



Prescribed for Progress™

REX7000/REX7001

Machine User's Manual



Recumbent Elliptical

REX7000-BR, REX7000-INT, REX7000-ISBU, REX7000-JPN, REX7001-BR, REX7001-DOMHUR, REX7001-ERGLN, REX7001-INT, REX7001-INTHUR, REX7001-ISBU, REX7001-JPHUR, REX7001-JPN

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

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

User and Service Documents Link

<https://lifefitness9512.zendesk.com/hc/en-us>

<https://lfworld.lifefitness.com>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

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

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

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

Дополнительная информация доступна в интернете по ссылке, указанной выше.

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

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

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

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

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

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

Πρόσθετες πληροφορίες είναι διαθέσιμες ονλάιν χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף הוא זמין בקבלת בדיקה באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

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

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

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

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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Safety

Introduction

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


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


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


FCC Warning - Possible Radio / Television Interference


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


Safety Information


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


 **WARNING:** Health-related injuries may result from incorrect or excessive use of exercise equipment. It is **STRONGLY** recommended seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop well immediately.

 **WARNING:** To reduce the risk of burns, fire, electrical shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.

 **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

 **WARNING:** Allow a distance of 40 in. (1m) between the widest part of the machine and other objects on either side. Provide 40 in (1m) between the front or rear of the SCIFIT machine to any other objects.

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

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

- Read all warnings and instructions on each product prior to using your exercise machine. Save these instructions for future reference.
- If warnings are missing or damaged, please contact customer service immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before the product is used. SCIFIT is not responsible for missing or damaged warning labels.
- Use the exercise machine only for its intended purposes as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact customer support services..
- This machine is intended for indoor use only. Do not place in direct sunlight, high humidity or where water is present (i.e. pool or spa areas).

- This machine is not intended for use by persons with reduced physical sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the machine by a person responsible for their safety. Keep children under the age of 14 away from this machine.
- Never operate the machine with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended. Do not use 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.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- The product should never be left unattended when plugged in. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts.
- Free standing equipment shall be installed on a stable and leveled surface.
- Do not stand or sit on plastic shrouds.
- Use caution when mounting or dismounting the machine. Use the stationary handlebar whenever additional stability is required.

Maintenance

Maintenance

Component	Action	When
Upholstery	Clean with damp cloth	Daily
Battery	Refer to "Rotary CNSL Prog. Manual" For battery Check Instruct.	Monthly
Nut and Bolts	Tighten when necessary	Bimonthly
Seat Roller Track	Damp cloth	Monthly

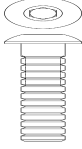

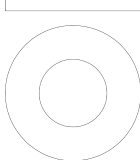
Assembly

Attaching The R/L Connecting Links

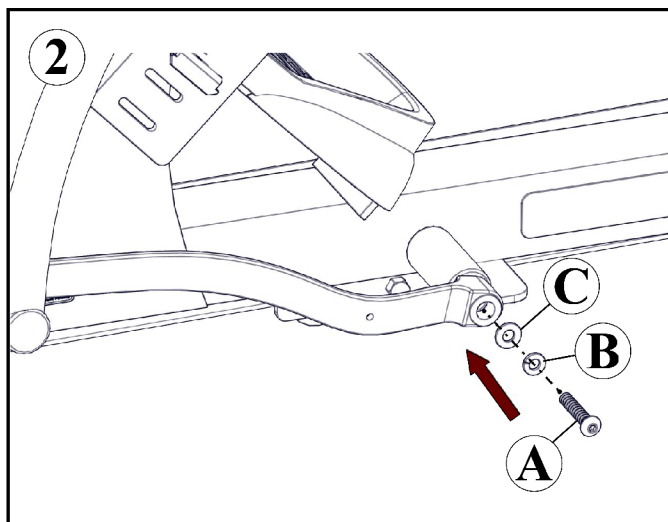
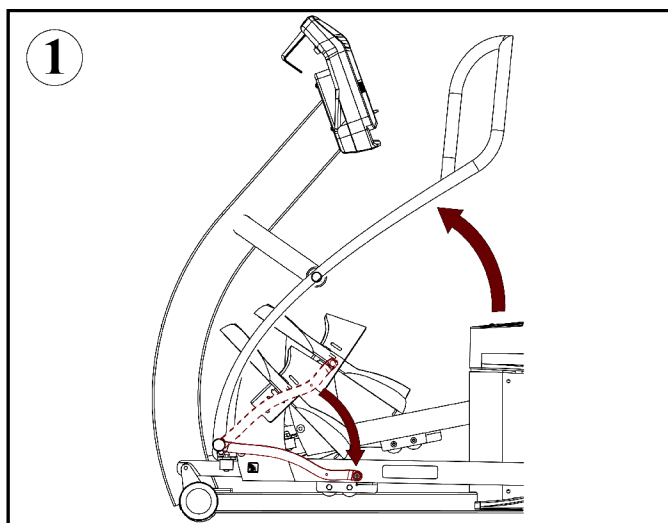
Tools Required:

