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interactive fitness solutions

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INTRODUCTION

Congratulations . . . and thank you for choosing a **Life Fitness 9500HR** treadmill. It is one of the most versatile treadmills ever developed, the culmination of over 20 years of Life Fitness research, technological innovation and engineering expertise. It is recognized as one of the world's most popular and advanced computerized running/walking machines.

Like other Life Fitness products, the **Life Fitness 9500HR** treadmill is designed to give you an effective workout that is motivating and efficient. The user-friendly console displays a host of visual feedback in addition to acting as your personal "coach" with easy-to-follow prompts and instructions.

Why use a Life Fitness treadmill? Working out with a **Life Fitness 9500HR** treadmill gives you more features and programs than most other aerobic trainers. For the first time, Heart Rate Zone Training™ is easily achievable. The Fat Burn and Cardio programs offer specific training programs based on your fitness goals, and the addition of telemetry heart rate monitoring to the proven Lifepulse™ heart rate sensor system makes it even easier to follow your heart to better fitness. The patented FlexDeck™ shock absorption system minimizes impact to bones, joints and muscles, and its powerful motor allows for a wide range of belt speeds yet remains incredibly quiet.

If you have any questions regarding the operation of your **Life Fitness 9500HR** treadmill, please call **Life Fitness After Market Services** at (847) 451-0036 or toll-free within the U.S. and Canada at (800) 351-3737. For product service in Europe, refer to the first page of this manual and contact your nearest Life Fitness office.

CAUTION: *Life Fitness STRONGLY recommends that if you are undertaking an exercise program you see your physician for a complete medical exam, particularly if you have a family history of high blood pressure or heart disease, are over the age of 45, or if you smoke, have high cholesterol, are obese, or have not exercised regularly in the past year. If, at any time while exercising, you feel faint, dizzy, short of breath, or pain, stop immediately.*

ATTENTION: *Avant d'entreprendre un programme d'exercice, Life Fitness recommande FORTEMENT que vous consultiez un médecin afin de subir un examen médical complet. Les personnes qui ont des antécédents de haute pression ou de maladie cardiaque, qui ont plus de 45 ans, celles qui fument ou les personnes qui ont un haut taux de cholestérol, qui sont obèses ou qui n'ont pas fait régulièrement d'exercice depuis la dernière année sont particulièrement concernées. Arrêtez immédiatement l'exercice si vous vous sentez mal, si vous avez des étourdissements, si vous êtes essoufflé ou si vous ressentez des douleurs.*



SAFETY INSTRUCTIONS



DANGER: TO REDUCE THE RISK OF ELECTRICAL SHOCK, **ALWAYS** UNPLUG YOUR **LIFE FITNESS 9500HR** TREADMILL BEFORE CLEANING OR ATTEMPTING ANY MAINTENANCE ACTIVITY.

SAFETY FIRST!

- Always follow the console instructions for proper operation.
- Never operate a Life Fitness treadmill if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness After Market Services.
- Keep the power cord away from heated surfaces. Do not pull the treadmill by the power cord or use the cord as a handle. Do not run the power cord under or along the side of the treadmill.
- Do not use the treadmill outdoors, near swimming pools or in areas of high humidity.
- Never insert objects into any opening in the treadmill. If an object should drop inside, unplug the unit and carefully retrieve the item. If you cannot reach the item, contact Life Fitness After Market Services.
- Never place liquids of any type directly on the unit.
- Do not use the treadmill in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Keep all loose clothing, shoelaces, and towels away from the running surface and belt rollers.
- Keep the area six feet behind the treadmill clear of any obstructions, including walls, furniture and other equipment.
- Never mount or dismount the treadmill while the running belt is moving. Use the handrails whenever additional stability is required.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles. Do not use the treadmill in bare feet.
- Never walk or jog backwards on the treadmill.
- Do not reach into or underneath the unit, or tip it on its side during operation.
- To reduce the risk of burns, fire, electrical shock or personal injury, it is imperative that you connect each treadmill to a properly grounded outlet.



INSTRUCTIONS DE SECURITE



DANGER: AFIN DE RÉDUIRE LES RISQUES DE SECOURS ÉLECTRIQUE, DÉBRANCHEZ TOUJOURS L'EXERCISEUR DE MARCHÉ **LIFE FITNESS 9500HR** AVANT DE LE NETTOYER OU D'EN FAIRE L'ENTRETIEN.

SÉCURITÉ D'ABORD!

- Observez les directives relatives à la console afin d'assurer un bon fonctionnement.
- N'utilisez jamais l'exerciseur de marche Life Fitness si le cordon d'alimentation ou la fiche est endommagé, si l'appareil est tombé, endommagé ou s'il a été immergé dans l'eau (même partiellement). Prenez contact avec le service après-vente de Life Fitness.
- Tenir le cordon d'alimentation à l'écart des surfaces chauffées. Ne pas tirer l'exerciseur par le cordon d'alimentation ni utiliser le cordon comme poignée. Ne pas passer le cordon sous l'exerciseur.
- Ne pas utiliser l'exerciseur à l'extérieur, à proximité des piscines ou dans des lieux où l'humidité est élevée.
- N'introduisez jamais d'objets dans les ouvertures de l'exerciseur de marche **Life Fitness 9500HR**. Si un objet tombait dans une des ouvertures, débranchez l'appareil et retirez soigneusement l'objet. Si vous ne pouvez retirer l'objet, prenez contact avec le service après-vente de Life Fitness.
- Ne placez jamais de liquide sur l'unité.
- N'utilisez pas l'appareil Life Fitness à l'extérieur.
- Ne pas l'exerciseur dans des lieux où des produits en aérosol sont utilisés, où on donne l'oxygène. De telles substances provoquent un danger de combustion et d'explosion.
- Tenez tous les vêtements, les lacets et les serviettes à l'écart des rouleaux de la courroie et de la surface de marche de l'exerciseur **Life Fitness 9500HR**.
- Placez l'exerciseur Life Fitness à six pieds de toute obstruction, y compris les murs et les autres appareils.
- Ne jamais monter ou descendre de l'exerciseur lorsque la courroie est en mouvement. Utiliser les mains courantes pour un meilleur équilibre.
- Portez des chaussures avec des semelles en caoutchouc ou des semelles qui ont une forte traction. Ne portez pas de chaussures avec des talons, des semelles en cuir, des crampons ou des pointes. Assurez-vous qu'aucune roche n'est coincée dans la semelle. N'utilisez pas l'exerciseur à pieds nus.
- Ne marchez/joggez JAMAIS à reculons sur l'exerciseur.
- Ne mettez pas la main à l'intérieur, dessous l'unité et n'inclinez pas l'unité sur le côté lorsqu'il fonctionne.
- Pour diminuer les risques de brûlure, d'incendie, de secousse électrique ou de blessure, il est absolument nécessaire de brancher l'exerciseur sur une prise de courant adéquatement mise à la terre.



ELECTRICAL REQUIREMENTS

The **Life Fitness 9500HR** treadmill must be properly grounded. Should it malfunction, proper grounding provides a path of least resistance for the electric current, reducing the risk of electrical shock to you or anyone touching or using the unit. Each treadmill has an electrical cord with a grounding conductor and plug. The unit must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.



A temporary adapter should **NOT** be used to connect this plug to a 2-pole receptacle in North America. If a properly grounded outlet is not available, **A PROPERLY GROUNDED, 20-AMP OUTLET MUST BE INSTALLED BY A QUALIFIED ELECTRICIAN.**



DANGER! Electrical shock may result from improper connection of the equipment grounding conductor. **DO NOT** modify the plug provided with the product. If it does not fit your electrical outlet, have a proper outlet installed by a qualified electrician.

