

LANDICE

L7/L8/L9 Treadmill 90 Series Owner's Manual



Part Number: 73210-2

Important Safety Instructions

Read all instructions before using the treadmill.

DANGER

To reduce the risk of electric shock: always unplug the treadmill from the electrical outlet immediately after using and before cleaning.

WARNING

To reduce the risk of burns, fire, electric shock or injury to persons:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Close supervision is necessary when the treadmill is used by or near children or persons with disabilities.
- Use the treadmill only for its intended use as described in this manual. Do not use attachments not recommended by Landice.
- Never operate treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call your dealer or certified service provider immediately for examination and repair.
- Keep the power cord away from heated surfaces. Be sure the cord has plenty of slack and cannot be pinched under the treadmill when it elevates and de-elevates.
- Never operate the treadmill with the motor cover air openings blocked. Keep the air openings free of lint, hair, dust, or debris.
- Do not drop or insert objects into any opening on the treadmill. Be sure no objects are near or beneath the treadbelt when you are using the treadmill.
- Do not use treadmill outdoors.
- Do not operate treadmill where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, press **STOP** twice, pull the safety lanyard out, then remove plug from outlet.



Failure to observe the following warning statements can result in serious injury!

- Do not use this product without first consulting your doctor if you suffer from any illness, condition, or disability that affects your ability to run, walk or exercise.
- Do not use this product without supervision present if you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise. Failure to do so can result in serious injury should you fall while the treadbelt is moving.
- Failure to leave ample clearance around the treadmill could cause you to be trapped between the treadmill and a wall if you fall, resulting in burns or other serious injury from the moving treadbelt. **Allow a minimum clearance of 18 inches (46 cm) on each side of the treadmill. Allow a minimum clearance of 6 feet (183 cm) at the rear of the treadmill.**
- Never stand on the treadbelt when starting the treadmill. A sudden start could cause you to lose your balance. Always begin by placing your feet on the side traction strips, straddling the treadbelt, before turning the treadmill on.
- Always wear the safety lanyard clip securely on your clothing while exercising. Failure to do so can result in severe injuries should you accidentally fall while exercising.
- Test the emergency stop safety lanyard regularly by pulling on the cord and ensuring that the treadbelt comes to a complete stop when key is pulled.
- Familiarize yourself with this manual. Be sure you understand operation of the treadmill before use.
- Always follow basic safety precautions when using an electrical appliance.

WARNING

Connect treadmill to a properly grounded, dedicated electrical outlet only. See the following Grounding Instructions.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The treadmill is equipped with a cord having an equipment grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER

Improper connection of the grounding connector can result in a risk of electric shock. Check with a qualified electrician/service technician if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

• 120-Volt Treadmills

Treadmills marked 120 VAC are intended for use with a grounding plug in a nominal 120-volt circuit. Ensure the treadmill power cord is connected to an outlet having the same configuration as the plug. No adapter should be used with 120 VAC treadmills.

• 200 – 250-Volt Treadmills

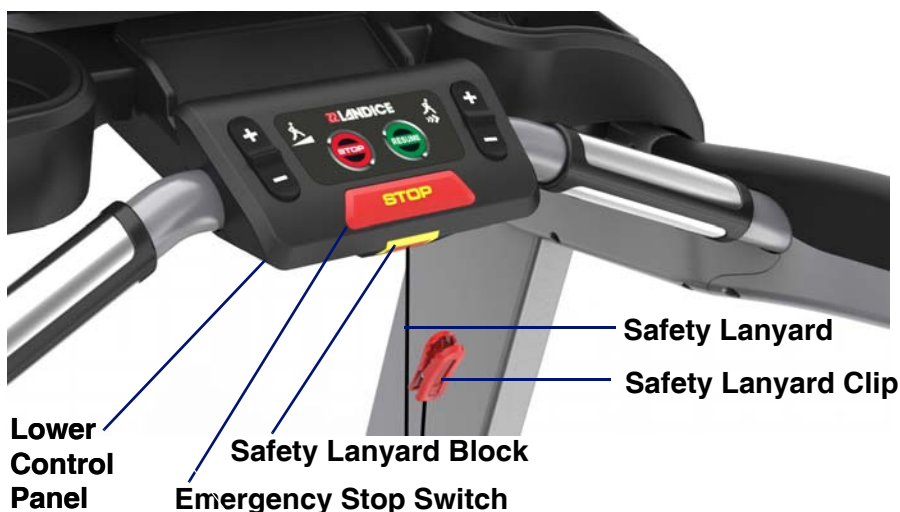
Treadmills marked 200-250 VAC are intended for use on a circuit having a nominal rating greater than 120V and are factory-equipped with a specific power cord and plug to permit connection to a proper electrical circuit. Ensure the treadmill power cord is connected to an outlet having the same configuration as the plug. No adapter should be used with 200 – 250 VAC treadmills.

If the treadmill must be configured for use on a different type of electrical circuit, qualified service personnel should make the proper connection.

Before you Start the Treadmill: Safety

⚠ WARNING

The treadmill will not operate unless the yellow emergency stop Safety Lanyard Block is pushed in. During operation, pulling the safety lanyard pulls the Safety Lanyard Block out, stopping the treadmill. To help prevent injury, always clip the Safety Lanyard Clip to your clothing while using the treadmill, to stop the treadmill if you slip or fall during your workout.



Treadmill Quick Start Guide

Using the Control Panel

This manual covers Landice treadmills with Pro Trainer, Pro Sport, Cardio, or Executive control panels. Quick start instructions for each control panel are included. For detailed instructions, read the chapter specific to your control panel:

- See “Pro Trainer Treadmill Operation” on page 45
- See “Pro Sports Treadmill Operation” on page 53
- See “Cardio Treadmill Operation” on page 63
- See “Executive Treadmill Operation” on page 79

Treadmill Quick Start Guide

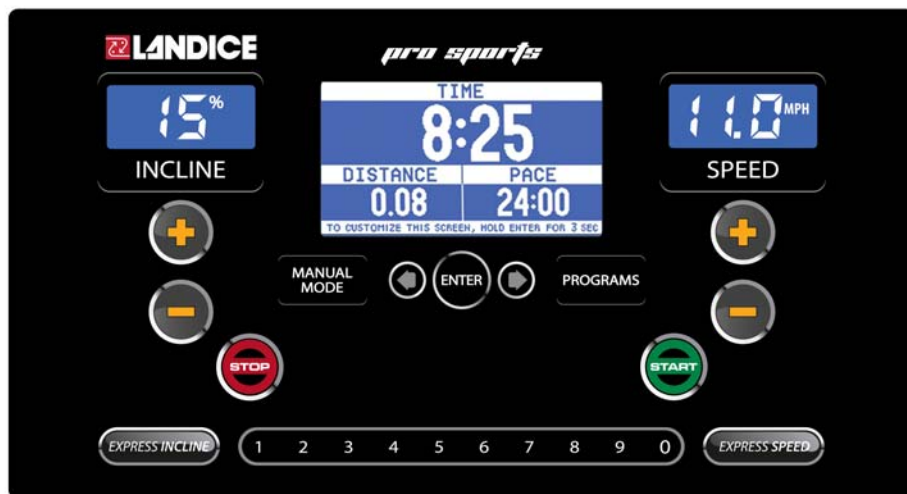
Pro Trainer Treadmill Console

See page 45 for complete instructions.



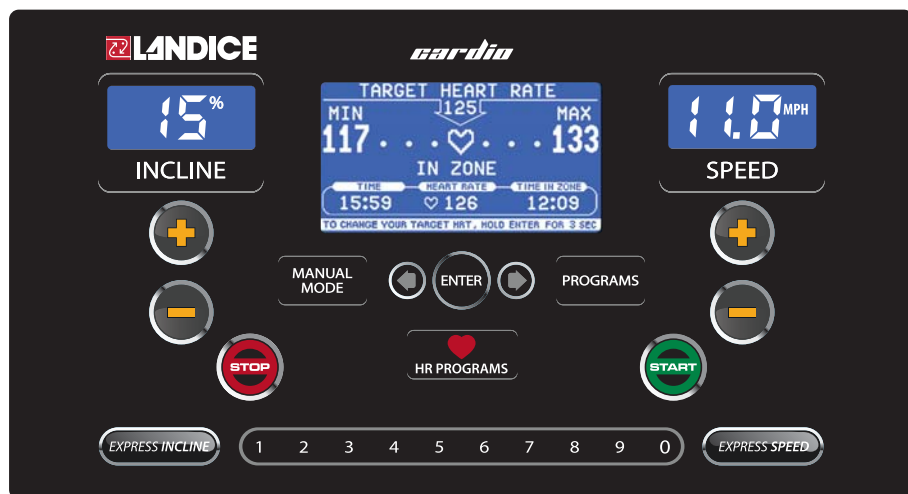
Pro Sports Treadmill Console

See page 53 for complete instructions.



Cardio Treadmill Console

See page 63 for complete instructions.










Executive Treadmill Console

See page 79 for complete instructions.






A quick start guide for using the treadmill console controls is provided in the following table. Except where noted, the controls are the same for all 4 consoles.

Treadmill Controls: Quick Start Guide

	<p>To start the treadmill: Press START to power up treadmill. All displays light and the treadbelt begins to move at 0.5 mph (0.8 km/hr in metric mode).</p>
	<p>To turn off the treadmill: Press STOP once to stop the treadbelt and put the unit in pause mode. Press STOP twice to power down the treadmill. The treadmill will shut off and all current statistical information will be cleared.</p>
	<p>To restart the treadmill: Press RESUME on the lower control panel to power up the treadmill from pause mode. All displays light and the treadbelt begins to move at 0.5 mph (0.8 km/hr in metric mode). If you are in a program it will restart at the paused speed.</p>
<p>SPEED</p> 	<p>To change treadbelt speed: Press and hold SPEED (+) to increase speed. Pressing for more than 2 seconds increases speed faster. Release (+) key when desired speed is shown on SPEED display. Press and hold SPEED (-) key to slow speed. Pressing for more than 2 seconds reduces speed more quickly. Release (-) key when desired speed is shown on the SPEED display.</p>
<p>INCLINE</p> 	<p>To change treadbelt incline: Press and hold INCLINE (+) key to increase incline. Pressing for more than 2 seconds raises incline faster. Release key when desired incline is shown on INCLINE display. Press and hold INCLINE (-) key to lower incline. Pressing for more than 2 seconds lowers incline faster. Release key when desired incline is shown on INCLINE display.</p>
	<p>To view different screens during workout (Pro Sports and Cardio only): Press ENTER or use the arrow keys at any time to choose the display screen that best suits your workout. The ENTER button can be used to enter workout variables and switch between METS and Laps statistics on the Pro Trainer.</p>
	<p>To return to Main Menu during workout (Executive Treadmills only): Press the HOME KEY at any time during your workout to view the Main Menu screen.</p>

Treadmill Controls: Quick Start Guide (Continued)

	<p>The left and right arrows move between the motivational screens on the Pro Sports, Cardio and Executive. On the Pro Trainer these keys are used to enter values.</p>
	<p><i>To use the Touchscreen (Executive treadmills only):</i> From a Motivational Screen, swipe left or right to view a different Motivational Screen. Swipe down at any time to view the Workout Totals Screen. Swipe up at any time to view your Default Screen, which is set up in your Client Page. (Commercial Mode defaults to MENU.)</p>
	<p><i>Pro Sports, Cardio, and Executive Treadmills:</i> Using the EXPRESS keys causes rapid changes in speed and incline. Press EXPRESS INCLINE to see the incline shortcut screen, which lets you rapidly change incline level. Press EXPRESS SPEED to view the speed shortcut screen, which lets you rapidly change to a different speed.</p>

Switching English/Metric Display Units

The treadmill display shows English units (mph for speed, lb for weight) by default. To change to metric units (kilometers per hour for speed and kilograms for weight):

- Ensure the treadmill is plugged in and powered off.
- Pro Trainer: press and hold **SPEED (-)**, **INCLINE (-)** and **START** simultaneously. Press **STOP** to save.
- Pro Sport Trainer: press and hold **MANUAL/PROGRAM/START** simultaneously then release all. Press **STOP** to save.
- Cardio Trainer: press and hold **MANUAL/PROGRAM/START** simultaneously then release all. Press **STOP** to save.
- Executive Trainer: press **MENU** then **SETTINGS**. Change Units and exit when done.

Repeat the same steps to return the display to English units if desired.

Numeric Passcode “Lockout Mode”

All Pro Sports, Cardio, and Executive Treadmills have a feature called “Lockout Mode.” This feature must be disabled to allow the end-user to select a four-digit code to gain access to the treadmill and prevent unauthorized persons from operating the treadmill. Please identify your control panel below and follow the steps to activate the numeric passcode.

Pro Sports and Cardio

Enabling Lockout Mode:

1. While the treadmill is off, press and hold **STOP** and **START** at the same time for 2 seconds, then release.
2. When the display reads *Lockout Mode Is Disabled and Press “Enter” to setup Pin Code*, press **ENTER**.
3. Enter a numeric four-digit pin code* using the keypad.
4. You will be asked to confirm the pin by re-entering the four-digit number. *Lockout Mode Successfully Enabled* is displayed and the treadmill shuts down.

Disabling Lockout Mode:

1. Make sure the treadmill is off. Press and hold **STOP** and **START** at the same time for 2 seconds, then release.
2. When the display reads *Lockout Mode is Enabled and Press “Enter” to turn off Pin Code*, enter the four-digit code on the numeric keypad. *Lockout Mode Successfully Disabled* is displayed and the treadmill shuts down.

*If you forget your pin code, please use master pin 9010.

Executive

Enabling Lockout Mode:

1. While the treadmill is off, press and hold – **(down) incline**, **STOP** and **START** at the same time for 2 seconds, then release.
2. The Hidden Menu options will be displayed. Press the blue **LOCKOUT MODE** button at lower right.
3. Set a numeric four-digit pin code.
4. After you enter the pin code, the display asks you to confirm by re-entering the four-digit number. *Lockout Mode Successfully Enabled* is displayed and the treadmill shuts down.

Disabling Lockout Mode:

1. While the treadmill is off, press and hold – **(down) incline**, **STOP** and **START** at the same time for 2 seconds, then release.
2. The Hidden Menu options are displayed. Press the blue **LOCKOUT MODE** button at lower right and enter the four-digit numeric pin*. *Lockout Mode Successfully Disabled* is displayed and the treadmill shuts down.

*If you forget your pin code, please use master pin 9010.

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1. Introduction

Your Landice treadmill is a high-quality fitness tool that will provide many years of fitness benefits. Unpleasant weather is no longer an obstacle to getting your exercise. Cold, windy, wet days will never discourage you again, nor will heat and humidity. If you like to multi-task, you can watch your favorite TV program or listen to music and take care of your health at the same time.

This manual covers several different treadmill models. Be sure you understand how to operate your treadmill's control panel before using the treadmill. Read the control panel section of this manual that applies to your treadmill, as follows:

- **Pro Trainer** treadmills: See “Pro Trainer Treadmill Operation” on page 45.
- **Pro Sports** treadmills: See “Pro Sports Treadmill Operation” on page 53.
- **Cardio** treadmills: See “Cardio Treadmill Operation” on page 63.
- **Executive** treadmills: See “Executive Treadmill Operation” on page 79.

1.1. Before You Begin

Please do the following before you start to exercise on your treadmill:

- **Register your treadmill.** Landice backs your treadmill with a strong warranty. For the factory to respond if your treadmill has a problem, we need your warranty information on file. Register online at the link below.
<http://www.landice.com/support/product-registration>
- Ensure that a suitable electrical outlet is available:
 - Home Treadmills: 120VAC/15 amp dedicated circuit
 - Club Treadmills: 220VAC/15 amp dedicated circuit
- Select the proper location. The treadmill should be installed in a climate-controlled room. See “Installation” on page 25.
- Familiarize yourself with the features of the treadmill, shown in the following figures.

Figure 1-1. Treadmill Features and Controls



Table 1-1 Treadmill Features and Controls

Item	Description
Control Panel	Provides workout displays and controls. Control panels vary by model.
Fan Vent	Directs airflow when treadmill is operating.
Fan Controls	Fan operates when treadmill is on. Powers cooling fan on/off and controls fan speed.

Table 1-1 Treadmill Features and Controls (Continued)

Item	Description
USB Port	Provides a charging port for devices up to 600mA. Service use only: allows treadmill software to be updated.
Reading Rack	Holds reading material or tablet.
Accessory Tray	Provides accessory storage.
Pulse Grips (2)	Detects pulse when hands are placed on the grips, allowing treadmill to calculate and display heart rate.
Lower Control Panel Controls The lower control panel is located between the pulse grips. This area provides easy-to-reach controls for stopping, resuming or changing speed or incline during your workout.	
Speed Adjust	Increases/decreases treadbelt speed when pressed up/down. Performs the same function as the SPEED (+/-) keys on the control panel.
Emergency Stop Switch	Press to stop the treadbelt.
Safety Lanyard Block	Provides the connection for the safety lanyard. The treadbelt will not move unless the safety lanyard block is pushed in.
Resume-Stop Buttons	Resumes/stops the treadbelt. The STOP button functions like control panel STOP. The RESUME button takes the treadmill out of pause mode.
Incline Adjustment	Raises/lowers the front of the treadbelt when pressed up/down. Performs the same function as the INCLINE (+/-) keys on the control panel.
Bottle Holder	Holds bottles/cups.

1.2. Heart Rate Monitoring

This section provides basic concepts of heart rate monitoring so you can better understand how to use it to reach the fitness level you desire.

1.2.1. What is exercise intensity?

Exercise intensity is simply a measure of how hard you are working at a given time during exercise. The ACSM, the world's leading medical and scientific authority on sports medicine and fitness, recommends that every individual involved in an exercise program know how hard his/her body is working during exercise.

Your heart provides key information for determining how intensely you are working during exercise. Your heart rate (how many times your heart beats per minute) is really an efficiency rating for your entire body. The number of times your heart beats during each minute of exercise is a measurement of the intensity of the exercise. If your heart rate is low, exercise intensity is low; if your heart rate is high, your exercise intensity is high.

1.2.2. What is maximum heart rate?

Maximum Heart Rate (MHR) is the maximum attainable heart rate your body can reach before total exhaustion. True maximum heart rate is measured during a fatigue or “stress” test. This test must be done in a clinical setting and is not practical or accessible for most people.



The use of this formula assumes no underlying heart or respiratory disease or other condition, which could be adversely affected by exercise. Consult your doctor before using this chart!

Your maximum heart rate can be established with a high degree of accuracy using the following simple formula:

Estimated Maximum Heart Rate = 220 minus your age.

If John is 35 years old, what is his estimated maximum heart rate?

John's estimated maximum heart rate is: $220 - 35 = 185$

185 beats per minute is the estimated maximum number of times John's heart can beat before his body would fatigue or "max out." This number is extremely helpful because it indicates the absolute highest exercise intensity John can handle before his body wears out. The ACSM says that during exercise, John should keep his heart rate below his maximum so that he will not become exhausted and have to quit. In fact, the ACSM gives John a specific percentage range of his maximum heart rate to exercise in, known as his Target Heart Rate Zone.(THRZ).

1.2.3. Why should I monitor exercise intensity?

Your heart is the most important muscle in your body and, like all muscles, must be exercised regularly to remain strong and efficient. According to fitness experts, exercise is more effective when you work out in a specific heart rate range or zone. This is referred to as your Target Heart Rate Zone (THRZ) and is reflected by the number of heart beats per minute. This zone can vary greatly depending on your age, fitness level and various other factors. If your heart rate is too low during exercise, your body reaps little or no benefit. This means you're not likely to see the results you want, like weight loss or increased endurance. If your heart rate is too high during exercise, you may tire too quickly, become fatigued or even run the risk of injury.

