

SMART SERIES TOTAL-BODY ELLIPTICAL CROSS-TRAINER

Owner's Manual

9045301 REV A-1



LifeFitness
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Thank you for purchasing a Life Fitness Total-Body Elliptical Cross-Trainer. Before using this product, please read this owner's manual in its entirety to ensure that you have the knowledge to safely and properly operate all of the features of your Total-Body Elliptical Cross-Trainer. 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 has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. 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.

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

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This Operation Manual describes the functions of the following product:

Life Fitness Cross-Trainer Model:

Smart Series

Statement of Purpose: The Life Fitness Total-Body Elliptical Cross-Trainer is an exercise machine that combines low-impact elliptical pedaling, where resistance is independent of speed, with push/pull arm motion to provide an efficient, effective total body workout.



CAUTION: Health-related injuries may result from incorrect or excessive use of exercise equipment. The manufacturer **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. The manufacturer also recommends consulting a fitness professional on the correct use of this product.

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

1 IMPORTANT SAFETY INSTRUCTIONS

WARNING: Read all instructions before using the Total-Body Elliptical Cross-Trainer. Save these Instructions.

WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death.

WARNING: Any adjustment devices that could interfere with the user's movement should not be left projecting.

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

DANGER: To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or attempting any maintenance activity.



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.



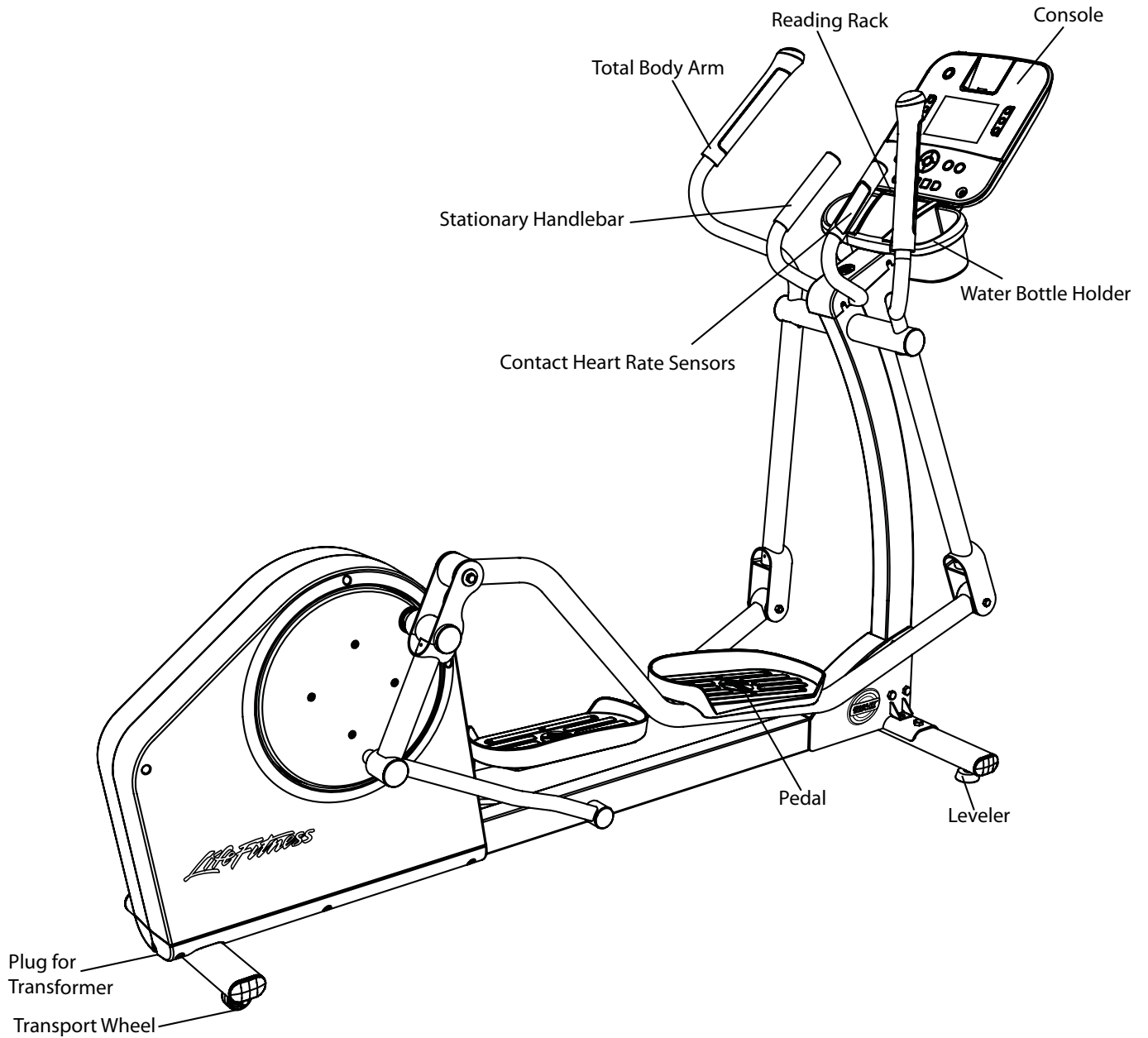
The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.

- Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The Total-Body Elliptical Cross-Trainer is intended for use solely in the manner described in this manual.
- 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.
- 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 an accessory tray. Containers with lids are recommended.
- Do not use the Total-Body Elliptical Cross-Trainer outdoors, near swimming pools or in areas of high humidity.
- Keep all loose clothing, shoelaces, and towels away from the Total-Body Elliptical Cross-Trainer pedals.
- Keep the area around the Total-Body Elliptical Cross-Trainer clear of any obstructions, including walls and furniture.
- Use caution when mounting or dismounting the Total-Body Elliptical Cross-Trainer. While exercising, always hold onto the user arms or stationary handlebar.
- Never operate a Life Fitness product if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the power cord as a handle.
- Do not run the power cord on the floor under or along side of the Total-Body Elliptical Cross-Trainer.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the Total-Body Elliptical Cross-Trainer in bare feet.
- Do not tip the Total-Body Elliptical Cross-Trainer on its side during operation.
- Keep hands and feet away from all moving parts.
- To ensure proper functioning of this product, do not install attachments or accessories that are not provided or recommended by Life Fitness.
- Use this product in a well-ventilated area.
- Use this product on a solid, level surface.

- Make sure that all components are fastened securely.
- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Contact Life Fitness Customer Support Services.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and/or using.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE.

