

LIFE FITNESS TREADMILL

OWNER'S MANUAL

10.31.18 8860701 REV AB



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Before using this product, it is essential to read this ENTIRE operation manual and ALL installation instructions. This will help in setting up the equipment quickly and in instructing others on how to use it correctly and safely.

Class HB (Home): Domestic use.

NOTE: 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:

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



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

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

This Operation Manual describes the functions of the following product:

Life Fitness Treadmill Model:

FTR Life Fitness Treadmill

Thank you for purchasing a Life Fitness treadmill. Before using this product please read this user manual in its entirety to ensure that you have the knowledge to safely and properly operate all of the features on your treadmill. We hope you achieve the product experience on your treadmill that you expect, but if you do have any service issues please go to the *How to Obtain Product Service* section which will provide information on obtaining domestic and international product service. See *Specifications* in this manual for product specific features.

Statement of Purpose: The Treadmill is an exercise machine that enables users to walk or run in place on a moving surface.



CAUTION: 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.

1 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the TREADMILL. Save these Instructions.

 **WARNING:** To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or attempting any maintenance activity.

 **DANGER:** 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:** The treadmill should not be operated when folded up.

 **WARNING:** This treadmill has immobilization software. Only activate the software immobilization when the treadmill is not in use. Refer to this Owner's Manual for instructions on immobilizing the treadmill. Keep the instructions out of the reach of children.

 **WARNING:** Fold the treadmill into the upright and locked position BEFORE rolling it over on its side or picking it up from the floor. The base or folding frame can swing around unexpectedly if this procedure is not followed.

 **WARNING:** Do not move the treadmill by lifting the console. Do not use the console as a handlebar during a workout.

 **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 the running surface to come to a complete stop prior to folding it up.

 **WARNING:** Equipment should be installed on a stable base and be properly leveled.

 **WARNING:** Any adjustment devices that could interfere with the user's movement should not be left projecting.

Risk of injury to persons - To avoid injury use extreme caution when stepping onto or off of a moving belt.

- To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
- Never operate a Life Fitness 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 Life Fitness Customer Services.
- Position this product so the power cord plug is accessible to the user.
- 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.
- 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.
- 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.

- 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 and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Do not use this product outdoors, near swimming pools, or in areas of high humidity.
- Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- Never insert objects into any openings in this product. 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 Life Fitness Customer Services.
- Never place liquids of any type directly on the unit, except in a bottle holder or accessory tray. Lidded containers are recommended.
- When using the treadmill, 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 use this product in bare feet. 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.
- Keep an open area of 6.5 feet (2 meters) by 3 feet (1 meter) behind the treadmill clear of any obstructions, including walls, furniture and other equipment.
- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and/or using.
- Use the handrails whenever additional stability is required. In case of emergency, such as tripping, the user should grab the handrails and place his/her feet on the side platforms. The handrails may be held to enhance stability as needed, but are not for continuous use.
- Never walk or jog backwards on the treadmill.
- Use caution when folding and unfolding the treadmill. Do not let the treadmill lower to the floor unassisted. Guide the deck to the floor by hand.
- Use this unit only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 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 8 km/hr. Noise emission under load is higher than without load.
- The universal electrical grounding symbol is:



**SAVE THESE INSTRUCTIONS FOR
FUTURE REFERENCE.**

1 CONSIGNES DE SÉCURITÉ IMPORTANTES

AVERTISSEMENT : VEUILLEZ LIRE TOUTES LES INSTRUCTIONS AVANT D'UTILISER LE TAPIS DE COURSE. CONSERVEZ CES CONSIGNES



DANGER: POUR RÉDUIRE LES RISQUES DE DÉCHARGES ÉLECTRIQUES, L'APPAREIL LIFE FITNESS DOIT TOUJOURS ÊTRE DÉBRANCHÉ AVANT TOUT NETTOYAGE OU TRAVAIL D'ENTRETIEN.



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



AVERTISSEMENT: Ne pas faire fonctionner le tapis de course lorsqu'il est replié.



AVERTISSEMENT: Ce tapis de course est doté d'un logiciel d'immobilisation. N'activez le dispositif d'immobilisation que lorsque le tapis de course n'est pas utilisé. Consultez le manuel du propriétaire pour toute instruction relative à l'immobilisation du tapis de course. Conservez les instructions hors de portée des enfants.



AVERTISSEMENT: Placez le tapis de course en position relevée et verrouillée AVANT de le basculer sur le côté ou de le soulever, faute de quoi, la base ou le support escamotable pourraient pivoter subitement.



AVERTISSEMENT: Ne déplacez pas le tapis de course en soulevant la console. N'utilisez pas la console comme guidon lors d'un exercice.



AVERTISSEMENT: Laissez la surface de course s'immobiliser complètement avant de replier l'appareil.



AVERTISSEMENT: Les systèmes de contrôle de la fréquence cardiaque ne sont pas toujours précis. Un exercice trop intensif pourrait se ponctuer par des blessures graves, voire mortelles. Si vous vous sentez mal, interrompez immédiatement l'exercice.



AVERTISSEMENT: Laissez la surface de course s'immobiliser complètement avant de replier l'appareil. Risque de blessures - Pour éviter toute blessure, faire preuve d'extrême prudence pour monter sur un tapis en mouvement, ou pour en descendre.

- Pour débrancher l'appareil, mettez-le hors tension au niveau de l'interrupteur ON/OFF (MARCHE/ARRÊT), puis retirez la fiche de la prise électrique.
- Ne faites jamais fonctionner un appareil Life Fitness dont le cordon d'alimentation ou la fiche serait abîmé(e), qui aurait fait une chute ou qui aurait été endommagé ou partiellement plongé dans l'eau. Contactez le service après-vente de Life Fitness.
- Placez ce produit de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation.
- 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. Ne placez pas le cordon sur le sol, sous le tapis de course ou le long du tapis de course.

- 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.
- N'utilisez pas ce produit dans des zones où vous employez des aérosols ou administrez de l'oxygène. De telles substances pourraient entraîner des risques d'incendie et d'explosion.
- Pour un fonctionnement correct, suivez toujours les instructions de 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.
- Les enfants doivent faire l'objet d'une surveillance afin de veiller à ce qu'ils ne jouent pas avec l'appareil.
- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- Ne faites jamais fonctionner de produit Life Fitness dont les bouches d'aération sont bloquées. Maintenez-les exemptes de peluches, de cheveux ou de toute obstruction.
- N'insérez jamais d'objet dans les ouvertures de ce produit. Si un objet tombe dedans, coupez l'alimentation électrique, débranchez le cordon d'alimentation de la prise et récupérez-le avec précaution. Si vous ne pouvez pas l'atteindre, consultez le service après-vente de Life Fitness.
- Ne placez jamais de liquides d'aucune sorte directement sur l'unité, sauf si vous disposez d'un porte bouteille ou d'un plateau pour accessoires. Il est recommandé d'utiliser des gobelets munis d'un couvercle.
- Pour utiliser le tapis de course, portez des chaussures à semelles en caoutchouc ou à semelles à traction. N'utilisez pas de chaussures à talons, de semelles en cuir ou à crampons. Assurez-vous qu'aucun caillou n'est incrusté dans les semelles. N'utilisez pas cet appareil les pieds nus. Maintenez les vêtements amples, les lacets et les serviettes à l'écart des pièces en mouvement.
- Ne placez pas les mains sous ou dans l'appareil et ne le renversez pas sur le côté pendant son fonctionnement.
- Derrière le tapis de course, conservez une zone ouverte de 2 m (6.5 ft) sur 1 m (3 ft) libre de toute obstruction (mur, meuble ou autre appareil).
- Le cas échéant, utilisez les barres latérales pour renforcer votre stabilité. En cas d'urgence, tel qu'un trébuchement, saisissez les barres latérales et placez les pieds sur les plate-formes latérales. Les barres latérales peuvent servir à améliorer la stabilité, le cas échéant, mais elles ne sont pas conçues pour être utilisées de façon continue.
- Ne marchez et ne courez jamais à reculons sur le tapis de course.
- Procédez avec précaution lorsque vous pliez et dépliez le tapis de course. Ne laissez pas le tapis de course s'abaisser au sol sans supervision. Guidez la plate-forme vers le sol à la main.
- Cet appareil ne doit être employé que pour l'usage auquel il est destiné, conformément aux directives de ce manuel. N'utilisez pas d'accessoires non recommandés par le fabricant.
- Conformément à la directive de l'Union Européenne 2006/42/EC sur les machines, cet équipement fonctionne à des niveaux de pression sonore inférieurs à 70 dB(A) à la vitesse de fonctionnement moyenne de 8 km/h.
- Le symbole de mise à la masse électrique universel est le suivant :

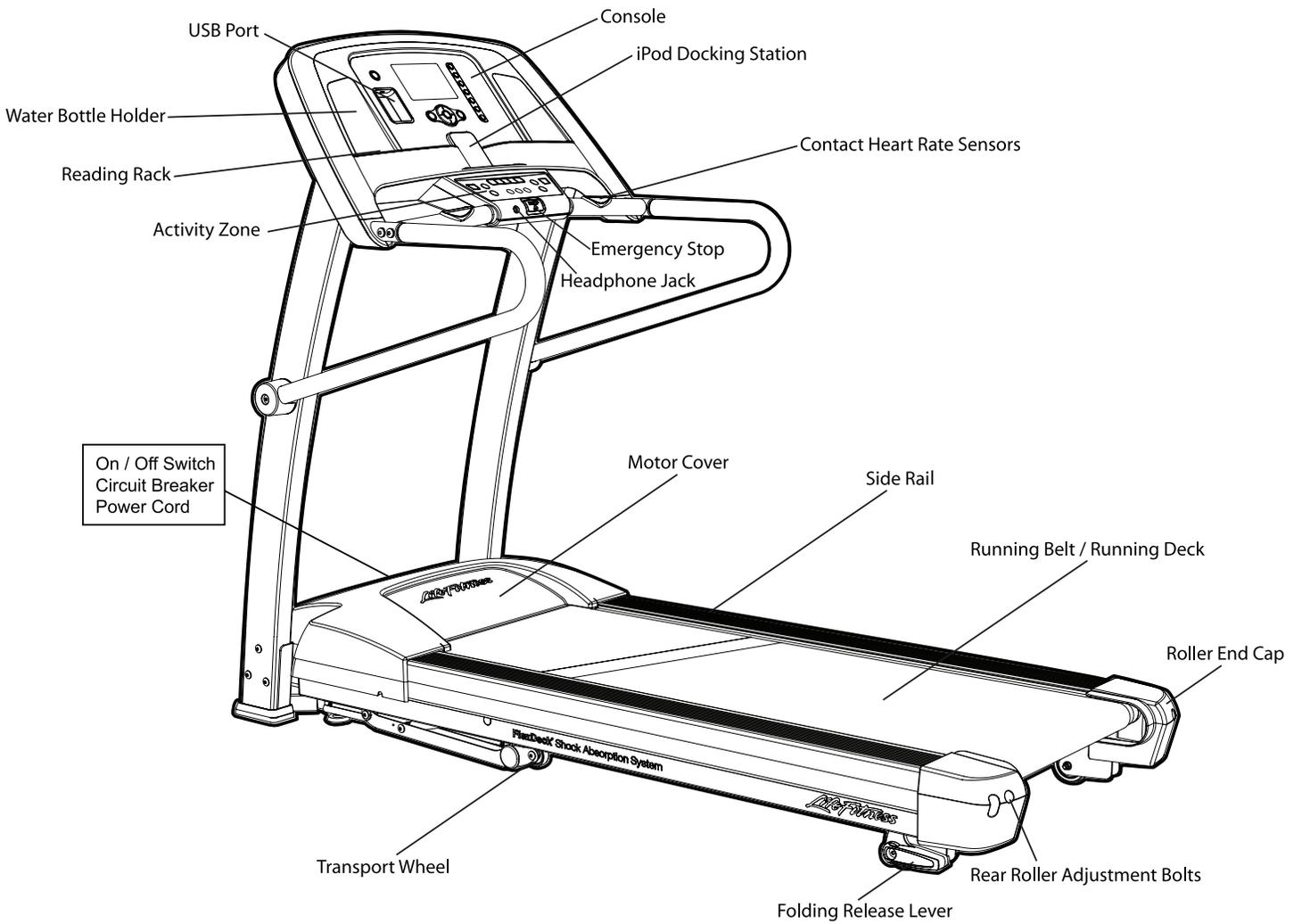


Immobilization Method

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.

