

LifeFitness

5500 STEPPER

OPERATION MANUAL

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. Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, 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, you are encouraged to try to correct the interference by one or more of the following measures:

- *Reorient or relocate the receiving antenna.*
- *Increase the space between the equipment and the receiver.*
- *Connect the equipment to an outlet on a different circuit than that to which the receiver is connected.*
- *Consult an exercise equipment dealer or an experienced radio/TV technician for help.*

You are cautioned that any changes or modifications to this equipment could void your product warranty.

Before using your Life Fitness 5500 stepper, it is essential that you read this ENTIRE operation manual. It won't take very long, and it will help you set up your Life Fitness 5500 aerobic trainer quickly and use it correctly.

Life Fitness

interactive fitness solutions

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You are cautioned that any changes or modifications to this equipment could void your product warranty.

Electrostatic discharge to the unit or excessive voltage dips on the power source may cause the program to reset

Before using your Life Fitness 5500 stepper, it is essential that you read this ENTIRE operation manual. It won't take very long, and it will help you set up our Life Fitness 5500 aerobic trainer quickly and use it correctly.

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INTRODUCTION

Congratulations . . . and thank you for purchasing a **Life Fitness 5500** stepper. Your new Life Fitness stairclimber is the most versatile in-home stepper ever developed, the culmination of over 20 years of Life Fitness research, technological innovation and engineering expertise.

Like other Life Fitness products, the **Life Fitness 5500** stepper is designed to provide you with an effective workout that is both motivating and time efficient, without the stress and strain on legs and joints caused by some other forms of exercise. A user-friendly console displays a host of visual feedback in addition to acting as your personal "coach" with easy-to-follow prompts and instructions.

Who uses Life Fitness stairclimbers? People who value their time and recognize the importance of regular exercise. Olympic athletes, movie stars, business executives, government officials, sports celebrities and others all make Life Fitness stairclimbers their exercise choice. Whether at home or in the office, using a **Life Fitness 5500** aerobic trainer is an excellent way to lose weight and improve your cardiorespiratory condition — *and it's fun!*

Why use a Life Fitness 5500 stepper? Aerobic training with a **Life Fitness 5500** stairclimber is more than just a motivating experience. Regular aerobic exercise improves energy and endurance, reduces body fat, lowers the risk of heart disease, and tends to prolong life* — not to mention making you look and feel better and more confident. Competitive athletes train aerobically to increase their heart strength, lung capacity and muscular endurance, and working out consistently helps us deal with everyday stress.

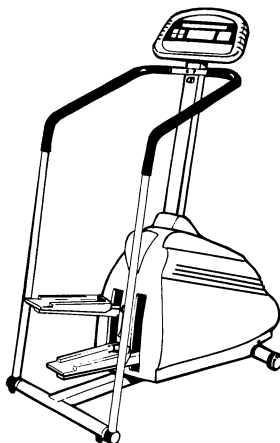
- **It's Versatile:** Select the pedal action that's best for you, either independent (the pedals move separately from one another and allow you to control your step height), or dependent (linked pedals, which encourage a full stepping range).
- **It's Intelligent:** Choose from five pre-loaded Life Fitness workout programs in addition to the optional Heart Rate program. The Heart Rate program uses Life Fitness's exclusive Heart Rate Zone Training™ Exercise system (requires an optional heart rate chest strap sold separately) to help maximize the fat burning and aerobic benefits of your workout by monitoring your heart rate and automatically varying pedal resistance to keep you exercising within your optimal training heart rate zone!
- **It's Motivating:** The easy-to-read Message Center display provides motivating feedback of your workout so you'll always know how you're progressing. Your elapsed time, calories burned per hour (watts on metric steppers), total calories burned, actual stepping rate, and floors climbed are alternately displayed.

*Paffenbarger, R.S. Jr., Hyde, R.T., Wing, A.L., et al: Physical Activity, All-cause Mortality, and Longevity of College Alumni. New England Journal of Medicine, 1986: 314 (March 6): 605-613.



Lifetime Exercise for Health and Fitness

Numerous scientific and medical studies demonstrate that lifetime consistency is the key to achieving the most important health benefits from exercise, and stairclimbing is an ideal form of exercise for a lifetime of health and fitness. It features the easy, natural activity of stepping and adds the benefits of interval training. It's low-impact to reduce the risk of injury, and the motivational features of the **Life Fitness 5500** stepper assure the enthusiasm and enjoyment so essential to making exercise a lifelong habit.



The **Life Fitness 5500** Stepper: *The Ultimate Stepping Machine*

The **Life Fitness 5500** stepper is loaded with features designed to make stepping comfortable, motivational and safe. The exclusive StepSelect™ system minimizes impact to bones and joints, and the ergonomical handlebars remain out of the way. The **Life Fitness 5500** stepper is truly the fitness machine of the '90s and beyond.

If you have any questions regarding your new **Life Fitness 5500** trainer, please call **Life Fitness Customer Support Service** at (847) 451-0036 or toll free within the U.S. and

Canada at (800) 351-3737. For product service in Europe, refer to the first page of this manual and contact your nearest Life Fitness office.

CAUTION: Life Fitness **STRONGLY** recommends that anyone undertaking an exercise program see their physician for a complete medical exam, particularly if you have a family history of high blood pressure or heart disease, are over the age of 45, or if you smoke, have high cholesterol, are obese, or have not exercised regularly in the past year. If at any time while exercising you feel faint, dizzy, short of breath, or pain, stop immediately.

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SAFETY INSTRUCTIONS

DANGER: TO REDUCE THE RISK OF ELECTRICAL SHOCK, **ALWAYS** UNPLUG YOUR **LIFE FITNESS 5500** STEPPER BEFORE CLEANING OR ATTEMPTING ANY MAINTENANCE ACTIVITY.

SAFETY FIRST!

1. The Life Fitness stairclimber is not a toy. It should be used only by adults. Be very careful not to allow other people or pets to interfere in any way with you or the equipment while your exercise routine is in progress.
2. Always follow the console instructions for proper operation.
3. Your **Life Fitness 5500** stepper is intended for use solely in the manner described in this manual.
4. Never operate a Life Fitness trainer if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Service.
5. Keep the power cord away from heated surfaces.
6. Do not pull the **Life Fitness 5500** stepper by the power cord or use the cord as a handle.
7. Never operate your Life Fitness trainer with the pedal openings blocked or obstructed.
8. Never insert objects into any opening in your **Life Fitness 5500** trainer. If an object should drop inside, unplug the unit at the wall outlet and carefully retrieve the item. If you cannot reach the item, contact Life Fitness Customer Support Service.
9. Never place liquids of any type on your Life Fitness stairclimber.
10. Do not use the **Life Fitness 5500** trainer outdoors.
11. Keep all loose clothing, shoelaces, and towels away from the **Life Fitness 5500** stepping pedals.
12. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles. **Do not use the stairclimber in your bare feet.**
13. Do not reach into or underneath the unit, or tip it on its side during operation.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.



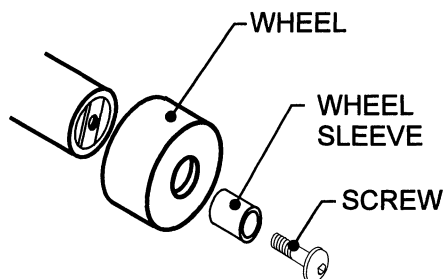
ASSEMBLY INSTRUCTIONS

Please verify the contents of the ship kit with its accompanying parts list before beginning assembly of your **Life Fitness 5500** stepper. If any parts are missing or damaged, please call **Life Fitness Customer Support Service** at (800) 351-3737 or (847) 451-0036.

It is essential that you read your Operation Manual thoroughly before and after assembly of your Life Fitness trainer. Attempting to operate this stairclimber prior to reading the Operation Manual may cause injury or damage the machine.

Step 1

Place the WHEEL and the WHEEL SLEEVE in position on the front STABILIZER BAR and secure the WHEEL ASSEMBLY in place with the WHEEL SCREW. Repeat on the



other side of the machine (see illustration below left).

