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M051-00K45-B011
(2/96).

FCC Warning   Possible Radio/Television Interference

NOTE: Operation of this equipment in a residential area may cause unacceptable interference to radio and TV reception and electronically controlled health devices requiring the operator to take whatever steps are necessary to correct or avoid such interference. It has been type tested and found to comply with the requirements in Part 15 of the FCC Rules for a computing device, which are designed to provide reasonable protection against such interference. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

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

The user can consult the radio or TV manufacturer for additional suggestions. The user may find the following booklet prepared by the Federal Communications Commission helpful: "How to Identify and Resolve Radio-TV Interference Problems". This booklet is available from the U.S. Government Printing Office, Washington, D.C. 20204, Stock No. 004-000-00345-4. If necessary, we encourage you to seek advice from Life Fitness Customer Support Services, Toll Free at 800-351-3737 or 847-451-0036.

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.

Please Note:
Before using your Life Fitness 8500 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 8500 aerobic trainer quickly and use it correctly.

Prenez note :
Avant d'utiliser l'exerciseur de marche Life Fitness 8500, il est essentiel de lire TOUT le guide de fonctionnement. Il suffit de quelques minutes pour parcourir les directives d'assemblage de l'exerciseur Life Fitness 8500, ce qui facilitera le montage et assurera une utilisation adéquate.

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INTRODUCTION

Congratulations . . . and thank you for purchasing a *Life Fitness 8500* treadmill. Your new Life Fitness aerobic trainer is the most versatile treadmill ever developed, the culmination of over 20 years of Life Fitness research, technological innovation and engineering expertise. Life Fitness treadmills are recognized around the world as the most popular and advanced computerized running/walking machines.

Like other Life Fitness products, the *Life Fitness 8500* treadmill is designed to give you an effective workout that is motivating and efficient. The FlexDeck™ running surface all but eliminates running-related injuries and the user-friendly console displays a host of visual feedback in addition to acting as your personal "coach" with easy-to-follow prompts and instructions.

Why use a Life Fitness treadmill? Working out with a *Life Fitness 8500* treadmill gives you more features and programs than most other aerobic trainers. The patented FlexDeck shock absorption system minimizes impact to bones, joints and muscles, and its powerful motor allows for a wide range of belt speeds yet remains incredibly quiet. Whether you want to walk, jog, or cross-train, three completely new workouts give you the choice of working out the way **you** want to workout.

If you have any questions regarding the operation of your *Life Fitness 8500* aerobic trainer, please call *Life Fitness Customer Support Services* at (847) 451-0036 or toll free within the U.S. and Canada at (800) 351-3737. For product service in Europe, refer to the first page of this manual and contact your nearest Life Fitness office.

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

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

IMPORTANT SAFETY INSTRUCTIONS

DANGER: *To reduce the risk of electrical shock, always unplug your life fitness 8500 treadmill before cleaning or attempting any maintenance activity.*

- Always follow the console instructions for proper operation.
- Never operate a Life Fitness treadmill if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.
- Keep the power cord away from heated surfaces. Do not pull the treadmill by the power cord or use the cord as a handle. Do not run the power cord under or along the side of the treadmill.
- Do not use the treadmill outdoors, near swimming pools or in areas of high humidity.
- Never operate a Life Fitness treadmill with the air openings on the front motor housing blocked. Keep air openings free of lint, hair or any obstructing material.
- Never insert objects into any opening in the treadmill. If an object should drop inside, unplug the unit and carefully retrieve the item. If you cannot reach the item, contact Life Fitness Customer Support Services.
- Always use containers with lids. Never place liquids of any type directly on the unit except when using the accessory tray.
- Do not use the treadmill in areas where aerosol spray products are being used or where oxygen is being administered. Such sub stances create the danger of combustion and explosion.
- Keep all loose clothing, shoelaces, and towels away from the running surface and belt rollers.

IMPORTANT SAFETY INSTRUCTIONS

- Keep the area six feet behind the treadmill clear of any obstruc tions, including walls, furniture and other equipment.
- Never mount or dismount the treadmill while the running belt is moving. Use the handrails whenever additional stability is required.
- Wear shoes with rubber or high traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles. Do not use the treadmill in bare feet.
- Never walk or jog backwards on the treadmill.
- To reduce the risk of burns, fire, electrical shock or personal injury:
    - ⇨ It is imperative that you connect each treadmill to a proper-ly grounded outlet.
    - ⇨ Close adult supervision is necessary when this trainer is used by children, invalids, or disabled persons.
    - ⇨ Use this treadmill only for its intended use as described in this manual. Use only attachments recommended by Life Fitness.
- Do not reach into or underneath the unit, or tip it on its side during operation.
- It is of extreme importance that you keep the front of the tread-mill free of obstructions. There is a risk of injury as the Lift Arm, located in the front of the treadmill, is a moving part. Please keep all pets and small children away from the tread-mill.

IMPORTANT INSTRUCTIONS DE SÉCURITÉ

DANGER: *Afin de réduire les risques de secousse électrique, débranchez toujours l'exerciseur de marche life fitness 8500 avant de le nettoyer ou d'en faire l'entretien.*

- 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, endom magé ou s'il a été immergé dans l'eau (même partiellement). Prenez contact avec le service après-vente de Life Fitness.
- Tenir le cordon d'alimentation à l'écart des surfaces chauffées. Ne pas tirer l'exerciseur par le cordon d'alimentation ni utiliser le cor don comme poignée. Ne pas passer le cordon sous l'exerciseur.
- Ne pas utiliser l'exerciseur à l'extérieur, à proximité des piscines ou dans des lieux ou l'humidité est élevée.
- 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 matières qui pourraient obstruer les ouvertures.
- N'introduisez jamais d'objets dans les ouvertures de l'exerciseur de marche **Life Fitness 8500**. Si un objet tombait dans une des ouvertures, débranchez l'appareil et retirez soigneusement l'objet. Si vous ne pouvez retirer l'objet, prenez contact avec le service après-vente de Life Fitness.
- Ne placez jamais de liquide sur l'unité.
- N'utilisez pas l'appareil Life Fitness à l'extérieur.
- Ne pas l'exerciseur dans des lieux où des produits en aérosol sont utilisés, où on donne l'oxygéne. De telles substances provoquent un danger de combustion et d'explosion.
- Tenez tous les vêtements, les lacets et les serviettes à l'écart des rouleaux de la courroie et de la surface de marche de l'exerciseur **Life Fitness 9100HR**.

