

YOU ARE CAUTIONED THAT ANY CHANGES OR MODIFICATIONS TO THIS EQUIPMENT COULD VOID YOUR PRODUCT WARRANTY.

MISE EN GARDE : TOUTE MODIFICATION, TOUT CHANGEMENT APPORTÉS À L'APPAREIL PEUVENT ANNULER LA GARANTIE.

*Before using your **Life Fitness 3500** treadmill, it is essential that you read this ENTIRE operation manual. It won't take very long, and it will help you set up your **Life Fitness 3500** aerobic trainer quickly and use it correctly.*

*Avant d'utiliser l'exerciseur **Life Fitness**, il est nécessaire de lire le guide d'utilisation **COMPLÈTEMENT**.. Il suffit de quelques instants pour apprendre à assembler et à utiliser correctement l'exerciseur aérobique **Life Fitness**.*

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

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Connect this appliance to a properly grounded outlet only. See *Grounding Instructions*.

MISE EN GARDE - Pour réduire les risques de brûlure, d'incendie, de secousse électrique ou de blessure:

- Ne jamais laisser un appareil sans surveillance lorsqu'il est branché. Le débrancher s'il n'est pas utilisé.
 - Pour débrancher l'appareil, fermer tous les contrôles et retirer la fiche de la prise murale.
 - Brancher l'appareil dans une prise correctement mise à la terre. Se reporter- aus «Instructions de mise à la terre».
-

Life Fitness

interactive fitness solutions

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INTRODUCTION

Congratulations . . . and thank you for purchasing a **Life Fitness 3500** treadmill. Your new Life Fitness aerobic trainer is the most versatile in-home treadmill 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 3500** treadmill is designed to provide you with an effective workout that is both motivating and time efficient, without the stress and strain on legs and joints caused by some other forms of exercise. A user-friendly console displays a host of visual feedback in addition to acting as your personal "coach" with easy-to-follow prompts and instructions.

Who uses Life Fitness treadmills? People who value their time and recognize the importance of regular exercise. Olympic athletes, movie stars, business executives, government officials, sports celebrities and others all make Life Fitness treadmills their exercise choice. Whether at home or in the office, using a Life Fitness treadmill is an excellent way to lose weight and improve your cardiorespiratory condition — *and it's fun!*

Why use a Life Fitness treadmill? Aerobic training with a **Life Fitness 3500** treadmill is more than just a motivating experience. Regular aerobic exercise improves your energy and endurance, reduces body fat, lowers your risk of heart disease, and tends to prolong life* — not to mention making you look and feel better and more confident. Competitive athletes train aerobically to increase their heart strength, lung capacity and muscular endurance, and working out consistently can help all of us deal with everyday stress.

- **It's Intelligent:** Choose from the five standard Life Fitness workout programs, or the Heart Rate Zone Training™ program (*Zone Trainer™ heart rate monitor sold separately*). This heart rate training system uses the most accurate heart rate readings available and maintains your target heart rate by automatically adjusting incline, giving you the full benefits of aerobic training.
- **It's Motivating:** An easy-to-read message center displays motivating feedback of your workout so you'll always know how you're doing. Your elapsed time, calories burned per hour, total calories burned, actual walking or running speed, distance traveled, and terrain are continually displayed.
- **It's Easy:** The user-friendly computerized console guides you through every step of your workout.

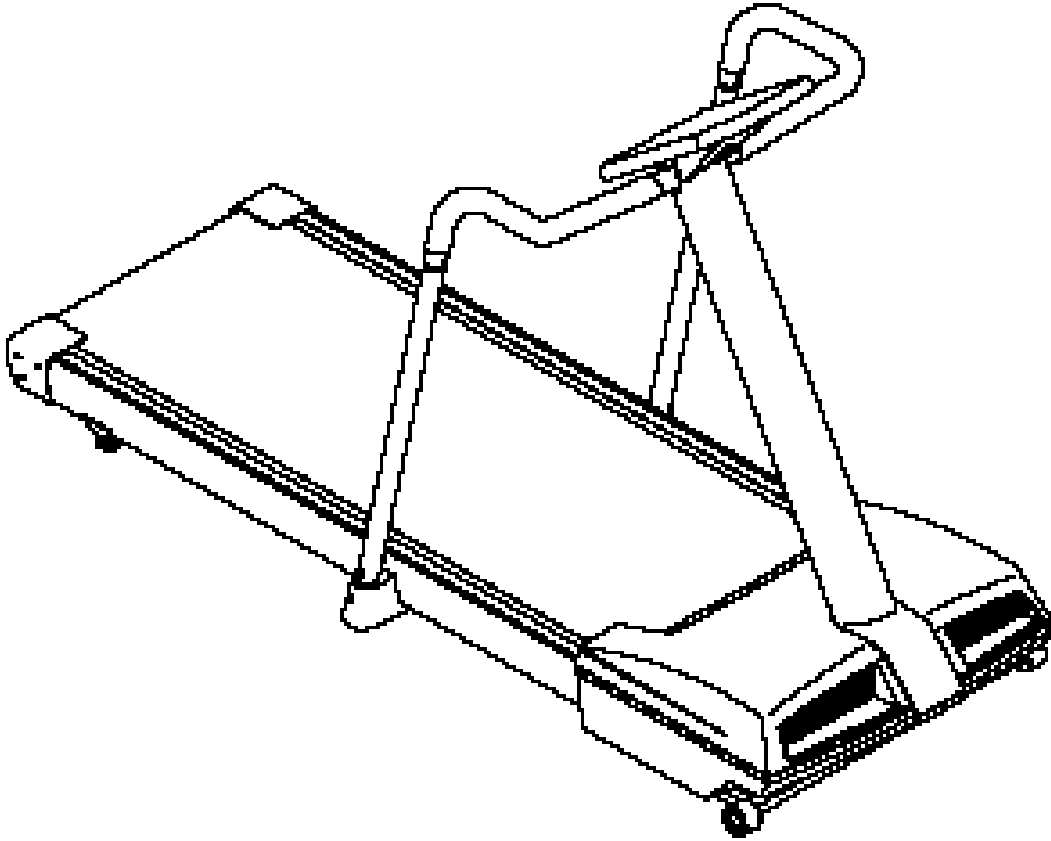
If you have any questions regarding the operation of your **Life Fitness 3500** treadmill, please call **Life Fitness Customer Support Services** at (847) 451-0036 or toll free within the U.S. and Canada at (800) 351-3737. In Europe, call 089 3 10 50 87 (Munich), 353 666017 (UK), or contact your nearest Life Fitness equipment dealer.

*Paffenbarger, R.S. Jr., Hyde, R.T., Wing, A.L., et al: Physical Activity, All-cause Mortality, and Longevity of College Alumni. New England Journal of Medicine, 1986:314(March 6):605613.

Lifetime Exercise for Health and Fitness



Numerous scientific and medical studies demonstrate that lifetime consistency is the key to achieving the most important health benefits from exercise, and interval striding is the ideal form of exercise for a lifetime of health and fitness. It features the easy, natural activity of striding and adds the benefits of interval training. Its low-impact nature reduces the chances of injury, and the motivational features of the **Life Fitness 3500** treadmill assure the enthusiasm and enjoyment so essential to making exercise a lifelong habit.



The **Life Fitness 3500** Treadmill: *The Ultimate Striding Machine*

The **Life Fitness 3500** treadmill is loaded with features designed to make interval striding comfortable, motivational and safe. The FlexDeck™ striding surface minimizes impact to bones and joints; the quiet — yet powerful — motor allows belt speeds from 0.5 to 9.0 mph, .81 to 14.5 kph on metric units; and the ergonomically-designed side rails remain out of the way. The **Life Fitness 3500** treadmill is truly the fitness machine of the '90s and beyond for walking, running and interval striding.



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.*



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SAFETY INSTRUCTIONS

DANGER: TO REDUCE THE RISK OF ELECTRICAL SHOCK, **ALWAYS** UNPLUG YOUR **LIFE FITNESS 3500** TREADMILL BEFORE CLEANING OR ATTEMPTING ANY MAINTENANCE ACTIVITY.

SAFETY FIRST!

1. **ALWAYS** clip the "SAFETY KEY CORD" to your waistband when working out. This will immediately shut off the treadmill in case of an emergency.
2. Always follow the console instructions for proper operation.
3. 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 Customer Support Services.
4. Keep the power cord away from heated surfaces.
5. Do not pull the Life Fitness treadmill by the power cord or use the cord as a handle.
6. Never operate a Life Fitness aerobic trainer with the air openings on the front motor housing blocked. Keep air openings free of lint, hair or any obstructing material.
7. Never insert objects into any opening in your **Life Fitness 3500** treadmill. If an object should drop inside, unplug the unit and carefully retrieve the item. If you cannot reach the item, contact Life Fitness Customer Support Services.
8. Never place liquids of any type directly on the unit, except in the optional Accessory Tray. Containers with lids are recommended.
9. Do not use the Life Fitness trainer outdoors.
10. Do not use the **Life Fitness 3500** treadmill in areas where aerosol spray products are being used or where oxygen is being administered. Such substances increase the danger of combustion and explosion.
11. Keep all loose clothing, shoelaces, and towels away from the **Life Fitness 3500** treadmill's running surface and belt rollers.
12. Keep the area six feet behind your Life Fitness aerobic trainer clear of any obstructions, including walls and furniture.
13. Never mount or dismount your **Life Fitness 3500** treadmill while the running belt is moving. Use the handlebar whenever additional stability is required.
14. 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 your bare feet.**



INSTRUCTIONS DE SÉCURITÉ

DANGER : AFIN DE RÉDUIRE LES RISQUES DE SECOURS ÉLECTRIQUE, DÉBRANCHEZ **TOUJOURS** L'EXERCISEUR DE MARCHE **LIFE FITNESS 3500** AVANT DE LE NETTOYER OU D'EN FAIRE L'ENTRETIEN.

