

# Cybex 70T Console

## Owner's Manual



Part Number  
1008851-0001 AD

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# Safety

## Safety Instructions

Read all instructions before using.

### All Products

-  **CAUTION:** Any changes or modifications to this equipment could void the product warranty.
-  **WARNING:** Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness Family of Brands STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.
-  **WARNING:** Keep batteries out of reach of children.  
Some chest straps may contain a removable battery.
  - Swallowing may lead to serious injury in as little as 2 hours or death, due to chemical burns and potential perforation of the esophagus.
  - If you suspect your child has swallowed a battery, immediately call your local poison control for fast, expert advice.
  - Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. Do not use if compartment is not secure.
  - Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
  - Tell others about the risk associated with button batteries and how to keep their children safe.
-  **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
-  **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
-  **DANGER:** To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.
- Life Fitness Family of Brands does not warrant nor guarantee that component parts used in the manufacture of products offered under the Life Fitness Family of Brands are latex-free. Users of these products must take all necessary precautions to prevent accidental contact that could lead to an adverse latex reaction.
- Never operate the product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Customer Support Services.
- Position the product so that the power cord plug to the wall is accessible to the user. Make sure that the power cord is not knotted or twisted and that it is not trapped under any equipment or other objects.
- If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Always follow the console instructions for proper operation.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never operate the product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
- Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces, and towels away from moving parts.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.

- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and using.
- Free standing equipment shall be installed on a stable and leveled surface.
- Read all warnings on each product prior to starting a workout.
- If warnings are missing or damaged, please contact Customer Support Services immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Life Fitness Family of Brands is not responsible for missing or damaged warning labels.

## Treadmill

-  **CAUTION:** Risk of injury to persons – to avoid injury, use extreme caution when stepping onto or off of a moving belt. Read assembly instruction manual before using.
-  **WARNING:** Keep the area 6.5 ft. (2 m) by 3 ft. (0.9 m) behind the treadmill clear of any obstructions, including walls, furniture, and other equipment. Contact Customer Support Services for an optional longer power cord if necessary.
-  **WARNING:** Be sure the emergency stop lanyard is clipped to the user and in proper position on the treadmill before beginning any workout.
-  **WARNING:** The belt centering adjustment must be performed if the belt is not between the marks indicating the maximum allowed lateral positions. Refer to Treadmill Assembly Instructions.
-  **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>

- When the product is not in use, Life Fitness recommends unplugging the product. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- Never mount or dismount the treadmill while the running belt is moving. Use the handrails whenever additional stability is required. In case of an emergency, such as tripping, grasp the handrails, and place the feet on the side platforms.
- Never walk or jog backwards on the treadmill.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- In conformity with the European Union Machinery Directive 2006/42/EC, this equipment unloaded runs at sound pressure levels below 70 dB (A) at the average operating speed of 12 km/hr (commercial units) and 8 km/hr (home units). Noise emission under load is higher than without load.

## Arc Trainer

-  **WARNING:** Ensure that there is at least 1 ft. (0.3 m) of clearance in front of the Arc Trainer and at least 2 ft. (0.6m) on the side.
-  **WARNING:** The Arc Trainer is not equipped with a free-wheeling feature. Therefore, the product cannot be stopped immediately.
-  **WARNING:** This product can expose you to chemicals including Di-2-ethylhexyl-phthalate, 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>

- Do not stand or sit on the rear plastic covers of the Arc Trainer.
- The individual human power required to perform an exercise may be different than the mechanical power displayed on the Arc Trainer.
- Use caution when mounting or dismounting the Arc Trainer. Before mounting, use the moving arms to bring the pedal nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto the moving arms.
- Never face backward while using the Arc Trainer.

## Bikes

-  **WARNING:** Allow a distance of 16 in. (41 cm) between the widest part of the bike and other objects on either side. Provide at least 3 ft. (0.9 m) between the front or rear of the bike to any other objects and 2 ft. (0.6 m) in the direction the equipment is accessed from.
-  **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>

- Do not stand or sit on plastic shrouds.
- Use caution when mounting or dismounting the bike. Use the stationary handlebar whenever additional stability is required.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

## Before Use

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

FCC Warning - Possible Radio / Television Interference

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

EN ISO 20957 Class SB (Treadmill only): Professional and / or commercial use.

EN ISO 20957 Class SA (Bikes and Arc Trainer only): Professional and / or commercial use.



**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.

## Functional Information

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This Operation Manual describes the functions of the following products:

- *R-Series Treadmill*
- *R-Series Recumbent Exercise Bike*
- *R-Series Upright Exercise Bike*
- *R-Series Arc Trainer (Total Body and Lower Body)*

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

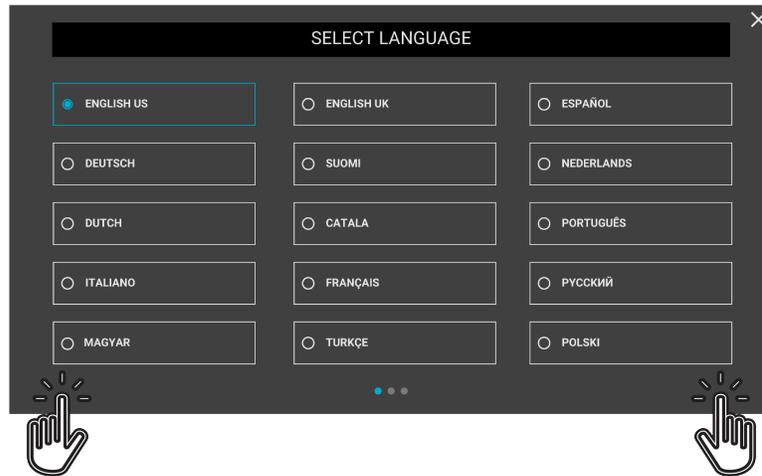
### Statements of Purpose:

- The *Cybex Treadmill* is an exercise machine that enables users to walk or run, in place, indoors on a moving surface.
- The *Cybex Arc Trainer* is a non-impact, weight bearing cross trainer, used by applying force to the foot pedals.
- The *Cybex Bike* is a machine that simulates the movements of riding a bicycle indoors at various speeds and levels of resistance.

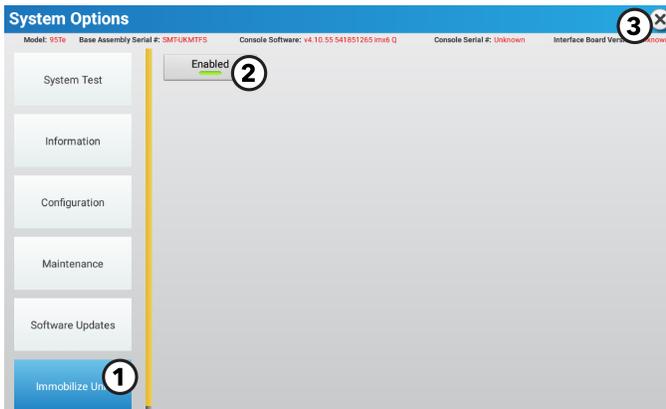
# Immobilization Method

The purpose of immobilizing the treadmill is to prevent unauthorized use. The system causes immobilization of the treadmill when activated.

1. Tap the **LANGUAGE** icon to access the **SELECT LANGUAGE** screen.
2. Tap the lower part of the screen in the following sequence: **Lower-Left**, **Lower-Right**, **Lower-Left**, and **Lower-Right**.

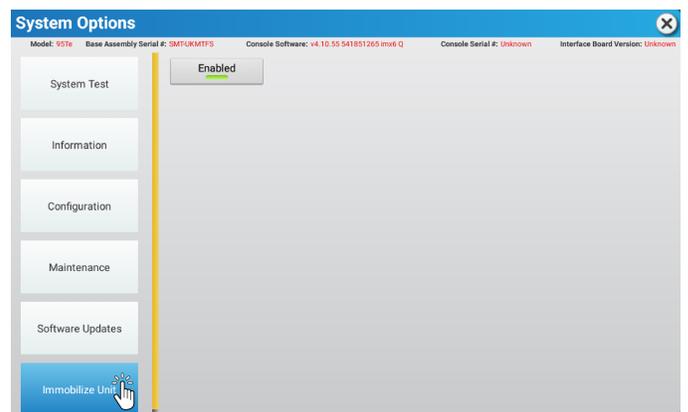
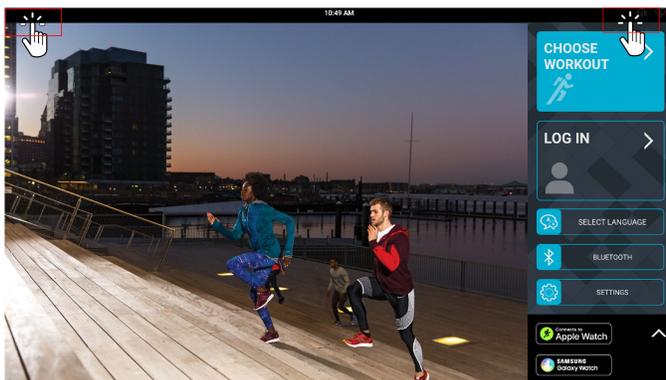


3. Tap the **Immobilize Unit** icon. **Enabled** will be displayed.



Item	Description
1	Immobilize Unit icon
2	Enabled icon
3	Exit icon

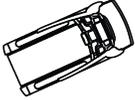
4. Tap the exit icon **X** to exit **System Options**.
5. Unit will shutdown.
6. **UNIT IMMOBILIZED BY MANAGER** message appears on screen.
7. Tap the upper part of the **ATTRACT SCREEN** in the following sequence: **Upper-Left**, **Upper-Right**, **Upper-Left**, and **Upper-Right** to enter **System Options**.



8. Tap the **Immobilize Unit** icon to disable.

## Icons Used in this Manual

The 70T manual covers information for multiple cardio products. To help differentiate we use the following icons.

	Treadmill-Only Feature
	Bike-Only Feature
	Arc Trainer-Only Feature

# Overview

## Console Overview

Treadmill shown



### 1. Touch Screen Display

- Use to select, set up, monitor and save workouts.
- Access entertainment options.

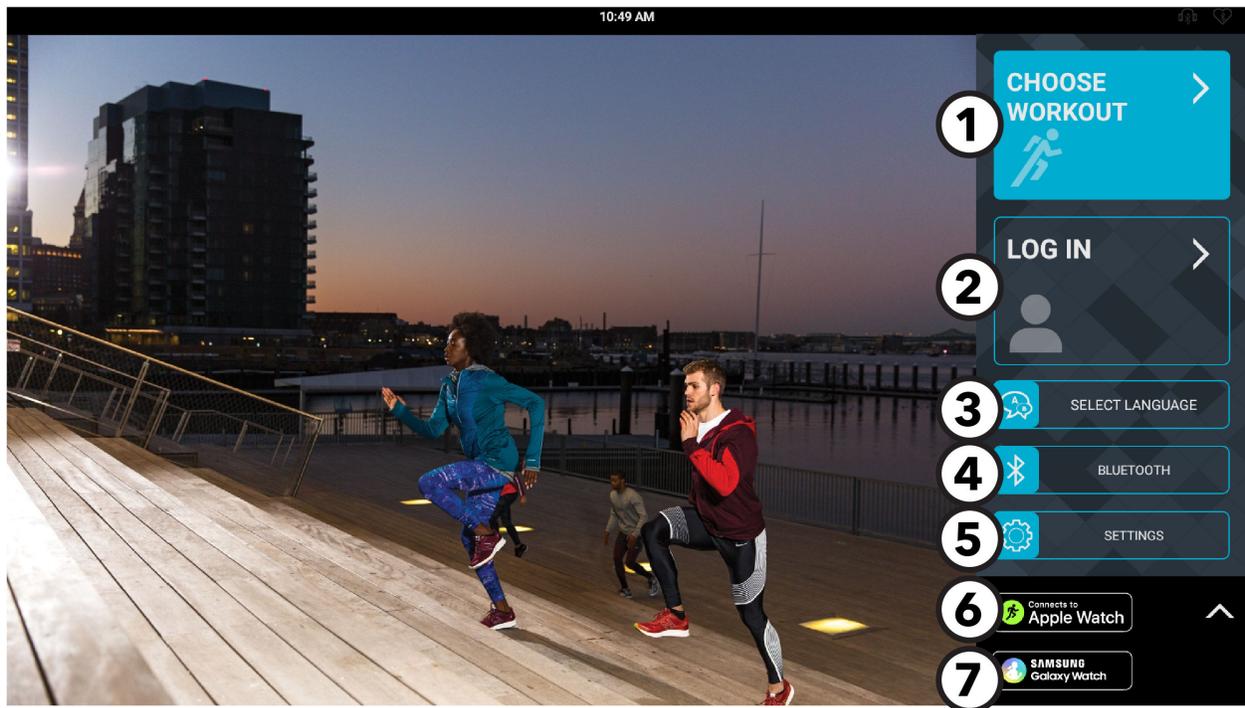
2. **Optional RFID (Radio Frequency Identification):** Fitness facility owners can order this option for their users allowing them to swipe their facility identification card on the console. The console's hardware is compatible with the two main frequencies (125kHz and 13.56Mhz) used for RFID cards.

3. **Reading Rack / Tablet Holder:** Place traditional reading material as well as mobile devices and tablets in this built-in holder.

4. **USB:** Charge USB devices.

5. **Headphones:** Plug in headphones to listen to TV and entertainment options.

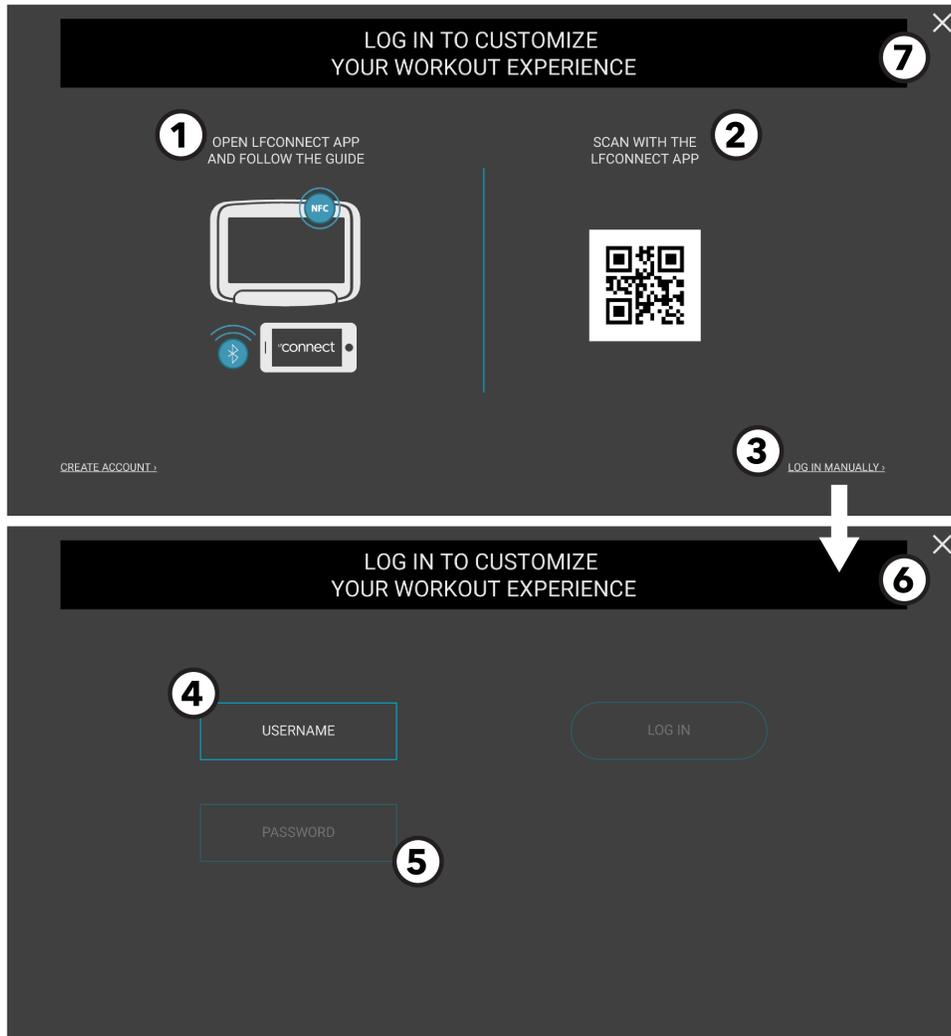
6. **NFC (Near Field Communication):** Connect to NFC enabled mobile devices, Apple Watch and Samsung Galaxy Watch for seamless pairing and data share.



1. **Choose Workout:** Select a workout from the following categories:
  - On-Demand Workouts
  - Interactive Terrains
  - Standard Goals
  - Fitness Tests
  - Quick Start
2. **Log In:** Press to log in to your LFconnect or Halo account.
3. **Language:** Select a language to use during a workout.
4. **Bluetooth®:** Scan for Bluetooth enabled headphones or Heart Rate devices.
5. **Settings:** Press to enter your weight or change your units (imperial or metric).
6. **Connects to Apple Watch®:** Press to learn more about connecting your Apple Watch device.
7. **Samsung Galaxy Watch®:** Press to learn more about connecting your Samsung Galaxy Watch device.

# Operation

## Log In To Customize



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

### 1. Bluetooth / NFC

- On an Apple mobile device, enable Bluetooth, open the Lfconnect app and turn on Bluetooth proximity login feature.
- On an Android mobile device, enable NFC and open the Lfconnect app.
- Touch your mobile device to the upper right-hand corner of the console to automatically connect.

### 2. Scan QR Code

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

### 3. Log In Manually

Press **Log In Manually** to access the screen with the prompts to log in manually.

### 4. Follow the prompts to log in to your account.

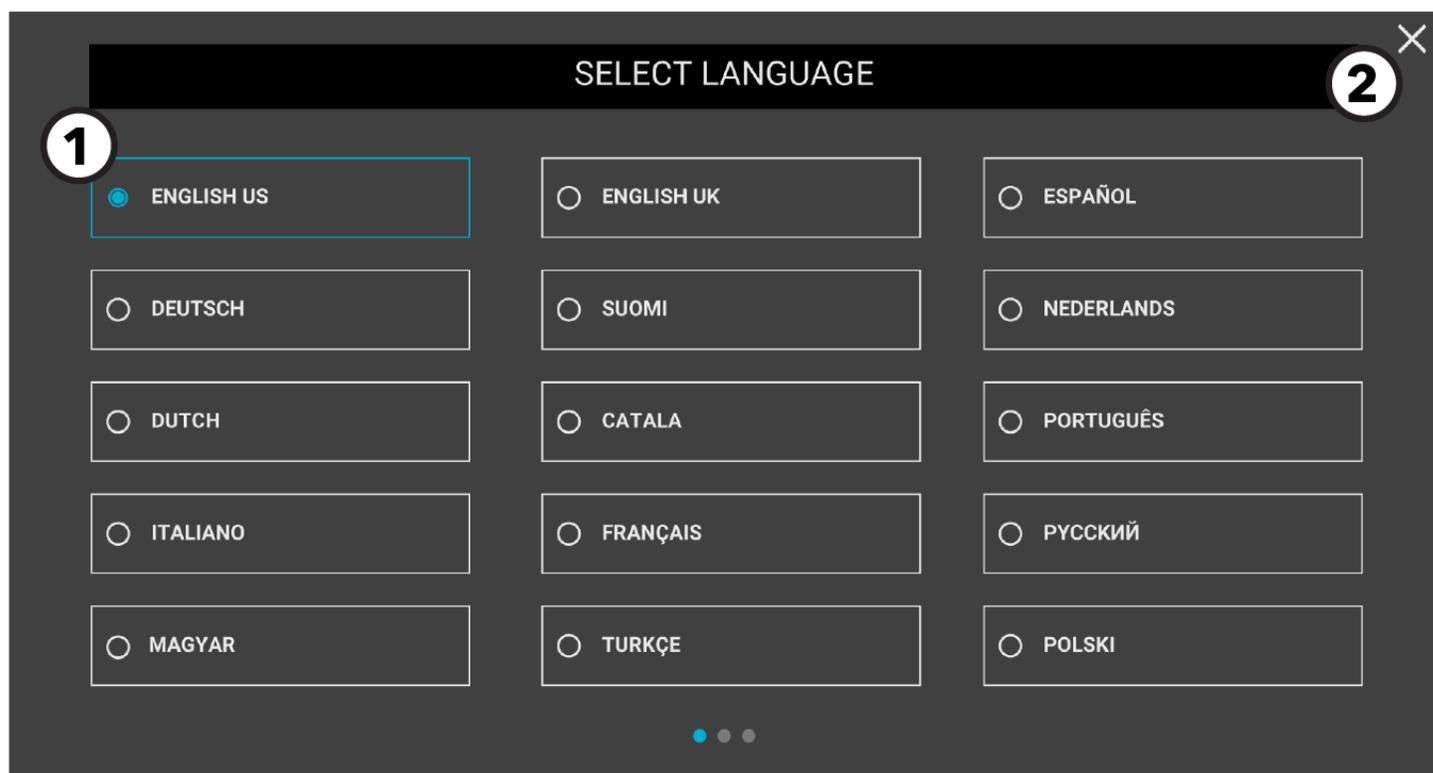
- Press **User Name**, and enter a user name.
- Press **Password**, and enter a password.
- Press **Log in** to access your account.

### 5. Forgot Password

Enter the email address associated with the Lfconnect account.

6. Press the X to exit the **Log In Manually** screen and return to the Home screen.
7. Exit the **Log In** screen and return to the Home screen.

## Select Language



### 1. Language Options

Users can select a language to use during a workout.

**NOTE:** Only the specific languages enabled by the manager will be displayed.

After a selection is made, the language is saved, the **Select Language** screen is closed and the **Home** screen appears in the selected language.

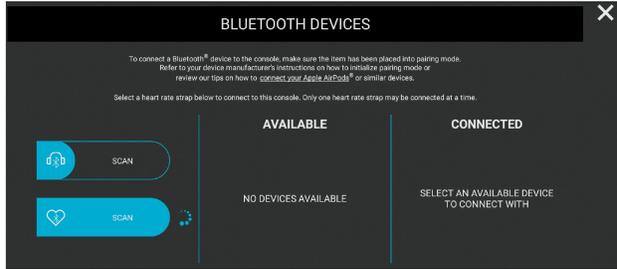
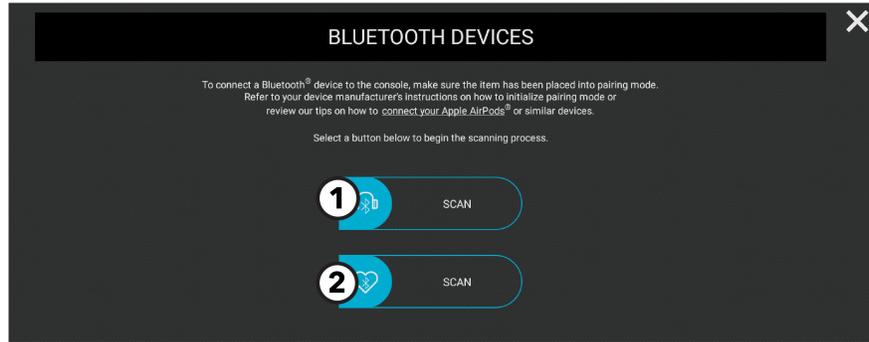
2. Press the X to exit the **Select Language** screen and return to the **Home** screen.



1. Connect to Apple Watch: Press to learn more about connecting your Apple Watch device.
2. At any time prior to the workout summary screen, place your Apple Watch at the bottom right-hand corner of the tablet holder where it reads NFC. **The watch face must be facing the tablet holder to connect.**
3. The Apple Watch is connected when the ∞ symbol is apparent in the upper, right-hand corner of the screen.



1. Samsung Galaxy Watch: Press to learn more about connecting your Samsung Galaxy watch device.
2. At any time prior to the workout summary screen, place your Samsung Galaxy Watch at the bottom right-hand corner of the tablet holder where it reads NFC. **The side of the watch must be facing the tablet holder to connect.**
3. The Samsung Galaxy Watch is connected when the watch symbol is apparent in the upper, right-hand corner of the screen.



Bluetooth Device menu offers two scanning options:

- Headphone
- Heart rate chest strap

## 1. Headphone

Press to scan for available Bluetooth Devices.

**NOTE:** Make sure your headphones are in pairing mode. Headphones using a low energy Bluetooth signal or single ear headphones are not compatible.

**NOTE:** STB Sync and Set Top Box on the floor configurations do not allow Bluetooth audio to be streamed from TV to headphones.

## 2. Heart Rate Chest Strap

Press to scan for available Bluetooth Devices.

## 3. Available Devices

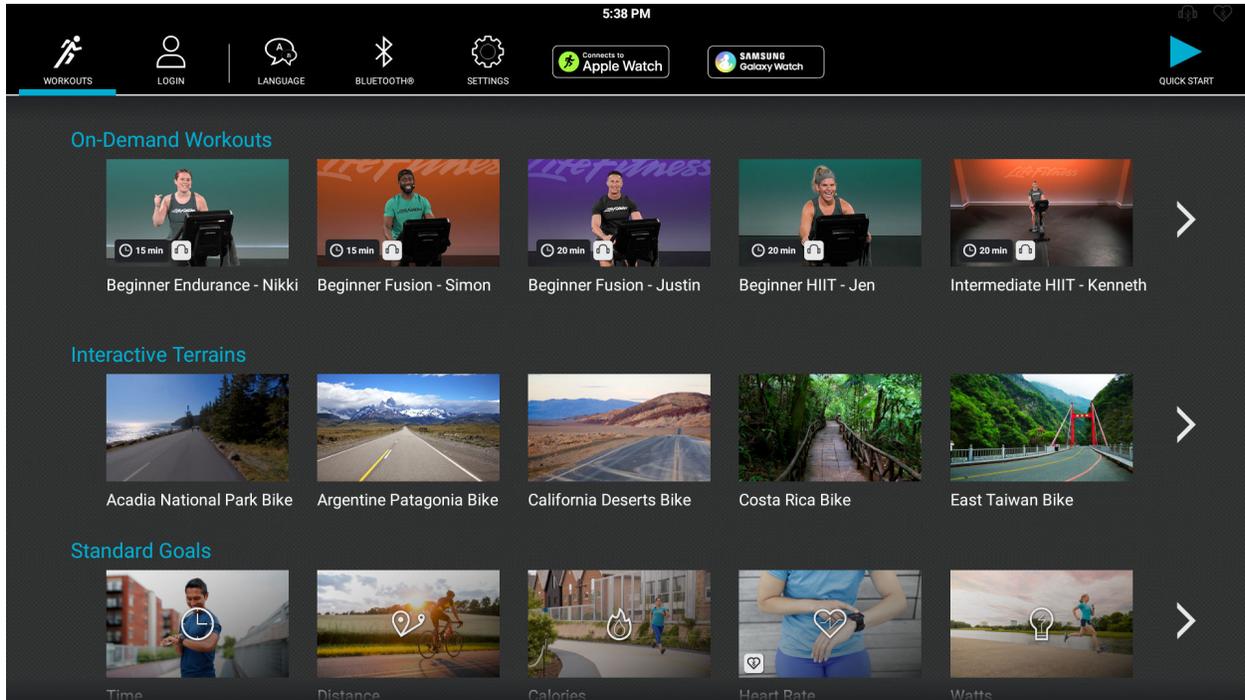
Scroll through the list of available devices.

## 4. Plus Sign

Click the + symbol to pair your device.

# Choose Your Workout

Scroll the Choose Workout screen to view available workout options.

