

# Integrity C Console

## Owner's Manual





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\*Also check [www.lifefitness.com](http://www.lifefitness.com) for local representation or distributor/dealer

## User and Service Documents Link

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Operation Manuals and other Product Information available at  
<https://www.lftechsupport.com/web/document-library/documents>

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Trobareu el manual de funcionament i altra informació de producte a  
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Encontrará el manual de funcionamiento y otra información de producto en  
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Felhasználói kézikönyvek és más termékinformációk: <https://www.lftechsupport.com/web/document-library/documents>

Manuali di funzionamento e altre informazioni sui prodotti disponibili su  
<https://www.lftechsupport.com/web/document-library/documents>

Instrukcje obsługi i inne informacje o produktach dostępne na stronie  
<https://www.lftechsupport.com/web/document-library/documents>

Manuais de Operação e Informações sobre outros produtos disponíveis em  
<https://www.lftechsupport.com/web/document-library/documents>

Руководства по эксплуатации и другую касающуюся нашей продукции информацию можно найти, перейдя по ссылке  
<https://www.lftechsupport.com/web/document-library/documents>

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## FCC Compliance Information


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Before using this product, it is essential to read this ENTIRE operation manual and ALL assembly instructions. It describes equipment setup and instructs members on how to use it correctly and safely.


Avant d'utiliser ce produit, il est indispensable de lire ce manuel d'utilisation dans son INTÉGRALITÉ, ainsi que TOUTES les instructions d'installations. Ce manuel explique comment installer l'équipement et comment l'utiliser correctement et sans danger.

FCC Warning - Possible Radio / Television Interference

### EN ISO 20957 Class S: Professional and / or commercial use.

 **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.

### EN ISO 20957 Class H: Home use.

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

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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

 **Mise En Garde :** tout changement ou toute modification de ce matériel peut annuler la garantie du produit.

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative.

### Bikes:

For EN ISO 20957-5: 2016 Class SA accuracy testing, power at the crankshaft was measured by connecting the training equipment to a dynamometer. The crank was rotated and torque measured per EN ISO 20957-5: 2016 Class SA operating test conditions. Accuracy of the resulting watts displayed on the console and actual watts measured by dynamometer were found to be within the tolerance of EN ISO 20957-5: 2016 Class SA (+/- 5 Watts up to 50 Watts and +/- 10% over 50 Watts).

### Arc Trainers and Cross-Trainers:

For EN ISO 20957-9: 2016 Class SA accuracy testing, power at the crankshaft was measured by connecting the training equipment to a dynamometer. The crank was rotated and torque measured per EN ISO 20957-9: 2016 Class SA operating test conditions. Accuracy of the resulting watts displayed on the console and actual watts measured by dynamometer were found to be within the tolerance of EN ISO 20957-9: 2016 Class SA (+/- 5 Watts up to 50 Watts and +/- 10% over 50 Watts).

## Manual Information

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This Owner's Manual describes the functions of the following products:

- **Integrity Series Cross-Trainer**
- **Integrity Series Treadmill**
- **Integrity Series Recumbent Lifecycle® Exercise Bike**
- **Integrity Series Upright Lifecycle® Exercise Bike**
- **Life Fitness Arc Trainer**
- **Life Fitness PowerMill**

See [Specifications](#) in this manual for product specific features.

### **Statements of Purpose:**


- The Life Fitness Treadmill is an exercise machine that enables users to walk or run, in place, indoors on a moving surface.
- The Life Fitness Cross-Trainer is an exercise machine that combines low-impact elliptical pedaling with push / pull arm motion to provide an efficient, effective total body workout indoors.
- The Life Fitness Lifecycle™ Exercise Bike is a machine that simulates the movements of riding a bicycle indoors at various speeds and levels of resistance.
- The Life Fitness Arc Trainer is an exercise machine that combines low-impact elliptical pedaling with push / pull arm motion to provide an efficient, effective total body workout indoors.
- The Life Fitness PowerMill Climber is a commercial exercise machine that enables users to scale a revolving staircase at a wide variety of speeds.


# 1. Getting Started


## Safety Instructions

Read all instructions before using Life Fitness products.


### All Products


 **WARNING:** Health-related injuries may result from incorrect or excessive use of exercise equipment. It is **STRONGLY** recommended 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 well immediately.


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

 **WARNING:** Keep batteries out of reach of children. Some chest straps may contain a removable battery.

- Swallowing may lead to serious injury in as little as 2 hours or death, due to chemical burns and potential perforation of the esophagus.
- If you suspect your child has swallowed a battery, immediately call your local poison control for fast, expert advice.
- Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. Do not use if compartment is not secure.
- Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
- Tell others about the risk associated with button batteries and how to keep their children safe.

