



Prescribed for Progress™

AC5000 Series Machine User's Manual



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*Also check www.SCIFIT.com for local representation or distributor/dealer

* Order online 24/7 at www.SCIFIT.com

User and Service Documents Link

<https://lifecyclefitness9512.zendesk.com/hc/en-us>

<https://lifecycleworld.lifecyclefitness.com>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

Vous trouverez plus d'informations en ligne à l'aide du lien ci-dessus.

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

Informações adicionais estão disponíveis on-line, através do link acima.

Дополнительная информация доступна в интернете по ссылке, указанной выше.

Mediante el enlace anterior podrá acceder a información adicional en línea.

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

Допълнителна информация можете да намерите онлайн, като използвате връзката по-горе.

Mitjançant l'enllaç anterior podreu accedir a informació addicional en línia.

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

Wubetumi anya nsem afoforo aka ho wo websait so denam asem a ewo atifi ho a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף הוסף לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

Viðbótarupplýsingar eru fáanlegar á netinu með því að smella á tengilinn hér fyrir ofan.

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

Informații suplimentare sunt disponibile online, utilizând link-ul de mai sus.

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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Introduction

Thank you for your purchase of this SCIFIT exercise machine. We have incorporated the finest technology and ergonomic design into this machine to assist you in achieving your fitness goals.

This SCIFIT machine is designed for class “S” (commercial) and class “A” (high accuracy) and class “II a” (medical directive) applications. The intended uses are for general health and wellness, cardio & pulmonary rehabilitation, sports medicine, physical therapy, physical conditioning and strength training. SCIFIT equipment are suitable for placement in medical, wellness, fitness, and recreational facilities. The machine has 191 levels of console controlled resistance, which ensures that users of all fitness levels will be able to get a challenging but not overwhelming workout.

To review the latest guidelines and recommendations, visit the American College of Sports Medicine website: www.acsm.org

FCC Warning - Possible Radio / Television Interference

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.

Safety Information



CAUTION: Risk of injury to persons – to avoid injury, use extreme caution when stepping onto or off of a moving belt. Read the manual before using.



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



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.



WARNING: To reduce the risk of burns, fire, electrical 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: Allow a distance of 80 in. (2m) between the widest part of the machine and other objects on either side. Provide 80 in (2m) between the front or rear of the SCIFIT machine to any other objects.



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.

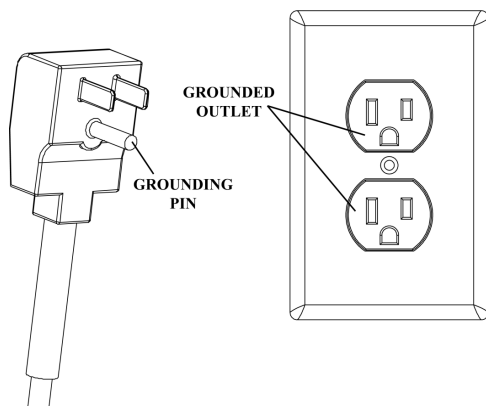


WARNING: This product can expose you to chemicals including Ethylbenzene, which is known to the State of California to cause cancer, and Toluene, which is known to the State of California to cause birth defects or other reproductive harm. For more information go to <http://www.P65Warnings.ca.gov>



DANGER: To reduce the risk of electrical shock or injury from moving parts, always turn off the power switch on the machine and disconnect the power cord from the electrical outlet before cleaning or attempting any maintenance activity.

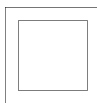
⚠ DANGER: This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The cord must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



⚠ DANGER: Improper connection of the equipment grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician. This treadmill requires a 100-120 Volt (50 Hz or 60 Hz), 15 amp dedicated circuit. The circuit must have a minimum of 12 gauge wire. A dedicated circuit is a power outlet reserved for the exclusive use of your treadmill. This requires a power line to be routed from the main breaker box or subpanel to the power outlet for the treadmill. The outlet should not be shared with any other piece of equipment. If you have not previously arranged for such an outlet, contact a qualified electrician to have one installed. An insufficient power supply may cause your treadmill to function improperly and will void the warranty. If you have any questions, please contact customer service.

- Read all warnings and instructions on each product prior to using your exercise machine.
- If warnings are missing or damaged, please contact customer service immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before the product is used. SCIFIT is not responsible for missing or damaged warning labels.
- Use the exercise machine only for its intended purposes as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never insert objects into any opening in these products. If an object should drop inside, turn off the power switch on machine, disconnect the power cord from the electrical outlet, and carefully retrieve it. If the item cannot be reached, contact customer support services..
- This machine is intended for indoor use only. Do not place in direct sunlight, high humidity or where water is present (i.e. pool or spa areas).
- This machine is not intended for use by persons with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the machine by a person responsible for their safety. Keep children under the age of 14 away from this machine.
- Never operate the machine with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended. Do not use this machine 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.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- The product should never be left unattended when plugged in. Turn off the power switch on the machine and disconnect the power cord from the electrical outlet before putting on or taking off parts.
- Free standing equipment shall be installed on a stable and leveled surface.
- Do not stand or sit on plastic shrouds.
- Never operate the exercise machine if it has a damaged electrical power cord or plug, not working properly, or even immersed in water. Contact customer service.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord on the floor under or along the side of 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.
- 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.
- 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
- In a double-insulated product, two systems of insulation are provided instead of grounding. No grounding means is provided on a double-insulated product, nor should a means for grounding be added to the product. Servicing a double-insulated product requires extreme care and knowledge of the system, and should be done only by qualified service personnel. Replacement parts for a double-insulated product must be identical to the parts they replace. A double-insulated product is marked with the words "DOUBLE INSULATION" or "DOUBLE INSULATED" and the symbol image.



