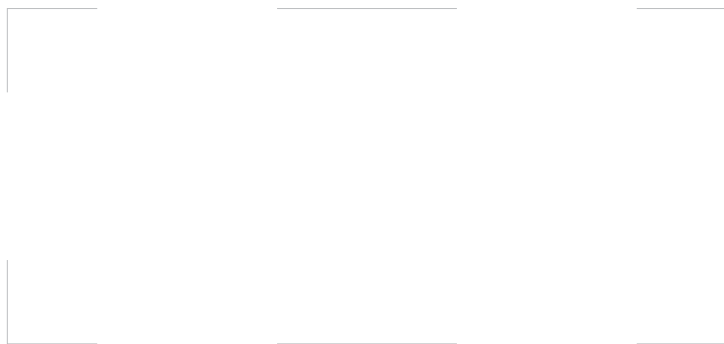




Owner's Manual

E5i Commercial Elliptical Trainer



Congratulations on Purchasing Your LifeSpan Elliptical!

At LifeSpan we take pride in the quality, safety, and reliability of our products as well as the professionalism of our sales support and customer service teams. Making it our number one priority that you have an exceptional experience using our products.

In support of this quality focus we pre-assemble parts on the manufacturing line whenever possible to reduce the number of steps and complexity of customer assembly, independently certify our products to comply with the latest industry Safety Standards, and use state of the art production processes and quality components.

Then we back LifeSpan products with excellent warranties and a responsive customer service department making it simple and easy to get assistance should the need arise.

This attention to quality, our high standard for customer service and focus on innovation has earned LifeSpan numerous awards and consistent praise from independent review groups, industry authorities and you the consumer.

Thanks for choosing LifeSpan.

Please thoroughly read this manual before you assemble or operate your elliptical. Neither LifeSpan nor its representatives can accept responsibility for any damages or injury incurred as a result of information presented in this manual except under the terms of the product warranty.

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When using exercise equipment, basic precautions should always be followed, including:

- Never drop or insert any object into any opening. If an object falls into an opening, stop using the product and remove the object or call customer service at 877.654.3837 option 4.
- Never operate this elliptical if it has been damaged or partially submerged in water.
- Do not use outdoors or in areas of high humidity or extreme temperature changes.
- Do not operate where aerosol spray products are being used or where oxygen is being administered.
- Use this exercise product for its intended use as described in this Owner's Manual. Do not use attachments that are not recommended by LifeSpan.
- Keep hands away from all moving parts
- Keep your elliptical on a solid, level surface. Do not operate elliptical on deeply padded, plush or shag carpeting. Damage to carpeting may occur.

Children and Pets

- When in use children and pets should be kept at least 10 feet (3m) away.
- This elliptical can be used by children ages 12 years and above and persons with reduced physical, sensory or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Cleaning and user maintenance shall not be made by children without supervision.
- Keep children away from the elliptical. There are many pinch points and other caution areas that can cause harm and injury.

Safety Tips While in Use

- Always consult a physician before beginning an exercise program.
- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing. Do not wear clothing or jewelry that might catch on any part of the elliptical.
- Wear shoes with high traction rubber soles. Do not wear shoes with heels, leather soles, cleats or spikes.
- Use caution while participating in other activities while using your elliptical such as watching television or reading. These distractions may cause you to lose balance which may result in injury.
- Heart Rate monitoring systems may be inaccurate. Various factors, including the user's movement may affect the accuracy of the heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trend.
- Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Note: Read all instructions and save for future reference.

About Your Elliptical

Specifications

Mechanical and Drive System

Flywheel	34 lb (15 kg)
Resistance System	Frictionless Magnetic Resistance
Resistance Levels	20
Stride Length	20" (50.8 cm)
Roller Wheels	Dual Roller Wheels Per Pedal
Transport	2 Front Wheels
Maximum User Weight	375 lb (170 kg)

Console Features

Readouts	Time, Speed, Calories, Heart Rate, Watts, Stride(step) Count, Resistance Level, Date and Clock Average Watts, Stride Count Per Minute (CPM), Calorie Burn Rate Per Hour, Distance
Programs	2 Heart Rate, 2 User Setup and 17 preset programs
Display	7.5" Blue Backlit LCD
Heart Rate	Contact Heart Rate Sensors / Chest Strap Compatible
Quickset™	8 Buttons for Resistance Control
USB Plus	Charges Mobile Devices
Accessory Support	Water Bottle Holder Tablet Holder / Reading Rack

Unique Features

As a leader in the fitness industry, LifeSpan has developed a number of unique features that make our products more engaging and easier to use. You can learn more about how to use these features throughout this Owner's Manual.



Intelli-Key™

Console operation is simplified with sequential button illumination prompting you through program selection and setup.



USB Charger

Dual-purpose USB port charges most of your mobile devices*.

** Does not charge iPad 1, iPad 2, and iPad 3.*

About Your Elliptical

Console Overview

Readout Display _____

Preset Programs _____

Media Holder _____

USB Plus _____

Alternate Readouts _____

Operating Keyboard _____

Quickset™ Resistance Controls _____

Resistance Level – _____

Resistance Level + _____

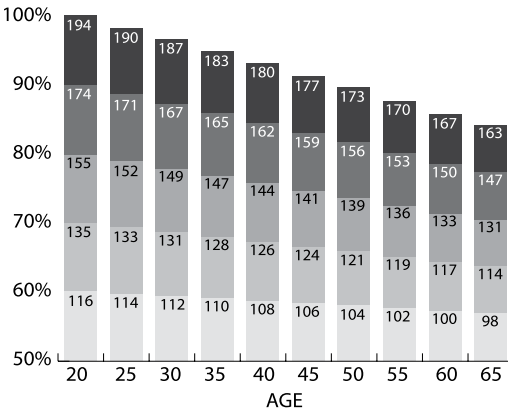
Quickset™ Resistance Controls _____

About Your Elliptical



About Your Elliptical

Heart Rate Monitoring



Seeing your heart rate while exercising will help you understand the intensity of your exercise and corresponding heart rate training zone, and predict health benefits found through repeated bouts of exercise. Refer to the information below to understand your heart rate training zones:

Zone 5 — Performance Redline Zone: 90% - 100% of your Max HR

The performance zone involves extreme effort, requiring the heart to beat at or near maximum capacity. Training bouts include intense resistance or sprinting, benefiting speed, power, and anaerobic performance competency.

Zone 4 — Threshold Zone: 80% - 90% of your Max HR

The threshold zone involves intense jogging or sub-maximal sprinting, typically unsustainable for long periods of time. Benefits include highly-elevated calorie burn, speed and power performance enhancement, improved lactate removal capabilities, and enriched heart health.

Zone 3 — Aerobic Zone: 70% - 80% of your Max HR

The aerobic zone is ideal for cardiovascular training. Workouts in this zone are more intense, involving moderate jogging. Long-term benefits are improved heart health and cardiovascular performance, reductions in blood pressure and cholesterol, and increased calorie burn.

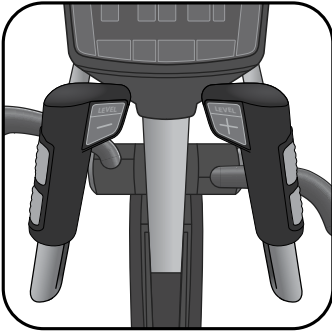
Zone 2 — Temperate Zone: 60% - 70% of your Max HR

The temperate zone consists of moderate-intensity exercise, typically as fast walking to slow jogging. Speaking is more difficult and breathing is elevated. Benefits are similar to those of the healthy heart rate zone, though caloric expenditure is higher.

Zone 1 — Healthy Heart Zone: 50% - 60% of your Max HR

The healthy heart zone involves safe, low-intensity activity, like medium-to-brisk walking. Full conversations can be held, despite a gentle increase in respiration. Benefits include reduced risk of heart and vascular disease, moderated blood pressure and cholesterol, and improved insulin sensitivity.

Hand Pulse Sensors

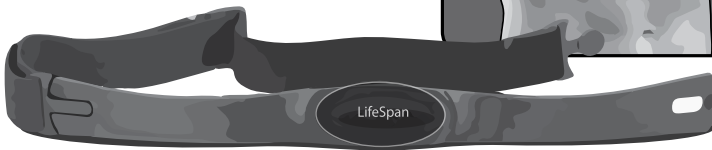
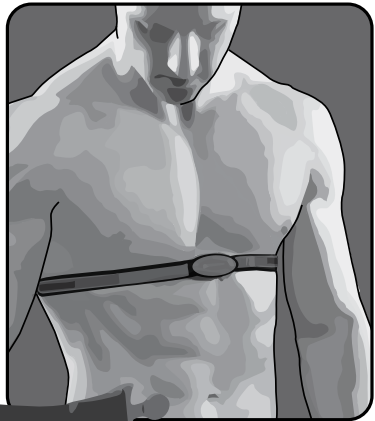


To use, grasp the sensors with a comfortable grip, with the palms of your hands placed over the sensors. If the sensors are having difficulty picking up your heart rate, use aloe or a moisturizer on your hands or further warm up as you exercise to increase the moisture in your hands. Dry hands do not transfer your pulse as effectively as moist hands.

Chest Strap

The E5i elliptical models have integrated heart rate receivers built into the console. The chest strap should be worn as shown.

When using a chest strap you may need to warm up first to increase the moisture in your skin. If this doesn't work use aloe or another moisturizer where the sensors on the chest strap are making contact with your skin.



