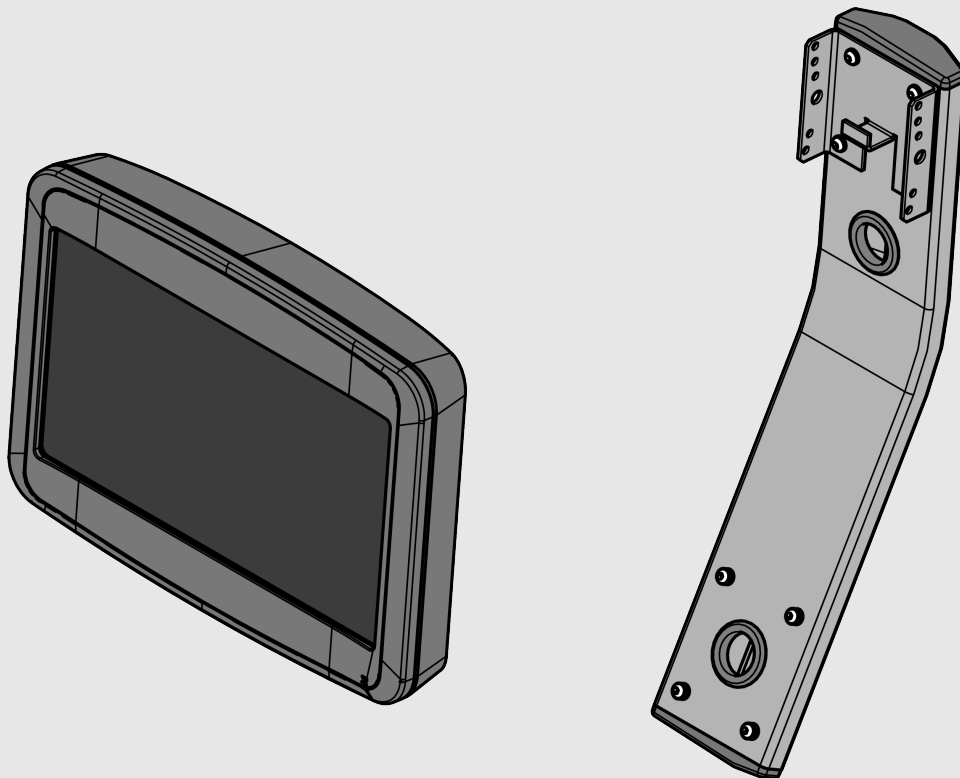


Attachable TV Bracket

ASPIRE-BRCKT-02

Assembly Instructions



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

User and Service Documents Link

<https://fn.fit/KnowledgeBase>

<https://fn.fit/SupportDocuments>

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.

ከላይ የተመጠውን አገናኝ(ሊንክ) በመጠቀም መረጃዎች አንላይን ያገኛሉ።

Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

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

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר 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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1. Getting Started

Safety Instructions

 Read all instructions before use.

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

 **WARNING:** Do not use for stretching and do not attach straps or other devices.

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

- Life Fitness does not warrant nor guarantee that component parts used in the manufacture of products offered under the Life Fitness are latex-free. Users of these products must take all necessary precautions to prevent accidental contact that could lead to an adverse latex reaction.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.

2. Aspire Arc Trainer and Bikes Assembly Procedure

Overview



This kit is designed to be installed during the assembly process of a new product as well as an add-on kit for assembled products.

If you are installing this kit during the assembly process, you can skip some of the removal steps.

Some parts in this kit are not used for all products.

Make sure the product is unplugged before performing any steps.

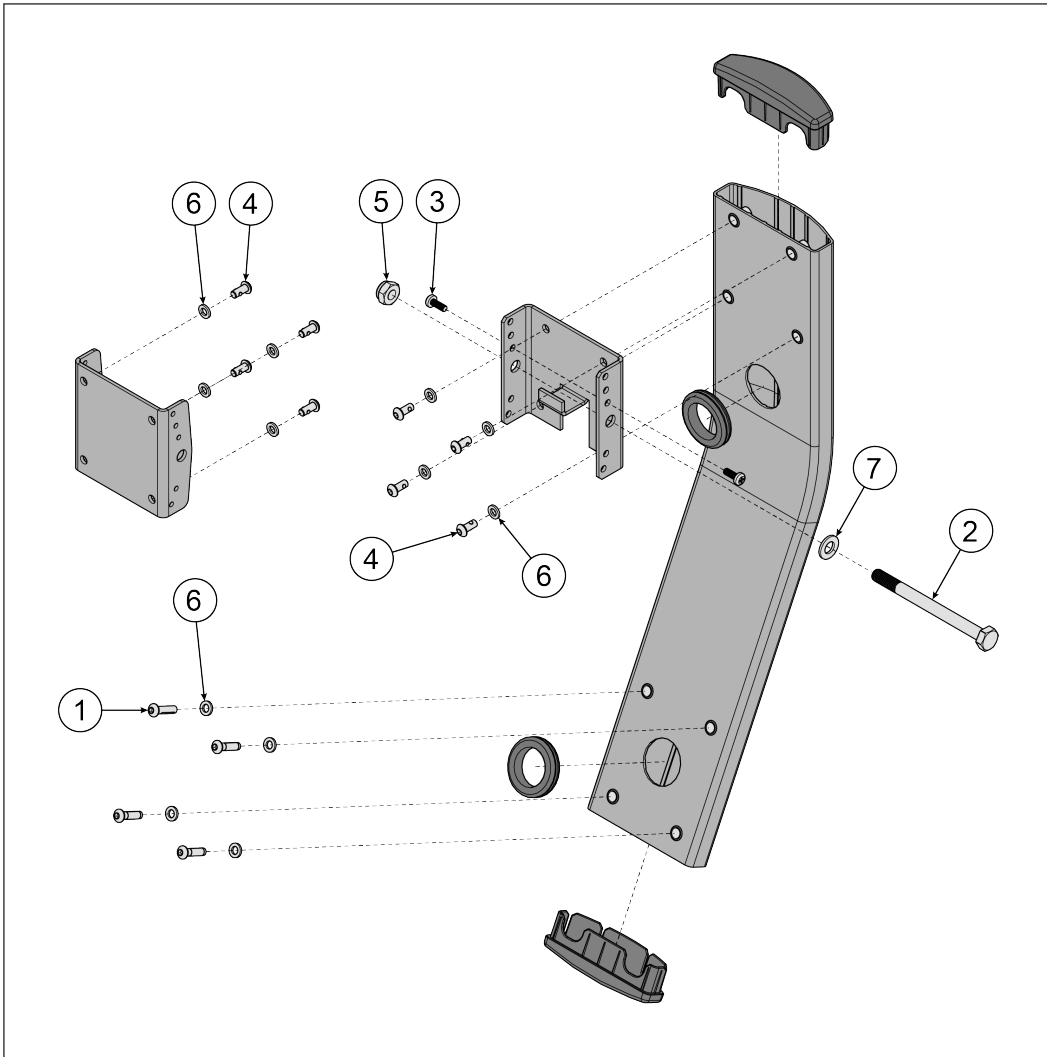
⚠ DANGER: To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.

Review Kit Parts For Your Product

This kit contains all parts needed for Arc Trainers, Bikes, Cross-Trainers, PowerMills, and Treadmills.

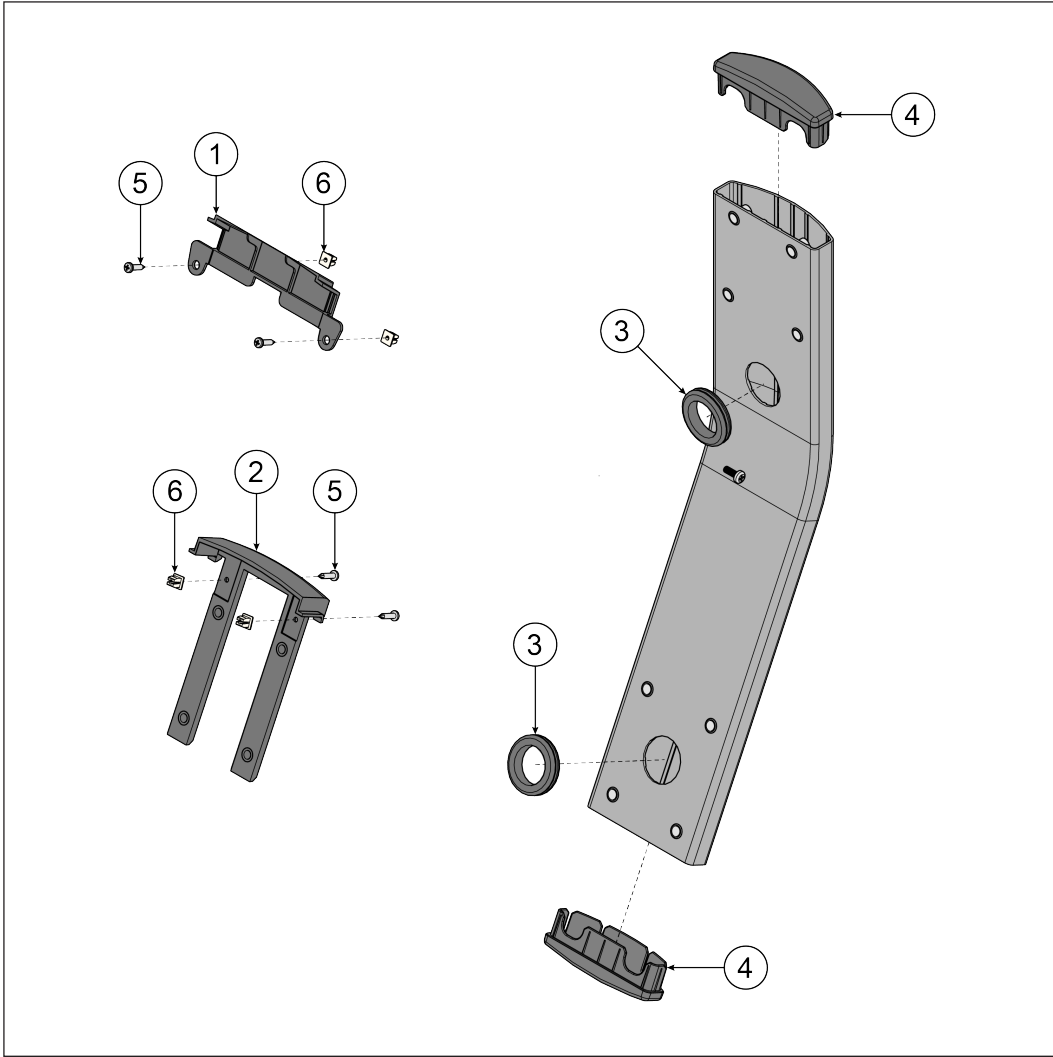
1. Review each of the sections of parts and determine which parts you need for your specific product.
 - Hardware Bag
 - Filler Shroud Bag
 - Other Kit Parts
2. Select the parts for your product. The extra parts can be discarded at the end of the assembly procedure.

Hardware Bag



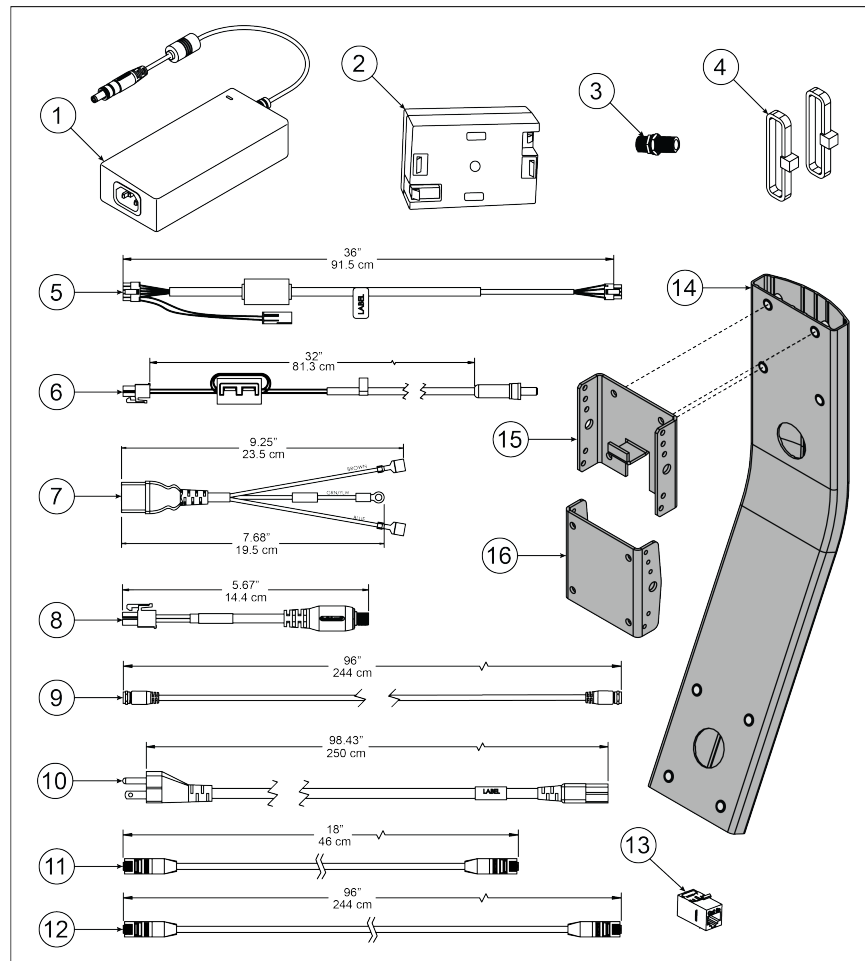
| Item | Description | Qty. |
|------|-------------------------------------|------|
| 1 | Screw, M6 x 1 x 25 mm | 4 |
| 2 | Screw, M10 x 1.5 x 120 mm, Hex Head | 1 |
| 3 | Screw, M5 x 0.8 x 14, Phillips | 2 |
| 4 | Screw, M6 x 1 x 14 mm | 8 |
| 5 | Locknut, M10 | 1 |
| 6 | Washer, M6 | 12 |
| 7 | Washer, M10 | 1 |

Filler Shroud Bag



| Item | Description | Qty. |
|------|---|------|
| 1 | Filler Shroud, Treadmill | 0 |
| 2 | Filler Shroud, Arc Trainer, Cross-Trainer, Bike | 1 |
| 3 | Large Rubber Grommet | 2 |
| 4 | End Cap | 2 |
| 5 | Screw, M4.2 x 0.7 x 19mm, Phillips | 2 |
| 6 | Small Plastic Grommet | 2 |

Other Kit Parts



| Item | Description | Qty. |
|------|--|--|
| 1 | Power Supply, 12 VDC | 1 |
| 2 | Power Adapter, (24 VDC / 12 VDC) | 1 |
| 3 | Coax F coupler | 1 |
| 4 | Cable Ties | 0 |
| 5 | TV control cable, 36" (91.5 cm) | 1 |
| 6 | TV power cable, 32" (81.3 cm) | 1 |
| 7 | Line Filter to Power Supply Cable, 9.25" (23.5 cm) | 0 |
| 8 | Power Supply to IMDB cable, 5.67" (14.4 cm) | 0 |
| 9 | Coax Cable, 96" (244 cm) | 1 (Cross-Trainer) |
| 10 | Power line cord, 98.43" (250 cm) | 1 |
| 11 | Ethernet Cable, 18" (46 mm) | 1 (Arc Trainer, Bikes, and Powermill) |
| 12 | Ethernet Cable, 96" (244 cm) | 1 (Cross-Trainer) |
| 13 | RJ-45 Coupler | 1 (Arc Trainer, Bikes, Cross-Trainer, and PowerMill) |
| 14 | TV Bracket | 1 |
| 15 | Hinge Plate | 1 |
| 16 | Hinge Weldment | 1 |

Assembly Procedure

The following procedure shows how to install the attachable TV bracket to the Aspire Arc Trainer, Recumbent and Upright Bikes. This procedure should happen before a console is installed. If a console has already been installed, remove it and set aside.

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

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

Refer to [Schematics](#) chapter for reference.

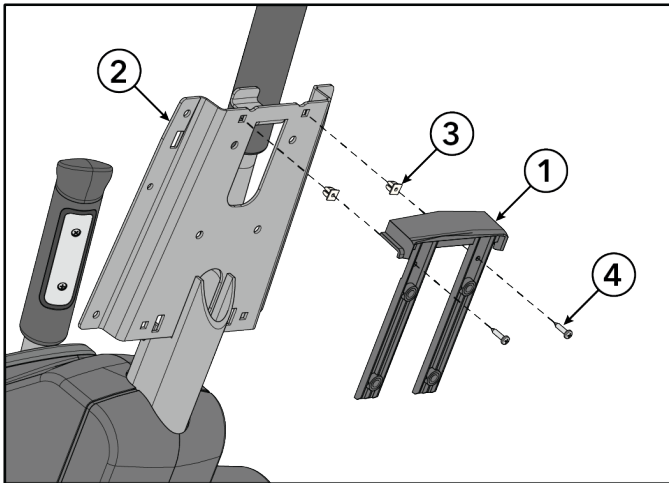
Tools Required

- #2 Phillips screwdriver
- 4 mm Allen wrench
- 11 mm open-end wrench
- 17 mm wrench (x2)
- Torque screwdriver
- Torque wrench

NOTE: Do NOT use impact drivers to install screws.

Install Attachable TV Bracket

1. Install two small plastic grommets to rear of console weldment.



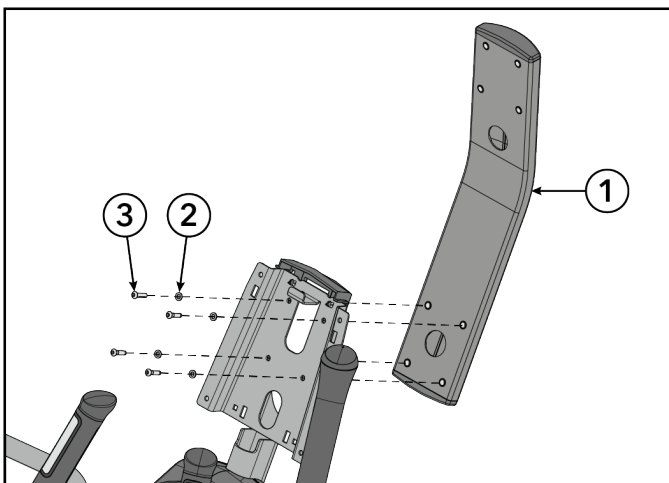
| Item | Description | Qty. |
|------|------------------------------------|------|
| 1 | Filler Shroud | 1 |
| 2 | Console Weldment | 1 |
| 3 | Small Plastic Grommet | 2 |
| 4 | Screw, M4.2 x 0.7 x 19mm, Phillips | 2 |

2. Install two screws securing filler shroud to small plastic grommets in the console weldment using a Phillips screwdriver.



Tighten hardware to 13 in-lb (1.5 Nm).

3. Install screws and washers securing TV bracket to console weldment using a 4 mm Allen wrench.

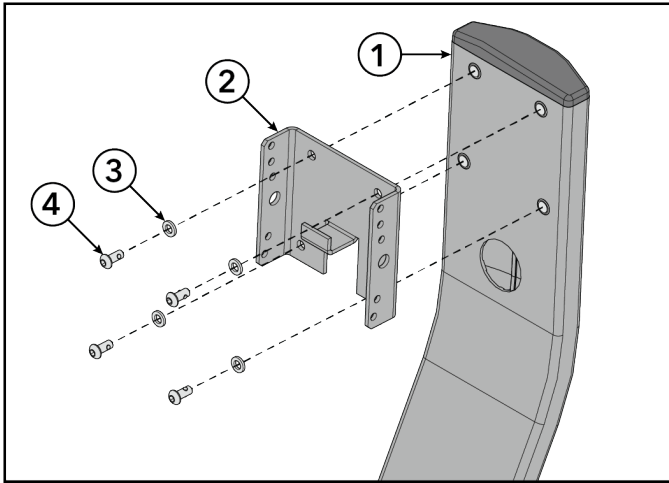


| Item | Description | Qty. |
|------|----------------------|------|
| 1 | TV Bracket | 1 |
| 2 | Washer, M6 | 4 |
| 3 | Screw, M6 x 1 x 25mm | 4 |



Tighten hardware to 81 in-lb (9.2 Nm).

4. Install screws and washers securing hinge plate to TV bracket using a 4 mm Allen wrench.

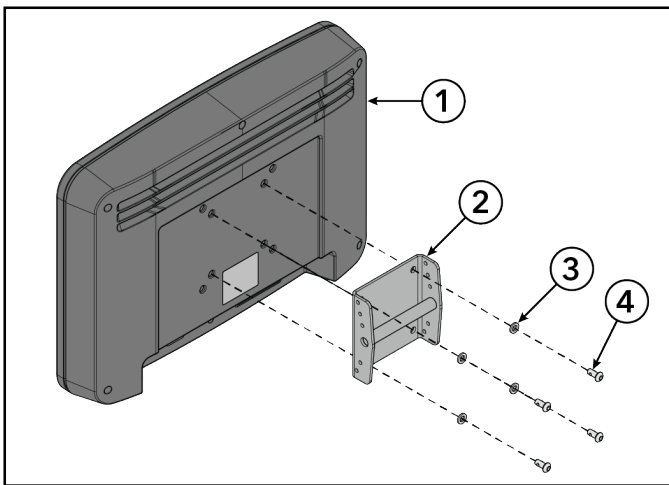


| Item | Description | Qty. |
|------|----------------------|------|
| 1 | TV Bracket | 1 |
| 2 | Hinge Plate | 1 |
| 3 | Washer, M6 | 4 |
| 4 | Screw, M6 x 1 x 14mm | 4 |



Tighten hardware to 81 in-lb (9.2 Nm).

5. Install screws and washers securing hinge weldment to rear of TV using a 4 mm Allen wrench.



| Item | Description | Qty. |
|------|----------------------|------|
| 1 | TV | 1 |
| 2 | Hinge Weldment | 1 |
| 3 | Washer, M6 | 4 |
| 4 | Screw, M6 x 1 x 14mm | 4 |



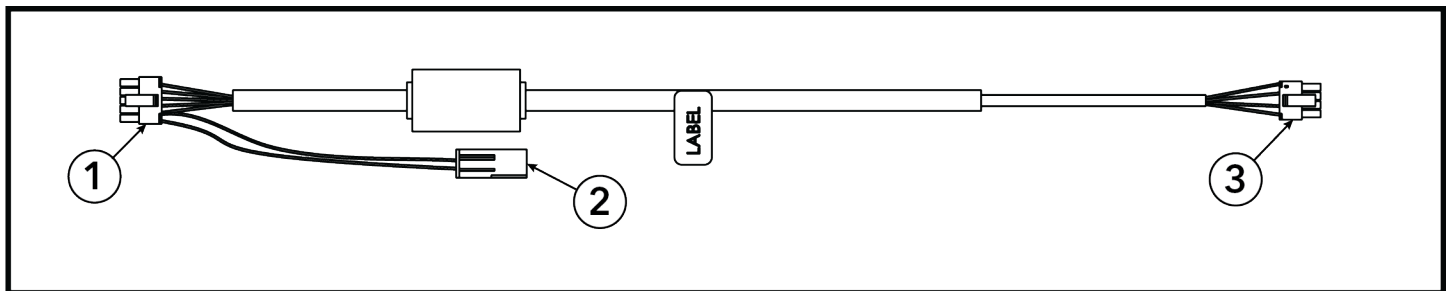
Tighten hardware to 81 in-lb (9.2 Nm).

Media Connections

Each TV type has different media connections. Refer to [Media Connections](#) chapter when connecting cables to the TV.

Install Cables

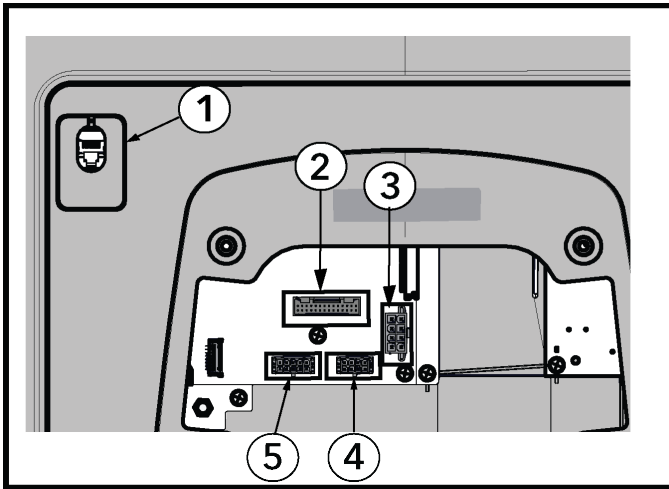
1. Plug 8 pin connector of TV control cable into TV.



| Item | Description | Qty. |
|------|------------------|------|
| 1 | 10 Pin Connector | 1 |
| 2 | 2 Pin Connector | 1 |
| 3 | 8 Pin Connector | 1 |

- When console is installed, plug 10 pin connector of TV control cable into TV connector (5) of console.

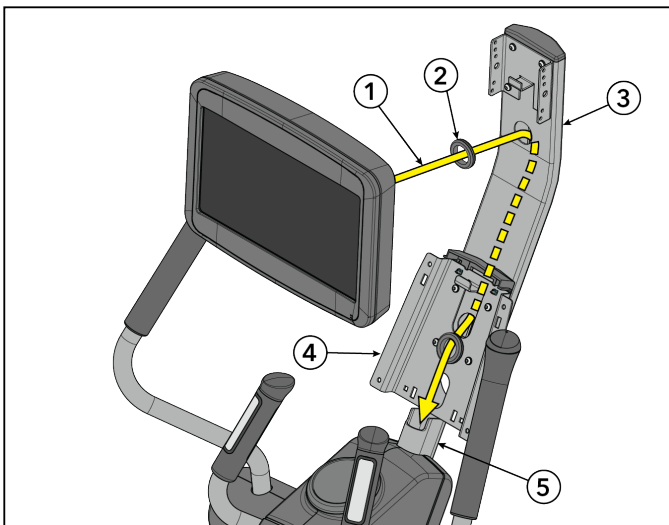
NOTE: 2 pin connector is not used.



| Item | Description | Qty. |
|------|--------------------------|------|
| 1 | CSAFE | 1 |
| 2 | Base Switches, Lifepulse | 1 |
| 3 | Base Power | 1 |
| 4 | Base Com | 1 |
| 5 | TV | 1 |

- Route all TV cables through one large rubber grommet and upper hole in attachable TV bracket.

