

Advanced Workouts Console



LifeFitness

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Thank you for purchasing a Life Fitness product. Before using this product please read this user manual along with the base assembly manual in it's entirety to ensure that you have the knowledge to safely and properly operate all of this product's features. We hope you achieve the product experience that you expect, but if you do have service issues please go to the *How to Obtain Product Service* page in the *How To* section which will provide information on obtaining domestic and international product service.

This Manual describes the functions of the following product:

Life Fitness Advanced Workouts Console.

⚠ Caution:

Health related injuries may result from incorrect or excessive use of exercise equipment.

Life Fitness STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese or has not exercised regularly in the past year.

Life Fitness also recommends consulting a fitness professional on the correct use of this product.

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

Getting Started: Radio/Television Interference



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

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

⚠ FCC WARNING:

POSSIBLE RADIO/TELEVISION INTERFERENCE

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the user manual, may cause harmful interference to radio communications. However, there is no guarantee that the

interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

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

⚠ CAUTION:

ANY CHANGES OR MODIFICATIONS TO THIS EQUIPMENT COULD VOID THE PRODUCT WARRANTY.

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



IMPORTANT SAFETY INSTRUCTIONS

SAVE THESE SAFETY INSTRUCTIONS

⚠ SAFETY WARNING:

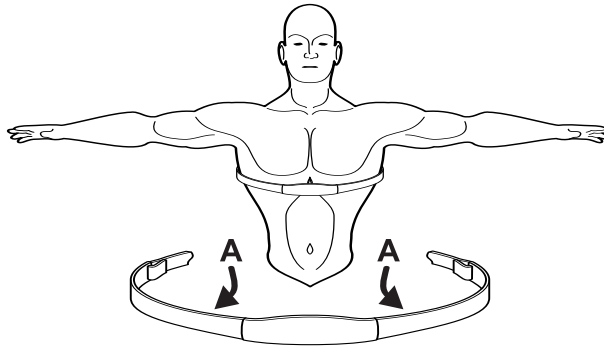
THE SAFETY OF THE PRODUCT CAN BE MAINTAINED ONLY IF IT IS EXAMINED REGULARLY FOR DAMAGE AND WEAR. SEE PREVENTATIVE MAINTENANCE FOR DETAILS.

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



The Heart Rate Telemetry Chest Strap

The console is equipped with a wireless heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals from the user to the console. The electrodes are inside the chest strap (A) that the user wears during the workout. The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with the skin, or a thin layer of wet clothing. The electrodes are two grooved surfaces on the underside of the strap, and must remain wet to accurately transmit the electrical impulses of the heart back to the receiver. To use, first 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. Electrodes must be wet to work properly. If it becomes necessary to re-moisten, grasp the center of the strap, pull it away from your chest to expose the electrodes, and moisten. See diagram below for correct positioning of the strap.



Note: Using the wireless chest strap will provide more accurate heart rate readings than the hand pulse sensors.



Contact Heart Rate

When using Contact Heart Rate make certain to grasp sensors firmly and keep hands still. If heart rate seems substantially higher or lower than expected, remove hands from sensors until heart rate disappears. Dry hands and grasp sensors again until heart rate seems accurate. If this does not work you may need to slow the machine to get an accurate reading. On treadmills we recommend for safety and accurate heart rate readings that the user stand on the siderails when attempting to monitor heart rate with contact electrodes.



Note: The contact heart rate system may be less or more accurate with different individuals.



Quick Reference: Advanced Workouts Console

Read the entire user manual before setting up your equipment.



- 1 Level Display – Shows the difficulty level or *incline percentage (for treadmills)*.
- 2 Time Display – During a workout the time display will show time remaining and countdown.
- 3 Speed Display – Speed is displayed in miles per hour. Speed can be converted to kilometers per hour in the settings menu. *See user settings section.*
- 4 Setup Steps Icon (1,2,3,4,5) – Number refers to the setup step you are currently programming (not seen in picture).
- 5 Message Center – Gives directions during workout setup as well as during the workout.
- 6 Distance Display – Distance is shown in miles. Distance can be converted to kilometers in the settings menu. *See user settings section.*
- 7 Heart Rate Display – Calculates user's heart rate in beats per minute when wearing a chest strap or holding on to contact heart rate electrodes.
- 8 Target Heart Rate Display – Calculates the user's maximum heart rate based on 220 minus the user's age. Then based on the selected program shows the target heart rate.
- 9 Calorie/Watts Display – Shows the calculated average caloric burn based on a Life Fitness proprietary calorie equation. This display can be set to show Watts instead of Calories through the settings menu.

Quick Reference: Advanced Workouts Console



- 10** Workout Profile Display – The height of the segments indicate the difficulty level during the current time interval.
- 11** Settings Button – Enters the user into a menu screen where all of the console setting options can be adjusted.
- 12** User Profiles Button – Allows the user to log into a personal user profile with all of their saved settings. *See User Profiles Section.*
- 13** Pause/Resume Button – When pressed once during a workout, the workout is paused for 5 minutes. When pressed again the workout is resumed.
- 14** Navigation Buttons – Provides simple forward, back, up, and down software navigation as well as level, time, and speed workout adjustments.
- 15** Enter/Start Button – When pushed before entering programs Quick Start is engaged. When entering workout data before or during a workout it is used as a selection key.
- 16** Reset Button – When entering workout data it will act as a delete button. Push three times to exit any workout.
- 17** Race Mode Button – Press this button to enter a race with the computer during a manual, random, hill, ez incline or sports training workout. Press a second time to turn off.
- 18** Goal Workout Button – Press this button to select one of three goal workouts at the Select Workout Screen.



How to Use the Advanced Workouts Console

The Advanced Workouts console was designed to make navigation as simple as possible by using special colors and keys. The console display was designed to reduce toggling between workout information. The design of each button on the Advanced Workouts console was designed to give the user tactile feedback. Each piece of workout feedback, including level, time, speed, has its own dedicated window.