LOCATION	VOLTAGE	Hz	AMPs
<i>U.S., Canada, Ecuador, Italy, Venezuela</i>	120	60	20
<i>United Kingdom</i>	220/240	50	10
<i>Germany, The Netherlands, Korea, Chile, Argentina</i>	220	50	10
<i>Brazil, Colombia</i>	115/220	60	20/10
<i>France, Belgium</i>	127/220	50	20/10
<i>Mexico</i>	120	50/60	20
<i>Costa Rica</i>	120	50	20
<i>Guatemala</i>	115/230	60	20/10
<i>Spain</i>	110/220	50	20/10
<i>Australia</i>	240/250	50	10
<i>Japan</i>	100/200	50/60	20/10
<i>New Zealand</i>	230	50	10

Electrical requirements



EXIGENCES ÉLECTRIQUES

L'exerciseur de marche **Life Fitness 9500HR** DOIT être mis à la terre correctement pour assurer un fonctionnement sans danger. En cas de mauvais fonctionnement, la mise à la terre assure un parcours de moindre résistance pour le courant électrique, ce qui réduit les risques de secousse électrique pour la personne qui touche ou qui utilise l'appareil. Chaque unité est munie d'un cordon électrique, d'un fil de terre et d'une fiche de terre. L'unité doit être branchée dans une prise de courant adéquate. La prise doit être correctement installée et mise à la terre conformément aux codes et aux règlements locaux.



*Si aucune prise de courant avec mise à la terre adéquate n'est disponible, N'utilisez PAS un adaptateur temporaire pour brancher la prise de courant femelle à 2 pôles (aux États-Unis et au Canada). **DEMANDEZ À UN ÉLECTRICIEN QUALIFIÉ D'INSTALLER UNE PRISE DE COURANT DE 20 A AVEC MISE À LA TERRE ADÉQUATE.***



DANGER: Une mauvaise connexion du fil de terre pourrait causer une secousse électrique. Si vous avez des doutes quant aux techniques appropriées de mise à la terre, consultez un électricien qualifié. **NE modifiez PAS** la fiche qui est comprise avec l'appareil. Si vous ne pouvez utiliser la fiche dans la prise de courant, demandez à un électricien qualifié d'installer une prise adéquate.

LOCATION	VOLTAGE	Hz	AMPs
U.S., Canada, Ecuador, Italy, Venezuela	120	60	20
United Kingdom	220/240	50	10
Germany, The Netherlands, Korea, Chile, Argentina	220	50	10
Brazil, Colombia	115/220	60	20/10
France, Belgium	127/220	50	20/10
Mexico	120	50/60	20
Costa Rica	120	50	20
Guatemala	115/230	60	20/10
Spain	110/220	50	20/10
Australia	240/250	50	10
Japan	100/200	50/60	20/10
New Zealand	230	50	10

Exigences électriques

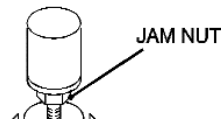


PLACING AND LEVELING THE LIFE FITNESS 9500HR TREADMILL

When deciding where to place the **Life Fitness 9500HR** treadmill, please pay close attention to the following:

- ✓ Do not place the sides of the treadmill closer than eight (8) inches, or 20 centimeters, from any electrical device, including any other electrical aerobic trainers.
- ✓ Do not locate the treadmill near swimming pools or in areas of high humidity.
- ✓ Do not place the treadmill in such a manner that the power cord runs beneath the frame or wheels of the unit.

After placing the unit where it will be used, check its stability. If the unit is not stable, loosen the JAM NUT on the leveling leg located on the user's back left side of the machine (as the user faces the console). Turn the LEVELING LEG until the rocking motion ceases. Retighten the JAM NUT.



Leveling the treadmill

NOTE: IT IS EXTREMELY IMPORTANT THAT THE TREADMILL LEVELING LEG BE CORRECTLY ADJUSTED FOR PROPER OPERATION. AN UNBALANCED UNIT MAY CAUSE STRIDING BELT MISALIGNMENT.

REMARQUE : IL EST EXTRÊMEMENT IMPORTANT QUE LES PIEDS DE MISE À NIVEAU SOIENT BIEN AJUSTÉS POUR QUE L'APPAREIL FONCTIONNE CORRECTEMENT. SI L'APPAREIL N'EST PAS À NIVEAU, LA COURROIE RISQUE DE SE DÉALIGNER.

POWER SAFETY SWITCH

The **POWER SAFETY SWITCH** is one of the many safety features of the **Life Fitness 9500HR** treadmill. This allows you to be certain the treadmill is used only in a supervised manner. Removing the Key from the Switch mechanically locks the Switch in the **OFF** position.



The Switch Key should be removed while you are not using the treadmill to avoid unauthorized persons from doing so.

Remember to store the Switch Key out of the reach of children.

WARNING: REMOVE POWER SWITCH SAFETY KEY WHEN NOT IN USE AND STORE OUT OF REACH OF CHILDREN.

MISE EN GARDE: RETIREZ LA CLÉ D'ALIMENTATION LORSQUE L'APPAREIL N'EST PAS UTILISÉ. RANGEZ LA CLÉ HORS DE LA PORTÉE DES ENFANTS.



HEART RATE ZONE TRAINING™

Extensive independent research has shown that exercising within a predetermined heart rate range is the best way to both measure your exercise intensity and achieve optimal results. That's the whole idea behind the Life Fitness Heart Rate Zone Training approach to exercise.

Heart Rate Zone Training takes the guesswork out of working out by identifying specific ranges, or zones, in which you should maintain your heart rate to achieve maximum exercise results according to your goals. In short, Heart Rate Zone Training all but eliminates under-training and over-training by allowing you to target your heart rate to your individual fitness objectives.

For instance, if your primary goal is to burn fat, you should exercise at a level between 60% and 75% of your theoretical maximum heart rate (defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as 220 minus your age). If you wish to improve your cardiovascular condition, you should work out at 75% to 85% of your theoretical maximum heart rate.

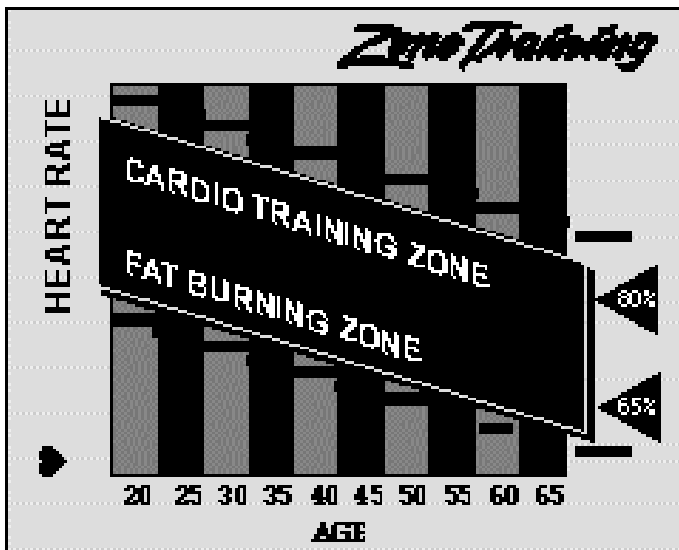
The ***Life Fitness 9500HR*** treadmill offers you two exclusive new programs designed to take full advantage of the benefits of Heart Rate Zone Training: Fat Burn and Cardio. You can vary the focus of your exercise activities by switching between the Fat Burn and Cardio programs at any time during a workout or entering a new target heart rate with the keypad.

FAT BURN – The Fat Burn program will automatically place you in a workout regimen set at 65% of your theoretical maximum heart rate and designed to burn the majority of calories from your body's fat supply. By maintaining a relatively low heart rate – in the area of 60% to 75% of your zone – your body can efficiently burn fat as its primary fuel source; the workload is light enough that your body has time to convert fat to fuel. Exercising at a lower level of intensity also allows you to work out for a longer period of time.

CARDIO – The Cardio program automatically sets your target heart rate at 80% of your theoretical maximum heart rate and places you in a workout developed specifically to increase cardiovascular fitness. By making the heart work harder – in the 75% to 85% range – the heart muscle is heavily taxed and as a result comes back stronger.

Both the Fat Burn and Cardio programs measure your heart rate. All you need to do is wear a Life Fitness Zone Trainer® (or similar) chest strap around your chest or grasp the Lifepulse sensors when prompted and your heart rate will be transmitted to the





Heart Rate Zone Training chart

EXAMPLE

STEP 1 – Calculate your theoretical maximum heart rate:

The theoretical maximum heart rate for a 30-year-old would be
 $220 - 30 = 190$ beats per minute (bpm).

STEP 2 – Calculate the desired training zone:

FAT BURN:

$190 \times .60 = 114$ bpm (the low end of the Fat Burn heart rate zone)
 $190 \times .75 = 143$ bpm (the high end of the Fat Burn heart rate zone).

