

# INTEGRITY AND CLUB SERIES TREADMILLS

CLST, CST, & 97T ASSEMBLY INSTRUCTIONS





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Service Operating Hours: 9.00h-18.00h

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

# LifeFitness

Please take special note of the following safety instructions and important points prior to choosing a location and beginning assembly of the Integrity and Club Series Treadmills.



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

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



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

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

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Operation Manuals and other Product Information available at  
<https://www.lftechsupport.com/web/document-library/documents>

# 1 GETTING STARTED

## IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the LIFE FITNESS treadmill.



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

- **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
- **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
- **WARNING:** Keep the area 6.5 ft. (2 m) by 3 ft. (0.9 m) behind the Life Fitness treadmill clear of any obstructions, including walls, furniture, and other equipment.
- **WARNING:** Be sure the emergency stop lanyard is clipped to the user and in proper position on the treadmill before beginning any workout.
- **WARNING:** The belt centering adjustment must be performed if the belt is not between the marks indicating the maximum allowed lateral positions. Refer to Section 2.
- **CAUTION:** Risk of injury to persons - to avoid injury, use extreme caution when stepping onto or off of a moving belt. Read instruction manual before using.
  - To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
  - Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.
  - Position the product so that the power cord plug to the wall is accessible to the user.
  - If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
  - Always follow the console instructions for proper operation.
  - This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
  - Do not use this product outdoors, near swimming pools or in areas of high humidity.
  - Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
  - Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Support Services.

- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces, and towels away from moving parts.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord on the floor under or along the side of the treadmill. Refer to Section 2.5 for proper power cord routing.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- Never mount or dismount the treadmill while the running belt is moving. Use the handrails whenever additional stability is required. In case of an emergency, such as tripping, grasp the handrails, and place the feet on the side platforms.
- Never walk or jog backwards on the treadmill.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- 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.
- Children should be supervised to ensure that they do not play with the product.
- 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.
- 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>.

**SAVE THESE INSTRUCTIONS FOR  
FUTURE REFERENCE.**

# CONSIGNES DE SÉCURITÉ IMPORTANTES

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



**DANGER:** Pour réduire les risques de décharge électrique, toujours débrancher cet appareil Life Fitness avant le nettoyage ou toute mesure d'entretien.

- **AVERTISSEMENT:** Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, chaque appareil doit absolument être branché sur une prise électrique correctement mise à la terre.
- **AVERTISSEMENT:** Des systèmes de surveillance de fréquence cardiaque peuvent être inexacts. Trop d'exercices peuvent entraîner des blessures sérieuses, voire mortelles. En cas de sensation d'évanouissement, arrêter immédiatement l'entraînement.
- **AVERTISSEMENT:** Conserver une zone de 2 m (6.5 ft) sur 0,9 m (3 ft) libre de toute obstruction derrière le tapis roulant Life Fitness, y compris aucun mur, meuble ou autre appareil.
- **AVERTISSEMENT:** S'assurer que la dragonne d'arrêt d'urgence est attachée à l'utilisateur et fixée adéquatement au tapis roulant avant de commencer un exercice.
- **AVERTISSEMENT:** Le réglage de centrage de la courroie doit être effectué si la courroie ne se trouve pas entre les repères indiquant les positions latérales maximum permises. Se référer à la Section 2.
- **MISE EN GARDE:** Risque de blessures corporelles - Pour éviter de se blesser, faire preuve d'extrême prudence lors de la montée ou descente de la courroie en mouvement. Lire les instructions avant tout usage de l'appareil.
  - Pour débrancher, mettre l'appareil hors tension au niveau de l'interrupteur d'alimentation, puis retirer la fiche de la prise électrique.
  - Ne jamais faire fonctionner un produit Life Fitness dont la fiche ou le cordon d'alimentation est endommagé, ni aucun appareil qui serait tombé ou aurait été endommagé ou même partiellement plongé dans l'eau. Appeler le service clientèle de Life Fitness.
  - Placer ce produit de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation.
  - Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
  - Les instructions de la console doivent toujours être suivies pour obtenir un fonctionnement correct.
  - Cet appareil n'est pas prévu pour être utilisé par des personnes (y compris les enfants) dont les capacités physiques, sensorielles ou mentales sont réduites, ou des personnes dénuées d'expérience ou de connaissance, sauf si elles ont pu bénéficier, par l'intermédiaire d'une personne responsable de leur sécurité, d'une surveillance ou d'instructions préalables concernant l'utilisation de l'appareil.
  - Ne pas utiliser ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
  - Ne jamais faire fonctionner d'appareil Life Fitness dont les orifices d'aération seraient bloqués. Les garder exempts de peluches, de cheveux ou de toute obstruction.



