

Integrity C

Owner's Manual



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

User and Service Documents Link

<https://www.lftechsupport.com/web/document-library/documents>

Additional information is available online using the link 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 ewa atifi ho a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

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

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

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

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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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.

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.

EN ISO 20957 Class H: Home use.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the user manual, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

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



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

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

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).

Arc Trainers and 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:

- *Integrity Series Treadmill, Cross-Trainer, Upright and Recumbent Lifecycle® Exercise Bikes*
- *Club Series + Treadmill*
- *Life Fitness Arc Trainer*
- *Life Fitness PowerMill*

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

Statements of Purpose:

- The *Life Fitness* Treadmill is an exercise machine that enables users to walk or run, in place, indoors on a moving surface.
- The *Life Fitness* 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 *Life Fitness* Lifecycle™ Exercise Bike is a machine that simulates the movements of riding a bicycle indoors at various speeds and levels of resistance.
- The *Life Fitness* Arc 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 *Life Fitness* PowerMill Climber is a commercial exercise machine that enables users to scale a revolving staircase at a wide variety of speeds.

1. Getting Started

Safety Instructions

Read all instructions before using *Life Fitness* products.

All Products



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.



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



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.




- 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. Life Fitness 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>
- 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.

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.

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.
-  **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 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.

Lifecycle Exercise 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.

Getting Connected

NOTE: Wifi connectivity not available on residential models.

Connecting Your Product

- **SSID:** LFWireless
- **Password:** See your Life Fitness representative
- **Authentication Method:** WPA2-Personal

Registering Product with Halo

1. Go to the Halo website: <https://www.halo.fitness>
2. Click the **Sign Up** link. If you already have an account, **Log In**.
3. Click the **Sign Up** link in the **Manager** section.
4. Enter your information, and click **Create Account** to complete the process.
5. Click the **Add Now** button under **Equipment** section
6. Enter equipment serial number to add equipment. After entering one serial number, the rest of your connected equipment will be automatically discovered.

Immobilization Method - Integrity X / C Console

The purpose of immobilizing the treadmill is to prevent unauthorized use. The system causes immobilization of the treadmill when a pre-defined hard key sequence has been activated.

To prevent false toggling of the Immobilized feature, this sequence must be done in a 5-10 second period.

1. Press the **STOP** key 3 times.
2. Press the **SPEED DOWN** arrow key 3 times.

2. Operation

Console Overview - Bike and Elliptical



1	LED display	Bike and Elliptical: Speed, Time, Distance, Heart rate, Calories, Incline, Resistance.
2	GO	Press to automatically begin a Quick Start workout.
3	Call out button	Calories, Watts, RPM.
4	Workouts key	Manual, Hills, Random.
5	USB Port	Charge USB devices.
6	STOP	Press to Stop a workout.
7	UP and DOWN arrow keys	Use to increase / decrease speed.
8	Call out button	Time, Weight, Imperial/Metric.
9	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.

Console Overview - Treadmill



1	LED display	Displays Speed, Time, Distance, Heart rate, Calories, Incline, Resistance.
2	GO	Press to automatically begin a Quick Start workout.
3	UP and DOWN arrow keys	Use to increase / decrease incline.
4	Workouts key	Manual, Hills, Random.
5	USB Port	Charge USB devices.
6	STOP	Press to Stop a workout.
7	UP and DOWN arrow keys	Use to increase / decrease speed.
8	Call out button	Time, Weight, Imperial/Metric.
9	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.

Console Overview - PowerMill



1	LED display	Speed, Time, Calories, Heart Rate, SPM, Level.
2	GO	Press to automatically begin a Quick Start workout.
3	Call out button	Calories, SPM.
4	Workouts key	Manual, Hills, Random.
5	USB Port	Charge USB devices.
6	STOP	Press to Stop a workout.
7	UP and DOWN arrow keys	Use to increase / decrease speed.
8	Call out button	Time, Weight, Imperial/Metric.
9	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.