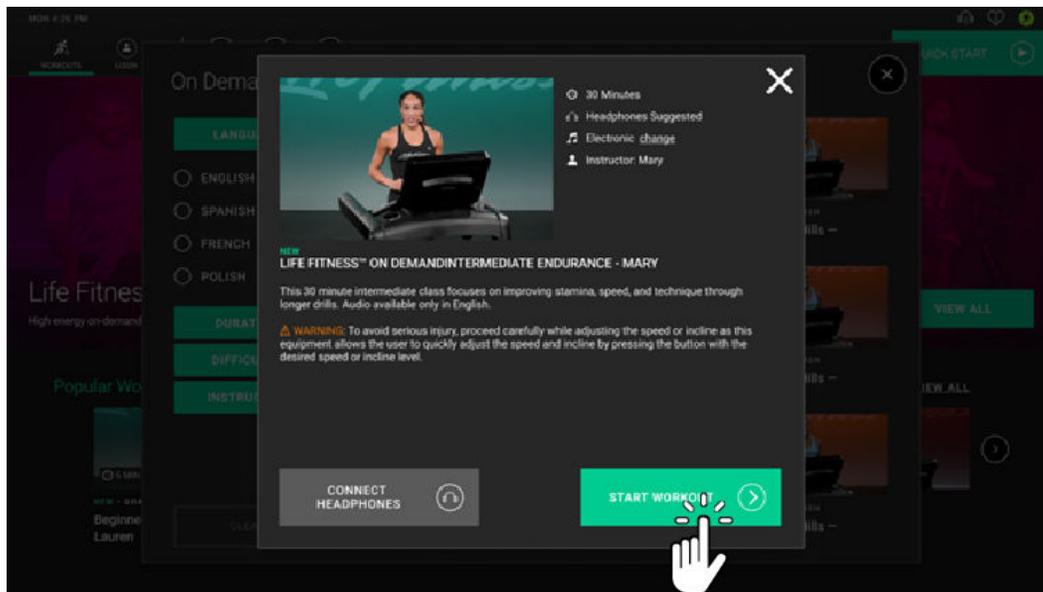


Workouts include:

- **On-Demand Workouts** - Select an instructor-led class streamed through the internet.
- **Interactive Terrains** - Select an interactive terrain and work out with friends or other exercisers anywhere in the world in real time.
- **Standard Goals** - Choose a workout based on desired goal.
- **Fitness Tests** - Select from available fitness tests.
- **Quick Start** - Begin a workout immediately without setup or selecting a goal.

Press on desired workout to access a description about the selected workout and workout setup.

Press **Start Workout** to access workout setup.



## On-Demand Workouts Requirements

Choose from over 400 motivational, instructor-led classes ranging in length from 10 to 40 minutes, available on Cybex treadmills, arc trainers, upright bikes and recumbent bikes. Classes vary in difficulty and are led by the best instructors around the globe to get your exercisers results. Available in English, Spanish, German, French, Japanese and Russian. The classes are streamed through the internet. Software updates are not required in order to view new classes.

**NOTE:** On-Demand Workouts can be enabled through [Halo.Fitness](#) or [Accessing System Options](#).

The settings for On-Demand Workouts must be **Enabled** in Manager's Configuration to access the **full** library of streaming workouts.

### Internet Bandwidth Requirements

On-Demand Workouts require a strong internet connection for optimal user experience. **At least 2.5 Mbps per machine is recommended.**

Internet bandwidth, otherwise known as your network connection speed, is measured in Megabits per second (Mbps). To find out what your facility bandwidth is, we recommend free online websites like [speedtest.net](#) or [fast.com](#). Simply open one of these websites on a device with a browser that is connected to your wired internet or WiFi network. The website will show you a measure of your connection speed in Mbps, then compare it to the table below.

### Minimum Download Bandwidth Requirements

Services	Up to 8 Units	Each Additional Unit
Asset management, remote software updates, and user workout tracking	2.5 Mbps	0.25 Mbps
Above services and web browsing access	4 Mbps	0.25 Mbps
Above services and web video, e.g. YouTube	4 Mbps	0.5 Mbps
Above services and video streaming apps, e.g. Netflix	8 Mbps	1.0 Mbps
Above services and On-Demand workouts	20 Mbps	2.5 Mbps

If your facility has low bandwidth we recommend that you enable On-Demand Workouts only on a select number of units. You may experience lagging internet connectivity if you do not have the appropriate bandwidth. Use this chart as a guide:

Bandwidth in Mbps	Recommended Number of Units Enabled
20	8
40	16
60	24
80	32
100	40

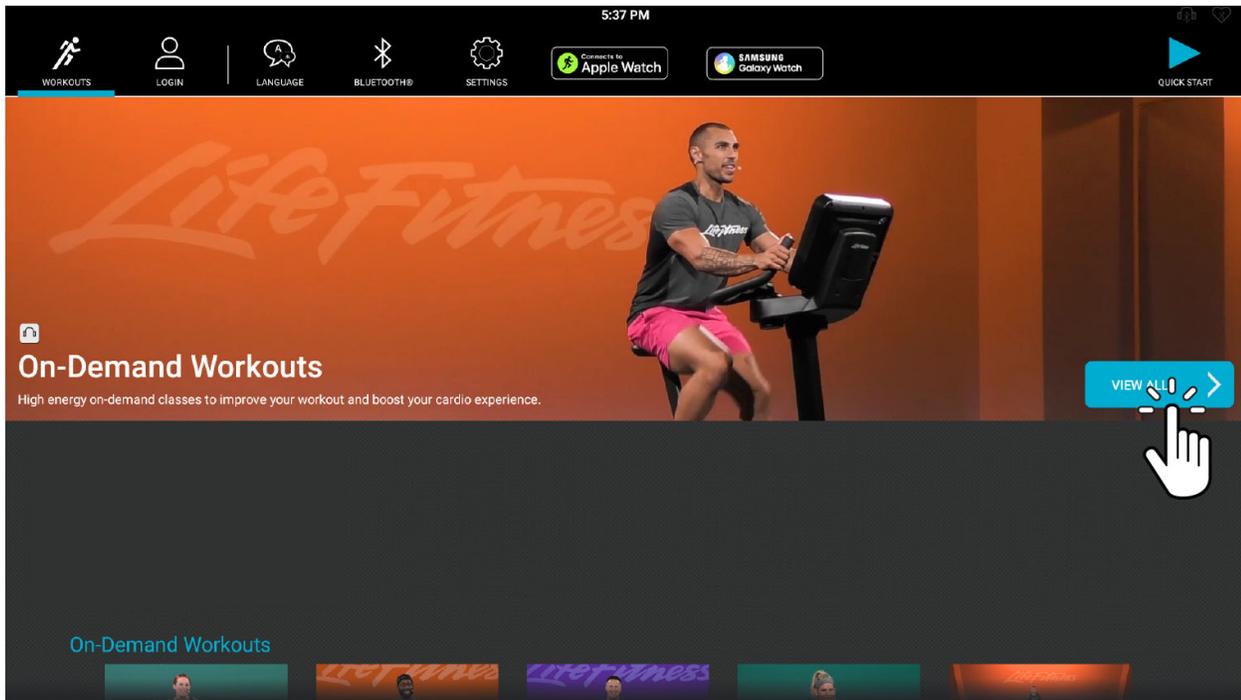
## On-Demand Workouts Video Library

The following conditions must be met for the video library to appear:

- On-Demand Workouts must be enabled on the unit. Enable on [Halo.Fitness](#) or in [Accessing System Options](#).
- The unit must be connected to the internet.
- The unit must be updated with software version 4.10 or later.

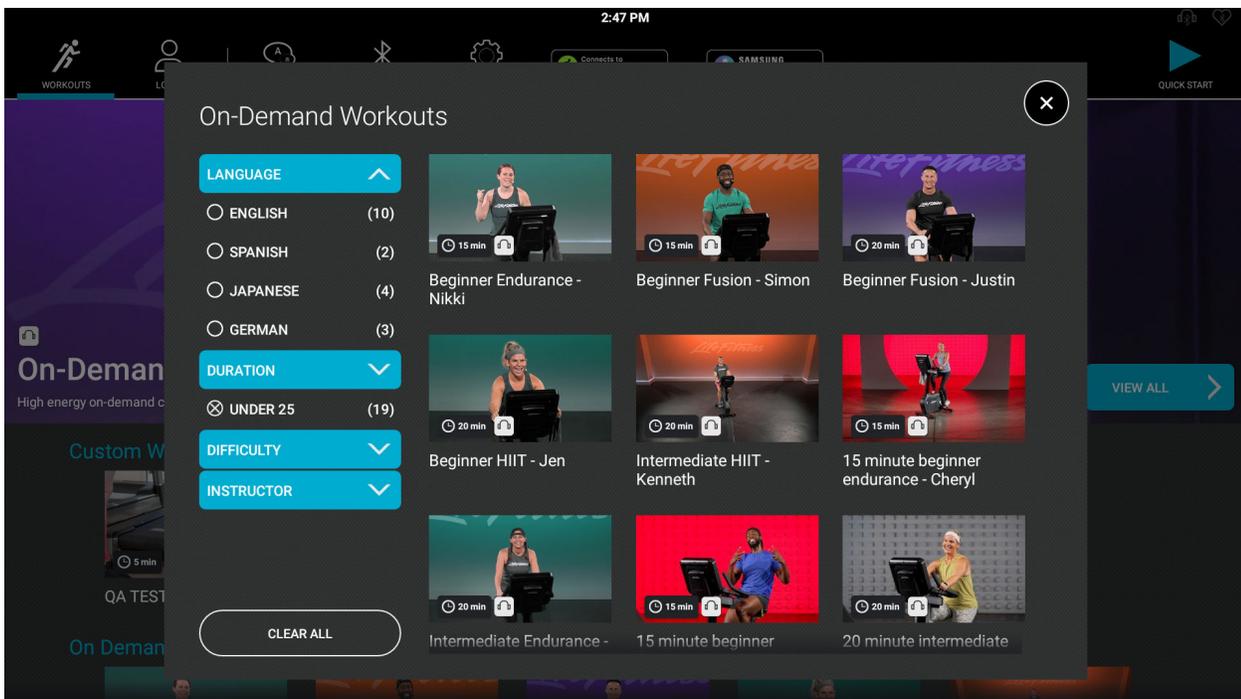
### Selecting and Using a Video

1. Select **View All** to view complete On-Demand Workouts library or select videos listed under Popular Workouts. Scroll down to view On-Demand Workouts category.

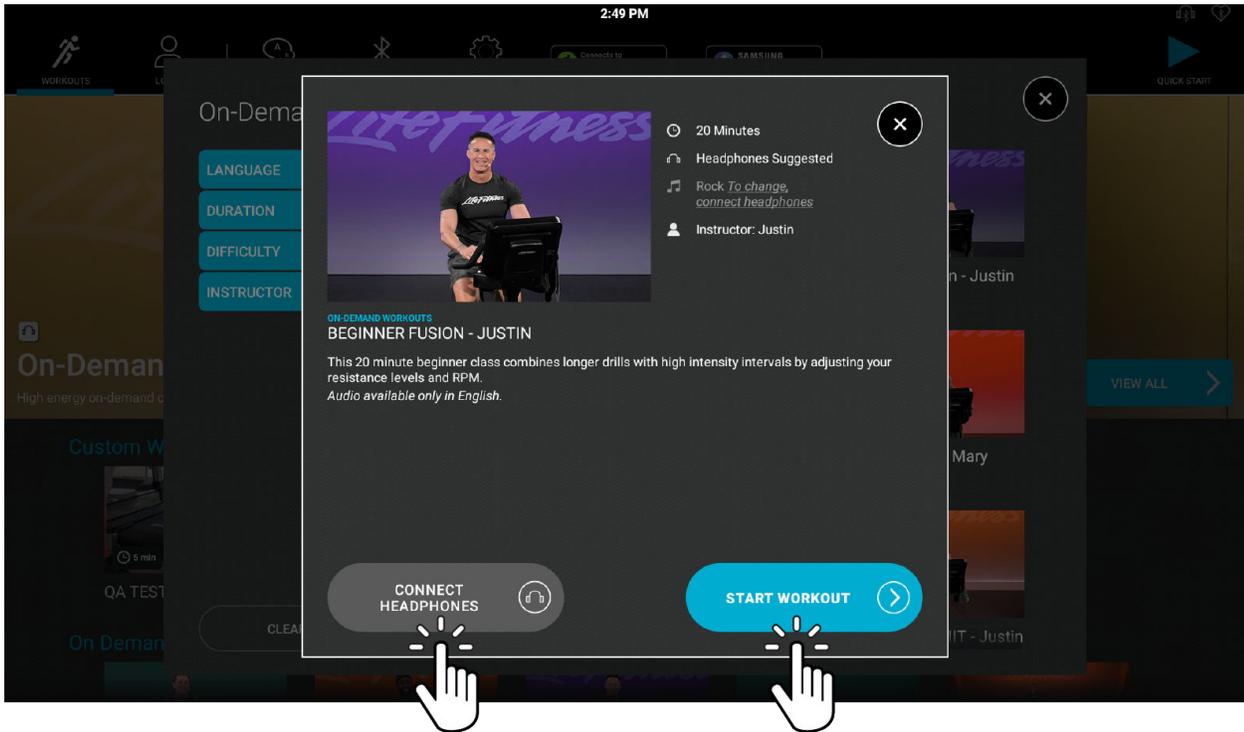


2. The On-Demand Workouts library allows users to filter workouts by the following categories:

- Language
- Duration
- Difficulty
- Instructor



3. Tap on an On-Demand Workout tile to display more details about the selected class. Exercisers can pair their Bluetooth headphones by tapping **Connect Headphones** and following the prompts. Press **Start Workout**.



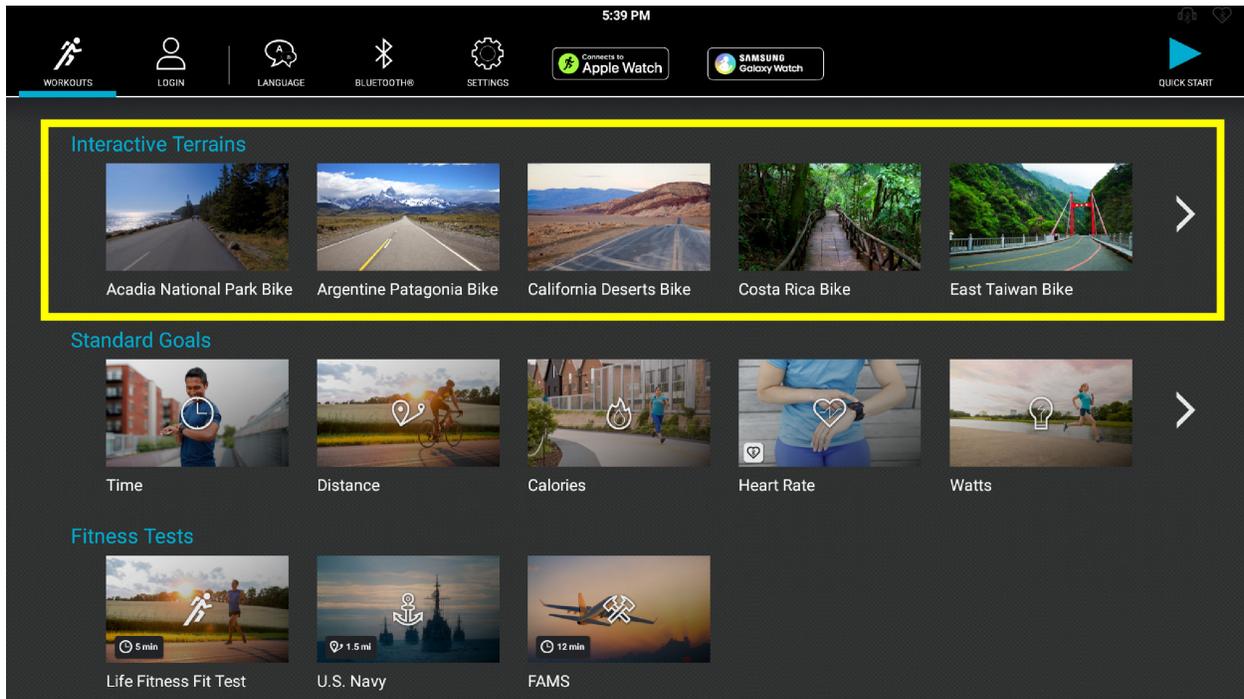
4. Use the quick-touch buttons to adjust workout settings such as speed, incline and resistance.  
**NOTE:** Quick-touch buttons vary depending on workout. Image shown is a treadmill workout.



## Interactive Terrains

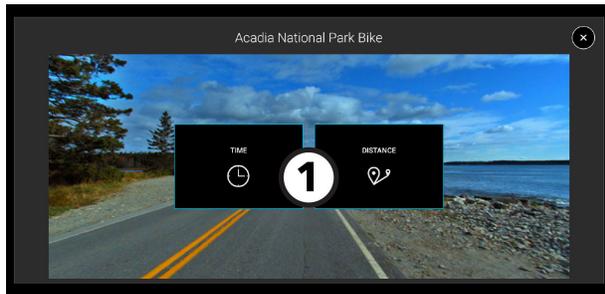
The Interactive Terrains are video courses, shot in first person perspective through landscapes, cityscapes, and events from around the world. This feature interacts with the fitness equipment to provide an immersive experience.

**NOTE:** The incline of the treadmill automatically increases or decreases to correspond with the virtual hills on the course.



- Choose desired course.

## Workout Setup - Interactive Terrains



1. **Choose Goal**
  - Time
  - Distance
2. **Back Arrow**

Press to return to previous screen.
3. **Preset Time / Distance Values**

Choose from default values.
4. **Time / Distance Keypad**

Press to use a numeric keypad to input a workout time / distance value.
5. **Level / Incline**

Press to choose a preset level / incline or input a level / incline value.
6. **Enter Weight**

Press to use a numeric keypad to input a weight value.
7. **Choose Measurement Unit**
  - Metric
  - Imperial
8. **Next**

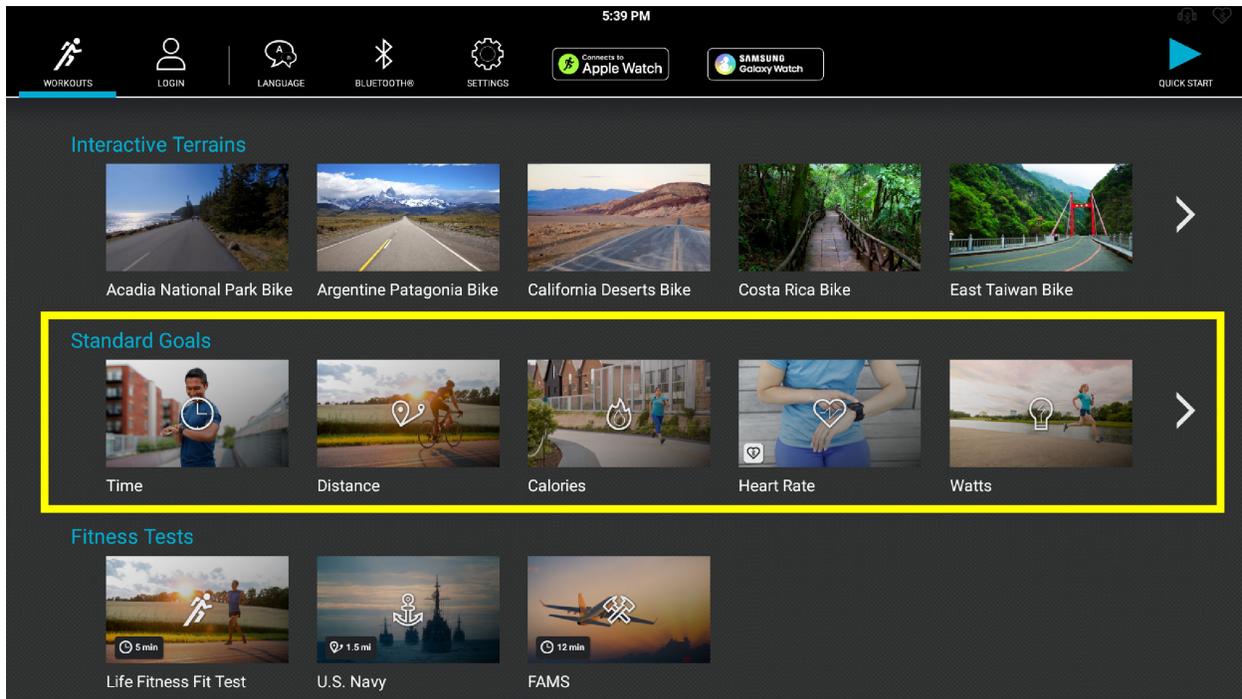
Press to go to the next setup screen.
9. **Exit the Setup Screen and return to the Interactive Terrains Workout Selection Screen.**
10. **Course Markers**

Choose a starting point for the course.
11. **Start Interactive Terrain**

A workout countdown 3, 2, 1 screen appears and then the course begins.

# Standard Goals

Goals vary depending on base type.



Workout Type	Description	Base Type
Time	Choose your terrain and the total time of your workout.	Treadmill, Bikes, Arc Trainer
Distance	Pick a distance goal. Choose terrain and total distance of workout.	Treadmill, Bikes, Arc Trainer
Calories	Choose terrain and how many calories you want to burn.	Treadmill, Bikes, Arc Trainer
Climb	Choose terrain and total distance you want to climb.	Treadmill
Heart Rate	Select a workout based on your target heart rate.	Treadmill, Bikes, Arc Trainer
Constant Power	A workout with constant intensity. Watts remain constant during the workout and torque varies according to speed changes.	Arc Trainer
Adaptive Power	An ideal HIIT workout. Resistance increases exponentially with increases in speed.	Arc Trainer
Watts	Choose the constant Watts intensity for your workout.	Bikes
METs	Choose your calorie burn by selecting constant METs intensity during your workout.	Bikes
Starter Interval	A challenging 1:1 interval workout that progresses from low-intensity to high-intensity intervals.	Treadmill, Bikes
Aerobics	A guided workout that varies the muscles used and intensity.	Bikes

## Data Entry Options

Reference the charts on the following pages for a list user inputs required for each workout category and workout type.

### Arc Trainer

Standard Goals Workout	User Input
Time	<ul style="list-style-type: none"> <li>• 3 preset values or use keypad to input desired time</li> <li>• Terrain (<i>Flat, Random, Hills, Rolling Hills</i>)</li> <li>• Resistance</li> <li>• Weight (<i>enter at bottom left of screen</i>)</li> </ul>
Distance	<ul style="list-style-type: none"> <li>• 3 preset values or use keypad to input desired time</li> <li>• Terrain (<i>Flat, Random, Hills, Rolling Hills</i>)</li> <li>• Resistance</li> <li>• Weight (<i>enter at bottom left of screen</i>)</li> </ul>
Calories	<ul style="list-style-type: none"> <li>• 3 preset values or use keypad to input desired calories</li> <li>• Weight</li> <li>• Terrain (<i>Flat, Random, Hills, Rolling Hills</i>)</li> <li>• Resistance</li> </ul>
Heart Rate Control	<ul style="list-style-type: none"> <li>• Age</li> <li>• Heart Rate Goal</li> <li>• Workout Level</li> </ul>
Constant Power	<ul style="list-style-type: none"> <li>• Weight</li> <li>• Time</li> <li>• Watts</li> </ul>
Adaptive Power	<ul style="list-style-type: none"> <li>• Weight</li> <li>• Time</li> <li>• Level</li> </ul>

### Bikes

Standard Goal Workout	User Input
Time	<ul style="list-style-type: none"> <li>• 3 preset values or use keypad to input desired time</li> <li>• Terrain (<i>Flat, Random, Hills, Rolling Hills</i>)</li> <li>• Level</li> <li>• Weight (<i>enter at bottom left of screen</i>)</li> </ul>
Distance	<ul style="list-style-type: none"> <li>• 3 preset values or use keypad to input desired distance</li> <li>• Terrain (<i>Flat, Random, Hills, Rolling Hills</i>)</li> <li>• Level</li> <li>• Weight (<i>enter at bottom left of screen</i>)</li> </ul>
Calories	<ul style="list-style-type: none"> <li>• 3 preset values or use keypad to input desired calories</li> <li>• Weight</li> <li>• Terrain (<i>Flat, Random, Hills, Rolling Hills</i>)</li> <li>• Level</li> </ul>
Heart Rate	<ul style="list-style-type: none"> <li>• Goal (<i>Time, Distance, Calories, Time in Zone</i>)</li> <li>• Age</li> <li>• Workout (<i>Moderate Burn, Vigorous Burn, Fixed Time</i>)</li> <li>• Target Heart Rate</li> <li>• Level</li> <li>• Weight (<i>enter at bottom left of screen</i>)</li> </ul>

Standard Goal Workout	User Input
Aerobics	<ul style="list-style-type: none"> <li>• Goal (<i>Time, Distance, Calories</i>)</li> <li>• Level</li> <li>• Weight (<i>enter at bottom left of screen</i>)</li> </ul>
Watts	<ul style="list-style-type: none"> <li>• 3 preset values or use keypad to input desired time</li> <li>• Watts</li> <li>• Weight</li> </ul>
Mets	<ul style="list-style-type: none"> <li>• 3 preset values or use keypad to input desired time</li> <li>• Mets</li> <li>• Weight</li> </ul>
Starter interval	<ul style="list-style-type: none"> <li>• 3 preset values or use keypad to input desired time</li> <li>• Level</li> <li>• Weight (<i>enter at bottom left of screen</i>)</li> </ul>

## Treadmill

Standard Goals Workout	User Input
Time	<ul style="list-style-type: none"> <li>• 3 preset values or use keypad to input desired time</li> <li>• Terrain (<i>Flat, Random, Hills, Rolling Hills</i>)</li> <li>• Level (<i>if Hill, Random, or Rolling Hills is chosen</i>)</li> <li>• Speed</li> <li>• Weight (<i>enter at bottom left of screen</i>)</li> </ul>
Distance	<ul style="list-style-type: none"> <li>• 3 preset values or use keypad to input desired distance</li> <li>• Terrain (<i>Flat, Random, Hills, Rolling Hills</i>)</li> <li>• Level (<i>if Hill, Random, or Rolling Hills is chosen</i>)</li> <li>• Speed</li> <li>• Weight (<i>enter at bottom left of screen</i>)</li> </ul>
Calories	<ul style="list-style-type: none"> <li>• 3 preset values or use keypad to input desired calories</li> <li>• Weight</li> <li>• Terrain (<i>Flat, Random, Hills, Rolling Hills</i>)</li> <li>• Level (<i>if Hill, Random, or Rolling Hills is chosen</i>)</li> <li>• Speed</li> </ul>
Climb	<ul style="list-style-type: none"> <li>• 3 preset values or use keypad to input desired floors</li> <li>• Terrain (<i>Flat, Random, Hills, Rolling Hills</i>)</li> <li>• Level (<i>if Hill, Random, or Rolling Hills is chosen</i>)</li> <li>• Incline (<i>Level if Flat is chosen</i>)</li> <li>• Speed</li> <li>• Weight (<i>enter at bottom left of screen</i>)</li> </ul>
Heart Rate	<ul style="list-style-type: none"> <li>• Goal (<i>Time, Distance, Calories, Climb, Time in Zone</i>)</li> <li>• Age</li> <li>• Workout (<i>Moderate Burn, Vigorous Burn, Fixed Time, Various Time</i>)</li> <li>• Target Heart Rate</li> <li>• Speed</li> </ul>
Starter Interval	<ul style="list-style-type: none"> <li>• 3 preset values or use keypad to input desired time</li> <li>• Low Speed</li> <li>• High Speed</li> <li>• Weight (<i>enter at bottom left of screen</i>)</li> </ul>

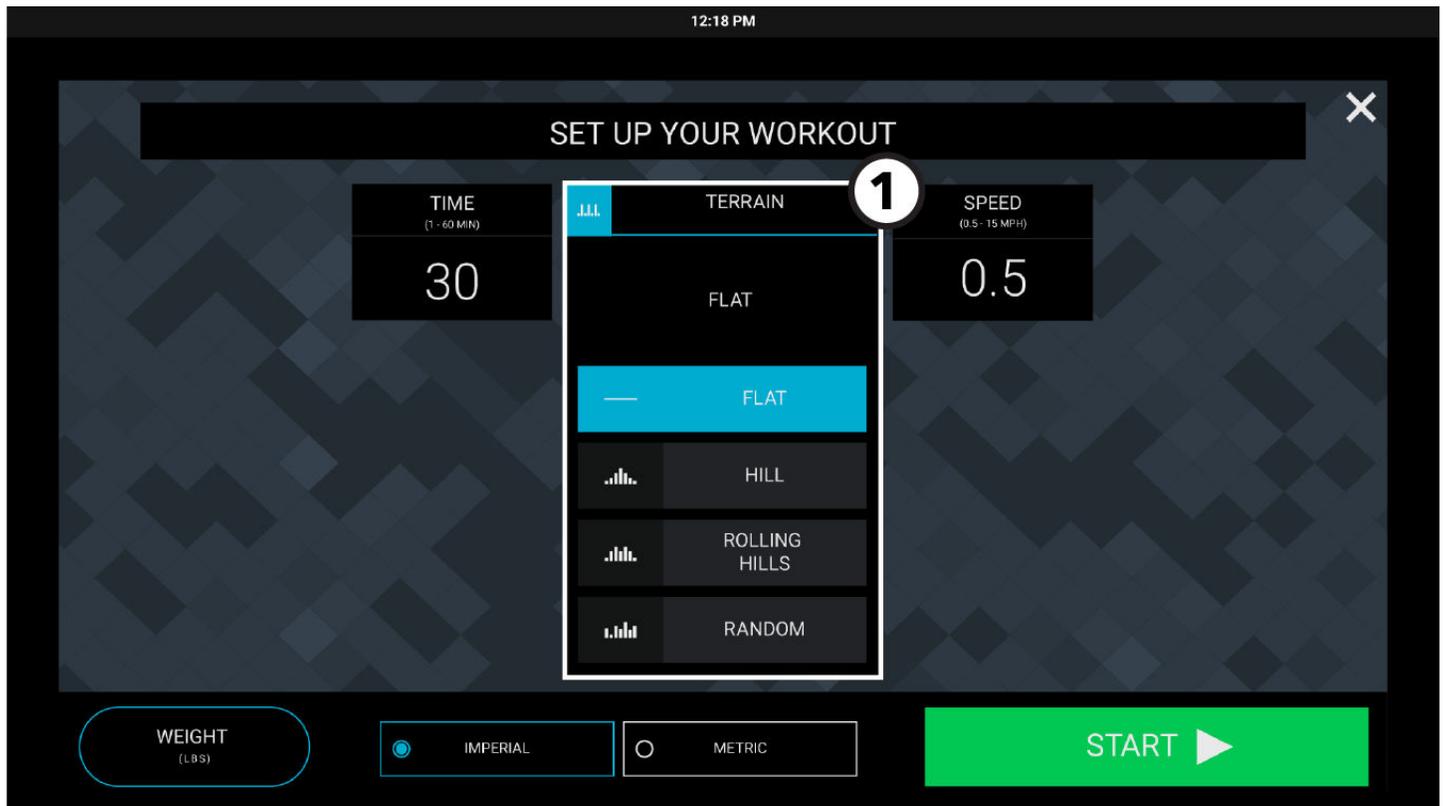
## User Input Ranges

Time	1 - 60 minutes
Weight	75 - 400 lbs. (34 - 181 kg)
Incline	0.0 - 15.0
Speed	0.5 - 14.0 MPH
Age	10 - 99 years
Height	36 - 90 inches
Average Level	1 - 20

Level refers to a range of incline percentages.