 **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.

 **DANGER:** To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.



- 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.
- 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.
- Keep all loose clothing, shoelaces, and towels away from moving parts.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Free standing equipment shall be installed on a stable and leveled surface.
- 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





### Treadmill

-  **CAUTION:** Risk of injury to persons - to avoid injury, use extreme caution when stepping onto or off of a moving belt. Read assembly instruction manual before using.
  -  **WARNING:** Keep the area 6.5 ft. (2 m) by 3 ft. (0.9 m) behind the treadmill clear of any obstructions, including walls, furniture, and other equipment. Contact Customer Support Services for an optional longer power cord if necessary.
  -  **WARNING:** Be sure the emergency stop lanyard is clipped to the user and in proper position on the treadmill before beginning any workout.
  -  **WARNING:** The belt centering adjustment must be performed if the belt is not between the marks indicating the maximum allowed lateral positions. Refer to Treadmill Assembly Instructions.
- The product should never be left unattended when plugged in. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
  - Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle.
  - Handrails may be held to enhance stability as needed, but are not for continuous use.
  - Never mount or dismount the treadmill while the running belt is moving. Use the handrails whenever additional stability is required. In case of an emergency, such as tripping, grasp the handrails, and place the feet on the side platforms.
  - Never walk or jog backwards on the treadmill.
  - Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
  - In conformity with the European Union Machinery Directive 2006/42/EC, this equipment unloaded runs at sound pressure levels below 70 dB (A) at the average operating speed of 12 km/hr. Noise emission under load is higher than without load.


### Arc Trainer

-  **WARNING:** Ensure that there is at least 1 ft. (0.3 m) of clearance in front of the Arc Trainer and at least 2 ft. (0.6m) on the side.
  -  **WARNING:** The Arc Trainer is not equipped with a free-wheeling feature. Therefore, the product cannot be stopped immediately.
- Do not stand or sit on the rear plastic covers of the Arc Trainer.
  - The individual human power required to perform an exercise may be different than the mechanical power displayed on the Arc Trainer.
  - Use caution when mounting or dismounting the Arc Trainer. Before mounting, use the moving arms to bring the pedal 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 Arc Trainer.

### Cross-Trainer

-  **WARNING:** Ensure that there is at least 1 ft. (0.3 m) of clearance in front of the Cross-Trainer and at least 2 ft. (0.6m) on the side.
  -  **WARNING:** The Cross-Trainer is not equipped with a free-wheeling feature. Therefore, the product cannot be stopped immediately.
- Do not stand or sit on the rear plastic covers of the Cross-Trainer.
  - Do not stand on center tube of the Cross-Trainer.
  - The individual human power required to perform an exercise may be different than the mechanical power displayed on the Cross-Trainer.
  - Use caution when mounting or dismounting the Cross-Trainer. Before mounting, use the moving arms to bring the pedal 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 Cross-Trainer.

### Lifecycle Exercise Bikes


-  **WARNING:** Allow a distance of 16 in. (41 cm) between the widest part of the bike and other objects on either side. Provide at least 3 ft. (0.9 m) between the front or rear of the bike to any other objects and 2 ft. (0.6 m) in the direction the equipment is accessed from.
- Do not stand or sit on plastic shrouds.
  - Use caution when mounting or dismounting the bike. Use the stationary handlebar whenever additional stability is required.

**SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.**





# Consignes de Sécurité

Lisez toutes les instructions avant d'utiliser les produits Life Fitness.

## TOUS LES APPAREILS


-  **Mise En Garde :** Toute modification apportée à cet équipement pourrait en annuler la garantie.
  -  **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.
  -  **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.
- 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.
  - Always follow the console instructions for proper operation.
  - 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.
  - 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.
  - Éloignez les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.
  - Ne placez pas les mains à l'intérieur ou sous l'appareil ; ne le faites pas basculer sur le côté durant son fonctionnement.
  - 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.
  - Ne laissez personne gêner l'utilisateur ou le fonctionnement de l'appareil pendant un exercice.
  - 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.
  - L'appareil utilisé de manière autonome doit être installé sur une surface stable et plane.
  - 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>.


## TAPIS ROULANTS

-  **Mise En Garde :** Risque de blessures - pour éviter toute blessure, faire preuve d'extrême prudence pour monter sur un tapis en mouvement, ou pour en descendre. Lisez les instructions d'assemblage avant toute utilisation.
-  **Avertissement :** Laissez un espace de 2 m sur 0,9 m (6,5 pi. sur 3 pi.) autour de la machine. Ne placez pas cette dernière près de murs, meubles ou autres équipements qui pourraient en obstruer l'accès. Contactez le service à la clientèle pour obtenir un cordon plus long au besoin.
-  **Avertissement :** Avant de commencer tout exercice, il convient de s'assurer que le cordon de sécurité est bien fixé à l'utilisateur et correctement placé sur le tapis de course.
-  **Avertissement :** La surface de course doit être recentrée si elle ne se situe pas entre les marques indiquant les positions latérales maximales autorisées. Consultez les instructions d'assemblage du tapis de course.