- Ne jamais rien insérer dans les ouvertures de cet appareil. Si un objet tombe à l'intérieur de l'appareil, couper l'alimentation électrique, débrancher le cordon de la prise et le récupérer avec précaution. S'il est impossible de l'atteindre, communiquer avec le service à la clientèle de Life Fitness.
- Ne jamais placer aucun liquide directement sur l'appareil, sauf dans le plateau pour accessoires ou un support prévu à cet effet. Il est recommandé d'utiliser des conteneurs munis de couvercles.
- Ne pas utiliser cet appareil pieds nus. Toujours porter des chaussures. Porter des chaussures avec des semelles en caoutchouc ou fournissant une très bonne adhérence. Ne pas utiliser de chaussures à talons, à semelles en cuir ou munies de crampons. S'assurer qu'aucun caillou n'est incrusté dans les semelles.
- Éloigner les vêtements lâches, les lacets et les serviettes des pièces en mouvement.
- Lorsque vous devez immobiliser le tapis de course, réglez l'afficheur sur SÉLECTIONNER EXERCICE. (Appuyez deux fois sur la touche STOP si vous n'en êtes pas déjà à ce point.) Maintenez ensuite la touche de RALENTISSEMENT enfoncée et appuyez sur la touche PAUSE. L'appareil affiche désormais le message « IMMOBILISÉ ». Il ne peut alors plus fonctionner. Les moteurs du tapis et de la pente sont désactivés. Le tapis de course restera immobilisé, même s'il est réinitialisé, mis hors tension, puis mis 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 de RALENTISSEMENT enfoncée et appuyez sur PAUSE. L'appareil affichera à nouveau « SÉLECTIONNER EXERCICE ».
- 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.
- Conformément à la directive Machines 2006/42/EC de l'Union européenne, à vide, cet équipement fonctionne à des niveaux de pression acoustique inférieurs à 70 dB(A) à une vitesse de fonctionnement moyenne de 12 km/h. Les émissions sonores sont plus importantes lorsque l'appareil est chargé.
- Règlementation en matière de santé et d'environnement : avertissement - Ce produit peut contenir des substances chimiques considérées par l'État de Californie comme cancérogènes et causant des malformations congénitales ou d'autres troubles de l'appareil reproducteur. Pour plus d'informations sur la réglementation européenne n° 1907/2006 (REACH) et le California Safe Drinking Water and Toxic Enforcement Act de 1986 (Proposition 65), connectez-vous à l'adresse suivante : <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

## 1.2 SET-UP

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

### ELECTRICAL POWER REQUIREMENTS

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

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

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

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

### GROUNDING INSTRUCTIONS

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



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



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



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



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

## HOW TO POSITION AND STABILIZE THE LIFE FITNESS TREADMILL

Follow all safety instructions in Section 1.1 and move the treadmill to the location in which it will be used. See Section 4 for the dimensions of the product footprint (assembled dimensions).

### SAFETY CLEARANCES

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

- EU: The European EN957 Safety Standard requires a 2 meter (6.5 feet) minimum from the rear of the treadmill to any object or surface.
- U.S. and other regions: The ASTM International (ASTM ) F2115 - 05 Standard recommends the minimum dimensions to be 0.5 meter (1.64 feet) on each side of the treadmill and 1 meter (3 feet) behind the rearward most portion of the usable moving surface or 2 meters (6.5 feet) furthest rearward obstruction to emergency egress from the treadmill, defined as handlebar uprights occupying the space 0.5 meter or less above the foot siderails of the treadmill.
- After placing the unit where it will be used, check its stability. If there is even a slight rocking motion or the unit is not stable, determine which stabilizing leg is not resting on the floor. To adjust, loosen the JAM NUT (A), and turn the STABILIZING LEG (B) until the rocking motion ceases, and both stabilizing legs rest firmly on the floor. Retighten the JAM NUT.

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

### POWER SWITCH

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

### CENTERING THE BELT

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

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

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

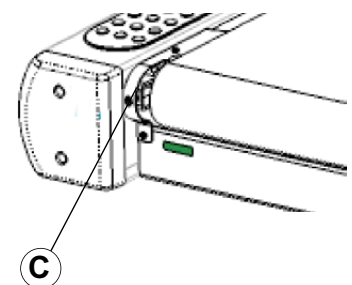
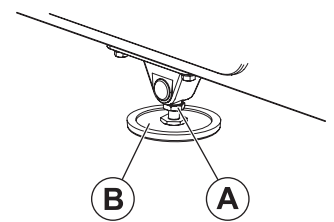
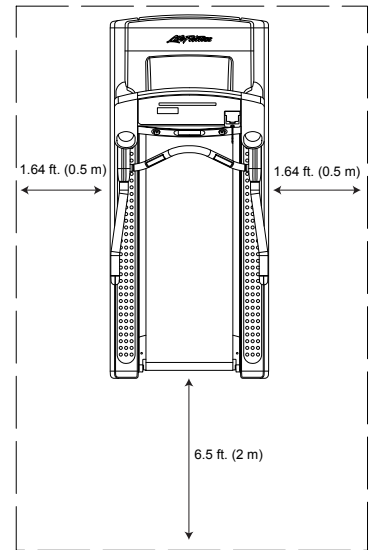
If the striding belt moves to the left, turn the left tension bolt a quarter-turn clockwise and then turn the right tension bolt a quarter-turn counter-clockwise to start the striding belt tracking back to center of roller.

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

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

**Note:** Do not exceed one full turn of the adjusting screws in either direction. If, after one full turn, the belt does not track properly, contact Life Fitness Customer Support Services.

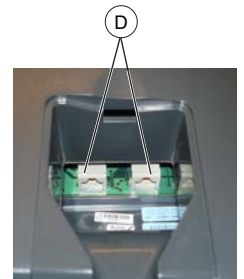
**Note:** See Section 6.1 Preventive Maintenance Tips for optimum operating position of the striding belt.



## FITNESS NETWORKING

The two interchangeable type RJ45 networking ports (D) are located on the back of the display console. These network ports, located behind the display console rear access door, allow the treadmill to be connected to a fitness entertainment system and/or a fitness network such as FitLinxx®.

- **Networking:** The built-in networking ports allow the unit to exchange workout information with a fitness network database.
- **Fitness Entertainment:** The network connection enables the console to power a third-party receiver for use with a service such as the Cardio Theater® entertainment system or the BroadcastVision™ entertainment system.

