

ELEVATION™ SERIES DISCOVER

*TREADMILL
CROSS-TRAINER
UPRIGHT AND RECUMBENT LIFECYCLE® EXERCISE BIKES
FLEXSTRIDER™ VARIABLE-STRIDE TRAINER
POWERMILL™ CLIMBER*

OPERATION MANUAL
M051-00K92-0092 REV B



CORPORATE HEADQUARTERS

Columbia Centre III, 9525 West Bryn Mawr Avenue, Rosemont, Illinois 60018 • U.S.A.

847.288.3300 • FAX: 847.288.3703

Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)

Global Website: www.lifefitness.com

INTERNATIONAL OFFICES

AMERICAS

North America

Life Fitness, Inc.

Columbia Centre III

9525 West Bryn Mawr Avenue

Rosemont, IL 60018 U.S.A

Telephone: (847) 288 3300

Fax: (847) 288 3703

Service Email: customersupport@lifefitness.com

Service Website: www.lifefitness.com/parts

Sales/Marketing Email:

commercialsales@lifefitness.com

Operating Hours: 7:00 am-6:00 pm (CST)

Brazil

Life Fitness Brasil

Av. Cidade Jardim, 900

Jd. Paulistano

São Paulo, SP 01454-000

BRAZIL

SAC: 0800 773 8282

Telephone: +55 (11) 3095 5200

Fax: +55 (11) 3095 5201

Service Email: suporte@lifefitness.com.br

Sales/Marketing Email: lifefitness@lifefitness.com.br

Service Operating Hours:

9:00 - 17:00 (BRT) (Monday-Friday)

Store Operating Hours:

9:00 - 20:00 (BRT) (Monday-Friday)

10:00 - 16:00 (BRT) (Saturday)

Latin America & Caribbean*

Life Fitness Inc.

Columbia Centre III

9525 West Bryn Mawr Avenue

Rosemont, IL 60018 U.S.A

Telephone: (847) 288 3300

Fax: (847) 288 3703

Service Email: customersupport@lifefitness.com

Sales/Marketing Email:

commercialsales@lifefitness.com

Operating Hours: 7:00am-6:00pm (CST)

EUROPE, MIDDLE EAST, & AFRICA (EMEA)

Netherlands & Luxemburg

Life Fitness Atlantic BV

Bijdorplein 25-31

2992 LB Barendrecht

THE NETHERLANDS

Telephone: (+31) 180 646 666

Fax: (+31) 180 646 699

Service Email: service.benelux@lifefitness.com

Sales/Marketing Email:

marketing.benelux@lifefitness.com

Operating Hours: 9.00h-17.00h (CET)

United Kingdom & Ireland

Life Fitness UK LTD

Queen Adelaide

Ely, Cambs, CB7 4UB

Telephone: General Office (+44)

1353.666017

Customer Support (+44) 1353.665507

Fax: (+44) 1353.666018

Service Email: uk.support@lifefitness.com

Sales/Marketing Email: life@lifefitness.com

Operating Hours:

General Office: 9.00am - 5.00pm (GMT)

Customer Support: 8.30am - 5.00pm (GMT)

Germany & Switzerland

Lifeom Fitness Europe GMBH

Siemensstraße 3

85716 Unterschleißheim

GERMANY

Telephone: (+49) 89.31 77 51.0 (Germany)

(+41) 0848 000 901 (Switzerland)

Fax: (+49) 89.31 77 51.99 (Germany)

(+41) 043 818 07 20 (Switzerland)

Service Email: kundendienst@lifefitness.com

Sales/Marketing Email:

kundenberatung@lifefitness.com

Operating Hours: 08.30 - 16.30h (CET)

Austria

Life Fitness Austria

Vertriebs G.m.b.H.

Dückerstraße 7-9/3/36

1220 Vienna

AUSTRIA

Telephone: (+43) 1.61.57.198

Fax: (+43) 1.61.57.198.20

Service Email: kundendienst@lifefitness.com

Marketing/Sales Email:

kundenberatung@lifefitness.com

Operating Hours: 08:30-16:30.h (MEZ)

Spain

Life Fitness IBERIA

C/Frederic Mompou 5,1ª^a

08960 Sant Just Desvern Barcelona

SPAIN

Telephone: (+34) 93.672.4660

Fax: (+34) 93.672.4670

Service Email: servicio.tecnico@lifefitness.com

Sales/Marketing Email: info.iberia@lifefitness.com

Operating Hours:

9.00h-18.00h (Monday-Thursday)

8.30h-15.00h (Friday)

Belgium

Life Fitness Benelux NV

Parc Industriel de Petit-Rechain

4800 Verviers

BELGIUM

Telephone: (+32) 87 300 942

Fax: (+32) 87 300 943

Service Email: service.benelux@lifefitness.com

Sales/Marketing Email:

marketing.benelux@lifefitness.com

Operating Hours: 9.00h -17.00h (CET)

All Other EMEA Countries & Distributor Business C-EMEA*

Bijdorplein 25-31

2992 LB Barendrecht

THE NETHERLANDS

Telephone: (+31) 180 646 644

Fax: (+31) 180 646 699

Service Email: service.db.cemea@lifefitness.com

Sales/Marketing Email:

marketing.db.cemea@lifefitness.com

Operating Hours: 9.00h-17.00h (CET)

ASIA PACIFIC (AP)

Japan

Life Fitness Japan

Japan Nippon Brunswick Bldg., #8F

5-27-7 Sendagaya

Shibuya-Ku, Tokyo

Japan 151-0051

Telephone: (+81) 3.3359.4309

Fax: (+81) 3.3359.4307

Service Email: service@lifefitnessjapan.com

Sales/Marketing Email: sales@lifefitnessjapan.com

Operating Hours: 9.00h-17.00h (JAPAN)

China and Hong Kong

Life Fitness Asia Pacific LTD

Room 2610, Miramar Tower

132 Nathan Road

Tsimshatsui, Kowloon

HONG KONG

Telephone: (+852) 2891.6677

Fax: (+852) 2575.6001

Service Email: HongKongEnquiry@lifefitness.com

Sales/Marketing Email:

ChinaEnquiry@lifefitness.com

Operating Hours: 9.00h-18.00h

All Other Asia Pacific countries & distributor business Asia Pacific*

Room 2610, Miramar Tower

132 Nathan Road

Tsimshatsui, Kowloon

HONG KONG

Telephone: (+852) 2891.6677

Fax: (+852) 2575.6001

Service Email: HongKongEnquiry@lifefitness.com

Sales/Marketing Email:

ChinaEnquiry@lifefitness.com

Operating Hours: 9.00h-18.00h

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

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

Avant d'utiliser ce produit, il est indispensable de lire ce manuel d'utilisation dans son INTÉGRALITÉ, ainsi que TOUTES les instructions d'installations.

Ce manuel explique comment installer l'équipement et comment l'utiliser correctement et sans danger.

FCC Warning - Possible Radio / Television Interference

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 957 Class SB (*treadmill and PowerMill climber only*): Professional and / or commercial use.

EN 957 Class SA (*bikes, cross-trainer, and FlexStrider variable stride trainer only*): Professional and / or commercial use.



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



MISE EN GARDE : tout changement ou toute modification de ce matériel peut annuler la garantie du produit.

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user serviceable parts.

Cross-Trainers only:

For EN 957-9 Class A accuracy testing, input mechanical power was measured by connecting the resistance device (generator) with the console to a dynamometer. Torque test data was recorded across the available speed and resistance level settings. The mechanical resistance was then determined by a deceleration test without a user riding it, measuring precisely the starting speed and time until the pedals stopped moving. The torque required to stop the unit was then calculated from the system inertia, input speed, and time to stop then added to dynamometer data to obtain total system torque. From measured torque and speed, the input mechanical power and variance from displayed power were calculated. At level 10 and a constant 55 RPM, displayed wattage was 107 watts, with a 4.7% variance from input power on the test equipment. At level 12 and a constant 80 RPM, displayed wattage was 136 watts, with a 1.6% variance from input power on the test equipment.

FlexStrider Variable Stride Trainer only:

For EN 957-9 Class A accuracy testing, input mechanical power was measured by connecting the resistance device (generator) with the console to a dynamometer. Torque test data was recorded across the available speed and resistance level settings. The mechanical resistance was then determined by a deceleration test without a user riding it, measuring precisely both motions exhibited by the product: 1) The rotational deceleration measured from the starting speed and time, at minimum stride, until the rotating mechanism comes to a stop, and 2) The angular deceleration measured from a starting angle and time until the pedal leg lever assembly comes to a stop. The torque required to stop the unit was then calculated from the system inertia, input speed, angle, and time to stop, and then added to the dynamometer data to obtain the total system torque. From measured torque and speed, the input mechanical power and variance from displayed power were calculated. At level 10 and a constant 40 RPM, displayed wattage was 128 watts, with a 2.1% variance from input power on the test equipment. At level 15 and a constant 60 RPM, displayed wattage was 167 watts, with a 4.6% variance from input power on the test equipment.

This Operation Manual describes the functions of the following products:

Elevation Series Discover SE & SI Treadmill
Elevation Series Discover SE & SI Cross-Trainer
Elevation Series Discover SE & SI Recumbent Lifecycle® Exercise Bike
Elevation Series Discover SE & SI Upright Lifecycle® Exercise Bike
Elevation Series Discover SE & SI FlexStrider™ Variable Stride Trainer
Elevation Series Discover SE & SI PowerMill™ Climber

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 FlexStrider Variable-Stride Trainer is a commercial exercise machine that allows exercisers to instantly choose the length of an elliptical stride for a total-body, low-impact workout.
- The Life Fitness PowerMill Climber is a commercial exercise machine that enables users to scale a revolving staircase at a wide variety of speeds.



CAUTION: Health-related injuries may result from incorrect or excessive use of exercise equipment. 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, 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.



MISE EN GARDE: Liés à la santé des blessures peuvent résulter de l'utilisation incorrecte ou excessive de l'équipement d'exercice. Life Fitness recommande FORTEMENT de consulter un médecin pour subir un examen médical complet avant de commencer tout programme d'exercice, et tout particulièrement si l'utilisateur a des antécédents familiaux d'hypertension ou de troubles cardiaques, s'il a plus de 45 ans, s'il fume, s'il a du cholestérol, s'il est obèse ou n'a pas fait d'exercice régulièrement depuis un an.

Si, pendant l'utilisation de l'appareil, l'utilisateur ressent un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit s'arrêter immédiatement.

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using Life Fitness products.

ALL PRODUCTS



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

- **DANGER:** To reduce the risk of electrical shock, always unplug Life Fitness products 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.
- **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
 - 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 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 a Life Fitness 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 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.
 - 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.
 - Keep children away from the products.
 - Do not allow other people to interfere in any way with the user or equipment during a workout.
 - Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and using.
 - Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
 - Read all warnings on each product prior to starting a workout.
 - If warnings are missing or damaged, please contact Life Fitness 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

- **WARNING:** Keep the area 6.5 ft. (2 m) by 3 ft. (0.9 m) behind the Life Fitness treadmill clear of any obstructions, including walls, furniture, and other equipment.
- **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 *Elevation Series 95T Treadmill Assembly Instructions*.
- **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.
 - 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. Do not run the power cord on the floor under or along the side of the treadmill. Refer to *Elevation Series 95T Treadmill Assembly Instructions*.
 - 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.
 - The system causes immobilization of the treadmill when a pre-defined hard key sequence has been activated. This sequence is currently defined as 3 STOP key presses followed by 3 SPEED DOWN ARROW key presses on the activity zone keypad. To prevent false toggling of the Immobilized feature, this sequence must be done in a 5-10 second period.

CROSS-TRAINER & FLEXSTRIDER

- **WARNING:** Ensure that there is at least 1 ft. (0.3 m) of clearance in front of the Life Fitness Cross-Trainer and at least 2 ft. (0.6m) on the side.
- **WARNING:** Ensure that there is at least 2 ft. (0.6m) of clearance behind and on each side of the Life Fitness FlexStrider.
- **WARNING:** The Cross-Trainer and FlexStrider are not equipped with a free-wheeling feature. Therefore, the products cannot be stopped immediately.
 - Do not stand or sit on the rear plastic covers of the Cross-Trainer.
 - Do not stand on center tube of the Cross-Trainer.

- The individual human power required to perform an exercise may be different than the mechanical power displayed on the Cross-Trainer and FlexStrider.
- Use caution when mounting or dismounting the Cross-Trainer and FlexStrider. 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 or FlexStrider.

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 Life Fitness bike to any other objects and 2 ft. (0.6 m) in the direction the equipment is accessed from.
- Do not stand or sit on plastic shrouds.
- Use caution when mounting or dismounting the Lifecycle Exercise Bike. Use the stationary handlebar whenever additional stability is required.

POWERMILL CLIMBER

- **WARNING:** Allow at least 3 ft. (1 m) of clearance behind the Life Fitness PowerMill Climber and 1 ft. (0.3 m) on each side.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- 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.
- Never walk or jog backwards on the PowerMill Climber.
- Unlike bikes, cross-trainers, or the traditional paddle stairclimbers, this is a motorized product. This motorized product causes stair steps to descend at variable rates and therefore operates on different planes simultaneously. While operating the product during a typical workout, the user is forced to fully concentrate on coordinating his or her efforts on the moving stairs. Therefore, the user cannot see if anyone or any thing approaches from the rear. For these reasons this unit is **designed for use only in a controlled setting. The PowerMill Climber is not designed for use in the home and should not be used in an environment where children or animals might have access.**
- When it is necessary to immobilize the product, set the display to read SELECT WORKOUT. (Press the PAUSE / STOP key twice if not already there.) Hold down the LEVEL DOWN arrow key and press the PAUSE / STOP key. The product now displays "IMMOBILIZED". The product can't be operated in this state. The motor is disabled. The product will remain in this state across resets, power cycles, etc. To restore normal operation, repeat the same key sequence: hold down the LEVEL DOWN arrow key and press the PAUSE / STOP key. The product will display "SELECT WORKOUT".

**SAVE THESE INSTRUCTIONS FOR
FUTURE REFERENCE.**

CONSIGNES DE SÉCURITÉ IMPORTANTES

Lire toutes les instructions avant d'utiliser les appareils Life Fitness.

TOUS LES APPAREILS



MISE EN GARDE: Tout changement et toute modification de ce matériel peut annuler la garantie du produit.

- **DANGER:** Pour réduire les risques de décharge électrique, toujours débrancher cet appareil Life Fitness avant lenettoyage ou toute mesure d'entretien.
- **AVERTISSEMENT:** Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, chaque appareil doit absolument être branché sur une prise électrique correctement mise à la terre.
- **AVERTISSEMENT:** Des systèmes de surveillance de fréquence cardiaque peuvent être inexacts. Trop d'exercices peuvent entraîner des blessures sérieuses, voire mortelles. En cas de sensation d'évanouissement, arrêter immédiatement l'entraînement.
 - Ne jamais faire fonctionner un produit Life Fitness dont la fiche ou le cordon d'alimentation est endommagé, ni aucun appareil qui serait tombé ou aurait été endommagé ou même partiellement plongé dans l'eau. Appeler le service clientèle de Life Fitness.
 - Placer ce produit de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation. Assurez-vous que le cordon d'alimentation n'est pas noué ou tordu et qu'il n'est pas coincé sous un autre appareil ou sous tout autre objet.
 - Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
 - Les instructions de la console doivent toujours être suivies pour obtenir un fonctionnement correct.
 - Cet appareil n'est pas prévu pour être utilisé par des personnes (y compris les enfants) dont les capacités physiques, sensorielles ou mentales sont réduites, ou des personnes dénuées d'expérience ou de connaissance, sauf si elles ont pu bénéficier, par l'intermédiaire d'une personne responsable de leur sécurité, d'une surveillance ou d'instructions préalables concernant l'utilisation de l'appareil.
 - 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. Les garder exempts de peluches, de cheveux ou de toute obstruction.
 - Ne jamais rien insérer dans les ouvertures de cet appareil. Si un objet tombe à l'intérieur de l'appareil, couper l'alimentation électrique, débrancher le cordon de la prise et le récupérer avec précaution. S'il est impossible de l'atteindre, communiquer avec le service à la clientèle de Life Fitness.
 - Ne jamais placer aucun liquide directement sur l'appareil, sauf dans le plateau pour accessoires ou un support prévu à cet effet. Il est recommandé d'utiliser des conteneurs munis de couvercles.
 - Ne pas utiliser cet appareil pieds nus. Toujours porter des chaussures. Porter des chaussures avec des semelles en caoutchouc ou fournissant une très bonne adhérence. Ne pas utiliser de chaussures à talons, à semelles en cuir ou munies de crampons. S'assurer qu'aucun caillou n'est incrusté dans les semelles.
 - Éloigner les vêtements lâches, les lacets et les serviettes des pièces en mouvement.

- Ne pas placer les mains sous l'appareil ou dans l'appareil, et ne pas le renverser sur le côté pendant le fonctionnement.
- Ne laisser personne déranger de quelque manière que ce soit l'utilisateur ou interférer avec l'équipement durant un entraînement.
- Laisser les consoles ACL se « normaliser » pendant une heure quant à la température avant le branchement et l'utilisation de l'appareil.
- Cet appareil ne doit être employé que pour l'usage auquel il est destiné, conformément aux directives du manuel. Ne pas utiliser d'accessoires qui ne sont pas recommandés par le fabricant.
- Lisez tous les avertissements sur chaque produit avant de démarrer un exercice.
- Si les avertissements sont absents ou endommagés, veuillez contacter immédiatement Life Fitness afin de les faire remplacer. Les étiquettes d'avertissement sont livrées avec chaque produit et doivent être installées avant leur utilisation. Life Fitness ne peut être tenu responsable lorsque des étiquettes d'avertissement sont absentes ou endommagées.

TAPIS ROULANTS

- **AVERTISSEMENT:** Conserver une zone de 2 m (6.5 ft.) sur 0,9 m (3 ft.) libre de toute obstruction derrière le tapis roulant Life Fitness, y compris aucun mur, meuble ou autre appareil.
- **AVERTISSEMENT:** S'assurer que la dragonne d'arrêt d'urgence est attachée à l'utilisateur et fixée adéquatement au tapis roulant avant de commencer un exercice.
- **AVERTISSEMENT:** Le réglage de centrage de la courroie doit être effectué si la courroie ne se trouve pas entre les repères indiquant les positions latérales maximum permises. Reportez-vous aux *Instructions de Montage Tapis de Course 95T*.
- **MISE EN GARDE:** Risque de blessures corporelles – Pour éviter de se blesser, faire preuve d'extrême prudence lors de la montée ou descente de la courroie en mouvement. Lire les instructions avant tout usage de l'appareil.
 - Ne laissez jamais l'appareil sans surveillance lorsqu'il est branché. Débranchez-le systématiquement après son utilisation, et avant l'ajout et le retrait de pièces. Pour débrancher, mettre l'appareil hors tension au niveau de l'interrupteur d'alimentation, puis retirer la fiche de la prise électrique.
 - Tenir le cordon d'alimentation à l'écart de toute surface chauffée. Ne pas tirer l'appareil par le cordon d'alimentation; ne pas utiliser le cordon comme poignée. Ne pas faire passer le cordon sur le sol, sous le tapis roulant, ni le long de l'appareil. Reportez-vous aux *Instructions de Montage Tapis de Course 95T* pour la disposition adéquate du cordon d'alimentation.
 - Les rampes latérales peuvent servir à rétablir son équilibre, mais ne sont pas destinées à un usage continu.
 - Ne jamais monter sur le tapis roulant et ne jamais en descendre pendant qu'il tourne. Utiliser les rampes latérales afin de ne pas perdre l'équilibre. En cas d'urgence, par exemple, en cas de trébuchement ou de faux pas, saisir les rampes latérales et placer les pieds sur les plates-formes latérales.
 - Ne jamais marcher ni courir à reculons sur le tapis roulant.
 - Ne pas utiliser ce produit dans des salles où des vaporisateurs aérosols sont employés ou bien où de l'oxygène est administré. Ces substances créent des risques de combustion et d'explosion.
 - Le système entraîne l'immobilisation du tapis de course lorsqu'une séquence de touches prédéfinie dure a été activée. Cette séquence est actuellement définie comme 3 ARRÊTER presses clés suivies de 3 presses clés de vitesse touche flèche bas sur le pavé de la zone activité. Pour éviter la fausse activation/désactivation de la fonctionnalité Immobilized, cette séquence doit se faire dans une période de 5-10 secondes.