How to Use the Advanced Workouts Console

1 Level/Incline Display



a. Level Display (Bikes/Cross-Trainers) – There are two types of levels used on Life Fitness bikes and cross-trainers. The first type of level is the actual brake resistance level. This type of level is only adjustable by the user in a manual workout. The range of possible brake resistance levels is 1-20. The second type of level is difficulty level. There are 20 difficulty levels. Difficulty level corresponds to a range of actual brake resistance levels and is only used in random, hill, ez incline, and sports training workouts. So when you select a difficulty level of 10 it corresponds to a range of actual brake resistance levels of 5-14. During random, hill, ez incline, and sports training the difficulty level will only be displayed during workout setup and anytime you choose to change the level during the workout. At all other times during a workout the actual level will be displayed.

b. Level / Incline Display (Treadmills) – There are two types of levels used on Life Fitness treadmills. The first type of level is an incline level or percentage.

Incline level is only manually adjusted by the user in a manual workout. The range of possible incline percentages is 0 – 12% and can be adjusted in 0.5% increments. The second difficulty level corresponds to a range of actual incline percentages. Difficulty levels are only used in random, hill, ez incline, and sports training workouts. So when a user selects a difficulty level of 10 it corresponds to a range of incline percentages between 3%–7%. During random, hill, ez incline, and sports training the difficulty level will be displayed only during workout setup and anytime the difficulty level is changed during the workout. At all other times during these workouts the incline percentage is displayed.

c. Changing the Level during a Workout – To change the level during a workout the underscore beneath the top row of workout feedback needs to be positioned under level. If the underscore is not under level, it can be moved using the left/right arrows. To adjust the level simply press the up and down keys.

How to Use the Advanced Workouts Console

Difficulty Level	Brake Level (CT/Bikes)	Incline Level (Treadmills)	
20	12 - 20	8.0 - 12.0	Note: Adjusts in 0.5% increments
19	11 - 19	7.5 - 11.5	Note: Adjusts in 0.5% increments
18	10 - 18	7.0 - 11.0	Note: Adjusts in 0.5% increments
17	9 - 17	6.5 - 10.5	Note: Adjusts in 0.5% increments
16	8 - 17	6.0 - 10.0	Note: Adjusts in 0.5% increments
15	8 - 16	5.5 - 9.5	Note: Adjusts in 0.5% increments
14	7 - 16	5.0 - 9.0	Note: Adjusts in 0.5% increments
13	7 - 15	4.5 - 8.5	Note: Adjusts in 0.5% increments
12	6 - 15	4.0 - 8.0	Note: Adjusts in 0.5% increments
11	6 - 14	3.5 - 7.5	Note: Adjusts in 0.5% increments
10	5 - 14	3.0 - 7.0	Note: Adjusts in 0.5% increments
9	5 - 13	2.5 - 6.5	Note: Adjusts in 0.5% increments
8	4 - 13	2.0 - 6.0	Note: Adjusts in 0.5% increments
7	4 - 12	1.5 - 5.5	Note: Adjusts in 0.5% increments
6	3 - 12	1.0 - 5.0	Note: Adjusts in 0.5% increments
5	3 - 11	0.5 - 4.5	Note: Adjusts in 0.5% increments
4	2 - 11	0.0 - 4.0	Note: Adjusts in 0.5% increments
3	2 - 10	0.0 - 3.0	Note: Adjusts in 0.3% increments
2	1 - 10	0.0 - 2.0	Note: Adjusts in 0.15% increments
1	1 - 9	0.0 - 1.0	Note: Adjusts in 0.1% increments

How to Use the Advanced Workouts Console

2 Time Display



The time window displays the total workout time set by the user during workout

setup, which is a range from 1-99 minutes depending on the program. During the workout, time will either count down from or count up to the total workout time depending on how it's set up in the settings menu. The time set can be changed at any time during the workout by highlighting the time window with the underscore using the left and right arrows and then modifying the time with the up and down arrows. *See settings menu.* The clock icon minut hand will move in 15 minute increments. For example, if the remaining workout time is 10 minutes the clock will read 12:15.

3 Speed Display



Speed is displayed in miles per hour (MPH). The formula tries to replicate miles per hour as if the exercise was

being conducted outdoors. *The speed range on bikes and cross-trainers is 0.5 mph and up, speed changes in increments of 0.1 mph. The speed range on treadmills is 0.5 mph to 10.0 mph and is adjustable in increments of 0.1 mph.*

Speed can be converted to kilometers per hour in the settings menu. *See User Settings Section.*

4 Message Center



The message center provides instructional

information to the user from the moment the first key is pressed. The message center will coach the user through setting up a workout, including selecting a workout and entering time, level, and other workout specific information. Also during the workout if certain workout feedback like pace and METS are turned on in the Settings Menu, the

How to Use the Advanced Workouts Console

message center will periodically show that information. Finally the message center is also used to coach the user when using Total Body Mode or Lower Body Mode on the X3 or X5 cross-trainers.

5 Distance Display



Distance is shown in miles. The distance formula tries to replicate miles as if the exercise was being conducted outdoors. The distance formula will not always be consistent with other Life Fitness products or other manufacturer's products. Distance can be converted to kilometers in the settings menu. *See User Settings Section.*

6 Target Heart Rate Display



Target heart rate is a percentage of a user's maximum heart rate. The goal is to target a range that enables one's heart and lungs to receive the most benefit from a workout. The console calculates target heart rate by taking the maximum heart rate (220 minus the user's age) and

multiplying it by an intensity level. Life Fitness intensity levels are 65% for weight loss and fat burning and 80% for improving cardiovascular endurance. The display will toggle between the 65% and 80% intensity levels. An arrow pointing up or down will illuminate to show when the user's actual heart rate is above or below the target heart rate.

a. Example: User's Age is 45. $220 - 45 = 175$. 175 is the Maximum Heart Rate for a 45 year old. $175 \times 65\% = 114$. 114 is the optimal target heart rate for weight loss and fat burning.