NOTE: Make sure large rubber grommet is facing hole in attachable TV bracket correctly.



| Item | Description | Qty. |
|------|-----------------------|------|
| 1 | All TV Cables | 1 |
| 2 | Large Rubber Grommet | 2 |
| 3 | Attachable TV Bracket | 1 |
| 4 | Console Weldment | 1 |
| 5 | Monocolumn | 1 |

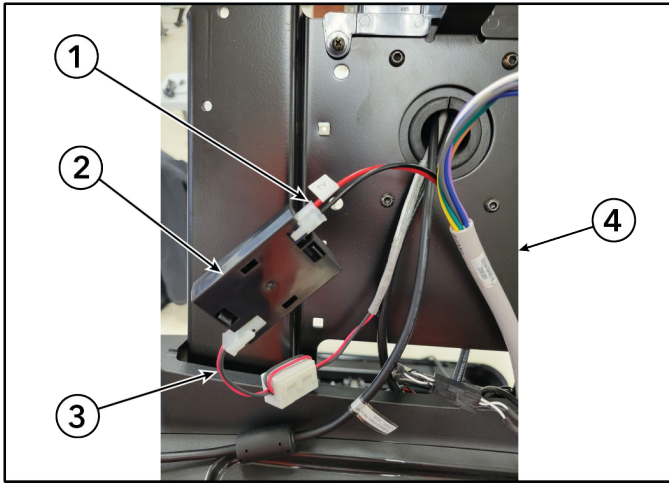
- Pull all TV cables through lower hole in attachable TV bracket and console weldment.

- Slide second large rubber grommet onto all TV cables.

NOTE: Make sure large rubber grommet is facing hole in attachable TV bracket correctly.

- Press both large rubber grommet into attachable TV bracket.

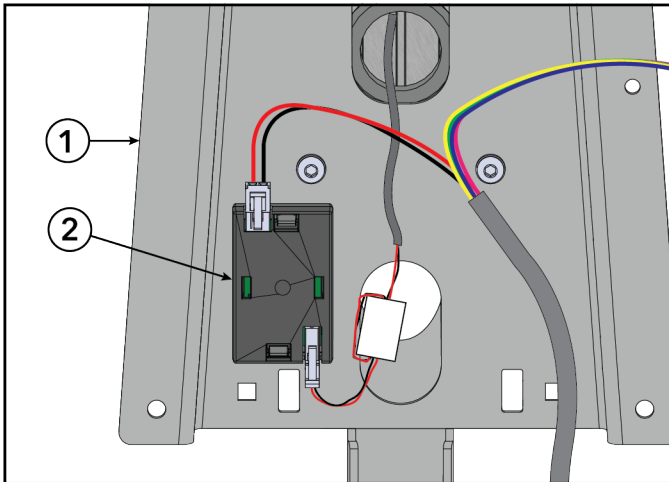
7. Plug TV power cable into power adapter.



| Item | Description | Qty. |
|------|-----------------------|------|
| 1 | Power Cable From Base | 1 |
| 2 | Power Adapter | 1 |
| 3 | TV Power Cable | 1 |
| 4 | Console Weldment | 1 |

8. Plug power cable from base into power adapter.

9. Remove double sided tape from power adapter and mount to console weldment as shown.



| Item | Description | Qty. |
|------|------------------|------|
| 1 | Console Weldment | 1 |
| 2 | Power Adapter | 1 |

10. Remove plug in communication port plate and install RJ-45 coupler.

- Connect 18" (46 mm) ethernet cable to RJ-45 coupler.
- Connect ethernet cable from base communication panel to RJ-45 coupler.

11. Plug coax or ethernet cable and TV power cable into TV.

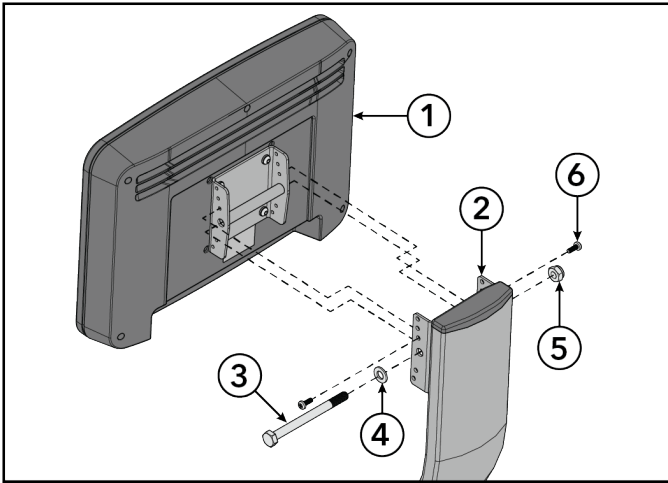
NOTE: Depending on TV, cables can differ between coax and ethernet.

- If using a conventional RF coaxial based TV, use coax cable. (DVB, ATSC, PROIDIOM/RF TV)
- If using IPTV Attachable TV, use ethernet cable. (PROIDIOM/IP TV)

Install TV

1. Align hinge weldment on TV with hinge plate on TV bracket.

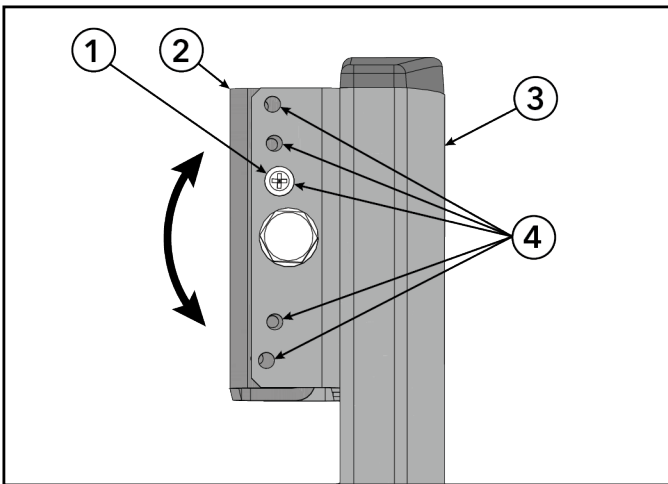
2. Install M10 screw, washer, and locknut securing hinge weldment to hinge plate using two 17mm wrenches.



| Item | Description | Qty. |
|------|------------------------------------|------|
| 1 | TV | 1 |
| 2 | TV Bracket | 1 |
| 3 | Screw, M10 x 1.5 x 120mm, Hex Head | 1 |
| 4 | Washer, M10 | 1 |
| 5 | Locknut, M10 | 1 |
| 6 | Screw, M5 x 0.8 x 14, Phillips | 2 |

3. Pick a viewing angle for the TV with one of the five mounting holes in the hinge weldment.

NOTE: TV not shown to show detail of hinge plate.



| Item | Description | Qty. |
|------|--------------------------------|------|
| 1 | Screw, M5 x 0.8 x 14, Phillips | 2 |
| 2 | Hinge Weldment | 1 |
| 3 | Hinge Plate | 1 |
| 4 | Mounting Hole | 5 |

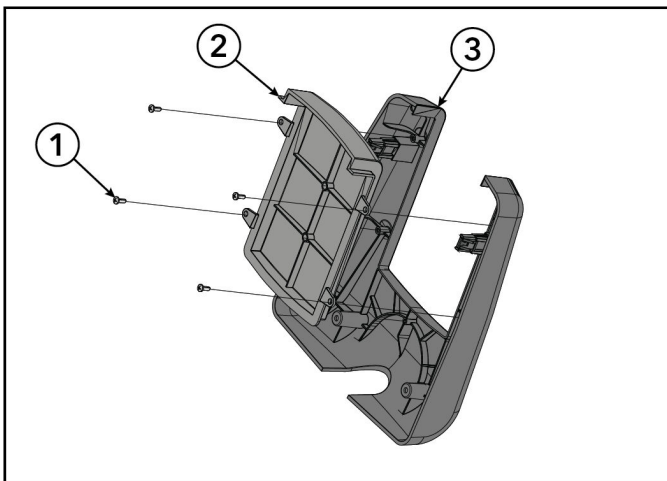
4. Install M5 screws securing hinge weldment to hinge plate using a Phillips screwdriver.



Tighten M10 hardware to 32.5 ft-lb (44 Nm) and M5 hardware to 48 in-lb (5.4 Nm).

Remove Rear Console Shroud Panel

Remove four screws securing rear console shroud panel to rear console shroud using a Phillips screwdriver.



| Item | Description | Qty. |
|------|---------------------------|------|
| 1 | Screw | 4 |
| 2 | Rear console shroud panel | 1 |
| 3 | Rear console shroud | 1 |

Connect Power Supply

1. Plug power line cord into power brick.
2. Plug power brick into power port in communication port plate.

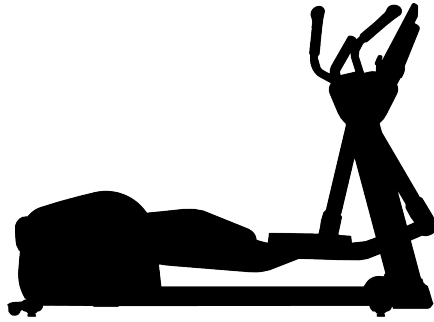
Complete Installation or Assembly

1. Install console.
2. Install rear console shroud panel.
3. See base assembly instructions to complete installation.

Test Unit For Proper Operation

3. Aspire Cross-Trainer Assembly Procedure

Overview



This kit is designed to be installed during the assembly process of a new product as well as an add-on kit for assembled products.

If you are installing this kit during the assembly process, you can skip some of the removal steps.

Some parts in this kit are not used for all products.

Make sure the product is unplugged before performing any steps.

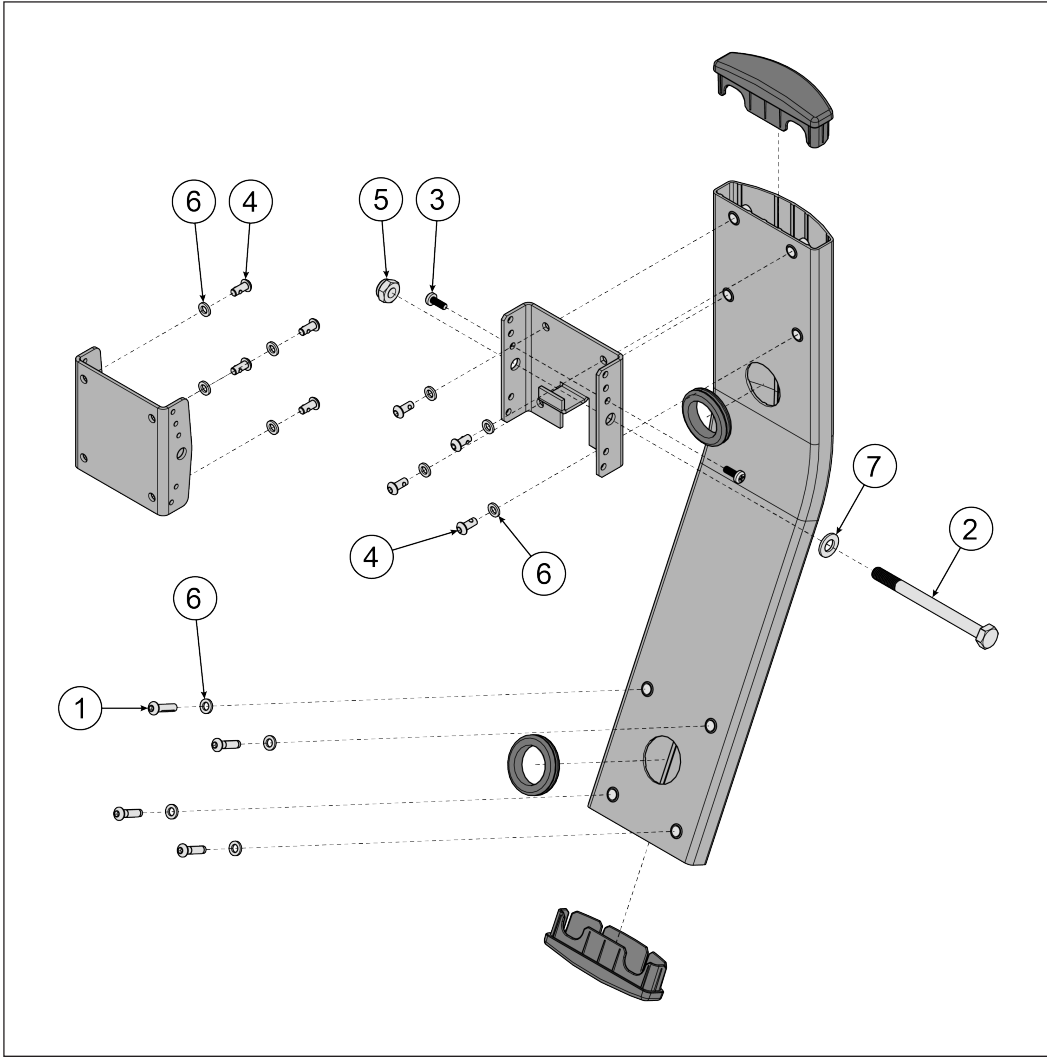
⚠ DANGER: To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.

Review Kit Parts For Your Product

This kit contains all parts needed for Arc Trainers, Bikes, Cross-Trainers, PowerMills, and Treadmills.

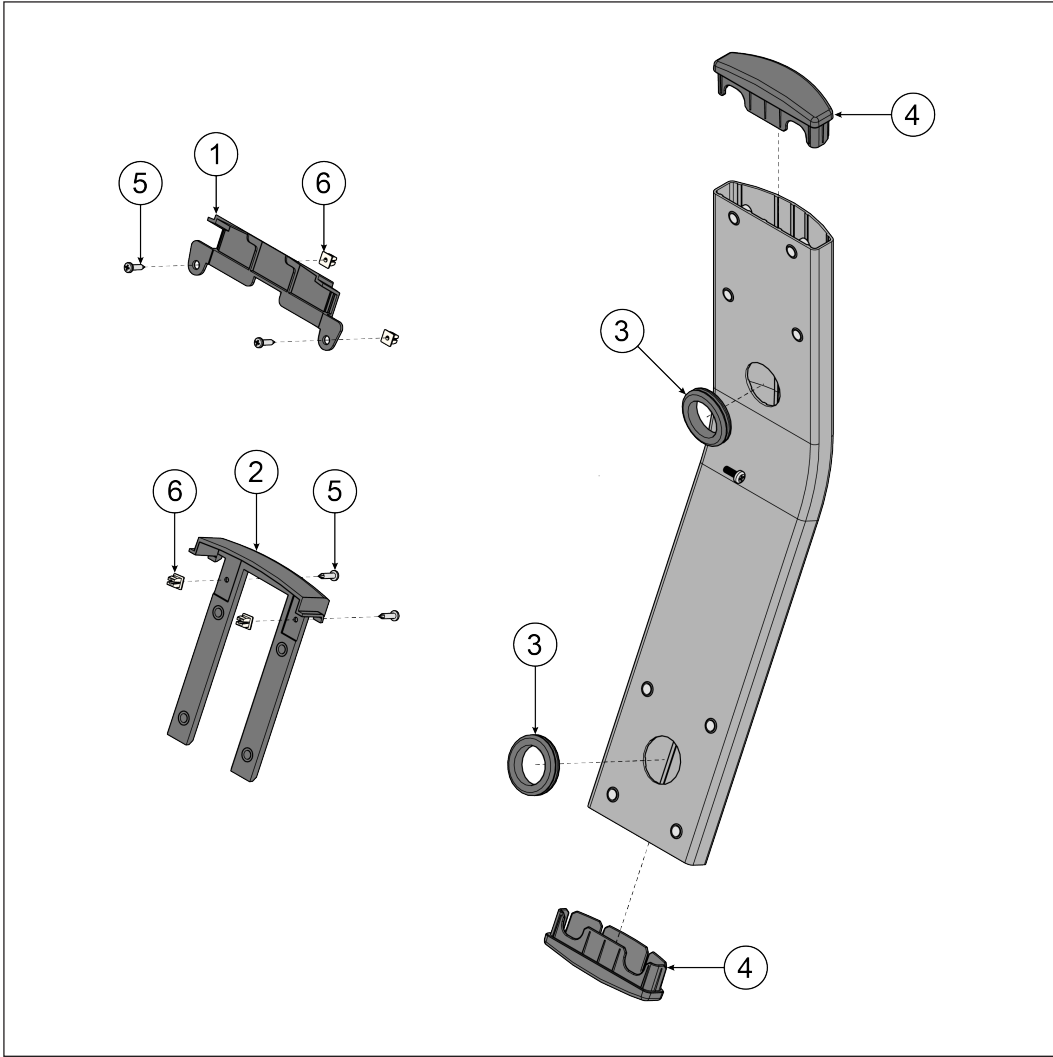
1. Review each of the sections of parts and determine which parts you need for your specific product.
 - Hardware Bag
 - Filler Shroud Bag
 - Other Kit Parts
2. Select the parts for your product. The extra parts can be discarded at the end of the assembly procedure.

Hardware Bag



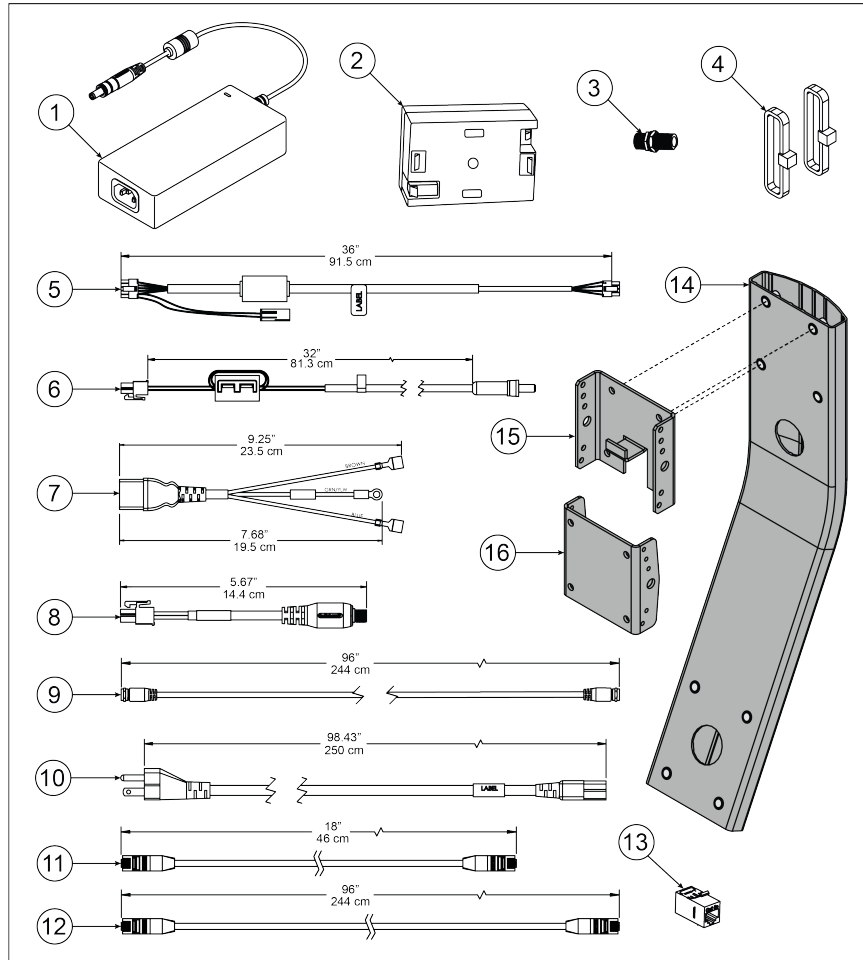
| Item | Description | Qty. |
|------|-------------------------------------|------|
| 1 | Screw, M6 x 1 x 25 mm | 4 |
| 2 | Screw, M10 x 1.5 x 120 mm, Hex Head | 1 |
| 3 | Screw, M5 x 0.8 x 14, Phillips | 2 |
| 4 | Screw, M6 x 1 x 14 mm | 8 |
| 5 | Locknut, M10 | 1 |
| 6 | Washer, M6 | 12 |
| 7 | Washer, M10 | 1 |

Filler Shroud Bag



| Item | Description | Qty. |
|------|---|------|
| 1 | Filler Shroud, Treadmill | 0 |
| 2 | Filler Shroud, Arc Trainer, Cross-Trainer, Bike | 1 |
| 3 | Large Rubber Grommet | 2 |
| 4 | End Cap | 2 |
| 5 | Screw, M4.2 x 0.7 x 19mm, Phillips | 2 |
| 6 | Small Plastic Grommet | 2 |

Other Kit Parts



| Item | Description | Qty. |
|------|--|--|
| 1 | Power Supply, 12 VDC | 1 |
| 2 | Power Adapter, (24 VDC / 12 VDC) | 1 |
| 3 | Coax F coupler | 1 |
| 4 | Cable Ties | 0 |
| 5 | TV control cable, 36" (91.5 cm) | 1 |
| 6 | TV power cable, 32" (81.3 cm) | 1 |
| 7 | Line Filter to Power Supply Cable, 9.25" (23.5 cm) | 0 |
| 8 | Power Supply to IMDB cable, 5.67" (14.4 cm) | 0 |
| 9 | Coax Cable, 96" (244 cm) | 1 (Cross-Trainer) |
| 10 | Power line cord, 98.43" (250 cm) | 1 |
| 11 | Ethernet Cable, 18" (46 mm) | 1 (Arc Trainer, Bikes, and Powermill) |
| 12 | Ethernet Cable, 96" (244 cm) | 1 (Cross-Trainer) |
| 13 | RJ-45 Coupler | 1 (Arc Trainer, Bikes, Cross-Trainer, and PowerMill) |
| 14 | TV Bracket | 1 |
| 15 | Hinge Plate | 1 |
| 16 | Hinge Weldment | 1 |

Assembly Procedure

The following procedure shows how to install the attachable TV bracket to the Aspire Cross-Trainer. This procedure should happen before a console is installed. If a console has already been installed, remove it and set aside.

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

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

Cross-Trainer has a pull-wire pre-installed in base to route 96" (244 cm) coax cable.

Refer to [Schematics](#) chapter for reference.

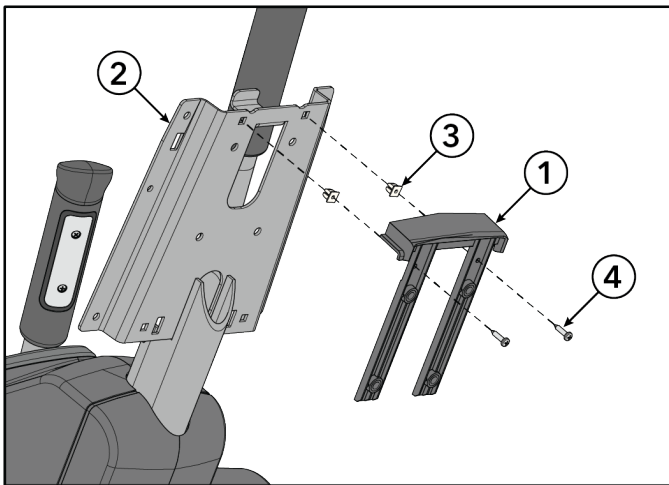
Tools Required

- #2 Phillips screwdriver
- 4 mm Allen wrench
- 11 mm open-end wrench
- 17 mm wrench (x2)
- Torque screwdriver
- Torque wrench

NOTE: Do NOT use impact drivers to install screws.

Install Attachable TV Bracket

1. Install two small plastic grommets to rear of console weldment.



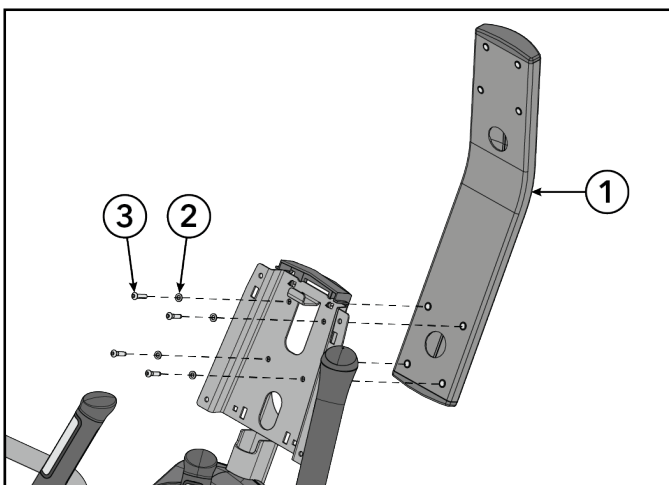
| Item | Description | Qty. |
|------|------------------------------------|------|
| 1 | Filler Shroud | 1 |
| 2 | Console Weldment | 1 |
| 3 | Small Plastic Grommet | 2 |
| 4 | Screw, M4.2 x 0.7 x 19mm, Phillips | 2 |

2. Install two screws securing filler shroud to small plastic grommets in the console weldment using a Phillips screwdriver.



Tighten hardware to 13 in-lb (1.5 Nm).

3. Install screws and washers securing TV bracket to console weldment using a 4 mm Allen wrench.

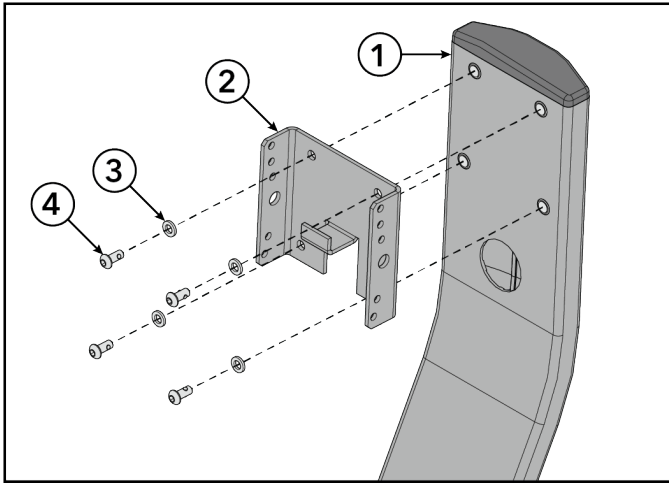


| Item | Description | Qty. |
|------|----------------------|------|
| 1 | TV Bracket | 1 |
| 2 | Washer, M6 | 4 |
| 3 | Screw, M6 x 1 x 25mm | 4 |



Tighten hardware to 81 in-lb (9.2 Nm).

