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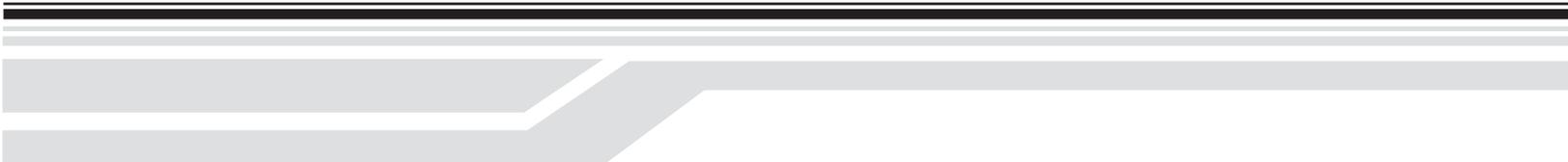
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# ***95T Treadmills***

**ASSEMBLY INSTRUCTIONS**

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## ***Congratulations...***

and welcome to the world of



The following Parts Identification Listing and the step by step assembly procedures have been assembled to make the set-up of this treadmill as quick and easy as possible.

Please take special note of the following important points prior to choosing a location and beginning assembly of the treadmill...

## **IMPORTANT SAFETY INSTRUCTIONS !**

- ❖ **DO NOT** position the rear of the treadmill within 6.5 feet ( 2 meters ) of the nearest obstruction. It is recommended that the sides of the treadmill should maintain a minimum clearance of 19.7 inches ( .5 m ) from the nearest treadmill or other obstruction.
- ❖ **DO NOT** locate the treadmill outdoors, near swimming pools, or in areas of high humidity.
- ❖ **DO** verify the contents of the delivery carton against the accompanying parts listing prior to setting the cartons and shipping material aside. If any parts are missing, contact Life Fitness Customer Support Services at the number listed on the back page of this assembly instruction booklet.

Save the shipping cartons in case of return.

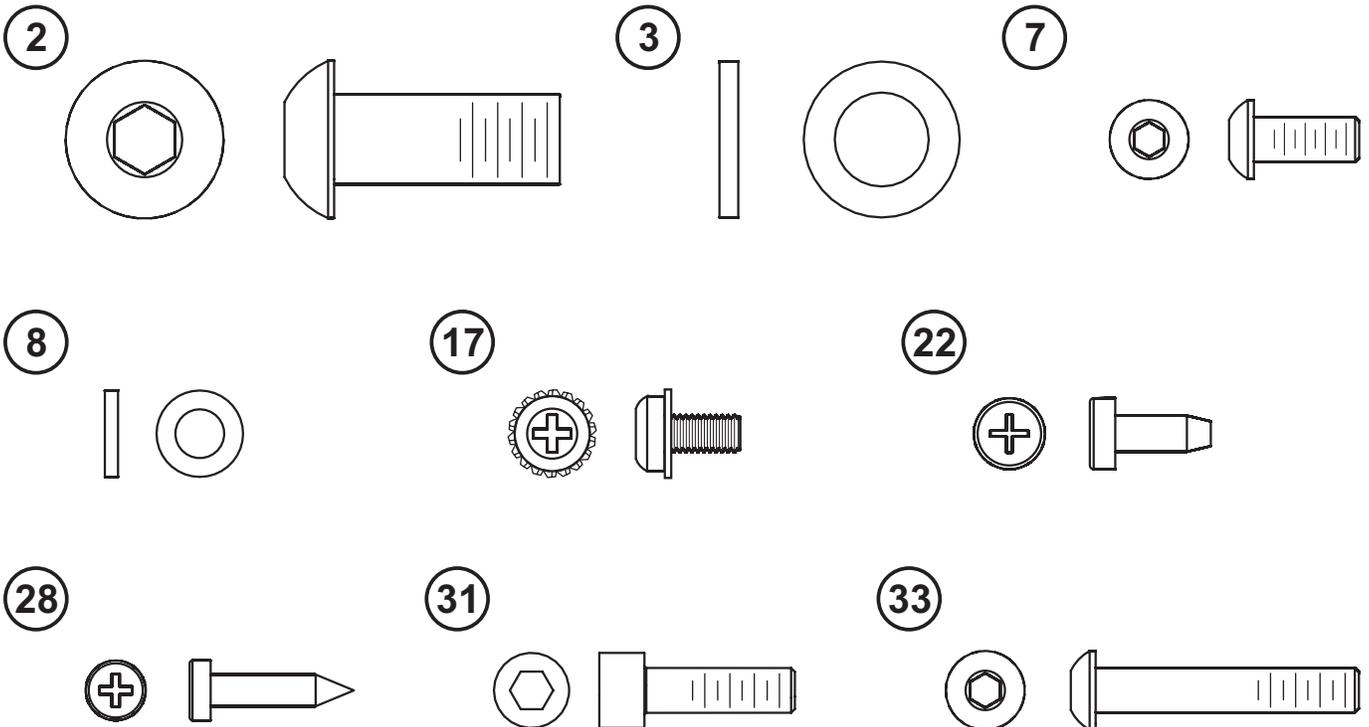
- ❖ **DO** read the entire Operation Manual prior to attempting to operate this machine, as this is essential for proper use. The Manual explains how to properly use the treadmill and helps you to train your staff effectively.
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- ❖ **NE** placez PAS l'arrière du tapis roulant dans un rayon de 2 m (6 pi) de l'obstruction la plus proche. Les côtés de l'appareil ne doivent pas se trouver à moins de 20 cm (19.7 po) du tapis roulant voisin ou de toute autre obstruction.
  - ❖ **NE** placez PAS le tapis roulant à l'extérieur, près d'une piscine ou dans des endroits très humides.
  - ❖ **VÉRIFIEZ** si l'emballage contient toutes les pièces de la liste jointe avant de le mettre de côté. Si des pièces sont absentes, contactez l'assistance clientèle de Life Fitness au numéro indiqué au dos de cette brochure d'instruction de montage..
  - ❖ **VÉRIFIEZ** si l'emballage contient toutes les pièces de la liste jointe avant de le mettre de côté. Si des pièces sont absentes, contactez l'assistance clientèle de Life Fitness au numéro indiqué au dos de cette brochure d'instruction de montage.

