

# Elevation Series

## DISCOVER SE3 TABLET CONSOLE

Treadmill

Cross-Trainer

Upright and Recumbent Lifecycle® Exercise Bikes

FlexStrider™ Variable-Stride Trainer

PowerMill™ Climber

GSC Trainer™

Operation Manual



## CORPORATE HEADQUARTERS

Columbia Centre III, 9525 West Bryn Mawr Avenue, Rosemont, Illinois 60018 • U.S.A.

847.288.3300 • FAX: 847.288.3703

Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)

Global Website: [www.lifefitness.com](http://www.lifefitness.com)

## INTERNATIONAL OFFICES

### AMERICAS

#### North America Life Fitness, Inc.

Columbia Centre III  
9525 West Bryn Mawr Avenue  
Rosemont, IL 60018 U.S.A.  
Telephone: (847) 288 3300  
Fax: (847) 288 3703  
Service Email:  
[customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)  
Service Website: [www.lifefitness.com/parts](http://www.lifefitness.com/parts)  
Sales/Marketing Email:  
[commercialsales@lifefitness.com](mailto:commercialsales@lifefitness.com)  
Operating Hours: 7:00 am-6:00 pm (CST)

#### Brazil Life Fitness Brasil

Av. Cidade Jardim, 900  
Jd. Paulistano  
São Paulo, SP 01454-000  
BRAZIL  
SAC: 0800 773 8282  
Telephone: +55 (11) 3095 5200  
Fax: +55 (11) 3095 5201  
Service Email: [suporte@lifefitness.com.br](mailto:suporte@lifefitness.com.br)  
Sales/Marketing Email:  
[lifefitness@lifefitness.com.br](mailto:lifefitness@lifefitness.com.br)  
Service Operating Hours:  
9:00 - 17:00 (BRT) (Monday-Friday)  
Store Operating Hours:  
9:00 -20:00 (BRT) (Monday-Friday)  
10:00 - 16:00 (BRT) (Saturday)

#### Latin America & Caribbean\* Life Fitness Inc.

Columbia Centre III  
9525 West Bryn Mawr Avenue  
Rosemont, IL 60018 U.S.A.  
Telephone: (847) 288 3300  
Fax: (847) 288 3703  
Service Email:  
[customersupport@lifefitness.com](mailto:customersupport@lifefitness.com)  
Sales/Marketing Email:  
[commercialsales@lifefitness.com](mailto:commercialsales@lifefitness.com)  
Operating Hours: 7:00am-6:00pm (CST)

### EUROPE, MIDDLE EAST, & AFRICA

#### (EMEA)

#### Netherlands & Luxemburg Life Fitness Atlantic BV

Bijdorpplein 25-31  
2992 LB Barendrecht  
THE NETHERLANDS  
Telephone: (+31) 180 646 666  
Fax: (+31) 180 646 699  
Service Email:  
[service.benelux@lifefitness.com](mailto:service.benelux@lifefitness.com)  
Sales/Marketing Email:  
[marketing.benelux@lifefitness.com](mailto:marketing.benelux@lifefitness.com)  
Operating Hours: 9.00h-17.00h (CET)

#### United Kingdom & Ireland Life Fitness UK LTD

Queen Adelaide  
Ely, Cambs, CB7 4UB  
Telephone: General Office (+44)  
1353.666017  
Customer Support (+44) 1353.665507  
Fax: (+44) 1353.666018  
Service Email: [uk.support@lifefitness.com](mailto:uk.support@lifefitness.com)  
Sales/Marketing Email: [life@lifefitness.com](mailto:life@lifefitness.com)  
Operating Hours:  
General Office: 9.00am - 5.00pm (GMT)  
Customer Support:  
8.30am - 5.00pm (GMT)

#### Germany & Switzerland Life Fitness Europe GMBH

Siemensstraße 3  
85716 Unterschleißheim  
GERMANY  
Telephone: (+49) 89.31 77 51.0 (Germany)  
(+41) 0848 000 901 (Switzerland)  
Fax: (+49) 89.31 77 51.99 (Germany)  
(+41) 043 818 07 20 (Switzerland)  
Service Email:  
[kundendienst@lifefitness.com](mailto:kundendienst@lifefitness.com)  
Sales/Marketing Email:  
[kundenberatung@lifefitness.com](mailto:kundenberatung@lifefitness.com)  
Operating Hours: 08.30 -16.30h (CET)

#### Austria Life Fitness Austria

Vertriebs G.m.b.H.  
Dückerstraße 7-9/3/36  
1220 Vienna  
AUSTRIA  
Telephone: (+43) 1.61.57.198  
Fax: (+43) 1.61.57.198.20  
Service Email: [kundendienst@lifefitness.com](mailto:kundendienst@lifefitness.com)  
Marketing/Sales Email:  
[kundenberatung@lifefitness.com](mailto:kundenberatung@lifefitness.com)  
Operating Hours: 08:30-16.30.h (MEZ)

#### Spain Life Fitness IBERIA

C/Frederic Mompou 5,1<sup>a</sup>  
08960 Sant Just Desvern Barcelona  
SPAIN  
Telephone: (+34) 93.672.4660  
Fax: (+34) 93.672.4670  
Service Email: [servicio.tecnico@lifefitness.com](mailto:servicio.tecnico@lifefitness.com)  
Sales/Marketing Email:  
[info.iberia@lifefitness.com](mailto:info.iberia@lifefitness.com)  
Operating Hours:  
9.00h-18.00h (Monday-Thursday)  
8.30h-15.00h (Friday)

#### Belgium Life Fitness Benelux NV

Parc Industriel de Petit-Rechain  
4800 Verviers  
BELGIUM  
Telephone: (+32) 87 300 942  
Fax: (+32) 87 300 943  
Service Email:  
[service.benelux@lifefitness.com](mailto:service.benelux@lifefitness.com)  
Sales/Marketing Email:  
[marketing.benelux@lifefitness.com](mailto:marketing.benelux@lifefitness.com)  
Operating Hours: 9.00h -17.00h (CET)

#### All Other EMEA Countries & Distributor Business C-EMEA\*

Bijdorpplein 25-31  
2992 LB Barendrecht  
THE NETHERLANDS  
Telephone: (+31) 180 646 644  
Fax: (+31) 180 646 699  
Service Email:  
[service.db.cemea@lifefitness.com](mailto:service.db.cemea@lifefitness.com)  
Sales/Marketing Email:  
[marketing.db.cemea@lifefitness.com](mailto:marketing.db.cemea@lifefitness.com)  
Operating Hours: 9.00h-17.00h (CET)

### ASIA PACIFIC (AP)

#### Japan Life Fitness Japan

Japan Nippon Brunswick Bldg., #8F  
5-27-7 Sendagaya  
Shibuya-Ku, Tokyo  
Japan 151-0051  
Telephone: (+81) 3.3359.4309  
Fax: (+81) 3.3359.4307  
Service Email: [service@lifefitnessjapan.com](mailto:service@lifefitnessjapan.com)  
Sales/Marketing Email:  
[sales@lifefitnessjapan.com](mailto:sales@lifefitnessjapan.com)  
Operating Hours: 9.00h-17.00h (JAPAN)

#### Hong Kong Life Fitness Asia Pacific LTD

32/F, Global Trade Square  
21 Wong Chuk Hang Road  
HONG KONG  
Telephone: (+852) 2575.6262  
Fax: (+852) 2575.6894  
Service Email:  
[HongKongEnquiry@lifefitness.com](mailto:HongKongEnquiry@lifefitness.com)  
Sales/Marketing Email:  
[Marketing.HK.Asia@lifefitness.com](mailto:Marketing.HK.Asia@lifefitness.com)  
Operating Hours: 9.00h-17.00h  
Service Operating Hours: 9.00h-18.00h

#### All Other Asia Pacific countries & distributor business Asia Pacific\* Life Fitness Asia Pacific LTD

32/F, Global Trade Square  
21 Wong Chuk Hang Road  
HONG KONG  
Telephone: (+852) 2575.6262  
Fax: (+852) 2575.6894  
Service Email:  
[HongKongEnquiry@lifefitness.com](mailto:HongKongEnquiry@lifefitness.com)  
Sales/Marketing Email:  
[Marketing.HK.Asia@lifefitness.com](mailto:Marketing.HK.Asia@lifefitness.com)  
Operating Hours: 9.00h-17.00h  
Service Operating Hours: 9.00h-18.00h

\* Also check [www.lifefitness.com](http://www.lifefitness.com) for local representation or distributor/dealer.

# Table of Contents

---

Important Safety Instructions	5
Discover SE3 Manual Icons	13
Discover SE3 Console Overview	14
Home Screen Overview	15
Log In	16
Create LFconnect Account	17
Select Language	18
Workout Selection - Quick Start	19
Choose Workout - Interactive Courses	20
Workout Setup - Interactive Courses	21
Choose Workout - Goals	23
Goals - Terrains	24
Workout Setup -Heart Rate Goal	25
Heart Rate Goal Workouts	26
Choose Workout - Fitness Tests	27
Life Fitness Fit Test	29
Data Entry Options	31
Workout Mode Overview	38
Menu	40
Expanded Stats	43
Pause Workout	49
Cool Down	50
Workout Summary	51
Select Entertainment	52
Systems Option Menu	55
Configuration Menu	56
Configuration Menu - Manager	57
TV Setup	60
DTV	61
STB IPTV	62
Pro:Idiom	65
Open IPTV	69
Preventive Maintenance Tips	70
Troubleshooting	71
Specifications	73
Warranty	75

Before using this product, it is essential to read this ENTIRE operation manual and ALL assembly instructions. It describes equipment setup and instructs members on how to use it correctly and safely.

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

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

FCC Warning - Possible Radio / Television Interference

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

EN 957 Class SB (treadmill and PowerMill climber only): Professional and / or commercial use.

EN 957 Class SA (bikes, cross-trainer, GSC Trainer and FlexStrider variable stride trainer only): Professional and / or commercial use.



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



**MISE EN GARDE : tout changement ou toute modification de ce matériel peut annuler la garantie du produit.**

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative.

#### **Cross-Trainers only:**

*For EN 957-9 Class A accuracy testing, input mechanical power was measured by connecting the resistance device (generator) with the console to a dynamometer. Torque test data was recorded across the available speed and resistance level settings. The mechanical resistance was then determined by a deceleration test without a user riding it, measuring precisely the starting speed and time until the pedals stopped moving. The torque required to stop the unit was then calculated from the system inertia, input speed, and time to stop then added to dynamometer data to obtain total system torque. From measured torque and speed, the input mechanical power and variance from displayed power were calculated. At level 10 and a constant 55 RPM, displayed wattage was 107 watts, with a 4.7% variance from input power on the test equipment. At level 12 and a constant 80 RPM, displayed wattage was 136 watts, with a 1.6% variance from input power on the test equipment.*

#### **FlexStrider Variable Stride Trainer only:**

*For EN 957-9 Class A accuracy testing, input mechanical power was measured by connecting the resistance device (generator) with the console to a dynamometer. Torque test data was recorded across the available speed and resistance level settings. The mechanical resistance was then determined by a deceleration test without a user riding it, measuring precisely both motions exhibited by the product: 1) The rotational deceleration measured from the starting speed and time, at minimum stride, until the rotating mechanism comes to a stop, and 2) The angular deceleration measured from a starting angle and time until the pedal leg lever assembly comes to a stop. The torque required to stop the unit was then calculated from the system inertia, input speed, angle, and time to stop, and then added to the dynamometer data to obtain the total system torque. From measured torque and speed, the input mechanical power and variance from displayed power were calculated. At level 10 and a constant 40 RPM, displayed wattage was 128 watts, with a 2.1% variance from input power on the test equipment. At level 15 and a constant 60 RPM, displayed wattage was 167 watts, with a 4.6% variance from input power on the test equipment.*

#### **GSC Trainer only:**

*For EN 957-9 Class A accuracy testing, power at the crankshaft of the GSC Trainer was measured by connection to a dynamometer. The crank was rotated and torque measured throughout the speed range (60-160 Strides per Minute) and power range (0 to 100% Resistance) of the product. Accuracy of the resulting watts displayed on the console and actual watts calculated from the Crank Speed and Crank Torque measured by the dynamometer were found to be within the tolerance of EN 957-6 Class A (+/- 5 Watts up to 50 Watts, and +/- 10% over 50 Watts.)*

This Operation Manual describes the functions of the following products:

***Elevation Series Discover SE3 Treadmill***  
***Elevation Series Discover SE3 Cross-Trainer***  
***Elevation Series Discover SE3 Recumbent Lifecycle® Exercise Bike***  
***Elevation Series Discover SE3 Upright Lifecycle® Exercise Bike***  
***Elevation Series Discover SE3 FlexStrider™ Variable Stride Trainer***  
***Elevation Series Discover SE3 PowerMill™ Climber***  
***Elevation Series Discover SE3 GSC Trainer™***

See “Specifications” in this manual for product specific features.

**Statements of Purpose:**

- The Life Fitness Treadmill is an exercise machine that enables users to walk or run, in place, indoors on a moving surface.
- The Life Fitness Cross-Trainer is an exercise machine that combines low-impact elliptical pedaling with push / pull arm motion to provide an efficient, effective total body workout indoors.
- The Life Fitness Lifecycle Exercise Bike is a machine that simulates the movements of riding a bicycle indoors at various speeds and levels of resistance.
- The Life Fitness FlexStrider Variable-Stride Trainer is a commercial exercise machine that allows exercisers to instantly choose the length of an elliptical stride for a total-body, low-impact workout.
- The Life Fitness PowerMill Climber is a commercial exercise machine that enables users to scale a revolving staircase at a wide variety of speeds.
- The Life Fitness GSC Trainer offers three distinct motions – glide, stride and climb – in one machine.



**CAUTION: 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 well immediately.



**MISE EN GARDE: Liés à la santé des blessures peuvent résulter de l'utilisation incorrecte ou excessive de l'équipement d'exercice. 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'a pas fait d'exercice régulièrement depuis un an.**

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

# IMPORTANT SAFETY INSTRUCTIONS

---

Read all instructions before using Life Fitness products.

## ALL PRODUCTS



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

- **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.
- 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. Make sure that the power cord is not knotted or twisted and that it is not trapped under any equipment or other objects.
- 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.
- Keep children away from the products.
- 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.
- 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.
- Health and Environmental Regulations Warning - 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>.

# IMPORTANT SAFETY INSTRUCTIONS

---

## TREADMILL

- **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 *Elevation Series 95T Treadmill Assembly Instructions*.
- **CAUTION:** Risk of injury to persons - to avoid injury, use extreme caution when stepping onto or off of a moving belt. Read assembly instruction manual before using.
  - The product should never be left unattended when plugged in. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
  - 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 *Elevation Series 95T Treadmill & PCS Treadmill Discover SE3, Discover SI, & Explore Assembly Instructions*.
  - 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.
  - In conformity with the European Union Machinery Directive 2006/42/EC, this equipment unloaded runs at sound pressure levels below 70 dB (A) at the average operating speed of 12 km/hr. Noise emission under load is higher than without load.

## CROSS-TRAINER & FLEXSTRIDER

- **WARNING:** Ensure that there is at least 1 ft. (0.3 m) of clearance in front of the Life Fitness Cross-Trainer and at least 2 ft. (0.6m) on the side.
- **WARNING:** Ensure that there is at least 2 ft. (0.6 m) of clearance behind and on each side of the Life Fitness FlexStrider.

# IMPORTANT SAFETY INSTRUCTIONS

---

## CROSS-TRAINER & FLEXSTRIDER

- **WARNING:** The Cross-Trainer and FlexStrider are not equipped with a free-wheeling feature. Therefore, the products cannot be stopped immediately.
- Do not stand or sit on the rear plastic covers of the Cross-Trainer.
- Do not stand on center tube of the Cross-Trainer.
- The individual human power required to perform an exercise may be different than the mechanical power displayed on the Cross-Trainer and FlexStrider.
- Use caution when mounting or dismounting the Cross-Trainer and FlexStrider. Before mounting, use the moving arms to bring the pedal nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto the moving arms.
- Never face backward while using the Cross-Trainer or FlexStrider.

## LIFECYCLE EXERCISE BIKES

- **WARNING:** Allow a distance of 16 in. (41 cm) between the widest part of the bike and other objects on either side. Provide at least 3 ft. (0.9 m) between the front or rear of the Life Fitness bike to any other objects and 2 ft. (0.6 m) in the direction the equipment is accessed from.
- Do not stand or sit on plastic shrouds.
- Use caution when mounting or dismounting the Lifecycle Exercise Bike. Use the stationary handlebar whenever additional stability is required.

## GSC TRAINER

- **WARNING:** Ensure that there is at least 23.6" (0.6m) of clearance behind the Life Fitness GSC Trainer and at least 12" (30 cm) on the sides.
- **WARNING:** The GSC Trainer is not equipped with a free-wheeling feature. Therefore, the product cannot be stopped immediately. Do not stand or sit on the rear plastic covers.
- **WARNING:** Moving parts and fall hazard. To avoid serious injury wait until foot plates come to a complete stop before getting off the unit.
- The individual human power required to perform an exercise may be different than the mechanical power displayed on the GSC Trainer.
- Use caution when mounting or dismounting the GSC Trainer. Before mounting, use the moving arms to bring the foot plate nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto moving arms.
- Never face backwards while using the GSC Trainer.



# IMPORTANT SAFETY INSTRUCTIONS

---

## POWERMILL CLIMBER

- **WARNING:** Allow at least 3 ft. (1 m) of clearance behind the Life Fitness PowerMill Climber and 1 ft. (0.3 m) on each side.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- The product should never be left unattended when plugged in. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
- Never walk or jog backwards on the PowerMill Climber.
- Unlike bikes, cross-trainers, or the traditional paddle stairclimbers, this is a motorized product. This motorized product causes stair steps to descend at variable rates and therefore operates on different planes simultaneously. While operating the product during a typical workout, the user is forced to fully concentrate on coordinating his or her efforts on the moving stairs. Therefore, the user cannot see if anyone or any thing approaches from the rear. For these reasons this unit is **designed for use only in a controlled setting. The PowerMill Climber is not designed for use in the home and should not be used in an environment where children or animals might have access.**
- When it is necessary to immobilize the product, set the display to read SELECT WORKOUT. (Press the PAUSE / STOP key twice if not already there.) Hold down the LEVEL DOWN arrow key and press the PAUSE / STOP key. The product now displays "IMMOBILIZED". The product can't be operated in this state. The motor is disabled. The product will remain in this state across resets, power cycles, etc. To restore normal operation, repeat the same key sequence: hold down the LEVEL DOWN arrow key and press the PAUSE / STOP key. The product will display "SELECT WORKOUT".

**SAVE THESE INSTRUCTIONS FOR  
FUTURE REFERENCE.**

# CONSIGNES DE SÉCURITÉ IMPORTANTES

---

Lire toutes les instructions avant d'utiliser les appareils Life Fitness.

## TOUS LES APPAREILS



**MISE EN GARDE:** Tout changement et toute modification de ce matériel peut annuler la garantie du produit.

- **DANGER:** Pour réduire les risques de décharge électrique, toujours débrancher cet appareil Life Fitness avant 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.
  - 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. Assurez-vous que le cordon d'alimentation n'est pas noué ou tordu et qu'il n'est pas coincé sous un autre appareil ou sous tout autre objet.
  - 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.

# CONSIGNES DE SÉCURITÉ IMPORTANTES

- 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.
- 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.
- Réglementation en matière de santé et d'environnement : avertissement - Cet appareil contient des produits chimiques considérés par l'État de Californie comme étant cancérigènes et causant des malformations congénitales et d'autres troubles de l'appareil reproducteur. Pour plus d'informations sur la réglementation européenne (EC) No. 1907/2006 (REACH) et sur le California Safe Drinking Water and Toxic Enforcement Act de 1986 (Proposition 65), consultez la page <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

## TAPIS ROULANTS

- **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. Reportez-vous aux *Instructions de Montage Tapis de Course 95T*.
- **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.
  - Ne laissez jamais l'appareil sans surveillance lorsqu'il est branché. Débranchez-le systématiquement après son utilisation, et avant l'ajout et le retrait de pièces. Pour débrancher, mettre l'appareil hors tension au niveau de l'interrupteur d'alimentation, puis retirer la fiche de la prise électrique.
  - 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. Reportez-vous aux *Instructions de Montage Tapis de Course 95T* 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.
  - 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.