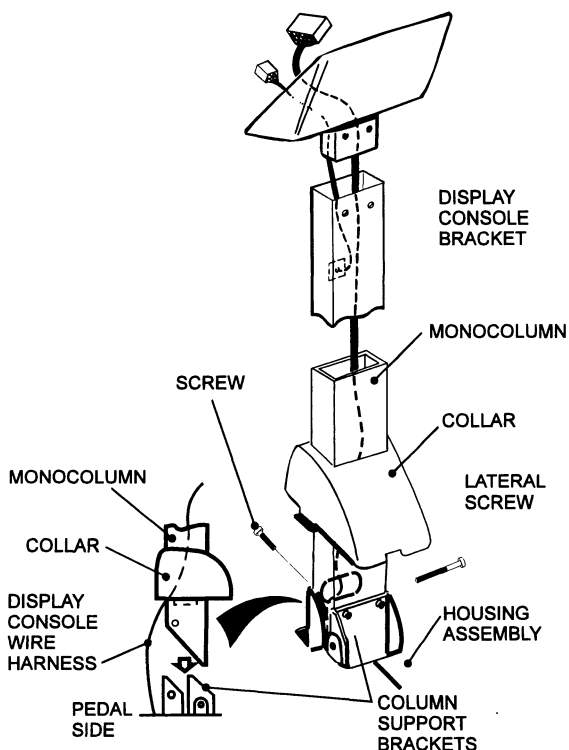
Step 2

Carefully untie and unfold the CONSOLE WIRE HARNESS from the opening in the top of the stepper HOUSING ASSEMBLY. Pull gently on the HARNESS to remove any slack.

Steps 3-6 refer to the illustration at right.

Step 3

Slide the COLLAR over the bottom (angled side) of the MONOCOLUMN with the flat front side of the COLLAR located on the angled side of the MONOCOLUMN as shown.



Step 4

Insert the MONOCOLUMN into the opening in the top of the HOUSING ASSEMBLY with its pointed, angled end facing away from the pedal side of the machine. Direct the CONSOLE WIRE HARNESS through the opening in the front of the MONOCOLUMN and out of the top of the MONOCOLUMN. There is also a smaller HARNESS within the MONOCOLUMN attached to the HEART RATE RECEIVER RECEPTACLE; direct this smaller HARNESS out of the top of the MONOCOLUMN.

Step 5

Install the two pedal side SCREWS and the MONOCOLUMN LATERAL SCREW to secure the MONOCOLUMN to the COLUMN SUPPORT BRACKETS.

Step 6

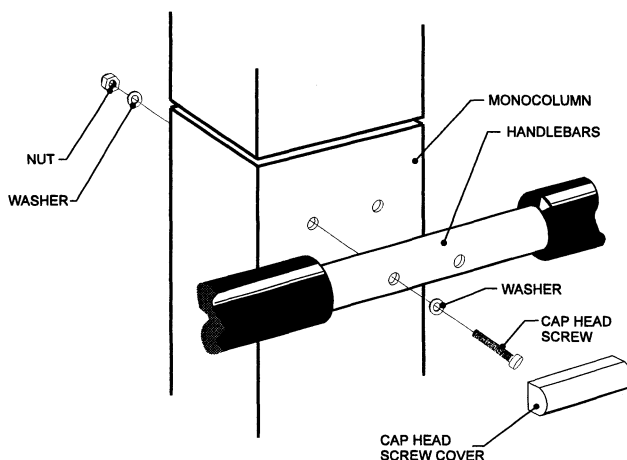
Guide the two WIRE HARNESSES at the top of the MONOCOLUMN through the bottom of the display CONSOLE BRACKET and insert the base of the BRACKET into the MONOCOLUMN.

Step 7

Place the foam padded HANDLEBAR on the floor with its two ends pointing upward. Insert the ends of the two VERTICAL HANDRAILS into the matching ends of the HANDLEBAR. Align the screw holes and secure both VERTICAL HANDRAILS in place on the PADDED HANDLEBAR using two of the four SCREWS for each HANDRAIL.

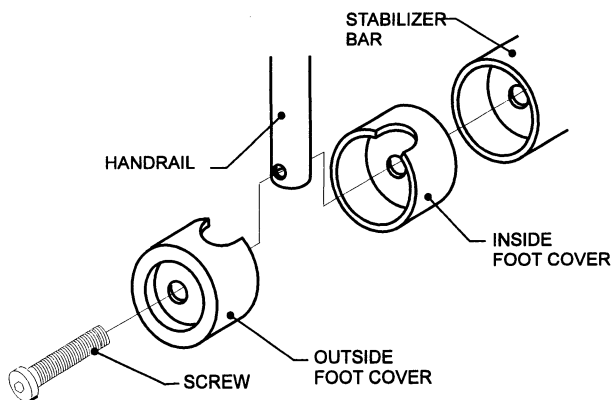
Step 8

Turn the HANDLEBAR/HANDRAIL ASSEMBLY over and position the center of the HANDLEBAR against the top of the MONOCOLUMN. Insert the two CAP HEAD SCREWS with two WASHERS through the HANDLEBARS, the MONOCOLUMN, the DISPLAY CONSOLE BRACKET and out the back of the MONOCOLUMN. Attach the two WASHERS and ACORN NUTS to the CAP HEAD SCREW and tighten *until finger-tight only*.



Step 9

Surround each foot of the completed HANDLEBAR/HANDRAIL ASSEMBLY with the two FOOT COVERS and secure the HANDRAILS and FOOT COVERS to the STABILIZER BAR with the two BASE SCREWS using a hex key wrench.

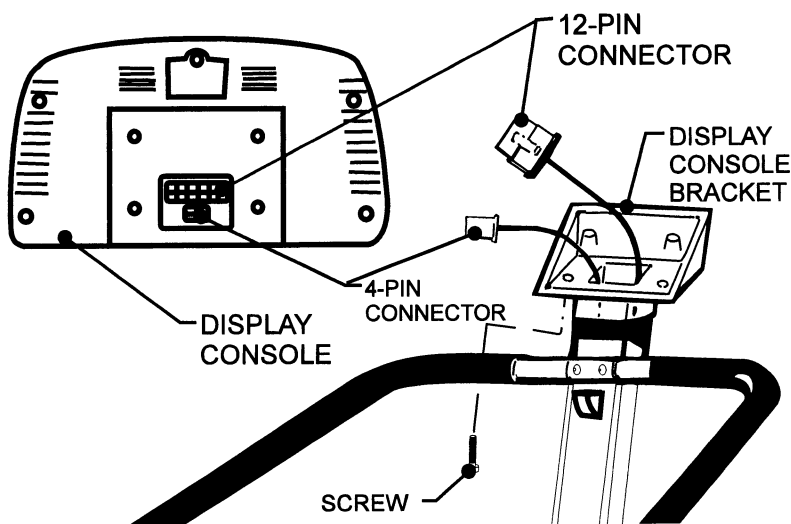


Step 10

Tighten the two previously installed CAP HEAD SCREWS to secure the HANDLEBAR and DISPLAY CONSOLE BRACKET to the top of the MONOCOLUMN. Position the CAP HEAD SCREW COVER over the two CAP HEAD SCREWS and press into place.

Step 11

There is a large hole in the back of the DISPLAY CONSOLE through which you will see a 12-PIN CONNECTOR and a 4-PIN CONNECTOR. These correspond to matching CONNECTORS protruding from the top of the DISPLAY CONSOLE BRACKET. Plug the matching CONNECTORS together by snapping them into place.



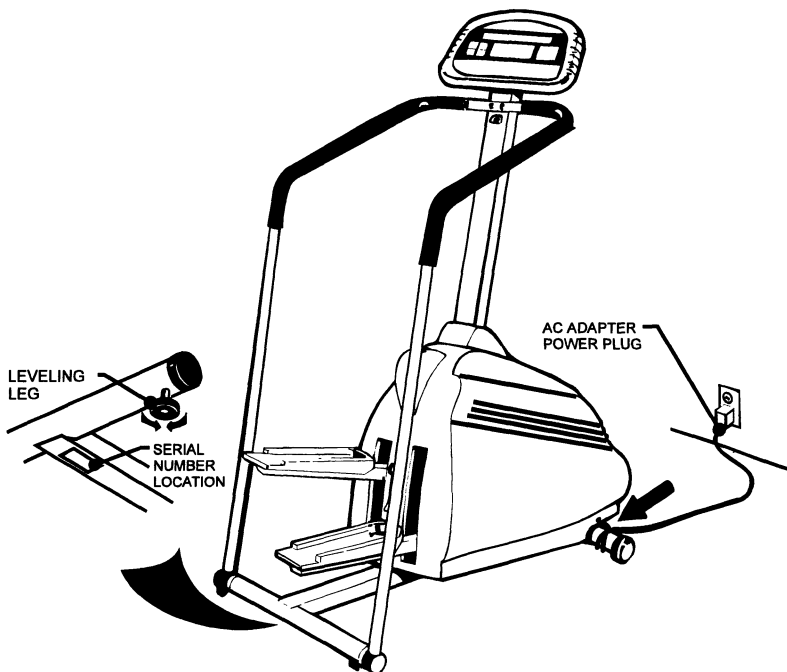
Step 12

Carefully feed any WIRE HARNESS slack back into the top of the MONOCOLUMN ASSEMBLY and attach the DISPLAY CONSOLE to the DISPLAY CONSOLE BRACKET using the four CONSOLE SCREWS and a Phillips screwdriver.

