Treadmill
OPERATION MANUAL

LifeFitness

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

It describes equipment setup and instructs
members on how to use it correctly and safely.

Avant toute utilisation de ce produit, il est indispensable de lire
ce manuel d'utilisation dans son INTÉGRALITÉ, ainsi que TOUTES
les instructions d'installations.

Ce manuel explique comment installer l'équipement et comment
l'utiliser correctement et sans danger.

FCC Warning - Possible Radio / Television Interference

NOTE: *This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.*

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

⚠ **CAUTION: Any changes or modifications to this equipment could void the product warranty.**

Mise en garde : tout changement et toute modification de ce matériel peut annuler la garantie du produit.

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

This Operation Manual describes the functions of the following products:

Life Fitness Treadmills:

9500HR

9700HR

See "Specifications" in this manual for product specific features.

Statement of Purpose: The treadmill is an exercise machine that enables users to walk or run, in place, on a moving surface.

Life Fitness STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, or is over the age of 45, or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

Life Fitness conseille VIVEMENT de consulter un médecin pour subir un examen médical complet avant de commencer tout programme d'exercice, et tout particulièrement si l'utilisateur a des antécédents familiaux d'hypertension ou de troubles cardiaques, ou s'il a plus de 45 ans, s'il fume, s'il a du cholestérol, s'il est obèse ou n'a pas fait d'exercice régulièrement depuis un an.

Si, pendant l'utilisation de l'appareil, l'utilisateur ressent un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit cesser immédiatement.

1 GETTING STARTED

1.1 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the treadmill.

- **DANGER:** To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or attempting any maintenance activity.

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

- To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.

- Never operate a Life Fitness product 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.

- Position this product so that the power cord plug is accessible to the user.

- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord on the floor under or along the side of the treadmill.

- If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.

- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.

- Always follow the console instructions for proper operation.

- Close supervision is necessary when used near children, invalids or disabled persons.

- Do not use this product outdoors, near swimming pools or in areas of high humidity.

- Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair, or any obstructing material.

- Never insert objects into any opening in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, 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.

- 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.

- Keep all loose clothing, shoelaces, and towels away from moving parts.

- Do not use this product in bare feet.

- Do not reach into, or underneath, the unit or tip it on its side during operation.

- Keep the area six feet (two meters) by three feet (one meter) behind the treadmill clear of any obstructions, including walls, furniture, and other equipment.

- Handrails may be held to enhance stability as needed, but are not for continuous use.

- Never mount or dismount the treadmill while the running belt is moving. Use the handrails whenever additional stability is required. In case of an emergency, such as tripping, grasp the handrails, and place the feet on the side platforms.

- Never walk or jog backwards on the treadmill.

- When it is necessary to immobilize the treadmill, set the display to read SELECT WORK-OUT. (Press the STOP key twice if not already there.) Then hold down the SPEED DOWN key and press the PAUSE key. The treadmill now displays IMMOBILIZED. In this state, the treadmill cannot be operated. The main motor, inline and waxer are all disabled. The tread-mill will remain in this state across resets, power cycles, etc. To restore normal operation, repeat the same key sequence: hold down the SPEED DOWN key, and press the PAUSE key. The treadmill will display SELECT WORKOUT again.

- Use this appliance only for its intended use as described in this manual. Do not use attach-ments that have not been recommended by the manufacturer.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

1 POINT DE DÉPART

1.1 CONSIGNES DE SÉCURITÉ IMPORTANTES

Pour réduire les risques de décharges électriques, l'appareil Life Fitness doit toujours être débranché avant tout nettoyage ou travail d'entretien.

Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, tout appareil doit être branché impérativement sur une prise électrique correctement mise à la terre.

- Pour d brancher l'appareil, coupez l'alimentation au niveau de l'interrupteur de marche/arrêt, puis retirez la fiche de la prise électrique.

- Ne faites jamais fonctionner d'appareil Life Fitness dont le cordon d'alimentation ou la fiche seraient abîmés, qui aurait fait une chute ou qui aurait été endommagé ou partiellement plongé dans l'eau. Contactez le service après-vente de Life Fitness.

- Placez ce produit de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation.

- Maintenez le cordon d'alimentation à l'écart des surfaces chaudes. Ne tirez pas l'appareil par son cordon et n'utilisez pas celui-ci pas comme poignée. Ne placez pas le cordon sur le sol sous le tapis roulant ni le long de l'appareil.

- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.

- N'utilisez pas ce produit dans des zones où vous utilisez des aérosols ou administrez de l'oxygène. De telles substances pourraient entraîner des risques d'incendie et d'explosion.

- Pour un fonctionnement correct, suivez toujours les instructions de la console.

- Une surveillance étroite est nécessaire en cas d'utilisation par des enfants, des personnes invalides ou handicapées.

- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans endroits très humides.

- Ne faites jamais fonctionner de produit Life Fitness dont les bouches d'aération seraient bloquées. Maintenez-les exemptes de peluches, de cheveux ou de toute obstruction.

- N'insérez jamais d'objet dans les ouvertures de cet appareil. Si un objet tombe dedans, coupez l'alimentation électrique, débranchez le cordon de la prise et récupérez-le avec précaution. Si vous ne pouvez pas l'atteindre, consultez le service après-vente de Life Fitness.

- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Il est recommandé d'utiliser des conteneurs munis d'un couvercle.

- Portez des chaussures avec semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talons, de semelles en cuir ou à crampons. Assurez-vous qu'aucun caillou ne s'est incrusté dans les semelles.

- Maintenez les vêtements lâches, les lacets et les serviettes à l'écart des pièces en mouvement.

- N'utilisez pas cet appareil sans chaussures.

- Ne placez pas les mains sous ou dans l'appareil, et ne le renversez pas sur le côté pendant le fonctionnement.

- Derrière le tapis roulant, conservez une zone de 1,80 m sur 1 m libre de toute obstruction (aucun mur, meuble ou autre appareil).

- Les barres latérales peuvent servir à améliorer la stabilité, le cas échéant, mais elles ne sont pas conçues pour être utilisées de façon continue.

- Ne montez jamais sur le tapis roulant et n'en descendez jamais tandis qu'il tourne. Le cas échéant, utilisez les barres latérales pour augmenter votre stabilité.

- Ne marchez et ne courrez jamais à l'envers sur ce tapis roulant.

- Lorsque vous devez immobiliser le tapis roulant, réglez l'afficheur sur SELECT WORKOUT (Sélectionner exercice). (Appuyez deux fois sur la touche STOP si vous n'en êtes pas déjà à ce point.) Maintenez ensuite la touche SPEED DOWN (Ralentir) enfoncée et appuyez sur la touche PAUSE. Le tapis roulant affiche alors le message IMMOBILIZED (Immobilisé), état dans lequel il ne peut plus fonctionner. Le moteur principal, le moteur en ligne et le cireur sont désactivés. Le tapis roulant reste dans cet état pendant les remises à zéro, les arrêts et remises en route, etc. Pour repasser en mode de fonctionnement normal, utilisez la même combinaison de touches : maintenez SPEED DOWN (Ralentir) enfoncée et appuyez sur PAUSE. L'appareil affichera SELECT WORKOUT (Sélectionner exercice) à nouveau.

CONSERVEZ CES INSTRUCTIONS POUR USAGE ULTÉRIEUR.

1.2 SETUP

Read the Operation Manual before setting up the Life Fitness Treadmill. Place the treadmill where it will be used before beginning the setup procedure.

ELECTRICAL POWER REQUIREMENTS

The Life Fitness Treadmill is intended for use on a normal 120-Volt electrical circuit in the United States and Canada. The following table provides the current rating for this product based on supply voltage. Make sure that this treadmill model supports the proper line voltage for the installation location before plugging it into the outlet.

Supply Voltage (VAC)	Frequency (Hz)	Maximum Current (Amps)
100	50 / 60	16 (Model 9700HR) 18 (Model 9500HR)
120	50 / 60	16 (Model 9700HR) 18 (Model 9500HR)
200	50 / 60	9
220	50 / 60	9
230	50 / 60	9
240+	50 / 60	9

GROUNDING INSTRUCTIONS

This Life Fitness product must be properly grounded. If the unit malfunctions or breaks down, 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 MUST NOT BE USED to connect this plug to a two-pole receptacle in North America. If a properly grounded, 20-amp outlet is not available, one must be installed by a qualified electrician. Models drawing 16 amps or more must be installed on a dedicated line.

IL EST ABSOLUMENT INTERDIT d'employer un adaptateur temporaire pour brancher cette fiche sur une prise à deux pôles en Amérique du Nord. Si aucune prise de 20 A correctement mise à la terre n'est disponible, il convient d'en faire installer une par un électricien qualifié. Les modèles utilisant 16 A ou plus doivent être installés sur des lignes qui leur sont réservées.

DANGER: A risk of electrical shock may result from improper connection of the equipment-grounding conductor. Check with a qualified electrician if 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.

Un branchement incorrect du conducteur de mise à la terre peut entraîner des risques de décharge électrique. Consultez un électricien si des doutes subsistent quant à la technique de mise à la terre. NE MODIFIEZ PAS la fiche fournie avec l'appareil. Si elle ne s'adapte pas à une prise, faites en installer une correcte par un électricien qualifié.

Wax Bag Instructions

To install the wax bag, turn the power off at the ON/OFF switch, and unplug the unit from the electrical outlet.

Remove the access panel. Remove the two screws (A) securing the wax bag access panel (B), located on the user left side of the unit. Remove the panel and set it aside.

Install the wax bag. Verify that the wax bag protective liner (C) is open and ready to receive the wax bag (D). Remove the new wax bag from its packaging and carefully insert it into the access hole. The wax bag hose faces the rear of the unit. Remove the two wingnuts (E) located just inside the access hole. Align the mounting holes located in the wax bag flange with the two wingnut studs (F). Secure the wax bag with the two wingnuts.
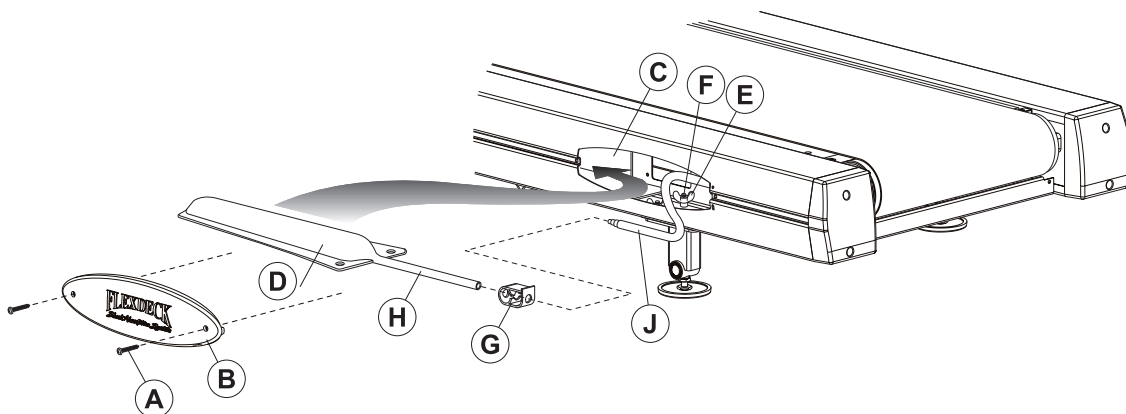
⚠ **CAUTION: Be careful to not rip or damage the wax bag on the wingnuts or wingnut studs when inserting the new wax bag.**

MISE EN GARDE : lors de l'insertion du nouveau sac de cire, veillez à ne pas le déchirer ou l'endommager sur les écrous papillon ou sur leurs goujons.

Attach the hose clamp. Slide the hose clamp (G) over the end of the wax bag outlet hose (H). Position the clamp approximately three inches from the end of the hose and engage it, clamping it (1) onto the wax bag hose to prevent spillage.

Connect the wax bag hose to the pump inlet hose. Cut the end of the wax bag hose one half-inch from the end. Slide it onto the barbed nozzle on the wax pump inlet hose (J). Be sure to fully seat the wax bag hose onto the inlet hose. Release the hose clamp (2).
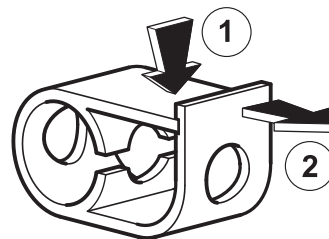
⚠ **CAUTION: Failure to release the hose clamp greatly shortens belt life.**

MISE EN GARDE : la bride de serrage doit être relâchée sous peine de réduire de façon importante la durée de vie du tapis.