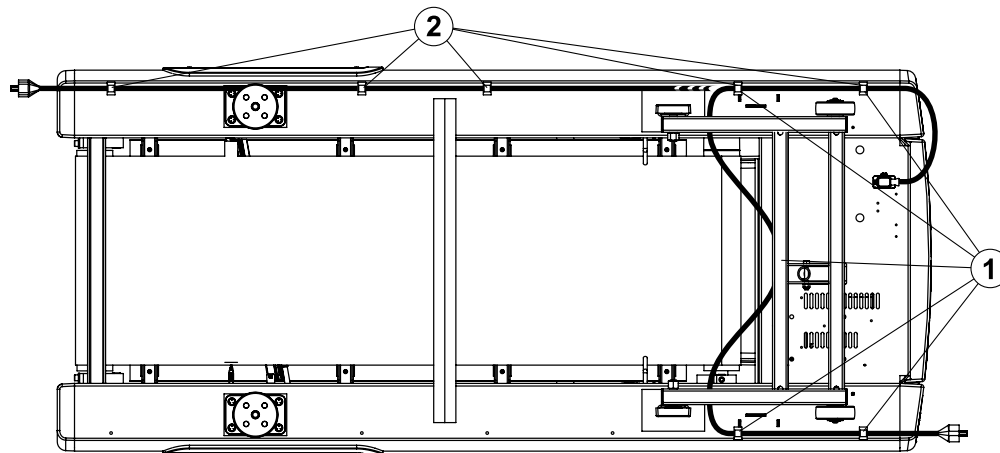


## POWER CORD ROUTING

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

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

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



**Note:** It may be necessary to tip the treadmill to route the power cord properly.

To plug the power cord into an outlet in front of the treadmill, use Hole Pattern 1 for outlets located at the front of the machine.

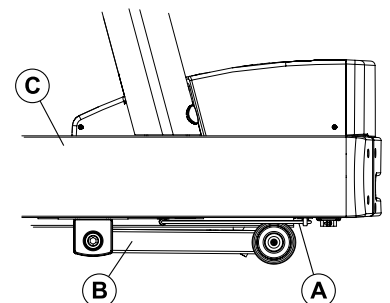
**Note:** To accommodate treadmill incline, at least two feet (24") of power cord is required between the outlet and the last power cord clip for outlets in front of the treadmill. To plug the power cord into an outlet in rear of the treadmill, use Hole Pattern 2 for outlets located at the rear of the machine.

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

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

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

**Note:** When using Pattern 1, it is extremely important to route the power cord BETWEEN the lift frame and the main frame.



# 2 SERVICE AND TECHNICAL DATA

## 2.1 PREVENTIVE MAINTENANCE TIPS

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

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

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

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

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

**Note:** *Refer to Section 1.2 or contact Life Fitness Customer Support Services for proper alignment instructions.*

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

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

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

### **Life Fitness Compatible Cleaners**

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

## 2.2 PREVENTIVE MAINTENANCE SCHEDULE

Item	Weekly	Monthly	Quarterly	Biannually	Annually
<b>DISPLAY CONSOLE ASSEMBLY</b>					
Hardware	Clean		Inspect		
Console Overlay	Clean			Inspect	
Accessory Cups	Clean				Inspect
Stop Swtich	Clean			Inspect	
Emergency Switch/Magnet	Clean / Inspect				
<b>HANDLEBAR ASSEMBLY</b>					
Hardware				Inspect	
Ergo™ Front Handlebar	Clean			Inspect	
Side Hand Rails	Clean			Inspect	
Lifepulse Sensors	Clean/Inspect				
<b>FRAME ASSEMBLY</b>					
Hardware				Inspect	
Motor Cover	Clean	Vacuum/Clean			
Motor Electronic Compartment				Inspect	
Drive Belt				Inspect	
Drive Belt Anti Static Bracket		Inspect			
Leg Levelers		Inspect/Adjust			
Front Roller				Inspect	
Rear Roller				Inspect	
Side Step Area			Inspect		
<b>GENERAL</b>					
Machine Level	*Inspect				
Striding Belt Centered	Inspect				
Frame, Toe Guards, Endcaps		Visual/Inspect			

\*Use bubble level to inspect

## 2.3 HOW TO ADJUST AND TENSION THE STRIDING BELT

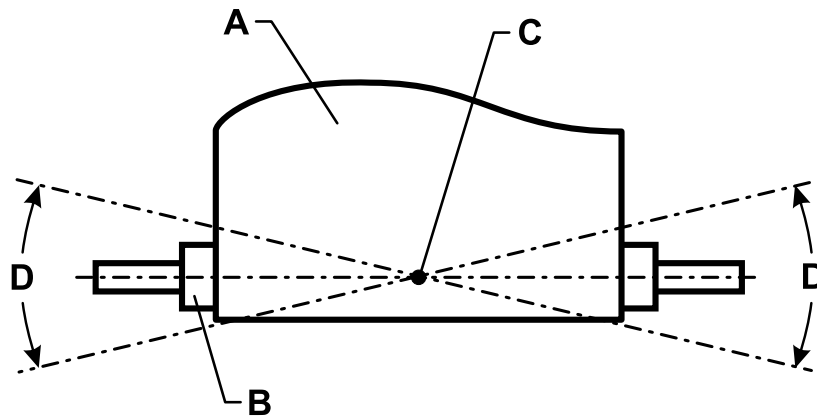
Do not move the treadmill or place hands under the treadmill while it is plugged into an electrical outlet!

### THE BELT TENSIONING BOLTS

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

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

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



### TRACKING (CENTERING) A STRIDING BELT

Two people are needed to perform this procedure.

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

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

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

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

## TENSIONING AN EXISTING STRIDING BELT

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

**Note:** DO NOT RUN OR WALK ON BELT.

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

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

## PROACTIVE BELT WEAR NOTIFICATION

The treadmill proactively notifies the facility manager about belt wear through diagnostics. A single indicator is lit on the treadmill console (if manager-enabled) when a belt check is required. This indicator light is located in the upper left corner of the workout profile window.

- Automatic belt check reminder at 30,000 miles (48,000 km)
- Notification based on "Unable to Attain Target Speed" errors for specific user weights/speeds.