Level	% Incline	Level	% Incline
1	0.0 - 1.5	11	2.0 - 8.5
2	0.0 - 2.2	12	3.0 - 9.2
3	0.0 - 2.9	13	3.5 - 9.9
4	0.0 - 3.6	14	5.0 - 10.6
5	0.0 - 4.3	15	5.5 - 11.3
6	0.0 - 5.0	16	6.5 - 12.0
7	0.0 - 5.7	17	7.0 - 12.7
8	0.0 - 6.4	18	8.0 - 13.4
9	0.5 - 7.1	19	8.7 - 14.1
10	1.5 - 7.8	20	9.0 - 15.0

## Choose Terrain



### Choose Terrain:

- **Flat** is a constant effort workout in which the user can change incline, level or speed at any time.
- **Hill** involves increasing resistance until halfway through the workout, then decreases the remainder of the workout.
- **Rolling Hills** is similar to Hill, but has several up-and-downs throughout the workout.
- **Random** is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.

## Heart Rate Goals Workouts

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. 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. The maximal heart rate formula is defined by the American College of Sports Medicine's Guidelines for Exercise Testing and Prescription, 8th Edition, 2010. HRmax equals to 206.9 minus the total of 0.67 multiplied by a person's age.

$$\text{HR Max} = 206.9 - (0.67 * \text{age})$$

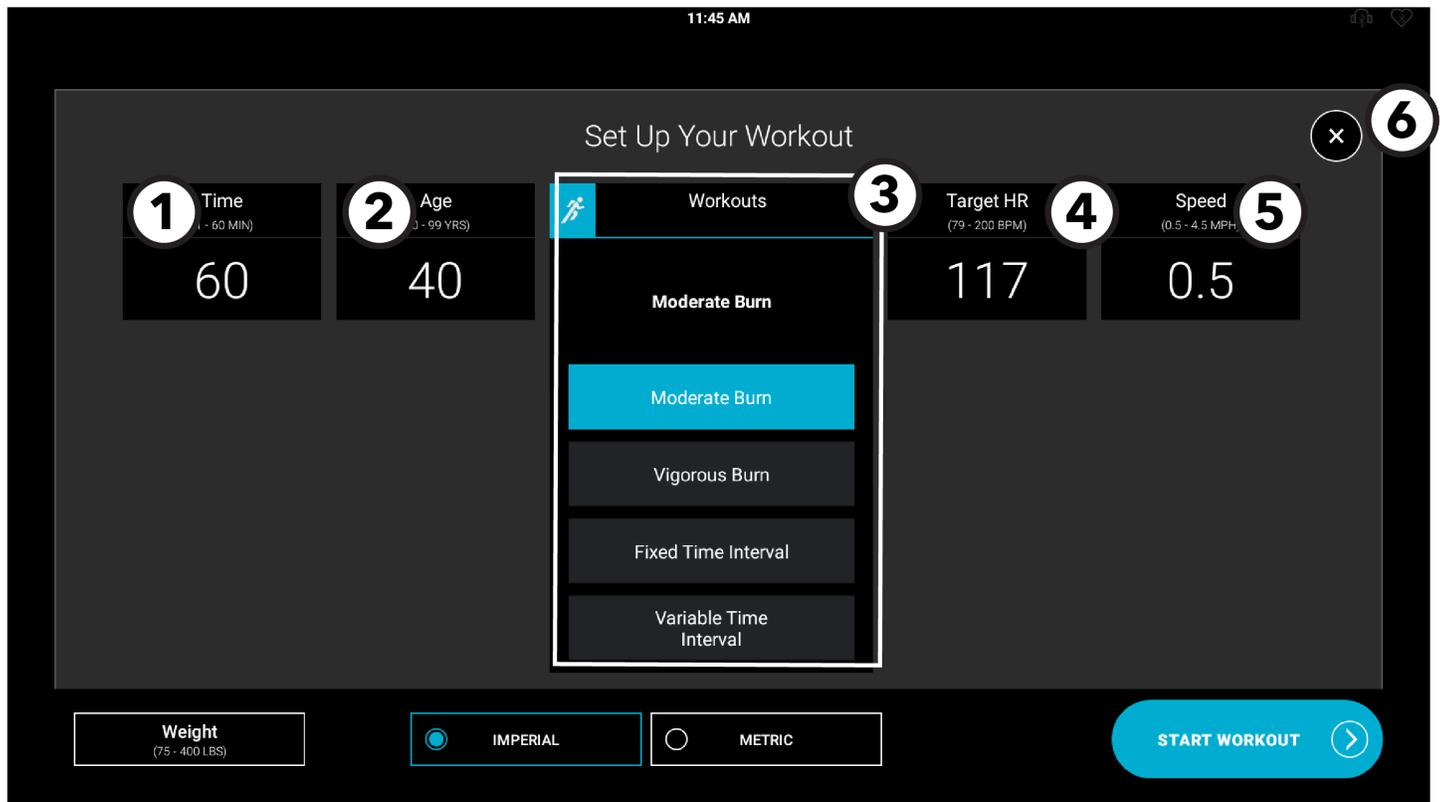
## Theoretical Maximum Heart Rates and Target Heart Rates

Reference the chart below for Theoretical Maximum Heart Rates and Target Heart Rates. Listed as BPM (Beats per Minute).

Age	Theoretical Maximum Heart Rate	65% (Moderate Burn)	80% (Vigorous Burn)
10	200	130	160
20	194	126	155
30	187	121	149
40	180	117	144
50	173	113	139
60	167	108	133
70	160	104	128
80	153	100	123
90	147	95	117
99	141	91	112

Wear the optional Polar® telemetry heart rate chest strap, or grip the Lifepulse™ sensors, to enable the on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the incline level (Treadmills only) to maintain the target heart rate based on the actual heart rate.

## Set Up Your Workout - Heart Rate



- 1. Time**  
Press to use numeric keypad to enter a workout time value.
- 2. Age**  
Press to use the numeric keypad to enter an age value.
- 3. Heart Rate Workout**
  - **Moderate Burn** is a low-intensity cardio workout. The program adjusts the intensity level through changing the incline (elevation), based on the actual heart rate, to maintain the rate at 65% of the theoretical maximum.
  - **Vigorous Burn** is a higher-intensity workout for more fit users, maximizing cardiovascular benefits and total calories burned. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80% of the theoretical maximum.
  - **Fixed Time** takes the user through three different hills based on targeting three different heart rate goals.
  - **Variable Time** alternates between a hill and a valley based on the target heart rate.
- 4. Target HR**  
Press to use the numeric keypad to enter a target heart rate value.
- 5. Level or Speed**  
Press to use the numeric keypad to enter a level or speed value.
- 6.** Press to exit the **Set Up Your Workout** screen, and return to the **Goal Selection** screen.

## The Lifepulse™ System

The patented Lifepulse system sensors (B) are the built-in heart rate monitoring system on this product. For the most accurate reading possible, during a workout:

- Grasp the sensors firmly.
- Hold each sensors at the midpoint.
- Keep hands steady and in place.

### Treadmill



The console displays the heart rate within 10 to 40 seconds after the user grasps the sensors. The following factors may affect a Lifepulse reading:

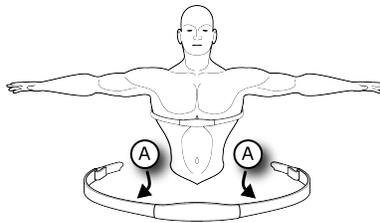
- incorrect hand placement on the sensors
- upper body activity, lotion or dirt on hands
- excessive or insufficient pressure when gripping the sensors

**NOTE:** Do not attempt to grasp the sensors on a treadmill at speeds above 4.5 MPH or 7.2 KPH. For these speeds, the use of a Polar telemetry heart rate chest strap is recommended. 

## The Optional Polar® Telemetry Heart Rate Chest Strap

The Polar telemetry heart rate monitoring system transfers heart rate signals to the console when electrodes are pressed against the skin. These electrodes are attached to a Polar telemetry heart rate chest strap that the user wears during the workout. The Polar telemetry heart rate chest strap is optional. Contact [Life Fitness Customer Support Services](#) to order.

See diagram for correct positioning of the Polar telemetry heart rate chest strap. The electrodes (A), which are the two grooved surfaces on the underside of the strap, must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moisten the electrodes. Then, secure the Polar telemetry heart rate chest strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.



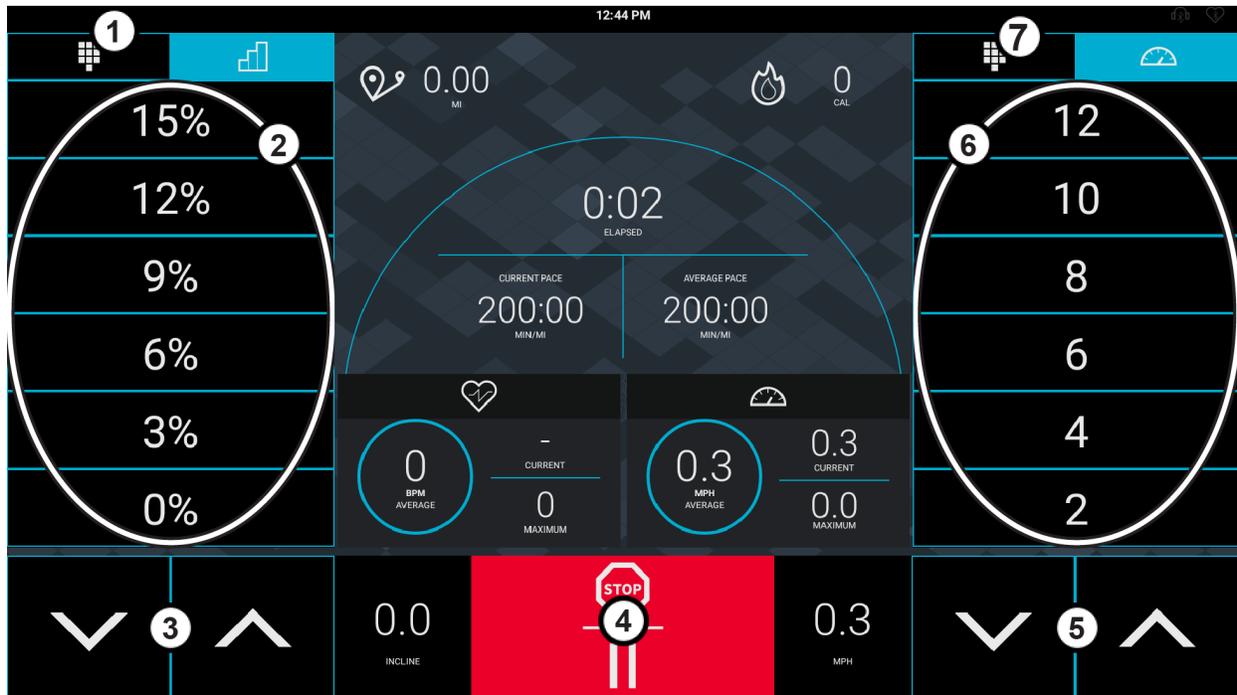
The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with bare skin. However, it functions properly through a thin layer of wet clothing. If it becomes necessary to re-moisten the Polar telemetry heart rate chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and re-moisten them.

**NOTE:** If the Lifepulse system sensors are grasped while the chest strap is worn, and if the signals from the sensors are valid, the on-board computer uses these sensor signals for calculating the heart rate instead of those transmitted by the Polar telemetry heart rate chest strap.

**NOTE:** During the setup of a heart rate zone training workout, the user will be required to enter a start-up speed. If a Polar telemetry heart rate chest strap is not detected, the maximum allowable speed is 4.5 MPH / 7.2 KPH (Treadmills only). If a Polar telemetry heart rate chest strap is detected, users can workout at the maximum allowed speed set in **System Options > Configuration > Manager** menu.

## Performance Run

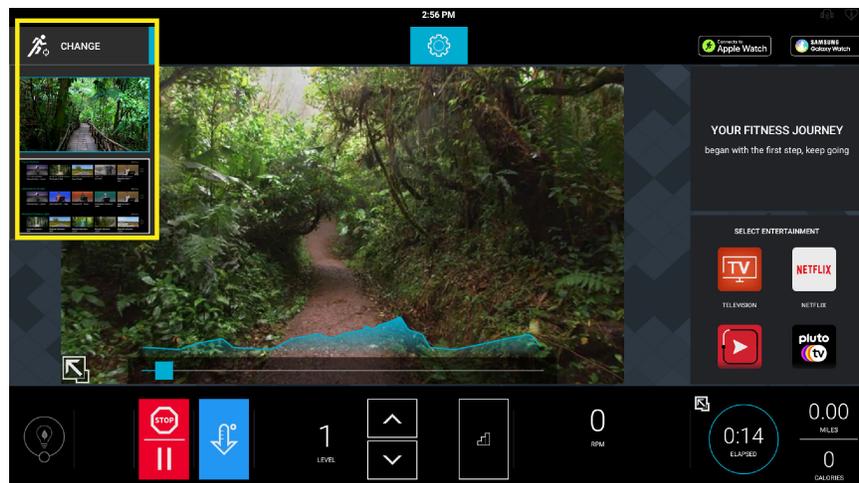
Only available on treadmills. 



This workout is intended to help exercisers shape their own interval training by selecting the incline, speed, and time. The user defines a low speed and a high speed and can manually toggle between them via buttons.

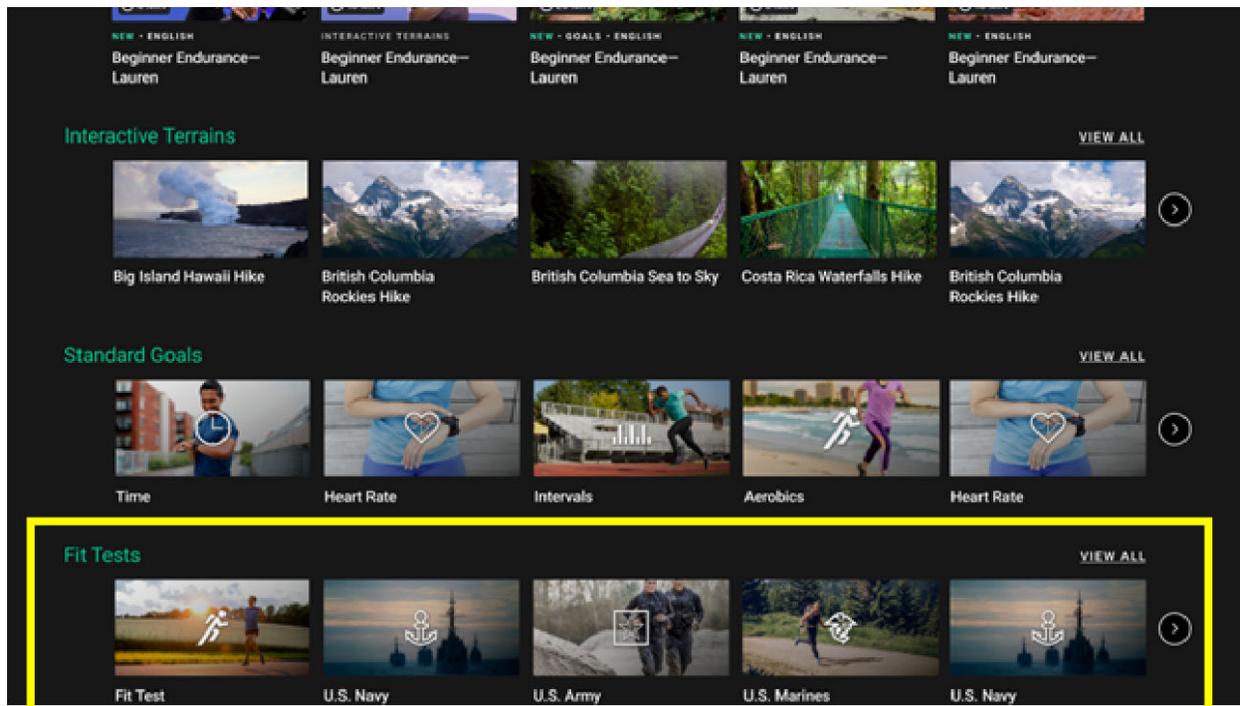
1. Press  to manually create an incline.
2. Press any percentage to select a preprogrammed incline.
3. Press the ▲ and ▼ to increase incline and decrease incline by 0.5% intervals.
4. Press to stop or pause a workout.
5. Press the ▲ and ▼ to increase speed and decrease speed by 0.1 intervals.
6. Press any number to select a preprogrammed incline.
7. Press  to manually create a speed.

**NOTE:** Users have the ability to access Performance Run as a pre-programmed workout option and as a view selection within Quick Start.



## Fit Tests

Choose desired fit test.



- [Life Fitness Fit Test](#) estimates cardiovascular fitness and can be used to monitor improvements in endurance every 4 - 6 weeks.
-  **U.S. Navy Physical Readiness Test (PRT)** is a 5-minute distance goal test based on the time needed to complete the required distance and is used by the U.S. Navy and Naval academies to measure aerobic capacity.  
**NOTE:** Not available on FlexStrider or PowerMill.
-  **U.S. Army Physical Fitness Test (PFT)** is a 5-minute physical performance test used to assess muscular endurance and cardio respiratory fitness.
-  **U.S. Marines Physical Fitness Test (PFT)** is a physical performance test used to assess muscular endurance and cardio respiratory fitness.
-  **U.S. Air Force Fitness Test** is a physical performance test used to assess muscular endurance and cardio respiratory fitness.
-  **WFI Submax Protocol** is a graded submax assessment used to predict a fire fighter's aerobic capacity. This test automatically increases speed and incline (treadmill only) until a target heart rate is reached. This assessment replaces the Gerkin assessment. Once the target heart rate has been exceeded for 15 seconds, the program goes into a cool down mode.
-  **Physical Efficiency Battery (PEB)** is used by U.S. Federal Law Enforcement, U.S. Federal Bureau of Investigation, and other federal organizations for the hiring and maintenance of federal jobs.
-  **FAMS** is a 12-minute cycle test. This test is a 1.5 mile run alternative.
-  **Candidate Physical Ability Test** is used to predict the ability to perform basic fire fighting tasks developed by the International Association of Fire Fighters. The test starts out with a 20-second warm up period at a set stepping rate of 50 steps per minute followed by the 3-minute test at a set stepping rate of 60 steps per minute.
-  **Individual Physical Proficiency Test (IPPT)** is the 2.4 kilometer portion of a standard physical fitness test utilized by the Singaporean Armed Forces, Police Force and Civil Defense Force.

## Life Fitness Fit Test

- The Life Fitness Fit Test estimates cardiovascular activity and can be used to monitor improvements in endurance every 4 - 6 weeks.
- The Fit Test is considered to be a submax VO<sub>2</sub> (volume or oxygen) test and 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.
- Workout duration is 5 minutes total.
- Take the Fit Test under similar circumstances each time. For the most accurate Fit Test results, you should perform the Fit Test on three consecutive days and average the three scores.
- To receive a proper Fit Test score, the work done must be within a training heart rate zone that is 60% to 85% of the theoretical maximum heart rate (HR<sub>max</sub>).

The user must grasp the hand sensors when prompted, or wear a Polar telemetry heart rate chest strap as the test score calculation is based on a heart rate reading.

**NOTE:** The workout will be terminated if a heart rate is not detected after 2.5 minutes.

Your heart rate is dependent on many factors, including:

- amount of sleep the previous night (at least 7 hours is recommended)
- time of day
- time you last ate (2 - 4 hours after the last meal is recommended)
- time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (at least 4 hours is recommended)
- time since you last exercised (at least 6 hours is recommended)

Suggested exertion levels should be used as a guideline for setting up the Fit Test program. The goal is to elevate the user's heart rate to a level that is between 60%-85% of their theoretical maximum heart rate.

	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)
Bikes	L 4-6 men L 2-4 women	L 5-10 men L 3-7 women	L 8-14 men L 6-10 women
Arc Trainer	L 2-4 men L 1-2 women	L 3-10 men L 2-5 women	L 7-15 men L 3-10 women

Within each suggested range, use these additional guidelines:

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

After the 5-minute FIT TEST is completed, a FIT TEST score and rating will be displayed.

Please note that the estimated VO<sub>2</sub> max scores achieved will be 10-15% lower on stationary exercise bikes than those achieved on other Life Fitness cardiovascular equipment. Stationary cycling has a higher rate of isolated muscle fatigue of the quadriceps when compared to walking / running on a treadmill or utilizing a bike. This higher rate of fatigue corresponds to lower levels of estimated VO<sub>2</sub> max scores.

### Relative Fitness Classification for MEN

Rating	Elite	Excellent	Very Good	Above Average	Average	Below Average	Low	Very Low
Estimated VO <sub>2</sub> Max (ml/kg/min) per Age category								

Rating	Elite	Excellent	Very Good	Above Average	Average	Below Average	Low	Very Low
20 - 29 years	55+	53 - 54	50 - 52	45 - 49	40 - 44	38 - 39	35 - 37	<35
30 - 39 years	52+	50 - 51	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

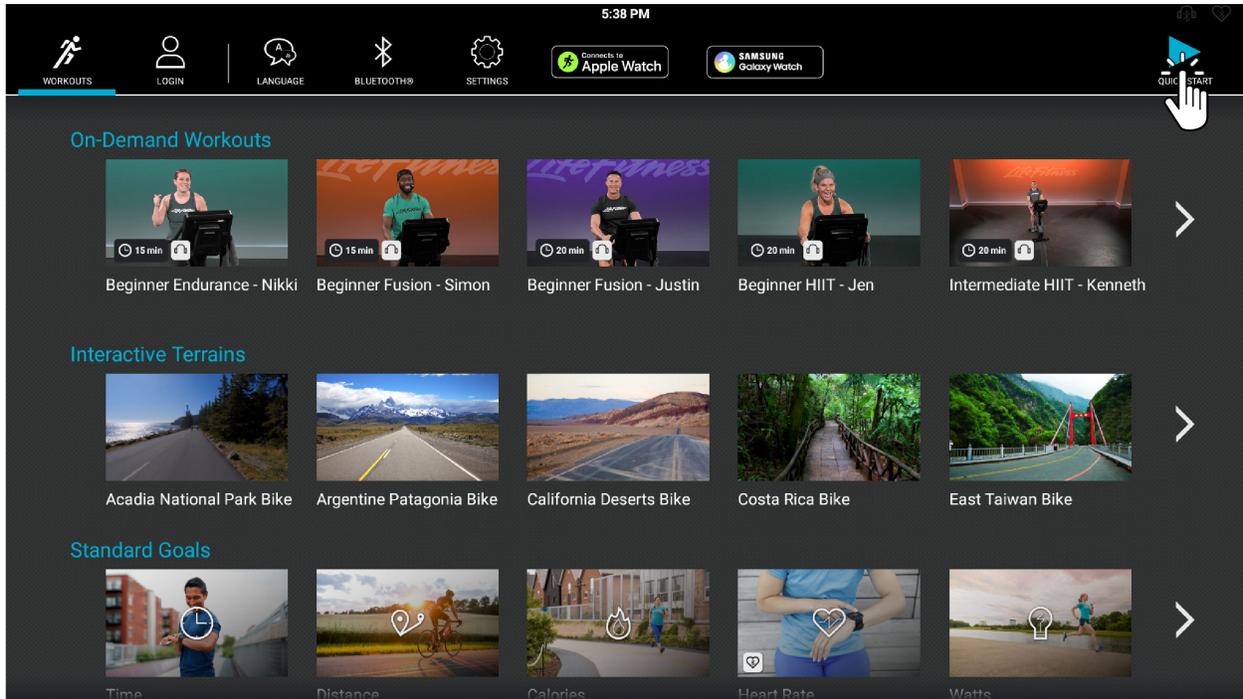
**Relative Fitness Classification for WOMEN**

Rating	Elite	Excellent	Very Good	Above Average	Average	Below Average	Low	Very Low
Estimated VO2 Max (ml/kg/min) per Age category								
20 - 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 (8th E. 2010). 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.

# Quick Start

Press the Green Arrow Quick Start button at the top of the Choose Workout screen.



- A workout countdown 3, 2, 1 screen appears.
- Users can make adjustments to the workout after starting a workout.
- A Quick Start workout begins at a speed of 0.5 Miles Per Hour (MPH) / 0.8 Kilometers Per Hour (KPH) and an incline of 0.0%. 
- A Quick Start workout begins at Incline 6. 

**NOTE:** The user must be logged into LFconnect to see the information.

# Workout Mode



## 1. Workout Profile

- Choose the TV view or Classic view.
- A colored frame surrounding a workout profile view represents the current view.

## 2. Current Workout Profile

**NOTE:** TV view is shown.

## 3. Screen Size

- Press the icon to toggle between Standard view screen (shown) and Full Workout view screen sizes.

## 4. Stop / Pause

- Press to stop or pause a workout.
- Choose **Cool Down**, **Resume**, or **End Workout**.

## 5. Cool Down

- Press during workout to begin a cool down period.
- Choose **Cool Down**, **Resume**, or **End Workout**.