Replace the access panel. Replace the wax bag access panel, and secure it with the two screws.

How to Position and Stabilize the Life Fitness Treadmill

Following all safety instructions in Section 1.1, move the treadmill to the location in which it will be used. See Section 7, titled *Specifications,* for the dimensions of the footprint. Allow a distance of eight inches, or 21 centimeters, between the treadmill and other units on either side. Allow a distance of six feet, or two meters, from the rear of the treadmill to any object or surface.

After placing the unit where it will be used, check its stability. If there is even a slight rocking motion or the unit is not stable, determine which stabilizing leg is not resting on the floor. To adjust, lo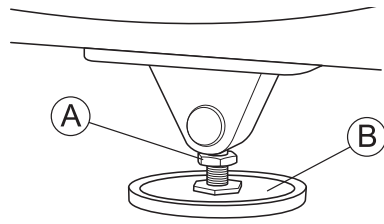osen the JAM NUT (A), and turn the STABILIZING LEG (B) until the rocking motion ceases, and both stabilizing legs rest firmly on the floor. Retighten the JAM NUT.

NOTE: It is extremely important that the stabilizing leg be correctly adjusted for proper operation. An unbalanced unit may cause striding belt misalignment.

Power Switch

Located on the front panel at the base of the treadmill, the ON/OFF switch has two positions: "I" (one) for ON and "0" (zero) for OFF.

Setting the Clock

The unit contains a clock, which is used for system maintenance and event tracking.

After the unit has been turned on[†], the display will prompt for the following:

"Would you like to change the clock from GMT to local time - if YES press Enter - if NO press Clear"

It is not mandatory to change the clock setting. To accept the current settings, press the CLEAR key.

To change the setting, press the ENTER key. The MESSAGE CENTER displays: "CHOOSE DISPLAY MODE - 12 HOUR MODE AM PM". Use an ARROW key to toggle the setting to CHOOSE DISPLAY MODE - 24 HOUR MODE. To accept the mode, press the ENTER key.

The current time (in **G**reenwich **M**ean **T**ime) will be displayed.

- Use the TIME arrows to change the hours
- Use the INCLINE arrows to change the minutes
- Use the SPEED arrows to change the seconds

When finished press the ENTER key. The MESSAGE CENTER displays "UPDATING CLOCK". At this point, the clock has been reset, and the normal startup procedure continues.

[†]*This prompt appears for the first five times that the unit is turned on, including power-ups at the factory.*

CENTERING THE BELT

After installing and levelling the treadmill, check the belt to ensure that it is tracking properly. First, plug the power cord into an appropriate outlet. See *Electrical Requirements* at the beginning of this section for details. Then, turn the treadmill ON.

Have one person stand on the platforms on either side of the treadmill belt. Do not stand on the belt at this time. Press the QUICK START key, and increase the speed to 4.0 miles per hour (MPH), or 6.4 kilometers per hour (KPH), using the SPEED UP arrow.

If the striding belt moves to the right while it is running, have a second person turn the right tension bolt a quarter-turn clockwise, and then turn the left tension bolt (A) a quarter-turn counter-clockwise. See the illustration below. This action sets the striding belt tracking back to center of the roller.

If the striding belt moves to the left, turn the left tension bolt a quarter-turn clockwise and then turn the right tension bolt a quarter-turn counter-clockwise to start the striding belt tracking back to center of roller.

Repeat these adjustments until striding belt appears centered. Allow the belt to continue running for several minutes to be sure that the tracking is stabilized.

NOTE: Do not exceed one full turn of the adjusting screws in either direction. If, after one full turn, the belt does not track properly, contact Customer Support Services. The phone numbers are listed in Section 6.7, titled How to Obtain Product Service.
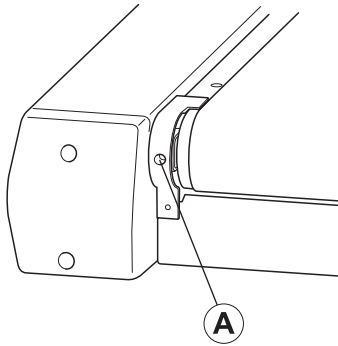
SMART STOP™ BELT STOP SYSTEM

The Smart Stop™ belt stop system senses that a user is standing on the belt. If the user steps off while the striding belt is in motion, the system automatically pauses the workout. During the **FIT TEST**, the workout is aborted. To continue the workout, press the ENTER key.

Smart Stop
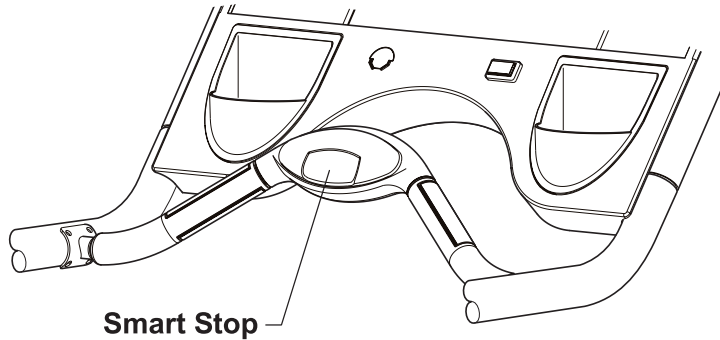
FITNESS NETWORKING

The two interchangeable networking ports (A) are located on the back of the display console. These openly accessible ports allow the treadmill to be connected to a fitness entertainment system and/or a fitness network, such as FitLinxx®.
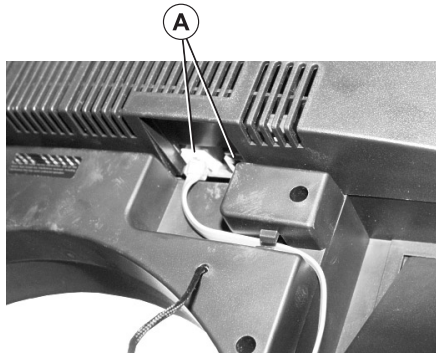
- **Networking:** The built-in networking ports allow the unit to exchange workout information with a fitness network database.

- **Fitness Entertainment:** The built-in network ports allow the treadmill to power a third-party receiver for use with an entertainment system, such as the Cardio Theater® system or BroadcastVision™.

POWER CORD ROUTING

The power cord can be run straight from the treadmill, shortened and exited out the user-front left side, or run under the frame and exited out the user right-rear side of the treadmill.

For efficient cord management, the following routing options are recommended:

With the power cord unplugged, insert the clips in the appropriate holes. See the illustration below. Use Hole Pattern 1 or 2 to locate the clips and secure the power cord with the clips, taking up any slack between clips.

NOTE: It may be necessary to tip the treadmill to route the power cord properly.
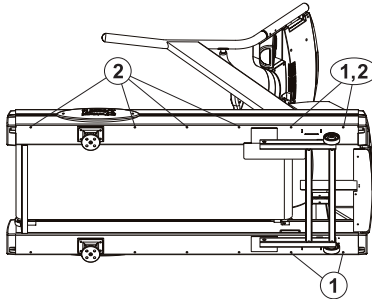
To plug the power cord into an outlet in front of the treadmill, use Hole Pattern 1 for outlets located at the front of the machine.

To plug the power cord into an outlet in rear of the treadmill, use Hole Pattern 2 for outlets located at the rear of the machine.

Make sure that there is a 6-foot clearance behind the treadmill. Contact Life Fitness Customer Service for a longer power cord if necessary.

⚠ **WARNING: Insure that the power cord (A) does not contact the striding belt or get pinched between the frame (C), lift arm (B) or the wheel; failure to follow this warning may result in serious injury.**

AVERTISSEMENT : assurez-vous que le cordon d'alimentation n'entre pas en contact avec le tapis et ne soit pas pincé entre le cadre, le bras de levage ou la roue. Le non respect de cet avertissement peut provoquer de graves blessures.

NOTE: When using Pattern 1, it is extremely important to route the power cord BETWEEN the lift frame and the main frame.
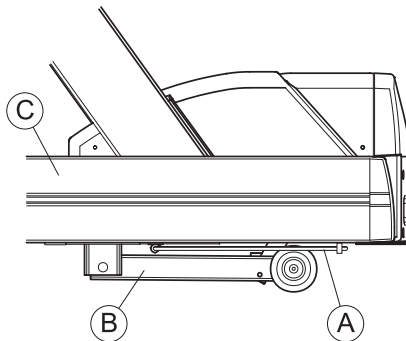
2 THE DISPLAY CONSOLE

2.1 DISPLAY CONSOLE OVERVIEW

The computerized display console on the treadmill allows the user to tailor a workout to personal fitness abilities and goals and to monitor progress. With this easy-to-use console, the user can track fitness improvement from one workout to the next.

(Model 9700HR display console shown)

2.2 DISPLAY CONSOLE DESCRIPTIONS

A   WORKOUT PROFILE WINDOW: During a workout, interval hills and valleys appear in this window as rows of light stacked in columns. The number of lit rows within a column corresponds to an incline percentage.

B   MESSAGE CENTER: This window displays step-by-step instructions for setting up a workout. During a workout, it displays calories, distance, time, incline and speed[†]. Additionally, the MESSAGE CENTER displays calories per hour, METS, Watts, pace in minutes per mile/kilometer, and distance climbed, if enabled to do so in the Manager's Configuration. See Section 5.1, titled *Entering and Using the Manager's Configuration*.

[†] *Also heart rate on 9500HR.*

C   TIME, INCLINE, and SPEED ARROW keys: Press these keys to increase or decrease the workout time, the incline of the treadmill deck, or the striding belt speed. The MESSAGE CENTER displays the input data in sections located just above the keys. Additionally, any of these keys may be pressed to set up a workout or to change Manager's Configuration settings.
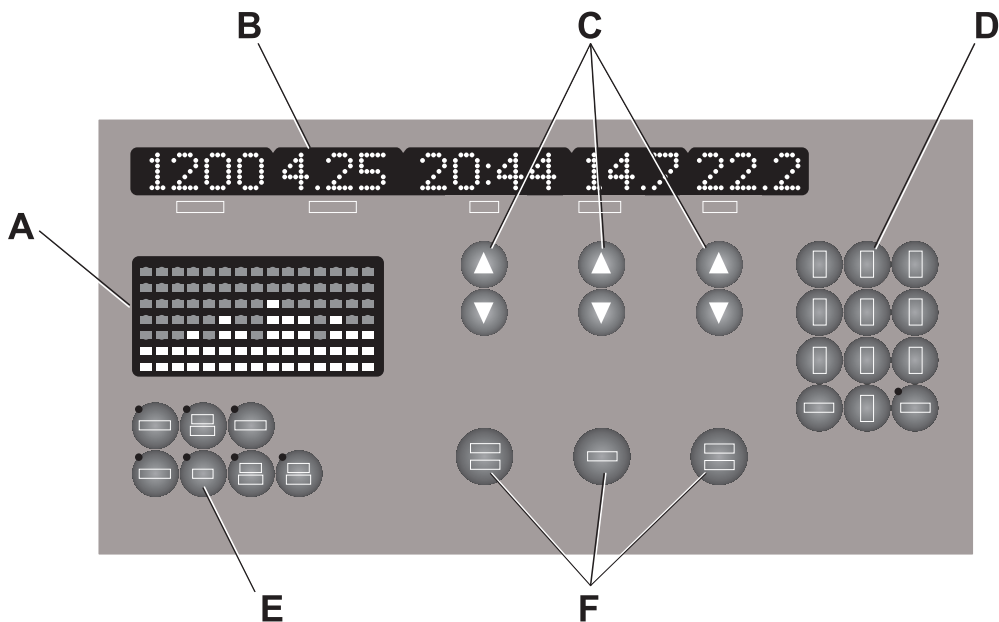
D   NUMERIC keypad: Use NUMERIC keys to enter exercise time, difficulty level, belt speed, weight, distance, goal selection, gender, and target heart rate.

CLEAR key: Press this key once to clear data not yet entered. Press it twice in succession, while programming, to reset the treadmill and restart the programming sequence.

ENTER key: Press this key to confirm entries of workout setup values, as displayed in the MESSAGE CENTER.

E   WORKOUT SELECTION keys: Press any of these keys to select the program identified on the given key's label. These programs include: **FAT BURN**, **CARDIO, HILL**, **RANDOM**, **MANUAL, CUSTOM PLUS,** and **FIT TEST**.

F   QUICK START: Press this key to begin a manual workout immediately, without having to select a workout program. Once the workout is in progress, use the ARROW keys or the NUMERIC keypad to change the intensity level or workout duration as desired.

COOL DOWN: Press this key to begin an automatically customized workout cool-down.