### TO CHECK FOR NOTIFICATIONS:

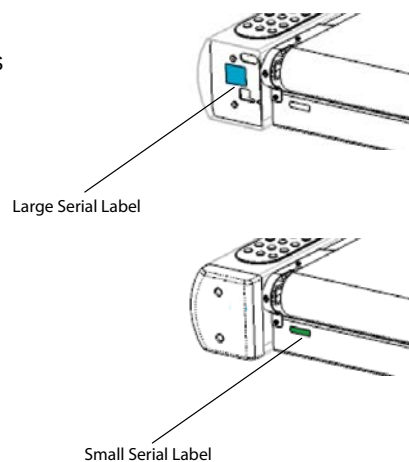
To enter Belt/Deck Info, press and hold the PAUSE key and press the CLEAR key twice. Continue to hold down the PAUSE key until the MESSAGE CENTER displays the words "SERVICE MENU". Use the TIME UP and DOWN arrow keys to navigate to the INFORMATION Menu. Then access the "Belt / Deck Information" submenu.

**Note:** Notifications are automatically cleared once they have been displayed.

## 2.4 HOW TO OBTAIN PRODUCT SERVICE/SERIAL NUMBER LOCATION

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the back of the unit near the toe guard as well as under the left rear endcap.
3. Contact Life Fitness Customer Support Services.

Remove plastic shroud to find large serial label location.





# 3 ASSEMBLY

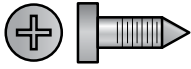
## COMPONENT LIST

**Tools Required:**

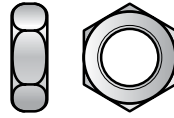
- #2 Phillips screwdriver
- 4mm, 5mm, 8mm Allen Head Drivers (T-Bar recommended)

#	Part Description	Qty
1	Upright (Left)	1
2	Upright (right)	1
3	Handlebar (left and right)	2
4	Ergo™ front crossbar	1
5	Left inside handlebar shroud	1
6	Right inside handlebar shroud	1
7	Left outside handlebar shroud	1
8	Right outside handlebar shroud	1
9	Display console	1
10	Lower upright cover (left and right)	2
11	Left accessory tray	1
12	Right accessory tray	1
13	Handlebar cap	2
14	Rear frame endcap	2
15	Handlebar shroud screw	6
16	Endcap / Upright cover screw	6
17	Display console / Handlebar support screw	6
18	Screw grommet	2
19	Front crossbar screw	4
20	Upright mounting bolt	4
21	Accessory tray screw	8
22	Front crossbar nut	4
23	Linecord clip	4
24	Upright washer	4
25	Upright plug	2
26	Ergobar gasket	2
27	U channel gasket	2

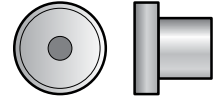
# HARDWARE



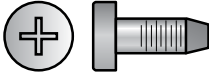
HANDLEBAR SHROUD SCREW (#15)



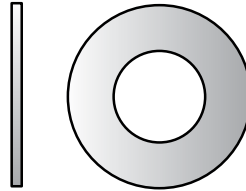
FRONT CROSSBAR NUT (#22)



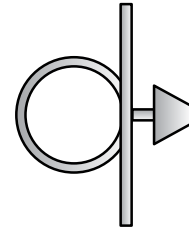
SCREW GROMMET (#18)



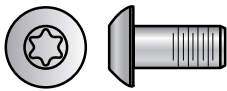
ENDCAP / UPRIGHT COVER SCREW (#16)



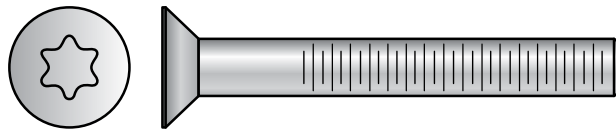
UPRIGHT WASHER (#24)



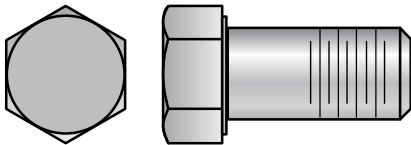
LINECORD CLIP (#23)



DISPLAY CONSOLE / HANDLEBAR SUPPORT SCREW (#17)



FRONT CROSSBAR SCREW (#19)



UPRIGHT MOUNTING BOLT (#20)



ACCESSORY TRAY SCREW (#21)

## IMPORTANT!

DO NOT DISCARD THE SHIP KIT LOCATED ON TOP OF THE DECK AND BELT. ALL NECESSARY COMPONENTS NEEDED TO COMPLETE THE INSTALLATION ARE LOCATED IN THE SHIP KIT.

NE JETEZ PAS LE KIT D'EXPÉDITION PLACÉ SUR LE DESSUS DU PLATEAU ET SUR LE TAPIS. IL CONTIENT TOUS LES ÉLÉMENTS NÉCESSAIRES POUR L'INSTALLATION.

## IMPORTANT!

Check the belt edge under the treadmill to verify the belt does not interfere with Lifespring brackets and the belt is properly set within the belt guides.

1. Bracket will be fastened 180 degrees from normal position when it gets to customer. Installer is to loosen screw holding bracket (W) and remove other screw assembled into hole (X). Installer inserts line chord (Z) into receptacle (Y). Then rotate bracket back 180 degrees, and tight both screws (W and X).
2. Remove the four Screws (A) securing the Front Grill (B) to the Frame (C). Remove the Front Grill and set it aside. Remove the four Screws (D) securing the Motor Cover (E). Lift and remove the Motor Cover and set it aside.
3. Locate the Left Upright (1). Lay the Left Upright across the belt and deck with the notched end near the Left Upright Mounting Bracket (F).
4. Unwrap the Main Wire Harness (G) leading from the Left Upright Mounting Bracket (F). Feed the Main Wire Harness through the Left Upright (1). Carefully tilt the Left Upright upwards and position the notched end of the Left Upright over the Left Upright Mounting Bracket.