Note: The heart rate monitoring system will vary due to your age, method of use, physiology and other factors. LifeSpan cannot guarantee the accuracy of the heart rate readings.

About Your Elliptical

Preset Programs

Preset programs automatically change the resistance during a workout according to a preset pattern called a profile. This provides a better workout, since it uses a wider range of muscles and different intensities, a well-known benefit in the cross-training and interval-training world.

Each preset program can be set to change resistance level only. Each has a suggested duration, but this can be adjusted to anywhere from 10 to 99 minutes. Two overall levels may be selected, which raises or lowers the program profile.

Long Slow Distance

(40 minutes default)



This profile has small changes, allowing for a more consistent style of effort, maximizing the duration of your workout.

Short Interval

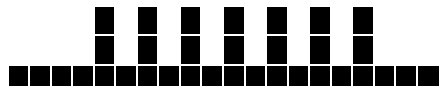
(20 minute default)



This has the widest variation of resistance level, and has the shortest default duration.

Moderate Interval

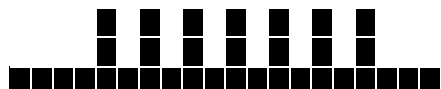
(30 minute default)



Smaller resistance changes than Short Interval, but greater overall duration, resulting in a longer workout.

Long Interval

(40 minute default)

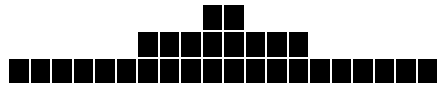


The smallest resistance alterations of any of the interval workouts, allowing a longer overall duration.

Negative Interval 1

(30 minute default)

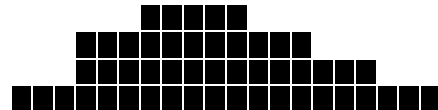
A good choice for someone new to interval training. Resistance levels decrease in the second half of the workout.



Negative Interval 2

(30 minute default)

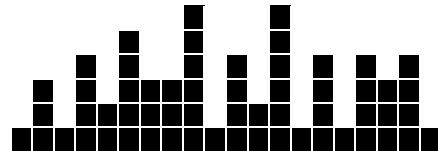
A slightly higher-intensity version of Negative Interval 1.



Fartlek

(30 minute default)

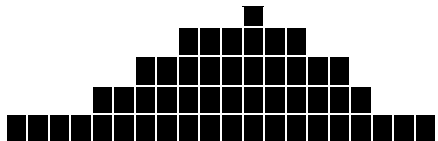
A Fartlek is a Swedish workout that inspires improved levels of fitness through unpredictable changes in programming. This profile purposefully has no predictable pattern to its profile.



Uphill Climb

(30 minute default)

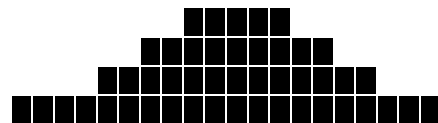
A gradual increase, then corresponding decrease, of resistance level.



Pyramid Climb

(30 minute default)

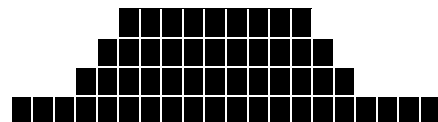
Similar to Uphill Climb but with less frequent changes.



Plateau Climb

(40 minute default)

A higher-intensity version of Long Slow Distance, with a steady level of effort comprising the majority of the profile.



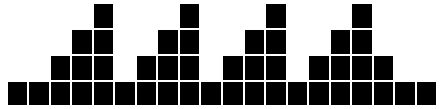
About Your Elliptical

Ladder

(30 minute default)

A form of interval training with longer, increasingly-intense

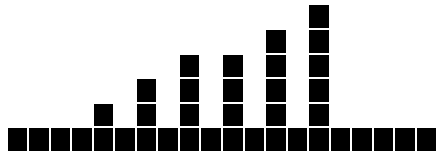
intervals. Each unique, altering level is designed to mimic a higher rung on a ladder. This is the most difficult of the preset programs.



Uphill Interval

(20 minute default)

Similar to Short Interval, but with more pronounced changes in intensity.



Steady Pace

(40 minute default)

Similar to Long Slow Distance, but with a lower intensity, steady profile. This is the easiest of the preset programs.



Long Slow Distance 2

(40 minute default)

Similar to Long Slow Distance, but reaches maximum intensity more rapidly.



Cardio Run

(20 minute default)

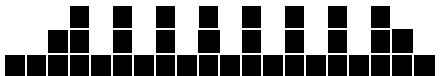
A short, continuous workout with consistently high intensity.



Short Interval 2

(20 minute default)

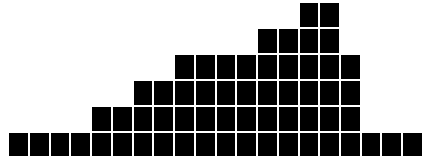
Similar to Short Interval, but with a more rapid buildup to the initial interval.



Uphill Walk

(30 minute default)

Gradually increases intensity throughout the entire workout.



Custom User Programs

There are two user programs that provide you with the ability to build custom program profiles for your specific workout requirements. In Custom User Programs you set the workout time and then for each of the 20 program segments you set the resistance level.

Heart Rate Control Programs

Constant Heart Rate

The Constant Heart Rate is a steady state program that lets you select a single heart rate to maintain throughout your workout. The elliptical will adjust the resistance level every 10 seconds during the workout to maintain your heart rate close to the target you've selected.

Interval Heart Rate

The Interval Heart Rate is designed to help you increase aerobic endurance and improve heart rate recovery. This program lets you select a LOW or recovery target heart rate and a High target. After the 3 minute warm-up the console will adjust the resistance level every 10 seconds to maintain your LOW target for 2 minutes. Then the console will adjust the resistance level to raise your heart rate to the high target selected and once again keep it at this level for 2 minutes. The process will repeat until the end of the workout. It is recommended that you set the workout time to 30 minutes or higher to use this program effectively.

Note: Remember that the console needs to receive your heart rate through the grip pulse or a heart rate chest strap during the course of the workout.

About Your Elliptical

Warranty

Your LifeSpan treadmill/bike desk comes with the following limited warranty valid in North America. If you are outside of this area contact your local authorized LifeSpan dealer.

Warranty Item	
Elliptical Frame	Lifetime
Parts	5 Years
Labor	2 Years

LifeSpan warrants that the equipment it manufactures is free from defects in materials and workmanship under normal use and services. The periods above are based on the date of purchase. During these periods, LifeSpan will repair or replace any defective part. Free labor is included on all parts that are not normally assembled or replaced by the customer within the labor period.

If within the time frames specified above, any part fails to operate properly, login to our website at www.LifeSpanFitness.com, click on "Customer Service" and complete the form to request assistance or call 877.654.3837 option 4 for a Customer Service Agent (please note that certain kinds of service should only be performed by a qualified service technician).

LifeSpan reserves the right to make changes and improvements to our products without incurring any obligations to similarly alter any product purchased. In order to insure our product warranty and to ensure the safe and efficient operation of your LifeSpan product, only authorized parts can be used. The warranty is void if any parts other than those provided by LifeSpan are used.

Exclusions and Limitations:

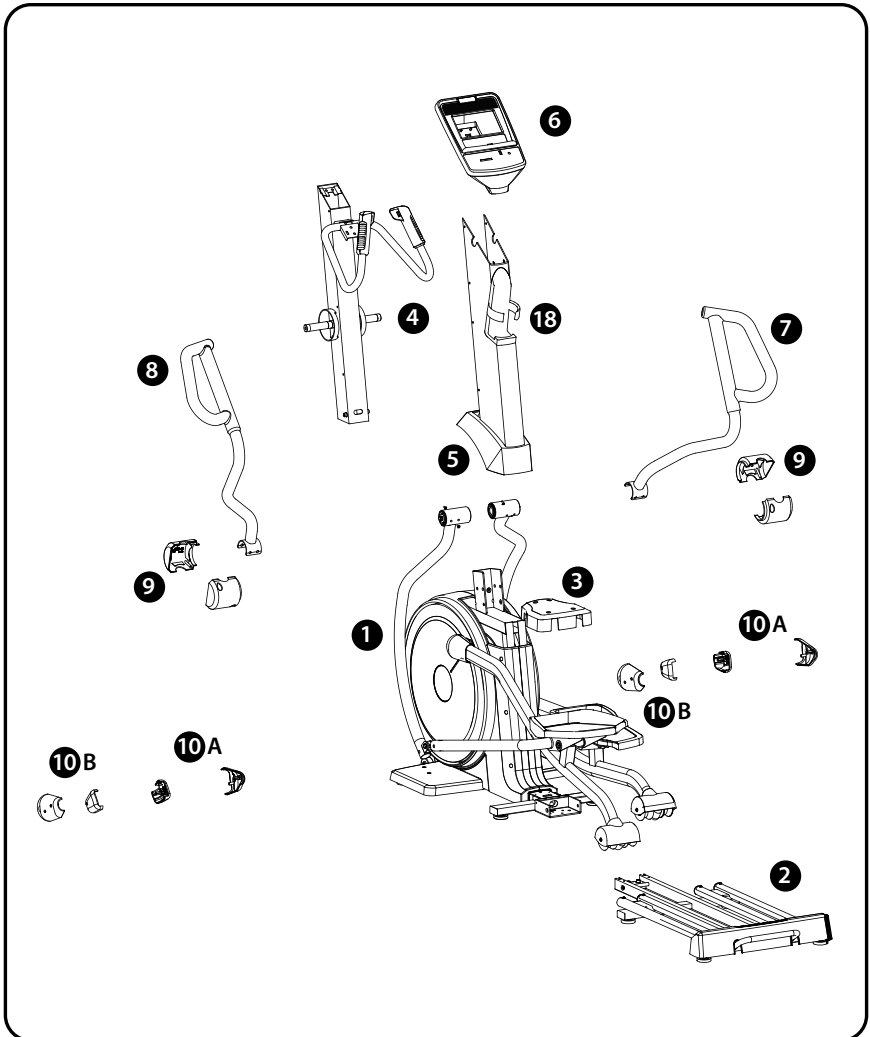
- This warranty does not apply to any defects caused by negligence, misuse, improper assembly, or maintenance, accident, or "act of God."
- This warranty does not apply to discoloration of paints or plastics.
- LifeSpan shall not be responsible for incidental or consequential damages.
- This warranty is non-transferable from the original owner.

