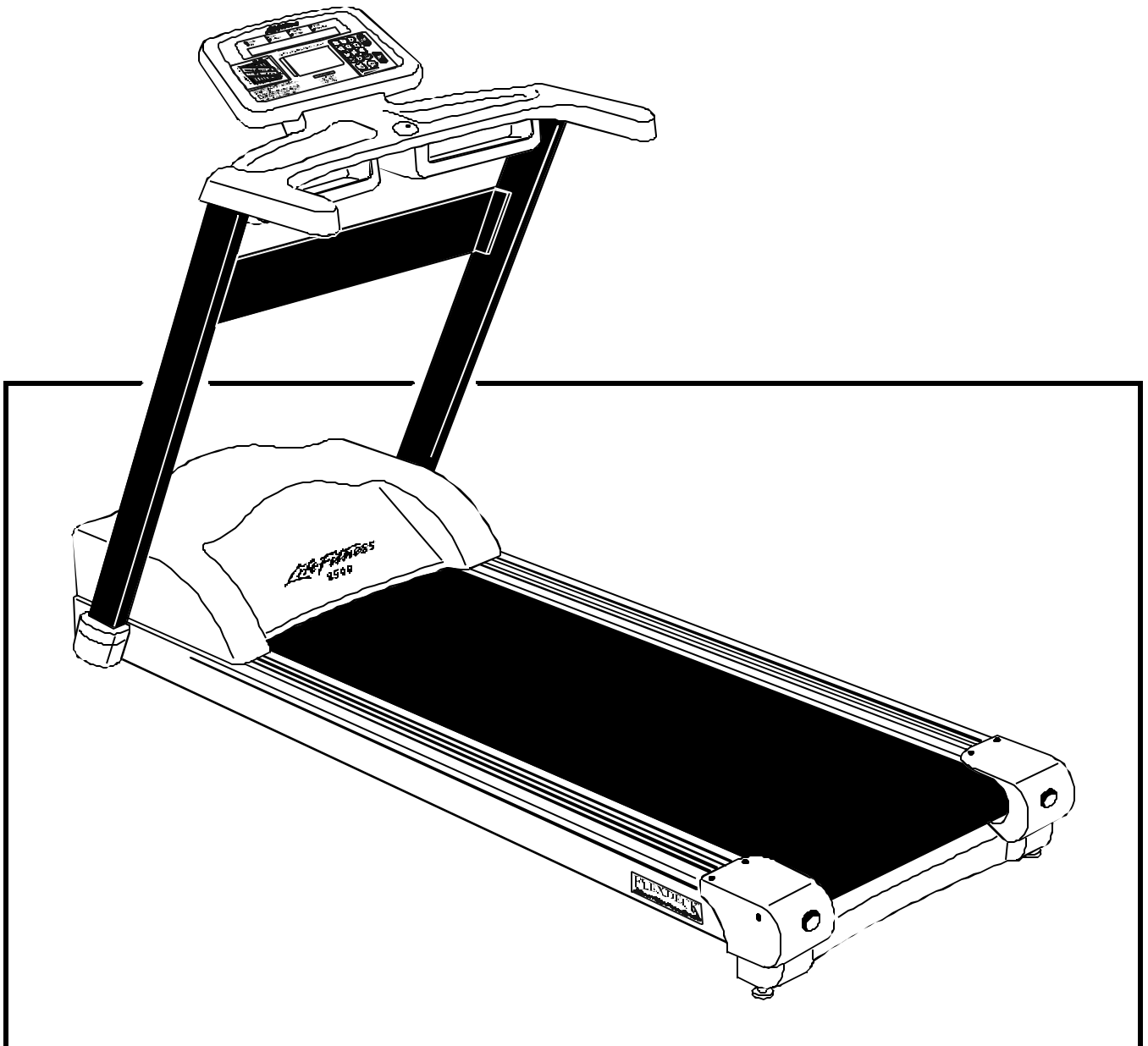


Life Fitness

8500



TREADMILL INSTALLATION INSTRUCTIONS

Congratulations...

and welcome to the world of **LifeFitness**
*and the **Life Fitness 8500** treadmill.*

The following Parts Identification Listing and the step by step installation procedures have been assembled to make the set-up of your aerobic trainer as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the treadmill...



