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M051-00K20-B190

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Before using this product, it is essential that this ENTIRE operation manual and ALL installation instructions be read.

This will help in setting up the equipment quickly and in instructing others on how to use it correctly and safely.

Avant toute utilisation de 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 operation 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.*

Class S (Studio): Professional and / or commercial use.



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



MISE EN GARDE: Tout changement et 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. There are no user serviceable parts.

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This Operation Manual describes the functions of the following products:

Life Fitness Rear Drive Total Body Cross-Trainers:

8500

9100

9500HR

See "Specifications" page in this manual for product specific features.

Statement of Purpose: The 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.



CAUTION: 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, or is over the age of 45, or 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.



MISE EN GARDE: Life Fitness conseille VIVEMENT 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, ou 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 cesser immédiatement.

1 GETTING STARTED

1.1 IMPORTANT SAFETY INSTRUCTIONS



• **SAFETY WARNING:** The safety of the product can be maintained only if it is examined regularly for damage and wear. See Preventative Maintenance section for details.

- Never operate a Life Fitness product if it has been dropped, damaged, or even partially immersed in water. If any of these occur, contact Life Fitness Customer Support Services.
- 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.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by children, invalids or disabled persons.
- 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 obstructing material.
- Never insert objects into any opening in this product. If an object should drop inside, 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 the accessory tray water bottle holder. Containers with lids are recommended.
- 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 use this product in bare feet.
- Do not tip the unit on its side during operation.
- Keep the area around the Life Fitness product clear of any obstructions, including walls and furniture. Ensure that there is at least one foot of clearance in front of the Cross-Trainer.
- Use caution when mounting or dismounting the Cross-Trainer. Use the stationary handlebar whenever additional stability is required. While exercising, hold onto the moving arms.
- Never use the Cross-Trainer while facing backward.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

1 POINT DE DÉPART

1.1 CONSIGNES DE SÉCURITÉ IMPORTANTES



• **CONSIGNE DE SÉCURITÉ : pour un emploi sûr, le produit doit être inspecté régulièrement afin de s'assurer qu'il n'est pas usé ni endommagé. Consultez la section de Maintenance préventive pour obtenir de plus amples informations.**

- Ne faites jamais fonctionner d'appareil Life Fitness dont le cordon d'alimentation ou la fiche seraient abîmés, qui aurait fait une chute ou qui aurait été endommagé ou partiellement plongé dans l'eau. Contactez le service après-vente de Life Fitness.
- N'utilisez pas ce produit dans des zones où vous utilisez des aérosols ou administrez de l'oxygène. De telles substances pourraient entraîner des risques d'incendie et d'explosion.
- Pour un fonctionnement correct, suivez toujours les instructions de la console.
- Une surveillance étroite est nécessaire en cas d'utilisation par des enfants, des personnes invalides ou handicapées.
- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans endroits très humides.
- Ne faites jamais fonctionner de produit Life Fitness dont les bouches d'aération seraient bloquées. Maintenez-les exemptes de peluches, de cheveux ou de toute obstruction.
- N'insérez jamais d'objet dans les ouvertures de cet appareil. Si un objet tombe dedans, coupez l'alimentation électrique, débranchez le cordon de la prise et récupérez-le avec précaution. Si vous ne pouvez pas l'atteindre, consultez le service après-vente de Life Fitness.
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Il est recommandé d'utiliser des conteneurs munis d'un couvercle.
- Portez des chaussures avec semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talons, de semelles en cuir ou à crampons. Assurez-vous qu'aucun caillou ne s'est incrusté dans les semelles.
- Maintenez les vêtements lâches, les lacets et les serviettes à l'écart des pièces en mouvement.
- N'utilisez pas cet appareil sans chaussures.
- Ne faites pas basculer l'appareil sur le côté tandis qu'il fonctionne.
- Maintenez la zone autour du produit Life Fitness exempte d'obstructions, y compris de murs et de meubles. Veillez à laisser au moins 30 cm d'espace autour du Cross-Trainer.
- Procédez avec précaution lors du montage ou du démontage de la machine. Utilisez la barre fixe pour renforcer votre stabilité. Pendant les exercices, saisissez les bras mobiles.
- N'utilisez jamais cet appareil en vous tournant vers l'arrière.

CONSERVEZ CES INSTRUCTIONS POUR USAGE ULTÉRIEUR.

1.2 SETUP

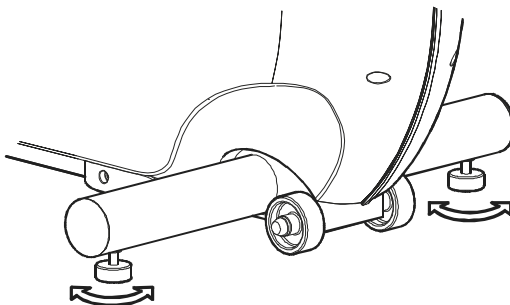
Read the Operation Manual before setting up the Life Fitness Cross-Trainer.

1.2.1 WHERE TO PLACE THE CROSS-TRAINER

Following all Safety Instructions, position the Cross-Trainer where it will be used. When correctly positioned, the Cross-Trainer can be easily mounted from the side. Allow 1 foot of clearance in front of the Cross-Trainer to allow for movement of the pedal levers.

