CARDIO TRAINER

LANDICE

Quick User's Guide

To start your Landice treadmill:

Pressing the **START** button powers up the treadmill and all displays will light. The treadbelt will begin moving at 0.5 mph. (0.8 km/h).

To pause the treadmill:

Pressing the **PAUSE** button will cause the treadbelt to stop, but all statistical information will be preserved. Press **START** or **PAUSE** again to resume.

To turn off the treadmill:

Pressing the **STOP** button stops the treadbelt. The treadmill will shut off and all current statistical information will be cleared.

Using the numeric keypad:

Press **QUICK SPEED** or **QUICK GRADE**, then enter the speed or elevation using the keypad. After 3 seconds the treadmill will start to adjust to your settings. Example for 5.0 mph: press **QUICK SPEED** then 5 and 0.

To view different display screens during your workout:

Press the **DISPLAY** button at any time and choose the screen that best suits your workout.

To return to manually controlling the treadmill at any time:

Press the **MANUAL** button at any time and the treadmill is at your command to adjust the speed and elevation.

To use the built-in workout programs:

Press the **PROGRAMS** button at any time and choose the program that best suits your desired workout and then wait three seconds to enter the program setup. Now you will be asked to enter your Max Speed. Use the numeric keypad to enter the fastest speed you would like to reach during your workout. When asked to enter your Max Grade, use the numeric keypad to enter the highest elevation percentage for your workout. Finally, enter your desired time for the program workout using the numeric keypad and press the **START** button to begin the program-controlled workout.

To use the heart rate controlled programs:

Press the **CARDIO CONTROL** button at anytime and choose either the built-in cardio program or the user-defined cardio program. The heart rate control programs automatically adjust speed and elevation in order to maintain a constant heart rate.

WARNING: Failure to observe the following operating instructions can result in serious injury!

[1] If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product **without consulting your doctor first**.

[2] If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product **without supervision present**. Failure to do so can result in serious injury should you fall while the treadbelt is moving.

[3] Failure to leave ample clearance around the treadmill could result in the user becoming trapped between the treadmill and a wall, resulting in burns or other serious injury from the moving treadbelt.

*Allow a minimum clearance of **18 inches on each side** of the treadmill.*
*Allow a minimum clearance of **4 feet at the rear** of the treadmill.*

[4] Never stand on the treadbelt when starting the treadmill. A sudden start could cause you to lose your balance. Always stand with one foot on each side rail until the belt starts moving.

[5] Always wear the emergency stop safety strap securely around your wrist while exercising. Failure to do so can result in severe injuries should you accidentally fall while exercising.

[6] Test the emergency stop safety key on a regular basis by pulling on the cord and ensuring that the treadbelt comes to a complete stop.

[7] Always remove the safety key from the treadmill when you are through exercising, especially if children are present. This will prevent them from accidentally starting the treadmill.

[8] Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the treadmill.

When using an electrical appliance, basic precautions should always be followed.
Read all instructions before using.

DANGER: Always unplug the treadmill before cleaning or removing the motor cover. To reduce the risk of electric shock in the event of an electrical storm, always unplug the treadmill from the electrical outlet immediately after using.

SAVE THESE INSTRUCTIONS

WARNING: To reduce the risk of electric shock or injury to persons:

[1] An appliance should never be left unattended when plugged in. Unplug from outlet when not in use.

[2] Close supervision is necessary when this unit is used by or near children or disabled persons.

[3] Use this treadmill only for its intended use as described in this manual.

[4] Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call your selling dealer immediately for examination and repair.

[5] Keep the power cord away from heated surfaces. Be sure the line cord has plenty of slack and does not get pinched underneath the treadmill when it elevates and de-elevates.

[6] Never operate the treadmill with the motor cover air openings blocked. Keep the air openings free of lint, hair, and dust.

[7] Never drop or insert any object into any opening. Be sure no objects are near or underneath the moving treadbelt when you are using the treadmill.

[8] Do not use outdoors.

[9] Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

[10] Connect this appliance to a properly grounded dedicated outlet only.

[11] To disconnect, press the OFF button, remove the Safety Key, and unplug the unit from the wall outlet.

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded in accordance with all local codes and ordinances.

120 VOLT TREADMILLS

Treadmills marked 120 VAC are intended for use in a nominal 120-volt circuit with a grounding plug. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

200 - 250 VOLT TREADMILLS

Treadmills marked 200-250 VAC are intended for use on a circuit having a nominal rating more than 120V and are factory-equipped with a specific cord and plug to permit connection to a proper electric circuit. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, qualified service personnel should make the reconnection.

DANGER: Improper connection of the equipment-grounding connector can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit in the outlet, have a proper outlet installed by a qualified electrician.

Table of Contents

Congratulations! You've made a very smart investment! Your Cardio Trainer treadmill is a high-quality fitness tool that will give you years and years of fitness benefits.

One of the great things about the Cardio Trainer is its diversity of applications. It's terrific for just starting out on a walking program or easy jog. In the case of a veteran runner, it's the exact prescription needed for precision interval training to lower your 10K time.

Regardless of the application, unpleasant weather is not an obstacle. Cold, windy, wet days will never discourage you again, nor will the heat and humidity of the summer months. If you're the type of person that likes to do two things at once, now you can watch your favorite program on TV or keep an eye on your kids and take care of your health at the same time.

Did you know that your treadmill is an excellent stair-climbing simulator? Stair climbing has become a popular exercise today. Your treadmill, when elevated, is a very good climber with more safety and comfort than a dedicated stair climber!

Your treadmill was a smart purchase, but you already knew that, so let's move on and get started.

BEFORE YOU BEGIN

Following are some things you should do before you start to exercise on your treadmill:

INSTRUCTION MANUAL

Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the treadmill.

WARRANTY INFORMATION

Fill out your warranty registration card and mail it in today. Landice backs your treadmill with a strong warranty. For the factory to respond to any problems you may have, we need your warranty information on file. Do it today.

Landice will send you a complimentary Landice T-shirt upon receipt of your warranty registration card.

SELECTING A LOCATION

*Allow a minimum clearance of **18 inches on each side** of the treadmill.*
*Allow a minimum clearance of **4 feet at the rear** of the treadmill.*

Failure to leave ample clearance at the rear of the treadmill could result in the user becoming trapped between the treadmill and the wall should the user accidentally trip and fall while exercising.

Be sure the line cord has plenty of slack and does not get pinched underneath the treadmill when the treadmill elevates up and down. Make sure the treadmill is plugged into a dedicated line.

STEP 1:
Unbolt treadmill from pallet

- On L7 treadmills it is necessary to remove the bolts which hold the treadmill to the pallet.
- Start by removing the top bolts.
- Lay the treadmill on the ground, and then remove the bottom bolts by placing the treadmill on your toolbox.
- With the bolts removed, the treadmill will be free to move around in the box.

STEP 2:
Cut the box off the pallet

- Remove the metal strapping around the box.
- Using a razor blade knife, cut the box just above the bottom row of brass staples along all sides of the box.
- **DO NOT cut through the center of the box, as you could hit the treadmill.**
- Remove the box and discard.

STEP 3:
Unstrap the treadmill

- The treadmill components are held together with plastic strapping.
- Carefully cut and remove the strapping. Remove the treadmill upright and motor cover from treadmill. Lift the treadmill off the pallet.
- Carefully remove the upright side cover from the upright assembly.

STEP 4:
Mount the upright

- Slide the upright down onto the 8-side frame bolts. Be sure the washers are located on the outside of the upright and against the head of the bolt.

STEP 5:
Secure upright to frame

- **Tighten bolts with a 7/16" extended socket.**
- *If installing an L9 or medrails, turn to the appendix for installation instructions.*

STEP 6: (L9 — see page 15)
Prepare to install hand rail

- The rail mounting bolts have been threaded into the rails for shipping. Remove them.
- Attach the U-shaped handrails by first hand-starting the bolts and then using a 1/2" socket until snug.
  (Do not over-tighten.)

STEP 7:
Snap side cover into place

- Carefully align the side frame cover. Working from top to bottom, snap the upright side cover into place.

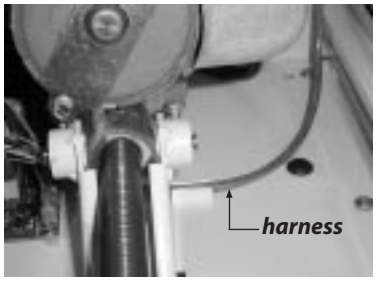
STEP 8:
Install side cover screw.

- Align the side frame cover beneath the end cap and install the Phillips head screw.
- Tighten the Phillips head screw until side cover aligns with endcap.
  (Do not over-tighten).

STEP 9:
Check drive belt tension

- **Check the tension on the drive belt by placing the drive belt between your thumb and forefinger and twisting.**
- The proper twist is 45º. If the belt needs to be adjusted use a 7/16" socket and turn the bolt underneath the motor pan attached to the motor's hook screw.

STEP 10:
Route the wire harness



HOME :
- Route the wire harness **underneath** the elevation motor and secure with harness restraint clip provided. Plug connector into circuit board until it snaps into place.

COMMERCIAL :
- Route the wire harness **behind** the elevation motor and secure with harness restraint clip provided. Plug connector into circuit board until it snaps into place.

STEP 11:
Adjust the treadbelt

- *The treadbelt is tracked and tensioned via the take-up screws located at the back of the treadmill.*
- Check the tension of the treadbelt. At proper tension you should be able to place your hand between the belt and deck and reach the center of the treadmill. If you cannot reach the center, the belt is too tight and must be loosened. If your hand reaches past the center the belt is too loose and must be tightened.

STEP 12:
Install motor cover

- Remove the black motor cover screws in the side of the frame. Place motor cover onto treadmill.
- Attach motor cover with Phillips head screws provided. Place rubber spacer between cover and frame.
- Plug treadmill into a dedicated 15A outlet. Walk on treadmill at approximately 2.5 mph for 20 to 45 minutes to properly walk in lubricant.

Press the **START** button and the treadmill powers on. All displays will light and the treadbelt will begin moving at 0.5 mph (0.8 km/hr in metric mode).

Press the **PAUSE** button to place the treadmill in the pause mode. The treadbelt will stop, but all statistical information will be preserved. Press either the **START** or the **PAUSE** button again to resume at 0.5 mph. When in programs, resuming from the pause mode will return the treadmill to the last actual speed and position in the program.

Press the **STOP** button to stop the treadbelt from moving. The display will shut off the treadmill and all current statistical information will be cleared.

Hold the **FAST** button down to increase speed. Holding the **FAST** button depressed for longer than 2 seconds causes the speed to increase at a faster rate.

Hold the **SLOW** button down to decrease speed. Holding the **SLOW** button depressed for longer than 2 seconds causes the speed to decrease at a faster rate.

Hold the **UP** button to increase treadmill elevation. Release the button when the display indicates the desired elevation setting.

Hold the **DOWN** button to decrease elevation. Release the button when the display indicates the desired elevation setting.

Press the **DISPLAY** button to change the selectable display and to enter program data and user weight.

Removing the **SAFETY KEY** causes the treadbelt to stop. The graphic display will read "SAFE" and the elevation will not operate. Replace the **SAFETY KEY** to resume operation.

Be sure to clip the **SAFETY KEY** around your wrist or to a belt loop in case you fall. Remove the key when treadmill is not in use and small children are present.

The Cardio Trainer treadmill combines a versatile liquid crystal display (LCD) with a variety of program options including multiple heart rate control programs. These features and options combine to offer an exciting and fun workout so you can reach your fitness goals.

It's about options:

MANUAL CONTROL

The Cardio Trainer begins a user-defined workout via the Manual mode. While in the Manual mode the treadmill is at your command. There are no time limits and no program parameters to enter. Changes in speed or elevation will only happen when you make them happen by pressing one of the buttons. You can get back to the Manual mode at any time by simply pressing the **MANUAL** button.

FIVE BUILT-IN PROGRAMS

The Cardio Trainer offers five built-in programs to help you attain your fitness goals. These programs take you through a predetermined twenty-segment speed and elevation profile but at the same time allow you to override each segment to tailor the program to your specific needs.

FIVE USER-DEFINED PROGRAMS

User programs allow you to create your own speed and elevation profiles while using the programs to store the displayed values at the end of each segment. You can also create and modify the program using the treadmill's Edit mode. In the Edit mode the treadbelt will stop to allow you to modify the program profiles.

HEART RATE CONTROL

The Cardio Trainer comes standard with a heart rate transmitter strap, which is used in conjunction with the Heart Rate Control (H.R.C.) programs. The two heart rate control programs maximize workout time by directing the treadmill to automatically change speed and elevation in order to maintain a constant heart rate for the duration of the program. The User H.R.C. Program will allow you to create an H.R.C. program segment-by-segment for more variety in your heart rate controlled workouts.

NUMERIC KEYPAD

The numeric keypad feature allows you to go directly to your desired speed or elevation without using the **FAST/SLOW** and **UP/DOWN** buttons. It is also used to enter user information and set up programs. The keypad is an excellent feature that allows you to spend less time pressing buttons and more time enjoying your workout!

Make sure you have read and understand this owner's manual. Now you are ready to begin.

Start by straddling the treadbelt with one foot on each traction strip. Once the treadbelt begins moving you can start walking on the treadbelt.

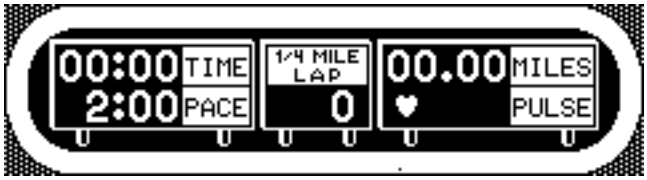
Press the START button, and the power-up screen will appear:

After three seconds the treadmill belt will start moving at 0.5 mph. The treadmill will ask you to enter your weight using the numeric keypad.

Once you have entered your weight, pause to advance to the next screen or press DISPLAY. The treadmill will now ask you to enter your target heart rate using the numeric keypad.

Once you have entered your target heart rate, pause two seconds to advance to the next screen or press DISPLAY.

You will now be in the Manual mode, where you control the speed and elevation.

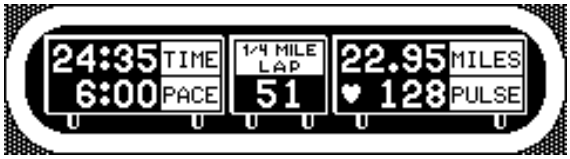


Upon exiting the weight input the treadmill enters the Manual mode. In this mode you control all treadmill functions. Any changes in speed or elevation will be a direct result of your touching the control panel.

In the Manual mode you can change the speed and elevation at any time as well as select from one of the three multifunction display screens.

Selectable display

The DISPLAY button allows you to choose the screen that best suits your workout.

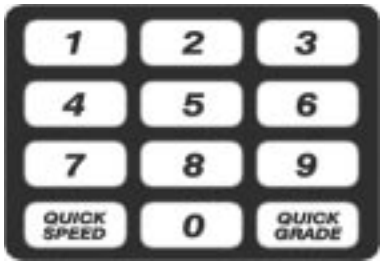


Display features

FEATURE	Description
TIME	Time logged on treadmill displayed as “Minutes : Seconds”
DISTANCE	Miles logged on treadmill (kilometers when in metric)
PACE	Time to complete 1 mile (1 kilometer when in metric)
CALORIES	Total calories burned, which is based on user’s weight
CALS/HR	Rate in calories/hour, which is based on user’s weight
LAP (PROGRESS)	1/4 mile (400 meter in metric) track in manual mode
LAP (COUNTER)	Number of laps completed
PULSE	Current heart rate
TIME IN ZONE	Time spent in target zone (zone is 16 beats wide)
“IN ZONE”	User is in the target zone (within 8 beats of the target pulse)
“OUT OF ZONE”	User is outside the target zone (greater than 8 beats from the target pulse)
MAX	Maximum allowable heart rate to remain in zone
GOAL	The target pulse (user defined during startup)
MIN	Minimum allowable heart rate to remain in zone
TOTAL TIME	The total time of the user’s workout

You can return to the Manual mode at any time by pressing the MANUAL button.

The Cardio Trainer is equipped with a numeric keypad, which serves multiple functions to make the treadmill easier to control. It can be used to change speed and elevation, enter user settings, and configure programs.



ENTERING USER INFORMATION

When the treadmill is first started, you are asked for your weight in pounds (kilograms in metric) and target heart rate in beats per minute. When prompted by the display, simply enter the appropriate numbers using the keypad. After you finish each, you can either wait three seconds to advance to the next screen or press the **START** button.

QUICK SPEED / QUICK GRADE

The **QUICK SPEED** and **QUICK GRADE** buttons of the keypad allow you to go directly to your target speed or elevation without having to hold down the **FAST/SLOW** or **UP/DOWN** arrow buttons. Simply press **QUICK SPEED** or **QUICK GRADE**, then enter the speed or elevation you want to reach using the keypad. After 3 seconds, the treadmill will automatically start to adjust to your settings.

PROGRAM CONFIGURATION

In the five Built-in programs, the keypad is used to enter the program's maximum time, speed, and elevation. After you enter each, you can wait three seconds or press the **DISPLAY** button to advance to the next screen. This will be explained in more detail under the BUILT-IN PROGRAMS section of this manual.

In the five User programs, the keypad is used to enter the program's maximum time. It can also be used to set the speed and elevation for each individual segment. This will be explained in more detail under the USER PROGRAM section of this manual.

In the Heart Rate Control (HRC) program, the keypad is used to enter the program's maximum speed, target heart rate, and program time. In the User Heart Rate Control program, the keypad is used to enter the program's maximum speed, program time, and the target heart rate for each individual segment. This will be explained in more detail under the HEART RATE sections of this manual.

Programs have been added to the Cardio Trainer so you can add some variety to your workouts. You can choose from one of five built-in programs, which will run you through a pre-selected speed and elevation curve. When choosing a program you select a time from 10 to 99 minutes, a maximum speed, and a maximum elevation. Once set the treadmill will not go above the maximum number unless you manually override it. Each program is divided into 20 segments of equal time, so a 40 minute program will contain 20 two minute segments.

The following figures represent the five built-in programs in the Cardio Trainer.

Built-in programs graphics display

FAT BURN

The Fat Burn program features two elevation peaks matched to an inverse speed curve. The overall goal of this program is to elevate your heart rate, maintain the elevated heart rate for most of the workout, then gradually bring your heart rate down via the last three cool down segments.

INTERMEDIATE

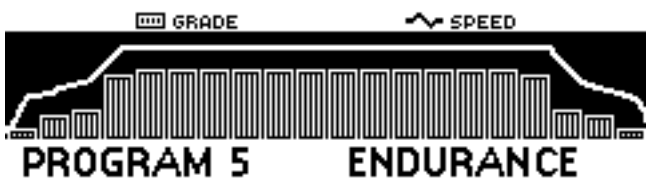
The Intermediate program features five elevation peaks matched to a challenging speed curve. The overall goal of this program is to vary your heart rate by elevating and lowering it several times, providing you with a challenging cardiovascular workout.

ADVANCED

The Advanced program features high elevations combined with top speeds for an all-out workout. The overall goal of this program is to raise your heart rate with both speed and elevation for an advanced cardiovascular workout.

INTERVALS

The Intervals program features high speeds and elevations alternating with low speeds and elevations. The overall goal of this program is to vary your workout load, taking you from peak level to recovery eight times throughout your workout.



ENDURANCE

The Endurance program features a max speed run, mated with max elevation. The overall goal of this program is to raise your heart rate with both speed and elevation for the ultimate cardiovascular workout.

SELECT PROGRAM

By pressing the **PROGRAMS** button you can select one of five built-in programs. Continue to press the **PROGRAMS** button to scroll through all five built-in programs. Once you have selected the program of your choice simply stop pressing the **PROGRAMS** button and wait three seconds. The display will now ask you to enter the program parameters.

SELECT PROGRAM MAXIMUM SPEED

The display will prompt you to set a Max Speed using the keypad. This will scale the speed curve so that the maximum speed equals your selected Max Speed.

Select your speed and wait three seconds or press DISPLAY.

SELECT PROGRAM MAXIMUM ELEVATION

The display will prompt you to set a Max Grade using the keypad. This will scale the elevation curve so that the maximum elevation equals your selected Max Grade.

Select your elevation and wait three seconds or press DISPLAY.

SELECT PROGRAM TIME

The display will prompt you to set a Program Time using the keypad. You can enter a time between 10-99 minutes. This will scale the 20 segments of the program equally throughout your selected time.

Select your time and wait three seconds or press DISPLAY.

Press the  button.

When you begin a program, the Program Progress screen becomes available. After the program begins, press DISPLAY repeatedly to scroll to the Program Progress screen. The grade is shown as 20 bars of a bar graph. The higher the bar, the higher the elevation for that segment will be. Speed is shown as a varying line along the length of the program. Again, the higher the line goes, the faster the speed for that segment will be. Program progress is indicated by lines that fill in each of the elevation segments as they are completed.

If you wanted to run the Advanced program with a program time of 25:00 minutes, a maximum speed of 4.5mph., and a maximum elevation of 6%, you would…

1. Press the  **button three times.**

2. When asked to enter Max Speed, press 4 and 5 on the keypad.
3. When asked to enter Max Grade, press 6 on the keypad.
4. When asked to enter Program Time, press 2 and 5 on the keypad.

5. Press the  **button.**

The Cardio Trainer has storage capacity for five User program profiles, which you can create and change. The treadmill will remember these programs even if you unplug it from the wall. Each of the five User program profiles will be pre-loaded with copies of the five built-in programs, until you use and change these programs.

As you use the User programs, simply make speed and elevation changes to suit your needs. The Cardio Trainer will remember your changes via its Learn mode. Effort levels do not apply here so there is no need to enter a maximum speed and elevation, only time.

Follow these steps to run a User program:

SELECT PROGRAM

By pressing the **PROGRAMS** button you can select one of five user programs. Continue to press the **PROGRAMS** button to scroll through all five user programs. Once you have selected the program of your choice simply stop pressing the **PROGRAMS** button and wait three seconds. The display will now ask you to enter the program parameters.

SELECT PROGRAM TIME

Using the keypad, select a Program Time from 10-99 min. This will scale the 20 segments of the program equally throughout your selected time.
Select your time and wait three seconds or press DISPLAY.

Press the 

button.

When you begin a program, the Program Progress screen becomes available. After the program begins, press **DISPLAY** repeatedly to scroll to the Program Progress screen. The grade is shown as 20 bars of a bar graph. The higher the bar, the higher the elevation for that segment will be. Speed is shown as a varying line along the length of the program. Again, the higher the line goes, the faster the speed for that segment will be. Program Progress is indicated by lines that fill in each of the elevation segments as they are completed. As the program advances to the next program segment, the speed and elevation settings for the previous segment are stored in memory.

If you wanted to run for 20:00 minutes and create a user program by adjusting the speed and elevation during the workout, you would…

1. Press the 

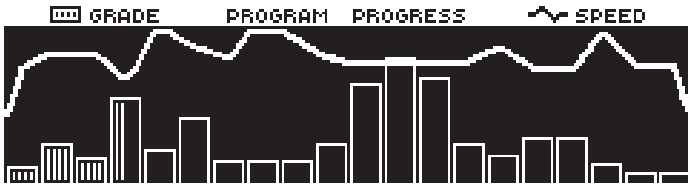
button three times.

2. When asked to enter Program Time, press 2 and 0 on the keypad.

3. Press the 

button.

4. Adjust the elevation and/or speed while you workout.



The Edit mode allows you to edit the speed and elevation for each of the 20 program segments **without actually exercising on the treadmill**. The Edit mode is an excellent way to modify a program that you have created while exercising in the User program. Follow these steps to edit the User program:

Follow these steps to edit the User program:

SELECT PROGRAM

By pressing the **PROGRAMS** button you can select one of five user programs. Continue to press the **PROGRAMS** button to scroll through all five user programs. Once you have selected the program of your choice simply stop pressing the **PROGRAMS** button and wait three seconds.

