



Corporate Headquarters

10601 West Belmont Avenue
Franklin Park, Illinois 60131
U.S.A.
847.288.3300 • FAX: 847.288.3703
800.735.3867 (Toll-free within the U.S. and Canada)

International Offices

Life Fitness Asia Pacific Ltd
12th Floor, Tower 1, The Gateway
25 Canton Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: 852.2575.6262
FAX: 852.2575.6001

**Life Fitness Austria
Vertriebs GmbH**
Hintschiggasse 1
1100 Vienna
AUSTRIA
Telephone: 43.1.61 57 198
FAX: 43.1.61 57 198.20

Life Fitness Italia S.R.L.
Via Elvas 92
39042 Bressanone (BZ)
ITALY
Telephone: 39.472.835 470
FAX: 39.472.833 150

**Life Fitness Atlantic BV
Atlantic Headquarters**
Columbusstraat 25
3165 AC Rotterdam
NETHERLANDS
Telephone: 31.10.294.5011
FAX: 31.10.294.5029

Life Fitness Benelux NV
Lambrechtshoekenlaan 309-311
B-2170 Antwerpen-Merksem
BELGIUM
Telephone: 32.3.644.4488
FAX: 32.3.644.2480

Life Fitness Latin America
10601 West Belmont Avenue
Franklin Park, Illinois 60131
U.S.A.
Telephone: 847.288.3675
FAX: 847.288.3762

Life Fitness Europe GmbH
Siemensstrasse 3
85716 Unterschleissheim
GERMANY
Telephone: 49.89.31 77 51.0
FAX: 49.89.31 77 51.99

Life Fitness UK Ltd
Queen Adelaide
Ely, Cambs CB7 4UB
UNITED KINGDOM
Telephone: 44.1.353.666 017
FAX: 44.1.353.666 018

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

It will help you set up quickly and instruct you on how to use it correctly and safely.

This Operation Manual describes the functions of the following products:

Life Fitness Treadmill models:

3500

4000

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



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.

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

TABLE OF CONTENTS

<u>Section</u>	<u>Description</u>	<u>Page</u>
1.	Getting Started	4
1.1	Important Safety Instructions	4
1.2	Set-up	6
	Electrical Requirements	
	Grounding Instructions	
1.3	How to Stabilize the <i>Life Fitness</i> Treadmill	8
2.	The Display Console	10
2.1	Display Console Overview	10
2.2	Display Console Descriptions	11
	Message Center	
	Program Profile Window	
	Stop Key	
3.	Heart Rate Zone Training™ Exercise	13
3.1	Why Heart Rate Zone Training Exercise?	13
3.2	How To Take Your Pulse	13
4.	The Programs	14
4.1	Program Overviews	14
	The Programs - Step By Step	
4.2	Program Descriptions	16
	To Begin Any <i>Life Fitness</i> Treadmill Workout	
	QuickStart	
	Manual	
	Random	
	Hill	
	Fit Test	
5.	Service And Technical Data	24
5.1	Preventive Maintenance Tips	24
5.2	How to Adjust and Tension the Striding Belt	25
5.3	How to Obtain Product Service	27
5.4	Specifications	28

1

GETTING STARTED

1.1 Important Safety Instructions

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



DANGER

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



WARNING

- ⚡ Always clip the “SAFETY KEY CORD” to your waistband when working out. This will immediately shut off the treadmill in case of an emergency.
- ⚡ Never walk or job backwards on the **Life Fitness** treadmill.
- ⚡ Before using this product, it is essential that you read this ENTIRE operation manual and ALL installation instructions. The treadmill is intended for use solely in the manner described in this manual.
- ⚡ To disconnect the **Life Fitness** treadmill, 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** 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 for assistance.
- ⚡ Keep the power cord away from heated surfaces. Do not pull the **Life Fitness** treadmill by the power cord or use the cord as a handle.
- ⚡ Never insert objects into any opening in your **Life Fitness** treadmill. 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** treadmill outdoors, near swimming pools or in areas of high humidity.
- ⚡ Do not use the **Life Fitness** 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.
- ⚡ Keep all loose clothing, shoelaces, and towels away from the **Life Fitness** treadmill's running surface and belt rollers.
- ⚡ Keep the area around your **Life Fitness** treadmill clear of any obstructions, including walls and furniture.
- ⚡ Always be careful and exercise caution when mounting or dismounting your **Life Fitness** treadmill. 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 **Life Fitness** treadmill in your bare feet.
- ⚡ Do not tip the **Life Fitness** treadmill on its side during operation.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE



CAUTION

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 INSTALLATION ET REGLAGES PREALABLES

1.1 Consignes de sécurité importantes



Pour éviter tout risque d'électrocution, veuillez toujours à débrancher le tapis de course Life Fitness avant toute opération de nettoyage ou de maintenance.



Pour limiter les risques de brûlure, d'incendie, d'électrocution ou de dommage corporel, il est impératif de raccorder chaque tapis de course à une prise de terre.

