

# T SERIES

## T7i Treadmill

OPERATION MANUAL



*LifeFitness*

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Before using this product, it is essential to read this ENTIRE Operation Manual and ALL assembly instructions. They instruct users how to set up and use this equipment correctly and safely.

Class H (Home): Domestic use.



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

An authorized service representative must perform any service, other than cleaning or user maintenance. There are no user serviceable parts.

# TABLE OF CONTENTS

Section	Description	Page
1.	Getting Started .....	6
1.1	Important Safety Instructions .....	6
1.2	Setup .....	10
	Electrical Power Requirements	
	Grounding Instructions	
	How to Stabilize the Life Fitness Treadmill	
	Power Switch	
	Immobilizing the Treadmill	
	Centering the Belt	
2.	The Display Console.....	13
2.1	Display Console Overview .....	13
2.2	Display Console Descriptions .....	13
2.3	Reading Rack .....	14
2.4	Accessory Trays.....	14
3.	Heart Rate Zone Training® + Exercise.....	15
3.1	Why Heart Rate Zone Training Exercise? .....	15
3.2	Heart Rate Monitoring .....	16
	The Polar® Heart Rate Chest Strap	
4.	The Workouts .....	17
4.1	Workout Overviews .....	17
4.2	Setting Up Workouts.....	18
4.3	Workout Descriptions .....	19
	Go System-Quick Start™	
	Hill	
	Random	
	Manual	
	EZ Incline™	
	Sport Training™	
	5K Sport Training™	
	10K Sport Training™	
	Zone Training® + Workouts	
	Fat Burn	
	Cardio	
	Heart Rate Hill™	
	Heart Rate Interval™	
	Extreme Heart Rate™	
	30-Minute Walk	
	3-Mile Jog	
	45-Minute Cross-Train	
	Cool-down	
4.4	My Workout.....	26
	Using a Workout Saved Under My Workout	
	Editing Settings for Workouts Saved Under My Workout	
4.5	Custom Workout .....	27
	Using a Custom Workout	
	Editing Custom Workout Settings	
4.6	Selecting an Intensity Level .....	28
5.	User Menu .....	29
5.1	Entering and Using the User Menu.....	29
5.2	User Menu Items.....	29
	User Statistics	
	Settings	
	Software Version Numbers	

6.	Service and Technical Data .....	31
6.1	Preventive Maintenance Tips .....	31
6.2	Troubleshooting the Heart Rate Chest Strap .....	32
	Heart Rate Reading Is Erratic or Absent Entirely	
	Heart Rate Reading Is Erratic or Extremely High	
6.3	How to Adjust and Tension the Striding Belt .....	33
	The Belt Tensioning Bolts	
	Tracking (Centering) an Existing or New Striding Belt	
	Tensioning an Existing Striding Belt	
6.4	How to Obtain Product Service .....	35
7.	Specifications .....	36
7.1	Life Fitness T7i Treadmill Specifications .....	36

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This Operation Manual describes the functions of the following products:

Life Fitness Treadmill Models:

### **T7i**

See "Specifications" in this manual for product specific features.

Statement of Purpose: The Treadmill is an exercise machine that enables users to walk or run in place on a moving surface.

Life Fitness **STRONGLY** recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease; or is over the age of 45; or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

**Life Fitness conseille VIVEMENT de consulter un médecin pour suivre un examen médical complet avant de se lancer dans un programme d'exercice. Ceci concerne surtout les utilisateurs avec des antécédents familiaux de tension élevée ou d'affections cardiaques, les personnes de plus de 45 ans, les fumeurs et les obèses, ainsi que tous ceux qui ont un taux élevé de cholestérol ou qui n'ont pas fait d'exercice régulièrement depuis un an.**

**Si, à tout moment pendant l'exercice, l'utilisateur ressent un malaise, un étourdissement ou une douleur, ou s'il se trouve à bout de souffle, il doit s'arrêter immédiatement.**

# 1 GETTING STARTED

## 1.1 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the treadmill.

**DANGER:** To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or attempting any maintenance activity.

**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.

- To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
- Never operate a Life Fitness 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 Life Fitness Customer Support Services.
- Position this product so the power cord plug is accessible to the user.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord on the floor, under or along the side of the treadmill.
- 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.
- 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.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by, or near children, invalids or disabled persons.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- Never insert objects into any opening in this product. 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 Life Fitness 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.
- 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. Do not use this product in bare feet. 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.
- Keep the area six feet (2 meters) by three feet (1 meter) behind the treadmill clear of any obstructions, including walls, furniture, and other equipment.
- Handrails may be held to enhance stability as needed, but are not for continuous use.

- Use the handrails whenever additional stability is required. In case of an emergency, such as tripping, the handrails should be grabbed and the user should place his/her feet on the side platforms.
- Never walk or jog backwards on the treadmill.
- When necessary to immobilize the treadmill, set display to read SELECT A WORKOUT. (Press the STOP key twice if not already there). Then hold down the SPEED DOWN key and press the STOP key. The treadmill now displays IMMOBILIZED. In this state, the treadmill cannot be operated. The main motor and incline are disabled. The treadmill will remain in this state across resets, power cycles, etc. To restore normal operation, repeat the same key sequence: hold down the SPEED DOWN key and press the STOP key. The treadmill will display SELECT A WORKOUT again.
- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.



**CAUTION:** Risk of injury to persons - To avoid injury, stand on the siderails before starting the treadmill.

**WARNING:** Activate software lockout when not in use. Refer to Owner's Manual for lockout instructions. Store instructions out of reach of children.

**SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.**



## 1.1 CONSIGNES DE SÉCURITÉ IMPORTANTES

Lire toutes les instructions avant d'utiliser le tapis roulant.

**DANGER:** Pour réduire les risques de décharge électrique, toujours débrancher cet appareil Life Fitness avant le nettoyage ou toute mesure d'entretien.

**AVERTISSEMENT:** Afin de réduire les risques de brûlures, d'incendie, d'électrocution ou de blessures, chaque appareil doit impérativement être branché sur une prise électrique correctement mise à la terre.

- Pour débrancher, mettre l'appareil hors tension au niveau de l'interrupteur d'alimentation, puis retirer la fiche de la prise électrique.
- Ne jamais faire fonctionner de produit Life Fitness avec une fiche ou un cordon d'alimentation endommagés, ni d'appareil qui serait tombé ou aurait été endommagé ou même partiellement plongé dans l'eau. Appeler le service clientèle de Life Fitness.
- Placer cet appareil de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation.
- Maintenir le cordon d'alimentation à l'écart de toute surface chauffée. Ne pas tirer l'appareil par son cordon d'alimentation ni utiliser le cordon comme poignée. Ne pas acheminer le cordon sur le plancher, sous le tapis roulant ou le long de l'appareil.
- Si le cordon électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne ayant une qualification équivalente, afin d'éviter les risques.
- Ce produit ne doit pas être utilisé dans des salles où des vaporisateurs aérosols sont employés ou bien où de l'oxygène est administré. De telles substances créent des risques de combustion et d'explosion.
- Les instructions de la console doivent toujours être suivies pour un fonctionnement correct.
- Une surveillance étroite est nécessaire en présence d'enfants, d'invalides ou de handicapés, ou lorsque l'appareil est utilisé par ces personnes.
- Ne pas utiliser ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- Ne jamais faire fonctionner d'appareil Life Fitness dont les orifices d'aération seraient bloqués. Maintenir les orifices d'aération exempts de peluches, de cheveux ou de tout type d'obstruction.
- Ne jamais rien insérer dans les ouvertures de cet appareil. Si un objet tombait à l'intérieur, le récupérer avec précaution après avoir mis la machine hors tension et débranché son cordon d'alimentation de la prise du secteur. S'il est impossible de l'atteindre, contacter le service clientèle de Life Fitness.
- Ne jamais placer de liquides quelconques directement sur l'appareil, sauf dans le plateau pour accessoires ou un support prévu à cet effet. Il est conseillé d'utiliser des conteneurs munis de couvercles.
- Porter des chaussures avec des semelles en caoutchouc ou fournissant une très bonne adhérence. Ne pas utiliser de chaussures à talons, de semelles en cuir ou de crampons. Vérifier si aucun caillou ne s'est incrusté dans les semelles. Ne pas utiliser cet appareil pieds nus. Maintenir les vêtements amples, les lacets de chaussures et les serviettes loin des parties mobiles.
- Ne rien essayer d'attraper dans ou sous l'appareil, et ne pas le renverser sur le côté pendant qu'il fonctionne.
- Derrière le tapis roulant, conserver une zone d'un mètre sur deux (3 x 6 pi) dégagée de toute obstruction, y compris murs, meubles ou autres appareils.
- Les rampes latérales peuvent servir à rétablir son équilibre, mais ne sont pas destinées à un usage continu.
- Utiliser les rampes latérales afin de ne pas perdre l'équilibre. En cas d'urgence, de perte d'équilibre par exemple, l'utilisateur doit saisir les mains courantes et placer ses pieds sur les plates-formes latérales.

- Ne jamais marcher ou courir en arrière sur le tapis roulant.
- Lorsqu'il est nécessaire d'immobiliser l'appareil, régler l'affichage sur SELECT A WORKOUT (Sélectionner un exercice). (Appuyer deux fois sur la touche STOP s'il n'y est pas déjà). Maintenir ensuite la touche SPEED DOWN (Ralentissement) enfoncée, et appuyer sur STOP. L'appareil affiche désormais IMMOBILIZED (Immobilisé). Il ne peut alors plus fonctionner, car le moteur principal et la pente sont désactivés. Le tapis roulant restera immobilisé, même s'il est réinitialisé, mis hors tension, puis à nouveau sous tension, etc. Le mode de fonctionnement normal ne peut être rétabli qu'au moyen de la même séquence de touches : maintenir la touche SPEED DOWN (Ralentissement) enfoncée et appuyer sur STOP. L'appareil affiche à nouveau SELECT A WORKOUT (Sélectionner un exercice).
- Cet appareil ne doit être employé que pour l'usage auquel il est destiné, conformément aux directives de son manuel. Ne pas utiliser d'accessoires non conseillés par le fabricant.