IMPORTANT INSTRUCTIONS DE SÉCURITÉ

- Placez l'exerciseur Life Fitness à six pieds de toute obstruction, y compris les murs et les autres appareils.
- Ne jamais monter ou descendre de l'exerciseur lorsque la courroie est en mouvement.Utiliser les mains courantes pour un meilleur équilibre.
- Portez des chaussures avec des semelles en caoutchouc ou des semelles qui ont une forte traction. Ne portez pas de chaussures avec des talons, des semelles en cuir, des crampons ou des pointes. Assurez-vous qu'aucune roche n'est coincée dans la semelle. N'utilisez pas l'exerciseur à pieds nus.
- Ne marchez/joggez JAMAIS à reculons sur l'exerciseur.
- Pour réduire les risques de brûlure, d'incendie, de secousses électriques ou de blessures.
  - ⇨ Il est absolument nécessaire de brancher chaque exerciseur dans une prise de courant correctement mise à la terre.
  - ⇨ Les enfants, les handicapés ou les invalides doivent toujours être sous la surveillance d'un entraîneur.
  - ⇨ L'exerciseur ne doit être utilisé qu'aux fins prévues dans le présent guide.
  - ⇨ Utliser seulement les accessoires recommandés par Life Fitness
- Ne mettez pas la main à l'intérieur, dessous l'unité et n'inclinez pas l'unité sur le côté lorsqu'il fonctionne.
- Il est essentiel d'éliminer tout obstacle à l'avant de l'exerciseur, sinon il y a risque de blessure. En effet, le bâton situé à l'avant de l'exerciseur est une piéce mobile. Tenez les animaux domestiques et les enfants à l'écart de l'exerciseur.

GROUNDING INSTRUCTIONS

For safe operation, your **Life Fitness 8500** 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 equipment. 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, **but 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.*

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

INSTRUCTIONS DE TERRE

L'exerciseur de marche *Life Fitness 8500* 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.

Utilisez un adaptateur temporaire pour brancher la fiche à une prise de courant à 2 pôles (É.-U. et Canada) si la prise de courant utilisée n'est pas correctement mise à la terre. **Cette mesure n'est que provisoire; il est nécessaire qu'un électricien qualifié installe une prise adéquate, correctement mise à la terre.**

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

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

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 8500** 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.
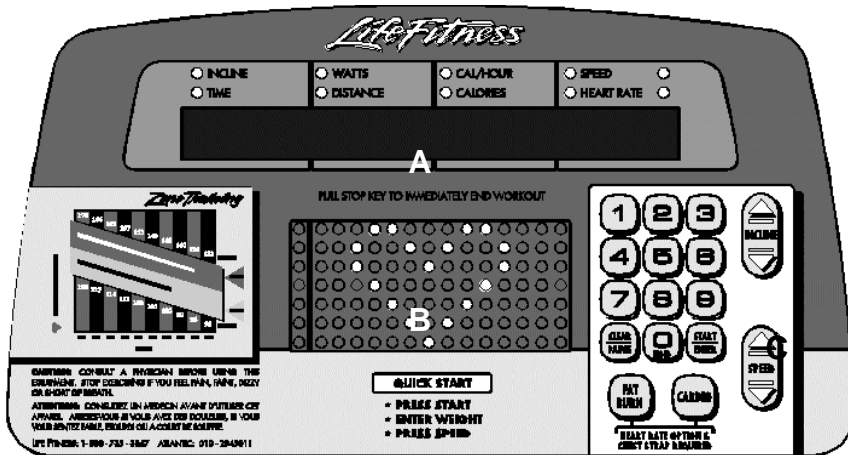
Display console

A. MESSAGE CENTER: The message center provides step-by-step instructions for beginning your workout and displays constant feedback while you exercise. When the rows of LED lights above the window are lit, the current measurements of those functions are displayed (for 10 seconds on the top row and 20 seconds on the bottom). To hold a constant display of the top or bottom row, press the HOLD key when those lights are illuminated. Press HOLD again to return to alternating mode.

● **INCLINE:** Displays the current treadmill elevation in percentage of incline.
● **TIME:** Displays the elapsed time of your workout and functions as a stopwatch.
● **WATTS:** Shows the number of watts you are expending based on your current speed and incline.
● **DISTANCE:** Shows distance traveled in miles or kilometers; at the conclusion of your workout, the total distance traveled will be displayed.
● **CALORIES / HOUR*:*** Shows the number of calories you would burn in one hour at your present speed and incline.
● **CALORIES:** Displays total calories burned.
● **SPEED:** Shows your speed in miles per hour or kilometers per hour.
● **HEART RATE:** Displays your heart rate in beats per minute when you are wearing a Zone Trainer™ heart rate chest strap (sold separately).

B. PROGRAM PROFILE WINDOW: A matrix of lights in the Program Profile Window 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. Use the numeric keypad for entering data.

C. DATA ENTRY ZONE: The Data Entry Zone is where you input all of the information and instructions necessary to define and begin your workout. Use the numeric keys to input information ranging from your weight to new target heart rates.