4. Install screws and washers securing hinge plate to TV bracket using a 4 mm Allen wrench.

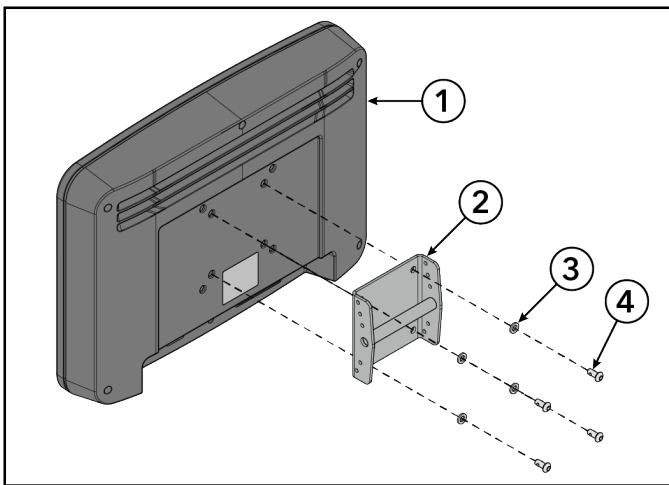


| Item | Description | Qty. |
|------|----------------------|------|
| 1 | TV Bracket | 1 |
| 2 | Hinge Plate | 1 |
| 3 | Washer, M6 | 4 |
| 4 | Screw, M6 x 1 x 14mm | 4 |



Tighten hardware to 81 in-lb (9.2 Nm).

5. Install screws and washers securing hinge weldment to rear of TV using a 4 mm Allen wrench.



| Item | Description | Qty. |
|------|----------------------|------|
| 1 | TV | 1 |
| 2 | Hinge Weldment | 1 |
| 3 | Washer, M6 | 4 |
| 4 | Screw, M6 x 1 x 14mm | 4 |



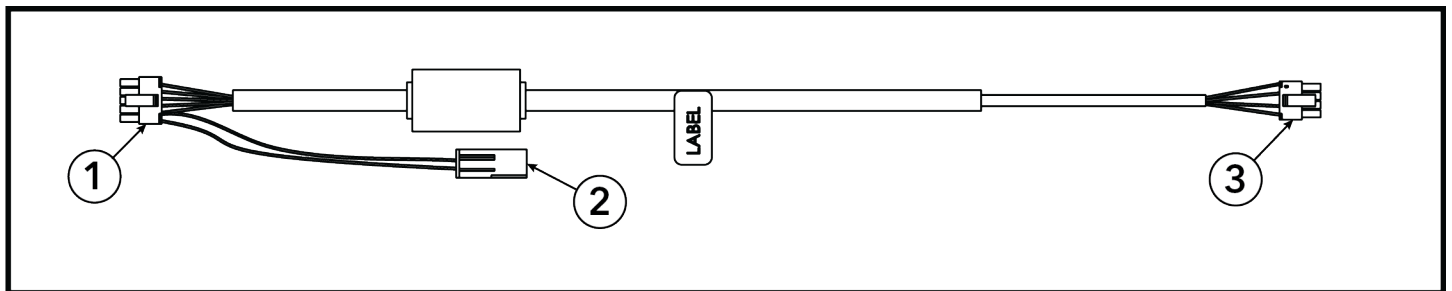
Tighten hardware to 81 in-lb (9.2 Nm).

Media Connections

Each TV type has different media connections. Refer to [Media Connections](#) chapter when connecting cables to the TV.

Install Cables

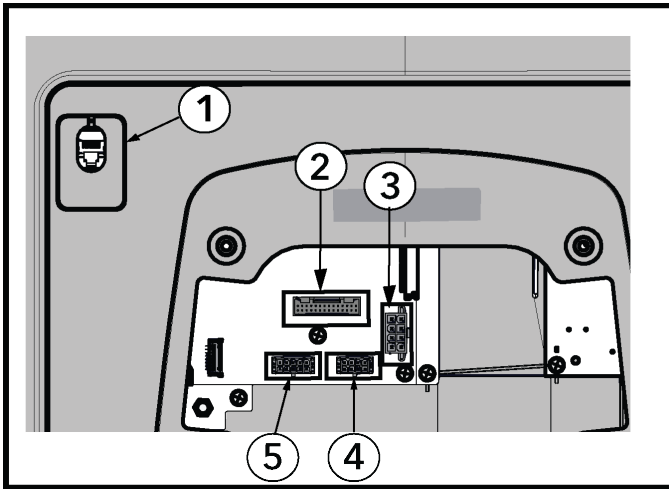
1. Plug 8 pin connector of TV control cable into TV.



| Item | Description | Qty. |
|------|------------------|------|
| 1 | 10 Pin Connector | 1 |
| 2 | 2 Pin Connector | 1 |
| 3 | 8 Pin Connector | 1 |

- When console is installed, plug 10 pin connector of TV control cable into TV connector (5) of console.

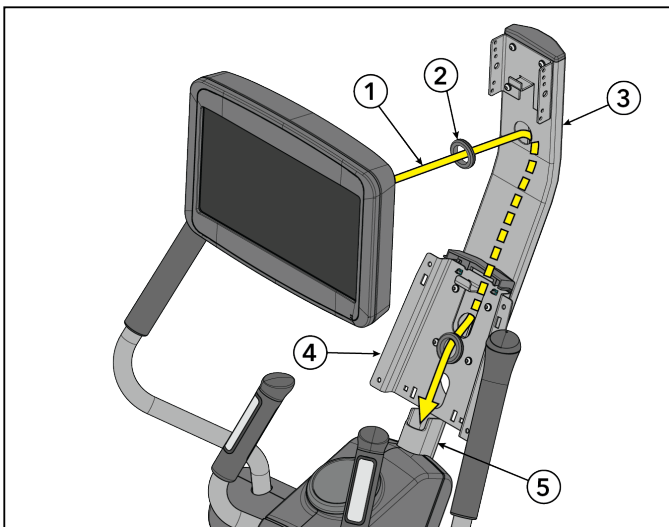
NOTE: 2 pin connector is not used.



| Item | Description | Qty. |
|------|--------------------------|------|
| 1 | CSAFE | 1 |
| 2 | Base Switches, Lifepulse | 1 |
| 3 | Base Power | 1 |
| 4 | Base Com | 1 |
| 5 | TV | 1 |

- Route all TV cables through one large rubber grommet and upper hole in attachable TV bracket.

NOTE: Make sure large rubber grommet is facing hole in attachable TV bracket correctly.



| Item | Description | Qty. |
|------|-----------------------|------|
| 1 | All TV Cables | 1 |
| 2 | Large Rubber Grommet | 2 |
| 3 | Attachable TV Bracket | 1 |
| 4 | Console Weldment | 1 |
| 5 | Monocolumn | 1 |

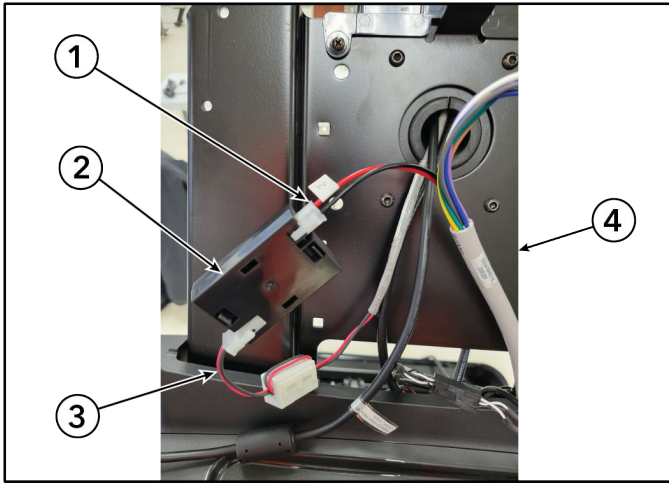
- Pull all TV cables through lower hole in attachable TV bracket and console weldment.

- Slide second large rubber grommet onto all TV cables.

NOTE: Make sure large rubber grommet is facing hole in attachable TV bracket correctly.

- Press both large rubber grommet into attachable TV bracket.

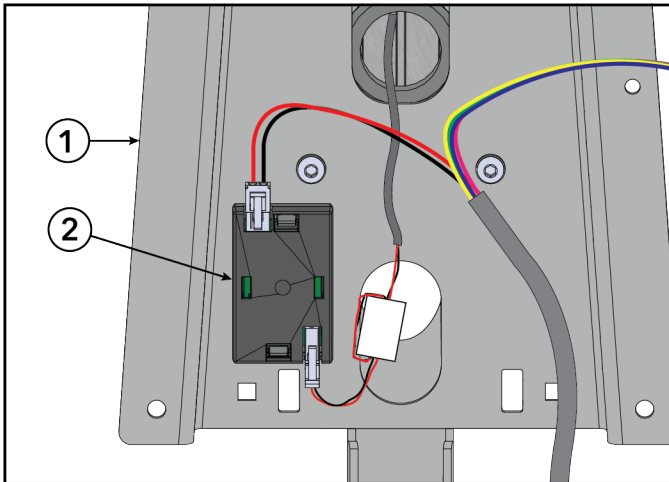
7. Plug TV power cable into power adapter.



| Item | Description | Qty. |
|------|-----------------------|------|
| 1 | Power Cable From Base | 1 |
| 2 | Power Adapter | 1 |
| 3 | TV Power Cable | 1 |
| 4 | Console Weldment | 1 |

8. Plug power cable from base into power adapter.

9. Remove double sided tape from power adapter and mount to console weldment as shown.



| Item | Description | Qty. |
|------|------------------|------|
| 1 | Console Weldment | 1 |
| 2 | Power Adapter | 1 |

Install Coax or 96" (244 cm) Ethernet Cable

NOTE: Depending on TV, cables can differ between coax and ethernet.

- If using a conventional RF coaxial based TV, use coax cable. (DVB, ATSC, PROIDIOM/RF TV)
- If using IPTV Attachable TV, use ethernet cable. (PROIDIOM/IP TV)

1. Plug coax or ethernet cable and TV power cable into TV.

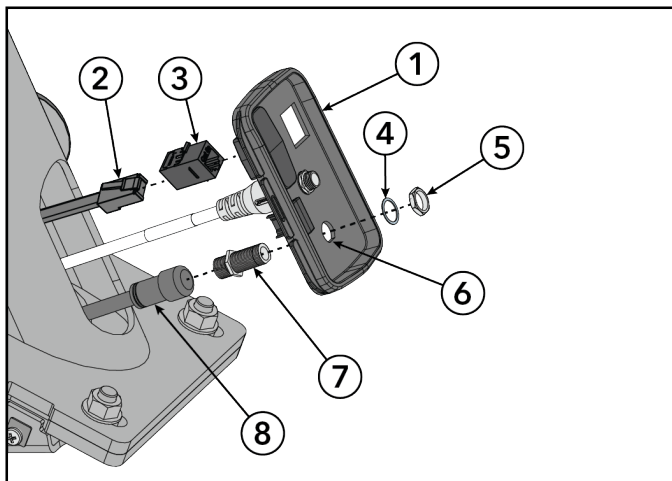
2. Wrap upper end of pull-wire around coax or 96" (244 cm) ethernet cable connector and twist to temporarily fasten.

NOTE: If lower shrouds have already been installed, remove them using a Phillips screwdriver and set aside.

3. Use pull-wire to pull coax or ethernet cable down through monocolumn and out hole at the bottom.

4. Remove pull-wire from coax or ethernet cable.

- If installing ethernet cable, insert ethernet coupler into communication port from the back of the plate.



| Item | Description | Qty. |
|------|-------------------------------------|------|
| 1 | Communication Port Plate | 1 |
| 2 | Ethernet Cable | 1 |
| 3 | Ethernet Coupler | 1 |
| 4 | Washer | 1 |
| 5 | Nut | 1 |
| 6 | D-Shaped Hole in Communication Port | 1 |
| 7 | Coax F Coupler | 1 |
| 8 | Coax Cable | 1 |

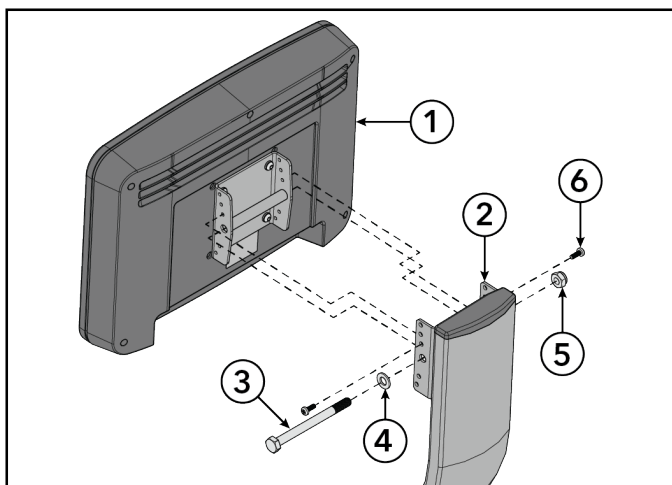
- If installing coax coupler, remove nut and washer from coax F coupler. Insert coax F coupler into communication port from the back of the plate. Install washer and nut to coax F coupler and secure using an 11 mm open end wrench.

NOTE: Hole in communication port plate is D-shaped for coax F coupler.

- Connect coax or ethernet cable to back side of communication port plate.

Install TV

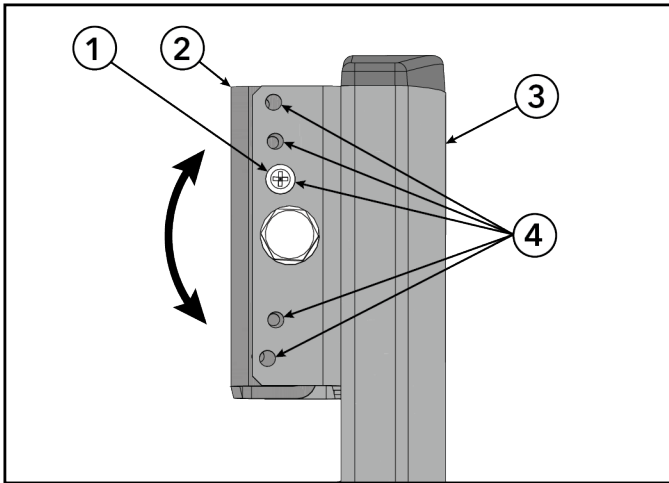
- Align hinge weldment on TV with hinge plate on TV bracket.
- Install M10 screw, washer, and locknut securing hinge weldment to hinge plate using two 17mm wrenches.



| Item | Description | Qty. |
|------|------------------------------------|------|
| 1 | TV | 1 |
| 2 | TV Bracket | 1 |
| 3 | Screw, M10 x 1.5 x 120mm, Hex Head | 1 |
| 4 | Washer, M10 | 1 |
| 5 | Locknut, M10 | 1 |
| 6 | Screw, M5 x 0.8 x 14, Phillips | 2 |

- Pick a viewing angle for the TV with one of the five mounting holes in the hinge weldment.

NOTE: TV not shown to show detail of hinge plate.



| Item | Description | Qty. |
|------|--------------------------------|------|
| 1 | Screw, M5 x 0.8 x 14, Phillips | 2 |
| 2 | Hinge Weldment | 1 |
| 3 | Hinge Plate | 1 |
| 4 | Mounting Hole | 5 |

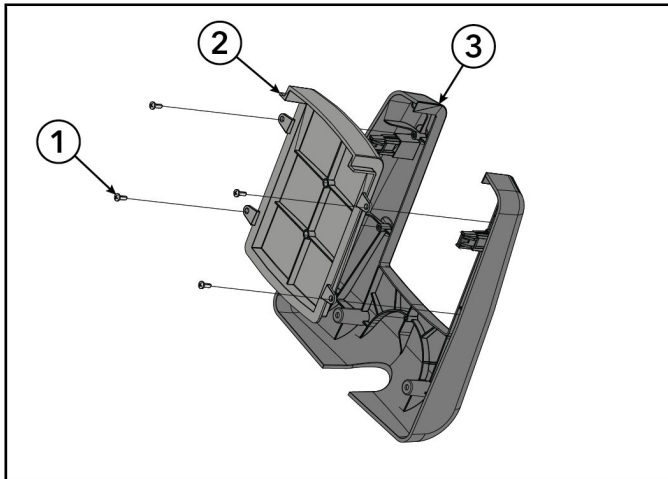
- Install M5 screws securing hinge weldment to hinge plate using a Phillips screwdriver.



Tighten M10 hardware to 32.5 ft-lb (44 Nm) and M5 hardware to 48 in-lb (5.4 Nm).

Remove Rear Console Shroud Panel

Remove four screws securing rear console shroud panel to rear console shroud using a Phillips screwdriver.



| Item | Description | Qty. |
|------|---------------------------|------|
| 1 | Screw | 4 |
| 2 | Rear console shroud panel | 1 |
| 3 | Rear console shroud | 1 |

Connect Power Supply

- Plug power line cord into power brick.
- Plug power brick into power port in communication port plate.

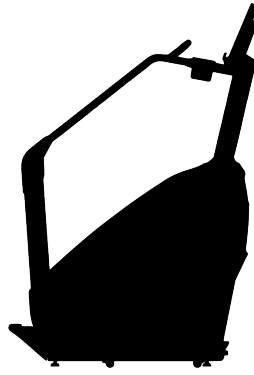
Complete Installation or Assembly

- Install console.
- Install rear console shroud panel.
- See base assembly instructions to complete installation.

Test Unit For Proper Operation

4. Aspire PowerMill Assembly Procedure

Overview



This kit is designed to be installed during the assembly process of a new product as well as an add-on kit for assembled products.

If you are installing this kit during the assembly process, you can skip some of the removal steps.

Some parts in this kit are not used for all products.

Make sure the product is unplugged before performing any steps.

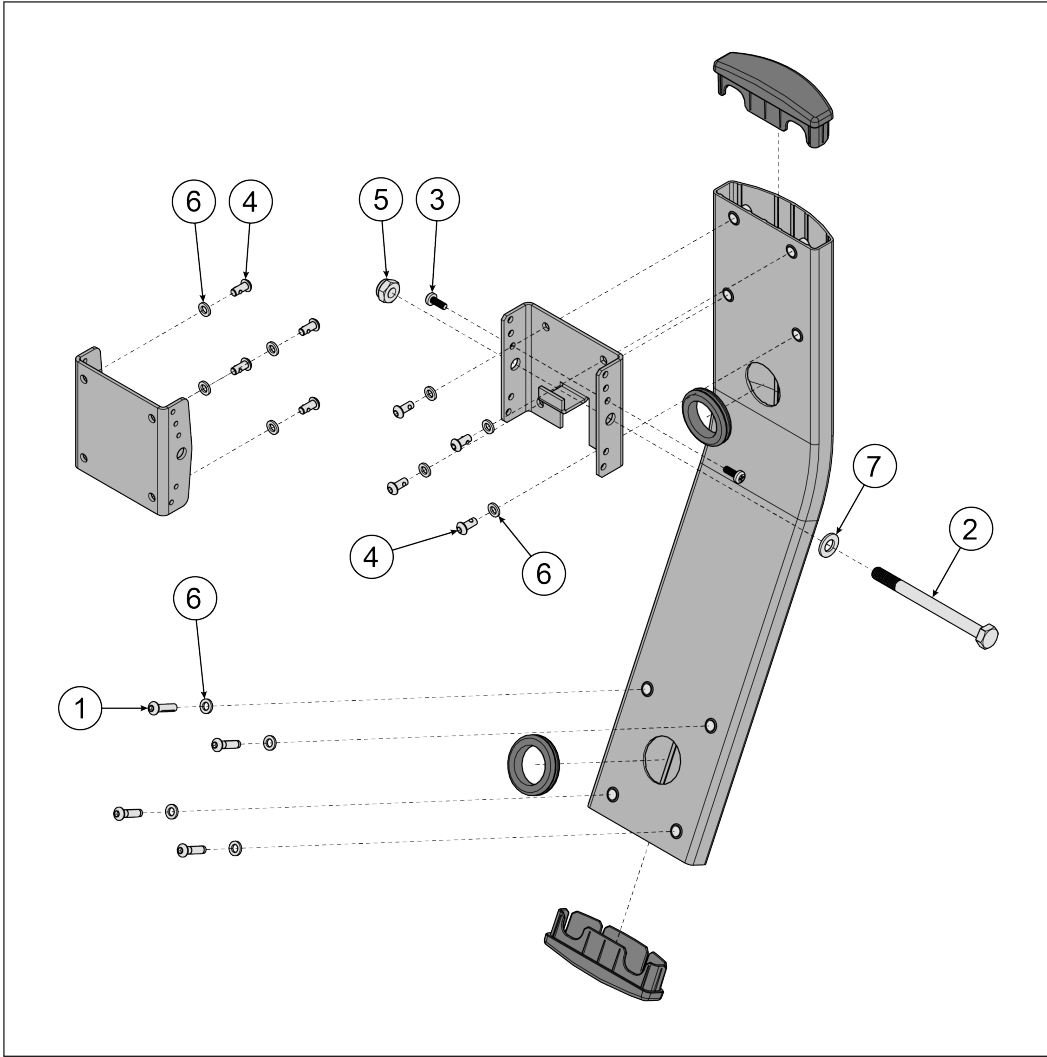
⚠ DANGER: To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.

Review Kit Parts For Your Product

This kit contains all parts needed for Arc Trainers, Bikes, Cross-Trainers, PowerMills, and Treadmills.

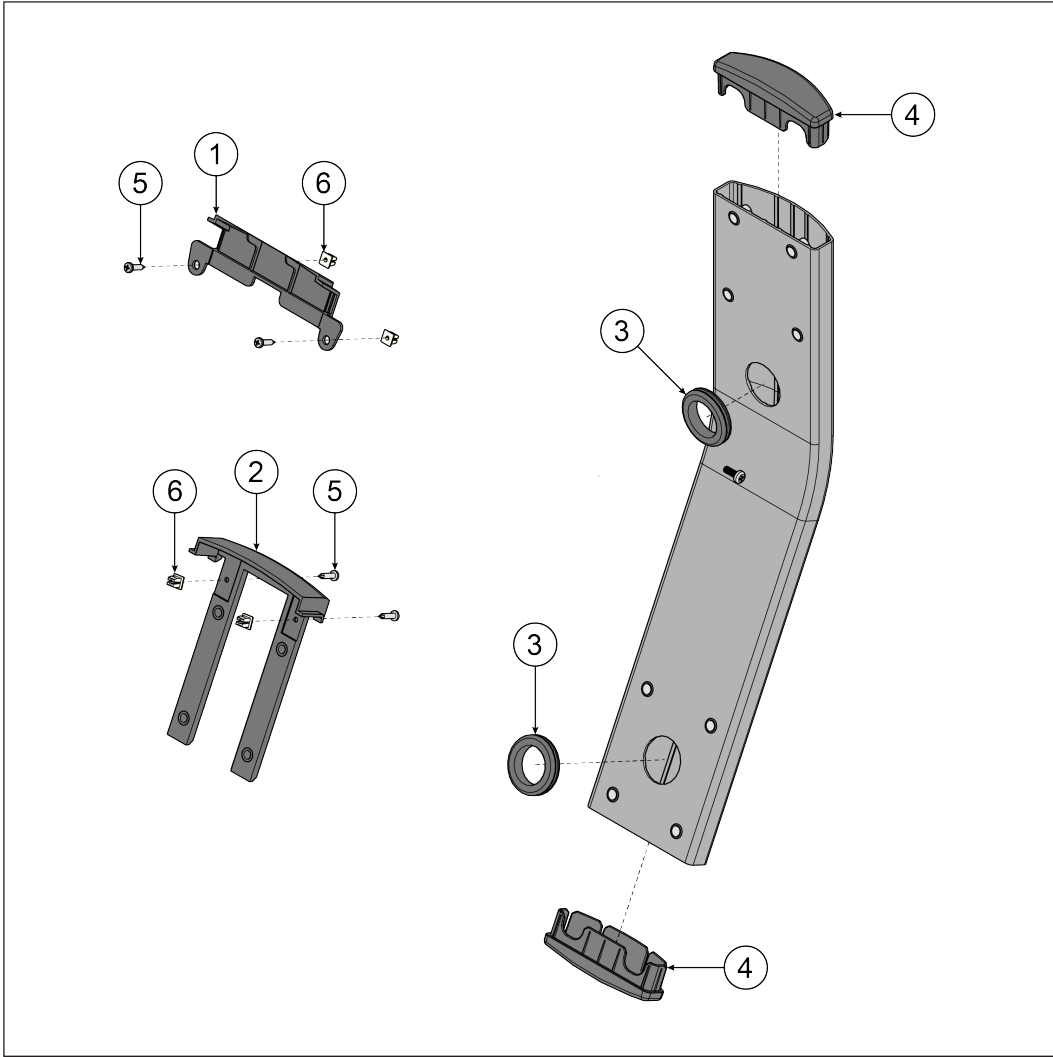
1. Review each of the sections of parts and determine which parts you need for your specific product.
 - Hardware Bag
 - Filler Shroud Bag
 - Other Kit Parts
2. Select the parts for your product. The extra parts can be discarded at the end of the assembly procedure.