Assembling Your Elliptical

Exploded View

Prior to starting the assembly process take all of the parts out of the box. Remove plastic bags and lay them out on the floor to become familiar with the components.

Since your elliptical is a heavy piece of equipment it is recommended you use two people during assembly and follow these assembly instructions to reduce any problems that could occur.



Assembling Your Elliptical

Hardware Included

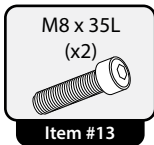
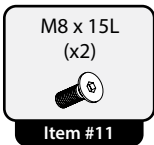
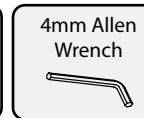
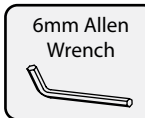
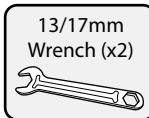
Item#	Part Description
1	Main Base
2	Rail Base
3	Base Connection Cover
4	Console Mast
5	Base Top Cover
6	Console

Item#	Part Description
7	Right Arm Assembly
8	Left Arm Assembly
9	Mid Arm Joint Covers
10A 10B	Lower Arm Joint Covers
18	Console Mast Cover

Hardware Bag Contents

Item #	Qty.	Hardware Description
N/A	2	13/17mm Wrench
N/A	1	6mm Allen Wrench
N/A	1	5mm Allen Wrench w/Phillips Screwdriver
N/A	1	4mm Allen Wrench

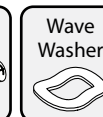
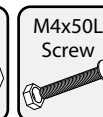
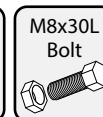
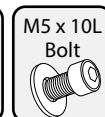
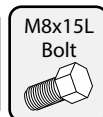
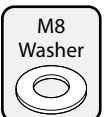
Item #	Qty.	Hardware Description
11	2	M8 x 15L Countersink Bolt
12	6	M8 Washer
13	2	M8 x 35L Bolt
14	6	M4 x 10L Screw
15	4	M8 x 20L Bolt



Pre-installed Hardware (not shown)

Item #	Pre-Installed Hardware
N/A	M8 x 20L Bolt
N/A	M8 Washer
N/A	Console Mast Cover
N/A	M4 x 10L Screw

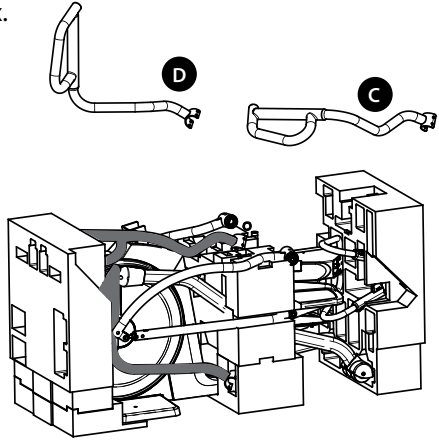
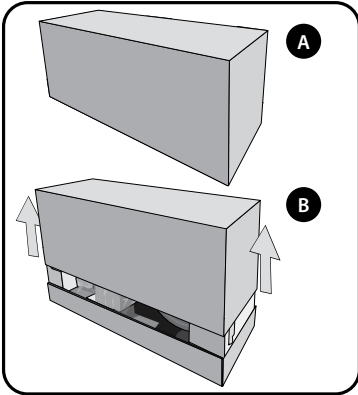
Item #	Pre-Installed Hardware
N/A	M8 x 15L Bolt
N/A	M8 x 30L Bolt
N/A	M4 x 50L Screw
N/A	Wave Washer



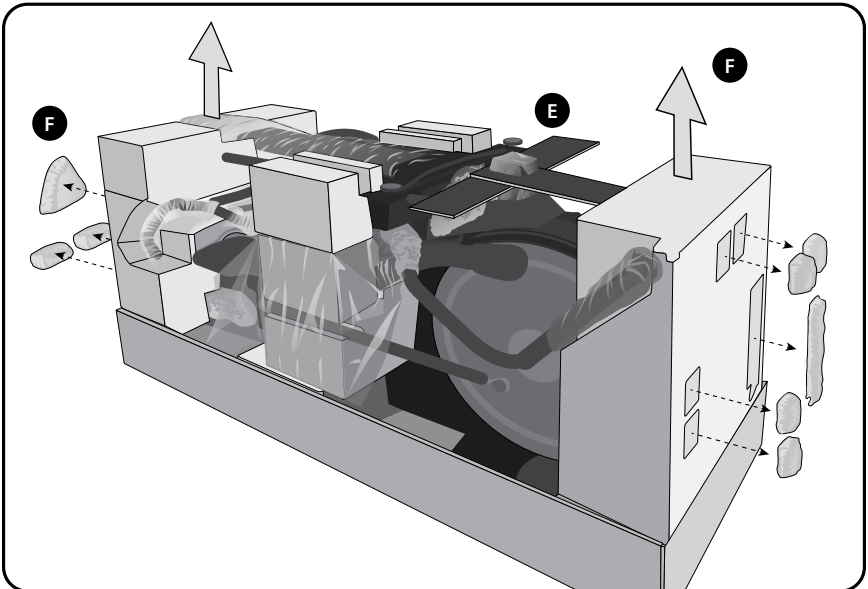
Assembling Your Elliptical

Step 1: Unpacking Elliptical

- A. Cut tape around the bottom edge of the box.
- B. Lift top of box up and off.
- C. Remove the right arm from box.
- D. Remove the left arm from box.

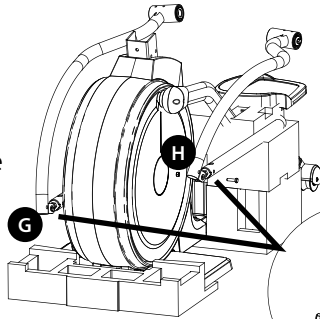


- E. Remove packaging boards
- F. Continue removing components from the box until only the *Main Base (1)* is left.



Assembling Your Elliptical

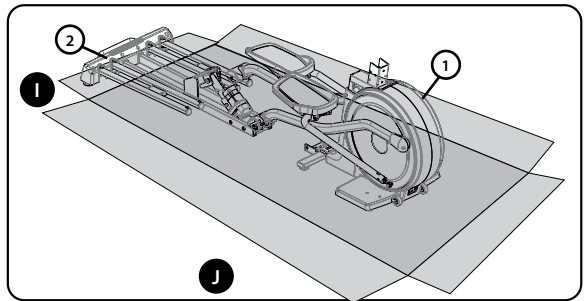
- G. Remove the Bolt from the lower end of the right mid arm and right pedal arm. Remove the *Right Mid Arm* from the *Main Base*(1). Reinstall the removed bolt into the *Right Pedal Arm* being sure the spacer is still in place.



- H. Repeat step G for the *Left Mid Arm* and *Pedal Arm*.

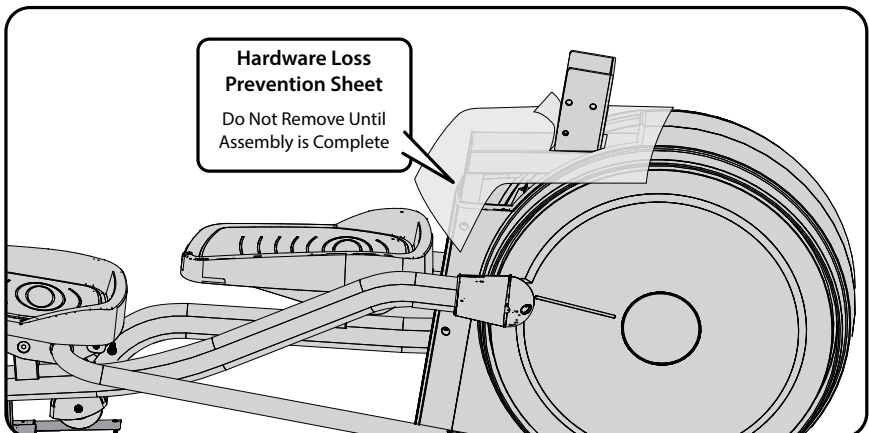
- I. Cut the corners of the bottom box and remove all packaging.

- J. Place *Rail Base*(2) in position with mounting holes in *Main Base*(1).



