

ELEVATION™ SERIES 95T TREADMILL & PLATINUM CLUB SERIES TREADMILL DISCOVER SE3, DISCOVER SI, & EXPLORE ASSEMBLY INSTRUCTIONS



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Congratulations...

and welcome to the world of

LifeFitness

Please take special note of the following safety instructions and important points prior to choosing a location and beginning assembly of the Elevation Series 95T Treadmill or Platinum Club Series Treadmill Discover SE3, Discover SI, and Explore.



WARNING: Health-related injuries may result from incorrect or excessive use of exercise equipment. LIFE FITNESS STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

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



AVERTISSEMENT: Des problèmes de santé peuvent être causés par une utilisation incorrecte ou excessive de l'équipement. **LIFE FITNESS** recommande FORTEMENT de consulter un médecin pour subir un examen médical complet avant de commencer tout programme d'exercice, et tout particulièrement si l'utilisateur a des antécédents familiaux d'hypertension ou de troubles cardiaques, s'il a plus de 45 ans, s'il fume, s'il a du cholestérol, s'il est obèse ou n'apas fait d'exercice régulièrement depuis un an.

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

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Operation Manuals and other Product Information available at
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1 GETTING STARTED

1.1 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the LIFE FITNESS treadmill.

- **DANGER:** To reduce the risk of electrical shock, always unplug Life Fitness products before cleaning or attempting any maintenance activity.
- **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
- **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
- **WARNING:** Keep the area 6.5 ft. (2 m) by 3 ft. (0.9 m) behind the Life Fitness treadmill clear of any obstructions, including walls, furniture, and other equipment.
- **WARNING:** Be sure the emergency stop lanyard is clipped to the user and in proper position on the treadmill before beginning any workout.
- **WARNING:** The belt centering adjustment must be performed if the belt is not between the marks indicating the maximum allowed lateral positions. Refer to Section 2.
- **CAUTION:** Risk of injury to persons - to avoid injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual before using.
-  **WARNING:** This product can expose you to chemicals including Crystalline Silica, which is known to the State of California to cause cancer. For more information go to www.P65Warnings.ca.gov
- To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
- Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.
- Position the product so that the power cord plug to the wall is accessible to the user.
- If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Always follow the console instructions for proper operation.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
- Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces, and towels away from moving parts.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- Do not allow other people to interfere in any way with the user or equipment during a workout.

- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and using.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord on the floor under or along the side of the treadmill. Refer to Section 2.5 for proper power cord routing.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- Never mount or dismount the treadmill while the running belt is moving. Use the handrails whenever additional stability is required. In case of an emergency, such as tripping, grasp the handrails, and place the feet on the side platforms.
- Never walk or jog backwards on the treadmill.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- The system causes immobilization of the treadmill when a pre-defined hard key sequence has been activated. This sequence is currently defined as 3 STOP key presses followed by 3 SPEED DOWN ARROW key presses on the activity zone keypad. To prevent false toggling of the Immobilized feature, this sequence must be done in a 5-10 second period.
- Read all warnings on each product prior to starting a workout.
- If warnings are missing or damaged, please contact LIFE FITNESS immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. LIFE FITNESS is not responsible for missing or damaged warning labels.
- In conformity with the European Union Machinery Directive 2006/42/IEC, this equipment unloaded runs at sound pressure levels below 70dB (A) at the average operating speed of 12 km/hr. Noise emission under load is higher than without load.
- This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

1.1 CONSIGNÉS DE SÉCURITÉ IMPORTANTES

Lire toutes les instructions avant d'utiliser le tapis roulant.

- **DANGER:** Pour réduire les risques de décharge électrique, toujours débrancher cet appareil Life Fitness avant le nettoyage ou toute mesure d'entretien.
- **AVERTISSEMENT:** Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, chaque appareil doit absolument être branché sur une prise électrique correctement mise à la terre.
- **AVERTISSEMENT:** Des systèmes de surveillance de fréquence cardiaque peuvent être inexacts. Trop d'exercices peuvent entraîner des blessures sérieuses, voire mortelles. En cas de sensation d'évanouissement, arrêter immédiatement l'entraînement.
- **AVERTISSEMENT:** Conserver une zone de 2 m (6.5 ft) sur 0,9 m (3 ft) libre de toute obstruction derrière le tapis roulant Life Fitness, y compris aucun mur, meuble ou autre appareil.
- **AVERTISSEMENT:** S'assurer que la dragonne d'arrêt d'urgence est attachée à l'utilisateur et fixée adéquatement au tapis roulant avant de commencer un exercice.
- **AVERTISSEMENT:** Le réglage de centrage de la courroie doit être effectué si la courroie ne se trouve pas entre les repères indiquant les positions latérales maximum permises. Se référer à la Section 2.
- **MISE EN GARDE:** Risque de blessures corporelles - Pour éviter de se blesser, faire preuve d'extrême prudence lors de la montée ou descente de la courroie en mouvement. Lire les instructions avant tout usage de l'appareil.
- Pour débrancher, mettre l'appareil hors tension au niveau de l'interrupteur d'alimentation, puis retirer la fiche de la prise électrique.
- Ne jamais faire fonctionner un produit Life Fitness dont la fiche ou le cordon d'alimentation est endommagé, ni aucun appareil qui serait tombé ou aurait été endommagé ou même partiellement plongé dans l'eau. Appeler le service clientèle de Life Fitness.
- Placer ce produit de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Les instructions de la console doivent toujours être suivies pour obtenir un fonctionnement correct.
- Cet appareil n'est pas prévu pour être utilisé par des personnes (y compris les enfants) dont les capacités physiques, sensorielles ou mentales sont réduites, ou des personnes dénuées d'expérience ou de connaissance, sauf si elles ont pu bénéficier, par l'intermédiaire d'une personne responsable de leur sécurité, d'une surveillance ou d'instructions préalables concernant l'utilisation de l'appareil.
- Ne pas utiliser ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- Ne jamais faire fonctionner d'appareil Life Fitness dont les orifices d'aération seraient bloqués. Les garder exempts de peluches, de cheveux ou de toute obstruction.
- Ne jamais rien insérer dans les ouvertures de cet appareil. Si un objet tombe à l'intérieur de l'appareil, couper l'alimentation électrique, débrancher le cordon de la prise et le récupérer avec précaution. S'il est impossible de l'atteindre, communiquer avec le service à la clientèle de Life Fitness.
- Ne jamais placer aucun liquide directement sur l'appareil, sauf dans le plateau pour accessoires ou un support prévu à cet effet. Il est recommandé d'utiliser des conteneurs munis de couvercles.
- Ne pas utiliser cet appareil pieds nus. Toujours porter des chaussures. Porter des chaussures avec des semelles en caoutchouc ou fournissant une très bonne adhérence. Ne pas utiliser de chaussures à talons, à semelles en cuir ou munies de crampons. S'assurer qu'aucun caillou n'est incrusté dans les semelles.
- Éloigner les vêtements lâches, les lacets et les serviettes des pièces en mouvement.
- Ne pas placer les mains sous l'appareil ou dans l'appareil, et ne pas le renverser sur le côté pendant le fonctionnement.
- Ne laisser personne déranger de quelque manière que ce soit l'utilisateur ou interférer avec l'équipement durant un entraînement.

- Laisser les consoles ACL se « normaliser » pendant une heure quant à la température avant le branchement et l'utilisation de l'appareil.
- Cet appareil ne doit être employé que pour l'usage auquel il est destiné, conformément aux directives du manuel. Ne pas utiliser d'accessoires qui ne sont pas recommandés par le fabricant.
- Tenir le cordon d'alimentation à l'écart de toute surface chauffée. Ne pas tirer l'appareil par le cordon d'alimentation; ne pas utiliser le cordon comme poignée. Ne pas faire passer le cordon sur le sol, sous le tapis roulant, ni le long de l'appareil. Se reporter à la section 2.5 pour la disposition adéquate du cordon d'alimentation.
- Les rampes latérales peuvent servir à rétablir son équilibre, mais ne sont pas destinées à un usage continu.
- Ne jamais monter sur le tapis roulant et ne jamais en descendre pendant qu'il tourne. Utiliser les rampes latérales afin de ne pas perdre l'équilibre. En cas d'urgence, par exemple, en cas de trébuchement ou de faux pas, saisir les rampes latérales et placer les pieds sur les plates-formes latérales.
- Ne jamais marcher ni courir à reculons sur le tapis roulant.
- Ne pas utiliser ce produit dans des salles où des vaporisateurs aérosols sont employés ou bien où de l'oxygène est administré. Ces substances créent des risques de combustion et d'explosion.
- Le système entraîne l'immobilisation du tapis de course lorsqu'une séquence de touches prédéfinie dure a été activée. Cette séquence est actuellement définie comme 3 arrêter presses clés suivies de 3 presses clés de vitesse touche flèche bas sur le pavé de la zone activité. Pour éviter la fausse activation/désactivation de la fonctionnalité Immobilized, cette séquence doit se faire dans une période de 5-10 secondes.
- Lisez tous les avertissements sur chaque produit avant de démarrer un exercice.
- Si les avertissements sont absents ou endommagés, veuillez contacter immédiatement LIFE FITNESS afin de les faire remplacer. Les étiquettes d'avertissement sont livrées avec chaque produit et doivent être installées avant leur utilisation. LIFE FITNESS ne peut être tenu responsable lorsque des étiquettes d'avertissement sont absentes ou endommagées.
- Conformément à la directive Machines 2006/42/EC de l'Union européenne, à vide, cet équipement fonctionne à des niveaux de pression acoustique inférieurs à 70 dB(A) à une vitesse de fonctionnement moyenne de 12 km/h. Les émissions sonores sont plus importantes lorsque l'appareil est chargé.
- Règlementation en matière de santé et d'environnement : avertissement - Ce produit peut contenir des substances chimiques considérées par l'État de Californie comme cancérigènes et causant des malformations congénitales ou d'autres troubles de l'appareil reproducteur. Pour plus d'informations sur la réglementation européenne n° 1907/2006 (REACH) et le California Safe Drinking Water and Toxic Enforcement Act de 1986 (Proposition 65), connectez-vous à l'adresse suivante : <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

1.2 SET-UP

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

ELECTRICAL POWER REQUIREMENTS

The Life Fitness Treadmill requires a dedicated* line with isolated neutral according to the electrical configurations listed in the chart below.

Supply Voltage	Frequency (Hz)	Elevation Series (Commercial Units) Rated Current (Amps)	Platinum Club Series (Consumer Units) Rated Current (Amps)
100	50 / 60	18	12
120	50 / 60	18	12
200	50 / 60	9	9
220	50 / 60	9	9
230	50 / 60	9	9
240+	50 / 60	9	

* Commercial Units Only: One individual branch circuit for each treadmill per NEC article 210-21 (b) (1) and 210-23 (or other appropriate, country specific electrical compliance guidelines). The hot and neutral wires must each be routed independently (not looped or tied to other circuits.)”

Note: Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.

GROUNDING INSTRUCTIONS

This Life Fitness product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides a path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances.



A temporary adapter MUST NOT BE USED to connect this plug to a two-pole receptacle in North America. If a properly grounded, 20-amp outlet is not available, one must be installed by a qualified electrician. Models drawing 16 amps or more must be installed on a dedicated line. (Commercial Units Only)



IL EST ABSOLUMENT INTERDIT d'employer un adaptateur temporaire pour brancher cette fiche sur une prise bipolaire en Amérique du Nord. Si aucune prise de 20 A correctement mise à la terre n'est disponible, en faire installer une par un électricien qualifié. Les modèles utilisant 16 A ou plus doivent être branchés sur un circuit spécialisé. (Ceci s'applique aux unités commercial seulement.)



A temporary adapter MUST NOT BE USED to connect this plug to a two-pole receptacle in North America. If a properly grounded, 15-amp outlet is not available, one must be installed by a qualified electrician. (Consumer Units Only)



IL EST ABSOLUMENT INTERDIT d'employer un adaptateur temporaire pour brancher cette fiche sur une prise bipolaire en Amérique du Nord. Si aucune prise de 15 A correctement mise à la terre n'est disponible, en faire installer une par un électricien qualifié. (Ceci s'applique aux unités de consommation seulement.)



DANGER: A risk of electrical shock may result from improper connection of the equipment-grounding conductor. Check with a qualified electrician if in doubt as to proper grounding technique. DO NOT modify the plug provided with the product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Any modification to the electrical plug will result in a voided warranty.



DANGER: Un branchement incorrect du conducteur de mise à la terre peut entraîner des risques de décharge électrique. Consulter un électricien si des doutes subsistent quant à la technique de mise à la terre. NE PAS MODIFIER la fiche fournie avec l'appareil. Si elle ne s'adapte pas à une prise, faire installer une prise correcte par un électricien qualifié. Toute modification à la fiche annule la garantie.

HOW TO POSITION AND STABILIZE THE LIFE FITNESS TREADMILL

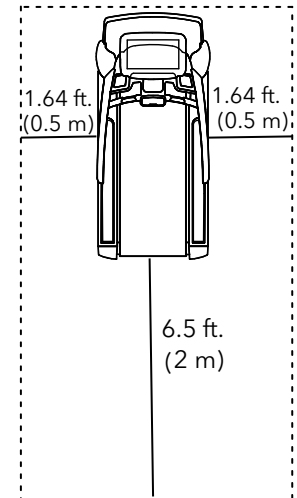
Follow all safety instructions. Move the treadmill to the location in which it will be used.

Note: To center the striding belt see Section 2.5 How to Adjust and Tension the Striding Belt.

SAFETY CLEARANCES

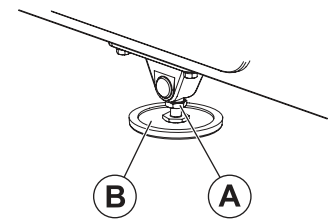
The following information is supplied as regional reference data regarding safety clearances around the exterior of the treadmill.

- EU: The European EN957 Safety Standard requires a 6.5 ft. (2 m) minimum from the rear of the treadmill to any object or surface and at least as wide as the treadmill.
- U.S. and other regions: The ASTM International (ASTM) F2115 - 05 Standard recommends the minimum dimensions to be 1.64 ft. (0.5 m) on each side of the treadmill and 3.28 ft. (1 m) behind the rearward most portion of the usable moving surface or 6.5 ft. (2 m) behind the furthest rearward obstruction to emergency egress from the treadmill.



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

Note: It is extremely important that the stabilizing leg be correctly adjusted for proper operation. An unbalanced unit may cause striding belt misalignment. A bubble level is recommended to ensure proper leveling.



POWER SWITCH

Located on the front panel at the base of the treadmill, the ON/OFF switch has two positions: "1" (one) for ON and "0" (zero) for OFF

STRIDE SENSOR AUTO-SHUTOFF SYSTEM - COMMERCIAL UNITS ONLY

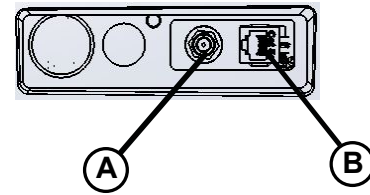
The Stride Sensor auto-shutoff system detects whether a user is on the belt/deck. If the user leaves the belt/deck during a workout, the system is triggered and the following message is displayed, "User not detected on belt - press "OK" to continue workout." If the user presses "OK" during this message the workout will continue without interruption. If the user does not press "OK" another message will be displayed, "User not detected on belt; RESUME WORKOUT / EXIT WORKOUT". At this point power to the belt will shut off as the treadmill enters Pause mode. If the user presses RESUME WORKOUT during the second message the workout will be resumed. If the user does not press RESUME WORKOUT, the treadmill will continue in Pause mode and eventually end the workout. This feature can be disabled in the Manager's Configuration.

INSTALL COAXIAL & ETHERNET CABLES (IF NECESSARY) - DISCOVER SE3 AND DISCOVER SI CONSOLES ONLY (EXPLORE OPTIONAL)

The following connection receptacles are located at the front of the Elevation Series 95T Treadmill with Discover Consoles:

- Coaxial Cable (A), and
- Ethernet Cable (B).

Note: CSAFE connections must be made at the console only.



CAUTION: Connectors should easily fit into the receptacles. Forcing a connection may lead to damage to the barrel connector and/or receptacle and may void product warranty.

CABLE TV HOOK-UP - DISCOVER SE3 CONSOLES ONLY

The Discover SE3 console can receive both analog and digital signals. LIFE FITNESS is not responsible for the installation of CATV service or components required for the delivery of CATV service. An external TV signal input via a 75-ohm coaxial cable must be present before TV setup can occur.

Note to the CATV Installer:

This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building as close to the point of cable entry as practical.

POWER CORD ROUTING

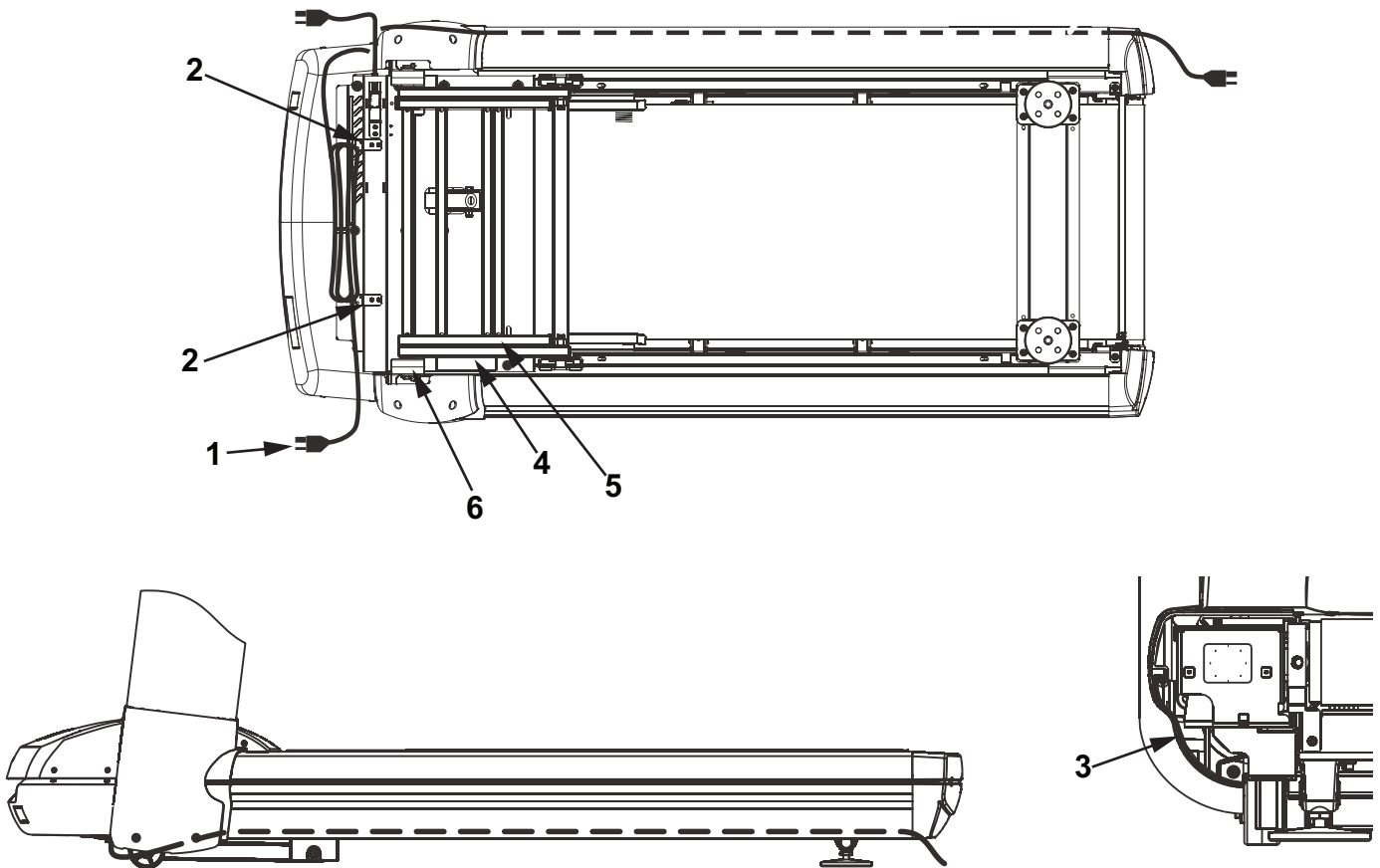


WARNING: Make sure the power cord is unplugged before attempting to route it around or through the treadmill.

The POWER CORD (A) can be run to the user-front left or right sides. Excess POWER CORD can be bundled and tied to the pre-installed CLIPS (B) located under the front of the treadmill.

The POWER CORD (A) can be run to the rear of the treadmill through the LEFT SIDERAIL (C). The POWER CORD should run under the LEFT UPRIGHT COVER and into the internal channel of the LEFT SIDERAIL as shown.

Note: To accommodate treadmill incline, at least two feet (24") of POWER CORD is required between the outlet and the last power cord CLIP (B) for outlets in front of the treadmill.



WARNING: Make sure that there is a 6.5 foot clearance behind the treadmill. Contact LIFE FITNESS Customer Service for an optional longer power cord if necessary.

DANGER: Ensure that the power cord (A) does not contact the striding belt or get pinched between the frame (D), lift arm (E) or under the wheels (F); failure to follow this warning may result in serious injury.



