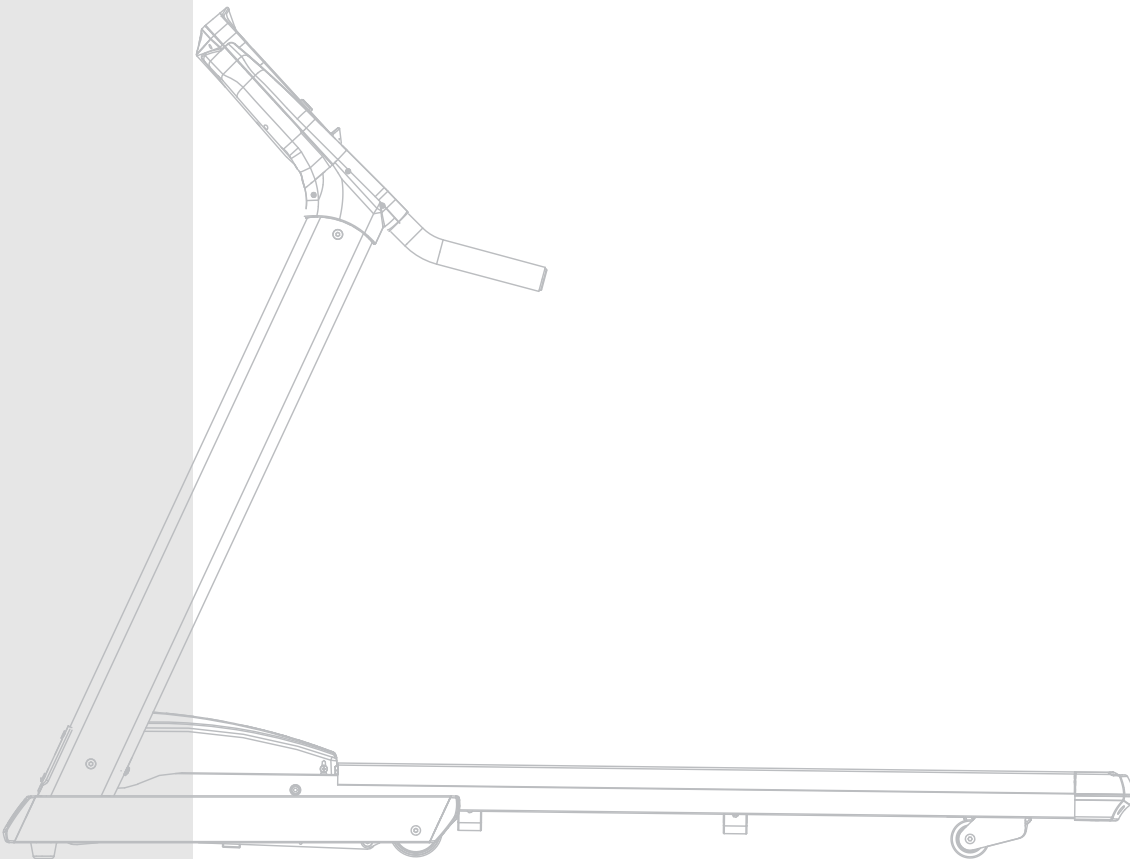
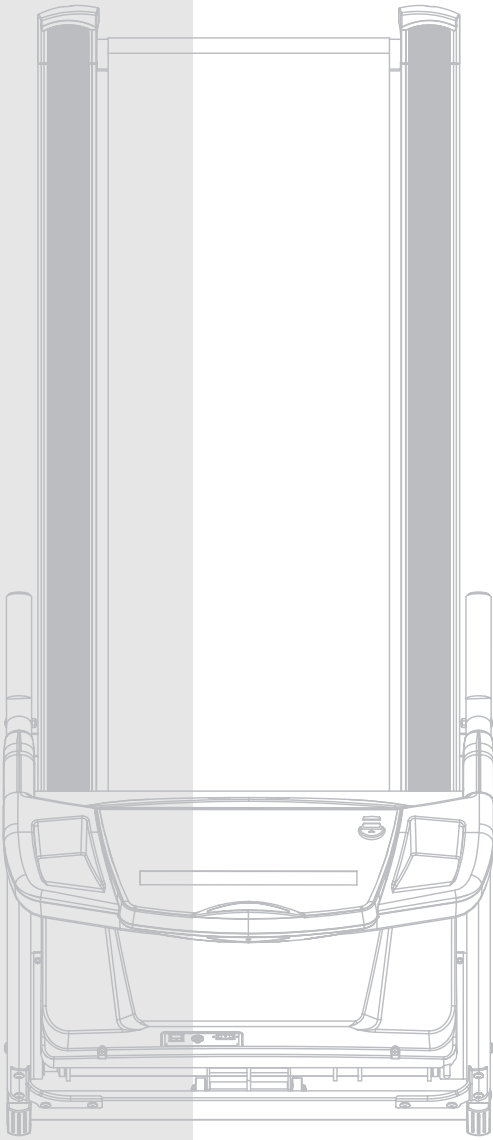


# ESSENTIAL

## **FT4 Treadmill**

USER MANUAL



## **CORPORATE HEADQUARTERS**

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

[www.lifefitness.com](http://www.lifefitness.com)

## **INTERNATIONAL OFFICES**

### **LIFE FITNESS ASIA PACIFIC LTD**

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

### **LIFE FITNESS ATLANTIC BV**

#### **LIFE FITNESS BENELUX**

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

### **LIFE FITNESS DO BRAZIL**

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

### **LIFE FITNESS VERTRIEBS GMBH**

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

### **LIFE FITNESS IBERIA**

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

### **LIFE FITNESS EUROPE GMBH**

Siemensstraße 3  
85716 Unterschleißheim  
GERMANY  
Telephone: (+49) 89.31 77 51.0  
FAX: (+49) 89.31 77 51.99

