

LANDICE

L10 Treadmill 90 Series Owner's Manual



Part Number: 73209-6

Important Safety Instructions

Read all instructions before using the treadmill.
Save these instructions.

Veuillez lire toutes les instructions avant d'utiliser le tapis roulant.
VEUILLEZ CONSERVER CES INSTRUCTIONS.

⚠ WARNING

Keep Children under the age of 13 away from machine.

⚠ AVERTISSEMENT

Garder les enfants de moins de 13 ans loin de la machine.

⚠ WARNING

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

⚠ AVERTISSEMENT

Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. L'exercice excessif peut entraîner des blessures graves ou la mort. Si vous vous sentez faible, arrêtez de vous entraîner immédiatement.

 **DANGER**

To reduce the risk of electric shock: always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

 **WARNING**

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

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Close supervision is necessary when the treadmill is used by or near children or persons with disabilities.
- Use the treadmill only for its intended use as described in this manual. Do not use attachments not recommended by Landice.
- Never operate treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call your dealer or certified service provider immediately for examination and repair.
- Keep the power cord away from heated surfaces. Be sure the cord has plenty of slack and cannot be pinched under the treadmill when it elevates and de-elevates.
- Never operate the treadmill with the motor cover air openings blocked. Keep the air openings free of lint, hair, dust, or debris.
- Do not drop or insert objects into any opening on the treadmill. Be sure no objects are near or beneath the treadbelt when you are using the treadmill.
- Do not use treadmill outdoors.
- Do not operate treadmill where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, press **STOP** twice, pull the emergency stop safety lanyard out, then remove plug from outlet.

 **DANGER**

Pour réduire le risque d'électrocution : toujours débrancher le tapis roulant de la prise électrique immédiatement après son utilisation et avant de le nettoyer.

 **AVERTISSEMENT**

Pour réduire le risque de brûlure, d'incendie, d'électrocution ou de blessure corporelle.

- Un appareil électrique ne doit jamais être laissé sans surveillance lorsqu'il est branché. Débranchez-le lorsque vous ne l'utilisez pas et avant d'y installer ou d'en retirer des éléments.
- Une surveillance étroite est nécessaire lorsque le tapis roulant est utilisé par des enfants, des personnes invalides ou handicapées ou à leur proximité.
- N'utilisez le tapis roulant que dans le cadre prévu et décrit dans ce manuel. N'utilisez aucune pièce supplémentaire non recommandée par Landice.
- N'utilisez jamais le tapis roulant si son câble ou sa fiche électrique est abîmé(e), ne fonctionne pas correctement ou a été endommagé(e). Appelez immédiatement votre distributeur ou prestataire de services certifié pour qu'il l'examine et le répare.
- Tenez le câble électrique éloigné des surfaces chauffées. Assurez-vous que le câble ait suffisamment de mou et ne puisse pas se coincer sous le tapis roulant lorsqu'il s'élève ou s'abaisse.
- N'utilisez jamais le tapis roulant si les ouvertures d'aération du capot de moteur sont obstruées. Ne laissez pas de peluches, cheveux, poussières ou débris bloquer les ouvertures d'aération.
- Ne faites pas tomber et n'insérez pas d'objet dans une quelconque ouverture du tapis roulant. Assurez-vous qu'aucun objet ne se trouve à proximité ou sous la courroie lorsque vous utilisez le tapis roulant.
- N'utilisez pas le tapis roulant en extérieur.
- N'utilisez pas le tapis roulant lorsque des produits aérosols (sprays) sont utilisés ou lorsque de l'oxygène est administré.
- Pour déconnecter, appuyez deux fois sur STOP, retirez la clé d'arrêt d'urgence puis débranchez la prise du secteur.

WARNING

Failure to observe the following warning statements can result in serious injury!

- Do not use this product without first consulting your doctor if you suffer from any illness, condition, or disability that affects your ability to run, walk or exercise.
- Do not use this product without supervision present if you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise. Failure to do so can result in serious injury should you fall while the treadbelt is moving.
- Failure to leave ample clearance around the treadmill could cause you to be trapped between the treadmill and a wall if you fall, resulting in burns or other serious injury from the moving treadbelt. **Allow a minimum clearance of 24 inches (61 cm) on each side of the treadmill. Allow a minimum clearance of 6 feet (183 cm) at the rear of the treadmill, and 12 inches (30 cm) from the wall/front of the unit.**
- Never stand on the treadbelt when starting the treadmill. A sudden start could cause you to lose your balance. Always begin by placing your feet on the side straddle covers, straddling the treadbelt, before turning the treadmill on.
- Always wear the safety lanyard clip securely on your clothing while exercising. Failure to do so can result in severe injuries should you accidentally fall while exercising.
- Test the emergency stop safety lanyard regularly by pulling on the cord and ensuring that the treadbelt comes to a complete stop when key is pulled.
- Familiarize yourself with this manual. Be sure you understand operation of the treadmill before use.
- Always follow basic safety precautions when using an electrical appliance.

⚠️ AVERTISSEMENT

Le non-respect des avertissements qui suivent peut entraîner de graves blessures !

- N'utilisez pas ce produit avant d'avoir consulté votre médecin si vous souffrez de tout problème de santé, maladie ou handicap pouvant affecter votre capacité à courir, marcher ou faire de l'exercice.
- N'utilisez pas ce produit sans surveillance si vous souffrez de tout problème de santé, maladie ou handicap pouvant affecter votre capacité à courir, marcher ou faire de l'exercice. Le non-respect de ces recommandations peut entraîner des blessures graves si vous chutez lorsque le tapis roulant est en mouvement.
- Le fait de ne pas laisser suffisamment d'espace dégagé autour du tapis roulant peut avoir comme conséquence, en cas de chute, que vous soyez immobilisé entre le tapis roulant et un mur, la courroie en mouvement pouvant causer des brûlures ou autres blessures. **Laissez un espace dégagé d'au minimum 61 cm de chaque côté du tapis roulant. Laissez un espace dégagé d'au minimum 183 cm à l'arrière du tapis roulant, et 130 cm du mur / devant de l'unité.**
- Ne vous tenez jamais debout sur le tapis roulant lorsque vous le démarrez. Un démarrage brutal pourrait vous faire perdre l'équilibre. Commencez toujours par placer vos pieds sur les couvre-cheval latérales entourant la courroie du tapis avant de mettre en marche le tapis roulant.
- Veillez toujours à ce que le clip de la lanière de sécurité soit attaché à vos vêtements lorsque vous faites de l'exercice. Le non-respect de cette recommandation peut entraîner de graves blessures en cas de chute lorsque vous faites de l'exercice.
- Testez la lanière d'arrêt de sécurité régulièrement en tirant sur le câble et en vérifiant que la courroie est à l'arrêt complet lorsque la clé est retirée.
- Prenez connaissance du présent manuel. Veillez à bien comprendre le fonctionnement du tableau de commandes de votre tapis roulant avant de l'utiliser.
- Prenez toujours les précautions de sécurité de base lorsque vous utilisez un appareil électrique.

⚠ WARNING

Connect treadmill to a properly grounded, dedicated electrical outlet only. See the following Grounding Instructions.

⚠ AVERTISSEMENT

Ne branchez le tapis roulant que sur une prise électrique raccordée à la terre et exclusivement dédiée au tapis roulant. Voir les instructions de mise à la terre qui suivent.

⚠ WARNING

This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harm.

⚠ AVERTISSEMENT

Ce produit contient des produits chimiques reconnus par l'état de Californie comme pouvant causer le cancer, des anomalies congénitales ou d'autres troubles de la reproduction.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill is equipped with a cord having an equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

⚠ DANGER

Improper connection of the grounding connector can result in a risk of electric shock. Check with a qualified electrician/service technician if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

120-Volt Treadmills

Treadmills marked 120 VAC are intended for use with a grounding plug in a nominal 120-volt circuit. Ensure the treadmill power cord is connected to an outlet having the same configuration as the plug. No adapter should be used with 120 VAC treadmills.

220-Volt Treadmills

Treadmills marked 200 – 240V AC are intended for use on a circuit having a nominal rating greater than 220V and are factory-equipped with a specific power cord and plug to permit connection to a proper electrical circuit. Ensure the treadmill power cord is connected to an outlet having the same configuration as the plug. No adapter should be used with 200 – 240 VAC treadmills.

If the treadmill must be configured for use on a different type of electrical circuit, qualified service personnel should make the proper connection.

Instructions de mise à la terre

Ce produit doit être mis à la terre. En cas de dysfonctionnement ou de panne, la mise à la terre offre une voie de moindre résistance au courant électrique, ce qui réduit de risque d'électrocution. Le tapis roulant est équipé d'un câble électrique muni d'un fil conducteur de mise à la terre et d'une fiche de mise à la terre. Cette fiche doit être branchée sur une prise adaptée, correctement installée et raccordée à la terre conformément à tous les codes et règlements locaux.