# TOOLS REQUIRED FOR ASSEMBLY...

#2 Phillips screwdriver; 4mm, 5mm, 8mm Allen Head Drivers (T-Bar recommended)

## PARTS DESCRIPTION

1	UPRIGHT	Qty: 1	2	M12 x 1.75 HEX BUTTON HEAD SCREW 0017-00101-1984	Qty: 12
3	M12.5 WASHER 0017-00104-0489	Qty: 12	4	UPRIGHT	Qty: 1
5	HANDRAIL/BRIDGE ASSEMBLY	Qty: 1	6	CONSOLE BRACKET	Qty: 1
7	M6 x 14 BUTTON HEAD SCREW 0017-00101-1953	Qty: 62	8	M6.5 WASHER 0017-00104-0488	Qty: 11
9	MASTER WIRE HARNESS	Qty: 1	10	TOP COVER	Qty: 1
11	RIGHT INNER HANDRAIL COVER	Qty: 1	12	LEFT INNER HANDRAIL COVER	Qty: 1
13	BOTTOM COVER	Qty: 1	14	FRONT NECK SHROUD	Qty: 1
15	ACTIVITY ZONE ASSEMBLY	Qty: 1	16	DISPLAY CONSOLE	Qty: 1
17	M5 x 10 PHILLIPS PAN HEAD SCREW 0017-00101-1995	Qty: 4	18	LCD ACCESS COVER	Qty: 1
19	REAR CONSOLE COVER	Qty: 1	20	RIGHT REAR ENDCAP	Qty: 1
21	LEFT REAR ENDCAP	Qty: 1	22	#10 x 8 PHILLIPS PAN HEAD SCREW 0017-00101-1776	Qty: 8
23	LEFT SIDE EXTRUSION	Qty: 1	24	FOAM STRIP	Qty: 2
25	RIGHT SIDE EXTRUSION	Qty: 1	26	LEFT UPRIGHT COVER	Qty: 1
27	RIGHT UPRIGHT COVER	Qty: 1	28	#8 x 12 PHILLIPS PAN HEAD SCREW 0017-00101-1769	Qty: 2
29	RUBBER GROMMET	Qty: 10	30	CUP HOLDER	Qty: 2
31	M6 x 20 SOCKET HEAD SCREW 0017-00101-1902	Qty: 3	42	CABLE TIE	Qty: 10
33	M6 x 35 BUTTON HEAD SCREW 0017-00101-1954	Qty: 2			



## IMPORTANT!

DO NOT DISCARD THE SHIP KIT LOCATED ON TOP OF THE DECK AND BELT. ALL NECESSARY COMPONENTS NEEDED TO COMPLETE THE INSTALLATION ARE LOCATED IN THE SHIP KIT.

NE JETEZ PAS LE KIT D'EXPÉDITION PLACÉ SUR LE DESSUS DU PLATEAU ET SUR LE TAPIS. IL CONTIENT TOUS LES ÉLÉMENTS NÉCESSAIRES POUR L'INSTALLATION.

## IMPORTANT!

CHECK THE BELT EDGE UNDER THE TREADMILL TO VERIFY THE BELT DOES NOT INTERFERE WITH LIFE-SPRING BRACKETS AND THE BELT IS PROPERLY SET WITHIN THE BELT GUIDES.

1. Remove the six SCREWS (A) securing the MOTOR COVER (B). Lift and remove the MOTOR COVER and set it and the SCREWS aside.

2. Locate the LEFT UPRIGHT (1). With the notched end facing upward and closest to the treadmill, lay the LEFT UPRIGHT near the LEFT UPRIGHT MOUNTING BRACKET (C) as shown.