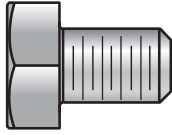
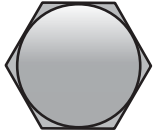
2 SMART SERIES TOTAL-BODY ELLIPTICAL CROSS-TRAINER OVERVIEW



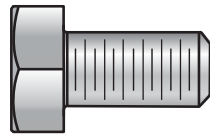
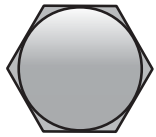
3 ASSEMBLY

3.1 TOOLS & HARDWARE

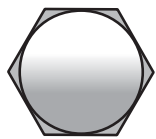
Identify the following components after unpacking your cross-trainer:



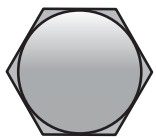
M10 X 15MM SILVER HEX HEAD BOLT (QTY. 4)



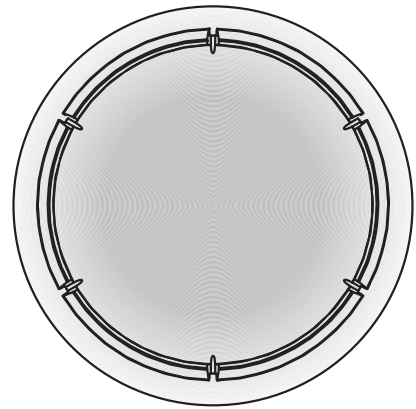
M10 X 20MM CLEAR ZINC HEX HEAD BOLT (QTY. 3)



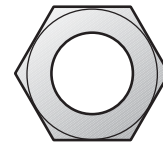
M10 X 70MM SILVER HEX HEAD BOLT (QTY. 3)



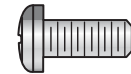
M10 X 74MM BLACK HEX HEAD BOLT (QTY. 2)



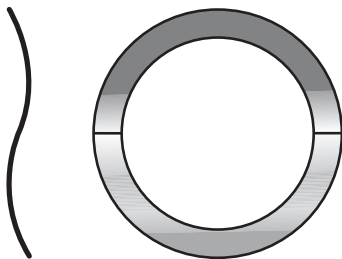
PLASTIC END CAP (QTY. 2)



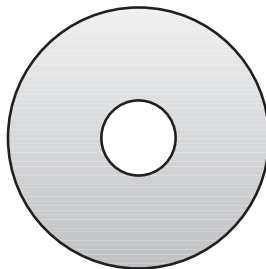
M10 HEX NUT (QTY. 2)



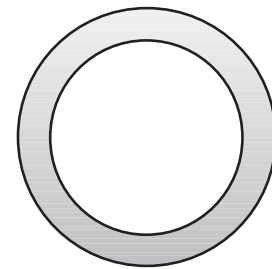
M5 X 12MM CLEAR ZINC PHILLIPS HEAD SCREW (QTY. 4)



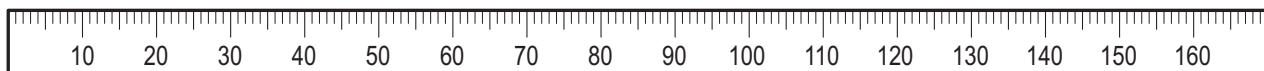
WAVE WASHER (QTY. 2)



FLAT WASHER 10MM ID (QTY. 2)



LARGE FLAT WASHER (QTY. 2)



Tools Needed for Assembly:

- Phillips Head Screwdriver
- 17mm Socket Wrench
- 17mm Open End Wrench

3.2 PACKAGING

Parts: None

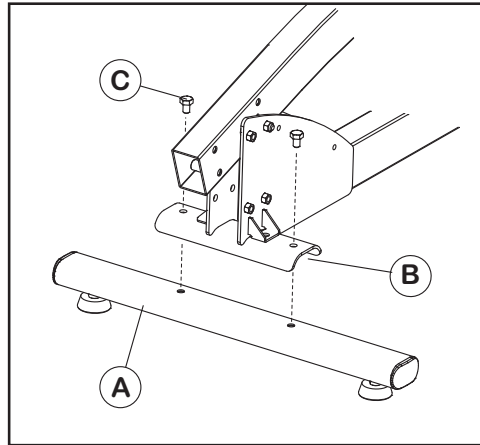
Remove all packaging and place main components to the side of the box. Break box down in each of the four corners.

3.3 ASSEMBLE THE STABILIZER

Parts: Hardware Bag #1 (2, M10 X 15mm Silver Hex Head Bolts)

Tools: 17mm Socket Wrench

Assemble the stabilizer tube (foot) (A) to the bottom base bracket (B) of the product using two M10 X 15mm Silver Hex Head Bolts (C).



3.4 ASSEMBLE THE CONSOLE UPRIGHT

Parts: Hardware Bag #2 (3, M10 X 70mm Long Silver Hex Head Bolts)

(1, M10 X 20mm Clear Zinc Hex Head Bolt)

Tools: 17mm Socket Wrench

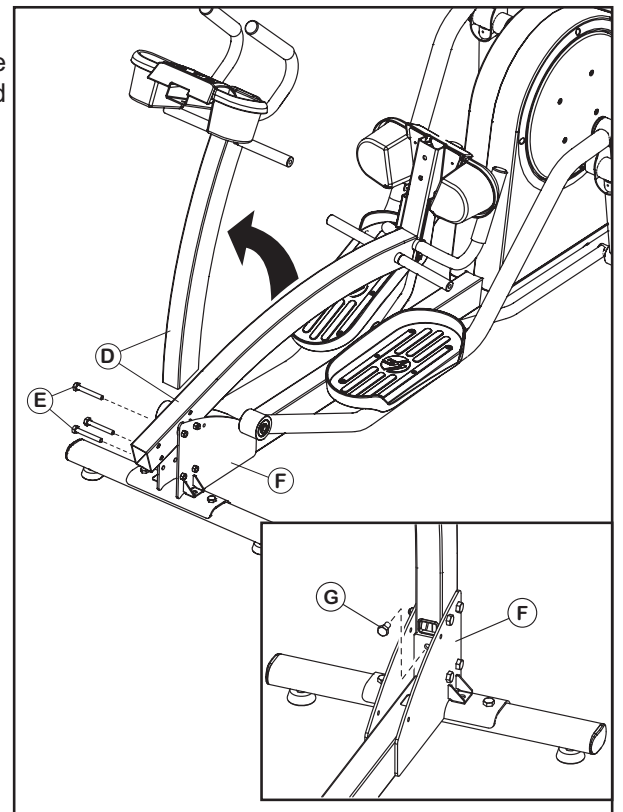
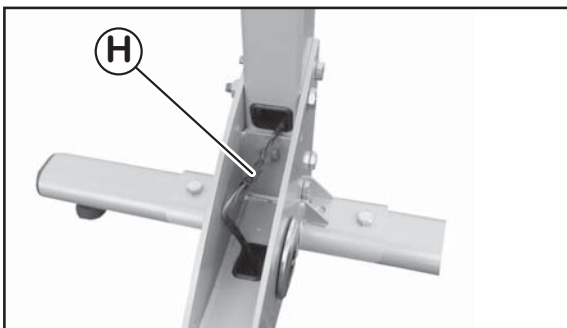
The console upright tube (D) is pre-assembled with one bolt so that you can simply lift the upright into place by pivoting upward. Hold the upright in place and install three M10 X 70mm Long Silver Hex Head Bolts (E) into the side of the main bracket (F). Install one M10 X 20mm Clear Zinc Hex Head Bolt (G) into the front of the bracket.