**MISE EN GARDE:** Risque de blessures - Afin d'éviter tout risque de blessure, se tenir debout sur les rails latéraux avant de démarrer l'appareil.

**AVERTISSEMENT:** Activer le verrouillage du logiciel lorsque l'appareil n'est pas utilisé. Se référer au manuel de l'utilisateur pour les instructions connexes. Stocker les instructions hors de portée des enfants.

## 1.2 SETUP

Read this Operation Manual before setting up the Life Fitness Treadmill. Place the treadmill where it will be used before beginning the setup procedure.

### ELECTRICAL POWER REQUIREMENTS

The Life Fitness Treadmill is intended for use on a normal 120-Volt electrical circuit in the United States and Canada. The following table provides the current rating for this product based on supply voltage. Make sure that this treadmill model supports the proper line voltage for the installation location before plugging into the outlet.

Supply Voltage (VAC)	Frequency (Hz)	Maximum Current (Amps)
100	50 / 60	14.4
120	50 / 60	12
200	50 / 60	7.2
230	50 / 60	6.3
240+	50 / 60	6.0

### GROUNDING INSTRUCTIONS

This Life Fitness product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides a path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances.

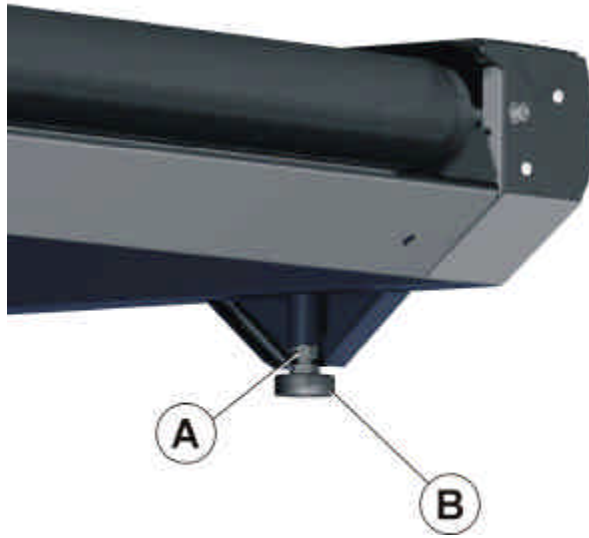
A temporary adapter **MUST NOT BE USED** to connect this plug to a two-pole receptacle in North America. If a properly grounded, 12 AMP outlet is not available, a qualified electrician must install one.

**DANGER:** A risk of electrical shock may result from improper connection of the equipment-grounding conductor. Check with a qualified electrician if in doubt about proper grounding technique. DO NOT modify the plug provided with the product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician.

**DANGER:** Tout branchement incorrect du conducteur de mise à la terre de l'appareil peut causer un risque de décharge électrique. Consulter un électricien qualifié en cas de doute sur la technique de mise à la masse. NE PAS modifier la fiche de l'appareil. Si elle ne s'adapte pas sur une prise électrique, faire installer une prise correcte par un électricien qualifié.

## HOW TO STABILIZE THE LIFE FITNESS TREADMILL

After placing the unit where it will be used, check its stability. If there is even a slight rocking motion or the unit is not stable, determine which stabilizing leg is not resting on the floor. To adjust, loosen the JAM NUT (A) and turn the STABILIZING LEG (B) until the rocking motion ceases and both stabilizing legs rest firmly on the floor. Retighten the JAM NUT.



**NOTE:** *It is extremely important that the stabilizing leg be correctly adjusted for proper operation. An unbalanced unit may cause the striding belt misalignment.*

### POWER SWITCH

Located on the front panel at the base of the treadmill, the ON/OFF switch has two positions - "I" (one) for ON and "0" (zero) for OFF.

### IMMOBILIZING THE TREADMILL

The treadmill can be immobilized if necessary as follows: If the MESSAGE CENTER does not display "SELECT A WORKOUT", press the STOP key twice until that prompt appears. Then, press and hold down the SPEED DOWN key and press the STOP key. The MESSAGE CENTER displays "IMMOBILIZED". The immobilized treadmill cannot be operated, and it remains in this state across resets, power cycles, etc. The main motor and incline are disabled. To restore normal operation, repeat the same key sequence: Press and hold down the SPEED DOWN key, and press the STOP key. The MESSAGE CENTER displays SELECT A WORKOUT, indicating that the treadmill is ready for use.

## CENTERING THE BELT

After the treadmill has been installed and leveled, the belt must be checked to confirm proper tracking. First, plug the power cord into a suitable outlet. See the topic titled *Electrical Requirements*, which appears earlier in this section, for details. Then, turn the treadmill ON.

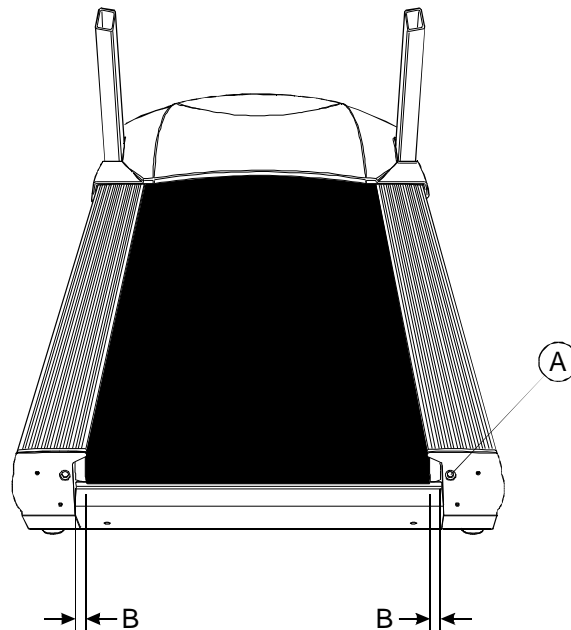
Stand on the siderails of the treadmill and straddle the belt. Press the GO SYSTEM-QUICK START key and increase the speed to 4.0-mph (6.4 kph) using the SPEED UP ARROW key.

If the striding belt moves to the right, turn the right tension bolt (A) a quarter-turn clockwise with provided quarter-inch Allen wrench, and then turn the left tension bolt a quarter-turn counter-clockwise (see figure). This sets the striding belt tracking back to the center of the roller.

If the striding belt moves to the left, turn the left tension bolt a quarter-turn clockwise and then turn the right tension bolt a quarter-turn counter-clockwise to start striding belt tracking back to the center of the roller.

Repeat adjustments until the striding belt appears centered. The belt should be centered on the roller with an equal distance (B) *on both sides* from belt to roller. Allow the machine to continue running for several minutes to observe if the tracking remains stabilized.

**NOTE:** Do not exceed one full turn of the adjusting screws in either direction. If, after one full turn, the belt does not track properly, contact Customer Support Services. The phone numbers are listed in Section 6.4, titled *How to Obtain Product Service*.



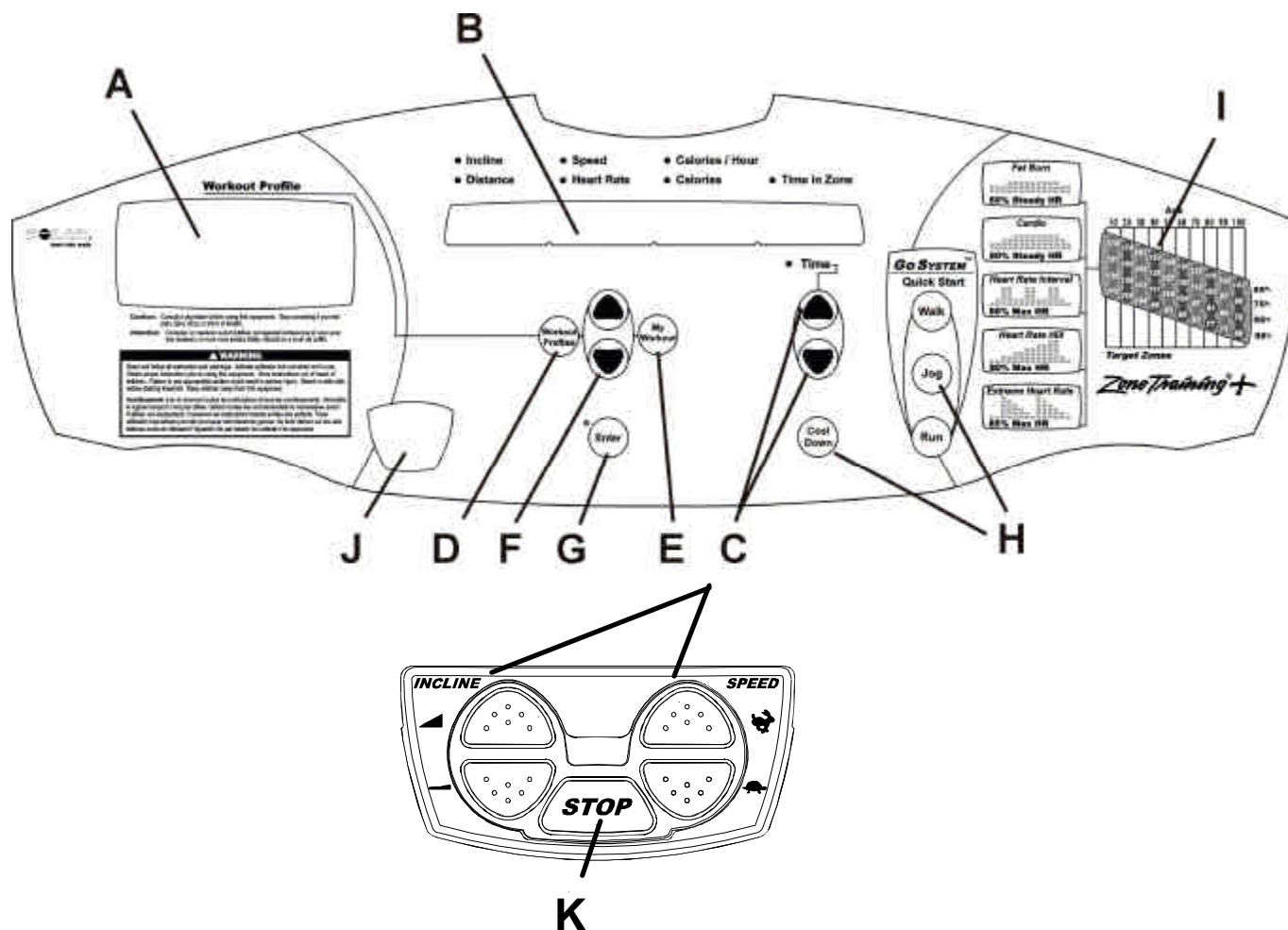
# 2 THE DISPLAY CONSOLE

## 2.1 DISPLAY CONSOLE OVERVIEW

The computerized display console on the treadmill allows the user to tailor a workout to personal fitness abilities and goals and to monitor progress. With this easy-to-use console, the user can track fitness improvement from one workout to the next.