3. Feed the CONSOLE CABLE (D) through the front channel (toward motor compartment) of the LEFT UPRIGHT (1).

Feed the ENTERTAINMENT POWER CABLE (E) through the center channel of the LEFT UPRIGHT (1).

Tilt the LEFT UPRIGHT upward and carefully insert it onto the LEFT UPRIGHT MOUNTING BRACKET. Secure the LEFT UPRIGHT using three BOLTS (2) and WASHERS (3). Leave the BOLTS loose at this time.

**NOTE:** BE CAREFUL NOT TO PINCH THE CABLES WHEN INSERTING THE LEFT UPRIGHT ONTO THE LEFT UPRIGHT MOUNTING BRACKET.

4. Locate the RIGHT UPRIGHT (4). With the notched end facing upward and closest to the treadmill, lay the RIGHT UPRIGHT near the RIGHT UPRIGHT MOUNTING BRACKET (F) as shown.

5. Feed the C-SAFE (G) and COAXIAL CABLES (H) through the front channel (toward motor compartment) of the RIGHT UPRIGHT (4).

Tilt the RIGHT UPRIGHT upward and carefully insert it onto the RIGHT UPRIGHT MOUNTING BRACKET. Secure the RIGHT UPRIGHT using three BOLTS (2) and WASHERS (3). Leave the BOLTS loose at this time.

**NOTE:** BE CAREFUL NOT TO PINCH THE CABLES WHEN INSERTING THE RIGHT UPRIGHT ONTO THE RIGHT UPRIGHT MOUNTING BRACKET.

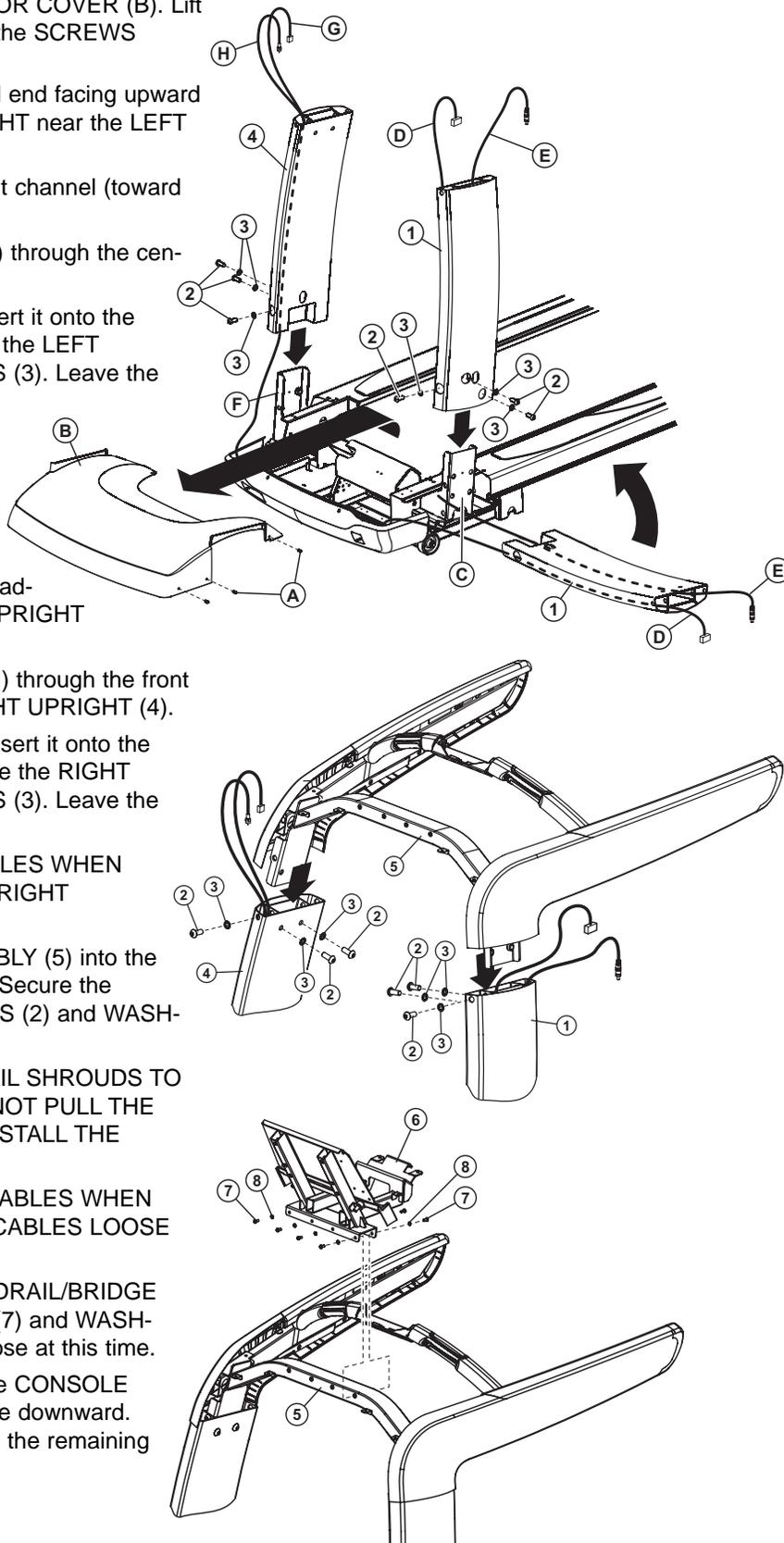
6. Carefully insert the HANDRAIL/BRIDGE ASSEMBLY (5) into the top of the RIGHT and LEFT UPRIGHTS (1 & 4). Secure the HANDRAIL/BRIDGE ASSEMBLY using six BOLTS (2) and WASHERS (3). Tighten the BOLTS securely.