Step 2: Hardware Loss Prevention Sheet

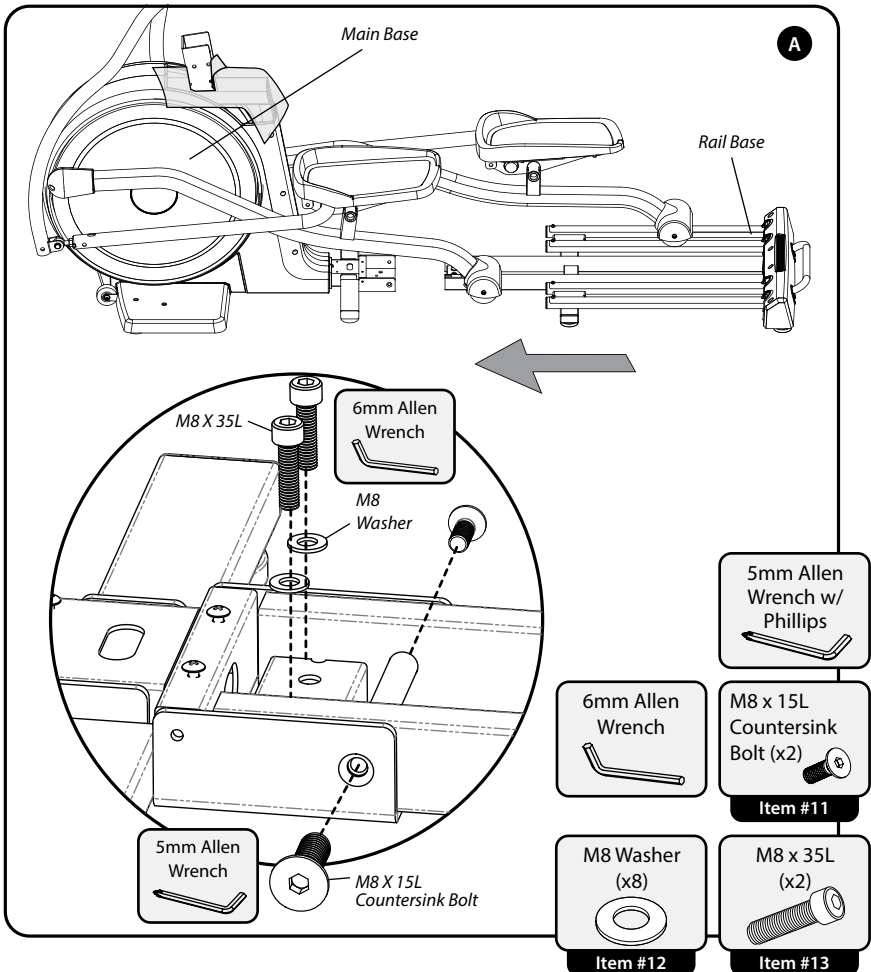
- A. The *Main Base* (1) has the *Hardware Loss Prevention Sheet* draped around the *Console Mast Support*. The purpose of this paper is to act as a shield to prevent bolts, washers and screws from falling into the *Main Base* during assembly. Do not remove until assembly is complete. The paper tears off easily when done and can be thrown away.



Assembling Your Elliptical

Step 3: Base Assembly

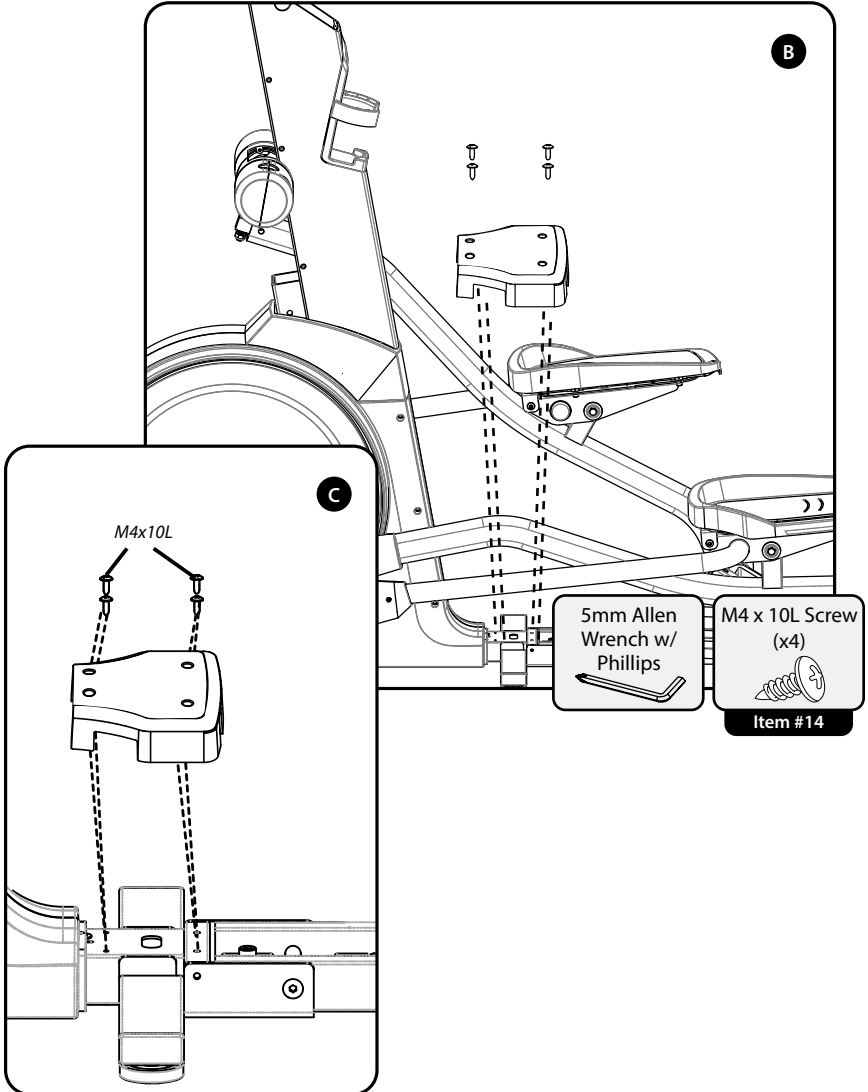
- A. Attach the *Rail Base*(2) to the *Main Base*(1) as shown in illustration A below.
 1. Align the holes in the side of the *Main Base* and *Rail Base* and install two *M8 x 15L Countersink Screws*(11). **Do not tighten at this time.**
 2. Install two *M8 x 35 Bolts*(13) and *Washers*(12) down through the *Rail Base* and into the *Main Base*. **Do not tighten.**
 3. **Fully tighten** the two *M8 x 15L Countersink Bolts* and then the two *M8 x 35L bolts*.



Assembling Your Elliptical

Step 3: Base Assembly (continued)

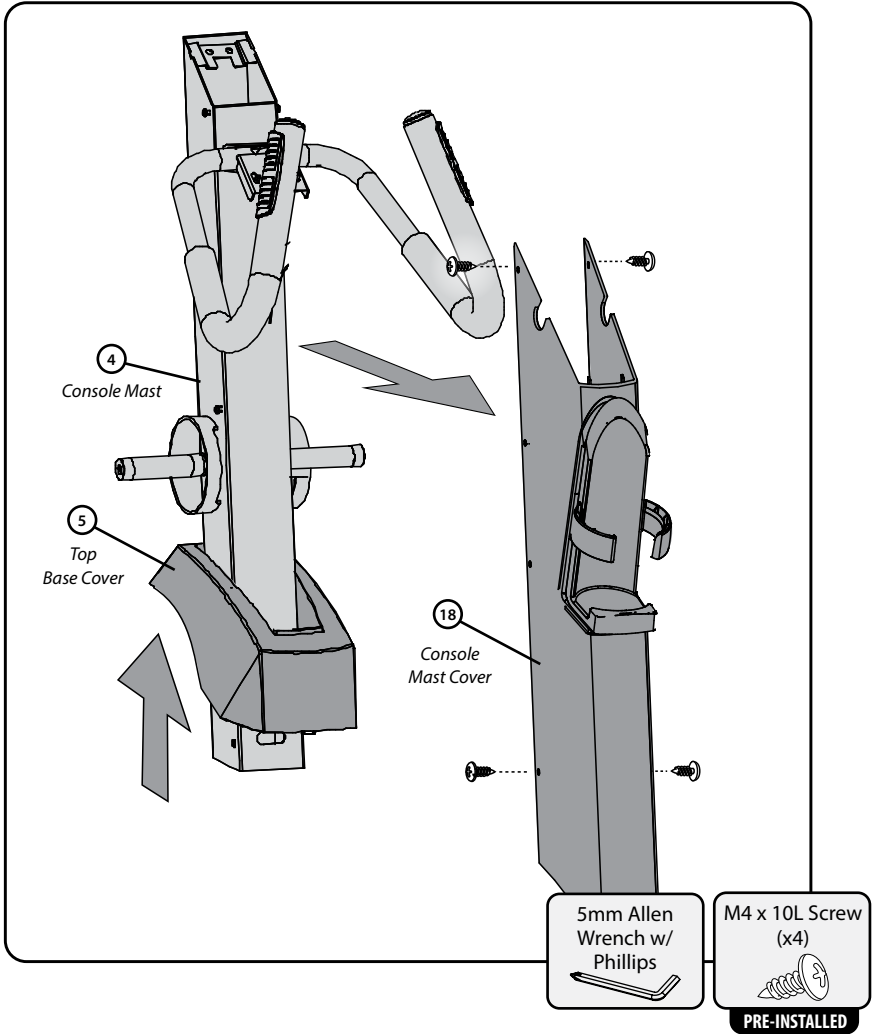
- B. Remove the four pre-installed *M4 x 10L* screws(14) from the *Main Base* (1).
- C. Install the *Base Connection Cover* onto the *Main Base* using the four *M4 x 10L* screws(14) removed in step A.



