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Before using this product, it is essential that you read this ENTIRE operation manual and ALL installation instructions.

It will help you set up the Cross-Trainer quickly and instruct your members on how to use it correctly and safely.

### 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.
- | Plug the equipment into two electrical outlets located on separate circuits.
- | Consult an exercise equipment dealer or an experienced radio / TV technician for help.

Class S (Studio): Professional and/or commercial use.



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

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

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**This Operation Manual describes the functions of the following products:**

*Life Fitness Cross-Trainers*  
*9500 — Lower Body System*  
*9500HR — Total Body System*

**See “Specifications” page in this manual for product specific features.**

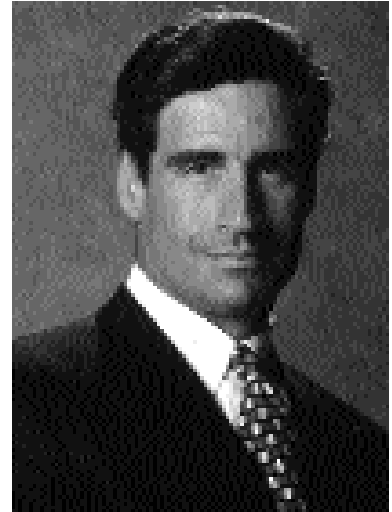
# INTRODUCTION

Dear Valued Customer,

**Congratulations.** . . and thank you for purchasing the **Life Fitness** Cross-Trainer, the most versatile and effective piece of cardiovascular equipment ever developed. It is the culmination of over 20 years of research, innovation and engineering designed to deliver an efficient product with the reliability for which Life Fitness is known.

The **Life Fitness Cross-Trainer** delivers a total body workout better than any fitness equipment available! It works more muscles in less time, for efficient fat burning. Plus, it is ergonomically designed for comfort, with virtually zero impact to ankles, knees, hips and lower back.

Like other **Life Fitness** products, our Cross-Trainer helps make exercise motivating and efficient. The user-friendly console displays a host of visual feedback, with easy-to-follow prompts and instructions.



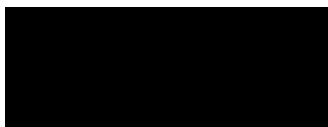
**Augie Nieto**  
*President, Life Fitness*

The Cross-Trainer's smooth, fluid movement makes it perfect for all types of users and fitness levels. Plus, the exclusive Heart Rate Zone Training program helps take all the guesswork out of exercise. The patented, state-of-the-art Lifepulse® digital heart rate sensors and telemetry heart rate monitoring make the Cardio and Fat Burn programs the most effective workouts offered on any aerobic trainer.

We understand that a reliable product is just as important as one that is effective. That is why we do not just test our products, we punish them. We put them through their paces at top resistance levels, 24 hours a day, seven days a week, often for twice the warranty period. It's the reason we were the first domestic fitness manufacturer with ISO 9001 Certification, the international symbol for quality workmanship.

If you have questions regarding the operation of your **Life Fitness** Cross-Trainer, please call Life Fitness Customer Support Services at the number listed in Section 5.

Sincerely,



Augie Nieto  
President, Life Fitness

# 1

## GETTING STARTED

### 1.1 Important Safety Instructions

English



To reduce the risk of electrical shock, always unplug the **Life Fitness Cross-Trainer** before cleaning or attempting any maintenance activity.



To reduce the risk of burns, fire, electric shock or injury, it is imperative to connect each **Cross-Trainer** unit to a properly grounded electrical outlet.

- Before using this product, it is essential that you read this ENTIRE operation manual and ALL installation instructions. The **Cross-Trainer** is intended for use solely in the manner described in this manual.
- To disconnect the **Life Fitness Cross-Trainer**, turn off the power switch, then remove the plug from the outlet.
- Close supervision is necessary when used by or near children, invalids or disabled persons.
- Connect this unit to a properly grounded outlet only. (See *Grounding Instructions*)
- Always follow the console instructions for proper operations.
- Never operate a **Life Fitness Cross-Trainer** if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services for assistance.
- Keep the power cord away from heated surfaces. Do not pull the **Life Fitness Cross-Trainer** by the power cord or use the cord as a handle.
- Never insert objects into any opening in your **Life Fitness Cross-Trainer**. If an object should drop inside, turn off the power and carefully retrieve it; if you cannot reach the item, contact Life Fitness Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use the **Life Fitness Cross-Trainer** outdoors, near swimming pools or in areas of high humidity.
- Do not use the **Life Fitness Cross-Trainer** in areas where aerosol spray products are being used or where oxygen is being administered. Such substances increase the danger of combustion and explosion.
- Keep all loose clothing, shoelaces, and towels away from the **Cross-Trainer** pedals and moving arms.
- Keep the area around your **Life Fitness Cross-Trainer** clear of any obstructions, including walls and furniture.
- Always be careful and exercise caution when mounting or dismounting your **Life Fitness Cross-Trainer**. Use the handlebars whenever additional stability is required.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats, or spikes. Do not use the trainer in your bare feet.
- Do not tip the **Life Fitness Cross-Trainer** on its side during operation.

### SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE



**Life Fitness STRONGLY recommends that if you are undertaking an exercise program please 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, pain, or shortness of breath, stop immediately.**

## 1.2 Setup

### Electrical Requirements

The **Life Fitness** Cross-Trainer is intended for use on a normal 120-volt electrical circuit in the U.S. and Canada. Consult the chart for electrical requirements outside the U.S. and Canada.

The Cross-Trainer may be daisy-chained with up to ten units from one, 15 AMP, dedicated line.