**NOTE:** CAREFULLY PULL BACK THE HANDRAIL SHROUDS TO INSTALL THE BOLTS FROM THE FRONT. DO NOT PULL THE SHROUDS FURTHER THAN IS NEEDED TO INSTALL THE FRONT BOLTS.

**NOTE:** BE CAREFUL NOT TO DAMAGE ANY CABLES WHEN INSTALLING THE CONSOLE BRIDGE. LEAVE CABLES LOOSE AT THIS TIME.

7. Attach the CONSOLE BRACKET (6) to the HANDRAIL/BRIDGE ASSEMBLY (5) as shown using eight SCREWS (7) and WASHERS (8). Start all eight screws but leave them loose at this time.

While standing on the treadmill, pull the top of the CONSOLE BRACKET toward the user pushing the front edge downward. Tighten the four front SCREWS securely. Tighten the remaining four back SCREWS securely.



- Secure the ERGO CROSSBAR of the HANDRAIL/BRIDGE ASSEMBLY (5) to the CONSOLE BRACKET (6) using three SCREWS (31) and three WASHERS (8).

**NOTE:** ROUTE THE HEART RATE CABLES (L) UNDER THE MOUNTING TABS AS SHOWN BELOW. BE CAREFUL NOT TO DAMAGE THE HEART RATE CABLES.

- From under the HANDRAIL/BRIDGE ASSEMBLY (5), install the MASTER WIRE HARNESS (9) to the CONSOLE (D) and HEART RATE (L) CABLES. WIRE-TIE (M) the cables to the CONSOLE BRIDGE as shown.

Feed the combined connector upward to the back of the CONSOLE BRACKET (6).

Attach the FERRITE (W) to the inside of the user left CONSOLE BRACKET POST (X).

Carefully secure the MASTER WIRE HARNESS to the CONSOLE BRACKET using CABLE TIES (32)

- Connect the BASE C-SAFE CABLE (G) to the single port end of the C-SAFE SPLITTER (Z). Connect the C-SAFE EXTENSION CABLE (Y) to one of the two ports of the C-SAFE SPLITTER (Z).

- Slide the TOP COVER (10) over the CONSOLE BRACKET (6) and onto the CONSOLE BRIDGE (5). Secure it using six SCREWS (7). Tighten the SCREWS securely.