 **DANGER**

Un mauvais raccordement à l'équipement de mise à la terre vous expose à un risque d'électrocution. Renseignez-vous auprès d'un électricien/technicien de service qualifié en cas de doute sur la mise à la terre correcte du tapis roulant. Ne modifiez pas la fiche fournie avec le tapis roulant: si elle ne convient pas à la prise, faites installer une prise adaptée par un électricien qualifié.

Tapis de course 120 VCA

Les tapis roulants marqués 120 VCA sont conçus pour être utilisés avec une prise de terre dans un circuit nominal de 120 volts. Assurez-vous que le cordon d'alimentation du tapis de course est branché sur une prise ayant la même configuration que la prise. Aucun adaptateur ne doit être utilisé avec les tapis roulants 120 VAC.

Tapis de course 220 VCA

Les tapis roulant sur lesquels est inscrit 200-240 CA (VAC) sont destinés à une utilisation à une tension nominale supérieure à 220 V et équipés en série d'un câble électrique et d'une fiche spécifiques pour permettre le branchement sur une prise adaptée. Assurez-vous que le cordon d'alimentation du tapis de course est branché sur une prise ayant la même configuration que la prise. Aucun adaptateur ne doit être utilisé avec les tapis roulants 200 - 240 VAC.

Si le tapis roulant doit être configuré pour une utilisation sur un type de circuit électrique différent, il convient de faire appel à du personnel de service qualifié pour installer le bon raccordement.

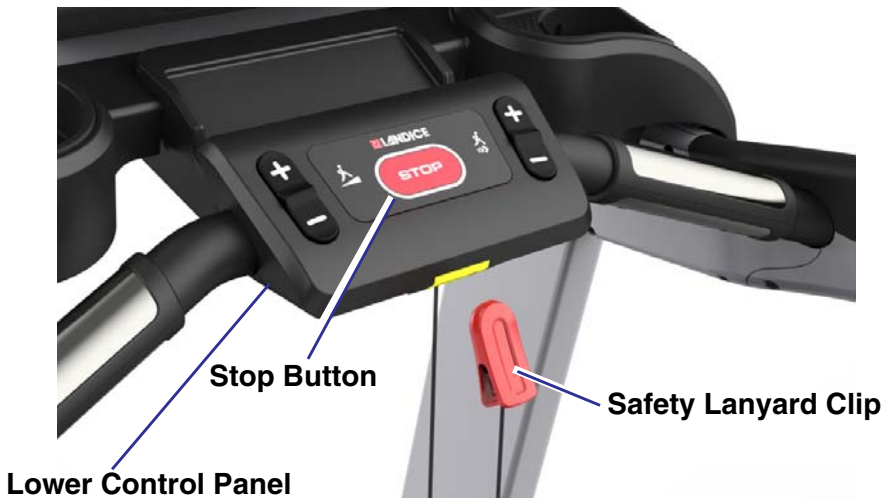
Before you Start the Treadmill: Safety

⚠️ WARNING

The treadmill will not operate unless the yellow emergency stop Safety Lanyard Block is pushed in. During operation, pulling the safety lanyard pulls the Safety Lanyard Block out, stopping the treadmill. To help prevent injury, always securely attach the Safety Lanyard Clip to your clothing while using the treadmill, to stop the treadmill if you slip or fall during your workout.

⚠️ AVERTISSEMENT

Le tapis roulant ne fonctionnera pas tant que la clé jaune d'arrêt d'urgence n'est pas insérée. Durant le fonctionnement, le fait de tirer sur la lanière retire la clé d'arrêt d'urgence, éteignant le tapis roulant. Afin de prévenir toute blessure, accrochez toujours la lanière de la clé d'arrêt d'urgence à vos vêtements lorsque vous utilisez le tapis roulant, afin de l'arrêter en cas de dérapage ou de chute durant votre séance d'exercice.



Using the Control Panel

This manual covers Landice L10 treadmills with Pro Sports and Landice Achieve consoles. Quick start instructions for each console are included here. For detailed instructions, read the chapter specific to your console.

Pro Sports Treadmill Console

See “Pro Sports Treadmill Operation” on page 27 for complete instructions.



Landice Achieve Treadmill Console

See “Landice Achieve Treadmill Operation” on page 51 for complete instructions.



Quick Start Guide

A quick start guide for using the treadmill console controls is provided in the following table. The controls are the same for both consoles.

Treadmill Controls: Quick Start Guide

To Start the Treadmill: Press **START** to power up treadmill. All displays light and the treadbelt begins to move at 0.5 mph (0.8 km/hr in metric mode).

To Turn Off the Treadmill: Press **STOP** once to stop the treadbelt and put the unit in pause mode. Press **STOP** twice to power down the treadmill. The treadmill will shut off and all current statistical information will be cleared.

To Restart the Treadmill: Press **START** to power up the treadmill from pause mode. All displays light and the treadbelt begins to move at 0.5 mph (0.8 km/hr in metric mode). If you are in a program it will restart at the paused speed.

To Change Treadbelt Speed:

Press and hold **SPEED (+)** to increase speed. Pressing for more than 2 seconds increases speed faster. Release **(+)** key when desired speed is shown on SPEED display.

Press and hold **SPEED (-)** key to slow speed. Pressing for more than 2 seconds reduces speed more quickly. Release **(-)** key when desired speed is shown on the SPEED display.

To Change Treadbelt Incline:

Press and hold **INCLINE (+)** key to increase incline. Pressing for more than 2 seconds raises incline faster. Release key when desired incline is shown on INCLINE display.

Press and hold **INCLINE (-)** key to lower incline. Pressing for more than 2 seconds lowers incline faster. Release key when desired incline is shown on INCLINE display.

Left and Right Arrows:

The left and right arrows move between the motivational screens.

EXPRESS KEYS:

Using the EXPRESS keys causes rapid changes in speed and incline.

Press **EXPRESS (1) INCLINE** to see the incline shortcut screen, which lets you rapidly change incline level.

Press **EXPRESS (2) SPEED** to view the speed shortcut screen, which lets you rapidly change to a different speed.

Switching English/Metric Display Units

The treadmill display shows English units (mph for speed, lb for weight) by default. To change to metric units (kilometers per hour for speed and kilograms for weight):

- Ensure the treadmill is plugged in and powered off.
- **Pro Sports:** press and hold **3, 9** and **START** simultaneously while the treadmill is off, then release all. Use the **+** or **-** keys to move up and down the list and select **Toggle Units**. Then press the **START** button to select setting. Press **STOP** to save and exit.
- **Landice Achieve:** press **START** then hold **3** and **9** simultaneously during the boot-up screen, then release all. Use the **+** or **-** keys to move up and down the list and select **Toggle Units**. Then press **START** to select the setting. Press **STOP** to save and exit.

Repeat the same steps to return the display to English units if desired.

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1. Introduction

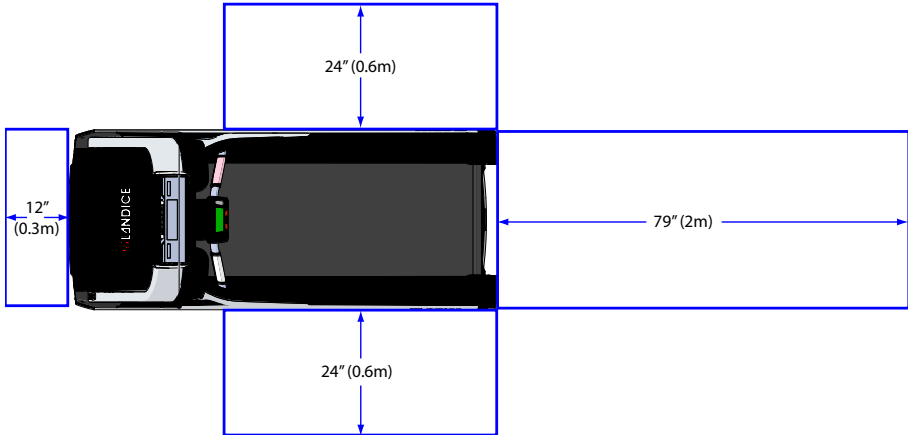
Landice has placed over 100,000 treadmills, ellipticals and bikes in the harshest commercial environments around the world, where our fitness equipment has proven its strength and durability. Landice products are designed by a world-class development team whose innovation defines the leading edge of high-end fitness.

1.1. Before You Begin

Please do the following before you start to exercise on your treadmill:

- **Register your treadmill.** Landice backs your treadmill with a strong warranty. For the factory to respond if your treadmill has a problem, we need your warranty information on file. Register online at the link below.
<http://www.landice.com/support/product-registration>
- Ensure that a suitable electrical outlet is available:
 - 110VAC/15 amp dedicated circuit
 - 220 – 240VAC/15 amp dedicated circuit
- Select the proper location. The treadmill should be installed in a climate-controlled room.
- Familiarize yourself with the features of the treadmill, shown in the figure on page 19.
- Ensure that the location of your treadmill provides free space of at least 79" (201 cm) immediately behind the treadmill for its full width and at least 24" (61 cm) on each side of the treadmill. See page 18. If the treadmill is used adjacent to other treadmills then the side areas can be shared.