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

2 SERVICE AND TECHNICAL DATA

2.1 PREVENTIVE MAINTENANCE TIPS

Life Fitness products are backed by the engineering excellence and reliability of Life Fitness and are one of the most rugged and trouble-free pieces of exercise equipment on the market today.

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

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

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

- Locate the product in a cool, dry place.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see *Life Fitness Approved Cleaners*) and a microfiber cloth.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Check operation of the emergency stop system once a week.
- Check the operation of the stop button once a week.
- Inspect and vacuum the area directly surrounding and under the unit regularly.
- Vacuum around the striding belt regularly to keep debris from accumulating.
- Inspect exterior parts regularly for wear, particularly the striding belt, deck and line cord.
- Check to make sure the unit is properly leveled.
- Check the position (centering) of the striding belt.

Note: *Normal belt operating position is for the belt to be located within the belt travel indicators on the rear roller guards as shown in Section 2.5. Refer to Tracking (Centering) A Striding Belt or contact Life Fitness Customer Support Services for proper alignment instructions.*

Life Fitness Approved Cleaners *(United States Availability Only)*

Two preferred cleaners have been approved by Life Fitness reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1. PureGreen 24 is available in a spray which is convenient to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control. Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Life Fitness Customer Support Services to order these cleaners (800-351-3737 or email: customersupport@lifefitness.com).

Life Fitness Compatible Cleaners

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the yeah cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

2.2 PREVENTIVE MAINTENANCE SCHEDULE

Item	Weekly	Monthly	Biannually
Console Overlays	Clean		Inspect
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Hardware			Inspect
Frames	Clean		Inspect
Plastic Covers	Clean	Inspect	Inspect
Lifepulse Sensors	Clean / Inspect		
Striding Belt Centered	Inspect		
Machine Level	* Inspect		
Emergency Stop Magnet	Clean / Inspect		
Motor Cover	Clean	Vacuum / Clean	
Motor Electronic Compartment			Inspect
Drive Belt			Inspect
Leg Levelers		Inspect / Adjust	
Front & Rear Rollers			Inspect
Side Step Area	Clean	Inspect	
Side Hand Rails	Clean		Inspect
Ergo™ Front Handlebar	Clean		Inspect

**Use bubble level to inspect*

2.3 TROUBLESHOOTING THE TREADMILL

Malfunction	Probable Cause	Corrective Action
No power	ON / OFF switch is not in proper position.	Turn the switch to the ON position.
	Power source is insufficient.	Plug treadmill into an appropriate circuit. Refer to Grounding Instructions. Note: <i>In North America use a dedicated 20 amp circuit for Commercial Units or a 15 amp circuit for Consumer Units.</i> Using a voltmeter, verify power at outlet. If no power exists, reset circuit breaker at panel.
	Line cord is damaged.	Replace line cord. Contact Life Fitness Customer Support Services.
	Line cord is improperly seated in socket.	Inspect power connections at wall outlet and at machine for proper contact.

TROUBLESHOOTING THE TREADMILL *(continued)*

Malfunction	Probable Cause	Corrective Action
Striding belt slips off-center.	Floor surface is uneven.	Check levelers and level treadmill. Check striding belt & re-tension as necessary. Refer to <i>How to Adjust and Tension the Striding Belt</i> .
Maximum speed is reduced.	User is pushing striding belt. This occurs when the runner is running faster than the striding belt will travel, with the result of the striding belt being pushed with the runner's feet.	Instruct users not to push striding belt in either direction.
	User is stalling striding belt. This will occur with heavier users at lower striding belt speeds. The striding belt will "stall" if the user is traveling slower than the striding belt speed.	
	Striding belt/deck malfunctions. The deck laminate is worn through or the underside of striding belt is glazed over (hard, glossy).	Replace belt and deck.
	Power source is insufficient.	Plug treadmill into an appropriate circuit. Refer to Grounding Instructions. Note: <i>In North America use a dedicated 20 amp circuit for Commercial Units or a 15 amp circuit for Consumer Units.</i>
Rubbing sound comes from underneath machine.	Foreign objects may be stuck underneath the machine.	Inspect underneath striding belt and machine. Remove any debris or objects that may cause interference with the treadmill.
Display does not illuminate when machine is powered on.	Loose 6 pin connector at display console or 4 pin circular connector at 24 volt power supply or line cord to 24 volt power supply under front of unit.	Check all electrical connections for proper attachment. Contact Life Fitness Customer Support Services.

TROUBLESHOOTING THE TREADMILL *(continued)*

Malfunction	Probable Cause	Corrective Action
Unit resets randomly or pauses.	Power source is insufficient.	Plug treadmill into an appropriate circuit. Refer to Grounding Instructions. Note: In North America use a dedicated 20 amp circuit for Commercial Units or a 15 amp circuit for Consumer Units.
	Damaged ground prong is on line cord.	Replace line cord.
	Line cord improperly seated in electrical outlet.	Inspect power connection at electrical outlet and at machine for proper contact.
	Emergency stop magnet is not engaged.	Re-engage the emergency stop magnet.
	Towel or other item may be making contact with stop switch while user is running.	Move all possible obstructions off display console and handlebar.
	Stop switch is activated with very light pressure or returns slowly after being pressed.	Contact Life Fitness Customer Support Services.
	Stop switch cable is not making proper contact.	Contact Life Fitness Customer Support Services.
	Main wire harness is pinched.	Contact Life Fitness Customer Support Services.
Ground path is open.	Contact Life Fitness Customer Support Services.	

2.4 TROUBLESHOOTING THE OPTIONAL POLAR® TELEMETRY HEART RATE CHEST STRAP

HEART RATE READING IS ERRATIC OR ABSENT ENTIRELY

Malfunction	Probable Cause	Corrective Action
Heart rate reading is erratic or absent entirely.	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter not properly set up.	Setup of the belt transmitter is accomplished by initially bringing it with in 1 foot of the receiver. The receiver is in the console. After the heart rate is displayed on the console the range is extended to 3 feet.
	Polar telemetry heart rate chest strap battery is depleted.	Contact Life Fitness Customer Support Services for instructions on how to have the Polar telemetry heart rate chest strap replaced.
	Polar telemetry heart rate chest strap did not lock in with the heart rate receiver.	Make sure the Polar telemetry heart rate chest strap is installed and move closer to the heart rate receiver. Wait up to 10 seconds for the heart rate to display on the console. Notes: 1. <i>Ensure proper adherence of the Polar telemetry heart rate chest strap to user's chest.</i> 2. <i>Ensure proper conductivity between the electrodes and user's chest.</i> 3. <i>If needed, use the Polar watch to verify chest strap's operation.</i>
Heart rate reading is initially detected and functioning normally but then is lost.	Use of personal electronic devices, such as cell phones and portable MP3 players, causes external noise interference.	Remove the source of noise or reposition the exercise equipment.
	Equipment is in close proximity to other sources of noise such as audio/video equipment, fans, two way radios, and high voltage/high current power lines.	

2.5 HOW TO ADJUST AND TENSION THE STRIDING BELT

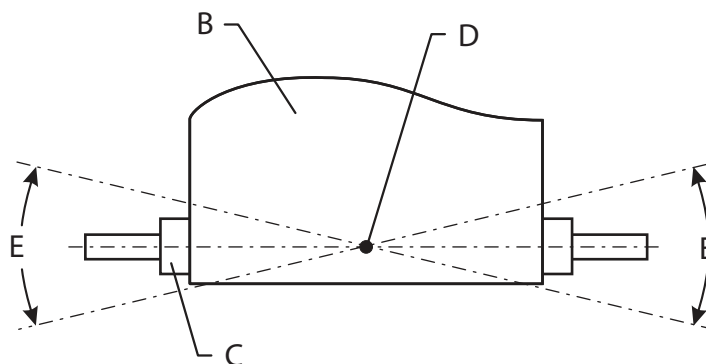
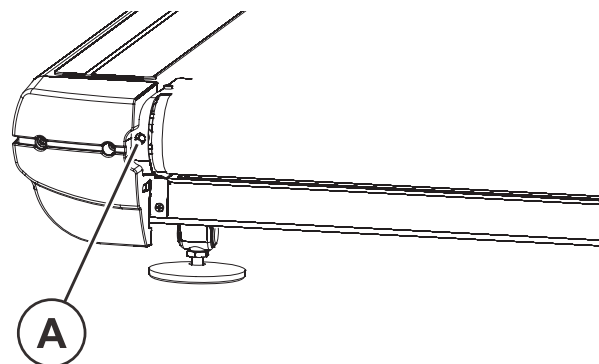
Do not move the treadmill or place hands under the treadmill while it is plugged into an electrical outlet!

THE BELT TENSIONING BOLTS

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

Note: It is extremely important that the treadmill be correctly leveled prior to any tracking adjustments. An unstable unit may cause striding belt misalignment. See How To Stabilize the Life Fitness Treadmill prior to attempting any rear roller adjustments.

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



TRACKING (CENTERING) A STRIDING BELT

Two people are needed to perform this procedure.

1. Locate the two access holes to the belt tensioning bolts on each of the rear roller guards.
2. One person stands on the side rails of the treadmill and straddles the belt. This person presses GO and sets the belt speed to 2.5 MPH (4.0 KPH).
3. If the striding belt has moved to the right, the second person turns the right tension bolt a quarter-turn clockwise and then turns the left tension bolt a quarter-turn counter-clockwise to make the striding belt track back to the center of the roller.

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

Note: If the striding belt has moved as far as to the edge of the roller (either right or left side), it must be re-centered per the above procedure.

4. Repeat the adjustments until the striding belt appears centered. Allow the machine to continue running for several minutes at 4.0 MPH. (6.4 KPH) to observe if tracking remains stabilized.

Note: Do not exceed one full turn of the adjusting screws in either direction. If after one full turn the belt does not track properly, contact Life Fitness Customer Support Services. Do not overtighten the tensioning bolts while making belt adjustments. Overtightening of bolts may over stretch and damage the striding belt or roller.

TENSIONING AN EXISTING STRIDING BELT

1. Press GO and operate the treadmill for five minutes at 5.0 MPH (8.0 KPH).

Note: DO NOT RUN OR WALK ON BELT.

2. Reduce the speed to 2.0 MPH (3.2 KPH). Walk on the treadmill. Tightly grip the handrails and apply force with feet on the striding belt near the motor cover against the moving belt direction. If the belt slips, continue to Step 3. If it does not slip, the tension is correct.
3. Using the STOP key, stop the treadmill. Turn the belt tensioning bolts a quarter-turn clockwise for each side.
4. Repeat STEPS 2 and 3 until the belt no longer slips. Do not exceed one full turn (four quarter turns) per side when adjusting the belt tensioning bolts.
5. Press GO, operate the treadmill at 2.0 MPH (3.2 KPH) and check to insure proper tracking (see *How to Adjust and Tension the Striding Belt*). If the striding belt drifts to the left or right see *Tracking (Centering) an Existing or New Striding Belt* on the previous page.

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

2.6 HOW TO OBTAIN PRODUCT SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the back of the unit near the toe guard.
3. Contact the nearest Life Fitness Customer Support Services group (*refer to page one*).

3 ASSEMBLY

COMPONENT LIST

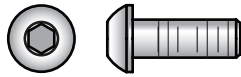
Tools Required:

- #2 Phillips screwdriver
- 4mm, 5mm, 8mm Allen Head Drivers (T-Bar recommended)

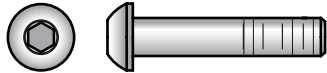
#	Part Description	Qty
1	Upright (Left)	1
2	M12 x 1.75 Hex Button Head Screw (SILVER)	8
3	M12.5 Washer	12
4	Upright (Right)	1
5	Handrail / Bridge Assembly	1
6	Console Bracket	1
7	M6 x 14 Button Head Screw	44
8	M6.5 Washer	11
9	Master Wire Harness *DISCOVER SE3 & SI	1
10	Top Cover	1
11	Right Inner Handrail Cover	1
12	Left Inner Handrail Cover	1
13	Bottom Cover	1
14	Front Neck Shroud	1
15	Activity Zone Assembly	1
16	Display Console	1
17	M5 x 10 Phillips Pan Head Screw	4
18	LCD Access Cover	1
19	Rear Console Cover	1
20	Right Rear Endcap	1
21	Left Rear Endcap	1
22	#10 x 8 Phillips Pan Head Screw	8
23	Left Side Extrusion	1

#	Part Description	Qty
24	Foam Strip	2
25	Right Side Extrusion	1
26	Left Upright Cover	1
27	Right Upright Cover	1
28	#8 x 12 Phillips Pan Head Screw	2
29	Rubber Grommet	10
30	Cup Holder	2
31	M6 x 20 Socket Head Screw	3
32	Cable Tie	10
33	M6 x 35 Button Head Screw	2
34	Right Outer Handrail Cover	1
35	Left Outer Handrail Cover	1
36	M6 x 25 Button Head Screw	8
37	M5 x 14 Phillips Pan Head Screw	2
38	M12 x 1.75 Hex Button Head Screw (BLACK)	4
Treadmill Cables		
39	Cable Assembly: CAT-5E	1
40	COAX Assembly: RG6; BASE	1
41	Ground Cable	1
42	PCB to Console Cable *Explore	1
43	External Power Cable *DISCOVER SE3 & SI	1
44	Cable Assembly : LIFEPULSE; FLEX	1
45	Cable Assembly : LIFEPULSE Y	1
46	Cable: Lifepulse *Explore	1
47	Polar Cable	1
48	Ferrite *Explore	1

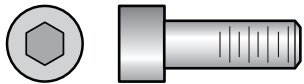
HARDWARE



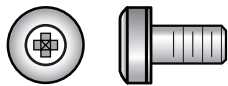
M6 X 14 BUTTON HEAD SCREW (#7)



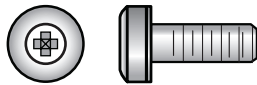
M6 X 25 BUTTON HEAD SCREW (#36)



M6 X 20 SOCKET HEAD SCREW (#31)



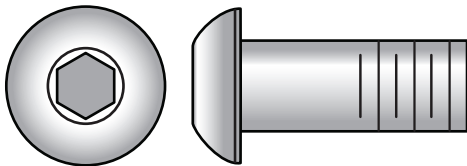
M5 X 10 PHILLIPS PAN HEAD SCREW (#17)



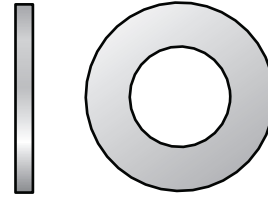
M5 X 14 PHILLIPS PAN HEAD SCREW (#37)



M6 X 35 BUTTON HEAD SCREW (#33)



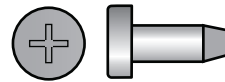
M12 X 1.75 HEX BUTTON HEAD SCREW (#2) & (38)



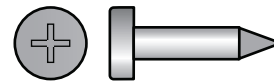
M12.5 WASHER (#3)



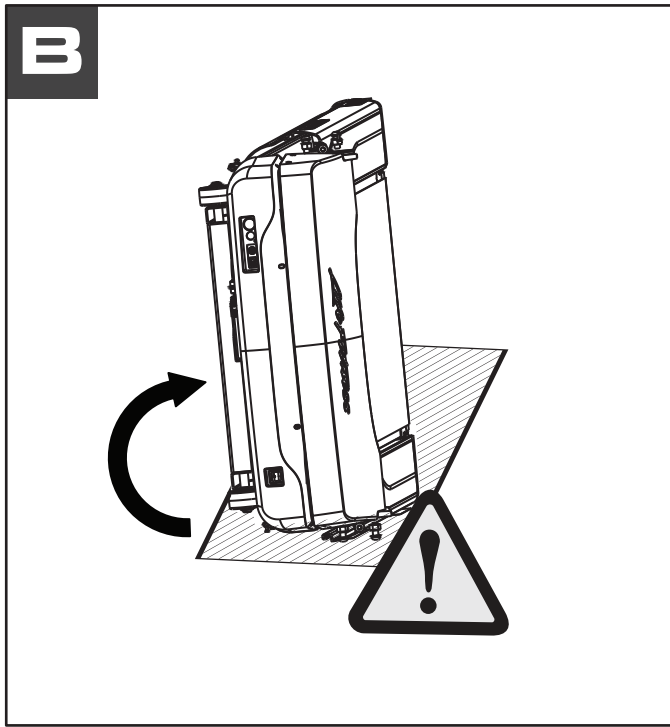
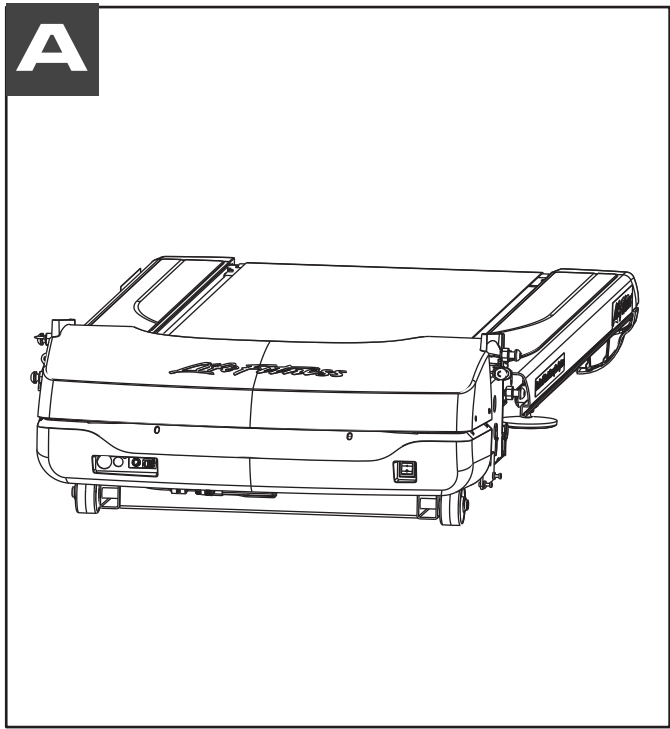
M6.5 WASHER (#8)



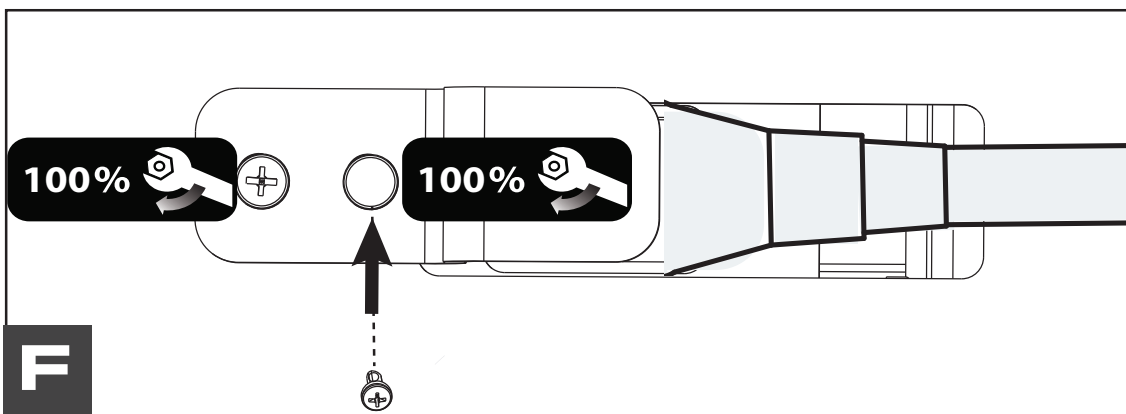
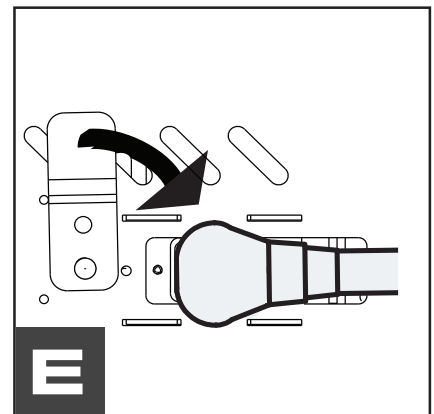
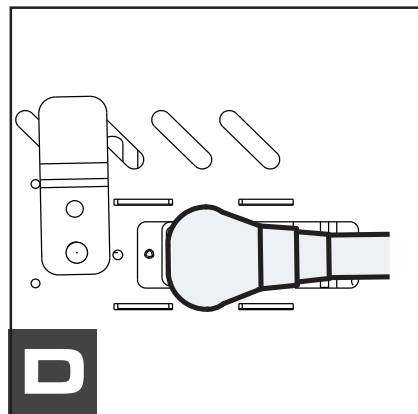
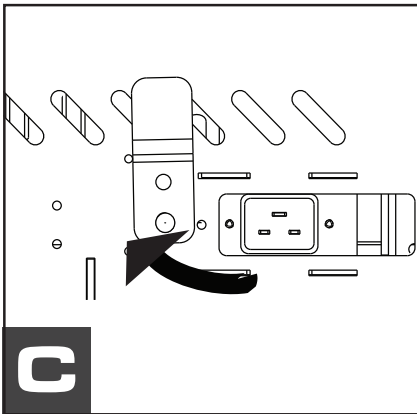
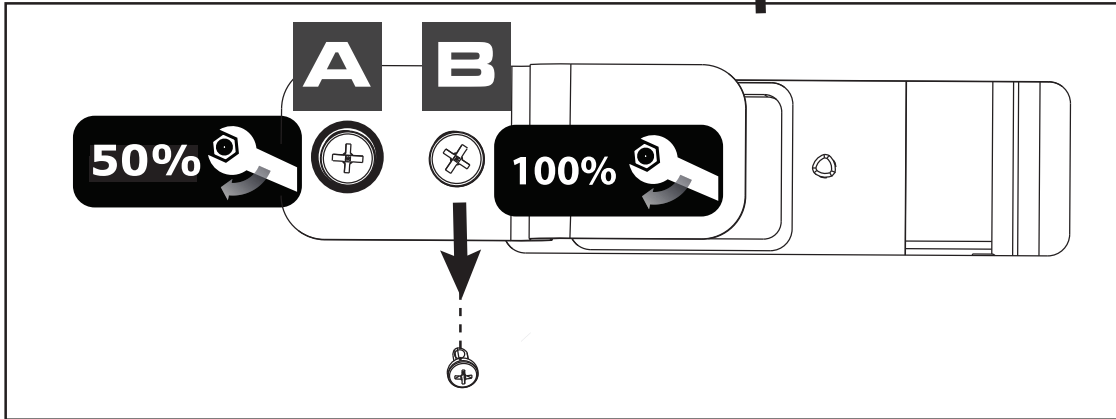
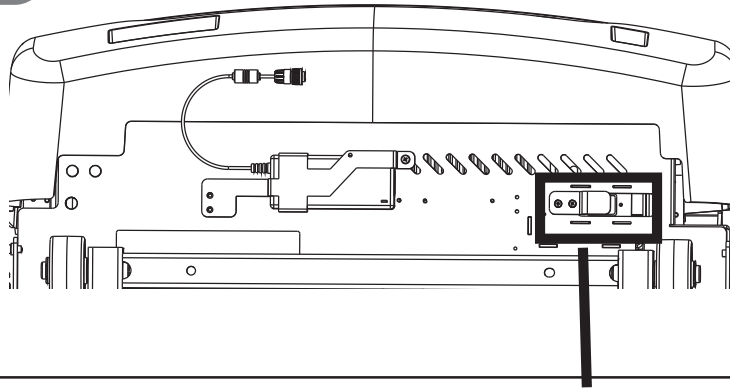
#10 X 8 PHILLIPS PAN HEAD SCREW (#22)



