Pro ElliptiMill
Owner's Manual

PART NUMBER 92001

LANDICE
Worldwide Excellence For Over 40 Years

PRO ELLIPTIMILL

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Quick User's Guide

To start the elliptical:

Pressing **START** powers up the elliptical and lights up the displays. The starting effort level is set to Level 1.

To pause the elliptical:

Pressing **PAUSE** will stop your workout clock, but all statistical information will be preserved. When you are ready to continue, press **START** to resume your workout.

To turn off the elliptical:

Pressing **OFF** will shut down the elliptical. All current statistical information will be cleared.

To change effort level:

Hold **EFFORT** "+" key down to increase effort level.

Hold **EFFORT** "-" key down to decrease effort level.

To view different display screens during your workout:

Press **DISPLAY** at any time to choose the display screen that best suits your workout.

To enter your weight:

Press **WEIGHT INPUT** to enter your weight for more accurate calorie calculations.

To run a program:

1. Press **PROGRAM** to toggle through the different built-in and user programs.
2. Press **DISPLAY** to select workout time and **EFFORT** "+/-" to adjust program max resistance.
3. Once you have set your desired workout time and maximum effort, press **START** to begin.

Note: While running a program, the red **PROGRAM** light will be lit.

To exit a program and return to manual mode:

While running a program, press the **PROGRAM** button. The red **PROGRAM** light will go out, and you will be back in manual mode.

WARNING: Failure to observe the following operating instructions can result in serious injury!

[1] If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product without consulting your doctor first.

[2] If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product without supervision present. Failure to do so can result in serious injury should you fall while the machine is in motion.

[3] Failure to leave ample clearance around the elliptical could result in the user becoming trapped between the mechanism and a wall, resulting in serious injury.

Allow a minimum clearance of 6 inches on each side of the elliptical.
Allow a minimum clearance of 1 foot at the rear of the elliptical.

[4] Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the elliptical.

When using an electrical appliance, basic precautions should always be followed. Read all instructions before using.

DANGER: Always unplug the elliptical before cleaning or removing any shrouds. To reduce the risk of electric shock in the event of an electrical storm, always unplug the elliptical from the electrical outlet immediately after using.

SAVE THESE INSTRUCTIONS

WARNING: To reduce the risk of electric shock or injury to persons:

[1] An appliance should never be left unattended when plugged in. Unplug from outlet when not in use.

[2] Close supervision is necessary when this unit is used by or near children or disabled persons.

[3] Use this elliptical only for its intended use as described in this manual.

[4] Never operate this elliptical if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call your selling dealer immediately for examination and repair.

[5] Keep the power cord away from heated surfaces. Be sure the line cord has plenty of slack and does not get pinched underneath the elliptical.

[6] Never drop or insert any object into any opening. Be sure no objects are near or underneath the elliptical.

[7] Do not use outdoors.

[8] Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

[9] Connect this appliance to a properly grounded dedicated outlet only.

[10] To disconnect, press the OFF button, and unplug the unit from the wall outlet.

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 risk of electric shock. This product is equipped with a cord having an equipment grounding conductor and a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded in accordance with all local codes and ordinances.

120 VOLT ELLIPTICALS

Ellipticals marked 120 VAC are intended for use in a nominal 120-volt circuit with a grounding plug. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

200 - 250 VOLT ELLIPTICALS

Ellipticals marked 200-250 VAC are intended for use on a circuit having a nominal rating more than 120V and are factory-equipped with a specific cord and plug to permit connection to a proper electric circuit. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, qualified service personnel should make the reconnection.

DANGER: Improper connection of the equipment-grounding connector can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit in the outlet, have a proper outlet installed by a qualified electrician.

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Congratulations! You've made a very smart investment! Your Pro ElliptiMill elliptical is a high-quality fitness tool that will give you years and years of fitness benefits.

One of the great things about your new ElliptiMill is that it uniquely monitors your workout intensity in "treadmill terms". Meaning, if your speed readout displays 7 mph, you are exerting the same energy as running 7 mph.