1.2.2 HOW TO STABILIZE THE LIFE FITNESS CROSS-TRAINER

After placing the Cross-Trainer where it will be used, check its stability. If there is a rocking motion, even if slight, the unit needs to be stabilized. To level it, check the stabilizing feet on the stabilizing bars to determine which one does not rest fully on the floor. Using a finger, rotate this stabilizing foot to lower it. Recheck the stability and adjust again as needed until the Cross-Trainer is stable and no longer rocks. The adjustment may be locked into position by tightening the jam nut against the stabilizer bar with an open end 9/16 inch wrench



1.2.3 CHECK FOR POWER

The Cross-Trainer console is powered by a rechargeable 6 volt battery. Check the battery by pressing the START key. The console will light up, allowing a workout to be programmed. If the console does not light, mount the Cross-Trainer and begin pedaling. The console will light up, allowing a workout to be programmed. Pedal for 10-20 minutes at 25 RPM or greater while in a workout to charge the battery. Afterwards, the pedal action during workouts keeps the battery charged. If the console still does not light, call Customer Support Services.

1.2.4 FITNESS AND ENTERTAINMENT NETWORKING

The Cross-Trainers are Fitness Network and Fitness Entertainment compatible. Contact Life Fitness Customer Support Services to purchase networking kits.

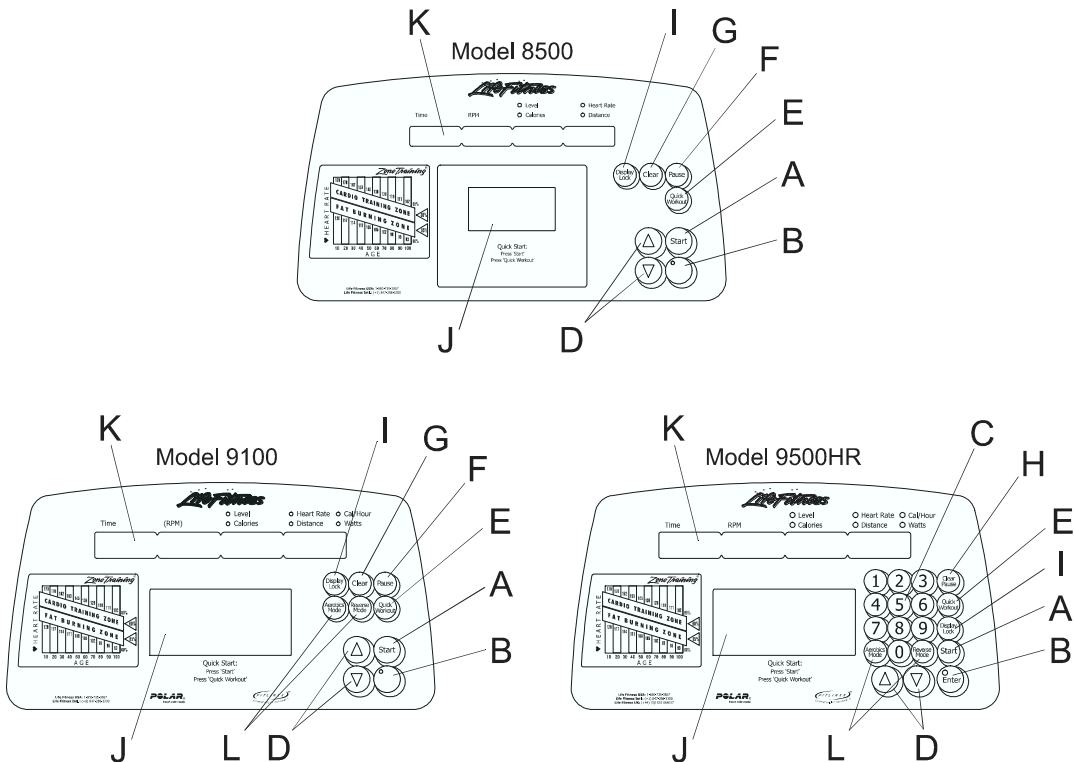
FitLinxx® System Network: The protocol allows the unit to exchange workout information with a FitLinxx database.

Fitness Entertainment System: The fitness entertainment network compatibility allows this unit to power a third-party receiver for use with an entertainment system (e.g. Cardio Theater® system).

2 THE DISPLAY CONSOLE

2.1 DISPLAY CONSOLE OVERVIEW

The computerized display console is easy to use. It allows an individual to follow the progress of a workout. The on-board computer allows a workout to be tailored to individual fitness capabilities and goals while providing a unique means of measuring fitness improvement from one workout to the next.



2.2 DISPLAY CONSOLE DESCRIPTIONS

The functions for the keys and display windows on the Cross-Trainer console are shown below. Where differences exist between the three models, the particular model number is referenced.

- A **START:** The START key is used to activate an unlit console so a new workout can be set up. The activated console displays PRESS ENTER TO BEGIN and remains active for 20 seconds. If no key is pressed, it shuts down again.

NOTE: The Cross-Trainers are equipped with AutoStart, so the console will also become active simply by beginning to pedal.

- B **ENTER:** This key is used to enter data displayed in the message center.

- C NUMERIC KEYPAD (CT 9500HR): Use the numeric keys to set the workout parameters, including length of workout, weight, age, target heart rate, and resistance level. While a workout is in progress, they can also be used to enter a different effort level or target heart rate (in Fat Burn or Cardio). The ARROW keys have the same function as the numeric keypad, but allow the data to be increased or decreased instead of keying in the changed data.
- D ARROW KEYS: Use the Up and Down Arrow keys to set the workout parameters, including length of workout, weight, age, target heart rate, and resistance level. The Arrow keys can also be used to increase or decrease the effort level (or target heart rate if in Fat Burn or Cardio) of a workout while it is in progress.
- E QUICK WORKOUT: Allows a user to begin a manual workout quickly, with minimal console inputs.
- F PAUSE (CT 8500, CT 9100): Press this key during a workout to pause it. Press it again (or resume pedaling) to reactivate the workout. The Pause feature allows a paused workout to continue automatically when pedaling resumes.