## 6. Incline or Level

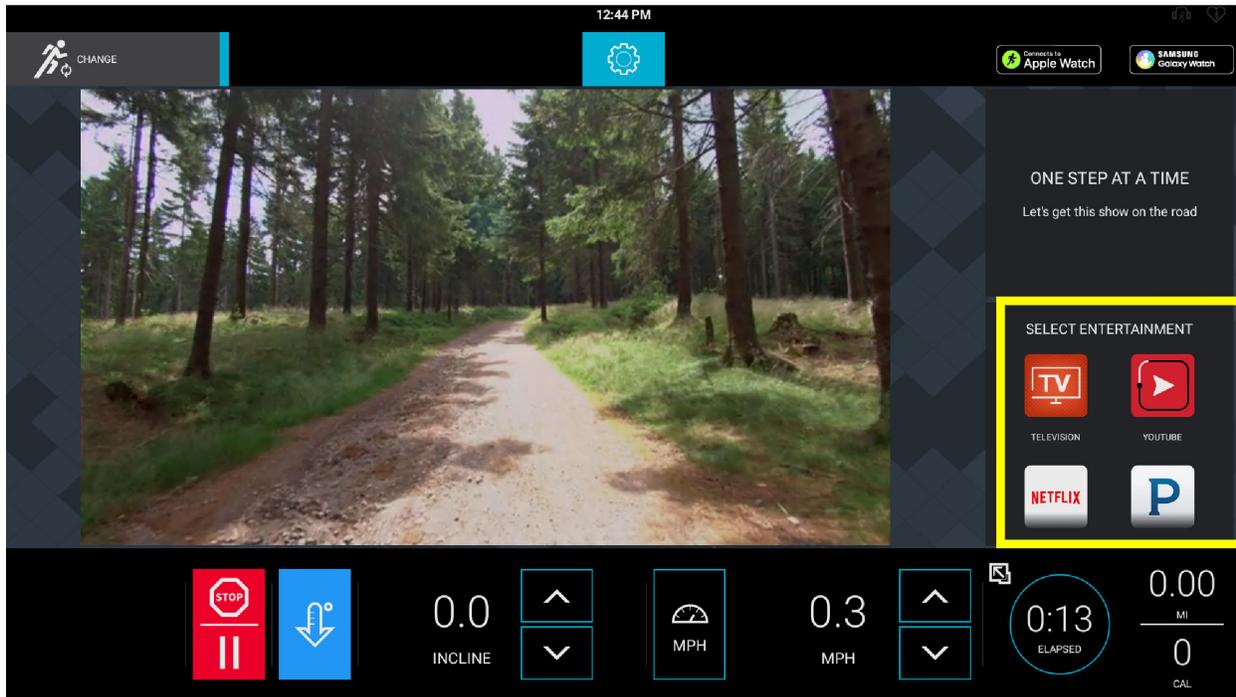
- Press the ▲ and ▼ to increase incline and decrease incline by 0.5% intervals.
- Press the ▲ and ▼ to increase levels and decrease levels by 1.

## 7. Preset Speed or Preset Resistance Level

- Press to select a preset speed.
- Press to select present resistance level.

8. Speed  or Resistance Level  
- Press the ▲ and ▼ to increase speed and decrease speed by 0.1 MPH intervals.
  - Press the ▲ and ▼ to increase SPM and decrease SPM by 1.
  - Displays speed in MPH.
9. Expanded Stats
- Press  to show real-time workout stats.
10. Primary Goal Workout Stats
- Primary workout goal stat is displayed.
11. Select Television Station
- Use the ▲ and ▼ to select an available channel.
12. Menu
- Press the gear to log in to LFconnect or to see the **My Stats** screen if logged in.
  - Scan for Bluetooth® devices.
  - Set measurement units and enter weight for accurate calories.

# Select Entertainment



**NOTE:** This feature is only available in Workout Mode.

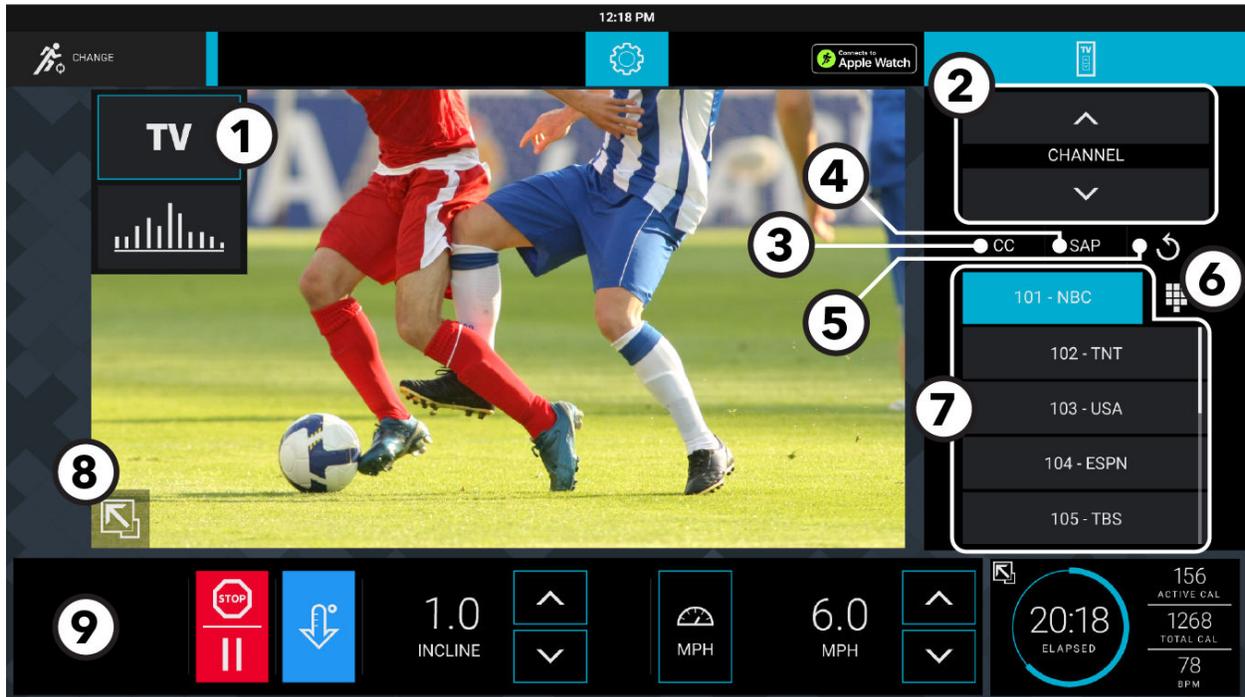
## Select Entertainment Option

Watch traditional TV or log into your personal Netflix account. The following apps are integrated into the console:

- TV
- Internet Browser
- Netflix
- Pandora Radio
- Spotify
- YouTube
- ESPN
- BBC
- Economist
- Chess
- Sudoku
- Solitaire

## Select Entertainment - DTV and STB IPTV

### Full screen with channel list



**NOTE:** This feature is only available in Workout Mode

#### 1. TV Option

Press to watch TV during a workout session.

#### 2. ▲ and ▼

- Press ▲ to select a channel.
- Press ▼ to select a channel.

#### 3. CC (Closed Caption)

Press to turn Closed Caption On / Off.

**NOTE:** DVB-T2 tuner configurations replace Closed Captioning Subtitles. Press Subtitles to turn On / Off.

#### 4. SAP (Secondary Audio Programming)

Press to activate SAP.

**NOTE:** SAP broadcasting must be available for usage.

#### 5. Previous Channel

Press the **Previous Channel** button to jump back to the previous channel viewed.

#### 6. Channel List and Channel Keypad

Press the icon to toggle between Channel List and Channel Keypad.

#### 7. Channel List

List of all available channels.

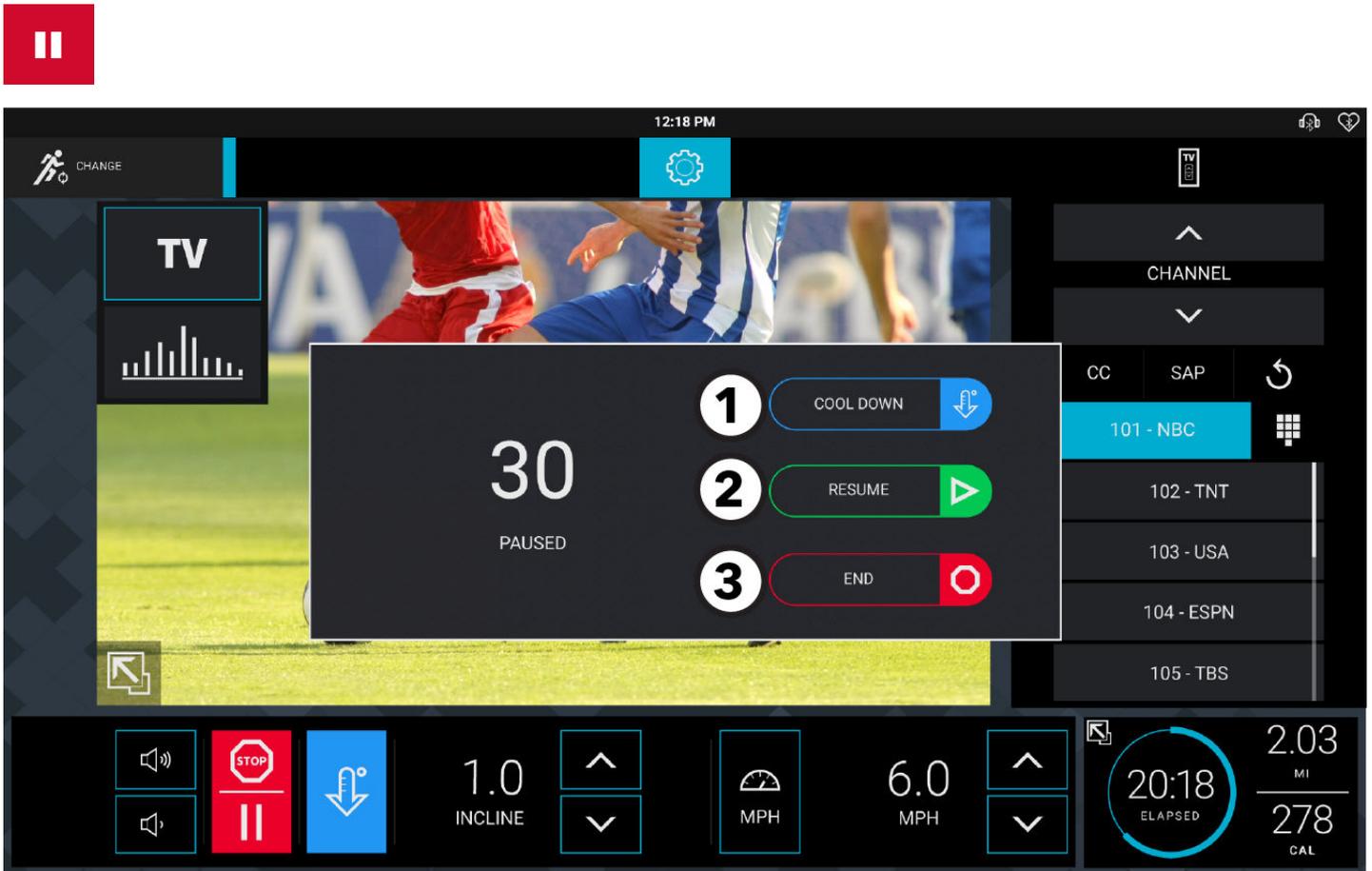
#### 8. Screen Size Toggle

Press to toggle between Full and Minimized screen sizes.

#### 9. TV Audio Controls

*(Speaker icon displays only when headphones are plugged into the headphone jack or Bluetooth headphones are paired.)* Press corresponding icons to increase and decrease volume.

## Pause Workout Screen

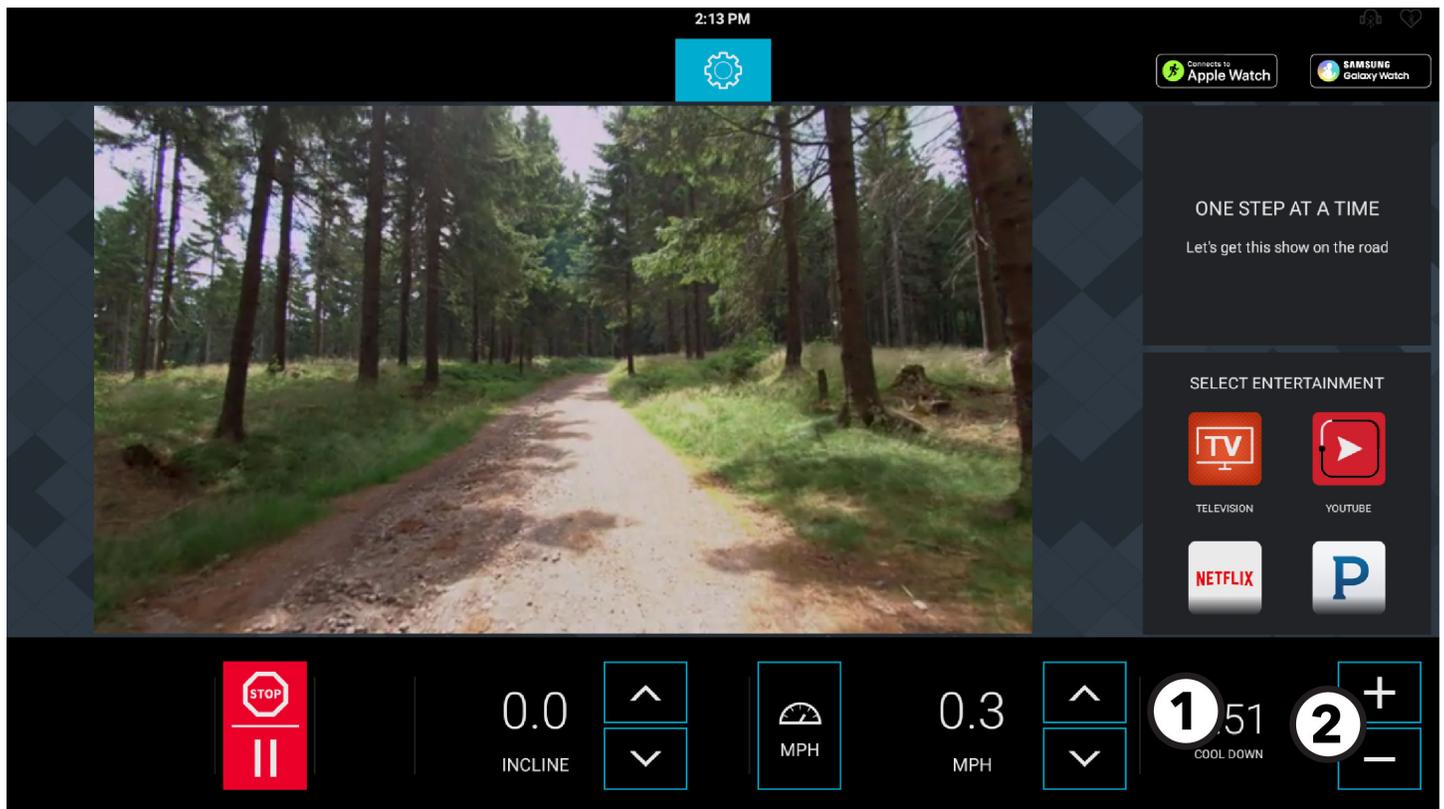


Press the **Pause / Stop** button to pause a workout.

Choose one of the following options while in Pause mode:

- 1. Cool Down**  
Press to enter a cool down mode.
- 2. Resume**  
Press to continue current workout.
- 3. End**  
Press to end current workout and view workout summary.

## Cool Down Screen



Press the **Cool Down** button anytime during a workout to start a Cool Down mode (displayed).

### 1. Time Display

- Time will change to **Cool Down** when the Cool Down mode is entered.
- The time display initially shows the amount of time in minutes that a specific workout is required to be in Cool Down mode.
- The time display will countdown until it reaches 0:00.

### 2. Increase / Decrease Time

- Press - to decrease the cool down time by 1-minute intervals.
- Press + to increase the cool down time by 1-minute intervals.

## Workout Results



The **Workout Results** screen is displayed once the workout session ends or is terminated by the user.

### 1. Summary of Workout Parameters

- Data for workout parameters is displayed for 60 seconds.
- The data displayed depends on the selected workout / goal.

### 2. Message

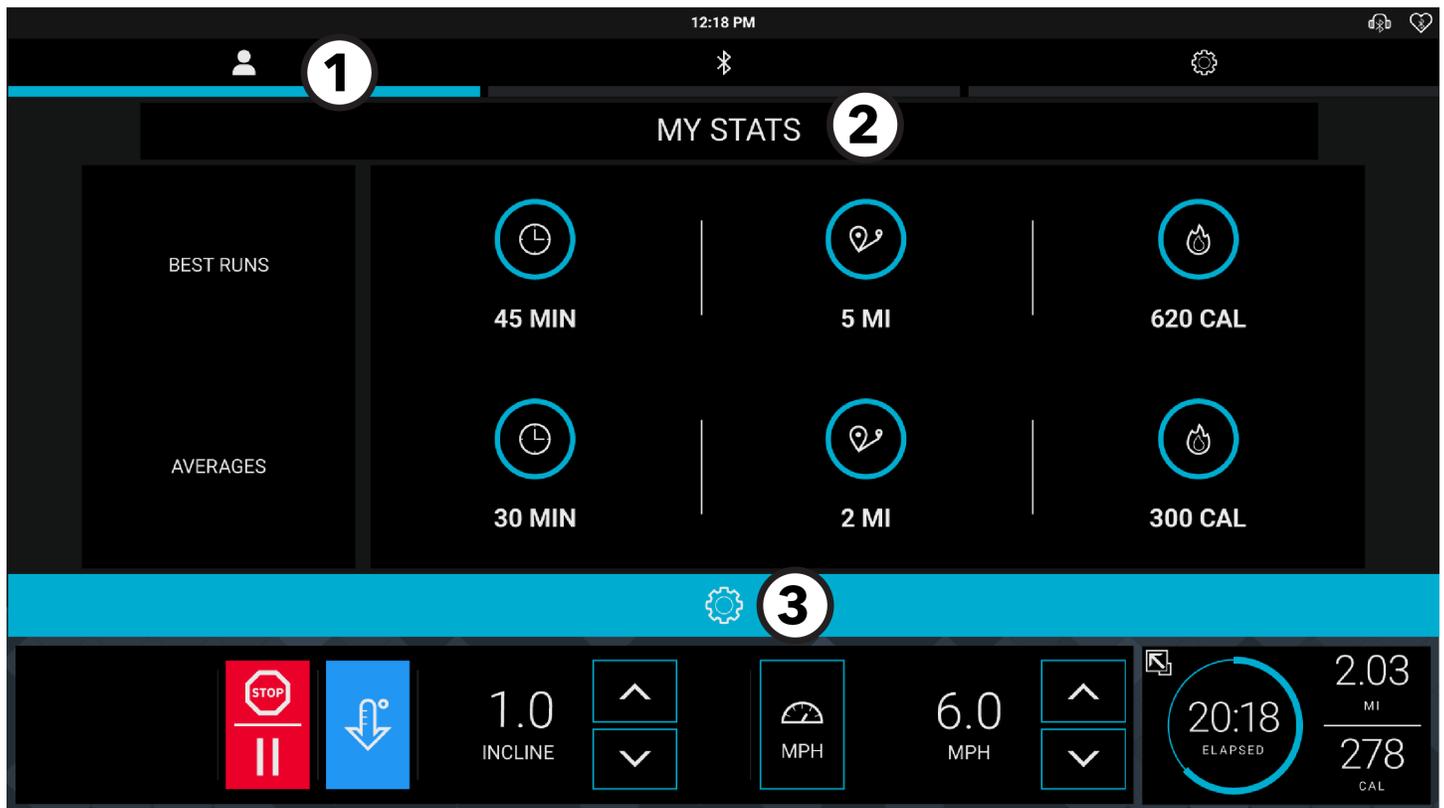
A **Congratulations** message is displayed.

### 3. Save Your Workout

Workouts are automatically saved. Upload the data to mobile applications.

### 4. End Workout

Press to exit the **Workout Summary** screen, log out of any connections, and return to the Home screen.



## 1. Logged In / Profile Menu

Press Logged In / Profile icon to do the following:

- Log in to LFconnect.
- View previously saved stats (if logged in).

## 2. Stats

View previous saved workout stats and averages.

## 3. Menu icon

Press  to exit the My Stats screen and return to Workout Profile View.

## Expanded Stats

Treadmill shown



### 1. Expanded Stats

- Press during a workout to view real-time workout stats.
- Press in Expanded Stats view to go back to Workout Mode view.

### 2. Primary Goal

Primary Goal is shown in the dial.

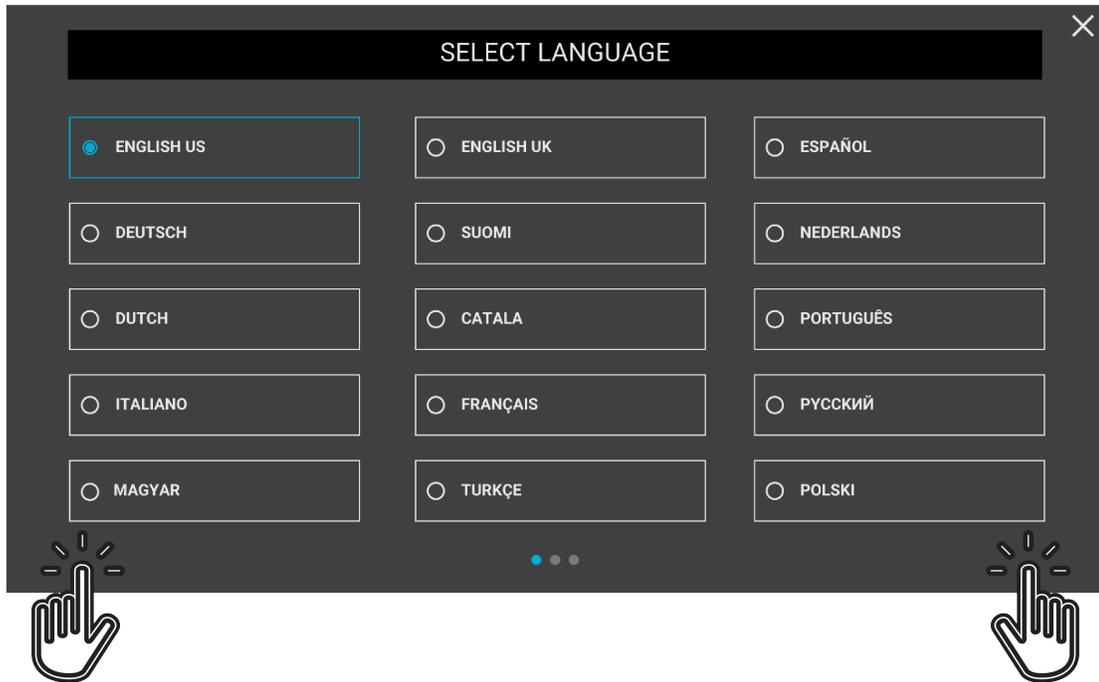
### 3. Additional Stats

Additional workout stats are displayed depending on workout and goal selected.

# Manager Configuration

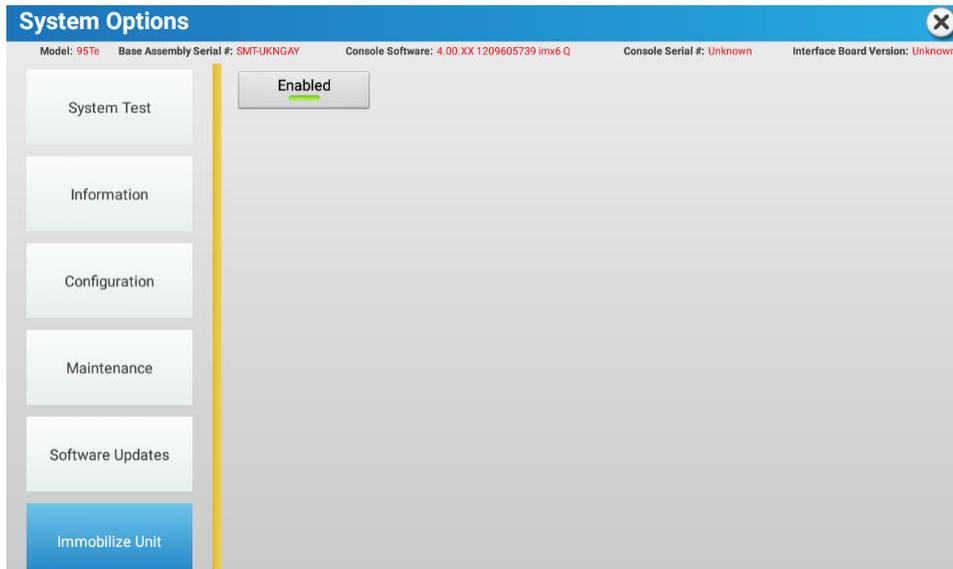
## Accessing System Options

1. Tap the LANGUAGE icon to access the SELECT LANGUAGE screen.
2. The touch sequence is LOWER-LEFT, LOWER-RIGHT, LOWER-LEFT, and LOWER-RIGHT.



## Systems Options

- System Test
- Information
- Configuration
- Maintenance
- Software Updates
- Immobilize Unit 



## Configuration Menu

---

The **Configuration** menu allows fitness facility managers to configure basic functionality of the product as well as network and media settings. The button of the selected option is blue. When a selection is made, the **System option** menu screen appears to the right.

Manager	Set unit defaults.
Media Center	<ul style="list-style-type: none"><li>• TV</li><li>• Lifescape</li><li>• Audio Setup</li><li>• Picture Setup</li></ul>
Touch Screen Configuration	Follow the instructions on the screen to recalibrate the Touch Screen. Contact <a href="#">Customer Support Services</a> if repeated attempts at calibration were unsuccessful.
Wireless Connectivity	<ul style="list-style-type: none"><li>• Enable or disable Wireless Connectivity.</li><li>• Option to add wireless network.</li><li>• Disable wireless connectivity to change the frequency band.</li></ul>
Apps	Featured apps on the console are listed.
Network	<ul style="list-style-type: none"><li>• Identification</li><li>• Level of Internet access</li><li>• Google SafeSearch</li><li>• Require user identification for internet access?</li></ul>
Date / Time	Set date and time.
Export / Import Settings	<ul style="list-style-type: none"><li>• Export settings to USB stick.</li><li>• Import settings from USB stick.</li></ul>
Ethernet	Ethernet advanced settings
Bluetooth	Enable/Disable Bluetooth.
RFID	<ul style="list-style-type: none"><li>• Enable RFID</li><li>• Select tag type.</li></ul>
Media Setup	<ul style="list-style-type: none"><li>• Equipment type (treadmill or non tread)</li><li>• Archive media files</li><li>• Available Space &amp; Required Space</li></ul>

## Manager - Default Settings

System Options
✕

Model: 95Ce    Base Assembly Serial #: HHN-100006    Console Software: v4.21.42 1284459607 imx6 Q    Console Serial #: Unknown    Interface Board Version: 2.33  
UUID: 125dae87-32e6-492b-9727-d5e6368ac5f7

Manager

System Test

Information

Configuration

Maintenance

Software Updates

Media Center

Touch Screen Configuration

Wireless Connectivity

Apps

Network

Date and Time

Marathon Mode Disabled

Nightly Reboots Disabled

Telemetry Enabled

Fit Test Plus On

On-Demand Workouts On

Login Advertisement ● Default

### 70T Console Cardio Products

Setting	Default	Description
Default Language	English US	This option sets a new default language. Choices include: <i>English, Spanish, and French.</i>
User Language	English US	This option sets the language of user messages and service messages. Choices include: <i>English, Japanese, Italian, Turkish, Arabic, English UK, Dutch, French, Polish, Catalan, Simplified Chinese, Traditional Chinese, Spanish, Russian, Finnish, Basque, German, Portuguese, Korean, Hungarian, Hebrew and Welsh.</i>
Units	English	Set the measurement unit type for weight, distance, height, and speed. <b>NOTE:</b> Metric available.
Facility	On	This option creates facility information.
Registered Facility Manager	On	This option creates facility management information.
Workout Duration Configuration	60 minute max	Set maximum workout duration limits. 99 minutes maximum.
Pause Time	1 minute	Set the maximum time during which a workout can remain in pause mode. 99 minutes maximum.
Program Timeout	30 seconds	The amount of time, ranging from 0 - 255 seconds, a user can go without touching the LCD touch screen during workout setup before the unit returns to the Home Screen.
InActivity Timer	On, 2 hours	Set the desired amount of time of inactivity before the system automatically turns off the LCD touch screen backlight.
Auto Off / Auto On	Off	Set the time of day for the system to automatically turn off the LCD touch screen backlight.

Setting	Default	Description
System Sounds	On	This option controls whether the system speaker beep is generated on key presses.
Marathon Mode	Enabled	This option allows the user to workout indefinitely.
Nightly Reboots	Off	When turned on, the console will detect the least active time of day for the unit and automatically reboot every 24 hours at that time. This is recommended for optimal functioning of streaming services, like On-Demand Workouts or Netflix.
Telemetry	Enabled	Switching on the telemetry feature makes it possible to use the Polar®-compatible Heart Rate Zone Training exercises with a Polar telemetry heart rate chest strap for monitoring the heart rate.
Speed Increase Limiting with Up Key	Off	When enabled, the user cannot press and hold the speed button to increase the speed.
Fit Test Plus	On	Turns on/off the US Navy test and FAMS
On-Demand Workouts	Off	This option activates complete access to the growing library of Life Fitness instructor-led classes. <b>NOTE:</b> The library will only appear if the unit is connected to the internet. 2.5 Mbps of bandwidth per unit recommended for optimal functioning.