Press and hold both the SPEED DOWN ARROW and the STOP key on the Activity Zone.

2 LIFE FITNESS TREADMILL OVERVIEW



3 ASSEMBLY

For safety, and to save time and effort, read this Owner's Manual completely before installing your Life Fitness Treadmill. Place the treadmill near where it will be used before beginning the unpacking procedure.

3.1 Unpacking

These unpacking instructions assume you have already done the following:

- Removed the top of the shipping carton.
- Removed this Owner's Manual from the top of the packaged material.

The best method for unpacking the rest of the treadmill is as follows:

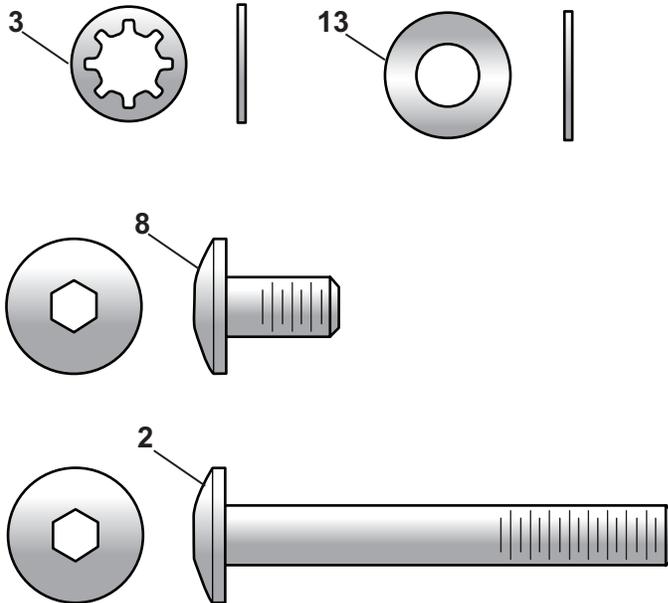
- Remove all items on top of the running belt.
- Break down the sides of the inner shipping carton.
- DO NOT remove or unlatch the strap that is positioned over the walking surface.
- Follow assembly instructions starting on page 9.

WARNING: Fold the treadmill into the upright and locked position before rolling it over on its side or picking it up from the floor. The base or folding frame can swing around unexpectedly if this procedure is not followed.

3.2 Component List & Hardware

Identify the following components after unpacking your treadmill:

1	Left Upright	Qty: 1	8	M8 X 15MM Bolt (Black)	Qty: 4
2	M8 X 60MM Bolt (Silver)	Qty: 6	9	M8 X 15MM Bolt (Silver)	Qty: 6
3	Star Washers	Qty: 14	10	6MM Hex Head Wrench	Qty: 1
4	Right Upright	Qty: 1	11	Power Cord	Qty: 1
5	Console Assembly	Qty: 1	12	Emergency Stop Lanyard	Qty: 1
6	M8 X 60MM Bolt (Black)	Qty: 2	13	Flat Washer	Qty: 4
7	Handrail Left	Qty: 1	14	Handrail Right	Qty: 1



M8 X 60MM BOLT

Tool Needed for Assembly:

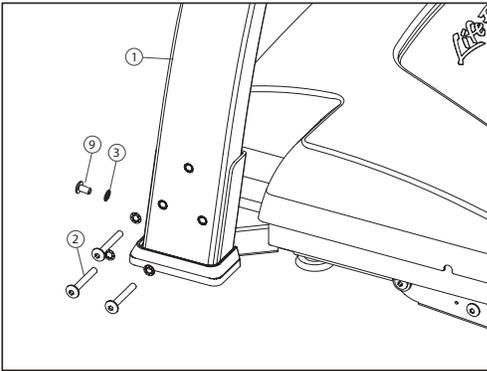
- 6MM Hex Wrench (included)

3.3 Installing Uprights

Locate the LEFT UPRIGHT (1). The upright is marked "L". Position the LEFT UPRIGHT near inside of the left bracket.

- a) Connect the two electrical connectors at the bottom of the upright.
- b) Set the upright in position while feeding the cable into the upright.
- c) Install all hardware and finger tighten at this time. Secure the LEFT UPRIGHT to the left bracket by using three M8 X 60MM SILVER BOLTS (2) and three STAR WASHERS (3). Secure the front of the upright by installing one M8 X 15MM SILVER BOLT (9) and one STAR WASHER (3).

CAUTION: Do not pinch the wire when attaching the left upright to the left upright bracket. Carefully feed any excess wire into the upright tube. Connectors must be inside the upright tube after installation.



Locate the RIGHT UPRIGHT (4). The upright is marked "R". Position the RIGHT UPRIGHT near the inside of the right bracket. Install all hardware and finger tighten at this time. Secure the RIGHT UPRIGHT to the right bracket by using three M8 X 60MM SILVER BOLTS (2) and three STAR WASHERS (3). Secure the front of the upright by installing one M8 X 15MM SILVER BOLT (9) and one STAR WASHER (3).

3.4 Installing the Console Assembly

A second person, who is holding the console assembly in place, is recommended.

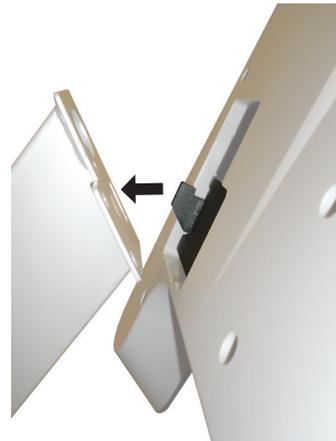
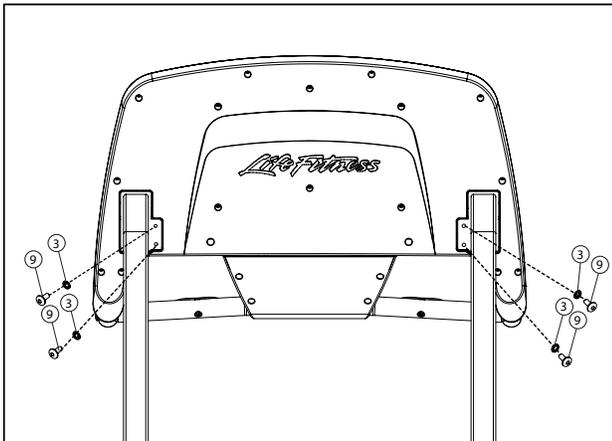
WARNING: Do not tip the treadmill over on its side. The base frame can swing around unexpectedly if this procedure is not followed.

Unbuckle the strap on the top of the treadmill.



Fold the treadmill running surface up. Remove the console assembly (5) from under the walking belt. Fold the treadmill running surface back down.

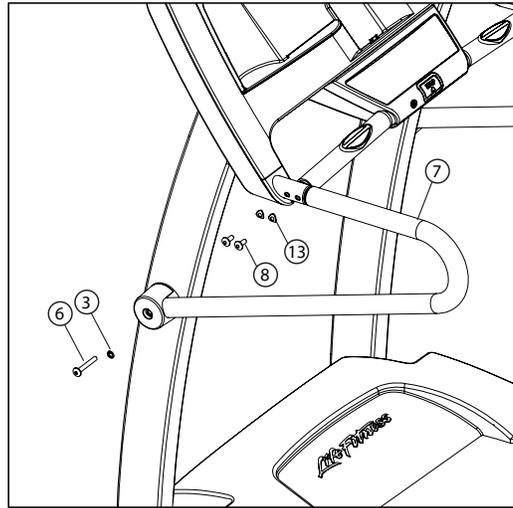
- Set the console assembly into the slot on the right upright. (lower right image)
- Connect the two electrical connectors between the LEFT UPRIGHT and the CONSOLE ASSEMBLY. Push any excess wire into either the upright or the console assembly.
- Set the console on top of the uprights while pushing the connectors in to the upright. The tabs on the console set into slots on the uprights to help locate the assembly.
- Install the four M8 X 15MM SILVER SCREWS and STAR WASHERS that hold the console to the upright. Finger tighten the screws.



3.5 Installing the Handrails

Attach the RIGHT HANDRAIL (7). The handrails are marked "R" or "L".

- a) Slide the handrail into the tube at the console.
- b) Install two M8 X 15MM BLACK SCREWS (8) with two FLAT WASHERS (13) on the top of the handrail. Finger tighten the screws.
- c) Install the M8 X 60MM BLACK SCREWS (6) and STAR WASHER (3) at the bottom of the handrail. Finger tighten the screws.



Repeat the above procedure for the LEFT HANDRAIL (7).

3.6 Tightening the Screws

Use the supplied 6MM HEX WRENCH to tighten all 18 screws on the user assembly points.

3.7 Attaching the Power Cord

Insert the female plug of your treadmill's power cord into the male outlet next to your treadmill's power switch.

4 Setup

Electrical Power Requirements

Most Life Fitness Treadmills are intended for use on a normal 120 volt circuit in the United States and Canada. Below is a table that provides the current rating for this product based on supply voltage. Make sure that the treadmill model supports the proper line voltage for the installation location before plugging into the outlet. Line voltage is noted on the product's serial label.

Supply Voltage (VAC)	Frequency (Hz)	Maximum Current (Amps)
120	50 / 60	12
230	50 / 60	10

Electrical Grounding Requirements

This Life Fitness product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides the path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances. A temporary adapter must not be used to connect this plug to a two-pole receptacle in North America. If a properly grounded, correct amperage outlet is not available, a qualified electrician must install one.

DANGER: A risk of electrical shock may result from improper connection of the equipment's grounding conductor. Check with a qualified electrician if you are unsure about proper grounding techniques. Do not modify the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician.

Turning the Unit On

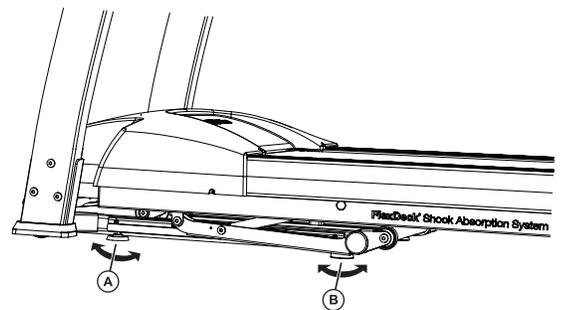
To turn the treadmill on, locate the ON/OFF power switch at the front of the treadmill near the power cord and turn it ON.

