

Life Fitness Arc Trainer

Assembly Instructions



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1. Getting Started

Safety Instructions

Read all instructions before use.

Please take special note of the following safety instructions and important points prior to choosing a location and beginning assembly of the product.

-  **Warning:** Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.
-  **Warning:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
-  **Warning:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
-  **Warning:** Ensure that there is at least 23.6" (0.6 m) of clearance behind the product and at least 12" (30 cm) on the sides.
-  **Warning:** The product is not equipped with a free-wheeling feature. Therefore, it cannot be stopped immediately.
-  **Warning:** Moving parts and fall hazard.
 - To avoid serious injury wait until foot plates come to a complete stop before getting off unit.
 - The moving parts cannot be stopped immediately, the unit is not equipped with a free wheel.
-  **Danger:** To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.
-  **Warning:** Keep all body parts, loose clothing, shoelaces, and towels away from moving parts.
 - The individual human power required to perform an exercise may be different than the mechanical power displayed on the product.
 - Use caution when mounting or dismounting the product. Before mounting, use the moving arms to bring the foot plate nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto the moving arms.
 - Never face backward while using the product.
 - Do not stand or sit on the rear plastic covers of the product.
 - Never operate the product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Customer Support Services.
 - Position the product so that the power cord plug to the wall is accessible to the user. Make sure that the power cord is not knotted or twisted and that it is not trapped under any equipment or other objects.
 - If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
 - Always follow the console instructions for proper operation.
 - This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
 - This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
 - Do not use this product outdoors, near swimming pools or in areas of high humidity.
 - Never operate the product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
 - Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact Customer Support Services.
 - Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.

- Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and using.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Read all warnings on each product prior to starting a workout.
- If warnings are missing or damaged, please contact Customer Support Services immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Life Fitness is not responsible for missing or damaged warning labels.
- Health and Environmental Regulations Warning - This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

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

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

Testing Parameters

Displayed power (Wattage) and speed (Strides Per Minute), were found to meet class A accuracy when compared with measured power and speed, with adjustable braking positioned in its maximum position, at the following accuracy test points:

- | | |
|-----------------|-----------------|
| • 25 W, 37 SPM | • 150 W, 86 SPM |
| • 50 W, 52 SPM | • 175 W, 92 SPM |
| • 100 W, 72 SPM | • 200 W, 97 SPM |

Consignes de sécurité

Lire toutes les instructions avant usage.

Prêtez une attention toute particulière aux instructions de sécurité ci-dessous avant de choisir un emplacement et de commencer à assembler votre produit.

 **Avertissement :** Une utilisation incorrecte ou excessive de l'appareil peut entraîner des blessures. Life Fitness Recommande VIVEMENT aux utilisateurs de passer un examen médical complet avant d'entamer un programme d'entraînement, et tout particulièrement dans les cas suivants : antécédents familiaux d'hypertension (pression sanguine trop élevée) ou de pathologies cardiaques, utilisateurs de 45 ans ou plus, tabagisme, hypercholestérolémie (taux de cholestérol sanguin trop élevé), obésité, absence d'exercice physique depuis un an ou plus. Si, pendant l'usage de l'appareil, l'utilisateur éprouve un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit s'arrêter immédiatement.

 **Avertissement :** Pour réduire les risques de brûlures, d'incendies, de chocs électriques ou de blessures, il est essentiel de brancher chaque appareil sur une prise électrique correctement mise à la terre.

 **Avertissement :** Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. Un exercice trop intensif peut entraîner des blessures graves, voire mortelles. Si vous ressentez une sensation de malaise, arrêtez immédiatement l'exercice.

 **Avertissement :** Veillez à laisser un dégagement d'au moins 60 cm (23,6 in) derrière l'appareil et d'au moins 30 cm (12 in.) sur les côtés.

 **Avertissement :** L'appareil n'est pas équipé d'une option roue libre. et ne peut donc pas être arrêté instantanément.

 **Avertissement :** Pièces mobiles et risque de chute.

- Afin d'éviter des blessures sérieuses, attendez l'arrêt complet des repose-pieds avant de descendre de l'appareil.
- Les pièces mobiles ne peuvent pas être arrêtées immédiatement, l'unité n'est pas équipée d'une roue libre.

 **Danger :** Pour réduire les risques de chocs électriques ou de blessures en raison des pièces mobiles, débranchez toujours les produits avant de les nettoyer ou de procéder aux tâches d'entretien.

 Éloignez-vous ainsi que les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.

- La puissance nécessaire à chaque utilisateur pour effectuer un exercice peut différer de la puissance mécanique affichée sur l'appareil.
- Montez et descendez avec précaution du produit. Avant de monter, placez le repose-pied situé de votre côté en position basse, en vous aidant des bras mobiles. Utilisez les poignées fixes lorsque vous avez besoin de renforcer votre équilibre. Pendant les exercices, tenez les bras mobiles.
- Ne montez jamais à l'envers sur le produit.
- Ne vous mettez ni debout, ni assis sur les caches en plastique de l'appareil.
- Ne faites jamais fonctionner le produit dont la fiche ou le cordon d'alimentation sont altérés, ni aucun appareil qui serait tombé, aurait été endommagé ou même partiellement plongé dans l'eau. Contactez le Service clients.
- Placez l'appareil de façon à ce que l'utilisateur ait accès à la fiche du cordon d'alimentation. Assurez-vous que le cordon d'alimentation n'est pas noué ou tordu et qu'il n'est pas coincé sous un autre appareil ou sous tout autre objet.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Suivez toujours les instructions s'affichant sur la console.
- Cet appareil n'est pas destiné à être utilisé par des personnes ou des enfants présentant des capacités physiques, sensorielles ou mentales réduites, ou un manque d'expérience et de connaissances, sauf en cas de supervision ou d'instructions relatives à son utilisation par une personne responsable de leur sécurité.
- Cet équipement n'est pas destiné à être utilisé par les enfants. Tenez les enfants âgés de moins de 14 ans à l'écart de la machine.
- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- Ne jamais utiliser le produit en ayant les ouvertures d'air bloquées. Le système d'aération doit être propre et ne contenir aucun résidu de tissus, cheveux ou autres matériaux.

- N'insérez jamais d'objet dans les ouvertures de cet appareil. Si un objet tombe dans l'appareil, mettez ce dernier hors tension, débranchez le cordon d'alimentation et récupérez l'objet avec précaution. Si vous ne pouvez pas l'atteindre, contactez le Service clients.
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Nous vous recommandons de n'utiliser que des récipients pourvus d'un bouchon.
- N'utilisez pas ce produit pieds nus. Portez toujours des chaussures. Portez des chaussures avec semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talon, à semelle en cuir, à crampons ou à pointes. Vérifiez qu'aucun gravier n'est coincé dans vos semelles.
- Ne placez pas les mains à l'intérieur ou sous l'appareil ; ne le faites pas basculer sur le côté durant son fonctionnement.
- Ne laissez personne gêner l'utilisateur ou le fonctionnement de l'appareil pendant un exercice.
- Laissez les consoles LCD s'adapter à la température ambiante pendant une heure avant de brancher l'appareil et de l'utiliser.
- Utilisez cet équipement uniquement aux fins auxquelles il est destiné et de la manière décrite dans le présent manuel. N'utilisez pas d'accessoires non recommandés par le fabricant.
- Lisez les avertissements avant de commencer à vous entraîner.
- Si certaines étiquettes d'avertissement sont manquantes ou endommagées, contactez immédiatement le Service à la clientèle. Nous vous en fournirons de nouvelles. Les étiquettes d'avertissement sont expédiées avec les appareils et doivent être installées avant utilisation de ces derniers. Life Fitness n'est pas responsable des étiquettes manquantes ou endommagées.
- Réglementation en matière de santé et d'environnement : avertissement – Cet appareil peut contenir des produits chimiques considérés par l'État de Californie comme étant cancérigènes et causant des malformations congénitales et d'autres troubles de l'appareil reproducteur. Pour plus d'informations sur le règlement de la Commission européenne (CE) n°1907/2006 (REACH) et sur le California Safe Drinking Water and Toxic Enforcement Act de 1986 (Proposition 65), consultez la page <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

 **Remarque :** Cet équipement a été testé et jugé conforme aux limites des dispositifs numériques de classe A définies à l'article 15 du règlement de la FCC. Ces limites sont conçues pour assurer une protection raisonnable contre les interférences nuisibles lorsque l'appareil fonctionne dans un environnement commercial. Cet équipement génère, utilise et peut émettre des fréquences radio. Il peut causer des interférences nuisibles aux communications radio s'il n'est pas installé et utilisé conformément aux instructions du présent manuel d'installation. Le fonctionnement de cet appareil dans une zone résidentielle pourrait provoquer des interférences nuisibles, que l'utilisateur serait tenu de corriger à ses propres frais.

CONSERVEZ PRÉCIEUSEMENT CES INSTRUCTIONS POUR UNE CONSULTATION ULTÉRIEURE..

Paramètres de test

La puissance affichée (puissance) et la vitesse (foulées par minute), se sont avérées répondre à la précision de la classe A par rapport à la puissance et la vitesse mesurées, avec le freinage réglable placé en position maximale, au niveau des points d'essai de précision suivants :

- | | |
|-----------------|-----------------|
| • 25 W, 37 SPM | • 150 W, 86 SPM |
| • 50 W, 52 SPM | • 175 W, 92 SPM |
| • 100 W, 72 SPM | • 200 W, 97 SPM |

Setup

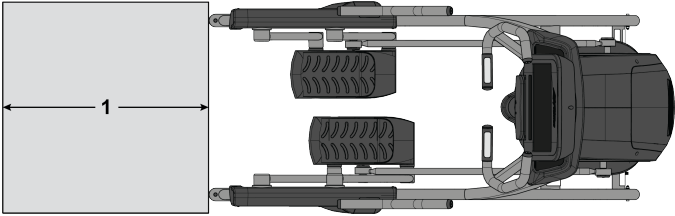
Read the entire manual before setting up the unit.

Choosing and Preparing Site

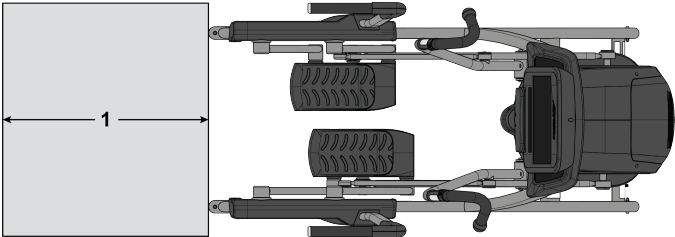
Before assembling the unit, verify the chosen site meets the following criteria:

- Area is well lit and well ventilated.
- Surface is structurally sound and properly leveled.
- Free area for access to unit and emergency dismount. Minimum clearance is 23.6 inches (0.6 meters).
- Adjacent units may share the free area.

Free Area - Lower Body

	
1	23.6", 0.6m

Free Area - Total Body

	
1	23.6", 0.6m

It is the responsibility of the facility owner/owner of the equipment to ensure that there is appropriate clearance around each machine to allow for safe use and passage.

In compliance with the ADA (American Disabilities Act) there must be clear floor space of at least 30 by 48 inches and be served by an accessible route for at least one of each type of exercise equipment. If the clear space is enclosed on three sides (e.g., by walls or the equipment itself), the clear space must be 36 by 48 inches.

All other machines must have a clear floor space of 23" for all access point on the machine.

The dimensions stated in the assembly instructions of this manual include the maximum foot print (in use) dimensions.

Minimum clearance of 12" (30 cm) between units for proper wireless heart rate signal operation.

Electrical Power Requirements (Applicable for Units Using External Power Supply)

- Units that are equipped with the Integrity C or Integrity X console are self powered.
- Units with the Integrity C or Integrity X console can be used with an optional 12 VDC external power supply. Use of an attachable TV requires a 12 VDC external power supply.

 **Warning:** Use only the supplied power brick and line cord. Do not use any modification to connect to a 2-prong outlet. Product must be connected to a properly rated 3-prong outlet.

Console	Supply Voltage	Frequency	Output Voltage	Output Current
SE3	95 - 264 VAC	47 - 63 Hz	24 VDC	5 A
SE3HD	95 - 264 VAC	47 - 63 Hz	24 VDC	5 A
Discover ST	95 - 264 VAC	47 - 63 Hz	24 VDC	5 A
Integrity C	95 - 264 VAC	47 - 63 Hz	12 VDC	3 A

Console	Supply Voltage	Frequency	Output Voltage	Output Current
Integrity X	95 - 264 VAC	47 - 63 Hz	12 VDC	5 A

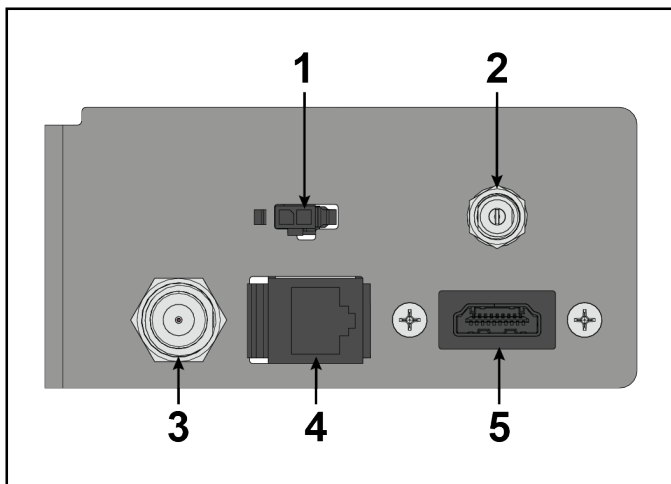
Outlet Voltage	Commercial Units Outlet & Breaker (Amps)
120 VAC	20 (no more than 10 units per breaker)
230 VAC	12 (no more than 10 units per breaker)

-  **Note:** Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.
-  **Note:** Make sure the power brick cord is securely connected to the base unit. A loose connection may result in the unit not receiving external power.

Install External Power Supply

Two different options exist for the external power supply. The Integrity C and Integrity X are self-powered units compatible with a 12 VDC optional power supply for enhanced charging features. The SE3, SE3HD, and Discover ST require a 24 VDC power supply.

1. Plug in the power to the external power connector on the front end of the unit.
2. Tighten the connector to the unit until its securely in place.
3. Plug the cord into an AC outlet.



	Description	Qty
1	IR Cable Connector	1
2	External Power for Console Connector	1
3	Coax Cable Connector	1
4	Ethernet Cable Connector	1
5	HDMI Cable Connector	1

-  **Note:** If the console does not light up, contact Customer Support Service. Use only the power supply provided in order to ensure against unsafe operation.
-  **Note:** CSAFE connections must be made at the console only.
-  **Caution:** Connectors should easily fit into the receptacles. Forcing a connection may lead to damage to the barrel connector and/or receptacle and may void product warranty. If the power supply barrel doesn't fit easily into the receptacle then the wrong power supply is being used.

Check for Console Power

Check the battery by pressing the **Go / Green Arrow** button. The console should beep and light up. If a prompt doesn't appear, mount the unit and begin pedaling. The console should light up and programming a workout should be possible. Pedal for 10 - 20 minutes at 50 rpm or faster during a workout for optimum battery charging. The pedal action during workouts keeps the battery charged. Optional external power supply can be used. If the unit is externally powered, battery maintenance is automatic and pedaling is not required. Use only the power supply provided by Life Fitness to insure against unsafe operation.

Cable TV Hook Up

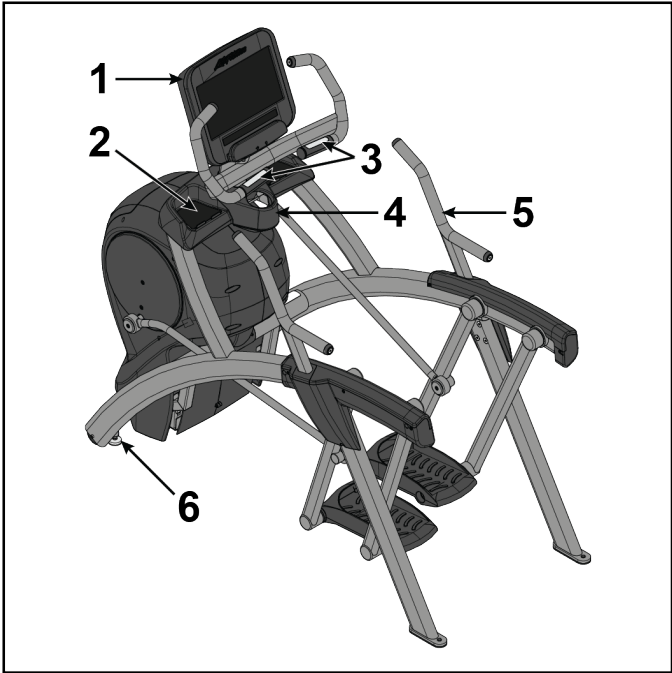
The console can receive both analog and digital signals. LIFE FITNESS is not responsible for the installation of CATV service or components required for the delivery of CATV service. An external TV signal input via a 75-ohm coaxial cable must be present before TV setup can occur.

Note to the CATV Installer: This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building as close to the point of cable entry as practical.

