T5 TRACK CONSOLE
OWNER'S MANUAL
M051-00K59-0014 REV A

Life Fitness

WHAT WE LIVE FOR

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Also check www.lifefitness.com for local representation or distributor/dealer.

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Thank you for purchasing a LIFE FITNESS product. Before using this product, please read this owner's manual along with the base assembly manual in it's entirety to ensure that you have the knowledge to safely and properly operate all of this product's features. We hope you achieve the product experience that you expect, but if you do have any service issues, please go to the How to Obtain Product Service section which will provide information on obtaining product service.

FCC Warning - Possible Radio / Television Interference

Note: *This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the user manual, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:*

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Class HB (Home): Domestic use.

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

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

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user serviceable parts.

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TABLE OF CONTENTS

This Operation Manual describes the functions of the following product:

LIFE FITNESS *T5 TRACK CONSOLE*

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

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

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

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

1 IMPORTANT SAFETY INSTRUCTIONS

WARNING: READ ALL INSTRUCTIONS BEFORE USING THE TREADMILL. SAVE THESE INSTRUCTIONS.

DANGER: To reduce the risk of electrical shock, always unplug this LIFE FITNESS product 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: This treadmill has immobilization software. Only activate the software immobilization when the treadmill is not in use. Refer to the T5 Owner's Manual for instructions on immobilizing the treadmill. Keep the instructions out of the reach of children.

WARNING: Do not move the treadmill by lifting the console. Do not use the console as a handlebar during a workout.

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: Equipment should be installed on a stable base and be properly leveled.

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 the T5 Owner's Manual.

CAUTION: Risk of injury to persons – To avoid injury use extreme caution when stepping onto or off of a moving belt.

- 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 this product so the power cord plug is accessible to the user.
- 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.
- 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.
- 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.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- 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 openings in this product. 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 a bottle holder or accessory tray. Lidded containers are recommended.

- Do not reach into or underneath the unit, or tip it on its side during operation.

- Do not allow other people to interfere with the user or equipment during a workout.

- Keep an open area of 6.5 feet (2 meters) by 3 feet (1 meter) behind the treadmill clear of any obstructions, including walls, furniture and other equipment.

- Allow LCD consoles to "normalize" with respect to temperature for one hour before plugging the unit in and / or using.

- Use the handrails whenever additional stability is required. In case of emergency, such as tripping, the user should grab the handrails and place his / her feet on the side platforms. The handrails may be held to enhance stability as needed, but are not for continuous use.

- Never walk or jog backwards on the treadmill.

- Immobilize the treadmill so the motors will not run when the unit is not in use. To do this, press and hold both the SPEED DOWN ARROW and the STOP key on the activity zone.

- Use this unit only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

- In conformity with the European Union Machinery directive 2006/42/EC, this equipment runs at sound pressure levels below 70 dB(A) at the average operating speed of 8 km/hr.

- The universal electrical grounding symbol is:

CONSIGNÉS DE SÉCURITÉ IMPORTANTES

AVERTISSEMENT: 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 lenettoyage 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 : Ce tapis de course est doté d'un logiciel d'immobilisation. N'activez le dispositif d'immobilisationque lorsque le tapis de course n'est pas utilisé. Consultez le manuel de l'utilisateur de T5 pour toute instruction relative àl'immobilisation du tapis de course. Conservez les instructions hors de portée des enfants.

AVERTISSEMENT : Ne déplacez pas le tapis de course en soulevant la console. N'utilisez pas la console commeguidon lors d'un exercice.

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: L'équipement doit être installé sur une base stable et être correctement mis de niveau.

AVERTISSEMENT:S'assurer que la dragonne d'arrêt d'urgence est attachée à l'utilisateur et fixée adéquatement au tapis roulant avant de commercer 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. Consultez le manuel de l'utilisateur de T5.

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.

- 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.

- Tenir le cordon d'alimentation à l'écart de toute surface chauffée. Ne pas tirer l'appareil par le cordon d'alimentation; ne pas utiliser le cordon comme poignée. Ne pas faire passer le cordon sur le sol, sous le tapis roulant, ni le long de l'appareil.

- 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.

- Ne pas utiliser ce produit dans des salles où des vaporisateurs aérosols sont employés ou bien où de l'oxygène est administré. Ces substances créent des risques de combustion et d'explosion.

- 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.

- Les enfants doivent faire l'objet d'une surveillance afin de veiller à ce qu'ils ne jouent pas avec 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 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.

- 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.

- Laisser les consoles ACL se « normaliser » pendant une heure quant à la température avant le branchement et l'utilisation de l'appareil.

- Ne jamais monter sur le tapis roulant et ne jamais en descendre pendant qu'il tourne. Utiliser les rampes latérale-safin de ne pas perdre l'équilibre. En cas d'urgence, par exemple, en cas de trébuchement ou de faux pas, saisir les rampes latérales et placer les pieds sur les plates-formes latérales. Les rampes latérales peuvent servir à rétablir son équilibre, mais ne sont pas destinées à un usage continu.

- Ne jamais marcher ni courir à reculons sur le tapis roulant.

- Immobilisez le tapis de course afin que les moteurs ne tournent pas lorsque l'unité n'est pas utilisée. Pour cefaire, appuyez sur la FLECHE VERS LE BAS et la touche STOP (ARRÊT) de la console, et maintenez-lesenfoncées.

- Cet appareil ne doit être employé que pour l'usage auquel il est destiné, conformément aux directives du manuel. Ne pas utiliser d'accessoires qui ne sont pas recommandés par le fabricant.

- Conformément à la directive de l'Union Européenne 2006/42/EC sur les machines, cet équipement fonctionne àdes niveaux de pression sonore inférieurs à 70 dB(A) à la vitesse de fonctionnement moyenne de 8 km/h.

- Le symbole de mise à la masse électrique universel est le suivant :


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2 GETTING STARTED

2.1 THE HEART RATE TELEMETRY CHEST STRAP

The console is equipped with a wireless heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals from the user to the console. The electrodes are inside the chest strap (A) that the user wears during the workout. The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with bare skin. However it functions properly through a thin layer of wet clothing. The electrodes are two grooved surfaces on the underside of the strap, and must remain wet to accurately transmit the electrical impulses of the heart back to the receiver. To use, first moisten the electrodes. Then, secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing. Electrodes must be wet to work properly. If it becomes necessary to re-moisten, grasp the center of the strap, pull it away from your chest to expose the electrodes, and moisten. See diagram below for correct positioning of the strap.

Note: Using the wireless heart rate telemetry chest strap will provide more accurate heart rate readings than the hand pulse sensors.

Note: To ensure the highest performance, use the wireless chest strap that was provided with the product.
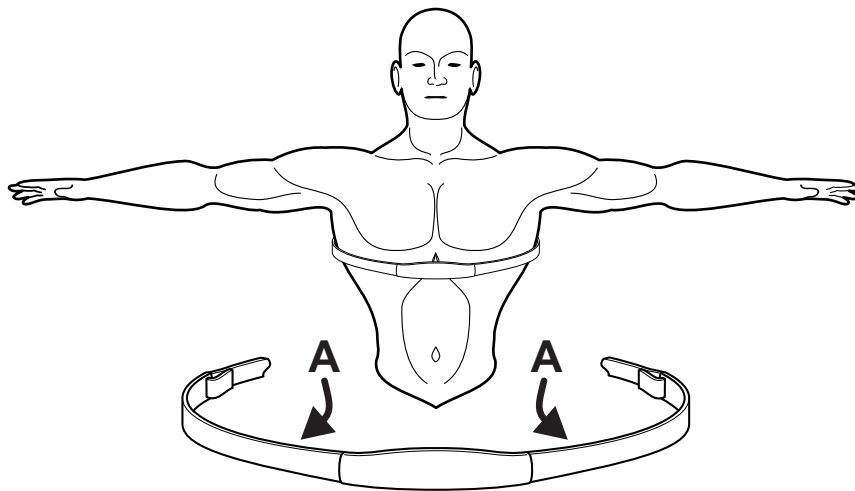
2.2 CONTACT HEART RATE

When using Contact Heart Rate make certain to grasp sensors firmly and keep hands still. If heart rate seems substantially higher or lower than expected, remove hands from sensors until heart rate disappears. Dry hands and grasp sensors again until heart rate seems accurate. If this does not work you may need to slow the machine to get an accurate reading. We recommend, for safety and accurate heart rate readings, that the user stand on the side rails when attempting to monitor heart rate with contact electrodes.