### **LIFE FITNESS ITALIA S.R.L.**

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

### **LIFE FITNESS LATIN AMERICA and CARIBBEAN**

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

### **LIFE FITNESS UK LTD**

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

### **LIFE FITNESS JAPAN**

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

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

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

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



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

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

# TABLE OF CONTENTS

<b>Unpacking and Assembly</b> .....	<b>4</b>
<b>Operation</b> .....	<b>6</b>
1. Getting Started.....	7
1.1 Important Safety Instructions.....	7
1.2 Set-up.....	8
Folding, Moving, and Positioning the Treadmill // Electrical Requirement // Grounding Instructions // Starting Up the Treadmill // Getting On and Off the Treadmill // Keeping the Treadmill Deck Lubricated // Centering the Treadmill Belt // Adjusting the Treadmill Belt Tension	
2. The Display Console .....	10
2.1 Display Console Overview .....	10
2.2 Display Console Descriptions .....	11
2.3 Emergency Stop System.....	11
2.4 Accessory Trays and Reading Rack.....	12
3. The Workouts .....	13
3.1 Workout Overviews .....	13
3.2 Using the Workouts.....	13
To Begin Any Workout Setup // Selecting Quick Start // Selecting and Using a Manual Workout // Selecting and Using a Speed Interval or Aerobic Workout // Selecting and Using a Fat Burner, Cross-Country, or Hill Climb Workout // Selecting and Using a Goal Workout // Using the Heart Rate Zone to Maximize Workout Benefits // Ending a Workout Early	
3.3 Workout Descriptions .....	15
Speed Interval // Aerobic // Fat Burner // Cross-country // Hill Climb // Target Time // Target Distance // Target Calories	
4. Service and Technical Data.....	17
4.1 Preventative Maintenance Tips .....	17
4.2 When and How to Obtain Product Service .....	17
Identifying Problems // Obtaining Service	
4.3 Treadmill Specifications.....	19

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

## UNPACKING THE TREADMILL

1. Carefully cut and remove the SHIPPING BANDS.
2. Carefully disengage the staples securing the TOP TRAY.
3. Lift the TOP TRAY upward and off of the BOTTOM TRAY.
4. Remove the TOP SPACERS, DISPLAY CONSOLE BOX and UPRIGHTS.
5. Remove the remaining packaging from the deck of the TREADMILL.



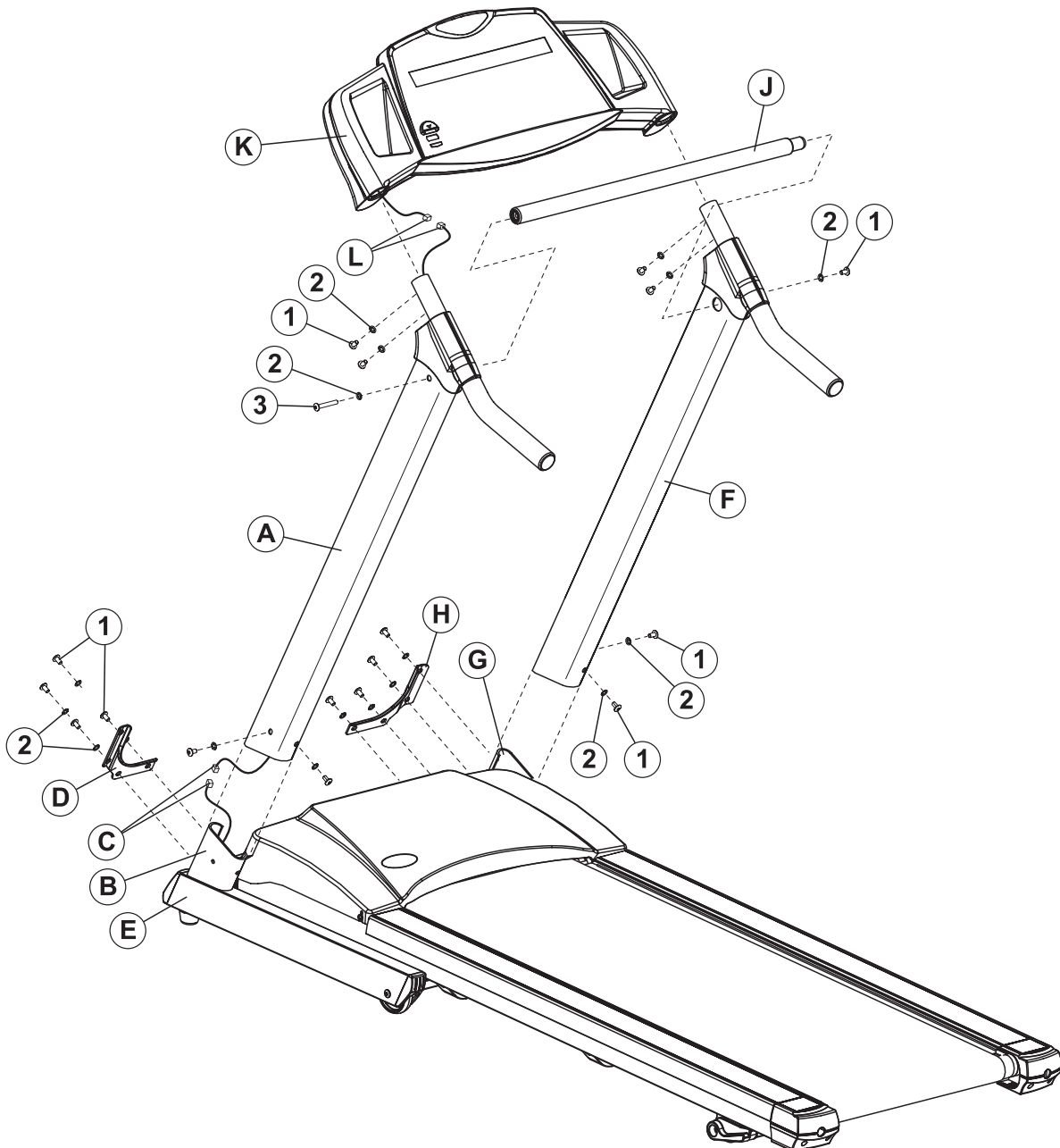
**Caution:** The treadmill should be assembled before removing it from the bottom shipping tray. Follow the assembly instructions on the opposite page before proceeding.

6. From the rear of the TREADMILL, tilt the BASE upward until it locks upright.

7. Tear the front end of the BOTTOM SHIPPING TRAY at the corners and fold the flap downward.
8. Carefully roll the TREADMILL forward and off of the BOTTOM SHIPPING TRAY.
9. Carefully roll the treadmill near the desired location for use.
10. Unfold the treadmill: Stand directly behind the treadmill. Support the treadmill base with the right hand, and pull and hold the release handle downward with the left hand. The handle is located on the end of the left main frame. Begin lowering the base a short distance. Let go of the release handle and, with both hands, guide the treadmill deck down to unfold it.