- Ne laissez jamais l'appareil sans surveillance lorsqu'il est branché. Débranchez-le systématiquement après son utilisation, et avant l'ajout et le retrait de pièces. Pour débrancher l'appareil, placez l'interrupteur sur OFF et ôtez la prise électrique du mur.
- Maintenez le cordon d'alimentation à l'écart des surfaces chaudes. Ne tirez pas l'appareil par son cordon et n'utilisez pas celui-ci comme une poignée.
- Les barres d'appui latérales peuvent servir à améliorer la stabilité, le cas échéant, mais elles ne sont pas conçues pour être utilisées de façon continue.
- Ne montez et ne descendez jamais du tapis de course lorsqu'il est en marche. Le cas échéant, utilisez les barres latérales pour renforcer votre stabilité. En cas d'urgence, si vous trébuchez par exemple, saisissez les barres latérales et placez les pieds sur les plates-formes latérales.
- Ne reculez jamais sur le tapis, que ce soit en marchant ou en courant.
- N'utilisez pas l'appareil en présence d'aérosols ou en cas d'administration d'oxygène. Ces substances pourraient entraîner des risques d'incendie et d'explosion.
- Conformément à la directive machines 2006/42/CE de l'Union européenne, à vide, cet équipement fonctionne à des niveaux de pression acoustique inférieurs à 70 dB(A) à une vitesse de fonctionnement moyenne de 12 km/h. Les émissions sonores sont plus importantes lorsque l'appareil est chargé.


### Arc Trainer


 **Avertissement :** Veillez à laisser un dégagement d'au moins 30 cm (1 pi) devant l'Arc Trainer et d'au moins 60 cm (2 pi) sur les côtés.

 **Avertissement :** L'Arc Trainer n'est pas équipé d'une option roue libre. Par conséquent il ne peut donc être arrêté instantanément.

- Ne vous mettez ni debout, ni assis sur les caches en plastique situés à l'arrière de l'Arc Trainer.
- La puissance nécessaire à chaque utilisateur pour effectuer un exercice peut différer de la puissance mécanique affichée sur l'Arc Trainer.
- Montez et descendez avec précaution de l'Arc Trainer. Avant de monter, placez la pédale située 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 l'Arc Trainer.


### Cross-Trainer

 **Avertissement :** Veillez à laisser un dégagement d'au moins 30 cm (1 pi) devant le Cross Trainer et d'au moins 60 cm (2 pi) sur les côtés.

 **Avertissement :** Le vélo elliptique n'est pas équipé d'une option roue libre. Par conséquent il ne peut donc être arrêté instantanément.

- Ne vous mettez ni debout, ni assis sur les caches en plastique situés à l'arrière du Cross-Trainer.
- Ne vous mettez pas debout sur le tube central du Cross-Trainer.
- La puissance nécessaire à chaque utilisateur pour effectuer un exercice peut différer de la puissance mécanique affichée sur le Cross-Trainer.
- Montez et descendez du Cross-Trainer avec la plus grande précaution. Avant de monter, placez la pédale située 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 vélo elliptique.

### VÉLOS LIFECYCLE

 **Avertissement :** Laissez une distance de 41 cm (16 in..) entre la partie la plus large du vélo et les objets se trouvant de part et d'autre. Laissez un dégagement d'au moins 0,9 m (3 pi.) entre l'avant et l'arrière du vélo et les objets alentour, et d'au moins 0,6 m (2 pi.) dans la direction qui permet d'accéder à l'appareil.

- Ne vous mettez ni debout, ni assis sur les caches en plastique du vélo.
- Montez et descendez avec précaution du vélo. Utilisez le guidon fixe lorsque vous avez besoin de renforcer votre équilibre.

**CONSERVER CES INSTRUCTIONS POUR TOUT USAGE ULTÉRIEUR.**

# Getting Connected

## Connecting your product

- **SSID:** LFwireless
- **Password:** See your Life Fitness representative
- **Authentication Method:** WPA2-Personal

## Registering Product with LFconnect.com

1. Go to LFconnect website: <https://www.lfconnect.com>
2. Click the **Sign Up Now** link. If you already have an account, **Login**.
3. Click the **Sign Up** link in the **Manager** section.
4. Enter your information and click **Create Account** to complete the process.
5. Click the **Add Now** button under **Equipment** section
6. Enter equipment serial number to add equipment. After entering one serial number, the rest of your connected equipment will be automatically discovered.