LOCATION	VOLTAGE	Hz	AMPs
United Kingdom	220	50	0.5
Fed'l Rep of Germany, The Netherlands, Italy, Chile, Belgium, Korea, Argentina	220	50	0.5
France	220	50	0.5
Latin America	110/220	60	1 / 0.5
Spain	220	50	0.5
Japan	100/200	50/60	1 / 0.5
Australia	240/250	50	0.5
U.S., Canada	120	60	1

### Grounding Instructions

The **Life Fitness** Cross-Trainer must be properly grounded. Proper grounding provides a path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment should it malfunction. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances.



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

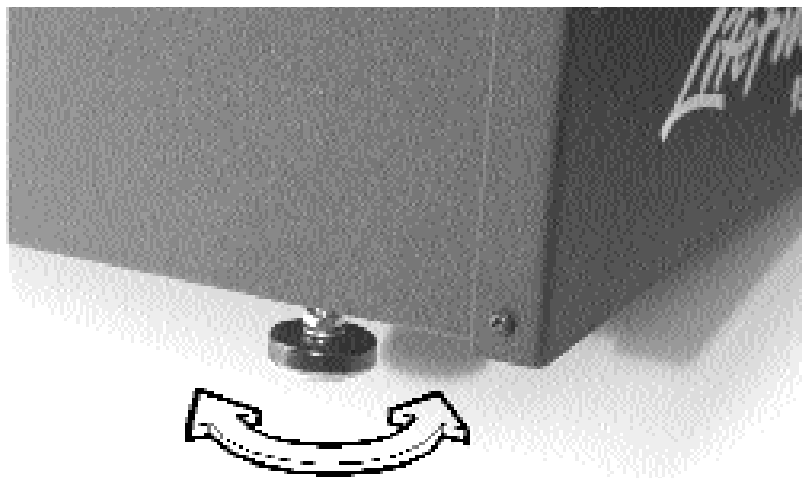
**NOTE: DO NOT** place the Cross-Trainer closer than eight (8) inches (20 centimeters) from any other electrical device and any other electronic trainers and 30 inches (76 centimeters) from television sets.

## How to Stabilize the Life Fitness Cross-Trainer

Your **Life Fitness** Cross-Trainer may need to be stabilized depending on the surface on which it is placed.

After you place the Cross-Trainer where it will be used, check the stability by attempting to rock it back and forth. If it rocks, it is not level. To stabilize it, adjust either stabilizing foot located under the rear of the unit by turning the stabilizing foot clockwise or counter-clockwise as necessary until the rocking motion is eliminated.

**Only one stabilizing foot needs to be turned.**







## 1.3 Optional Settings for the Life Fitness Cross-Trainer

### Maximum Program Duration

The Maximum Program Duration option allows the maximum program time to be changed from the default maximum time limit of 60 minutes to a value between 10 and 99 minutes. Altering the maximum program time will affect the time limit of all programs. To change the **Life Fitness** Cross-Trainer maximum program time, proceed as follows:

1. Press and **hold** the **5** key on the numeric keypad.
2. Press the CLEAR / PAUSE key twice.
3. All LEDs and 14-segment displays will be illuminated. This is called diagnostic state 1. There are 12 distinct diagnostic states and the maximum program time settings reside in Diagnostic State 5. Each time you press the ENTER key you will advance one diagnostic state. Continue to advance to Diagnostic State 5.
4. When you reach Diagnostic State 5, the current DURATION setting will be displayed. The default maximum program time is 60 minutes.
5. Use the  key to decrease the DURATION or the  key to increase the DURATION.
6. To exit the diagnostic states, press the CLEAR / PAUSE key repeatedly until the "Press Start to Begin" message appears on the display message center.

### English / Metric Conversion

The factory default setting for the display console measurements is set based upon the language used for the display console overlay. If you believe the setting is incorrect or if you wish to change the ENGLISH / METRIC setting you will need to complete the following.



When you reach Diagnostic State 7 (see above), the Data Entry window will display ENGLISH UNITS to designate English units.

To change the default to metric measurement, press the **5** key and the system will toggle from English to metric units and display METRIC UNITS.

You may also use the  key to enable METRIC UNITS and the  key to enable ENGLISH UNITS.

## METS option enable/disable

The factory default is set with **METS** unit display disabled. When you reach Diagnostic State 10 (follow the instruction for **Maximum Program Duration Time** to enter the diagnostic states), the Message Center will display "METS OFF". To change the default to ON, press the **5** key and the system will toggle between OFF and ON.

You may also use the  key to disable the METS OPTION and the  key to enable the METS OPTION.



The ENTER key LED will indicate when the value is set at the default — **METS OFF**.

**Note:** When the METS unit display is enabled (METS ON) the far right window of the message center will show the current resistance level in METS in addition to Watts and Calories/Hour.

Pressing the CLEAR / PAUSE key repeatedly will exit you out of the diagnostic states. Pressing the ENTER key will advance you to Diagnostic State 11.

## Pause Timeout Duration

The **Pause Timeout Duration** is the amount of time the Cross-Trainer will remain paused after the CLEAR / PAUSE key has been pressed. The factory default is set for the **Pause Timeout Duration** is one minute. You can set this duration to a minimum of one minute or up to a maximum of 99 minutes.



To do this enter the Diagnostics State 11 (follow the instruction for **Maximum Program Time** to enter the diagnostic states) and press the ENTER key until the Message Center displays "PAUSE TIMEOUT 1". To change the default setting of "1", press the  key or  key to decrease or increase the pause duration.

The ENTER key LED will indicate when the value is set at the default — **PAUSE TIME 1**. Pressing the CLEAR / PAUSE key repeatedly will exit you out of the diagnostic states. Pressing the ENTER key will advance you to Diagnostic State 12.

## TELEMETRY option enable/disable

This diagnostic state allows you to enable the Polar® compatible heart-rate telemetry function allowing the Cross-Trainer to receive the heart rate signal from a Polar® compatible heart rate chest strap.

