart rate workouts only.) Displays the target heart rate\* the user has specified in the workout setup screens. Can be changed anytime during a workout, by touching the HEART RATE button on the Touchscreen, and accessing the Target Heart Rate Workout Setup Screen.

**ACTUAL HEART RATE:** Displays the heart rate if the user grasps the Lifepulse sensors or wears a Polar-compatible heart rate chest strap. **NOTE:** Heart rate can be checked on any of the screens, whether before a workout begins, or during a workout.

**DISTANCE:** Displays the accumulated distance traveled or distance climbed during a workout.

**CALORIES/CALORIES PER HOUR/PACE:** Displays the accumulated calories burned, calories burned per hour, and the striding pace.

**G2. % INCLINE:** Press this button to increase or decrease the incline of the treadmill deck. Use the illuminated ARROW KEYS on the Control Panel directly below % INCLINE to make changes without leaving the Workout Progress Screen.

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

- H2. SPEED:** Press this button to increase or decrease the striding belt speed. Use the illuminated ARROW KEYS on the Control Panel directly below SPEED to make changes without leaving the Workout Progress Screen.
- I2. WORKOUT STATISTICS:** Continually updates workout progress by showing Distance, Pace in minutes per mile/kilometer, Calories Expended/Calories per Hour, Target Heart Rate (for heart rate programs), Heart Rate (on any workout if the user is grasping the Lifepulse sensors or wearing a telemetry strap), and Time in Zone (if selected as a workout goal).
- Cal/Hr has a button above the display which give added functionality. This button can be used to lock the display or to force the display to toggle. To lock the display, (for instance, turn off the toggle so only calories burned is displayed) simply press the button once while the desired setting is displayed. To toggle press the button twice in succession.
- J2. ZOOM:** Select this button to view Incline, Time and Speed in a large, easy-to-read display. The workout profile is not viewable while ZOOM mode is active.
- K2. TIME DISPLAY/ELAPSED TIME:** Select this button to view the time of day, change the length of the workout, or to choose a different view for time. To change workout length, select ELAPSED TIME, use the arrow buttons or the numerical keypad to adjust the time, and then select ENTER. To change the time view, select ELAPSED TIME, choose a different time view (REMAINING TIME or HIDDEN TIME) and press ENTER.
- To change the length of a workout without leaving the Workout Progress Screen, use the illuminated ARROW KEYS on the Control Panel directly underneath ELAPSED TIME.
- NOTE:** Changing the length of a workout by using the TIME ELAPSED button has no effect on the time elapsed, which is an ongoing measurement of the time already spent in a workout.
- L2. CHANNEL (ch):** Channel icon for the optional Life Fitness Attachable TV and iPod. Press the illuminated ARROW KEYS next to the channel icon (ch) to change channel.
- M2. VOLUME:** Volume icon for the optional Life Fitness TV and iPod. Press the illuminated ARROW KEYS next to this icon to adjust volume.
- N2. COOL DOWN:** Workout programs end automatically in a cool down phase, which lowers the intensity level. In this phase of a workout the body begins to remove lactic acid and other accumulated by-products of exercise, which build up in muscles during a workout and contribute to muscle soreness.
- Press the COOL DOWN key to enter the cool down stage at any point during the workout. Each workout's cool down level is automatically adjusted according to the individual user's performance. (Cool down times are preset in proportion to the duration of a workout.) The cool down time can be changed by using the corresponding arrow keys on the Control Panel. At the end of cool down, a workout summary box appears.
- O2. PAUSE:** Press this key to stop the belt and hold the current workout. A RESUME WORKOUT button and EXIT button appear on the Touchscreen. Continue the workout by selecting RESUME WORKOUT or end the workout by selecting EXIT.
- P2. MEDIA:** Press the MEDIA button to access the following options: Life Fitness Attachable TV and iPod.

Users can access the following TV viewing options:

**CHANNEL CONTROLS:** Use the illuminated UP and DOWN ARROW KEYS on the control panel that are next to the channel select icon on the control panel to change channels.

**NUMERIC KEYPAD:** Use to enter a new channel selection.

**PREVIOUS CHANNEL:** Select this button to change the channel to the immediately previous channel viewed.

**CC (CLOSED CAPTIONING):** Press to activate Closed Captioning.

**SAP (SECONDARY AUDIO PROGRAMMING):** Press to activate Secondary Audio Programming.

**MUTE:** Press to silence the audio of the TV.

**CHANNEL SELECT:** Accesses the Channel Select keypad.

**VOLUME:** Use the UP and DOWN ARROW KEYS on the control panel that are next to the volume icon on the control panel to adjust volume.

Users can access the following iPod options:

**iPod CONTROLS:** If detected, use to access iPod data. Use the controls next to the menu item to navigate categories, songs, movies, etc. Press **SELECT** to accept the highlighted list item.

**HIDE PLAYLIST:** Press this button to hide the iPod playlist to view the workout profile. Hiding the playlist does not turn off the iPod.

**Additional information appearing in the Workout Progress Screen for different workouts:**

**ENTER WEIGHT:** Appears in the Quick Start workout. Choose **ENTER WEIGHT FOR ACCURATE CALORIES** so that Calories Burned/Calories per Hour can be computed and displayed as workout statistics.

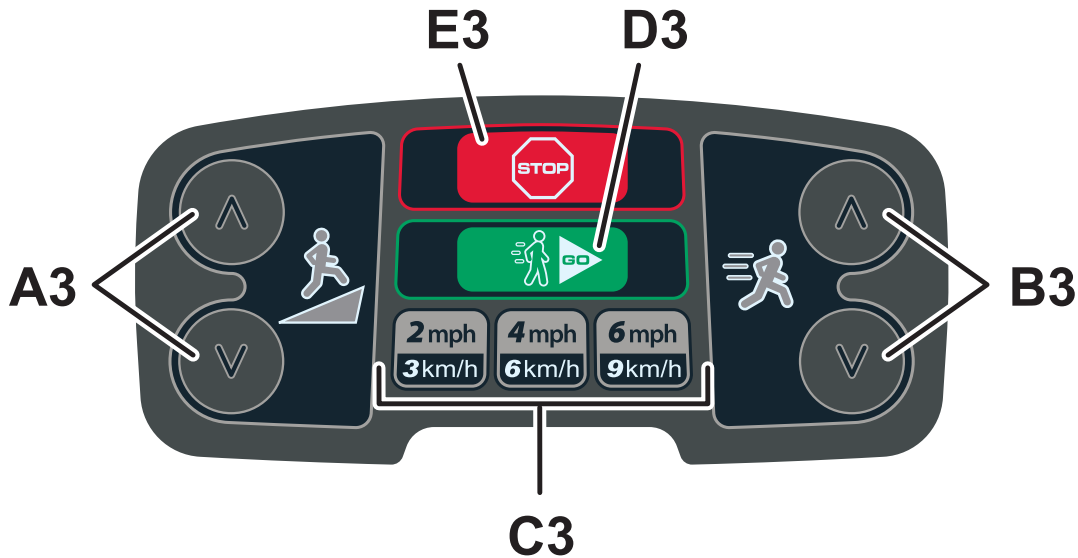
**TIME IN ZONE:** Displays the accumulated time that the heart rate stays within the selected target zone for a Heart Rate Zone Training workout. See Section 3, *Heart Rate Zone Training Exercise*, for more information.

**SPEED INTERVAL:** (Speed Interval workout only.) Allows the user to toggle between a jog and a run speed. See Section 4.3, *Workout Descriptions, Sport Training, Speed Interval*.

**PACE DISPLAY:** Allows the user to track whether his or her pace is ahead, behind or on target with his or her desired pace.

## ACTIVITY ZONE

The Ergo™ bar includes an Activity Zone which allows the user to quickly adjust the incline and speed during a workout. The Activity Zone also includes a QUICK START button, WALK, JOG and RUN preset buttons, and a STOP button.



**A3. INCLINE ARROW KEYS:** Press these keys to increase or decrease the incline of the treadmill.

**B3. SPEED ARROW KEYS:** Press these keys to increase or decrease the speed of the striding belt.

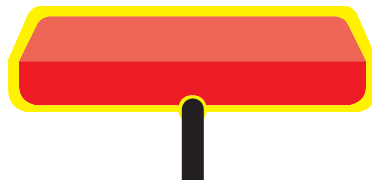
**C3. WALK, JOG, and RUN preset buttons:** Press these buttons to preset a walk (2 mph), jog (4 mph), or run (6 mph) pace.

**D3. QUICK START:** Press this key to begin a manual workout immediately without having to select a workout program. Once the workout begins, use the ARROW KEYS to change the intensity level.

The Life Fitness Treadmill is equipped with a manual emergency stop system. Use either of the two features described below to stop the treadmill immediately.

**E3. A STOP button is located on the top of the ACTIVITY ZONE.** Press the button to stop the striding belt and end the current workout.

