Getting Started: Table of Contents

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

This Manual describes the functions of the following product:

Life Fitness Basic Workouts Console.

⚠ Caution:

Health related injuries may result from incorrect or excessive use of exercise equipment.

Life Fitness STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese or has not exercised regularly in the past year.

Life Fitness 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.

Before using this product, it is essential to read this ENTIRE user manual and ALL installation instructions.

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

⚠ **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.

⚠ **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.

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE SAFETY INSTRUCTIONS

⚠ **SAFETY WARNING:**
THE SAFETY OF THE PRODUCT CAN BE MAINTAINED ONLY IF IT IS EXAMINED REGULARLY FOR DAMAGE AND WEAR. SEE PREVENTATIVE MAINTENANCE FOR DETAILS.

- Before using this product, it is essential to read this ENTIRE user manual and ALL instructions.

- Always follow the console instructions for proper operation.

- If the product does not function properly after it has been dropped, damaged, or even partially immersed in water, contact Customer Support Services for assistance.

- Never insert objects into any openings on the product. If an object should drop inside, carefully retrieve it. If the item is beyond reach, contact 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 product outdoors, near swimming pools or in areas of high humidity.

- Keep all loose clothing, shoelaces, and towels away from the product.

- Keep the area around the product clear of any obstructions, including walls and furniture.

- Always be careful and exercise caution when mounting or dismounting the product.

- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the product in bare feet.

- Do not tip the product 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 the manufacturer.

- Use this product in a well-ventilated area.

- Use this product on a solid, level surface.

- Make sure that all components are fastened securely.

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. On treadmills we recommend for safety and accurate heart rate readings that the user stand on the siderails when attempting to monitor heart rate with contact electrodes.

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

Quick Reference: Basic Workouts Console

Read the entire user manual before
setting up your equipment.

1 Level Display – Shows the difficulty level or *incline percentage* (*for treadmills*).

2 Time Display – During a workout the time display will show time remaining and countdown.

3 Speed Display – Speed is displayed in miles per hour. Speed can be converted to kilometers per hour in the settings menu. *See settings section.*

4 Setup Steps Icon (1,2,3,4,5) – Number refers to the setup step you are currently programming (not seen in image).

5 Workout Profile Display – The height of the segments indicate the difficulty level during the current time interval.

6 Distance Display – Distance is shown in miles. Distance can be converted to kilometers in the settings menu. *See user settings section.*

7 Heart Rate Display – Calculates user's heart rate in beats per minute when wearing a chest strap or holding on to contact heart rate electrodes (No Heart Rate will be displayed on an XI).

8 Target Heart Rate Display – Calculates the user's maximum heart rate based on 220 minus the user's age. Then based on the selected program shows the target heart rate.

Quick Reference: Basic Workouts Console *continued*

9 Calorie Display – Shows the calculated average caloric burn based on a Life Fitness proprietary calorie equation.

10 Pause/Resume Button – When pressed once during a workout the workout is paused for 5 minutes. When pressed again the workout is resumed.

11 Navigation Buttons – Provides simple forward, back, up, and down software navigation as well as level, time, and speed workout adjustments.

12 Enter/Start Button – When on the Select Workout screen press to begin a quick start workout. Also used to enter workout data during a workout.

13 Reset Button – When entering workout data it will act as a delete button. Push three times to exit any workout.

How to Use the Basic Workouts Display

The Basic Workouts console was designed to make navigation as simple as possible by using special symbols and keys. The console display was designed to reduce toggling between workout information. Each piece of workout feedback, including level, time and speed has its own dedicated window.