Hardware Bag



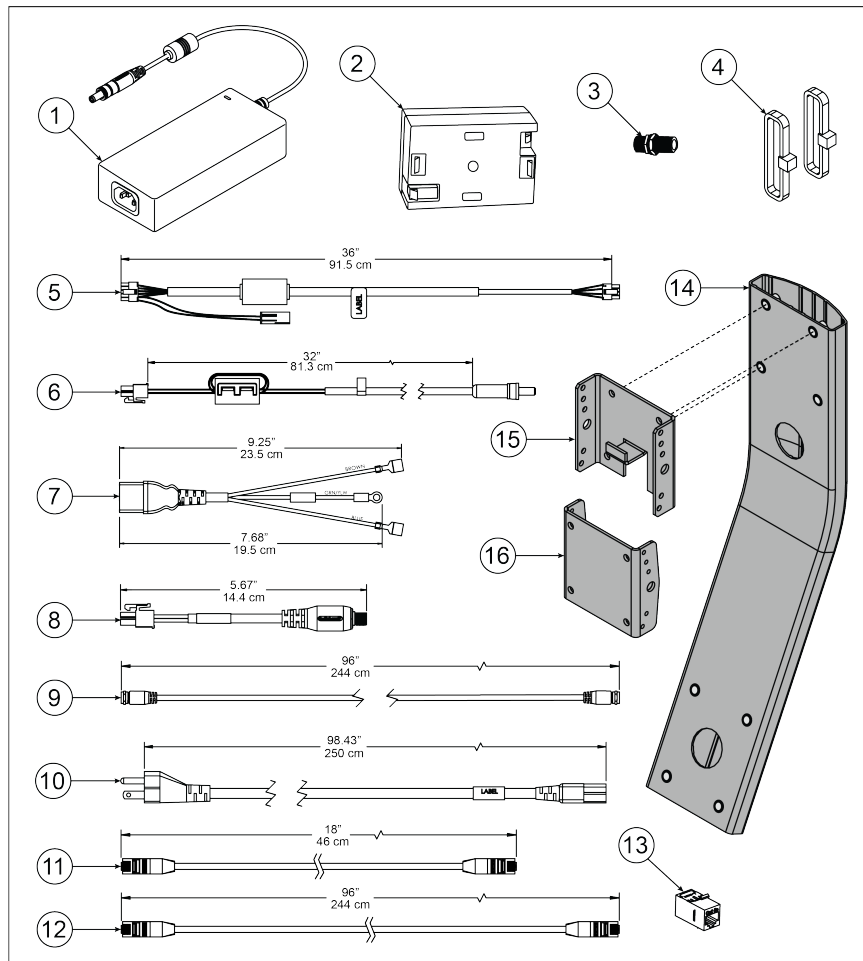
| Item | Description | Qty. |
|------|-------------------------------------|------|
| 1 | Screw, M6 x 1 x 25 mm | 4 |
| 2 | Screw, M10 x 1.5 x 120 mm, Hex Head | 1 |
| 3 | Screw, M5 x 0.8 x 14, Phillips | 2 |
| 4 | Screw, M6 x 1 x 14 mm | 8 |
| 5 | Locknut, M10 | 1 |
| 6 | Washer, M6 | 12 |
| 7 | Washer, M10 | 1 |

Filler Shroud Bag



| Item | Description | Qty. |
|------|---|------|
| 1 | Filler Shroud, Treadmill | 0 |
| 2 | Filler Shroud, Arc Trainer, Cross-Trainer, Bike | 0 |
| 3 | Large Rubber Grommet | 2 |
| 4 | End Cap | 2 |
| 5 | Screw, M4.2 x 0.7 x 19mm, Phillips | 0 |
| 6 | Small Plastic Grommet | 0 |

Other Kit Parts



| Item | Description | Qty. |
|------|--|------|
| 1 | Power Supply, 12 VDC | 0 |
| 2 | Power Adapter, (24 VDC / 12 VDC) | 1 |
| 3 | Coax F coupler | 0 |
| 4 | Cable Ties | 0 |
| 5 | TV control cable, 36" (91.5 cm) | 1 |
| 6 | TV power cable, 32" (81.3 cm) | 1 |
| 7 | Line Filter to Power Supply Cable, 9.25" (23.5 cm) | 0 |
| 8 | Power Supply to IMDB cable, 5.67" (14.4 cm) | 0 |
| 9 | Coax Cable, 96" (244 cm) | 0 |
| 10 | Power line cord, 98.43" (250 cm) | 0 |
| 11 | Ethernet Cable, 18" (46 mm) | 1 |
| 12 | Ethernet Cable, 96" (244 cm) | 0 |
| 13 | RJ-45 Coupler | 1 |
| 14 | TV Bracket | 1 |
| 15 | Hinge Plate | 1 |
| 16 | Hinge Weldment | 1 |

Assembly Procedure

The following procedure shows how to install the attachable TV bracket to the Aspire PowerMill. This procedure should happen before a console is installed. If a console has already been installed, remove it and set aside.

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

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

Refer to [Schematics](#) chapter for reference.

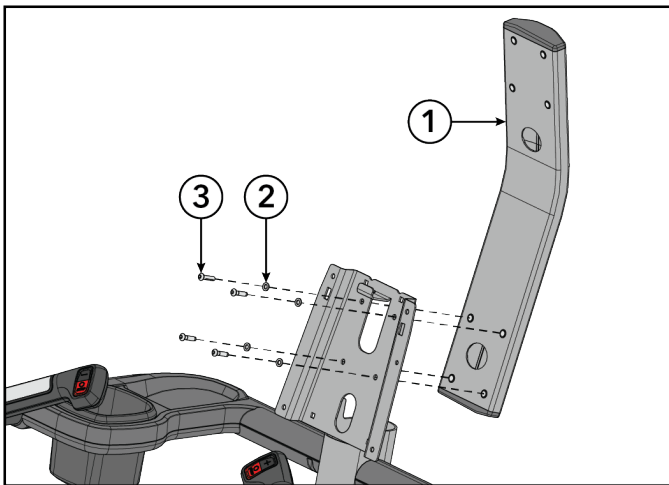
Tools Required

- 4 mm Allen wrench
- 17 mm wrench (x2)
- #2 Phillips screwdriver
- Torque screwdriver
- Torque wrench

NOTE: Do NOT use impact drivers to install screws.

Install Attachable TV Bracket

1. Install four screws and four washers securing TV bracket to console weldment using a 4 mm Allen wrench.

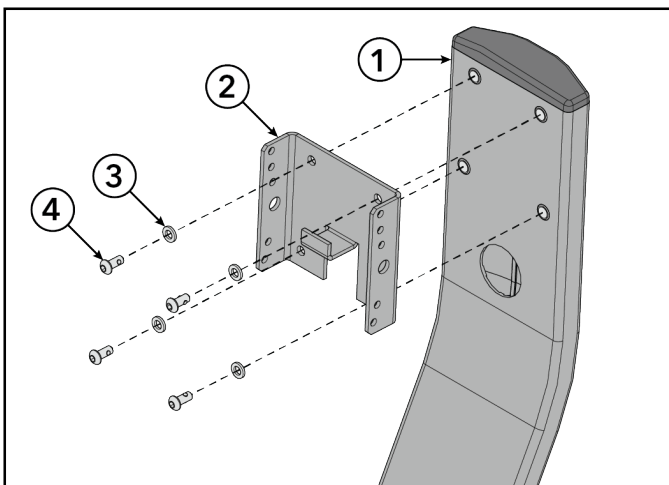


| Item | Description | Qty. |
|------|----------------------|------|
| 1 | TV Bracket | 1 |
| 3 | Washer, M6 | 4 |
| 4 | Screw, M6 x 1 x 25mm | 4 |



Tighten hardware to 81 in-lb (9.2 Nm).

2. Install screws and washers securing hinge plate to TV bracket using a 4 mm Allen wrench.

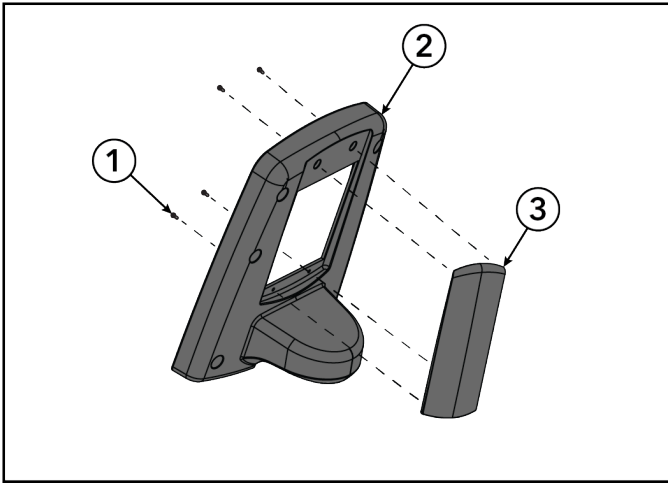


| Item | Description | Qty. |
|------|----------------------|------|
| 1 | TV Bracket | 1 |
| 2 | Hinge Plate | 1 |
| 3 | Washer, M6 | 4 |
| 4 | Screw, M6 x 1 x 14mm | 4 |



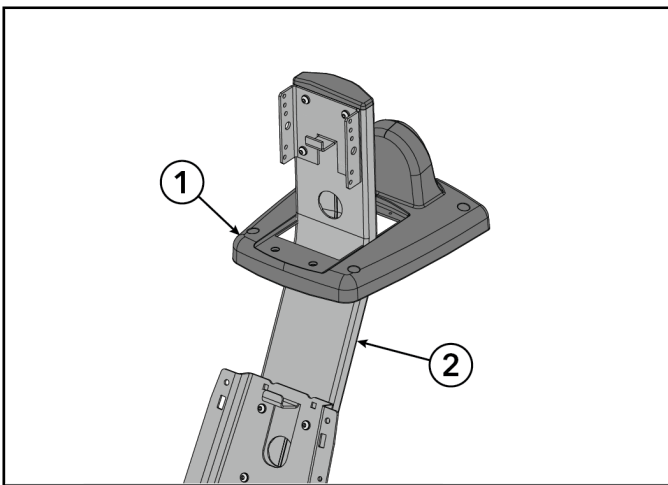
Tighten hardware to 81 in-lb (9.2 Nm).

3. Remove four screws securing rear console shroud panel to rear console shroud using a Phillips screwdriver.



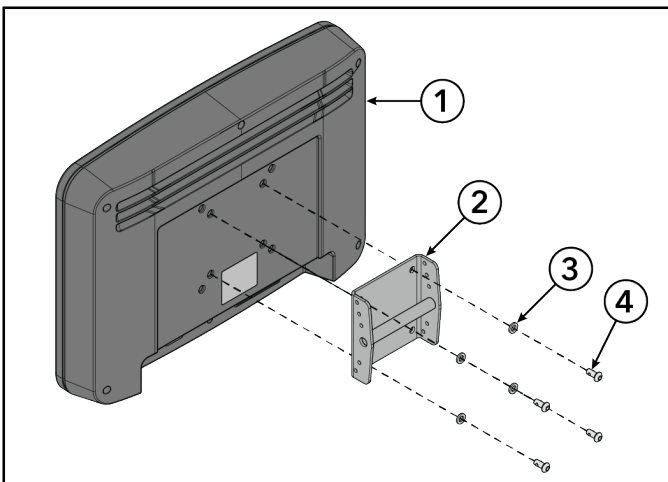
| Item | Description | Qty. |
|------|---------------------------|------|
| 1 | Screw | 4 |
| 2 | Rear console shroud | 1 |
| 3 | Rear console shroud panel | 1 |

4. Install rear console shroud panel by sliding down over TV bracket. Note orientation of rear console shroud panel.



| Item | Description | Qty. |
|------|---------------------------|------|
| 1 | Rear Console Shroud Panel | 1 |
| 2 | TV Bracket | 1 |

5. Install screws and washers securing hinge weldment to rear of TV using a 4 mm Allen wrench.



| Item | Description | Qty. |
|------|----------------------|------|
| 1 | TV | 1 |
| 2 | Hinge Weldment | 1 |
| 3 | Washer, M6 | 4 |
| 4 | Screw, M6 x 1 x 14mm | 4 |



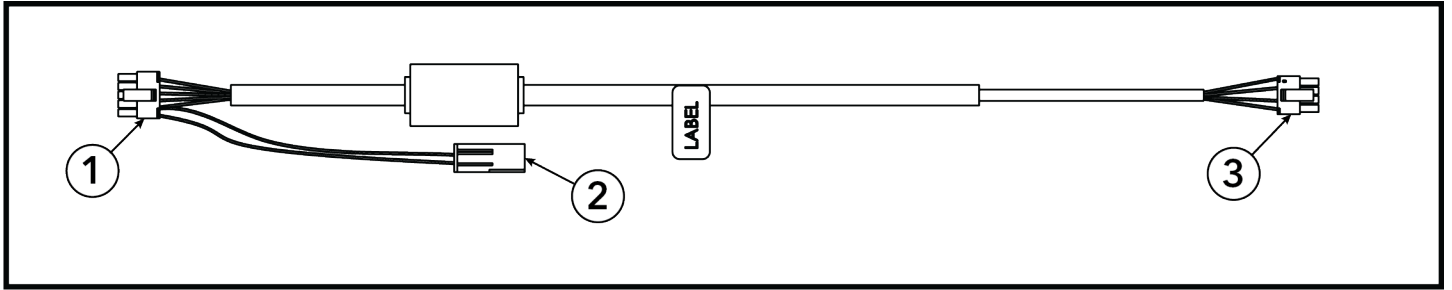
Tighten hardware to 81 in-lb (9.2 Nm).

Media Connections

Each TV type has different media connections. Refer to [Media Connections](#) chapter when connecting cables to the TV.

Install Cables

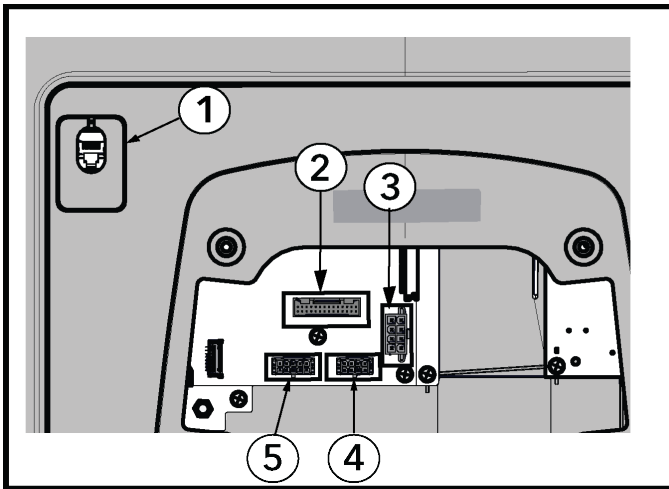
1. Plug 8 pin connector of TV control cable into TV.



| Item | Description | Qty. |
|------|------------------|------|
| 1 | 10 Pin Connector | 1 |
| 2 | 2 Pin Connector | 1 |
| 3 | 8 Pin Connector | 1 |

2. When console is installed, plug 10 pin connector of TV control cable into TV connector (5) of console.

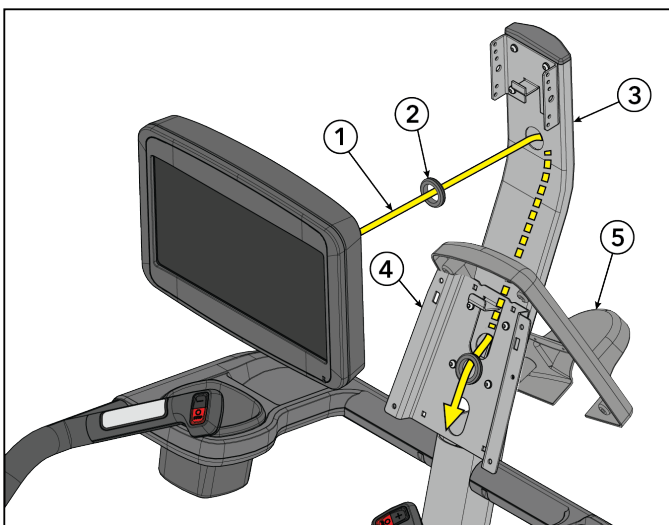
NOTE: 2 pin connector is not used.



| Item | Description | Qty. |
|------|--------------------------|------|
| 1 | CSAFE | 1 |
| 2 | Base Switches, Lifepulse | 1 |
| 3 | Base Power | 1 |
| 4 | Base Com | 1 |
| 5 | TV | 1 |

3. Route all TV cables through one large rubber grommet and upper hole in attachable TV bracket.

NOTE: Make sure large rubber grommet is facing hole in attachable TV bracket correctly.



| Item | Description | Qty. |
|------|---------------------------|------|
| 1 | All TV Cables | 1 |
| 2 | Large Rubber Grommet | 2 |
| 3 | Attachable TV Bracket | 1 |
| 4 | Console Weldment | 1 |
| 5 | Rear Console Shroud Panel | 1 |

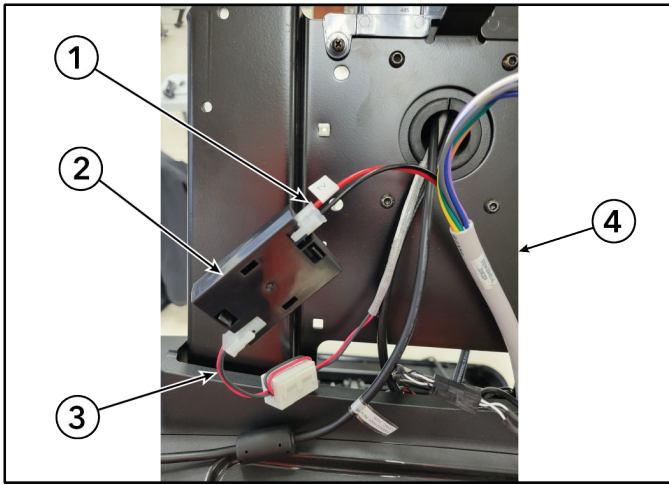
4. Pull all TV cables through lower hole in attachable TV bracket and console weldment.

5. Slide second large rubber grommet onto all TV cables.

NOTE: Make sure large rubber grommet is facing hole in attachable TV bracket correctly.

6. Press both large rubber grommet into attachable TV bracket.

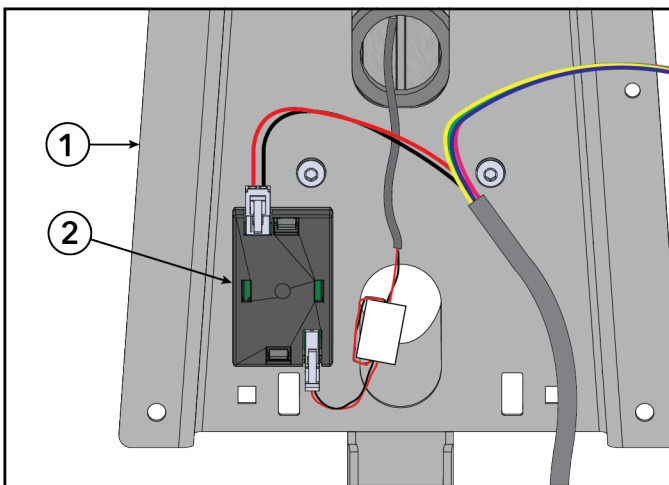
7. Plug TV power cable into power adapter.



| Item | Description | Qty. |
|------|-----------------------|------|
| 1 | Power Cable From Base | 1 |
| 2 | Power Adapter | 1 |
| 3 | TV Power Cable | 1 |
| 4 | Console Weldment | 1 |

8. Plug power cable from base into power adapter.

9. Remove double sided tape from power adapter and mount to console weldment as shown.



| Item | Description | Qty. |
|------|------------------|------|
| 1 | Console Weldment | 1 |
| 2 | Power Adapter | 1 |

10. Remove plug in communication port plate and install RJ-45 coupler.

- Connect 18" (46 mm) ethernet cable to RJ-45 coupler.
- Connect ethernet cable from base communication panel to RJ-45 coupler.

11. Plug coax or ethernet cable and TV power cable into TV.

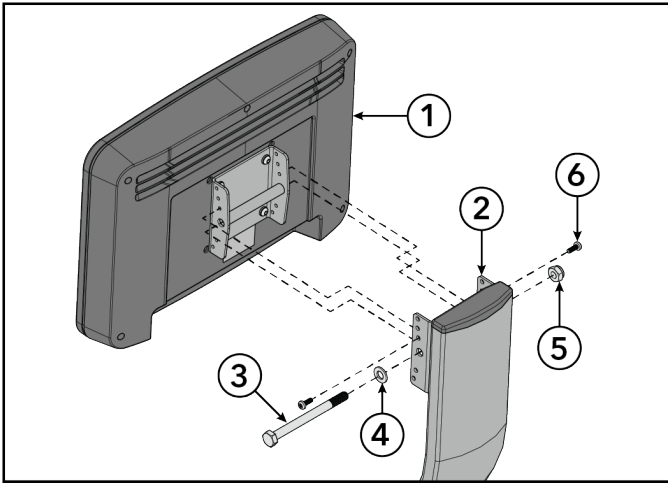
NOTE: Depending on TV, cables can differ between coax and ethernet.

- If using a conventional RF coaxial based TV, use coax cable. (DVB, ATSC, PROIDIOM/RF TV)
- If using IPTV Attachable TV, use ethernet cable. (PROIDIOM/IP TV)

Install TV

1. Align hinge weldment on TV with hinge plate on TV bracket.

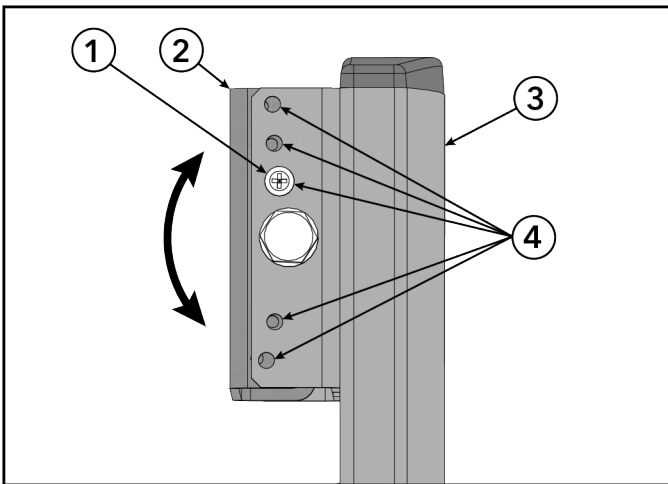
2. Install M10 screw, washer, and locknut securing hinge weldment to hinge plate using two 17mm wrenches.



| Item | Description | Qty. |
|------|------------------------------------|------|
| 1 | TV | 1 |
| 2 | TV Bracket | 1 |
| 3 | Screw, M10 x 1.5 x 120mm, Hex Head | 1 |
| 4 | Washer, M10 | 1 |
| 5 | Locknut, M10 | 1 |
| 6 | Screw, M5 x 0.8 x 14, Phillips | 2 |

3. Pick a viewing angle for the TV with one of the five mounting holes in the hinge weldment.

NOTE: TV not shown to show detail of hinge plate.



| Item | Description | Qty. |
|------|--------------------------------|------|
| 1 | Screw, M5 x 0.8 x 14, Phillips | 2 |
| 2 | Hinge Weldment | 1 |
| 3 | Hinge Plate | 1 |
| 4 | Mounting Hole | 5 |

4. Install M5 screws securing hinge weldment to hinge plate using a Phillips screwdriver.



Tighten M10 hardware to 32.5 ft-lb (44 Nm) and M5 hardware to 48 in-lb (5.4 Nm).

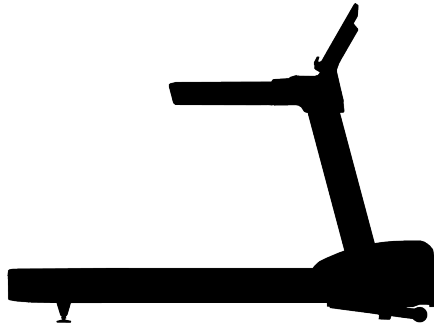
Complete Installation or Assembly

1. Install console.
2. Install rear console shroud panel.
3. See base assembly instructions to complete installation.

Test Unit For Proper Operation

5. Aspire Treadmill Assembly Procedure

Overview



This kit is designed to be installed during the assembly process of a new product as well as an add-on kit for assembled products.

If you are installing this kit during the assembly process, you can skip some of the removal steps.

Some parts in this kit are not used for all products.

Make sure the product is unplugged before performing any steps.

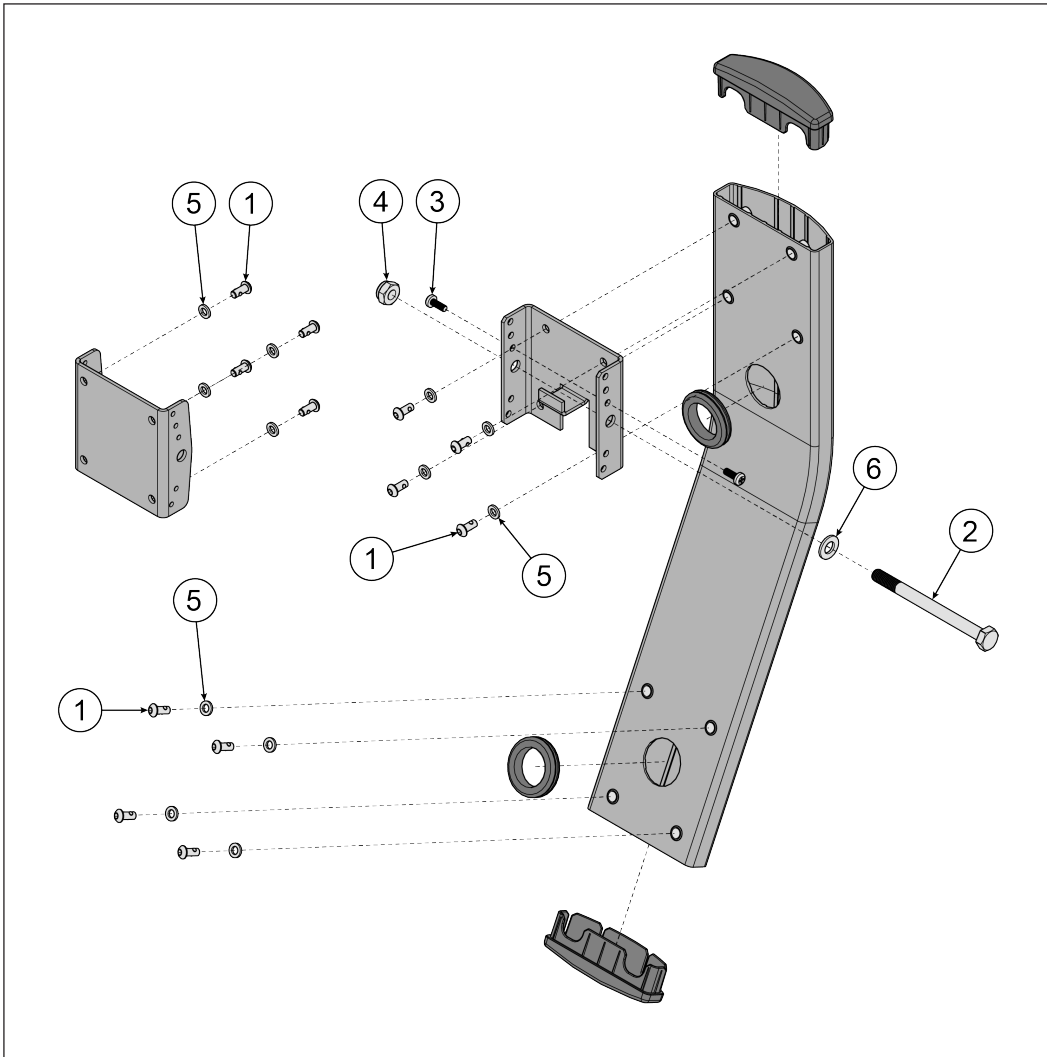
⚠ DANGER: To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.

