

Achieve Console

OPERATION MANUAL



LifeFitness

CORPORATE HEADQUARTERS

5100 River Road
Schiller Park, Illinois 60176 • U.S.A.
847.288.3300 • FAX: 847.288.3703
800.735.3867 (Toll-free within U.S.A., Canada)
Global Website: www.lifefitness.com

INTERNATIONAL OFFICES

AMERICA'S

North America Life Fitness Inc.

5100 N River Road
Schiller Park, IL 60176 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email: internationalcustomersupport@lifefitness.com
Sales/Marketing Email: commercialsales@lifefitness.com
Operating Hours: 7:00 am-6:00 pm (CST)

Brazil

Life Fitness Do Brazil

Av. Dr. Dib Sauaia Neto 1478
Alphaville, Barueri, SP
06465-140
BRAZIL

Telephone: (800) 773 8282
Fax: (+55) 11.4133.2893
Service Email: suporte@lifefitness.com.br
Sales/Marketing Email: lifefitness@lifefitness.com.br
Operating Hours: 8:30 am-17:30 pm (BRT)

Latin America & Caribbean* Life Fitness Inc.

5100 N River Road
Schiller Park, IL 60176 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email: internationalcustomersupport@lifefitness.com
Sales/Marketing Email: commercialsales@lifefitness.com
Operating Hours: 8:00am-5:00pm (CST)

EUROPE, MIDDLE EAST, & AFRICA (EMEA)

Netherlands & Luxemburg Life Fitness Atlantic BV

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

United Kingdom & Ireland Life Fitness UK LTD

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

Germany & Switzerland Life Fitness Europe GMBH

Siemensstrasse 3
85716 Unterschleißheim
GERMANY
Telephone: (+49) 89.31 77 51.0 (Germany)
(+41) 0848 000 901 (Switzerland)
Fax: (+49) 89.31 77 51.99 (Germany)
(+41) 043 818 07 20 (Switzerland)
Service Email: kundendienst@lifefitness.com
Sales/Marketing Email: kundenberatung@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

Austria

Life Fitness Austria

Vertriebs G.m.b.H.
Dückerstrasse 7-9/3/36
1220 Vienna
AUSTRIA
Telephone: (+43) 1.61.57.198
Fax: (+43) 1.61.57.198.20
Service Email: kundendienst@lifefitness.com
Marketing/Sales Email: kundenberatung@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

Spain

Life Fitness IBERIA

C/Frederic Mompou 5,1^ª
08960 Sant Just Desvern Barcelona
SPAIN
Telephone: (+34) 936 724 660
Fax: (+34) 936 724 670
Service Email: info.iberia@lifefitness.com
Sales/Marketing Email: info.iberia@lifefitness.com
Operating Hours:
9.00h-18.00h (Monday-Thursday)
8.30h-15.00h (Friday)

Italy

Life Fitness ITALIA S.R.L.

Via Crivellini 7/N
37010 Affi Verona
ITALY
Telephone: (+39) 045.7237811
Fax: (+39) 045.7238197
Service Email: assistenza@lifefitness.com
Sales/Marketing Email: info@lifefitnessitalia.com
Operating Hours: 8.30h -18.00h (CET)

Belgium

Life Fitness Benelux NV

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

All Other EMEA countries & distributor business C-EMEA*

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

ASIA PACIFIC (AP)

Japan

Life Fitness Japan

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

China and Hong Kong

Life Fitness Asia Pacific LTD

Room 2610, Miramar Tower
132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
Fax: (+852) 2575.6001
Service Email: HongKongEnquiry@lifefitness.com
Sales/Marketing Email: ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

All Other Asia Pacific countries & distributor business Asia Pacific*

Room 2610, Miramar Tower
132 Nathan Road
Tsimshatsui, Kowloon
HONG KONG
Telephone: (+852) 2891.6677
Fax: (+852) 2575.6001
Service Email: HongKongEnquiry@lifefitness.com
Sales/Marketing Email: ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

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

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

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

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

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

FCC Warning - Possible Radio / Television Interference

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

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



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




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

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


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This Operation Manual describes the functions of the
Achieve 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, or is over the age of 45, or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

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

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

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

1 GETTING STARTED

1.1 IMPORTANT SAFETY INSTRUCTIONS



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

- If this Life Fitness product does not function properly after it has been dropped, damaged, or even partially immersed in water, contact Life Fitness Customer Support Services for assistance.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by children, invalids or disabled persons.
- Never operate Life Fitness exercise equipment with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- Never insert objects into any opening in this product. If an object should drop inside, carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Support Services.
- Never place liquids of any type directly on the unit, except in the accessory tray water bottle holder. Containers with lids are recommended.
- Keep the area around the Life Fitness product clear of any obstructions, including walls and furniture. Ensure that there is at least one foot of clearance in front of Life Fitness cross-trainers and six feet by three feet behind Life Fitness treadmills.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

1 POINT DE DÉPART

1.1 CONSIGNES DE SÉCURITÉ IMPORTANTES



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

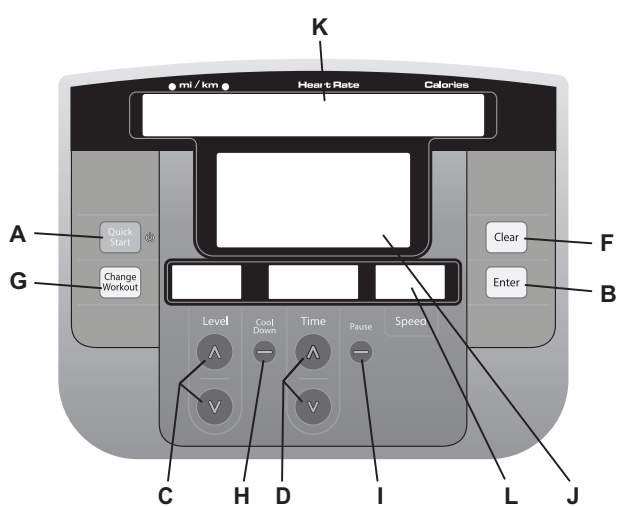
- Si l'appareil Life Fitness ne fonctionne pas correctement après avoir subi une chute, des dommages ou une immersion même partielle dans l'eau, contactez le service d'assistance clientèle de Life Fitness.
- Pour un fonctionnement correct, suivez toujours les instructions de la console.
- Une surveillance étroite est nécessaire en cas d'utilisation par des enfants, des personnes invalides ou handicapées.
- Ne faites jamais fonctionner de produit Life Fitness dont les bouches d'aération seraient bloquées. Maintenez-les exemptes de peluches, de cheveux ou de toute obstruction.
- N'insérez jamais d'objet dans les ouvertures de cet appareil. Si un objet tombe dedans, coupez l'alimentation électrique, débranchez le cordon de la prise et récupérez-le avec précaution. Si vous ne pouvez pas l'atteindre, consultez le service après-vente de Life Fitness.
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Il est recommandé d'utiliser des conteneurs munis d'un couvercle.
- Maintenez la zone autour du produit Life Fitness exempte d'obstructions, y compris de murs et de meubles. Veillez à laisser au moins 30 cm d'espace autour du Life Fitness Cross Trainer.