SET PROGRAM TIME TO 00:00

When prompted to enter the Program Time, enter 00 on the keypad. The belt will come to a stop and the program will enter Edit mode.

EDIT THE SEGMENTS

Now you can edit the program's speed and elevation segment by segment. Press **QUICK SPEED**, enter the speed on the keypad, then press **QUICK GRADE** and enter the elevation on the keypad. Alternatively, you can use the **FAST/SLOW** and **UP/DOWN** buttons to set the speed and elevation for segment 1.

ADVANCE TO NEXT SEGMENT

Press **DISPLAY** to advance to the next segment of the program.

EDIT THE SEGMENTS

Repeat the previous steps until all 20 program segments have been edited.

To exit the Edit mode at any time, press the **START** button. The treadmill will exit the Edit mode and return to the User mode with your newly edited program selected. Set the program time and press **START** if you wish to use the program.

If you wanted to manually create a User program prior to your work-out starting with a speed of 2.5mph and elevation of 3 and then progressing to a speed of 5.5mph and elevation of 6, you would…

1. Press the 

button six times.

2. When asked to enter time, press 0 and 0 on the keypad.
3. To edit the speed using the keypad, press QUICK SPEED, 2 and 5.
4. To edit the elevation, press QUICK GRADE and 3.

5. Press the 

button to advance to the next segment.

6. In the second segment to edit the speed using the arrow keys, press 

or 

to adjust to a speed of 5.5.

7. To edit the elevation, press 

or 

to adjust to an elevation of 6.

8. Press the 

button to exit Edit mode.

Unless equipped with Contact Heart Rate grips, Heart Rate Control programs require user to wear the heart rate transmitter strap supplied with treadmill.

The Cardio Trainer has the ability not only to display your heart rate while you are wearing the wireless chest strap, but also to vary the speed and elevation based upon your heart rate via its Heart Rate Control (HRC) programs.

To use the HRC program you set a target heart rate, a maximum speed, and the program time. The treadmill will control both speed and elevation automatically to keep you at your target heart rate. Target training allows you to maximize your workout performance while minimizing your workout time.

SELECT PROGRAM

To select the HRC program press the **CARDIO CONTROL** button. This program will allow the treadmill to change speed and elevation automatically to help you reach and maintain your target heart rate.

SELECT PROGRAM MAXIMUM SPEED

The display will prompt you to set a Max Speed using the keypad.
Select your speed and wait three seconds or press DISPLAY.

SELECT TARGET HEART RATE

The display will prompt you to enter your Target Heart Rate using the keypad. This will set the target heart rate and the treadmill will vary the speed and elevation in an effort to reach this heart rate.
Select your target heartrates and wait three seconds or press DISPLAY.

SELECT PROGRAM TIME

The display will prompt you to set a Program Time using the keypad. For HRC programs, you can enter a time between 20-99 minutes. This will scale the 20 segments of the program equally throughout your selected time. Select your time and wait three seconds or press **DISPLAY**.

Press the 

button.

If you wanted to work out with a heart rate controlled program with a maximum speed of 4mph, a target heart rate of 145, and a program time of 25:00 minutes, you would…

1. Press the 

button three times.

2. When asked to enter Max Speed, press 4 on the keypad.
3. When asked to enter the target heart rate, press 1, 4 and 5 on the keypad.
4. When asked to enter time, press 2 and 5 on the keypad.

5. Press the 

button.

Unless equipped with Contact Heart Rate grips, Heart Rate Control programs require user to wear the heart rate transmitter strap supplied with treadmill.

The User Heart Rate Control (HRC) program is designed to allow you to set the target heart rate for each of the 20 program segments without actually exercising on the treadmill. **Follow these steps to edit the User HRC program:**

SELECT PROGRAM

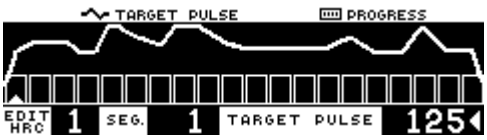
To select the User HRC program press the **CARDIO CONTROL** button twice. This program will allow the treadmill to change speed and elevation automatically to help you reach and maintain your target heart rate.

SELECT PROGRAM MAXIMUM SPEED

The display will prompt you to set a Max Speed using the keypad.
Select your speed and wait three seconds or press DISPLAY.

SET PROGRAM TIME TO 00:00

When prompted to enter the Program Time, enter 00 on the keypad. The belt will come to a stop and the program will enter Edit mode.



EDIT THE SEGMENTS

Now you can edit the program's Target Pulse (target heart rate) segment by segment. Use the numeric keypad to set the Target Pulse for segment 1. Alternatively, you can use the **FAST/SLOW** buttons to adjust the Target Pulse higher or lower.
The Target Heart Rate (Target Pulse) will be displayed in the 3-digit speed window and in the LCD screen.

ADVANCE TO NEXT SEGMENT

Press **DISPLAY** to advance to the next segment of the program.

Press the 

button.

EDIT THE SEGMENTS

Repeat the edit steps until all 20 program segments have been edited.

To exit the Edit mode at any time, press the **START** button. The treadmill will exit the Edit mode and return to the User mode with your newly-edited program selected. Set the Max Speed and Program Time and press **START** if you wish to use the program.

If you wanted to edit your own heart rate controlled program with a maximum speed of 4.5 and a program time of 30 minutes, you would…

1. Press the 

button twice.

2. When asked to enter Max Speed, press 4 and 5 on the keypad.
3. When asked to enter time, press 0 and 0 on the keypad.
4. Edit the heart rate in each segment.

5. Press the 

button to advance to the next segment.

6. Repeat steps 3 and 4 until program is complete.

7. Press the 

button to exit Edit mode.

8. When asked to enter time, press 3 and 0 on the keypad.

Unless equipped with Contact Heart Rate grips, Heart Rate Control programs require user to wear the heart rate transmitter strap supplied with treadmill.

Once you have edited the User HRC program by setting a target heart rate for each of the 20 segments, you are ready to use the program. You will be asked for a maximum speed and a program time. The treadmill will control both speed and elevation automatically to keep you at the target heart rates you have set throughout the 20 segments of the program.

Follow these steps to use the USER HRC program:

SELECT PROGRAM

To select the User HRC program press the **CARDIO CONTROL** button twice. This program will allow the treadmill to change speed and elevation automatically to help you reach and maintain your target heart rate.
Select User HRC and wait three seconds or press DISPLAY.

SELECT PROGRAM MAXIMUM SPEED

The display will prompt you to set a Max Speed using the keypad. This will scale the speed curve so that the maximum speed equals your selected Max Speed.
Select your speed and wait three seconds or press DISPLAY.

SELECT PROGRAM TIME

The display will prompt you to set a Program Time using the keypad. For HRC programs, you can enter a time between 20-99 minutes. This will scale the 20 segments of the program equally throughout your selected time.
Select your time and wait three seconds or press DISPLAY.

Press the 

button.

If you wanted to use your edited heart rate controlled program with a maximum speed of 5mph and a workout time of 35 minutes, you would…

1. Press the 

button twice.

2. When asked to enter Max Speed, press 5 and 0 on the keypad.
4. When asked to enter time, press 3 and 5 on the keypad.

5. Press the 

button.

The Cardio Trainer treadmill comes standard with a wireless heart rate monitoring device to give you feedback on how your body is affected by your workout. We will take a look at a few basic concepts of heart rate monitoring so you can better understand how it all works and how to maximize its use to allow you to reach the fitness level you desire.

What is exercise intensity?

Exercise intensity is simply a measure of how hard you are working at a given time during exercise. The American College of Sports Medicine (ACSM), the world's leading medical and scientific authority on sports medicine and fitness, recommends that every individual involved in an exercise program know how hard his/her body is working during exercise.

Your heart provides key information for determining how intensely you are working during exercise. Your heart rate (how many times your heart beats per minute) is really an efficiency rating for your entire body. The number of times your heart beats during each minute of exercise is a measurement of the intensity of the exercise. If your heart rate is low, exercise intensity is low; if your heart rate is high, your exercise intensity is high.

What is maximum heart rate?

Maximum Heart Rate (MHR) is the maximum attainable heart rate your body can reach before total exhaustion. True maximum heart rate is measured during a fatigue or "stress" test. This test must be done in a clinical setting and is not practical or accessible for most people. Fortunately, your maximum heart rate can be established with a high degree of accuracy using the following simple formula:

Estimated Maximum Heart Rate = 220 minus your age.

If John is 35 years old, what is his estimated maximum heart rate?

	220
	-35
John's Estimated Maximum Heart Rate =	**185**

185 beats per minute is the estimated maximum number of times John's heart can beat before his body would fatigue or "max out." This number is extremely helpful because it tells us the absolute highest exercise intensity John can handle before his body wears out. The ACSM says that during exercise, John should keep his heart rate below his maximum so that he will not become exhausted and have to quit. In fact, the ACSM gives John a specific percentage range of his maximum heart rate to exercise in, known as his Target Heart Rate Zone.

Why should I monitor exercise intensity?

Your heart is the most important muscle in your body and, like all muscles, must be exercised regularly to remain strong and efficient. According to fitness experts, exercise is more effective when you work out in a specific heart rate range or zone. This is referred to as your Target Heart Rate Zone (THRZ) and is reflected by the number of beats per minute your heart pumps. This zone can vary greatly depending on your age, fitness level, and various other factors. If your heart rate is too low during exercise, your body reaps little or no benefit. This means you're not likely to see the results you want, like weight loss or increased endurance. If your heart rate is too high during exercise, you may tire too quickly and become frustrated, or even run the risk of injury. In this case, you're likely to quit exercising because it's simply too difficult.

Monitoring exercise intensity helps you to stay at a level of exercise that allows you to accomplish your goals. In fact, the American College of Sports Medicine recommends that, in order to get the most benefit from your cardiovascular exercise, you should work within your Target Heart Rate Zone for at least 20 to 60 minutes per workout, 3 to 5 times per week. Knowing your exercise intensity (heart rate) will allow you to work at the right level of exercise to accomplish this.

How do I determine my Target Heart Rate Zone?

Your Target Heart Rate Zone represents the minimum and maximum number of times your heart should beat in one minute of exercise. The American College if Sports Medicine recommends that all individuals should work within a Target Heart Rate Zone of 60% to 85% of Maximum Heart Rate. This means that your heart rate during exercise should not fall below 60% or rise above 85% of your maximum heart rate. Let's look at John from our earlier example. John is 35 years old, so his estimated maximum heart rate is 220 minus 35, or 185 beats per minute (bpm). The ACSM says that John should exercise between 60% and 85% of 185 beats per minute to stay in his Target Heart Rate Zone. Let's determine John's Target Heart Rate Zone:

John's Estimated Maximum Heart Rate . . . . 185 bpm
185 bpm (mhr) x .60 (60%) . . . . . 111 bpm
185 bpm (mhr) x .85 (85%) . . . . . 157 bpm
John's Target Heart Rate Zone . . . . . 111-157 bpm

111-157 beats per minute is the range or zone John will want to keep his heart rate in during exercise in order to achieve his goals. If John is a beginning exerciser, he'll want to stay at the low end of his Target Heart Rate Zone. If John is a more advanced exerciser, he may want to work at the higher end of his THRZ to challenge himself more.

What is a heart monitor?

A wireless heart rate monitor consists of two parts: an electronic transmitter that is worn close to the heart as a chest belt, and the receiver, in this case the treadmill. Each time your heart beats, the electrodes will instantly detect the beat and send the information wirelessly to the receiver on the treadmill. Your current heart rate (beats per minute) is visible on the treadmill's display.

Heart rate monitors and motivation

KEEPS YOU SAFE
Exercising too hard can put you at risk for injury. A heart rate monitor reminds you of the safe and effective heart rate intensity at which you should exercise and warns you when your workouts go too far.

KEEPS YOU IN YOUR ZONE
If you want to reach your exercise goals, it's important to stay in your target heart rate zone during workouts. A heart rate monitor is your constant reminder of the intensity and quality of each workout session.

SAVES YOU TIME
Our heart rate monitor is wireless and easy to use, so you can view valuable heart rate information at any time during exercise without interrupting or stopping your workout.

GIVES YOU ACCURATE FEEDBACK
Our heart rate monitor is more accurate so you know exactly what your level of exercise intensity is during workouts. Pulsemeters have a high margin for error and manual pulse measurements during exercise can result in errors as high as plus or minus 15 beats per minute, with the risk of potential error increasing as heart rate increases.

The Cardio Trainer heart rate monitoring system consists of a heart rate transmitting chest belt and a receiver. The receiver is built into your Cardio Trainer treadmill. The transmitting chest belt is shown below.

HEART RATE TRANSMITTER

SECURE THE CHEST BELT
Secure the transmitter centered on the chest as high under the pectoral muscles (breasts) as possible. Tighten the strap so that the belt is as tight as possible without being uncomfortable.

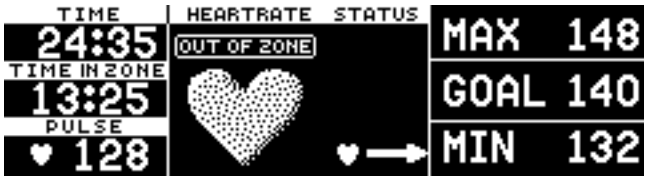
APPLY CARDIO GEL TO THE ELECTRODES
A tube of Landice Cardio Gel was shipped with your Cardio Trainer treadmill. Pull the belt away from your chest and apply a small dab to each electrode. This will ensure a strong electrical contact between the transmitter and your chest.

The Heart Rate Transmitter works best against bare skin. Since sweat (saltwater) is an electrical conductor, the transmitter will work over a T-shirt if the shirt is wet with sweat. If you are having trouble getting an accurate pulse reading, try wearing the belt against bare skin.

CARE AND MAINTENANCE
The transmitter activates when the belt is properly wetted. In order to conserve battery life, wipe the electrodes dry when not in use. Clean monthly with mild soap and water and wipe dry. Do not use abrasives in cleaning, as they can cause permanent damage to the electrodes. Do not bend or stretch the electrode strips, especially when storing the belt transmitter.

The AccuTrack Contact Heart Rate Monitoring System™ can be used in place of the wireless chest strap to perform any of the following functions:

- Monitor your Time in Zone
- Control HRC programs
- Help you maintain your target heart rate



1. Use the DISPLAY button to switch to one of the three screens that shows Pulse (see above).
2. Grab on to the pulse grips.
3. As soon as you put your hands on the grips a heart will beat on the display. This indicates that the system has been activated.
4. The heart will "beat" briefly and then display your heart rate. Your heart rate will be continuously monitored while your hands remain on the grips.

NOTE: If you are wearing the wireless chest strap, the AccuTrack system is automatically disabled.
NOTE: You do not have to be viewing the Pulse display for the AccuTrack system to function.

The HRC programs will continue to make speed and elevation adjustments to keep you at your target heart rate while your hands remain on the grips. If you remove your hands the HRC programs will not make any speed or elevation changes until you place your hands on the grips again.

The AccuTrack system is designed to be used at walking speeds. A natural running motion involves using your arms to maintain balance. Since contact heart rate systems require your arms to remain stationary, we recommend using the system only at speeds of less than approximately 4 mph (6.4 km/h) or the fastest speed at which you are comfortable walking.

Should you walk or run?

This depends on several things such as body weight, fitness goals, and what you like to do. Walking is the safest, most compatible form of exercise for most people. If you're just starting out, are new to exercise, or participate in aerobic activities less than three times per week, we recommend that you walk. On the other hand, if you're an experienced runner, stick with your program -- use your treadmill the way you want.

Here are some considerations to keep in mind:

[**1**] If you're interested in weight control, walking can burn as many calories as a moderate running pace. To get a very small increase in caloric expenditure, you have to run fast and, for most people, the extra effort isn't worth it.

[**2**] Your chance of losing weight successfully is far greater with walking. Walking increases your daily caloric expenditure, raises your metabolism, and is easier to stick with than running.

[**3**] Heavy users should always walk until they've shed some extra pounds and are closer to their desired body weight. Extra weight means extra stress on joints and muscles, which in turn means residual muscle soreness.

[**4**] If you're concerned about getting a "tough" workout and don't think walking is adequate, try walking up a hill! You can get just as much cardiovascular intensity (heart rate and breathing response) from walking as you can from running. Don't fool yourself with preconceived notions about walking -- you can sweat just as much by walking as by running.

Take it easy! Walk. Lose weight in comfort. Avoid being sore and discouraged. After you've reached your target weight, reevaluate. If you like walking and want to stick with it, terrific. On the other hand, if some running is appealing, try it out and see what it's like. Just remember that walking will get you fit and keep you fit.

What are your expectations?

This is very important to think about now. How much change in your fitness level and health do you expect to gain from your walking/running program? How fast do you expect results?

Start by learning the fitness habit. Set reasonable, attainable goals for yourself. Set up a schedule and stick with it. Every time you successfully complete a scheduled workout, give yourself a pat on the back. Practice your new "habit" faithfully and pretty soon it will be built into your daily routine.

The point is this: if you stick to your schedule the benefits will be yours. If you don't, the benefits will escape you. Your treadmill does nothing for you unless you're on it walking or running. It's just an inanimate object until you use it. Use it! Get the benefits you deserve.

TIP: If you're the kind of person that sets up a schedule and can't stick with it, then be very patient with yourself, because fitness benefits are a function of how regularly you exercise.

Whatever your goals are, keep the end in mind. For example, if you want to lose weight, set up reasonable expectations with your doctor. The key is "reasonable." Regardless of the goal, be patient and persistent. It takes a while for your body to get the message "we're changing."

TIP: If weight loss/control is your personal objective, don't forget the other half of the equation, diet. Get smart advice from a professional.

Optimizing your workouts

A good exercise program is not complicated. There's no mystery. Good ones are straightforward and make common sense.

There are three elements for setting up a sound exercise program. These are:

Intensity: How hard you exercise
Duration: How long you exercise
Frequency: How often you exercise

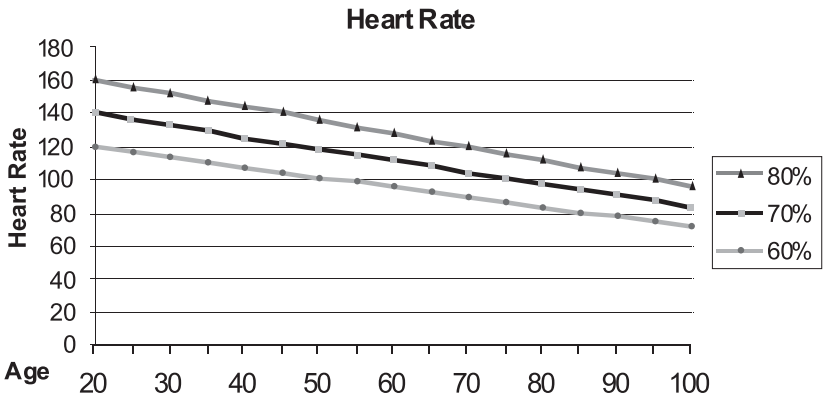
INTENSITY OF EXERCISE

Intensity of exercise is best described by how it feels. What is your breathing rate like? How do your muscles feel? These are the moment-to-moment sensations that you're aware of while exercising.

If you find yourself getting "out of breath," the intensity is far too difficult. Breathing is an excellent way to gauge intensity, because you don't have to stop to take a measure - you're aware of it all the time.

If you want more guidance and precision, determining your safe exercise heart rate is another method. It's a simple procedure described below.

[**1**] Find your pulse and count the number of beats for 10 seconds.
[**2**] Multiply the number of beats by 6. This is your pulse rate.
[**3**] Use the following chart to gauge your optimal target pulse range.



WARNING: The use of this chart assumes no underlying heart or respiratory disease or other condition, which could be adversely affected by exercise. Consult your doctor before using this chart!!!

Walkers: Walk a minimum of 40 to 60 minutes each workout.
Runners: Run 15 to 40 minutes each workout. If you run more than 40 minutes, be sure that you also strengthen your leg and hip muscles with resistance exercise.

DURATION OF EXERCISE

Walkers: Walk every day.
Runners: Run three to five times per week.

BEFORE YOU WORK OUT

- Never overdress; you may overheat. Wear loose-fitting clothes that do not rub or chafe.
- Think about your workout briefly before you begin. Remind yourself about the benefits you'll receive, about the commitment you've made to your health, and how good you'll feel afterwards.
- Start SLOWLY, work up to the intensity you like gradually. Take at least five minutes to reach peak intensity.

DURING YOUR WORKOUT

- Stay in the middle portion of the treadbelt.
- Monitor your breathing. Can you carry on a normal conversation or are you out of breath? If you use the heart rate method of monitoring intensity, are you within the heart rate zone?
- Change the speed and incline as needed to stay within the breathing and heart rate criteria.

TIP: If you want to simulate outdoor conditions for walking or running on a level surface, set the treadmill incline to 2%. This also helps to further cushion the impact of your feet on the moving surface.

AFTER YOUR WORKOUT

- Drink a large glass of water (you'll recover faster).
- Congratulate yourself for completing the workout.
- Do some light stretching exercises.
- Record that you completed the workout on your calendar.

KEEPING TRACK OF PROGRESS

- Keep a calendar that shows scheduled and actual workouts.
- Record every workout you complete.
- Compare planned with actual workouts completed. Aim for 90% completion. If you're averaging less than 90%, reevaluate your schedule and examine why you're missing 10% of your workouts (and the extra benefits from those missing workouts).
- Check in occasionally with your doctor and discuss your progress. It's good motivation and you'll pick up some tips. Or give some now that you're an expert!

CALORIE COMPUTATIONS

- Calories and calories/hour are calculated using the formulas developed by the American College of Sports Medicine. There are two different equations. One is for walking and one for running. The American College of Sports Medicine uses the walking equation for speeds less than or equal to 3.7 mph. The running equations are used for speeds in excess of 3.8 mph.

- The computations are based on a 150-pound person, which is a close enough estimate for most people. If you wish the equations to be more precise, however, you may enter your weight into the treadmill.
  See **"Getting Started"** for steps to enter your exact weight into the treadmill.

DANGER: Lethal voltages and moving parts capable of causing serious injury are exposed when the drive housing cover is removed. Under no circumstances should the motor cover be removed except by a Landice factory-authorized technician.

TRACKING

The treadbelt is tracked by means of the two 9/16" hex head bolts at the back end of the treadmill. Tightening (clockwise) the adjustment bolt on the side of the machine that the belt has moved towards, and loosening the bolt on the opposite side an equal amount, will cause the belt to move towards the center. Adjustments should be made with the treadmill running, and should be made in 1/4-turn increments. Allow at least 30 seconds for the belt to stabilize between each adjustment. Run the belt at high speed (6-8 mph). To insure proper belt tracking and alignment, the treadmill must be placed on a stable and level surface.

TENSIONING

The same hex head bolts used for tracking tension the treadbelt. To tighten the treadbelt, turn both screws clockwise exactly the same amount. Failure to turn them equally will affect belt tracking. Need for tension is indicated by uneven belt speed, and may be sensed by sudden stopping of the treadbelt when your foot comes down on the belt. Before tightening the treadbelt, assure that the treadbelt is loose, and not the motor drive belt. **DO NOT OVER-TIGHTEN**. If you can't reach the palm of your hand under the center of the treadbelt, **THE TREADBELT IS TOO TIGHT**.

The drive belt is tensioned by the nut located under the motor pan, and is screwed to a hook, which is attached to the motor bracket. By turning the nut clockwise you will tighten the nut pulling down the motor bracket and tightening the drive belt. **DO NOT OVER-TIGHTEN**. If you over-tighten this belt you will snap the motor shaft. To measure the tension, twist the drive belt between the motor and the drive roller. The ideal tension will allow you to twist the drive belt 45º. If you cannot twist the belt at least 45º, the belt is too tight.