Figure 1-1. Free Space Areas



Electrical Specifications:

110V AC 50/60Hz 18A 1980W

* Incline 0-15%, Speed: 0.5 to 12.5 MPH (0.80 - 20.1 KPH)

220-240V AC 50/60Hz 15A 3300W

- Incline: 0-15%, Speed: 0.5-15.5 MPH (1-25 KPH)

Running Surface: 22" x 60" (559 mm x 1524 mm)

Dimension of the boxed treadmill: 88" x 38" x 26"
(2235 mm x 965 mm x 660 mm)

Dimension of the fully-assembled L10 treadmill:
83" x 34" x 64" (2108 mm x 864 mm x 1626 mm)

Weight of fully assembled treadmill: 500 lb (226kg)

Manufacturer:

IMPULSE (QINGDAO) HEALTH TECH LTD.
No.369, Huashan 2 Road, Jimo, Qingdao,
P.R.China.

Figure 1-2. Treadmill Features and Controls



Table 1-1 Treadmill Features and Controls

Item	Description
Control Panel	Provides workout displays and controls. Control panels vary by model.
USB Port	Provides a charging port for devices up to 600mA. Service use only: allows treadmill software to be updated.
Accessory Tray	Provides accessory storage.

Table 1-1 Treadmill Features and Controls (Continued)

Item	Description
Bottle Holder	Holds bottles/cups.
Pulse Grips (2)	Detects pulse when hands are placed on the grips, allowing treadmill to calculate and display heart rate.
<p>Lower Control Panel Controls</p> <p>The lower control panel is located between the pulse grips. This area provides easy-to-reach controls for stopping, resuming or changing speed or incline during your workout.</p>	
Speed Adjustment	Increases/decreases treadbelt speed when pressed up/down. Performs the same function as the SPEED (+/-) keys on the control panel.
STOP Button	Press STOP once to pause the treadmill or twice to turn it off. Statistical information is cleared when treadmill is turned off.
Safety Lanyard Block	Provides the connection for the safety lanyard. The treadbelt will not move unless the safety lanyard block is pushed in.
Incline Adjustment	Raises/lowers the front of the treadbelt when pressed up/down. Performs the same function as the INCLINE (+/-) keys on the control panel.

Table 1-2 Treadmill Connectors

Connector	Description
HDMI	For service use only
Coaxial	OPTIONAL: Allows connection of an analog television

1.2. Heart Rate Monitoring

This section provides basic concepts of heart rate monitoring so you can better understand how to use it to reach the fitness level you desire.

1.2.1. What is exercise intensity?

Exercise intensity is simply a measure of how hard you are working at a given time during exercise. The ACSM, the world's leading medical and scientific authority on sports medicine and fitness, recommends that every individual involved in an exercise program know how hard his/her body is working during exercise.

Your heart provides key information for determining how intensely you are working during exercise. Your heart rate (how many times your heart beats per minute) is really an efficiency rating for your entire body. The number of times your heart beats during each minute of exercise is a measurement of the intensity of the exercise. If your heart rate is low, exercise intensity is low; if your heart rate is high, your exercise intensity is high.

1.2.2. What is maximum heart rate?

Maximum Heart Rate (MHR) is the maximum attainable heart rate your body can reach before total exhaustion. True maximum heart rate is measured during a fatigue or "stress" test. This test must be done in a clinical setting and is not practical or accessible for most people.

⚠ WARNING

The use of this formula assumes no underlying heart or respiratory disease or other condition, which could be adversely affected by exercise. Consult your doctor before using this chart!

⚠ AVERTISSEMENT

L'utilisation de cet équipement implique l'absence de maladie cardiaque ou respiratoire ou autre problème de santé susceptible d'être affecté par l'exercice physique. Consultez votre médecin avant d'utiliser cet équipement !

Your maximum heart rate can be established with a high degree of accuracy using the following simple formula:

Estimated Maximum Heart Rate = 220 minus your age.

If John is 35 years old, what is his estimated maximum heart rate?

John's estimated maximum heart rate is: $220 - 35 = 185$

185 beats per minute is the estimated maximum number of times John's heart can beat before his body would fatigue or "max out." This number is extremely helpful because it indicates the absolute highest exercise intensity John can handle before his body wears out. The ACSM says that during exercise, John should keep his heart rate below his maximum so that he will not become exhausted and have to quit. In fact, the ACSM gives John a specific percentage range of his maximum heart rate to exercise in, known as his Target Heart Rate Zone. (THRZ).

1.2.3. Why should I monitor exercise intensity?

Your heart is the most important muscle in your body and, like all muscles, must be exercised regularly to remain strong and efficient. According to fitness experts, exercise is more effective when you work out in a specific heart rate range or zone. This is referred to as your Target Heart Rate Zone (THRZ) and is reflected by the number of heart beats per minute. This zone can vary greatly depending on your age, fitness level and

various other factors. If your heart rate is too low during exercise, your body reaps little or no benefit. This means you're not likely to see the results you want, like weight loss or increased endurance. If your heart rate is too high during exercise, you may tire too quickly, become fatigued or even run the risk of injury.

Monitoring exercise intensity helps you to stay at a level of exercise that allows you to accomplish your goals. In fact, the ACSM recommends that, in order to get the most benefit from your cardiovascular exercise, you should work within your THRZ for at least 20 to 60 minutes per workout, 3 to 5 times per week. Knowing your exercise intensity (THRZ) will allow you to work at the right level of exercise to accomplish this.

1.2.4. How do I determine my Target Heart Rate Zone?

Your THRZ represents the minimum and maximum number of times your heart should beat in one minute of exercise. The ACSM recommends that all individuals should work within a Target Heart Rate Zone of 60% to 85% of Maximum Heart Rate. This means that your heart rate during exercise should not fall below 60% or rise above 85% of your maximum heart rate. Let's look at John from our earlier example. John is 35 years old, so his estimated maximum heart rate is 220 minus 35, or 185 beats per minute (bpm). The ACSM recommendation is that John should exercise between 60% and 85% of 185 beats per minute to stay in his THRZ. Let's determine John's THRZ:

- John's estimated maximum heart rate: 185 bpm
- Lower target limit: $185 \text{ (MHR)} \times 0.6 = 111 \text{ bpm}$
- Upper target limit: $185 \text{ (MHR)} \times 0.85 = 157 \text{ bpm}$
- John's target heart rate zone: 111-157 bpm

111-157 beats per minute is the range or zone for John's heart rate during exercise in order to achieve his goals. If John is a beginning exerciser, he'll want to stay at the low end of his THRZ. If John is a more advanced exerciser, he may want to work at the higher end of his THRZ to challenge himself more.

The following list shows the different intensity levels within a target heart rate zone:

- Beginner: 60% of MHR
- Weight Loss: 75% of MHR
- Aerobic: 85% of MHR

Exercising too hard can put you at a risk for injury. A heart rate monitor reminds you of the safe and effective heart rate intensity at which you should exercise and warns you if your workouts go too far.

If you want to reach your exercise goals, it's important to stay in your THRZ during workouts. A heart rate monitor provides a reminder of the intensity and quality of each workout session.

Heart rate monitors are built into the treadmill's pulse grips, and may be used to monitor your level of exercise intensity during workouts.

1.2.5. Contact Heart Rate Monitoring System

The Contact Heart Rate Monitoring System is designed for use at walking speeds. A natural running motion involves using your arms to maintain balance. Because the Contact Heart Rate Monitoring System requires your arms to remain stationary, we recommend using the pulse grips at speeds of less than approximately 4 mph (6.4 km/h) or the fastest speed at which you are comfortable walking.

To use the Contact Heart Rate Monitoring System:

Grab the pulse grip portion of the center rail. When you place your hands on the grips the display flashes. The pulse will "beat" briefly and then display your heart rate. Your heart rate will be continuously monitored while your hands remain on the grips.

1.3. Treadmill Program Capabilities

The treadmills have the following program capabilities:

- **Built-in Programs:** You enter the program's maximum time, speed and incline.
 - **Pro Sports:** see page 30.
 - **Landice Achieve:** see page 57.
- **User-Defined Programs:** A User-Defined Program looks and runs exactly like a Built-In Program. The primary difference between Built-In and User-Defined Programs is customization. User-Defined Programs allow you to manually edit individual segments.
 - **Pro Sports:** see page 33.
 - **Landice Achieve:** see page 60.
- **Specific Goal Programs:** The numeric keypad is used to enter Time Goal, Distance Goal, and Calorie Goal.
 - **Pro Sports:** see page 34.
 - **Landice Achieve:** see page 63,
- **Heart Rate Control (HRC) Programs:** The heart rate program will automatically vary the speed and incline based upon your target heart rate. This target training maximizes your workout performance while minimizing your workout time.
 - **Pro Sports:** Not available
 - **Landice Achieve:** see page 64.
- **User-Defined Heart Rate Control programs:** The User-Defined Heart Rate programs are designed to allow you to set the target heart rate for up to 20 program segments.
 - **Pro Sports:** Not available
 - **Landice Achieve:** see page 60.
- **Fitness Tests:** The Fitness Tests will measure your fitness level based on your age, gender, and performance. Your Fitness level is calculated using different protocols.
 - **Pro Sports:** Not available
 - **Landice Achieve:** See "Fitness Testing" on page 53.