# CONSIGNES DE SÉCURITÉ IMPORTANTES

## CROSS-TRAINERS & FLEXSTRIDER

- **AVERTISSEMENT :** Veillez à laisser un espace d'au moins 30 cm (1 pied) à l'avant du Life Fitness Cross-Trainer et d'au moins 60 cm (2 pieds) sur les côtés.
- **AVERTISSEMENT :** Le Cross-Trainer ne fonctionne pas « en roue libre » et ne peut donc pas être arrêté instantanément. Ne vous tenez pas debout ou assis sur les caches en plastique situés à l'arrière.
  - Ne pas rester debout ou s'asseoir sur les couvercles arrière en plastique du Cross-Trainer.
  - Ne pas rester debout sur le tube central.
  - La puissance nécessaire à chaque utilisateur pour effectuer un exercice peut différer de la puissance mécanique affichée sur le Cross-Trainer.

## VÉLOS LIFECYCLE®

- **AVERTISSEMENT :** Laisser une distance de 41 cm (16 in.) entre la partie la plus large du vélo et les autres objets de chaque côté. Établir une distance d'au moins 0,9 m (3 ft.) entre l'avant ou l'arrière du vélo de LIFE FITNESS et d'autres objets.
  - Ne pas se tenir debout ou s'asseoir sur les protections en plastique.
  - Procédez avec précaution lors du montage ou du démontage de la machine. Utilisez la barre fixe pour renforcer votre stabilité.

## GSC TRAINER

- **WARNING:** Assurez qu'il y a au moins de 23,6" (0,6 m) du dégagement derrière du Life Fitness Elevation GSC Trainer et au moins le 12" (30 cm) sur les côtés.
- **WARNING:** Le Life Fitness Elevation GSC Trainer ne fonctionne pas « en roue libre » et ne peut donc pas être arrêté instantanément. Ne vous tenez pas debout ou assis sur les caches en plastique situés à l'arrière.
- **WARNING:** Risque provenant des pièces mobiles et risque de chute. Afin d'éviter des blessures graves, attendez l'arrêt complet des repose-pieds avant de descendre de l'appareil.
  - La puissance nécessaire à chaque utilisateur pour effectuer un exercice peut différer de la puissance mécanique affichée sur le Elevation GSC Trainer.
  - Montez et descendez avec précaution du Elevation GSC Trainer. Avant de monter, utiliser les bras mobiles pour amener la plaque de pied le plus proche de vous à la position la plus basse. Utilisez les barres fixes lorsque vous avez besoin de renforcer votre équilibre. Pendant votre entraînement, tenez-vous aux bras mobiles.
  - Ne jamais faire face à l'arrière lors de l'utilisation du Elevation GSC Trainer.

# CONSIGNES DE SÉCURITÉ IMPORTANTES

---

## POWERMILL™ CLIMBER

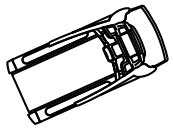
- **AVERTISSEMENT :** Gardez une distance d'au moins 1 m (3 ft.) libre de toute obstruction derrière le PowerMill Climber, y compris aucun mur, meuble ou autre appareil, et de 0.3 m (1 ft.) de chaque côté du PowerMill Climber.
- Les rampes latérales peuvent servir à rétablir son équilibre, mais ne sont pas destinées à un usage continu.
- Ne laissez jamais l'appareil sans surveillance lorsqu'il est branché. Débranchez-le systématiquement après son utilisation, et avant l'ajout et le retrait de pièces. Pour débrancher, mettre l'appareil hors tension au niveau de l'interrupteur d'alimentation, puis retirer la fiche de la prise électrique.
- Ne jamais marcher ni courir à reculons sur le PowerMill Climber.
- À la différence des vélos, cross-trainers et steppers traditionnels à pédale, il s'agit d'un appareil motorisé. Cet appareil motorisé permet de faire descendre les marches d'escalier à des vitesses variables et opère donc à différents niveaux simultanément. Au cours d'un entraînement classique sur cet appareil, l'utilisateur doit se concentrer afin de coordonner ses efforts sur les escaliers en mouvement. Il n'a donc pas la possibilité de voir si quelqu'un ou quelque chose s'approche par l'arrière. Cette unité est dès lors uniquement conçue pour être utilisée dans un environnement contrôlé. Le PowerMill Climber n'est pas conçu pour être utilisé à domicile et ne doit en aucun cas être utilisé dans un environnement auquel les enfants ou animaux ont accès.
- Si vous devez immobiliser l'appareil, réglez l'affichage sur SÉLECTIONNER EXERCICE. (Pour ce faire, appuyez deux fois sur la touche PAUSE / STOP.) Maintenez la touche NIVEAU VERS LE BAS enfoncée et appuyez sur la touche PAUSE / STOP. L'appareil affiche désormais le message « IMMOBILISÉ ». En mode Immobilisé, l'appareil ne peut être utilisé. Le moteur est désactivé. L'appareil restera immobilisé, même s'il est réinitialisé, mis hors tension, puis à nouveau sous tension, etc. Le mode de fonctionnement normal ne peut être rétabli qu'au moyen de la même séquence de touches : maintenez la touche NIVEAU VERS LE BAS enfoncée et appuyez sur la touche PAUSE / STOP. L'appareil affiche désormais « SÉLECTIONNER EXERCICE ».

## CONSERVER CES INSTRUCTIONS POUR TOUT USAGE ULTÉRIEUR.

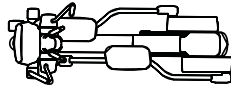
# DISCOVER SE3 MANUAL ICONS

---

The Elevation Series Discover SE3 manual covers information for multiple cardio products. To help differentiate we use the following icons.



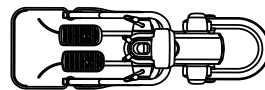
**TREADMILL-ONLY FEATURE**



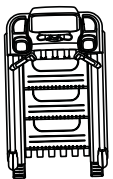
**CROSS-TRAINER-ONLY FEATURE**



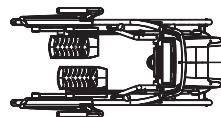
**BIKE-ONLY FEATURE**



**FLEXSTRIDER-ONLY FEATURE**



**POWERMILL-ONLY FEATURE**



**GSC-ONLY FEATURE**

# DISCOVER SE3 CONSOLE OVERVIEW

Treadmill shown



## 1. Touch Screen Display

- Use to select, set up, monitor and save workouts.
- Access entertainment options.

## 2. Optional RFID (Radio Frequency Identification)

Fitness facility owners can order this option for their users allowing them to swipe their facility identification card on the console. The console's hardware is compatible with the two main frequencies (125kHz and 13.56Mhz) used for RFID cards.

## 3. Reading Rack / Tablet Holder

Place traditional reading material as well as mobile devices and tablets in this built-in holder.

## 4. USB

Charge USB devices.

## 5. Headphones

Plug in headphones to listen to TV and entertainment options.

## 6. Activity Zone

This external device places the most frequently used controls at a user's fingertips:

### a. Incline

Press these keys to increase or decrease the incline of the treadmill.

### b. Speed

Press these keys to increase or decrease the speed of the striding belt.

### c. Stop

Press to stop the striding belt.

### d. Go

Press to automatically begin a Quick Start Workout.

### e. Walk, Jog, Run

Press to immediately change the belt speed to preset Walk, Jog, Run values.

### f. Emergency Stop Magnet

This magnet serves as a safety feature by stopping the belt should the user stumble or fall.

- Before starting a workout, attach the clip, located on the cord of the magnet, to a piece of clothing.
- To stop the striding belt on the treadmill, pull the cord, removing the magnet from the console.
- Replace the magnet to reset the system.

# HOME SCREEN OVERVIEW

The intuitive LCD touch screen on the Discover SE3 Console allows users to:

- Select, set up, monitor, and save workouts.
- Access integrated entertainment apps.



## 1. Log In

Press to log in to your LFconnect account.

## 2. Create Account

Create an LFconnect account to customize your workout experience.

## 3. Go To Workouts

Select a workout from the following categories:

- Browse Workouts
- Interactive Courses
- Quick Start

## 4. Select Language

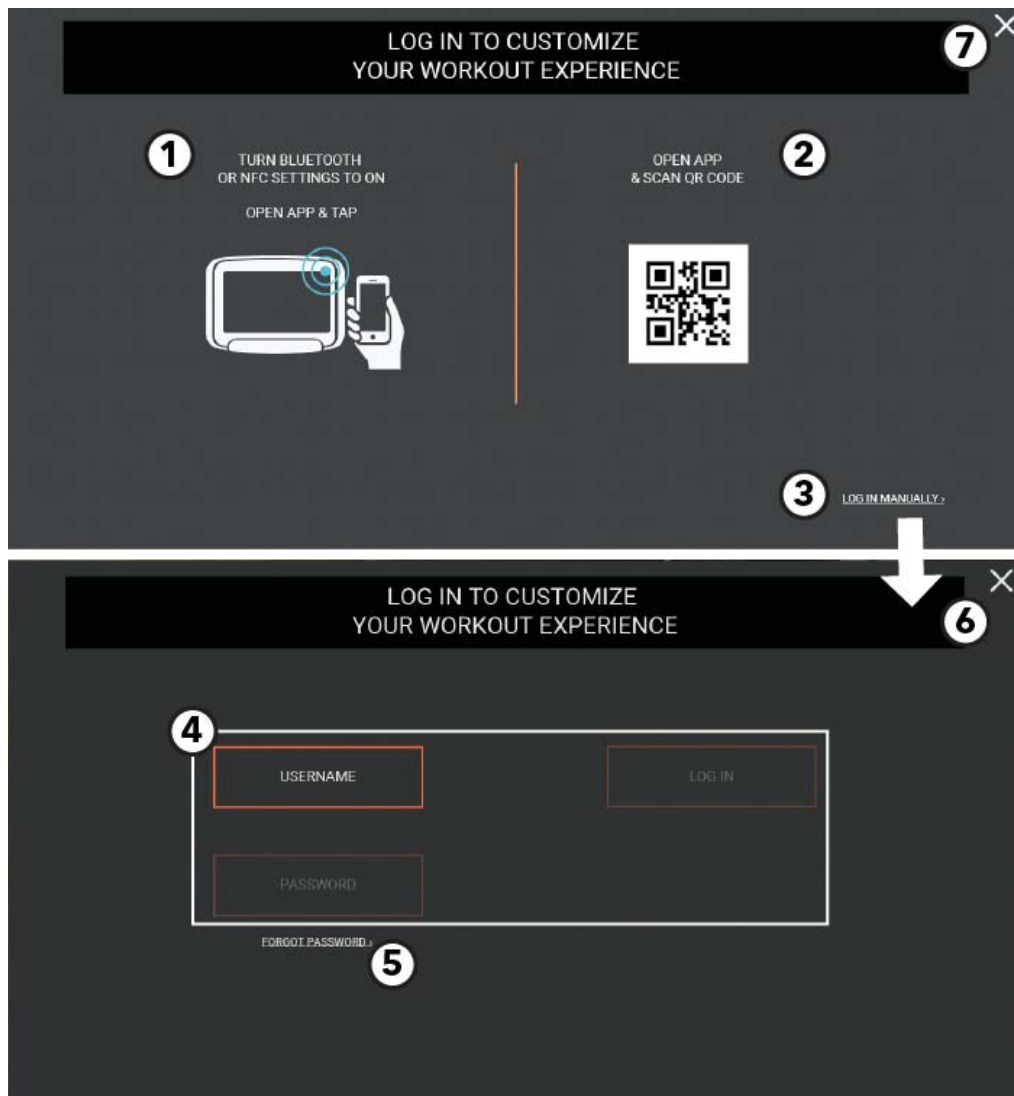
Select a language to use during a workout.

## 5. LFconnect App Login

Press to show various ways to login to the console via LFconnect App.



# LOG IN



Log in to the console to track and save your workouts to the Lfconnect app.

## 1. Proximity

- On an **iPhone**, enable Bluetooth, open the Lfconnect app and turn on Bluetooth proximity login feature.
- On an **Android**, enable NFC and open the Lfconnect app.
- Touch your phone to the upper right-hand corner of the console to automatically connect.

## 2. Scan QR Code

- Open the Lfconnect app on your mobile device.
- Select the QR code reader in the upper right hand corner.
- Scan the QR code with your phone.

## 3. Log In Manually

Press to access the screen with the prompts to log in manually.

## 4. Follow the prompts to log in to your account.

- Enter user name.
- Enter password.
- Press Login.

## 5. Forgot Password

Enter the email address associated with the Lfconnect account.

## 6. Exit the Manual Log In Screen and return to the Home Screen.

## 7. Exit the Log In Screen and return to the Home Screen.

# CREATE LFCONNECT ACCOUNT

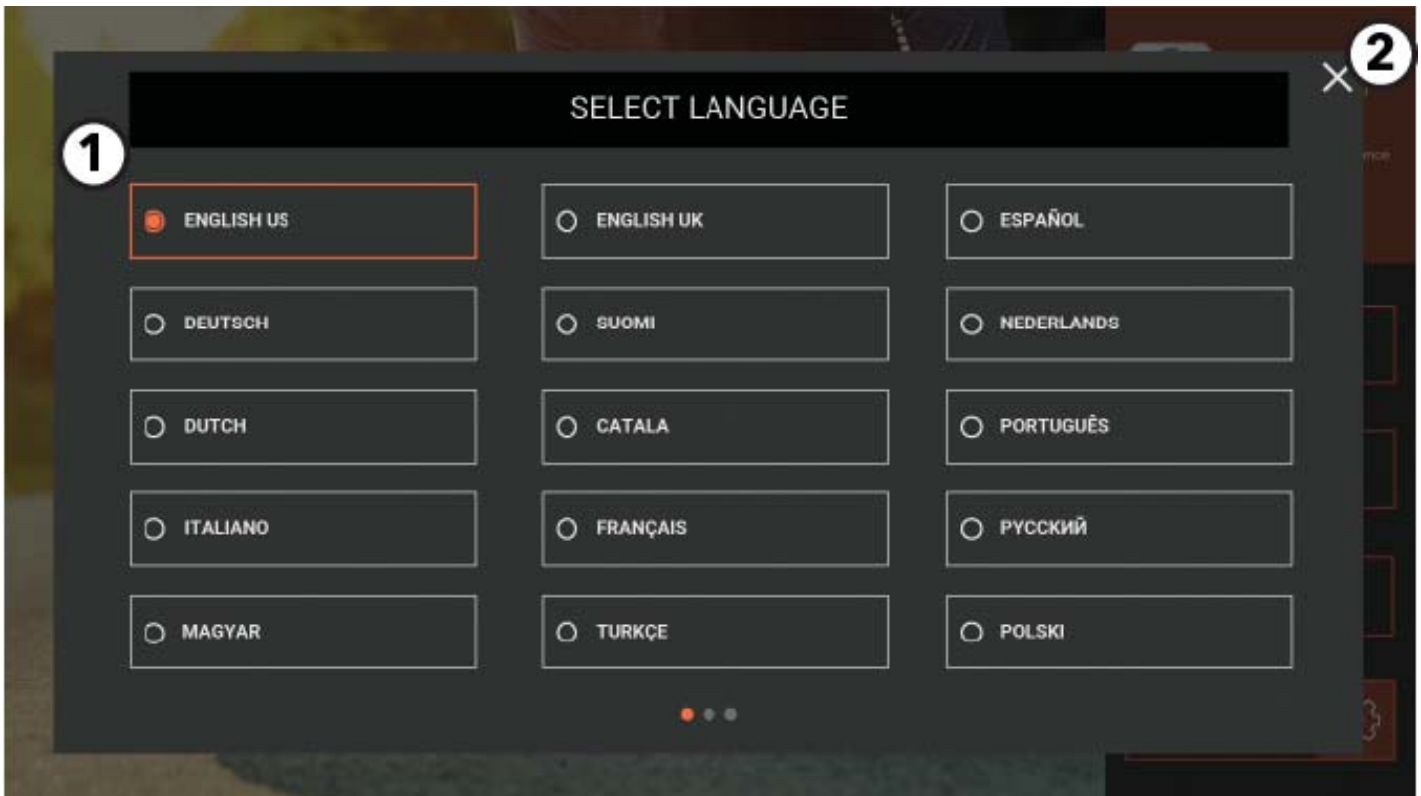
---



Create a free Lfconnect account.

- 1. Input Email Address.**
- 2. Create and Confirm Password.**
- 3. Accept Terms.**

# SELECT LANGUAGE



## 1. Language Options

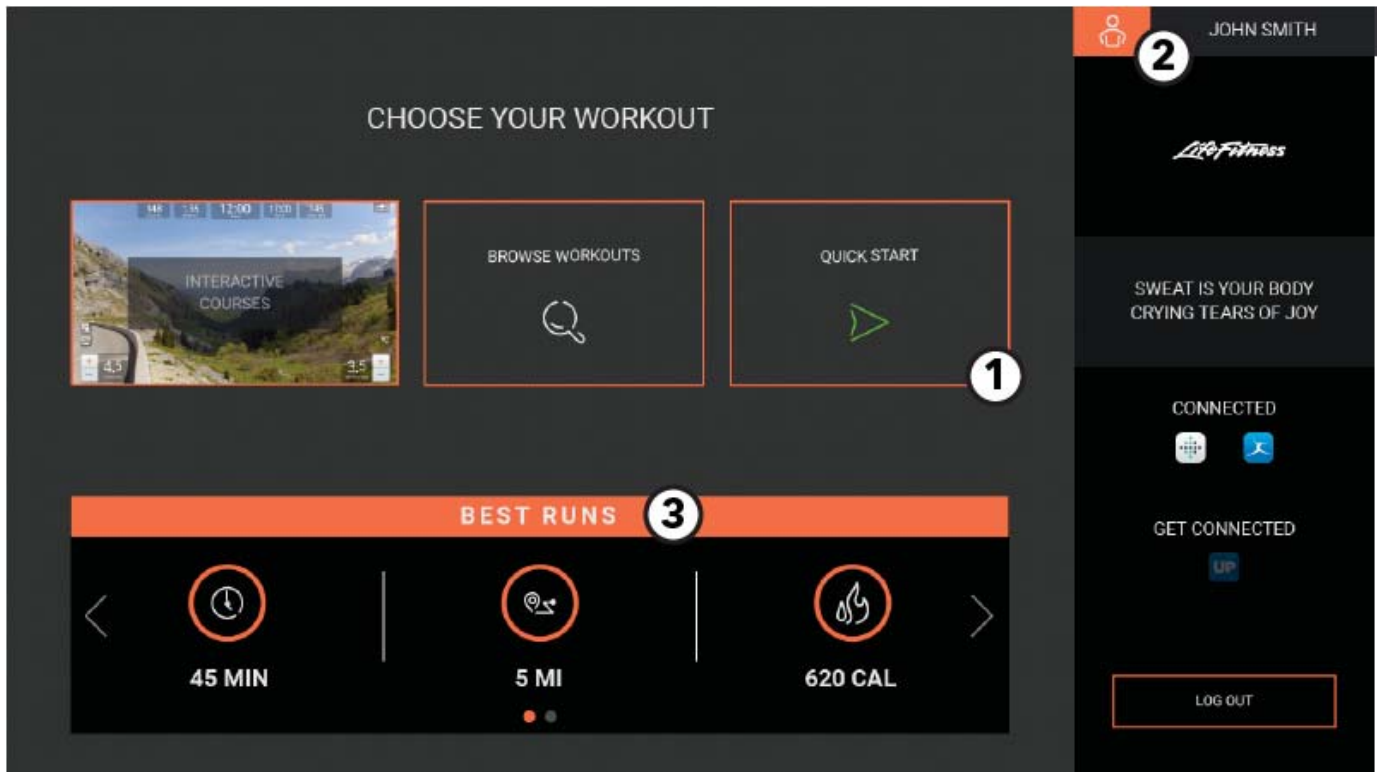
Users can select a language to use during a workout.

**Note:** Only the specific languages enabled by the manager will be displayed.


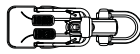


After a selection is made, the language is saved, the Select Language screen is closed and the Home Screen appears in the selected language.

## 2. Exit the Select Language Screen and return to the Home Screen.

# WORKOUT SELECTION - QUICK START



## 1. Select QUICK START

- A workout countdown "3, 2, 1" screen appears.
- Users can make adjustments to the workout after starting a workout.
- A Quick Start workout begins at a speed of 0.5 mph / 0.8 kph and an incline of 0.0%. 
- A Quick Start workout begins at Level 6.  
- A Quick Start workout begins at 20 Steps Per Minute (SPM). 