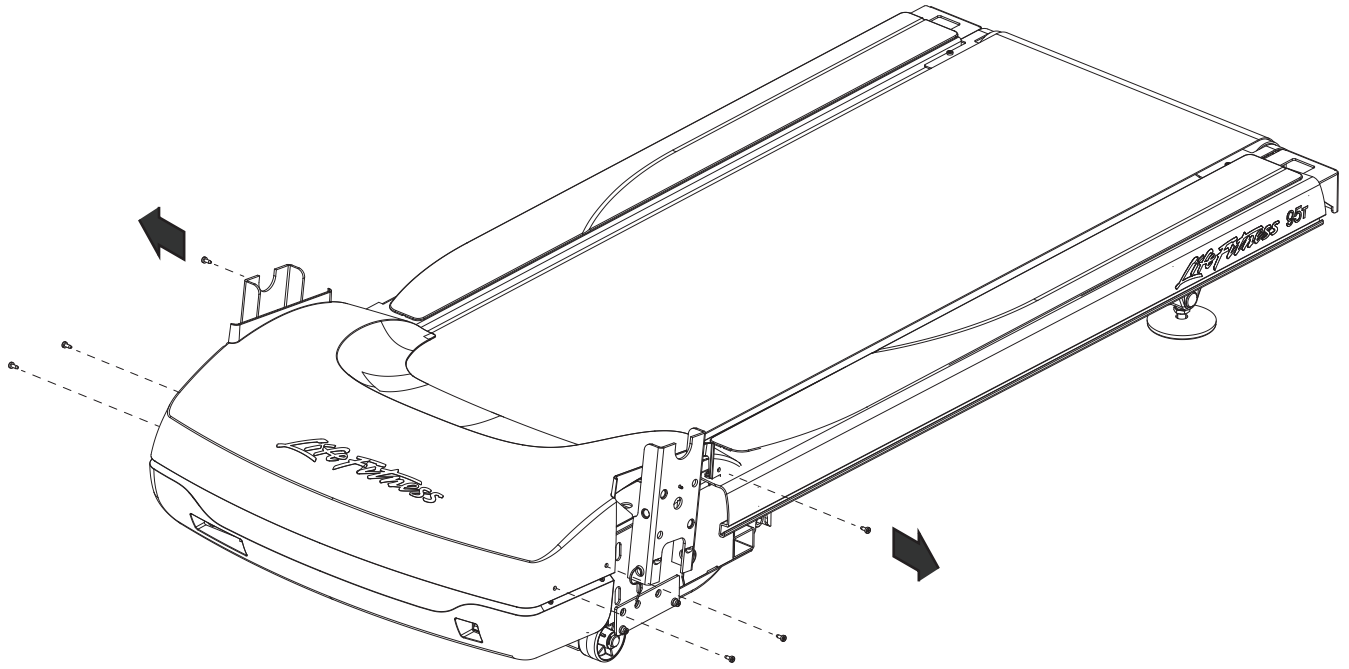
#8 X 12 PHILLIPS PAN HEAD SCREW (#28)



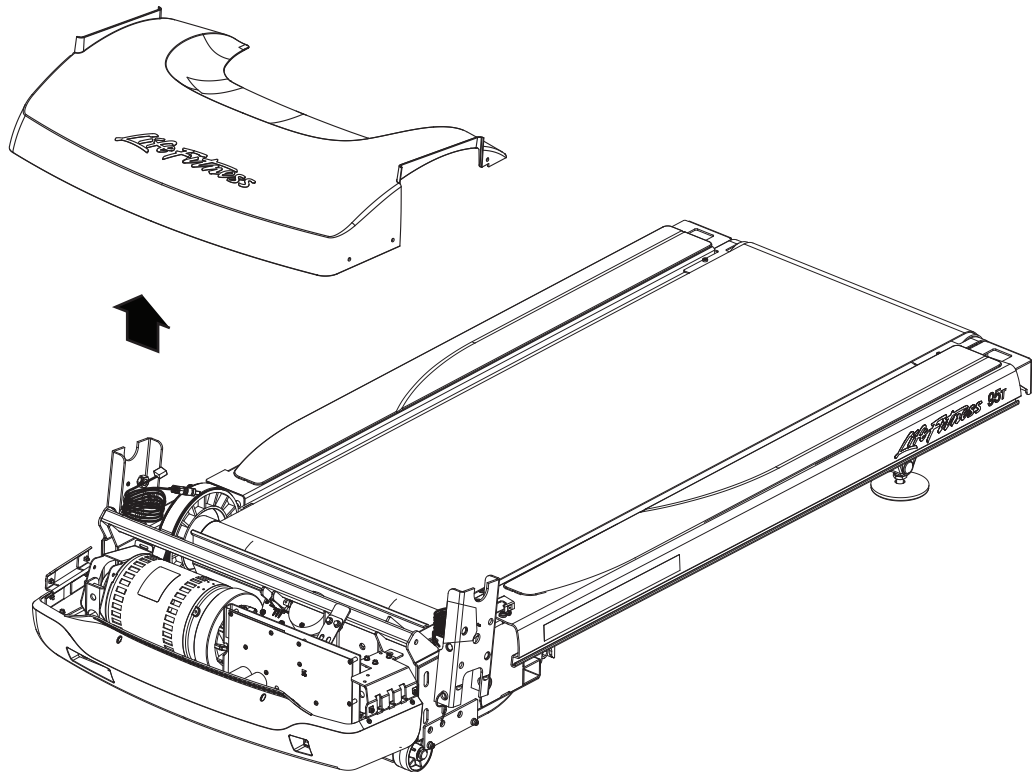
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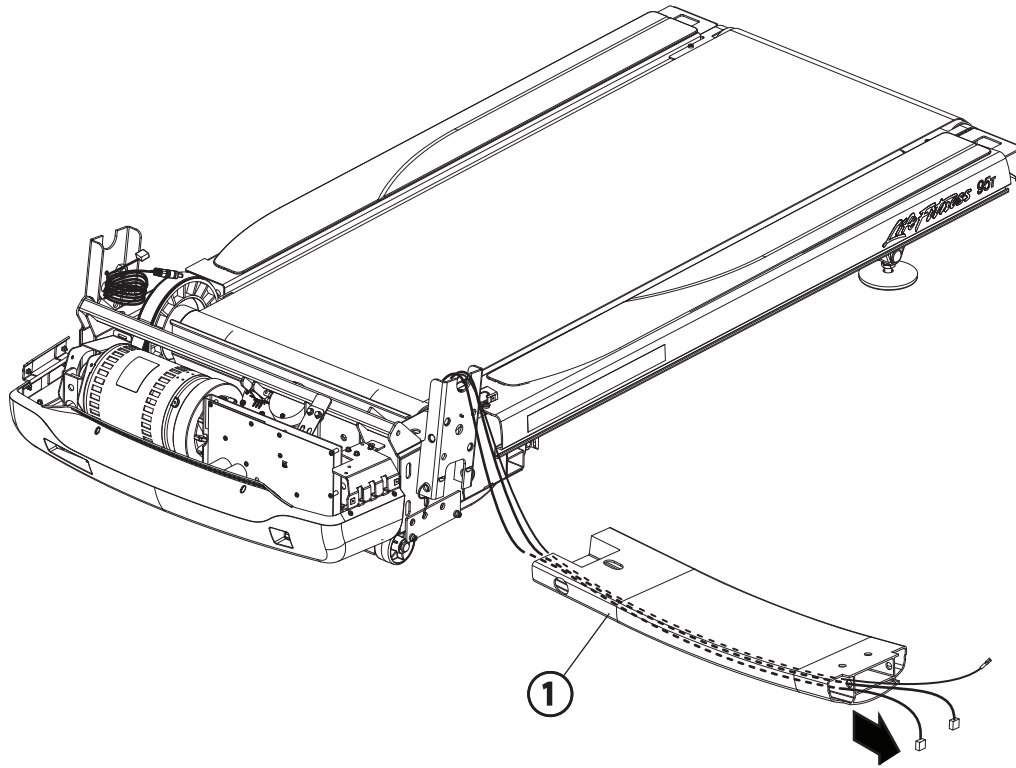
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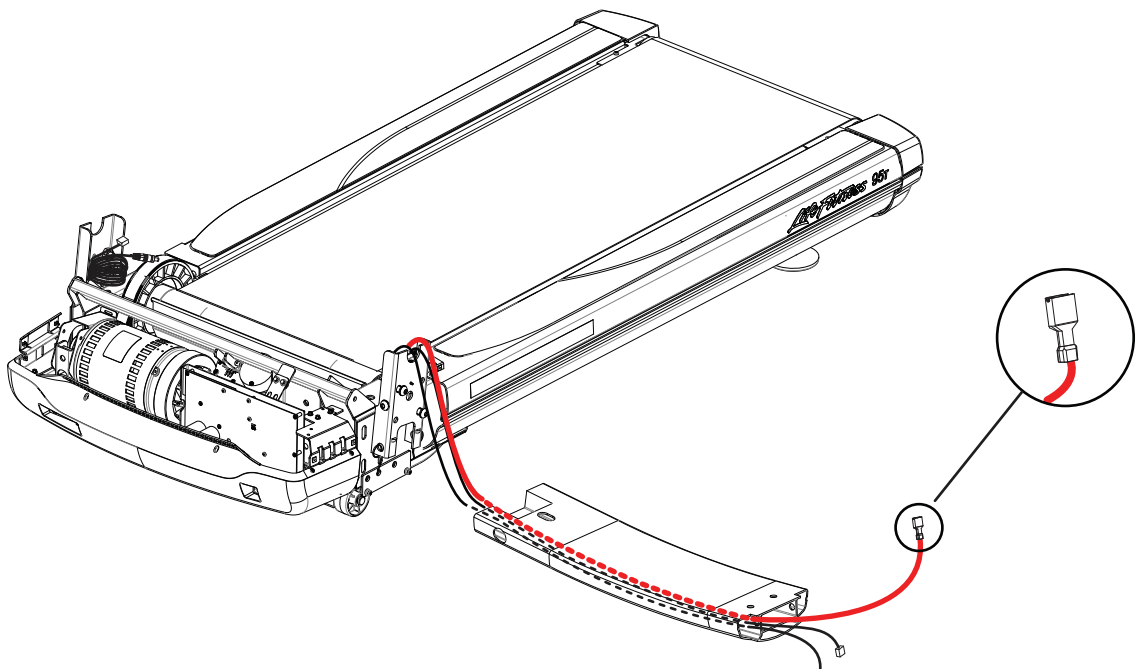
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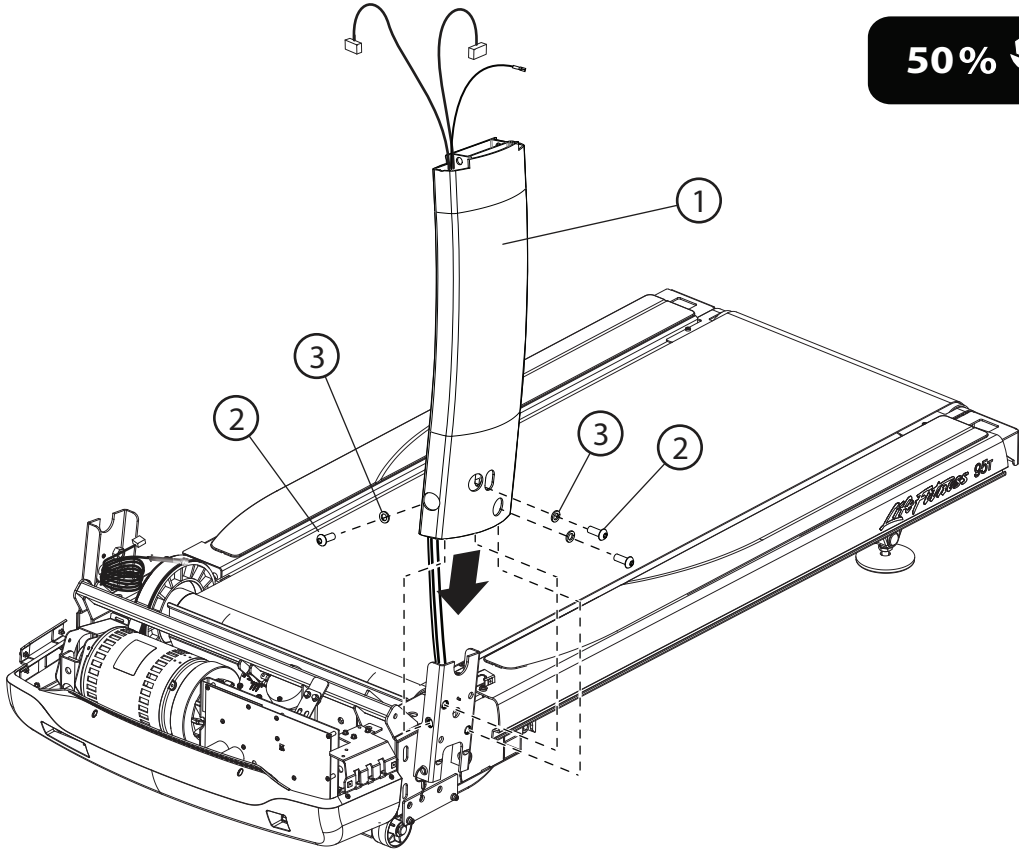
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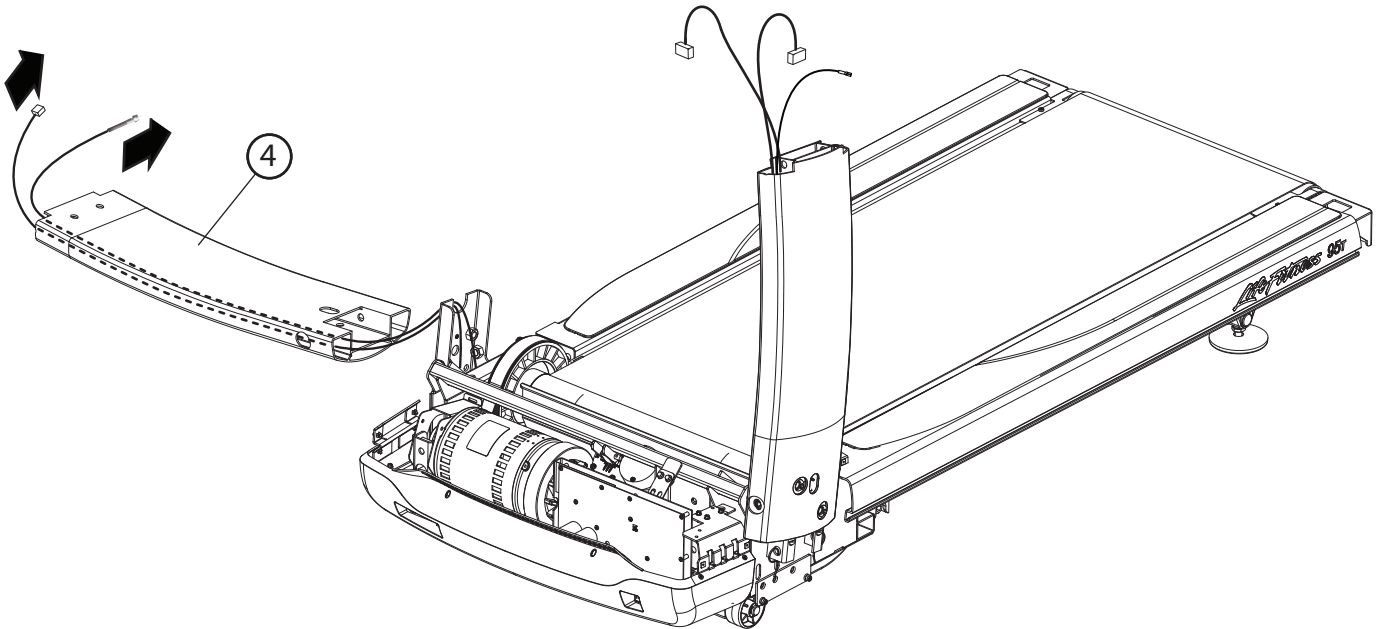
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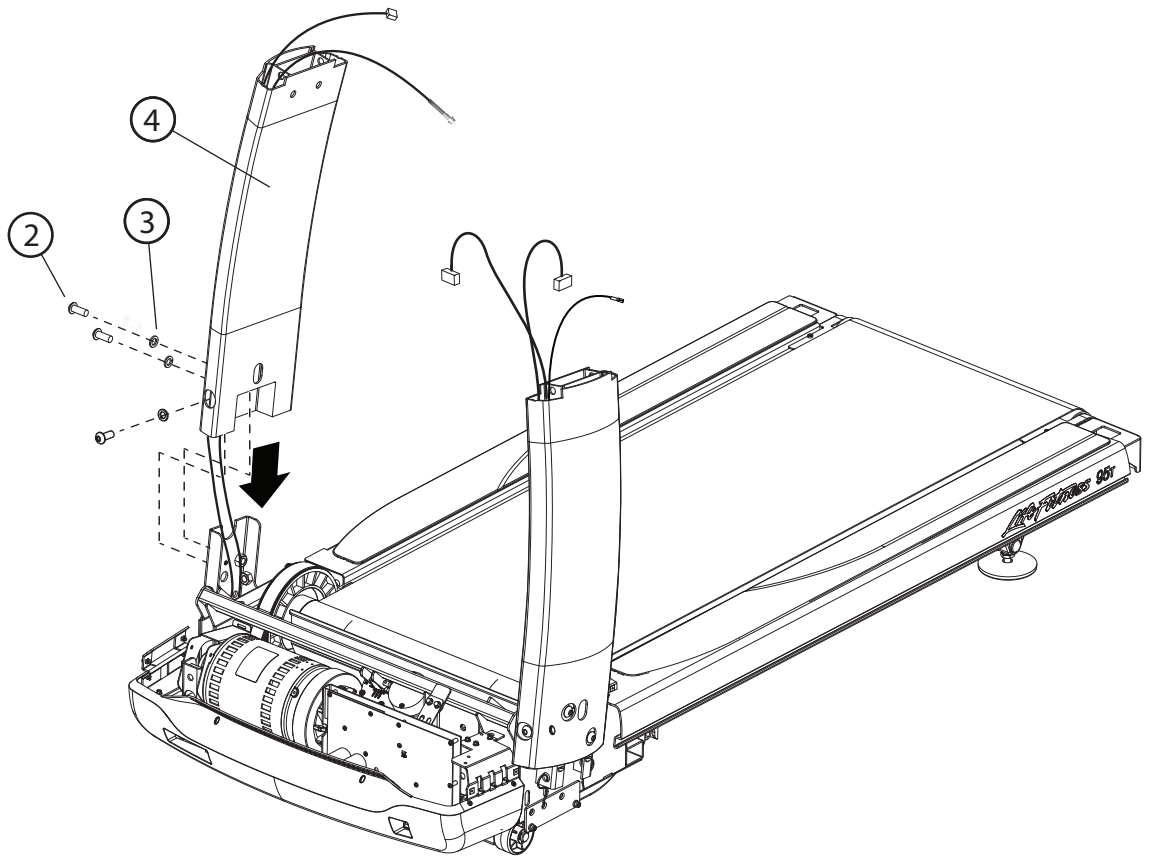