NOTE: *The workout must resume before the pause timeout elapses, or it is cancelled.*

- G CLEAR (CT 8500, CT 9100): Press this key to clear incorrect data before pressing the ENTER key. Pressing Clear during a workout will end it and show a summary of the workout (total time elapsed, total calories, and distance traveled). Pressing it a second time will prompt for a new workout.
- H CLEAR/PAUSE (CT 9500HR): Press this key once to clear incorrect data before pressing the ENTER key. Press it once during a workout to pause it. To reactivate the workout, press the Clear/Pause key again. Pressing it twice in rapid succession during a workout ends the workout and shows a summary of the workout (total time elapsed, total calories, and distance traveled.) Then pressing it a third time clears the current workout and prompts for a new one.
- I DISPLAY LOCKf: During a workout, the message center normally alternates between display of Heart Rate or Distance (if heart rate detected) and (if enabled) Cal/Hr or Watts (not available on CT 8500). This key allows freezing the message center display on one set of feedback information. To lock the display, press the Display Lock key. To unlock the display, press the Display Lock key again.
- J WORKOUT PROFILE WINDOW: A matrix of lights displays the current position and the upcoming terrain. While pedaling, the light columns move across the screen from right to left. The higher the column of lights, the greater the workout intensity.

Fat Burn and Cardio are interactive workouts which require use of Polar® telemetry (optional for CT 8500 in the U.S.A. and Canada) and a heart rate chest strap or alternately, for CT 9500HR only, use of the Lifepulse sensors. During these workouts, a heart is displayed in the window at specific points in the workout when the heart rate signal is needed. If the signal is not detected, a message will appear, "NEED HEART RATE - CHECK TELEMETRY STRAP" (or, for CT 9500HR, "- PLACE HANDS ON SENSORS OR USE TELEMETRY STRAP"). If the heart rate signal isn't received within 3 minutes, the workout is converted to a Manual workout.

K MESSAGE CENTER: Provides simple step-by-step instructions and motivation messages. Displays time, RPM, level, calories, heart rate, distance, and (for CT 9100 and CT 9500HR) calories per hour and watts.

Time: time elapsed since beginning the program.

RPM: pedal revolutions per minute.

Level: programmed resistance level.

Calories: calculated number of calories burned since beginning the program.

Heart Rate: detected heart rate.

Distance: distance traveled since beginning the program, based on the RPM and level.

Calories per Hour: rate of calories burned per hour.

Watts: the expression of the mechanical rate of work (power output).

L MODE KEYS (CT 9100, CT 9500HR): Two modes are provided:

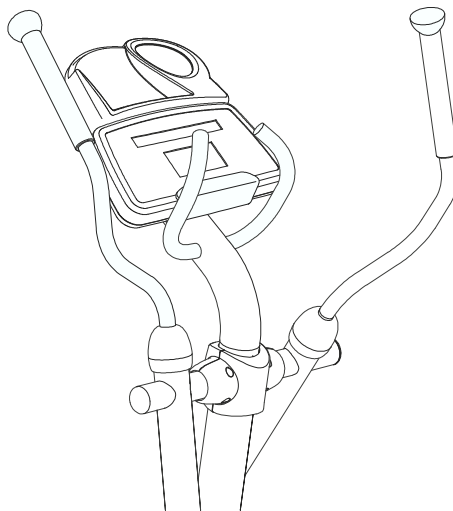
Aerobics Mode displays prompts on the Message Center to vary the workload and emphasize different muscle groups during the workout. It can be used with the Hill, Random and Manual workouts.

Reverse Mode varies the workout by alternating five minutes of forward motion with two minutes of reverse motion. It can be used with the Hill, Random and Manual workouts.

2.3 THE ACCESSORY TRAY / READING RACK

The accessory tray with reading rack (CT 9500HR, CT 9100) supports a water bottle and portable cassette or CD player. It mounts under the console.

The reading rack supports a magazine or book at the bottom edge of the console.



3 HEART RATE ZONE TRAINING® EXERCISE

3.1 WHY HEART RATE ZONE TRAINING EXERCISE?

Research shows that exercising within a specific heart rate is the optimal way to monitor exercise intensity and achieve maximum results. That is the idea behind the Life Fitness Heart Rate Zone Training approach to exercise.

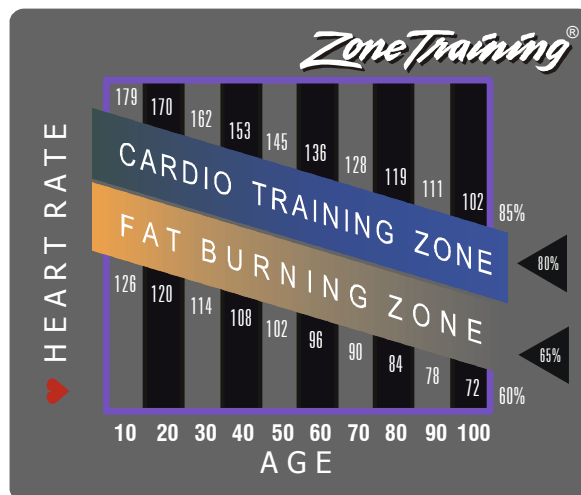
Zone Training Exercise takes the guesswork out of working out by identifying specific ranges, or zones, in which to maintain a heart rate to achieve maximum exercise results according to goals. In short, Zone Training Exercise all but eliminates under- and over-training by targeting the heart rate to individual fitness objectives.