## 2. Logged In User Information

User name appears in upper right-hand corner.

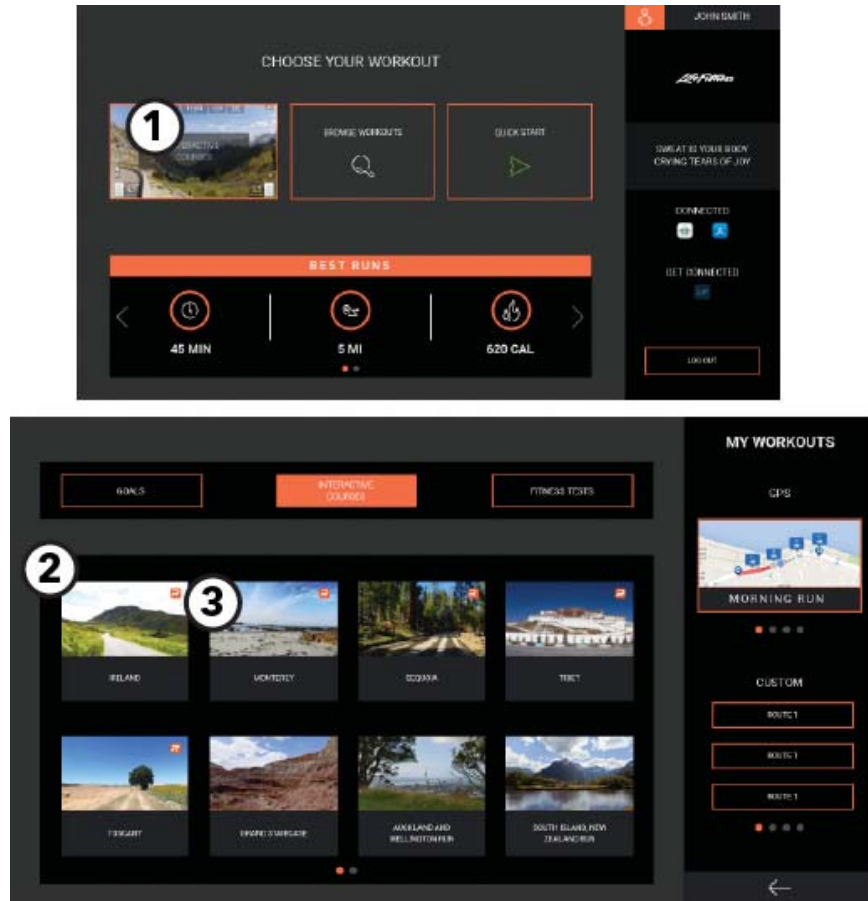
**Note:** User must be logged into LFconnect to see information.

## 3. Logged In Data

Previous saved workout data, including time, distance, and calories, is displayed.

**Note:** User must be logged into LFconnect to see information.

# CHOOSE WORKOUT - INTERACTIVE COURSES



The Interactive Courses are video courses, shot in first person perspective through landscapes, cityscapes, and events from around the world. This feature interacts with the fitness equipment to provide an immersive experience.

**Note:** The course will speed up or slow down with the speed of the treadmill. The incline of the treadmill automatically increases or decreases to correspond with the virtual hills on the course.

## 1. Select INTERACTIVE COURSES as Workout Option

## 2. Course Options

Choose from available courses.

## 3. RunSocial

RunSocial courses have the RunSocial app icon in the upper right-hand corner. When connected to the internet, you can compete with other runners in your facility or around the world using virtual avatars (as long as you and they are on the same course at the same time).

# WORKOUT SETUP - INTERACTIVE COURSES



## 1. Choose Goal

- Time
- Distance

## 2. Back Arrow

Press to return to previous screen.

## 3. Preset Time Values

Choose from default values.

## 4. Time Keypad

Press to use a numeric keypad to input a workout time value.

## 5. Level (if applicable)

Press to choose a preset level or input a level value.

## 6. Enter Weight

Press to use a numeric keypad to input a weight value.

## 7. Choose Measurement Unit

- Metric
- Imperial

## 8. Next

Press to go to the next setup screen.

## 9. Exit the Setup Screen and return to the Interactive Courses Workout Selection Screen.

## 10. Course Markers?

Choose a starting point for the course.

## 11. Start Interactive Course

A workout countdown "3, 2, 1" screen appears and then the course begins.

# WORKOUT SETUP - INTERACTIVE COURSES - RUNSOCIAL



RunSocial combines virtual running with real-world video routes. Run the routes with friends, coworkers, or others around the world in real time. Treadmill incline adjusts to match the video route.

## 1. Choose Goal

- Time
- Distance

## 2. Select Workout Time Value

Choose a preset value or use numeric keypad to input time value.

## 3. Enter Weight

Press to use a numeric keypad to input a weight value.

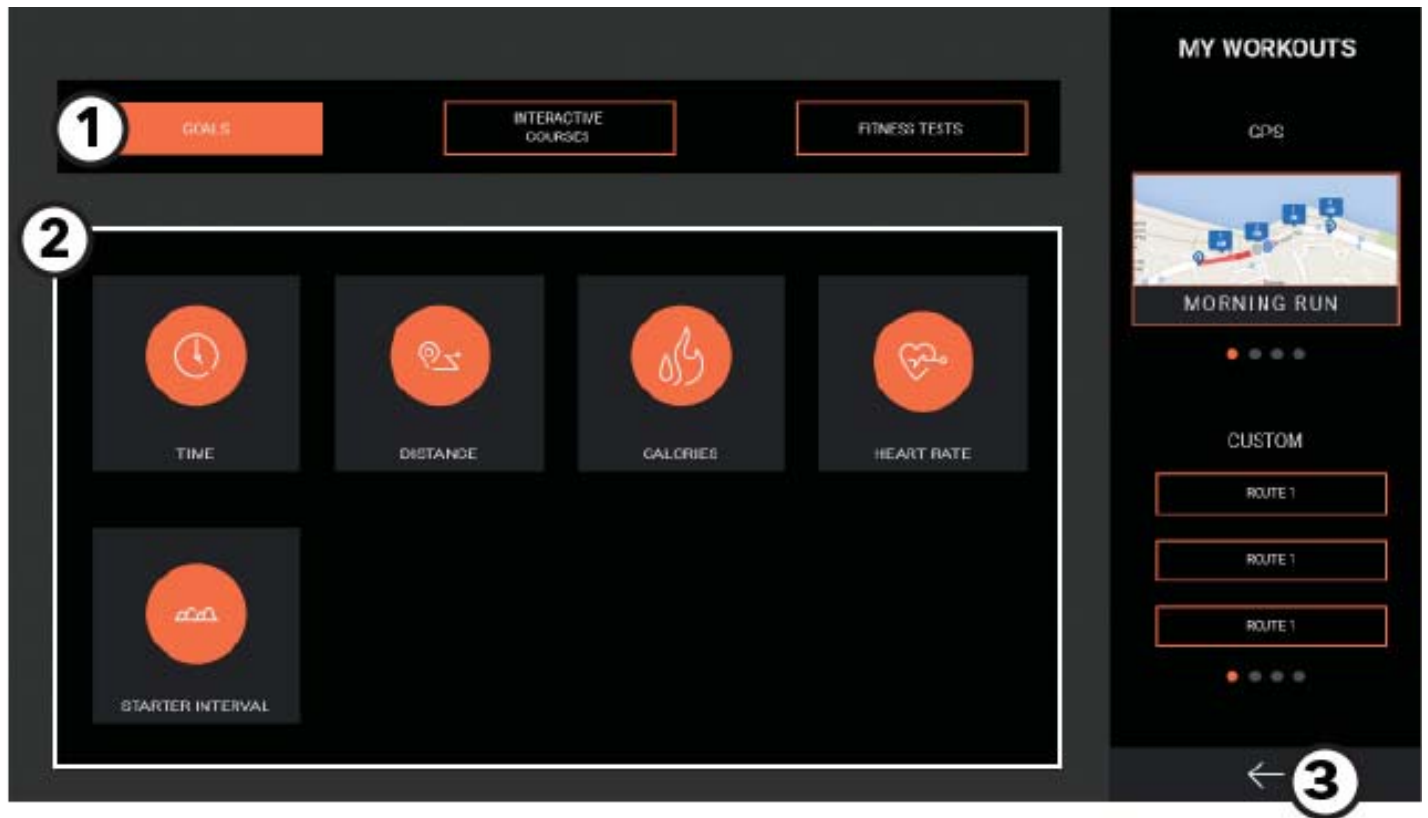
## 4. Choose Measurement Unit

- Metric
- Imperial

## 5. Start

Press to begin workout.

# CHOOSE WORKOUT - GOALS



## 1. Select GOALS as Workout Option

## 2. Choose Goal

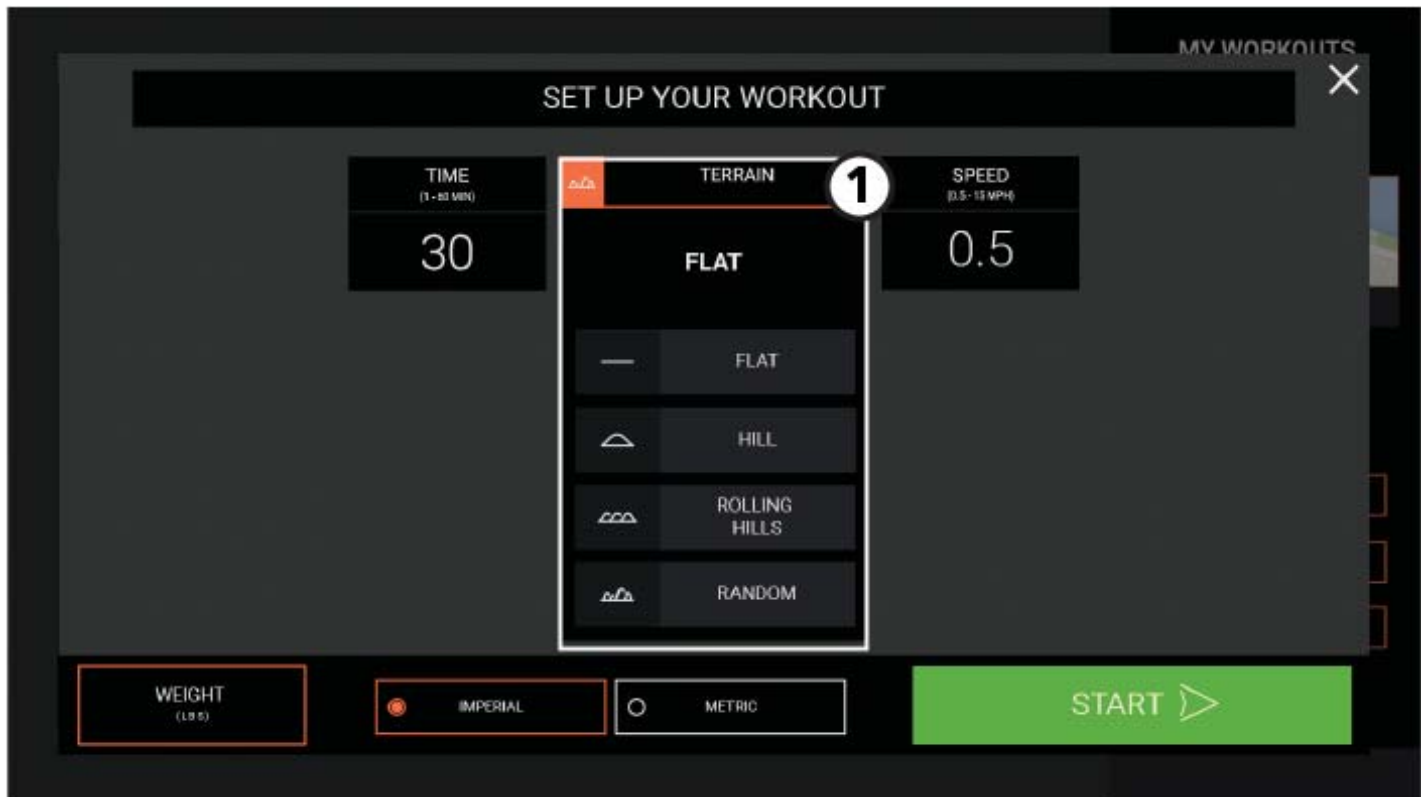
- Treadmill Goals (*Time, Distance, Calories, Climb, Heart Rate, 2-Speed Interval*)
- Cross-Trainer Goals (*Time, Distance, Calories, Heart Rate, Aerobics, Reverse, Starter Interval*)
- Lifecycle Exercise Bike Goals (*Time, Distance, Calories, Heart Rate, Aerobics, Starter Interval*)
- FlexStrider Goals (*Time, Distance, Calories, Heart Rate, Starter Interval*)
- PowerMill Goals (*Time, Calories, Climb, Heart Rate, 2-Speed Interval, 3-Speed Interval*)
- GSC Trainer Goals (*Time, Distance, Calories, Starter Interval*)

## 3. Back Arrow

Close current screen and return to the Workout Selection Screen.



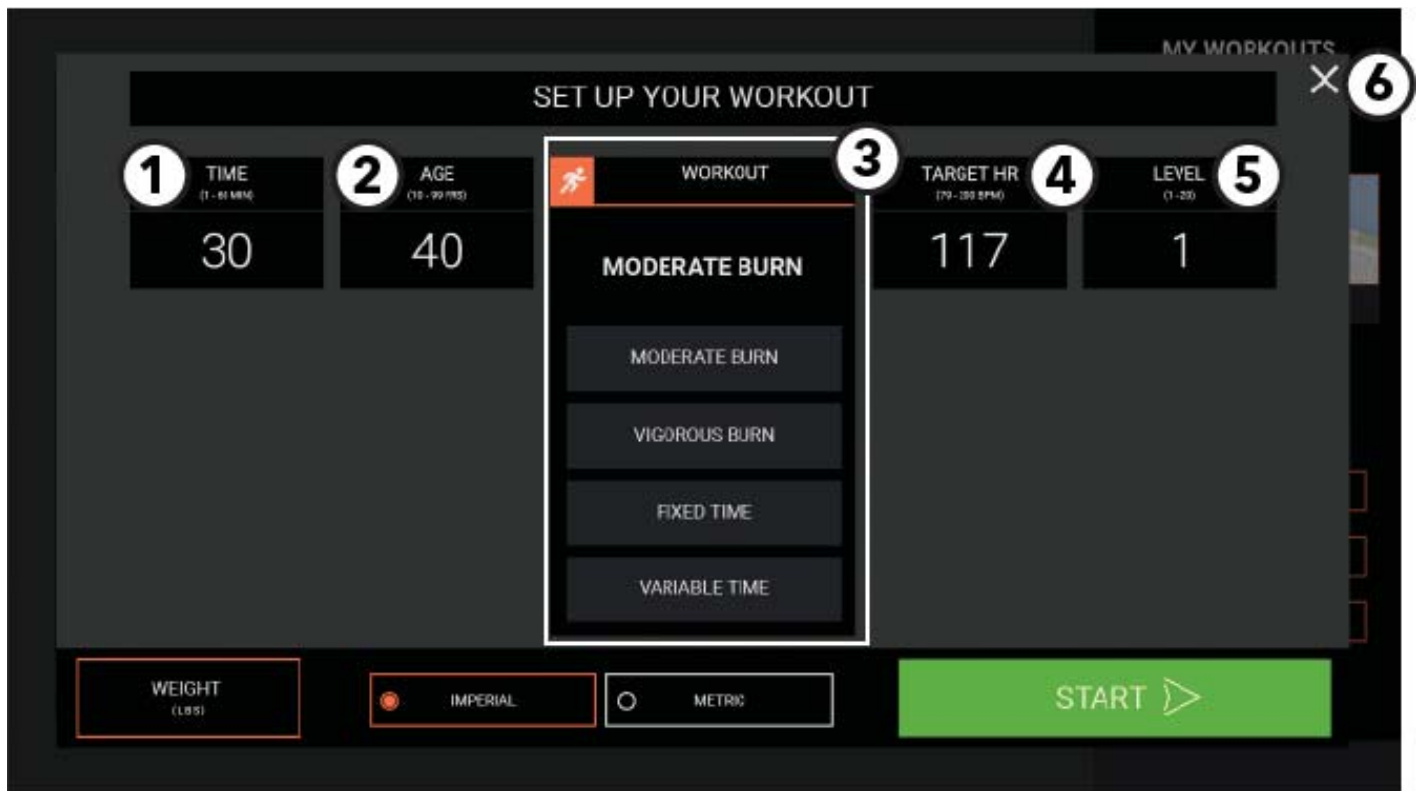
# GOALS - TERRAINS



## 1. Choose Terrain

- **Flat** is a constant effort workout in which the user can change incline, level or speed at any time.
- **Hill** is an interval training workout. Intervals are periods of intense aerobic exercise separated by regular periods of lower-intensity exercise. The overall duration of the workout determines the length of each interval.
- **Rolling Hills** is a rolling hill workout with low intensity levels.
- **Random** is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.

# WORKOUT SETUP - HEART RATE GOAL



## 1. Time

Press to use numeric keypad to enter a workout time value.

## 2. Age

Press to use numeric keypad to enter an age value.

## 3. Choose a Heart Rate Workout

- **Moderate Burn** is a low-intensity cardio workout. The program adjusts the intensity level through changing the incline (elevation), based on the actual heart rate, to maintain the rate at 65% of the theoretical maximum.
- **Vigorous Burn** is a higher-intensity workout for more fit users, maximizing cardiovascular benefits and total calories burned. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80% of the theoretical maximum.
- **Fixed Time Interval** takes the user through three different hills based on targeting three different heart rate goals.
- **Variable Time Interval** alternates between a hill and a valley based on the target heart rate.

## 4. Target Heart Rate

Press to use numeric keypad to enter a target heart rate value.

## 5. Level or Speed

Press to use numeric keypad to enter a level or speed value.

## 6. Exit the Heart Rate Goal Setup Screen and return to the Goal Selection Screen.

# HEART RATE GOAL WORKOUTS

Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results. That is the idea behind the Life Fitness Heart Rate Zone Training approach to exercise. Zone Training identifies an exerciser's ideal heart rate range, or zone, for burning fat or increasing cardiovascular fitness. The zone is a percentage of the theoretical maximum (HRmax), and its value depends on the workout. The maximal heart rate formula is defined by the American College of Sports Medicine's *Guidelines for Exercise Testing and Prescription*, 8th Edition, 2010. HRmax equals to 206.9 minus the total of 0.67 multiplied by a person's age.

$$\text{HR Max} = 206.9 - (0.67 * \text{age})$$

## Theoretical Maximum Heart Rates and Target Heart Rates

Reference the chart below for Theoretical Maximum Heart Rates and Target Heart Rates.

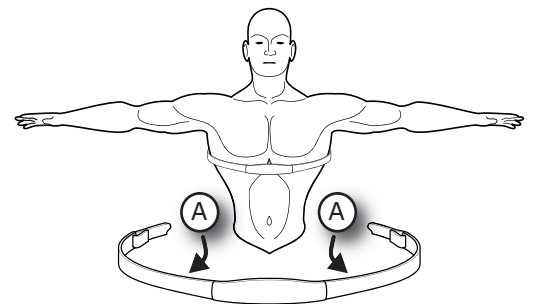
Age	Theoretical Maximum Heart Rate	65% (Moderate Burn)	80% (Vigorous Burn)
10	200	130	160
20	194	126	155
30	187	121	149
40	180	117	144
50	173	113	139
60	167	108	133
70	160	104	128
80	153	100	123
90	147	95	117
99	141	91	112

Wear the optional Polar® telemetry heart rate chest strap, or grip the Lifepulse™ sensors, to enable the on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the incline level to maintain the target heart rate based on the actual heart rate.

### The Optional Polar® Telemetry Heart Rate Chest Strap

The Polar telemetry heart rate monitoring system transfers heart rate signals to the console when electrodes are pressed against the skin. These electrodes are attached to a Polar telemetry heart rate chest strap that the user wears during the workout. The Polar telemetry heart rate chest strap is optional. Contact Life Fitness Customer Support Services to order.

See the diagram to the right of this paragraph for correct positioning of the Polar telemetry heart rate chest strap. The electrodes (A), which are the two grooved surfaces on the underside of the strap, must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moisten the electrodes. Then, secure the Polar telemetry heart rate chest strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.



The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with bare skin. However, it functions properly through a thin layer of wet clothing. If it becomes necessary to re-moisten the Polar telemetry heart rate chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and re-moisten them.