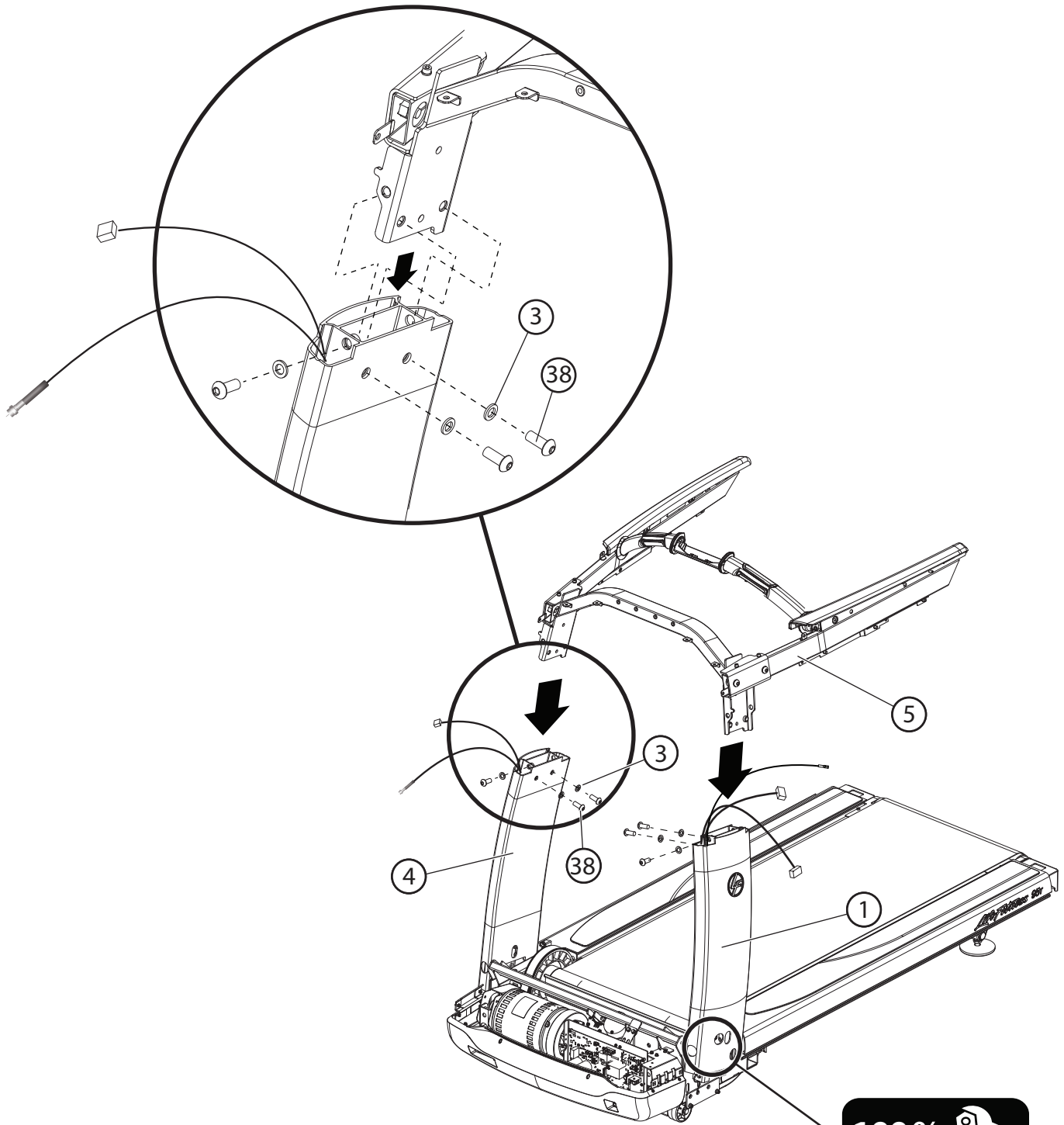
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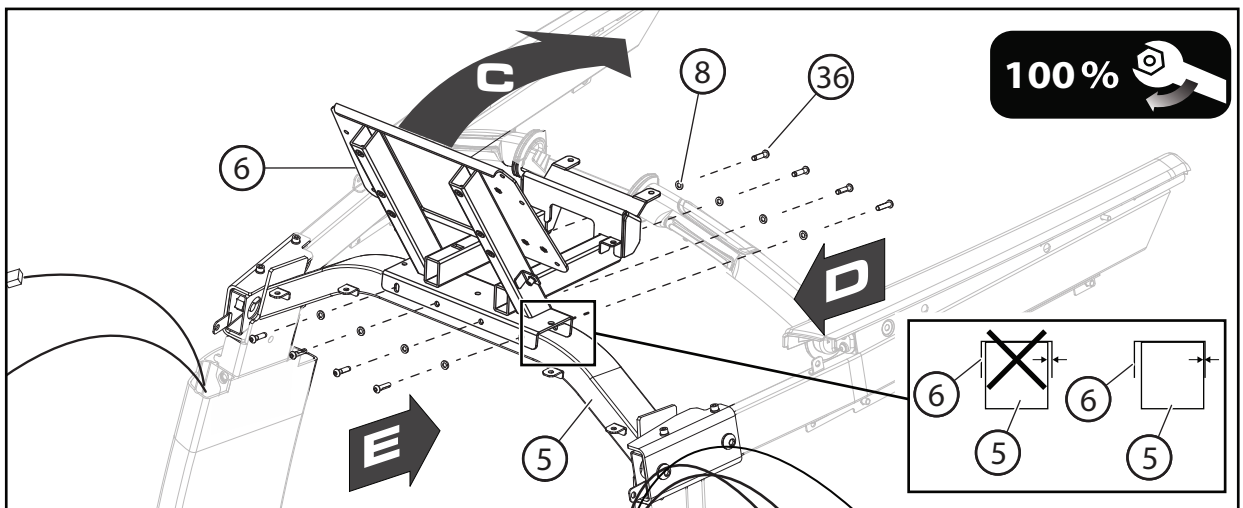
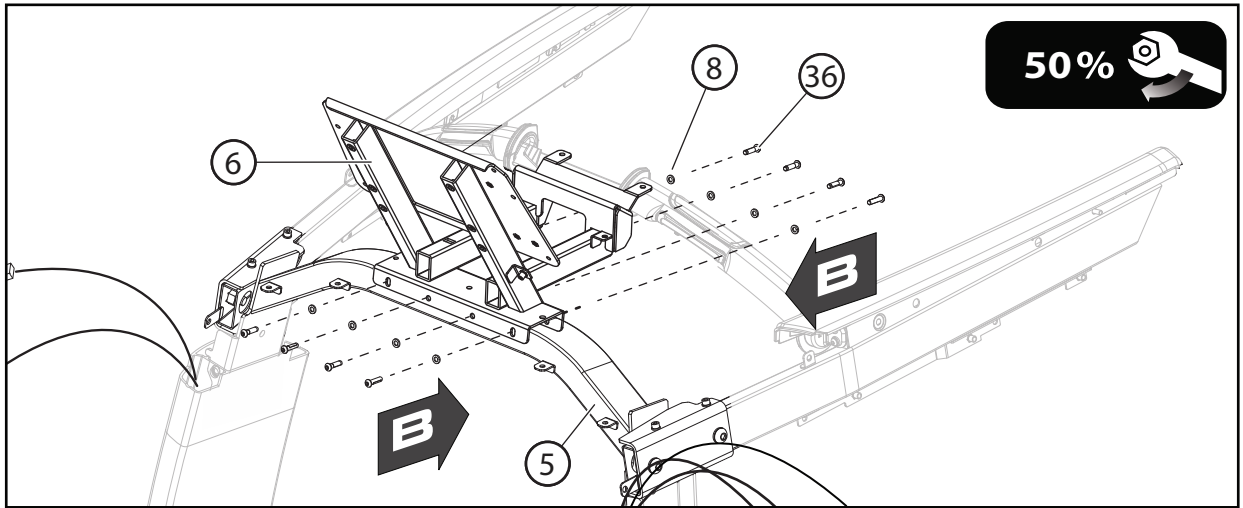
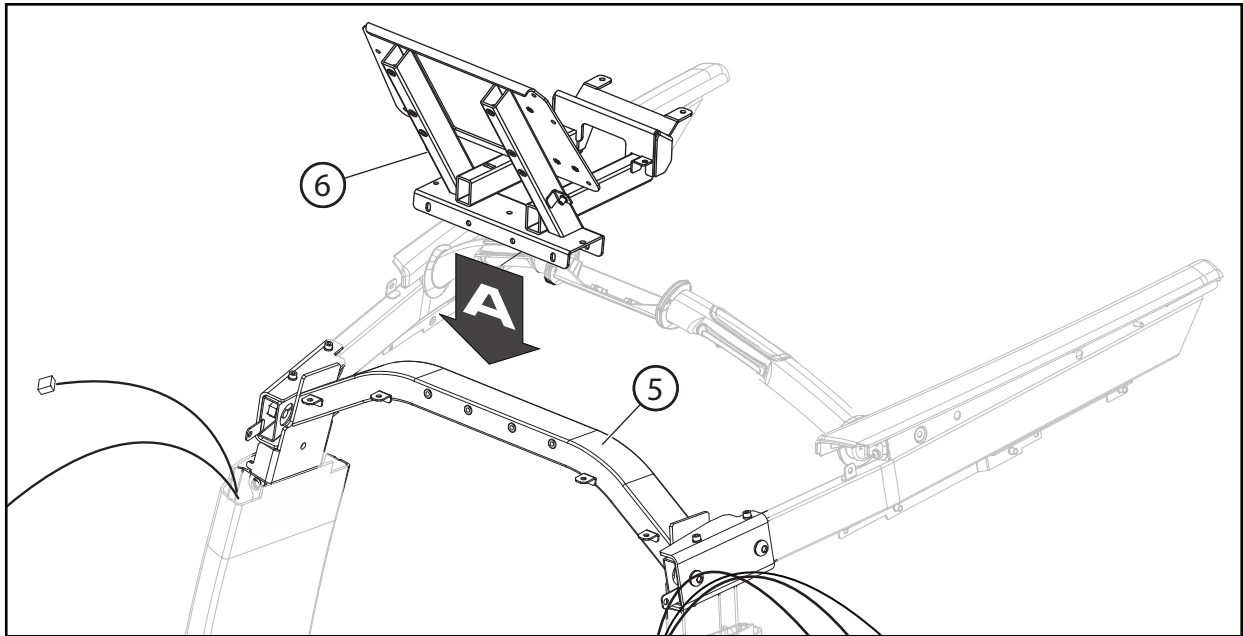




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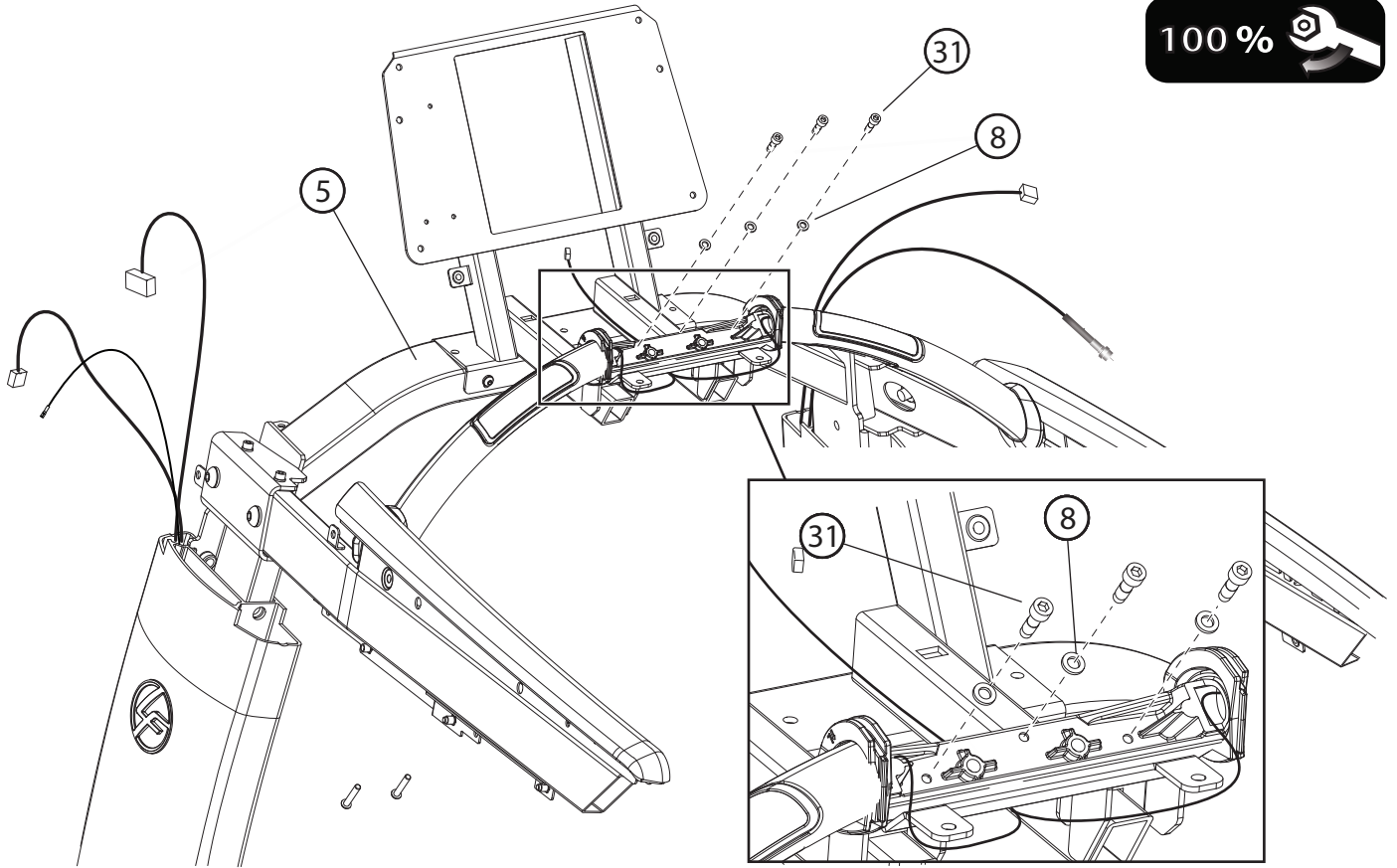


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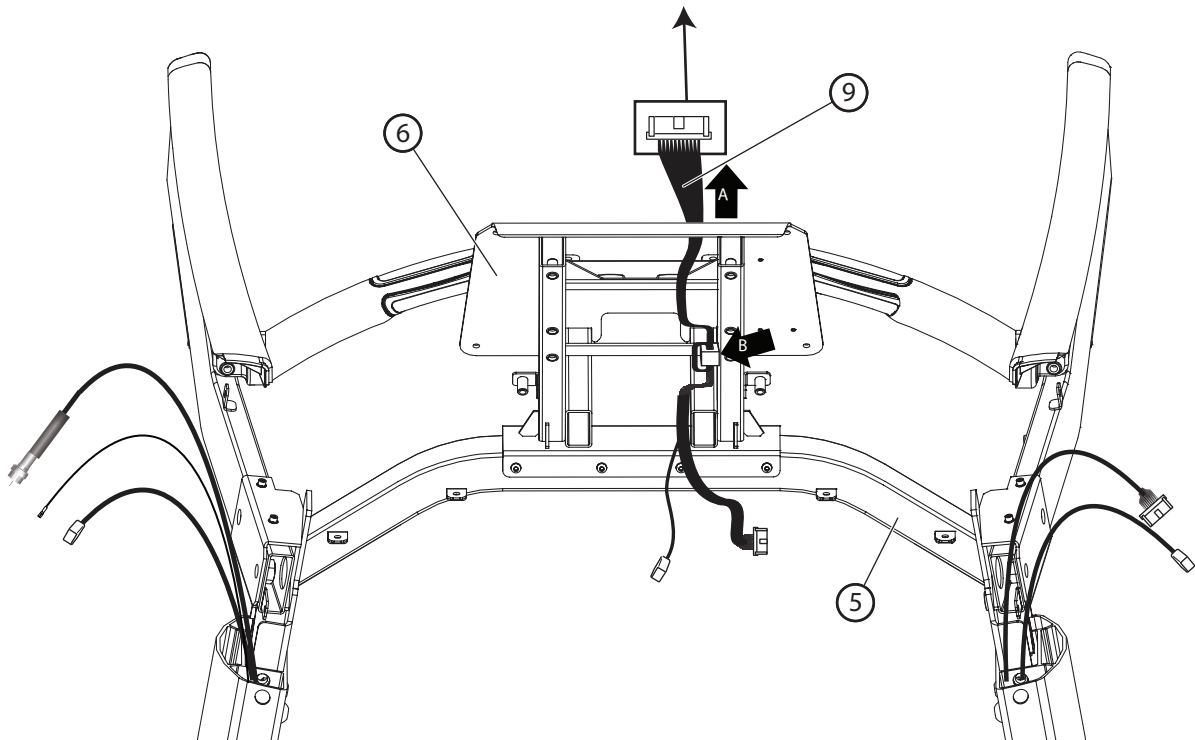
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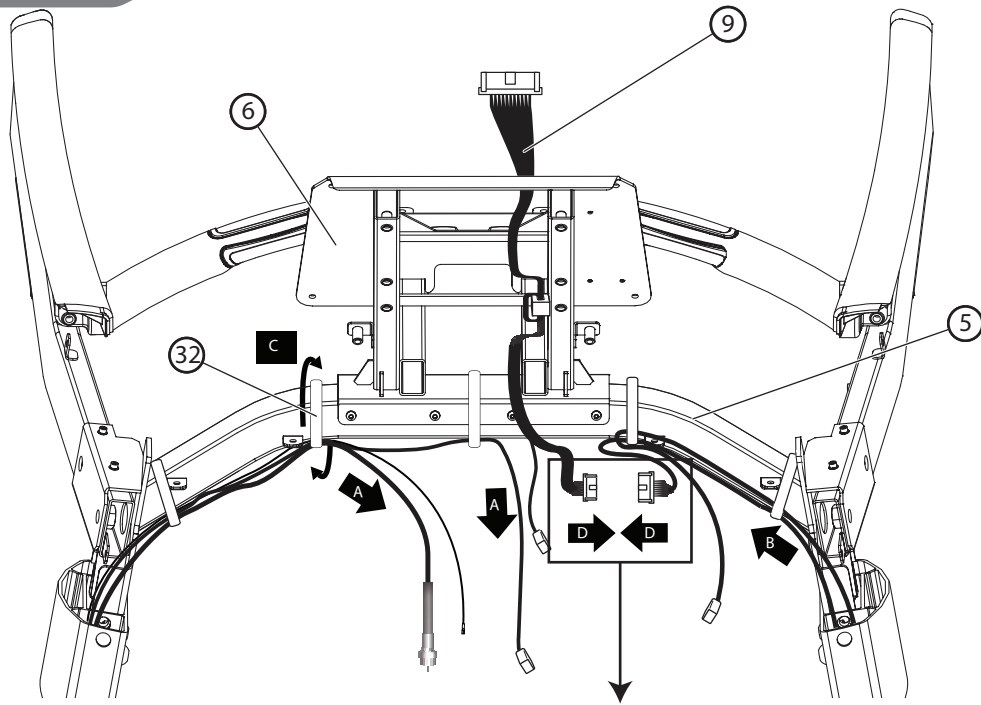