7 Heart Rate Display



The heart rate display calculates the user's actual heart rate in contractions or beats per minute during a workout. The user must be holding on to the contact heart rate electrodes or wearing a heart rate telemetry chest strap for the heart rate display to function. *See Getting Started: Heart Rate Telemetry Chest Strap.* Life Fitness recommends wearing the chest strap for the most accurate heart rate reading. If you are experiencing problems with

How to Use the Advanced Workouts Console

your heart rate reading please read the section titled “Contact Heart Rate” for recommendations on improving the contact heart rate reading.

8 Calorie/Watts Display



A calorie is a unit used to measure energy. It represents the amount of energy obtained from food. One calorie is approximately enough energy to increase the temperature of 1 gram of water by 1 degree Celsius. The console calculates an average caloric burn based on a Life Fitness proprietary calorie equation. This formula may not match other manufacturer’s machines or other Life Fitness machines. This window can be switched to show Watts. Please see instructions in settings menu section.

9 Workout Profile Display



The workout profile graphically displays the intensity of a workout with columns of various heights. During the workout the current intensity level the user is in is signified by an arrow located above the appropriate column.

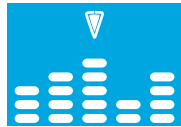
During a heart rate workout the workout profile acts like a graph of the user’s target heart rate percent. Each of the 9 rows of the profile will represent the user’s actual heart rate as a percentage of their heart rate max. Therefore by the end of the workout, the user will be able to visually see their target heart rate ranges throughout the workout.

ROW	TARGET HEART RATE PERCENT RANGE
1	20 - 29%
2	30 - 39%
3	40 - 49%
4	50 - 59%
5	60 - 69%
6	70 - 79%
7	80 - 89%
8	90 - 99%
9	100%

How to Use the Advanced Workouts Console

Note that the percent in the table represents the user's actual heart rate as a percent of their heart rate max. The heart rate max is 220-user's age. For example: A 40 year old's heart rate max would be $220 - 40 = 180$. During their workout at the first interval their actual heart was 100. Therefore $100/180 = .56$ or 56% and the profile would display the user at row 4 for the first interval of the workout.

10 Workout Profile Indicator Arrow

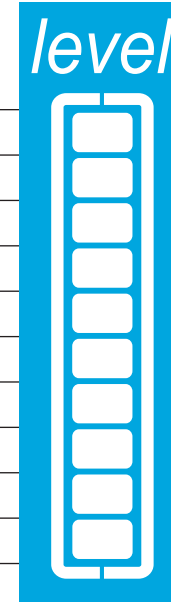


The arrow located above the columns in the workout profile displays the position the user is at in the workout. The position is represented by the time entered during workout setup divided by the number of columns (24). For example during a 24 minute workout the arrow would move from column to column every minute. During Race Mode the arrow splits into two separate arrows, a filled in arrow and an outline of an arrow, to simulate the user and the pacer.

11 Level Meter

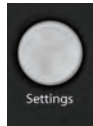
Indicates the intensity of the workout based on the level the user set. The higher the meter is filled, the more difficult the workout is. Please see the table below to see how the level meter is determined.

LEVEL RANGE	INCLINE RANGE (TREADMILLS ONLY)
19 - 20	11 - 12%
17 - 18	9 - 10.5%
15 - 16	8 - 8.5%
13 - 14	7 - 7.5%
11 - 12	6 - 6.5%
9 - 10	5 - 5.5%
7 - 8	4 - 4.5%
5 - 6	3 - 3.5%
3 - 4	2 - 2.5%
1 - 2	0.0 - 1.5%



How to Use the Advanced Workouts Console

12 Settings Button



Press this button once to enter the settings menu of the console. In the settings menu the user can set preferences for the console display.

See Settings Menu Section.

13 User Profiles Button



Press this button once to select one of two user profiles to log into. Once programmed, the user profiles setting saves workout data for two primary users. *See User Profiles Section.*

See User Profiles Section.

14 Pause/Resume Button



When pressed once during a workout the workout is paused for 5 minutes. When pressed again the workout is resumed.

If the paused workout is not resumed within 5 minutes, the console deletes the workout in progress and returns to the setup workout state. The pause time can be modified in the user settings menu. *See User Settings Section.*

15 Navigation Button



Provides simple forward, back, up, and down software navigation as well as level, time, and speed workout adjustments. While **setting up a workout** use the Left/Right arrows to scroll through workout setup options, and then use the Up/Down arrows to adjust the values. **During a workout**, use the Left/Right arrows to scroll between options like level and time, and then use the Up/Down arrows to adjust those values.

16 Enter/Start Button



The enter button can be pressed at any time during initialization to begin a quick start 30 minute manual workout. During workout setup it is used as a selection key when choosing program parameters.

How to Use the Advanced Workouts Console

17 Reset Button



Press this button when programming a workout to clear incorrect data, such as weight or age. Pressing RESET three times consecutively during a workout stops it immediately, at which point, the user returns to the select workout screen.

18 Race Mode Button



Press this button once during a Manual, Random, Hill, EZ Incline, or Sports Training workout to turn on Race Mode. This mode allows the user to race against a customized simulated pace. Press this button again while Race Mode is on to turn it off. *See How To Use Race Mode.*

19 Goal Workouts Button



Press this button once to enter into the Goal Workouts selection screen. There are three goal workouts; Calorie goal, Target Heart Rate goal and Distance goal. The user sets their own goal for each workout.

How to Use the Advanced Workouts Console

Workout Overviews

The Advanced Workouts console has ten specially designed pre-programmed workouts that have been developed by Life Fitness. Each workout has a different goal. Read the workout descriptions carefully so that you can develop a workout routine that focuses on reaching your specific goals.