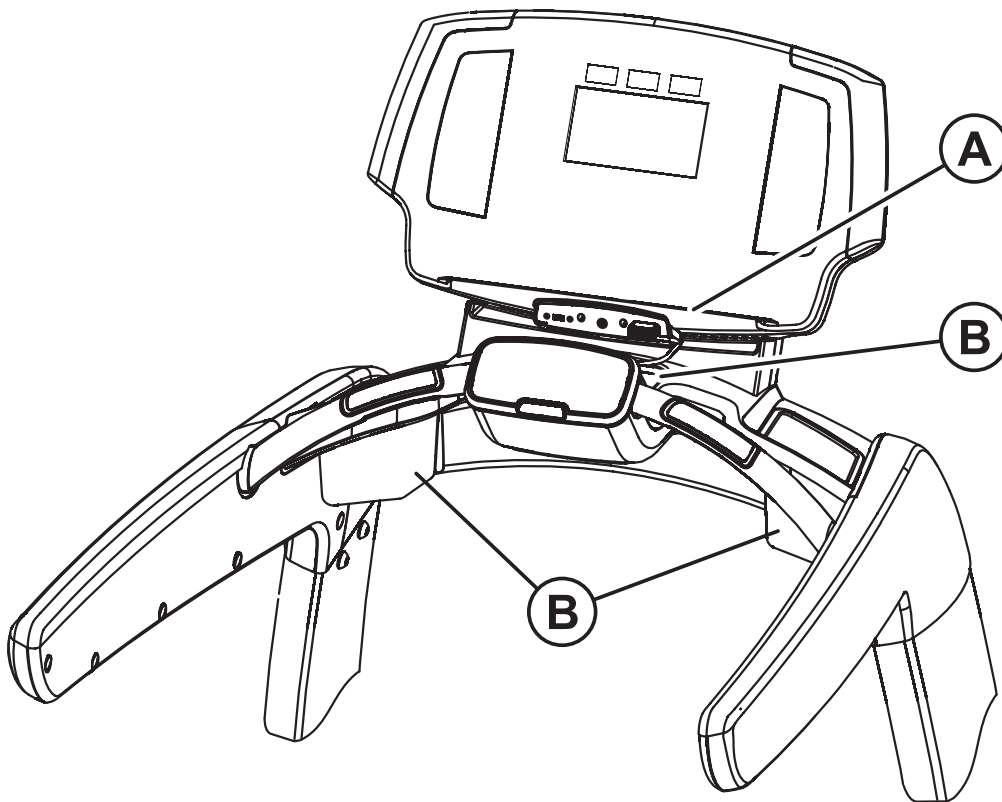
*A STOP magnet is located on the bottom of the ACTIVITY ZONE. A cord with a clip is attached to this magnet. Before starting a workout, attach the clip to clothing. To stop the striding belt on the treadmill, pull the cord, removing the magnet from the ACTIVITY ZONE. Replace the magnet to reset the system.*





## 2.3 READING RACK AND ACCESSORY TRAYS

The display console design includes a built-in reading rack (A) allowing a book or magazine to be supported during the workout. Also included in the display console are three built-in accessory trays (B). Two side trays to accommodate large items such as water bottles and one center tray for smaller items such as personal media devices.



**NOTE:** Since reading materials will be in front of the Touchscreen Display, use care when placing reading materials on the rack, and when turning pages, to ensure that buttons aren't accidentally toggled.

# 3 HEART RATE ZONE TRAINING EXERCISE

## 3.1 WHY HEART RATE ZONE TRAINING EXERCISE?

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

Zone Training identifies an exerciser's ideal heart rate range, or zone, for burning fat or increasing cardiovascular fitness. The zone is a percentage of the theoretical maximum<sup>†</sup> (HRmax), and its value depends on the workout. The Life Fitness Treadmill features five exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training exercise:

- FAT BURN
- HEART RATE HILL
- EXTREME HEART RATE
- CARDIO
- HEART RATE INTERVAL

Each workout offers different benefits, as discussed in Section 4, *The Workouts*.

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

The Heart Rate Zone Training workout programs measure heart rate. Wear the optional telemetry chest strap, or grip the Lifepulse sensors, to enable the treadmill's 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.

To change the target heart rate during a workout, simply enter a new target heart rate by typing in the desired number on the numeric keypad or by pressing the Heart Rate button on the Touchscreen.

To switch between programs during a workout, use the CHANGE WORKOUT button.

ZONE TRAINING		
FAT BURN = LOW INTENSITY		
CARDIO = HIGH INTENSITY		
AGE	65%	80%
10	136	168
20	130	160
30	123	152
40	117	144
50	110	136
60	104	128
70	97	120
80	91	112
90	84	104
100	78	96

SUGGESTED TARGET HEART RATE AS % OF MAX  
ACSM HEART RATE RANGE:  
55% - 90%

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

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

## 3.2 HEART RATE MONITORING

### THE LIFEPUULSE SYSTEM

To use the treadmill's Lifepulse system to check the heart rate during a workout, grasp the stainless steel sensors on the Ergo™ front handlebar. Two sensors are located on each of the handlebars. Contact must be maintained with all four sensors to obtain a heart rate. The console displays a heart rate within 20 to 30 seconds of contact with the sensors.

Do not attempt to grasp the sensors at speeds above walking pace (usually above 4.5 MPH, or 7.2 KPH). For these speeds, the use of a heart rate chest strap is recommended.

### THE OPTIONAL HEART RATE CHEST STRAP

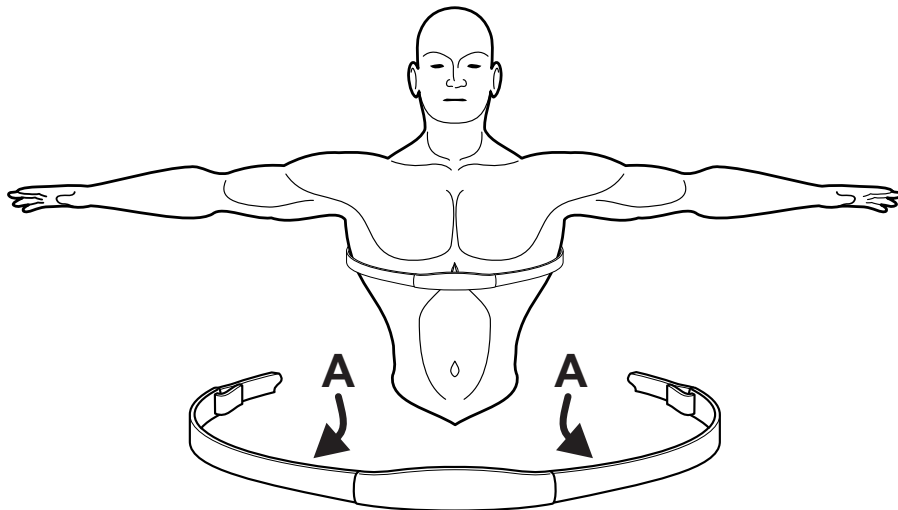
The Life Fitness Treadmill is equipped with Polar® telemetry, a heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals to the treadmill console. These electrodes are attached to a chest strap that the user wears during the workout. The chest strap is optional. To order it, call Life Fitness Customer Support Services at 1-800-351-3737.

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

The transmitter strap delivers an 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 chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and re-moisten them.

During the setup of a heart rate zone training workout, the user will be required to enter a start-up speed. If a heart rate chest strap is not detected, the maximum allowable speed is 4.5 mph. If a heart rate chest strap is detected, the maximum speed is 14 mph.



# 4 THE WORKOUTS

## 4.1 WORKOUT OVERVIEWS

The following workouts are preprogrammed for the Life Fitness Treadmill.

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

**CLASSIC** workouts are workouts in which intensity levels increase and decrease in set patterns. The following workouts may be accessed with this button:

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

**RANDOM** is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.

**HILL** is an interval training workout. Intervals are periods of intense aerobic exercise separated by regular periods of lower-intensity exercise.

**HEART RATE +** workouts are workouts in which intensity levels increase and decrease in set patterns. The following workouts may be accessed with this button:

**FAT BURN** is a low-intensity workout for burning the body's fat reserves. The user wears a heart rate chest strap, or grasps the Lifepulse sensors continuously. The program adjusts the intensity level through changing the incline (elevation), based on the actual heart rate, to maintain the rate at 65 percent of the theoretical maximum<sup>†</sup>.

**CARDIO** is a higher intensity workout for more fit users, emphasizing cardiovascular benefits and maximum fat burning. The user wears a heart rate chest strap, or grasps the Lifepulse sensors continuously. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80 percent of the theoretical maximum<sup>†</sup>.

**HEART RATE HILL** takes the user through three different hills based on the target heart rate\*. The user wears a heart rate chest strap, or grasps the Lifepulse sensors continuously.

**HEART RATE INTERVAL** alternates between a hill and a valley based on the target heart rate\*. The user wears a heart rate chest strap, or grasps the Lifepulse sensors continuously.

**EXTREME HEART RATE** is an intense workout for more experienced users. It is designed to get the heart rate up and down as quickly as possible. The user wears a heart rate chest strap, or grasps the Lifepulse sensors continuously.

**HILL +** are workouts in which intensity levels increase and decrease in set patterns. The following workouts may be accessed with this button:

**AROUND THE WORLD** is an interval-training workout in which the hills resemble scenes of various geographical areas.

**FOOTHILLS** is a rolling hill workout with low intensity levels.

**KILIMANJARO** is a hill workout in which the intensity levels gradually incline toward one ultimate peak and then gradually decline.

**CASCADES** is a two-peak workout in which intensity levels gradually increase and decrease.

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

\* Target Heart Rate (THR) is a percentage of the theoretical maximum (HRmax). A 40-year-old user's recommended THR for the HEART RATE HILL and HEART RATE INTERVAL workouts is 144, or 80 percent of the maximum; so the equation would be  $(220-40) \cdot 80 = 144$ .

**ADVANCED WORKOUTS** are customized workouts designed for the advanced user not used in connection with a personal trainer. These workouts include:

**FIT TESTS** workouts measure cardiovascular fitness and can be used to monitor improvements in endurance every four to six weeks.

#### **FIT TESTS**

**LIFE FITNESS FIT TEST** offers six different workouts to predict cardiovascular fitness compared to other people of the same age and gender.

#### **MILITARY FIT TESTS**

**GERKIN PROTOCOL** is a graded submaximal VO2 test used by the International Association of Fire Fighters to determine fitness for fire department duty.

**PHYSICAL EFFICIENCY BATTERY (PEB)** is used by U.S. Federal Law Enforcement, and the U.S. Federal Bureau of Investigation, and other federal organizations for the hiring and maintenance of federal jobs.