SAVE THESE INSTRUCTIONS

Service and Technical Data

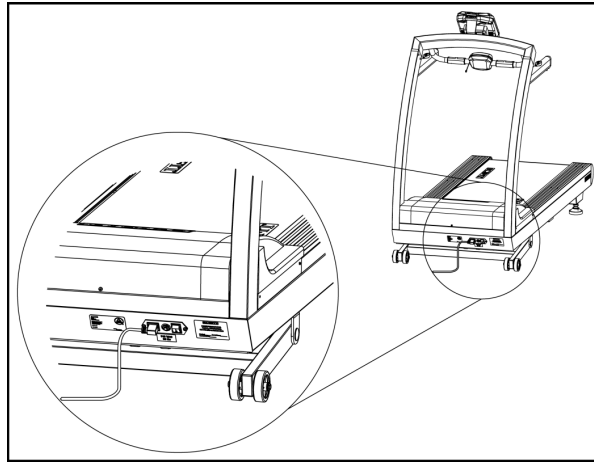
Maintenance

Component	Action	When
Frame, Motor Cover and Console	Damp Cloth	Weekly
Console LCD Screen	LCD Cleaning Towelette	Weekly
Inside Motor Cover	Vacuum	Monthly
VFD	Clean VFD Cooling Fan	Monthly
Motor Drive Belt	Inspect For tension 120 ft/lbs (178 kg/m) and Cracks	Monthly
Walk Belt	Inspect For Tension or Replace If Damaged	Monthly
Walk Deck	Flip Yearly or Replace If Damaged	Annually
Front/Rear Rollers	Remove Any Abnormal Build-Up Which can cause noise during workout	As Needed
Actuator Elevation Screw Shaft	Lithium Multi-Purpose Grease	Annually
Power Cord	Inspect For Damage	Daily

Adjustments

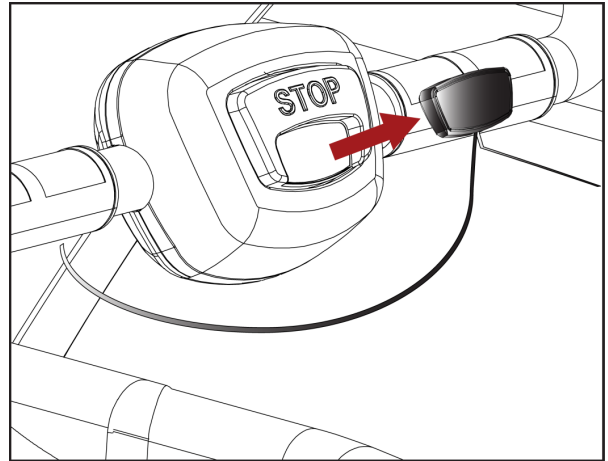
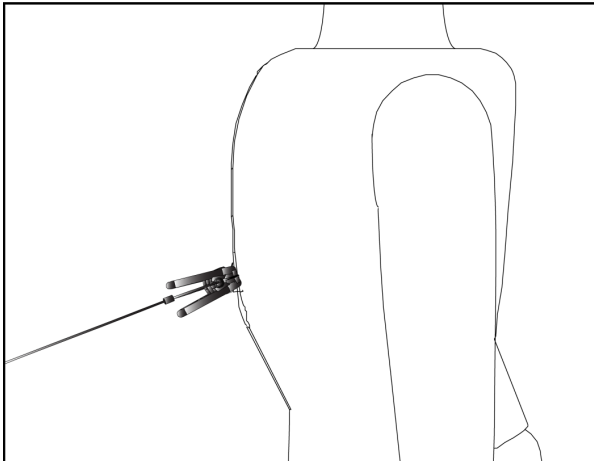
Serial Number and Power Cord Location

The serial number label and the power cord are located at the front of the machine.

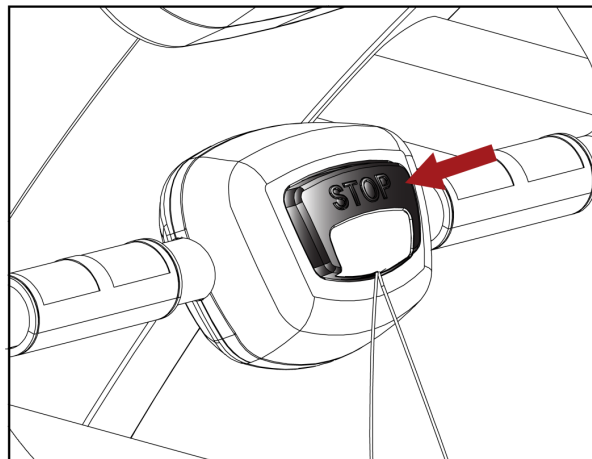


Emergency Stop Options

Option 1: Attach the tether clip to your clothing. The E-Stop magnet will release when the tether is over extended.

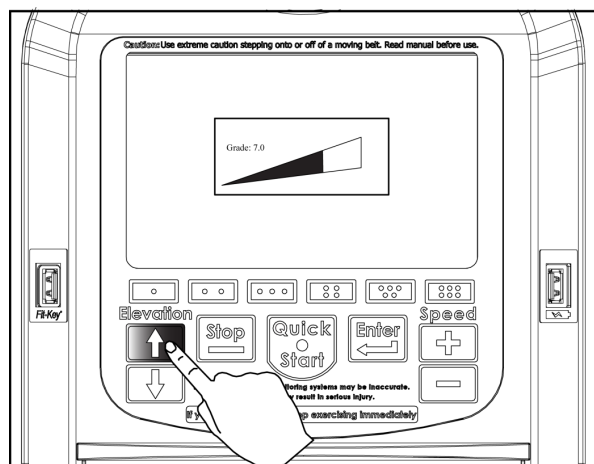
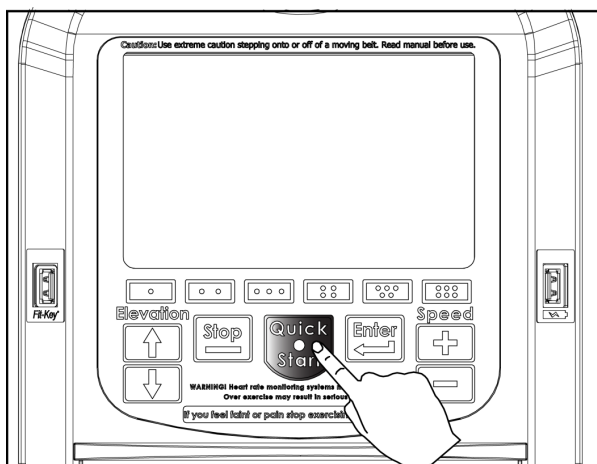


Option 2: Press the [STOP] button on the E-Stop module.