PAUSE: Press this key to stop the belt and hold the current workout. Continue the workout by pressing the ENTER key. The workout also resumes automatically when the maximum pause duration is reached.

G   YOUR ZONE™ HEART RATE PANEL (Model 9700HR only):

HEART RATE: Displays the heart rate during a workout if the user grasps the Lifepulse™ sensors or wears a Polar®-compatible heart rate chest strap.

TIME IN ZONE: Displays the accumulated time that the heart rate stays within the selected target zone for a Heart Rate Zone Training workout. See section 3, titled *Heart Rate Zone Training Exercise*, for more information.
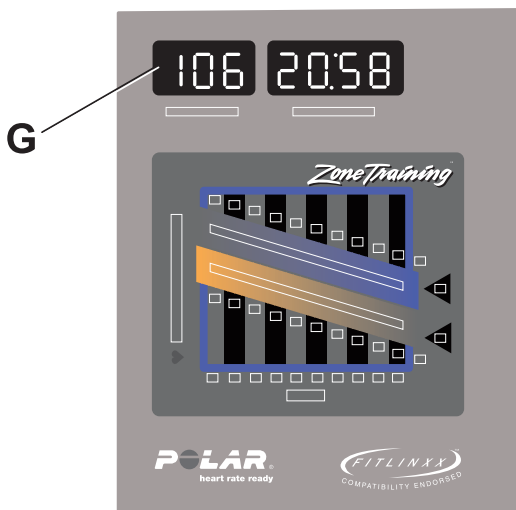
The Life Fitness Treadmill is equipped with a manual emergency stop system. Use either of the two features described below to stop the treadmill immediately.

An octagon-shaped STOP button is located on a panel below the display console. A cord with a clip is attached to this button. Before starting a workout, attach the clip to clothing. To stop the striding belt on the treadmill, pull the cord, removing the key from the console. Replace the key to reset the system.

H ——— STOP
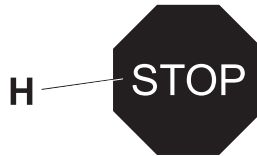
A rectangular STOP key is located on the panel as well. Press the key to stop the striding belt and end the current workout.

I ——— STOP

2.3 READING RACK

The display console design includes a built-in reading rack allowing a book or magazine to be supported during the workout.
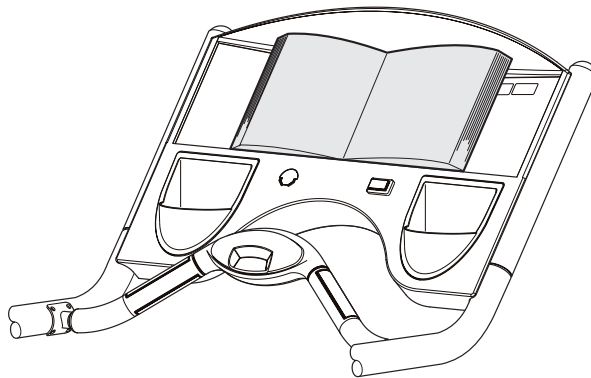
2.4 ACCESSORY TRAYS

The accessory trays, located on either side of the display console, are removable. They should be cleaned periodically. See Chapter 6, titled *Service and Technical Data,* for details.

3 HEART RATE ZONE TRAINING® EXERCISE

3.1 WHY HEART RATE ZONE TRAINING® EXERCISE?

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

Zone Training identifies an exerciser's ideal heart rate range, or zone, for burning fat or increasing cardiovascular fitness. The zone is a percentage of the theoretical maximum[†], and its value depends on the workout. The Life Fitness Treadmill features five exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training+ exercise:

- **FAT BURN**   • **HEART RATE HILL™**   • **EXTREME HEART RATE™**
- **CARDIO**   • **HEART RATE INTERVAL™**

Each workout offers different benefits, as discussed in Section 4, titled *The Workouts*.

NOTE: Consulting a fitness trainer is recommended for defining specific fitness goals and designing a workout program.

To change the target heart rate during a workout, switch between these programs, or simply enter a new target heart rate, using the NUMERIC keypad.

The Heart Rate Zone Training® workout programs measure heart rate. Wear the optional telemetry chest strap, or grip the Lifepulse™ sensors, to enable the treadmill's on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the incline level to maintain the target heart rate based on the actual heart rate.
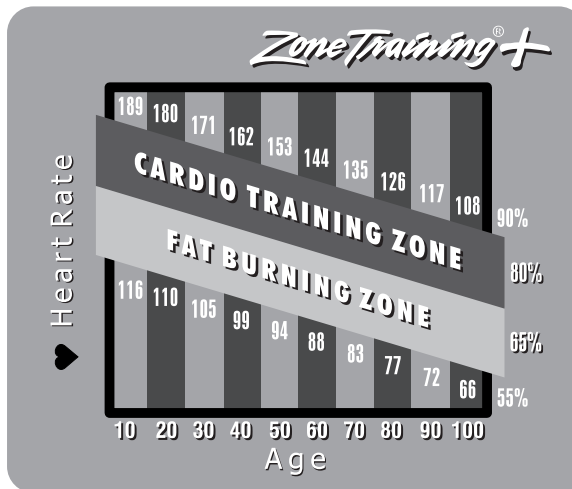
[†] *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

3.2 HEART RATE MONITORING

THE LIFEPULSE™ SYSTEM

To use the treadmill's Lifepulse™ system to check the hear rate during a workout, grasp the stainless steel sensors on the handlebars. Two sensors are located on each of the handlebars. Contact must be maintained with all four sensors to obtain a heart rate. The console displays a heart rate within 20 to 30 seconds of contact with the sensors.

Do not attempt to grasp the sensors at speeds above 4.5 MPH, or 7.2 KPH. For these speeds, the use of a heart rate chest strap is recommended.

THE OPTIONAL HEART RATE CHEST STRAP

The Life Fitness Treadmill is equipped with Polar® telemetry, a heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals to the treadmill console. These electrodes are attached to a chest strap that the user wears during the workout. The chest strap is optional. To order it, call Life Fitness Customer Support Services at 1-800-351-3737.

See the diagram below for correct positioning of the strap. The electrodes (A), which are the two grooved surfaces on the underside of the strap, must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moisten the electrodes. Then, 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 delivers an optimal heart rate reading when the electrodes are in direct contact with bare skin. However, it functions properly through a thin layer of wet clothing.

If it becomes necessary to re-moisten the chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and re-moisten them.
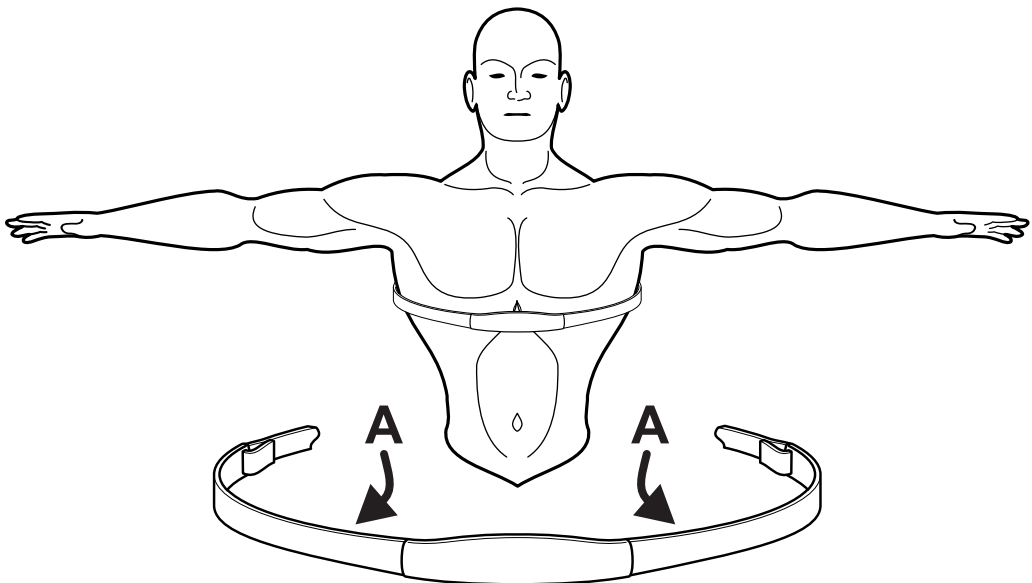
4 THE WORKOUTS

4.1 WORKOUT OVERVIEWS

The following workouts are preprogrammed for the Life Fitness Treadmill.

QUICK START is the fastest way to begin exercising. After the QUICK START key is pressed, a MANUAL workout begins immediately.

FAT BURN is a low-intensity workout for burning the body's fat reserves. The user wears a heart rate chest strap, or grasps the Lifepulse™ sensors continuously. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 65 percent of the theoretical maximum[†].

CARDIO is a higher intensity workout for more fit users, emphasizing cardiovascular benefits and maximum fat burning. The user wears a heart rate chest strap, or grasps the Lifepulse™ sensors continuously. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80 percent of the theoretical maximum.

HILL is an interval training workout. Intervals are periods of intense aerobic exercise separated by regular periods of lower-intensity exercise.

RANDOM is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.

MANUAL is a workout in which the intensity level does not change automatically.

CUSTOM PLUS™ workouts are accessed through the CUSTOM PLUS key. These include the pre-programmed **CALORIES GOAL** and **DISTANCE GOAL** workouts, as well as up to six custom workouts, which may be programmed by a fitness club manager or other authorized staff.

SPORT TRAINING™ (5K) is a distance-goal workout that simulates an actual terrain with varying incline levels. It is designed to assist runners in training for a 5-kilometer, or 3.1-mile, race.

SPORT TRAINING™ (10K) is a distance-goal workout that simulates an actual terrain with varying incline levels. It is designed to assist runners in training for a 10-kilometer, or 6.2-mile, race.

HEART RATE HILL™ takes the user through three different hills based on the target heart rate.*

HEART RATE INTERVAL™ alternates between a hill and a valley based on the target heart rate.

EXTREME HEART RATE ™ is an intense workout for more experienced users. It is designed to get the heart rate up and down as quickly as possible.

FIT TEST is a five-minute workout with which the user can measure cardiovascular fitness compared to other people of the same age and gender.

[†] *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

* Target Heart Rate (THR) is a percentage of the theoretical maximum. A 40-year-old user's THR for the HEART RATE HILL workout is 144, or 80 percent of the maximum; so the equation would be (220-40)*.80=144.

MILITARY FITNESS TESTS are similar to FIT TEST workouts, except that these programs set distance goals instead of time goals. The three tests are:

- **ARMY PHYSICAL FITNESS TEST (PFT)**
- **NAVY PHYSICAL READINESS TEST (PRT)**
- **MARINES PHYSICAL FITNESS TEST (PFT)**

4.2   USING THE WORKOUTS

Select a workout OR log on to a fitness network exercise database. See Section 4.5, titled *Logging on to the Network* for details. The chart below lists the steps for setting up each workout.

LIFE FITNESS TREADMILL WORKOUT SETUP STEPS

QUICK START
Press QUICK START
Begin workout

MANUAL
Press MANUAL
Enter weight
Enter time
Enter incline
Enter speed
Begin workout

RANDOM
Press RANDOM
Enter weight
Enter time
Enter level
Enter speed
Begin workout

HILL
Press HILL
Enter weight
Enter time
Enter level
Enter speed
Begin workout

HEART RATE HILL™ **
Press CUSTOM PLUS
    repeatedly until
    HR HILL appears; press
    ENTER
Enter weight
Enter time
Enter age
Enter THR*
Enter speed
Begin workout

HEART RATE INTERVAL™ **
Press CUSTOM PLUS
    repeatedly until
    HR INTERVAL appears;
    press ENTER
Enter weight
Enter time
Enter age
Enter THR*
Enter speed
Begin workout

EXTREME HEART RATE™ **
Press CUSTOM PLUS
    repeatedly until
    EXTREME HR appears;
    press ENTER
Enter weight
Enter time
Enter age
Enter THR*
Enter walk speed
Enter jog speed
Begin workout

FAT BURN**
Press FAT BURN
Enter weight
Enter time
Enter age
Enter THR*
Enter speed
Begin workout

CARDIO**
Press CARDIO
Enter weight
Enter time
Enter age
Enter THR*
Enter speed
Begin workout

CALORIES GOAL
Press CUSTOM PLUS
    repeatedly until
    CALORIES GOAL
    appears; press ENTER
Enter weight
Enter calories
Enter incline
Enter speed
Begin workout

DISTANCE GOAL
Press CUSTOM PLUS
    repeatedly until
    DISTANCE GOAL
    appears; press ENTER
Enter weight
Enter distance
Enter incline
Enter speed
Begin workout

FIT TEST**
Press FIT TEST
    repeatedly until
    FIT TEST appears;
    press ENTER
Enter weight
Enter age
Enter gender
Enter speed
Begin workout

ARMY PRT
Press FIT TEST
    repeatedly until ARMY
    PRT appears; press
    ENTER
Enter weight
Enter age
Enter gender
Enter speed
Begin workout

NAVY PRT
Press FIT TEST
    repeatedly until NAVY
    PRT appears; press
    ENTER
Enter YES or NO
    to question:
    ELEVATION LESS
    THAN 5000 FEET
    ABOVE SEA LEVEL?
Enter weight
Enter gender
Enter speed
Begin workout

MARINES PFT
Press FIT TEST
    repeatedly until
    MARINES PFT
    appears; press ENTER
Enter YES or NO
    to question:
    ELEVATION LESS
    THAN 4500 FEET
    ABOVE SEA LEVEL?
Enter weight
Enter gender
Enter speed
Begin workout

SPORT TRAINING™
Press CUSTOM PLUS
    repeatedly until
    SPORT TRAINING 5K or
    SPORT TRAINING 10K
    appears; press ENTER
Enter weight
Enter level
Enter speed
Begin workout

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the CARDIO workout is 144. The CARDIO workout targets 80 percent of the maximum, so the equation would be (220-40)*.80=144.

