Discover SE3HD

Treadmill, Cross-Trainer, Upright and Recumbent Lifecycle® Exercise Bikes, FlexStrider™ Variable-Stride Trainer, PowerMill™ Climber, Arc Trainer™

Owner's Manual



1010530-0001 REV AD

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User and Service Documents Link

https://lifefitness9512.zendesk.com/hc/en-us

https://www.lftechsupport.com/web/document-library/documents

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

Vous trouverez plus d'informations en ligne à l'aide du lien ci-dessus.

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

Informações adicionais estão disponíveis on-line, através do link acima.

Дополнительная информация доступна в интернете по ссылке, указанной выше.

Mediante el enlace anterior podrá acceder a información adicional en línea.

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

Допълнителна информация можете да намерите онлайн, като използвате връзката по-горе.

Mitjançant l'enllaç anterior podreu accedir a informació addicional en línia.

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

Wubetumi anya nsɛm afoforo aka ho wɔ wɛbsait so denam asɛm a ɛwɔ atifi hɔ a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες ονλάιν χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

Viðbótarupplýsingar eru fáanlegar á netinu með því að smella á tengilinn hér fyrir ofan.

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതല് വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

Informații suplimentare sunt disponibile online, utilizând link-ul de mai sus.

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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1. Safety

Safety Instructions

Read all instructions before use.

ALL PRODUCTS

WARNING: Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness Family of Brands 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. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

CAUTION: Any changes or modifications to this equipment could void the product warranty.

WARNING: Keep batteries out of reach of children.

Some chest straps may contain a removable battery.

- Swallowing may lead to serious injury in as little as 2 hours or death, due to chemical burns and potential perforation of the esophagus.
- If you suspect your child has swallowed a battery, immediately call your local poison control for fast, expert advice.
- Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. Do not use if compartment is not secure.
- Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
- Tell others about the risk associated with button batteries and how to keep their children safe.

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: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

DANGER: To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.

- Life Fitness Family of Brands does not warrant nor guarantee that component parts used in the manufacture of products offered under the Life Fitness Family of Brands are latex-free. Users of these products must take all necessary precautions to prevent accidental contact that could lead to an adverse latex reaction.
- Never operate the product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Customer Support Services.
- Position the product so that the power cord plug to the wall is accessible to the user. Make sure that the power cord is not knotted or twisted and that it is not trapped under any equipment or other objects.
- 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.
- Always follow the console instructions for proper operation.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never operate the product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
- Never insert objects into any opening in these products. 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 Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. 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.
- 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.
- Do not allow other people to interfere in any way with the user or equipment during a workout.

- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and using.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Free standing equipment shall be installed on a stable and leveled surface.
- Read all warnings on each product prior to starting a workout.
- If warnings are missing or damaged, please contact Customer Support Services immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Life Fitness Family of Brands is not responsible for missing or damaged warning labels.

TREADMILL

CAUTION: Risk of injury to persons – to avoid injury, use extreme caution when stepping onto or off of a moving belt. Read assembly instruction manual before using.

WARNING: Keep the area 6.5 ft. (2 m) by 3 ft. (0.9 m) behind the treadmill clear of any obstructions, including walls, furniture, and other equipment. Contact Customer Support Services for an optional longer power cord if necessary.

WARNING: Be sure the emergency stop lanyard is clipped to the user and in proper position on the treadmill before beginning any workout.

WARNING: The belt centering adjustment must be performed if the belt is not between the marks indicating the maximum allowed lateral positions. Refer to Treadmill Assembly Instructions.

WARNING: This product can expose you to chemicals including Acrylonitrile, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to http://www.P65Warnings.ca.gov

WARNING: This product can expose you to chemicals including Crystalline Silica, which is known to the State of California to cause cancer. For more information go to http://www.P65Warnings.ca.gov

- When the product is not in use, Life Fitness recommends unplugging the product. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
- 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 on the floor under or along the side of the treadmill.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- Never mount or dismount the treadmill while the running belt is moving. Use the handrails whenever additional stability is required. In case of an emergency, such as tripping, grasp the handrails, and place the feet on the side platforms.
- Never walk or jog backwards on the treadmill.
- 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.
- In conformity with the European Union Machinery Directive 2006/42/EC, this equipment unloaded runs at sound pressure levels below 70 dB (A) at the average operating speed of 12 km/hr (commercial units) and 8 km/hr (home units). Noise emission under load is higher than without load.

LIFECYCLE® EXERCISE BIKES

WARNING: Allow a distance of 16 in. (41 cm) between the widest part of the bike and other objects on either side. Provide at least 3 ft. (0.9 m) between the front or rear of the bike to any other objects and 2 ft. (0.6 m) in the direction the equipment is accessed from.

WARNING: This product can expose you to chemicals including Acrylonitrile, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to http://www.P65Warnings.ca.gov

- Do not stand or sit on plastic shrouds.
- Use caution when mounting or dismounting the bike. Use the stationary handlebar whenever additional stability is required.

ARC TRAINER

WARNING: Ensure that there is at least 23.6" (0.6 m) of clearance behind the product and at least 12" (30 cm) on the sides.

WARNING: The product is not equipped with a free-wheeling feature. Therefore, it cannot be stopped immediately.

WARNING: Moving parts and fall hazard.

- To avoid serious injury wait until foot plates come to a complete stop before getting off unit.
- The moving parts cannot be stopped immediately, the unit is not equipped with a free wheel.

WARNING: This product can expose you to chemicals including Di-2-ethylhexyl-phthalate, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to http://www.P65Warnings.ca.gov

- The individual human power required to perform an exercise may be different than the mechanical power displayed on the product.
- Use caution when mounting or dismounting the product. Before mounting, use the moving arms to bring the foot plate nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto the moving arms.
- Never face backward while using the product.

CROSS-TRAINER and FLEXSTRIDER

WARNING: Ensure that there is at least 1 ft. (0.3 m) of clearance in front of the Cross-Trainer and at least 2 ft. (0.6m) on the side.

WARNING: Ensure that there is at least 2 ft. (0.6m) of clearance behind and on each side of the FlexStrider.

WARNING: The Cross-Trainer and FlexStrider are not equipped with a free-wheeling feature. Therefore, the products cannot be stopped immediately.

FlexStrider

WARNING: This product can expose you to chemicals including Di-2-ethylhexyl-phthalate, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to http://www.P65Warnings.ca.gov

Cross-Trainer

WARNING: This product can expose you to chemicals including Acrylonitrile, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to http://www.P65Warnings.ca.gov

- Do not stand or sit on the rear plastic covers of the Cross-Trainer.
- Do not stand on center tube of the Cross-Trainer.
- The individual human power required to perform an exercise may be different than the mechanical power displayed on the Cross-Trainer and FlexStrider.
- Use caution when mounting or dismounting the Cross-Trainer and FlexStrider. Before mounting, use the moving arms to bring the pedal nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto the moving arms.
- Never face backward while using the Cross-Trainer or FlexStrider.

POWERMILL™ CLIMBER

WARNING: Keep a distance of at least 3 ft. (1 m) behind and 1 ft. (0.3 m) on each side of the unit clear of any obstructions, including walls, furniture, and other equipment.

- Handrails may be held to enhance stability as needed, but are not for continuous use.
- When the product is not in use, Life Fitness recommends unplugging the product. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
- Never walk or jog backwards on the PowerMill Climber.
- Unlike bikes, cross-trainers, or the traditional paddle stairclimbers, this is a motorized product. This motorized product causes stair steps to descend at variable rates and therefore operates on different planes simultaneously. While operating the product during a typical workout, the user is forced to fully concentrate on coordinating his or her efforts on the moving stairs. Therefore, the user cannot see if anyone or any thing approaches from the rear. For these reasons this unit is **designed for use only in a controlled setting**. **The PowerMill Climber is not designed for use in the home and should not be used in an environment where children or animals might have access**.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

Before Use

Before using this product, it is essential to read this ENTIRE operation manual and ALL assembly instructions. It describes equipment setup and instructs members on how to use it correctly and safely.

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative.

CAUTION: Any changes or modifications to this equipment could void the product warranty.

FCC Warning - Possible Radio / Television Interference

EN ISO 20957 Class SA (Bikes, Cross-Trainer, Arc Trainer and FlexStrider variable stride trainer only): Professional and / or commercial use.

EN ISO 20957 Class SB (Treadmill and PowerMill Climber only): Professional and / or commercial use.

EN ISO 20957 Class S: Professional and / or commercial use.

NOTE: This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.

EN ISO 20957 Class H: Home use.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the user manual, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

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

Cross-Trainers only:

Cross-Trainers:

For EN ISO 20957-9: 2016 Class SA accuracy testing, power at the crankshaft was measured by connecting the training equipment to a dynamometer. The crank was rotated and torque measured per EN ISO 20957-9: 2016 Class SA operating test conditions. Accuracy of the resulting watts displayed on the console and actual watts measured by dynamometer were found to be within the tolerance of EN ISO 20957-9: 2016 Class SA (+/- 5 Watts up to 50 Watts and +/- 10% over 50 Watts.

FlexStrider Variable Stride Trainer only:

For EN ISO 20957-9 Class A accuracy testing, input mechanical power was measured by connecting the resistance device (generator) with the console to a dynamometer. Torque test data was recorded across the available speed and resistance level settings. The mechanical resistance was then determined by a deceleration test without a user riding it, measuring precisely both motions exhibited by the product: 1) The rotational deceleration measured from the starting speed and time, at minimum stride, until the rotating mechanism comes to a stop, and 2) The angular deceleration measured from a starting angle and time until the pedal leg lever assembly comes to a stop. The torque required to stop the unit was then calculated from the system inertia, input speed, angle, and time to stop, and then added to the dynamometer data to obtain the total system torque. From measured torque and speed, the input mechanical power and variance from displayed power were calculated. At level 10 and a constant 40 RPM, displayed wattage was 128 watts, with a 2.1% variance from input power on the test equipment. At level 15 and a constant 60 RPM, displayed wattage was 167 watts, with a 4.6% variance from input power on the test equipment.

Arc Trainer only:

Arc Trainers:

For EN ISO 20957-9: 2016 Class SA accuracy testing, power at the crankshaft was measured by connecting the training equipment to a dynamometer. The crank was rotated and torque measured per EN ISO 20957-9: 2016 Class SA

operating test conditions. Accuracy of the resulting watts displayed on the console and actual watts measured by dynamometer were found to be within the tolerance of EN ISO 20957-9: 2016 Class SA (+/- 5 Watts up to 50 Watts and +/- 10% over 50 Watts.

Functional Information

This Owner's Manual describes the functions of the Discover SE3HD console with the following bases:

- *Elevation Series Treadmill, Cross-Trainer, Upright and Recumbent Lifecycle® Exercise Bikes, FlexStrider™ Variable Stride Trainer*
- *Platinum Club Series Treadmill, Cross-Trainer, Upright and Recumbent Lifecycle® Exercise Bikes*
- *Integrity Series Treadmill, Cross-Trainer, Upright and Recumbent Lifecycle® Exercise Bikes*
- *Club Series + Treadmill, Cross-Trainer, Upright and Recumbent Lifecycle® Exercise Bikes*
- *PowerMill ™ Climber*
- *Arc Trainer*

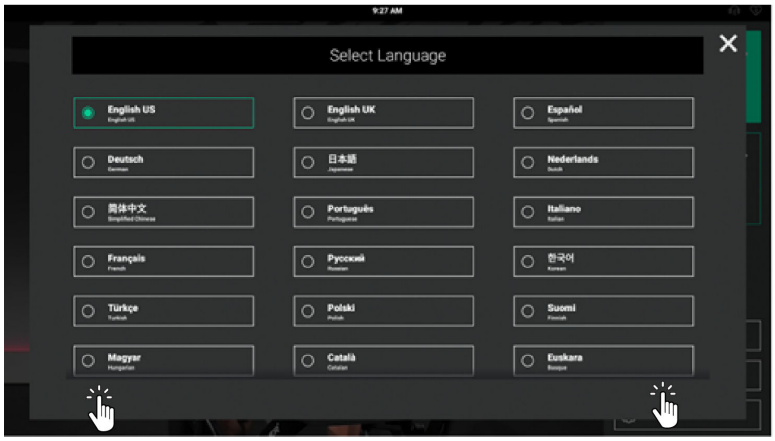
Statements of Purpose:

- The *Life Fitness* Treadmill is an exercise machine that enables users to walk or run, in place, indoors on a moving surface.
- The *Life Fitness* Cross-Trainer is an exercise machine that combines low-impact elliptical pedaling with push / pull arm motion to provide an efficient, effective total body workout indoors.
- The *Life Fitness* Lifecycle Exercise Bike is a machine that simulates the movements of riding a bicycle indoors at various speeds and levels of resistance.
- The *Life Fitness* FlexStrider Variable-Stride Trainer is a commercial exercise machine that allows exercisers to instantly choose the length of an elliptical stride for a total-body, low-impact workout.
- The *Life Fitness* PowerMill Climber is a commercial exercise machine that enables users to scale a revolving staircase at a wide variety of speeds.
- The *Life Fitness* Arc Trainer is a non-impact, weight bearing cross trainer, used by applying force to the foot pedals.

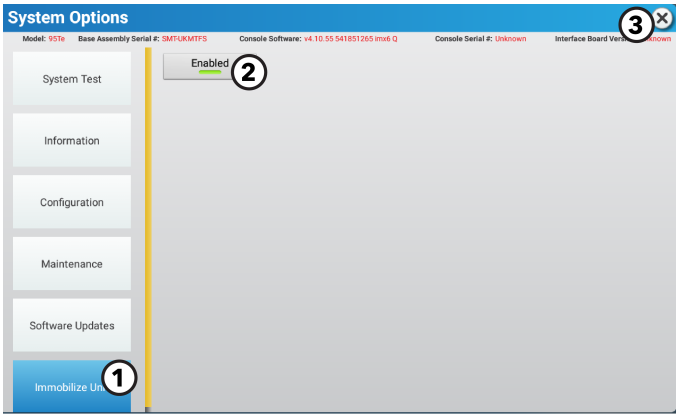
Immobilization Method - Discover Console

The purpose of immobilizing the treadmill is to prevent unauthorized use. The system causes immobilization of the treadmill when activated.

1. Tap the **LANGUAGE** icon to access the **SELECT LANGUAGE** screen.
2. Tap the lower part of the screen in the following sequence: **Lower-Left**, **Lower-Right**, **Lower-Left**, and **Lower-Right**.



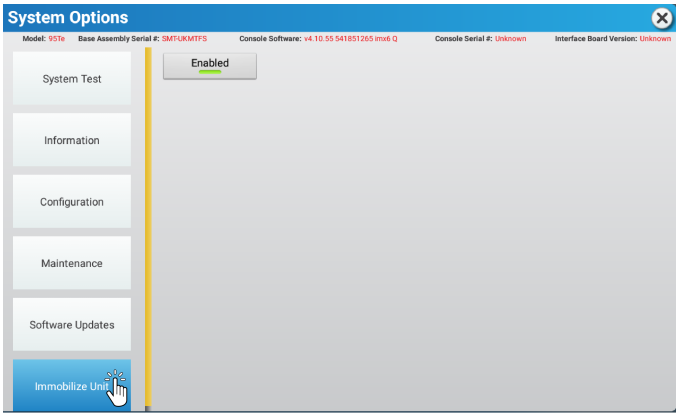
3. Tap the **Immobilize Unit** icon. **Enabled** will be displayed.



Item	Description
1	Immobilize Unit icon
2	Enabled icon
3	Exit icon

4. Tap the exit icon **X** to exit **System Options**.
5. Unit will shutdown.
6. `UNIT IMMOBILIZED BY MANAGER` message appears on screen.
7. Tap the upper part of the **ATTRACT SCREEN** in the following sequence: **Upper-Left**, **Upper-Right**, **Upper-Left**, and **Upper-Right** to enter **System Options.**
8. Tap the **Immobilize Unit** icon to disable.

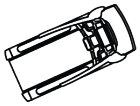
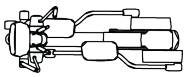
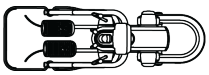
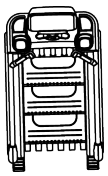
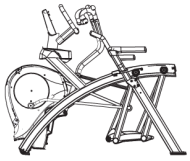




NOTE: Discover SE3HD console shown.

Icons Used In This Manual

This manual covers information for multiple cardio products. To help differentiate we use the following icons.

	Treadmill-Only Feature
	Cross-Trainer-Only Feature
	Bike-Only Feature
	FlexStrider-Only Feature
	PowerMill-Only Feature
	Arc Trainer-Only Feature

2. Overview

Console

Treadmill shown



1. **Touch Screen Display**
   - Use to select, set up, monitor and save workouts.
   - Access entertainment options.
2. **Optional RFID (Radio Frequency Identification)**: Fitness facility owners can order this option for their users allowing them to swipe their facility identification card on the console. The console's hardware is compatible with the two main frequencies (125kHz and 13.56Mhz) used for RFID cards.
3. **Reading Rack / Tablet Holder**: Place traditional reading material as well as mobile devices and tablets in this built-in holder.
4. **USB**: Charge USB devices.
5. **Headphones**: Plug in headphones to listen to TV and entertainment options.
6. **NFC (Near Field Communication)**: Connect to NFC enabled mobile devices, Apple Watch and Samsung Galaxy Watch for seamless pairing and data share.

The Lifepulse™ System

The patented Lifepulse system sensors (B) are the built-in heart rate monitoring system on this product. For the most accurate reading possible, during a workout:

- Grasp the sensors firmly.
- Hold each sensors at the midpoint.
- Keep hands steady and in place.

Treadmill



The console displays the heart rate within 10 to 40 seconds after the user grasps the sensors. The following factors may affect a Lifepulse reading:

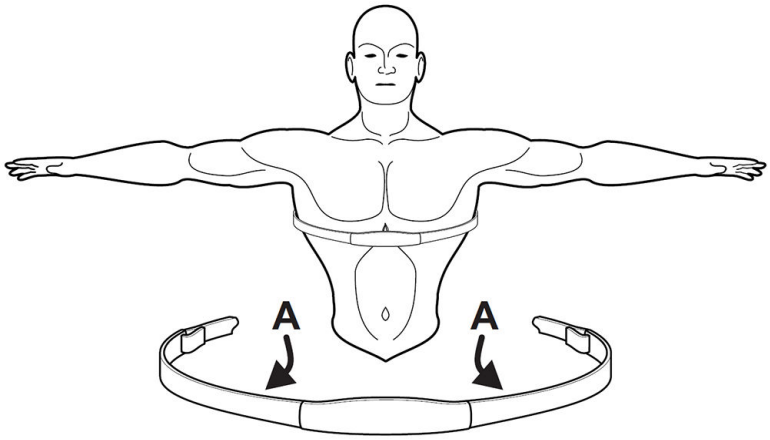
- incorrect hand placement on the sensors
- upper body activity, lotion or dirt on hands
- excessive or insufficient pressure when gripping the sensors

NOTE: Do not attempt to grasp the sensors on a treadmill at speeds above 4.5 MPH or 7.2 KPH. For these speeds, the use of a Polar telemetry heart rate chest strap is recommended.

Optional Polar® Telemetry Heart Rate Chest Strap

The Polar telemetry heart rate monitoring system transfers heart rate signals to the console when electrodes are pressed against the skin. These electrodes are attached to a Polar telemetry heart rate chest strap that the user wears during the workout. The Polar telemetry heart rate chest strap is optional. Contact Life Fitness Customer Support Services to order.

See diagram for correct positioning of the Polar telemetry heart rate chest strap. The electrodes (A), which are the two grooved surfaces on the underside of the strap, must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moisten the electrodes. Then, secure the Polar telemetry heart rate chest strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.



The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with bare skin. However, it functions properly through a thin layer of wet clothing. If it becomes necessary to re-moisten the Polar telemetry heart rate chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and re-moisten them.

NOTE: If the Lifepulse system sensors are grasped while the chest strap is worn, and if the signals from the sensors are valid, the on-board computer uses these sensor signals for calculating the heart rate instead of those transmitted by the Polar telemetry heart rate chest strap.

NOTE: During the setup of a heart rate zone training workout, the user will be required to enter a start-up speed. If a Polar telemetry heart rate chest strap is not detected, the maximum allowable speed is 4.5 MPH / 7.2 KPH. If a Polar telemetry heart rate chest strap is detected, users can workout at the maximum allowed speed.

3. Operation

Home Screen

The intuitive LCD touch screen allows users to:

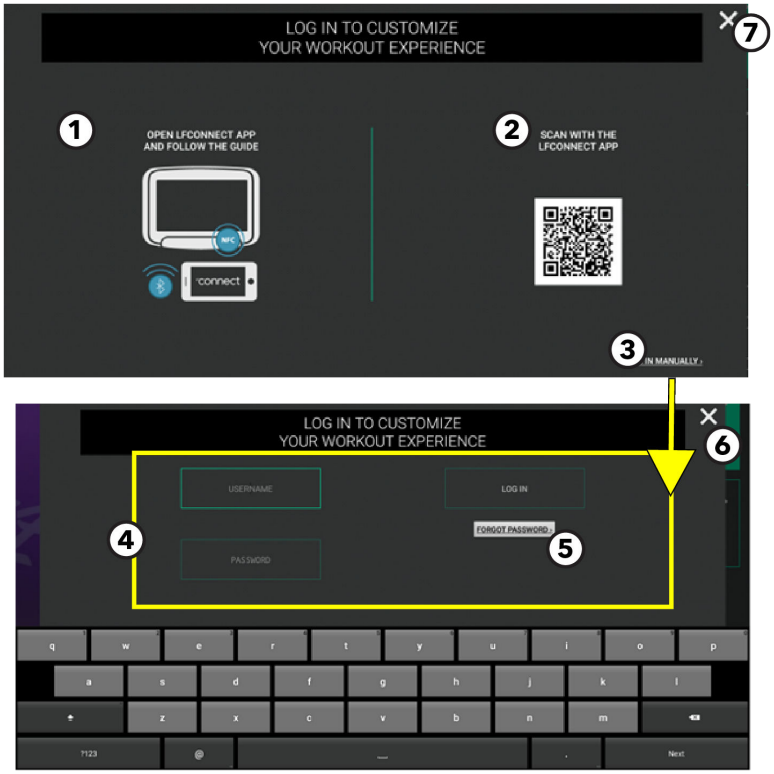
- Select, set up, monitor, and save workouts.
- Access Entertainment options.



1. **Choose Workout**: Select a workout from the following categories:
   - Popular Workouts
   - On Demand instructor-led classes
   - Interactive Terrains
   - Standard Goals
   - Fitness Tests
   - Quick Start
2. **Log In**: Press to log in to your LFconnect or Halo account.
3. **Language**: Select a language to use during a workout.
4. **Bluetooth®**: Scan for Bluetooth enabled headphones or Heart Rate devices.
5. **Settings**: Press to enter your weight or change your units (imperial or metric).
6. **Connects to Apple Watch®**: Press to learn more about connecting your Apple Watch device.
7. **Samsung Galaxy Watch ®**: Press to learn more about connecting your Samsung Watch device.

NOTE: (International Platinum Club Series Products Only): Treadmill will go into Energy Saving Mode after 5 minutes of inactivity. To wake up the console, step on the treadmill belt. The treadmill will automatically wake up and console will light up. Waking up the treadmill takes approximately 50 seconds after stepping onto the belt.

Log In

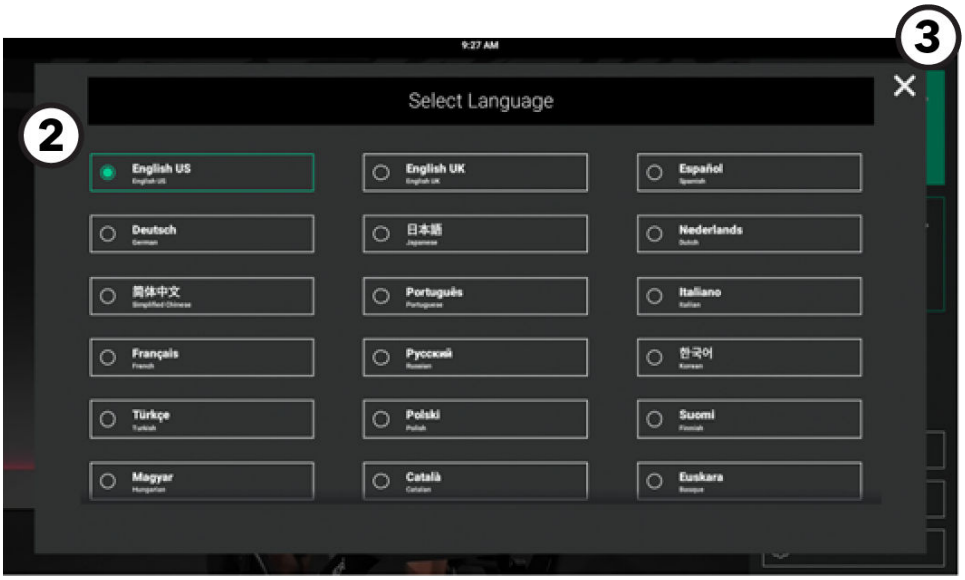


Log in to the console to track and save your workouts to the LFconnect app.