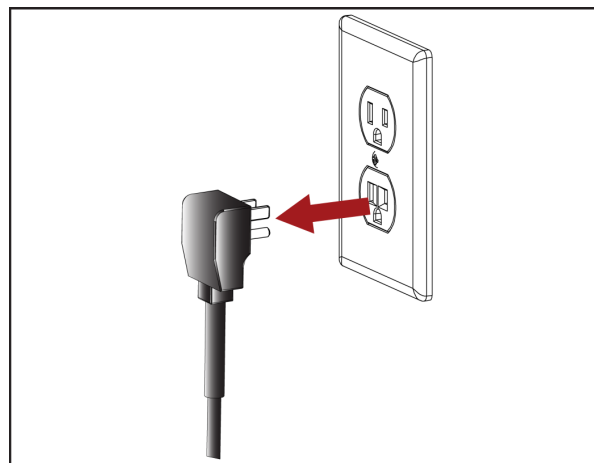
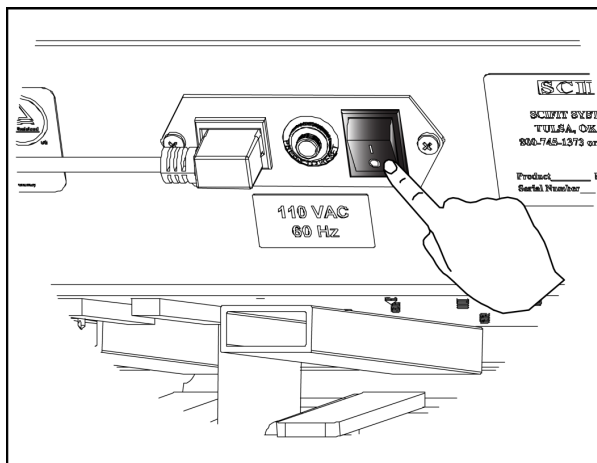


Machine Relocation

Step 1: Press [Quick Start] button on the console and increase the elevation to 7%.

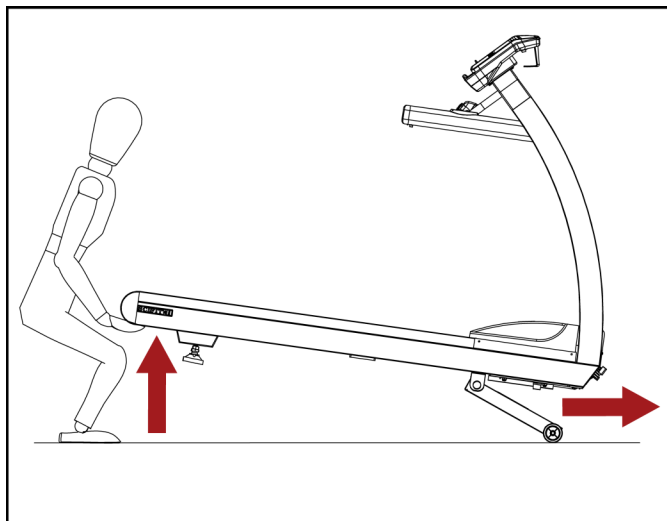


Step 2: Turn off the machine, then unplug the power cord from the wall outlet.



ATTENTION: Two people required.

Step 3: Carefully lift the machine from the rear and move to the new location.



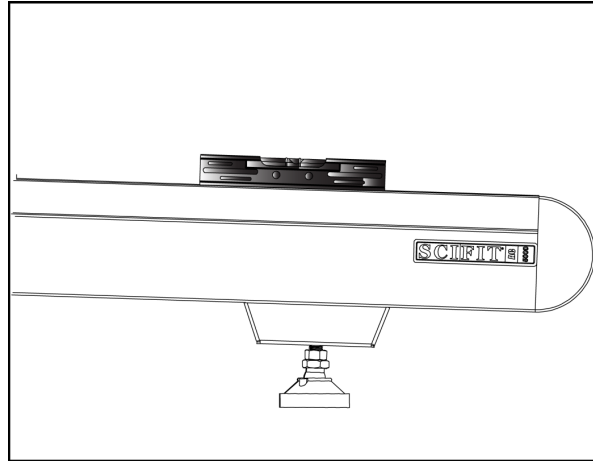
Footpad Adjustment

ATTENTION: A machine not level may cause walk belt tracking issues.

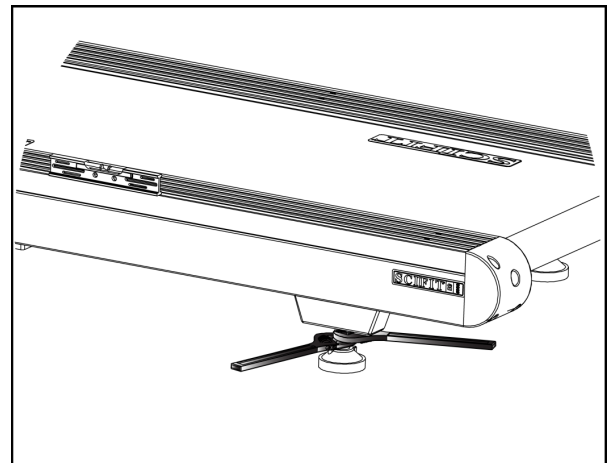
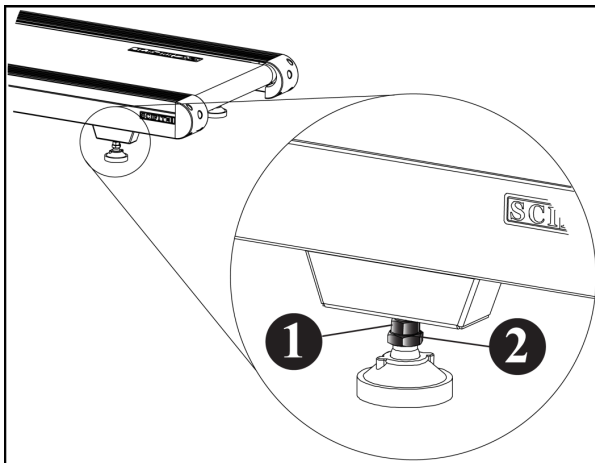
Tools required:

- Level
- Crescent Wrenches (Qty. 2)

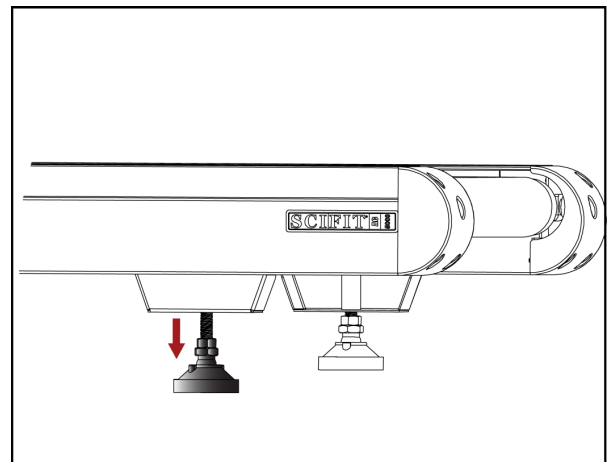
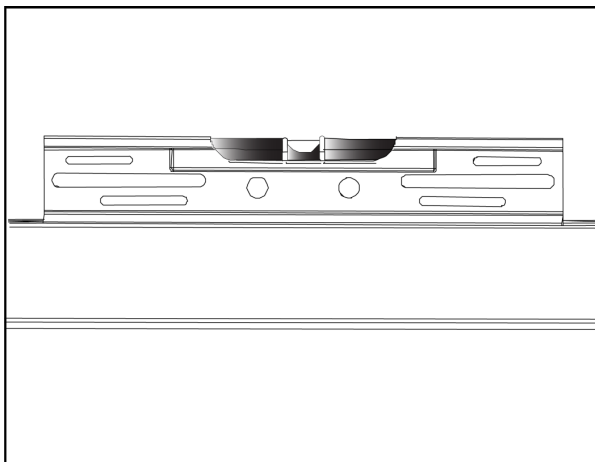
Step 1: Place the level on top of the treadmill side rail.