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Discover SE3 & SI ONLY

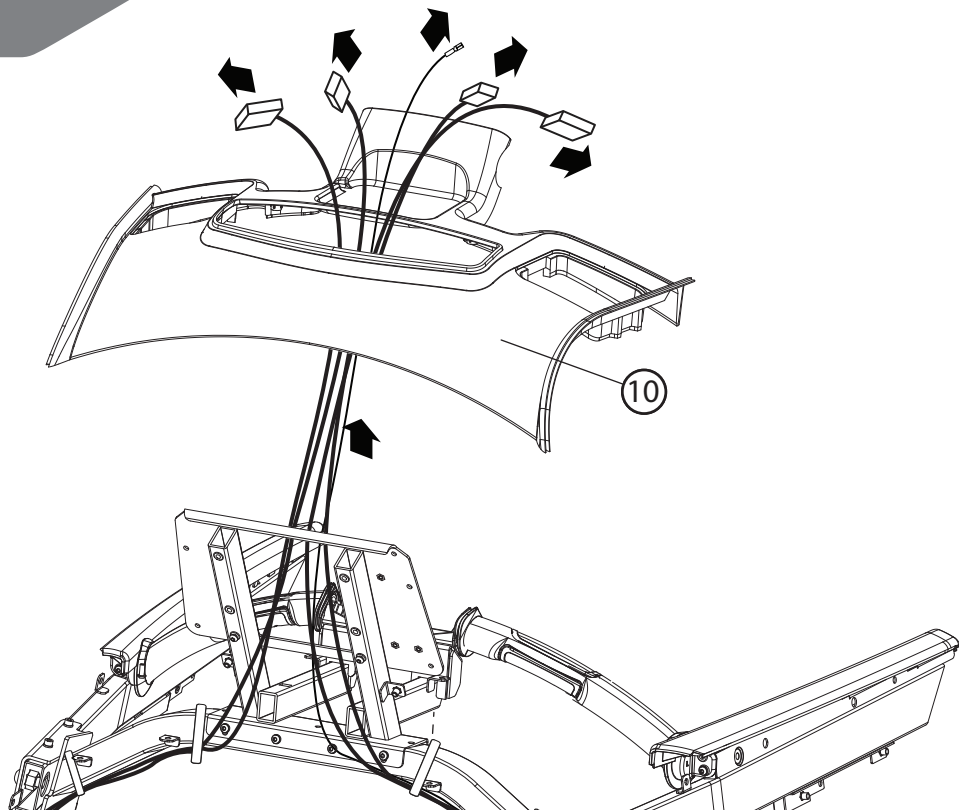


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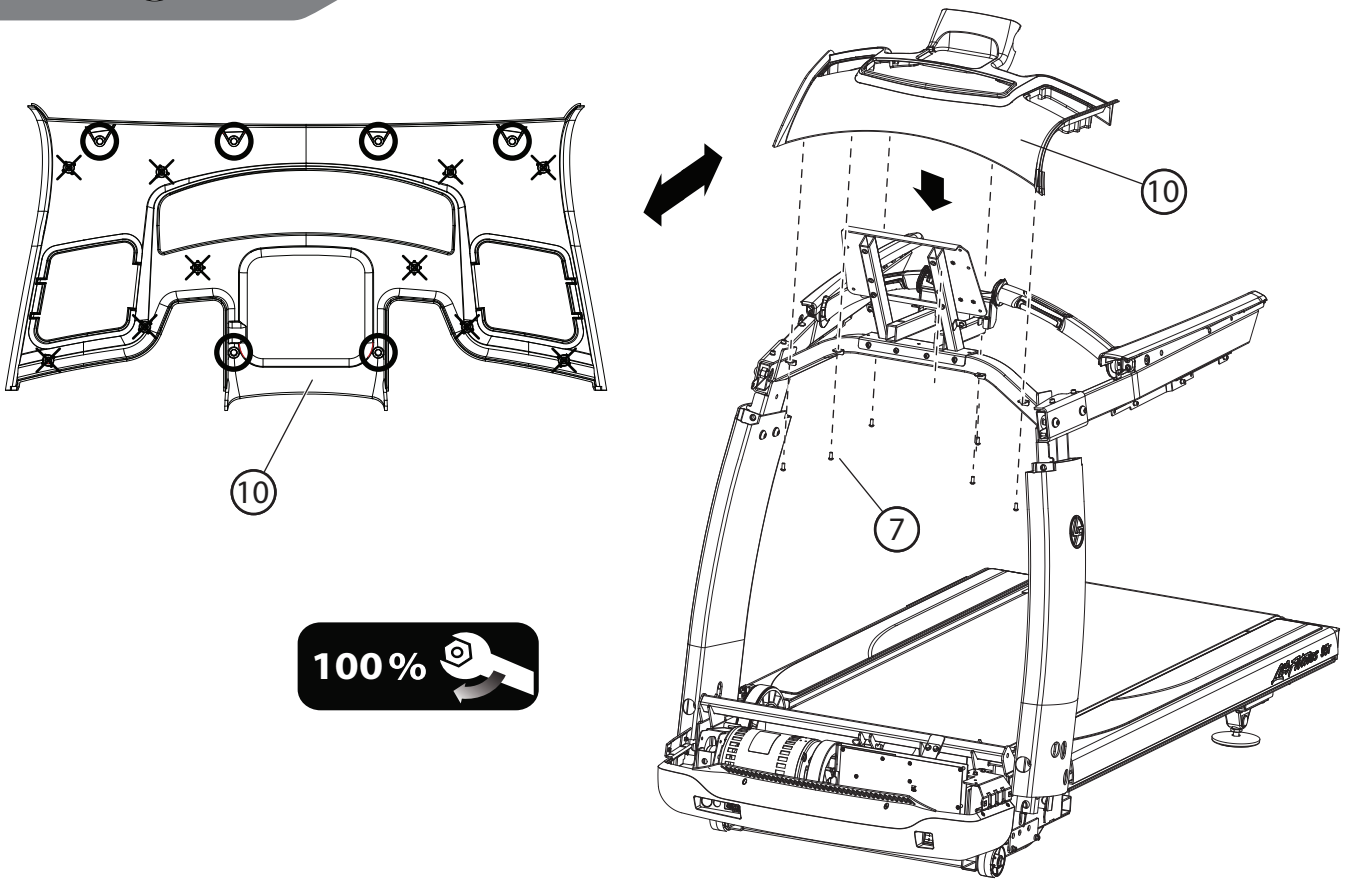


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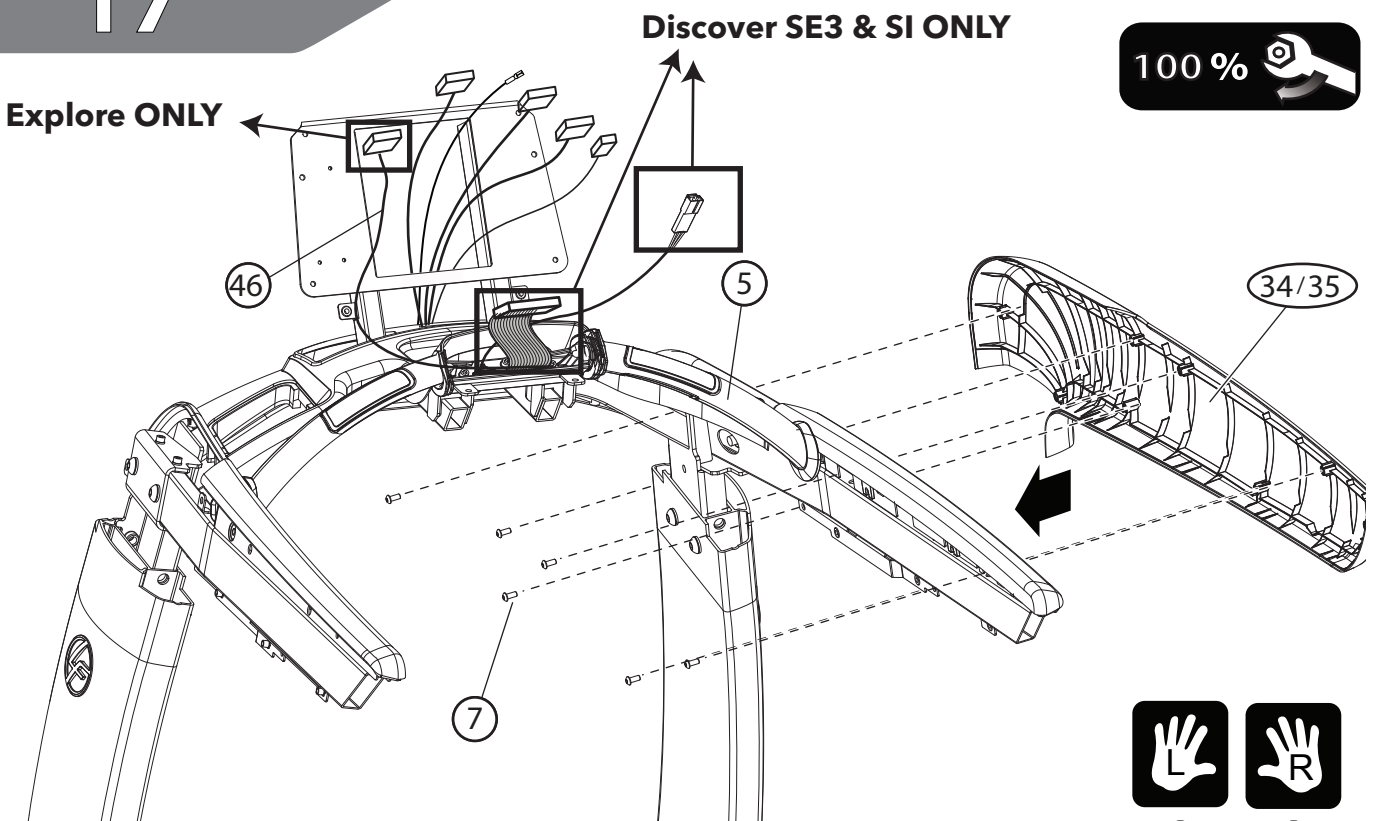
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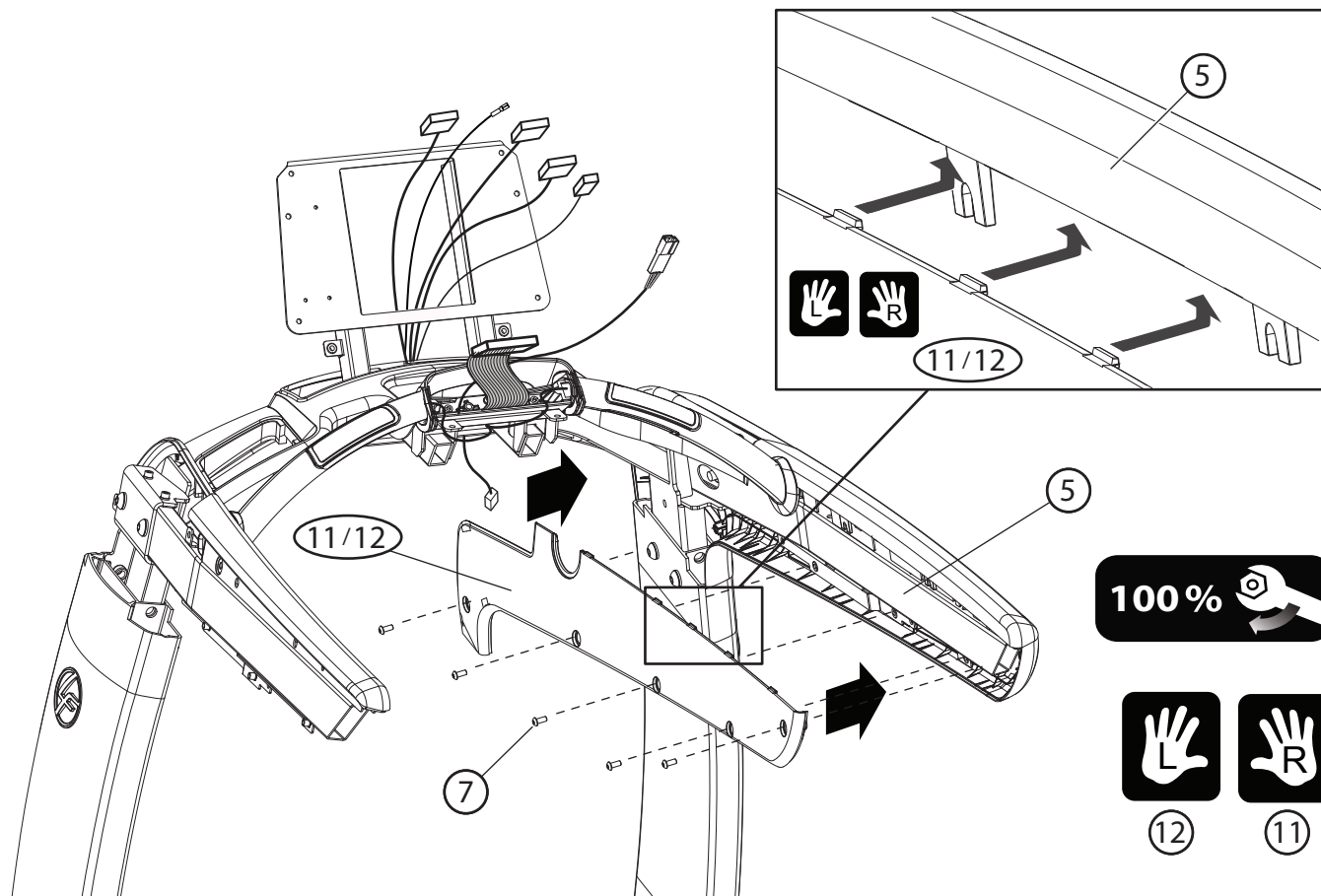
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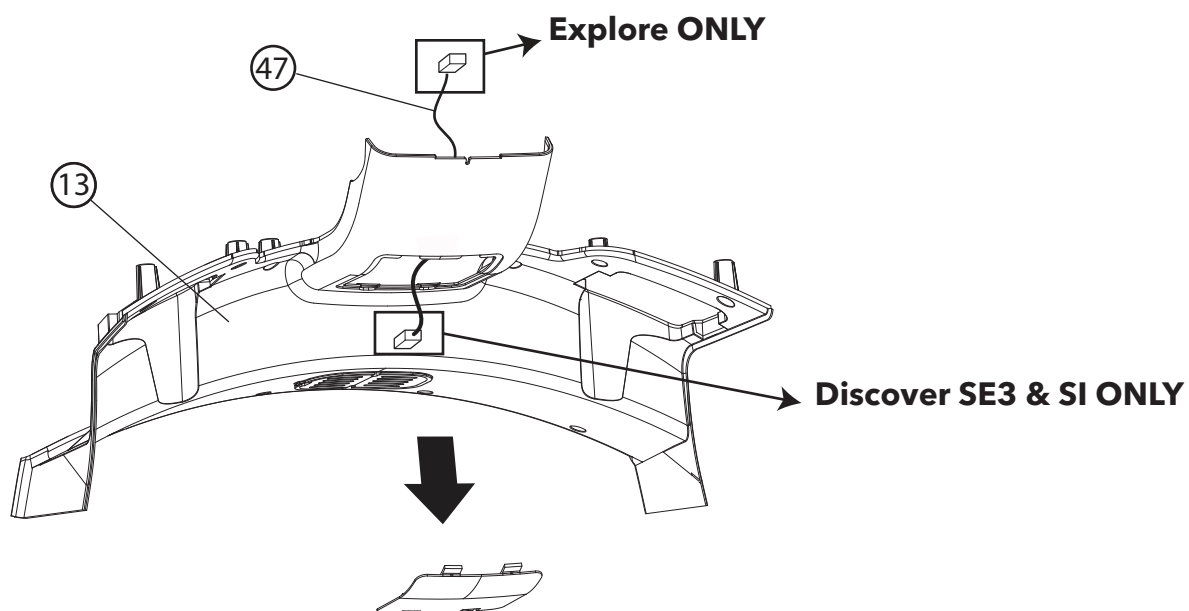
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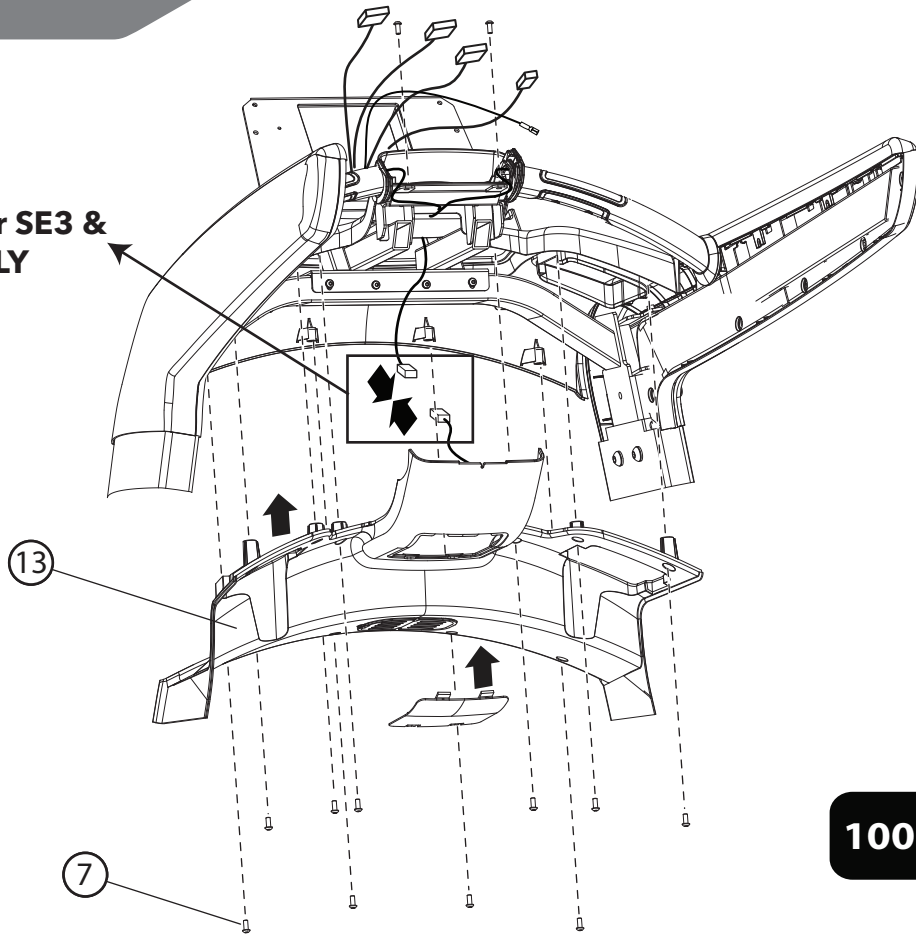


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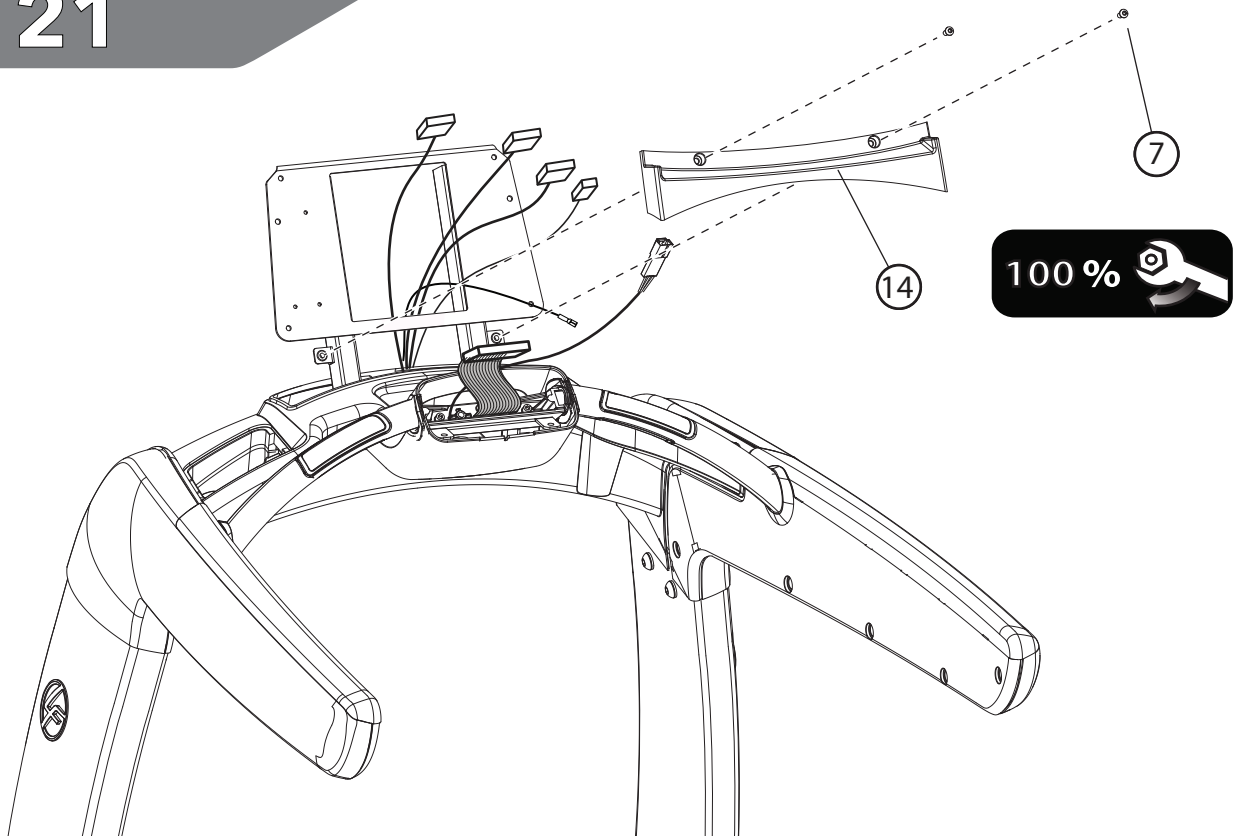