2. Product Overview

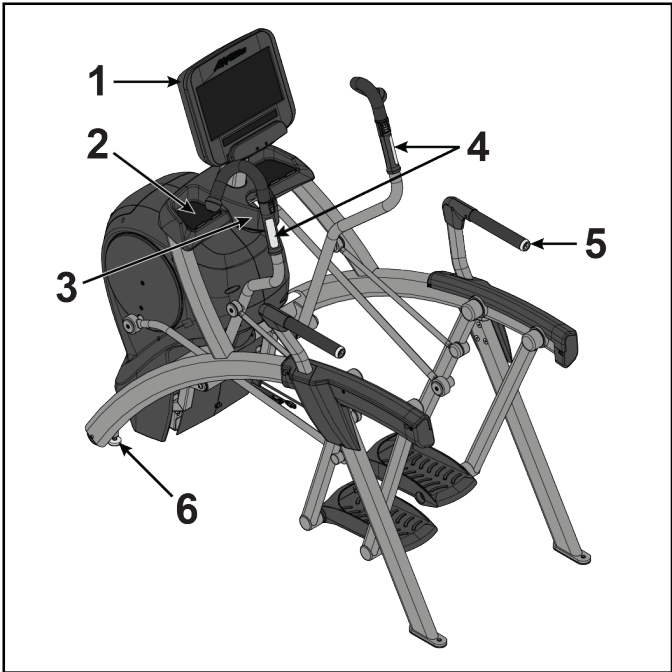
Product Features

Lower Body



Item	Description
1	Console
2	Accessory Trays
3	Contact Heart Rate Sensors
4	Cup Holder
5	Side Handles
6	Leg Levelers

Total Body



Item	Description
1	Console
2	Accessory Trays
3	Cup Holder
4	Contact Heart Rate Sensors
5	Side Handles
6	Leg Levelers

Mounting and Dismounting the Arc Trainer

To mount, step one foot at a time atop each of the foot plates. If necessary, stabilize your body by grasping the frame, the stationary handles (if available), or the moving handles (if available). Be aware that the pedals will begin to move as soon as you put weight on them. The pedals are large enough to accommodate different foot positions, however the most common position is with the user's toes forward underneath the plastic toe cup.

To begin exercise, push down and back into the pedals. Since the Arc Trainer pedals travel back and forth along an arc (not in a circle or ellipse), there is no 'forward' or 'backward' motion.

To dismount, slowly bring the pedals to a stop. Grasp the stationary handles or part of the frame to assist in stepping off the foot plate, back and away from the machine. When stepping back, ensure that you are beyond and behind the path of motion of the foot plates. Never stand inside of the machine's footprint, unless standing atop the foot plates.

How to Use the Arc Trainer

Once standing on the foot plates, begin exercise by pushing down and back on the foot plates. The user has several options for hand placement, not all of which are available on each Arc Trainer variant: 1. Stationary handles along the side of the frame, 2. Stationary handles around the console, 3. Moving handles, or 4. Not holding anything. These different postures have an influence on the muscles that are utilized and thus, the calories burned during the exercise. Always be aware of the position of the moving handles, especially if you are not actively grasping them. These handles move in synchrony with the pedals, so pull on the handle as you are pushing down and back with your foot. Speed on the Arc Trainer is measured in cadence as steps per minute. The most common cadences during use are 100-160 steps per minute, although users performing high intensity intervals may routinely exceed this range.

3. Assembly

Assembly Procedure - Lower Body

Two people will be required for this procedure.

 **Tip:** Read and understand all instructions thoroughly before assembling this unit. Check all items carefully. If there is damage, see the Customer Service section of this manual for proper procedure to return, replace, or reorder parts.

The words "left" and "right" denote the user's orientation.

Verify you have received the correct package

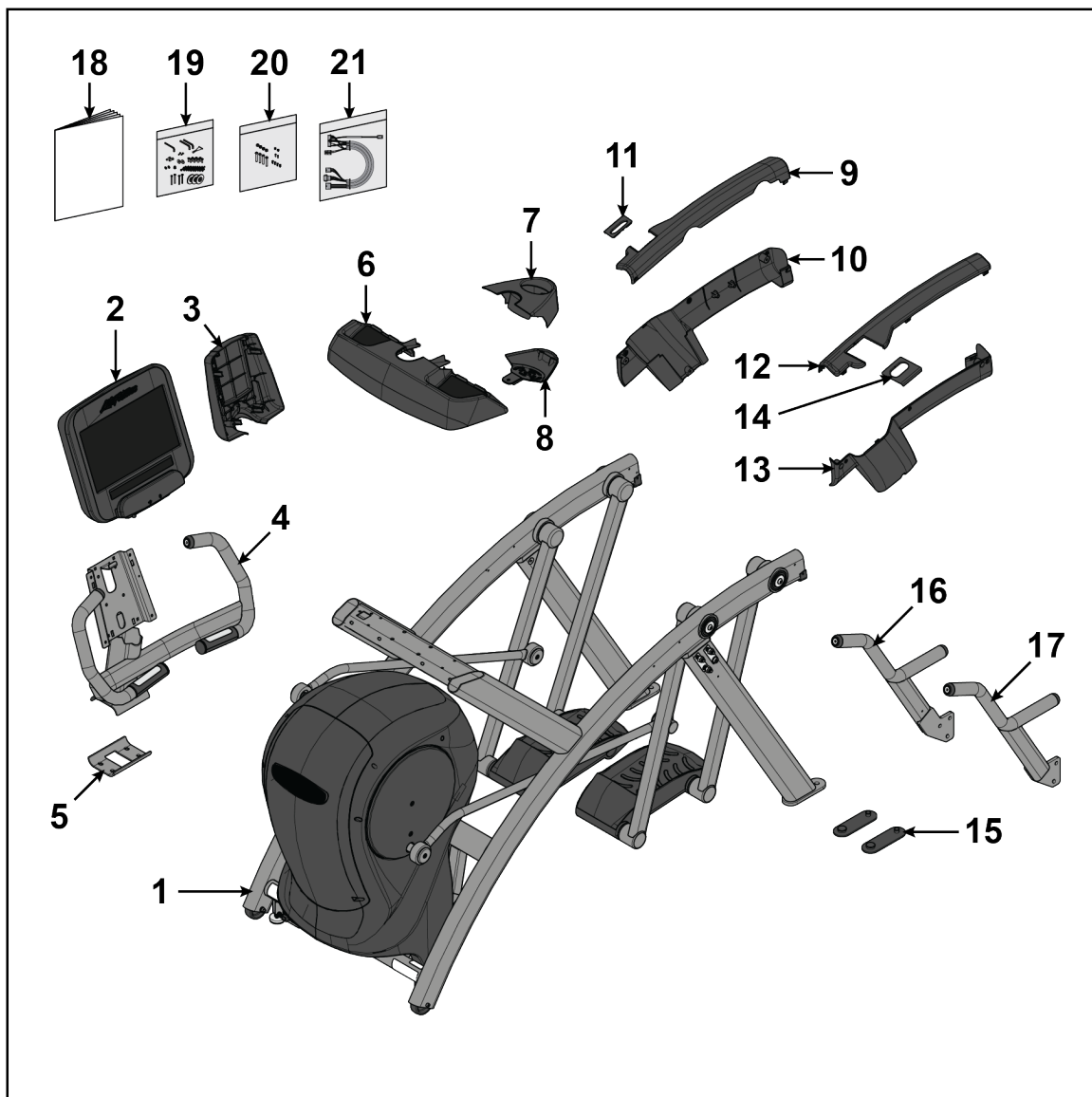
1. Read box label to verify the model number and voltage (optional) match what was ordered.
2. Verify paint color matches what was ordered.

Verify Parts List Shown Below

Components

Item	Description	Quantity
1	Base Assembly	1
2	Console Assembly	1
3	Cover, Console Back	1
4	Weldment, Console	1
5	Bracket, Lower	1
6	Base, Accessory Tray	1
7	Cover, Top, Accessory Tray	1
8	Cover, Bottom, Accessory Tray	1
9	Cover, Rear, Top, Right	1
10	Cover, Rear, Lower, Right	1
11	Gasket, Rear, Right	1
12	Cover, Rear, Top, Left	1
13	Cover, Rear, Lower, Left	1
14	Gasket, Rear, Left	1
15	Foot Pad	2
16	Side Handle, Right	1
17	Side Handle, Left	1
18	Assembly Instructions	1
19	Hardware Pack 1	1
20	Hardware Pack 2	1
21	*Wire Harness	1

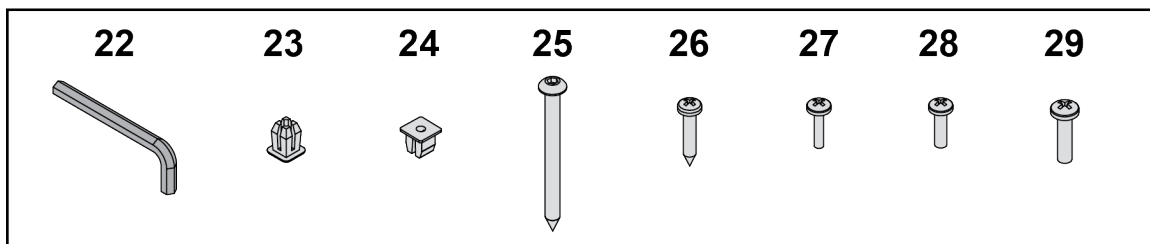
 **Note:** *Cabling varies depending on base and console.



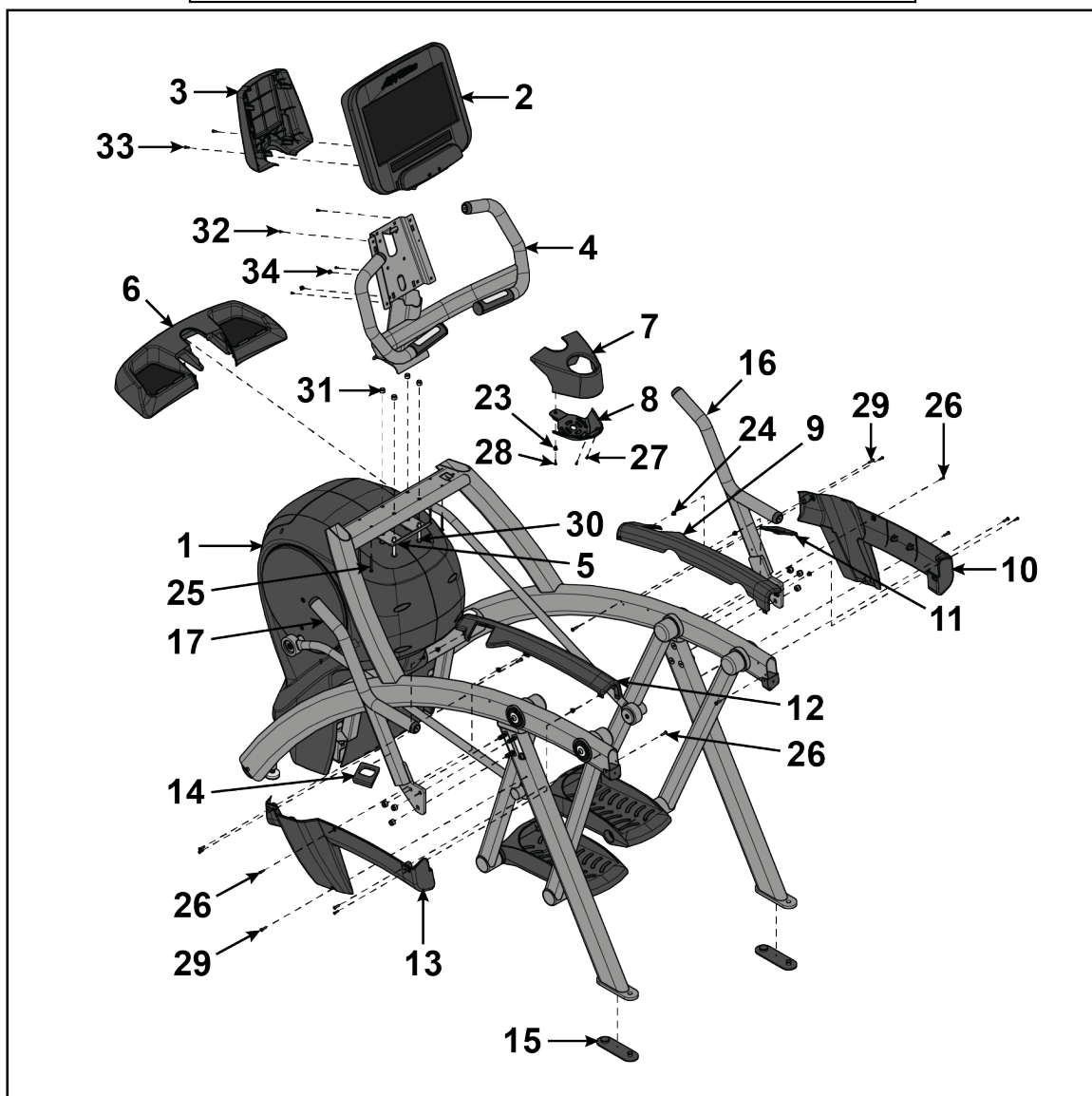
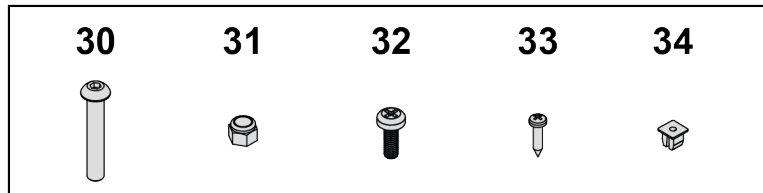
Hardware

Item	Description	Quantity
22	7/32" Allen Wrench	1
23	Grommet, Nylon, Long	1
24	Grommet, Nylon, Short	7
25	Screw, Pan Head Phillips, Tap 10-12 x 2"	4
26	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	7
27	Screw, Pan Head Phillips, 6 x .50"	2
28	Screw, Pan Head Phillips, 8-16 x .50"	3
29	Screw, Pan Head Phillips, 10-24 x .75"	11
30	Screw, Socket Head, .375-16 x 2.5"	4
31	Locknut, .375-16 Nylon	4
32	Screw, Pan Head Phillips, M5 x 0.8 x 14	4
33	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	2
34	Grommet, Nylon, Short	2

Hardware Pack 1



Hardware Pack 2



Tools Required

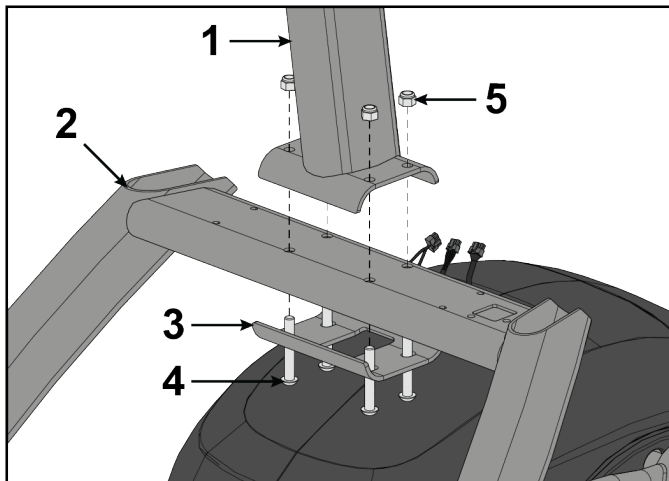
- Phillips screwdriver
- Stubby Phillips screwdriver
- 6 mm Allen wrench
- 7 mm Allen wrench
- 7/32" Allen wrench
- 17 mm Open end wrench
- 1/2" Open end wrench
- 9/16" Open end wrench

Lift and Move Unit

1. Remove lag bolts and shipping supports. Keep package material on linkage arms at this time. This will protect the paint from scratching during assembly.
2. Grasp each rear support leg firmly and lift with one person on each side.
3. Lift the lower rear support legs so the front transport wheels are able to roll on floor. Use proper lifting methods.
4. Move unit to intended location.
5. Lower rear support legs.

Install Console Weldment

1. Place console weldment into position on frame.



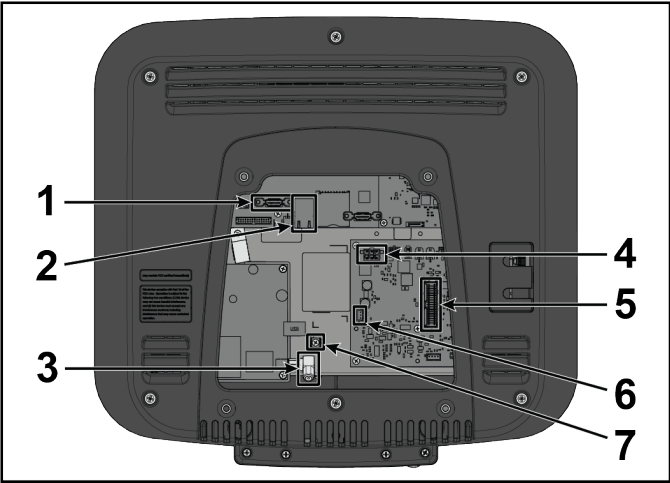
Item	Description	Qty
1	Weldment, Console	1
2	Frame	1
3	Bracket, Lower	1
4	Screw, Socket Head, .375-16 x 2.5"	4
5	Locknut, 375-16 Nylon	4

2. Insert (from underneath) four bolts and lower bracket into frame and console weldment.
3. Thread four locknuts onto bolts by hand.
4. Tighten four bolts and locknuts with a 7/32" Allen wrench and a 9/16" open-end wrench.