The factory default setting for this option is *enabled*. To change this setting enter Diagnostic State 6 (follow the instruction for **Maximum Program Time** to enter the diagnostic states). The Message Center will display "TELEMETRY ON". To change the default to "OFF", press the **5** key and the system will toggle between OFF and ON.

You may also use the  key to change the setting to OFF and the  key to change the setting to ON.

The ENTER key LED will indicate when the value is set at the default — **TELEMETRY ON**. Pressing the CLEAR / PAUSE key repeatedly will exit you out of the diagnostic states. Pressing the ENTER key will advance you to Diagnostic State 7.

For more information on the other Diagnostic States please refer to the **Life Fitness** Cross-Trainer Service Manual available from Life Fitness Customer Support Services. (See How to Obtain Product Service for information on how reach Customer Support Services.)

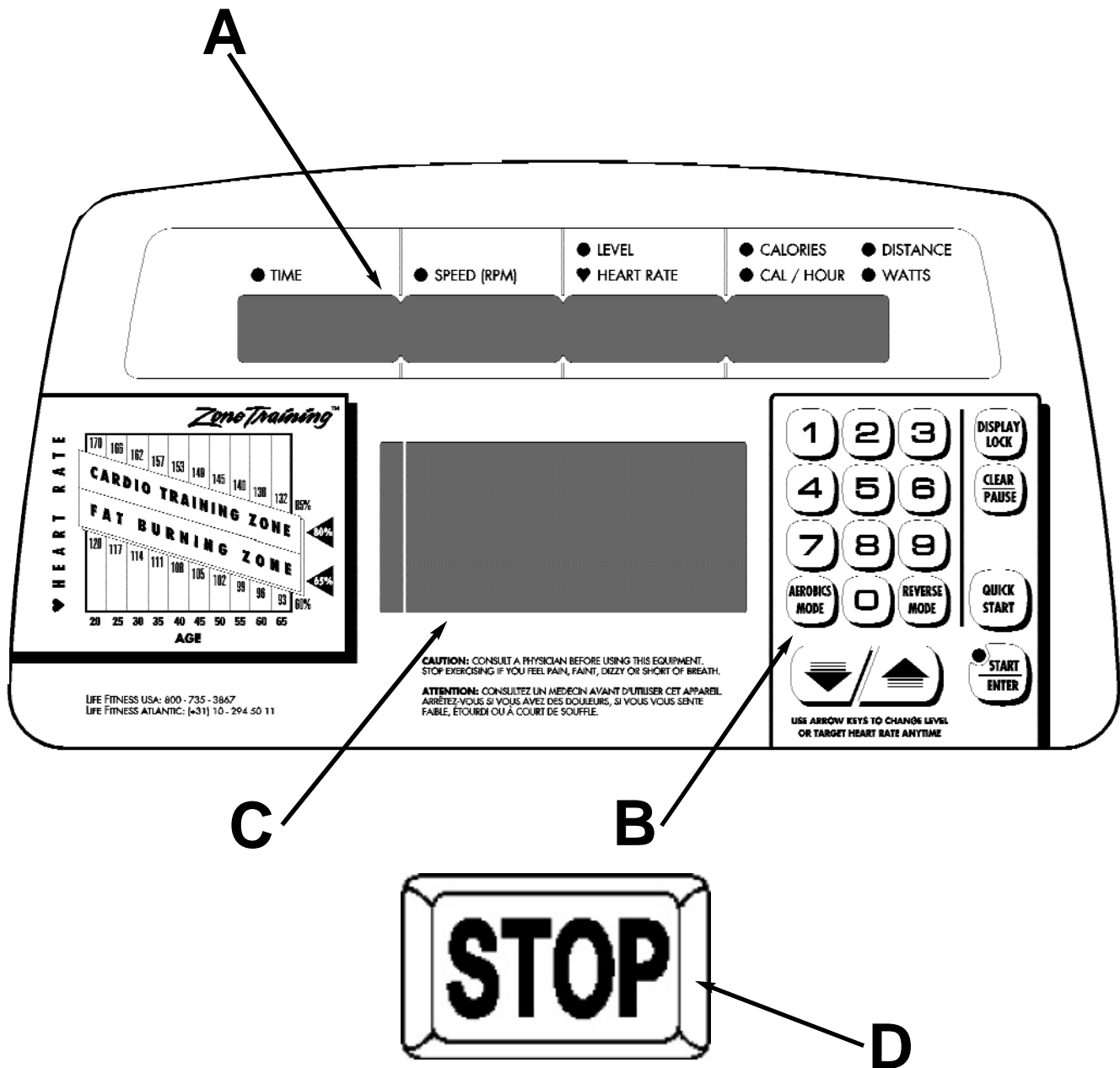
# 2

## THE DISPLAY CONSOLE

### 2.1 Display Console Overview

English

The **Life Fitness** Cross-Trainer display console is easy to use, and it allows you to monitor your progress as you work out. The on-board computer lets you tailor your workouts to your individual fitness capabilities and goals, while providing a unique means of measuring your fitness improvement from one workout to the next.



## 2.2 Display Console Descriptions

### A

#### Message Center

**MESSAGE CENTER:** Provides all the instructions for programming the *Life Fitness* Cross-Trainer. In addition, it displays elapsed time, speed (RPM), resistance level or heart rate, total calories burned, calories burned per hour, distance traveled, Watts and METS (optional). Total calories burned, calories burned per hour, distance traveled, Watts and METS (optional) are alternately displayed every 5 seconds. The alternating display can be locked on any one value by depressing the Display Lock key.

### B

#### Data Entry Zone

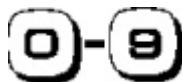
The Data Entry Zone allows you to enter information required to set up a workout or alter the current exercise program. This group of buttons or keys consist of the following.



**START / ENTER:** This key is used to enter the data displayed in the message center, to begin an exercise program, to restart a program after pausing or to release the brake after pressing the Stop Button. This key will also toggle between the Cardio and Fat burn programs.