How to Use the Basic Workouts Console

1   Level/Incline Display

a. Level Display (Bikes/Cross-Trainers) – There are two types of levels used on Life Fitness bikes and cross-trainers. 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, hill, ez incline, and sports training 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, hill, ez incline, and sports training 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. Please see the table on the following page for specific difficulty level information.

b. Level / Incline Display (Treadmills) – There are two types of levels used on Life Fitness treadmills. The first type of level is an incline level or percentage. Incline level is only manually adjusted by the user in a manual workout. The range of possible incline percentages is 0-12% and can be adjusted in 0.5% increments. The second difficulty level corresponds to a range of actual incline percentages. Difficulty levels are only used in random, hill, ez incline, and sports training workouts. So when a user selects a difficulty level of 10 it corresponds to a range of incline percentages between 3% and 7%. During random, hill, ez incline, and sports training the difficulty level will be displayed only during workout setup and anytime the difficulty level is changed during the workout. At all other times during these workouts the incline percentage is displayed. Please see the table on the following page for specific difficulty level information.

c. Changing the Level during a Workout – To change the level during a workout the underscore beneath the top row of workout feedback needs to be positioned under level. If the underscore is not under level, it can be moved using the left/right arrow keys. To adjust the level simply press the up and down keys.

How to Use the Basic Workouts Console *continued*

Difficulty Level	Brake Level (CT/Bikes)	Incline Level (Treads)	
20	12 - 20	8.0 - 12.0	Note: Adjusts in 0.5% increments
19	11 - 19	7.5 - 11.5	Note: Adjusts in 0.5% increments
18	10 - 18	7.0 - 11.0	Note: Adjusts in 0.5% increments
17	9 - 17	6.5 - 10.5	Note: Adjusts in 0.5% increments
16	8 - 17	6.0 - 10.0	Note: Adjusts in 0.5% increments
15	8 - 16	5.5 - 9.5	Note: Adjusts in 0.5% increments
14	7 - 16	5.0 - 9.0	Note: Adjusts in 0.5% increments
13	7 - 15	4.5 - 8.5	Note: Adjusts in 0.5% increments
12	6 - 15	4.0 - 8.0	Note: Adjusts in 0.5% increments
11	6 - 14	3.5 - 7.5	Note: Adjusts in 0.5% increments
10	5 - 14	3.0 - 7.0	Note: Adjusts in 0.5% increments
9	5 - 13	2.5 - 6.5	Note: Adjusts in 0.5% increments
8	4 - 13	2.0 - 6.0	Note: Adjusts in 0.5% increments
7	4 - 12	1.5 - 5.5	Note: Adjusts in 0.5% increments
6	3 - 12	1.0 - 5.0	Note: Adjusts in 0.5% increments
5	3 - 11	0.5 - 4.5	Note: Adjusts in 0.5% increments
4	2 - 11	0.0 - 4.0	Note: Adjusts in 0.5% increments
3	2 - 10	0.0 - 3.0	Note: Adjusts in 0.3% increments
2	1 - 10	0.0 - 2.0	Note: Adjusts in 0.15% increments
1	1 - 9	0.0 - 1.0	Note: Adjusts in 0.1% increments

HOW TO

How to Use the Basic Workouts Console *continued*

2 Time Display

30:00 Time displays the amount of time entered in minutes during workout setup. Time can be adjusted in 1:00 minute increments. During workout setup time can be adjusted from 00:00 to 99:99 minutes. At the beginning of a workout, the user begins a warm up period, which is not included in the total time of the workout. To skip the warm up period press the down key until the warm up time is 00:00 and your workout time begins. Note: to adjust time make sure the underscore is under the display. During the workout time can be adjusted by pressing the up and down key. After the workout is complete an automatic cool-down period begins. It can be skipped by pressing the down key and reducing the time to 00:00. There is an option to set the time to count up or down from 00:00 and end at the time set during workout setup.