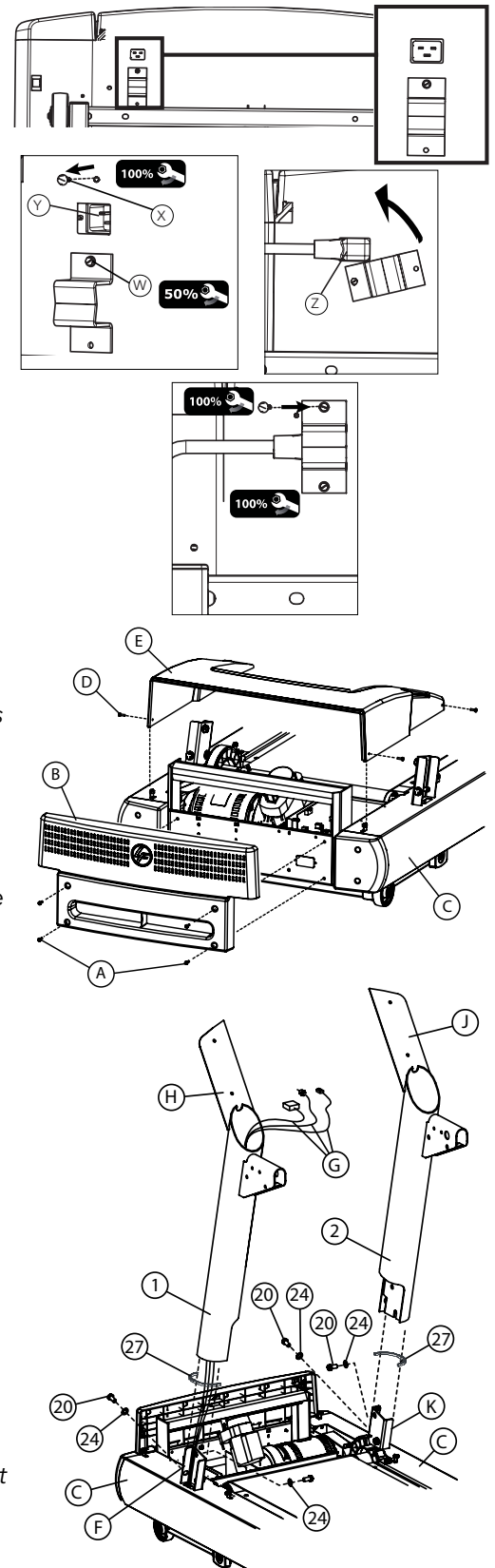
**Note:** Prior to attaching the Left and Right Uprights (1 & 2) to their respective Mounting Brackets (F & K), an Extruded "U" Channel Gas ket (27) must be installed on the bottom of each Upright. The Gas ket must be fully seated.

With the Left Top Mounting Plate (H) directed forward, slide the Left Upright down over the Left Upright Mounting Bracket and pre-installed Bolt and Washer until it rests on the Frame (C). Secure the Left Upright to the Left Upright Mounting Bracket using two Bolts and Washers (20 & 24). Use one Bolt and Washer on the inside of the Left Upright and one Bolt and Washer on the front side of the Left Upright. Leave the Bolts loose at this time.

**Note:** Be careful not to damage the Main Wire Harness (G) when routing it through the Left Upright (1) or when sliding the Left Upright over the Left Upright Mounting Bracket (f).

**Note:** Be sure the pre-installed washer is on the outside of the Left Upright (1) when sliding it down to rest on the Frame (C).

5. Locate the Right Upright (2). With the Right Top Mounting Plate (J) directed forward, slide the Right Upright down over the Right Upright Mounting Bracket (K) and pre-installed Bolt and Washer until it rests on the Frame (C). Secure the Right Upright to the Right Upright Mounting Bracket using two Bolts and Washers (20 & 24). Use one Bolt and Washer on the inside of the Right Upright and one Bolt and Washer on the front side of the Right Upright. Leave the Bolts loose at this time.  
**Note:** Be sure the pre-installed washer is on the outside of the Right Upright (2) when sliding it down to rest on the Frame (c).



6. With the bend of one Handlebar (3) directed to the outside of the treadmill, insert the Handlebar into the Right Upright Handlebar Bracket (L) as shown. Be sure the handlebar mounting holes are aligned. Repeat for the left side Handlebar.
7. Locate the Ergo™ Front Crossbar (4) and position the Ergo Front Crossbar with the plastic Cover (M) facing upward and forward as shown. Locate and slide the Left and Right Inside Shrouds (5 & 6) over the corresponding ends of the Ergo Front Crossbar as shown. Slide the Left and Right Inside Handlebar Shrouds towards the center of the Ergo Front Crossbar as shown.

