

V Series Console

Owner's Manual



Part Number
1009599-0001 AB



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User and Service Documents Link

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Table of Contents

Getting Started	
Safety Instructions.....	8
Operation	
Console Overview.....	10
Workouts.....	11
Heart Rate Zone Training®.....	14
Maintenance and Troubleshooting	
Approved and Compatible Cleaners.....	17
Troubleshooting - Treadmills.....	17
Specifications	
Specifications.....	19
Warranty	
What is Covered.....	20
Who is Covered.....	20
How Long Is It Covered.....	20
Who Pays Transportation and Insurance For Service.....	20
What We Will Do To Correct Covered Defects.....	20
What is Not Covered.....	20
What You Must Do.....	20
How to Get Parts and Service.....	20
Exclusive Warranty.....	21
Changes in Warranty Not Authorized.....	21
Effects of State Laws.....	21
Our Pledge To You.....	21
Warranty Information.....	22


FCC Compliance Information


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

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

FCC Warning - Possible Radio / Television Interference

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

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

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

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

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

Bikes:

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

Cross-Trainers:

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

Manual Information

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

- **V Series Recumbent Exercise Bike**
- **V Series Upright Exercise Bike**
- **V Series Cross-Trainer**
- **V Series Treadmill**

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

Statements of Purpose:





- The Cybex International, Inc. Exercise Bike is a machine that simulates the movements of riding a bicycle indoors at various speeds and levels of resistance.
- The Cybex International, Inc. Cross-Trainer is an exercise machine that combines low-impact elliptical pedaling with push / pull arm motion to provide an efficient, effective total body workout indoors.
- The Cybex International, Inc. Treadmill is an exercise machine that enables users to walk or run, in place, indoors on a moving surface.

Getting Started


Safety Instructions

Read all instructions before using Cybex International, Inc. products.

All Products


-  **Caution:** Any changes or modifications to this equipment could void the product warranty.
 -  **Warning:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
 -  **Warning:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
 -  **Danger:** To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.
- Never operate the product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Customer Support Services.
 - Position the product so that the power cord plug to the wall is accessible to the user. Make sure that the power cord is not knotted or twisted and that it is not trapped under any equipment or other objects.
 - If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
 - Always follow the console instructions for proper operation.
 - This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
 - Do not use this product outdoors, near swimming pools or in areas of high humidity.
 - Never operate the product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
 - Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact Customer Support Services.
 - Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
 - Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
 - Keep all loose clothing, shoelaces, and towels away from moving parts.
 - Do not reach into, or underneath, the unit or tip it on its side during operation.
 - This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
 - Do not allow other people to interfere in any way with the user or equipment during a workout.
 - Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
 - Free standing equipment shall be installed on a stable and leveled surface.
 - Read all warnings on each product prior to starting a workout.
 - If warnings are missing or damaged, please contact Customer Support Services immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Cybex International, Inc. is not responsible for missing or damaged warning labels.
 - Health and Environmental Regulations Warning - This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.


Bikes

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

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

Cross-Trainer


 **Warning:** Ensure that there is at least 1 ft. (0.3 m) of clearance in front of the Cross-Trainer and at least 2 ft. (0.6m) on the side.


 **Warning:** The Cross-Trainer is not equipped with a free-wheeling feature. Therefore, the product cannot be stopped immediately.

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

Treadmill

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

 **Warning:** Keep the area 6.5 ft. (2 m) by 3 ft. (0.9 m) behind the treadmill clear of any obstructions, including walls, furniture, and other equipment. Contact Customer Support Services for an optional longer power cord if necessary.

 **Warning:** Be sure the emergency stop lanyard is clipped to the user and in proper position on the treadmill before beginning any workout.

 **Warning:** The belt centering adjustment must be performed if the belt is not between the marks indicating the maximum allowed lateral positions. Refer to Treadmill Assembly Instructions.