**NOTE:** BE SURE THE TOP COVER FULLY SEATS INTO THE ERGO CROSSBAR GASKETS.

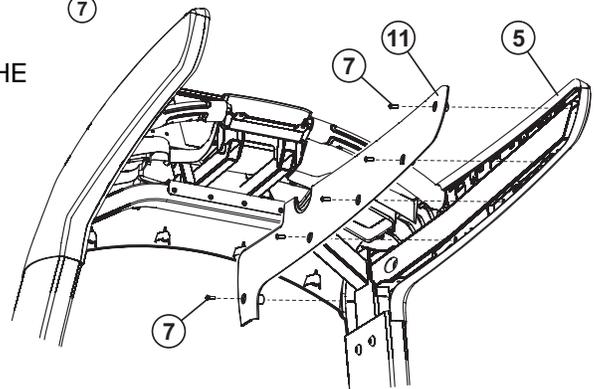
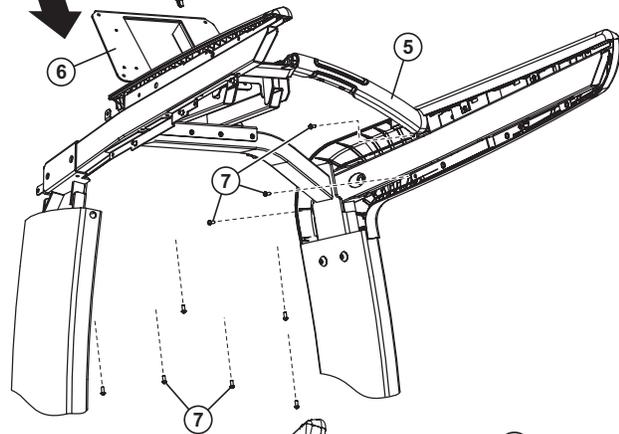
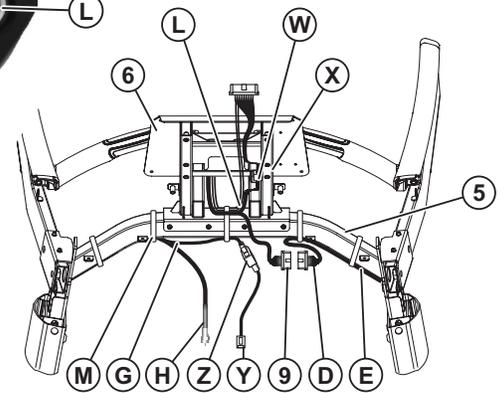
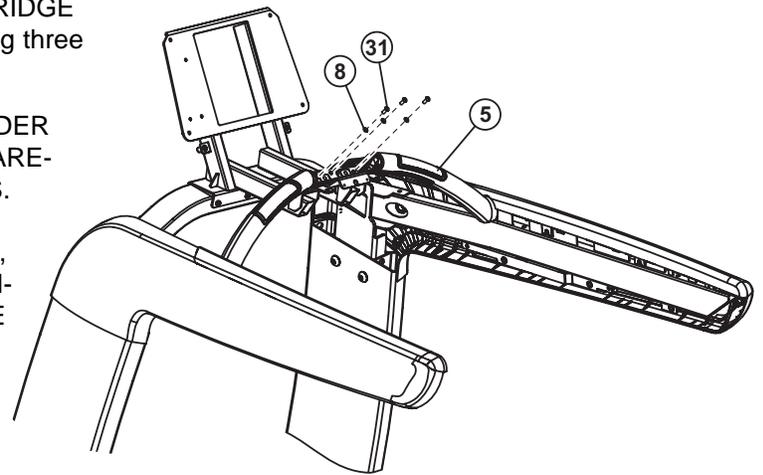
- Install three SCREWS (7) in the three forward-most holes of the OUTER HANDRAIL COVERS as shown. Tighten the SCREWS securely.

**NOTE:** ONE SCREW IS LOCATED AT THE FRONT OF THE UNIT FOR EACH OUTER HANDRAIL COVER.

- Locate the RIGHT INNER HANDRAIL COVER (11). Align it onto the RIGHT HANDRAIL of the HANDRAIL/BRIDGE ASSEMBLY (5) as shown and secure using five SCREWS (7). Tighten the SCREWS securely.

**NOTE:** BE SURE TO ENGAGE THE TOP TABS UNDER THE PLASTIC RAIL OF THE RIGHT HANDRAIL.

Repeat for the LEFT INNER HANDRAIL COVER (12).



14. Locate the BOTTOM COVER (13). Remove the ACCESS DOOR (N) and set it aside. Drop the POLAR CABLE (O) through the opening. Install the BOTTOM COVER to the HANDRAIL/BRIDGE ASSEMBLY (5) using twelve SCREWS (7). Connect the POLAR CABLE to the connector located under the CONSOLE BRIDGE. Tighten the SCREWS securely.

**NOTE:** BE SURE THE BOTTOM COVER FULLY SEATS INTO THE ERGO CROSSBAR GASKETS.

**NOTE:** BE SURE THE BOTTOM COVER IS FULLY SEATED TO THE TOP COVER AND ARMS.

15. Attach the FRONT NECK SHROUD (14) using two SCREWS (7). Tighten the SCREWS securely.
16. Position the ACTIVITY ZONE ASSEMBLY (15) near the ERGO CROSSBAR of the HANDRAIL/BRIDGE ASSEMBLY (5) as shown. Connect the ACTIVITY ZONE FLAT RIBBON CABLE (P) and EMERGENCY STOP CABLE (Q). Place the ACTIVITY ZONE ASSEMBLY over the TOP and BOTTOM COVERS (10 & 13) and secure using two SCREWS (33) through the access door in the BOTTOM COVER. Tighten the SCREWS until the ACTIVITY ZONE ASSEMBLY is tight against the TOP and BOTTOM COVERS. Do not overtighten the SCREWS.