Review Kit Parts For Your Product

This kit contains all parts needed for Arc Trainers, Bikes, Cross-Trainers, PowerMills, and Treadmills.

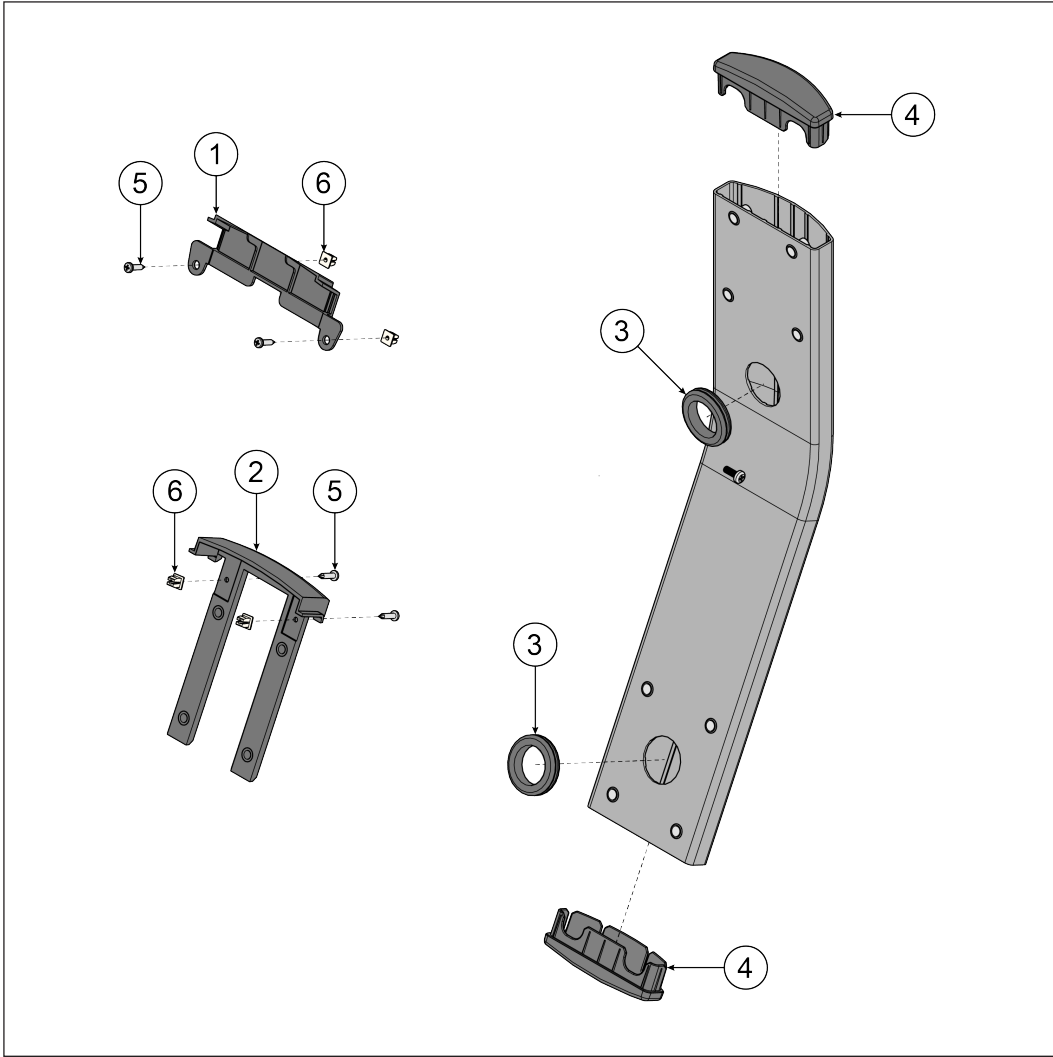
1. Review each of the sections of parts and determine which parts you need for your specific product.
 - Hardware Bag
 - Filler Shroud Bag
 - Other Kit Parts
2. Select the parts for your product. The extra parts can be discarded at the end of the assembly procedure.

Hardware Bag



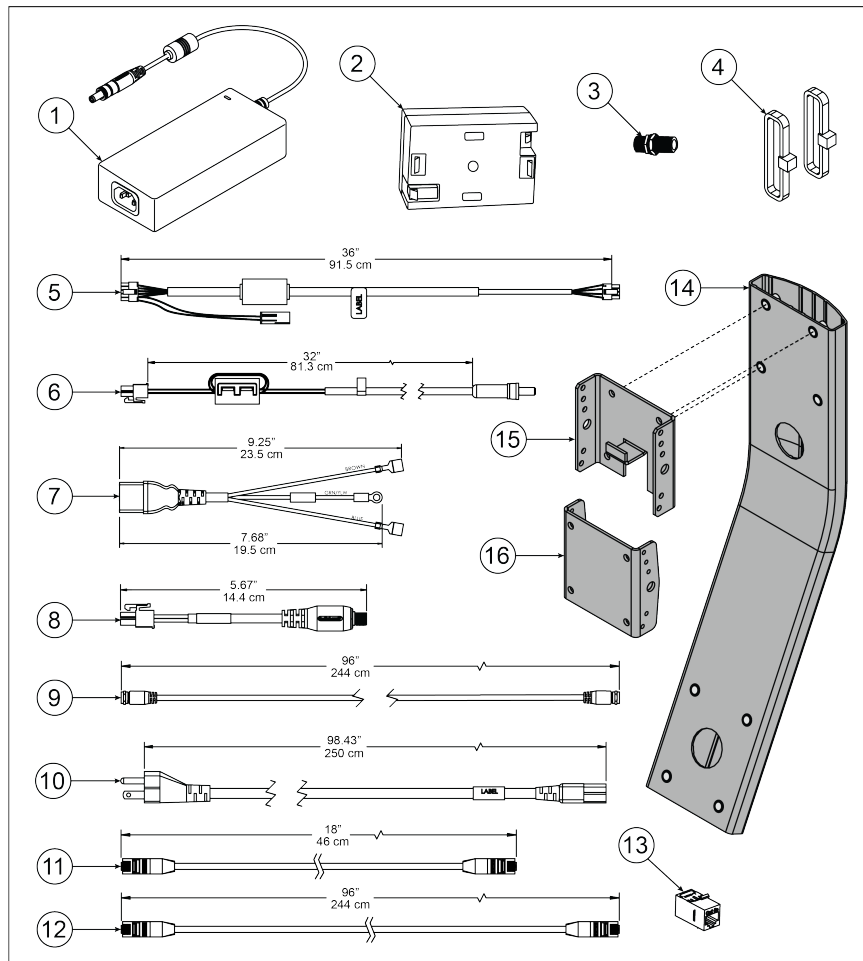
| Item | Description | Qty. |
|------|-------------------------------------|------|
| 1 | Screw, M6 x 1 x 14 mm | 12 |
| 2 | Screw, M10 x 1.5 x 120 mm, Hex Head | 1 |
| 3 | Screw, M5 x 0.8 x 14, Phillips | 2 |
| 4 | Locknut, M10 | 1 |
| 5 | Washer, M6 | 12 |
| 6 | Washer, M10 | 1 |
| 7 | Screw, M6 x 1 x 25 mm | 0 |

Filler Shroud Bag



| Item | Description | Qty. |
|------|---|------|
| 1 | Filler Shroud, Treadmill | 1 |
| 2 | Filler Shroud, Arc Trainer, Cross-Trainer, Bike | 0 |
| 3 | Large Rubber Grommet | 2 |
| 4 | End Cap | 2 |
| 5 | Screw, M4.2 x 0.7 x 19mm, Phillips | 2 |
| 6 | Small Plastic Grommet | 2 |

Other Kit Parts



| Item | Description | Qty. |
|------|--|------|
| 1 | Power Supply, 12 VDC | 1 |
| 2 | Power Adapter, (24 VDC / 12 VDC) | 1 |
| 3 | Coax F coupler | 1 |
| 4 | Cable Ties | 2 |
| 5 | TV control cable, 36" (91.5 cm) | 1 |
| 6 | TV power cable, 32" (81.3 cm) | 1 |
| 7 | Line Filter to Power Supply Cable, 9.25" (23.5 cm) | 1 |
| 8 | Power Supply to IMDB cable, 5.67" (14.4 cm) | 1 |
| 9 | Coax Cable, 96" (244 cm) | 1 |
| 10 | Power line cord, 98.43" (250 cm) | 0 |
| 11 | Ethernet Cable, 18" (46 mm) | 0 |
| 12 | Ethernet Cable, 96" (244 cm) | 1 |
| 13 | RJ-45 Coupler | 1 |
| 14 | TV Bracket | 1 |
| 15 | Hinge Plate | 1 |
| 16 | Hinge Weldment | 1 |

Assembly Procedure

The following procedure shows how to install the attachable TV bracket to the Aspire Treadmill. This procedure should happen before a console is installed. If a console has already been installed, remove it and set aside.

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

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

Refer to [Schematics](#) chapter for reference.

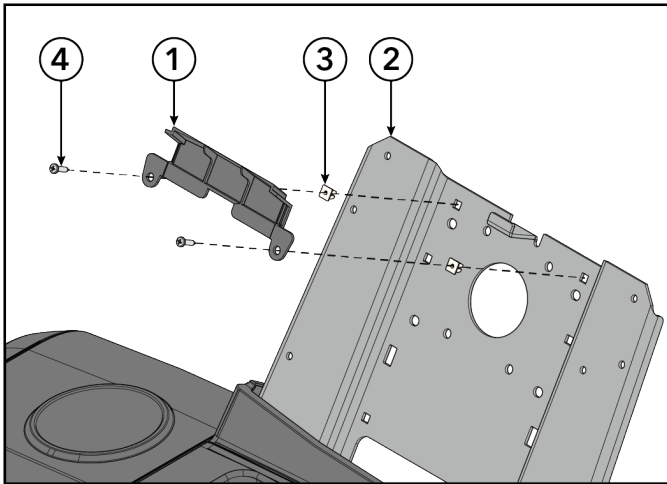
Tools Required

- #2 Phillips screwdriver
- 4 mm Allen wrench
- 11 mm open-end wrench
- 17 mm wrench (x2)
- Torque screwdriver
- Torque wrench
- Side cutter

NOTE: Do NOT use impact drivers to install screws.

Install Attachable TV Bracket

1. Install two small plastic grommets to front of console weldment.



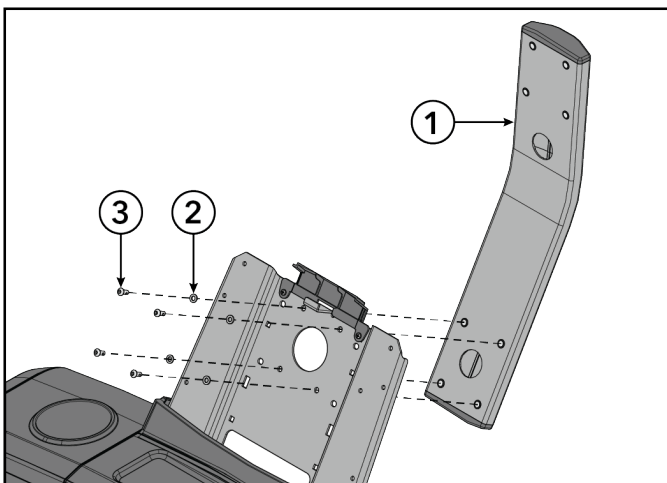
| Item | Description | Qty. |
|------|------------------------------------|------|
| 1 | Filler Shroud | 1 |
| 2 | Console Weldment | 1 |
| 3 | Small Plastic Grommet | 2 |
| 4 | Screw, M4.2 x 0.7 x 19mm, Phillips | 2 |

2. Install two screws securing filler shroud to small plastic grommets in the console weldment using a Phillips screwdriver.



Tighten hardware to 13 in-lb (1.5 Nm).

3. Install screws and washers securing TV bracket to console weldment using a 4 mm Allen wrench.

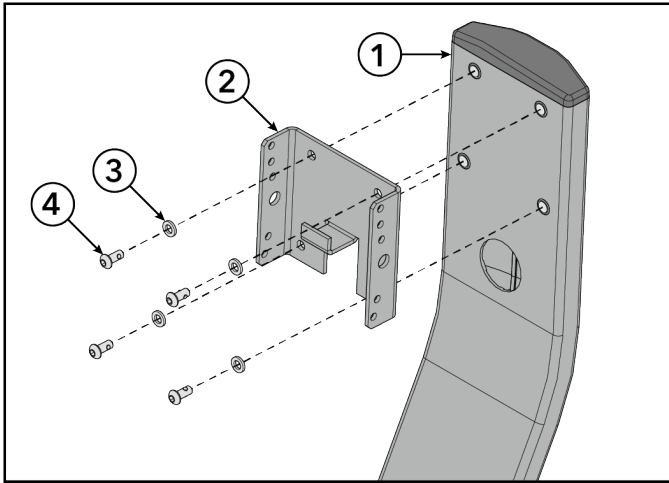


| Item | Description | Qty. |
|------|----------------------|------|
| 1 | TV Bracket | 1 |
| 3 | Washer, M6 | 4 |
| 4 | Screw, M6 x 1 x 14mm | 4 |



Tighten hardware to 81 in-lb (9.2 Nm).

4. Install screws and washers securing hinge plate to TV bracket using a 4 mm Allen wrench.

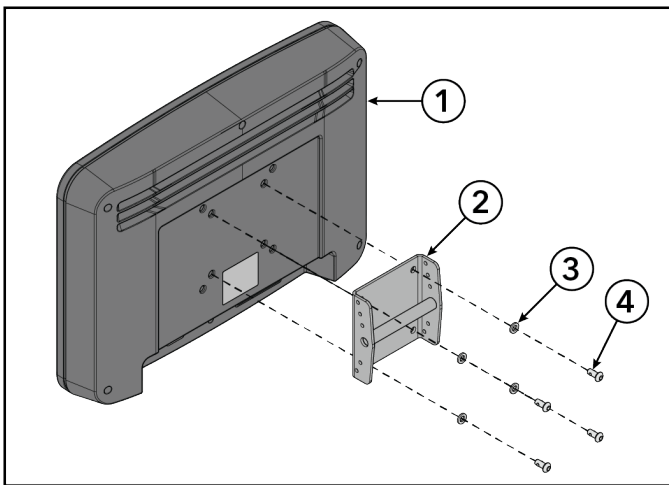


| Item | Description | Qty. |
|------|----------------------|------|
| 1 | TV Bracket | 1 |
| 2 | Hinge Plate | 1 |
| 3 | Washer, M6 | 4 |
| 4 | Screw, M6 x 1 x 14mm | 4 |



Tighten hardware to 81 in-lb (9.2 Nm).

5. Install screws and washers securing hinge weldment to rear of TV using a 4 mm Allen wrench.



| Item | Description | Qty. |
|------|----------------------|------|
| 1 | TV | 1 |
| 2 | Hinge Weldment | 1 |
| 3 | Washer, M6 | 4 |
| 4 | Screw, M6 x 1 x 14mm | 4 |



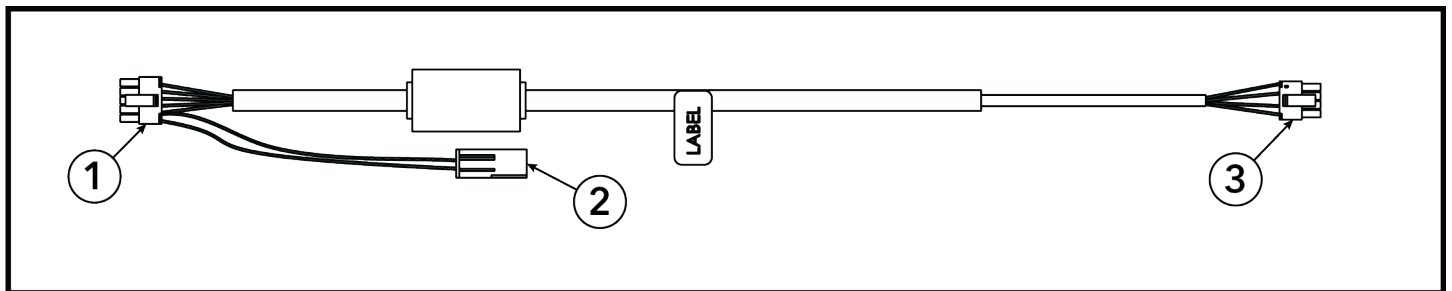
Tighten hardware to 81 in-lb (9.2 Nm).

Media Connections

Each TV type has different media connections. Refer to [Media Connections](#) chapter when connecting cables to the TV.

Install Cables

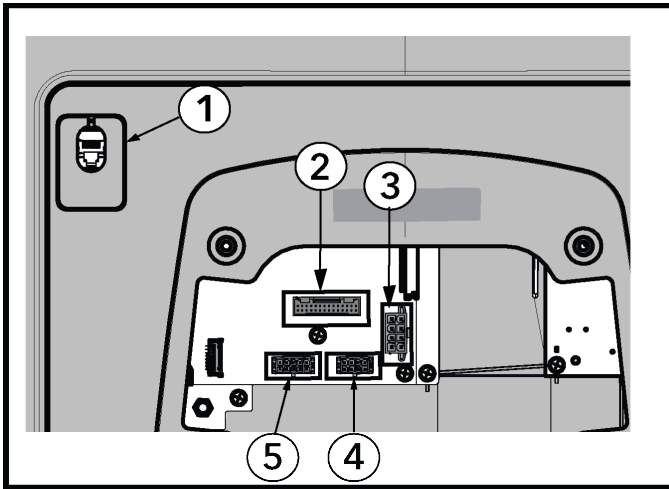
1. Plug 8 pin connector of TV control cable into TV.



| Item | Description | Qty. |
|------|------------------|------|
| 1 | 10 Pin Connector | 1 |
| 2 | 2 Pin Connector | 1 |
| 3 | 8 Pin Connector | 1 |

- When console installed, plug 10 pin connector of TV control cable into TV connector (5) of console.

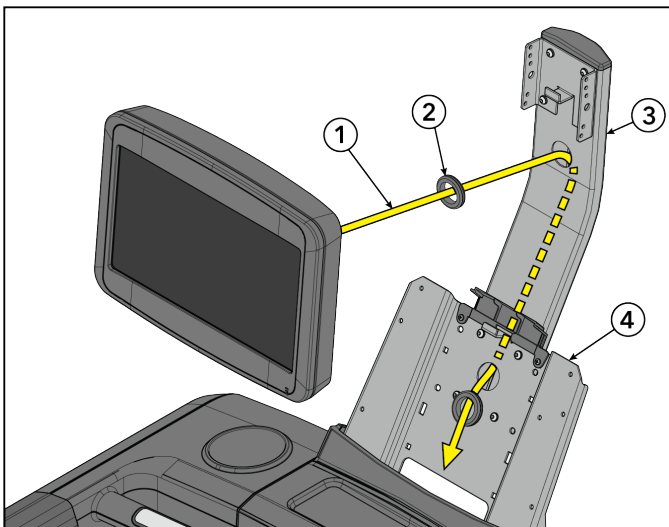
NOTE: 2 pin connector is not used.



| Item | Description | Qty. |
|------|--------------------------|------|
| 1 | CSAFE | 1 |
| 2 | Base Switches, Lifepulse | 1 |
| 3 | Base Power | 1 |
| 4 | Base Com | 1 |
| 5 | TV | 1 |

- Route all TV cables through one large rubber grommet and upper hole in attachable TV bracket.

NOTE: Make sure large rubber grommet is facing hole in attachable TV bracket correctly.



| Item | Description | Qty. |
|------|-----------------------|------|
| 1 | All TV Cables | 1 |
| 2 | Large Rubber Grommet | 2 |
| 3 | Attachable TV Bracket | 1 |
| 4 | Console Weldment | 1 |

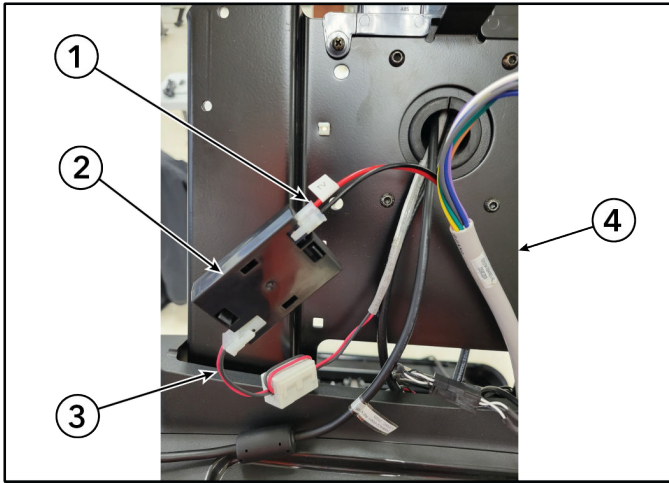
- Pull all TV cables through lower hole in attachable TV bracket and console weldment.

- Slide second large rubber grommet onto all TV cables.

NOTE: Make sure large rubber grommet is facing hole in attachable TV bracket correctly.

- Press both large rubber grommet into attachable TV bracket.

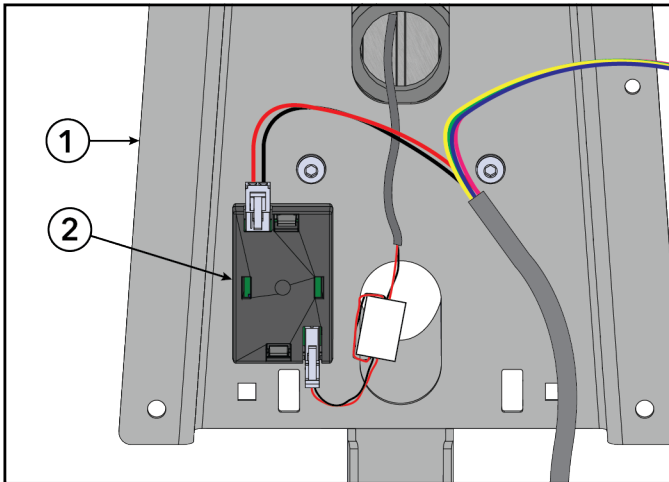
7. Plug TV power cable into power adapter.



| Item | Description | Qty. |
|------|-----------------------|------|
| 1 | Power Cable From Base | 1 |
| 2 | Power Adapter | 1 |
| 3 | TV Power Cable | 1 |
| 4 | Console Weldment | 1 |

8. Plug power cable from base into power adapter.

9. Remove double sided tape from power adapter and mount to console weldment as shown.



| Item | Description | Qty. |
|------|------------------|------|
| 1 | Console Weldment | 1 |
| 2 | Power Adapter | 1 |

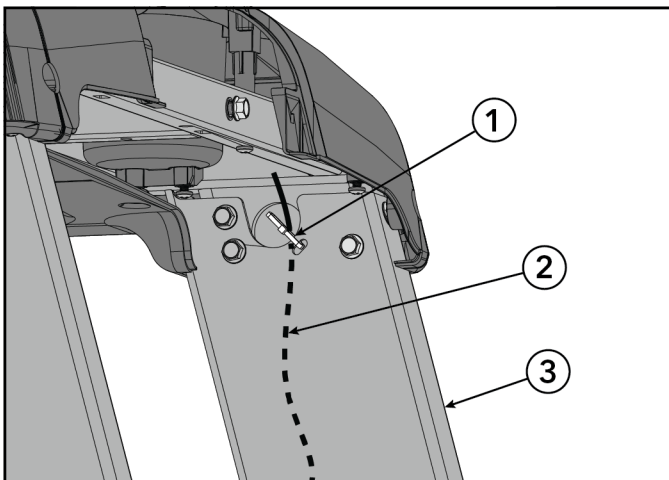
10. Plug coax or ethernet cable and TV power cable into TV.

NOTE: Depending on TV, cables can differ between coax and ethernet.