CROSS-TRAINERS & FLEXSTRIDER

- **AVERTISSEMENT :** Veillez à laisser un espace d'au moins 30 cm (1 pied) à l'avant du Life Fitness Cross-Trainer et d'au moins 60 cm (2 pieds) sur les côtés.
- **AVERTISSEMENT :** Le Cross-Trainer ne fonctionne pas « en roue libre » et ne peut donc pas être arrêté instantanément. Ne vous tenez pas debout ou assis sur les caches en plastique situés à l'arrière.
 - Ne pas rester debout ou s'asseoir sur les couvercles arrière en plastique du Cross-Trainer.
 - Ne pas rester debout sur le tube central.
 - La puissance nécessaire à chaque utilisateur pour effectuer un exercice peut différer de la puissance mécanique affichée sur le Cross-Trainer.

VÉLOS LIFECYCLE®

- **AVERTISSEMENT :** Laisser une distance de 41 cm (16 in.) entre la partie la plus large du vélo et les autres objets de chaque côté. Établir une distance d'au moins 0,9 m (3 ft.) entre l'avant ou l'arrière du vélo de LIFE FITNESS et d'autres objets.
 - Ne pas se tenir debout ou s'asseoir sur les protections en plastique.
 - Procédez avec précaution lors du montage ou du démontage de la machine. Utilisez la barre fixe pour renforcer votre stabilité.

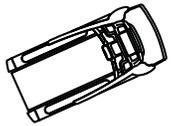
POWERMILL™ CLIMBER

- **AVERTISSEMENT :** Gardez une distance d'au moins 1 m (3 ft.) libre de toute obstruction derrière le PowerMill Climber, y compris aucun mur, meuble ou autre appareil, et de 0.3 m (1 ft.) de chaque côté du PowerMill Climber.
 - Les rampes latérales peuvent servir à rétablir son équilibre, mais ne sont pas destinées à un usage continu.
 - Ne laissez jamais l'appareil sans surveillance lorsqu'il est branché. Débranchez-le systématiquement après son utilisation, et avant l'ajout et le retrait de pièces. Pour débrancher, mettre l'appareil hors tension au niveau de l'interrupteur d'alimentation, puis retirer la fiche de la prise électrique.
 - Ne jamais marcher ni courir à reculons sur le PowerMill Climber.
 - À la différence des vélos, cross-trainers et steppers traditionnels à pédale, il s'agit d'un appareil motorisé. Cet appareil motorisé permet de faire descendre les marches d'escalier à des vitesses variables et opère donc à différents niveaux simultanément. Au cours d'un entraînement classique sur cet appareil, l'utilisateur doit se concentrer afin de coordonner ses efforts sur les escaliers en mouvement. Il n'a donc pas la possibilité de voir si quelqu'un ou quelque chose s'approche par l'arrière. Cette unité est dès lors uniquement conçue pour être utilisée dans un environnement contrôlé. Le PowerMill Climber n'est pas conçu pour être utilisé à domicile et ne doit en aucun cas être utilisé dans un environnement auquel les enfants ou animaux ont accès.
 - Si vous devez immobiliser l'appareil, réglez l'affichage sur SÉLECTIONNER EXERCICE. (Pour ce faire, appuyez deux fois sur la touche PAUSE / STOP.) Maintenez la touche NIVEAU VERS LE BAS enfoncée et appuyez sur la touche PAUSE / STOP. L'appareil affiche désormais le message « IMMOBILISÉ ». En mode Immobilisé, l'appareil ne peut être utilisé. Le moteur est désactivé. L'appareil 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 : maintenez la touche NIVEAU VERS LE BAS enfoncée et appuyez sur la touche PAUSE / STOP. L'appareil affiche désormais « SÉLECTIONNER EXERCICE ».

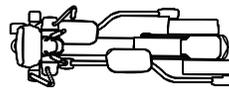
CONSERVER CES INSTRUCTIONS POUR TOUT USAGE ULTÉRIEUR.

ELEVATION SERIES DISCOVER MANUAL ICONS

The Elevation Series Discover Manual covers information for multiple cardio products. To help differentiate we use the following icons.



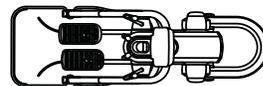
TREADMILL-ONLY FEATURE



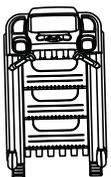
CROSS-TRAINER-ONLY FEATURE



BIKE-ONLY FEATURE



FLEXSTRIDER-ONLY FEATURE



POWERMILL-ONLY FEATURE

DISCOVER SE CONSOLE OVERVIEW



1. Touch Screen Display

- Use to select, set up, monitor and save workouts.
- Access Smartphone, TV, and Apps.
- If connected, access the internet and entertainment options.

2. Options Panel

Connections for the following external storage / media devices:

- a. USB
- b. Headphones
- c. Android mobile devices with micro USB connector
- d. Apple devices including iPads with 30-pin connector

3. Optional RFID (Radio Frequency Identification)

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

4. Reading Rack / iPad Holder

Place traditional reading material as well as mobile devices and tablets in this built-in holder.

5. Activity Zone

This external device places the most frequently used controls at a user's fingertips:

e. Incline

Press these keys to increase or decrease the incline of the treadmill.

f. Speed

Press these keys to increase or decrease the speed of the striding belt.

g. Stop

Press to stop the striding belt.

h. Go

Press to automatically begin a Manual Goals Workout.

i. Walk, Jog, Run

Press to immediately change the belt speed to preset Walk, Jog, Run values.

j. Emergency Stop Magnet

This magnet serves as a safety feature by stopping the belt should the user stumble or fall.

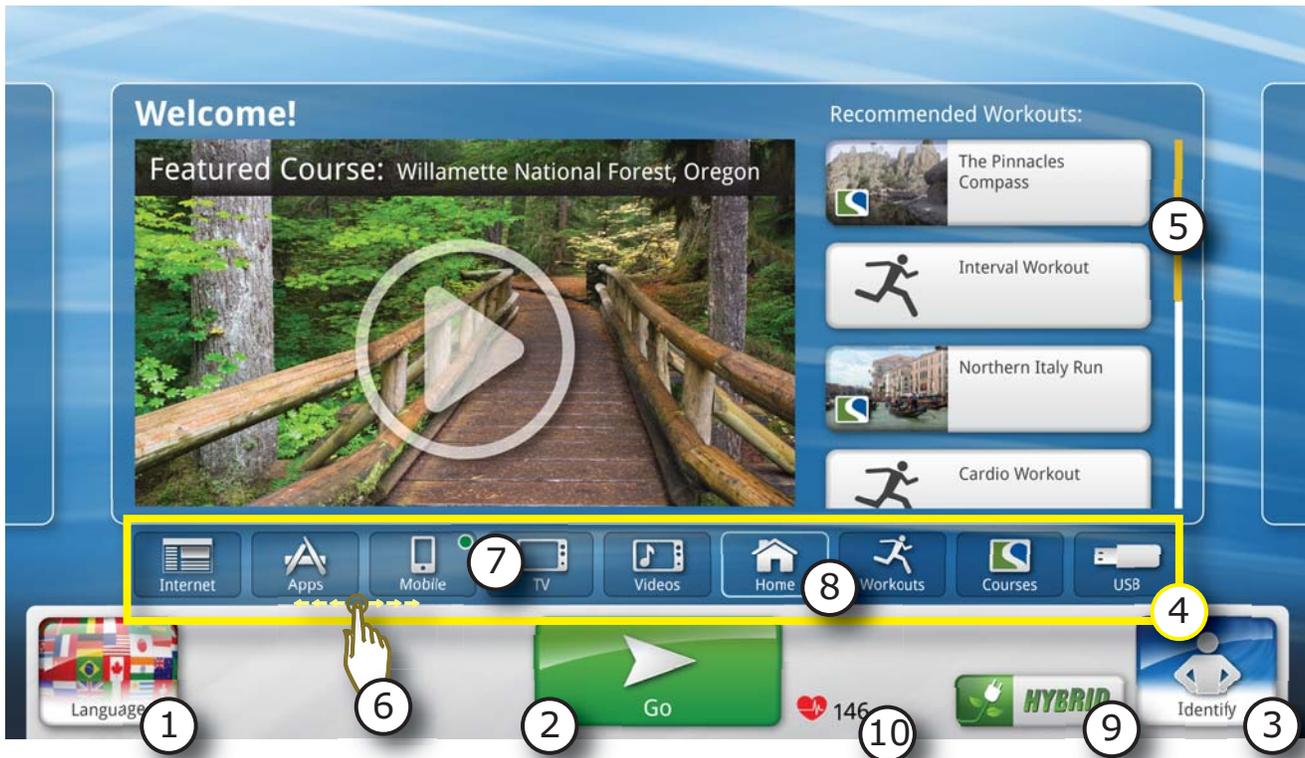
- Before starting a workout, attach the clip, located on the cord of the magnet, to a piece of clothing.
- To stop the striding belt on the treadmill, pull the cord, removing the magnet from the console.
- Replace the magnet to reset the system.

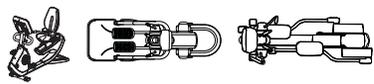
DISCOVER SE CONSOLE TOUCH SCREEN DISPLAY

The intuitive LCD touch screen on the Discover SE Console allows users to:

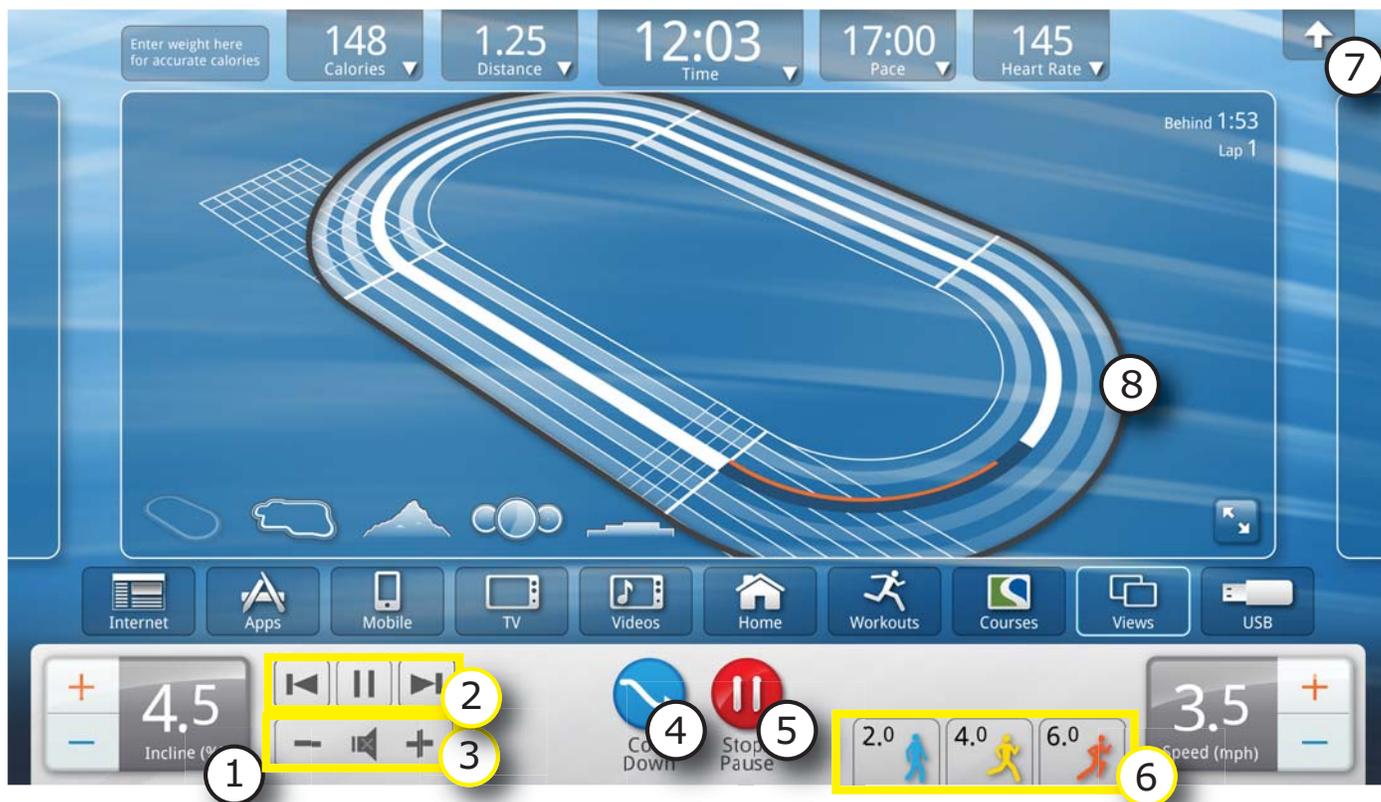
- Select, set up, monitor, and save workouts.
- Access Smartphone, TV, and Apps.
- If connected, access the internet and entertainment options.
- Connect mobile devices and USB.

Touch Screen Display Attract Mode Overview



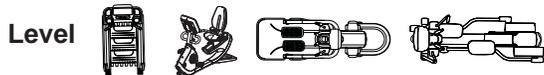
- 1. Language**
Press to display Language Selection Screen.
- 2. Go**
Press to begin a Manual Goals Workout.
- 3. Identify**
Press to log on the LFconnect website or other compatible fitness network.
- 4. Screen Jump Buttons**
Press to jump to the following screens:
 - Home (if enabled)
Note: Home Screen is shown in above graphic.
 - Workouts
 - Courses
 - USB (visible if USB device is detected)
 - TV (visible if coax cable or IPTV ethernet connection is detected)
 - Videos (visible if Gateway is detected)
 - Mobile
 - Internet (visible if connection is detected)
 - Apps
- 5. Scroll Indicator**
Yellow line represents viewable subset of available content.
- 6. Swipe**
 - Swipe screen vertically to scroll through available content.
 - Swipe screen horizontally to jump to next available screen.
- 7. Feature On Indicator**
A green circle, in the upper right hand corner of the Mobile Screen Jump Button indicates connection.
- 8. Current Screen Indicator**
A frame surrounding a Screen Jump Button represents the current active screen. (Home Screen is shown in above graphic).
- 9. Hybrid Mode** 
Users can significantly reduce the amount of electricity required to power the equipment by exercising at a high enough speed and level. The Green Hybrid icon changes states when the user is in Hybrid mode.
See www.lifefitness.com/green for more information.
- 10. Heart Rate Readout**
Displays current heart rate when grasping heart rate sensors.

Touch Screen Display Workout Mode Overview



1. Incline

- Press “+” to increase incline by 0.5% intervals.
- Press “-” to decrease incline by 0.5% intervals



- Press “+” to increase level by 1.
- Press “-” to decrease level by 1.

2. Active Media Data

- Use arrows to skip to the next / previous track.
- Play / Pause active media.

3. Active Media Audio Controls

- Press “-” to decrease volume of active media.
- Press middle icon to mute / unmute all media audio.
- Press “+” to increase volume of active media.

4. Cool Down

Press during workout to begin a cool down period.

5. Stop / Pause

- Press to pause a workout (60 seconds is default).
- Choose *End Workout* or *Resume Workout*.

Note

(International Platinum Club Series Products Only):

Treadmill will go into Energy Saving Mode after 5 minutes of inactivity. To wake up the console, step on the treadmill belt. The treadmill will automatically wake up and the console will light up. Waking up the treadmill takes approximately 50 seconds after stepping onto the belt.

6. Walk / Jog / Run

Press Speed display to enable and workout at the following preset speeds: *Walk* (2.0 mph / 3.2 kph), *Jog* (4.0 mph / 6.4 kph), or *Run* (6.0 mph / 9.7 kph).
Note: Users can also set custom values for each.

Speed Interval

Choose low, medium or high speeds for uninterrupted interval workouts.

7. View Workout Data

Press to hide / show Workout Data.

8. Selected Workout Profile View

(400 Meters Track Profile View is shown above).

Touch Screen Display Workout Mode Overview (continued)



9. Speed

- Press “+” to increase speed by 0.1 mph intervals.
- Press “-” to decrease speed by 0.1 mph intervals.

SPM

- Press “+” to increase SPM by 1.
- Press “-” to decrease SPM by 1.

RPM

Displays speed in RPM or MPH.

10. Toggle

Press to toggle between Standard and Full screen sizes. **Note:** This feature is only available in Workout Mode.

11. Workout Data

Press down arrows to select specific data display options.

12. Workout Profile Views

Press corresponding icon to display different Workout Profile Views including: 400 Meters Track, 5K Trail, Mountain, Zoom, Classic, FitPower™, & Endless Staircase.

Note: Not all views are available on every product.

13. Workout Profile View Information

Information based on selected Workout Profile View and Workout Goal.

14. Enter Weight Here for Accurate Calories

Press to enter weight for accurate calorie data display. **Note:** If weight is not entered, 165 lbs. (75 kg) will be used to calculate calories.

LANGUAGE SELECTION SCREEN



1. Language Options

Users can select a language to use during a workout. Options are listed below:

- *English*
- *English UK*
- *Spanish*
- *German*
- *Japanese*
- *Dutch*
- *Simplified Chinese*
- *Traditional Chinese*
- *Portuguese*
- *Italian*
- *French*
- *Russian*
- *Korean*
- *Turkish*
- *Polish*
- *Finnish*
- *Hungarian*
- *Arabic*
- *Catalan*
- *Basque*

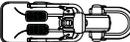
After a selection is made, the language is saved and the Language Selection Screen is closed.

2. **Exit** the Language Selection Screen without saving a selection.

GO SELECTION SCREEN



Press GO to begin a workout immediately without setup or selecting a goal.

- A workout countdown “3, 2, 1” screen appears.
- Users can make adjustments to the workout after starting a workout.
- A GO workout begins at a speed of 0.5 mph / 0.8 kph and an incline of 0.0%. 
- A GO workout begins at Level 6. 
- A GO workout begins at 20 Steps Per Minute (SPM). 



Sign in as a registered LFCONNECT website user or create a LFCONNECT ID and password.

1. **User ID**
Input LFCONNECT User ID. *(Input defaults to numeric only input)*
2. **Numeric Keypad**
Use numeric keypad to input numeric User ID and Passcode
3. **User Password**
Input LFCONNECT passcode. *(Input defaults to numeric only input)*
4. **Login**
Press to login.
5. **New to LFCONNECT?**
Press the question mark icon to learn about the benefits of LFCONNECT.
6. **Sign Up**
Press to create a free LFCONNECT account.
 - a. Input email address, User ID, and password.
 - b. Create a numeric user ID and four-digit passcode for quick access.
 - c. Create a password, re-enter password, and accept Terms of Service.
 - d. Go back to LFCONNECT home screen.
 - e. Submit information.

WORKOUTS SELECTION SCREEN

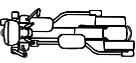


Browse and select a workout from the Workouts Selection Screen.

1. All Workouts

Press to select a workout from the following categories:

Classic

- Manual Goals
- Hill
- Random
- Rolling Hills
- Cross-Train Aerobics 
- Cross-Train Reverse

Healthy Heart

- Moderate Burn
- Vigorous Burn
- Fixed Time Interval
- Variable Time Interval

Performance

- 2-Speed Interval *(not available on PowerMill)*
- Starter Interval *(not available on Treadmill or PowerMill)*
- 3-Speed Interval 
- 5K 
- 10K
- Watts 
- METs

2. My Workouts

Press to view and select a saved workout.