Regardless of the application, unpleasant weather is not an obstacle. Cold, windy, wet days will never discourage you again, nor will the heat and humidity of the summer months. If you're the type of person that likes to do two things at once, now you can watch your favorite program on TV or keep an eye on your kids and take care of your health at the same time.

Your ElliptiMill was a smart purchase, but you already knew that, so let's move on and get started.

BEFORE YOU BEGIN
Following are some things you should do before you start to exercise on your elliptical:

INSTRUCTION MANUAL

Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the elliptical.

WARRANTY INFORMATION

Fill out your warranty registration card and mail it in today. Landice backs your elliptical with a strong warranty.
For the factory to respond to any problems you may have, we need your warranty information on file. Do it today.

Landice will send you a complimentary Landice T-shirt upon receipt of your warranty registration card.

SELECTING A LOCATION

Place the elliptical in a climate-controlled room.
Failure to do so may effect warranty.

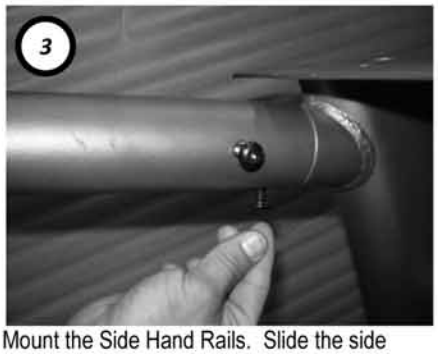
*Allow a minimum clearance of **6 inches on each side** of the elliptical.*
*Allow a minimum clearance of **1 foot at the rear** of the elliptical.*

Failure to leave ample clearance around the elliptical could result in the user becoming trapped between the mechanism and the wall should the user accidentally trip and fall while exercising.

Be sure the line cord has plenty of slack and does not get pinched underneath the elliptical. Make sure the elliptical is plugged into a dedicated line.

Cut straps and open box. Place upright on base frame mounts. Use the alignment pins to help you correctly set the upright down.

Lightly set the 4 bolts (A) with flat washers (N) by hand – you will tighten them later.

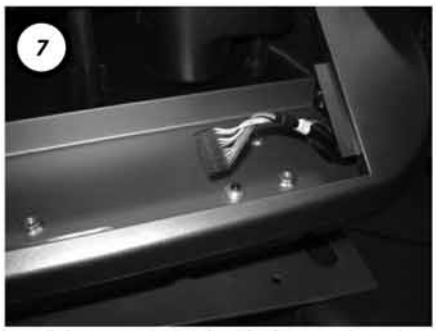


Mount the Side Hand Rails. Slide the side handrail into position and *lightly tighten* the rail up top with 2 button head cap screws (J).

Firmly tighten at the base of the Side Hand Rail with 3 bolts (E) with spring washers (Q). Go back and tighten bolts from Steps 2 and 3.

Feed the upright harness down the upright and catch it at the bottom of the base. You may need to jiggle/spin it to make it to the bottom.

Exit through access hole and clip the harness to the 2 harness clips along the frame finally connecting to the green relay board.



Install the control panel pod. As you place the pod on top, pull the top of the upper harness through prior to bolting it down.

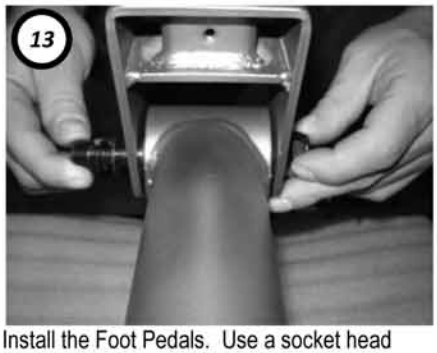
Mount the Pod to the plate using the 4 bolts (H) with flat washers (N) from beneath – 2 at each end of the plate.

Install the contact handgrips. First feed the cables through, then mount the grips using the 4 bolts (G) with flat washers (N) from beneath.

Install the Stride Arms. Set in place using 2 bolts (B), lock washers (P) and flat washers (O). Tighten both bolts simultaneously.