2. Pro Sports Treadmill Operation


2.1. Pro Sports Control Panel



Table 2-1 Pro Sports Control Panel Functions

Function	Description
INCLINE	Displays the incline of the treadmill in percent (%).
SPEED	Displays the current speed of the treadbelt in MPH (km/hr in metric mode).
START	Powers up the treadmill. All displays light and the treadbelt begins moving at 0.5 mph (0.8 km/hr in metric mode). The START button will also take the treadmill out of pause mode and resume treadbelt movement.
STOP	Press STOP once to pause the treadmill or twice to turn it off. Statistical information is cleared when the treadmill is turned off.
MANUAL MODE	To manually control the speed and incline of the treadmill, press the button below the word MANUAL

Table 2-1 Pro Sports Control Panel Functions (Continued)

Function	Description
PROGRAMS	To use the built-in and user-defined workout programs: Press the button below the word PROGRAMS at any time to display the programs selection screen. Use arrow to scroll through the built-in and user-defined program previews and select the desired program by pressing ENTER . You are then prompted to enter the program's specific parameters (Maximum Speed, Incline, Time, etc.). Use the numeric keypad or the arrow to select the desired values. Press START to begin the program
PLUS KEY	Press and hold the (+) to increase incline or speed. Pressing for longer than 2 seconds causes the incline or speed to increase at a faster rate. Release the key when the display shows desired incline or speed.
MINUS KEY	Press and hold to the (-) to decrease incline or speed. Pressing for longer than 2 seconds causes the incline or speed to decrease at a faster rate. Release the key when the display indicates desired incline or speed.
ARROW KEYS	The buttons below the left and right arrows move between display sections or to set values.
EXPRESS 1 EXPRESS 2	EXPRESS 1 controls the Incline and EXPRESS 2 controls the Speed. In conjunction with the numeric keypad this allows you to directly enter a target speed or incline without using the (+/-) keys. Press EXPRESS 1 for Incline or EXPRESS 2 for Speed, then enter the desired value using the numeric keypad. Wait 3 seconds for the treadmill to adjust to the new settings.
The numeric keypad is used to change speed and incline with the Express keys, enter user settings, and configure programs.	
	

2.2. Display Features

The screens at right are the options available for displaying workout information. Table 2-2 provides information about the available options.

To toggle between these screens during your workout, use the arrow keys.

To customize the information displayed on the Personalized Stats screen, select “Customize Display” to edit the screen. Use the arrows to toggle through the options and press **ENTER** to confirm your selections.



Personalized Stats



Track Screen



Statistics Screen

Table 2-2 Display Features

Feature	Description
TIME	Time logged on treadmill displayed as “Minutes: Seconds”
DISTANCE	Miles logged on treadmill (kilometers when in metric)
PACE	Time to complete 1 mile (1 kilometer when in metric)
CALORIES	Total calories burned, based on user weight
CALS/HR	Rate in calories/hour, based on user weight
LAP (PROGRESS)	1/4-mile (400 meter in metric) track and Lap Indicator
LAP (COUNTER)	Number of laps completed
PULSE	Current heart rate
METS*	Current MET level, based on user weight/incline/speed

*One MET is the energy consumed at rest by the average adult.

2.3. Using the Pro Sports Treadmill




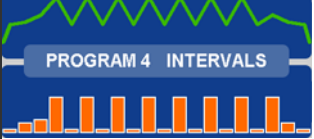
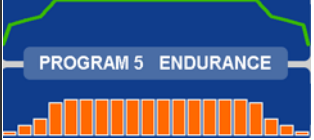
1. Make sure you have read and understand this owner's manual before beginning.
2. Plug the treadmill power cord into its outlet.
3. Straddle the treadbelt with one foot on each traction strip.
4. Press **START**. The power-up screen is displayed
5. After 3 seconds the treadbelt starts moving at 0.5 mph (0.8 km/h in metric mode).
6. Enter your weight using the numeric keypad and then press **ENTER** or wait 3 seconds to advance to the first of the motivational screens.
7. The treadmill is now ready to use. You can vary the speed or incline as desired by using the SPEED (+/-) and INCLINE (+/-) keys.

2.4. Using the Built-in Programs

2.4.1. Description

You can choose from 5 Built-in Programs. Each program lets you select a maximum speed, incline and time, from 10 to 99 minutes. (Intervals Program requires a minimum speed and incline). When set, the treadmill will not go above the maximum number unless manually overridden. Each program has 20 segments of equal time, beginning with 3 warm-up segments and ending with 2 cool-down segments. For example, a 40-minute program contains 20 two-minute segments.

Table 2-3 Pro Sports Built-In Programs

Screen	Program Description
	<p>FAT BURN: This program features two elevation peaks along with gradual changes in speed. The overall goal is to raise heart rate, maintain the raised heart rate for most of the workout, then gradually bring heart rate down during the last 2 cool down segments.</p>
	<p>INTERMEDIATE: This program features 5 elevation peaks matched to changes in speed. The overall goal is to vary heart rate by elevating and lowering it several times, providing a challenging cardiovascular workout.</p>
	<p>ADVANCED: This program features high elevations combined with top speeds. The overall goal is to raise heart rate using speed and elevation for an advanced cardiovascular workout.</p>
	<p>INTERVALS: This program features high speeds and elevations alternating with low speeds and elevations. The overall goal is to vary your workout, taking you from peak level to recovery 8 times throughout the workout.</p>
	<p>ENDURANCE: This program features a maximum speed with maximum elevation. The overall goal is to raise heart rate with speed and elevation for the ultimate cardiovascular workout.</p>

2.4.2. Running a Built-In Program

1. Start a workout as outlined in “Using the Built-in Programs” on page 30.
2. Press **PROGRAMS** to display the Programs selection screen.
3. Select a built-in program by using the arrow keys or press the **PROGRAMS** button to scroll through the list, then press **ENTER**. You are prompted to enter the following program parameters:
 - **Maximum Speed:** This scales the speed curve to the maximum speed entered.
 - **Maximum Incline:** This scales the elevation curve to the maximum incline entered.
 - **Program Time:** Sets the total length of time you want the program to run.
 - **Minimum Speed/Incline:** INTERVALS Program only.
4. Enter the Maximum Speed using the numeric keypad or the arrow to select a value, then press **ENTER** or wait 3 seconds.
5. Enter the Maximum Incline using the numeric keypad or the arrow to select a value, then press **ENTER** or wait 3 seconds.
6. Enter Program Time using the numeric keypad or the arrow, then press **ENTER** or wait 3 seconds. The time should be at least 10 minutes and not more than 99 minutes.
7. Press **START** to begin your workout. The Program Progress Detail screen displays your current segment speed, incline and remaining time.
8. To view all the other segments, press and hold **ENTER** for 3 seconds. Use the arrow keys to move left or right. To exit, press **ENTER**.
9. Press **ENTER** or arrow keys at any time to view any of the other motivational screens during your program, including the Program Profile screen to see a program overview. When viewing a motivational screen other than the Program Progress Detail screen during a segment change,

the display temporarily shows the Program Progress Detail screen then returns to the original screen. During a segment change, the speed and/or incline window will flash if there is a change in either.

2.5. Pro Sports User Programs

Landice Pro Sports treadmills can store up to 5 individual, modifiable user-defined program profiles.

A user-defined program looks and runs exactly like a built-in program, but it can be customized to suit the user. Unlike the built-in programs, user-defined programs allow editing of individual segments as well as the number of segments.

1. Press **PROGRAMS** to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or the arrow keys. When USER PROGRAM PREVIEW is shown, press **ENTER**. The User Program Preview Screen displays the program overview and total program time.
3. Press **ENTER** or wait 3 seconds. The screen displays PRESS START TO BEGIN OR ENTER TO EDIT.
4. Press **ENTER**. EDIT MODE requires a time for segment 1 (area in BOLD).

EDITING USER PROG 1	SEGMENT 1	SEGMENT 2
SPEED	3.0	SPEED 5.0
INCLINE	0	INCLINE 3
TIME	3:00	TIME 14:00
Use SWITCH FOCUS to toggle between Speed, Incline & Time. Use Numeric Keypad or Speed/Incline + / - keys to enter new values.		
Use PREVIOUS/NEXT keys below to change segments. After desired final segment, set 0:00 as Time to END program.		