**NOTE:** BE SURE TO ROUTE THE FLAT RIBBON CABLE (R) OVER THE ERGO CROSSBAR.

**NOTE:** BE SURE TO ROUTE THE EMERGENCY STOP CABLE (R) THROUGH THE NOTCH IN THE BOTTOM COVER.

17. Replace the BOTTOM COVER ACCESS DOOR (N).

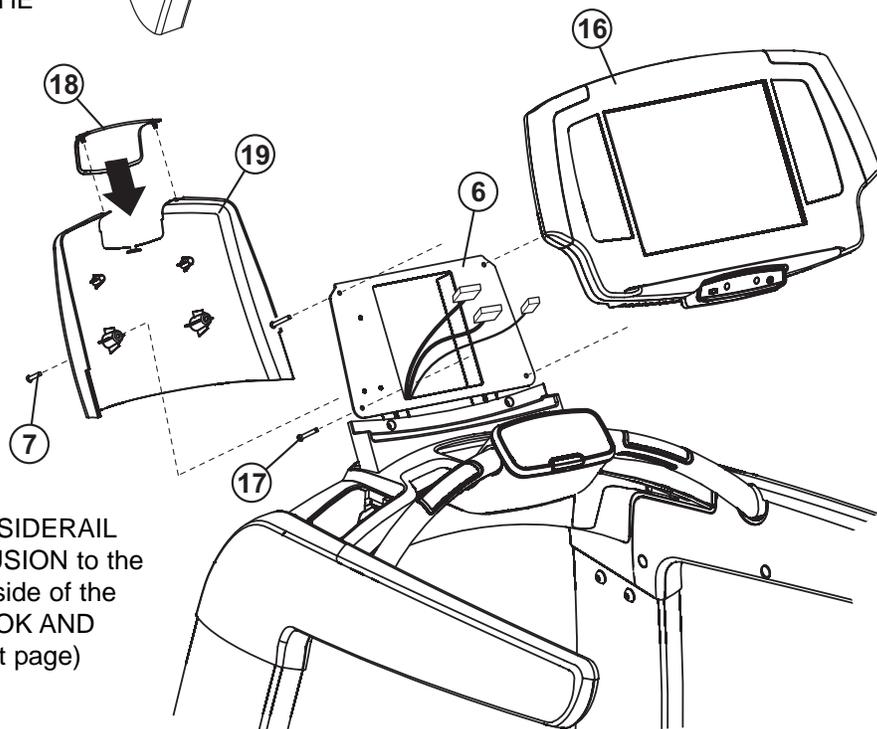
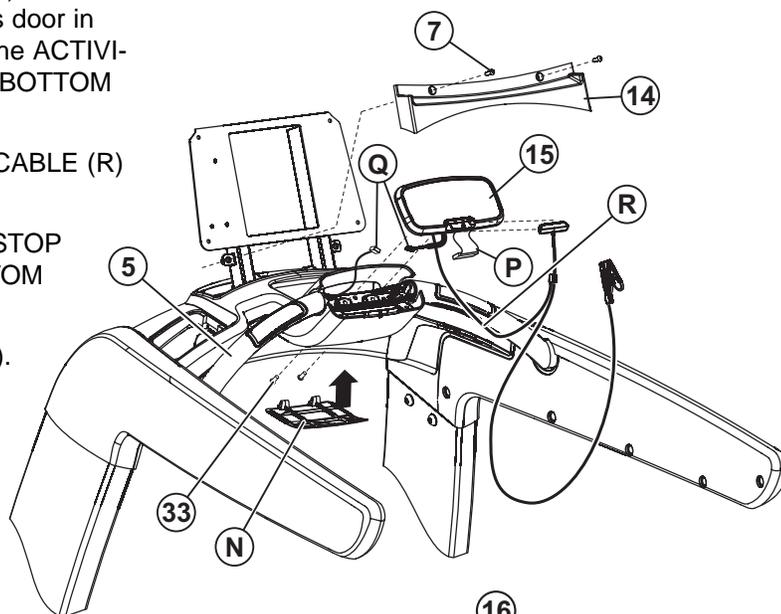
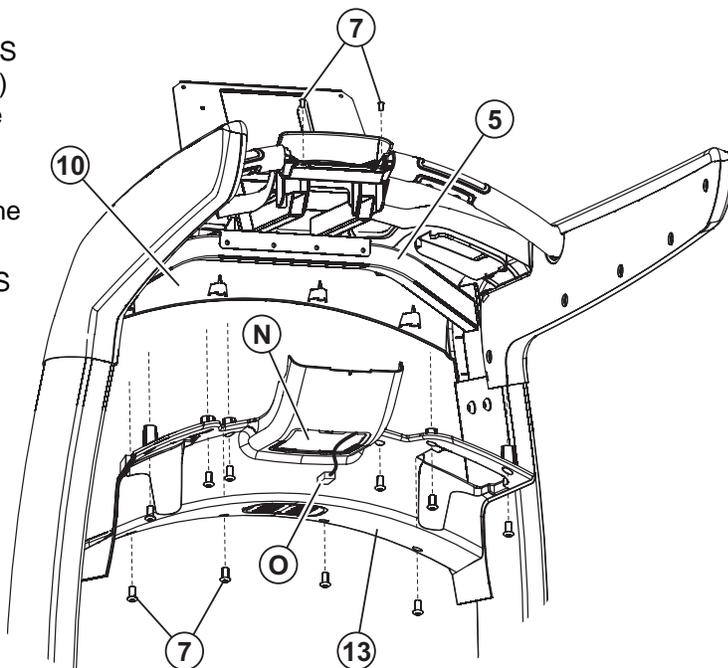
18. Position the CONSOLE (16) near the CONSOLE BRACKET (6). Connect all cables. Secure the CONSOLE to the CONSOLE BRACKET using four SCREWS (17). Tighten the SCREWS securely. Do not overtighten the SCREWS.