Assembling Your Elliptical

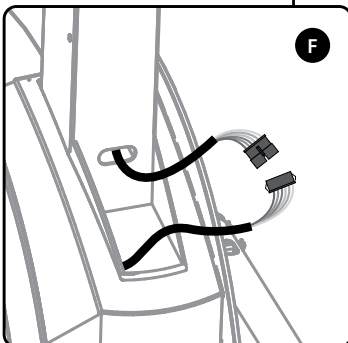
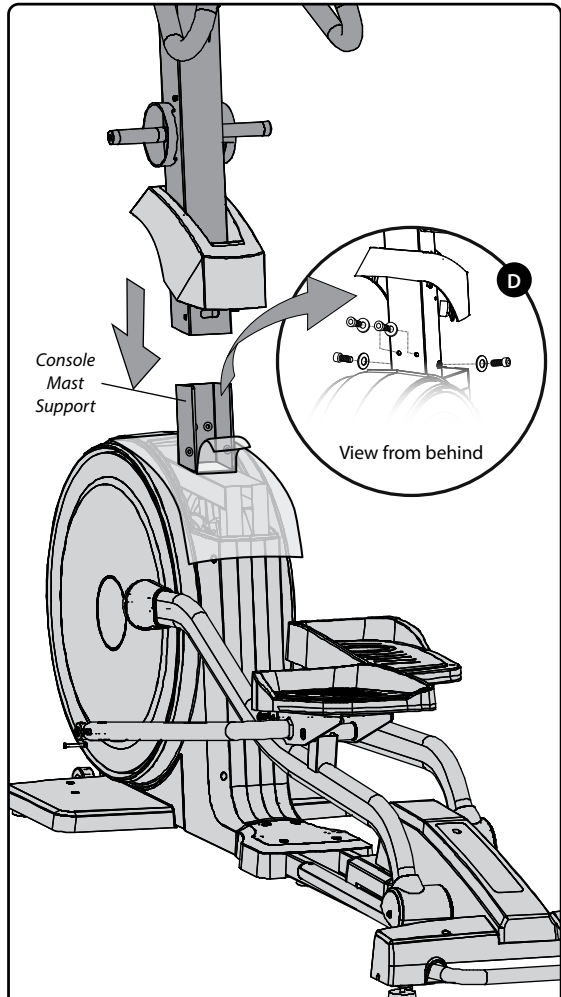
Step 4: Attaching Console Mast

- A. Remove the *Console Mast Cover*(18) by removing four pre-installed screws as shown in Illustration.
- B. Slide the *Base Top Cover*(5) onto the *Console Mast*(4) as shown.



Step 4: Attaching Console Mast (continued)

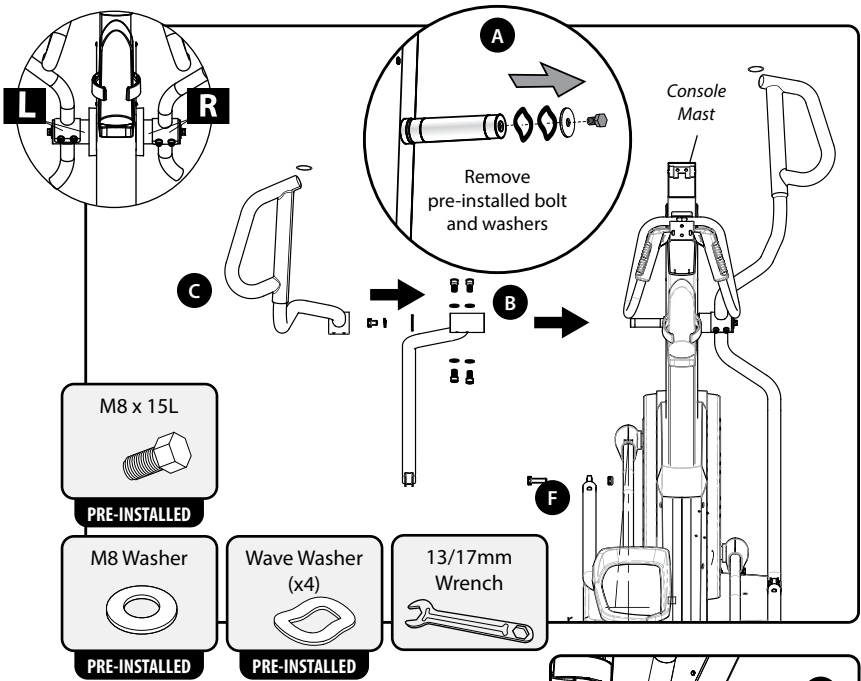
- C. Slide the *Console Mast(4)* onto the *Main Base(1)* being careful not to damage the wires coming from the two components.
- D. Install four *M8 x 20L Bolts(15)* and *M8 Washers(12)* found in your hardware bag.
- E. **Fully tighten** all four *M8 Bolts* with the provided *6mm Allen wrench*. See Illustration D.
- F. Securely connect the 8 pin connector from the *Console Mast* and *Main Base*. Tuck extra wire back into the *Console Mast(4)*.



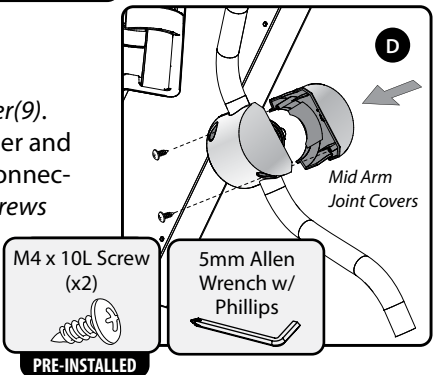
Assembling Your Elliptical

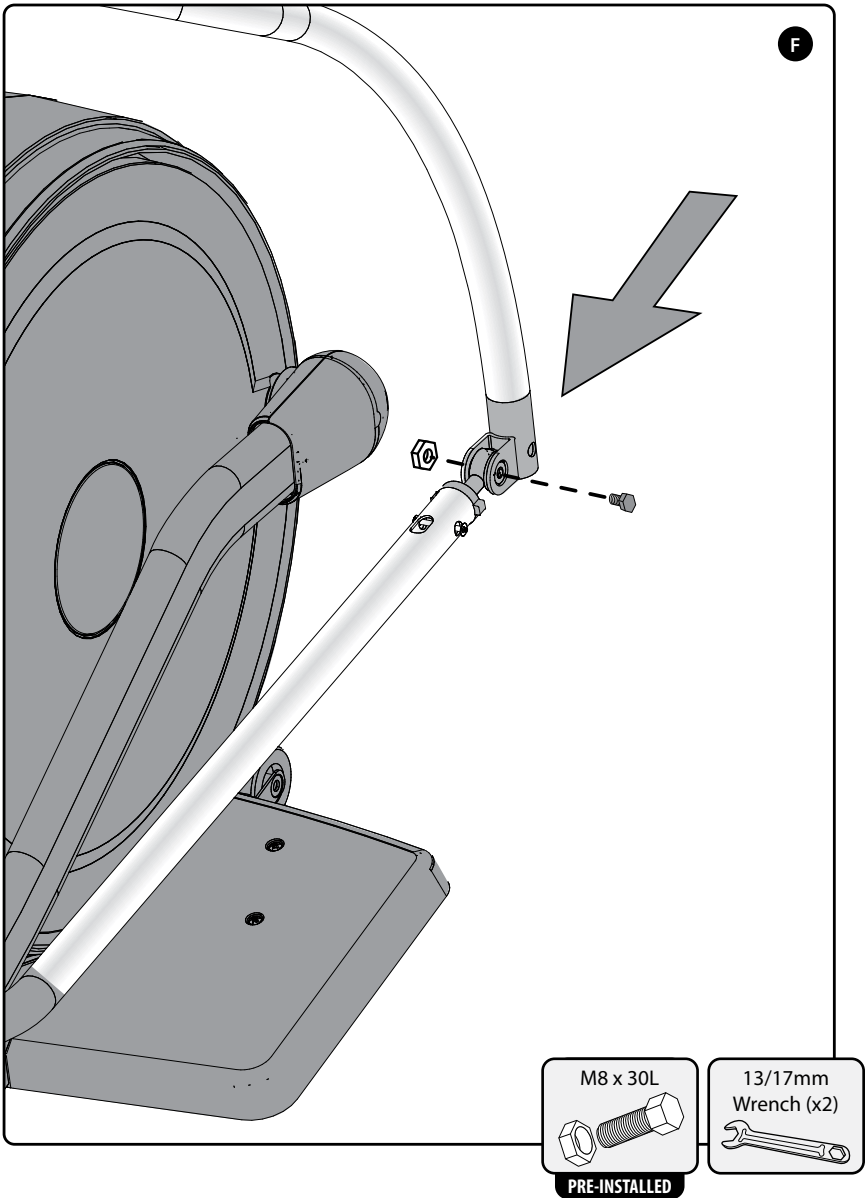
Step 5: Arm Attachment

- A. Remove the pre-installed *Mx15L Bolt*, *Flat Washer* and 2 *Wavy Washers* from handlebar post on *Console Mast*(4) as shown in Figure A.
- B. Attach *Right Lower Arm* to *Console Mast*(4). Re-install 2 *Wave Washers*, *Flat Washer* and *M8 x 15L Bolt* removed in Step A and tighten with 13mm wrench.
- C. Remove the four *M8 x 15L Bolts and Washers* from the pivot joint of the *Lower Arm* shown in Figure B. Install the *Right Upper Arm* to the *Lower Arm* and fasten with the four *M8 x 15L Bolts and Washers* previously removed.