- If using a conventional RF coaxial based TV, use coax cable. (DVB, ATSC, PROIDIOM/RF TV)
- If using IPTV Attachable TV, use ethernet cable. (PROIDIOM/IP TV)

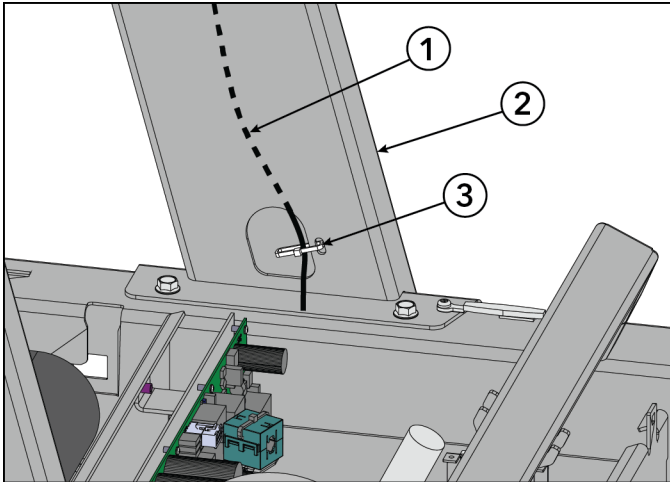
Install Coax or Ethernet Cable

1. Locate pull wire secured with cable tie at top of left upright.



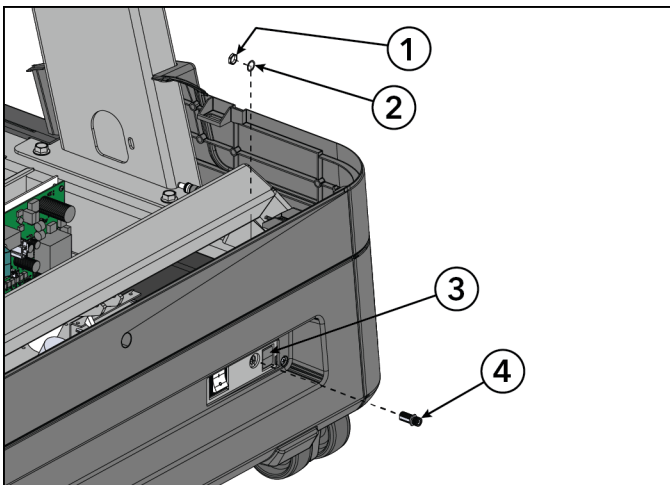
| Item | Description | Qty. |
|------|--------------|------|
| 1 | Cable Tie | 1 |
| 2 | Pull Wire | 1 |
| 3 | Left Upright | 1 |

2. Wrap upper end of pull wire around coax or ethernet cable and twist to temporarily fasten.
3. Cut cable tie with side cutters.
4. Locate pull wire secured with cable tie at bottom of left upright.



| Item | Description | Qty. |
|------|--------------|------|
| 1 | Pull Wire | 1 |
| 2 | Left Upright | 1 |
| 3 | Cable Tie | 1 |

5. Cut cable tie with side cutters.
6. Use pull-wire to pull coax or ethernet cable down through left upright and out hole at the bottom.
7. Remove pull-wire from coax or ethernet cable.
8. Remove nut and washer from coax F coupler.



| Item | Description | Qty. |
|------|----------------|------|
| 1 | Nut | 1 |
| 2 | Washer | 1 |
| 3 | Ethernet Port | 1 |
| 4 | Coax F Coupler | 1 |

9. Install coax F coupler or ethernet coupler.

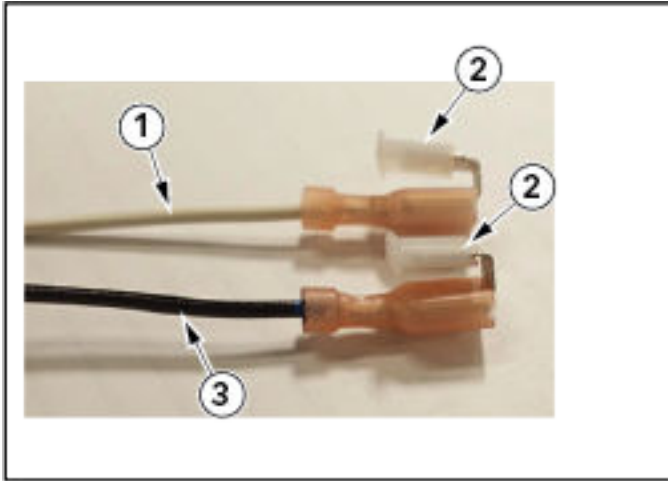
| Coax F Coupler | Ethernet Coupler |
|---|---|
| <ol style="list-style-type: none"> a. Insert coax F coupler into communication port from the back of the plate. <p>NOTE: Hole in communication port plate is D-shaped for coax F coupler.</p> <ol style="list-style-type: none"> b. Install washer and nut to coax F coupler and secure using an 11 mm open end wrench. c. Connect coax cable to back side of communication port plate. | <ol style="list-style-type: none"> a. Remove plug in communication port plate. b. Install RJ-45 coupler into communication port. c. Connect ethernet cable to back side of communication port plate. |

Install Power Supply

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

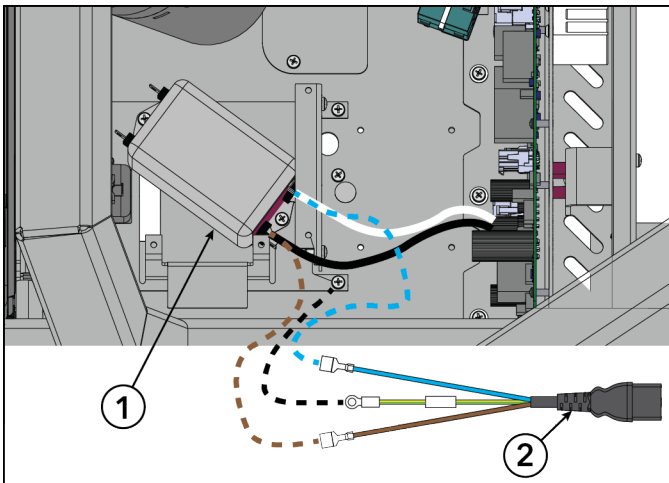
1. Remove the cap covers on the white and black cables on the output of the line filter.

NOTE: Wires shown removed from line filter for detail.



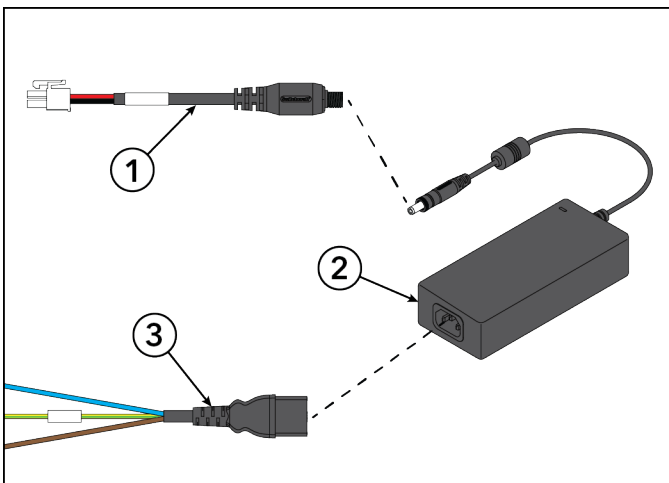
| Item | Description | Qty. |
|------|-------------------------|------|
| 1 | White Line Filter cable | 1 |
| 2 | Cap Covers | 2 |
| 3 | Black Line Filter cable | 1 |

2. Plug the blue wire of the line filter cable into the line filter where the white cable is located.



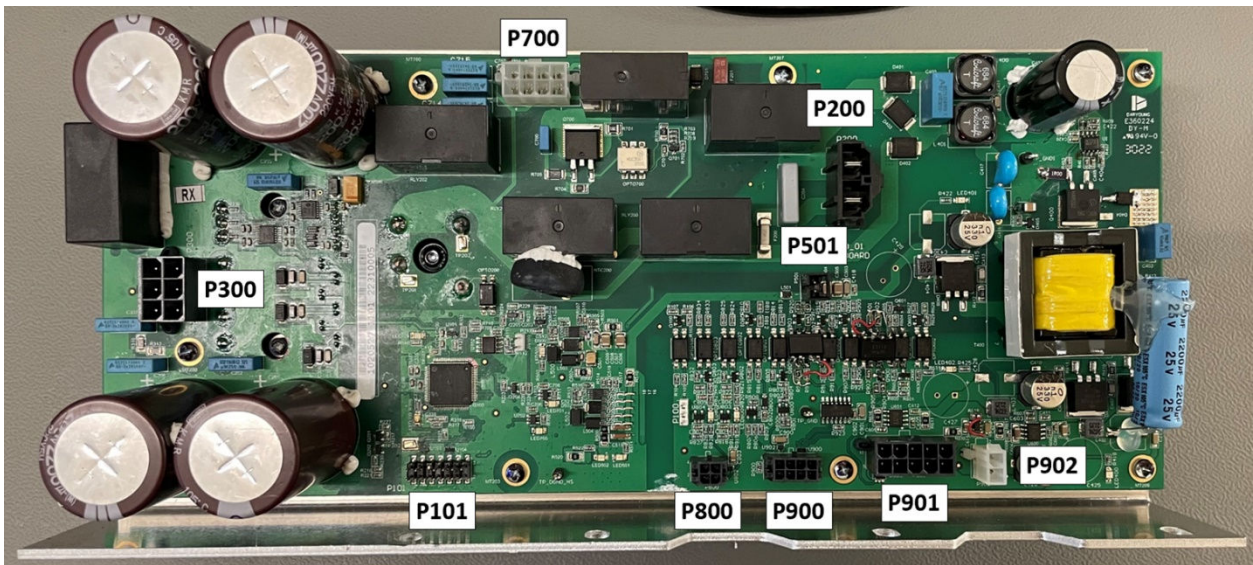
| Item | Description | Qty. |
|------|-------------------|------|
| 1 | Line Filter | 1 |
| 2 | Line Filter Cable | 1 |

3. Plug the brown wire of the line filter cable into the line filter where the black cable is located.
4. Remove the grounding screw from the base plate and secure the green and yellow grounding wire of the line filter cable using a Philips screwdriver.
5. Plug power supply to IMDB cable into power supply.



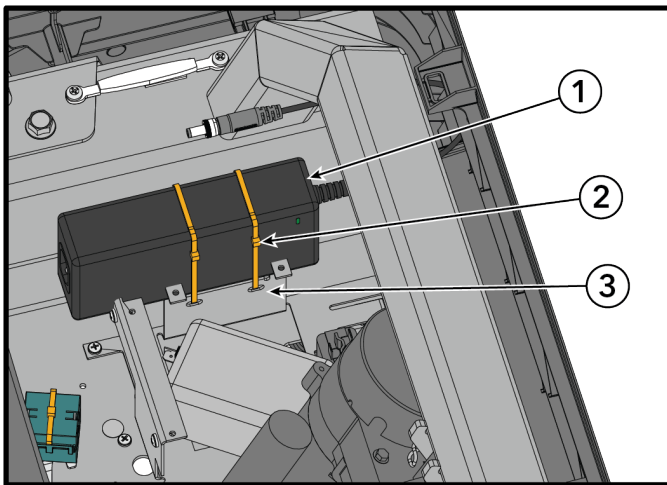
| Item | Description | Qty. |
|------|----------------------------|------|
| 1 | Power Supply to IMDB Cable | 1 |
| 2 | Power Supply | 1 |
| 3 | Line Filter Cable | 1 |

6. Plug line filter cable into power supply.
7. Plug power supply to IMDB cable into IMDB connector P902.



| Connector | Description |
|-----------|----------------------------|
| P101 | Engineering use only |
| P200 | AC Input power |
| P300 | Motor connection |
| P501 | Engineering use only |
| P700 | Lift Motor connection |
| P800 | Lift Switches |
| P900 | Communication with console |
| P901 | Power to SL console |
| P902 | Attachable TV connection |

8. Place power supply in power supply bracket.



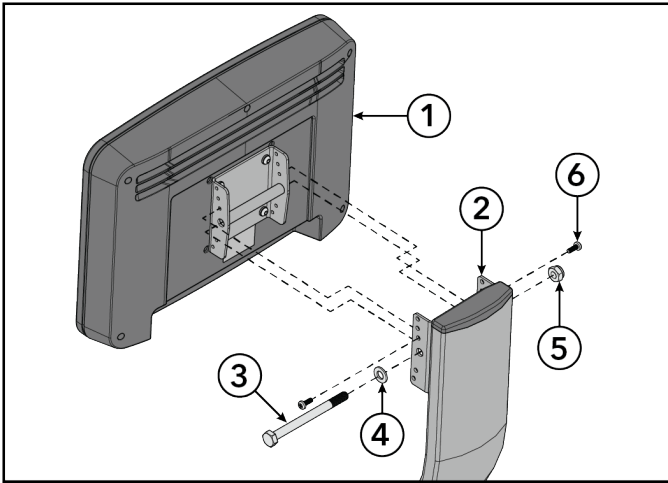
| Item | Description | Qty |
|------|----------------------|-----|
| 1 | Power supply | 1 |
| 2 | Cable tie | 2 |
| 3 | Power supply bracket | 1 |

9. Secure power supply to power supply bracket using two cable ties. Ensure cable ties pass through slots in power supply bracket.
10. Cut excess cable tie using side cutters.

Install TV

1. Align hinge weldment on TV with hinge plate on TV bracket.

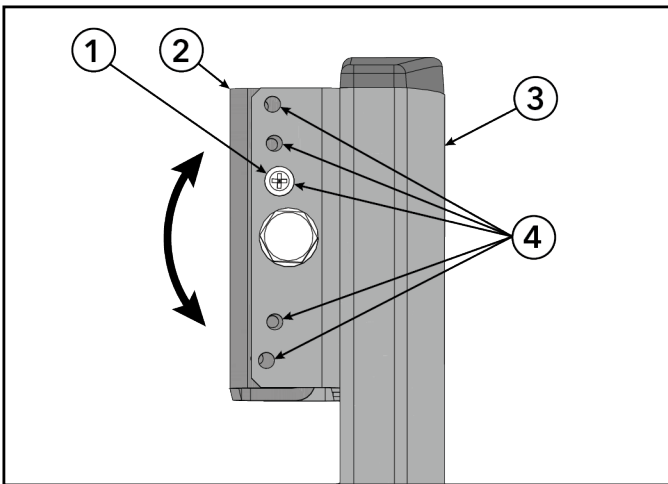
2. Install M10 screw, washer, and locknut securing hinge weldment to hinge plate using two 17mm wrenches.



| Item | Description | Qty. |
|------|------------------------------------|------|
| 1 | TV | 1 |
| 2 | TV Bracket | 1 |
| 3 | Screw, M10 x 1.5 x 120mm, Hex Head | 1 |
| 4 | Washer, M10 | 1 |
| 5 | Locknut, M10 | 1 |
| 6 | Screw, M5 x 0.8 x 14, Phillips | 2 |

3. Pick a viewing angle for the TV with one of the five mounting holes in the hinge weldment.

NOTE: TV not shown to show detail of hinge plate.



| Item | Description | Qty. |
|------|--------------------------------|------|
| 1 | Screw, M5 x 0.8 x 14, Phillips | 2 |
| 2 | Hinge Weldment | 1 |
| 3 | Hinge Plate | 1 |
| 4 | Mounting Hole | 5 |

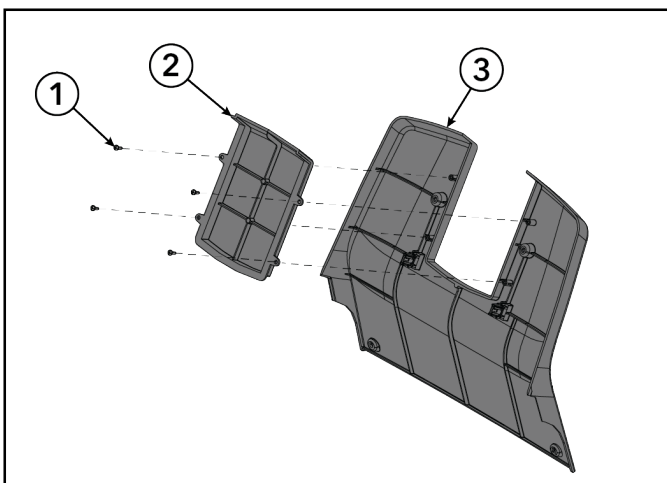
4. Install M5 screws securing hinge weldment to hinge plate using a Phillips screwdriver.



Tighten M10 hardware to 32.5 ft-lb (44 Nm) and M5 hardware to 48 in-lb (5.4 Nm).

Remove Rear Console Shroud Panel

Remove four screws securing rear console shroud panel to rear console shroud using a Phillips screwdriver.



| Item | Description | Qty. |
|------|---------------------------|------|
| 1 | Screw | 4 |
| 2 | Rear console shroud panel | 1 |
| 3 | Rear console shroud | 1 |

Complete Installation or Assembly

1. Install console.
2. Install rear console shroud panel.
3. See base assembly instructions to complete installation.

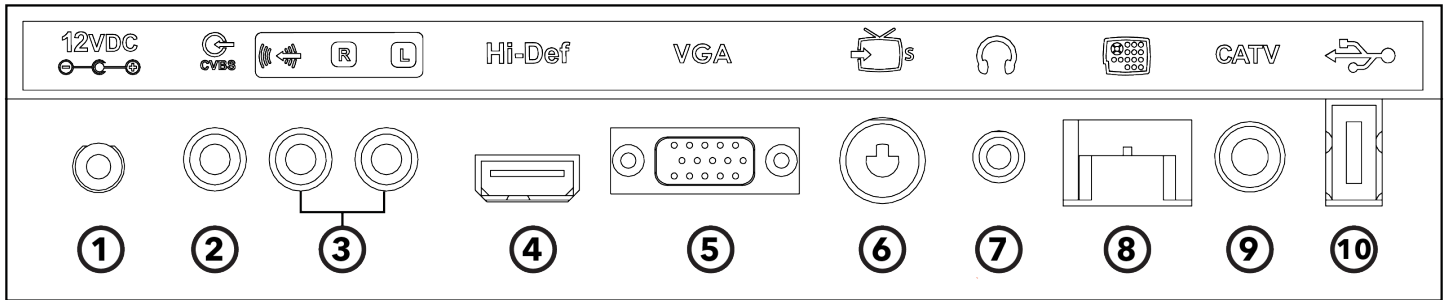
Test Unit For Proper Operation

6. Media Connections

Media Connections Reference

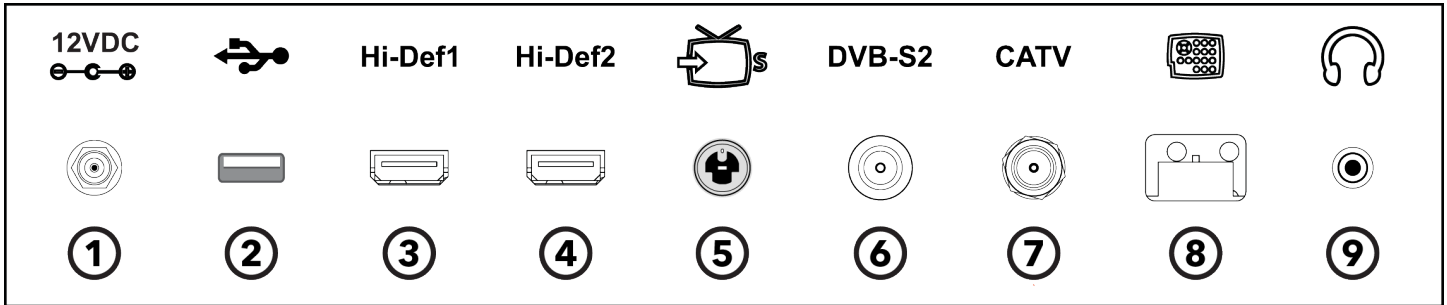
Each TV type has different media connections. Refer to this when connecting cables to the TV.

ATSC Attachable TV



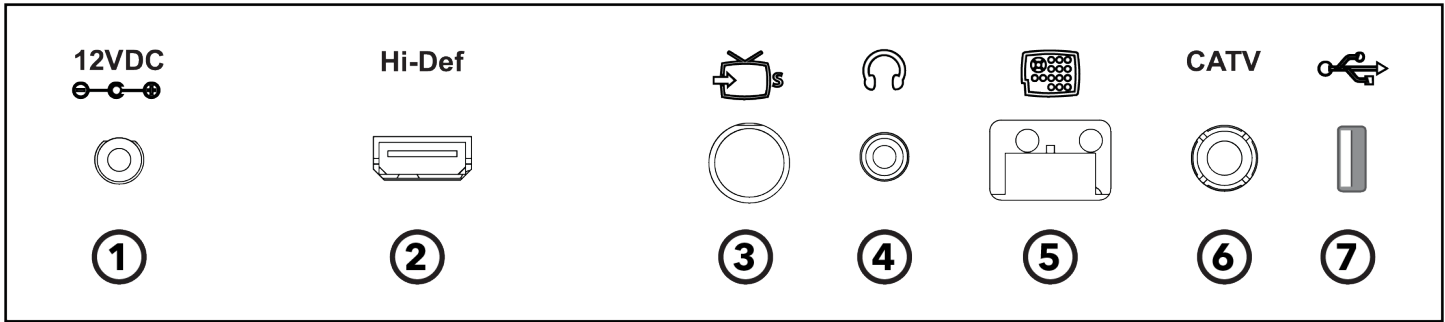
| Item | Connection | Description | Connector Type |
|------|-----------------------------------|--|---------------------------|
| 1 | Power In | 12 Volt DC Power Input | Power Jack |
| 2 | Video In | Video in | RCA (yellow) |
| 3 | Audio In | Stereo Line in | RCA (red and white) |
| 4 | High-Definition Input | High-Definition Audio and Video Connection | HD Input |
| 5 | VGA In | PC Video Connection | VGA |
| 6 | S-Video | S-Video Signal In | S-Video |
| 7 | Audio Out | Headphone Connection | 3.5 mm Stereo Jack, 0.3 W |
| 8 | Wired Remote / Media Cable | Wired Remote Control Connection | Remote Control |
| 9 | RF Coaxial | Antenna / Cable connection | RF (F-Type) |
| 10 | USB | USB Input | USB Type A |

DVB-T2/S2 Attachable TV



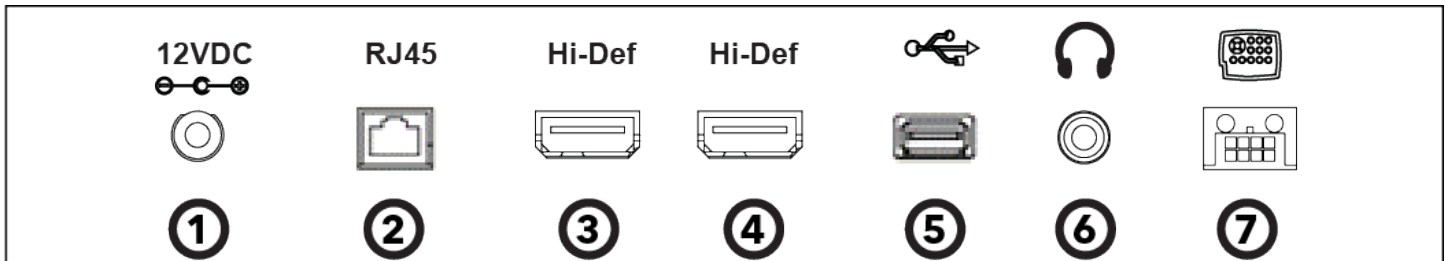
| Item | Connection | Description | Connector Type |
|------|-----------------------------------|--|---------------------------|
| 1 | Power In | 12 Volt DC Power Input | Power Jack |
| 2 | USB | USB Input | USB Type A |
| 3 | High-Def1 | High-Definition Audio and Video Connection | HD Input |
| 4 | High-Def2 | High-Definition Audio and Video Connection | HD Input |
| 5 | S-Video | S-Video Signal In | S-Video |
| 6 | DVB-S2 | Antenna / Cable Connection | RF F-Type (Male) |
| 7 | RF Coaxial | Antenna / Cable Connection | RF F-Type (PAL Male) |
| 8 | Wired Remote / Media Cable | Wired Remote Control Connection | Remote Control |
| 9 | Audio Out | Headphone Connection | 3.5 mm Stereo Jack, 0.3 W |

Pro:Idiom® / ATSC Coax Attachable TV



| Item | Connection | Description | Connector Type |
|------|----------------------------|--|---------------------------|
| 1 | Power In | 12 Volt DC Power Input | Power Jack |
| 2 | High-Definition Input | High-Definition Audio and Video Connection | HD Input |
| 3 | S-Video | S-Video Signal In | S-Video |
| 4 | Audio Out | Headphone Connection | 3.5 mm Stereo Jack, 0.3 W |
| 5 | Wired Remote / Media Cable | Wired Remote Control Connection | Remote Control |
| 6 | RF Coaxial | Antenna Cable Connection | RF (F-Type) |
| 7 | USB | USB Input | USB Type A |

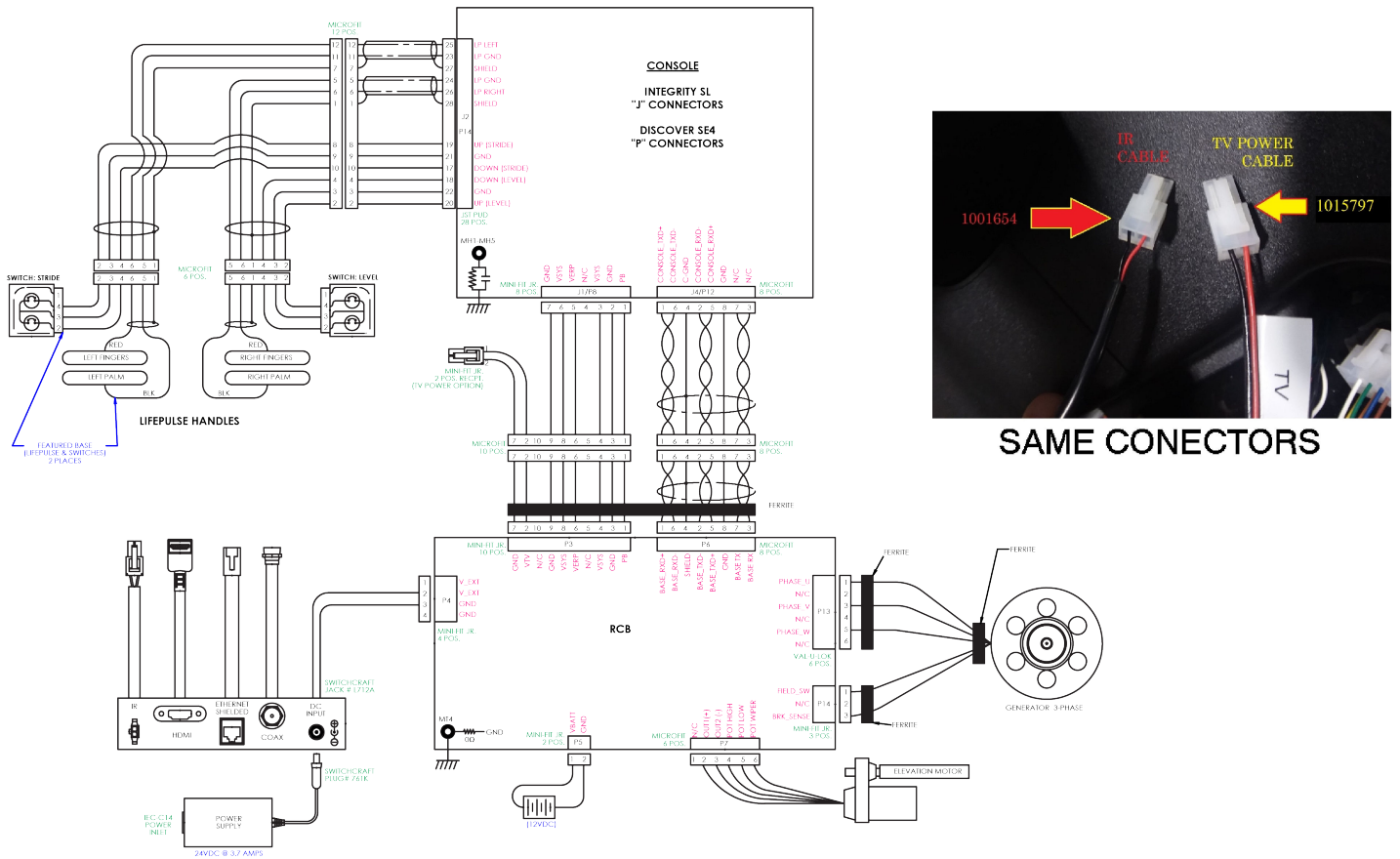
Pro:Idiom® IPTV Attachable TV



| Item | Connection | Description | Connector Type |
|------|----------------------------|--|---------------------------|
| 1 | Power In | 12 Volt DC Power Input | Power Jack |
| 2 | TV Input (RJ45) | 10 / 100 / 1000 Ethernet interface | RJ-45 Style |
| 3 | High-Definition Input 1 | High-Definition Audio and Video Connection | HD Input |
| 4 | High-Definition Input 2 | High-Definition Audio and Video Connection | HD Input |
| 5 | USB | USB Input | USB Type A |
| 6 | Audio Out | Headphone Connection | 3.5 mm Stereo Jack, 0.3 W |
| 7 | Wired Remote / Media Cable | Wired Remote Control Connection | Remote Control |