1. **Proximity**
   - On an **iPhone**, enable Bluetooth, open the LFconnect app and turn on Bluetooth proximity login feature.
   - On an **Android**, enable NFC and open the LFconnect app.
   - Touch your phone to the lower right-hand corner of the reading rack to automatically connect.
2. **Scan QR Code**
   - Open the LFconnect app on your mobile device.
   - Select the QR code reader in the upper right hand corner.
   - Scan the QR code with your phone.
3. **Log In Manually**
   Press to access the screen with the prompts to log in manually.
4. **Follow the prompts to log in to your account.**
   - Enter user name.
   - Enter password.
   - Press Login.
5. **Forgot Password**
   Enter the email address associated with the LFconnect account.
6. **Exit** the Manual Log In Screen and return to the Home Screen.
7. **Exit** the Log In Screen and return to the Home Screen.

Select Language





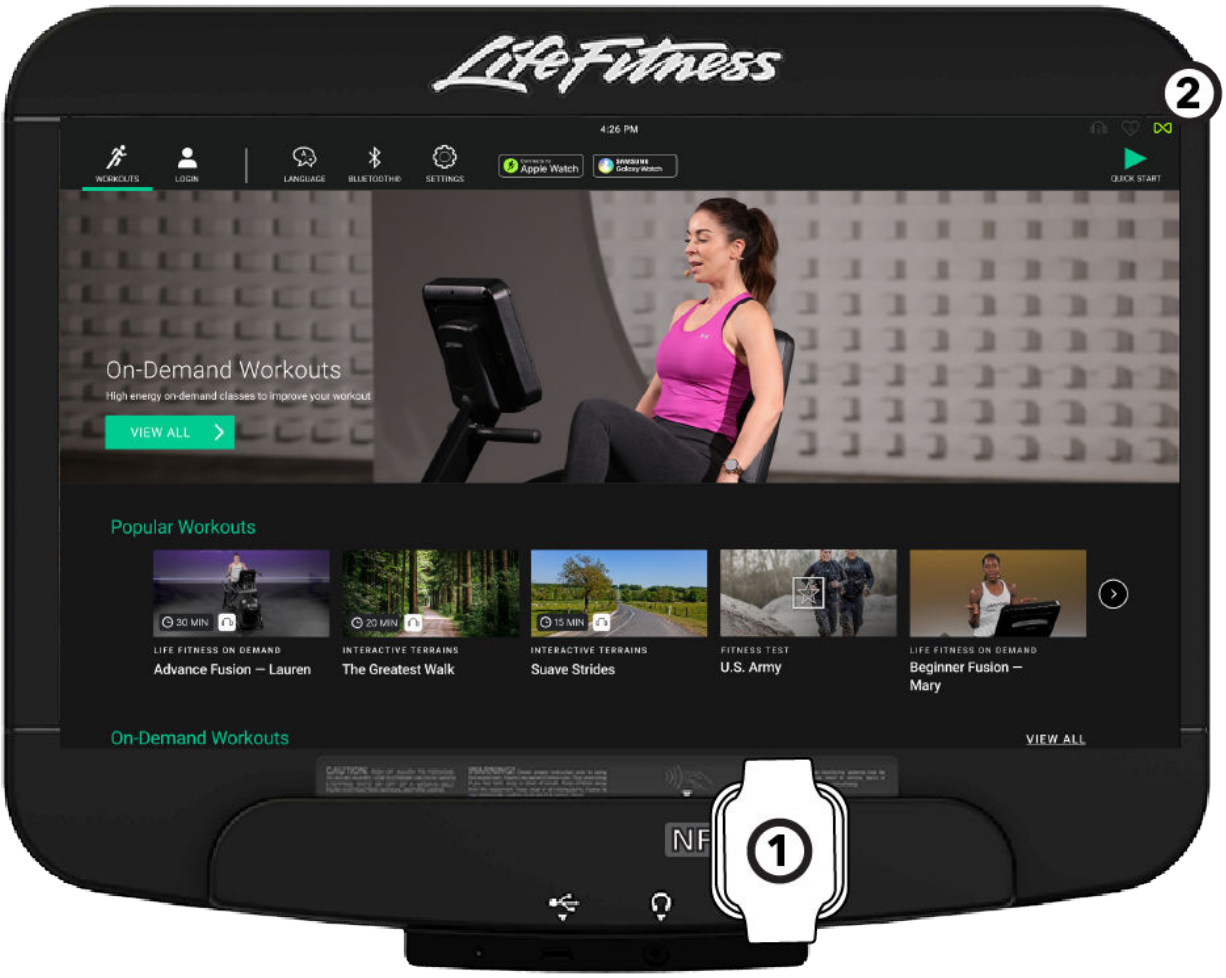
1. Press **Select Language** on Home screen.
2. Choose desired language from the **Select Language** screen.

   Users can select a language to use during a workout.

   NOTE: Only the specific languages enabled by the manager will be displayed.

   After a selection is made, the language is saved, the Select Language screen is closed and the Home screen appears in the selected language.
3. **Exit** the Select Language screen and return to the Home screen.

Connects to Apple Watch®

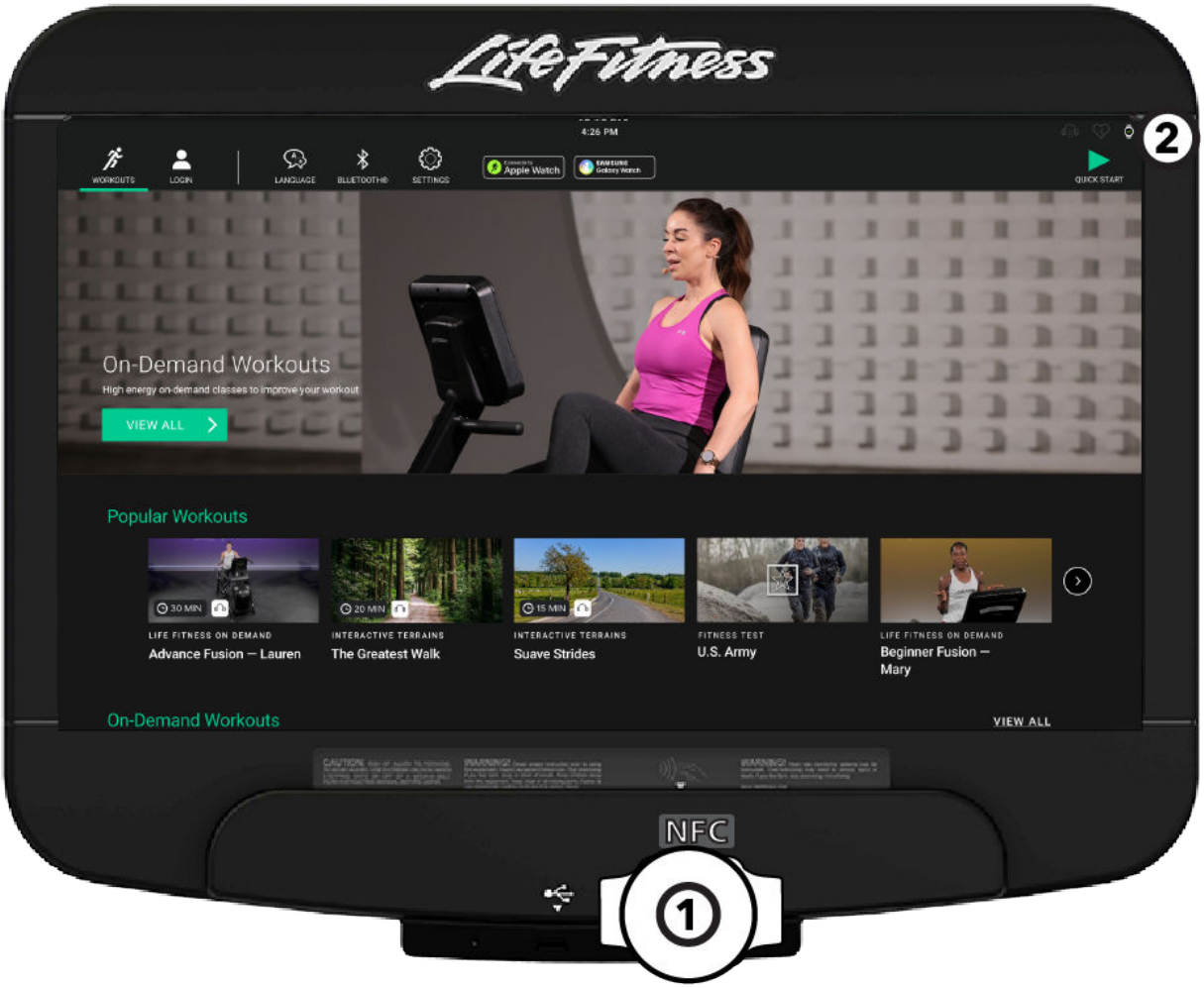


Press the Connect to Apple Watch button 

to learn more about connecting your Apple Watch device.

1. At any time prior to the workout summary screen, place your Apple Watch at the bottom right-hand corner of the tablet holder where it reads NFC. **The watch face must be facing the tablet holder to connect.**
2. The Apple Watch is connected when the ∞ symbol is apparent in the upper, right-hand corner of the screen.

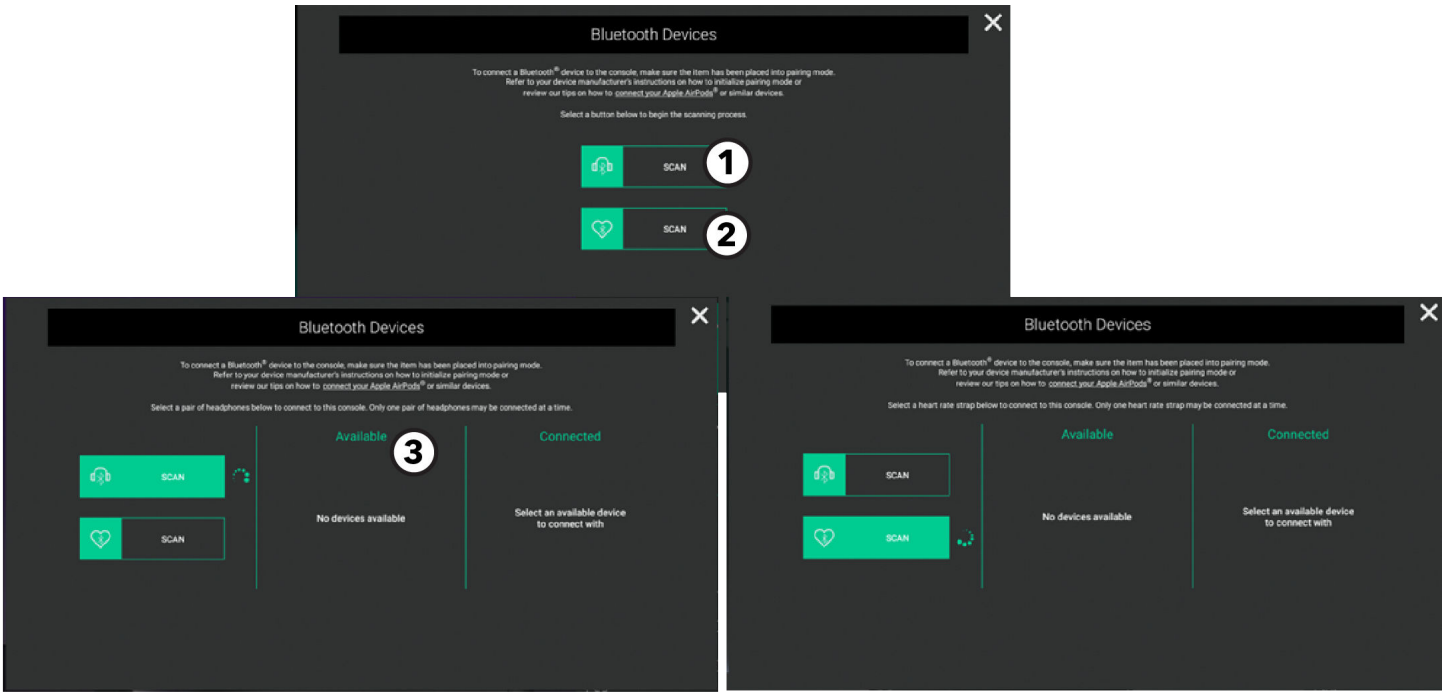
Connects to Samsung Galaxy Watch®



Press the Samsung Galaxy Watch button SAMSUNG Galaxy Watch to learn more about connecting your Samsung Galaxy watch device.

1. At any time prior to the workout summary screen, place your Samsung Galaxy Watch at the bottom right-hand corner of the tablet holder where it reads NFC. **The side of the watch must be facing the tablet holder to connect.**
2. The Samsung Galaxy Watch is connected when the watch symbol is apparent in the upper, right-hand corner of the screen.

Bluetooth® Devices



Bluetooth Device menu offers two scanning options:

- Headphone
- Heart rate chest strap

1. **Headphone**

   Press to scan for available Bluetooth Devices.

   NOTE: Make sure your headphones are in pairing mode. Headphones using a low energy Bluetooth signal or single ear headphones are not compatible.

   NOTE: STB Sync and Set Top Box on the floor configurations do not allow Bluetooth audio to be streamed from TV to headphones.

2. **Heart Rate Chest Strap**

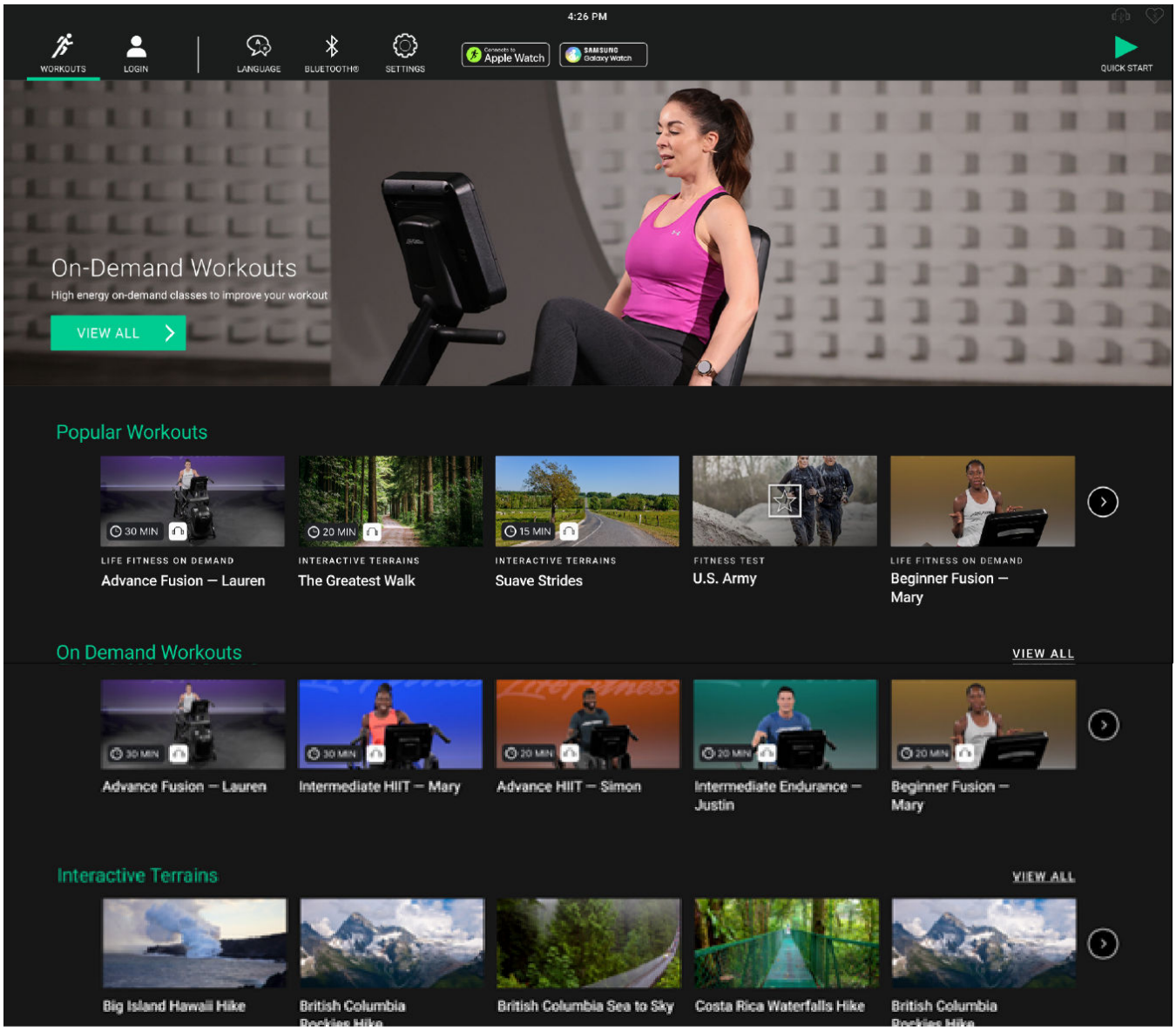
   Press to scan for available Bluetooth Devices.

3. **Available Devices**

   Scroll through the list of available devices. Click the **+** symbol to pair your device.

4. Choose Your Workout

Scroll the **Choose Workout** screen to view available workout options.

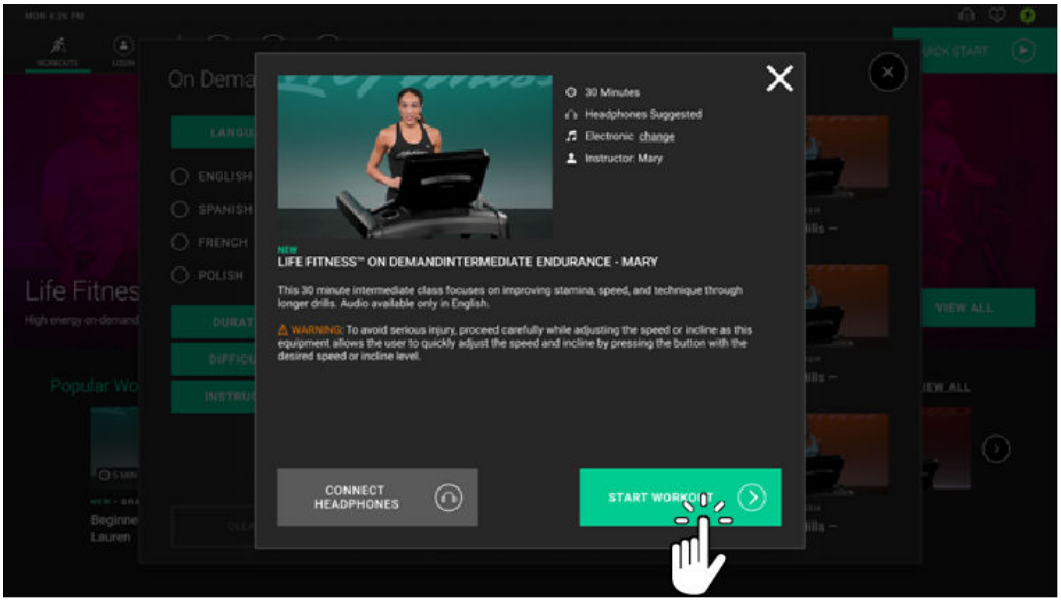


Workouts include:

- **On-Demand Workouts** - Select an instructor-led class streamed through the internet.
- **Popular Workouts** - Select a workout that is frequently chosen by exercisers.
- **Interactive Terrains** - Select an interactive terrain and work out with friends or other exercisers anywhere in the world in real time.
- **Standard Goals** - Choose a workout based on desired goal.
- **Fitness Tests** - Select from available fitness tests.
- **Quick Start** - Begin a workout immediately without setup or selecting a goal.

Press on desired workout to access a description about the selected workout.

Press **Start Workout** to access workout setup.



Life Fitness™ On Demand+

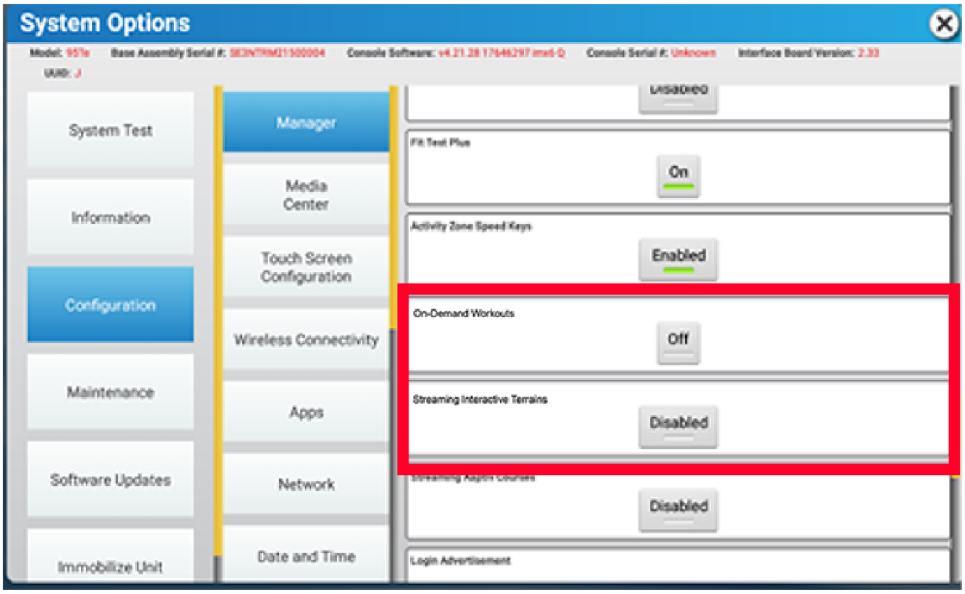
Life Fitness On Demand+ complimentary software includes On-Demand instructor-led workouts and Streaming Interactive Terrains workouts.

- **On-Demand Workouts**: Choose from over 400 motivational, instructor-led classes ranging in length from 10 to 40 minutes, available on Life Fitness treadmills, cross-trainers, arc trainers, upright bikes, recumbent bikes and PowerMills. Classes vary in difficulty and are led by the best instructors around the globe to get your exercisers results. Available in English, Spanish, German, French, Japanese and Russian. The classes are streamed through the internet. Software updates are not required in order to view new classes.
- **Streaming Interactive Terrains**: Choose from 100+ runs and rides through stunning scenery around the world. Incline and resistance adjust to the terrain for an immersive experience that allows exercisers to work out at higher intensities and lose track of time.

  NOTE: A small selection of Interactive Terrain workouts are available on the console that don't require internet access.

NOTE: Life Fitness On Demand+ can be enabled through Halo.Fitness or Accessing System Options.

The settings for On-Demand Workouts and Streaming Interactive Terrains must be **Enabled** / **Turned On** in Manager's Configuration to access the **full** library of streaming workouts.



Internet Bandwidth Requirements

Life Fitness On Demand+ requires a strong internet connection for optimal user experience. **At least 2.5 Mbps per machine is recommended.**

Internet bandwidth, otherwise known as your network connection speed, is measured in Megabits per second (Mbps). To find out what your facility bandwidth is, we recommend free online websites like speedtest.net or fast.com. Simply open one of these websites on a device with a browser that is connected to your wired internet or WiFi network. The website will show you a measure of your connection speed in Mbps, then compare it to the table below.