** This workout requires the user to wear the telemetry chest strap or grasp the Lifepulse™ sensors.

Use the NUMERIC keypad to enter the values when prompted by the MESSAGE CENTER; or use TIME, INCLINE, or SPEED ARROW keys to scroll to desired values displayed on the MESSAGE CENTER. Press ENTER to confirm each selection. These entered values can be changed during all workouts, except for **FIT TEST** and the **MILITARY FITNESS TESTS.**

4.3   WORKOUT DESCRIPTIONS

QUICK START

QUICK START is the fastest way to begin exercising. After the QUICK START key is pressed, a MANUAL workout begins. The incline level is set to zero by default. Change the level using the INCLINE ARROW key, or change the speed using the SPEED key, as desired. Or, use the NUMERIC keypad to change these values.

FAT BURN

The **FAT BURN** workout is designed to maintain a user's heart rate at 65 percent of the theoretical maximum[†] for optimal results. Throughout the workout, the user wears a chest strap or grasps the Lifepulse™ sensors. If the user is not wearing a chest strap, the WORKOUT PROFILE WINDOW displays a heart shape, and the MESSAGE CENTER displays a prompt to grasp the sensors. The console continuously monitors and displays the heart rate, adjusting the intensity level of the treadmill to reach and maintain the target*. This system eliminates over- and under-training, and it maximizes the aerobic benefits of exercise by using the body's fat stores for fuel.

CARDIO

The **CARDIO** workout is virtually identical to **FAT BURN**; however the target heart rate is calculated at 80 percent of the theoretical maximum. The higher target promotes cardiovascular improvement by placing a heavier workload on the heart muscle.

NOTE: *Change the target heart rate at any time by using the NUMERIC KEYPAD.*

USING TIME IN ZONE GOAL

The Time in Zone Goal program, a feature of Heart Rate Zone Training®, enhances **FAT BURN** and **CARDIO** workouts by setting a duration for staying within the target zone as the workout goal. Once the duration objective is met, the workout goes into a cool-down phase. To use this feature:

1. Press the CUSTOM PLUS key repeatedly until the MESSAGE CENTER displays TIME IN ZONE GOAL. Then, press ENTER.
2. Enter weight.
3. Select the duration for staying within the zone.
4. Select either the **FAT BURN** or **CARDIO** workout.
5. Enter age.
6. Accept or change the target heart rate displayed by the MESSAGE CENTER.
7. Enter speed.
8. Begin the workout.

[†] *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the FAT BURN workout is 117. The FAT BURN workout targets 65 percent of the maximum, so the equation would be (220-40)*.65=117.

HILL

The Life Fitness-patented **HILL** workout offers a variety of configurations for interval training. Intervals are periods of intense cardiovascular exercise separated by regular periods of lower-intensity exercise. The WORKOUT PROFILE window represents these high and low intervals as columns of light, which together have the appearance of hills and valleys. The computerized interval training workout has been scientifically demonstrated to promote greater cardiorespiratory improvement than steady-pace training.

The **HILL** workout goes through four phases, each marked by different intensity levels. The WORK-OUT PROFILE window displays the progress of these phases. As noted in the descriptions below, the heart rate should be measured at two stages in the workout to gauge its effectiveness. Wear the chest strap or continuously grip the Lifepulse™ handles. The MESSAGE CENTER does not display a request for a heart rate measurement, as it does with **CARDIO** and **FAT BURN**.

1   **Warm-up** is a phase of low, gradually rising resistance, which brings the heart rate into the lower end of the target zone and increases respiration and blood flow to working muscles.

2   **Plateau** increases the intensity slightly, and keeps it steady, to bring the heart rate to the low end of the target zone. Check the heart rate at the end of this phase.

3   **Interval Training** is a series of increasingly steeper hills, alternating with valleys, or stints of recovery. The heart rate should rise to the high end of the target zone. Check the heart rate at the end of this phase.

4   **Cool-down** is a low-intensity phase that allows the body to begin removing lactic acid, and other exercise by-products, which build up in muscles and contribute to soreness.

TERRAIN (HILLS AND VALLEYS)
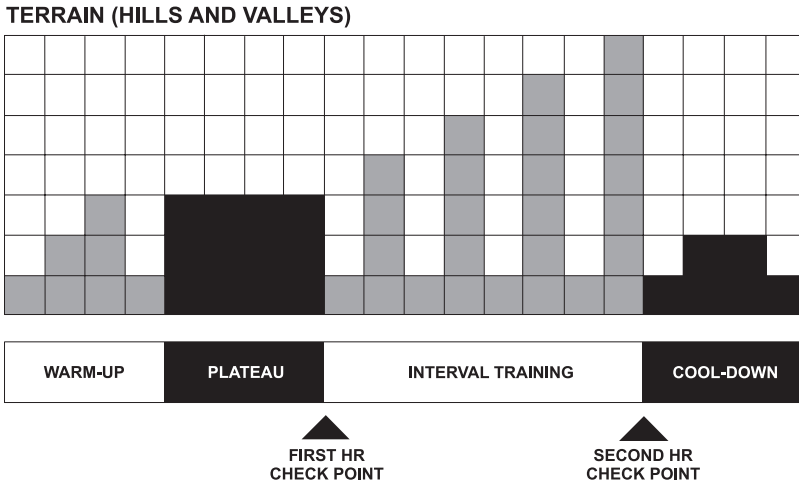
Each column, as seen in the WORKOUT PROFILE WINDOW and the chart above, represents one interval. The overall duration of the workout determines the length of each interval. Each workout is made up of 20 intervals, so the duration of each interval is equal to the duration of the entire workout divided by 20.

1 to 9 minutes: A workout with a duration of less than 10 minutes is insufficient for the **HILL** program to complete all four phases adequately. The program, therefore, condenses a workout of this duration at various stages.

10 to 19 minutes: The interval durations initially are set at 30 seconds for a 10-minute workout. For every minute over 10, each interval increases by three seconds. A 15-minute workout consists of 20 intervals at 45 seconds each.

20 to 99 minutes: All intervals last 60 seconds. If the user adds minutes to the pre-set duration while the workout is in progress, the program adds hills and valleys that are identical to the first eight intervals of the Interval Training phase. This pattern repeats until the workout is completed.

RANDOM

The **RANDOM** program creates a terrain of hills and valleys that varies with each workout. More than one million different patterns are possible.

MANUAL

The **MANUAL** program sets an intensity level that does not change automatically. While the workout is in progress, increase or lower the intensity level as desired, using the SPEED and/or INCLINE ARROW keys or the NUMERIC KEYPAD.

SPORT TRAINING™

This distance-goal workout is designed for runners training for races. The program creates realistic terrains by setting different incline levels throughout the course. Incline grades depend on the difficulty levels selected during the workout setup. A 1.5 percent incline grade, which is the baseline level, simulates a flat running surface. A zero percent grade simulates running downhill. Incline durations range between 30 and 60 seconds. The course ends when the distance goal is met. Two Sport Training™ programs are available on the treadmill:

- **SPORT TRAINING™ (5K)** is a 5-kilometer, or 3.1-mile, course.
- **SPORT TRAINING™ (10K)** is a 10-kilometer, or 6.2-mile, course.

HEART RATE HILL™

This program combines the standard **HILL** workout profile with the concept of Heart Rate Zone Training. The default target heart rate* is calculated as 80 percent of the theoretical maximum[†], but the user can adjust the target rate during the workout setup. The workout consists of three hills that target three heart rate goals: The first hill brings the heart rate to 90 percent of the target rate. The second hill increases the rate to 95 percent. The third hill matches the target heart rate. The valley always is defined as 85 percent of the target.

After a standard three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the user reaches 90 percent of the target heart rate, the hill continues for one minute. When the minute expires, the level decreases into a valley. Once the user's heart rate falls to 85 percent of the target, the valley continues for one minute. Then, the next hill begins with its corresponding heart rate goal. After the user completes the third hill/valley pair, the program returns to the first hill and repeats the cycle as long as the duration allows. At the end of the duration, the workout goes into a cool-down phase. If the heart rate goes above the theoretical maximum for more then

[†] *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

* Target Heart Rate (THR) is a percentage of the theoretical maximum. A 40-year-old user's THR for the HEART RATE HILL workout is 144, or 80 percent of the maximum; so the equation would be (220-40)*.80=144.

45 seconds, the treadmill automatically goes into pause mode. If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.

HEART RATE HILL Workout Profile

User Example: 80 percent of theoretical maximum (40 year old / 144 recommended THR)

HEART RATE HILL Workout Profile

User Example: 65 percent of theoretical maximum (40 year old / 117 recommended THR)
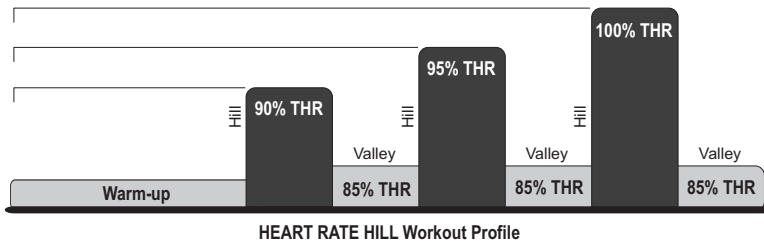
27

HEART RATE INTERVAL™

This program also combines the standard **HILL** workout profile with the concept of Heart Rate Zone Training. The default target heart rate* is calculated as 80 percent of the theoretical maximum[†], but the user can adjust the target rate during the workout setup. The workout alternates between a hill, which brings the heart rate up to the target rate, and a valley, which brings the heart rate down to 90 percent of the target. After a standard three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the goal is reached, the hill continues for three minutes. Then, the level decreases into a valley. Once the 90 percent goal is reached, the valley continues for three minutes, after which the next hill begins. The user's fitness level determines the number of hills and valleys encountered within the duration. At the end of the duration, the workout goes into a cool-down phase. If the heart rate goes above the theoretical maximum[†] for more then 45 seconds, the treadmill automatically goes into pause mode. If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.

HEART RATE INTERVAL Workout Profile

User Example: 80 percent of theoretical maximum (40 year old / 144 recommended THR)

HEART RATE INTERVAL Workout Profile

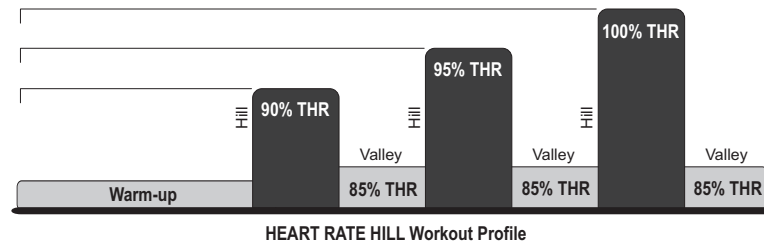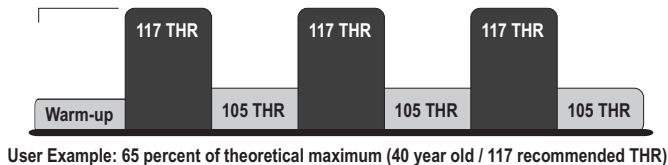**User Example: 65 percent of theoretical maximum (40 year old / 117 recommended THR)**

[†] *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

* *Target Heart Rate (THR) is a percentage of the theoretical maximum. A 40-year-old user's THR for the HEART RATE INTERVAL workout is 144, or 80 percent of the maximum; so the equation would be (220-40)*.80=144.*

EXTREME HEART RATE ™

This intense, varied workout is designed to help more experienced users to break through fitness improvement plateaus. The workout alternates between two target heart rates* as quickly as possible. The effect is similar to that of running sprints. The user must wear a chest strap or grip the Lifepulse™ sensors throughout the workout.