**ARMY PHYSICAL FITNESS TEST (PFT)** is a 2.0 mile physical performance test used to assess muscular endurance and cardiorespiratory fitness.

**NAVY PHYSICAL READINESS TEST (PRT)** is the running portion of the Navy PFT. It is a 1.5 mile 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.

**AIR FORCE PHYSICAL READINESS TEST (PRT)** is a 1.5 mile physical performance test used to assess muscular endurance and cardiorespiratory fitness.

**MARINES PHYSICAL FITNESS TEST (PFT)** is a 3.0 mile physical performance test used to assess muscular endurance and cardiorespiratory fitness.

#### **CREATE YOUR OWN**

**CREATE YOUR OWN** workouts enable the user to design personalized workouts based on **SPEED INTERVAL** or on **HEART RATE INTERVAL**.

#### **SPORT TRAINING**

**SPORT TRAINING (5K)** 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.

**SPORT TRAINING (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 10-kilometer, or 6.2-mile, race.

**SPEED TRAINING** is a Hill workout in which the intensity level alternates between high and low levels very quickly to simulate a typical speed-training workout.

**SPEED INTERVAL** allows the user to toggle between user defined jog and run speeds. The user can toggle the speeds at any time during the workout, or adjust the speeds "on the fly."

## 4.2 USING THE WORKOUTS

Select a workout. See the chart at the beginning of Section 4.3 for an overview of the steps required to set up each workout.

### 1) BEGINNING A WORKOUT

There are three ways to begin a workout: Quick Start, Select Workout (see Section 4.22) and Virtual Trainer (see Section 4.5).

#### SELECTING AND USING QUICK START

**QUICK START** is the fastest way to begin exercising. It bypasses the steps of selecting a specific workout program. On the home screen, press the QUICK START button. The workout begins at an intensity level that remains the same unless manually changed. Choose ENTER WEIGHT FOR ACCURATE CALORIES so Calories Burned/Calories per Hour can be computed and displayed as workout statistics.

### 2) SELECTING A WORKOUT

Press the SELECT WORKOUT button to begin the workout selection process. The touchscreen will bring up the top level workout categories which include CLASSIC, HEART RATE+, HILL +, and ADVANCED. Each workout button includes a listing of workout programs or an easy to understand description of the workout. Once a workout is selected, the corresponding Workout Setup Screens which include goal type (time, distance, calories, pace, and distance climbed), level, age, weight, distance, speed, incline, and target heart rate\* will appear. Press ENTER after each selection to record it. After values are set, the Workout Progress Screen appears and the workout begins.

See Section 4.3 for detailed information on available workouts.

### 3) ENTERING WORKOUT GOALS

#### SELECTING A GOAL TYPE

Goal Type defaults to TIME (length of workout.) When prompted to enter a Goal Time, use the illuminated ARROW KEYS to increase or decrease the displayed time to the desired value, or key in the desired value with the NUMERIC KEYPAD, and press ENTER.

Workouts can be programmed to target advanced goals other than the default time goal:

- DISTANCE
- CALORIES
- PACE
- DISTANCE CLIMBED
- TIME IN ZONE (for heart rate workouts only)

The **Distance Goal** feature is designed to build endurance. The user sets a distance goal during the workout setup. Once the goal is met, the workout automatically goes into a cool down phase and ends afterward. To use this feature:

1. Select a workout.
2. In the Goal Type setup screen, choose DISTANCE, enter the desired distance goal, and select ENTER.
3. Finish the setup steps for the selected workout.
4. Begin the workout.

The **Calories Goal** feature is designed to promote weight loss and weight control. The user sets a calorie goal during the workout setup. Once the goal is met, the workout automatically goes into a cool down phase and ends afterward. To use this feature:

1. Select a workout.
2. In the Goal Time setup screen, choose CALORIES, enter the desired calorie goal, and select ENTER.
3. Finish the setup steps for the selected workout.
4. Begin the workout.

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

The **Pace Goal** feature is designed to allow the user to set the pace of a workout. The user sets a pace goal during the workout setup. Once the goal is met, the workout automatically goes into a cool down phase and ends afterward. A pace readout is displayed at the left of the screen showing numeric feedback regarding the user's progress relating to the selected pace. To use this feature:

1. Select a workout.
2. In the Goal Time setup screen, choose MORE, select PACE, enter the desired pace goal, and select ENTER.
3. For Units, choose either ENGLISH (to set a pace speed in miles/time) or METRIC (to set a pace speed in kilometers/time).
4. Enter the distance and time of the workout.
5. The console will calculate the pace the user must maintain to finish the workout in the desired time.
6. Select ENTER to approve the displayed pace or reenter the chosen time and distance.
7. Begin the workout.

The **Distance Climbed Goal** feature is designed to allow the user to set a distance climbed of a workout. The user sets a distance climbed goal during workout setup. Once the goal is met, the workout automatically goes into a cool down phase and ends afterward. To use this feature:

1. Select a workout.
2. In the Goal Time setup screen, choose MORE, select DISTANCE CLIMBED, enter the desired distance climbed goal, and select ENTER.
3. Finish the setup steps for the selected workout.
4. Begin the workout.

The **Time in Zone Goal** program enhances a workout by setting a certain duration within the target heart rate\* as a workout goal. The program automatically alters the resistance to maintain a pace that will meet that objective within that duration. Once the objective is met, the workout automatically goes into a cool down phase. To use the Time In Zone Goal feature:

1. Select a workout.
2. In the Goal Time setup screen, choose TIME IN ZONE (some workouts require the user to choose the MORE option first), enter the desired amount of time, and select ENTER.
3. Finish the setup steps for the selected workout.
4. Begin the workout.

**NOTE:** Time in Zone is directly correlated to fitness level. Since the program will continue to increase resistance until the goal is met, it may be wise to start low and work towards a higher goal. Choose COOL DOWN at any time, to exit the workout and immediately enter a cool down phase. For help setting TIME IN ZONE goals, consult a personal trainer. For more information on Heart Rate Zone Training, see Section 3.1, *Why Heart Rate Zone Training?*

## INTENSITY LEVEL

The Life Fitness Treadmill provides several different ways to adjust the intensity level of an workout. Press the INCLINE button on the Workout Progress Screen to use the NUMERIC KEYPAD to enter the desired level and the press ENTER. Adjust the level as needed or desired during the workout by pressing the illuminated ARROW KEYS on the Control Panel under the INCLINE button.

Intensity level: The Life Fitness Treadmill provides a selection of 20 intensity levels. Each level represents a range of incline percentages. (See Section 4.4 *Maximizing Workouts on a Life Fitness Treadmill* for a chart showing all 20 levels.) The Workout Profile Window displays the levels of intensity in a workout-in-progress as proportional columns. The height of the column furthest to the left is proportional to the current level of intensity. Selecting a low intensity level at first is recommended. As physical conditioning improves, the levels can increase.

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

## TARGET HEART RATE

Target heart rate: Programs that calculate a target heart rate\* base this number on the age of the user and the type of workout. The user accepts or adjusts the rate when setting up the workout. During the workout itself, the program reads the heart rate, which is transmitted via the Polar heart rate chest strap or the Lifepulse system sensors; and it uses this data to adjust the resistance. Manually raising the rate, by pressing the HEART RATE button on the CONTROL PANEL and typing the desired number with the NUMERIC KEYPAD, increases the intensity of the cardiovascular exercise.

### 4) ENTERING WORKOUT VALUES

**AGE:** When prompted to enter Age, use the illuminated ARROW KEYS to increase or decrease the displayed age to the correct value, or key in the correct value with the NUMERIC KEYPAD, and press ENTER.

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

**WEIGHT:** Select weight and press ENTER. Entering an accurate weight allows for a more accurate calorie calculation.

**GENDER:** Select gender and press enter. (Used in the fit test prediction equation and associated fitness rating.)

### 5) USING MARATHON MODE

If Marathon Mode is enabled, a Marathon Mode button will appear in the time entry screen when configuring a workout. Selecting Marathon Mode sets the workout to an unlimited time workout. The workout can then be ended only by the user or one of the emergency stop systems.

Within a workout, Marathon Mode can be changed by pressing the Time Key. Pressing the Time Key makes it possible to set a time goal as long as it's not less than the time already spent in the workout. A new time goal must be set and entered to override Marathon Mode

### 6) CHANGING/ENDING A WORKOUT

#### SWITCHING WORKOUTS "ON-THE-FLY"

It is possible during a workout, to switch to another workout program. After a switch, the console retains all the progress information about the workout since its beginning. To change workouts "on the fly," simply press CHANGE WORKOUT and then choose a new workout. To switch to a new workout, and restart the progress information, choose CHANGE WORKOUT and then RESET.

#### PAUSING WORKOUTS

Press the PAUSE key to stop the belt and hold the current workout. A RESUME WORKOUT button and EXIT button appear on the Touchscreen. Continue the workout by selecting RESUME WORKOUT or end the workout by selecting EXIT. The pause duration defaults to 1 minute (configurable by the manager), after which, the console returns to the Home Screen. A workout can also be paused by using ZEROOUT speed control. If, during a workout, a user decreases the speed to the minimum and continues to hold the DECREASE SPEED ARROW, the speed falls to 0 (zero) MPH, which is pause mode. The minimum speed is 0.5 MPH, unless changed in the Manager's Configuration. See section 5.3, *Manager's Configuration Setting 1*, for more information.