3. Evaluate

Press to select from the following workouts:

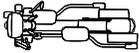
- Life Fitness Fit Test
- Navy Physical Readiness Test *(not available on FlexStrider or PoweMill)*
- Candidate Physical Ability Test (CPAT) 
- WFI Submax Protocol  
- Army Physical Fitness Test 
- Marines Physical Fitness Test 
- Air Force Fitness Test 
- Physical Efficiency Battery 

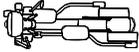
WORKOUT DESCRIPTIONS

Classic Workouts



- **Manual Goals** is a constant effort workout in which the user can change incline level or speed at any time.
- **Hill** is an interval training workout. Intervals are periods of intense aerobic exercise separated by regular periods of lower-intensity exercise. The overall duration of the workout determines the length of each interval.
- **Random** is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.
- **Rolling Hills** is a rolling hill workout with low intensity levels.

- **Cross-Train Aerobics** simulates the experience of working with a personal trainer. There are prompts to emphasize pushing, pulling, total body, lower body, speed changes, and forward / reverse motion. 

- **Cross-Train Reverse** continuously alternates 5 minutes of forward motion with 2 minutes of reverse motion. 

Healthy Heart Workouts (Heart Rate Zone Training®)

- **Moderate Burn** is a low-intensity cardio workout. The program adjusts the intensity level through changing the incline (elevation), based on the actual heart rate, to maintain the rate at 65% of the theoretical maximum.
- **Fixed Time Interval** takes the user through three different hills based on targeting three different heart rate goals.
- **Vigorous Burn** is a higher-intensity workout for more fit users, maximizing cardiovascular benefits and total calories burned. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80% of the theoretical maximum.
- **Variable Time Interval** alternates between a hill and a valley based on the target heart rate.

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 zone is a percentage of the theoretical maximum (HRmax), and its value depends on the workout. The maximal heart rate formula is defined by the American College of Sports Medicine's *Guidelines for Exercise Testing and Prescription*, 8th Edition, 2010. HRmax equals to 206.9 minus the total of 0.67 multiplied by a person's age.

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

Theoretical Maximum Heart Rates and Target Heart Rates

Reference the chart below for Theoretical Maximum Heart Rates and Target Heart Rates.

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

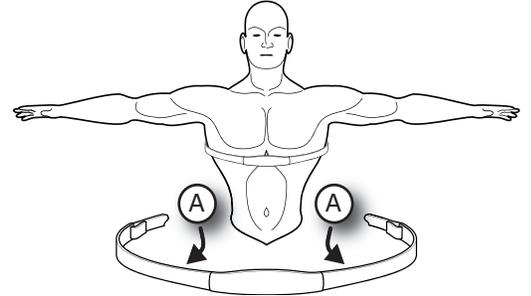
Note: Consulting a fitness trainer is recommended for defining specific fitness goals and designing a workout program.

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

The Optional Polar® Telemetry Heart Rate Chest Strap

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

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



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

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

Note: During the setup of a heart rate zone training workout, the user will be required to enter a start-up speed. If a Polar telemetry heart rate chest strap is not detected, the maximum allowable speed is 4.5 mph / 7.2 kph. If a Polar telemetry heart rate chest strap is detected, users can workout at the maximum allowed speed set in Manager's Configuration.

The Lifepulse™ System

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

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

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

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



Treadmill



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



Performance Workouts

- **2-Speed Interval** enables the user to toggle between single user-defined jog and run speeds.
- **3-Speed Interval** enables the user to choose low, medium or high speeds for uninterrupted interval workouts. 
- **Starter Interval** is a series of increasingly steeper hills, alternating with valley, or stints of recovery. **Note:** Not available on Treadmill or PowerMill.
- **Watts / METs** targets a rate of effort equal to a certain number of Watts / METs. 
- **5K** is a distance-goal workout that simulates an actual terrain with varying incline levels. It is designed to assist runners in training for a 5-kilometer, or 3.1-mile, race. 
- **10K** is a distance-goal workout that simulates an actual terrain with varying incline levels. It is designed to assist runners in training for a 10-kilometer, or 6.2-mile, race. 

Evaluate Workouts

- **Life Fitness Fit Test** estimates cardiovascular fitness and can be used to monitor improvements in endurance every 4 - 6 weeks. (See following page for details on set up and results ratings).
- **U.S. Navy Physical Readiness Test (PRT)** is a 5-minute distance goal test based on the time needed to complete the required distance and is used by the U.S. Navy and Naval academies to measure aerobic capacity. **Note:** Not available on FlexStrider or PowerMill.
- **Candidate Physical Ability Test (CPAT)** is used to predict the ability to perform basic fire fighting tasks developed by the International Association of Fire Fighters. The test starts out with a 20-second warm up period at a set stepping rate of 50 steps per minute followed by the 3-minute test at a set stepping rate of 60 steps per minute. 
- **U.S. Air Force Fitness Test (PRT)** is a physical performance test used to assess muscular endurance and cardiorespiratory fitness. 
- **U.S. Army Physical Fitness Test (PFT)** is a 5-minute physical performance test used to assess muscular endurance and cardiorespiratory fitness. 
- **U.S. Marines Physical Fitness Test (PFT)** is a physical performance test used to assess muscular endurance and cardiorespiratory fitness. 
- **Physical Efficiency Battery (PEB)** is used by U.S. Federal Law Enforcement, U.S. Federal Bureau of Investigation, and other federal organizations for the hiring and maintenance of federal jobs. 
- **WFI Submax Protocol** is a graded submax assessment used to predict a fire fighter's aerobic capacity. This test automatically increases speed and incline until a target heart rate is reached. This assessment replaces the Gerkin assessment. Once the target heart rate has been exceeded for 15 seconds, the program goes into a cool down for 3 minutes at 3 mph at a 0% grade. 

WORKOUT DESCRIPTIONS - LIFE FITNESS FIT TEST



- The Life Fitness Fit Test estimates cardiovascular activity and can be used to monitor improvements in endurance every 4 - 6 weeks.
- The Fit Test is considered to be a submax VO_2 (volume or oxygen) test and gauges how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood.
- Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity.
- Workout duration is 5 minutes total.
- Take the Fit Test under similar circumstances each time. For the most accurate Fit Test results, you should perform the Fit Test on three consecutive days and average the three scores.
- To receive a proper Fit Test score, the work done must be within a training heart rate zone that is 60% to 85% of the theoretical maximum heart rate (HRmax).

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

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

Your heart rate is dependent on many factors, including:

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

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

	Inactive	Active	Very Active
Treadmill	2 - 3 mph (3.2 - 4.8 kph)	3 - 4 mph (4.8 - 6.4 kph)	3.5 - 4.5 mph (5.6 - 7.2 kph)
Cross-Trainer	L 2-4 men L 1-2 women	L 3-10 men L 2-5 women	L 7-15 men L 3-10 women
Lifecycle Exercise Bikes	L 4-6 men L 2-4 women	L 5-10 men L 3-7 women	L 8-14 men L 6-10 women
PowerMill Climber	L1 - L4	L3 - L7	L6 - L11
FlexStrider	L6 - L10	L8 - L10	L10 - L14



Within each suggested range, use these additional guidelines:

Lower Half of Range	Upper Half of Range
higher age	lower age
lower weight	higher weight (in cases of excessive weight, use lower half of range)
shorter	taller

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

Please note that the estimated VO₂ max scores achieved will be 10-15% lower on stationary exercise bikes than those achieved on other Life Fitness cardiovascular equipment. Stationary cycling has a higher rate of isolated muscle fatigue of the quadriceps when compared to walking / running on a treadmill or utilizing a bike. This higher rate of fatigue corresponds to lower levels of estimated VO₂ max scores.

Relative Fitness Classification for MEN

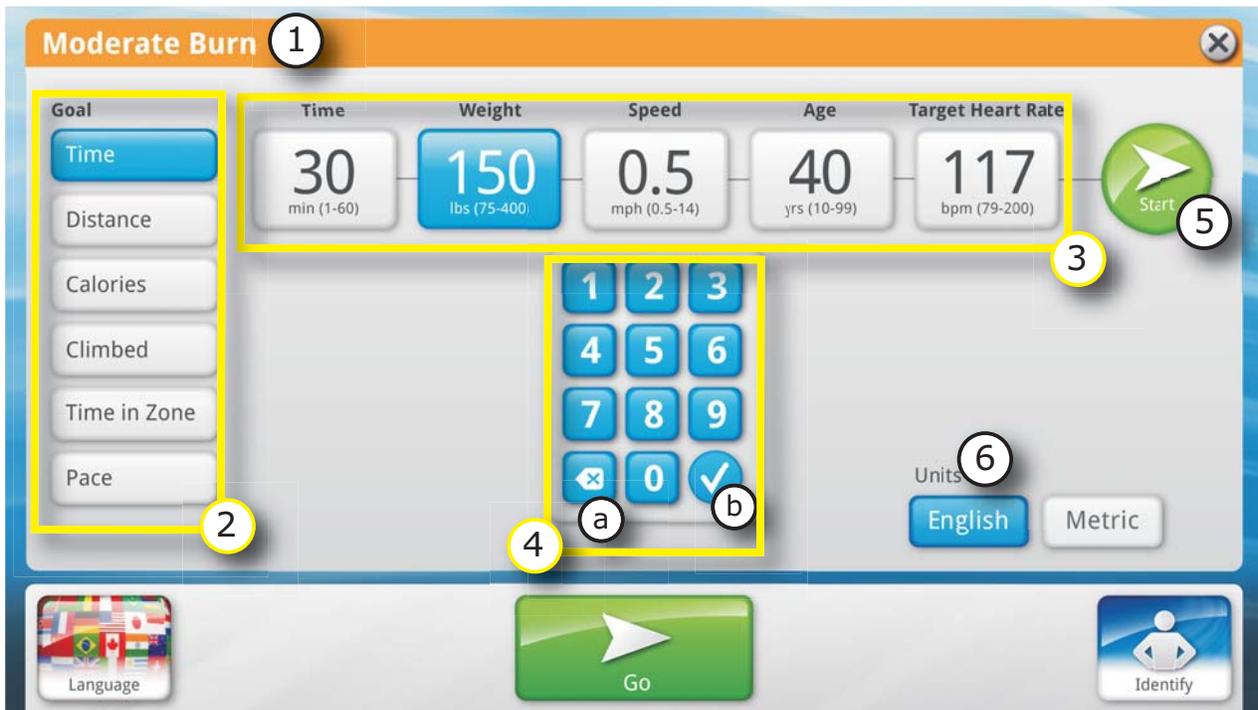
Rating	<i>Elite</i>	<i>Excellent</i>	<i>Very Good</i>	<i>Above Average</i>	<i>Average</i>	<i>Below Average</i>	<i>Low</i>	<i>Very Low</i>
Estimated VO₂ Max (ml/kg/min) per Age category								
20 - 29 years	55+	53 - 54	50 - 52	45 - 49	40 - 44	38 - 39	35 - 37	<35
30 - 39 years	52+	50 - 51	48 - 49	43 -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

Relative Fitness Classification for WOMEN

Rating	<i>Elite</i>	<i>Excellent</i>	<i>Very Good</i>	<i>Above Average</i>	<i>Average</i>	<i>Below Average</i>	<i>Low</i>	<i>Very Low</i>
Estimated VO₂ Max (ml/kg/min) per Age category								
20 - 29 years	47+	45 - 46	43 - 44	38 - 42	33 - 37	31 - 32	28 - 30	<28
30 - 39 years	44+	42 - 43	40 - 41	36 - 39	31 - 35	29 - 30	27 - 28	<27
40 - 49 years	42+	40 - 41	38 - 39	34 - 37	30 - 33	28 - 29	25 - 27	<25
50 - 59 years	37+	35 - 36	33 - 34	30 - 32	26 - 29	24 - 25	22 - 23	<22
60+ years	35+	33 - 34	31 - 32	27 - 30	24 - 26	22 - 23	20 - 21	<20

Life Fitness developed this rating scale based on VO₂ max percentile distributions referenced in *American College of Sports Medicine's Guidelines for Exercise Testing and Prescription* (8th E. 2010). It is designed to provide a qualitative description of a user's VO₂ max estimation, and a means of assessing initial fitness level and tracking improvement.

WORKOUT SETUP - SELECT GOAL



After selecting a workout, users are prompted to choose a specific workout goal for that workout. Each goal has specific workout parameters. Users enter values for the workout parameters.

1. Selected Workout

The name of the selected workout is displayed.

2. Choose a Workout Goal

The left hand column shows available goals for the selected workout.

- Choose a goal.
- Button of selected workout goal turns blue.

3. Input Data

After selecting a goal, the workout parameters relating to that goal are displayed along the top of the screen.

- Select workout parameter.
- Enter and accept data.
- The button of the next workout parameter turns blue.
- If no data is entered, the default values set for each workout parameter are automatically used.

4. Keypad

Use to input numeric values for workout parameters.

a. Delete a digit entered incorrectly.

b. Accept data entry.

5. Start

After inputting all required data, press START to accept data and begin workout.

6. Units

- Select unit of measurement.
- Unit of measurement is exclusive to each data entry

WORKOUT SETUP - DATA ENTRY OPTIONS

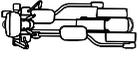


Reference the chart below for a list of workouts, goals associated with each workout, and parameters required for input.

WORKOUT	GOALS	USER INPUT
Manual Goals	Time	Time, Weight, Incline, Speed / RPM / SPM
	Distance	Distance, Weight, Incline / Resistance, Speed / SPM / RPM
	Calories	Calories, Weight, Incline / Resistance, Speed / SPM / RPM
	Distance Climbed	Distance Climbed, Weight, Incline Speed
	Pace	Distance, Time / Mile, Weight, Incline / Resistance, Speed / RPM
	Marathon Mode	Weight, Incline / Resistance, Speed / SPM / RPM
Hill & Random	Time	Time, Weight, Average Level, Speed / SPM / RPM
	Distance	Distance, Weight, Average Level, Speed / SPM / RPM
	Calories	Calories, Weight, Average Level, Speed / SPM / RPM
	Distance Climbed	Distance Climbed, Weight, Average Level, Speed / SPM / RPM
	Pace	Distance, Time / Mile, Weight, Average Level, Speed / RPM
	Marathon Mode	Weight, Average Level, Speed / SPM / RPM
Rolling Hills	Time	Time, Weight, Average Level, Speed / SPM / RPM
	Marathon Mode	Weight, Average Level, Speed / SPM / RPM
Moderate Burn, Vigorous Burn, Fixed Time Interval & Variable Time Interval	Time	Time, Weight, Age, Target Heart Rate, Speed / SPM / RPM
	Distance	Distance, Weight, Age, Target Heart Rate, Speed / SPM / RPM
	Calories	Calories, Weight, Age, Target Heart Rate, Speed / SPM / RPM
	Distance Climbed	Distance Climbed, Weight, Age, Target Heart Rate, Speed / SPM / RPM
	Time In Zone	Time in Zone, Weight, Age, Target Heart Rate, Speed / SPM / RPM
	Marathon Mode	Weight, Age, Target Heart Rate, Speed / SPM / RPM
2-Speed Interval	Time	Time, Level, Weight, Low Interval Speed, High Interval Speed <i>(treadmill & PowerMill)</i>
		Time, Level <i>(Lifecycle exercise bikes, cross-trainers & FlexStrider)</i>
	Marathon Mode	Weight, Level, Low Interval Speed, High Interval Speed <i>(treadmill & PowerMill)</i>
		Level <i>(Lifecycle exercise bikes, cross-trainers & FlexStrider)</i>
Starter Interval	N/A	Level <i>(Lifecycle exercise bikes, cross-trainers & FlexStrider)</i>
 5K & 10K	N/A	Weight, Level, Speed
 3-Speed Interval	Time	Time, Level, Weight, Low Interval Speed, High Interval Speed
	Marathon Mode	Weight, Level, Low Interval Speed, High Interval Speed

WORKOUT SETUP - DATA ENTRY OPTIONS (CONTINUED)



WORKOUT	GOALS	USER INPUT
Cross -Train Aerobics & Reverse 	Time	Time, Weight, Incline, Level
	Distance	Distance, Weight, Level
	Distance Climbed	Distance Climbed, Weight, Level
	Calories	Calories, Weight, Level
	Marathon Mode	Weight, Level
Watts & METs 	Time	Time, Weight (for METs only), Watts / METs
	Distance	Distance, Weight (for METs only), Watts / METs
	Calories	Calories, Weight (for METs only), Watts / METs
	Distance Climbed	Distance Climbed, Weight (for METs only), Watts / METs
	Pace	Distance, Time / Mile, Weight (for METs only), Level
	Marathon Mode	Weight (for METs only), Watts / METs

WORKOUT	USER INPUT
Life Fitness Fit Test	Weight, Age, Gender, Speed / Level
Navy Physical Readiness Test (not available on PowerMill or FlexStrider)	Elevation (> 5000 ft. or < 5000 ft.), Weight, Age, Gender, Speed / Level
 U.S. Army Physical Fitness Test	Weight, Age, Gender, Speed
 U.S. Marines Physical Fitness Test	Elevation (> 5000 ft. or < 5000 ft.), Weight, Gender, Speed
 U.S. Air Force Fitness Test	Weight, Age, Gender, Speed, Test (1.5 mile run or 1.0 mile walk)
  WFI Submax Protocol	Weight, Height, Age
 Physical Efficiency Battery (PEB)	Weight, Age, Gender, Speed



User Input Ranges

Time

1 - 60 minutes

Weight

75 - 400 lbs. (34 -181 kg)

Incline

0.0 - 15.0

Speed

0.5 - 14.0 mph

20 - 160 spm (*PowerMill only*)

Age

10 - 99 years

Height

36 - 90 inches

Average Level

1 - 20

Level refers to a range of incline percentages.

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

PowerMill:

Configurable * : 0 - 20 Level

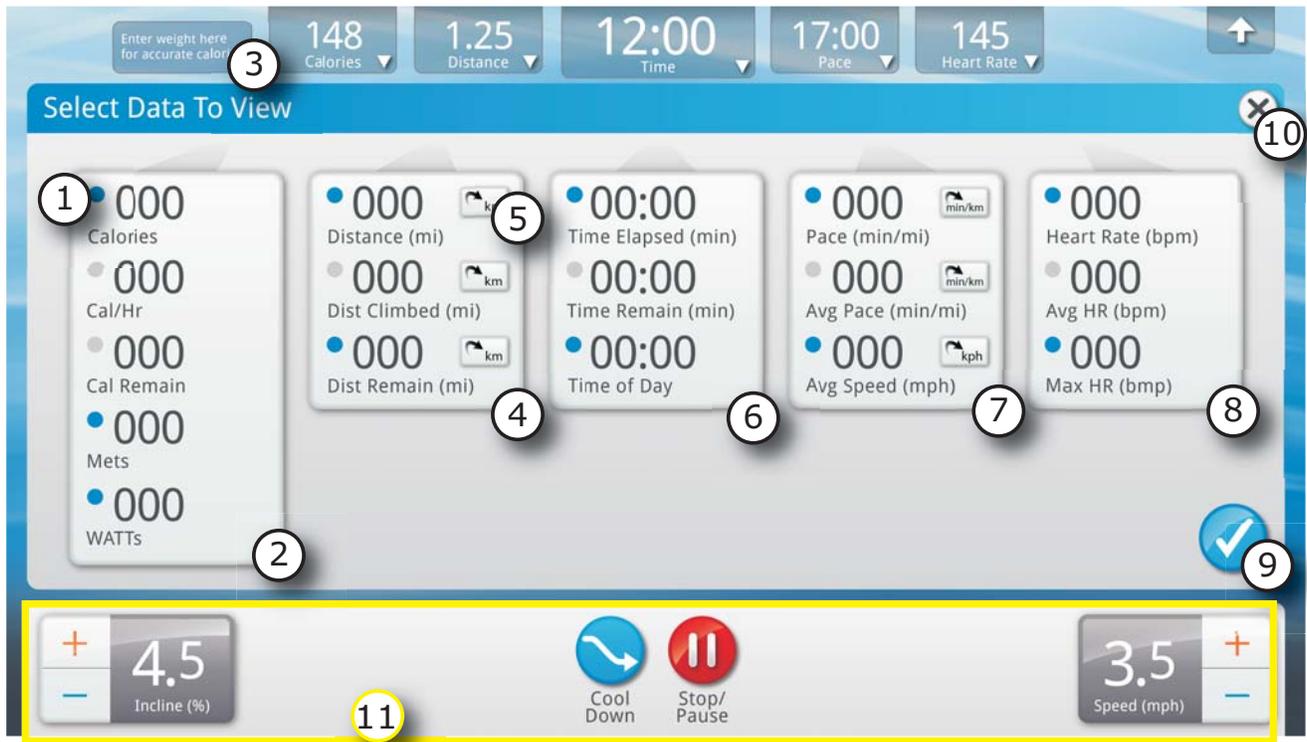
Configurable * : 12 - 185 SPM

* If the "Level Zero" option is enabled the minimum level becomes 0 and minimum SPM is 12.