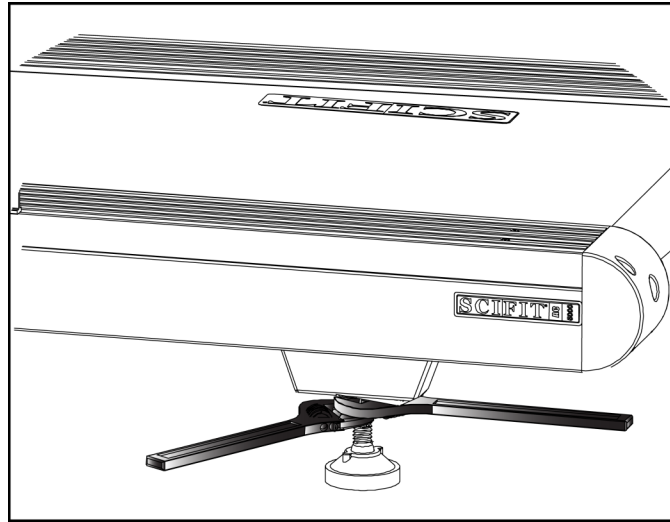
Step 2: Use the crescent wrenches to loosen the height adjustment nut (item 1) and jam nut (item 2) on both right and left footpads.



Step 3: Lift and stabilize the rear of the treadmill until the machine is level (see bubble on the level), then adjust the right and left footpads until they touch the floor.

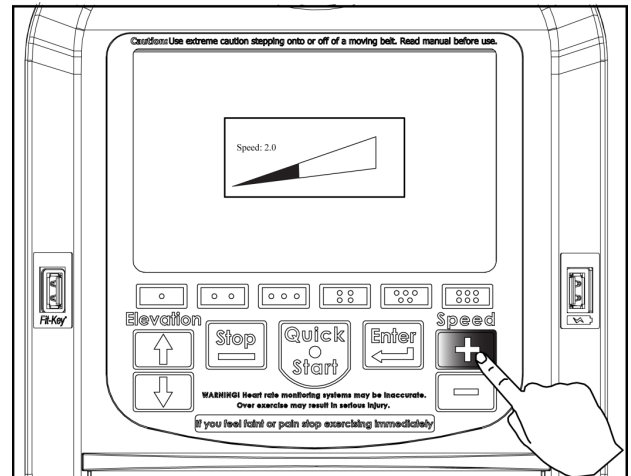
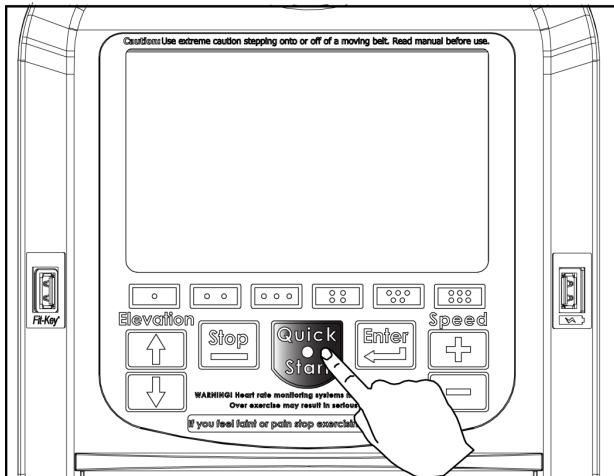


Step 4: Move the height adjustment nut back up to the top of the threads followed by the jam nut on both footpads, then tighten with the crescent wrenches.



Belt Alignment and Tension

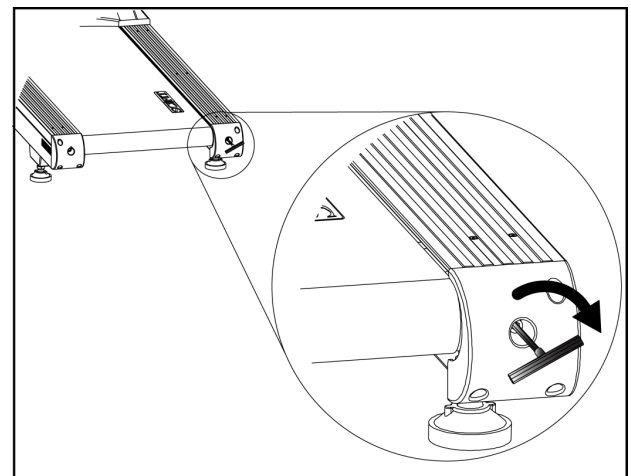
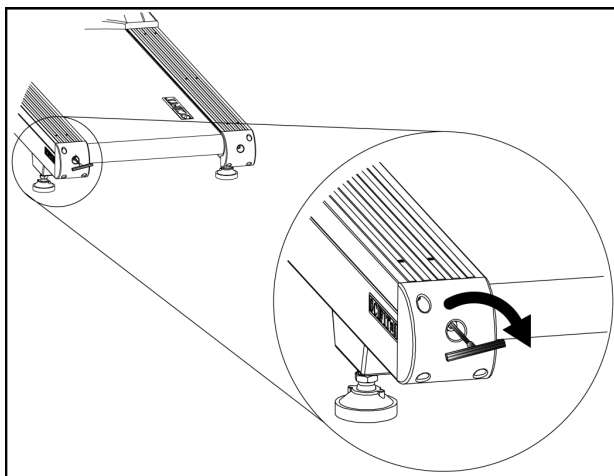
Step 1: Press the [Quick Start] button and increase the speed to 2 mph (3.2 km/h).