## 2.2 DISPLAY CONSOLE DESCRIPTIONS

- A. **WORKOUT PROFILE WINDOW:** Displays a matrix of lights representing the upcoming terrain. During a workout, the light columns move across the screen from right to left. The higher the column of lights, the greater the incline and workout intensity.
- B. **MESSAGE CENTER:** Provides step-by-step instructions for setting up workouts. During workouts, displays INCLINE, DISTANCE, SPEED, HEART RATE, CALORIES/HOUR, CALORIES, TIME IN ZONE, and TIME.



- C. **TIME, INCLINE AND SPEED KEYS:** Press these keys to increase or decrease the workout time, the incline of the treadmill deck, or the striding belt speed. In addition, any of these keys may be used to set up, or begin, a workout.
- D. **WORKOUT PROFILES:** Press this key to select **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL, EXTREME HR, SPORT TRAINING, 5K SPORT TRAINING, 10K SPORT TRAINING, HILL, RANDOM, MANUAL, 30-MINUTE WALK, 3-MILE JOG, 45-MINUTE CROSS-TRAIN,** and **EZ INCLINE** workouts.

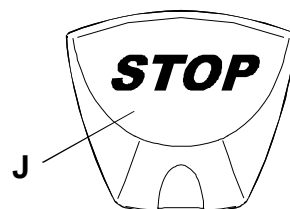
- E. **MY WORKOUT:** The My Workout feature makes it possible to pre-set up to seven workouts with personal setup information, such as age or desired speed, and then store these workouts in the console memory. These workouts are accessed with the MY WORKOUTS key. Any workout can be pre-set and stored, including **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL, EXTREME HR, 5K SPORT TRAINING, 10K SPORT TRAINING, HILL, RANDOM, MANUAL, 30-MINUTE WALK, 3-MILE JOG, 45-MINUTE CROSS-TRAIN, CUSTOM**, and **EZ INCLINE**. Additionally, the **CUSTOM** workout, for which the user can set up, edit, and save changed attributes, can be accessed via the MY WORKOUT key.
- F. **ARROW KEYS:** Use these keys to enter data, cycle through and select workouts, and change Target Heart Rate during Zone Training+ workouts.
- G. **ENTER KEY:** Press this key to confirm entries of workout setup values displayed in the MESSAGE CENTER.
- H. **GO SYSTEM-QUICK START, COOL DOWN KEYS:**

**GO SYSTEM-QUICK START:** This is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout program. Once a GO SYSTEM-QUICK START key is pressed, a **MANUAL** workout begins.

**COOL DOWN:** Press this key to begin an automatically customized cool-down protocol.

#### I. ZONE TRAINING™ HEART RATE CHART

- J. **EMERGENCY STOP SYSTEM:** A cord with a clip is attached to this magnetized key. Before starting a workout, attach the clip to clothing. To stop the striding belt on the treadmill, pull the cord, removing the key from the console. Replace the key to reset the system.



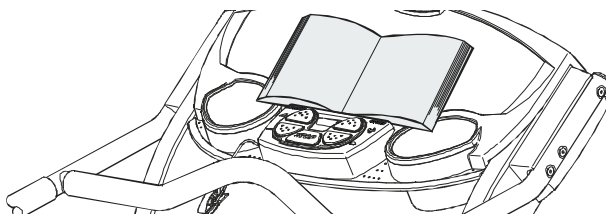
- K. **STOP (PAUSE) KEY:** Stops the belt, holds the current workout, and places the unit in PAUSE mode. To resume the workout, press the ENTER key. Press the STOP key twice in succession to terminate the workout.

When the treadmill is in PAUSE mode a count-down clock is displayed. Once this clock times out, the workout terminates. See the *Settings* topic in the Section 5, titled *User Menu*, for information on reducing or extending pause time.



## 2.3 READING RACK

The display console design includes a built-in reading rack, where a book or magazine can be placed during a workout.



## 2.4 ACCESSORY TRAYS

The accessory trays are located on either side of the display console.

# 3 HEART RATE ZONE TRAINING<sup>®</sup> + EXERCISE

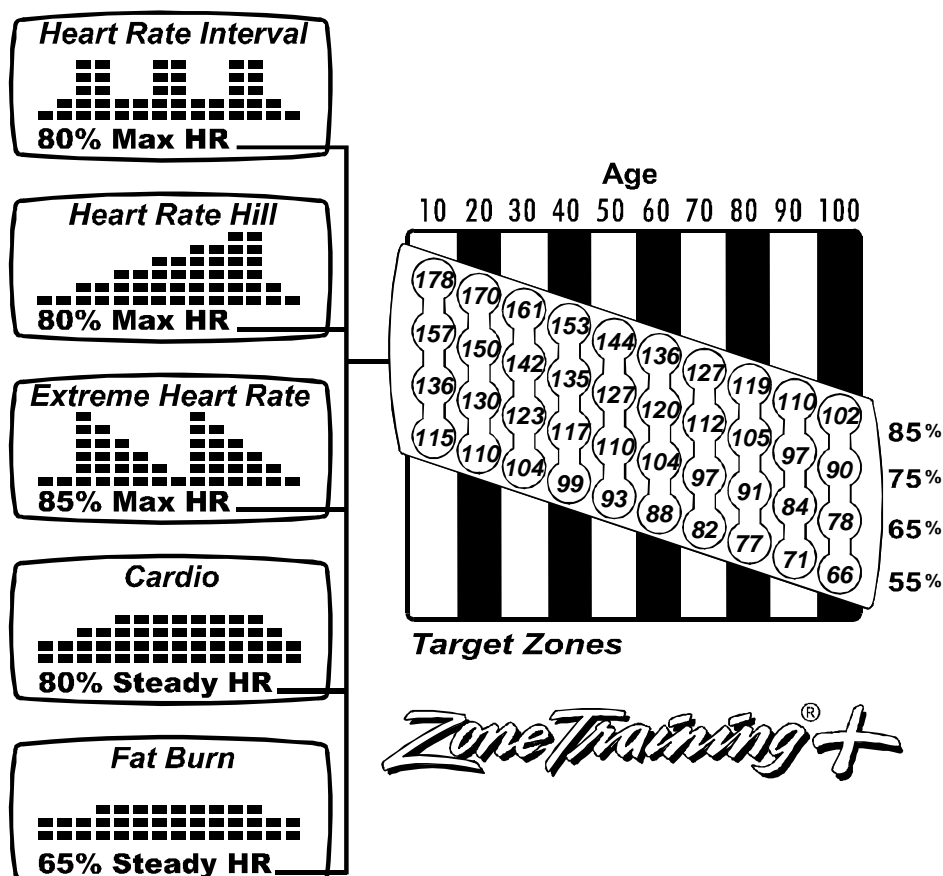
## 3.1 WHY HEART RATE ZONE TRAINING EXERCISE?

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 Life Fitness 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 values within the zone depend on the workout. The Life Fitness Treadmill features five exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training+ exercise: **FAT BURN**, **CARDIO**, **HEART RATE HILL**<sup>™</sup>, **HEART RATE INTERVAL**<sup>™</sup>, and **EXTREME HEART RATE**<sup>™</sup>. Each workout offers different benefits, as discussed in Section 4, titled *The Workouts*.

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

All Zone Training workouts measure heart rate. Wear a telemetry chest strap to enable the treadmill's on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the incline level to maintain the target heart rate based on the actual heart rate.