The workout descriptions on the following pages all have headers labeled Beginner-Just Starting, Experienced-Fit, and Advanced – Athlete. Beginner workouts are workouts designed for users just starting to workout or just starting a workout routine. Beginner workouts have limited gradual intensity adjustments. Experienced workouts are designed for users seeking a more challenging workout. These users should have a stronger fitness base. Advanced workouts are designed for athletes training for cardiovascular endurance and special events.

Different workouts have different setup steps. This section provides details on the steps themselves.

The main screen of the console is known as the “Select Workout” screen which looks like the following:



How to Use the Advanced Workouts Console

When this screen appears on the console, use either the Up/Down or Left/Right arrows to scroll through all the workout choices and select a workout by pressing Enter. To begin a Quick Start workout, press Enter when the above "Select Workout" screen appears.

When a workout is selected the display **Setup workout 1 2 3 4 5** will appear on the screen depending on how many steps are needed to setup a workout. The current step the user is on will blink to show where they are in the setup process. Throughout the workout setup process, the up/down arrows can be used to adjust the value that is selected and the left/right arrows can be used to scroll back and forth between different steps. In order to advance to the next step, either press the right arrow or enter key. After entering the last step, press enter to begin the workout.

QUICK START is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout program. Begin a QUICK START workout by pressing the ENTER key at the SELECT WORKOUT screen. After ENTER is pressed, a constant-level workout begins. The intensity level does not change automatically. You must change it using the arrows.



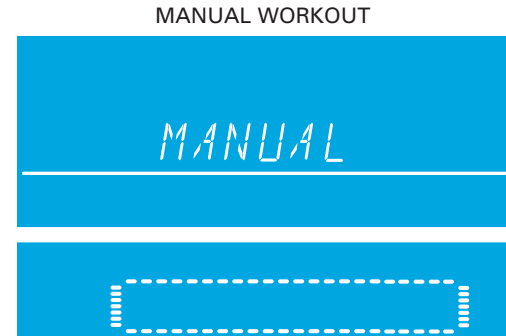
How to Use the Workouts

1 Manual Workout (*Beginner – Just Starting*)

Access: This workout can be started by using the navigation keys to scroll to the Manual workout profile and pressing Enter.

Description: The manual workout is a simple workout that has no pre-defined intensity levels. The manual workout starts the user *at level 1 resistance level for bikes and cross trainers and 0.5 MPH and 0% incline for treadmills*. The user is in complete control of level or speed/incline settings.

Goal: This workout was designed for users that do not have much experience working out on a product and like to have control of the level and speed/incline settings.



How to Use the Workouts *continued*

2 Random Workout (*Experienced – Fit*)

Access: This workout can be started by using the navigation keys to scroll to the Random workout profile and pressing Enter.

Description: In this workout, the console creates a terrain of different hills and valleys. Over 1 million different patterns are possible. Random uses resistance or incline adjustments to create hills/valleys. Speed is controlled by the user.

Goal: This workout was designed to provide the end-user with unlimited workout variety. The goal of this workout is to prevent workout boredom and improve motivation.

RANDOM WORKOUT

RANDOM



How to Use the Workouts *continued*

3 Hill Workout (*Experienced – Fit*)

Access: This workout can be started by using the navigation keys to scroll to the Hill workout profile and pressing Enter.

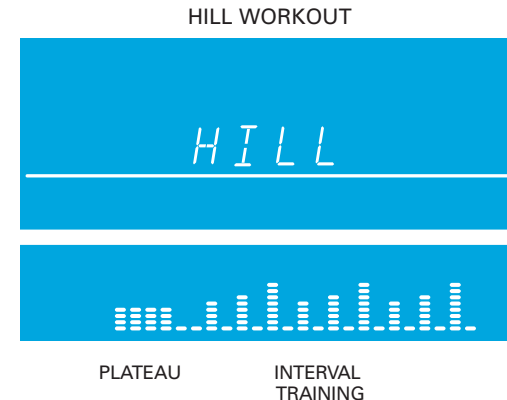
Description: The Life Fitness patented hill workout is an interval training workout. Intervals are periods of intense aerobic exercise. The workout profile window displays the levels of the intervals, which together have the appearance of hills and valleys. Resistance (*bikes and cross-trainers*) and Incline (*treadmills*) adjustments are used to simulate the hills/valleys, speed is controlled by the user.

The hill workout has two main phases in between the warm-up and cool-down.

1 Plateau: Increases the intensity slightly and keeps it steady, to bring the heart rate to the low end of the target zone.

2 Interval Training: Is a series of increasingly steeper hills, alternating with valleys, or periods of recovery. The heart rate should rise to the high end of the target zone during this segment.

Goal: The computerized interval training workout has been scientifically demonstrated to promote greater cardio-respiratory improvement than steady-pace training. The goal of this workout is to improve cardiovascular endurance and break through fitness plateaus.



How to Use the Workouts *continued*

4 EZ Incline™ Workout (**Beginner – Just Starting**)

Access: This workout can be started by using the navigation keys to scroll to the EZ Incline workout profile and pressing Enter.

Description: EZ incline program consists of one hill. The user determines the elevation of the peak during the workout setup. The peak is reached after 75% of the workout time is complete. Afterward the resistance or incline gradually returns to level 1 or 0% respectively.

Goal: In this workout, the gradual changes in elevation are extremely subtle, which lowers the perceived exertion. This cardiovascular workout is effective, efficient, and enjoyable at the same time. The main goal of the workout is to improve cardiovascular endurance without the stress of a rigorous workout.

EZ INCLINE™ WORKOUT



How to Use the Workouts *continued*

5 Sports Training Workout (*Experienced – Fit*)

Access: This workout can be started by using the navigation keys to scroll to the Sports Training workout profile and pressing Enter.

Description: Sports Training is a workout that simulates working out outdoors by using a baseline value to simulate a flat surface. The program then simulates moving uphill with values above the baseline and downhill with values below the baseline. The adjustments above and below the baseline are resistance or incline changes. Speed is controlled by the user.