**Note:** Be careful not to damage any wire harnesses that may be leading from the ends of the Ergo Front Crossbar (4).

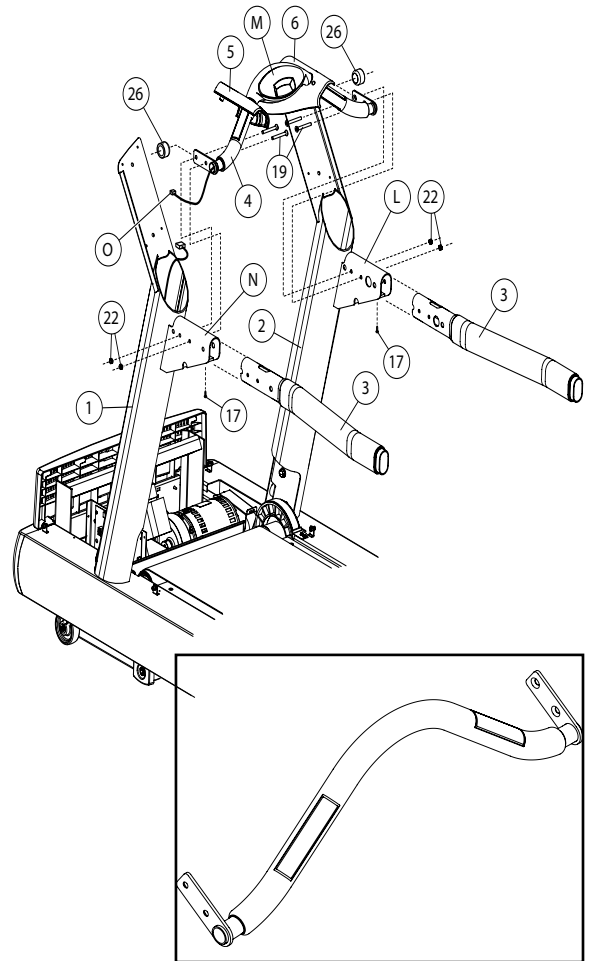
8. Install one Ergobar Gasket (26), rounded end first, over either end of the Ergo Front Crossbar (4). Position the gaskets just over the end brackets to meet the overmolding.

**Note:** Be careful not to damage any wire harnesses that may be leading from the ends of the Ergo Front Crossbar (4).

9. Position the right end of the Ergo Front Crossbar (4) near the large access hole on the inside of the Right Upright Handlebar Bracket (L). Align the Ergo Front Crossbar Mounting Holes with those in the Right Upright Handlebar Bracket and secure using two Bolts (19), from the inside of the treadmill, and Nuts (22). Tighten the Bolts securely. Insert one Screw (17) from under the Right Upright Handlebar Bracket. Tighten the Screw securely.

10. Position the left end of the Ergo Front Crossbar (4) near the large access hole on the inside of the Left Upright Handlebar Bracket (N). Feed the Heart Rate Cable (O) into the access hole downward out the bottom of the Left Upright Handlebar Bracket. Align the crossbar mounting holes with those in the Left Upright Handlebar Bracket and secure using two Bolts (19), from the inside of the treadmill, and Nuts (22). Tighten the Bolts securely. Insert one Screw (17) from under the Left Upright Handlebar Bracket. Tighten the Screw securely.

**Note:** Be careful not to pinch the Heart Rate Cable (O) (if equipped) when assembling the Ergo Front Crossbar (4) to the Left Upright Handlebar Bracket. Feed the Heart Rate Cable (O) upward through the top of the Left Upright (1).



11. Slide the Left Inside Handlebar Shroud (5) near the Left Upright Handlebar Bracket (N).

Locate and position the Left Outside Handlebar Shroud (7) to match the Left Inside Handlebar Shroud.

Secure the Shrouds together using three Screws (15). Tighten the Screws securely. Do not overtighten the Screws. Repeat the procedure for the Right Inside and Outside Handlebar Shrouds (6 & 8).

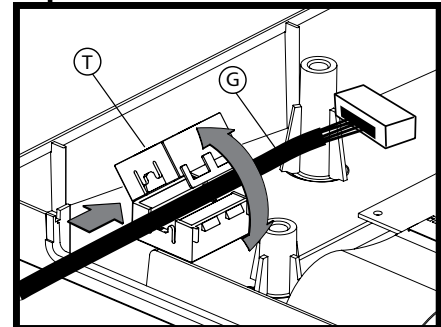
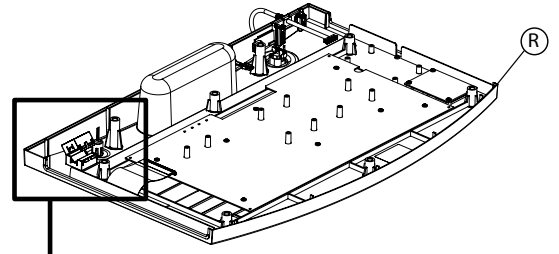
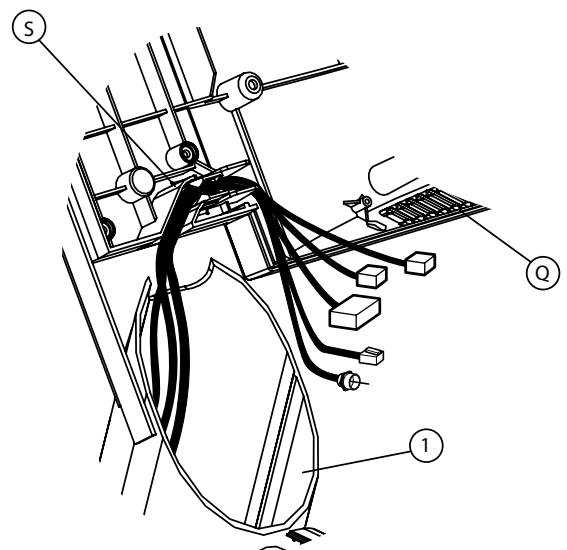
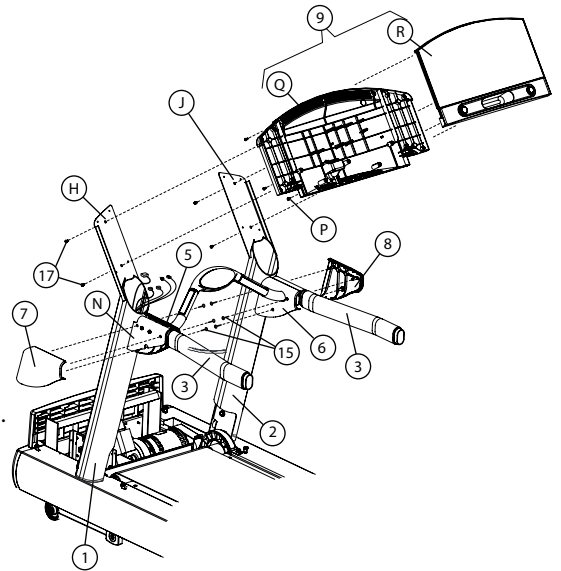
12. Locate the Display Console (9). Remove the eight Screws (P) from the back of the Display Console and separate the front of the Display Console from the rear. Position the Rear Console (Q) over the Left and Right Top Mounting Plates (H & J) as shown. From the bottom of the Left and Right Top Mounting Plates, secure the Rear Console using four Screws (17). Tighten the Screws securely. Do not overtighten the Screws.