SÉCURITÉ D'ABORD!

1. Au cours de l'entraînement, attachez **TOUJOURS** la CORDE DE LA CLÉ DE SÉCURITÉ à votre taille. En cas d'urgence, la clé sort de l'appareil, ce qui met immédiatement l'exerciseur hors fonction.
2. Observez les directives relatives à la console afin d'assurer un bon fonctionnement.
3. 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 aux clients de Life Fitness.
4. Tenez le cordon d'alimentation à l'écart des surfaces chaudes.
5. Ne tirez pas l'appareil par le cordon d'alimentation; n'utilisez pas le cordon comme poignée.
6. N'utilisez pas l'appareil d'exercice Life Fitness si les ouvertures d'aération du carter de moteur sont bloquées. Enlevez les cheveux, la peluche ou les autres matière qui pourraient obstruer les ouvertures.
7. N'introduisez jamais d'objets dans les ouvertures de l'exerciseur de marche **Life Fitness 3500**. 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.
8. Ne placez jamais de liquide sur l'unité, sauf sur le plateau d'accessoires. Il est recommandé de placer un couvercle sur les récipients.
9. N'utilisez pas l'appareil Life Fitness à l'extérieur.
10. Évitez d'utiliser l'exerciseur de marche **Life Fitness 3500** dans des lieux où on emploie des produits aérosol, dans ceux où on donne de l'oxygène. De telles substances pourraient augmenter les dangers de combustion et d'explosion.
11. 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 3500**.
12. Placez l'exerciseur Life Fitness à six pieds de toute obstruction, y compris les murs et les meubles.
13. Ne montez ni ne descendez de l'exerciseur de marche **Life Fitness 3500** lorsque la courroie est en mouvement. Utilisez les appui-mains pour une plus grande stabilité.
14. 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.
15. Ne marchez/joggez **JAMAIS** à reculons sur l'exerciseur.
16. Ne mettez pas la main à l'intérieur, dessous l'unité et n'inclinez pas l'unité sur le côté lorsqu'il fonctionne.
17. Les personnes handicapées ou invalides et les enfants doivent être surveillés de près lorsqu'ils utilisent l'appareil ou si celui-ci est situé à proximité.

CONSERVEZ LES PRÉSENTES DIRECTIVES POUR CONSULTATION ULTÉRIEURE.



15. **NEVER** walk or jog backwards on the treadmill.
16. Do not reach into or underneath the unit, or tip it on its side during operation.
17. Close supervision is necessary when this appliance is used by or near children, invalids or disabled persons.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

ASSEMBLY INSTRUCTIONS

Please verify the contents of the box with its accompanying parts list prior to beginning the assembly of your **Life Fitness 3500** treadmill. If any parts are missing or damaged, please call: **Life Fitness Customer Support Services** at (800) 351-3737 or (847) 451-0036.

It is essential that you read your Operation Manual thoroughly before and after assembly of your Life Fitness trainer. Attempting to operate this treadmill prior to reading the Operation Manual may cause injury or damage the machine.

Il est primordial que vous lisiez à fond le guide de fonctionnement avant et après l'assemblage de l'exerciseur Life Fitness. Vous pourriez vous blesser ou endommager l'appareil si vous tentez de le faire fonctionner avant de lire le guide de fonctionnement.

These assembly instructions were written to be used in conjunction with the Assembly Parts List that accompanied your treadmill. The Assembly Parts List includes a key to help you determine at which steps to use the various parts. **DO NOT** attempt to assemble this product without having the Assembly Parts List and these assembly instructions together.

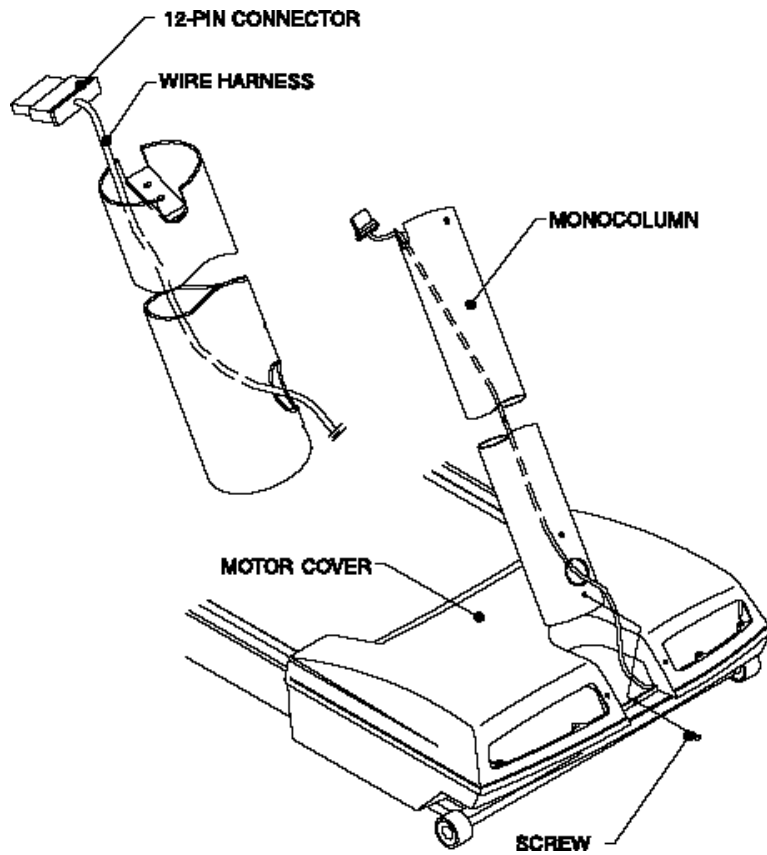
ATTENTION!

Les présentes instructions d'assemblage ont été rédigées afin d'être utilisées concurremment avec la liste des pièces qui est comprise avec l'exerciseur. La liste des pièces comprend une légende qui permet de déterminer quelles pièces vous devez utiliser à chaque étape. **N'ESSAYEZ PAS** d'assembler l'unité sans avoir en main la liste des pièces et les présentes instructions d'assemblage.



Step 1

Snap the VENT COVER off the MOTOR COVER by pulling outward. Carefully untie and uncoil the WIRE HARNESS tucked into the front center cutout of the MOTOR COVER.



Pull gently on the HARNESS to remove any slack.

Step 2

Lay the MONOCOLUMN on the STRIDING BELT and feed the WIRE HARNESS CONNECTOR into the access hole provided near the bottom front side of the MONOCOLUMN. The WIRE HARNESS should exit through the top on the user side (toward the STRIDING BELT) of the metal bar welded across the top center of the MONOCOLUMN.

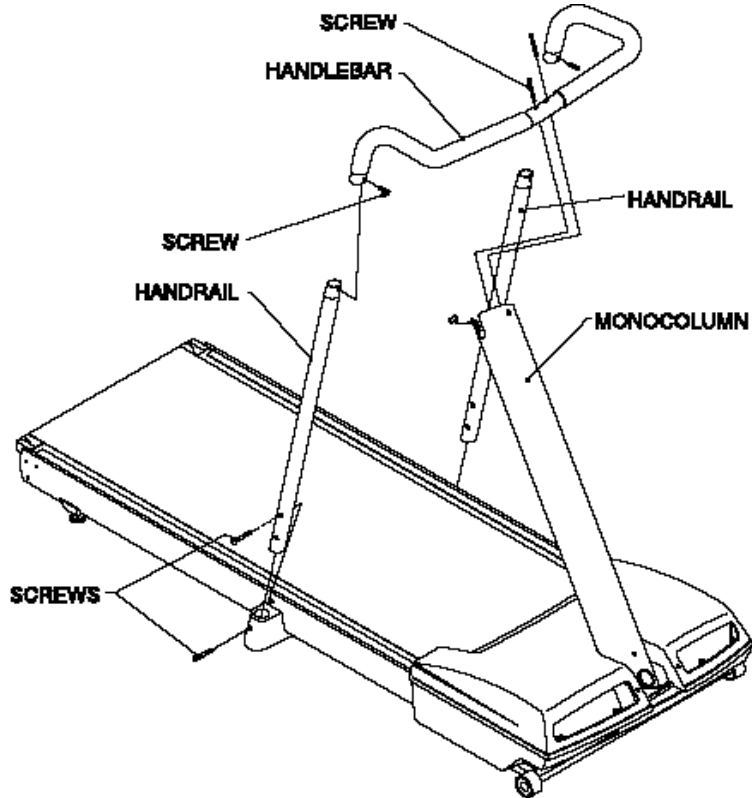
Step 3

Place the MONOCOLUMN into position in the center of the MOTOR COVER. The large access hole on the front side of the MONOCOLUMN should be placed down and toward



Step 5

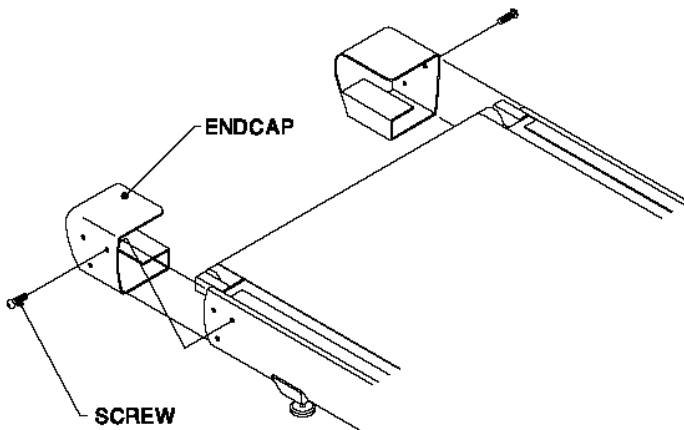
Secure **HANDLEBAR** tightly to top of the **MONOCOLUMN** with two hex key **SCREWS**.