- ☞ 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.
- ☞ Observez les directives relatives à la console afin d'assurer un bon fonctionnement.
- ☞ N'utilisez jamais l'exerciseur de marche Life Fitness si le cordon d'alimentation ou la fiche est endommagé, si l'appareil est tombé, endommagé ou s'il a été immergé dans l'eau (même partiellement). Prenez contact avec le service aux clients de Life Fitness.
- ☞ Tenez le cordon d'alimentation à l'écart des surfaces chaudes.
- ☞ Ne tirez pas l'appareil par le cordon d'alimentation; n'utilisez pas le cordon comme poignée.
- ☞ 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.
- ☞ N'introduisez jamais d'objets dans les ouvertures de l'exerciseur de marche **Life Fitness**. Si un objet tombait dans une des ouvertures, débranchez l'appareil et retirez soigneusement l'objet. Si vous ne pouvez retirer l'objet, prenez contact avec le service après-vente de Life Fitness.
- ☞ Ne placez jamais de liquide sur l'unité, sauf sur le plateau d'accessoires. Il est recommandé de placer un couvercle sur les récipients.
- ☞ N'utilisez pas l'appareil Life Fitness à l'extérieur.
- ☞ Évitez d'utiliser l'exerciseur de marche **Life Fitness** 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.
- ☞ 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**.
- ☞ Placez l'exerciseur Life Fitness à six pieds de toute obstruction, y compris les murs et les meubles.
- ☞ Ne montez ni ne descendez de l'exerciseur de marche **Life Fitness** lorsque la courroie est en mouvement. Utilisez les appui-mains pour une plus grande stabilité.
- ☞ Portez des chaussures avec des semelles en caoutchouc ou des semelles qui ont une forte traction. Ne portez pas de chaussures avec des talons, des semelles en cuir, des crampons ou des pointes. Assurez-vous qu'aucune roche n'est coincée dans la semelle. **N'utilisez pas l'exerciseur à pieds nus.**
- ☞ Ne marchez/joggez **JAMAIS** à reculons sur l'exerciseur.
- ☞ Ne mettez pas la main à l'intérieur, dessous l'unité et n'inclinez pas l'unité sur le côté lorsqu'il fonctionne.
- ☞ 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 CES INSTRUCTIONS AFIN DE POUVOIR VOUS Y REFERER ULTERIEUREMENT.



Avant d'entreprendre un programme d'exercices, Life Fitness vous recommande **VIVEMENT** de consulter votre médecin en vue d'un examen médical complet, en particulier si vous avez des antécédents d'hypertension ou de maladie cardiaque dans votre famille, si vous avez plus de 45 ans, si vous fumez, si vous avez du cholestérol, si vous êtes obèse ou si vous n'avez plus fait d'exercices physiques réguliers au cours de l'année écoulée.

Si, durant l'exercice, vous vous sentez faible, vous avez des vertiges, vous avez mal quelque part ou vous respirez avec difficulté, arrêtez-vous immédiatement.

1.2 Setup

Electrical Requirements

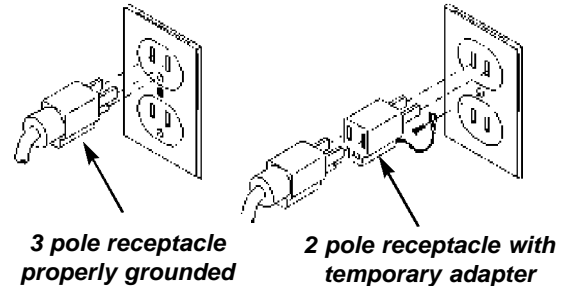
The **Life Fitness** treadmill is intended for use on a normal 120-volt electrical circuit in the U.S. and Canada.

Grounding Instructions

The **Life Fitness** treadmill must be properly grounded. If the unit malfunctions, 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. 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 *temporary* adapter may be used to connect this plug to a two-pole receptacle in the U.S. or Canada if a properly grounded outlet is not available.

The *temporary* adapter should be used only until a properly grounded outlet can be installed by a qualified electrician (the green "ear" or "lug" must be connected to a permanent ground, such as a properly grounded box cover, and held in place securely by a metal screw).



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 treadmill 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.

1.2 Installation

Spécifications électriques

Aux Etats-Unis et au Canada, le tapis de course Life Fitness est prévu pour être raccordé à un circuit électrique normal de 120 volts.

Instructions de mise à la terre

Le tapis de course **Life Fitness** doit être correctement raccordé à la terre. En cas de défaillance ou de panne, une mise à la terre adéquate assure une voie de moindre résistance pour le courant électrique, réduisant ainsi les risques d'électrocution pour toute personne susceptible d'utiliser ou de toucher l'appareil. Chaque appareil est équipé d'un câble électrique comprenant un conducteur et une fiche de terre. La fiche doit être insérée dans une prise correctement installée et raccordée à la terre conformément aux réglementations locales.