How To Stabilize The Life Fitness Treadmill

After placing the unit where it will be used, check its stability. If there is even a slight rocking motion or the unit is not stable, determine which stabilizing leg is not resting on the floor. To adjust, turn the STABILIZING LEG (A) or (B) until the rocking motion ceases and both stabilizing legs rest firmly on the floor.

Note: If excessive vibration occurs during use, adjust the height of the levelers (A) closer to the uprights. Do not adjust the height of the levelers (B) further from the uprights.

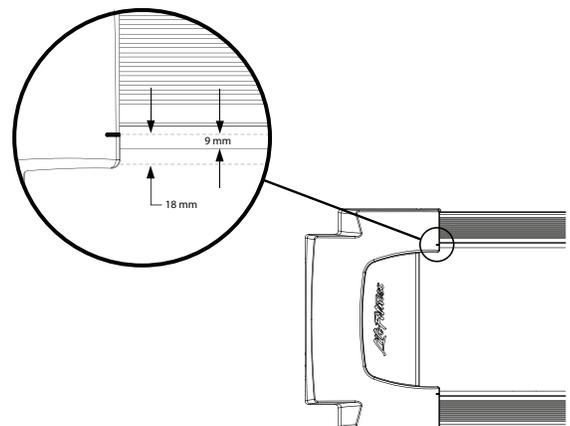
Note: It is extremely important that the stabilizing leg be correctly adjusted for proper operation.



Checking the Belt

After the treadmill has been installed and stabilized, the belt must be checked to confirm proper tracking. First, ensure the power cord is plugged into a suitable outlet, as described in the above Electrical Requirements section. Then turn the treadmill on. Stand on the side rails of the treadmill and straddle the belt. To start the belt, press the WALK key, then press the SPEED UP arrow key until the treadmill reaches 4.0 mph/ 6.4 kph. If the striding belt appears off-center, see the instructions in Tracking (Centering) An Existing Or New Striding Belt (Section 6.3).

Note: Normal belt operating position is for the belt to be located within the belt travel position indicators on the motor cover (see illustration to the right). If the belt is not in this position, see Section 6.3.



Folding and Unfolding the Treadmill

The treadmill's deck can be folded up when not in use. To do so, make sure that the incline is set to 0%, then simply grab the deck and lift it until it locks into place. To lower the deck again, push the running surface in with one hand and pull the release handle to slowly lower it to the ground. Make sure the deck is completely lowered before using the treadmill.

Power Switch

Located on the front panel at the base of the treadmill, the ON/OFF switch has two positions - "1" (one) for ON and "0" (zero) for OFF.

Moving the Treadmill

Turn the treadmill off and disconnect its power cord, then raise its deck.

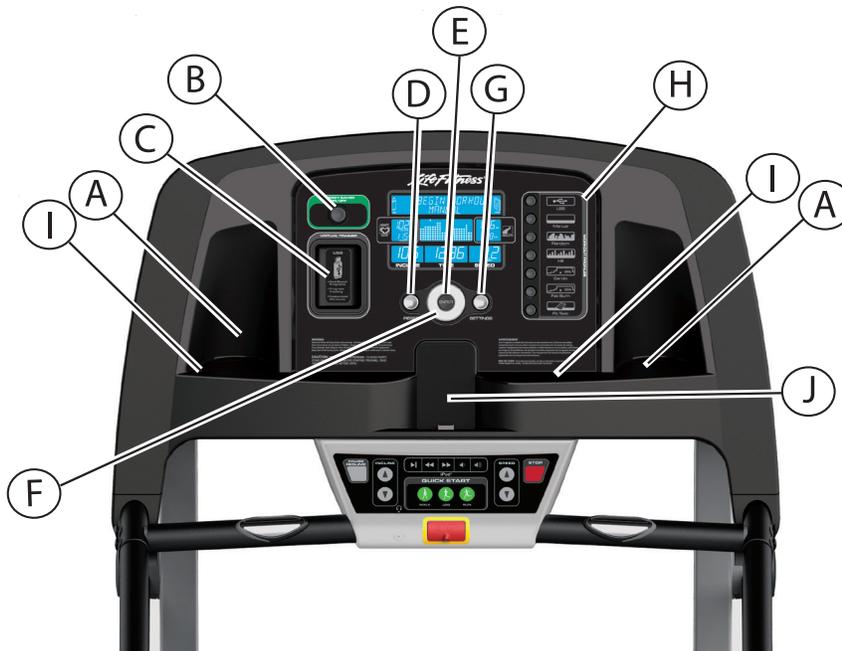
Note: *If adjustments were made to the front levelers during setup, make sure to tighten the levelers snug against the base frame before moving.*

The treadmill may now be moved on its front platform wheels by pushing and pulling on its handrails. Do not attempt to move the treadmill by pushing or pulling on the deck or deck support tubing.

Immobilizing The Treadmill

When it is necessary to immobilize the treadmill, press and hold both the SPEED DOWN ARROW and the STOP keys on the activity zone. Use the same key sequence to mobilize the treadmill.

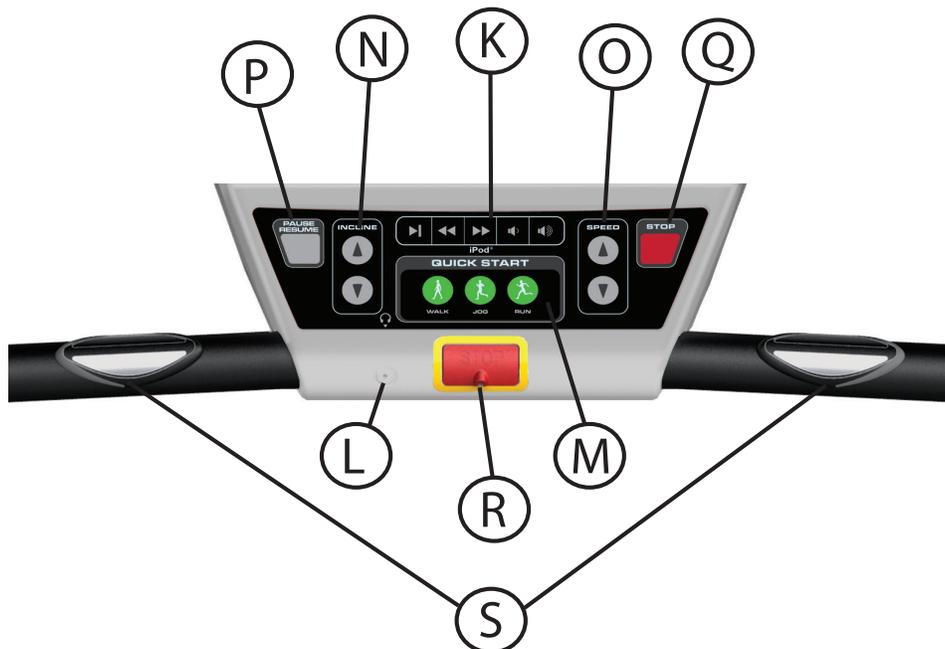
5 Console and Activity Zone Overview



- A. Accessory Trays and Water Bottle Holders** are located on either side of the display console.
- B. Energy Saver On / Off:** The Energy Saver mode is used to minimize the power being pulled from the wall when the treadmill is not in use. The treadmill will automatically go into Energy Saver mode after ending a workout. Press the Energy Saver button to either “wake up” the treadmill or put it into the Energy Saver mode. Energy Saver can be turned off in the Settings menu. An indicator LED will flash while in Energy Saver mode.
- C. LF Connect App:** The USB port is used for customized workouts. For more information on LF Connect, see Section 8.
- D. Reset:** Use the Reset Button as a delete key when entering workout data. Press the Reset button 3 times to exit any workout.
- E. Enter:** Use this key when entering data during workout set up.
- F. Navigation:** Use this button for forward, back, up, and down navigation during workout or console set up as well as incline, time, and speed workout adjustments. While setting up a workout use the LEFT / RIGHT arrows to scroll through workout setup options, and then use the UP / DOWN arrows to adjust the values. During a workout, use the LEFT / RIGHT arrows to adjust the workout difficulty level or HR Target in HR Programs. Use the UP / DOWN arrows to adjust time.
- G. Settings:** Press this button to enter a menu where the treadmill settings can be adjusted.
- H. Workout Selection:** Select one of the following workouts by pressing the corresponding button: USB (Virtual Trainer), Manual, Random, Hill, Fat Burn, Cardio, or Fit Test and begin workout set-up (see Workout Overviews for a complete description).
- I. Reading Rack:** Users can place Kindles®, iPads®, books, magazines or other reading devices on the built-in reading rack.
- J. Pod® Docking Station:** Users can dock, control, and charge their iPods during workouts. (See K. iPod Controls). An extra iPod® pad was included with the treadmill. Set the pad behind smaller iPod players when they are docked. You may need to remove the protective case from your device to dock properly. A protective clip may be present on the iPod connector. Remove prior to docking.

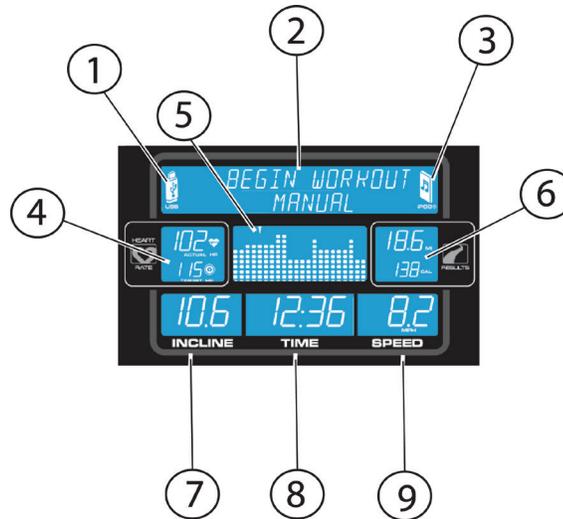
Activity Zone

- K. iPod Controls:** Use these keys to play/pause, skip back, skip forward, decrease volume, and increase volume.
1. You must plug your headphones into the treadmill's headphone jack (L) for the volume controls on the treadmill to function.
 2. All the controls on your iPod will still be active when docked to the treadmill except the volume control.
 3. The volume level is always set to 'Low' when an iPod is docked into the treadmill
- L. Headphone Jack:** Plug headphones into the jack to hear your docked iPod.
- M. Quick Start (Walk, Jog, Run):** Press one of the Quick Start keys prior to a workout to have the treadmill belt begin moving at a preset value. The preset values are 2 mph / 3.2 kph (Walk), 4 mph / 6.4 kph (Jog), and 6 mph / 9.7 kph (Run). During a workout, press these buttons to immediately change the belt speed to the preset value. The user can customize the preset speeds by pressing the SPEED UP / DOWN arrow keys and holding the Walk, Jog, Run button for 5 seconds to set the displayed speed to the button they are pressing and holding.
- N. Incline Up / Down:** Use the INCLINE UP / DOWN arrow keys to change the incline of the belt by increments of 0.5% with each press of the arrows.
- O. Speed Up / Down:** Use the SPEED UP / DOWN arrow keys to change the speed of the belt by increments of 0.1 mph with each press of the arrows.
- P. Pause / Resume:** Press this key once during a workout to pause the workout. Press the key again to resume the workout. After a Pause, the treadmill speed shall be 0.5mph (0.8kph). The pause time is set for 5 minutes. The display counts down from 5:00 as soon as the PAUSE key is pressed. If the treadmill is not resumed from 'Pause' the treadmill will go into 'Power Save' Mode.
- Q. Stop:** Press once to display workout information. Press two times to reset the workout.
- R. Emergency Stop Magnet:** This magnet is part of the E-Stop Lanyard. The lanyard is a safety feature which must be clipped to the user's clothing when the treadmill is in use. Then should the user stumble or fall, the lanyard will disconnect from the Activity Zone, stopping the treadmill's belt and resetting the console. To reset the system, simply reconnect the lanyard magnet to the Activity Zone.
- S. Heart Rate Sensors:** The hand pulse sensors are the built-in heart rate monitoring system on the treadmill. During a workout, grasp the sensors that are set into the handlebars. For an accurate reading, use a comfortable grip. The console displays the heart rate after 15 to 20 seconds.