Monitoring exercise intensity helps you to stay at a level of exercise that allows you to accomplish your goals. In fact, the ACSM recommends that, in order to get the most benefit from your cardiovascular exercise, you should work within your THRZ for at least 20 to 60 minutes per workout, 3 to 5 times per week. Knowing your exercise intensity (THRZ) will allow you to work at the right level of exercise to accomplish this.

1.2.4. How do I determine my Target Heart Rate Zone?

Your THRZ represents the minimum and maximum number of times your heart should beat in one minute of exercise. The ACSM recommends that all individuals should work within a Target Heart Rate Zone of 60% to 85% of Maximum Heart Rate. This means that your heart rate during exercise should not fall below 60% or rise above 85% of your maximum heart rate. Let's look at John from our earlier example. John is 35 years old, so his estimated maximum heart rate is 220 minus 35, or 185 beats per minute (bpm). The ACSM recommendation is that John should exercise between 60% and 85% of 185 beats per minute to stay in his THRZ. Let's determine John's THRZ:

- John's estimated maximum heart rate: 185 bpm
- Lower target limit: $185 \text{ (MHR)} \times 0.6 = 111 \text{ bpm}$
- Upper target limit: $185 \text{ (MHR)} \times 0.85 = 157 \text{ bpm}$
- John's target heart rate zone: 111-157 bpm

111-157 beats per minute is the range or zone for John's heart rate during exercise in order to achieve his goals. If John is a beginning exerciser, he'll want to stay at the low end of his THRZ. If John is a more advanced exerciser, he may want to work at the higher end of his THRZ to challenge himself more. The following list shows the different intensity levels within a target heart rate zone:

- Beginner: 60% of MHR
- Weight Loss: 75% of MHR
- Aerobic: 85% of MHR

1.3. Heart Rate Monitors

Heart rate monitors are built into the treadmill's pulse grips, and a wireless chest strap monitor is also available on residential models.

Exercising too hard can put you at a risk for injury. A heart rate monitor reminds you of the safe and effective heart rate

intensity at which you should exercise and warns you if your workouts go too far.

If you want to reach your exercise goals, it's important to stay in your THRZ during workouts. A heart rate monitor provides a reminder of the intensity and quality of each workout session.

Landice heart rate monitors are used to monitor your level of exercise intensity during workouts. Pulse meters have a high margin for error. Manual pulse measurements during exercise can result in errors as high as ± 15 beats per minute, with the risk of potential error increasing as heart rate increases.

1.3.1. Wireless Chest Strap Monitoring System

Note: The wireless chest strap is only available on residential treadmill models.

The Wireless Chest Strap transmitter works best against bare skin because sweat (salt water) is an electrical conductor. If you are having trouble getting an accurate pulse reading, try moistening the electrodes on the chest transmitter with water.

Figure 1-2. Wireless Chest Strap Transmitter



Center the transmitter on the chest as high under the pectoral muscles (breasts) as possible. Tighten the strap so that the belt is as tight as possible without being uncomfortable.

1.3.2. Contact Heart Rate Monitoring System

The Contact Heart Rate Monitoring System is designed for use at walking speeds. A natural running motion involves using your arms to maintain balance. Because the Contact Heart Rate Monitoring System requires your arms to remain stationary, we recommend using the pulse grips at speeds of less than approximately 4 mph (6.4 km/h) or the fastest speed at which you are comfortable walking.

The Contact Heart Rate Monitoring System can be used in place of the wireless chest strap to perform any of the following functions:

- Monitor your Time in Zone
- Heart Rate Control (HRC) program adjustment
- Help you maintain your Target Pulse

To use the Contact Heart Rate Monitoring System:

1. Switch to any screen that shows Pulse.
2. Grab the pulse grip portion of the center rail. When you place your hands on the grips the display flashes. The pulse will “beat” briefly and then display your heart rate. Your heart rate will be continuously monitored while your hands remain on the grips.

The HRC programs make speed and elevation adjustments to maintain your target heart rate while your hands remain on the grips. If you remove your hands the HRC programs will not change speed or elevation until you place your hands on the grips. These programs are available on the Cardio and Executive models.

Note: If you are wearing the wireless chest strap, the heart rate from the pulse grips overrides the wireless signal from the chest strap while your hands are on the pulse grips. When you release the grips, the treadmill uses the wireless chest strap signal for pulse calculation.

1.4. Treadmill Program Capabilities

The treadmills have the following program capabilities:

- **Built-in Programs:** You enter the program's maximum time, speed and incline.
 - **Pro Trainer:** 5 Built-in Programs. see page 48.
 - **Pro Sports:** 5 Built-in Programs. see page 56.
 - **Cardio:** 5 Built-in Programs. See page 68.
 - **Executive:** 5 Built-in Programs. See page 92.
- **User-Defined Programs:** A User-Defined Program looks and runs exactly like a Built-In Program. The primary difference between Built-In and User-Defined Programs is customization. User-Defined Programs allow you to manually edit individual segments.
 - **Pro Trainer:** 2 User Programs. See page 50.
 - **Pro Sports:** 5 User Programs. See page 59.
 - **Cardio:** 5 User Programs. See page 71.
 - **Executive:** 5 User Programs. See page 96.
- **Specific Goal Programs:** The numeric keypad is used to enter Time Goal, Distance Goal, and Calorie Goal.
 - **Pro Trainer:** Not available
 - **Pro Sports:** Not available
 - **Cardio:** 3 Goal Programs. See page 73.
 - **Executive:** 3 Goal programs. See page 102.
- **Heart Rate Control (HRC) Programs:** The heart rate program will automatically vary the speed and incline based upon your target heart rate. This target training maximizes your workout performance while minimizing your workout time.
 - **Pro Trainer:** Not available
 - **Pro Sports:** Not available
 - **Cardio:** See page 75.
 - **Executive:** See page 98.

- **User-Defined Heart Rate Control programs:** The User-Defined Heart Rate programs are designed to allow you to set the target heart rate for up to 20 program segments.
 - **Pro Trainer:** Not available
 - **Pro Sports:** Not available
 - **Cardio:** See page 77.
 - **Executive:** See page 100.
- **Fitness Tests:** The Fitness Tests will measure your fitness level based on your age, gender, and performance. Your Fitness level is calculated using different protocols.
 - **Pro Trainer:** Not available
 - **Pro Sports:** Not available
 - **Cardio, Executive:** See “Fitness Testing” on page 107.

2. Installation

2.1. Tools Needed

- Socket set with 3/8" socket, 1/2" socket, and 9/16" socket
- Open end wrenches 14mm and 19mm, or adjustable open end wrench
- Hex wrenches: 4mm, 5mm, 6mm
- Cross-tip screwdriver
- Razor blade knife

2.2. Unpacking

Unpacking and installation of the treadmill should be done by a qualified technician. The packaged treadmills are very heavy and weigh as follows:

- L7 models: 360 lb, packaged
- L8/L9 models: 435 lb, packaged



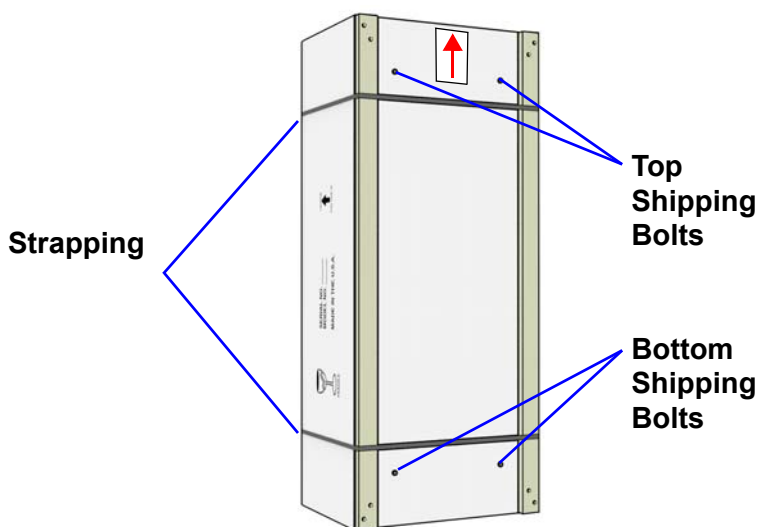
To avoid injury, use caution when moving and lifting the treadmill during unpacking and assembly.

Note: Move the shipping crate/pallet to location of final assembly. Allow 3-5 feet working space to safely remove box and pallet.

Note: For L7 treadmills begin with step 1, for L8/L9 treadmills step 2.

1. Carefully lower L7 treadmill crate from the upright position (Figure 2-1) to horizontal position (Figure 2-2). While lowering, place upper end of crate/pallet onto a sturdy item such as a tool box. With crate/pallet securely placed on tool box, remove the top two shipping bolts with 1/2" socket as shown in Figure 2-1. Carefully lift, remove tool box and lower pallet onto floor. Repeat this step at the opposite end of pallet to remove bottom two shipping bolts.

Figure 2-1. Shipping Bolt Locations and Strapping



2. Remove strapping in Figure 2-1 from box and pallet. Use caution, straps may be under tension.
3. Using a razor knife carefully cut the box just above the staple line on all four sides shown in Figure 2-2. Remove box and discard.
4. The L8/L9 treadmill and final assembly components including 90 Series Hardware kit for both models are held together with strapping. Remove these straps using caution as they may be under tension.
5. Carefully lift and remove upright tower and assembly component boxes from treadmill base. Place these items safely aside for assembly. (See "Assembly" on page 28.)
6. Position yourself at end of treadmill running surface and using both hands carefully lift and slide treadmill off the pallet to left or right. Repeat process at opposite (heavy end). Remove pallet and discard.

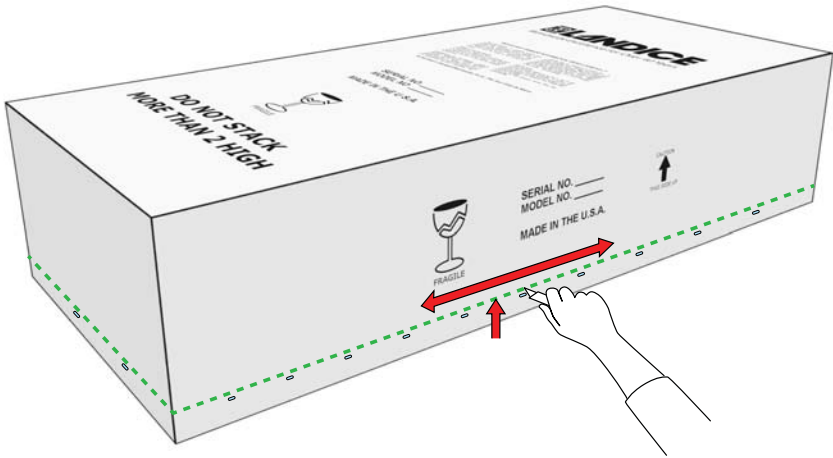


Be careful! Straps are under tension.



To avoid damaging the treadmill, DO NOT cut through the center of the box.

Figure 2-2. Cut Line



2.3. Assembly

WARNING

Failure to leave ample clearance at the rear of the treadmill could result in the user becoming trapped between the treadmill and the wall should the user accidentally trip and fall while exercising.

Locate the plastic bag that contains the Owner's Manual and the 90 Series Hardware Kit.

• **90 Series Hardware Kit contains:**

- Handrail screws-12x
- Console screws-4x
- Cup holder screws-6x

- **Frame Hardware:** Frame hardware, (4x) 1/4x20 self-tapping screws are started in the frame at the appropriate mounting points (Figure 2-7).

- **Optional Medical Rail Hardware:** The medical rail hardware is attached to the medical rail: (2x) 5/16" bolts and (2x) 5/16" lock washers (Figure 2-7).

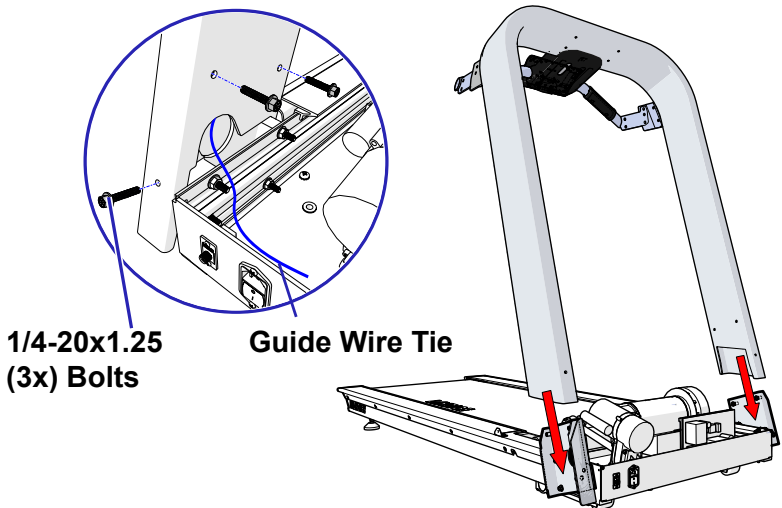
2.3.1. Base Assembly Instructions

1. Position the base where the treadmill is to be located:
 - Allow a minimum clearance of 18 inches (46 cm) on each side of the treadmill.
 - Allow a minimum clearance of 6 feet (183 cm) at the rear of the treadmill.

Note: Do not remove the wire tie protruding from Upright Center Hole on upright. You will need this to guide the upper wire harness down through the upright in "Plastic Bridge Installation" on page 34.

2. Use a 3/8" socket to remove (3) bolts from each side of the upright bracket on the frame. Slide the upright down over both brackets (Figure 2-3). Upright legs may require slight compression to properly fit between the upright brackets. Secure each side using three bolts per side starting with the inside bolts first, then the outside bolt. Tighten all securely. The right side is shown in the detail.

Figure 2-3. Upright Installation

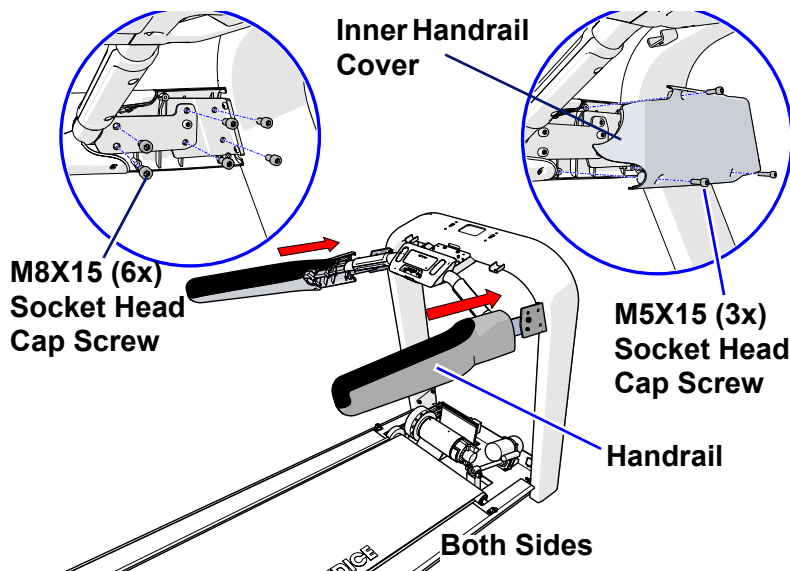


3. Proceed to either “Handrail Installation” below or 2.3.3 “Optional Medical Rail Installation” as appropriate for your treadmill.

2.3.2. Handrail Installation

1. Using a 4mm hex wrench, remove (3) M5X15 screws from each inner handrail cover. Slide the handrail onto the bracket found on the upright and secure with (6) M8x15 socket head cap screws found in the 90 Series Hardware Kit. Repeat on other side. (Figure 2-4).

Figure 2-4. Handrail Installation



2. Install the inner handrail covers on both sides with (3) M5x15 socket head cap screws using the 4mm hex wrench.

2.3.3. Optional Medical Rail Installation

Tools needed:

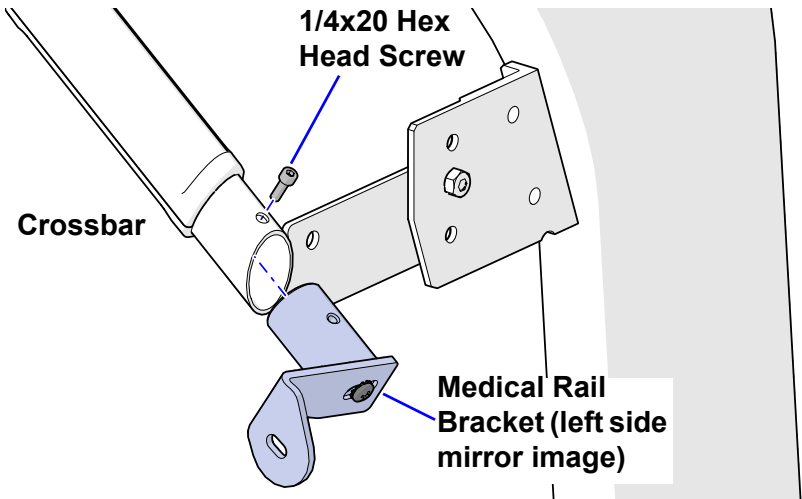
- 4mm Allen Wrench
- 6mm Allen Wrench
- 7/16" and 1/2" socket wrench
- Cross Tip Screwdriver

Parts provided:

- 2-Medical Rails (Left and Right)
- 2 Medical Rail Brackets located inside medical rail cover box
- 2 Medical rail covers: left and right
- 12 Medical rail cover screws, M8x16, found in the 90 Series Hardware Kit
- 2- 5/16" bolts to attach Medical Rail to Medical Rail Bracket with 2-5/16" lock washers - found in Medical Rail

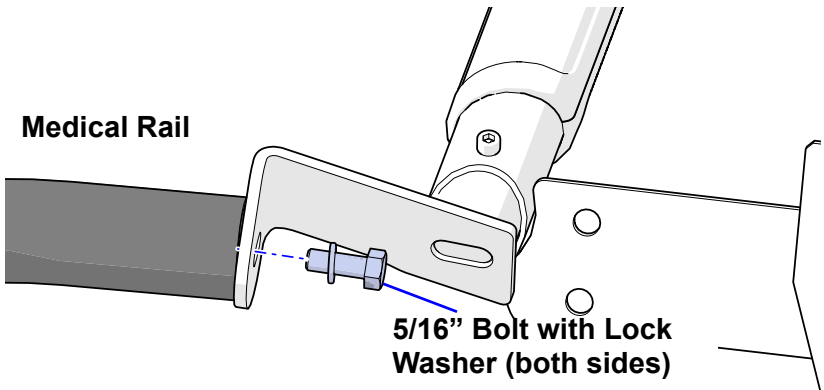
- 4- 1/4x20 self-tapping screws to mount Medical Rail to Frame - found in frame
1. Locate both Medical Rail Brackets (Figure 2-5), insert them into both ends of the Crossbar and secure them in place using 1/4x20 hex head screws and 7/16" socket to Crossbar.

Figure 2-5. Medical Rail Bracket Installation



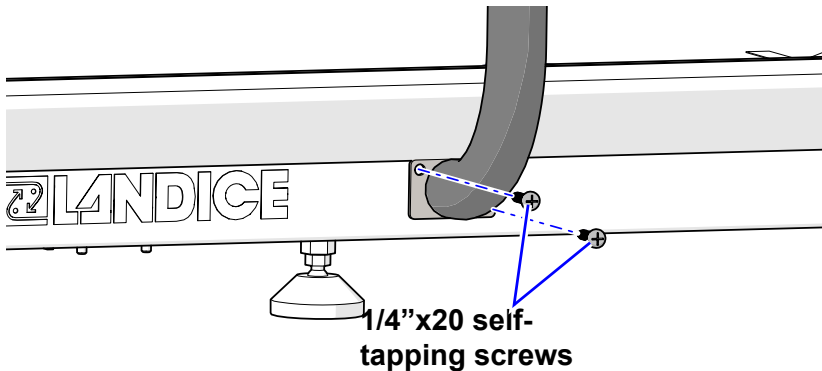
2. Attach Medical Rail to Medical Rail Bracket (Figure 2-6) using 5/16" Hex Bolt with lock washer and 1/2" wrench.