Minimum Download Bandwidth Requirements

Services	Up to 8 Units	Each Additional Unit
Asset management, remote software updates, and user workout tracking	2.5 Mbps	0.25 Mbps
Above services and web browsing access	4 Mbps	0.25 Mbps
Above services and web video, e.g. YouTube	4 Mbps	0.5 Mbps
Above services and video streaming apps, e.g. Netflix	8 Mbps	1.0 Mbps
Above services and Life Fitness On Demand+ workouts	**20 Mbps**	**2.5 Mbps**

If your facility has low bandwidth we recommend that you enable Life Fitness On Demand+ only on a select number of units. You may experience lagging internet connectivity if you do not have the appropriate bandwidth. Use this chart as a guide:

Bandwidth in Mbps	Recommended Number of Units Enabled
20	8
40	16
60	24
80	32
100	40

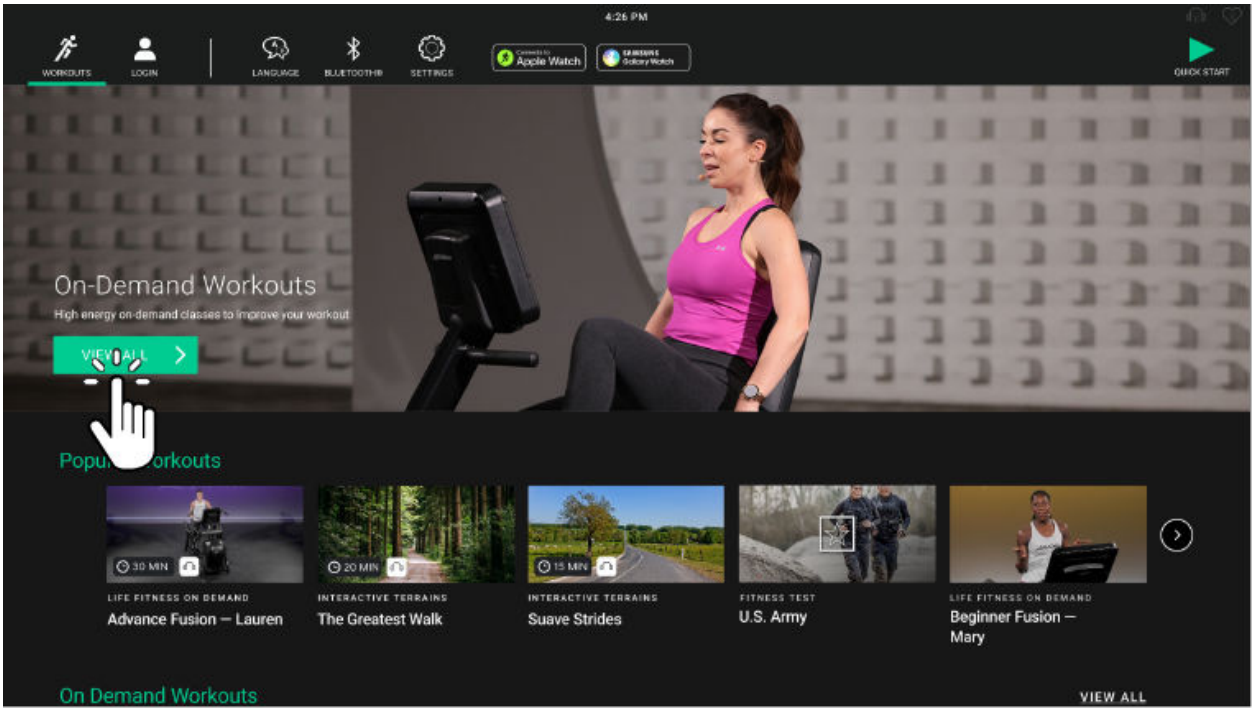
On-Demand Workouts Video Library

The following conditions must be met for the video library to appear:

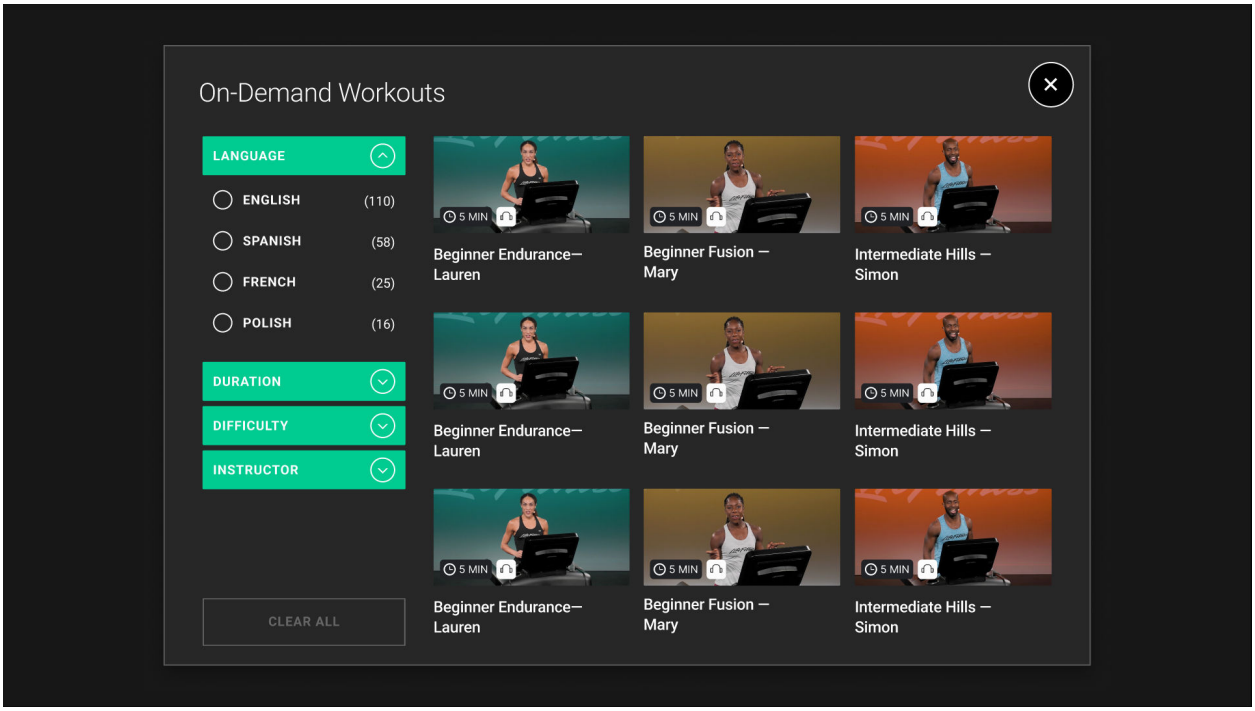
- On-Demand Workouts must be enabled on the unit. Enable on Halo.Fitness or in Accessing System Options.
- The unit must be connected to the internet.
- The unit must be updated with software version 4.10 or later.

Selecting and Using a Video

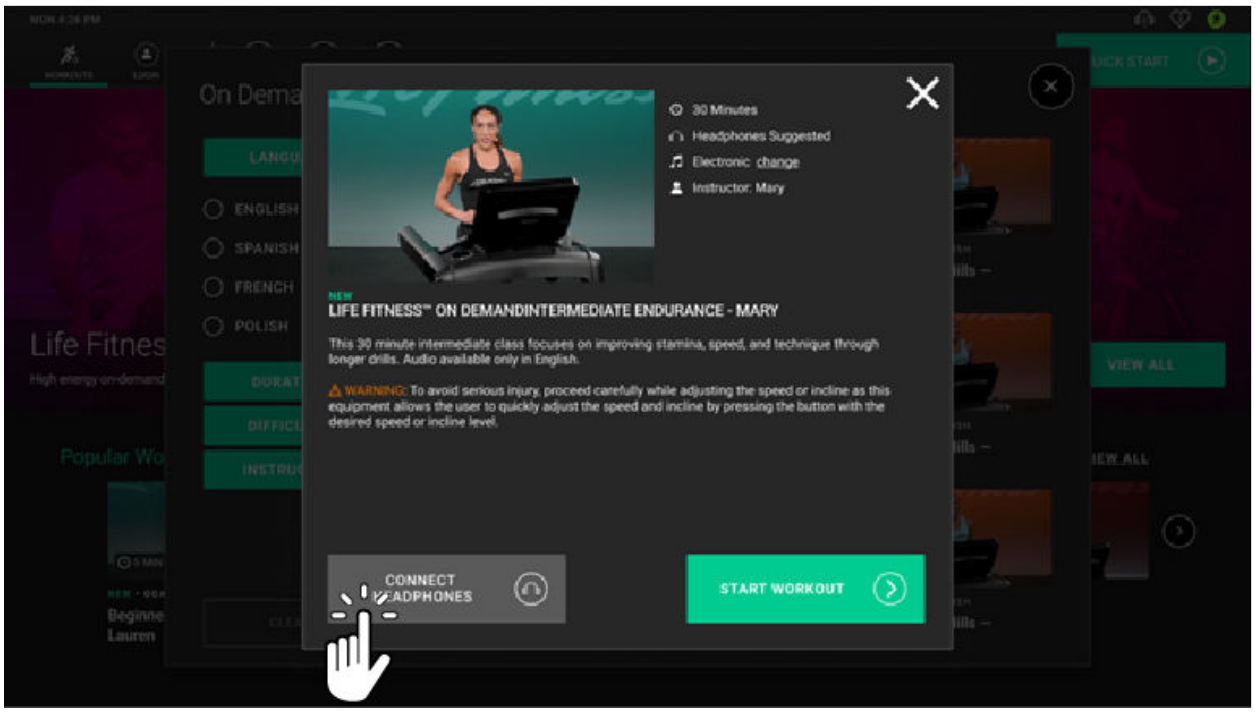
1. Select **View All** to view complete On-Demand Workouts library or select videos listed under Popular Workouts. Scroll down to view On-Demand Workouts category.



2. The On-Demand Workouts library allows users to filter workouts by the following categories:
   - Language
   - Duration
   - Difficulty
   - Instructor

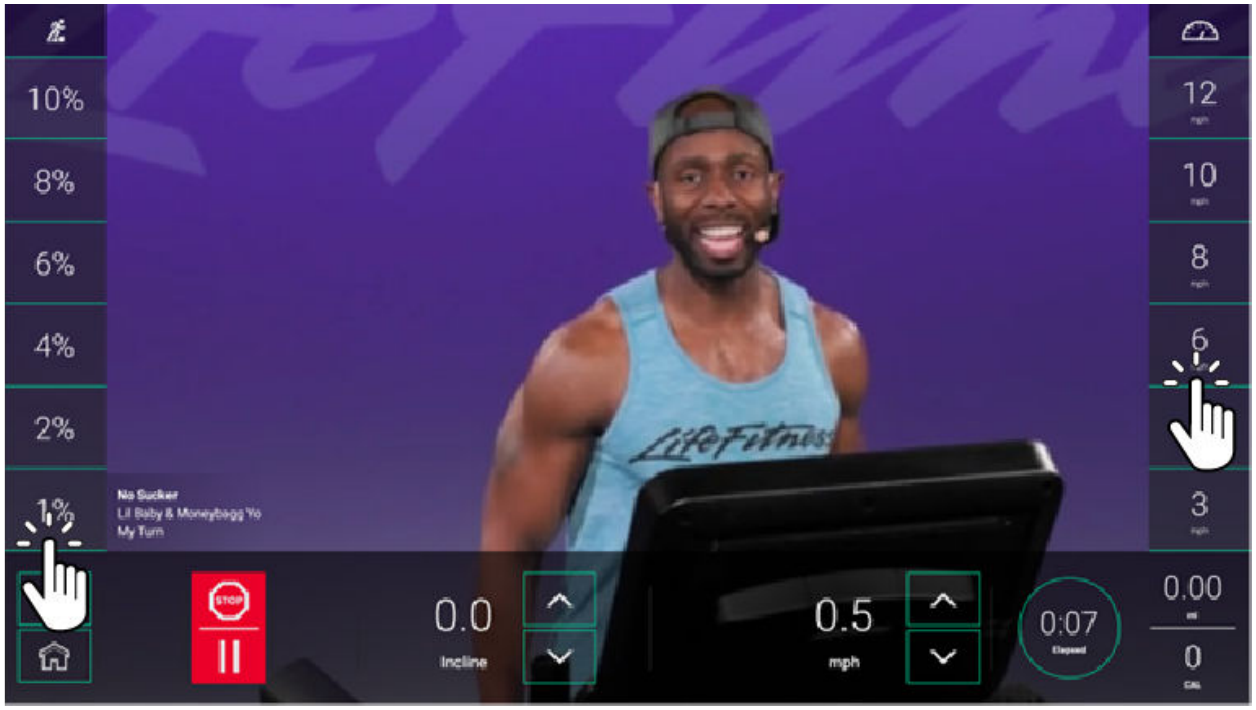


3. Tap on an On-Demand Workout tile to display more details about the selected class. Exercisers can pair their Bluetooth headphones by tapping **Connect Headphones** and following the prompts. Press **Start Workout**.



4. Use the quick-touch buttons to adjust workout settings such as speed, incline and resistance.

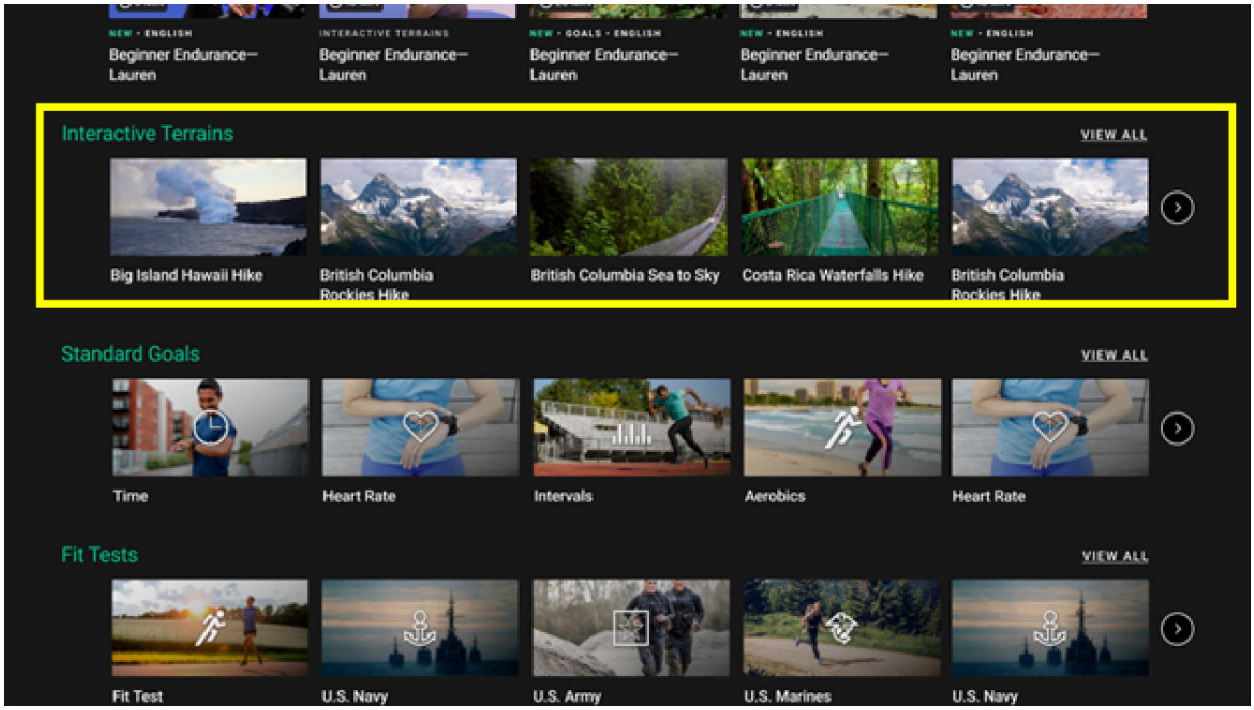
   NOTE: Quick-touch buttons vary depending on workout. Image shown is a treadmill workout.



Interactive Terrains

The Interactive Terrains are video courses, shot in first person perspective through landscapes, cityscapes, and events from around the world. This feature interacts with the fitness equipment to provide an immersive experience.

NOTE: The incline of the treadmill automatically increases or decreases to correspond with the virtual hills on the course.

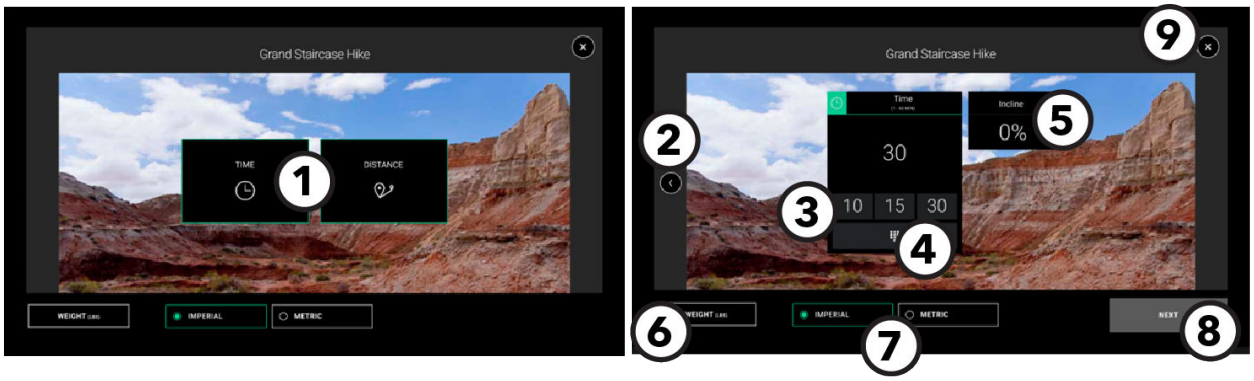


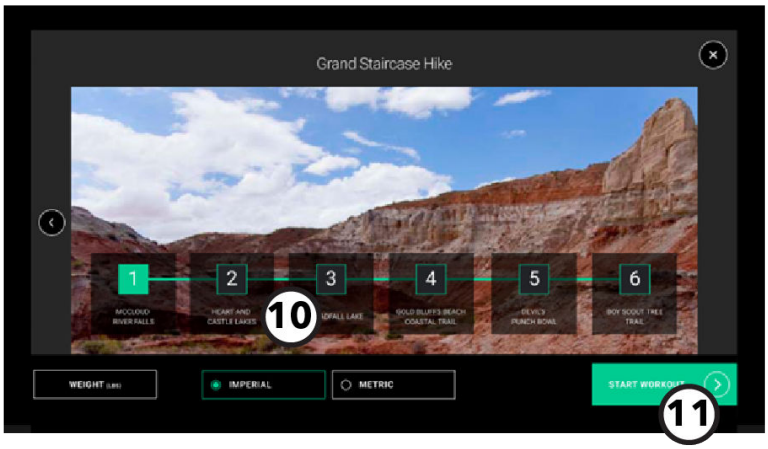
Choose desired course.

NOTE: Life Fitness On Demand+ can be enabled through Halo.Fitness or Accessing System Options.

A small selection of Interactive Terrain workouts are available on the console that don't require internet access. The setting for Streaming Interactive Terrains must be **Enabled** in Manager's Configuration to access the **full** library of streaming workouts.

Workout Setup - Interactive Terrains

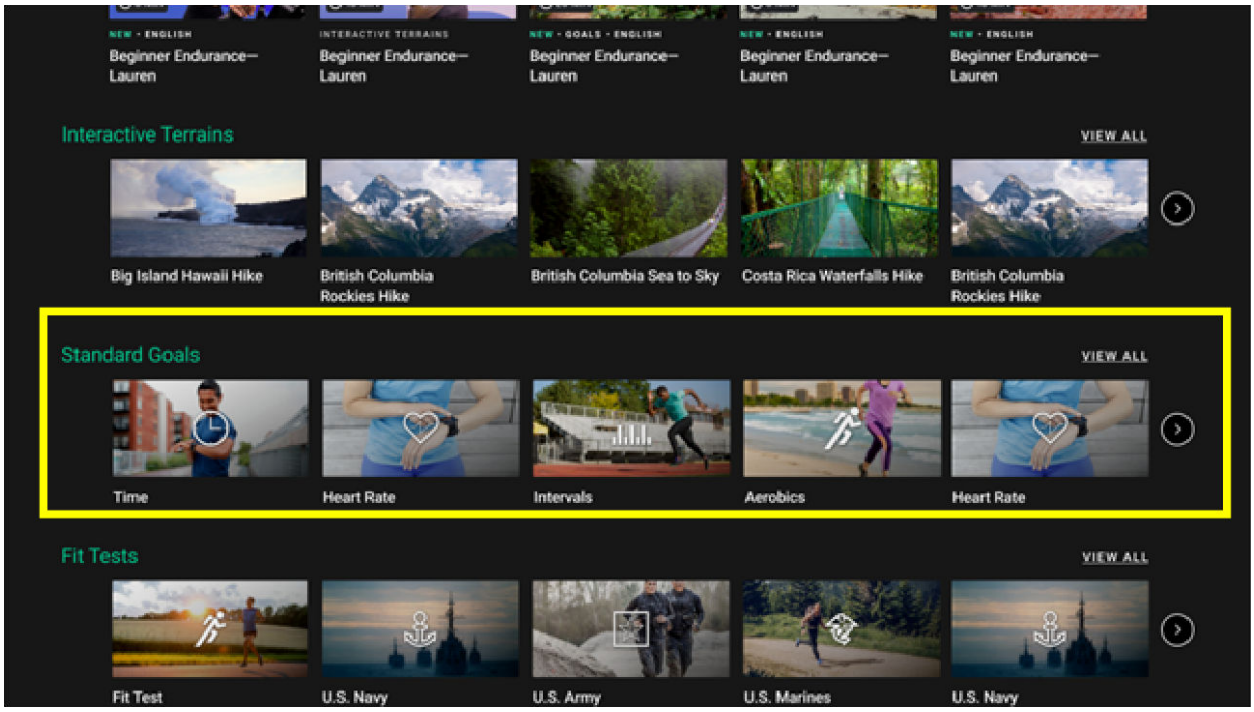




1. **Choose Goal**
   - Time
   - Distance
2. **Back Arrow**
   Press to return to previous screen.
3. **Preset Time Values**
   Choose from default values.
4. **Time Keypad**
   Press to use a numeric keypad to input a workout time value.
5. **Level / Incline**
   Press to choose a preset level / incline or input a level / incline value.
6. **Enter Weight**
   Press to use a numeric keypad to input a weight value.
7. **Choose Measurement Unit**
   - Metric
   - Imperial
8. **Next**
   Press to go to the next setup screen.
9. **Exit** the Setup Screen and return to the Interactive Terrains Workout Selection Screen.
10. **Course Markers**
    Choose a starting point for the course.
11. **Start Interactive Terrain**
    A workout countdown `3, 2, 1` screen appears and then the course begins.

Standard Goals

Goals vary depending on base type.



Workout Type	Description	Base Type
Time	Choose your terrain and the total time of your workout.	Treadmill, Cross-Trainer, Bikes, FlexStrider, PowerMill, Arc Trainer
Distance	Pick a distance goal. Choose terrain and total distance of workout.	Treadmill, Cross-Trainer, Bikes, FlexStrider, Arc Trainer
Calories	Choose terrain and how many calories you want to burn.	Treadmill, Cross-Trainer, Bikes, FlexStrider, PowerMill, Arc Trainer
Climb	Choose terrain and total distance you want to climb.	Treadmill, PowerMill
Heart Rate	Select a workout based on your target heart rate.	Treadmill, Cross-Trainer, Bikes, FlexStrider, PowerMill, Arc Trainer
Constant Power	A workout with constant intensity. Watts remain constant during the workout and torque varies according to speed changes.	Arc Trainer
Adaptive Power	An ideal HIIT workout. Resistance increases exponentially with increases in speed.	Arc Trainer
Watts	Choose the constant Watts intensity for your workout.	Bikes
METs	Choose your calorie burn by selecting constant METs intensity during your workout.	Bikes
2 Speed Interval	Create your own interval workout by customizing two different speed buttons. They allow for quick speed changes.	PowerMill
3 Speed Interval	Create your own interval workout by customizing three different speed buttons. They allow for quick speed changes.	PowerMill
Starter Interval	A challenging 1:1 interval workout that progresses from low-intensity to high-intensity intervals.	Treadmill, Cross-Trainer, Bikes, FlexStrider
Aerobics	A guided workout that varies the muscles used and intensity.	Cross-Trainer, Bikes
Reverse	Split your workouts into both forward and reverse portions.	Cross-Trainer

Data Entry Options

Reference the charts on the following pages for a list user inputs required for each workout category and workout type.