*En Amérique du Nord, il est **DECONSEILLE** d'utiliser un adaptateur temporaire pour brancher cette fiche à une prise femelle bipolaire. Si vous ne disposez pas de prise correctement raccordée à la terre, faites appel à un électricien qualifié afin qu'il en installe une de 20 A. Les modèles de 20 A doivent être raccordés à une ligne spécialisée.*



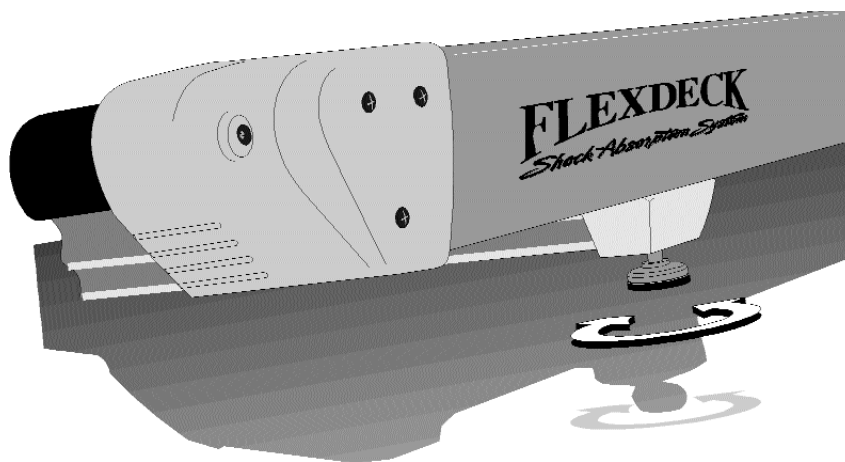
*Un branchement incorrect du conducteur de terre de l'appareil peut engendrer des risques d'électrocution. Si vous avez le moindre doute quant à la qualité du raccordement à la terre, faites contrôler votre installation par un électricien qualifié. **NE modifiez PAS** la fiche fournie avec l'appareil. Si elle ne rentre pas dans la prise de courant, demandez à un électricien qualifié de vous installer une prise adéquate.*

1.3 How to Stabilize the Life Fitness Treadmill

Once the treadmill is placed in its intended location, the STABILIZING LEGS may need to be adjusted. It is important this is done first before starting it to ensure proper belt alignment.

To stabilize the treadmill, turn the stabilizing leg either clockwise or counter-clockwise until both sides of the end of the treadmill set firmly on the floor.

Only one stabilizing leg needs to be adjusted.



English

NOTE: It is extremely important that the treadmill stabilizing legs get correctly adjusted for proper operation. An unbalanced unit may cause striding belt misalignment and possibly damage the treadmill.

REMARQUE : Pour que l'appareil fonctionne correctement, il est capital que le tapis de course soit parfaitement stable de manière à éviter tout déport de la courroie de marche.

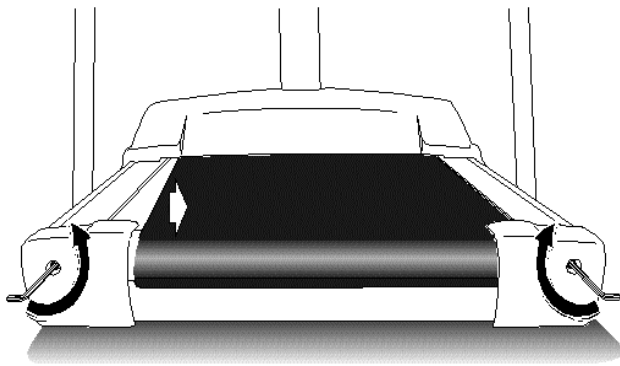
Do not walk or run on belt until you have checked it for alignment

Ne marchez pas ou n'exécutez pas sur la ceinture jusqu'à ce que vous l'ayez examinée pour assurer le cadrage.

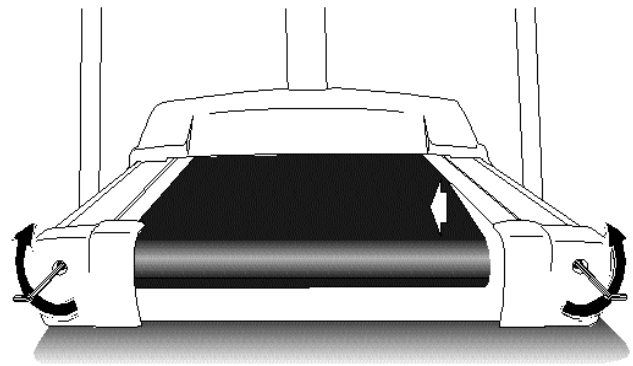
After placing the unit in its intended location for use, stand next to the treadmill and begin a Life Fitness workout program (see *Program Descriptions*).