3 Speed Display

3.0 Speed is displayed in miles per hour (MPH). The formula tries to replicate miles per hour as if the exercise was being conducted outdoors. T*he speed range on bikes and cross-trainers is 0.5 mph and up, in increments of 0.1 mph. The speed range on treadmills is 0.5 mph to 10.0 mph and is adjustable in increments of 0.1 mph.* Speed can be converted to kilometers per hour in the settings menu. *See Settings Section.*

4 Distance Display

5.2 mi 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 Settings Section.*

How to Use the Basic Workouts Console

5   Target Heart Rate Display

Target heart rate is a desired range during cardiovascular exercise which 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 (220 minus the user's age) and multiplying it by an intensity level. Life Fitness intensity levels are 65% for weight loss and fat burning and 80% for improving cardiovascular endurance. The display will toggle between the 65% and 80% intensity levels. An arrow pointing up or down will illuminate to show when the user's actual heart rate is above or below the target heart rate. (Arrows are not functional with X1)

a. Example: User's Age is 45. 220 – 45 = 175. 175 is the Maximum Heart Rate for a 45 year old. 175 x 65% = 114. 114 is the optimal target heart rate for weight loss and fat burning.

6   Heart Rate Display

Heart rate is the number of contractions of the heart in one minute. The heart rate display calculates the user's actual heart rate in contractions or beats per minute during a workout. User must be holding on to the contact heart rate electrodes for the heart rate display to function (not available on the X1). In order to get the best Heart Rate reading, Life Fitness recommends holding the sensors and remaining as still as possible to eliminate any muscle "noise" that is not related to the heart.

HOW TO

How to Use the Basic Workouts Console   *continued*

7   Calorie/Watts 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. Watts can also be viewed in this window if turned on in the settings menu. *See settings menu.*

8   Workout Profile Display

This display graphically represents a complete resistance profile of a workout. The time selected during a given workout is evenly distributed across 24 columns in the profile. The height of the columns (9 total) indicates the level and displays the intensity of a selected workout. The height of the columns does not change during a workout when the resistance is changed. The current intensity level in the profile is identified by an arrow pointing down to the column.

9   Workout Profile Indicator Arrow

The arrow located above the column 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 one column every minute.

10 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 returns to the setup workout state. The pause time can be modified in the user settings menu. *See Settings Section.*

How to Use the Basic Workouts Console

11 Navigation Button

Provides simple forward, backwards, up, and down software navigation as well as level, time, and speed workout 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 scroll between options to adjust, and then use the Up/Down arrows to adjust those values.

12 Enter Button

The enter button can be pressed during initialization to begin a quick start 30 minute manual workout. After initialization the enter key acts as a selection key.

13 Reset Button

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

HOW TO

How to Use the Basic Workouts Console
Workout Overviews

The Basic Workouts console has five specially designed pre-programmed workouts that have been developed by Life Fitness. Each workout has a different goal. Read the workout descriptions carefully so that you can develop a workout routine that focuses on reaching your specific goals.

The workout descriptions on the following pages are labeled Beginner-Just Starting or Experienced-Fit. Beginner workouts are designed for users just starting to create a workout routine. Beginner workouts have limited gradual intensity adjustments. Experienced workouts are workouts designed for users that want a more challenging workout and have a higher fitness level.

Different workouts require 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:

How to Use the Basic Workouts Console

Workout Overviews *continued*

When this screen appears on the console, use either the Up/Down or Left/Right arrows to scroll through all the workout choices and select a workout by pressing Enter/Start. Also to just begin a Quick Start workout, press Enter/Start when the above "Select Workout" screen appears.

When a workout is selected the display **Setup workout   1   2   3   4   5** will appear on the screen. This icon indicates how many steps are needed to complete in order to begin the workout. Also the step the user is currently on will blink to show where they are at in the setup process. 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. When the last step is completed the enter button must be pressed to begin the workout.

QUICK START is the fastest way to begin exercising. It bypasses the steps involved in selecting a specific workout program. Begin a QUICK START workout by pressing the ENTER/START key at the SELECT WORKOUT screen. After ENTER is pressed, a constant-level workout begins. The user is responsible for changing the intensity level.