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

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

Operation

Console Overview

Controls







1	UP arrow key	Use to adjust settings.
2	ENTER	Press this key to confirm entries of workout setup values, as displayed in the Message Center.
3	DOWN arrow key	Use to adjust settings.
4	CLEAR	Press this key once to clear data not yet entered. Press it twice in succession while programming to reset the equipment and restart the programming sequence.
5	UP and DOWN arrow keys	Use to increase / decrease incline.
6	UP and DOWN arrow keys	Use to increase / decrease resistance.
7	GO	Press to automatically begin a Quick Start workout.
8	COOL DOWN	Press this key to begin an automatically customized workout cool down.
9	STOP	Press to Stop a workout.
10	PAUSE	Press to Pause a workout.



1	Message Center	This window displays workout information as well as step-by-step instructions for setting up a workout. These displays include: Time, Distance, Total Calories Burned, Calories Per Hour, Heart Rate, Target Heart Rate, Watts, METs, Resistance Level, and Speed.
2	Workout Profile Window	During a workout, Interval Hills and Valleys appear in this window as rows of light stacked in columns. The number of lit rows within a column corresponds to Resistance Levels/Inclines.

Workouts

- **QUICK START** is the fastest way to begin exercising. After the QUICK START key is pressed, a constant-level MANUAL workout begins.
 - The **MANUAL** program is a constant effort workout in which the user can change resistance level or speed at any time. While the workout is in progress, increase or decrease the intensity level as desired using the LEVEL UP/DOWN arrow keys on bikes and cross-trainers. Use the SPEED or INCLINE UP/DOWN arrow keys on treadmills.
 - The **RANDOM** program is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.
 - The **FAT BURN** workout is designed to maintain a user's heart rate at 65% of the theoretical maximum (HRmax) for optimal results. Throughout the workout, the user wears a Polar telemetry heart rate chest strap or grasps the Lifepulse sensors. If the user is not wearing a Polar telemetry heart rate chest strap, the WORKOUT PROFILE WINDOW displays a heart shape, and the MESSAGE CENTER displays a prompt to grasp the sensors. The console continuously monitors and displays the heart rate, adjusting the intensity level to reach and maintain the target. This system eliminates over-training and under-training, and it maximizes the aerobic benefits of exercise by using the body's fat stores for fuel.
- 👉 **Note:** The intensity level on treadmills can be temporarily adjusted using the INCLINE UP/DOWN arrow keys or permanently changed by setting a new in-session Target Heart Rate goal. Speed can only be changed by the user. For bikes and cross-trainers the intensity level can be changed by adjusting the target heart rate goal directly with the LEVEL UP/DOWN arrow keys.

-  **Note:** Change the target heart rate at any time by pressing ENTER to change the in-session workout parameter for target heart rate.
- The **CARDIO** workout is virtually identical to FAT BURN, however the target heart rate is calculated at 80% of the theoretical maximum (HRmax). The higher target promotes cardiovascular improvement by placing a heavier workload on the heart muscle.
 -  **Note:** The intensity level on treadmills can be temporarily adjusted using the INCLINE UP/DOWN arrow keys or permanently changed by setting a new in-session Target Heart Rate goal. Speed can only be changed by the user. For bikes and cross-trainers the intensity level can be changed by adjusting the target heart rate goal directly with the LEVEL UP/DOWN arrow keys.
 -  **Note:** Change the target heart rate at any time by pressing ENTER to change the in-session workout parameter for target heart rate.
- The **HILL** workout offers a variety of configurations for interval training. Intervals are periods of intense aerobic exercise separated by regular periods of lower-intensity exercise. The WORKOUT PROFILE window represents these high and low intervals as columns of light, which together have the appearance of hills and valleys. Each column represents one interval. The overall duration of the workout determines the length of each interval.
 - 1 to 9 minutes (available for Bikes and Cross-Trainers only if Power Assist option is enabled):** A workout with a duration of less than 10 minutes is insufficient for the HILL program to complete all four phases adequately. The program therefore condenses a workout of this duration at various stages.
 - 10 to 19 minutes:** The interval durations initially are set at 30 seconds for a 10-minute workout. For every minute added by the user “on the fly”, each interval increases by three seconds. A 15-minute workout consists of 20 intervals at 45 seconds each.
 - 20 to 99 minutes:** All intervals last 60 seconds. If the user adds minutes to the pre-set duration while the workout is in progress, the program adds hills and valleys that are identical to the first eight intervals of the Interval / Training phase. This pattern repeats until the workout is completed.
- The **FIT TEST** workout estimates cardiovascular fitness and can be used to monitor improvements in endurance every four to six weeks. The user must grasp the hand sensors (if equipped) when prompted, or wear a Polar telemetry heart rate chest strap as the test score calculation is based on a heart rate reading.
 -  **Note: (Treadmills Only):** The workout duration will be five minutes total with a one minute warm-up at 0% incline followed by four additional minutes at a 5% incline.