S A F E T Y F I R S T !

- ⇒ **DO NOT position the rear of the treadmill within 3 feet (1 meter) of the nearest obstruction. Life Fitness recommends a clearance of 6 feet (2 meters) at the rear of the treadmill. The sides of the treadmill should maintain a minimum clearance of 8 inches (21 cm) from the nearest treadmill or other obstruction.**
 - ⇒ **DO NOT locate the treadmill any closer than 30 inches (76 cm) to a television set.**
 - ⇒ **DO NOT locate the treadmill outdoors, near swimming pools, or in areas of high humidity.**
 - ⇒ **DO verify the contents of the delivery carton against the accompanying parts listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed on the back page of this installation instruction booklet. Save the shipping cartons in case of return.**
 - ⇒ **DO read the entire Operation Manual prior to attempting to operate this machine as this is essential for proper use. The Manual explains how to properly use the treadmill and helps you to design an aerobic workout tailored to your personal fitness needs or requirements.**
-

- ⇒ **Ne Jamais Placer l'arrière de l'exerciseur à moins de 3 pieds (1 mètre) de l'obstacle le plus près. Life Fitness recommande un espace libre de 6 pieds (2 mètres) à l'arrière de l'exerciseur.**
- ⇒ **Le Life Fitness 8500 doit être installé à 8 pouces (20 cm) d'un autre exerciseur et à 30 pouces (76 cm) d'une télévision.**
- ⇒ **Ne pas utiliser l'exerciseur à l'extérieur, à proximité des piscines ou dans des lieux où l'humidité est élevée.**

Avant de commencer l'assemblage et de jeter les matériaux d'emballage, comparer le contenu avec la liste des pièces comprises. S'il manque des pièces, appeler le service de soutien Le Services Life Fitness Customer Support (É.-U.) en composant le 1-800-351-3737 ou le 1-847-451-0036, ou le Life Fitness Europe, Munich, Germany, en composant le 49.89.310.6078. Sauvegarder les boîtes d'emballage en cas de renvoi.