**NOTE:** BE CAREFUL NOT TO DAMAGE THE CABLES WHEN INSTALLING THE CONSOLE.

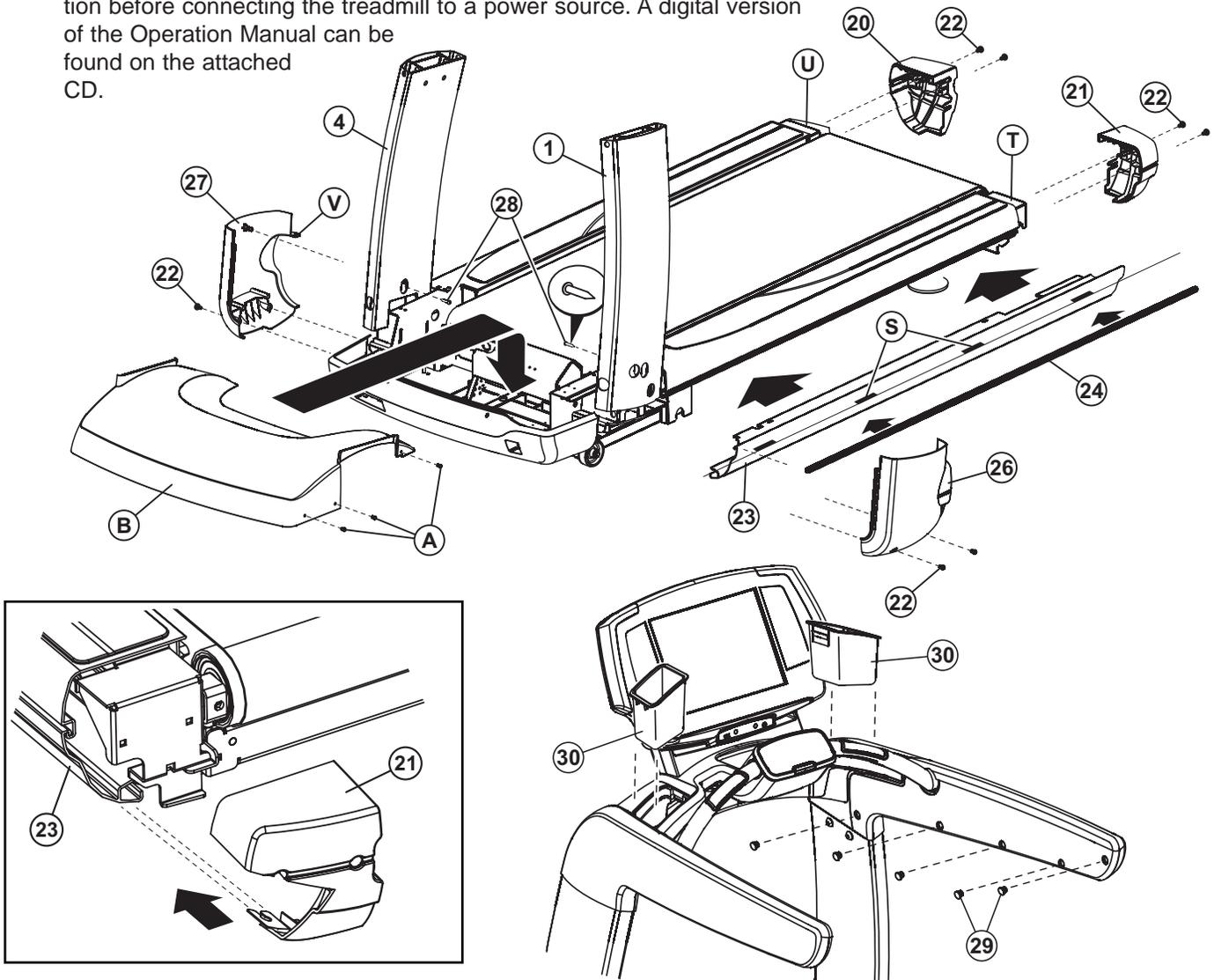
19. If not already in place, install the LCD ACCESS COVER (18) to the REAR CONSOLE COVER (19).

Install the REAR CONSOLE COVER to the CONSOLE BRACKET (6) using two SCREWS (7). Tighten the SCREWS securely. Do not overtighten the SCREWS.