Install Cables to Console

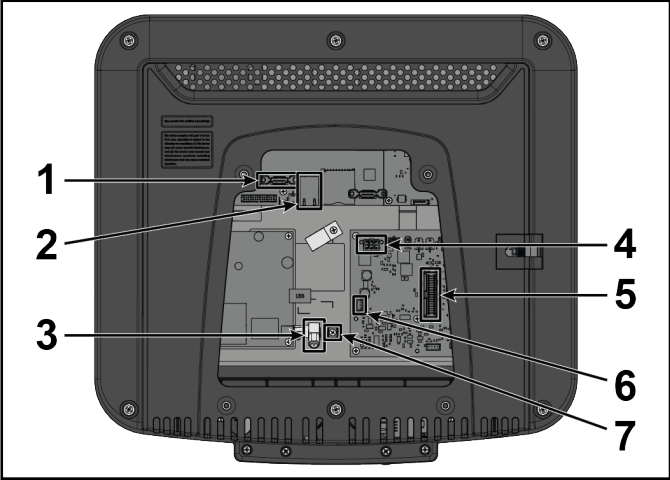
Plug the console cables into the console.

SE3 Console



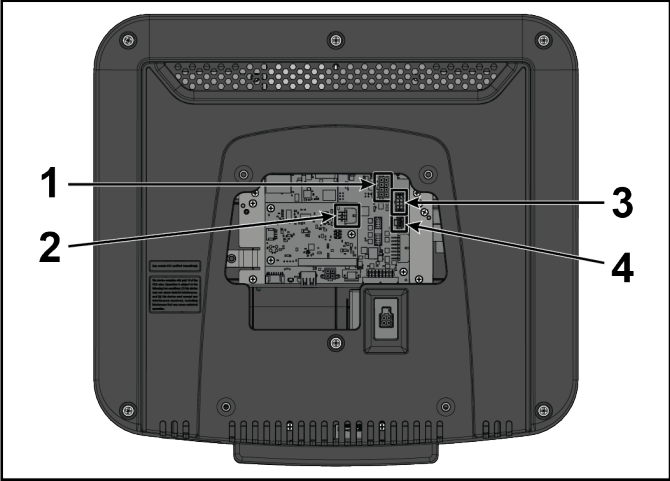
Item	Description	Qty
1	Cable, HDMI	1
2	Cable, Ethernet	1
3	Cable, Coax	1
4	Cable, External Power	1
5	Cable, PCB to Console Power	1
6	Cable, IR	1
7	Ground Wire	1

SE3HD and Discover ST Console



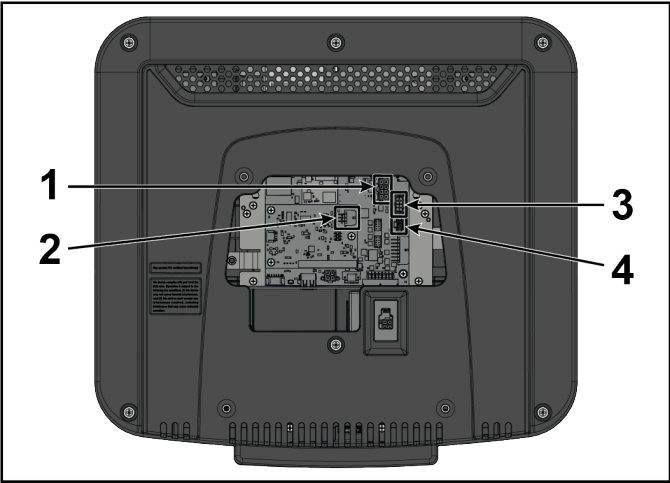
Item	Description	Qty
1	Cable, HDMI	1
2	Cable, Ethernet	1
3	Cable, Coax	1
4	Cable, External Power	1
5	Cable, PCB to Console Power	1
6	Cable, IR	1
7	Ground Wire	1

Integrity C Console



Item	Description	Qty
1	Cable, Console to Base Power	1
2	Cable, Lifepulse	1
3	Cable, Base Signal	1
4	Cable, Heart Rate and Keypad Switches	1

Integrity X Console

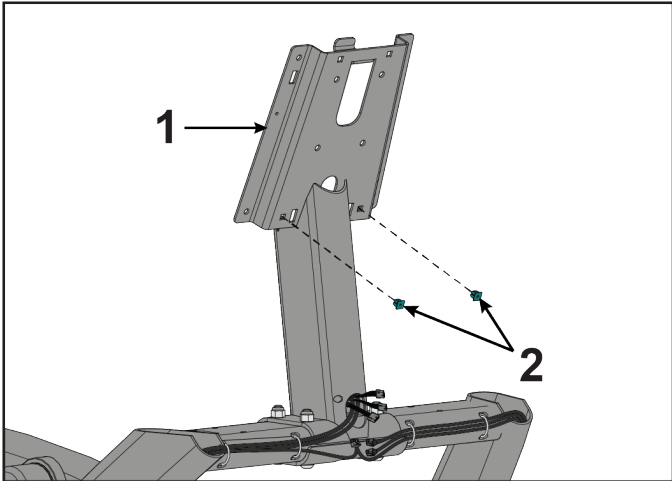


Item	Description	Qty
1	Cable, Console to Base Power	1
2	Cable, Lifepulse	1
3	Cable, Base Signal	1
4	Cable, Heart Rate and Keypad Switches	1

Install Console to Console Weldment

This procedure applies to the SE3, SE3HD, and Discover ST consoles.

1. Insert grommets into console weldment.

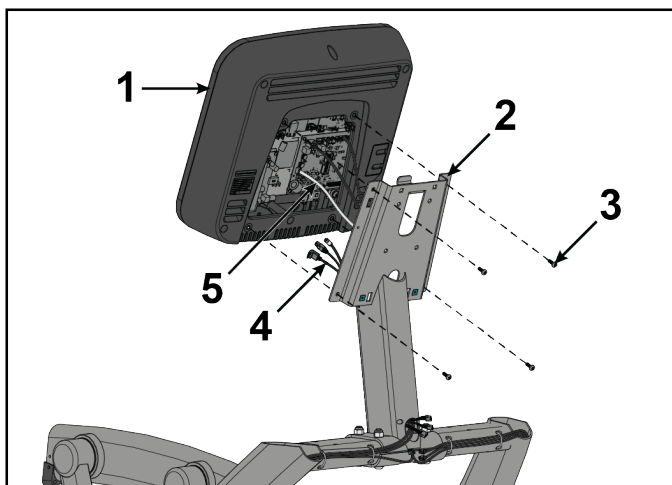


Item	Description	Qty
1	Weldment, Console	1
2	Grommet, Nylon, Short	2

2. Route media cables from frame up through hole at base of console weldment.
-  **Note:** Media cables for **Basic Cabling** package include a coax cable. Media cables for **Advanced Cabling** package include HDMI, ethernet, IR, and coax cables.
3. Connect media cables to console.
4. Insert cables from console into top of console weldment.
5. Plug ground wire into console.
-  **Note:** The ground wire is connected to the console weldment.

6. Place console into position on console weldment.

 **Note:** Do not pinch cables while lowering the console.

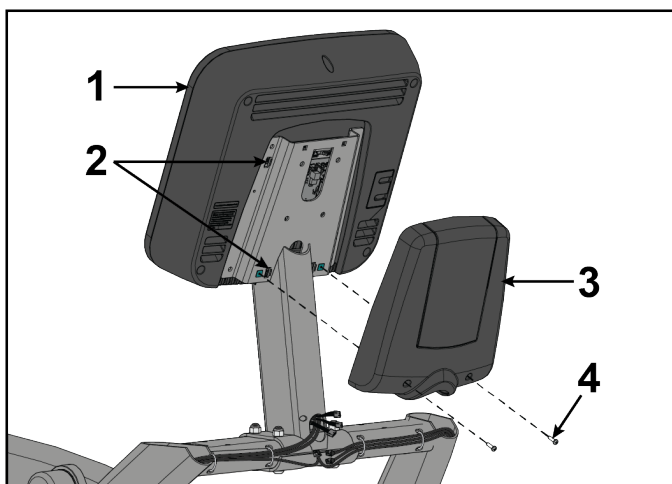


Item	Description	Qty
1	Console Assembly	1
2	Weldment, Console	1
3	Screw, Pan Head Phillips, M5 x 0.8 x 14	4
4	Media Cables	1
5	Ground Wire	1

7. Exit cables from hole at base of console weldment.

8. Install screws securing console assembly to console weldment using a Phillips screwdriver.

9. Press back cover into spring tab holes of console weldment.



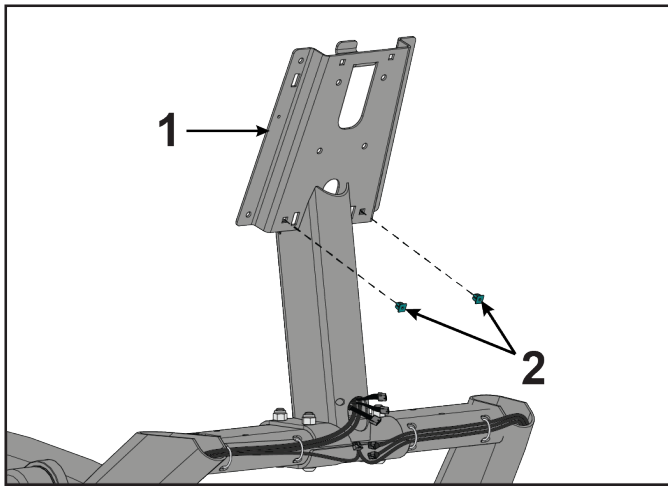
Item	Description	Qty
1	Console Assembly	1
2	Spring Tab Holes	4
3	Cover, Console Back	1
4	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	2

10. Install screws securing back cover to console assembly using a Phillips Screwdriver.

Install Console to Console Weldment

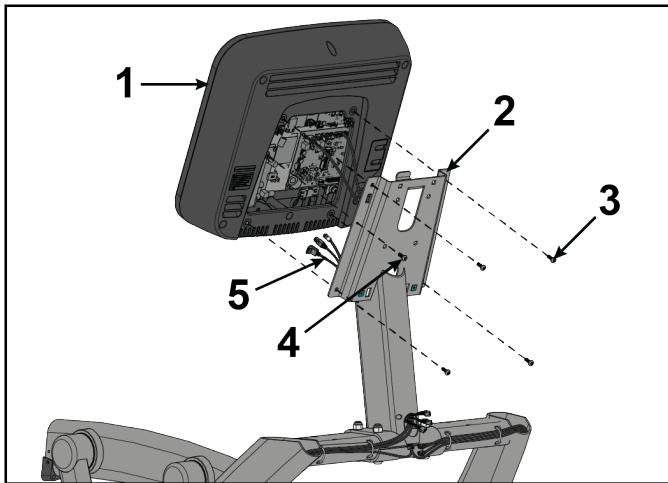
This procedure applies to the Integrity C and Integrity X consoles.

1. Insert grommets into console weldment.



Item	Description	Qty
1	Weldment, Console	1
2	Grommet, Nylon, Short	2

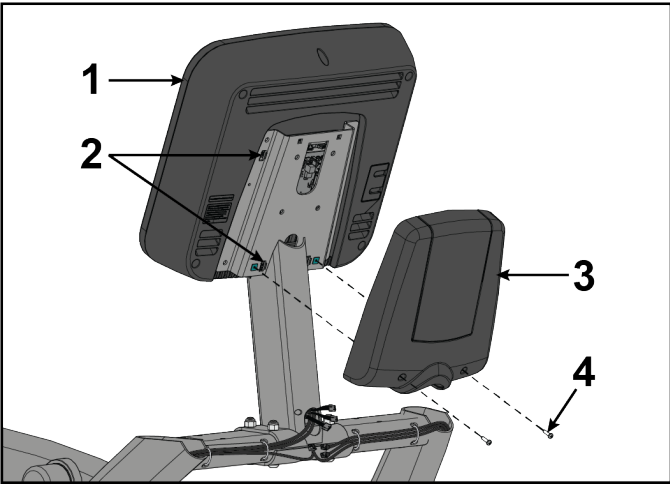
2. Route media cables from frame up through hole at base of console weldment.
 **Note:** Media cables for **Basic Cabling** package include a coax cable. Media cables for **Advanced Cabling** package include HDMI, ethernet, IR, and coax cables.
3. Connect media cables to console.
 **Note:** The Integrity C and Integrity X consoles do not receive a coax cable. The coax cable from the **Basic Cabling** package goes to an attachable TV.
4. Insert cables from console into top of console weldment.
5. Place console into position on console weldment.
 **Note:** Do not pinch cables while lowering the console.



Item	Description	Qty
1	Console Assembly	1
2	Weldment, Console	1
3	Screw, Pan Head Phillips, M5 x 0.8 x 14	4
4	Grounding Screw, Pan Head Phillips, M5 x 0.8 x 14	1
5	Media Cables	1

6. Exit cables from hole at base of console weldment.
7. Install grounding screw securing console assembly to console weldment using a Phillips screwdriver.
8. Install screws securing console assembly to console weldment using a Phillips screwdriver.

9. Press back cover into spring tab holes of console weldment.



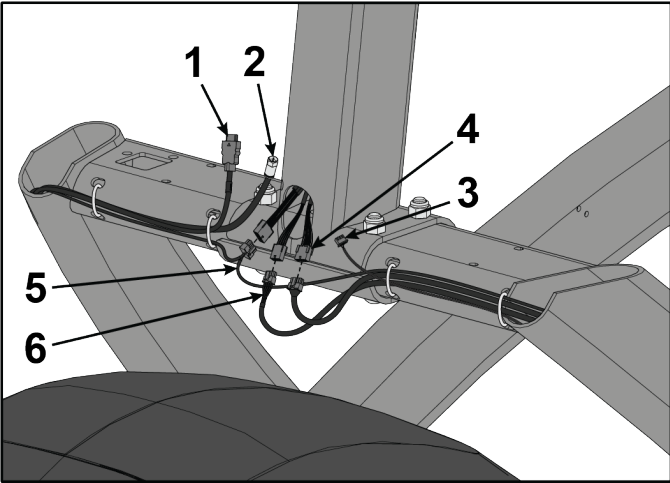
Item	Description	Qty
1	Console Assembly	1
2	Spring Tab Holes	4
3	Cover, Console Back	1
4	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	2

10. Install screws securing back cover to console assembly using a Phillips Screwdriver.

Install Console Cables to Base (Basic Cabling)

This procedure applies to the Basic Cabling option.

1. Plug upper display cable into lower display cable.



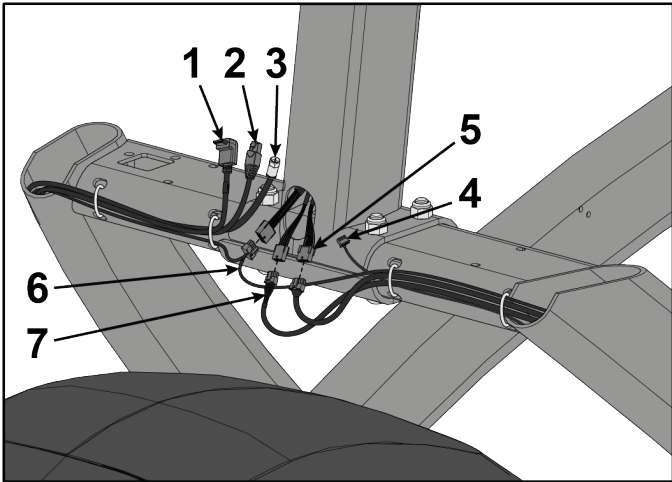
Item	Description	Qty
1	Cable, HDMI <i>(previously routed to console)</i>	1
2	Cable, Coax <i>(previously routed to console)</i>	1
3	Cable, IR <i>(previously routed to console)</i>	1
4	Cable, Console to Base Power	1
5	Cable, Heart Rate and Keypad Switches	1
6	Cable, Base Signal	1

- 2. Plug upper heart rate cable into lower heart rate cable.
 - 3. Plug console power cable connectors into each other.
-  **Note:** Console power cables must be connected last.

Install Console Cables to Base (Advanced Cabling)

This procedure applies to the Advanced Cabling option.

- 1. Plug upper display cable into lower display cable.