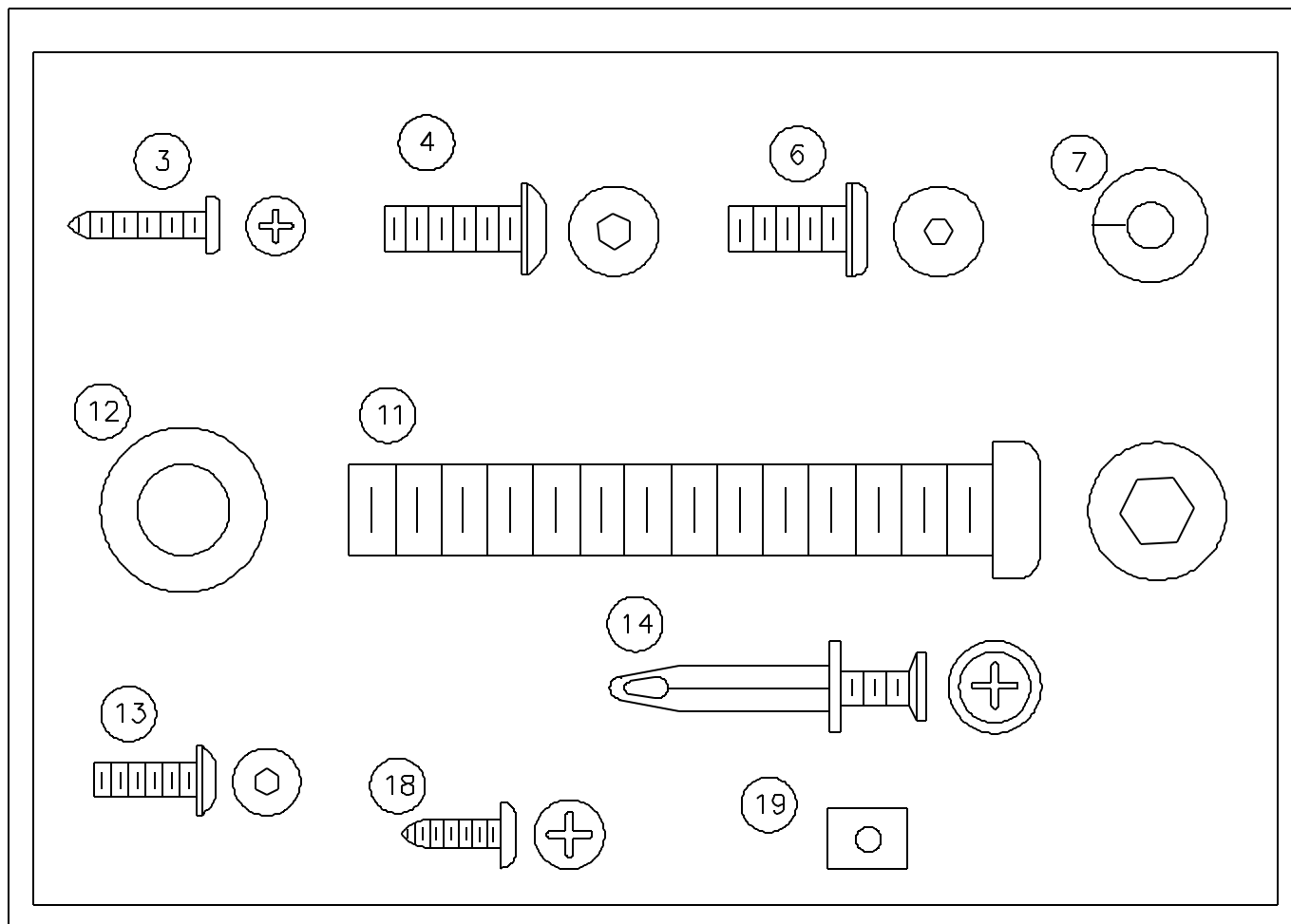
- ⇒ **Avant de faire fonctionner l'appareil Life Fitness 8500, il est nécessaire de lire tout le guide de fonctionnement. Celui-ci explique comment utiliser correctement le l'exerciseur et facilite l'élaboration d'un programme d'entraînement aérobique adapté à vos besoins de conditionnement personnels.**