## Immobilization Method - Treadmill

The purpose of immobilizing the treadmill is to prevent unauthorized use. The system causes immobilization of the treadmill when a pre-defined hard key sequence has been activated.

To prevent false toggling of the Immobilized feature, this sequence must be done in a 5-10 second period.

1. Press the **STOP** key 3 times.
2. Press the **SPEED DOWN** arrow key 3 times.

## 2. Operation

### Console Overview - Bike and Elliptical



1	LED display	Bike and Elliptical: Speed, Time, Distance, Heart rate, Calories, Incline, Resistance.
2	<b>GO</b>	Press to automatically begin a Quick Start workout.
3	Call out button	Calories, Watts, RPM.
4	Workouts key	Manual, Hills, Random.
5	USB Port	Charge USB devices.
6	<b>STOP</b>	Press to Stop a workout.
7	<b>UP</b> and <b>DOWN</b> arrow keys	Use to increase / decrease speed.
8	Call out button	Time, Weight, Imperial/Metric.
9	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.

## Console Overview - Treadmill



1	LED display	Displays Speed, Time, Distance, Heart rate, Calories, Incline, Resistance.
2	<b>GO</b>	Press to automatically begin a Quick Start workout.
3	<b>UP</b> and <b>DOWN</b> arrow keys	Use to increase / decrease incline.
4	Workouts key	Manual, Hills, Random.
5	USB Port	Charge USB devices.
6	<b>STOP</b>	Press to Stop a workout.
7	<b>UP</b> and <b>DOWN</b> arrow keys	Use to increase / decrease speed.
8	Call out button	Time, Weight, Imperial/Metric.
9	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.

## Console Overview - PowerMill



1	LED display	Speed, Time, Calories, Heart Rate, SPM, Level.
2	<b>GO</b>	Press to automatically begin a Quick Start workout.
3	Call out button	Calories, SPM.
4	Workouts key	Manual, Hills, Random.
5	USB Port	Charge USB devices.
6	<b>STOP</b>	Press to Stop a workout.
7	<b>UP</b> and <b>DOWN</b> arrow keys	Use to increase / decrease speed.
8	Call out button	Time, Weight, Imperial/Metric.
9	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.



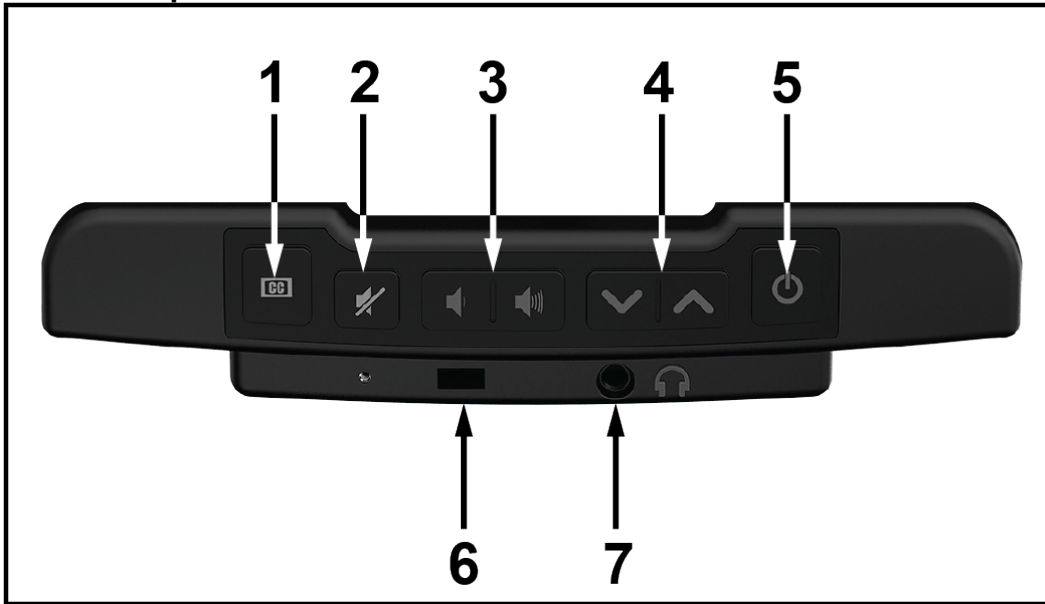
## Console Overview - Arc Trainer



1	LED display	Time, Distance, Heart Rate, Calories, SPM, Resistance.
2	<b>GO</b>	Press to automatically begin a Quick Start workout.
3	Call out button	Calories, SPM, Watts.
4	Workouts key	Manual, Hills, Random.
5	USB Port	Charge USB devices.
6	<b>STOP</b>	Press to Stop a workout.
7	<b>UP</b> and <b>DOWN</b> arrow keys	Use to increase / decrease speed.
8	Call out button	Time, Weight, Imperial/Metric.
9	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.