6 Console Displays

The console display was designed to reduce toggling between workout information. The design of each button on the treadmill's console was designed to give the user tactile feedback. Each piece of workout feedback, including incline, time, speed, heart rate, calories and distance has its own dedicated window.



1. USB

The USB icon on the left side of the MESSAGE CENTER is displayed whenever a USB drive is plugged in. The USB can execute a workout from LF Connect. See section 8 for more information.

2. Message Center

The message center provides instructional information to the user. The message center will coach the user through setting up a workout, including selecting a workout and entering time, incline, and other workout specific information. Also during the workout if certain workout feedback like pace is turned on in the Settings Menu, the message center will periodically show that information.

3. iPod®

The iPod icon on the right side of the MESSAGE CENTER is displayed when a compatible iPod is docked.

4. Heart Rate Center

Heart Rate Display

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

Target Heart Rate Display

Target heart rate is a percentage of a user's maximum heart rate. The goal is to target a range that enables one's heart and lungs to receive the most benefit from a workout. The console calculates target heart rate by taking the maximum heart rate (220 minus the user's age) and multiplying it by an intensity level. Life Fitness intensity levels are 65% for weight loss and fat burning and 80% for improving cardiovascular endurance. The display will toggle between the 65% and 80% intensity levels. An arrow pointing up or down will illuminate to show when the user's actual heart rate is above or below the target heart rate.

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

5. Workout Profile Display

The workout profile graphically displays the intensity of a workout with columns of various heights. During the workout the current intensity level the user is in is signified by an arrow located above the appropriate column. During a heart rate workout the workout profile acts like a graph of the user's target heart rate percent. Each of the 9 rows of the profile will represent the user's actual heart rate as a percentage of their heart rate max. Therefore by the end of the workout, the user will be able to visually see their target heart rate ranges throughout the workout.

Row	Target Heart Rate Percent Range
1	20 - 29%
2	30 - 39%
3	40 - 49%
4	50 - 59%
5	60 - 69%
6	70 - 79%
7	80 - 89%
8	90 - 99%
9	100%

Note: The percent in the table represents the user's actual heart rate as a percent of their heart rate max. The heart rate max is $220 - \text{user's age}$. For example: A 40 year old's heart rate max would be $220 - 40 = 180$. During their workout at the first interval their actual heart was 100. Therefore $100/180 = 0.56$ or 56% and the profile would display the user at row 4 for the first interval of the workout.

6. Results Center

Distance Display

Distance is shown in miles or kilometers in the Results Center. The distance formula tries to replicate miles as if the exercise was being conducted outdoors. The distance formula will not always be consistent with other Life Fitness products or other manufacturer's products. Distance can be set to kilometers or miles. See Settings Menu.

Calorie Display

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

7. Incline Display

There are two types of levels used on Life Fitness treadmills. Users can adjust the current time segment and incline percentage during random, hill, heart rate, or virtual trainer workouts. The first difficulty level corresponds to a range of actual incline percentages. Difficulty levels are used in random, hill, heart rate, and virtual trainer workouts. So when a user selects a difficulty level of 10 it corresponds to a range of incline percentages between 3%-7%. During random and hill the difficulty level will be displayed only during workout setup. At all other times during these workouts the incline percentage is displayed. See the table below. The second type of level is an incline level or percentage. The incline level is manually adjusted by the user in a manual workout. The range of possible incline percentages is 0-12% and can be adjusted in 0.5% increments.

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

Time Display

The time window displays the total workout time set by the user during workout setup, which is a range from 99 to 1 minute depending on the program. During the workout, time will count down from total workout time. The time set can be changed at any time during the workout with the up and down arrows.

9. Speed Display

Speed is displayed in miles per hour (MPH) or kilometers per hour (KPH). The formula tries to replicate miles per hour as if the exercise was being conducted outdoors. The speed range is 0.5 mph (0.8 kph) to 10.0 mph (16 kph) and is adjustable in increments of 0.1 mph. Speed units can be displayed in MPH or KPH by using the Settings Menu. See *Settings Menu*.

7 Workout Overviews

Six workouts are pre-programmed for the Life Fitness Treadmill. Each workout has a different goal. Read the workout descriptions carefully so that you can develop a workout routine that focuses on reaching your specific goals.

Note: The LF Connect USB port gives you the ability to download and customize over 40 workouts. You can get recommended workout programs based on your individual goals. Visit www.LFConnect.com for free access. See how to use LF Connect in Section 8.

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

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

Workout Profile

To start a workout, select one of the six pre-programmed workout buttons on the right side of the console, or plug in your USB and select the USB workout button.

When a workout is selected, the MESSAGE CENTER will display the first workout set-up step and show the current value for the set-up parameters. Throughout the workout setup process, use the UP / DOWN arrows on the NAVIGATION BUTTON to adjust the value that is selected. Use the LEFT / RIGHT arrows on the NAVIGATION BUTTON to scroll back and forth between different steps. In order to advance to the next step, either press the RIGHT arrow or ENTER key. After entering the last step, press ENTER to begin the workout.



QUICK START workouts are the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout program. Begin a QUICK START workout by pressing the WALK, JOG, or RUN buttons on the Activity Zone. After the WALK, JOG, or RUN key is pressed, a manual workout begins immediately at the pre-programmed speed for the respective key pressed. While in this MANUAL workout, the user may at any time toggle between the three pre-programmed speeds: Walk (2 mph / 3.2 kph), Jog (4 mph / 6.4 kph), and Run (6 mph / 9.7 kph). The target heart rate will not be displayed during a QUICK START workout.



MANUAL WORKOUT (Beginner - Just Starting)

Access: This workout can be started by pressing the MANUAL workout key.

Description: The manual workout is a simple workout that has no pre-defined intensity levels. The manual workout starts the user at 0.5 MPH and 0% incline. The user is in complete control of speed and incline settings.

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



Manual

RANDOM WORKOUT (Experienced - Fit)

Access: This workout can be started by pressing the RANDOM workout key.

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

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



Random

HILL WORKOUT (Experienced - Fit)

Access: This workout can be started by pressing the HILL workout key.

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

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

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

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

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



Hill

FAT BURN WORKOUT * (Beginner - Just Starting)

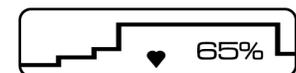
*Chest strap must be worn to execute the workout.

Access: This workout can be started by pressing the FAT BURN workout key.

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

If the user's heart rate cannot reach the target using incline, a message will appear in the MESSAGE CENTER requesting the user to change speed.

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



Fat Burn

CARDIO WORKOUT * (Experienced - Fit)

*Chest strap must be worn to execute the workout.

Access: This workout can be started by pressing the CARDIO workout key.

Description: The user must wear a chest strap for this workout to function properly. This program uses incline adjustments to increase and decrease heart rate. Cardio maintains the user at 80% of the user's theoretical maximum heart rate. The console continuously monitors and displays the heart rate, adjusting the intensity level of the product to reach and maintain the target heart rate range. The intensity will not change as long as the user is between 72%-85% of their target heart rate. If the user's heart rate cannot reach the target using incline, a message in the MESSAGE CENTER will appear requesting the user to change speed.



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

FIT TEST (All levels)

Access: This workout can be started by pressing the FIT TEST workout key.

Description: The Fit Test workout estimates cardiovascular fitness and can be used to monitor improvements in endurance every four to six weeks. The user must wear a telemetry heart rate chest strap as the test score calculation is based on a heart rate reading. The workout duration will be five minutes at a 5% incline. Immediately afterward, the console will take the user's heart rate reading, calculate a fitness score and display the score in the MESSAGE CENTER.

The Fit Test is considered to be a submax VO_2 (volume of oxygen) test. It gauges how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood. Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity.

Goal: The goal of the Fit Test workout is to elevate the user's heart rate to a level that is between 60% - 85% of their theoretical maximum heart rate.

Suggested Exertion Levels

	Inactive	Active	Very Active
Treadmill	2 - 3 mph (3.2 - 4.8 kph)	3 - 4 mph (4.8 - 6.4 kph)	3.5 - 4.5 mph (5.6 - 7.2 kph)

Note: Treadmill will incline to 5% after a one minute warm-up.

Within each suggested range, these additional guidelines can be used:

Lower Half of Range	Upper Half of Range
higher age	lower age
lower weight	higher weight (in cases of excessive weight, use lower half of range)
shorter	taller

The treadmill will not accept:

- heart rates less than 52 or greater than 200 beats per minute
- body weights less than 75 pounds (34 kg) or greater than 400 pounds (181 kg)
- ages below 10 or over 99 years
- data input that exceeds human potential

If you make an error when entering any Fit Test data, you can correct it by using the back arrow, inputting the correct information, and pressing ENTER. Once the test starts, you cannot change the workout time or speed. Use the STOP, RESET, SPEEDUP, SPEED DOWN, or PAUSE key to terminate the test.

It is important for you to take the Fit Test under similar circumstances each time. Your heart rate is dependent on many factors, including:

- amount of sleep the previous night (at least seven hours is recommended)
- time of day
- time you last ate (two to four hours after the last meal is recommended)
- time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (at least four hours is recommended)
- time since you last exercised (at least six hours is recommended)

For the most accurate Fit Test results, you should perform the Fit Test on three consecutive days and average the three scores.

Note: To receive a proper Fit Test score, the work done must be within a training heart rate zone that is 60 percent to 85 percent of the theoretical maximum heart rate (HR_{max}). This rate is defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.

The tables below list fit test results.