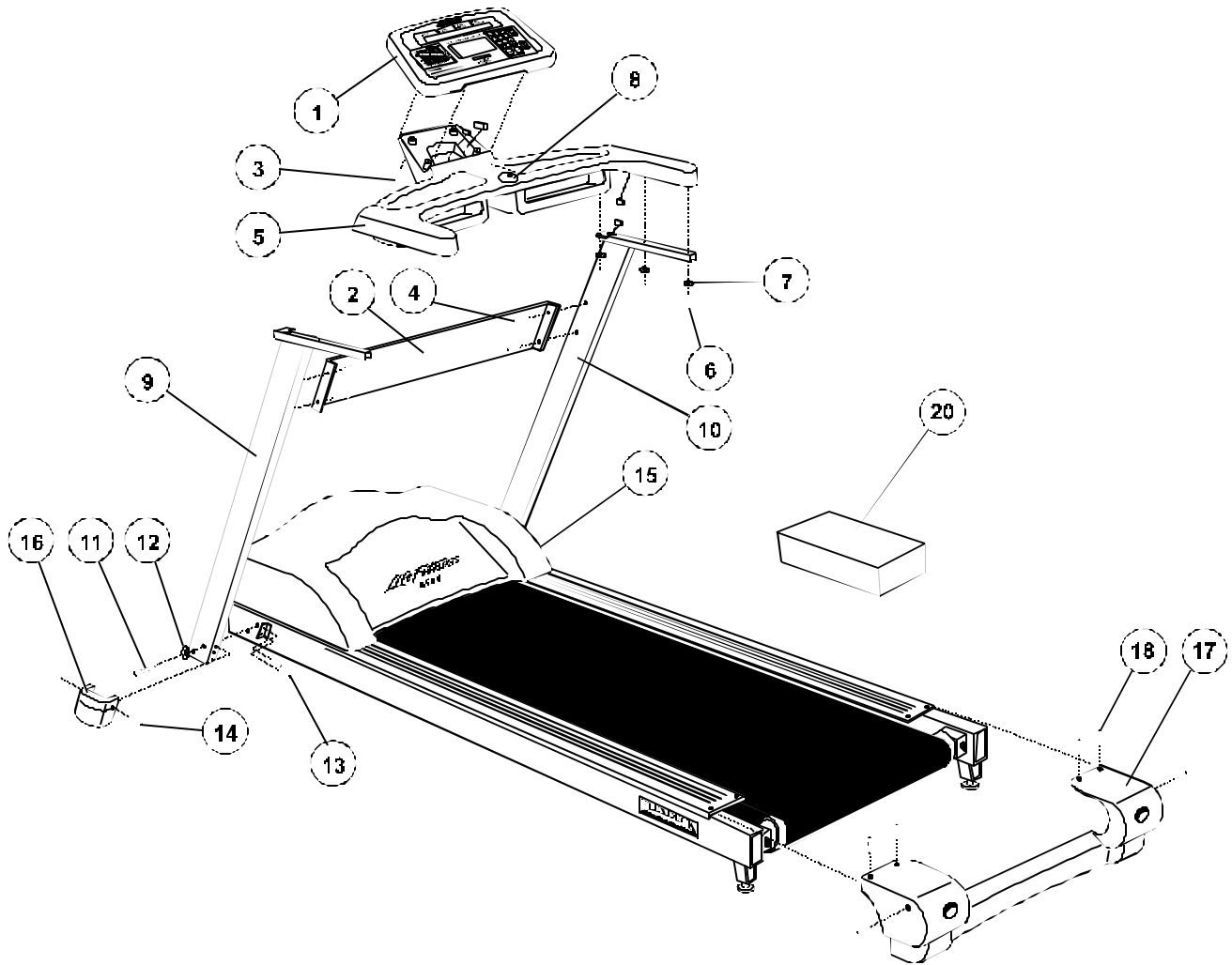
TOOLS REQUIRED FOR ASSEMBLY... Phillips screwdriver, Hex key wrench set

PARTS DESCRIPTION

1	DISPLAY CONSOLE ASS'Y AK45-00036-0001	Qty: 1	2	CENTER SUPPORT AK36-00072-0000	Qty: 1
3	DISPLAY CONSOLE SCREWS 0017-00101-1148	Qty: 4	4	CENTER SUPPORT SCREWS 0017-00101-1007	Qty: 4
5	HANDLEBAR ASSEMBLY AK36-00019-0002	Qty: 1	6	HANDLEBAR SCREW 0017-00101-1380	Qty: 6
7	HANDLEBAR WASHERS 0017-00104-0005	Qty: 6	8	STOP KEY AK36-00027-0002	Qty: 1
9	LEFT HANDRAIL AK36-00056-0004	Qty: 1	10	RIGHT HANDRAIL AK36-00056-0003	Qty: 1
11	HANDRAIL BOLTS 0017-00101-1235	Qty: 4	12	HANDRAIL WASHERS 0017-00104-0044	Qty: 4
13	HANDRAIL SCREWS 0017-00101-1210	Qty: 4	14	REMOVEABLE RIVET 0017-00042-0870	Qty: 4
15	HANDRAIL SIDE CAP (RIGHT) 0K36-1089-0005	Qty: 1	16	HANDRAIL SIDE CAP (LEFT) 0K36-1089-0006	Qty: 1
17	ENDCAP 0K36-01085-0004	Qty: 1	18	ENDCAP SCREWS 0017-00101-1159	Qty: 6
19	TINNERMAN CLIP 0017-00103-0185	Qty: 2	20	WAX KIT GK45-00002-0001	Qty: 1

Hardware included in the Parts Bag are shown here in Actual Size:



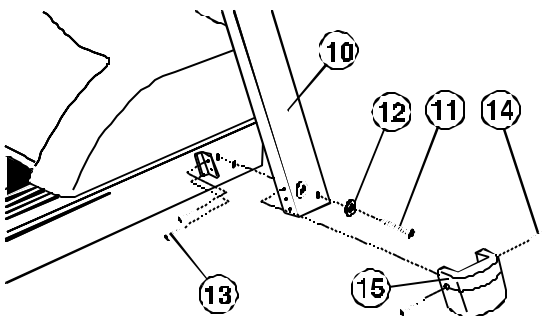
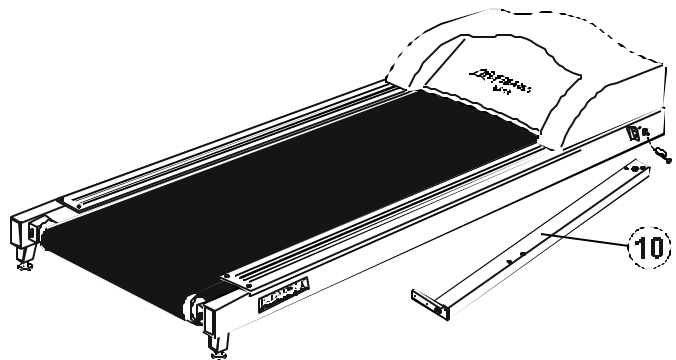


Step 1

Untie and uncoil the WIRE HARNESS attached to the front, right side of the treadmill. Pull gently on the HARNESS to remove any slack.

Step 2

Place the RIGHT HANDRAIL next to the treadmill and feed the WIRE HARNESS CONNECTOR into the slot located at the bottom of the RIGHT HANDRAIL (#10) until it exits through the top opening.



Step 3

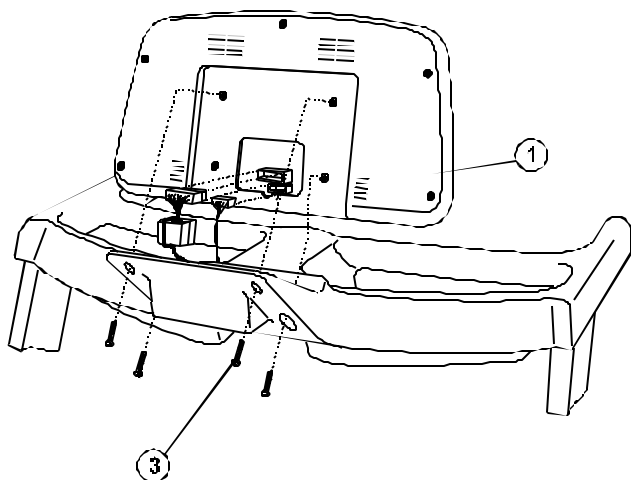
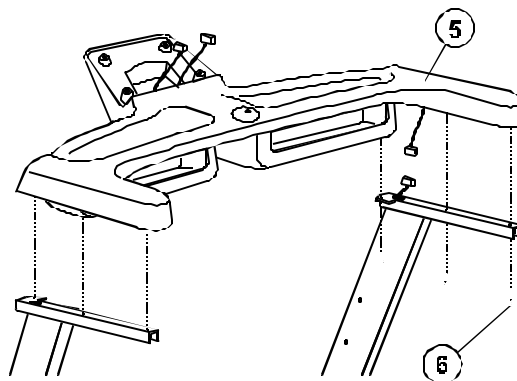
Position the RIGHT HANDRAIL (#10) in place on the treadmill FRAME and align the mounting holes in the HANDRAIL with those in the FRAME. Insert the two HANDRAIL BOLTS (#11) and WASHERS (#12) through the HANDRAIL and into the FRAME to secure it. Tighten these BOLTS until snug, then loosen both BOLTS two complete revolutions counter-clockwise. Repeat this step for the LEFT HANDRAIL (#9).

NOTE: The HANDRAIL BOLTS (#11) must be loose at this time to facilitate the assembly of the HANDLEBAR ASSEMBLY (#5) and the CENTER SUPPORT (#2).