Treadmill

Goals

Workout Type	User Input
Time	• 3 preset values or use keypad to input desired time • Terrain (*Flat, Random, Hills, Rolling Hills*) • Level (*if Hill, Random, or Rolling Hills is chosen*) • Speed • Weight (enter at bottom left of screen)
Distance	• 3 preset values or use keypad to input desired distance • Terrain (*Flat, Random, Hills, Rolling Hills*) • Level (*if Hill, Random, or Rolling Hills is chosen*) • Speed • Weight (*enter at bottom left of screen*)
Calories	• 3 preset values or use keypad to input desired calories • Weight • Terrain (*Flat, Random, Hills, Rolling Hills*) • Level (*if Hill, Random, or Rolling Hills is chosen*) • Speed
Climb	• 3 preset values or use keypad to input desired floors • Terrain (*Flat, Random, Hills, Rolling Hills*) • Level (*if Hill, Random, or Rolling Hills is chosen*) • Incline (*Level if Flat is chosen*) • Speed • Weight (*enter at bottom left of screen*)
Heart Rate	• Goal (*Time, Distance, Calories, Climb, Time in Zone*) • Age • Workout (*Moderate Burn, Vigorous Burn, Fixed Time, Various Time*) • Target Heart Rate • Speed
Starter Interval	• 3 preset values or use keypad to input desired time • Low Speed • High Speed • Weight (*enter at bottom left of screen*)

Cross-Trainer and Bikes

Goals

Workout Type	User Input
Time	• 3 preset values or use keypad to input desired time • Terrain (*Flat, Random, Hills, Rolling Hills*) • Level • Weight (*enter at bottom left of screen*)
Distance	• 3 preset values or use keypad to input desired distance • Terrain (*Flat, Random, Hills, Rolling Hills*) • Level • Weight (*enter at bottom left of screen*)
Calories	• 3 preset values or use keypad to input desired calories • Weight • Terrain (*Flat, Random, Hills, Rolling Hills*) • Level
Heart Rate	• Goal (*Time, Distance, Calories, Time in Zone*) • Age • Workout (*Moderate Burn, Vigorous Burn, Fixed Time*) • Target Heart Rate • Level • Weight (*enter at bottom left of screen*)
Aerobics	• Goal (*Time, Distance, Calories*) • Level • Weight (*enter at bottom left of screen*)
Watts 	• 3 preset values or use keypad to input desired time • Watts • Weight
Mets 	• 3 preset values or use keypad to input desired time • Mets • Weight
Starter interval	• 3 preset values or use keypad to input desired time • Level • Weight (*enter at bottom left of screen*)
Reverse 	• Goal (*Time, Distance, Calories*) • Level • Weight (*enter at bottom left of screen*)

Arc Trainer

Goals

Workout Type	User Input
Time	• 3 preset values or use keypad to input desired time • Terrain (*Flat, Random, Hills, Rolling Hills*) • Resistance • Weight (*enter at bottom left of screen*)
Distance	• 3 preset values or use keypad to input desired time • Terrain (*Flat, Random, Hills, Rolling Hills*) • Resistance • Weight (*enter at bottom left of screen*)
Calories	• 3 preset values or use keypad to input desired calories • Weight • Terrain (*Flat, Random, Hills, Rolling Hills*) • Resistance
Heart Rate	• Goal (*Time, Distance, Calories, Time in Zone*) • Age • Workout (*Moderate Burn, Vigorous Burn, Fixed Time*) • Target Heart Rate • Level • Weight (*enter at bottom left of screen*)
Constant Power	• 3 preset values or use keypad to input desired time • Watts
Adaptive Power	• 3 preset values or use keypad to input desired time • Level • Weight

FlexStrider

Goals

Workout Type	User Input
Time	• 3 preset values or use keypad to input desired time • Terrain (*Flat, Random, Hills, Rolling Hills*) • Level • Weight (*enter at bottom left of screen*)
Distance	• 3 preset values or use keypad to input desired distance • Terrain (*Flat, Random, Hills, Rolling Hills*) • Level • Weight (*enter at bottom left of screen*)
Calories	• 3 preset values or use keypad to input desired calories • Weight • Terrain (*Flat, Random, Hills, Rolling Hills*) • Level

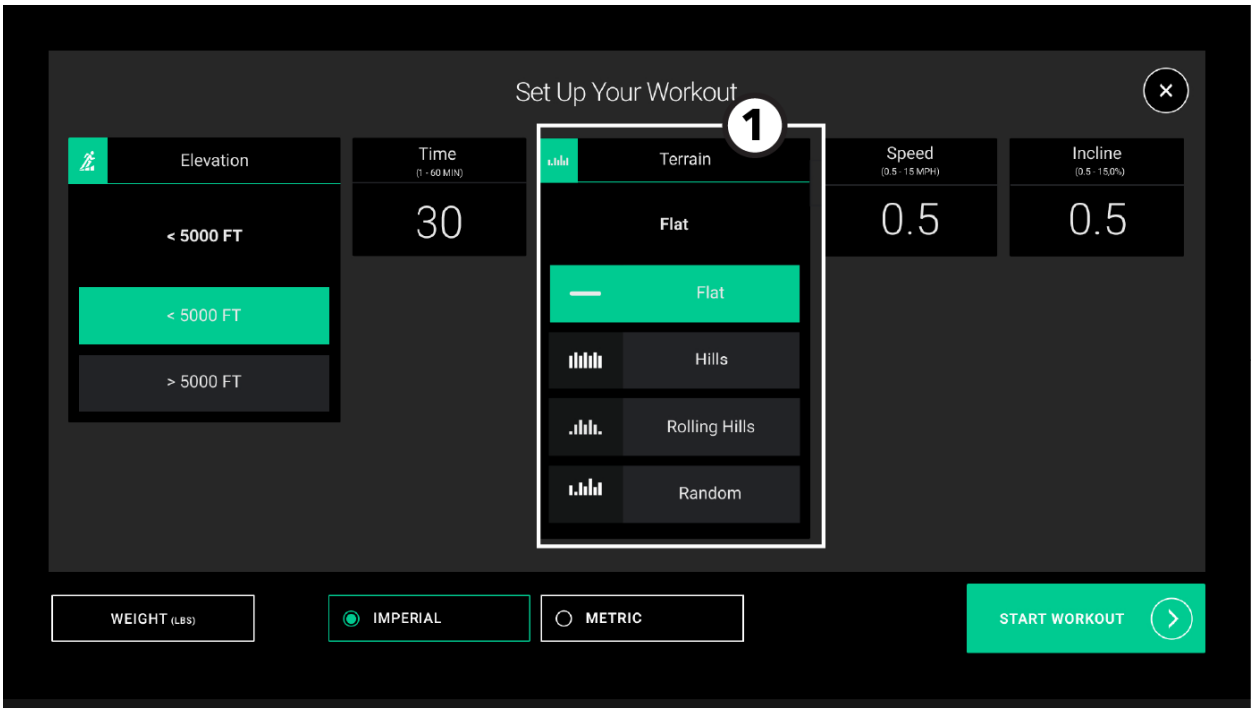
Workout Type	User Input
Heart Rate	• Goal (*Time, Distance, Calories, Time in Zone*) • Age • Workout (*Moderate Burn, Vigorous Burn, Fixed Time*) • Target Heart Rate • Level • Weight
Starter interval	• 3 preset values or use keypad to input desired time • Level • Weight (*enter at bottom left of screen*)

PowerMill

Goals

Workout Type	User Input
Time	• 3 preset values or use keypad to input desired time • Terrain (*Flat, Random, Hills, Rolling Hills*) • Level (*if Hill, Random, or Rolling Hills is chosen*) • Speed • Weight (*enter at bottom left of screen*)
Calories	• 3 preset values or use keypad to input desired calories • Weight • Terrain (*Flat, Random, Hills, Rolling Hills*) • Speed or Level (*if Flat is chosen*) • Level (*if Hill, Random or Rolling Hills is chosen*)
Climb	• 3 preset values or use keypad to input desired floors • Terrain (*Flat, Random, Hills, Rolling Hills*) • Speed or Level (*if Flat is chosen*) • Level (*if Hill, Random or Rolling Hills is chosen*)
Heart Rate	• Goal (*Time, Calories, Climb, Time in Zone*) • Age • Workout (*Moderate Burn, Vigorous Burn, Fixed Time, Various Time*) • Target HR • Level (*if Hill, Random or Rolling Hills is chosen*)
Intervals	• 3 time preset values or use keypad to input desired time • Number of Intervals (*2 or 3*) • Low Speed • Medium Speed (*only for 3-Speed Interval*) • High Speed

Set Up Your Workout - Terrain



1. **Choose Terrain**
   - **Flat** is a constant effort workout in which the user can change incline, level or speed at any time.
   - **Hill** is an interval training workout. Intervals are periods of intense aerobic exercise separated by regular periods of lower-intensity exercise. The overall duration of the workout determines the length of each interval.
   - **Rolling Hills** is a rolling hill workout with low intensity levels.
   - **Random** is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.

Heart Rate Goals Workouts

Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results. Zone Training identifies an exerciser's ideal heart rate range, or zone, for burning fat or increasing cardiovascular fitness. The zone is a percentage of the theoretical maximum (HRmax), and its value depends on the workout. The maximal heart rate formula is defined by the American College of Sports Medicine's Guidelines for Exercise Testing and Prescription, 8th Edition, 2010. HRmax equals to 206.9 minus the total of 0.67 multiplied by a person's age.

HR Max = 206.9 - (0.67 * age)

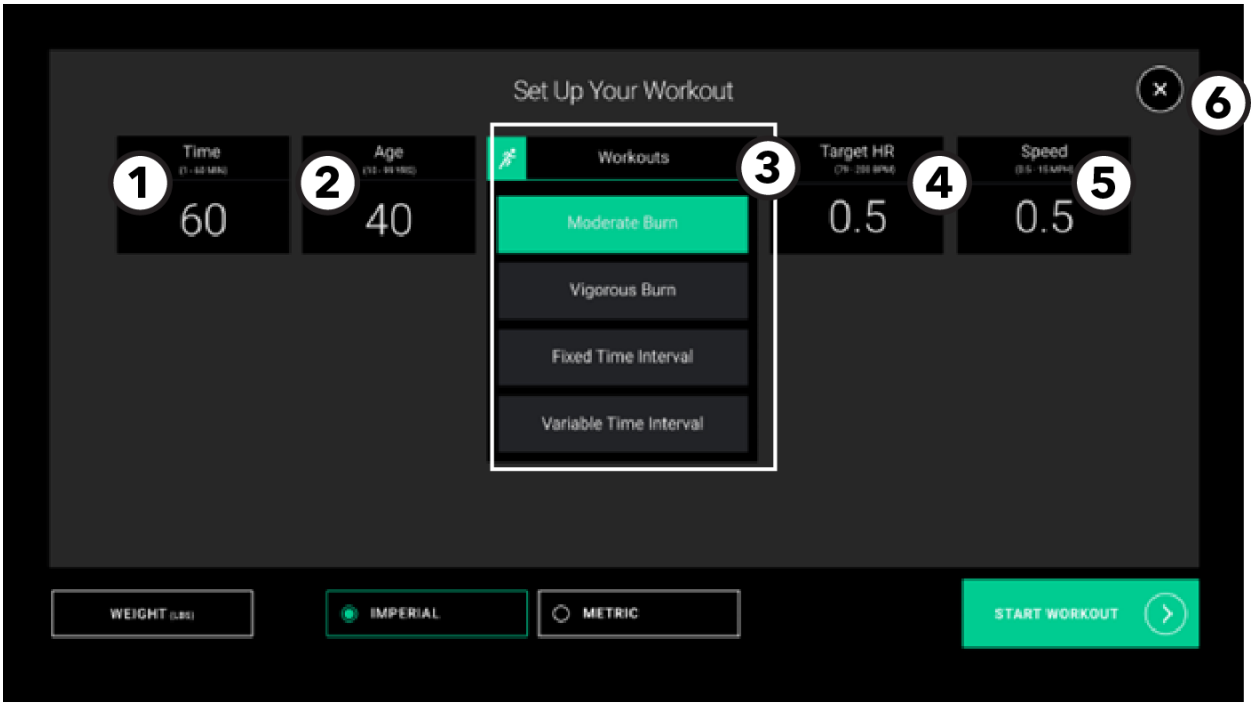
Theoretical Maximum Heart Rates and Target Heart Rates

Reference the chart below for Theoretical Maximum Heart Rates and Target Heart Rates. Listed as BPM (Beats per Minute).

Age	Theoretical Maximum Heart Rate	65% (Moderate Burn)	80% (Vigorous Burn)
10	200	130	160
20	194	126	155
30	187	121	149
40	180	117	144
50	173	113	139
60	167	108	133
70	160	104	128
80	153	100	123
90	147	95	117
99	141	91	112

Wear the optional Polar® telemetry heart rate chest strap, or grip the Lifepulse™ sensors, to enable the on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the incline level (Treadmills only) to maintain the target heart rate based on the actual heart rate.

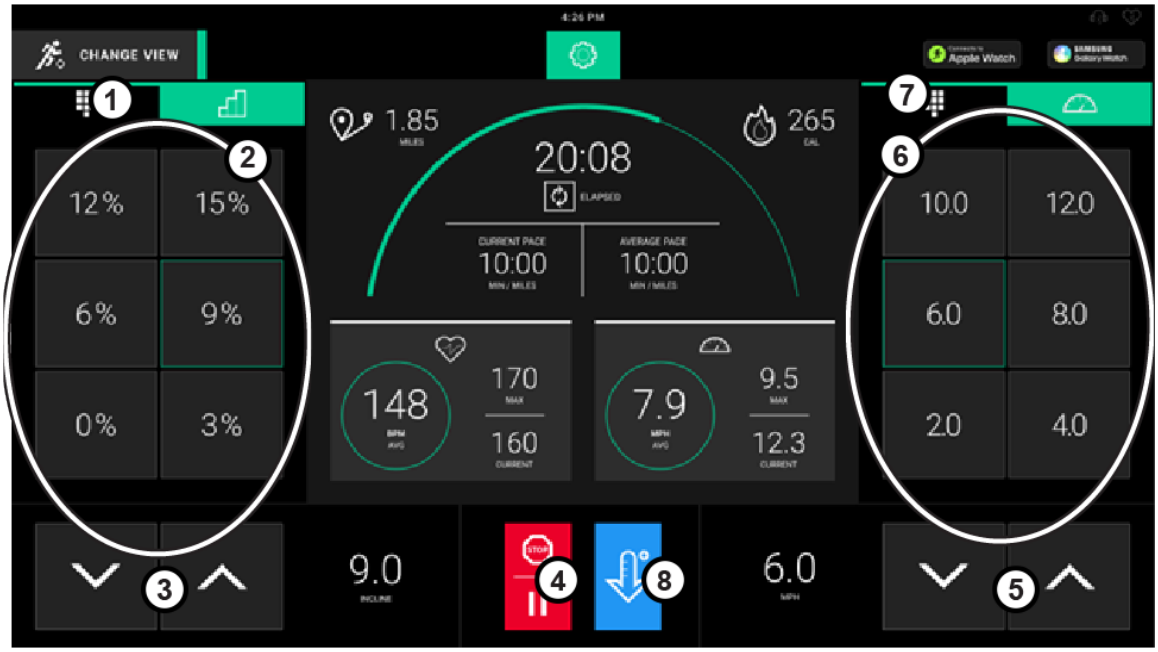
Set Up Your Workout - Heart Rate



1. **Time**
   Press to use numeric keypad to enter a workout time value.
2. **Age**
   Press to use the numeric keypad to enter an age value.
3. **Heart Rate Workout**
   - **Moderate Burn** is a low-intensity cardio workout. The program adjusts the intensity level through changing the incline (elevation), based on the actual heart rate, to maintain the rate at 65% of the theoretical maximum.
   - **Vigorous Burn** is a higher-intensity workout for more fit users, maximizing cardiovascular benefits and total calories burned. The program adjusts the intensity level, based on the actual heart rate, to maintain the rate at 80% of the theoretical maximum.
   - **Fixed Time** takes the user through three different hills based on targeting three different heart rate goals.
   - **Variable Time** alternates between a hill and a valley based on the target heart rate.
4. **Target HR**
   Press to use the numeric keypad to enter a target heart rate value.
5. **Level** or **Speed**
   Press to use the numeric keypad to enter a level or speed value.
6. Press to exit the **Set Up Your Workout** screen, and return to the **Goal Selection** screen.

Performance Run

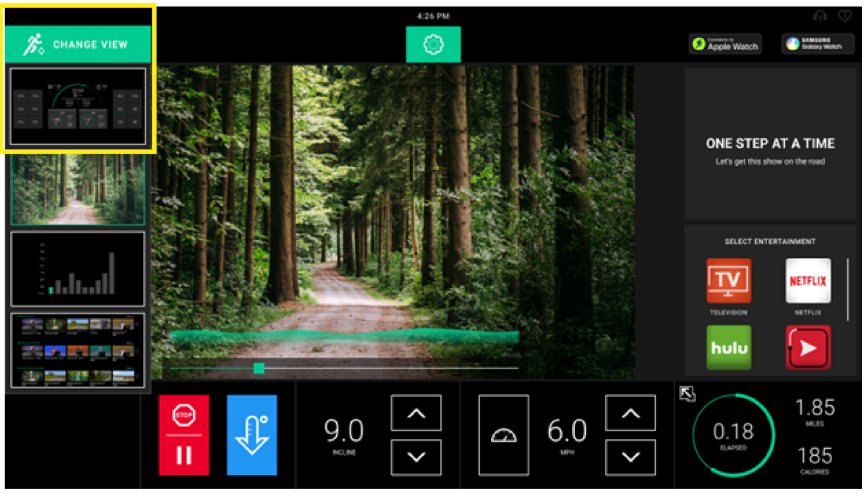
Only available on treadmills.



This workout is intended to help exercisers shape their own interval training by selecting the incline, speed, and time. The user defines a low speed and a high speed and can manually toggle between them via buttons.

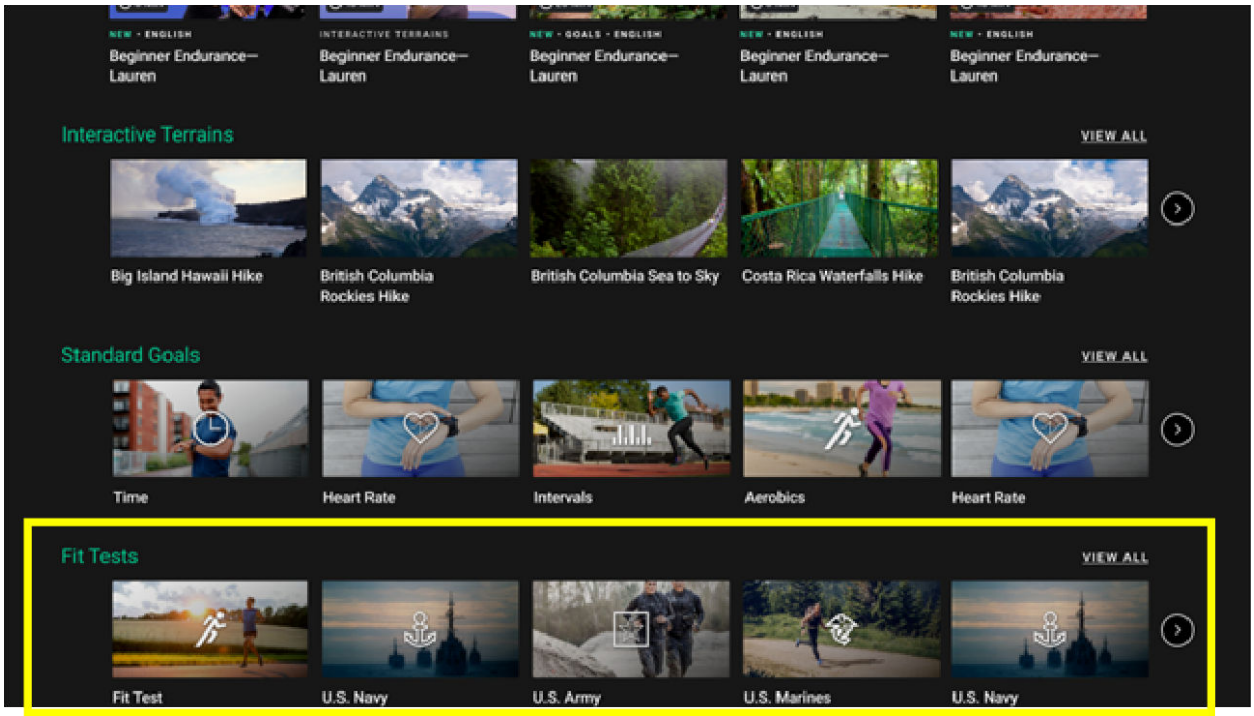
1. Press to manually create an incline.
2. Press any percentage to select a preprogrammed incline.
3. Press the ▲ and ▼ to increase incline and decrease incline by 0.5% intervals.
4. Press to stop or pause a workout.
5. Press the ▲ and ▼ to increase speed and decrease speed by 0.1 intervals.
6. Press any number to select a preprogrammed incline.
7. Press to manually create a speed.
8. Press to begin a cool down period.

NOTE: Users have the ability to access Performance Run as a pre-programmed workout option and as a view selection within Quick Start.



Fit Tests

Choose desired fit test.



- Life Fitness Fit Test estimates cardiovascular fitness and can be used to monitor improvements in endurance every 4 - 6 weeks.
- **U.S. Navy Physical Readiness Test (PRT)** is a 5-minute distance goal test based on the time needed to complete the required distance and is used by the U.S. Navy and Naval academies to measure aerobic capacity.

  NOTE: Not available on FlexStrider or PowerMill.
- **U.S. Army Physical Fitness Test (PFT)** is a 5-minute physical performance test used to assess muscular endurance and cardio respiratory fitness.
- **U.S. Marines Physical Fitness Test (PFT)** is a physical performance test used to assess muscular endurance and cardio respiratory fitness.
- **U.S. Air Force Fitness Test** is a physical performance test used to assess muscular endurance and cardio respiratory fitness.
- , **WFI Submax Protocol** is a graded submax assessment used to predict a fire fighter's aerobic capacity. This test automatically increases speed and incline (treadmill only) until a target heart rate is reached. This assessment replaces the Gerkin assessment. Once the target heart rate has been exceeded for 15 seconds, the program goes into a cool down mode.
- **Physical Efficiency Battery (PEB)** is used by U.S. Federal Law Enforcement, U.S. Federal Bureau of Investigation, and other federal organizations for the hiring and maintenance of federal jobs.
- **FAMS** is a 12-minute cycle test. This test is a 1.5 mile run alternative.
- **Candidate Physical Ability Test** is used to predict the ability to perform basic fire fighting tasks developed by the International Association of Fire Fighters. The test starts out with a 20-second warm up period at a set stepping rate of 50 steps per minute followed by the 3-minute test at a set stepping rate of 60 steps per minute.
- **Individual Physical Proficiency Test (IPPT)** is the 2.4 kilometer portion of a standard physical fitness test utilized by the Singaporean Armed Forces, Police Force and Civil Defense Force.

Life Fitness Fit Test

- The Life Fitness Fit Test estimates cardiovascular activity and can be used to monitor improvements in endurance every 4 - 6 weeks.
- The Fit Test is considered to be a submax VO2 (volume or oxygen) test and gauges how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood.
- Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity.
- Workout duration is 5 minutes total.
- Take the Fit Test under similar circumstances each time. For the most accurate Fit Test results, you should perform the Fit Test on three consecutive days and average the three scores.
- To receive a proper Fit Test score, the work done must be within a training heart rate zone that is 60% to 85% of the theoretical maximum heart rate (HRmax).

The user must grasp the hand sensors when prompted, or wear a Polar telemetry heart rate chest strap as the test score calculation is based on a heart rate reading.

NOTE: The workout will be terminated if a heart rate is not detected after 2.5 minutes.

Your heart rate is dependent on many factors, including:

- amount of sleep the previous night (at least 7 hours is recommended)
- time of day
- time you last ate (2 - 4 hours after the last meal is recommended)
- time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (at least 4 hours is recommended)
- time since you last exercised (at least 6 hours is recommended)

Suggested exertion levels should be used as a guideline for setting up the Fit Test program. The goal is to elevate the user's heart rate to a level that is between 60%-85% of their theoretical maximum heart rate.

	Inactive	Active	Very Active
Treadmill	2 - 3 mph (3.2 - 4.8 kph)	3 - 4 mph (4.8 - 6.4 kph)	3.5 - 4.5 mph (5.6 - 7.2 kph)
Cross-Trainer	L 2-4 men L 1-2 women	L 3-10 men L 2-5 women	L 7-15 men L 3-10 women
Lifecycle Exercise Bikes	L 4-6 men L 2-4 women	L 5-10 men L 3-7 women	L 8-14 men L 6-10 women
PowerMill Climber	L1 - L4	L3 - L7	L6 - L11
FlexStrider	L6 - L10	L8 - L10	L10 - L14

Within each suggested range, use these additional guidelines:

Lower Half of Range	Upper Half of Range
higher age	lower age
lower weight	higher weight (in cases of excessive weight, use lower half of range)
shorter	taller

After the 5-minute FIT TEST is completed, a FIT TEST score and rating will be displayed.

Please note that the estimated VO2 max scores achieved will be 10-15% lower on stationary exercise bikes than those achieved on other Life Fitness cardiovascular equipment. Stationary cycling has a higher rate of isolated muscle fatigue of the quadriceps when compared to walking / running on a treadmill or utilizing a bike. This higher rate of fatigue corresponds to lower levels of estimated VO2 max scores.

