Life Fitness

Getting Started: Table of Contents

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

Statement of Purpose:

The Treadmill is an exercise machine that enables users to walk or run in place on a moving surface.

⚠ **Caution:**

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

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

Life Fitness also recommends consulting a fitness professional on the correct use of this product.

If at any time while exercising the user experiences faintness, dizziness, pain or shortness of breath, he or she must stop immediately.

IMPORTANT SAFETY INSTRUCTIONS
SAVE THESE SAFETY INSTRUCTIONS

⚠ **WARNING:** READ ALL INSTRUCTIONS BEFORE USING THE TREADMILL.

⚠ **DANGER:** To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or attempting any maintenance activity.

⚠ **WARNING:** To reduce the risk of burns, fire, electric shock or injury, it is imperative to connect each product to a properly grounded electrical outlet.

⚠ **WARNING:** This treadmill has immobilization or lock out software. Only activate software lockout when treadmill is not in use. Refer to this user manual for instructions on immobilizing the treadmill. Keep instructions out of reach of children.

⚠ **WARNING:** Do not move the treadmill by lifting the console. Do not use the console as a handlebar during a workout.

⚠ **CAUTION:**

- To avoid injury stand on the side rails before starting the treadmill.

- To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.

- Never operate a Life Fitness product if it has a damaged power cord or electrical plug, of if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Service.

- Position this product so the power cord plug is accessible to the user.

- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord along the side or under the treadmill.

- If the electrical supply cord is damaged it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.

- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.

- Always follow the console instructions for proper operation.

IMPORTANT SAFETY INSTRUCTIONS

- Close supervision is necessary when used by or near children, or disabled persons.

- Do not use this product outdoors, near swimming pools or in areas of high humidity.

- Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.

- Never insert objects into any openings in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Service.

- Never place liquids of any type directly on the unit except in the accessory tray or bottle holders. Containers with lids are recommended.

- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles. Do not use this product in bare feet. Keep all loose clothing, shoelaces and towels away from moving parts.

- Do not reach into or underneath the unit, or tip it on its side during operation.

- Keep an open area of six feet (2 meters) by three feet (1 meter) behind the treadmill clear of any obstructions, including walls, furniture and other equipment.

- Use the side handrails whenever additional stability is required. In case of emergency, such as tripping, the side handrails should be grabbed and the user should place his/her feet on the side platforms. The front handlebars should be used to grasp the heart rate sensors or to rest the hand on while operating the activity zone keys, but not for stability, emergency, or continuous use.

- Never walk or jog backwards on the treadmill.

- Each treadmill can be immobilized, which means that the main motor and incline motor cannot be used. See the instructions for immobilizing in this user manual.

- Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

Quick Reference: T5-0, T5-5, & T7-0

Quick Reference: T5-0, T5-5, and T7-0
Read the entire user manual before setting up your Life Fitness Treadmill.

1 Ergonomic handlebar with Lifepulse™ Contact Heart Rate (T7-0 only)

2 Activity Zone – Most frequently used keys are closest to the user.

3 Hand Rails – Provide stability for users

4 Side Rails – Used for straddling belt

5 Belt Adjustment – Turn to align belt

6 Walking/Running Belt – Pre-lubricated & maintenance free

7 Levelers – Turn to level treadmill

8 Main Console – Designed for viewing and pressing. Do not pull or lift console.

9 Accessory Tray – Removable and dishwasher safe (Use in top rack only of dishwasher)

10 Water Bottle Holder – Removable and dishwasher safe (Use in top rack only)

11 Console Uprights

12 Motor Cover – Protects main motor and incline motor

13 Wheels

14 FlexDeck® – Cushioning Systems
  • Standard FlexDeck® (T5-0 / T5-5)
  • FlexDeck® Select (T7-0)
    3 Manually Adjustable Cushioning Settings
      – Standard
      – Firm
      – Hard

Quick Reference: T5-0 Console

Read the entire user manual before
setting up your Life Fitness Treadmill.

1 Message Center

2 Workout Profile Window

3 Workout Profiles Key

4 Quick Start Key

5 Up/Down Adjustment Keys

6 GoSystem™ Quick Start Incline Keys

7 GoSystem™ Quick Start Speed Keys

8 My Workouts™ Key

Quick Reference: T5-5 / T7-0 Console

Read the entire user manual before setting up your Life Fitness Treadmill.

1 Message Center

2 Left LED Window

3 Workout Profile Window

4 Right LED Window

5 Workout Selection Key – Sports Training Workouts

6 Workout Selection Key – Daily Workouts

7 Workout Selection Key – Classic Workouts

8 Workout Selection Key – HeartSync™ Workouts

9 My Workouts™ Key

10 Custom Workouts Key

11 Up/Down Adjustment Keys

12 0 – 9 Quick Keys

13 Quick Start Key

Treadmill Setup

Treadmill Location

Place the treadmill where it will be used before beginning the setup process. In order to easily move the treadmill before assembly, lift up on the rear of the treadmill base and push the treadmill forward on the front wheels.

Adjusting the Levelers

Your treadmill has a right and left leveler attached to the rear base of the treadmill, which act as feet. After placing your treadmill in the desired location, adjust both levelers so they touch the floor. To adjust the levelers, loosen the jam nut and turn the leveler leg until the rocking motion or instability ceases and both levelers rest firmly on the floor.

Note: It is extremely important that the levelers are correctly adjusted for proper operation. An unbalanced unit may cause the belt to be misaligned.

Electrical Requirements

Most Life Fitness treadmills are intended for use on a normal 120 volt circuit in the United States and Canada. Below is a table that provides the current rating for this product based on supply voltage. Make sure that the treadmill model supports the proper line voltage for the installation location before plugging into the outlet.

Supply Voltage (VAC)	Frequency (Hz)	Maximum Current (Amps)
120	50/60	12
230	50/60	6.3

Treadmill Setup

Electrical Grounding Requirements

Your Life Fitness product must be properly grounded to reduce risk of shock if the treadmill malfunctions. Your treadmill is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances. A temporary adapter cannot be used to connect this plug to a two-pole receptacle in North America. If a properly grounded 12 amp outlet is not available, a qualified electrician must install one.

DANGER: A risk of electrical shock may result from improper connection of the equipment's grounding conductor. Check with a qualified electrician if you are unsure about proper grounding techniques. Do not modify the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician.

Turning the Unit On

To turn the treadmill on, locate the ON/OFF power switch at the front of the treadmill near the power cord and switch it to ON.

Checking the Belt

After the treadmill has been installed and leveled, the belt must be checked to confirm proper tracking. First, ensure the power cord is plugged into a suitable outlet. See the electrical requirements, which appear above. Then turn the treadmill on.

Stand on the side rails of the treadmill and straddle the belt. To start the belt, press the Start/Enter key, then press the speed up arrow key until the treadmill reaches 4.0 MPH.

If the running belt appears off-center, see the instructions on the *How to Center the Running Belt* page in the *How To* section.

How to Use the T5-0 Main Display and Activity Zone

The treadmill display console is the area in which the user views workout feedback and presses keys to modify workouts and display settings.

T5-0 Main Display Console

The T5-0 console utilizes amber lighting and simple membrane switch keys. To activate the keys, the user must put pressure on the switch or key. When the user presses any key, a beep will signify that the key has been activated.

1 Message Center – The area that shows workout statistics and instructional messages, such as speed and distance.

2 Speed – Speed is displayed in miles per hour. Your treadmill has a speed range of 0.5 to 12 MPH.

3 Heart Rate – Calculates the user's heart rate in beats per minute when wearing a chest strap or holding on (T7.0) to contact heart rate electrodes.

4 Distance – The total number of miles traveled at the current time.

5 Incline – The percentage of incline the treadmill surface is raised. Your treadmill can be adjusted between 0 and 15% incline in increments of 0.5%.

6 Calories – Shows the calculated average caloric burn based on a Life Fitness proprietary calorie equation.

7 Calories Per Hour – Using the Life Fitness caloric equation to calculate the amount of calories the user would burn if the incline and speed remained constant.

8 Time – The total amount of time in the workout.

9 Time In Zone – The amount of time the user has been in their target heart rate zone.

10 Workout Profile Window – The height of the segments indicates the difficulty level at the current time interval.

11 Display Lock Key – Locks toggling workout information in message center.

12 Workout Profile Arrows (Up and Down) – Allows you to scroll through all preprogrammed workouts including: Manual, Random, Hill, EZ Incline™, Sports Training-Time-Based Goal, 5K, 10K, Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™ and 1 Custom workout.

HOW TO

13

T5-0 Main Display Console, *continued*

13 Start/Enter Key – If pressed during initial start-up, a quick start workout begins, which is a 30-minute manual workout with a beginning speed of 0.5 MPH. The key is also used as a selection key when entering workout data before or during a workout.

14 Cool Down Key – When pressed will end your current workout and begin reducing speed and incline for a cool down period. Each time the cool down key is pressed, the cool down time is reduced.

15 Up and Down Arrow Keys – Used to adjust values and scroll through items before and during a workout.

16 Pause/Clear Key – When pressed once during a workout, the workout is paused. When pressed twice, a workout is stopped and the message center displays workout statistics. When pressed a third time, the workout is cleared and normal console start-up begins.

17 GoSystem™ Quick Start Incline Keys – The incline keys are preset to low (1.5%), mid (3%) and high (5%). The incline of each key can be changed and saved by using the incline arrows to reach the desired % then pressing and holding the GoSystem™ key of your choice until it beeps.

18 GoSystem™ Quick Start Speed Keys – The speed keys are preset to Walk (2 MPH), Jog (4 MPH) and Run (6 MPH). The speed of each key can be changed and saved by pressing and holding either Walk, Jog or Run until it beeps.

19 My Workouts™ Key – Includes 4 My Workouts with names preset to My Workout 1, My Workout 2, My Workout 3, and My Workout 4. Continue to press key to scroll through all My Workouts. Press Start/Enter to select workout, for directions on how to program a "My Workout" see *How to use the My Workouts feature* on page 60.

HOW TO

How to Use the T5-0 Main Display and Activity Zone

T5-0 Activity Zone

The activity zone is the small console that is located below the main console (shown on page 16). The intent of the activity zone is to put the most used keys closer to the user to easily change settings like speed and incline during the workout.

The following keys are included on the T5-0 Activity Zone:

1 Incline Up Key – Increases the incline by 0.5%, your treadmill's maximum incline is 15%.

2 Incline Down Key – Decreases the incline by 0.5%, your treadmill's minimum incline is 0%.

3 Stop Key – Gradually stops the treadmill.

4 Safety Stop and Lanyard – Magnetic key that, once pulled from the console, immediately stops the treadmill. The lanyard is attached to this key and should be attached to user during every workout. If the user strays too far from the activity zone, the treadmill will immediately stop as a safety precaution.

5 Speed Up Key – Increases speed by 0.1 MPH, your treadmill's maximum speed is 12 MPH.

6 Speed Down Key – Decreases speed by 0.1 MPH, your treadmill's minimum speed is 0.5 MPH.

HOW TO

How to Use the T5-5 / T7-0 Main Display and Activity Zone

⚠ **NOTE:** To ensure safety there is a feature built into the T5-5 / T7-0 that locks the lower activity zone when idle to prevent a false key press. To read more on this safety feature see the *Navigating the User Menu* page in the *How To* section.