CAUTION! BE CAREFUL NOT TO PINCH WIRES BETWEEN THE RIGHT HANDRAIL AND THE UNIT FRAME.
REMARQUE! FAIRE ATTENTION DE NE PAS PINCER LES FILS LORSQU'ON ABAISSE LA MAIN COURANTE

Step 4

Snap together the male and female 10-PIN CONNECTORS protruding from the top of the RIGHT HANDRAIL (#10) and the underside of the HANDLEBAR ASSEMBLY (#5). Once connected, feed the excess cable carefully back into the top of the HANDRAIL. Rest the HANDLEBAR in position on the VERTICAL HANDRAILS and install the six SCREWS (#6) and WASHERS (#7) to secure the HANDLEBAR ASSEMBLY to the two VERTICAL HANDRAILS.



Step 5

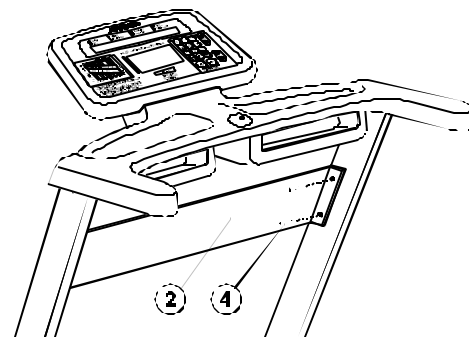
Snap the 10-PIN CONNECTOR protruding from the top of the HANDLEBAR ASSEMBLY (#5) into the corresponding CONNECTOR in the back of the DISPLAY CONSOLE (#1). Snap the 6-PIN CONNECTOR of the extended memory board wire harness (located in the display console bracket) into the corresponding CONNECTOR in the back of the DISPLAY CONSOLE. Install the four SCREWS (#3) in a criss-cross pattern to secure the DISPLAY CONSOLE to the HANDLEBAR ASSEMBLY.

1 3
X
4 2

Step 6

Place the

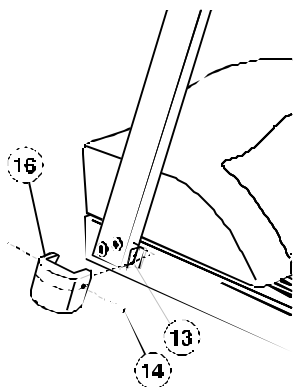
HANDRAIL CENTER SUPPORT into position between the two HANDRAILS and secure it with the four CENTER SUPPORT SCREWS (#4).



Step 7

Secure the bottom sides of the HANDRAILS to the angled FRAME BRACKETS using two SCREWS (#13) for each HANDRAIL.

THE SCREWS (#13) MUST BE FIRMLY TIGHTENED BEFORE TIGHTENING THE HANDRAIL BOLTS (#11) TO INSURE PROPER STABILITY OF THE UPPER TREADMILL.

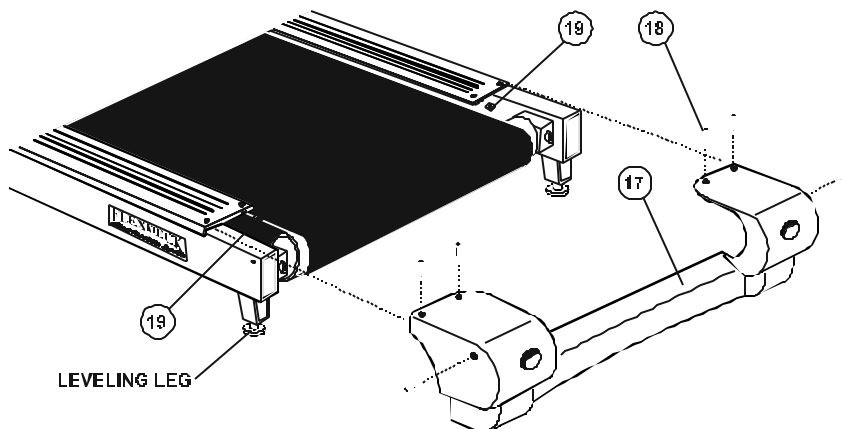


Step 8

Tighten the HANDRAIL BOLTS (#11) securing the base of each of the VERTICAL HANDRAILS to the FRAME of the treadmill. Position the right (#15) and left (#16) HANDRAIL SIDE CAPS into place on the corresponding HANDRAILS and secure each with two REMOVEABLE RIVETS (#14).