Relative Fitness Classification for MEN

Rating	Elite	Excellent	Very Good	Above Average	Average	Below Average	Low	Very Low
Estimated V02 Max (ml/kg/min) per Age category								
20 - 29 years	55+	53 - 54	50 - 52	45 - 49	40 - 44	38 - 39	35 - 37	<35
30 - 39 years	52+	50 - 51	48 - 49	43 - 47	38 - 42	36 - 37	34 - 35	<34
40 - 49 years	51+	49 - 50	46 - 48	42 - 45	37 - 41	34 - 36	32 - 33	<32
50 - 59 years	47+	45 - 46	43 - 44	39 - 42	34 - 38	32 - 33	29 - 31	<29
60+ years	43+	41 - 42	39 - 40	35 - 38	31 - 34	29 - 30	26 - 28	<26

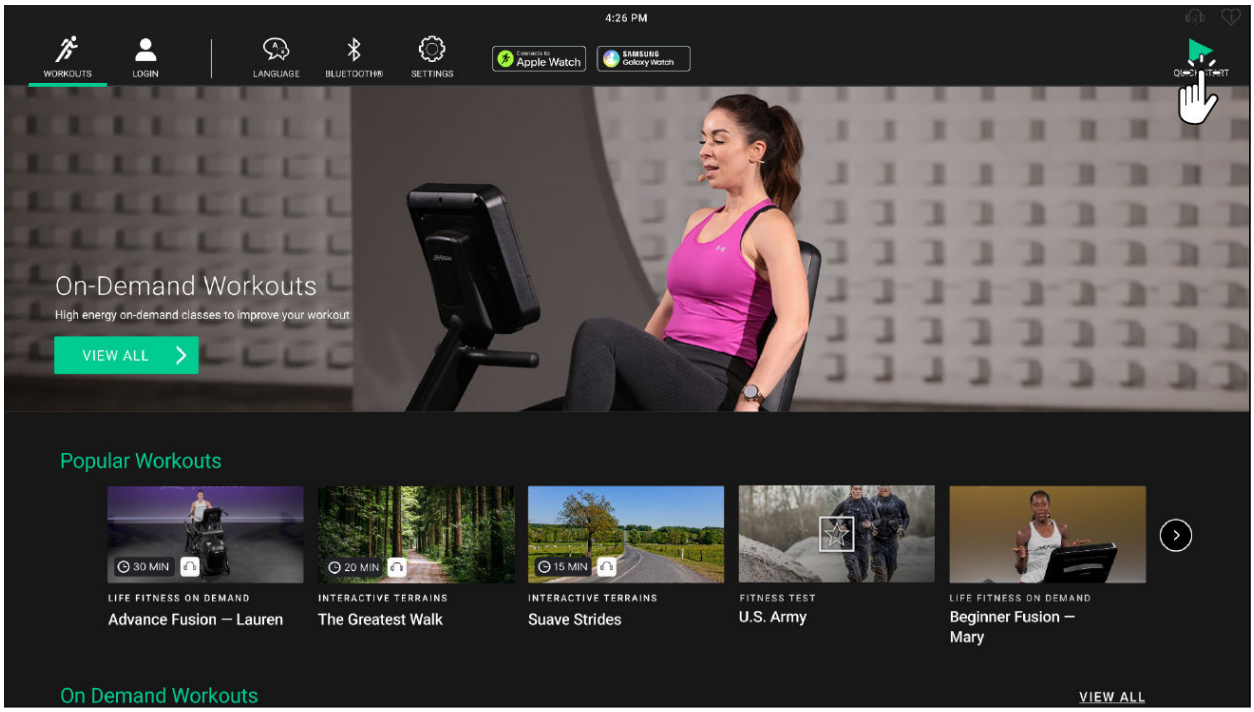
Relative Fitness Classification for WOMEN

Rating	Elite	Excellent	Very Good	Above Average	Average	Below Average	Low	Very Low
Estimated V02 Max (ml/kg/min) per Age category								
20 - 29 years	47+	45 - 46	43 - 44	38 - 42	33 - 37	31 - 32	28 - 30	<28
30 - 39 years	44+	42 - 43	40 - 41	36 - 39	31 -35	29 - 30	27 - 28	<27
40 - 49 years	42+	40 - 41	38 - 39	34 - 37	30 - 33	28 - 29	25 - 27	<25
50 - 59 years	37+	35 - 36	33 - 34	30 - 32	26 - 29	24 - 25	22 - 23	<22
60+ years	35+	33 - 34	31 - 32	27 - 30	24 - 26	22 - 23	20 - 21	<20

Life Fitness developed this rating scale based on VO2 max percentile distributions referenced in American College of Sports Medicine's Guidelines for Exercise Testing and Prescription (8th E. 2010). It is designed to provide a qualitative description of a user's VO2 max estimation, and a means of assessing initial fitness level and tracking improvement.

Quick Start

Press the **Green Arrow Quick Start** button at the top of the **Choose Workout** screen.



- A workout countdown `3, 2, 1` screen appears.
- Users can make adjustments to the workout after starting a workout.
- A Quick Start workout begins at a speed of 0.5 Miles Per Hour (MPH) / 0.8 Kilometers Per Hour (KPH) and an incline of 0.0%.



- A Quick Start workout begins at Incline 6.





  NOTE: The user must be logged into LFconnect to see the information.

- A Quick Start workout begins at 20 Steps Per Minute (SPM).



User Input Ranges

Time	1 - 60 minutes
Weight	75 - 400 lbs. (34 -181 kg)
Incline	0.0 - 15.0
Speed	0.5 - 14.0 MPH 20 - 160 SPM (*PowerMill only*)
Age	10 - 99 years
Height	36 - 90 inches
Average Level	1 - 20

Level refers to a range of incline percentages.

Level	% Incline	Level	% Incline
1	0.0 - 1.5	11	2.0 - 8.5
2	0.0 - 2.2	12	3.0 - 9.2
3	0.0 - 2.9	13	3.5 - 9.9
4	0.0 - 3.6	14	5.0 - 10.6
5	0.0 - 4.3	15	5.5 - 11.3
6	0.0 - 5.0	16	6.5 - 12.0
7	0.0 - 5.7	17	7.0 - 12.7
8	0.0 - 6.4	18	8.0 - 13.4
9	0.5 - 7.1	19	8.7 - 14.1
10	1.5 - 7.8	20	9.0 - 15.0

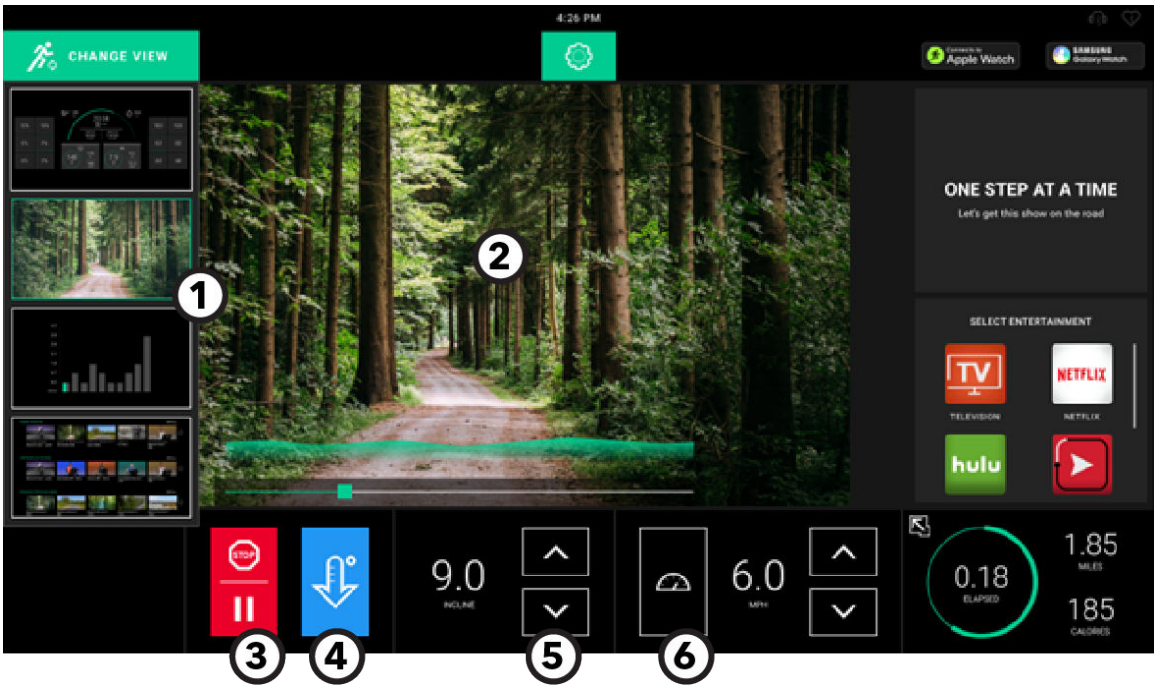
PowerMill:	Configurable * : 0 - 20 Level Configurable * : 12 - 185 SPM

* If the **Level Zero** option is enabled, the minimum level becomes 0 and the minimum SPM becomes 12.

* If the **Level 21 - 25** option is disabled, then the maximum level is 20 and the maximum SPM is 159. Levels 21 - 25 and corresponding SPM rates of 160 to 185 are only allowed in Manual and Speed Interval workouts.

5. Workout Mode

Treadmill workout mode shown.



1. **Workout Profile Views**
   - Choose the Interactive or Classic View.
   - A green frame surrounding a workout profile view represents the current view.
2. **Current Workout Profile View**

   Interactive view is shown.
3. **Stop / Pause**
   - Press to pause a workout.
   - Choose Cool Down, Resume or End Workout.
4. **Cool Down**
   - Press during workout to begin a cool down period.
   - Choose Cool Down, Resume or End Workout.
5. **Incline**

   Use the Up and Down arrows to increase and decrease incline by 0.5% intervals.

   Level

   Use the Up and Down arrows to increase and decrease levels by 1.

   Level controls both incline and resistance settings.
6. **Preset Speed**

   Press to select a preset speed.

   Preset Resistance Level

   Press to select a preset resistance level.

7. **Speed**

   Use the Up and Down arrows to increase and decrease speed by 0.1 mph intervals.

   SPM

   Use the Up and Down arrows to increase and decrease SPM by 1.

   RPM

   Displays speed in RPM or MPH.

8. **Expanded Stats**

   Press to show real time workout stats.

9. **Primary Goal Workout Stats**

   Primary workout goal stat is displayed.

10. **Select Entertainment Option**

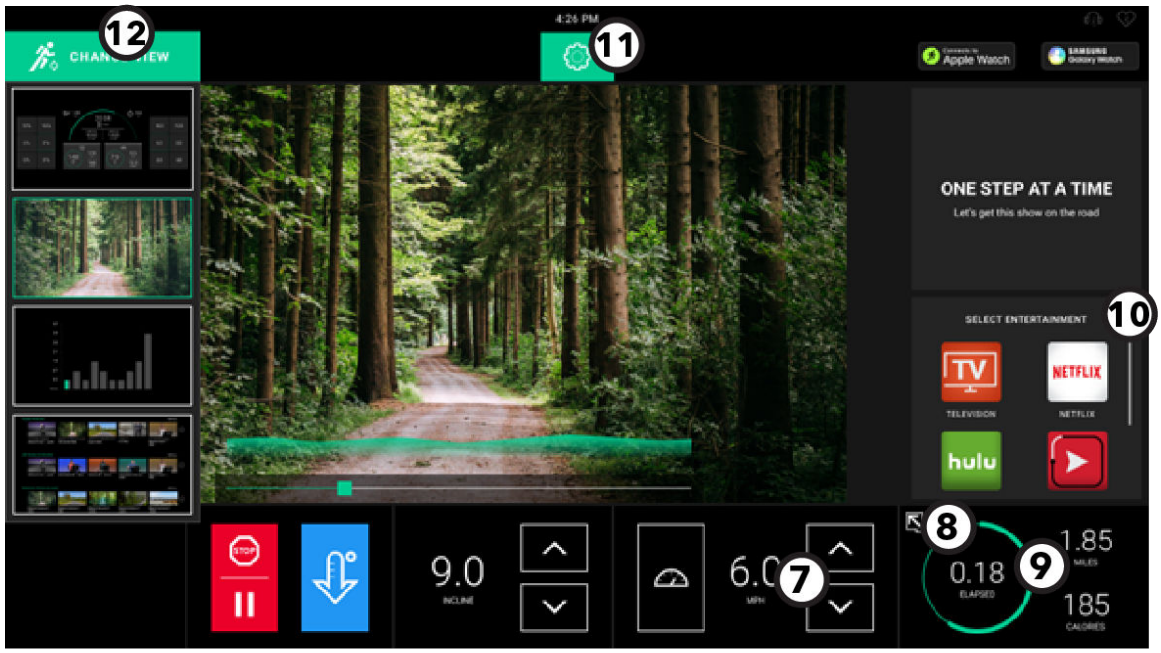
    Options may include TV, Internet, Netflix, Solitaire, Pandora and YouTube.

11. **Menu**

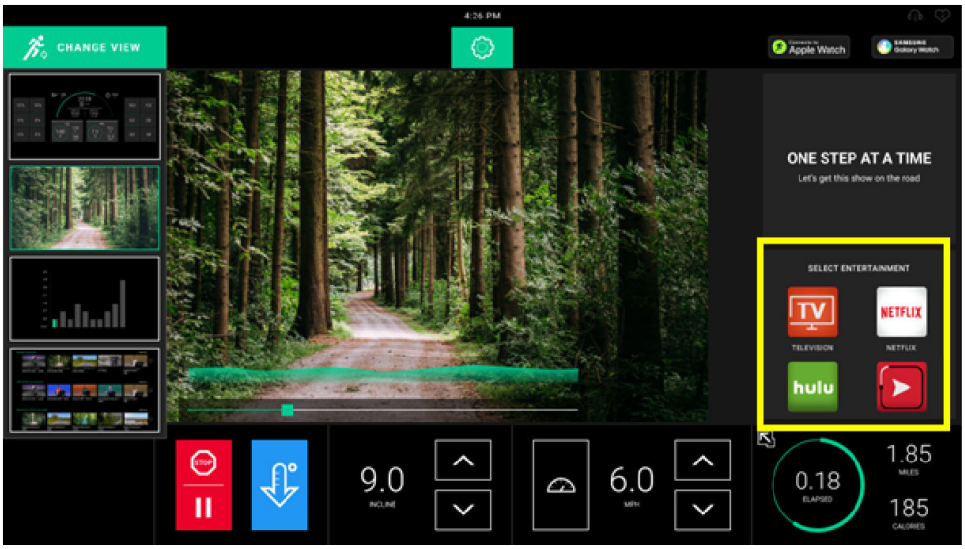
    - Press to Log In to LFconnect or to see Stats if logged in.
    - Scan for Bluetooth® devices.
    - Set measurement units and enter weight for accurate calories.

12. **Change**

    Press to change workout selection or profile view.



Select Entertainment



NOTE: This feature is only available in Workout Mode.

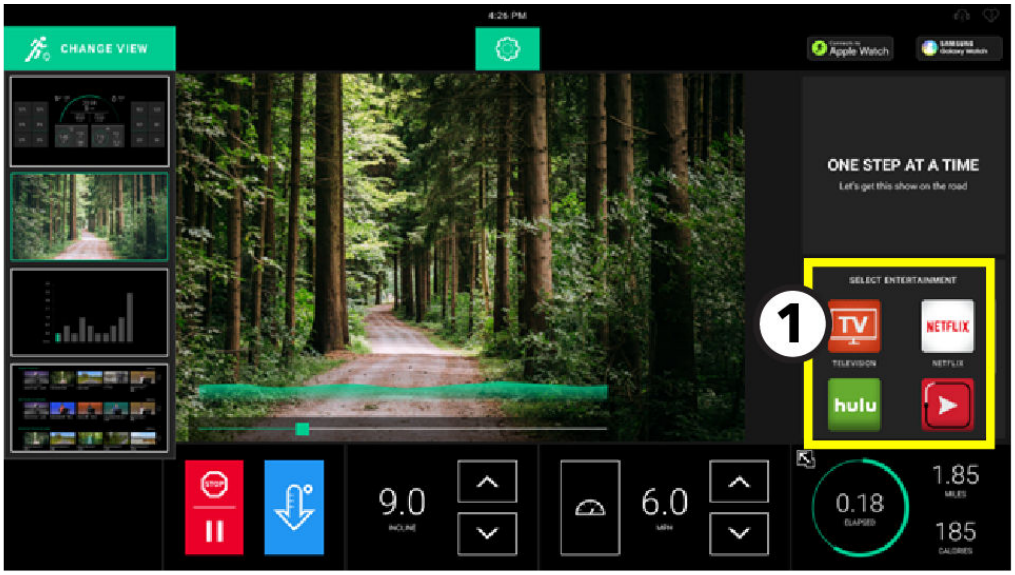
Select Entertainment Option

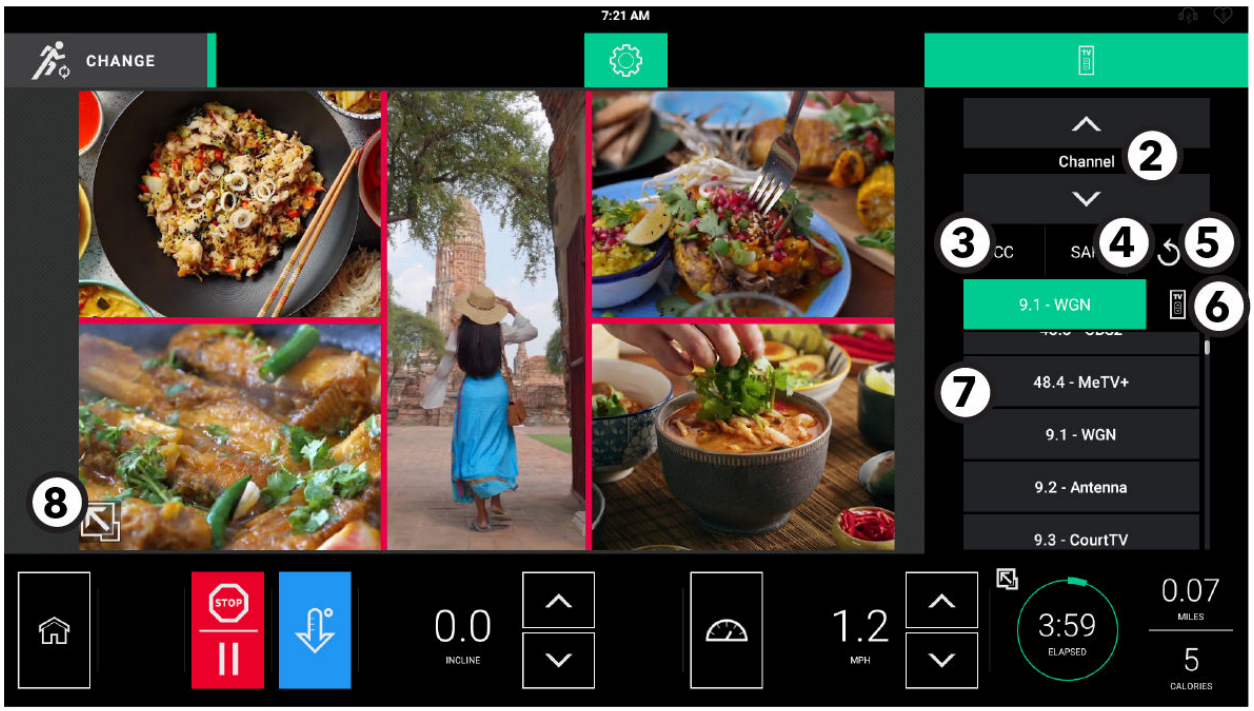
Watch traditional TV or log into your personal Netflix account. The following apps are integrated into the console:

- TV
- Internet Browser
- Netflix
- Pandora Radio
- YouTube
- ESPN
- BBC
- Newsy
- Economist
- Chess
- Sudoku
- Solitaire

Select Entertainment - DTV and STB IPTV

Full screen with channel list





NOTE: This feature is only available in Workout Mode.

1. **TV Option**
   Press to watch TV during a workout session.
2. ▲ and ▼
   - Press ▲ to select a channel.
   - Press ▼ to select a channel.
3. **CC (Closed Caption)**
   Press to turn Closed Caption On / Off.

   NOTE: DVB-T2 tuner configurations replace Closed Captioning with subtitles. Press Subtitles to turn On / Off.

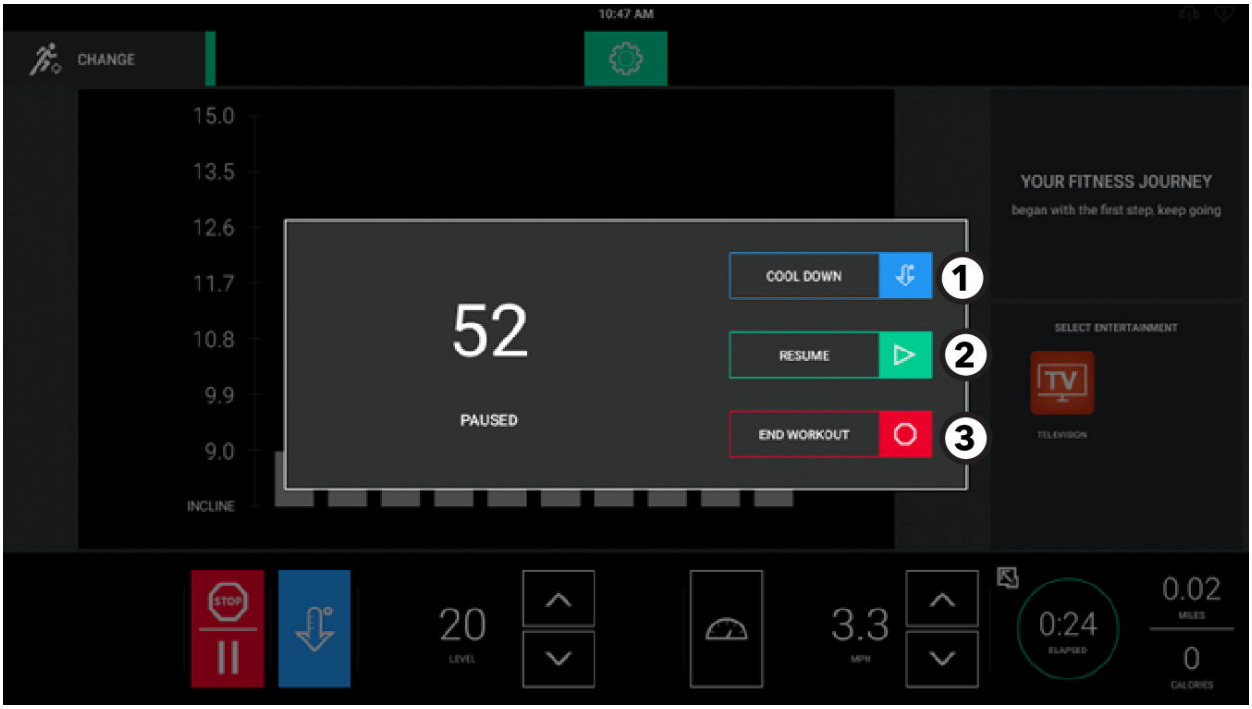
4. **SAP (Secondary Audio Programming)**
   Press to activate SAP.

   NOTE: SAP broadcasting must be available for usage.
5. **Previous Channel**
   Press the **Previous Channel** button to jump back to the previous channel viewed.
6. **Channel List and Channel Keypad**
   Press the icon to toggle between Channel List and Channel Keypad.
7. **Channel List**
   List of all available channels.
8. **Screen Size Toggle**
   Press to toggle between Full and Minimized screen sizes.

TV Audio Controls: speaker icon displays only when headphones are plugged into the headphone jack or Bluetooth headphones are paired. Press corresponding icons to increase and decrease volume.

Pause Workout screen



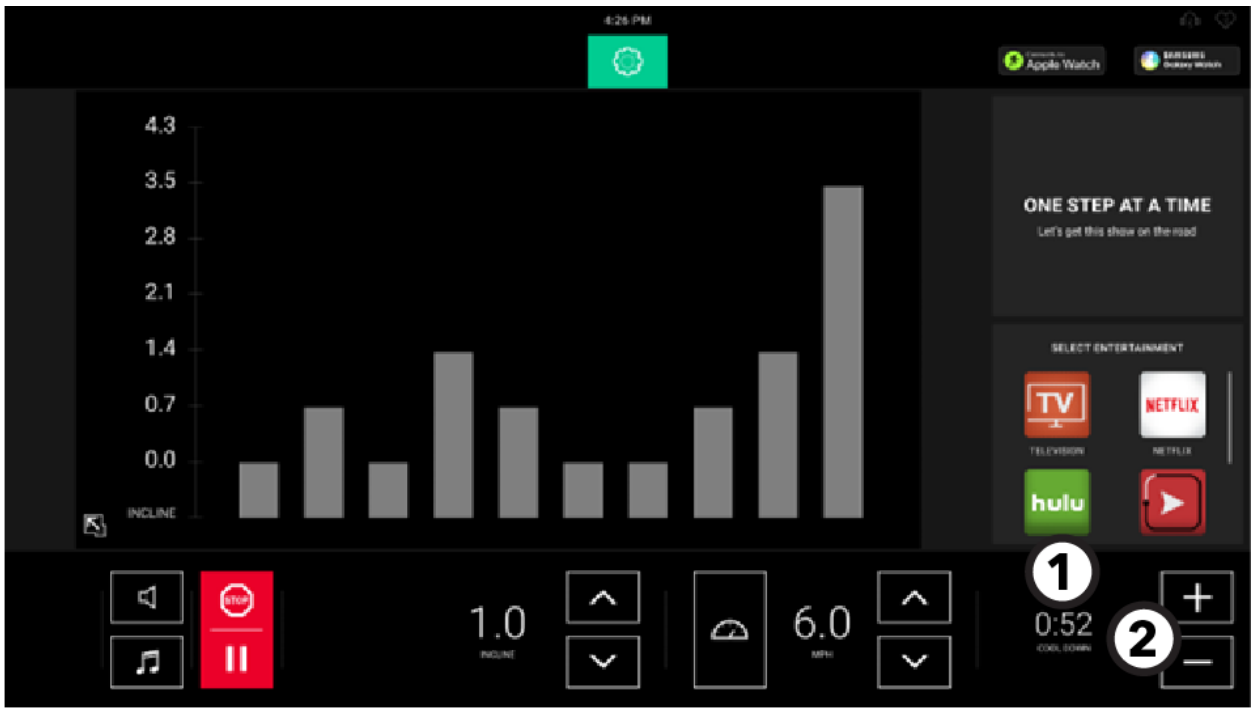


Press the **Pause** / **Stop** button to pause a workout.