## 3.2 HEART RATE MONITORING

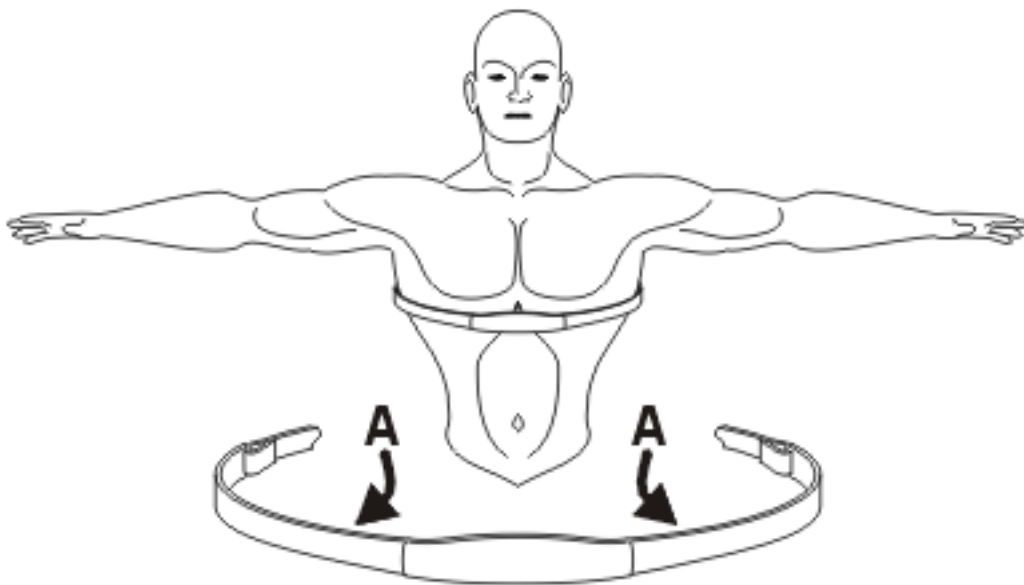
### THE POLAR® HEART RATE CHEST STRAP

The Life Fitness Treadmill is equipped with Polar® telemetry, a heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals to the treadmill console. These electrodes are attached to a chest strap that the user wears during the workout. The chest strap is standard with the treadmill.

See the diagram below for correct positioning of the strap. The electrodes (A), which are the two grooved surfaces on the underside of the strap, must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moisten the electrodes. Then, secure the 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 chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and moisten them.



# 4 THE WORKOUTS

## 4.1 WORKOUT OVERVIEWS

The following workouts are pre-programmed for the Life Fitness Treadmill.

**GO SYSTEM-QUICK START** is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout program. Press the WALK, JOG, or RUN key to begin a **MANUAL** workout at a preset speed.

**HILL** is an interval training workout. Intervals are periods of intense aerobic exercise separated by regular periods of lower-intensity exercise.

**RANDOM** is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.

**MANUAL** is a workout in which the intensity level does not change automatically.

**EZ INCLINE** is an incline-based workout. The gradual changes in elevation are extremely subtle, lowering perceived exertion.

**SPORT TRAINING™** simulates outdoor conditions that a runner would experience.

**5K SPORT TRAINING™** simulates an actual terrain with varying incline levels. It is designed to assist runners in training for a 5-kilometer (3.1-mile), race.

**10K SPORT TRAINING™** simulates an actual terrain with varying incline levels. It is designed to assist runners in training for a 10-kilometer, (6.2-mile), race.

**FAT BURN** is a low-intensity workout for burning the body's fat reserves. The user must wear a heart rate chest strap. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the recommended rate at 65 percent of the theoretical maximum<sup>†</sup>.

**CARDIO** is a higher intensity workout for more fit users, emphasizing cardiovascular benefits and maximum fat burning. The user must wear a heart rate chest strap. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the recommended rate at 80 percent of the theoretical maximum.

**HEART RATE HILL** takes the user through three different intensity levels based on the target heart rate\*. The user must wear a heart rate chest strap.

**HEART RATE INTERVAL** alternates between two intensity levels based on the target heart rate. The user must wear a heart rate chest strap.

**EXTREME HEART RATE** is an intense workout for more experienced users. It is designed to bring the heart rate up and down as quickly as possible. The user must wear a heart rate chest strap.

**30-MINUTE WALK** is ideal for beginning exercisers or regular walkers.

**3-MILE JOG** is an ideal next step for users who no longer derive a sufficient workout from the 30-minute walk program.

**45-MINUTE CROSS-TRAIN** is a complete, varied workout designed to reduce the risk of stress-related injuries that can result from workouts limited to one, repetitive activity.

<sup>†</sup> Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as being equal to 220 minus an individual's age.

\* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's recommended THR for the HEART RATE HILL workout is 144. The HEART RATE HILL workout targets 80 percent of the maximum, so the equation would be  $(220-40) \times .80 = 144$ .

## 4.2 SETTING UP WORKOUTS

The chart below lists the steps for setting up each workout program, except for those stored under the MY WORKOUT key. See section 4.4, titled *My Workout*, and section 4.5, titled *Custom Workout*, for more information.

At the MESSAGE CENTER prompt to select a workout, press the WORKOUT PROFILE key repeatedly, and press ENTER when the name of the desired workout appears. Or, press the WORKOUT PROFILE key once. Then, press the ARROW keys to scroll through displayed options, and press ENTER when the name of the desired workout appears. Afterward, the MESSAGE CENTER displays prompts for workout setup information, such as weight and desired speed. At each prompt, use the ARROW keys to scroll to the desired value, and press ENTER. Then, begin the workout. Press the ARROW keys to change values while the workout is in progress. To switch programs “on the fly,” press the WORKOUT PROFILES key repeatedly until the desired new workout appears. Then press ENTER. To stop a workout, use the EMERGENCY STOP SYSTEM, or press the STOP key.

*Note: The treadmill is intermittent-duty equipment. See the Lift Motor: Maximum duty cycle of operation entry in Section 7, titled Treadmill Specifications.*

LIFE FITNESS TREADMILL WORKOUT SETUP STEPS			
<b>GO SYSTEM-QUICK START™</b> Press GO SYSTEM-QUICK START WALK, JOG, or RUN Begin workout	<b>SPORT TRAINING™</b> Press WORKOUT PROFILE Select SPORT TRAINING Enter weight Select time Select level Select speed Begin workout	<b>HEART RATE HILL™</b> Press WORKOUT PROFILE Select HEART RATE HILL Enter weight Select time Enter age Enter THR† Select speed Begin workout	<b>30-MINUTE WALK</b> Press WORKOUT PROFILE Select 30-MINUTE WALK Enter weight Select level Select speed Begin workout
<b>HILL</b> Press WORKOUT PROFILE Select HILL Enter weight Select time Select level Select speed Begin workout	<b>5K SPORT TRAINING™</b> Press WORKOUT PROFILE Select 5K SPORT TRAINING Enter weight Select level Select speed Begin workout	<b>HEART RATE INTERVAL™</b> Press WORKOUT PROFILE Select HEART RATE INTERVAL Enter weight Select time Enter age Enter THR† Select speed Begin workout	<b>3-MILE JOG</b> Press WORKOUT PROFILE Select 3-MILE JOG Enter weight Select level Select speed Begin workout
<b>RANDOM</b> Press WORKOUT PROFILE Select RANDOM Enter weight Select time Select level Select speed Begin workout	<b>10K SPORT TRAINING™</b> Press WORKOUT PROFILE Select 10K SPORT TRAINING Enter weight Select level Select speed Begin workout	<b>EXTREME HEART RATE™</b> Press WORKOUT PROFILE Select EXTREME HR Enter weight Select time Enter age Enter THR† Enter walk speed Enter jog speed Begin workout	<b>45-MINUTE CROSS-TRAIN</b> Press WORKOUT PROFILE Select 45-MINUTE X-TRAIN Enter weight Select level Select walk speed Select jog speed Begin workout
<b>MANUAL</b> Press WORKOUT PROFILE Select MANUAL Enter weight Select time Enter incline Select speed Begin workout	<b>FAT BURN</b> Press WORKOUT PROFILE Select FAT BURN Enter weight Select time Enter age Enter THR† Select speed Begin workout		
<b>EZ INCLINE™</b> Press WORKOUT PROFILE Select EZ INCLINE Enter weight Select time Select level Select speed Begin workout	<b>CARDIO</b> Press WORKOUT PROFILE Select CARDIO Enter weight Select time Enter age Enter THR† Select speed Begin workout		

† Or accept the displayed value.

## 4.3 WORKOUT DESCRIPTIONS

### GO SYSTEM-QUICK START

This is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout program. Press one of the GO SYSTEM-QUICK START keys to begin a **MANUAL** workout at a preset speed:

	English Units	Metric Units
WALK	3.0 mph (0.5-4)	5,0 kph (0,8-6,5)
JOG	5.0 mph (0.5-7)	8,0 kph (0,8-11,0)
RUN	7.0 mph (0.5-10/12)	11,0 kph (0,8-16/20)

These speeds can be changed. To do so, use the SPEED ARROW keys to adjust the speed value displayed in the MESSAGE CENTER. Then, press, and hold down the WALK, JOG, or RUN key until the console beeps twice, indicating that the new speed has been programmed. When the WALK, JOG, and RUN keys are used to select, or change, a speed, the MESSAGE CENTER displays the new speed.

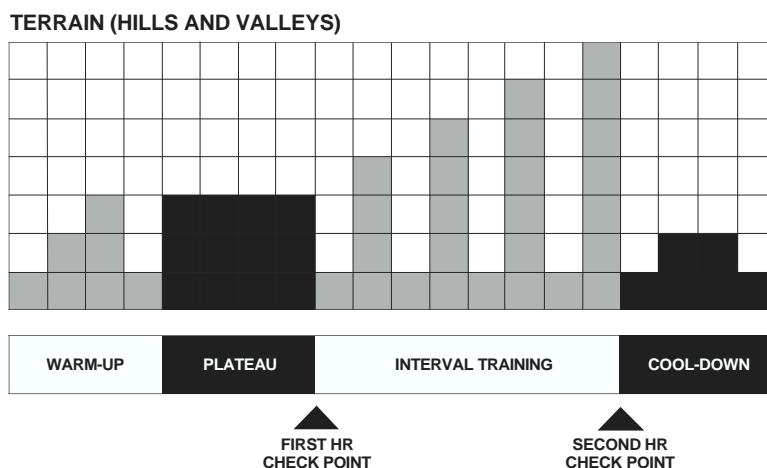
**NOTE:** All changed preset values are lost when the treadmill is turned off.

### HILL

The Life Fitness-patented **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. The computerized interval training workout has been scientifically demonstrated to promote greater cardio-respiratory improvement than steady-pace training.