Note: The contact heart rate system may be less or more accurate with different individuals.

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2.3   HEART RATE ZONE TRAINING®

Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results. That is the idea behind the LIFE FITNESS Heart Rate Zone Training® approach to exercise.

Zone Training identifies an exerciser's ideal heart rate range, or zone, for burning fat or increasing cardiovascular fitness. The zone is a percentage of the theoretical maximum (HRmax), and its value depends on the workout. The maximal heart rate formula is defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription", 8th Edition, 2009. HRmax equals to 206.9 minus the total of 0.67 multiplied by a person's age.

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

The LIFE FITNESS products feature these exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training+ exercise:

• FAT BURN • CARDIO • HEART RATE HILL • HEART RATE INTERVAL • EXTREME HEART RATE

Note: Consulting a fitness trainer is recommended for defining specific fitness goals and designing a workout program.

The HeartSync workout programs measure heart rate. Wear the telemetry heart rate chest strap, or grip the contact heart rate sensors, to enable the on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the incline or level to maintain the target heart rate based on the actual heart rate.

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

3 TRACK CONSOLE OVERVIEW

Read the entire Owner's Manual before setting up your equipment.
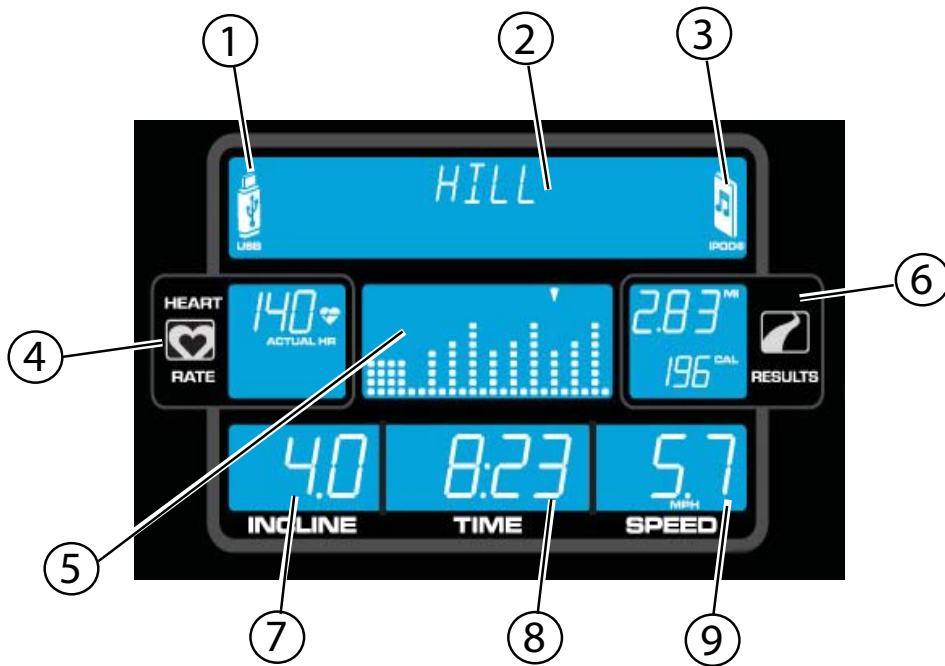
1. **USB Indicator**
2. **Message Center**
3. **iPod® Indicator**
4. **Heart Rate Center**
5. **Workout Profile Display**
6. **Results Center: Distance Display and Calorie Display**
7. **Incline / Level Display**
8. **Time Display**
9. **Speed Display**
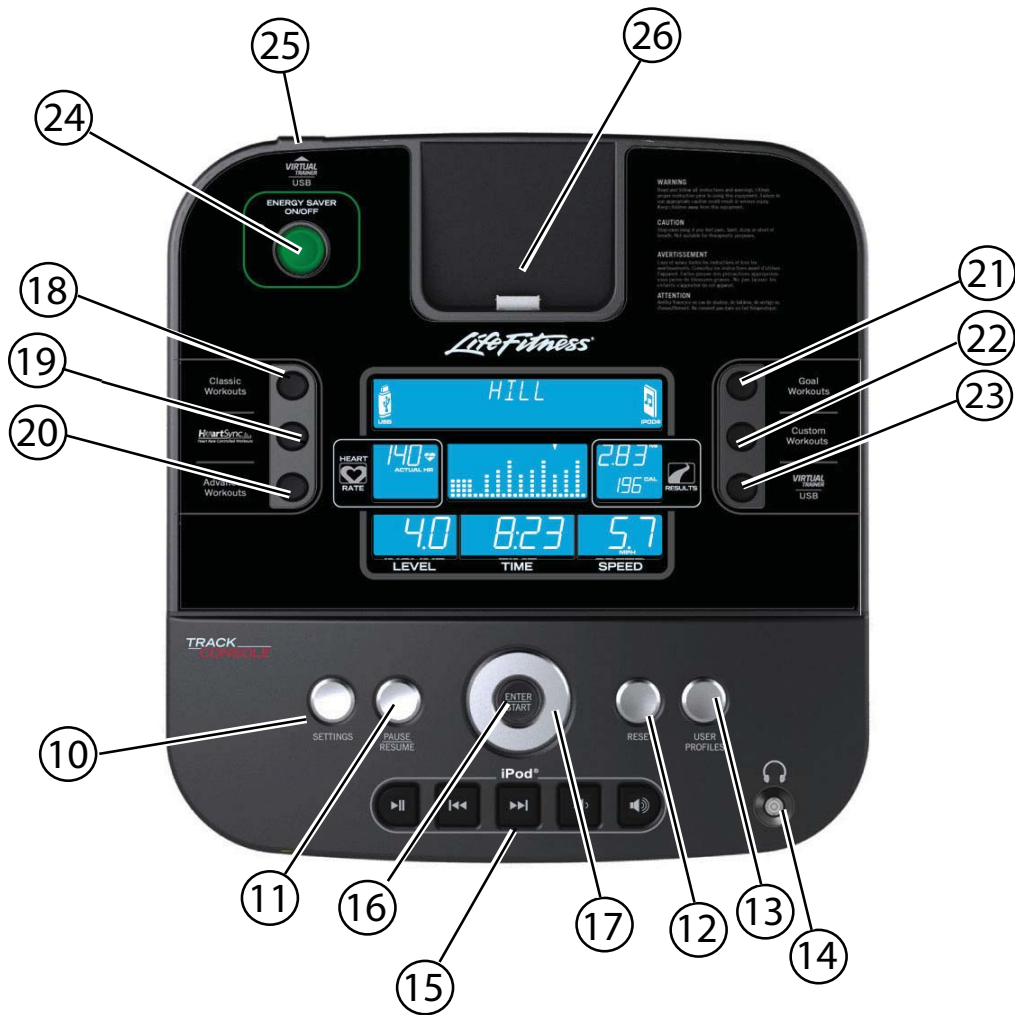
10. **Settings Button**

11. **Pause / Resume Button**

12. **Reset Button**

13. **User Profiles Button**

14. **Headphone Jack**

15. **iPod Controls**

16. **Enter / Start Button**

17. **Navigation Buttons**

18. **Classic Workouts**

19. **HeartSync™ Workouts**

20. **Advanced Workouts**

21. **Goal Workouts**

22. **Custom Workouts**

23. **Virtual Trainer / USB**

24. **Energy Saver Button**

25. **USB Port**

26. **iPhone / iPod Dock**

4 HOW TO USE THE TRACK CONSOLE

The Track Console was designed to make navigation as simple as possible by using special colors and keys. The console display was designed to reduce toggling between workout information. The design of each button on the console was designed to give the user tactile feedback. Each piece of workout feedback, including level, time and speed, has its own dedicated window.