- D. Remove *M4x10L Screws* from pre-assembled *Mid Arm Joint Cover*(9). Place both halves around the upper and lower handlebar joint assembly connection. Re-install the two *M4 x10L screws* with Phillips head screwdriver.
- E. Repeat steps A – D for left arm assembly.

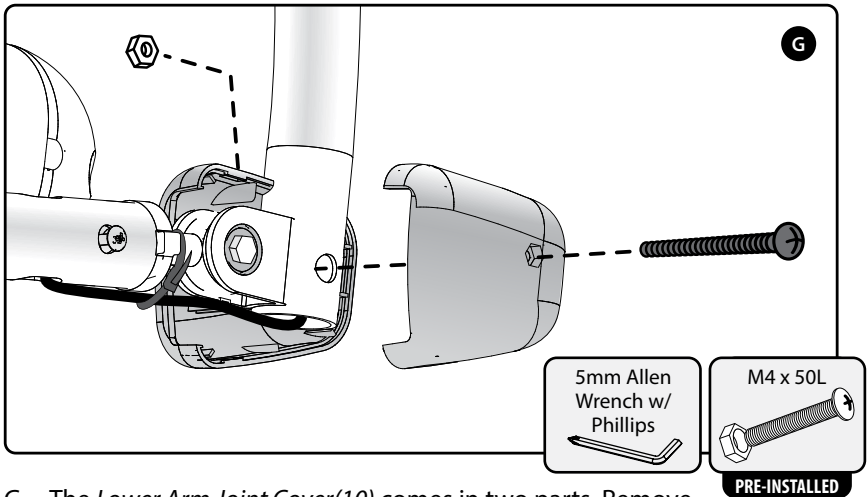




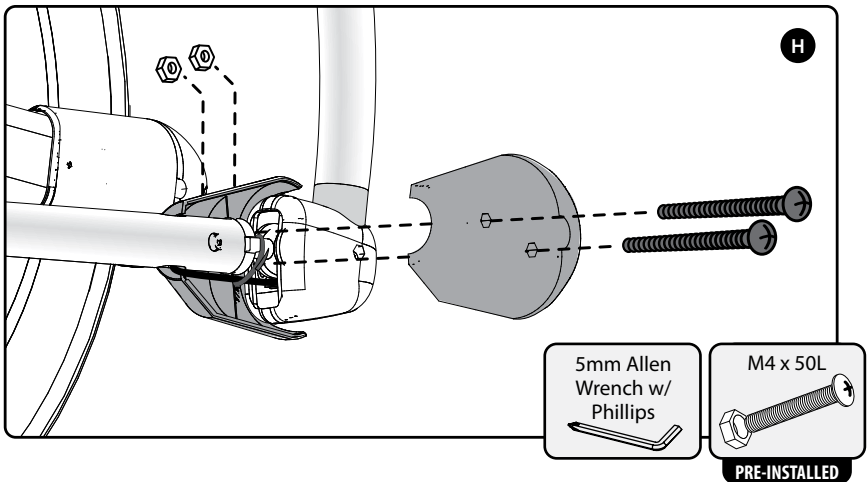
Step 5: Arm Attachment (continued)

- F. Using both 13mm Wrenches remove pre-installed bolt and nut. Attach *Lower Arm Bracket* to *Pedal Arm Bearing* with bolt and nut.

Assembling Your Elliptical



- G. The *Lower Arm Joint Cover(10)* comes in two parts. Remove *M4x50L Screws* from pre-assembled *Lower Arm Joint Cover(10A)*. Place both halves, shown above, around joint. Re-attach joint cover with Phillips head screwdriver and 13mm wrench, making sure nut is seated in plastic recess.

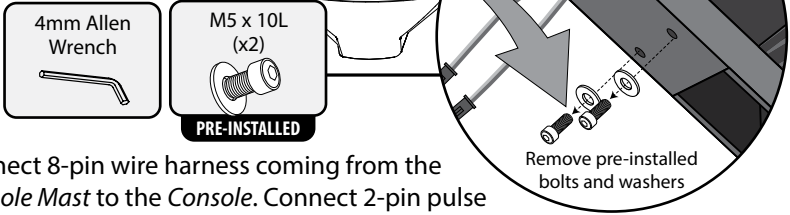


- H. Remove *M4x50L Screws* from pre-assembled *Lower Arm Joint Cover(10B)*. Place both halves of *Joint Cover(10B)*, as shown above, This will overlap the front part of *Joint Cover(10A)* just completed in step G. Use the Phillips head screwdriver, *M4x50L Screws* and *Nuts* to finish attaching.
- I. Repeat steps F – I for other side.

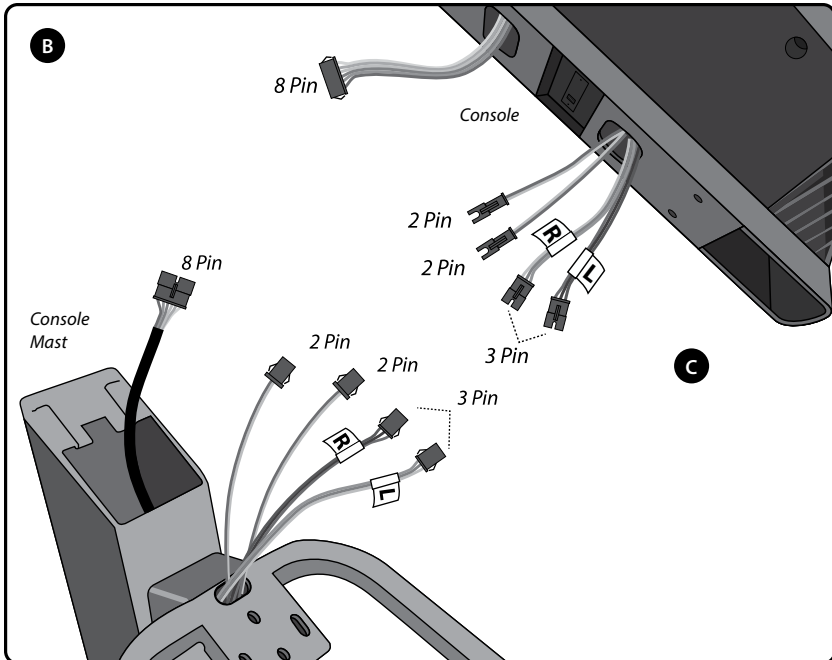
Assembling Your Elliptical

Step 6: Console Attachment

- A. Remove pre-installed *M5x10L Bolts* and *M5 Washers* from the back of *Console(6)* with 4mm Allen Wrench.



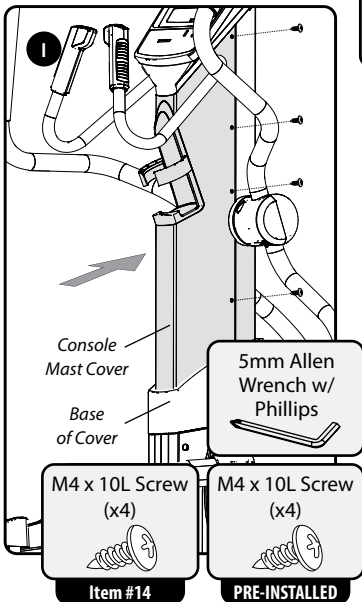
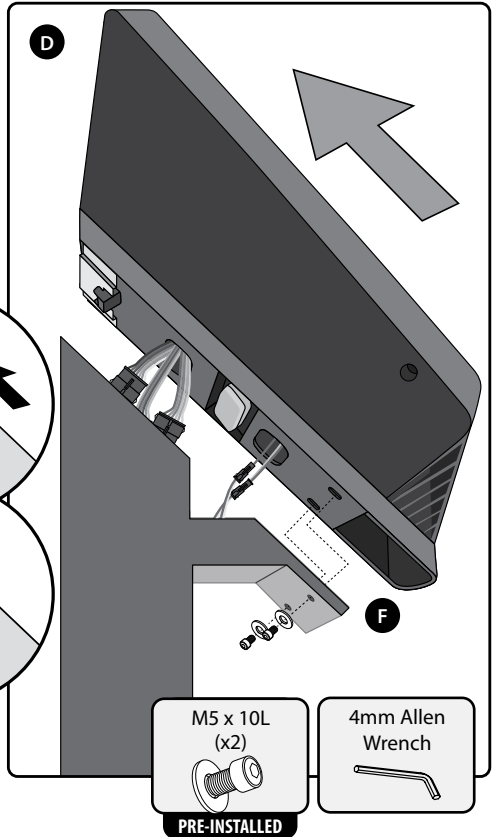
- B. Connect 8-pin wire harness coming from the *Console Mast* to the *Console*. Connect 2-pin pulse grip wires to console. Connect the two 3-pin level wires to matching "R" and "L".
- C. Connect the two 2-pin connectors from the *Console Mast* to the two 2-pin connectors from the *Console*. Connect the two 3-pin connectors from the *Console Mast* to the two 3-pin connectors from the *Console* being sure to match the R and L labels.



Assembling Your Elliptical

Step 6: Console Attachment (continued)

- D. Tuck wires inside *Console(6)* and *Console Mast(4)*.
- E. Slide *Console(6)* upwards so the hook on back of console slides under holding plate to lock into position.
- F. Attach *Console(6)* by installing the two *M5x10L Bolts* and *M5 Washers* (that were pre-installed on back of console) through slots in upper mast.