WARNING: Moving parts can cause serious damage. Be sure to unplug treadmill before placing hands underneath the treadbelt!!!

TREADMILL LUBRICATION & CLEANING

It is recommended that you vacuum around and underneath the treadmill on a monthly basis. Your treadmill will last longer and look better if you wipe the sweat off the unit after each workout.

Lubrication is not required on residential treadmills. In institutional settings Landice requires lubricating the underside of the treadbelt with Landice SlipCoat on a **monthly basis**.

MOTOR BRUSHES

Motor brushes should be checked every six months on institutional treadmills and after six years on home units.

SERVICE CHECK-LIST

☐ Tension and track treadbelt
☐ Lubricate belt and vacuum treadmill
☐ Check drive belt tension
☐ Check motor brushes

STEP 1

Insert the side rail into the upper rail clamp and tighten the bolt using a 1/2" socket.
(Do not over-tighten.)

STEP 2

Fit the side rail to the bottom rail clamp.

STEP 3

Use a soft mallet to firmly set the rails inside the clamp.

STEP 4

Use a 3/16" allen wrench to tighten the rail clamp bolts.

STEP 5

Line up the upright leg side covers and firmly snap them into place.

STEP 6

Place the plastic endcaps on the top corners of the control panel. Use the two small Phillips head screws included to secure the endcaps.
(Return to step 9 in assembly instructions)

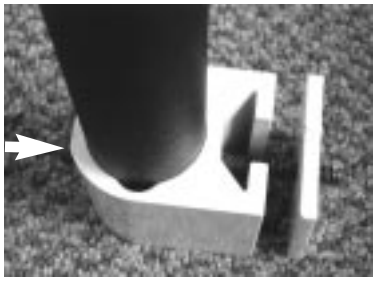
STEP 1

Insert the side rail into the upper rail clamp.

STEP 2

Attach the medrail by first hand-starting the bolts and then using a 1/2" socket until snug.
(Do not over-tighten.)

STEP 3



Assemble the base as shown inserting the bolt as represented by the arrow.

STEP 4

Fit the side rail clamp to the bottom side frame at the hole provided. Use a 5/16" wrench to hold nut inside treadmill and use 3/16" allen wrench to tighten.

STEP 5

Line up the upright leg side covers and firmly snap them into place.

STEP 6

Place the plastic endcaps on the top corners of the control panel. Use the two small Phillips head screws included to secure the endcaps.
(Return to step 9 in assembly instructions)

EXECUTIVE TRAINER

LANDICE

Quick User's Guide

To start your Landice treadmill:

Pressing the **START** button powers up the treadmill and all displays will light. Using the soft keys (the four gray circular buttons on either side of the main window), select your name or preferred client. The treadbelt will begin moving at 0.5 mph. (0.8 km/h).

To pause the treadmill:

Pressing the **PAUSE** button will cause the treadbelt to stop, but all statistical information will be preserved. Press **START** or **PAUSE** again to resume.

To turn off the treadmill:

Pressing the **STOP** button stops the treadbelt. The treadmill will shut off and all current statistical information will be cleared.

Using the numeric keypad:

Press **QUICK SPEED** or **QUICK GRADE**, then enter the speed or elevation using the keypad. After 3 seconds, the treadmill will start to adjust to your settings. Example for 5.0 mph: press **QUICK SPEED** then 5 and 0.

To view different display screens during your workout:

Press the **NEXT** and **PREVIOUS** buttons at anytime and choose the screen that best suits your workout.

To return to the main menu at any time:

Press the **MENU** button at anytime and select an option using the soft keys.

To use the built-in workout programs:

Press the **MENU** button at anytime, select the **PROGRAMS** soft key and choose the program that best suits your desired workout and press the **START** soft key. Now you will enter your desired time for the program workout using the numeric keypad. Press either the + or – soft keys to move down to entering your Maximum Speed, then use the numeric keypad to enter the fastest speed you would like to reach during your workout. Press either the + or – soft keys to move down to entering your Maximum Grade, then use the numeric keypad to enter the highest elevation percentage for your workout. Press the **START** soft key to begin your program-controlled workout.

WARNING: Failure to observe the following operating instructions can result in serious injury!

1. If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product **without consulting your doctor first.**
2. If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product **without supervision present.** Failure to do so can result in serious injury should you fall while the treadbelt is moving.
3. Failure to leave ample clearance around the treadmill could result in the user becoming trapped between the treadmill and a wall, resulting in burns or other serious injury from the moving treadbelt.

   *Allow a minimum clearance of **18 inches on each side** of the treadmill.*
   *Allow a minimum clearance of **4 feet at the rear** of the treadmill.*

4. Never stand on the treadbelt when starting the treadmill. A sudden start could cause you to lose your balance. Always stand with one foot on each side rail until the belt starts moving.
5. Always wear the emergency stop safety strap securely around your wrist while exercising. Failure to do so can result in severe injuries should you accidentally fall while exercising.
6. Test the emergency stop safety key on a regular basis by pulling on the cord and ensuring that the treadbelt comes to a complete stop.
7. Always remove the safety key from the treadmill when you are through exercising, especially if children are present. This will prevent them from accidentally starting the treadmill.
8. Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the treadmill.

When using an electrical appliance, basic precautions should always be followed.
Read all instructions before using.

DANGER: Always unplug the treadmill before cleaning or removing the motor cover.
To reduce the risk of electric shock in the event of an electrical storm, always unplug the treadmill from the electrical outlet immediately after using.

SAVE THESE INSTRUCTIONS

WARNING: To reduce the risk of electric shock or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use.
2. Close supervision is necessary when this unit is used by or near children or disabled persons.
3. Use this treadmill only for its intended use as described in this manual.
4. Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call your selling dealer immediately for examination and repair.
5. Keep the power cord away from heated surfaces. Be sure the line cord has plenty of slack and does not get pinched underneath the treadmill when it elevates and de-elevates.
6. Never operate the treadmill with the motor cover air openings blocked. Keep the air openings free of lint, hair, and dust.
7. Never drop or insert any object into any opening. Be sure no objects are near or underneath the moving treadbelt when you are using the treadmill.
8. Do not use outdoors.
9. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
10. Connect this appliance to a properly grounded dedicated outlet only.
11. To disconnect, press the **OFF** button, remove the Safety Key, and unplug the unit from the wall outlet.

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded in accordance with all local codes and ordinances.

120 Volt Treadmills

Treadmills marked 120 VAC are intended for use in a nominal 120-volt circuit with a grounding plug. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

200 - 250 Volt Treadmills

Treadmills marked 200-250 VAC are intended for use on a circuit having a nominal rating more than 120V and are factory-equipped with a specific cord and plug to permit connection to a proper electric circuit. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, qualified service personnel should make the reconnection.

DANGER! Improper connection of the equipment-grounding connector can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit in the outlet, have a proper outlet installed by a qualified electrician.

Table of Contents

Congratulations! You've made a very smart investment! Your Executive Trainer treadmill is a high-quality fitness tool that will give you years and years of fitness benefits.

One of the great things about the Executive Trainer treadmill is its diversity of applications. It's terrific for just starting out on a walking program or easy jog. In the case of a veteran runner, it's the perfect prescription to lower your 10K time.

Regardless of the application, unpleasant weather is not an obstacle. Cold, windy, wet days will never discourage you again, nor will the heat and humidity of July. If you're the type of person that likes to do two things at once, now you can watch your favorite program on TV or keep an eye on your kids and take care of your health at the same time.

Did you know that your treadmill is an excellent stair-climbing simulator? Stair-climbing has become a popular exercise today. Your treadmill, when elevated, is a very good climber with more safety and comfort than a dedicated stair climber!

Your treadmill was a smart purchase, but you knew that, so let's move on and get started.

BEFORE YOU BEGIN:
Following are some things you should do before you start to exercise on your treadmill.

INSTRUCTION MANUAL

Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the treadmill.

WARRANTY INFORMATION

Fill out your warranty registration card and mail it in today. Landice backs your treadmill with a strong warranty. For the factory to respond to any problems you may have, we need your warranty information on file. Do it today.

Landice will send you a complimentary Landice T-shirt upon receipt of your warranty registration card.

SELECTING A LOCATION

*Allow a minimum clearance of **18 inches** on each side of the treadmill.*
*Allow a minimum clearance of **4 feet** at the rear of the treadmill.*

Failure to leave ample clearance at the rear of the treadmill could result in the user becoming trapped between the treadmill and the wall should the user accidentally trip and fall while exercising.

Be sure the line cord has plenty of slack and does not get pinched underneath the treadmill when the treadmill elevates up and down. Make sure the treadmill is plugged into a dedicated line.

STEP 1:
Unbolt treadmill from pallet

- On L7 treadmills it is necessary to remove the bolts which hold the treadmill to the pallet.
- Start by removing the top bolts.
- Lay the treadmill on the ground, and then remove the bottom bolts by placing the treadmill on your toolbox.
- With the bolts removed, the treadmill will be free to move around in the box.

STEP 2:
Cut the box off the pallet

- Remove the metal strapping around the box.
- Using a razor blade knife, cut the box just above the bottom row of brass staples along all sides of the box.
- **DO NOT cut through the center of the box, as you could hit the treadmill.**
- Remove the box and discard.

STEP 3:
Unstrap the treadmill

- The treadmill components are held together with plastic strapping.
- Carefully cut and remove the strapping. Remove the treadmill upright and motor cover from treadmill. Lift the treadmill off the pallet.
- Carefully remove the upright side cover from the upright assembly

STEP 4:
Mount the upright

- Slide the upright down onto the 8-side frame bolts. Be sure the washers are located on the outside of the upright and against the head of the bolt.

STEP 5:
Secure uptight to frame

- **Tighten bolts with a 7/16“ extended socket.**
- *(If installing an L9 or medrails, turn to the appendix for installation instructions.)*

STEP 6: (L9 – see pg. 31)
Prepare to install hand rail

- The rail mounting bolts have been threaded into the rails for shipping. Remove them.
- Attach the U-shaped handrails by first hand-starting the bolts and then using a 1/2” socket until snug.
(Do not over-tighten.)

STEP 7:
Snap side cover into place

- Carefully align the side frame cover. Working from top to bottom, snap the upright side cover into place

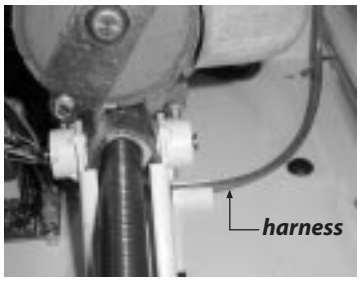
STEP 8:
Install side cover screw

- Align the side frame cover beneath the end cap and install the Phillips head screw
- Tighten the Phillips head screw until side cover aligns with endcap (Do not over-tighten.)

STEP 9:
Check drive belt tension

- **Check the tension on the drive belt by placing the drive belt between your thumb and forefinger and twisting.**
- The proper twist is 45˚. If the belt needs to be adjusted use a 7/16" socket and turn the bolt underneath the motor pan attached to the motor's hook screw.

STEP 10:
Route the wire harness



HOME:
- Route the wire harness **underneath** the elevation motor and secure with harness restraint clip provided. Plug connector into circuit board until it snaps into place.

COMMERCIAL:
- Route the wire harness **behind** the elevation motor and secure with harness restraint clip provided. Plug connector into circuit board until it snaps into place.

STEP 11:
Adjust the treadbelt

- *The treadbelt is tracked and tensioned via the take-up screws located at the back of the treadmill.*
- Check the tension of the treadbelt. At proper tension you should be able to place your hand between the belt and deck and reach the center of the treadmill. If you cannot reach the center, the belt is too tight and must be loosened. If your hand reaches past the center the belt is too loose and must be tightened

STEP 12:
Install motor cover

- Remove the black motor cover screws in the side of the frame. Place motor cover onto treadmill.
- Attach motor cover with Phillips head screws provided. Place rubber spacer between cover and frame.
- Plug treadmill into a dedicated 15A outlet. Walk on treadmill at approximately 2.5 mph for 20 to 45 minutes to properly walk in lubricant.

Press the **START** button and the treadmill powers on. All displays will light and the treadbelt will begin moving at 0.5 mph (0.8 km/hr in metric mode).

Press the **PAUSE** button to place the treadmill in the pause mode. The treadbelt will stop, but all statistical information will be preserved. Press either the **START** or the **PAUSE** button again to resume at 0.5 mph. When in programs, resuming from the pause mode will return the treadmill to the last actual speed and position in the program.

Press the **STOP** button to stop the treadbelt from moving. The display will shut off the treadmill and all current statistical information will be cleared.

Hold the **FAST** button down to increase speed. Holding the **FAST** button depressed for longer than 2 seconds causes the speed to increase at a faster rate.

Hold the **SLOW** button down to decrease speed. Holding the **SLOW** button depressed for longer than 2 seconds causes the speed to decrease at a faster rate.

Press the **UP** button to increase treadmill elevation. Release the button when the display indicates the desired elevation setting.

Press the **DOWN** button to decrease treadmill elevation. Release the button when the display indicates the desired elevation setting.

Removing the **SAFETY KEY** causes the treadbelt to stop. The graphic display will read, "Replace Safety Key" and the elevation will not operate. Replace the **SAFETY KEY** to resume operation at 0.5 mph.

Be sure to clip the **SAFETY KEY** around your wrist or to a belt loop in case you fall. Remove the **KEY** when treadmill is not in use and small children are present.

The Executive Trainer treadmill combines the latest in computer graphics with state-of-the-art technology designed to give you the ultimate treadmill workout. The heart and soul of the Executive Trainer is its video-graphic display. This display allows you to choose from seven virtual worlds including Road, Track, VSI, Zone Timer, Statistics, Programs, and Training Calendar.

Road **Track** **VSI** **Zone Timer** **Statistics** **Programs** **Calendar**

Each of these screens helps you visualize your workout while providing statistical information for up-to-the-second updates. One of the best features of the Executive Trainer is that these screens are independent from the functions or programs. Simply put, users can view any screen at any time regardless of what program they are in.

The Executive Trainer comes standard with a heart rate transmitter strap (and optional Contact Heart Rate System), which is used in conjunction with the H.R.C. programs. The two heart rate control programs maximize workout time by directing the treadmill to automatically change speed and elevation in order to maintain your target heart rate for the duration of the program. The User H.R.C. Program will allow you to create an H.R.C. program segment-by-segment for more variety in your heart-rate controlled workouts (Page 12).

The Executive Trainer offers five built-in programs to help you attain your goals. These programs take you through a predetermined twenty segment speed and elevation profile but at the same time allow you to customize the program to your specific needs (Page 10).

User programs allow you to create your own speed and elevation profiles while using the programs to store the displayed values at the end of each segment. You can also create and modify the program using the treadmill's edit mode. The belt will stop to allow you to modify the program profiles (Page 18).

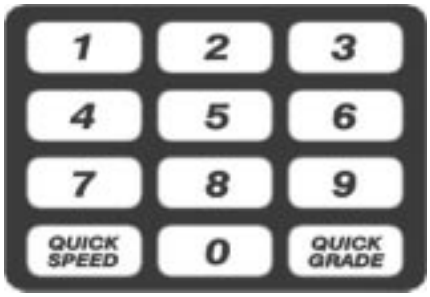
Another unique feature of the Executive Trainer is the training calendar. The training calendar will automatically record your treadmill workouts as well as allow you to record other common exercise activities. Use this calendar to keep track of your monthly workouts or to plan future workouts (Page 19).

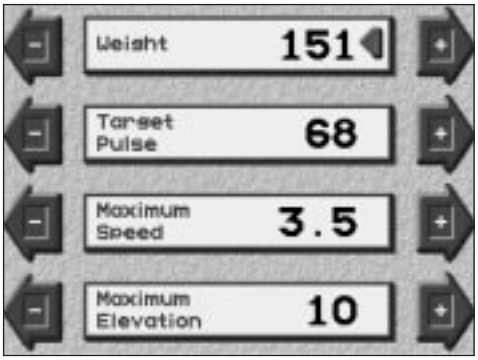
The Executive Trainer is equipped with a numeric keypad, which serves multiple functions to make the treadmill easier to control. It can be used to change speed and elevation, enter user settings, and configure programs.

ENTERING INFORMATION

There are multiple screens in which you can enter information into the treadmill.

- In the screen below, the triangle next to the "151" in the Weight box means that field is active for the keypad.
- To change the weight, you could either hold down one of the circular buttons (called soft keys) on either side of the Weight box until you reach the desired number, or simply enter your Weight directly using the keypad.
- If you use the keypad, the selection triangle moves to the next box (Target Pulse) automatically in three seconds.
- Alternatively, you could press one of the circular soft keys next to any of the information boxes you would like to adjust to move the selection triangle to that box and then use the keypad.





QUICK SPEED / QUICK GRADE

The **QUICK SPEED** and **QUICK GRADE** buttons of the keypad allow you to go directly to your target speed or elevation without having to hold down the **FAST/SLOW** or **UP/DOWN** arrow buttons. Simply press **QUICK SPEED** or **QUICK GRADE**, then enter the speed or elevation you want to reach using the keypad. After 3 seconds, the treadmill will automatically start to adjust to your settings.

PROGRAM CONFIGURATION

In the six BUILT-IN PROGRAMS, the keypad is used to enter the program's maximum time, speed, and elevation. This will be explained in more detail under the BUILT-IN PROGRAMS section of this manual (page 11).

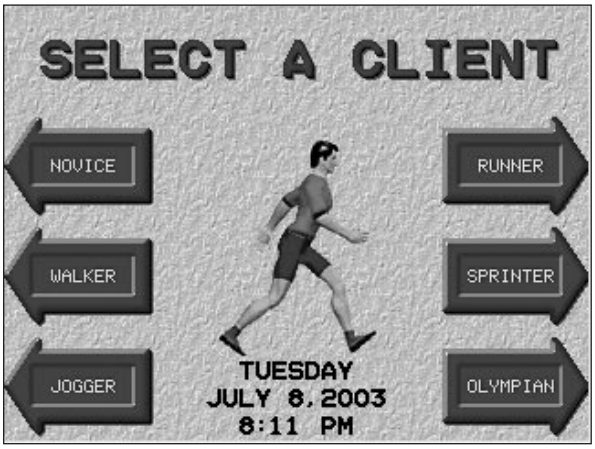
In the five User programs, the keypad is used to enter the program's maximum time. It can also be used to set the speed and elevation for each individual segment. This will be explained in more detail under the USER PROGRAM section of this manual (page 18).

In the Heart Rate Control (HRC) program, the keypad is used to enter the program's maximum speed, target heart rate, and program time. In the User Heart Rate Control program, the keypad is used to enter the program's maximum speed, program time, and the target heart rate for each individual segment. This will be explained in more detail under the HEART RATE sections of this manual (page 12).

Make sure you have read and understand this owner's manual. Now you are ready to begin. Start by straddling the treadbelt with one foot on each traction strip. Once the treadbelt begins moving you can start walking on the treadbelt.

Press the START button. The power-on screen appears.

The treadmill will begin moving at 0.5 mph. The Select Client Screen appears.



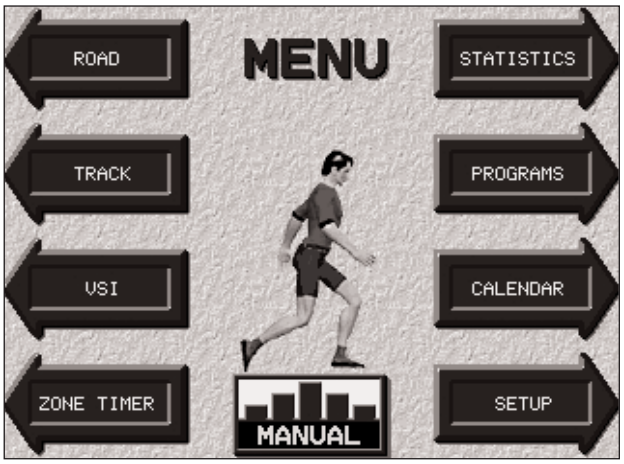
Select a client by pressing the adjacent soft key.

This will allow the treadmill to log your workout into the proper client account.

You can later use the Client Data screen to change the name and data for each client (page 21).

After you select a client, the display will automatically scroll through a selection of screens.

Press the MENU button at any time to stop the display scan and view the Menu display.



You can use the soft key buttons on either side of the screen to select one of the eight available graphic displays.

Road

The Road display uses signposts to display all of your accumulated statistical information. If the user is wearing the wireless chest belt, pulse rate is also displayed. *(See page 22 for instructions)*.

The selected client's name can be changed using the Setup display.

The program profile indicator in the bottom center of the display indicates the treadmill is in the Manual mode.

Press the NEXT button to advance to the **TRACK** display.

Track

The Track display shows your progress on a 1/4 mile track.

Pressing the RESET soft key clears the lap counter and lap timer, but does not reset your total accumulated time, distance and calories on the treadmill.

Your pace (Min./Mile) is displayed in the lower right hand corner of the screen.

The track converts to a 400-meter track when the treadmill is set in the Metric mode (see Setup Menu screen).

Press the NEXT button to advance to the **VSI** display.

VSI

With 15% electric elevation, your treadmill is an excellent stair climber. The Vertical Situation Indicator shows both your altitude and rate of climb.

Press the **LANDMARK** soft key to compare your altitude climbed to the Statue of Liberty, Washington Monument, Seattle Space Needle and Empire State Building.

Press the **RESET** soft key to reset your accumulated altitude.

Press the NEXT button to advance to the **ZONE TIMER** display.

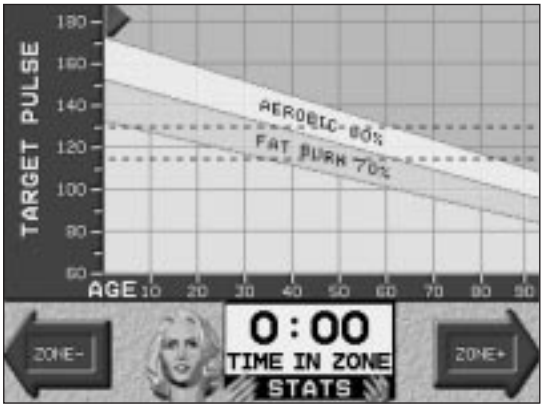
Zone Timer

The Zone Timer shows your actual heart rate as compared to your target heart rate zone.

Locate your target heart rate on the graph by finding your age at the bottom of the graph. Then move upward and choose a fitness goal. Once you choose a goal (Fat Burn or Aerobic), look left to find your target heart rate.

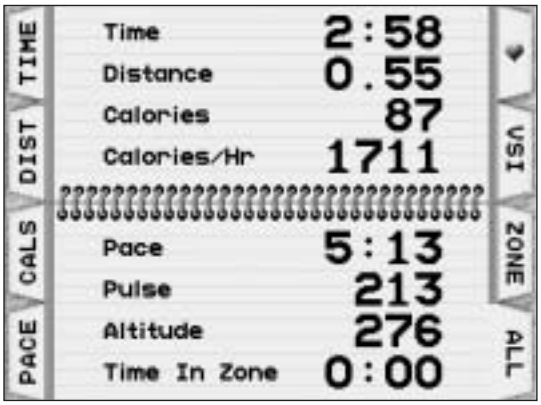
This display will also show your Time In Zone. This is the amount of time your heart rate is in your Target Zone.

You can adjust your Target Heart Rate Zone by using the **ZONE** - and **ZONE** + soft keys.



Press the NEXT button to advance to the **STATISTICS** display.