CONSERVEZ CES INSTRUCTIONS POUR USAGE ULTÉRIEUR.

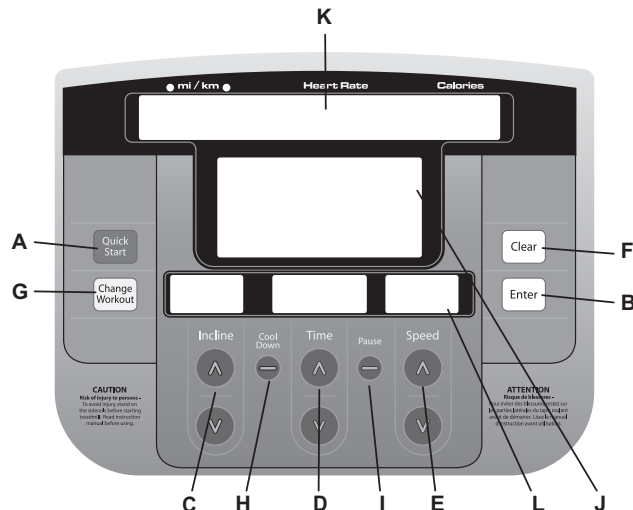
2 THE ACHIEVE DISPLAY CONSOLE

2.1 ACHIEVE DISPLAY CONSOLE OVERVIEW

The Achieve LED display console allows the user to tailor a workout to personal fitness abilities and goals and to monitor progress. With this easy-to-use console, the user can track fitness improvement from one workout to the next.



Achieve Console (*non-treadmill products*)



Achieve Console (*treadmills*)

2.2 ACHIEVE DISPLAY CONSOLE DESCRIPTIONS

This section lists and describes the functions for the keys and display windows on the Achieve console. See Section 4, titled *The Workouts*, for detailed information on using the console to set up workouts.

A QUICK START:

Non-treadmill products: Press this key to activate the console for programming a new workout. The activated console lights up and displays “SELECT WORKOUT OR PRESS QUICK START”. If no key is pressed for 15 seconds and the user stops pedaling the console shuts down again. The Life Fitness AutoStart feature also activates the Achieve console when the user steps on a product’s pedals and begins pedaling.

On treadmills: When the user presses QUICK START, the belt starts moving at 0.5 mph (0.8 kph) and 0% incline.

B ENTER: Press this key after entering each value, such as weight or workout time, when prompted by console display messages.

C LEVEL UP/DOWN ARROW keys (*non-treadmill products*): Pressing the LEVEL ARROW keys increases or decreases the resistance level.

INCLINE UP/DOWN ARROW keys (*treadmills only*): Pressing the INCLINE ARROW keys increases or decreases the incline on the treadmill as well as the level in Hill and Random workouts.

D TIME UP/DOWN ARROW keys: When setting up a workout, use the TIME ARROW keys to change workout parameters displayed on the console, such as length of workout, weight, and age.

E SPEED UP/DOWN ARROW keys (*treadmills only*): During a workout, pressing the SPEED ARROW keys changes the speed of the belt.

NOTE: Whenever an arrow key is pressed during a workout, an increase (up arrow key) or decrease (down arrow key) is made to the corresponding parameter (level). The number that appears reflects that change. For example, if the user is at level 6 and presses the right up arrow key, the number 7 will appear, reflecting that the user has chosen a new level.

F CLEAR (non-treadmill products): Pressing the CLEAR key once transitions the system to the Workout Summary mode. Pressing CLEAR during the data entry phase of the workout program will return the entry to the system default (i.e. pressing CLEAR while entering your weight will return the weight value to 150 lbs).

CLEAR (treadmills): Pressing the CLEAR key once causes the system to go into Pause Mode. Pressing the CLEAR key twice transitions the system to the Workout Summary mode. Pressing CLEAR during the data entry phase of the workout program will return the entry to the system default (i.e. pressing CLEAR while entering your weight will return the weight value to 150 lbs).

G CHANGE WORKOUT

MANUAL: Press the CHANGE WORKOUT key until MANUAL appears and select the **MANUAL** program, in which the intensity level remains the same unless it is manually changed.

RANDOM: Press the CHANGE WORKOUT key until RANDOM appears and select the **RANDOM** program, which is a workout of constantly changing intensity levels that occur in no regular pattern or progression.

HILL: Press the CHANGE WORKOUT key until HILL appears and select the **HILL** program, in which periods of intense aerobic exercise are separated by regular periods of lower-intensity exercise.

FAT BURN: Press the CHANGE WORKOUT key until FAT BURN appears and select the **FAT BURN** program, which is a low-intensity workout for burning fat.

CARDIO: Press the CHANGE WORKOUT key until CARDIO appears and select the **CARDIO** program, which is a higher intensity workout for more fit users, emphasizing cardiovascular benefits and maximum fat burning.

FIT TEST: Press the CHANGE WORKOUT key until FIT TEST appears and select the **FIT TEST** program, in which cardiovascular fitness is measured and can be used to monitor improvements in endurance every four to six weeks.

H COOL DOWN: Workout programs end automatically in a Cool Down mode, which lowers the intensity level. Press the Cool Down key at any desired point during a workout to go immediately into Cool Down mode. In this phase of a workout the body begins to remove lactic acid and other accumulated by-products of exercise, which build up in muscles during a workout and contribute to muscle soreness. The console automatically adjusts each workout's Cool Down level according to the individual user's performance.

I PAUSE: Press the PAUSE key at any point during a workout to go immediately into Pause Mode. The workout is temporarily inactive and saved for a default time of 1 minute. Once the pause time reaches 1 minute, the workout summary appears.

NOTE: *During the Pause Mode, the resistance level drops to Level 1 on non-treadmill products. The belt comes slowly to a stop on treadmills.*

J WORKOUT PROFILE window: This window displays shapes, made of columns of lights, that represent the levels of intensity in a workout-in-progress. The height of the first column on the left side of the window is proportional to the current level of intensity.

During a Fat Burn or Cardio workout, which requires the use of a Polar® heart rate chest strap or the Lifepulse system sensors, the Workout Profile window displays a flashing heart shape while detecting the user's heart rate signal. If the console does not detect a signal, the MESSAGE CENTER displays the prompt "NEED HEART RATE - PLACE HANDS ON SENSORS OR USE TELEMETRY STRAP". If the console does not receive the signal within three minutes, the workout automatically is converted to a Manual program.

K MESSAGE CENTER: This window displays step-by-step instructions for setting up a workout. During a workout, it displays statistics about the progress of the workout:

- **Distance:** the total distance traveled in miles (or kilometers if enabled).
- **Heart Rate:** the detected heart rate if the user is wearing the chest strap or grasping the Lifepulse system sensors.
- **Calories:** the number of calories burned since beginning the workout.
- **Cal/HR:** the number of calories burned per hour.