# Entertainment Rack Overview

The Entertainment Rack is optional



1	<b>Closed Caption</b>	Press to enable Closed Caption.
2	<b>Mute</b>	Press to turn off sound.
3	Volume <b>Up</b> / <b>Down</b> keys	Use these keys to adjust volume.
4	Channel <b>Up</b> / <b>Down</b> keys	Use these keys to change channels.
5	<b>Power</b>	Press to turn the TV on.
6	USB Port	Charge USB devices.
7	Headphone Jack	Plug in headphones to listen to TV and entertainment options.

## Log In

Log in to the console to track and save your workouts to the LFconnect app.



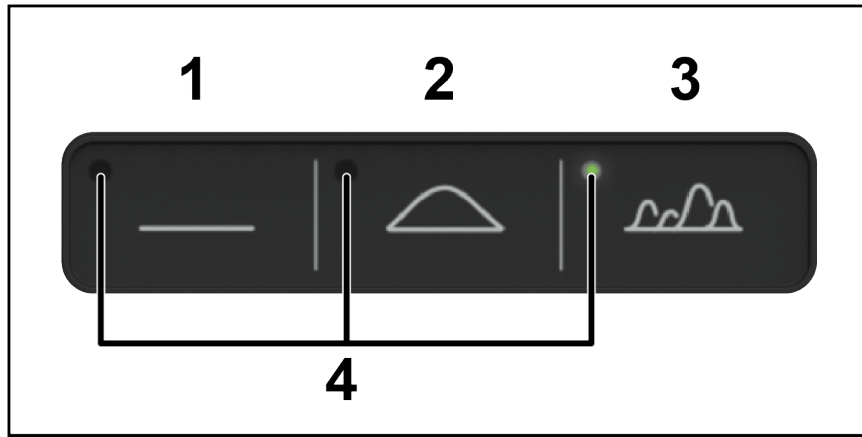
Scan QR Code

- Open the LFconnect app on your mobile device.
- Select the QR code reader in the upper right hand corner.
- Scan the QR code with your phone.

## Quick Start

1. Press **GO** for a Quick Start workout.
2. Enter your weight using the **UP** and **DOWN** arrow keys on the right side of the console.

# Workouts



1	Manual	Control the incline level or speed manually during a workout.
2	Hills	Incline level gradually increases for 5 minutes and then gradually decreases for 5 minutes. Take on a new hill every 10 minutes.
3	Random	Adapt to incline levels that randomly change during a workout.
4	LED's	LED's indicate selected workout.

## Workout Views














### LED display areas

The LED display is divided into the following areas.



1	<b>Bike and Elliptical:</b> Distance or Speed <b>Treadmill:</b> Calories or Incline <b>Arc Trainer:</b> Incline or Distance <b>PowerMill:</b> Steps Per Minute
2	<b>Bike, Elliptical and Treadmill:</b> Time, Level, or Weight <b>Arc Trainer and PowerMill:</b> Time
3	<b>Bike and Elliptical:</b> Calories <b>Treadmill:</b> Distance or Speed <b>Arc Trainer and PowerMill:</b> Level
4	Workout profile or heart rate

**Workout icons**

	<p>Calories</p>
	<p>Distance</p>
	<p>Heart rate</p>
	<p>Incline / Resistance / Level</p>
	<p>Pause - Displays during Paused Workout</p>
	<p>RPM - Rotations Per Minute</p>
<p><b>Arc Trainer</b></p>  <p><b>Bikes, Treadmill</b></p>  <p><b>PowerMill</b></p> 	<p>Speed</p>
	<p>Time</p>
	<p>Watts</p>
	<p>Weight</p>
	<p>Workout profile</p>

## Select Workout

1. Select a workout by pressing one of the workout keys. **Manual**, **Hills**, or **Random**.
2. Adjust the **Time** of your workout using the right side **UP** and **DOWN** arrow keys.
3. Press **GO** to confirm and advance to next input.
4. If **Hills** or **Random** was selected, Adjust the **Level** of your workout using the right side **UP** and **DOWN** arrow keys.
5. Press **GO** to confirm and advance to next input.
6. Adjust your **Weight** using the right side **UP** and **DOWN** arrow keys.
7. Press **GO** to start your workout. Treadmills will countdown **3, 2, 1, GO** before starting the running belt.
8. To end your workout, press the **STOP** key once to pause. Press a second time to end.