NOTE: BE CAREFUL NOT TO PINCH WIRES BETWEEN THE DISPLAY CONSOLE AND CONSOLE BRACKET OR TO OVER-TIGHTEN SCREWS.

Step 13

After placing the Life Fitness trainer in its location for use, check the stability of the unit. If the machine is unstable, adjust either leg LEVELER by turning it clockwise or counter-clockwise until the rocking motion is eliminated. Only one LEVELER needs to be turned.



NOTE: WHEN MOVING THE UNIT TO A DESIRED LOCATION, **DO NOT** LIFT USING THE PEDALS OR THE DISPLAY CONSOLE.

Step 14

Connect the AC ADAPTER POWER CORD into the socket located above the right-side wheel. Wrap the AC ADAPTER POWER CORD several times around the STABILIZER BAR (to avoid damage to the power plug), then plug into a properly grounded outlet.

CAUTION: CONNECT THE POWER PLUG TO YOUR LIFE FITNESS 5500 STEPPER BEFORE PLUGGING THE AC ADAPTER INTO A WALL OUTLET TO AVOID ELECTRICAL SHORTING OR DAMAGE TO THE TRAINER'S CIRCUITRY.



ELECTRICAL REQUIREMENTS

The **Life Fitness 5500** stepper is intended for use on a normal 120-volt electrical circuit (U.S. and Canada). Connect the power supply cord into the socket located above the front right-side wheel, then plug the AC adaptor into a properly grounded outlet. Consult the chart below for electrical requirements outside the U.S. and Canada.

Electrical Requirements

LOCATION	VOLTAGE	Hz	AMPS
<i>U.S., Canada, Ecuador, Costa Rica, Guatemala, Italy, Mexico, Venezuela</i>	120	60	.27
<i>United Kingdom</i>	230	50	.14
<i>France, Germany, the Netherlands, Belgium, Korea, Spain, Chile, Argentina</i>	230	50	.14
<i>Brazil, Colombia</i>	115/230	60	.27/.14
<i>Australia</i>	230	50	.15
<i>Japan</i>	100	50 or 60	.36
<i>New Zealand</i>	230	50	.15

STEPSELECT™ DUAL-ACTION STEPPING

Your new **Life Fitness 5500** stepper gives you the best of two worlds – the stepping modes found in premier health clubs around the world are now available to you in the comfort of your own home or office.

Independent action provides a climbing mode in which the pedals move freely from one another. Your **Life Fitness 5500** trainer provides you with 15 effort levels in independent action, giving you total control over your workout pace and step height range.

Dependent action links the pedals so that as one pedal moves up, the other moves down, and you can choose from 12 effort levels providing an equal range of stepping motion for both legs.

Simply flip the lever located between the stepping pedals and you can switch between Independent (lever in the up position) and Dependent (lever in the down position) action. It's that easy. Flip the lever, step on the pedals, and go! (**NOTE: always dismount the stepper before switching step actions.**)

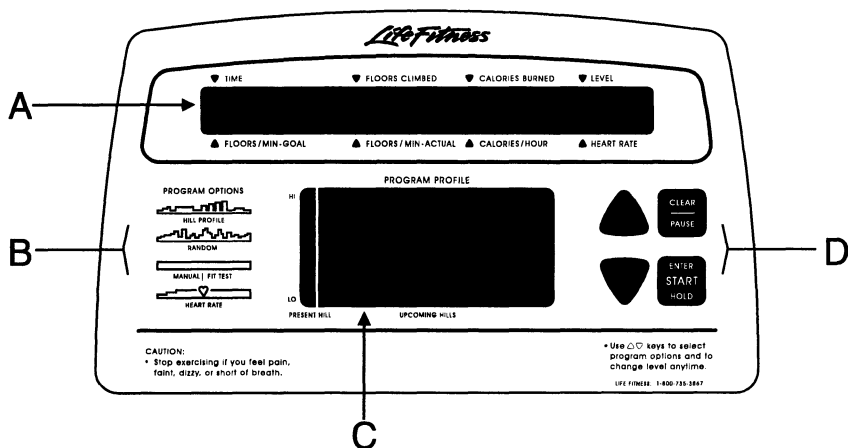
The exclusive **Lifesprings™**, located beneath each pedal, absorb the impact of your step, protecting your bones and joints. The soft response of the Lifesprings helps prevent the "bottoming out" feeling experienced in many independent stairclimbers.



THE DISPLAY CONSOLE

The computerized display console allows you to monitor your progress as you exercise. The **Life Fitness 5500** stepper's on-board computer lets you tailor your workout to your individual fitness capabilities while providing a unique means of measuring your fitness improvement from one workout to the next. As your fitness improves, you can increase the intensity of your workouts to challenge yourself and maintain your fitness level.

Display Console



A. MESSAGE CENTER:

The Message Center provides simple, step-by-step instructions for beginning your workout and displays constant feedback while you exercise. When the rows of lights above and below the window are lit, the current data of those functions are displayed. The Message Center switches between the top and bottom rows every 10 seconds. If you wish to keep one row of feedback lights displayed, press the ENTER/START/HOLD key when those lights are lit.

- **TIME:** Displays the elapsed time of your workout and functions as a stopwatch (useful for checking your pulse at the end of your Fit Test or during Pause; see "Additional Features" at the end of this section) in the pause mode.
- **FLOORS CLIMBED:** Shows the total number of floors climbed.
- **CALORIES BURNED:** Displays total calories burned.
- **LEVEL:** Shows the current effort level selected.
- **FLOORS / MIN-GOAL:** Indicates the floors-per-minute rate which you should be maintaining based on the program and effort level you selected (in Dependent action, Regular mode). If you are stepping above or below the floors-per-minute goal, the



display will flash. If you fall below your floors-per-minute goal for one minute, the effort level and floors-per-minute goal will automatically decrease.

- **FLOORS / MIN-ACTUAL:** Displays your actual floors-per-minute pace (one floor is equal to 10.2 feet/3.1 meters). You should attempt to keep this figure as close to the floors-per-minute goal as possible to maximize the aerobic benefits of your workout.
- **CALORIES / HOUR or WATTS:** Displays the number of calories you would burn in one hour at your present pace and effort level. All metric stairclimbers display energy expended in watts.
- **HEART RATE:** Your current heart rate will be displayed when you are wearing a Life Fitness Zone Trainer heart rate monitor chest strap (*optional*).

B. PROGRAM OPTIONS:

These diagrams graphically represent the various workout profiles encountered within the various Life Fitness programs.

C. PROGRAM PROFILE WINDOW:

In the Hill Profile, Random, and warm-up portion of the Heart Rate programs, a matrix of lights shows your present position and upcoming terrain. The left-most column of lights flashes and represents your current position. The remaining columns of lights show the upcoming terrain and move across the screen from right to left. In the Heart Rate program, a heart shape (♥) will appear. In all other programs, a “wedge” indicating the current effort level is displayed.