Relative Fitness Classification for Men

Rating	<i>Elite</i>	<i>Excel- lent</i>	<i>Very Good</i>	<i>Above Average</i>	<i>Average</i>	<i>Below Average</i>	<i>Low</i>	<i>Very Low</i>
Estimated VO ₂ Max (ml/kg/min) per Age category								
10 - 29 years	55+	53 - 54	50 - 52	45 - 49	41 - 44	38 - 40	35 - 37	<35
30 - 39 years	53+	50 - 52	48 - 49	43 - 47	38 - 42	36 - 37	34 - 35	<34
40 - 49 years	51+	49 - 50	46 - 48	42 - 45	37 - 41	34 - 36	32 - 33	<32
50 - 59 years	47+	45 - 46	43 - 44	39 - 42	34 - 38	32 - 33	29 - 31	<29
60+ years	43+	41 - 42	39 - 40	35 - 38	31 - 34	29 - 30	26 - 28	<26

Relative Fitness Classification for Women

Rating	<i>Elite</i>	<i>Excel- lent</i>	<i>Very Good</i>	<i>Above Average</i>	<i>Average</i>	<i>Below Average</i>	<i>Low</i>	<i>Very Low</i>
Estimated VO ₂ Max (ml/kg/min) per Age category								
10 - 29 years	47+	45 - 46	43 - 44	38 - 42	33 - 37	31 - 32	28 - 30	<28
30 - 39 years	44+	42 - 43	40 - 41	36 - 39	31 - 35	29 - 30	27 - 28	<27
40 - 49 years	42+	40 - 41	38 - 39	34 - 37	30 - 33	28 - 29	25 - 27	<25
50 - 59 years	37+	35 - 36	33 - 34	30 - 32	26 - 29	24 - 25	22 - 23	<22
60+ years	35+	33 - 34	31 - 32	27 - 30	24 - 26	22 - 23	20 - 21	<20

Life Fitness developed this rating scale based on VO₂ max percentile distributions referenced in American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" (7th Ed. 2006), which were obtained from the data collected by the Cooper Institute Aerobics Center Longitudinal Study, 1970 - 2002. It is designed to provide a qualitative description of a user's VO₂ max estimation, and a means of assessing initial fitness level and tracking improvement.

8 LF Connect - Work Out Tracking

Life Fitness connects the world to fitness through the easy-to-use LFconnect exerciser app. The largest manufacturer of fitness equipment now allows you to take control of your workouts anywhere on any equipment with the LFconnect app. If you log into our consoles, you'll find even more added features when interacting with the equipment.

Main Features

- **Create Workout** - Create and save your own strength and cardio workouts. Saved cardio workouts can be re-selected on any Discover console worldwide.
- **Track Your Workout** - View the progress of your workouts with detailed data reports by year, month, day or in real time. You can also export your results to Excel or other media for tracking. You can also export specific workouts to your calendar.
- **Track Your Workout** - View the progress of your workouts with detailed data reports by year, month, day or in real time. You can also export your results to Excel or other media for tracking. You can also export specific workouts to your calendar.
- **Replicate Your Workout** - Recreate the terrain of an outdoor workout using GPS. Save it as a GPS workout. Walk, run or bike your saved GPS workout to have our equipment increase/decrease incline or resistance automatically to match the terrain.
- **Schedule Workout** - Schedule your workouts in app and scan to find your saved workouts under the Workouts tab. Keep track of your progress and tier your results by making use of scheduled workouts.
- **Strength Tracking** -- Scan the QR code of any Life Fitness equipment or use our easy input manual strength tracking. Select and track your sets, reps and weight. Take detailed notes and attach them to your workouts for even better tracking.

Questions about our updates or features? Email: customer.service@lifefitness.com

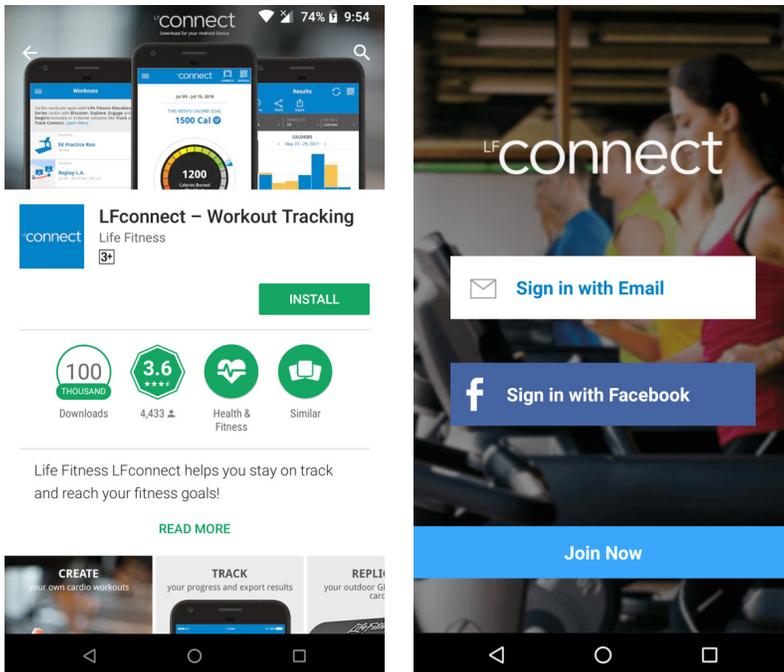
Getting Started

LFconnect app can be obtained from:

- App Store: <https://itunes.apple.com/us/app/lfconnect-workout-tracking/id610127644?mt=8>
- Google Play: <https://play.google.com/store/apps/details?id=com.lf.lfvandroid>
- China's Android store: Xiaomi, Baidu and APK.91.COM

How to Start Using the App

1. Install LFconnect app for Android and iOS from the above source
2. Register a new account or sign in
3. Make sure the unit of measurement is correct



(Figure 1: Example of installation, registration and login on LFconnect app for Android)

Workout Preset

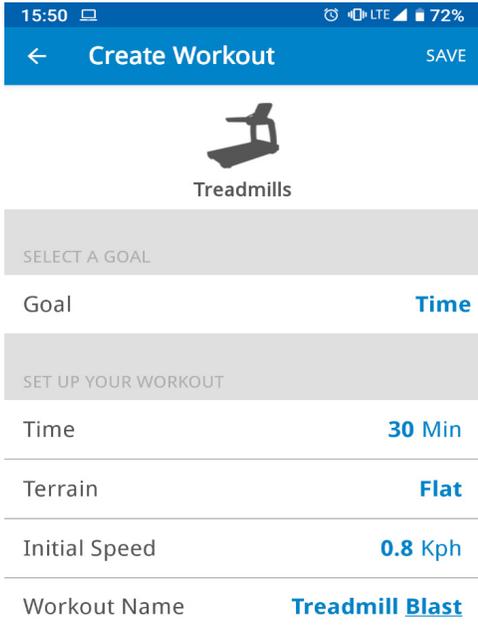
How to Create a Workout Preset Using the App

1. Open LFconnect app
2. Navigate to Workouts screen: Menu > Workouts
3. App displays the Workout Library. The list is empty for newly registered exerciser
4. Create a new workout, tap (+) button at the lower right corner (Android) or "Create" button at the upper right corner (iOS) and choose the equipment
5. For non-interval workout:
 - a. Choose goal: Time, Calories, Heart Rate, Distance or Climb
 - b. Input goal value
 - c. Input workout parameters (terrain, speed, level, etc)
 - d. Give work out name
6. For interval workout:
 - a. Choose goal: Intervals
 - b. Choose interval type
 - c. Input workout duration
 - e. Define the intervals:
 - i. Add interval: Tap "Add Interval" button
 - ii. Delete interval: Swipe left the interval & tap "Delete"
 - iii. Edit interval Tap the interval and modify the values

Important notes: Gym equipment has the freedom to define the number of intervals and the length of each interval. Home equipment (including F1 Smart Treadmill) must define interval workout with 24 intervals with the same duration.

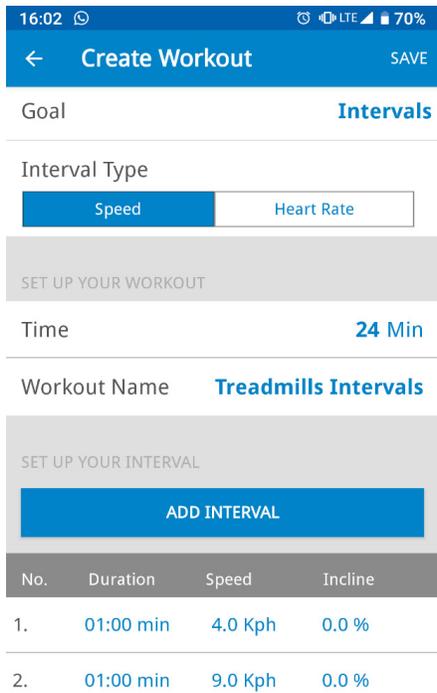
7. Save

Creating a non-interval work preset. See Figure 2



(Figure 2)

Creating and editing interval workouts. See Figures & 6



(Figure 3)

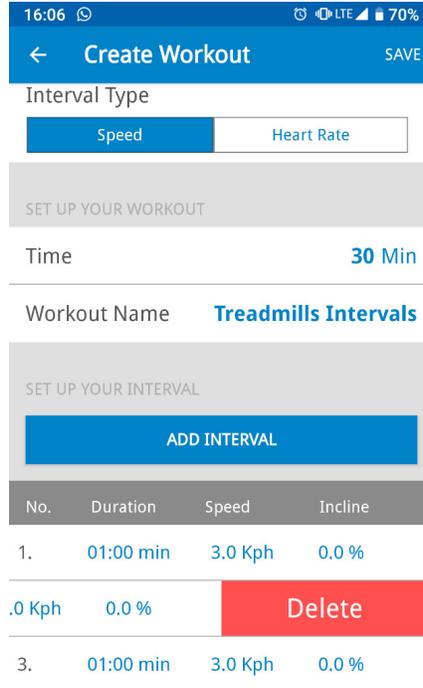


Figure 4

How to Use the Workout Preset on F1 Smart Treadmill

1. Open Workout Library: Menu > Workouts
2. Tap the workout preset to be exported
3. In edit screen, scroll to the bottom, tap "Export Workout"
4. On the next screen, choose the preferred way to export the workout. This can be an email, save to Drop Box, save to Google Drive and others, depends on the apps installed on the mobile phone
5. A file called "LifeFitness.zip" is exported via the chosen app
6. Plug in the USB drive to your computer
7. Download the zip (e.g. via email)
8. Unzip / extract the zip file into your USB drive. Make sure the uncompressed file is saved into the proper folder structure on your USB drive (e.g. E:\LifeFitness\ConsumerTreadmill\WOSettings\Treadmills\Intervals.lfx)
9. Eject the USB drive from your computer
10. The below steps to be executed on your F1 Smart Treadmill:
11. Plug in the USB drive into the Virtual Trainer USB port (see page 14)
12. Select the USB button in the Workout Selection area (see Page 14)
13. Workouts saved to your USB will appear in the message center of the console; use the arrows on the console to scroll to your desired program. Select ENTER.
14. Begin your workout

Export Workout to obtain the zip file to be placed into your USB drive. See figures 5, 6, 7 and 8

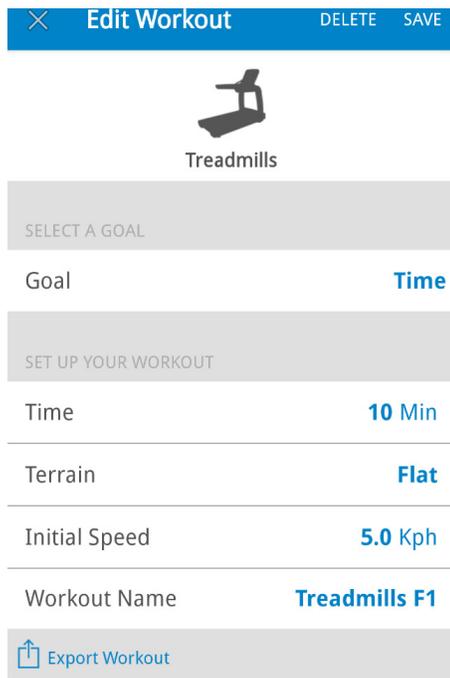


Figure 5

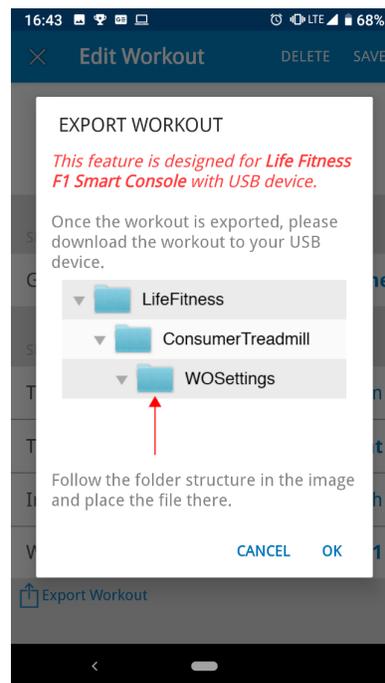


Figure 6

How to Create a Workout Preset Using the App Continued...