Figure 2-6. Medical Rail Bolt



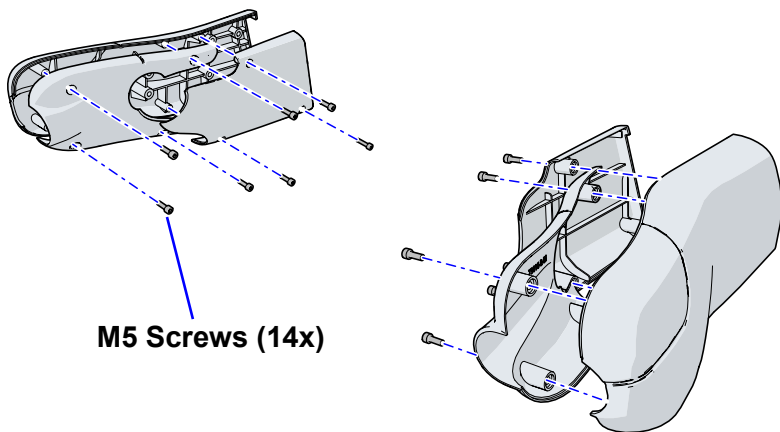
3. Attach Medical Rail to Frame (Figure 2-7) using 1/4x20 self-tapping screws with long cross tip screwdriver.

Figure 2-7. Medical Rail to Frame Attachment Points



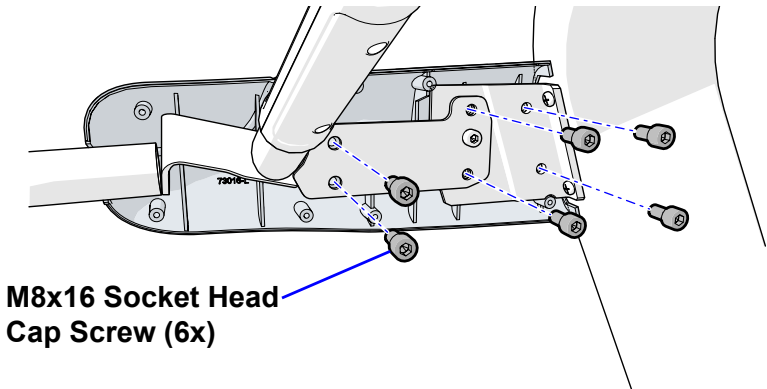
4. Separate the Covers as shown below (Figure 2-8).

Figure 2-8. Medical Rail Covers



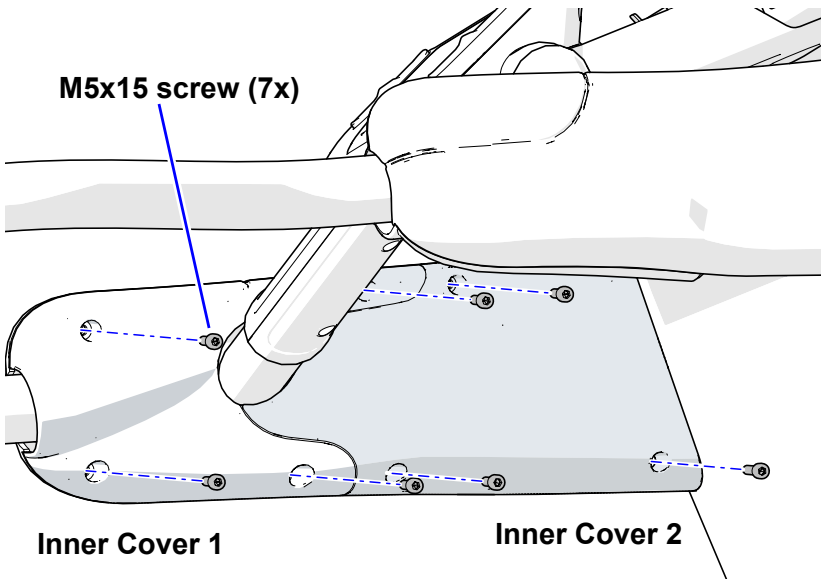
5. Remove (7) M5 socket head cap screws holding each medical rail cover assembly together. Separate each set of covers for installation, attaching hardware will be reused. (Figure 2-9).

Figure 2-9. Outer Cover Mounting Points



6. Begin with left outside cover installation by inserting the (6) M8x16 Socket Head Cap Screws (found in 90 series hardware kit) through the upright mounting bracket into the outside cover corresponding treaded holes. Be certain to start all (6) screws by hand prior to tightening. Repeat steps for right outside cover installation.

Figure 2-10. Inner Covers Installation



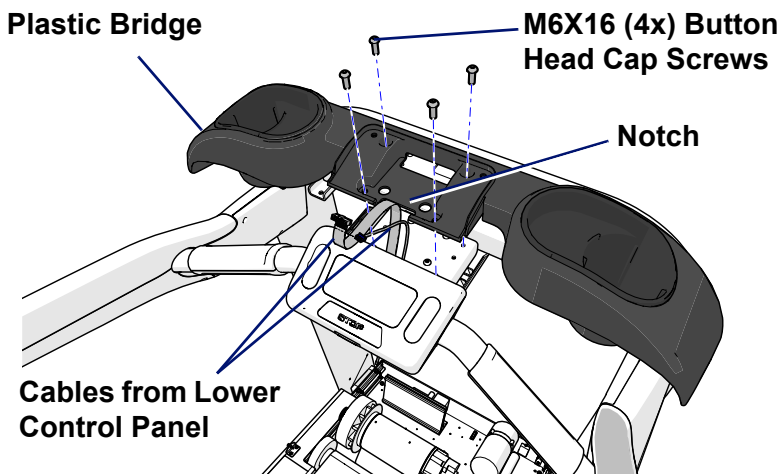
7. Attach inner left Cover 1 using (4) M5 socket head cap screws removed during Medical Rail Cover disassembly. (Figure 2-10).

8. Attach inner left Cover 2 using (3) M5 socket head cap screws removed during Medical Rail Cover disassembly. (Figure 2-10).
9. Repeat steps 6, 7 and 8 to attach right side outer and inner covers.

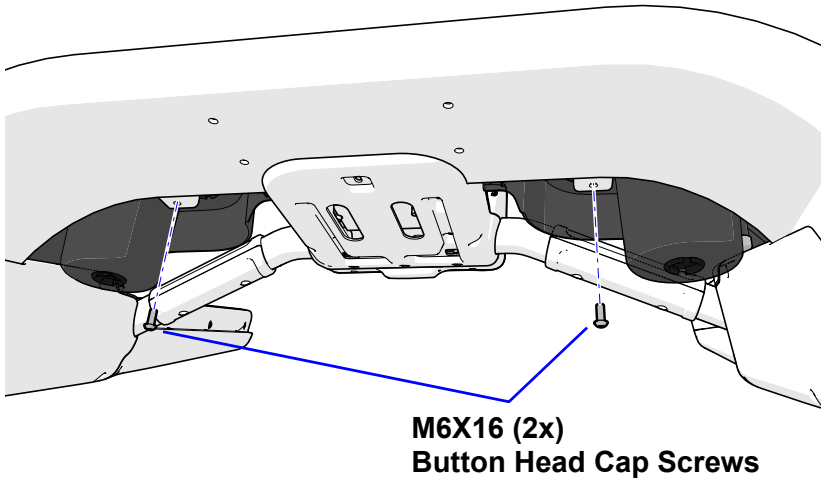
2.3.4. Plastic Bridge Installation

1. The ribbon cable and pulse cable from the lower control panel needs to be placed in the center notch over the plastic bridge so you can thread them through the upright in Step 6 on page 37. Then place the plastic bridge over the handrails and secure from the top with (4) M6x16 screws found in the hardware kit, using 5mm hex wrench.

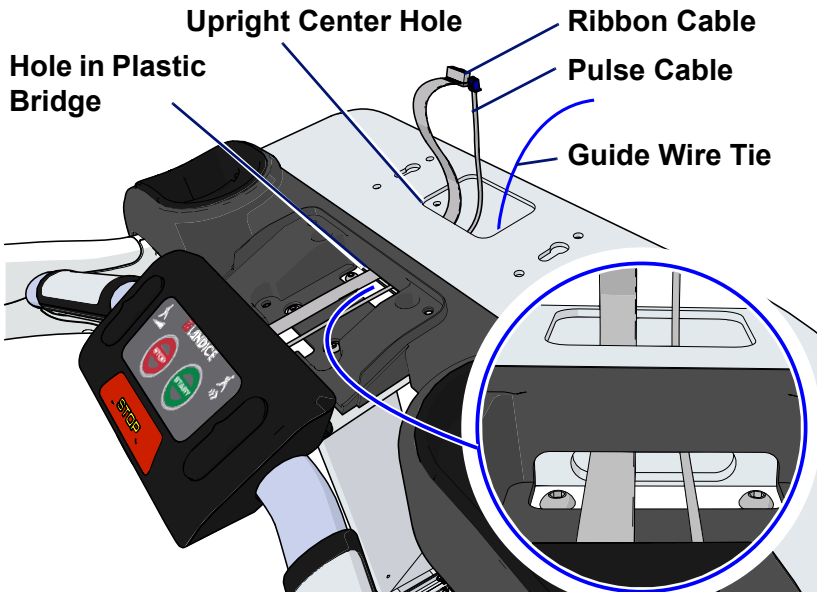
Figure 2-11. Plastic Bridge Installation - Upper Screws



2. Attach bridge from underneath with (2) M6x16 button head cap screws from the hardware kit with a 5mm hex wrench. (Figure 2-12). **Tip:** Start both screws before tightening.

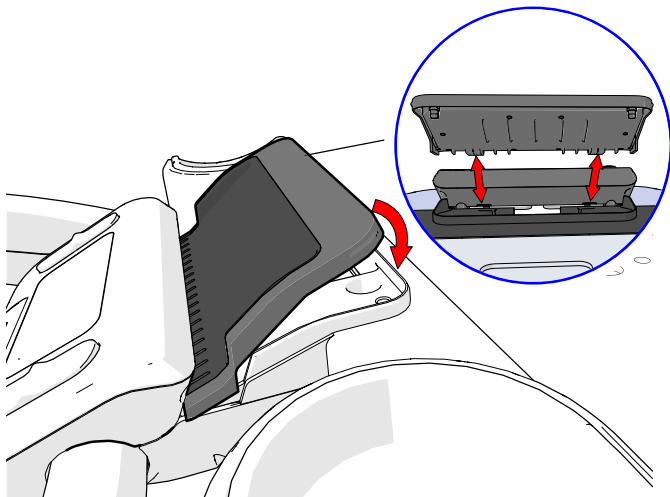
Figure 2-12. Plastic Bridge Installation - Lower Screws

3. Locate the Ribbon Cable and Pulse Cable coming from the Lower Control Panel. Feed them through the hole in the plastic bridge and up through the hole in the center of the upright (Figure 2-13).

Figure 2-13. Lower Control Panel Cables

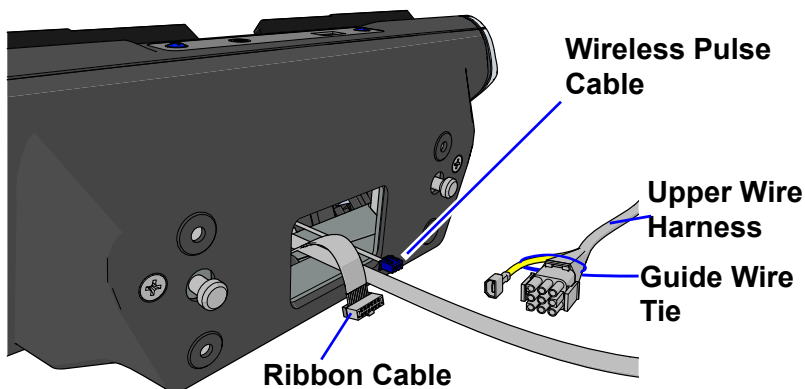
- Engage the tray tabs in the notches of the plastic bridge. Rotate the Accessory Tray as shown to snap the posts into their receivers. (Figure 2-14).

Figure 2-14. Accessory Tray Tabs



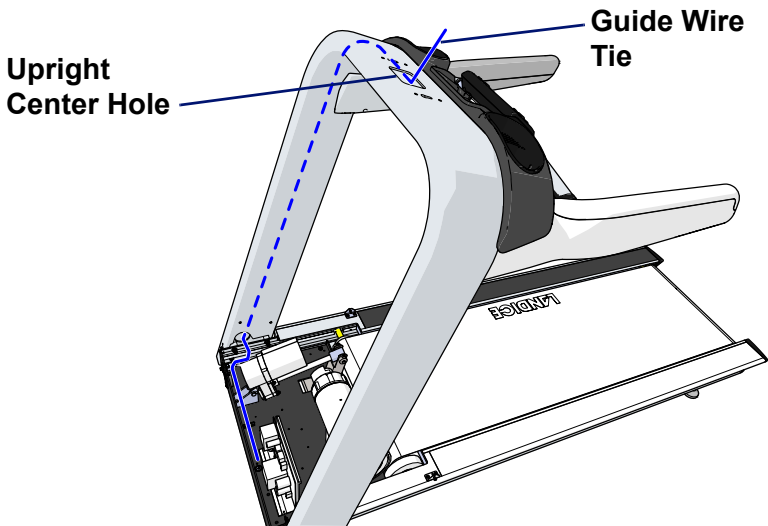
- Remove Display Console from box. There are (3) cables coming from the bottom of the Console: the long Upper Wire Harness, the flat ribbon cable, and the wireless pulse cable. (Figure 2-15).

Figure 2-15. Display Console Cables



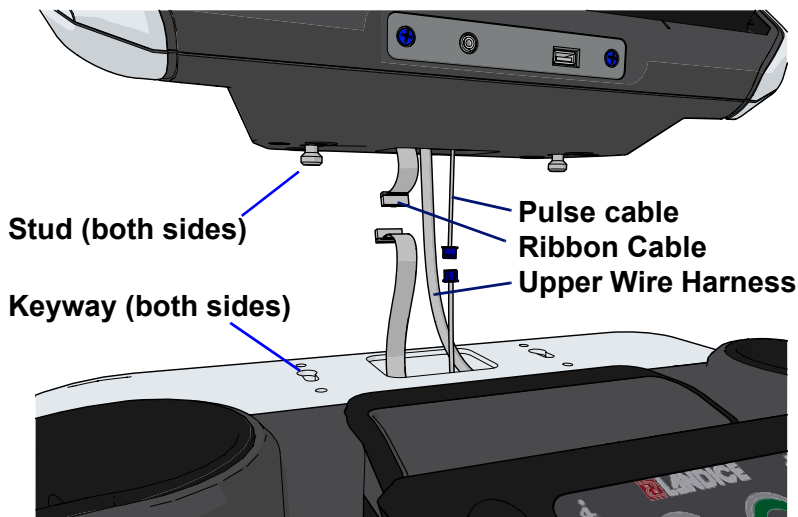
6. Find the wire tie coming from the Upright Center Hole. Wrap the wire tie around the Upper Wire Harness (see Figure 2-15) and feed the connectors into the Upright Center Hole. Pull the wire tie from the lower access hole to guide the Upper Wire Harness through the upright and out of the lower access hole (Figure 2-16) into the motor pan.

Figure 2-16. Upper Wire Harness Routing Path



7. Connect the ribbon cable and the pulse cable from the upright center hole to the corresponding cables from the Display Console (Figure 2-17).
8. Ensure cables are not crimped or caught between console and upright, then engage the studs on the console in their keyways in the upright then pull forward to lock the Display Console in place. (Figure 2-17).

Figure 2-17. Console Assembly Installation



9. Remove power cord from motor pan and plug into receptacle at front of treadmill.
10. Run the Upper Wire Harness behind the Elevation Motor (opposite screw end, Figure 2-19) and connect it to the Motor Control Board.
11. Push ground wire from upper harness to the grounding cable wire coming from the motor pan.

Figure 2-18. Base Grounding Point

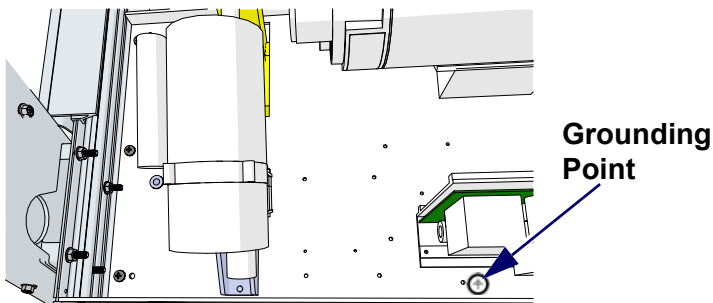
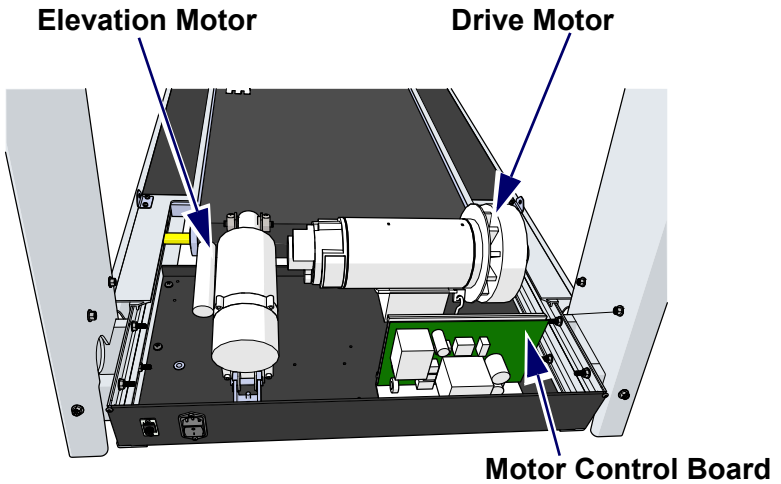
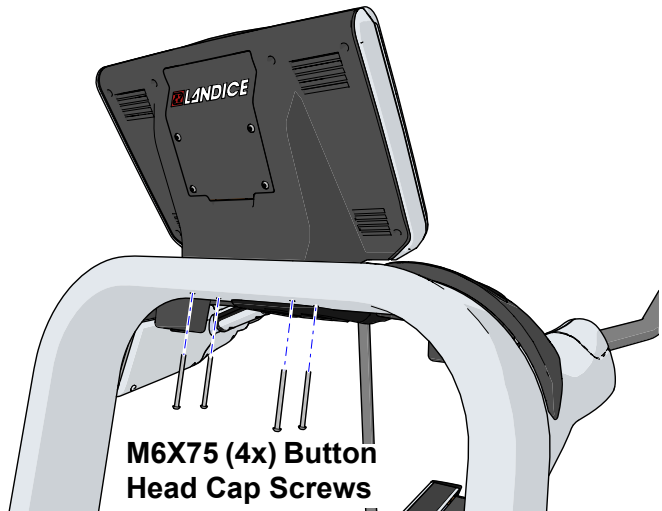


Figure 2-19. Motor Wiring Connections

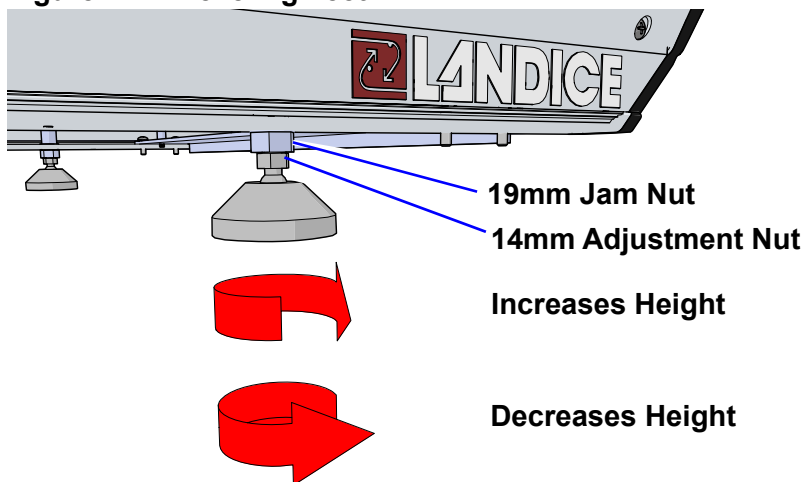
12. Using (4) M6x75 button head cap screws from the 90 Series Hardware Kit and a 5mm hex wrench, secure Display Console assembly to upright. (Figure 2-20).