CARDIO:

$190 \times .75 = 143$ bpm (the low end of the Cardio heart rate zone)
 $190 \times .85 = 162$ bpm (the high end of the Cardio heart rate zone).

The Fat Burn and Cardio training zones shown in the chart above overlap to some extent. This is because everyone will receive some cardiovascular and some fat burning benefits throughout the entire zone, but the Fat Burn and Cardio target zones emphasize those particular goals.

Training below 60% of one's theoretical maximum heart rate is usually not sufficient to yield results, while training above 85% is not only dangerous for all but highly conditioned athletes but actually produces little or no additional benefits.



HOW TO USE THE LIFEPULSE DIGITAL HEART RATE SENSORS

The patented Lifepulse digital heart rate sensors are the default heart rate monitoring system on the **Life Fitness 9500HR** treadmill. To use the Lifepulse sensors, simply grasp the stainless steel sensors when the display console prompts you to do so or anytime you wish to check your heart rate. There are four sensors, two on each side of the handrail, and you must make contact with all four to obtain your heart rate. The console will display your ECG-accurate heart rate in 10 to 30 seconds.

CAUTION: DO NOT ATTEMPT TO GRASP THE LIFEPULSE SENSORS AT SPEEDS ABOVE 4.5 MPH (7.2 KPH).

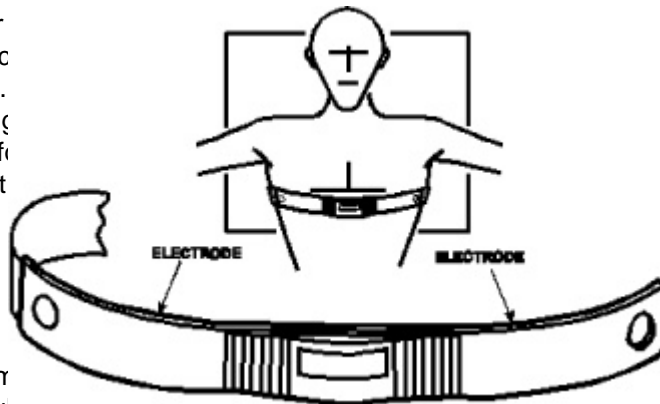
ATTENTION: NE METTRE PAS LES MAINS SUR LES ELECTRODES LIFEPULSE EN VITESSE AU-DESSUS 4.5 (7.2 KPH).

HOW TO USE THE HEART RATE ZONE TRAINER CHEST STRAP

Wet the electrodes of the transmitter (the two grooved surfaces on the underside of the strap) and secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.

The transmitter strap will deliver heart rate reading when the electrodes are directly in contact with bare skin. However, it will function properly through lightweight clothing. The key is for the electrodes to remain wet so that they can conduct the electrical impulses of the heart back to the receiver.

If it becomes necessary to remoisten the chest strap transmitter, grasp the center of the strap, pull it away from the chest to expose the two electrodes, then moisten them in this position.

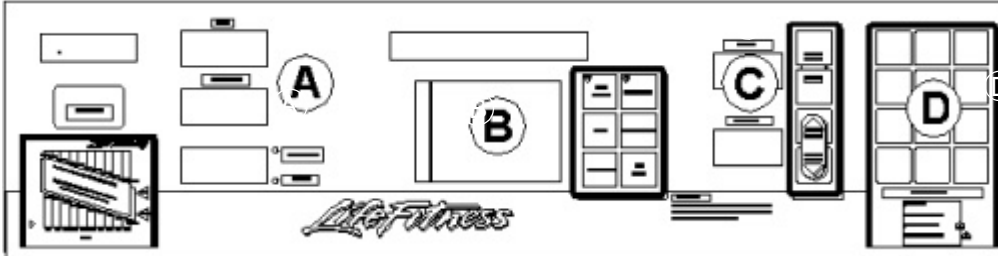


Zone Trainer chest strap transmitter



THE DISPLAY CONSOLE

The computerized display console is easy to use. It allows you to follow your progress as you walk, jog or run. The **Life Fitness 9500HR** treadmill's on-board computer lets you tailor your workout to your individual fitness capabilities and goals while providing a unique means of measuring fitness improvement from one workout to the next.



Display console

A. FEEDBACK:

- **TIME:** A continuous display of the elapsed time of each workout.
- **DISTANCE:** A continual display of miles or kilometers traveled. At the end of the program, total distance traveled will be displayed.
- **CALORIES / WATTS:** Display alternates between total calories burned and watts level every five seconds.
- **STOP:** Pressing this button will immediately stop the striding belt and discontinue any program.

B. MESSAGE CENTER, PROGRAM PROFILE WINDOW AND PROGRAM SELECTION KEYS:

- The **Message Center** provides simple step-by-step instructions and motivational messages. Also, calories per hour, METS and heart rate will be displayed in this window. In the Fit Test program, a message will prompt you to take and enter your pulse (if you are not wearing a Zone Trainer telemetry chest strap).
- The **Program Profile Window** is a matrix of LED lights displaying your current position and the upcoming terrain. As you stride, the light columns move across the screen from right to left. The higher the column of lights, the greater the incline and workout intensity.



- **PROGRAM KEYS:** You can choose the Fat Burn or Cardio Heart Rate Zone Training programs in addition to Life Fitness's proven Hill, Random, Manual, and Fit Test programs.

C. SPEED AND INCLINE KEYS AND DISPLAYS:

- **SPEED:** This window shows the current striding belt speed in miles per hour or kilometers per hour on metric units.
- **SPEED ▲ and ▼:** Pressing the ▲ and ▼ key allows you to increase or decrease the striding belt speed from 1.5 mph (2.4 kph) to 10.0 mph (16.1 kph). You may use this key to change the belt speed at any time during any program except Fit Test.
- **INCLINE (%):** Displays the current deck elevation of the *Life Fitness 9500HR* treadmill.
- **INCLINE ▲ and ▼:** Pressing the ▲ and ▼ key allows you to increase or decrease the elevation of the treadmill deck from 0% to 15% in increments of 0.5%. Use this key to alter the incline during any program except Fit Test.

D. KEYPAD:

The keypad is used to enter information, including program durations, difficulty level, weight, and Fit Test and program-specific information (such as age and gender).

- **NUMERIC KEYS:** Use these keys to enter exercise time, belt speed, weight, distance, goal selection, incline level, gender and target heart rate.
- **CLEAR-PAUSE KEY:** Press this key once to clear data not yet entered. Press it once during a program to pause the program. Pressing twice in succession during programming resets the unit and begins the programming sequence again.
- **START-ENTER KEY:** This key is used to begin an exercise program, to restart a program after pausing or to enter the data displayed in the message center.



OPERATING INSTRUCTIONS & PROGRAM DESCRIPTIONS

Selecting a workout program on the *Life Fitness 9500HR* treadmill is as easy as pushing a button. Six computerized aerobic workout programs are pre-programmed on the *Life Fitness 9500HR* treadmill:

Fat Burn
Manual

Cardio
Random

Hill
Fit Test

FAT BURN is a Heart Rate Zone Training program designed to burn an optimum amount of calories from fat by using heart rate monitoring to maintain a target heart rate of 65% of your theoretical maximum heart rate.

CARDIO is a Heart Rate Zone Training program designed to increase cardiovascular fitness by using heart rate monitoring to maintain a target heart rate of 80% of your theoretical maximum heart rate.

HILL is a workout consisting of a warm-up period followed by a plateau of constant effort, progressively more difficult levels of effort separated by periods of recovery or lower effort, and a cool-down period.

RANDOM is a program of varying effort levels which occur randomly with each exercise session, resulting in more than one million workout combinations.

MANUAL is a program that allows you to determine your goal and set your own speed and incline values, which may be altered at any time during the workout.

FIT TEST is a measure of your aerobic fitness level compared to the average of others of your age and sex.

TO BEGIN ANY WORKOUT (EXCEPT FIT TEST):

- ✓ Press the START—ENTER key.
- ✓ Enter your weight using the numeric keypad and then press the START—ENTER key. (Correct weight data is necessary to properly calculate caloric burn information.)
- ✓ Select a program or begin by pressing the speed control arrows.

NOTE: YOU MAY CHANGE THE SPEED AND INCLINE AT ANY TIME DURING AN EXERCISE PROGRAM (OTHER THAN THE FIT TEST) BY PRESSING THE UP/DOWN ARROW KEYS.