NOTE: *It is recommended that users who run at speeds faster than 4.5 MPH wear the chest strap and do not use the Lifepulse™ sensors.*

When setting up the workout, the user enters a target heart rate and selects a walk speed and a jog speed. After a standard three-minute warm-up, the treadmill accelerates to the jog speed, and the incline increases, until the user reaches the target heart rate goal. That target rate is maintained for a stabilizing period. Then, the incline is reduced to 0 percent, and the treadmill slows to the walk speed. When the heart rate falls to the 75 percent goal, it is maintained there for a stabilizing period. The program repeats the alternating of speeds and incline levels, continuing this pattern throughout the duration.

If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.
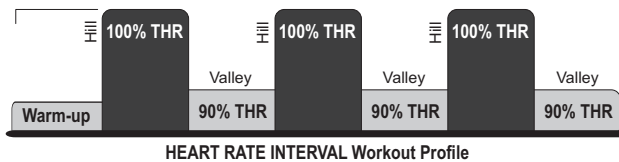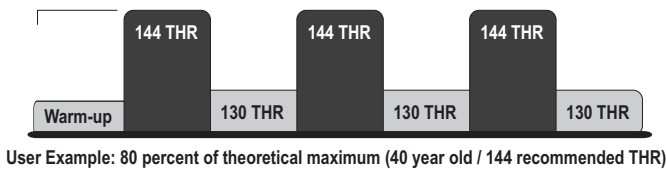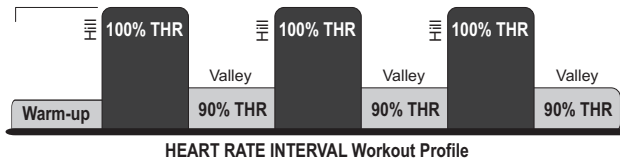

EXTREME HEART RATE Workout Profile

User Example (40 year old / 153 recommended THR)

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the EXTREME HEART RATE™ WORKOUT is 153. The workout program targets a standard 85 percent of the maximum, so the equation would be (220-40)*.85=153.

* The FITNESS TEST design is based on a published study: Ebbeling, Cara B.; Puleo, Elane M.; Ward, Ann; Widrick, Jeffrey, and Rippe, James M. "Development of a Single Stage Submaximal Treadmill Walking Test:" University of Massachusetts Medical Center, 1991

DISTANCE GOAL

This workout is designed to build endurance. The objective is to cover a certain distance in miles. Once the objective is met, the workout automatically goes into a cool-down phase, and ends afterward.

Note: When a user sets this goal with the TIME ARROW keys, the console displays the values in .10-mile increments.

CALORIES GOAL

This workout is designed to promote weight loss and weight control. The objective is to burn a certain number of calories in the selected time duration. Once the objective is met, the workout automatically goes into a cool-down phase, and ends afterward.

CUSTOM WORKOUTS

The treadmill console stores up to six custom workouts. These workouts are created by fitness club managers or other authorized personnel. For information on creating these workouts, see the topic titled *Programming Custom Workouts* in Section 5, titled *The Manager's Configuration*.

To use custom workouts, press the CUSTOM PLUS button repeatedly until the MESSAGE CENTER displays CUSTOM WORKOUTS. Then, press ENTER. The MESSAGE CENTER displays a prompt to select a custom workout number, ranging from 1 to 6. Using the ARROW keys or the NUMERIC keypad, select the number and press ENTER. If a workout has not been created for that number, the MESSAGE CENTER simply scrolls to the next number. If a workout has been been created for the selected number, the MESSAGE CENTER displays successive prompts to enter the weight and choose a speed. After these entries are provided, the workout begins.

FIT TEST

The **FIT TEST** workout measures cardiovascular fitness and can be used to monitor improvements in endurance every four to six weeks. The user must wear the heart rate chest strap, as the test score calculation is based on a heart rate reading. The five-minute workout begins with a 60-second warm-up, followed by four minutes of constant effort. Immediately afterward, the console takes the user's heart rate reading, calculates a fitness score, and displays the score in the MESSAGE CENTER.

The **FIT TEST** is considered to be a submax VO2 (volume of oxygen) test*. It gauges how well the heart supplies oxygenated blood to the exercising muscles, and how efficiently those muscles receive oxygen from the blood. Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity. Please note that the estimated VO2 max scores achieved will be 10 percent to15 percent higher on other Life Fitness cardiovascular equipment than those achieved on a stationary cycle. Stationary cycling has a higher rate of isolated muscle fatigue of the quadriceps when compared to walking/running on the treadmill or climbing on the treadmill. This higher rate of fatigue corresponds to lower levels of estimated VO2 max scores.

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

NOTE: If the FIT TEST heart rate is lower than 60 percent of the theoretical maximum[†] heart rate, the user will be instructed to perform the FIT TEST again at a faster belt speed.

To set up the test, press the FIT TEST key. When the MESSAGE CENTER displays FIT TEST, press ENTER. At the MESSAGE CENTER prompts, enter the weight, age, gender, and desired speed, using the ARROW keys or the NUMERIC keypad, pressing ENTER after each entry. Then, begin the workout. To ensure an accurate test score, do not change entries once the workout begins.

This table lists general fitness level categories.

BEGINNER	2.0 MPH / 3.2 KPH
INTERMEDIATE	3.0, 4.0 MPH / 4.8, 6.4 KPH
ADVANCED	4.5 MPH / 7.2 KPH

The treadmill does not accept:

- heart rates less than 52 or greater than 200 beats per minute
- body weights less than 75 pounds (34 kg) or greater than 400 pounds (180 kg)
- ages below 10 or over 99 years
- data input that exceeds human potential

To correct errors when entering **FIT TEST** data, pressing CLEAR / PAUSE, input the correct information, and press ENTER.

It is important to take the **FIT TEST** under similar circumstances each time. A heart rate is affected by 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 *(Life Fitness does not recommend or condone use of alcohol or tobacco products).*
- time since last exercise; at least six hours is recommended

For the most accurate results, perform the **FIT TEST** on three consecutive days, and average the three scores.

NOTE: To receive a proper Fit Test score, the work done must be within a training heart rate zone that is 60 percent to 85 percent of the theoretical maximum heart rate. This rate is defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.

The tables below list **FIT TEST** scores.

RELATIVE FITNESS CLASSIFICATION FOR MEN

	AGE				
RATING	10 - 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 CLASSIFICATION FOR WOMEN

	AGE				
RATING	10 - 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

MILITARY FITNESS TESTS

The Life Fitness Treadmill features Army and Navy Physical Readiness Tests (PRTs) and the Marines Physical Fitness Test (PFT). These tests are similar to the **FIT TEST** workout, except that each has a preset distance goal.

- **ARMY PRT**: 2.0 miles
- **NAVY PRT**: 1.5 miles
- **MARINES PFT**: 3.0 miles

Scores for these tests are based on finishing time, age, and gender.

To set up one of these tests, press the FIT TEST key repeatedly, until the MESSAGE CENTER displays the name of the desired test. Then, press ENTER. If the selected test is either the **NAVY** or **MARINES** test, the MESSAGE CENTER displays a question as to whether the test is taking place below a certain altitude. For the **NAVY** test, the altitude is 5,000 feet above sea level; and for the **MARINES** test, the altitude is 4,500 feet above sea level. Using the ARROW KEYS, select the answer YES or NO by toggling between these words displayed in the MESSAGE CENTER. Press Enter.

At the MESSAGE CENTER prompts, enter the weight, age, gender, and desired speed, using the ARROW keys or the NUMERIC keypad. Press ENTER after each entry. Then, begin the workout. To ensure an accurate test score, do not change these entries once the workout begins.

After the distance goal is reached, the workout program goes into a cool-down. The duration of this phase depends on the amount of time taken to complete the test. For less than five minutes, the cool-down is one minute. For five to 15 minutes, the cool-down is three minutes. For longer times, the cool-down is five minutes. The user can abort the cool-down by pressing the STOP button or the CLEAR key. After the cool-down is aborted or completed, the MESSAGE CENTER displays the finishing time and a point score for the Army and Marines tests, or a qualititative score, such as EXCELLENT, for the Navy test.

4.4 MAXIMIZING WORKOUTS ON A LIFE FITNESS TREADMILL

SELECTING A LEVEL

The steps for setting up a **HILL** or **RANDOM** workout include selecting a level. The word "level" refers to a range of incline percentages. The treadmill features 20 levels, with Level 1 having the lowest average incline grade and Level 20 having the highest.

LEVEL	% Incline	LEVEL	% Incline
1	0.0 - 1.5	11	2.0 - 8.5
2	0.0 - 2.2	12	3.0 - 9.2
3	0.0 - 2.9	13	3.5 - 9.9
4	0.0 - 3.6	14	5.0 - 10.6
5	0.0 - 4.3	15	5.5 - 11.3
6	0.0 - 5.0	16	6.5 - 12.0
7	0.0 - 5.7	17	7.0 - 12.7
8	0.0 - 6.4	18	8.0 - 13.4
9	0.5 - 7.1	19	8.7 - 14.1
10	1.5 - 7.8	20	9.0 - 15.0

Within each level are seven incline percentages, or hills. During a workout, each hill appears in the WORKOUT PROFILE window as rows of light stacked in a column. The number of lit rows within a column corresponds to an incline percentage. For example, in Level 5, the lowest incline is 0.0 percent and is represented as one lit row. The highest incline, 4.3 percent, is represented by a column with all seven rows lit.

In the **HILL** and **RANDOM** workouts, these varying hills occur for equal durations, as discussed in the **HILL** workout description. It is possible to change the incline percentage manually, but the change remains in effect only for the duration of the hill in question. When the workout program brings up a new hill, the incline percentage changes automatically to match that hill.

To change levels during a workout, use the ARROW keys or the NUMERIC keypad.

USING INSTAPACE™ FEEDBACK

The InstaPace™ Feedback feature enables users to monitor their pace, or rate of minutes per mile, while running on the treadmill. This feature must be enabled in the Manager's Configuration. See Section 5, titled *The Manager's Configuration*, for more information. Also, the treadmill speed must be at least 4.5 MPH. The MESSAGE CENTER displays the MPH and pace simultaneously when the user adjusts the treadmill speed with the ARROW KEYS. If the user adjusts the speed using the NUMERIC keypad, the MESSAGE CENTER displays the pace after the treadmill reaches the new speed.

USING ZEROUT™ SPEED CONTROL

If, during a workout, a user decreases the speed to the minimum and continues to hold the DECREASE SPEED ARROW, the speed falls to 0 MPH, which is pause mode. The minimum speed is 0.5 MPH, unless changed in the Manager's Configuration. See section 5.2, titled *Configuration Settings*, for more information.

COOL-DOWN

Life Fitness' unique Cool-Down Protocol automatically customizes every cool-down based on each user's workout performance. Workout performance factors, such as speed, incline, duration, and heart rate, determine the duration and intensity of the cool-down.

DIMMING

The dimming feature controls the brightness of the treadmill console display. To change the default brightness setting, press the CUSTOM PLUS button repeatedly until the MESSAGE CENTER displays "DIMMING," and press ENTER. Then, use the ARROW keys to increase or decrease the brightness to the desired setting, and press ENTER to save the new setting; or press CLEAR to revert to the default brightness setting.

If a new brightness setting is selected for a workout, that setting remains in place until it is manually changed, or the workout concludes. When a new workout begins, the brightness reverts to the default setting.

4.5 LOGGING ON TO THE NETWORK

When the treadmill is connected to a network, the MESSAGE CENTER displays a prompt to log on with a personal ID number. Press ENTER. Then, using the NUMERIC KEYPAD, enter the correct digits of the ID number, and press ENTER again.

5 THE MANAGER'S CONFIGURATION

5.1 ENTERING AND USING THE MANAGER'S CONFIGURATION

To enter the Manager's Configuration, press and hold down the PAUSE key and press the CLEAR key twice. Continue to hold down the PAUSE key until the MESSAGE CENTER displays the words SERVICE MENU. Then, release the PAUSE key, press the QUICK START key, and press ENTER. The MESSAGE CENTER then displays, in turn, each of the configuration settings.