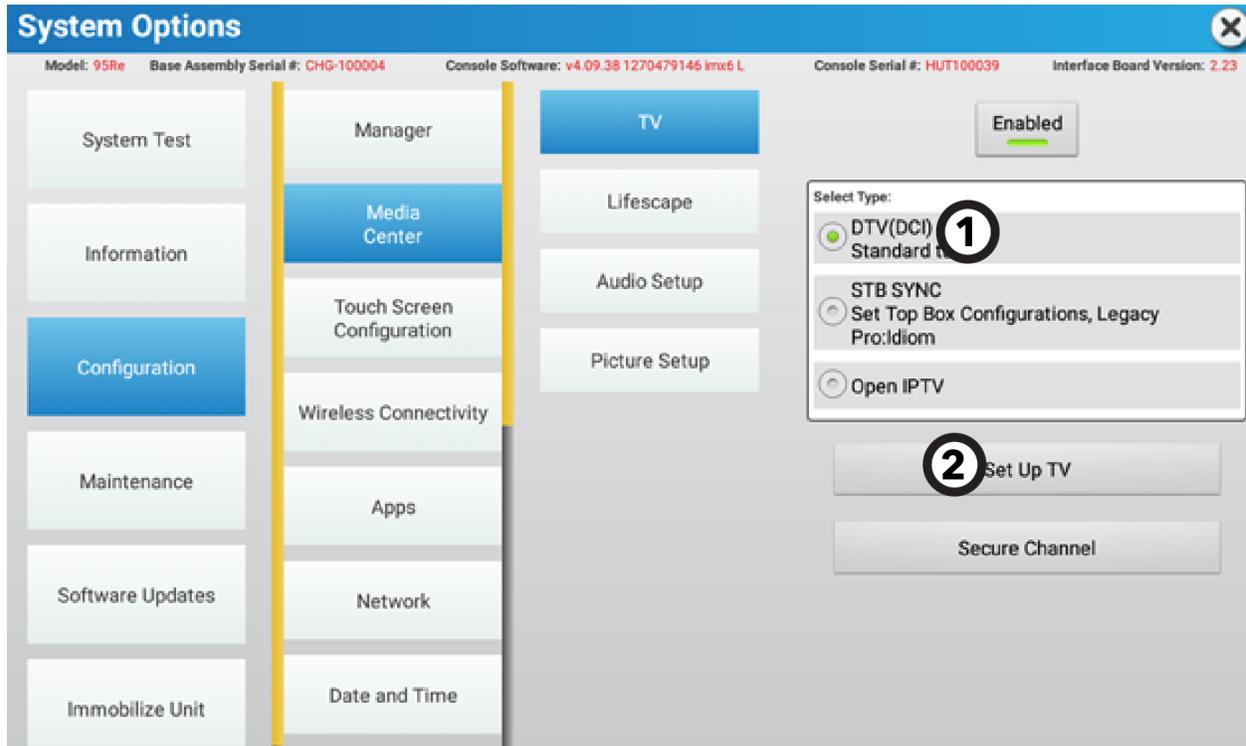
### Treadmill Only

Setting	Default	Description
Maximum Speed	14.0 MPH (23 KPH)	Set the fastest speed the treadmill can operate.
Minimum Speed	0.5 MPH (0.8 KPH )	Set the slowest speed the treadmill can operate.
Maximum % Incline	15.0	This option changes the maximum incline grade to a value lower than 15%.
Activity Zone Speed Keys	Enabled	This option allows the user to assign belt speed to Walk / Jog / Run values.
Deceleration Rate	3	The rate at which the treadmill decelerates to the selected speed, ranging from 1 (slowest) to 5 (fastest).
Acceleration Rate	3	The rate at which the treadmill accelerates to the selected speed, ranging from 1 (slowest) to 5 (fastest).
Turn OFF Stride Sensor Notification	Stride Sensor Button On Pause Button Disabled	This option detects a user using a treadmill but will not go into Pause mode if a user is not detected.

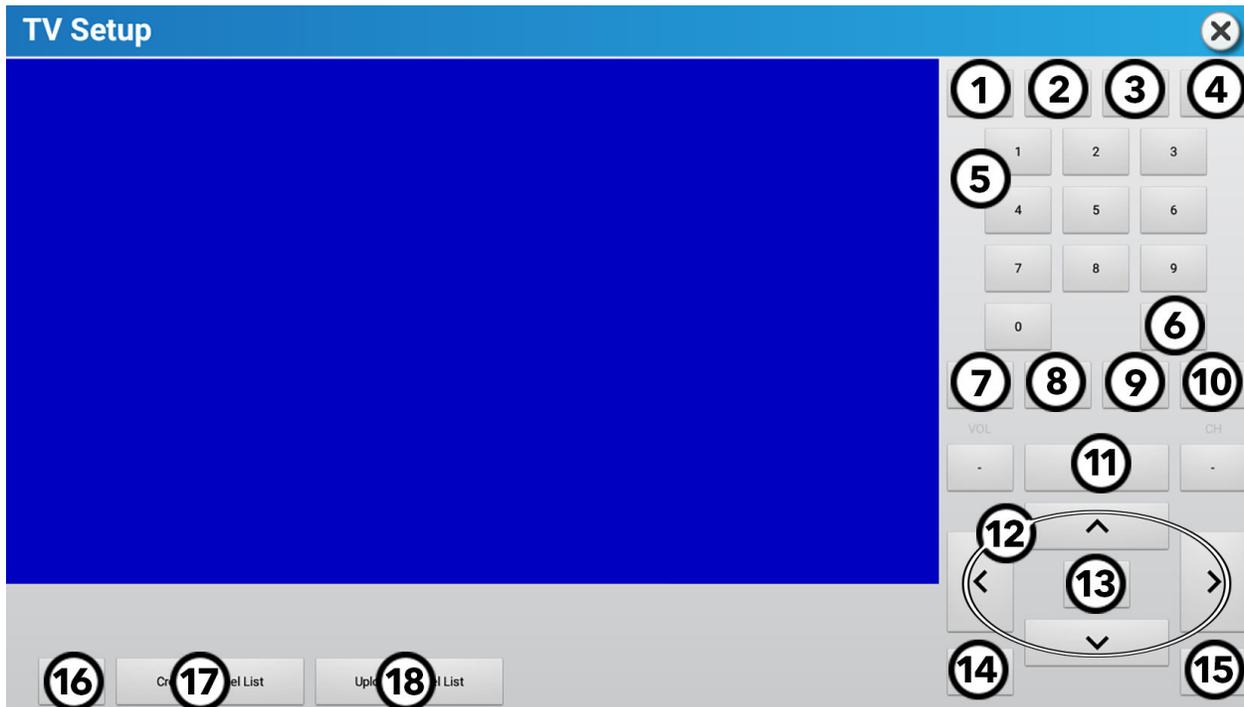
## TV

### 1. Select Tuner Type.

- DTV is the default selection for ATSC, PRO:IDIOM, DVB and ISDB configurations.
- USBTV is default selection for ATSC and DVB-T2 USB tuner configurations.
- STB SYNC is the default selection for STB SYNC, STB Connector Kit, and Legacy PRO:IDIOM configurations.
- Open IPTV is the default selection for streaming media on IP using RTP, UDP, and similar protocols.

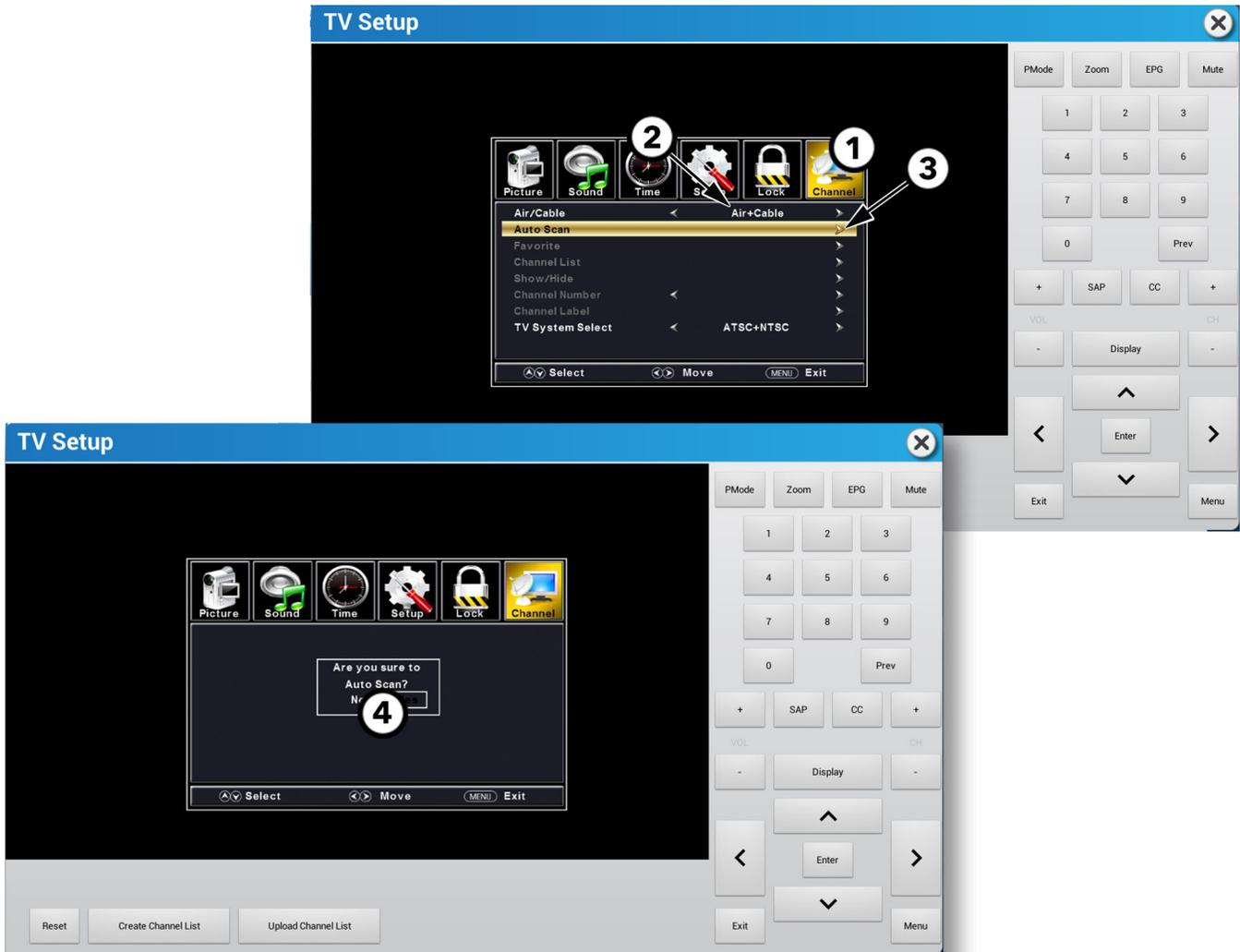


### 2. Press Set Up TV to view the screen for the chosen tuner type.

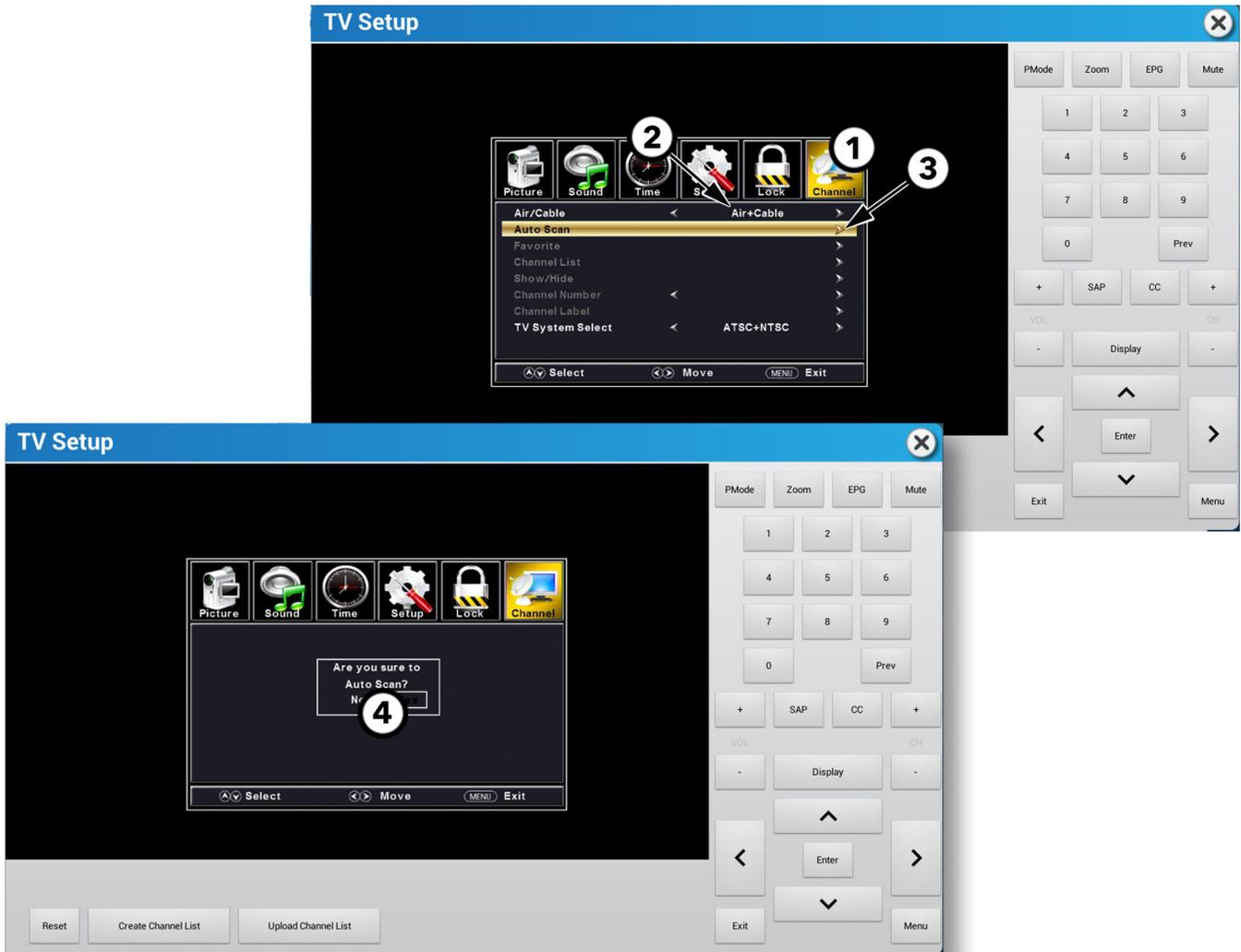


1	PMode	Set Picture Mode.	10	CH	Press + and - to change channels.
2	Zoom	Picture Size.	11	Display	Current channel information is shown.
3	EPG (if available)	Lists current and upcoming programs for selected channels.	12	◀▶▶▼	Press to navigate the TV Setup menu options.
4	Mute	Silence TV audio.	13	Enter	Make Selections.
5	Keypad	Use for manual channel input. Use the hyphen (-) to input major-minor channel numbering.	14	Exit	Press to exit the TV Setup menu.
6	Prev	Press to view previous channel.	15	Menu	Press to access: <ul style="list-style-type: none"> <li>• Channel settings</li> <li>• Picture settings</li> <li>• Sound settings</li> <li>• Time settings</li> <li>• Lock settings</li> <li>• Setup settings</li> </ul>
7	VOL	Press + and - to change audio volume.	16	Reset	Resets tuner to default state.
8	SAP (if available)	Press to activate Secondary Audio Programming (SAP).	17	Create Channel List	Create a list of channels for users to access during workouts.
9	CC	Press to turn Closed Caption (or Subtitles) On / Off.	18	Upload Channel List	Uploads channel list to Halo Fitness Cloud (if connected) and instantly to all other units in the facility if units are connected to the internet.

## TV Channel Scan for ATSC Tuner



1. Press **◀** or **▶** to navigate to **Channel**.
2. Press **▲** or **▼** to navigate to **Air/Cable**, and press **◀** or **▶** to select your configuration.
3. Press **▲** or **▼** to navigate to **Auto Scan**, and press **▶** or **Enter** to scan for channels.
4. Press **◀** or **▶** to select **No** or **Yes**, and press **Enter**.



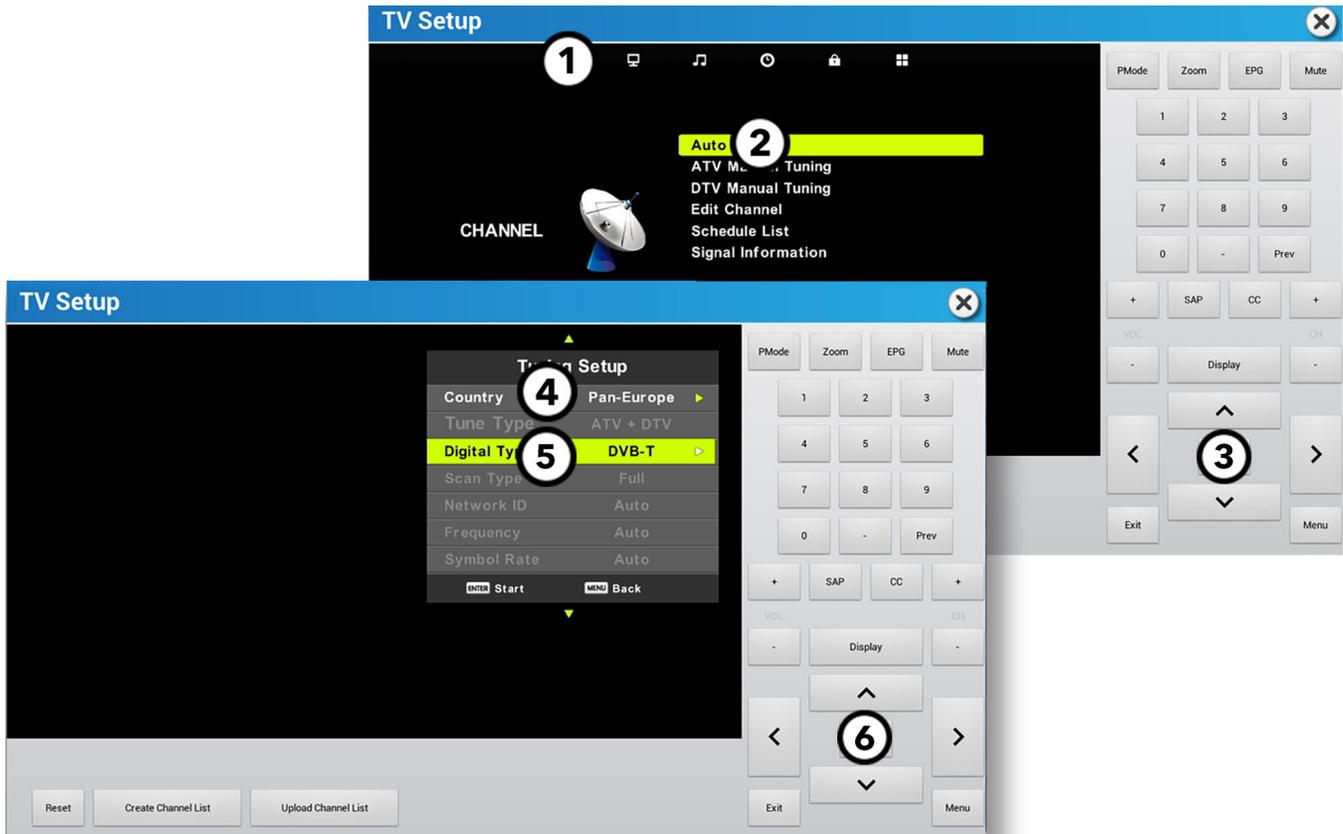
1. Press ◀ or ▶ to navigate to Channel.
2. Press ▲ or ▼ to navigate to Air/Cable, and press ◀ or ▶ to select your configuration.

**NOTE:**

- Cable scans for Pro:Idiom encrypted digital, clear digital, and analog channels.
- Air scans for digital channels from local terrestrial antenna.
- Air + Cable scans for all signal types.

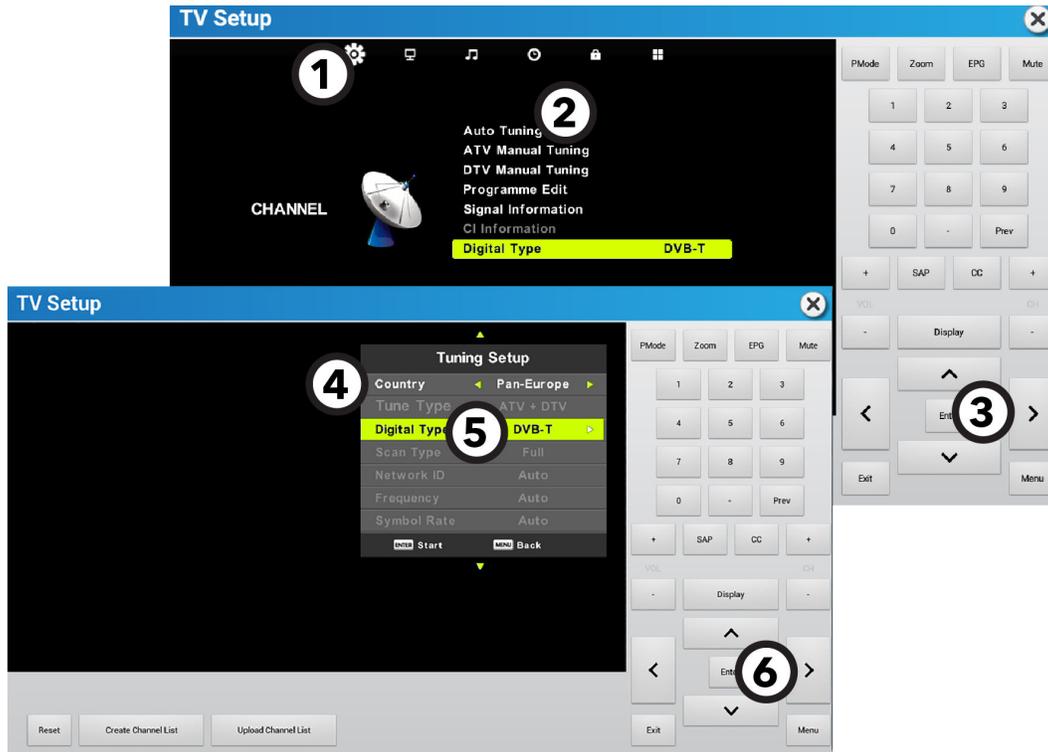
3. Press ▲ or ▼ to navigate to Auto Scan, and press ▶ or Enter to scan for channels.
4. Press ◀ or ▶ to select No or Yes, and press Enter.

## TV Channel Scan for Legacy DVB Tuner



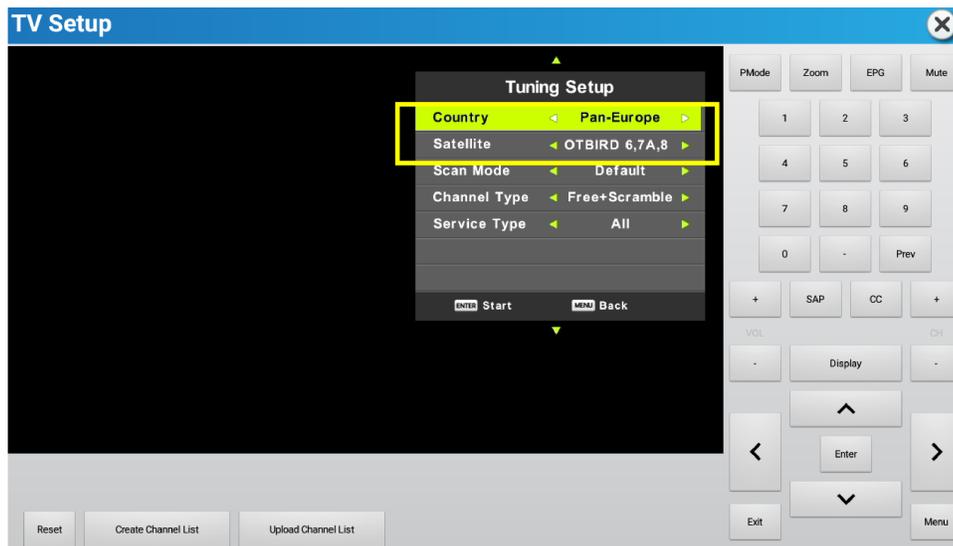
1. Press ◀ or ▶ to navigate to Channel.
2. Press ▲ or ▼ to navigate to Auto Tuning.
3. Press Enter.
4. Press ▲ or ▼ to navigate to Country, then press ◀ or ▶ to select your country.
5. Press ▲ or ▼ to navigate to Digital Type, then press ◀ or ▶ to select your digital TV standard.
6. Press Enter to scan for channels.

## TV Channel Scan for DVB Tuner



1. Press ◀ or ▶ to navigate to Channel.
2. Press ▲ or ▼ to navigate to Auto Tuning.
3. Press Enter.
4. Press ▲ or ▼ to navigate to Country, then press ◀ or ▶ to select your country.
5. Press ▲ or ▼ to navigate to Digital Type, then press ◀ or ▶ to select your digital TV standard.

If DVB-S is chosen for the Digital Type select Country and Satellite type using the ◀ or ▶ before initiating the channel scan.



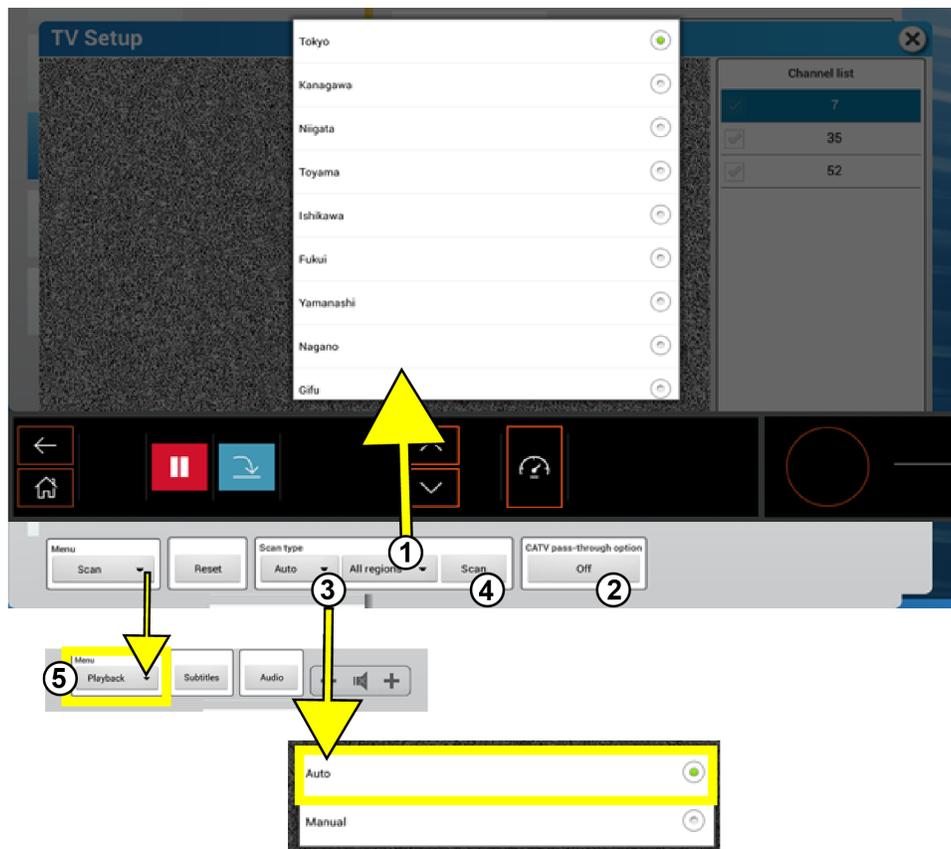
6. Press Enter to scan for channels.
7. Press ▲ or ▼ to navigate signal type if DVB-S is selected as the Digital Type.