CAUTION: Do not pinch wires when assembling the upright.

3.5 CONNECT BASE WIRING

Parts: None

Connect the two plugs (H) at the base of the upright.



3.6 ASSEMBLE THE ROCKER ARMS

Parts: Hardware Bag #3 (2, Wave Washers, 2 Large Flat Washers)
(2, Flat Washers)
(2, M10 X 20mm Hex Head Bolts)
(2, Plastic End Caps)

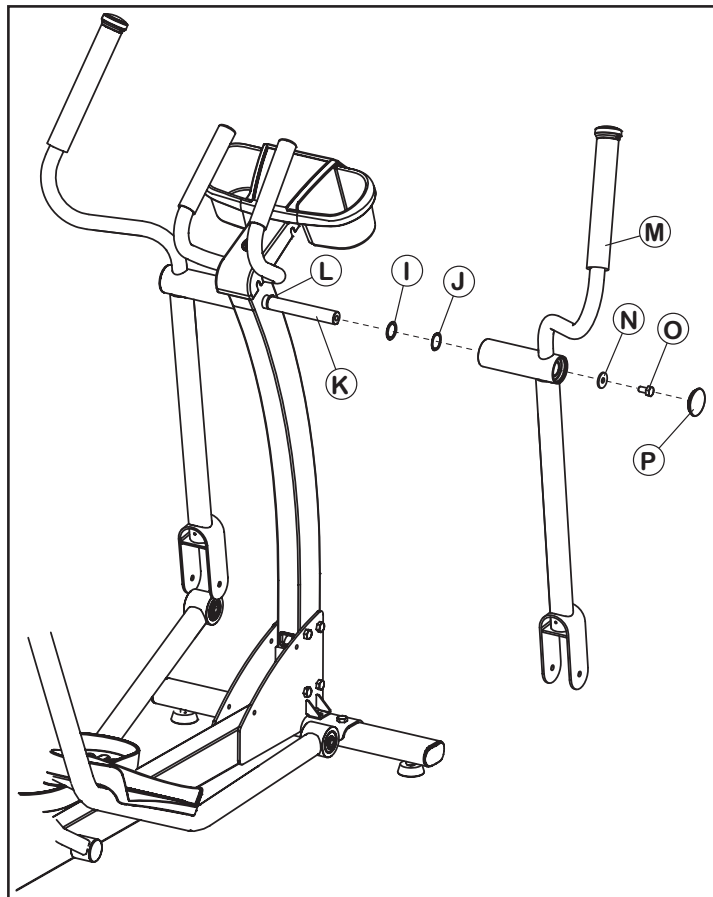
Tools: 17mm Socket Wrench, Phillips Screwdriver, Rubber Mallet

Slide one large Flat Washer (I) and one Wave Washer (J) onto the user right pivot shaft (K). Slide the washers fully over the pivot shaft until seated against the pre-installed stop ring (L).

Locate the user right rocker arm assembly (M) marked with an "R". With the top handgrip facing the front of the unit, slide the right rocker arm assembly onto the user right pivot shaft until seated against the washers.

Secure the rocker arm assembly to the pivot shaft using one Flat Washer (N) and one M10 X 20mm Hex Head Bolt (O). Tighten the bolt securely. Repeat the procedure for the left rocker arm assembly.

Use a rubber mallet to tap the round end of the Plastic End Caps (P) into the side of the rocker arms.

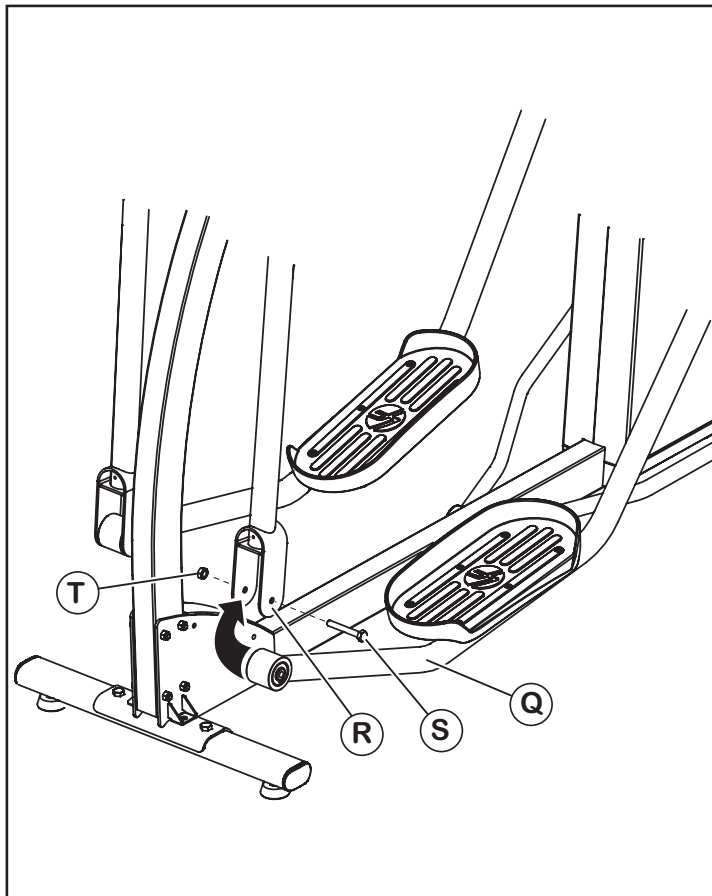


3.7 ASSEMBLE MOVING ARMS TO PEDAL ARMS

Parts: Hardware Bag #4 (2, M10 X 74mm Black Hex Head Bolts)
(2, M10 Hex Nuts)

Tools: 17mm Socket Wrench, Phillips Screwdriver

Lift the front end of the user left pedal lever (Q) to meet the left rocker arm clevis (R). Secure the pedal lever to the rocker arm clevis using one M10 X 74mm Black Hex Head Bolt (S) and one M10 Hex Nut (T). Tighten the bolt and nut securely. Repeat the procedure for the right pedal lever and rocker arm clevis.