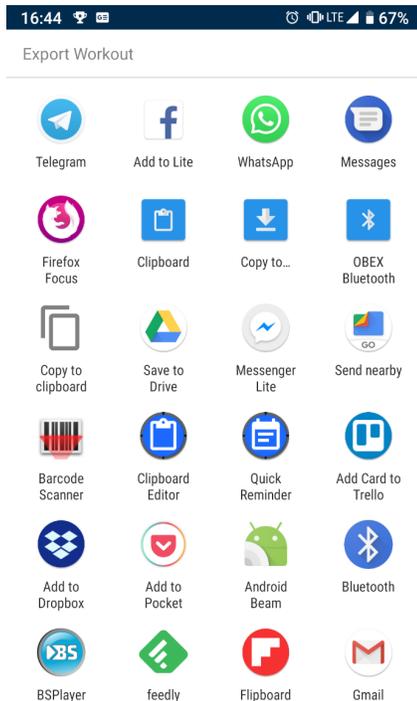


Figure 7

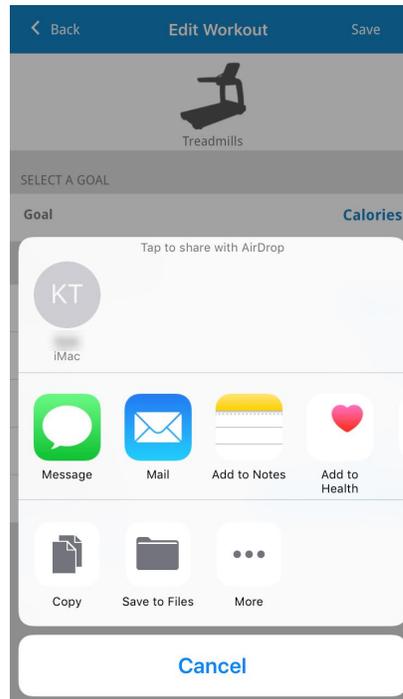


Figure 8

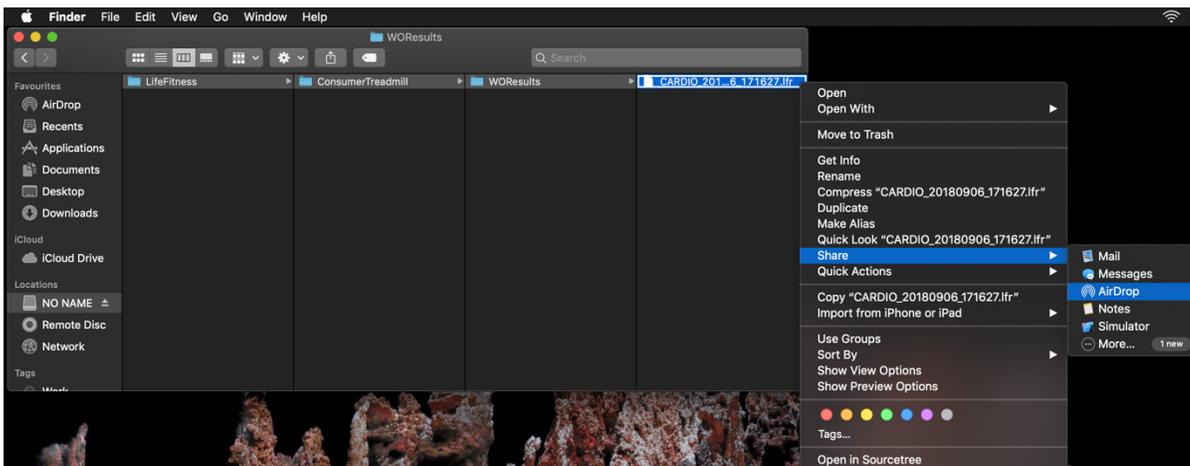
Workout Results

How to Save Workout Results from F1 Smart Treadmill to USB

1. You must either have a USB inserted into the treadmill port or you must insert the USB stick within 5 minutes of the workout ending and "Workout Summary" displayed on the console
2. The console will direct you to press the "USB" button to save the data
3. The console will confirm once the data is saved

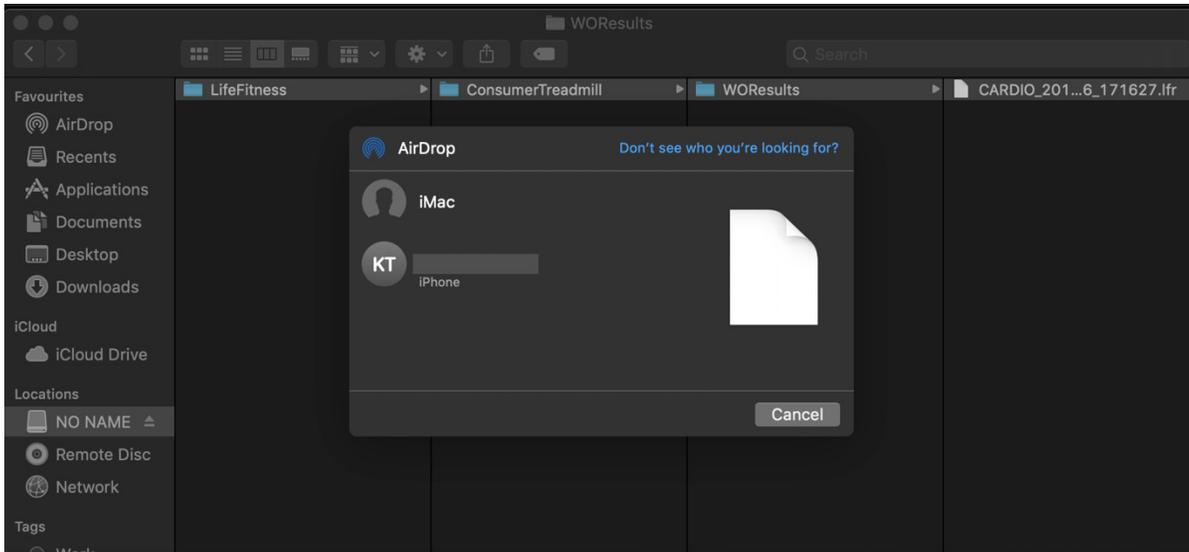
How to Import workout Results from USB using AirDrop

1. Plug the USB drive to a Mac machine and the drive will be automatically mounted
2. Open Finder and go to your USB drive, navigate to the folder structure: LifeFitness / ConsumerTreadmill / WOResults
3. Your workout results are saved as *.lfr files in the USB
4. Right click the LFR files, select Share > AirDrop



How to Import workout Results from USB using AirDrop Coninued.....

5. The AirDrop window shows nearby Airdrop users and devices. Make sure your iPhone or iPad is shown



6. Select your iPhone or iPad in order to send. A pop up message may display from your iPhone or iPad asking for permission, choose yes to continue
7. The workout results in those files are saved to LFconnect cloud
8. Open LFconnect app, Menu > Results. Your workout results from F1 Smart Treadmill can be viewed in the chart or list view

How to Import workout results from USB without AirDrop

Alternative 1: Use Email

1. Plug the USB drive to your computer
2. Navigate to the USB folder structure: LifeFitness / ConsumerTreadmill / WOResults
3. Send email to the mobile email app with LFX files as the attachments
4. Open the email using mobile email app (Email, Gmail, etc)
5. Depends on platform:
 - iOS Tap the attachment files one by one to import result to Lfconnect
 - a. Tap a file to download it first
 - b. Tap again on the file, a popup from iOS displayed asking for sharing
 - c. Choose "Copy to LFconnect"
6. The workout results in those files are saved to LFconnect cloud
7. Open LFconnect app, Menu > Results. Your workout results from F1 Smart Treadmill can be viewed in the chart or list view

Alternative : Use Google Drive

Setup (One time)

1. Format your USB drive with FAT32
 - a. On Windows: plug USB drive, open Explorer, right click the drive, Format..., choose FAT32 as file system, put "LF" as volume label and Start
 - b. On Mac OS X:
 - 1) Plug the USB drive into your Mac.
 - 2) Go to Applications>Utilities and launch Disk Utility.
 - 3) Click on the USB drive in the sidebar in Disk Utility.
 - 4) Click Erase in the Disk Utility toolbar.
 - 5) Type in a name for the formatted disk.
 - 6) Click on the Format menu and choose MS-DOS (FAT32).
 - 7) Click Erase.
 - 8) Your USB drive will now be erased and re-formatted as FAT32.

Alternative : Use Google Drive Continued...

2. Setup USB Drive automated backup to Google Drive
 - a. Plug the USB Drive to your computer
 - b. Open Backup and Sync preference: right click tray icon, triple dots menu, Preferences
 - c. Make sure "My Laptop" tab is selected
 - d. At the bottom, click "USB Devices and SD Cards"
 - e. Find "LF" in the list of USB devices and make sure it's ticked, press "OK"
 - f. Click "OK" to Save

USB Devices & SD Cards

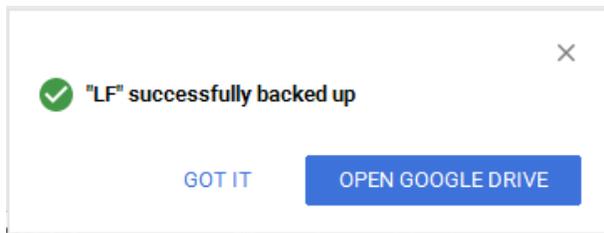
Plug in a camera or phone to back up files.