If programmed to do so, the MESSAGE CENTER displays any or all of these values each time the intensity level changes during the workout:

- **Watts:** effort level in Watts. The Watt is a unit of power output or the expression of the mechanical rate of work.
- **METs:** effort level in METs. The MET is an expression of the rate of work for the human body at rest, or a metabolic equivalent; one MET is approximately equal to the metabolism of a person at rest.

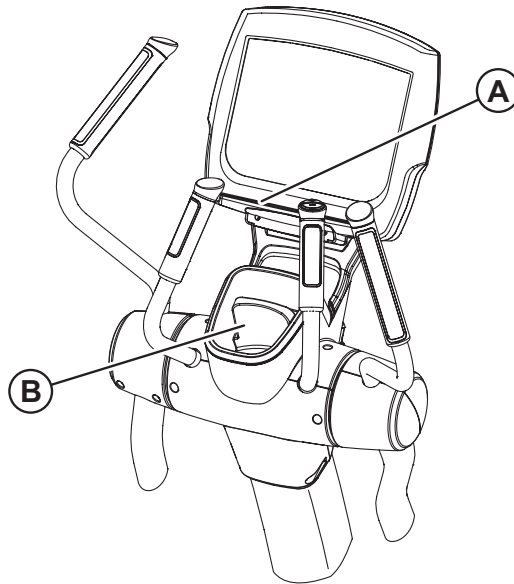
L DATA DISPLAY WINDOW: This window displays the following information:

- Incline (*treadmills*) / Level (*non-treadmill products*)
- Time
- Speed

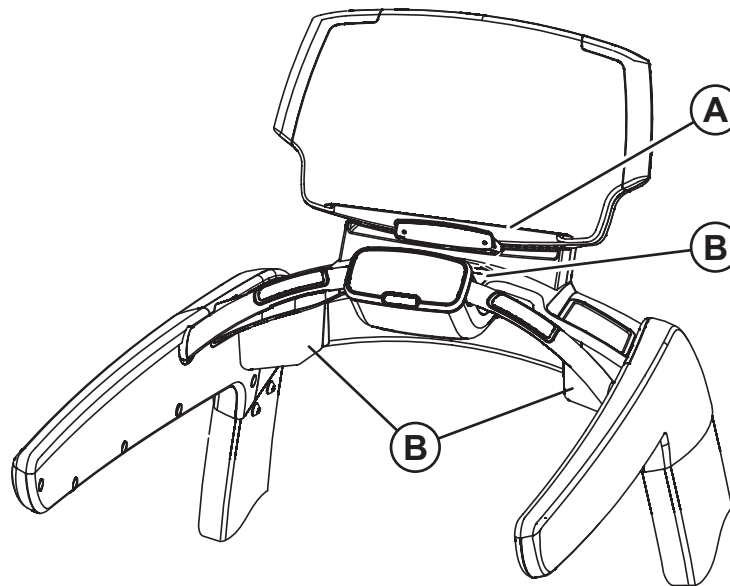
2.3 THE ACCESSORY TRAY / READING RACK

A built-in reading rack (A) allows a book or magazine to be supported during the workout. A built-in accessory tray (B) provides storage for items such as water bottles, personal media devices, and cell phones.

NOTE: Treadmills have three accessory trays. Two side trays to accommodate large items and one center tray for smaller items.



Cross-Trainer



Treadmill

3 HEART RATE ZONE TRAINING EXERCISE

3.1 WHY HEART RATE ZONE TRAINING EXERCISE?

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 values within the zone depend on the workout.

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

| ZONE TRAINING | | |
|--------------------------|-----|-----|
| FAT BURN = LOW INTENSITY | | |
| CARDIO = HIGH INTENSITY | | |
| AGE | 65% | 80% |
| 10 | 136 | 168 |
| 20 | 130 | 160 |
| 30 | 123 | 152 |
| 40 | 117 | 144 |
| 50 | 110 | 136 |
| 60 | 104 | 128 |
| 70 | 97 | 120 |
| 80 | 91 | 112 |
| 90 | 84 | 104 |
| 100 | 78 | 96 |

SUGGESTED TARGET
HEART RATE AS % OF MAX
ACSM HEART RATE RANGE:
55% - 90%

FAT BURN and **CARDIO** are exclusive workouts designed to take full advantage of the benefits of heart rate zone training exercise. During one of these workouts, grasp the Lifepulse system sensors continuously, or wear the Polar® heart rate chest strap to enable the on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the resistance level (non-treadmill products) or incline (treadmills) to maintain the target heart rate* based on the actual heart rate. To change the target heart rate during a workout, use the TIME UP/DOWN ARROW keys (*left keys*) on non-treadmill products. Use the INCLINE UP/DOWN ARROW keys on treadmills.

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO** workout is 144. This workout targets 80 percent of the maximum, so the equation would be $(220-40) \cdot 80 = 144$.

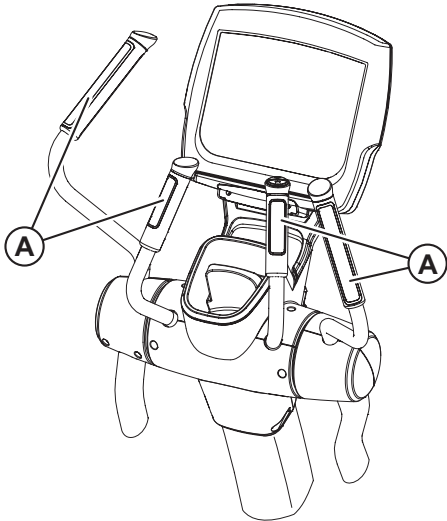
3.2 HEART RATE MONITORING

THE LIFEPULSE™ DIGITAL HEART RATE MONITORING SYSTEM

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

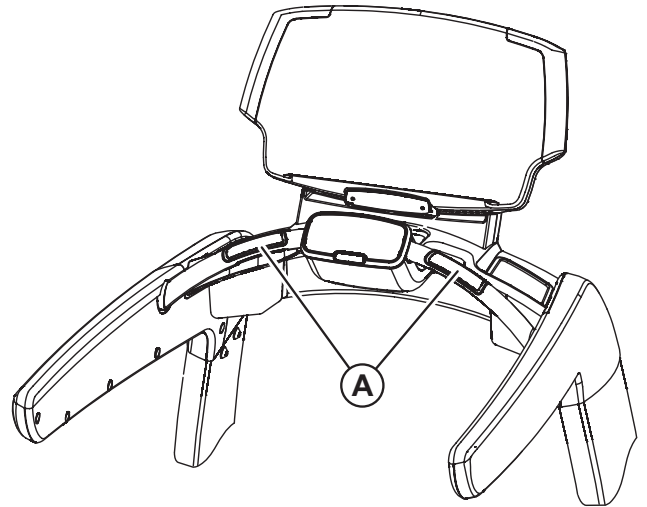
- Grasp the sensors (A) firmly.
- Hold each sensor at the horizontal (cross-trainer) or vertical midpoint (treadmill and bike).
- Keep hands steady and in place.

The console displays the heart rate within 10 to 40 seconds after the user grasps the sensors.



Cross-Trainer

NOTE: Sensors are located on both the arms and bull horns.