**Step 6**

Tighten all previously installed **SCREWS** to secure all installations to this point.

Step 7

Position the **LEFT** and **RIGHT ENDCAPS** and secure them with three each of the six **SCREWS** provided.

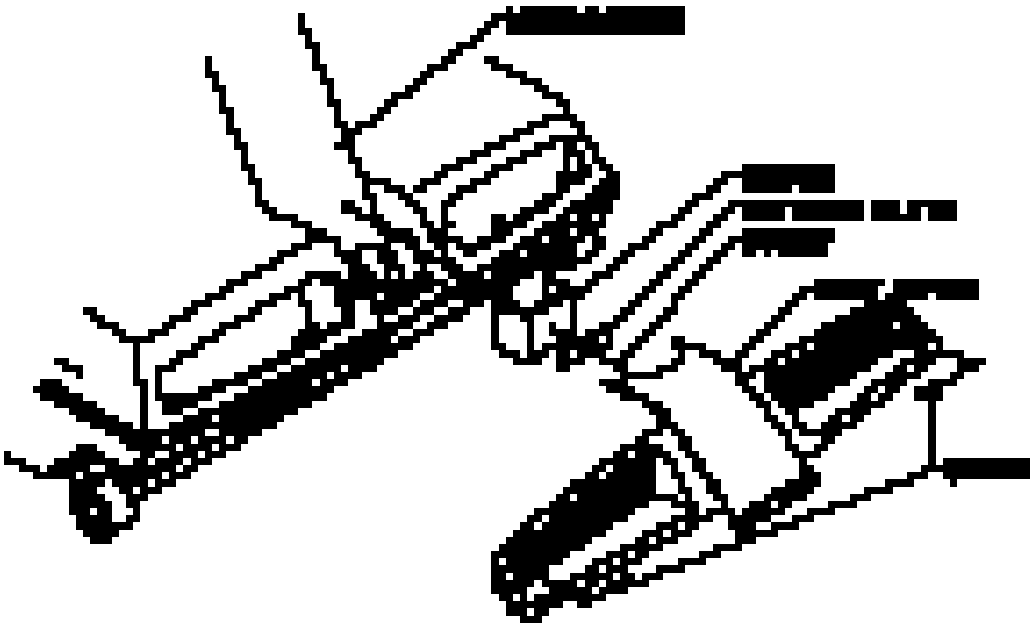


Step 8

Position the PROTECTIVE MONOCOLUMN WEDGE between the base of the MONOCOLUMN and MOTOR COVER. Secure in place with RETAINER PLATE and SCREW.

Step 9

Press the VENT COVER into position on the MOTOR COVER. Install the two screws into the corresponding holes on the sides of the VENT COVER and the notch of the

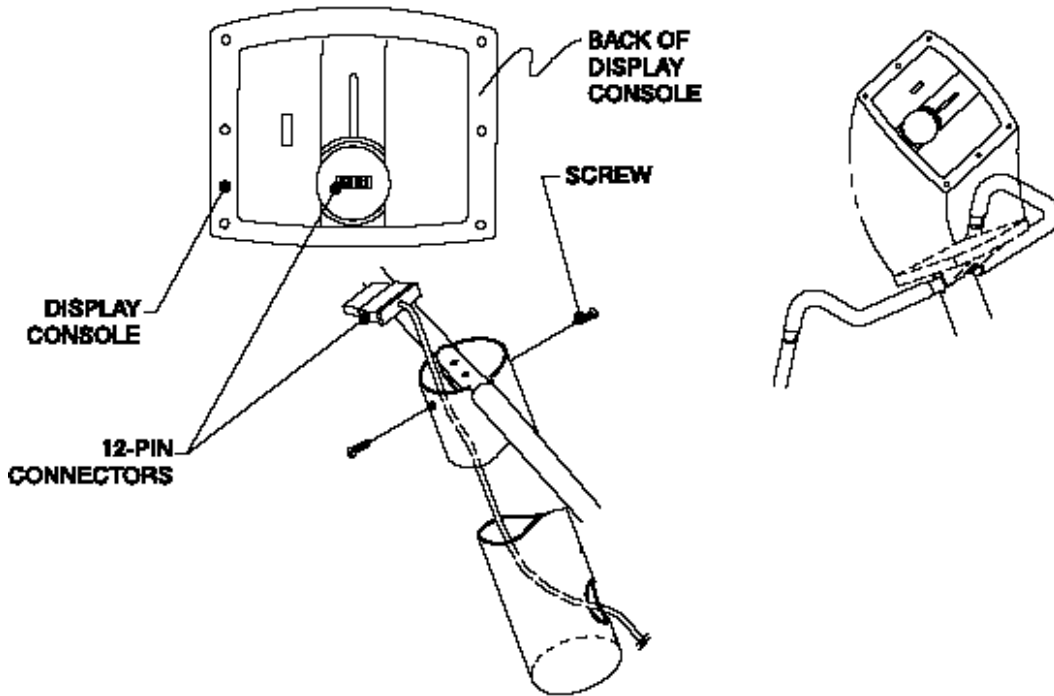


MOTOR COVER and secure in place.



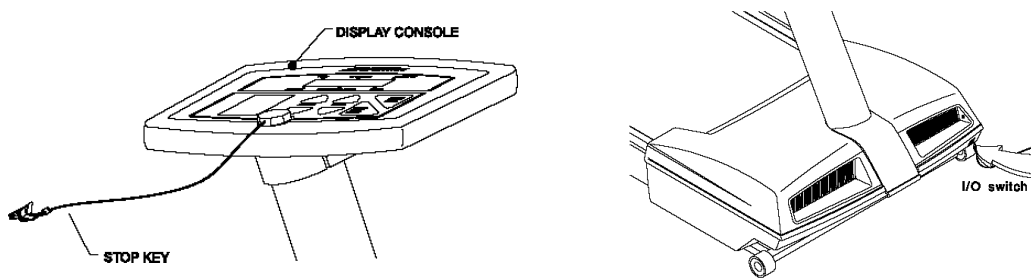
Step 10

Plug the 12-PIN CONNECTOR of the WIRE HARNESS protruding from the top of the MONOCOLUMN into the corresponding PC BOARD CONNECTOR located on the back of the DISPLAY CONSOLE. Once connected, feed the excess cable carefully back into the top of the MONOCOLUMN and lower the CONSOLE into position on the MONOCOLUMN. Secure the CONSOLE to the MONOCOLUMN with the two SCREWS.



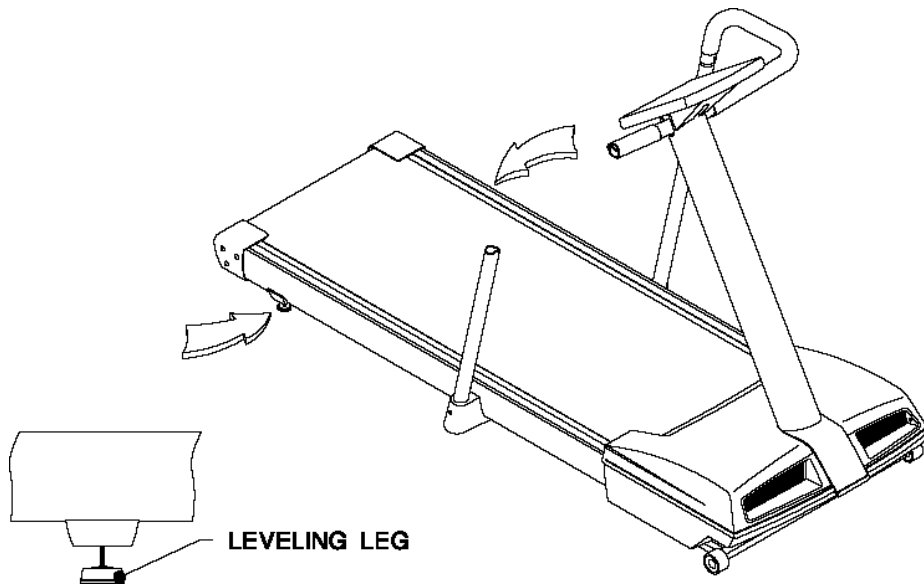
Step 11

Place the magnet side of the STOP KEY in the space provided on the face of the DISPLAY CONSOLE. Check to ensure that the ON/OFF switch, located next to the POWER CORD point of entry, is in the OFF (O) position. Plug the treadmill POWER CORD into a properly grounded outlet and change the switch setting to the ON (I) position.