It is important to ensure that the STRIDING BELT remains centered during operation. If the BELT drifts to the RIGHT or the LEFT, adjust the Belt Tensioning Screws approximately one-half of a turn each as shown below. If the belt still drifts to the right or to the left turn the Belt Tensioning screws one-quarter of a turn each according to the illustration below. Repeat up to four times to center the belt.

For more information on center the striding belt see *How to Adjust and Tension the Striding Belt*.



Belt Drifts to Right



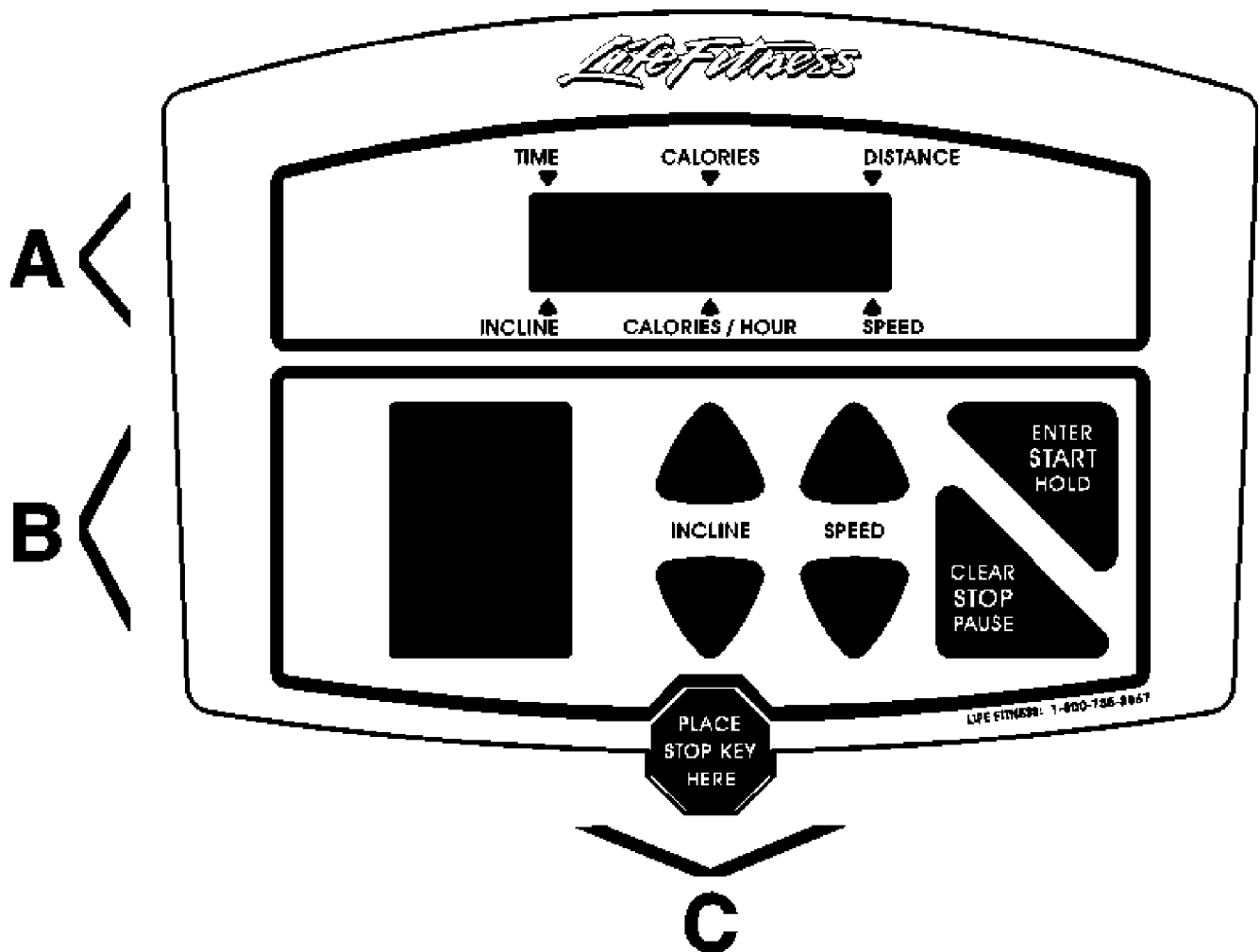
Belt Drifts to Left

2

THE DISPLAY CONSOLE

2.1 Display Console Overview

The computerized display console is easy to use. It allows you to follow your progress as you walk, jog or run. The **Life Fitness** 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.



2.2 Display Console Descriptions

A Message Center

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.
- | **DISTANCE:** Displays distance traveled in miles. At the end of your workout, the total distance traveled will be displayed. All treadmills sold outside the United States will display distance in kilometers.
- | **TOTAL CALORIES:** Shows total calories burned.
- | **SPEED:** Shows your speed in miles per hour, or kilometers per hour on metric units.
- | **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 units will display energy expended in watts.