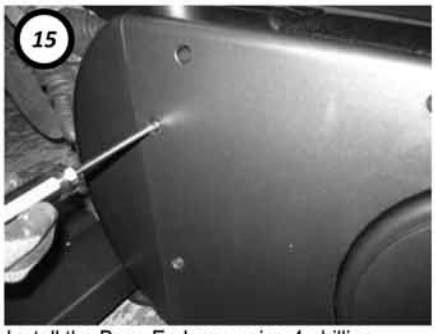
Install the Crank Arm Top using a socket head cap screw (C), spring washer (Q), and flat washer (R). Once set, press the finishing cap.

Connect each Crank Arm Bottom to the crank using 4 socket head cap screw (D).



Install the Foot Pedals. Use a socket head cap screw (F), spring washer (Q), flat washer (N) and nylon lock nut (M) for each pedal.

Install the Knuckle Covers. Use 2 phillips screws (K) to secure both sets of covers.



Install the Base Endcaps using 4 phillips screws (I) for each.

*** If installing an LVS (optional), go to those instructions now.**

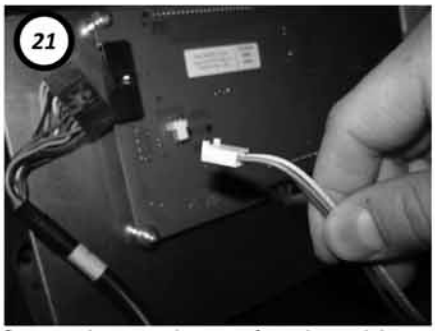
Install the Front Cover using 12 phillips screws (I) to secure it.

Install the Upright Mount Covers. Screw the outer and inner pieces together trapping the upright and slide them down until they click.

Install the Crank Arm Bottom Covers. Press them down until they click in place.

Carefully place the membrane in the control panel Pod (don't scratch plastic edges) tilting it towards you so you can make all connections.

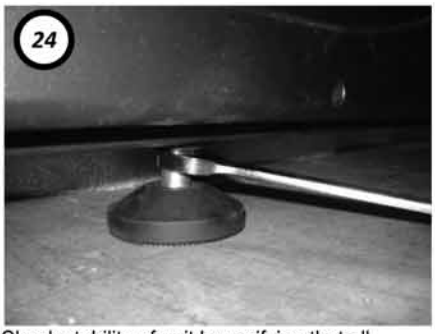
Connect the 2 heart rate cables to the 2 side by side 3-pin connectors on the small PC board on the far side of the membrane.



Connect the upper harness from the upright to the edge connector and the accessory harness coming from the POD to the 3-pin connector.

Press membrane into set position. *If you need to free the membrane, use a long screw driver to pop it out from back using the access hole.*

Install the rear step with 2 phillips screws (L).



Check stability of unit by verifying that all leveling feet are pressing against the floor.

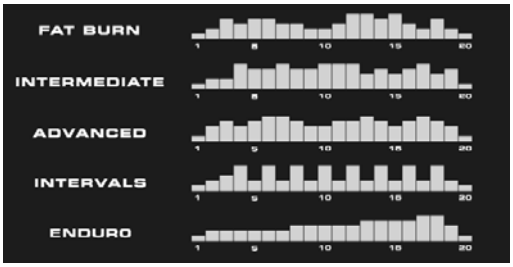
ADJUSTABLE STRIDE LENGTH SYSTEM

The Adjustable Stride Length System allows you to vary your stride length from 17-23 inches.

MANUAL CONTROL

The user controls all aspects of the elliptical during workout.

5 BUILT-IN PROGRAMS



2 USER-DEFINED PROGRAMS

Programs defined by the manual changes you make during a workout (up to twenty changes). All the changes made during the program will be stored in the elliptical as a user program even if the elliptical is unplugged.

HEART RATE MONITORING (CONTACT / WIRELESS)

The ElliptiMill comes fitted with contact heart rate grips. Once you grab the contact grips, the software will automatically display your heart rate. Once you release them, the display will revert to the statistic you were previously viewing.