Goal: The design intent of this goal workout was to simulate outdoor training.



How to Use the Workouts *continued*

6 Fat Burn Workout (**Beginner – Just Starting**)

**Chest strap must be worn to execute the workout*

Access: This workout can be started by using the navigation keys to scroll to the Fat Burn workout profile and pressing Enter.

Description: The user must wear a chest strap for this workout to adequately operate. This program only uses resistance or incline adjustments to increase and decrease heart rate. Fat Burn maintains the user at 65% of the user's theoretical maximum heart rate. The console continuously monitors and displays the heart rate, adjusting the intensity level of the product to reach and maintain a target heart rate range. The intensity will not change as long as the user is between 60%-72% of their target heart rate.

Goal: The goal of the Fat Burn workout is to efficiently burn fat by eliminating over-training and under-training and also maximizing the aerobic benefits of exercise by using the body's fat stores for energy.

FAT BURN WORKOUT



How to Use the Workouts *continued*

7 Cardio Workout (*Experienced – Fit*)

**Chest strap must be worn to execute the workout*

Access: This workout can be started by using the navigation keys to scroll to the Cardio workout profile and pressing Enter.

Description: The user must wear a chest strap for this workout to adequately operate. This program only uses resistance or incline adjustments to increase and decrease heart rate. Cardio maintains the user at 80% of the user's theoretical maximum heart rate. The console continuously monitors and displays the heart rate, adjusting the intensity level of the product to reach and maintain the target heart rate range. The intensity will not change as long as the user is between 72%-85% of their target heart rate.

Goal: The goal of the Cardio workout is to place a heavier workload on the heart muscle to emphasize cardiovascular endurance.

CARDIO WORKOUT



CARDIO



How to Use the Workouts *continued*

8 Heart Rate Hill Workout (*Experienced – Fit*)

**Chest strap must be worn to execute the workout*

Access: This workout can be started by using the navigation keys to scroll to the Heart Rate Hill workout profile and pressing Enter.

Description: The user must wear a chest strap for this workout to adequately operate. This program only uses resistance or incline adjustments to increase and decrease heart rate. Heart Rate Hill has a series of three hills and three valleys where the duration of the hills and valleys is determined by the user's heart rate.

After the warm-up, the intensity of the workout increases until the user reaches 70% of their max heart rate, which is the first hill. Once the user reaches 70% of their max heart rate, the program will hold the intensity level for 1 minute. When the hill is completed, the program reduces the intensity and target heart rate goal to 65% of their max heart rate to simulate a valley or recovery period. Once the user's heart rate drops to 65% of their max heart rate, the program will keep them at 65% for 1 minute.

HEART RATE HILL WORKOUT

HR HILL



continued from previous page

Next the program will increase intensity until the user reaches 75% of their maximum heart rate, this is the second hill followed by a valley with the target heart rate of 65%. Finally the third hill increases intensity until the user reaches 80% of their max heart rate, 80% is then held for 1 minute followed by the final 65% valley. At the end of the duration of hills and valleys, the workout enters a cool down phase. Note that if the user does not reach a heart rate goal after five minutes, the message center displays a prompt to *increase or decrease speed (for treadmills) or resistance (for bikes and cross trainers)*, 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.

Goal: The design intent of the Heart Rate Hill workout was to develop a program that adapts to the user's fitness level. As a user becomes more fit, they encounter additional hills and valleys in the same workout duration. This is because the heart rate is recovering more quickly during valleys.

How to Use the Workouts *continued*

9 Heart Rate Interval Workout (*Experienced – Fit*)

**Chest strap must be worn to execute the workout*

Access: This workout can be started by using the navigation keys to scroll to the Heart Rate Interval workout profile and pressing Enter.

Description: The user must wear a chest strap for this workout to adequately operate. This program only uses resistance (*bikes and cross-trainers*) or incline (*treadmills*) adjustments to increase and decrease heart rate. This program alternates between a hill that brings the target heart rate up to 80% of the user's heart rate max and a valley that brings the target heart rate down to 65% of the user's heart rate max.

After the warm-up, the intensity of the workout increases until the user reaches 80% of their heart rate max, which is the first hill. Once the user reaches a target heart rate of 80%, the program will hold the intensity level for 3 minutes. When the hill is completed the program creates a valley. the program reduces

continued on next page

HEART RATE INTERVAL WORKOUT

HR INTERVAL



continued from previous page

the intensity until a target heart rate of 65% is reached.

This sequence continues for all three hills and valleys. At the end of the duration of hills and valleys, the workout enters a cool down phase. Note that if the user does not reach a heart rate goal after five minutes, the message center displays a prompt to *increase or decrease speed (for treadmills) or resistance (for bikes and cross trainers)*, 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.

Goal: The design intent of the Heart Rate Interval workout was to develop a program that adapts to the user's fitness level and is more challenging than the Heart Rate Hill workout. As a user becomes more fit, they encounter additional hills and valleys in the same workout duration. This is because their heart rate is recovering more quickly during valleys.

How to Use the Workouts *continued*

10 Extreme Heart Rate Workout (*Advanced – Athlete*)

**Chest strap must be worn to execute the workout*

Access: This workout can be started by using the navigation keys to scroll to the Extreme Heart Rate workout profile and pressing Enter.

Description: The user must wear a chest strap for this workout to adequately operate. This program only uses resistance or incline adjustments to increase and decrease heart rate. This program alternates between two target heart rates of 85% and 65% of the user's max heart rate alternating as quickly as possible. The effect is similar to that of performing sprints. During the workout once either of the two target heart rates is reached, it is held for 20 seconds and then the intensity changes to meet the other target heart rate.

Goal: The design of this workout is sports specific, challenging users with short bursts of resistance. The goal of this workout is to help the advanced users break through fitness improvement plateaus.