HOW TO

How to Use the Basic Workouts Console
How to Use the Workouts

1 Manual Workout *(Beginner – Just Starting)*

Access: This workout can be started by using the navigation keys to scroll to the Manual workout profile and pressing Enter.

Description: Manual workout is a simple workout that has no pre-defined intensity levels. The manual workout starts the user at *level 1 resistance level for bikes and cross trainers* and *0.5 MPH and 0% incline for treadmills*. The user is in complete control of level or speed/incline settings.

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

MANUAL WORKOUT

How to Use the Workouts *continued*

2   Random Workout *(Experienced – Fit)*

Access: This workout can be started by using the navigation keys to scroll to the Random workout profile and pressing Enter.

Description: In this workout the console creates a terrain of different hills and valleys. Over 1 million different patterns are possible. Random uses resistance (*bikes and cross-trainers*) or incline (*treadmills*) 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 to prevent workout boredom and improve motivation.

RANDOM WORKOUT

HOW TO

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How to Use the Workouts *continued*

3   Hill Workout *(Experienced – Fit)*

Access: This workout can be started by using the navigation keys to scroll to the Hill workout profile and pressing Enter.

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

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

HILL WORKOUT

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

2 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.

How to Use the Workouts *continued*

4 EZ Incline™ Workout *(Beginner – Just Starting)*

Access: This workout can be started by using the navigation keys to scroll to the EZ Incline workout profile and pressing Enter.

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

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

EZ INCLINE™ WORKOUT

How to Use the Workouts *continued*

5 Sports Training Workout *(Experienced –Fit)*

Access: This workout can be started by using the navigation keys to scroll to the Sports Training workout profile and pressing Enter.

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

Goal: The design intent and goal of this workout was to simulate outdoor training.

SPORTS TRAINING WORKOUT

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How to Use the Settings Menu

Settings

The Settings menu can be accessed by pressing and holding the Enter key for 5 seconds at the "Select Workout" screen. Upon entering the Settings menu, the screen will display "SET MENU"

- Scroll through Settings options using the left/right arrows
  The Settings options are displayed on the top row of the screen

- Adjust Settings items with up and down arrows
  Each Setting option will be able to be adjusted in the workout profile

- Use the Enter key or left/right arrow to save modifications and move to the next option

- Use the Reset key to set the item back to its default value

Below are all of the Settings States and selection options.

- Sleep Mode
    Displays "SLEEP MODE"
    Selection options are: OFF, 1 Min, 2 Min, 3 Min, 4 Min, & 5 Min

- English Metric Mode
    Displays "Unit"
    Selection options are: English and Metric

HOW TO

How to Use the Settings Menu *continued*

- Beeps
  Displays "Beep"
  Selection options are: On and Off
- Pause Time
  Displays "Pause"
  Selection options are: 1 Min to 30 Min

- Watts
  Displays "Watt"
  Selection options are: On and Off

- Contrast
  Displays "Contrast"
  Selection options are: 1-10 with 10
  being the brightest

- Workout Timer
  Displays "Time"
  Selection options are: Up or Down

- Safety Mode
  Displays "Safe Mod"
  Selection options are: On (30 seconds) or 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)

  "Lift Minutes" (treadmill only: number of
  minutes the lift motor was used)

- Software Version – press Enter to select
  Console Software Version
  Console Software Part Number
  Console Software Build Date
  Motor Controller Part Number (treadmill only)
  Motor Controller Software Part Number
  (treadmill only)
  Motor Controller Software Build Date
  (treadmill only)

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Preventive Maintenance Tips

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. Life Fitness products have proven to be durable in health clubs, colleges, military facilities and other locations all over the world.

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 in the Preventive Maintenance Schedule.*

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

- Locate the product in a cool, dry place.
- Keep the console free of fingerprints and salt build-up caused by sweat.
- Use a **100% cotton cloth**, lightly moisten with water and a mild liquid cleaning product, to clean the exercise equipment. Other fabrics, including paper towels, may scratch the surface. **Do not use ammonia or acid-based cleaners.**
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selction buttons on the console.