- 3/16" Allen Hex Bit (5mm)
- Ratchet

Hardware

A	B	C
Screw, 5/16-18 x 1.75" Socket BH	Washer, Split 5/16"	Washer, Flat 5/16"
Qty. 2	Qty. 2	Qty. 2
		

Lift left handlebar up and lower the connecting link to align with the telerail, then secure with hardware.



Repeat steps 1 and 2 for the right side.


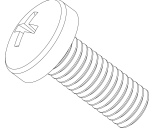
Attaching The Console

NOTE: The console received is model dependent. The following is how to attach either a Standard or HUR-ERGOLINE console.

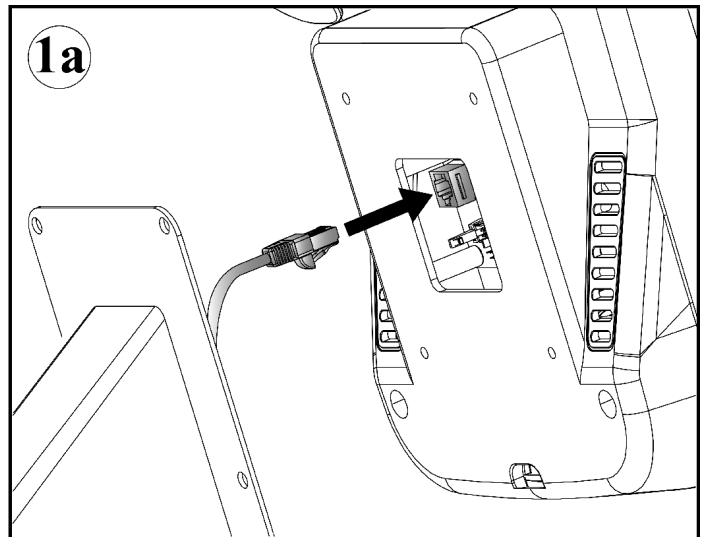
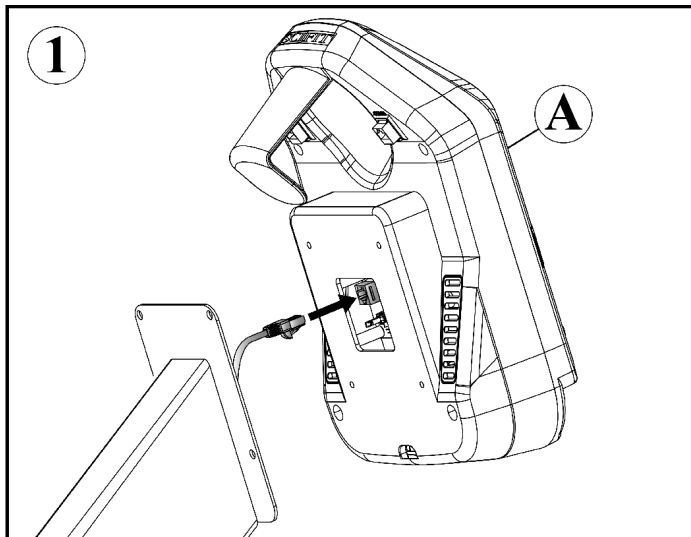
Tools Required:

- Phillips Screw Driver

Hardware

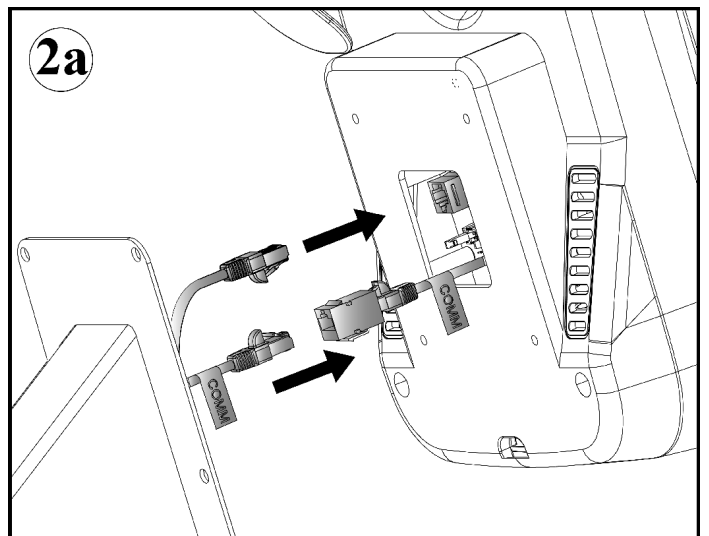
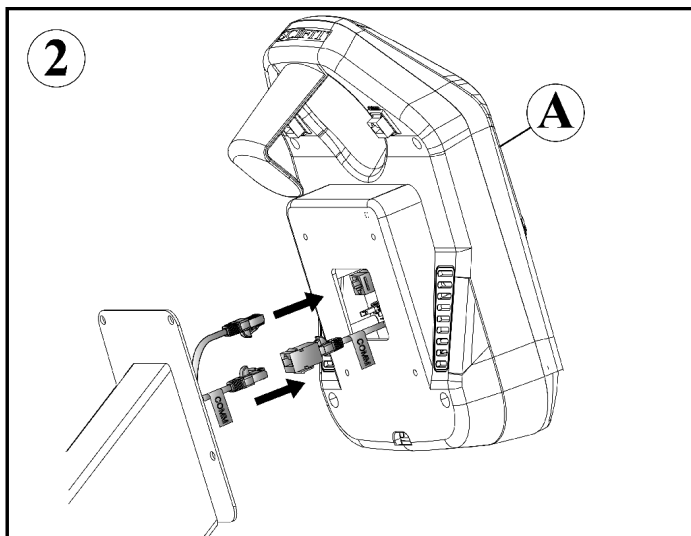
A	B
Standard or HUR/ERGO console	Screw, M5 x 12mm Phillips HD
Qty. 1	Qty. 4
	

Standard console

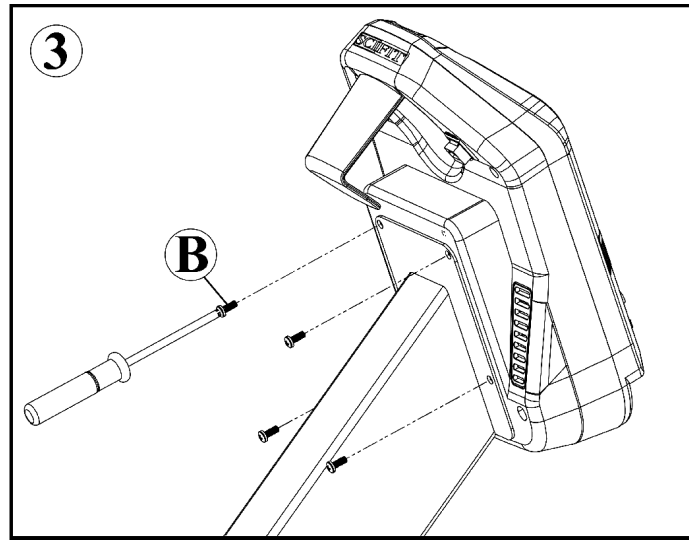


HUR/ERGO console

NOTE: HUR/ERGO communication cables from the machine and console will be labeled "COMM". Connect these together.