## Controls during Workout

During your workout the following keys are functional.

**Right arrow keys** Adjust Speed or Resistance. Display data will toggle for 10 seconds.

**Left arrow keys (Treadmill only)** Adjust Incline. Display data will toggle for 10 seconds.

**STOP** Press once to Pause workout. Press **GO** to resume workout, or **STOP** again to end workout.

## Workout Summary

At the end of a workout, the summary screen is displayed.

### Bike and Elliptical workout summary



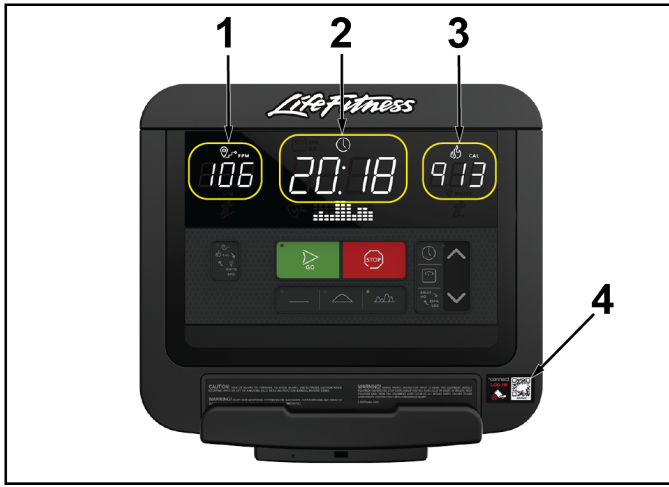
1	Total <b>distance</b> of workout
2	Total <b>time</b> of workout
3	Total <b>calories</b> of workout
4	QR code. Scan code to save workout to LFconnect

### Treadmill workout summary



1	Total <b>calories</b> of workout
2	Total <b>time</b> of workout
3	Total <b>distance</b> of workout
4	QR code. Scan code to save workout to LFconnect

### PowerMill workout summary



1	Total <b>floors climbed</b> of workout
2	Total <b>time</b> of workout
3	Total <b>calories</b> of workout
4	QR code. Scan code to save workout to LFconnect

### Arc Trainer workout summary



1	Total <b>distance</b> of workout
2	Total <b>time</b> of workout
3	Total <b>calories</b> of workout
4	QR code. Scan code to save workout to LFconnect

# 3. Manager Configuration

## View current software version

1. Press the **Weight** key 5 times, and press the **Stop** key once.
  - The current software version status displays left to right in the right, center, and left LED's (i.e 0.2 .01. 003) and beeps once.
  - After 5 seconds of displaying software version screen will return to the attract screen.
2. Press the **Stop** key, return to the attract screen.
3. Press the **Go** key, return to the attract screen.

## Toggle beeps

1. Press the **Time** key 5 times, and press the **Stop** key once.  
The current beeps status displays (light up ON or OFF) and beeps once.
2. Use the right **up** and **down** keys to change between on and off beeps.
3. Press the **Go** key, return to attract view and save the status as last seen on the console.
4. Press the **Stop** key, return to attract view.

If no interaction after 5 seconds of displaying beep status, return to attract view and save the status as last seen on the console.

## Change default units



1. Press the **Unit** key 5 times, and press the **Stop** key once.  
Current units displays (light up lbs & mi or kg & km) and beeps once.
2. Use the right **up** and **down** keys to change between the units (light up lbs & mi or kg & km).
3. Press the **Go** key, return to attract view and save the status as last seen on the console.
4. Press the **Stop** key, return to attract view.

If no interaction after 5 seconds of displaying beep units, return to attract view and save the status as last seen on the console.

## Download usage logs

1. Insert USB stick into USB port.
2. Press a key combination of **Right Up Arrow, Right Down Arrow, Right Up Arrow, Right Down Arrow, Weight Button** will download logs to USB stick.

## 4. Maintenance and Troubleshooting

-  **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.
-  **NOTE:** Pour assurer la sécurité du matériel, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil avant d'avoir réparé ou remplacé les pièces défectueuses.

The following preventive maintenance tips will keep the 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 [Approved and Compatible 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.