T5-5 / T7-0 Main Display Console

The T5-5 / T7-0 console was designed to make navigation as simple as possible by using special colors and touch sensitive keys. The amber colored characters show workout feedback and the blue backlit areas are selection or key press areas. To reduce confusion, the blue backlit keys are only illuminated at the time the keys can be used. The T5-5 / T7-0 use touch sensitive keys, which means no pressure is needed to activate the keys. This allows for easy adjustments when walking, jogging, or running.

1 Message Center – Area that shows workout statistics and instructional messages. The message center can show 16 characters at a time.

2 Incline – Percentage of incline (0–15%). Incline can be adjusted in 0.5% increments.

3 Level – Shows the incline level as entered by the user during the workout set up for programs like Hill, Random and EZ Incline™. Your treadmill has a level range of 1 to 20.

4 Distance – Miles traveled at the current time.

5 Heart Rate – Digitally diplays actual heart rate. Heart rate will only be displayed when the hand sensors are grasped (T7-0 only) or wireless heart rate chest strap is worn.

6 Calories – Accumulated calories at the current time.

7 Calories Per Hour – Calories that would be consumed in one hour if the current incline and speed are maintained for 1 hour.

8 Left Window – Displays speed and pace.

9 Speed – 0.5–12.0 MPH. Adjustable in increments of one tenth of a mile per hour.

10 Pace – Shows the amount of time it will take the user to complete one mile at their current speed.

11 Right Window – Displays time and time in zone.

12 Time – Accumulated time that counts up from 0:00.

13 Time In Zone – Accumulated time in target heart rate zone.

14 Display Lock Key – Locks toggling workout information in message center and Left and Right Windows.

15 Pause/Clear Key – When pressed once during a workout, the workout is paused. When pressed twice, a workout is stopped and the message center displays workout summary. When pressed a third time, the workout is cleared and normal start-up begins.

T5-5 / T7-0 Main Display Console, *continued*

16 Workout Profile Window – Graphically displays intensity levels of a selected workout. The current intensity level is the first column of lights. The workout profile window is 21 LEDs wide x 10 LEDs high.

17 Sports Training Workouts Key – Allows the user to access preset sports-related workouts: Sport Training-Time-Based Goal, 5K, 10K and Sports Training-Distance-Based Goal (T7-0 only). Continue to press key to scroll through workouts, press Start/Enter to select your workout.

18 Daily Workouts Key – Allows the user to access commonly used workouts: 30-Minute Walk, 3-Mile Jog (T7-0 only), 45-Minute Cross-Train, 10,000-Step and Weight Loss (T7-0 only) workouts. Continue to press key to scroll through workouts, press Start/Enter to select your workout.

19 Classic Workouts Key – Allows the user to access Life Fitness classic preset workouts: Manual, Random, Hill and EZ Incline™. Continue to press key to scroll through workouts, press Start/Enter to select your workout.

20 HeartSync™ Workouts Key – Allows the user to access heart rate defined workouts: Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™ and Extreme Heart Rate™. Continue to press key to scroll through workouts, press Start/Enter to select workout.

21 Start/Enter Key – If pressed during initial start-up, a quick start workout begins, which is a 30-minute manual workout with a beginning speed of 0.5 MPH. The key can also be used to select workouts and to select workout attributes that the message center requests.

22 Cool Down Key – Press to end a workout by gradually reducing speed and incline to prevent muscle soreness. Each time the cool down key is pressed, the cool down time is reduced.

23 My Workouts™ Key – Allows the user to access My Workouts. Continue to press key to scroll through My Workouts™, press Start/Enter to select workout. For directions on how to create "My Workouts," see *How to set up My Workouts™* section.

24 Custom Workouts Key – Includes 4 custom workouts (T5-5) or 7 custom workouts (T7-0). Press Start/Enter to select workout.

25 Up and Down Arrow Keys – Used to adjust time in 1-minute increments before or during the workout. Also used to make adjustments in other programming menus.

26 0 – 9 Number Keys – Used to enter values while setting up workouts and menus.

HOW TO

How to Use the T5-5 / T7-0 Activity Zone
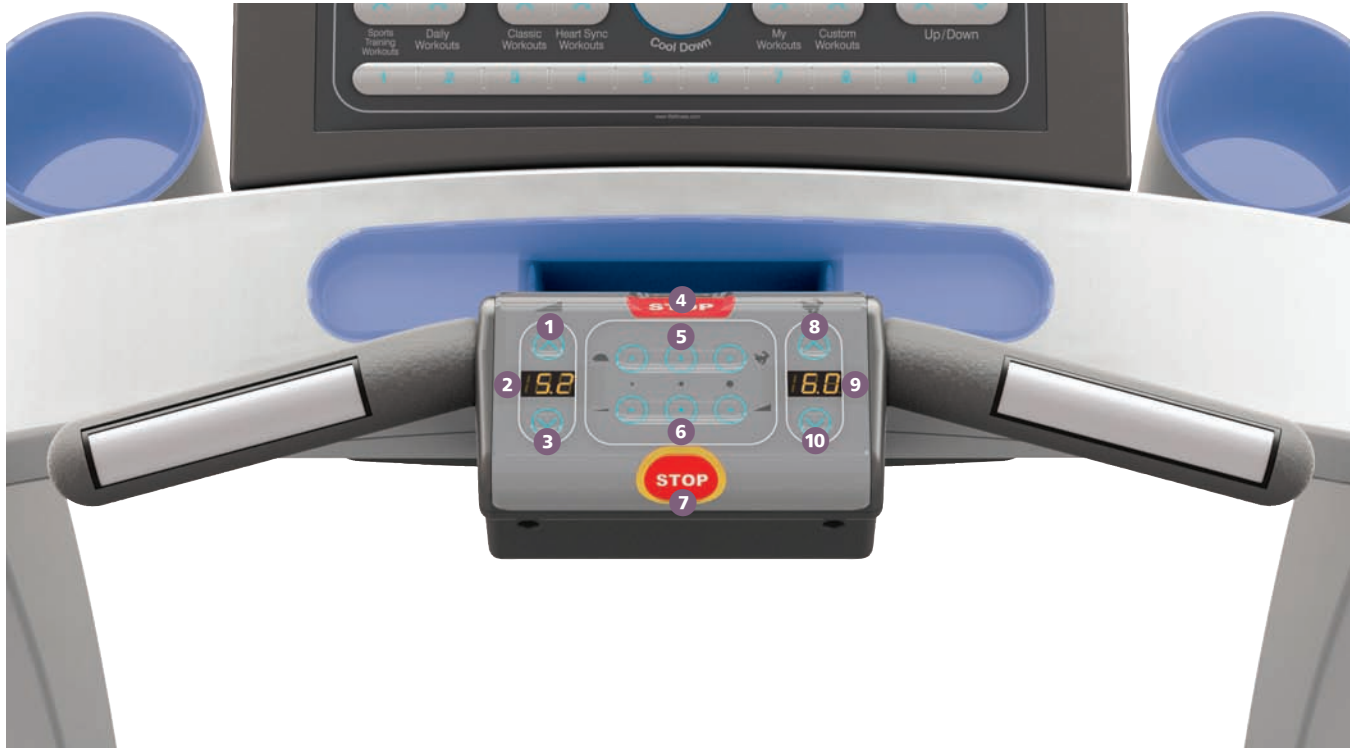
T5-5 / T7-0 Activity Zone

The activity zone is the small console located below the main console. The intent of the activity zone is to put the most used keys closer to the user to easily change data like speed and incline during the workout. This makes the workout safer and more comfortable for the user. The T5-5 / T7-0 have an advanced activity zone with touch sensitive keys and the Life Fitness GoSystem™ which enables the user to save their most used speed and incline levels.

The following keys are included on the T5-5 / T7-0:

1   Incline Up Key – Increases the incline by 0.5%, your treadmill's maximum incline is 15%

2   Incline Window – Displays the current incline percent.

3   Incline Down Key – Decreases the incline by 0.5%, your treadmill's minimum incline is 0%.

4   Stop Key – Gradually stops the treadmill.
  • During a workout
      – Press once and the workout will be paused
      – Press twice and the workout will end showing the workout summary
      – Press three times and the workout is cleared.

5   GoSystem™ Speed Keys – Three customizable speed keys. These keys are preset at (left to right) to 2 MPH, 4 MPH and 6 MPH. To change the preset speed you must be in an active workout. When at your desired speed press and hold one of the GoSystem™ speed keys for three seconds and the current speed will be saved.

6   GoSystem™ Incline Keys – Three customizable incline keys. These keys are preset at the factory (left to right) to 1.5%, 3% and 5%. To change the preset incline, you must be in an active workout. When at your desired incline press and hold one of the GoSystem™ incline keys for three seconds and the current incline will be saved.

7   Safety Stop and Lanyard – The red magnetic key that when pulled from the activity zone, immediately stops the treadmill. The lanyard is attached to this key and should be attached to user during every workout. If the user strays too far from the activity zone, the treadmill will immediately stop as a safety precaution.

8   Speed Up Key – Increases speed by 0.1 MPH, your treadmill's maximum speed is 12 MPH.

9   Speed Window – Displays the current speed in MPH.

10 Speed Down Key – Decreases speed by 0.1 MPH, your treadmill's minimum speed is 0.5 MPH.

How to Use the Workouts

The T5-0, T5-5 and T7-0 have a number of pre-programmed workouts that have been developed by Life Fitness. Each workout has a different goal. Read the workout descriptions carefully so that you can develop a workout routine that focuses on reaching your specific goals.

The T5-0 has 12 workouts: Manual, Random, Hill, EZ Incline™, Sports Training-Time-Based Goal, 5K, 10K, Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™.

The T5-5 has 15 workouts: Manual, Random, Hill, EZ Incline™, Sports Training-Time-Based Goal, 5K, 10K, Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™, 30-Minute Walk, 45-Minute Cross-Train, 10,000 Step.

The T7-0 has 18 workouts: Manual, Random, Hill, EZ Incline™, Sports Training-Time-Based Goal, 5K, 10K, Sports Training-Distance-Based Goal, Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™, 30-Minute Walk, 3-Mile Jog, 45-Minute Cross-Train, 10,000 Step, Weight Loss.

The workout descriptions on the following pages all have headers labeled Beginner-Just Starting, Experienced-Fit, and Advanced-Athlete. Beginner workouts are workouts designed for users just starting to workout on a treadmill or just starting a workout routine. Beginner workouts have limited intensity adjustments. Experienced workouts are workouts designed for users seeking a more challenging workout and have a strong fitness base. Advanced workouts are designed for athletes training for cardiovascular endurance and special events.
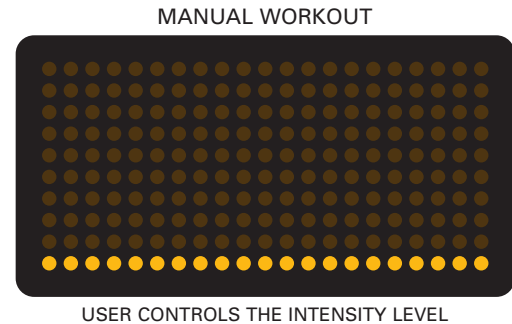
HOW TO

How to Use the Workouts

1 Manual Workout *(Beginner – Just Starting)*
   T5-0, T5-5 and T7-0

Access: The manual workout can be started by pressing the Start/Enter key during start-up or pressing one of the GoSystem™ incline or speed keys during start-up. The workout can also be started by pressing the Workout Profiles key on the T5-0 or the Classic Workouts key on the T5-5 / T7-0 and scrolling until MANUAL appears. Press Start/Enter to begin.