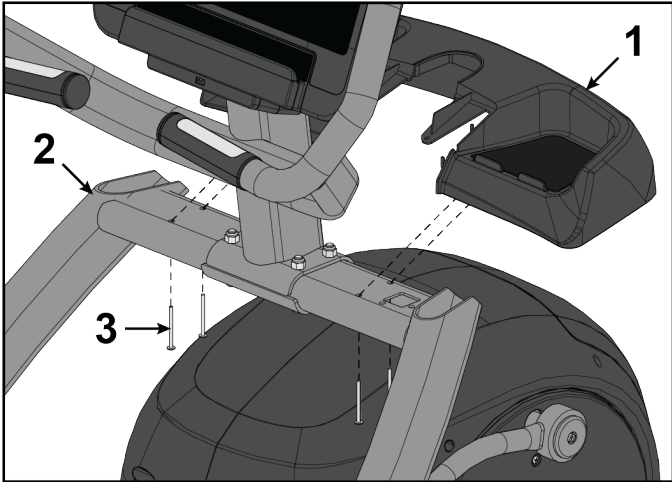


Item	Description	Qty
1	Cable, HDMI <i>(previously routed to console)</i>	1
2	Cable, Ethernet <i>(previously routed to console)</i>	1
3	Cable, Coax <i>(previously routed to console)</i>	1
4	Cable, IR <i>(previously routed to console)</i>	1
5	Cable, Console to Base Power	1
6	Cable, Heart Rate and Keypad Switches	1
7	Cable, Base Signal	1

- 2. Plug upper heart rate cable into lower heart rate cable.
 - 3. Plug console power cable connectors into each other.
-  **Note:** Console power cables must be connected last.

Install Accessory Tray Base

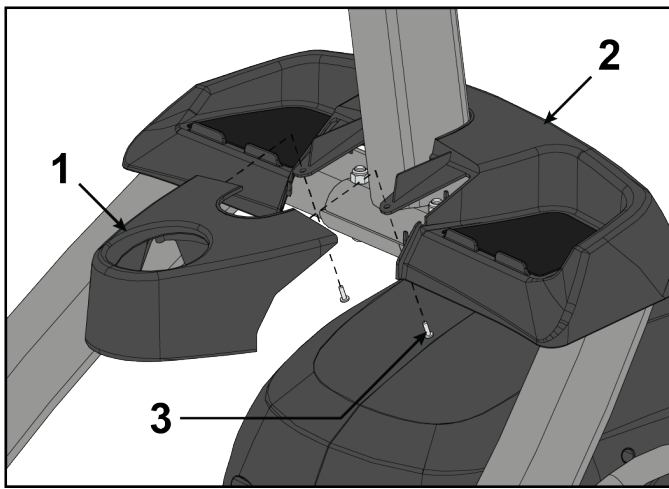
Install screws securing accessory tray base to frame using a Phillips screwdriver.



Item	Description	Qty
1	Accessory Tray Base	1
2	Frame	1
3	Screw, Pan Head Phillips, Tap 10-12 x 2"	4

Install Accessory Tray Top

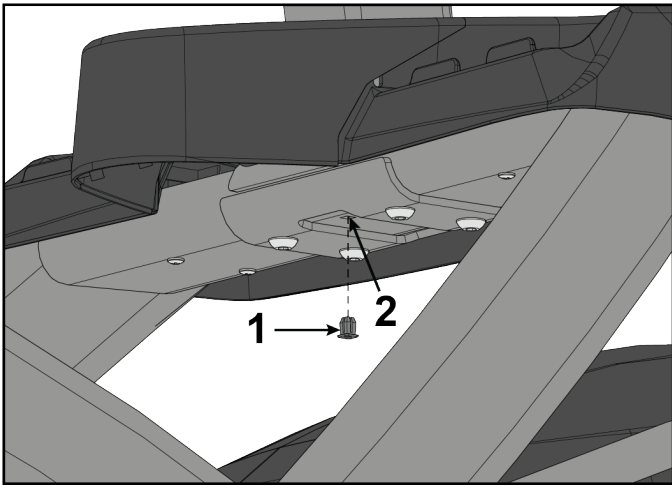
Install screws securing accessory tray top to accessory tray base using a stubby Phillips screwdriver.



Item	Description	Qty.
1	Accessory Tray Top	1
2	Accessory Tray Base	1
3	Screw, Pan Head Phillips, 8-16 x .50"	2

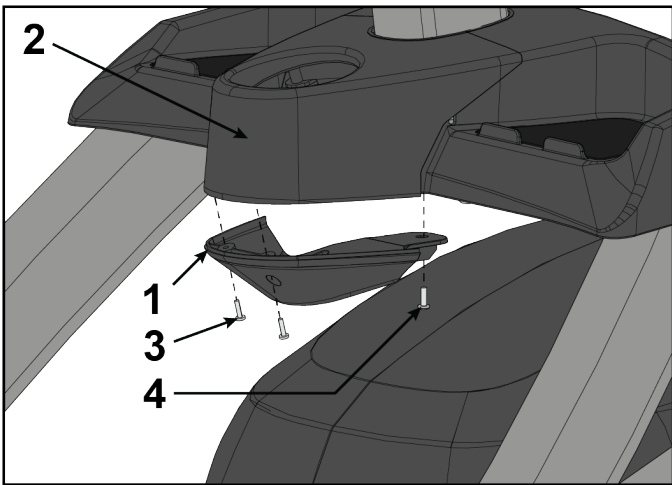
Install Accessory Tray Bottom

1. Install the grommet to the frame.



Item	Description	Qty.
1	Grommet, Nylon, Long	1
2	Frame	1

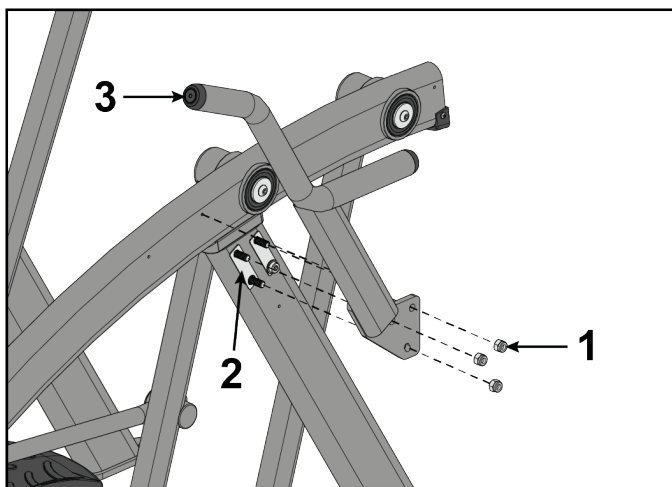
2. Install screws securing the accessory tray bottom to the accessory tray top using a Phillips screwdriver.
3. Install screw securing the accessory tray bottom to the frame using a Phillips screwdriver.



Item	Description	Qty.
1	Accessory Tray Bottom	1
2	Accessory Tray Top	1
3	Screw, Pan Head Phillips, 6 x .50"	2
4	Screw, Pan Head Phillips, 8-16 x .50"	1

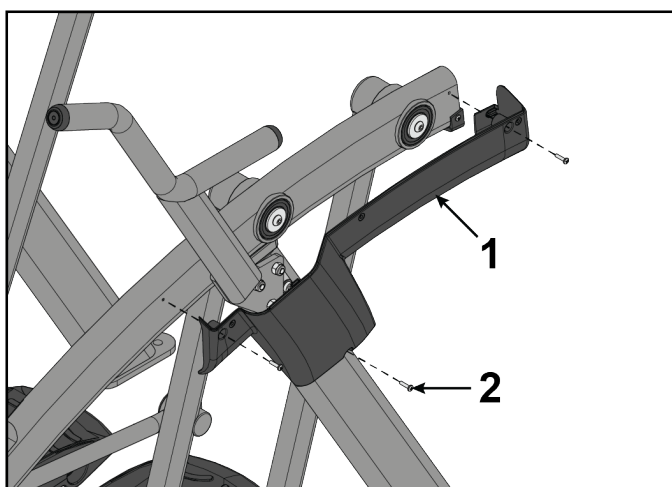
Install Side Handles

1. Remove three locknuts from left support leg using 17mm open-end wrench and 6mm Allen wrench. Keep the two spacers in place.



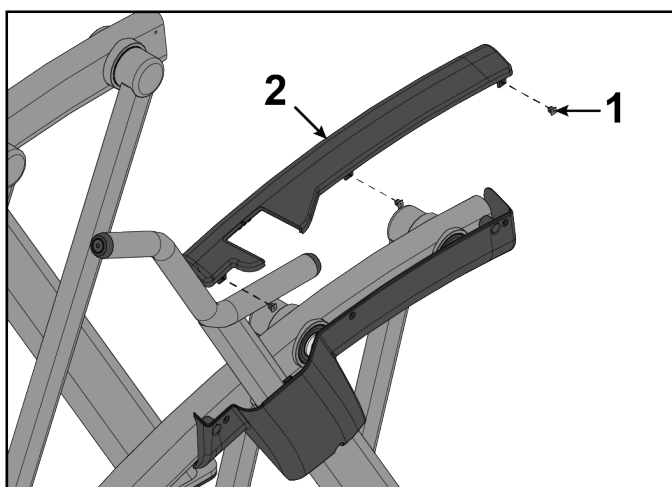
Item	Description	Qty
1	Locknut, M10 x 1.50	3
2	Spacer	2
3	Side Handle, Left	1

2. Install the left side handle and three locknuts using 17mm open-end wrench and 6mm Allen wrench. Ensure upper roll pin enters hole in frame.
3. Install screws securing left lower rear cover to frame using a Phillips screwdriver.



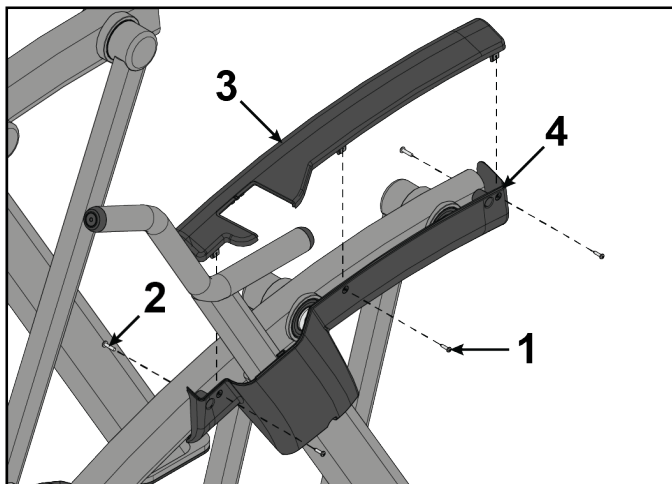
Item	Description	Qty
1	Cover, Rear, Lower, Left	1
2	Screw, Pan Head Phillips, 10-24 x .75"	3

4. Install grommets to left top rear cover.



Item	Description	Qty
1	Grommet, Nylon, Short	3
2	Cover, Rear, Top, Left	1

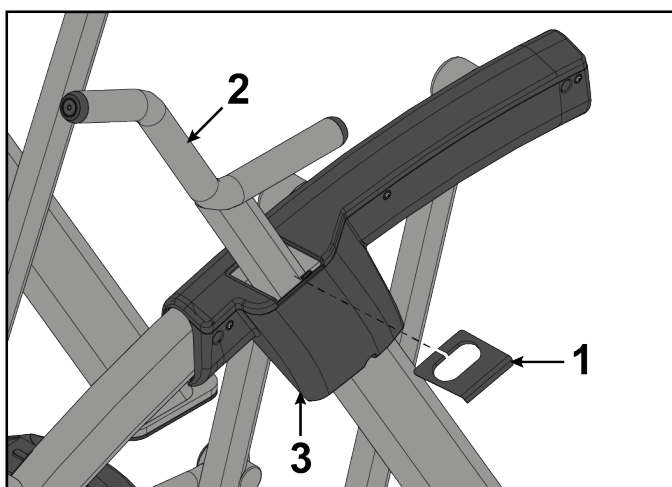
5. Install screws into grommets securing left lower rear cover to left top rear cover using a Phillips screwdriver.



Item	Description	Qty
1	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	3
2	Screw, Pan Head Phillips, 10-24 x .75"	2
3	Cover, Rear, Top, Left	1
4	Cover, Rear, Lower, Left	1

6. Install screws securing left top rear cover to frame using a Phillips screwdriver.

7. Open gasket and install around left side handle. Press gasket down onto left lower rear cover.



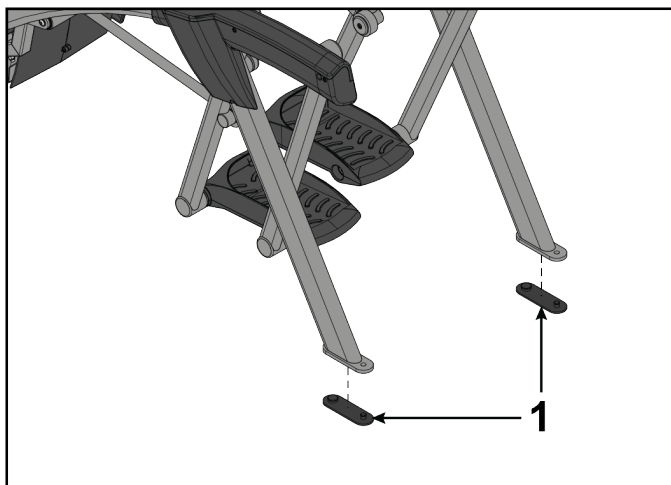
Item	Description	Qty
1	Gasket	1
2	Side Handle, Left	1
3	Cover, Rear, Lower, Left	1

8. Repeat steps 1 through 7 for the right side.

Install Foot Pads

Have one person lift the unit while a second person places a foot pad under each of the two back feet.

 **Note:** Life Fitness requires that foot pads be installed to prevent rocking.



Item	Description	Qty
1	Foot Pads	2

Visually Inspect Unit

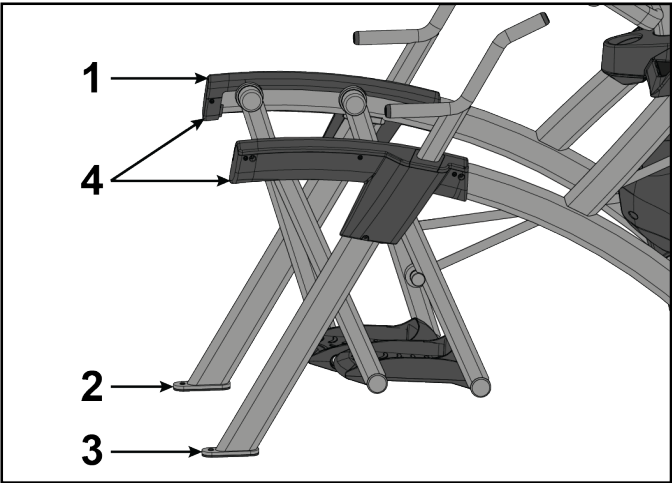
- 1. Remove any packing material from unit.
- 2. Examine the unit to ensure that the assembly is correct and complete.

Level Unit

This procedure will level the unit by evenly adjusting the weight on the rear feet. Leveling the unit will eliminate rocking during use.

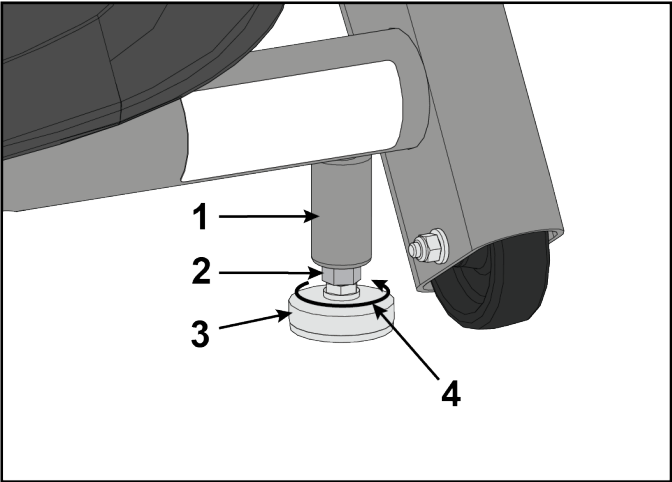
 **Note:** References to left and right are from the users perspective during use.

- 1. Verify foot plates are completely stopped.
- 2. Grasp one of the rear covers and slowly lift the rear foot off the floor. Lower rear foot to the floor.



Item	Description	Qty.
1	Rear Cover	2
2	Left Rear Foot	1
3	Right Rear Foot	1
4	Lift Here	

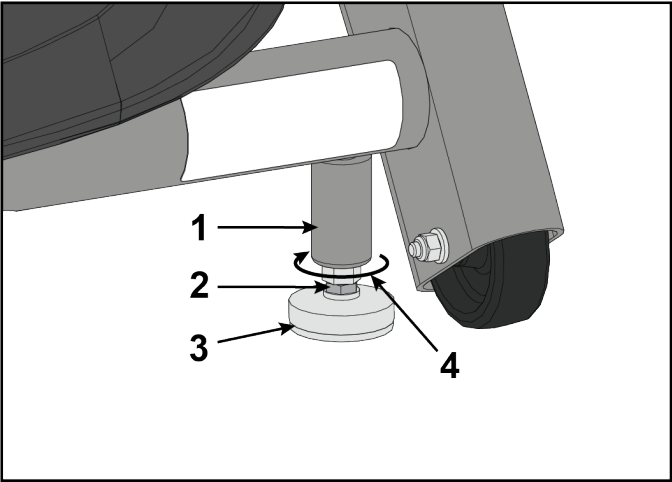
3. Grasp the other rear cover and slowly lift the rear foot off the floor. Lower rear foot to the floor. Make note of either rear foot lifting off the floor easier than the other. If both rear feet lift off the floor evenly, secure both leveling foot jam nuts against the frame post using a 9/16" open-end wrench. Unit is leveled.