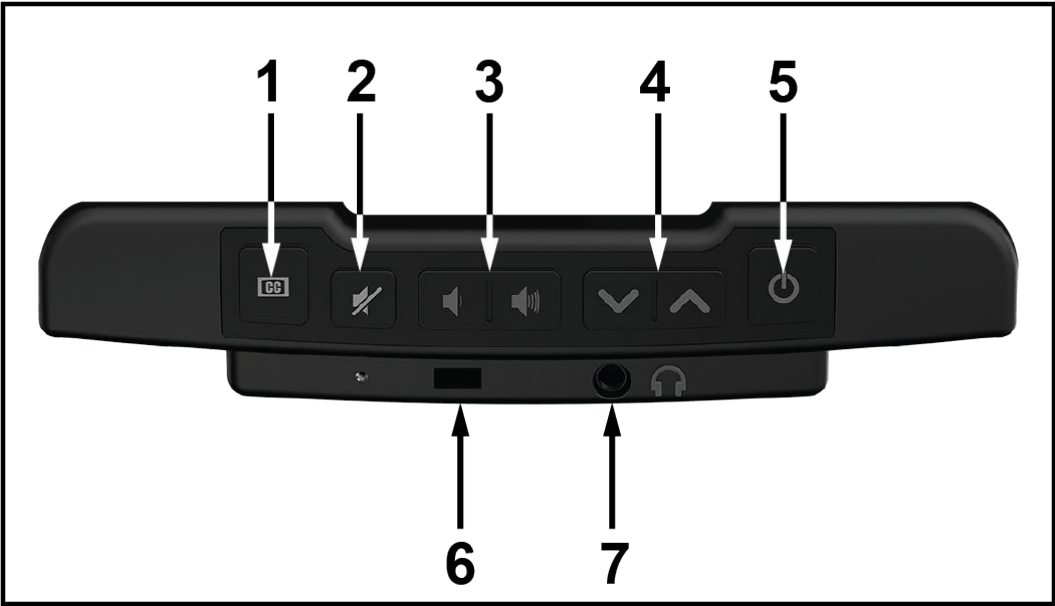
Console Overview - Arc Trainer



1	LED display	Time, Distance, Heart Rate, Calories, SPM, Resistance.
2	GO	Press to automatically begin a Quick Start workout.
3	Call out button	Calories, SPM, Watts.
4	Workouts key	Manual, Hills, Random.
5	USB Port	Charge USB devices.
6	STOP	Press to Stop a workout.
7	UP and DOWN arrow keys	Use to increase / decrease speed.
8	Call out button	Time, Weight, Imperial/Metric.
9	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.

Entertainment Rack Overview

The Entertainment Rack is optional



1	Closed Caption	Press to enable Closed Caption.
2	Mute	Press to turn off sound.
3	Volume Up / Down keys	Use these keys to adjust volume.
4	Channel Up / Down keys	Use these keys to change channels.
5	Power	Press to turn the TV on.
6	USB Port	Charge USB devices.
7	Headphone Jack	Plug in headphones to listen to TV and entertainment options.

Log In

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



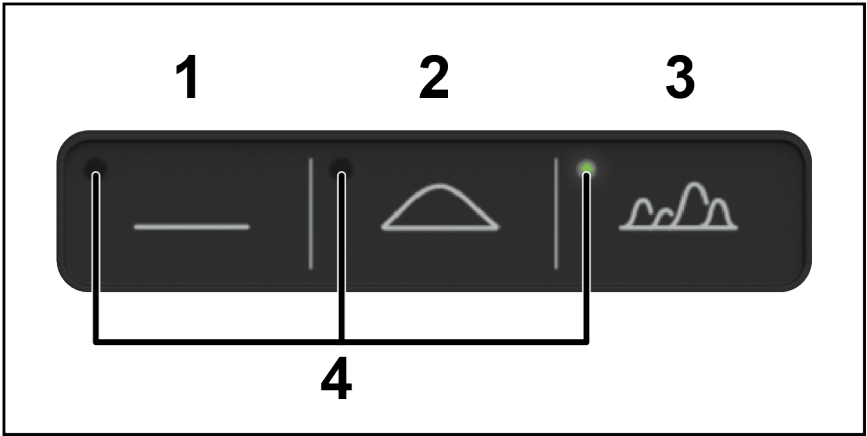
Scan QR Code

- 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 phone.

Quick Start

- 1. Press **GO** for a Quick Start workout.
- 2. Enter your weight using the **UP** and **DOWN** arrow keys on the right side of the console.

Workouts



1	Manual	Control the incline level or speed manually during a workout.
2	Hills	Incline level gradually increases for 5 minutes and then gradually decreases for 5 minutes. Take on a new hill every 10 minutes.
3	Random	Adapt to incline levels that randomly change during a workout.
4	LED's	LED's indicate selected workout.