Step 9

Insert the two TINNEMAN CLIPS (#19) into the slots as shown below. Check that the holes in the extrusion align with the holes in the TINNEMAN CLIPS. Set the ENDCAP (#17) into position and secure in place with the six ENDCAP SCREWS (#18).



Step 10

Open the WAX KIT (#20) and install the WAX according to the directions provided on the Instruction Sheet enclosed within the WAX KIT.

WARNING: DO NOT OPERATE THE LIFE FITNESS 8500 TREADMILL PRIOR TO INSTALLING THE WAX ACCORDING TO THE INSTRUCTIONS ENCLOSED WITHIN THE WAX KIT. FAILURE TO INSTALL THE WAX PRIOR TO USE MAY CAUSE DAMAGE TO THE UNIT AND VOID YOUR WARRANTY.

MISE EN GARDE: VOUS DEVEZ METTRE DE LA CIRE CONFORMÉMENT AUX INSTRUCTIONS COMPRISSES AVEC LE NÉCESSAIRE DE CIRE AVANT DE FAIRE FONCTIONNER L'EXERCISEUR DE MARCHÉ LIFE FITNESS 8500. LE FAIT DE NE PAS METTRE DE CIRE AVANT D'UTILISER L'APPAREIL POURRAIT ENDOMMAGER L'EXERCISEUR ET ANNULER LA GARANTIE.

Step 11

The treadmill STRIDING BELT is properly centered at the factory however, the Life Fitness 8500 treadmill must be leveled in the location it is to be used. After placing the treadmill in its intended location for use, check the stability of the unit. If the unit is not stable, turn the LEVELING LEGS clockwise or counterclockwise until the rocking motion is diminished.

IT IS EXTREMELY IMPORTANT THAT THE TREADMILL BE CORRECTLY LEVELED FOR PROPER OPERATION. AN UNSTABLE UNIT MAY CAUSE STRIDING BELT MISALIGNMENT.

IL EST EXTRÊMEMENT IMPORTANT QUE L'EXERCISEUR SOIT DE NIVEAU POUR UN FONCTIONNEMENT ADÉQUAT. UN APPAREIL INSTABLE RISQUE DE DÉALIGNER LA COURROIE DE MARCHÉ.

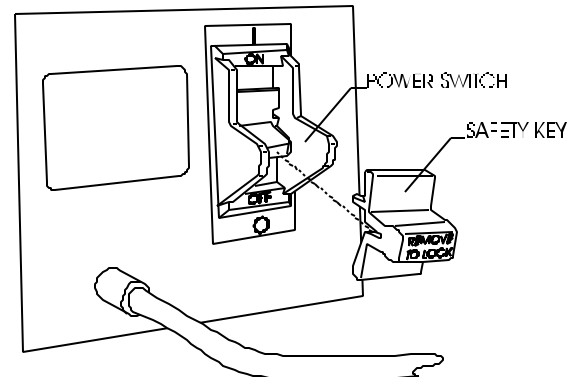
Step 12

Insert the STOP KEY (#8) into the slot on the front of the HANDLEBAR ASSEMBLY (#5).

Plug the machine POWER CORD into a properly grounded ELECTRICAL outlet.

Insert the SAFETY KEY into the POWER SWITCH (near the POWER CORD) and toggle it to the "ON" or "I" position.

The Safety key can be removed to prevent unauthorized use.



Step 13

Begin a program, but DO NOT begin running. It is important to insure that the STRIDING BELT remains centered during operation. If the BELT drifts to the right, see Figure A. If the BELT drifts to the left, see Figure B.