Note: Press **SWITCH FOCUS** to toggle between speed, incline and time values for the current segment. To change segments, press **NEXT SEGMENT** or **PREVIOUS SEGMENT**. You can change segments in either the forward or reverse direction.

5. Use the numeric keypad to change the value and press **SWITCH FOCUS**. Continue to another segment by pressing the next or previous segment keys.

6. If you want a program to have less than 20 segments, create the last segment with 0 in the time field. The time reads END. The program ends when it reaches this segment.
7. When you finish editing your User-Defined Program, you can begin your program by pressing **START** or **DONE**.

Note: If you attempt to advance the cursor past the 20th segment, you are prompted with **PRESS START TO BEGIN OR EDIT TO SET UP**. You can also exit Edit Mode by pressing **MANUAL MODE** or **PROGRAMS** at any time.

2.5.1. Learn Mode

When you run a User-Defined Program and the speed or incline is adjusted, the treadmill saves the last change to the current segment.

Note: Learn Mode allows you to adjust existing segments in your user program, but you cannot add segments to it in Learn Mode.

1. Start a workout, then press **PROGRAMS** to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or use the arrow keys. When the **USER PROGRAM PREVIEW** you desire is shown, press **ENTER**. Press **START** to begin your program. When you begin, the Program Progress Detail screen is displayed. The speed and incline values of your current segment are displayed in the center. To change the speed or incline of your current segment, press the **SPEED (+/-)** or **INCLINE (+/-)** keys. The modified segment is stored with these new settings for the next time you run this program.

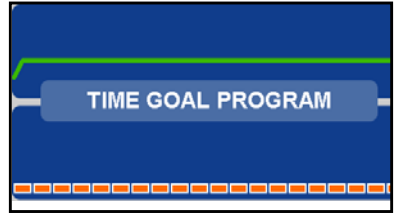
2.6. Specific Goal Programs

The Pro Sports Treadmill provides Specific Goal programs. Whether you want to go for a 3-mile run, burn 1,000 calories, or simply exercise for 15 minutes, the Goal Progress screen

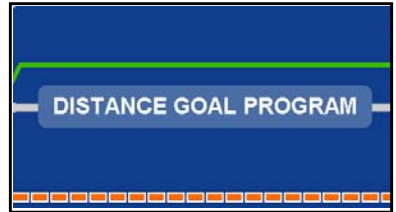
accurately assesses your progress with a variety of statistics. During these programs you retain full manual control.

1. Start a workout as outlined in “Running a Built-In Program” on page 32.
2. Press the arrow button under Programs to display the Programs selection screen and select the goal program that you want to run:

- For **TIME GOAL PROGRAM**, set a Program Time Goal using the numeric keypad or the arrow keys. Enter a time from 10 to 99 minutes, then press **ENTER** or wait 3 seconds.



- For **DISTANCE GOAL PROGRAM**, set a Program Distance Goal using the numeric keypad or arrow keys. Enter a distance from 0.1 to 99.9 miles (km in metric), then press **ENTER** or wait 3 seconds.



- For **CALORIE GOAL PROGRAM**, set a Program Calorie Goal using the numeric keypad or arrow keys. Enter a calorie goal from 10 to 9,999 calories, then press **ENTER** or wait 3 seconds.



3. Press **START** to begin. The Goal Progress screen shows your Specific Goal (Time, Distance or Calorie), counting down (noted by a negative sign).
4. Press the arrows at any time to view any of the other screens during your program.

3. Landice Achieve Treadmill Operation

3.1. Landice Achieve Control Panel

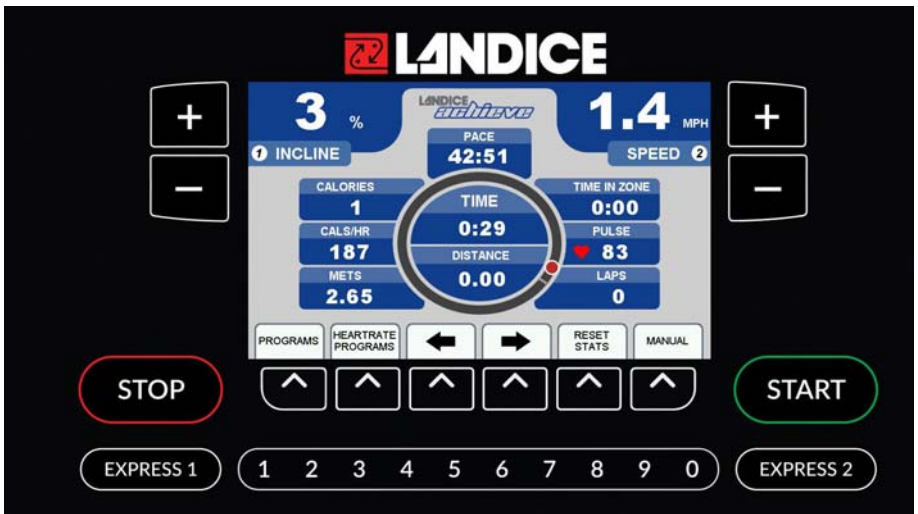



Table 3-1 Landice Achieve Control Panel Functions

Function	Description
INCLINE	Displays the incline of the treadmill in percent (%).
SPEED	Displays the current speed of the treadbelt in MPH (km/hr in metric mode).
START	Powers up the treadmill. All displays light and the treadbelt begins moving at 0.5 mph (0.8 km/hr in metric mode). The START button will also take the treadmill out of pause mode and resume treadbelt movement.
STOP	Press STOP once to pause the treadmill or twice to turn it off. The statistical information is cleared when the treadmill is turned off.
MANUAL MODE	To manually control the speed and incline of the treadmill, press the button below the word MANUAL.

Table 3-1 Landice Achieve Control Panel Functions (Continued)

Function	Description
PROGRAMS	To use the built-in and user-defined workout programs: Press the button below the word PROGRAMS at any time to display the programs selection screen. Use arrow to scroll through the built-in and user-defined program previews and select the desired program by pressing ENTER . You are then prompted to enter the program's specific parameters (Maximum Speed, Incline, Time, etc.). Use the numeric keypad or the arrow to select the desired values. Press START to begin the program.
HEARTRATE PROGRAMS	To use the Heart Rate Controlled programs: Press the button below HEARTRATE PROGRAMS at any time. Choose either a built-in or user-defined heart rate program. Heart Rate Control programs automatically adjust speed and incline in order to maintain a constant heart rate.
PLUS KEY	Press and hold the (+) to increase incline or speed. Pressing for longer than 2 seconds causes the incline or speed to increase at a faster rate. Release the key when the display shows desired incline or speed.
MINUS KEY	Press and hold to the (-) to decrease incline or speed. Pressing for longer than 2 seconds causes the incline or speed to decrease at a faster rate. Release the key when the display indicates desired incline or speed.
ARROW KEYS	The buttons below the left and right arrows move between display sections or to set values.

Table 3-1 Landice Achieve Control Panel Functions (Continued)

Function	Description
EXPRESS 1 EXPRESS 2	EXPRESS 1 controls the Incline and EXPRESS 2 controls the Speed. In conjunction with the numeric keypad this allows you to directly enter a target speed or incline without using the (+/-) keys. Press EXPRESS 1 for Incline or EXPRESS 2 for Speed, then enter the desired value using the numeric keypad. Wait 3 seconds for the treadmill to adjust to the new settings.
<p>The numeric keypad is used to change speed and incline with the EXPRESS keys, enter user settings, and configure programs.</p>	
	

3.2. Display Features

The screens at right are the options available for displaying workout information. Table 3-2 provides information about the available options.

To toggle between these screens during your workout, use the arrow keys.

To customize the information displayed on the Personalized Stats screen, select “Customize Display” to edit the screen. Use the arrows to toggle through the options and press **ENTER** to confirm your selections.

To modify the sprint and recovery speed and incline values on the HIIT Screen, press and hold the button below the item you would like to edit for 5 seconds. A pop-up window will appear. Use the arrow keys or numeric keypad to select your desired number.



Personalized Stats



Track Screen



Statistics Screen



Heart Rate Screen



HIIT Screen

Table 3-2 Display Features

Feature	Description
TIME	Time logged on treadmill, displayed as Minutes:Seconds
DISTANCE	Miles logged on treadmill (kilometers when in metric)
PACE	Time to complete 1 mile (1 kilometer when in metric)
CALORIES	Total calories burned, based on entered user weight
CALS/HR	Approximate calories used per hour, based on user weight
LAP (Progress)	1/4-mile (400 meter in metric) track and Lap Indicator
LAP (Counter)	Number of laps completed
PULSE	Current heart rate
TIME IN ZONE	Time spent in zone. The zone is ± 8 beats from target heart rate.
IN ZONE	User's heart rate is within 8 beats of the target heart rate
OUT OF ZONE	User's heart rate is outside zone (more than 8 beats above or below target heart rate)
ABOVE MAX	User's heart rate is above the maximum desirable heart rate
MAX	Maximum allowable heart rate to remain in zone
TARGET HR	Target heart rate (user-defined in Heart Rate Status screen)
MIN	Minimum allowable heart rate to remain in zone
BELOW MIN	User is below minimum allowable heart rate in zone
TOTAL TIME	The total time of the user's workout
METS*	Current MET level, based on user weight / incline / speed
*One MET is the energy consumed at rest by the average adult.	