THE FAT BURN AND CARDIO PROGRAMS

To utilize the telemetry feature of the Fat Burn and Cardio programs, you must be wearing a heart rate monitor chest strap. See **How To Use The Heart Rate Zone Trainer Chest Strap** for instructions on using the Zone Trainer heart rate monitor chest strap from Life Fitness.

- After pushing either the Fat Burn or Cardio key, select a program goal by pressing 1 for a goal based on time, 2 for a distance-based goal or 3 for a goal based on calories, followed by a numeric value for the chosen goal (1 to 99 minutes, 0.1 to 10.0 miles (.16 to 15.9 kilometers), and 1 to 2,000 calories) and START-ENTER.
- To have the Life Fitness computer automatically set your fat burning or cardiovascular target heart rate based on your age, input your age and press the START- ENTER button. If you prefer, you may enter your own target heart rate by pressing 0, inputting your preferred target and pressing the START-ENTER key.
- Finally, select a striding belt speed from 1.5 to 10.0 mph (if telemetry is used) or 1.5 to 4.5 mph (if Lifepulse sensors are used; 2.4 to 16.1 or 2.4 to 7.2 kph, respectively), again using the keypad and pressing the START-ENTER key.

The **Fat Burn** program is the latest workout program developed by Life Fitness to bring the benefits and results of Heart Rate Zone Training to exercisers on a daily basis.

On the **Life Fitness 9500HR** treadmill, the Fat Burn program uses the technology of heart rate monitoring to automatically keep your heart rate at a specific point (65% of your theoretical maximum heart rate, defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as 220 minus your age) within a target zone based on your age, maximizing the aerobic benefits of exercise by accessing the body's fat stores for fuel.

The result is a perfect workout every time, eliminating both under- and over-training. You can concentrate on your workout, because the **Life Fitness 9500HR** treadmill **automatically** responds to your heart rate and adjusts the incline of the deck in .10 percent increments to keep you at your target heart rate.

The **Cardio** program is virtually identical to the Fat Burn program. The only difference is that your target heart rate is calculated at 80% of your theoretical maximum to accentuate cardiovascular improvement by placing a heavier work load on the heart muscle. If you wish to vary the focus of your exercise activities, you can switch back and forth between the Fat Burn and Cardio programs at any time during a workout.

You can change your target heart rate at any time during your workout by simply keying in your new target heart rate.



THE HILL PROGRAM

- After selecting the Hill workout, you must select a desired workout time from 1 to 99 minutes using the keypad, then press START–ENTER.
- After selecting a workout duration, choose an incline level between 1 and 12 using the keypad and press the START–ENTER key (see **How To Choose An Incline Level** on page 18).
- Finally, select a belt speed from 1.5 to 10.0 mph (2.4 to 16.1 kph), again using the keypad and pressing the START–ENTER key.

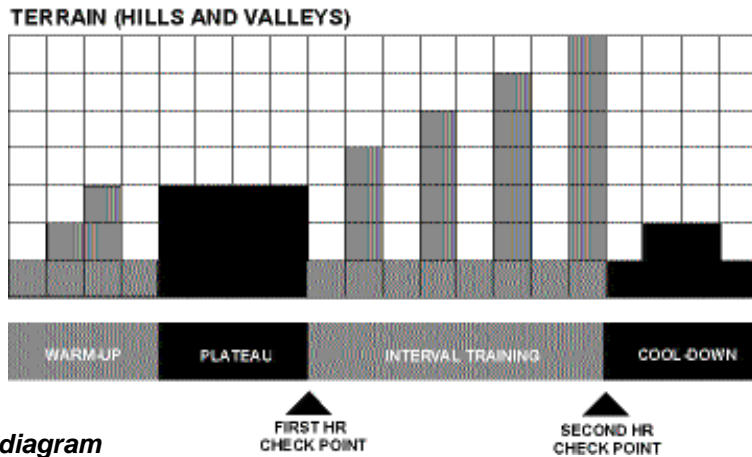
The **Life Fitness 9500HR** treadmill's patented Hill program offers the ideal configuration for interval training: periods of intense aerobic activity separated by regular intervals of lower-intensity exercise. The computerized interval training program has been scientifically demonstrated to yield greater cardiorespiratory improvement than steady-pace training. Not only does the Hill program offer the challenge of alternating periods of high and low intensity, but the levels of intensity become progressively more difficult during the course of the program. The longer the Hill program you choose, the longer the amount of time spent on top of a hill and at the bottom of a valley.

**Each Hill program session comprises the following phases:
(1) Warm-up, (2) Plateau, (3) Interval Training, and (4) Cool-down.**

- **Warm-up:** Gradually brings heart rate into the lower portion of the target heart rate zone, increasing respiration and blood flow to working muscles.
- **Plateau:** Increases heart rate so that it is within target zone. Check your heart rate at the end of the plateau period to ensure that you have entered your target heart rate zone.
- **Interval Training:** A series of hills and valleys. During this portion of the workout, you are confronted with a series of successively steeper hills, each separated from the next by a valley or recovery period. Check your heart rate at the end of the interval training period to ensure that you have stayed within your target zone.
- **Cool-down:** The cool-down allows the body to begin removing accumulated by-products of exercise, such as lactic acid, which build up in muscles during your workout and contribute to muscle soreness.

The Hill profile diagram shows the effort level and recovery periods encountered during a **Life Fitness 9500HR** treadmill Hill program workout. Effort and recovery periods are simulated on the display console by columns of red lights in the Program Profile window. Each column represents one interval and 20 intervals comprise the program. The columns move from right to left during the workout. The higher the column, the higher the incline. Consequently, you must increase your effort to continue training.





Hill profile diagram

- **1-9 minutes:** Because workouts with durations of fewer than 10 minutes are insufficient for the Hill program to complete all four phases adequately, the program truncates at various stages in order to meet the chosen workout time.
- **10-19 minutes:** The interval durations are initially set at 30 seconds for a 10-minute workout. For every additional minute of workout duration, the Hill program lengthens each interval by three seconds. Thus, a 15-minute Hill workout will feature 20 intervals of 45 seconds each.
- **20-99 minutes:** All intervals last 60 seconds. As minutes are added, additional hills and valleys are presented beyond the initial four of the interval training phase. The additional hills and valleys will follow the form of the first four, dropping back down to the level of the very first hill encountered and progressing in height every two minutes until the highest hill is reached again. This process repeats until the workout duration is met.

HEART RATE CHECK POINTS:

For Fat Burning:

(1) **First Heart Rate Check Point** — Your heart rate should be between 60% and 70% of the theoretical maximum heart rate for your age category.

(2) **Second Heart Rate Check Point** — Your heart rate should be between 70% and 75% of the theoretical maximum heart rate for your age category.

For Cardio:

(1) **First Heart Rate Check Point** — Your heart rate should be between 75% and 80% of the theoretical maximum for your age category.

(2) **Second Heart Rate Check Point** — Your heart rate should be between 80% and 85% of the theoretical maximum for your age category.



FOR BOTH THE RANDOM AND MANUAL PROGRAMS:

- Select a program goal by pressing 1 for a goal based on time, 2 for a distance-based goal or 3 for a goal based on calories, followed by a numeric value for the chosen goal (1 to 99 minutes, 0.1 to 10.0 miles (.16 to 16.1 kilometers) and 1 to 2,000 calories). Press the START-ENTER key.
- For the Random program **only**, key in an incline level from 1 to 12 and press the START-ENTER key (see the box below).
- Finally, select a striding a belt speed from 1.5 to 10.0 mph (2.4 to 16.1 kph), again using the keypad and then press the START-ENTER key.

In **both** the Random and Manual programs, check your heart rate after the first five minutes of exercise and again every five to 10 minutes thereafter. This ensures that you are exercising within your target heart rate zone.

HOW TO CHOOSE AN INCLINE LEVEL

In the Hill and Random programs, incline level refers to a range of hill inclines measured in percentages. The higher the incline level selected (between 1 and 12), the greater the range of hill incline percentages.