**Caution:** As the treadmill comes closer to the ground, it lowers at a faster rate and feels heavier.



## ASSEMBLING THE TREADMILL

*Tools Required: Metric Wrench Set, Metric Allen Wrench Set, Phillips Screwdriver*

1. Locate the USER LEFT UPRIGHT (A) (upright with pre-fed CONSOLE CABLE). With the HANDLEBAR EXTENSION facing the rear of the unit, position the USER LEFT UPRIGHT near the USER LEFT UPRIGHT BRACKET (B). Connect the CONNECTORS (C) leading from the USER LEFT UPRIGHT and USER LEFT UPRIGHT BRACKET. Slide the USER LEFT UPRIGHT over the USER LEFT UPRIGHT BRACKET until fully seated. Install one 5/8" BUTTON HEAD SCREW (1) and LOCK WASHER (2) each in the side and rear mounting holes of the USER LEFT UPRIGHT. Finger-tighten the SCREWS.
-  **Caution:** Do not pinch the cable when sliding the USER LEFT UPRIGHT (A) over the USER LEFT UPRIGHT BRACKET (B).
2. Locate the USER LEFT UPRIGHT BRACE (D). Using four 5/8" BUTTON HEAD SCREWS (1) and LOCK WASHERS (2), secure the USER LEFT UPRIGHT BRACE to the front of the USER LEFT UPRIGHT (A) and the FRAME (E). Finger-tighten the SCREWS.
3. Locate the USER RIGHT UPRIGHT (F). With the HANDLEBAR EXTENSION facing the rear of the unit, position the USER RIGHT UPRIGHT near the USER RIGHT UPRIGHT BRACKET (G). Slide the USER RIGHT UPRIGHT over the USER RIGHT UPRIGHT BRACKET until fully seated. Install one 5/8" BUTTON HEAD SCREW (1) and LOCK WASHER (2) each in the side and rear mounting holes of the USER RIGHT UPRIGHT. Finger-tighten the SCREWS.
4. Locate the USER RIGHT UPRIGHT BRACE (H). Using four 5/8" BUTTON HEAD SCREWS (1) and LOCK WASHERS (2), secure the USER RIGHT UPRIGHT BRACE to the front of the USER RIGHT UPRIGHT (F) and the FRAME (E). Finger-tighten the SCREWS.
5. Locate the HANDRAIL (J). With the stepped extension end of the HANDRAIL facing right, position the HANDRAIL between the LEFT and RIGHT UPRIGHTS (A) & (F) at the HANDRAIL MOUNTING HOLES. Secure the user left side of the HANDRAIL to the LEFT UPRIGHT using the 2" BUTTON HEAD SCREW (3) and one LOCK WASHER (2). Secure the user right side of the HANDRAIL to the RIGHT UPRIGHT using one 5/8" BUTTON HEAD SCREW (1) and one LOCK WASHER (2).
6. Locate the DISPLAY CONSOLE (K). Position the DISPLAY CONSOLE near the top ends of the LEFT and RIGHT UPRIGHTS (A) & (F). Connect the CONNECTOR (L) leading from the top of the USER LEFT UPRIGHT to the CONNECTOR (L) leading from the user left side of the DISPLAY CONSOLE. Slide the DISPLAY CONSOLE onto the TOP UPRIGHT EXTENSIONS. Secure the DISPLAY CONSOLE to the uprights using two 5/8" BUTTON HEAD SCREWS (1) and LOCK WASHERS (2) on either side of the DISPLAY CONSOLE. Tighten the SCREWS securely.
-  **Caution:** Do not pinch the cable when sliding the DISPLAY CONSOLE (K) onto the LEFT and RIGHT UPRIGHTS (A) & (F).
7. Tighten all SCREWS securely.
8. Position the TREADMILL into the desired location for use.
9. Plug the TREADMILL into a proper electrical outlet as instructed in SECTION 1.2 of this manual.

This Operation Manual describes the functions of the following products:

Life Fitness Essential treadmill:

**FT4**

See Section 5, titled *Specifications* page 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. The manufacturer **STRONGLY** recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease; or is over the age of 45; or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. The manufacturer also recommends consulting a fitness professional on the correct use of this product.

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

# 1 GETTING STARTED

## 1.1 IMPORTANT SAFETY INSTRUCTIONS



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

- Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The treadmill is intended for use solely in the manner described in this manual.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by or near children, invalids or disabled persons.
- If a treadmill does not function properly after it has been dropped, damaged, or even partially immersed in water, contact Customer Support Services for assistance. See Section 4 for details.
- Never insert objects into any opening in the treadmill. If an object should drop inside, carefully retrieve it. If the item is beyond reach, contact Customer Support Services for assistance. See Section 4 for details.
- Use caution when unfolding the treadmill. As the treadmill base is unfolded, it will feel heavier and lower at an increasing rate as it moves closer to the ground.
- Never place liquids of any type directly on the unit, except in an accessory tray. Containers with lids are recommended.
- Do not use the treadmill outdoors, near swimming pools or in areas of high humidity.
- When in use, keep all loose clothing, shoelaces, and towels away from the treadmill's moving components. Keep hands and feet away from all moving components.
- Keep the area around the treadmill clear of any obstructions, including walls and furniture. An area of six feet by four feet behind the treadmill is recommended.
- Always be careful and exercise caution when mounting or dismounting the treadmill. Use the handlebars whenever additional stability is required.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the treadmill in bare feet.
- Do not tip the treadmill on its side during operation.
- To ensure proper functioning of this product, do not install attachments or accessories that are not provided or recommended by the manufacturer.
- Be sure that the Safety Key is properly located before use.
- Use this product in a well-ventillated area.
- Use this product on a solid, level surface.
- Make sure that all components are fastened securely. These include the console, uprights, and handlebars.
- Keep the power cable and plug away from heated surfaces.
- Never place the power cord under carpeting or set any object on the power cord. Do not route the power cord under the treadmill. Do not pull on the power cord.

**SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.**



## 1.2 SETUP

Read the entire Operation Manual before setting up the treadmill.

### FOLDING, MOVING, AND POSITIONING THE TREADMILL

The treadmill can be folded easily by means of a “gas shock” mechanism. Folding the treadmill when it is not in use frees up floor space and makes it easy to move the unit.

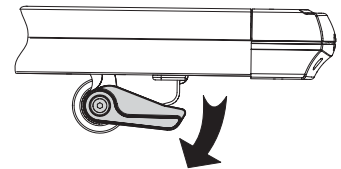
**Folding the treadmill:** When the treadmill is idle, set the incline grade to 0 percent, switch the unit off, and unplug it. Then, with both hands, lift the back end of the treadmill upward until it clicks and locks into place.

 **Caution: The treadmill must be set to 0% before folding. Damage may occur and the treadmill may not lock into a proper upright position.**

**Moving and positioning the treadmill:** Once the treadmill is folded and locked, simply roll it to the desired location. When positioning the treadmill for use, allow for a clearance area of six feet by four feet behind the treadmill to make it easy to get on and off the treadmill and to adjust the tension of the belt. See the section titled *Specifications* for the treadmill's dimensions. Also, make sure to use the treadmill on a firm, level surface.

**Note:** Occasionally, after extended treadmill use, a fine black dust may accumulate on the floor beneath the unit. This does not indicate that anything is wrong with the treadmill, and the dust can easily be removed with a vacuum cleaner. To prevent the dust from accumulating on floor, place a mat beneath the unit.

**Unfolding the treadmill:** Stand directly behind the treadmill. Support the treadmill base with the right hand, and pull and hold the release handle downward with the left hand. The handle is located on the end of the left main frame. Begin lowering the base a short distance. Let go of the release handle and, with both hands, guide the treadmill deck down to unfold it.



 **Caution: As the treadmill comes closer to the ground, it lowers at a faster rate and feels heavier.**

### ELECTRICAL REQUIREMENT

Consult the chart below for electrical requirements outside the U.S. and Canada. The plug must be inserted into an electrical outlet that has been properly installed and grounded in accordance with all local codes and ordinances.

Supply Voltage (VAC)	Frequency (Hz)	Maximum Current (Amps)
120	60	12
230	50	6
240	50	6

### GROUNDING INSTRUCTIONS

This product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides a path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances. Use only the power cord provided with this treadmill.

**DANGER:** A risk of electrical shock may result from improper connection of the equipment-grounding conductor. Check with a qualified electrician if in doubt as to proper grounding technique. DO NOT modify the plug provided with the product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician.

### STARTING UP THE TREADMILL

The On/Off switch for the treadmill is located next to the power supply cord at the front of the treadmill. To start up the treadmill, simply flip the switch to the On position (I).

The treadmill will start up only when the safety key has been properly inserted into the key-holder on the console. For more information, see section 2.3, titled *Emergency Stop System*.

## GETTING ON AND OFF THE TREADMILL

With the treadmill belt idle, step on the side rails to straddle the belt. Set up a workout using the steps described in Section 3.2, titled *Using the Workouts*. When the belt is in motion, hold the handrails and carefully step onto the belt. Continue to use the handrails as necessary for stability. After completing a workout, wait until the belt is idle before stepping off.



**CAUTION:** Always face forward during a workout.

## KEEPING THE TREADMILL DECK LUBRICATED

The treadmill deck has been pre-lubricated at the factory. However, it may require periodic lubrication throughout its usage life for optimal performance and reduced wear-and-tear on important components. With an average rate of use, which is approximately three weekly 30-minute workout sessions, the treadmill lubrication level should be checked every 9 - 12 months.

**To check the lubrication level:** When the treadmill is idle, reach underneath the belt, palm-side-down, as far toward the center as possible. Then, place the hand on the deck. If it is moist then it does not require lubrication. If the deck is dry, it requires lubrication.

**To add lubricant:** The Lube-N-Walk® Wax Kit is recommended for this treadmill. Follow the instructions included with the kit to add lubricant. Use of other lubrication kits may void the warranty. Contact the product service center for more information on the Lube-N-Walk Wax Kit. See Section 4.2 for contact information.

## CENTERING THE TREADMILL BELT

With normal use, the treadmill belt periodically may tend to run off-center. To test and adjust the belt, run the treadmill at 4 mph (6.5 kph) without a user on it. To perform any centering adjustment, use the Allen wrench that was shipped with the unit, and turn the left and right roller bolts, as described below. The roller bolts are located in the back of the frame side rail.

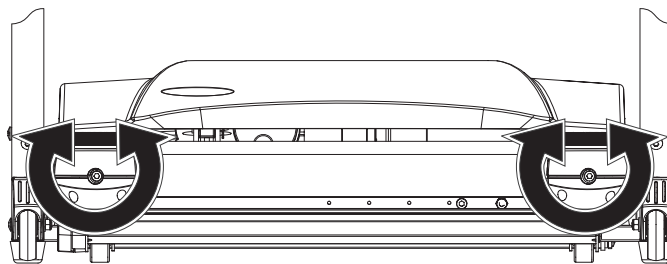
**If the belt runs too far to the left:** Turn the left roller bolt one quarter-turn clockwise to tighten it. Then, turn the right roller bolt on quarter-turn counterclockwise to loosen it.

**If the belt runs too far to the right:** Turn the right roller bolt one quarter-turn clockwise to tighten it. Then, turn the left roller bolt on quarter-turn counterclockwise to loosen it.

After performing any adjustment, continue to run the belt without a user on it for three minutes to confirm that it is centered. Repeat adjustments as necessary.



**CAUTION:** Never turn the bolts more than one quarter-turn at any time. Also, over-tightening the belt can shorten the belt's life considerably.



## ADJUSTING THE TREADMILL BELT TENSION

As the belt stretches over time with normal use, the user may begin to feel the belt slipping across the rollers. The slipping sensation indicates that the belt requires tightening. When the belt is idle and not in use, turn each roller bolt one quarter turn clockwise to tighten it. Make sure to turn each bolt an equal amount.