4.1 USB INDICATOR

The USB icon on the left side of the message center is displayed whenever a USB drive is plugged in. The USB can execute a workout from *www.lfconnect.com.* See Section 6 for more information on the LFconnect Website.

4.2 MESSAGE CENTER

The message center provides instructional information to the user from the moment the first key is pressed. The message center will coach the user through setting up a workout, including selecting a workout and entering time, level, and other workout specific information. Also during the workout if certain workout feedback like pace and METS are turned on in the Settings Menu, the message center will periodically show that information.

4.3 iPOD INDICATOR

The iPod icon on the right side of the message center is displayed when a compatible iPod is docked.

4.4 HEART RATE DISPLAY

The heart rate display calculates the user's actual heart rate in contractions or beats per minute during a workout. The user must be holding on to the contact heart rate electrodes or wearing a heart rate telemetry chest strap for the heart rate display to function. See Section 2.1, *The Heart Rate Telemetry Chest Strap.* Life Fitness recommends wearing the chest strap for the most accurate heart rate reading. If you are experiencing problems with your heart rate reading please read Section 2.2, *Contact Heart Rate* for recommendations on improving the contact heart rate reading.

4.5 TARGET HEART RATE DISPLAY

Target heart rate is a percentage of a user's maximum heart rate. The goal is to target a range that enables one's heart and lungs to receive the most benefit from a workout. The console calculates target heart rate by taking the maximum heart rate and multiplying it by an intensity level. Maximum heart rate = 206.9 - (.67 x user's age). Target heart rate is shown continuously during a HeartSync workout. The target heart rate can be changed at any point during the workout.

Example: User's Age is 45.
206.9 - (.67 x 45) = 176.75.
177 is the Maximum Heart Rate for a 45 year old.
177 x 65% = 115. 115 is the optimal target heart rate for weight loss and fat burning.
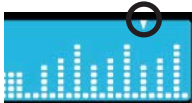
4.6   WORKOUT PROFILE DISPLAY

The workout profile graphically displays the intensity of a workout with columns of various heights. During the workout the current intensity level the user is in is signified by an arrow located above the appropriate column. During a heart rate workout the workout profile acts like a graph of the user's heart rate. Each of the nine rows of the profile will represent the user's actual heart rate as a percentage of their heart rate max. Therefore by the end of the workout, the user will be able to visually see their heart rate ranges throughout the workout.

Row	Target Heart Rate Percent Range
1	<30%
2	30 - 39%
3	40 - 49%
4	50 - 59%
5	60 - 69%
6	70 - 79%
7	80 - 89%
8	90 - 99%
9	100%

Note: The percent in the table represents the user's actual heart rate as a percent of their heart rate max. The heart rate max is 206.9 - (.67 x user's age). For example: A 40 year old's heart rate max would be 206.9 - (.67 x 40) = 180. During their workout at the first interval their actual heart was 100. Therefore 100/180 = .56 or 56% and the profile would display the user at row four for the first interval of the workout.

4.7   WORKOUT PROFILE INDICATOR ARROW

The arrow located above the columns in the workout profile displays the position the user is at in the workout. The position is represented by the time entered during workout setup divided by the number of columns (24). For example during a 24-minute workout the arrow would move from column to column every minute.

4.8   DISTANCE DISPLAY

Distance is shown in miles. The distance formula tries to replicate miles as if the exercise was being conducted outdoors. The distance formula will not always be consistent with other LIFE FITNESS products or other manufacturer's products. Distance can be converted to kilometers in the Settings Menu. See Section 5.6, *How to Use the Settings Menu.*

4.9   CALORIE DISPLAY

A calorie is a unit used to measure energy. It represents the amount of energy obtained from food. One calorie is approximately enough energy to increase the temperature of 1 gram of water by 1 degree Celsius. The console calculates an average caloric burn based on a LIFE FITNESS proprietary calorie equation. This formula may not match other manufacturer's machines or other LIFE FITNESS machines.

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4.10 LEVEL / INCLINE DISPLAY

a. Level / Incline Display – There are two types of levels used on LIFE FITNESS treadmills. The first type of level is an incline level or percentage. Incline level is only manually adjusted by the user in a MANUAL workout. The range of possible incline percentages is 0.8 - 15% and can be manually adjusted in 0.5% increments. The second difficulty level corresponds to a range of actual incline percentages. Difficulty levels are only used in RANDOM, HILL, EZ INCLINE, and SPORTS TRAINING workouts. So when a user selects a difficulty level of 10 it corresponds to a range of incline percentages between 3.8% - 7.5%. During RANDOM, HILL, EZ INCLINE, and SPORTS TRAINING the difficulty level will be displayed only during workout setup and anytime the difficulty level is changed during the workout. At all other times during these workouts the incline percentage is displayed.

b. *Changing the Level during a Workout* – Use the Left / Right arrows to increase or decrease your level during a workout.

Difficulty Level	Incline Level
20	10.5 - 15.0
19	9.8 - 14.3
18	9.0 - 13.5
17	8.3 - 12.8
16	7.5 - 12.0
15	6.8 - 10.5
14	6.0 - 9.8
13	5.3 - 9.0
12	4.5 - 8.3
11	4.5 - 7.5
10	3.8 - 7.5
9	3.0 - 6.8
8	3.0 - 6.0
7	2.3 - 6.0
6	2.3 - 5.3
5	1.5 - 5.3
4	1.5 - 4.5
3	0.8 - 4.5
2	0.8 - 4.5
1	0.8 - 3.8

4.11 TIME DISPLAY

The time window displays the total workout time set by the user during workout setup, which is a range from 1-99 minutes depending on the program. During a workout the time display will show time remaining and count down. Time can be changed to count up in the Settings Menu and the time display will show time elapsed. See Section 5.6, *How to Use the Settings Menu.* The time set can be changed at any time during the workout by using the Up / Down arrows.

4.12 SPEED DISPLAY

Speed is displayed in miles per hour (MPH). The formula tries to replicate miles per hour as if the exercise was being conducted outdoors. The speed range is 0.5 mph to 12.0 mph and is adjustable in increments of 0.1 mph. Speed can be converted to kilometers per hour in the Settings Menu. See Section 5.6, *How to Use the Settings Menu.*

4.13 SETTINGS BUTTON

Press this button once to enter the Settings Menu of the console. In the Settings Menu the user can set preferences for the console display. See Section 5.6, *How to Use the Settings Menu.*

4.14 PAUSE / RESUME BUTTON

When pressed once during a workout the workout is paused for five minutes. When pressed again the workout is resumed. If the paused workout is not resumed within five minutes, the console deletes the workout in progress and goes into Energy Saver mode.

4.15 RESET BUTTON

Press this button when programming a workout to clear incorrect data, such as weight or age. Pressing RESET two times consecutively during a workout stops it immediately, at which point, the user returns to the select workout screen.

4.16 USER PROFILES BUTTON

Press this button once to select one of four user profiles to log into. Once programmed, the USER PROFILES setting saves workout data for four primary users. Holding this button for three seconds will enter the USER PROFILES editing mode. See Section 5.4, *How to Use the User Profiles.*

4.17 IPOD CONTROLS

Use these keys to play / pause, skip back, skip forward, decrease volume, and increase volume.

1. You must plug your headphones into the product's headphone jack for the volume controls on the product to function.

2. All the controls on your iPod will still be active when docked to the product except the volume control.

3. The volume level is always set to "Low" when an iPod is docked into the product.

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4.18 ENTER / START BUTTON

The ENTER / START button can be pressed at any time during initialization to begin a quick start 30 minute manual workout. During workout setup it is used as a selection key when choosing program parameters.