**THE ARROW KEYS:** Use these keys to select all of your workout program parameters, including length of workout, weight, age, target heart rate, and resistance level. You can also increase or decrease the resistance level (or change your target heart rate if your are in the Fat Burn or Cardio programs) at any time by pressing either key.



**NUMBER KEYS:** Use these keys to enter the weight, age, workout time, resistance level and Heart Rate data. You may also enter a different resistance level than the current level, and a different target heart rate for the Fat Burn and Cardio programs.



**CLEAR / PAUSE:** Press this key once to clear incorrect data before pressing the ENTER key. Press it once during a program to pause the program. Pressing it twice in succession during a program ends the workout and shows you a summary of the workout (total time elapsed, total calories, and distance traveled). Then, pressing it a third time clears the current program and prompts you to enter a new program.



**DISPLAY LOCK:** This button allows you to freeze the message center display on one set of feedback information — total calories, calories / hour, distance, Watts, or METS (optional). To unlock the display, simply push the Display Lock key again.



**QUICK START:** Lets you get started right away, with minimal console input.



**AEROBICS MODE:** This button allows you to transform the Hill, Random, or Manual programs into a Cross-Training workout, prompting you to try pushing, pulling, total body, lower body, speed changes and forward/reverse motion.




**REVERSE MODE:** This button allows you to transform the Hill, Random, or Manual programs into a Cross-Training workout, prompting you to work out forward and backward to exercise different muscle groups.

## C

### Program Profile Window

**Program Profile Window:** Displays a matrix of lights showing the present position and upcoming terrain. The higher the column of lights, the greater the resistance. The left-most column of lights represents your current position. The remaining columns show the upcoming terrain. As the workout progresses, the lights move across the screen from right to left.

In the Fat Burn and Cardio programs, a heart shape  will be displayed in the window when you are required to grasp the Lifepulse sensors (if so equipped). If you are wearing the optional heart rate chest strap, the Cross-Trainer will continuously monitor your heart rate.

## D

### Stop Button

**STOP BUTTON:** Pressing this button will immediately apply a brake to assist in stopping the motion of the Cross-Trainer. The Brake will remain on until the START / ENTER button is pressed. The Stop button may be used to assist in reversing the direction and/or to stabilize the pedals during mounting and dismounting the Cross-Trainer.

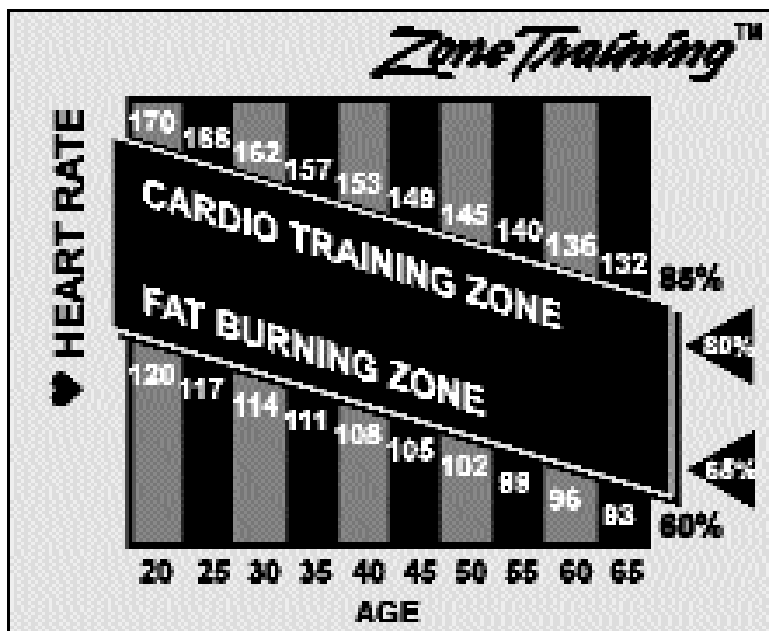
# 3 HEART RATE ZONE TRAINING™ EXERCISE

## 3.1 Why Heart Rate Zone Training?

Research shows that exercising within a specific heart rate is the optimal way to monitor your exercise intensity and achieve maximum results. That is the idea behind the Life Fitness Heart Rate Zone Training approach to exercise.

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, Zone Training all but eliminates under-training and over-training by allowing you to target your heart rate to individual fitness objectives.

For instance, if the primary goal is to burn fat, you should exercise at a level between 60% and 75% of your theoretical maximum heart rate<sup>†</sup>. 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** Cross-Trainer offers two, exclusive programs designed to take full advantage of the benefits of Heart Rate Zone Training: Fat Burn and Cardio. You can vary the focus of the 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.

Both the Fat Burn and Cardio programs measure your heart rate. As you exercise, grasp the Lifepulse sensors (if so equipped) when prompted with the ■ or simply wear an optional telemetry heart rate chest strap and your heart rate will be transmitted to the on-board computer continuously. The resistance level will automatically adjust to maintain the target heart rate based on your actual heart rate.

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

## 3.2 Heart Rate Monitoring

### The Lifepulse® Digital Heart Rate Sensors

The patented Lifepulse digital heart rate sensors are the built-in heart rate monitoring system on the **Life Fitness 9500HR** Cross-Trainer.

To use the Lifepulse sensors, simply grasp the stainless steel sensors on the handlebars when the display console prompts you with the **■**, or anytime you wish to check your heart rate. There are four sensors, two on each arm.