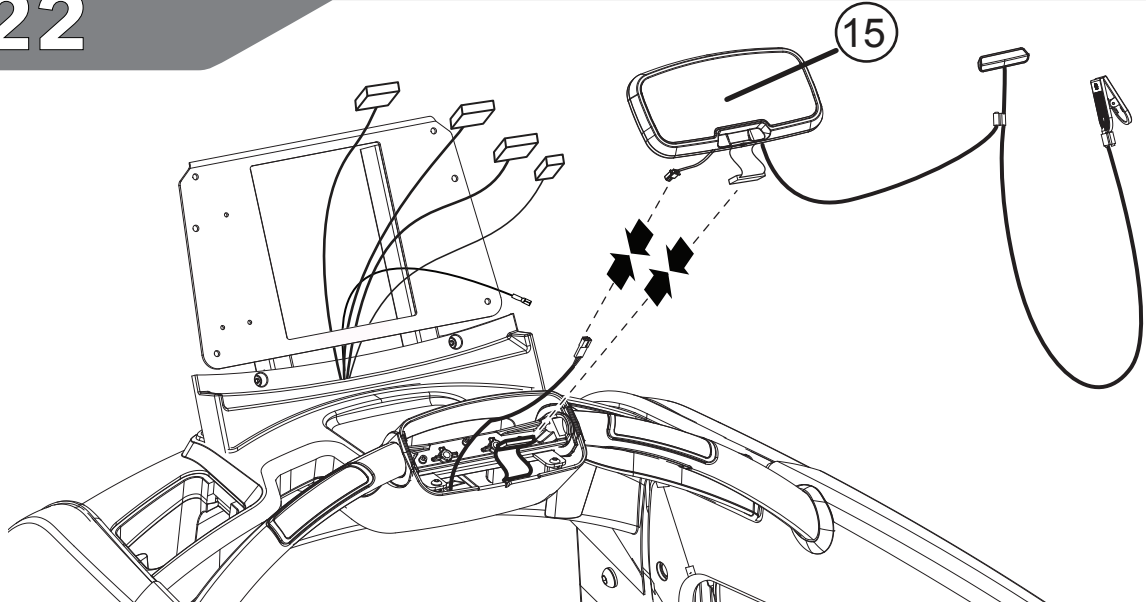
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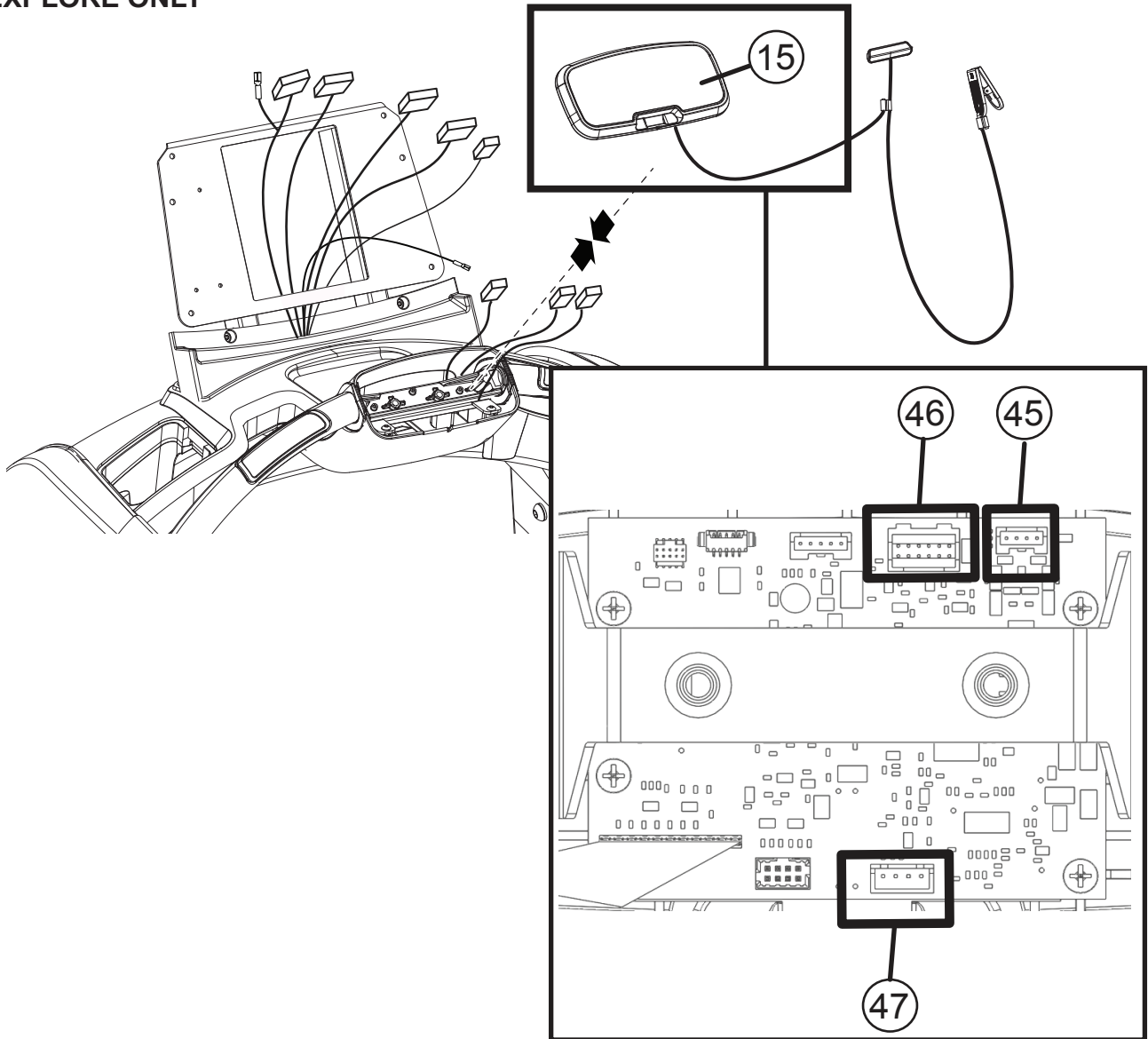


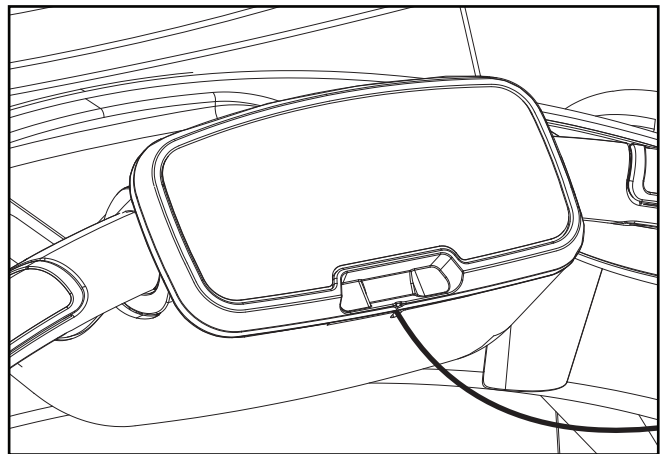
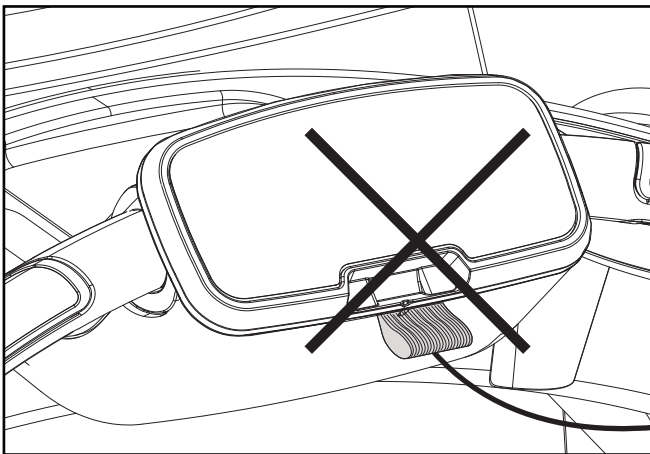
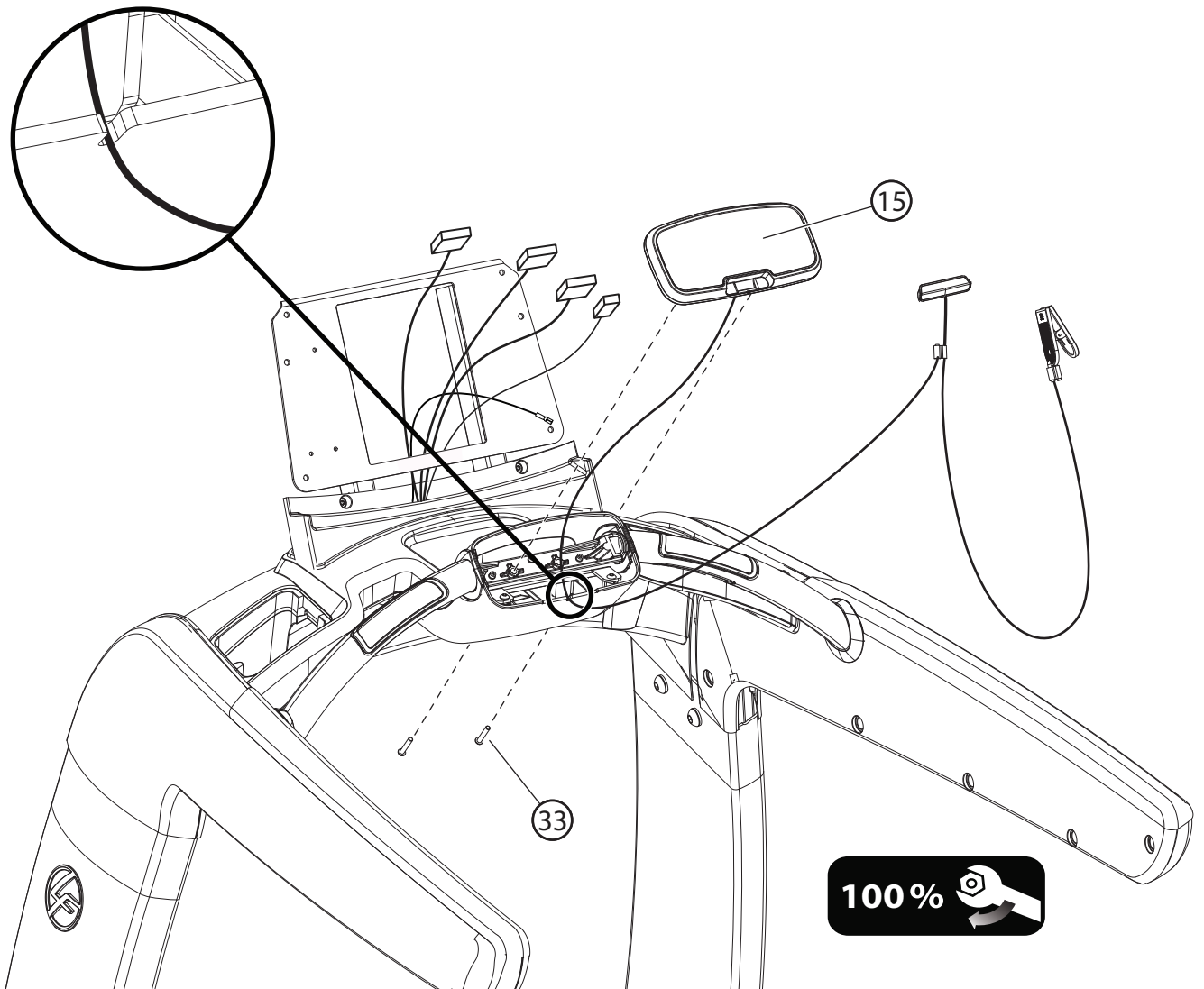
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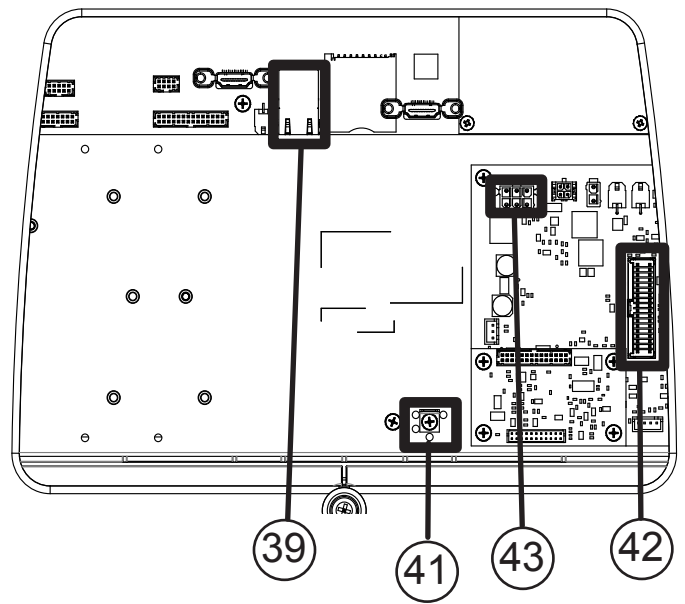
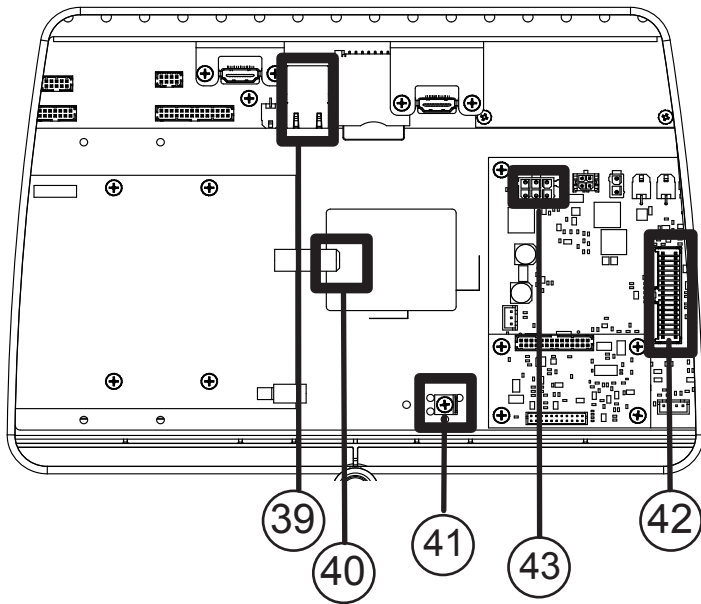
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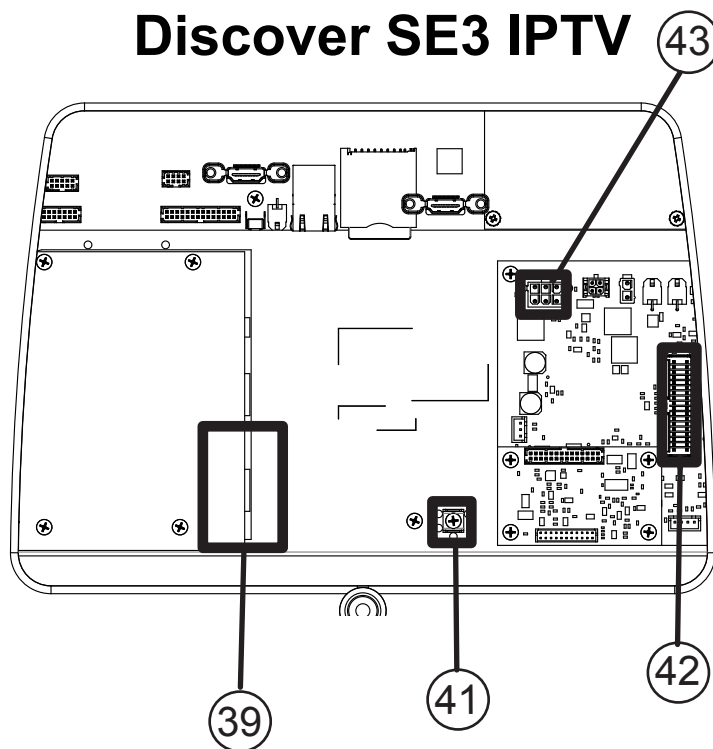


Discover SE3

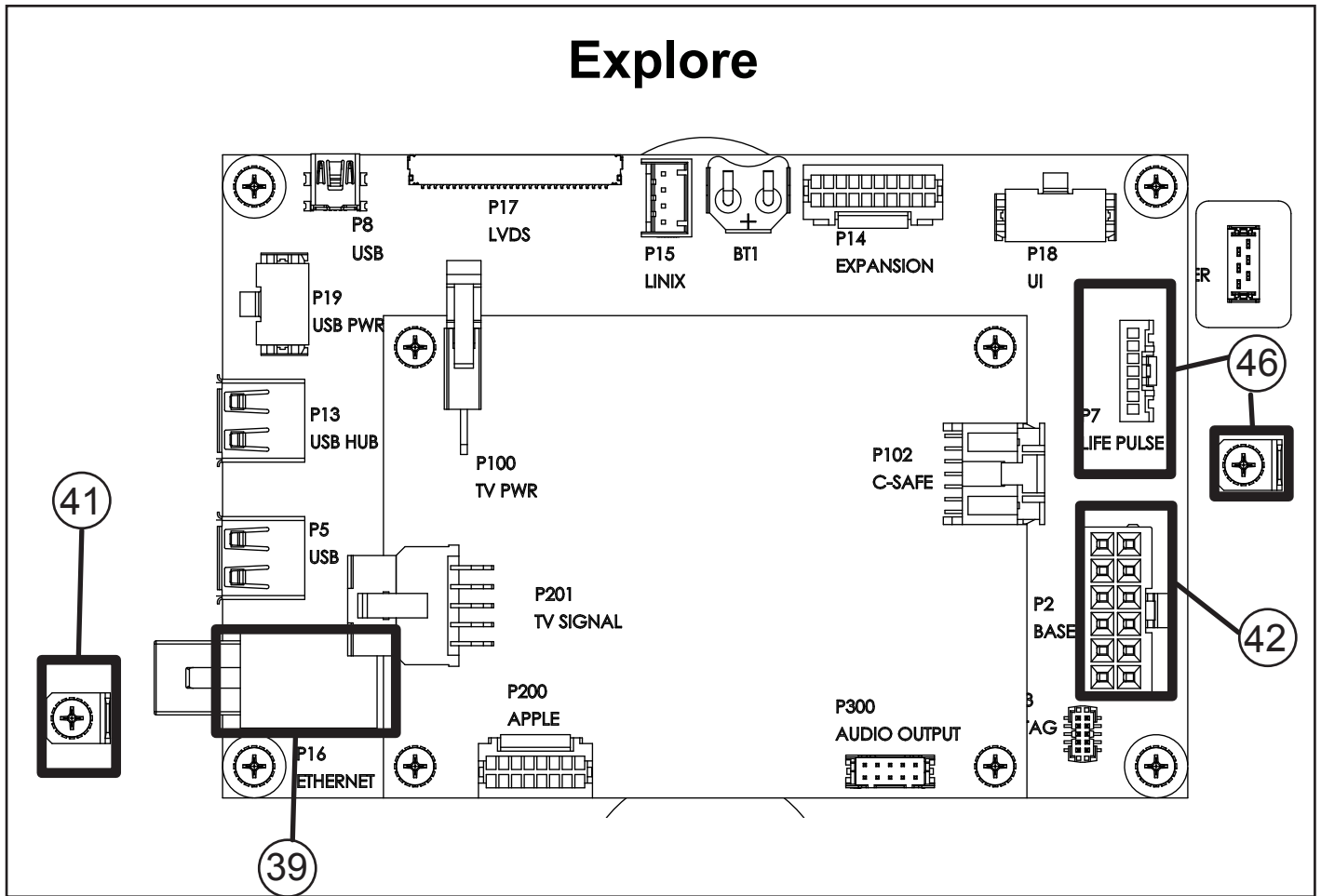
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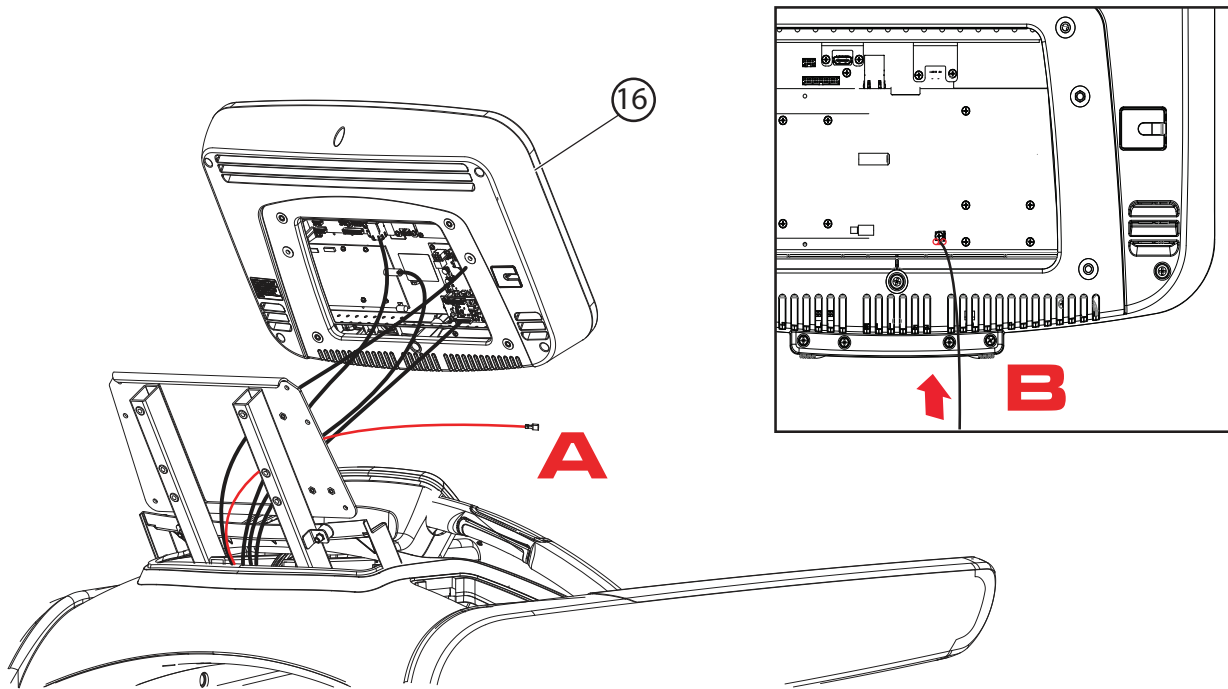
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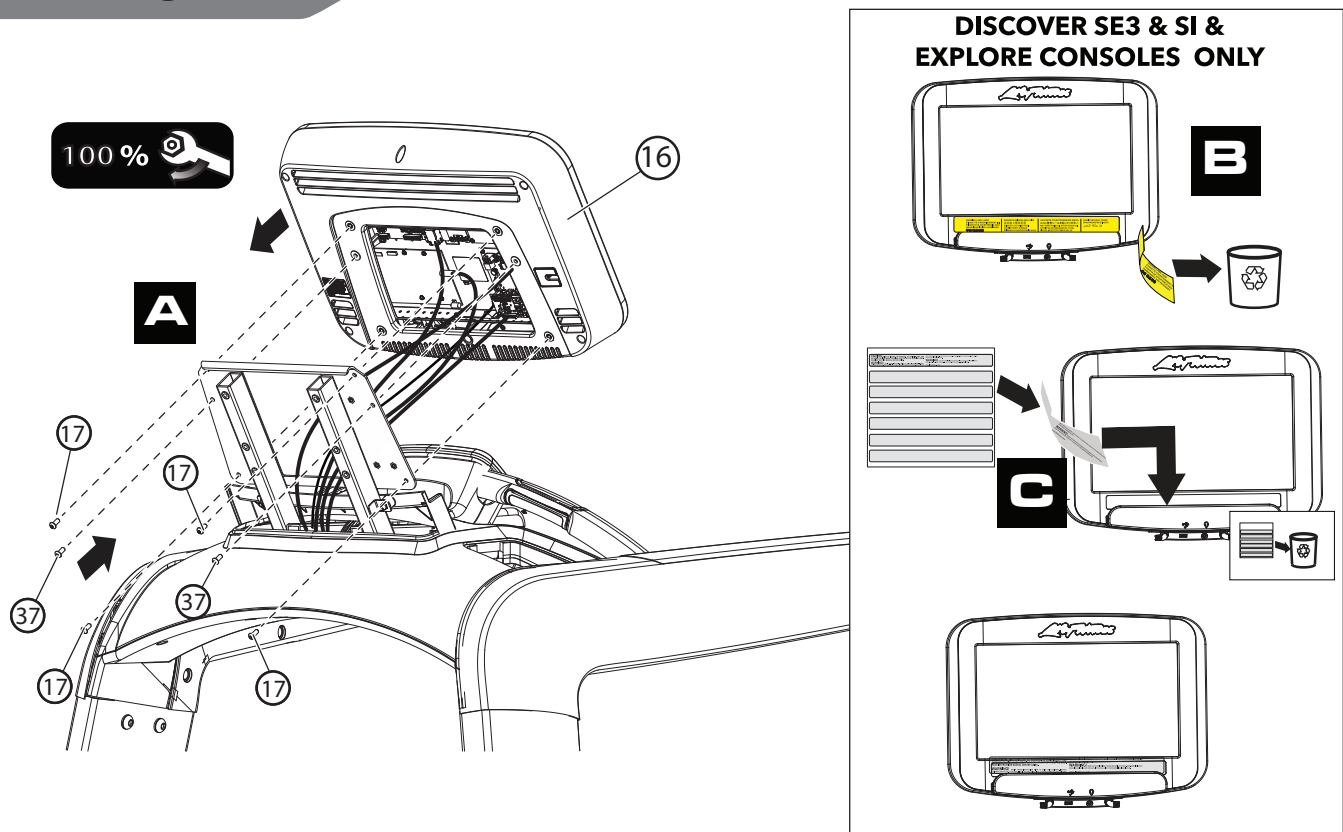
Explore