Item	Description	Qty.
1	Frame Post	1
2	Jam Nut	1
3	Leveling Foot	1
4	Turn Counter-Clockwise to Secure	

Left leveling foot shown

4. Adjust the weight of the rear feet using a 1/2" open-end wrench.
- If the **left** rear foot lifts up easier, Adjust the **right** leveling foot nut down.
 - If the **right** rear foot lifts up easier, Adjust the **left** leveling foot nut down.



Item	Description	Qty.
1	Frame Post	1
2	Leveling Foot Nut	1
3	Leveling Foot	1
4	Turn Clockwise to Adjust Leveling Foot Down	

Left leveling foot shown

5. Test the unit again for uneven weight on the rear feet. Adjust leveling foot nuts until each rear foot lifts with even force.
6. Secure both jam nuts using a 9/16" open-end wrench. Unit is leveled.

Assembly Procedure - Total Body

Two people will be required for this procedure.

 **Tip:** Read and understand all instructions thoroughly before assembling this unit. Check all items carefully. If there is damage, see the Customer Service section of this manual for proper procedure to return, replace, or reorder parts.

The words "left" and "right" denote the user's orientation.

Verify you have received the correct package

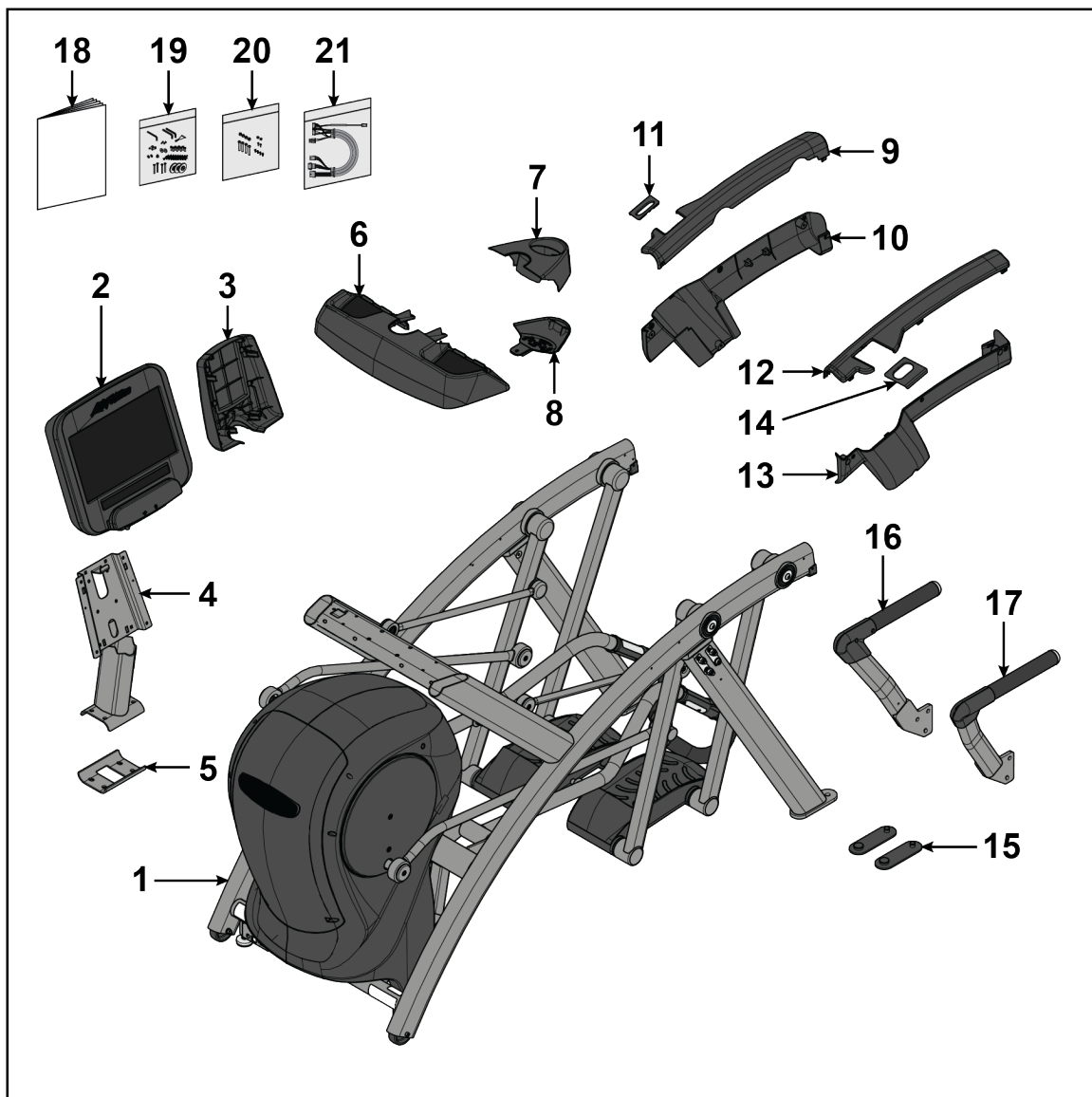
1. Read box label to verify the model number and voltage (optional) match what was ordered.
2. Verify paint color matches what was ordered.

Verify Parts List Shown Below

Components

Item	Description	Quantity
1	Base Assembly	1
2	Console Assembly	1
3	Cover, Console Back	1
4	Weldment, Console	1
5	Bracket, Lower	1
6	Base, Accessory Tray	1
7	Cover, Top, Accessory Tray	1
8	Cover, Bottom, Accessory Tray	1
9	Cover, Rear, Top, Right	1
10	Cover, Rear, Lower, Right	1
11	Gasket, Rear, Right	1
12	Cover, Rear, Top, Left	1
13	Cover, Rear, Lower, Left	1
14	Gasket, Rear, Left	1
15	Foot Pad	2
16	Side Handle, Right	1
17	Side Handle, Left	1
18	Assembly Instructions	1
19	Hardware Pack 1	1
20	Hardware Pack 2	1
21	*Wire Harness	1

 **Note:** *Cabling varies depending on base and console.

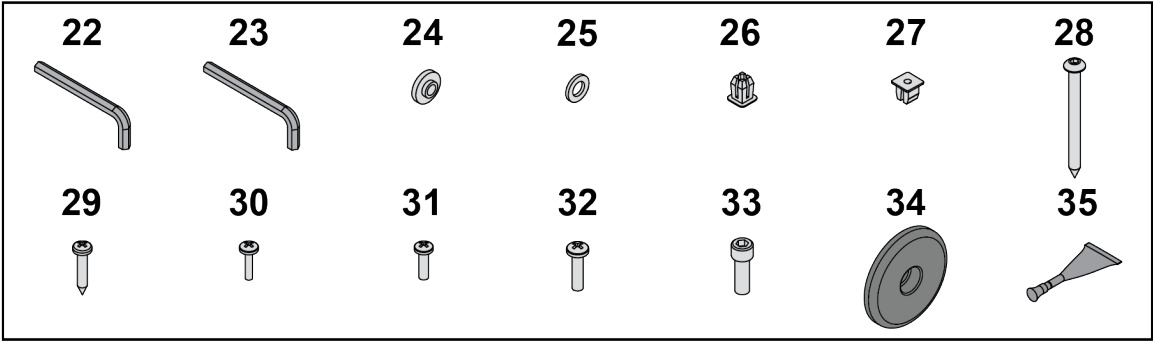


Hardware

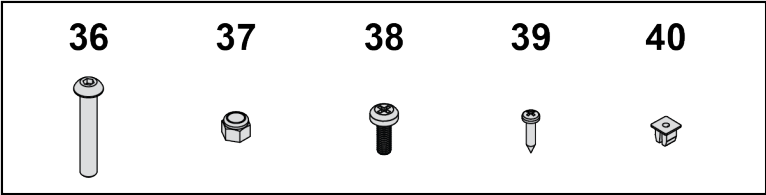
Item	Description	Quantity
22	3/16" Allen Wrench	1
23	7/32" Allen Wrench	2
24	Flange Spacer	2
25	Washer, Flat, .281 ID x .500 OD x .062"	2
26	Grommet, Nylon, Long	1
27	Grommet, Nylon, Short	7
28	Screw, Pan Head Phillips, Tap 10-12 x 2"	4
29	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	7
30	Screw, Pan Head Phillips, 6 x .50"	2
31	Screw, Pan Head Phillips, 8-16 x .50"	3
32	Screw, Pan Head Phillips, 10-24 x .75"	11
33	Screw, Socket Head, .250-20 UNC-3A SS	2
34	Linkage Rod Cap 2.00 OD (1 extra)	3
35	Loctite #242	1

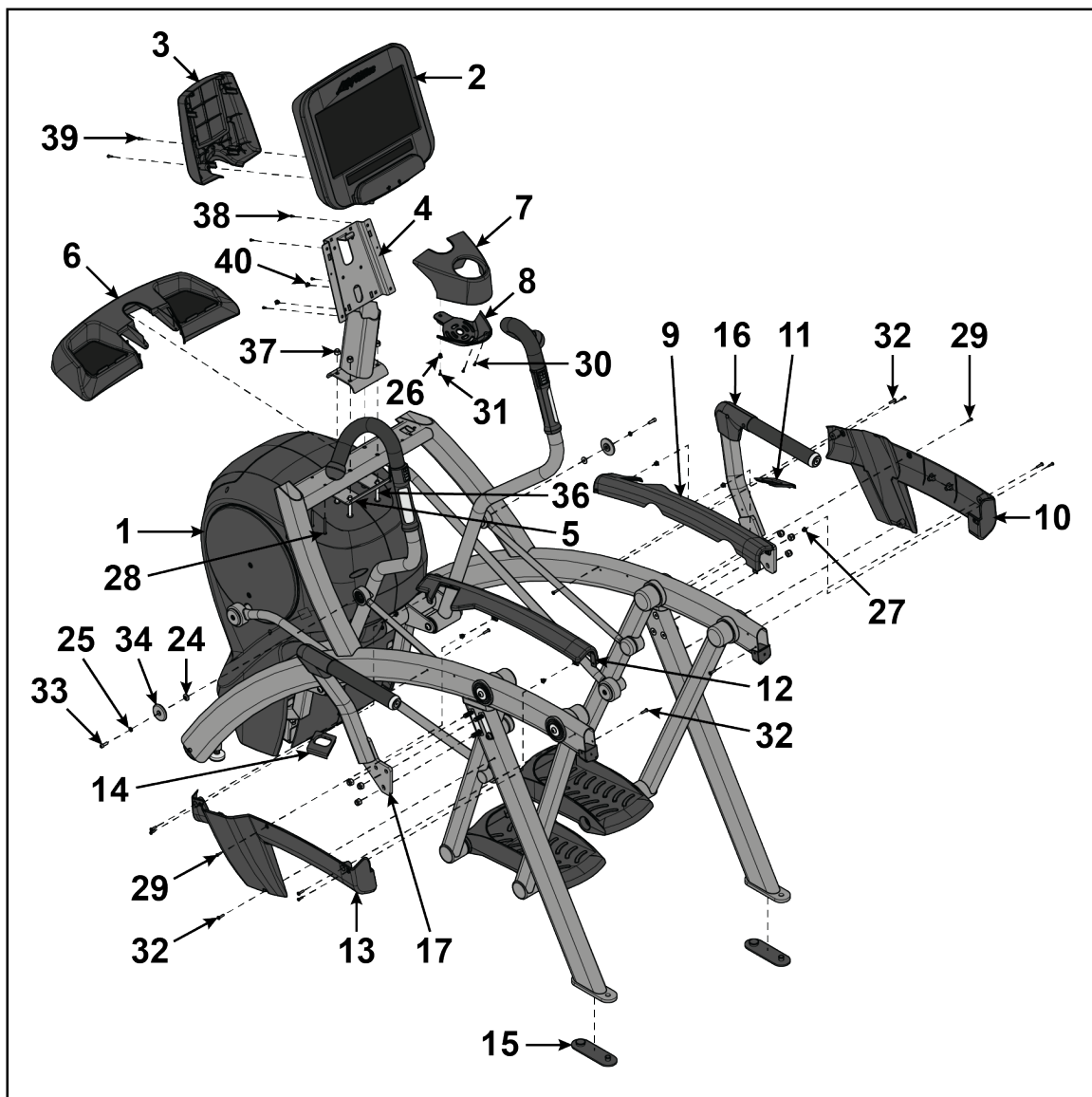
Item	Description	Quantity
36	Screw, Socket Head, .375-16 x 2.5"	4
37	Locknut, .375-16 Nylon	4
38	Screw, Pan Head Phillips, M5 x 0.8 x 14	4
39	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	2
40	Grommet, Nylon, Short	2

Hardware Pack 1



Hardware Pack 2





Tools Required

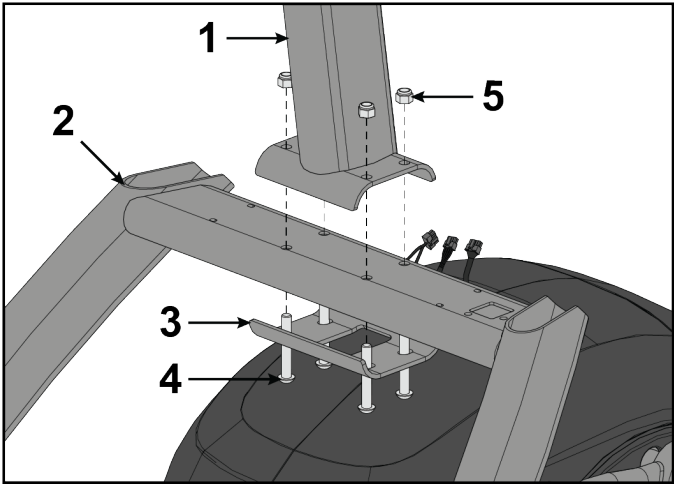
- Phillips screwdriver
- Stubby Phillips screwdriver
- 6 mm Allen wrench
- 7 mm Allen wrench
- 3/16" Allen wrench
- 7/32" Allen wrench (2)
- 17 mm Open end wrench
- 1/2" Open end wrench
- 9/16" Open end wrench

Lift and Move Unit

1. Remove lag bolts and shipping supports. Keep package material on linkage arms at this time. This will protect the paint from scratching during assembly.
2. Grasp each rear support leg firmly and lift with one person on each side.
3. Lift the lower rear support legs so the front transport wheels are able to roll on floor. Use proper lifting methods.
4. Move unit to intended location.
5. Lower rear support legs.

Install Console Weldment

1. Place console weldment into position on frame.



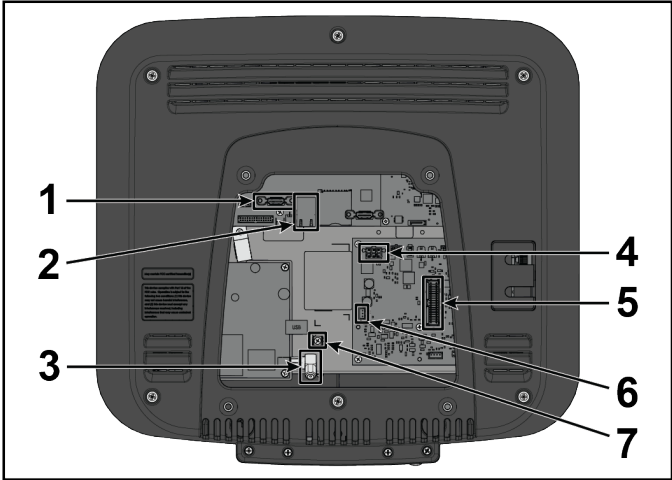
Item	Description	Qty
1	Weldment, Console	1
2	Frame	1
3	Bracket, Lower	1
4	Screw, Socket Head, .375-16 x 2.5"	4
5	Locknut, 375-16 Nylon	4

2. Insert (from underneath) four bolts and lower bracket into frame and console weldment.
3. Thread four locknuts onto bolts by hand.
4. Tighten four bolts and locknuts with a 7/32" Allen wrench and a 9/16" open-end wrench.

Install Cables to Console

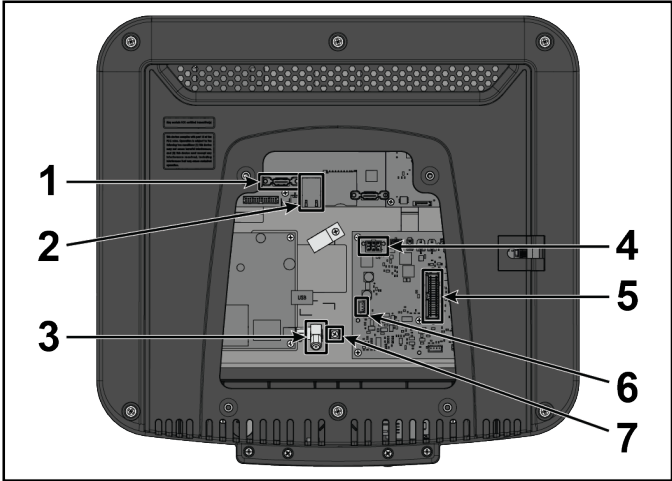
Plug the console cables into the console.