For instance, if the primary goal is to burn fat, exercise at a level between 60% and 75% of the theoretical maximum heart rate[†]. Alternately, to improve cardiovascular condition, work out at 75% to 85% of the theoretical maximum heart rate.

Life Fitness offers two exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training Exercise: Fat Burn and Cardio (optional for CT 8500 in the U.S.A. and Canada). The focus of the exercise activities can be varied by switching between the Fat Burn and Cardio workouts at any time during a workout or by entering a new target heart rate with the Up or Down Arrow keys or numeric keypad (CT 9500HR).

Both the Fat Burn and Cardio workouts measure heart rate. Wear the telemetry heart rate chest strap and the heart rate will be transmitted to the on-board computer continuously. Alternately, for CT 9500HR, grasp the Lifepulse sensors on the moving arms. The resistance level will automatically adjust to maintain the target heart rate based on the actual heart rate.

[†] Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as 220 minus age.



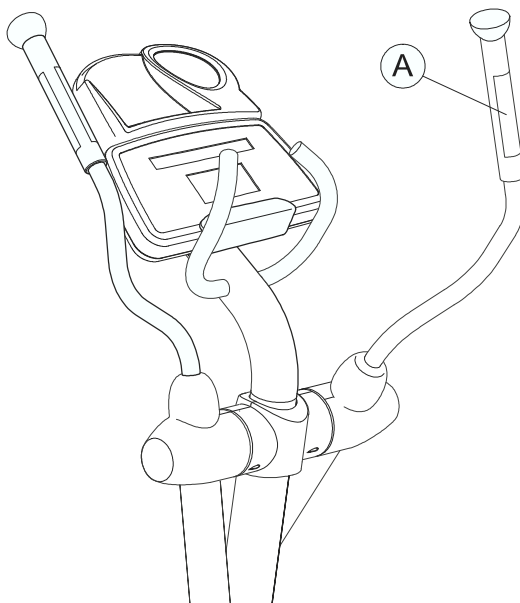
3.2 HEART RATE MONITORING

THE LIFEPULSE DIGITAL HEART RATE SENSORS

The patented Lifepulse digital heart rate sensors (A) are the built-in heart rate monitoring system on the Life Fitness 9500HR Cross-Trainer.

To use the Lifepulse sensors (CT 9500HR), grasp the stainless steel sensors on the moving arms when the console displays the heart symbol, or at any time a heart rate reading is wanted. The heart rate will be displayed in 10 to 40 seconds.

There are four sensors, two on each moving arm. All four must be firmly contacted to obtain a heart rate reading.



THE HEART RATE CHEST STRAP

A heart rate chest strap allows the on-board, Polar® telemetry heart rate feature of this product (optional for CT 8500 in the U.S.A. and Canada) to continuously monitor the heart rate and in many workouts adjusts aspects of the workout such as resistance level. To order a chest strap, call Life Fitness Customer Support Services.

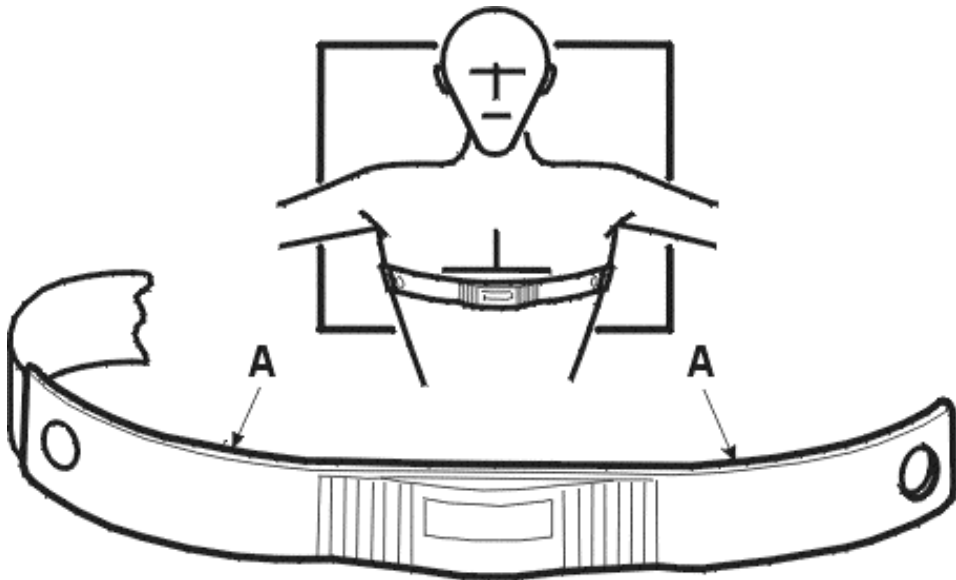
Wet the transmitter electrodes (A) (the two grooved surfaces on the underside of the strap) and secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.

The transmitter strap will deliver an optimum heart rate reading when the electrodes are directly in contact with bare skin. However, it will function properly through wet, lightweight clothing.

The key to proper operation is for the electrodes to remain wet to transmit the electrical impulses of the heart back to the receiver.

If it becomes necessary to remoisten the chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, then moisten them in this position.

NOTE: For CT 9500HR, if the Lifepulse sensors are grasped while the chest strap is being worn, the signals from the sensors, if valid, are used as the heart rate indication over the chest strap.