Choose one of the following options while in Pause mode:

1. **Cool Down**
   Press to enter a cool down mode.
2. **Resume**
   Press to continue current workout.
3. **End Workout**
   Press to end current workout and view workout summary.

Cool Down



Press the **Cool Down** button anytime during a workout to start a Cool Down mode (displayed).

1. **Time Display**
   - **Time** will change to **Cool Down** when the Cool Down mode is entered.
   - The time display initially shows the amount of time in minutes that a specific workout is required to be in Cool Down mode.
   - The time display will countdown until it reaches `0:00`.
2. **Increase / Decrease Time**
   - Press **-** to decrease the cool down time by 1-minute intervals.
   - Press **+** to increase the cool down time by 1-minute intervals.

Workout Results



The **Workout Results** screen is displayed once the workout session ends or is terminated by the user.

1. **Summary of Workout Parameters**
   - Data for workout parameters is displayed for 60 seconds.
   - The data displayed depends on the selected workout / goal.
2. **Message**
   A `Congratulations` message is displayed.
3. **Save Your Workout**
   Workouts are automatically saved. Upload the data to mobile applications.
4. **End Workout**
   Press to exit the **Workout Summary** screen, log out of any connections, and return to the Home screen.

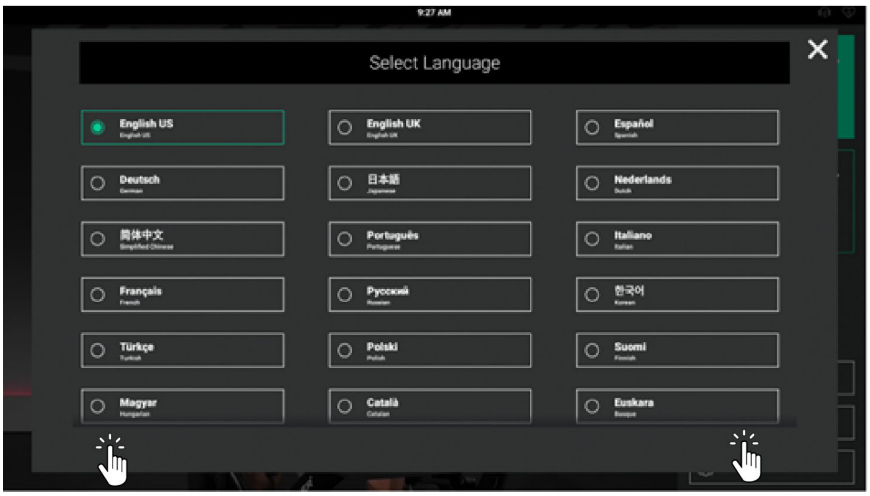
6. Manager Configuration

Accessing System Options

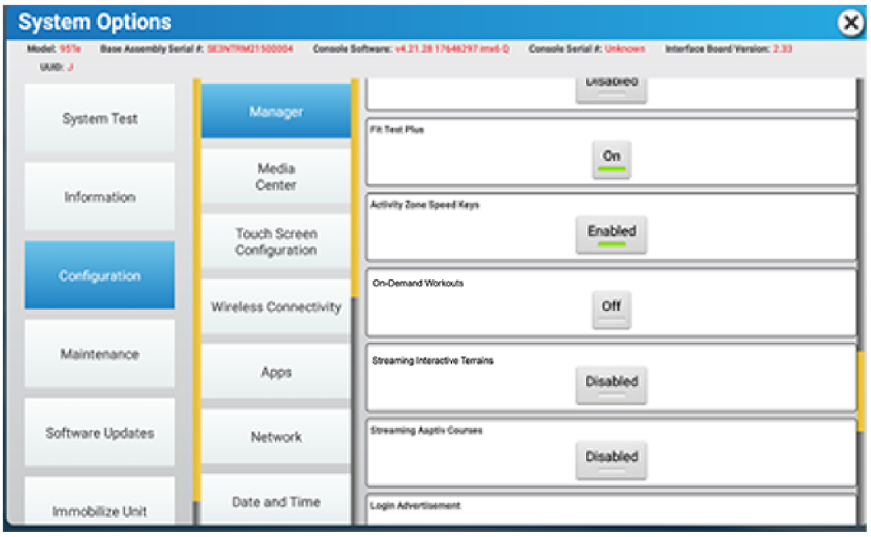
1. Select **Language** icon from Attract Screen to access the **Select Language** screen.



2. Tap the bottom part of the **Select Language** screen in the following sequence: **Lower-Left, Lower-Right, Lower-Left, Lower-Right.**

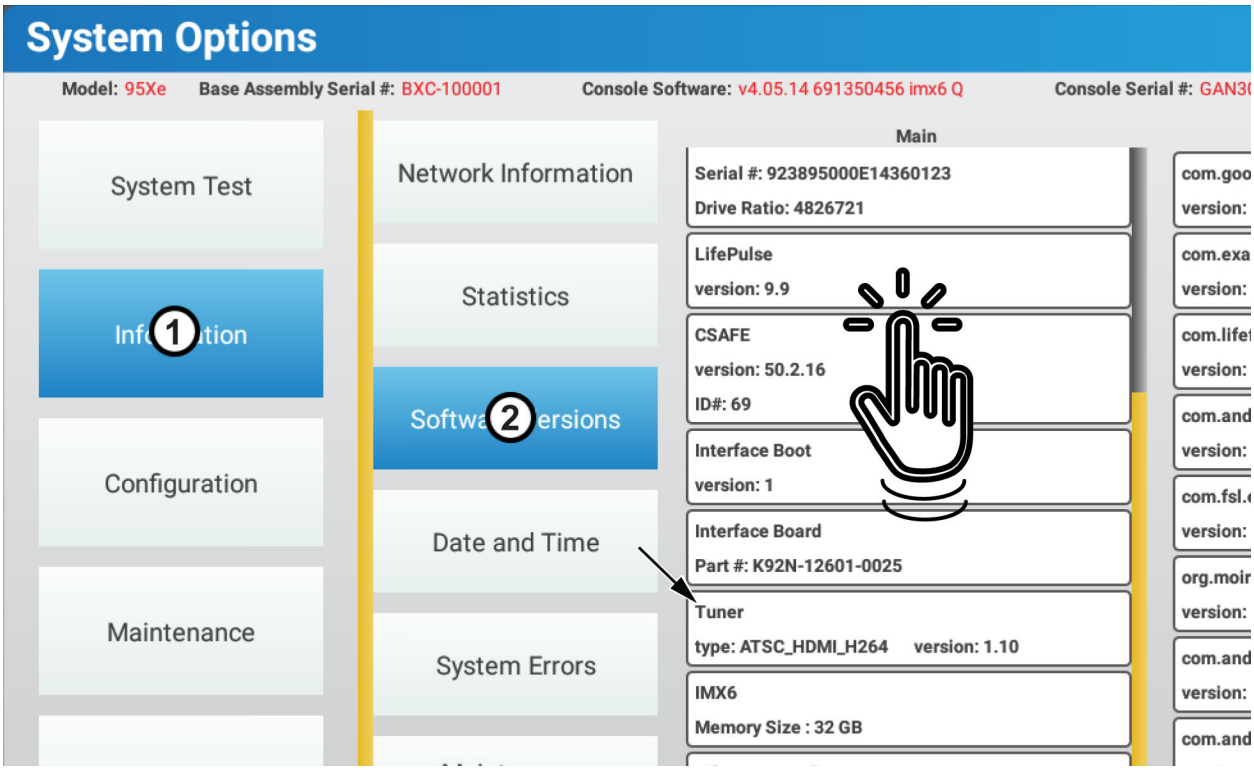


3. Navigate through the System Options menu.



Information

Before attempting to adjust the TV settings, locate the type of tuner on the console. The following steps will locate the tuner type.



1. Press **Information**.
2. Press **Software Versions**.

Press and hold on any item in the **Main** column. Scroll up or down until you locate **Tuner**.

NOTE: If your equipment is using a Set Top Box (STB) or a Pro:Idiom tuner, then you will not see information in the **Tuner** section. Please see STB SYNC or Legacy Pro:Idiom for TV configuration options. If your equipment does not have an STP or Pro:Idiom tuner, then please choose from the following selections.

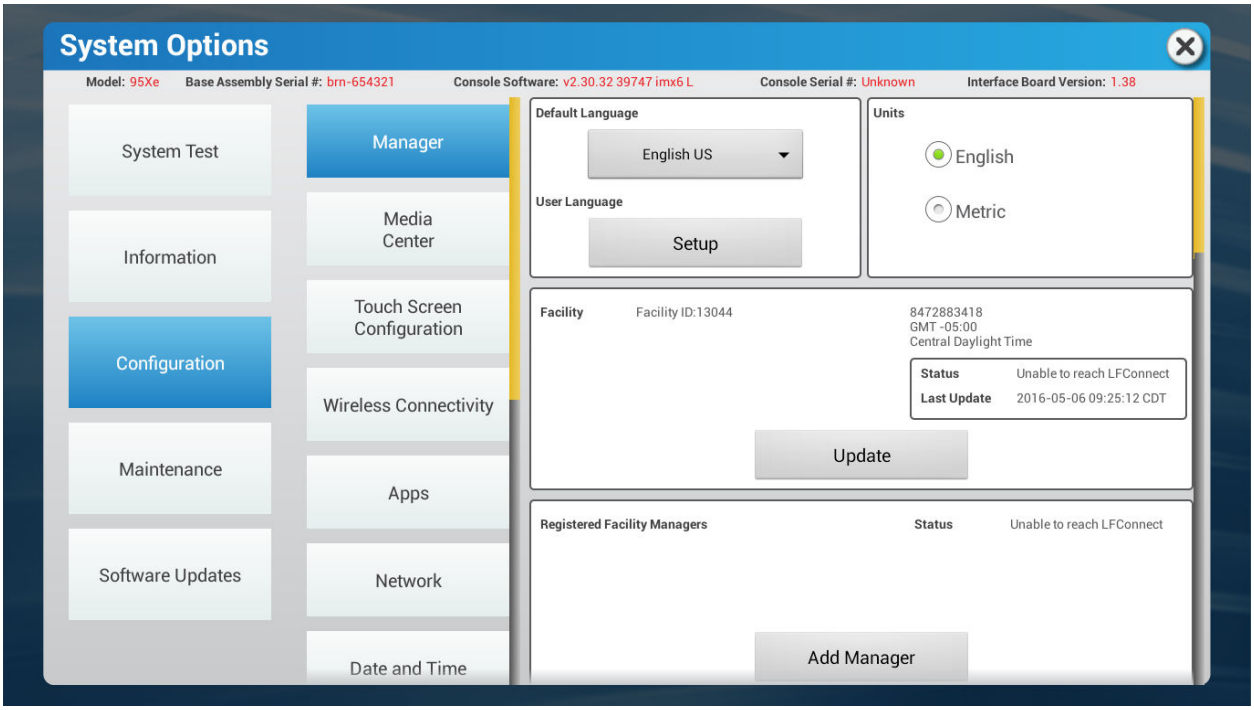
DTV	Please see DTV.
USBTV	Please see USB TV.
Open IPTV	Please see Open IPTV.

Configuration Menu

The **Configuration** menu allows fitness facility managers to configure basic functionality of the product as well as network and media settings. The button of the selected option is blue. When a selection is made, the **System option** menu screen appears to the right.

Manager	Set unit defaults. Enable On Demand, Interactive Workouts and Nightly Reboots.
Media Center	• TV • Lifescape • Audio Setup • Picture Setup
Touch Screen Configuration	Follow the instructions on the screen to recalibrate the Touch Screen. Contact Customer Support Services if repeated attempts at calibration were unsuccessful.
Wireless Connectivity	• Enable or disable Wireless Connectivity. • Option to add wireless network. • Disable wireless connectivity to change the frequency band.
Apps	Featured apps on the console are listed.
Network	• Identification • Level of Internet access • Google SafeSearch • Require user identification for internet access
Date / Time	Set date and time.
Export / Import Settings	• Export settings to USB stick. • Import settings from USB stick.
Ethernet	Ethernet advanced settings
Bluetooth	Enable/Disable Bluetooth.
RFID	• Enable RFID • Select tag type.
Media Setup	• Equipment type (treadmill or non tread) • Archive media files • Available Space & Required Space

Manager - Default Settings



Discover SE3HD Cardio Products

Setting	Default	Description
Default Language	English US	This option sets a new default language. Choices include: *English, Spanish, and French*.
User Language	English US	This option sets the language of user messages and service messages. Choices include: *English, Japanese, Italian, Turkish, Arabic, English UK, Dutch, French, Polish, Catalan, Simplified Chinese, Traditional Chinese, Spanish, Russian, Finnish, Basque, German, Portuguese, Korean, Hungarian, Hebrew and Welsh*.
Units	English	Set the measurement unit type for weight, distance, height, and speed. **NOTE:** Metric available.
Facility	On	This option creates facility information.
Registered Facility Manager	On	This option creates facility management information.
Workout Duration Configuration	60 minute max	Set maximum workout duration limits. 99 minutes maximum.
Pause Time	1 minute	Set the maximum time during which a workout can remain in pause mode. 99 minutes maximum.
Program Timeout	30 seconds	The amount of time, ranging from 0 - 255 seconds, a user can go without touching the LCD touch screen during workout setup before the unit returns to the Home Screen.
InActivity Timer	On, 2 hours	Set the desired amount of time of inactivity before the system automatically turns off the LCD touch screen backlight.
Auto Off / Auto On	Off	Set the time of day for the system to automatically turn off the LCD touch screen backlight.
System Sounds	On	This option controls whether the system speaker beep is generated on key presses.

Marathon Mode	Enabled	This option allows the user to workout indefinitely.
On-Demand Workouts	Off	This option activates complete access to the growing library of Life Fitness instructor-led classes. **NOTE:** The library will only appear if the unit is connected to the internet. 2.5 Mbps of bandwidth per unit recommended for optimal functioning.
Streaming Interactive Terrains	Disabled	This option activates complete access to the library of Streaming Interactive Terrains workouts. **NOTE:** The library will only appear if the unit is connected to the internet. 2.5 Mbps of bandwidth per unit recommended for optimal functioning.
Nightly Reboots	Off	When turned on, the console will detect the least active time of day for the unit and automatically reboot every 24 hours at that time. This is recommended for optimal functioning of streaming services, like On-Demand Workouts, Streaming Interactive Terrains or Netflix.
Telemetry	Enabled	Switching on the telemetry feature makes it possible to use the Polar®-compatible Heart Rate Zone Training exercises with a Polar telemetry heart rate chest strap for monitoring the heart rate.
Speed Increase Limiting with Up Key	Off	When enabled, the user cannot press and hold the speed button to increase the speed.
Fit Test Plus	On	Turns on/off the US Navy test and FAMS

Treadmill Only

Setting	Default	Description
Maximum Speed	14.0 MPH (23 KPH)	Set the fastest speed the treadmill can operate.
Minimum Speed	0.5 MPH (0.8 KPH)	Set the slowest speed the treadmill can operate.
Maximum % Incline	15.0	This option changes the maximum incline grade to a value lower than 15%.
Activity Zone Speed Keys	Enabled	This option allows the user to assign belt speed to Walk / Jog / Run values.
Stride Sensor (95T only)	On	This option automatically pauses the workout if the user steps off the belt.
Deceleration Rate	3	The rate at which the treadmill decelerates to the selected speed, ranging from 1 (slowest) to 5 (fastest).
Acceleration Rate	3	The rate at which the treadmill accelerates to the selected speed, ranging from 1 (slowest) to 5 (fastest).
Turn OFF Stride Sensor Notification	Stride Sensor Button On Pause Button Disabled	This option detects a user using a treadmill but will not go into Pause mode if a user is not detected.

PowerMill Only

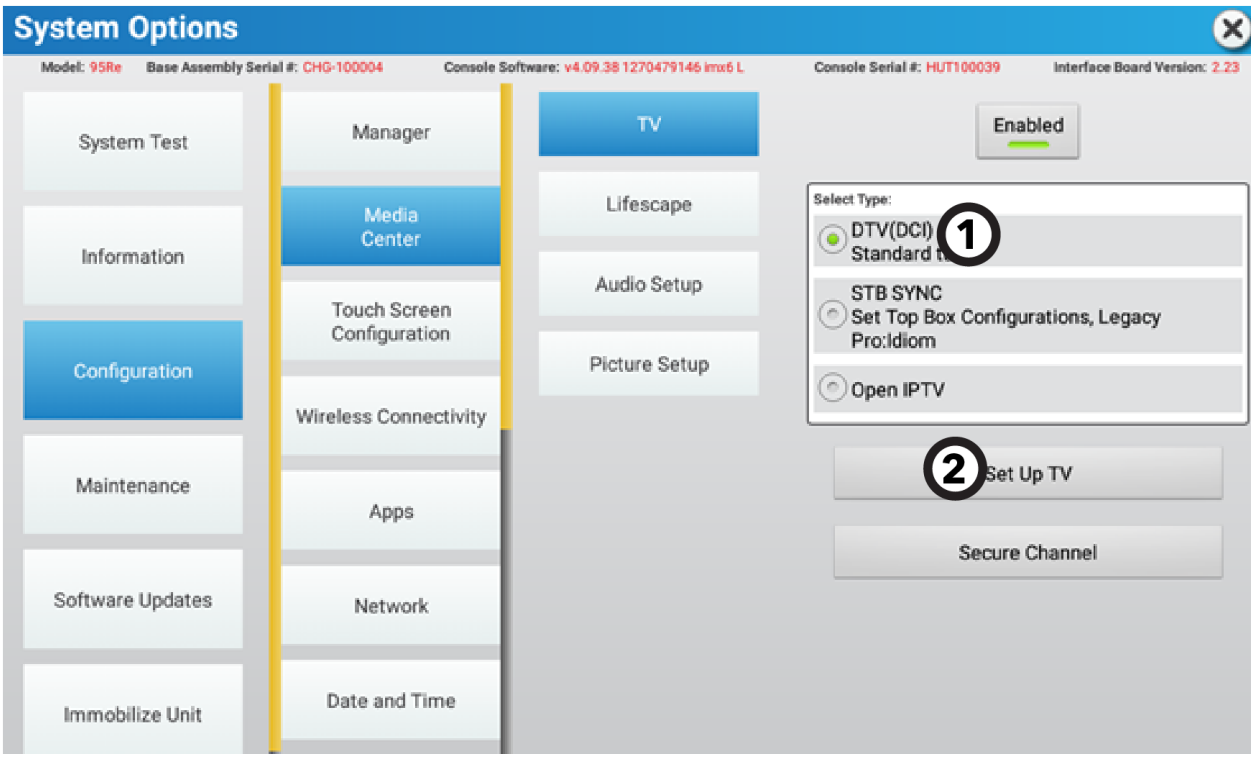
Setting	Default	Description
Warm Up Speed: Level 0 (12-19 SPM)	Off	This option, if enabled, controls whether or not Level 0 may be used in program setup or during a workout. Level 0 corresponds to intensity levels below Level 1.
High Speeds: Level 21-25 (160-182 SPM)	On	This option controls whether or not Levels 21 though 25 may be used in program setup or during a workout (MANUAL and SPEED INTERVAL workouts ONLY).

Calorie Per Hour (CPH) Display	On (International: Off)	If this option is enabled, the MESSAGE CENTER displays the number of calories burned per hour during the workout.
Steps Climbed Display	Off	If this setting is enabled, the total number of steps climbed is periodically shown during a workout.
Max Acceleration Rate	3	This sets the rate at which the PowerMill Climber accelerates to the selected speed, ranging from one (slowest) to five (fastest).
Max Deceleration Rate	3	This sets the rate at which the PowerMill Climber decelerates to the selected speed, ranging from one (slowest) to five (fastest).
Minimum Speed (SPM)	20 SPM	Set the slowest speed the PowerMill can operate.
Maximum Speed (SPM)	160 SPM	Set the fastest speed the PowerMill can operate.

Media Center

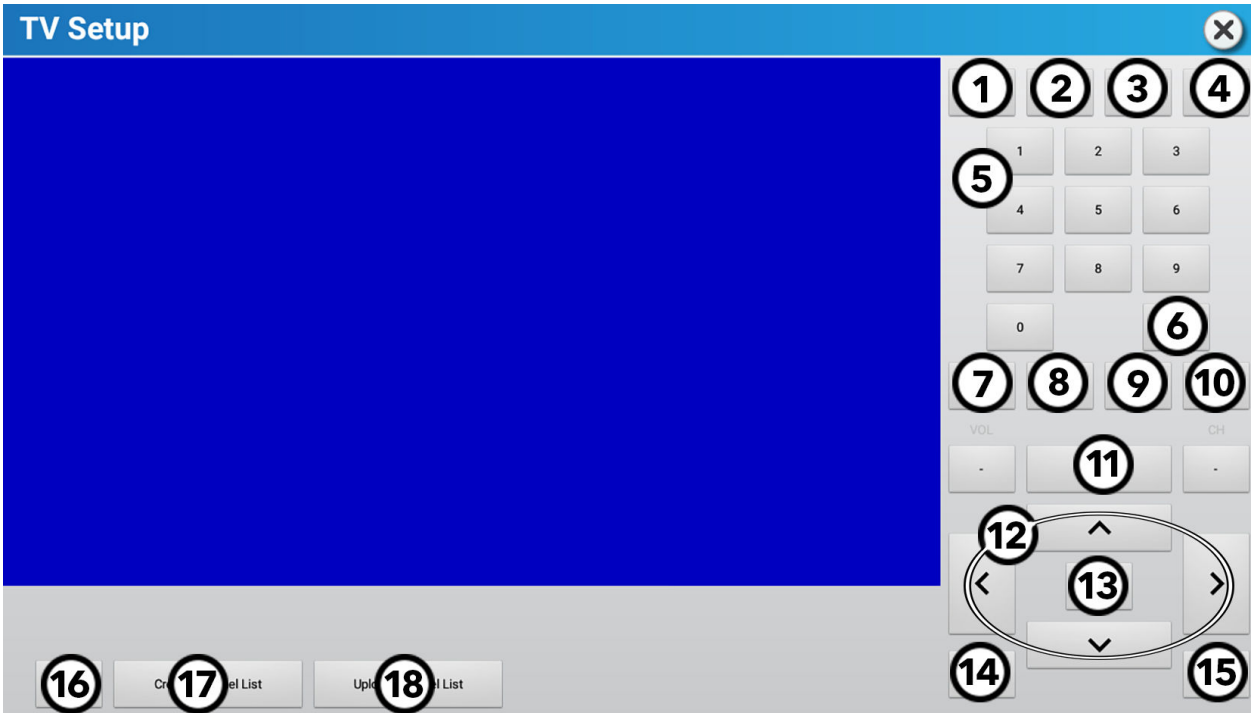
TV

1. Select **Tuner Type**.
   - **DTV** is the default selection for ATSC, PRO:IDIOM, DVB and ISDB configurations.
   - **USBTV** is default selection for ATSC and DVB-T2 USB tuner configurations.
   - **STB SYNC** is the default selection for STB SYNC, STB Connector Kit, and Legacy PRO:IDIOM configurations.
   - **Open IPTV** is the default selection for streaming media on IP using RTP, UDP, and similar protocols.