* If the "Level 21 - 25" option is disabled then maximum level is 20 and maximum SPM is 159.

Levels 21 - 25 and corresponding SPM rates of 160 to 185 are only allowed in MANUAL and SPEED INTERVAL workouts.

WORKOUT DATA DISPLAY OPTIONS



1. Toggle Indicator

Press the toggle indicator of the desired data field to be displayed in the Data Display Buttons.

- Blue indicates viewed.
- Gray indicates not viewed.

2. Calories Data Display Options

- Calories - *total calories burned*
- Cal / Hour - *calories burned per hour*
- Cal Remain - *calories remaining based on a calorie goal*
- METs - *accumulated METs (metabolic equivalent of task) burned*
- Watts - *user's wattage output*

3. Enter Weight Here for Accurate Calories

Press to enter weight for accurate calorie data display.
Note: If weight is not entered, 165 lbs. (75 kg) will be used to calculate calories.

4. Distance Data Display Options

- Distance (mi / km) - *distance accumulated*
- Dist Climbed (mi / km) - *distance climbed*
- Dist Remain (mi / km) - *distance remaining based on a distance goal*

5. Unit of Measure Toggle

Switch between English and metric settings.

6. Time Data Display Options

- Time Elapsed (min) - *time elapsed*
- Time Remain (min) - *time remaining based on a time goal*
- Time of Day - *local time of day*

7. Pace Data Display Options

- Pace (min / mi, min / km) - *current pace*
- Avg Pace (min / mi, min / km) - *average pace*
- Avg Speed (mph / kph) / RPM - *average speed*

8. Heart Rate Display Options

- Heart Rate (bpm) - *current heart rate*
- Avg HR (bpm) - *average heart rate*
- Max HR (bpm) - *maximum heart rate based on a heart rate based workout*

9. Confirm

Save Data Display Options and return to previous screen.

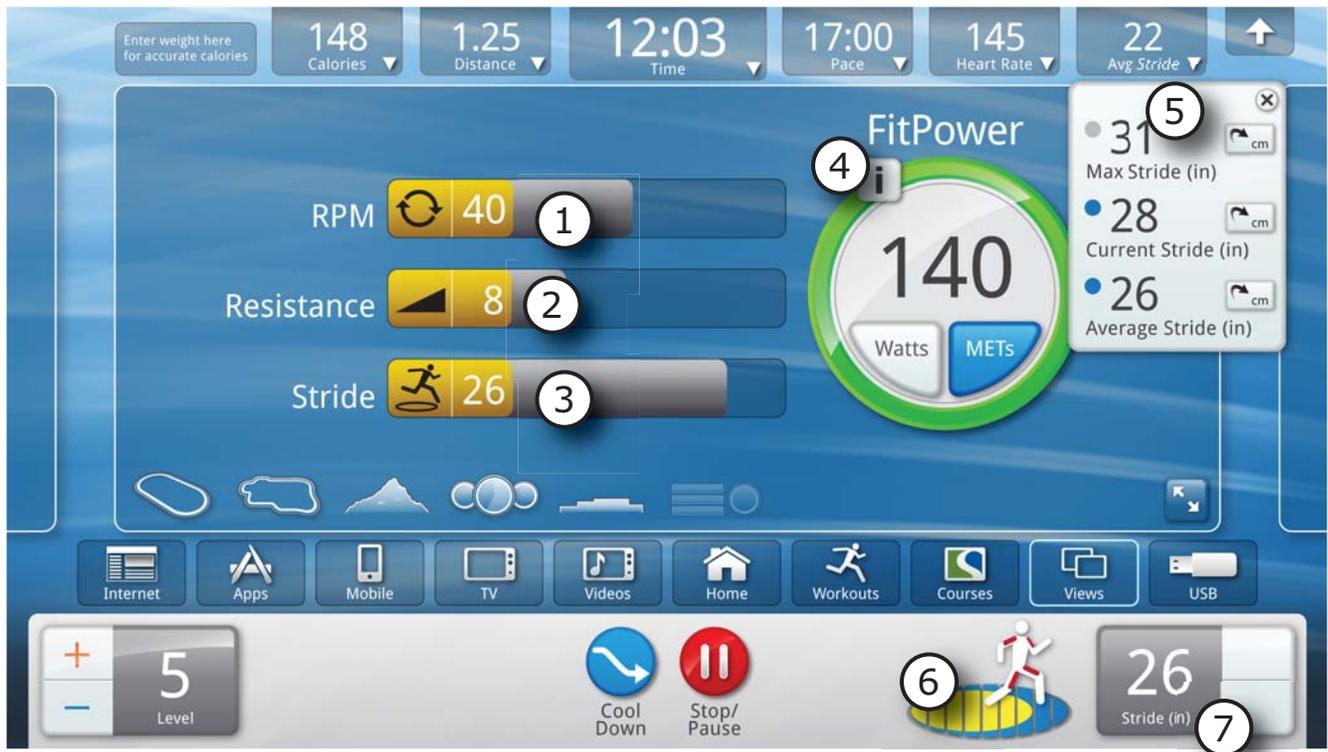
10. Exit

Close the Data Display pop-up screen without saving changes and return to previous screen.

11. Workout Controls

Buttons in this bottom area are usable while in the Data Display Options Mode.

WORKOUT DATA DISPLAY OPTIONS - FLEXSTRIDER



- 1. RPM**
The current RPM is displayed.
- 2. Resistance**
The current resistance level is displayed.
- 3. Current Stride**
The current stride length is displayed.
- 4. FitPower™**
FitPower displays the energy output of exercisers by factoring in RPMs, resistance and stride length.
- 5. Stride**
 - Max stride length
 - Current stride length
 - Average stride length
- 6. Stride Icon**
A visual indicator that moves as stride increases.
- 7. Current Stride**
The current stride length is displayed.

CHANGE WORKOUT GOAL

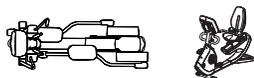


Users can change workout goals and / or switch to another workout during a workout session.

- Go to the Workouts Selection Screen.
- The name of your current workout program is highlighted. Select to change goal of your current workout.
- Select a new workout from the Workouts Selection Screen. Selecting a new workout ends the current workout and begins a new workout.
- Change workout time by selecting workout.

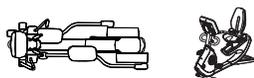
1. Change Mode Button

This button is not displayed on Treadmills.



2. Change Mode Options

Allows the user to select / toggle between the following options:



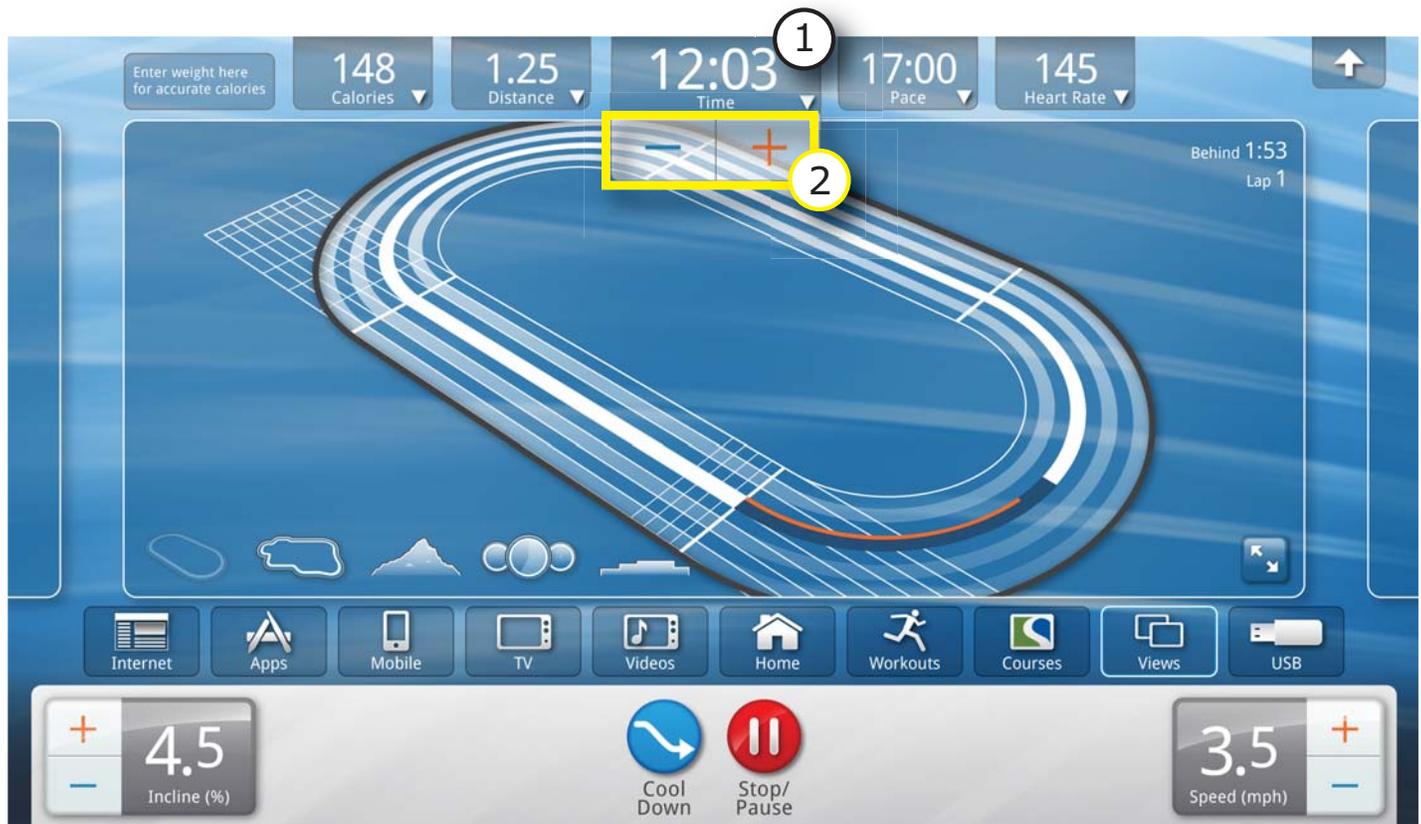
Cross-Trainer:

- *Aerobics* - simulates the experience of working with a personal trainer. There are prompts to emphasize pushing, pulling, total body, lower body, speed changes, and forward/reverse motion.
- *Reverse* - continuously alternates 5 minutes of forward motion with 2 minutes of reverse motion.

Bikes:

- *Bike Mode* - rate of calories burned and total distance traveled increase automatically as the user increases the pedaling speed.
- *Constant Cal/Hr* - enables a user to maintain a consistent rate of calories burned per hour.

COOL DOWN



Workouts end automatically in a Cool Down Mode. Users can manually start a Cool Down Mode anytime during a workout by pressing the Cool Down button visible on the bottom of the screen.

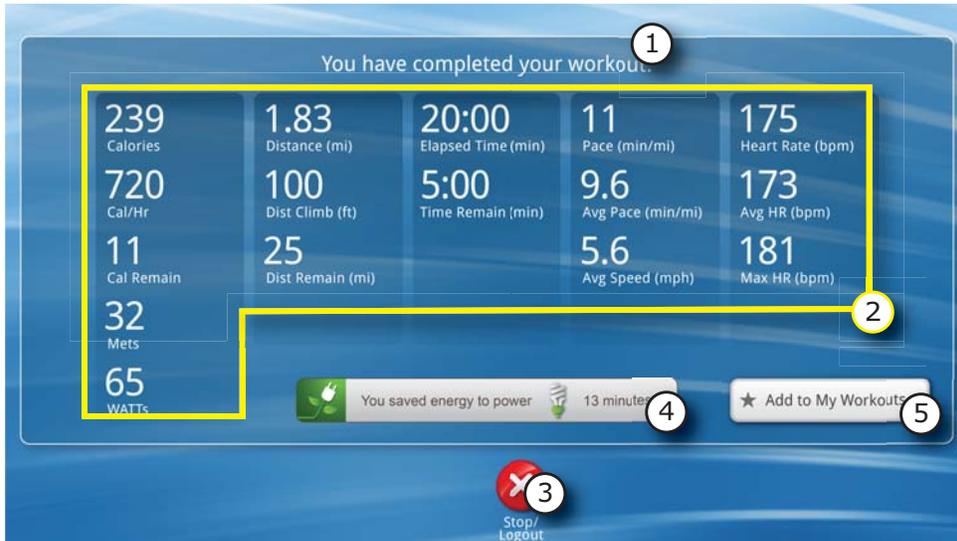
1. Time Display

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

2. Increase / Decrease Time

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

WORKOUT SUMMARY



The Workout Summary Screen is displayed once the workout session ends or is terminated by the user.

1. Message

You have completed your workout is displayed.

2. Summary of Workout Parameters

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

3. Stop / Logout

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

4. Hybrid Summary

Hybrid Mode data is displayed. The summary presents a power savings representation relating to a CFL bulb.

5. Add to My Workouts (only appears if not logged in)

Press to save your workout. **Note:** *This option appears only if a Network Connection, LFconnect app on an Apple or Android mobile device, or a USB device is detected.*

Workouts are automatically saved if already logged in or the LFconnect app is detected and active. These options are available for saving results:

(a) Login If not already identified, use this option to automatically save a workout to the LFconnect website.

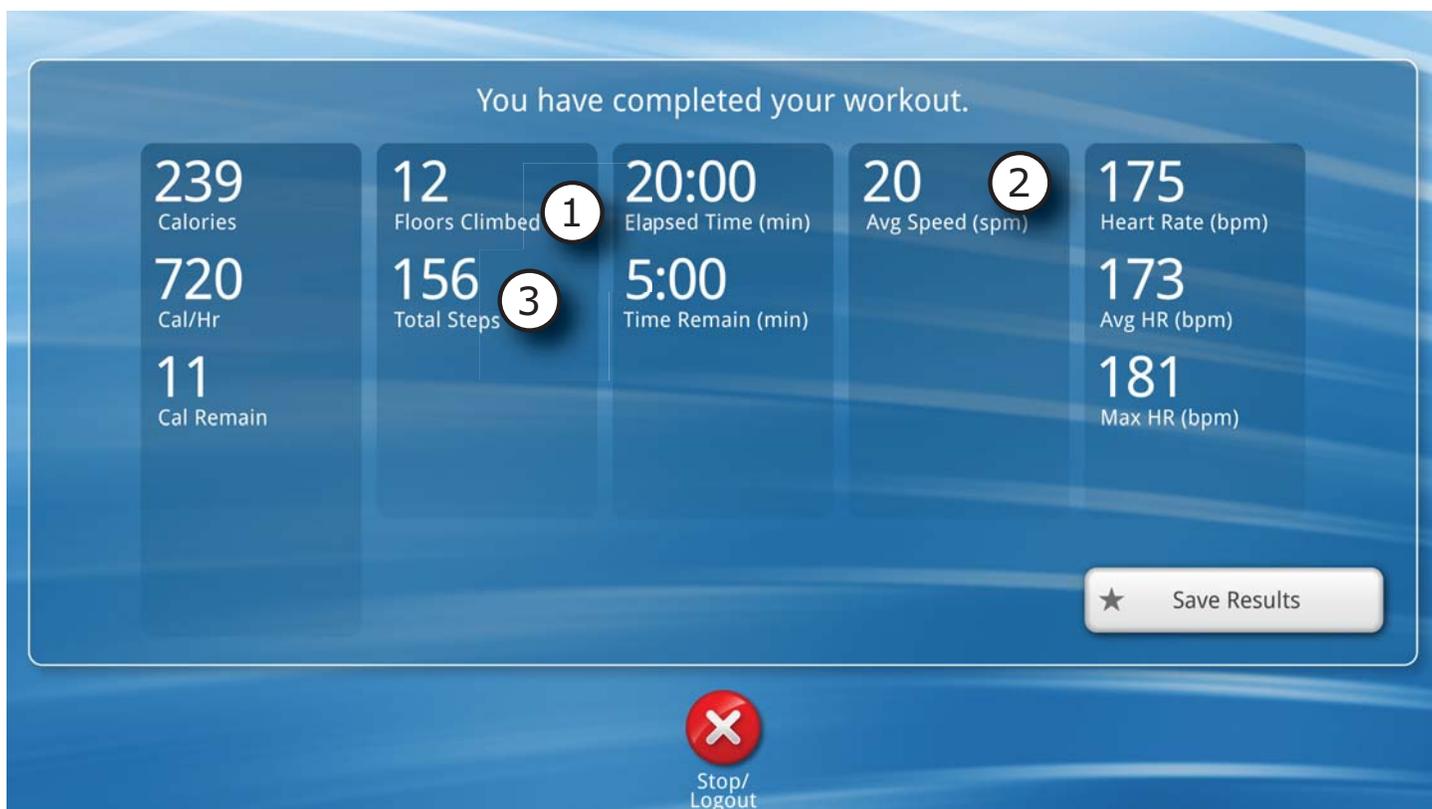
(b) Apple Mobile Device Save workout to LFconnect app on an Apple device. Option will be checked by default if device and app are detected.

(c) Android Mobile Device Save workout to LFconnect app on an Android device. Option will be checked by default if device and app are detected.

(d) USB Save workout to USB device.

Press to **Save (e)** workout results and exit out of the Workout Summary Screen.

Press to **Close (f)** without saving any workout results.



1. Floors Climbed

The number of floors climbed since the beginning of the workout.

3. Total Steps

The number of steps taken since the beginning of the workout.

2. Average Speed (Steps per Minute)

The average rate of steps climbed per minute.

WORKOUT SUMMARY - FLEXSTRIDER



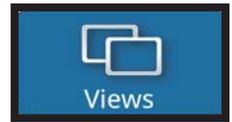
1. Maximum Stride

The maximum stride length achieved since beginning the workout.

2. Average Stride

The average stride length achieved during the workout.

WORKOUT PROFILE VIEW - 400 METERS TRACK



The 400 Meters Track View uses a Runner Line to show the user's distance progress.

1. Runner Line

- Blue line represents the user's distance progress.
- Line starts on the first distance marker on the track.
- Orange line represents the user's pace.

Note: This line will be displayed only if a Pace Goal is selected.

2. Track Line

The user's progress and pace lines are contained within this white track line at all times.

3. Distance Marker

Each of the four markers represents 100 m / 0.06 mi.

4. Lap Counter

- Lap Counter starts at 0.
- As the user completes a full lap around the track the count increases by one.