    Clean the housing thoroughly on a regular basis.

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

SERVICE AND TECH

Troubleshooting Basic Workout Console

1. The console display looks strange or has an error message and is not functioning.

A. Unplug the unit to reset the console and then plug it back in. Do this multiple times if console error message still appears. If the problem still exists please call customer service.

2. My console keeps going into a mode where the message center displays "HIT ENTER"

A. Your product is in safety mode and this locked feature is to protect someone from accidentally pressing a button they are not suppose to. You can go into the Settings Menu to disable this feature or extend the length of the time it takes for this feature to turn on. Please refer to the Settings Menu section of the manual.

3. My console displays "STUCK KEY"

A. One of the keys is stuck under the plastic console shell; check all the keys and un-stick the one that is stuck by pressing the sides of the key. If that does not work then try unplugging the unit and plug it back in.

4. My console displays "SLEEP"

A. The console is in sleep mode and can be woken up by pressing any key. Sleep Mode can be turned on and off in the Settings Menu.

5. My console will not light up.

A. Make sure the unit is plugged in or if you have a R3 or C3 then begin pedaling to light the console. If the console will still not turn on make sure all the connections in the back of the console are plugged in correctly according to the assembly instructions. If this still does not work contact Customer Service.

6. The heart rate reading seems erratic.

A. Remove hands from from heart rate sensors and wait until heart rate icon and heart rate number disappears. This allows the heart rate system to reset. Grasp hand sensors firmly and keep hands still. The contact heart rate system may be less or more accurate with different individuals.

How to Obtain Product Service

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

2 Locate and document the serial number of the base unit and console. The serial number plate is located on the front stabilizer, below the shroud, and the serial number for the console is located on the back surface.

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

For Product services within the United States and Canada:

Telephone: (+1) 847.451.0036
Fax: (+1) 847.288.3702
Toll-free telephone: 800.351.3737

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For Product Service Internationally:

Life Fitness Europe GmbH
Telephone: (+49) 089.317.751.66
Fax: (+49) 089.317.751.38

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Fax: (+81) 3.3359.4307

Life Fitness Iberia
Telephone: (+34) 93.672.4660
Fax: (+34) 93.672.4670

SERVICE AND TECH

Warranty Information

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.

How Long is it Covered:

Residential: All electrical and mechanical components and labor are covered, after the date of purchase, as listed on the following chart.

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.

Warranty Information

continued from previous page

What is Not Covered:

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your User Manual ("Manual"). All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness Representative.

What You Must Do:

Retain proof of purchase (our receipt of the attached registration card assures registration of purchase information but is not required); use, operate and maintain the Product as specified in the Manual; notify Customer Service 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.

Warranty Information

continued from previous page

Product Registration:

Register online at **www.lifefitness.com/registration**. Our receipt assures that your name, address and date of purchase are on file as a registered owner of the Product. Failure to return the card will not affect your rights under this warranty. 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:

Simply call Customer Service at 1-800-351-3737 or (+1) 847-288-3300, Monday through Friday from 8:00 a.m. to 5:00 p.m. Central Standard Time, and tell them 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 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.

SPECIFICATIONS	BASIC WORKOUTS CONSOLE
Number of Workouts	5
User Profiles	0
Interactive Heart Rate Programming	No
Heart Rate Telemetry	No
Contact Heart Rate	Yes (except XI)
Race Mode	No
Goal Workouts	No
Levels	20
Message Center	No
Display Type	Custom-etched LCD
Warranty	3 years

SERVICE AND TECH

Notes

Life Fitness

Life Fitness offers a full line of premier fitness equipment for the home.

LIFECYCLE EXERCISE BIKES | TREADMILLS | TOTAL-BODY ELLIPTICAL CROSS-TRAINERS | STAIRCLIMBERS | GYM SYSTEMS

Where does your workout take you?

LIFEFITNESS.COM