2. Press **Set Up TV** to view the screen for the chosen tuner type.

DTV



1	**PMode**	Set Picture Mode.	10	**CH**	Press **+** and **-** to change channels.
2	**Zoom**	Picture Size.	11	**Display**	Current channel information is shown.
3	**EPG (*if available*)**	Lists current and upcoming programs for selected channels.	12	◀▲▶▼	Press to navigate the TV Setup menu options.
4	**Mute**	Silence TV audio.	13	**Enter**	Make Selections.
5	**Keypad**	Use for manual channel input. Use the hyphen (**-**) to input major-minor channel numbering.	14	**Exit**	Press to exit the TV Setup menu.
6	**Prev**	Press to view previous channel.	15	**Menu**	Press to access: • Channel settings • Picture settings • Sound settings • Time settings • Lock settings • Setup settings
7	**VOL**	Press **+** and **-** to change audio volume.	16	**Reset**	Resets tuner to default state.
8	**SAP (*if available*)**	Press to activate Secondary Audio Programming (SAP).	17	**Create Channel List**	Create a list of channels for users to access during workouts.
9	**CC**	Press to turn Closed Caption (or Subtitles) On / Off.	18	**Upload Channel List**	Uploads channel list to Halo Fitness Cloud (if connected) and instantly to all other units in the facility if units are connected to the internet.

TV Channel Scan for ATSC Tuner



1. Press ◀ or ▶ to navigate to **Channel**.
2. Press ▲ or ▼ to navigate to **Air/Cable**, and press ◀ or ▶ to select your configuration.
3. Press ▲ or ▼ to navigate to **Auto Scan**, and press ▶ or **Enter** to scan for channels.
4. Press ◀ or ▶ to select **No** or **Yes**, and press **Enter**.

TV Channel Scan for Pro:Idiom Tuner

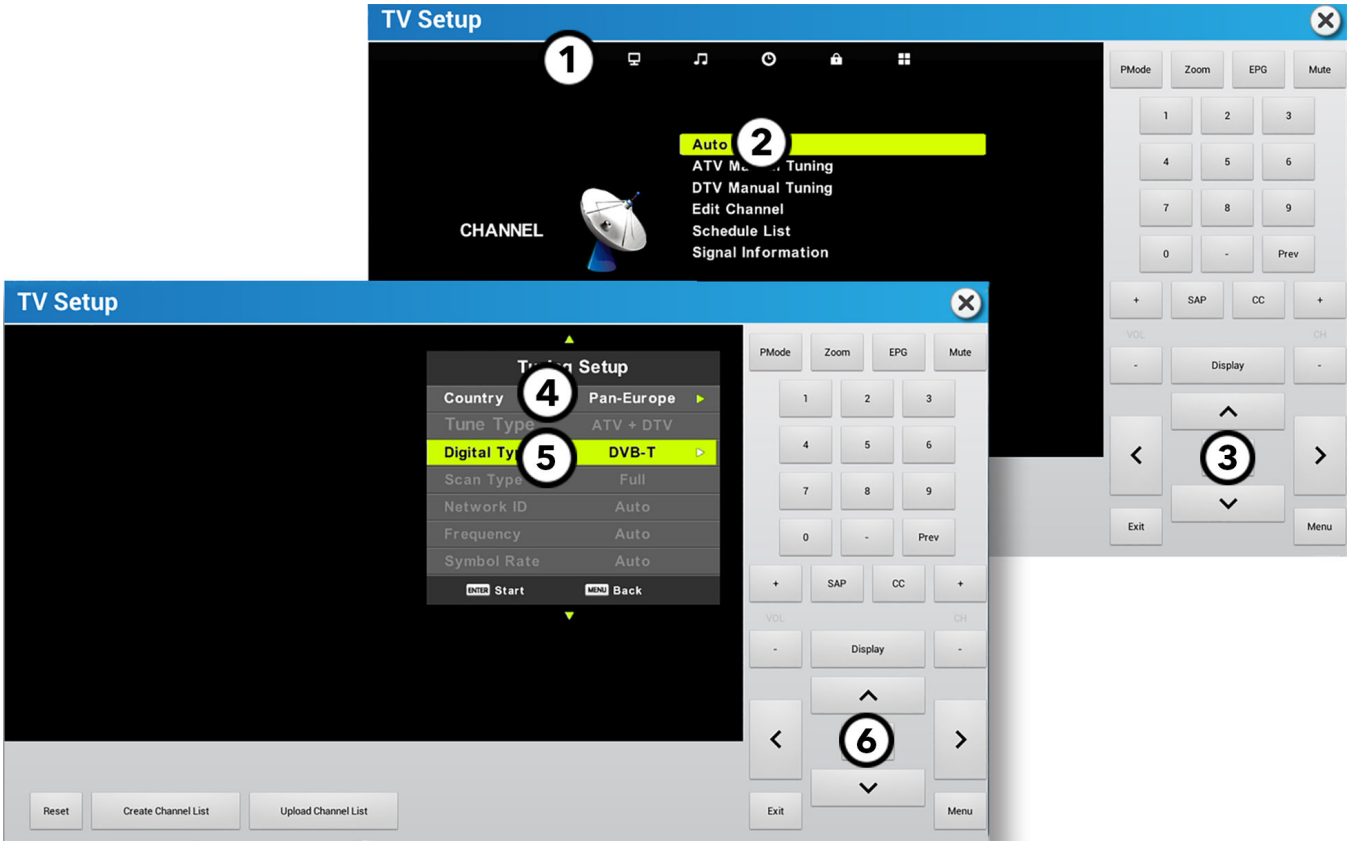


1. Press ◀ or ▶ to navigate to **Channel**.
2. Press ▲ or ▼ to navigate to **Air/Cable**, and press ◀ or ▶ to select your configuration.

   NOTE:

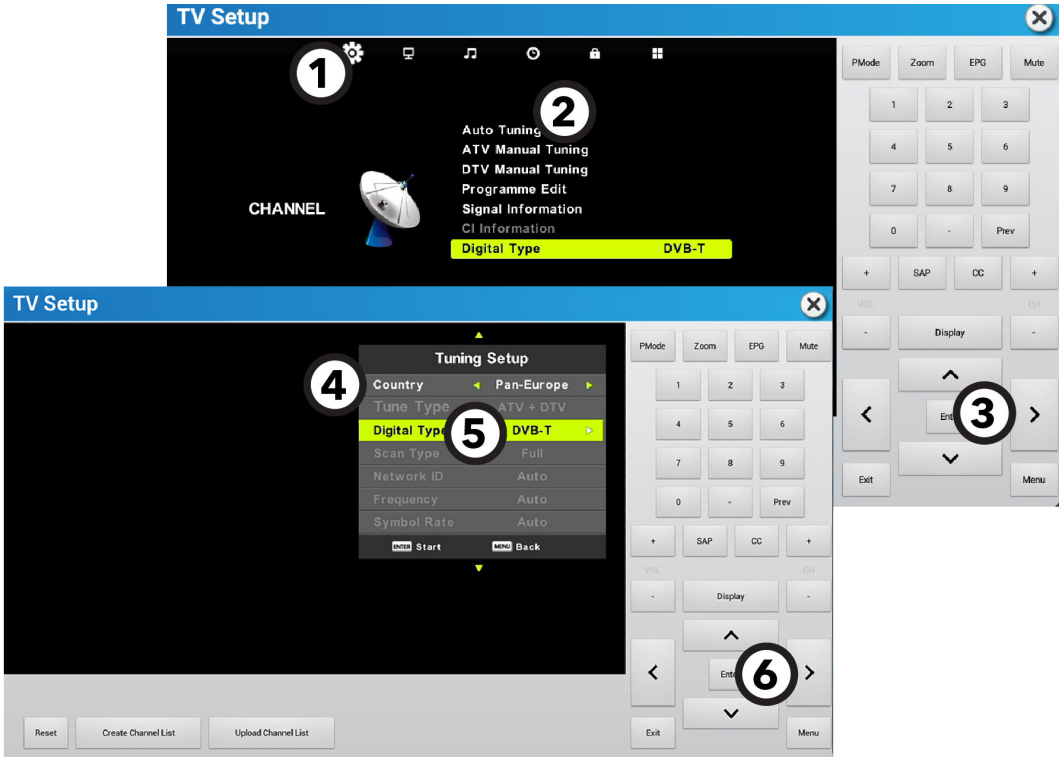
   - **Cable** scans for Pro:Idiom encrypted digital, clear digital, and analog channels.
   - **Air** scans for digital channels from local terrestrial antenna.
   - **Air + Cable** scans for all signal types.
3. Press ▲ or ▼ to navigate to **Auto Scan**, and press ▶or **Enter** to scan for channels.
4. Press ◀ or ▶ to select **No** or **Yes**, and press **Enter**.

TV Channel Scan for Legacy DVB Tuner



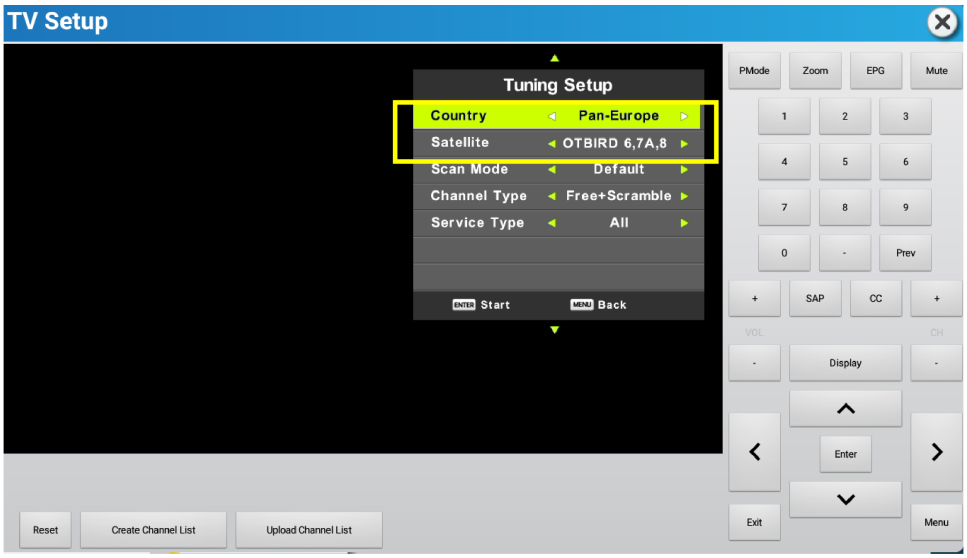
1. Press ◀ or ▶ to navigate to **Channel**.
2. Press ▲ or ▼ to navigate to **Auto Tuning**.
3. Press **Enter**.
4. Press ▲ or ▼ to navigate to **Country**, then press ◀ or ▶ to select your country.
5. Press ▲ or ▼ to navigate to **Digital Type**, then press ◀ or ▶ to select your digital TV standard.
6. Press **Enter** to scan for channels.

TV Channel Scan for DVB Tuner



1. Press ◀ or ▶ to navigate to **Channel**.
2. Press ▲ or ▼ to navigate to **Auto Tuning**.
3. Press **Enter**.
4. Press ▲ or ▼ to navigate to **Country**, then press ◀ or ▶ to select your country.
5. Press ▲ or ▼ to navigate to **Digital Type**, then press ◀ or ▶ to select your digital TV standard.

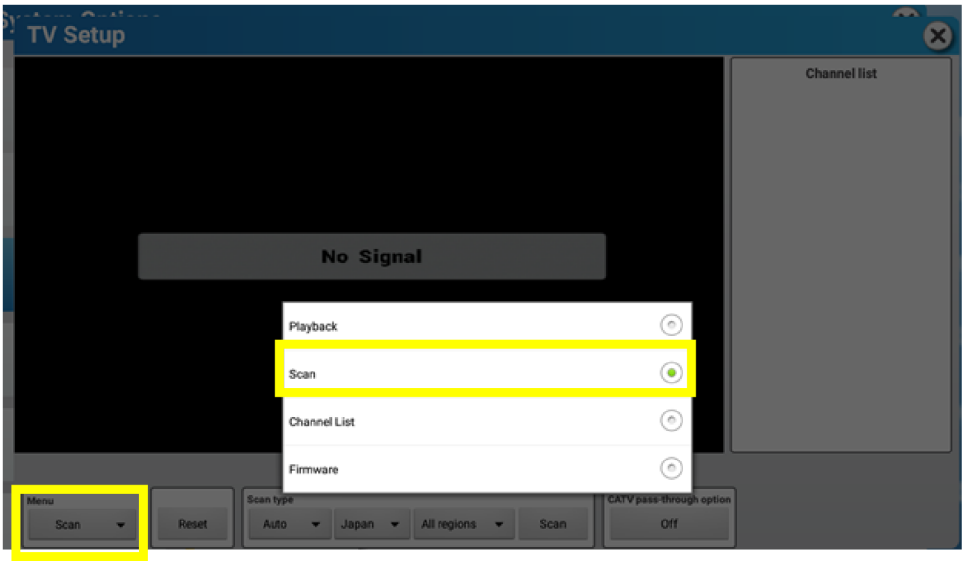
   If **DVB-S** is chosen for the **Digital Type** select **Country** and **Satellite** type using the ◀ or ▶ before initiating the channel scan.



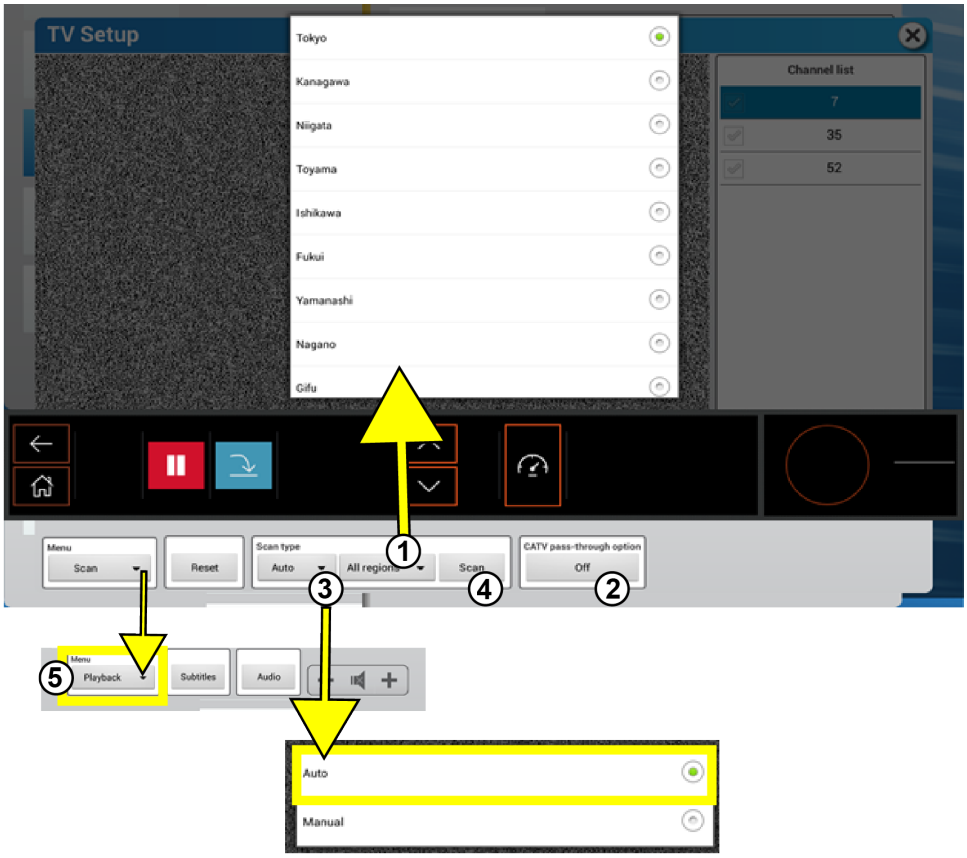
6. Press **Enter** to scan for channels.
7. Press ▲ or ▼ to navigate signal type if **DVB-S** is selected as the **Digital Type**.

TV Channel Scan for ISDB-T Tuner

Select **Scan** from the TV Setup Menu options.



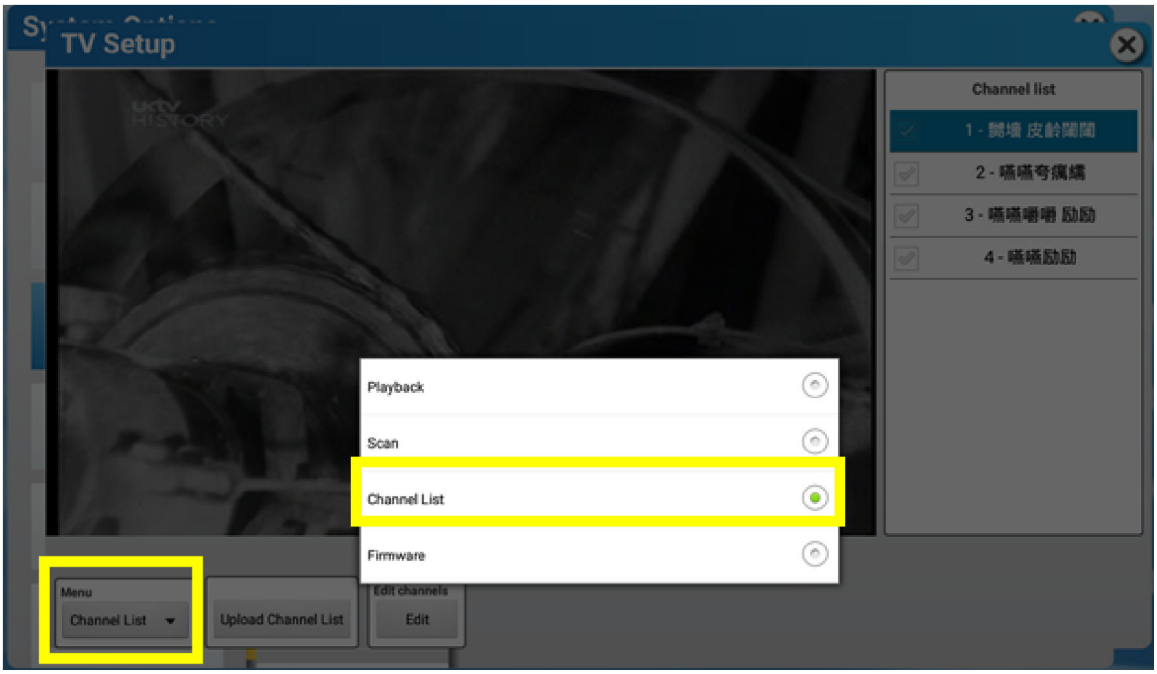
1. Select **All Regions** to pull up a list of regions. Choose applicable region.
2. Set the **CATV Pass Through Option** to **OFF**.
3. Choose **Auto** for **Scan Type** selection.
4. Press **Scan** to start scanning for channels.
5. Choose **Playback** from Menu options to view the video.



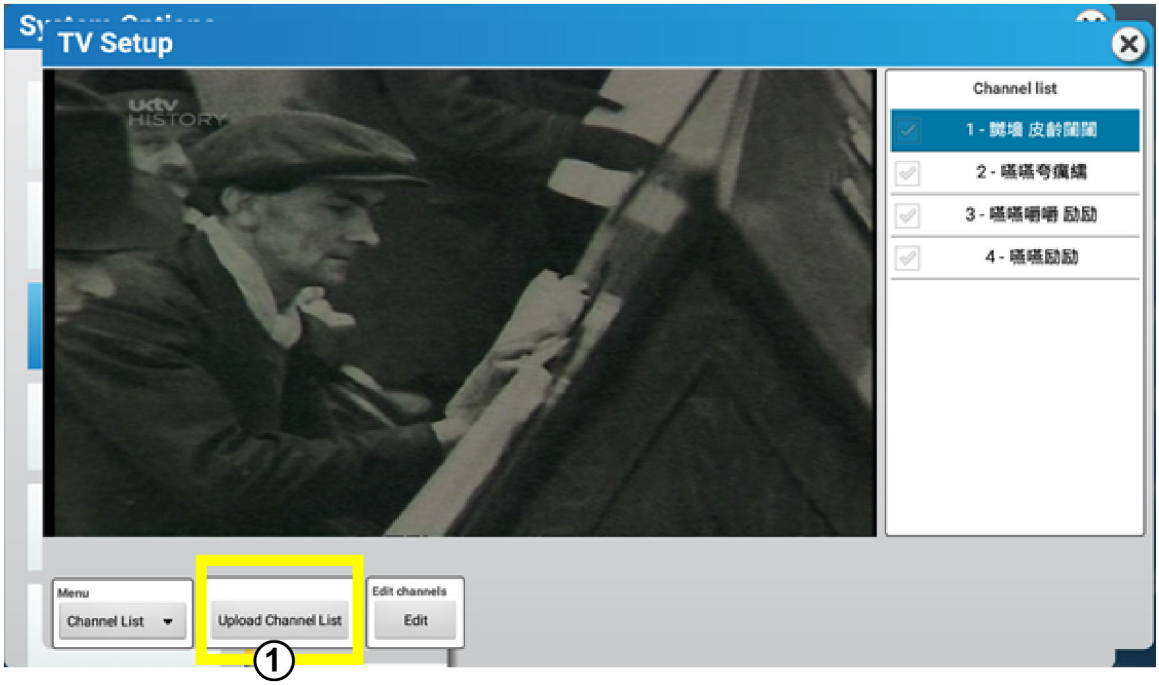
NOTE: If the tuner doesn't pick up channels, set the **CATV Pass Through Option** to **ON** and rescan for channels.

Channel List Management for ISDB-T Tuner

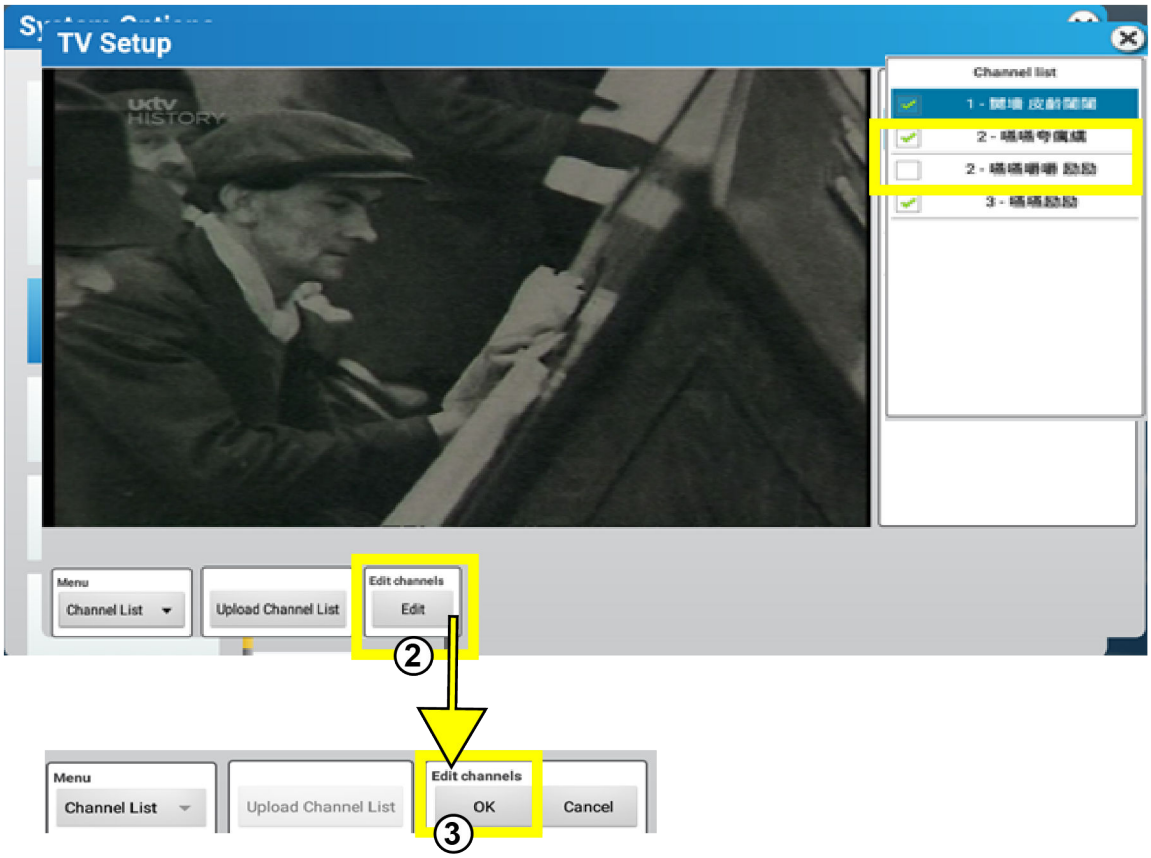
Select **Channel List** from the TV Setup Menu options.