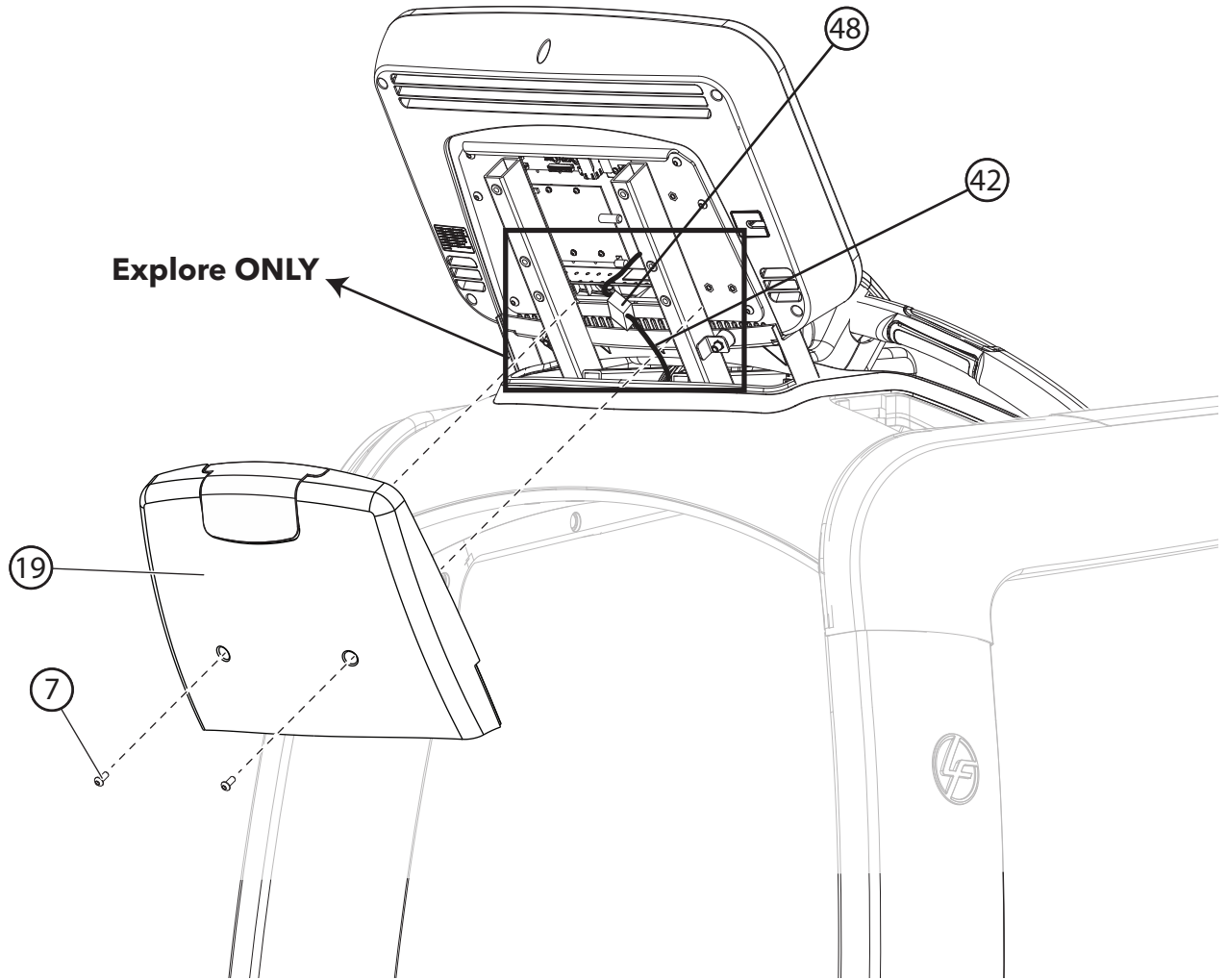


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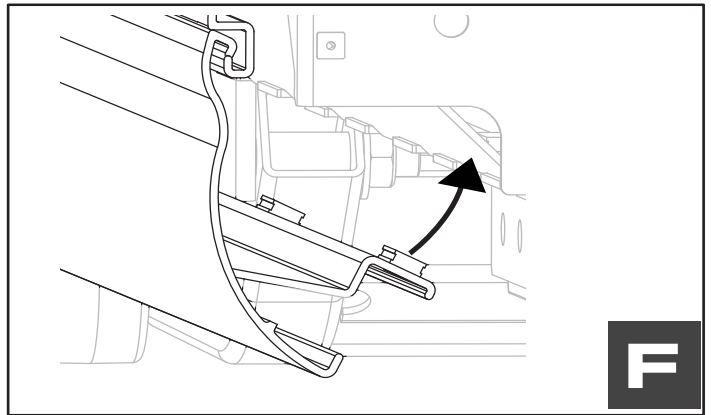
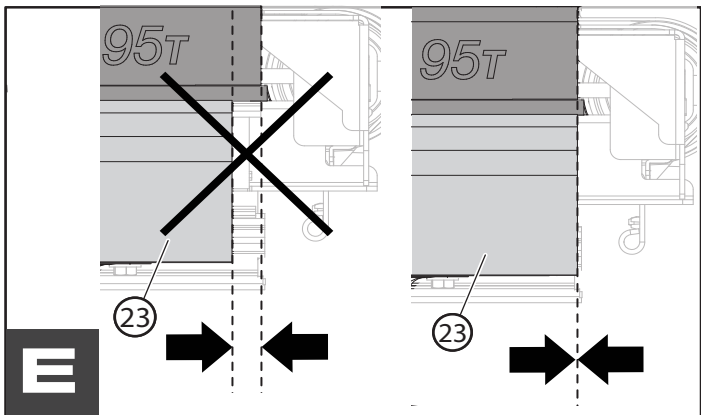
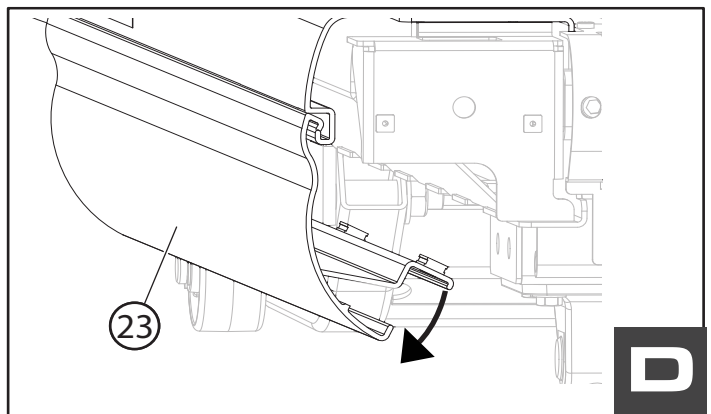
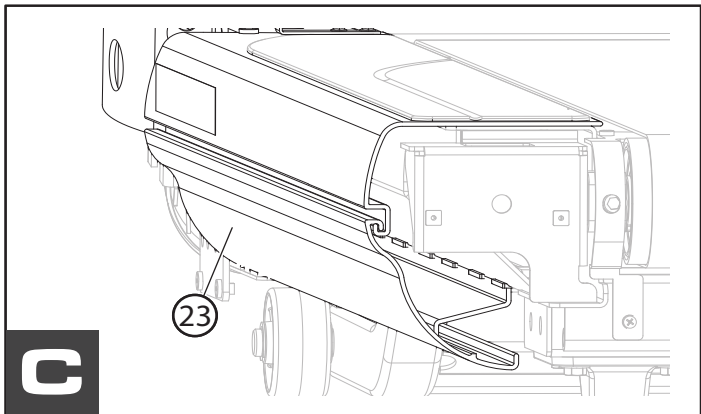
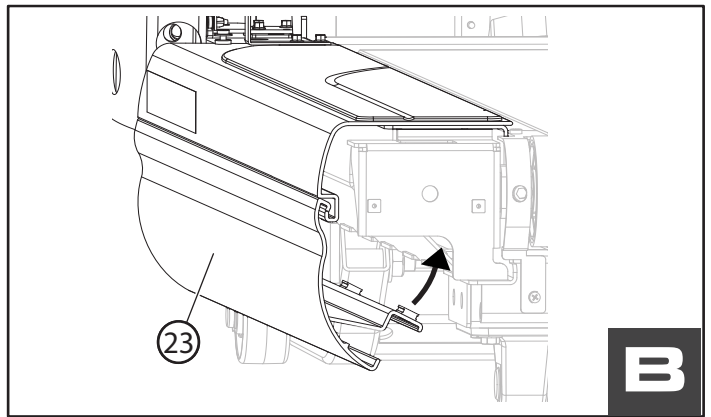
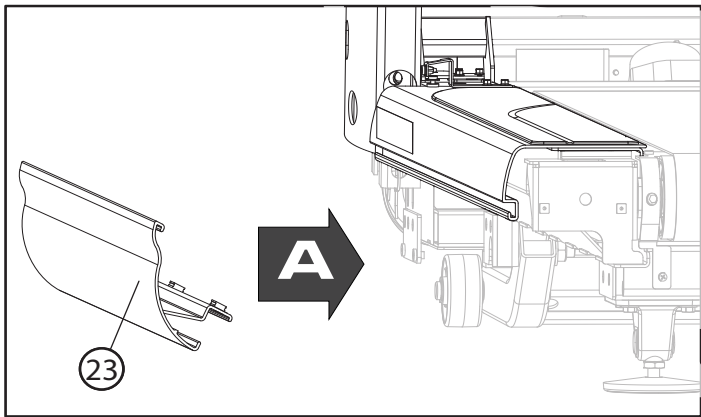
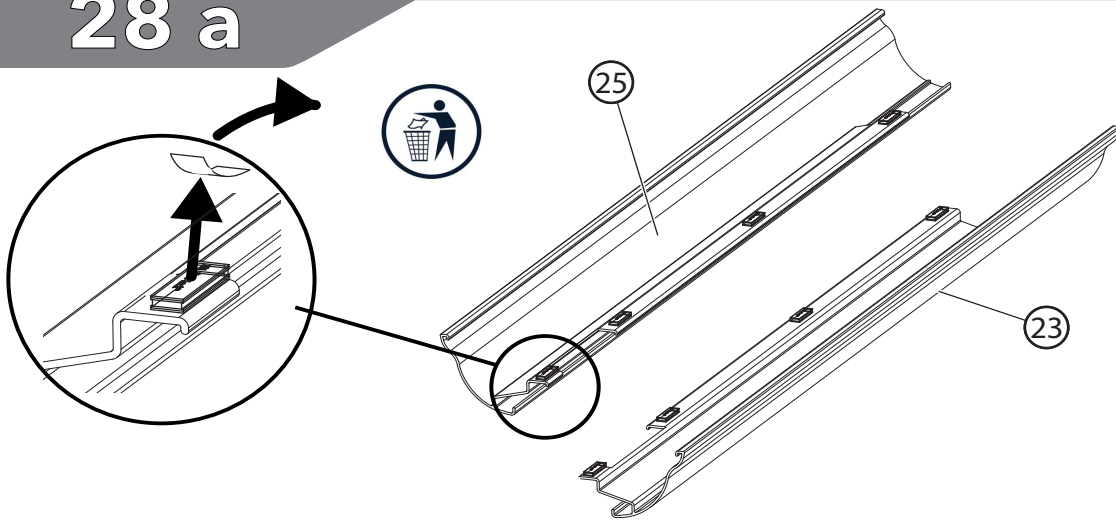


26



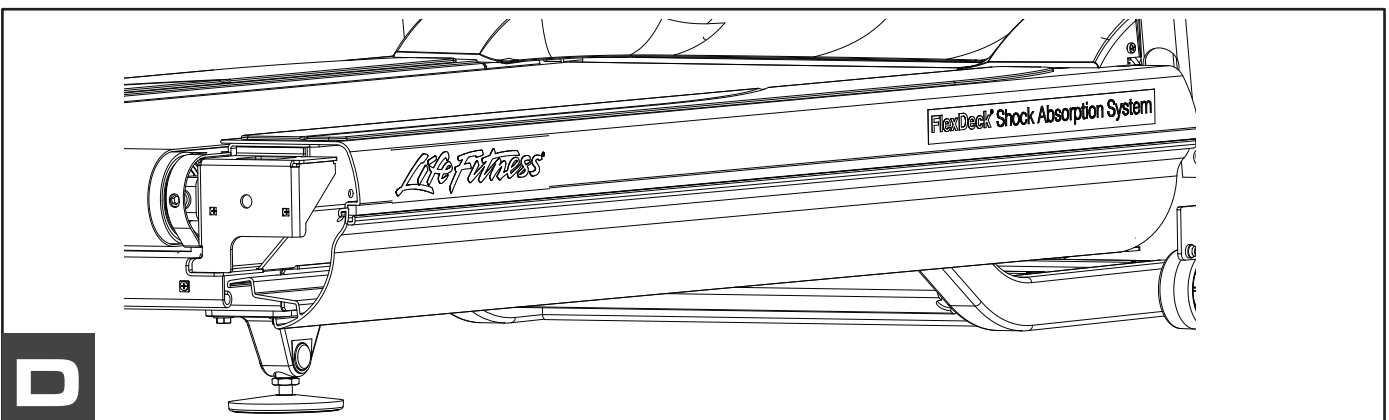
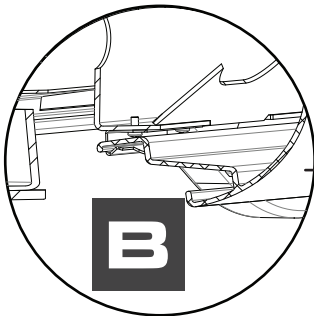
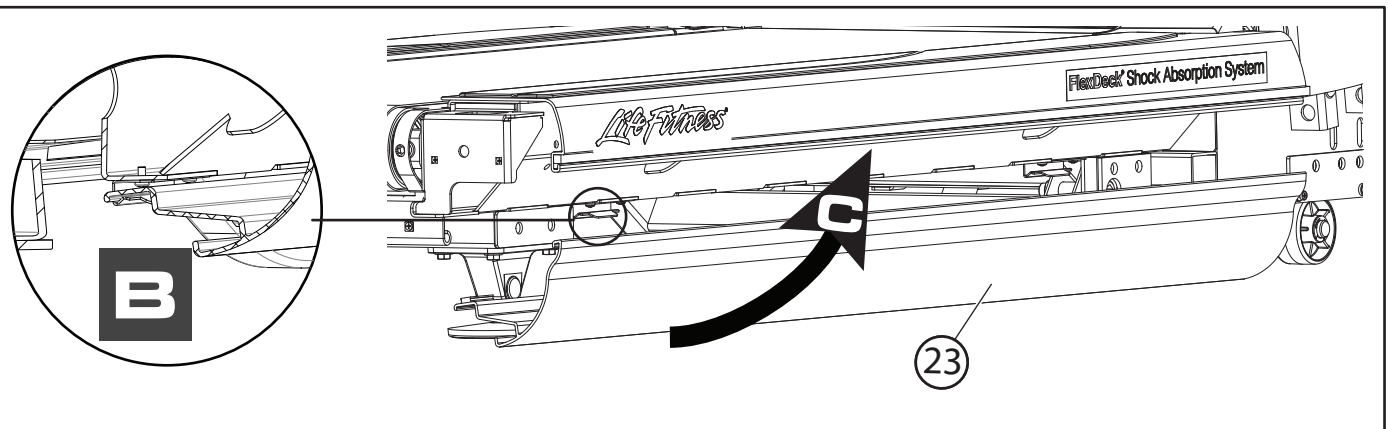
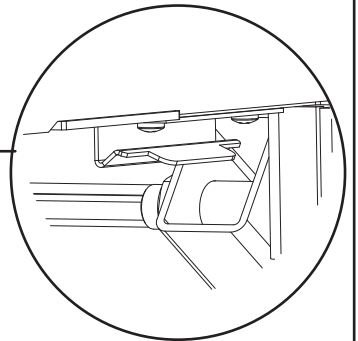
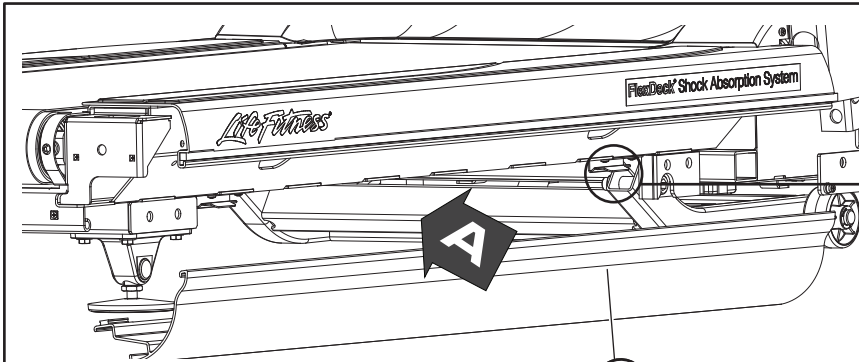
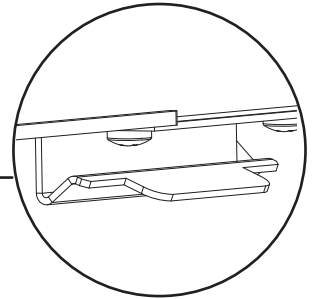
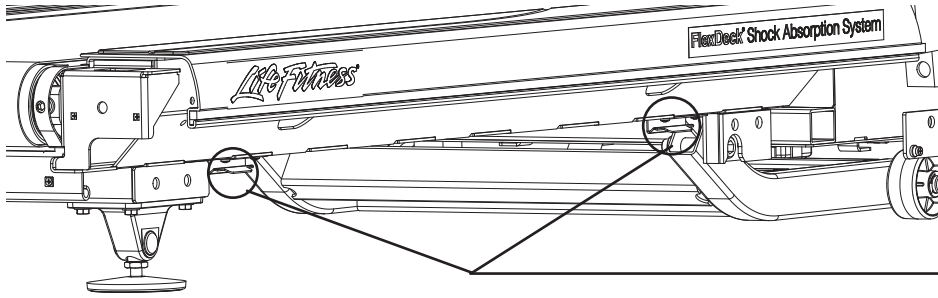