Secure with hardware

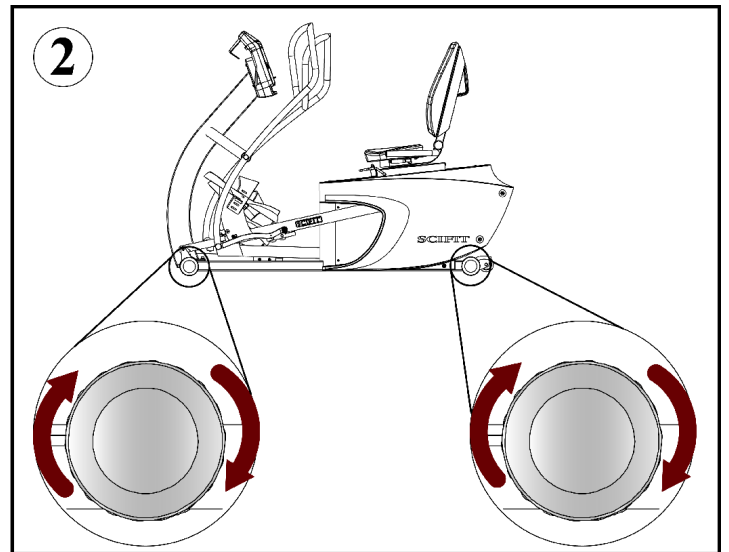
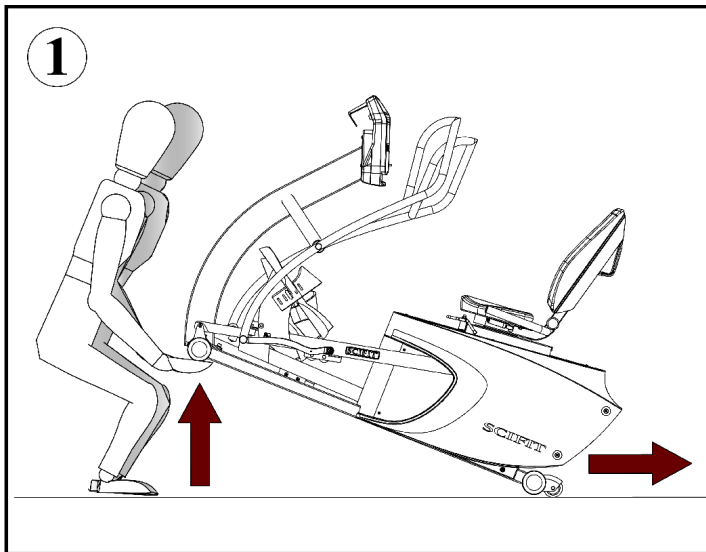


Machine Relocation

⚠ WARNING: Two people required to lift machine.

⚠ CAUTION: Failure to place the machine on a stable/level surface may result in injury to yourself or others.

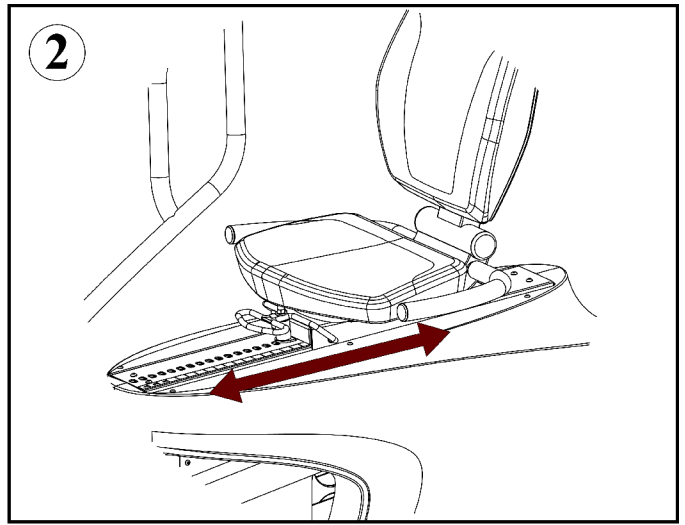
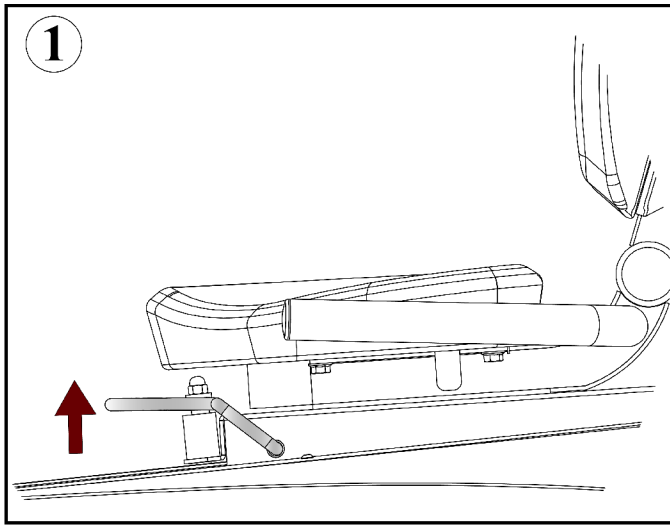
NOTE: Rotate the end caps to level the machine on step 2.