D. FUNCTION KEYS:

- **ENTER/START/HOLD:** This key is used to begin an exercise program, to restart a program after pausing, to enter data, or to hold the top or bottom Message Center displays.
- **CLEAR/PAUSE:** Press this key *once* to put an exercise program on hold for up to four minutes (after four minutes the programs will reset). The time display functions as a stopwatch to time your rest period or to take your pulse. To resume your workout, press ENTER/START/HOLD or resume stepping. The CLEAR/PAUSE key may also be used to clear any input prior to pushing ENTER/START/HOLD. Pressing CLEAR/PAUSE *twice* will reset the programs to the beginning.
- **▲▼:** Pressing the ▲▼ keys allows you to scroll among the various program options. You can also increase or decrease the effort level (from 1 to 12 in Dependent action or 1 to 15 in Independent action) using these keys. You may change your current level at any time during the Hill Profile, Random, Manual, and Quick Start programs.



NEW Features On Your Life Fitness 5500 Stepper - Including The User Programs Feature!

- **USER PROGRAMS:** This feature allows you to store and recall up to five individual program configurations on your **Life Fitness 5500** stepper.

To **STORE** your workout configuration, enter the information required to begin any of the six programs (see **Operating Instructions & Program Descriptions**). You will then be prompted to press ENTER/START/HOLD to begin your workout or press the ▲ key to save your program selections under an ID number (from 1-5) that you choose. By electing to save your program, you retain your particular program configuration for quick, easy access in future workouts.

To **RECALL** your workout program configuration, select "User Program" from the initial program options menu, use the arrow keys to scroll to your User Program number (1-5), and press ENTER/START/HOLD. The **Life Fitness 5500** stairclimber automatically recalls your weight, effort level, program selection, goal (and goal value), desired step action (the **Life Fitness 5500** stepper will prompt you if the stepping action switch needs to be changed), step mode and target heart rate (if utilizing the optional Heart Rate program).

If you decide to change your workout configuration after you've stored it, you can easily modify it by pressing the ▼ key after selecting your stored program. Then, just enter a new program configuration in place of the old one, modifying all the information or only what you wish to change.

-
- **PAUSE MODE:** Whenever you stop stepping, the **Life Fitness 5500** trainer will enter PAUSE mode. ":00 PAUSED" will appear in the Message Center and a clock will begin running (independent of your elapsed time). The **Life Fitness 5500** stair climber will remain in the PAUSE mode for four minutes or until you resume stepping. Your program may also be restarted by pressing the ENTER/START/HOLD key. After four minutes, if stepping has not resumed, your program will end and the console will reset. The PAUSE mode may also be entered during any program (except the Fit Test, to preserve the accuracy of the test) by pressing the CLEAR/PAUSE key.
-

- **POWER SAVER:** After four minutes of inactivity, the **Life Fitness 5500** trainer will switch to a power-saving mode. The display will go blank except for a single light at the bottom center of the program profile window. Pressing any key, stepping on a pedal, or a detected heart rate from the optional chest strap heart rate monitor will restore the console to its start-up display.



HEART RATE ZONE TRAINING EXERCISE™

Research shows that exercising within a predetermined heart rate range is the best way to both measure your exercise intensity **and** achieve optimal results. That's the idea behind the Life Fitness Heart Rate Zone Training approach to exercise.

Heart Rate Zone Training Exercise takes the guesswork out of working out correctly by automatically adjusting the stepping resistance of your **Life Fitness 5500** stairclimber to keep you at your target heart rate. You can't under-train or over-train, and you can determine your own can target your heart rate so you can reach your individual fitness goals!

If your primary goal is to burn fat, you should exercise at a level between 60% and 75% of your theoretical maximum heart rate (defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as 220 minus your age). If you wish to improve your cardiovascular condition, you should work out at 75% to 85% of your theoretical maximum heart rate.

Example: Let's say you are 30 years old. Your theoretical maximum heart rate is $220 - 30$ (your age) = 190 beats per minute (bpm).

If your primary goal is **to burn fat**:

Multiply $190 \times .60 = 114$ bpm (this is the **low** end of your target heart rate zone);

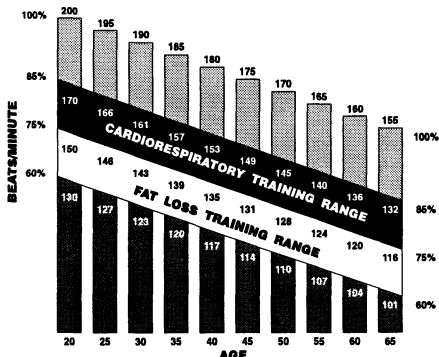
Multiply $190 \times .75 = 143$ bpm (this is the **high** end of your target heart rate zone);

If your primary goal is **to improve your cardiovascular fitness**:

Multiply $190 \times .75 = 143$ bpm (this is the **low** end of your target heart rate zone);

Multiply $190 \times .85 = 162$ bpm (this is the **high** end of your target heart rate zone).

Heart Rate Zone Training Chart



EQUATION

$220 - \text{AGE} \times \% \text{ OF MAX HEART RATE} = \text{TARGET RANGE/BPM}$
(Beats Per Minute)

EXAMPLE

$220 - 27 \times .70 \text{ OF MAX HEART RATE} = 135 \text{ BPM OF TARGET RANGE}$

Training above 85% of your theoretical maximum heart rate is not recommended.

CARDIORESPIRATORY TRAINING RANGE -- between 75% and 85% of your theoretical maximum heart rate.

FAT LOSS TRAINING RANGE -- between 60% and 75% of your theoretical maximum heart rate.

For most people, training benefits are difficult to achieve if performed below 65% of their theoretical maximum heart rate.



OPERATING INSTRUCTIONS & PROGRAM DESCRIPTIONS

Selecting a workout program on your **Life Fitness 5500** stairclimber couldn't be easier. Five computerized aerobic workout programs, plus the optional Heart Rate program, come pre-loaded on your **Life Fitness 5500** stepper:

- | | | |
|------------------------|-----------------------|---------------------------------|
| 1. Hill Profile | 3. Manual | 5. Fit Test |
| 2. Random | 4. Quick Start | 6. Heart Rate (optional) |

HILL PROFILE

is a workout consisting of a warm-up period followed by a plateau of constant effort, four progressively more difficult levels of effort separated by periods of recovery or lower effort, and a cool-down period.

RANDOM

is a program of varying effort levels which occur randomly with each exercise session, resulting in more than one million possible workout combinations.

MANUAL

is a program at a constant effort level based on predetermined goals that you select.

QUICK START

is a preset Manual program with a maximum time of 60 minutes.

HEART RATE (optional)

automatically maintains your target heart rate by varying stepping resistance (functional only when you are wearing the optional Zone Trainer heart rate monitor chest strap).

FIT TEST

measures your aerobic fitness level compared to the averages of others of the same age and sex.

In addition to these standard Life Fitness workout programs, you can use the User Programs feature to customize your workout regimen, save it, recall it, and then begin it almost immediately in future workouts! To learn more about the User Programs feature, see page 13.



To Begin Any Workout

- To start your workout, first select your stepping action preference with the lever located between the pedals (down for Dependent action, up for Independent action).

Dependent Action — You have 12 effort levels to choose from and will be asked to select either **Regular** or **Climbing** mode.
- **Regular (full-step) Mode:** Stepping pace increases as hills get higher. When using Regular mode, it is very important that you maintain your floors-per-minute/actual rate. If you are stepping faster or slower than your floors-per-minute goal, the FLOORS / MIN-GOAL light will flash and you will hear “beeps.” If you are stepping below your goal for one minute, the unit will automatically lower both the effort level and the floors-per-minute goal.
- **Climbing (short-step or full-step) Mode:** Stepping resistance increases as hills get higher. The floors-per-minute goal is not displayed in Climbing mode.
Independent Action — Choosing Independent stepping increases the number of effort levels to 15.
- Activate the **Life Fitness 5500** stairclimber by stepping on the pedals or pressing the ENTER/START/HOLD key.
- The Message Center will ask you to select a program using the ▲▼ keys. Press the keys until the program you want is displayed, then press ENTER/START/HOLD. Options and descriptions of the individual programs are outlined below.
- The Message Center will ask for your weight. Select your correct weight (this is important because the **Life Fitness 5500** stepper will determine the proper level of resistance of based on your weight) using the ▲▼ keys, then press ENTER/START/HOLD.

NOTE: You may change the level of intensity at any time during the Hill Profile, Random, Manual, and Quick Start exercise programs by pressing the ▲▼ keys.