## TV Channel Scan for ISDB-T Tuner

Select **Scan** from the TV Setup Menu options.



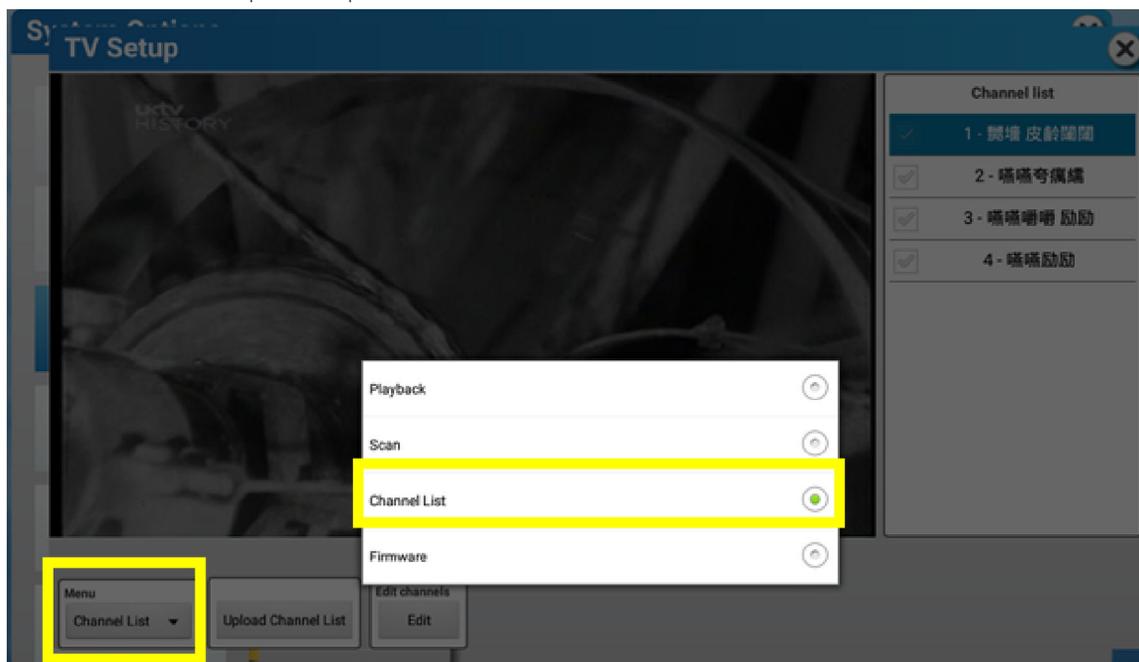
1. Select **All Regions** to pull up a list of regions. Choose applicable region.
2. Set the **CATV Pass Through Option** to **OFF**.
3. Choose **Auto** for **Scan Type** selection.
4. Press **Scan** to start scanning for channels.
5. Choose **Playback** from Menu options to view the video.



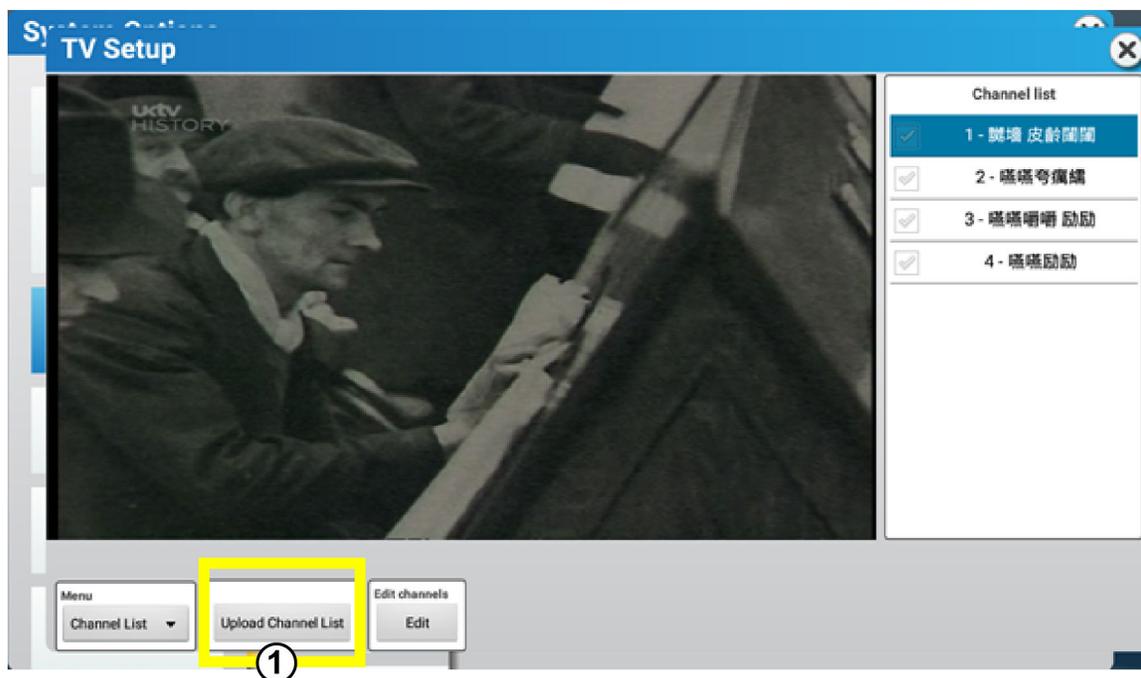
**NOTE:** If the tuner doesn't pick up channels, set the CATV Pass Through Option to ON and rescan for channels.

## Channel List Management for ISDB-T Tuner

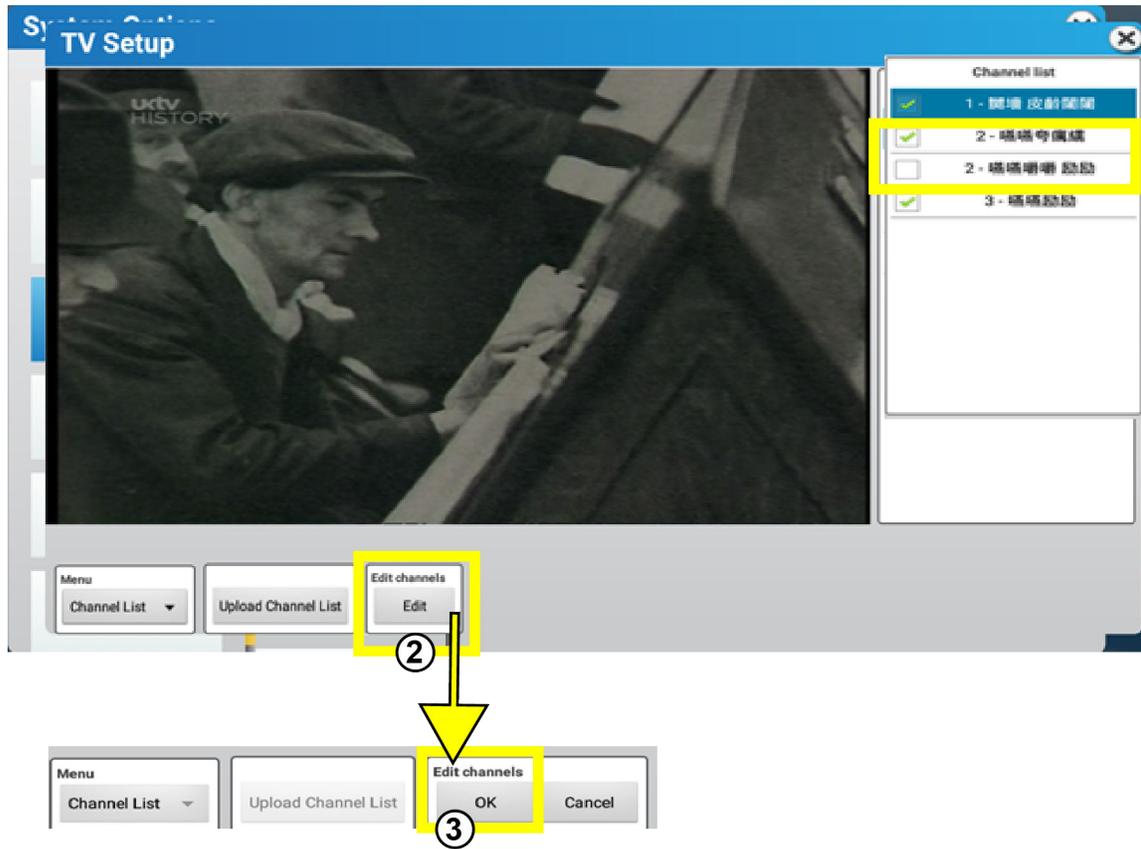
Select Channel List from the TV Setup Menu options.



1. Select Upload Channel List to upload a channel list to Halo Fitness Cloud (if connected).

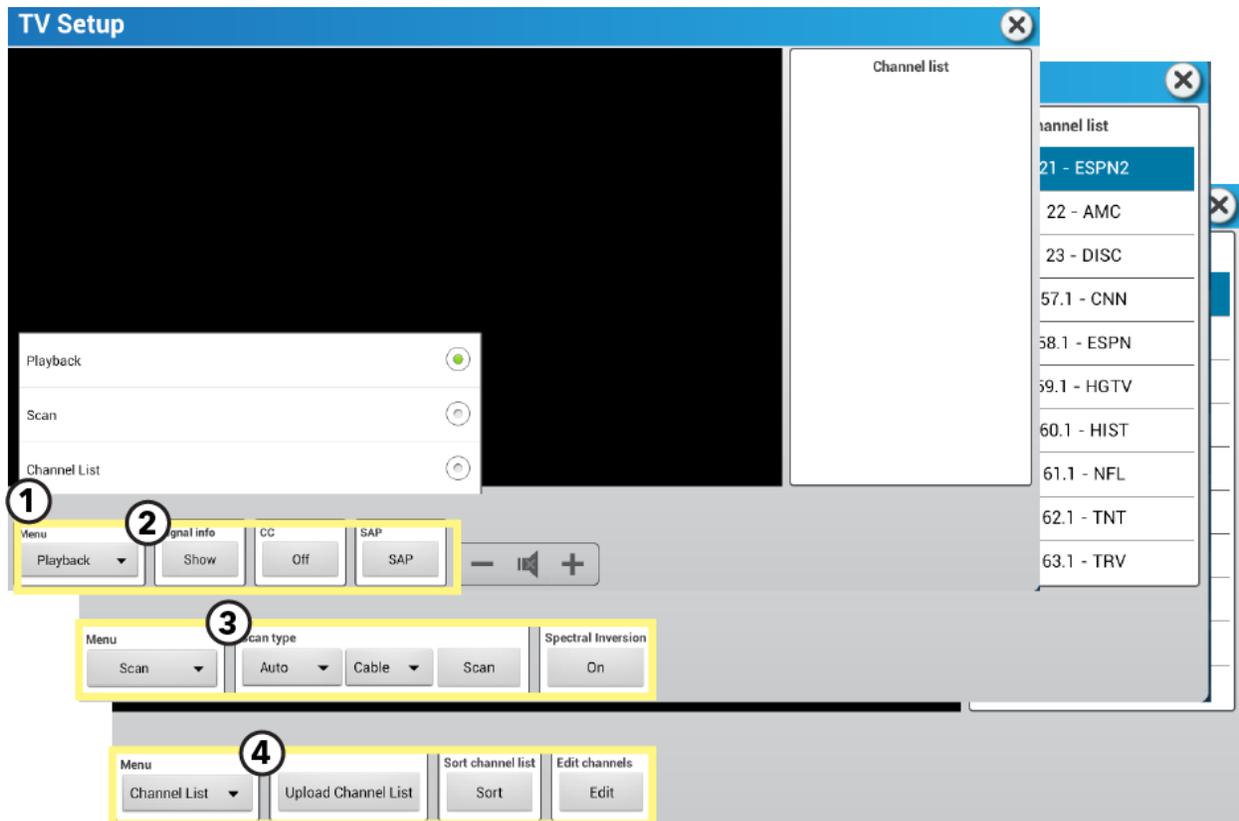


2. Select **Edit** to edit the channel list. Uncheck channels to hide the channels from the user. Hidden channels will not be options during workouts.



# USB TV

## USB TV Setup for ATSC Tuner



### 1. Menu

- Playback (Default)
- Scan
- Channel List

### 2. Playback Menu

- Signal Info (provides current signal status)
- CC (On / Off)
- SAP (toggles between audio sources when multiple are available)

### 3. Scan Menu

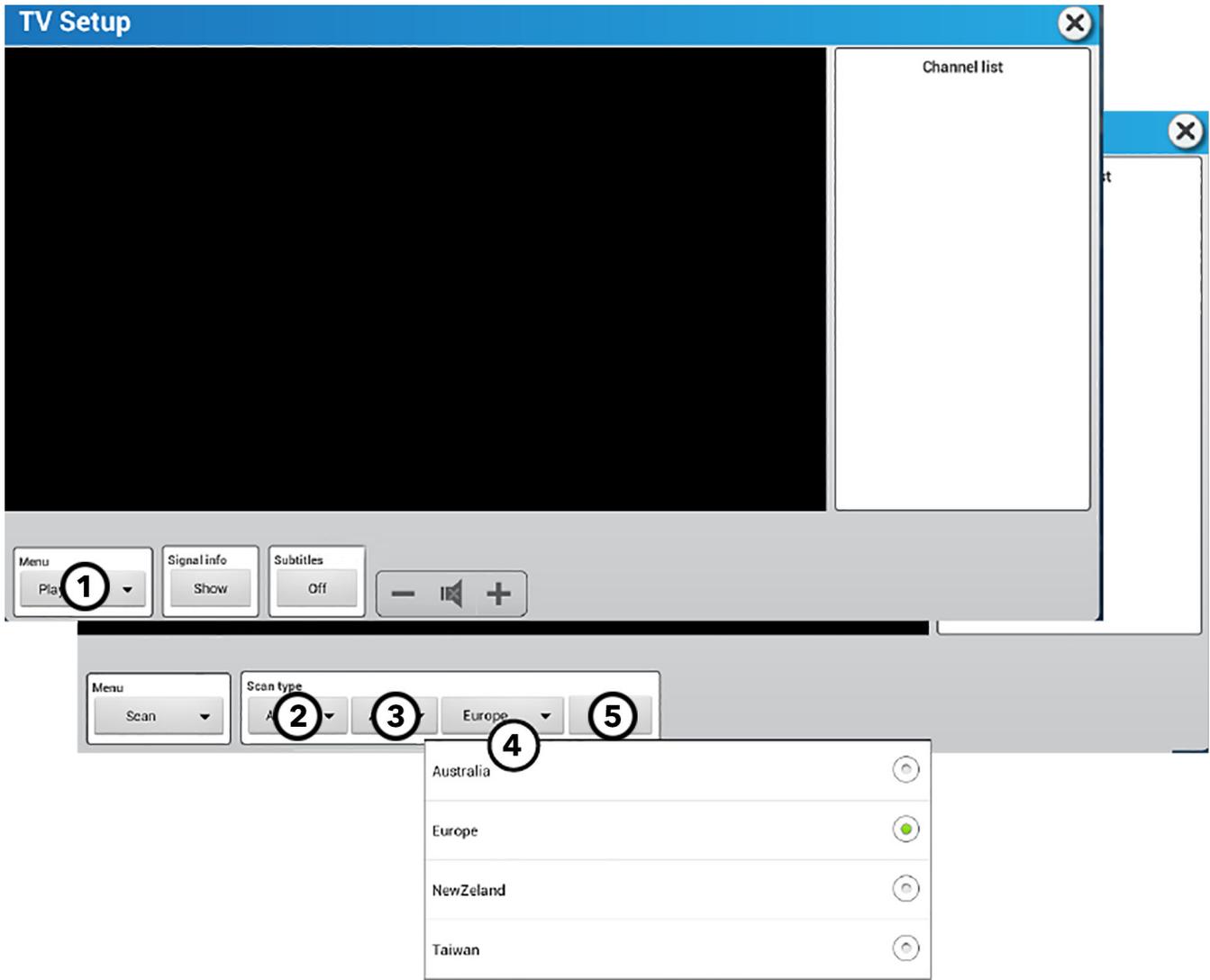
- Scan Type
  - Auto / Manual
  - Cable / Air
  - Scan
- Spectral Inversion

Used with channel scan to enable the capture of inverted channels produced from the TV headend.

**NOTE:** Consult A/V Integrator if unsure if inversion is used.

### 4. Channel List Menu

- Upload Channel List (send channel list to LF Connect)
- Sort Channel List (reorder channels)
- Edit Channels (change channel names)



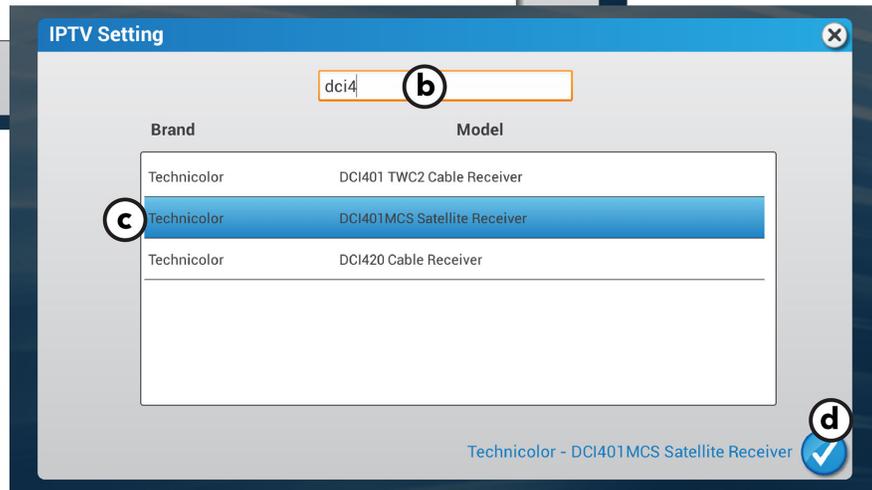
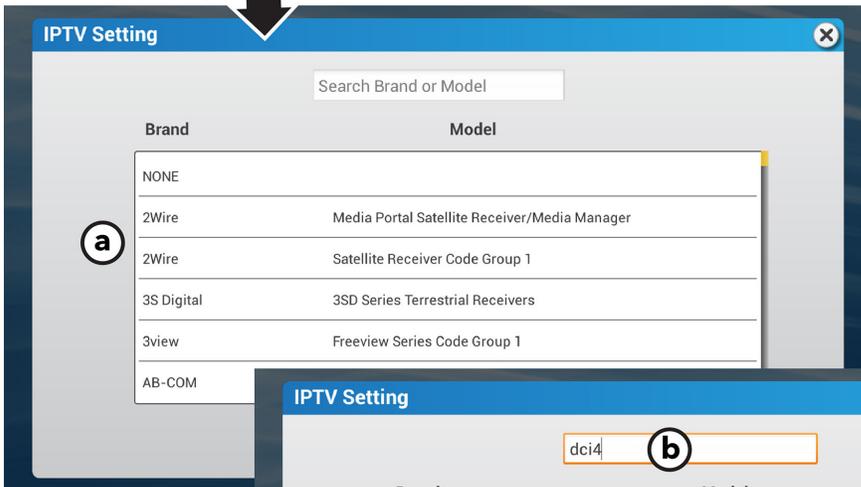
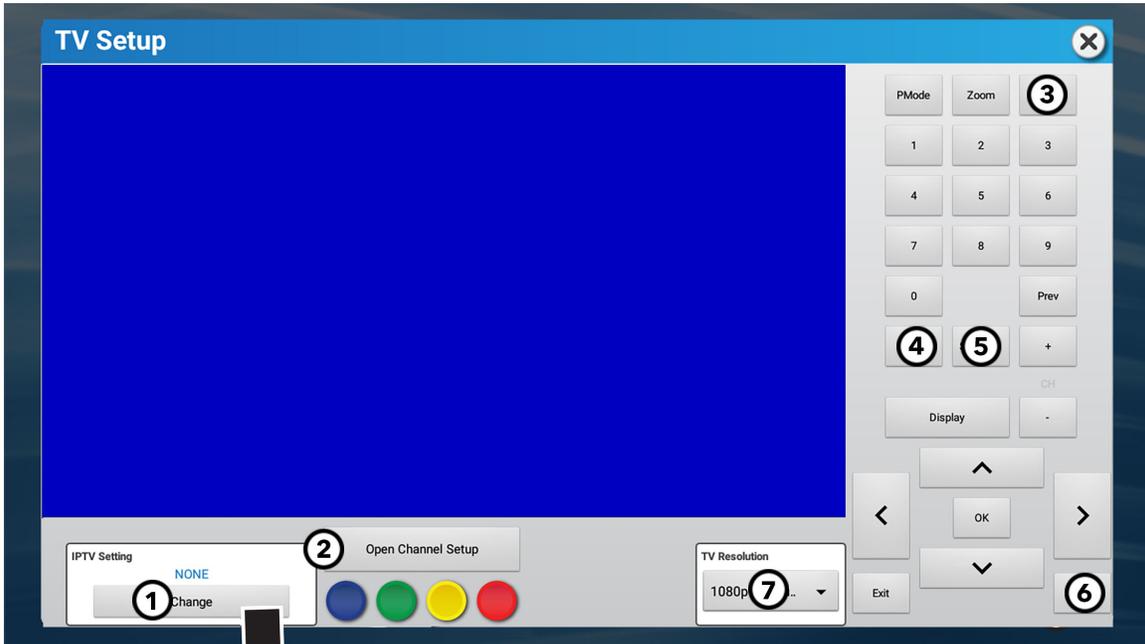
Pressing the button in the **Menu** field will display the following options:

- Playback
- Scan
- Channel List

1. Select **Scan**.
2. Select **Auto** or **Manual**.
3. Select **Air** or **Cable**.
4. Select your country.
5. Press **Scan** to scan for channels.

# STB SYNC

**NOTE:** Select the IPTV Setting at installation to match the Set Top Box (STB) brand / model in the facility's AV closet.



These commands are sent to the corresponding STB. The STB determine the actions. See the STB manufacturer's documentation for detailed functionality and descriptions.

## 1. IPTV Setting

Select **Change**.

Search for the STB brand and model.

- a. Scroll through the list of brands and models, or type the name of the brand or model in the **Search Brand or Model** box.
- b. Select the row with your desired brand and model.
- c. The selected brand and model is displayed.
- d. Press the checkmark to confirm.

**NOTE:** Select the IPTV Setting at installation to match STB brand / model in the facility's AV closet.

**NOTE:** There may be multiple rows for the same brand and model. Each row will have different STB remote control codes, so multiple rows may need to be attempted during configuration.

**NOTE:** Rows containing the model description **Legacy Product - do not use for new console installs** should not be selected manually during installation of new consoles, regardless of whether the corresponding STB is new or not.

## 2. Generic Color buttons

STB defines the actions.

## 3. EPG (*if available*)

Lists current and upcoming programs for selected channels.

## 4. SAP (*if available*)

Toggles between normal and SAP audio channel.

## 5. Subtitles

Press to turn Subtitles On/Off.

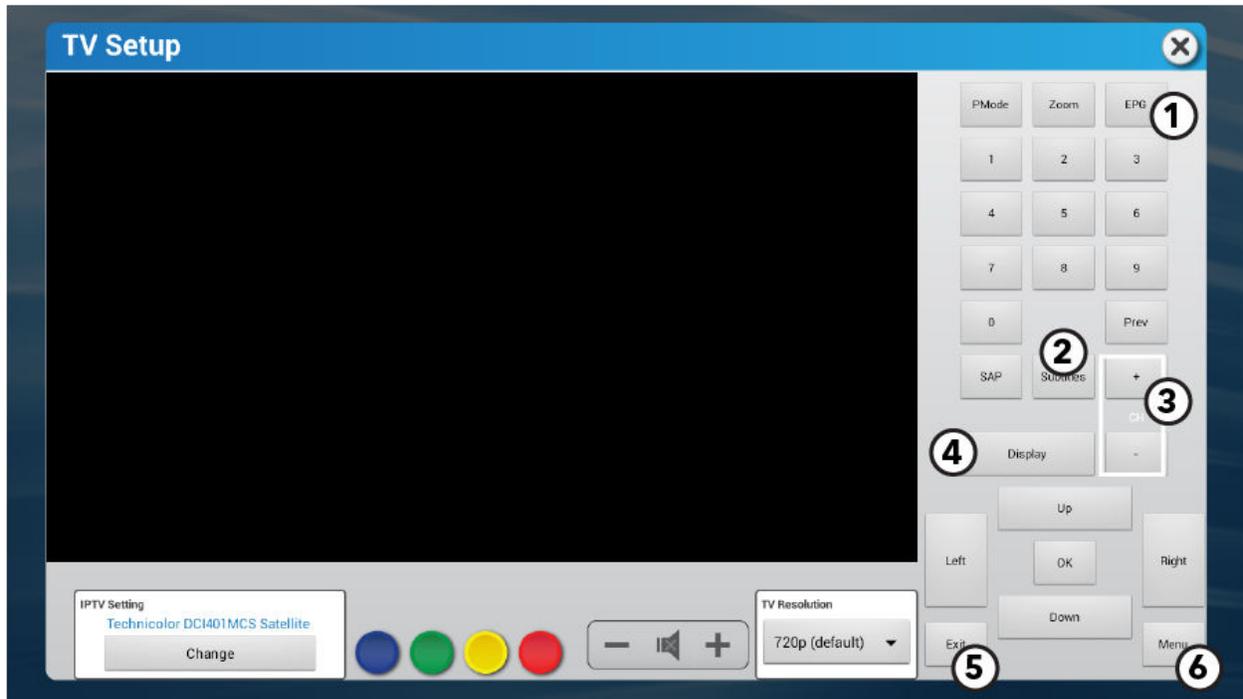
## 6. Menu

STB menu (*if available*)

## 7. TV Resolution

Change TV resolution.

- The TV resolution default setting is selected.
- The TV resolution change only applies within the **TV Setup** menu and will be reset back to the default after exiting the **TV Tuner Setup** menu.

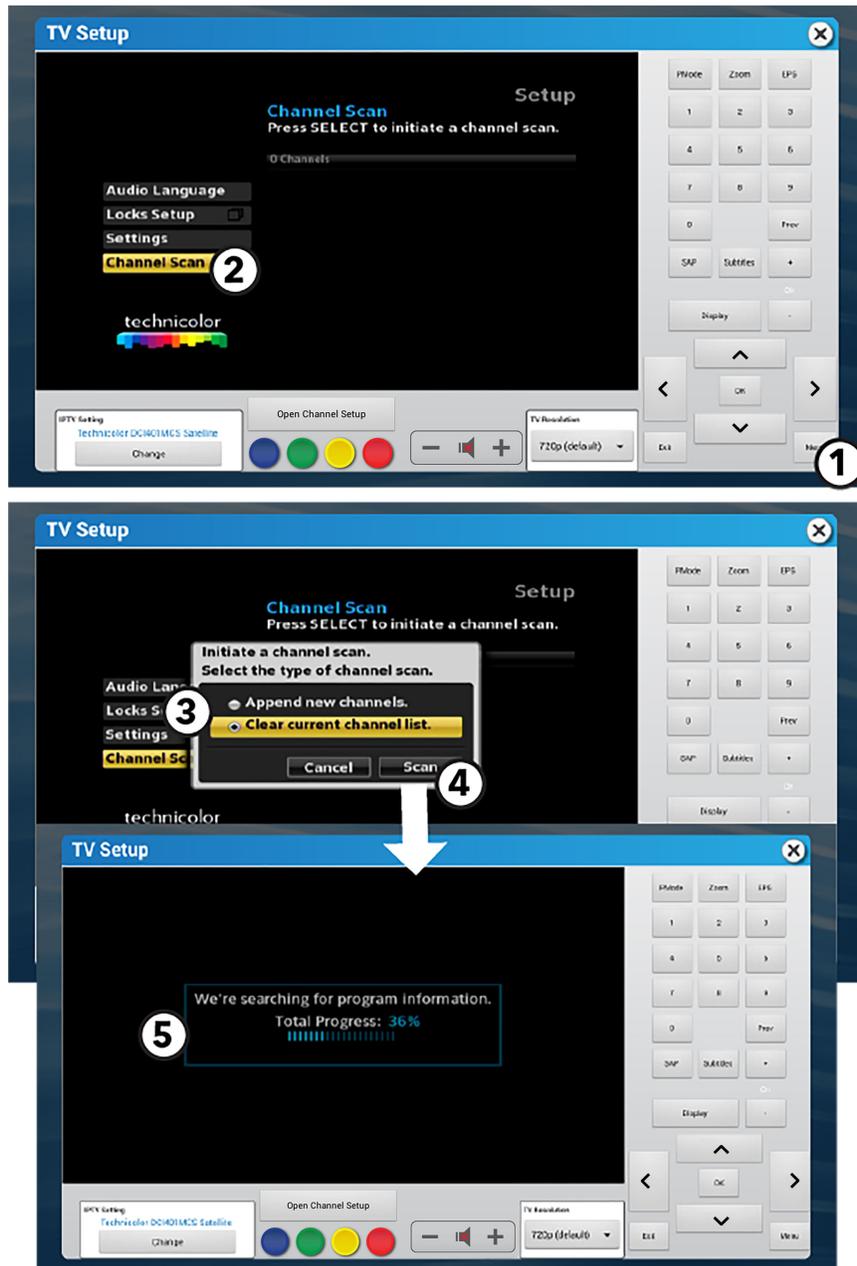


To access the Pro:Idiom TV Setup menu, use tuner type STB IPTV.