SE3 Console



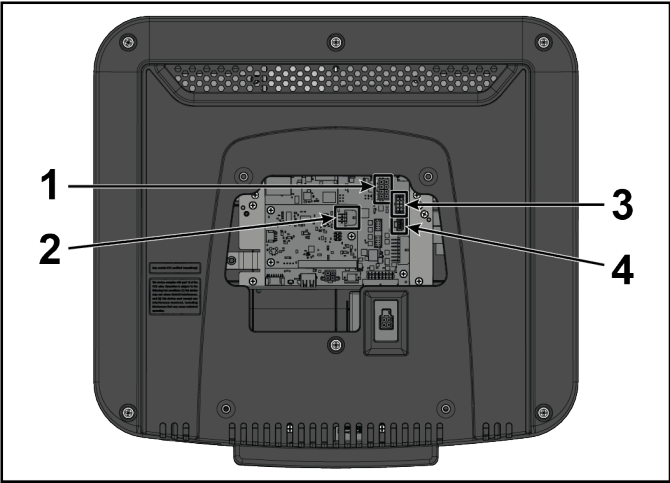
Item	Description	Qty
1	Cable, HDMI	1
2	Cable, Ethernet	1
3	Cable, Coax	1
4	Cable, External Power	1
5	Cable, PCB to Console Power	1
6	Cable, IR	1
7	Ground Wire	1

SE3HD and Discover ST Console



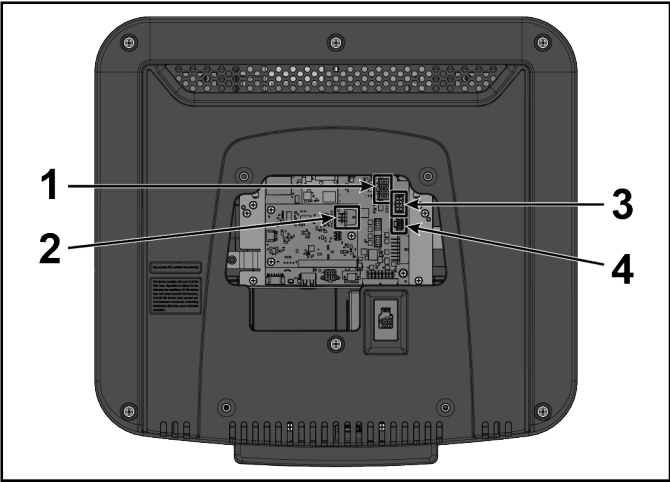
Item	Description	Qty
1	Cable, HDMI	1
2	Cable, Ethernet	1
3	Cable, Coax	1
4	Cable, External Power	1
5	Cable, PCB to Console Power	1
6	Cable, IR	1
7	Ground Wire	1

Integrity C Console



Item	Description	Qty
1	Cable, Console to Base Power	1
2	Cable, Lifepulse	1
3	Cable, Base Signal	1
4	Cable, Heart Rate and Keypad Switches	1

Integrity X Console

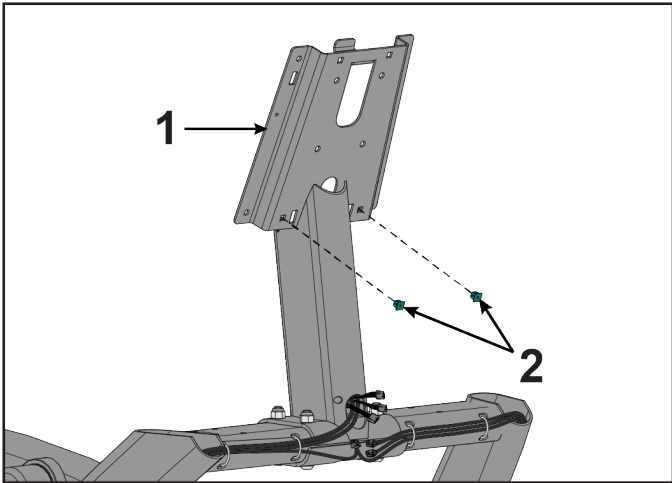


Item	Description	Qty
1	Cable, Console to Base Power	1
2	Cable, Lifepulse	1
3	Cable, Base Signal	1
4	Cable, Heart Rate and Keypad Switches	1

Install Console to Console Weldment

This procedure applies to the SE3, SE3HD, and Discover ST consoles.

1. Insert grommets into console weldment.



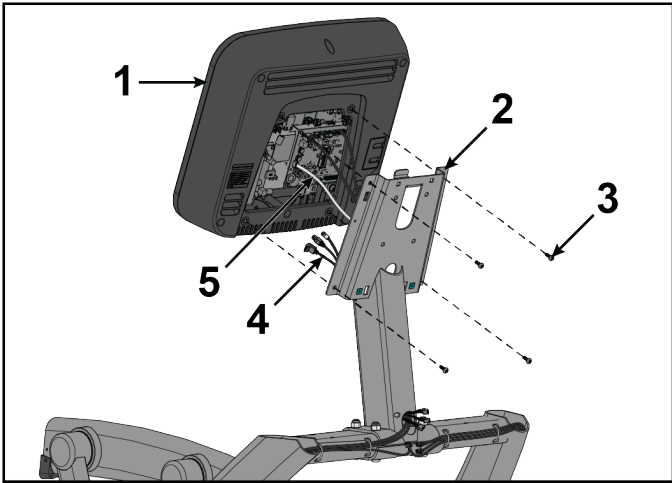
Item	Description	Qty
1	Weldment, Console	1
2	Grommet, Nylon, Short	2

2. Route media cables from frame up through hole at base of console weldment.



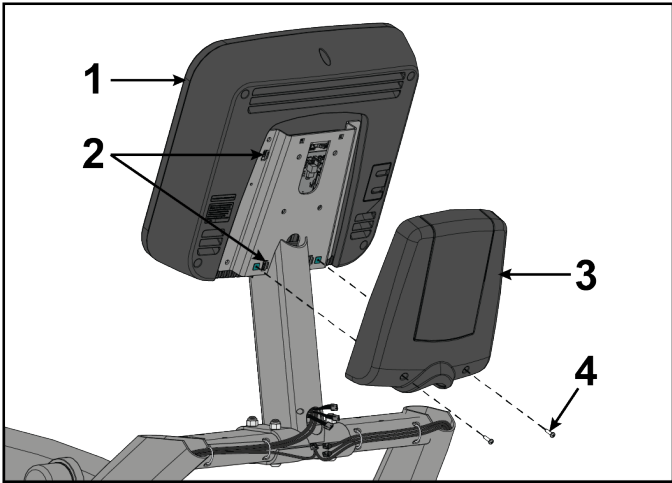
Note: Media cables for **Basic Cabling** package include a coax cable. Media cables for **Advanced Cabling** package include HDMI, ethernet, IR, and coax cables.

- 3. Connect media cables to console.
- 4. Insert cables from console into top of console weldment.
- 5. Plug ground wire into console.
 **Note:** The ground wire is connected to the console weldment.
- 6. Place console into position on console weldment.
 **Note:** Do not pinch cables while lowering the console.



Item	Description	Qty
1	Console Assembly	1
2	Weldment, Console	1
3	Screw, Pan Head Phillips, M5 x 0.8 x 14	4
4	Media Cables	1
5	Ground Wire	1

- 7. Exit cables from hole at base of console weldment.
- 8. Install screws securing console assembly to console weldment using a Phillips screwdriver.
- 9. Press back cover into spring tab holes of console weldment.



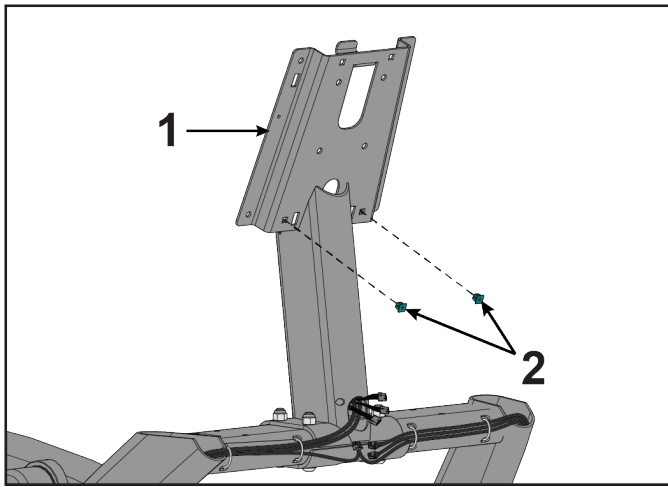
Item	Description	Qty
1	Console Assembly	1
2	Spring Tab Holes	4
3	Cover, Console Back	1
4	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	2

- 10. Install screws securing back cover to console assembly using a Phillips Screwdriver.

Install Console to Console Weldment

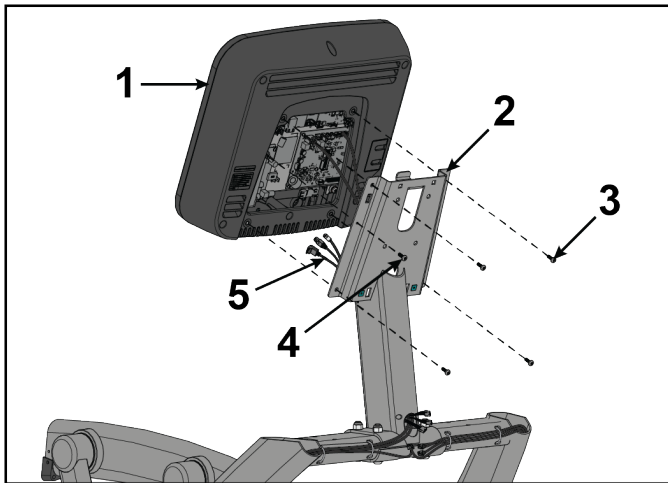
This procedure applies to the Integrity C and Integrity X consoles.

- 1. Insert grommets into console weldment.



Item	Description	Qty
1	Weldment, Console	1
2	Grommet, Nylon, Short	2

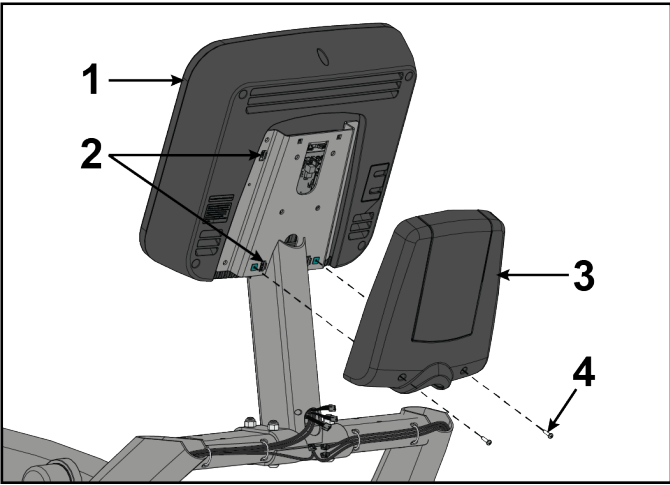
2. Route media cables from frame up through hole at base of console weldment.
 **Note:** Media cables for **Basic Cabling** package include a coax cable. Media cables for **Advanced Cabling** package include HDMI, ethernet, IR, and coax cables.
3. Connect media cables to console.
 **Note:** The Integrity C and Integrity X consoles do not receive a coax cable. The coax cable from the **Basic Cabling** package goes to an attachable TV.
4. Insert cables from console into top of console weldment.
5. Place console into position on console weldment.
 **Note:** Do not pinch cables while lowering the console.



Item	Description	Qty
1	Console Assembly	1
2	Weldment, Console	1
3	Screw, Pan Head Phillips, M5 x 0.8 x 14	4
4	Grounding Screw, Pan Head Phillips, M5 x 0.8 x 14	1
5	Media Cables	1

6. Exit cables from hole at base of console weldment.
7. Install grounding screw securing console assembly to console weldment using a Phillips screwdriver.
8. Install screws securing console assembly to console weldment using a Phillips screwdriver.

9. Press back cover into spring tab holes of console weldment.



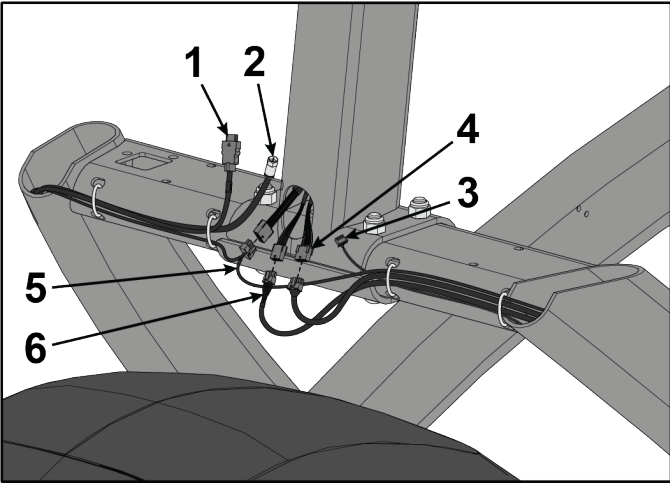
Item	Description	Qty
1	Console Assembly	1
2	Spring Tab Holes	4
3	Cover, Console Back	1
4	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	2

10. Install screws securing back cover to console assembly using a Phillips Screwdriver.

Install Console Cables to Base (Basic Cabling)

This procedure applies to the Basic Cabling option.

1. Plug upper display cable into lower display cable.



Item	Description	Qty
1	Cable, HDMI (previously routed to console)	1
2	Cable, Coax (previously routed to console)	1
3	Cable, IR (previously routed to console)	1
4	Cable, Console to Base Power	1
5	Cable, Heart Rate and Keypad Switches	1
6	Cable, Base Signal	1

2. Plug upper heart rate cable into lower heart rate cable.

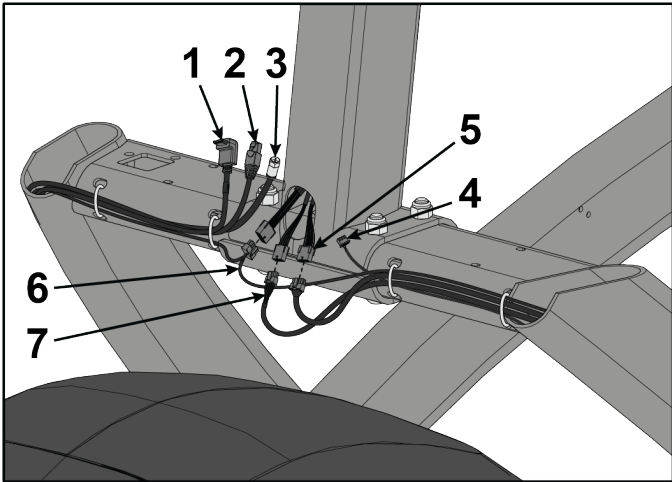
3. Plug console power cable connectors into each other.

 **Note:** Console power cables must be connected last.

Install Console Cables to Base (Advanced Cabling)

This procedure applies to the Advanced Cabling option.

- 1. Plug upper display cable into lower display cable.

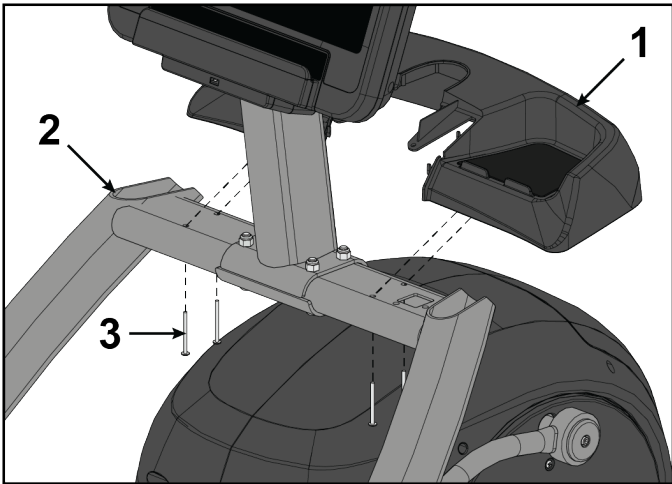


Item	Description	Qty
1	Cable, HDMI <i>(previously routed to console)</i>	1
2	Cable, Ethernet <i>(previously routed to console)</i>	1
3	Cable, Coax <i>(previously routed to console)</i>	1
4	Cable, IR <i>(previously routed to console)</i>	1
5	Cable, Console to Base Power	1
6	Cable, Heart Rate and Keypad Switches	1
7	Cable, Base Signal	1

- 2. Plug upper heart rate cable into lower heart rate cable.
 - 3. Plug console power cable connectors into each other.
-  **Note:** Console power cables must be connected last.