Hill Profile Program

- After selecting the Hill Profile workout, you will be asked to enter your desired workout time. Select 1-6, 9, 12, 15, 18, 24, 36, 48 or 60 minutes using the ▲▼ keys and press ENTER/START/HOLD. (**NOTE:** The computer will not accept Hill Profile programs with durations other than those listed above.)
- After choosing a workout duration, you will be requested to select either Regular or Climbing step mode (in Dependent action only). Press ENTER/START/HOLD.



- After you have selected a step mode (if necessary), you will be asked to select an effort level from 1 to 12 in Dependent action or 1 to 15 in Independent action. Use the ▲▼ keys to scroll to the effort level you want and press the ENTER/START/HOLD key.

That's all there is to it – just begin stepping at a comfortable pace!

Life Fitness stairclimbers are unique in the fitness industry. Their patented, computerized interval training program has been scientifically demonstrated to yield greater cardiorespiratory improvement than steady-pace training.

The **Life Fitness 5500** trainer's patented Hill Profile program is an excellent example of interval training: periods of high-effort aerobic activity separated by regular intervals of lower-intensity exercise. The Hill Profile program has various preset durations: 1-6, 9-, 12-, 15-, 18-, 24-, 36-, 48-, or 60-minute sessions. The longer the Hill Profile program you choose, the longer the amount of time spent on top of a hill and at the bottom of a valley. As a result, you may find two 12-minute programs easier than the 24-minute program because the hill climbing portion is shorter.

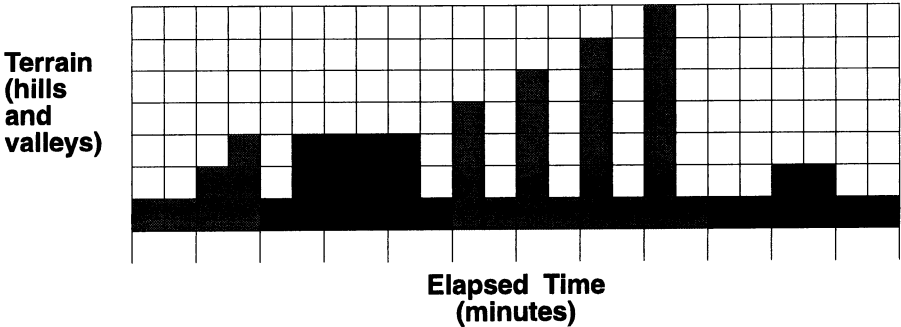
Each Hill Profile session has four stages: (1) Warm-up, (2) Plateau, (3) Interval Training, and (4) Cool-down.

- **Warm-up:** Gradually brings your heart rate into the lower portion of your target heart rate zone, increasing respiration and blood flow to working muscles.
- **Plateau:** Increases your heart rate so that it is within your target zone. Check your pulse at the end of the plateau period to ensure that you have entered your target heart rate zone.
- **Interval Training:** A series of hills and valleys. During this portion of your workout, you are confronted with four successively steeper hills, each separated from the next by a valley or recovery period. Check your heart rate at the end of the interval training period to ensure that you have stayed within your target zone.
- **Cool-down:** Reduces either your step rate or resistance depending on the step mode you've selected — Regular or Climbing — and reduces your step rate in Independent action. The cool-down gradually lowers your heart rate to the lower end of your target heart rate zone while allowing your body to begin removing accumulated by-products of exercise, such as lactic acid, which build up in muscles during your workout and contribute to muscle soreness.

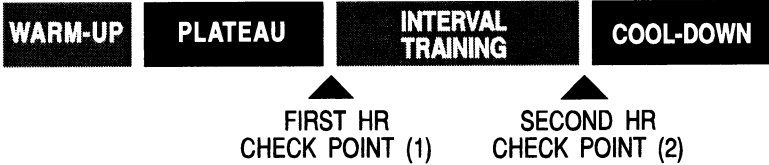
(See **Hill Profile Diagram** on the following page)



Hill Profile Diagram



6 Min. Program	0.5	1.0	1.25	2.5	2.75	3.25	3.75	4.25	4.75	5.0	5.5	6.0
9 Min. Program	0.9	1.5	1.8	3.6	3.9	4.5	5.1	5.7	6.3	6.9	7.8	9.0
12 Min. Program	1.0	2.0	2.5	5.0	5.5	6.5	7.5	8.5	9.5	10.0	11.0	12.0
15 Min. Program	1.5	2.5	3.0	6.0	6.5	7.5	8.5	9.5	10.5	11.5	13.0	15.0
18 Min. Program	1.5	3.0	3.75	7.5	8.25	9.75	11.25	12.75	14.25	15.0	16.5	18.0
24 Min. Program	2.0	4.0	5.0	10.0	11.0	13.0	15.0	17.0	19.0	20.0	22.0	24.0
36 Min. Program	3.0	6.0	7.5	15.0	16.5	19.5	22.5	25.5	28.5	30.0	33.0	36.0
48 Min. Program	4.0	8.0	10.0	20.0	22.0	26.0	30.0	34.0	38.0	40.0	44.0	48.0
60 Min. Program	5.0	10.0	12.5	25.0	27.5	32.5	37.5	42.5	47.5	50.0	55.0	60.0



Heart Rate Check Points:

- For Fat Loss Training:**
- (1) *First Heart Rate Check Point* — Your heart rate should be between 60% and 70% of your theoretical maximum heart rate.
 - (2) *Second Heart Rate Check Point* — Your heart rate should be between 70% and 75% of your theoretical maximum heart rate.
- For Cardiorespiratory Training:**
- (1) *First Heart Rate Check Point* — Your heart rate should be between 75% and 80% of your theoretical maximum heart rate.
 - (2) *Second Heart Rate Check Point* — Your heart rate should be between 80% and 85% of your theoretical maximum heart rate.



Random Program

- After selecting the Random program, you will be asked to select a goal – Time, Floors, or Calories – using ▲▼ keys. Do so and then press ENTER/START/HOLD.
- After choosing your goal, use the ▲▼ keys to select a value for the goal you selected: 1-90 minutes for Time, 1-1,000 for Floors, and 1-2,000 for Calories. Choose a goal and press ENTER/START/HOLD.
- After choosing a goal and value, you will be requested to select either Regular or Climbing step mode (in Dependent action only). Make your choice and press ENTER/START/HOLD.
- Next you will be asked to enter an effort level, from 1-12 in Dependent stepping action or from 1-15 in Independent stepping action. Select your level using the ▲▼ keys and press ENTER/START/HOLD.

Now begin stepping. The computer randomly selects hill-and-valley terrain which varies with each and every workout, resulting in more than one million combinations. Because step rates and resistance levels are greater in this program than in the Hill Profile program, it is recommended that the Random program be set one or two levels *lower* than the level of intensity you would normally select on the Hill Profile program.

Check your heart rate after the first 5 minutes of exercise in the Random program and every 5 to 10 minutes thereafter to ensure that you are exercising within your target heart rate zone.

Manual Program

- After selecting the Manual program, you will be asked to select a goal: Time, Floors, or Calories. Do so and then press the ENTER/START/HOLD key.
- After you choose your goal, use the ▲▼ keys to enter a value for the goal you selected: 1-90 minutes for Time, 1-1,000 for Floors, and 1-2,000 for Calories.
- After choosing a workout goal, you will be requested to select either Regular or Climbing step mode (in Dependent action only). Make your selection and press ENTER/START/HOLD.
- After selecting a step mode (if necessary), select an effort level using the ▲▼ keys to increase the effort level to your desired rate, then press ENTER/START/HOLD.



The Manual program provides steady-pace exercise with fixed step rates and resistance levels equal to that of the highest hill encountered in the Hill Profile program at the same level of intensity. Because of the greater effort levels of this program, it is recommended that you set the Manual program three to four levels lower than the level of intensity you would normally select in the Hill Profile program.

Check your heart rate after the first 5 minutes of exercise on the Manual program and every 5 to 10 minutes thereafter. This ensures that you are exercising within your target heart rate zone.

You can design your own interval training program using the Manual program by varying the level of intensity during the course of your workout. To do so, select a high intensity level until you reach the upper end of your target heart rate zone, then step at a lower level of intensity until your heart rate drops to the bottom of your target zone. Then increase the level of intensity again until you are back to the upper portion of your target zone. By repeating this process, you will actually be creating your own hills and valleys.