5. Progress Label

- "Even" will be displayed if the user is even with the pacer.
- "Ahead" will be displayed if the user is ahead of the pacer.
- "Behind" will be displayed if the user is behind the pacer.
- The accumulated time that the user is ahead or behind the pacer is shown to the right of the Progress Label.

WORKOUT PROFILE VIEW - 5K TRAIL



The 5K Trail View uses a Runner Line to show the user's distance progress.

1. Runner Line

- Blue line represents the user's progress.
- Line starts on the first tick mark on the trail at 0k.
- Orange line represents the user's pace.
Note: This line will be displayed only if a Pace Goal is selected.

2. Trail Line

The user's progress and pace lines are contained within this white trail line at all times.

3. Distance Marker

Each of the five markers represents 1 km / 0.6 mi.

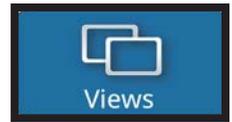
4. Lap Counter

- Lap Counter starts at 0.
- As the user completes a full lap around the trail the count increases by one.

5. Progress Label

- "Even" will be displayed if the user is even with the pacer.
- "Ahead" will be displayed if the user is ahead of the pacer.
- "Behind" will be displayed if the user is behind the pacer.
- The accumulated time that the user is ahead or behind the pacer is shown to the right of the Progress Label.

WORKOUT PROFILE VIEW - ZOOM



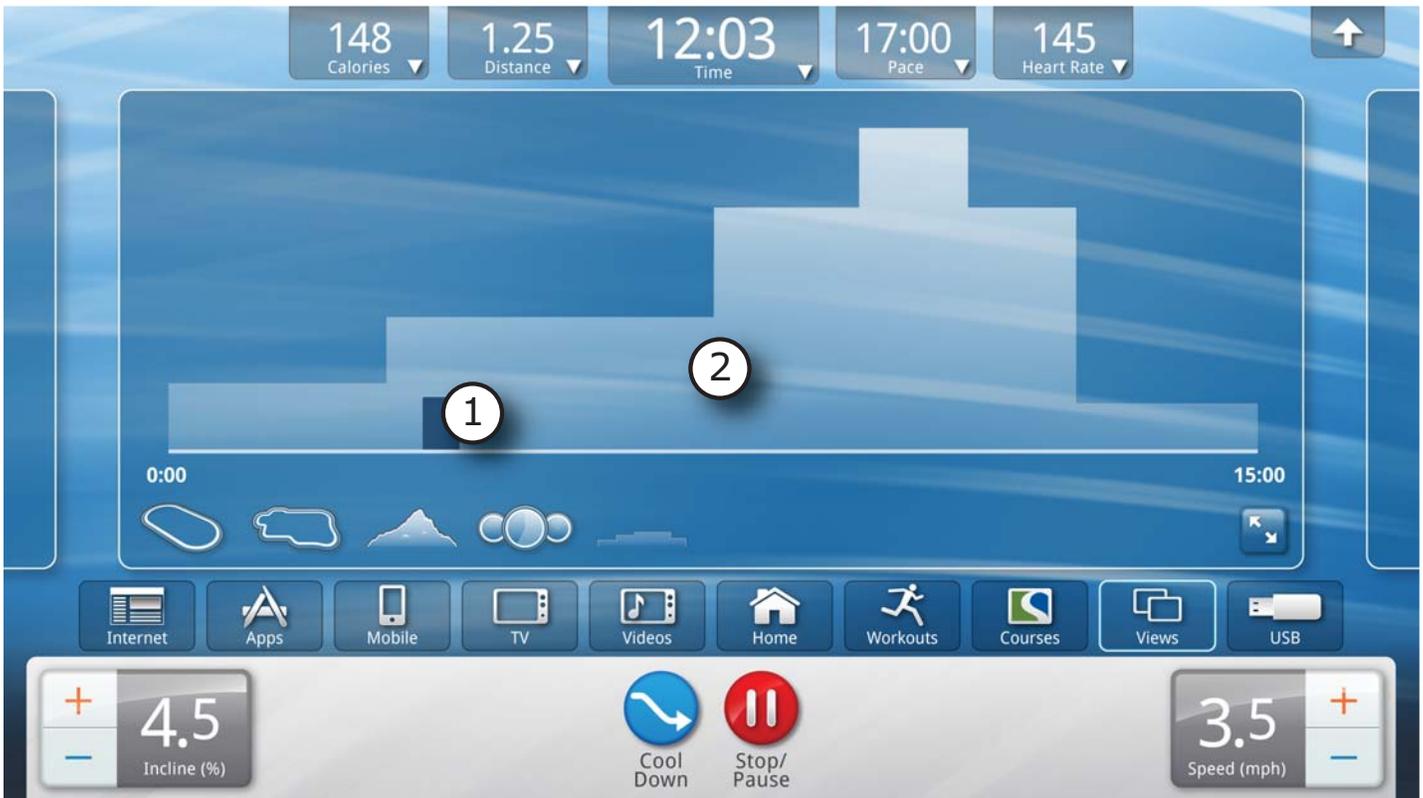
The Zoom View uses three separate dials to show workout data. Data shown depends on selected workout goal. Reference the chart on the next page for the configuration of data readouts for each dial.

1. **Center Dial** (see *Dial Data Default Configurations*)
2. **Center Dial Counter**
The center blue dial counter represents the entirety of the workout time or distance and shows a progression or elapsed state of the following:
 - *Time or Distance Remaining:* The counter will progress counter-clockwise as time or distance counts down.
 - *Time or Distance Elapsed:* The counter will progress clockwise as the time or distance accumulates.
3. **Time of Day**
Displays current time of day.
4. **Right Dial**
Displays current speed or RPM / SPM.
5. **Speed Needle**
Needle moves clockwise between a fixed speed range (0.0 - 14.0 mph / 0.0 - 23.0 kph). **Note:** *The speed range can be set in Manager's Configuration.*
6. **Left Dial** (see *Dial Data Default Configurations*)
7. **Incline / Resistance Keypad**
Use the keypad to change incline or resistance level during a workout.
8. **Speed Keypad** 
Use the keypad to change speed during a workout.
9. **Walk / Jog / Run** 
 - Select to enable or disable the Walk / Jog / Run option.
 - A white check mark indicates that the Walk / Jog / Run option is enabled.
 - Select the preset Walk / Jog / Run speeds or assign custom values for each.

Dial Data Default Configurations for Zoom View

Goal	Left Dial Numeric Only	Center Dial Pie Display	Right Dial Speed Needle
Time	Calories	Time Remaining	Speed (or RPM / SPM)
		Time of Day (<i>inset</i>)	Distance (<i>cumulative</i>)
Distance	Calories	Distance Remaining	Speed (or RPM / SPM)
		Time of Day (<i>inset</i>)	Distance (<i>cumulative</i>)
Calories	Distance	Calories Remaining	Speed (or RPM / SPM)
		Time of Day (<i>inset</i>)	Distance (<i>cumulative</i>)
Distance Climbed	Calories	Distance Climbed Remaining	Speed (or RPM / SPM)
		Time of Day (<i>inset</i>)	Distance (<i>cumulative</i>)
Time in Zone	Calories	Time in Zone Remaining	Speed (or RPM / SPM)
		Time of Day (<i>inset</i>)	Distance (<i>cumulative</i>)
Pace (not available on PowerMill)	Pace	Distance Remaining	Speed (or RPM)
		Time of Day (<i>inset</i>)	Distance (<i>cumulative</i>)

WORKOUT PROFILE VIEW - CLASSIC



The Classic View uses an active column to represent the user's time and level of difficulty.

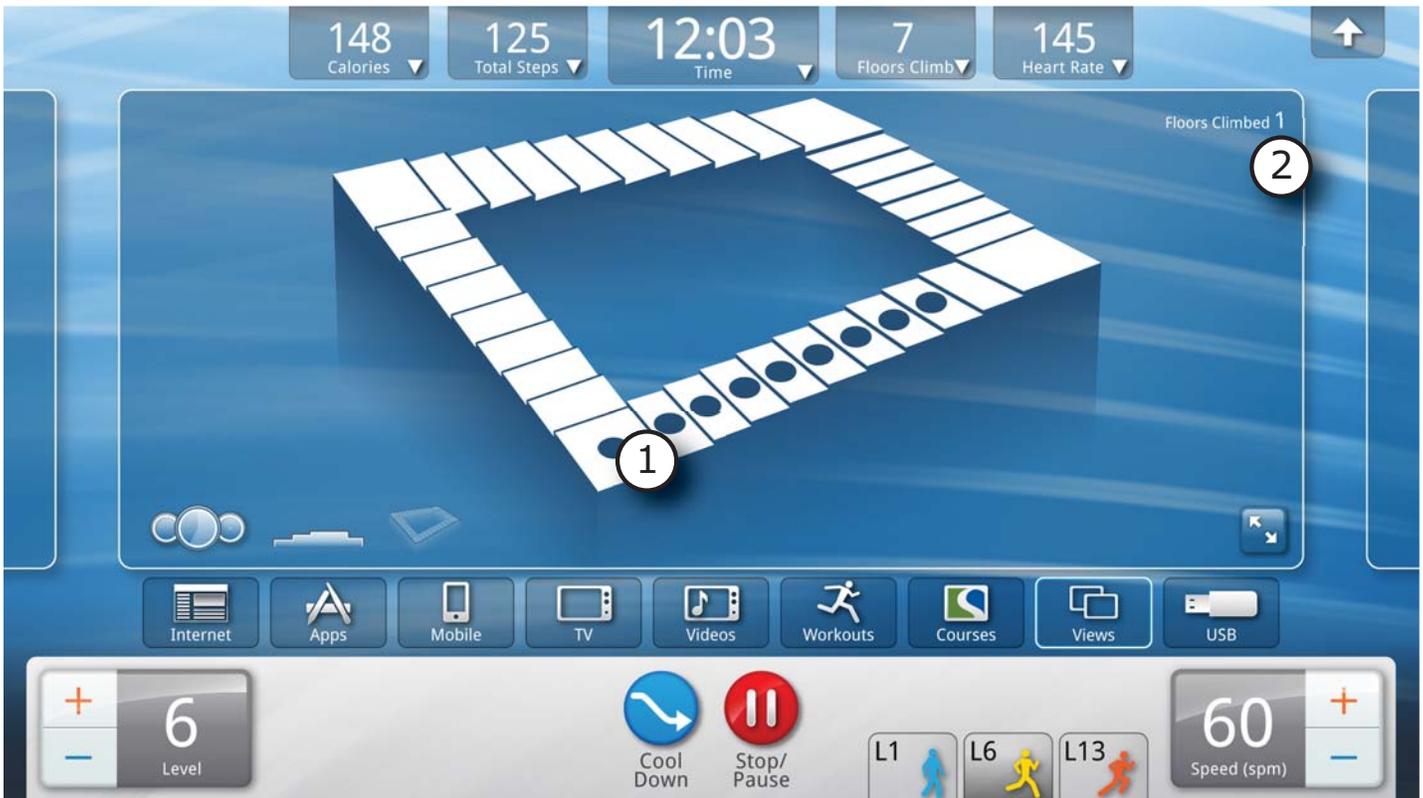
1. User Progress

A blue column represents a user's current progress. The column fills vertically progressing through timed subsets of the current workout profile.

2. Workout Profile

The white backdrop represents a calculated portion of the current workout profile based on current workout information. Changing parameters, such as time or distance, during a workout will change the profile backdrop from the current position forward.

WORKOUT PROFILE VIEW - ENDLESS STAIRCASE (POWERMILL ONLY)



The Endless Staircase view uses a seemingly endless staircase to represent the user's progression floor after floor.

1. User Progress

A circle represents a user's current progress on the endless staircase.

2. Floors Climbed Counter

- Floors Climbed Counter starts at 0.
- As the user completes each climbed floor the count increases by one.



The Lifescape™ Courses are video courses, shot in first person perspective through landscapes, cityscapes, and events from around the world. This feature interacts with the fitness equipment to provide an immersive experience. The frame rate of the video is increased or decreased based on the speed of the connected exercise equipment. **Note:** *The incline of the treadmill automatically increases or decreases to correspond with the landscape profile in the video.*

1. **Course Options**
Choose from available courses.
2. **Selected Course**
Selected course button is blue.
3. **Course Preview**
Course description and video preview are displayed.
4. **Start Course**
Press to begin course.



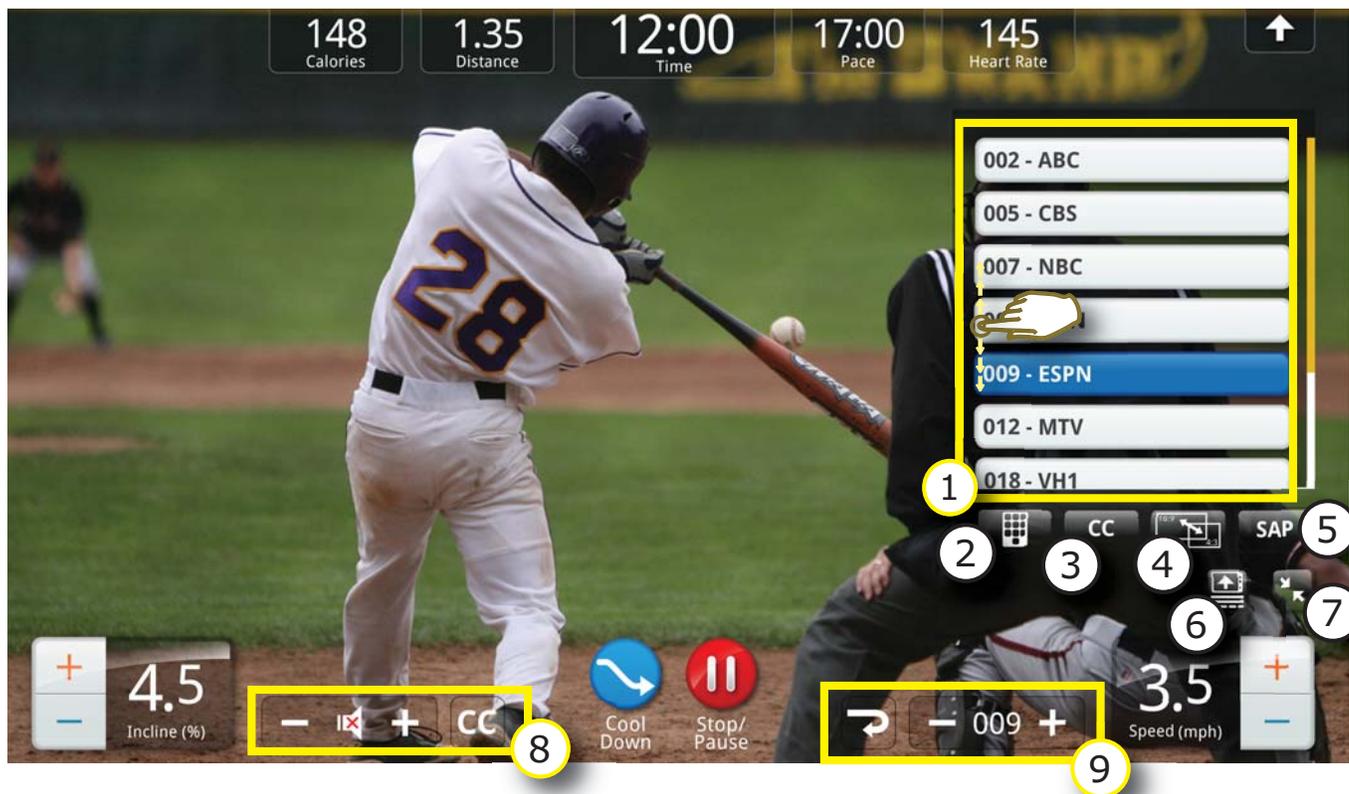


Users can set up and watch TV before entering a workout.

During a workout session, users can choose to watch TV in full screen size mode with the channel list or channel keypad displayed. **Note:** Full screen size mode is only available in Workout Mode.

- | | |
|--|--|
| <p>1. TV Viewing Area
Displays the selected channel.</p> <p>2. All TV
Displays all available TV channels on the right side of the TV viewing area.</p> | <p>3. Channel List
List of all available channels.</p> <p>4. Channel Button
Displays the channel number and program title.</p> |
|--|--|

TV - FULL SCREEN WITH CHANNEL LIST



Note: This feature is only available in Workout Mode.

During a workout session, users can choose to watch TV in full screen size mode with the channel list displayed.

1. Channel List

List of all available channels.

2. Channel List and Channel Keypad Toggle

Press to toggle between Channel List and Channel Keypad.

3. CC (Closed Caption)

Press to turn Closed Caption On / Off.

4. Video Aspect Toggle

Press to toggle between video aspects of 4:3 and 16:9.

5. SAP (Secondary Audio Programming)

Press to activate Secondary Audio Programming.

Note: SAP broadcasting must be available for usage.

6. TV Menu Button

Press to show / hide the TV Menu.

7. Screen Size Toggle

Press to toggle between Standard and Full screen sizes.

8. TV Audio Controls

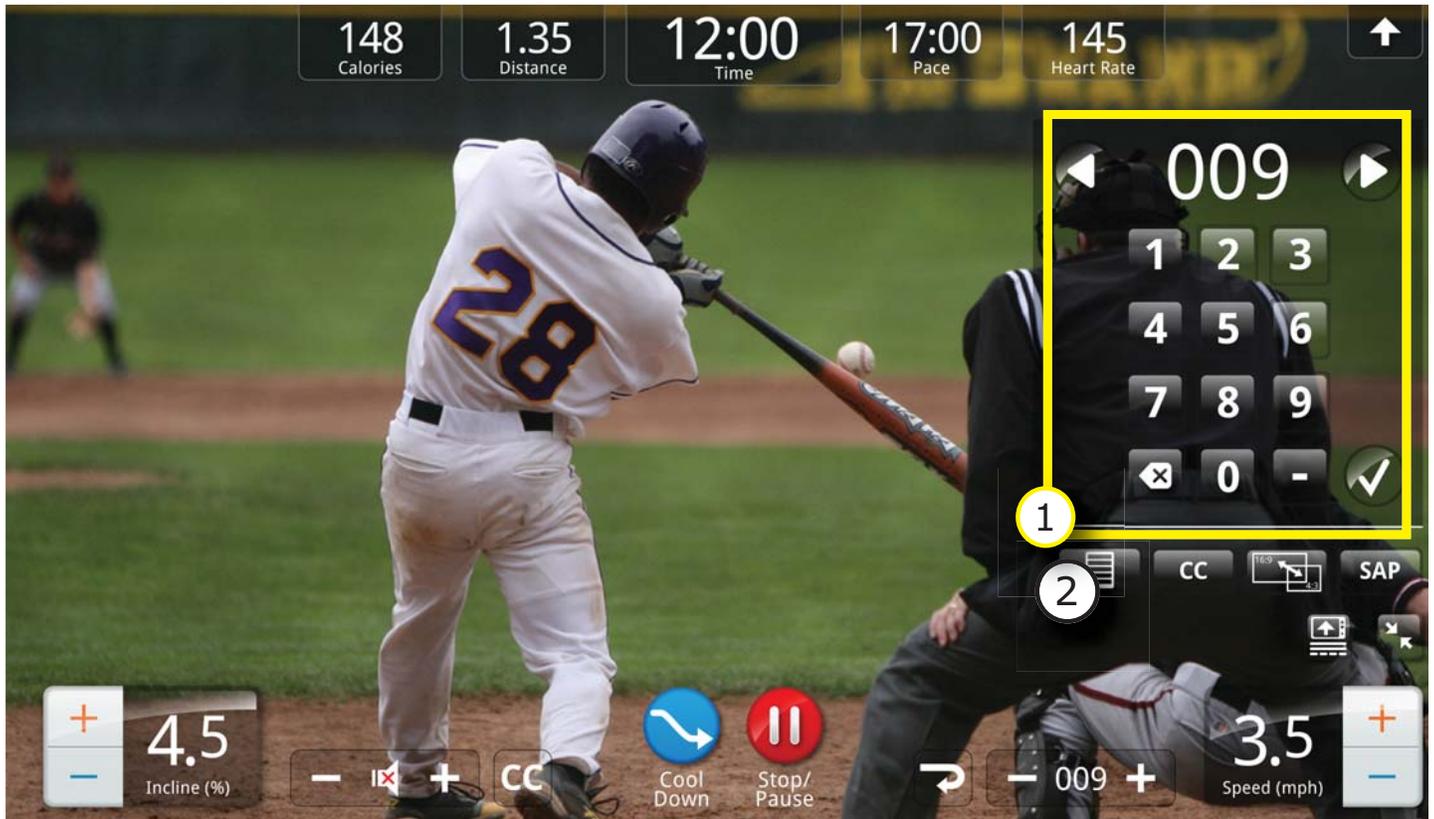
- Press “-” to decrease volume of TV.
- Press middle icon to mute / unmute audio of TV.
- Press “+” to increase volume of TV.