● *START/ENTER:* This key is used to begin an exercise program, to restart a program, or to enter data. Throughout the remainder of this manual this key will be referred to simply as the ENTER key.
● *CLEAR/PAUSE:* Press this key once to pause an exercise program for up to two minutes. The striding belt stops while the program is paused. 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 key. The CLEAR/PAUSE key (CLEAR key) may also be used to clear any input prior to pressing the ENTER key. Double-pressing (pressing twice in quick succession) the CLEAR key during the data entry stage will reset the programs.
● *SPEED ▲▼:* Pressing the ▲▼ keys allows you to increase or decrease the belt speed from 0.5 mph to 10.0 mph[†], or .81 kph to 16.1 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 8500** treadmill deck from 0% to 15% in .5% increments. Incline has various functions depending on the Life Fitness program you are working in. See individual program descriptions for incline key functions.
● *FAT BURN and CARDIO:* These new Life Fitness heart rate management programs allow you to target your exercise program for maximum workout efficiency: 65% and 80% of your theoretical maximum heart rate, respectively. You can toggle between the two programs at any time during your workout.
● *HOLD (0)*: Allows you to freeze either the top or bottom row of feedback in the message center until the HOLD button is pushed again.
　　　　† *0.5 mph to 12.0 mph (.81 kph to 19.3 kph) on the 220 volt version*

ENGLISH/METRIC DEFAULT SETTING TOGGLE

The default setting of the Life Fitness 8500 Treadmill Display Console is set to english units of measure at the factory. If your Display Console will require metric units of measure it may be necessary to change the setting from english to metric. To do this enter into the Diagnostics Programs and proceed to Diagnostic State 4 as described below:

● Start with the Life Fitness model 8500 treadmill turned OFF at the I/O switch located adjacent to the power cord.
● Press and hold the SPEED DOWN KEY ▼ while switching the I/O switch setting to ON. All LED's on the Display Console will light.　　　　　　　　　　　*(continue)*

● Press ENTER four (4) times to scroll through the Diagnostic Modes and enter the Software Version / Language default settings. The display console will now show a series of numbers and letters. .

For example, the **Display** will read **2.9EE1**.

2.9	Software Version
E	English Measurement (miles) " M " would designate Metric Measurement (kilometers)
E	English Language
1	120V

● Press ENTER a fifth time and " UNITS " appears in the Display readout. Pressing the SPEED UP ▲ KEY enables you to change the unit of measure from ENGLISH/ENGLISH to ENGLISH/METRIC. Pressing the SPEED DOWN KEY ▼ enables you to change the unit from ENGLISH/METRIC to ENGLISH/ENGLISH. Press the CLEAR key one (1) time to verify the default after you have chosen a setting.

● Continue to press the **CLEAR/PAUSE** key to scroll backwards through the Diagnostics and return to normal operation.

IMPORTANT SAFETY FEATURE - THE STOP KEY

Before working out, insert the STOP KEY in the slot located in the front middle of the accessory tray below the display console. If you become dizzy or faint while exercising on your Life Fitness 8500 treadmill, pull the stop key out to immediately stop the striding belt.

DIRECTIVES DE SÉCURITÉ IMPORTANTES - CLÉ D'ARRÊT

Avant de commencer votre entraînement, insérez la CLÉ D'ARRÊT plate dans la fente appropriée située au centre de la face avant du plateau d'accessoires, juste sous la console d'affichage. Si vous avez des étour dissements, tirez sur la clé d'arrêt pour mettre l'appareil hors fonction.

POWER SAFETY SWITCH

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

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

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

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

MISE EN GRADE: RETIREZ LA CLÊ D'ALIMENTATION LORSQUE L'APPAREIL N'EST PAS UTILISÊ. RANGEZ LA CLÊ HORS DE LA PORTÊE DES ENFANTS.

HEART RATE TRAINING™

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

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

> ***Example:*** **If 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 x .60 = 114 bpm (the low end of your target heart rate zone)**
> **Multiply 190 x .75 = 143 bpm (the high end of your target heart rate zone)**
>
> **If your primary goal is *to improve your cardiovascular fitness*:**
>
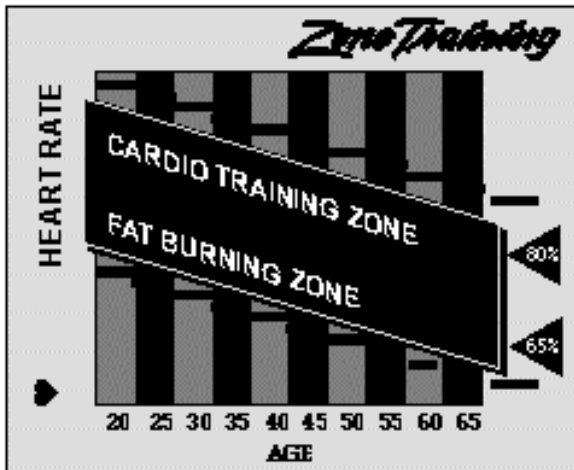> **Multiply 190 x .75 = 143 bpm (the low end of your target heart rate zone)**
> **Multiply 190 x .85 = 162 bpm (the high end of your target heart rate zone)**

Heart Rate Zone Training chart

*Telemetry heart rate monitoring is optional and requires the Zone Trainer or similar chest strap and heart rate receiver, both sold separately.

HOW TO USE THE ZONE TRAINER®
HEART RATE MONITOR CHEST STRAP

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

The transmitter strap will deliver an optimum heart rate reading when the electrodes are directly in contact with bare skin. It will also, however, function properly through wet, lightweight clothing. The key is for the electrodes to remain wet so that they can pick up the electrical impulses of the heart and transmit them to the receiver.

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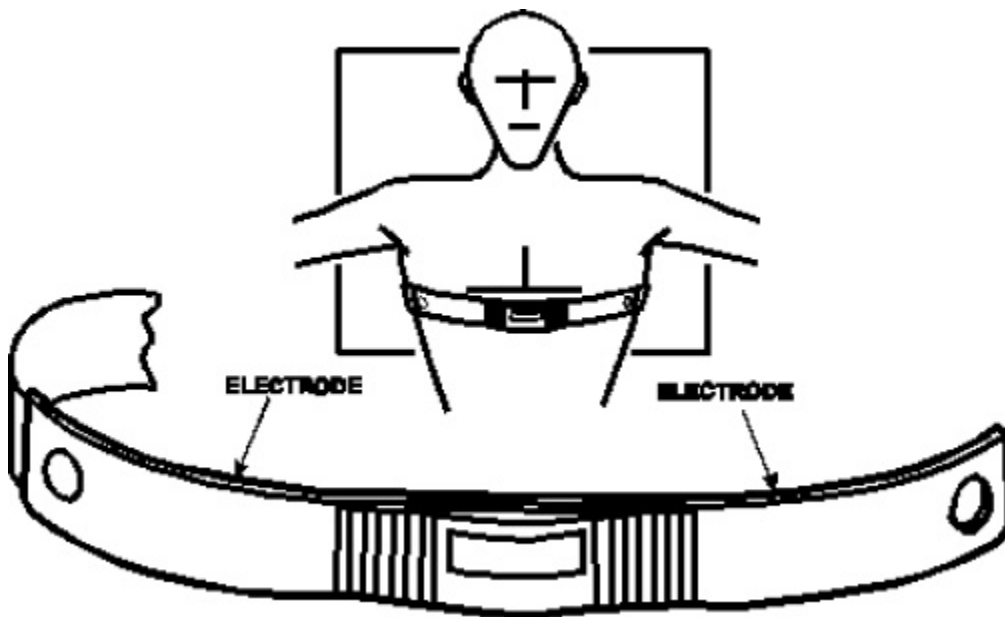
Zone Trainer chest strap