3.8 ASSEMBLE FRONT BASE COVER; CONSOLE BRACKET TO THE UPRIGHT

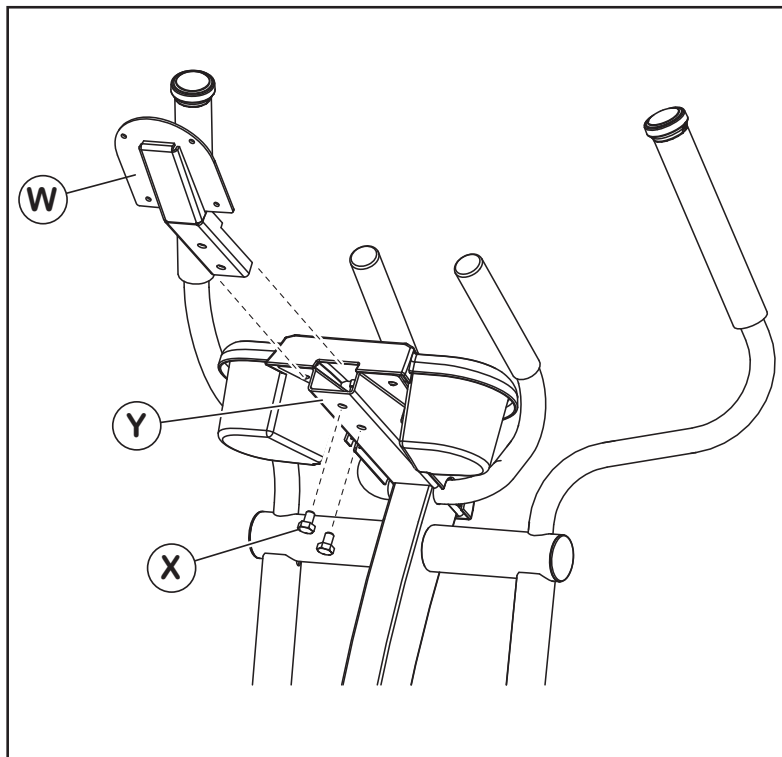
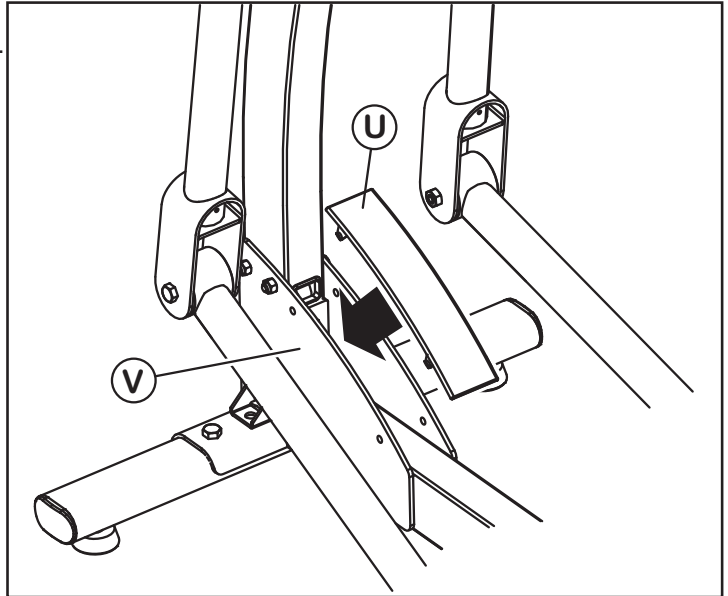
Parts: Hardware Bag #5 (2, M10 X 15mm Silver Hex Head Bolts)

Tools: Phillips Screwdriver, 17mm Socket Wrench

Position the front base cover (U) over the main bracket (V). Align the four tabs on the front base cover with the four hole on the main bracket. Snap into place.

Slide the console bracket (W) into the upright. Use two M10 X 15mm Silver Hex Head Bolts (X) to attach the console bracket to the upright (Y).

Note: Avoid pinching the console wires.



3.9 CONNECT ALL CONSOLE WIRING; CONSOLE TO CONSOLE BRACKET; BACK PLASTIC SHELL

Parts: Hardware Bag #6 (4, M5 X 12mm Silver Phillips Screws)

Tools: Phillips Screwdriver

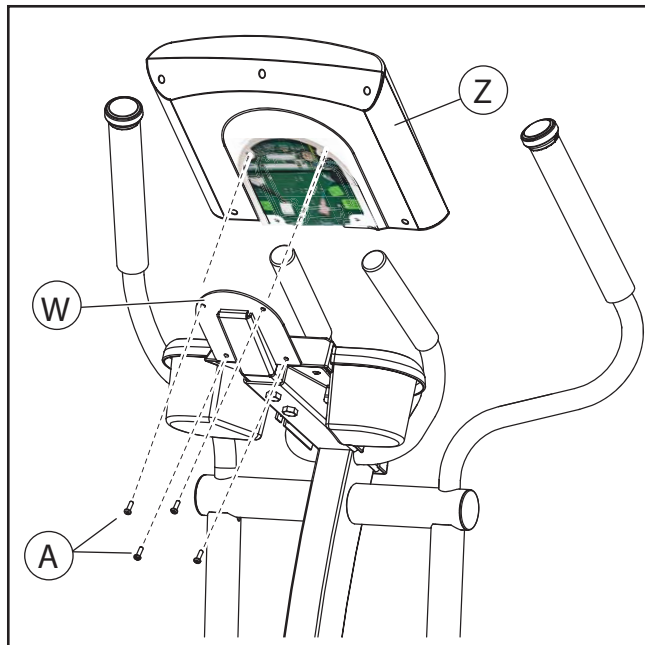
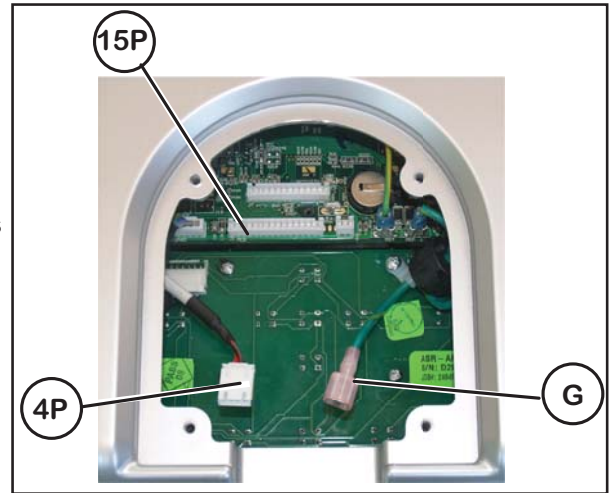
Position the console (Z) close to the console bracket (W) and follow the below instructions to connect all wiring.