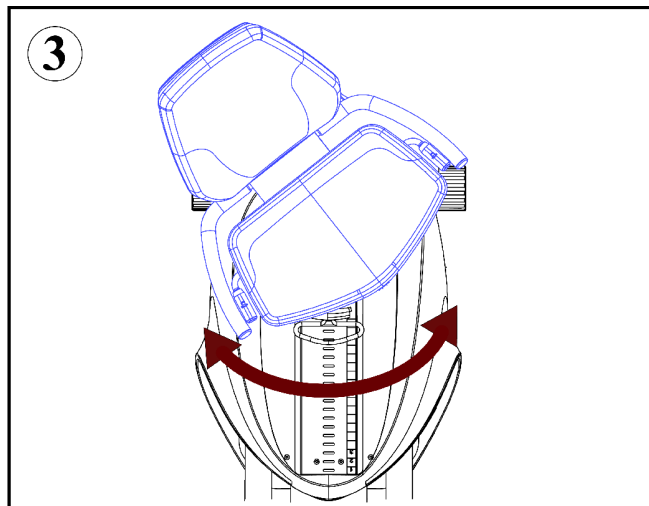
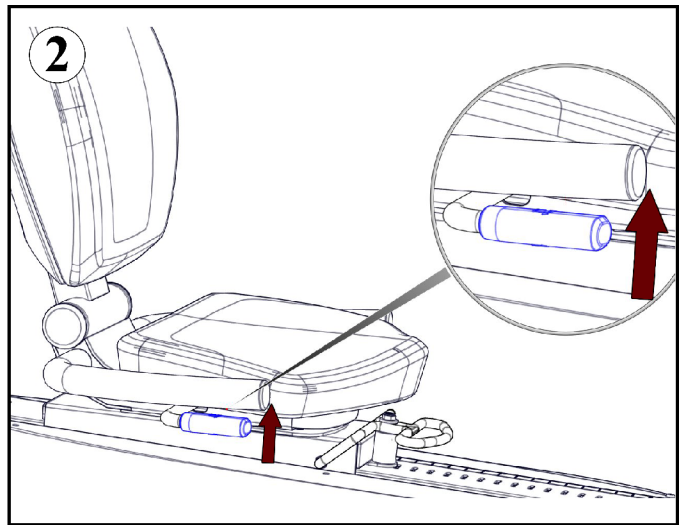
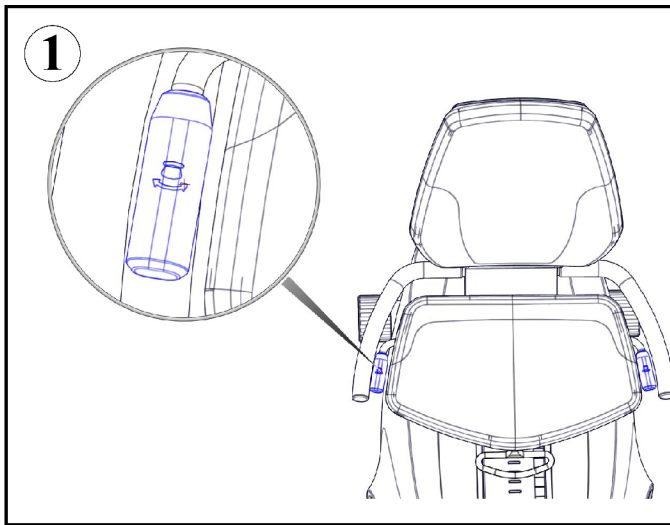
Seat Adjustments

Seat Adjustments

Forward/Backward Setting: Lift and hold the front yellow handle, move seat, then release.