Note: When using an external media device while watching TV during a workout, the TV audio becomes the primary audio. Use the TV audio controls to increase/ decrease TV volume. To switch between the external media device audio and TV audio press PLAY / PAUSE. Pressing the MUTE icon silences ALL audio.

9. TV Channel Controls

- Press the Previous Channel button to jump back to the previous channel viewed.
- Press “-” to go back one channel number.
- Press “+” to go forward one channel number.

TV - FULL SCREEN WITH CHANNEL KEYPAD



Note: This feature is only available in Workout Mode.

This graphic shows full screen size TV programming with the channel keypad displayed.

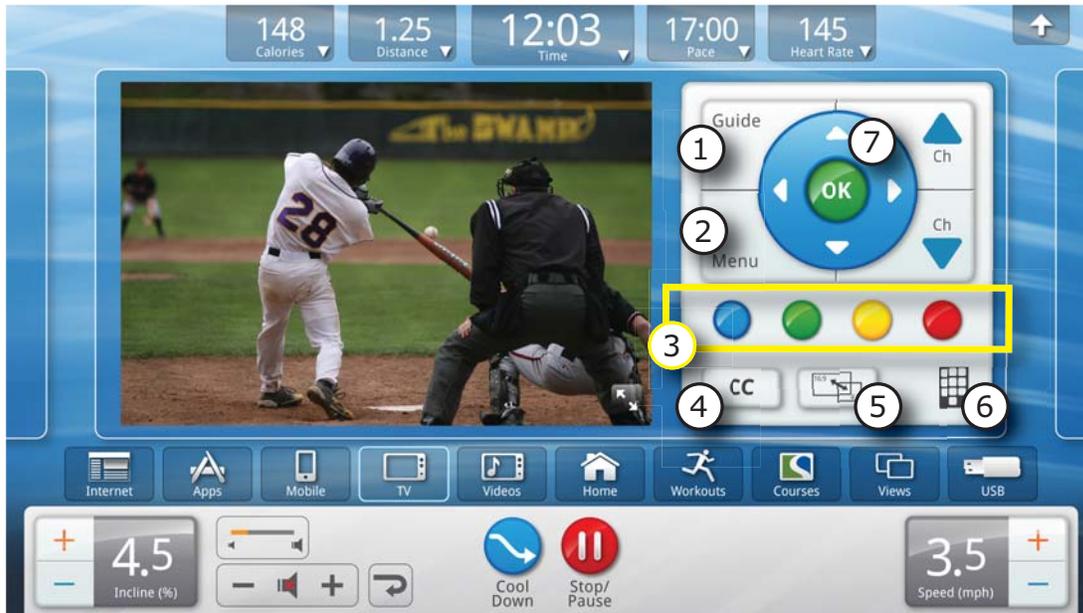
1. Channel Keypad

- Enter number of desired channel.

2. Channel List and Channel Keypad Toggle

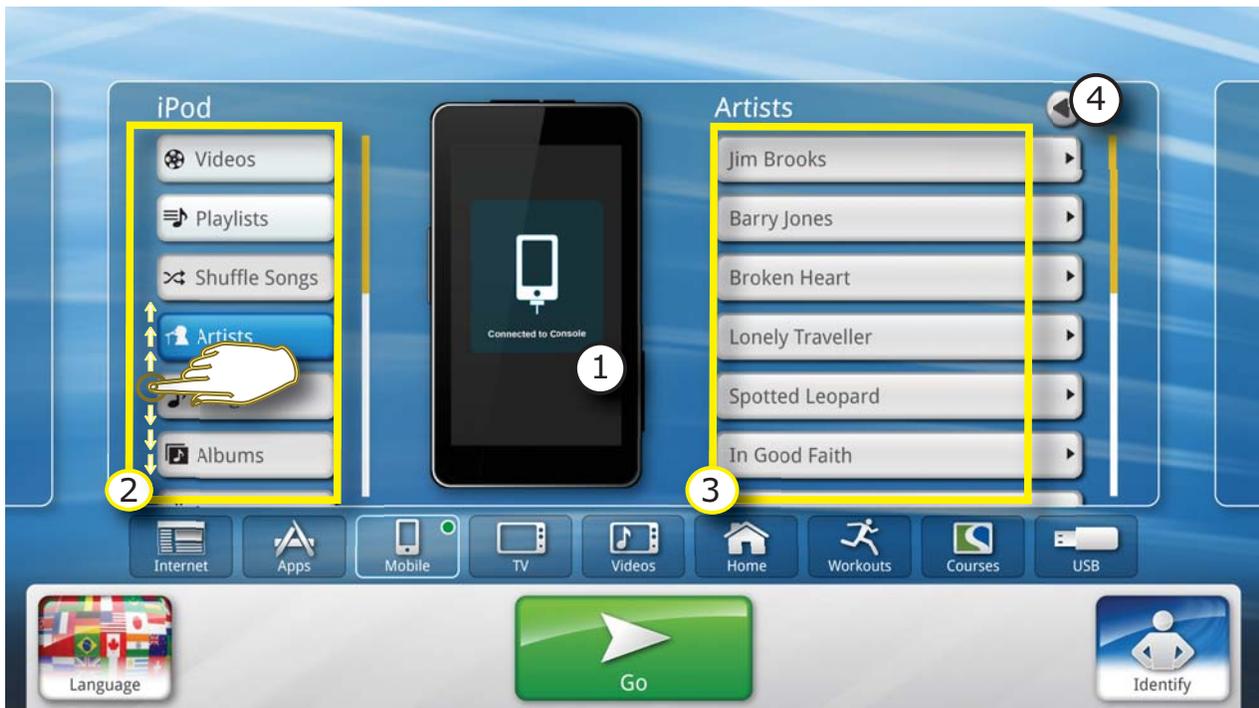
Press to toggle between Channel List and Channel Keypad.

IPTV NAVIGATION CONTROLS



IPTV is an alternative way to provide TV programs that use Internet Protocol (IP) Ethernet cabling and signals as opposed to traditional coaxial cable and RF signals.

- 1. Electronic Program Guide (if supported)**
- 2. Set-Top-Box Menu (if supported)**
- 3. Generic Color Buttons**
IPTV Set-Top-Box defines the actions of the generic color buttons.
- 4. Closed Caption**
Press to turn Closed Caption On / Off.
- 5. Video Aspect Toggle**
Press to toggle between video aspects of 4:3 and 16:9.
- 6. Numeric Keypad**
Press to bring up a Numeric Keypad for channel selection.
- 7. Arrow Keys**
Use to navigate IPTV on-screen menus.



Users can personalize their workout experience by plugging their Apple device into the console via the supplied cord with 30-pin connector on the Options Panel. **Note:** All features are not represented in the above graphic.

Apple device connectivity allows users to:

- Create, save, and track workouts (if *LFconnect* app is installed on device).
- Access personal media (movies and music).

1. Apple Device Image

If an Apple device is detected, a confirmation icon appears.

2. Media Menu

Menu items include:

- Workouts
- Videos (Use the Video Screen Size Toggle to toggle between Standard and Full screen sizes.)
- Play All
- Shuffle All
- Artists (This category is selected in above graphic.)
- Songs
- Playlists
- Albums
- Genres
- Composers
- Audiobooks

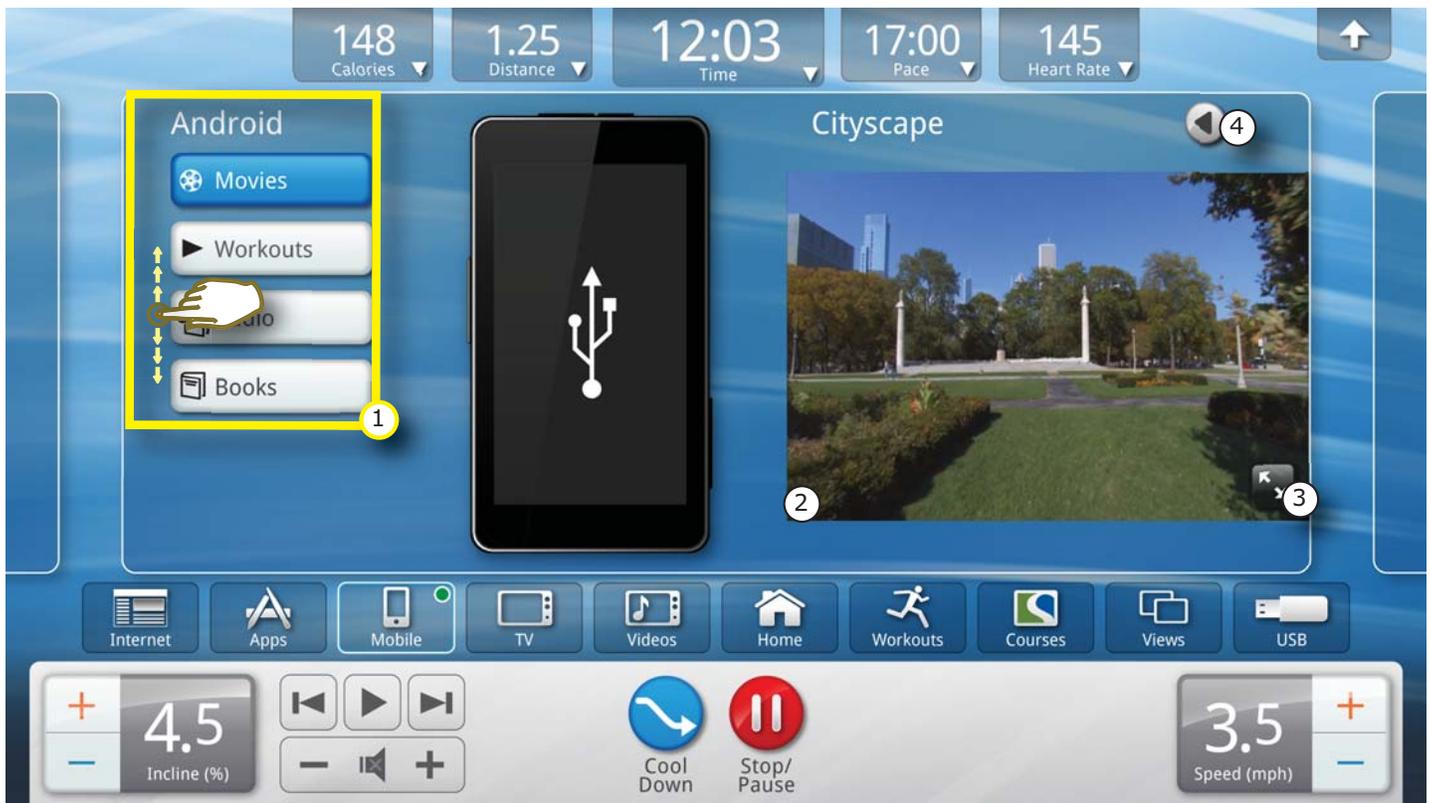
3. Sub Menus

The content for a selected Media Menu item and all its subsequent menus are displayed.

4. Back Arrow

Return to previous menu.

MOBILE DEVICE (ANDROID)



Users can personalize their workout experience by plugging their Android mobile device into the console via the supplied cord with micro USB on the Options Panel. **Note:** All features are not represented in the above graphic.

Android mobile device connectivity allows users to:

- Create, save, and track workouts (if LFconnect app is installed on device).
- Access personal media (movies, music, books).

1. Media Menu

Menu items include:

- Movies (This category is selected in above graphic.)
- Workouts
- Audio
- Books

2. Video

- Shows and plays the video file the user selected.

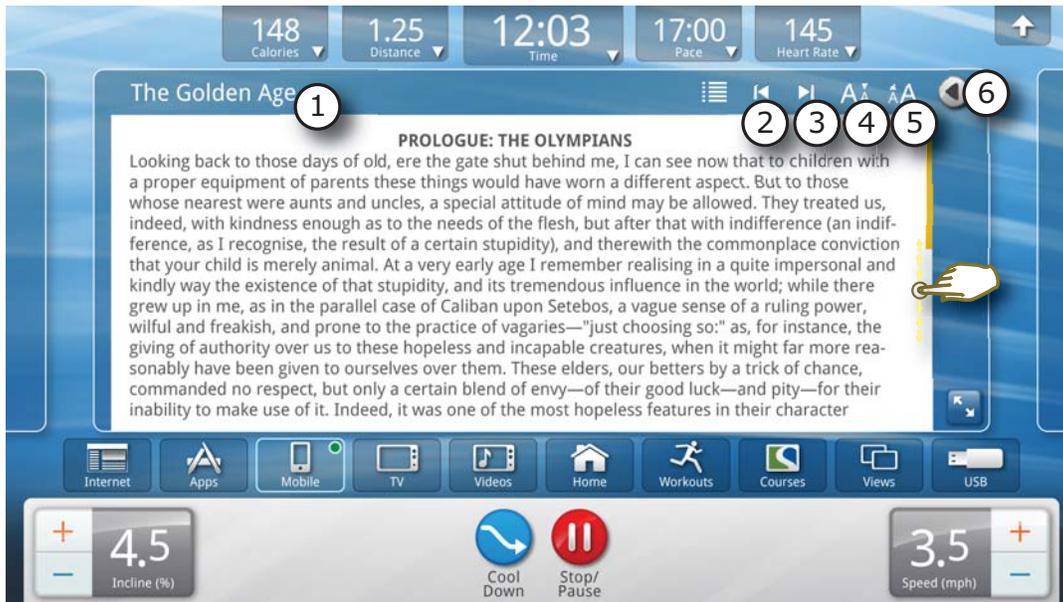
3. Video Screen Size Toggle

- Press to toggle between Standard and Full screen sizes.
- If the user is not in a workout the video toggle feature will be disabled.

4. Back Arrow

Return to previous menu.

Note: Some operating systems may not be compatible.



Users can browse for ePub (electronic publication) files from a plugged in and detected USB device or Android Smartphone (*not available on Apple devices*).

- 1. Book Title**
Title of the book is shown here.
- 2. Previous Page / Chapter Button**
Press to go back to the previous page or chapter.
- 3. Next Page / Chapter Button**
Press to skip to the next page or chapter.
- 4. Decrease Font Size Button**
 - A default 12 point font is displayed.
 - The font can't be decreased less than 12 point.
 - Press this button to decrease the font size to the next available size (32, 24, 18, 12).
- 5. Increase Font Size Button**
 - A default 12 point font is displayed.
 - Press the button to increase font size to 18, 24 and 32 points.
- 6. Back Button**
Press to return to the book catalog menu.

INTERNET SELECTION HOME SCREEN



Users can quickly access pre-programmed websites and browse additional websites.

1. All Internet

List of enabled pre-programmed websites.

2. My Internet

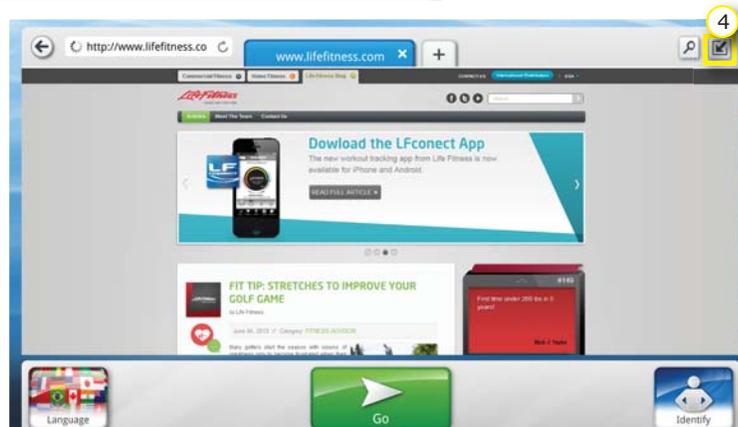
List of saved websites on the LFconnect website which are read into the console if a user has identified himself / herself and internet favorites are detected.

3. Restore

Press RESTORE to view the last chosen internet site selection.

4. Minimize

Press the Minimize arrow to go back to the Internet Selection Home Screen.



USB



Users can personalize their workout experience by inserting a USB device into the console.
Note: The USB Screen Jump Button only appears if a USB device is plugged in and detected.

USB connectivity allows users to:

- Create, save, and track workouts.
- Access personal media (*movies, music, books*).

1. USB Menu

Menu items include:

- Movies
- Workouts (*selected menu item is blue*)
- Audio
- Books

2. Sub Menu

The content for a selected USB Menu item and all its subsequent menus are displayed.

3. Back Arrow

Return to previous menu.



- 1. On Product Apps**
Press to view featured apps on the console.
- 2. Solitaire** (if enabled by fitness facility manager)
Press to play Solitaire, the featured game on the console.
- 3. New Game**
Press to quit the current game and start a new one.
- 4. Game Data**
Data (*moves, time, and score*) is displayed.



1. Mobile Apps

Press to view featured apps on the connected mobile device. These can be downloaded to a mobile device and interact with the console.

2. Featured Compatible Apps

Enhance a workout experience by downloading a Life Fitness 3rd party compatible app from iTunes or Google Play. Visit www.lifefitness.com/open to view a full list of compatible apps. These include:

- LFconnect
- Lose It!
- SoFit
- Paofit
- Runtastic
- Kinomap
- BullTrainer
- Everymove
- Cardio Legend

Note: Available apps may vary by country and operating system. These apps cannot be installed on the console.

ON DEMAND MUSIC VIDEOS



1. On Demand Music Videos (available globally)

- Select a featured on demand music video
- Option to select next music video as current selection is playing.



ON DEMAND VIDEOS



2 On Demand Video (available in the U.S. only)

- Select a featured on demand video (current and classic TV shows, movie trailers, etc)
- Option to select next video as current selection is playing.