Description: The manual workout is a simple workout that has no pre-defined intensity levels. The manual workout starts the user at 0.5 MPH and 0% incline and allows the user to be in complete control of their speed and incline.

Goal: This workout was designed for users that do not have much experience on a treadmill and like to control all intensity adjustments.

MANUAL WORKOUT

USER CONTROLS THE INTENSITY LEVEL

HOW TO

How to Use the Workouts

2   Random Workout *(Experienced – Fit)* **– T5-0, T5-5 and T7-0**

Access: The Random Workout can be accessed on the T5-0 by pressing the Workout Profiles key or on the T5-5 / T7-0 by pressing the Classic Workouts key until RANDOM appears on the message center, then pressing Start/Enter.

Description: In this workout the console creates a terrain of different hills and valleys. Over 1 million different patterns are possible. Adjustments of the Incline are made to create hills/valleys. Speed is controlled by the user.

Goal: This workout was designed to provide the end-user with unlimited workout variety. The goal of this workout is to prevent workout boredom and improve motivation.

RANDOM WORKOUT

OVER ONE MILLION DIFFERENT HILL AND
VALLEY COMBINATIONS

How to Use the Workouts

3 Hill Workout *(Experienced – Fit)* **– T5-0, T5-5 and T7-0**

Access: The Hill Workout can be accessed on the T5-0 by pressing the Workout Profiles key or on the T5-5 / T7-0 by pressing the Classic Workouts key until HILL appears in the message center, then pressing Start/Enter.

Description: The Life Fitness patented Hill Workout is an interval training workout. Intervals are periods of intense aerobic exercise separated by regular periods of lower intensity exercise. The workout profile window displays the high and low intervals as columns of light, which together have the appearance of hills and valleys. Incline adjustments are used to simulate the hills/valleys and speed is controlled by the user.

The Hill Workout goes through four phases: Warm-Up, Plateau, Interval Training and Cool Down.

> **1 Warm-Up:** A phase of low, gradually rising resistance, which brings your heart rate into the lower end of your target zone to increase respiration and blood flow to working muscles.

> **2 Plateau:** Increases the intensity slightly and keeps it steady, to bring your heart rate to the low end of your target zone.

HILL WORKOUT

WARM UP   PLATEAU   INTERVAL   COOL-
                      TRAINING   DOWN

*continued on next page*

HOW TO

27
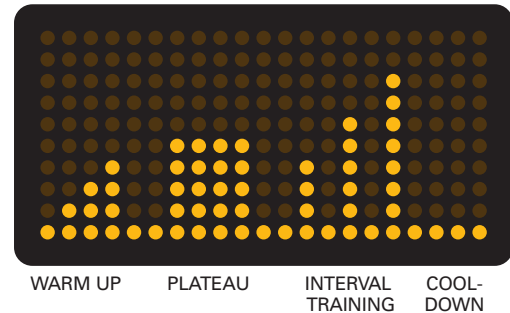
How to Use the Workouts

continued from previous page

3 Interval Training: A series of increasingly steeper hills, alternating with valleys (periods of recovery). The heart rate should rise to the high end of the target zone during this segment.

4 Cool-Down: A low intensity phase that allows the body to begin removing lactic acid and other exercise by-products, which build up in muscles and contribute to muscle soreness and fatigue.

Goal: The computerized interval training workout has been scientifically demonstrated to promote greater cardio-respiratory improvement than steady-pace training. The goal of this workout is to improve cardiovascular endurance and break through fitness plateaus.
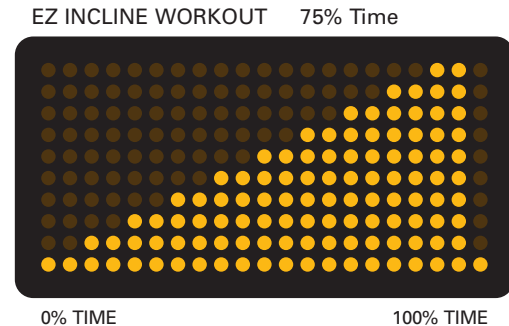
HILL WORKOUT

WARM UP   PLATEAU   INTERVAL   COOL-
                        TRAINING   DOWN
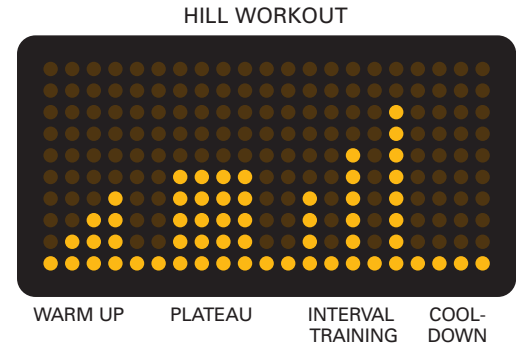
How to Use the Workouts

**4 EZ Incline™ Workout *(Beginner – Just Starting)*
T5-0, T5-5 and T7-0**

Access: The EZ Incline Workout can be accessed on the T5-0 by pressing the Workout Profiles key or on the T5-5 / T7-0 by pressing the Classic Workouts key until EZ INCLINE is displayed in the message center, then pressing Start/Enter.

Description: The EZ incline program consists of one hill. The user determines the elevation of the peak during the workout setup. This peak is reached after 75% of the workout time is complete. Afterward the incline gradually returns to zero. This program uses incline adjustments. Speed is controlled by the user.

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

EZ INCLINE WORKOUT   75% Time

0% TIME   100% TIME

HOW TO

29

How to Use the Workouts

5   Sports Training-Time-Based Goal Workout *(Experienced – Fit)*
T5-0, T5-5 and T7-0

Access: The Sports Training Time Goal Workout can be accessed on the T5-0 by pressing the Workout Profiles key or on the T5-5 / T7-0 by pressing the Sports Training key until TIME GOAL is displayed in the message center, then pressing Start/Enter.

Description: The Sports Training workout uses 1.5% incline as the baseline, instead of the traditional 0% incline because Time Goal 1.5% more accurately simulates running outdoors on flat ground. Anything below a 1.5% grade is then used to simulate running down hill. The inclines and declines last between 30 and 60 seconds. This program uses incline adjustments to simulate outdoor conditions. Speed is controlled by the user.

Goal: The design intent of this workout was to simulate outdoor running. The goal of the workout is to help users train for outdoor running.

TIME-BASED GOAL WORKOUT

BASE-LINE 1.5% INCLINE

How to Use the Workouts

**6 Sports Training-Distance-Based Goal Workout *(Experienced – Fit)*
T7-0 only**

Access: The Sports Training-Distance Based Workout can be accessed through the T5-5 / T7-0 by pressing the Sports Training key until DISTANCE GOAL is displayed in the message center then press Start/Enter.

Description: In this workout the goal is distance based so the user must enter total desired miles during Workout Set-up. Sports Training Distance Goal Workout uses 1.5% incline as the baseline, instead of the traditional 0% incline because 1.5% more accurately simulates running outdoors on flat ground. Anything below a 1.5% grade is then used to simulate running down hill. The inclines and declines last between 30 and 60 seconds. This program only uses incline adjustments to simulate outdoor conditions. Speed is controlled by the user.

Goal: The design intent of this workout was to simulate outdoor running. The goal of the workout is to help users train for outdoor running.

DISTANCE-BASED GOAL WORKOUT

BASE-LINE 1.5% INCLINE

HOW TO

31

How to Use the Workouts

7   5K Workout *(Advanced – Athlete)* **– T5-0, T5-5 and T7-0**

Access: The 5K Workout can be accessed on the T5-0 by pressing the Workout Profiles key or on the T5-5 / T7-0 by pressing the Sports Training key until 5K is displayed in the message center then pressing Start/Enter.

Description: The 5K uses the same theory as Sports Training by using 1.5% incline as the baseline, instead of the traditional 0%. 1.5% more accurately simulates running outdoors on flat ground. Anything below a 1.5% grade is then used to simulate running down hill. The inclines and declines last between 30 and 60 seconds. The difference between 5K and Sports Training is that 5K is a distance-based program. The workout ends when the user has completed 5 kilometers. This program only uses incline adjustments to simulate outdoor conditions. Speed is controlled by the user.

Goal: The design intent of this workout was to better simulate outdoor running for runners specifically training for a 5K race.
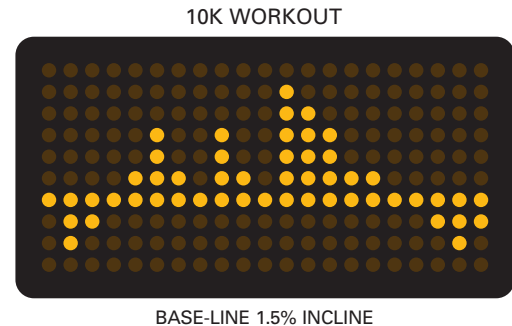
5K WORKOUT

BASE-LINE 1.5% INCLINE
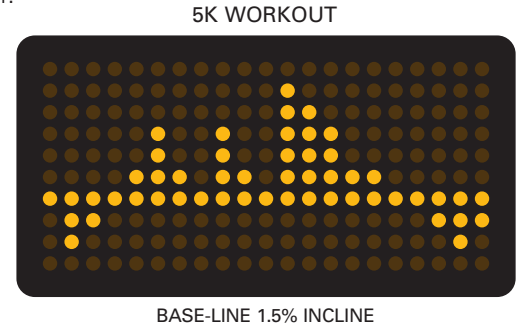
How to Use the Workouts
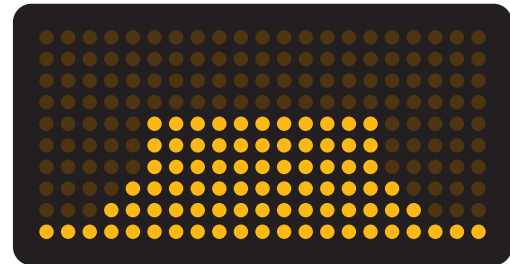
8   10K Workout *(Advanced – Athlete)* **– T5-0, T5-5 and T7-0**

Access: The 10K Workout can be accessed on the T5-0 by pressing the Workout Profiles key or on the T5-5 / T7-0 by pressing the Sports Training key until 10K appears in the message center then pressing Start/Enter

Description: The 10K uses the same theory as Sports Training by using 1.5% incline as the baseline, instead of the traditional 0%. 1.5% more accurately simulates running outdoors on flat ground. Anything below 1.5% grade is then used to simulate running down hill. The inclines and declines last between 30 and 60 seconds. The difference between 10K and Sports Training is that 10K is a distance-based program. The workout ends when the user has completed 10 kilometers. This program only uses incline adjustments to simulate outdoor conditions. Speed is controlled by the user.

Goal: The design intent of this workout was to better simulate outdoor running for runners specifically training for a 10K race.

10K WORKOUT

BASE-LINE 1.5% INCLINE

HOW TO

How to Use the Workouts

9 **Fat Burn Workout** *(Beginner – Just Starting)*
T5-0, T5-5, and T7-0

Access: The Fat Burn Workout can be accessed on the T5-0 by pressing the Workout Profiles key or on the T5-5 / T7-0 by pressing the HeartSync™ Workouts key until FAT BURN is displayed in the message center then pressing Start/Enter.

Description: In all Heart Sync Workouts the user must wear a chest strap or grasp the heart rate sensors (T7-0 only) for the duration of the workout. This program uses incline adjustments to increase and decrease heart rate. Fat Burn maintains the user at 65% of the user's theoretical maximum heart rate. The console continuously monitors and displays the heart rate, adjusting the incline level of the treadmill to reach and maintain a target heart rate range. The incline will not change as long as the user is between 60%–72% of their target heart rate.