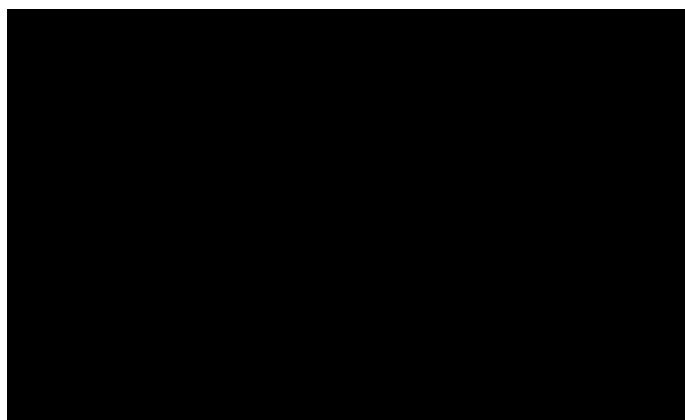
You must make contact with all four to obtain your heart rate. The console will display your heart rate in 10 to 40 seconds.



### The Optional Heart Rate Chest Strap

The Optional Heart Rate Chest Strap allows the on-board telemetry heart rate feature of the Cross-Trainer to continuously monitor your heart rate and in many programs adjusts aspects of the workout such as resistance levels.

Wet the transmitter electrodes (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 an optimum heart rate reading when the electrodes are directly in contact with bare skin. It will, however, function properly through wet, lightweight clothing.

The key to proper operation is for the electrodes to remain wet to 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.



# 4

## THE PROGRAMS

### 4.1 Program Overviews

Selecting a workout program on the **Life Fitness** Cross-Trainer is easy. There are Seven computerized aerobic workouts, including the new Cross-Train Aerobics and Cross-Train Reverse programs, preprogrammed on the **Life Fitness** Cross-Trainer.



**QUICK START**, the fastest way to begin exercising, allows you to start a Manual program with the push of a button.



**FAT BURN** is a workout offering a low intensity way to burn fat. The Fat Burn program will automatically change the resistance level to maintain your heart rate at 65% of theoretical maximum.



**CARDIO** is a higher intensity workout emphasizing cardiovascular benefits and maximum fat burning for more fit users. The Cardio program will automatically change the effort level to maintain your heart rate at 80% of your theoretical maximum.



**MANUAL** is a constant effort workout in which the user can change resistance level or speed at any time.



**RANDOM** is an interval training workout of varying resistances levels which occur randomly with each exercise session.



**HILL** is an interval training workout consisting of a combination of hills and valleys proven to provide effective, time-efficient cardiovascular results.



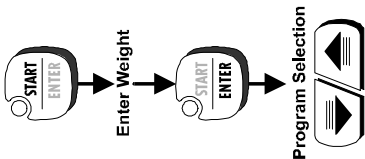
**CROSS-TRAIN AEROBICS** is a versatile workout which acts like a personal trainer prompting you to try pushing, pulling, total body, lower body, speed changes and forward/reverse motion for maximum cross-training benefits.



**CROSS-TRAIN REVERSE** is a workout utilizing both forward and backward motion thereby cross-training different muscle groups.