Workout Views













LED display areas

The LED display is divided into the following areas.



1	Bike and Elliptical: Distance or Speed Treadmill: Calories or Incline Arc Trainer: Incline or Distance PowerMill: Steps Per Minute
2	Bike, Elliptical and Treadmill: Time, Level, or Weight Arc Trainer and PowerMill: Time
3	Bike and Elliptical: Calories Treadmill: Distance or Speed Arc Trainer and PowerMill: Level
4	Workout profile or heart rate

Workout icons

	Calories
	Distance
	Heart rate
	Incline / Resistance / Level
	Pause - Displays during Paused Workout
	RPM - Rotations Per Minute
Arc Trainer  Bikes, Treadmill  PowerMill 	Speed
	Time
	Watts
	Weight



Select Workout

- 1. Select a workout by pressing one of the workout keys. **Manual**, **Hills**, or **Random**.
- 2. Adjust the **Time** of your workout using the right side **UP** and **DOWN** arrow keys.
- 3. Press **GO** to confirm and advance to next input.
- 4. If **Hills** or **Random** was selected, Adjust the **Level** of your workout using the right side **UP** and **DOWN** arrow keys.
- 5. Press **GO** to confirm and advance to next input.
- 6. Adjust your **Weight** using the right side **UP** and **DOWN** arrow keys.
- 7. Press **GO** to start your workout. Treadmills will countdown 3, 2, 1, GO before starting the running belt.
- 8. To end your workout, press the **STOP** key once to pause. Press a second time to end.

Controls during Workout

During your workout the following keys are functional.

- Right arrow keys** Adjust Speed or Resistance. Display data will toggle for 10 seconds.
- Left arrow keys (Treadmill only)** Adjust Incline. Display data will toggle for 10 seconds.
- STOP** Press once to Pause workout. Press **GO** to resume workout, or **STOP** again to end workout.

Workout Summary

At the end of a workout, the summary screen is displayed.

Bike and Elliptical workout summary



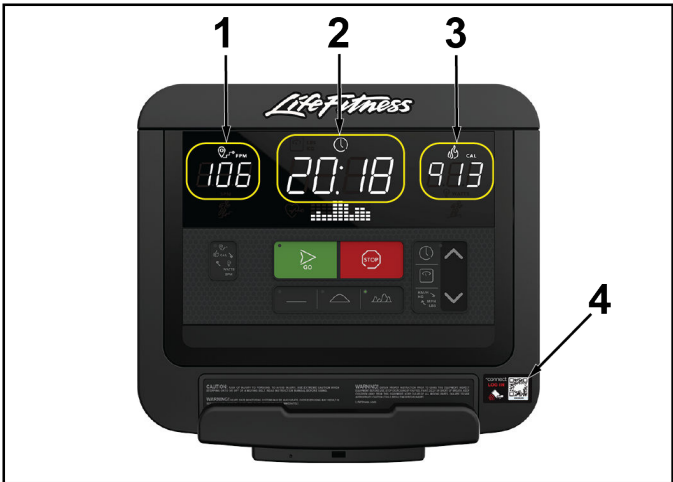
1	Total distance of workout
2	Total time of workout
3	Total calories of workout
4	QR code. Scan code to save workout to LFconnect

Treadmill workout summary



1	Total calories of workout
2	Total time of workout
3	Total distance of workout
4	QR code. Scan code to save workout to LFconnect

PowerMill workout summary



1	Total floors climbed of workout
2	Total time of workout
3	Total calories of workout
4	QR code. Scan code to save workout to LFconnect

Arc Trainer workout summary



1	Total distance of workout
2	Total time of workout
3	Total calories of workout
4	QR code. Scan code to save workout to LFconnect

3. Manager Configuration

View current software version

1. Press the **Weight** key 5 times, and press the **Stop** key once.
 - The current software version status displays left to right in the right, center, and left LED's (i.e 0 . 2 . 01 . 003) and beeps once.
 - After 5 seconds of displaying software version screen will return to the attract screen.
2. Press the **Stop** key, return to the attract screen.
3. Press the **Go** key, return to the attract screen.