Figure 2-20. Console Assembly Bolts

2.3.5. Leveling Feet

1. Confirm that all treadmill feet are touching the ground. If necessary, loosen the 19mm and 14mm nuts using open end or adjustable wrench, until foot touches the floor. (Figure 2-21).

Figure 2-21. Leveling Feet



2. Place a level across the rear of the machine and stand in the middle of the running surface, facing the rear of the treadmill. Check if the bubble is centered on the level.
 - If the bubble goes to the right (while standing on treadmill), adjust the left rear foot. Loosen the 19mm nut by turning it clockwise and rest it against the 14mm nut. Turn the 14mm nut clockwise to raise the foot. Stop adjusting the foot when the bubble is centered on the level.
 - If the bubble goes to the left (while standing on treadmill), adjust the right rear foot. Loosen the 19mm nut by turning it clockwise and rest it against the 14mm nut. Turn the 14mm nut clockwise to raise the foot. Stop adjusting the foot when the bubble is centered on the level.
3. Confirm that the bubble is centered on the level.

4. Lock each leveling foot into place by threading the 19mm nut until it touches the bottom of the frame. Turn the 19mm nut counterclockwise and 14mm nut clockwise using an open end wrench to lock each foot into place.

2.3.6. Treadbelt Tensioning

1. Before checking treadbelt tension, make sure treadmill is level. (See “Leveling Feet” on page 40.) At proper tension you should be able to place your hand between the belt and deck and reach the center of the treadmill (Figure 2-22).
 - If you cannot reach the center, the belt is too tight.
 - If your hand reaches past the center, the belt is too loose.

Figure 2-22. Treadbelt Tension Check

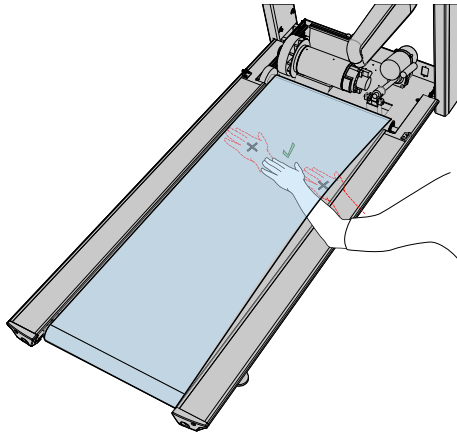
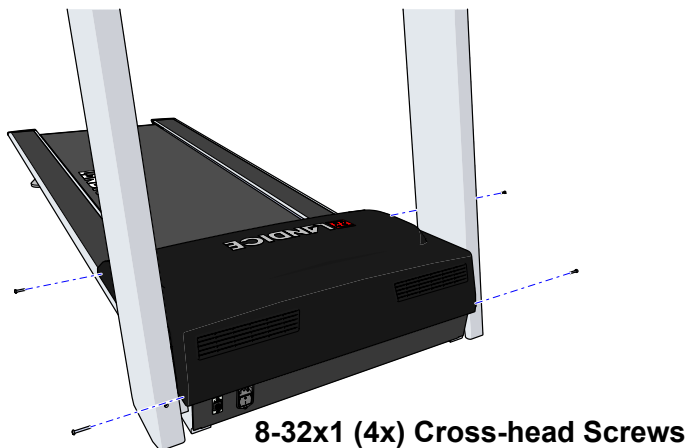


Figure 2-23. Motor Cover Screw Locations



2. To install the motor cover, remove (4) 8-32x1 cross head screws from the frame (Figure 2-22). Tilt motor cover between uprights and place over motor pan. Using the cross head screws you just removed from the frame, install the motor cover.



Do not plug treadmill into a surge suppressor or GFI outlet.

3. Plug the treadmill power cord into a dedicated power outlet. Ensure that the power cord has plenty of slack and will not be pinched beneath the treadmill as the treadmill elevates up and down.
4. Turn on the power switch located next to the power cord and make sure the safety lanyard block is pushed in. Start the treadmill and increase speed to 2 mph. Check that the treadbelt is tracked (centered) and not moving off to one side. If belt is going toward one side, follow tracking instructions in step 9. If belt is tracked (centered) correctly, proceed to walk on the treadmill at 2 mph. If belt feels like it is slipping under your feet, follow tension instructions in step 8.

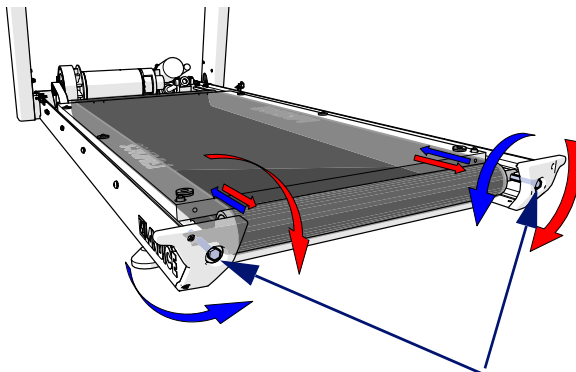
5. When belt tension and tracking are both correct, move to the next step.
6. Start treadmill and walk at 2 mph for 20 minutes, walking from front to back over the entire surface, to properly “walk in” the lubrication.
7. As you walk, test the treadmill by adjusting speed and incline. Ensure all displays light.
8. The treadbelt is tracked (centered) and tensioned by the take-up screws located at the back of the treadmill (Figure 2-24). If the treadbelt is too loose (slipping as you walk), turn both screws clockwise by 1/4 turn to tighten using the 9/16” socket.



DO NOT OVER-TIGHTEN the belt. The rollers and motor can be damaged.

9. If the treadbelt does not track straight, adjust speed to 3 mph and tighten the screw on the side to which the belt is pulling by 1/4 turn. Allow time for belt to adjust, approximately 2-3 minutes. Adjust by 1/4 turn as necessary to achieve proper tracking. If more than 3/4 turn is necessary, loosen the opposite side by 1/4 turn.
10. Recheck tension and tracking to confirm the adjustments.

Figure 2-24. Treadbelt Tensioning Take-up Screws



Treadbelt Take-up Screws (2x)

11. After confirming proper treadmill operation, turn the treadmill off by pressing **STOP** twice.
12. Your treadmill is now ready for use.

3. Pro Trainer Treadmill Operation

3.1. Pro Trainer Control Panel

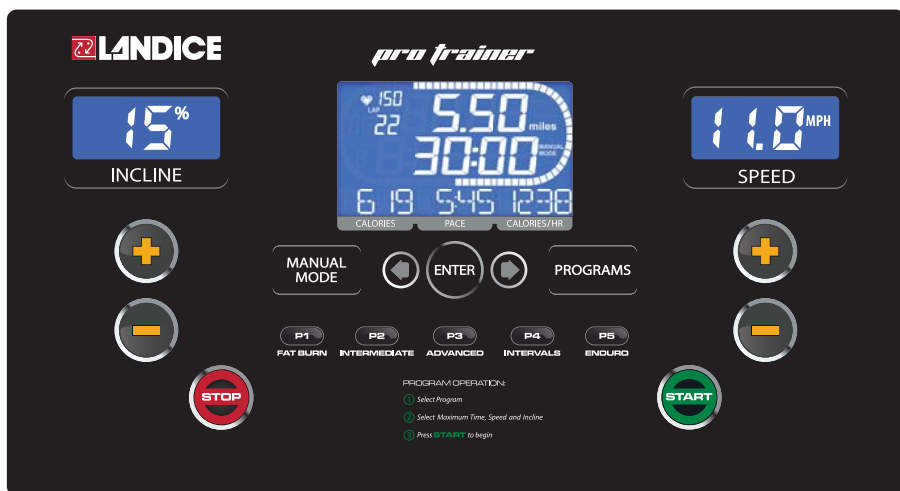


Table 3-1 Pro Trainer Control Panel Functions














Function	Description
INCLINE	Displays the incline of the treadmill in percent (%).
SPEED	Displays the current speed of the treadbelt in MPH (km/hr in metric mode).
	Powers up the treadmill. All displays light and the treadbelt begins moving at 0.5 mph (0.8 km/hr in metric mode).
	Press STOP once to pause the treadmill or twice to turn it off. Statistical information is cleared when the treadmill is turned off.
	Press ENTER to change statistics between laps and METS or after any data entry.
	To manually control speed and incline press MANUAL MODE and adjust speed and incline to desired values.

Table 3-1 Pro Trainer Control Panel Functions (Continued)

Function	Description
	To use the built-in and user-defined workout programs: Press PROGRAMS at any time to display the programs selection screen. Use arrow to scroll through the program. Press ENTER to select the desired program. When prompted, enter the program's specific parameters (Maximum Speed, Incline, Time) using the arrow keys. Press START to begin the program.
	Press and hold to increase incline or speed. Pressing for longer than 2 seconds causes the incline or speed to increase at a faster rate. Release the key when the display shows desired incline or speed.
	Press and hold to decrease incline or speed. Pressing for longer than 2 seconds causes the incline or speed to decrease at a faster rate. Release the key when the display indicates desired incline or speed.
	The left and right arrows are used to set values or select programs.
<p>To quickly select a built-in program, press the desired program (P1 through P5) and press ENTER. When prompted, use the arrow to enter your values for Maximum Time, Speed, and Incline, then press START to begin.</p> <div data-bbox="171 922 846 1000">      </div>	

3.2. Display Features

Table 3-2 Display Features

FEATURE	DESCRIPTION
TIME	Time logged on treadmill displayed as “Minutes: Seconds”
DISTANCE	Miles logged on treadmill (kilometers when in metric)
CALORIES	Total calories burned based on user weight
CALORIES/HR	Rate in calories/hour based on user weight
PACE	Time to complete 1 mile (1 kilometer when in metric)
METS*	Current MET level, based on user weight / incline / speed
LAP COUNTER	A 1/4 mile (400 meter in metric) lap counter will be displayed by pressing ENTER when METS is showing. You can switch between Laps and METS by pressing ENTER or arrow keys.
PULSE	This is indicated by an image of a heart to show your current heart rate.
PROGRAM	Program # will be shown if program is selected
*One MET is defined as the energy consumed at rest by the average adult.	

3.3. Using the Pro Trainer Treadmill: Manual Mode

Manual mode is a user-defined workout without any program parameters. You control the speed and incline using the **SPEED (+/-)** and **INCLINE (+/-)** keys on the console.

To switch to manual mode from a built-in program, press **MANUAL MODE** to exit the program and return to manual mode.

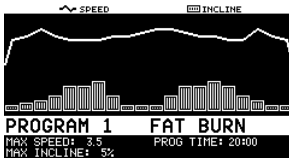
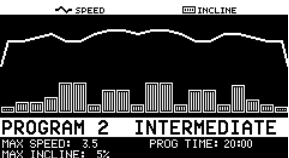
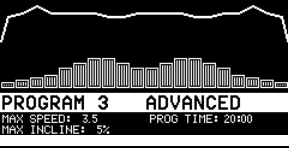
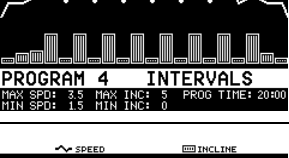
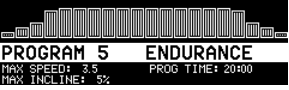
1. Make sure you have read and understand this manual before beginning.
2. Plug the treadmill power cord into its outlet.
3. Straddle the treadbelt with one foot on each traction strip.
4. Press **START**. The power-up screen is displayed and the treadbelt starts moving at 0.5 mph (0.8 kph in metric).
5. The display prompts you to enter your weight (defaulting to 155 lb, or 70.5 kg) Press the left or right arrow to scroll to your body weight. Entering your weight allows the treadmill to accurately calculate calories burned during a workout.
6. When your weight is displayed press **ENTER** or wait 3 seconds. The treadmill exits the weight entry screen and enters Manual Mode.
7. The treadmill is now ready to use. You can vary the speed or incline as desired by using the **SPEED (+/-)** and **INCLINE (+/-)** keys, or select a built-in program.

3.4. Using the Built-in Programs

3.4.1. Description

You can choose from 5 built-in programs that differ in speed and incline. Each program lets you select a maximum speed, incline, and time (5 to 99 minutes). (Intervals Program requires a minimum speed and incline.) The treadmill will not go above the maximum number unless manually overridden. Each program has 20 segments of equal time, starting with 3 warm-up segments and ending with 2 cool-down segments. For example, a 40-minute program has 20 2-minute segments.

Table 3-3 Pro Trainer Built-In Programs

Screen	Program Description
	<p>P1 FAT BURN: This program features two elevation peaks along with gradual changes in speed. The overall goal is to raise heart rate, maintain the raised heart rate for most of the workout, then gradually bring heart rate down during the last 2 cool down segments.</p>
	<p>P2 INTERMEDIATE: This program features 5 elevation peaks matched to changes in speed. The overall goal is to vary heart rate by elevating and lowering it several times, providing a challenging cardiovascular workout.</p>
	<p>P3 ADVANCED: This program features high elevations combined with top speeds. The overall goal is to raise heart rate using speed and elevation for an advanced cardiovascular workout.</p>
	<p>P4 INTERVALS: This program features high speeds and elevations alternating with low speeds and elevations. The overall goal is to vary your workout, taking you from peak level to recovery 8 times throughout the workout.</p>
	<p>P5 ENDURANCE: This program features a maximum speed with maximum elevation. The overall goal is to raise heart rate with speed and elevation for the ultimate cardiovascular workout.</p>

3.4.2. Running a Built-In Program

1. Straddle the treadbelt with one foot on each traction strip.
2. Press **START**. The power-up screen is displayed and the treadbelt starts moving at 0.5 mph (0.8 kph in metric).
3. The display prompts you to enter your weight (defaulting to 155 lb, or 70.5 kg) Press the left or right arrow to scroll to your body weight.

4. When your weight is displayed press **ENTER** or wait 3 seconds. The treadmill enters Manual Mode.
5. Press **PROGRAMS** or **P1** through **P5** to view Programs.
6. Select the program you want to run. Then you will be prompted to enter the following program parameters:
 - **Maximum Speed:** Scales the speed curve to the maximum speed entered.
 - **Maximum Incline:** Scales the elevation curve to the maximum incline entered.
 - **Program Time:** Sets the total program length
 - **Minimum Speed/Incline:** INTERVALS Program only.
7. Enter Program Time using the arrow keys, then press **ENTER**. The time should be at least 5 minutes and not more than 99 minutes.
8. Enter the Maximum Speed using the arrow keys to select a value, then press **ENTER**.
9. Enter the Maximum Incline using the arrow keys to select a value, then press **ENTER**.
10. Press **START** to begin your workout.

3.5. Pro Trainer User Programs

The Pro Trainer Treadmill can store up to 2 individual User-Defined Programs. These programs will be retained even if the unit is unplugged.

User-Defined Programs look and run exactly like Built-In Programs. The primary difference between Built-In and User-Defined Programs is customization. Unlike the Built-In Programs, User-Defined Programs allow you to manually edit 20 individual segments as outlined below:

1. Press **PROGRAMS** at any time during a workout to display Programs options.
2. Scroll through the programs using the arrow or continue to press the **PROGRAMS** button.

3. Select a user program and press **ENTER** while program is displaying User Program 1 or 2.
4. Press **ENTER** to edit.
5. Use the arrow to select program time from 5 - 99 minutes. When the desired time is selected press **ENTER**. The EDIT MODE requires one speed and/or incline for each segment. For each of the 20 segments, speed and incline windows will flash. Change the speed and incline by using the +/- keys below each window.
6. Continue to program subsequent segments by using the arrow keys to move from segment to segment.
7. When you have completed editing all 20 segments in your User Defined Program, you can begin your program by pressing **START**.

Note: If you attempt to advance the cursor past the 20th segment, you will be prompted with **PRESS START TO BEGIN** or **ENTER to EDIT**. You can also exit Edit Mode by pressing **PROGRAMS** at any time.

4. Pro Sports Treadmill Operation

4.1. Pro Sports Control Panel

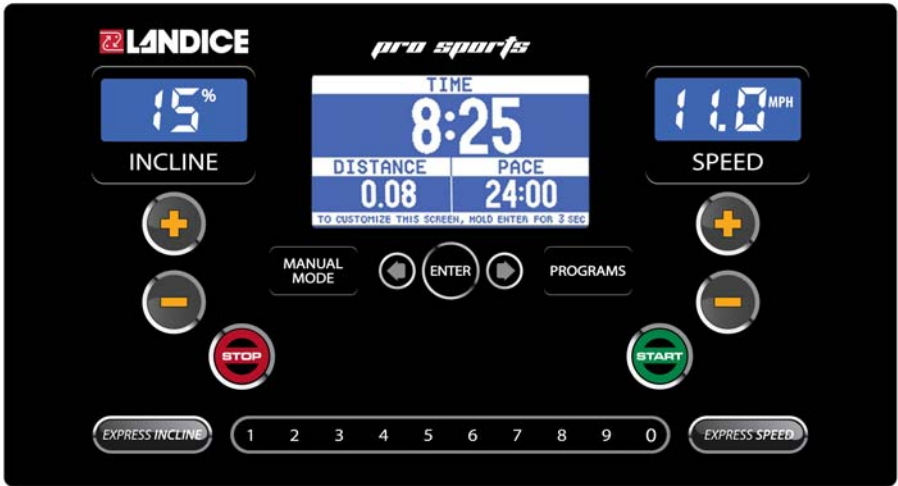


Table 4-1 Pro Sports Control Panel Functions












Function	Description
INCLINE	Displays the incline of the treadmill in percent (%).
SPEED	Displays the current speed of the treadbelt in MPH (km/hr in metric mode).
	Powers up the treadmill. All displays light and the treadbelt begins moving at 0.5 mph (0.8 km/hr in metric mode).
	Press STOP once to pause the treadmill or twice to turn it off. Statistical information is cleared when the treadmill is turned off.
	Press ENTER to scroll through the display screens or after any data entry.
	To manually control the speed and incline of the treadmill, press MANUAL MODE and adjust the speed and incline to desired values.

Table 4-1 Pro Sports Control Panel Functions (Continued)

Function	Description
	To use the built-in and user-defined workout programs: Press PROGRAMS at any time to display the programs selection screen. Use arrow to scroll through the built-in and user-defined program previews and select the desired program by pressing ENTER . You are then prompted to enter the program's specific parameters (Maximum Speed, Incline, Time, etc.). Use the numeric keypad or the arrow to select the desired values. Press START to begin the program.
	Press and hold to increase incline or speed. Pressing for longer than 2 seconds causes the incline or speed to increase at a faster rate. Release the key when the display shows desired incline or speed.
	Press and hold to decrease incline or speed. Pressing for longer than 2 seconds causes the incline or speed to decrease at a faster rate. Release the key when the display indicates desired incline or speed.
	The left and right arrows move between display sections or to set values.
 	The Express Speed and Express Incline keys, in conjunction with the numeric keypad, allow you to directly enter a target speed or incline without using the (+/–) keys. Press EXPRESS SPEED or EXPRESS INCLINE , then enter the desired value using the numeric keypad. Then press ENTER or wait 3 seconds for the treadmill to adjust to the new settings.
The numeric keypad is used to change speed and incline with the Express keys, enter user settings, and configure programs.	
	