Statistics



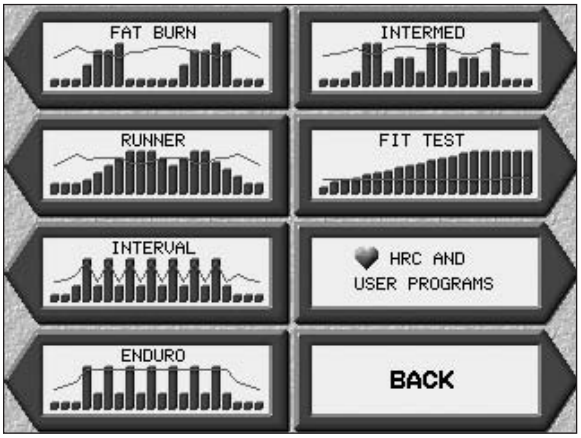
The Statistics display shows your current workout's accumulated information.

This display works like a card file by providing you a choice of display statistics. You can "flip" the card file by using the soft keys.

Select a statistic by pressing the corresponding soft key.

Press the NEXT button to advance to the **PROGRAM** display.

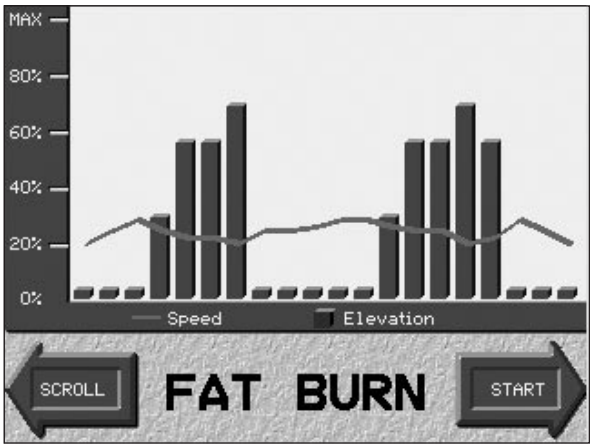
Program Selection Screen



From the Program Selection Screen use the soft keys to select one of the six built-in programs displayed.

Press the **START** soft key to select displayed program and enter the Program Setup screen or press the **SCROLL** soft key to select another program.

Built-in Program Screen



Built-in Program Setup Screen

This screen allows you to enter the program parameters.

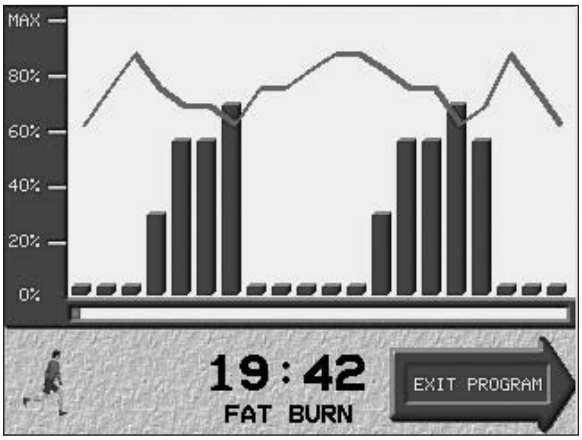
Use the soft keys or keypad to set your Program Time from 10:00 to 99:00 minutes.

Use the soft keys or keypad to set your program Maximum Speed.

Use the soft keys or keypad to set your Maximum Elevation.

Press the **START** soft key to begin the program.

Built-in Program Setup Screen



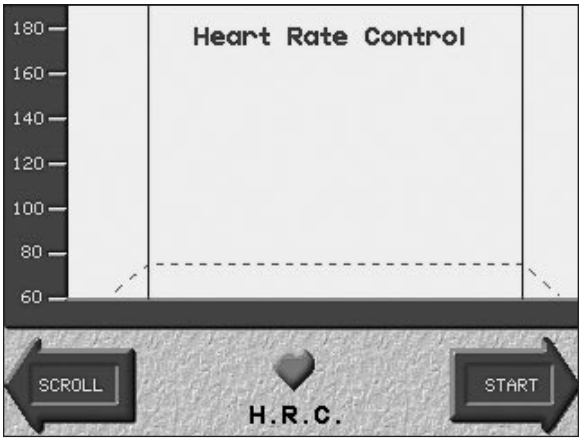
As you make your way through the 20 segments of the program, the graphic display will fill in the program profile showing your progress and time elapsed.

Once you have completed the program the treadmill will display the Program Selection Screen again.

To end the programs before completion of the selected time press the **EXIT PROGRAM** soft key. *Remember that the treadmill will keep running at the last displayed speed and elevation.*

You can view other display screens at any time by pressing the MENU button

NOTE: Heart Rate Control programs require user to wear heart rate transmitter strap or use the Contact Heart Rate System (if installed).



From the Program Selection Screen press the soft key for the HRC and User programs.

From the HRC and User Programs Selection Screen, press the HRC soft key.

Press the **START** soft key to enter the HRC program or use the **SCROLL** soft key to select another program.

HRC Program Setup Screen

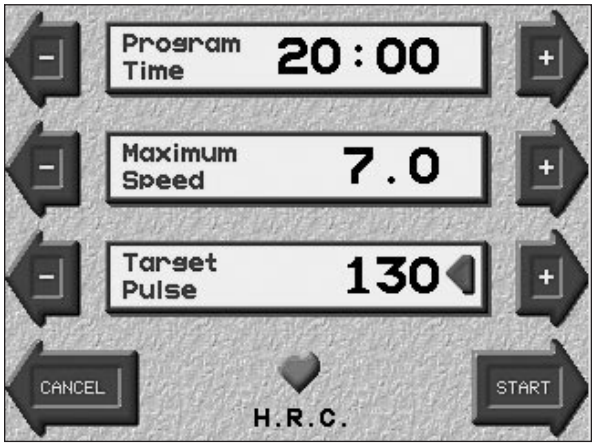
This screen allows you to enter the program parameters.

Use the soft keys or keypad to set your Program Time from 20:00 to 99:00 minutes.

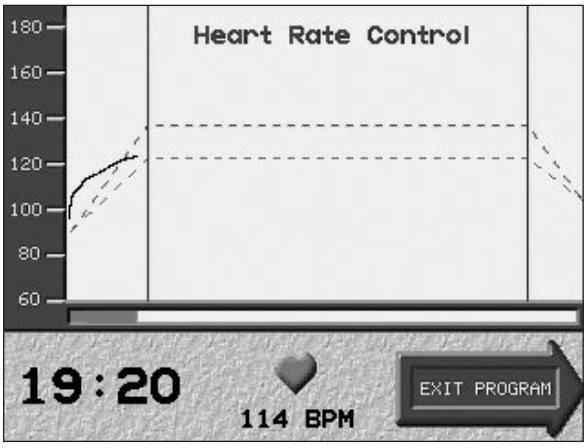
Use the soft keys or keypad to set your program Maximum Speed.

Use the soft keys or keypad to set your Target Pulse rate.

Press the **START** soft key to begin the program.



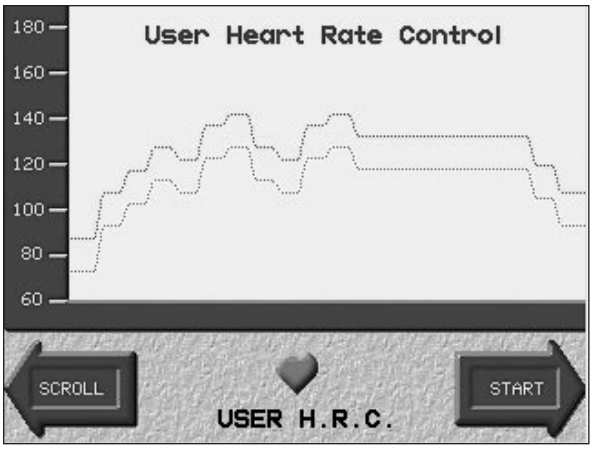
HRC Program Progress Screen



The H.R.C. program will change both speed and elevation to hold you at your target heart rate. A graph of your heart rate over time is plotted on the Program Progress Screen.

To end the program, press the **EXIT PROGRAM** soft key.

You can view other display screens at any time by pressing the MENU button.



From the Program Selection Screen press the soft key for the HRC and User programs.

From the HRC and User Programs Selection Screen, press the User HRC soft key.

Press the **START** soft key to enter the HRC program or use the **SCROLL** soft key to select a User program.

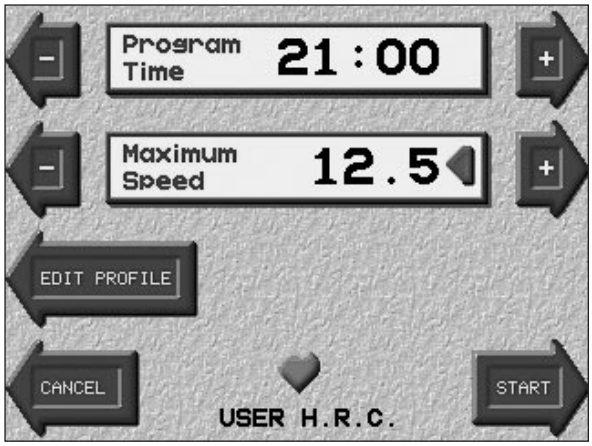
HRC Program Setup Screen

This screen allows you to enter the program parameters.

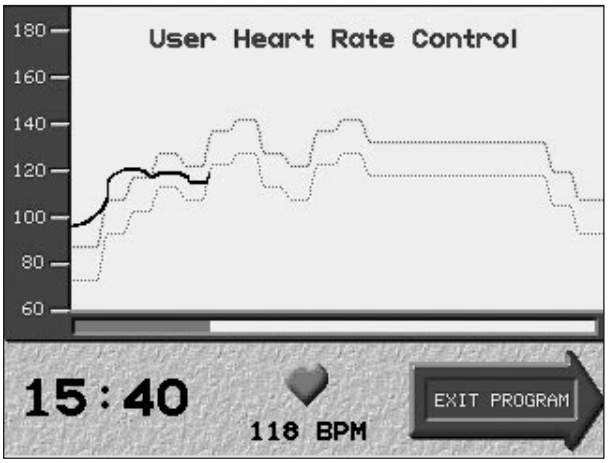
Use the soft keys or keypad to set your Program Time from 20:00 to 99:00 minutes.

Use the soft keys or keypad to set your program Maximum Speed.

Press the **START** soft key to begin the program.



HRC Program Progress Screen

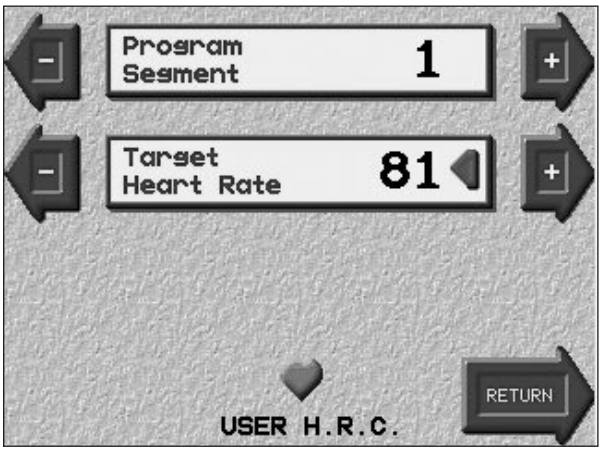


The User H.R.C. program will change both speed and elevation to hold you at your target heart rate. A graph of your heart rate over time is plotted on the Program Progress Screen.

To end the program, press the **EXIT PROGRAM** soft key.

You can view other display screens at any time by pressing the MENU button.

User HRC Program Setup Screen



From the HRC Program Setup Screen, press the **EDIT PROFILE** soft key.

This screen allows you to enter your target heart rate for each of the 20 segments of the program.

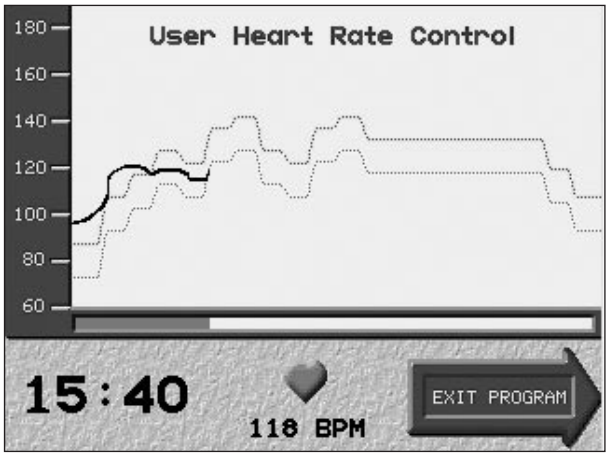
Use the soft keys or keypad to change the Target Heart Rate.

Now press the + soft key to advance to the next Program Segment. Adjust the Target Heart Rate. Continue these steps for each of the 20 segments of the program.

Press the **RETURN** soft key to begin the program.

The benefit of this User Heart Rate Control program is that you can create any type of heart rate program you like.

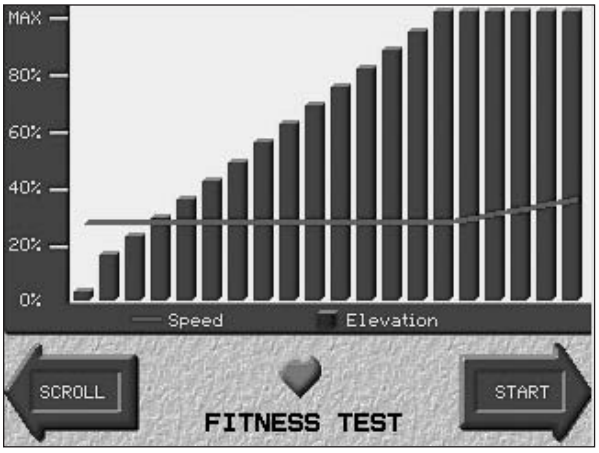
If you prefer intervals, endurance runs, or plateaus and valleys, then the sky's the limit.



The Fitness Test is based on the Balke protocol, the most widely used fitness test in the medical industry. The Balke protocol is widely regarded as providing the most accurate fitness test results for most individuals.

The Landice Fitness Test allows you to enter your gender and either your maximum heart rate or age. The program will begin at 3.4 mph and 0% elevation. The elevation will increase 2% after the first minute, then increase 1% every minute thereafter. After the treadmill has reached its maximum elevation, speed will increase by 0.1mph every other minute. The program will stop when you reach 130 bpm or 80% of your maximum heart rate (whichever is lower).

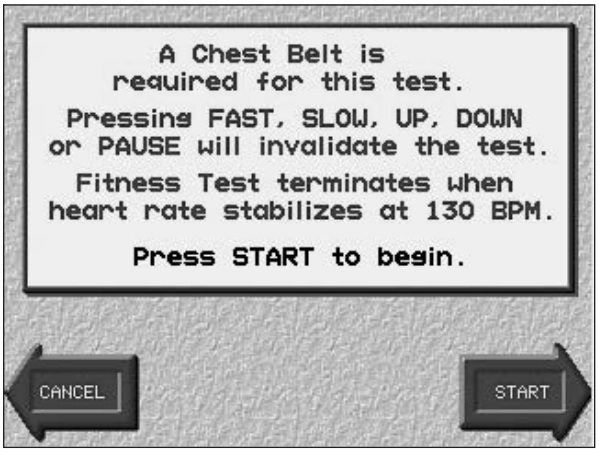
If you complete the full 20 minutes of the program without reaching 130 bpm or 80% of your maximum heart rate, your score will be calculated based on your last heart rate reading.



From the Program Selection Screen press the soft key for the Fitness Test program.

Press the **START** soft key to select the Fitness Test program and enter the Program Setup screen.

This will allow you to use the selected program for your workout.



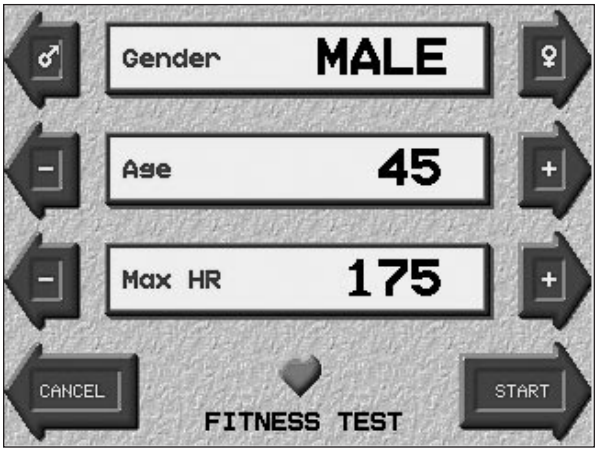
The Fitness Test Instruction Screen will appear.

The Fitness Test requires you to wear the heart rate transmitting chest strap.

Pressing any of the speed or elevation control buttons will invalidate the program and you will have to restart the program.

Press the **START** soft key once you have read and understand this screen.

Fitness Test Setup Screen



This screen allows you to enter the program parameters.

Use the soft keys to set your gender, male or female.

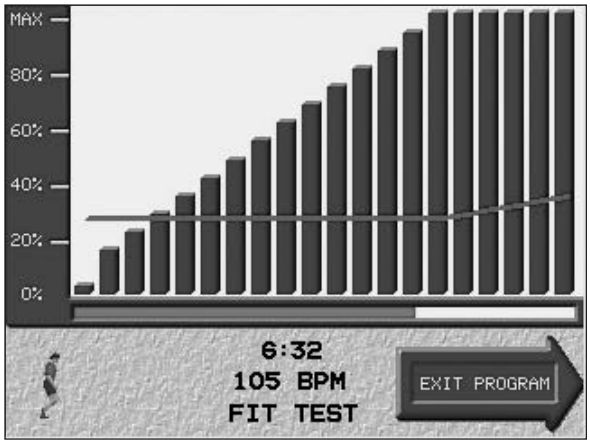
Use the soft keys or keypad to set your age and maximum heart rate.

Press the **START** soft key to begin the program.

Fitness Test Progress Screen

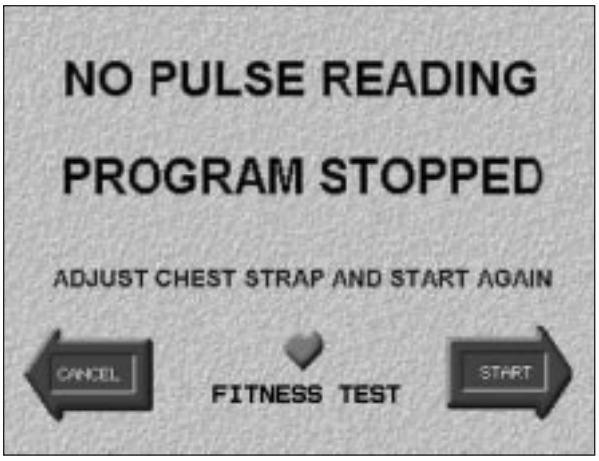
The Fitness Test program will change the elevation and then speed to help you reach 130 bpm or 80% of your maximum heart rate, whichever is lower.

To end the program, press the **EXIT PROGRAM** soft key.



You can view other display screens at any time by pressing the MENU button.

Fitness Test Error Screen



If during the course of the Fitness Test the treadmill does not pick up or loses your heart rate reading, the display at left will appear.

If this occurs please adjust the chest strap and make sure the transmitter is facing forward and placed directly against your chest.

Restart the program.

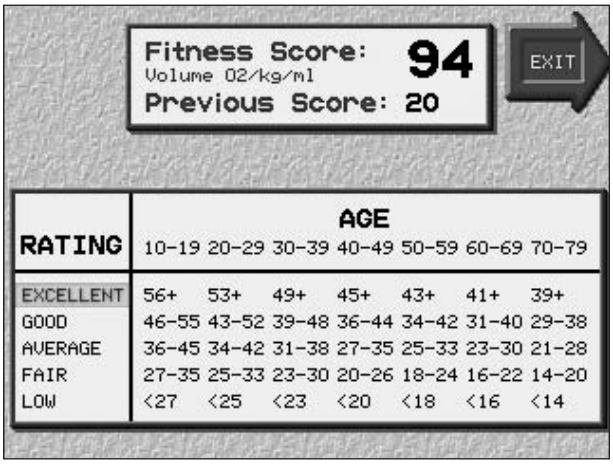
Once you have completed your Fitness Test the treadmill will evaluate your test results and display your Fitness Test Score

Fitness Test Results

Your Fitness Score represents your fitness level and can be compared to the figures on the rating screen to determine how you stack up with others your age.

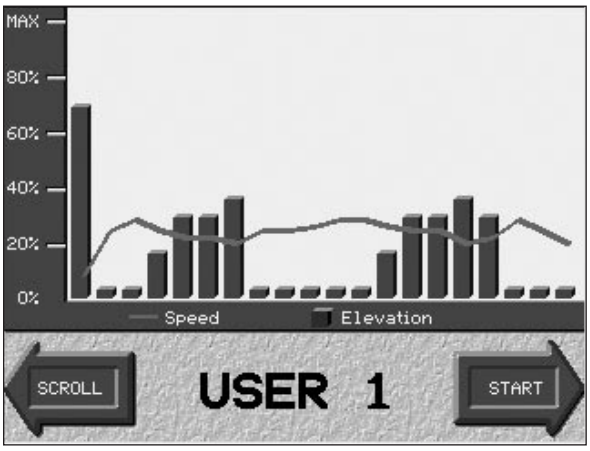
The higher your score the better your fitness level.

Remember, you can perform the fitness test as often as you like so you can measure your fitness level as you work toward your target fitness level.



RATING	AGE						
	10-19	20-29	30-39	40-49	50-59	60-69	70-79
EXCELLENT	56+	53+	49+	45+	43+	41+	39+
GOOD	46-55	43-52	39-48	36-44	34-42	31-40	29-38
AVERAGE	36-45	34-42	31-38	27-35	25-33	23-30	21-28
FAIR	27-35	25-33	23-30	20-26	18-24	16-22	14-20
LOW	<27	<25	<23	<20	<18	<16	<14

Program User Screen



From the Program Selection Screen press the soft key for the HRC and User programs.

From the HRC and User Programs Selection Screen, press the soft key for one of the User programs.

Press the **START** soft key to enter the User program or use the **SCROLL** soft key to select a different User program.

User Program Setup Screen

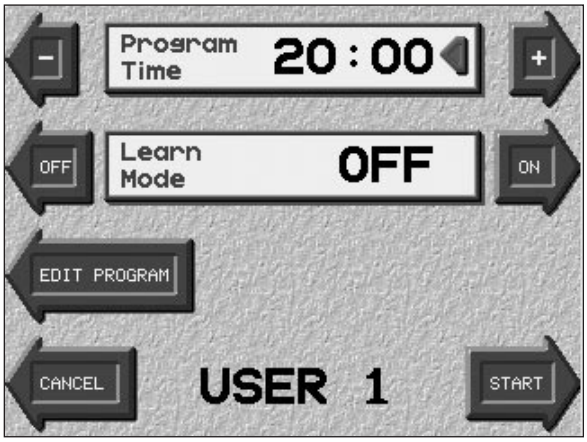
This screen allows you to enter the program parameters.

Use the soft keys or keypad to set the Program Time from 10:00 to 99:00 minutes.

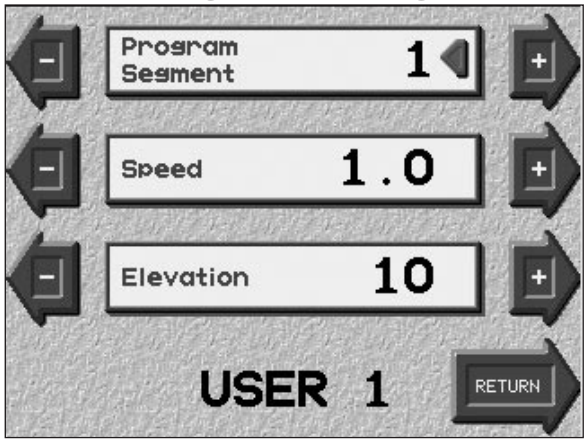
With the Learn Mode "ON," the treadmill will record the last displayed value for each segment.