Treadmill

NOTE: Do not attempt to grasp the sensors at speeds above 4.5 MPH, or 7.2 KPH. For these speeds use of a heart rate chest strap is recommended.

THE POLAR® TELEMETRY HEART RATE MONITORING CHEST STRAP

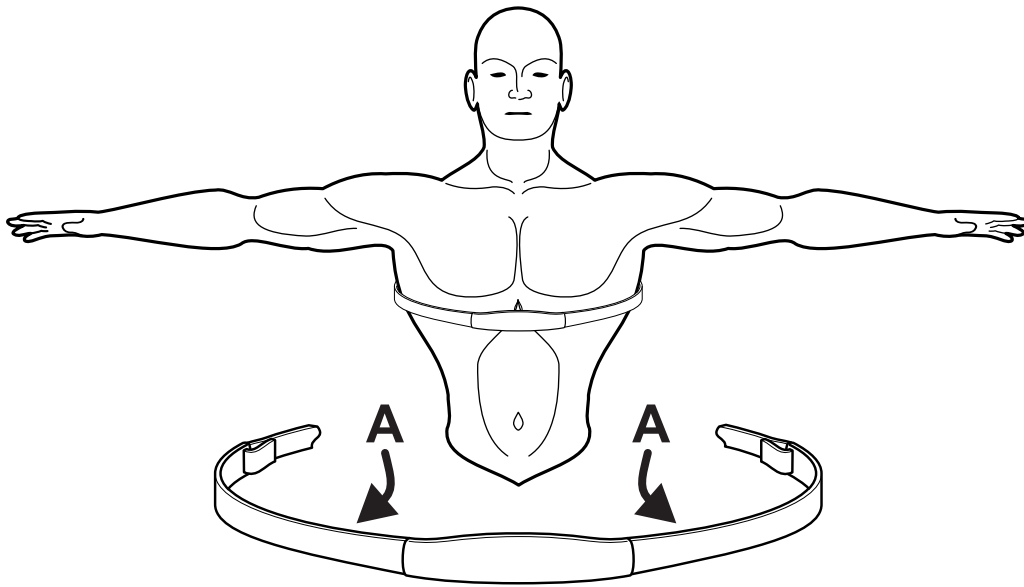
The Polar® heart rate monitoring system transfers heart rate signals to the console when electrodes are pressed against the skin. These electrodes are attached to a chest strap that the user wears during the workout. The chest strap and telemetry electrodes are optional. To order, call Life Fitness Customer Support Services (*see page 1 of this manual*).

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

The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with skin. However, it also functions properly through a thin layer of wet clothing.

If it becomes necessary to re-moisten the chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and moisten them.

NOTE: *If the Lifepulse system sensors are grasped while the chest strap is worn, and if the signals from the sensors are valid, the on-board computer uses the sensor signals for measuring the heart rate instead of those transmitted with the chest strap.*



4 THE WORKOUTS

4.1 WORKOUT OVERVIEWS

This section lists the available pre-programmed workouts. For more detailed information, see Section 4.2, titled *Using the Workouts*.

QUICK START is the fastest way to begin exercising and bypasses the steps involved in selecting a specific workout program. On, non-treadmill products, after the QUICK START key is pressed, a constant-level workout begins. The intensity level does not change automatically. On treadmills, press the QUICK START key, GO key, or walk/jog/run keys to begin a manual workout immediately, without having to select a workout program.

MANUAL is a workout in which the intensity level does not change automatically. It is accessed by pressing the CHANGE WORKOUT key repeatedly until MANUAL appears and then pressing ENTER.

RANDOM is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression. It is accessed by pressing the CHANGE WORKOUT key repeatedly until RANDOM appears and then pressing ENTER.

HILL is an interval-training workout combining “hills” and “valleys” of different intensity levels, which is proven to provide effective, time-efficient cardiovascular results. It is accessed by pressing the CHANGE WORKOUT key repeatedly until HILL appears and then pressing ENTER.

FAT BURN is a low-intensity workout for burning the body’s fat reserves. The user must wear a heart rate chest strap or grasp the Lifepulse system sensors continuously. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the rate at 65 percent of the theoretical maximum[†]. It is accessed by pressing the CHANGE WORKOUT key repeatedly until FAT BURN appears and then pressing ENTER.

CARDIO is a higher intensity workout for more fit users, emphasizing cardiovascular benefits and maximum fat burning. The user must wear a heart rate chest strap or grasp the Lifepulse system sensors continuously. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80 percent of the theoretical maximum[†]. It is accessed by pressing the CHANGE WORKOUT key repeatedly until CARDIO appears and then pressing ENTER.

Note: For Fat Burn and Cardio, speed on treadmills is limited to 4.5 mph (7.3 km/h) if no chest strap is worn.

FIT TEST calculates cardiovascular fitness compared to other people of the same age and gender. It is accessed by pressing the CHANGE WORKOUT key repeatedly until FIT TEST appears and then pressing ENTER.

4.2 USING THE WORKOUTS

This section provides detailed information on setting up and using workouts. For quick-reference setup steps, see the chart at the end of the section.

TO BEGIN A WORKOUT

Non-Treadmill products:

To mount Life Fitness exercise equipment, grasp the handles and carefully step on the pedals. To dismount, step off the pedals while still holding the handles. Then let go of the handles.

Press QUICK START, begin pedaling. The MESSAGE CENTER displays, "SELECT WORKOUT OR PRESS ENTER TO BEGIN." If it displays a different message, press the CLEAR key twice in rapid succession.

NOTE: The Life Fitness AutoStart feature also activates the Achieve console when the user steps on a product’s pedals and begins pedaling.

Treadmill products:

Press QUICK START key, GO key, or the walk/jog/run keys. The belt starts moving at 0.5 mph (0.8 kph) and 0% incline when QUICK START is pressed. If either of the walk/jog/run keys are pressed, the belt starts moving at a corresponding speed.

[†] Defined by the American College of Sports Medicine’s “Guidelines for Exercise Testing and Prescription” as equal to 220 minus an individual’s age.

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user’s THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be $(220-40) \times .65 = 117$

SELECTING AND USING QUICK START

QUICK START is the fastest way to begin exercising and bypasses the steps of selecting a specific workout program. At the MESSAGE CENTER prompt to select a workout, press the QUICK START key or walk/jog/run keys. The workout begins at an intensity level that remains the same unless manually changed. After one minute, the MESSAGE CENTER displays a prompt to enter weight, which the computer requires to calculate total calories burned. If the weight is not entered, calories will not be displayed.

SELECTING A WORKOUT

For **MANUAL, FAT BURN, CARDIO, RANDOM, HILL, and FIT TEST**: When prompted to select a workout, press the CHANGE WORKOUT key until the desired workout appears and then press ENTER.

ENTERING WEIGHT

When prompted by the MESSAGE CENTER to enter weight, use the TIME UP/DOWN ARROW keys (*center keys*) to increase or decrease the displayed weight to the correct value and press ENTER. The default weight is 150 pounds or 68 kilograms. The on-board computer calculates the number and rate of calories burned using the entered weight as well as the pedaling (walking/running) speed and resistance (or incline). (Weight will be entered automatically after 10 seconds if no keys are pressed).