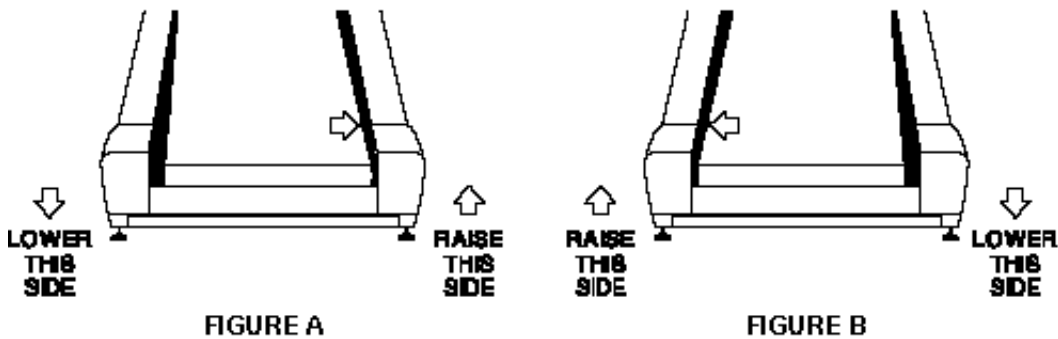


Step 12

The treadmill STRIDING BELT is properly centered at the factory. However, the LEVEL-



ING LEGS may need to be adjusted once the unit is placed in its intended location. After placing the unit in its intended location for use, begin a Life Fitness workout program (see **Operating Instructions & Program Descriptions**) but **DO NOT** run. It is important to ensure that the STRIDING BELT remains centered during operation. If the BELT



drifts to the RIGHT, see Figure A.. If the BELT drifts to the LEFT, see Figure B.

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

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



GROUNDING INSTRUCTIONS

For safe operation, your **Life Fitness 3500** treadmill MUST be properly grounded. Should the unit malfunction, proper grounding provides a path of least resistance for the electric current, which reduces the risk of electrical shock to anyone touching or using the unit. Each unit is equipped with an electrical cord with an equipment grounding conductor and a grounding 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 may be used to connect this plug to a 2-pole receptacle in the U.S. and Canada if a properly grounded outlet is not available. **A TEMPORARY ADAPTER SHOULD BE USED ONLY UNTIL A PROPERLY GROUNDED OUTLET CAN BE INSTALLED BY A QUALIFIED ELECTRICIAN.**

DANGER: 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 techniques. 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.

L'exerciseur de marche **Life Fitness 3500** 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.

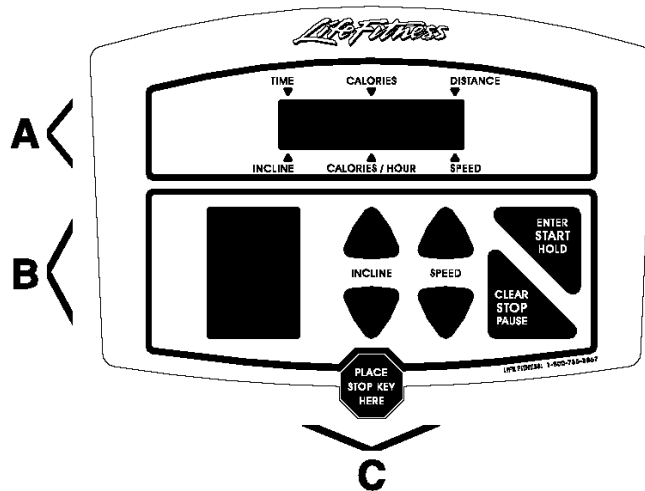
DANGER: Une mauvaise connexion du fil de terre pourrait causer une secousse électrique. Si vous avez des doutes quant aux techniques appropriées de mise à la terre, consultez un électricien qualifié. NE modifiez PAS la fiche qui est comprise avec l'appareil. Si vous ne pouvez utiliser la fiche dans la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

LOCATION			
U.S., Canada, Ecuador, Costa Rica, Guatemala, Italy, Mexico, Venezuela	120	60	15
United Kingdom	240	50	8
France, Germany, the Netherlands, Belgium, Korea, Spain, Chile, Argentina	220	50	8
Brazil, Colombia	115/220	60	15/8
Australia	240	50	8



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 3500** treadmill's on-board computer lets you tailor your workout to your individual fitness capabilities and goals while providing a unique means of measuring your fitness improvement from one workout to the next.



Display Console

A. MESSAGE CENTER:

The message center provides simple, step-by-step instructions for beginning your workout and displays constant feedback while you exercise. When the rows of LED lights above and below the window are lit, the current measurements of those functions are displayed and switch every three seconds. To hold a constant display on the top or bottom row, press the ENTER/START/HOLD key when those lights are illuminated.

- **TIME:** Displays the elapsed time of your workout and functions as a stopwatch.
- **CALORIES:** Shows total calories burned.
- **DISTANCE:** Displays distance traveled in miles. At the end of your workout, the total distance traveled will be displayed. All metric units will display distance in kilometers.
- **INCLINE:** Displays the current treadmill elevation in percentage of incline.
- **CALORIES / HOUR** or **WATTS:** Shows the number of calories you would burn in one hour at your present speed and incline. All metric treadmills will display energy expended in watts.



B. PROGRAM PROFILE WINDOW / PROGRAM CONTROL KEYS:

A matrix of lights shows your present position and upcoming terrain. The left-most column flashes, representing your current position. The remaining columns show the upcoming terrain. As your workout progresses, the lights move across the screen from right to left.

- **ENTER/START/HOLD:** This key is used to begin an exercise program, to restart a program, to enter data or to hold the top or bottom message center displays.
- **CLEAR/STOP/PAUSE:** Press this key once to put an exercise program on hold for up to four minutes. The striding belt stops while the program is on hold. The stop watch will begin running and can be used to time your rest period or take your pulse. To resume your exercise program press the ENTER/START/HOLD key. The CLEAR/STOP/PAUSE key may also be used to clear any input prior to pressing the ENTER/START/HOLD key. Double-pressing the CLEAR/STOP/PAUSE key during the data entry stage will reset the programs to the beginning.
- **SPEED ♦♦:** Pressing the ♦♦ keys allows you to increase or decrease the belt speed from 0.5 mph to 9.0 mph, or .81 kph to 14.5 kph, in 0.1 increments. You may change the belt speed at any time during a program.
- **INCLINE ♦♦:** Pressing the ♦♦ keys allows you to increase or decrease the elevation of the **Life Fitness 3500** treadmill deck from 0% to 10% in .5% increments. Incline has various functions depending on the Life Fitness program you are working out in. See the individual program descriptions for incline key functions.

C. STOP KEY (CLÉ D'ARRÊT):

ALWAYS clip the safety key cord on this magnetized stop sign-shaped key to your waistband when using your **Life Fitness 3500** treadmill. If you become dizzy or faint, pull the key off the console to immediately stop the striding belt.

Attachez **TOUJOURS** la corde de sécurité de la clé aimantée en forme d'arrêt à votre taille lorsque vous utilisez l'exerciseur de marche **Life Fitness 3500**. Si vous avez des étourdissements, si vous vous sentez mal, tirez la clé pour la sortir de la fente afin de mettre la courroie hors fonction.

Striding Tips:

- Begin walking at a slow, easy pace to get the feel of the treadmill. Hold the handrails if necessary.
- Once you are at a comfortable pace, slowly increase the belt speed. Release one hand from the handrail and let that arm swing with your body rhythm, then release the other hand and walk without holding the handrails.
- At least in the beginning, look forward for spatial awareness; this will help maintain



HEART RATE ZONE TRAINING™

Research shows 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 idea behind the Life Fitness Heart Rate Zone Training approach to exercise.

Heart Rate Zone Training takes the guesswork out of working out correctly by automatically adjusting the incline of your **Life Fitness 3500** treadmill to keep you at your target heart rate - you can't under-train or over-train - **and** you can target your heart rate to your individual fitness goals!

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 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.

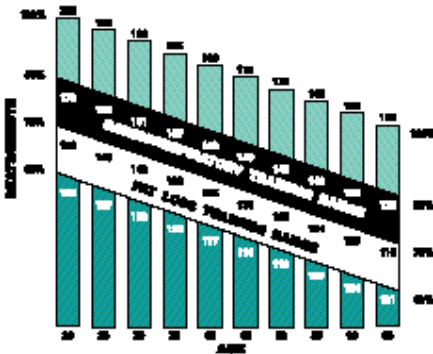
Example: Let's say you are 30 years old. Your theoretical maximum heart rate is $220 - 30$ (your age) = 190 beats per minute (bpm).