**Note:** If the Lifepulse system sensors are grasped while the chest strap is worn, and if the signals from the sensors are valid, the on-board computer uses these sensor signals for calculating the heart rate instead of those transmitted by the Polar telemetry heart rate chest strap.

**Note:** During the setup of a heart rate zone training workout, the user will be required to enter a start-up speed. If a Polar telemetry heart rate chest strap is not detected, the maximum allowable speed is 4.5 mph / 7.2 kph. If a Polar telemetry heart rate chest strap is detected, users can workout at the maximum allowed speed set in Manager's Configuration.

# HEART RATE GOAL WORKOUTS

---

## The Lifepulse™ System

The patented Lifepulse system sensors (B) are the built-in heart rate monitoring system on this product. For the most accurate reading possible, during a workout:

- Grasp the sensors firmly.
- Hold each sensors at the midpoint.
- Keep hands steady and in place.



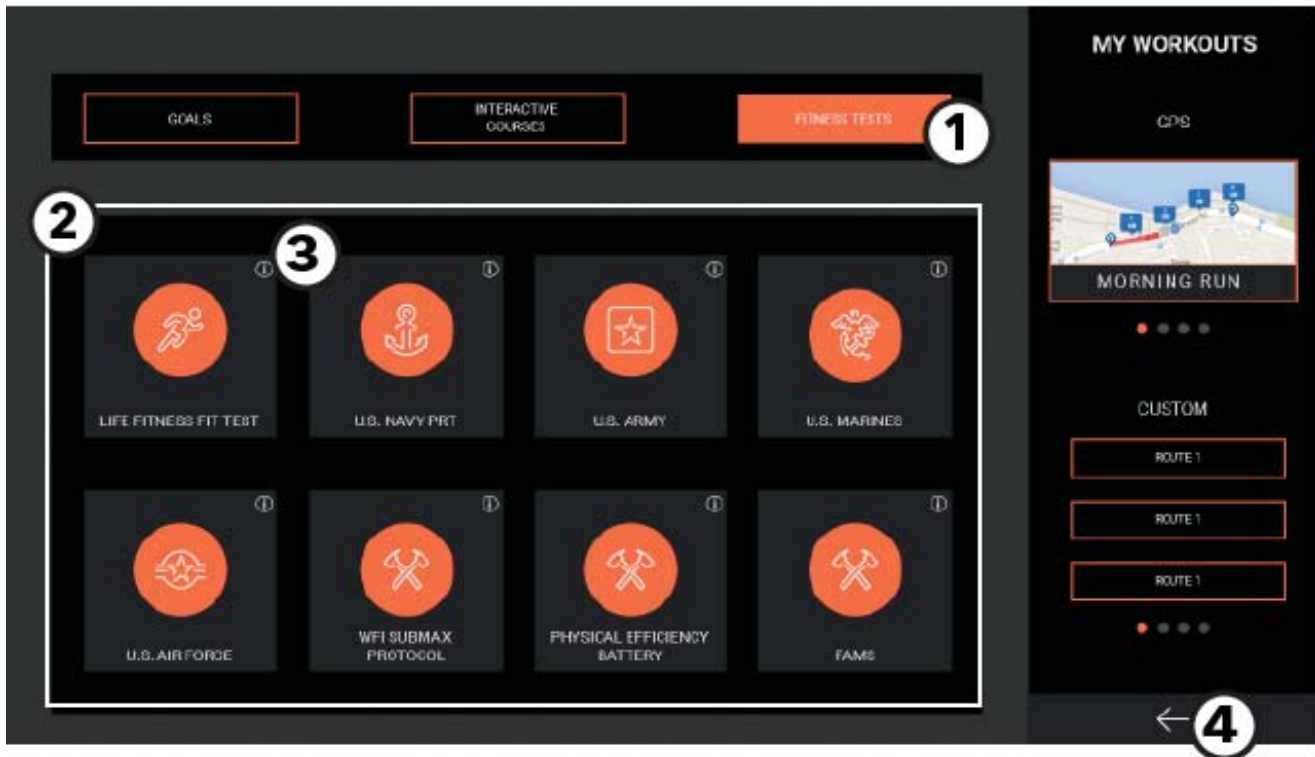
The console displays the heart rate within 10 to 40 seconds after the user grasps the sensors. The following factors may affect a Lifepulse reading:

- incorrect hand placement on the sensors,
- upper body activity, lotion or dirt on hands, and
- excessive or insufficient pressure used when gripping the sensors.



**Note:** Do not attempt to grasp the sensors on a treadmill at speeds above 4.5 mph or 7.2 kph. For these speeds, the use of a Polar telemetry heart rate chest strap is recommended.






# CHOOSE WORKOUT - FITNESS TESTS






## 1. Select FITNESS TESTS as Workout Option

**Note:** Fitness tests are not an option on the GSC Trainer.


## 2. Select a Fitness Test

- 
  - Life Fitness Fit Test** estimates cardiovascular fitness and can be used to monitor improvements in endurance every 4 - 6 weeks. (See following page for details on set up and results ratings).
  - U.S Navy Physical Readiness Test (PRT)** is a 5-minute distance goal test based on the time needed to complete the required distance and is used by the U.S. Navy and Naval academies to measure aerobic capacity. **Note:** not available on FlexStrider or PowerMill.
  - 
**U.S. Army Physical Fitness Test (PFT)** is a 5-minute physical performance test used to assess muscular endurance and cardiorespiratory fitness.
  - 
**U.S. Marines Physical Fitness Test (PFT)** is a physical performance test used to assess muscular endurance and cardiorespiratory fitness.
  - 
**U.S. Air Force Fitness Test (PRT)** is a physical performance test used to assess muscular endurance and cardiorespiratory fitness.
  - 
**WFI Submax Protocol** is a graded submax assessment used to predict a fire fighter's aerobic capacity. This test automatically increases speed and incline until a target heart rate is reached.

This assessment replaces the Gerkin assessment. Once the target heart rate has been exceeded for 15 seconds, the program goes into a cool down for 3 minutes at 3 mph at a 0% grade.

- 
  - Physical Efficiency Battery (PEB)** is used by U.S. Federal Law Enforcement, U.S. Federal Bureau of Investigation, and other federal organizations for the hiring and maintenance of federal jobs.
  - 
**FAMS** is a 12-minute cycle test. This test is a 1.5 mile run alternative.
  - 
**Candidate Physical Ability Test** is used to predict the ability to perform basic fire fighting tasks developed by the International Association of Fire Fighters. The test starts out with a 20-second warm up period at a set stepping rate of 50 steps per minute followed by the 3-minute test at a set stepping rate of 60 steps per minute.

## 3. Information

Press the  icon above each Fitness Test for a brief description of that Fitness Test.

## 4. Back Arrow

Closes current screen and returns to the Workout Selection Screen.

# LIFE FITNESS FIT TEST

- The Life Fitness Fit Test estimates cardiovascular activity and can be used to monitor improvements in endurance every 4 - 6 weeks.
- The Fit Test is considered to be a submax  $\text{VO}_2$  (volume or oxygen) test and gauges how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood.
- Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity.
- Workout duration is 5 minutes total.
- Take the Fit Test under similar circumstances each time. For the most accurate Fit Test results, you should perform the Fit Test on three consecutive days and average the three scores.
- To receive a proper Fit Test score, the work done must be within a training heart rate zone that is 60% to 85% of the theoretical maximum heart rate (HRmax).

The user must grasp the hand sensors when prompted, or wear a Polar telemetry heart rate chest strap as the test score calculation is based on a heart rate reading.

**Note:** *The workout will be terminated if a heart rate is not detected after 2.5 minutes.*

Your heart rate is dependent on many factors, including:

- amount of sleep the previous night (*at least 7 hours is recommended*)
- time of day
- time you last ate (*2 - 4 hours after the last meal is recommended*)
- time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (*at least 4 hours is recommended*)
- time since you last exercised (*at least 6 hours is recommended*)

Suggested exertion levels should be used as a guideline for setting up the Fit Test program. The goal is to elevate the user's heart rate to a level that is between 60%-85% of their theoretical maximum heart rate.

	Inactive	Active	Very Active
<b>Treadmill</b>	2 - 3 mph (3.2 - 4.8 kph)	3 - 4 mph (4.8 - 6.4 kph)	3.5 - 4.5 mph (5.6 - 7.2 kph)
<b>Cross-Trainer</b>	L 2-4 men L 1-2 women	L 3-10 men L 2-5 women	L 7-15 men L 3-10 women
<b>Lifecycle Exercise Bikes</b>	L 4-6 men L 2-4 women	L 5-10 men L 3-7 women	L 8-14 men L 6-10 women
<b>PowerMill Climber</b>	L1 - L4	L3 - L7	L6 - L11
<b>FlexStrider</b>	L6 - L10	L8 - L10	L10 - L14

# LIFE FITNESS FIT TEST

Within each suggested range, use these additional guidelines:

Lower Half of Range	Upper Half of Range
higher age	lower age
lower weight	higher weight (in cases of excessive weight, use lower half of range)
shorter	taller

After the 5-minute FIT TEST is completed, a FIT TEST score and rating will be displayed.

Please note that the estimated VO<sub>2</sub> max scores achieved will be 10-15% lower on stationary exercise bikes than those achieved on other Life Fitness cardiovascular equipment. Stationary cycling has a higher rate of isolated muscle fatigue of the quadriceps when compared to walking / running on a treadmill or utilizing a bike. This higher rate of fatigue corresponds to lower levels of estimated VO<sub>2</sub> max scores.

## Relative Fitness Classification for MEN

Rating	<i>Elite</i>	<i>Excellent</i>	<i>Very Good</i>	<i>Above Average</i>	<i>Average</i>	<i>Below Average</i>	<i>Low</i>	<i>Very Low</i>
<b>Estimated VO<sub>2</sub> Max (ml/kg/min) per Age category</b>								
20 - 29 years	55+	53 - 54	50 - 52	45 - 49	40 - 44	38 - 39	35 - 37	<35
30 - 39 years	52+	50 - 51	48 - 49	43 - 47	38 - 42	36 - 37	34 - 35	<34
40 - 49 years	51+	49 - 50	46 - 48	42 - 45	37 - 41	34 - 36	32 - 33	<32
50 - 59 years	47+	45 - 46	43 - 44	39 - 42	34 - 38	32 - 33	29 - 31	<29
60+ years	43+	41 - 42	39 - 40	35 - 38	31 - 34	29 - 30	26 - 28	<26

## Relative Fitness Classification for WOMEN

Rating	<i>Elite</i>	<i>Excellent</i>	<i>Very Good</i>	<i>Above Average</i>	<i>Average</i>	<i>Below Average</i>	<i>Low</i>	<i>Very Low</i>
<b>Estimated VO<sub>2</sub> Max (ml/kg/min) per Age category</b>								
20 - 29 years	47+	45 - 46	43 - 44	38 - 42	33 - 37	31 - 32	28 - 30	<28
30 - 39 years	44+	42 - 43	40 - 41	36 - 39	31 - 35	29 - 30	27 - 28	<27
40 - 49 years	42+	40 - 41	38 - 39	34 - 37	30 - 33	28 - 29	25 - 27	<25
50 - 59 years	37+	35 - 36	33 - 34	30 - 32	26 - 29	24 - 25	22 - 23	<22
60+ years	35+	33 - 34	31 - 32	27 - 30	24 - 26	22 - 23	20 - 21	<20

Life Fitness developed this rating scale based on VO<sub>2</sub> max percentile distributions referenced in *American College of Sports Medicine's Guidelines for Exercise Testing and Prescription* (8th E. 2010). It is designed to provide a qualitative description of a user's VO<sub>2</sub> max estimation, and a means of assessing initial fitness level and tracking improvement.

# DATA ENTRY OPTIONS - TREADMILL

Reference the charts on the following pages for a list user inputs required for each workout category and workout type.

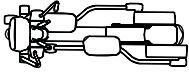

WORKOUT CATEGORY	WORKOUT TYPE	USER INPUT
<b>GOALS</b>	<b>Time</b>	3 preset values or use keypad to input desired time
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Level ( <i>if Hill, Random, or Rolling Hills is chosen</i> )
		Speed
		Weight ( <i>enter at bottom left of screen</i> )
	<b>Distance</b>	3 preset values or use keypad to input desired distance
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Level ( <i>if Hill, Random, or Rolling Hills is chosen</i> )
		Speed
		Weight ( <i>enter at bottom left of screen</i> )
	<b>Calories</b>	3 preset values or use keypad to input desired calories
		Weight
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Level ( <i>if Hill, Random, or Rolling Hills is chosen</i> )
		Speed
	<b>Climb</b>	3 preset values or use keypad to input desired floors
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Level ( <i>if Hill, Random, or Rolling Hills is chosen</i> )
		Incline ( <i>Level if Flat is chosen</i> )
		Speed
		Weight ( <i>enter at bottom left of screen</i> )
	<b>Heart Rate</b>	Goal ( <i>Time, Distance, Calories, Climb, Time in Zone</i> )
		Age
		Workout ( <i>Moderate Burn, Vigorous Burn, Fixed Time, Various Time</i> )
Target Heart Rate		
Speed		
<b>2-Speed Interval</b>	3 preset values or use keypad to input desired time	
	Low Speed	
	High Speed	
	Weight ( <i>enter at bottom left of screen</i> )	



# DATA ENTRY OPTIONS - TREADMILL

<b>WORKOUT CATEGORY</b>	<b>WORKOUT TYPE</b>	<b>USER INPUT</b>
<b>FITNESS TESTS</b>	<b><i>Life Fitness Fit Test</i></b>	Gender, Age, Weight, Speed
	<b><i>Navy Physical Readiness Test</i></b>	Elevation (>5000 ft. /<5000 ft.), Gender, Age, Weight, Speed
	<b><i>U.S. Army Physical Fitness Test</i></b>	Gender, Age, Weight, Speed
	<b><i>U.S. Marines Physical Fitness Test</i></b>	Elevation (>5000 ft. /<5000 ft.), Gender, Weight, Speed
	<b><i>U.S. Air Force Fitness Test</i></b>	Test (1.5 mile run or 1.0 mile walk), Gender, Age, Weight, Speed
	<b><i>WFI Submax Protocol</i></b>	Age, Height, Weight
	<b><i>Physical Efficiency Battery</i></b>	Gender, Age, Weight, Speed

# DATA ENTRY OPTIONS - CROSS-TRAINER & BIKES

WORKOUT CATEGORY	WORKOUT TYPE	USER INPUT
GOALS	<b>Time</b>	3 preset values or use keypad to input desired time
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Level
		Weight ( <i>enter at bottom left of screen</i> )
	<b>Distance</b>	3 preset values or use keypad to input desired distance
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Level
		Weight ( <i>enter at bottom left of screen</i> )
	<b>Calories</b>	3 preset values or use keypad to input desired calories
		Weight
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Level
	<b>Heart Rate</b>	Goal ( <i>Time, Distance, Calories, Time in Zone</i> )
		Age
		Workout ( <i>Moderate Burn, Vigorous Burn, Fixed Time</i> )
		Target Heart Rate
		Level
		Weight ( <i>enter at bottom left of screen</i> )
	<b>Aerobics</b>	Goal ( <i>Time, Distance, Calories</i> )
		Level
Weight ( <i>enter at bottom left of screen</i> )		
<b>Starter interval</b>	3 preset values or use keypad to input desired time	
	Level	
	Weight ( <i>enter at bottom left of screen</i> )	
 <b>Reverse</b>	Goal ( <i>Time, Distance, Calories</i> )	
	Level	
	Weight ( <i>enter at bottom left of screen</i> )	
FITNESS TESTS	<b>Life Fitness Fit Test</b>	Gender, Age, Weight, Level
	<b>Navy Physical Readiness Test</b>	Elevation (>5000 ft. /<5000 ft.), Gender, Age, Weight, Level
	 <b>FAMS</b>	Gender, Weight, Level

# DATA ENTRY OPTIONS - FLEXSTRIDER

WORKOUT CATEGORY	WORKOUT TYPE	USER INPUT
GOALS	<b>Time</b>	3 preset values or use keypad to input desired time
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Level
		Weight ( <i>enter at bottom left of screen</i> )
	<b>Distance</b>	3 preset values or use keypad to input desired distance
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Level
		Weight ( <i>enter at bottom left of screen</i> )
	<b>Calories</b>	3 preset values or use keypad to input desired calories
		Weight
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Level
	<b>Heart Rate</b>	Goal ( <i>Time, Distance, Calories, Time in Zone</i> )
		Age
		Workout ( <i>Moderate Burn, Vigorous Burn, Fixed Time</i> )
		Target Heart Rate
Level		
<b>Starter interval</b>	3 preset values or use keypad to input desired time	
	Level	
	Weight ( <i>enter at bottom left of screen</i> )	
<b>FITNESS TESTS</b>	<b>Life Fitness Fit Test</b>	Gender, Age, Weight, Level

# DATA ENTRY OPTIONS - GSC TRAINER

WORKOUT CATEGORY	WORKOUT TYPE	USER INPUT
GOALS	<b>Time</b>	3 preset values or use keypad to input desired time
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Level
		Weight ( <i>enter at bottom left of screen</i> )
	<b>Distance</b>	3 preset values or use keypad to input desired distance
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Level
		Weight ( <i>enter at bottom left of screen</i> )
	<b>Calories</b>	3 preset values or use keypad to input desired calories
		Weight
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Level
	<b>Starter interval</b>	3 preset values or use keypad to input desired time
		Level
		Weight ( <i>enter at bottom left of screen</i> )

# DATA ENTRY OPTIONS - POWERMILL

WORKOUT CATEGORY	WORKOUT TYPE	USER INPUT
<b>GOALS</b>	<b>Time</b>	3 preset values or use keypad to input desired time
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Speed or Level ( <i>if Flat is chosen</i> )
		Level ( <i>if Hill, Random or Rolling Hills is chosen</i> )
		Weight ( <i>enter at bottom left of screen</i> )
	<b>Calories</b>	3 preset values or use keypad to input desired calories
		Weight
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Speed or Level ( <i>if Flat is chosen</i> )
		Level ( <i>if Hill, Random or Rolling Hills is chosen</i> )
	<b>Climb</b>	3 preset values or use keypad to input desired floors
		Terrain ( <i>Flat, Random, Hills, Rolling Hills</i> )
		Speed or Level ( <i>if Flat is chosen</i> )
		Level ( <i>if Hill, Random or Rolling Hills is chosen</i> )
	<b>Heart Rate</b>	Goal ( <i>Time, Calories, Climb, Time in Zone</i> )
		Age
		Workout ( <i>Moderate Burn, Vigorous Burn, Fixed Time, Various Time</i> )
		Target HR
		Level
	<b>Intervals</b>	3 time preset values or use keypad to input desired time
Number of Intervals ( <i>2 or 3</i> )		
Low Speed		
Medium Speed ( <i>only for 3-Speed Interval</i> )		
High Speed		
<b>FITNESS TESTS</b>	<b>Life Fitness Fit Test</b>	Gender, Age, Weight, Level
	<b>WFI Submax Protocol</b>	Age, Height, Weight
	<b>CPAT</b>	- no inputs -

# DATA ENTRY OPTIONS - USER INPUT RANGES

## **Time**

1 - 60 minutes

## **Weight**

75 - 400 lbs. (34 -181 kg)

## **Incline**

0.0 - 15.0

## **Speed**

0.5 - 14.0 mph

20 - 160 spm (*PowerMill only*)

## **Age**

10 - 99 years

## **Height**

36 - 90 inches

## **Average Level**

1 - 20

Level refers to a range of incline percentages.

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

## **PowerMill:**

Configurable \* : 0 - 20 Level

Configurable \* : 12 - 185 SPM

*\* If the "Level Zero" option is enabled the minimum level becomes 0 and minimum SPM is 12.*

*\* If the "Level 21 - 25" option is disabled then maximum level is 20 and maximum SPM is 159.*

*Levels 21 - 25 and corresponding SPM rates of 160 to 185 are only allowed in MANUAL and SPEED INTERVAL workouts.*

# WORKOUT MODE OVERVIEW

## Treadmill Classic Workout Profile View shown



### 1. Workout Profile Views

- Choose the Interactive or Classic View.
- An orange frame surrounding a workout profile view represents the current view.

### 2. Current Workout Profile View

Classic view is shown.

### 3. Screen Size Toggle

Press to toggle between Standard (*shown*) and Full Workout View screen sizes.