4.2. Display Features

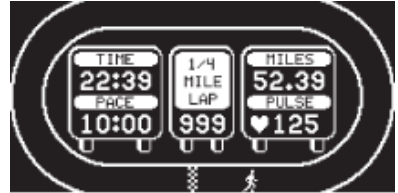
The screens at right are the options available for displaying workout information. Table 4-2 describes the information provided.

To toggle between these screens during your workout, press **ENTER** or use the arrow keys.

To customize the information displayed on the Personalized Stats screen if desired, hold **ENTER** for 3 seconds to view the edit screen. Use the arrows to toggle through the options and press **ENTER** to confirm your selections.



Personalized Stats



Track Screen



Statistics Screen

Table 4-2 Display Features

Feature	Description
TIME	Time logged on treadmill displayed as "Minutes: Seconds"
DISTANCE	Miles logged on treadmill (kilometers when in metric)
PACE	Time to complete 1 mile (1 kilometer when in metric)
CALORIES	Total calories burned, based on user weight
CALS/HR	Rate in calories/hour, based on user weight
LAP (PROGRESS)	1/4-mile (400 meter in metric) track and Lap Indicator
LAP (COUNTER)	Number of laps completed
PULSE	Current heart rate
METS*	Current MET level, based on user weight/incline/speed

*One MET is the energy consumed at rest by the average adult.

4.3. Using the Pro Sports Treadmill

1. Make sure you have read and understand this owner's manual before beginning.
2. Plug the treadmill power cord into its outlet.
3. Straddle the treadbelt with one foot on each traction strip.
4. Press **START**. The power-up screen is displayed
5. After 3 seconds the treadbelt starts moving at 0.5 mph (0.8 km/h in metric mode).
6. Enter your weight using the numeric keypad and then press **ENTER** or wait 3 seconds to advance to the first of the motivational screens.
7. The treadmill is now ready to use. You can vary the speed or incline as desired by using the **SPEED (+/-)** and **INCLINE (+/-)** keys.

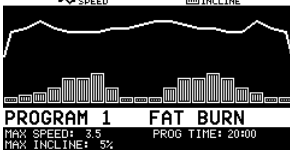
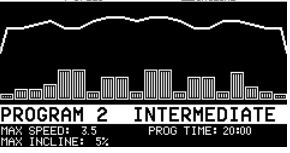
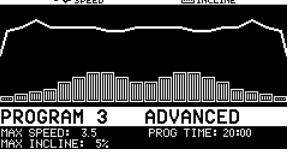

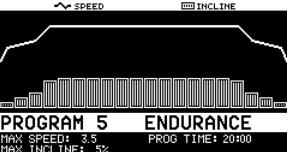


4.4. Using the Built-in Programs

4.4.1. Description

You can choose from 5 Built-in Programs. Each program lets you select a maximum speed, incline and time, from 10 to 99 minutes. (Intervals Program requires a minimum speed and incline). When set, the treadmill will not go above the maximum number unless manually overridden. Each program has 20 segments of equal time, beginning with 3 warm-up segments and ending with 2 cool-down segments. For example, a 40-minute program contains 20 two-minute segments.

Table 4-3 Pro Sports Built-In Programs

Screen	Program Description
 <p>PROGRAM 1 FAT BURN MAX SPEED: 3.5 MAX INCLINE: 5% PROG TIME: 20:00</p>	<p>FAT BURN: This program features two elevation peaks along with gradual changes in speed. The overall goal is to raise heart rate, maintain the raised heart rate for most of the workout, then gradually bring heart rate down during the last 2 cool down segments.</p>
 <p>PROGRAM 2 INTERMEDIATE MAX SPEED: 3.5 MAX INCLINE: 5% PROG TIME: 20:00</p>	<p>INTERMEDIATE: This program features 5 elevation peaks matched to changes in speed. The overall goal is to vary heart rate by elevating and lowering it several times, providing a challenging cardiovascular workout.</p>
 <p>PROGRAM 3 ADVANCED MAX SPEED: 3.5 MAX INCLINE: 5% PROG TIME: 20:00</p>	<p>ADVANCED: This program features high elevations combined with top speeds. The overall goal is to raise heart rate using speed and elevation for an advanced cardiovascular workout.</p>
 <p>PROGRAM 4 INTERVALS MAX SPD: 3.5 MAX INC: 5 MIN SPD: 1.5 MIN INC: 0 PROG TIME: 20:00</p>	<p>INTERVALS: This program features high speeds and elevations alternating with low speeds and elevations. The overall goal is to vary your workout, taking you from peak level to recovery 8 times throughout the workout.</p>
 <p>PROGRAM 5 ENDURANCE MAX SPEED: 3.5 MAX INCLINE: 5% PROG TIME: 20:00</p>	<p>ENDURANCE: This program features a maximum speed with maximum elevation. The overall goal is to raise heart rate with speed and elevation for the ultimate cardiovascular workout.</p>

4.4.2. Running a Built-In Program

1. Start a workout as outlined in “Using the Built-in Programs” on page 56.
2. Press **PROGRAMS** to display the Programs selection screen.
3. Select a built-in program by using the arrow keys or press the **PROGRAMS** button to scroll through the list, then press **ENTER**. You are prompted to enter the following program parameters:
 - **Maximum Speed:** This scales the speed curve to the maximum speed entered.
 - **Maximum Incline:** This scales the elevation curve to the maximum incline entered.
 - **Program Time:** Sets the total length of time you want the program to run.
 - **Minimum Speed/Incline:** INTERVALS Program only.
4. Enter the Maximum Speed using the numeric keypad or the arrow to select a value, then press **ENTER** or wait 3 seconds.
5. Enter the Maximum Incline using the numeric keypad or the arrow to select a value, then press **ENTER** or wait 3 seconds.
6. Enter Program Time using the numeric keypad or the arrow, then press **ENTER** or wait 3 seconds. The time should be at least 10 minutes and not more than 99 minutes.

ENTER MAX SPEED USE < > KEYS BELOW OR NUMERIC KEYPAD
3.5 MPH
ENTER MAX INCLINE USE < > KEYS BELOW OR NUMERIC KEYPAD
5%
ENTER PROGRAM TIME USE < > KEYS BELOW OR NUMERIC KEYPAD
20:00

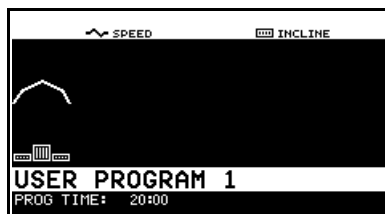
7. Press **START** to begin your workout. The Program Progress Detail screen displays your current segment speed, incline and remaining time.
8. To view all the other segments, press and hold **ENTER** for 3 seconds. Use the arrow keys to move left or right. To exit, press **ENTER**.
9. Press **ENTER** or arrow keys at any time to view any of the other motivational screens during your program, including the Program Profile screen to see a program overview. When viewing a motivational screen other than the Program Progress Detail screen during a segment change, the display temporarily shows the Program Progress Detail screen then returns to the original screen. During a segment change, the speed and/or incline window will flash if there is a change in either.

4.5. Pro Sports User Programs

Landice Pro Sports treadmills can store up to 5 individual, modifiable user-defined program profiles.

A user-defined program looks and runs exactly like a built-in program, but it can be customized to suit the user. Unlike the built-in programs, user-defined programs allow editing of individual segments as well as the number of segments.

1. Press **PROGRAMS** to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or the arrow keys. When USER PROGRAM PREVIEW is shown, press **ENTER**. The User Program Preview Screen displays the program overview and total program time.
3. Press **ENTER** or wait 3 seconds. The screen displays PRESS START TO BEGIN OR ENTER TO EDIT.



- Press **ENTER**. EDIT MODE requires a time for segment 1 (area highlighted in white).

EDITING USER 1	1st SEGMENT	2nd SEGMENT
Speed	0.5	Speed
Incline	0%	Incline
Time	0:00	Time
Use ENTER to toggle between Spd, Inc & Time. Use Numeric Keypad or Speed/Incline +/- keys to enter new values. After final segment, set 0:00 as Time to END. Use < > keys below to change segments.		

Note: Pressing **ENTER** toggles between speed, incline and time values for the current segment. To change segments, press either arrow. You can change segments in either the forward or reverse direction.

- Use the numeric keypad to change the value and press **ENTER**. Continue to another segment by pressing the appropriate arrow key.
- If you want a program to have less than 20 segments, create the last segment with 0 in the time field. The time reads END. The program ends when it reaches this segment.

3rd SEGMENT	4th SEGMENT	5th SEGMENT
3.0 Speed	0.5 Speed	
0% Incline	0% Incline	
3:00 Time	END	Time
Use ENTER to toggle between Spd, Inc & Time. Use Numeric Keypad or Speed/Incline +/- keys to enter new values. After final segment, set 0:00 as Time to END. Use < > keys below to change segments.		

- When you finish editing your User-Defined Program, you can begin your program by pressing **START**.

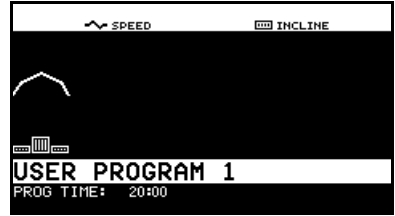
Note: If you attempt to advance the cursor past the 20th segment, you are prompted with **PRESS START TO BEGIN OR ENTER TO EDIT**. You can also exit Edit Mode by pressing **MANUAL MODE** or **PROGRAMS** at any time.

4.5.1. Learn Mode

When you run a User-Defined Program and the speed or incline is adjusted, the treadmill saves the last change to the current segment.

Note: Learn Mode allows you to adjust existing segments in your user program, but you cannot add segments to it in Learn Mode.

1. Start a workout, then press **PROGRAMS** to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or the arrow keys. When the **USER PROGRAM PREVIEW** you desire is shown, press **ENTER**. The User Program Preview Screen displays the program overview and the total program time.



3. Press **START** to begin your program. When you begin, the Program Progress Detail screen is displayed. The speed and incline values of your current segment are displayed in the center. To

PREVIOUS SEGMENT		CURRENT SEGMENT		NEXT SEGMENT
2.5	Speed	3.0	Speed	3.5
0%	Incline	1%	Incline	1%
1:00	Time	0:55	Time	1:00
PROGRAM TIME		CURRENT SEGMENT		
18:55		2 of 20		
TO VIEW OTHER SEGMENTS, HOLD ENTER FOR 3 SEC				

change the speed or incline of your current segment, press the **SPEED (+/-)** or **INCLINE (+/-)** keys. The modified segment is stored with these new settings for the next time you run this program.

5. Cardio Treadmill Operation

5.1. Cardio Control Panel

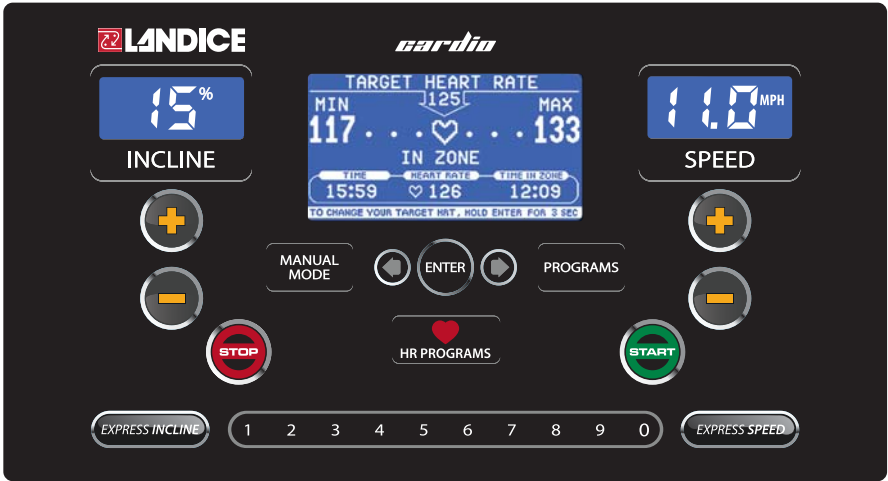


Table 5-1 Cardio Control Panel Functions












Function	Description
INCLINE	Displays the incline of the treadmill in percent (%).
SPEED	Displays the current speed of the treadbelt in MPH (km/hr in metric mode).
	Powers up the treadmill. All displays light and the treadbelt begins moving at 0.5 mph (0.8 km/hr in metric mode).
	Press STOP once to pause the treadmill or twice to turn it off. The statistical information is cleared when the treadmill is turned off.
	Press ENTER to scroll through the display screens or after any data entry.
MANUAL MODE	To manually control the speed and incline of the treadmill, press MANUAL MODE and adjust the speed and incline to desired values.

Table 5-1 Cardio Control Panel Functions (Continued)

Function	Description
	To use the built-in and user-defined workout programs: Press PROGRAMS at any time to display the programs selection screen. Use arrow to scroll through the built-in and user-defined program previews and select the desired program by pressing ENTER . You are then prompted to enter the program's specific parameters (Maximum Speed, Incline, Time, etc.). Use the numeric keypad or the arrow to select the desired values. Press START to begin the program.
	To use the Heart Rate Controlled programs: Press HR PROGRAMS at any time. Choose either a built-in or user-defined heart rate program. Heart Rate Control programs automatically adjust speed and incline in order to maintain a constant heart rate.
	Press and hold to increase incline or speed. Pressing for longer than 2 seconds causes the incline or speed to increase at a faster rate. Release the key when the display shows desired incline or speed.
	Press and hold to decrease incline or speed. Pressing for longer than 2 seconds causes the incline or speed to decrease at a faster rate. Release the key when the display indicates desired incline or speed.
	The left and right arrows move between display sections or to set values.
 	The Express Speed and Express Incline keys, in conjunction with the numeric keypad, allow you to directly enter a target speed or incline without using the (+/-) keys. Press EXPRESS SPEED or EXPRESS INCLINE , then enter the desired value using the numeric keypad. Then press ENTER or wait 3 seconds for the treadmill to adjust to the new settings.
The numeric keypad is used to change speed and incline with the Express keys, enter user settings, and configure programs.	
	

5.2. Display Features

The screens at right are the options available for displaying workout information. Table 5-2 provides information about the available options.

To toggle between these screens during your workout, press **ENTER** or use the arrow keys.

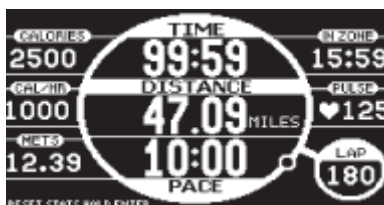
To customize the information displayed on the personalized Stats screen, hold **ENTER** for 3 seconds to view the edit screen. Use the arrows to toggle through the options and press **ENTER** to confirm your selections.



Personalized Stats



Track Screen



Statistics Screen



Heart Rate Screen

Note: The custom Personalized Statistic Screen layouts are permanently stored for Client 1 and Client 2 (residential only). Guest Mode resets to Time, Distance and Pace each time you turn on the treadmill.

Table 5-2 Display Features

Feature	Description
TIME	Time logged on treadmill, displayed as Minutes:Seconds
DISTANCE	Miles logged on treadmill (kilometers when in metric)
PACE	Time to complete 1 mile (1 kilometer when in metric)
CALORIES	Total calories burned, based on entered user weight
CALS/HR	Approximate calories used per hour, based on user weight
LAP (Progress)	1/4-mile (400 meter in metric) track and Lap Indicator
LAP (Counter)	Number of laps completed
PULSE	Current heart rate
TIME IN ZONE	Time spent in zone. The zone is ± 8 beats from target heart rate.
IN ZONE	User's heart rate is within 8 beats of the target heart rate
OUT OF ZONE	User's heart rate is outside zone (more than 8 beats above or below target heart rate)
ABOVE MAX	User's heart rate is above the maximum desirable heart rate
MAX	Maximum allowable heart rate to remain in zone
TARGET HR	Target heart rate (user-defined in Heart Rate Status screen)
MIN	Minimum allowable heart rate to remain in zone
BELOW MIN	User is below minimum allowable heart rate in zone
TOTAL TIME	The total time of the user's workout
METS*	Current MET level, based on user weight / incline / speed
*One MET is the energy consumed at rest by the average adult.	

5.3. Using the Cardio Treadmill

Note: Client Profiles are available on residential treadmills only.

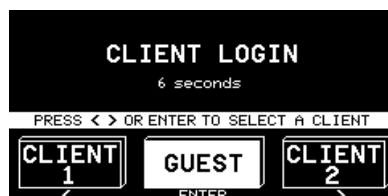
The treadmill can be used immediately as the Guest user or as a default Client. The treadmill's CLIENT LOGIN feature allows 2 different users to separately log cumulative statistics from workout to workout. On residential models, client statistics (total miles, hours, calories, weight, average miles per hour and calories per hour) are stored.

Custom Personalized Statistic Screen layouts and workout statistics are stored permanently for Client users. Guest Mode resets to Time, Distance and Pace each time you turn on the treadmill.


1. Make sure you have read and understand this owner's manual before beginning.
2. Plug the treadmill power cord into its outlet.
3. Straddle the treadbelt with one foot on each traction strip.
4. Press **START**. The power-up screen is displayed.



5. After 3 seconds the treadbelt starts moving at 0.5 mph (0.8 km/h). The CLIENT LOGIN screen is displayed with GUEST selected by default. Client login is only available on residential models.



6. Use the left or right arrows to select **CLIENT 1**, **CLIENT 2** or **GUEST**, then press **ENTER**.

7. **To reset client totals if desired:** From the Client Statistics screen, press and hold **ENTER** until you hear an audible beep. The statistics reset to **0**.
8. **To activate/deactivate client login if desired:** With the treadmill off, press **8**, **6** and **START** at the same time.
9. Enter your weight using the numeric keypad or arrows. Press **ENTER** or wait 3 seconds to advance to the first of the motivational screens.A rectangular screen with a black background. At the top, in white capital letters, it says "ENTER YOUR WEIGHT". Below that, in smaller white capital letters, it says "USE < > KEYS BELOW OR NUMERIC KEYPAD". In the center, the number "155" is displayed in large white font, followed by "LBS" in a smaller white font. At the bottom, it says "3 seconds" in a small white font.

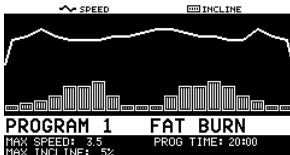
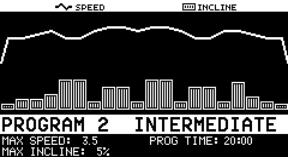
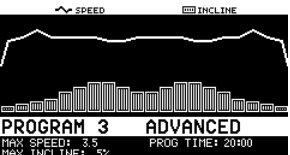
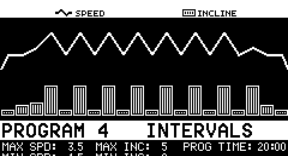
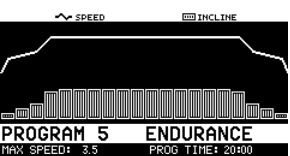
ENTER YOUR WEIGHT	
USE < > KEYS BELOW OR NUMERIC KEYPAD	
155	LBS
3 seconds	
10. The treadmill is now ready to use. You can vary the speed or incline, if desired, by using the **SPEED (+/-)** and **INCLINE (+/-)** keys or **EXPRESS SPEED** and **EXPRESS INCLINE** keys.