Level 1: 0.0% – 4.0%	Level 5: 2.0% – 8.0%	Level 9: 6.0% – 12.0%
Level 2: 0.0% – 6.0%	Level 6: 3.0% – 9.0%	Level 10: 7.0% – 13.0%
Level 3: 0.0% – 7.0%	Level 7: 4.0% – 10.0%	Level 11: 8.0% – 14.0%
Level 4: 1.0% – 7.0%	Level 8: 5.0% – 11.0%	Level 12: 9.0% – 15.0%

There are seven possible hill incline percentages within the range for any level. The first hill height is represented by four lights per column in the Program Profile window, and each successive LED represents a higher hill. For example, in level 5, the lowest incline percentage for any hill is 2.0% (represented by four LEDs) and no hill will be higher than an 8.0% incline (all 10 LEDs in the column will be lit). You may increase or decrease the elevation, but the change will only last as long as the *hill* you are currently on. When the program calls for a change in incline, the elevation will change in accordance with the incline level you originally selected. You can choose a new incline *level* at anytime during either program.

THE RANDOM PROGRAM

The **Life Fitness 9500HR** treadmill's on-board computer randomly selects hill and valley terrain which varies with each and every workout, resulting in more than one million combinations. An ideal choice for those who like variety in your workout!



THE MANUAL PROGRAM

The Manual program gives you complete control over your workout. You determine your goal, you select the incline percentage you want (if any), and you set a speed that's comfortable for you. In the Manual program, you can work out as intensely or as casually as you wish.

THE FIT TEST PROGRAM

The **Life Fitness 9500HR** treadmill Fit Test program is another exclusive feature of this versatile aerobic trainer. Think of it as your relative fitness score. The Fit Test can be used to monitor improvement in endurance every four to six weeks.

- Use the numeric keys to enter your age from 10 to 99, then press START-ENTER.
- After entering your age, input your sex by pressing 1 for male or 2 for female followed by the START-ENTER button.
- The message center will prompt you to select one of four speeds: 2, 3, 4 or 4.5 mph (3.2, 4.8, 6.4 or 7.2 kph). Consult the table below for an approximate speed based on your perceived effort level and key in the appropriate striding belt speed. (NOTE: If your heart rate is lower than 60% of your theoretical maximum heart rate, you will be instructed to perform the Fit Test again at a faster belt speed.)

<u>Beginner</u>	<u>Intermediate</u>	<u>Advanced</u>
2.0 mph / 3.2 kph	3.0, 4.0 mph / 4.8, 6.4 kph	4.5 mph / 7.2 kph

The Fit Test will last five minutes (a one-minute warm-up followed by four minutes of consistent effort). Speed and incline cannot be changed in the Fit Test; they must be maintained in order to ensure an accurate Fit Test score computation.

After the Fit Test is complete, you will be instructed to take your 15-second pulse at the sound of the beep and then enter your pulse using the keypad (if you are wearing a Zone Trainer chest strap, your pulse is automatically transmitted to the on-board computer; if you are using the Lifepulse sensors, simply grasp them when instructed to). Your Fit Test score and ranking will appear in the Message Center window. The Fit Test scoring tables on page 21 can be used to determine how you rank with others in your category.

The Fit Test is also an estimate of the your VO_2 max, which is a measurement of how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood. This measurement is generally regarded by physicians and exercise physiologists as the standard for aerobic capacity. Please note that the VO_2 max values received will be 10% to 15% higher than those



achieved on a stationary cycle. Stationary cycling offers a specific workout for the quadriceps muscles which often reach maximum fatigue at a lower level of VO_2 max than what a person would reach on a stairclimber or a treadmill.*

The rate of pedaling or stepping is often difficult to control. However, treadmill speed and incline can be precisely regulated. And unlike cycling or stepping, walking is a natural, habitual activity. Most people become accustomed to treadmill walking within two minutes.

Fit Test Tips

The computer will not accept:

- heart rates less than 52 or greater than 200 beats per minute;
- body weights less than 50 pounds (22 kg) or greater than 300 pounds (136 kg);
- ages below 10 years;
- data input that exceeds human potential.

If you make an error when entering any Fit Test data, you can correct it by pressing CLEAR, inputting the correct information, and pressing START-ENTER.

It is important for you to take the Fit Test under similar circumstances each time. Your heart rate is dependent on many factors, including:

- amount of sleep the previous night (at least seven hours is recommended);
- time of day;
- time you last ate (two to four hours after the last meal is recommended);
- time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (at least four hours is recommended);
- time since you last exercised (at least six hours is recommended).

For the most accurate Fit Test results you should perform the Fit Test on three consecutive days and average the three scores.

NOTE: To receive a proper Fit Test score, you must be working within your training heart rate zone, which is 60%-85% of your theoretical maximum heart rate.

* Ebbeling, Cara B.; Puleo, Elaine M.; Ward, Ann; Widrick, Jeffrey, and Rippe, James M, "Development Of A Single Stage Submaximal Treadmill Walking Test". University Of Massachusetts Medical Center, 1991 "Unpublished".



Fit Test Scoring

RELATIVE FITNESS CLASSIFICATIONS FOR MEN

RATING	AGE				
	20-29	30-39	40-49	50-59	60-69
<i>Elite</i>	61+	57+	55+	53+	50+
<i>Excellent</i>	55-60	52-56	50-54	47-52	44-49
<i>Good</i>	50-54	46-51	44-49	42-46	39-43
<i>Above Average</i>	44-49	41-45	39-43	36-41	33-38
<i>Average</i>	40-43	36-40	34-38	32-35	29-32
<i>Below Average</i>	34-39	31-35	29-33	26-31	23-28
<i>Poor</i>	29-33	25-30	22-28	20-25	18-22
<i>Very Poor</i>	<29	<25	<22	<20	<18

RELATIVE FITNESS CLASSIFICATIONS FOR WOMEN

RATING	AGE				
	20-29	30-39	40-49	50-59	60-69
<i>Elite</i>	54+	51+	48+	46+	44+
<i>Excellent</i>	48-53	45-50	43-47	41-45	39-43
<i>Good</i>	43-47	40-44	37-42	35-40	33-38
<i>Above Average</i>	37-42	34-39	32-36	30-34	28-32
<i>Average</i>	33-36	30-33	28-31	25-29	23-27
<i>Below Average</i>	28-32	24-29	22-27	20-24	18-22
<i>Poor</i>	22-27	19-23	17-21	14-19	12-17
<i>Very Poor</i>	<22	<19	<17	<14	<12



THE MESSAGE CENTER

The **Life Fitness 9500HR** treadmill constantly monitors your performance during an exercise program, and displays prompts to inform and advise you of your performance. The following messages are representative of what you may see over the course of a workout.

PROGRAM SET-UP MESSAGES:

MESSAGE	COMMENT
PRESS START TO BEGIN	Begins the exercise program set-up.
ENTER WEIGHT ___ LBS (or KGS)	You must enter accurate weight in pounds (or kilograms).
SELECT PROGRAM OR... BEGIN BY PRESSING... SPEED CONTROL ARROWS	Prompts you to select an exercise program or begin by pressing the speed increase arrow (▲).
SELECT PROGRAM TIME... ENTER TIME ___ MIN	In the <u>Hill</u> program only, you must select a workout duration from 1-99 minutes.
SELECT INCLINE LEVEL...1 TO 12 LEVEL IS ___	In the <u>Hill</u> and <u>Random</u> programs only, you must select an incline level from 1 to 12.
CHOOSE PROGRAM GOAL... PRESS – 1 – FOR TIME... – 2 – FOR DISTANCE...OR – 3 – FOR CALORIES	Instructs you to select workout duration, distance to be traveled or calories to burn goal in all programs <u>except</u> the Fit Test.
SELECT DISTANCE... ENTER MILES [or KM] – _._	Prompts you to select desired distance to be traveled from 0.1 to 10.0 (0.1 to 16 kilometers).
ENTER TIME...__ MIN	Instructs you to select a time goal for your workout from 1 – 99 minutes.
ENTER CALORIES – ____	Instructs you to select a caloric goal for your workout from 1 – 2,000 calories.