13. Position and rest the Front Console (R) face down across the Handlebars (3). Connect all Connectors leading from the Left (if equipped) and Right Uprights (1 & 2) to the corresponding Connectors located on the Front Console. Feed any excess Wire Harness into the Uprights. Carefully route all Wire Harnesses through the Wire Harness Guides (S) located at the lower left of the Rear Console (Q).

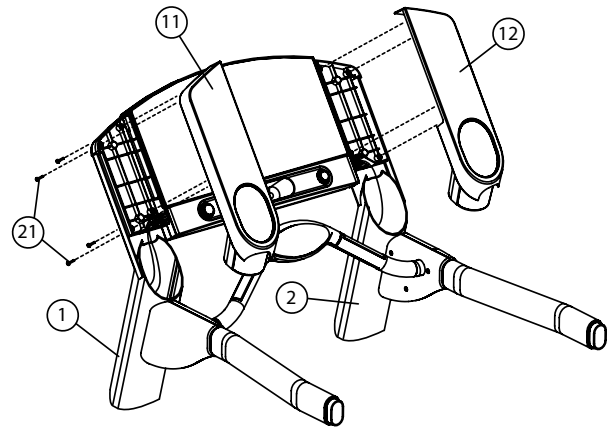
**Note:** Consoles for the European Union countries are equipped with a Ferrite (T). Open the Ferrite (T). Route the Main Wire Harness (G) through the Ferrite. Close the Ferrite.

14. Tilt the Front Console (R) upright and in position over the Rear Console (Q). Secure the Front Console to the Rear using the previously removed eight Screws (P). Tighten the Screws securely. Do not overtighten the Screws.

**Note:** Be careful not to pinch any cables when assembling the Front Console (r) to the Rear Console (q).



15. Locate the Left Accessory Tray (11). Carefully slide the tray into the top of the Left Upright (1) as shown until fully seated. Secure the accessory tray to the Left Top Mounting Plate (H) using four Screws (21). Repeat the procedure for the Right Accessory Tray (12) and Right Top Mounting Plate (J).

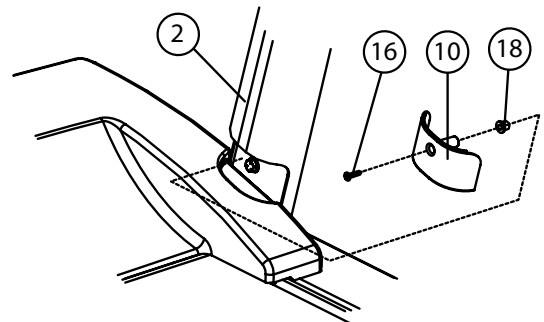


16. Tighten all Upright Bolts securely.

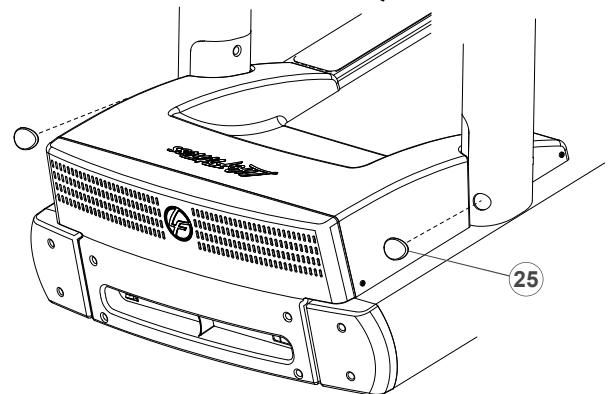
17. Replace the Motor Cover (E) and secure the Motor Cover to the Frame (C) using the four previously removed Screws (D). Tighten the Screws securely. Do not overtighten the Screws.

18. Replace the Front Grill (B) and secure the Front Grill to the Frame (C) using the four previously removed Screws (A). Tighten the Screws securely. Do not overtighten the Screws.

19. Locate one Screw Grommet (18). Insert the Screw Grommet into the square hole located above the top inside mounting bolt of the Right Upright (2). Repeat for the remaining Screw Grommet and Left Upright (1).



20. Locate one Lower Upright Cover (10). Position the Lower Upright Cover at the bottom notch of the Right Upright (2) making sure the top lip of the Upright Cover is engaged under the outside notch of the Right Upright. Secure the Upright Cover to the Right Upright using one Screw (16). Tighten the Screw securely. Do not overtighten the Screw. Repeat the procedure for the Left Upright (1) and remaining Upright Cover.