Toggle beeps

1. Press the **Time** key 5 times, and press the **Stop** key once.
The current beeps status displays (light up ON or OFF) and beeps once.
2. Use the right **up** and **down** keys to change between on and off beeps.
3. Press the **Go** key, return to attract view and save the status as last seen on the console.
4. Press the **Stop** key, return to attract view.

If no interaction after 5 seconds of displaying beep status, return to attract view and save the status as last seen on the console.

Change default units

1. Press the **Unit** key 5 times, and press the **Stop** key once.
Current units displays (light up lbs & mi or kg & km) and beeps once.
2. Use the right **up** and **down** keys to change between the units (light up lbs & mi or kg & km).
3. Press the **Go** key, return to attract view and save the status as last seen on the console.
4. Press the **Stop** key, return to attract view.

If no interaction after 5 seconds of displaying beep units, return to attract view and save the status as last seen on the console.

Download usage logs

1. Insert USB stick into USB port.
2. Press a key combination of **Right Up Arrow, Right Down Arrow, Right Up Arrow, Right Down Arrow, Weight Button** will download logs to USB stick.

4. 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.

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

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.

Troubleshooting - Heart Rate

Heart rate reading is initially detected and functioning normally but then is lost.

Probable Cause	Possible Solutions
Use of personal electronic devices, such as cell phones and portable MP3 players, causes external noise interference.	Remove the source of noise or reposition the exercise equipment.
Equipment is in close proximity to other sources of noise such as audio/video equipment, fans, two way radios, and high voltage/ high current power lines.	

Heart rate readings are abnormally elevated.

Probable Cause	Possible Solutions
Television sets and/or antennas, cell phones, computers, cars, high voltage power lines, motor driven exercise equipment , and another heart rate transmitter within 3 ft. (0.9 m) generate electromagnetic interference.	Move the product a few inches away from the probable cause, or move the probable cause a few inches away from the product, until the heart rate readings are accurate.

Heart rate reading is erratic or absent entirely.

Probable Cause	Possible Solutions
Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes (see The Optional Polar® Telemetry Heart Rate Chest Strap).
Belt transmitter electrodes are not laying fl at against the skin.	Ensure the belt transmitter electrodes are laying fl at against the skin (see The Optional Polar® Telemetry Heart Rate Chest Strap).
Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
Belt transmitter is not within 3 ft. (0.9 m) of the heart rate receiver.	Make sure the chest strap transmitter is within 3 ft. (0.9 m) of the heart rate receiver.
Polar® telemetry heart rate chest strap battery is depleted.	Contact Life Fitness Customer Support Services for instructions on how to have the Polar® telemetry heart rate chest strap replaced.
Polar® telemetry heart rate chest strap did not lock in with the heart rate receiver.	<p>Make sure the Polar® telemetry heart rate chest strap is properly attached to the user's chest and move closer to the heart rate receiver inside the console. Wait up to 10 seconds for the heart rate to display on the console. The overall range of the heart rate strap is approximately 3 ft. (0.9 m) after it communicates with the receiver. The strap must be 1.5 - 2 ft. (0.5 - 0.6 m) away from the receiver in order to start communicating. When the display shows a heart rate value stay within 3 ft. (0.9 m).</p> <p>Notes:</p> <ol style="list-style-type: none">1. Ensure proper adherence of the Polar telemetry heart rate chest strap to user's chest.2. Ensure proper conductivity between the electrodes and user's chest.3. If needed, use the Polar watch to verify chest strap's operation.


Software updates via USB

Tools Required: USB stick

Time: 15 Minutes

1. Download **integrityc.lfupd** from [Halo Fitness Cloud](#) and store file in the top level directory on any Windows formatted USB stick.

NOTE: It is important that the file name should always read **integrityc.lfupd**. If the software is downloaded more than once (or a previous software version is saved on the destination PC or tablet), the device will add a (1) to the file name causing the product to not read the stick.