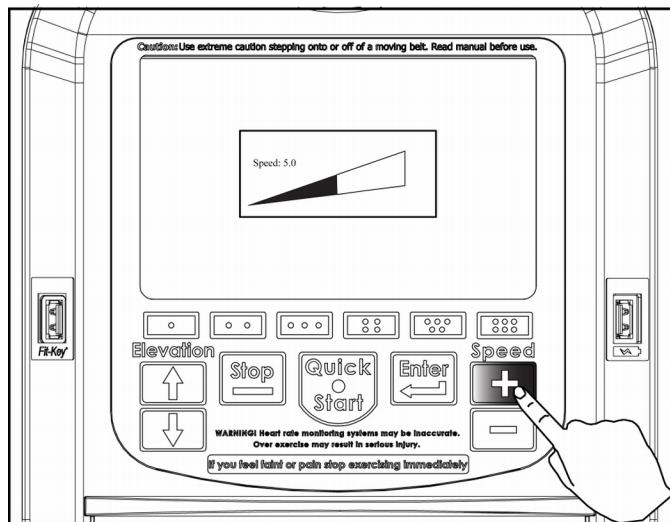
Step 2:

* If belt tracks to the left, insert the T-handle into the left end cap and turn clockwise 1/4 at a time to move the belt to the right.

* If belt tracks to the right, insert the T-handle into the right end cap and turn clockwise 1/4 at a time to move the belt to the left.

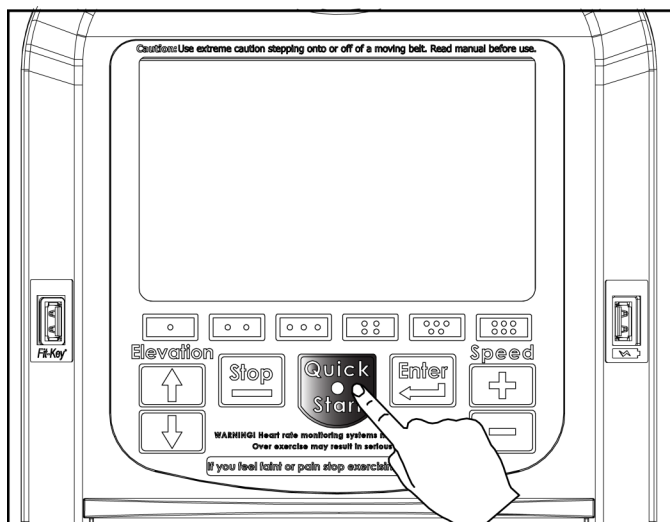
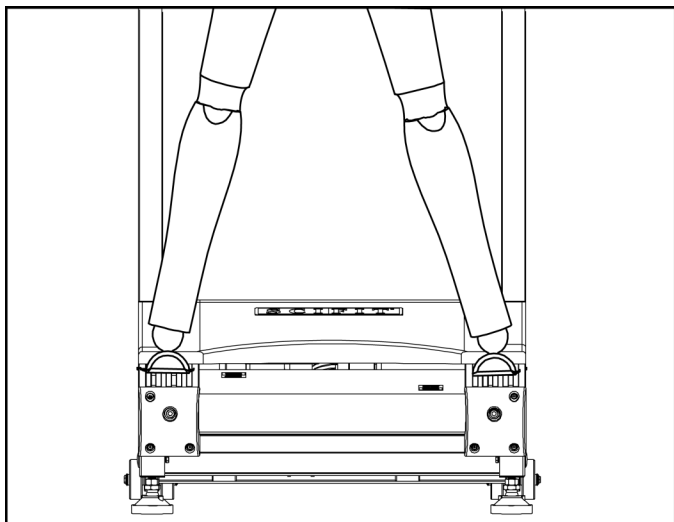


Step 3: When the belt tracking is consistent, then increase the speed to 5 mph (8 km/h) and adjust the belt if needed according to step2.

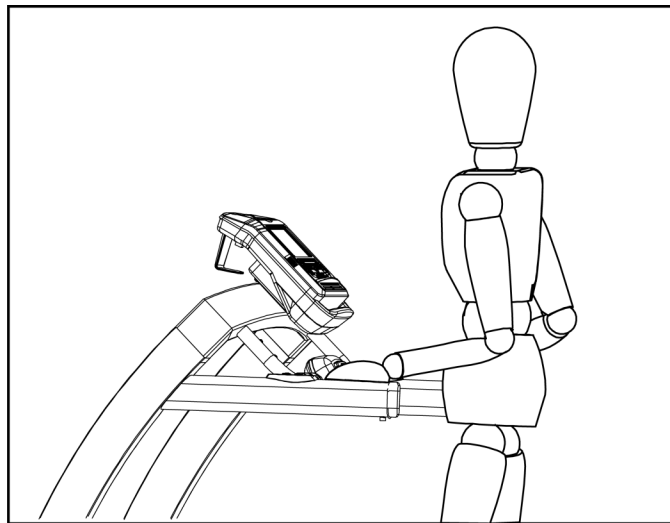
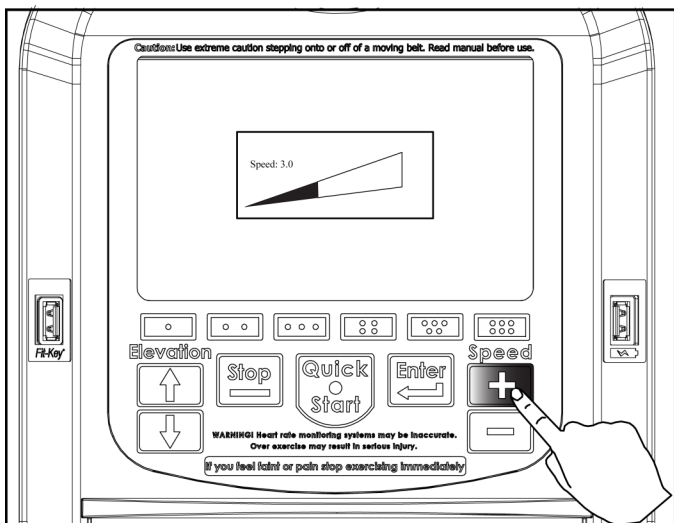


Belt Tension

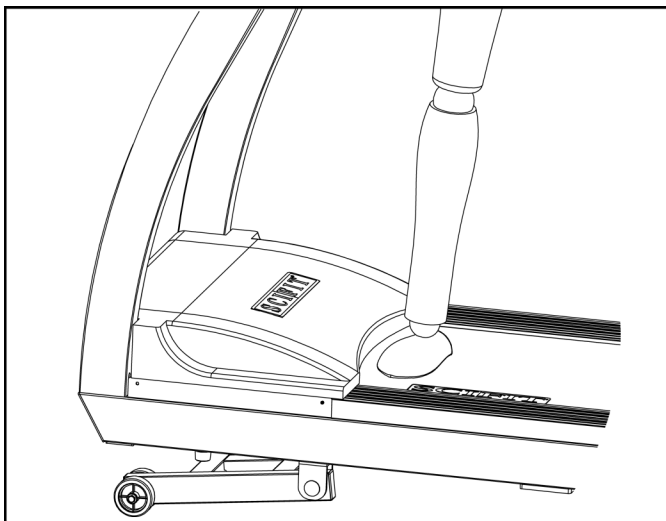
Step 1: Mount the treadmill and place your feet on the side rails straddling the machine, then press the [Quick Start] button.