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

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



## **ENDING WORKOUTS EARLY**

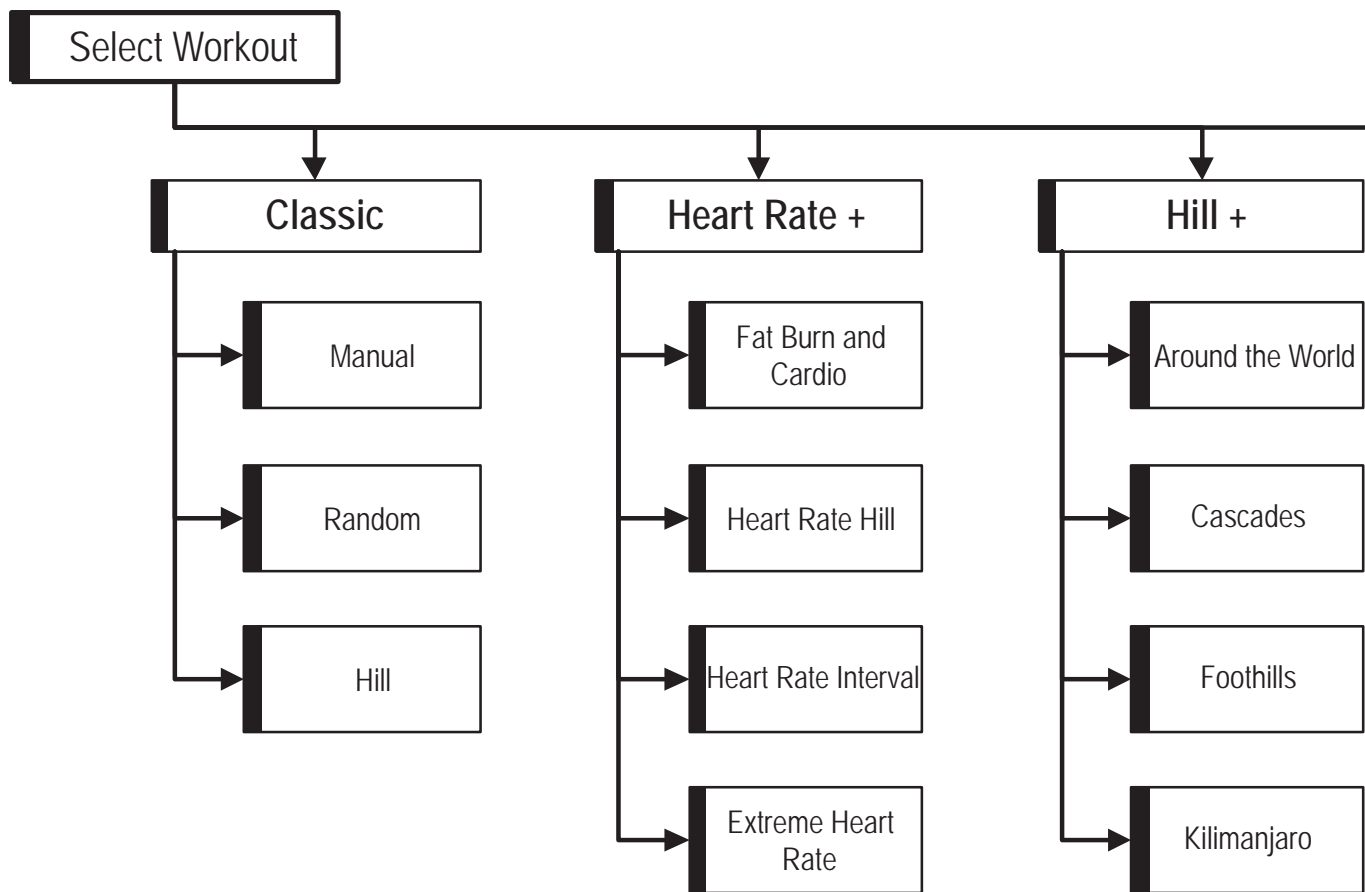
To end a workout early, press COOL DOWN on the Control Panel. The COOL DOWN button changes into an END WORKOUT button. A user can stop a workout by pushing the END WORKOUT button; otherwise the cool down phase will automatically begin. The program will designate a cool down time period in proportion to the amount of time spent in the workout. Upon completion of cool down, a workout summary will appear, which includes the distance travelled, the total calories burned, average heart rate, average pace, and elapsed time. To exit the workout without a cool down, press the STOP button or select CHANGE WORKOUT, and then RESET.

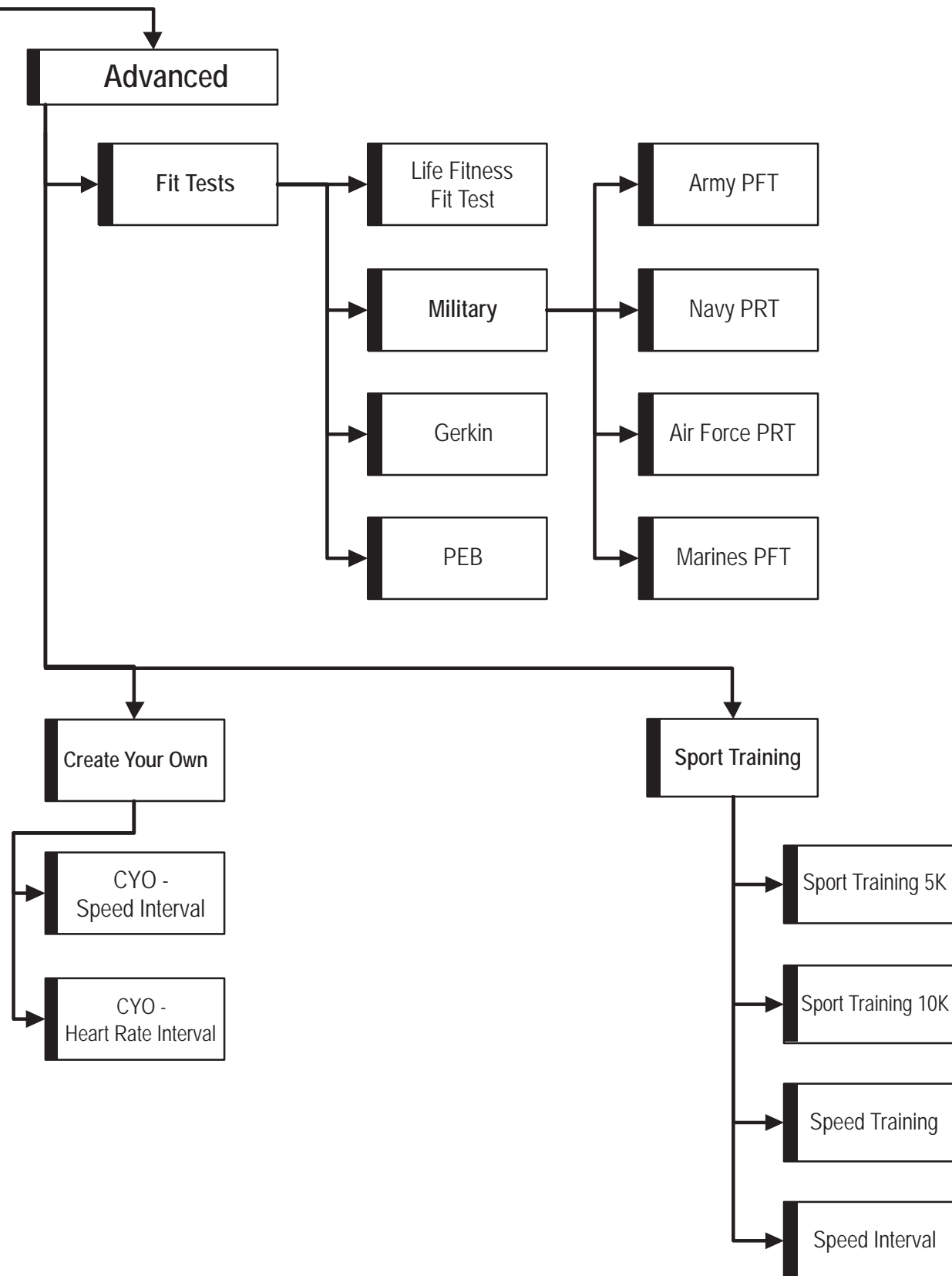
## **WORKOUT SUMMARY**

Upon ending a workout, a workout summary will appear. The following information is displayed: Average Speed, Distance, Calories Burned, Average Heart Rate, and Elapsed Time. Users have the following three options regarding the workout summary: save the data to a USB stick for preset workouts and workout tracking by SELECTING USB; leave the workout summary by selecting EXIT; or increase the time the summary is shown on screen by selecting MORE TIME. The duration of the Workout Summary screen defaults to one minute.

## 4.3 WORKOUT DESCRIPTIONS

### WORKOUT HIERARCHY





# WORKOUT DESCRIPTIONS

## QUICK START

**QUICK START** is the fastest way to begin exercising, and it bypasses the specific steps of selecting a specific workout program. After the **QUICK START** button (Touchscreen Display) or key (Activity Zone) is pressed, a **MANUAL** workout begins. For Calories Burned/Calories per Hour to be computed and displayed during a workout, select the **ENTER WEIGHT FOR ACCURATE CALORIES** button which is required to calculate these values.

The speed is set to the minimum level. To change the speed and stay in the Workout Progress Screen, press the illuminated **ARROW KEYS** on the Control Panel, corresponding to the **SPEED** button. Speed can also be changed by touching the **SPEED** button on the Touchscreen Display, which accesses the **NUMERIC KEYPAD**.

The incline level is set to zero by default. To change the incline and stay in the Workout Progress Screen, press the illuminated **ARROW KEYS** on the Control Panel, corresponding to the **INCLINE** button. Incline can also be changed by touching the **INCLINE** button on the Touchscreen Display which accesses the **NUMERIC KEYPAD**.