Goal: The goal of the Fat Burn workout is to efficiently burn fat by eliminating over- and undertraining and also maximizing the aerobic benefits of exercise by using the body's fat stores for energy.
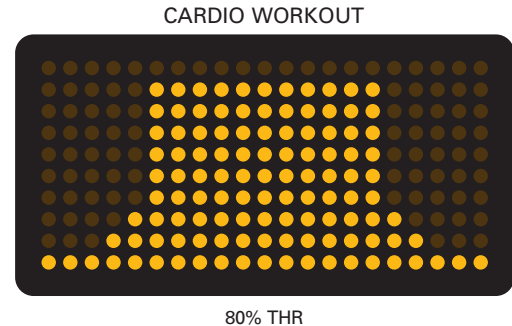
FAT BURN WORKOUT

65% THR

HOW TO

34

How to Use the Workouts

10 Cardio Workout *(Experienced – Fit)* **– T5-0, T5-5 and T7-0**

Access: Cardio Workout can be accessed on the T5-0 by pressing the Workout Profiles key or on the T5-5 / T7-0 by pressing the HeartSync™ Workouts key.

Description: The user must wear a chest strap or grasp the heart rate sensors (T7-0 only) for this workout to adequately operate. This program uses incline adjustments to increase and decrease heart rate. Cardio maintains the user at 80% of the user's theoretical maximum heart rate. The console continuously monitors and displays the heart rate, adjusting the incline level of the treadmill to reach and maintain the target heart rate range. The incline will not change as long as the user is between 72%–85% of their target heart rate.

Goal: The goal of the Cardio workout is to place a heavier workload on the heart muscle to emphasize cardiovascular endurance and fat burning.

CARDIO WORKOUT

80% THR

HOW TO

How to Use the Workouts

11 Heart Rate Hill™ Workout *(Experienced – Fit)* – T5-0, T5-5 and T7-0

Access: Heart Rate Hill Workout can be accessed on the T5-0 by pressing the Workout Profiles key or on the T5-5 / T7-0 by pressing the HeartSync™ Workouts key, until HEART RATE HILL appears in the message center then pressing Start/Enter.

Description: The user must wear a chest strap or grasp the heart rate sensors (T7-0 only) for this workout to adequately operate. Heart Rate Hill uses incline adjustments to increase and decrease heart rate. This workout has a series of three hills and three valleys where the duration of the hills and valleys is determined by the user's heart rate.

HEART RATE HILL WORKOUT

The workout starts with a 3-minute warm-up. After warm-up, the intensity of the workout increases until the user reaches 90% of their target heart rate, which is the first hill. Once the user reaches 90% of their target heart rate, the program will hold the intensity level for 1 minute. When the hill is completed, the program reduces the intensity and target heart rate goal to 85% to simulate a valley or recovery period. Once the user's heart rate drops to 85% of their target heart rate, the program will keep them at 85% for 1 minute. Next the program will increase intensity until the user reaches 95% of their target heart. Once 95% target heart rate is reached, the program holds at that intensity level for 1 minute. Next the program will decrease and hold the user's heart rate at 85% of their target heart rate for 9 minutes. Finally the program will increase intensity until the user reaches 100% of their target heart rate, and it will be held for 1 minute. When the hill is completed, the program reduces the intensity and target heart rate goal to 85% to simulate a valley or recovery period.
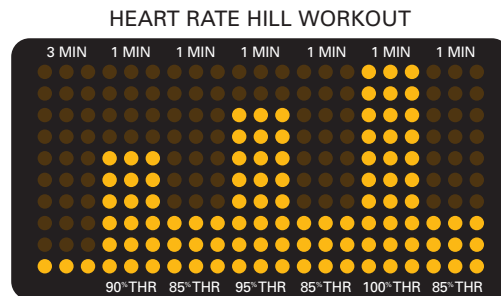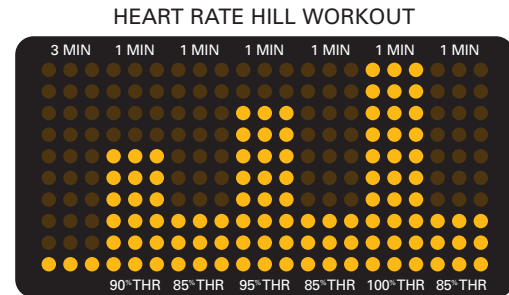
HOW TO

How to Use the Workouts

continued from previous page

Once the user's heart rate drops to 85% of their target heart rate, the program will keep them at 85% for 1 minute. Next the program will increase intenstiy until the user reaches 100% of their target heart rate. Once 100% target heart rate is reached, the program holds at that intensity level for 1 minute. This sequence continues for all three hills and valleys. After the user completes the third hill and valley pair, the program returns to the first hill and heart rate goal, and the sequence repeats as long as the duration allows. The user's fitness level determines the number of hills and valleys encountered. At the end of the duration, the workout enters a cool down phase. Note that if the user does not reach a heart rate goal after five minutes, the message center displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.

HEART RATE HILL WORKOUT

3 MIN	1 MIN	1 MIN	1 MIN	1 MIN	1 MIN	1 MIN

90%THR 85%THR 95%THR 85%THR 100%THR 85%THR

Goal: The design intent of the Heart Rate Hill workout was to develop a program that adapts to the user's fitness level. As a user becomes more fit they will recognize that they are encountering additional hills and valleys in the same workout duration. This is because the heart rate is recovering more quickly during valleys.
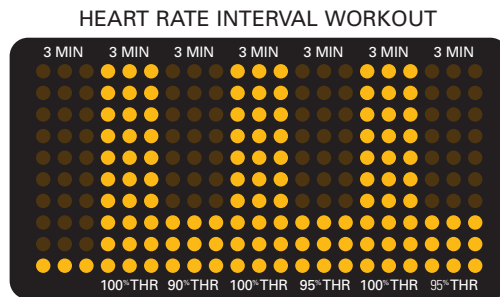
HOW TO

How to Use the Workouts

12 Heart Rate Interval™ Workout *(Experienced – Fit)*
T5-0, T5-5 and T7-0

Access: Heart Rate Interval Workout can be accessed on the T5-0 by pressing the Workout Profiles key or on the T5-5 / T7-0 by pressing the HeartSync™ Workouts key.

Description: The user must wear a chest strap or grasp the heart rate sensors (T7-0 only) for this workout to adequately operate. This program only uses incline adjustments to increase and decrease heart rate. This program alternates between a hill that brings the target heart rate up to 100% and a valley that brings the target heart rate down to 90%.

The workout starts with a 3-minute warm-up. After warm-up, the intensity of the workout increases until the user reaches 100% of their target heart rate, which is the first hill. Once the user reaches 100% of their target heart rate, the program will hold the intensity level for 3 minutes. When the hill is completed, the program reduces the intensity and target heart rate goal to 90% to simulate a valley or recovery period. Once the user's heart rate drops to 90% of their target heart rate, the program will keep them at 90% for 3 minutes. This sequence continues for all three hills and valleys.

HEART RATE INTERVAL WORKOUT

How to Use the Workouts

continued from previous page

After the user completes the third hill and valley pair, the program returns to the first hill and heart rate goal and the sequence repeats as long as the duration allows. The user's fitness level determines the number of hills and valleys encountered. At the end of the duration, the workout enters a cool down phase. Note that if the user does not reach a heart rate goal after five minutes, the message center displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.

Goal: The design intent of the Heart Rate Interval workout was to develop of program that adapts to the user's fitness level and is more challenging than the Heart Rate Hill workout. As a user becomes more fit they will recognize that they are encountering additional hills and valleys in the same workout duration. This is because their heart rate is recovering more quickly during valleys.

HEART RATE INTERVAL WORKOUT
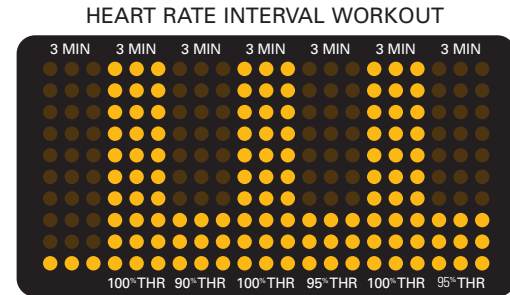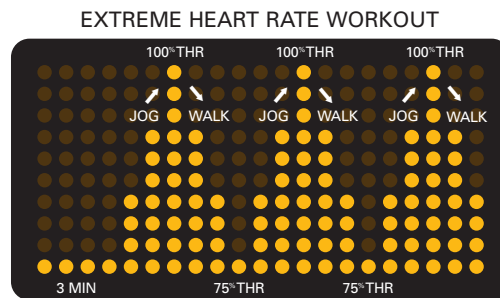

HOW TO

How to Use the Workouts

13 Extreme Heart Rate™ Workout *(Advanced – Athlete)*
T5-0, T5-5 and T7-0

Access: Extreme Heart Rate Workout can be accessed on the T5-0 by pressing the Workout Profiles key or on the T5-5 / T7-0 by pressing the HeartSync™ Workouts key.

Description: The user must wear a chest strap or grasp the heart rate sensors (T7-0 only) for this workout to adequately operate. This workout uses speed and incline adjustments to adjust the user's heart rate. Extreme Heart Rate alternates between two target heart rates as quickly as possible. The effect is similar to that of running sprints. When setting up the workout, the user enters a target heart rate and selects a walk speed and jog speed. Below is the detailed program sequence.

EXTREME HEART RATE WORKOUT

1 Standard 3-minute warm-up.

2 Treadmill accelerates to jog speed and incline increases until user's target heart rate is reached. Target heart rate is maintained for a stabilization period of 20 seconds.

3 Incline is reduced to 0% and the treadmill slows to the walk speed. When the heart rate falls to 75% percent of the target heart rate, it is maintained for a stabilization period of 20 seconds.

continued on next page

HOW TO

How to Use the Workouts

continued from previous page

4 The program repeats the alternating of speeds and incline levels continuing this pattern throughout the duration.The user's fitness level determines the number of repetitions. At the end of the duration, the workout enters a cool down phase. Note that if the user does not reach a heart rate goal after five minutes, the message center displays a prompt to increase or decrease speed, depending on whether the workout is in a jog or walk phase. The program does not proceed to a new heart rate goal until the user reaches the current goal.

Goal: The design of this workout is sports specific. Extreme Heart Rate simulates running up hills in order to improve the strength of the user's leg muscles. The goal of this workout is to help advanced users break through fitness improvement plateaus.

EXTREME HEART RATE WORKOUT

HOW TO

41
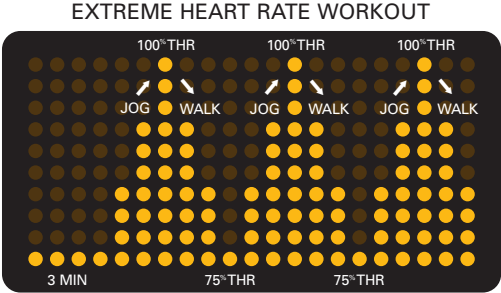
How to Use the Workouts

14 30-Minute Walk Workout *(Beginner – Just Starting)*
T5-5 / T7-0 only

30-MINUTE WALK WORKOUT

Access: 30-Minute Walk Workout can be accessed on the T5-5 / T7-0 by pressing the Daily Workouts key.