B Program Profile Window

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



ENTER
START
HOLD

START / ENTER / 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

CLEAR / STOP / PAUSE: Press this key once to put an exercise program on hold for up to five minutes. The striding belt stops while the program is on hold. The stopwatch 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 (pressing twice in quick succession) the CLEAR / STOP / PAUSE key during the data entry stage will reset the programs to the beginning.



SPEED

SPEED st: Pressing the st keys allows you to increase or decrease the belt speed from 0.5 mph to 10.0 mph, or .8 kph to 16 kph, in 0.1 increments. You may change the belt speed at any time during a program (except Fit Test).



INCLINE

INCLINE st: Pressing the st keys allows you to increase or decrease the elevation of the **Life Fitness** treadmill deck from 0% to 10% (model 3500) or 0% to 12% (model 4000) 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.



Stop Key

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

CLE D'ARRÊT: 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**. 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.

3

HEART RATE ZONE TRAINING™

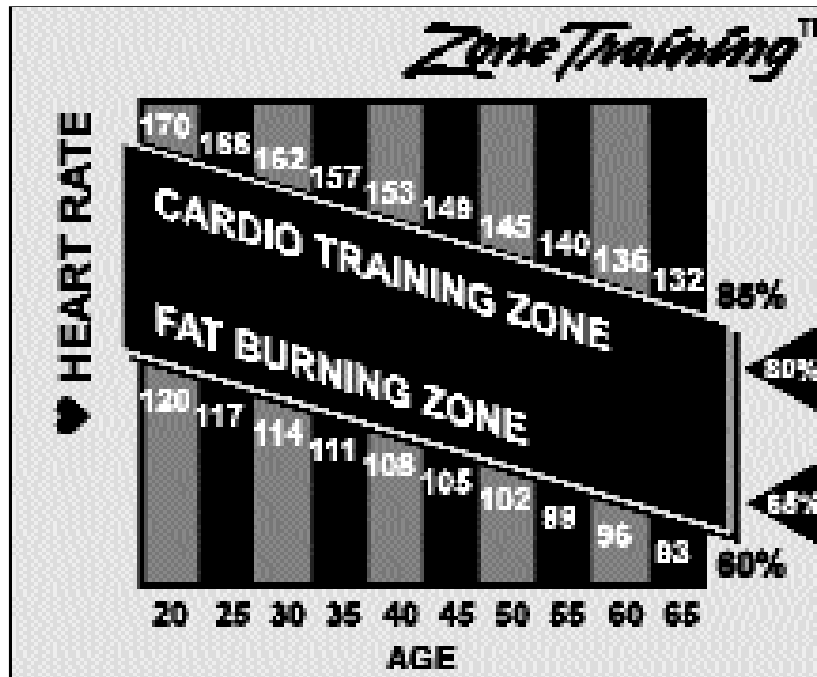
3.1 Why Heart Rate Zone Training?

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†. If you wish to improve your cardiovascular condition, you should work out at 75% to 85% of your theoretical maximum heart rate.

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



3.2 How to Take Your Pulse

To take your pulse manually, 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).

4

THE PROGRAMS

4.1 Program Overviews

Selecting a workout program on your Life Fitness exerciser is easy. Five computerized aerobic workout programs are preprogrammed on your **Life Fitness** treadmill.



QUICK START, the fastest way to begin exercising, allows you to immediately start a manual program.