### 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](mailto: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.

### Troubleshooting - Treadmills

Problem	Probable Cause	Possible Solutions
No Power.	Power source is insufficient.	Using a voltmeter, verify power at outlet. If no power exists, reset circuit breaker at panel.
	Line cord is damaged.	Replace line cord. Contact Customer Support Services.
	Line cord is improperly seated in socket.	Inspect power connection at wall outlet and at machine for proper contact.
	Club Series Units Only: You may be in "Energy Saving Mode".	The unit will enter Energy Saving Mode after 5 minutes of inactivity, with a warning at 4:45 that energy saving is about to start. To wake the console, step on the treadmill or push the green "Go" button. When successful, a beep will be heard. The unit will take approximately 25 seconds to allow you to start a workout.
Display does not illuminate when machine is powered on.	Loose connection at display console or motor control board.	Check all electrical connections for proper attachment. Contact Customer Support Services.
Treadmill striding belt slips off-center.	Floor surface is uneven.	Check levelers and level treadmill. Check striding belt & re-tension as necessary. Refer to Integrity Treadmill Assembly Instructions.



Problem	Probable Cause	Possible Solutions
Maximum treadmill speed is reduced.	User is pushing striding belt. This occurs when the runner is running faster than the striding belt will travel, with the result of the striding belt being pushed with the runner's feet.	Instruct users not to push striding belt in either direction.
	User is stalling striding belt. This will occur with heavier users at lower striding belt speeds. The striding belt will "stall" if the user is traveling slower than the striding belt speed.	
	Striding belt/deck malfunctions. The deck laminate is worn through or the underside of striding belt is glazed over (hard, glossy).	Replace belt and deck. Contact Customer Support Services.
	Power source is insufficient.	Power source is insufficient.
Rubbing sound comes from underneath treadmill.	Foreign objects may be stuck underneath the machine.	Inspect underneath striding belt and machine. Remove any debris or objects that may cause interference with the treadmill.
Display does not illuminate when machine is powered on.	Loose connection at display console or motor control board.	Check all electrical connections for proper attachment. Contact Customer Support Services.

## Troubleshooting - Heart Rate

**Heart rate reading is initially detected and functioning normally but then is lost.**

Probable Cause	Possible Solutions
Use of personal electronic devices, such as cell phones and portable MP3 players, causes external noise interference.	Remove the source of noise or reposition the exercise equipment.
Equipment is in close proximity to other sources of noise such as audio/video equipment, fans, two way radios, and high voltage/ high current power lines.	

## Heart rate readings are abnormally elevated.

Probable Cause	Possible Solutions
Television sets and/or antennas, cell phones, computers, cars, high voltage power lines, motor driven exercise equipment, and another heart rate transmitter within 3 ft. (0.9 m) generate electromagnetic interference.	Move the product a few inches away from the probable cause, or move the probable cause a few inches away from the product, until the heart rate readings are accurate.

## Heart rate reading is erratic or absent entirely.

Probable Cause	Possible Solutions
Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes (see The Optional Polar® Telemetry Heart Rate Chest Strap).
Belt transmitter electrodes are not laying fl at against the skin.	Ensure the belt transmitter electrodes are laying fl at against the skin (see The Optional Polar® Telemetry Heart Rate Chest Strap).
Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
Belt transmitter is not within 3 ft. (0.9 m) of the heart rate receiver.	Make sure the chest strap transmitter is within 3 ft. (0.9 m) of the heart rate receiver.
Polar® telemetry heart rate chest strap battery is depleted.	Contact Life Fitness Customer Support Services for instructions on how to have the Polar® telemetry heart rate chest strap replaced.
Polar® telemetry heart rate chest strap did not lock in with the heart rate receiver.	Make sure the Polar® telemetry heart rate chest strap is properly attached to the user's chest and move closer to the heart rate receiver inside the console. Wait up to 10 seconds for the heart rate to display on the console. The overall range of the heart rate strap is approximately 3 ft. (0.9 m) after it communicates with the receiver. The strap must be 1.5 - 2 ft. (0.5 - 0.6 m) away from the receiver in order to start communicating. When the display shows a heart rate value stay within 3 ft. (0.9 m). Notes: <ol style="list-style-type: none"><li>1. Ensure proper adherence of the Polar telemetry heart rate chest strap to user's chest.</li><li>2. Ensure proper conductivity between the electrodes and user's chest.</li><li>3. If needed, use the Polar watch to verify chest strap's operation.</li></ol>

## Software updates via USB

1. Insert USB with compatible software package.
2. Press **Right Up Arrow, Right Down Arrow, Right Up Arrow, Right Down Arrow, Time Button**. The software update shall begin.

- The left LED will show the version # of the update package being used (i.e. **1.10**).
- The right LED's will show percent progress (**0-100**).
- The progress indicator will flash **UPD** for 1 second, then appear empty for the next sequence. This flashing shall continue until software update is complete.