Plug cables into the back of the display console:

1. Plug the 15-pin connector at the end of the upper wire harness into the 15-pin connector (15P) in the back of the display console. Make sure the connector snaps into place.
2. Plug the 4-pin connector at the end of the contact heart rate sensor cable to the 4-pin cable (4P) located in the console.
3. Plug the ground cable (green wire, single spade) from the product base to the connector (G) leading from the back of the console.
4. Push excess cables into the opening of the upright tube assembly.

Line up the four holes in the console bracket with the four holes in the back of the display console. Attach the display console using four M5 X 12mm Silver Phillips Screws (A). Be careful not to pinch cables between the console and the console bracket. Be sure to get each screw started before fully tightening.

Note: To avoid stripping, do not overtighten the screws.



3.10 PLUG IN THE UNIT

Parts: Electric Transformer

Plug the black cord into the back of the machine and into a household electrical outlet.

4 INITIAL SETUP

Read the entire User Manual before setting up the Total-Body Elliptical Cross-Trainer.

Note: This Total Body Elliptical Cross-Trainer is speed independent. Resistance can be adjusted by means other than speed.

WHERE TO PLACE THE TOTAL-BODY ELLIPTICAL CROSS-TRAINER

After following all safety instructions move the Total-Body Elliptical Cross-Trainer to the place where it will be used. Allow a minimum clearance of 12 inches (30.5 cm) around the product. See specifications for full dimensions if needed. The Total-Body Elliptical Cross-Trainer is equipped with rear wheels so that it is simple to push or pull the Total-Body Elliptical Cross-Trainer to its final destination. To use the wheels lift the front of the Total-Body Elliptical Cross-Trainer and engage the wheels with the floor. Once the Total-Body Elliptical Cross-Trainer is properly positioned, allow enough space in the front of the Total-Body Elliptical Cross-Trainer for the movement of the pedal levers. Also be sure to allow space on the side so that it is easy to mount the Total-Body Elliptical Total-Body Elliptical Cross-Trainer from the side.

CAUTION: Make certain you have plenty of room for the swing of the moving arms.

CAUTION: Place the Total-Body Elliptical Cross-Trainer in a dry place. Do not place in highly humid areas, like near swimming pools, as rust and corrosion may occur.

HOW TO STABILIZE THE TOTAL-BODY ELLIPTICAL CROSS-TRAINER

Once the cross trainer is positioned in the room adjust the levelers on the front stabilizer. The levelers will keep the Total-Body Elliptical Cross-Trainer fixed to the floor while using it.

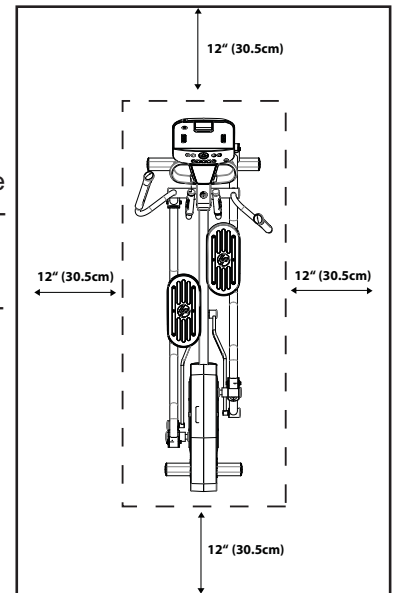
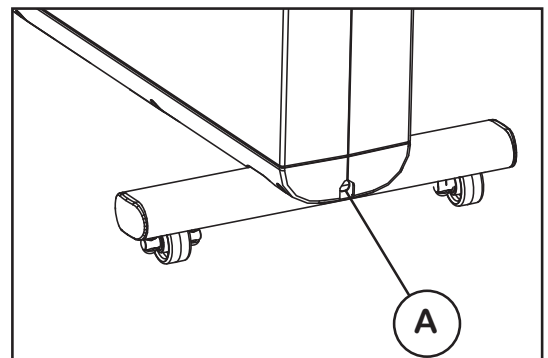
CAUTION: Do not use the Total-Body Elliptical Cross-Trainer without the levelers touching the floor.

After placing the Total-Body Elliptical Cross-Trainer where it will be used, check the stability. If there is even a slight rocking motion, or the unit is not stable, the levelers will need to be adjusted. Determine which leveler is not resting firmly on the floor. To adjust the levelers downward twist the rubber portion of the leg counterclockwise. To adjust the levelers upward twist the rubber portion of the leg clockwise. Be sure there is a minimum of 5 mm (0.20 in.) of thread showing between the leveler and the leveler locking nut.

Note: After the Cross-Trainer is level, be sure to tighten the nut on the leveler against the stabilizer tube. If this is not tightened, noise will occur.

POWERING UP THE TOTAL-BODY ELLIPTICAL CROSS-TRAINER

Your Life Fitness Total-Body Elliptical Cross-Trainer may come with either a U.S. power supply or one of several international power supplies. Insert the appropriate power adapter jack into the connector (A) on the back of the Total-Body Elliptical Cross-Trainer. Then insert the plug into the wall outlet. Make sure the cord is placed so it doesn't bind and will not be walked on. Then check that the console lights up. If not, recheck the plug and the wall connections and make sure the wall outlet has power.



MOUNTING THE MACHINE

When mounting the machine it is recommended that the pedal closest to you is in its lowest position. This can be done by pushing the arms to rotate the pedal until it is centered to the side of you at its lowest position. If you are standing to the left side of the machine, when facing the console, place your left foot on the pedal closest to you and then swing your right leg over to the right pedal. Use the stationary handlebar to stabilize yourself.

DISMOUNTING THE MACHINE

Bring the machine to a stop. It is recommended to put the pedal in its lowest position on the side of the unit you will be dismounting. If dismounting the machine on the left side, when facing the console, step off with the right leg first followed by the left leg. Use the stationary handlebar for stabilization.

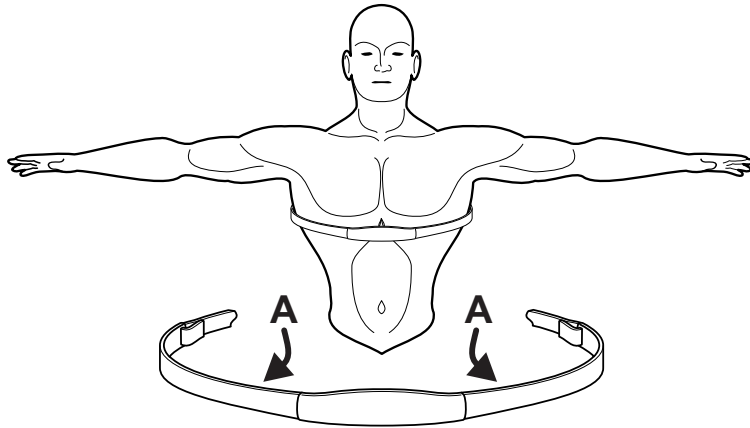
5 MONITORING HEART RATE

5.1 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.