OPERATING INSTRUCTIONS & PROGRAM DESCRIPTIONS

Selecting a workout program on your Life Fitness aerobic trainer is easy. Nine computerized aerobic workout programs, including the Heart Rate Zone Training programs, are pre-programmed on your **Life Fitness 8500** treadmill:

HILL	RANDOM	MANUAL
30-MINUTE WALK	3-MILE JOG	45-MINUTE CROSS-TRAIN
FIT TEST	CARDIO*	FAT BURN*

HILL is an interval training workout consisting of a warm-up period followed by a plateau of constant effort, progressively more difficult levels of effort – hills – separated by periods of recovery – valleys – 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 maintains a constant effort level based on goals that you select.

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

30-MINUTE WALK allows you to select speeds between 2 and 4.5 MPH, begins with a 3-minute warm-up and ends with a 2-minute cool-down with varying speeds and inclines in between.

3-MILE JOG lets you select speeds between 4 and 7 MPH, begins with a 3-minute warm-up and ends with a 2-minute cool-down with varying speeds and inclines in between.

45-MINUTE CROSS-TRAIN is a combination of the 30-minute walk and 3-mile jog programs. You just select a jogging speed and a walking speed, and the on-board computer automatically switches between the two at preset intervals.

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

CARDIO is a Heart Rate Zone Training program designed to increase cardiovascular fitness by using heart rate telemetry to maintain a target heart rate of 80%.*

* Both the Fat Burn and Cardio programs require the Zone Trainer or similar chest strap and heart rate receiver, both sold separately.

To Begin Any Workout on the *Life Fitness 8500* Treadmill:

● Press the ENTER key.

● The message center will ask you to select a program using the ▲▼ keys. Press either the speed or incline ▲▼ keys until the exercise program you want is displayed, then press ENTER or wait five seconds for your program choice to be automatically entered.

● The console will prompt you to enter your weight; use the keypad to enter your weight and press the ENTER key.

● *Quick Start* – To get right into a **Life Fitness 8500** treadmill workout, simply press START, key in your weight and press ENTER, and select your speed by either using the speed ▲▼ key or entering a speed via the numeric keypad.

> **CAUTION: In all programs, the striding belt will begin moving at .5 MPH or .8 KPH while you are selecting your speed with the speed ▲▼ key.**
>
> **ATTENTION : La courroie commence à tourner dès que vous actionnez une des touches de vitesse.**

HILL PROGRAM

● After selecting a Hill workout, you will be asked to enter your desired workout time in minutes. Enter a number from 1-90 minutes using the numeric keypad and press ENTER.

● After selecting a workout duration, you will be prompted to choose an incline level. Select an incline level using the numeric keypad, then press ENTER. You will be requested to select a belt speed by either using the speed ▲▼ key or by keying in a speed directly via the numeric keypad.

● Use the numeric keypad to change levels. The incline ▲▼ key will raise or lower the incline percentage until you encounter the next hill.

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

The **Life Fitness 8500** treadmill's patented Hill program offers the ideal configuration for interval training: periods of intense aerobic activity separated by regular intervals of lower-intensity exercise. The computerized interval training program has been scientifically demonstrated to yield greater cardiorespiratory improvement than steady-pace training.

Not only does the Hill program offer the challenge of alternating periods of high and low intensity, but the levels of intensity become progressively more difficult during the course of the program.

The longer the Hill program you choose, the longer the amount of time spent on top of a hill and at the bottom of a valley. As a result, you may find two 12-minute programs easier than the 24-minute program because the hill climbing portion is shorter.

The Hill diagram below shows the effort level and recovery periods encountered during a Hill workout. Effort 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 higher the incline; consequently, you must increase your effort.
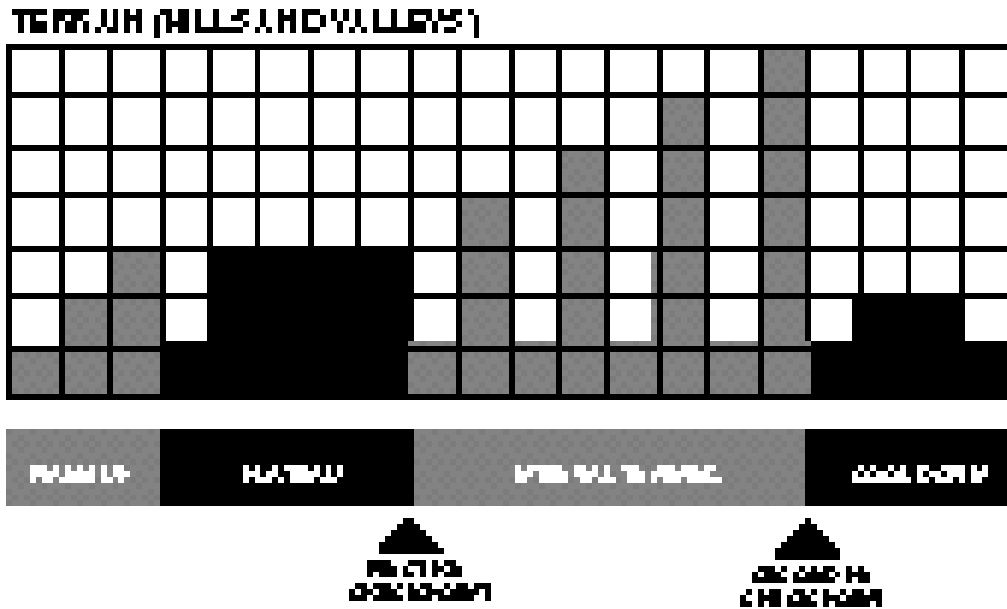
Hill Profile diagram

> ***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 work-out, 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 training period to ensure that you have stayed within your target zone.