ENTERING TIME

When prompted by the MESSAGE CENTER to enter a time, use the TIME UP/DOWN ARROW keys (*center keys*) to increase or decrease the displayed time to the desired value and press ENTER. (Time will be entered automatically after 10 seconds if no keys are pressed).

ENTERING INCLINE (*TREADMILLS ONLY*)

When prompted by the MESSAGE CENTER to enter an incline, use the INCLINE UP/DOWN ARROW keys (*left keys*) to increase or decrease the displayed incline and press ENTER. (Incline will be entered automatically after 10 seconds if no keys are pressed).

ENTERING SPEED (*TREADMILLS ONLY*)

When prompted by the MESSAGE CENTER to enter a speed, use the SPEED UP/DOWN ARROW keys (*right keys*) to increase or decrease the displayed speed and press ENTER.

ENTERING AGE

When prompted by the MESSAGE CENTER to enter age, use the TIME UP/DOWN ARROW keys (*center keys*) to increase or decrease the displayed age to the correct value and press ENTER.

Life Fitness workout programs that set a target heart rate* zone first calculate the user's theoretical maximum heart rate[†] by subtracting the user's age from the number 220. The programs then calculate the target zone as a percentage of the theoretical maximum.

SELECTING AND ADJUSTING THE RESISTANCE LEVEL / INTENSITY LEVEL

When prompted by the MESSAGE CENTER, use the LEVEL UP/DOWN ARROW keys to increase or decrease the displayed resistance / intensity level.

- Resistance level: Bike and Cross-Trainer each support up to 25 levels. On each level, there are seven different hills, they are mapped directly into the 7 rows of workout profile. Each hill offers finer tweaking of resistance. The lowest and highest hills for a given level shall represent smaller resistance than those two points on the next level.
- Intensity Level of Hill and Random Workouts (Treadmill): The steps for setting up a HILL or RANDOM workout shall include selecting a level. Level refers to a range of incline percentages as outlined in the table on the following page.

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO** workout is 144. This workout targets 80 percent of the maximum, so the equation would be $(220-40) \cdot 80 = 144$.

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

SELECTING AND ADJUSTING THE HEART RATE LEVEL

When prompted by the MESSAGE CENTER, use the INCLINE UP/DOWN ARROW keys (*left keys*) to increase or decrease the target heart rate* to the desired value and press ENTER. Adjust the level as needed or desired during the workout.

- Target heart rate: Programs that calculate a target heart rate base this number on the age of the user and the type of workout. The user accepts or adjusts the rate when setting up the workout. During the workout itself, the program reads the heart rate, which is transmitted via the heart rate chest strap or the Lifepulse system sensors; it uses this data to adjust the resistance, incline, and if necessary, decrease speed. Manually raising the rate increases the intensity of the cardiovascular exercise.

SWITCHING WORKOUTS “ON-THE-FLY”

It is possible, during a workout, to switch to another workout program. After a switch, the console retains all the progress information about the workout since its beginning. To change workouts “on the fly,” simply press the CHANGE WORKOUT key until the desired new workout appears and press ENTER. This feature is available for all workouts except the Fit Test.

PAUSING WORKOUTS

Non-Treadmill products: To pause a workout, simply stop pedaling. To continue the workout, resume pedaling. The pause duration lasts 60 seconds, after which the console automatically shuts down.

Treadmills: Press the PAUSE key to stop the belt and hold the current workout. Continue the workout by pressing the PAUSE key a second time. Pressing the CLEAR key once also activates the Pause Mode.

ENDING WORKOUTS EARLY

For non-treadmill products, to end a workout before the pre-set duration expires, press CLEAR once. The MESSAGE CENTER then displays a workout summary, which includes the distance travelled, the total calories burned, and other statistics. Press CLEAR a second time and the MESSAGE CENTER displays “SELECT WORKOUT OR PRESS QUICK START” for a new workout.

For treadmills, press the CLEAR key once to go into Pause Mode. Press the CLEAR key twice to transition the system to the Workout Summary mode. Press the CLEAR key a third time and the MESSAGE CENTER displays “SELECT WORKOUT OR PRESS QUICK START” for a new workout. Pressing the STOP key to stop the workout will transition to the Workout Summary mode. Pulling the Emergency Stop Switch causes a rapid belt deceleration. The following message is displayed: REPLACE EMERGENCY STOP SWITCH.” Replacing the Emergency Stop Switch causes the system to transition to the Workout Summary mode.

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the FAT BURN workout is 117. This workout targets 65 percent of the maximum, so the equation would be $(220-40) \times .65 = 117$

4.3 WORKOUT DESCRIPTIONS

QUICK START

QUICK START is the fastest way to begin exercising and bypasses the steps of selecting a specific workout program. The intensity level for the workout is set automatically and remains the same unless manually changed. To change the level, use the **LEVEL UP/DOWN ARROW** keys on non-treadmill products (*SPEED and INCLINE UP/DOWN ARROW keys on treadmills*) to enter a higher or lower level number. After the workout has been in progress for one minute, the **MESSAGE CENTER** displays "ENTER WEIGHT", which the computer requires to calculate total calories. Using the **TIME UP/DOWN ARROW** keys (*center keys*) increases or decreases the displayed weight to the correct value.

NOTE: On non-treadmill products, the Life Fitness AutoStart feature also activates the Achieve console when the user steps on a product's pedals and begins pedaling.

NOTE: On treadmills, when the user presses **QUICK START** or **GO** key the belt starts moving at 0.5 mph (0.8 kph) and 0% incline. If the walk/jog/run keys are pressed and enabled, a workout starts at a corresponding speed.

MANUAL WORKOUT

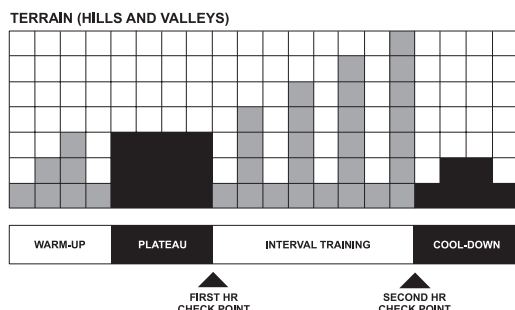
The **MANUAL** program sets an intensity level that does not change automatically. While the workout is in progress, increase or lower the intensity level as desired using the **LEVEL UP/DOWN ARROW** keys on non-treadmill products (*SPEED and INCLINE UP/DOWN ARROW keys on treadmills*).

RANDOM WORKOUT

The **RANDOM** program creates a terrain of hills and valleys that varies with each workout. More than one million different patterns are possible. For non-treadmill products, because workout levels are greater in this workout than in the **HILL** workout, it is recommended that the **RANDOM** workout be set one or two levels lower than the workout level which would normally be selected in the **HILL** workout.