The **HILL** workout goes through four phases, each marked by different intensity levels. The WORKOUT PROFILE window displays the progress of these phases. As noted in the descriptions below, the heart rate should be measured at two stages in the workout to gauge its effectiveness. Wear the the chest strap.

- 1 **Warm-up** is a phase of low, gradually rising resistance, which brings the heart rate into the lower end of the target zone and increases respiration and blood flow to working muscles.
- 2 **Plateau** increases the intensity slightly, and keeps it steady, to bring the heart rate to the low end of the target zone. Check the heart rate at the end of this phase.
- 3 **Interval Training** is a series of increasingly steeper hills, alternating with valleys, or stints of recovery. The heart rate should rise to the high end of the target zone. Check the heart rate at the end of this phase.
- 4 **Cool-down** is a low-intensity phase that allows the body to begin removing lactic acid, and other exercise by-products, which build up in muscles and contribute to soreness.



Each column, as seen in the WORKOUT PROFILE WINDOW and the chart above, represents one interval. The overall duration of the workout determines the length of each interval.

**1 to 9 minutes:** 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 over 10, 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.

## **RANDOM**

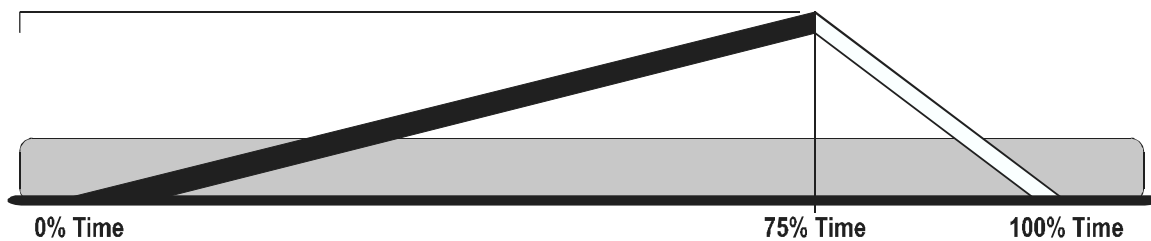
The **RANDOM** program creates a terrain of hills and valleys that varies with each workout. More than one million different patterns are possible.

## **MANUAL**

During a **MANUAL** workout, the program does not automatically change speed, incline, or time duration, as selected by the user during the workout setup. The user can increase or lower these values, using the ARROW keys.

## **EZ INCLINE WORKOUT™**

In this incline-based workout, the gradual changes in elevation are extremely subtle, lowering perceived exertion. The cardiovascular workout is effective, efficient, and enjoyable at the same time.



**EZ Incline Workout Profile**

The program consists of one hill. The user determines the elevation of the peak during the setup. This peak is reached after 75 percent of the workout is completed. Afterward, the incline gradually returns to zero percent.

*NOTE: For workouts that are longer than 16 minutes, the level can be changed to any desired value. For workouts that are shorter than 16 minutes, the level selection is limited.*

## **SPORT TRAINING WORKOUT™**

This program simulates outdoor conditions that a runner would experience. The baseline level is a 1.5-percent grade, which simulates running on flat ground. A zero-percent grade simulates running downhill. Inclines last between 30 and 60 seconds.

## **5K SPORT TRAINING WORKOUT™**

This program simulates conditions that a runner would experience when training for a 5-kilometer race. The workout ends after the user completes 5 kilometers (3.1 miles).

## **10K SPORT TRAINING WORKOUT™**

This program simulates conditions that a runner would experience when training for a 10-kilometer race. The workout ends after the user completes 10 kilometers (6.2 miles).

## ZONE TRAINING<sup>â</sup> + WORKOUTS

During the setup for each of these workouts, the treadmill computer calculates a target heart rate\* based on age and the workout type. The MESSAGE CENTER displays this target rate and prompts the user to accept or change it. The workout program uses this value as the upper heart rate within the target zone. The computer then calculates the lower value of the zone, based, again, on the selected program. The user wears a chest strap throughout the workout, enabling the computer to track the length of time spent in the target zone. If the heart rate goes above the theoretical maximum<sup>†</sup> for more than 45 seconds, the treadmill automatically goes into pause mode. Zone Training + workouts include: **FAT BURN**, **CARDIO**, **HEART RATE HILL**, **HEART RATE INTERVAL**, and **EXTREME HEART RATE**.

### FAT BURN

This workout is designed to maintain a recommended target heart rate at 65 percent of the theoretical maximum<sup>†</sup> for optimal results. Throughout the workout, the user wears a chest strap. The console continuously monitors and displays the heart rate, adjusting the intensity level of the treadmill to reach and maintain the target. This system eliminates over- and under-training, and it maximizes the aerobic benefits of exercise by using the body's fat stores for fuel.

### CARDIO

This is a higher-intensity workout for more fit users, emphasizing cardiovascular benefits and maximum fat burning. It is virtually identical to **FAT BURN**, except that the recommended target heart rate is calculated at 80% of a theoretical maximum to place a heavier workload on the heart muscle.

**NOTE:** *Change the target heart rate at any time during a workout by using the ARROW keys.*

### HEART RATE HILL<sup>TM</sup>

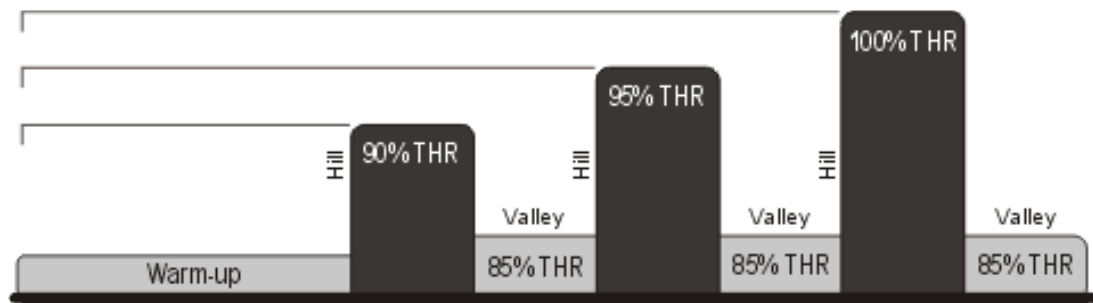
This program combines the standard **HILL** workout profile with a Heart Rate Zone Training workout. It consists of three hills that target three heart rate goals: The first hill brings the heart rate to 90 percent of the target rate. The second hill increases the rate to 95 percent. The third hill matches the target heart rate. The valley always is defined as 85 percent of the target.

After a standard three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the user reaches 90 percent of the target heart rate, the hill continues for one minute. Then, the goal switches to 85 percent of the target heart rate. When the user's heart rate falls to that goal, the valley continues for one minute. Then, the goal switches to 95 percent of the target heart rate. When the user reaches that goal, the hill continues for one minute. As the chart at the top of the following page illustrates, this pattern continues for all three hills. After the user completes the third hill/valley pair, the program returns to the first hill and heart rate goal, and the sequence repeats as long as the duration allows. The user's fitness level determines the number of hills and valleys encountered. At the end of the duration, the workout goes into a cool-down phase.

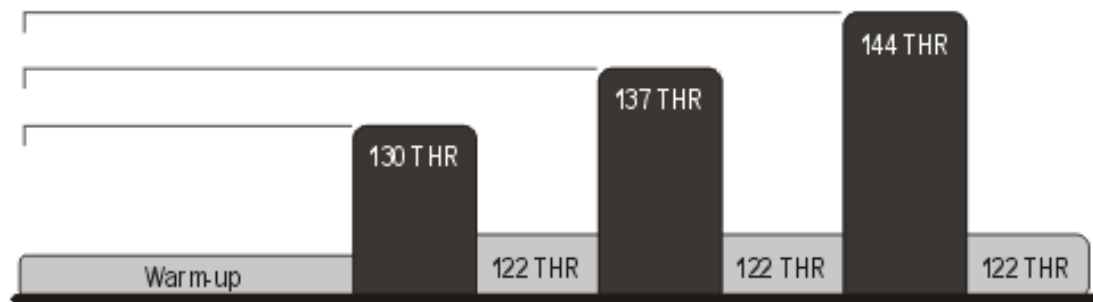
If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.

<sup>†</sup> *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as being equal to 220 minus an individual's age.*

*\* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's recommended THR for the FAT BURN workout is 117. The FAT BURN workout targets 65 percent of the maximum, so the equation would be  $(220-40) \times .65 = 117$ .*



HEART RATE HILL Workout Profile

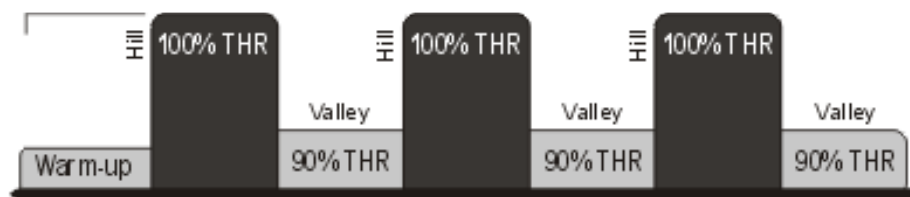


User Example: 80 percent of theoretical maximum (40 year old / 144 recommended THR)

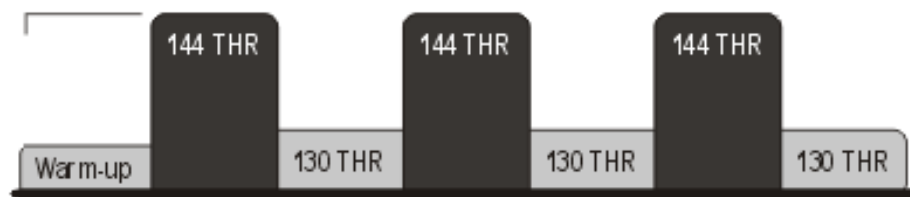
## HEART RATE INTERVAL™

This program also combines the standard **HILL** workout profile with a Heart Rate Zone Training workout. It alternates between a hill, which brings the heart rate up to the target rate\*, and a valley, which brings the heart rate down to 90 percent of the target. After a standard three-minute warm-up, the workout progresses toward the first hill and heart rate goal. When the goal is reached, the hill continues for three minutes. Then, the goal switches to 90 percent of the target heart rate. When the user's heart rate falls to that goal, the valley continues for three minutes. Then, the program switches back to the target heart rate goal. This pattern continues throughout the duration. The user's fitness level determines the number of hills and valleys encountered. At the end of the duration, the workout goes into a cool-down phase.