4.19 NAVIGATION BUTTON

Provides simple forward, back, up, and down software navigation as well as level and time adjustments. While setting up a workout use the Left / Right arrows to scroll through workout setup options, and then use the Up / Down arrows to adjust the values. During a workout, use the Left / Right arrows to change level and use the Up / Down arrows to adjust time.

4.20 WORKOUT SELECTION BUTTONS

Press these buttons to scroll through workout selections.

1. **Classic Workouts:** Press this button to select MANUAL, RANDOM, or HILL workouts.

2. **HeartSync™ Workouts:** Press this button to select FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL, HEART RATE MARATHON and EXTREME HEART RATE workouts.

3. **Advanced Workouts:** Press this button to select FIT TEST, SPORTS TRAINING, MARATHON MODE and EZ INCLINE workouts.

4. **Goal Workouts:** Press this button to select CALORIE GOAL, DISTANCE GOAL, and TARGET HEART RATE GOAL workouts.

5. **Custom Workouts:** Press this button to select CUSTOM 1, CUSTOM 2, or CUSTOM 3 for each user profile. *Note: You must be logged in to a USER PROFILE to access these workouts. See Section 5.4 How to Use the User Profiles.*

6. **Virtual Trainer / USB:** The USB port is used to upload goal-based programs and customized workouts from *www.lfconnect.com*. Users can also save workouts to the USB and track progress on *www.lfconnect.com.* See Section 6, *LFconnect*, for more information on the LFconnect Website.

4.21 ENERGY SAVER BUTTON

The Energy Saver Mode is used to minimize the power being pulled from the wall when the equipment is not in use. The unit will automatically go into Energy Saver Mode five minutes after ending a workout. Press the ENERGY SAVER button to either "wake up" the console or put it into the Energy Saver Mode. Energy Saver can be turned off in the Settings Menu. An indicator LED will flash while in Energy Saver Mode.

5 WORKOUTS, WORKOUT SELECTION BUTTONS AND SETTINGS

5.1 WORKOUT OVERVIEWS

The Track Console has 16 specially designed pre-programmed workouts that have been developed by LIFE FITNESS. Each workout has a different goal. Read the workout descriptions carefully so that you can develop a workout routine that focuses on reaching your specific goals. The workout descriptions on the following pages all have headers labeled:

- Beginner – Just Starting

- Experienced – Fit

- Advanced – Athlete

Beginner workouts are workouts designed for users just starting to workout or just starting a workout routine. Beginner workouts have limited gradual intensity adjustments. Experienced workouts are designed for users seeking a more challenging workout. These users should have a stronger fitness base. Advanced workouts are designed for athletes training for cardiovascular endurance and special events.

Different workouts have different setup steps. This section provides details on the steps themselves. The main screen of the console is known as the "Select Workout" screen which looks like the following:

SELECT WORKOUT

When this screen appears on the console, use the WORKOUT SELECTION buttons to scroll through all the workout choices and select a workout by pressing ENTER. To begin a QUICK START workout, press ENTER when the above "Select Workout" screen appears.

Throughout the workout setup process, the Up / Down arrows can be used to adjust the value that is selected and the Left / Right arrows can be used to scroll back and forth between different steps. In order to advance to the next step, either press the Right arrow or ENTER key. After entering the last step, press ENTER to begin the workout.

QUICK START is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout program. Begin a QUICK START workout by pressing the ENTER key at the SELECT WORKOUT screen. After ENTER is pressed, a constant-level workout begins. The intensity level does not change automatically. You must change it using the arrows.
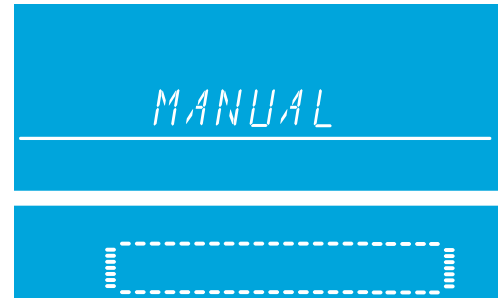
5.2   HOW TO USE THE WORKOUTS

1.   Manual Workout   *(Beginner – Just Starting)*

Access: This workout can be started by using the CLASSIC WORK-OUTS button to scroll to the MANUAL workout profile and pressing ENTER.

Description: The MANUAL workout is a simple workout that has no pre-defined intensity levels. The MANUAL workout starts the user at 0.5 MPH and 0% incline. The user is in complete control of level or speed / incline settings.

Goal: This workout was designed for users that do not have much experience working out on a product and like to have control of the level and speed/incline settings.

2.   Random Workout   *(Experienced – Fit)*

Access: This workout can be started by using the CLASSIC WORK-OUTS button to scroll to the RANDOM workout profile and pressing ENTER.

Description: In this workout, the console creates a terrain of different hills and valleys. Over 1 million different patterns are possible. RANDOM uses incline adjustments to create hills/valleys. Speed is controlled by the user.

Goal: This workout was designed to provide the end-user with unlimited workout variety. The goal of this workout is to prevent workout boredom and improve motivation.

3.   Hill Workout   *(Experienced – Fit)*

Access: This workout can be started by using the CLASSIC WORK-OUTS button to scroll to the HILL workout profile and pressing ENTER.

Description: The LIFE FITNESS patented HILL workout is an interval training workout. Intervals are periods of intense aerobic exercise. The workout profile window displays the levels of the intervals, which together have the appearance of hills and valleys. Incline adjustments are used to simulate the hills /valleys, speed is controlled by the user.

The HILL workout has two main phases in between the warm-up and cool down.

- **Plateau:** Increases the intensity slightly and keeps it steady, to bring the heart rate to the low end of the target zone.

- **Interval Training:** Is a series of increasingly steeper hills, alternating with valleys, or periods of recovery. The heart rate should rise to the high end of the target zone during this segment.

Goal: The computerized interval training workout has been scientifically demonstrated to promote greater cardio-respiratory improvement than steady-pace training. The goal of this workout is to improve cardiovascular endurance and break through fitness plateaus.

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4. Fat Burn Workout *(Beginner – Just Starting)*
*Chest strap must be worn to execute the workout.

Access: This workout can be started by using the HEARTSYNC WORK-OUTS button to scroll to the FAT BURN workout profile and pressing ENTER.

Description: The user must wear a chest strap for this workout to adequately operate. This program only uses incline adjustments to increase and decrease heart rate. FAT BURN maintains the user at 65% of the user's theoretical maximum heart rate. The console continuously monitors and displays the heart rate, adjusting the intensity level of the product to reach and maintain a target heart rate range. The intensity will not change as long as the user is between 60%-72% of their target heart rate.

Goal: The goal of the FAT BURN workout is to efficiently burn fat by eliminating over-training and under-training and also maximizing the aerobic benefits of exercise by using the body's fat stores for energy.

5. Cardio Workout *(Experienced – Fit)*
*Chest strap must be worn to execute the workout

Access: This workout can be started by using the HEARTSYNC WORK-OUTS button to scroll to the CARDIO workout profile and pressing ENTER.

Description: The user must wear a chest strap for this workout to adequately operate. This program only uses incline adjustments to increase and decrease heart rate. Cardio maintains the user at 80% of the user's theoretical maximum heart rate. The console continuously monitors and displays the heart rate, adjusting the intensity level of the product to reach and maintain the target heart rate range. The intensity will not change as long as the user is between 72%-85% of their target heart rate.

Goal: The goal of the CARDIO workout is to place a heavier workload on the heart muscle to emphasize cardiovascular endurance.

6. Heart Rate Hill Workout *(Experienced – Fit)*
*Chest strap must be worn to execute the workout.

Access: This workout can be started by using the HEARTSYNC WORKOUTS button to scroll to the HEART RATE HILL workout profile and pressing ENTER.