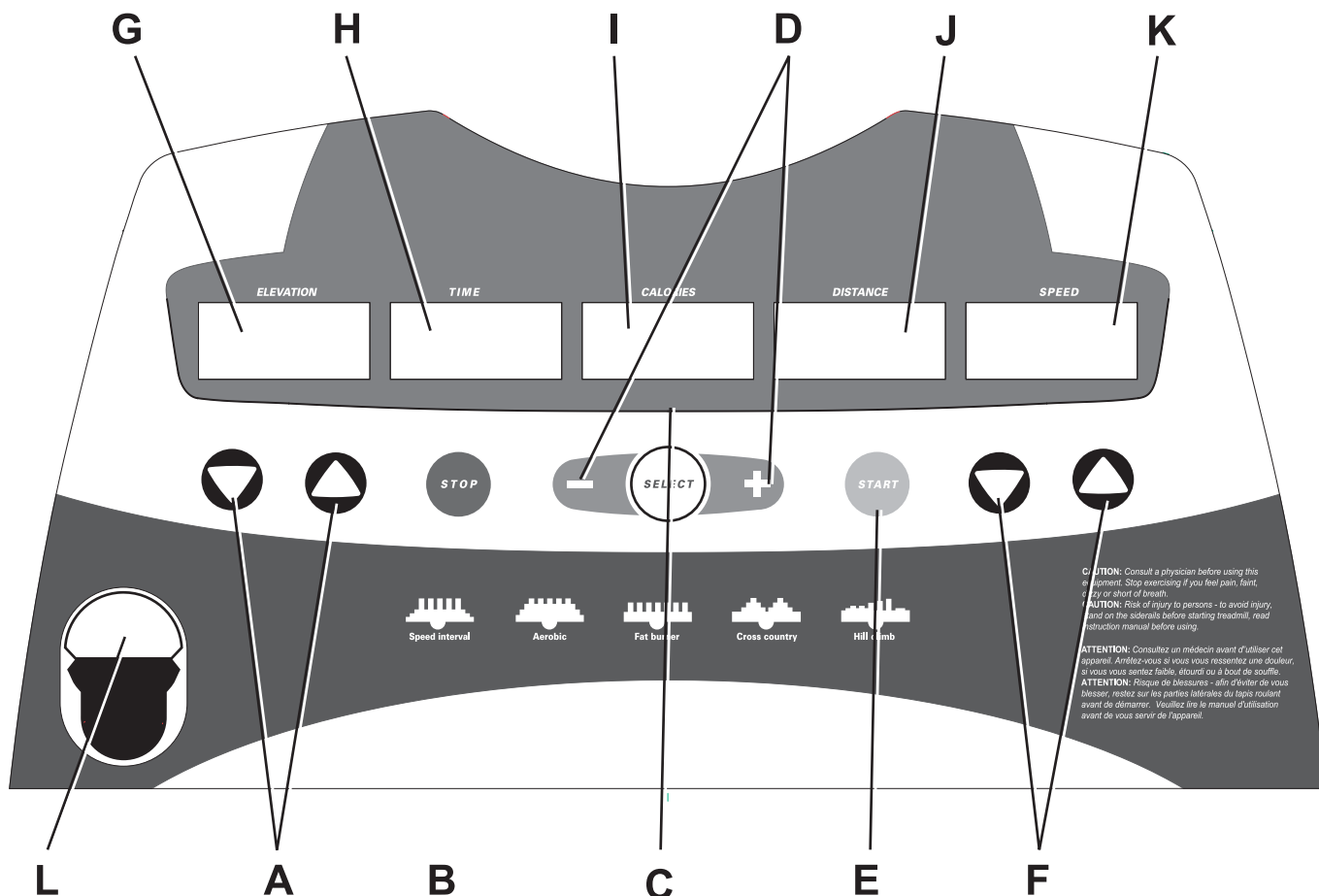
Afterward, walk on the belt while it is in motion to test the adjustment. Repeat the tightening if necessary, but do not turn the bolts more than one quarter-turn at any time.

If this adjustment does not stop the belt from slipping, call Customer Service. See section 4.2, titled *How to Obtain Product Service*.

# 2 THE DISPLAY CONSOLE

## 2.1 DISPLAY CONSOLE 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.



## 2.2 DISPLAY CONSOLE DESCRIPTIONS

The functions for the keys and display windows on the treadmill console are listed and described in this section. See Section 3, titled *The Workouts*, for detailed information on using the console to set up workouts.

- A** ELEVATION ARROW keys: Press these keys to select an elevation level during a workout setup or to change the elevation while a workout is in progress.
- B** STOP: Press this key to stop a workout-in-progress.
- C** SELECT: Press this key during a workout setup to select a workout type
- D** SELECT PLUS and MINUS: Press these keys after pressing the SELECT key to scroll through workout options during a workout setup.
- E** START: Press this key to start a workout.
- F** SPEED ARROW keys: Press these keys to select a speed during a workout setup or to change speed while a workout is in progress.
- G** ELEVATION DATA window: During a workout setup, this window displays the selected elevation. During a workout-in-progress, this window displays the elevation of the current interval.
- H** TIME DATA window: During a workout-in-progress, this window displays the time used in the duration.
- I** CALORIES DATA window: During a workout-in-progress, this window displays the current, total number of calories burned.
- J** DISTANCE DATA window: During a workout-in-progress, this window displays the current, completed distance.
- K** SPEED DATA window: During a workout setup, this window displays the selected speed. During a workout-in-progress, this window displays the speed of the current interval.
- L** STOP KEY: A magnetized key that cuts the main power in emergency situations.

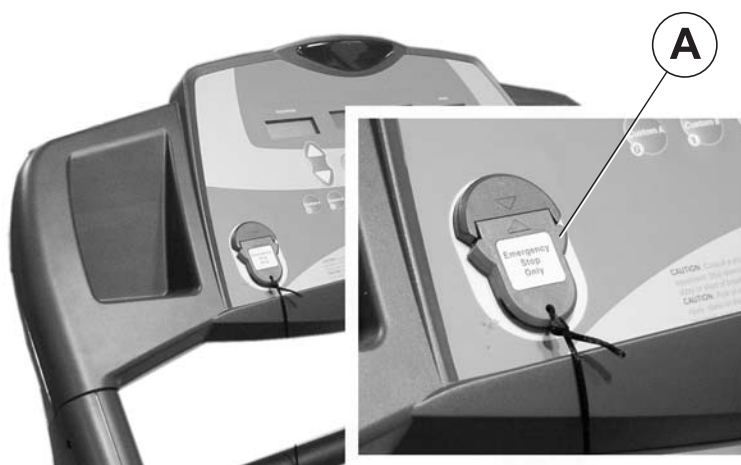
## 2.3 EMERGENCY STOP SYSTEM

The treadmill features an emergency system that cuts the main power of the unit to stop the treadmill if the user falls. The system consists of a key (A) that is inserted into a key-holder located in the lower-left side of the console. A cord and clip attached to this magnetized key is then clipped to the user. If the key is pulled out of the key-holder during a workout-in-progress, the treadmill stops immediately. Before starting a workout, attach the clip to clothing.