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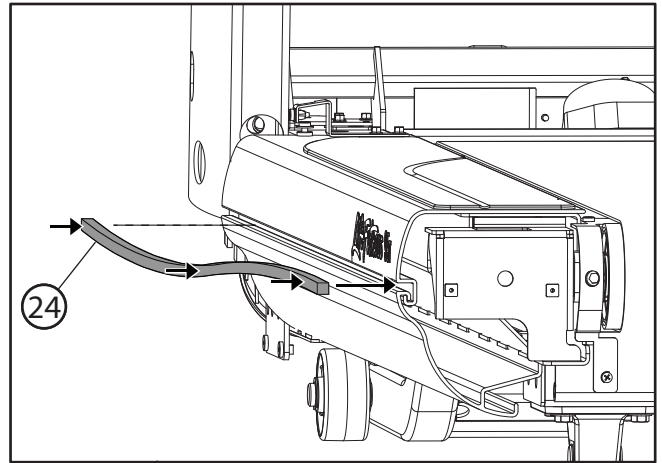
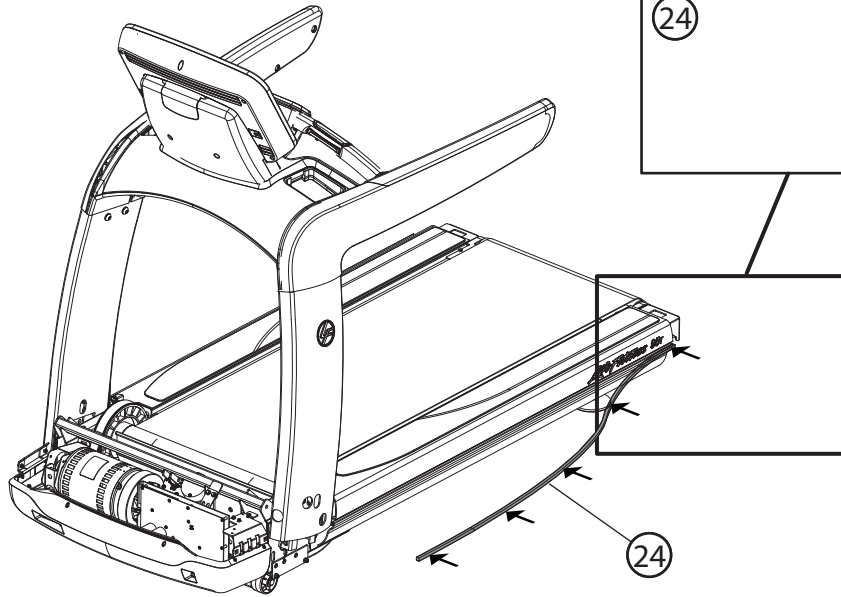
28 b

 
2x



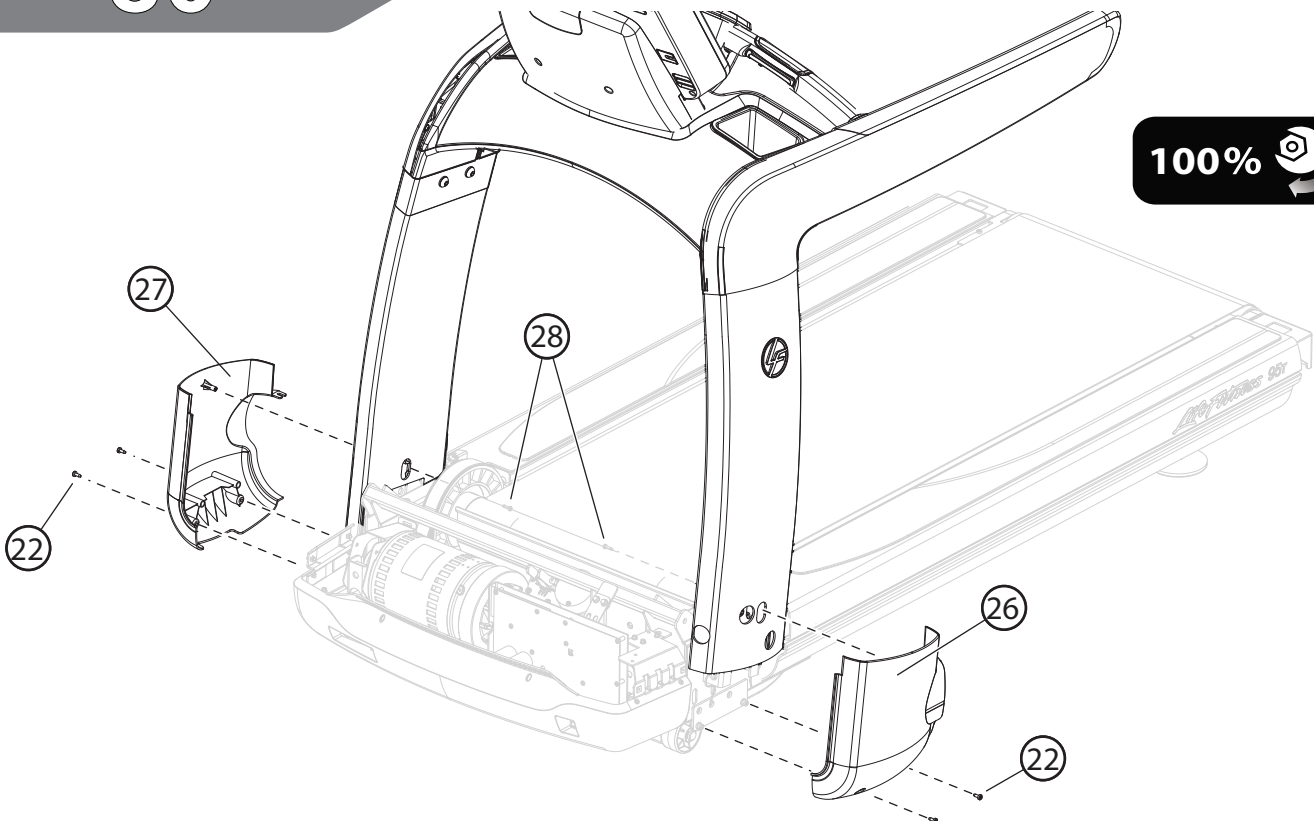
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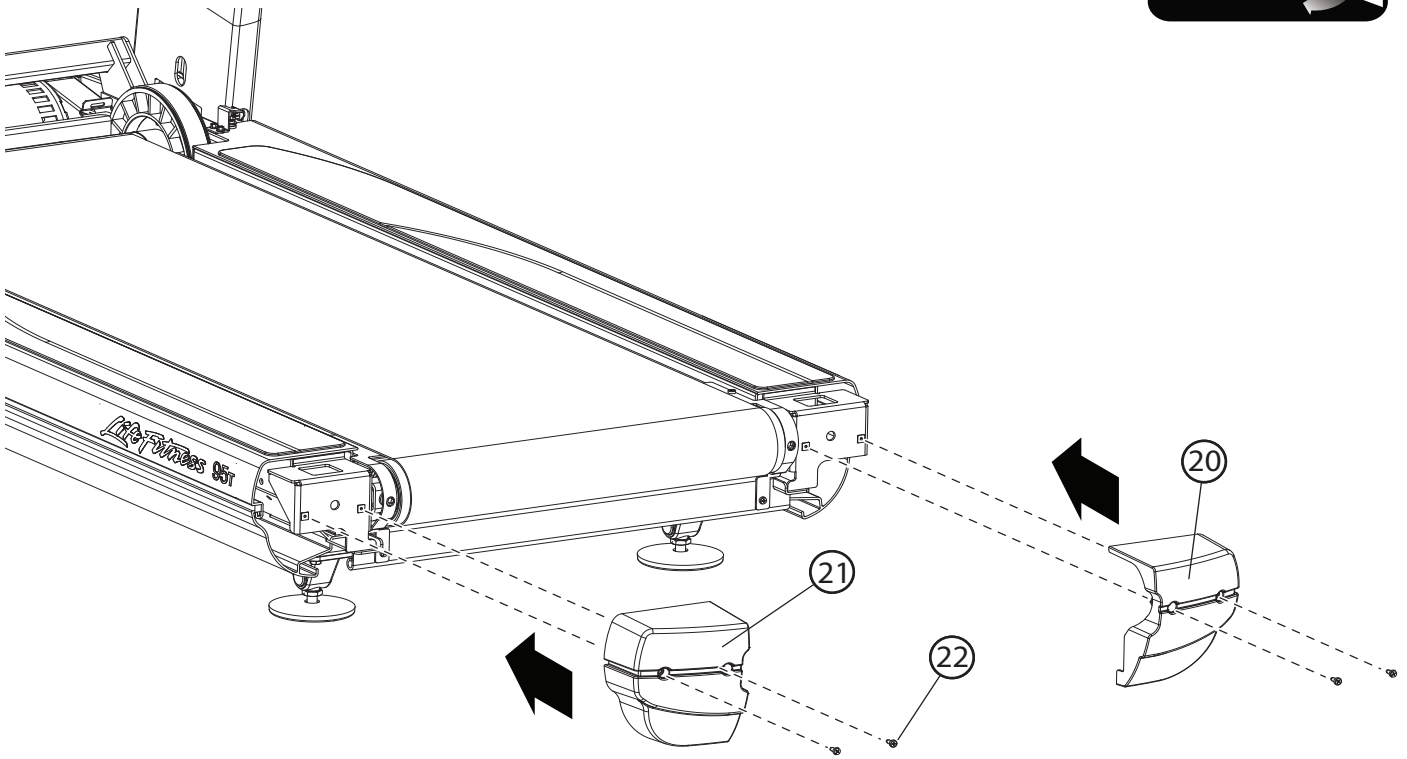
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100% 

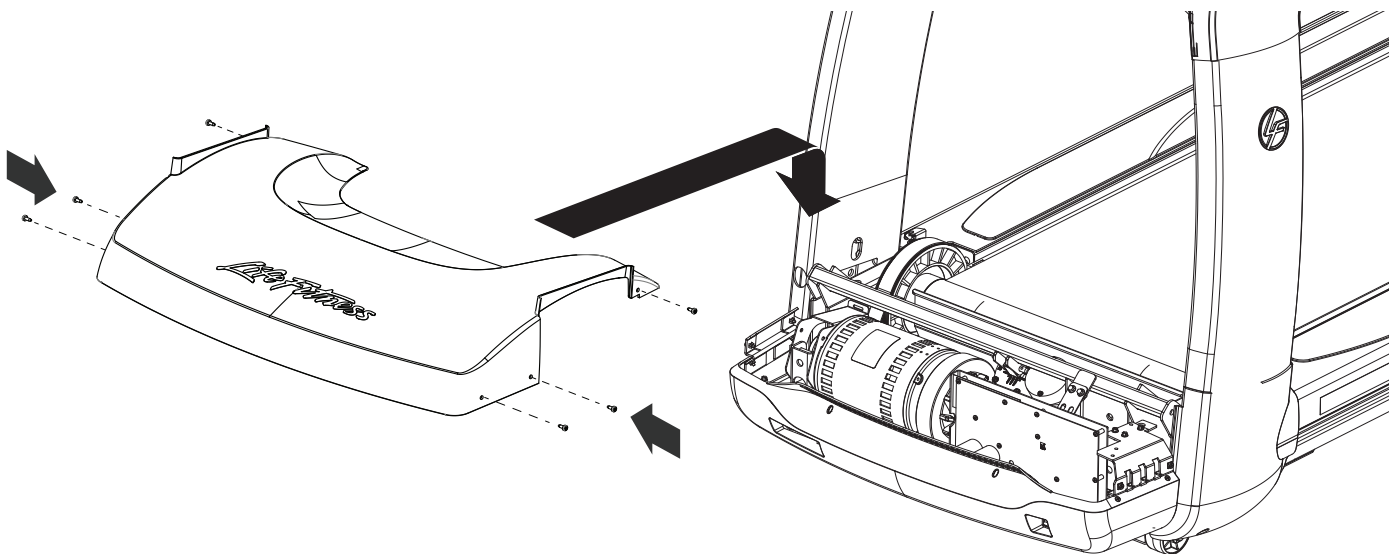


31

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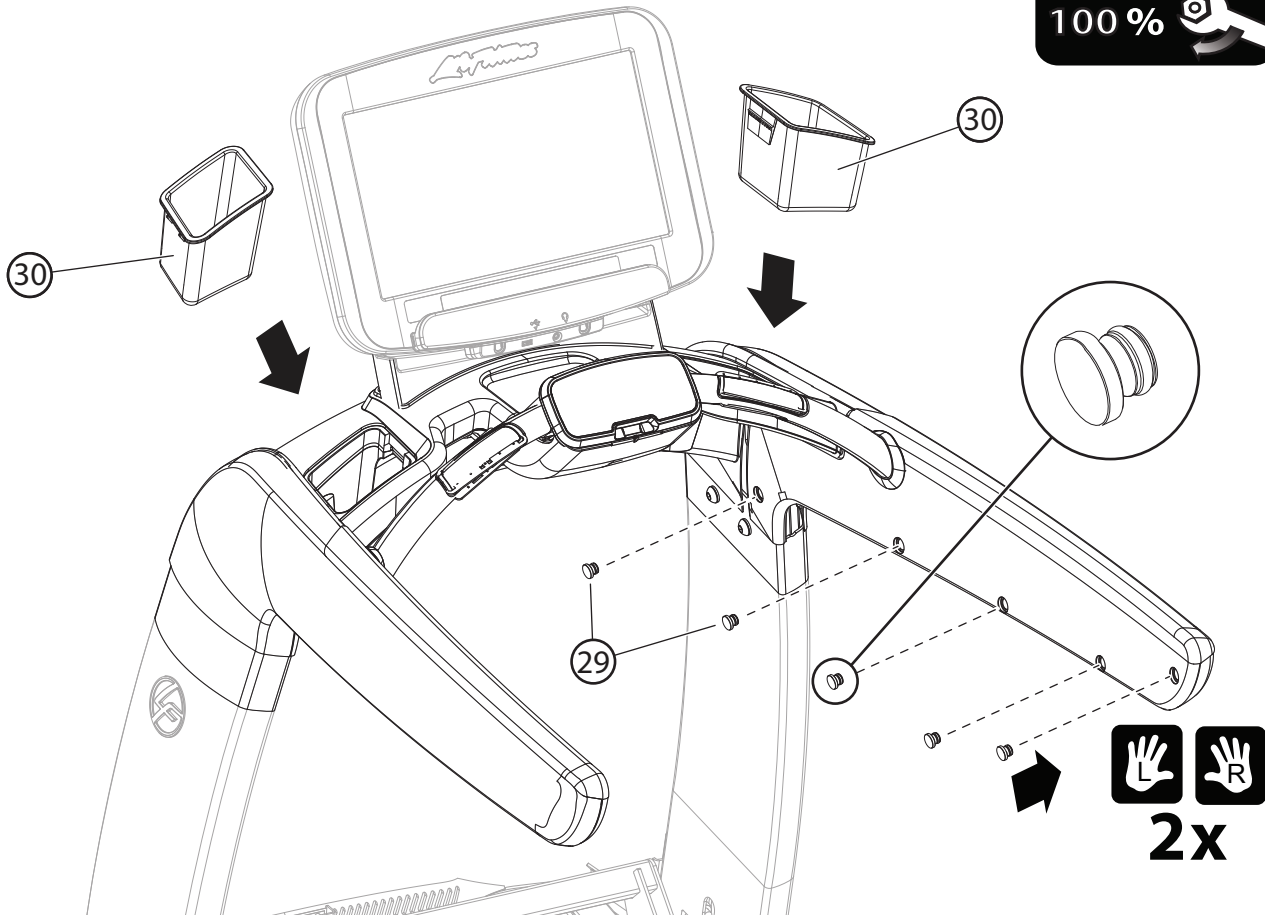


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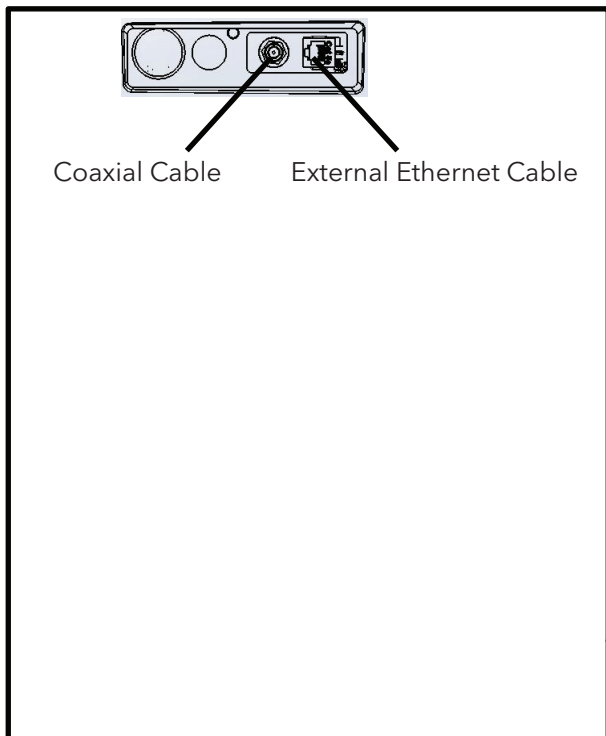
33

100% 



34

100% 



100%



MAKE SURE ALL HARDWARE IS TIGHT!

ASSUREZ-VOUS QUE TOUTE LA VISSERIE EST BIEN SERRÉE !

CONTROLEER OF ALLE BEVESTIGINGEN GOED VAST ZITTEN!

SICHERSTELLEN, DASS ALLE BEFESTIGUNGSTEILE FESTGEZOGEN SIND!

ASSICURARSI CHE TUTTA LA BULLONERIA SIA BEN STRETTA

ASEGÚRESE DE QUE TODAS LAS PIEZAS ESTÉN BIEN APRETADAS.

ASSEGURE-SE DE QUE TODAS AS PEÇAS ESTÃO APERTADAS!

TÛM DONANIMIN SIKI OLDUĞUNU KONTROL EDİN!

УБЕДИТЕСЬ, ЧТО ВСЕ РЕГУЛЯТОРЫ УРОВНЯ ОПУЩЕНЫ!

모든 하드웨어가 단단히 고정되어 있는지 확인하십시오!

确保所有硬件已紧固

すべての金具がしっかり固定されていることを確認 してください!



تأكد من أن جميع المعدات مثبتة بإحكام!

4 SPECIFICATIONS

4.1 LIFE FITNESS TREADMILL SPECIFICATIONS

Designed use:

Elevation Series 95T: Heavy/Commercial
 Platinum Club Series: Home

Maximum user weight: 400 pounds / 181 kilograms

Speed range:

Elevation Series 95T: 0.5 - 14.0 MPH (0.8 - 23 KPH) in 0.1 increments
 Platinum Club Series: 0.3 - 12.0 MPH (0.5 - 19 KPH) in 0.1 increments

Elevation range: 0%-15% (in 0.1% increments)

Drive train: AC motor with MagnaDrive™ motor controller

Motor type: Variable Speed AC

Motor size: 4.0 HP continuous duty, 8.0 HP peak

Power requirements: See *Electrical Requirements (Section 1.2)* for requirements outside the U.S.

Elevation Series 95T: Dedicated 120 volt, 20 amp (U.S.)
 Platinum Club Series: 120 volt, 15 amp (U.S.)

Rollers: 3.5" (9 cm) diameter, precision-crowned, front and back

Striding Belt: 60" Length x 22" Width (152 cm Length x 55 cm Width)

Waxing system: Lubricant-Infused Striding Belt

Deck type: 3/4" medium density reversible fiberboard

Shock Absorption System: Patented FlexDeck® Shock Absorption System with Lifesprings™

Ergo™ Front Handrail: Ergonomically shaped, overmolded elastomeric grips

Side handrails: 26" x 5" (66 cm x 12.7 cm) long, flared, cantilevered, overmolded elastomeric grips

Stop systems: Red and Yellow magnetic lanyard emergency stop system, Stride Sensor, and Session Stop Push Switch raised and prominently positioned

Heart rate monitoring systems: Patented Lifepulse™ digital contact heart rate and Polar® telemetry compatible heart rate monitoring system

Ports (1): Type RJ45 Network ready connection

CATV (1): F-type connector

Physical Dimensions	
Length	80 in. / 203 cm
Width	36 in. / 91.5 cm
Height	62.3 in. / 158 cm
Weight (base)	444 lbs. / 201 kg
Step-Up Height	10 in. / 25.4 cm

Shipping Dimensions	
Length	87 in. / 221 cm
Width	43 in. / 110 cm
Height	26 in. / 66 cm
Domestic Weight	505 lbs. / 229 kg
International Weight	508 lbs. / 231 kg