If your primary goal is **to burn fat**:

Multiply $190 \times .60 = 114$ bpm (this is the **low** end of your target heart rate zone);

Multiply $190 \times .75 = 143$ bpm (this is the **high** end of your target heart rate zone);

If your primary goal is **to improve your cardiovascular fitness**:



EQUATION

$220 - \text{AGE} \times \% \text{ OF MAX HEART RATE} = \text{TARGET RANGE (bpm)}$
(Beats Per Minute)

EXAMPLE

$220 - 27 \times 70 \text{ OF MAX HEART RATE} = 131 \text{ BPM OF TARGET RANGE}$

- Training above 85% of your theoretical maximum heart rate is not recommended.
- CARDIORESPIRATORY TRAINING RANGE** – between 75% and 85% of your theoretical maximum heart rate.
- FAT LOSS TRAINING RANGE** – between 60% and 75% of your theoretical maximum heart rate.
- For most people, training benefits are difficult to achieve if performed below 60% of their theoretical maximum heart rate.



OPERATING INSTRUCTIONS & PROGRAM DESCRIPTIONS

Selecting a workout program on your Life Fitness aerobic trainer is easy. Five computerized aerobic workout programs plus the optional Heart Rate program are pre-programmed on your **Life Fitness 3500** treadmill:

- | | | |
|-----------|----------------|-----------------------------------|
| 1. Hill | 3. Manual | 5. Fit Test |
| 2. Random | 4. Quick Start | 6. Heart Rate (<i>optional</i>) |

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 at a constant effort level based on predetermined goals that you select.

QUICK START

is a pre-set Manual program with a maximum time of 60 minutes.

HEART RATE (*optional*)

automatically maintains your target heart rate by varying the incline (*functional only when you have purchased the optional Heart Rate Receiver/Accessory Tray and are wearing the Zone Trainer heart rate monitor chest strap*).

FIT TEST

measures your aerobic fitness level compared to the average of others of the same age and sex.

To Begin Any Workout:

- Press the ENTER/START/HOLD key.
- The message center will ask you to select a program using the ♦♦ keys. Press the ♦♦ keys until the exercise program you want is displayed, then press



Hill Program

- After selecting a Hill workout, you will be asked to enter your desired workout time in minutes. Enter a number from 1-6, 9, 12, 15, 18, 24, 36, 48, or 60 minutes using the ♦♦ keys and press ENTER/START/HOLD.
- After selecting a workout duration, you will be prompted to choose an incline level. Select an incline level using the ♦♦ keys, then press ENTER/START/HOLD. You will be requested to select a belt speed using the ♦♦ keys.
(**CAUTION:** *The belt will begin moving as soon as you begin selecting your speed.*)
(**ATTENTION:** *La courroie commence à tourner dès que vous actionnez une des touches de vitesse.*)
- The incline keys will raise or lower the average hill level in the Hill program.

You're ready to go! Now just begin striding at the pace of the belt!

The **Life Fitness 3500** treadmill's patented Hill program offers the ideal configuration for interval training: periods of intense aerobic activity separated by regular intervals of low-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. As a result, you may find two 12-minute programs easier than the 24-minute program because the hill climbing portion is shorter.

Each Hill program session comprises the following phases:

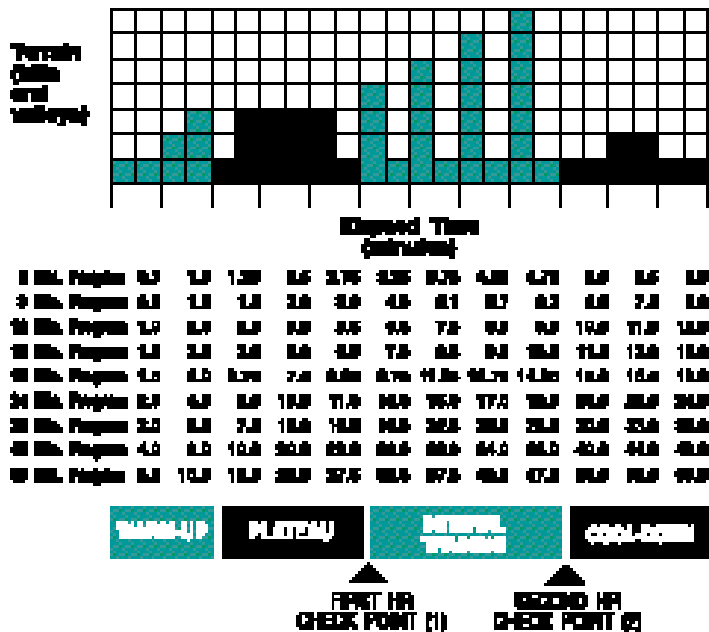
(1) Warm-up, (2) Plateau, (3) Interval Training, and (4) Cool-down.

- **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:** Increases your heart rate so that it is within your target zone. Check your pulse 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 your workout, you are confronted with 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 train-



Heart Rate Check Points: Check your heart rate near the end of the plateau period and at the end of the interval training period. You might want to press the PAUSE key and then check your heart rate. The treadmill will pause for up to five minutes. You should always take your pulse at the times indicated to make sure you are staying within your personal target heart rate zone.

The Hill Profile Diagram below shows the effort level and recovery periods encountered during a **Life Fitness 3500** treadmill workout. Effort and recovery periods are simulated on the display console by columns of red lights in the Program Profile window. The columns move from right to left during the workout. The higher the column, the higher the incline. Consequently, you must increase your effort.



Hill Profile Diagram
Heart Rate Check Points:

For Fat Loss Training:

- (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 Cardiorespiratory Training:

- (1) *First Heart Rate Check Point* — Your heart rate should be between



For Random and Manual Programs:

- Use the ♦♦ keys to select a goal: Time, Miles, or Calories. Press the ENTER/START/HOLD key.
- After choosing your goal, use the ♦♦ keys to select a value for the goal you selected: 1-90 minutes for Time, 0.1-10.0 for Miles or 0.1 to 16.1 for kilometers, and 1-2,000 for Calories. Press ENTER/START/HOLD.
- In the RANDOM program only, enter an incline level and press the ENTER/START/HOLD key. *(The MANUAL program does not require the selection of an incline level to begin; however, the ♦♦ will increase or decrease the incline.)*
- Use the ♦♦ keys to select a belt speed.
(CAUTION: the belt will begin moving while you are selecting your speed.)
(ATTENTION : La courroie commence à tourner dès que vous actionnez une des touches de vitesse.)

Random Program

The computer randomly selects hill and valley terrain which varies with each and every workout, resulting in more than one million combinations. Because resistance levels are greater in this program than in the Hill program, it is recommended that the Random program be set one or two levels *lower* than the level of intensity you would normally select on the Hill program.

Check your heart rate after the first 5 minutes of exercise on the Random program and every 5 to 10 minutes thereafter. This ensures that you are exercising within your target heart rate zone.

Manual Program

The Manual program provides steady pace exercise with fixed speed rates and incline levels equal to that of the highest hill encountered on the Hill program at the same level of effort. Because of the greater effort levels of this program, it is recommended that you set the Manual program about three to four levels *lower* than the level of effort that you would normally select on the Hill program.

Check your heart rate after the first 5 minutes of exercise in the Manual program and every 5 to 10 minutes thereafter. This ensures that you are exercising within your target heart rate zone.

You can design your own interval training program using the Manual program by varying



Quick Start Program

- After entering your weight and selecting the Quick Start program, simply use the speed ♦ key to increase your speed.
(**CAUTION:** *the belt will begin moving while you are selecting your speed.*)
(**ATTENTION :** *La courroie commence à tourner dès que vous actionnez une des touches de vitesse.*)

Check your heart rate after the first 5 minutes of exercise and every 5 to 10 minutes thereafter to ensure that you are exercising within your target heart rate zone.

The Quick Start program provides steady-pace exercise. You can design your own interval training program using the Quick Start program by varying the level of speed and incline during the course of your workout. To do so, select a high effort level until you reach the upper end of your target heart rate zone, then stride at a lower level of effort until your heart rate drops to the bottom of your target heart rate zone. Then increase the level of effort until you reach the upper portion of your heart rate zone again. By repeating this process, you will be simulating your own hills and valleys. The Quick Start program does not require a goal of time, calories or distance; it begins counting down from 60 minutes.

Fit Test Program

The **Life Fitness 3500** treadmill Fit Test program is another exclusive feature of this versatile aerobic trainer. Think of it as your relative fitness score. Use the Fit Test to monitor improvement in your endurance every four to six weeks.

- After selecting the Fit Test program and pressing the ENTER/START/HOLD key, the message center will ask for your age. Use the ♦◆ keys to scroll to your age and press ENTER/START/HOLD.
- After entering your age, the message center will ask for your sex. Press ♦ for male or ◆ for female. This information is necessary for accurate computation of your Fit Test score.
- After entering your sex, the message center will ask you to select your speed: 2, 3, 4 or 4.5 mph, or 3.2, 4.8, 6.4, or 7.2 kph. Consult the chart on the following



page and use the ♦◆ keys to enter the appropriate speed.

(CAUTION: the belt will begin moving while you are selecting your speed.)

(ATTENTION : La courroie commence à tourner dès que vous actionnez une des touches de vitesse.)

Activity Levels for Fit Test				
ACTIVITY LEVEL				
AGE	GENDER	INACTIVE	ACTIVE	VERY ACTIVE
Under 30 years	Female	3	4	4.5
	Male	4	4.5	4.5
30-39 years	Female	3	4	4.5
	Male	4	4.5	4.5
40-49 years	Female	2	3	4.5
	Male	3	4.5	4.5
50+ years	Female	2	3	4
	Male	3	4	4.5

Your five-minute Fit Test will begin with a 60-second warm-up, followed by four minutes at 5% incline. The belt speed and incline will be kept constant for accurate computation.