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



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



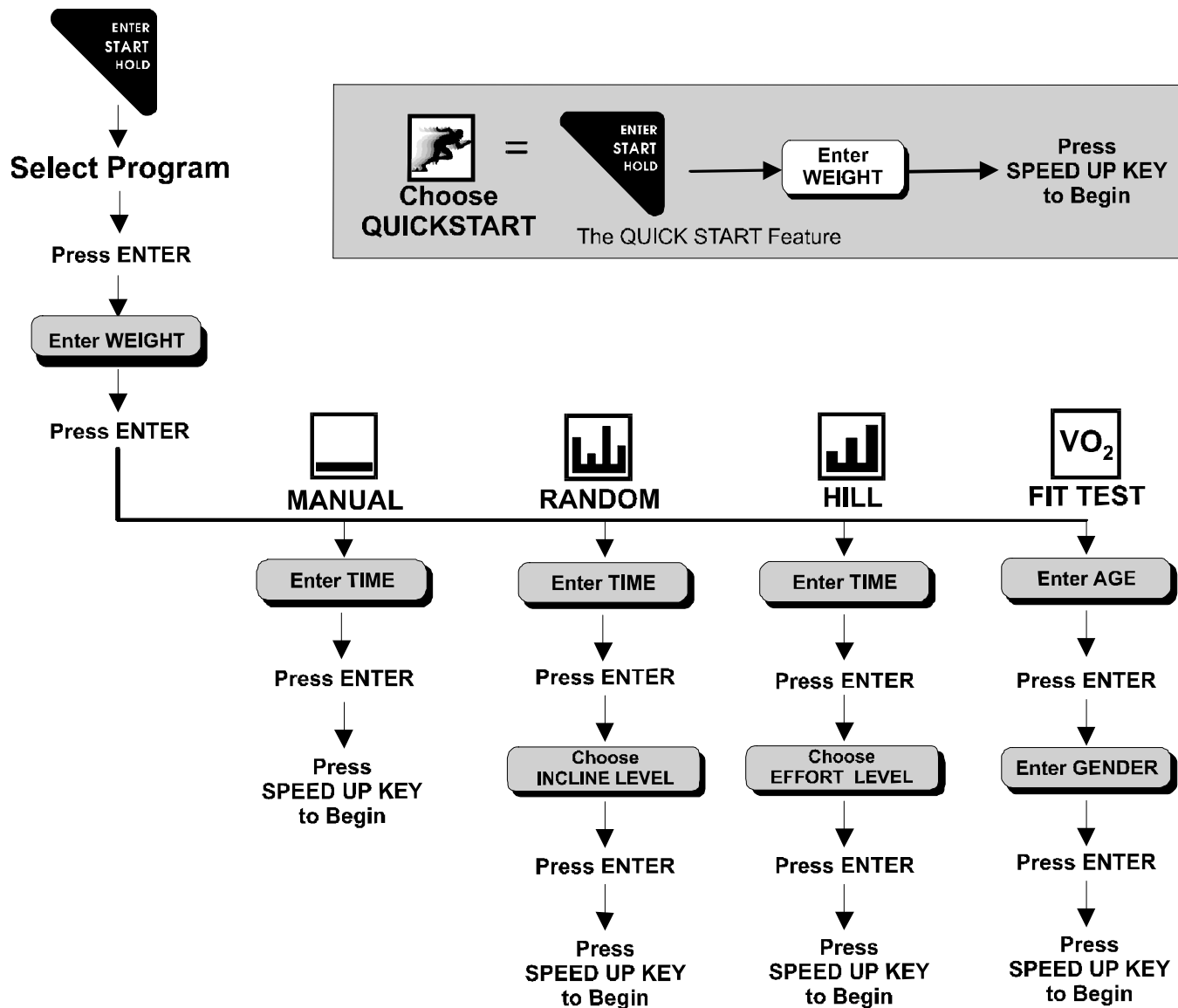
HILL is an interval training workout consisting of a combination of hills and valleys proven to provide effective, time-efficient cardiovascular results.



FIT TEST is a way of measuring the aerobic fitness level of an individual compared to others of the same age and gender.



The Programs Step by Step



Use the UP/DOWN keys to scroll through PROGRAMS, enter VALUES, or to choose SPEED, LEVEL or INCLINE.

NOTE: You can change your SPEED, LEVEL or INCLINE at any time during a program (except FIT TEST).



4.2 Program Descriptions

To Begin a Life Fitness Treadmill Workout

Use the following steps to begin any of the treadmill programs.

- 1 Press the ENTER / START / HOLD key.
- 2 The message center will ask you to select a program using any one of the st keys.

CAUTION: The belt will begin moving as soon as you begin selecting your speed.

ATTENTION: La ceinture commencera à se déplacer dès que vous commencerez à choisir votre vitesse.

Press any one of the st keys until the exercise program you want is displayed, then press ENTER / START / HOLD.

- 3 The message center will ask your weight; enter your current weight using any one of the st keys, then press the ENTER / START / HOLD key.



QUICK START

- 1 After selecting the Quick Start program and entering your weight (or you can press ENTER to go directly to the preset default weight of 150 lbs. / 68 kg), simply use the speed st keys to increase your speed.

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 stimulate your own hills and valleys. The Quick Start program is set to a 60 minute time goal.

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



Manual and Random Programs

- | Begin a treadmill workout (see beginning of this section).
- | Use the **st** keys to select a value from 1-90 minutes. Press **ENTER / START / HOLD**.
- | In the **MANUAL** program, enter an incline level from 0% - 10% (model 3500) or 0% - 12% (model 4000) and press the **ENTER / START / HOLD** key. In the **RANDOM** program, enter an effort level from 1 to 7 (model 3500) or 1 to 9 (model 4000) and press the **ENTER / START / HOLD** key. (Use the **st** keys to increase or decrease the incline or effort level.)
- | Use the **st** keys to select a belt speed.

CAUTION: The belt will begin moving as soon as you begin selecting your speed.

ATTENTION: La ceinture commencera à se déplacer dès que vous commencerez à choisir votre vitesse.



MANUAL PROGRAM

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

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

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.



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.