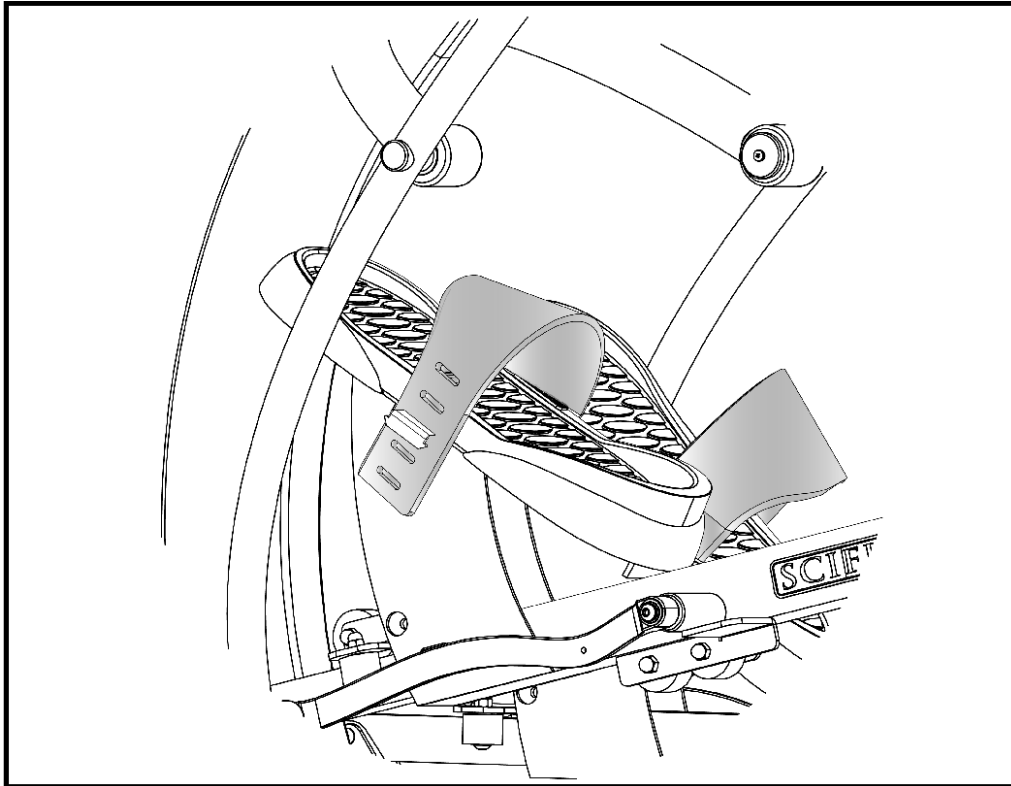


Seat Swivel: Lift and hold the yellow handle on either side of the seat, then rotate right or left and release.