Quick Start Program

- When you choose the Quick Start program in **Independent** stepping action, you will begin your workout immediately at level 1 (see next step). In **Dependent** stepping action, you will be asked to select a stepping mode, either Regular or Climbing. Use the ▲▼ keys to select a stepping mode and press ENTER/START/HOLD. (**NOTE:** The Quick Start program does not require a goal of time, calories or distance.)
- You will begin at level 1. Use the ▲ key to increase the effort level to your desired workout rate, then press the ENTER/START/HOLD key. (**NOTE:** You may change the level of intensity at any time during an exercise program by pressing the ▲▼ keys. The maximum amount of time you can step in the Quick Start program is 60 minutes.)

Check your heart rate after the first 5 minutes of exercise in the Quick Start program and every 5 to 10 minutes thereafter to ensure that you are exercising within your target heart rate zone.

The Quick Start program provides steady-pace exercise. As in the Manual program, you can create your own interval training program using the Quick Start program by varying the level of intensity during your workout. To do so, select a high level of intensity until you reach the upper end of your target heart rate zone, then step at a lower intensity level until your heart rate drops to the bottom of your target zone. Increase the level of intensity until you again reach the upper portion of your target heart rate zone. By repeating this process, you will be simulating your own hills and valleys.



Fit Test Program

The Fit Test program is another exclusive feature of this versatile Life Fitness aerobic trainer. Think of it as your relative fitness score. Use the Fit Test to monitor improvement in your endurance every four to six weeks. (For the most accurate Fit Test results, perform the Fit Test on three consecutive days and average the three scores.)

- After selecting the Fit Test program, the Message Center will show "Select Age." Use the ▲▼ keys to scroll to your age and press ENTER/START/HOLD.
- After entering your age, "Select Sex" appears in the Message Center. Press ▲ for male or ▼ for female.
- After entering your sex, the Message Center will ask you to select an effort level from 1 to 12. Consult the table below to choose your appropriate effort level.

Activity Level Chart

ACTIVITY LEVEL				
AGE	GENDER	INACTIVE	ACTIVE	VERY ACTIVE
Under 30 years	Female	1	5	8
	Male	6	9	9
30-39 years	Female	1	5	8
	Male	2	6	9
40-49 years	Female	1	5	5
	Male	2	6	9
50+ years	Female	1	1	5
	Male	2	6	9

Begin stepping for the three-minute Fit Test. You must maintain the floors-per-minute goal indicated in the FLOORS / MIN-GOAL display, and you must maintain a 100% effort and step height for an accurate Fit Test score.

Immediately upon concluding your Fit Test, take your 15-second pulse (if you don't know how to take your pulse, see **How To Take Your Pulse** on page 24). The display will count 15 seconds and then "beep." When you hear the beep, use the ▲▼ keys to enter your 15-second pulse count. (If you are using the optional heart rate chest strap monitoring kit, your heart rate will be entered automatically.) The Message Center will show your beats per minute (BPM), Fit Test score, and fitness classification.



(NOTE: To receive a proper Fit Test score, you must be working within your training heart rate zone, which is 65%-85% of your theoretical maximum heart rate. If your heart rate is lower than 65% of your theoretical maximum heart rate, take the Fit Test at a higher step level. If your heart rate is too high (greater than 200 beats per minute) or too low (less than 50 beats per minute), review the pulse-taking procedure on page 24.

Use the number and rating you receive to compare your fitness level to others of the same gender and age category using the tables on the following page. The Fit Test lets you track your progress as you become more cardiovascularly fit, motivating you to continue your workouts and provide a measure of how your fitness condition improves over time.

Your Fit Test score is also an estimate of your VO_2 max, a combination of how well the heart supplies oxygenated blood to exercising muscles and how efficiently those muscles are able to retrieve oxygen from the blood. This measurement is generally regarded by physicians and exercise physiologists as the standard for aerobic capacity.

Please note that the VO_2 max values received on a stairclimber will be 10 to 15 percent higher than those achieved on a stationary cycle. Stationary cycling offers a specific workout for the quadriceps (thigh) muscles, which often reach maximum fatigue at a lower level of VO_2 max than a person could reach on a stepper or a treadmill.

Fit Test Tips

The computer will not accept:

- 15-second pulse counts below 18 or above 55 (72 or 220 beats per minute);
- body weights less than 50 pounds (23 kg) or greater than 275 pounds (125 kg);
- ages below 10 years or greater than 99 years;
- data input that exceeds human potential.

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

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 you take the test;
- time you last ate (two to four hours after your 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).



Fit Test Scoring Tables

RELATIVE FITNESS CLASSIFICATIONS FOR MEN

RATING	AGE				
	20-29	30-39	40-49	50-59	60-69
<i>Elite</i>	61+	57+	55+	53+	50+
<i>Excellent</i>	55-60	52-56	50-54	47-52	44-49
<i>Good</i>	50-54	46-51	44-49	42-46	39-42
<i>Above Average</i>	44-49	41-45	39-43	36-41	33-38
<i>Average</i>	40-43	36-40	34-38	32-35	29-32
<i>Below Average</i>	34-39	31-35	29-33	26-31	23-28
<i>Poor</i>	29-33	25-30	22-28	20-25	18-22
<i>Very Poor</i>	<29	<25	<22	<20	<18

RELATIVE FITNESS CLASSIFICATIONS FOR WOMEN

RATING	AGE				
	20-29	30-39	40-49	50-59	60-69
<i>Elite</i>	54+	51+	48+	46+	44+
<i>Excellent</i>	48-53	45-50	43-47	41-45	39-43
<i>Good</i>	43-47	40-44	37-42	35-40	33-38
<i>Above Average</i>	37-42	34-39	32-36	30-34	28-32
<i>Average</i>	33-36	30-33	28-31	25-29	23-27
<i>Below Average</i>	28-32	24-29	22-27	20-24	18-22
<i>Poor</i>	22-27	19-23	17-21	14-19	12-17
<i>Very Poor</i>	<22	<19	<17	<14	<12



How To Take Your Pulse

To take your pulse, place your index and middle fingers together and with slight pressure place them on either a) your neck, below your earlobe and near the angle of your jaw (this is your *carotid* pulse), or b) with your palm up, place your fingers on the thumb side of your wrist, just below the heel of your hand (this is your *radial* pulse).

Count the number of pulses for 15 seconds; multiplying this number by four will give you the number of beats per minute (BPM). You can monitor your pulse and automatically enter your heart rate in the Fit Test with an optional heart rate chest strap monitor. To order your heart rate chest strap monitor kit, call Life Fitness toll free at (800) 877-3867 in the U.S. and Canada; In Europe, call 089 3 10 50 87 (Munich), 353 666017 (UK), or contact your nearest Life Fitness equipment dealer.

Heart Rate Program

(functional only with the optional heart rate chest strap monitor kit)

The patented Life Fitness Heart Rate program is the most accurate heart rate training system available on any stairclimbing machine. This revolutionary heart rate management system automatically adjusts stepping resistance to keep you at your appropriate target heart rate while you exercise. Under-training and over-training are eliminated!

- After selecting the Heart Rate program, you will be asked to enter your age using the ▲▼ keys. Your Life Fitness stairclimber will display your computed target heart rate (70% of your theoretical maximum). Press ENTER/START/HOLD to accept this target heart rate or use the ▲▼ keys to change it and ENTER/START/HOLD to accept it.
- Use the ▲▼ keys to select a goal and then a value for that goal: Time (1–90 minutes), Floors (1–1,000), or Calories (1–2,000). Press the ENTER/START/HOLD key to enter your selections.
- Use the ▲▼ keys to choose a warm-up effort level. Again, if you are in Independent stepping action you can select from 15 levels; in Dependent stepping action you have 12 levels from which to choose (Climbing mode is not available in the optional Heart Rate program). Now begin stepping.

The Heart Rate program works by adjusting the resistance of the **Life Fitness 5500** stepper in accordance with your heart rate. The program uses the optional chest strap to accurately monitor your heart rate and automatically adjusts resistance to maintain your target heart rate, based on your age, goals, and the Zone Training chart. You may change your target heart rate at any time simply by pressing the ▲▼ keys.



When you exercise in the Heart Rate program, your **Life Fitness 5500** stepper will automatically calculate your target heart rate at 70% of your theoretical maximum. You may, however, wish to customize your target heart rate based on your personal goals.