If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.



HEART RATE INTERVAL Workout Profile



User Example: 80 percent of theoretical maximum (40 year old / 144 recommended THR)

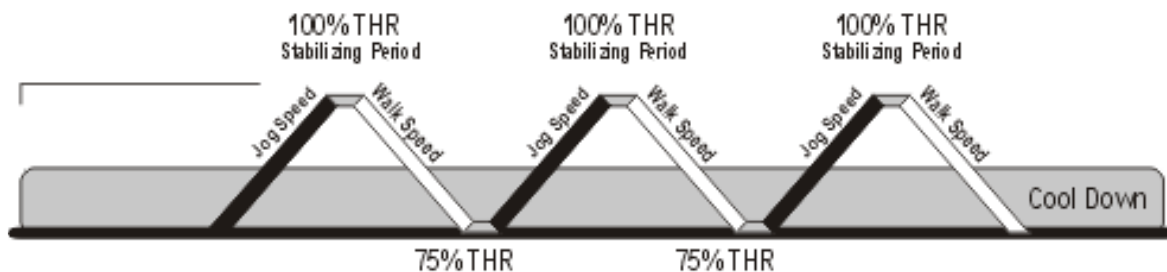
\* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's recommended THR for the HEART RATE INTERVAL workout is 144. The HEART RATE INTERVAL workout targets 80 percent of the maximum, so the equation would be  $(220-40) \cdot 80 = 144$ .

## EXTREME HEART RATE™

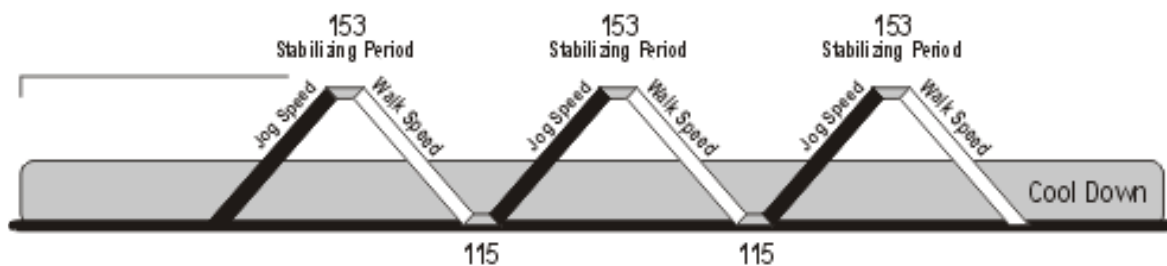
This intense, varied workout is designed to help more experienced users to break through fitness improvement plateaus. The workout alternates between two target heart rates\* as quickly as possible. The effect is similar to that of running sprints.

When setting up the workout, the user enters a target heart rate and selects a walk speed and a jog speed. After a standard three-minute warm-up, the treadmill accelerates to the jog speed, and the incline increases, until the user reaches the target heart rate goal. That target rate is maintained for a stabilizing period. Then, the incline is reduced to 0 percent, and the treadmill slows to the walk speed. When the heart rate falls to the 75 percent goal, it is maintained there for a stabilizing period. The program repeats the alternating of speeds and incline levels, continuing this pattern throughout the duration. The user's fitness level determines the number of repetitions. At the end of the duration, the workout goes into a cool-down phase.

If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.



EXTREME HEART RATE Workout Profile



User Example (40 year old / 153 recommended THR)

\* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's recommended THR for the EXTREME HEART RATE workout is 144. The EXTREME HEART RATE workout targets 85 percent of the maximum, so the equation would be  $(220-40) \cdot .85 = 144$ .



### 30-MINUTE WALK

This workout is ideal for beginning exercisers or regular walkers. At the start of the program, the treadmill runs for five minutes at 1 MPH below the selected speed. Afterward, the program automatically adjusts the speed in .5 MPH increments, and changes the incline percentage as seen in the table below. The program concludes with a five-minute cool-down.

- After selecting the **30-MINUTE WALK** program and entering the weight, use either the SPEED or INCLINE keys to select a maximum speed between 2.0 and 4.5 MPH (3.2 and 7.2 KPH), and press ENTER.
- After selecting a maximum speed, choose an effort level, using the ARROW keys, and press ENTER.

The speed and level can be changed at any time during the workout; however, manual changes in speed are overridden by those scheduled in the program.

30-Minute Walk Program			
Speed		Incline	
Time (minutes)	Change (MPH/KPH)	Time (minutes)	Change (%) based on level
5.0	+0.5 / +0.81	7.5	+0.1 to +1.6
10.0	+0.5 / +0.81	12.5	+0.1 to +1.5
20.0	-0.5 / -0.81	22.5	-0.1 to -1.5
25.0	-0.5 / -0.81	27.5	-0.1 to -1.6
30.0	Cool-down begins; decrease varies with speed selected		

*Percent incline changes are lower at lower levels and higher at higher levels.*

### 3-MILE JOG

This workout is an ideal next step for users who no longer derive a sufficient workout from the **30-MINUTE WALK** program. At the start of the program, the treadmill runs for five minutes at 1.5 MPH below the selected speed. Afterward, the program automatically adjusts the speed and changes the incline percentage as seen in the table on the following page. The program concludes with a five-minute cool-down.

- After selecting the **3-MILE JOG** program and entering the weight, use either the SPEED or INCLINE keys to select a maximum speed between 4.0 and 7.0 MPH (6.4 – 11.2 KPH), and press ENTER.
- After selecting a maximum speed, choose an effort level using the ARROW keys, and then press ENTER.

The speed and level can be changed at any time during the workout; however, manual changes in speed are overridden by those scheduled in the program.

3-Mile Jog Program			
Speed		Incline	
Distance (miles/km)	Change (MPH/KPH)	Distance (miles/km)	Change (%) based on level
0.50/0.81	-0.50 / -0.81	1.00/1.60	+0.1 to +1.6
0.75/1.21	+2.0 / +3.22	1.25/2.01	-0.1 to -1.6
1.25/2.01	-2.0 / -3.22	1.75/2.82	+0.7 to +4.8
1.50/2.42	+1.0 / -1.61	2.00/3.22	-0.7 to -4.8
2.00/3.22	-1.0/-1.61	2.50/4.03	+0.5 to +3.3
2.25/3.62	+1.5/+2.42	2.75/4.43	-0.5 to -3.3
2.75/4.43	-1.5/-2.42		

*Percent incline changes are lower at lower levels and higher at higher levels.*

## 45-MINUTE CROSS-TRAIN

Cross-training is a complete, varied workout designed to reduce the risk of stress-related injuries that can result from workouts limited to one, repetitive activity. Competitive athletes use cross-training to keep their bodies in premier condition between seasons or events, as well as to prepare for competition. The workout alternates between user-selected walk and jog speeds, beginning with a walk-speed interval. The chart below lists the maximum and minimum speed and incline changes. The program concludes with a five-minute cool-down.

- After entering weight during the setup, use either the SPEED or INCLINE ARROW keys to select a maximum walk speed, between 2.0 and 4.5 MPH (3.2 and 7.2 KPH), and press ENTER.
- Use either the SPEED or INCLINE keys to select a maximum jog speed, between 4.0 and 7.0 MPH (6.4 and 11.2 KPH), and press ENTER.
- After selecting maximum walk and jog speeds, select a level, using the ARROW keys, and press ENTER.

The speed and level can be changed at any time during the workout; however, manual changes in speed are overridden by those scheduled in the program.

45-Minute Cross-Train Program			
Speed		Incline	
Time (minutes)	Change (MPH/KPH)	Time (minutes)	Change (%) based on level
5.0	Jog	5.0	-0.9 to -9.5
10.0	Walk	10.0	+0.5 to +3.1
20.0	Jog	15.0	+0.4 to +6.4
25.0	Walk	20.0	-0.9 to -9.5
35.0	Jog	25.0	+0.6 to +3.1
40.0	Walk	30.0	+0.3 to +6.4
45.0	Cool-down	35.0	-0.9 to -9.5
		40.0	+0.6 to +3.1

*Percent incline changes are lower at lower levels and higher at higher levels.*

## COOL-DOWN

Life Fitness' unique Cool-down Protocol automatically customizes every cool-down based on the workout performance. Factors such as speed, incline, duration and heart rate determine the duration and intensity of the cool-down.

## 4.4 MY WORKOUT

The My Workout feature on the T7i treadmill makes it possible to pre-set up to seven workouts with personal setup information, such as age or desired speed, and then store the workouts in the console memory. These workouts are accessed with the MY WORKOUTS key.

Any workout can be pre-set and stored, including **FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL, EXTREME HR, 5K SPORT TRAINING, 10K SPORT TRAINING, HILL, RANDOM, MANUAL, 30-MINUTE WALK, 3-MILE JOG, 45-MINUTE CROSS-TRAIN,** and **EZ INCLINE.**

### USING A WORKOUT SAVED UNDER MY WORKOUTS

Press the MY WORKOUT key. Scroll through the names displayed in the MESSAGE CENTER, either by pressing the MY WORKOUT key repeatedly or by pressing the ARROW keys. When the desired name appears, press ENTER. The workout then begins.

All seven workouts are set to the same, default, manual workout program “out of the box.” By factory default, the workouts are stored under the names WORKOUT 1 through WORKOUT 7. See the following section for steps to change workouts stored under MY WORKOUT.