HILL

The Life Fitness-patented **HILL** workout offers a variety of configurations for interval training. Intervals are periods of intense aerobic exercise separated by regular periods of lower-intensity exercise. The **WORKOUT PROFILE** window represents these high and low intervals as columns of light, which together have the appearance of hills and valleys. The computerized interval training workout has been scientifically demonstrated to promote greater cardio-respiratory improvement than steady-pace training.



Each **HILL** workout goes through four phases, each marked by different intensity levels. The **WORKOUT PROFILE** window displays the progress of these phases, as seen in the chart following these descriptions below. As noted in the descriptions, the heart rate should be measured by the user at two stages in the workout to gauge its effectiveness.

- 1 Warm-up** is a phase of low, gradually-rising resistance, which brings the heart rate into the lower end of the target zone and increases respiration and blood flow to working muscles.
- 2 Plateau** increases the intensity slightly, and keeps it steady, to bring the heart rate to the low end of the target zone. Check the heart rate at the end of this phase.
- 3 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. Check the heart rate at the end of this phase.
- 4 Cool-down** is a low-intensity phase that allows the body to begin removing lactic acid and other exercise by-products, which build up in muscles and contribute to soreness.

Each column, as seen in the **WORKOUT PROFILE** window and the chart above, represents one interval. The overall duration of the workout determines the length of each interval. .

1 to 9 minutes: The Hill program cannot complete all four phases adequately for a workout lasting less than 10 minutes. The program condenses a workout of this duration at various stages.

10 to 19 minutes: The interval durations initially are set at 30 seconds for a 10-minute workout. For every minute added by the user "on the fly," each interval increases by three seconds. A 15-minute workout consists of 20 intervals at 45 seconds each.

20 to 99 minutes: All intervals last 60 seconds. If the user adds minutes to the pre-set duration while the workout is in progress, the program adds hills and valleys that are identical to the first eight intervals of the Interval Training phase. This pattern repeats until the workout is completed.

FAT BURN

The **FAT BURN** workout is designed to maintain a user's heart rate at 65 percent of the theoretical maximum[†] for optimal results. Throughout the workout, the user wears a chest strap or grips the Lifepulse system sensors. If the user is not wearing a chest strap, the **WORKOUT PROFILE** window displays a heart shape and the **MESSAGE CENTER** displays a prompt to grip the sensors. The console continuously monitors and displays the heart rate, adjusting the intensity level to reach and maintain the target heart rate*. This system eliminates over- and under-training and maximizes the aerobic benefits of exercise by using the body's fat stores for fuel.

CARDIO

The **CARDIO** workout is virtually identical to **FAT BURN**, except the target heart rate is calculated at 80 percent of the theoretical maximum. As with **FAT BURN**, the user wears a chest strap or grips the Lifepulse system sensors throughout the **CARDIO** workout. The higher target promotes cardiovascular improvement by placing a heavier workload on the heart muscle.

FIT TEST

The Life Fitness Fit Test program is another exclusive feature. The Fit Test workout calculates cardiovascular fitness and can be used to monitor improvements in endurance every four to six weeks. The user must grasp the Lifepulse hand sensors when prompted or wear a heart rate chest strap, as the test score calculation is based on a heart rate reading. The workout duration will be five minutes at a 5% incline (*treadmills*) or five minutes at the chosen resistance level (*non-treadmill products*). Immediately afterward, the console will take the user's heart rate reading, calculate a fitness score, and display the score in the **MESSAGE CENTER**.

The Fit Test is considered to be a submax VO₂ (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 estimate of aerobic capacity.

To set up the Fit Test (*on non-treadmill products*):

1. Begin pedaling.
2. Press the **CHANGE WORKOUT** button repeatedly until the **FIT TEST** option appears in the **MESSAGE CENTER**. Press **ENTER** to select the **FIT TEST** option.
3. The **MESSAGE CENTER** will prompt for a user weight (**ENTER WEIGHT**). Use the **TIME UP/DOWN ARROW** keys (*center keys*) to input your weight. Press **ENTER** to accept the weight.
4. The **MESSAGE CENTER** will next prompt for a user age (**ENTER AGE**). Use the **TIME UP/DOWN ARROW** keys (*center keys*) to input your age. Press **ENTER** to accept the age.
5. The **MESSAGE CENTER** will next prompt for a user gender (**SELECT GENDER**). Using the **TIME UP/DOWN ARROW** keys (*center keys*), select a gender. Press **ENTER** to accept the gender selection.
6. The **MESSAGE CENTER** will next prompt for a workout level (**ENTER LEVEL**). Consult the following recommended fit test level chart for an appropriate effort level based on your age, gender and activity level. Use the **TIME UP/DOWN ARROW** keys (*center keys*) to enter the corresponding level.
7. **NOTE: Cross-Trainers only:** As the test continues, a message will prompt the user to maintain a pedaling rate between 50-60 rpm. The user must maintain this rate throughout the 5-minute test duration. After 16 seconds, if 50-60 rpm is not maintained, the fit test will automatically terminate.

After the five-minute **FIT TEST** is completed, a **FIT TEST** score will be displayed.

To set up the Fit Test (*on treadmills*):

- ⌚ Press the CHANGE WORKOUT button repeatedly until the FIT TEST option appears in the MESSAGE CENTER. Press ENTER to select the FIT TEST option.
- ⌚ The MESSAGE CENTER will prompt for a user weight (ENTER WEIGHT). Use the TIME UP/DOWN ARROW keys (*center keys*) to input your weight. Press ENTER to accept the weight.
- ⌚ The MESSAGE CENTER will next prompt for a user age (ENTER AGE). Use the TIME UP/DOWN ARROW keys (*center keys*) to input your age. Press ENTER to accept the age.
- ⌚ The MESSAGE CENTER will next prompt for a user gender (SELECT GENDER). Using the TIME UP/DOWN ARROW keys (*center keys*) to select a gender. Press ENTER to accept the gender selection.
- ⌚ The MESSAGE CENTER will next prompt for a workout level (ENTER SPEED)(2-4.5 mph / 3.2 -7.3 km/h). Consult the following recommended fit test level chart for an appropriate effort level based on your age, gender and activity level. Use the SPEED UP/DOWN ARROW keys to enter the corresponding level.

FIT TEST PROGRAM SUGGESTED EXERTION LEVELS

| | Inactive | Active | Very Active |
|---------------|-------------|-------------|-------------|
| Cross-Trainer | L2-4 men | L3-10 men | L7-15 men |
| | L1-2 women | L2-5 women | L3-10 women |
| Treadmill | 2-3 mph | 3-4 mph | 3.5-4.5 mph |
| | 3.2-4.8 kph | 4.8-6.4 kph | 5.6-7.2 kph |

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.

Within each suggested range, these additional guidelines can be used:

| Lower Half of Range | Upper Half of Range |
|---------------------|---------------------|
| higher age | lower age |
| lower weight | higher weight* |
| shorter | taller |

* in cases of excessive weight, use lower half of range

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 (182 kg)
- ⌚ ages below 10 or over 99 years
- ⌚ data input that exceeds human potential

If you make an error when entering any Fit Test data, you can correct it by pressing CLEAR, inputting the correct information, and pressing ENTER.