MESSAGE	COMMENT
ENTER AGE OR PRESS...- 0 - KEY TO SET YOUR...TARGET HEART RATE	In the <u>Fat Burn</u> and <u>Cardio</u> programs, you must input your age for computation of your target heart rate, or enter another target from 72 to 178 beats per minute using the 0 key.
SELECT YOUR SPEED...FROM 1.5 TO 10.0 MPH (or 2.4 to 16.1 kph)	You must select a belt speed within the specified range. In the <u>Fat Burn</u> and <u>Cardio</u> programs, the upper limit is 4.5 mph (7.2 kph) with the Lifepulse system or 10.0 mph (16.1 kph) when using telemetry. In the <u>Fit Test</u> program the choices are 2, 3, 4 or 4.5 mph (3.2, 4.8, 6.4 or 7.2 kph).
FIT TEST LASTS 5 MIN...ENTER YOUR AGE ___	In the <u>Fit Test</u> program, you must enter your age, from 10 to 99 years.
ENTER YOUR SEX...PRESS 1 FOR MALE...PRESS 2 FOR FEMALE	In the <u>Fit Test</u> program, you must indicate your sex, male or female.
SELECT 1 OF 4 SPEEDS...2, 3, 4, or 4.5 MPH (or 3, 5, 6 or 7 KPH)	You may enter Fit Test striding belt speeds based on perceived activity level: Beginner, Advanced, or Expert.
BEGIN 1 MIN WARM-UP	Start 1-minute warm-up for the Fit Test program.
HAVE A GOOD WORKOUT...TO SELECT NEW SPEED...SIMPLY PRESS THE...UP DOWN ARROW KEY...OR...KEY IN A NEW SPEED	Your <u>Manual</u> workout is about to begin. Speed may be increased or decreased by pressing the speed arrow key or by entering a new running speed via the numeric keypad.
HAVE A GOOD WORKOUT...USE KEYPAD TO CHANGE...INCLINE LEVEL	Your <u>Hill</u> or <u>Random</u> workout is about to begin. By pressing the incline arrow key you can change the program's level.
BEGIN 3 MIN WARM-UP...HAVE A GOOD WORKOUT...USE KEYPAD TO CHANGE...TARGET HEART RATE	Your <u>Fat Burn</u> or <u>Cardio</u> workout is about to begin with a 3-minute warm-up period to get your heart rate into the appropriate target zone.



PROGRAM FEEDBACK MESSAGES:

MESSAGE	COMMENT
MIN TARGET HR – 72 MAX TARGET HR – 178	The lowest and highest target heart rates allowable.
TO MEET TARGET HR... DECREASE SPEED	You must reduce speed to reach your target heart rate (only in the <u>Fat Burn</u> and <u>Cardio</u> programs).
TO MEET TARGET HR...INCREASE SPEED OR...LOWER TARGET HR	You must either increase your speed or select a lower target heart rate (only in the <u>Fat Burn</u> and <u>Cardio</u> programs).
TO MEET TARGET HR...RAISE INCLINE OR...INCREASE SPEED OR... LOWER TARGET HR	You must either increase the incline, increase speed or select a lower target heart rate (only in the <u>Fat Burn</u> and <u>Cardio</u> programs).
TARGET HR IS ____	Your target heart rate (only in the <u>Fat Burn</u> and <u>Cardio</u> programs).
YOUR CHEST STRAP...IS NOT DETECTED	The heart rate receiver is not detecting a signal from the chest strap transmitter.
HEART RATE – ____ BPM	Your current heart rate.
USE KEYPAD TO CHANGE... TARGET HR	To alter your selected target heart rate, you must input a new target heart rate rate using the numeric keypad.
USE KEYPAD TO CHANGE... INCLINE LEVEL	To alter the percent of incline, key in a number from 1-12 and press START-ENTER.
#### [CALORIES/TIME/MILES or KM] TO GO	The amount of calories, time, miles or kilometers remaining until you reach your goal and complete your workout.
• ENTER TIME __ MIN • ENTER CALORIES ____ • SELECT DISTANCE...ENTER __ [MILES or KM]	After selecting any program <i>except</i> <u>Hill</u> or <u>Fit Test</u> , you must enter a goal of time, distance or calories for that program.



MESSAGE	COMMENT
INVALID ____ ENTERED...OPTIONS AVAILABLE # THRU #####	The goal value entered – calories, time, or distance – is not valid and must be within the indicated range.
WORKOUT PAUSED...TO RESTART WORKOUT...PRESS THE START KEY... TO END YOUR WORKOUT... PRESS THE STOP KEY	Prompts action in pause mode in all programs <i>except</i> <u>Fit Test</u> .
PRESS START TO BEGIN... NEXT 5 MIN FIT TEST (Appears if initial Fit Test results were invalid.)	You must press START–ENTER to begin taking your <u>Fit Test</u> again.
AT END OF 5 MINUTES...TAKE 15 SEC PULSE	You must take your 15-second pulse at the conclusion of the Fit Test. If you are wearing a Zone Trainer heart rate monitor chest strap, your heart rate is automatically conveyed to the treadmill's on-board computer; if you are using the Lifepulse sensors, simply grasp them when instructed to do so.
TAKE 15 SECOND PULSE... 15 SECOND PULSE IS ____	Prompts you to take your 15-second pulse and then confirms it upon entry.
YOUR HEART RATE...IS NOT HIGH ENOUGH...REDO TEST AT ____ MPH [or KPH]	Your heart rate is too low to calculate your Fit Test score accurately. Take the test again at a higher belt speed.
PULSE SEEMS TOO HIGH... CONSULT INSTRUCTOR	Your heart rate is above the expected reading; you should see a trainer to determine possible cause(s).
PULSE SEEMS TOO LOW	Your heart rate is below the expected reading; you should see a trainer to determine possible cause(s).
FIT TEST ENDED	Your Fit Test is over.



MESSAGE	COMMENT
FIT TEST SCORE – [ELITE/ EXCELLENT/GOOD/ABOVE AVERAGE/AVERAGE/BELOW AVERAGE]	Your Fit Test score as compared to others of your age and sex.
PACE – __. __ MIN [MILE or KM]	Your current pace, expressed in time (in min.) to travel one mile or kilometer.
COOLDOWN PERIOD – __	Time remaining in your 60- or 90-second cool-down period
WORKOUT ENDED	You have reached your goal and completed your workout.
NOTE NOTE NOTE...MAXIMUM SPEED REDUCED TO __. __ MPH [or KPH] FOR WORKOUT... NOTIFY MAINTENANCE	Temporary maximum speed imposed based on your weight and stress to the striding belt. The user should notify maintenance or club personnel.
NOTE: YOU'RE PUSHING...BELT TOO HARD...PLEASE RUN CORRECTLY	You are running at a speed beyond the capacity of the machine and must slow down.
NOTIFY MAINTENANCE	An internal malfunction has occurred. Press 9-1-9 START- ENTER for malfunction code and contact maintenance staff or call Life Fitness After Market Services.
MEMORY CHIP FAILURE	The on-board computer's memory chip has sustained some type of damage or malfunction. Press 9-1-9 START-ENTER for diagnostic evaluation and call Life Fitness After Market Services.
POWER-UP RESET . . .	Appears whenever the treadmill is turned on.
WAXER NEEDS REFILL	The treadmill's auto waxer needs refilling. Notify maintenance personnel or call Life Fitness After Market Services.



OPTIONAL SETTINGS FOR THE LIFE FITNESS 9500HR TREADMILL

● *Maximum speed option*

With the maximum speed option, the maximum speed of the **Life Fitness 9500HR** treadmill can be set to any speed between 2.0 and 10.0 mph (3.2 and 16.1 kph) in 0.5 increments. To change the maximum speed on the **Life Fitness 9500HR** treadmill:

1. Press CLEAR-PAUSE until the Message Center displays "Press Start to Begin." Press CLEAR-PAUSE again.
2. Press 9-1-9 on the numeric keypad and press START-ENTER.
3. Press the Hill, Random and Fit Test keys so that they are lit. The letters "E" and "A" will appear in the Program Profile window.
4. Various messages will scroll through the Message Center window. When the message "Maximum Speed - __. _ m.p.h." appears in the window, press the speed up/down key to change the maximum speed from 2.0 - 10.0 mph (3.2 - 16.1 kph) in 0.5 increments.
5. After setting the new maximum speed, press CLEAR-PAUSE. The new maximum speed will be in effect.