Hill Program



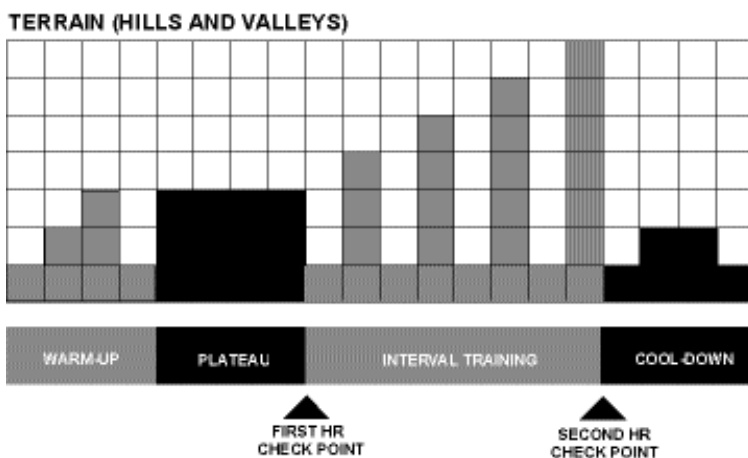
HILL PROGRAM

- | Begin a treadmill workout (see beginning of this section).
- | 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 st keys and press ENTER / START / HOLD.
- | After selecting a workout duration, you will be prompted to choose an effort level. Select an effort level using the st keys, then press ENTER / START / HOLD. You will be requested to select a belt speed using the st keys.
- | The incline keys will raise or lower the average hill level in the Hill program.

You are ready to go! Now, just begin striding at the pace of the belt!

The **Life Fitness** 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: 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 previous page 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 (see How to Take Your Pulse) near the end of the plateau and interval training periods (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.



VO₂ FIT TEST

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

- | Begin a treadmill workout (see beginning of this section).
- | The message center will ask for your age. Use the **st** keys to scroll to your age and press **ENTER / START / HOLD**.
- | After entering your age, the message center will ask for your sex. Press **s** for male or **t** 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 **st** keys to enter the appropriate speed.

ACTIVITY LEVEL (in MPH)

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 st keys to enter your pulse count. Your Fit Test score will be displayed followed by your ranking in the Fit Test scoring tables located in this section.

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 quadriceps muscles which often reach maximum fatigue at a lower level of VO_2 max than what a person would reach on a stairclimber or a treadmill.*

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

Fit Test Tips

The computer will not accept:

- | heart rates less than 90 or greater than 199 beats per minute
- | body weights less than 74 pounds (34 kg) or greater than 250 pounds (113 kg)
- | ages below 10 or over 99 years
- | data input that exceeds human potential

If an error is made when entering any Fit Test data, correct it by pressing CLEAR / STOP / PAUSE, inputting the correct information, and pressing ENTER / START / HOLD.

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

- | amount of sleep the previous night (at least seven hours is recommended)
- | time of day
- | time since last meal (two to four hours after the last meal is recommended)
- | time since last drinking a liquid containing caffeine or alcohol, or smoking a cigarette (at least four hours is recommended)
- | time since last exercise (at least six hours is recommended)

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

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

RELATIVE FITNESS CLASSIFICATION FOR MEN

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

RELATIVE FITNESS CLASSIFICATION FOR WOMEN

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

Fit Test scoring

5

SERVICE AND TECHNICAL DATA

5.1 Preventive Maintenance Tips

The **Life Fitness** treadmill is backed by the engineering excellence of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness 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** treadmill.

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

- | Locate the **Life Fitness** treadmill in a cool, dry place.
- | Clean the top surface of the treadmill 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 treadmill. 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.
- | Check the belt tension.

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.

NOTE: En nettoyant l'extérieur de l'unité, une épierreuse et un tissu mou non-abrasifs de coton sont vivement recommandés. À aucun moment si l'épierreuse est appliquée directement à n'importe quelle partie du matériel. Placez la solution non-abrasive de nettoyage sur un tissu mou et puis l'essuyez en bas de l'unité.

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

Ne déplacez pas l'unité ou ne placez pas vos mains dans l'unité tandis qu'elle est branchée à une sortie électrique.

5.2 How to Adjust and Tension the Striding Belt



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



Ne tournez pas le boulon de tension plus de 1/4 tour en même temps ou plus qu'un maximum de 1 plein tour.

IT IS EXTREMELY IMPORTANT that the treadmill be correctly leveled prior to any tracking adjustments. An unstable unit may cause striding belt misalignment. Refer to the instructions in this manual to stabilize the treadmill.

Tool Required: 5/16" Hex key wrench

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

Tracking (Centering) an Existing or New Striding Belt

Step 1

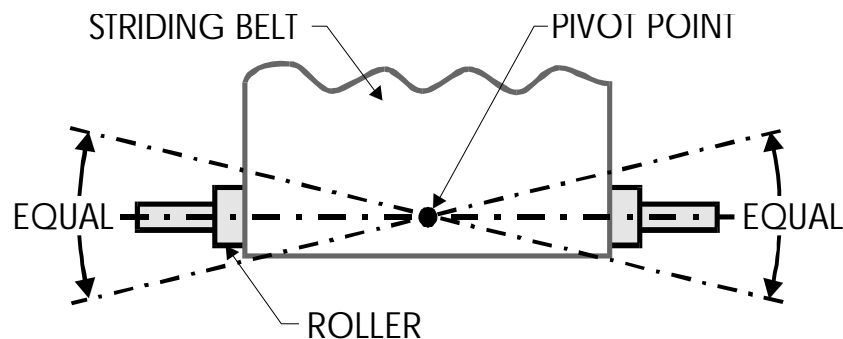
Locate the two belt tensioning bolts on each side of the rear frame cap.