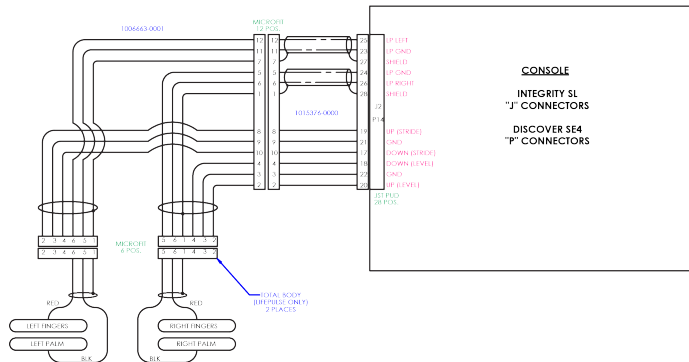
7. Schematics

Schematic - Arc Trainer, Main

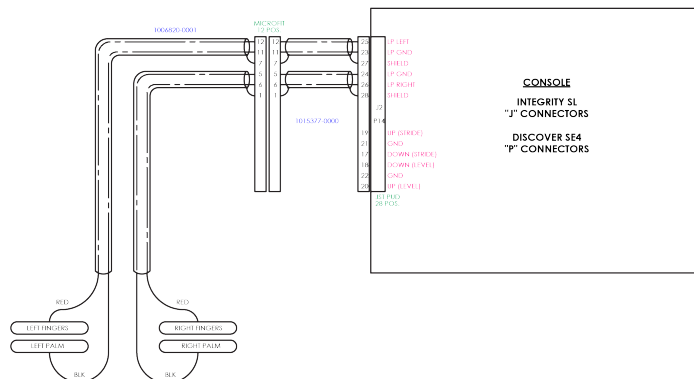


Schematic - Arc Trainer, Heart Rate Grips

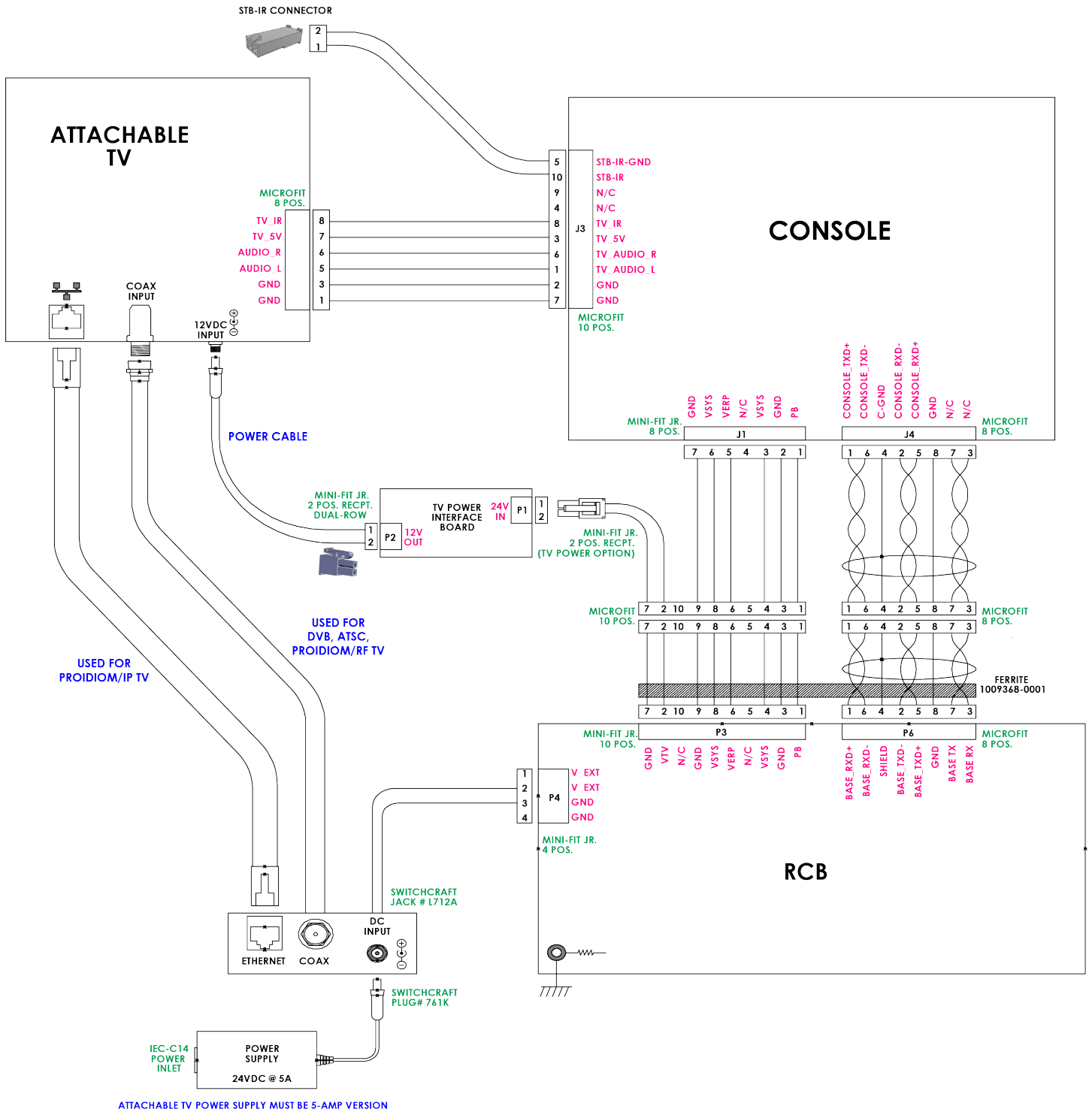
ARC-TRAINER: TOTAL BODY



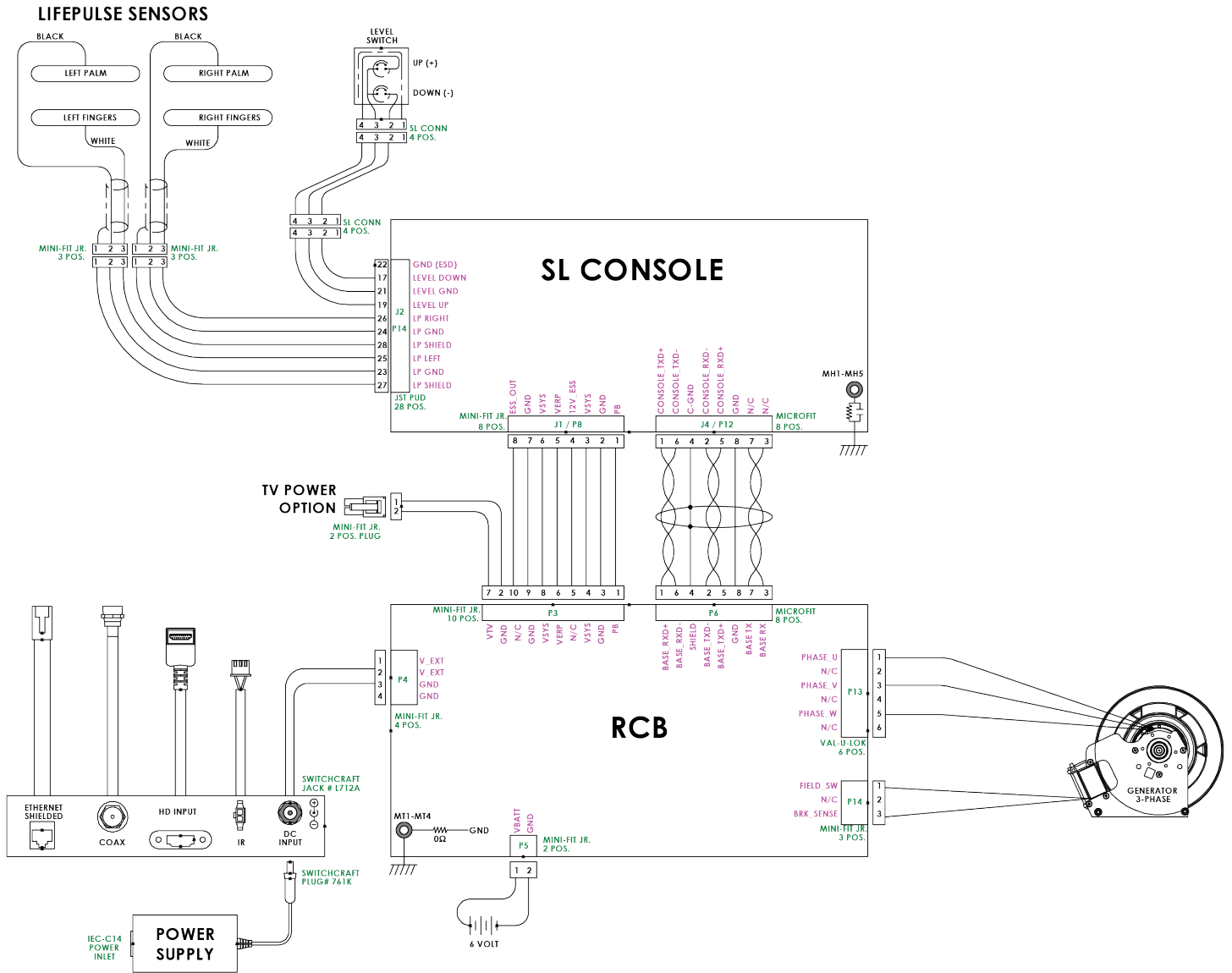
ARC-TRAINER: LOWER BODY



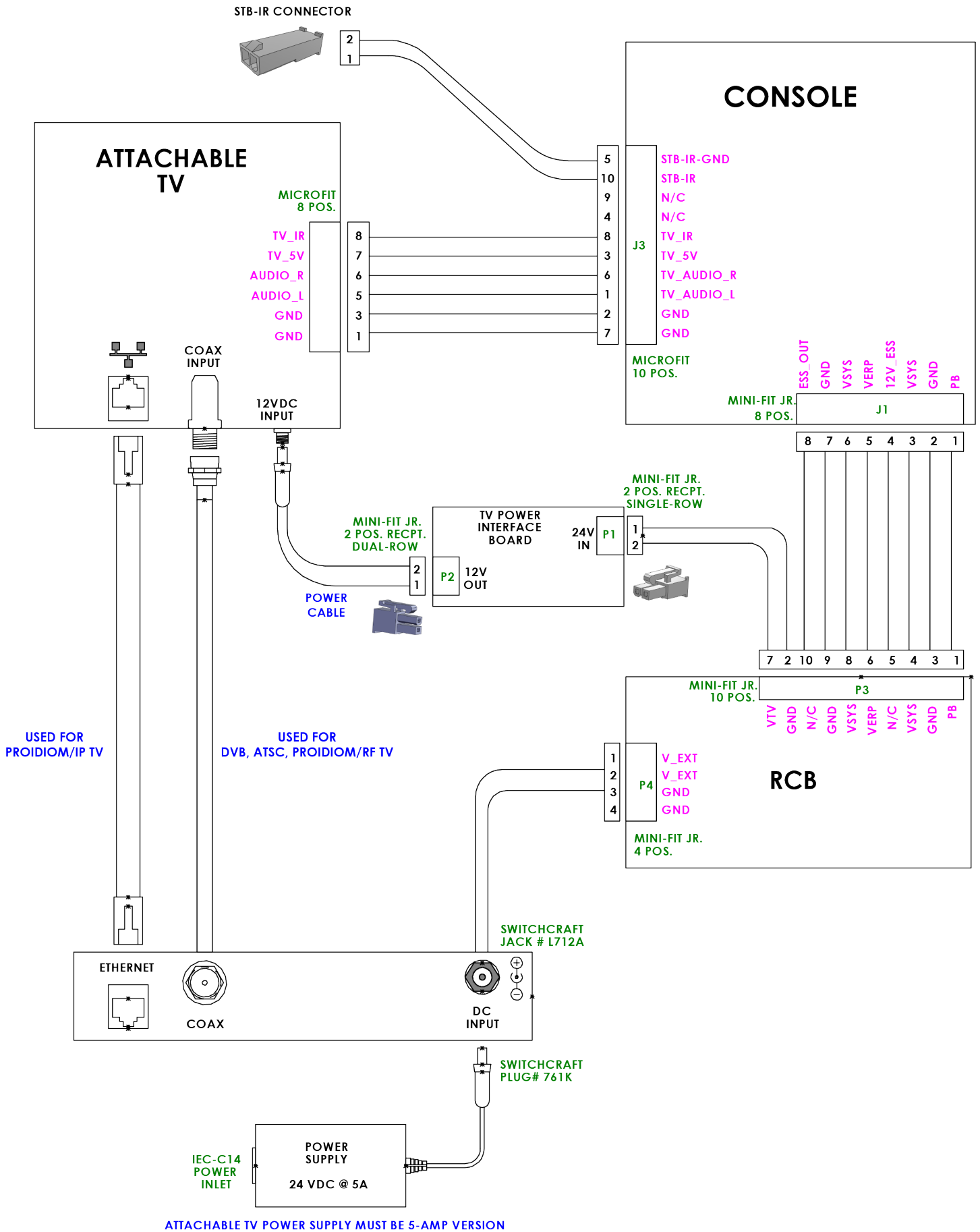
Schematic - Arc Trainer, TV Connections



Schematic - Cross-Trainer, Main

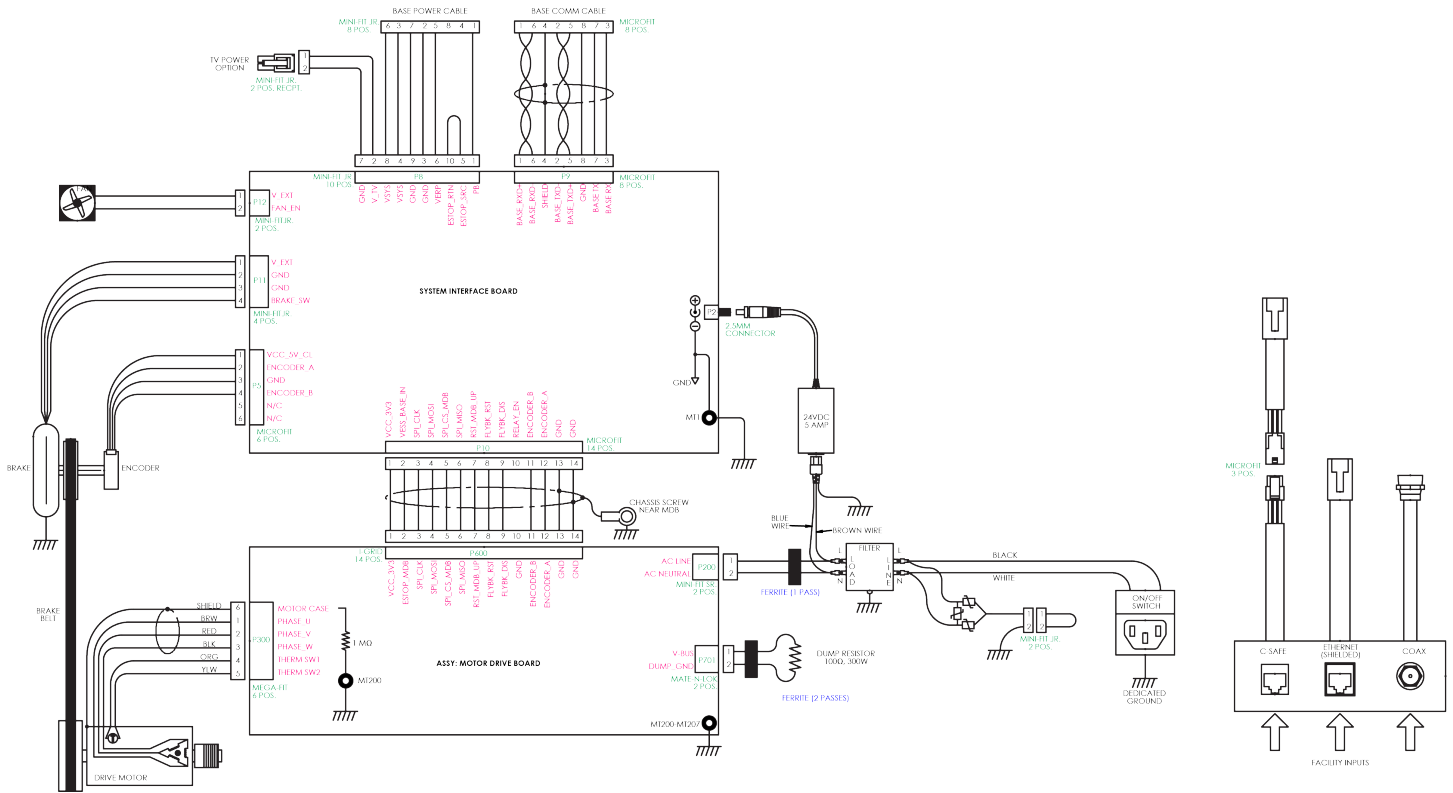


Schematic - Cross-Trainer, TV Connections

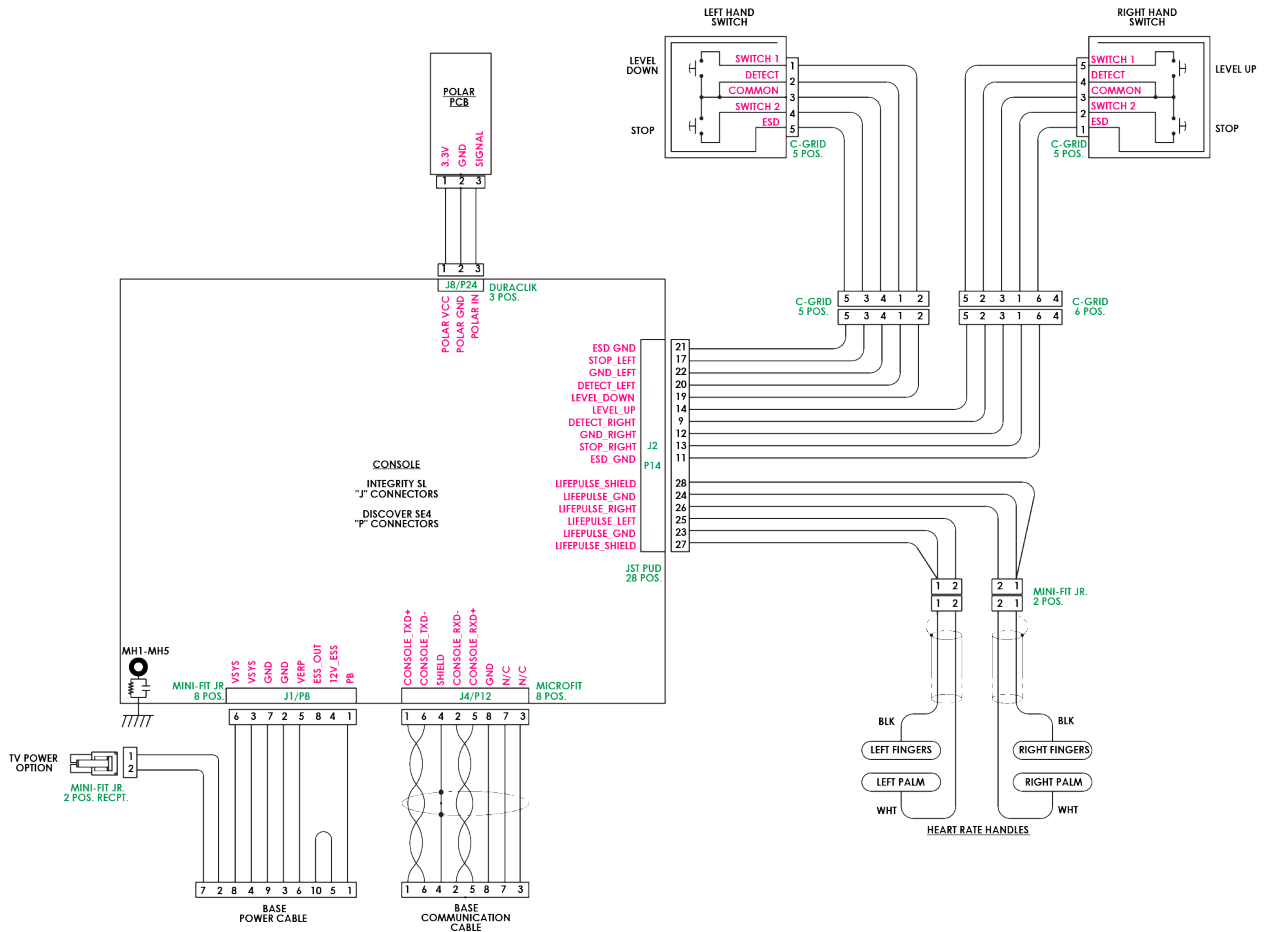


ATTACHABLE TV POWER SUPPLY MUST BE 5-AMP VERSION

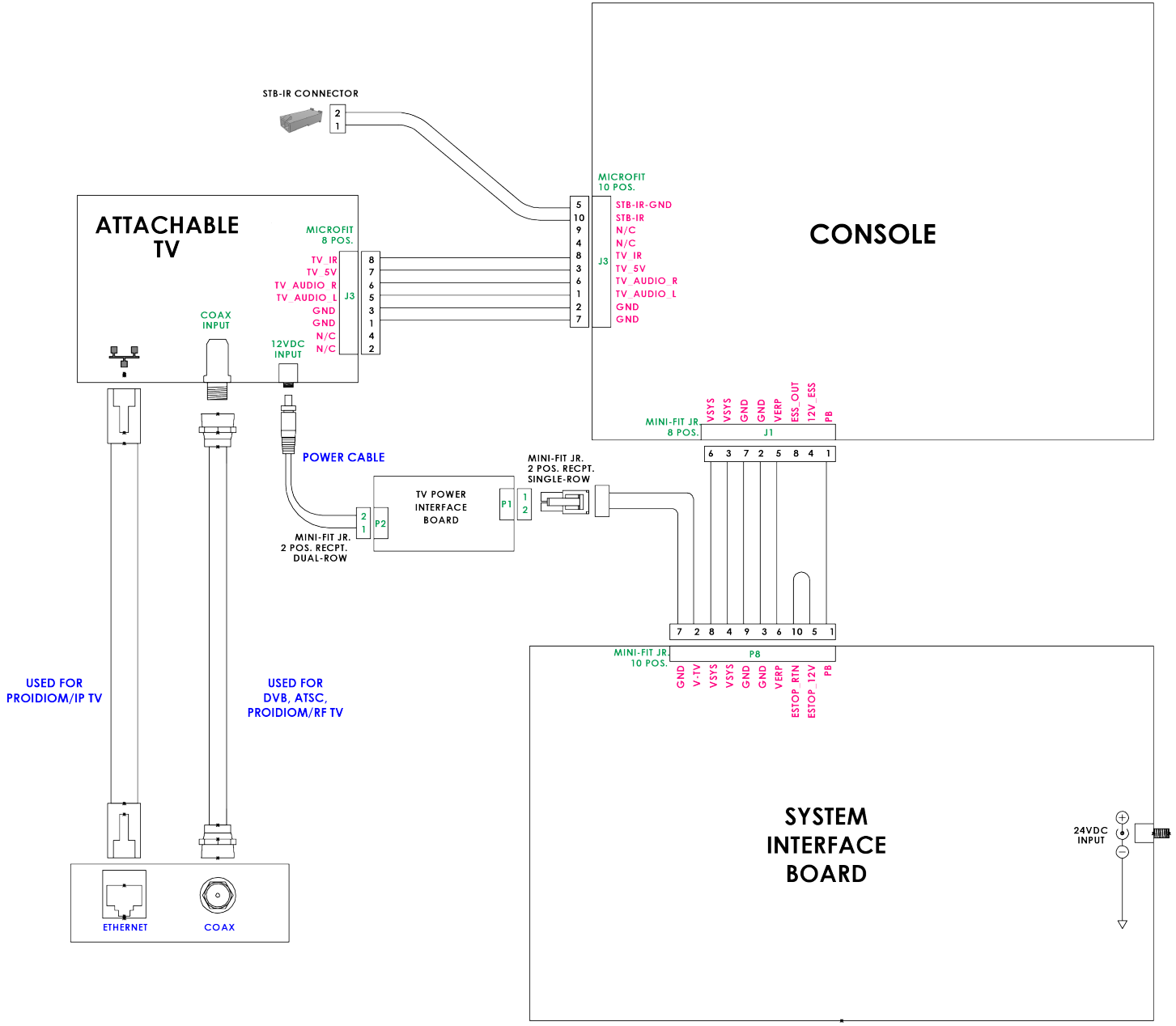
Schematic - PowerMill, Base



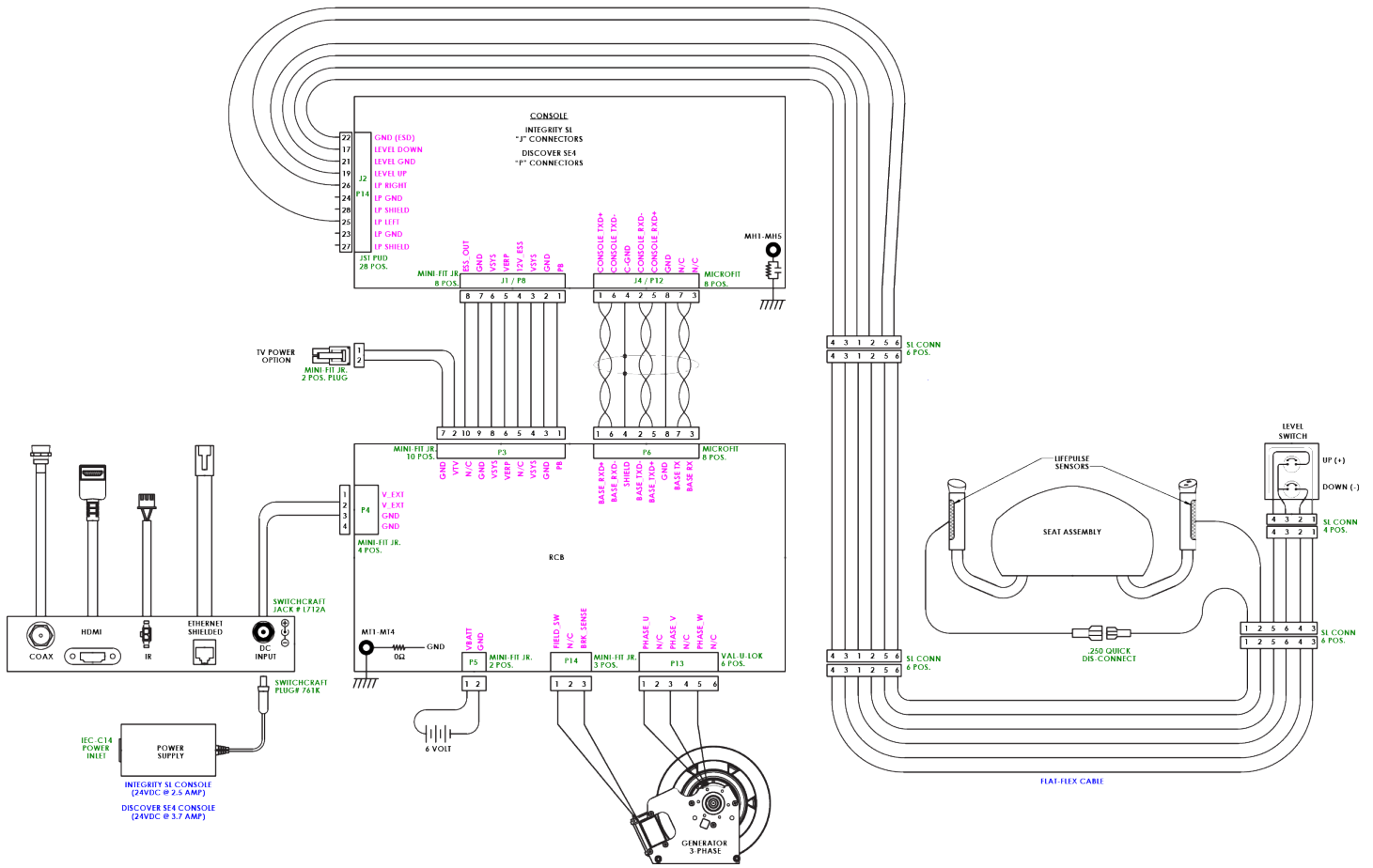
Schematic - PowerMill, Console



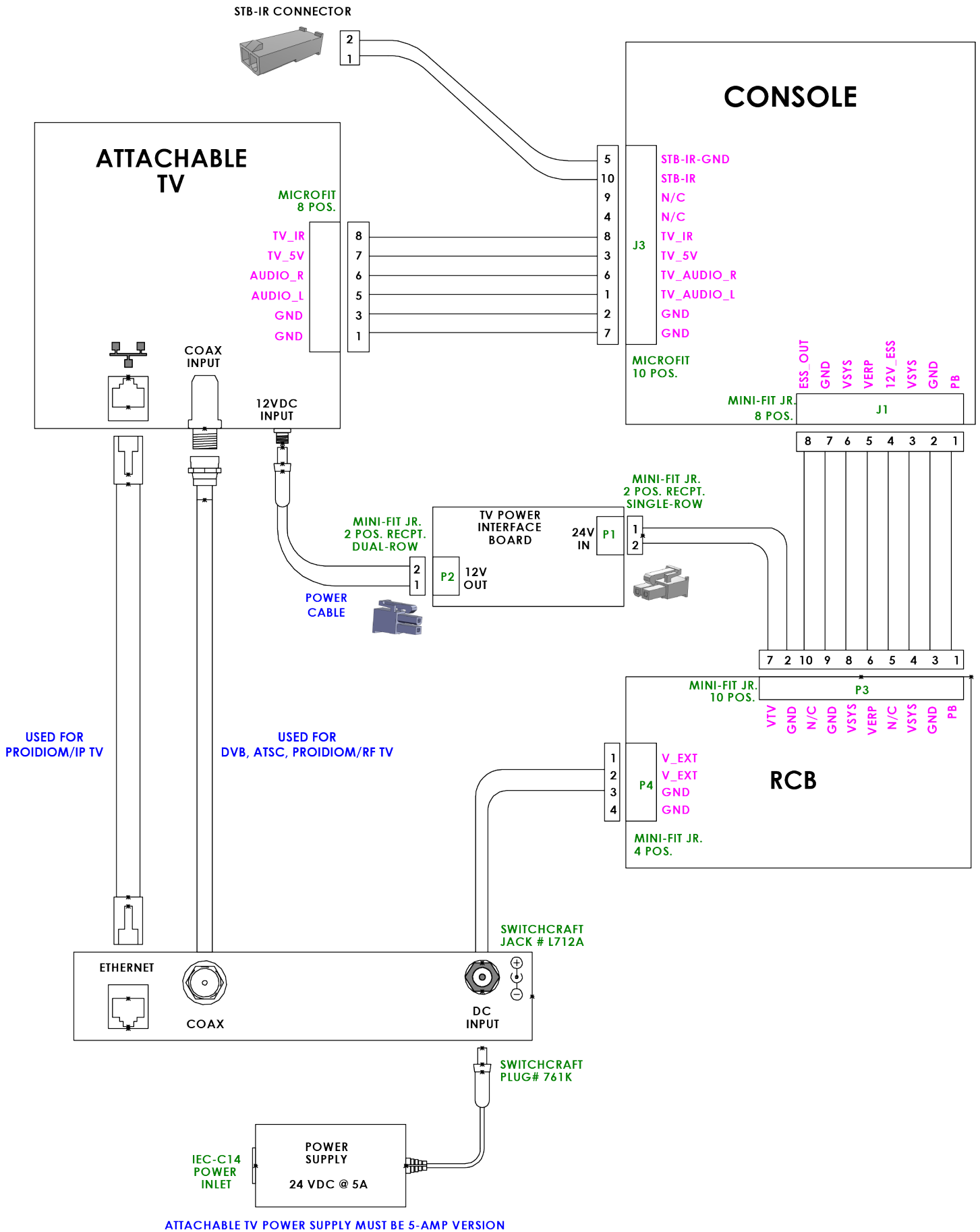
Schematic - PowerMill, TV Connections



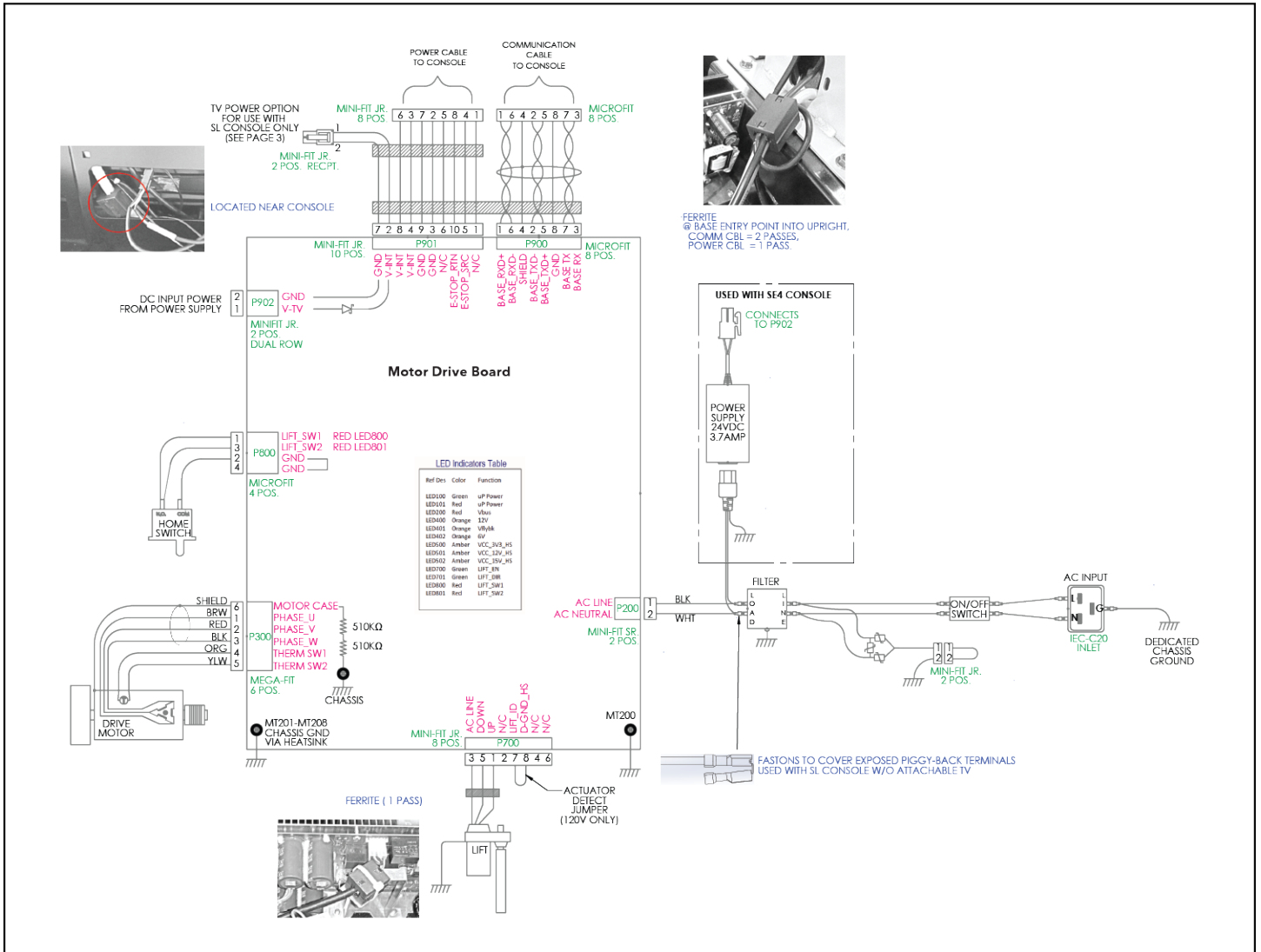
Schematic - Recumbent Bike, Main



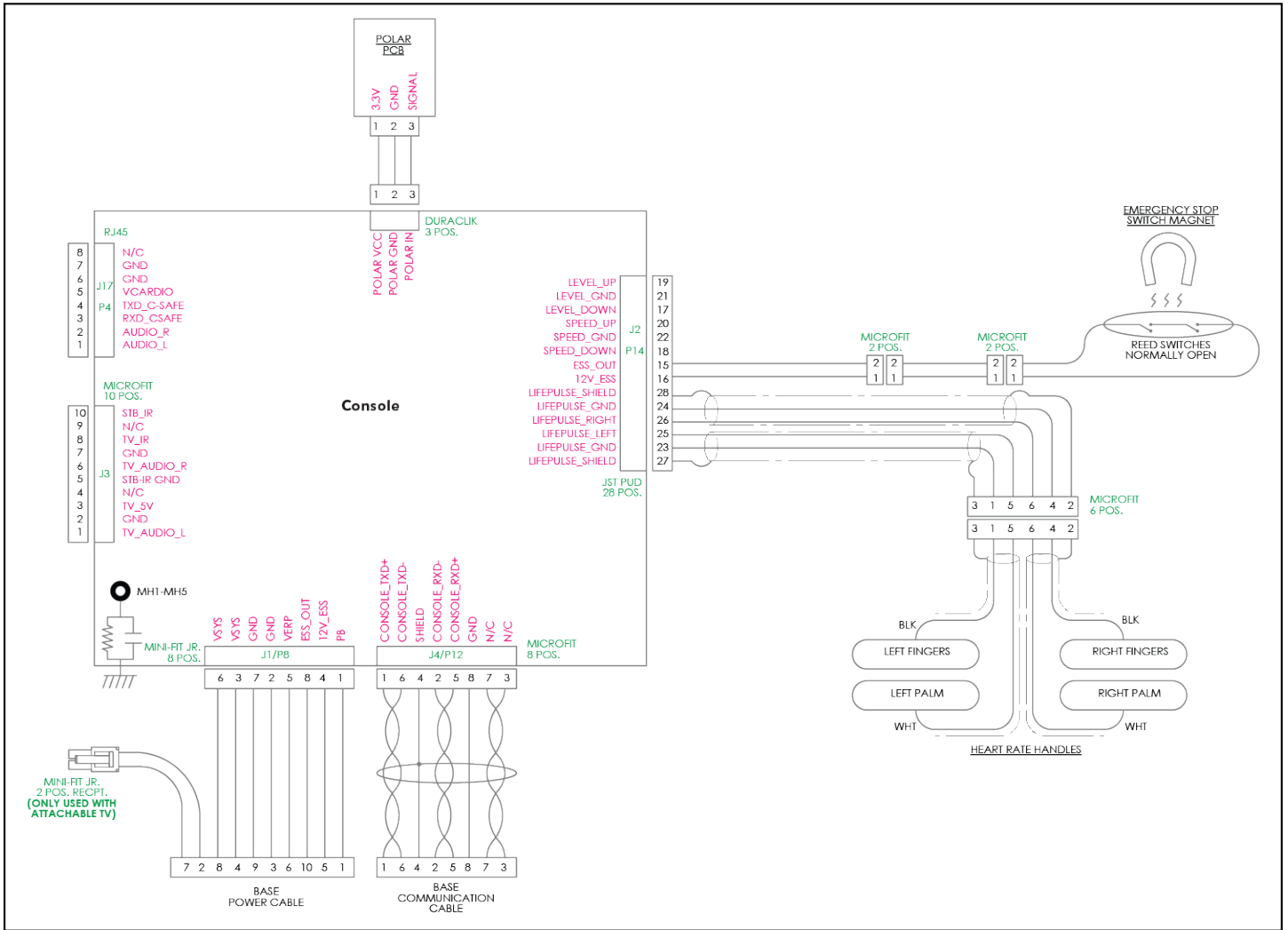
Schematic - Recumbent Bike, TV Connections



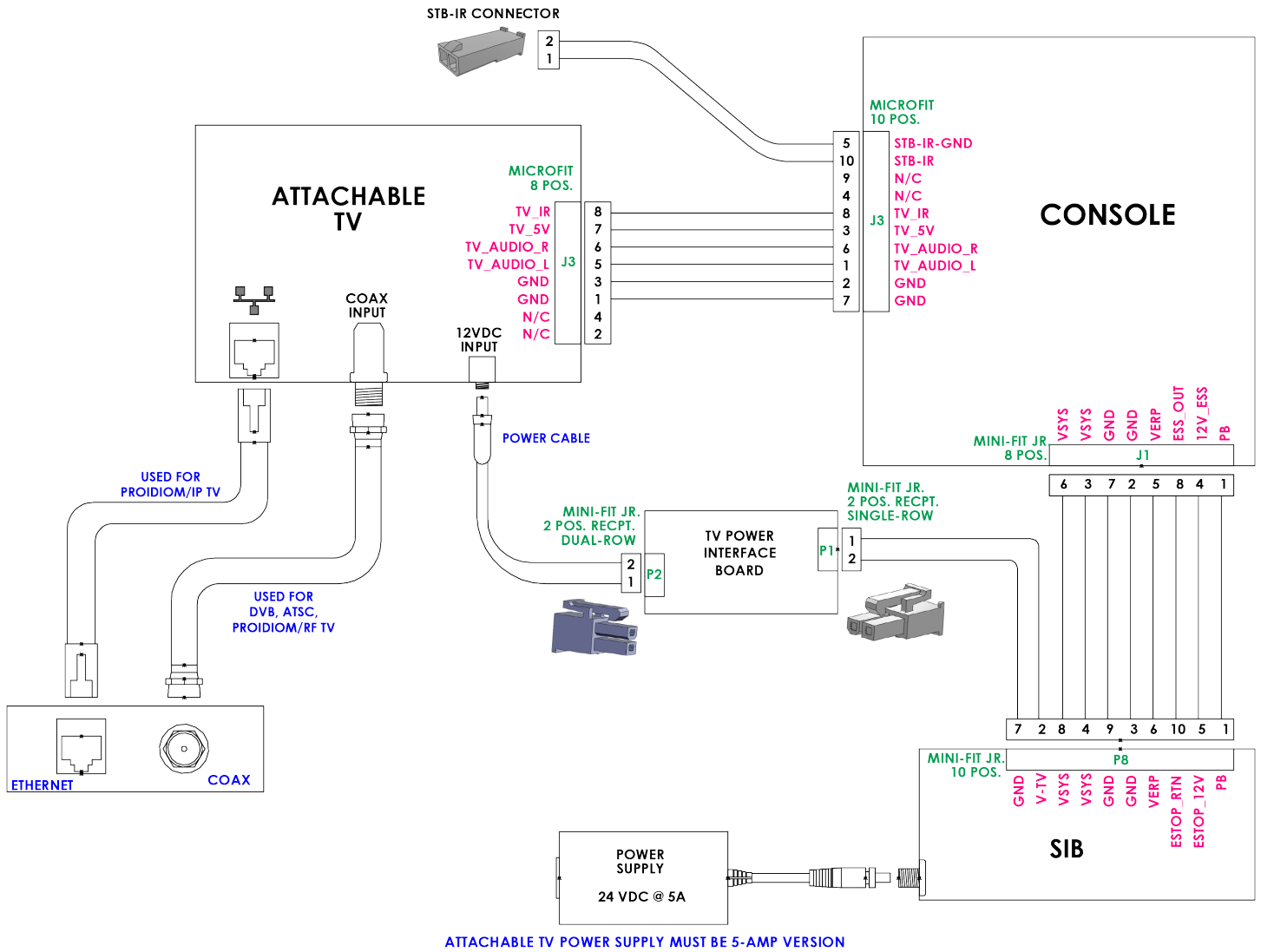
Schematic - Treadmill, Base



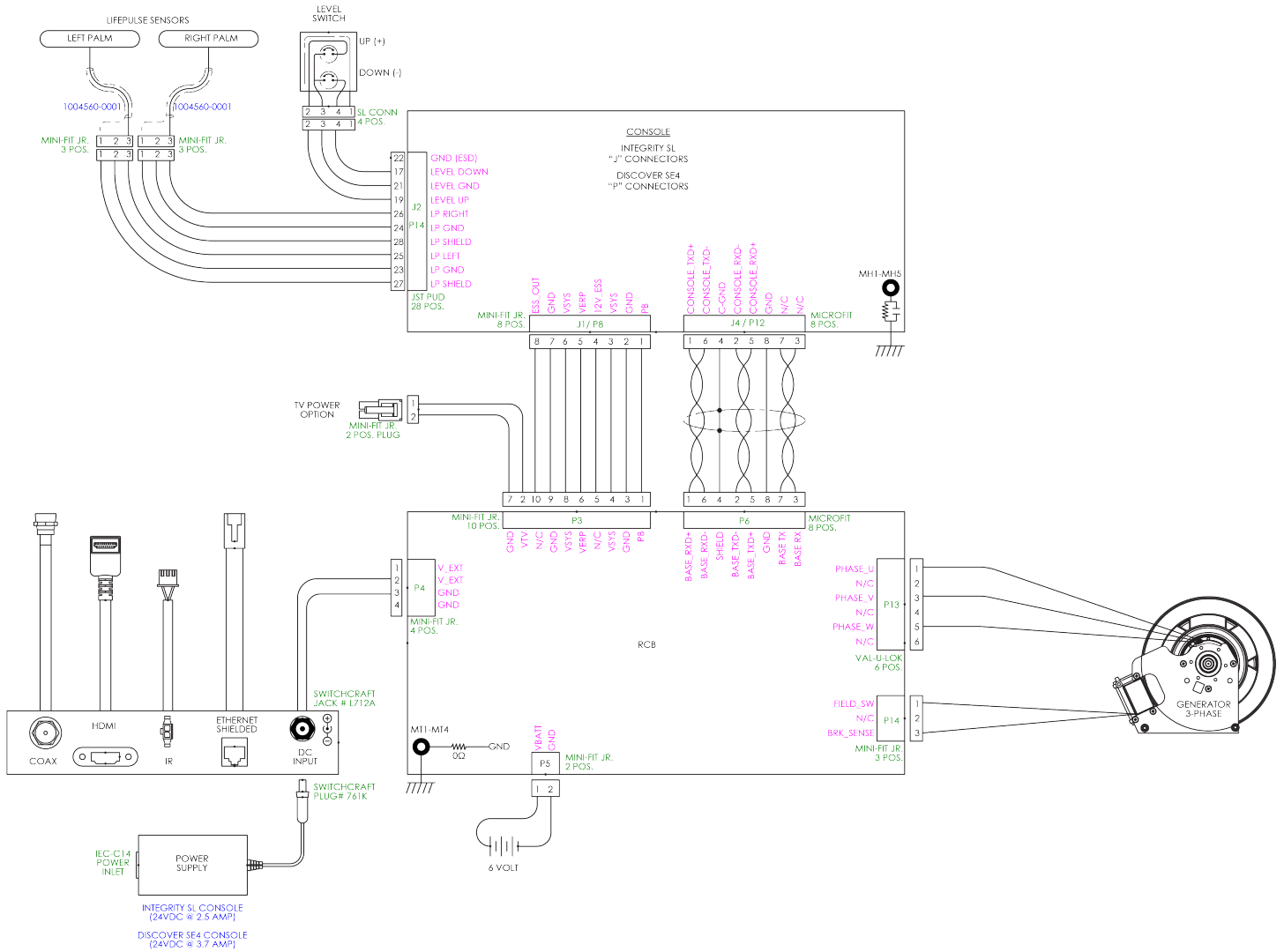
Schematic - Treadmill, Console



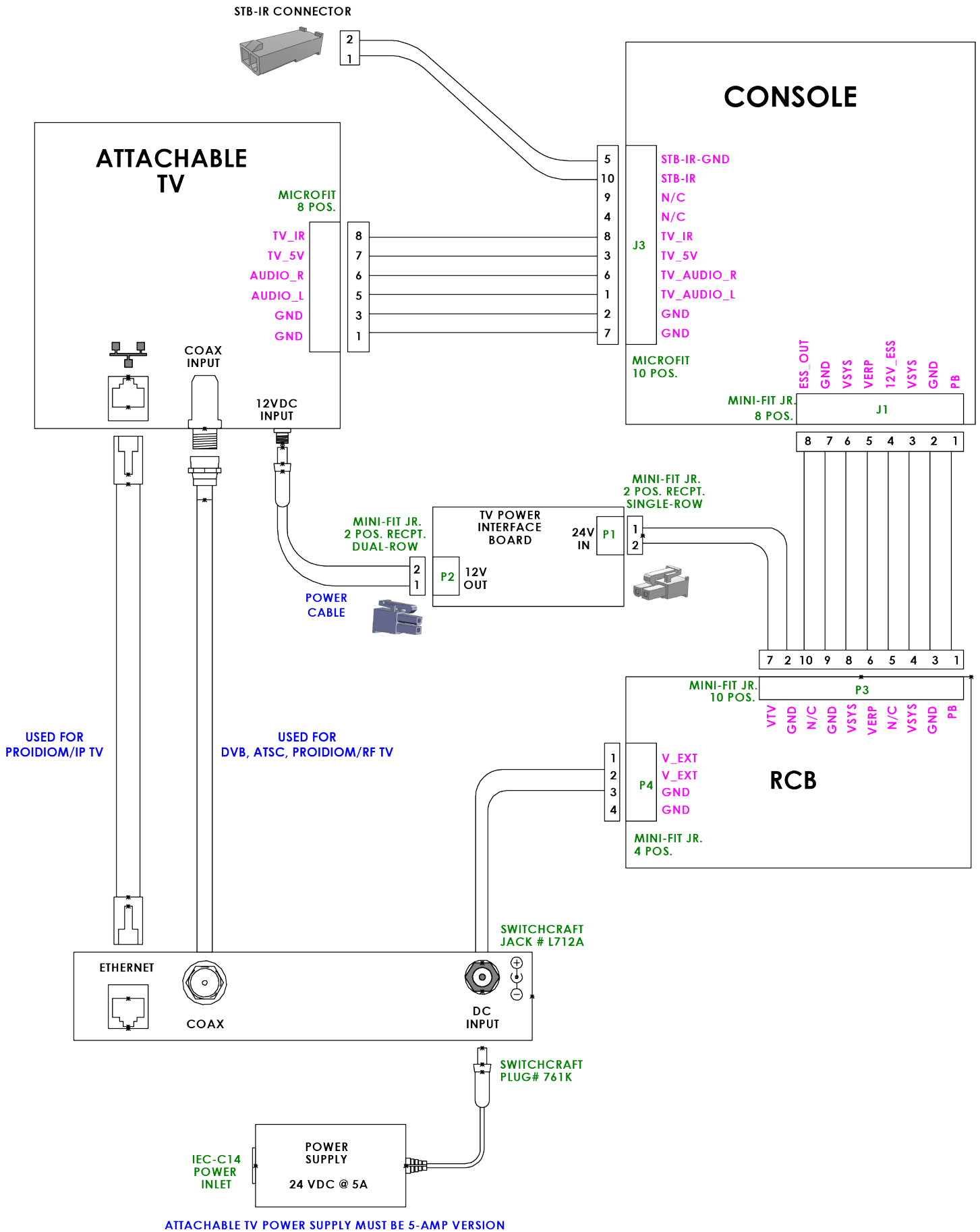
Schematic - Treadmill, TV



Schematic - Upright Bike, Main



Schematic - Upright Bike, TV Connections



8. Service and Technical Data

Approved and Compatible Cleaners

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

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

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

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

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

Preventive Maintenance Schedule

| Item | Weekly | Monthly | Biannually |
|----------------|--------|---------|------------|
| Hardware | | | Inspect |
| Frame | Clean | | Inspect |
| Plastic Covers | Clean | Inspect | |

How To's

Knowledge Base

See <https://lfn.fit/KnowledgeBase> for more detailed information.

How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the back of the unit near the toe guard.
3. Contact Customer Support at <http://www.lifelife.com>.

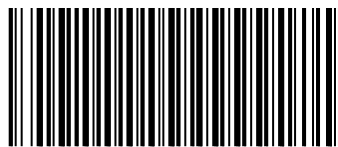
9. Warranty

Warranty Information

Please use the link below or scan QR code to access warranty information:

<http://lifelitness.com/warranties>





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