Step 2: Increase the speed to 3 mph (4.8 km/h), then grab hold of the handrails and begin to walk.

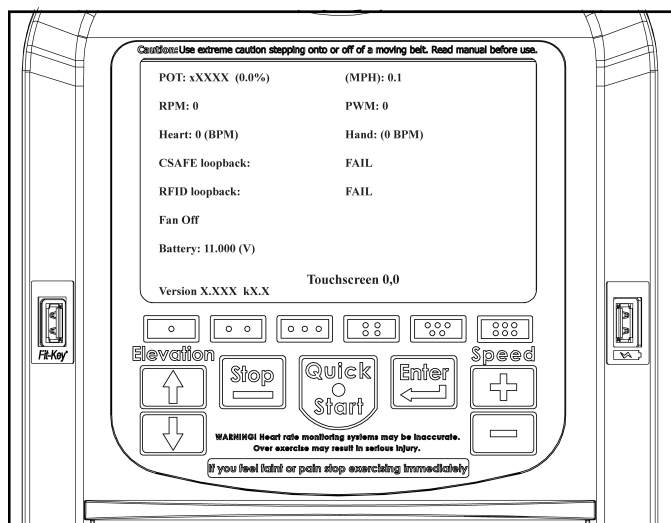
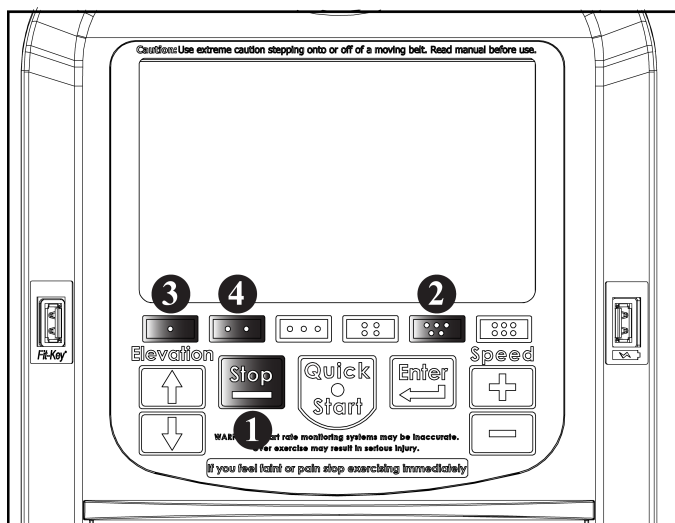


Step 3: Stomp your foot in front of the motor cover. If the belt slips return to the "Belt Alignment/Tension" section.

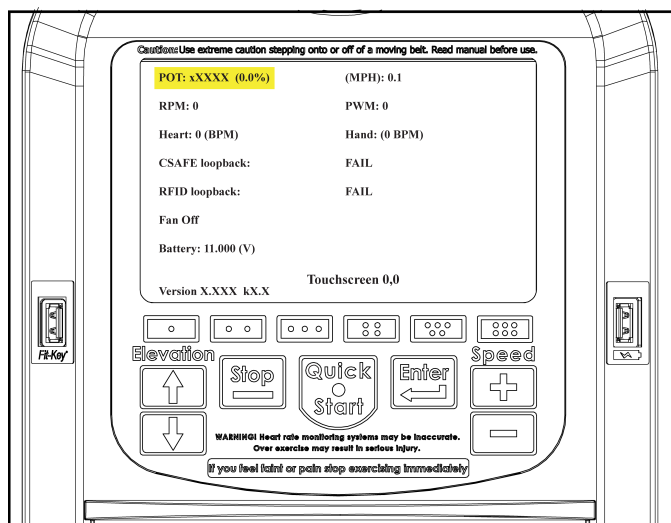
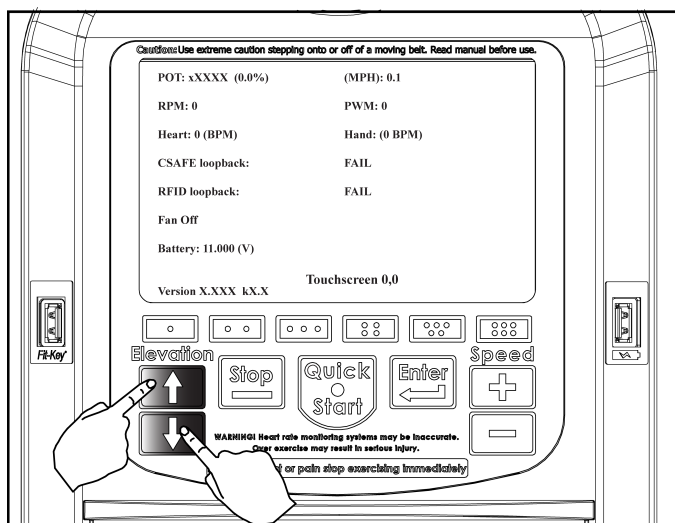


Elevation Calibration Test

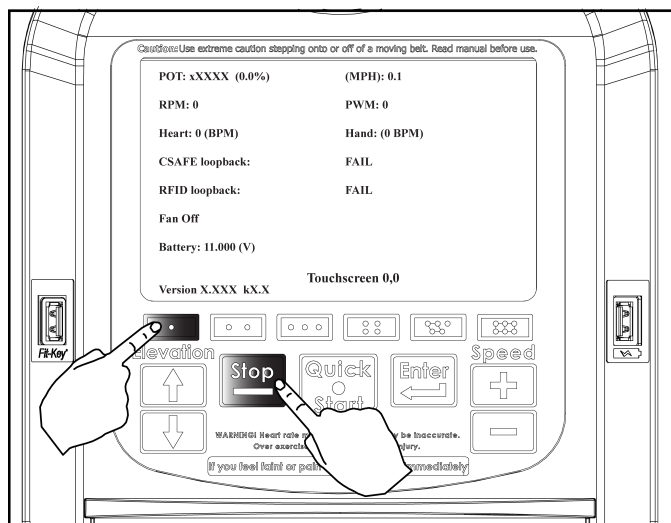
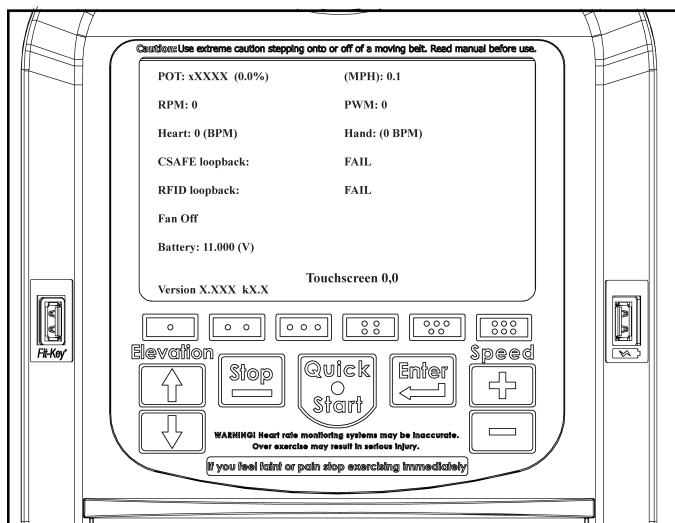
Step 1: Access the test screen by pressing in sequence the [Stop], then [Five Dot], then [One Dot] and finally the [Two Dot] buttons.