### EDITING SETTINGS FOR WORKOUTS SAVED UNDER MY WORKOUT

Use the following steps to change settings for a stored workout or to change a workout name.

1. Press the MY WORKOUT key.
2. Scroll through the user names displayed in the MESSAGE CENTER, either by repeatedly pressing the MY WORKOUT key or by pressing the ARROW keys.
3. When the desired name appears, press and hold the ENTER key until the console beeps twice.
4. The MESSAGE CENTER displays the prompt, “PRESS WORKOUT PROGRAM KEY TO REPROGRAM WORKOUT OR PRESS MY WORKOUT KEY TO EDIT YOUR NAME”. At this prompt, change the workout settings, or change the workout name.

#### To change a settings for a stored workout:

5. Press the WORKOUT PROGRAM key.
6. The MESSAGE CENTER displays the prompt, “REPROGRAM WORKOUT MODE - SELECT WORKOUT NOW.” Scroll through the workouts displayed in the MESSAGE CENTER, either by repeatedly pressing the WORKOUT PROGRAM key or by pressing the ARROW keys. When the desired workout appears, press ENTER.
7. Enter setup information as prompted by the MESSAGE CENTER. Use the ARROW keys to scroll through displayed values, and press ENTER to confirm the desired value. Once all information is entered, the MESSAGE CENTER displays WORKOUT SAVED.

To exit the “reprogramming” mode at any time without saving the workout changes, press the STOP key twice.

#### To change a workout name or User Name

5. Press the MY WORKOUT key.
6. The MESSAGE CENTER displays the prompt, “SELECT LETTER USING MY WORKOUT KEY AND CHANGE LETTERS USING ARROW KEYS.” The workout name appears in the MESSAGE CENTER, with the first letter blinking. Scroll to the desired letter, number, or punctuation symbol, using the arrow key. When the desired character appears, press MY WORKOUT to move on to the next letter. Repeat this step for all characters.
7. Press ENTER to save the new name. The MESSAGE CENTER displays, “USER NAME SAVED.”

To exit this mode without saving the name change, press the STOP key twice.

*TIP: The User Statistics feature, which stores workout statistics, identifies each stored workout as a “User Name.” By factory default, the workouts are stored under the names WORKOUT 1 through WORKOUT 7. It may be desirable to assign user names to the workouts. See Section 5, titled User Menu, for more information.*

## 4.5 CUSTOM WORKOUT

It is possible to set up a customized workout on the treadmill and store it in the console memory. Customization involves selecting one of four workout types and setting values for various attributes, such as the workout goal, to suit personal preferences. Once a **CUSTOM** workout is saved, it can be accessed through the MY WORKOUT key.

### USING A CUSTOM WORKOUT

To select the **CUSTOM** workout, press the MY WORKOUT key repeatedly until the MESSAGE CENTER displays "CUSTOM." Then, press ENTER. The workout begins immediately. If the **CUSTOM** program has not been edited, the user does not experience any automatic changes during the workout. See the following section for instructions.

### EDITING CUSTOM WORKOUT SETTINGS

Press the MY WORKOUT key repeatedly until the MESSAGE CENTER displays "CUSTOM." Press, and hold down, the ENTER key until the console beeps twice, indicating that the custom program is in "edit" mode. At the MESSAGE CENTER prompt, select a program type to be customized, using the ARROW keys. Options include, **HILL**, **RANDOM**, **MANUAL**, or **HEART RATE**, which is a Heart Rate Zone Training workout. For more information, see Section 3, titled *Heart Rate Zone Training® + Exercise*. When the desired option appears, press ENTER.

The MESSAGE CENTER then displays prompts to set values for various attributes. See the chart below. For each attribute, scroll through values displayed in the MESSAGE CENTER, and press ENTER to select desired values. After the speed value is entered, the workout begins. While a **CUSTOM** workout is in progress, it is possible make changes in workout attributes, including:

- Speed
- Incline
- Level
- Target Heart Rate

The treadmill computer memory can save at least 20 changes. When memory is used up, and the computer cannot save any further changes, the console emits two short beeps at the user's next attempt to save a change, indicating that no more changes can be saved.

<b>HILL</b>	<b>RANDOM</b>	<b>MANUAL</b>	<b>HEART RATE</b>
Select Goal (time, distance, or calories)	Select Goal (time, distance, or calories)	Select Goal (time, distance, or calories)	Select Goal (time, distance, or calories)
Set value for goal	Set value for goal	Set value for goal	Set value for goal
Enter weight	Enter weight	Enter weight	Enter weight
Select level	Select level	Select incline	Enter age
Select speed	Select speed	percentage	Enter Target Heart Rate
		Select speed	or accept displayed value
			Select speed

## 4.6 SELECTING AN INTENSITY LEVEL

The steps for setting up a **HILL** or **RANDOM** workout include selecting a level. The word “level” refers to a range of incline percentages. The treadmill features 20 levels, with Level 1 having the lowest average incline grade and Level 20 having the highest.

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

Within each level are seven incline percentages, or hills. During a workout, each hill appears in the **WORKOUT PROFILE** window as rows of light stacked in a column. The number of lit rows within a column corresponds to an incline percentage. For example, in Level 5, the lowest incline is 0.0 percent and is represented as one lit row. The highest incline, 4.3 percent, is represented by a column with all seven rows lit.

In the **HILL** and **RANDOM** workouts, these varying hills occur for equal durations, as discussed in the **HILL** workout description in Section 4. It is possible to change the incline percentage manually, but the change remains in effect only for the duration of the hill in question. When the workout program brings up a new hill, the incline percentage changes automatically to match that hill.

To change levels during a workout, use the **ARROW** keys.

During the **EZ INCLINE** workout, the number of the selected level equals the height of the hill, expressed as an incline percentage. For example, at Level 5, the peak of the hill is at a 5.0%.

# 5 USER MENU

The USER MENU makes it possible to change certain settings in the treadmill software

## 5.1 ENTERING AND USING THE USER MENU

Enter the USER MENU BY using one of two procedures:

Press the STOP key twice, and then hold down the ENTER key. The unit goes through a “warm” reset and beeps three times, indicating that the USER MENU has been activated.

OR, hold down the ENTER key, and turn the treadmill on. The message "USER MENU" will appear. After about one second, the MESSAGE CENTER displays the first menu item.

Use the ENTER key to scroll forward through the menu items. Use the STOP key to scroll backwards. There are two ways to exit the menu: Press the STOP key continuously to return to the beginning of the menu; OR switch off the treadmill. Doing so causes all settings to be saved.

## 5.2 USER MENU ITEMS

### USER STATISTICS

The User Statistics mode is used to display the current, accumulated statistics of the workouts stored under the My Workouts feature. See Section, 5.3, titled *Description Of User Menu Items*.

To access statistics for a specific stored workout, press the MY WORKOUT key repeatedly until the name of that stored workout appears in the MESSAGE CENTER. Then, press ENTER. Or, press the MY WORKOUT key once, and then use the ARROW keys to scroll through the names. When the desired name appears, press ENTER.

Use the TIME ARROW keys to scroll backward and forward through the statistics. If the value for any statistical item is greater than the listed maximum, the MESSAGE CENTER displays dashes, "----".

To clear statistics to zero: Press the SPEED UP ARROW key. The MESSAGE CENTER displays, "PRESS SPEED DOWN ARROW KEY TO CLEAR STATS". Press the SPEED DOWN ARROW key. The statistics are cleared, and the MESSAGE CENTER displays, "STATS CLEAR". If any other key is pressed after the SPEED UP ARROW is pressed, the console cancels the clearing of the statistics. To re-activate the clearing process, press the SPEED UP ARROW key again.

### SETTINGS

The values for three settings can be adjusted and saved: Pause Time, Sleep Time, and Units. Cycle through the settings using the UP and DOWN ARROW keys. Use the TIME ARROW keys to change the settings. Any adjustments are saved automatically. Revert a setting back to its default value by pressing the COOL DOWN key

### SOFTWARE VERSION NUMBERS

Use the UP and DOWN ARROW keys to toggle between displays of the current software version for the console, and for the Motor Controller. The MESSAGE CENTER displays the Console Software Version number as "CONSOLE VER=XX.X", where xx.x is the version number. For the Motor Controller, the MESSAGE CENTER displays "MOTOR VER = XX.X".

SETTING	DEFAULT Value	RANGE	DESCRIPTION
<b>USER STATISTICS</b>			<b>Mode displays accumulated statistics of up to seven different users.</b>
<b>Select User</b>			<b>Use ARROW keys to select 1 of 7 users.<sup>†</sup></b>
My Workout 1-7	MY WORKOUT X		<b>Press ENTER to access accumulated statistics of the selected user.</b>
<b>Statistics</b>			
MILES:		XXXX:XX	Total accumulated distance – displayed in miles, and percentage of miles.
CALS:		XXXXXXX	Total accumulated workout calories.
TIME:		XXXX.XX	Total accumulated workout time – displayed in hours: minutes.
<b>SETTINGS</b>			<b>Mode allows 3 settings to be adjusted and saved.</b>
PAUSE TIME:	5	1-99	Default number of minutes that a workout can be paused. Override (reduce or extend PAUSE time) using the TIME ARROW keys during a workout.
SLEEP TIME:	Off	Off-99	Without user activity, treadmill goes into Sleep Mode after a preset time (range is from 1 to 99 minutes). To conserve power, the MESSAGE CENTER and WORKOUT PROFILE go blank, except for a single indicator. To start a workout while in Sleep mode, press any key. To disable, set to off.
UNITS:	English	English/Metric	Sets the units of weight, speed and distance in English, or Metric.
<b>SOFTWARE VERSION NUMBERS</b>			<b>Mode shows software version for console and motor controller.</b>
CONSOLE VER:		XX.X	Displays software version for the console board.
MOTOR VER:		XX.X	Displays software version for the motor controller board.