It is important for you to take the Fit Test under similar circumstances each time. Your heart rate is dependent on many factors, including:

- amount of sleep the previous night (at least seven hours is recommended)
- time of day
- time since last meal (two to four hours after the last meal is recommended)
- time since last beverage containing caffeine or alcohol, or cigarette (at least four hours is recommended)
- time since last exercise (at least six hours is recommended)

For the most accurate Fit Test results, perform the Fit Test on three consecutive days and average the three scores.

NOTE: *To receive a proper Fit Test score, the work done must be within a training heart rate zone that is 60 percent to 85 percent of the theoretical maximum heart rate. This rate is defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

The tables below list fit test results.

RELATIVE FITNESS CLASSIFICATION FOR MEN

| Men | Estimated VO2 Max (ml O₂/kg/min) Per Age Category | | | | |
|---------------|---|--------------|--------------|--------------|------------|
| Rating | 20-29 | 30-39 | 40-49 | 50-59 | 60+ |
| Elite | 55+ | 52+ | 51+ | 47+ | 43+ |
| Excellent | 53-54 | 50-51 | 49-50 | 45-46 | 41-42 |
| Very Good | 50-52 | 48-49 | 46-48 | 43-44 | 39-40 |
| Above Average | 45-49 | 43-47 | 42-45 | 39-42 | 35-38 |
| Average | 40-44 | 38-42 | 37-41 | 34-38 | 31-34 |
| Below Average | 38-39 | 36-37 | 34-36 | 32-33 | 29-30 |
| Low | 35-37 | 34-35 | 31-33 | 29-31 | 26-28 |
| Very Low | <35 | <34 | <32 | <29 | <26 |

RELATIVE FITNESS CLASSIFICATION FOR WOMEN

| Women | Estimated VO2 Max (ml O₂/kg/min) Per Age Category | | | | |
|---------------|---|--------------|--------------|--------------|------------|
| Rating | 20-29 | 30-39 | 40-49 | 50-59 | 60+ |
| Elite | 47+ | 44+ | 42+ | 37+ | 35+ |
| Excellent | 45-46 | 42-43 | 40-41 | 35-36 | 33-34 |
| Very Good | 43-44 | 40-41 | 38-39 | 33-34 | 31-32 |
| Above Average | 38-42 | 36-39 | 34-37 | 30-32 | 27-30 |
| Average | 33-37 | 31-35 | 30-33 | 26-29 | 24-26 |
| Below Average | 31-32 | 29-30 | 28-29 | 24-25 | 22-23 |
| Low | 28-30 | 27-28 | 25-27 | 22-23 | 20-21 |
| Very Low | <28 | <27 | <25 | <22 | <20 |

Life Fitness developed this rating scale based on VO₂ max percentile distributions referenced in *American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription"* (7th Ed. 2006) which were obtained from the data collected by the Cooper Institute Aerobics Center Longitudinal Study, 1970-2002. It is designed to provide a qualitative description of a user's VO₂ max estimation; and a means of guiding assessment and tracking improvement.

LIFE FITNESS ACHIEVE CONSOLE WORKOUT SETUP STEPS

QUICK START

Press QUICK START
Begin workout

MANUAL

Press CHANGE WORKOUT repeatedly until MANUAL appears; press ENTER
Enter weight
Enter time
Select level (*non-treadmill*)
Select incline (*treadmills*)
Select speed (*treadmills*)
Begin workout

RANDOM

Press CHANGE WORKOUT repeatedly until RANDOM appears; press ENTER
Enter weight
Enter time
Select level
Select speed (*treadmills*)
Begin workout

FAT BURN*

Press CHANGE WORKOUT repeatedly until FAT BURN appears; press ENTER
Enter weight
Enter time
Enter age
Accept THR**
Select speed (*treadmills*)
Begin workout

CARDIO*

Press CHANGE WORKOUT repeatedly until CARDIO appears; press ENTER
Enter weight
Enter time
Enter age
Accept THR
Select speed (*treadmills*)
Begin workout

HILL

Press CHANGE WORKOUT repeatedly until HILL appears; press ENTER
Enter weight
Enter time***
Select level
Select speed (*treadmills*)
Begin workout

FIT TEST*

Press CHANGE WORKOUT repeatedly until FIT TEST appears; press ENTER
Enter weight
Enter time (*non-treadmill*)
Enter age
Enter gender
Enter level (*non-treadmill*)
Enter speed (*treadmills*)
Begin workout

* This workout requires the user to wear the polar heart rate chest strap or the grip the Life pulse sensors.

** Target Heart Rate (THR) is a percentage of the theoretical maximum. A 40-year-old user's THR for the **FAT BURN** workout is 117. This workout targets 65 percent of the maximum, so the equation would be $(220-40) \cdot 65 = 117$.

5 MANAGER CONFIGURATIONS

5.1 ENTERING AND USING THE MANAGER CONFIGURATION SETTINGS

Fitness club managers and other authorized personnel can use the Manager Configurations feature to change default settings or to enable or disable certain workouts or displays on the Life Fitness exercise equipment.

| MANAGER CONFIGURATION SETTINGS | | |
|--------------------------------|---------------|---|
| Setting | Default Value | Description |
| MAX WORKOUT DURATION | 60 minutes | This is the maximum possible duration for a workout. The value can range from 10 to 99. |
| ENGLISH/METRIC UNITS | ENGLISH | This option determines the units used for entering weight and measuring distance. |
| WATTS DISPLAY ENABLE/DISABLE | DISABLED | If this option is enabled, the MESSAGE CENTER displays the Watts equivalent pedaling rate. |
| METS DISPLAY ENABLE/DISABLE | DISABLED | If this option is enabled, the MESSAGE CENTER displays the METs equivalent of the pedaling rate. |
| CAL/HR DISPLAY ENABLE/DISABLE | DISABLED | If this option is enabled, the MESSAGE CENTER displays the number of calories burned per hour during the workout. |
| SLEEP TIMER ON | 60 SECONDS | Enables the LED screen backlight to be turned off due to inactivity (<i>non-treadmill products</i>). |
| PAUSE TIME | 60 SECONDS | The amount of time the unit can be inactive before it reverts back to the workout summary. The range is between 1 and 99 minutes. |
| MARATHON MODE | DISABLED | Enable/Disable Marathon Mode. |
| DEFAULT LANGUAGE SETUP | ENGLISH | Select a language as the default upon an exit from diagnostics. |
| USER LANGUAGE SELECT | DISABLED | This option, if enabled, gives users the ability to select a language for use during a workout. See the topic entitled <i>User Language Select</i> , in this section. |
| TELEMETRY | ENABLED | This feature makes it possible to use the Polar-compatible Heart Rate Zone Training exercise chest strap for monitoring heart rate. |
| QUICK START KEYS | ENABLED | Enable/Disable a method to enter a Quick Start workout associated with (<i>treadmills</i>) walk, jog, and run keys. |
| STATISTICS | N/A | Press any UP arrow key to display information including cumulative hours the equipment was used, the number of times specific workouts were started, and cumulative distance. |
| MAX INCLINE | 15% | The maximum incline available to the users for the purpose of workout (<i>treadmills</i>) programming and execution. |
| STRIDE SENSOR | ENABLED | This feature automatically pauses the workout if the user steps off the (<i>treadmills</i>) belt. |
| ACCELERATION RATE | 3 | Set the acceleration rate. (<i>treadmills</i>) |
| DECELERATION RATE | 3 | Set the deceleration rate. (<i>treadmills</i>) |
| BELT NOTIFICATION | DISABLED | If enabled, this options will alert a fitness club manager if a belt notification (<i>treadmills</i>) exists. |
| MIN SPEED | 0.5 MPH | The minimum speed available to the users for the purpose of workout (<i>treadmills</i>) programming and execution. |
| MAX SPEED | 10 MPH | The maximum speed available to the users for the purpose of workout (<i>treadmills</i>) programming and execution. |

To access Manager's Configuration, hold the COOL DOWN key while pressing the CLEAR key twice.