Description: This program is ideal for beginning exercisers or regular walkers. The workout is a time-based workout of 30 minutes. During workout setup, the user must enter a maximum speed between 2.0 MPH and 4.5 MPH and press Enter. That speed is used to determine incremental walking speeds shown in the table below. After selecting a maximum speed, an effort level must be selected. The effort level determines the % incline adjustments during the workout. Incline and speed are adjusted during this workout.

At the start of this program, the treadmill runs for 5 minutes below the selected speed. Afterward, the program automatically adjusts the speed in 0.5 MPH increments, and changes the incline percentages as seen in the table below. The program concludes with a 5-minute cool down.

Note that the speed and level can changed at any time during the workout; however, manual changes in speed are overridden by those scheduled in the program.

Goal: The design intent of this workout is to simulate an outdoor walk.

HOW TO

How to Use the Workouts

continued from previous page

Time	Speed – Set Prior to Workout Start	Incline – Dependent on Level (1 to 20)
0:00	↓ Decreases Speed by 1.0 MPH from Preset	↑ Increases 0.8% to 11.4%
5:00 – 7:30	↑ Increases Speed by 0.5 MPH	No Change
7:30 – 10:00	No Change	↑ Increases 0.9% to 13.0%
10:00 – 12:30	↑ Increases Speed by 0.5 MPH	No Change
12:30 – 20:00	No Change	↑ Increases 1.0% to 14.5%
20:00 – 22:30	↓ Decreases Speed by 0.5 MPH	No Change
22:30 – 25:00	No Change	↓ Decreases 0.9% to 13.0%
25:00 – 27:30	↓ Decreases Speed by 0.5 MPH	No Change
27:30 – 30:00	No Change	↓ Decreases 0.8% to 11.4%

Example: User selects a maximum speed of 4.0 MPH and level 1.

Time	Speed	Incline
0:00	3.0 MPH	0.8%
5:00 – 7:30	3.5 MPH	0.8%
7:30 – 10:00	3.5 MPH	1.7%
10:00 – 12:30	4.0 MPH	1.7%
12:30 – 20:00	4.0 MPH	2.7%
20:00 – 22:30	3.5 MPH	2.7%
22:30 – 25:00	3.5 MPH	1.8%
25:00 – 27:30	3.0 MPH	1.8%
27:30 – 30:00	3.0 MPH	1.0%

HOW TO

43

How to Use the Workouts

15 3-Mile Jog Workout *(Experienced – Fit)* **– T7-0 only**

Access: 3-Mile Jog Workout can be accessed on the T7-0 by pressing the Daily Workouts key.

3-MILE JOG WORKOUT

Description: This workout is an ideal next step for users who no longer achieve a sufficient workout from the 30-Minute Walk program. This workout is a distance-based workout of 3 miles. During workout setup, the user must enter a maximum speed between 4.0 MPH and 7.0 MPH and press Enter. That speed is used to determine incremental jogging speeds shown in the table below. After selecting a maximum speed, an effort level must be selected. The effort level determines the % incline adjustments during the workout. Incline and speed are adjusted during this workout.

At the start of the program, the treadmill runs for 5 minutes at 1.5 MPH below the selected speed. Afterward, the program automatically adjusts the speed and changes the incline percentage as seen in the table below. The program concludes with a 5-minute cool down.

Note that the speed and level can be changed at any time during the workout; however, manual changes in speed are overridden by those scheduled in the program.

Goal: The design intent of the workout is to simulate an outdoor jog.
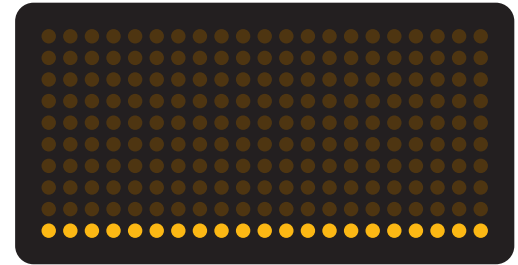
How to Use the Workouts
continued from previous page

Distance	Speed (Dependent on Max Set Speed)	Incline – Dependent on Level (1 to 20)
0 miles	↓ Decreases Preset Speed by 1.5 MPH	↑ Increases 0% to 5.0%
0.5 – 0.75 miles	↓ Decreases Speed by 0.5 MPH	No Change
0.75 – 1.0 miles	↑ Increases Speed by 2.0 MPH	No Change
1.0 – 1.25 miles	No Change	↑ Increases 0.5% to 6.6%
1.25 – 1.5 miles	↓ Decreases Speed by 2.0 MPH	↓ Decreases 0% to 5.0%
1.50 – 1.75 miles	↑ Increases Speed by 1.0 MPH	No Change
1.75 – 2.0 miles	No Change	↑ Increases 0.7% to 9.8%
2.0 – 2.25 miles	↓ Decreases Speed by 1.0 MPH	↓ Decreases 0% to 5.0%
2.25 – 2.50 miles	↑ Increases Speed by 1.5 MPH	No Change
2.50 – 2.75 miles	No Change	↑ Increases 0.6% to 8.2%
2.75 – 3.0 miles	↓ Decreases Speed by 1.5 MPH	↓ Decreases 0% to 5.0%

Example: User selects maximum speed of 7.0 MPH and level 1.

Distance	Speed	Incline
0 miles	6.0 MPH	0%
0.5 – 0.75 miles	5.5 MPH	0%
0.75 – 1.0 miles	7.0 MPH	0%
1.0 – 1.25 miles	7.0 MPH	0.5%
1.25 – 1.5 miles	5.0 MPH	0.5%
1.50 – 1.75 miles	6.0 MPH	0.5%
1.75 – 2.0 miles	6.0 MPH	1.2%
2.0 – 2.25 miles	5.0 MPH	1.2%
2.25 – 2.50 miles	6.5 MPH	1.2%
2.50 – 2.75 miles	6.5 MPH	1.8%
2.75 – 3.0 miles	5.0 MPH	1.8%

How to Use the Workouts

16 45-Minute Cross-Train Workout *(Advanced – Athlete)*
**T5-5 / T7-0 only**

Access: 45-Minute Cross-Train Workout can be accessed on the T5-5 / T7-0 by pressing the Daily Workouts key.

Description: This workout alternates between user-selected walking and jogging speeds, beginning with a walk-speed interval. During workout setup, a walking speed between 2.0 MPH and 4.5 MPH (3.2 KPH and 7.2 KPH) must be selected as well as a jogging speed between 4.0 MPH and 7.0 MPH (6.4 KPH and 11.2 KPH) must be selected.

Goal: 45-Minute Cross-Train was developed to reduce the risk of stress-related injuries that can result from workouts limited to one, repetitive activity. Competitive athletes use cross-training to keep their bodies in premier condition between seasons or events, as well as to prepare for competition.

45-MINUTE CROSS-TRAIN WORKOUT

HOW TO

46
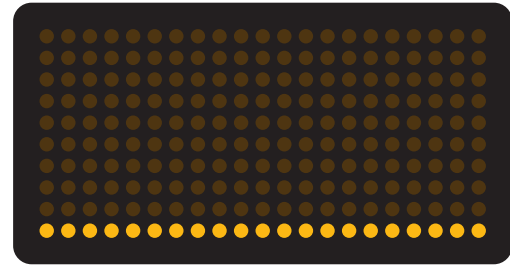
How to Use the Workouts

continued from previous page

Time	Speed – Dependent on Set Walking Speed	Incline – Dependent on Level (1 to 20)
0:00	Walking Speed	↑ Increases 0.8% to 11.4%
5:00 – 10:00	Jogging Speed	No Change
10:00 – 15:00	Walking Speed	↑ Increases 0.9% to 13.0%
15:00 – 20:00	Jogging Speed	No Change
20:00 – 25:00	Walking Speed	↑ Increases 1.0% to 14.5%
25:00 – 30:00	Jogging Speed	No Change
30:00 – 35:00	Walking Speed	↓ Decreases 0.9% to 13.0%
35:00 – 40:00	Jogging Speed	No Change
40:00 – 45:00	Walking Speed	↓ Decreases 0.8% to 11.4%

Example: User selects a walking speed of 4 MPH, jogging speed of 7 MPH and level 1.

Time	Speed – Dependent on Set Walking Speed	Incline – Dependent on Level
0:00	4 MPH	0.8%
5:00 – 10:00	7 MPH	0.8%
10:00 – 15:00	4 MPH	1.7%
15:00 – 20:00	7 MPH	1.7%
20:00 – 25:00	4 MPH	2.7%
25:00 – 30:00	7 MPH	2.7%
30:00 – 35:00	4 MPH	1.8%
35:00 – 40:00	7 MPH	1.8%
40:00 – 45:00	4 MPH	1.0%

HOW TO

How to Use the Workouts
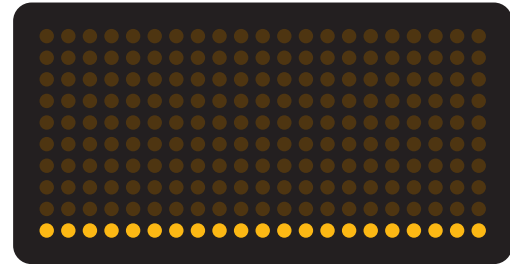
17 10,000 Step Workout *(Beginner – Just Starting)*
T5-5 / T7-0 only

Access: 10,000 Step Workout can be accessed on the T5-5 / T7-0 by pressing the Daily Workouts key.

10,000 STEP WORKOUT

Description: This workout is based on reaching a goal of 10,000 steps. Since it is unrealistic that a user will attempt to walk 10,000 steps during one workout, the program will ask the user to enter the amount of steps used for the day or the amount of steps that will be used during the day. The program will then subtract the amount of consumed steps from 10,000 and use that number as the starting step number to count up to 10,000 steps. During the program, a periodic message will be scrolled informing the user of the number of steps that have been covered. A message will also be displayed when 10,000 steps has been achieved. The workout will not cease once 10,000 steps has been reached.

Goal: The goal is to reach 10,000 steps. The 10,000 steps program was developed to give people a guideline as to the ideal amount of steps that should be consumed in a given day.

How to Use the Workouts

18 Weight Loss Workout *(Beginner – Just Starting)* – T7-0 only

Access: Weight Loss workout can be accessed on the T7-0 by pressing the Daily Workouts key.

Description: The Weight Loss workout was developed to take the user through an interval training program specially developed to burn fat. The program has three hills of the same intensity.

Goal: The goal of this workout is to provide a move advanced fat burning program.

WEIGHT LOSS WORKOUT
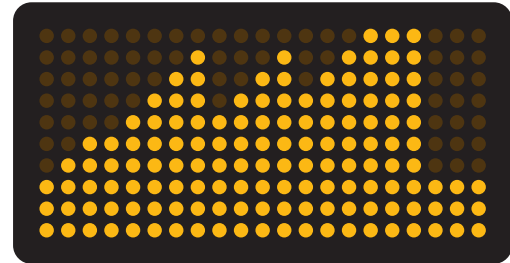
How to Use the User Menu

The User Menu is very important on the T5-0, T5-5 and T7-0. Many of the special features of your treadmill have to be activated and managed through the user menu. To enter the user menu, press and hold the Start/Enter key for three seconds during workout selection or boot-up.

T5-0 User Menu Navigation

1 Message center will display text messages to help user to press correct keys.

2 Scroll items and adjust values.

3 Press to move back in menus.

4 Press to select menu items and press and hold to save.

5 Scroll menu items and adjust values.

6 Clears values. Press twice to exit user menu.

How to Use the User Menu

T5-5 / T7-0 User Menu Navigation

1   Message center will display text messages to help user to press correct keys. Keys that are currently active and can be pressed will be illuminated.