Use the TIME arrow keys to scroll through the list of settings, or allow the MESSAGE CENTER to scroll automatically through the options. To stop the automatic scrolling, press the PAUSE key. To resume the automatic scrolling, press the PAUSE key again. To select a displayed option, press the ENTER key.

The Manager's Configuration settings are listed on the following page in the order in which they appear in the MESSAGE CENTER display. Use the INCLINE or SPEED keys to change settings. In most cases, changing a setting means turning it on or off. See the table on the following page for more information.

5.2   CONFIGURATION SETTINGS

CONFIGURATION SETTING	FACTORY DEFAULT	DESCRIPTION
LANGUAGE	ENGLISH	The language of the MESSAGE CENTER display. Choices include Portugese, Spanish, Dutch, Japanese, Italian, French, and German.
MAXTIME SETUP	OFF	This feature enables fitness club managers to set workout duration limits during peak and non-peak hours of club traffic. If the setup is off, no duration limits are set. See the topic titled *Using the MaxTime™ Setup,* which appears on the following page.
STANDBY MODE SETUP	OFF	This feature enables fitness club managers to set periods at which which the treadmill automatically powers up or powers down. See the topic titled *Using the Standby Mode Setup,* which appears on a following page.
ENGLISH/METRIC UNITS	ENGLISH	The measurement unit type for weight, distance, and speed.
CUSTOM WORKOUT ENTRY	N/A	See *Programming Custom Workouts* in Section 4.
TELEMETRY	ON	Switching on the telemetry feature makes it possible to use the Polar®-compatible Heart Rate Zone Training exercise chest strap for monitoring the heart rate.
SMART STOP	ON	This feature automatically pauses the workout if the user steps off the belt.
MAXIMUM SPEED	12.0 (MPH) for 9500HR 12.0 (MPH) for 9700HR	This is the fastest speed at which the treadmill can run. The value can be increased to 15.0 MPH on the 9700HR.
MINIMUM SPEED	0.5 (MPH)	This is the slowest speed at which the treadmill can run.
PAUSE TIMEOUT	1 (minute)	This is the maximum time during which a workout can remain in pause mode.
WATTS DISPLAY	OFF (Int'l: ON)	If this option is enabled, the MESSAGE CENTER displays the Watts equivalent of the step rate.
METS DISPLAY	OFF	If this option is enabled, the MESSAGE CENTER displays the METs equivalent of the step rate.
PACE DISPLAY	ON	This feature displays the rate of minutes per mile.
CALORIE PER HOUR DISPLAY	ON (Int'l: OFF)	If this option is enabled, the MESSAGE CENTER displays the number of calories burned per hour during the workout.
DISTANCE CLIMBED DISPLAY	OFF	The total distance climbed, based on the incline and speed of the treadmill.
WAX REMINDER	OFF	After the first 100 hours, then every 168 hours, the MESSAGE CENTER displays, "MAINTENANCE REMINDER - CLEAN THE NOZZLE."
ACCELERATION RATE	3	The rate at which the treadmill speeds up to the selected speed, ranging from 1 (slowest) to 5 (fastest).
DECELERATION RATE	3	The rate at which the treadmill speeds up to the selected speed, ranging from 1 (slowest) to 5 (fastest).
ERASE CUSTOM WORKOUTS	N/A	This option erases all custom workouts in a single step.
MAXIMUM INCLINE	15.0	This option changes the maximum incline grade to a value lower than 15 percent.

Programming Custom Workouts

After entering the Manager's Configuration, use the TIME ARROW keys to scroll through the list of configuration options, or allow the MESSAGE CENTER to scroll automatically through the options. When "CUSTOM WORKOUT ENTRY" appears, press ENTER to select this option.

The custom workouts are identified as numbers, from 1 to 6. Enter the desired number on the NUMERIC keypad, or use the ARROW keys to scroll through the displayed numbers. Press ENTER to confirm the number selection. If a workout does not already exists for that number, the MESSAGE CENTER displays a request to begin creating the workout.

If a workout does exist for the number in question, the MESSAGE CENTER displays a statement to that effect, followed by the option to modify the existing workout. The steps for modifying a workout are the same as those for creating a new workout:

Using the TIME ARROW keys or the NUMERIC keypad, select a workout duration time in minutes, and press ENTER. The duration cannot exceed the MAXIMUM TIME set in the Manager's Configuration.

Next, select the interval type. Use the arrow keys to toggle between the displayed options, and press the ENTER key to select the desired interval type. Options are:

- Speed/Incline, in which a treadmill speed and/or incline grade is selected for each interval

- Target Heart Rate, in which a maximum target heart rate is selected for each interval.

The number of intervals is always 30, so the length of each interval equals the selected duration divided by 30. Each interval is identified by the time at which it occurs during the workout.

If Speed/Incline is selected, the MESSAGE CENTER displays each interval, identified as the time at which the interval occurs. For each displayed interval, enter a speed using the SPEED ARROW keys, and/or enter an incline grade using the INCLINE ARROW keys. Press Enter to confirm each selection. After values are selected for all 30 intervals, the MESSAGE CENTER displays the statement, CUSTOM WORKOUT COMPLETED, followed by a prompt to create a workout for the next number.

If Target Heart Rate is selected, the MESSAGE CENTER displays each interval, identified as a numeral from 1 to 30. For each displayed interval, enter a target heart rate using the ARROW keys. Press Enter to confirm each selection. After values are selected for all 30 intervals, the MESSAGE CENTER displays the statement, CUSTOM WORKOUT COMPLETED, followed by a prompt to create a workout for the next number.

USING THE MAXTIME™ SETUP

After entering the Manager's Configuration, select the MAXTIME™ SETUP option. The MESSAGE CENTER displays the statement "MAXTIME CONTROL OFF" and then displays a maximum workout duration value. The default value is 60 minutes, and it can be changed with the INCLINE or SPEED ARROW keys. This value is always in effect unless the MAXTIME™ control feature is turned on.

To turn the feature on, use the INCLINE or SPEED ARROW keys, and switch the setting to MAXTIME CONTROL ON. Then, press ENTER.

The MESSAGE CENTER displays a "peak duration" value, which is the maximum possible workout duration, in minutes, during high-traffic hour for fitness clubs. Use the ARROW keys or the NUMERIC keypad to increase or decrease the displayed value, and press ENTER. The MESSAGE CENTER then displays a "non-peak duration" value, which is the maximum possible workout duration all other times. Use the ARROW keys or the NUMERIC keypad to increase or decrease the displayed value, and press ENTER.

The MESSAGE CENTER then displays a PEAK 1 time period in hours and minutes. This is the period during which the peak workout duration value is in force. Use the TIME ARROW keys to change the hours, and use the INCLINE ARROW keys to change the minutes. Press ENTER. The MESSAGE CENTER then displays the PEAK 1 duration value, which is the amount of time in minutes that the peak period remains in force. Using the ARROW keys, change the value, and press ENTER.

The MESSAGE CENTER then displays a PEAK 2 time period. Repeat the steps described in the preceding paragraph to set up a second peak time.

USING THE STANDBY SETUP

Select the STANDBY SETUP option. The MESSAGE CENTER displays the statement, STANDBY DISABLED. Using the ARROW keys, switch the setting to ENABLED. The MESSAGE CENTER displays an AUTO OFF value, which is the time of day, in hours and minutes, at which the treadmill automatically switches off. Use the TIME ARROW key to change the hours, and use the INCLINE ARROW key to change the minutes. Press ENTER. The MESSAGE CENTER displays an AUTO ON value, which is the time of day, in hours and minutes, at which the treadmill automatically switches on.

6 SERVICE AND TECHNICAL DATA

6.1 PREVENTIVE MAINTENANCE TIPS

The Life Fitness Treadmill is backed by the engineering excellence and reliability 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, seven days a week - in health clubs, colleges and military facilities the world over.

NOTE: Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.

REMARQUE : pour conserver un matériel sûr, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil tant que les pièces défectueuses n'ont pas été réparées ou remplacées. Portez une attention toute particulière aux pièces qui s'usent, comme indiqué ci-dessous..

The following preventive maintenance tips will keep the Life Fitness Treadmill operating at peak performance:

- Clean the display console and all exterior surfaces regularly with mild soap and water or a mild household cleaner. DO NOT use paper towels, ammonia or acid based cleaners.*

- Check operation of the emergency stop system once a week.

- Check the operation of the stop button once a week.

- Inspect and vacuum the area under unit regularly.

- Vacuum around the striding belt regularly to keep debris from accumulating.

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

- Check the position (centering) of the striding belt.

The optimum operating position of the striding belt is from 1.5 inches (38 mm) to 2.0 inches (51 mm) from either side of the frame. If the striding belt travels beyond this position, see section 6.5, titled *How to Adjust and Tension the Striding Belt*, or contact Life Fitness Customer Support Services, for proper alignment instructions, 1-800-351-3737 (USA).

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

6.2 PREVENTIVE MAINTENANCE SCHEDULE

Follow the schedule below to ensure proper operation of the product.

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
Anti-Static Cords		I	R	
Console Mounting Bolts			I	
Frame	C			I
Striding Belt (Top)	C		I	
Deck	C (vacuum)		I	
Power Cord	I			
Display Console	C	I		
Accessory trays	C	I		
Handlebar	C		I	
Handrail Bolts			I	
Handlebar Bolts			I	
Front Roller			I	
Rear Roller			I	
Stop Key	I			
Rear Roller Guard		C and I		
Drive Motor Belt			I	
Wax Container		I		
Wax System Connections		I		
Wax Nozzle			I [1]	
Wax Refill [2]	Per System Notification			

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

1 Inspect every 6 months. Clean as necessary.

2 For wax bag replacement, refer to instructions included in the wax bag repacement kit.

6.3   TROUBLESHOOTING THE OPTIONAL HEART RATE CHEST STRAP

HEART RATE READING IS ERRATIC OR ABSENT ENTIRELY

- Repeat the electrode wetting procedure. See Section 3.2, titled *How to Use the Optional Heart Rate Monitor Chest Strap.* The electrodes must be wet to pick up and transmit accurate heart rate readings.

- Make sure the electrodes are flat against the skin.

- Wash the belt transmitter regularly with mild soap and water.

- Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.

- The chest strap is battery operated and will eventually stop functioning. If the chest strap transmitter battery is depleted, contact Life Fitness Customer Support Services at 1-800-351-3737 for instructions on how to have the chest strap replaced.

HEART RATE READING IS ERRATIC OR EXTREMELY HIGH

When exercising with the optional heart rate chest strap, the user may come within range of electromagnetic signals strong enough to cause abnormally elevated heart rate readings. Possible sources of such signals include

- Television sets and/or antennas, cell phones, computers, cars, high voltage power lines and motor driven exercise equipment.

- Another heart rate transmitter within three feet (one meter) may also cause abnormal heart rate readings.

6.4   REMOVING THE ACCESSORY TRAYS

The accessory trays should be removed and cleaned periodically. See section 6.2, titled *Preventive Maintenance Schedule*. To remove a tray, press inward the clip at the rear of the tray, and pull the tray out. To reinsert the tray, line up the notch in front with small slit and snap the top edge back into locked position.
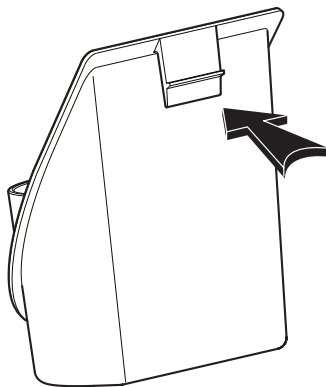
6.5   HOW TO ADJUST AND TENSION THE STRIDING BELT

Do not move treadmill or place hands under treadmill while it is plugged into an electrical outlet!

THE BELT TENSIONING BOLTS

A 5/16-inch hex key wrench is required for this task. The Life Fitness Treadmill has access holes in the rear roller guards which allow access to the tensioning bolts. These tensioning bolts make it possible to adjust the tracking and centering of the striding belt (A) without removing the guards.

NOTE: It is extremely important that the treadmill be correctly leveled prior to any tracking adjustments. An unstable unit may cause striding belt misalignment. See the topic titled "How To Stabilize the Life Fitness Treadmill" in the Section 1.2, titled Set Up, prior to attempting any rear roller adjustments.