5.4. Using the Built-in Programs

5.4.1. Description

The 5 Built-in Programs differ in speed and incline. Each lets you select a maximum speed, incline, and time (10 to 99 minutes). (Intervals Program requires a minimum speed and incline.) The treadmill will not go above the maximum number unless manually overridden. Each program has 20 segments of equal time, beginning with 3 warm-up segments and ending with 2 cool-down segments. For example, a 40-minute program contains 20 2-minute segments.

Table 5-3 Cardio Built-In Programs

Screen	Program Description
	<p>FAT BURN: This program features two elevation peaks along with gradual changes in speed. The overall goal is to raise heart rate, maintain the raised heart rate for most of the workout, then gradually bring heart rate down during the last 2 cool down segments.</p>
	<p>INTERMEDIATE: This program features 5 elevation peaks matched to changes in speed. The overall goal is to vary heart rate by elevating and lowering it several times, providing a challenging cardiovascular workout.</p>
	<p>ADVANCED: This program features high elevations combined with top speeds. The overall goal is to raise heart rate using speed and elevation for an advanced cardiovascular workout.</p>
	<p>INTERVALS: This program features high speeds and elevations alternating with low speeds and elevations. The overall goal is to vary your workout, taking you from peak level to recovery 8 times throughout the workout.</p>
	<p>ENDURANCE: This program features a maximum speed with maximum elevation. The overall goal is to raise heart rate with speed and elevation for the ultimate cardiovascular workout.</p>

5.4.2. Running a Built-In Program

1. Start a workout as outlined in “Using the Cardio Treadmill” on page 67.
2. Press **PROGRAMS** to display the Programs selection screen.

3. Select a built-in program by using the arrow to scroll through the list, then press **ENTER**. You are prompted to enter the following program parameters:
 - **Maximum Speed:** This scales the speed curve to the maximum speed entered.
 - **Maximum Incline:** This scales the elevation curve to the maximum incline entered.
 - **Program Time:** Sets the total length of time you want the program to run.
 - **Minimum Speed/Incline:** INTERVALS Program only.
4. Enter the Maximum Speed using the numeric keypad or the arrow to select a value, then press **ENTER** or wait 3 seconds.
5. Enter the Maximum Incline using the numeric keypad or the arrow to select a value, then press **ENTER** or wait 3 seconds.
6. Enter Program Time using the numeric keypad or the arrow keys, then press **ENTER** or wait 3 seconds. The time should be at least 10 minutes and not more than 99 minutes.
7. Press **START** to begin your workout. The Program Progress Detail screen displays your current segment speed, incline and remaining time.
8. To view other segments, press and hold **ENTER** for 3 seconds. Use the arrow keys to move left or right. To exit, press **ENTER**.

ENTER MAX SPEED USE < > KEYS BELOW OR NUMERIC KEYPAD
3.5 MPH
ENTER MAX INCLINE USE < > KEYS BELOW OR NUMERIC KEYPAD
5%
ENTER PROGRAM TIME USE < > KEYS BELOW OR NUMERIC KEYPAD
20:00

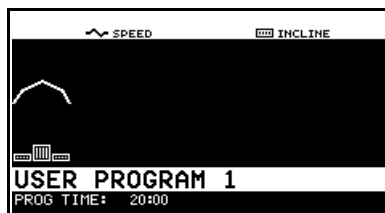
- Press **ENTER** or use the arrow keys at any time to view any of the other motivational screens during your program, including the Program Profile screen to see a program overview. When viewing a motivational screen other than the Program Progress Detail screen during a segment change, the display temporarily shows the Program Progress Detail screen then returns to the original screen. During a segment change, the speed and/or incline window will flash if there is a change in either.

5.5. Cardio User Programs

Cardio treadmills can store up to 5 individual, modifiable user-defined program profiles.

A user-defined program looks and runs exactly like a built-in program, but it can be customized to suit the user. Unlike the built-in programs, user-defined programs allow editing of individual segments as well as the number of segments.

- Press **PROGRAMS** to display the Programs selection screen.
- Scroll through the program options by pressing **PROGRAMS** or use the arrow keys. When USER PROGRAM PREVIEW is shown, press **ENTER**. The User Program Preview Screen displays the program overview and total program time.
- Press **ENTER** or wait 3 seconds. The screen displays PRESS START TO BEGIN OR ENTER TO EDIT.
- Press **ENTER**. EDIT MODE requires a time for segment 1 (area highlighted in white).



EDITING USER 1	1st SEGMENT	2nd SEGMENT
Speed	0.5	Speed
Incline	0%	Incline
Time	0:00	Time

Use ENTER to toggle between Spd, Inc & Time
 Use Numeric Keypad or Speed/Incline +/-
 keys to enter new values.
 After final segment, set 0:00 as Time to ENC
 Use < > keys below to change segments.

Note: Pressing **ENTER** toggles between speed, incline and time values for the current segment. To change segments, press either arrow. You can change segments in either the forward or reverse direction.

5. Use the numeric keypad to change the value and press **ENTER**. Continue to another segment by pressing the appropriate arrow key.
6. If you want a program to have less than 20 segments, create the last segment with 0 in the time field. The time reads **END**. The program ends when it reaches this segment.
7. When you finish editing your User-Defined Program, you can begin your program by pressing **START**.

3rd SEGMENT	4th SEGMENT	5th SEGMENT
3.0 Speed	0.5 Speed	
0% Incline	0% Incline	
3:00 Time	END Time	

Use ENTER to toggle between Spd, Inc & Time.
Use Numeric Keypad or Speed/Incline +/- keys to enter new values.
After final segment, set 0:00 as Time to END
Use < > keys below to change segments.

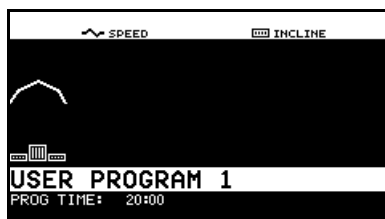
Note: If you attempt to advance the cursor past the 20th segment, you are prompted with **PRESS START TO BEGIN OR ENTER TO EDIT**. You can also exit Edit Mode by pressing **MANUAL MODE** or **PROGRAMS** at any time.

5.5.1. Learn Mode

When you run a User-Defined Program and the speed or incline is adjusted, the treadmill saves the last change to the current segment.

Note: Learn Mode allows you to adjust existing segments in your user program, but you cannot add segments to it in Learn Mode.

1. Start a workout, then press **PROGRAMS** to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or use the arrow keys. When the **USER PROGRAM** **PREVIEW** you desire is shown, press **ENTER**. The User Program Preview Screen displays the program overview and the total program time.



3. Press **START** to begin your program. When you begin, the Program Progress Detail screen is displayed. The speed and incline values of your current segment are displayed in the center. To change the speed or incline of your current segment, press the **SPEED (+/-)** or **INCLINE (+/-)** keys. The modified segment is stored with these new settings for the next time you run this program.

PREVIOUS SEGMENT	CURRENT SEGMENT	NEXT SEGMENT
2.5 Speed	3.0 Speed	3.5
0% Incline	1% Incline	1%
1:00 Time	0:55 Time	1:00
PROGRAM TIME 18:55		CURRENT SEGMENT 2 of 20
TO VIEW OTHER SEGMENTS, HOLD ENTER FOR 3 SEC		

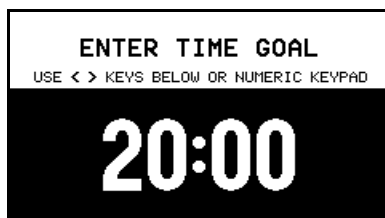
5.6. Specific Goal Programs

The Cardio Treadmill provides Specific Goal programs. Whether you want to go for a 3-mile run, burn 1,000 calories, or simply exercise for 15 minutes, the Goal Progress screen accurately assesses your progress with a variety of statistics. During these programs you retain full manual control.

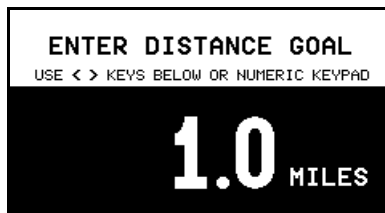
1. Start a workout as outlined in “Using the Cardio Treadmill” on page 67.

2. Press **PROGRAMS** to display the Programs selection screen and select the goal program that you want to run:

- For **TIME GOAL PROGRAM**, set a Program Time Goal using the numeric keypad or the arrow keys. Enter a time from 10 to 99 minutes, then press **ENTER** or wait 3 seconds.



- For **DISTANCE GOAL PROGRAM**, set a Program Distance Goal using the numeric keypad or arrow keys. Enter a distance from 0.1 to 99.9 miles (km in metric), then press **ENTER** or wait 3 seconds.



- For **CALORIE GOAL PROGRAM**, set a Program Calorie Goal using the numeric keypad or arrow keys. Enter a calorie goal from 10 to 9,999 calories, then press **ENTER** or wait 3 seconds.



3. Press **START** to begin.
The Goal Progress screen shows your Specific Goal (Time, Distance or Calorie), counting down (noted by a negative sign).
4. Press **ENTER** at any time to view any of the other screens during your program.

5.7. Heart Rate Control Programs

Landice Cardio treadmills offer Heart Rate Control (HRC) programs that display your heart rate and automatically vary treadmill speed and elevation. HRC training allows you to maximize your workout performance while minimizing your workout time.

You must use the Pulse Grips or the Wireless Chest Strap (residential models only) to detect your heart rate during the HRC programs.

There are 2 different 20-segment HRC programs:

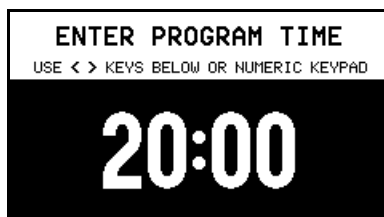
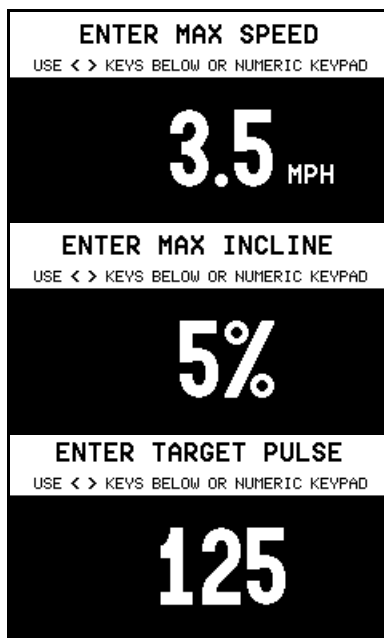
- **HRC** varies treadmill speed and elevation to keep your heart rate near the target heart rate for the entire workout.
- **Interval HRC** targets different heart rates. It alternates between the target and 80% of the target.

Table 5-4 Heart Rate Control Programs

Segment	Stage	% of Target Heart Rate	
		HRC	Interval HRC
1	Warm Up	70	70
2	Warm Up	80	80
3	Warm Up	90	90
4-18	Training	100	Alternating 80 & 100
19	Cool Down	90	90
20	Cool Down	80	80

5.7.1. Built-in HRC Programs

1. If using a Cardio treadmill, press the **HR PROGRAMS** key. Press **ENTER** while the HR Control program is displayed.
2. Using the numeric keypad or arrow keys, select your maximum speed. Press **ENTER** or wait 3 seconds.
3. Use the numeric keypad or arrow keys to select your maximum incline. Press **ENTER** or wait 3 seconds.
4. Use the numeric keypad or arrow keys to enter your target pulse. The treadmill will vary the speed and elevation in an effort to make you reach this heart rate. Press **ENTER** or wait 3 seconds.
5. The display prompts you to set a Program Time using the numeric keypad or center arrow. For HRC, enter a time between 20-99 minutes. This will scale the 20 segments of the program equally throughout your selected time. Press **ENTER** or wait 3 seconds.
6. Press **START** to begin.



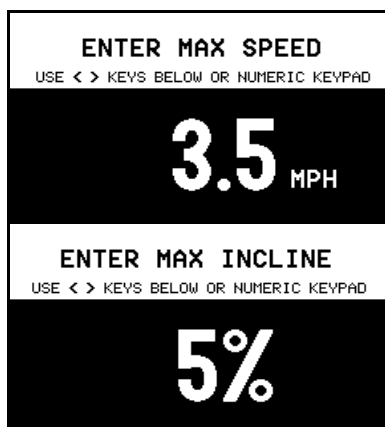
5.7.2. User-Defined Heart Rate Programs

The User-Defined Heart Rate Monitoring (HRC) programs are designed to allow you to set the target heart rate for up to 20 program segments.

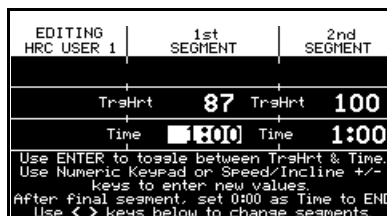
To customize a User-Defined HRC Program during your workout, adjust your Target Heart Rate in the Heart Rate Status screen by holding the ENTER key for three seconds. Any Target Heart Rate changes you make during your workout will be saved in that User-Defined HRC Program.

If you want to edit your User-Defined HRC Program before your workout, follow these steps:

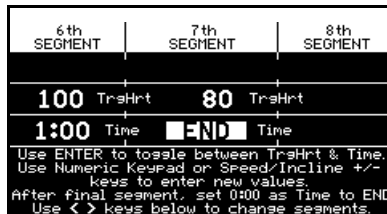
1. To select an HR program to edit, press **HR PROGRAMS**. To scroll through the programs, either continue pressing **HR PROGRAMS** or use the arrow keys. Select a User-Defined HRC Program to edit by pressing **ENTER**.
2. Select your maximum speed using the numeric keypad or arrow keys and press **ENTER**, or wait 3 seconds.
3. Enter the maximum incline using the numeric keypad or arrow keys. Press **ENTER** or wait 3 seconds.
4. The display prompts **PRESS START TO BEGIN OR ENTER TO EDIT**. Press **START** to run the program or press **ENTER** to begin Edit Mode and make changes if desired.
5. To change segments, press either arrow. You can change segments in either the forward or reverse direction.



- The first display in EDIT MODE requires you to change the time for segment 1 (area with white background). Use the keypad to change the segment time length and press **ENTER**.



- If you want a program to have fewer than 20 segments, create the last segment with 0 in the time field and press **ENTER**. The time reads END. The program ends when it reaches this segment.



- Use the **ENTER** button to toggle between Target Heart Rate and Time values within a segment. Continue to program subsequent segments by using the arrow keys to move from segment to segment.
- When you finish editing your User-Defined HRC Program, do one of the following:
 - Press **START** to run the program now.
 - Exit Edit Mode by pressing **MANUAL**, **HRC**, or **PROGRAMS** at any time. Any edits you made in Edit Mode are permanently saved in that User-Defined HRC Program.
- If you attempt to advance the cursor past the 20th segment, you are prompted with **PRESS START TO BEGIN OR ENTER TO EDIT**.

Note: To adjust the program's target heart rate during your workout, from the Heart Rate Status screen, hold the **ENTER** key for 2 seconds.

Note: See page 107 for Instructions on the Fitness Tests.

6. Executive Treadmill Operation

6.1. Executive Control Panel



Table 6-1 Executive Control Panel Functions









Function	Description
Incline	Shows the incline of the treadmill in %.
Speed	Shows the current operating speed of the treadbelt in MPH (km/hr in metric mode).
	Press START to power up treadmill. All displays light and the treadbelt begins moving at 0.5 mph (0.8 km/hr in metric mode).
	Press STOP once to pause the treadmill or twice to turn it off. Statistical information is cleared when the treadmill is turned off.
	Press and hold (+) key to increase incline or speed. Pressing for longer than 2 seconds increases incline or speed faster. Release the key when display indicates desired incline or speed.
	Press and hold (-) key to decrease incline or speed. Pressing for longer than 2 seconds decreases incline or speed more quickly. Release the key when display indicates desired incline or speed.

Table 6-1 Executive Control Panel Functions (Continued)

Function	Description
	The left and right arrows move between motivational screens.
	The Express Speed and Express Incline keys, in conjunction with the numeric keypad, allow you to directly enter a target speed or incline without using the (+/–) keys. Press EXPRESS SPEED or EXPRESS INCLINE , then enter the desired value using the numeric keypad. Then press ENTER or wait 3 seconds for the treadmill to adjust to the new settings.
	
	Press HOME to view the Main Menu screen at any time during your workout.

6.2. Motivational Screens

The Executive treadmill has motivational screens that enhance your workout with color visuals. Swipe the touchscreen left or right to switch screens or use the arrow buttons.

- Swiping down at any time displays the Workout Totals screen.
- Swiping up at any time displays your Default screen, which can be set in your Client Page (Residential only).

6.2.1. Road Screen

The Road Screen is available with 5 different sceneries. Pressing the Photo Icon in the upper right corner rotates through the available sceneries: Beach, Canyon, Lake, Mountain and City. These brand new endless panoramic images will continue to change as you progress through your workout.

Figure 6-1. Road Screen Sceneries



All motivational screens, except the Statistics screen, have a blue Variable Statistics Bar along the bottom. With this bar, you may customize the statistics you view during your workout. Five statistics may be shown at once, with an option of 14 different statistics and a “No Stat” option.

Table 6-2 Variable Statistics Bar Options

Time	Distance	Calories/Hr	Lap Time	Laps
Pace	Clock	Calories	Mets	Zone Timer
Avg. Pulse	Pulse	Altitude	Climb Rate	No Stat

To change a statistic, press its location on the Variable Statistics Bar. The 15 options listed above will appear. Pressing one will replace the old statistic with your new one. Your new statistic will now appear on the Variable Statistics Bar. If you accidentally select a statistic, you can quick-collapse the pop-up menu by pressing away from statistics bar, or wait 5 seconds for it to collapse automatically.

The Mode Button is featured in the top left corner of the screen. The text in the button indicates the program you are currently running or, if the treadmill is in manual mode, it will display Manual. Pressing this button opens the Programs Screen.



6.2.2. Track Screen

The track screen shows your runner on a quarter-mile track. Lap and Lap Time statistics are displayed on the track infield. The previous two lap times are also displayed, so you can compare your current and past times. The track has a checkered start/finish line for your runner.



To reset lap count, touch the **LAPS RESET** key on the right. Lap count is reset to 1 and the time for the current lap is reset to zero. Your runner will begin at the checkered line on the right side of the screen. Your previous lap times will remain.

6.2.3. Landmark Challenge Screen

The Landmark Challenge screen features 6 famous landmarks for you to climb. Climbing Rate and Altitude statistics are displayed. Climbing Rate is displayed in feet per minute or meters per minute, depending on units chosen in Settings. This screen also displays your Trips to the Top of your landmark. The landmark will start shadowed, and as you climb, the landmark slowly comes into view.



Touching the **LANDMARK** key rotates the landmark that you climb. Available Landmarks include:

Table 6-3 Landmark Screen Options

Landmark	Height in Feet	Height in Meters
Statue of Liberty	305	93
Washington Monument	555	169
Seattle Space Needle	605	185
Eiffel Tower	1063	324
Empire State Building	1472	449
Freedom Tower	1776	541

Touching the **RESET** key resets Trips to Top and Altimeter counters to zero, and the landmark image returns to being fully shadowed.

You must set an incline to use this screen. If incline is zero, the message Increase grade to climb appears on screen and you cannot climb the landmark. Press the **(+)** key to increase incline and you will begin to climb the landmark.

6.2.4. Heart Rate Control Screen

The top of the Heart Rate Control screen displays your current heart rate, in beats per minute, and whether you are In Zone or Out of Zone. Zone Timer and Average Heart Rate statistics appear along the right side of the screen.



The Heart Rate Programs key at upper right is a shortcut to the Heart Rate Control Programs Menu. The Recommended Heart Rate Zone key at lower right opens a numeric keypad for you to enter your age. With your age, your maximum, minimum, and target pulse will be altered and displayed. You can individually and manually change your maximum, minimum, and target pulse using the keys on the left side of the screen.