2   Press to select menu items and press and hold to save values.

3   Press to move back in menus.

4   Press to scroll through menu items or to adjust values.

5   Press to clear values or press multiple times to exit user menu.

How to Use the User Menu

Main User Menu Options – Below are the main user options on the T5-0, T5-5, and T7-0.

A   MY TREAD USERS
B   TREAD STATISTICS
C   TREAD SETTINGS
D   SOFTWARE VERSIONS

Navigating the User Menu Options

To access the user menu press and hold the Start/Enter key for three plus seconds when the display is in normal workout select or startup. To exit the user menu press the Pause/Clear key three times. Press the Up/Down arrow keys to scroll through menu items.

Navigating the My Tread Users

See the *How to Use the My Treadmill Feature* section for navigation and setup instructions.

Navigating Tread Statistics

To access Tread Statistics use the arrow keys to scroll to Tread Statistics and press Enter. To scroll through the menu use the Up/Down arrow keys. In this menu statistics can only be viewed so there is no programming involved. Press Pause/Clear twice to exit the meu.

The following options can be scrolled through in TREAD STATISTICS

1 TOTAL HOURS

2 TOTAL MILES

3 LIFT MINUTES

4 MANUAL (Shows number of times workout has been used)

5 QUICK START

6 RANDOM

7 HILL

8 EZ INCLINE

9 SPORTS TRAINING - TIME-BASED (T5-5/T7-0 only)

10 SPORTS TRAINING - DISTANCE-BASED (T7-0 only)

11 5K

12 10K

13 FAT BURN

14 CARDIO

15 HEART RATE HILL

16 HR INTERVAL

17 EXTREME HR

18 30-MINUTE WALK

19 3-MILE JOG (T7-0 only)

20 45-MINUTE CROSS TRAIN (T5-5/T7-0 only)

21 10,000 STEP (T5-5/T7-0 only)

22 WEIGHT LOSS (T7-0 only)

HOW TO

Navigating Tread Settings

To access Tread Settings use the arrow keys to scroll to Tread Settings and press Enter. To Scroll through the menu items use the Up/Down arrow keys. For all menus except Sleep/Attract Mode, press the Start/Enter key to select a menu item, press Up/Down arrow keys to adjust an item, and hold the Start/Enter key for three seconds to select and save changes. Once a change to a settings item is saved the message center will display "Change Saved." After the change is saved the display will move to the next settings menu option.

Navigating and Setting Up Sleep/Attract Mode

T5-0 Instructions

Press Start/Enter key to select and enter the Sleep/Attract Mode. At this point you will be able to choose Sleep Mode or Attract Mode by using the arrow keys to scroll and by pressing and holding the Start/Enter key for three seconds. The display will then show Change Saved and either Sleep Mode On or Attract Mode On. After this step Change Time will be displayed. Use the Up/Down arrows to scroll to the desired time (1 - 99 minutes) and press and hold enter for three seconds to save the change. The display will show Change Saved.

continued on next page

continued from previous page

T5-5/T7-0 Instructions

Press Start/Enter key to select and enter the Sleep/Attract Mode. At this point you will be able to choose Sleep Mode or Attract Mode by using the arrow keys to scroll and by pressing Start/Enter once to Make a Selection. The console will then display Change Time. Use the Up/Down arrows to scroll to the desired time (1 - 99 minutes) and press and hold Enter for three seconds to save the change. The display will show Change Saved.

How to Use the User Menu

continued from previous page

C   TREAD SETTINGS

1   SLEEP MODE/ATTRACT MODE – User can set the amount of time before the console goes into sleep mode or attract mode. When the console is in sleep mode, only one LED stays active to signify the unit is still turned on. The purpose of sleep mode is to turn off the LEDs after the treadmill has been idle so that the lighting is not bothersome. Sleep mode can be enabled and disabled. Attract mode can be thought of as a screen saver for your treadmill, where lights on the console move in a manner that attracts interest. Sleep mode and attract mode cannot both be disabled or enabled. One mode must be chosen.

2   ENG/MET MODE – Allows user to set speed and distance units in either miles or kilometers.

3   BEEPS ON/OFF – Allows the user to turn the audio on or turn the audio off.

4   HR TELEMETRY – Allows the user to enable or disable the wireless chest strap heart rate.

5   WORKOUT TIMER – Allows the user to set the workout time to count down to the time entered or to count up to the time entered.

6   WATTS SETTING – Allows user to view watts output during a workout. (Watts is a measure of power output.)

7   METS SETTING – Allows user to view METs during a workout. (METs is a unit of oxygen consumption for measuring cardiovascular endurance.)

8   AUTO ENTER – Allows user to set the time before the console will automatically select Enter and move to the next workout setup step.

How to Use the User Menu

continued from previous page

9 BRIGHTNESS – Allows the user to adjust the brightness of the console lighting. There are 1–15 settings with 15 being the brightest.

10 SAFETY MODE – Safety mode was designed to ensure that the activity zone key pad cannot be accidently pressed and start the belt running. Safety mode is preset to OFF but can be set from 1 - 99 minutes. When turned on the message PRESS START TO UNLOCK will be displayed in the message center.

D SOFTWARE VERSIONS

1 CONSOLE – Should only be used when product is serviced.

2 PART NUMBER – Should only be used when product is serviced

3 MC – Should only be used when product is serviced

4 LIFEPULSE – Should only be used when product is serviced

How to Use the My Treadmill™ Feature

What is My Treadmill?

My Treadmill allows 2–4 users to personalize the treadmill's software around their body type, speed preferences, incline preferences, and more. My Treadmill was designed so that a user can customize a My Tread Profile and save all their personal information for quick workout start-up with personalized console settings.

Selecting a My Treadmill Profile

My Treadmill profiles are set up through the User Menu. To gain access to the User Menu, press and hold the Start/Enter key for three seconds on the Select Workout screen. Scroll to the setting named MY TREAD USERS and press Enter. The next display will show "My Tread = On" or "My Tread = Off". On this screen make sure My Tread is "On" by using the arrows to scroll between "On" and "Off". Once "My Tread = On" is displayed press and hold the Start/Enter key for three seconds to save and advance to the next screen. The next screen will display "My Tread 1", use the arrows to scroll through all of the My Tread options and press the Start/Enter key to select one. By selecting a My Tread Profile you will be able to modify all of the settings.

My Treadmill Settings

In the My Tread Settings Menu use the Up/Down arrows to scroll between all of the options below. In order to select and edit a settings option press the Start/Enter key when the name appears in the message center. Once in the editing mode use the Up/Down arrows to modify the settings and press and <u>hold</u> Start/Enter for three seconds to save and advance to the next option. To exit at any time press the Pause/Clear key three times.

1 Change Name – Allows user to program a name between 4 and 16 characters. Use arrow keys to change characters and press Enter to move to the next character. Press cool down key to move back and press and hold Enter key to save name.

How to Use the My Treadmill Feature

continued from previous page

2   User Weight – Allows user to program their current weight.

3   User Age – Allows user to program their current age.

4   User Level – Allows user to program level.

5   User Default Speed – Allows user to customize the workout start-out speed. This is the speed in which a workout immediately starts. It is important to keep this setting low for safety reasons. The speed is factory preset to 0.5 MPH.

6   GoSystem™ Low Incline Setting – Allows user to individually set their favorite low incline setting.

7   GoSystem Mid Incline Setting – Allows user to individually set their favorite mid incline setting.

8   GoSystem High Incline Setting – Allows user to individually set their favorite high incline setting.

9   GoSystem Walk Speed Setting – Allows user to individually set their favorite walk speed setting.

10   GoSystem Jog Speed Setting – Allows user to individually set their favorite jog speed setting.

11   GoSystem Run Speed Setting – Allows user to individually set their favorite run speed setting.

12   User Distance Goal – Allows user to program their preferred distance goal for the sports training distance-based goal.

13   User Time Goal – Allows user to program their preferred time goal for the sports training time-based goal workout.

HOW TO

How to Use the My Workouts Feature

My Workouts

My Workouts are user presets that allow you to set all workout setup information (age, weight, time, etc.) for a specific workout and then save it with a personalized name. The intent of My Workouts is to reduce the time it takes to start a workout and allows you to save and track your favorite workouts. My Workouts are different from My Treadmill Profiles because they are specific to only one program.

The My Treadmill feature on the T5-0 allows the user to save 4 personalized My Workouts. The T5-0 My Workouts are factory preset with the names My Workout 1, My Workout 2, My Workout 3 and My Workout 4, but all names can be adjusted.

The My Treadmill feature on the T5-5 / T7-0 allows the user to save 7 My Workouts. The T5-5 / T7-0 My Workouts are factory preset with the names Monday, Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday.

There are two basic steps to editing a My Workout. The first step is to edit the name of the My Workout. The second step is to edit the actual workout. There is also an option to view statistics, although statistics can only be viewed once a My Workout has been completed. Statistics displays how many times you have executed that specific My Workout.

continued on next page

How To Create My Workouts

Step 1: Press the MY WORKOUTS key on the main display to enter and scroll through available My Workouts you want to create or edit.

Step 2: Press and hold the ENTER key for 3+ seconds on the desired My Workout to enter the editing mode.

Step 3: Use the SPEED UP/DOWN or the INCLINE UP/DOWN arrow keys to scroll through one of the following editing options: Edit Name, Edit Workout, View Statistics.

Edit Name

Edit Name allows you to customize the name of your My Workout using a 16 character alpha-numeric name. For more information on what keys to use to modify the name read the below section.

Step 4: After selecting Edit Name, the message center will display PRESS ARROW KEYS TO MODIFY CHARACTERS AND ENTER KEY TO SELECT CHARACTERS. Enter the desired name using the SPEED UP/DOWN arrows or the INCLINE UP/DOWN arrows. To move back to previous characters press the COOL DOWN key.

Step 5: To save the name, press and hold the ENTER key for 3+ seconds. The message center will display NAME SAVED when complete. Once the name is saved, the console will return back to the Select Workout Screen. To Edit Workout or View Statistics start at Step 1.

NOTE: To quit the programming sequence and return to the Select Workout Screen, press the PAUSE/CLEAR key. The message center will display REPROGRAMMING ABORTED.

NOTE: If a blank character is needed, scroll to the blank character in the alpha-numeric character list and press enter to select.

Edit Workout

Edit Workout allows you to choose a workout and save all setup steps so that it is quick and convenient to access a workout.

Step 4: After selecting Edit Workout, the message center will display SELECT WORKOUT NOW. The following keys can be used to scroll through available workout options: SPORTS TRAINING WORKOUTS, DAILY WORKOUTS, CLASSIC WORKOUTS, and HEART RATE WORKOUTS keys. Repeatedly press these keys to scroll through all workout options within the key. Press the ENTER key to select the workout.

Note: If not logged into a My Tread Profile please follow directions for Steps 5 and 6.

Step 5: The message center will display ENTER WEIGHT. Enter weight using UP/DOWN arrow keys and press ENTER to save.

Step 6: The message center will display ENTER TIME. Enter time using UP/DOWN arrow keys and press ENTER to save.

Step 7: If in a non-heart rate training program, the message center will display ENTER INCLINE or ENTER LEVEL. If in a heart rate training program, the message center will display ENTER AGE and ENTER TARGET HEART RATE. Make the adjustments using the UP/DOWN arrow keys and press ENTER to save.