Install Accessory Tray Base

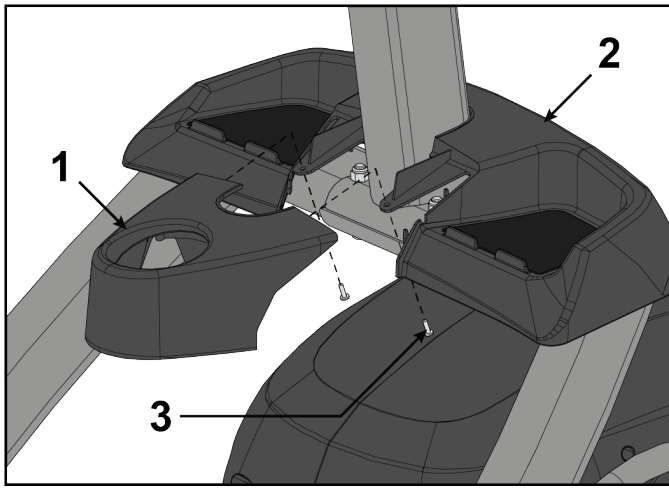
Install screws securing accessory tray base to frame using a Phillips screwdriver.



Item	Description	Qty
1	Accessory Tray Base	1
2	Frame	1
3	Screw, Pan Head Phillips, Tap 10-12 x 2"	4

Install Accessory Tray Top

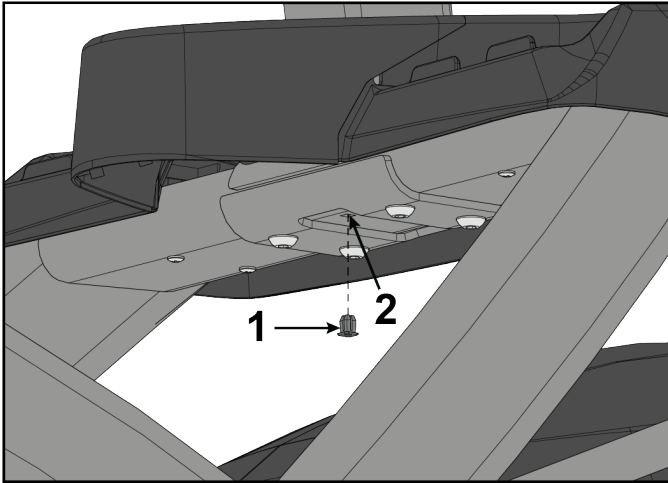
Install screws securing accessory tray top to accessory tray base using a stubby Phillips screwdriver.



Item	Description	Qty.
1	Accessory Tray Top	1
2	Accessory Tray Base	1
3	Screw, Pan Head Phillips, 8-16 x .50"	2

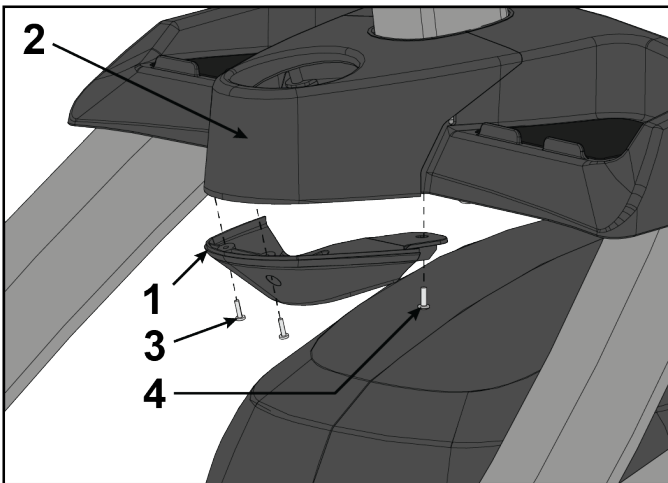
Install Accessory Tray Bottom

1. Install the grommet to the frame.



Item	Description	Qty.
1	Grommet, Nylon, Long	1
2	Frame	1

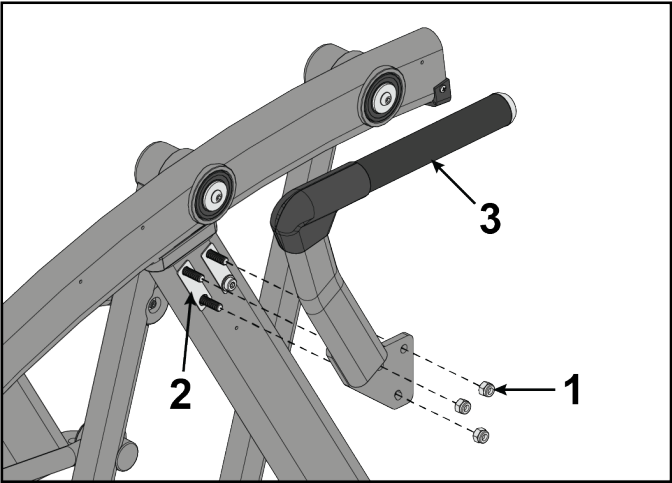
2. Install screws securing the accessory tray bottom to the accessory tray top using a Phillips screwdriver.
3. Install screw securing the accessory tray bottom to the frame using a Phillips screwdriver.



Item	Description	Qty.
1	Accessory Tray Bottom	1
2	Accessory Tray Top	1
3	Screw, Pan Head Phillips, 6 x .50"	2
4	Screw, Pan Head Phillips, 8-16 x .50"	1

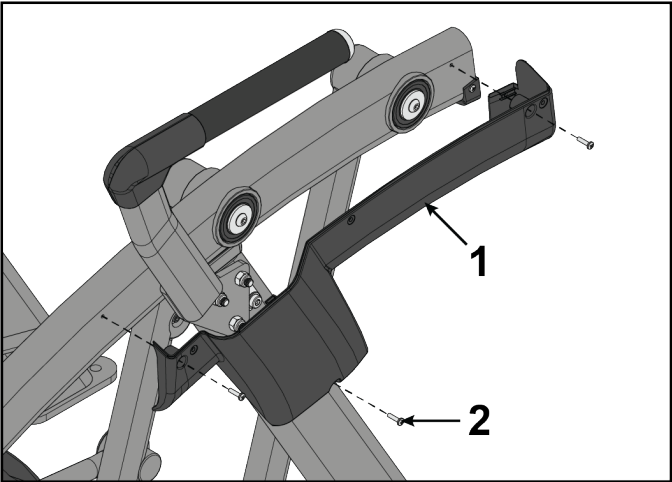
Install Side Handles

1. Remove three locknuts from left support leg using 17mm open-end wrench and 6mm Allen wrench. Keep the two spacers in place.



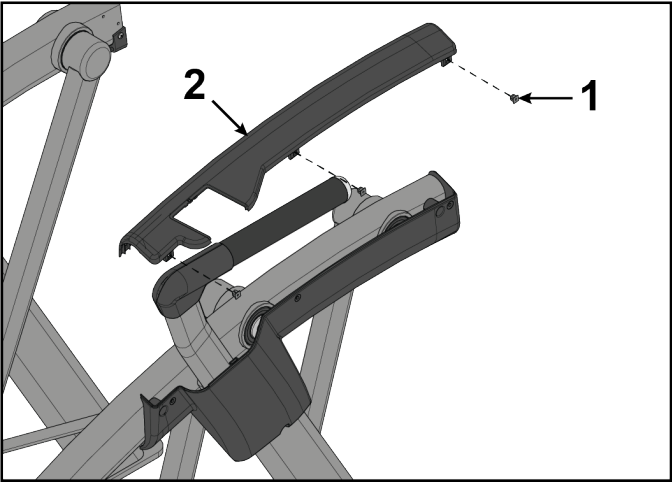
Item	Description	Qty
1	Locknut, M10 x 1.50	3
2	Spacer	2
3	Side Handle, Left	1

2. Install the left side handle and three locknuts using 17mm open-end wrench and 6mm Allen wrench. Ensure upper roll pin enters hole in frame.
3. Install screws securing left lower rear cover to frame using a Phillips screwdriver.



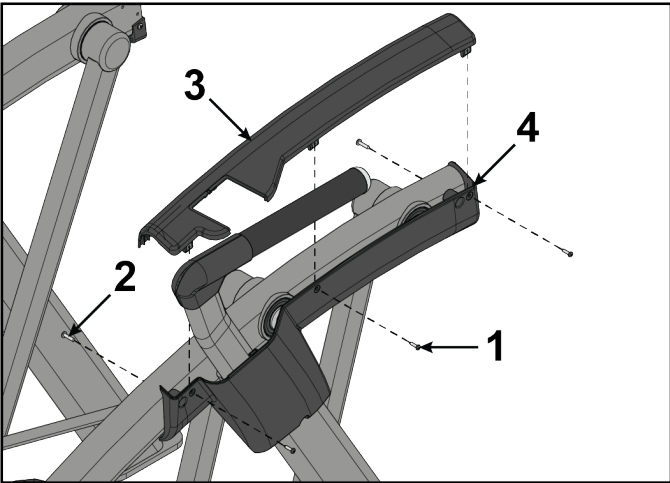
Item	Description	Qty
1	Cover, Rear, Lower, Left	1
2	Screw, Pan Head Phillips, 10-24 x .75"	3

4. Install grommets to left top rear cover.



Item	Description	Qty
1	Grommet, Nylon, Short	3
2	Cover, Rear, Top, Left	1

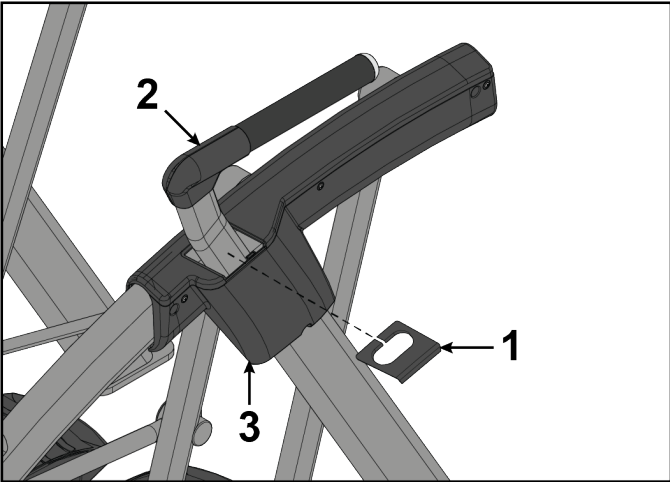
5. Install screws into grommets securing left lower rear cover to left top rear cover using a Phillips screwdriver.



Item	Description	Qty
1	Screw, M4.2 x 0.7 x 19	3
2	Screw, Pan Head Phillips, 10-24 x .75"	2
3	Cover, Rear, Top, Left	1
4	Cover, Rear, Lower, Left	1

6. Install screws securing left top rear cover to frame using a Phillips screwdriver.

7. Open gasket and install around left side handle. Press gasket down onto left lower rear cover.

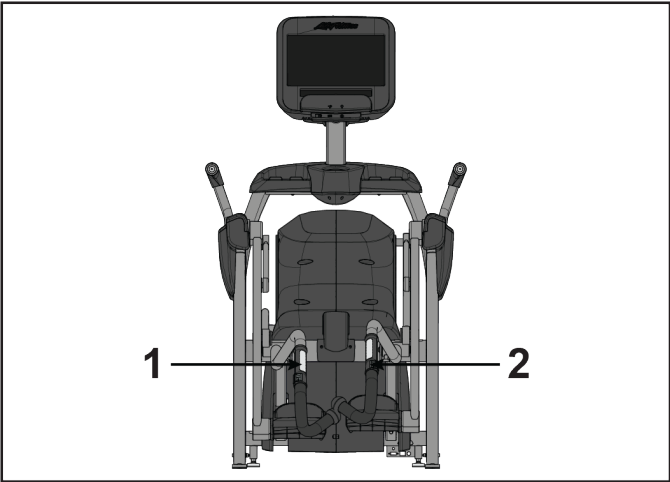


Item	Description	Qty
1	Gasket	1
2	Side Handle, Left	1
3	Cover, Rear, Lower, Left	1

8. Repeat steps 1 through 7 for the right side.

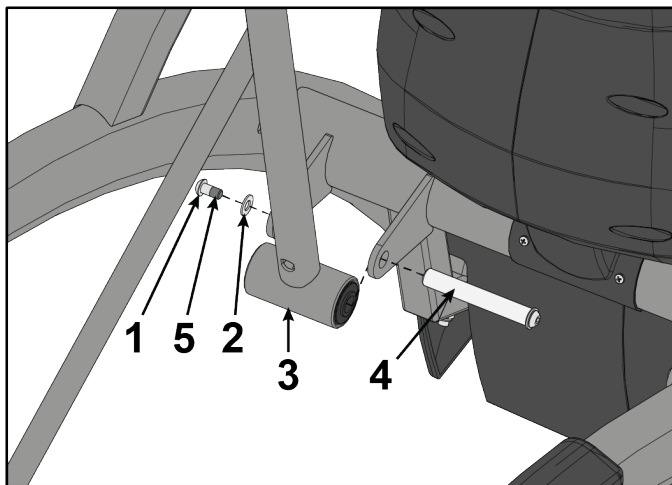
Remove Left and Right Handle Assembly

The left and right handle assemblies are shipped in rotated positions. The handle assemblies must be removed and rotated 180 degrees for proper setup and assembly.



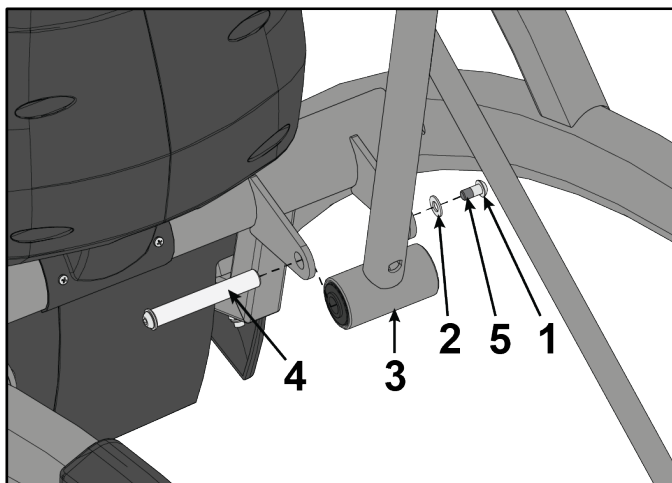
Item	Description	Qty
1	Left Handle Assembly	1
2	Right Handle Assembly	1

1. Remove a screw and washer from the left handle assembly using two 7/32" Allen wrenches.



Item	Description	Qty
1	Screw	1
2	Washer	1
3	Handle Assembly, Left	1
4	Pivot Pin Assembly	1
5	Loctite #242	1

2. Slide pivot pin assembly out and remove left handle assembly.
3. Rotate left handle assembly 180 degrees.
4. Apply Loctite to threads inside the pivot pin and screw.
5. Place left handle assembly in position and slide pivot pin assembly back in place.
6. Install the screw and washer to the left handle assembly using two 7/32" Allen wrenches.
7. Remove a screw and washer from the right handle assembly using two 7/32" Allen wrenches.

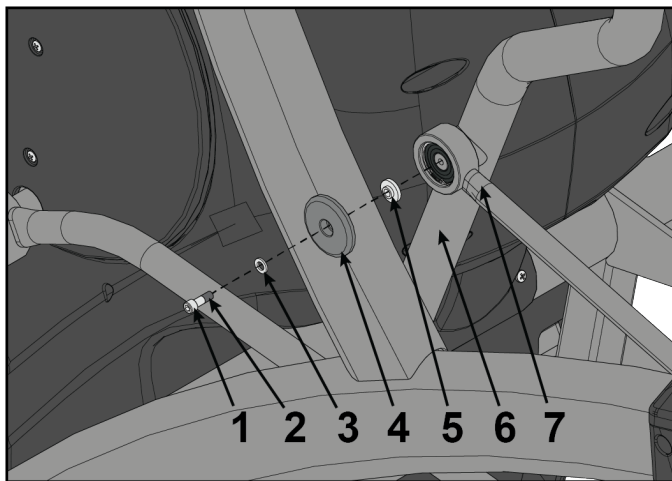


Item	Description	Qty
1	Screw	1
2	Washer	1
3	Handle Assembly, Right	1
4	Pivot Pin Assembly	1
5	Loctite #242	1

8. Slide pivot pin assembly out and remove right handle assembly.
9. Rotate right handle assembly 180 degrees.
10. Apply Loctite to threads inside the pivot pin and screw.
11. Place right handle assembly in position and slide pivot pin assembly back in place.
12. Install the screw and washer to the right handle assembly using two 7/32" Allen wrenches.

Install Left Linkage Rod

1. Pivot left handle assembly up and slide left linkage rod onto left arm.

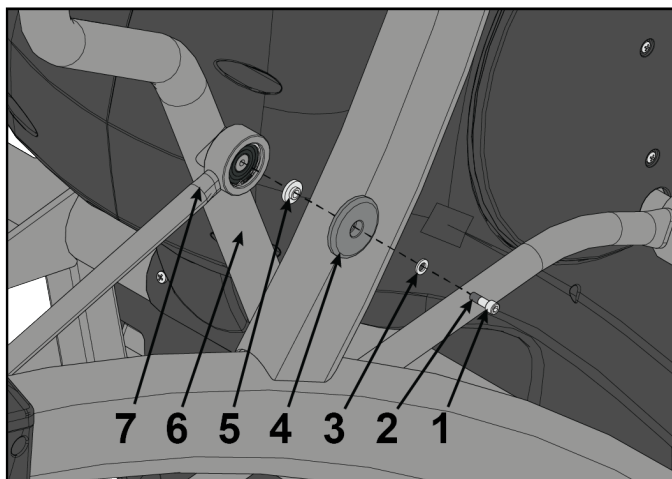


Item	Description	Qty
1	Screw, Socket Head, .250-20 UNC-3A SS	1
2	Loctite #242	1
3	Washer, Flat, .281 ID x .500 OD x .062"	1
4	Linkage Rod Cap 2.00 OD	1
5	Flange Spacer	1
6	Left Arm	1
7	Left Linkage Rod	1

2. Place a drop of Loctite onto the screw.
3. Install the screw, washer, linkage rod cap, and flange spacer using a 3/16" Allen wrench.
4. Tighten screw to a minimum of 90 in-lbs.