The Fit Test is considered to be a submax VO₂ (volume of oxygen) test. It gauges how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood. Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity. Please note that the estimated VO₂ max scores achieved will be 10-15% lower on stationary exercise bikes than those achieved on other Cybex 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 VO₂ max scores. After the five-minute FIT TEST is completed, a FIT TEST score and rating will be displayed in the MESSAGE CENTER.

Fit Test Program Suggested Exertion Levels

	Inactive	Active	Very Active
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
Cross-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
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)

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

Lower Half of Range	Upper Half of Range
Higher Age	Lower Age
Lower Weight	Higher Weight*
Shorter	Taller

* In cases of excessive weight, use lower half of range.


The computer will not accept:

- Heart rates less than 52 or greater than 200 beats per minute.
- Body weights less than 75 lbs. (34 kg) or greater than 400 lbs. (181 kg)
- Ages below 10 or over 99 years.
- Data input that exceeds human potential

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

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

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

 **Note:** To receive a proper Fit Test score, the work done must be within a training heart rate zone that is 60% to 85% of the theoretical maximum heart rate (HRmax).

Relative Fitness Classification for Men

Rating	Estimated VO2 Max (ml/kg/min) Per Age Category				
	20-29	30-39	40-49	50-59	60+
Elite	55+	52+	51+	47+	43+
Excellent	53-54	50-51	49-50	45-46	41-42
Very Good	50-52	48-49	46-48	43-44	39-40
Above Average	45-49	43-47	42-45	39-42	35-38
Average	40-44	38-42	37-41	34-38	31-34
Below Average	38-39	36-37	34-36	32-33	29-30
Low	35-37	34-35	32-33	29-31	26-28
Very Low	<35	<34	<32	<29	<26

Relative Fitness Classification for Women

Rating	Estimated VO2 Max (ml/kg/min) Per Age Category				
	20-29	30-39	40-49	50-59	60+

Elite	47+	44+	42+	37+	35+
Excellent	45-46	42-43	40-41	35-36	33-34
Very Good	43-44	40-41	38-39	33-34	31-32
Above Average	38-42	36-39	34-37	30-32	27-30
Average	33-37	31-35	30-33	26-29	24-26
Below Average	31-32	29-30	28-29	24-25	22-23
Low	28-30	27-28	25-27	22-23	20-21
Very Low	<28	<27	<25	<22	<20

- **WFI Submax Protocol (Treadmill Only)** The treadmill features an additional fitness test based upon specific predefined protocols.
 - **WFI Submax Protocol:** Submaximal VO₂ The WFI Submax Protocol is a graded submax assessment used to predict a fire fighter's aerobic capacity. This test automatically increases speed and incline until a target heart rate is reached.

To ensure an accurate test score, do not change entries once the workout begins. Once the target heart rate has been exceeded for 15 seconds, the program goes into a cool down. The cool down last for three minutes at 3 mph at a 0% grade. The workout summary includes the following information:

 - The test time is displayed in the TIME window.
 - The VO₂ max test score is displayed in the SPEED window.
 - The recovery heart rate is displayed in the HEART RATE window.
- **Marathon Mode (Treadmill Only)** A workout in MARATHON MODE allows the user to workout indefinitely and ends only if the user chooses to end it or a stop system is activated. To activate this mode, while setting up a workout for all but FIT TEST and WFI programs, enter a time value greater than the maximum program time allowed.
- **Watts (Bikes Only)** This workout targets a rate of effort equal to a certain number of Watts. A Watt is a unit of power that measures the amount of mechanical work required to operate a device. It is roughly equal to 0.25 calories per hour. The workout program automatically alters the intensity level to maintain the appropriate rate of effort.

Heart Rate Zone Training®


Why Heart Rate Zone Training® Exercise?

Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results. That is the idea behind the Heart Rate Zone Training® approach to exercise.

Zone Training identifies an exerciser's ideal heart rate range, or zone, for burning fat or increasing cardiovascular fitness. The zone is a percentage of the theoretical maximum (HR_{max}), 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. HR_{max} equals to 206.9 minus the total of 0.67 multiplied by a person's age.

The products feature these exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training exercise:

- **Fat Burn**
- **Cardio**

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

To change settings during a workout, press ENTER.

The Heart Rate Zone Training® workout programs measure heart rate. 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 on treadmills and resistance on cross-trainers and bikes to maintain the target heart rate based on the actual heart rate.

Age	Theoretical Maximum Heart Rate	65% (Fat Burn)	80% (Cardio)
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


 **Note:** Reference the above chart for Theoretical Maximum Heart Rates and Target Heart Rates.

Heart Rate Monitoring

The patented Lifepulse system sensors are the built-in heart rate monitoring system on these products. 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.

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, and excessive or insufficient pressure used when gripping the sensors.

 **Note: (Treadmills Only):** Do not attempt to grasp the sensors 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.

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 Customer Support Services to order.



See the diagram below for correct positioning of the Polar telemetry heart rate chest strap. The electrodes, 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: (Treadmills Only):** 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. If a Polar telemetry heart rate chest strap is detected, users can workout at the maximum allowed speed set in Manager's Configuration.

Maintenance and Troubleshooting

-  **Note:** Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced.
-  **Note:** Pour assurer la sécurité du matériel, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil avant d'avoir réparé ou remplacé les pièces défectueuses.

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

- Locate the product in a cool, dry place.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see [Approved and Compatible Cleaners](#) on page 17) and a microfiber cloth.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.

Approved and Compatible Cleaners

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

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

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

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

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

Troubleshooting - Treadmills

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

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

Specifications

Specifications

LED and LCD console display

Display	Segmented Alpha-numeric, LED Message Center or Complex Character, LCD Message Center
Ambient Temperature Range: (Operating)	0°C to +40°C@ 90% RH (non-condensing)
Storage and Shipping Temperature Range	-33°C to 71°C
Heart Rate Monitoring Systems	Patented Lifepulse™ digital contact heart rate and Polar® telemetry-compatible heart rate monitoring system
Workouts	Bike: Quick Start, Manual, Random, Fat Burn, Cardio, Hill, Fit Test, Watts Cross-Trainer: Quick Start, Manual, Random, Fat Burn, Cardio, Hill, Fit Test Treadmill: Quick Start, Manual, Random, Fat Burn, Cardio, Hill, Fit Test, Marathon

	Physical Dimensions	Shipped Dimensions
Depth	3.2 in. (8.13 cm)	5.5 in. (13.97)
Width	12 in. (30.48 cm)	15.5 in. (39.37 cm)
Height	14 in. (35.56 cm)	17 in. (43.18 cm)
Weight	2.4 lbs. (1.09 kg)	5 lbs. (2.27 kg)

Warranty

What is Covered

This CYBEX INTERNATIONAL INC. commercial exercise equipment Product is warranted to be free of all defects in material and workmanship.

Who is Covered

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

How Long Is It Covered

All coverage is provided by specific Product according to the guidelines listed in [Warranty Information](#).

Who Pays Transportation and Insurance For Service

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

What We Will Do To Correct Covered Defects

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

What is Not Covered

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

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

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

What You Must Do

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

How to Get Parts and Service

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

Exclusive Warranty

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

Changes in Warranty Not Authorized

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

Effects of State Laws

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

Our Pledge To You

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

Warranty Information

	7 years	2 years	1 Year	6 Months
V Series Console		Electrical and Mechanical Parts	Labor	Overlay
V Series Recumbent Bike		Electrical and Mechanical Parts	Labor	Cosmetic
V Series Upright Bike		Electrical and Mechanical Parts	Labor	Cosmetic
V Series Cross-Trainer		Electrical and Mechanical Parts	Labor	Cosmetic
V Series Treadmill	Frame, IS4 Intelligent Suspension System, and Motor	Electrical Parts	Mechanical Parts and Labor	Cosmetic



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