Description: The user must wear a chest strap for this workout to adequately operate. This program only uses incline adjustments to increase and decrease heart rate. HEART RATE HILL has a series of three hills and three valleys where the duration of the hills and valleys is determined by the user's heart rate. After the warm-up, the intensity of the workout increases until the user reaches 70% of their max heart rate, which is the first hill. Once the user reaches 70% of their max heart rate, the program will hold the intensity level for one minute. When the hill is completed, the program reduces the intensity and target heart rate goal to 65% of their max heart rate to simulate a valley or recovery period. Once the user's heart rate drops to 65% of their max heart rate, the program will keep them at 65% for one minute. Next the program will increase intensity until the user reaches 75% of their maximum heart rate, this is the second hill followed by a valley with the target heart rate of 65%. Finally the third hill increases intensity until the user reaches 80% of their max heart rate, 80% is then held for one minute followed by the final 65% valley. At the end of the duration of hills and valleys, the workout enters a cool down phase. Note that if the user does not reach a heart rate goal after five minutes, the message center displays a prompt to increase or decrease speed depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.

Goal: The design intent of the HEART RATE HILL workout was to develop a program that adapts to the user's fitness level. As a user becomes more fit, they encounter additional hills and valleys in the same workout duration. This is because the heart rate is recovering more quickly during valleys.

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7.   Heart Rate Interval Workout   *(Experienced – Fit)*
*Chest strap must be worn to execute the workout.

Access: This workout can be started by using the HEARTSYNC WORK-
OUTS button to scroll to the HEART RATE INTERVAL workout profile
and pressing ENTER.

Description: The user must wear a chest strap for this workout to
adequately operate. This program only uses incline adjustments to
increase and decrease heart rate. This program alternates between a hill
that brings the target heart rate up to 80% of the user's heart rate max
and a valley that brings the target heart rate down to 65% of the
user's heart rate max. After the warm-up, the intensity of the workout increases until the user reaches 80% of their heart
rate max, which is the first hill. Once the user reaches a target heart rate of 80%, the program will hold the intensity level
for three minutes. When the hill is completed the program creates a valley, reducing the intensity until a target heart rate of
65% is reached. This sequence continues for all three hills and valleys. At the end of the duration of hills and valleys, the
workout enters a cool down phase. Note that if the user does not reach a heart rate goal after five minutes, the message
center displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase.
The program does not proceed to a new heart rate goal until the user reaches the current goal.

Goal: The design intent of the HEART RATE INTERVAL workout was to develop a program that adapts to the user's
fitness level and is more challenging than the HEART RATE HILL workout. As a user becomes more fit, they encounter
additional hills and valleys in the same workout duration. This is because their heart rate is recovering more quickly during
valleys.

8.   Extreme Heart Rate Workout   *(Advanced – Athlete)*
*Chest strap must be worn to execute the workout.

Access: This workout can be started by using the HEARTSYNC WORK-
OUTS button to scroll to the EXTREME HEART RATE workout profile
and pressing ENTER.

Description: The user must wear a chest strap for this workout to
adequately operate. This program only uses incline adjustments to
increase and decrease heart rate. This program alternates between two
target heart rates of 85% and 65% of the user's max heart rate alter-
nating as quickly as possible. The effect is similar to that of performing
sprints. During the workout once either of the two target heart rates is reached, it is held for 20 seconds and then the
intensity changes to meet the other target heart rate.

Goal: The design of this workout is sports specific, challenging users with short bursts of resistance. The goal of this
workout is to help the advanced users break through fitness improvement plateaus.

9.   Heart Rate Marathon *(Advanced – Athlete)*
*Chest strap must be worn to execute the workout.

Access: This workout can be started by using the HEARTSYNC WORKOUTS button to scroll to the HEART RATE
MARATHON workout profile and pressing ENTER.

Description: The user must wear a chest strap for this workout to adequately operate. This program only uses incline
adjustments to increase and decrease heart rate. In HEART RATE MARATHON, the user defines the heart rate they wish
to maintain. The console continuously monitors and displays the heart rate, adjusting the intensity level of the product to
reach and maintain a target heart rate range. There is no time limit on this workout.

Goal: The goal of the HEART RATE MARATHON workout is to maintain a target heart rate for an extended workout.

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10. Fit Test Workout   *(Advanced – Athlete)*

*Chest strap must be worn to execute the workout.

Access: This workout can be started by using the ADVANCED WORKOUTS button to scroll to the FIT TEST workout profile and pressing ENTER.

Description: The FIT TEST workout estimates cardiovascular fitness and can be used to monitor improvements in endurance every four to six weeks. The user must grasp the hand sensors when prompted, or wear a Polar telemetry heart rate chest strap as the test score calculation is based on a heart rate reading. The FIT TEST is considered to be a submax VO_2 (volume of oxygen) test. It gauges how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood. Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity.

Goal: The goal of the FIT TEST workout is to elevate the user's hear rate to a level that is between 60% - 85% of their theoretical maximum heart rate.

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

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

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

	Inactive	**Active**	**Very Active**
Treadmill	2 - 3 mph (3.2 - 4.8 kph)	3 - 4 mph (4.8 - 6.4 kph)	3.5 - 4.5 mph (5.6 - 7.2 kph)

The workout duration will be five minutes total with a one minute warm-up at 0% incline followed by four additional minutes at a 5% incline. Immediately afterward, the console will take the user's heart rate reading, calculate a fitness score and display the score in the message center.

After the FIT TEST is completed, a FIT TEST score and rating will be displayed. Within each suggested range, use these additional guidelines:

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

The computer will not accept:

- heart rates less than 52 or greater than 200 beats per minute
- body weights less than 75 pounds (34 kg) or greater than 400 pounds (181 kg)
- ages below 10 or over 99 years
- data input that exceeds human potential

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FIT TEST Results are listed in the tables below.

Relative Fitness Classification for MEN

Rating	Elite	Excellent	Very Good	Above Average	Average	Below Average	Low	Very Low
Estimated V0$_2$ Max (ml/kg/min) per Age category								
20 - 29 years	55+	53 - 54	50 - 52	45 - 49	40 - 44	38 - 39	35 - 37	<35
30 - 39 years	52+	50 - 51	48 - 49	43 - 47	38 - 42	36 - 37	34 - 35	<34
40 - 49 years	51+	49 - 50	46 - 48	42 - 45	37 - 41	34 - 36	32 - 33	<32
50 - 59 years	47+	45 - 46	43 - 44	39 - 42	34 - 38	32 - 33	29 - 31	<29
60+ years	43+	41 - 42	39 - 40	35 - 38	31 - 34	29 - 30	26 - 28	<26

Relative Fitness Classification for WOMEN

Rating	Elite	Excellent	Very Good	Above Average	Average	Below Average	Low	Very Low
Estimated V0$_2$ Max (ml/kg/min) per Age category								
20 - 29 years	47+	45 - 46	43 - 44	38 - 42	33 - 37	31 - 32	28 - 30	<28
30 - 39 years	44+	42 - 43	40 - 41	36 - 39	31 -35	29 - 30	27 - 28	<27
40 - 49 years	42+	40 - 41	38 - 39	34 - 37	30 - 33	28 - 29	25 - 27	<25
50 - 59 years	37+	35 - 36	33 - 34	30 - 32	26 - 29	24 - 25	22 - 23	<22
60+ years	35+	33 - 34	31 - 32	27 - 30	24 - 26	22 - 23	20 - 21	<20

LIFE FITNESS developed this rating scale based on VO$_2$ max percentile distributions referenced in *American College of Sports Medicine's Guidelines for Exercise Testing and Prescription (*8th E. 2010). It is designed to provide a qualitative description of a user's VO$_2$ max estimation, and a means of assessing initial fitness level and tracking improvement.

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11. Sports Training Workout *(Experienced – Fit)*

Access: This workout can be started by using the ADVANCED WORK-OUTS button to scroll to the SPORTS TRAINING workout profile and pressing ENTER.