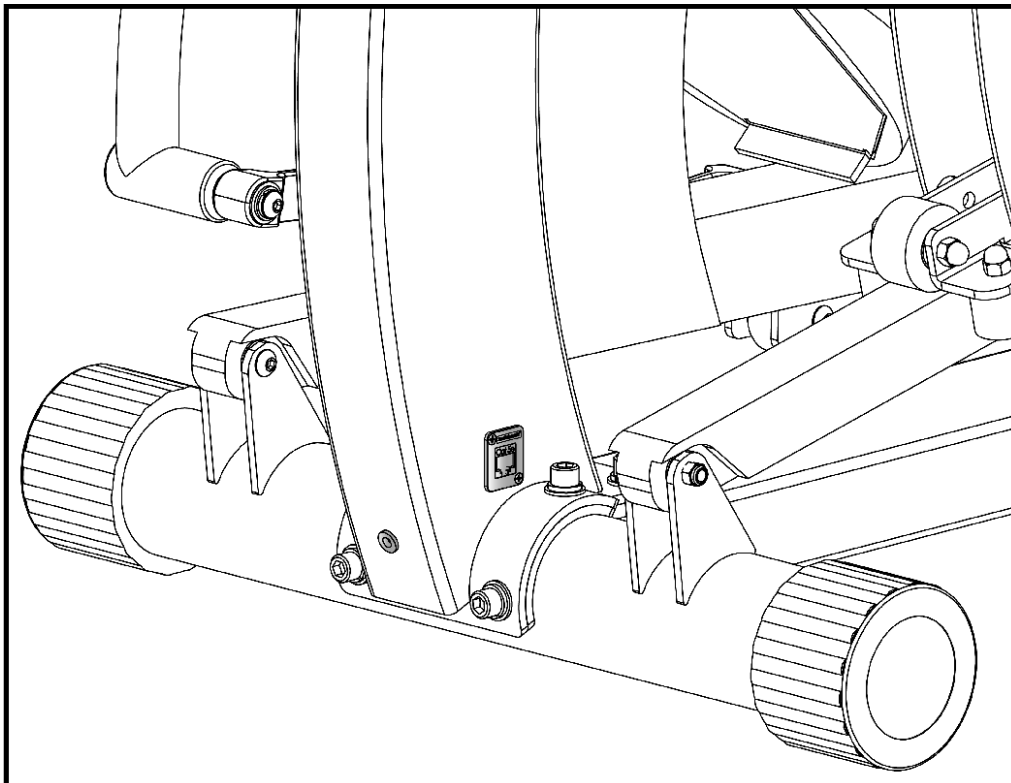
Features

Adjustable Foot Straps

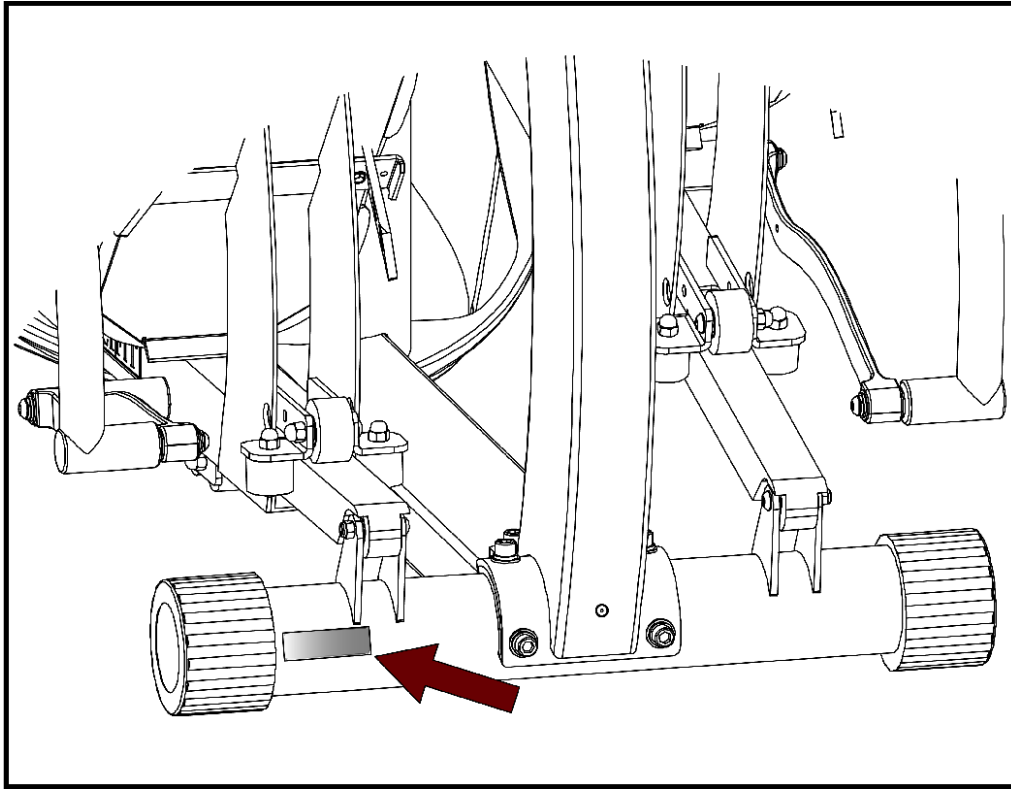


Power Entry and HUR ERGO Port

NOTICE: The HUR/ERGOLINE port connection is only on HUR/ERGO machine models.



Serial Number Location



Biomechanical Positioning

Machine Entry REX7000

Choose one of the following to position seat for entry.

- Lift and hold the yellow handle located in front of the seat, then move the seat back to allow sufficient entry space and release the handle. You may grab the handlebars on either side of the console to stabilize yourself and sit on the seat.
- Lift upward on the yellow swivel lever (REX7001 models only) located on either side of the seat and hold, then rotate the seat 90 degrees to the right or left to access the bottom seat pad and release, then sit down and again lift upward on the swivel lever again and rotate back into the original position.

Initiating a Workout

1. Place your feet on the foot pads or pedals (depends on machine), then grab the handlebars and begin pushing the foot pads or pedals and handlebars continuously to keep the console powered up.

NOTE: The AC adapter may also be connected to the machine to keep the console continuously powered-up.

2. Select the workout program preferred (see Console Program manual) and begin the workout.

Exit The Machine REX7000

Choose one of the following ways to exit the machine.