● ***Cool-down:*** The cool-down allows your body to begin removing accumulated by-products of exercise, such as lactic acid, which builds up in muscles during your workout and contributes to muscle soreness.

HEART RATE CHECK POINTS:

For Fat Burning:

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

✔ ***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:

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

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

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 two minutes. You should always take your pulse at the times indicated to make sure you are staying within your personal target heart rate zone.

RANDOM AND MANUAL PROGRAMS

● Use either of the ▲▼ keys to select a goal: Time, Miles, or Calories. Press the ENTER key.

● After choosing your goal, use the keypad to enter 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.

● In the **RANDOM program** only, enter an incline level and press the ENTER key. *(The MANUAL program does not require the selection of an incline level to begin; however, the incline ▲▼ key will increase or decrease the incline.)*

● To begin your workout, use the speed ▲▼ key to select a belt speed or key in a speed directly via the numeric keypad.

Random Program....

The computer randomly selects hill and valley terrain which varies with each and every workout, resulting in more than one million possible combinations. Because elevation 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.

Manual Program....

The Manual program provides steady pace exercise with fixed speed rates and incline levels that you select using the incline ▲▼ keys. Unless you make a change, the speed and incline you have selected will remain constant throughout your workout.

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 be creating your own hills and valleys.

30-MINUTE WALK PROGRAM

The 30-minute walk program is ideal for beginning exercisers or regular walkers. It begins with a 3-minute warm-up period to gradually elevate your heart rate. Once the warm-up period ends and the main portion of the program begins, the program will automatically adjust the speed in .5 MPH increments and the incline in 1.0% increments according to the table below. The program concludes with a 2-minute cool-down.

● After entering your weight, use either the speed or incline ▲▼ keys to select a maximum speed between 2.0 and 4.5 MPH (3.2 – 7.2 KPH) and press ENTER.

● Once you have selected a maximum speed, choose an effort level between 1 and 12 using the numeric keypad to make your selection and then press ENTER.

● Press the speed ▲ key to begin your workout.

You can not alter the incline during the 3-minute warm-up. You may, however, manually alter the incline and/or speed at any time while in the program, but the regularly scheduled incline and speed changes will automatically override any manual changes you enter.

30-MINUTE WALK

SPEED			INCLINE	
Time *(minutes)*	Change *(MPH)*		Time *(minutes)*	Change *(%)*
5.0	+.5		7.5	+1.0
10.0	+.5		12.5	+1.0
20.0	-.5		22.5	-1.0
25.0	-.5		27.5	-1.0
30.0	cool-down begins; decrease varies with speed selected			

3-MILE (4.8-KILOMETER) JOG PROGRAM

● After entering your weight, use either the speed or incline ▲▼ keys to select a maximum speed between 4.0 and 7.0 MPH (6.4 – 11.3 KPH) and press ENTER.

● Once you have selected a maximum speed, choose an effort level between 1 and 12 using the numeric keypad to make your selection and then press ENTER.

● Press the speed ▲ key to to begin your workout.

The 3-mile jog program is similar to the 30-minute walk program. It is an ideal next step for those who no longer get a sufficient workout from the 30-minute walk program. It also begins with a 3-minute warm-up period to gradually elevate your heart rate. However, once the warm-up period ends and the main portion of the program begins, the program will automatically alter the speed and incline according to the chart below. The program concludes with a 2-minute cool-down.

You can not alter the incline during the 3-minute warm-up. You may, however, manually alter the incline and/or speed at any time while in the program, but the regularly scheduled incline and speed changes will automatically override any manual changes you enter.

3-MILE (3 KILOMETER) JOG PROGRAM

SPEED		INCLINE	
Distance *(miles)*	Change *(MPH)*	Distance *(miles)*	Change *(%)*
.50	-.5	.75	+.5
.75	+2.0	1.25	-.5
1.25	-2.0	1.75	+1.5
1.50	+1.0	2.00	-1.5
2.00	-1.0	2.50	+1.0
2.25	+1.5	2.75	-1.0
2.75	-1.5		

45-MINUTE CROSS-TRAIN PROGRAM

Cross-training is a great way to ensure a complete workout while reducing the risk of stress-related injuries resulting from the repeated pounding you get when you limit yourself to one specific activity. Competitive athletes use cross-training to keep their bodies in premier condition between seasons or events as well as to prepare for competition.

● After entering your weight, use either the speed or incline ▲▼ keys to select a maximum **jog** speed between 4.0 and 7.0 MPH (6.4 – 11.3 KPH) and press ENTER.

● Use either the speed or incline ▲▼ keys to select a maximum **walk** speed between 2.0 and 4.5 MPH (3.2 – 7.2 KPH) and press ENTER.

● Once you have selected your maximum jog and walk speeds, input an effort level between 1 and 12 using the numeric keypad and then press ENTER.

● Press the speed ▲ key to to begin your workout.

The 45-minute cross-train program is ideal for more advanced exercisers. It also begins with a 3-minute warm-up period to gradually elevate your heart rate. Once the warm-up period ends and the main portion of the program begins, the on-board computer will automatically switch between walking program and the jogging program at specific intervals designed to enhance your cardiovascular condition.

Speed and incline changes vary in the 45-minute cross-train program depending on the jog and walk speeds selected, as well as the incline level selected. The chart on the following page reflects both the maximum and minimum speed and incline changes. The program concludes with a 2-minute cool-down.

You can not alter the incline during the 3-minute warm-up. You may, however, manually alter the incline and/or speed at any time while in the program, but the regularly scheduled incline and speed changes will automatically override any manual changes you enter. See the chart on the following page.