4 THE WORKOUTS

4.1 WORKOUT OVERVIEWS

Selecting a Life Fitness workout is as easy as pressing a key. The following are preprogrammed workouts for this Life Fitness product.

QUICK WORKOUT is the fastest way to begin exercising. It allows starting a manual workout with minimal console input.

FAT BURN is a workout offering a low intensity way to burn fat. The heart rate chest strap or Lifepulse Sensors (CT 9500HR) must be used. The Fat Burn workout automatically changes the resistance level to maintain the heart rate at 65% of theoretical maximum.

CARDIO is a higher intensity workout emphasizing cardiovascular benefits and maximum fat burning for more fit users. The heart rate chest strap or Lifepulse Sensors (CT 9500HR) must be used. The Cardio workout will automatically change the resistance level to maintain the heart rate at 80% of theoretical maximum.

HILL is an interval training workout consisting of a combination of hills and valleys proven to provide effective, time-efficient cardiovascular results.

RANDOM is an interval training workout of varying resistance levels which occur randomly with each exercise session.

MANUAL is a constant effort workout in which the user can change resistance level or speed at any time.

CROSS-TRAIN AEROBICS is a versatile workout which acts like a personal trainer, prompting the user to try pushing, pulling, total body, lower body, speed changes, and forward/reverse motion. This workout allows maximum cross-training benefits.

CROSS-TRAIN REVERSE is a workout alternating forward motion (5 minutes) and backward motion (2 minutes), thereby cross-training different muscle groups.

4.2 USING THE WORKOUTS

TO BEGIN A WORKOUT

Without networking, press START or begin pedaling to activate the console. Check that the Message Center is scrolling "PRESS ENTER TO BEGIN." If it displays a different message, press the Clear key twice in rapid succession.

With optional networking enabled, the console will display instead "PRESS ENTER TO BEGIN OR ENTER ID" (CT 8500, CT 9100 adds "USING ENTER KEY"). If this message is scrolling in the Message Center, either select a workout as described below OR log on to the networked exercise database and then select a workout.

To log onto the network, use the Arrow keys to scroll in the user ID number. Alternately (CT 9500HR), key in the user ID number with the numeric keypad.

SELECT QUICK WORKOUT

Quick Workout is the fastest way to begin exercising, allowing a manual workout to begin with minimal console input. To use it, press the START key or begin pedaling. Then press the Quick Workout key, and use the arrow keys or the numeric keypad (CT 9500HR) to set the weight.

SELECT WORKOUT

First, press Enter. The Message Center now prompts for the weight.

Second, enter weight. The default weight is 150 pounds or 68 kilograms. Use the Up and Down Arrow keys or the numeric keypad (CT 9500HR) to set the weight as required and press the Enter key again. Now the workout can be selected.

Third, select a workout. The first workout shown is Fat Burn (or Manual if telemetry is disabled). For a different workout, use the Up and Down Arrow keys to scroll through the workout choices (see below). Then press the Enter key.

Fourth, complete workout setup. The Message Center prompts for the remaining setup information required for the workout: the planned workout length and resistance level, or the age and target heart rate. Use the Up and Down Arrow keys or the keypad to increase or decrease the default values for each, then press the Enter key.

NOTE: *The Arrow keys or the numeric keypad (CT 9500 HR) can be used at any time during a workout to change the resistance level or the target heart rate.*

FAT BURN* Enter time Enter age Enter Target Heart Rate† Begin workout	RANDOM Enter time Enter level Begin workout
CARDIO* Enter time Enter age Enter Target Heart Rate† Begin workout	HILL Enter time Enter level Begin workout
MANUAL Enter time Enter level Begin workout	CROSS-TRAIN AEROBICS Enter time Enter level Begin workout
	CROSS-TRAIN REVERSE Enter time Enter level Begin workout
<p>* Fat Burn and Cardio are standard workouts on all models except optional for CT 8500 in the U.S.A. and Canada.</p> <p>† The Target Heart Rate is calculated based upon the age and can be modified according to the user's personal physical condition</p>	

4.3 WORKOUT DESCRIPTIONS

FAT BURN WORKOUT

The Fat Burn workout brings the benefits and results of Heart Rate Zone Training Exercise to users on a daily basis.

On featured Life Fitness cardiovascular equipment, the Fat Burn workout uses the technology of heart rate monitoring (via an optional heart rate chest strap or the Lifepulse System) to help maintain a specific heart rate (65% of a theoretical maximum heart rate†) within a target zone based on age. This maximizes the aerobic benefits of exercise by accessing the body's fat stores for fuel.

The result is a perfect workout every time, eliminating both under- and over-training. Concentration is centered on the workout, because the Life Fitness product responds to the heart rate and adjusts the workout to maintain the target heart rate.

CARDIO WORKOUT

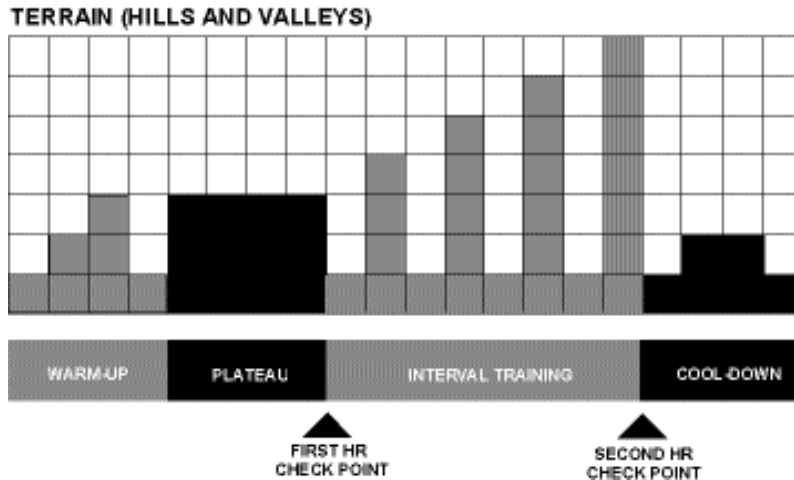
The Cardio workout is virtually identical to the Fat Burn workout. The only difference is that the target heart rate is calculated at 80% of the theoretical maximum heart rate† to accentuate cardiovascular improvement by placing a heavier workload on the heart muscle.