Another heart rate monitoring option is the wireless chest strap. Wearing the chest strap allows the elliptical to receive and display your heart rate wirelessly (see Heart Rate Monitors).

ENGLISH/METRIC MODE

With the elliptical turned off: While pressing **EFFORT** "-" and **WEIGHT INPUT**, press **START**. Repeat the same steps to switch back to Metric mode.

Make sure you read and understand this owner's manual. Now you are ready to begin.

SET YOUR STRIDE

Prior to your workout, check to see what stride setting the elliptical is currently set at. The current stride setting is the number (17, 19, 21 or 23) that is located directly behind the positional loop.

To change it, loosen the knob and t-handle. Loosen the knob until it releases allowing you to pull it back. While pulling back on the knob, slide the stride adjustment to the desired setting. Once set, tighten the knob and t-handle.

Start by standing on the rear step and stepping onto each foot pedal.

Press the

button. The displays will power up and the effort level will default to Level 1.

MANUAL MODE

Upon startup the elliptical enters Manual Mode. In this mode, you control all of the elliptical functions. Any changes in effort level will be a direct result of you touching the control panel.

In Manual Mode, you can view one of the 6 statistics by pressing

or all of them by holding

and activating the scan feature.

DISPLAY OPTIONS

TIME	Time logged on elliptical	Minutes: Seconds
DISTANCE	Metabolic Running Equivalent**	Miles or Km (Metric)*
SPEED	Metabolic Running Equivalent**	MPH or Km/Hr (Metric)*
CALORIES	Total calories burned	Based on user's weight
REV/MIN	Pedal Speed of elliptical	Revolutions per Minute
PULSE	User's current pulse	Contact or Wireless

NOTE: You can reset your statistics at any point during your workout by holding

for 3 seconds.

*English to Metric: With the elliptical turned off, while pressing **EFFORT** "-" AND **WEIGHT INPUT**, press **START**. Follow the same steps, to revert back to English units.

**Speed and distance are calculated using an advanced metabolic running equivalent algorithm. Your pedal speed and effort level will yield a "running" speed with the equivalent energy consuming intensity.

ENTER YOUR WEIGHT

Entering your weight is crucial for Calorie and "running" speed calculations. Press **WEIGHT INPUT**, then press **DISPLAY** or **EFFORT** "+/-" to adjust the user weight.

SELECT PROGRAM
Press **PROGRAM** at any time to display the program selection screen. Continue pressing **PROGRAM** to scroll through all the programs. Once you have reached your desired workout, simply wait 3 seconds to enter the Program Setup.

SELECT PROGRAM TIME
Using the **DISPLAY** button, toggle the program time from 10-99 minutes on the center display. If you hold the display button, the time scrolls faster.

SELECT MAXIMUM EFFORT LEVEL
Using the **EFFORT** "+/-" keys, adjust the maximum effort level for your workout. The value you select will rescale the workout to never exceed this effort level.

Press

to begin.

As soon as you press **START**, the center display will show the program you have selected with a 3 second countdown. For the duration of the program, the time will count down and the red program light will remain lit. For built-in programs, use the program pictures on the left side of the panel as a reference. Each green block represents a segment for a total of 20 segments. During a segment change, the display will flash the next segment number and its effort level. If you want to exit the program at any time and return to manual mode simply press **PROGRAM**.

USER PROGRAMS

These programs run and operate exactly like the standard built-in programs, except that any changes that you make to the effort level during the program will be permanently stored in the software's memory. The next time you run the same user program, it will reflect your custom changes.

User Programs 1 and 2 come preprogrammed from the factory as identical replicas of Fat Burn and Intermediate. While running a user program, customize it to your liking.

Every ElliptiMill comes standard with speakers and fan.

SPEAKERS:

To use the speakers, connect to one of 2 available inputs: 3.5 mm head phone plug (compatible with any audio source with a standard headphone jack) and the iPod® docking connector.

Speakers only operate when the ElliptiMill is ON. Once you connect your personal player, you'll be able to turn on/off and adjust the different levels by pressing the "+/-" keys to the right of the fan vent.