5.2 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.



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

5.3 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.

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

The Life Fitness Smart Series products feature these exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training+ exercise:

- FAT BURN • CARDIO

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

6 SMART CONSOLE OVERVIEW

Read the entire user 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. Level Display
8. Time Display
9. Speed Display



- 10. Settings Button
- 11. Pause / Resume Button
- 12. Reset Button
- 13. Virtual Trainer / USB Button
- 14. Headphone Jack
- 15. iPod Controls
- 16. Enter / Start Button
- 17. Navigation
- 18. Manual Workout
- 19. Random Workout
- 20. Hill Workout
- 21. Cardio Workout
- 22. Fat Burn Workout
- 23. Fit Test
- 24. Energy Saver Button

7 HOW TO USE THE SMART CONSOLE

The Smart 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.

7.1 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.virtualtrainer.lifefitness.com. See Section 9 for more information on the Life Fitness Virtual Trainer Website.

7.2 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.

7.3 IPOD INDICATOR



The iPod icon on the right side of the MESSAGE CENTER is displayed when a compatible iPod is docked.

7.4 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 5.1, *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 5.2, *Contact Heart Rate* for recommendations on improving the contact heart rate reading.

7.5 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 = $206.9 - (.67 \times \text{user's age})$. 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.

$$206.9 - (.67 \times 45) = 176.75.$$

177 is the Maximum Heart Rate for a 45 year old.

$$177 \times 65\% = 115. \text{ 115 is the optimal target heart rate for weight loss and fat burning.}$$

7.6 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 $206.9 - (.67 \times \text{user's age})$. For example: A 40 year old's heart rate max would be $206.9 - (.67 \times 40) = 180$. 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.

7.7 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.

7.8 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 8.4, *How to Use the Settings Menu*.

7.9 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.

7.10 LEVEL / INCLINE DISPLAY



Level Display – There are two types of levels used on this product. The first type of level is the actual brake resistance level. This type of level is only adjustable by the user in a manual workout. The range of possible brake resistance levels is 1-20. The second type of level is difficulty level. There are 20 difficulty levels. Difficulty level corresponds to a range of actual brake resistance levels and is only used in RANDOM and HILL workouts. So when you select a difficulty level of 10 it corresponds to a range of actual brake resistance levels of 5-14. During RANDOM and HILL the difficulty level will only be displayed during workout setup and anytime you choose to change the level during the workout. At all other times during a workout the actual level will be displayed.

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

Difficulty Level	Brake Level (CT / Bikes)
20	12 - 20
19	11 - 19
18	10 - 18
17	9 - 17
16	8 - 17
15	8 - 16
14	7 - 16
13	7 - 15
12	6 - 15
11	6 - 14
10	5 - 14
9	5 - 13
8	4 - 13
7	4 - 12
6	3 - 12
5	3 - 11
4	2 - 11
3	2 - 10
2	1 - 10
1	1 - 9

7.11 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. The time set can be changed at any time during the workout by using the Up and Down arrows.

7.12 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 and up, speed changes in increments of 0.1 mph. Speed can be converted to kilometers per hour in the Settings Menu. See Section 8.4, *How to Use the Settings Menu*.

7.13 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 8.4, *How to Use the Settings Menu*.

7.14 PAUSE / RESUME BUTTON



When pressed once during a workout the workout is paused for 5 minutes. When pressed again the workout is resumed. If the paused workout is not resumed within 5 minutes, the console deletes the workout in progress and goes into Energy Saver mode.

7.15 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.

7.16 VIRTUAL TRAINER / USB BUTTON



The USB port is used to upload goal-based programs and customized workouts from the Life Fitness Virtual Trainer website (www.virtualtrainer.lifefitness.com). Users can also save workout results to the USB and track progress on the website. See Section 9 for more information on the Life Fitness Virtual Trainer website.

7.17 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.

7.18 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.

7.19 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.

7.20 WORKOUT SELECTION BUTTONS



Select one of the following workouts by pressing the corresponding button: Manual, Random, Hill, Cardio, Fat Burn, or Fit Test and begin workout set up (see Workout Overviews for a complete description).



7.21 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.

8 WORKOUTS, WORKOUT SELECTION BUTTONS & SETTINGS

8.1 WORKOUT OVERVIEWS

The Smart Console has six 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

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.

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:



When this screen appears on the console, use the WORKOUT SELECTION buttons to select a workout. 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.

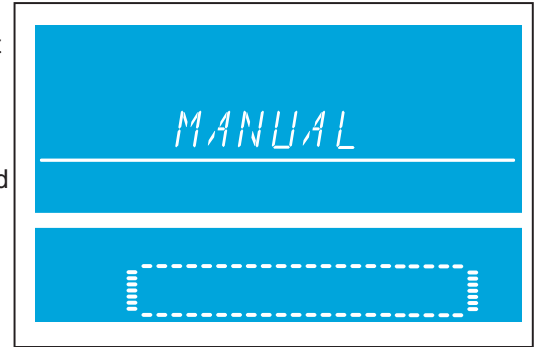
8.2 HOW TO USE THE WORKOUTS

1. Manual Workout (Beginner – Just Starting)

Access: This workout can be started by pressing the MANUAL workout button.

Description: The MANUAL workout is a simple workout that has no pre-defined intensity levels. The MANUAL workout starts the user at level 1 resistance level. The user is in complete control of level or speed 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.

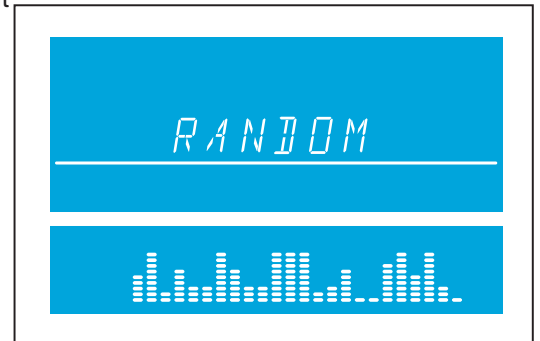


2. Random Workout (Experienced – Fit)

Access: This workout can be started by pressing the RANDOM workout button.