EXTREME HEART RATE WORKOUT

EXTREME HR





How to Use the Custom Workouts Feature

Overview

There are two custom workouts on the advanced console, one for each user profile. When a user is logged into one of the two user profiles, the custom workout option will appear in the workouts list once the custom workout is set up. It will appear after the extreme heart rate workout. To execute, press Enter when custom workout appears in the workout choices.

To edit a custom workout, first press the User Profiles button and select either Profile 1 or Profile 2. Once a profile is selected, press and hold the User Profiles key to enter editing mode.

Scroll to the option "Custom Workout" and then press Enter to edit the workout. Upon pressing Enter, the message center will display "Workout = Manual" (use the up/down arrows to scroll between Manual and Heart Rate workout – press Enter to select). The user will next be asked to "Select Workout Time". The workout is constructed into 24 intervals each lasting the duration of 1/24th of the workout time entered. For example if you set a workout for 24 minutes, each of the 24 intervals will be 1 minute.

Editing a *Manual* Custom Workout

After setting a workout time, the following will occur if a manual workout is selected. The message center will display "Set Speed + Incl" (for treadmills) or "Set Resistance" (bikes and cross trainers) for approximately 3 seconds. Next the message center will display "Interval 1". For treadmills, the user will select the speed and incline in the appropriate windows and then press Enter to move to "Interval 2". For bikes and cross trainers, the user will select the resistance in the appropriate window and then press Enter to move to "Interval 2". This sequence will continue until all 24 intervals are set and then the message center will display "Workout Saved". Note, when each interval is set and saved, its corresponding visual representation of either incline or resistance is depicted in the workout profile. Therefore, by the end of setup, you will see your custom workout profile.

How to Use the Custom Workouts Feature

Editing a *Heart Rate Custom Workout*

After setting a workout time, the following will occur if a heart rate workout is selected. The message center will display “Set Target HR” for approximately 3 seconds. Next the message center will display “Interval 1”. The user will enter their desired target heart rate in the appropriate window and then press Enter to move to “Interval 2”. This sequence will continue until all 24 intervals are set. The message center will then display “Workout Saved”. Also note, when each interval is set and saved, its corresponding visual representation of target heart rate is depicted in the workout profile.

ROW	TARGET HEART RATE PERCENT RANGE
9	100%
8	90 - 99%
7	80 - 89%
6	70 - 79%
5	60 - 69%
4	50 - 59%
3	40 - 49%
2	30 - 39%
1	20 - 29%

Note that the percent in the table represents the user’s actual heart rate as a percent of their heart rate max. The heart rate max is 220-user’s age. For example: A 40 year old’s heart rate max would be $220 - 40 = 180$. During their workout at the first interval their actual heart was 100. Therefore $100/180 = .56$ or 56% and the profile would display the user at row 4 for the first interval of the workout.



Re-editing a Previously Designed Custom Workout

In order to go back and edit a custom workout previously defined, re-enter the User Profiles Menu and scroll to the Custom Workout option to edit. *See User Profile Section to enter editing mode.* When in editing mode, select the custom workout that has already been defined and press Enter to view “interval 1” and its previously defined settings. When viewing “interval 1” use the arrows to modify the current defined settings or press Enter to move to “interval 2”. This sequence will continue until all 24 intervals are set and then the message center will display “Workout Saved”.

How to Use Goal Workouts

Access Goal Workouts by pressing the Goal Workouts Key. Upon pressing the Goal Workouts Key, the user will be able to scroll between three workout choices using either the up/down arrows or left/right arrows. The three workout choices are: Calorie Goal, Target Heart Rate Goal, and Distance Goal. Select any of these three workouts by pressing Enter when the desired workout is on the screen.

Set these workouts up by first selecting a specific goal and entering your goal. Continue to set up the rest of the information similar to any of the previously mentioned workouts.

The **Calorie Goal** workout allows the user to select a calorie goal to achieve during the workout. During the workout, the calorie window will display the initial goal set by the user and then count down to zero.

The **Target Heart Rate Goal** workout allows the user to select a target heart rate to achieve and maintain throughout the duration of the workout. The exercise equipment will keep the user at that target heart rate throughout the workout.

The **Distance Goal** workout allows the user to select a distance goal to achieve during the workout. During the workout the distance goal will be shown inside a track in the workout profile window.



How to Use Race Mode

Overview

Race mode can be activated during a workout by pressing the Race Mode key on the console. This function can only be used during a manual, random, hill, ez incline, or sports training workout. Race mode is a function that allows the user to race against a simulated speed that is determined when Race Mode is turned on. The user is represented by a filled in arrow above the workout profile and the pacer will be symbolized by the outline of the arrow. During race mode, the workout profile column will blink to indicate where the user is at in the profile.

Beginning a Race

Press the Race Mode Key during a manual, random, hill, ez incline, or sports training workout to turn Race Mode on. At this point the Race Mode symbol will illuminate. A prompt will appear in the message display to enter a desired speed. Speed can be changed using the up/down arrows. The speed entered will be the pacer's speed during the race. Once a race speed is entered, the pacer and the user arrows will begin at the first column and race across the workout profile. The pacer is symbolized by an outline of an arrow and the user is symbolized by the filled in arrow. The pacer's movement across the profile is determined by the set race speed and the time remaining in the workout. Therefore if the workout time is adjusted during the race, the pacer's settings are reconfigured and the race will start again from the first column.



How to Use User Profiles

There are two user profile settings on the Advanced Workouts Console. Each profile allows a user to set up all of their settings and workout information. Therefore when a user is logged into a specific profile, they can quickly begin a workout without having to enter workout information. To log into a user profile press the User Profile key and scroll to the desired profile and press Enter. If that profile has been created, then the message center will display "Logged In". However if that profile account has not been defined then the message center will display "Undefined".