After you have completed the Fit Test, use the time prompt to take your 15-second pulse and use the ♦◆ keys to enter your pulse count. (If you are using the optional Zone Trainer Heart Rate Monitor chest strap transmitter and receiver accessory tray, your Fit Test Score will be automatically calculated and displayed.) Your Fit Test score will be displayed followed by your ranking in the Fit Test scoring table located on page 25.

If your heart rate is below 65% of your theoretical maximum heart rate, retake the Fit Test at a faster belt speed. If your heart rate is too high (above 200) or too low (below 50), review the proper pulse-taking procedure.

The Fit Test is also an estimate of 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 quadri-



Fit Test Tips

The computer will not accept:

- heart rates less than 52 or greater than 200 beats per minute;
- body weights less than 25 pounds (11 kg) or greater than 250 pounds (113 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/STOP/PAUSE, inputting the correct information, and pressing ENTER/START/HOLD.

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 65%-85% of your theoretical maximum heart rate.

How To Take Your Pulse

To take your pulse, place your index and middle fingers together and with slight pressure place them on either a) your neck, below your earlobe and near the angle of your jaw (this is your *carotid* pulse), or b) with your palm up, place your fingers on the thumb side of your wrist, just below the heel of your hand (this is your *radial* pulse).

Count the number of pulses for 15 seconds; multiplying this number by four will give you the number of beats per minute (BPM). You can monitor your pulse and auto-



(800) 877-3867 in the U.S. and Canada; In Europe, call 089 3 10 50 87 (Munich), 353 666017 (UK), or contact your nearest Life Fitness equipment dealer.)

Fit Test Scoring					
<i>RELATIVE FITNESS CLASSIFICATION</i>					
			AGE		
RATING	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
<i>RELATIVE FITNESS CLASSIFICATION</i>					
			AGE		
RATING	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



ceps 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 one to two minutes.

* 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".

Heart Rate Program

(functional only with the optional Heart Rate/Accessory Tray)

The patented Life Fitness Heart Rate program is the most accurate heart rate monitoring system available on any treadmill. This revolutionary heart rate management system automatically adjusts your striding deck incline to keep you at your appropriate target heart rate while you exercise. Under-training and over-training are eliminated.

- Enter your age using the ♦♦ keys to receive a computed target heart rate. Your 70% target heart rate based on your age will appear. Press ENTER/START/HOLD to accept, or use the ♦♦ keys to alter your target heart rate.
- Use the ♦♦ keys to select a goal - Time, Miles or Calories - and press the ENTER/START/HOLD key.
- After choosing your goal, use the ♦♦ keys to select a value for the goal you selected: 1-90 minutes for Time, 0.1-10.0 for Miles or 0.1 to 16.1 for kilometers, and 1-2,000 for Calories. Press ENTER/START/HOLD.
- Use the ♦♦ keys to select a belt speed.
(**CAUTION:** *The belt will begin moving while you are selecting your speed.*)
(**ATTENTION :** *La courroie commence à tourner dès que vous actionnez une des touches de vitesse.*)

The Heart Rate program works by adjusting the incline of the **Life Fitness 3500** treadmill in response to your heart rate. The program uses the Zone Trainer chest strap to accurately monitor your heart rate and automatically adjust the work load to maintain your target heart rate as determined by your age and the Zone Training chart on page 17. You may change your target heart rate at any time simply by pressing the ♦♦ keys.

When you exercise in the Heart Rate program, your **Life Fitness 3500** treadmill will automatically calculate your target heart rate at 70% of your theoretical maximum. You may, however, wish to customize your target heart rate based on your goals.

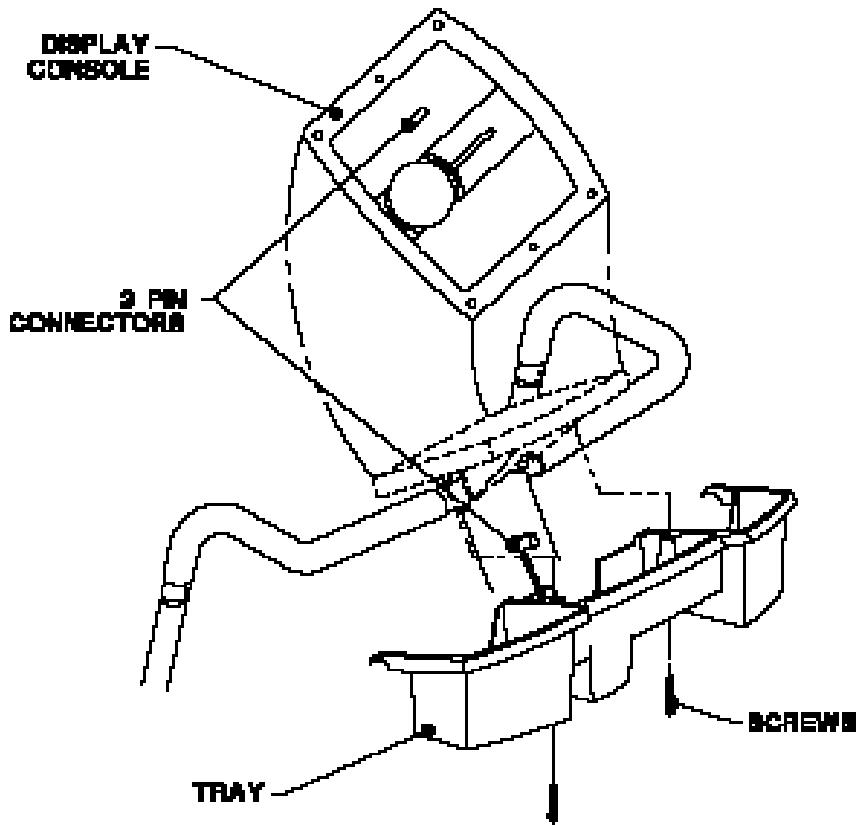


The Life Fitness Heart Rate program begins with a three minute warm-up period designed to safely get you closer to your target heart rate from a resting start. During the warm-up period, the incline is 0%. If your current heart rate is significantly below your target heart rate, the warm-up will be 90 seconds at 0% incline, after which the incline will increase to 3%. Your heart rate will be displayed during the warm-up by remaining within the range of the sensor.

After the warm-up period, a heart shape (+) will appear in the program profile window. From then on, your heart rate will be used to vary the incline to help you reach your target. It will take two to three minutes for your heart rate to reach your target.

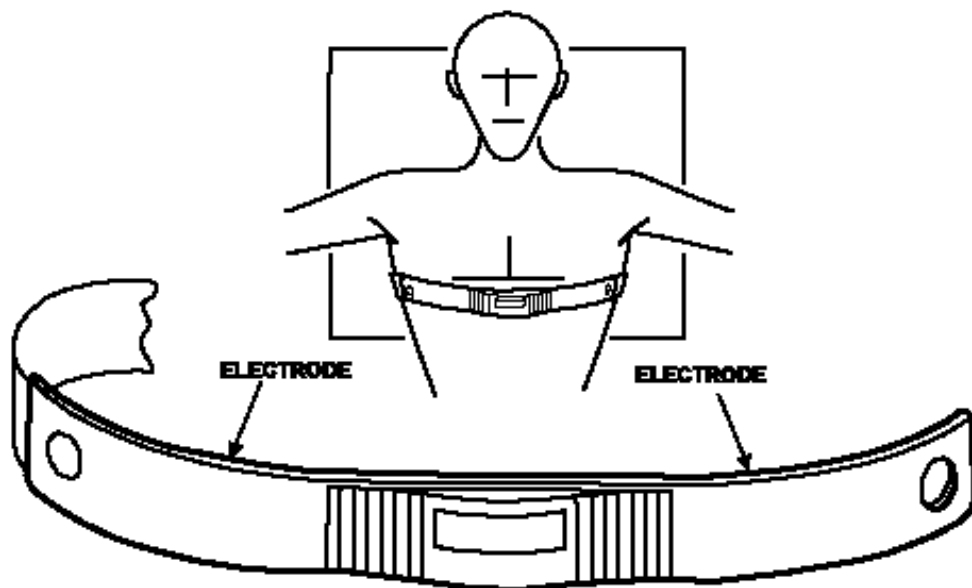
NOTE: If your heart rate is above the chosen target during the warm-up period, the warm-up period will immediately end and the treadmill will begin automatically varying the incline to maintain your target heart rate.

USING THE ZONE TRAINER HEART RATE MONITOR CHEST STRAP AND RECEIVER



To Use the 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.



Chest Strap Transmitter

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, just grasp the center of the transmitter and pull it away from the chest to expose the two electrodes, and moisten them in this position.



the front of the machine when properly installed. Hold the MONOCOLUMN in position by inserting the phillips SCREW through the FRAME and into the bottom hole of the MONOCOLUMN. Tighten the SCREW until finger-tight only.

NOTE: BE CAREFUL NOT TO PINCH ANY WIRES BETWEEN THE MONOCOLUMN AND THE FRAME OF THE TREADMILL.

REMARQUE: VEUILLEZ À CE QUE LES FILS NE RESTENT PAS COINÇÉS ENTRE LA MONOCOLONNE ET LE CADRE DE L'UNITÉ.