3.3. Using the Landice Achieve Treadmill

1. Make sure you have read and understand this owner's manual before beginning.
2. Plug the treadmill power cord into its outlet.
3. Straddle the treadbelt with one foot on each traction strip.
4. Press **START**. The power-up screen is displayed.
5. After 3 seconds the treadbelt starts moving at 0.5 mph (0.8 km/h).
6. Enter your weight using the numeric keypad or arrows. Press **ENTER** or wait 3 seconds to advance to the first of the motivational screens.
7. The treadmill is now ready to use. You can vary the speed or incline, if desired, by using the **SPEED (+/-)** and **INCLINE (+/-)** keys or **EXPRESS 1** and **EXPRESS 2** keys.

3.4. Using the Built-in Programs

3.4.1. Description

The 10 Built-in Programs differ in speed and incline. Each lets you select a maximum speed, incline, and time (10 to 99 minutes). (Intervals Program requires a minimum speed and incline and the HIIT programs have a fixed time.) The treadmill will not go above the maximum number unless manually overridden. Each program has 20 segments of equal time, beginning with 3 warm-up segments and ending with 2 cool-down segments. For example, a 40-minute program contains 20 2-minute segments.

Table 3-3 Landice Achieve Built-In Programs


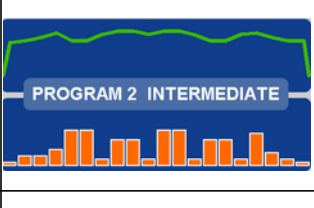

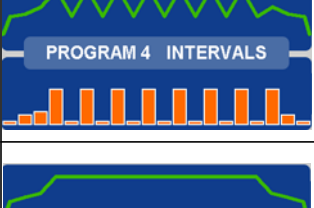
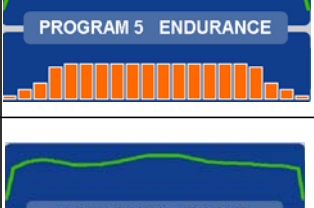



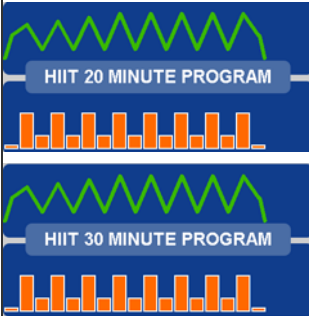
Screen	Program Description
 <p>PROGRAM 1 FAT BURN</p>	<p>FAT BURN: This program features two elevation peaks along with gradual changes in speed. The overall goal is to raise heart rate, maintain the raised heart rate for most of the workout, then gradually bring heart rate down during the last 2 cool down segments.</p>
 <p>PROGRAM 2 INTERMEDIATE</p>	<p>INTERMEDIATE: This program features 5 elevation peaks matched to changes in speed. The overall goal is to vary heart rate by elevating and lowering it several times, providing a challenging cardiovascular workout.</p>
 <p>PROGRAM 3 ADVANCED</p>	<p>ADVANCED: This program features high elevations combined with top speeds. The overall goal is to raise heart rate using speed and elevation for an advanced cardiovascular workout.</p>
 <p>PROGRAM 4 INTERVALS</p>	<p>INTERVALS: This program features high speeds and elevations alternating with low speeds and elevations. The overall goal is to vary your workout, taking you from peak level to recovery 8 times throughout the workout.</p>
 <p>PROGRAM 5 ENDURANCE</p>	<p>ENDURANCE: This program features a maximum speed with maximum elevation. The overall goal is to raise heart rate with speed and elevation for the ultimate cardiovascular workout.</p>
 <p>PROGRAM 6 SUMMIT</p>	<p>SUMMIT: This program allows the user to input their maximum speed and elevation. The goal is to gradually work your way up to maximum speed and elevation with a steady decline.</p>

Table 3-3 Landice Achieve Built-In Programs (Continued)

Screen	Program Description
	<p>HILLS: This program features a maximum speed and elevation with four series of hills. The goal is to increase your cardiovascular while using incline and speed.</p>
	<p>CHALLENGER: This program is designed to increase your cardiovascular by reaching maximum incline and speed several times throughout the program. Maximum speed and elevation are set by the user during program set-up.</p>
	<p>HIIT20 and HIIT30: These programs feature 8 sprint phases alternated with 7 recovery segments. Please note the maximum speed for the sprint phases will differ between the two programs due to the length of the sprint segment. The overall goal of these programs is to provide a combination of very high-intensity bursts of cardio exercise followed by longer periods of recovery.</p>

3.4.2. Running a Built-In Program

1. Start a workout as outlined in “Using the Landice Achieve Treadmill” on page 42.
2. Press **PROGRAMS** to display the Programs selection screen.
3. Select a built-in program by using the arrow to scroll through the list, then press **ENTER**. You are prompted to enter the following program parameters:
 - **Maximum Speed:** This scales the speed curve to the maximum speed entered.
 - **Maximum Incline:** This scales the elevation curve to the maximum incline entered.

- **Program Time:** Sets the total length of time you want the program to run. HIIT Programs have a fixed time.
 - **Minimum Speed/Incline:** INTERVALS and HIIT programs only.
4. Enter the Maximum Speed using the numeric keypad or the arrow to select a value, then press **ENTER** or wait 3 seconds.
 5. Enter the Maximum Incline using the numeric keypad or the arrow to select a value, then press **ENTER** or wait 3 seconds.
 6. Enter Program Time using the numeric keypad or the arrow keys, then press **ENTER** or wait 3 seconds. The time should be at least 10 minutes and not more than 99 minutes.
 7. Press **START** to begin your workout. The Program Progress Detail screen displays your current segment speed, incline and remaining time.
 8. To view other segments, select the “View Other Segments” button. Use the arrow keys to move left or right. To exit, press **DONE**.
 9. Press the buttons below the arrow keys at any time to view any of the other motivational screens during your program, including the Program Profile screen to see a program overview. When viewing a motivational screen other than the Program Progress Detail screen during a segment change, the display temporarily shows the Program Progress Detail screen then returns to the original screen. During a segment change, the speed and/or incline will flash if there is a change in either.

3.5. Landice Achieve User Programs

Landice Achieve treadmills can store up to 6 individual, modifiable user-defined program profiles.

A user-defined program looks and runs exactly like a built-in program, but it can be customized to suit the user. Unlike the built-in programs, user-defined programs allow editing of individual segments as well as the number of segments.

Landice Achieve Treadmill Operation

1. Press the button below PROGRAMS to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or use the arrow keys. When USER PROGRAM PREVIEW is shown, press **ENTER**.
3. Press **ENTER** or wait 3 seconds. The screen displays PRESS START TO BEGIN OR EDIT TO SET UP.
4. Press **EDIT**. EDIT MODE requires a time for segment 1 (area in bold).

EDITING USER PROG 1	SEGMENT 1	SEGMENT 2
SPEED	3.0	SPEED 5.0
INCLINE	0	INCLINE 3
TIME	3:00	TIME 14:00
<small>Use SWITCH FOCUS to toggle between Speed, Incline & Time. Use Numeric Keypad or Speed/Incline + / - keys to enter new values.</small>		
<small>Use PREVIOUS/NEXT keys below to change segments. After desired final segment, set 0:00 as Time to END program.</small>		

Note: Press **SWITCH FOCUS** to toggle between speed, incline and time values for the current segment. To change segments, press **NEXT SEGMENT** or **PREVIOUS SEGMENT**. You can change segments in either the forward or reverse direction.

5. Use the numeric keypad to change the value and press **SWITCH FOCUS**. Continue to another segment by pressing the next or previous segment keys.
6. If you want a program to have less than 20 segments, create the last segment with 0 in the time field. The time reads END. The program ends when it reaches this segment.
7. When you finish editing your User-Defined Program, you can begin your program by pressing **START** or **DONE**.

Note: If you attempt to advance the cursor past the 20th segment, you are prompted with **PRESS START TO BEGIN OR EDIT TO SET UP**. You can also exit Edit Mode by pressing **MANUAL MODE** or **PROGRAMS** at any time.

3.5.1. Learn Mode

When you run a User-Defined Program and the speed or incline is adjusted, the treadmill saves the last change to the current segment.

Note: Learn Mode allows you to adjust existing segments in your user program, but you cannot add segments to it in Learn Mode.