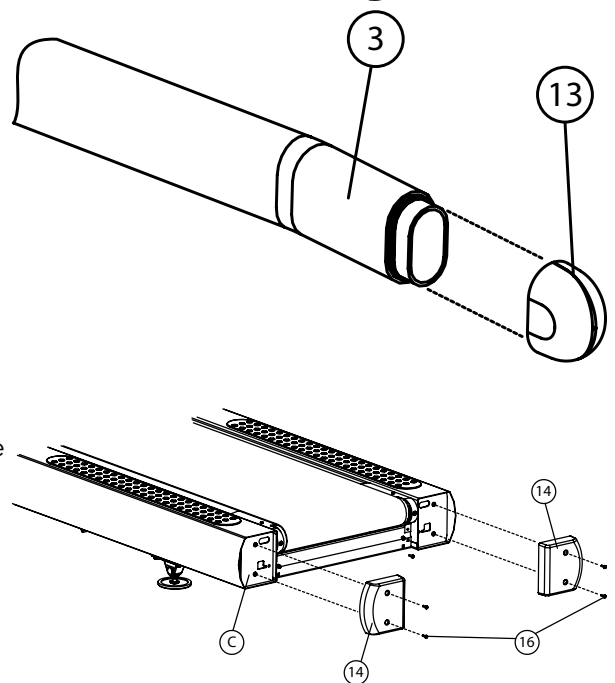
21. Locate the Upright Plugs (25). Insert one Upright Plug into each of the two access holes located on the lower outside of the Left and Right Uprights (1 & 2).

22. Locate and press the Handlebar Caps (13) over the ends of the Handlebars (3). Be sure the Handlebar Caps are fully seated.

23. Using two Screws (16) each, attach the two Rear Frame End Caps (14) to the Frame (C) as shown. Tighten the Screws securely. Do not overtighten the Screws.

24. The treadmill striding belt must be "walked-in" for five minutes after assembly is complete. Plug the treadmill into an appropriate outlet. Turn the treadmill on at the on/off switch. Select quick start from the console. Increase the speed to 3 mph (4.8 km/h). Start walking in the front left corner of the walking surface and drift to the back, move to the center of the deck and walk towards the front, and finally walking to the right corner and drifting to the back. Continue pattern for five minutes.

25. Refer to the specific treadmill's Operation Manual for power requirements, proper line cord routing, and other critical product information before connecting the treadmill to a power source.



# 4 SPECIFICATIONS

## 4.1 LIFE FITNESS CLST TREADMILL SPECIFICATIONS

<b>Designed use:</b>	Heavy / Commercial
<b>Maximum user weight:</b>	400 pounds / 181 kilograms
<b>Speed range:</b>	0.3 - 14.0 mph (0.5 - 23 kph) in 0.1 increments
<b>Elevation range:</b>	0%-15% (in 0.1% increments)
<b>Drive train:</b>	AC motor with MagnaDrive™ motor controller
<b>Motor type:</b>	Variable Speed AC
<b>Motor size:</b>	4.0 HP continuous duty
<b>Power Requirements (Integrity):</b>	120 volt, 18 amp (U.S.). See Electrical Requirements for requirements outside the United States.
<b>Power Requirements (Club Series):</b>	120 volt, 12 amp (U.S.). See Electrical Requirements for requirements outside the United States.
<b>Rollers:</b>	3.5 inch / 9 centimeter diameter, precision-crowned, front and back
<b>Striding belt:</b>	60" Length x 20" Width (152 cm Length x 51 cm Width), multiply
<b>Waxing system:</b>	Lubricant-Infused Striding Belt
<b>Deck type:</b>	3/4" medium density reversible fiberboard
<b>Shock absorption system:</b>	Patented FlexDeck® Shock Absorption System with Lifesprings™
<b>Ergo™ front handrail:</b>	Ergonomically shaped, overmolded elastomeric grips
<b>Side handrails:</b>	26" (66 cm) long, flared, cantilevered, overmolded elastomeric grips
<b>Stop systems:</b>	Red and yellow magnetic lanyard emergency stop system and Session Stop Push Switch raised and prominently positioned
<b>Workouts:</b>	Quick Start, Manual, Cardio, Fat Burn, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™ Random, Hill, Sport Training™ (5K and 10K), Speed Interval Training, Calories Goal, Distance Goal, Time in Zone Goal, Time-based Goal, Custom Workouts (6), Life Fitness Fit Test, Army PFT, Navy PRT, Air Force PRT, Marine PFT, WFI Submax Protocol, Physical Efficiency Battery (PEB), Cool Down Model Marathon Mode
<b>Levels:</b>	20 (Hill, Random, 5K and 10K workouts)
<b>Heart rate monitoring systems:</b>	Patented Lifepulse™ digital contact heart rate and Polar® telemetry-compatible heart rate monitoring system
<b>Console displays:</b>	Elapsed time, total distance, distance climbed, total calories burned, pace, calories burned per hour, heart rate, target heart rate, Watts, METS, workout profile, custom start messaging, speed, incline
<b>Ports (2):</b>	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).
<b>iPod power and charging:</b>	5Vdc @ 500mA

PHYSICAL DIMENSIONS					
MODEL	WEIGHT LBS (KG)		PHYSICAL DIMENSIONS INCHES (CM)		
	LOW VOLTAGE	HIGH VOLTAGE	LENGTH	WIDTH	HEIGHT
CLST	403 (183 kg)	413 (187 kg)	83 (211 cm)	37 (94 cm)	63.5 (161 cm)
97T	431 (195 kg)	440 (200 kg)			65.5 (166 cm)
CST	410 (186 kg)	420 (191 kg)			63.5 (161 cm)

SHIPPING DIMENSIONS					
MODEL	WEIGHT LBS (KG)		PHYSICAL DIMENSIONS INCHES (CM)		
	LOW VOLTAGE	HIGH VOLTAGE	LENGTH	WIDTH	HEIGHT
CLST	465 (210 kg)	475 (215 kg)	87	43 (109 cm)	23.5 (59 cm)
97T	502 (227 kg)	502 (227 kg)		45 (114 cm)	25.5 (64 cm)
CST	465 (210 kg)	482 (218 kg)		43 (109 cm)	23.5 (59 cm)