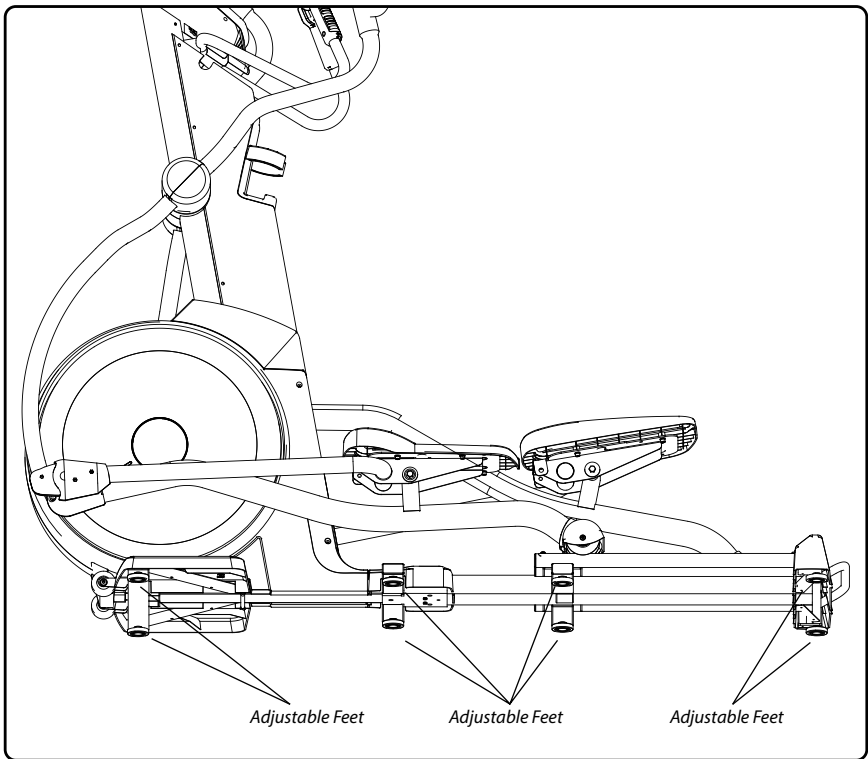


- G. Tear off *Hardware Loss Prevention Sheet*.
- H. Push *Base Top Cover* down into position.
- I. Attach *Console Mast Cover(18)* with the four *M4x10L Screws* removed in step 4A and four more in the hardware bag for a total of eight. **Tools needed:** Phillips head screwdriver.
- J. Inspect unit for excess packing material and check that the roller wheels are on the rails.

Assembling Your Elliptical

Leveling

LifeSpan Elliptical Trainers come with eight leveling feet - two in the front, four in the middle, and two in the back. Locate your elliptical trainer on a solid, level surface. Make sure that the center adjustable foot, located on the center frame brace sits level on the floor. Try to rock the elliptical in all directions to see if any of the feet are not touching the floor. If the elliptical rocks, adjust the feet that are not touching the floor upward to eliminate any rocking. Once the frame is completely stable, secure the feet in place by tightening the lock nut on each foot.

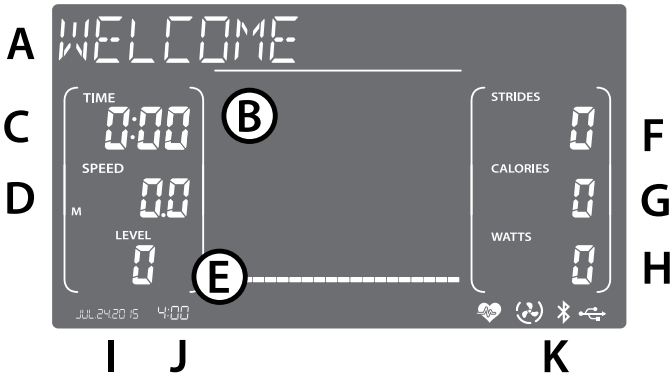


SAFETY TIP: Always keep feet fully inside the pedals. This will prevent the user from falling or a wheel from coming off a rail.

Console Basics

Readout Display

A blue backlit LCD display provides all the information you need to monitor your exercise results and get the most out of your exercise program.



- A. **Message Window** - This 16-character window helps step you through program setup, then displays the program selected while you exercise.
- B. **Program Matrix** - Divides the workout programs into 20 segments with varying intensity levels.
- C. **Time** - The workout time elapsed or the workout time remaining.
- D. **Speed** - Estimated ground speed based on your stride rate and a 20-inch stride length.
- D2. **Distance** - Estimated ground covered based on your stride count and a 20-inch stride.
- E. **Level** - Level of resistance on the pedals, ranging from 1 to 20 (180 watts at 60 rpm – 200 watts at 60 rpm).
- F. **Strides** - A count of your strides.
- F2. **Strides/Min** - The rate of your pedaling.
- G. **Calories** - An estimate of total calories burned.
- G2. **Calories/HR** - An estimated rate of your calorie burn per hour.
- H. **Watts** - An estimate of the power you are putting into the elliptical.

- H2. **Watts Ave** - The average power over the duration of your exercise session.
- I. **Date** - The date is presented as the month/day/year below the program matrix.
- J. **Time** - The time of day is shown below the program matrix using a 24-hour reading clock.
- K. **Indicator icons:**



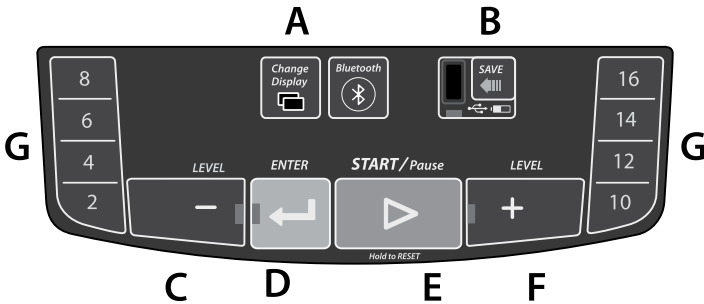
HRC - This icon flashes when your pulse is being taken.



USB - This will light up when your exercise data is being transferred to a USB flash drive.

Console Basics

Main Keyboard



- A. **Change Display** - Change the type of data displayed in some of the readouts.
- B. **Exercise Data Save** - This saves your workout results to a USB flash drive.
- D. **Enter** - Confirm a selection.
- E. **Start/Pause** - Start the elliptical/Pause the elliptical.
- C F. **Resistance Level** - Adjust the resistance levels on the pedals.
- G. **Quickset™ Resistance** - Select a resistance setting of 2,4,6,8,10,12,14,16.

Top Keyboard



- A. **Program Group** - Choose from HRC (Heart Rate Control), Healthy Living, Sport Training, Weight Loss, and User Set Up.

Setting the Date and Time

Before getting started using your elliptical make sure the date and time are properly set on the console to ensure that your exercise data is properly recorded.

To set the date and time in your console start pedaling and follow these steps:

- A. When the console says "WELCOME," press any of the Quick Resistance keys.
- B. Display shows "Clock." Press and hold any Quick Resistance button until display changes.
- C. Display shows "UPDATE CALENDAR." Press ENTER.
- D. Press the +/- buttons to select the correct Year. Press ENTER.
- E. Press the +/- buttons to select the correct Month. Press ENTER.
- F. Press the +/- buttons to select the correct Day. Press ENTER.
- G. Press the +/- buttons to set the Hour. Press ENTER.
- H. Press the +/- buttons to set the Minute. Press ENTER.

QuickSTART

The quickest way to get started with a workout is to press the START button. This will start the elliptical in manual mode with the time counting up from 00:00. You can also set a desired workout Time and update your Weight in the console for more accurate calorie calculation by following these steps:

- A. Press ENTER to select manual mode.
- B. Select the amount of time (in minutes) you want to use the manual program by pressing the resistance +/- buttons. Press ENTER.
- C. Use the resistance +/- buttons to set your weight. Your weight is used to more accurately calculate calories burned. Press ENTER.
- D. Press START and the elliptical will start with the time counting down from the preset time.
- E. To increase resistance press the + button.

Pause: If you need to temporarily stop your workout, press the PAUSE button to PAUSE. To RESTART the workout, press the START button. After 45 seconds of no activity the console will turn off.

Note: Because this is a self-generator type bike, if it is not being pedaled, the console will shut off and all workout information on the console will reset.

Using Programs

Preset Programs

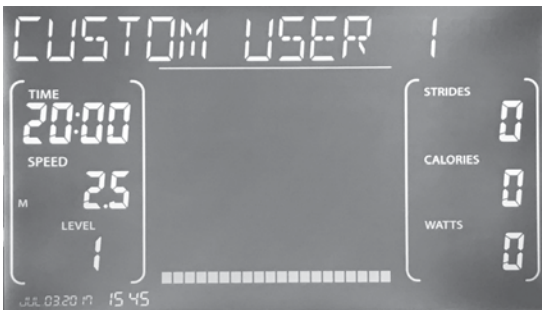
There are numerous programs available to help you add structure and variety to your exercise program. For more information about these programs please refer to the About Your Elliptical section of this Owner's Manual. To use one of the Preset Programs follow the steps below:

- A. **Select Program** – Press the Level + / - buttons on the keyboard to cycle through the program list, or use the Program Buttons to find your desired program then press Enter to complete the selection.
- B. **Set Intensity Level** – There are 2 levels of intensity with each preset program (1 being the easiest and 2 being the most difficult). Press the Level +/- buttons to select the desired level then press Enter.
- C. **Set Time** – Set the program Time of your workout by pressing the Level +/- buttons then press Enter.
- D. **Set Weight** – Set your Weight in the console for more accurate calorie calculation by pressing the Level +/- buttons then press Enter.
- E. Press the Start button to begin your workout.