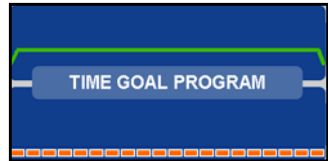
1. Start a workout, then press **PROGRAMS** to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or use the arrow keys. When the **USER PROGRAM PREVIEW** you desire is shown, press **ENTER**.
3. Press **START** to begin your program. When you begin, the Program Progress Detail screen is displayed. The speed and incline values of your current segment are displayed in the center. To change the speed or incline of your current segment, press the **SPEED (+/-)** or **INCLINE (+/-)** keys. The modified segment is stored with these new settings for the next time you run this program.

3.6. Specific Goal Programs

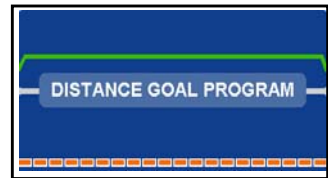
The Landice Achieve Treadmill provides Specific Goal programs. Whether you want to go for a 3-mile run, burn 1,000 calories, or simply exercise for 15 minutes, the Goal Progress screen accurately assesses your progress with a variety of statistics. During these programs you retain full manual control.

1. Start a workout as outlined in “Using the Landice Achieve Treadmill” on page 42.
2. Press the arrow button under Programs to display the Programs selection screen and select the goal program that you want to run:

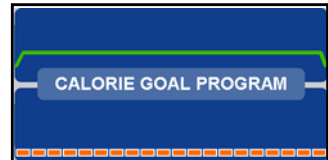
- For **TIME GOAL PROGRAM**, set a Program Time Goal using the numeric keypad or the arrow keys. Enter a time from 10 to 99 minutes, then press **ENTER** or wait 3 seconds.



- For **DISTANCE GOAL PROGRAM**, set a Program Distance Goal using the numeric keypad or arrow keys. Enter a distance from 0.1 to 99.9 miles (km in metric), then press **ENTER** or wait 3 seconds.



- For **CALORIE GOAL PROGRAM**, set a Program Calorie Goal using the numeric keypad or arrow keys. Enter a calorie goal from 10 to 9,999 calories, then press **ENTER** or wait 3 seconds.



3. Press **START** to begin.
The Goal Progress screen shows your Specific Goal (Time, Distance or Calorie), counting down (noted by a negative sign).
4. Press the arrows at any time to view any of the other screens during your program.

3.7. Heart Rate Control Programs

Landice Achieve treadmills offer Heart Rate Control (HRC) programs that display your heart rate and automatically vary treadmill speed and elevation. HRC training allows you to maximize your workout performance while minimizing your workout time.

You must use the Pulse Grips or the Wireless Chest Strap (optional) to detect your heart rate during the HRC programs.

There are 2 different 20-segment HRC programs:

- **HRC** varies treadmill speed and elevation to keep your heart rate near the target heart rate for the entire workout.
- **Interval HRC** targets different heart rates. It alternates between the target and 80% of the target.

Table 3-4 Heart Rate Control Programs

Segment	Stage	% of Target Heart Rate	
		HRC	Interval HRC
1	Warm Up	70	70
2	Warm Up	80	80
3	Warm Up	90	90
4-18	Training	100	Alternating 80 & 100
19	Cool Down	90	90
20	Cool Down	80	80

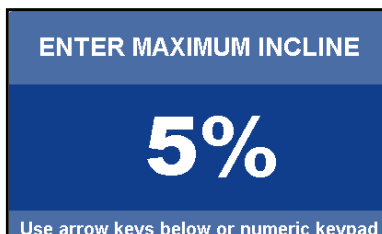
3.7.1. Built-in HRC Programs

1. If using a Landice Achieve treadmill, press the **HEARTRATE PROGRAMS** key. Press **ENTER** while the HR Control program is displayed.

2. Using the numeric keypad or arrow keys, select your maximum speed. Press **ENTER** or wait 3 seconds.



3. Use the numeric keypad or arrow keys to select your maximum incline. Press **ENTER** or wait 3 seconds.



4. Use the numeric keypad or arrow keys to enter your target pulse. The treadmill will vary the speed and elevation in an effort to make you reach this heart rate. Press **ENTER** or wait 3 seconds.



5. The display prompts you to set a Program Time using the numeric keypad or center arrow. For HRC, enter a time between 20-99 minutes. This will scale the 20 segments of the program equally throughout your selected time. Press **ENTER** or wait 3 seconds.



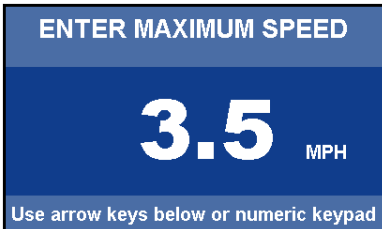
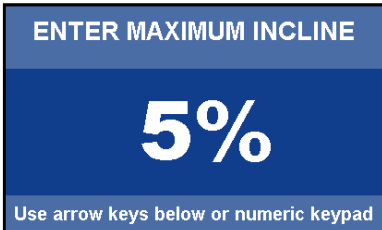
6. Press **START** to begin.

3.7.2. User-Defined Heart Rate Programs

The User-Defined Heart Rate Monitoring (HRC) programs are designed to allow you to set the target heart rate for up to 20 program segments.

To customize a User-Defined HRC Program during your workout, adjust your Target Heart Rate in the Heart Rate Status screen by selecting **Change TRG HRT** button. Any Target Heart Rate changes you make during your workout will be saved in that User-Defined HRC Program.

If you want to edit your User-Defined HRC Program before your workout, follow these steps:

1. To select an HR program to edit, press **HEARTRATE PROGRAMS**. To scroll through the programs, either continue pressing **HEARTRATE PROGRAMS** or use the arrow keys. Select a User-Defined HRC Program to edit by pressing **ENTER**.
2. Select your maximum speed using the numeric keypad or arrow keys and press **ENTER**, or wait 3 seconds.
 
3. Enter the maximum incline using the numeric keypad or arrow keys. Press **ENTER** or wait 3 seconds.
 
4. The display prompts **PRESS START TO BEGIN OR EDIT TO SET UP**. Press **START** to run the program or press **EDIT** to enter editing mode and make changes if desired.
5. To change segments, press **PREVIOUS** or **NEXT SEGMENT** buttons. You can change segments in either the forward or reverse direction.

6. The first display in EDIT MODE requires you to change the time for segment 1 (area in bold). Use the keypad to change the segment time length and press SWITCH FOCUS to change the target heart rate.
7. If you want a program to have fewer than 20 segments, create the last segment with 0 in the time field and press **DONE**. The time reads END. The program ends when it reaches this segment.
8. Use the SWITCH FOCUS button to toggle between Target Heart Rate and Time values within a segment. Continue to program subsequent segments by using the Previous and Next Segment buttons to move from segment to segment.
9. When you finish editing your User-Defined HRC Program, do one of the following:
 - Press **DONE** to save the program or **START** to begin.
 - Exit Edit Mode by pressing **MANUAL**, **HRC**, or **PROGRAMS** at any time. Any edits you made in Edit Mode are permanently saved in that User-Defined HRC Program.
10. If you attempt to advance the cursor past the 20th segment, you are prompted with PRESS START TO BEGIN OR EDIT TO SET UP.

Note: To adjust the program's target heart rate during your workout, from the Heart Rate Status screen, select the **CHANGE TRG HRT** button.

Note: See page 53 for Instructions on the Fitness Tests.

4. Fitness Testing

4.1. Introduction

Landice Achieve treadmills have built-in tests that measure fitness level based on your age, gender, and performance. Depending on the treadmill model, different fitness test protocols are available.

A person's fitness level can be measured by the amount of oxygen their body can consume while exercising at maximum capacity. The maximum amount of oxygen (in milliliters) an individual can use in one minute per kilogram of body weight is referred to as VO_2 Max.

When you perform one of the fitness tests described in this section, the treadmill calculates approximate VO_2 Max and provides a fitness evaluation.

Note: Scores may vary due to line voltages, component tolerances, and individual capabilities. For a more accurate VO_2 Max calculation, take the average of the Balke and Firefighter Fitness Test scores.

4.2. Army 2 Mile Fitness Test

This test consists of a manually controlled, flat ground, complete as fast as you can 2-mile run. Upon completion the treadmill provides an assessment score of 0 to 100.

Test Parameters

- Maximum Speed: Controlled by the user
- Maximum Incline: Set to 0%

To run the test:

1. Press **PROGRAMS** to view the programs selection screen on the Landice Achieve. To scroll through the programs, either continue to press **PROGRAMS** or use the arrow keys.
2. Select the Army 2 Mile Fitness Test by pressing **ENTER**.
3. Enter your age (10 to 99) using the keypad or the arrow keys, then press **ENTER** or wait 3 seconds.

4. Enter your gender using the center arrow to toggle to MALE or FEMALE. Press **ENTER** or wait 3 seconds.
5. Press **START** to begin.
6. Complete the 2-mile run as quickly as possible by manually controlling your speed (incline is disabled for this test). To stop the test at any time, press **STOP, MANUAL, HR PROGRAMS** or **PROGRAMS**.