FAN:

Fan will only operate when the unit is ON. You'll be able to turn on/off and adjust the different levels by pressing the "+/-" keys to the left of the fan vent.

Note: The accessories keypad has a small power LED (light) on the bottom left corner. This is a diagnostic light which will remain lit as an indicator that the accessories are being adequately powered.

The Pro ElliptiMill elliptical comes standard with a wireless heart rate monitoring device and contact heart rate grips (see Heart Rate Monitors) to give you feedback on how your body is affected by your workout. We will take a look at a few basic concepts of heart rate monitoring so you can better understand how it all works and how to maximize its use to allow you to reach the fitness level you desire.

WHAT IS EXERCISE INTENSITY?

Exercise intensity is a measure of how hard you are working at a given time during exercise. The American College of Sports Medicine (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.

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. Fortunately, 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?
220-35=185
John's Estimated Maximum Heart Rate = 185

WARNING: 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!!!

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 tells us 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).

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 beats per minute your heart pumps. 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 and become frustrated, or even run the risk of injury. In this case, you're likely to quit exercising because it's simply too difficult.

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

How do I determine my Target Heart Rate Zone?

Your Target Heart Rate Zone 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 says 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(MHR) X 0.6	111 bpm
Upper Target Limit:	185(MHR) X 0.85	157 bpm
John's Target Heart Rate Zone		111-157 bpm

111-157 beats per minute is the range or zone John will want to keep his heart rate in 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.

DIFFERENT INTENSITY LEVELS WITHIN A TARGET HEART RATE ZONE

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

What is a heart monitor?

A monitor consists of two parts: a transmitter and a receiver. Each time your heart beats, the electrodes detect the beat and send the information to the receiver on the elliptical. Your current heart rate (bpm) is visible on the elliptical's display.

Every ElliptiMill comes with AccuTrack Contact Heart Rate Grips that can be used in place of the wireless chest strap.

CONTACT GRIPS (shown on right)

To use the Contact Grips follow these steps:

Grab the contact grips.

The center display will start flashing to communicate that the system is active and acquiring a signal.

After about 5-10 seconds, your heart rate will be displayed and remain displayed as long as you hold on to the grips.

Once you release them, the display will automatically revert to the statistic displayed prior to grabbing the grips.

Note: If you are wearing the wireless chest strap, the AccuTrack Contact Heart Rate Grips will override the wireless signal while your hands are on the grips. Once you release the grips, the elliptical will default back to the wireless signal.

The contact grips are designed to reliably operate up to approximately 70 RPM. Higher speeds can cause the user's hands to shift and hinder the heart rate signal acquisition. For the most reliable results, use the wireless chest strap.

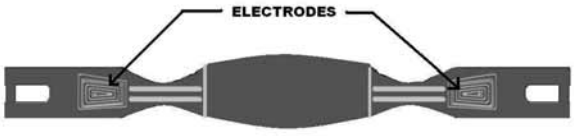
WIRELESS HEART RATE CHEST STRAP TRANSMITTER (shown below)

To use the Wireless Chest Strap follow these steps:

SECURE THE CHEST STRAP

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.

APPLY CARDIO GEL TO THE ELECTRODES



A tube of Landice Cardio Gel was shipped with your ElliptiMill. Pull the belt away from your chest and apply a small dab to each electrode. This will ensure a strong electrical contact between the transmitter and your chest.

The Heart Rate Transmitter works best against bare skin. Since sweat (saltwater) is an electrical conductor, the transmitter will work over a T-shirt if the shirt is wet with sweat. If you are having trouble getting an accurate pulse reading, try wearing the belt against bare skin.

CARE AND MAINTENANCE

The transmitter activates when the belt is properly wetted. In order to conserve battery life, wipe the electrodes dry when not in use. Clean monthly with mild soap and water and wipe dry. Do not use abrasives in cleaning, as they can cause permanent damage to the electrodes. Do not bend or stretch the electrode strips, especially when storing the belt transmitter.

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