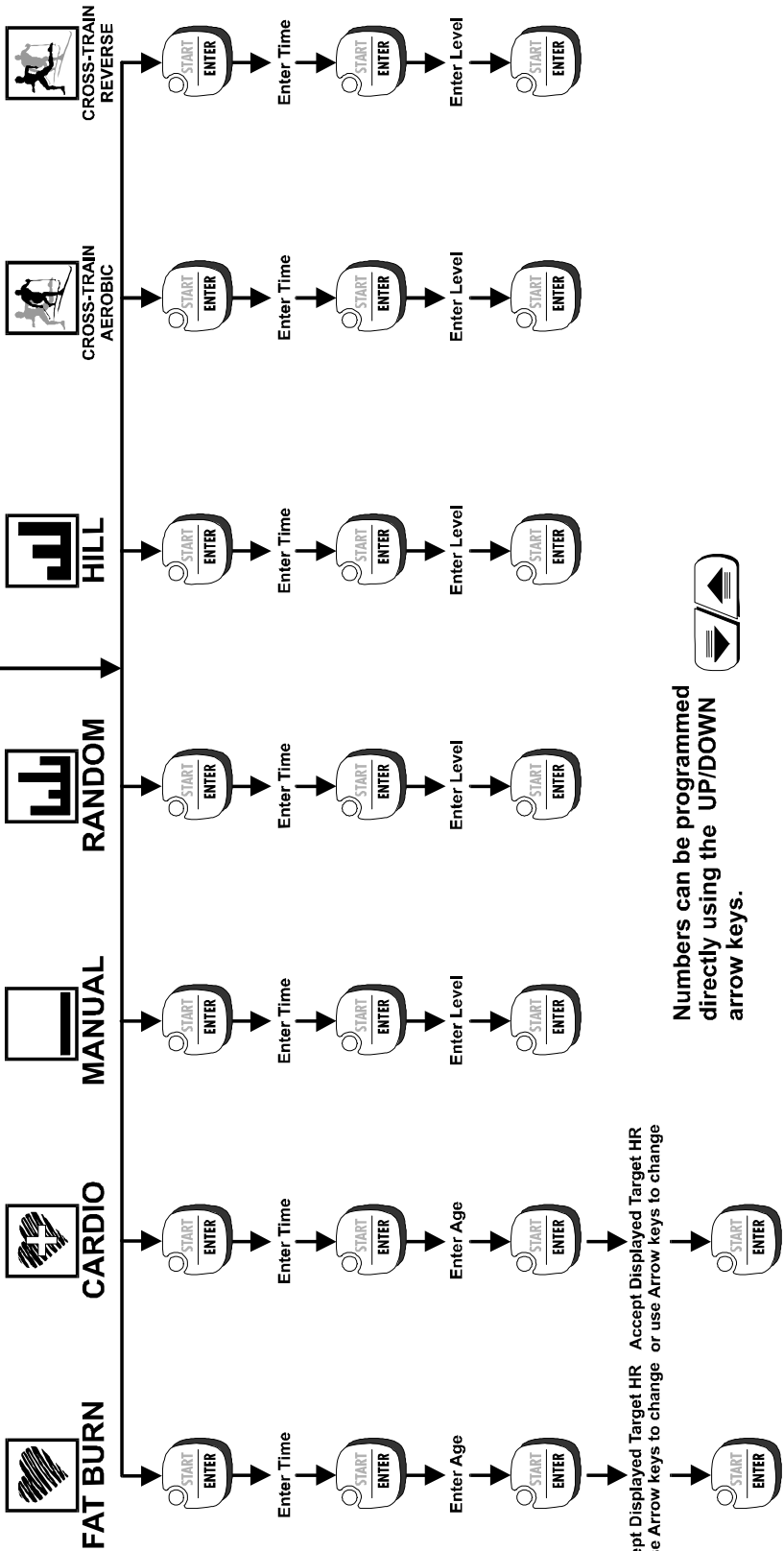
# The Programs Step by Step



**QUICK START**

The QUICK START Program

\* Optional for accurate calorie count



Numbers can be programmed directly using the UP/DOWN arrow keys.



## 4.2 Program Descriptions



### QUICK START

- | Press the Quick Start Button
- | Enter your weight or press Quick Start again to enter the default weight of 150 lbs (68 Kg).
- | Enter a number between 1 and 20 on the keypad or press the arrow keys to choose the starting level of resistance for the workout

The Quick Start feature allows you to quickly get into a workout with a minimum of keystrokes. It starts the Manual program with the maximum allowable workout duration.

### To Begin a Life Fitness Cross-Trainer Workout

Use the following steps to begin any of the Cross-Trainer programs.

- | Press the START / ENTER key
- | Enter your weight and press ENTER
- | Select a workout program by pressing the   keys until the program you want appears in the message center and then press ENTER (or wait 10 seconds and your selection will be automatically entered)
- | Enter additional program specific information (see individual program descriptions)
- | Begin your workout!

**REMEMBER: YOU CAN CHANGE RESISTANCE LEVELS AT ANY TIME DURING YOUR WORKOUT BY SIMPLY USING THE ARROWS KEYS OR KEYING IN A NEW LEVEL ON THE KEYPAD!\***


\*Except in the Fat Burn and Cardio programs, in which you may change your target heart rate and the system will monitor your heart rate and adjust the resistance level for you.



## Fat Burn and Cardio Programs

- | Begin a Cross-Trainer workout (see beginning of this section).
- | The message center will prompt you to enter a workout duration of 1 to 60 minutes (or the maximum time pre-programmed on the unit). Key in the duration you want the workout to last and press ENTER.
- | Enter your age using the numeric keypad to receive your computed target heart rate. Press ENTER to accept the calculated target or input your own target heart rate using the number keypad and press ENTER. Begin your workout!

The Fat Burn and Cardio heart rate management programs work by adjusting the resistance of the **Life Fitness** Cross-Trainer in response to your heart rate. These two programs use the technology of the Lifepulse digital sensors (or the optional Heart Rate Chest Strap) to monitor your heart rate and automatically adjust the work load to maintain your target heart rate. The end result is a perfect workout every time, eliminating under- and over-training.

In the Fat Burn and Cardio programs, a heart shape  will be displayed in the window when you are required to grasp the Lifepulse sensors (if so equipped). If you are wearing the optional Heart Rate Chest Strap, the on-board computer will continuously monitor your heart rate. If you do not grasp the sensors in the allotted time, the message "Grasp the Sensors now" will appear in the Message Center. If a heart rate is not detected after 3 minutes, the display console will beep 3 times and the unit will automatically switch to a Manual program.




### FAT BURN

On the **Life Fitness** Cross-Trainer, the Fat Burn program will maintain your heart rate at 65% of your theoretical maximum heart rate<sup>†</sup>, or another target heart rate that you enter. Resistance will automatically adjust to maintain the target heart rate. Exercising at 65% of your theoretical maximum heart rate maximizes the aerobic benefits of exercise by accessing the body's fat stores for fuel and by allowing you to exercise longer.



### CARDIO

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 heart rate 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 may switch back and forth between the Fat Burn and Cardio programs at any time during a workout simply by pressing the ENTER key, creating the ultimate interval training program!

Remember, you may change your target heart rate at any time by simply keying in a new target heart rate or pressing the  keys or toggling Fat Burn and Cardio target heart rates using the ENTER key.

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



## Manual and Random Programs

- 1 Begin a Cross-Trainer workout (see beginning of this section).
- 1 After selecting a workout program, you will be asked to enter a desired workout time in minutes. Use the numeric keypad to input a number from 1 to 60 minutes (or the maximum time pre-programmed on the unit) and press ENTER.
- 1 Once you have selected either the Random or Manual program, the workout will begin. All you need to do is choose an resistance level between 1 (easiest) and 20 (hardest). Begin your workout!

### MANUAL

You can design a personal interval training program using the Manual program by varying the level of resistance during the course of a workout. To do so, select a high level of resistance until you reach the upper end of your target heart rate zone, then continue at a lower effort level until your heart rate drops to the bottom of your target zone. Increase the level of effort again until you are back to the upper portion of your target heart rate zone. By repeating this process, you will actually be creating your own hills and valleys.

### RANDOM

The computer randomly selects hill and valley terrain which varies with each and every workout, resulting in more than one million combinations and a more varied, exciting workout!