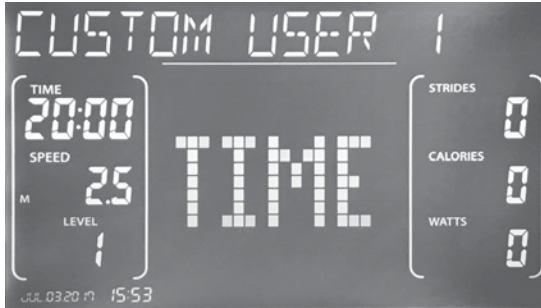
Custom User Set-up Programs

There are 2 user programs that provide you with the ability to establish customized program profiles specific to your workout requirements. Once these programs are completed they are saved by the console and can be selected like any other preset program. Complete the following steps to set up a user program:

- A. **Select USER1 or USER2 Programs** – Press the Level +/- buttons to select the USER1 or USER2 programs then press Enter.



- B. **Set Time** – Set the workout Time for the current custom user program by pressing the Level +/- buttons until the desired time is reached, then press Enter.

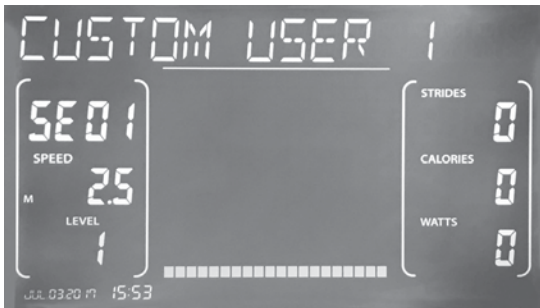


- C. **Set Weight** – Set your Weight in the console for more accurate calorie calculation by pressing the Level +/- buttons then press Enter.

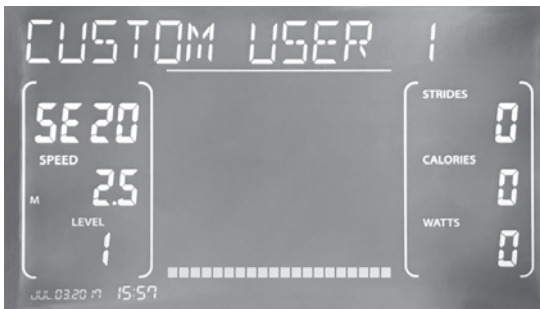


Using Programs

- D. **Set Level** – Use the Resistance up/down buttons, or the quickset resistance buttons to set the resistance level of the first program segment. Once the desired resistance level is reached, press Enter. The adjusted segment moves left and there are 19 more segments to set.



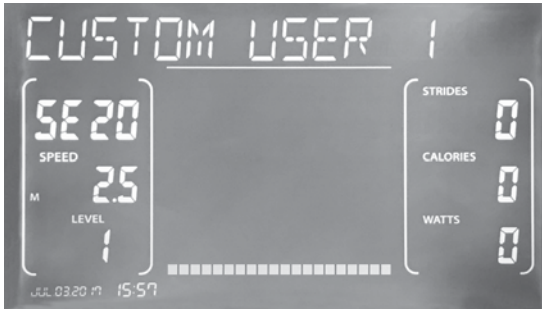
- E. **Press Enter** – Repeat Step D until the 20 segments are complete. The full program profile should be displayed and the program is now saved.



- F. **Press Start** to use Custom User Program.

Using Programs

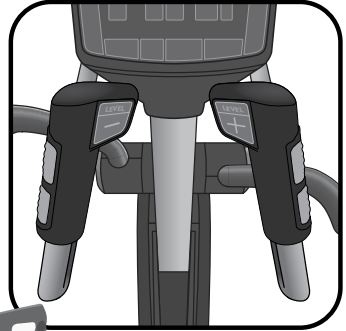
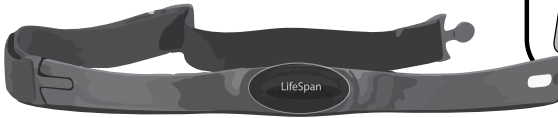
After the custom user programs are set up, just scroll to the USER1 and USER2 programs and press Start.



Using Programs

Using Heart Rate Control Programs

Two heart rate control programs are available on your console: Constant and Interval. When using these programs the console will need to receive your heart rate throughout the entire workout. Please review the Heart Rate Monitoring section of this Owner's Manual for more information.



HRC – Constant

The Constant program lets you select a single heart rate that you want to maintain throughout your workout and the elliptical will maintain this heart rate for you by adjusting the Level.

To use this program:

- A. **Select HRC Constant** – Press the Level +/- buttons to select the HRC Constant program, then press Enter.
- B. **Set Time** – Set the program Time by pressing the Level +/- buttons then press Enter. The program will include 3-minutes of warm up.
- C. **Set Weight** – Enter Weight by pressing the Level +/- buttons, then press Enter.
- D. **Set Age** – Enter Age by pressing the Level +/- buttons, then press Enter.
- E. **Set Target Heart Rate** – Set your target heart rate by pressing the Level +/- buttons then press Enter.
- F. Press the Start button to begin your workout.

HRC – Interval

The Interval program is designed to help you increase your aerobic endurance and improve heart rate recovery. This program lets you select a Low (or recover target heart rate) and a High target. After a 3-minute warm-up the console will adjust the Level every 10 seconds to maintain your High target for 2 minutes. Then the console will adjust the Level to decrease your heart rate to the Low target that you selected and once again keep it at this level for 2 minutes and then repeat the process until the end of the workout. It is recommended that you set the workout time to 20 minutes or higher to use this program effectively.

To use this program:

- A. **Select HRC Interval** – Press the Level +/- buttons to select the HRC Interval program then press Enter.
- B. **Set Time** – Set the program Time by pressing the Level +/- buttons then press Enter. The program will include 3 minutes of warm-up.
- C. **Set Weight** – Enter Weight by pressing the Level +/- buttons, then press Enter.
- D. **Set Age** – Enter Age by pressing the Level +/- buttons, then press Enter.
- E. **Set High Target Heart Rate** – Set your High Interval training rate by pressing the Level +/- buttons, then press Enter.
- F. **Set Low Target Heart Rate** – Set your Low Interval training rate by pressing the Level +/- buttons, then press Enter.
- G. Press the Start button to begin your workout.



WARNING: Heart rate monitoring may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

Maintenance and Tips

Personal Settings

The E5i come with the ability for you to personalize several console settings including:

English or Metric - Used for both Speed and Distance in miles or kilometers shown on the display.

Calendar - Date and Time are shown on the display readouts, but can be turned off with this setting. We recommend that you keep date and time turned on to accurately track your results.

Audible Beep - Turns off the audible alert that beeps for speed and incline changes or when the elliptical is starting or stopping..

Personal Settings

Follow the steps below to view data or to make changes to the Personal Settings options.

Configuration Steps	Information Displayed
Press and hold START and then LEVEL + for 3 seconds to enter Personal Settings Mode. The first screen shows Load Cell Feature. (Do not modify) Press ENTER to continue	Engineering Mode
Press LEVEL + / - to change from English (EN) to Metric (SI) . Press ENTER to continue.	Select the units EN or SI
This screen shows the Total Distance exercised in miles or kilometers. Press ENTER to continue	Total Distance 0 000
This screen shows Total Hours of use. Press ENTER to continue	Total Hours 0 000
Roller Size is displayed. (Do not modify) Press ENTER to continue	Roller = 114 cm
Press LEVEL +/- to turn Calendar on or off. (Do not modify) Press ENTER to continue	Set Calendar On or Off
Press LEVEL +/- to turn Audible Beep on or off. Press ENTER to continue	Beep On or Off

Maintenance and Tips

General Maintenance

1. Keep the elliptical clean and dry. It is a good idea to wipe the elliptical down after each workout.
2. Make sure the roller wheels and rails are clean. Even if you can't see anything on them, wipe the rails with a clean dry cloth about once a week.

Moving the Elliptical

1. Make sure nothing is on or near your elliptical which might spill, be knocked off, or prevent the elliptical from moving.
2. Place both hands under the support bar located under the back of the elliptical to make sure you have a solid lifting point.
3. Lift the back of the elliptical and roll to the desired location.



! **CAUTION:** When lifting, use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up evenly with both arms.

Troubleshooting

If you have a question that isn't answered in this Owner's Manual, visit our website at www.LifeSpanFitness.com or call us at 877.654.3837 option 4.

The elliptical is designed and manufactured to be reliable and easy-to-use. However, if you have a problem, these troubleshooting steps may help you find the cause.

Problem: Elliptical is unstable or rocks while in use.

Solution: Make sure the elliptical is on a solid, level surface. Adjust the front and rear adjustment feet until all four feet are sitting solid on the floor. Once level, turn the center feet down till they touch the floor.

Problem: No power at console when pedaling.

Solution: Make sure all connections made during assembly are good. Pedal at an RPM of at least 60 for 30 seconds. If no power, contact lifespan customer service.

Problem: Rough feeling in pedals when in use.

Solution: If everything is tight, and the roller wheels and rails are clean, contact lifespan customer service for replacement pedals.

Problem: Excess play in the handlebars or frame components..

Solution: Go over the E5i to make sure all assembly hardware is tight.

E5i

Commercial Elliptical Trainer

LifeSpan Fitness

785 West 1700 South Suite 1

Salt Lake City, UT. 84104

Phone: 877.654.3837

www.LifeSpanFitness.com

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