### 4. Stop / Pause

- Press to pause a workout.
- Choose *Cool Down*, *Resume* or *End Workout*.  
**Note (International Platinum Club Series Products Only):** Treadmill will go into Energy Saving Mode after 5 minutes of inactivity. To wake up the console, step on the treadmill belt. The treadmill will automatically wake up and the console will light up. Waking up the treadmill takes approximately 50 seconds after stepping onto the belt.

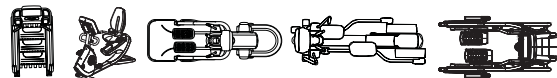
### 5. Cool Down

- Press during workout to begin a cool down period.
- Choose *Cool Down*, *Resume* or *End Workout*.

### 6. Incline

Use the Up and Down arrows to increase and decrease incline by 0.5% intervals.

#### Level



Use the Up and Down arrows to increase and decrease levels by 1.

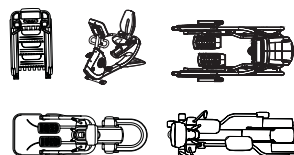
Level controls both incline and resistance settings.



### 7. Preset Speed

Press to select a preset speed.

#### Preset Resistance Level



Press to select a preset resistance level.

Press to select a preset incline and resistance level.



# WORKOUT MODE OVERVIEW


Treadmill Classic Workout Profile View shown



## 8. Speed

Use the Up and Down arrows to increase and decrease speed by 0.1 mph intervals.

### SPM

Use the Up and Down arrows to increase and decrease SPM by 1. 

Displays speed in SPM. 

### RPM

Displays speed in RPM or MPH.

## 9. Expanded Stats

Press to show real time workout stats.

## 10. Primary Goal Workout Stat

Primary workout goal stat is displayed.

## 11. Select Entertainment Option

Options may include TV, Internet, Netflix, Solitaire, Pandora and You Tube.

## 12. Menu

- Press to Log In to LFconnect or to see Stats if logged in.
- Scan for Bluetooth® devices.
- Set measurement units and enter weight for accurate calories.



# MENU - LOGGED IN / PROFILE



Press the Menu icon  anytime during a workout.

## 1. Logged In / Profile Menu

Press Logged In / Profile icon to do the following:

- log into LFconnect
- view previously saved stats (*if logged in*)

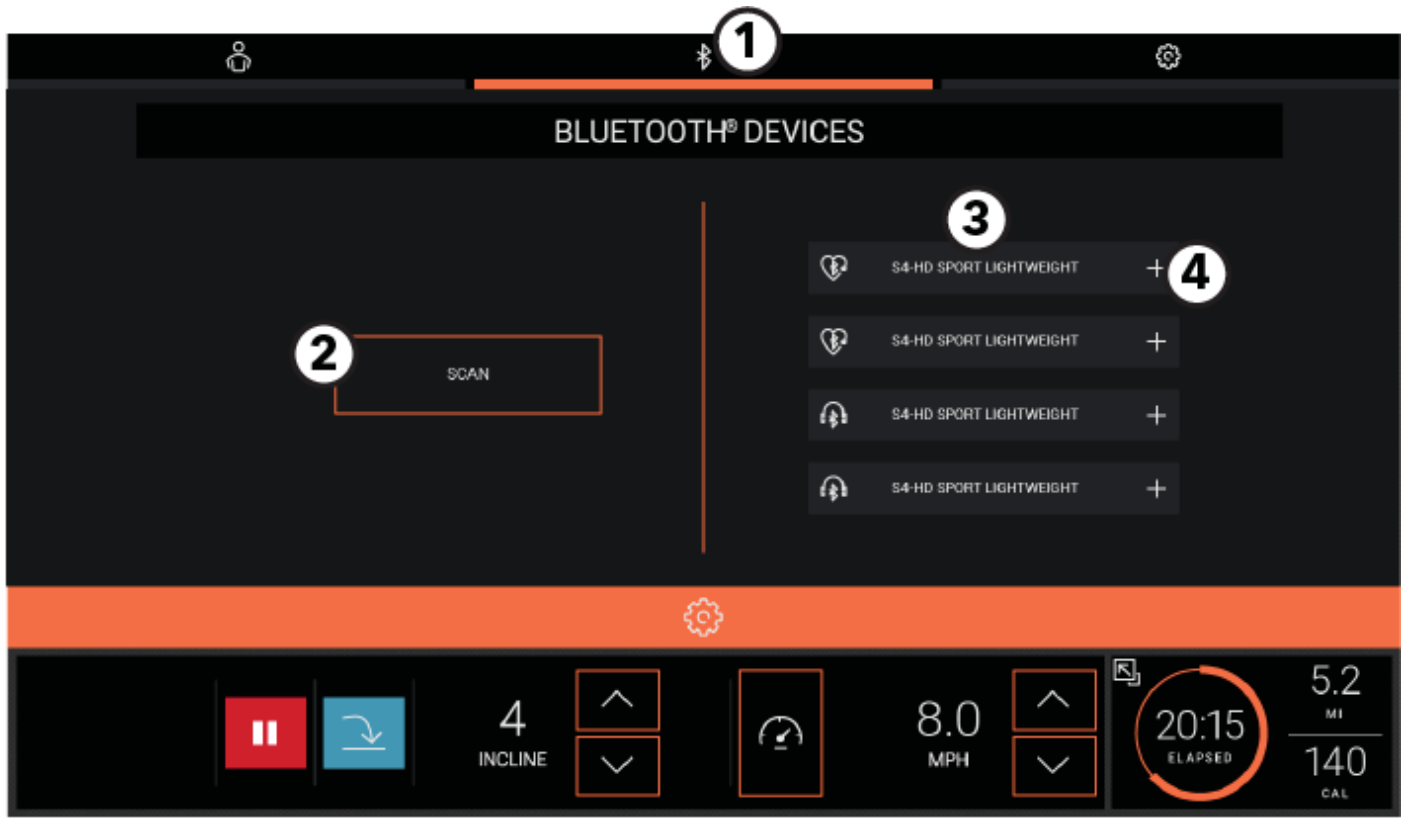
## 2. Stats

View previous saved workout stats and averages.

## 3. Menu icon

Press to exit Logged In / Profile screen and return to Workout Profile View.

# MENU - BLUETOOTH DEVICES



Press the Menu icon  anytime during a workout.

## 1. Bluetooth Devices Menu

Press Bluetooth icon to view the Bluetooth Devices Menu.

## 2. Scan

Scan for available Bluetooth devices.

**Note:** For Bluetooth headphones, make sure your headphones are in pairing mode. Headphones using a low energy Bluetooth signal or single ear headphones are not compatible.

## 3. Available Devices

Scroll through the list of available Bluetooth devices.

## 4. Plus Sign

Click the plus symbol to pair your device.

# MENU - SETTINGS



Press the Menu icon  anytime during a workout.

## 1. Settings Menu

Press Settings icon to view the Settings Menu.

## 2. Choose Measurement Unit

- Imperial
- Metric

## 3. Enter Weight

Use numeric keypad to input a weight value.

## 4. Clear

Press to clear an incorrectly entered weight value.

## 5. Enter

Press to enter weight value.

# EXPANDED STATS

Treadmill shown



## 1. Expanded Stats

- Press during a workout to view real time workout stats.
- Press in Expanded Stats view to go back to Workout Mode view.

## 2. Primary Goal

Primary Goal is shown in the dial.

## 3. Additional Stats

Additional workout stats are displayed depending on workout and goal selected.

# EXPANDED STATS - TREADMILL

Base	Primary Goal in Dial	Expanded Stats
Treadmill	Time	Time (if in HR Workout)
		Time In Zone (if in HR Workout)
		Distance (total and climbed)
		Calories (burned and calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Pace (current, average time/speed, average speed)
		METs
		Watts
	Time In Zone	Time (elapsed)
		Distance (total and climbed)
		Calories (burned and calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Pace (current and average time/speed, average speed)
		METs
		Watts
	Distance	Time (elapsed) and Time in Zone (if in HR workout)
		Distance (climbed)
		Calories (burned and calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Pace (current, average time/speed, average speed)
		METs
		Watts
	Distance Climbed	Time (elapsed) and Time in Zone (if in HR workout)
		Distance (total)
		Calories (burned and calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Pace (current, average time/speed, average speed)
		METs
Watts		
Calories	Time (elapsed) and Time in Zone (if in HR workout)	
	Distance (total and climbed)	
	Calories (calories per hour)	
	Heart Rate (current, average HR (BPM), max HR)	
	Pace (current, average time/speed, average speed)	
	METs	
	Watts	

# EXPANDED STATS - POWERMILL

Base	Primary Goal in Dial	Expanded Stats
<b>Powermill</b>	Time	Time in Zone <i>(if in HR Workout)</i>
		Distance (floors climbed and steps)
		Calories (burned and calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Average Speed (SPM)
		METs
		Watts
	Time In Zone	Time (elapsed)
		Distance (floors climbed and steps)
		Calories (burned and calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Average Speed (SPM)
		METs
		Watts
	Distance	Time (elapsed) and Time in Zone <i>(if in HR workout)</i>
		Distance (steps)
		Calories (burned and calories per hour)
		Heart Rate (average HR (BPM), max HR)
		Average Speed (SPM)
		METs
		Watts
	Calories	Time (elapsed) and Time in Zone <i>(if in HR workout)</i>
		Distance (floors climbed and steps)
		Calories (calories per hour)
		Heart Rate (average HR (BPM), max HR)
		Average Speed (SPM)
		METs
		Watts

# EXPANDED STATS - GSC TRAINER

Base	Primary Goal in Dial	Expanded Stats
<b>GSC Trainer</b>	Time	Distance (total)
		Calories (burned and calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Pace (current and average time/speed)
		Average Speed (MPH or KPH) and Average RPM
		METs
		Watts
	Distance	Time (elapsed)
		Calories (burned and calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Pace (current and average time/speed)
		Average Speed (MPH or KPH) and Average RPM
		METs
		Watts
	Calories	Time (elapsed)
		Calories (burned and calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Pace (current and average time/speed)
		Average Speed (MPH or KPH) and Average RPM
		METs
		Watts

# EXPANDED STATS - CROSS-TRAINER & BIKES

Base	Primary Goal in Dial	Expanded Stats
<b>Cross-Trainers &amp; Bikes</b>	Time	Time (if in HR Workout)
		Time in Zone (if in HR Workout)
		Distance (total)
		Calories (burned and calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Pace (current and average time/speed)
		Average Speed (MPH or KPH) and Average RPM
		METs
		Watts
	Time In Zone	Time (elapsed)
		Distance (total)
		Calories (burned and calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Pace (current and average time/speed)
		Average Speed (MPH or KPH) and Average RPM
		METs
		Watts
	Distance	Time (elapsed) and Time in Zone (if in HR workout)
		Calories (burned and calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Pace (current and average time/speed)
		Average Speed (MPH or KPH) and Average RPM
		METs
		Watts
	Calories	Time (elapsed) and Time in Zone (if in HR workout)
		Distance (total)
		Calories (calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Pace (current and average time/speed)
		Average Speed (MPH or KPH) and Average RPM
		METs
		Watts



# EXPANDED STATS - FLEXSTRIDER

Base	Primary Goal in Dial	Expanded Stats
<b>FlexStrider</b>	Time	Time (if in HR Workout)
		Time in Zone (if in HR Workout)
		Distance (total)
		Calories (burned and calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Pace (current and average time/speed)
		Average Speed (MPH or KPH), Average RPM and Average SPM
		Stride (average and max)
		METs
		Watts
		Time In Zone
	Distance (total)	
	Calories (burned and calories per hour)	
	Heart Rate (current, average HR (BPM), max HR)	
	Pace (current and average time/speed)	
	Average Speed (MPH or KPH), Average RPM and Average SPM	
	Stride (average and max)	
	METs	
	Watts	
	Distance	
		Calories (burned and calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Pace (current and average time/speed)
		Average Speed (MPH or KPH), Average RPM and Average SPM
		Stride (average and max)
		METs
		Watts
	Calories	Time (elapsed) and Time in Zone (if in HR workout)
		Distance (total)
		Calories (calories per hour)
		Heart Rate (current, average HR (BPM), max HR)
		Pace (current and average time/speed)
		Average Speed (MPH or KPH), Average RPM and Average SPM
		Stride (average and max)
		METs
		Watts



Press the Pause / Stop button to pause a workout.

Choose one of the following options while in Pause mode:

- 1. Cool Down**  
Press to enter a cool down mode.
- 2. Resume**  
Press to continue current workout.
- 3. End**  
Press to end current workout and view workout summary.



Press the Cool Down button anytime during a workout to start a Cool Down Mode.

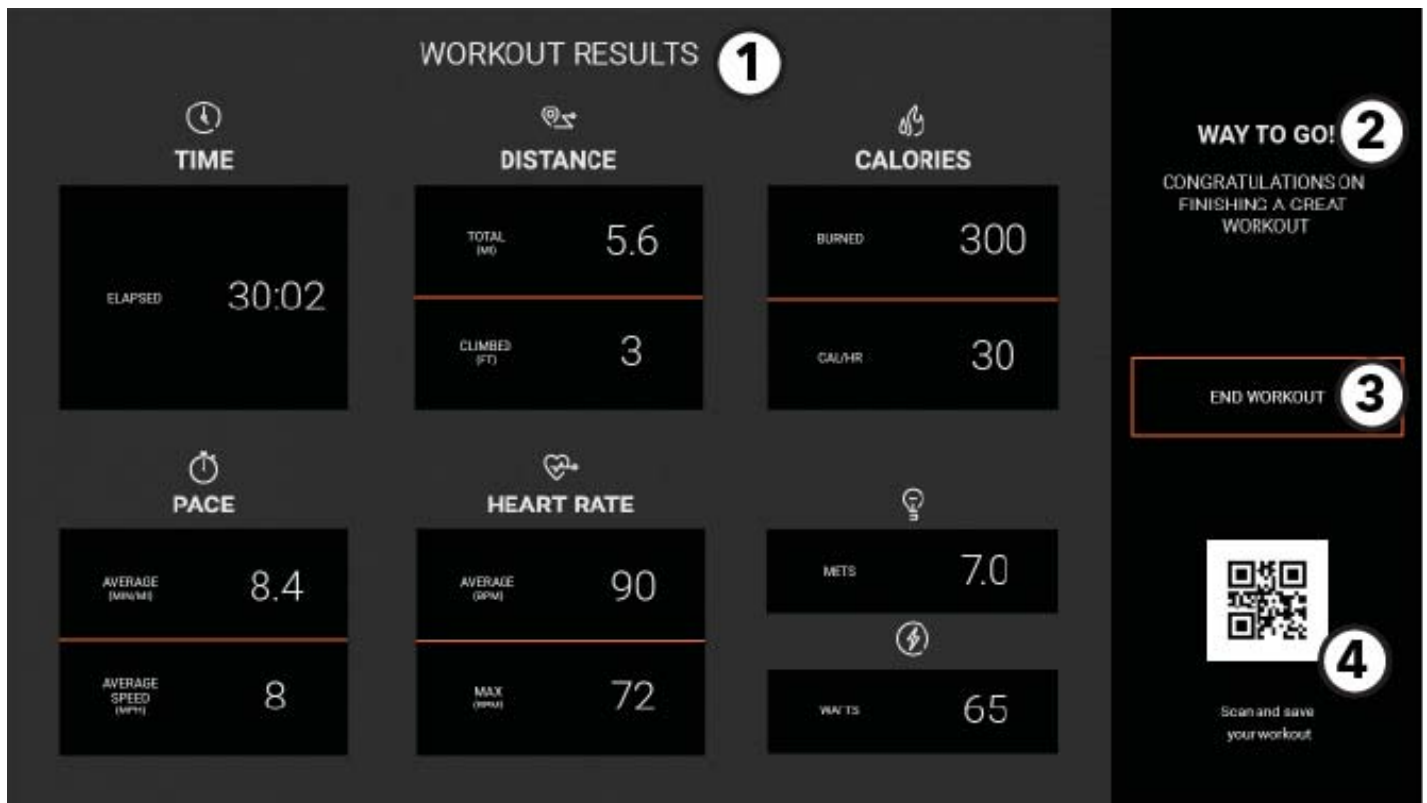
## 1. Time Display

- "Time" will change to "cool down" when the cool down mode is entered.
- The time display initially shows the amount of time in minutes that a specific workout is required to be in Cool Down Mode.
- The time display will countdown until it reaches 0:00.

## 2. Increase / Decrease Time

- Press "-" to decrease the cool down time by 1-minute intervals.
- Press "+" to increase the cool down time by 1-minute intervals.

# WORKOUT SUMMARY



The Workout Summary Screen is displayed once the workout session ends or is terminated by the user.

## 1. Summary of Workout Parameters

- Data for workout parameters is displayed for 60 seconds.
- The data displayed depends on the selected workout / goal.

## 2. Message

A *Congratulations* message is displayed.

## 3. End Workout

Press to exit the Workout Summary Screen, log out of any connections, and return to the Home Screen.

## 4. Scan and Save Your Workout

Workouts are automatically saved if already logged in or the LFconnect app is detected and active.

# SELECT ENTERTAINMENT



**Note:** This feature is only available in Workout Mode.

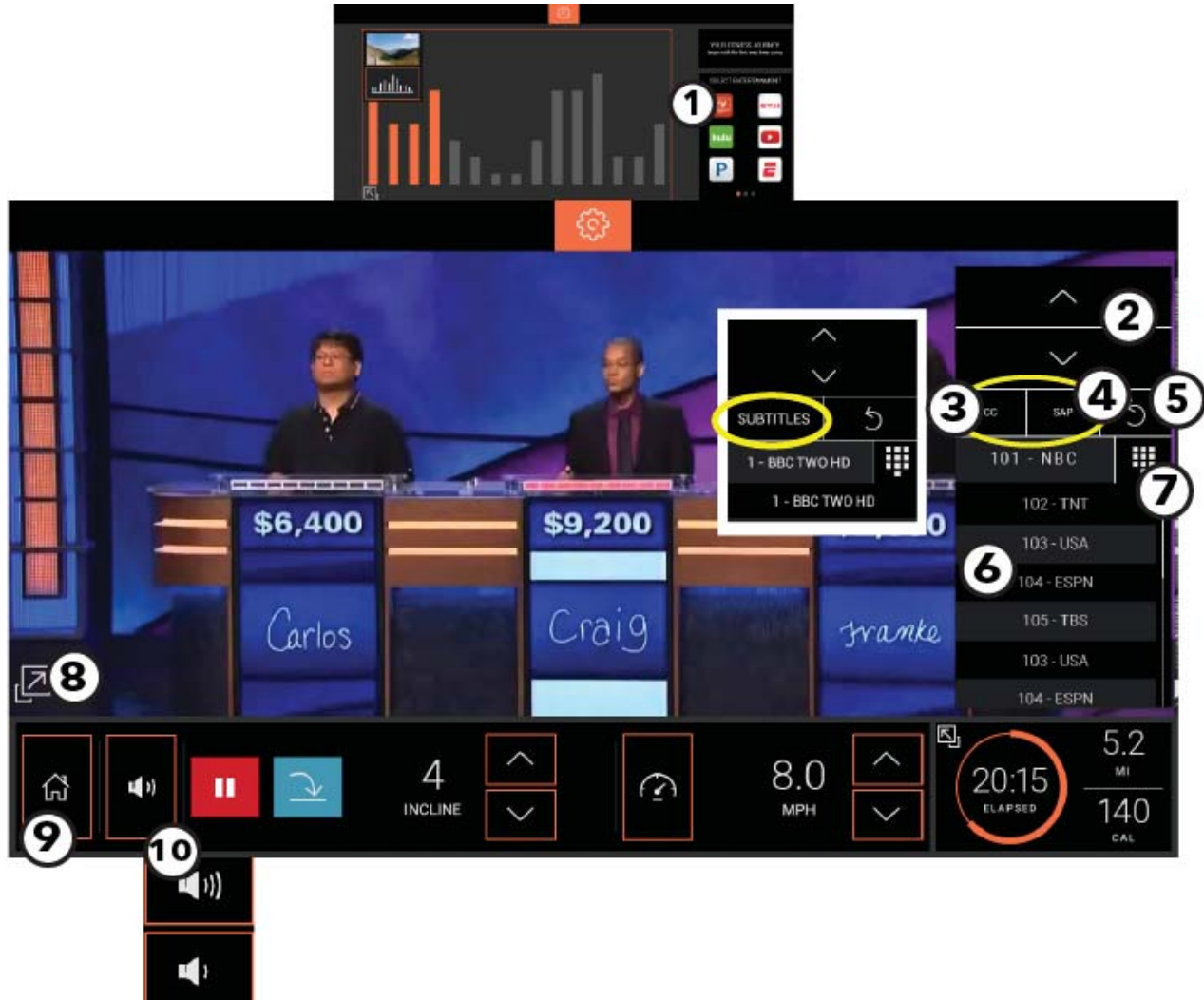
## 1. Select Entertainment Option

Watch traditional TV or log into your personal Netflix or Hulu accounts. The following apps are integrated into the console:

- TV
- Internet Browser
- Netflix
- Hulu
- Pandora Radio
- YouTube
- ESPN
- BBC
- Newsy
- Economist

# SELECT ENTERTAINMENT - TV

## FULL SCREEN WITH CHANNEL LIST



**Note:** This feature is only available in Workout Mode.

### 1. TV Option

Choose to watch TV during a workout session.