Before proceeding, it is helpful to visualize the REAR ROLLER (B) pivot point (C). Each adjustment made to one side of the ROLLER must be met with an equal and opposite adjustment (D) to the other side of the ROLLER to maintain an ideal belt tension at the pivot point.
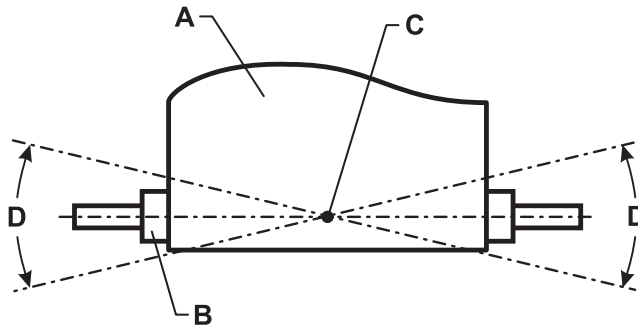
TRACKING (CENTERING) A STRIDING BELT

Two people are needed to perform this procedure.

1   Locate the two access holes to the belt tensioning bolts on each of the rear roller guards.

2   One person stands on the side rails of the treadmill and straddles the belt. This person presses the MANUAL workout and sets the belt speed to 4.0 MPH (6.4 KPH).

3   If the striding belt has moved to the right, the second person turns the right tension bolt a quarter-turn clockwise and then turns the left tension bolt a quarter-turn counter-clockwise to make the striding belt track back to the center of the roller.

   If the striding belt has moved to the left, turn the left tension bolt a quarter-turn clockwise and then turn the right tension bolt a quarter-turn counter-clockwise to make the striding belt track back to the center of the roller.

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

NOTE: Do not exceed one full turn of the adjusting screws in either direction. If after one full turn the belt does not track properly, contact Customer Support Services. The phone numbers are listed in Section 6.7, titled How to Obtain Product Service.

TENSIONING AN EXISTING STRIDING BELT

1   Enter the Manual workout and run the treadmill for five minutes at 5.0 MPH (8.0 KPH).

NOTE: *DO NOT RUN ON BELT.*

2   Reduce the speed to 2.0 MPH (3.2 KPH). Walk on the treadmill. 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.

3   Using the STOP key, stop the treadmill. Turn the belt tensioning bolts a quarter-turn clockwise for each side. Do not exceed one full turn (four quarter turns) per side.

4   Enter the MANUAL workout and run the treadmill at 2.0 MPH (3.2 KPH) check to insure proper tracking. If the striding belt drifts to the left or right see the topic titled *Tracking (Centering) an Existing or New Striding Belt* on the previous page.

Do not over-tighten the tensioning bolts while making belt adjustments. Over-tightening of bolts may over stretch and damage the striding belt or roller bearings. Do not exceed one full turn of either bolt in either direction.

6.6 CLEANING THE WAX NOZZLE

The MESSAGE CENTER periodically displays a wax reminder message, if the use if WAX REMINDER setting is enabled in the MANAGER'S CONFIGURATION. When this message appears, take the following steps:
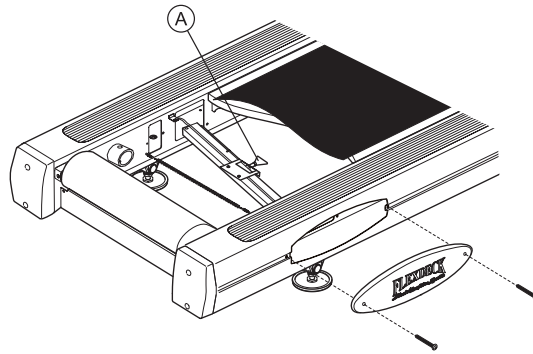
A. Remove panel on right side to access nozzle (A).

B. Make sure that the unit is off, and the electrical plug has been removed from the wall.

C. Using a Phillips head screwdriver remove the two screws holding the right access panel in place.

D. Carefully reach inside and while gently pushing the nozzle (A) into its brass holder body (C), rotate the nozzle one-quarter turn clockwise. Make note of the orientation of the two flat surfaces on the top and bottom of the nozzle. When the nozzle is replaced after cleaning, the flats must be on the top and bottom for nozzle to be correctly replaced.
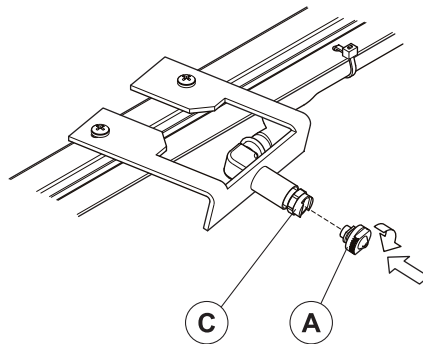
D. Place nozzle in a container of hot water and let it sit for 10 minutes. Carefully remove nozzle. Water and nozzle will be hot.

⚠ **CAUTION: If necessary, scrub with a medium soft bristle brush until there is no further wax visible on the outside or inside of the nozzle.**

Mise en garde. Si nécessaire, frottez la buse avec un brosse moyennement douce jusqu'à ce que toute trace de cire ait disparue à l'intérieur comme à l'extérieur.

E. Dry nozzle with a lint free towel and reinsert with ¼ turn counterclockwise.

6.7 HOW TO OBTAIN PRODUCT SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.

2. Locate and write down the serial number of the unit, which is located on a plate near the power switch.

3. Contact the nearest Life Fitness Customer Support Services group:

For Product Service within
the United States and Canada:

> Telephone: (+1) 847.451.0036
> FAX: (+1) 847.288.3702
> Toll-free telephone: 800.351.3737

For Product Service Internationally:

> *Life Fitness Europe GmbH*
> Telephone: (+49) 089.317.751.66
> FAX: (+49) 089.317.751.38

> *Life Fitness (UK) LTD*
> Telephone: (+44) 1353.665.507
> FAX: (+44) 1353.666.018

> *Life Fitness Atlantic BV*
> *Life Fitness Benelux*
> Telephone: (+31) 180.646.666
> FAX: (+31) 180.646.699

> *Life Fitness Italia S.R.L.*
> Telephone: 800.438.836
> FAX: (+39) 0472.833.150

> *Life Fitness Austria Vertriebs GmbH*
> Telephone: (+43) 1615.7198
> FAX: (+43) 1615.7198.20

> *Life Fitness Asia Pacific Ltd*
> Telephone: (+852) 2891.6677
> FAX: (+852) 2575.6001

> *Life Fitness Latin America*
>   *and Caribbean*
> Telephone: (+1) 847.288.3964
> FAX: (+1) 847 288.3886

> *Life Fitness do Brazil*
> Telephone (+55) 11.4193.8282
> FAX: (+55) 11.4193.8283

> *Life Fitness Japan*
> Telephone: (+81) 3.3359.4309
> FAX: (+81) 3.3359.4307

> *Life Fitness Iberia*
> Telephone *: (+34) 93.672.4660*
> FAX *: (+34) 93.672.4670*

7 SPECIFICATIONS

7.1 LIFE FITNESS 9500HR TREADMILL SPECIFICATIONS

Designed use:	Heavy/Commercial
Maximum user weight:	400 pounds / 180 kilograms
Speed range:	0.5 - 12.0 MPH (0.8 - 20 KPH) in 0.1 increments
Elevation range:	0%-15% (in 0.5% increments)
Drive train:	Direct-drive AC motor with MagnaDrive™ motor controller
Motor type:	Variable Speed AC
Motor size:	4.0 HP continuous duty
Power requirements:	120 volt, 20 amp (U.S.). See Electrical Requirements for requirements outside the United States.
Rollers:	3.5 inch / 9 centimeter diameter, precision-crowned, front and back
Striding Belt:	60" Length x 20" Width (152 cm Length x 51 cm Width), multi-ply
Waxing system:	Patented automatic wax lubrication system
Deck type:	Patented FlexDeck® Shock Absorption System 3/4" medium density reversible fiberboard
Side handrails:	36" (91 cm) long, flared cantilevered
Stop systems:	Red button, raised and prominently positioned, and magnetic lanyard emergency stop system
Workouts:	Fat Burn, Cardio, Hill, Random, Manual, Custom Plus (6 customizable workouts), Fit Test, Army PRT, Navy PRT, Marines PFT, Sport Training™ (5K and 10K), Calories Goal, Distance Goal, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™
Levels:	20 (Hill and Random workouts)
Heart rate monitoring system:	Patented Lifepulse™ digital and Polar® telemetry-compatible heart rate monitoring systems
Console displays:	Elapsed time, total distance, total calories burned, Watts, METS, calories burned per hour, speed, incline, heart rate, pace, distance climbed, time in zone
Ports (2):	Type RJ45, interchangeable
	Network connection and Fitness Entertainment port (power supply)

PHYSICAL DIMENSIONS:

Length:	83 inches / 211 centimeters
Width:	37 inches / 94 centimeters
Height:	62 inches / 158 centimeters
Weight:	410 pounds / 186 kilograms

SHIPPING DIMENSIONS:

Length:	87 inches / 221 centimeters
Width:	44 inches / 112 centimeters
Height:	24.5 inches / 62 centimeters
Weight:	480 pounds / 218 kilogram

7.2 LIFE FITNESS 9700HR TREADMILL SPECIFICATIONS

Designed use:	Heavy/Commercial
Maximum user weight:	400 pounds / 180 kilograms
Speed range:	0.5 - 15.0 MPH (0.8 - 25 KPH) in 0.1 increments
Elevation range:	-3%-15% (in 0.5% increments)
Drive train:	Direct-drive AC motor with MagnaDrive™ motor controller and Power Factor Plus™ torque optimizer
Motor type:	Variable Speed AC
Motor size:	4.0 HP continuous duty
Power requirements:	120 volt, 20 amp (U.S.). See Electrical Requirements for requirements outside the United States.
Rollers:	5 inch / 13 centimeter diameter, precision-crowned, front and back
Striding Belt:	60" Length x 20" Width (152 cm Length x 51 cm Width), multi-ply
Waxing system:	Patented automatic wax lubrication system
Deck type:	Patented FlexDeck® Shock Absorption System 3/4" medium density reversible fiberboard
Side handrails:	36" (91 cm) long, flared cantilevered
Stop systems:	Red button, raised and prominently positioned, and magnetic lanyard emergency stop system
Workouts:	Fat Burn, Cardio, Hill, Random, Manual, Custom Plus (6 customizable workouts), Fit Test, Army PRT, Navy PRT, Marines PFT, Sport Training™ (5K and 10K), Calories Goal, Distance Goal, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™
Levels:	20 (Hill and Random workouts)
Heart rate monitoring system:	Patented Lifepulse™ digital and Polar® telemetry compatible heart rate monitoring systems
Console displays:	Elapsed time, total distance, total calories burned, Watts, METS, calories burned per hour, speed, incline, heart rate, pace, distance climbed, time in zone
Ports (2):	Type RJ45, interchangeable
	Network connection and Fitness Entertainment port (power supply)

PHYSICAL DIMENSIONS:

Length:	83 inches / 211 centimeters
Width:	37 inches / 94 centimeters
Height:	62 inches / 158 centimeters
Weight:	440 pounds / 200 kilograms

SHIPPING DIMENSIONS:

Length:	87 inches / 221 centimeters	
Width:	44 inches / 112 centimeters	
Height:	24.5 inches / 62 centimeters	(26.5 inches with decline option)
Weight:	500 pounds / 227 kilogram	(505 pounds with decline option)

LifeFitness

10601 W. Belmont Ave
Franklin Park, IL 60131

Treadmill
A D D E N D U M   T O   O P E R A T I O N   M A N U A L

This Life Fitness Treadmill features exciting, new workout programs and features.

NEW WORKOUT PROGRAMS:

HEART RATE HILL, **HEART RATE INTERVAL,** and **EXTREME HEART RATE** combine the interval training benefits of the standard **HILL** workout profile with Heart Rate Zone Training®, which targets specific heart rate zones.

The **ARMY PHYSICAL READINESS TEST**, **NAVY PHYSICAL READINESS TEST**, and **MARINES PHYSICAL FITNESS TEST** are distance-goal workout programs that provide performance scores.

SPORT TRAINING simulates the experience of running on an outdoor terrain.

NEW FEATURES:

Custom Plus Programming Modifications include the ability to select a **speed** and an **incline** grade for each interval.

Programming a Distance Goal in .10-mile increments: When a user sets up a **DISTANCE GOAL** workout with the TIME ARROW keys, the MESSAGE CENTER displays the distance goal values in .10-mile increments.

MaxTime™ Control Option enables fitness club managers to set workout duration limits during peak and non-peak hours of club traffic.