45-MINUTE CROSS-TRAIN PROGRAM

Level 1

SPEED			INCLINE	
Time	Change		Time	Change
(minutes)	*(MPH)*		*(minutes)*	*(%)*
5.0	jog		5.0	-2.0
10.0	walk		10.0	+1.0
20.0	jog		15.0	+1.0
25.0	walk		20.0	-2.0
35.0	jog		25.0	+1.0
40.0	walk		30.0	+1.0
45.0	cool down		35.0	-2.0
			40.0	+1.0

Level 12

SPEED			INCLINE	
Time	Change		Time	Change
(minutes)	*(MPH)*		*(minutes)*	*(%)*
5.0	jog		5.0	-9.0
10.0	walk		10.0	+3.0
20.0	jog		15.0	+6.0
25.0	walk		20.0	-9.0
35.0	jog		25.0	+3.0
40.0	walk		30.0	+6.0
45.0	cool down		35.0	-9.0
			40.0	+3.0

FAT BURN AND CARDIO PROGRAMS

To utilize the telemetry feature of the Fat Burn and Cardio programs, your **Life Fitness 8500** treadmill must be equipped with the Life Fitness Zone Training heart rate receiver and you must be wearing the optional Zone Trainer heart rate monitor chest strap. See **How To Use The Heart Rate Zone Trainer Chest Strap** for instructions on using the Zone Trainer heart rate monitor chest strap from Life Fitness (both items sold separately).

● Press either the Fat Burn or Cardio program button and select a program goal by pressing the speed or incline ▲▼ keys to scroll to your goal – Time, Distance or Calories – then key in a numeric value for the goal (1 to 90 minutes, 0.1 to 10.0 miles (.16 to 15.9 kilometers), and 1 to 2,000 calories) and press ENTER.

● To have the Life Fitness computer automatically set your Fat Burning or Cardio-vascular target heart rate based on your age, input your age and press the ENTER button. If you wish to change your target heart rate, you may enter your own target heart rate via the numeric keypad after entering your age.

● Finally, select a striding belt speed from .5 to 10.0[†] mph (2.4 to 16.0 kph).

The Fat Burn and Cardio heart rate management programs work by adjusting the incline of the **Life Fitness 8500** treadmill in response to your heart rate. Both pro-grams use the technology of heart rate telemetry to constantly monitor your heart rate, then automatically adjust the work load to maintain your target heart rate.

The end result is a perfect workout every time, eliminating both under- and over-training. You can concentrate on your workout, because the **Life Fitness 8500** treadmill **automatically** responds to your heart rate and adjusts the deck incline to keep you at your target heart rate.

On the **Life Fitness 8500** treadmill, the Fat Burn program keeps your heart rate at 65% of your theoretical maximum heart rate (defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as 220 minus your age), or another target heart rate that you enter. Incline will **automatically** adjust to maintain your target heart rate. Exercising at 65% of your theoretical maxi-mum heart rate maximizes the aerobic benefits of exercise by accessing the body's fat stores for fuel, allowing you to exercise longer and burn more calories.

The **Cardio** program is virtually identical to the Fat Burn program. The only differ-ence is that your target heart rate is calculated at 80% of your theoretical maximum to accentuate cardiovascular improvement by placing a heavier work load on the heart muscle.

Remember, in either program you may change your target heart rate at any time during your workout by simply keying in a new target heart rate.

The Life Fitness Heart Rate programs begin with a 3-minute warm-up period designed to safely get you closer to your target heart rate from a resting start.

NOTE: *If your target heart rate is reached during the warm-up period, you will go directly into the program and the* **Life Fitness 8500** *treadmill will begin automatically varying its incline to maintain your target heart rate.*

[†] *.5 to 12.0 mph (2.4 to 19.3) with the 220 Volt Unit.*

FIT TEST PROGRAM

The **Life Fitness 8500** 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 you select the Fit Test program and press ENTER, the message center will ask for your age. Use the keypad to scroll to your age and press ENTER.

● After entering your age, the message center will ask for your sex. Press either ▲ for male or ▼ for female. This information is necessary for accurate computation of your Fit Test score.

● After you enter 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 below and use the speed ▲▼ key to enter the appropriate speed.

ACTIVITY LEVEL (in MPH)				
AGE	*GENDER*	*INACTIVE*	*ACTIVE*	*VERY ACTIVE*
Under 30 years	Female Male	3 4	4 4.5	4.5 4.5
30-39 years	Female Male	3 4	4 4.5	4.5 4.5
40-49 years	Female Male	2 3	3 4.5	4.5 4.5
50+ years	Female Male	2 3	3 4	4 4.5

Suggested activity levels for Fit Test

Your 5-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 (and if you are not wearing a Zone Trainer or similar telemetry heart rate chest strap or the optional Life Fitness Zone Training heart rate receiver is not installed), use the time prompt to take your 15-second pulse and enter it via the numeric keypad. Your Fit Test score will be automatically calculated and displayed followed by your ranking in the Fit Test scoring table located on page 26.

NOTE: 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 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% to15% 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 50 or greater than 200 beats per minute;
● body weights less than 25 pounds (11 kg) or greater than 300 pounds (125 kg);
● ages below 10 years;
● data input that exceeds human potential.

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

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

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

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

NOTE: To receive a proper Fit Test score, you must be working within your training heart rate zone, which is 65%-85% of your theoretical maximum heart rate.

How To Take Your Pulse...

Your pulse is constantly monitored and automatically entered at the conclusion of your Fit Test when you wear your Life Fitness Zone Trainer heart rate monitor chest strap.

If you aren't wearing your chest strap or need to take your pulse manually, place your index and middle fingers together and <u>with slight pressure</u> place them on either your neck, below your earlobe and near the angle of your jaw (this is your *carotid* pulse), or with your palm up, place your fingers on the thumb side of your wrist, just below the heel of your hand (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).

RELATIVE FITNESS CLASSIFICATIONS FOR MEN

RATING	AGE				
	20-29	*30-39*	*40-49*	*50-59*	*60 +*
Elite	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 CLASSIFICATIONS FOR WOMEN

RATING	AGE				
	20-29	*30-39*	*40-49*	*50-59*	*60 +*
Elite	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 tables

THE MESSAGE CENTER

The **Life Fitness 8500** 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 <u>may</u> see during a workout session. This is <u>not</u> a complete list.