### 2. Channel Up and Down Arrows

- Press "Up Arrow" to go ahead one channel number.
- Press "Down Arrow" to go back one channel number.

### 3. CC (Closed Caption)

Press to turn Closed Caption On / Off.

**Note:** DVB-T2 tuner configurations replace Closed Captioning with Subtitles. Press Subtitles to turn On / Off.

### 4. SAP (Secondary Audio Programming)

Press to activate Secondary Audio Programming.

**Note:** SAP broadcasting must be available for usage.

### 5. Previous Channel

Press the Previous Channel button to jump back to the previous channel viewed.

### 6. Channel List

List of all available channels.

### 7. Channel List and Channel Keypad Toggle

Press to toggle between Channel List and Channel Keypad.

### 8. Screen Size Toggle

Press to toggle between Full and Minimized screen sizes.

### 9. Press to go to Home View.

### 10. TV Audio Controls

(Speaker icon displays only when headphones are plugged into the headphone jack or Bluetooth headphones are paired.) Press corresponding icons to increase and decrease volume.

# SELECT ENTERTAINMENT - TV - STB IPTV MINIMIZED SCREEN



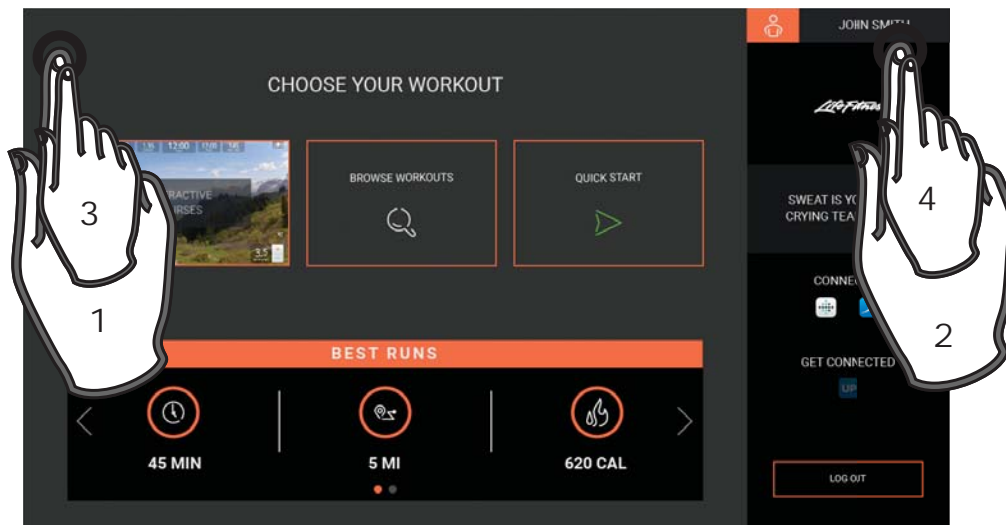
IPTV STB configuration is an alternative way to provide TV programs that use Internet Protocol (IP) Ethernet cabling and signals as opposed to traditional coaxial cable and RF signals.

- 1. Closed Caption (if supported)**  
Press to turn Closed Caption On / Off.
- 2. Numeric Keypad**  
Press to bring up a Numeric Keypad for channel selection.
- 3. Electronic Program Guide (if supported)**
- 4. Arrow Keys**  
Use to navigate STB on-screen menus.
- 5. Generic Color Buttons (if supported)**  
IPTV Set-Top-Box defines the actions of the generic color buttons.
- 6. Set-Top-Box Menu (if supported)**
- 7. Channel Up and Down Arrows**
  - Press "Up Arrow" to go ahead one channel number.
  - Press "Down Arrow" to go back one channel number.
- 8. Enter**  
Press to access sub-menus and to confirm selections.

# SYSTEM OPTIONS MENU

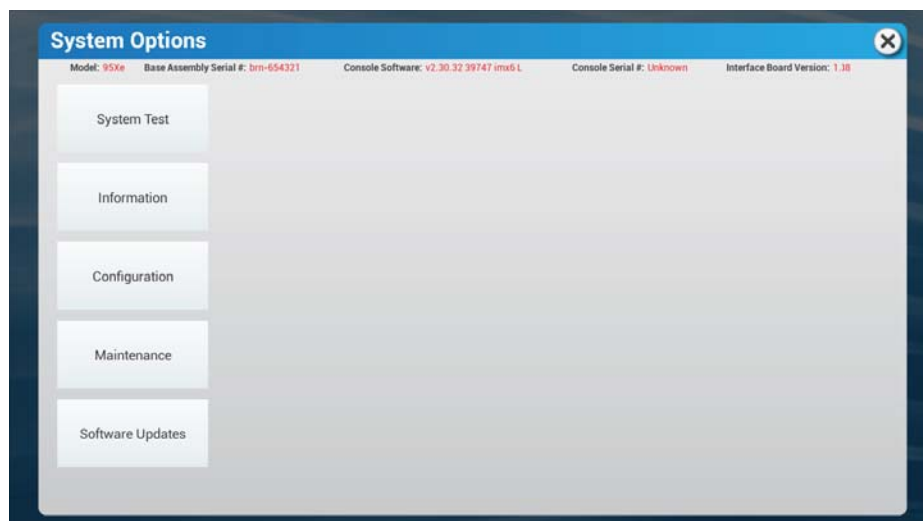
## Access the Systems Options Menu

- Go to the Workouts Selection Screen.
- The touch sequence is UPPER-LEFT, UPPER-RIGHT, UPPER-LEFT, and UPPER-RIGHT.



## Systems Options Main Menu

- System Test
- Information
- Configuration
- Maintenance
- Software Updates





# SYSTEM OPTIONS MENU: CONFIGURATION MENU

---

The Configuration Menu allows fitness facility managers to configure basic functionality of the product as well as network and media settings. The button of the selected option is blue. When a selection is made that option's menu screen appears to the right.

## Manager

Set unit defaults.

## Media Center

- TV
- Lifescape
- Audio Setup

## Touch Screen Configuration

Follow the instructions on the screen to recalibrate the Touch Screen. Contact Life Fitness Customer Support Services if repeated attempts at calibration were unsuccessful.

## Wireless Connectivity

- Enable or disable Wireless Connectivity.
- Option to add wireless network.
- Disable wireless connectivity to change the frequency band.

## Apps

Featured apps on the console are listed.

## Network

Choose network.

## Date / Time

Set date and time.

## Export / Import Settings

- Export settings to USB stick.
- Import settings from USB stick.

## Ethernet

Ethernet advanced settings

## Bluetooth

Enable/Disable Bluetooth.

## RFID

- Enable RFID.
- Select tag type.

## Media Setup

- Equipment type (*treadmill or non tread*)
- Archive media files
- Available Space & Required Space

# CONFIGURATION MENU: MANAGER

The screenshot displays the 'System Options' configuration interface. At the top, a blue header bar contains the title 'System Options' and a close button. Below the header, a status bar provides system information: Model: 95Xe, Base Assembly Serial #: brn-654321, Console Software: v2.30.32 39747 imx6 L, Console Serial #: Unknown, and Interface Board Version: 1.38.

The main interface is divided into two columns. The left column is a navigation menu with the following options: System Test, Information, Configuration (highlighted in blue), Maintenance, Software Updates, Manager (highlighted in blue), Media Center, Touch Screen Configuration, Wireless Connectivity, Apps, Network, and Date and Time. The right column contains the configuration settings for the selected 'Manager' option.

The 'Manager' configuration section includes:

- Default Language:** A dropdown menu currently set to 'English US' with a 'Setup' button below it.
- User Language:** A 'Setup' button.
- Units:** Radio buttons for 'English' (selected) and 'Metric'.
- Facility:** Facility ID: 13044. Additional information includes 8472883418, GMT -05:00, and Central Daylight Time. A status box shows 'Status: Unable to reach LFConnect' and 'Last Update: 2016-05-06 09:25:12 CDT'. An 'Update' button is located below this section.
- Registered Facility Managers:** A section showing 'Status: Unable to reach LFConnect' and an 'Add Manager' button.

# CONFIGURATION MENU: MANAGER: DEFAULTS

Setting	Default	Description
<b>Discover SE3 CARDIO PRODUCTS</b>		
Default User Language	<i>English U.S.</i>	This option allows for the setting of a new default language for user and service messages. Choices include: <i>English, Japanese, Italian, Turkish, Arabic, English UK, Dutch, French, Polish, Catalan, Simplified Chinese, Traditional Chinese, Spanish, Russian, Finnish, Basque, German, Portuguese, Korean, and Hungarian.</i>
Units	<i>English</i>	Set the measurement unit type for weight, distance, height, and speed. <b>Note:</b> Metric available.
Inactivity Timer	<i>On, 2 hours</i>	Set the desired amount of time of inactivity before the system automatically turns off the LCD touch screen backlight.
Auto Off / Auto On	<i>Off</i>	Set the time of day for the system to automatically turn off the LCD touch screen backlight.
System Sounds	<i>On</i>	This option controls whether the system speaker beep is generated on key presses.
Workout Duration Configuration	<i>60 minute max</i>	Set maximum workout duration limits. 99 minutes maximum.
Pause Time	<i>1 minute</i>	Set the maximum time during which a workout can remain in pause mode. 99 minutes maximum.
Custom Message	<i>Disabled</i>	Set a scrolling custom message. Enable the custom message to display during a workout every 5 minutes.
Telemetry	<i>Enabled</i>	Switching on the telemetry feature makes it possible to use the Polar®-compatible Heart Rate Zone Training exercises with a Polar telemetry heart rate chest strap for monitoring the heart rate.
Secure Channel	<i>Off</i>	Access a secure channel if enabled.
Promo Channel	<i>Off</i>	If enabled, one existing input channel can be selected to be a dedicated channel for internal promotional broadcast use.
Marathon Mode	<i>Enabled</i>	This option allows the user to workout indefinitely.
Pace Display	<i>On</i>	If this option is enabled, the rate of minutes per mile is displayed.
Program Time out	<i>30 seconds</i>	The amount of time, ranging from 0 - 255 seconds, a user can go without touching the LCD touch screen during workout setup before the unit returns to the Home Screen.

# CONFIGURATION MENU: MANAGER: DEFAULTS

Setting	Default	Description
<b>TREADMILL ONLY</b>		
Maximum Speed	14.0 mph (23 k/ph )	Set the fastest speed the treadmill can operate.
Minimum Speed	0.5 mph (0.8 k/ph )	Set the slowest speed the treadmill can operate.
Maximum % Incline	15.0	This option changes the maximum incline grade to a value lower than 15%.
Activity Zone Speed Keys	Enabled	This option allows the user to assign belt speed to Walk / Jog / Run values.
Stride Sensor	On	This option automatically pauses the workout if the user steps off the belt.
Fit Test Plus	On	This option allows to enable the following Fit Tests: Army Physical Fitness Test, Navy Physical Readiness Test, Marines Physical Fitness Test, Air Force Fitness Test, WFI Submax Protocol, and Physical Efficiency Battery.
Deceleration Rate	3	The rate at which the treadmill decelerates to the selected speed, ranging from 1 (slowest) to 5 (fastest).
Acceleration Rate	3	The rate at which the treadmill accelerates to the selected speed, ranging from 1 (slowest) to 5 (fastest).

Setting	Default	Description
<b>POWERMILL ONLY</b>		
Calorie Per Hour (CPH) Display	On (International: Off)	If this option is enabled, the MESSAGE CENTER displays the number of calories burned per hour during the workout.
Steps Climbed Display	Off	If this setting is enabled, the total number of steps climbed is periodically shown during a workout.
Max Acceleration Rate	3	This sets the rate at which the PowerMill Climber accelerates to the selected speed, ranging from one (slowest) to five (fastest).
Max Deceleration Rate	3	This sets the rate at which the PowerMill Climber decelerates to the selected speed, ranging from one (slowest) to five (fastest).
On / Off Lvl 0 (12-19 SPM) Warm Up Speed Level	Off	This option, if enabled, controls whether or not Level 0 may be used in program setup or during a workout. Level 0 corresponds to intensity levels below Level 1.
On / Off Lvl 21 - 25 (160-182 SPM) High Speed Level	On	This option controls whether or not Levels 21 through 25 may be used in program setup or during a workout (MANUAL and SPEED INTERVAL workouts ONLY).
Minimum Speed (SPM)	20 SPM	Set the slowest speed the PowerMill can operate.
Maximum Speed (SPM)	160 SPM	Set the fastest speed the PowerMill can operate.

# CONFIGURATION MENU: MEDIA CENTER: TV SETUP



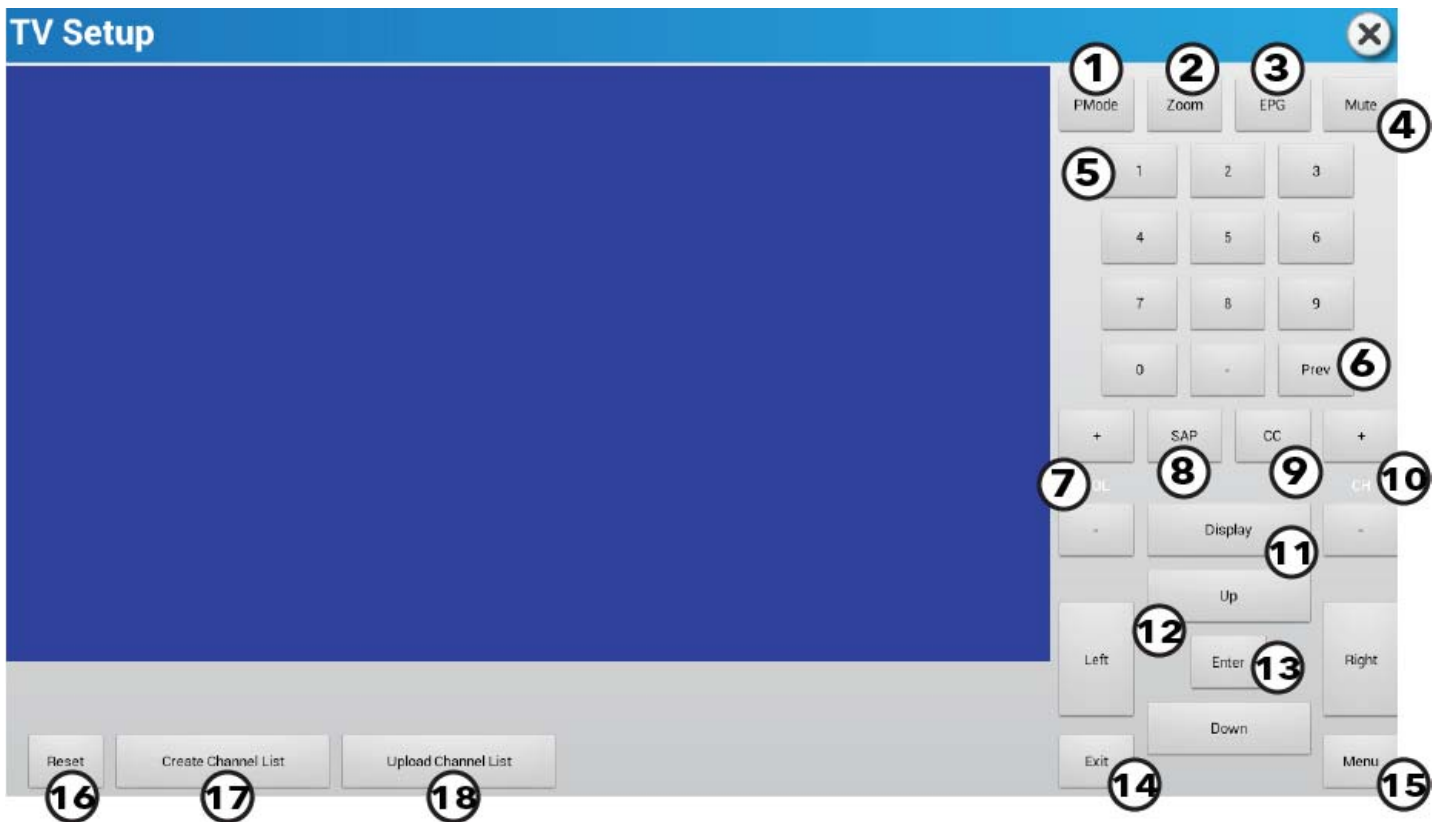
## 1. Tuner Type

- DTV is the default selection for ATSC, DVB-T2, and ISDB-T configurations.
- STB IPTV is the default selection for STB IPTV Hardware and Pro:Idiom configurations.