Install Right Linkage Rod

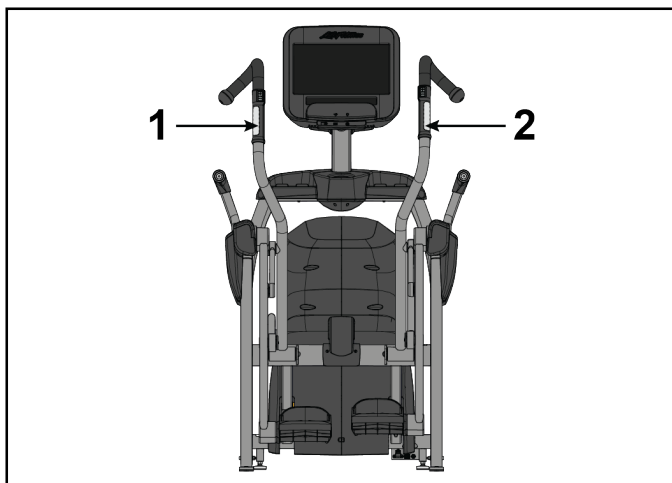
1. Pivot right handle assembly up and slide right linkage rod onto right arm.



Item	Description	Qty
1	Screw, Socket Head, .250-20 UNC-3A SS	1
2	Loctite #242	1
3	Washer, Flat, .281 ID x .500 OD x .062"	1
4	Linkage Rod Cap 2.00 OD	1
5	Flange Spacer	1
6	Right Arm	1
7	Right Linkage Rod	1

2. Place a drop of Loctite onto the screw.
3. Install the screw, washer, linkage rod cap, and flange spacer using a 3/16" Allen wrench.

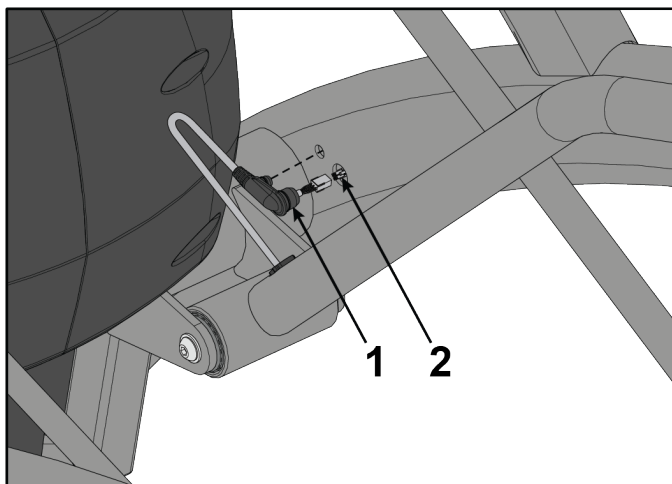
4. Tighten screw to a minimum of 90 in-lbs.
Verify handle assemblies are now installed in the correct position.



Item	Description	Qty
1	Left Handle Assembly	1
2	Right Handle Assembly	1

Install Contact Heart Rate Cable

1. Connect handle heart rate cable to frame heart rate cable.



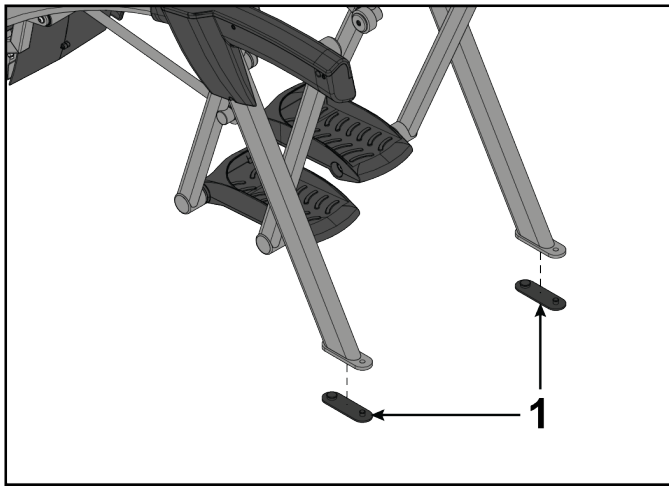
Item	Description	Qty.
1	Heart Rate Cable, Handle	1
2	Heart Rate Cable, Frame	1

2. Press ends of handle heart rate cable into frame.
3. Repeat steps to install heart rate cable on opposite handle.

Install Foot Pads

Have one person lift the unit while a second person places a foot pad under each of the two back feet.

 **Note:** Life Fitness requires that foot pads be installed to prevent rocking.



Item	Description	Qty
1	Foot Pads	2

Visually Inspect Unit

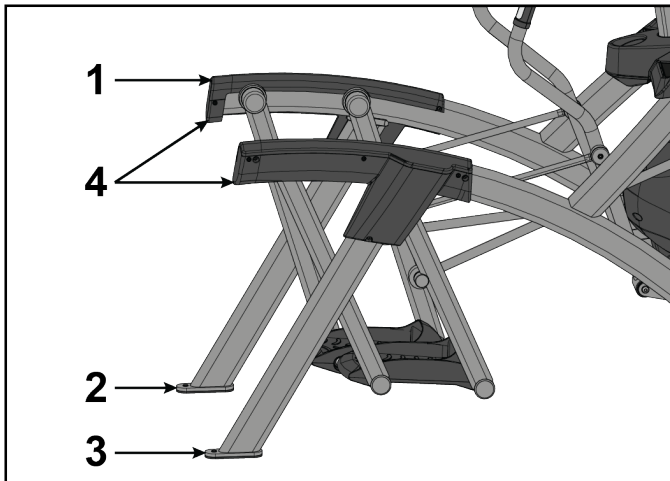
1. Remove any packing material from unit.
2. Examine the unit to ensure that the assembly is correct and complete.

Level Unit

This procedure will level the unit by evenly adjusting the weight on the rear feet. Leveling the unit will eliminate rocking during use.

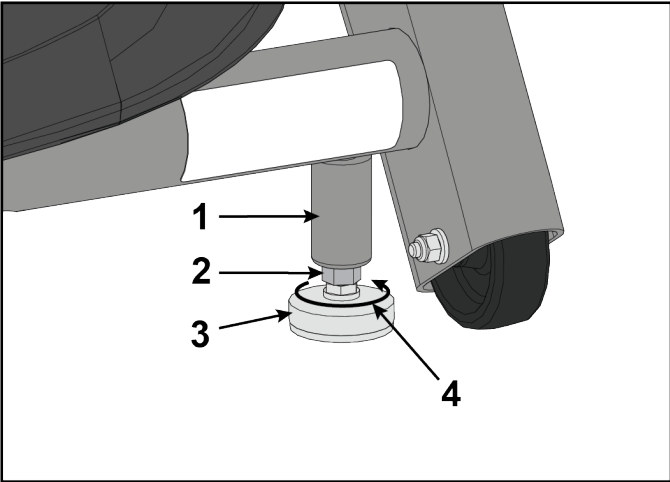
 **Note:** References to left and right are from the users perspective during use.

1. Verify foot plates are completely stopped.
2. Grasp one of the rear covers and slowly lift the rear foot off the floor. Lower rear foot to the floor.



Item	Description	Qty.
1	Rear Cover	2
2	Left Rear Foot	1
3	Right Rear Foot	1
4	<i>Lift Here</i>	

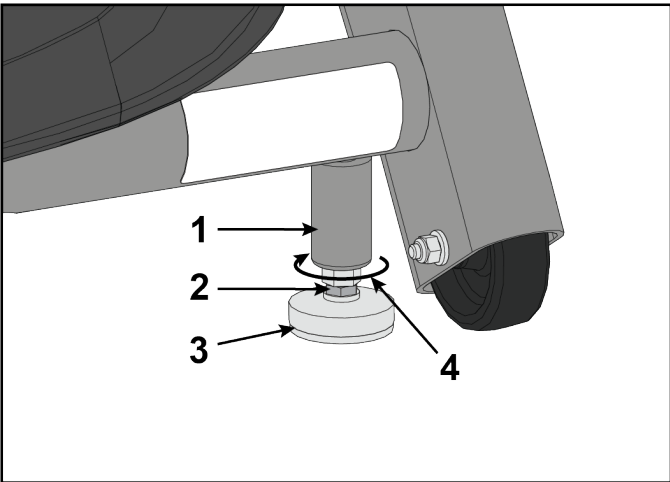
3. Grasp the other rear cover and slowly lift the rear foot off the floor. Lower rear foot to the floor. Make note of either rear foot lifting off the floor easier than the other. If both rear feet lift off the floor evenly, secure both leveling foot jam nuts against the frame post using a 9/16" open-end wrench. Unit is leveled.



Item	Description	Qty.
1	Frame Post	1
2	Jam Nut	1
3	Leveling Foot	1
4	Turn Counter-Clockwise to Secure	

Left leveling foot shown

4. Adjust the weight of the rear feet using a 1/2" open-end wrench.
- If the **left** rear foot lifts up easier, Adjust the **right** leveling foot nut down.
 - If the **right** rear foot lifts up easier, Adjust the **left** leveling foot nut down.



Item	Description	Qty.
1	Frame Post	1
2	Leveling Foot Nut	1
3	Leveling Foot	1
4	Turn Clockwise to Adjust Leveling Foot Down	

Left leveling foot shown

5. Test the unit again for uneven weight on the rear feet. Adjust leveling foot nuts until each rear foot lifts with even force.
6. Secure both jam nuts using a 9/16" open-end wrench. Unit is leveled.

4. Service and Technical Data

Preventive Maintenance Tips

LIFE FITNESS products are backed by the engineering excellence and reliability of LIFE FITNESS and are one of the most rugged and trouble-free pieces of exercise equipment on the market today.

 **Note:** Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.

 **Note:** Pour assurer la sécurité du matériel, il convient de l'inspecter régulièrement afin de détecter tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil avant d'avoir réparé ou remplacé les pièces défectueuses. Prêtez une attention particulière aux pièces sujettes à usure, tel que décrit ci-dessous.

The following preventive maintenance tips will keep the LIFE FITNESS product operating at peak performance:

- Locate the product in a cool, dry place.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see LIFE FITNESS Approved Cleaners) and a microfiber cloth.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Clean the top surface of the foot plates regularly.
- Clean the housing and moving arms thoroughly on a regular basis.

Approved and Compatible Cleaners

Two preferred cleaners have been approved by reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient for gym staff to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

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

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

Maintenance Schedule

Item	Weekly	Monthly	Annually
Console Overlays	Clean		Inspect
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Drive Belts			Inspect
Hardware			Inspect
Frames	Clean		Inspect
Plastic Covers	Clean	Inspect	Inspect
Lifepulse Sensors	Clean / Inspect		
Foot Plates	Clean	Inspect	
Leg Levelers		Inspect / Adjust	

Troubleshooting the Polar® Heart Rate Chest Strap

Heart rate reading is erratic or absent entirely

Probable Cause	Corrective Action
Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
Belt transmitter not properly set up.	Setup of the belt transmitter is accomplished by initially bringing it within 1 foot of the receiver. The receiver is in the console. After the heart rate is displayed on the console the range is extended to 3 feet.
Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.

Abnormally elevated heart rate readings

Probable Cause	Corrective Action
Electromagnetic interference from television sets and/or antennas.	Move the exercise equipment a few inches away from the probable cause, or move the probable cause a few inches away from the exercise equipment, until the heart rate readings are accurate.
Electromagnetic interference from cell phones.	
Electromagnetic interference from computers.	
Electromagnetic interference from cars.	
Electromagnetic interference from high voltage power lines.	
Electromagnetic interference from motor driven exercise equipment.	

Troubleshooting the Lifepulse™ System Sensors

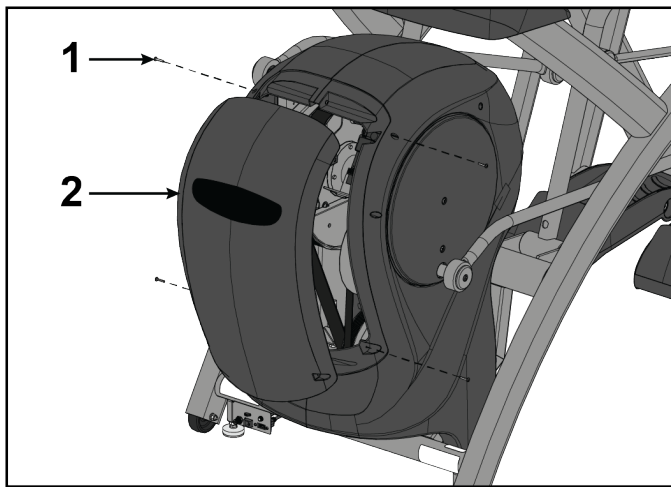
If the heart rate reading is erratic or missing, do the following:

- Dry the hands if necessary to prevent slipping.
- Apply hands to all eight sensors on user arms or bullhorns.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors.

Drive Belts

Remove Front Access Cover

1. Remove screws securing front access cover using a Phillips screwdriver.



	Description	Qty.
1	Screw	4
2	Front Access Cover	1

2. Remove access cover.

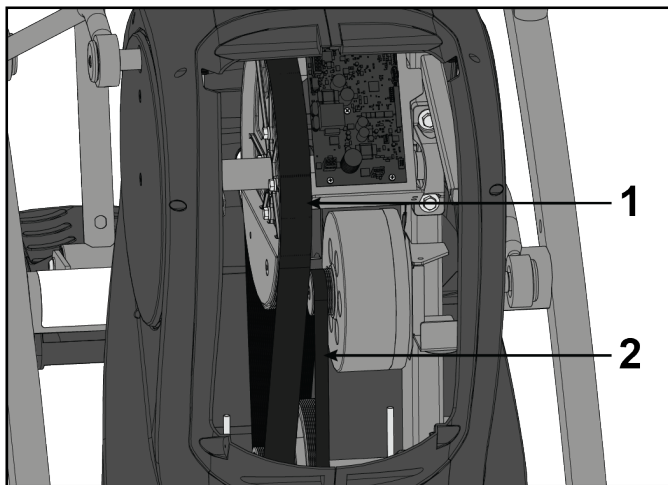


Warning: Burn hazard. Do not touch flywheel until cool.

Inspect Drive Belts

There are two drive belts that may become loose, worn or cracked.

Unless the belts have been removed and not replaced properly, it is unlikely the belts will come loose or need to be re-tensioned.



	Description	Qty.
1	Primary Drive Belt	1
2	Secondary Drive Belt	1

If a belt has cracks or appears worn, it must be replaced immediately by a qualified service technician.

Primary Belt

The wider of the two belts. It has grooves that keep it aligned on the large upper pulley.

Secondary Belt

The narrower of the two belts. It has grooves that keep it aligned on the flywheel's drive pulley.

Install Access Cover

Do not over tighten screws.

1. Replace and tighten the two upper screws using a Phillips screwdriver.
2. Replace and tighten the two lower screws using a Phillips screwdriver.
3. Test unit for proper operation.

How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the front of the unit. Write down the software version if possible.
3. Contact Customer Support Services at <http://www.lifefitness.com>.

5. Specifications

Specifications

Lower Body Arc Trainer

Classification	EN ISO 20957 Class S (Studio)
Accuracy	A
Assembled Length	76.25" (194 cm)
Assembled Width	36.28" (92 cm)
Assembled Height	62.5" (159 cm)
Product Weight	412 lbs. (187 kg.)
Shipping Weight	485-495 lbs. (220-225 kg.) (without console)
Incline Levels	0-20
Resistance Levels	1-100
Stride Length	24" (61 cm) fixed length
Resistance Range	0 to 900 watts.
Maximum User Weight	400 lbs. (180 kg.).
Power Rating	100 - 240 VAC~, 50/60 Hz, 2.5A/3.0A, 1-phase.

Total Body Arc Trainer

Classification	EN ISO 20957 Class S (Studio)
Accuracy	A
Assembled Length	76.25" (194 cm)
Assembled Width	36.28" (92 cm)
Assembled Height	62.5" (159 cm)
Product Weight	412 lbs. (187 kg.)
Shipping Weight	485-510 lbs. (220-231 kg.) (without console)
Incline Levels	0-20
Resistance Levels	1-100
Stride Length	24" (61 cm) fixed length
Resistance Range	0 to 900 watts.
Maximum User Weight	400 lbs. (180 kg.).
Power Rating	100 - 240 VAC~, 50/60 Hz, 2.5A/3.0A, 1-phase.