Setting Up a User Profile

To setup a user profile, press the User Profile key and scroll to either User Profile 1 or User Profile 2. Next, hold in the User Profile key for three seconds to enter editing mode, the message center will display "Edit Profile". To navigate in the User Profile Editing Mode use the following keys:

- Scroll through the editing options using the left/right arrows
- Adjust the editing options using the up/down arrows (except in Change Name and Custom Workout)
- Use Enter key or left/right arrows to save modifications and move to the next option
- Use the Reset key to change back to the default value

After displaying the message "Edit Profile", the message center will next display "My Profile Setup". Press Enter when "My Profile Setup" as displayed to scroll between the following options to edit:

How to Use User Profiles *continued*

- Change Name – press enter to select

If the user selects this option by pressing ENTER the message center will display PROFILE with the "P" blinking. At this point the user can use the up/down arrows to change the characters, the left/right arrows to move back and forth between characters and the Reset key to erase characters

Once the user has entered in the correct name press ENTER to save. If there is inactivity for more than 10 seconds then the message center will display "PRESS ENTER TO SAVE"

Once the user presses ENTER to save they will move to WEIGHT.

- Weight
Message center displays "Weight = 150"
Selection options are 75lbs (34kg) to the max of the product
- Age
Message center displays "Age = 40"
Selection options are 10-99 years
- Level
Message center displays "Level = 1"
Selection options are 1-20
- *Walk Speed (treadmill only)*
Message center displays "Walk Speed = 0.5"
Selection options are 0.5-10 mph or 0.8-16km/hr
- *Jog Speed (treadmill only)*
Message center displays "Jog Speed = 0.5"
Selection options are 0.5-10mph or 0.8-16km/hr

How to Use User Profiles *continued*

- *Run Speed (treadmill only)*
Message center displays "Run Speed = 0.5"
Selection options are 0.5-10mph or
0.8-16km/hr
- *Default Speed (treadmill only)*
Message center displays "Def Speed = 0.5"
Selection options are 0.5-10mph or
0.6-16 km/hr
- *Low Incline (treadmill only)*
Message center will display "Low Inc = 1.5"
Selection options are 0-12%
- *Mid Incline (treadmill only)*
Message center will display "Mid Inc = 3.0"
Selection options are 0-12%
- *High Incline (treadmill only)*
Message center will display "High Inc = 5.0"
Selection options are 0-12%
- *Distance Goal*
Message center will display "Dist Goal = 1.0"
Selection options are 0.1 – 99.9 miles or
1.6 – 161 km
- *Time Goal*
Message center displays "Time Goal = 30:00"
Selection options are 01:00 to 99:00
- *Warm Up Time*
Message center displays "Warm Up = 02:00"
Selection options are 01:00 to 99:00
- *Cool Down Time*
Message center displays "Cool Down = 02:00"
Selection options are 01:00 to 99:00
- *Custom Workout – press enter to select*
Refer to Custom Workout Setup



How to Use the Settings Menu

Settings

The Settings menu can be accessed by pressing the Settings Key at the “Select Workout” screen. Upon entering the Settings menu, the screen will display “SETTINGS MENU”

- Scroll through Settings options using the left/right arrows
- Adjust Settings items with up and down arrows
- Use the Enter key or left/right arrow to save modifications and move to the next option
- Use the reset key to exit the settings menu

Below are all of the Settings States and selection options.

- Sleep Mode
Displays “SLEEP MODE”
Selection options are: OFF, 1 Min, 2 Min, 3 Min, 4 Min, & 5 Min
- English Metric Mode
Displays “Units”
Selection options are: English and Metric
- Pause Time
Displays “Pause”
Selection options are: 1 Min to 30 Min

How to Use the Settings Menu *continued*

- Beeps
 Displays "Beeps"
 Selection options are: On and Off
- Heart Rate Telemetry
 Display "WIRELESS HR = ON"
 Selection options are: On and Off
- Workout Timer
 Display "Time"
 Selection options are: Up or Down
- Watts
 Displays "Watt"
 Selection options are: On and Off
- METS
 Display "METS = OFF"
 Selection options are: On and Off
- Pace
 Display "PACE = OFF"
 Selection options are: On and Off
- Auto Enter
 Display "AUTO ENTER = ON"
 Selection options are: On (10 seconds)
 or OFF
- Contrast
 Display "Contrast"
 Selection options are: 1-10 with 10 being
 the brightest
- Safety Mode
 Display "Safety Mode"
 Selection options are: On (30 seconds) or Off
- Statistics – press Enter to select
 "Total Hours" (total number of hours the
 product was used in a workout)
 "Total Miles" (number of miles that the
 product was used for)
 "Lift Minutes" (treadmill only: number of
 minutes the life motor was used)
- Software Version – press Enter to select
 Console Software Version
 Console Software Part Number
 Console Software Build Date
 Motor Controller Part Number (treadmill only)
 Motor Controller Software Part Number
 (treadmill only)
 Motor Controller Software Build Date
 (treadmill only)



Preventive Maintenance Tips

The Life Fitness products are backed by engineering excellence and are one of the most rugged and trouble-free pieces of exercise equipment on the market today. Life Fitness products have proven to be durable in health clubs, colleges, military facilities and other locations the world over.

NOTE: *The safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear as outlined in the Preventive Maintenance Schedule.*

The following preventive maintenance tips will keep the console operating at peak performance:

- Locate the product in a cool, dry place.
- Keep the console free of fingerprints and salt build-up caused by sweat.
- Use a **100% cotton cloth**, lightly moisten with water and a mild liquid cleaning product, to clean the exercise equipment. Other fabrics, including paper towels, may scratch the surface. **Do not use ammonia or acid-based cleaners.**
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.

Clean the housing thoroughly on a regular basis.