Description: SPORTS TRAINING is a workout that simulates working out outdoors by using a baseline value to simulate a flat surface. The program then simulates moving uphill with values above the baseline and downhill with values below the baseline. The adjustments above and below the baseline are incline changes. Speed is controlled by the user.

Goal: The goal of this workout is to simulate outdoor training.

12. EZ Incline / Resistance *(Experienced – Fit)*

Access: This workout can be started by using the ADVANCED WORK-OUTS button to scroll to the EZ INCLINE workout profile and pressing Enter.

Description: EZ INCLINE program consists of one hill. The user determines the elevation of the peak during the workout setup. The peak is reached after 75% of the workout time is complete. Afterward the incline gradually returns to level 1 or 0% respectively.

Goal: In this workout, the gradual changes in elevation are extremely subtle, which lowers the perceived exertion. This cardiovascular workout is effective, efficient, and enjoyable at the same time. The main goal of the workout is to improve cardiovascular endurance without the stress of a rigorous workout.

13. Marathon Mode *(All Levels)*

Access: This workout can be started by using the ADVANCED WORKOUTS button to scroll to the MARATHON MODE workout profile and pressing ENTER.

Description: The MARATHON MODE workout has no pre-defined intensity levels or time limit. The MARATHON MODE workout operates like a MANUAL workout with no time limit, starting the user at 0.5 MPH and 0% incline. The user is in complete control of level or speed / incline settings.

Goal: This workout was designed for users that do not want a maximum time limit imposed on their workout.

14. Goal Workouts *(All Levels)*

Access: These workouts can be started by pressing the GOAL WORKOUTS button to scroll between three workout choices using either the Up / Down arrows or Left / Right arrows. The three workout choices are: CALORIE GOAL, DISTANCE GOAL, and TARGET HEART RATE GOAL. Select any of these three workouts by pressing ENTER when the desired workout is on the screen. These workouts function like a MANUAL workout, where the user controls the speed and incline / level. The workout ends when the defined goal during workout setup is reached.

Description: Set these workouts up by first selecting a specific goal and entering your goal. Continue to set up the rest of the information similar to any of the previously mentioned workouts.

Goals:

- The **Calorie Goal** workout allows the user to select a calorie goal to achieve during the workout. During the workout, the calorie window will display the initial goal set by the user and then count down to zero.

  Note: CALORIE GOAL workouts are limited to a maximum of 99 minutes.

- The **Distance Goal** workout allows the user to select a distance goal to achieve during the workout. During the workout the distance goal will be shown inside a track in the workout profile window.

  Note: DISTANCE GOAL workouts are limited to a maximum of 99 minutes.

- The **Target Heart Rate Goal** workout allows the user to select a target heart rate to achieve and maintain throughout the duration of the workout. The exercise equipment will keep the user at that target heart rate throughout the workout.

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5.3 How to Use Custom Workouts

Overview
There are three custom workouts per user profile on the Track Console. When logged into one of the four user profiles, the custom workouts can be accessed by scrolling with the CUSTOM WORKOUTS button on the console.

To create a custom workout, first press the USER PROFILES button and select one of the four profiles. Once a profile is selected, press and hold the USER PROFILES button to enter Editing Mode.

Scroll to the option "Custom Workout" and then press ENTER to create the workout. Upon pressing ENTER, the message center will display "Workout = Manual" (use the Up / Down arrows to scroll between MANUAL and HEART RATE workout – press ENTER to select). The user will next be asked to "Select Workout Time". The workout is constructed into 24 intervals each lasting the duration of 1/24th of the workout time entered. For example if you set a workout for 24 minutes, each of the 24 intervals will be one minute.

Editing a Manual Custom Workout
After setting a workout time, the following will occur if a MANUAL workout is selected. The message center will display "Set Speed + Incl" for approximately three seconds. Next the message center will display "Interval 1". The user will select the incline and press ENTER to move to "Interval 2". This process will continue for all 24 intervals, and repeat for setting up the speed for each interval. Use the Left / Right arrows to move back and forth between intervals.

Note: When each interval is set and saved, its corresponding visual representation of incline is depicted in the workout profile. Therefore, by the end of setup, you will see your custom workout profile.

Editing a Heart Rate Custom Workout
After setting a workout time, the following will occur if a heart rate workout is selected. The message center will display "Set Target HR" for approximately three seconds. Next the message center will display "Interval 1". The user will enter their desired target heart rate in the appropriate window and then press Enter to move to "Interval 2". This sequence will continue until all 24 intervals are set. Use the Left / Right arrows to move back and forth between intervals. The message center will then display "Workout Saved". Also note, when each interval is set and saved, its corresponding visual representation of target heart rate is depicted in the workout profile.

Row	Target Heart Rate Percent Range
1	20 - 29%
2	30 - 39%
3	40 - 49%
4	50 - 59%
5	60 - 69%
6	70 - 79%
7	80 - 89%
8	90 - 99%
9	100%

Note: The percent in the table represents the user's actual heart rate as a percent of their heart rate max. The heart rate max is 206.9 - (.67 x user's age). For example: A 40 year old's heart rate max would be 206.9 -0.67 x 40) = 180. During their workout at the first interval their actual heart was 100. Therefore 100/180 = .56 or 56% and the profile would display the user at row 4 for the first interval of the workout.

RE-EDITING A PREVIOUSLY DESIGNED CUSTOM WORKOUT

In order to go back and edit a custom workout previously defined, re-enter the User Profiles Menu and scroll to the CUSTOM WORKOUT option to edit. See Section 5.4, *How to Use the User Profiles*, to enter Editing Mode. When in Editing Mode, select the CUSTOM WORKOUT that has already been defined and press ENTER to view "interval 1" and its previously defined settings. When viewing "interval 1" use the arrows to modify the current defined settings or press ENTER to move to "interval 2". This sequence will continue until all 24 intervals are set and then the message center will display "Workout Saved".

5.4 HOW TO USE THE USER PROFILES

There are four user profile settings on the Track Console. Each profile allows a user to save their personal data for faster workout setup. To log into a user profile press the USER PROFILE key and scroll to the desired profile and press ENTER. If that profile has been created, then the message center will display "Logged In". However if that profile account has not been defined then the message center will display "Undefined".

SETTING UP A USER PROFILE

To setup a user profile, press the USER PROFILE key and scroll to one of the profile names. Next, hold in the USER PROFILE key for three seconds to enter Editing Mode, the message center will display "Edit Profile". To navigate in the User Profile Editing Mode use the following keys:

- Scroll through the editing options using the Left / Right arrows.

- Adjust the editing options using the Up / Down arrows *(except in Change Name and Custom Workout).*

- Use ENTER key or Left / Right arrows to save modifications and move to the next option.

- Use the RESET key to change back to the default value.

The message center will display "Edit Profile", then move into the profile set up menu. Use the Left / Right navigation keys to move through the menu. Pressing ENTER will move you to the next item.

CHANGE NAME – PRESS ENTER TO SELECT

If the user selects this option by pressing ENTER the message center will display PROFILE with the "P" blinking. At this point the user can use the Up / Down arrows to change the characters, the Left / Right arrows to move back and forth between characters and the RESET key to erase characters. Once the user has entered in the correct name press ENTER to save. If there is inactivity for more than 10 seconds then the message center will display "PRESS ENTER TO SAVE". Once the user presses ENTER to save they will input the remaining User Profile settings beginning with WEIGHT.

- *Weight*

  Message center displays "Weight = XXX".
  Selection options are 75 lbs. (34 kg) to the max of the product.

- *Age*

  Message center displays "Age = XX".
  Selection options are 10-99 years.

- *Level*

  Message center displays "Level = XX".
  Selection options are 1-20.

- *Walk Speed*

  Message center displays "Walk Speed = XX.X".
  Selection options are 0.5-12 mph (0.8-19 kph).

- *Jog Speed*

  Message center displays "Jog Speed = XX.X".
  Selection options are 0.5-12 mph (0.8-19 kph).