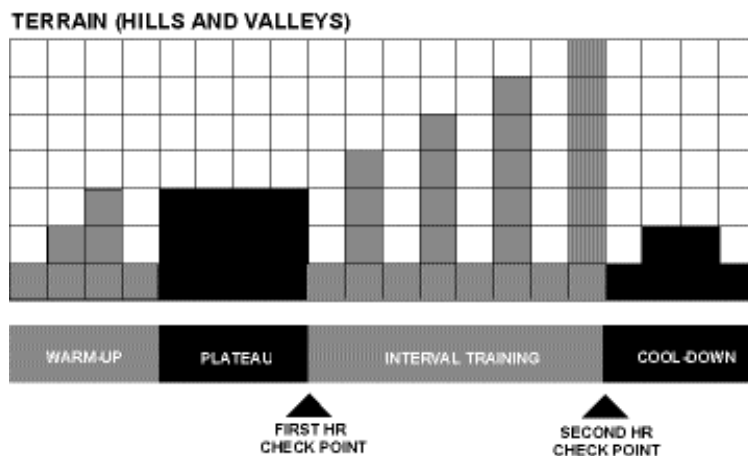
## Hill Program

### HILL

- | Begin a Cross-Trainer workout (see beginning of this section).
- | After selecting a Hill program, you will be asked to enter the desired workout time in minutes. Use the numeric keypad to input a number from 1 to 60 minutes (or the maximum time preprogrammed on the unit) and press ENTER.
- | Once you have selected the duration of the Hill program, the program will begin. Just choose an resistance level between 1 (easiest) and 20 (hardest). Begin your workout!

The Hill program offers the ideal configuration for interval training: periods of intense aerobic activity (hills) separated by regular intervals of lower-intensity exercise (valleys). Interval training programs have been scientifically demonstrated to yield greater cardiorespiratory improvements 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. Because you have the option of working out in a Hill program for 1 to 60 minutes, and because the Hill program is composed of four distinct phases, the program must be structured differently to accommodate the entire array of program durations. Longer workouts add more hills.



Each Hill program session comprises the following phases:

**(1) Warm-up, (2) Plateau, (3) Interval Training, and (4) Cool-down.**



**Warm-up:** Gradually brings your heart rate into the lower portion of your target heart rate zone, increasing respiration and blood flow to working muscles.

**Plateau:** Brings your heart rate into your 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 will be confronted with sets of four 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 a workout and contribute to muscle soreness.

The Hill diagram chart in this section shows the resistance level and recovery periods encountered during a Hill program workout. Resistance and recovery periods are simulated on the display console by columns of lights in the Program Profile window. The columns move from right to left during the workout. The higher the column, the greater the resistance; consequently, you must increase your effort.

## Heart Rate Check Points

### For Fat Burning:

- 4 First Heart Rate Check Point — Your heart rate should be between 60% and 70% of the theoretical maximum heart rate for your age category (see the Terrain (Hills and Valleys) chart on page 19 for checkpoint location).
- 4 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:

- 4 First Heart Rate Check Point — Your heart rate should be between 75% and 80% of the theoretical maximum for your age category.
- 4 Second Heart Rate Check Point — Your heart rate should be between 80% and 85% of the theoretical maximum for your age category.

Be sure to check your heart rate near the end of the plateau and interval training periods using the Lifepulse Sensors (if so equipped), if not wearing an optional Zone Trainer chest strap (see the *Terrain (Hills and Valleys)* chart on the previous page). You should always take your heart rate at the time indicated to make sure you are staying within your target heart rate zone.

Note: When wearing an optional Heart Rate Chest Strap the **Life Fitness** Cross-Trainer does the work for you by constantly updating the onboard computer with your current heart rate status.



## Cross-Train Aerobics and Cross-Train Reverse Programs

- | Begin a Cross-Trainer workout (see beginning of this section).
- | After selecting a Cross-Train Aerobic or Cross-Train Reverse workout, you will be asked to enter a desired workout time in minutes. Use the numeric keypad to input a number from 1 to 60 minutes (or the maximum time pre-programmed on the unit) and press ENTER.
- | You will be prompted to enter a resistance level between 1 (easiest) and 20 (hardest). Begin your workout!



### CROSS-TRAIN AEROBICS

This program makes the most of the **Life Fitness** Cross-Trainer's total body workout. As you exercise, the computer console prompts you to vary the workout.

For an upper body workout that works all the muscles in the arms, you will be directed to push and pull the handlebar arms (if so equipped) at various times. The console will also vary the workout between total body and lower-body-only workouts, during which you'll rest your arms on the side rails.

To maximize your lower-body workout, forward and reverse motions and speeds are alternated, working all the muscles in the legs in a variety of conditions in one exercise session.



### CROSS-TRAIN REVERSE

To vary the Cross-Trainer exercise and to maximize the lower-body workout, the Cross-Train Reverse program prompts you to use a forward motion followed by a backward motion interval for a cross-training workout of different muscle groups. This program makes the most of the **Life Fitness** Cross-Trainer's forward and reverse feature. As you exercise, the computer console prompts you to vary the workout.

Both of these programs are constant resistance programs. However, the same programs are also available as variable resistance programs by selecting the Hill or Random program first. Then, after you start the workout, press the Aerobics Mode or Reverse Mode button on the console and benefit from an even more varied workout!





# 5

## SERVICE AND TECHNICAL DATA

### 5.1 Preventive Maintenance Tips

The **Life Fitness** Cross-Trainer 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 products are among the most popular equipment, regularly standing up to marathon use — 18 hours a day, 7 days a week — in health clubs, colleges and military facilities the world over. This same technology, engineering expertise, and reliability has gone into the **Life Fitness** Cross-Trainer.

Here are some preventive maintenance tips that will keep your **Life Fitness** Cross-Trainer operating at peak performance:

- | Locate the **Life Fitness** Cross-Trainer in a cool, dry place.
- | Clean the top surface of the pedals regularly.
- | Keep the display console free of fingerprints and salt build-up caused by sweat.
- | Use a 100% cotton cloth, lightly moistened with water and mild liquid detergent to clean the Cross-Trainer. Other fabrics, including paper towels, may scratch the surface.
- | Long fingernails may damage or scratch the surface of the console; use the pad of your finger to press the selection buttons on the console.
- | Clean the housing and arms thoroughly on a regular basis.
- | Check the belt tensions.
- | Clean the debris from the two roller rails to allow smooth movement of the rollers.