1. **EPG**  
Press to access the Electronic Program Guide (EPG).
2. **Subtitles**  
Press to turn Subtitles On / Off.
3. **Channel keys**  
Use to move channels up (+) or down (-).
4. **Display**  
Current channel information is shown.
5. **Exit**  
Press to exit the TV Setup menu.
6. **Menu**  
Access Tuner Setup menu options:
  - Tuner Setup
  - Video
  - Channel
  - VChip

For the IPTV Setting, the default should be set to Technicolor DCI401MCS satellite receiver. If control of the Pro:Idiom solution is not working, please make sure this setting is correct.

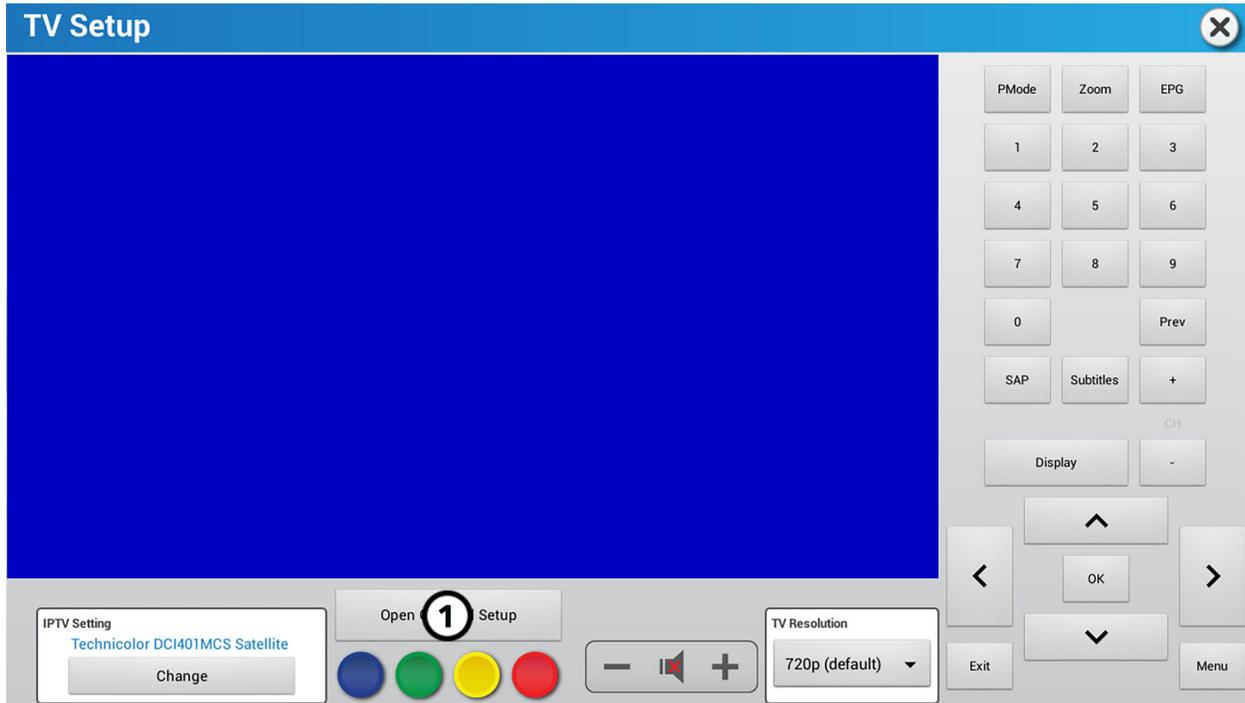
## Channel Scan



These commands are sent to the corresponding Set-Top Boxes. The Set-Top-Boxes determine the actions. See the Set-Top-Box manufacturer's documentation for detailed functionality descriptions.

1. **Menu**  
Press to access **TV Setup** menu.
2. **Channel Scan**  
Use ▲ and ▼ to scroll to the **Channel Scan** option. Press **Ok** to enter the selection.
3. **Initiate a channel scan**  
Choose **Clear Current Channel List**.
4. **Scan**  
Press to begin channel scan.
5. **Progress Screen**  
Displays scan progress.

## Open Channel Setup



After scanning for channels or installing a STB, press **Open Channel Setup** to customize your channel list for the Workout Screen.

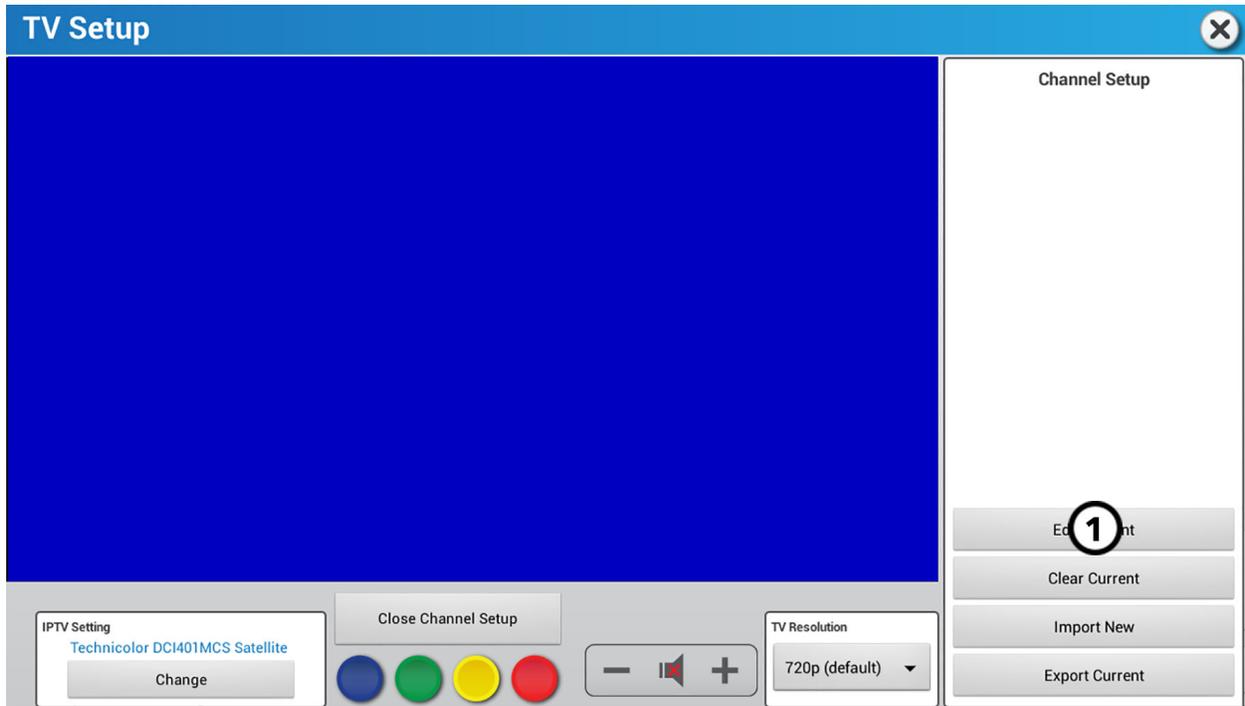
The Open Channel Setup menu has four options:

- [Edit Current](#) - Edit titles, add titles, remove titles, and save titles.
- [Clear Current](#) - Deletes existing channel lists.
- [Import New](#) - Replicates a channel list from a different unit.
- [Export Current](#) - Saves a channel list to a USB flash drive for replication on different units.

## Edit Current

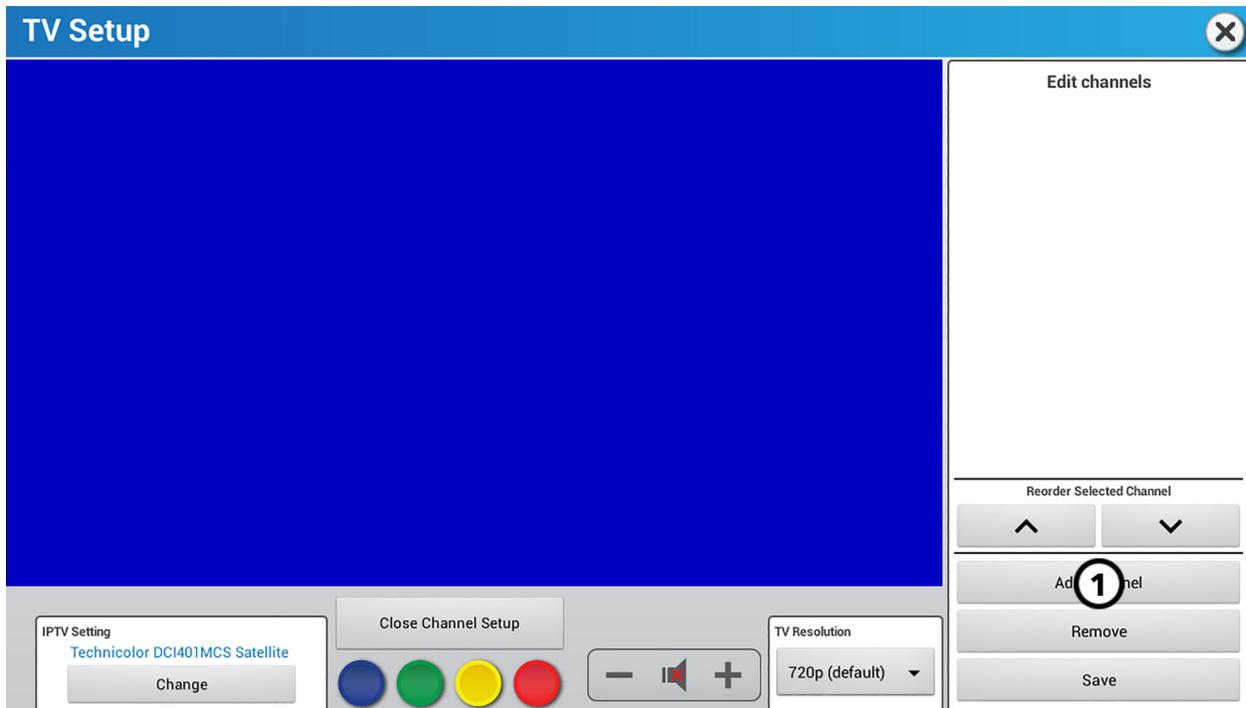
Press **Edit Current** to access the following menu options:

- [Add Channel](#) - Add one or many channels and edit channel titles.
- [Remove](#) - Remove unwanted channels.

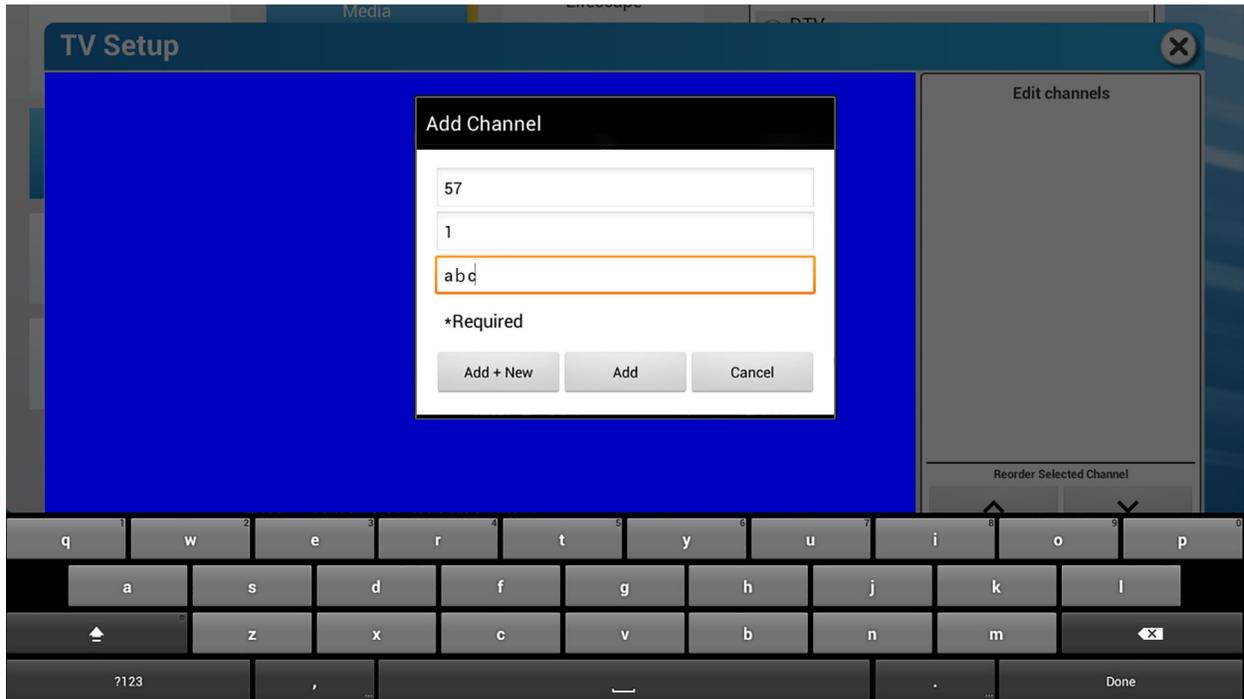


## Add Channel

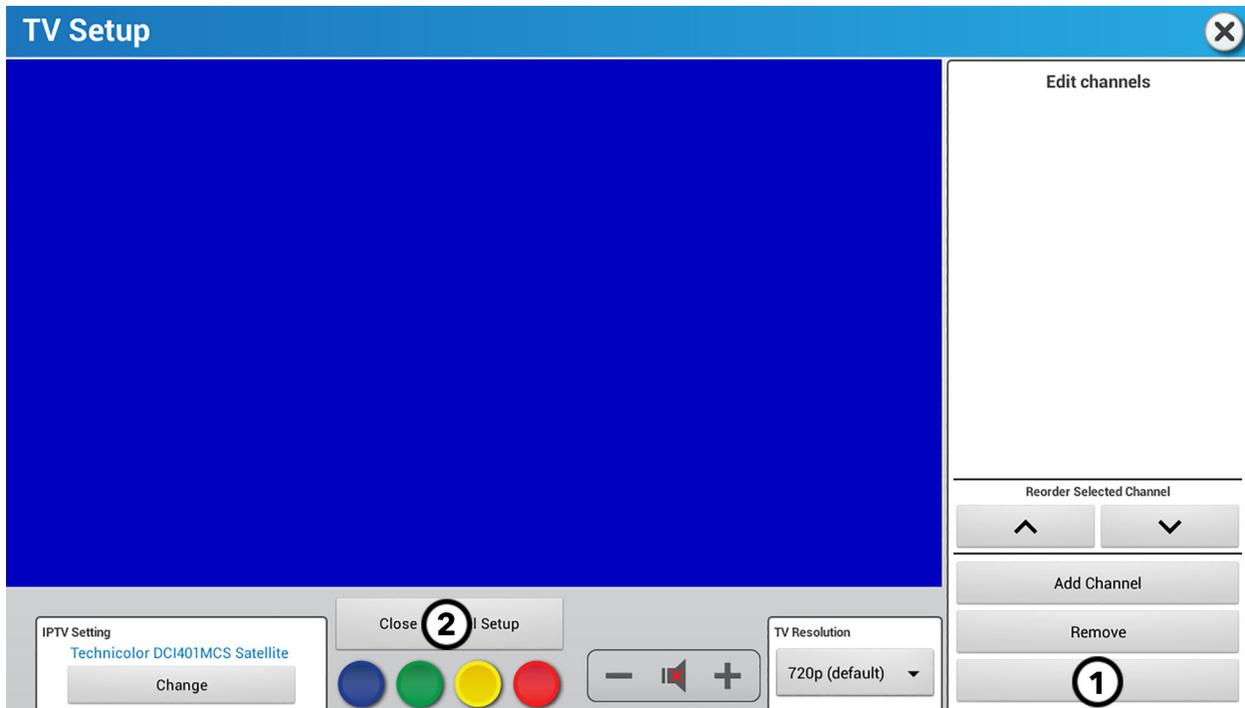
1. Press **Add Channel**.



2. Type the channel number in the **Major number\*** box.



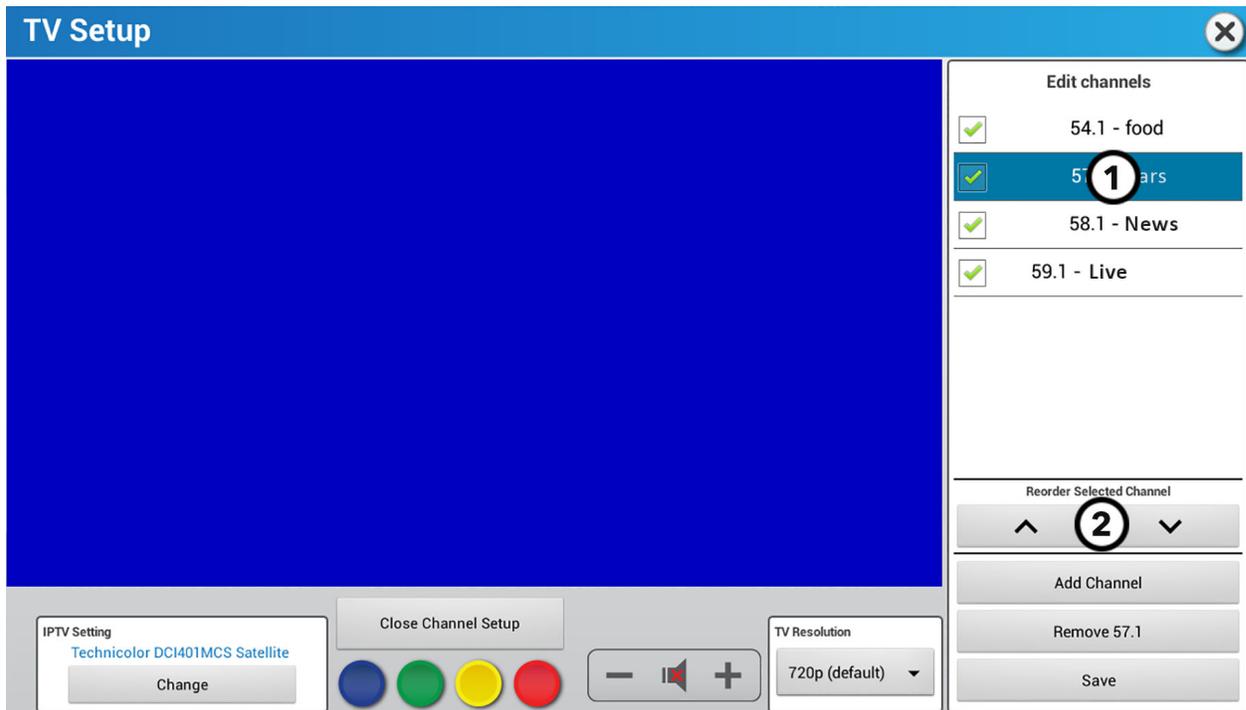
3. Type the channel sub-number or program number in the **Minor number** box.
4. Type the channel name in the **Channel name\*** box.
5. Choose one of the following:
  - Press **Add + New** if you have more channels to add to your channel list.
  - Press **Add** if you have only one channel to add to your channel list.
  - Press **Cancel** if you do not want to add your channel.



1. Press **Save** when you are finished adding channels.
2. Press **Close Channel Setup** if you are finished with your channel list.

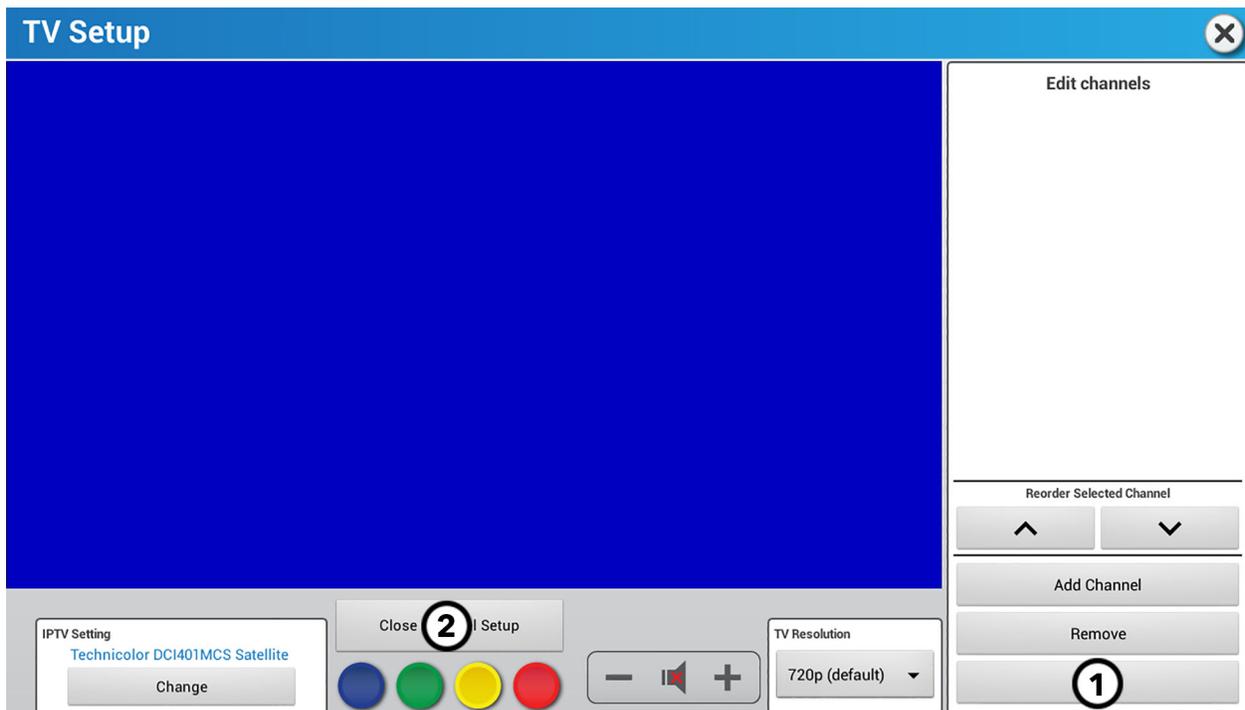
## Reorder Selected Channel

1. Press on the channel you want to reorder on your channel list.



**NOTE:** The order of the channel list that you create will appear within the workout menu.

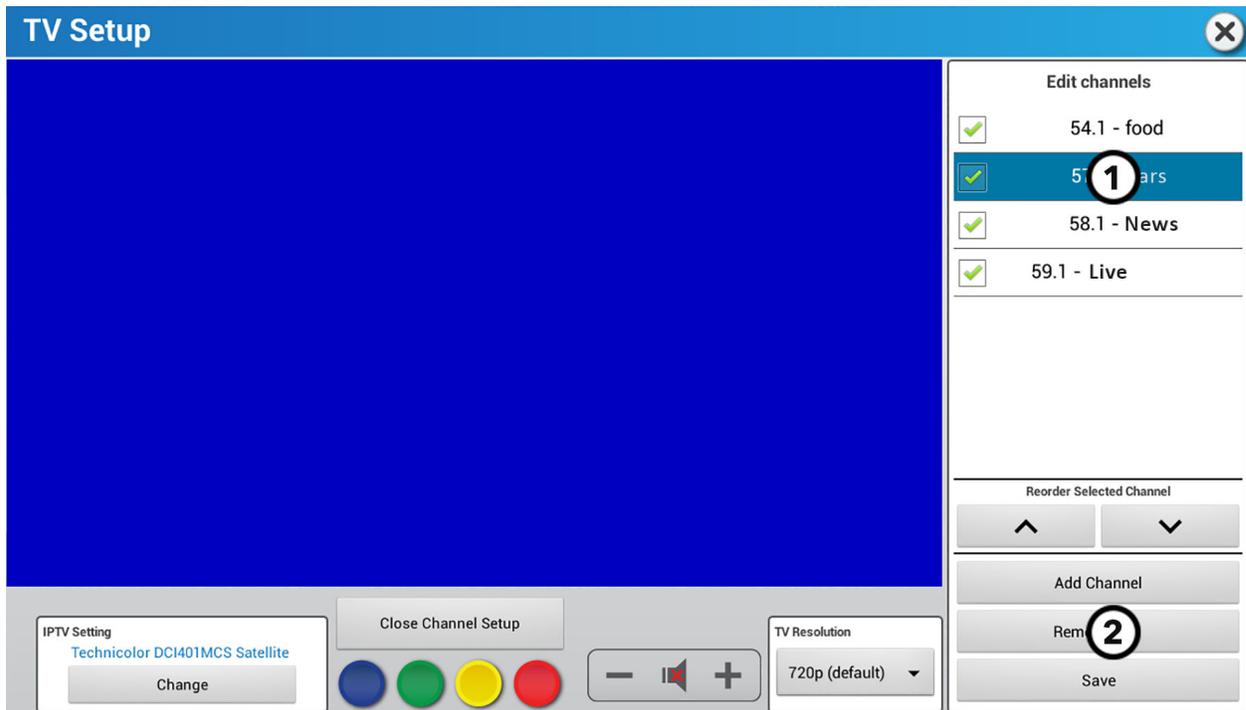
2. Press ▲ or ▼ to rearrange the channel on your channel list.



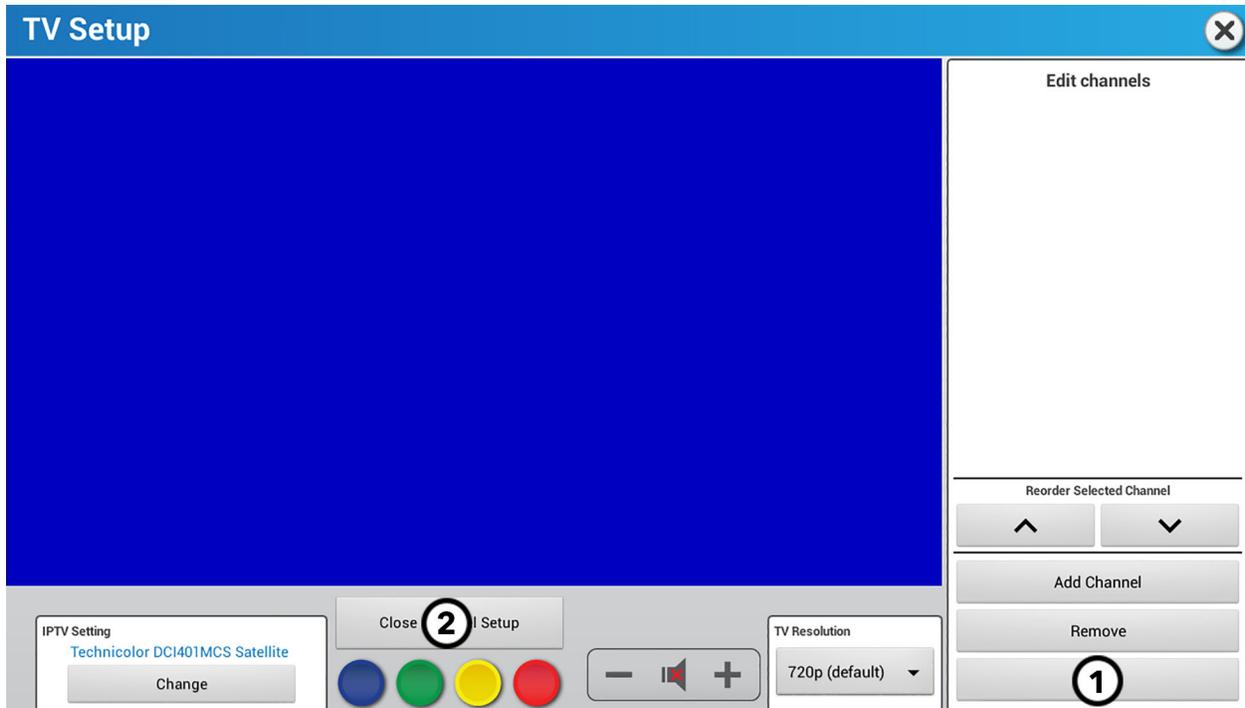
1. Press **Save** when you are finished reordering your channels.
2. Press **Close Channel Setup** if you are finished with your channel list.