Press the **EDIT PROGRAM** soft key to edit the selected profile.

Press the **START** soft key to begin the program.



Editing User Programs



Use the soft keys to select which of the 20 Program Segments you wish to edit.

Use the soft keys or keypad to set the Speed for the displayed program segment.

Use the soft keys or keypad to set the Elevation for the displayed program segment.

Press the **RETURN** soft key when you are through editing the program.

Press the MENU button at any time to view the Menu display.

Use the soft key buttons to select the Training Calendar.

Training Calendar

The Training Calendar shows weekly totals of your time spent exercising.

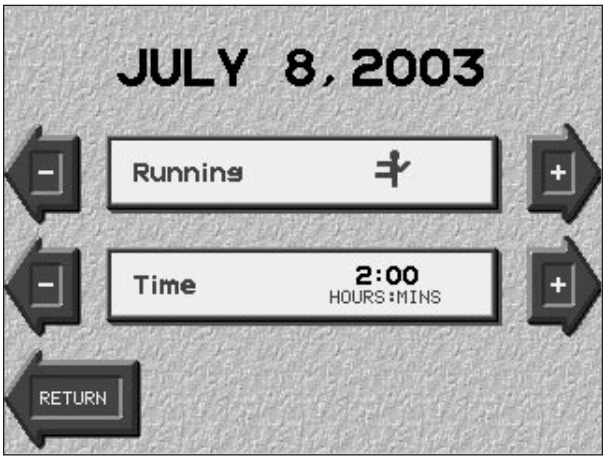
The Calendar automatically records your treadmill workout any time you use the treadmill.

You may also edit the calendar to record other types of exercise such as biking, rowing, and swimming.

Use the **SELECT DAY** soft key to highlight the day you wish to edit.

Press the **EDIT DAY** soft key to edit the highlighted day.

Edit Calendar Day



Use the **ACTIVITIES** keys to scroll through the available types of exercise.

Use the **TIME** keys or the keypad to set the amount of time spent exercising. The maximum value is 2:00 hours.

Press the **RETURN** soft key to load the information.

Press the MENU button at any time to view the Menu display.

Use the soft key buttons to select the Setup screen.

Selects English units of measure

Sets today's date

Sets display brightness

Selects metric units of measure

Edits client profile information

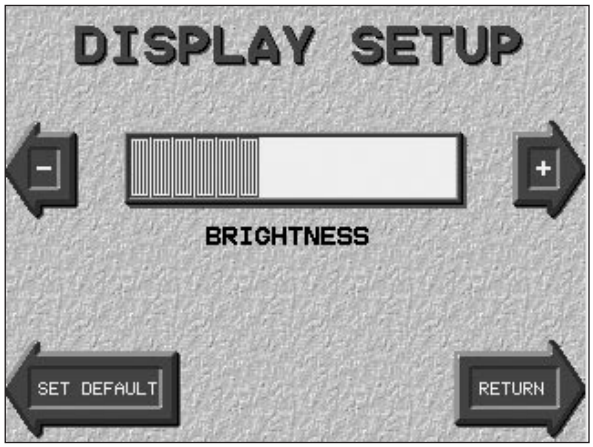
Returns to main menu

Use the soft key buttons to select the Brightness menu.

Use this screen to adjust the display brightness. As each room will have different amounts of light, the brightness adjustment will allow for optimal display viewing.

Make the adjustment using the + and - soft keys, or choose **SET DEFAULT** to bring back the factory setting.

Press the **RETURN** soft key to lock in any changes. The changes will be remembered even after the treadmill is unplugged.



Set Date

From the Set Date Screen you can change the date and time using the corresponding soft keys.

With the treadmill plugged in the date will be automatically updated. If the treadmill is unplugged, you must manually update the date when you turn on the treadmill.

Press the **RETURN** button to save your settings.

You may need to power down the treadmill using the **OFF** key to reset the calendar.

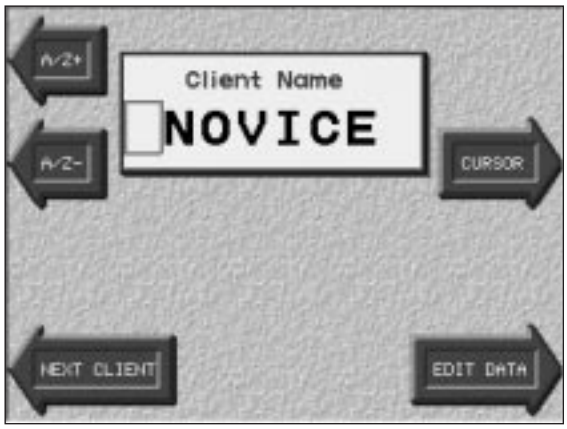
Edit Client Profile

From this screen you can change a client's name.

To change a client name use the **A/Z+** and **A/Z-** soft keys to cycle through the alphabet. Press the **CURSOR** soft key to advance to the next letter.

Press the **NEXT CLIENT** soft key to select a different client account.

Press the **EDIT DATA** soft key to load that client's data.



Set Client Data

By pressing the **EDIT DATA** soft key you can load the Weight, Target Pulse, Maximum Speed and Maximum Grade for an individual client account using either the keypad or softkeys.

When a client is selected during power-up, the weight stored in the client's profile is used to make the calorie computations more accurate.

When programs are selected the pre-loaded data is pulled from the client data profile as a starting suggestion for programs.

The Cardio Trainer treadmill comes standard with a wireless heart rate monitoring device to give you feedback on how your body is affected by your workout. We will take a look at a few basic concepts of heart rate monitoring so you can better understand how it all works and how to maximize its use to allow you to reach the fitness level you desire.

What is exercise intensity?

Exercise intensity is simply a measure of how hard you are working at a given time during exercise. The American College of Sports Medicine (ACSM), the world's leading medical and scientific authority on sports medicine and fitness, recommends that every individual involved in an exercise program know how hard his/her body is working during exercise.

Your heart provides key information for determining how intensely you are working during exercise. Your heart rate (how many times your heart beats per minute) is really an efficiency rating for your entire body. The number of times your heart beats during each minute of exercise is a measurement of the intensity of the exercise. If your heart rate is low, exercise intensity is low; if your heart rate is high, your exercise intensity is high.

What is maximum heart rate?

Maximum Heart Rate (MHR) is the maximum attainable heart rate your body can reach before total exhaustion. True maximum heart rate is measured during a fatigue or "stress" test. This test must be done in a clinical setting and is not practical or accessible for most people. Fortunately, your maximum heart rate can be established with a high degree of accuracy using the following simple formula:

Estimated Maximum Heart Rate = 220 minus your age.

If John is 35 years old, what is his estimated maximum heart rate?

	220
	- 35
John's Estimated Maximum Heart Rate =	185

185 beats per minute is the estimated maximum number of times John's heart can beat before his body would fatigue or "max out." This number is extremely helpful because it tells us the absolute highest exercise intensity John can handle before his body wears out. The ACSM says that during exercise, John should keep his heart rate below his maximum so that he will not become exhausted and have to quit. In fact, the ACSM gives John a specific percentage range of his maximum heart rate to exercise in, known as his Target Heart Rate Zone.

Why should I monitor exercise intensity?

Your heart is the most important muscle in your body and, like all muscles, must be exercised regularly to remain strong and efficient. According to fitness experts, exercise is more effective when you work out in a specific heart rate range or zone. This is referred to as your Target Heart Rate Zone (THRZ) and is reflected by the number of beats per minute your heart pumps. This zone can vary greatly depending on your age, fitness level, and various other factors. If your heart rate is too low during exercise, your body reaps little or no benefit. This means you're not likely to see the results you want, like weight loss or increased endurance. If your heart rate is too high during exercise, you may tire too quickly and become frustrated, or even run the risk of injury. In this case, you're likely to quit exercising because it's simply too difficult.

Monitoring exercise intensity helps you to stay at a level of exercise that allows you to accomplish your goals. In fact, the American College of Sports Medicine recommends that, in order to get the most benefit from your cardiovascular exercise, you should work within your Target Heart Rate Zone for at least 20 to 60 minutes per workout, 3 to 5 times per week. Knowing your exercise intensity (heart rate) will allow you to work at the right level of exercise to accomplish this.

How do I determine my target heart rate zone?

Your Target Heart Rate Zone represents the minimum and maximum number of times your heart should beat in one minute of exercise. The American College if Sports Medicine recommends that all individuals should work within a Target Heart Rate Zone of 60% to 85% of Maximum Heart Rate. This means that your heart rate during exercise should not fall below 60% or rise above 85% of your maximum heart rate. Let's look at John from our earlier example. John is 35 years old, so his estimated maximum heart rate is 220 minus 35, or 185 beats per minute (bpm). The ACSM says that John should exercise between 60% and 85% of 185 beats per minute to stay in his Target Heart Rate Zone. Let's determine John's Target Heart Rate Zone:

John's Estimated Maximum Heart Rate = 185 bpm
185 bpm (mhr) x .60 (60%) = 111 bpm
185 bpm (mhr) x .85 (85%) = 157 bpm
John's Target Heart Rate Zone = 111 - 157 bpm

111-157 beats per minute is the range or zone John will want to keep his heart rate in during exercise in order to achieve his goals. If John is a beginning exerciser, he'll want to stay at the low end of his Target Heart Rate Zone. If John is a more advanced exerciser, he may want to work at the higher end of his THRZ to challenge himself more.

What is exercise intensity?

A wireless heart rate monitor consists of two parts: an electronic transmitter that is worn close to the heart as a chest belt, and the receiver, in this case the treadmill. Each time your heart beats, the electrodes will instantly detect the beat and send the information wirelessly to the receiver on the treadmill. Your current heart rate (beats per minute) is visible on the treadmill's display.

Heart Rate Monitors and Motivation

KEEPS YOU SAFE
Exercising too hard can put you at risk for injury. A heart rate monitor reminds you of the safe and effective heart rate intensity at which you should exercise and warns you when your workouts go too far.

KEEPS YOU IN YOUR ZONE
If you want to reach your exercise goals, it's important to stay in your target heart rate zone during workouts. A heart rate monitor is your constant reminder of the intensity and quality of each workout session.

SAVES YOU TIME
Our heart rate monitor is wireless and easy to use, so you can view valuable heart rate information at any time during exercise without interrupting or stopping your workout.

GIVES YOU ACCURATE FEEDBACK
Our heart rate monitor is more accurate so you know exactly what your level of exercise intensity is during workouts. Pulsemeters have a high margin for error and manual pulse measurements during exercise can result in errors as high as plus or minus 15 beats per minute, with the risk of potential error increasing as heart rate increases.

The Cardio Trainer heart rate monitoring system consists of a heart rate transmitting chest belt and a receiver. The receiver is built into your Cardio Trainer treadmill. The transmitting chest belt is shown below.

HEART RATE TRANSMITTER

SECURE THE CHEST BELT.
Secure the transmitter centered on the chest as high under the pectoral muscles (breasts) as possible. Tighten the strap so that the belt is as tight as possible without being uncomfortable.

APPLY CARDIO GEL TO THE ELECTRODES.
A tube of Landice Cardio Gel was shipped with your Cardio Trainer treadmill. Pull the belt away from your chest and apply a small dab to each electrode. This will ensure a strong electrical contact between the transmitter and your chest.

The Heart Rate Transmitter works best against bare skin. Since sweat (saltwater) is an electrical conductor, the transmitter will work over a T-shirt if the shirt is wet with sweat. If you are having trouble getting an accurate pulse reading, try wearing the belt against bare skin.

CARE AND MAINTENANCE
The transmitter activates when the belt is properly wetted. In order to conserve battery life, wipe the electrodes dry when not in use. Clean monthly with mild soap and water and wipe dry. Do not use abrasives in cleaning, as they can cause permanent damage to the electrodes. Do not bend or stretch the electrode strips, especially when storing the belt transmitter.

The AccuTrack Contact Heart Rate Monitoring System™ can be used in place of the wireless chest strap to perform any of the following functions:

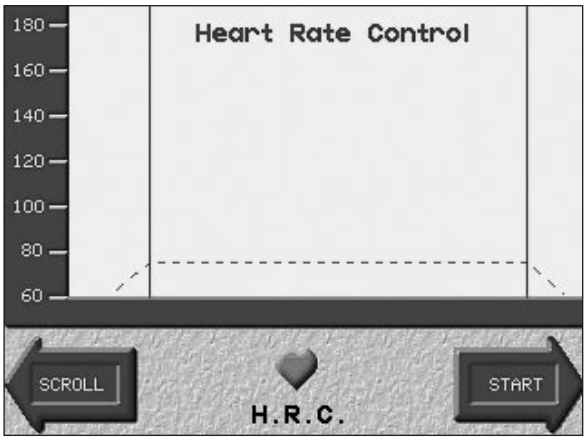
- Monitor your Time in Zone
- Control HRC programs
- Help you maintain your target heart rate

1. Follow the instructions earlier in this manual to switch to any display that shows pulse (see right).

2. Grab on to the pulse grips.

3. As soon as you put your hands on the grips a heart will beat on the display. This indicates that the system has been activated.

4. The heart will "beat" briefly and then display your heart rate. Your heart rate will be continuously monitored while your hands remain on the grips.



NOTE: If you are wearing the wireless chest strap, the AccuTrack system is automatically disabled.
NOTE: You do not have to be viewing the Pulse display for the AccuTrack system to function.

The HRC programs will continue to make speed and elevation adjustments to keep you at your target heart rate while your hands remain on the grips. If you remove your hands the HRC programs will not make any speed or elevation changes until you place your hands on the grips again.

The AccuTrack system is designed to be used at walking speeds. A natural running motion involves using your arms to maintain balance. Since contact heart rate systems require your arms to remain stationary, we recommend using the system only at speeds of less than approximately 4 mph (6.4 km/h) or the fastest speed at which you are comfortable walking.

Should you walk or run?

This depends on several things such as body weight, fitness goals, and what you like to do. Walking is the safest, most compatible form of exercise for most people. If you're just starting out, are new to exercise, or participate in aerobic activities less than three times per week, we recommend that you walk. On the other hand, if you're an experienced runner, stick with your program – use your treadmill the way you want.

Here are some considerations to keep in mind:

1. If you're interested in weight control, walking can burn as many calories as a moderate running pace. To get a very small increase in caloric expenditure, you have to run fast and, for most people, the extra effort isn't worth it.

2. Your chance of losing weight successfully is far greater with walking. Walking increases your daily caloric expenditure, raises your metabolism, and is easier to stick with than running.

3. Heavy users should always walk until they've shed some extra pounds and are closer to their desired body weight. Extra weight means extra stress on joints and muscles, which in turn means residual muscle soreness.

4. If you're concerned about getting a "tough" workout and don't think walking is adequate, try walking up a hill! You can get just as much cardiovascular intensity (heart rate and breathing response) from walking as you can from running. Don't fool yourself with preconceived notions about walking – you can sweat just as much by walking as by running.

Take it easy! Walk. Lose weight in comfort. Avoid being sore and discouraged. After you've reached your target weight, reevaluate. If you like walking and want to stick with it, terrific. On the other hand, if some running is appealing, try it out and see what it's like. Just remember that walking will get you fit and keep you fit.

What are your expectations for success?

This is very important to think about now. How much change in your fitness level and health do you expect to gain from your walking/running program? How fast do you expect results?

Start by learning the fitness habit. Set reasonable, attainable goals for yourself. Set up a schedule and stick with it. Every time you successfully complete a scheduled workout, give yourself a pat on the back. Practice your new "habit" faithfully and pretty soon it will be built into your daily routine.

The point is this: if you stick to your schedule the benefits will be yours. If you don't, the benefits will escape you. Your treadmill does nothing for you unless you're on it walking or running. It's just an inanimate object until you use it. Use it! Get the benefits you deserve.

Tip: If you're the kind of person that sets up a schedule and can't stick with it, then be very patient with yourself, because fitness benefits are a function of how regularly you exercise.

Whatever your goals are, keep the end in mind. For example, if you want to lose weight, set up reasonable expectations with your doctor. The key is "reasonable." Regardless of the goal, be patient and persistent. It takes a while for your body to get the message "we're changing."

Tip: If weight loss/control is your personal objective, don't forget the other half of the equation, diet. Get smart advice from a professional.

Optimizing your workouts

A good exercise program is not complicated. There's no mystery. Good ones are straightforward and make common sense.

There are three elements for setting up a sound exercise program. These are:

Intensity: How hard you exercise
Duration: How long you exercise
Frequency: How often you exercise

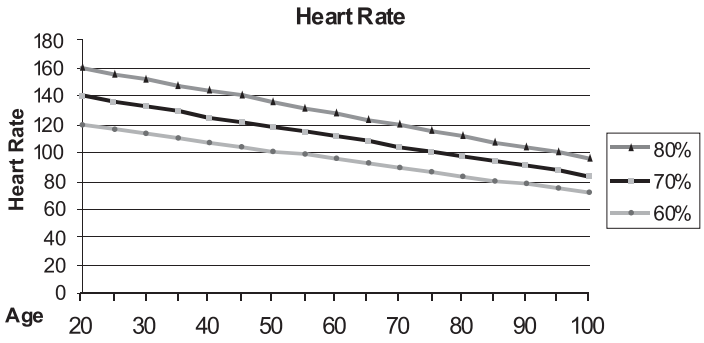
INTENSITY OF EXERCISE

Intensity of exercise is best described by how it feels. What is your breathing rate like? How do your muscles feel? These are the moment-to-moment sensations that you're aware of while exercising.

If you find yourself getting "out of breath," the intensity is far too difficult. Breathing is an excellent way to gauge intensity, because you don't have to stop to take a measure - you're aware of it all the time.

If you want more guidance and precision, determining your safe exercise heart rate is another method. It's a simple procedure described below.

[1] Find your pulse and count the number of beats for 10 seconds.
[2] Multiply the number of beats by 6. This is your pulse rate.
[3] Use the following graph to gauge your optimal target pulse range.



WARNING: The use of this graph assumes no underlying heart or respiratory disease or other condition, which could be adversely affected by exercise. Consult your doctor before using this graph!

Walkers: Walk a minimum of 40 to 60 minutes each workout.
Runners: Run 15 to 40 minutes each workout. If you run more than 40 minutes, be sure that you also strengthen your leg and hip muscles with resistance exercise.

DURATION OF EXERCISE

Walkers: Walk every day.
Runners: Run three to five times per week.

BEFORE YOU WORK OUT

- Never overdress; you may overheat. Wear loose-fitting clothes that do not rub or chafe.
- Think about your workout briefly before you begin. Remind yourself about the benefits you'll receive, about the commitment you've made to your health, and how good you'll feel afterwards.
- Start SLOWLY, work up to the intensity you like gradually. Take at least five minutes to reach peak intensity.

DURING YOUR WORKOUT

- Stay in the middle portion of the treadbelt.
- Monitor your breathing. Can you carry on a normal conversation or are you out of breath? If you use the heartrate method of monitoring intensity, are you within the heartrate zone?
- Change the speed and incline as needed to stay within the breathing and heartrate criteria.

Tip: If you want to simulate outdoor conditions for walking or running on a level surface, set the treadmill incline to 2%. This also helps to further cushion the impact of your feet on the moving surface.

AFTER YOUR WORKOUT

- Drink a large glass of water (you'll recover faster).
- Congratulate yourself for completing the workout.
- Do some light stretching exercises.
- Record that you completed the workout on your calendar.

KEEPING TRACK OF PROGRESS

- Keep a calendar that shows scheduled and actual workouts.
- Record every workout you complete.
- Compare planned with actual workouts completed. Aim for 90% completion. If you're averaging less than 90%, reevaluate your schedule and examine why you're missing 10% of your workouts (...and the extra benefits from those missing workouts).
- Check in occasionally with your doctor and discuss your progress. It's good motivation and you'll pick up some tips. Or give some now that you're an expert!

CALORIE COMPUTATIONS

- Calories and calories/hour are calculated using the formulas developed by the American College of Sports Medicine. There are two different equations. One is for walking and one for running. The American College of Sports Medicine uses the walking equation for speeds less than or equal to 3.7 mph. The running equations are used for speeds in excess of 3.8 mph.

- The computations are based on a 150-pound person, which is a close enough estimate for most people. If you wish the equations to be more precise, however, you may enter your weight into the treadmill. See **"Getting Started"** for steps to enter your exact weight into the treadmill.

DANGER: Lethal voltages and moving parts capable of causing serious injury are exposed when the drive housing cover is removed. **Under no circumstances should the motor cover be removed except by a Landice factory-authorized technician.**

TRACKING

The treadbelt is tracked by means of the two 9/16" hex head bolts at the back end of the treadmill. Tightening (clockwise) the adjustment bolt on the side of the machine that the belt has moved towards, and loosening the bolt on the opposite side an equal amount, will cause the belt to move towards the center. Adjustments should be made with the treadmill running, and should be made in 1/4-turn increments. Allow at least 30 seconds for the belt to stabilize between each adjustment. Run the belt at high speed (6-8 mph). To insure proper belt tracking and alignment, the treadmill must be placed on a stable and level surface.

TENSIONING

The treadbelt is **TENSIONED** by the same hex head bolts used for tracking. To tighten the treadbelt, turn both screws clockwise exactly the same amount. Failure to turn them equally will affect belt tracking. Need for tension is indicated by uneven belt speed, and may be sensed by sudden stopping of the treadbelt when your foot comes down on the belt. Before tightening the treadbelt, assure that the treadbelt is loose, and not the motor drive belt. **DO NOT OVER-TIGHTEN**. If you can't reach the palm of your hand under the center of the treadbelt, **THE TREADBELT IS TOO TIGHT.**

The drive belt is tensioned by the nut located under the motor pan, and is screwed to a hook, which is attached to the motor bracket. By turning the nut clockwise you will tighten the nut pulling down the motor bracket and tightening the drive belt. **DO NOT OVER-TIGHTEN**. If you over-tighten this belt you will snap the motor shaft. To measure the tension, twist the drive belt between the motor and the drive roller. The ideal tension will allow you to twist the drive belt 45°. If you cannot twist the belt at least 45°, the belt is too tight.

WARNING: MOVING PARTS CAN CAUSE SERIOUS DAMAGE. BE SURE TO UNPLUG TREADMILL BEFORE PLACING HANDS UNDERNEATH THE TREADBELT!!!

TREADMILL LUBRICATION & CLEANING

It is recommended that you vacuum around and underneath the treadmill on a monthly basis. Your treadmill will last longer and look better if you wipe the sweat off the unit after each workout.

Lubrication is not required on residential treadmills. In institutional settings Landice requires lubricating the underside of the treadbelt with Landice SlipCoat on a **monthly basis**.

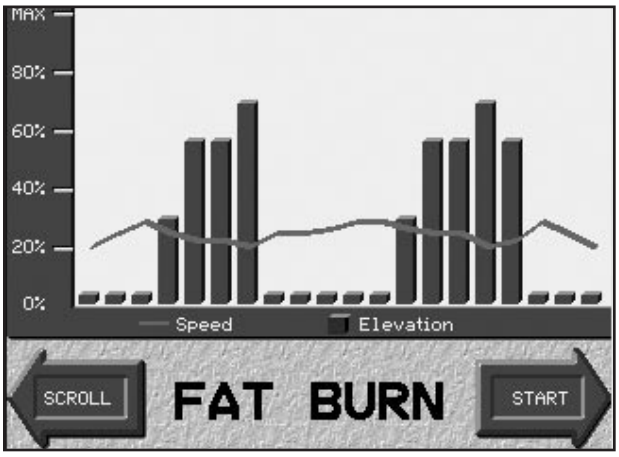
MOTOR BRUSHES

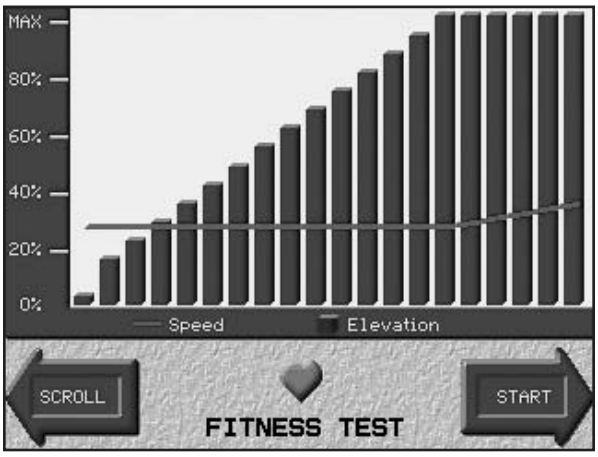
Motor brushes should be checked every six months on institutional treadmills and after six years on home units.