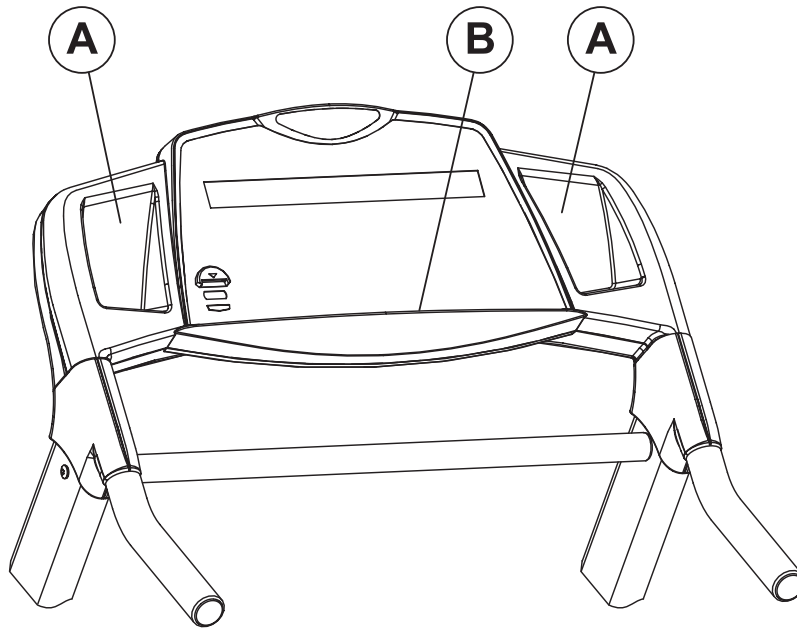
**CAUTION: Pulling out the key brings the treadmill to an immediate, dead stop, which can be dangerous. Only pull out the key in emergencies. To stop the treadmill under routine circumstances, simply press the STOP key, which brings the treadmill to a gradual stop.**

Replace the key to reset the system. The treadmill will start up only when the safety key has been properly inserted into the keyholder in the console.



## 2.4 ACCESSORY TRAYS AND READING RACK

An accessory tray (A) is built into each side of the console. Additionally, a reading rack (B) is built in to the base of the console.



# 3 THE WORKOUTS

## 3.1 WORKOUT OVERVIEWS

This section lists the treadmill's pre-programmed workouts. For more detailed information, see Section 3.2, titled *Using the Workouts*.

**MANUAL** is a workout in which the user manually selects and adjusts the elevation and speed.

**SPEED INTERVAL** alternates intervals of high and low speeds.

**AEROBIC** also alternates intervals of high and low speeds, but the low intervals are higher than those of **SPEED INTERVAL**.

**FAT BURNER** alters uniform high elevation intervals with uniform low elevation intervals.

**CROSS-COUNTRY** alternates uniformly high and low elevations and features two peaks throughout the workout.

**HILL CLIMB** also alternates high and low elevations, building gradually to a peak.

**TARGET DISTANCE** targets a specific distance as a goal.

**TARGET CALORIES** targets a specific number of calories as a goal.

**TARGET TIME** targets a specific time duration as a goal.

## 3.2 USING THE WORKOUTS

All workouts last 30 minutes (15 intervals of 2 minutes each), except for the **TARGET TIME** workout, in which the user selects the duration. Different workouts require different setup steps. See the chart titled *Treadmill Workout Set-up Steps*, which appears later in this section, for a quick glance at the steps for setting up any workout. This section provides details on the steps themselves.

### TO BEGIN ANY WORKOUT SETUP

Switch on the treadmill. Then, make sure that the emergency stop key is properly inserted into the key-holder, and clip the key cord to clothing.

### SELECTING QUICK START

**QUICK START** is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout. Simply press the **START** key immediately, and a workout begins at the default elevation of 0 percent and the default speed of 0.5 mph (1 kph) speed. These settings can be changed manually during the workout, which lasts for 30 minutes.

### SELECTING AND USING A MANUAL WORKOUT

For **MANUAL**: Press the **SPEED ARROW** keys to select a workout speed of up to 10 mph (16 kmh). Press the **ELEVATION ARROW** keys to select a workout elevation of up to 10 percent. Then, press **START**. After a displayed three-second count-down, the workout begins. Change the speed and elevation values as desired throughout the workout, which lasts for 30 minutes.

### SELECTING AND USING A SPEED INTERVAL OR AEROBIC WORKOUT

Press the **SELECT** key. The central **DATA** window displays "P1", which corresponds to **SPEED INTERVAL**. To select **AEROBIC** (displayed as "P2"), press the **SELECT PLUS** key once. Press the **SELECT MINUS** key to scroll backward through workout options.

For both workouts, the **SPEED DATA** window displays a default high speed of 6.0 mph (10 kmh). Use the **SPEED** keys to adjust this value. The maximum possible speed is 10 mph (16 kmh). The treadmill computer automatically selects the speed for the lower-speed intervals based on the high speed intervals chosen. The workout-in-progress alternates between these intervals.

The **ELEVATION DATA** window displays a default elevation of 0 percent, which is level. To change this value manually during the workout-in-progress, press the **ELEVATION ARROW** keys. The range is 0 percent to 10 percent. This **ELEVATION** does not change automatically during either workout.

To begin the workout, press **START**. After a displayed three-second count-down, the workout begins.