Step 2: Standing off of the machine press the elevation [Up Arrow] and [Down Arrow] buttons at the same time, this will highlight the "POT" category yellow and the calibration process will begin.



Step 3: When the calibration is complete, the "POT" category will unhighlight. You may now exit by pressing and holding the [One Dot] button, then press the [Stop] button, then release both buttons. The screen will then change to the main menu.



Biomechanical Positioning

AC5000 Treadmill Mounting

1. Grab the handrail firmly and place one foot onto the siderail cover.
2. Mount the machine and face the console.

AC5000 Treadmill Initiating a Workout

1. Attach the emergency stop tether clip to your clothing.
2. Select the workout program preferred (see Console Program manual) and begin the workout.

NOTE: The console will show a count down starting at 3, then the workout will begin.

3. Firmly grab the handlebars to stabilize yourself and begin walking, as the speed increases then begin to jog/run.

AC5000 Treadmill Dismounting

1. When the workout is completed a "Cool Down" screen will appear displaying final results, then you may:
 - a. Save your results, then wait until the "Cool Down" timer reaches "0"

NOTE: "Cool Down" time count down starts 5 minutes.

 - b. Save your results, then press the [Stop] button on the console overlay.
2. Wait for the walk belt to stop, detach the emergency clip from your clothing, then grab the handlebar firmly and carefully step off the treadmill.

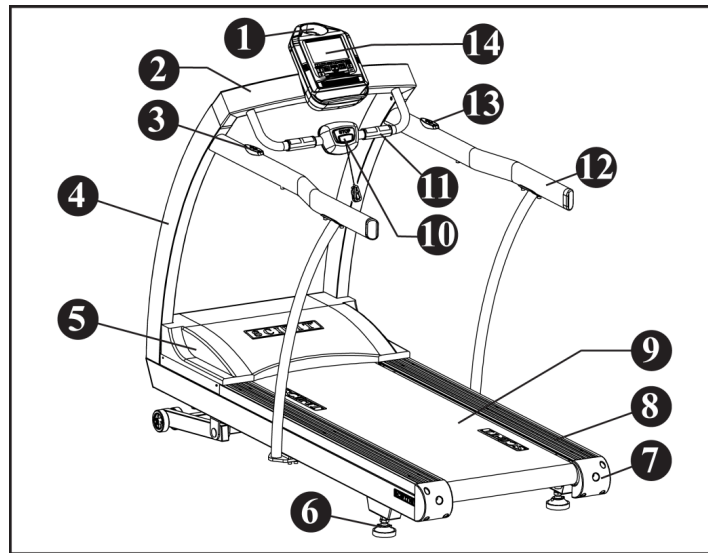


Specifications

Specifications - AC5000/AC5000M

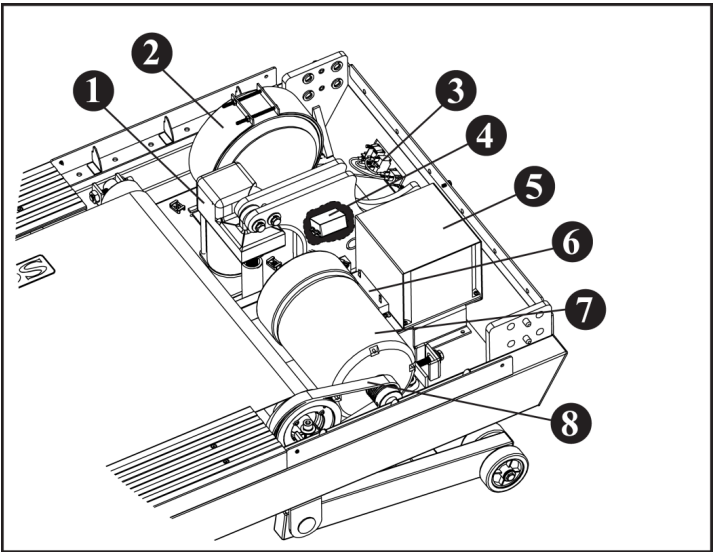
Weight	AC5000 - 458 lbs/208 kg (Assembled), 500 lbs/227 kg (Boxed) AC5000M - 483 lbs/219 kg (Assembled), 525 lbs/238 kg (Boxed)
Max User Weight	550 lbs (250 kg)
Power	120V/15 amp dedicated circuit
Power Cord	5-15P Right Angle
Elevation Range	AC5000 - (0 to 15%) .5% increments, AC5000M - (-3 to 12%) .5% increments
Speed Range	AC5000 - Forward .1 to 12 mph (.3 to 19.3 km/h), .1 mph (.1 km/h) increments AC5000M - Forward .1 to 12 mph (.3 to 19.3 km/h), Reverse .1 to 4 mph (.3 to 6.4 km/h), .1 mph (.1 km/h) increments
Programs	Quick Start, Manual, Forward (AC5000M Only), Reverse (AC5000M Only), Heart Rate, 7 Pre-programmed elevation programs, 7 Pre-programmed speed programs
Length	89" (226 cm)
Height	63" (160 cm)
Width	AC5000- 34" (86 cm), AC5000M - 36" (91 cm)