Google Drive > Computers > USB and External Devices

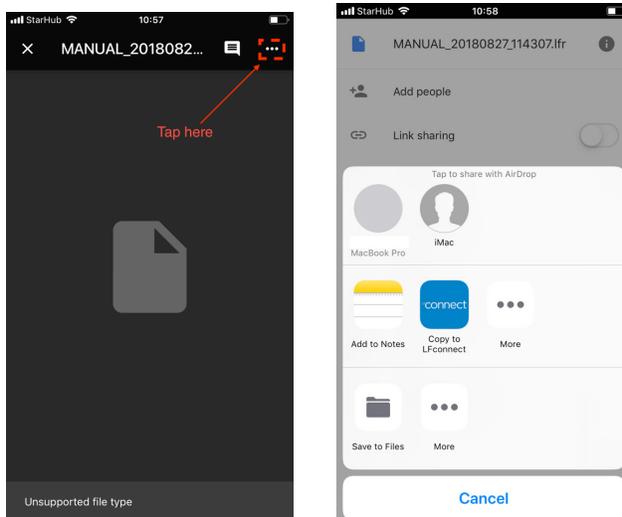
<input checked="" type="checkbox"/> LF	X
<input type="checkbox"/> UNTITLED	X

Upload Workout Results to LFconnect

1. Do your workout on supported Life Fitness equipment and save your workout result to the USB drive
2. Plug the USB drive to your computer
3. Wait until the USB drive is backed up and synced to Google Drive automatically.
You should see: "LF" successfully backed up

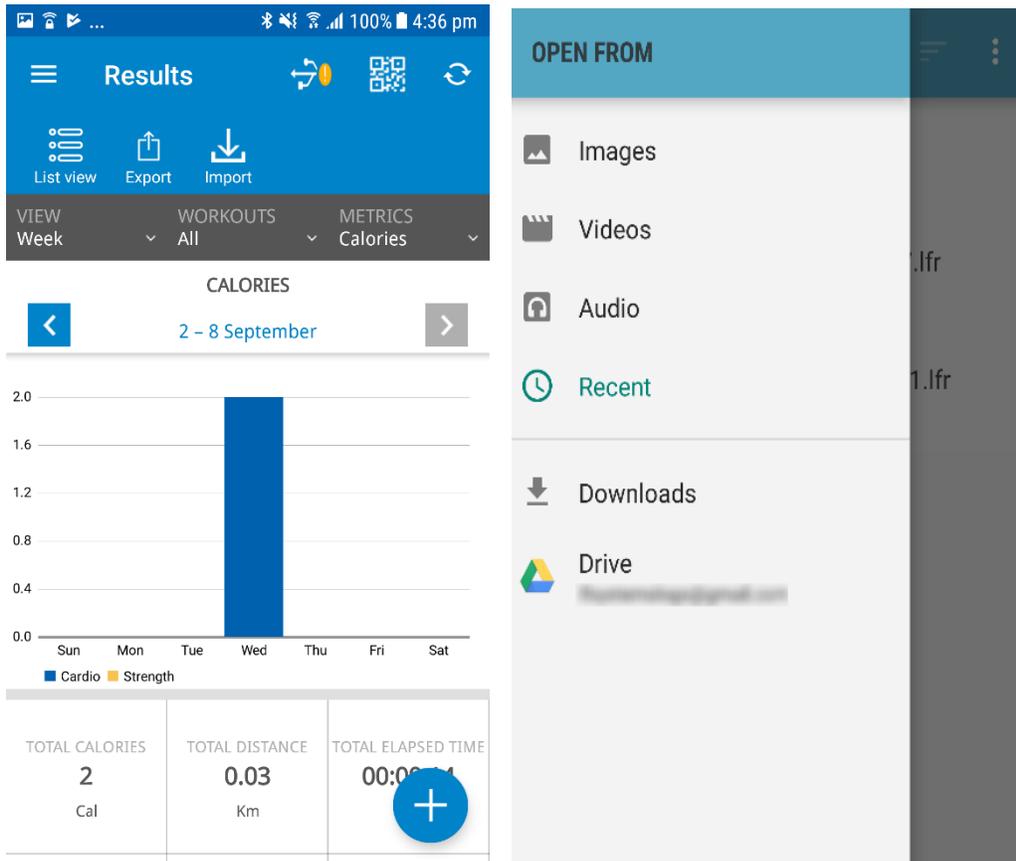


4. iPhone / iPad steps:
 - a. Open Google Drive for iOS app
 - b. Select a workout results file (".lfr" extensions). Google Drive will show another screen with "Unsupported file type" at the bottom of the screen
 - c. Tap the "... " at the top right corner, choose "Open in"
 - d. Select "Copy to LFconnect"



Android steps:

- a. Open LFConnect app
- b. Menu > Results > Import button on top menu
- c. A file picker will be opened, then Menu > Drive. Select workout results file (*.lfr extensions). You can also choose multiple workouts by long press on the files then click Open button on the top bar.



- d. You will be move back to Menu > Results. Your workout results from F1 Smart Treadmill can be viewed in the chart or list view
- e. The workout results in those files are saved to LFconnect cloud

9 Heart Rate Zone Training® Exercise

9.1 Why Heart Rate Zone Training Exercise?

Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results. That is the idea behind the Life Fitness Heart Rate Zone Training® approach to exercise. Zone Training identifies an exerciser's ideal heart rate range, or zone, for burning fat or increasing cardiovascular fitness. The zone is a percentage of the theoretical maximum (HRmax), and its value depends on the workout. This Life Fitness Treadmill features two exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training+ exercise:

- FAT BURN
- CARDIO

Each workout offers different benefits, as discussed in Workout Overviews.

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

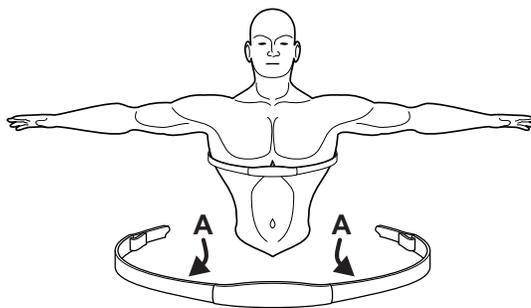
To change the target heart rate during a workout, simply enter a new target heart rate using the NUMERIC keypad. To switch between programs during a workout, use the workout selection keys. The Heart Rate Zone Training workout programs measure heart rate. Wear the telemetry chest strap, or grip the Lifepulse sensors, to enable the treadmill's on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the incline level to maintain the target heart rate based on the actual heart rate.

The Heart Rate Telemetry Chest Strap

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

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

Note: To ensure the highest performance, use the wireless chest strap that was provided with the product.



Contact Heart Rate

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

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

10 Settings Menu

10.1 Settings

The Settings menu can be accessed by pressing the SETTINGS Key when in the SELECT WORKOUT screen. Upon entering the Settings menu, the screen will display "SETTINGS MENU".

- Scroll through the Settings options using the NAVIGATION BUTTONS.
- Adjust the Settings items with the UP and DOWN arrow keys.
- Use the ENTER key or LEFT / RIGHT arrow keys to save modifications and move to the next option.
- Use the RESET key to exit the Settings menu.

10.2 Settings Menu States and Selection Options

1. Units

- Changes the unit of measure for speed and distance.
- Selection options are: ENGLISH (miles and miles per hour) or METRIC (kilometers or kilometers per hour).

2. Set Time

- Set the date and time plus the time zone for workout tracking on the Life Fitness Virtual Trainer web site. Date and time are your local time. Time Zone is based on your location compared to Greenwich Mean Time.

Major Cities

Time Zone Values

London	0	Time is only used for Virtual trainer data transfer through the USB.
New York City	-4	
Minneapolis	-5	
Los Angeles	-7	
Hong Kong	+8	
Berlin	+2	

3. Beeps

- Turns ON or OFF the audio feedback.
- Selection options are: ON or OFF.

4. Pace

- Turns ON or OFF the Pace display in the message center.
- Selection options are: ON or OFF.

5. Statistics

- Shows the total hours and distance accumulated on the treadmill.
- Press ENTER to show statistics.

6. Software Version

- Shows the software version and part number.
- Press ENTER to show software version and build date.

7. Brightness

- Changes the intensity of the display backlight LED's.
- Brightness Range is 1 - 10.

8. Contrast

- Changes the contrast of the display.
- Contrast Range is 1 - 99.

9. Wireless Heart Rate

- Turns ON or OFF the telemetry heart rate receiver.
- Selection options are: ON or OFF.

10. Floor Model

- Controls the ability for the treadmill to enter Energy Saver; Floor model ON turns off the Energy Saver feature.
- Selection options are: ON or OFF.

11. Belt Lube Timer

- Tracks the total hours of workout and cool down time since the last belt lubrication. When the timer reaches 75 hours it triggers a reminder message during every workout.
- Press and hold the DOWN arrow key for 5 seconds to reset the time.

11 Service and Technical Data

11.1 Troubleshooting

Problem	Cause / Solution
The treadmill console does not turn on when the On/Off switch is turned on.	You may be in "Energy Saver Mode". Press the "Energy Saver" button to see if console turns on.
	Check to see if the treadmill is plugged in and if the On/Off switch is on. If the On/Off switch is on, verify that the treadmill power cord is not damaged and the wall outlet is functioning (tripped breaker in house).
	If the On/Off switch is on verify that all the customer assembly connections are working properly. Unplug and re-plug each connection to verify. Look to see if any of the cables were pinched during assembly.
I am having problems bolting the parts together when assembling the unit.	<ol style="list-style-type: none"> 1. Do not tighten the screws until the uprights, console and handrails are all installed. 2. Check the screw threads for any damage. 3. Tighten the hardware after all components are installed.
The treadmill shakes a lot when I run on it.	<ol style="list-style-type: none"> 1. Turn the treadmill off. Make sure all assembly hardware is tightened. 2. If shaking still occurs, adjust the levelers under the stationary frame until the shaking decreases. See <i>How to Stabilize the Life Fitness Treadmill</i>.
The contact heart rate sensors are not reading my heart rate correctly.	Be sure to grasp the sensors firmly and keep hands still. If heart rate seems substantially higher or lower than expected, remove hands from sensors until heart rate disappears. Life Fitness recommends that the user stand on the side rails when attempting to monitor heart rate with contact sensors.
	Tips for contact heart rate: <ol style="list-style-type: none"> 1. Dry hands to prevent slipping on the sensors. 2. Apply hands to all four sensors (two in each hand). 3. Grasp the sensors firmly. 4. Apply constant pressure to the sensors.
The running belt is tracking to the left or right	See <i>How to Adjust and Tension the Striding Belt</i> .
The belt seems to slip when I run on it.	You may need to tighten the walking belt. See <i>How to Adjust and Tension the Striding Belt</i> .
The treadmill will not lock when I fold it up.	The treadmill must be at 0% incline before folding it up. If the incline is not at 0% the treadmill will not lock.
The treadmill will not unfold.	Make sure that you pull the release lever located on the top left side of the deck. You may need to push up on the folded part of the treadmill while pulling the lever to help release the locking pin.