To vary the focus of exercise activities, transfer between the Fat Burn and Cardio workouts at any time during a workout.

† Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as 220 minus the user's age.

HILL WORKOUT

The Life Fitness patented Hill workout offers the ideal configuration for interval training: periods of intense aerobic activity separated by regular intervals of lower-intensity exercise. The computerized interval training workout has been scientifically demonstrated to yield greater cardiorespiratory improvement than steady-pace training. Not only does the Hill workout offer the challenge of alternating periods of high and low intensity, but the levels of intensity become progressively more difficult during the course of the workout. The longer the Hill workout, the more amount of time spent on top of a hill and at the bottom of a valley.



PHASES

Each Hill workout session comprises the following phases: (1) Warm-up, (2) Plateau, (3) Interval Training, and (4) Cool-down.

NOTE: Check the pulse at the Heart Rate (HR) Check Points (following the Plateau and Interval Training phases) to ensure that the heart rate has entered and remained within the target heart rate zone.

Warm-up: Gradually brings the heart rate into the lower portion of the target heart rate zone, increasing respiration and blood flow to working muscles.

Plateau: Increases heart rate so that it is within target zone. Check the heart rate at the end of the plateau period to ensure having entered the target heart rate zone.

Interval Training: A series of hills and valleys. During this portion of the workout, the user is confronted with a series of successively steeper hills, each separated from the next by a valley or recovery period. Check the heart rate at the end of the interval training period to ensure staying within the target zone.

Cool-down: The cool-down allows the body to begin removing accumulated by-products of exercise, such as lactic acid, which build up in muscles during a workout and contribute to muscle soreness.

Effort and recovery periods are simulated on the display console by columns of red lights in the workout Profile window. Each column represents one interval and 20 intervals comprise the workout. The columns move from right to left during the workout. The higher the column, the higher the incline. Consequently, the effort must be increased to continue training.

10 to 19 minutes: The interval durations are initially set at 30 seconds for a 10-minute workout. For every additional minute of workout duration, the Hill workout lengthens each interval by three seconds. Thus, a 15-minute Hill workout will feature 20 intervals of 45 seconds each.

20 to 99 minutes: All intervals last 60 seconds. As minutes are added, additional hills and valleys are presented beyond the initial four of the interval training phase. The additional hills and valleys will follow the form of the first four, dropping back down to the level of the very first hill encountered and progressing in height every two minutes until the highest hill is reached again. This process repeats until the workout duration is met.

RANDOM AND MANUAL WORKOUTS

RANDOM WORKOUT

The Life Fitness on-board computer randomly selects hill and valley terrain which varies with each and every workout, resulting in more than one million combinations. Because workout levels are greater in this workout than in the Hill workout, it is recommended that the Random workout be set one or two levels lower than the workout level which would normally be selected in the Hill workout.

MANUAL WORKOUT

The Manual workout provides steady pace exercise with resistance levels equal to that of the highest hill encountered in the Hill workout at the same effort level. Because of the greater effort levels of this workout, it is recommended to set the Manual workout about three to four levels lower than the level of effort which would normally be selected on the Hill workout.

A personal interval training workout can be designed using the Manual workout by varying the level of effort during the course of the workout session. To do so, select a high level of effort until the upper end of the target heart rate zone is reached, then pedal at a lower effort level until the heart rate drops to the bottom of the target zone. Then increase the level of effort again until the heart rate rises back to the upper portion of the target zone. Repeating this process will actually create hills and valleys.

AEROBICS AND REVERSE WORKOUTS

CROSS-TRAIN AEROBICS WORKOUT

This workout makes the most of the Life Fitness Cross-Trainer's total body workout. While exercising, the computer console prompts the user to vary the workout.

For an upper body workout that works all the muscles in the arms, the console directs the user to push and pull the moving arms at various times. The console will also vary the workout between total body and lower-body-only workouts, during which the user rests his or her hands on the stationary handlebar.

To maximize lower-body workout, forward and reverse motions and speeds are alternated, working all the muscles in the legs in a variety of conditions in one exercise session.

This Cross-Trainer workout is constant resistance. However, for CT 9500HR and CT 9100, it is also available as variable resistance by selecting the Hill, Manual or Random workout first. Then, after starting the workout, press the Aerobics Mode key on the console.

CROSS-TRAIN REVERSE WORKOUT

To vary the Cross-Trainer exercise and to maximize the lower-body workout, the Cross-Train Reverse workout prompts the user to use a forward motion for five minutes followed by a backward motion interval for two minutes for a cross-training workout of different muscle groups. This workout makes the most of the Life Fitness Cross-Trainer's forward and reverse feature. While exercising, the computer console prompts the user to vary the workout.

This Cross-Trainer workout is constant resistance. However, for CT 9500HR and CT 9100, it is also available as variable resistance by selecting the Hill, Manual or Random workout first. Then, after starting the workout, press the Reverse Mode key on the console.