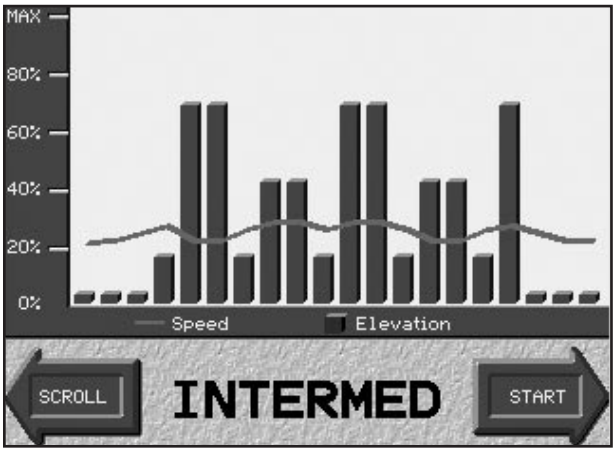
SERVICE CHECK-LIST

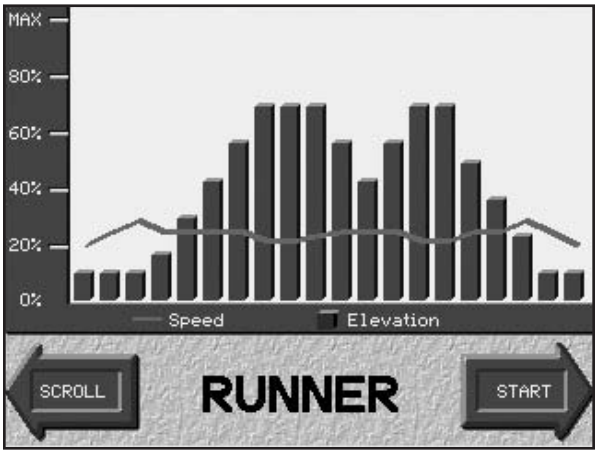
- ❑ Tension and track treadbelt
- ❑ Lubricate belt and vacuum treadmill
- ❑ Check drive belt tension
- ❑ Check motor brushes

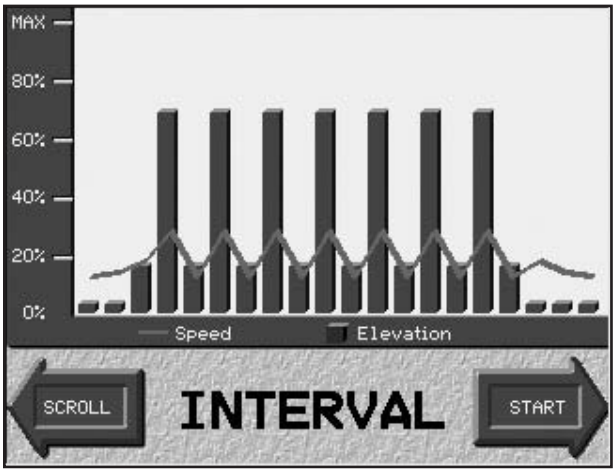
Executive Trainer Built-in Programs

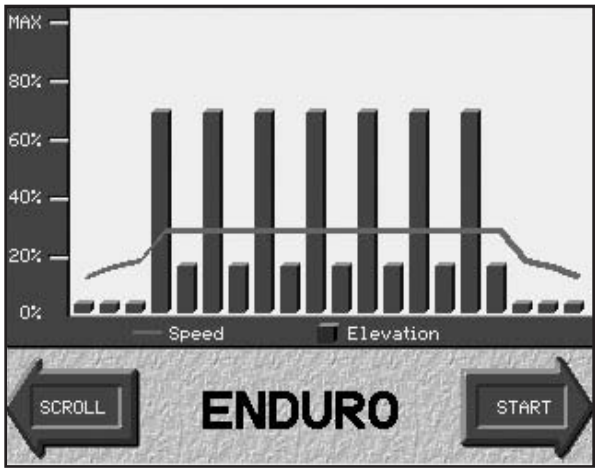












STEP 1

Insert the side rail into the upper rail clamp and tighten the bolt using a 1/2" socket.
(Do not over-tighten.)

STEP 2

Fit the side rail to the bottom rail clamp.

STEP 3

Use a soft mallet to firmly set the rails inside the clamp.

STEP 4

Use a 3/16" allen wrench to tighten the rail clamp bolts.

STEP 5

Line up the upright leg side covers and firmly snap them into place.

STEP 6

Place the plastic endcaps on the top corners of the control panel. Use the two small Phillips head screws included to secure the endcaps.
(Return to step 9 in assembly instructions)

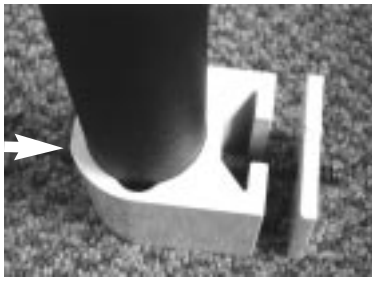
STEP 1

Insert the side rail into the upper rail clamp.

STEP 2

Attach the medrail by first hand-starting the bolts and then using a 1/2" socket until snug.
(Do not over-tighten.)

STEP 3



Assemble the base as shown inserting the bolt as represented by the arrow.

STEP 4

Fit the side rail clamp to the bottom side frame at the hole provided. Use a 5/16" wrench to hold nut inside treadmill and use 3/16" allen wrench to tighten.

STEP 5

Line up the upright leg side covers and firmly snap them into place.

STEP 6

Place the plastic endcaps on the top corners of the control panel. Use the two small Phillips head screws included to secure the endcaps.
(Return to step 9 in assembly instructions)

PRO SPORTS TRAINER

LANDICE

Quick User's Guide

To start your Landice treadmill:

Pressing the **START** button powers up the treadmill and all displays will light. The treadbelt will begin moving at 0.5 mph. (0.8 km/h).

To pause the treadmill:

Pressing the **PAUSE** button will cause the treadbelt to stop, but all statistical information will be preserved. Press **START** or **PAUSE** again to resume.

To turn off the treadmill:

Pressing the **STOP** button stops the treadbelt. The treadmill will shut off and all current statistical information will be cleared.

To view different display screens during your workout:

Press the **DISPLAY** button at any time to choose the statistic that best suits your workout.

To use the built-in workout programs:

Press the **PROGRAMS** button at anytime and choose the program that best suits your desired workout, then wait three seconds to enter the program setup. Use the **DISPLAY** button to adjust the program time and the **FAST** and **SLOW** buttons to adjust the maximum speed of the program. Press the **START** button to begin your workout using the built-in program.

To return to manually controlling the treadmill during a program:

Press the **PROGRAMS** button during a workout program and wait three seconds. The treadmill will display the first program. Wait an additional three seconds and the treadmill will be back in manual mode.

WARNING: Failure to observe the following operating instructions can result in serious injury!

[1] If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product without consulting your doctor first.

[2] If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product without supervision present. Failure to do so can result in serious injury should you fall while the treadbelt is moving.

[3] Failure to leave ample clearance around the treadmill could result in the user becoming trapped between the treadmill and a wall, resulting in burns or other serious injury from the moving treadbelt.

*Allow a minimum clearance of **18 inches on each side** of the treadmill.*
*Allow a minimum clearance of **4 feet at the rear** of the treadmill.*

[4] Never stand on the treadbelt when starting the treadmill. A sudden start could cause you to lose your balance. Always stand with one foot on each side rail until the belt starts moving.

[5] Always wear the emergency stop safety strap securely around your wrist while exercising. Failure to do so can result in severe injuries should you accidentally fall while exercising.

[6] Test the emergency stop safety key on a regular basis by pulling on the cord and ensuring that the treadbelt comes to a complete stop.

[7] Always remove the safety key from the treadmill when you are through exercising, especially if children are present. This will prevent them from accidentally starting the treadmill.

[8] Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the treadmill.

When using an electrical appliance, basic precautions should always be followed.
Read all instructions before using.

DANGER: Always unplug the treadmill before cleaning or removing the motor cover. To reduce the risk of electric shock in the event of an electrical storm, always unplug the treadmill from the electrical outlet immediately after using.

SAVE THESE INSTRUCTIONS

WARNING: To reduce the risk of electric shock or injury to persons:

[1] An appliance should never be left unattended when plugged in. Unplug from outlet when not in use.

[2] Close supervision is necessary when this unit is used by or near children or disabled persons.

[3] Use this treadmill only for its intended use as described in this manual.

[4] Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call your selling dealer immediately for examination and repair.

[5] Keep the power cord away from heated surfaces. Be sure the line cord has plenty of slack and does not get pinched underneath the treadmill when it elevates and de-elevates.

[6] Never operate the treadmill with the motor cover air openings blocked. Keep the air openings free of lint, hair, and dust.

[7] Never drop or insert any object into any opening. Be sure no objects are near or underneath the moving treadbelt when you are using the treadmill.

[8] Do not use outdoors.

[9] Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

[10] Connect this appliance to a properly grounded dedicated outlet only.

[11] To disconnect, press the OFF button, remove the Safety Key, and unplug the unit from the wall outlet.

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded in accordance with all local codes and ordinances.

120 Volt Treadmills

Treadmills marked 120 VAC are intended for use in a nominal 120-volt circuit with a grounding plug. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

200 - 250 Volt Treadmills

Treadmills marked 200-250 VAC are intended for use on a circuit having a nominal rating more than 120V and are factory-equipped with a specific cord and plug to permit connection to a proper electric circuit. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, qualified service personnel should make the reconnection.

DANGER: Improper connection of the equipment-grounding connector can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit in the outlet, have a proper outlet installed by a qualified electrician.

Table of Contents

Congratulations! You've made a very smart investment! Your Pro Sports Trainer treadmill is a high-quality fitness tool that will give you years and years of fitness benefits.

One of the great things about the Pro Sports Trainer is its diversity of applications. It's terrific for just starting out on a walking program or easy jog. In the case of a veteran runner, it's the exact prescription needed for precision interval training to lower your 10K time.

Regardless of the application, unpleasant weather is not an obstacle. Cold, windy, wet days will never discourage you again, nor will the heat and humidity of the summer months. If you're the type of person that likes to do two things at once, now you can watch your favorite program on TV or keep an eye on your kids and take care of your health at the same time.

Did you know that your treadmill is an excellent stair-climbing simulator? Stair climbing has become a popular exercise today. Your treadmill, when elevated, is a very good climber with more safety and comfort than a dedicated stair climber!

Your treadmill was a smart purchase, but you already knew that, so let's move on and get started.

BEFORE YOU BEGIN
Following are some things you should do before you start to exercise on your treadmill:

INSTRUCTION MANUAL
Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the treadmill.

WARRANTY INFORMATION
Fill out your warranty registration card and mail it in today. Landice backs your treadmill with a strong warranty. For the factory to respond to any problems you may have, we need your warranty information on file. Do it today.

Landice will send you a complimentary Landice T-shirt upon receipt of your warranty registration card.

SELECTING A LOCATION
*Allow a minimum clearance of **18 inches on each side** of the treadmill.*
*Allow a minimum clearance of **4 feet at the rear** of the treadmill.*

Failure to leave ample clearance at the rear of the treadmill could result in the user becoming trapped between the treadmill and the wall should the user accidentally trip and fall while exercising.

Be sure the line cord has plenty of slack and does not get pinched underneath the treadmill when the treadmill elevates up and down. Make sure the treadmill is plugged into a dedicated line.

STEP 1:
Unbolt treadmill from pallet

- On L7 treadmills it is necessary to remove the bolts which hold the treadmill to the pallet.
- Start by removing the top bolts.
- Lay the treadmill on the ground, and then remove the bottom bolts by placing the treadmill on your toolbox.
- With the bolts removed, the treadmill will be free to move around in the box.

STEP 2:
Cut the box off the pallet

- Remove the metal strapping around the box.
- Using a razor blade knife, cut the box just above the bottom row of brass staples along all sides of the box.
- **DO NOT cut through the center of the box, as you could hit the treadmill.**
- Remove the box and discard.

STEP 3:
Unstrap the treadmill

- The treadmill components are held together with plastic strapping.
- Carefully cut and remove the strapping. Remove the treadmill upright and motor cover from treadmill. Lift the treadmill off the pallet.
- Carefully remove the upright side cover from the upright assembly.

STEP 4:
Mount the upright

- Slide the upright down onto the 8-side frame bolts. Be sure the washers are located on the outside of the upright and against the head of the bolt.

STEP 5:
Secure upright to frame

- **Tighten bolts with a 7/16" extended socket.**
- *If installing an L9 or medrails, turn to the appendix for installation instructions.*

STEP 6: (L9 — see page 15)
Prepare to install hand rail

- The rail mounting bolts have been threaded into the rails for shipping. Remove them.
- Attach the U-shaped handrails by first hand-starting the bolts and then using a 1/2" socket until snug.
  (Do not over-tighten.)

STEP 7:
Snap side cover into place

- Carefully align the side frame cover. Working from top to bottom, snap the upright side cover into place.

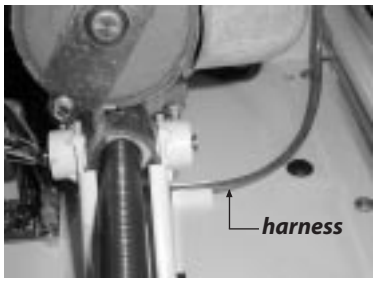
STEP 8:
Install side cover screw.

- Align the side frame cover beneath the end cap and install the Phillips head screw.
- Tighten the Phillips head screw until side cover aligns with endcap.
  (Do not over-tighten).

STEP 9:
Check drive belt tension

- **Check the tension on the drive belt by placing the drive belt between your thumb and forefinger and twisting.**
- The proper twist is 45º. If the belt needs to be adjusted use a 7/16" socket and turn the bolt underneath the motor pan attached to the motor's hook screw.

STEP 10:
Route the wire harness



HOME :
- Route the wire harness **underneath** the elevation motor and secure with harness restraint clip provided. Plug connector into circuit board until it snaps into place.

COMMERCIAL :
- Route the wire harness **behind** the elevation motor and secure with harness restraint clip provided. Plug connector into circuit board until it snaps into place.

STEP 11:
Adjust the treadbelt

- *The treadbelt is tracked and tensioned via the take-up screws located at the back of the treadmill.*
- Check the tension of the treadbelt. At proper tension you should be able to place your hand between the belt and deck and reach the center of the treadmill. If you cannot reach the center, the belt is too tight and must be loosened. If your hand reaches past the center the belt is too loose and must be tightened.

STEP 12:
Install motor cover

- Remove the black motor cover screws in the side of the frame. Place motor cover onto treadmill.
- Attach motor cover with Phillips head screws provided. Place rubber spacer between cover and frame.
- Plug treadmill into a dedicated 15A outlet. Walk on treadmill at approximately 2.5 mph for 20 to 45 minutes to properly walk in lubricant.

Press the **START** button and the treadmill powers on. All displays will light and the treadbelt will begin moving at 0.5 mph (0.8 km/hr in metric mode).

Press the **PAUSE** button to place the treadmill in the pause mode. The treadbelt will stop, but all statistical information will be preserved. Press either the **START** or the **PAUSE** button again to resume at 0.5 mph. When in programs, resuming from the pause mode will return the treadmill to the last actual speed and position in the program.

Press the **STOP** button to stop the treadbelt from moving. The display will shut off the treadmill and all current statistical information will be cleared.

Hold the **FAST** button down to increase speed. Holding the **FAST** button depressed for longer than 2 seconds causes the speed to increase at a faster rate.

Hold the **SLOW** button down to decrease speed. Holding the **SLOW** button depressed for longer than 2 seconds causes the speed to decrease at a faster rate.

Hold the **UP** button to increase treadmill elevation. Release the button when the display indicates the desired elevation setting.

Hold the **DOWN** button to decrease elevation. Release the button when the display indicates the desired elevation setting.

Press the **DISPLAY** button to change the selectable display and to enter program data and user weight.

Removing the **SAFETY KEY** causes the treadbelt to stop. The graphic display will read "SAFE" and the elevation will not operate. Replace the **SAFETY KEY** to resume operation.

Be sure to clip the **SAFETY KEY** around your wrist or to a belt loop in case you fall. Remove the key when treadmill is not in use and small children are present.

The Pro Sports Trainer treadmill combines a straightforward control panel design with a variety of program options. These features and options combine to offer an exciting and fun workout so you can reach your fitness goals.

It's about options:

MANUAL CONTROL

The Pro Sports begins with a user-defined workout via the Manual mode. While in the Manual mode the treadmill is at your command. There are no time limits and no program parameters to enter. Changes in speed or elevation will only happen when you make them happen by pressing one of the buttons.

FOUR BUILT-IN PROGRAMS

The Pro Sports Trainer offers four built-in programs to help you attain your fitness goals. These programs take you through a predetermined twenty-segment speed and elevation profile but at the same time allow you to customize the program to your specific needs.

TWO USER-DEFINED PROGRAMS

User programs allow you to create your own speed and elevation profiles for your own personalized workouts. The treadmill saves these programs for you indefinitely until you make a change to them.

Make sure you have read and understand this owner's manual. Now you are ready to begin.

Start by straddling the treadbelt with one foot on each traction strip. Once the treadbelt begins moving you can start walking on the treadbelt.

Press the START button.

After three seconds the treadmill belt will start moving at 0.5 mph.

The treadmill will ask you to enter your weight by repeatedly pressing the display button. Holding the display button depressed for longer than 2 seconds causes your displayed weight to increase at a faster rate.

Once you have entered your weight you can press the start button to get under way. If no buttons are pressed the time will begin counting after five seconds.

You will now be in the Manual mode, where you control the speed and elevation.

Upon exiting the weight input the treadmill enters the Manual mode. In this mode you control all treadmill functions. Any changes in speed or elevation will be a direct result of your touching the control panel.

In the Manual mode you can change the speed and elevation at any time as well as select from one of the six selectable displays or choose to view them all with the Scan feature.

Selectable display

The **DISPLAY** button allows you to move about the selectable display. You can move the selectable display automatically from option to option by using the Scan mode. Press and hold the **DISPLAY** button for 3 seconds to enter the Scan mode. When in the Scan mode the display will advance by itself every five seconds. Press the **DISPLAY** button one more time to exit the Scan mode.

Display options

FEATURE	**Description**
TIME	Time logged on treadmill displayed as “Minutes : Seconds”
DISTANCE	Miles logged on treadmill (kilometers when in metric)
ELEVATION	Percent grade (incline)
CALORIES	Total calories burned, which is based on user’s weight
CALS/HR	Rate in calories/hour, which is based on user’s weight
PACE	Time to complete 1 mile (1 kilometer when in metric)
SCAN	Will change display every 5 seconds moving downward from left to right

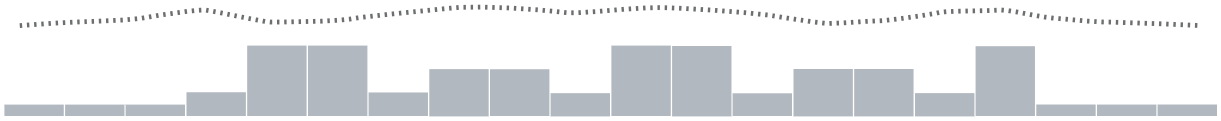
Programs have been added to the Pro Sports Trainer so you can add some variety to your workouts. You can choose from one of four built-in programs, which will run you through a pre-selected speed and elevation curve. When choosing a program you select a Time from 10 to 99 minutes and a maximum Speed. Once set, the treadmill will not go above the maximum number unless you manually override it.

The following figures represent the four built-in programs in the Pro Sports Trainer. Speed is shown as a line and elevation is shown as the raised blocks.

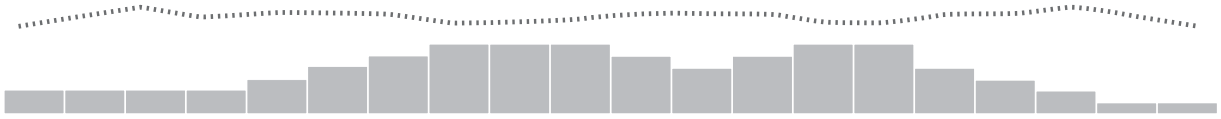
Built-in programs

FAT BURN - MAXIMUM ELEVATION IS 5%

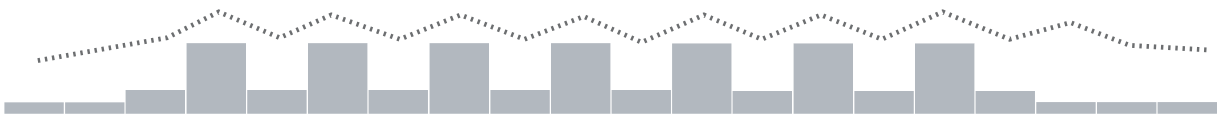
INTERMEDIATE - MAXIMUM ELEVATION IS 7%



ADVANCED - MAXIMUM ELEVATION IS 10%



INTERVAL - MAXIMUM ELEVATION IS 10%



SELECT PROGRAM

By pressing the **PROGRAMS** button you can select one of four built-in programs. Continue to press the **PROGRAMS** button to scroll through all four built-in programs. Once you have selected the program of your choice simply stop pressing the **PROGRAMS** button and wait three seconds. The display will now ask you to enter the program parameters.

SELECT PROGRAM MAXIMUM SPEED

The display will prompt you to set a Maximum Speed. Using the **FAST** and **SLOW** buttons select a maximum speed. This will scale the speed curve so that the maximum speed equals your selected max speed.

SELECT PROGRAM TIME

The display will prompt you to set a Time. Using the **DISPLAY** button select a program time from 10-99 min. This will scale the 20 segments of the program equally throughout your selected time.

Once maximum speed and program time are selected you will have 4 seconds to press the **START** button. If you do not press the **START** button within four seconds the treadmill will revert back to the Manual mode.

Press the 

button.

The display will show program time counting down from the selected time. The four-digit display will show S- plus the segment number before each segment change so you will know exactly where you are in the program at any given time. The new speed setting will flash in the two-digit display. The new elevation setting will flash in the four-digit display.

Example:
S-1 = Segment One of the 20 segments of the program
S-3 = Segment Three of the 20 segments of the program
S-19 = Segment Nineteen of the 20 segments of the program

The Pro Sports Trainer has storage capacity for two User program profiles, which you can create and change. The treadmill will remember these programs even if you unplug it from the wall. Each of the two User program profiles will be pre-loaded with copies of the first two built-in programs, until you use and change these programs.

As you use the User programs, simply make speed and elevation changes to suit your needs. The Pro Sports Trainer will remember your changes via its Learn mode. Effort levels do not apply here so there is no need to enter a maximum speed, only time.

Follow these steps to use a USER program:

SELECT PROGRAM

By pressing the **PROGRAMS** button you can select one of two USER programs. Continue to press the **PROGRAMS** button to scroll through both USER programs. Once you have selected the program of your choice simply stop pressing the program button and wait three seconds. The display will now ask you to enter the program parameters.