Standby Mode enables fitness club managers to set periods at which which the treadmill automatically powers up or powers down.
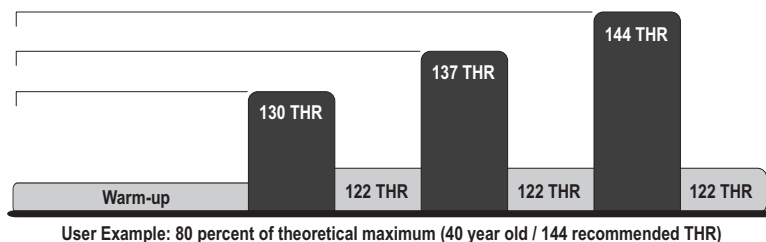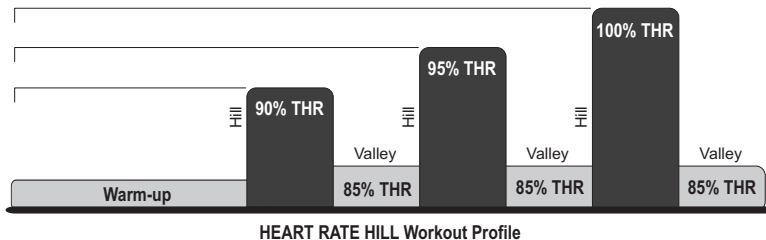
ZerOut™ Speed Control: If, during a workout, a user decreases the speed to the minimum and continues to hold the SPEED DOWN arrow, the speed falls to 0 MPH, which is pause mode.

InstaPace™ Feedback enables users to monitor rate of minutes per mile, while running on the treadmill.

New Workouts

Heart Rate Hill Workout™

This workout consists of three hills that target three heart rate goals: The first hill brings the heart rate to 90 percent of the target rate.* The second hill increases the rate to 95 percent. The third hill matches the target rate. The valley always is 85 percent of the target. The user must wear a chest strap or grip the Lifepulse™ sensors throughout the workout. After a three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the user reaches 90 percent of the target rate, the hill continues for one minute. When the minute expires, the level decreases into a valley. Once the user's heart rate falls to 85 percent of the target, the valley continues for one minute. Then, the next hill begins with its corresponding heart rate goal. After the user completes the third hill/valley pair, the program returns to the first hill and repeats the cycle as long as the duration allows. At the end of the duration, the workout goes into a cool-down phase. If the heart rate goes above the theoretical maximum† for more then 45 seconds, the treadmill automatically goes into pause mode. If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.
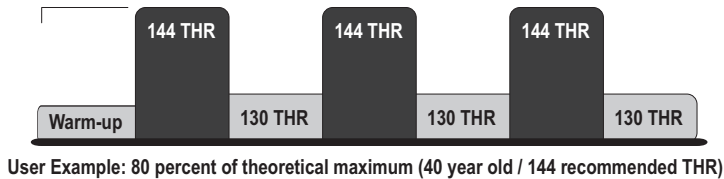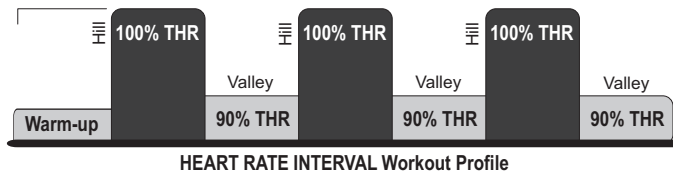

HEART RATE HILL Workout Profile

Profile bars: Warm-up | 90% THR | Valley / 85% THR | 95% THR | Valley / 85% THR | 100% THR | Valley / 85% THR

User Example: 80 percent of theoretical maximum (40 year old / 144 recommended THR)

Bars: Warm-up | 130 THR | 122 THR | 137 THR | 122 THR | 144 THR | 122 THR

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† *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

* *Target Heart Rate (THR) is a percentage of the theoretical maximum. A 40-year-old user's THR for the HEART RATE HILL workout is 144, or 80 percent of the maximum; so the equation would be (220-40)*.80=144.*

HEART RATE INTERVAL WORKOUT™

This workout alternates between a hill, which brings the heart rate up to the target rate, and a valley, which brings the heart rate down to 90 percent of the target. The user must wear a chest strap or grip the Lifepulse™ sensors throughout the workout. After a three-minute warm-up, the workout progresses toward the first hill and heart rate goal. Once the goal is reached, the hill continues for three minutes. Then, the level decreases into a valley. Once the 90 percent goal is reached, the valley continues for three minutes, after which the next hill begins. The user's fitness level determines the number of hills and valleys encountered within the duration. At the end of the duration, the workout goes into a cool-down phase. If the heart rate goes above the theoretical maximum for more then 45 seconds, the treadmill automatically goes into pause mode. If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.

HEART RATE INTERVAL Workout Profile

User Example: 80 percent of theoretical maximum (40 year old / 144 recommended THR)
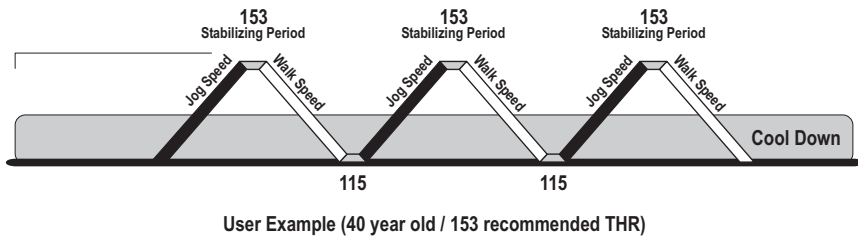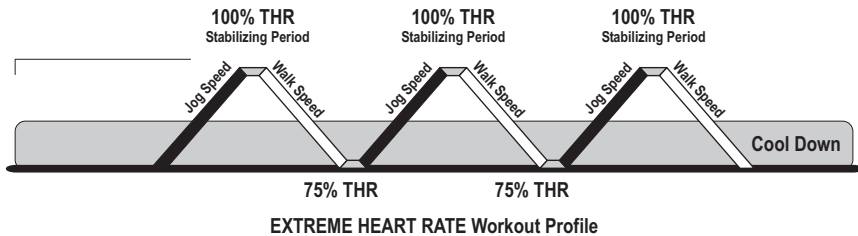
EXTREME HEART RATE WORKOUT™

This intense, varied workout is designed to help more experienced users to break through fitness improvement plateaus. The workout alternates between two target heart rates as quickly as possible. The effect is similar to that of running sprints. The user must wear a chest strap or grip the Lifepulse™ sensors throughout the workout.

NOTE: It is recommended that users who run at speeds faster than 4.5 MPH wear the chest strap and do not use the Lifepulse™ sensors.

When setting up the workout, the user enters a target heart rate and selects a walk speed and a jog speed. After a standard three-minute warm-up, the treadmill accelerates to the jog speed, and the incline increases, until the user reaches the target heart rate goal. That target rate is maintained for a stabilizing period. Then, the incline is reduced to 0 percent, and the treadmill slows to the walk speed. When the heart rate falls to the 75 percent goal, it is maintained there for a stabilizing period. The program repeats the alternating of speeds and incline levels, continuing this pattern throughout the duration.

If the user does not reach a heart rate goal after five minutes, the MESSAGE CENTER displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.

EXTREME HEART RATE Workout Profile

User Example (40 year old / 153 recommended THR)

Military Fitness Tests (9700HR only)

Each of these workouts has a preset distance goal.

- **Army PRT:** 2.0 miles
- **Navy PRT:** 1.5 miles
- **Marines PFT:** 3.0 miles

Scores for these tests are based on finishing time, age, and gender.

To set up one of these tests, press the FIT TEST key repeatedly, until the MESSAGE CENTER displays the name of the desired test. Then, press ENTER. If the selected test is either the Navy or Marines test, the MESSAGE CENTER displays a question as to whether the test is taking place below a certain altitude. For the Navy test, the altitude is 5,000 feet above sea level; and for the Marines test, the altitude is 4,500 feet above sea level. Using the arrow keys, select the answer YES or NO by toggling between these words displayed in the MESSAGE CENTER. Press ENTER.

At the MESSAGE CENTER prompts, enter the weight, age, gender, and desired speed, using the ARROW keys or the NUMERIC keypad. Press ENTER after each entry. Then, begin the workout. To ensure an accurate test score, do not change these entries once the workout begins. After the distance goal is reached, the workout program goes into a cool-down. The duration of this phase depends on the amount of time taken to complete the test. For less than five minutes, the cool-down is one minute. For five to 15 minutes, the cool-down is three minutes. For longer times, the cool-down is five minutes. The user can abort the cool-down by pressing the STOP button or the CLEAR key. After the cool-down is aborted or completed, the MESSAGE CENTER displays the finishing time and a point score for the Army and Marines tests, or a qualititative score, such as EXCELLENT, for the Navy test.

SPORT TRAINING WORKOUT™

This distance-goal workout is designed for runners training for races. The program creates realistic terrains by setting different incline grades throughout the course. The difficulty of these grades depends on the level selected during the workout setup. A 1.5 percent incline grade, which is the baseline level, simulates a flat running surface. A zero percent grade simulates running downhill. Incline durations range between 30 and 60 seconds. The course ends when the distance goal is met. Two **SPORT TRAINING™** programs are available on the treadmill:

- **SPORT TRAINING™** (5K) is a 5-kilometer, or 3.1-mile, course.
- **SPORT TRAINING™** (10K) is a 10-kilometer, or 6.2-mile, course.

NEW FEATURES

Custom Plus Programming Modifications - The Manager's Configuration provides new features for creating custom workouts:

- When programming an interval workout, the user may select a **speed** and an **incline** grade for each interval.
- Each interval is now identified by the time at which it occurs during the workout.

Programming a Distance Goal in .10-mile increments - When a user sets up a DISTANCE GOAL workout with the TIME ARROW keys, the MESSAGE CENTER displays the distance goal values in .10-mile increments.

MaxTime™ Control Option - This feature enables fitness club managers to set workout duration limits during peak and non-peak hours of club traffic. After entering the Manager's Configuration, select the MAXTIME SETUP option. The MESSAGE CENTER displays the statement "MAX-TIME CONTROL OFF" and then displays a maximum workout duration value. The default value is 60 minutes, and it can be changed with the INCLINE or SPEED ARROW keys. This value is always in effect unless the Maxtime™ control feature is turned on. To turn the feature on, use the INCLINE or SPEED ARROW keys, and switch the setting to MAXTIME CONTROL ON. Then, press ENTER.

The MESSAGE CENTER displays a PEAK DURATION value, which is the maximum possible workout duration, in minutes, during high-traffic hours. Use the ARROW keys or the NUMERIC keypad to increase or decrease the displayed value, and press ENTER. The MESSAGE CEN-TER then displays a NON-PEAK DURATION value, which is the maximum possible workout duration all other times. Use the ARROW keys or the NUMERIC keypad to increase or decrease the displayed value, and press ENTER.

The MESSAGE CENTER then displays a PEAK 1 time period in hours and minutes. This is the period during which the peak workout duration value is in force. Use the TIME ARROW keys to change the hours, and use the INCLINE ARROW keys to change the minutes. Press ENTER. The MESSAGE CENTER then displays the PEAK 1 duration value, which is the amount of time in minutes that the peak period remains in force. Using the ARROW keys, change the value, and press ENTER.

The MESSAGE CENTER then displays a PEAK 2 time period. Repeat the steps described in the preceding paragraph to set up a second peak time.

Standby Mode - This feature enables fitness club managers to set periods at which the treadmill automatically powers up or powers down. While in the Manager's Configuration, select the STANDBY SETUP option. The MESSAGE CENTER displays the statement, STANDBY DISABLED. Using the ARROW keys, switch the setting to ENABLED. The MESSAGE CENTER displays an AUTO OFF value, which is the time of day, in hours and minutes, at which the tread-mill automatically switches off. Use the TIME ARROW key to change the hours, and use the INCLINE ARROW key to change the minutes. Press ENTER. The MESSAGE CENTER displays an AUTO ON value, which is the time of day, in hours and minutes, at which the treadmill auto-matically switches on.

ZerOut™ **Speed Control** - If, during a workout, a user decreases the speed to the minimum and continues to hold the SPEED DOWN arrow, the speed falls to 0 MPH, which is pause mode. The minimum speed is 0.5 MPH, unless changed in the Manager's Configuration.

InstaPace™ **Feedback** - This feature enables users to monitor pace, or rate of minutes per mile, while running on the treadmill. It must be enabled in the Manager's Configuration. Also, the treadmill speed must be at least 4.5 MPH. The MESSAGE CENTER displays the MPH and pace simultaneously when the user adjusts the treadmill speed with the ARROW keys. If the user adjusts the speed using the NUMERIC keypad, the MESSAGE CENTER displays the pace after the treadmill reaches the new speed.