Step 4

Insert the ends of the vertical HANDRAILS into the matching ends of the foam padded HANDLEBAR. Align the screw holes and secure each vertical post in place with a loosely installed SCREW. Slide each foot of the completed HANDLEBAR/HANDRAIL ASSEMBLY into the FOOT COVERS located on either side of the treadmill. Install the two 2 1/2" SCREWS and the two 2" SCREWS (until finger-tight only) to hold the HANDLEBAR/HANDRAIL ASSEMBLY in position with the MONOCOLUMN.

THE MESSAGE CENTER

The **Life Fitness 3500** treadmill constantly monitors your performance during your exercise program, displaying prompts to both provide you with information and give you motivating feedback of your performance. The following messages are typical of what you may see during a workout session.

MESSAGE	
ENTER - TO - GO ON - OR - ARROWS - MODIFY	Press ENTER/START/HOLD to continue or use the ♦♦ to change information.
PRESS - START - TO - BEGIN	Press the ENTER/START/HOLD key to begin your program.
ENTER - WEIGHT - USING - ARROWS	Use the ♦♦ keys to scroll to your weight, then press ENTER/START/HOLD.
SELECT - PROGRM - USING - ARROWS	Use the ♦♦ keys to scroll through the Life Fitness program options.



♦ SPEED - TO ♦ - GRADE	If the incline gets too high, you can lower it by increasing the speed (in Heart Rate program only).
SELECT - GOAL - USING - ARROWS	Scroll to a goal (Calories, Distance or Time) using the ♦♦ keys, then press ENTER/START/HOLD.
SELECT - LEVEL - USING - ARROWS	Choose a workout level using the ♦♦ keys, then press ENTER/START/HOLD.
GET - READY - FOR - 15-SEC - PULSE	Prepare to take your 15-second pulse.
SELECT - AGE - USING - ARROWS	Scroll to your age using the ♦♦ keys, then press ENTER/START/HOLD.
SELECT - SEX - USING - ARROWS	Select your sex using the ♦♦ keys, then press ENTER/START/HOLD.
<i>MESSAGE</i>	

BEGIN - 5-MIN - TEST - NOW

Begin striding for your five-minute Fit Test.

START - USING - SPEED - ARROWS

Press the speed ♦ to start; the belt will immediately begin moving.

ENTER - PULSE - USING - ARROWS

Using the ♦♦ keys, scroll to your 15-second pulse count and press ENTER/START/HOLD.

NO - CHEST - STRAP - FOUND

The Zone Trainer Heart Rate monitor chest strap is not being used or is not transmitting properly.

-WARN- - HR IS - TOO HI

You have exceeded your target heart rate; reduce the incline and/or speed to lower your heart rate.

70 PCT - TARGET - HR ### - CHANGE -

The computer has determined your



(The Zone Trainer chest strap and heart rate receiver/accessory tray are available as one integrated optional package. To order your Zone Trainer heart rate monitor kit, call Life Fitness at (800) 877-3867 in the U.S. and Canada; In Europe, call 089 3 10 50 87 (Munich), 0353 666017 (UK), or contact your nearest Life Fitness equipment dealer.)

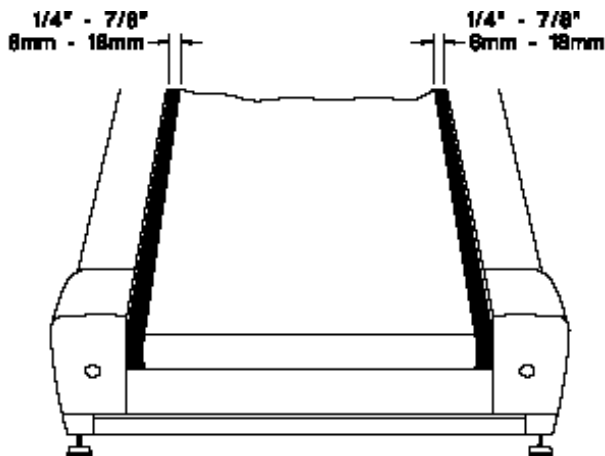
To Install the Heart Rate Receiver/Accessory Tray:

1. Place the two extended arms of the tray on the handlebar from the backside of the display console, resting the tray against the monocolumn.
2. Plug the 3-pin connector of the heart rate receiver harness (*located within the tray*) into the corresponding 3-pin connector on the back cover of the display console.
3. Swing the tray up against the bottom of the display console and secure the tray to the console with two screws (*provided*).

Heart Rate Receiver/Accessory Tray Installation

PREVENTIVE MAINTENANCE TIPS

Your **Life Fitness 3500** aerobic 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 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 installations the world over. This same technology and engineering expertise has gone into your home version of the Life Fitness treadmill.



HOW TO ADJUST AND TENSION THE STRIDING BELT

CAUTION: DO NOT MOVE UNIT OR PLACE YOUR HANDS UNDER UNIT 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

Tool Required: 5/16" Hex key wrench
Outil requis: clé hexagonale, 5/16"

These instructions are to be followed when centering an existing or new striding belt or tensioning an existing striding belt.

IT IS EXTREMELY IMPORTANT THAT THE TREADMILL BE CORRECTLY LEVELED PRIOR TO ANY TRACKING ADJUSTMENTS. AN UNSTABLE UNIT MAY CAUSE STRIDING BELT MISALIGNMENT. SEE STEP 12 OF THE ASSEMBLY INSTRUCTIONS PRIOR TO ATTEMPTING 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. REPORTEZ-VOUS À L'ÉTAPE 12 DES INSTRUCTIONS D'ASSEMBLAGE AVANT D'AJUSTER UN DES ROULEAUX ARRIÈRE.

Tracking (Centering) an Existing or New Striding Belt

Step 1

Locate the two belt tensioning bolts on each side of the rear frame cap.

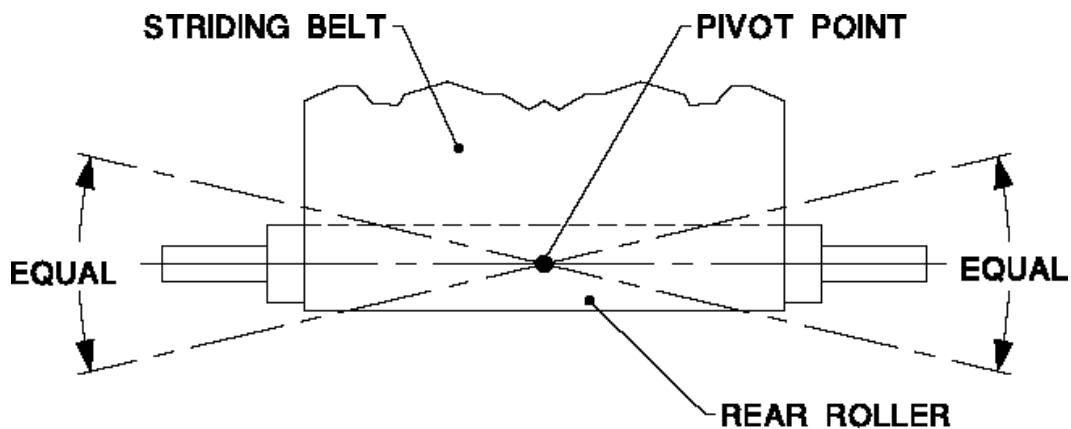
Step 2

Enter the Manual program and set the belt speed to run at 4.0 mph (6.4 kph).



Step 3

Before proceeding, it is helpful to visualize the REAR ROLLER pivot point as shown in the illustration below. Each adjustment made to one side of the ROLLER must be met with an equal and opposite adjustment to the other side of the ROLLER to maintain an ideal belt tension at the pivot point.

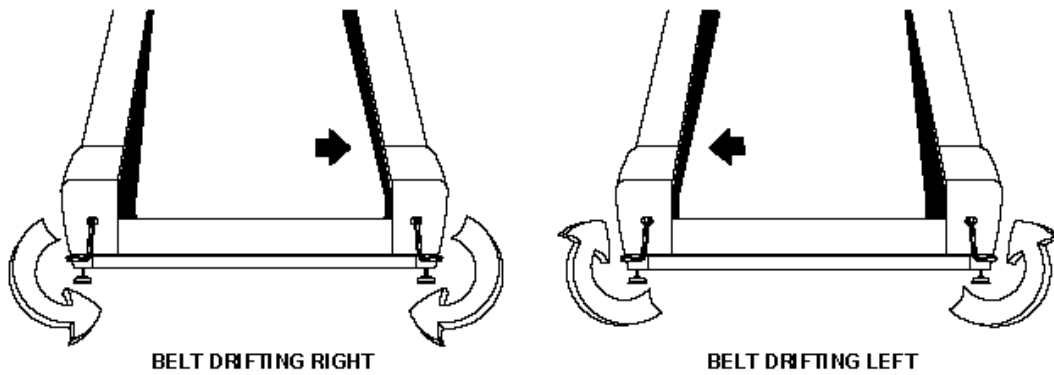


Rear Roller Pivot Point

CAUTION: DO NOT OVER TIGHTEN THE TENSIONING BOLTS WHILE MAKING BELT ADJUSTMENTS. OVER TIGHTENING OF BOLTS MAY OVER STRETCH 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.