● *Minimum speed option*

With the minimum speed option, the minimum speed of the **Life Fitness 9500HR** treadmill can be changed from 1.5 to 1.0 mph (2.4 to 1.6 kph). To change the minimum speed on the **Life Fitness 9500HR** treadmill:

1. Press CLEAR-PAUSE until the message center displays "Press Start to Begin." Press CLEAR-PAUSE again.
2. Press 9-1-9 on the numeric keypad and press START-ENTER.
3. Press the Hill, Random and Fit Test keys so that they are lit. The letters "E" and "A" will appear in the Program Profile window.
4. Various messages will scroll through the Message Center window. When the message "Minimum Speed - __. _ m.p.h." appears in the window, press the speed up/down key to toggle the minimum speed between 1.5 - 1.0 mph (2.4 and 1.6 kph).
5. After setting the desired minimum speed, press CLEAR-PAUSE. The new minimum speed will now be in effect.



● *Maximum program time option*

The maximum program time option allows the maximum program time to be changed from the standard maximum time limit of 60 minutes to anywhere from 1 to 99 minutes. To change the **Life Fitness 9500HR** treadmill maximum program time:

1. Press CLEAR–PAUSE until the Message Center displays “Press Start to Begin.” Press CLEAR–PAUSE again.
2. Press 9-1-9 on the numeric keypad and press START–ENTER.
3. Press the Hill, Random and Fit Test keys so that they are lit. The letters “E” and “A” will appear in the Program Profile window.
4. Various messages will scroll through the Message Center window. When the message “Normal Program Time” appears in the window, press the speed up key to increase the maximum program time and the speed down key to decrease the maximum program time.
5. After setting the new maximum program time, press CLEAR–PAUSE. The new maximum program time will now be in effect.

● *Turning telemetry on and off*

1. Press CLEAR–PAUSE until the Message Center displays “Press Start to Begin.” Press CLEAR–PAUSE again.
2. Press 9-1-9 on the numeric keypad and press START–ENTER.
3. Press the Hill, Random and Fit Test keys so that they are lit. The letters “E” and “A” will appear in the Program Profile window.
4. Various messages will scroll through the Message Center window. When the message “Telemetry HR on/off” appears in the window, press the speed up/down key to toggle the telemetry function on and off.
5. After turning the telemetry function on or off, press CLEAR–PAUSE. Telemetry will be either on or off, depending on where you set it.

● *Password protection option*

Password protection allows you to limit the use of your **Life Fitness 9500HR** treadmill to only those who have been given a numeric password which you have preset.



● **Setting the password**

1. Press CLEAR–PAUSE until the message center displays “Press Start to Begin”. Press CLEAR–PAUSE again.
2. Press 9-5-0-0 on the numeric keypad and press START–ENTER.
3. “Password ____” will appear in the Message Center window. Enter a password at this time (a valid password is any number between 1 and 999). You can press CLEAR–PAUSE at any time while setting a password to delete your entry.
4. After setting a password, press the START–ENTER key. The new password has now been accepted.

Once the password protection mode has been set, each time someone presses the START–ENTER, the message center will ask the user for the password. The user must press the numeric code and the START–ENTER key for the **Life Fitness 9500HR** trainer to continue. If an incorrect password is entered, the message center will continue to prompt the user for the correct password.

● **If you forget the password**

1. Press CLEAR–PAUSE until the message center displays “Press Start to Begin.” Press CLEAR–PAUSE again.
2. Press 9-5-0-0 on the numeric keypad and press START–ENTER. Your password will now appear in the Message Center window. Press the STOP button to exit.

● **Changing the password**

1. Press CLEAR–PAUSE until the message center displays “Press Start to Begin.” Press CLEAR–PAUSE again.
2. Press 9-5-0-0 on the numeric keypad and press START–ENTER. Your password will now appear in the Message Center window.
3. Key in a new password (1-999).
4. Press the START–ENTER key. The new password is now in effect.

● **Disabling the password**

1. Press CLEAR–PAUSE until the message center displays “Press Start to Begin.” Press CLEAR–PAUSE again.
2. Press 9-5-0-0 on the numeric keypad and press START–ENTER. Your password will now appear in the Message Center window.
3. Press CLEAR–PAUSE and the START–ENTER key. Your password is now disabled and the **Life Fitness 9500HR** treadmill will operate without requiring a password.



TROUBLESHOOTING YOUR ZONE TRAINER CHEST STRAP

YOUR HEART RATE READING IS ERRATIC OR ABSENT ENTIRELY.

- ✓ Repeat the electrode wetting procedure (see **How to Use the Zone Trainer® Heart Rate Monitor Chest Strap**). The electrodes must be wet to pick up and transmit accurate heart rate readings.
- ✓ Make sure the electrodes are flat against the skin and the Life Fitness logo is right side up.
- ✓ Wash your belt transmitter regularly with mild soap and water.
- ✓ Make sure your chest strap transmitter is within three feet (one meter) of the heart rate receiver.
- ✓ The estimated battery life of the chest strap transmitter is 2500 hours of use. If your chest strap transmitter battery is depleted, contact **Life Fitness After Market Services** at (800) 351-3737 for instructions on how to have your chest strap replaced.

YOUR HEART RATE READING IS ERRATIC OR EXTREMELY HIGH (ABOVE 200).

- ✓ When exercising with your Life Fitness Zone Trainer heart rate monitor you may come within range of electromagnetic signals strong enough to cause abnormally elevated heart rate readings. Possible sources of such signals include television sets and/or antennas, computers, cars, high voltage power lines and motor driven exercise equipment. Another heart rate transmitter within three feet (one meter) may also cause abnormal heart rate readings.

NOTE: THERE IS A VERY SMALL – LESS THAN ONE PERCENT – PORTION OF THE GENERAL POPULATION WHOSE HEART RATES CAN NOT BE DETECTED BY HEART RATE MONITORS, INCLUDING ECGs. THIS PHENOMENON IS CALLED BIOPOTENTIAL AND IS EXTREMELY RARE.



PREVENTIVE MAINTENANCE TIPS

The **Life Fitness 9500HR** treadmill is backed by the engineering excellence of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness treadmills are among the most popular of aerobic trainers, regularly standing up to marathon use — 18 hours a day, 7 days a week — in health clubs, colleges and military facilities the world over.

The following preventive maintenance tips will keep your **Life Fitness 9500HR** treadmill operating at peak performance:

- Clean the display console and all exterior surfaces regularly with soap and water or a mild household cleaner. **DO NOT** use paper towels.*
- Check operation of the stop button once a week.
- Vacuum the striding belt regularly to keep debris from accumulating.
- Inspect exterior parts regularly for wear, particularly the striding belt and deck.
- Inspect and vacuum the area under unit regularly.

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

* **REMARQUE:** *Il est fortement recommandé d'utiliser un linge doux en coton et un nettoyant non abrasif pour nettoyer l'extérieur de l'unité. Ne jamais appliquer le nettoyant directement sur une pièce de l'appareil; appliquer le nettoyant non abrasif sur un linge doux et essuyer l'appareil.*



PREVENTIVE MAINTENANCE SCHEDULE

ITEM	WEEKLY	MONTHLY	QUARTERLY	BI-ANNUALLY	ANNUALLY
Anti-Static Cords		I		R	
Console Mounting Bolts				I	
Frame	C			I	
Striding Belt (Top)	C			I	
Brush	C			R	
Deck	C (vacuum)			I	
Power Cord	I	I		I	
Display Console	C	I		I	
Handlebar	C			I	
Handrail & Handlebar Bolts				I	
Front Roller				I	
Rear Roller				I	
Stop Button	I				
Rear Roller Guard		C and I			
Tracking Spring		I			
V Belt				I	
Wax Assembly Container			I		
Wax System Leaks				I	
Wax Nozzle		C and I			
Wax Refill					R

KEY: C = Clean; I = Inspect; R = Replace



HOW TO TENSION THE STRIDING BELT



CAUTION: DO NOT MOVE TREADMILL OR PLACE YOUR HANDS UNDER TREADMILL WHILE IT IS PLUGGED INTO AN ELECTRICAL OUTLET!



ATTENTION : SI L'UNITÉ EST BRANCHÉE DANS UNE PRISE DE COURANT, NE DÉPLACEZ PAS L'UNITÉ ET NE PLACEZ PAS LES MAINS SOUS CELLE-CI.

Tools required: 7/32" and 9/16" hex key wrenchs; ratchet wrench

The **Life Fitness 9500HR** treadmill has an electronic belt alignment system which will detect any belt misalignment and automatically realign the belt.