To access Optional Settings, the ENTER key shall be pressed. Upon successful execution of the procedure the "OPTIONAL SETTINGS" message shall be displayed.

DEFAULT LANGUAGE SETUP

This diagnostic state shall allow for the selection of either one of the following languages that shall be used as a default language upon an exit from diagnostics. The below order shall hold true if and only if any of the console's UP ARROW keys is being pressed:

ENGLISH
GERMAN
FRENCH
ITALIAN
DUTCH
SPANISH
PORTUGUESE
TURKISH

Pressing any of the DOWN ARROW console keys shall show available languages in a reverse order.

6 SERVICE AND TECHNICAL DATA

6.1 PREVENTIVE MAINTENANCE TIPS


Life Fitness equipment is backed by the engineering excellence of Life Fitness. Commercial Life Fitness products have proven to be durable in health clubs, colleges, and military facilities the world over.

NOTE: *The safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear as outlined in the Preventive Maintenance Schedule.*

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

The following preventive maintenance tips will keep your Life Fitness exercise equipment operating at peak performance:

- Locate the Life Fitness exercise equipment in a cool, dry place.
- Keep the display console free of fingerprints and salt build-up caused by sweat.
- Use a 100% cotton cloth, lightly moistened with water and mild liquid detergent, to clean the Life Fitness exercise equipment. Other fabrics, including paper towels, may scratch the surface. Do not use ammonia, chlorine, or acid-based cleaners.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Clean the housing and moving arms thoroughly on a regular basis.

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

6.2 PREVENTIVE MAINTENANCE SCHEDULE - ACHIEVE CONSOLE

Follow the schedules below to ensure proper operation of the Achieve Console.

| <i>ITEM</i> | <i>WEEKLY</i> | <i>MONTHLY</i> | <i>BI-ANNUALLY</i> | <i>ANNUALLY</i> |
|--------------------------------------|---------------|----------------|--------------------|-----------------|
| <i>Display Console</i> | <i>Clean</i> | <i>Inspect</i> | | |
| <i>Console Mounting Bolts</i> | | | <i>Inspect</i> | |
| <i>Accessory Tray / Reading Rack</i> | <i>Clean</i> | <i>Inspect</i> | | |

6.3 TROUBLESHOOTING THE POLAR® HEART RATE CHEST STRAP

HEART RATE READING IS ERRATIC, ABSENT ENTIRELY, OR ABNORMALLY ELEVATED

| Malfunction | Probable Cause | Corrective Action |
|--|---|--|
| Heart rate reading is erratic or absent entirely | Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings. | Wet the belt transmitter electrodes (see section 3.2). |
| | Belt transmitter electrodes are not laying flat against the skin. | Ensure the belt transmitter electrodes are laying flat against the skin (see section 3.2). |
| | Belt transmitter needs cleaning. | Wash the belt transmitter with mild soap and water. |
| | Belt transmitter is not within 3 feet (one meter) of the heart rate receiver. | Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver. |
| | Chest strap battery is depleted. | Contact Life Fitness Customer Support Services* for instructions on how to have the chest strap replaced. |
| Abnormally elevated heart rate readings | Electromagnetic interference from television sets and/or antennas. | Move the exercise equipment a few inches away from the probable cause, or move the probable cause a few inches away from the exercise equipment, until the heart rate readings are accurate. |
| | Electromagnetic interference from cell phones. | |
| | Electromagnetic interference from computers. | |
| | Electromagnetic interference from cars. | |
| | Electromagnetic interference from high voltage power lines. | |
| | Electromagnetic interference from motor driven exercise equipment. | |
| | Electromagnetic interference from another heart rate transmitter within three feet (one meter). | |

6.4 TROUBLESHOOTING THE LIFEPULSE SYSTEM SENSORS

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

- Dry the hands if necessary to prevent slipping.
- Apply hands to all four sensors (on cross-trainers and treadmills) located at the front and back of the hand grips.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors.

6.5 HOW TO OBTAIN PRODUCT SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate the serial number plate, which is at the back end of the unit. Document the serial number, which consists of three letters followed by six numerals.
3. Contact Life Fitness Customer Support Services via the Web at: www.lifefitness.com, or call the nearest Life Fitness Customer Support Services group (*see page 1 of this manual*).

7 SPECIFICATIONS

7.1 LIFE FITNESS ACHIEVE CONSOLE

Console:

Type: MESSAGE CENTER with UP/DOWN ARROW keys
Displays: Elapsed time, Speed, Level, Calories, Heart Rate, Distance.
When enabled: METS, and watts
Summaries: Total elapsed time of workout, total calories burned, total distance
Character size: 0.54 inches

Workouts and Goals: Manual, Random, Hill, Fat Burn, Cardio, and Fit Test

Heart rate monitor: Polar® telemetry heart rate monitoring system
Lifepulse system sensors
Polar® heart rate chest strap: optional

Resistance Levels: 25
(Non-treadmill products only)

Incline Levels: 20
(Treadmills only)

PHYSICAL DIMENSIONS:

Non-treadmill Achieve Console

Length: 16 inches / 40.64 centimeters
Width: 15 inches / 38.1 centimeters
Height: 4 inches / 10.16 centimeters
Weight: 4 pounds / 1.81 kilograms

Treadmill Achieve Console

Length: 25 inches / 63.5 centimeters
Width: 15 inches / 38.1 centimeters
Height: 4 inches / 10.16 centimeters
Weight: 5.8 pounds / 2.63 kilograms

SHIPPING DIMENSIONS:

Non-treadmill Achieve Console

Length: 19.875 inches / 50.48 centimeters
Width: 18.25 inches / 46.36 centimeters
Height: 7.5 inches / 19.05 centimeters
Weight: 7.4 pounds / 3.36 kilograms

Treadmill Achieve Console

Length: 28.75 inches / 73.03 centimeters
Width: 18.25 inches / 46.36 centimeters
Height: 7.125 inches / 18.10 centimeters
Weight: 10.2 pounds / 4.63 kilograms



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Life Fitness World Headquarters
5100 North River Road
Schiller Park, IL 60176 USA