**Successful update** A check mark appears in the progress display for 5 seconds before rebooting console.

**Unsuccessful update** An **X** appears in the progress display for 60 seconds before rebooting console.

## Software updates via LFconnect

1. Push software update from [LFconnect](#).
  2. When product is not in use the software update shall begin.
- The middle LED's show the # of the update package being used (i.e. 304).
  - The right LED's will show percent progress (0-100).
  - The progress indicator will flash full for 1 second, then appear empty for the next sequence. This flashing shall continue until software update is complete.

**Successful update** A **check mark** appears in the progress display for 5 seconds before rebooting console.

**Unsuccessful update** An **X** appears in the progress display for 60 seconds before rebooting console.

# 5. Specifications

## Specifications

LED console display

Display	4 x 12" LED display
Ambient Temperature Range: (Operating)	0°C to +40°C@ 90% RH (non-condensing)
Storage and Shipping Temperature Range	-40°C to 75°C
Heart Rate Monitoring Systems	Patented Lifepulse™ digital contact heart rate and Polar® telemetry-compatible heart rate monitoring system
Mobile Device Compatibility	Bluetooth proximity, NFC
USB Device Charging	Can be used in combination with Apple 30-pin, Apple Lightning and Android micro-USB cables to charge compatible devices
Workouts	Manual, Hills, Random

### Treadmill console

	Physical Dimensions	Shipped Dimensions
Depth	3.8 in. (9.6 cm)	7.5 in. (19 cm)
Width	19.6 in. (49.7 cm)	24.2 in. (61.5 cm)
Height	15.4 in. (39.1 cm)	20.7 in. (52.5 cm)
Weight	6.3 lbs. (2.9 kg)	9.7 lbs. (4.4 kg)

### Non-Treadmill console

	Physical Dimensions	Shipped Dimensions
Depth	3.8 in. (9.6 cm)	7.3 in. (18.5 cm)
Width	16.5 in. (41.9 cm)	20.8 in. (53 cm)
Height	15.4 in. (39.1 cm)	20.8 in. (53 cm)
Weight	5.8 lbs. (2.6 kg)	9.26 lbs. (4.2 kg)

# 6. Warranty

## What is Covered

This LIFE FITNESS commercial exercise equipment product is warranted to be free of all defects in material and workmanship.

## Who is Covered

The original purchaser or any person receiving the product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

## How long it is covered

All coverage is provided by specific Product according to the guidelines listed in Warranty Information.

## Who Pays Transportation and Insurance For Service

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

## What We Will Do To Correct Covered Defects

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

## What is Not Covered

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

One type RJ45 interchangeable Network ready and Fitness Entertainment port is supplied with the Product. This port complies with the FitLinxx CSAFE specification dated August 4, 2004 stating: 4.75VDC to 10VDC; maximum current of 85mA. Any Product damage caused by a load exceeding this FitLinxx CSAFE specification is not covered by warranty.

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness representative.

## What You Must Do

Retain proof of purchase. use, operate and maintain the Product as specified in the Manual; notify the place of purchase of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. Life Fitness reserves the right to decide whether or not a product is to be returned for repair.

## How to Get Parts and Service

Refer to the Corporate Headquarters section of this manual for your local service contact information. Reference your name, address and the serial number of your Product (consoles and frames may have different serial numbers). They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

## Exclusive Warranty

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

found at the front of this manual) or visit the applicable local Life Fitness website to receive the specific warranty information for your country.

## **Changes in Warranty Not Authorized**

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

## **Effects of State Laws**

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

## **Our Pledge To You**

Our Products are designed and manufactured to the highest standards. We want you to be completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

## Warranty Information

	Lifetime	10 years	7 years	3 years	2 years	1 Year	6 Months
<b>Commercial Console</b>					Electrical and Mechanical Parts	Labor	Overlay, Headphone Jack, and USB Port
<b>Consumer Console (Home Use)</b>				Electrical and Mechanical Parts		Labor	Overlay, Headphone Jack, and USB Port
<b>Treadmill (INTSC)</b>			Frame, Lifespring™ Shock Absorbers, and Motor		Electrical Components	Mechanical Components and Labor	
<b>Treadmill (Club Series +)</b>	Motor and Frame	Electrical and Mechanical Parts				Labor	
<b>Cross-Trainer (INXSC)</b>					Electrical and Mechanical Parts	Labor	
<b>Cross-Trainer (Club Series +)</b>	Frame			Electrical and Mechanical Parts		Labor	
<b>Recumbent Bike (INRSC)</b>					Electrical and Mechanical Parts	Labor	
<b>Recumbent Bike (Club Series +)</b>	Frame			Electrical and Mechanical Parts		Labor	
<b>Upright Bike (INCSC)</b>					Electrical and Mechanical Parts	Labor	
<b>Upright Bike (Club Series +)</b>	Frame			Electrical and Mechanical Parts		Labor	