



MILEAGE ACCESS INSTRUCTIONS

Click to jump to...

Elliptical Cross-Trainers

Lifecycle® Exercise Bikes

Stairclimbers

Treadmills

Category	Model(s)	Selling Period	Product Image	How to Access the Mileage Information
Elliptical Cross-Trainer	X1, X3, X5, X8 with Go Console	2011-Current		Press SETTINGS button, scroll to STATISTICS.
Elliptical Cross-Trainer	X1, X3, X5, X8 with Track Console	2011-Current		Press SETTINGS button, scroll to STATISTICS.
Elliptical Cross-Trainer	Club Series	2010-Current		Hold UP ARROW key and press CLEAR key twice. Hold PAUSE until menu appears. Scroll to SYSTEM STATISTICS and press ENTER.
Elliptical Cross-Trainer	Club Series	2007-2010		Hold UP ARROW key and press CLEAR key twice. Press ENTER to access the Optional Settings menu. Press ENTER to scroll through menu items until you reach DIST.
Elliptical Cross-Trainer	X1, X3, X5, X7, X8 with Advanced Console	2006-2011		Press SETTINGS button, scroll to STATISTICS.
Elliptical Cross-Trainer	X1, X3, X5, X7, X8 with Basic Console	2006-2011		Hold ENTER key in "Select Workout" screen. Scroll to STATISTICS and press ENTER.

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Elliptical Cross-Trainer	X1-5	2005-2006		Not Eligible. No statistics tracking available.
Elliptical Cross-Trainer	X3-0	2005-2006		Not Eligible. No statistics tracking available.
Elliptical Cross-Trainer	X3-5	2005-2006		Press CLEAR/PAUSE twice and press the COOL DOWN key. Press ENTER to scroll to STATISTICS.
Elliptical Cross-Trainer	SX30	2003-2005		Not Eligible. No statistics tracking available.
Elliptical Cross-Trainer	X9i	2002-2007		Hold UP ARROW key and press CLEAR key twice. Press ENTER to access the Optional Settings menu. Press ENTER to scroll through menu items until you reach DIST.
Elliptical Cross-Trainer	X3	2000-2005		For accumulated time*: Press CLEAR/PAUSE twice and press the COOL DOWN key. Time will be displayed XXXX XX (Accumulated hours and minutes). *Membership levels by time

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Elliptical Cross-Trainer	X3i	2000-2005		For accumulated time*: Press CLEAR/PAUSE twice and press the COOL DOWN key. Cal/HR will be lit. Time will be displayed XXXX XX (Accumulated hours and minutes). *See membership levels by time below
Elliptical Cross-Trainer	X5	2000-2006		For accumulated time*: Press CLEAR/PAUSE twice and press the COOL DOWN key. Time will be displayed XXXX XX (Accumulated hours and minutes). *See membership levels by time below
Elliptical Cross-Trainer	X5i	2000-2006		For accumulated time*: Press CLEAR/PAUSE twice and press the COOL DOWN key. Cal/HR will be lit. Time will be displayed XXXX XX (Accumulated hours and minutes). *See membership levels by time below
Elliptical Cross-Trainer	CT5500HR	1999-2002		For accumulated time: Hold the DOWN ARROW key, and press the CLEAR key twice. DIAGNOSTICS will appear in the message center, press ENTER. Press ENTER until message center displays STATISTICS. Use the UP ARROW to scroll to HOURS for total accumulated time. *See membership levels by time below

Membership Levels by Accumulated Hours

Bronze	125 Hrs.
Silver	250 Hrs.
Gold	500 Hrs.
Platinum	1,250 Hrs.