## CLASSIC WORKOUTS

### MANUAL

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

### RANDOM

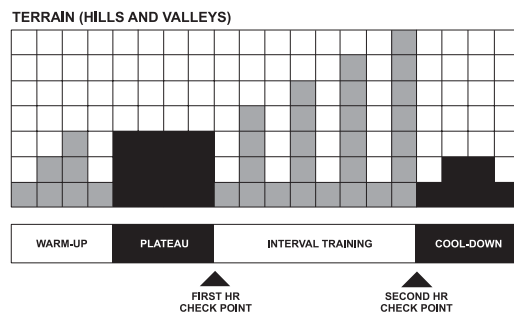
The **RANDOM** program creates a terrain of hills and valleys that varies with each workout. More than one million different patterns are possible.

### HILL

The Life Fitness-patented **HILL** workout offers a variety of configurations for interval training. Intervals are periods of intense cardiovascular exercise separated by regular periods of lower-intensity exercise. The **CLASSIC PROFILE WINDOW** represents these high and low intervals as columns of light, which together have the appearance of hills and valleys. The computerized interval training workout has been scientifically demonstrated to promote greater cardiorespiratory improvement than steady-pace training.

The **HILL** workout goes through four phases, each marked by different intensity levels. The **CLASSIC PROFILE WINDOW** displays the progress of these phases. As noted in the descriptions below, the heart rate should be measured at two stages in the workout to gauge its effectiveness. Wear the chest strap or continuously grip the Lifepulse handles. The Message Area does not display a request for a heart rate measurement, as it does with **CARDIO**, **FAT BURN** and the **HEART RATE ZONE TRAINING** programs.

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



Each column, as seen in the **CLASSIC PROFILE WINDOW** and the chart above, represents one interval. The overall duration of the workout determines the length of each interval. Each workout is made up of 20 intervals, so the duration of each interval is equal to the duration of the entire workout divided by 20.

**1 to 9 minutes:** A workout with a duration of less than 10 minutes is insufficient for the **HILL** program to complete all four phases adequately. The program, therefore, condenses a workout of this duration at various stages.

**10 to 19 minutes:** The interval durations initially are set at 30 seconds for a 10-minute workout. For every minute over 10, each interval increases by three seconds. A 15-minute workout consists of 20 intervals at 45 seconds each.

**20 to 99 minutes:** All intervals last 60 seconds. If the user adds minutes to the pre-set duration while the workout is in progress, the program adds hills and valleys that are identical to the first eight intervals of the Interval Training phase. This pattern repeats until the workout is completed.

## HEART RATE + WORKOUTS

### FAT BURN

The **FAT BURN** workout is designed to maintain a user's heart rate at 65 percent of the theoretical maximum<sup>†</sup> (HRmax). Throughout the workout, the user wears a chest strap or grasps the Lifepulse sensors. If the user is not wearing a chest strap, the **WORKOUT PROGRESS SCREEN** displays a heart shape, and the Message Area prompts the user to grasp the sensors. The console continuously monitors and displays the heart rate, adjusting the intensity level of the treadmill to reach and maintain the target\* (See note below). This workout uses the body's fat stores and carbohydrates as sources of fuel. A high percentage of total expended energy is from fat.

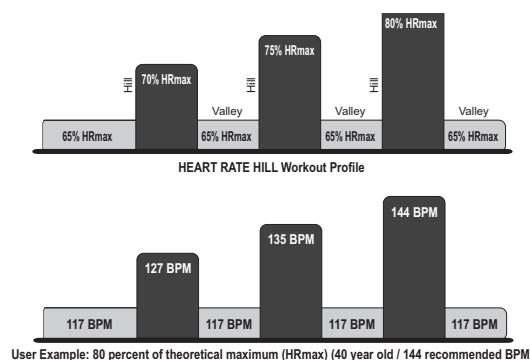
### CARDIO

The **CARDIO** workout is virtually identical to **FAT BURN**; however the target heart rate\* is calculated at 80 percent of the theoretical maximum and more calories from fat are burned in this workout. The user wears a chest strap or grips the Lifepulse system sensors. The higher target promotes cardiovascular improvement by placing a heavier workload on the heart muscle.

**NOTE:** The intensity level is changed by incline. Speed can be only changed by the user. Change the target heart rate at any time by using the arrow keys under the THR, or by touching the THR button to access the Target Heart Rate Workout Setup Screen.

### HEART RATE HILL

This program combines the **CLASSIC HILL** workout profile with the concept of Heart Rate Zone Training. The default target heart rate\* is calculated as 80 percent of the theoretical maximum<sup>†</sup> (HRmax), but the user can adjust the target rate during the workout setup. All hills and valleys are percentages of HRmax. The workout consists of three hills that target three heart rate goals: The first hill brings the heart rate to 70 percent of HRmax. The second hill increases the rate to 75 percent of HRmax. The third hill matches the Target Heart Rate bringing the heart rate to 80 percent of HRmax. The valley always is defined as 65 percent of HRmax.



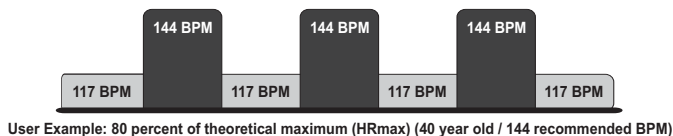
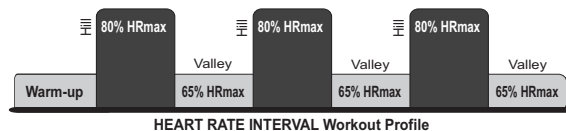
After a standard three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the user reaches 70 percent of HRmax, the hill continues for one minute. When the minute expires, the level decreases into a valley. Once the user's heart rate falls to 65 percent of HRmax, the valley continues for one minute. Then, the next hill begins with its corresponding heart rate goal. After the user completes the third hill/valley pair, the program returns to the first hill and repeats the cycle as long as the duration allows. At the end of the duration, the workout goes into a cool-down phase. If the heart rate goes above the theoretical maximum for more than 45 seconds, the treadmill automatically goes into pause mode. If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.

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

\* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be  $(220-40) \cdot 65 = 117$ . For the **CARDIO** and **HEART RATE HILL** workouts it is 144, or 80 percent of the maximum; so the equation would be  $(220-40) \cdot 80 = 144$ .

## HEART RATE INTERVAL

This workout combines the **CLASSIC HILL** workout profile with the concept of Heart Rate Zone Training. The default target heart rate\* is calculated as 80 percent of the theoretical maximum† (HRmax), but the user can adjust the target rate during the workout setup. The workout alternates between a hill, which brings the heart rate up to the target rate of 80 percent of HRmax, and a valley, which brings the heart rate down to 65 percent of HRmax. After a standard three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the goal is reached, the hill continues for three minutes. Then, the level decreases into a valley. Once the 65 percent of HRmax goal is reached, the valley continues for three minutes, after which the next hill begins. The user's fitness level determines the number of hills and valleys encountered within the duration. At the end of the duration, the workout goes into a cool-down phase. If the heart rate goes above the theoretical maximum† for more than 45 seconds, the treadmill automatically goes into pause mode. If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.

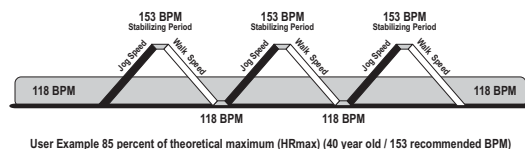
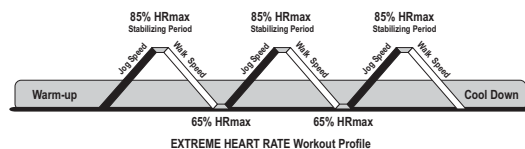


## EXTREME HEART RATE

This workout is designed to help more experienced users to break through fitness improvement plateaus. The workout alternates between two target heart rates\*\* as quickly as possible. The effect is similar to that of running sprints. The user must wear a chest strap or grip the Lifepulse sensors throughout the workout.

**NOTE:** It is recommended that users who run at speeds faster than 4.5 MPH wear the chest strap and do not use the Lifepulse sensors.

When setting up the workout, the user enters a target heart rate and selects a walk speed and a jog speed. After a standard three-minute warm-up, the treadmill accelerates to the jog speed, and the incline increases, until the user reaches the target heart rate goal of 85 percent of the theoretical maximum† (HRmax). That target rate is maintained for a stabilizing period. Then, the incline is reduced to 0 percent, and the treadmill slows to the walk speed. When the heart rate falls to the 65 percent of HRmax goal, it is maintained there for a stabilizing period. The program repeats the alternating of speeds and incline levels, continuing this pattern throughout the duration.



If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.

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

\* Target Heart Rate (THR) is a percentage of the theoretical maximum (HRmax). A 40-year-old user's recommended THR for the **Heart Rate Interval** workout is 144, or 80 percent of the maximum; so the equation would be  $(220-40) \cdot 80 = 144$ .

\*\* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **Extreme Heart Rate** workout is 153. The workout program targets a standard 85 percent of the maximum, so the equation would be  $(220-40) \cdot 85 = 153$ .

## HILL + WORKOUTS

The Life Fitness patented **HILL +** workouts give even more ways to vary interval training. Based on the same principles as the CLASSIC HILL workout, Hill + workouts are customized to resemble different locations/training scenarios to add variety and challenge to Hill workouts.

The **AROUND THE WORLD** workout is an interval-training workout in which the hills resemble scenes of various geographical areas.

The **CASCADES** workout is a two-peak workout in which intensity levels gradually increase and decrease.

The **FOOTHILLS** workout is a rolling hill workout with low intensity levels.

The **KILIMINAJARO** workout is a hill workout in which the intensity levels gradually incline toward one ultimate peak and then gradually decline.