## 2. TV Setup

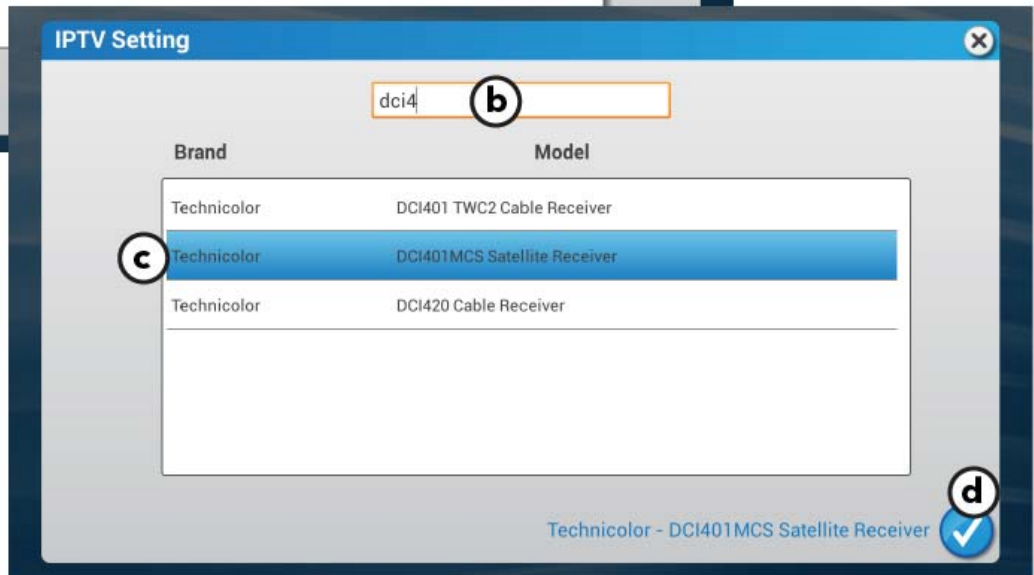
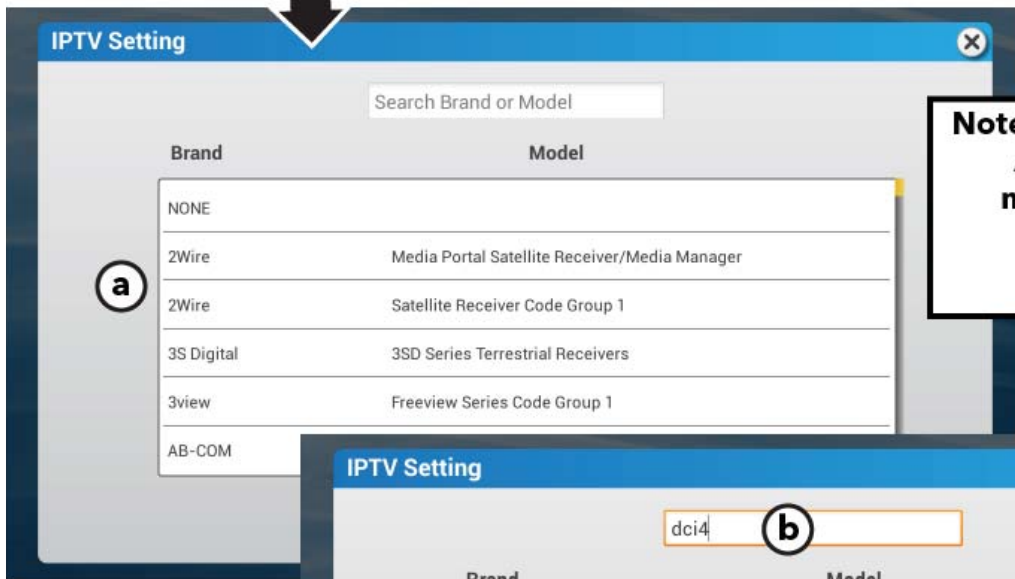
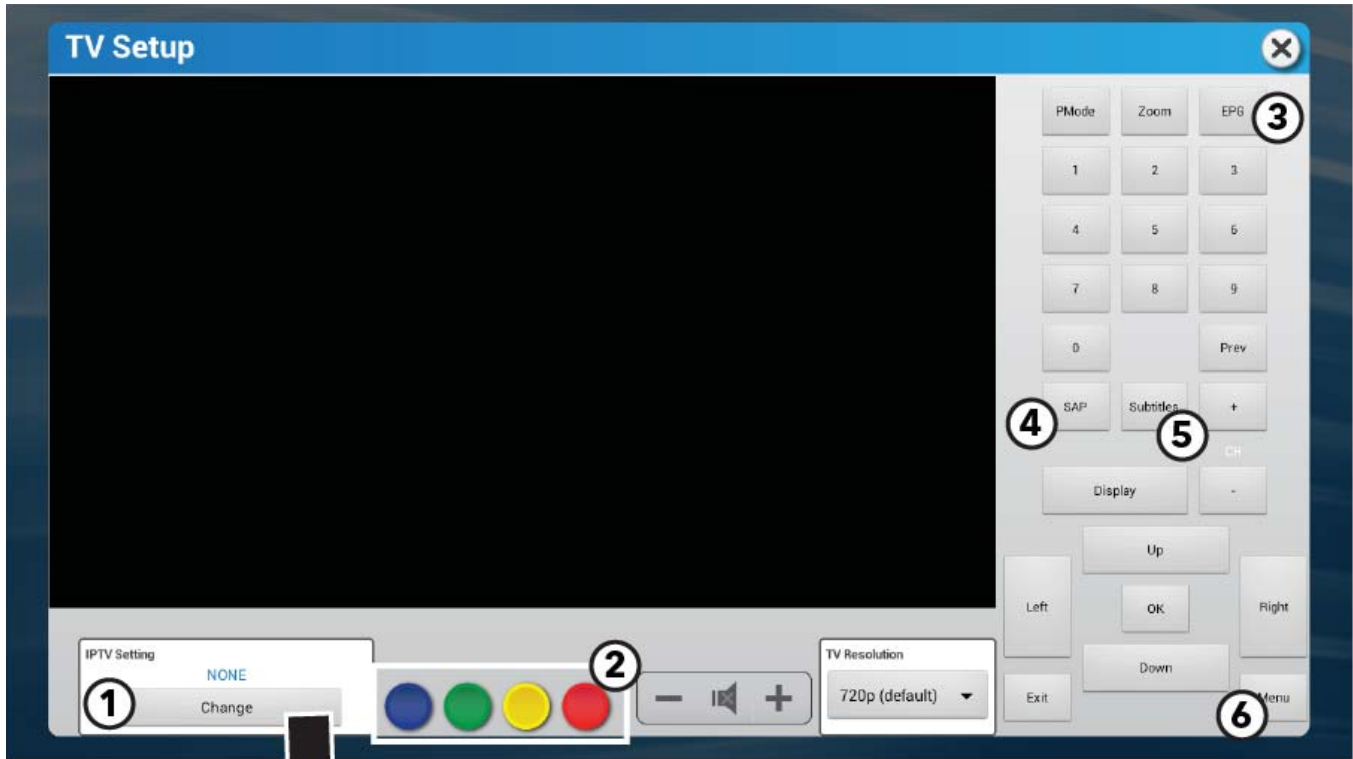
Press to view TV Setup screen for the chosen tuner type.

# CONFIGURATION MENU: MEDIA CENTER: TV SETUP: DTV



- 1. PMODE**  
Set Picture Mode
- 2. Zoom**  
Picture Size
- 3. EPG (if available)**  
Lists current and upcoming programs for selected channels.
- 4. Mute**  
Silence TV audio.
- 5. Keypad**  
Use for manual channel input. Use the hyphen (-) to input major-minor channel numbering.
- 6. Prev**  
Press to view previous channel.
- 7. Volume keys**  
Use to increase (+) or decrease (-) volume specific for the tuner.
- 8. SAP (if available)**  
Press to activate Secondary Audio Programming.
- 9. CC**  
Press to turn Closed Caption (or Subtitles) On / Off.
- 10. Channel keys**  
Use to move channels up (+) or down (-).
- 11. Display**  
Current channel information is shown.
- 12. Navigation arrows**  
Use to navigate the TV Tuner Setup menu options.
- 13. ENTER**  
Make Selections.
- 14. EXIT**  
Press to exit the TV Setup menu.
- 15. Access Tuner Setup Menu**
  - Tuner Setup
  - Video
  - Channel
  - V Chip
- 16. Reset**  
Resets tuner to default state.
- 17. Create Channel List**  
Create a list of channels for users to access during workouts.
- 18. Upload Channel List**  
Uploads Channel list to LFconnect (if connected) and instantly to all other units in the facility if units are connected to the internet.

# TV SETUP: STB IPTV



# TV SETUP: STB IPTV

---

These commands are sent to the corresponding Set-Top Boxes. The Set-Top-Boxes determine the actions. See the Set-Top-Box manufacturer's documentation for detailed functionality descriptions.

## 1. IPTV Setting

Select the Set-Top Boxes IR control codes.

Search for the Set-Top Box Brand and Model.

- a. Scroll through the list of Brands and Models.

**OR**

- b. Type the name of the Brand or Model in the Search box.
- c. Select the row with your desired Brand and Model.
- d. The selected Brand and Model is displayed.

**Note:** Select the IPTV Setting at INSTALLATION to match Set-Top-Box Brand / Model in the facility's AV Closet.

**Note:** There may be multiple rows for the same Brand and Model. Each row will have different Set-Top-Box remote control codes so multiple rows may need to be attempted during configuration.

**Note:** Rows containing the model description "**Legacy Product - do not use for new console installs**" should not be selected manually during installation of new consoles regardless of whether the corresponding Set-Top-Box is new or not.

## 2. Generic Color buttons

Set-Top-Box defines the actions.

## 3. EPG (if available)

Lists current and upcoming programs for selected channels.

## 4. SAP (if available)

Toggles between Normal and SAP Audio Channel.

## 5. Subtitles

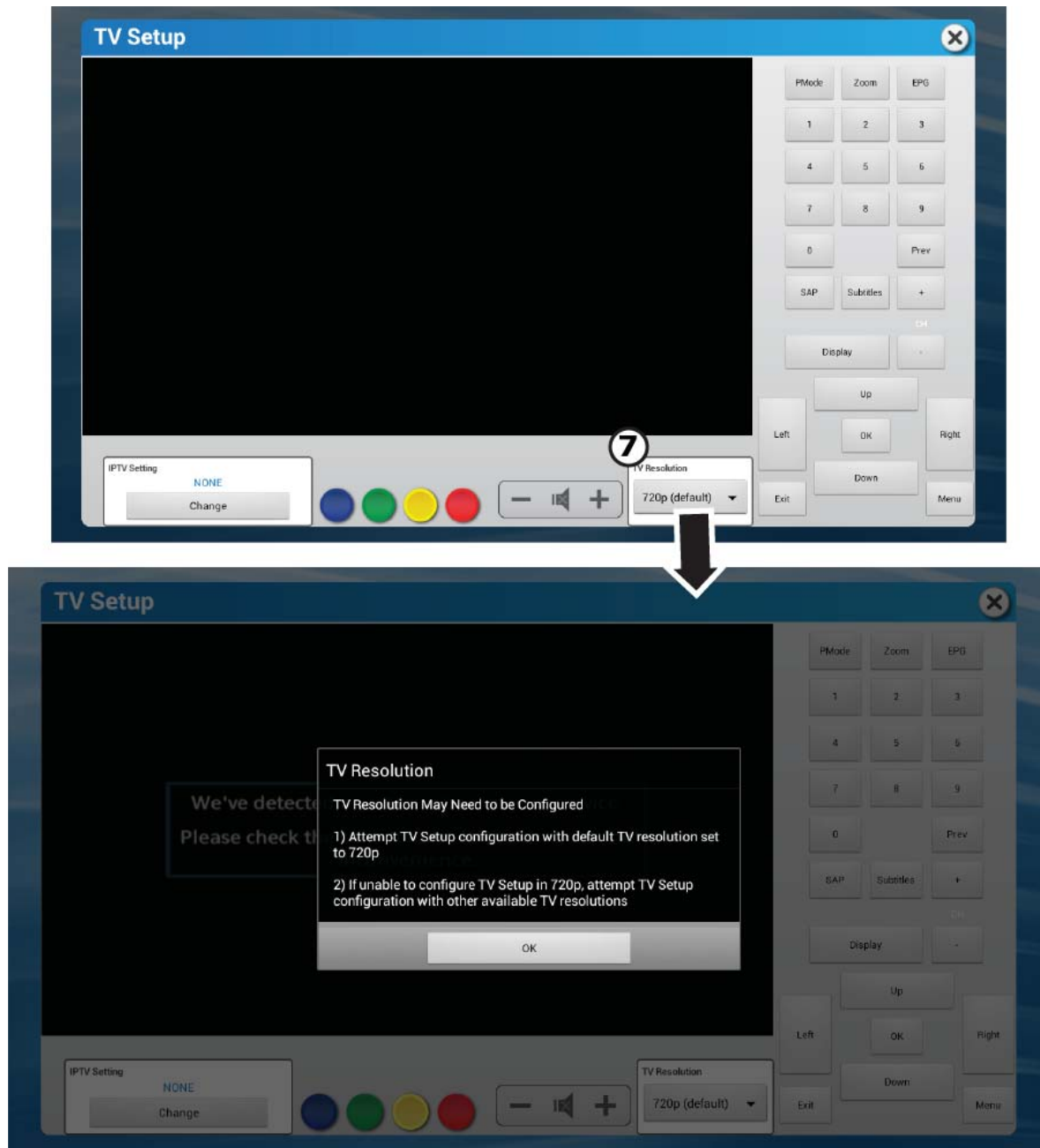
Press to turn Subtitles On/Off.

## 6. Menu

Set-Top-Box Menu (if available)



# TV SETUP: STB IPTV



## 7. TV Resolution

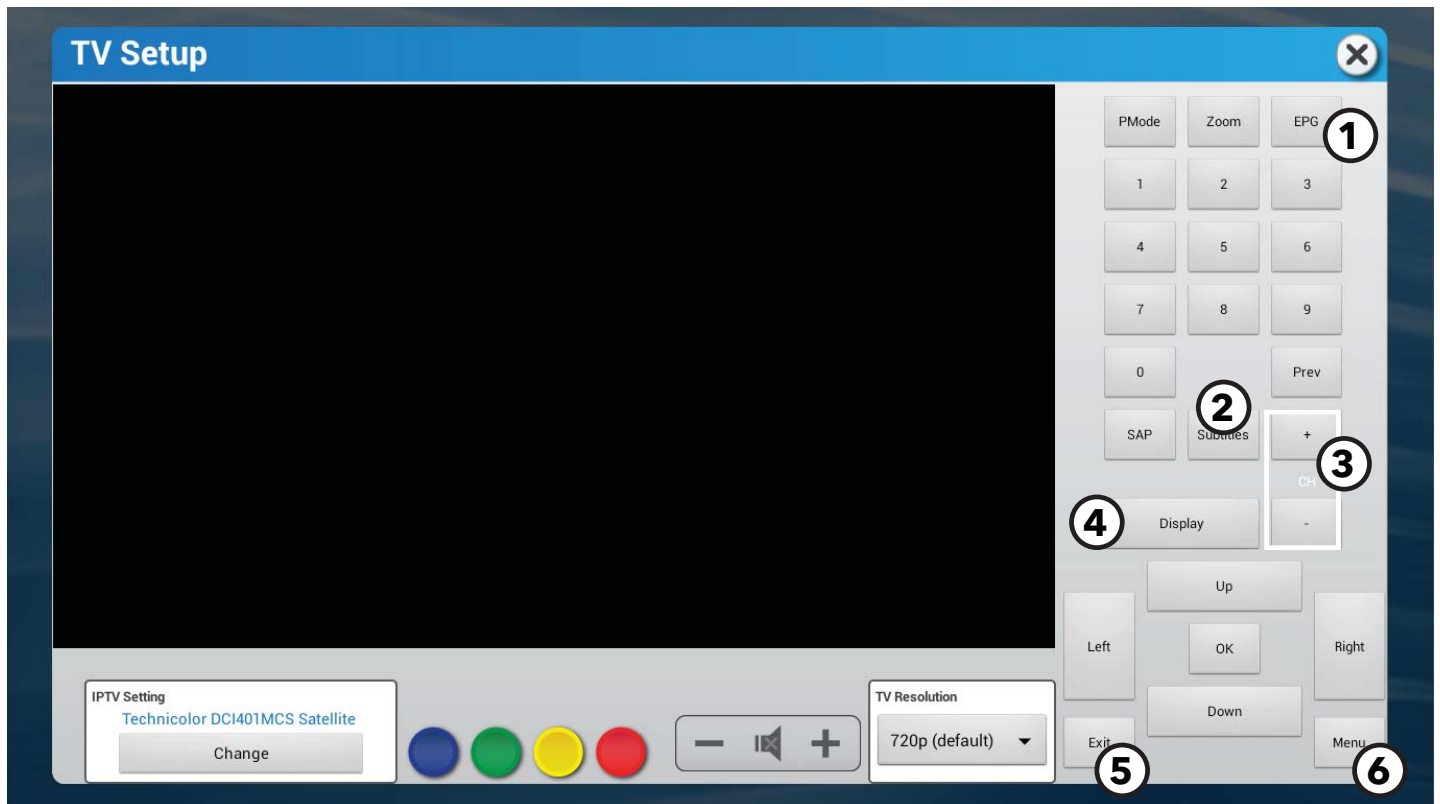
Change TV resolution.

- The TV resolution default setting is selected.
- The TV resolution change only applies within the TV Setup menu and will be reset back to the default after exiting the TV Tuner Setup menu.

For troubleshooting during installation, the console resolution may be changed but **ONLY** while in the TV Setup menu. The resolution will reset back to the default after exiting the TV Tuner Setup menu.

# TV SETUP: PRO:IDIOM

To access the Pro:Idiom Tuner Setup Menu, use tuner type STB IPTV.

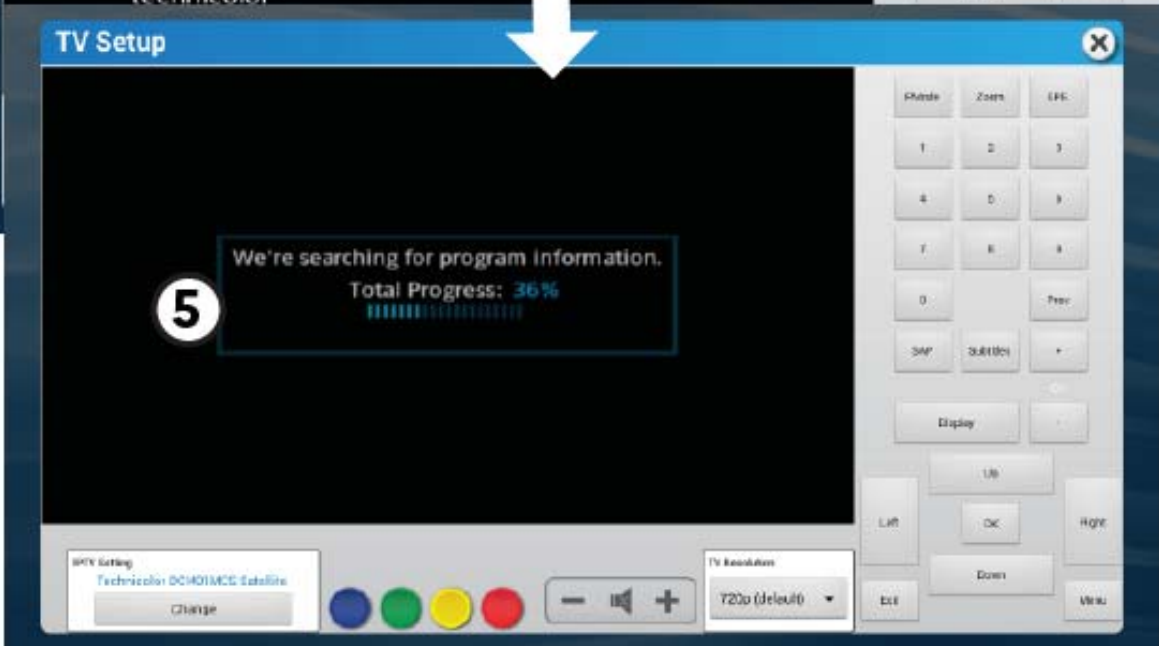
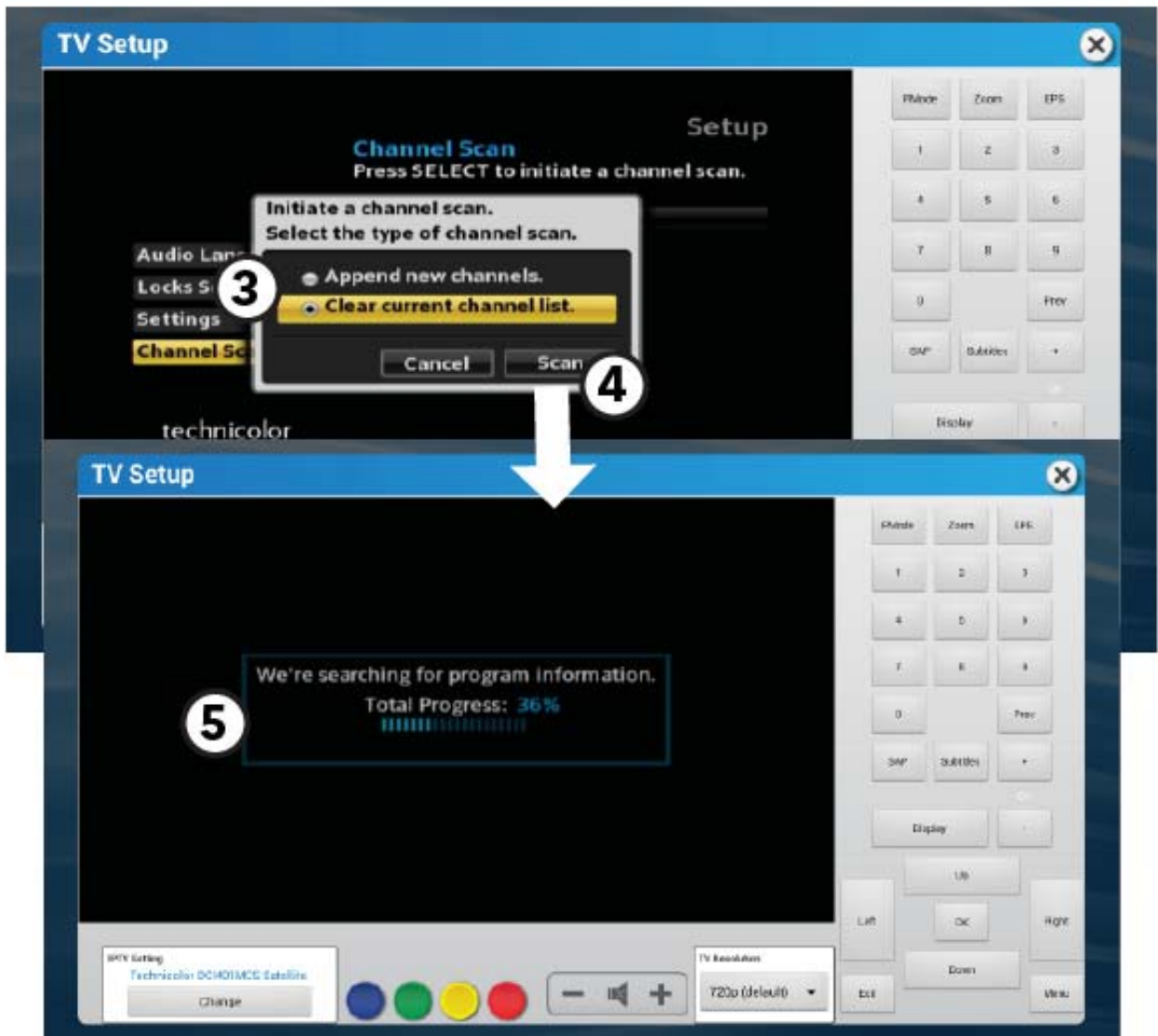
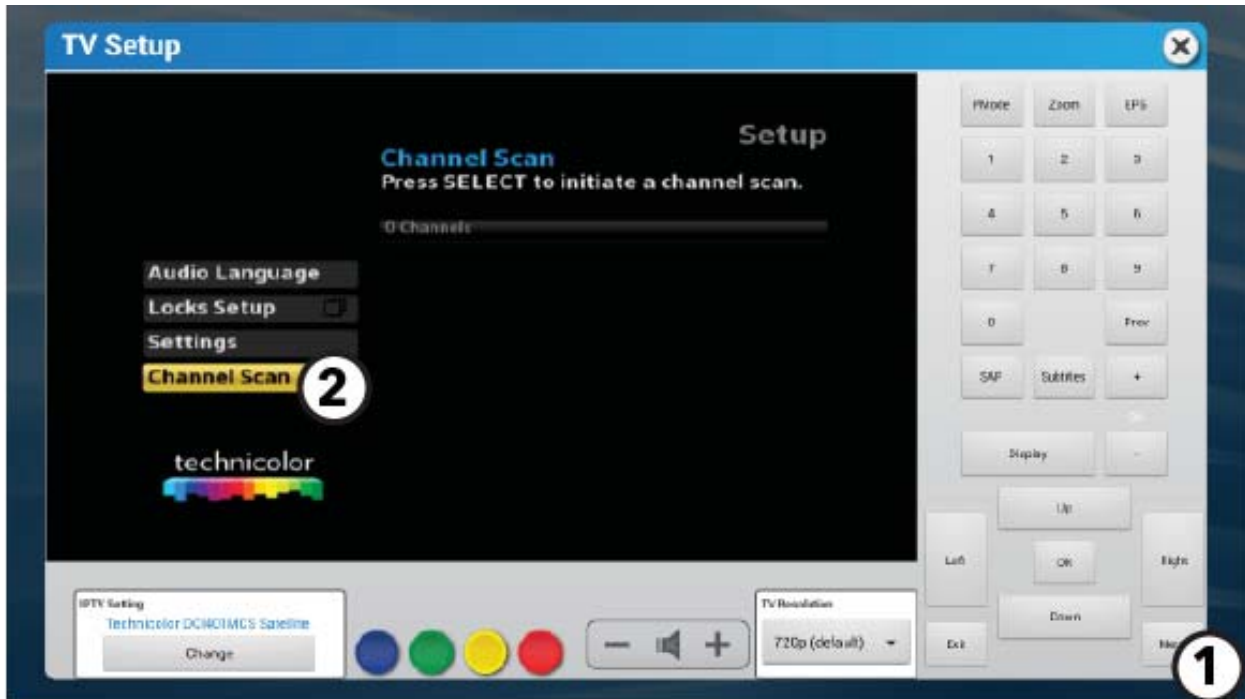