NOTE: IT IS EXTREMELY IMPORTANT THAT THE TREADMILL BE CORRECTLY LEVELED PRIOR TO ANY TRACKING ADJUSTMENTS. AN UNSTABLE UNIT MAY CAUSE STRIDING BELT MISALIGNMENT. SEE PLACING AND LEVELING THE LIFE FITNESS 9500HR TREADMILL PRIOR TO MAKING ANY REAR ROLLER ADJUSTMENTS.

IL EST EXTRÊMEMENT IMPORTANT QUE L'EXERCISEUR DE MARCHE SOIT DE NIVEAU AVANT DE PROCÉDER À UN QUELCONQUE AJUSTEMENT. SI L'UNITÉ EST INSTABLE, LA COURROIE POURRAIT SE DÉALIGNER. AVANT D'AJUSTER UN DES ROULEAUX ARRIÈRE, REPORTEZ-VOUS À LA SECTION RELATIVE À LA FAÇON DE METTRE À NIVEAU L'EXERCISEUR LIFE FITNESS 9500HR.

Step 1

Remove the right FRONT END CAP to access the belt tensioning bolt.

Step 2

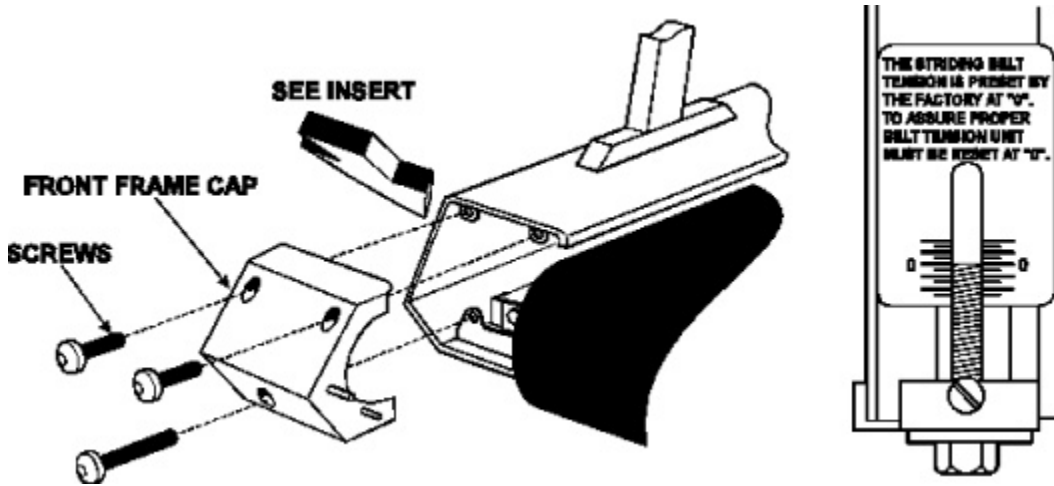
Enter the Manual program and run the unit for five minutes (DO NOT run on the belt). Set the speed at 5.0 mph (8.1 kph) for two minutes.



Step 3

After two minutes, reduce the speed to 2.0 mph (3.2 kph). Tightly grasp the handrails and attempt to stall the striding belt. If the belt slips, stop the unit and turn the tensioning bolt one-quarter turn clockwise to tension the belt. DO NOT turn the tensioning bolt more than one-quarter turn at a time or more than a maximum of one full turn. Repeat Steps 1 and 2 until the belt no longer slips.

NOTE: If, after completing one full turn (four one-quarter turns) of the tensioning bolt, the belt still slips, call **Life Fitness After Market Services** at the numbers on the following page.



CAUTION: DO NOT OVER TIGHTEN THE TENSIONING BOLTS WHILE MAKING BELT ADJUSTMENTS. OVER TIGHTENING OF BOLTS MAY OVERSTRETCH AND DAMAGE THE STRIDING BELT AS WELL AS PLACE AN UNNECESSARY LOAD ON THE ROLLER BEARINGS.



ATTENTION : NE SERREZ PAS OUTRE MESURE LES BOULONS DE TENSION LORSQUE VOUS AJUSTEZ LA COURROIE. DES BOULONS TROP SERRÉS POURRAIENT ÉTIRER, ENDOMMAGER LA COURROIE ET AJOUTER UNE CHARGE INUTILE SUR LES PALIERS DES ROULEAUX.



HOW TO OBTAIN PRODUCT SERVICE

Step 1

Verify the symptom and review the operating instructions. Sometimes the problem turns out to be unfamiliarity with your **Life Fitness 9500HR** trainer's features and programs.

Step 2

Locate and document the serial number of the unit. The serial number of the **Life Fitness 9500HR** treadmill is located on the left side of the treadmill base, directly below the base of the hand (above the on/off switch), approximately 12 inches (30 centimeters) from the front of the machine.



Serial number location

Step 3

Contact **Life Fitness After Market Services:**

Life Fitness After Market Services

10601 West Belmont Avenue
Franklin Park, IL 60131
(800) 351-3737 (Toll Free within the U.S. and Canada)
(847) 451-0036
FAX: (847) 288-3702

For Product Service In Europe:

Life Fitness GmbH

Telephone: (089) 31 77 51-0
FAX: (089) 3 10 73 69

Life Fitness BeNeLux

Telephone: (03) 644 44 88
FAX: (03) 644 24 80

Life Fitness Austria

Telephone: (02266) 61959
FAX: (02266) 61959

Life Fitness UK Ltd

Telephone: (01353) 666017
FAX: (01353) 666018

Life Fitness Italia S.R.L.

Telephone: (0472) 835470
FAX: (0472) 833150

*Please have the serial number of your **Life Fitness 9500HR** treadmill and the problem/symptom ready for the After Market Services Specialist who will be assisting you. This information is necessary for us to help solve any problems you may be encountering.*



LIFE FITNESS 9500HR TREADMILL SPECIFICATIONS

Designed use	Heavy/Commercial
Maximum user weight	300 pounds / 136.1 kilograms
Speed range	1.5–10.0 mph / 2.4–16.1 kph in 0.1 increments; (1.0 mph / 1.6 kph minimum speed setting is optional.)
Elevation range	0%–15% (in 0.5% increments)
Drive train	Two stage Poly-V Kevlar drive
Motor type	Variable Speed AC
Motor size	2.0 hp
Power requirements	120 volt, 20 amp (U.S.). See Electrical Requirements for requirements outside the United States.
Roller diameter	9.0 inches / 22.9 centimeters
Crowned rollers	Front and back
Belt color/type	Grey multi-ply urethane
Belt waxing system	Computer controlled pump system
Belt size	58.5 inches L x 18 inches W / 148.6 cm L x 45.7 cm W
Deck type	FlexDeck™ Shock Absorption System
Side hand rails	Cantilevered
Stop button	Red, raised and prominently positioned
Programs	Fat Burn, Cardio, Hill, Random, Manual, Fit Test
Heart rate monitoring systems	Lifepulse digital sensors and Telemetry chest strap
Console displays	Elapsed time, total distance, total calories burned, watts, calories burned per hour, speed (mph or kph), incline

PHYSICAL DIMENSIONS:

Length	70 inches / 178 centimeters
Width	35.5 inches / 90.2 centimeters
Height	51.3 inches / 130.3 centimeters
Weight	400 pounds / 181.4 kilograms

SHIPPING DIMENSIONS:

Length	83 inches / 211 centimeters
Width	42 inches / 107 centimeters
Height	26 inches / 66 centimeters
Weight	540 pounds / 245 kilograms



FCC Warning — Possible Radio/Television Interference

NOTE: This equipment has been tested and found to comply with Part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, you are encouraged to try to correct the interference by one or more of the following measures:

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

An electrical fast transient event may interfere with heart rate detection.

Une activité électrique rapide et passagère risque de perturber la détection du rythme cardiaque.

You are cautioned that any changes or modifications to this equipment could void your product warranty!

Nous vous avisons que tout changement ou toute modification de l'appareil pourrait annuler la garantie!

Before using this Life Fitness 9500HR treadmill, it is essential that you read this ENTIRE operation manual. It won't take very long, and it will help you set up the Life Fitness 9500HR treadmill quickly and instruct your members on how to use it correctly.

LifeFitness

**10601 West Belmont Avenue
Franklin Park, IL 60131
M051-00K26-A228**

 **Life Fitness Treadmill**
OPERATION MANUAL

LifeFitness