## ADVANCED WORKOUTS

### FIT TESTS

#### LIFE FITNESS FIT TEST

The treadmill Life Fitness Fit Test program is another exclusive feature of this versatile treadmill. The Fit Test workout calculates cardiovascular fitness and can be used to monitor improvements in endurance every four to six weeks. The user must grasp the hand sensors (if equipped) when prompted or wear a heart rate chest strap, as the test score calculation is based on a heart rate reading. The workout duration will be five minutes at a 5% incline. Immediately afterward, the console will take the user's heart rate reading, calculate a fitness score, and display the score in the Message Area.

The Fit Test is considered to be a submax VO<sub>2</sub> (volume of oxygen) test. It gauges how well the heart supplies oxygenated blood to the exercising muscles, and how efficiently those muscles receive oxygen from the blood. Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity.

To set up the Fit Test:

Choose **ADVANCED, FIT TESTS, LIFE FITNESS FIT TEST.**

Go through the setup screens for the Fit Test, including Weight, Age and Gender. Press **ENTER** after each selection to record the entry. (Gender does not require selecting Enter afterwards.)

The setup screen for Speed will appear. (**ENTER SPEED: 2-4.5 mph**). Consult the following recommended fit test level chart for an appropriate effort level based on age, gender and activity level. Press **ENTER** after the selection.

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

#### FIT TEST PROGRAM SUGGESTED EXERTION LEVELS

	Inactive	Active	Very Active
Treadmill Fit Test Level	2-3 mph	3-4 mph	3.5-4.5 mph
	3.2-4.8 kph	4.8-6.4 kph	5.6-7.2 kph

**NOTE:** Treadmill will incline to 5% after a one minute warm-up.

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 (220-age). Within each suggested range, these additional guidelines can be used:

Lower Half of Range	Upper Half of Range
higher age	lower age
lower weight	higher weight*
shorter	taller

\* In cases of excessive weight, use lower half of range.

The computer will not accept:

- heart rates less than 52 or greater than 200 beats per minute
- body weights less than 75 pounds (34 kg) or greater than 400 pounds (181 kg)
- ages below 10 or over 99 years
- data input that exceeds human potential

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

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

- amount of sleep the previous night (at least seven hours is recommended)
- time of day
- time of last meal (two to four hours after the last meal is recommended)
- time since last beverage containing caffeine or alcohol, or cigarette (at least four hours is recommended)
- time since last exercised (at least six hours is recommended)

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

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

The tables below list fit test results.

#### RELATIVE FITNESS CLASSIFICATION FOR MEN

Men	Estimated VO2 Max (ml/kg/min) Per Age Category				
<i>Rating</i>	<i>20-29</i>	<i>30-39</i>	<i>40-49</i>	<i>50-59</i>	<i>60+</i>
<b>ELITE</b>	<b>52+</b>	<b>51+</b>	<b>48+</b>	<b>45+</b>	<b>42+</b>
Excellent	50-51	48-50	46-47	42-44	39-41
Very Good	47-49	45-47	43-45	40-41	36-38
Above Average	44-46	42-44	40-42	37-39	33-35
<b>AVERAGE</b>	<b>41-43</b>	<b>39-41</b>	<b>37-39</b>	<b>34-36</b>	<b>30-32</b>
Below Average	38-40	36-38	34-36	31-33	27-29
Low	35-37	33-35	31-33	28-30	24-26
Very Low	<35	<33	<31	<28	<24



## RELATIVE FITNESS CLASSIFICATION FOR WOMEN

Women	Estimated VO2 Max (ml/kg/min) Per Age Category				
	20-29	30-39	40-49	50-59	60+
<b>Rating</b>					
Elite	44+	42+	39+	35+	34+
Excellent	42-43	40-41	37-38	33-34	32-33
Very Good	39-41	37-39	35-36	31-32	30-31
Above Average	37-38	35-36	32-34	29-30	28-29
Average	34-36	32-34	30-31	27-28	25-27
Below Average	31-33	29-31	27-29	25-26	23-24
Low	28-30	27-28	25-26	22-24	20-22
Very Low	<28	<27	<25	<22	<20

Life Fitness developed this rating scale based on VO2 max percentile distributions referenced in *American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription"* (6th Ed. 2000). It is designed to provide a qualitative description of a user's VO2 max estimation, and a means of assessing initial fitness level and tracking improvement.

### MILITARY

When enabled the Life Fitness Treadmill features additional fitness tests based upon specific predefined protocols. (See Section 5.1 Manager's Configuration, *Fit Tests*, for information on how to enable these tests.)

#### **ARMY PFT:** 2.0 miles

The U.S. Army Physical Fitness Test is a physical performance test used to assess muscular endurance and cardiorespiratory fitness.

#### **NAVY PRT:** 1.5 miles

The running portion of the U.S. Navy Physical Readiness Test is a 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.

#### **MARINES PFT:** 3.0 miles

The U.S. Marines Physical Fitness Test is a physical performance test used to assess muscular endurance and cardiorespiratory fitness.

#### **AIR FORCE PRT:** 1.5 miles

The U.S. Air Force Physical Readiness Test is a physical performance test used to assess muscular endurance and cardiorespiratory fitness.

#### **GERKIN:** Submaximal VO2

The Gerkin Protocol is a graded submaximal VO2 test by the International Association of Fire Fighters to determine fitness for fire department safety.

#### **PHYSICAL EFFICIENCY BATTERY:** 1.5 miles

The Physical Efficiency Battery 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.

Scores for these tests are based on finishing time, age, and gender.

To set up one of these tests, select **ADVANCED** workouts, **FIT TESTS**, **MILITARY** and choose the desired test. Then, press **ENTER**. If the selected test is either the **NAVY** or **MARINES** test, the MESSAGE CENTER displays a question as to whether the test is taking place below a certain altitude. For the **NAVY** test, the altitude is 5,000 feet above sea level; and for the **MARINES** test, the altitude is 4,500 feet above sea level. Using the **ARROW KEYS**, select the answer "ABOVE 5,000 FEET"(**NAVY**) / "ABOVE 4,500 FEET"(**MARINES**) or "BELOW 5,000 FEET"(**NAVY**) / "BELOW 4,500 FEET"(**MARINES**) by toggling between these words displayed in the MESSAGE CENTER. Press **ENTER**.

At the MESSAGE CENTER prompts, enter the weight, age, gender, and desired speed, using the ARROW KEYS or the NUMERIC KEYPAD. Press ENTER after each entry. Then, begin the workout. To ensure an accurate test score, do not change these entries once the workout begins.

For all FITNESS TESTS except **GERKIN**, after the distance goal is reached, the workout program goes into a cool-down. The duration of this phase depends on the amount of time taken to complete the test. For less than five minutes, the cool-down is one minute. For five to 15 minutes, the cool-down is three minutes. For longer times, the cool-down is five minutes. The user can abort the Cool Down by pressing the STOP key. After the Cool Down is aborted or completed, the MESSAGE AREA displays the finishing time and a point score for the PEB, Army, Air Force, and Marines tests; or a qualitative score, such as EXCELLENT, for the Navy test.

For the Gerkin test, the time at which the heart rate reached the target heart rate and is maintained for 15 seconds, and a converted VO2 MAX value will be shown in the MESSAGE AREA during the workout summary.

## **SPORT TRAINING**

**SPORT TRAINING (5K)** 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.

**SPORT TRAINING (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 10-kilometer, or 6.2-mile, race.

**SPEED TRAINING** is a Hill workout in which the intensity level alternates between high and low levels very quickly to simulate a typical speed-training workout.

**SPEED INTERVAL** allows the user to toggle between user defined jog and run speeds. The user can toggle the speeds at any time during the workout, or adjust the speeds "on the fly."

## **CREATE YOUR OWN**

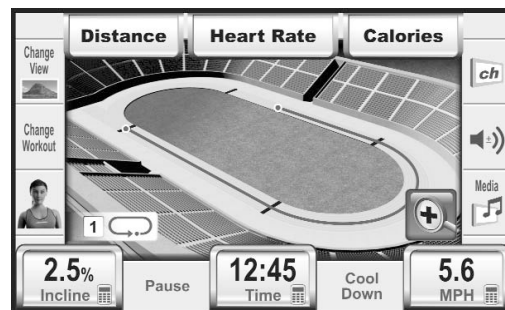
**CREATE YOUR OWN** workouts enable the user to design personalized workouts based on **SPEED INTERVAL** or on **HEART RATE INTERVAL**. **CREATE YOUR OWN WORKOUTS** may be disabled through the manager's configuration screen (See Section 5.2, Configuration Menu, Manager's Configuration 2, *Create Your Own*, for details). Users cannot name and save their workout.

## WORKOUT LANDSCAPE™ PERSPECTIVES

Workout Landscapes provide users with three additional ways to visualize progress through a workout. Users can switch views by pressing the CHANGE VIEW key while in the Workout Progress Screen or by pressing the corresponding illuminated key on the Control Panel.

### 1) 400-METER TRACK (DEFAULT)

The 400-Meter Track appears whenever a workout begins. This Landscape shows the current workout as an indicator line that traces a path around a 400-meter track, marking off 100-meter intervals. Every time the user travels 400 meters, taking the indicator line all the way around the track, the lap counter in the lower left of the profile screen increases by one and the indicator line starts over at the beginning of the track. To return to the 400-Meter Track after selecting a Workout Landscape, touch the CHANGE VIEW button on the Workout Progress Screen and select 400-Meter Track.



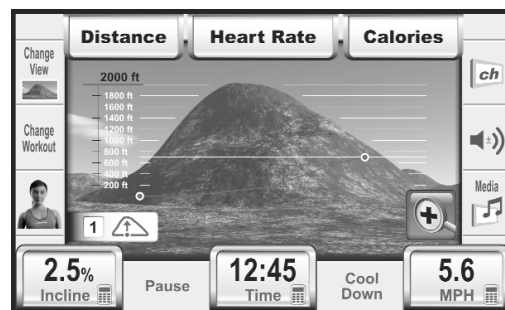
### 2) CLASSIC PROFILE

Switch to the Classic Profile by touching the CHANGE VIEW button on the Workout Progress screen and selecting Classic Profile. This view shows the level of intensity in a workout-in-progress as proportional columns. The height of the column furthest to the left is proportional to the current level of intensity.