## SELECTING AND USING A FAT BURNER, CROSS-COUNTRY, OR HILL CLIMB WORKOUT

Press the SELECT key. Then, press the SELECT PLUS (+) key twice for **FAT BURNER** (displayed as "P3"), three times for **CROSS-COUNTRY** (displayed as "P4"), or four times for **HILL CLIMB** (displayed as "P5"). Press the SELECT MINUS (-) key to scroll backward through workout options.

For all three workouts, the ELEVATION DATA window displays a default maximum elevation of eight percent. Use the ELEVATION keys to adjust this value. The range is 0 percent to 10 percent. The treadmill computer automatically selects the elevation for the lower elevation intervals based on the high elevation chosen. The workout-in-progress alternates between these intervals.

The SPEED DATA window displays a default of 2 mph (3 kmh). To change this value manually either during the workout setup or during the workout-in-progress, press the SPEED ARROW keys. This speed does not change automatically during these workouts.

To begin the workout, press START. After a displayed three-second count-down, the workout begins.

## SELECTING AND USING A GOAL WORKOUT

Press the SELECT key twice for **TARGET DISTANCE**, three times for **TARGET CALORIES**, and four times for **TARGET TIME**.

For **TARGET DISTANCE**, the DISTANCE DATA window shows a default goal of 2.0 miles (3.2 kilometers). Use the SELECT PLUS (+) and MINUS (-) keys to adjust this value up to 50 miles.

For **TARGET CALORIES**, the CALORIES DATA window shows a default goal of 150 calories. Use the SELECT PLUS (+) and MINUS (-) keys to adjust this value up to 900 calories.

For **TARGET TIME**, the TIME DATA window shows a default goal of 20 minutes. Use the SELECT PLUS (+) and MINUS (-) keys to adjust this value up to 90 minutes.

For all three workouts, adjust the speed and elevation manually as desired during the workout-in-progress.

To begin the workout, press START. After a displayed three-second count-down, the workout begins.

## USING THE HEART RATE ZONE TO MAXIMIZE WORKOUT BENEFITS

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

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

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

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

## ENDING A WORKOUT EARLY

To end a workout before the duration expires, press the STOP key once. The treadmill stops moving, and the DATA windows display the statistics for the completed workout. Press the STOP key again to set up a new workout.

### TREADMILL WORKOUT SETUP STEPS

#### QUICK START

Press START  
Begin workout

#### SPEED INTERVAL

Press SELECT once (P1)  
Select maximum speed  
Press START  
Begin workout

#### AEROBIC

Press SELECT once  
Press SELECT PLUS (+) once (P2)  
Select maximum speed  
Press START  
Begin workout

#### FAT BURNER

Press SELECT once  
Press SELECT PLUS (+) twice (P3)  
Select maximum elevation  
Press START  
Begin workout

#### CROSS COUNTRY

Press SELECT once  
Press SELECT PLUS (+)  
three times (P4)  
Select maximum elevation  
Press START  
Begin workout

#### HILL CLIMB

Press SELECT once  
Press SELECT PLUS (+)  
four times (P5)  
Select maximum elevation  
Press START  
Begin workout

#### TARGET DISTANCE

Press SELECT twice  
Press the +/- keys to set Distance  
Press START  
Begin workout

#### TARGET CALORIES

Press SELECT three times  
Press the +/- keys to set Calories  
Press START  
Begin workout

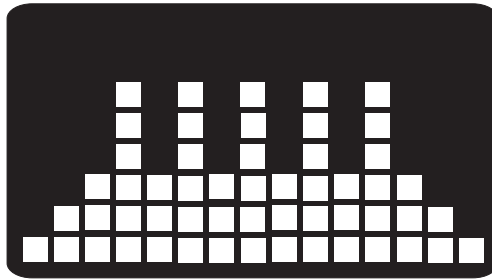
#### TARGET TIME

Press SELECT four times  
Press the +/- keys to set Time  
Press START  
Begin workout

### 3.3 WORKOUT DESCRIPTIONS

#### SPEED INTERVAL

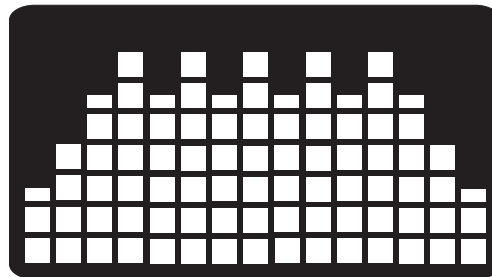
This program alternates intervals of high and low speeds. As the profile diagram indicates, the speed gradually increases in the early stage. The main section of the workout consists of high- and low-speed intervals. The contrast between speeds is sharper than in the **AEROBIC** workout. In the final stage, the speed gradually declines.



Speed Interval profile

#### AEROBIC

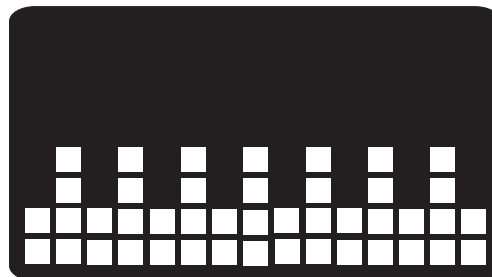
This program alternates intervals of high and low speeds. As the profile diagram indicates, the speed gradually increases in the early stage. The main section of the workout consists of high- and low-speed intervals. The contrast between speeds is more subtle than in the **SPEED INTERVAL** workout. In the final stage, the speed gradually declines.



Aerobic profile

#### FAT BURNER

This program alternates intervals of high and low elevations. The high intervals are uniform in elevation, as are the low intervals.

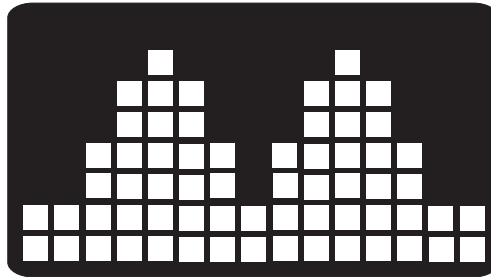


Fat Burner profile



## CROSS-COUNTRY

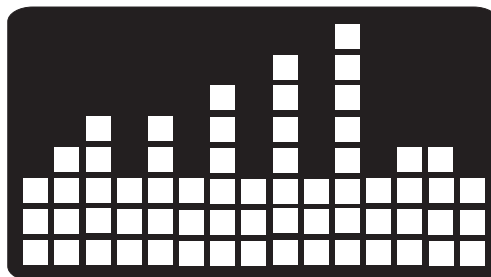
This program alternates intervals of high and low elevations. The workout builds up to a first peak, followed by a valley, and then another peak.