4.4 WORKOUT MODES

THE AEROBICS MODE AND REVERSE MODE KEYS

Cross-Training Aerobics and Cross-Training Reverse are constant resistance. However, the features of these workouts can be applied to variable resistance workouts by use of the Aerobics Mode and Reverse Mode keys (CT 9500HR and CT 9100 only).

TO SELECT WORKOUT MODE

Aerobics Mode applies the Cross-Train Aerobics workout features to one of the variable resistance workouts. To use it, select the Hill, Manual, or Random workout, and after it starts press the Aerobics Mode key. Pressing the Aerobics Mode key again will end Aerobics Mode and continue with the original workout.

Reverse Mode applies the Cross-Train Reverse workout features to the Hill, Manual, or Random workout. The workout will alternate forward motion (5 minutes) with reverse motion (2 minutes). To use it, select the Hill, Manual, or Random workout, and after it starts press the Reverse Mode key. Pressing the Reverse Mode key again will end Reverse Mode and continue with the original workout.

4.5 ADJUSTING INTENSITY LEVEL

Workout intensity is adjusted at any time during the workout by using the arrow keys or the numeric keypad (CT 9500HR) to increase or decrease either the resistance level or the target heart rate (Fat Burn and Cardio workouts only).

Changing level. The height of the LEDs in the Workout Profile window represents the amount of workout intensity. Changes to the resistance level (between 1 and 20) or the speed of pedaling can be used to optimize the workout intensity.

Changing target heart rate. The initial target heart rate[†] shown is based upon the entered age and the workout chosen (Fat Burn or Cardio). The user accepts or adjusts the specified target heart rate during the set-up process. During the workout, the heart rate is transmitted by the chest strap or by Lifepulse Sensors (CT 9500HR) and is used to control the workout resistance in order to keep the user in the correct target heart rate zone. The user can adjust the target heart rate at any time during the workout, using the arrow keys or the numeric keypad (CT 9500HR).

[†] Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as 220 minus the user's age.

5 INTERNAL SETTINGS

5.1 ENTERING THE MANAGER'S CONFIGURATION

Manager's Configuration allows the operational characteristics of the Cross-Trainers to be set up, such as the maximum workout time or enabling of pause or telemetry. It also displays statistics on the hours of use and types of programs used.

To enter the Manager's Configuration, while the unit is off, press and hold down the Display Lock key (or for CT 9500HR the numeric 2 key) and press the Start key. The console displays "Manager's Configuration". Scroll through the configuration options using the Enter/Clear keys. The options can be changed by using the Up or Down Arrow keys. All changes to the settings are saved to the memory upon exiting the Manager's Configuration.

To exit Manager's Configuration, repeatedly press either the Clear (Clear/Pause) or Enter key until the console displays "Press Enter to Begin".

5.2 THE SETTINGS

This area will allow the user to see the current configuration about the system. The information will cover the following areas:

Configuration Setting	Factory Default	Description
	CT 8500 / CT 9100 / CT 9500HR	
SHUTDOWN TIME:	60 seconds	Shutdown time conserves the battery. It represents the amount of time settings will be held in memory when a workout is interrupted and pedaling ceases.
PROGRAM TIME:	60 seconds	Program time conserves the battery. It represents the amount of time the console will remain lit after pressing Start. If another key is not pressed or pedaling does not begin, it will shut down.
TELEMETRY (ON/OFF):	ON*	Telemetry allows the product to use the Polar® Heart Rate Zone Training exercise chest strap to monitor the heart rate.
ENGLISH/METRIC UNITS:	ENGLISH	The units of measure used by the equipment (e.g. pounds or kilograms). CT 8500 setting is based on region.
MAXIMUM WORKOUT DURATION:	60 minutes	The maximum duration of a workout. Can be adjusted from 60 to 99 minutes
CAL/HR and/or WATTS:	DISABLED	If enabled, display toggles calories per hour and/or watts during a workout. (Applies to CT 9500HR/CT 9100 only.)
METS:	OFF	If enabled, the level and calories LEDs turn off and the MET value is displayed.

* For telemetry, standard default is ON for all models except CT 8500 in the U.S.A. and Canada, where telemetry is optional and default is OFF.

6 SERVICE AND TECHNICAL DATA

6.1 PREVENTATIVE MAINTENANCE TIPS

The Life Fitness Cross-Trainer is backed by the engineering excellence of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness products are among the most popular equipment, regularly standing up to marathon use - 18 hours a day, 7 days a week - in health clubs, colleges and military facilities the world over. This same technology, engineering expertise, and reliability has gone into the Life Fitness Cross-Trainer.

NOTE: *The 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 in the Preventive Maintenance Schedule.*

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 your Life Fitness Cross-Trainer operating at peak performance:

- Locate the Life Fitness Cross-Trainer in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Use a 100% cotton cloth, lightly moistened with water and mild liquid detergent, to clean the Cross-Trainer. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia or acid-based cleaners.
- 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.
- Clean the housing and moving arms thoroughly on a regular basis.

NOTE: *When cleaning the exterior of the unit, a non-abrasive cleaner and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment; apply the non-abrasive cleaner on a soft cloth and then wipe the unit.*

6.2 PREVENTATIVE MAINTENANCE SCHEDULE

Follow the schedule below to ensure proper operation of the product.