## Remove

1. Press on the channel you want to remove from your channel list.



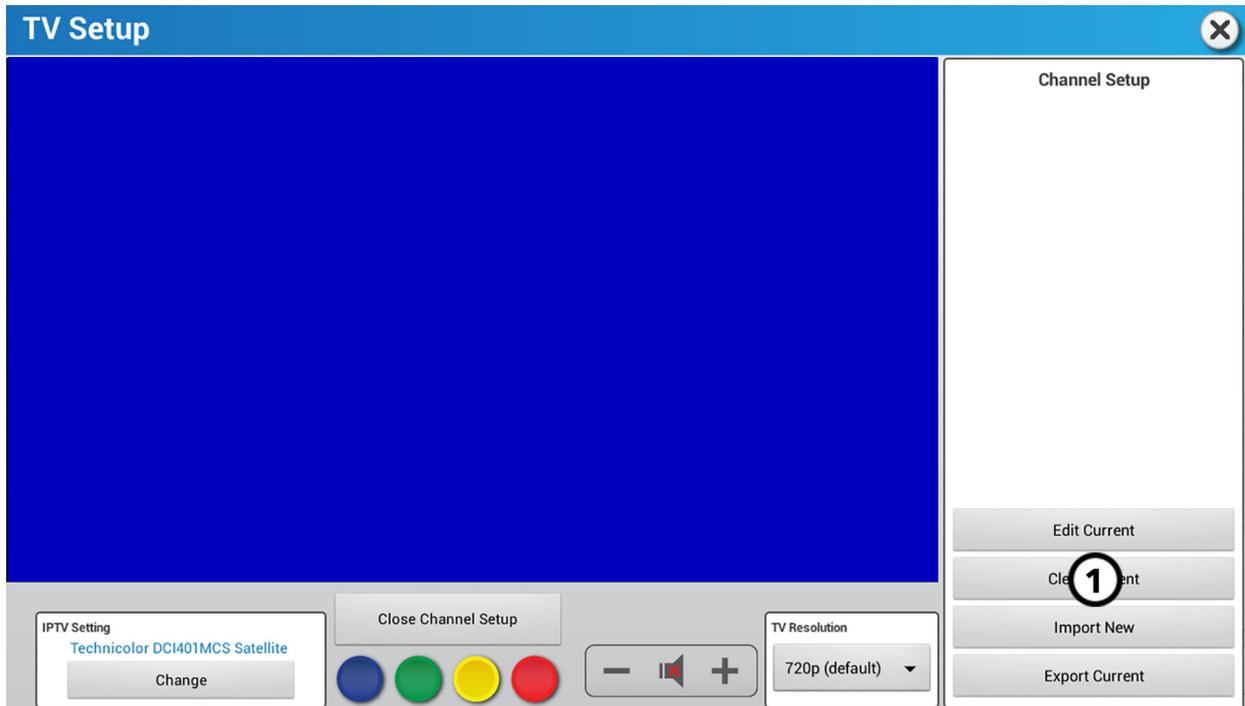
2. Press Remove.



1. Press **Save** when you are finished removing channels.
2. Press **Close Channel Setup** if you are finished with your channel list.

## Clear Current

Press **Clear Current** to delete an existing list of channels, and create a new list of channels.

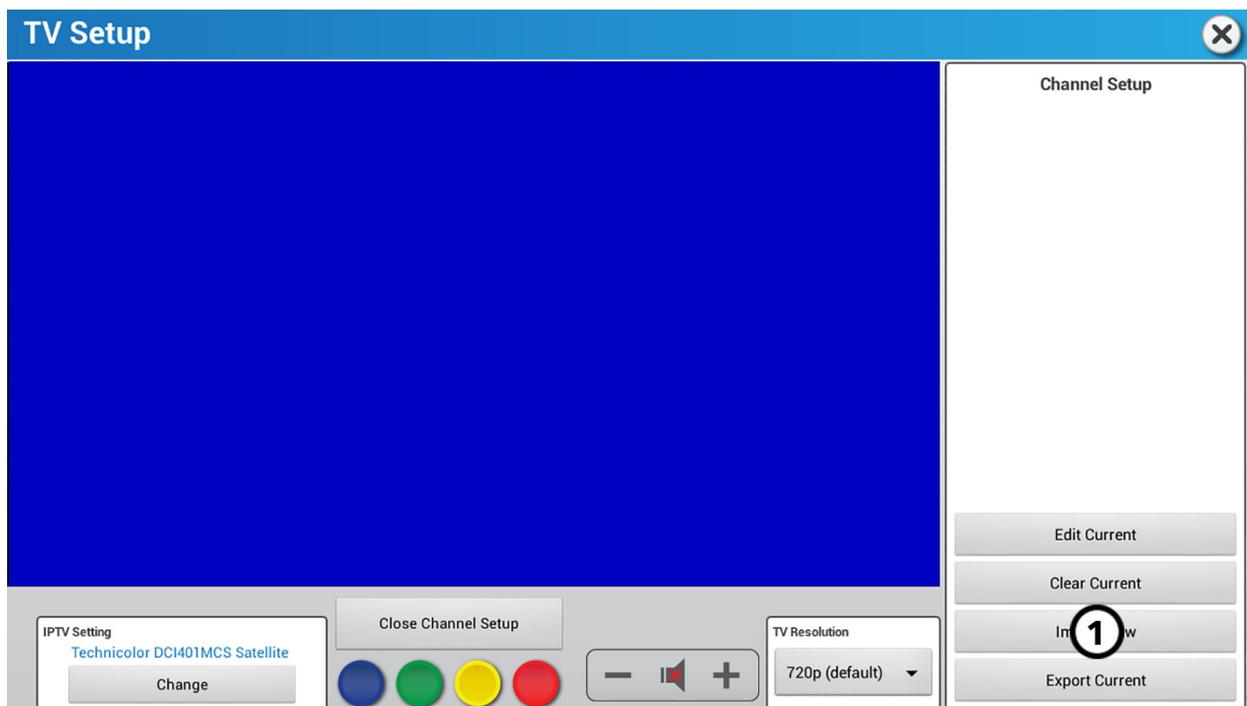


## Import New

The Import New feature requires a channel list on a different unit and a USB flash drive. You will use the Export Current feature on another unit before using the Import New feature.

Import a channel list from a different unit:

1. Locate another unit with a current channel list.
2. Insert a USB flash drive into that unit's USB port.
3. Perform an [Export Current](#) on the that unit.
4. Remove the USB flash drive from that unit.
5. Install the USB flash drive on your unit.
6. Press **Import New**.



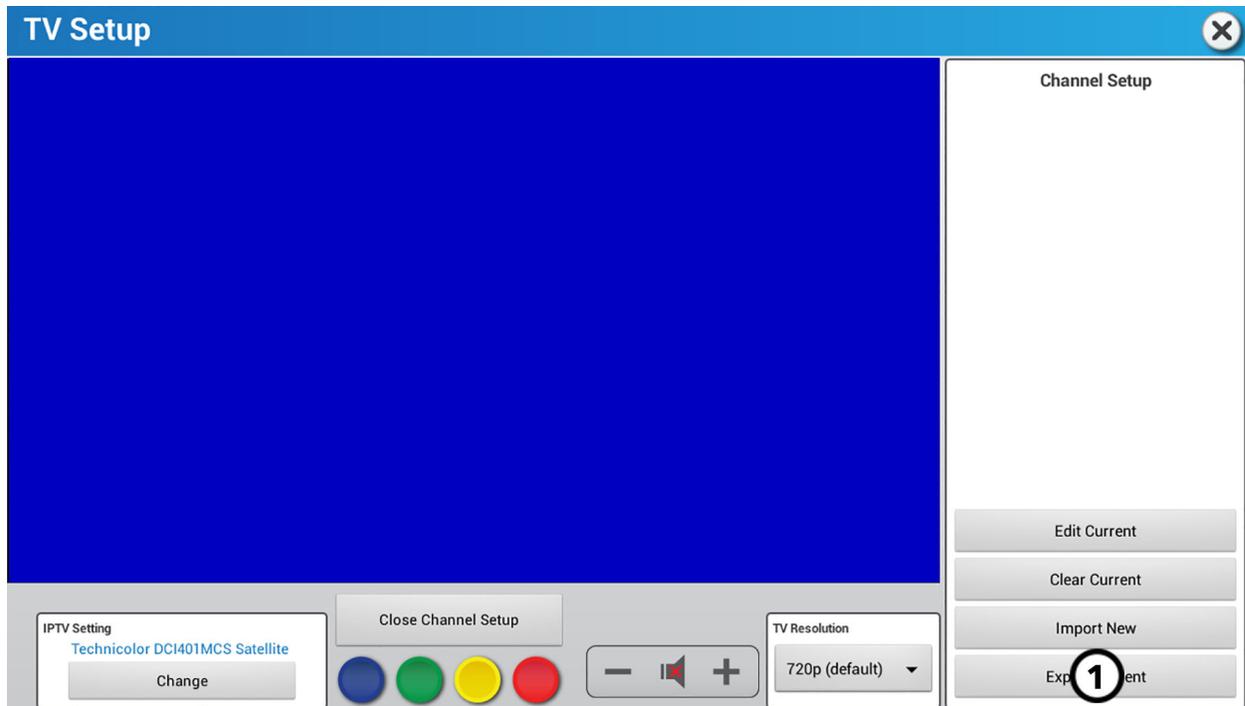
7. Verify that your unit has imported the channel list from the other unit.

### Export Current

The Export Current feature is used when you want to save your current channel list on multiple machines. You will use the Import New feature after using the Export Current feature.

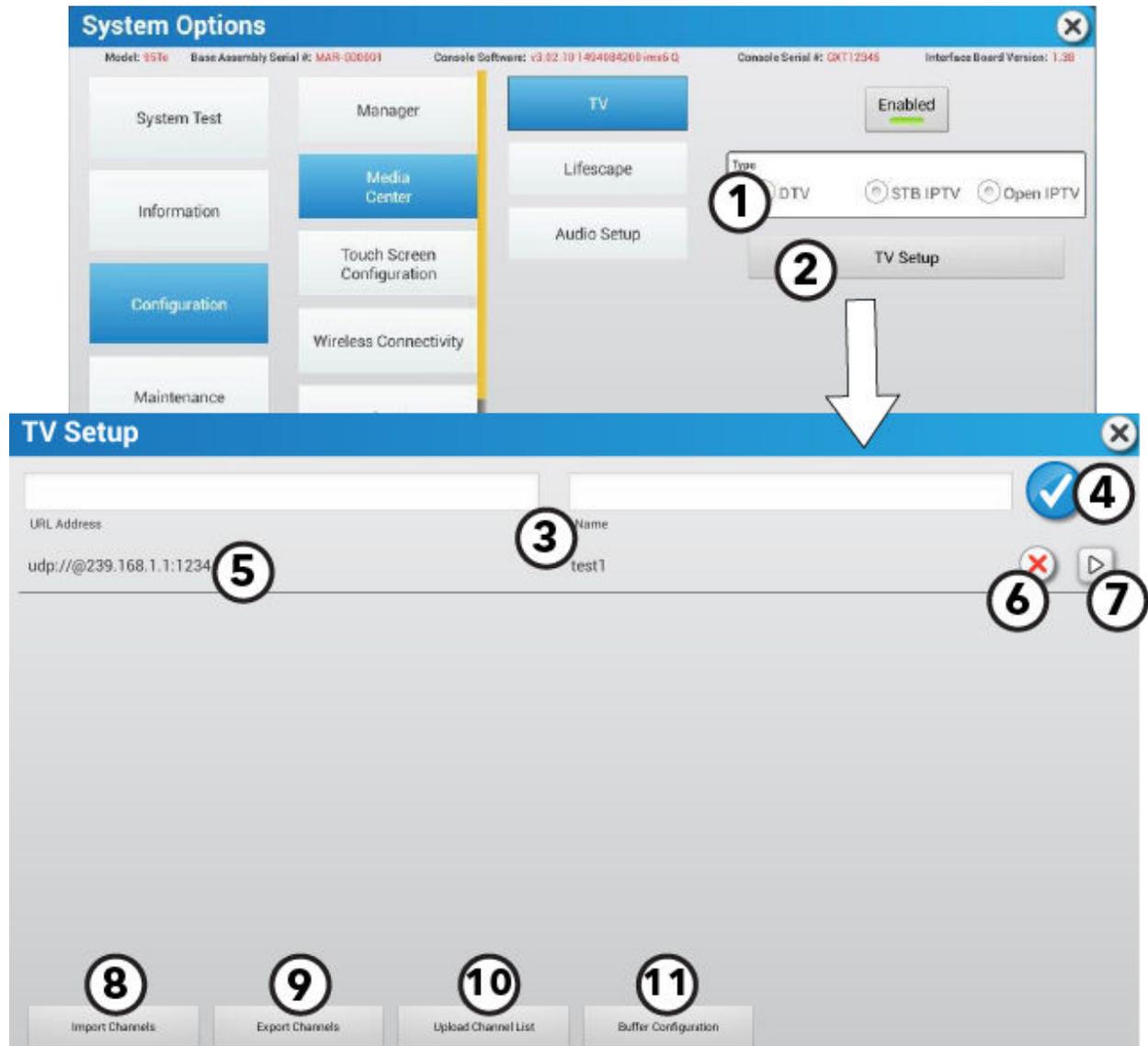
To export a unit's current channel list:

1. Insert a USB flash drive into the front USB port of a unit with a current channel list.
2. Press **Export Current**.



See [Import New](#) for directions about importing your channel list on the USB flash drive to other machines.

## Open IPTV



Open IPTV allows custom channel creation.

### 1. Tuner Type

The Open IPTV tuner type only shows when the console is configured for Open IPTV.

### 2. TV Setup

Press to access the Open IPTV **TV Setup** menu.

### 3. Custom Channel

- Input URL address - Enter each UDP address assigned to each channel.

**NOTE:** The format should use `udp://@(IP Address: Port)`

- Create channel name

### 4. Press the checkmark to save the channel to the channel list.

### 5. Channel Table

URL address and channel name populate in a channel table.

### 6. Press the X to delete the selected channel.

### 7. Preview Channel

Press ▶ to open a separate window to preview the selected channel.

### 8. Import Channels

Import channel list from an inserted USB stick.

## **9. Export Channels**

Export channel list to an inserted USB stick.

## **10. Upload Channel List**

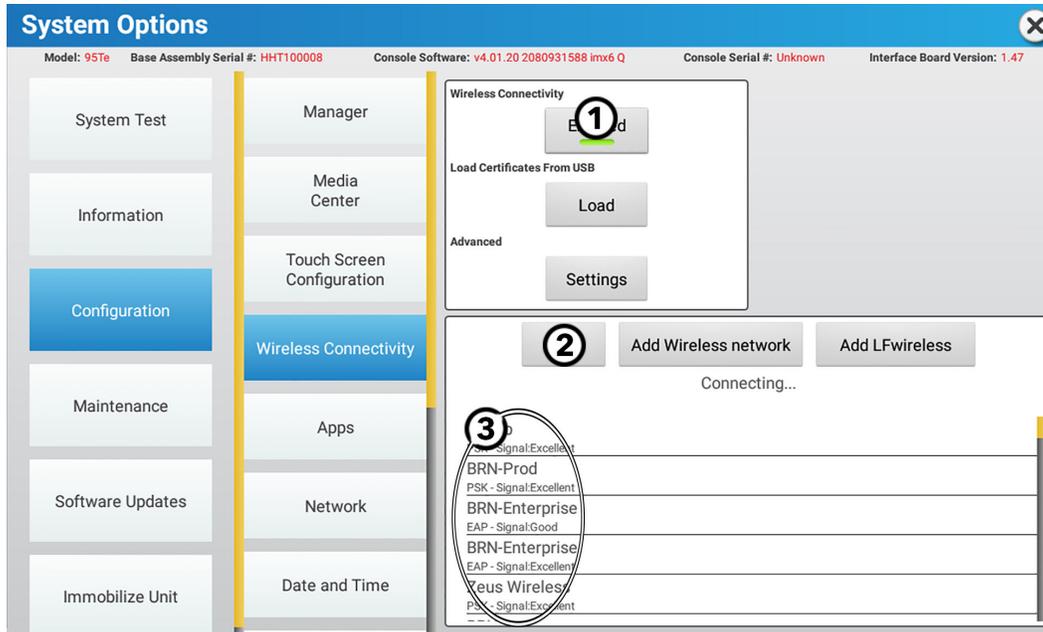
Uploads your channel list to Halo Fitness Cloud (if connected) and instantly to all units in the facility if units are connected to the internet.

## **11. Buffer Configuration**

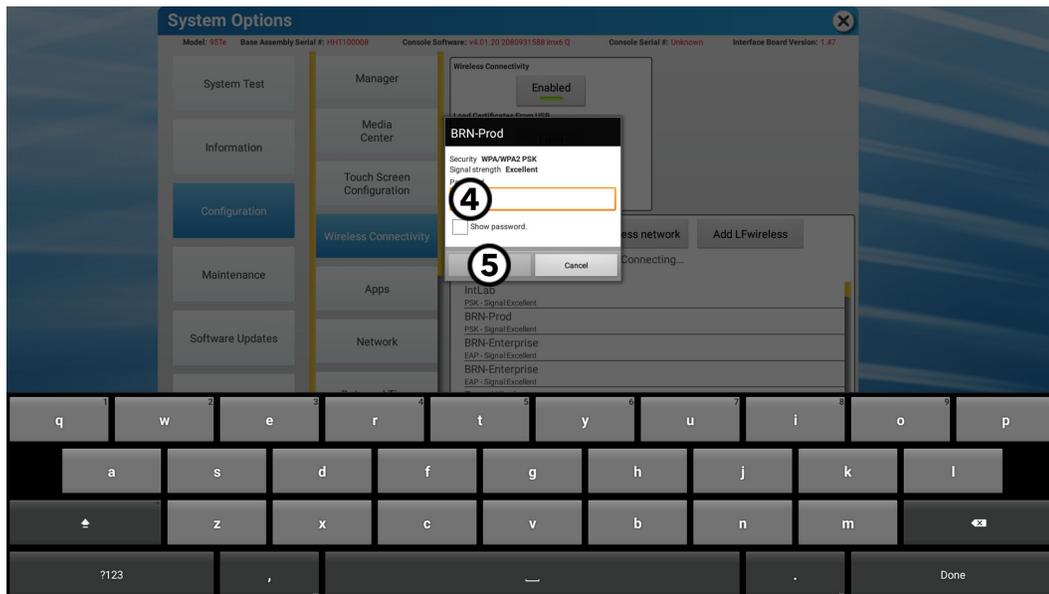
Change the amount of buffered data to optimize video streaming.

# Wireless Connectivity

**NOTE:** If your equipment is connected to the internet with an Ethernet cable, please see the Ethernet section in the [Configuration Menu](#).



1. Press **Enable/Disable** to activate or deactivate wireless abilities.
2. Press **Scan** to scan for wireless networks in your area.
3. Find and select your wireless router by pressing on the screen.



4. Enter your wireless router's password.
5. Press **Confirm** to establish a connection to your wireless router.

## Internet Requirements

Minimum download bandwidth requirements for 1-16 units:

- 2.5 mbps
- +0.25 mbps for more than 16 units.

Minimum upload bandwidth requirements for 1-20 units:

- 0.5 mbps
- +0.25 mbps for more than 20 units.

Wired Local Area Network (LAN) requirements:

You will need to provide the DHCP addresses for all of your units if your units are wired to the internet using an Ethernet cable. You will need a switch capable of aggregating the individual Ethernet cables.

1-7 units

- 8-port 10/100/1000

8-23 units

- 24-port 10/100/1000

24-47 units

- 48-port 10/100/1000

Wireless Local Area Network (LAN) requirements:

- Dual band 2.4/5 GHz wireless router
- WPA2-PSK wireless router security
- Equipment must be mounted to the ceiling or wall. Do not place your wireless routers on the floor.

# Maintenance and Troubleshooting

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**NOTE:** Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced.

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

- Locate the product in a cool, dry place.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see Approved and Compatible Cleaners) and a microfiber cloth.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.

## ***Approved and Compatible Cleaners***

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

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

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

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

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

## Troubleshooting

Malfunction	Probable Cause	Corrective Action
No Power.	ON / OFF switch is not in proper position.	Turn the switch to the ON position.
	Power source is insufficient.	Plug treadmill into a dedicated 20 amp circuit. Using a voltmeter, verify power at outlet. If no power exists, reset circuit breaker at panel.
	Line cord is damaged.	Replace line cord. <a href="#">Contact Cybex Customer Support Services.</a>
	Line cord is improperly seated in socket.	Inspect power connection at wall outlet and at machine for proper contact.
	<b>NOTE:</b> Treadmills only: You may be in “Energy Saving Mode”.	Treadmill will go into Energy Saving Mode after 5 minutes of inactivity. To wake the console, step on the treadmill belt. The treadmill will automatically wake and the console will light up. Waking up the treadmill takes approximately 50 seconds after stepping onto the belt.
	<b>NOTE:</b> Arc Trainers and Bikes only: You may be in “Energy Saving Mode”.	Unit will go into Energy Saving Mode after 5 minutes of inactivity. To wake the console, pedal until you hear a beep. The unit will automatically wake and the console will light up. Waking the unit takes approximately 50 seconds after beginning to pedal.
Treadmill striding belt slips off-center.	Floor surface is uneven.	Check levelers and level treadmill. Check striding belt and re-tension as necessary. Refer to Treadmill and Bike Assembly Instructions.
Maximum treadmill speed is reduced.	User is pushing striding belt. This occurs when the runner is running faster than the striding belt will travel, with the result of the striding belt being pushed with the runner’s feet.	Instruct users not to push striding belt in either direction.
	User is stalling striding belt. This will occur with heavier users at lower striding belt speeds. The striding belt will “stall” if the user is traveling slower than the striding belt speed.	
	Striding belt/deck malfunctions. The deck laminate is worn through or the underside of striding belt is glazed over (hard, glossy).	Replace belt and deck. <a href="#">Contact Cybex Customer Support Services.</a>
	Power source is insufficient.	Plug treadmill into a dedicated 20 amp circuit.
Rubbing sound comes from underneath treadmill.	Foreign objects may be stuck underneath the machine.	Inspect underneath striding belt and machine. Remove any debris or objects that may cause interference with the treadmill.
Display does not illuminate when machine is powered on.	Loose connection at display console or motor control board.	Check all electrical connections for proper attachment. <a href="#">Contact Cybex Customer Support Services.</a>

## Troubleshooting the Polar® Heart Rate Chest Strap

### Heart rate reading is erratic or absent entirely

Probable Cause	Corrective Action
Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.

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

### Abnormally elevated heart rate readings

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

## Troubleshooting On-Demand Workouts

Malfunction	Probable Cause	Corrective Action
On-Demand Workouts library is not displaying.	On-Demand Workouts has not been activated.	Activate On-Demand Workouts via Manager's Configuration or on <a href="#">Halo.Fitness</a> .
	Equipment is not connected to the internet.	Check network connectivity in Manager's Configuration. Use network speed test on console to verify that your facility has 2.5 Mbps of bandwidth per unit.
On-Demand Workouts videos are lagging or choppy.	Insufficient internet bandwidth.	Disable On-Demand Workouts on select number of units to reduce bandwidth strain. Refer to <a href="#">On-Demand Workouts Requirements</a> for specifications.
	Unit requires reboot.	Restart the unit. For optimal functioning, enable Nightly Reboots in Manager's Configuration.
Poor audio quality.	Weak wired headphone connection.	If using wired headphones, ensure proper connectivity within headphone jack. Small adjustments in jack placement should produce crisp and clear audio.
	Bluetooth pairing malfunction.	Unpair and repair Bluetooth headphones with the console. Follow the prompts on screen.

# Specifications

## Specifications

Console Screen Type:	LCD surface capacitive touch screen
70T HD LCD Touch Screen Size:	16" diagonal for all bases ( <i>Treadmill, Bikes, Arc Trainer</i> )
LCD Touch Screen Power Requirement:	20.5 -25.5 VDC @ 3.5 A
Ports:	Type RJ45, interchangeable Network ready connection and Fitness Entertainment port ( <i>power compliant with FitLinxx CSAFE specification dated August 4, 2004: 4.75VDC to 10VDC; maximum current of 85mA</i> ).
Headphone Jack:	3.5mm Stereo
Ambient Temperature Range ( <i>Operating</i> )	10C - 40C ( <i>nominal 25C</i> )
Temperature Range ( <i>Storage / Shipping</i> )	-20C - 60C ( <i>key limiting item: LCD Touch Screen</i> )
Humidity Range ( <i>Operating</i> )	5% - 85% RH ( <i>nominal 40% RH, non-condensing</i> )
Heart Rate Monitoring Systems:	Patented Lifepulse™ digital contact heart rate and Polar® telemetry-compatible heart rate monitoring system
Speed Range ( <i>Treadmill</i> ):	0.5 - 14.0 MPH / 0.8 - 23 KPH
Incline Range ( <i>Arc Trainer</i> ):	0-20
Incline Range ( <i>Treadmill</i> ):	0-15%
Resistance Levels:	Bikes: 26 (0 - 25) Arc Trainer: 0-100
USB Device Charging:	Can be used with a USB type A device charger.
Broadcast Receiver Capabilities:	NTSC/ATSC or PAL/DVB-T/DVB-T2 or NTSC/ISDB-T ( <i>three separate tuners</i> ). NTSC/ISDB-T support Japan and Brazil versions of the ISDB standard including B-CAS. Additionally supports PAL-M and PAL-N (unique PAL encoding for Argentina, Brazil, Paraguay, and Uruguay where no digital broadcasting is available).
Cable / Satellite Receiver Capabilities:	QAM-B or DVB-C/DVB-S/DVB-S2 QAM-B includes Pro:Idiom decryption capabilities.

Treadmill sound pressure level: Less than 70 db(A) at 7.5 MPH (12 KPH), at user's ear position, belt unloaded. Noise emission under load is higher than without load.

## Dimensions

	Physical Dimensions				Shipping Dimensions			
	Depth	Width	Height	Weight	Depth	Width	Height	Weight
<b>70T HD Console</b> ( <i>Treadmill</i> )	5.1 in. (13 cm)	20.8 in. (52.8 cm)	17.4 in. (44.2 cm)	13.9 lbs. (6.32 kg)	9.06 in. (23 cm)	26.38 in. (67 cm)	21.26 in. (54 cm)	19.0 lbs. (8.60 kg)
<b>70T HD Console</b> ( <i>Bikes, Arc Trainer</i> )	5.0 in. (12.7 cm)	16.3 in. (41.4 cm)	15.1 in. (38.4 cm)	12.3 lbs. (5.58 kg)	7.48 in. (19 cm)	21.26 in. (54 cm)	18.11 in. (46 cm)	15.7 lbs. (7.10 kg)

# ***Copyrights and Trademarks***

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## ***List of Copyrights and Trademarks***

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Bluetooth® is a registered trademark owned by Bluetooth SIG, Inc.

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PureGreen 24™ is a trademark of Pure Green.

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# Warranty

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## **What is Covered**

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This Life Fitness Family of Brands commercial exercise equipment product is warranted to be free of all defects in material and workmanship.

## **Who is Covered**

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

## **How Long It is Covered**

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

## **Who Pays Transportation and Insurance For Service**

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

## **What We Will Do To Correct Covered Defects**

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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**

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

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

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

## **What You Must Do**

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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. *Cybex* reserves the right to decide whether or not a product is to be returned for repair.

## **How to Get Parts and Service**

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

## **Exclusive Warranty**

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

## ***Changes in Warranty Not Authorized***

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

## ***Effects of State Laws***

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

## ***Terms of Warranty Coverage***

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Please use the link below to access component warranty terms:

<http://lifefitness.com/warranties>



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[www.cybexintl.com](http://www.cybexintl.com)