Name	Date modified	Type	Size
 integrityc.lfupd	6/4/2019 9:58 AM	LFUPD File	69,477 KB

2. If you are upgrading a battery-powered unit, you will need to first start pedaling or press the **Start** button to wake the unit up. Let the unit boot up.
3. Continue pedaling fast enough to keep the unit awake until you're able to start the upgrade.
4. To install, insert the USB stick, and push the **R-Up, R-Down, R-Up, R-Down, Time** (clock icon) in rapid succession while the unit is sitting idle.
5. The unit will first copy the upgrade files to local storage. The copy process is indicated by a flashing rectangular block of LED's.
 - While the block of LED's is flashing, press the **R-Up** key once. This will ensure that the unit stays awake during the upgrade. This is only necessary on units that have a battery, but will not cause a problem for any units.
 - As soon as you see the right LED start counting up (what looks like a percentage) that means the files have been copied and the upgrade started. You may pull out the USB stick at this point.
 - The entire upgrade will take about 5 minutes. You know the upgrade is done when the LED's are no longer counting up and the unit shows a check mark and then restarts.

Successful update A check mark appears in the progress display for 5 seconds before rebooting console.

Unsuccessful update An **x** appears in the progress display for 60 seconds before rebooting console. Wait for it to reboot and try the procedure again.

6. Validate the upgrade finished correctly by pressing the **Weight** key 5 times, then press **STOP**.

For example, there should be an **02** on the left LED, **010** in the middle, and **04** on the right which would confirm the build installed is in fact **02.01.004**.

Software updates via LFconnect

1. Push software update from [LFconnect](#).
2. When product is not in use the software update shall begin.
 - The middle LED's show the # of the update package being used (i.e. 304).
 - The right LED's will show percent progress (0-100).
 - The progress indicator will flash full for 1 second, then appear empty for the next sequence. This flashing shall continue until software update is complete.

Successful update A check mark appears in the progress display for 5 seconds before rebooting console.

Unsuccessful update An **x** appears in the progress display for 60 seconds before rebooting console.

5. Specifications

Specifications

LED console display

Display	4 x 12" LED display
Ambient Temperature Range: (Operating)	0°C to +40°C@ 90% RH (non-condensing)
Storage and Shipping Temperature Range	-40°C to 75°C
Heart Rate Monitoring Systems	Patented Lifepulse™ digital contact heart rate and Polar® telemetry-compatible heart rate monitoring system
Mobile Device Compatibility	Bluetooth proximity, NFC
USB Device Charging	Can be used in combination with Apple 30-pin, Apple Lightning and Android micro-USB cables to charge compatible devices
Workouts	Manual, Hills, Random

Treadmill console

	Physical Dimensions	Shipped Dimensions
Depth	3.8 in. (9.6 cm)	7.5 in. (19 cm)
Width	19.6 in. (49.7 cm)	24.2 in. (61.5 cm)
Height	15.4 in. (39.1 cm)	20.7 in. (52.5 cm)
Weight	6.3 lbs. (2.9 kg)	9.7 lbs. (4.4 kg)

Non-Treadmill console

	Physical Dimensions	Shipped Dimensions
Depth	3.8 in. (9.6 cm)	7.3 in. (18.5 cm)
Width	16.5 in. (41.9 cm)	20.8 in. (53 cm)
Height	15.4 in. (39.1 cm)	20.8 in. (53 cm)
Weight	5.8 lbs. (2.6 kg)	9.26 lbs. (4.2 kg)

6. 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. Warranty will be voided on subsequent transfers.

How Long It is 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, Life Fitness, 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 *Life Fitness* representative.

What You Must Do

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

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 Life Fitness office servicing your country (contact information found at the front of this manual) or visit the applicable local Life Fitness 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.

Warranty Information

	Lifetime	10 years	7 years	3 years	2 years	1 Year	6 Months
Commercial Console					Electrical and Mechanical Parts	Labor	Overlay, Headphone Jack, and USB Port
Consumer Console (Home Use)				Electrical and Mechanical Parts		Labor	Overlay, Headphone Jack, and USB Port
Treadmill (INTSC)			Frame, Lifespring™ Shock Absorbers, and Motor		Electrical Components	Mechanical Components and Labor	
Treadmill (Club Series +)	Motor and Frame	Electrical and Mechanical Parts				Labor	
Cross-Trainer (INXSC)					Electrical and Mechanical Parts	Labor	
Cross-Trainer (Club Series +)	Frame			Electrical and Mechanical Parts		Labor	
Recumbent Bike (INRSC)					Electrical and Mechanical Parts	Labor	
Recumbent Bike (Club Series +)	Frame			Electrical and Mechanical Parts		Labor	
Upright Bike (INCSC)					Electrical and Mechanical Parts	Labor	
Upright Bike (Club Series +)	Frame			Electrical and Mechanical Parts		Labor	