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



Troubleshooting the Heart Rate Telemetry Chest Strap

Heart Rate is Erratic or Absent Entirely

- Repeat the electrode moistening procedure on the chest strap. See Page 6, titled Heart Rate Telemetry for details. The electrodes must remain wet to pick up and transmit accurate heart rate readings.
- Make sure the electrodes are flat against the skin.
- Wash the belt transmitter regularly with mild soap and water.
- Make sure the chest strap transmitter is within three feet (91 centimeters) of the heart rate receiver.
- The chest strap is battery-operated and will stop functioning when the battery runs out. Contact Customer Support Services for instructions on how to have the chest strap replaced.

Heart Rate Reading is Erratic or Extremely High

If the chest strap is worn near sources of electromagnetic signals, these signals may be strong enough to elevate heart rate readings. Possible sources include:

- Television sets and/or antennas, cell phones, computers, cars, high voltage power lines and motor driven exercise equipment.
- Another heart rate transmitter within three feet, or one meter, may also cause abnormal heart rate readings.

Troubleshooting Advanced Workout Console

1. The console display looks strange or has an error message and is not functioning.

- A. Unplug the unit to reset the console and then plug it back in. Do this multiple times if console error message still appears. If the problem still exists please call customer service.

2. My console keeps going into a mode where the message center displays “PRESS ENTER TO UNLOCK”

- A. Your product is in safety mode and this lock feature is to protect someone from accidentally pressing a button they are not supposed to. You can go into the Settings Menu to disable this feature or extend the length of the time it takes for this feature to turn on. Please refer to the Settings Menu section of the manual.

3. My console displays “STUCK KEY ERROR”

- A. One of the keys is stuck under the plastic console shell; just check all the keys and un-stick the one that is stuck. If that does not work then try unplugging the unit and plugging it back in.

4. My console displays “SLEEP”

- A. The console is in sleep mode and can be woken up by pressing any key. Sleep Mode can be turned on and off in the Settings Menu.

5. My console will not light up.

- A. Make sure the unit is plugged in or if you have a R3 or C3 then you need to pedal first before the console lights up. If the console will still not turn on make sure all the connections in the back of the console are plugged in correctly according to the assembly instructions. If this still does not work contact Customer Service.

6. The heart rate reading seems erratic.

- A. Remove hands from from heart rate sensors and wait until heart rate icon and heart rate number disappears. This allows the heart rate system to reset. Grasp hand sensors firmly and keep hands still. The contact heart rate system may be less or more accurate with different individuals.



How to Obtain Product Service

- 1 Verify the symptom and review the operating instruction. The problem may be unfamiliarity with the product and its features and workouts.
- 2 Locate and document the serial number of the base unit and console. The serial number plate is located on the front stabilizer, below the shroud, and the serial number for the console is located on the back surface.
- 3 Contact Customer Support Services via the Web at www.lifefitness.com, or call the nearest Customer Support Services group:

For Product services within the United States and Canada:

Telephone: (+1) 847.451.0036

Fax: (+1) 847.288.3702

Toll-free telephone: 800.351.3737

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For Product Service Internationally:

Life Fitness Europe GmbH

Telephone: (+49) 089.317.751.66

Fax: (+49) 089.317.751.38

Life Fitness (UK) LTD

Telephone: (+44) 1353.665507

Fax: (+44) 1353.666018

Life Fitness Atlantic BV

Life Fitness Benelux

Telephone: +31 (0) 180 64 66 66

Fax: +31 (0) 180 64 66 99

Life Fitness Italia S.R.L.

Telephone: (+39) 0472.835.470

Fax: (+39) 0472.833.150

Toll-free telephone: 800.438836

Life Fitness Vertriebs GmbH

Telephone: (+43) 1615.7198

Fax: (+43) 1615.7198.20

Life Fitness Asia Pacific Ltd

Telephone: (+852) 2891.6677

Fax: (+852) 2575.6001

Life Fitness Latin America and Caribbean

Telephone: (+1) 847.288.3964

Fax: (+1) 847.288.3886

Life Fitness Brazil

Telephone: (+55) 11.7295.2217

Fax: (+55) 11.7295.2218

Life Fitness Japan

Telephone: (+81) 3.3359.4306

Fax: (+81) 3.3359.4307

Life Fitness Iberia

Telephone: (+34) 93.672.4660

Fax: (+34) 93.672.4670



Warranty Information

What is Covered:

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

Who is Covered:

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

How Long is it Covered:

Residential: All electrical and mechanical components and labor are covered, after the date of purchase, as listed on the following chart.

Non-Residential: Warranty void (this Product is intended for residential use only).

Who Pays Shipping & Insurance for Service:

If the Product or any warranted part must be returned to a service facility for repairs, Life Fitness will pay all shipping and insurance charges during the warranty period (within the United States only). The purchaser is responsible for shipping and insurance charges after the warranty has expired.

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.

continued on next page

Warranty Information

continued from previous page

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 User 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.

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 Service 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. Life Fitness reserves the right to decide whether or not a product is to be returned for repair.

User 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.

continued on next page

Warranty Information

continued from previous page

Product Registration:

Register online at www.lifefitness.com/registration. 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. Please retain your proof of purchase, such as your bill of sale or receipt.

How to get Parts & Service:

Simply call Customer Service at 1-800-351-3737 or (+1) 847-288-3300, Monday through Friday from 8:00 a.m. to 5:00 p.m. central Standard Time, and tell them your name, address and the serial number of your Product (consoles and frames may have separate serial numbers). They will tell you how to get a replacement part, or, if necessary, arrange for Service where your Product is located.

Exclusive Warranty:

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of 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. Warranties may vary outside the U.S. Contact Life Fitness for details.



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SPECIFICATIONS	ADVANCED WORKOUTS CONSOLE
Number of Workouts	10
User Profiles	2
Interactive Heart Rate Programming	Yes
Heart Rate Telemetry	Yes
Contact Heart Rate	Yes (except XI)
Goal Workouts	Yes - 3
Race Mode	Yes
Levels	20
Message Center	Yes - 16 character
Display Type	Custom-etched LCD
Warranty	3 Years



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