MESSAGE	*COMMENT*
PRESS START - TO BEGIN	Press the ENTER key to begin defining your workout.
ENTER WEIGHT - USING KEYPAD	Use the numeric keypad to input your weight, then press ENTER.
SELECT [PROGRAM/GOAL/ LEVEL/AGE/SEX] - USING ARROW KEYS	Use the ▲▼ keys to scroll through the various Life Fitness workout options, make your choice and press ENTER. Some choices may require data entry via the numeric keypad.
TO START USE - SPEED ARROWS - OR KEY IN SPEED	Press the speed ▲ key or use the keypad to begin your workout.
NO HEARTRATE - DETECTED - PRESS ENTER TO - SELECT HEARTRATE - MANAGEMENT - OR CHOOSE - ANOTHER PROGRAM	The on-board computer can not detect your Zone Trainer heart rate monitor chest strap. Correct the detection problem or select a non-heart rate management program. (The Zone Trainer chest strap is sold separately).
NO CHEST STRAP - HEARTRATE DETECTED	The on-board computer can not detect your Zone Trainer heart rate monitor chest strap because it is not being used properly or is not transmitting correctly. (The Zone Trainer chest strap is sold separately.)

MESSAGE	COMMENT
YOUR [65/80] PERCENT - TARGET HR – ### - CHANGE TARGET - USING KEYPAD	The computer has determined your target heart rate. To increase or decrease this number, use the numeric keypad.
-- WARNING -- - HEARTRATE IS - DANGEROUSLY HIGH	You have exceeded your target heart rate; reduce speed to lower it.
INCREASE SPEED - TO LOWER INCLINE	The incline is too high; to lower it increase the belt speed (in Cardio and Fat Burn programs only).
GET READY FOR - 15-SEC PULSE	Prepare to take your 15-second pulse.
ENTER PULSE - USING ARROW KEYS	Use the ▲▼ keys to scroll to your 15-second pulse count, then press ENTER.
MAX SPEED – ##.#	Confirms the maximum jog or walk speed you have entered.
WALK SPEED – ##.#	Confirms the walk speed you have entered for your 45-minute Cross-train workout.
JOG SPEED – ##.#	Confirms the jog speed you have entered for your Cross-train workout.
#### [CAL/MIN/KM/MI] TO GO	Work remaining to reach your goal.
BEGIN 5-MINUTE - FIT TEST NOW	Begin your 5-minute Fit Test.
FIT SCORE – ## [followed by ELITE/EXCELLENT/ GOOD/ABOVE AVERAGE/AVERAGE BELOW AVERAGE/POOR/ VERY POOR]	Your Fit Test score followed by your descriptive ranking.

MESSAGE	*COMMENT*
COOLDOWN	You have finished the main portion of your workout and are entering the cooldown phase.
BELT STOPPING	Your workout is complete.
STOP–STOP–STOP	The stop key has been removed from the console.
[MAX/MIN] IS ####	You have attempted to enter a workout goal value that is either above or below the allowable values.
[OVERSPEED/STARTUP/RUNNING BELT MOVING] PROBLEM	These error messages indicate an operational problem requiring attention and/or service.
WAX RESERVOIR - IS LOW. UNIT - REQUIRES SERVICE	The wax reservoir is low and requires filling.
WAX RESERVOIR - IS EMPTY. UNIT - REQUIRES SERVICE	The wax reservoir is empty and must be filled.

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.*
>
> *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 désaligner.*

Tracking (Centering) an Existing or New Striding Belt

Step 1
Locate the belt tensioning bolts, one on each rear frame cap.
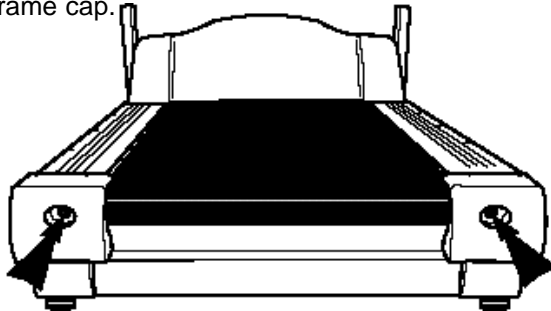

Belt tensioning bolts

PREVENTIVE MAINTENANCE TIPS

Your *Life Fitness 8500* 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 facilities the world over. This same technology and engineering expertise has gone into your Life Fitness treadmill.

Here are some preventive maintenance tips that will keep your *Life Fitness 8500* treadmill operating at peak performance:

● Clean the display console and all exterior surfaces regularly with mild soap and water.

● Check operation of emergency stop once a week.

● Vacuum the striding belt regularly to keep debris from accumulating.

● Inspect exterior parts regularly for wear, particularly the striding belt and deck.

● Inspect and vacuum the area under unit regularly.

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

The optimum operating position of the striding belt is from 3/16" to 11/16" from either side of the plastic covers. If the striding belt travels beyond this position, check to ensure that the treadmill is level prior to making any belt adjustments. If leveling the unit fails to keep the striding belt centered, follow the instructions on the following pages for proper alignment or contact Life Fitness Customer Support Services.
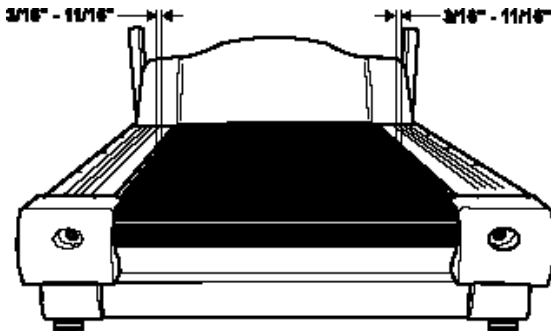
Step 2
Enter the Manual program and set the belt speed to run at 4.0 mph (6.4 kph).