1. Lift and hold the yellow handle in front of the seat, then move the seat back to allow sufficient exit space and release. Carefully lift yourself up and exit the machine.
2. Lift upward on the yellow swivel lever (REX7001 models only) located on either side of the seat and rotate the seat 90 degrees right or left, then release. Carefully lift yourself upward and exit the machine.

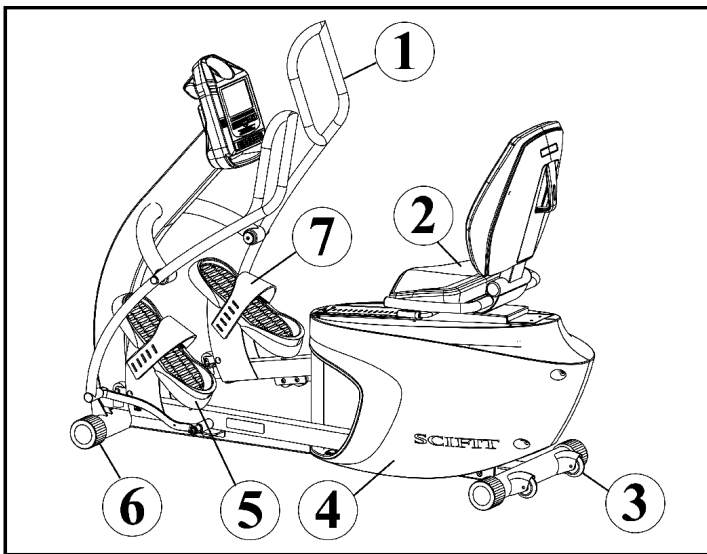


Specifications

Specifications

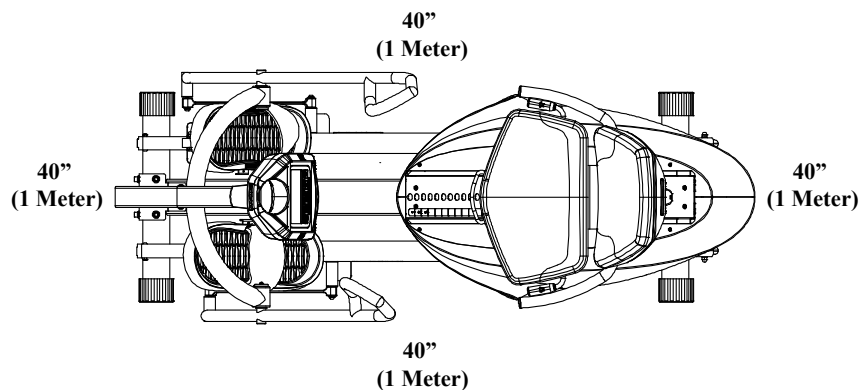
REX7000/REX7001

Weight	308lbs. (140 kg.)
Maximum User Weight	350 lbs. (159 kg.)
Power	Self generating w/auto recharge battery back-up. Optional AC adapter available.
Resistance System	Electromagnetic self generating bi-directional resistance.
Programs	Manual, Constant Workout, ISO-Strength, Hills, Heart Rate, Fit-Quik, Random, Stress Test, Heart Fit Test, Heart Ftt Training, Power Fit Test and Power Fit Training
Accuracy Class	Class A
Length	73" (186 cm)
Height	55" (140cm)
Width	28" (71cm)



1	Multi-hand position handles
2	Fixed or Swivel seat (Model dependent)
3	Transport wheels
4	Charcoal or White covers (Model Dependent)
5	Oversized cushion foot pedals
6	Leveling end caps
7	Oversized foot straps (REX7001 models only)

Safety Perimeter



Warranty

What is Covered

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

Who is Covered

The original purchaser or any person receiving the product as a gift from the original purchaser.

How long is it covered

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

Item	6 Months	1 Year	2 Years	3 Years	5 Years
Frame					X
Electrical				X	
Mechanical				X	
Labor		X			
Cranks/Drive Syst. (Latitude Only)			X		
Upholstery, Seats, Grips, Walk belts, Decks		X			
Battery		X			
High Wear Items (Heart rate Straps, Pedal Straps)	X				

Who Pays Transportation and Insurance For Service

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

What We Will Do To Correct Covered Defects

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

What is not covered

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

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

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

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

What you must do

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

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

How to get replacement parts and service

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

Exclusive Warranty

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