Description: In this workout, the console creates a terrain of different hills and valleys. Over 1 million different patterns are possible. RANDOM uses resistance or 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)

This workout can be started by pressing the HILL workout button.

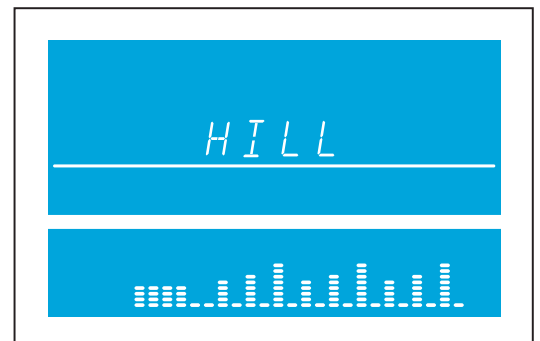
Description: The Life Fitness patented HILL workout is an interval training workout. Intervals are periods of intense aerobic exercise. The workout profile window displays the levels of the intervals, which together have the appearance of hills and valleys. Resistance adjustments are used to simulate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

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

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.



4. Fat Burn Workout (Beginner – Just Starting)

*Chest strap must be worn to execute the workout.

Access: This workout can be started by pressing the FAT BURN workout button.

Description: The user must wear a chest strap for this workout to adequately operate. This program only uses resistance 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.



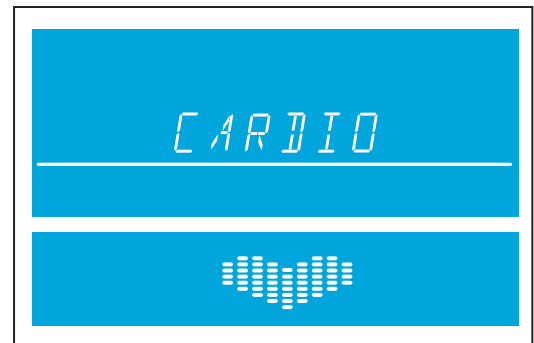
5. Cardio Workout (Experienced – Fit)

*Chest strap must be worn to execute the workout

Access: This workout can be started by pressing the CARDIO workout button.

Description: The user must wear a chest strap for this workout to adequately operate. This program only uses resistance 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. Fit Test Workout (All Levels)

*Chest strap must be worn to execute the workout.

Access: This workout can be started by pressing the FIT TEST workout button.

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 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 sub-max 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 measure of aerobic capacity.

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

Suggested Exertion Levels

	Inactive	Active	Very Active
Cross-Trainers	L 2-4 men L 1-2 women	L 3-10 men L 2-5 women	L 7-15 men L 3-10 women

After the five-minute FIT TEST is completed, a FIT TEST score and rating will be displayed. 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*
short	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 (181 kg)
- ages below 10 or over 99 years
- data input that exceeds human potential

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 you last ate (two to four hours after the last meal is recommended)
- time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (at least four hours is recommended)
- time since you last exercised (at least six hours is recommended)

For the most accurate Fit Test results, you should 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% to 85% of the theoretical maximum heart rate (HRmax).

The tables below list fit test results:

RELATIVE FITNESS CLASSIFICATION FOR MEN					
	Estimated VO ₂ Max (ml/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	32-33	29-31	26-28
Very Low	<35	<34	<32	<29	<26

RELATIVE FITNESS CLASSIFICATION FOR WOMEN					
	Estimated VO ₂ Max (ml/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* (8th E. 2009). It is designed to provide a qualitative description of a user's VO₂ max estimation, and a means of assessing initial fitness level and tracking improvement.

8.3 SAFETY MODE

Safety Mode is an option on the Smart cross-trainer. When turned on, the keyboard will lock out after 1 minute of inactivity in any mode. To return to the last screen, press ENTER. When in Safety Mode, resistance will be set to level 20, making it difficult to move the pedals. The default is Safety Mode On. Safety Mode can be turned off in Settings. See Section 8.4, *How to Use the Settings Menu*.

8.4 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 Virtual Trainer website. Date and time are your local time. Time Zone is based on your location compared to Greenwich Mean Time.

<u>Major Cities</u>	<u>Time Zone Values</u>
London	0
New York City	-4
Chicago	-5
Los Angeles	-7
Hong Kong	+8
Berlin	+2

Time is only used for Virtual Trainer data transfer through the USB or App.

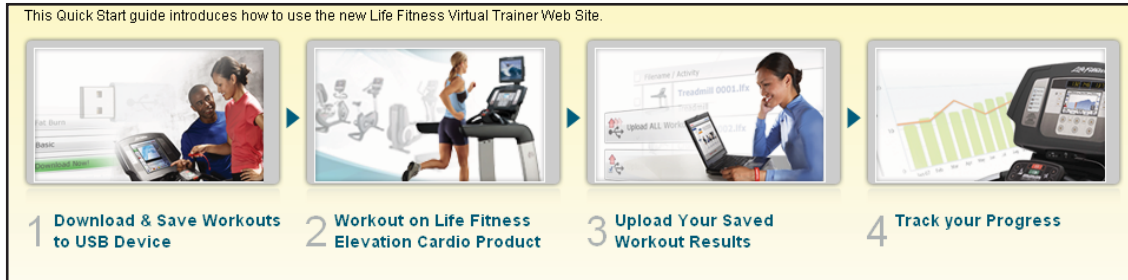
- Beeps
Turns ON or OFF audio feedback.
Displays “Beeps”.
Selection options are: On and Off.
- RPM
Displays “RPM = OFF”.
Selection options are On and Off.
- Contrast
Changes the contrast of the display.
Displays “Contrast = XX”.
Selection options are: 1-99.
- Brightness
Changes the intensity of the display 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 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).

9 VIRTUAL TRAINER

The Life Fitness Virtual Trainer 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. Simply plug in your USB stick to your product and begin your favorite workout instantly.

To begin go to www.virtualtrainer.lifefitness.com



1. Download & Save Workouts: Choose one of the following two options to get started: “Create Popular Workouts” or “Create Personalized Workouts”.
2. After you have saved your workout, plug in the USB into the USB port on the equipment and select your workout using the Virtual Trainer/USB button.
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.
4. Track Your Progress: If you have uploaded workout results, clicking on TRACK PROGRESS button 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 Virtual Trainer USB port.

Step 2: Select the Virtual Trainer/USB button in the Workout Selection area.

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 Virtual Trainer workout.

How to save your workout data onto your USB:

1. You must either have a USB inserted into the product’s port or you must insert the USB stick within 5 minutes of the workout ending and “Workout Summary” displayed on the console.
2. The console will direct you to press the “USB” button to save the data.
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.