**Cross-country profile**

## HILL CLIMB

This program alternates intervals of high and low elevations. The high intervals build to a peak and then gradually decline.



**Hill climb profile**

## TARGET TIME

This workout targets a specific time duration as a goal. By default, the elevation or speed for this workout do not change automatically, but may be changed manually with the SPEED or ELEVATION ARROW keys. Once the duration target is achieved, the workout ends.

## TARGET DISTANCE

This workout targets a specific distance as a goal. By default, the elevation or speed for this workout do not change automatically, but may be changed manually with the SPEED or ELEVATION ARROW keys. Once the distance target is achieved, the workout ends.

## TARGET CALORIES

This workout targets a specific number of calories burned as a goal. By default, the elevation or speed for this workout do not change automatically, but may be changed manually with the SPEED or ELEVATION ARROW keys. Once the calorie target is achieved, the workout ends.

# 4 SERVICE AND TECHNICAL DATA

## 4.1 PREVENTATIVE MAINTENANCE TIPS

Use a vacuum cleaner or a slightly damp cloth to remove dust from the treadmill periodically.



**WARNING: Do not use any solvents on the deck or running belt, as these can reduce lubrication.**

Also, fold up the treadmill and vacuum the floor beneath and around it periodically to prolong the life of the unit.

## 4.2 WHEN AND HOW TO OBTAIN PRODUCT SERVICE

### IDENTIFYING PROBLEMS

In the event of an electrical failure, the treadmill shuts down immediately.

Generally speaking, if the console's displays or programs do not function properly, try switching it off and on. Doing so often clears problems by resetting the treadmill computer's memory. If restarting the treadmill does not eliminate the problem, call Customer Support.

- **No signal on the monitor LCD windows:** It is often possible to correct this problem by restarting the treadmill. If not, check the communication cable between the monitor and motor controller, and make sure that the cable isn't pinched or damaged.
- **Displayed "ERROR 1-SPEED SENSOR ERROR":** This indicates that the computer is not picking up the motor speed signal. Note whether the belt moves at all when the START key is pressed. If so, note whether the motor stops at low speeds, such as 0.5 mph to 1 mph (1.0kmh to 1.5 kmh) or high speeds, such as 6 mph to 8 mph (10kmh to 12 kmh). These details are important in helping Customer Service diagnose and solve the problem.
- **Displayed "ERROR 2-OVER SPEED ERROR":** This problem actually is a safety function referred to as "run away protection". When the belt speed exceeds the computer's speed detection range, the treadmill motor shuts down, and the MESSAGE CENTER displays the Error 2 message. In this case, simply restart the treadmill. If the MESSAGE CENTER displays this message before the unit is ever used, or if the MESSAGE CENTER displays this message at speeds within the detection range, the mechanism is damaged.
- **Displayed "ERROR 3-SAFETY KEY TETHER ERROR":** This indicates that the Emergency Stop Key is not correctly inserted into the keyholder. Make sure that the key is properly inserted.
- **Displayed "ERROR 5-INCLINE ERROR":** This indicates that the incline motor, which creates workout elevations, is not functioning properly. It may be over-loaded or over-heated. To test this, wait until the motor cools down, and try working out again. Other sources of the problem may be that the sensor connection cable is defective, the sensor itself may be damaged, or the incline motor itself is damaged.
- **Displayed "ERROR 11-COMMUNICATION ERROR":** It is often possible to correct this problem by restarting the treadmill. If not, check the communication cable between the monitor and motor controller, and make sure that the cable isn't pinched or damaged.

## OBTAINING SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit, which is located at the front of the frame.
3. Contact Life Fitness Customer Support Services via the Web at: [www.lifefitness.com](http://www.lifefitness.com), or call the nearest Life Fitness Customer Support Services group:

For Product Service within  
the United States and Canada:

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

For Product Service Internationally:

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

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

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

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

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

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

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

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

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

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

## 4.3 TREADMILL SPECIFICATIONS

Designed use:	Consumer
Maximum user weight:	300 pounds / 136 kilograms
Motor:	2.0 hp continuous duty Leeson
Power requirements:	All major power requirements available
Rollers:	2.6" / 6.7 cm crowned front 2.0" / 5 cm crowned back
Striding belt:	19.5" x 54" / 49.5 cm x 136 cm; anti-static
Cushioning system:	Rubber isolation mounts Deck hard-mounted to frame in back
Deck type:	3/4" / 19.05 mm non-reversible, one-sided laminate
Front handrail:	Standard with black foam grip
Side handrails:	Standard with black foam grips
Stop systems:	Emergency Stop key and mechanical switch emergency stop system
CONSOLE:	
Displays:	Five LCD windows for Elevation, Time, Calories, Distance, and Speed
Summaries:	Total elapsed time of workout, total calories burned, total distance
WORKOUTS:	Quick Start, Manual, Speed Interval, Aerobic, Fat Burner, Cross-country Hill Climb, Target Time, Target Distance, Target Calories
Elevation range:	0 percent to 10 percent in .5 percent increments
Workout duration range:	0 to 99 minutes, 59 seconds
Calorie range:	0 to 900 calories
Distance range:	0 to 50 miles / 0 to 99.9 kilometers
Speed range:	1 to 10 mph / 1 to 16 kmh
Accessory Tray:	Standard; built into console
Color:	Silver frame; Blue shrouds with gray accents
ASSEMBLED DIMENSIONS (UNFOLDED):	
Length	76.4 inches / 194 centimeters
Width	32.7 inches / 83 centimeters
Height	56.7 inches / 144 centimeters
ASSEMBLED DIMENSIONS (FOLDED)	
Length	39.5 inches / 100.3 centimeters
Width	32.7 inches / 83 centimeters
Height	68.1 inches / 173 centimeters
ASSEMBLED WEIGHT:	253 pounds / 115 kilograms
SHIPPING DIMENSIONS:	
Length	80 inches / 203.2 centimeters
Width	36 inches / 91.4 centimeters
Height	11 inches / 28 centimeters
Weight	275 pounds / 125 kilograms