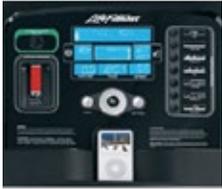
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Lifecycle Exercise Bike	C1, C3, R1, R3 with Go Console	2011-Current		Press SETTINGS button, scroll to STATISTICS.
Lifecycle Exercise Bike	C1, C3, R1, R3 with Track Console	2011-Current		Press SETTINGS button, scroll to STATISTICS.
Lifecycle Exercise Bike	Upright and Recumbent Club Series	2010-Current		Hold UP ARROW key and press CLEAR key twice. Continue holding pause until menu appears. Scroll to SYSTEM STATISTICS and press ENTER.
Lifecycle Exercise Bike	Upright and Recumbent Platinum Club Achieve	2009-Current		Hold the COOL DOWN key while pressing the CLEAR key twice. Do not release the COOL DOWN key until "CODE VER-X.XX" is displayed. Use the ENTER key to advance through the settings until you reach STATISTICS. Use the UP/DOWN arrows to advance through statistics.
Lifecycle Exercise Bike	Upright and Recumbent Platinum Club Engage	2009-Current		Press SELECT WORKOUT and then touch the Life Fitness logo in the upper right hand corner of the screen three consecutive times. Enter INFORMATION menu for Statistics.
Lifecycle Exercise Bike	Upright and Recumbent Platinum Club Inspire	2009-Current		Press SELECT WORKOUT and then touch the Life Fitness logo in the upper right hand corner of the screen three consecutive times. Enter INFORMATION menu for Statistics.

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Lifecycle Exercise Bike	Upright and Recumbent Club Series	2009-2010		Hold UP ARROW key and press CLEAR key twice. Press UP ARROW, menu will appear. Press ENTER and scroll to HOURS. Use the ARROW keys to scroll to DIST.
Lifecycle Exercise Bike	C1, C3, R1, R3 with Advanced Console	2006-2011		Press SETTINGS button, scroll to STATISTICS.
Lifecycle Exercise Bike	C1, C3, R1, R3 with Basic Console	2006-2011		Hold ENTER key in "Select Workout" screen. Scroll to STATISTICS and press ENTER.
Lifecycle Exercise Bike	C1-5	2005-2006		Not Eligible. No statistics tracking available.
Lifecycle Exercise Bike	C3-5	2005-2006		Press CLEAR/PAUSE twice and press the COOL DOWN key. Press ENTER to scroll to STATISTICS.
Lifecycle Exercise Bike	R1-5	2005-2006		Not Eligible. No statistics tracking available.

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Lifecycle Exercise Bike	R3-5	2005-2006		Press CLEAR/PAUSE twice and press the COOL DOWN key. Press ENTER to scroll to STATISTICS.
Lifecycle Exercise Bike	SR70	2003-2005		Press CLEAR/PAUSE twice and press the COOL DOWN key. Press ENTER to scroll to STATISTICS.
Lifecycle Exercise Bike	SU70	2003-2005		Press CLEAR/PAUSE twice and press the COOL DOWN key. Press ENTER to scroll to STATISTICS.
Lifecycle Exercise Bike	SR30	2002-2005		Not Eligible. No statistics tracking available.
Lifecycle Exercise Bike	SU30	2002-2005		Not Eligible. No statistics tracking available.
Lifecycle Exercise Bike	C9i	2000-2009		Hold UP ARROW key and press CLEAR key twice. Press UP ARROW, menu will appear. Press ENTER and scroll to HOURS. Use the ARROW keys to scroll to DIST.

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Lifecycle Exercise Bike	R9i	2000-2009		Hold UP ARROW key and press CLEAR key twice. Press UP ARROW, menu will appear. Press ENTER and scroll to HOURS. Use the ARROW keys to scroll to DIST.
Lifecycle Exercise Bike	C7i	2000-2005		Hold UP ARROW key and press CLEAR key twice. Press UP ARROW, menu will appear. Press ENTER and scroll to HOURS. Use the ARROW keys to scroll to DIST.
Lifecycle Exercise Bike	R7i	2000-2005		Hold UP ARROW key and press CLEAR key twice. Press UP ARROW, menu will appear. Press ENTER and scroll to HOURS. Use the ARROW keys to scroll to DIST.
Lifecycle Exercise Bike	LC3500 LC4000 LC4500 LC5500 LC6500	1997-2000		Not Eligible. No statistics tracking available.

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Stairclimber	LS5500HR Stairclimber	1997-2002		Not Eligible. No statistics tracking available.

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Treadmill	F3, T3 with Go Console	2011-Current		Press SETTINGS button, scroll to STATISTICS.
Treadmill	F3, T3 with Track Console	2011-Current		Press SETTINGS button, scroll to STATISTICS.
Treadmill	Club Series Treadmill	2010-Current		Hold PAUSE key and press CLEAR key twice. Continue holding pause until menu appears. Scroll to INFORMATION and press ENTER. Scroll to SYSTEM STATISTICS and press ENTER.
Treadmill	F1 Smart	2010-Current		Press SETTINGS button, scroll to STATISTICS.
Treadmill	F3, T3 with Advanced Console	2009-2011		Press SETTINGS button, scroll to STATISTICS.
Treadmill	F3, T3 with Basic Console	2009-2011		Hold ENTER key in "Select Workout" screen. Scroll to STATISTICS and press ENTER.