20. Remove the protective backing from the four HOOK AND LOOP FASTENERS (S) located on the back of the LEFT SIDE EXTRUSION (23). Align the LEFT SIDE EXTRUSION with the channel in the LEFT SIDERAIL (T). Tilt and engage the LEFT SIDE EXTRUSION to the LEFT SIDERAIL. Press firmly on the underside of the LEFT SIDE EXTRUSION to secure the HOOK AND LOOP FASTENERS to the frame. (See next page)



21. Install the LEFT REAR ENDCAP (21) using two SCREWS (22). Tighten the SCREWS securely. Do not overtighten the SCREWS.  
**NOTE:** BE SURE THE LOCATOR CLIP IS ENGAGED TO THE LEFT SIDE EXTRUSION AS SHOWN IN THE DETAIL BELOW.
22. Install one FOAM STRIP (24) between the LEFT SIDE RAIL and LEFT SIDE EXTRUSION.  
Repeat to install the RIGHT SIDE EXTRUSION (25) to the RIGHT SIDERAIL (U).  
**NOTE:** BE SURE THE TREADMILL IS IN THE FINAL LOCATION FOR USE BEFORE INSTALLING THE LEFT AND RIGHT EXTRUSIONS.
23. Install the LEFT (26) and RIGHT (27) UPRIGHT COVERS using two SCREWS (22) and one SCREWS (28) each. Tighten the SCREWS securely. Do not overtighten the SCREWS.  
Press inward on the UPRIGHT COVER and engage the pre-installed SCREW (V) located at the rear of each UPRIGHT COVER.
24. Reinstall the MOTOR COVER (B) using the six previously removed SCREWS (A). Tighten the SCREWS securely. Do not overtighten the SCREWS.
25. Install the GROMMETS (29) into the screw holes of the INNER HANDRAIL COVERS.
26. Install the CUP HOLDERS (30).  
**NOTE:** BE SURE THE TABS ENGAGE FIRST AND TILT INTO PLACE.
27. **The treadmill striding belt must be “walked-in” for five minutes after assembly is complete.**  
Plug the treadmill into an appropriate outlet. Turn the treadmill on at the on/off switch. Select QUICK START from the console. Increase the speed to 3 mph (4.8 km/h). Start walking in the front left corner of the walking surface and drift to the back, move to the center of the deck and walk towards the front, and finally walking to the right corner and drifting to the back. Continue pattern for five minutes.
28. Refer to the Operation Manual for power requirements, proper line cord routing, and other critical product information before connecting the treadmill to a power source. A digital version of the Operation Manual can be found on the attached CD.



## IMPORTANT!

CHECK THE BELT EDGE UNDER THE TREADMILL TO VERIFY THE BELT DOES NOT INTERFERE WITH LIFE-SPRING BRACKETS AND THE BELT IS PROPERLY SET WITHIN THE BELT GUIDES.

### Physical Dimensions:

Length	80 inches / 203 centimeters
Width	37 inches / 94 centimeters
Height	62.25 inches / 158 centimeters
Weight	<b>95Ti:</b> 450 pounds / 204 kilograms <b>95Te:</b> 455 pounds / 206 kilograms
Step-up Height:	9.5 inches / 24 centimeters

### PRE-OPERATION CHECKLIST (A digital version of the Operation Manual can be found on the attached CD.)

- ✓ Ensure that all fasteners are tight.
- ✓ Make sure the STRIDING BELT is properly tensioned and aligned according to the Operation Manual.
- ✓ Check the operation of the STOP switch and tether switch assembly.  
(See Operation Manual.)
- ✓ Confirm the display console is set to English or Metric units.  
(See Optional Settings ENG/MET in Operation Manual.)
- ✓ Refer to the Operation Manual for real time clock setting.
- ✓ Read the entire Operation Manual before using the treadmill.

### LISTE DES VÉRIFICATIONS À EFFECTUER AVANT LA MISE EN MARCHÉ

(Une version électronique du Manuel de l'utilisateur peut être trouvée sur le CD)

- ✓ Vérifiez si tous les dispositifs de fixation sont serrés.
- ✓ Assurez-vous que le TAPIS est bien tendu et aligné, conformément aux instructions du manuel d'utilisation.
- ✓ Vérifiez le fonctionnement de l'interrupteur d'ARRÊT et reliez-le  
(cf. Manuel de l'utilisateur).
- ✓ Vérifiez si la console d'affichage est sur le système métrique ou anglais.  
(Référez-vous aux réglages facultatifs relatifs aux systèmes de mesure dans le Manuel de l'utilisateur.)
- ✓ Consultez le Manuel de l'utilisateur pour le réglage de l'horloge en temps réel.
- ✓ Lisez le Manuel de l'utilisateur dans son intégralité avant d'utiliser le tapis roulant.

Before attempting to operate your Treadmill, it is imperative that you familiarize yourself with the contents of the Operation Manual. If your Life Fitness treadmill does not respond as described in the OPERATION MANUAL contact the nearest Life Fitness Service Center as listed in the OPERATION MANUAL.

Life Fitness Customer Support Services

(800) 351-3737 or (847) 451-0036

Prior to your call, please be sure you have located and noted the

MODEL NUMBER & SERIAL NUMBER.

The Model and Serial number are located behind the left end cap of the unit.