### 3) MOUNTAIN

Switch to the Mountain Landscape by touching the CHANGE VIEW button on the Workout Progress Screen and selecting Mountain Landscape. This Landscape shows the current workout as an indicator line that traces a path up the face of a 2,000 foot / 610 meter high mountain. Every time the user climbs the equivalent of 2,000 feet / 610 meters, taking the indicator line to the top of the mountain, the mountain counter in the lower left of the profile screen increases by one and the indicator line starts over at the base of the mountain.



### 4) 5K NATURE TRAIL

Switch to the 5K Nature Trail Landscape by touching the CHANGE VIEW button on the Workout Progress Screen and selecting 5K Nature Trail. This Landscape shows the current workout as an indicator line that traces a path around a 5-kilometer trail, marking off 1-kilometer intervals. Every time the user travels 5 kilometers, taking the indicator line all the way around the trail, the lap counter in the lower left of the profile screen increases by one and the indicator line starts over at the beginning of the trail.



## 4.4 MAXIMIZING WORKOUTS ON A LIFE FITNESS TREADMILL

### SELECTING A LEVEL

The steps for setting up a **CLASSIC HILL**, **CLASSIC RANDOM**, **HILL +**, **SPORT TRAINING 5K**, and **SPORT TRAINING 10K** workout include selecting a level. The word "level" refers to a range of incline percentages. The treadmill features 20 levels, with Level 1 having the lowest average incline grade and Level 20 having the highest.

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

Within each level are seven incline percentages, or hills. During a workout, each hill appears in the CLASSIC PROFILE window as rows of light stacked in a column. The number of lit rows within a column corresponds to an incline percentage. For example, in Level 5, the lowest incline is 0.0 percent and is represented as one lit row. The highest incline, 4.3 percent, is represented by a column with all seven rows lit.

In the **CLASSIC HILL** and **CLASSIC RANDOM** workouts, these varying hills occur for equal durations, as discussed in the **CLASSIC HILL** workout description. When the workout program brings up a new hill, the incline percentage changes automatically to match that hill.

To change levels during a workout, press the illuminated ARROW KEYS on the Control Panel under the INCLINE button.

### COOL DOWN

Life Fitness' unique Cool Down Protocol automatically customizes every cool down based on each user's workout performance. Workout performance factors, such as speed, incline, duration, and heart rate, determine the duration and intensity of the cool down.

## 4.5 ADDITIONAL FEATURES

### AUDIO CUES

Audio Cues alert users to stages of their workout. Note that audio events are disabled while the TV features are in operation. The user may also disable Audio Cues through the Manager's Configuration screen (See Manager's Configuration for details).

- Startup Sound: Plays when a workout begins, such as when the Quick Start key is pushed or the workout timer starts running on any other workout.
- Pause Sound: Plays when a workout is paused and when a paused workout resumes.
- Finish Sound: Plays when a workout enters the cool down phase, when a workout is complete, and when the Workout Summary is displayed.
- Heartbeat Sound: Plays to prompt the user to grasp the contact heart rate sensors.

## **iPOD COMPATIBILITY**

This compatibility makes it possible for iPod users to plug in and charge their iPods and iPod nanos, control their iPod playlists from the console and watch iPod-delivered video on the optional Life Fitness Attachable TV. Users can plug their headphones directly into the equipment console or their iPod while safely storing their player in the iPod holding tray.

## **VIRTUAL TRAINER**

Life Fitness recognized the growing need to provide ongoing workout support for a broader range of exercisers. The 95 Series Treadmills provide exercisers with a unique tool at their fingertips - the Life Fitness Virtual Trainer - to motivate and educate over the duration of their workout.

Created for beginners as well as the frequent fitness equipment user, the Virtual Trainer takes the intimidation out of beginning a new workout and provides ongoing encouragement. With the push of a button, a male or female face appears on the integrated LCD screen and advises the user on every aspect of the workout, from describing workout programs to updates on workout statistics including distance, calories and time. After selecting the desired Virtual Trainer, the Select Workout screen will appear and the user will be taken through the steps in Section 4.22.

## **USB CONNECTIVITY**

Users can create and save workouts and personal settings, such as weight, goals and speed on any USB stick so that they don't have to enter the data again the next time they work out. This feature also enables users to track workout performance by allowing them to save their workout results to the USB stick at the end of the workout.

## **ZOOM FEATURE**

Ability to enlarge the speed, incline and time displays and enables easier workout data viewing.

## **MEDIA CENTER**

Two entertainment options are available through the Media Center: Life Fitness Attachable Television and iPod. Users can control the channels and volume on the Life Fitness Attachable TV as well as access iPod data.

# 5 SYSTEM OPTIONS MENU

## 5.1 USING THE SYSTEM OPTIONS MENU

Users can use the Systems Options feature to change default settings, or to enable or disable certain programs or displays on the treadmill console, and to run systems checks. To enter the Systems Options, press SELECT WORKOUT and then touch the Life Fitness logo in the upper right hand corner of the screen three consecutive times.

### SYSTEM OPTIONS OVERVIEW

#### SYSTEM TEST

Allows technicians to run systems diagnostics.

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

##### SYSTEM TEST MENU 1

System Comm Test  
Motor Modules  
Key Pad Test  
Heart Rate Test  
iPod Test  
Test Engineering

##### SYSTEM TEST MENU 2

Stride Sensor Test *(not available on Home Models)*  
EEPROM Test  
CSafe Network Test  
CSafe Loopback Test

#### INFORMATION

System usage statistics on main motor. Allows authorized personnel to access statistics on machine usage (Statistics and Usage Log). All other information is designed for use by trained Life Fitness service technicians.

Statistics	Date and Time Information
Software Versions	System Errors
Main Motor Information	Maintenance Information
Lift Motor Information	Usage Log
Belt/Deck Information	

#### CONFIGURATION

Allows access to all of the configurable settings of the unit. Configurations which should only be changed by qualified technicians are password protected.

Manager	Create Your Own
Manufacturer (password protected)	Export/Import Settings
Clock	

#### MAINTENANCE

Allows service technicians to submit part replacements. Only for use by qualified service technicians.

Replacing Belt and Deck	Replacing Stop Switch
Replacing Console	Replacing Overlay Bezel
Replacing Motor Controller	Replacing Main Motor
	Replacing Lift Motor

## 5.2 CONFIGURATION MENU

### MANAGER

Allows the user to set unit defaults, configure workout duration, set stand by, and program custom messages. Choosing Manager accesses **Manager's Configuration 1**. The forward button on the bottom right of the screen opens **Manager's Configuration 2**.

**Manager's Configuration 1** accesses defaults for Language, Units (English or Metric), Maximum and Minimum Speed, Workout Duration Configuration, and Stand By Configuration.

**Manager's Configuration 2** accesses defaults for Distance Climbed, Fit Tests, Telemetry, Pause Time, Max % Incline, System Beeps, Stride Sensor, Accel Rate and Decel Rate, Custom Message Setup, Program Timeout, Marathon Mode and Belt Notification Icon.

### TO SET DEFAULTS

Select appropriate buttons to select toggle settings. Use the arrow keys to modify variable default values. Select DEFAULTS to return all values to original factory settings. See chart 5.3 for an overview of adjustable configurations and factory defaults of the Life Fitness Treadmill.

### 1) MANAGER'S CONFIGURATION 1

#### LANGUAGE (DEFAULT: ENGLISH)

To enable the Language option, select the Language button to enter the Language Setup screen. Toggle the mode from DISABLED to ENABLED. The following can be configured:

1. Default language
2. Names of the 13 languages available to the user
3. Order of the language flags appearing on the Home Screen
4. Flag choice representing those languages that may have multiple options

The available language flags appear on the Home Screen. The user must select a language change before beginning a workout. If more than five languages are configured available, a MORE FLAGS button will appear which will open a language selection screen for the user. Upon selecting a language flag, the language will immediately become active and the selection screen will close.

The following languages are available:

English, German, French, Italian, Japanese, Dutch, Spanish, Portuguese, Korean, Russian, Turkish, Traditional Chinese, and Simplified Chinese.

#### UNITS (DEFAULT: ENGLISH)

Toggle the default units displayed between ENGLISH and METRIC. Choose "User Selectable" to allow users to choose desired units on-screen during a workout.

#### WORKOUT DURATION CONFIGURATION (DEFAULT: 60 MINUTES)

**Workout Duration Configuration:** Allows the user to set a maximum workout limit. The default Max Workout Duration is 60 minutes. The time can be modified using the up or down arrow keys.

#### STANDBY CONFIGURATION (DEFAULT: ENABLED)

**Inactivity Timer** — Under Standby Configuration choose INACTIVITY TIMER, then select ENABLED. Set the desired amount of time of inactivity before the system automatically turns the LCD screen backlight off. The LCD screen will illuminate the next time activity is detected. To turn off the Inactivity Timer, choose DISABLED.

### 2) MANAGER'S CONFIGURATION 2

#### ACCELERATION AND DECELERATION RATES (DEFAULT: 3)

These configurations allows for increase or decrease in the amount of time taken to bring the running belt to speed. The rate can be set from 1 to 5 in single digit increments; 1 being the slowest rate (most time taken) and 5 being the fastest rate (shortest time taken). Use the arrow keys to adjust the value.

### **CUSTOM MESSAGE (DEFAULT: ENABLED)**

This configuration allows for a custom message to be displayed across the Home Screen.