- *Run Speed*

  Message center displays "Run Speed = XX.X".
  Selection options are 0.5-10 mph (0.8-16 kph).

- *Default Speed*

  Message center displays "Def Speed = XX.X".
  Selection options are 0.5-10 mph (0.8-16 kph).

- **Low Incline**

  Message center will display "Low Inc = XX.X".
  Selection options are 0-15%.

- **Mid Incline**

  Message center will display "Mid Inc = XX.X".
  Selection options are 0-15%.

- **High Incline**

  Message center will display "High Inc = XX.X".
  Selection options are 0-15%.

- **Distance Goal**

  Message center will display "Dist Goal = XX.X".
  Selection options are 0.1 - 99.9 miles (1.6 - 161 km).

- **Time Goal**

  Message center displays "Time Goal = XX:XX".
  Selection options are 05:00 to 99:00.

- **Warm Up Time**

  Message center displays "Warm Up = XX:XX".
  Selection options are 01:00 to 99:00.

- **Cool Down Time**

  Message center displays "Cool Down = XX:XX".
  Selection options are 01:00 to 99:00.

- **Custom Workout** – press ENTER to select.

  Refer to Custom Workout.

5.5   SAFETY MODE

When turned on, the keyboard will lock out after 1 minute 30 seconds of inactivity in any mode. To return to the last screen, press ENTER. The default is Safety Mode On. Safety Mode can be turned off in Settings. See Section 5.6, *How to Use the Settings Menu*.

5.6   HOW TO USE THE SETTINGS MENU

The Settings Menu can be accessed by pressing the SETTINGS key at the "Select Workout" screen. Upon entering the Settings Menu, the screen will display "SETTINGS MENU".

- Scroll through the console setting options using the Left / Right arrows.

- Adjust setting items with the Up / Down arrows.

- Use the ENTER key or Left / Right arrow to save modifications and move to the next option.

- Use the RESET key to exit the Settings Menu.

The settings and selection options are listed below.

- **Units**

  Changes the unit of measure for speed and distance.
  Displays "Units".
  Selection options are: English and Metric.

- **Set Time**

  Set the date and time plus the time zone for workout tracking on the LIFE FITNESS LFconnect website. Date and time are your local time. Time Zone is based on your location compared to Greenwich Mean Time.

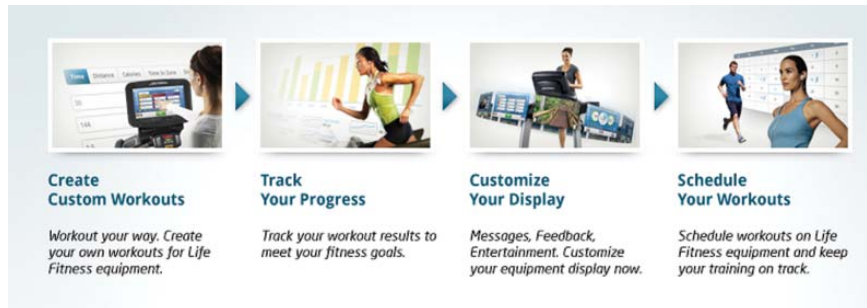 | Major Cities | Time Zone Values | |
  |---|---|---|
  | London | 0 | |
  | New York City | -4 | Time is only used for LFconnect data transfer |
  | Chicago | -5 | through the USB or App. |
  | Los Angeles | -7 | |
  | Hong Kong | +8 | |
  | Berlin | +2 | |

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- **Beeps**

  Turns ON or OFF audio feedback.
  Displays "Beeps".
  Selection options are: On and Off.

- **Workout Timer**

  Displays "Time".
  Selection options are: Up or Down.

- **METS**

  Displays "METS = OFF".
  Selection options are: On and Off.

- **Pace**

  Displays "PACE = OFF".
  Selection options are: On and Off.

- **Contrast**

  Changes the contrast of the display.
  Displays "Contrast = XX".
  Selection options are: 1-99.

- **Brightness**

  Changes the intensity of the display backlight LEDs.
  Displays "Brightness =X".
  Selection options are 1-10.

- **Heart Rate Telemetry**

  Turns ON and OFF the telemetry heart receiver.
  Display "WIRELESS HR = ON".
  Selection options are: On and Off.

- **Statistics** – press Enter to select

  "Total Hours" (total number of hours the product was used in a workout)
  "Total Miles" (number of miles that the product was used for)

- **Safety Mode**

  Displays "Safety Mode = ON".
  Selection options are: On or Off.

- **Software Version** – press ENTER to select

  Console Software Version
  Console Software Part Number
  Console Software Build Date

- **Floor Model** – disables Automatic Power Save

  Controls the ability for the product to enter Energy Saver; Floor model ON disables the Energy Saver feature.
  Selection options are On or Off.
  Default is Off (Energy Saver On).

- **Belt Lube Timer**

  Tracks the total hours of workout and cool down time since the last belt lubrication. When the timer reaches 75 hours it triggers a reminder message during every workout. Press and hold the Down arrow key for 5 seconds to reset the time.

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6 LFCONNECT

LFconnect is a unique website that allows you to create your favorite workouts anytime, anywhere and also gives you access to some of the same workouts you use on LIFE FITNESS products in health clubs, hotels or recreation centers. Take advantage of these features and maximize your workout time. The workouts you create on the website can be downloaded and saved to any USB drive or accessed through the LIFE FITNESS LFconnect App for Apple devices and Android smartphones. Simply plug in and begin your favorite workout instantly.

Sign up for your FREE account at *www.lfconnect.com.*

Create Custom Workouts
Workout your way. Create your own workouts for Life Fitness equipment.

Track Your Progress
Track your workout results to meet your fitness goals.

Customize Your Display
Messages, Feedback, Entertainment. Customize your equipment display now.

Schedule Your Workouts
Schedule workouts on Life Fitness equipment and keep your training on track.

1.   Download & Save Workouts: Choose one of the following two options to get started: "Custom Interval Workouts" or "Life Fitness Workouts".

2.   Save your workout to your USB to access through the USB port on the console or to your Workout Library on the website to access through the app on your iPhone, iPod Touch, or Android device.

3.   Upload Your Saved Workout Results: Upload the results of your workouts from your USB stick to the website. Thousands of users upload their workout results regularly in order to track their progress. To use this feature, simply click on the Upload Results button to view a list of most recent workout results on your USB and choose the once you wish to upload. If you are using the LFconnect App your results will sync to the website wirelessly after saving!

4.   Track Your Progress: If you have uploaded workout results, clicking on the Track Progress button on the website will display a graph showing your progress during the past month. You can easily adjust the start and end dates to check progress during periods of your choice.

How to Begin a Workout From Your USB:

Step 1: Plug your USB into the LFconnect USB port (see Section 3, *Track Console Overview*).

Step 2: Select the Virtual Trainer / USB button in the Workout Selection area (see Section 3, *Track Console Overview*).

Step 3: Workouts saved to your USB will appear in the message center of the console. Use the Virtual Trainer / USB button on the console to scroll to your desired program. Select ENTER.

Step 4: Begin your LFconnect workout.

How to Save Your Workout Data onto Your USB:

Step 1: You must either have a USB inserted into the product's port or you must insert the USB stick within five minutes of the workout ending and "Workout Summary" displayed on the console.

Step 2: The console will direct you to press the "USB" button to save the data.

Step 3: The console will confirm once the data is saved.

Note: If you press ENTER or RESET prior to saving the data, the data will be lost.

HOW TO BEGIN A WORKOUT FROM LFCONNECT APP ON YOUR APPLE DEVICE OR ANDROID SMARTPHONE:

Step 1: Log into the LFconnect App on your Apple device or Android Smartphone. Plug the Apple device into the iPod dock at the top of the console (see Section 3, Track Console Overview) or plug your Android phone in to the console using your microUSB to USB cord into the USB port at the top of the console.

Step 2: Select the Virtual Trainer / USB Button in the Workout Selection area (see Section 3, *Track Console Overview*).