The center of the screen has an Age vs. Recommended Heart Rate Graph to help you to get the most out of your workout. The graph is split to show the percentage of your max heart rate you should be working at depending on age and exercise level. Touching the blue page swap key on the upper right of the graph opens a simpler screen that displays only your max, min, and target heart rate.

In both screens, a red heart shows your current heart rate.

6.2.5. Statistics Screen

The final motivational screen is the Statistics Screen. On the left are displayed your work outputs: Calories Burned, Calories per Hour, and Mets. On the right are your heart rate statistics: Current Heart Rate, Average Heart Rate, and your Heart Rate Zone and your In-Zone Time. In the center are your main statistics: Distance, Time, and Pace. In the upper left is the Time of Day and in the upper right is the Lap Count.



The upper right corner of the screen has a shortcut to your Workout Progress Screen. The lower right corner of the screen has a STATS RESET key that resets calories, distance, time, and zone timer stats to zero when pressed. The lap counter will return to 1.

6.3. Basic Operation

6.3.1. Getting Started

1. Read and understand this chapter before you begin.
2. Straddle the treadbelt with one foot on each traction strip. Begin walking on the treadbelt when it starts to move.
3. Press **START**. After 3 seconds, the treadmill starts moving at 0.5 mph and you are prompted to login (Commercial Mode defaults to Guest).
4. From this screen you may log in as an existing client, a guest, or create a new client. See “Creating a Client (Residential Only)” on page 87.
5. If you select Guest you are prompted to enter your weight. You may enter your weight or press **IGNORE**. If you decline, a default weight of 150 lb (68 kg) will be used to calculate your calorie statistics.



If you select a previously created client, you will be directed to the Menu Screen (or Default Screen see Client Setup) The treadmill is now in Manual Mode, where you control the speed and elevation.

Press **HOME** at any time to view the Menu Screen.

Note: Commercial models do not have a **CLIENT** icon.



6.3.2. Using the Number Pad

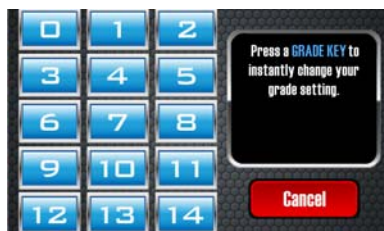
The Executive Treadmill displays an on-screen number pad whenever a numeric value must be entered.

If multiple numeric prompts are displayed at once, the number pad modifies the highlighted prompt. To edit a different line, either select **ENTER** or simply touch the item to select it for editing.



6.3.3. Express Keys

The Express keys let you quickly change to a target speed or elevation without using the (+/–) keys. To use, press **EXPRESS SPEED** or **EXPRESS INCLINE** and then choose the desired value on the screen. After selecting the desired value, you have 3 seconds to cancel your selection. You may skip the countdown and go directly to your desired speed or elevation by touching **GO**.



6.3.4. Creating a Client (Residential Only)

Client Mode allows up to 5 different users to set up personalized settings and store workout statistics. When a user sets up a client, programming automatically scales to preset restrictions during program setup. Fitness tests/protocols remember best and last scores for each client, and all other treadmill activity is recorded in a personal fitness journal.

To create a client:

1. Press **HOME**. Touch the **CLIENT** key.
2. Touch **ADD CLIENT** to view the Client Setup Screen.
3. Use the A/Z+, A/Z-, Cursor, and Clear keys to enter a client name.
4. Set client gender using the Gender key.
5. Alter your client's avatar if desired using the Icon and Color keys.



6. Press **NEXT** when finished. The Client Setup Screen is displayed. This screen allows you to:

- Set client defaults and preferences
- View or reset workout statistics
- Access client journal
- Edit client name/gender/avatar
- Log out of client
- View/Reset Best and Total Workout Values



7. Pressing any of the client default keys, except Default Screen, opens a numeric keypad screen where you may enter desired values and press **ENTER** to store. To change the default screen press the **DEFAULT SCREEN** button to scroll through your options.

8. Press **DONE** when you have finished.

The values you selected as your client defaults will be the default values for all programs to reduce setup time. However, you can adjust and/or manually override these values during setup or while running the program.

When you have successfully created your own personal client, you will see that the home screen now displays your client name in the center. This indicates that you are in client mode.

Note: If you have not set the correct time and date on your Executive Treadmill, it is highly recommended after creating a client that you do it now, so that all of your activity is logged accurately. See “Changing System Settings” on page 105.

6.3.5. Client Mode: Fitness Journal (Residential only)

Note: Client Mode features are available on residential Executive treadmill models only.

Client Mode offers a journal that monitors all client treadmill usage over the past eight weeks.

To view the Fitness Journal:

1. After logging on as a client, from the Menu Screen touch **CLIENT** and then touch **JOURNAL** button. Your personal Fitness Calendar Screen, similar to the example at right, is displayed.

9 Week Analysis

Today

Weekend

Activity on this date

Today

Back

SUN	MON	TUE	WED	THU	FRI	SAT	Week Total
1 Jan	2	3	4	5	6	7	0:45
8	9	10	11	12	13	14	0:22
15	16	17	18	19	20	21	0:19
22	23	24	25	26	27	28	0:18
29	30	31	1 Jan	2	3	4	0:35
5	6	7	8	9	10	11	0:42
12	13	14	15	16	17	18	0:19
19	20	21	22	23	24		0:23

2. The red triangle means that you worked out on your Executive Treadmill on that particular day.
3. Today's date is highlighted with a red frame on the bottom row of the calendar.
4. Press any day to view it in more detail. You can now see your workout statistics for that particular day. You can move from day to day in this detailed view by touching the Previous Day and Next Day keys.



Note: If the current day at the top of the screen is incorrect, adjust the date. See “Changing System Settings” on page 105.

5. Touch **BACK TO JOURNAL** to return to the Fitness Calendar.

6. To see your 8-week Fitness Analysis summarizing your treadmill activity over the last 8 weeks, touch the **8 WEEK ANALYSIS** key.
7. Touch **BACK TO JOURNAL** to return to your fitness calendar.
8. You may also access the Balke or Firefighter Fitness Tests from this screen. Your last Fitness Tests Scores will be displayed by the shortcut keys. See “Fitness Testing” on page 107.
9. Touch the **BACK** key in the lower left corner to return to the Client Setup Screen.



6.4. Manual Mode

Upon startup, the treadmill defaults to Manual Mode. In Manual Mode, you and only you can change the speed and elevation as well as view one of the 5 motivational screens.

You can switch between motivational screens by swiping left or right on the screen or by pressing the left or right arrows below the screen.

Table 6-4 Executive Treadmill Motivational Screens






Screen	Description
	<p>Road</p> <ul style="list-style-type: none"> Displayed Statistics: customizable variable statistics bar Selectable Scenery: City, Beach, Canyon, Lake, Mountain (Beach shown, see Figure 6-1 for the others.)
	<p>Track</p> <ul style="list-style-type: none"> Displayed Statistics: Lap Count, Lap Timer, Lap Times, variable statistics bar ¼ Mile Track: a virtual runner displays progress around a ¼ mile track
	<p>Landmark Challenge</p> <ul style="list-style-type: none"> Displayed Statistics: Altimeter, Climbing Rate, variable statistics bar Climbing Progress: the landmark will 'fill' in color to display progress. Selectable Landmark: Press LANDMARK key to scroll through 6 different famous landmarks of varying height. Touch RESET key to reset accumulated altitude. Trips to Top

Table 6-4 Executive Treadmill Motivational Screens (Continued)






Screen	Description
	<p>Heart Rate Control</p> <ul style="list-style-type: none">• Displayed Statistics: Time in Heart Rate Zone, Heart Rate, Target Heart Rate, Heart Rate Zone, Average Heart Rate, Age vs. Recommended Heart Rate Zone Graph, customizable variable statistics bar• Heart Rate Zone Shift: Touch MAX or MIN key to alter your heart rate zone• Screen Flip: Switch to a detailed view of your heart rate zone (located in upper right hand side)
	<p>Statistics</p> <ul style="list-style-type: none">• Displayed Statistics: Time, Distance, Calories, Calories per Hour, Mets, Average Pulse, Current Pulse, Heart Rate Zone, Timer, Lap Count, Time of Day, Pace• Best Workout key: view your current workout compared to your best (Guest/Commercial Mode replaced by Workout Summary)• Stats Reset: resets all statistics

6.5. Built-in Programs

6.5.1. Description

The 5 Built-in Programs differ in speed and incline. Each lets you select a maximum speed, incline, and time (10 to 99 minutes). (Intervals Program requires a minimum speed and incline). The treadmill will not go above the maximum number unless manually overridden. Each program has 20 segments of equal time, beginning with 3 warm-up segments and ending with 2 cool-down segments. For example, a 40-minute program contains 20 2-minute segments.

Table 6-5 Executive Built-In Programs

Screen	Program Description
	<p>FAT BURN: This program features two elevation peaks along with gradual changes in speed. The overall goal is to raise heart rate, maintain the raised heart rate for most of the workout, then gradually bring heart rate down during the last 2 cool down segments.</p>
	<p>INTERMEDIATE: This program features 5 elevation peaks matched to changes in speed. The overall goal is to vary heart rate by elevating and lowering it several times, providing a challenging cardiovascular workout.</p>
	<p>ADVANCED: This program features high elevations combined with top speeds. The overall goal is to raise heart rate using speed and elevation for an advanced cardiovascular workout.</p>
	<p>INTERVALS: This program features high speeds and elevations alternating with low speeds and elevations. The overall goal is to vary your workout, taking you from peak level to recovery 8 times throughout the workout.</p>
	<p>ENDURANCE: This program features a maximum speed with maximum elevation. The overall goal is to raise heart rate with speed and elevation for the ultimate cardiovascular workout.</p>

6.5.2. Running Built-In Programs

1. From the Menu screen, select **PROGRAMS** to view all programming options.
2. Select the built-in program that you want to run. You are prompted with a Program Preview Screen.
3. The program preview is a graphical representation of the program you have selected which displays:
 - Maximum Speed and Elevation
 - Minimum Speed and Elevation
 - Program Time
4. Touch **START** to begin if you are happy with the program's parameters, or edit them to your liking. This screen lets you customize the program's parameters. Use the numeric keypad to adjust the Program Time, Maximum Speed, and Maximum Elevation.



Each program is divided into 20 equal segments. For example, a 40-minute program will contain 20 two-minute segments.

When you finish making modifications, you have the option to **START** or **PREVIEW** your changes in the Program Preview before starting the workout.



When you start the program, the Program Progress Screen becomes available as one of the motivational displays. You can swipe left or right or press the arrow to view the other motivational screens.

When the program is complete or you choose to end it by touching the **EXIT PROGRAM** key, the treadmill automatically defaults to Manual Mode.

6.6. Executive Treadmill User Programs

The Executive Treadmill can store up to 5 User Programs, which you can create and change. The treadmill remembers these programs even when it is unplugged.

A User Program looks and runs exactly like a Built-In Program. Unlike the Built-In Programs, User Programs allow you to customize individual segments.

6.6.1. Auto Program

The Executive Treadmill has Auto Program, a unique feature that lets you create a User Program as you work out. All manual changes to speed and grade, including the time of those changes, will be stored as a new User Program.

Note: Running Auto Program erases the existing User Program and replaces it with a new one.

To use Auto Program:

1. Touch **HOME • PROGRAMS • USER PROGRAMS • SELECT USER PROGRAMS • EDIT**.
2. When prompted, select **AUTO PROGRAM**.
3. The screen displays New Segment. During the first 10 seconds, you can adjust the speed and grade setting for this segment.
4. After 10 seconds, the segment saves the settings and the screen displays Auto Program. This



indicates that any future speed or grade changes will trigger the creation of a new segment.

- Whenever you want to create a new segment, just change the speed and/or grade to the desired settings. The New Segment message indicates that you are creating a new segment. You can create up to 20 segments, each up to 99 minutes long.
- To finish the Auto Program, touch **FINISH PROGRAM** at any time. The User Program is saved exactly as you ran it during Auto Program.



6.6.2. Editing a User Program

- Press **HOME • PROGRAMS • USER PROGRAMS • SELECT USER PROGRAMS • EDIT**.
- Select **EDIT**.
- The details of the first User Program segment are displayed. Use the numeric keypad to modify the first segment's time, speed, and/or elevation.
- Touch **NEXT SEGMENT** to view the second segment's settings.



5. To view other segments, use the Next/Prev Segment keys.

6. When you finish modifying your User Program, touch **SAVE** to preview the modified program.



7. If you are content with your changes, press **START** to begin the User Program. Your newly modified User Program will be permanently stored in the Executive Treadmill's memory even if the treadmill is unplugged.

EXAMPLE: Adding Segments

You can add up to 20 segments. To add a fourth segment to a 3-segment user program:

1. After modifying segments 1, 2, and 3 to your liking, touch the **ADD SEGMENT** key.
2. The new fourth segment has a time of 1 minute, and the total program time increases by 1 minute. You can then modify that segment's time, speed, and elevation.

EXAMPLE: Removing Segments

Perhaps you would like a 13-segment program to have only 7. To remove program segments:

Go to the segment that will become the final segment (segment 7, in this example), then touch the **END HERE** key to delete all segments that follow the segment you are viewing.

6.7. Heart Rate Control Programs

Landice Executive treadmills offer Heart Rate Control (HRC) programs that display your heart rate and automatically vary treadmill speed and elevation. HRC training allows you to maximize your workout performance while minimizing your workout time.

You must use the Pulse Grips or the Wireless Chest Strap (residential models only) after wireless chest strap to detect your heart rate during the HRC programs.

There are 2 different 20-segment HRC programs:

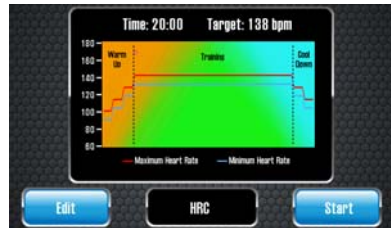
- **HRC** varies treadmill speed and elevation to keep your heart rate near the target heart rate for the entire workout.
- **Interval HRC** targets different heart rates. It alternates between the target and 80% of the target.

Table 6-6 Heart Rate Control Programs

Segment	Stage	% of Target Heart Rate	
		HRC	Interval HRC
1	Warm Up	70	70
2	Warm Up	80	80
3	Warm Up	90	90
4-18	Training	100	Alternating 80 & 100
19	Cool Down	90	90
20	Cool Down	80	80

6.7.1. Executive Treadmill: Built-in HRC Programs

1. Press **HOME • PROGRAMS • HRC PROGRAMS** to display the HRC Programs Selection Screen; select Heart Rate Control or Interval Heart Rate Control.
2. If the default HRC Program displayed in the program preview suits your needs, touch **START** to begin. Otherwise, touch **EDIT** to modify it.



This screen allows you to customize the program's parameters. Use the numeric keypad to adjust the Program Time (20 minute minimum), Maximum Speed, Maximum Elevation, and Target Pulse.



3. When finished modifying, touch **START** to begin or **PREVIEW** to view your updated parameters.
4. When you start the program, the Program Progress Screen becomes available as one of the motivational screens. You can swipe left or right to view the other motivational screens. You can press the screen flip key to view your heart rate zone.



The Program Progress Screen displays program time and heart rate. Your heart rate (black line) will slowly graph itself during the program, attempting to stay between the Max Heart Rate (red line) and the Min Heart Rate (blue line). When the program is complete or you choose to end it by selecting the Exit Program key, the treadmill automatically reverts to Manual Mode.

6.7.2. Executive Treadmill: User-Defined HRC Programs

Unlike the Built-In Programs, User HRC Programs allow you to manually edit individual segments. A user-defined HRC Program looks and runs exactly like a Built-In Program.

To edit a User HRC Program:

1. Press **HOME • PROGRAMS • HRC PROGRAMS • USER HRC PROGRAM**.
2. After selecting the User program you want to edit, touch **EDIT** to enter Edit Mode.

3. In this screen, you can adjust the program's maximum speed and elevation. To adjust program length and target heart rate, touch the **EDIT PROFILE** key.



4. This screen displays the details of the first segment of the User HRC Program.
5. Using the numeric keypad, you can modify the segment's time and target heart rate.



6. Touch **NEXT SEGMENT** to view the second segment in detail.
7. To view other segments, use the Next/Previous Segment keys.



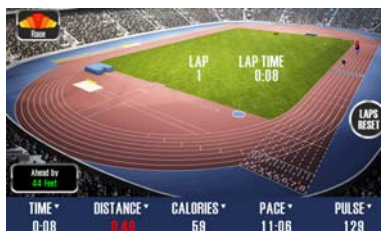
8. If you want to shorten the program to less than 20 segments, touch **END HERE** at your desired last segment. You can always add more segments in the future by going to the last segment and touching **ADD SEGMENT**.
9. If you are content with your changes, press **START** to begin the User HRC Program. Your newly modified User HRC Program will be permanently stored in the Executive Treadmill's memory even if the treadmill is unplugged.

6.8. Executive Treadmill Specific Goal Programs

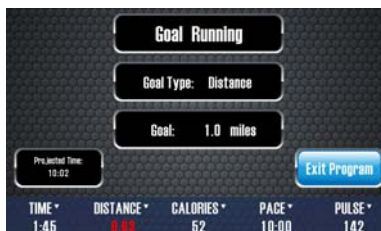
The Executive Treadmill provides Specific Goal programs. Whether you want to go for a 3-mile run, burn 1,000 calories, or simply exercise for 15 minutes, the Goal Progress screen accurately assesses your progress with a variety of statistics. During these programs you retain full manual control.

6.8.1. Using Specific Goal Programs

1. Press **HOME • PROGRAMS • GOAL PROGRAMS** to view the Specific Goal Setup Screen.
2. Touch **DISTANCE** to cycle between Goal options. With each press, the key title cycles between the options: Distance, Time, Calories.
3. After selecting your goal, define its parameter using the numeric keypad:
 - Time: 10-99 minutes
 - Distance: 0.1-99.9 miles
 - Calories: 10-9999 Calories
4. Touch **START** to begin. You'll see the Track Screen shown at right, with a new Projection statistic at bottom left. Your goal statistic appears as a down-counting red value which is always available in the variable statistics bar on bottom of screen.



When the program is complete, or you choose to end it by selecting the **EXIT PROGRAM** key, the treadmill automatically defaults to Manual Mode.



6.8.2. Race Mode

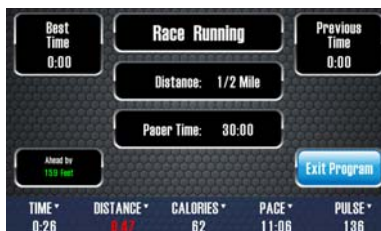
Race Mode is a unique feature exclusive to the Landice Executive Treadmill. Race is a manually controlled, distance-based program that monitors your progress versus a virtual pacer. Preset race distances available are: ½ Mile, 1 Mile, 2 Miles, 5 K, and 10 K.

To run a Race:

1. Press **HOME • PROGRAMS** • **RACE PROGRAMS** to view the Race Setup screen.
2. Select your desired distance. With each press, the key name cycles between the race distances: ½ Mile, 1 Mile, 2 Miles, 5 K, and 10 K.
3. After selecting your distance, use the numeric keypad to enter your pacer's time to complete the distance. Notice that your personal best and previous times for this distance are posted beneath the distance key.
4. Press **START** to begin the race. When you begin, the Track Screen is displayed. During the Race, the Track Screen displays you and the pacer (the pacer is always the opposite gender).
5. A new Distance Behind/Ahead statistic appears for the duration of the race on the bottom left of screen.
6. The pacer will finish the race distance exactly at the time you selected in setup. Because you are in manual speed control throughout the race, you control your own finish time.