- 1. EPG**  
Press to access the electronic program guide.
- 2. Subtitles**  
Press to turn Subtitles On / Off.
- 3. Channel keys**  
Use to move channels up (+) or down (-).

- 4. Display**  
Current channel information is shown.
- 5. EXIT**  
Press to exit the Tuner Setup menu.
- 6. Access Tuner Setup Menu**
  - Tuner Setup
  - Video
  - Channel
  - V Chip

For the IPTV Setting, the default should be set to Technicolor DCI401MCS Satellite Receiver. If control of the Pro:Idiom solution is not working, please make sure this setting is correct.

# TV SETUP: PRO:IDIOM - CHANNEL SCAN



# TV SETUP: PRO:IDIOM - CHANNEL SCAN

---

**1. Menu**

Press to access TV Tuner Setup menu.

**2. Channel Scan**

Use the UP and DOWN keys to scroll to the CHANNEL SCAN option. Press OK to enter the selection.

**3. Select Channel Scan Type**

Choose CLEAR CURRENT CHANNEL LIST.

**4. Scan**

Press to begin channel scan.

**5. Progress Screen**

Displays scan progress.

# TV SETUP: PRO:IDIOM - EPG



EPG is an electronic program guide that lists the current channel line up. This list contains the channel numbers with corresponding station logo (if available).

## 1. Guide (EPG)

Press to access the electronic program guide.

## 2. Channel List

View of current available channel lineup.

## 3. Navigation Arrows / Enter

Use to navigate and select desired channel to view scheduled programs.

# TV SETUP: OPEN IPTV



Open IPTV allows custom channel creation.

## 1. Tuner Type

The Open IPTV tuner type only shows when the console is configured for Open IPTV.

## 2. TV Setup

Press to access the Open IPTV Tuner Setting menu.

## 3. Custom Channel

- Input URL address
- Create channel name

## 4. Save channel.

## 5. Channel Table

URL address and channel name populate in a channel table.

## 6. Delete selected channel.

## 7. Preview Channel

Press to open a separate window to preview the selected channel.

## 8. Import Channels

Import channel list from an inserted USB stick.

## 9. Export Channels

Export channel list to an inserted USB stick.

## 10. Upload Channel List

Uploads Channel list to LFconnect (if connected) and instantly to all other units in the facility if units are connected to the internet.

## 11. Buffer Configuration

Change the amount of buffered data to optimize video streaming.

# 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. Commercial Life Fitness equipment are among the most popular of aerobic trainers in health clubs, colleges and military facilities worldwide.

**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.*

**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.*

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.

## **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 for gym staff 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 Customer Support Services to order these cleaners (1-800-351-3737 or email: [customersupport@lifefitness.com](mailto: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 microfiber 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.

# TROUBLESHOOTING

Malfunction	Probable Cause	Corrective Action
<b>No power.</b>	ON / OFF switch is not in proper position.	Turn the switch to the ON position.
	Power source is insufficient	Plug treadmill into a dedicated 20 amp circuit. 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 connection at wall outlet and at machine for proper contact.
	<b>Note: International Platinum Club Series Treadmills (PCST) only:</b> You may be in "Energy Saving Mode".	Treadmill will go into Energy Saving Mode after 5 minutes of inactivity. To wake up the console, step on the treadmill belt. The treadmill will automatically wake up and the console will light up. Waking up the treadmill takes approximately 50 seconds after stepping onto the belt.
	<b>Note: International Platinum Club Series Units only (PCSC, PCSR, PCSX):</b> You may be in "Energy Saving Mode".	Unit will go into Energy Saving Mode after 5 minutes of inactivity. To wake up the console, pedal until you hear a beep. The unit will automatically wake up and the console will light up. Waking up the unit takes approximately 50 seconds after beginning to pedal.
<b>Treadmill striding belt slips off-center.</b>	Floor surface is uneven.	Check levelers and level treadmill. Check striding belt & re-tension as necessary. Refer to <i>Elevation Series 95T Treadmill &amp; PCS Treadmill Discover SE3, Discover SI, &amp; Explore Assembly Instructions</i> .
<b>Maximum treadmill speed is reduced.</b>	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. Contact Life Fitness Customer Support Services.
	Power source is insufficient.	Plug treadmill into a dedicated 20 amp circuit.
<b>Rubbing sound comes from underneath treadmill.</b>	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.
<b>Display does not illuminate when machine is powered on.</b>	Loose connection at display console or motor control board.	Check all electrical connections for proper attachment. Contact Life Fitness Customer Support Services.



# TROUBLESHOOTING - HEART RATE READING

Malfunction	Probable Cause	Corrective Action
<b>Heart rate reading is initially detected and functioning normally but then is lost.</b>	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.	
<b>Heart rate readings are abnormally elevated.</b>	Television sets and/or antennas, cell phones, computers, cars, high voltage power lines, motor driven exercise equipment, and another heart rate transmitter within 3 ft. (0.9 m) generate electromagnetic interference.	Move the product a few inches away from the probable cause, or move the probable cause a few inches away from the product, until the heart rate readings are accurate.
<b>Heart rate reading is erratic or absent entirely.</b>	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes (see <i>The Optional Polar® Telemetry Heart Rate Chest Strap</i> ).
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin (see <i>The Optional Polar® Telemetry Heart Rate Chest Strap</i> ).
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 ft. (0.9 m) of the heart rate receiver.	Make sure the chest strap transmitter is within 3 ft. (0.9 m) of the heart rate receiver.
	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.	<p>Make sure the Polar telemetry heart rate chest strap is properly attached to the user's chest and move closer to the heart rate receiver inside the console. Wait up to 10 seconds for the heart rate to display on the console. The overall range of the heart rate strap is approximately 3 ft. (0.9 m) after it communicates with the receiver. The strap must be 1.5 - 2 ft. (0.5 - 0.6 m) away from the receiver in order to start communicating. When the display shows a heart rate value stay within 3 ft. (0.9 m).</p> <p><i>Notes:</i></p> <ol style="list-style-type: none"> <li>1. Ensure proper adherence of the Polar telemetry heart rate chest strap to user's chest.</li> <li>2. Ensure proper conductivity between the electrodes and user's chest.</li> <li>3. If needed, use the Polar watch to verify chest strap's operation.</li> </ol>

# DISCOVER SE3 CONSOLE SPECIFICATIONS

Console Screen Type:	LCD surface capacitive touch screen
Discover SE3 LCD Touch Screen Size:	19" diagonal ( <i>Treadmill</i> ); 16:9 ratio 16" diagonal ( <i>Bikes, Cross-Trainer, FlexStrider, PowerMill, GSC Trainer</i> ); 16:9 ratio
LCD Touch Screen Power Requirement:	20.5 -25.5 VDC @ 3.5 A
Ports:	Type RJ45, interchangeable Network ready connection and Fitness Entertainment port (power compliant with FitLinxx CSAFE specification dated August 4, 2004: 4.75VDC to 10VDC; maximum current of 85mA).
Headphone Jack:	3.5mm Stereo
Ambient Temperature Range (Operating)	10C - 40c (nominal 25C)
Temperature Range (Storage / Shipping)	-20C - 60C (key limiting item: LCD Touch Screen)
Humidity Range (Operating)	5% - 85% RH (nominal 40% RH, non-condensing)
Heart Rate Monitoring Systems:	Patented Lifepulse™ digital contact heart rate and Polar® telemetry-compatible heart rate monitoring system
Speed Range ( <i>Treadmill</i> ):	0.5 - 14.0 mph / 0.8 - 23 kph
Speed Range ( <i>PowerMill</i> ):	20 - 160 spm
Incline Levels ( <i>Treadmill</i> ):	15
Levels ( <i>GSC Trainer</i> ):	26 (0 - 25) (controls both incline and resistance)
Resistance Levels: ( <i>Bikes, Cross-Trainer, FlexStrider &amp; PowerMill</i> ):	26 (0 - 25) (adjustable for bikes; speed independent for cross-trainer and FlexStrider; speed dependent for PowerMill)
USB Device Charging:	Can be used in combination with Apple 30-pin, Apple Lightning and Android micro-USB cables to charge compatible devices.
Broadcast Receiver Capabilities:	NTSC/ATSC or PAL/DVB-T/DVB-T2 or NTSC/ISDB-T (three separate tuners). Japan has its own tuner due to conditional access card (B-CAS). NTSC/ATSC supports PAL-M and PAL-N (unique PAL encoding for Argentina, Brazil, Paraguay, and Uruguay where no digital broadcasting is available). PAL/SECAM/DVB-T/DVB-T2 tuner supports PAL, PAL-M, PAL-N, SECAM-B/G, SECAM-D/K and DVB-T/T2.

Treadmill sound pressure level: Less than 70 db(A) at 7.5 MPH (12 KMPH), at user's ear position, belt unloaded. Noise emission under load is higher than without load."

	Physical Dimensions				Shipping Dimensions			
	Depth	Width	Height	Weight	Depth	Width	Height	Weight
<b>Discover SE3 Console</b> ( <i>Treadmill</i> )	4.48 in. (114 mm)	20.75 in. (527 mm)	15.35 in. (390 mm)	16 lbs. (7 kg)	7 in. (177.8 mm)	24.75 in. (628.65 mm)	18.25 in. (463.55 mm)	20.2 lbs (9 kg)
<b>Discover SE3 Console</b> ( <i>Bikes, Cross-Trainer, FlexStrider, PowerMill, &amp; GSC Trainer</i> )	4.53 in. (115 mm)	16.5 in. (419 mm)	15.4 in. (390 mm)	13 lbs. (5.89 kg)	7.5 in. (190.50 mm)	23 in. (584 mm)	19.5 in. (495 mm)	20.4 lbs. (9.25 kg)

# DISCOVER SE3 CONSOLE SPECIFICATIONS

## Workouts:

<p><i>Treadmill</i></p>	<p>Goals Based:</p> <ul style="list-style-type: none"> <li>▪ Time, Distance, Calories, Climb (Flat Terrain, Hill Terrain, Rolling Hills, Random Terrain)</li> <li>▪ Heart Rate (Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval)</li> <li>▪ 2-Speed Interval</li> </ul> <p>Fitness Tests: Life Fitness Fit Test, U.S. Navy PRT, U.S. Army, U.S. Marines, U.S. Air Force, WFI Submax Protocol, Physical Efficiency Battery</p> <p>Interactive Courses (<i>varies</i>) RunSocial Courses (<i>varies</i>)</p>
<p><i>Cross-Trainer</i></p>	<p>Goals Based:</p> <ul style="list-style-type: none"> <li>▪ Time, Distance, Calories (Flat Terrain, Hill Terrain, Rolling Hills, Random)</li> <li>▪ Heart Rate (Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval)</li> <li>▪ Aerobics</li> <li>▪ Reverse</li> <li>▪ Starter Interval</li> </ul> <p>Fitness Tests: Life Fitness Fit Test, U.S. Navy PRT</p> <p>Interactive Courses (<i>varies</i>)</p>
<p><i>Lifecycle Exercise Bikes</i></p>	<p>Goals Based:</p> <ul style="list-style-type: none"> <li>▪ Time, Distance, Calories (Flat Terrain, Hill Terrain, Rolling Hills, Random)</li> <li>▪ Heart Rate (Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval)</li> <li>▪ Aerobics</li> <li>▪ Starter Interval</li> </ul> <p>Fitness Tests: Life Fitness Fit Test, U.S. Navy PRT, FAMS</p> <p>Interactive Courses (<i>varies</i>)</p>
<p><i>FlexStrider</i></p>	<p>Goals Based:</p> <ul style="list-style-type: none"> <li>▪ Time, Distance, Calories (Flat Terrain, Hill Terrain, Rolling Hills, Random Terrain)</li> <li>▪ Heart Rate (Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval)</li> <li>▪ Starter Interval</li> </ul> <p>Fitness Tests: Life Fitness Fit Test</p> <p>Interactive Courses (<i>varies</i>)</p>
<p><i>PowerMill</i></p>	<p>Goals Based:</p> <ul style="list-style-type: none"> <li>▪ Time, Calories, Climb (Flat Terrain, Hill Terrain, Rolling Hills, Random Terrain)</li> <li>▪ Heart Rate (Moderate Burn, Vigorous Burn, Fixed Time Interval, Variable Time Interval)</li> <li>▪ 2-Speed Interval</li> <li>▪ 3-Speed Interval</li> </ul> <p>Fitness Tests: Life Fitness Fit Test, WFI Submax Protocol, CPAT</p> <p>Interactive Courses (<i>varies</i>)</p>
<p><i>GSC Trainer</i></p>	<p>Goals Based:</p> <ul style="list-style-type: none"> <li>▪ Time, Calories, Calories (Flat Terrain, Hill Terrain, Rolling Hills, Random)</li> <li>▪ Starter Interval</li> </ul> <p>Interactive Courses (<i>varies</i>)</p>

© 2016 Life Fitness, A division of Brunswick Corporation. All Rights Reserved. Life Fitness is a registered trademark of Brunswick Corporation. Discover, FitPower, Heart Rate+, LFconnect, Lifepulse, Lifescape, MaxBlox, PowerMill, SureStepSystem, Swipe and Workout Landscape are trademarks of Brunswick Corporation. FitLinxx is a trademark of Integrated Fitness Corp. Polar is a registered trademark of Polar Electro, Inc.

iPad, iPhone and iPod are registered trademarks of Apple Inc. Android is a trademark of Google Inc. PM-038-13. (3.14) Fitlinxx is a trademark of Fitlinxx, Inc. Gym Wipes® is a registered trademark of The 2XL Corporation. PureGreen 24 is a trademark of Pure Green. RunSocial is a registered trademark of Paofit Holdings Pte Ltd.

# WARRANTY INFORMATION

---

## **WHAT IS COVERED.**

This LIFE FITNESS commercial exercise equipment ("Product") is warranted to be free of all defects in material and workmanship.

## **WHO IS COVERED.**

The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

## **HOW LONG IS IT COVERED.**

All coverage is provided by specific Product according to the guidelines listed on the following page.

## **WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE.**

If the Product or any covered part must be returned to a service facility for repairs, We, LIFE FITNESS, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges during the second and third years (*if applicable*).

## **WHAT WE WILL DO TO CORRECT COVERED DEFECTS.**

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

## **WHAT IS NOT COVERED.**

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual ("Manual").

One type RJ45 interchangeable Network ready and Fitness Entertainment port is supplied with the Product. This port complies with the FitLinxx CSAFE specification dated August 4, 2004 stating: 4.75VDC to 10VDC; maximum current of 85mA. Any Product damage caused by a load exceeding this FitLinxx CSAFE specification is not covered by warranty.

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (*excluding Alaska, Hawaii and Canada*) and are then subject to the terms provided by that country's local authorized LIFE FITNESS representative.

## **WHAT YOU MUST DO.**

Retain proof of purchase; use, operate and maintain the Product as specified in the Manual; notify Customer Support Services of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair.

**OPERATION MANUAL:** It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

## **HOW TO GET REPLACEMENT PARTS & SERVICE.**

Refer to page one of this manual for your local service contact information. Reference your name, address and the serial number of your Product (*consoles and frames may have separate serial numbers*). They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

## **EXCLUSIVE WARRANTY.**

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

## **CHANGES IN WARRANTY NOT AUTHORIZED.**

No one is authorized to change, modify or extend the terms of this limited warranty.

## **EFFECT OF STATE LAWS.**

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

## **OUR PLEDGE TO YOU.**

Our Products are designed and manufactured to the highest standards. We want you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

# WARRANTY INFORMATION

	Lifetime	10 Years	7 Years	3 Years	2 Years	1 Year	6 Months
<b>Commercial Console</b>					Electrical & Mechanical Parts	Labor	Overlay, Headphone Jack, & USB Port
<b>Consumer Console (Home Use)</b>				Electrical & Mechanical Parts		Labor	Overlay, Headphone Jack, & USB Port
<b>Treadmill (95T)</b>			Frame, Lifespring™ Shock Absorbers, & Motor		Electrical Components	Mechanical Components & Labor	
<b>Treadmill (PCST)</b>	Motor & Frame	Electrical & Mechanical Parts				Labor	
<b>Cross-Trainer (95X)</b>					Electrical & Mechanical Parts	Labor	
<b>Cross-Trainer (PCSX)</b>	Frame			Electrical & Mechanical Parts		Labor	
<b>Recumbent Bike (95R)</b>					Electrical & Mechanical Parts	Labor	
<b>Recumbent Bike (PCSR)</b>	Frame			Electrical & Mechanical Parts		Labor	
<b>Upright Bike (95C)</b>					Electrical & Mechanical Parts	Labor	
<b>Upright Bike (PCSC)</b>	Frame			Electrical & Mechanical Parts		Labor	
<b>FlexStrider (95FS)</b>					Electrical & Mechanical Parts	Labor	
<b>PowerMill (95PS)</b>					Electrical & Mechanical Parts	Labor	
<b>GSC</b>					Electrical & Mechanical Parts	Labor	

Warranties outside the U.S. may vary.