<i>ITEM</i>	<i>WEEKLY</i>	<i>MONTHLY</i>	<i>BI-ANNUALLY</i>	<i>ANNUALLY</i>
<i>Display Console</i>	<i>C</i>	<i>I</i>		
<i>Console Mounting Bolts</i>			<i>I</i>	
<i>Accessory Tray</i>	<i>C</i>	<i>I</i>		
<i>Frame</i>	<i>C</i>			<i>I</i>
<i>Plastic Covers</i>	<i>C</i>	<i>I</i>		

KEY: C=Clean; I=Inspect

6.3 TROUBLESHOOTING THE HEART RATE CHEST STRAP

HEART RATE READING IS ERRATIC OR ABSENT ENTIRELY

- Repeat the electrode wetting procedure (see How to Use the Optional Heart Rate Monitor Chest Strap). The electrodes must be wet to pick up and transmit accurate heart rate readings.
- Make sure the electrodes are flat against the skin.
- Wash the belt transmitter regularly with mild soap and water.
- Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
- The chest strap is battery operated and will eventually stop functioning. If the chest strap transmitter battery is depleted, contact **Life Fitness Customer Support Services** at 1-800-351-3737 for instructions on how to have the chest strap replaced.

HEART RATE READING IS ERRATIC OR EXTREMELY HIGH

When exercising with the optional heart rate chest strap, the user may come within range of electromagnetic signals strong enough to cause abnormally elevated heart rate readings. Possible sources of such signals include

- Television sets and/or antennas, cell phones, computers, cars, high voltage power lines and motor driven exercise equipment.
- Another heart rate transmitter within three feet (one meter) may also cause abnormal heart rate readings.

6.4 TROUBLESHOOTING THE LIFEPULSE SENSORS

If the heart rate reading is erratic or missing, check the following:

- Dry the hands if necessary to prevent slipping.
- Apply hands to all four sensors; two in each hand.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors.

6.5 HOW TO OBTAIN PRODUCT SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and document the serial number of the unit, consisting of three letters followed by six numbers. The serial number plate is located at the back end of the unit.
3. Contact the nearest Life Fitness Customer Support Services group:

Toll-free within the U.S. and Canada

Telephone: 800.351.3737

Telephone: 847.451.0036

FAX: 847.288.3702

For Product Service Internationally:

Life Fitness Europe GmbH

Telephone: (+49).089.317.751.66

FAX: (+49).089.317.751.38

Life Fitness (UK) LTD

Telephone: (+44).1353.665.507

FAX: (+44).1353.666.018

Life Fitness Benelux

Telephone: (+32).03.644.44.88

FAX: (+32).03.644.24.80

Life Fitness Italia S.R.L.

Telephone: (+39).0472.835.470

FAX: (+39).0472.833.150

Life Fitness Austria Vertriebs GmbH

Telephone: (+43).1615.7198

FAX: (+43).1615.7198.20

Life Fitness Asia Pacific Ltd

Telephone: 852.2891.6277

FAX: 852.2575.6001

Life Fitness Latin America

Telephone: (+1).847.451.0036

FAX: (+1).847.288.3702

Life Fitness Brazil

Telephone: [55] 11.7295-2217

FAX: [55] 11-7295-2218

Life Fitness Rotterdam

Telephone: 31.10.294.5011

FAX: 31.10.294.5029

Life Fitness Japan

Telephone: 81.3.3359.4309

FAX: 81.3.3359.4307

7 SPECIFICATIONS

7.1 LIFE FITNESS CROSS-TRAINER SPECIFICATIONS

Designed use:	CT 9500HR/CT 9100: Heavy/Commercial CT 8500: Light/Commercial
Maximum user weight:	CT 9500HR/CT 9100: 350 pounds / 159 kilograms CT 8500: 300 pounds / 136 kilograms
Power requirements:	None.
CONSOLE:	
Type:	CT 9100/CT 8500: Message Center with arrow keys CT 9500HR: Message Center with numeric keypad and arrow keys
Displays:	CT 9500HR/CT9100: Elapsed time, RPM, level, calories, heart rate, distance, calories burned per hour, and watts CT 8500: Elapsed time, RPM, level, calories, heart rate, and distance
Summaries:	Total elapsed time of workout, total calories burned, total distance
Character size:	CT 9500HR/CT 9100: 0.54 inches CT 8500: 0.4 inches
WORKOUTS:	
Basic:	Manual, Random, Hill, Cross-Train Aerobics, Cross-Train Reverse
Interactive HR:	Fat Burn, Cardio (standard except optional on CT 8500 in the U.S.A. and Canada)
Modes:	CT 9500HR and CT 9100: Aerobics and Reverse modes during Manual, Random, and Hill workouts
Quick Workout:	Yes
Heart rate monitor:	Polar® telemetry heart rate monitoring system: standard on all models (CT 8500 optional in the U.S.A. and Canada) Lifepulse sensors: standard CT 9500HR Polar® heart rate chest strap: optional
Resistance Levels:	20
Pedal speed range:	25 - 100 RPM
Drive type:	Belt/alternator
Accessory Tray:	CT 9500HR/CT 9100: Standard CT 8500: Upgrade option
Color:	CT 9500HR/CT 9100: Slate gray with red and black accents CT 8500: Light granite with red and black accents
PHYSICAL DIMENSIONS:	
Length:	80 inches / 203 centimeters
Width:	27 inches / 69 centimeters
Height:	66 inches / 168 centimeters
Weight:	235 pounds / 107 kilograms
SHIPPING DIMENSIONS:	
Length:	81.5 inches / 206 centimeters
Width:	30 inches / 77 centimeters
Height:	47 inches / 120 centimeters
Weight:	290 pounds / 132 kilograms

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