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.***
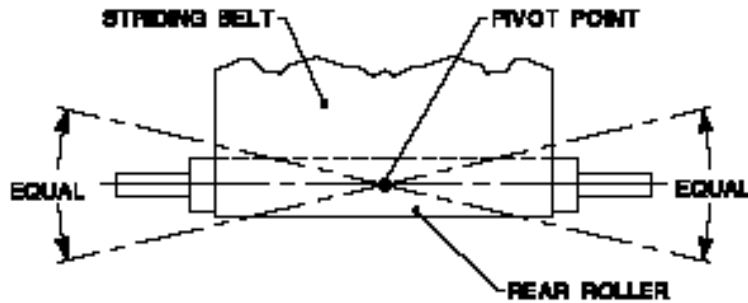

Rear roller pivot point

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.
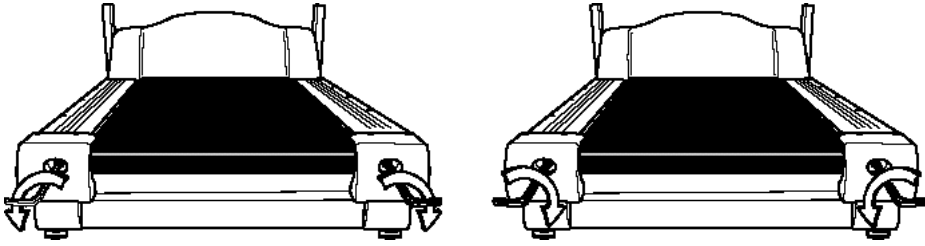
Correcting the striding belt position

● If the striding belt has moved to the right, turn the right tension bolt 1/4 turn clock-wise 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 clock-wise 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 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
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***.)

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 8500** aerobic trainer's features.

Step 2
Locate and document the serial number of the unit. The serial number of your **Life Fitness 8500** treadmill is located on the front crossbar between the two wheels.
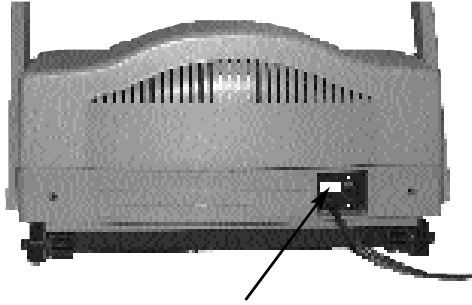
Step 3
Contact *Life Fitness Customer Support Services*:

Serial number location

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

For Product Service In Europe:

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

Life Fitness UK Ltd
Telephone: (01353) 666017
FAX: (01353) 666018

Life Fitness BeNeLux
Telephone: (03) 644 44 88
FAX: (03) 644 24 80

Life Fitness Italia S.R.L.
Telephone: (0472) 835470
FAX: (0472) 833150

Life Fitness Austria
Telephone: (02266) 61959
FAX: (02266) 61959

*Please have the serial number of your **Life Fitness 8500** treadmill and the problem/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 maybe encountering.*
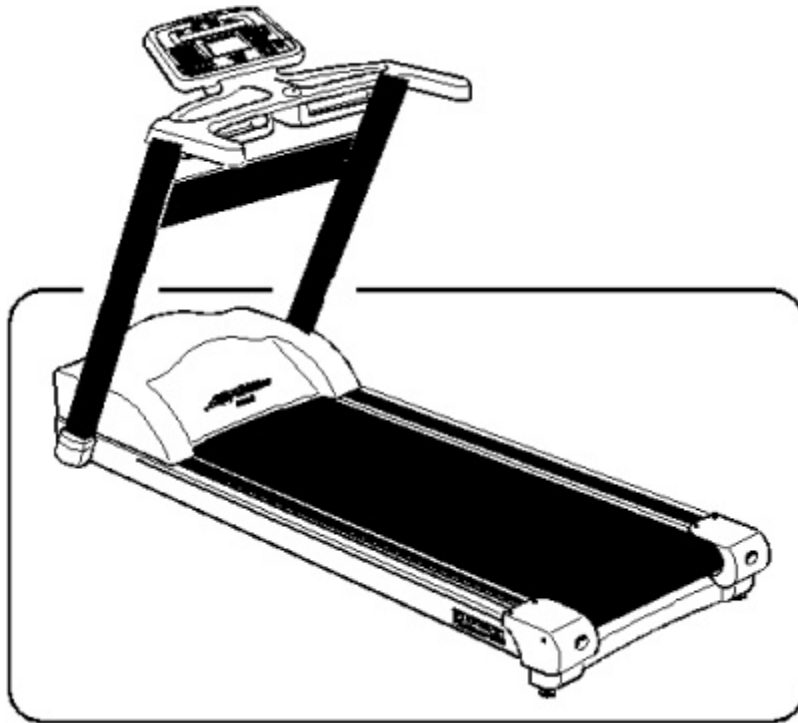
LIFE FITNESS 8500
TREADMILL SPECIFICATIONS

Designed use	Commercial
Maximum user weight	300 pounds / 136 kilograms
Speed range	0.5–10.0 mph /.81–16.1 kph in 0.1 increments
	(0.5–12.0 mph/.81-19.3 kph on 220 volt units)
Elevation range	0%–15% grade (in 0.5% increments)
Motor type	DC
Motor size	2.0 hp (120v) /2.5 hp (220v) continuous duty
Power requirements	120 volt, 20 amp for 2.0 hp version
	220 volt, 8 amp for 2.5 hp version
Roller diameter	2.5 inches / 6.4 centimeters
Belt color/type	Black/PVC multi-ply
Belt size	58" L x 18" W / 147.3 cm L x 45.7 cm W
Running surface	FlexDeck™ Shock Absorption System
Programs	Hill, Random, Manual, Fit Test, 30-minute Walk,
	3-mile (4.8 kilometer) Jog, 45-minute Cross-train,
	Fat Burn and Cardio
Console displays	Elapsed time, distance (miles or kilometers),
	calories, calories per hour, heart rate, incline,
	speed (mph or kph)

Physical Dimensions:

Length	78 inches / 198 centimeters
Width	29 inches / 74 centimeters
Height	47 inches / 119 centimeters
Weight	266 pounds / 125 kilograms
Color	Granite with red and black accents

Shipping Dimensions:

Length	84 inches / 213 centimeters
Width	33 inches / 84 centimeters
Height	24 inches / 61 centimeters
Weight	315 pounds / 143 kilograms

LifeFitness

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TREADMILL
OPERATION MANUAL

Life Fitness

10601 West Belmont Avenue
Franklin Park, IL 60131