Tracking and Centering the Striding Belt

- If the striding belt has moved to the right, turn the right tension bolt 1/4 turn clockwise and then turn the left tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller.
- If the striding belt has moved to the left, turn the left tension bolt 1/4 turn clockwise and then turn the right tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller.

CAUTION: DO NOT TURN TENSIONING BOLT MORE THAN 1/4 TURN AT ONE TIME OR MORE THAN A MAXIMUM OF 1 FULL TURN.

ATTENTION : NE TOURNEZ PAS LE BOULON DE TENSION DE PLUS D'1/4 DE TOUR À LA FOIS OU D'UN MAXIMUM D'UN TOUR COMPLET.

Step 4

Repeat adjustments until striding belt appears centered. Allow machine to continue running for several minutes to observe if tracking remains stabilized.

Tensioning an Existing Striding Belt

Step 1

Enter the Manual program and run unit for five minutes at 5.0 mph (8.0 kph). **DO NOT** run on belt.

Step 2

With the belt speed at 2.0 mph (3.2 kph), tightly grip the handrails and attempt to stall the striding belt. If the belt slips, continue to Step 3. If it does not slip, the tension is correct.

Step 3



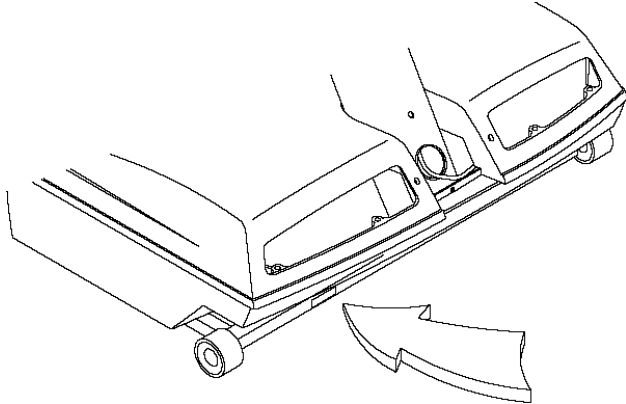
HOW TO OBTAIN PRODUCT SERVICE

Step 1

Verify the symptom and review the operating instructions. Sometimes the problem turns out to be unfamiliarity with your **Life Fitness 3500** aerobic trainer's features.

Step 2

Locate and document the serial number of the unit. The serial number of your **Life Fitness 3500** treadmill is located on the front crossbar between the two wheels.



Serial Number Location

Step 3

Contact **Life Fitness Customer Support Services**:

Life Fitness Customer Support 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

In Europe:

Life Fitness GmbH

Siemenstrasse 3

85716 Unterschleissheim

Munich, Germany

Telephone: 089 3 10 50 87

FAX: 089 31 10 73 69

Life Fitness UK Ltd

Queen Adelaide

Ely, Cambs CB7 4UB

Telephone: 353 666017

FAX: 353 666018



LIFE FITNESS 3500

TREADMILL SPECIFICATIONS

Designed use	Home
Maximum user weight	250 pounds / 113.4 kilograms
Speed range	0.5–9.0 mph / .81–14.5 kph (in 0.1 increments)
Elevation range	0%–10% grade (in 0.5% increments)
Motor type	DC
Motor size	2.0 hp
Power requirements	120 volt, 15 amp (U.S.). Refer to page 14 for requirements outside the United States and Canada.
Roller diameter	2.0 inches / 5.1 centimeters
Belt color/type	Black/PVC multi-ply
Belt size	52" L x 18" W / 132.1 cm L x 45.7 cm W
Programs	Hill, Random, Manual, Fit Test, Quick Start, Heart Rate (with optional Heart Rate/Accessory Tray)
Console displays	Elapsed time, speed (mph or kph), calories, calories per hour (watts on metric units), miles (kilometers on metric units), % incline, heart rate (optional)

PHYSICAL DIMENSIONS:

Length	70 inches / 178 centimeters
Width	28 inches / 71 centimeters
Height	45 inches / 114 centimeters
Weight	160 pounds / 73 kilograms
Color	Granite with teal accents

SHIPPING DIMENSIONS:



TARGET - USING - ARROWS

target heart rate. To increase or decrease this target, use the ♦♦ keys.

ERROR MESSAGES**OVER SPEED PROBLEM**

Belt speed exceeds the target speed. This may happen at high incline with low belt speed. Either lower your incline or increase your belt speed.

START-UP PROBLEM

The computer is not sensing any belt movement. This will occur if the belt is jammed or stalled.

RUNNING PROBLEM

After a program is started and running, the computer stopped detecting proper belt movement.

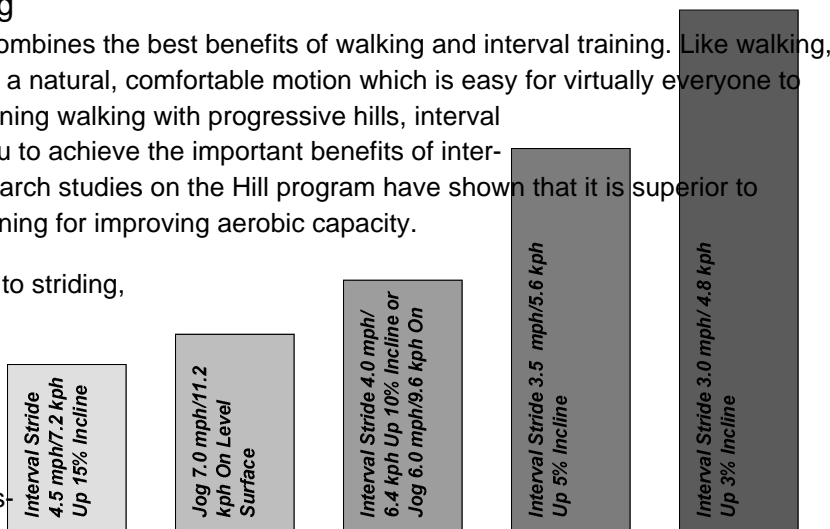
BELT MOVING PROBLEM

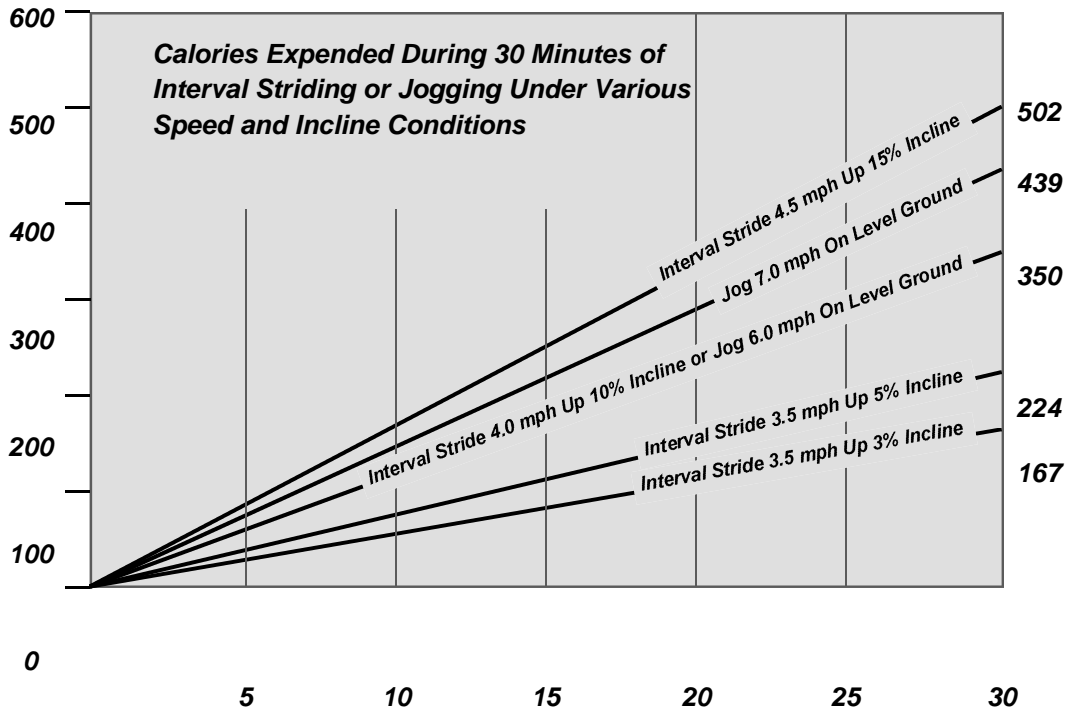
Belt is moving when not commanded. A loosely plugged in line cord, power surge, or turning the power on and off while the belt is moving will cause this.

APPENDIX**Interval Striding**

Interval striding combines the best benefits of walking and interval training. Like walking, interval striding is a natural, comfortable motion which is easy for virtually everyone to master. By combining walking with progressive hills, interval striding allows you to achieve the important benefits of interval training. Research studies on the Hill program have shown that it is superior to steady-paced training for improving aerobic capacity.

By adding incline to striding, you partially lift your own weight with each stride, which is ideal for shaping and toning the major mus-



Interval Striding vs. Jogging (*Time Requirement*)

Interval Striding: The Exercise for the 90s

For many people, interval striding is the ideal form of exercise — a simple, practical, motivational and low-impact way to burn calories. We're confident that once you try interval striding on your **Life Fitness 3500** treadmill, you'll agree it's the ideal exercise to help you achieve your goals!