The Heart Rate program warm-up phase is three minutes long, or until your heart rate reaches your selected target. At the end of your warm-up period, a heart shape (♥) will appear in the center window. From that point on, the Heart Rate program will vary the level of difficulty, based on your heart rate, to help you reach and maintain your target heart rate. It should take two to three minutes for your heart rate to reach your target.

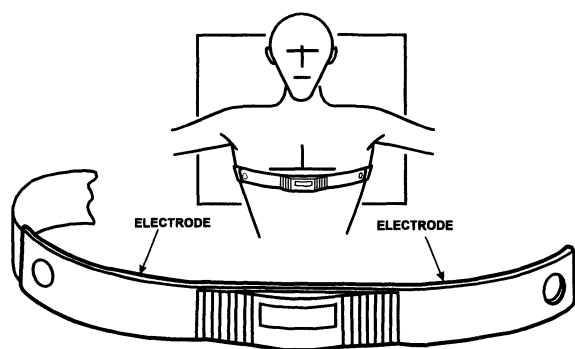
NOTE: *If your heart rate is above your target during the warm-up period, the warm-up will end and the stepper will begin automatically varying resistance to maintain your target heart rate. You may increase or decrease your effort level anytime during the warm-up period — and your target heart rate at any time thereafter — simply by pressing the ▲▼ keys.*

USING THE OPTIONAL HEART RATE MONITOR CHEST STRAP AND RECEIVER

To use the heart rate chest strap and receiver:

Moisten the electrodes (the two grooved surfaces on the underside of the strap) of the transmitter and secure the strap as high under the pectoral (chest) muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.

Optional Heart Rate Chest Strap



If you need to remoisten the chest strap transmitter electrodes, pull the center of the strap away from the chest to expose the electrodes and moisten them in this position.

The transmitter strap has been designed to deliver an optimum heart rate reading when the electrodes are directly in contact with bare skin. It will, however, function properly through wet, lightweight clothing. The key is to make certain that the electrodes remain wet to conduct the electrical impulses of the heart back to the receiver.

To install the heart rate receiver, simply remove the protective plastic insert from the receptacle located on the monocolumn just below the handles and plug the receiver module into the receptacle.



THE MESSAGE CENTER

The *Life Fitness 5500* stepper constantly monitors your performance during an exercise program, providing prompts to take action and advise you of your performance. The following are some examples of what you may see during your workout:

MESSAGE	COMMENT
ENTER WEIGHT - USING ARROW KEYS	Use the ▲▼ keys to scroll to your weight.
MIN IS 50 LBS.	The minimum weight you may enter is 50 pounds–23 kilograms on metric units.
MAX IS 275 LBS.	The maximum weight you may enter is 275 pounds–125 kilograms on metric units.
SELECT PROGRAM - USING ARROW KEYS	Use the ▲▼ keys to scroll through the Life Fitness program options.
SELECT USER - PROGRAM - USING ARROW KEYS	Use the ▲▼ keys to scroll to your customized program setup.
SELECT GOAL - USING ARROW KEYS	Use the ▲▼ keys to choose a goal for your Life Fitness workout program.
SELECT ACTION - USING ARROW KEYS	Use the ▲▼ keys to choose either Regular or Climbing action.
INDEPENDENT (or Dependent) MODE - MOVE LEVER - BETWEEN FEET - TO SELECT - DEPENDENT (or Independent) MODE - PRESS START - TO BEGIN	The Life Fitness stepper is in either dependent or independent stepping mode. To change the mode, you need to flip the lever located between the step pedals either up or down.
SELECT LEVEL - USING ARROW KEYS	Use the ▲▼ keys to choose an effort level.



MESSAGE	COMMENT
PROGRAM SPECIFIC MESSAGES —	
HEART RATE —	
SELECT - AGE	Scroll to your age using the ▲▼ keys, then press ENTER/START/HOLD.
HEART RATE - ### TARGET HR - ###	Shows your current heart rate. Displays your calculated target heart rate for Zone Training.
YOUR 70 PCT - TARGET HR - ### - CHANGE TARGET HR - USING ARROW KEYS	Shows your calculated target heart rate, which you can increase or decrease using the ▲▼ keys.
RESISTANCE WILL - ADJUST TO KEEP - HR AT TARGET	The Life Fitness stepper will automatically adjust to maintain your target heart rate and keep you in your training zone.
BEGIN WARMUP NOW	Begin stepping to approach your target heart rate.
NO HEART RATE - DETECTED - PRESS ENTER TO - SELECT HEARTRATE - MANAGEMENT - OR CHOOSE - ANOTHER PROGRAM	You are not using the optional Zone Trainer heart rate monitor chest strap and receiver. You must either put the chest strap on or choose another program.
CANNOT REACH - TARGET HEART - RATE - INCREASE PACE	You cannot reach your target heart rate at your current stepping pace. You must manually increase your stepping pace.
OVER TARGET HR - SLOW PACE	You have surpassed your target heart rate, and must manually decrease your stepping pace.



MESSAGE	COMMENT
FIT TEST—	
SELECT SEX	Press either arrow key once to choose male, twice to choose female, and press ENTER/START/HOLD.
BEGIN 3-MINUTE - FIT TEST NOW	You are ready to begin your Fit Test program.
TAKE 15-SECOND - PULSE NOW	Take your 15-second pulse.
ENTER 15-SECOND - PULSE NOW - USING ARROW KEYS	Scroll to your 15-second pulse and press ENTER/START/HOLD.
FIT SCORE	Your Fit Test score — elite, excellent, good, above average, average, below average, poor, or very poor — in relation to others of your age and sex will be displayed.
USE UP ARROW TO - INCREASE PACE	Press the ▲ key to increase your stepping pace.
USE ARROW KEYS - TO CHANGE LEVELS	Press either ▲▼ key to increase or decrease levels.
## MIN TO GO	You have this number of minutes remaining in your workout.
#### FLRS TO GO	You have this number of floors to climb remaining in your workout.
#### CAL TO GO	You have this number of calories to burn remaining in your workout.



PREVENTIVE MAINTENANCE TIPS

Your **Life Fitness 5500** stepper is backed by the engineering excellence and quality of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. As one of the most popular stairclimbers in premier health clubs across the country, Life Fitness commercial steppers regularly stands up to marathon use — 18 hours a day, 7 days a week, 52 weeks a year — in health clubs, colleges and military installations the world over.

The following preventive maintenance tips will help keep your Life Fitness stairclimber operating at its best:

- Place it in a cool, dry place.
- Clean the top surface of the pedals regularly.
- Keep the display console free of fingerprints and salt build-up caused by sweat. Use a 100% cotton cloth, lightly moistened with water and mild liquid detergent. Other fabrics, including paper towels, may scratch the surface.
- Long fingernails may damage or scratch the surface of the console; use the pad of your finger to press the selection buttons on the console.
- Clean the housing thoroughly on a regular basis.

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

CAUTION: DO NOT MOVE THE UNIT OR PLACE YOUR HANDS INTO THE UNIT WHILE IT IS PLUGGED INTO AN ELECTRICAL OUTLET.

TROUBLESHOOTING

Symptom: **No Power**

- Check connection at machine socket and wall outlet.
- Disconnect the display connector and reconnect.

Symptom: **Erratic Display**

- Check connection at machine socket and wall outlet.
- Disconnect the display connector and reconnect.

Symptom: **Keys Do Not Respond**

- Check connection at machine socket and wall outlet.
- Disconnect the display connector and reconnect.



HOW TO OBTAIN PRODUCT SERVICE

If you experience problems:

Step 1:

Verify the symptom(s). Sometimes, the problem turns out to be unfamiliarity with your **Life Fitness 5500** stairclimber's features and programs.

Step 2:

Locate and document the serial number of the unit. The serial number of your **Life Fitness 5500** stepper is located on the underside of the frame near the rear stabilizer bar. Please have the serial number of the product and the symptom ready for the Customer Support Service Specialist who will be assisting you. This information is necessary for us to help solve any problems you may be experiencing.

Step 3:

Contact Life Fitness Customer Support Service.