Step 8: The message center will display ENTER SPEED. This is the speed at which the treadmill wil begin the program. Enter speed using UP/DOWN arrow keys and press ENTER to save. The message center will display WORKOUT SAVED and the console will return to the select workout screen. To Edit Name or View Statistics start at Step 1.

View Statistics

View Statistics allows you to view the number of times the My Workout has been used.

Step 4: After selecting View Statistics, the message center will display the My Workout name along with the number of times the My Workout has been used.

How to Use the Custom Workouts Feature

Custom Workouts

Custom workouts are workouts that can be designed by the user. The T5-0 has 1 custom record, the T5-5 has 2 custom intervals and 2 custom records, and the T7-0 has 3 custom intervals and 4 custom records.

There are 2 types of custom workouts.
Custom Interval

- Custom interval allows the user to customize a workout by adjusting speed and incline or target heart rate in time intervals.

- First select the duration of the workout. The number of intervals is always 30, so the length of each interval equals the selected duration divided by 30. Each interval is identified by the time at which it occurs during the workout.

- If Speed/Incline is selected, the MESSAGE CENTER displays each interval, identified as the time at which the interval occurs. For each displayed interval, enter a speed and enter an incline grade. Press Enter to confirm each selection. After values are selected for all 30 intervals, the MESSAGE CENTER displays the statement, "CUSTOM WORKOUT COMPLETED." Press Pause/Clear to return to Select Workout screen.

   If Target Heart Rate is selected, the MESSAGE CENTER displays each interval, identified as a numeral from 1 to 30. For each displayed interval, enter a target heart rate. Press Enter to confirm each selection. After values are selected for all 30 intervals, the MESSAGE CENTER displays the statement, "CUSTOM WORKOUT COMPLETED." Press Pause/Clear to return to Select Workout screen.

How to Use the Custom Workouts Feature

continued from previous page

Custom Record

- Custom record allows the user to adjust a Life Fitness workout while exercising and save those changes.

- The user can either select a manual or heart rate program.

- The user can make speed/incline or heart rate changes to the program and press ENTER to save the changes.

- 20+ adjustments can be saved in the console.

How To Create Custom Workouts

Step 1: Press the CUSTOM WORKOUTS key on the main display to enter and scroll through available Custom Workouts you want to create or edit.

Step 2: Press and hold the Enter key for 3+ seconds on the T5-0 and the Custom Workouts key on the T5-5 and T7-0 to enter the editing mode for the desired custom workout. Use the Up/Down arrows to choose either a Custom Record or Custom Interval.

Note: There are two types of custom workouts that can be created, Custom Record Workouts and Custom Interval Workouts. A description of each is noted below. Both the SPEED UP/DOWN and the INCLINE UP/DOWN arrow keys can be used throughout the custom workouts editing mode to scroll through options and increase/decrease variables unless noted otherwise in the setup steps.

HOW TO

How To Create Custom Workouts *continued*

Custom Record

To create a Custom Record Workout after **Steps 1 and 2**. The user will enter his/her workout data and need to complete their entire Manual or Heart Rate workout. The changes made throughout the workout will be saved by pressing ENTER, allowing the user the option of repeating the workout at another time. The Manual and Heart Rate workouts allow the user to control different workout settings. The Manual Workout allows the user to change their speed and incline, while the Heart Rate Workout allows the user to change their desired target heart rate and the treadmill will adjust speed and incline to reach the User's Target Heart Rate.

Step 3: The message center will display SELECT WORKOUT USING ARROW KEYS. Press ENTER to select a Custom Record Manual Workout or Heart Rate Workout.

YOU CHOOSE:

Custom Record - Manual

Step 4: Enter weight using up/down arrows.

Press ENTER to save.

Step 5: Enter time using up/down arrows.
Press ENTER to save.

Step 6: Enter speed using up/down arrows.
Press ENTER to save.

CAUTION: Upon pressing enter the belt will start moving.

Step 7: The workout will begin. Throughout the workout, make speed adjustments using the SPEED UP/DOWN arrows or incline adjustments using the INCLINE UP/DOWN arrows to create your Custom Workout. Press ENTER after each Speed or Incline adjustment to save the change.

Step 8: After completing a workout and exiting cool down mode the message center will display WORKOUT SAVED.

Custom Record - Heart Rate

Step 4: Enter weight using up/down arrows.

Press ENTER to save.

Step 5: Enter time using up/down arrows.
Press ENTER to save.

Step 6: Enter age using up/down arrows.
Press ENTER to save.

Step 7: Change or accept target heart rate.
Press ENTER to save.

CAUTION: Upon pressing enter the belt will start moving.

Step 8: The workout will begin. Throughout the workout make Target Heart Rate adjustments using the UP/DOWN Incline arrows on the T5-0 and the numeric keypad on the T5-5/T7-0. Press Enter after each Target Heart Rate adjustment to save.

Step 9: After completing a workout and exiting cool down mode the message center will display WORKOUT SAVED.

HOW TO

How To Create Custom Workouts *continued*

Custom Interval

A custom interval workout can be created without going through an actual workout. The custom interval workout will take the time entered and divide it into 30 equal time intervals in which speed/incline or target heart rate can be selected. There are two optional types of custom interval workouts, Speed/Incline Workout and Heart Rate Workout. After completing **Step 1 & Step 2** continue with the following steps.

Step 3: Enter workout time using up/down arrows. Press ENTER to save. The time will be split into 30 equal time intervals. The time of each interval will be displayed in the message center.

Step 4: The message center will display SELECT CUSTOM WORKOUT INTERVAL TYPE USING ARROW keys. Use the arrow keys to select a Custom Interval Speed/Incline Workout or Heart Rate Workout, press ENTER.

NOTE: Depending on which type of Custom Interval workout is selected there are separate setup steps.

YOU CHOOSE:

Custom Interval - Speed/Incline

Step 5: Enter your speed using the SPEED UP/DOWN arrow keys and enter incline using the INCLINE UP/DOWN arrows on the lower control pad for each of the 30 intervals. Press ENTER to save changes.

Step 6: After the 30th interval has been programmed and saved the message center will display CUSTOM WORKOUT COMPLETED.

Step 7: Press PAUSE/CLEAR to return to the Select Workout Screen.

Custom Interval - Heart Rate

Step 5: Enter your Target Heart Rate for each of the 30 intervals using the UP/DOWN keys on the lower control pad. Press ENTER to save changes.

Step 6: After the 30th interval has been programmed and saved the message center will display CUSTOM WORKOUT COMPLETED.

Step 7: Press PAUSE/CLEAR to return to the Select Workout Screen.

How to Immobilize the Treadmill

Each treadmill can be immobilized, which means that the main motor and incline motor cannot be used.
The treadmill can only be immobilized from the Start Up screen by pressing a certain key sequence.
Please refer to key sequences below:

- **T5-0:** Hold down the Speed Down key and press Stop
- **T5-5 / T7-0:** Hold down the Speed Down key and press Cool Down

To get the treadmill out of immobilization mode, repeat the above key sequence.

HOW TO

How to Use the FlexDeck® Select Feature

The T7-0 is the only Life Fitness treadmill with the FlexDeck Select feature. The FlexDeck Select feature was designed to give users the feeling of running outdoors on different surfaces in addition to providing users with the ability to customize the cushioning to their preferences. The FlexDeck Select feature has 3 different settings: Standard, Firm and Hard. The standard FlexDeck setting provides the most cushioning, giving a feeling similar to running outdoors on grass or soil. The firm FlexDeck setting provides additional shock absorbers to increase the firmness of the deck during foot plant. The firm setting simulates the feeling of running outdoors on a rubber track. The hard FlexDeck setting again provides additional shock absorbers to simulate the feeling of running outdoors on pavement.

STANDARD   FIRM   HARD
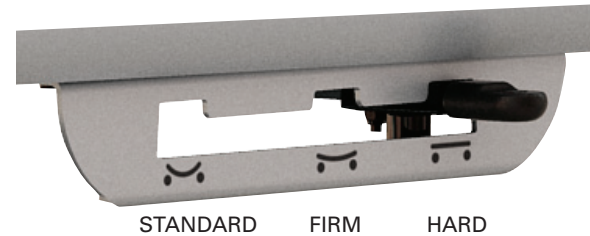
HOW TO

How to Center and Tension the Striding Belt

After the treadmill has been installed and leveled, the belt must be checked to confirm proper tracking. First, plug the power cord into a suitable outlet. See the topic titled Electrical Requirements, which appears earlier in this manual, for details. Then, turn the treadmill ON.

Stand on the side rails of the treadmill and straddle the belt. Press the QUICK START key and increase the speed to 4.0-MPH (6.4KPH) using the SPEED UP ARROW key.

If the striding belt moves to the right, turn the right tension bolt (A) a quarter-turn clockwise with provided 6mm Allen wrench, and then turn the left tension bolt a quarter-turn counter-clockwise (see Figure).
This sets the striding belt tracking back to the center of the roller.

If the striding belt moves to the left, turn the left tension bolt a quarter-turn clockwise and then turn the right tension bolt a quarter-turn counter-clockwise to start striding belt tracking bock to the center of the roller.

Repeat adjustments until the striding belt appears centered. The belt should be centered on the roller with an equal distance of approximately 5/8" (B) *on both sides* from the belt to end of roller. Allow the machine to continue running for several minutes to observe if the tracking remains stabilized.

If the striding belt is slipping or feels loose then the belt needs to be tightened. Turn the right tension bolt (A) and left tension bolt (B) a quarter-turn clockwise to tighten. If still loose turn both tension bolts a quarter-turn clockwise.

NOTE: Do not exceed one full turn of the adjusting screws in either direction. If, after one full turn, the belt does not track properly, contact Customer Support Services. The phone numbers are listed in *How to Obtain Service* section.

HOW TO
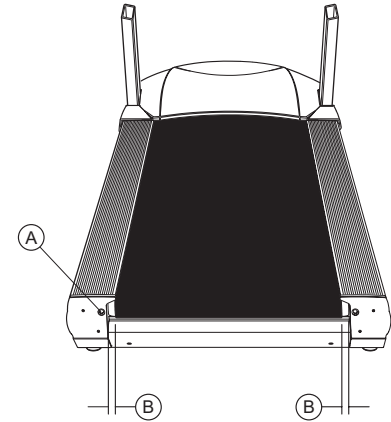
Preventative Maintenance Tips

The Life Fitness T-Series treadmill is backed by the engineering excellence and reliability of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness treadmills are among the most popular of aerobic trainers, regularly standing up to marathon use — 18 hours a day, 7 days a week — in health clubs, colleges and military facilities the world over. This same technology, engineering expertise, and reliability has gone into the Life Fitness T-Series treadmills.

NOTE: Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.

The following preventive maintenance tips will keep the Life Fitness treadmill operating at peak performance:

- Clean the display console and all exterior surfaces regularly with mild soap and water or a mild household cleaner. DO NOT use paper towels, ammonia or acid based cleaners.*
- Check operation of the Emergency Stop System once a week.
- Check the operation of the Stop Key once a week.
- Inspect and vacuum the area under unit regularly.

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

Preventative Maintenance Tips

continued from previous page

- Wipe accumulated dust from rear support brace located underneath the rear roller. Be sure the treadmill belt is not moving at this time.

- Vacuum around the striding belt regularly to keep debris from accumulating.

- Inspect exterior parts regularly for wear, particularly the striding belt and deck.

- Check the position (centering) and tension of the striding belt.