7. Race Mode screen displays your goal, pacer time, your previous and best times, and the Exit Program button.



6.9. Powering Down the Treadmill

To stop the treadbelt, press **STOP**. The treadbelt stops moving and the speed display flashes 0.5 mph. You will be directed to the Workout Totals Screen, which displays your workout totals from the current day and your best workout totals (only in Client Mode).

You can either return to your workout or finish powering off by pressing **POWER OFF NOW** at the bottom of the screen.

Your Executive trainer will automatically shut off after 5 minutes of inactivity, as shown by the countdown timer in the bottom left corner of the Workout Totals Screen.

6.10. Workout Totals Screen

To view the Workout Totals Screen at any time during your workout, swipe the touchscreen from top to bottom. Or, view the Statistics Motivational Screen and touch the **BEST WORKOUT** button (called **WORKOUT SUMMARY** in Commercial or Guest Mode).

The Workout Totals screen shows your current workout totals in time, distance, and calories, and provides an evaluation of your workout (in Client Mode only). If you have beaten your workout total, a **Congratulations! New Record!** message is displayed. This message appears automatically anytime you break a record. Swiping up on the **Congratulations** screen will return the display to the previous screen.

6.11. Changing System Settings

1. To view or change system settings, touch Home, then touch **SETTINGS**. The Settings Screen shown at right provides four settings:



- **Brightness:** Touch to change screen brightness. The bar fills to the right as brightness increases. If Brightness is pressed when the screen is at maximum brightness, the brightness level drops to its lowest setting.
- **Units:** Touch to switch between Miles/Miles per Hour and Kilometers/ Kilometers per Hour. This screen also displays the treadmill's total miles and hours of usage.
- **Set Date/Time:** Touch to view the calendar screen shown at right.



2. Touch **MONTH**, **DAY** and **YEAR** to enter the date.
3. Use the clock keys to set the time. Time and date are maintained even when the treadmill is off.
4. Touch **AM/PM** to select the appropriate setting.
5. Touch **SAVE** to save settings and return to Settings screen.

Note: Unplugging the treadmill stops the clock. When you plug the treadmill in, the clock and calendar reset to the time and date when treadmill was unplugged.

- **Diagnostics:** The Executive Treadmill has onboard self-diagnostics. If errors occur during operation, the treadmill displays the error message and prompts you to select the **DIAGNOSTICS** key to begin self-diagnostics. When the process is complete touch **DONE** to return to the system menu.

7. Fitness Testing

7.1. Introduction

Landice Cardio and Executive treadmills have built-in tests that measure fitness level based on your age, gender, and performance. Depending on the treadmill model, different fitness test protocols are available.

A person's fitness level can be measured by the amount of oxygen their body can consume while exercising at maximum capacity. The maximum amount of oxygen (in milliliters) an individual can use in one minute per kilogram of body weight is referred to as VO_2 Max.

When you perform one of the fitness tests described in this section, the treadmill calculates approximate VO_2 Max and provides a fitness evaluation.

Note: Scores may vary due to line voltages, component tolerances, and individual capabilities. For a more accurate VO_2 Max calculation, take the average of the Balke and Firefighter Fitness Test scores.

7.2. Army 2 Mile Fitness Test (Cardio and Executive)

This test consists of a manually controlled, flat ground, complete as fast as you can 2-mile run. Upon completion the treadmill provides an assessment score of 0 to 100.

Test Parameters

- Maximum Speed: Controlled by the user
- Maximum Incline: Set to 0%

To run the test:

1. Press **PROGRAMS** to view the programs selection screen on the Cardio. To scroll through the programs, either continue to press **PROGRAMS** or use the arrow keys. To access this program on the Executive, press **PROGRAMS** then **FITNESS TESTS**.
2. Select the Army 2 Mile Fitness Test by pressing **ENTER**.

- Enter your age (10 to 99) using the keypad or the arrow keys, then press **ENTER** or wait 3 seconds.
- Enter your gender using the center arrow to toggle to MALE or FEMALE. Press **ENTER** or wait 3 seconds.
- Press **START** to begin.
- Complete the 2-mile run as quickly as possible by manually controlling your speed (incline is disabled for this test). To stop the test at any time, press **STOP**, **MANUAL**, **HR PROGRAMS** or **PROGRAMS**.



When you begin, the Goal Progress screen shows your Specific Goal (Army 2 Mile Run), Time Remaining, Projected Score and other statistics. The Distance counts down (noted by negative sign).



When the test is complete, a US Army assessment rating between 0-100 is displayed, based on your time, age and gender.

Table 7-1 U.S. Army Fitness Assessment Ratings

Score	Rating
85-100	Excellent
70-84	Good
32-69	Average
17-31	Fair
0-16	Low

7.3. Balke Fitness Test (Cardio and Executive)

Note: Cardio treadmill screens are shown in this procedure.

Note: You must use the pulse grips or wireless chest strap (residential models only) for this test.

This is a walking pace, variable incline fitness test. The test increases in difficulty to raise your heart rate. Upon reaching your Target Heart Rate, the test ends and the treadmill calculates your fitness assessment. Parameters cannot be modified. Your age determines the test's target heart rate and the scaling of the fitness assessment.

Test Parameters:

- Maximum Speed: 4.4 mph
- Maximum Incline: 15%
- Maximum Heart Rate: 80% of Maximum Heart Rate (See Heart Rate Monitoring sections).

To run the test:

1. On the Cardio, press **HR PROGRAMS** to view the HRC programs selection screen. To scroll through the programs, either continue to press **HR PROGRAMS** or use the arrow keys. Select the Balke Fitness Test by pressing **ENTER**. To access this program on the Executive, press **PROGRAMS** then **FITNESS TESTS**.
2. Use the keypad or arrow to enter your age (10 to 99), then press **ENTER** or wait 3 seconds.
3. Enter your gender using the center arrow to toggle to MALE or FEMALE. Press **ENTER** or wait 3 seconds.

ENTER YOUR AGE

USE < > KEYS BELOW OR NUMERIC KEYPAD

35

ENTER YOUR GENDER

USE < > KEYS BELOW

MALE ♂

Note: The calculated target heart rate displayed before you start the test is derived from statistical heart rate capacity averages. (See “Heart Rate Monitoring” on page 18.) If you are uncomfortable with the target heart rate displayed or feel discomfort during the fitness test, stop the test.

Note: You must hold onto the pulse grips or wear the wireless chest strap for the entire test. If the treadmill loses the heart rate signal for more than 30 seconds the test is terminated.

4. Press **START** to begin the test.

This automated test increases in difficulty from segment to segment until you reach the target heart rate. When you reach the target heart rate a 30-second countdown follows and ends the test. Any key presses during the test (other than ENTER) will end the test.

When you begin, the Heart Rate Status screen shows your Target Pulse, Time, Heart Rate Status and Time in Zone.

Upon completion the treadmill displays your VO₂ Max score and fitness assessment based on your performance. Use the tables below to interpret your score based on your age and gender.

Table 7-2 Men: VO₂ Max

Age							Rating
<20	20-29	30-39	40-49	50-59	60-69	>69	
>65	>62	>58	>54	>52	>50	>48	Superior
57-65	54-62	50-58	46-54	44-52	42-50	40-48	Excellent
47-56	44-53	40-49	37-45	35-43	32-41	30-39	Good
37-46	35-43	32-39	28-36	26-34	24-31	22-29	Average
<37	<35	<32	<28	<26	<24	<22	Low

Table 7-3 Women: VO₂ Max

Age							Rating
<20	20-29	30-39	40-49	50-59	60-69	>69	
>62	>58	>54	>51	>47	>44	>42	Superior
54-62	50-58	46-54	43-51	39-47	36-44	34-42	Excellent
42-53	39-38	35-45	32-42	29-38	25-35	23-33	Good
34-41	32-38	29-34	25-31	22-28	19-24	15-22	Average
<34	<352	<29	<25	<22	<19	<15	Low

7.4. Firefighter (Gerkin) Fitness Test (Cardio and Executive)

This test requires the Wireless Chest Strap. It is a heart rate controlled, variable speed and incline fitness test. The test increases in difficulty to raise your heart rate. When you reach your target heart rate, the test ends and the treadmill calculates a fitness level based on your performance. Your age determines the test's target heart rate and the scaling of the fitness assessment.

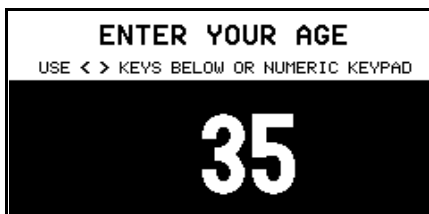
Test Parameters

- Maximum Speed: 7 mph
- Maximum Incline: 15% (cannot be modified)
- Maximum Heart Rate: 85% of Maximum Heart Rate (See Heart Rate Monitoring sections).

To run the test:

1. On the Cardio, press **HR PROGRAMS** to view the HRC programs screen. To access this program on the Executive, press **PROGRAMS** then **FITNESS TESTS**.
2. Scroll through the programs using the arrow keys or by continuing to press **HR PROGRAMS**.
3. Press **ENTER** to select the Firefighter Fitness Test.

4. When prompted, use the keypad or arrow keys to enter your age (10 to 99), then press **ENTER** or wait 3 seconds.



5. Enter your gender by using the arrow keys to toggle between MALE and FEMALE. Press **ENTER** or wait 3 seconds.



Note: The calculated target heart rate is displayed before you start the test. This heart rate is derived from statistical heart rate capacity averages (see Heart Rate Monitoring Section) If you are uncomfortable with the target heart rate displayed or feel discomfort during the fitness test, stop the test.

6. Press **START** to begin.

Note: You must wear the wireless chest strap or hold onto the contact heart rate bars during the entire test. If the treadmill loses the heart rate signal for more than 30 seconds the test is terminated.

This test increases in difficulty until you reach the target heart rate, then a 30-second countdown follows and ends the test.

To stop the test at any time, press any key other than ENTER.

Upon completion the treadmill displays a VO₂ Max score and fitness assessment based on your performance compared to the general population.

Table 7-4 Firefighter Fitness Test Score

VO2 Max	Rating
>59	Superior
50-58	Excellent
40-49	Good
32-39	Average
<32	Low

7.5. Fitness Protocols (Executive)

The Executive treadmill provides the following fitness protocols, which are manually controlled, flat ground, complete-as-fast-as-you-can runs. Fitness protocols are not heart rate controlled. Upon completion you will receive an assessment score (0-100) or superlative.

- Navy 1 ½-Mile Test
- Army 2-Mile Test
- Air Force 1 ½-Mile Test
- Marine Corps 3-Mile Test

To run a fitness protocol:

1. Press **HOME • PROGRAMS • FITNESS TESTS**.
2. In the Fitness Tests menu, select one of the fitness protocols.
3. When the fitness test setup screen appears, use the numeric keypad to adjust your age and the male/female button to select your gender.

Note: If you feel discomfort at any point during the fitness test, stop the test.

4. Press **START** to begin the test. During the protocol, you will retain manual speed control.

On the Army Running Motivational Screen, a box in the bottom left corner states your Projected Score. This is the score you would receive if you complete the rest of the protocol at your current pace.

Upon completion, you will receive a fitness assessment based on your performance versus your demographics (0-100). The Navy Test uses a verbal assessment.

8. Maintenance and Troubleshooting

8.1. Cleaning

It is recommended to clean the console and screen after each workout.

General: Vacuum around and under the treadmill at least once a month. Wipe any sweat from the treadmill after each workout.

Console and Display Screen: Wipe exposed console surfaces with a microfiber cloth, dampened with a mixture of 30 parts water to 1 part Simple Green® cleaner. www.simplegreen.com

Wireless Chest Strap: The transmitter activates when the belt is moist. To conserve battery life, wipe the electrodes dry after each use. Clean monthly with mild soap and water and wipe dry.

CAUTION

To avoid damaging the electrodes, do not use abrasives to clean the chest strap. Do not bend or stretch the electrode strips, especially when storing the chest strap.

8.2. Maintenance

WARNING

Lethal voltages and moving parts capable of causing serious injury are exposed when the motor cover is removed. Under no circumstances should the motor cover be removed except by a Landice factory-authorized technician.

8.2.1. Slipcoat Lubricant Application Instructions

Note: Home treadmills do not require lubrication. Lubrication is required for all commercial applications.

Slipcoat is a non-toxic lubricant designed to reduce friction between treadbelt and deck. Proper and timely application of Slipcoat will help prevent premature treadbelt, drive motor and electronics failure. All commercial treadmills require lubrication. Landice recommends the following maintenance procedures. Lubricate treadmills used less than five hours per day once

quarterly. Lubricate treadmills used more than 5 hours per day twice quarterly. Following these maintenance steps and procedures will ensure the treadmill will operate efficiently for years to come.

1. With treadmill off and unplugged from power source, verify treadbelt requires lubrication. With socket wrench positioned at twelve o'clock, loosen both 9/16" treadbelt tension bolts two full rotations counterclockwise, creating slack between belt and deck surface. Place hand, palm side up, in between belt and deck. If belt surface is dry, (no oily film) lubrication is required. If lubricant is present, skip to step 3.
2. Apply 1 ounce of Slipcoat to the center 10" of the entire deck in a zigzag pattern. Clean any spilled lubricant with rubbing alcohol on clean rag or sponge.
3. Ensure belt is centered within the deck/running surface. With socket wrench positioned at twelve o'clock, re-tension both 9/16" treadmill tension bolts two full rotations clockwise.
4. Plug treadmill in, turn power switch on, start treadmill at 0.5 mph, gradually increase speed to 3.0 mph and verify tracking is correct. Slight adjustments may be required. Walk on treadmill for approximately 5 minutes to ensure lubricant is evenly spread throughout inner belt surface.
5. Slipcoat is used exclusively for treadbelt maintenance and should not be used on any other surface. In the event Slipcoat lubricant spills onto outer treadbelt surface or surrounding areas, clean residue using rubbing alcohol on a clean rag or sponge.

8.2.2. Treadbelt Tracking Adjustment

Note: On the L7 model you should see an equal gap on either side of the treadbelt. On L8 and L9 models, a yellow warning label is visible on the deck from the rear of the treadmill when the treadbelt is not tracked correctly.

The treadbelt is tracked by means of the two 9/16" hex head bolts at the rear of the treadmill. Tightening (clockwise) the bolt on the side of the treadmill that the belt has moved towards and loosening the bolt on the opposite side an equal amount, will cause the belt to move toward the center. Adjustments should be made in 1/4-turn increments, with the treadmill running at 2 to 3 mph. Allow at least 30 seconds for the belt to stabilize between each adjustment. To ensure proper belt tracking and alignment, the treadmill must be placed on a stable and level surface.

8.2.3. Treadbelt Tensioning

The treadbelt is tensioned at the factory but may require adjustment after installation. Need for tensioning is indicated by uneven belt speed and may be felt as sudden stopping of the treadbelt when your foot comes down on the belt.

To check belt tension: run treadmill at 1 mph, then walk on it. If the belt does not feel like it is slipping or hesitating, then the belt is tensioned correctly. If the belt slips/hesitates, then it is not fully tensioned.

The same hex head bolts used for tracking also tension the treadbelt. To tighten the treadbelt, turn both bolts clockwise exactly the same amount, 1/4-turn at a time. Failure to turn them equally will affect belt tracking. **DO NOT OVER-TIGHTEN.** Continue checking for treadbelt slipping. When treadbelt is fully tensioned, speed up treadmill to 5 mph. Then, while jogging lightly, check for any sudden slipping/hesitating of the treadbelt. Repeat treadbelt tensioning if required.

8.2.4. Motor Drive Belt Tensioning

⚠ WARNING

Moving parts can cause serious injury. Always unplug treadmill before placing hands beneath the treadbelt!

⚠ CAUTION

DO NOT OVER-TIGHTEN. Over-tightening the motor drive belt can damage the drive motor and front roller.

Drive belt tension is preset at the factory. The belt is tensioned by a nut located under the motor pan. This nut is screwed to a hook attached to the motor bracket. Turning the nut clockwise tightens the nut, pulling down the motor bracket, which tightens the drive belt. To measure the tension, twist the drive belt between the motor and the drive roller. Ideal tension allows the drive belt to be easily twisted 45°. If you cannot twist the belt to at least 45°, it is too tight.

8.2.5. Service Checklist

- Tension and track treadbelt
- Lubricate belt and vacuum treadmill
- Check drive belt tension

8.3. Self-Diagnostics (Cardio and Pro Sports Controls)

The Cardio Treadmill is equipped with onboard self-diagnostics. If the treadmill experiences any errors during operation, the treadmill will display the error message. You can run self-diagnostics to get further information on the error by pressing **ENTER**.

LOSS OF SPEED SIGNAL

PRESS ENTER TO BEGIN DIAGNOSTICS

When you choose the option to enter diagnostics you will be prompted with a warning screen. After reading it, straddle the treadmill by stepping on the traction strips on the sides of the running surface and press **ENTER**.

The treadmill will systematically test all of the individual components of the treadmill. During some of the tests, you will be prompted with simple “Yes or No” questions to assist with the diagnosis. Answer the questions using the **LEFT ARROW** for NO and the **RIGHT ARROW** for YES when prompted.

When the Self-Diagnostics has completed all of the tests, it will read one of the two messages along the bottom: “No Errors Detected”, or “Error Detected, Contact Service Provider”. Contact your Dealer or go to www.landice.com and click on Service Locator to find a provider in your area.

To manually enter self-diagnostics mode, with the treadmill off, press the **CENTER ARROWS** and **START** at the same time.

DIAGNOSTIC TESTS HOME TREADMILL

CAUTION!!

BELT SPEED & INCLINE MAY CHANGE
DURING TESTING. ATTACH SAFETY KEY
THEN PRESS ENTER TO CONTINUE.

SAFETY KEY:	PASS
DISPLAY MEMORY:	PASS
BELT OVERSPEED:	PASS
SPEED SENSOR:	8

SAFETY KEY:	PASS
DISPLAY MEMORY:	PASS
BELT OVERSPEED:	PASS
SPEED SENSOR:	1234
BELT MOTOR VOLTAGE:	PASS
INCLINE SENSOR:	PASS
ELEVATION MOTOR:	PASS
INCLINE CALIBRATION:	PASS

ERROR DETECTED, CONTACT SERVICE PROVIDER

SAFETY KEY:	PASS
DISPLAY MEMORY:	PASS
BELT OVERSPEED:	PASS
SPEED SENSOR:	PASS
MOTOR VOLTAGE:	PASS
INCLINE SENSOR:	PASS
ELEVATION MOTOR:	PASS
INCLINE CALIBRATION:	PASS

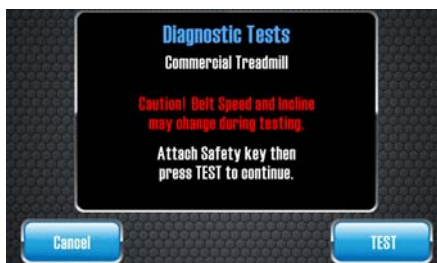
NO ERRORS DETECTED

8.4. Self-Diagnostics (Executive Treadmill Only)

Note: You can also manually initiate diagnostic testing from the Menu Screen by pressing **SETTINGS**, then **DIAGNOSTICS**.

If errors occur during treadmill operation, an error message is displayed and the Diagnostics key provides the option to begin the treadmill's self-diagnostic routine.

When diagnostics are started, a warning appears. After reading it, straddle the treadmill by stepping on the traction strips on the sides of the treadbelt. Press **TEST** to continue.



The treadmill begins self-testing. The screen prompts you with "Yes or No" questions to assist with diagnosis.

When self-test is complete, one of the following messages is displayed:



- **No Errors Detected**
- **Error Detected, Contact Service Provider.**

For more information, contact your selling dealer or go to www.landice.com and click Service Locator on the upper right.



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