External Parts



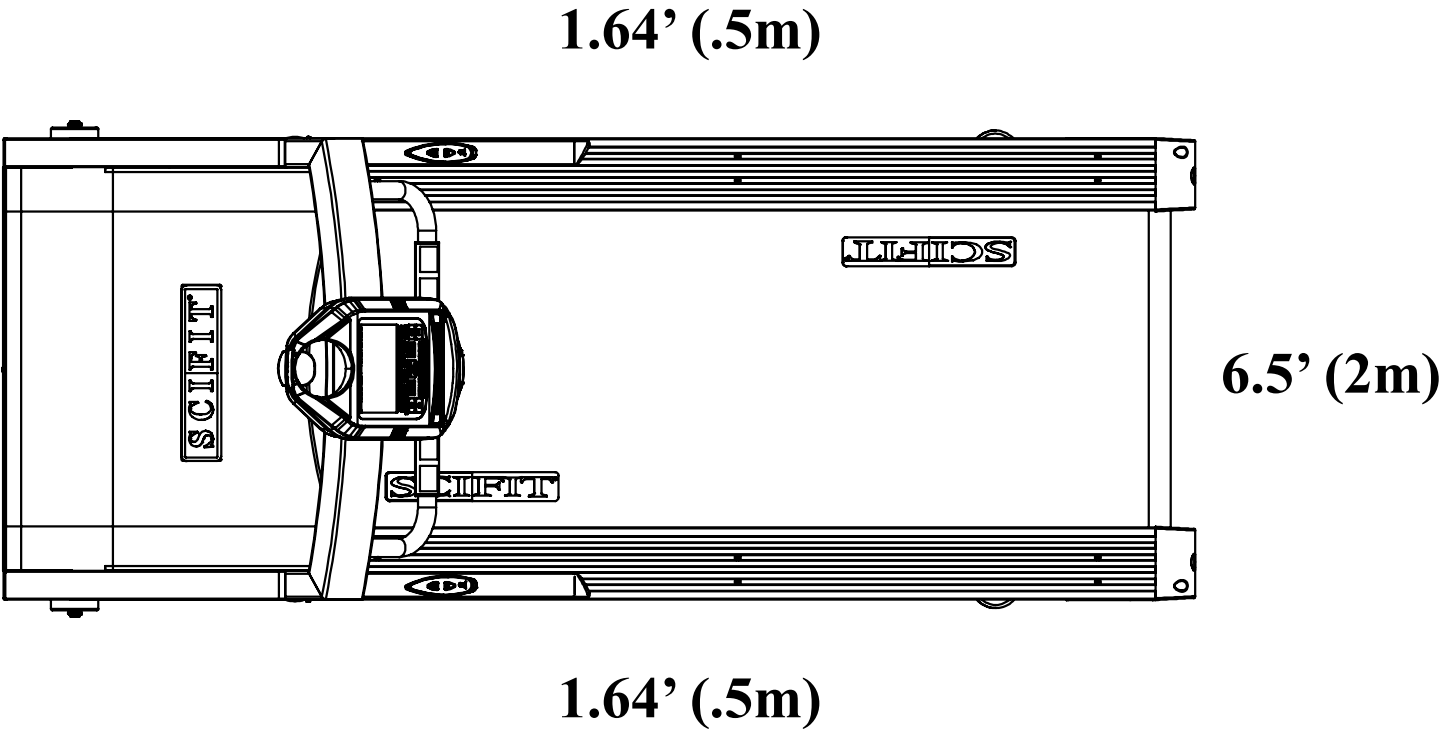
1	Water Bottle Holder	8	Side Rail Covers
2	Center Weldment	9	Walk Belt
3	Elevation Switch	10	Emergency Stop
4	Left and Right Upright Frames	11	Contact Heart rate
5	Motor Cover	12	Extended Hand Rails (ACM Only)
6	Leveling Footpads	13	Speed Switch
7	Left and Right End Caps	14	Intelli-Fit Console

Internal Parts



1	Elevation Motor	5	VFD With Shield
2	Isolation Transformer	6	Dynamic Resistor
3	AC Power Inlet Module	7	AC Motor
4	AC Inline Filter	8	Drive Belt

Safety Perimeter



Troubleshooting

Troubleshooting

Condition	Reason	Solution
Machine does not turn on.	Power cord is not connected.	Connect the power cord into the wall socket.
	Power switch is in the "OFF" position.	Turn the power switch to the "ON" position located at the front of the machine.
	Voltage supply is not available.	<ul style="list-style-type: none"> • Check if power is at the wall socket. (Consult a qualified electrician) • Check the cables under the motor cover. • Check the breaker switch.
	Problem is between the wall outlet and VFD.	Consult a qualified technician for the following: <ul style="list-style-type: none"> • Verify power is present at the input side of the line filter with the power switch in the "ON" position. • Verify power is present at the output side of the line filter with the power switch on the "ON" position. • Verify power is present at the connector that attaches to the VFD.
	Power present to VFD, but VFD not supplying power.	Replace VFD
Roller noise.	Bad bearing.	Replace roller
	Walk belt build-up on the roller.	Scrape roller, if build-up can not be removed, then replace the roller.
Noise coming from the belt each time the seam of the belt passes over the roller.	Walk belt seam.	Noise goes away after a day or two, if noise persists contact SCIFIT customer service.
Motor making noise.	Bearings of motor damaged.	Replaced motor.
Noise at rear part of the machine.	Unlevel machine.	Level machine.
	Bearings bad in rear roller.	Replace roller.
	Walk belt out of alignment.	Align walk belt.
Motor is not working.	Bad motor.	Replace motor.
	Power from VFD not present.	Verify the actuator cable is connected to the VFD and that power is coming from the VFD when the motor is activated.
	Verify the connectors on the motor and VFD do not show signs of arcing.	Replace motor and VFD.
Elevation does not work during the workout program.	Power from VFD is not present.	Verify the actuator cable is connected to the VFD and that power is coming from the VFD when the motor is activated.
The motor runs, but the walk belt does not move.	Drive belt is too loose.	Adjust the drive belt tension.
	Drive belt broken.	Replace the drive belt.

Condition	Reason	Solution
Walk belt slips.	Walk belt tension too loose.	Tighten the tension of the walk belt.

Warranty

What is Covered

This Life Fitness Family of Brands 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.

How long is it covered

All coverage is provided by specific Product according to the guidelines listed on the chart below.

Item	90 days	1 Year	3 Years	5 Years
Walk Belt		X		
Walk Deck		X		
Structure and Frame				X
Drive System Inclusive Of Motor and VFD				X
Handrails and Handles			X	
Heart Rate Grips		X		
Heart Rate Transmitter Belt	X			
USB Drives	X			
Yellow Non-Skid Safety Step	X			

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 Family of Brands, 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: 4.75 VDC to 10 VDC; maximum current of 85 mA. 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 *SCIFIT* representative.

Detailed warranty guidelines are available at: <http://www.scifit.com/service-information/>.

What you must do

Register your Product online at <http://www.scifit.com/warranty-registration-2/>.

Retain proof of purchase; use, operate and maintain the Product as specified in the Manual; notify Customer Support Services of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair.

How to get replacement parts and service

Refer to the front of this manual for your local service contact information. Reference your name, address and the serial number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

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.

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