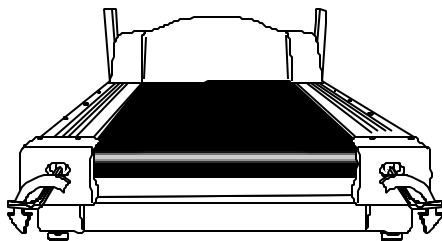


FIGURE A

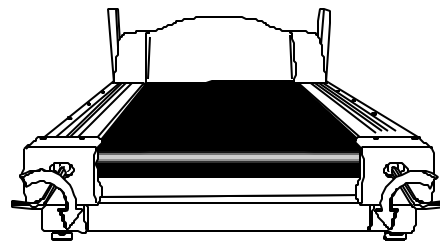


FIGURE B

NOTE: WHEN ADJUSTING THE STRIDING BELT YOU MUST ADJUST BOTH SIDES EQUALLY. (E.G. ADJUST THE LEFT SIDE 1/4 TURN CLOCKWISE AND THE RIGHT SIDE 1/4 TURN COUNTER-CLOCKWISE)

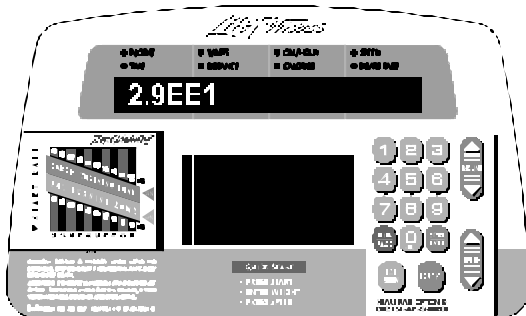
OPERATION CHECKLIST

- ⇒ **Make sure the HANDLEBAR and HANDRAIL BOLTS are tight.**
- ⇒ **Make sure the STRIDING BELT is properly centered or tracked.**
- ⇒ **Check the operation of the STOP KEY.**
- ⇒ **Check to insure that the POWER CORD is not located beneath or alongside the machine.**
- ⇒ **Read the entire Operation Manual before attempting to operate the treadmill**
- ⇒ **Check to insure the WAX KIT was installed prior to operation.**

ENGLISH / METRIC DEFAULT SETTING TOGGLE

The default setting of the Life Fitness 8500 Treadmill Display Console is set to English units of measurements at the factory. If your Display Console will require units of measurements to be in Metric, it may be necessary to change the setting from English to Metric. To do so, you will need to enter into the Diagnostic Programs and proceed to Diagnostic State 4. To do so, follow the instructions as listed below.

- Start with the Life Fitness model 8500 treadmill turned **OFF** at the I/O switch located adjacent to the power cord.
- Press and hold the **SPEED DOWN KEY** \bar{N} while switching the I/O switch setting to **ON**. All LED's on the **Display Console** will light.
- Press **ENTER four times** to scroll through the Diagnostic Modes and enter the Software Version / Language default settings. The display console will now show a series of numbers and letters.



For example, the **Display** will read **2.9EE1**.

2.9	Software Version
E	English Measurement (miles) "M" would designate Metric (kilometers)
E	English Language
1	120V

- Press **ENTER a fifth time** and "**UNITS**" appears in the **Display** readout. Pressing the **SPEED UP D KEY** enables you to change the unit of measure from ENGLISH/ENGLISH to ENGLISH/METRIC. Pressing the **SPEED DOWN KEY** \bar{N} enables you to change the unit from ENGLISH/METRIC to ENGLISH/ENGLISH. Press the **CLEAR** key 1 time to verify the default after you have chosen a setting.

Continue to press the **CLEAR/PAUSE** key to scroll backwards through the Diagnostics and return to normal operation.

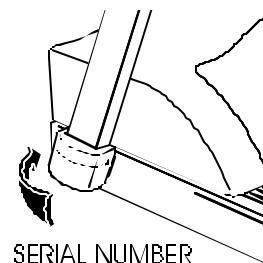
Before attempting to operate your Life Fitness 8500 treadmill, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your treadmill does not respond as described in the OPERATION MANUAL contact:

Life Fitness Customer Support Services

at (800) 351-3737 or (847) 451-0036

Prior to your call, please be sure you have located and noted the **MODEL** and **SERIAL NUMBER**

of your Life Fitness 5500HR treadmill. This information is contained on a label located in front of the Left Handrail on the frame of the treadmill.



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