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.





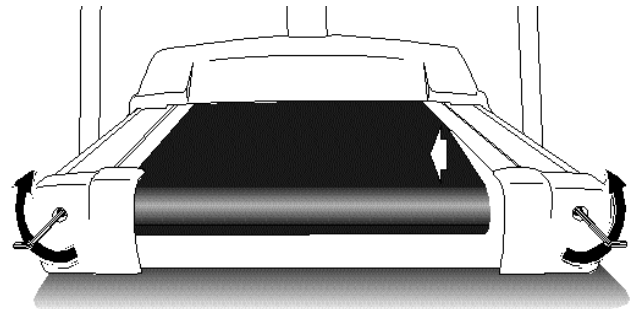
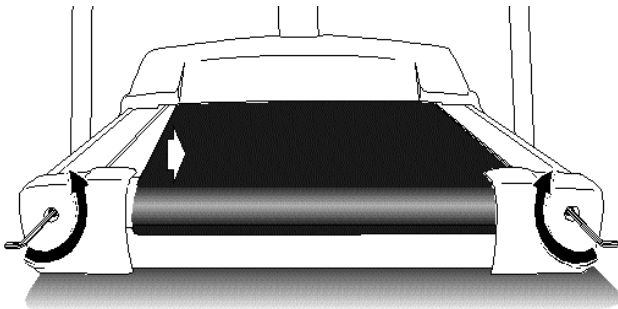
Do not over tighten the tensioning bolts while making belt adjustments. Over tightening of bolts may over stretch and damage the striding belt as well as place an unnecessary load on the roller bearings.



Au-dessus de ne serrez pas les boulons de tension tout en faisant des réglages de ceinture. Au-dessus du serrage des boulons peut au-dessus du bout droit et endommager la ceinture de progrès aussi bien que l'endroit un chargement inutile sur les roulements à rouleaux.

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.



Tracking and Centering the Striding Belt

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

Stop the treadmill and alternately turn the belt tensioning bolts 1/4-turn clockwise to tension, not exceeding one full turn. Repeat Steps 1 and 2 until the belt no longer slips. (See Tracking (Centering) an Existing or New Striding Belt on the previous page.

Step 4

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

5.3 How to Obtain Product Service

Step 1

Verify the symptom and review the operating instructions prior to making an inquiry. 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**:

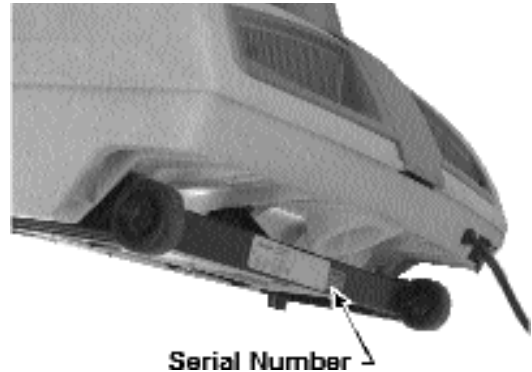
Toll-free within the U.S. and Canada

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 3500 / 4000 Treadmill Specifications

Maximum user weight		250 pounds/113.4 kilograms
Speed range		0.5–10.0 mph / .8–16 kph (in 0.1 increments)
Elevation range	TR4000:	0% – 12% grade (in 0.5% increments)
	TR3500:	0% – 10% grade (in 0.5% increments)
Motor type		DC
Motor size		1.5 hp continuous duty, 2.0 hp peak duty
Power requirements		120 volt, 15 amp (U.S. and Canada).
Roller diameter		2.0 inches / 5.1 centimeters
Belt color/type		Black/PVC multi-ply
Belt size	TR4000:	52" L x 17" W / 132.1 cm L x 43.2 cm W
	TR3500:	52" L x 18" W / 132.1 cm L x 45.7 cm W
Programs		Quick Start, Random, Manual, Hill, Fit Test,
Console displays		Elapsed time, speed (mph or kph), calories, calories per hour (watts on metric units), miles (kilometers on metric units), % incline

PHYSICAL DIMENSIONS:

Length	69 inches / 176 centimeters
Width	31.5 inches / 80 centimeters
Height	46 inches / 117 centimeters
Weight	159 pounds / 72 kilograms

SHIPPING DIMENSIONS:

Length	80 inches / 203 centimeters
Width	34 inches / 87 centimeters
Height	22 inches / 56 centimeters
Weight	210 pounds / 96 kilograms