<sup>†</sup> If user name is already programmed, it will be displayed instead of “MY WORKOUT X.”

# 6 SERVICE AND TECHNICAL DATA

## 6.1 PREVENTATIVE MAINTENANCE TIPS

The Life Fitness T-Series treadmill is backed by the engineering excellence and reliability of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness treadmills are among the most popular of aerobic trainers, regularly standing up to marathon use - 18 hours a day, 7 days a week - in health clubs, colleges and military facilities the world over. This same technology, engineering expertise, and reliability has gone into the Life Fitness T-Series treadmills.

**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. Pay special attention to parts that are subject to wear, as outlined below.*

The following preventive maintenance tips will keep the Life Fitness treadmill operating at peak performance:

- Clean the display console and all exterior surfaces regularly with mild soap and water or a mild household cleaner. DO NOT use paper towels, ammonia or acid based cleaners. \*
- Check operation of the Emergency Stop System once a week.
- Check the operation of the Stop key once a week.
- Inspect and vacuum the area under unit regularly.
- Vacuum around the striding belt regularly to keep debris from accumulating.
- Inspect exterior parts regularly for wear, particularly the striding belt and deck.
- Check the position (centering) of the striding belt.

The optimum operating position of the striding belt is from 1.75" (45 mm) to 2.25" (57 mm) from either side of the frame. If the striding belt travels beyond this position, see *How to Adjust and Tension the Striding Belt* or contact **Life Fitness Customer Support Services** for proper alignment instructions, 1-800-328-9714 (USA).

**\*NOTE:** *When cleaning the exterior of the unit, a non-abrasive cleaner and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment; use non-abrasive cleaner on a soft cloth and then wipe the unit.*



## **6.2 TROUBLESHOOTING THE HEART RATE CHEST STRAP**

### **HEART RATE READING IS ERRATIC OR ABSENT ENTIRELY**

- Repeat the electrode wetting procedure (see How to Use the Heart Rate Monitor Chest Strap). The electrodes must be wet to pick up and transmit accurate heart rate readings.
- Make sure the electrodes are flat against the skin.
- Wash the belt transmitter regularly with mild soap and water.
- Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
- The chest strap is battery operated and will eventually stop functioning. If the chest strap transmitter battery is depleted, contact Life Fitness Customer Support Services at 1-800-328-9714 for instructions on how to have the chest strap replaced.

### **HEART RATE READING IS ERRATIC OR EXTREMELY HIGH**

When exercising with the heart rate chest strap, you may come within range of electromagnetic signals strong enough to cause abnormally elevated heart rate readings. Possible sources of such signals include:

- Television sets and/or antennas, cell phones, computers, cars, high voltage power lines, and other motor driven equipment.
- Another heart rate transmitter within three feet (one meter) may also cause abnormal heart rate readings.

## 6.3 HOW TO ADJUST AND TENSION THE STRIDING BELT ON THE LIFE FITNESS TREADMILL

Do not move treadmill or place hands under treadmill while it is plugged into an electrical outlet!

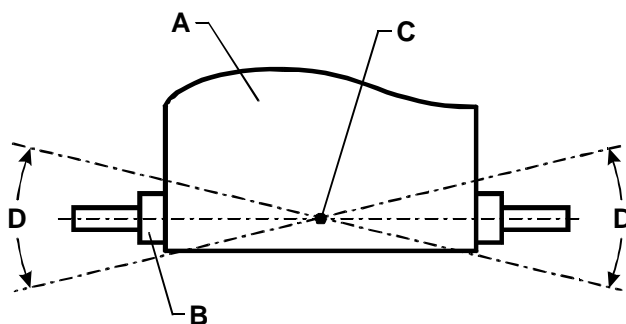
Tool required: 5/16" hex key wrench

### THE BELT TENSIONING BOLTS

The Life Fitness treadmill has access holes in the rear roller guards, which allow access to the tensioning bolts. These tensioning bolts make it possible to adjust tracking and centering of the striding belt (A) without removing the guards.

**NOTE:** *It is extremely important that the treadmill be correctly leveled prior to any tracking adjustments. An unstable unit may cause striding belt misalignment. See "How To Stabilize the Life Fitness Treadmill" in the "Set Up" section prior to attempting any rear roller adjustments.*

Before proceeding, it is helpful to visualize the REAR ROLLER (B) pivot point (C). Each adjustment made to one side of the ROLLER must be met with an equal and opposite adjustment (D) to the other side of the ROLLER to maintain an ideal belt tension at the pivot point.



### TRACKING (CENTERING) AN EXISTING OR NEW STRIDING BELT

- 1 Locate the two access holes to the belt tensioning bolts on each of the rear roller guards.
- 2 Stand on the sides of the treadmill and straddle the belt, not standing on it. Enter the **MANUAL** Workout and set the belt speed to run at 4.0 mph (6,4 kph).
- 3 If the striding belt has moved to the right, turn the right tension bolt 1/4 turn clockwise with provided 1/4" Allen wrench, and then turn the left tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller.
- 4 If the striding belt has moved to the left, turn the left tension bolt 1/4 turn clockwise and then turn the right tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller. Repeat adjustments until striding belt appears centered. Allow machine to continue running for several minutes to observe if tracking remains stabilized.

**NOTE:** *Do not exceed one full turn of the adjusting screws in either direction. If after one full turn the belt does not track properly, contact Customer Support Services. The phone numbers are listed in "How to Obtain Product Service."*

## TENSIONING AN EXISTING STRIDING BELT

Under normal usage, the treadmill striding belt may stretch slightly. If the belt starts to slip during use, take the steps listed below to correct the tension.

- 1 Using the STOP key, stop the treadmill.
- 2 Turn the belt tensioning bolts clockwise a quarter-turn per side to tension the belt. Do not exceed one full turn (four quarter-turns per side).
- 3 Set the treadmill at 2.0-mph (3,2 kph) and check proper tracking. If the striding belt drifts to the left or right see *Tracking (Centering) an Existing or New Striding Belt* on the preceding page.

**NOTE:** *Do not over-tighten the tensioning bolts while making belt adjustments. Over-tightening of bolts may over stretch and damage the striding belt or roller bearings. Do not exceed one full turn of either bolt in either direction.*

## 6.4 HOW TO OBTAIN PRODUCT SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and document the serial number of the unit, which is located on the serial number plate above the power entry area.
3. Contact the nearest Life Fitness Customer Support Services Group:

For Product Service within  
the United States and Canada:

Telephone: (+1) 847.451.0036  
FAX: (+1) 847.288.3702  
Toll-free telephone: 800.351.3737

For Product Service Internationally:

*Life Fitness Europe GmbH*  
Telephone: (+49) 089.317.751.66  
FAX: (+49) 089.317.751.38

*Life Fitness (UK) LTD*  
Telephone: (+44) 1353.665.507  
FAX: (+44) 1353.666.018

*Life Fitness Atlantic BV*  
*Life Fitness Benelux*  
Telephone: (+31) 180.646.666  
FAX: (+31) 180.646.699

*Life Fitness Italia S.R.L.*  
Telephone: 800.438.836  
FAX: (+39) 0472.833.150

*Life Fitness Austria Vertriebs GmbH*  
Telephone: (+43) 1615.7198  
FAX: (+43) 1615.7198.20

*Life Fitness Asia Pacific Ltd*  
Telephone: (+852) 2891.6677  
FAX: (+852) 2575.6001

*Life Fitness Latin America  
and Caribbean*  
Telephone: (+1) 847.288.3964  
FAX: (+1) 847 288.3886

*Life Fitness do Brazil*  
Telephone (+55) 11.4193.8282  
FAX: (+55) 11.4193.8283

*Life Fitness Japan*  
Telephone: (+81) 3.3359.4309  
FAX: (+81) 3.3359.4307

*Life Fitness Iberia*  
Telephone : (+34) 93.672.4660  
FAX : (+34) 93.672.4670

# 7 SPECIFICATIONS

## 7.1 LIFE FITNESS T7i TREADMILL SPECIFICATIONS

Designed use:	Consumer
Maximum user weight:	400 pounds / 180 kilograms
Speed range:	0.5 - 12.0 mph (0,8 - 20 kph) in 0.1 increments
Elevation range:	0%-15% (in 0.5% increments)
Motor:	3 HP continuous duty DC
Lift Motor:	Maximum duty cycle of operation is 1 minute on, 5 minutes off
Rollers:	2.5" precision crowned
Belt:	60" Length x 20" Width (152 cm Length x 51 cm Width), multi-ply
Deck:	Commercial grade, cushioned, not reversible
Handrails:	Ergo Crossbar with side handrails 1.15"
Workouts:	Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval, Extreme HR, Sport Training, 5K (and 10K) Sport Training, Hill, Random, Manual, 30-Minute Walk, 3-Mile Jog, 45-Minute Cross-Train, EZ Incline, 7 My Workout slots, and 1 Custom Workout slot
Levels:	20 levels each: in Sport Training, 5K (and 10K) Sport Training, Hill, Random, and EZ Incline Workouts
Telemetry HR monitoring:	Standard (Polar HR monitoring system)
Accessory tray:	Standard- designed into system
Console style:	Deluxe
Profile window:	7x15
Display:	16 character red LED Message Center
Warranty:	5 years motor, 3 years parts, 1 year labor, and lifetime on frame and life springs
Physical Dimensions:	
Length:	78.5 inches / 199 centimeters
Width:	33 inches / 84 centimeters
Height:	55.5 inches / 141 centimeters
Weight:	270 pounds / 122 kilograms
Shipping Dimensions:	
	<b>Carton</b>
Length:	84.0 inches / 213.4 centimeters
Width:	34.0 inches / 86.4 centimeters
Height:	18.5 inches / 47.0 centimeters
Weight:	308 pounds / 139,7 kilograms



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