Life Fitness Customer Support Service

10601 West Belmont Avenue

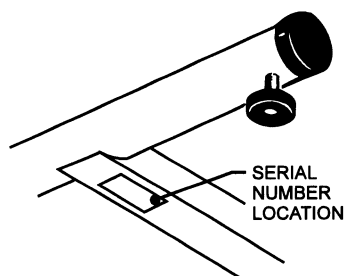
Franklin Park, IL 60131

(800) 351-3737

Toll Free (within the U.S. and Canada)

(847) 451-0036

FAX: (847) 288-3702



For Product Service In Europe:

Life Fitness GmbH

Telephone: (089) 31 77 51-0

FAX: (089) 3 10 73 69

Life Fitness UK Ltd

Telephone: (01353) 666017

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Life Fitness BeNeLux

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Life Fitness Italia S.R.L.

Telephone: (0472) 835470

FAX: (0472) 833150

Life Fitness Austria

Telephone: (02266) 61959

FAX: (02266) 61959



LIFE FITNESS 5500 STEPPER

SPECIFICATIONS

All specifications are for a fully assembled **Life Fitness 5500** stepper.

Designed use	Home
Maximum user weight	275 pounds (124.7 kilograms)
Stepping speed range	20 -207 feet per minute (6.1-63.1 meters per minute) 2-20.3 floors per minute
Power requirements	120 volts or as specified by Life Fitness for units manufactured for installations outside the United States and Canada. (See Electrical Requirements chart for electrical requirements outside the U.S.)
Step pedal size	6 inches x 13 inches (15.25 cm x 33 cm)
Maximum step height	15 inches (38.1 cm)
Programs	Hill, Random, Manual, Fit Test, Quick Start, Heart Rate (optional)
Caloric feedback	Calories, calories per hour (watts on metric units)
Distance feedback	Floors, feet (meters on metric units)
Number of levels	15 in Independent action; 12 in Dependent action
Console displays	Time, floors climbed, calories burned, level, floors/min - goal, floors/min - actual, calories/hour (watts on metric units), heart rate (optional)

PHYSICAL DIMENSIONS:

Length	42 inches (107 cm)
Width	28 inches (71 cm)
Height	59 inches (150 cm)
Weight	100 lbs. (45 kg)
Color	Granite

SHIPPING DIMENSIONS:

Length	47 inches (119 cm)
Width	27 inches (73 cm)
Height	30 inches (76 cm)
Weight	120 lbs. (55 kg)



APPENDIX

How To Choose An Aerobic Training Method

How hard you work out during your Life Fitness stairclimber exercise sessions depends on your fitness goals and physical condition. But if you don't enjoy your workout you won't continue; in other words, you need to design a workout that you can not only live with, *but actually enjoy and look forward to*.

This section describes the two aerobic training methods that are available on the **Life Fitness 5500** trainer — interval training and steady-pace training.

Interval Training

The Life Fitness stairclimber is unique in the fitness industry. Its patented, computerized interval training program has been scientifically demonstrated to yield more statistically significant cardiorespiratory improvement than steady-pace training.

Interval training, a feature of the Hill Profile and Random programs, provides periods of high-effort aerobic activity separated by intervals of lower-intensity exercise. By varying your workload throughout the exercise session, your heart rate will range between the high and low ends of your target heart rate zone, provided you have selected an appropriate workout level. In the Manual and Quick Start programs, you can also change the levels of intensity during your workout by simply pressing the ▲▼ keys.

Interval training is ideal for everyone from elite athletes, who rely on power and speed for optimum performance, to patients in medically supervised rehabilitation facilities.

Steady-Pace Training

Some people prefer steady-pace training, and it, too, is available on your **Life Fitness 5500** stairclimber. The Manual, Heart Rate and Quick Start programs provide a steady, fixed-step rate depending on the step action you have chosen.

You can create your own customized exercise programs using either the Manual, Heart Rate or Quick Start programs by simply changing levels during the course of your program. For example, if you are stepping in the Manual program at level 4 and wish to increase the stepping effort, you merely press the ▲ key. Likewise, you can select a lower effort by using the ▼ key.

Some exercise physiologists believe in the use of both steady-pace and interval training. The Hill Profile, Manual and Random programs offer this variety in either Dependent or Independent action. If your time is limited, however, we recommend that you choose the Hill Profile program. It can provide greater cardiorespiratory improvement per unit of time than steady-pace training.



If, for medical or physiological reasons, you have been advised to maintain a steady heart rate while exercising, you should select either the Heart Rate (optional), Manual or Quick Start program in Dependent action. It is easier to maintain a consistent heart rate using these programs than in the Hill Profile or Random programs. For fat loss, you may wish to use the Heart Rate program in Independent action at a low target heart rate and step for a longer period of time in each exercise session.

How To Determine Your Exercise Program Level

Once you complete the Fit Test and receive a Fit Test score, you are ready to select an exercise program level. The 12-week program and working out in your recommended target heart rate will help you maintain or improve your fitness level.

How to Select A 12-Week Workout

1. Take the three-minute Fit Test.
2. Obtain your Fit Test score ($VO_2 \text{ max}$).
3. Locate your Fit Test score in the left column of the table below.
4. The corresponding letter in the right column is the Recommended Exercise Program you should follow.

<i>FIT TEST SCORE</i> <i>VO₂ MAX (ml/kg/min)</i>	<i>PROGRAM</i>
<i>below 22</i>	A
<i>22-33</i>	B
<i>34-44</i>	C
<i>45-55</i>	D
<i>above 55</i>	E

Using the information from your Fit Test and the chart above, you can now select one of the five workout programs on the following pages which were designed specifically for the **Life Fitness 5500** stepper .



Life Fitness 5500 Stepper Workout Programs*

Program A

WEEK	1	2-3	4-6	7-9	10-12	Maintenance
Level	1	1	1	2	2	2
Duration (mins.)	12	18	24	18-24	24	24-36
Heart Rate ¹	60-70%	60-70%	60-70%	70-80%	70-80%	70-80%
Calories/workout ²	49	74	96	101-134	134	134-202
Frequency ³	4-5	4-5	4	4	4	3-4

Program B

WEEK	1	2-3	4-6	7-9	10-12	Maintenance
Level ⁴ — M	2	2	3	4	5	5
F	2	2	2	3	4	4
Duration (mins.)	18	24	24	24	24	24-36
Heart Rate ¹	60-70%	60-70%	65-75%	70-80%	70-80%	70-80%
Calories/workout ² — M	101	134	149	163	176	176-265
F	101	134	134	149	163	163-244
Frequency ³	4-5	4	4	4	4	3-4

Program C

WEEK	1	2-3	4-6	7-9	10-12	Maintenance
Level ⁴ — M	5	5	6	7	8	8
F	4	4	5	6	7	7
Duration (mins.)	18	24	24	24-36	24	24-36
Heart Rate ¹	60-70%	60-70%	65-75%	70-80%	70-80%	70-80%
Calories/workout ² — M	132	176	189	204-306	222	222-333
F	122	163	176	189-284	204	204-306
Frequency ³	4-5	4	4	4	4	3-4

Program D

WEEK	1	2-3	4-6	7-9	10-12	Maintenance
Level ⁴ — M	8	8	9	9	10	10
F	7	7	8	8	9	9
Duration (mins.)	18	24	24	24-36	24	24-36
Heart Rate ¹	60-70%	60-70%	70-80%	70-80%	70-80%	70-80%
Calories/workout ² — M	166	222	238	238-357	254	254-381
F	153	204	222	222-333	238	238-357
Frequency ³	4-5	4	4	4	4	3-4



Program E

WEEK	1	2-3	4-6	7-9	10-12	Maintenance
Level⁴ — M	10	10	11	11	12	12
F	9	9	10	10	11	11
Duration (mins.)	18	24	24	24-36	24	24-36
Heart Rate¹	60-70%	60-70%	70-80%	70-80%	70-80%	70-80%
Calories/workout² — M	190	254	272	272-408	293	293-440
F	254	238	254	254-381	272	272-408
Frequency³	3-4	3-4	3-4	3-4	3-4	3-4

* For the Hill Profile program.

¹ Percent of your theoretical maximum heart rate.

² Calories based on 70 kg (154 lb.) individual. Based on research from the Exercise Physiology and Nutrition Laboratory, University of Massachusetts Medical School.

³ The number of times per week you should work out.

⁴ Levels differ between men and women due to differences in stepping efficiency.





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