When you begin, the Goal Progress screen shows your Specific Goal (Army 2 Mile Run), Time Remaining, Projected Score and other statistics. The Distance counts down (noted by negative sign).

When the test is complete, a US Army assessment rating between 0-100 is displayed, based on your time, age and gender.

Table 4-1 U.S. Army Fitness Assessment Ratings

Score	Rating
85-100	Excellent
70-84	Good
32-69	Average
17-31	Fair
0-16	Low

4.3. Balke Fitness Test

Note: You must use the pulse grips or wireless chest strap (residential models only) for this test.

This is a walking pace, variable incline fitness test. The test increases in difficulty to raise your heart rate. Upon reaching your Target Heart Rate, the test ends and the treadmill calculates your fitness assessment. Parameters cannot be modified. Your age determines the test's target heart rate and the scaling of the fitness assessment.

Test Parameters:

- Maximum Speed: 4.4 mph
- Maximum Incline: 15%
- Maximum Heart Rate: 80% of Maximum Heart Rate (See Heart Rate Monitoring sections).

To run the test:

1. On the Landice Achieve, press **HEARTRATE PROGRAMS** to view the HRC programs selection screen. To scroll through the programs, either continue to press **HEARTRATE PROGRAMS** or use the arrow keys. Select the Balke Fitness Test by pressing **ENTER**. To access this program on the Landice Achieve, press **PROGRAMS** then **FITNESS TESTS**.
2. Use the keypad or arrow to enter your age (10 to 99), then press **ENTER** or wait 3 seconds.
3. Enter your gender using the center arrow to toggle to **MALE** or **FEMALE**. Press **ENTER** or wait 3 seconds.

Note: The calculated target heart rate displayed before you start the test is derived from statistical heart rate capacity averages. (See “Heart Rate Monitoring” on page 15.) If you are uncomfortable with the target heart rate displayed or feel discomfort during the fitness test, stop the test.

Note: You must hold onto the pulse grips or wear the wireless chest strap for the entire test. If the treadmill loses the heart rate signal for more than 30 seconds the test is terminated.

4. Press **START** to begin the test.

This automated test increases in difficulty from segment to segment until you reach the target heart rate. When you reach the target heart rate a 30-second countdown follows and ends the test. If Speed or Incline buttons are engaged it will end the program.

When you begin, the Heart Rate Status screen shows your Target Pulse, Time, Heart Rate Status and Time in Zone.

Upon completion the treadmill displays your VO₂ Max score and fitness assessment based on your performance. Use the tables below to interpret your score based on your age and gender.

Table 4-2 Men: VO₂ Max

Age							Rating
<20	20-29	30-39	40-49	50-59	60-69	>69	
>65	>62	>58	>54	>52	>50	>48	Superior
57-65	54-62	50-58	46-54	44-52	42-50	40-48	Excellent
47-56	44-53	40-49	37-45	35-43	32-41	30-39	Good
37-46	35-43	32-39	28-36	26-34	24-31	22-29	Average
<37	<35	<32	<28	<26	<24	<22	Low

Table 4-3 Women: VO₂ Max

Age							Rating
<20	20-29	30-39	40-49	50-59	60-69	>69	
>62	>58	>54	>51	>47	>44	>42	Superior
54-62	50-58	46-54	43-51	39-47	36-44	34-42	Excellent
42-53	39-38	35-45	32-42	29-38	25-35	23-33	Good
34-41	32-38	29-34	25-31	22-28	19-24	15-22	Average
<34	<352	<29	<25	<22	<19	<15	Low

4.4. Firefighter (Gerkin) Fitness Test

This test requires the Wireless Chest Strap. It is a heart rate controlled, variable speed and incline fitness test. The test increases in difficulty to raise your heart rate. When you reach your target heart rate, the test ends and the treadmill calculates a fitness level based on your performance. Your age determines the test's target heart rate and the scaling of the fitness assessment.

Test Parameters

- Maximum Speed: 7 mph
- Maximum Incline: 15% (cannot be modified)
- Maximum Heart Rate: 85% of Maximum Heart Rate (See Heart Rate Monitoring sections).

To run the test:

1. On the Landice Achieve, press **HEARTRATE PROGRAMS** to view the HRC programs. To access this program on the Landice Achieve, press **PROGRAMS** then **FITNESS TESTS**.
2. Scroll through the programs using the arrow keys or by continuing to press **HEARTRATE PROGRAMS**.
3. Press **ENTER** to select the Firefighter Fitness Test.
4. When prompted, use the keypad or arrow keys to enter your age (10 to 99), then press **ENTER** or wait 3 seconds.
5. Enter your gender by using the arrow keys to toggle between MALE and FEMALE. Press **ENTER** or wait 3 seconds.

Note: The calculated target heart rate is displayed before you start the test. This heart rate is derived from statistical heart rate capacity averages (see Heart Rate Monitoring Section) If you are uncomfortable with the target heart rate displayed or feel discomfort during the fitness test, stop the test.

6. Press **START** to begin.

Note: You must wear the wireless chest strap or hold onto the contact heart rate bars during the entire test. If the treadmill loses the heart rate signal for more than 30 seconds the test is terminated.

This test increases in difficulty until you reach the target heart rate, then a 30-second countdown follows and ends the test.

To end the program at any time press **STOP**.

Upon completion the treadmill displays a VO_2 Max score and fitness assessment based on your performance compared to the general population.

Table 4-4 Firefighter Fitness Test Score

VO2 Max	Rating
>59	Superior
50-58	Excellent
40-49	Good
32-39	Average
<32	Low

5. Maintenance and Troubleshooting

5.1. Cleaning

It is recommended to clean the console and screen after each workout.

General: Vacuum around and under the treadmill at least once a month. Wipe any sweat from the treadmill after each workout.

Console and Display Screen: Wipe exposed console surfaces with a microfiber cloth, dampened with a mixture of 30 parts water to 1 part Simple Green® cleaner.
www.simplegreen.com

Touch Screen Cleaning:

1. Turn your fitness equipment off. When cleaning a treadmill please do not stand on the tread belt during the cleaning process.

IMPORTANT Avoid getting any cleaning liquids in the console or other parts.

2. Spray/dampen a microfiber cloth with the cleaner and be sure to wring out any excess liquid prior to cleaning the screen.
3. Wipe the surface of the monitor gently in small circles, and then allow it to dry.

⚠️ WARNING

Lethal voltages and moving parts capable of causing serious injury are exposed when the motor cover is removed. Under no circumstances should the motor cover be removed except by a Landice factory-authorized technician.

⚠️ AVERTISSEMENT

Des tensions létales et des pièces mobiles susceptibles de causer des blessures graves sont exposées lorsque le capot du moteur est enlevé. En aucun cas, le capot du moteur ne doit être enlevé, sauf par un technicien habilité par usine de Landice.

5.2. Lubrication

Landice recommends lubricating the underside of the treadbelt with Landice 100 Centistoke Silicone Oil every **3,000** miles. See instructions included with lubricant.

5.3. Contact Landice

If you need technical support, you can contact Landice at:
973-927-9010 (in the U.S.)
(+1) 973-927-9010 (international)

Submit a question online at:
<https://www.landice.com/support/technical-support-contact>

Submit a question via email:
service@landice.com

5.4. Hidden Menus

The Hidden Menus provide access to control the settings listed below. To view the Hidden Menus:

- **Pro Sports:** press and hold **3, 9** and **START** simultaneously while the treadmill is off, then release all. Use the **+** or **-** keys to move up and down the list. Then press to select the option and press **STOP** to save and exit.
- **Landice Achieve:** press **START** then hold **3** and **9** simultaneously during the boot-up screen, then release all. Use the **+** or **-** keys to move up and down the list. Then press **START** to select the option and press **STOP** to save and exit.

Hidden Menu Options

- **Error Logs:** Records the number of times a specific error code occurs.
- **NV Init - Boot:** Manufacturer's use ONLY
- **Diagnostics:** Provide technicians the ability to test buttons and calibrate. Press and hold **STOP** to exit diagnostic mode.
- **Reprogram Firmware:** Manufacturer's use ONLY
- **Self-Diagnostics:** Runs an automatic test of specific components to assist service technicians with diagnostics.
- **Toggle Max Speed:** Allows the maximum speed to be adjusted to 12.5 mph for 110 volt and 15.5 for 220 volt treadmills.
- **Toggle Lockout Mode:** Enables or disables use of a code to operate the treadmill. When **Lockout Mode** is enabled it provides the ability to set a personalized four-digit code to use the treadmill. If the code is forgotten, 9010 will grant access.
- **Toggle Units:** Allows the measurement of units to switch between English and Metric.
- **Toggle Beeper:** Enables or disables the ability to control the beeping sound.
- **Toggle User Presence:** This feature will turn off the treadmill if a user is not detected on the treadmill for 20 to 30 seconds.

LANDICE

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