10 SERVICE AND PRODUCT MAINTENANCE

The Life Fitness products are backed by engineering excellence and are one of the most rugged and trouble-free pieces of exercise equipment on the market today.

Note: *The safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, 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 below.*

10.1 PREVENTIVE MAINTENANCE TIPS

The following preventive maintenance tips will keep the console operating at peak performance:

Important: Turn the cross-trainer off and unplug prior to performing any maintenance.	
Weekly	Inspect the power cord. If the cord is damaged call technical support. Make sure the cord is positioned in a location where it will not be damaged.
Monthly	Clean the top surface of the pedals.
	Clean the display console and all exterior surfaces with mild soap, water and a soft microfiber cloth or a Life Fitness approved cleaner. Note: <i>Do not use paper towels, ammonia or acid based cleaners on the product. At no time should cleaner be applied directly to any part of the equipment; spray the cleaner on a microfiber cloth and then wipe the unit.</i>
	Inspect the exterior parts for wear and check that user assembly bolts are still tight.

Note: *Long fingernails may damage or scratch the surface of the console. Use the pad of the finger to press the keys.*

LIFE FITNESS APPROVED CLEANERS

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 convenient spray. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 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 2 minutes for general disinfection purposes.

Contact Life Fitness Customer Support Services to order these cleaners.
Call 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.

10.2 HOW TO OBTAIN PRODUCT SERVICE

1. Please contact your dealer or Life Fitness Customer Service at 1-800-351-3737.
2. Verify the symptom and review the operating instructions and troubleshooting matrix.
3. Locate and document the serial number of the unit. The serial number plate is located on the main frame in front of the rear shrouds. Please also have proof of purchase information available.

10.3 TROUBLESHOOTING

Problem	Cause / Solution
No power.	Check to see that the power cord is fully plugged into the back of the Total-Body Elliptical Cross-Trainer and into the wall. Make sure the power cord is fully seated into the back of the Total-Body Elliptical Cross-Trainer.
	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.
Total Body Arms feel loose.	Remove the moving arm pivot covers and check to make certain the bolt holding the total body arm in place is fully tightened. If the total body arms still feel loose, you may want to disassemble the total body arms and make sure all of the proper hardware from the assembly instructions was used.
Noise is coming from pedals.	Some noise from the pedals is normal. It will vary depending on the weight of the user. Check assembly hardware beneath pedal to make certain it is tight.
Hear noise as speed increases.	It is normal for any mechanical device to become louder as speed increases.
Start-Up resistance seems very difficult.	Your product may be in 'Safety Mode'. Refer to the console manual on how to turn off this setting.
	Turn the unit off and then on again.
Can't feel a resistance change at the beginning levels.	The resistance curve of the Total-Body Elliptical Cross-Trainer is designed so that you can feel a greater difference in resistance at higher levels.
Wireless heart rate is not working.	<p>Potential reasons for the wireless heart rate not to work properly include:</p> <ol style="list-style-type: none"> 1. The wireless heart rate is turned OFF in the Settings Menu. Enter the Settings Menu and verify that WIRELESS HR is turned ON. 2. There is poor contact between the telemetry heart rate strap and the skin. 3. There is electrical interference from electrical appliances with the telemetry heart rate strap from fluorescent lights, kitchen appliances, etc. Move the Total-Body Elliptical Cross-Trainer to a different location or move electrical appliances away from the Total-Body Elliptical Cross-Trainer. 4. 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.	<p>Use of personal electronic devices, such as cell phones and portable mp3 players, cause external noise interference.</p> <p>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.</p> <p>Remove the source of noise or reposition the exercise equipment.</p>

Problem	Cause / Solution
Creaking sound is coming from the stabilizers.	It is very important that the nut on the leveler is tightened against the stabilizer tube after the product is leveled. Ensure that this nut is tight.
"OFF" is displayed in the LEVEL window on the console.	Turn the unit off and then on again.
	If power cycling the product did not work, there is a problem with the resistance system. Contact Customer Support Services for assistance.
The 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.
	<p>Tips for contact heart rate:</p> <ol style="list-style-type: none"> 1. Dry hands to prevent slipping on the sensors. 2. Apply hands to all four sensors (two in each hand). 3. Grasp sensors firmly. 4. Apply constant pressure to the sensors. 5. May need to wait longer for heart rate to display. <p>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.</p>
iPod is not recognized.	<p>This is displayed if your version of the iPod Player is not supported by the cross-trainer.</p> <p>It may also be displayed if the connector on the cross-trainer or iPod is damaged.</p>
iPod is not charging while in Energy Saver mode.	Your iPod will not charge if the cross-trainer 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 cross-trainer is unplugged. This real time clock is only needed if you use the Life Fitness "Virtual Trainer" 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).
When I try to save a workout on the USB stick I receive the following message: UNABLE TO SAVE SEE MANUAL.	<p>The console may not have recognized the USB stick. Try unplugging the USB stick and plugging it back in.</p> <p>The USB stick may be full.</p> <p>The USB stick may not be compatible with the product.</p> <p>Try using a different USB stick.</p>
Stuck key error is displayed.	One of the keys is stuck under the plastic console shell. Check all keys and unstuck 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 5 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.

11 SPECIFICATIONS

LIFE FITNESS SMART SERIES CROSS-TRAINER SPECIFICATIONS

Designed Use:	Home
Max User Weight:	350 lbs. / 159 kg
Max Step-Up Height:	6.5 in. / 16.5 cm
Resistance System:	Eddy Current
Stride Length:	20 in.
Power Supply:	120 Volt (U.S.), 220 Volt (Europe), 240+ Volt (Australia)
Number of Workouts:	6
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
iPod Compatibility:	iPhone, iPod, iPod Touch, iPod Nano (3rd, 4th, 5th, and 6th generations)
Life Fitness Virtual Trainer:	Programs accessible through USB port

ASSEMBLED/ WORKING DIMENSIONS

Length	81 in. / 206 cm
Width	30 in. / 76 cm
Height	59 in. / 150 cm
Weight	215 lbs. / 98 kg

SHIPPING DIMENSIONS:

Length	81 in. / 206 cm
Width	21 in. / 51 cm
Height	32 in. / 81 cm
Weight	242 lbs. / 110 kg

12 WARRANTY INFORMATION

Model	Limited Lifetime	3 Years	1 Year
Smart Series Cross-Trainer	Frame	Electrical & Mechanical Parts <i>Note: Excludes 3V batteries</i>	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 SHIPPING & INSURANCE FOR SERVICE:

If the Product or any warranted part must be returned to a service facility for repairs, 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. 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.

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.

PRODUCT REGISTRATION:

Register online 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.

HOW TO GET 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 U.S. STATE LAWS:

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