Problem	Cause / Solution
When I try to save a workout on the USB stick I receive the following message: UNABLE TO SAVE SEE MANUAL.	<p>The console may not have recognized the USB stick. Try unplugging the USB stick and plugging it back in.</p> <p>The USB stick may be full.</p> <p>The USB stick may not be compatible with the product.</p> <p>Try using a different USB stick.</p>
The wireless heart rate is not working.	<p>Potential reasons for the wireless heart rate not to work properly include:</p> <ol style="list-style-type: none"> 1. The wireless heart rate is turned OFF in the Settings Menu. Enter the Settings Menu and verify that WIRELESS HR is turned ON. 2. There is poor contact between the telemetry heart rate strap and the skin. Refer to Heart Rate Telemetry Strap for details. 3. There is electrical interference from electrical appliances with the telemetry heart rate strap from fluorescent lights, kitchen appliances, etc. Move the treadmill to a different location or move electrical appliances away from the treadmill. 4. The battery in the Heart Rate Telemetry Strap needs to be replaced. The battery is a CR2032 (3V).
A heart rate reading is initially detected and functioning normally but then is lost.	<p>Use of personal electronic devices, such as cell phones and portable mp3 players, causes external noise interference.</p> <p>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 line.</p> <p>Remove the source of noise or reposition the exercise equipment.</p>
<i>"OFF" is displayed in the incline window.</i>	<p>This message relates to a problem with the Incline system.</p> <p>If the incline has been repeatedly moved up and down in a manual program, the lift motor may have activated a thermal protection device.</p> <p>Simply let the treadmill sit for 30 minutes and cycle power.</p>
<i>"Immobilized" is displayed in window.</i>	<p>The treadmill has been immobilized through software. Press the SPEED DOWN ARROW and STOP to exit this state.</p>
<i>iPod is not recognized.</i>	<p>This is displayed if your version of the iPod Player is not supported by the treadmill.</p> <p>It may also be displayed if the connector on the treadmill or iPod is damaged.</p>
<i>iPod is not charging while in Energy Saver mode.</i>	<p>Your iPod will not charge if the treadmill enters Energy Saver mode. This is normal.</p>
<i>"Low Battery" message is displayed on the console.</i> Note: Applies to Track Console only.	<p>The console has an internal battery that keeps the real time clock functioning if the treadmill is unplugged. This real time clock is only needed if you use the Life Fitness "Virtual Trainer" website. You do not need to replace the battery if you do not use the website. Contact Customer Service for guidance on how to change the battery. The battery is a CR1632 (3V).</p>

11.2 How to Adjust and Tension the Striding Belt

Do not move the treadmill or place hands under the treadmill while it is plugged into an electrical outlet!

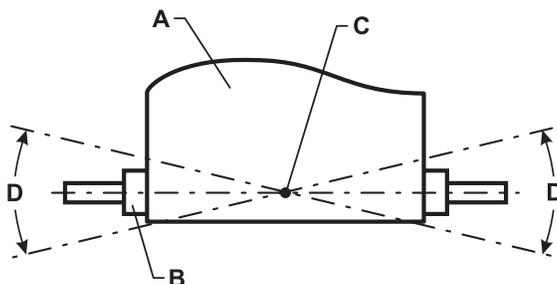
Tool Required: 6mm Hex Key Wrench

The Belt Tensioning Bolts

The Life Fitness treadmill has access holes in the rear roller guards, which allow access to the tensioning bolts. These tensioning bolts make it possible to adjust tracking and centering of the striding belt (A) without removing the guards.

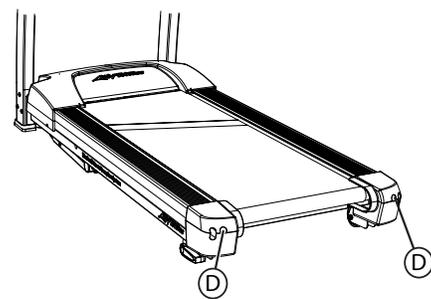
Note: It is extremely important that the treadmill be correctly leveled prior to any tracking adjustments. An unstable unit may cause striding belt misalignment. See *How To Stabilize the Life Fitness Treadmill* prior to attempting any rear roller adjustments.

Before proceeding, it is helpful to visualize the REAR ROLLER (B) pivot point (C). Each adjustment made to one side of the ROLLER must be met with an equal and opposite adjustment (D) to the other side of the ROLLER to maintain an ideal belt tension at the pivot point.



Tracking (Centering) An Existing Or New Striding Belt

1. Locate the two access holes to the belt tensioning bolts (D) on each of the rear roller guards.
2. Stand on the sides of the treadmill and straddle the belt. Enter the MANUAL Workout and set the belt speed to run at 4.0 mph (6,4 kph).
3. If the striding belt has moved to the right, turn the right tension bolt 1/4 turn clockwise with the provided 6mm hex key wrench, and then turn the left tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller.
4. If the striding belt has moved to the left, turn the left tension bolt 1/4 turn clockwise and then turn the right tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller. Repeat adjustments until the striding belt appears centered. Allow the machine to continue running for several minutes to observe if tracking remains stabilized.



Note: Do not exceed one full turn of the adjusting screws in either direction. If after one full turn the belt does not track properly, contact Customer Support Services.

Tensioning An Existing Striding Belt

Under normal usage, the treadmill striding belt may stretch slightly. If the belt starts to slip during use, take the steps listed below to correct the tension.

1. Using the STOP key, stop the treadmill.
2. Turn the belt tensioning bolts clockwise a quarter-turn per side to tension the belt. Do not exceed one full turn (four quarter-turns per side).
3. Set the treadmill at 2.0-mph (3,2 kph) and get on to make sure the belt no longer slips. Also, check the striding belt's tracking. If the striding belt drifts to the left or right see Tracking (Centering) an Existing or New Striding Belt.

Note: Do not over-tighten the tensioning bolts while making belt adjustments. Over-tightening of bolts may over stretch and damage the striding belt or roller bearings. Do not exceed one full turn of either bolt in either direction.

11.3 Preventive Maintenance Tips

The Life Fitness Treadmill is backed by the engineering excellence and reliability of Life Fitness.

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 the defective parts are required or replaced. Pay special attention to parts that are subject to wear, as outlined below.

The following preventative maintenance tips will keep the Life Fitness Treadmill operating at Peak performance:

Important: Turn the treadmill off and unplug prior to performing any maintenance.	
Weekly	Inspect the power cord. If the cord is damaged call technical support. Make sure the cord is positioned in a location where it will not be damaged.
	Check the operation of the Emergency Stop System.
	Check the operation of the Stop Key.
	Check the position (centering) of the walking belt.
Monthly	Vacuum around and under the walking belt. It is normal for there to be some black dust behind the unit from the walking belt.
	Clean the display console and all exterior surfaces with mild soap, water and a soft cotton cloth or a Life Fitness approved cleaner. Note: Do not use paper towels, ammonia or acid based cleaners on the product. At no time should cleaner be applied directly to any part of the equipment; spray the cleaner on a soft cloth and then wipe the unit.
	Inspect the exterior parts for wear and check that user assembly bolts are still tight.
Yearly	You will receive a message 'LUBRICATE WALKING BELT' on the console that reminds you to re-lubricate the belt after a fixed number of usage hours. The procedure to lubricate the walking belt is listed below.

Lubricating the Walking Belt

1. Turn the treadmill off with the ON / OFF switch and then unplug the power cord from the outlet.
2. Loosen the rear roller adjustment bolts approximately 10 full turns. Be sure to note how many turns you have rotated the screws since this is how many turns you will tighten them at the end of this procedure.
3. Using the Silicon lubricant approved by Life Fitness, apply one half of the bottle to the surface of the deck between the belt and the deck. Try to apply the majority of the lubricant to the center of the deck.
4. Visually make sure the walking belt is centered on the deck and then tighten the rear roller adjustment bolts the same number of turns as when you loosened them.
5. Plug the treadmill in and turn on the ON / OFF switch.
6. Run the treadmill at 3 mph / 5 kph and check that the belt runs centered. If not, follow the instructions in *How to Adjust and Tension the Striding Belt*.
7. Reset the LUBRICATE WALKING BELT message on the console. To reset the message enter the Settings Menu. Scroll to the Message: HOURS SINCE BELT LUBRICATION = XXXX. Press and hold the DOWN arrow key for 10 seconds to reset the lubrication timer.

LIFE FITNESS APPROVED CLEANERS *(United States Availability Only)*

Two preferred cleaners have been approved by Life Fitness 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 convenient spray. 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 Life Fitness Customer Support Services to order these cleaners. Call 1-800-351-3737 or email: customersupport@lifefitness.com.

LIFE FITNESS COMPATIBLE CLEANERS

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 cotton cloth only. Apply the cleaner to the cotton 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.

11.4 Using and Testing the Safety Stop Pull Cord

During operation of the treadmill, the lanyard on the Safety Stop Pull Cord should be attached to an item of the user's clothing.

While the treadmill is on and the console display is active, remove the Safety Stop Pull Cord from the treadmill. A message shall be displayed on the console similar to "EMERGENCY STOP - REPLACE KEY". With the Safety Stop Pull Cord removed no keys shall function on the treadmill.

Place the Safety Stop Pull Cord back in place. The treadmill will reset and will be ready for operation.

11.5 How To Obtain Product Service

1. Please contact your dealer or Life Fitness Customer Service at 1-800-351-3737.
2. Verify the symptom and review the operating instructions and troubleshooting matrix.
3. Locate and document the serial number of the treadmill. The treadmill's serial number is located on the front of the treadmill near the power switch. Please also have proof of purchase information available.

12 Specifications

Designed use:	Home
Maximum user weight:	300 pounds / 136 kilograms
Speed range:	0.5 - 10.0 mph in 0.1 increments
Elevation range:	0%-12% (in 0.5% increments)
Motor:	2.5 HP continuous duty DC
Rollers:	Front: 2.6" (67mm) precision crowned Back: 2.0" (50mm) precision crowned
Belt:	55" Length x 20" Width (147cm Length x 50cm Width), multi-ply
Deck:	Flex Deck cushioning, not reversible
Handrails:	Ergo Crossbar with side handrails.
Accessory tray:	Standard, designed into system

Physical Dimensions:	Unfolded	Folded
Length:	77 inches / 196 centimeters	35 inches / 89 centimeters
Width:	34 inches / 86 centimeters	34 inches / 86 centimeters
Height:	59 inches / 150 centimeters	75 inches / 190.5 centimeters
Weight:	259 pounds / 117 kilograms	

Shipping Dimensions:	
Carton Length:	86.25 inches / 219 centimeters
Carton Width:	33 inches / 84 centimeters
Carton Height:	14 inches / 35.5 centimeters
Total Weight:	284 pounds / 129 kilograms

13 Warranty

Model	Lifetime	10 Years	5 Years	1 Year
Life Fitness Treadmill	• Frame & Lifesprings	• Motor	• Electrical Parts, Mechanical Parts & Console Parts*	• Labor, Console Battery and Heart Rate Chest Strap Battery

* Console and Heart Rate Chest Strap Battery 1 year warranty

WHAT IS COVERED:

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

WHO IS COVERED:

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

HOW LONG IS IT COVERED:

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

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

WHO PAYS SHIPPING & INSURANCE FOR SERVICE:

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

WHAT WE WILL DO TO CORRECT COVERED DEFECTS:

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

WHAT IS NOT COVERED:

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your User Manual ("Manual"). All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness Representative.

WHAT YOU MUST DO:

Retain proof of purchase. 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.

USER MANUAL:

It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

PRODUCT REGISTRATION:

Register online at www.lifefitness.com/home/product-registration.html. Our receipt assures that your name, address and date of purchase are on file as a registered owner of the Product. Being a registered owner assures coverage in the event you lose your proof of purchase. Please retain your proof of purchase, such as your bill of sale or receipt.

HOW TO GET PARTS & SERVICE:

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

EXCLUSIVE WARRANTY:

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