- Check the power cord for damage once a month.

For optimum operation, the belt should be centered on the roller with an equal distance of approximately 5/8" *on both sides* from the belt to end of roller. If the striding belt travels beyond this position, see *How to Center the Striding Belt* page in the *How To* section or contact Life Fitness Customer Support Services for proper alignment instructions, 1-800-328-9714 (USA).

Troubleshooting T5-0, T5-5, and T7-0

1 Q. Why can't I adjust the FlexDeck® on my T7-0?
A. If the product was tilted on its side where the FlexDeck select bracket is located, then there is a possibility that the bracket has been bent. This can cause the FleckDeck adjustment mechanism to malfunction. Please call customer service.

2 Q. Why do I hear a rubbing noise from the belt?
A. The belt could be off-centered. Please see the instructions on the *How to Center the Striding Belt* page in the *How To* section in the user manual to correct this problem.

3 Q. The console display looks strange or has an error message and is not functioning.
A. Unplug the unit to reset the console and then plug it back in. Do this multiple times if console error message still appears. If the problem still exists please call customer service.

4 Q. Why does the treadmill say "PLEASE WAIT" and nothing happens?
A. Your treadmill has not reset to its home position at 0% incline. Reach under the motor pan on the treadmill's left side, and press the white home switch protruding through the motor pan. This should return the treadmill to 0% and the message center should go to normal start-up.

5 Q. Keys will not respond when I press them?
A. Make sure you press in the center of the button where the Touch Sensitive Technology is engaged.

6 Q. My treadmill keeps going into a mode where the message center displays "PRESS START TO UNLOCK"
A. Your treadmill is in safety mode. This lock feature prevents someone from accidentally starting the treadmill by unintentionally pressing a button. You can go into the User Menu to disable this feature or extend the length of the time it takes for this feature to turn on. Please refer to the User Menu section of the manual.

Troubleshooting T5-0, T5-5, and T7-0

continued from previous page

7 **Q. My treadmill keeps going into a mode where everything is off except for one light.**
 A. Your treadmill is in sleep mode where only one LED is lit. This feature is to show that the treadmill is still on but not in use. You can go into the User Menu to disable this feature or extend the length of the time it takes for this feature to turn on. Please refer to the User Menu section of the manual.

8 **Q. There is a lot of noise coming from the motor area.**
 A. First make sure that the motor cover is properly installed and screwed down. If there continues to be noise please contact customer service.

9 **Q. My Lifepulse™ contact heart rate sensors are not reading my heart rate correctly.**
 A. If the heart rate reading is erratic or missing, do the following:
 • Dry the hands if necessary to prevent slipping.
 • Apply hands to all four sensors; two in each hand.
 • Grasp the sensors firmly.
 • Apply constant pressure around the sensors.

Troubleshooting T5-0, T5-5, and T7-0

10 Q. My Polar® heart rate chest strap is not reading my heart rate correctly.

   A. If the heart rate reading is erratic or absent entirely, do the following:

- Repeat the electrode wetting procedure. The electrodes must be wet to pick up and transmit accurate heart rate readings.
- Make sure the electrodes are flat against the skin.
- Wash the belt transmitter regularly with mild soap and water.
- Make sure the chest strap transmitter is within three feet (91 centimeters) of the heart rate receiver.
- The Polar heart rate chest strap is battery operated and will eventually stop functioning. If the chest strap transmitter battery is depleted, contact Life Fitness Customer Support Services at 1-800-351-3737 for instructions on how to have the chest strap replaced.

11 Q. My heart rate reading is erratic or extremely high.

   A. When exercising with the Polar heart rate chest strap, the user may come within range of electromagnetic signals strong enough to cause abnormally elevated heart rate readings. Possible sources of such signals include:

- Television sets and/or antennas, cell phones, computers, cars, high voltage power lines and motor driven exercise equipment.
- Another heart rate transmitter within three feet (91 centimeters) may also cause abnormal heart rate readings.

How to Obtain Product Service

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

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

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

For Product services within the United States and Canada:

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

For Product Service Internationally:

Life Fitness Europe GmbH

Telephone: (+49) 089.317.751.66
Fax: (+49) 089.317.751.38

Life Fitness (UK) LTD

Telephone: (+44) 1353.665507
Fax: (+44) 1353.666018

Life Fitness Atlantic BV
Life Fitness Benelux

Telephone: +31 (0) 180 64 66 66
Fax: +31 (0) 180 64 66 99

Life Fitness Italia S.R.L.

Telephone: (+39) 0472.835.470
Fax: (+39) 0472.833.150
Toll-free telephone: 800.438836

Life Fitness Vertriebs GmbH

Telephone: (+43) 1615.7198
Fax: (+43) 1615.7198.20

Life Fitness Asia Pacific Ltd

Telephone: (+852) 2891.6677
Fax: (+852) 2575.6001

Life Fitness Latin America and Caribbean

Telephone: (+1) 847.288.3964
Fax: (+1) 847.288.3886

Life Fitness Brazil

Telephone: (+55) 11.7295.2217
Fax: (+55) 11.7295.2218

Life Fitness Japan

Telephone: (+81) 3.3359.4306
Fax: (+81) 3.3359.4307

Life Fitness Iberia

Telephone: (+34) 93.672.4660
Fax: (+34) 93.672.4670

Warranty Information

What is Covered:

This Life Fitness consumer product ("Product") is warranted to be free of all defects in material and workmanship.

Who is Covered:

The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser.

How Long is it Covered:

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

Non-Residential: Warranty void (this Product is intended for residential use only).

Who Pays Shipping & Insurance for Service:

If the Product or any warranted part must be returned to a service facility for repairs, Life Fitness will pay all shipping and insurance charges during the warranty period (within the United States only). The purchaser is responsible for shipping and insurance charges after the warranty has expired.

What We will do to Correct Covered Defects:

We will ship to you any new or rebuilt replacement part or component, or at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

Warranty Information

continued from previous page

What is Not Covered:

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

What You Must Do:

Retain proof of purchase (our receipt of the attached registration card assures registration of purchase information but is not required); use, operate and maintain the Product as specified in the Manual; notify Customer Service of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. Life Fitness reserves the right to decide whether or not a product is to be returned for repair.

User Manual:

It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

Warranty Information

continued from previous page

Product Registration:

Register online at **www.lifefitness.com/registration**. Our receipt assures that your name, address and date of purchase are on file as a registered owner of the Product. Failure to return the card will not affect your rights under this warranty.Being a registered owner assures coverage in the event you lose your proof of purchase. Please retain your proof of purchase, such as your bill of sale or receipt.

How to get Parts & Service:

Simply call Customer Service at 1-800-351-3737 or (+1) 847-288-3300, Monday through Friday from 8:00 a.m. to 5:00 p.m. central Standard Time, and tell them your name, address and the serial number of your Product (consoles and frames may have separate serial numbers). They will tell you how to get a replacement part, or, if necessary, arrange for Service where your Product is located.

Exclusive Warranty:

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranties may vary outside the U.S. Contact Life Fitness for details.

Warranty Information

continued from previous page

Changes in Warranty Not Authorized:

No one is authorized to change, modify or extend the terms of this limited warranty.

Effect of U.S. State Laws:

This warranty gives you specific legal rights and you nay have other rights which vary from state to state.

Warranty

Model	Frame	Lifesprings™	Motor	Parts	Labor
T5-0	Lifetime	Lifetime	10 Years	7 Years	1 Year
T5-5	Lifetime	Lifetime	10 Years	7 Years	1 Year
T7-0	Lifetime	Lifetime	10 Years	7 Years	1 Year

SPECIFICATIONS	T5-0	T5-5	T7-0
Design Use	Home	Home	Home
Maximum User Weight	400 lbs or 180 kg	400 lbs or 180 kg	400 lbs or 180 kg
Speed Range	*0.5 MPH to 12.0 MPH in 0.1 increments	*0.5 MPH to 12.0 MPH in 0.1 increments	*0.5 MPH to 12.0 MPH in 0.1 increments
Elevation Range	0% to 15% in 0.5% increments	0% to 15% in 0.5% increments	0% to 15% in 0.5% increments
Motor	3.0 HP MagnaDrive™ V3 motor	3.0 HP MagnaDrive™ V3 motor	3.0 HP MagnaDrive™ V3 motor
Lift Motor	Maximum Duty Cycle of operation is 1 minute on and 5 minutes off	Maximum Duty Cycle of operation is 1 minute on and 5 minutes off	Maximum Duty Cycle of operation is 1 minute on and 5 minutes off
Rollers	2.0" Rollers	2.0" Rollers	2.5" Rollers
Belt	60" Long x 22" Wide, Multi-Ply (152 cm x 56 cm)	60" Long x 22" Wide, Multi-Ply (152 cm x 56 cm)	60" Long x 22" Wide, Multi-Ply (152 cm x 56 cm)
Deck	Cushioned with Lifesprings	Cushioned with Lifesprings	Cushioned with Lifesprings
Handrail	Ergo cross-bar with side hand rail	Ergo cross-bar with side hand rail	Ergo cross-bar with side hand rail
Workouts	Quick Start/Manual, Random, Hill, EZ Incline, Sports Training-Time-Based, 5K, 10K, Fat Burn, Cardio,Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	Quick Start/Manual, Random, Hill, EZ Incline, Sports Training-Time-Based, 5K, 10K, Based, Fat Burn, Cardio,Heart Rate Hill, Heart Rate, Interval, Extreme Heart Rate, 30-Minute Walk, 45-Minute Cross-Train, 10,000-Steps	Quick Start/Manual, Random, Hill, EZ Incline, Sports Training-, Time-Based, Sports Training-Distance-Based, 5K, 10K, Fat Burn, Cardio, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate, 30-Minute Walk, 3-Mile Jog, 45-Minute Cross-Train, Weight Loss, 10,000-Step

Actual top speeds may vary based on user weight.

SERVICE AND TECH

continued from previous page

SPECIFICATIONS	T5-0	T5-5	T7-0
Custom Workouts	1	4	7
Levels	20 levels	20 levels	20 levels
Telemetry Heart Rate	Yes	Yes	Yes
Lifepulse Contact Heart Rate	No	No	Yes
Accessory Tray	Yes. Removable and dishwasher safe.	Yes. Removable and dishwasher safe.	Yes. Removable and dishwasher safe.
Water Bottle Holders	Yes. Removable and dishwasher safe.	Yes. Removable and dishwasher safe.	Yes. Removable and dishwasher safe.
Console Style	Basic	Deluxe	Deluxe
Control Pad Style	Basic	Deluxe	Deluxe
Workout Profile Window	7 x 15	10 x 24	10 x 24
Display	16 character message center	16 character message center and 2 LED windows	16 character message center and 2 LED windows
Warranty	Lifetime frame and Lifesprings, 10 year motor, 7 year parts, and 1 year labor	Lifetime frame and Lifesprings, 10 year motor, 7 year parts, and 1 year labor	Lifetime frame and Lifesprings, 10 year motor, 7 year parts, and 1 year labor
Physical Dimensions	80.25" L x 32" W x 59" H	80.25" L x 32" W x 59" H	80.25" L x 32" W x 59" H
Shipping Dimensions	90.25" L x 35.5" W x 20.5" H	90.25" L x 35.5" W x 20.5" H	90.25" L x 35.5" W x 20.5" H
Shipping Weight	360 lbs	380 lbs	380 lbs

Life Fitness

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

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

Where does your workout take you?

T

LIFEFITNESS.COM