**Creating/Changing a Custom Message** — Upon entering the Custom Message Setup screen, a message can be entered using the on-screen keyboard. Use the Shift button to input special characters and capital letters. The message will scroll across the top of the screen as the message is being input, giving real-time feedback.

**Accepting a Custom Message** — To accept the Custom Message, simply select the Main Menu button.

**Erasing a Custom Message** — To erase a Custom Message, enter the Custom Message Setup screen. Select the Clear Message button and then select Main Menu.

### **PROGRAM TIMEOUT (DEFAULT: 60 SECONDS)**

Sets the amount of time the user can go without touching the Touchscreen while setting up their workout, before the console resets back to the Home Screen. Program Timeout can be set from 20 to 255 seconds. The unit default is 60 seconds.

### **CREATE YOUR OWN (DEFAULT: ENABLED)**

The user can enable or disable the Create Your Own workout feature.

### **FIT TESTS (DEFAULT: OFF)**

Choose ON to enable the six additional military fit tests. If Fit Tests are OFF, the only fit test that will appear is the Life Fitness Fit Test.

### **MARATHON MODE (DEFAULT: DISABLED)**

Marathon Mode has no preset or settable goal. It allows the user to workout indefinitely. If enabled, a workout in Marathon Mode ends only if the user chooses to end it or a stop system is activated.

### **AUDIO CUES MANAGER CONFIGURATION**

The Audio Cues Manager Configuration allows the user to enable or disable the Audio Cues feature.

## **4) TOUCH SCREEN CONFIGURATION**

Follow the instructions on the screen to recalibrate the Touchscreen. When finished touch anywhere on the screen to return to the Main Menu.

## **5) EXPORT/IMPORT SETTINGS**

Brings up the Export / Import Settings screen which is used to import or export manager and manufacturer configurable settings. This can be advantageous when many or all optional features are enabled and configured.

To Import or Export Settings: Insert a USB stick into the USB port. Enter the Import/Export Settings through the Configuration Menu. Select "Import Settings to USB" or "Export Settings To USB". Upon notification, remove the USB stick from the USB port.

**NOTE:** It is important to turn the unit off before inserting or removing the USB stick.

**NOTE:** Exported setting information is product specific. Treadmill settings can only be imported into other, same model treadmills. Treadmill settings cannot be used to update settings of any other product.

**NOTE:** This method is not recommended for the setup of the optional Life Fitness Attachable TV.



## 5.3 CONFIGURATION SETTINGS

### MANAGER'S CONFIGURATION 1

SETTING	DEFAULT	DESCRIPTION
LANGUAGE	ENGLISH	The language of the Message Center display. Choices include English, German, French, Italian, Japanese, Dutch, Spanish, Portuguese, Korean, Russian, Turkish, Traditional Chinese and Simplified Chinese.
ENGLISH/METRIC UNITS	ENGLISH	The measurement unit type for weight, distance, and speed.
MAXIMUM SPEED	12.0 (MPH)	This is the fastest speed at which the treadmill can operate.
MINIMUM SPEED	0.5 (MPH)	This is the slowest speed at which the treadmill can operate.
WORKOUT DURATION	60 MINUTES	This feature enables users to set workout duration limits. If the setup is off, no duration limits are set. See the topic Section 5.1, Workout Duration Configuration. The allowed range is 1 to 99 minutes.
STANDBY CONFIGURATION	Enabled	Inactivity Timer: Enables the LCD screen backlight to be turned off due to inactivity. See Section 5.1, Standby Configuration.

### MANAGER'S CONFIGURATION 2

SETTING	DEFAULT	DESCRIPTION
DISTANCE CLIMBED DISPLAY	OFF	The total distance climbed, based on the incline and speed of the treadmill.
FIT TESTS	OFF	Turning Fit Tests off only allows access to the Life Fitness Fit Test. Turning this feature on accesses the other 6 military fitness tests.
SYSTEM BEEPS	ON	Enable/Disable System Beeps.
PAUSE TIME	1 MINUTE	The amount of time the unit can be inactive before it reverts back to the Home Screen. The allowed range is 1 to 99 minutes.
MAXIMUM % INCLINE	15.0	This option changes the maximum incline grade to a value lower than 15 percent.
MARATHON MODE	DISABLED	Enable/Disable Marathon Mode.
TELEMETRY	ENABLED	Switching on the telemetry feature makes it possible to use the Polar®-compatible Heart Rate Zone Training exercise chest strap for monitoring the heart rate.
ACCELERATION RATE	3	The rate at which the treadmill accelerates to the selected speed, ranging from 1 (slowest) to 5 (fastest).
CUSTOM MESSAGE SETUP	ENABLED	See Using the Custom Message Setup in this section.
CREATE YOUR OWN	ENABLED	This feature allows the manager to enable or disable the Create Your Own Workout feature.
STRIDE SENSOR	OFF	This feature is not available on home models.
PROGRAM TIMEOUT	60 Seconds	The amount of time the user can go without touching the Touchscreen during workout setup, before the unit returns to the Home Screen. The allowed range is 20 to 255 seconds.
DECELERATION RATE	3	The rate at which the treadmill decelerates to the selected speed, ranging from 1 (slowest) to 5 (fastest).
BELT NOTIFICATION ICON	OFF	IF ENABLED, This option will alert the user if a belt notification exists.

## 5.4 SPECIFICATIONS

### LIFE FITNESS PLATINUM CLUB SERIES TREADMILL 7" CONSOLE SPECIFICATIONS

Console Option:	7" E <sup>3</sup> Integrated LCD™ System with Touch Screen Technology
Resolution:	800x480
Headphone Jack:	300 milliwatt, 3.5mm Stereo
Control Panel:	Arrow Keys, Cool Down, Pause, Incline, Speed, Media, Volume, Channel, Change View, Change Workout, Virtual Trainer
Touch Screen:	4-Wire Resistive Touch Screen
Touch Screen Display:	Quick Start, Select Workout, Virtual Trainer, USB Preset Selection, Workout Setup, Workout Progress, Workout Summary Information, Media Center, Language Select, Screen Lock/Unlock
Workouts:	Quick Start // Classic: Manual, Random, Hill // Heart Rate +: Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™ // Hill +: Around the World, Foothills, Kilimanjaro, Cascades // Advanced: Fit Tests (Life Fitness, Gerkin Protocol, Physical Efficiency Battery, Army PFT, Navy PRT, Air Force PRT, Marines PFT) // Create Your Own: Create Your Own (Speed Interval and Heart Rate Interval) // Sport Training™: Sport Training (5K), Sport Training™ (10K), Speed Training, Speed Interval
Levels:	20 (Hill, Random, 5K and 10K workouts)
Manager-Defined/ User-Selected Languages:	English, Spanish, Portuguese, Italian, French, German, Dutch, Russian, Chinese (traditional and simplified), Japanese, Turkish, and Korean
Display Readout:	Speed, Incline, Heart Rate, Pace, Elapsed Time, Time Remaining, Time in Zone, Time of Day, Distance, Distance Climbed, Distance Remaining, Calories, Calories per Hours
TV Control Features:	125 available channels, Channel Controls, Previous Channel, Closed Captioning, Secondary Audio Programming, Mute, Volume, Channel Select
iPod Compatibility:	iPod video capability on optional Attachable TV iPod/iPod nano playlist management and LCD screen iPod/iPod nano power and charging

## 5.5 WARRANTY INFORMATION

### WHAT IS COVERED:

This *Life Fitness* exercise equipment ("Product") is warranted to be free of all defects in material and workmanship.

### WHO IS COVERED:

The original purchaser or any person receiving the Product as a gift from the original purchaser.

### HOW LONG IS IT COVERED:

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

### WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE:

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

### WHAT WE WILL DO TO CORRECT COVERED DEFECTS:

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

### WHAT IS NOT COVERED:

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

### LIFETIME WARRANTY DEFINED AS FOLLOWS:

**Frame** - excludes labor, handlebar assembly, bolted components or attached components that are not welded to the base powder coated frame.

**AC Motor** - excludes labor, motor controller, bolted components or attached components to the AC motor.

**LifeSpring™ Shock Absorbers** - excludes labor and mounting hardware.

### WHAT YOU MUST DO:

Retain proof of purchase (*our receipt of the attached registration card assures registration of purchase information but is not required*); **use, operate and maintain** the Product as specified in the Manual; **notify** Customer Support Services of any defect within 10 days after discovery of the defect; if instructed, **return** any defective part for replacement or, if necessary, the entire Product for repair.

### OPERATION MANUAL:

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

### WARRANTY REGISTRATION:

Please **COMPLETE and MAIL the attached registration card IMMEDIATELY**. Our receipt assures that your name, address and date of purchase are on file as a registered owner of the Product. Failure to return the card will not affect your rights under this warranty. Being a registered owner assures coverage in the event you lose your proof of purchase. In any event, always retain proof of purchase, such as your bill of sale.

### HOW TO GET PARTS & SERVICE:

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

Before shipping:

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

### EXCLUSIVE WARRANTY:

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

### CHANGES IN WARRANTY NOT AUTHORIZED:

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

### EFFECT OF STATE LAWS:

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

### OUR PLEDGE TO YOU:

Our Products are designed and manufactured to the highest standards.

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

MODEL	LIFETIME	10 YEARS	1 YEAR
Treadmills Platinum Club Series	<ul style="list-style-type: none"> <li>✓ Drive Motor</li> <li>✓ Frame</li> <li>✓ Lifespring™ Shock Absorbers</li> </ul>	<ul style="list-style-type: none"> <li>✓ Electrical &amp; Mechanical parts (3-years on console parts)</li> </ul>	<ul style="list-style-type: none"> <li>✓ Labor</li> </ul>

**\*NOTE - Warranty coverage begins at the original date of sale. Warranties outside the U.S. may vary.**



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