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Treadmill	Platinum Club Achieve	2007-Current		Hold the COOL DOWN key while pressing the CLEAR key twice. Do not release the COOL DOWN key until "CODE VER-X.XX" is displayed. Use the ENTER key to advance through the settings until you reach STATISTICS. Use the UP/DOWN arrows to advance through statistics.
Treadmill	Platinum Club Engage	2007-Current		Press SELECT WORKOUT and then touch the Life Fitness logo in the upper right hand corner of the screen three consecutive times. Enter INFORMATION menu for Statistics.
Treadmill	Platinum Club Inspire	2007-Current		Press SELECT WORKOUT and then touch the Life Fitness logo in the upper right hand corner of the screen three consecutive times. Enter INFORMATION menu for Statistics.
Treadmill	Club Series	2007-2010		Hold PAUSE key and press CLEAR key twice. Continue holding pause until menu appears. Scroll to INFORMATION and press ENTER. Scroll to SYSTEM STATISTICS and press ENTER.
Treadmill	T5-0	2005-Current		Hold the START/ENTER key to enter User Menu. Scroll to TREAD STATISTICS and press enter.
Treadmill	T5-5 and T7-0	2005-Current		Hold the START/ENTER key to enter User Menu. Scroll to TREAD STATISTICS and press enter.

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Treadmill	T3-0	2005-2008		Press STOP twice, then hold the QUICK START WALK key to enter Diagnostics menu. Press ENTER until you reach UNIT STATS, Scroll to Distance using UP/DOWN keys.
Treadmill	T3-5	2005-2008		Press STOP twice, then hold the QUICK START WALK key to enter Diagnostics menu. Press ENTER until you reach UNIT STATS, Scroll to Distance using UP/DOWN keys.
Treadmill	T9e	2004-2007		Go to Workout Selection screen. Hold the COOL DOWN key while tapping the LF ICON in the upper right corner twice. Enter INFORMATION menu for STATISTICS.
Treadmill	T9i	2004-2007		Hold PAUSE key and press CLEAR key twice. Use arrow keys to scroll to INFORMATION and press ENTER. Scroll to SYSTEM STATISTICS and press ENTER. Use arrow keys to scroll to DISTANCE.
Treadmill	T7i	2002-2005		Press STOP twice, then hold the QUICK START WALK key to enter Diagnostics menu. Press ENTER until you reach UNIT STATS, Scroll to Distance using the arrow keys.
Treadmill	ST35	2002-2004		Not Eligible. No statistics tracking available.

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Treadmill	ST55	2002-2004		Not Eligible. No statistics tracking available.
Treadmill	T9i	2002-2004		Hold PAUSE key and press CLEAR key twice. Use arrow keys to scroll to INFORMATION and press ENTER. Scroll to SYSTEM STATISTICS and press ENTER. Use arrow keys to scroll to DISTANCE.
Treadmill	T3	2000-2001		Press STOP twice, then hold the QUICK START WALK key to enter Diagnostics menu. Press ENTER until you reach UNIT STATS, Scroll to Distance using UP/ DOWN keys.
Treadmill	T3i	2000-2001		Press STOP twice, then hold the QUICK START WALK key to enter Diagnostics menu. Press ENTER until you reach UNIT STATS, Scroll to Distance using the arrow keys.
Treadmill	T5	2000-2001		Press STOP twice, then hold the QUICK START WALK key to enter Diagnostics menu. Press ENTER until you reach UNIT STATS, Scroll to Distance using UP/ DOWN keys.
Treadmill	T5i	2000-2001		Press STOP twice, then hold the QUICK START WALK key to enter Diagnostics menu. Press ENTER until you reach UNIT STATS, Scroll to Distance using the arrow keys.

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Treadmill	TR3500 TR4000 TR4500HR TR5500HR	1997-2000		Power up the unit while holding the SPEED DOWN key. All LEDs will light up. Press ENTER until STATS appears in the message center. Use the SPEED keys to scroll through statistics. The DISTANCE LED will light, and accumulated miles will be displayed.