SYSTEM OPTIONS MENU



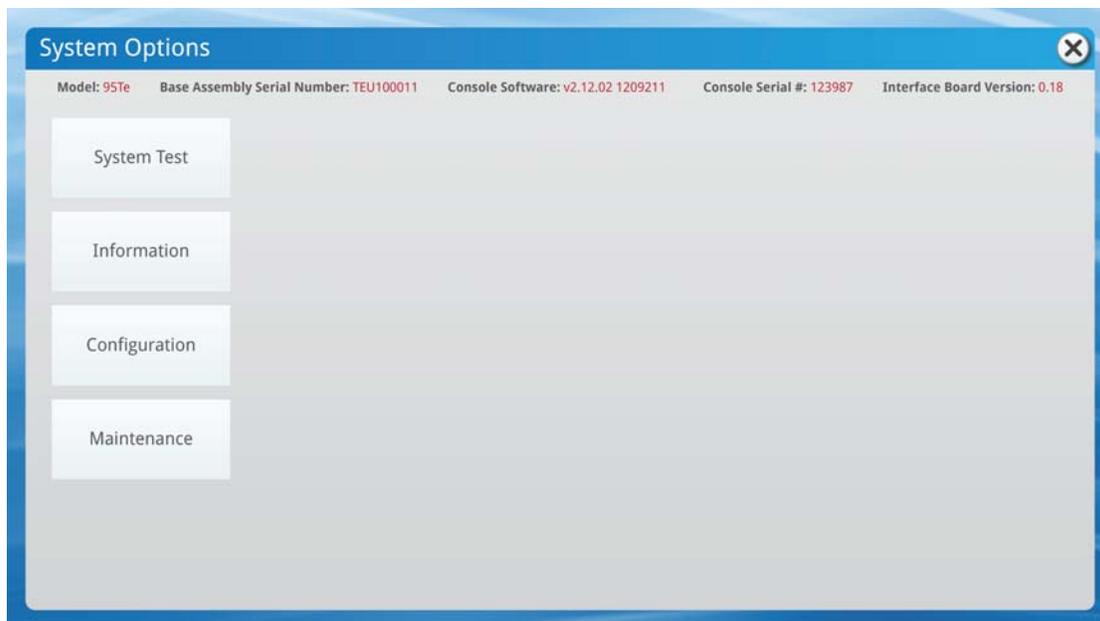
Access the Systems Options Menu

- Go to the Workouts Selection Screen.
- The touch sequence is UPPER-LEFT, UPPER-RIGHT, UPPER-LEFT, and UPPER-RIGHT.

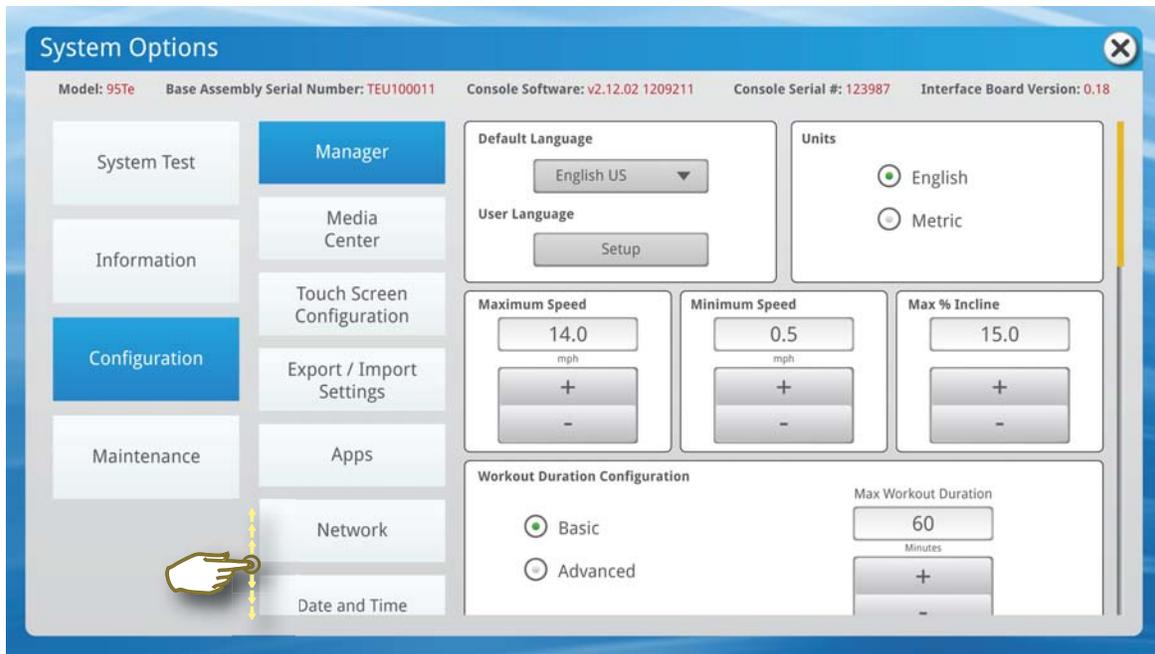


Systems Options Main Menu

- System Test
- Information
- Configuration
- Maintenance



Systems Options Main Menu: Configuration Menu



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

Manager

Set unit defaults.

Media Center

- TV
- iPod Setup
- USB Media Setup (*movies, audio, ePub*)
- Lifescape

Touch Screen Configuration

Follow the instructions on the screen to recalibrate the Touch Screen. Contact Life Fitness Customer Support Services if repeated attempts at calibration were unsuccessful.

Export / Import Settings

- Export settings to USB stick
- Import settings from USB stick

Apps

Solitaire is the featured app on the console.

Network

Choose network.

Date / Time

Set date and time.

Wireless Connectivity

Add wireless network.

Bluetooth (*if enabled*)

RFID

- Enable RFID.
- Select tag type.

Hybrid

Enable Hybrid mode.

Energy Saving Mode

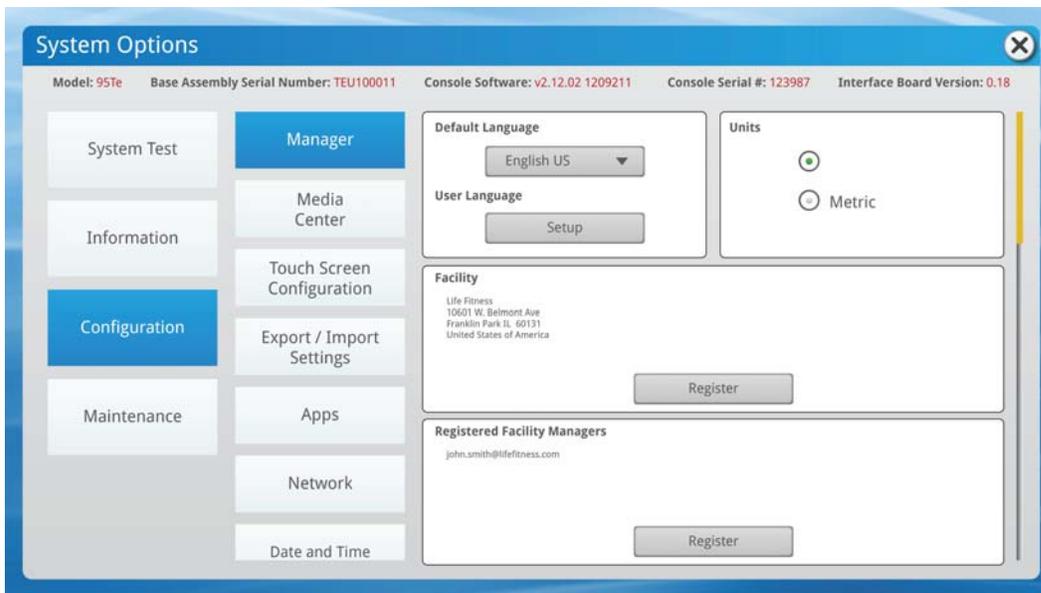
(*International Platinum Club Series products only*)

Set time limit (1 - 5 minutes)

Media Setup

- Equipment type (*treadmill or non tread*)
- Available Space & Required Space
- Load files

Systems Options Main Menu: Configuration Menu: Manager



Facility managers can access their registered LFconnect account.

Options available to registered facility owners include:

Asset Management

- Product usage statistics
- Software updates

Equipment Customization

- Custom workouts by facility and trainer
- Attract Screen background image, logo and scrolling custom message
- Product settings specific to your facility needs

Entertainment Customization

- Internet presets
- TV channel editing

Systems Options Main Menu: Configuration Menu: Manager: Defaults

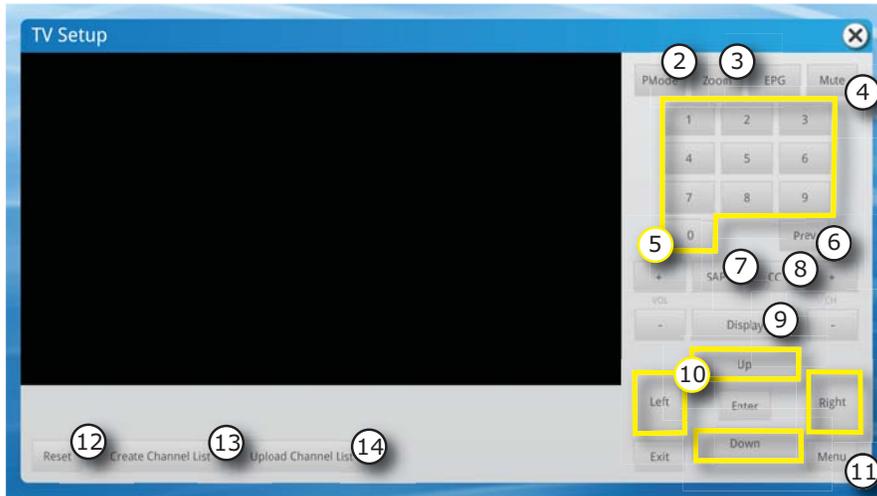
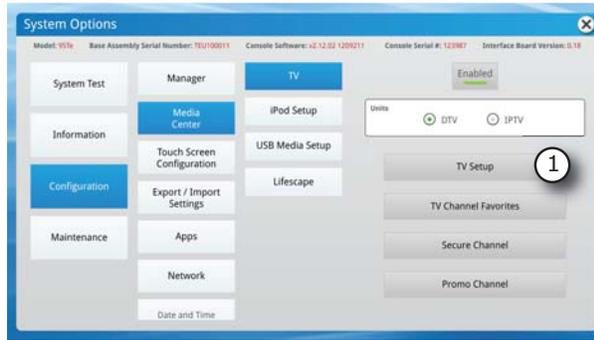
Setting	Default	Description
DISCOVER SE CARDIO PRODUCTS		
Default User Language	<i>English U.S.</i>	This option allows for the setting of a new default language for user and service messages. Choices include: <i>English, Japanese, Italian, Turkish, Arabic, English UK, Dutch, French, Polish, Catalan, Simplified Chinese, Traditional Chinese, Spanish, Russian, Finnish, Basque, German, Portuguese, Korean, and Hungarian.</i>
Units	<i>English</i>	Set the measurement unit type for weight, distance, height, and speed. Note: Metric available.
Inactivity Timer	<i>On, 2 hours</i>	Set the desired amount of time of inactivity before the system automatically turns off the LCD touch screen backlight.
Auto Off / Auto On	<i>Off</i>	Set the time of day for the system to automatically turn off the LCD touch screen backlight.
System Sounds	<i>On</i>	This option controls whether the system speaker beep is generated on key presses.
Workout Duration Configuration	<i>Basic, 60 minute max</i>	Set maximum workout duration limits. 99 minutes maximum.
Pause Time	<i>1 minute</i>	Set the maximum time during which a workout can remain in pause mode. 99 minutes maximum.
Custom Message	<i>Disabled</i>	Set a scrolling custom message. Enable the custom message to display during a workout every 5 minutes.
Telemetry	<i>Enabled</i>	Switching on the telemetry feature makes it possible to use the Polar®-compatible Heart Rate Zone Training exercises with a Polar telemetry heart rate chest strap for monitoring the heart rate.
Secure Channel	<i>Off</i>	Access a secure channel if enabled.
Promo Channel	<i>Off</i>	If enabled, one existing input channel can be selected to be a dedicated channel for internal promotional broadcast use.
Marathon Mode	<i>Enabled</i>	This option allows the user to workout indefinitely.
Pace Display	<i>On</i>	If this option is enabled, the rate of minutes per mile is displayed.
Program Time out	<i>30 seconds</i>	The amount of time, ranging from 0 - 255 seconds, a user can go without touching the LCD touch screen during workout setup before the unit returns to the Home Screen.

Systems Options Main Menu: Configuration Menu: Manager: Defaults

Setting	Default	Description
TREADMILL ONLY		
Maximum Speed	14.0 mph (23 k/ph)	Set the fastest speed the treadmill can operate.
Minimum Speed	0.5 mph (0.8 k/ph)	Set the slowest speed the treadmill can operate.
Maximum % Incline	15.0	This option changes the maximum incline grade to a value lower than 15%.
Activity Zone Speed Keys	Enabled	This option allows the user to assign belt speed to Walk / Jog / Run values.
Stride Sensor	On	This option automatically pauses the workout if the user steps off the belt.
Fit Test Plus	On	This option allows to enable the following Fit Tests: Army Physical Fitness Test, Navy Physical Readiness Test, Marines Physical Fitness Test, Air Force Fitness Test, WFI Submax Protocol, and Physical Efficiency Battery.
Deceleration Rate	3	The rate at which the treadmill decelerates to the selected speed, ranging from 1 (slowest) to 5 (fastest).
Acceleration Rate	3	The rate at which the treadmill accelerates to the selected speed, ranging from 1 (slowest) to 5 (fastest).

Setting	Default	Description
POWERMILL ONLY		
Calorie Per Hour (CPH) Display	On (International: Off)	If this option is enabled, the MESSAGE CENTER displays the number of calories burned per hour during the workout.
Steps Climbed Display	Off	If this setting is enabled, the total number of steps climbed is periodically shown during a workout.
Max Acceleration Rate	3	This sets the rate at which the PowerMill Climber accelerates to the selected speed, ranging from one (slowest) to five (fastest).
Max Deceleration Rate	3	This sets the rate at which the PowerMill Climber decelerates to the selected speed, ranging from one (slowest) to five (fastest).
On / Off Lvl 0 (12-19 SPM) Warm Up Speed Level	Off	This option, if enabled, controls whether or not Level 0 may be used in program setup or during a workout. Level 0 corresponds to intensity levels below Level 1.
On / Off Lvl 21 - 25 (160-182 SPM) High Speed Level	On	This option controls whether or not Levels 21 through 25 may be used in program setup or during a workout (MANUAL and SPEED INTERVAL workouts ONLY).
Minimum Speed (SPM)	20 SPM	Set the slowest speed the PowerMill can operate.
Maximum Speed (SPM)	160 SPM	Set the fastest speed the PowerMill can operate.

Systems Options Main Menu: Configuration Menu: Media Center: TV Setup: DTV



1. TV Setup

Press to view TV Setup screen.

2. PMODE

Set Picture Mode

- Options: User, Standard, Movie, Sports

3. Zoom

Picture Size

4. EPG

Electronic Program Guide

- Lists current and upcoming programs for selected channels.

5. Mute

Silence audio of the TV.

6. Keypad

Use for manual channel input.

7. Prev

Press to view previous channel

8. SAP

Press to activate Secondary Audio Programming.

9. CC

Press to turn Closed Caption On / Off.

10. Display

Current channel information is shown.

11. Up, Down, Left, & Right

- Use to navigate the MENU options.
- Use the Left and Right keys to adjust volume.

12. Menu

Setup

- Closed Caption
- Language
- Picture Size
- Transparency
- Time Zone
- Information
- Service

Video

- Picture Mode
- Color Temperature
- Brightness
- Hue
- Saturation

13. Reset

Reset defaults.

14. Create Channel List

Create a list of channels for users to access during workouts.

15. Upload Channel List

Uploads Channel list to LFconnect (if connected) and instantly to all other units in the facility if units are connected to the internet.

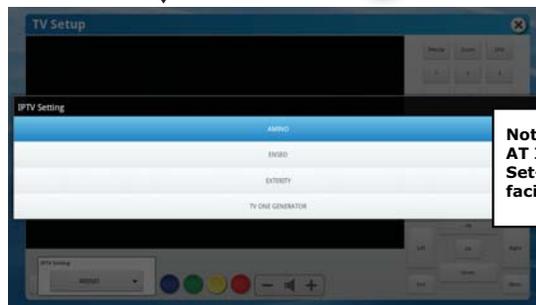
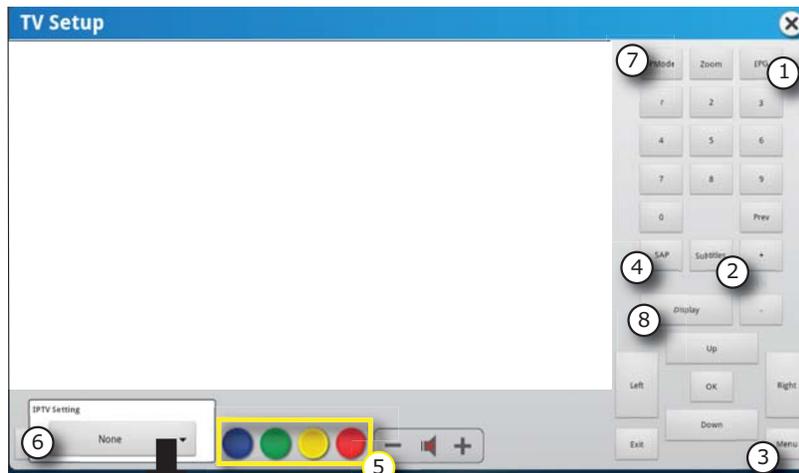
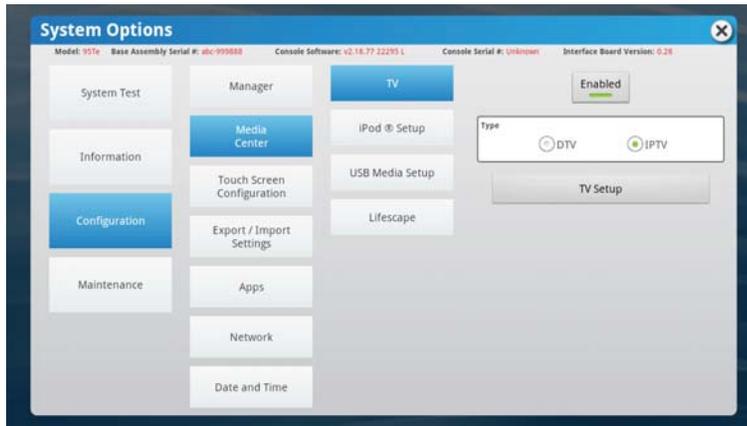
Channel

- Cable System

V Chip

- Parental Control
- TV Parental Guide
- MPAA
- Canadian English
- Canadian French
- Downloadable RRT
- PIN

Systems Options Main Menu: Configuration Menu: Media Center: TV Setup: IPTV



Note: Select the IPTV Setting AT INSTALLATION to match the Set-Top-Box Manufacturer in the facility's AV closet.

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

1. EPG

Electronic Program Guide

- Lists current and upcoming programs for selected channels.

2. Subtitles

Press to activate Secondary Audio Programming.

3. Menu

Set-Top-Box Menu (*if available*)

4. SAP

Toggles between Normal and SAP Audio Channel.

5. Generic Color Buttons

Set-Top-Box defines the actions.

6. IPTV Setting

Change IPTV Setting:

- Amino
- ENSEO
- Exterity
- TV One Generator

Note: Select the IPTV Setting at INSTALLATION to match Set-Top-Box Manufacturer in the facility's AV Closet.