Step 3: Workouts saved to your Workout Library will appear in the message center of the console. Use the Virtual Trainer / USB Button to scroll to your desired program. Select ENTER.

Step 4: Begin your LFconnect workout.

HOW TO SAVE YOUR WORKOUT DATA THROUGH THE LFCONNECT APP:

Step 1: Ensure that you are logged into the App and your iPhone or iPod Touch is firmly seated in the iPod dock at the top of the console, or your Android smartphone is plugged in through the USB port at the top of the console.

Step 2: The console will direct you to press the "Virtual Trainer / USB" button to save the data. You must do this within five minutes of the workout ending and "Workout Summary" displayed on the console.

Step 3: The console will confirm once the data is saved. The app will confirm that the data has been sent to the website.

Note: If you press ENTER or RESET prior to saving the data, the data will be lost.

7 SERVICE AND PRODUCT MAINTENANCE

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.*

7.1 PREVENTIVE MAINTENANCE TIPS

The following preventive maintenance tips will keep the LIFE FITNESS product operating at peak performance:

- Locate the product in a cool, dry place.

- Keep the console free of fingerprints and salt build-up caused by sweat.

- Use a **100% cotton cloth**, lightly moisten with water and a mild liquid cleaning product, to clean the exercise equipment. Other fabrics, including paper towels, may scratch the surface. **Do not use ammonia or acid-based cleaners.**

- 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.

- Clean the housing thoroughly on a regular basis.

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. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least two 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 two minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1-800-351-3737 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 microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

7.2 TROUBLESHOOTING

PROBLEM	CAUSE / SOLUTION
No power.	Check to see that the power cord is fully plugged into the back of the product and into the wall. Make sure the power cord is fully seated into the back of the product.
	You may be in "Energy Saver Mode". Press the "Energy Saver" button to see if the console turns on.
	Verify that all customer assembly connections are working properly. Unplug and re-plug each connection to verify. Look to see if any cables were pinched during assembly.
Wireless heart rate is not working.	Potential reasons for the wireless heart rate not to work properly include: ▪ The wireless heart rate is turned OFF in the Settings Menu. Enter the Settings Menu and verify that WIRELESS HR is turned ON. ▪ There is poor contact between the telemetry heart rate strap and the skin. ▪ There is electrical interference from electrical appliances with the telemetry heart rate strap from fluorescent lights, kitchen appliances, etc. Move the product to a different location or move electrical appliances away from the product. ▪ The battery in the Heart Rate Telemetry Strap needs to be replaced. The battery is a CR2032 (3V).
Heart rate reading is initially detected and functioning normally but then is lost.	Use of personal electronic devices, such as cell phones and portable mp3 players, cause external noise interference. Equipment is in close proximity to other sources of noise such as audio / video equipment, fans, two way radios, and high voltage/high current power line. Remove the source of noise or reposition the exercise equipment.
Contact heart rate sensors are not reading my heart rate correctly.	Be sure to grasp the sensors firmly and keep hands still. If heart rate seems substantially higher or lower than expected, remove hands from sensors until heart rate disappears.
	Tips for contact heart rate: ▪ Dry hands to prevent slipping on the sensors. ▪ Apply hands to all four sensors (two in each hand). ▪ Grasp sensors firmly. ▪ Apply constant pressure to the sensors. May need to wait longer for heart rate to display.
	Note: *The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.*

PROBLEM	CAUSE / SOLUTION
Stuck key error is displayed.	One of the keys is stuck under the plastic console shell. Check all keys and unstick the one that is stuck. If that does not work, unplug the unit and plug it back in.
Console turns off when not in use.	The unit will go into Energy Saver mode after five minutes of inactivity. Press the ENERGY SAVER button to turn the console on.
Console display looks strange or has an error message and is not functioning.	Unplug or turn the unit OFF to reset the console and then turn ON or plug the console back in. Repeat multiple times if the console error message still appears. If the problem persists, contact Customer Support Services.
When I try to save a workout on the USB stick I receive the following message: UNABLE TO SAVE SEE MANUAL.	The console may not have recognized the USB stick. Try unplugging the USB stick and plugging it back in. The USB stick may be full. The USB stick may not be compatible with the product. Try using a different USB stick.
iPod is not recognized.	This is displayed if your version of the iPod Player is not supported by the product. It may also be displayed if the connector on the product or iPod is damaged.
iPod is not charging while in Energy Saver mode.	Your iPod will not charge if the product enters Energy Saver mode. This is normal.
"Low Battery" message is displayed on the console.	The console has an internal battery that keeps the real time clock functioning if the product is unplugged. This real time clock is only needed if you use the LIFE FITNESS LFconnect website. You do not need to replace the battery if you do not use the website. Contact Customer Service for guidance on how to change the battery. The battery is a CR1632 (3V).
iPod connection is sporadic.	The iPod must be firmly seated on the dock. Remove any covers before docking.

7.3 HOW TO OBTAIN PRODUCT SERVICE

1. Verify the symptom and review the operating instruction. The problem may be unfamiliarity with the product and its features and workouts.

2. Locate and document the serial number of the base unit and console.

   T5 Treadmill: located on the front of the treadmill near the power switch.

   T5 Track Console: located on the back of the console.

3. Contact Customer Support Services via the Web at **www.lifefitness.com**, or call the nearest Customer Support Services group.

8 T5 TRACK CONSOLE SPECIFICATIONS

Number of Workouts:	16
User Profiles:	4
Interactive Heart Rate Programming:	Yes
Heart Rate Telemetry:	Yes
Contact Heart Rate:	Yes
Levels:	20
Message Center:	Yes (16 character)
Display Type:	Custom-etched LCD
Energy Saver:	Yes
Warranty:	3 Years Parts, 1 year Labor and Batteries
iPod Compatibility:	iPhone, iPod, iPod Touch, iPod Nano (3rd, 4th, 5th, and 6th generations)
LFconnect:	Programs accessible through USB port or LFconnect application

T5 TRACK CONSOLE
Shipped Dimensions
Length: 18 in. / 45.7 cm
Width: 18 in. / 45.7 cm
Height: 5.5 in. / 14 cm
Weight: 7 lbs. / 3.17 kg

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9 WARRANTY INFORMATION

Model	3 Years	1 Year
Track Console	Electrical & Mechanical Parts ***Note:*** *Excludes 3V Batteries*	Labor

WHAT IS COVERED.
This LIFE FITNESS consumer product ("Product") is warranted to be free of all defects in material and workmanship.

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

HOW LONG IS IT COVERED.
Residential: All electrical and mechanical components and labor are covered, after the date of purchase, as listed on the chart above.

Non-Residential: Warranty void *(this Product is intended for residential use only).*

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE.
If the Product or any covered part must be returned to a service facility for repairs, We, LIFE FITNESS, will pay all shipping and insurance charges during the warranty period *(within the United States only).* The purchaser is responsible for shipping and insurance charges after the warranty has expired.

WHAT WE WILL DO TO CORRECT COVERED DEFECTS.
We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED.
Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your User Manual ("Manual"). All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America *(excluding Alaska, Hawaii and Canada)* and are then subject to the terms provided by that country's local authorized LIFE FITNESS representative.

WHAT YOU MUST DO.
Retain proof of purchase (our receipt of the attached registration card assures registration of purchase information but is not required); use, operate and maintain the Product as specified in the Manual; notify the place of purchase of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. LIFE FITNESS reserves the right to decide whether or not a product is to be returned for repair.

PRODUCT REGISTRATION.
Register at *www.lifefitness.com/home/product-registration.html.* Our receipt assures that your name, address, and date of purchase are on file as a registered owner of the Product. Being a registered owner assures coverage in the event you lose your proof of purchase. Please retain your proof of purchase, such as your bill of sale or receipt.

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

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

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

CHANGES IN WARRANTY NOT AUTHORIZED.
No one is authorized to change, modify or extend the terms of this limited warranty.

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

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