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



**Do not move the unit or place your hands into the unit while it is plugged into an electrical outlet.**

## 5.2 How Solve Basic Operating Problems

Malfunction	Probable Cause	Corrective Action
<b>No Power</b>	Connection at electrical outlet  On/Off switch  Circuit breaker  Display console connector	Be sure that plug is properly seated in electrical outlet  Check that the outlet has power  Check that on/off switch is 'on'  Check to see if circuit breaker has tripped and reset if necessary  Reseat display console connector not seated properly†
<b>Erratic display; Keys don't respond</b>	Electrical outlet / line cord connection  Display console connector	Be sure that plug is properly seated in electrical outlet  Reseat display console connector if not seated properly†

† The display console connector is located inside the console. The console must carefully be removed to access this connector. (See the **Installation Instructions** for this product.)

## 5.3 How to Obtain Product Service

### Step 1

**Verify** the symptom and review the operating instructions and How To Solve Basic Operating Problems on the previous page. The problem may be unfamiliarity with the product and its features and programs.

### Step 2

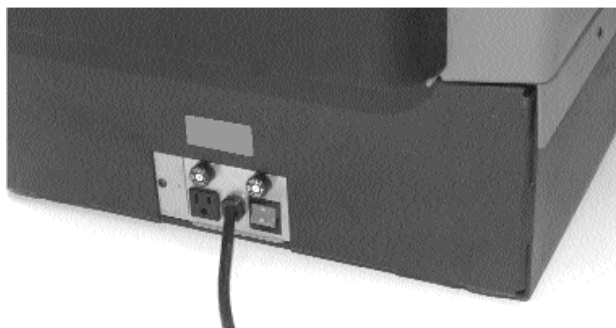
Locate and document the serial number of the unit, which is located on the serial number plate above the power entry area of the product.

### Step 3

Contact the nearest **Life Fitness Customer Support Services group:**

Toll-free within the U.S. and Canada  
Telephone: 800.351.3737  
Telephone: 847.451.0036  
FAX: 847.288.3702

For Product Service Internationally:



#### ***Life Fitness Europa GmbH***

Telephone: 49.89.317751.66  
FAX: 49.89.317751.38

#### ***Life Fitness (UK) Ltd***

Telephone: 44.1.353.665507  
FAX: 44.1.353.666018

#### ***Life Fitness Benelux***

Telephone: 32.3.644.4488  
FAX: 32.3.644.2480

#### ***Life Fitness Italia S.R.L.***

Telephone: 39.472.835470  
FAX: 39.472.833150

#### ***Life Fitness Austria Vertriebs GmbH***

Telephone: 43.1.61 57198  
FAX: 43.1.61 57198.20

#### ***Life Fitness Asia Pacific Ltd***

Telephone: 852.2575.6262  
FAX: 852.2575.6001

#### ***Life Fitness Latin America***

Telephone: 847.451.0036  
FAX: 847.288.3702

Please have the serial number of the product and the problem or symptom ready for the Customer Support Services specialist who will be assisting you. This information is necessary for us to help solve any problems you may be having.

## 5.4 Life Fitness 9500HR – Total Body System Specifications

<b>Designed use</b>	Commercial
<b>Maximum user weight</b>	350 pounds/159 kilograms
<b>Power requirements</b>	120 volt, 2 AMP circuit
<b>Programs</b>	Fat Burn, Cardio, Hill, Random, Manual, Cross-Train Aerobics and Cross-Train Reverse
<b>Console displays</b>	Elapsed time, speed (RPM), effort level, heart rate, calories burned per hour, total calories burned, distance, Watts, METS (Optional)
<b>Heart rate monitoring system</b>	Patented Lifepulse® digital heart rate sensors and Polar® Telemetry Heart Rate Monitoring System (optional heart rate chest strap required)
<b>Color</b>	Medium gray with red and black accents
<b>Connectivity</b>	Fitness Network adaptable

### PHYSICAL DIMENSIONS

<b>Length</b>	76 inches / 193 cm
<b>Width</b>	28.5 inches / 72 cm
<b>Height</b>	70 inches / 178 cm
<b>Weight</b>	340 pounds / 155 kg

### SHIPPING DIMENSIONS

<b>Length</b>	81 inches / 206 cm
<b>Width</b>	29.5 inches / 75 cm
<b>Height</b>	50 inches / 127
<b>Weight</b>	420 pounds / 191 kg

## 5.5 Life Fitness 9500 — Lower Body System Specifications

<b>Designed use</b>	Commercial
<b>Maximum user weight</b>	350 pounds/159 kilograms
<b>Power requirements</b>	120 volt, 2 AMP circuit
<b>Programs</b>	Quick Start, Fat Burn, Cardio, Manual, Random, Hill, Cross-Train Aerobics and Cross-Train Reverse
<b>Console displays</b>	Elapsed time, speed (RPM), effort level, heart rate, calories burned per hour, total calories burned, distance, Watts, METS (Optional)
<b>Heart rate monitoring system</b>	Polar® Telemetry Heart Rate Monitoring System (optional heart rate chest strap required)
<b>Color</b>	Medium gray with red and black accents
<b>Connectivity</b>	Fitness Network adaptable

### PHYSICAL DIMENSIONS

<b>Length</b>	76 inches / 193 cm
<b>Width</b>	29 inches / 74 cm
<b>Height</b>	68 inches / 173 cm
<b>Weight</b>	335 pounds / 152 kg

### SHIPPING DIMENSIONS

<b>Length</b>	81 inches / 206 cm
<b>Width</b>	29.5 inches / 75 cm
<b>Height</b>	50 inches / 127 cm
<b>Weight</b>	420 pounds / 177 kg