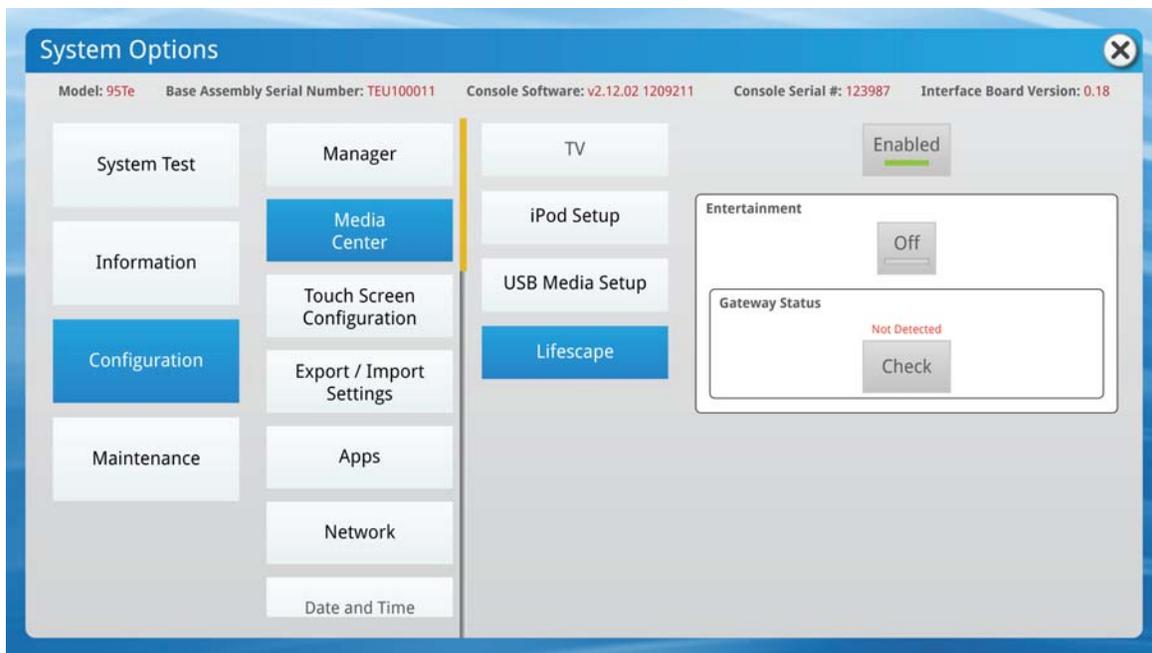
7. PMode

(Not applicable)

8. Display

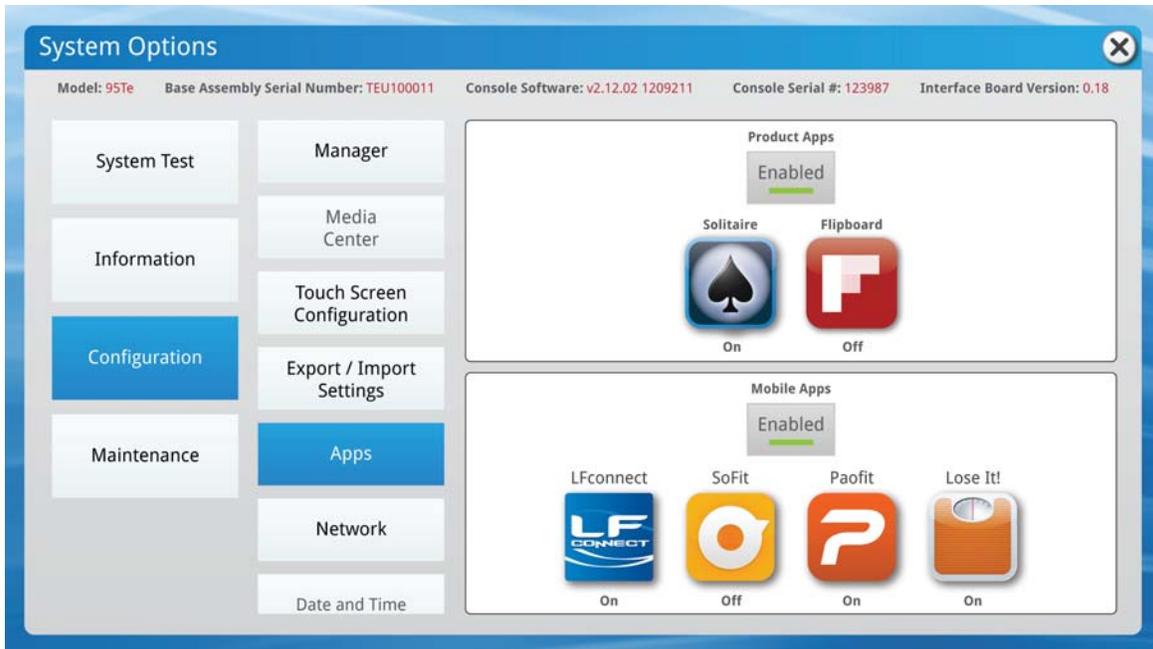
(Not applicable)

Systems Options Main Menu: Configuration Menu: Media Center: Lifescape



Enable / Disable Lifescape

Systems Options Main Menu: Configuration Menu: Apps



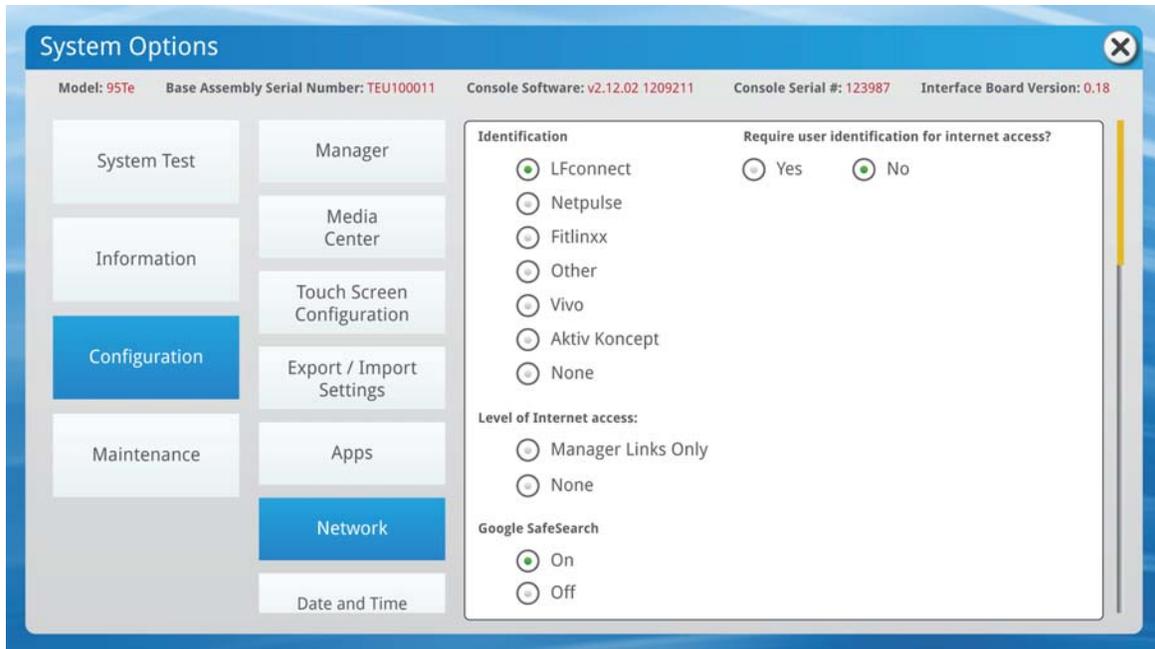
Enable Product App

Solitaire

Enable / Disable Mobile Apps

- LFconnect
- Lose It!
- SoFit
- Paofit
- Runtastic
- Kinomap
- BullTrainer
- Everymove
- Cardio Legend

Systems Options Main Menu: Configuration Menu: Network Selections



Choose Network

- LFconnect
- Netpulse
- Fitlinxx
- Other
- Vivo
- Aktiv Konzept
- None

Google SafeSearch

- On
- Off

Require User Identification for Internet Access

- Yes
- No

Choose Level of Internet Access

- Manager Links Only
- None

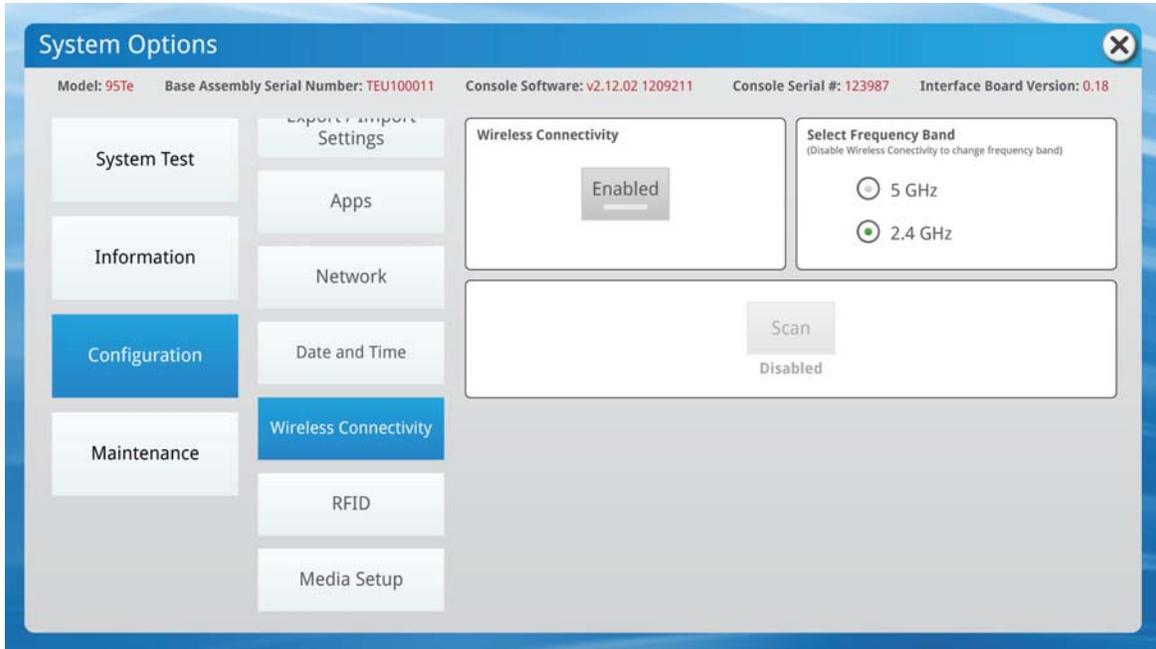
Systems Options Main Menu: Configuration Menu: RFID



If the RFID tag type is known, disable all other tag type icons by simply selecting each icon. The simulated green color will disappear which indicates it is off.

If the RFID tag type is unknown, verify that all tag type icons are simulated green color (as shown in image above).

Systems Options Main Menu: Configuration Menu: Wireless Connectivity



Enable or disable Wireless Connectivity. Option to add wireless network.

Select Frequency Band

Disable wireless connectivity to change the frequency band.

PREVENTIVE MAINTENANCE TIPS

Life Fitness products are backed by the engineering excellence and reliability of Life Fitness and are one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness equipment are among the most popular of aerobic trainers in health clubs, colleges and military facilities worldwide.

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.*

REMARQUE: *pour conserver un matériel sûr, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil tant que les pièces défectueuses n'ont pas été réparées ou remplacées.*

The following preventive maintenance tips will keep the Life Fitness 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 *Life Fitness Approved 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.

Life Fitness Approved Cleaners *(United States Availability Only)*

Two preferred cleaners have been approved by Life Fitness 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).

Life Fitness Compatible Cleaners

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

TROUBLESHOOTING

Malfunction	Probable Cause	Corrective Action
No power.	ON / OFF switch is not in proper position.	Turn the switch to the ON position.
	Power source is insufficient	Plug treadmill into a dedicated 20 amp circuit. Using a voltmeter, verify power at outlet. If no power exists, reset circuit breaker at panel.
	Line cord is damaged.	Replace line cord. Contact Life Fitness Customer Support Services.
	Line cord is improperly seated in socket.	Inspect power connection at wall outlet and at machine for proper contact.
	Note: International Platinum Club Series Treadmills (PCST) only: You may be in "Energy Saving Mode".	Treadmill will go into Energy Saving Mode after 5 minutes of inactivity. To wake up the console, step on the treadmill belt. The treadmill will automatically wake up and the console will light up. Waking up the treadmill takes approximately 50 seconds after stepping onto the belt.
Note: International Platinum Club Series Units only (PCSC, PCSR, PCSX): You may be in "Energy Saving Mode".	Unit will go into Energy Saving Mode after 5 minutes of inactivity. To wake up the console, pedal until you hear a beep. The unit will automatically wake up and the console will light up. Waking up the unit takes approximately 50 seconds after beginning to pedal.	
Treadmill striding belt slips off-center.	Floor surface is uneven.	Check levelers and level treadmill. Check striding belt & re-tension as necessary. Refer to <i>Elevation Series 95T Treadmill Assembly Instructions</i> .
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 Life Fitness Customer Support Services.
	Power source is insufficient.	Plug treadmill into a dedicated 20 amp circuit.
Rubbing sound comes from underneath treadmill.	Foreign objects may be stuck underneath the machine.	Inspect underneath striding belt and machine. Remove any debris or objects that may cause interference with the treadmill.
Display does not illuminate when machine is powered on.	Loose connection at display console or motor control board.	Check all electrical connections for proper attachment. Contact Life Fitness Customer Support Services.

TROUBLESHOOTING - HEART RATE READING

Malfunction	Probable Cause	Corrective Action
Heart rate reading is initially detected and functioning normally but then is lost.	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.	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.	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes (see <i>The Optional Polar® Telemetry Heart Rate Chest Strap</i>).
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin (see <i>The Optional Polar® Telemetry Heart Rate Chest Strap</i>).
	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><i>Notes:</i></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.

DISCOVER SE & SI CONSOLES SPECIFICATIONS

Console Screen Type:	LCD surface capacitive touch screen
Discover SE LCD Touch Screen Size:	19" diagonal (<i>Treadmill</i>); 16:9 ratio 16" diagonal (<i>Bikes, Cross-Trainer, FlexStrider, PowerMill</i>); 16:9 ratio
Discover SI LCD Touch Screen Size:	10" diagonal; 16:9 ratio
LCD Touch Screen Power Requirement:	20.5 -25.5 VDC @ 3.5 A
Ports:	Type RJ45, interchangeable Network ready connection and Fitness Entertainment port (power compliant with FitLinxx CSAFE specification dated August 4, 2004: 4.75VDC to 10VDC; maximum current of 85mA).
Headphone Jack:	3.5mm Stereo
Ambient Temperature Range (<i>Operating</i>)	10C - 40c (nominal 25C)
Temperature Range (<i>Storage / Shipping</i>)	-20C - 60C (key limiting item: LCD Touch Screen)
Humidity Range (<i>Operating</i>)	5% - 85% RH (nominal 40% RH, non-condensing)
Heart Rate Monitoring Systems:	Patented Lifepulse™ digital contact heart rate and Polar® telemetry-compatible heart rate monitoring system
Speed Range (<i>Treadmill</i>):	0.5 - 14.0 mph / 0.8 - 23 kph
Speed Range (<i>PowerMill</i>):	20 - 160 spm
Incline Levels (<i>Treadmill</i>):	15
Resistance Levels: (<i>Bikes, Cross-Trainer, FlexStrider & PowerMill</i>):	26 (0 - 25) (adjustable for bikes; speed independent for cross-trainer and FlexStrider; speed dependent for PowerMill)

Workouts:

<i>Treadmill</i>	Manual Goals, Hill, Random, Rolling Hills, Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval, 2-Speed Interval, Life Fitness Fit Test, U.S. Navy Physical Readiness Test, U.S. Army Physical Fitness Test, U.S. Marines Physical Fitness Test, U.S. Air Force Fitness Test, 5K, 10K, WFI Submax Protocol, Physical Efficiency Battery
<i>Cross-Trainer</i>	Manual Goals, Hill, Random, Rolling Hills, Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval, 2-Speed Interval, Starter Interval, Life Fitness Fit Test, U.S. Navy Physical Readiness Test, Aerobics, Reverse
<i>Lifecycle Exercise Bikes</i>	Manual Goals, Hill, Random, Rolling Hills, Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval, 2-Speed Interval, Starter Interval, Life Fitness Fit Test, U.S. Navy Physical Readiness Test, Watts, METs
<i>FlexStrider</i>	Quick Start, Manual Goals, Random, Hill, Rolling Hills, Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval, 2-Speed Interval, Starter Interval, Fit Test Goal Workouts: Time, Distance, Calories, Distance Climbed, Time in Zone, Pace
<i>PowerMill</i>	Quick Start, Manual Goals, Random, Hill, Rolling Hills, Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval, Custom 2-Speed and 3-Speed Interval, Fit Test, CPAT Test, WFI Submax Protocol Goal Workouts: Time, Calories, Floors Climbed, Time in Zone, Watts, METs

The following additional workouts are available on the LFconnect website: *Around the World, Cascades, Kilimanjaro, Extreme Heart Rate, Speed Training, Custom and Create Your Own Workouts*

DISCOVER SE & SI CONSOLES SPECIFICATIONS (CONTINUED)

Apple Device Compatibility:	30-pin connector, iPhone, iPod, iPod classic, iPod nano, iPod touch, iPad (Other Apple products with the same 30-pin connector may also be compatible with the Life Fitness Discover SE/SI consoles, but 100% interoperability is not guaranteed.)
Android Smart Phone Compatibility:	Used as a mass storage device through a micro USB connector. Some operating system versions may not be compatible.
Broadcast Receiver Capabilities:	NTSC/ATSC or PAL/DVB-T/DVB-T2 or NTSC/ISDB-T (three separate tuners). Japan has its own tuner due to conditional access card (B-CAS). NTSC/ATSC supports PAL-M and PAL-N (unique PAL encoding for Argentina, Brazil, Paraguay, and Uruguay where no digital broadcasting is available). PAL/SECAM/DVB-T/DVB-T2 tuner supports PAL, PAL-M, PAL-N, SECAM-B/G, SECAM-D/K and DVB-T-T2.

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

	Physical Dimensions				Shipping Dimensions			
	Depth	Width	Height	Weight	Depth	Width	Height	Weight
Discover SE Console (Treadmill)	4.48 in. (114 mm)	20.75 in. (527 mm)	15.35 in. (390 mm)	16 lbs. (7 kg)	7 in. (177.8 mm)	24.75 in. (628.65 mm)	18.25 in. (463.55 mm)	20.2 lbs. (9 kg)
Discover SE Console (Bikes, Cross-Trainer, FlexStrider & PowerMill)	4.53 in. (115 mm)	16.5 in. (419 mm)	15.4 in. (390 mm)	13 lbs. (5.89 kg)	7.5 in. (190.50 mm)	23 in. (584 mm)	19.5 in. (495 mm)	20.4 lbs. (9.25 kg)
Discover SI Console (Treadmill)	4.48 in. (114 mm)	20.75 in. (527 mm)	15.35 in. (390 mm)	10.8 lbs. (4.9 kg)	7 in. (177.8 mm)	24.75 in. (628.65 mm)	18.25 in. (463.55 mm)	15 lbs. (6.8 kg)
Discover SI Console (Bikes, Cross-Trainer, FlexStrider & PowerMill)	4.37 in. (111 mm)	15.94 in. (405 mm)	15.35 in. (390 mm)	9.8 lbs. (4.4 kg)	7.5 in. (190.50 mm)	23 in. (584 mm)	19.5 in. (495 mm)	17.2 lbs. (7.8 kg)

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iPad, iPhone and iPod are registered trademarks of Apple Inc. Android is a trademark of Google Inc. PM-038-13. (3.14) Fitlinxx is a trademark of Fitlinxx, Inc. Polar is a registered trademark of Polar Electro, Inc. Gym Wipes® is a registered trademark of The 2XL Corporation. PureGreen 24 is a trademark of Pure Green.

WARRANTY INFORMATION

WHAT IS COVERED.

This LIFE FITNESS 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 a newly purchased Product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

HOW LONG IS IT COVERED.

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

WHO PAYS TRANSPORTATION & 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 charges during the second and third years (if applicable).

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 Customer Support Services of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair.

OPERATION MANUAL: It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET REPLACEMENT PARTS & SERVICE.

Refer to page one 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 separate 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.

CHANGES IN WARRANTY NOT AUTHORIZED.

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

EFFECT OF STATE LAWS.

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

OUR PLEDGE TO YOU.

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

	6 Months	1 Year	2 Years
Electrical			X
Mechanical			X
Labor		X	
Overlay	X		
High Wear Items (Headphone Jack, USB Port, Accessory Cables)	X		