SELECT PROGRAM TIME

Using the **DISPLAY** button select a Program Time from 10-99 min. This will scale the 20 segments of the program equally throughout your selected time. ***Select your time and press the START button.***

Press the 

button.

The display will show program time counting down from the selected time. You can use the time display to gauge where you are in the program at any given time. Any changes made during each segment will be remembered by the Pro Sports Trainer.

Should you walk or run?

This depends on several things such as body weight, fitness goals, and what you like to do. Walking is the safest, most compatible form of exercise for most people. If you're just starting out, are new to exercise, or participate in aerobic activities less than three times per week, we recommend that you walk. On the other hand, if you're an experienced runner, stick with your program – use your treadmill the way you want.

Here are some considerations to keep in mind:

[**1**] If you're interested in weight control, walking can burn as many calories as a moderate running pace. To get a very small increase in caloric expenditure, you have to run fast and, for most people, the extra effort isn't worth it.

[**2**] Your chance of losing weight successfully is far greater with walking. Walking increases your daily caloric expenditure, raises your metabolism, and is easier to stick with than running.

[**3**] Heavy users should always walk until they've shed some extra pounds and are closer to their desired body weight. Extra weight means extra stress on joints and muscles, which in turn means residual muscle soreness.

[**4**] If you're concerned about getting a "tough" workout and don't think walking is adequate, try walking up a hill! You can get just as much cardiovascular intensity (heart rate and breathing response) from walking as you can from running. Don't fool yourself with preconceived notions about walking – you can sweat just as much by walking as by running.

Take it easy! Walk. Lose weight in comfort. Avoid being sore and discouraged. After you've reached your target weight, reevaluate. If you like walking and want to stick with it, terrific. On the other hand, if some running is appealing, try it out and see what it's like. Just remember that walking will get you fit and keep you fit.

What are your expectations for success?

This is very important to think about now. How much change in your fitness level and health do you expect to gain from your walking/running program? How fast do you expect results?

Start by learning the fitness habit. Set reasonable, attainable goals for yourself. Set up a schedule and stick with it. Every time you successfully complete a scheduled workout, give yourself a pat on the back. Practice your new "habit" faithfully and pretty soon it will be built into your daily routine.

The point is this: if you stick to your schedule the benefits will be yours. If you don't, the benefits will escape you. Your treadmill does nothing for you unless you're on it walking or running. It's just an inanimate object until you use it. Use it! Get the benefits you deserve.

TIP: If you're the kind of person that sets up a schedule and can't stick with it, then be very patient with yourself, because fitness benefits are a function of how regularly you exercise.

Whatever your goals are, keep the end in mind. For example, if you want to lose weight, set up reasonable expectations with your doctor. The key is "reasonable." Regardless of the goal, be patient and persistent. It takes a while for your body to get the message "we're changing."

TIP: If weight loss/control is your personal objective, don't forget the other half of the equation, diet. Get smart advice from a professional.

Optimizing your workouts

A good exercise program is not complicated. There's no mystery. Good ones are straightforward and make common sense.

There are three elements for setting up a sound exercise program. These are:

Intensity: How hard you exercise
Duration: How long you exercise
Frequency: How often you exercise

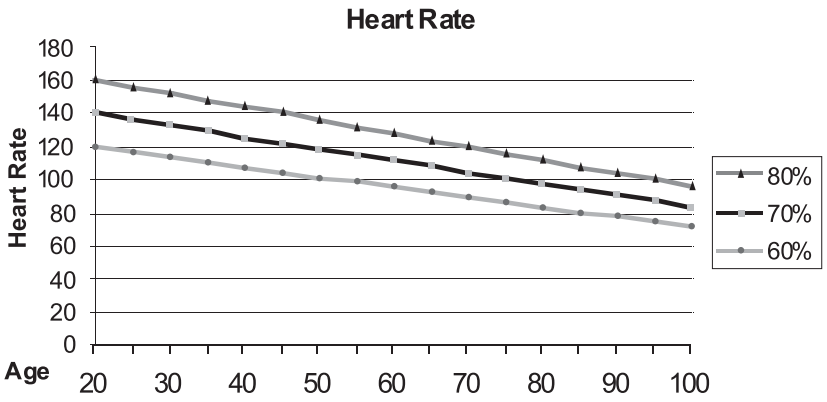
INTENSITY OF EXERCISE

Intensity of exercise is best described by how it feels. What is your breathing rate like? How do your muscles feel? These are the moment-to-moment sensations that you're aware of while exercising.

If you find yourself getting "out of breath," the intensity is far too difficult. Breathing is an excellent way to gauge intensity, because you don't have to stop to take a measure - you're aware of it all the time.

If you want more guidance and precision, determining your safe exercise heart rate is another method. It's a simple procedure described below.

[**1**] Find your pulse and count the number of beats for 10 seconds.
[**2**] Multiply the number of beats by 6. This is your pulse rate.
[**3**] Use the following chart to gauge your optimal target pulse range.



WARNING: The use of this chart assumes no underlying heart or respiratory disease or other condition, which could be adversely affected by exercise. Consult your doctor before using this chart!!!

Walkers: Walk a minimum of 40 to 60 minutes each workout.
Runners: Run 15 to 40 minutes each workout. If you run more than 40 minutes, be sure that you also strengthen your leg and hip muscles with resistance exercise.

DURATION OF EXERCISE

Walkers: Walk every day.
Runners: Run three to five times per week.

BEFORE YOU WORK OUT

- Never overdress; you may overheat. Wear loose-fitting clothes that do not rub or chafe.
- Think about your workout briefly before you begin. Remind yourself about the benefits you'll receive, about the commitment you've made to your health, and how good you'll feel afterwards.
- Start SLOWLY, work up to the intensity you like gradually. Take at least five minutes to reach peak intensity.

DURING YOUR WORKOUT

- Stay in the middle portion of the treadbelt.
- Monitor your breathing. Can you carry on a normal conversation or are you out of breath? If you use the heart rate method of monitoring intensity, are you within the heart rate zone?
- Change the speed and incline as needed to stay within the breathing and heart rate criteria.

TIP: If you want to simulate outdoor conditions for walking or running on a level surface, set the treadmill incline to 2%. This also helps to further cushion the impact of your feet on the moving surface.

AFTER YOUR WORKOUT

- Drink a large glass of water (you'll recover faster).
- Congratulate yourself for completing the workout.
- Do some light stretching exercises.
- Record that you completed the workout on your calendar.

KEEPING TRACK OF PROGRESS

- Keep a calendar that shows scheduled and actual workouts.
- Record every workout you complete.
- Compare planned with actual workouts completed. Aim for 90% completion. If you're averaging less than 90%, reevaluate your schedule and examine why you're missing 10% of your workouts (and the extra benefits from those missing workouts).
- Check in occasionally with your doctor and discuss your progress. It's good motivation and you'll pick up some tips. Or give some now that you're an expert!

CALORIE COMPUTATIONS

- Calories and calories/hour are calculated using the formulas developed by the American College of Sports Medicine. There are two different equations. One is for walking and one for running. The American College of Sports Medicine uses the walking equation for speeds less than or equal to 3.7 mph. The running equations are used for speeds in excess of 3.8 mph.

- The computations are based on a 150-pound person, which is a close enough estimate for most people. If you wish the equations to be more precise, however, you may enter your weight into the treadmill.
  See **"Getting Started"** for steps to enter your exact weight into the treadmill.

DANGER: Lethal voltages and moving parts capable of causing serious injury are exposed when the drive housing cover is removed. Under no circumstances should the motor cover be removed except by a Landice factory-authorized technician.

TRACKING

The treadbelt is tracked by means of the two 9/16" hex head bolts at the back end of the treadmill. Tightening (clockwise) the adjustment bolt on the side of the machine that the belt has moved towards, and loosening the bolt on the opposite side an equal amount, will cause the belt to move towards the center. Adjustments should be made with the treadmill running, and should be made in 1/4-turn increments. Allow at least 30 seconds for the belt to stabilize between each adjustment. Run the belt at high speed (6-8 mph). To insure proper belt tracking and alignment, the treadmill must be placed on a stable and level surface.

TENSIONING

The same hex head bolts used for tracking tension the treadbelt. To tighten the treadbelt, turn both screws clockwise exactly the same amount. Failure to turn them equally will affect belt tracking. Need for tension is indicated by uneven belt speed, and may be sensed by sudden stopping of the treadbelt when your foot comes down on the belt. Before tightening the treadbelt, assure that the treadbelt is loose, and not the motor drive belt. **DO NOT OVER-TIGHTEN**. If you can't reach the palm of your hand under the center of the treadbelt, **the treadbelt is too tight**.

The drive belt is tensioned by the nut located under the motor pan, and is screwed to a hook, which is attached to the motor bracket. By turning the nut clockwise you will tighten the nut pulling down the motor bracket and tightening the drive belt. **DO NOT OVER-TIGHTEN**. If you over-tighten this belt you will snap the motor shaft. To measure the tension, twist the drive belt between the motor and the drive roller. The ideal tension will allow you to twist the drive belt 45º. If you cannot twist the belt at least 45º, the belt is too tight.

WARNING: Moving parts can cause serious damage. Be sure to unplug treadmill before placing hands underneath the treadbelt!!!

TREADMILL LUBRICATION & CLEANING

It is recommended that you vacuum around and underneath the treadmill on a monthly basis. Your treadmill will last longer and look better if you wipe the sweat off the unit after each workout.

Lubrication is not required on residential treadmills. In institutional settings Landice requires lubricating the underside of the treadbelt with Landice SlipCoat on a **monthly basis**.

MOTOR BRUSHES

Motor brushes should be checked every six months on institutional treadmills and after six years on home units.

SERVICE CHECK-LIST

☐ Tension and track treadbelt
☐ Lubricate belt and vacuum treadmill
☐ Check drive belt tension
☐ Check motor brushes

STEP 1

Insert the side rail into the upper rail clamp and tighten the bolt using a 1/2" socket.
(Do not over-tighten.)

STEP 2

Fit the side rail to the bottom rail clamp.

STEP 3

Use a soft mallet to firmly set the rails inside the clamp.

STEP 4

Use a 3/16" allen wrench to tighten the rail clamp bolts.

STEP 5

Line up the upright leg side covers and firmly snap them into place.

STEP 6

Place the plastic endcaps on the top corners of the control panel. Use the two small Phillips head screws included to secure the endcaps.
(Return to step 9 in assembly instructions)

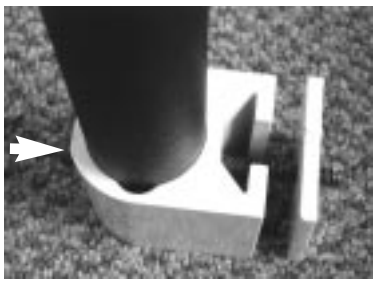
STEP 1

Insert the side rail into the upper rail clamp.

STEP 2

Attach the medrail by first hand-starting the bolts and then using a 1/2" socket until snug.
(Do not over-tighten.)

STEP 3



Assemble the base as shown inserting the bolt as represented by the arrow.

STEP 4

Fit the side rail clamp to the bottom side frame at the hole provided. Use a 5/16" wrench to hold nut inside treadmill and use 3/16" allen wrench to tighten.

STEP 5

Line up the upright leg side covers and firmly snap them into place.

STEP 6

Place the plastic endcaps on the top corners of the control panel. Use the two small Phillips head screws included to secure the endcaps.
(Return to step 9 in assembly instructions)

Pro Trainer

Owner’s Manual

Part Number 72026 Revision 3.0

IMPORTANT SAFETY INSTRUCTIONS

WARNING: Failure to observe the following operating instructions can result in serious injury!

1 If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product without consulting your doctor first.

2 If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product without supervision present. Failure to do so can result in serious injury should you fall while the treadbelt is moving.

3 Failure to leave ample clearance around the treadmill could result in the user becoming trapped between the treadmill and a wall, resulting in burns or other serious injury from the moving treadbelt.

Allow a minimum clearance of 18 inches on each side of the treadmill.
Allow a minimum clearance of 4 feet at the rear of the treadmill.

4 Never stand on the treadbelt when starting the treadmill. A sudden start could cause you to lose your balance. Always stand with one foot on each side rail until the belt starts moving.

5 Always wear the emergency stop safety strap securely around your wrist while exercising. Failure to do so can result in severe injuries should you accidentally fall while exercising.

6 Test the emergency stop safety key on a regular basis by pulling on the cord and ensuring that the treadbelt comes to a complete stop.

7 Always remove the safety key from the treadmill when you are through exercising, especially if children are present. This will prevent them from accidentally starting the treadmill.

8 Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the treadmill.

DANGER

To reduce the risk of electric shock, always unplug the treadmill from the electrical outlet immediately after using. Always unplug the treadmill before cleaning or removing the motor cover.

WARNING

To reduce the risk of burns, fire, electric shock, or injury to persons:

1 Treadmill should never be left unattended when plugged in. Unplug from outlet when not in use.
2 Close supervision is necessary when this unit is used by or near children or disabled persons.
3 Use this treadmill only for its intended use as described in this manual.

IMPORTANT SAFETY INSTRUCTIONS (continued)

4 Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call your selling dealer immediately for examination and repair.

5 Keep the power cord away from heated surfaces. Be sure the line cord has plenty of slack and does not get pinched underneath the treadmill when it elevates and de-elevates.

6 Never operate the treadmill with the air openings blocked. Keep the air openings free of lint, hair, and the like.

7 Never drop or insert any object into any opening. Be sure no objects are near or underneath the moving treadbelt when using the treadmill.

8 Do not use outdoors.

9 Do not operate where aerosol spray products are being used or where oxygen is being administered.

10 Connect this appliance to a properly grounded outlet only.

11 To disconnect, press the OFF button, remove the SAFETY LANYARD, and unplug the unit from the wall outlet.

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded in accordance with all local codes and ordinances.

120 Volt Treadmills

Treadmills marked 120 VAC are intended for use in a nominal 120-volt circuit with a grounding plug. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

200 - 250 Volt Treadmills

Treadmills marked 200-250 VAC are intended for use on a circuit having a nominal rating more than 120V and are factory-equipped with a specific cord and plug to permit connection to a proper electric circuit. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel.

DANGER! Improper connection of the equipment-grounding connector can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit in the outlet, have a proper outlet installed by a qualified electrician.

Table of Contents

INTRODUCTION

Congratulations! You've made a very smart investment! Your Pro Trainer treadmill is a high-quality fitness tool that will give you years and years of fitness benefits.

One of the great things about the Pro Trainer is its diversity of applications. It's terrific for just starting out on a walking program or easy jog. In the case of a veteran runner, it's the exact prescription needed for precision interval training to lower your 10K time.

Regardless of the application, unpleasant weather is not an obstacle. Cold, windy, wet days will never discourage you again, nor will the heat and humidity of July. If you're the type of person that likes to do two things at once, now you can watch your favorite program on TV or keep an eye on your kids and take care of your health at the same time.

Did you know that your treadmill is an excellent stair-climbing simulator? Stair climbing has become a popular exercise today. Your treadmill, when elevated, is a very good climber with more safety and comfort than a dedicated stair climber!

Your treadmill was a smart purchase, but you already knew that, so let's move on and get started.

BEFORE YOU BEGIN

Following are some things you should do before you start to exercise on your treadmill.

Instruction Manual

Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the treadmill.

Warranty Information

Fill out your warranty registration card and mail it in today. Landice backs your treadmill with a strong warranty. For the factory to respond to any problems you may have, we need your warranty information on file. Do it today.

Landice will send you a complimentary Landice T-shirt upon receipt of your warranty registration card.

Selecting a Location

Allow a minimum clearance of **18 inches** on each side of the treadmill.
Allow a minimum clearance of **4 feet** at the rear of the treadmill.

Failure to leave ample clearance at the rear of the treadmill could result in the user becoming trapped between the treadmill and the wall should the user accidentally trip and fall while exercising.

Be sure the line cord has plenty of slack and does not get pinched underneath the treadmill when the treadmill elevates up and down. Make sure the treadmill is plugged into a dedicated line.

ASSEMBLY INSTRUCTIONS

STEP 1 Cut the box off the pallet

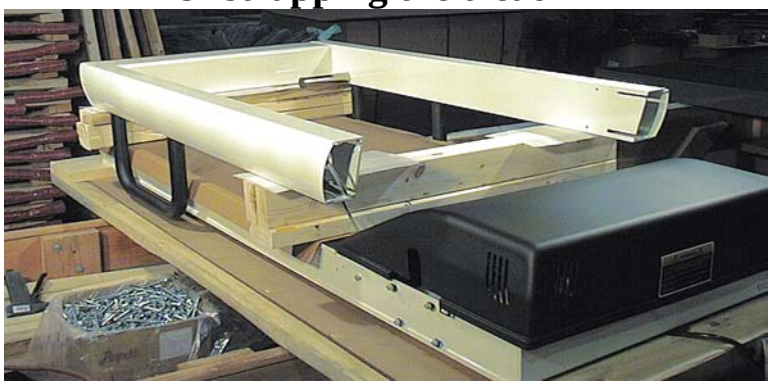
Lay the treadmill on the ground.

Using a razor blade knife cut the box just above the brass staples along all sides of the box.

DO NOT cut through the center of the box, as you could hit the treadmill.

Remove the box and discard.

STEP 2 Unstrapping the treadmill



The treadmill components are held together with plastic strapping.

Carefully cut and remove the strapping and remove the treadmill from the pallet.

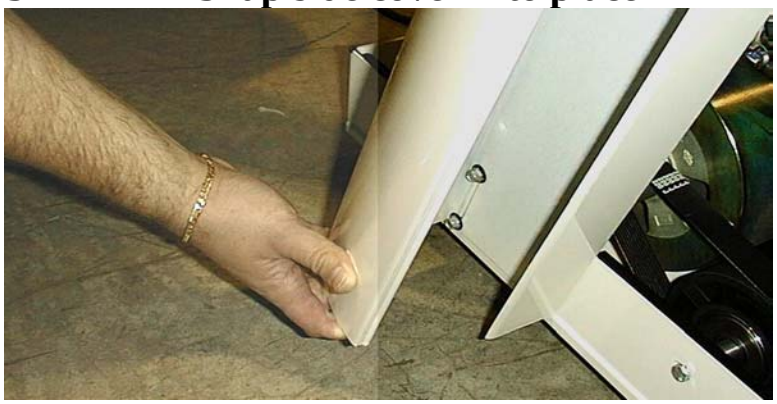
Carefully remove the upright side cover from the upright assembly.

STEP 3 Mount the upright

Slide the upright down onto the 8 side frame bolts. Be sure the washers are located on the outside of the upright and against the head of the bolt. Tighten bolts with a 3/8" extended socket.

- For L8 models insert and tighten the top frame bolts. (These bolts can be found in the hardware kit)

STEP 4 Snap side cover into place



Carefully align the side frame cover. Working from top to bottom, snap the upright side cover into place.

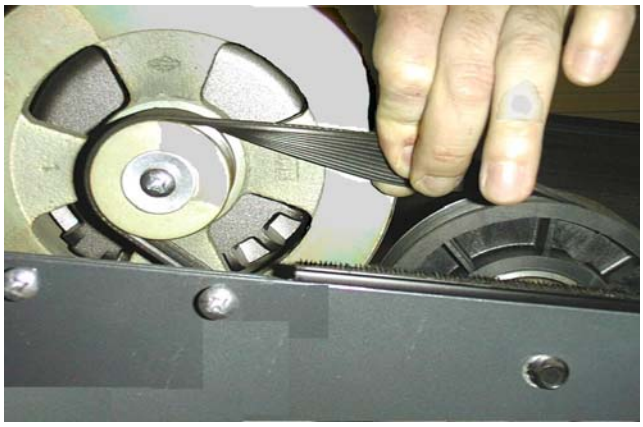
ASSEMBLY INSTRUCTIONS

STEP 5 Install side cover screw

Align the side frame cover beneath the end cap and install the Phillips head screw.

Tighten the Phillips head screw until side cover aligns with endcap.

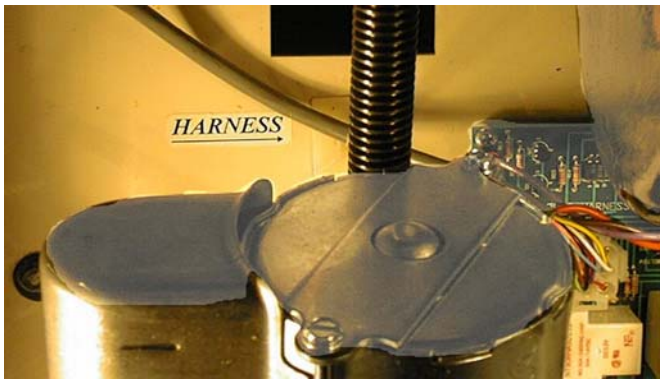
STEP 6 Check drive belt tension



Check the tension on the drive belt by placing the drive belt between your thumb and forefinger and twisting.

The proper twist is 45°. If the belt needs to be adjusted use a 7/16" socket and turn the bolt underneath the motor pan attached to the hook screw.

STEP 7 Route the wire harness



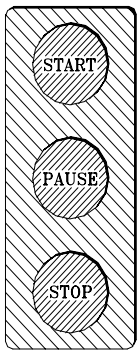
HOME:
Route the wire harness **UNDERNEATH** the elevation motor and secure with tie-wrap provided. Plug connector into circuit board until it snaps into place.

COMMERCIAL:
Route the wire harness **AROUND** the elevation motor and secure with tie-wrap provided. Plug connector into circuit board until it snaps into place.

STEP 8 Install motor cover

Attach motor cover with Phillips head screws provided. Plug treadmill into a dedicated 15A outlet.

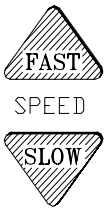
BASIC CONTROL PANEL OPERATION



Press the **START** button and the treadmill powers on. All display will light and the treadbelt will begin moving at 0.5 mph (0.8km/hr in metric mode).

Press the **PAUSE** button to place the treadmill in the pause mode. The treadbelt will stop, but all statistical information will be preserved. Press either the **START** or the **PAUSE** button again to resume at 0.5 mph.

Press the **STOP** button to stop the treadbelt from moving. The display will shut off the treadmill and all current statistical information will be cleared.



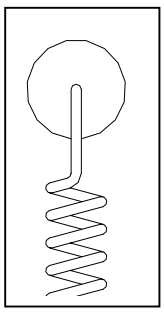
Hold the **FAST** button down to increase speed. Holding the **FAST** button depressed for longer than 3 seconds causes the speed to increase at a faster rate.

Hold the **SLOW** button down to decrease speed. Holding the **SLOW** button depressed for longer than 3 seconds causes the speed to decrease at a faster rate.

Hold the **UP** button to increase treadmill elevation. Release the button when the display indicates the desired elevation setting.

Hold the **DOWN** button to decrease elevation. Release the button when the display indicates the desired elevation setting.

Use the **DISPLAY** arrows to enter weight, program information, and select display.



Removing the **SAFETY KEY** causes the treadbelt to stop. The graphic display will read ”SAFE” and the elevation will not operate. Replace the safety key to resume operation at 0.5 mph.

Be sure to clip the safety key around your wrist or to a belt loop in case you fall. Remove the key when treadmill is not in use and small children are present

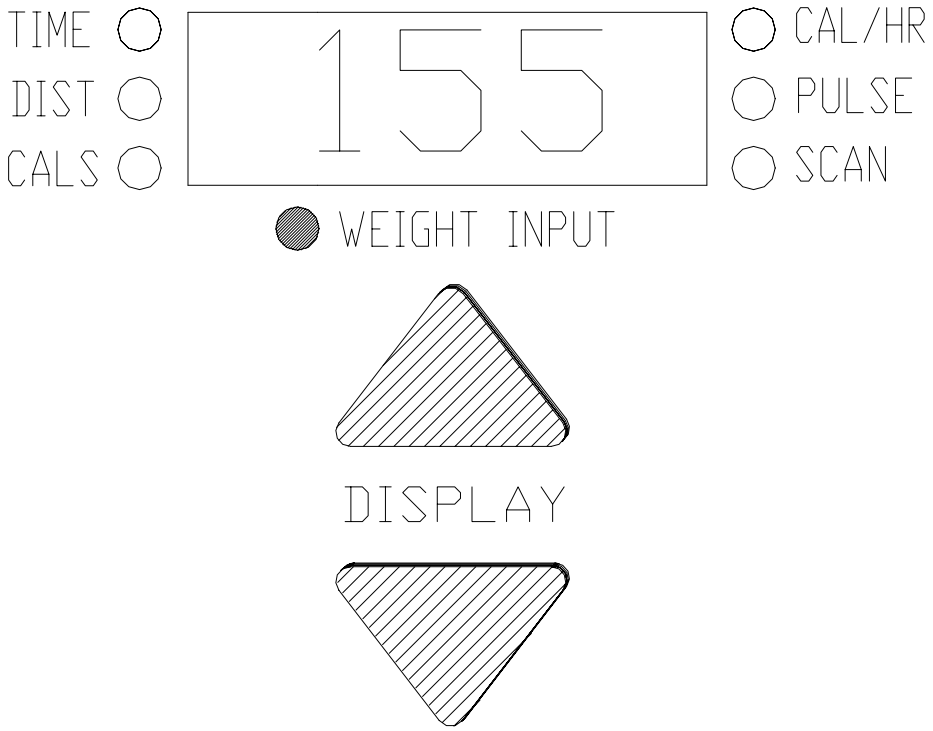
GETTING STARTED

Make sure you have read and understand this owner's manual. Now you are ready to begin. Start by straddling the treadbelt with one foot on each traction strip.

Press the **START** button.

After 3 seconds the treadmill belt will start moving at 0.5 mph.

The treadmill will ask you to enter your weight using the **DISPLAY** arrows.



Once you have entered your weight you can press the **START**, **FAST**, or **UP** buttons to get under way. If no buttons are pressed the time will begin counting after 5 seconds.

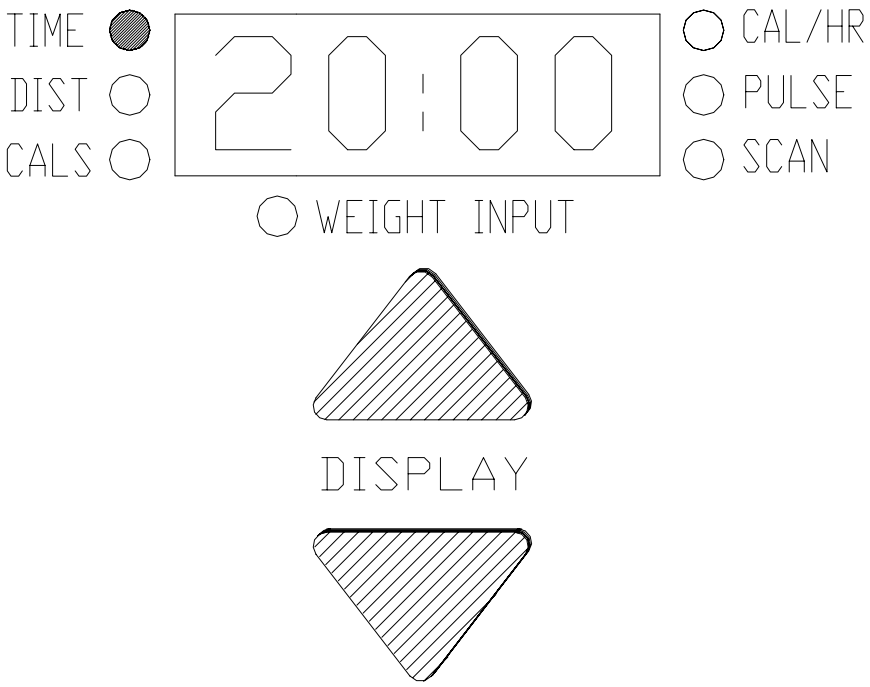
You will now be in the Manual Mode, where you control the speed and elevation.

MANUAL MODE

Upon exiting the weight input the treadmill enters the Manual Mode. In this mode you control all treadmill functions. Any changes in speed or elevation will be a direct result of your touching the control panel.

In the Manual Mode you can change the speed and elevation at any time as well as select one of the 5 selectable displays or choose them all with the **SCAN** feature.

Selectable Display



The **DISPLAY** arrows allow you to move about the selectable display in either direction. When in the **SCAN** mode the treadmill will advance by itself every 5 seconds. Press either display arrow to exit the **SCAN**.

Display Options:

TIME	Time logged on treadmill	Minutes:Seconds
DISTANCE	Miles logged on treadmill	Kilometers when in metric
CALORIES	Total calories burned	Based on user's weight
CALS/HR	Rate in calories/hour	Based on user's weight
PULSE	Current Heart Rate	Must wear the cheststrap
SCAN	Will change display every 5 seconds	Scan moves downward from left to right

BUILT-IN PROGRAMS

Programs have been added to the Pro Trainer so you can add some variety to your workouts. You can choose from one of four built-in programs, which will run you through a pre-selected speed and elevation curve. When choosing a program you select a **Time** from 10 to 99 minutes, a maximum **Speed**, and a maximum **Elevation**. Once set the treadmill will not go above the maximum number unless you manually override it.

The following pictures represent the four built-in and one HRC program in the Pro Trainer. The line represents the speed profile and the bars represent the elevation profile.

Fat Burn

Intermediate

Advanced

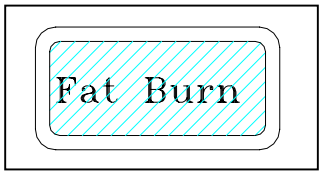
Interval

HRC

BUILT IN PROGRAMS

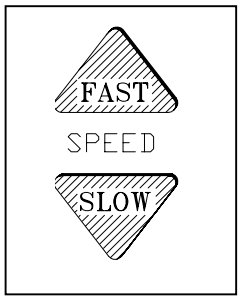
Turn the treadmill ON using the **START** button.

SELECT PROGRAM



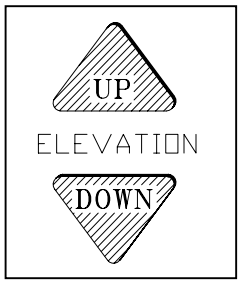
To select a program press the program button of your choice. Example: To choose the Fat Burn program press the **FAT BURN** button.

SELECT PROGRAM MAXIMUM SPEED



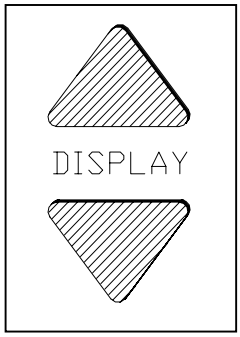
The display will prompt you to set a **Maximum Speed**. Using the **FAST** and **SLOW** buttons select a Maximum speed. This will scale the speed curve so that the maximum speed equals your selected max speed.

SELECT PROGRAM MAXIMUM ELEVATION



The display will prompt you to set a **Maximum Elevation**. Using the **UP** and **DOWN** buttons select a maximum elevation. This will scale the elevation curve so that the maximum elevation equals your selected max elevation**.**

SELECT PROGRAM TIME



The display will prompt you to set a **Time**. Using the **DISPLAY** arrows select a program time. This will scale the 20 segments of the program equally throughout your selected time.

Now press **START** to begin the program. 

Fat Burn

USER PROGRAMS

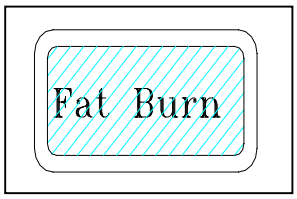
The Pro Trainer has storage capacity for four **USER** program profiles, which you can create and change. The treadmill will remember these programs even if you unplug it from the wall. When you first use the treadmill, the user program profiles will be pre-loaded with copies of the four built-in programs.

As you use the USER programs, simply make speed and elevation changes to suit your needs. The Pro Trainer will remember your changes. Effort levels do not apply here so there is no need to enter a maximum speed and elevation.

Follow these steps to use a USER program:

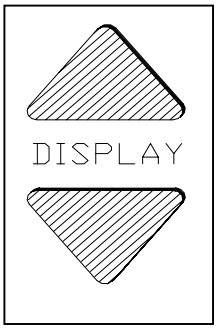
Turn the treadmill ON using the **START** button.

SELECT PROGRAM



Select a user program by pressing the program button of your choice two times. Each program button has one user program underneath. Example press the **FAT BURN** button twice and the display will read "**U – 1**". You have now selected user program number one.

SELECT PROGRAM TIME



Using the **DISPLAY** arrows select a program time. This will scale the 20 segments of the program equally throughout your selected time.

Now press **START** to begin the program. 

EDITING THE USER PROGRAM

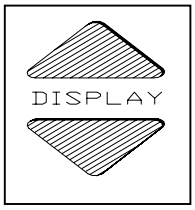
The **Edit Mode** allows you to edit the speed and elevation for any of the 20 program segments without actually exercising on the treadmill. The Edit Mode is an excellent way to modify a program that you have created while exercising in the User Program. Follow these steps to edit the User Program.

Turn the treadmill ON using the **START** button.

SELECT PROGRAM

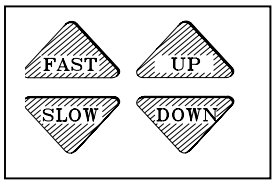
Select a user program by pressing the program button of your choice two times. Each program button has one user program underneath.

ADJUST PROGRAM TIME BELOW 10:00



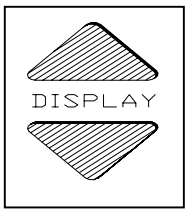
Using the **DISPLAY** arrows adjust program time down TO 10:00. Press the DISPLAY arrow one more time to take you below 10:00 min. The 4-digit display will now read "**EDIT"** and the treadbelt will come to a stop.

EDIT THE SEGMENTS



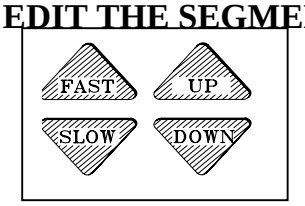
Now you can edit the program segment's speed and elevation segment by segment. Use the **FAST/SLOW** and **UP/DOWN** buttons to set the speed and elevation for Segment 1.

ADVANCE TO NEXT SEGMENT



Use the **DISPLAY** arrows to advance to the next segment of the program. The display will now read "S-2".

EDIT THE SEGMENTS



Now you can edit the program segment's speed and elevation segment by segment. Use the **FAST/SLOW** and **UP/DOWN** buttons to set the speed and elevation for segment 2.

Repeat the previous steps until all 20 program segments have been edited. You may use the **DISPLAY** arrows to go back to a previous segment you wish to edit.

To exit the edit mode, use the **DISPLAY** arrows to advance past the 20th segment. The treadmill will exit the Edit Mode and return to the User Mode with your newly-edited program selected. Set the program time and press **START** if you wish to use the program.

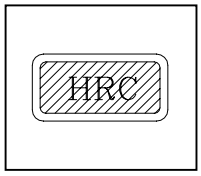
HRC PROGRAM

The Pro Trainer has the ability to not only display your heart rate while you are wearing the wireless chest strap, but also has the ability to make changes based upon that heart rate via its **HRC** program.

To use the HRC Program you set a target heart rate, a maximum speed, and the program time. The treadmill will then control both speed and elevation automatically to keep you at your target heart rate. This will allow you to target train for optimal workout rewards. By target training you are allowing your heart rate to remain fixed around a specific target heart rate. This allows you to maximize your workout performance while minimizing your workout time.

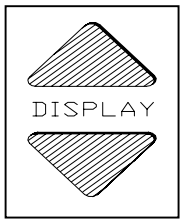
Turn the treadmill ON using the **START** button.

SELECT PROGRAM



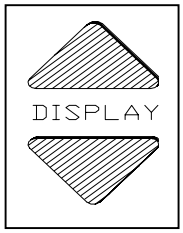
To select the HRC program press the **HRC** button. This program will allow the treadmill to change speed and elevation automatically to help you reach and maintain a target heart rate.

SELECT PROGRAM MAXIMUM SPEED



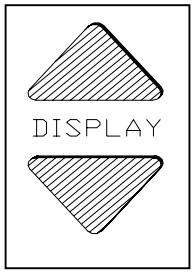
The display will prompt you to set a **Maximum Speed**. Using the Scroll arrows select a maximum speed. This will scale the speed curve so that the maximum speed equals your selected max speed.

SELECT TARGET HEART RATE



Using the scroll arrows select a **Target Heart Rate**. This will set the target heart rate and the treadmill will make its changes based on this heart rate.

SELECT PROGRAM TIME



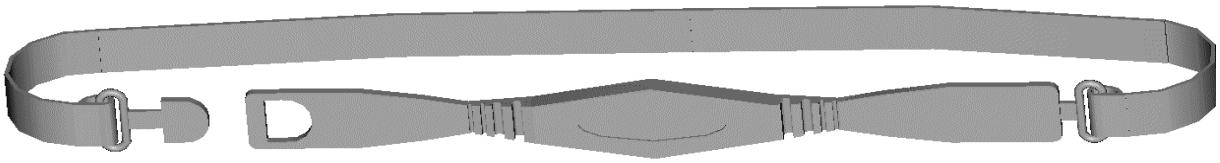
Using the scroll arrows select a **Program Time**. This will scale the 20 segments of the program equally throughout your selected time.

Now press **START** to begin the program. 

WIRELESS HEART RATE MONITOR

The Pro Trainer optional heart rate monitoring system consists of a heart rate transmitting chest belt and a receiver. The receiver gets installed into your Pro Trainer treadmill. The transmitting chest belt is shown below.

HEART RATE TRANSMITTER



1 Secure the chest belt.

Secure the transmitter centered on the chest as high under the pectoral muscles (breasts) as possible. Tighten the strap so that the belt is as tight as possible without being uncomfortable.

2 Apply Cardio Gel to the electrodes.

A tube of Landice Cardio Gel was shipped with your Cardio Trainer treadmill. Pull the belt away from your chest and apply a small dab to each electrode. This will ensure a strong electrical contact between the transmitter and your chest.

The Heart Rate Transmitter works best against bare skin. Since sweat (saltwater) is an electrical conductor, the transmitter will work over a T-shirt if the shirt is wet with sweat. If you are having trouble getting an accurate pulse reading, try wearing the belt against bare skin.

CARE AND MAINTENANCE

The transmitter activates when the belt is properly wetted. In order to conserve battery life, wipe the electrodes dry when not in use. Clean monthly with mild soap and water and wipe dry. Do not use abrasives in cleaning, as they can cause permanent damage to the electrodes. Do not bend or stretch the electrode strips, especially when storing the belt transmitter.

GETTING THE MOST OUT OF YOUR WORKOUTS

SHOULD YOU WALK OR RUN?

This depends on several things like body weight, fitness goals, and what you like to do.

Walking is the safest, most compatible form of exercise for most people. If you're just starting out, are new to exercise, or participate in aerobic activities less than three times per week, we recommend that you walk.

On the other hand, if you're an experienced runner, stick with your program - use your treadmill the way you want.

Here are some considerations to keep in mind:

1. If you're interested in weight control, walking burns as many calories as running does up to a running pace of about 7mph. In other words, to get a very small increase in caloric expenditure, you have to run fast and, for most people, the extra effort isn't worth it.

2. Your chance of losing weight successfully is far greater with walking. Walking increases your daily caloric expenditure, raises your metabolism, and is far easier to stick with than running.

3. Heavy users should always walk until they've shed some extra pounds and are closer to their desired body weight. Extra weight means extra stress on joints and muscles, which in turn means residual muscle soreness.

4. If you're concerned about getting a "tough" workout and don't think walking is adequate, try walking up a hill! You can get just as much cardiovascular intensity (heart rate and breathing response) from walking as you can from running. Don't fool yourself with preconceived notions about walking - you can sweat just as much by walking as by running.

Take it easy! Walk. Lose weight in comfort. Avoid being sore and discouraged. After you've reached your target weight, reevaluate. If you like walking and want to stick with it, terrific. On the other hand, if some running is appealing, try it out and see what it's like. Just remember that walking will get you fit and keep you fit.

GETTING THE MOST OUT OF YOUR WORKOUTS

WHAT ARE YOUR EXPECTATIONS FOR SUCCESS?

This is very important to think about now. How much change in your fitness level and health do you expect to gain from your walking/running program? How fast do you expect results?

Start by learning the fitness habit. Set reasonable, attainable goals for yourself. Set up a schedule and stick with it. Every time you successfully complete a scheduled workout, give yourself a pat on the back. Practice your new "habit" faithfully and pretty soon it will be built into your daily routine.

The point is this: if you stick to your schedule the benefits will be yours. If you don't, the benefits will escape you. Your treadmill does nothing for you unless you're on it walking or running. It's just an inanimate object until you use it. Use it! Get the benefits you deserve.

Tip: If you're the kind of person that sets up a schedule and can't stick with it, then be very patient with yourself, because fitness benefits are a function of how regularly you exercise.

Whatever your goals are, keep the end in mind. For example, if you want to lose weight, set up reasonable expectations with your doctor. The key is "reasonable." Regardless of the goal, be patient and persistent. It takes a while for your body to get the message "we're changing."

Tip: If weight loss/control is your personal objective, don't forget the other half of the equation: diet. Get smart advice from a professional.

GETTING THE MOST OUT OF YOUR WORKOUTS

OPTIMIZING YOUR WORKOUTS

A good exercise program is not complicated. There's no mystery. Good ones are straightforward and make common sense.

There are three elements for setting up a sound exercise program. These are:

Intensity	How hard you exercise
Duration	How long you exercise
Frequency	How often you exercise

Intensity of Exercise

Intensity of exercise is best described by how it feels. What is your breathing rate like? How do your muscles feel? These are the moment-to-moment sensations that you're aware of while exercising.

If you find yourself getting "out of breath," the intensity is far too difficult. Breathing is an excellent way to gauge intensity, because you don't have to stop to take a measure - you're aware of it all the time.

If you want more guidance and precision, determining your safe exercise heart rate is another method. It's a simple procedure described below.

1. Find your pulse and count the number of beats for 10 seconds.
2. Multiply the number of beats by 6. This is your pulse rate.
3. Use the following chart to gauge your optimal target pulse range.

Age	**20**	**25**	**30**	**35**	**40**	**45**	**50**	**55**	**60**	**65**
Maximum Pulse	174	170	166	162	157	153	149	145	140	136
Minimum Pulse	137	133	130	126	123	119	116	112	109	105

WARNING: The use of this chart assumes no underlying heart or respiratory disease or other condition, which could be adversely affected by exercise. Consult your doctor before using this chart!!!

GETTING THE MOST OUT OF YOUR WORKOUTS

Duration of Exercise

Walkers: Walk a minimum of 40 to 60 minutes each workout.

Runners: Run 15 to 40 minutes each workout. If you run more than 40 minutes, be sure that you also strengthen your leg and hip muscles with resistance exercise.

Frequency of Exercise

Walkers: Walk every day.

Runners: Run 3 to 5 times per week.

BEFORE YOU WORK OUT

Never overdress; you may overheat. Wear loose-fitting clothes that do not rub or chafe.

Think about your workout briefly before you begin. Remind yourself about the benefits you'll receive, about the commitment you've made to your health, and how good you'll feel afterwards.

Start *SLOWLY*, work up to the intensity you like gradually. Take at least 5 minutes to reach peak intensity.

DURING YOUR WORKOUT

Stay in the middle portion of the treadbelt.

Monitor your breathing. Can you carry on a normal conversation or are you out of breath? If you use the heart-rate method of monitoring intensity, are you within the heart-rate zone?

Change the speed and incline as needed to stay within the breathing and heart-rate criteria.

Tip: If you want to simulate outdoor conditions for walking or running on a level surface, set the treadmill incline to 2%. This also helps to further cushion the impact of your feet on the moving surface.

GETTING THE MOST OUT OF YOUR WORKOUTS

AFTER YOUR WORKOUT

Drink a large glass of water (you'll recover faster).

Congratulate yourself for completing the workout.

Do some light stretching exercises.

Record that you completed the workout on your calendar.

KEEPING TRACK OF PROGRESS

Keep a calendar that shows scheduled and actual workouts.

Record every workout you complete.

Compare planned with actual workouts completed. Aim for 90% completion. If you're averaging less than 90%, reevaluate your schedule and examine why you're missing 10% of your workouts (...and the extra benefits from those missing workouts).

Check in occasionally with your doctor and discuss your progress. It's good motivation and you'll pick up some tips. Or give some now that you're an expert!

CALORIE COMPUTATIONS

Calories and calories/hour are calculated using the formulas developed by the American College of Sports Medicine. There are two different equations. One is for walking and one for running.
The American College of Sports Medicine uses the walking equation for speeds less than or equal to 3.7 mph. The running equations are used for speeds in excess of 3.8 mph.

The computations are based on a 150-pound person, which is a close enough estimate for most people. If you wish the equations to be more precise, however, you may enter your weight into the treadmill.

MAINTENANCE

DANGER !!

Lethal voltages and moving parts capable of causing serious injury are exposed when the drive housing cover is removed. **Under no circumstances should the motor cover be removed except by a Landice factory-authorized technician.**

TRACKING

The treadbelt is **TRACKED** by means of the two 9/16" hex head bolts at the back end of the treadmill. Tightening (clockwise) the adjustment bolt on the side of the machine that the belt has moved towards, and loosening the bolt on the opposite side an equal amount, will cause the belt to move towards the center. Adjustments should be made with the treadmill running, and should be made in 1/4-turn increments. Allow at least 30 seconds for the belt to stabilize between each adjustment. Run the belt at high speed (6-8 mph). To insure proper belt tracking and alignment, the treadmill must be placed on a stable and level surface.

TENSIONING

The same hex head bolts used for tracking TENSION the treadbelt. To tighten the treadbelt, turn both screws clockwise exactly the same amount. Failure to turn them equally will affect belt tracking. Need for tension is indicated by uneven belt speed, and may be sensed by sudden stopping of the treadbelt when your foot comes down on the belt. Before tightening the treadbelt, assure that the treadbelt is loose, and not the motor drive belt**. DO NOT OVER TIGHTEN**. If you can't reach the palm of your hand under the center of the treadbelt, **THE TREADBELT IS TOO TIGHT**.

The drive belt is **TENSIONED** by the nut located under the motor pan, and is screwed to a hook, which is attached to the motor bracket. By turning the nut clockwise you will tighten the nut, pulling down the motor bracket and tightening the drive belt. **DO NOT OVER TIGHTEN**. If you over tighten this belt you will snap the motor shaft. To measure the tension, twist the drive belt between the motor and the drive roller. The ideal tension will allow you to twist the drive belt 40`. If you cannot twist the belt at least 40`, the belt is too tight.

WARNING: MOVING PARTS CAN CAUSE SERIOUS DAMAGE. BE SURE TO UNPLUG TREADMILL BEFORE PLACING HANDS UNDERNEATH THE TREADBELT!!!

TREADMILL LUBRICATION & CLEANING

It is recommended that you vacuum around and underneath the treadmill on a monthly basis. Your treadmill will last longer and look better if you wipe the sweat off the unit after each workout.

Lubrication is not required on residential treadmills. In institutional settings Landice recommends lubricating the underside of the treadbelt with Landice SlipCoat on a **monthly basis**.

MOTOR BRUSHES

Motor brushes should be checked every 6 months on institutional treadmills and after 6 years on home units.

Service Check-List

_____ Treadbelt tension & tracking

_____ Drive belt tension

_____ Lubrication & cleaning

_____ Motor brushes