1. Select **Upload Channel List** to upload a channel list to Halo Fitness Cloud (if connected).

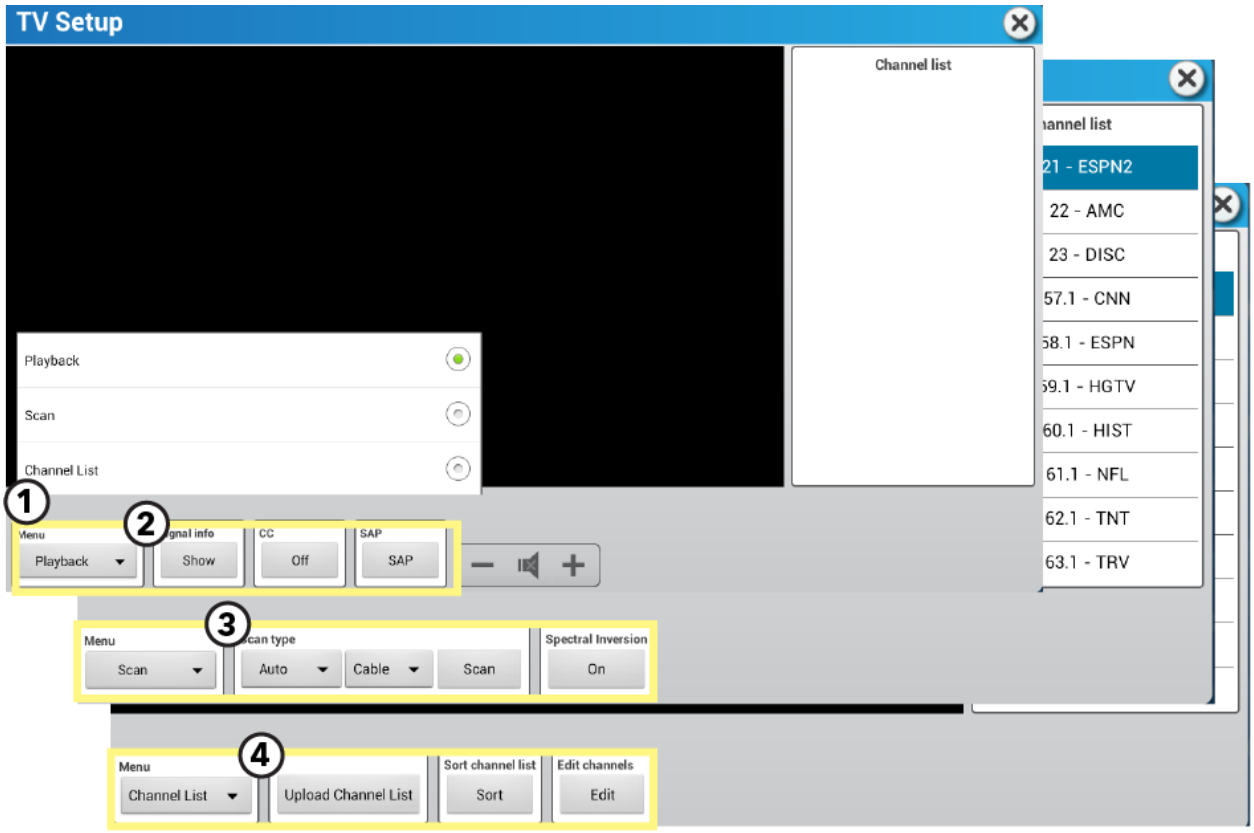


2. Select **Edit** to edit the channel list. Uncheck channels to hide the channels from the user. Hidden channels will not be options during workouts.



USB TV

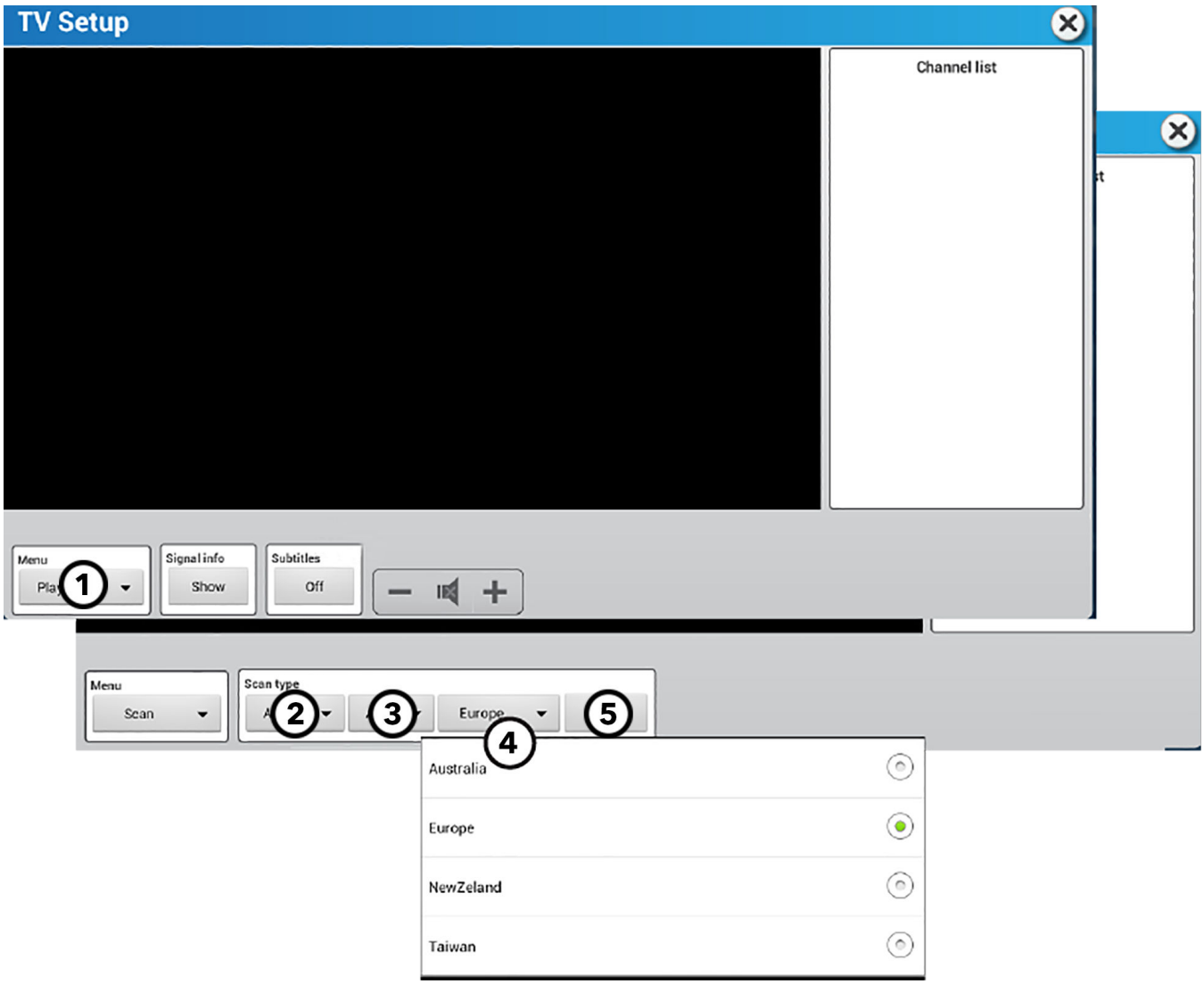
USB TV Setup for ATSC Tuner



1. **Menu**
   - Playback (*Default*)
   - Scan
   - Channel List
2. **Playback Menu**
   - Signal Info (*provides current signal status*)
   - CC (On / Off)
   - SAP (*toggles between audio sources when multiple are available*)
3. **Scan Menu**
   - Scan Type
     - Auto / Manual
     - Cable / Air
     - Scan
   - Spectral Inversion

     Used with channel scan to enable the capture of inverted channels produced from the TV headend.

     NOTE: Consult A/V Integrator if unsure if inversion is used.
4. **Channel List Menu**
   - Upload Channel List (*send channel list to LF Connect*)
   - Sort Channel List (*reorder channels*)
   - Edit Channels (*change channel names*)



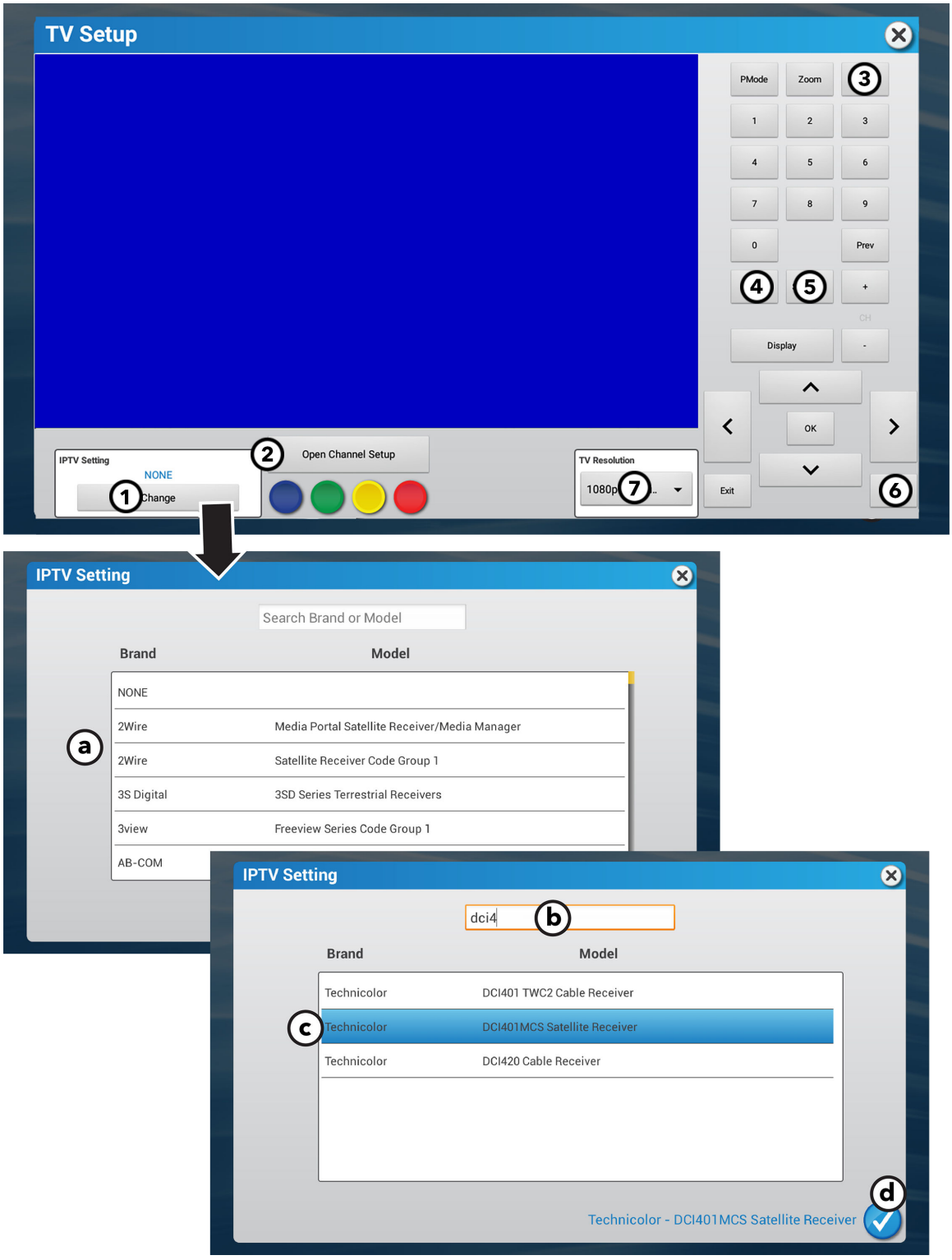
Pressing the button in the **Menu** field will display the following options:

- **Playback**
- **Scan**
- **Channel List**

1. Select **Scan**.
2. Select **Auto** or **Manual**.
3. Select **Air** or **Cable**.
4. Select your country.
5. Press **Scan** to scan for channels.

STB SYNC

NOTE: Select the IPTV Setting at installation to match the Set Top Box (STB) brand / model in the facility's AV closet.



These commands are sent to the corresponding STB. The STB determine the actions. See the STB manufacturer's documentation for detailed functionality and descriptions.

1. **IPTV Setting**

   Select **Change**.

   Search for the STB brand and model.

   a. Scroll through the list of brands and models, or type the name of the brand or model in the **Search Brand or Model** box.
   b. Select the row with your desired brand and model.
   c. The selected brand and model is displayed.
   d. Press the checkmark to confirm.

   NOTE: Select the IPTV Setting at installation to match STB brand / model in the facility's AV closet.

   NOTE: There may be multiple rows for the same brand and model. Each row will have different STB remote control codes, so multiple rows may need to be attempted during configuration.

   NOTE: Rows containing the model description **Legacy Product - do not use for new console installs** should not be selected manually during installation of new consoles, regardless of whether the corresponding STB is new or not.

2. **Generic Color buttons**

   STB defines the actions.

3. **EPG (*if available*)**

   Lists current and upcoming programs for selected channels.

4. **SAP (*if available*)**

   Toggles between normal and SAP audio channel.

5. **Subtitles**

   Press to turn Subtitles On/Off.

6. **Menu**

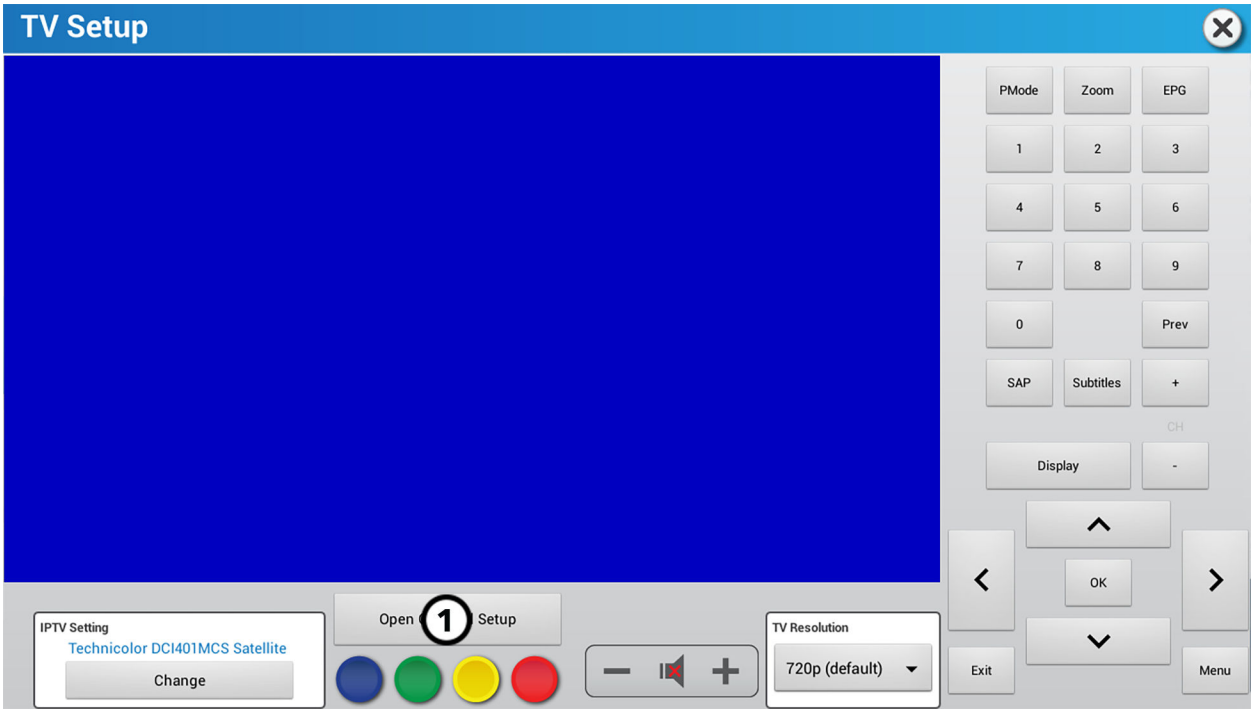
   STB menu (*if available*)

7. **TV Resolution**

   Change TV resolution.

   - The TV resolution default setting is selected.
   - The TV resolution change only applies within the **TV Setup** menu and will be reset back to the default after exiting the **TV Tuner Setup** menu.

Open Channel Setup



After scanning for channels or installing a STB, press **Open Channel Setup** to customize your channel list for the Workout Screen.

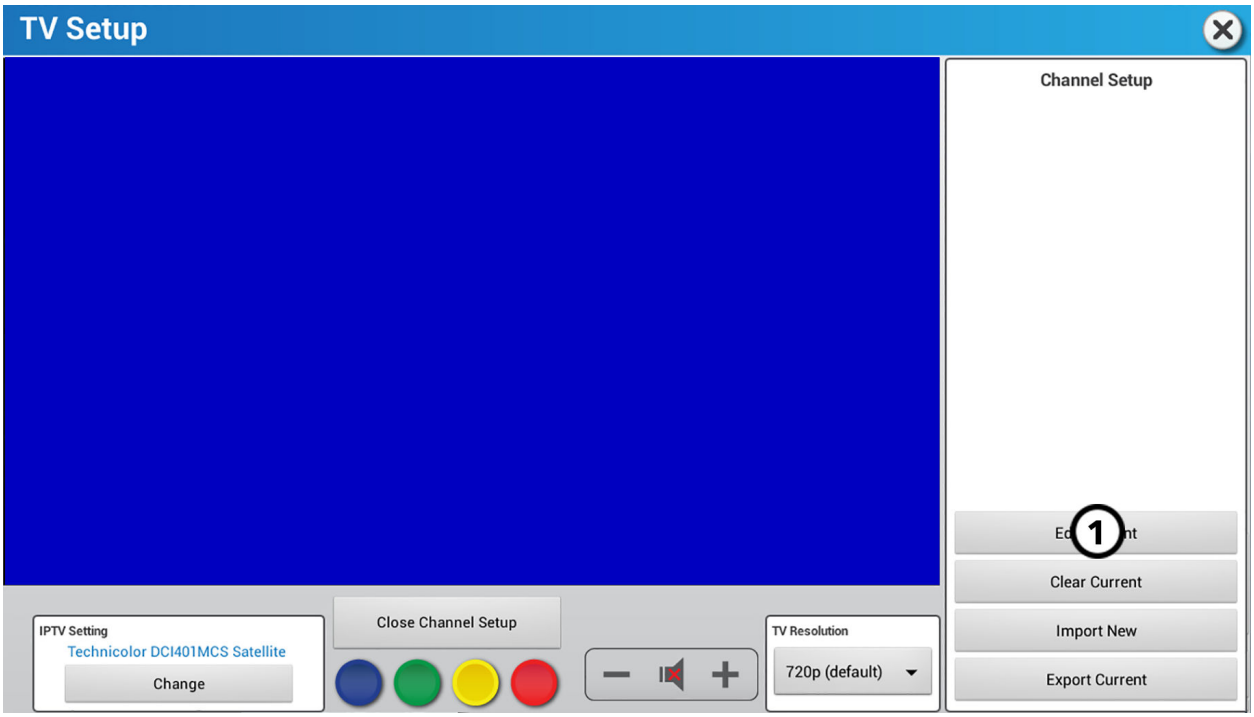
The Open Channel Setup menu has four options:

- Edit Current - Edit titles, add titles, remove titles, and save titles.
- Clear Current - Deletes existing channel lists.
- Import New - Replicates a channel list from a different unit.
- Export Current - Saves a channel list to a USB flash drive for replication on different units.

Edit Current

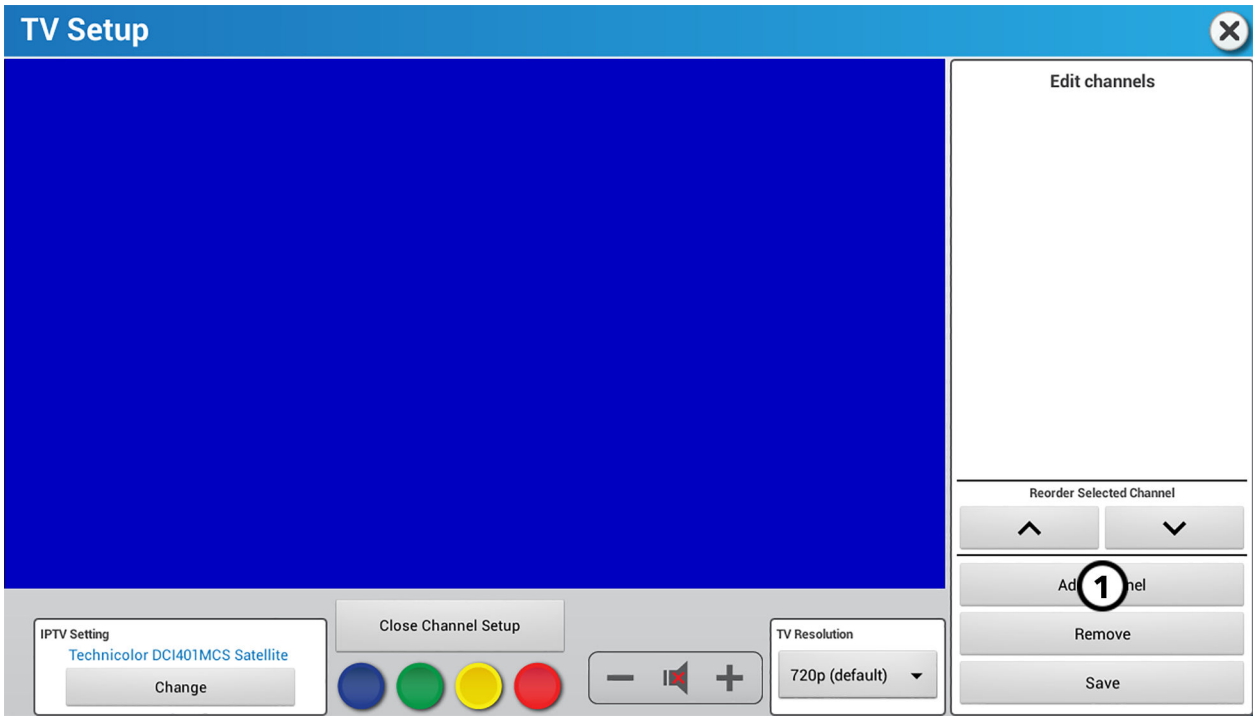
Press **Edit Current** to access the following menu options:

- Add Channel - Add one or many channels and edit channel titles.
- Remove - Remove unwanted channels.

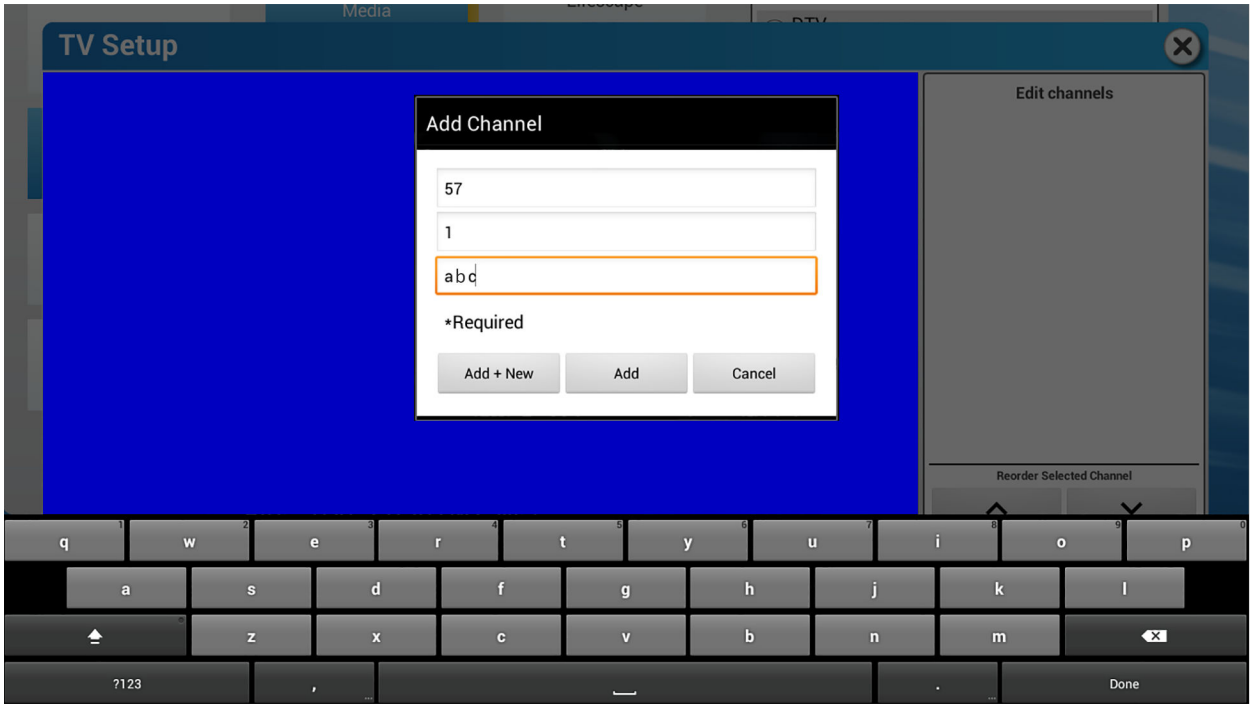


Add Channel

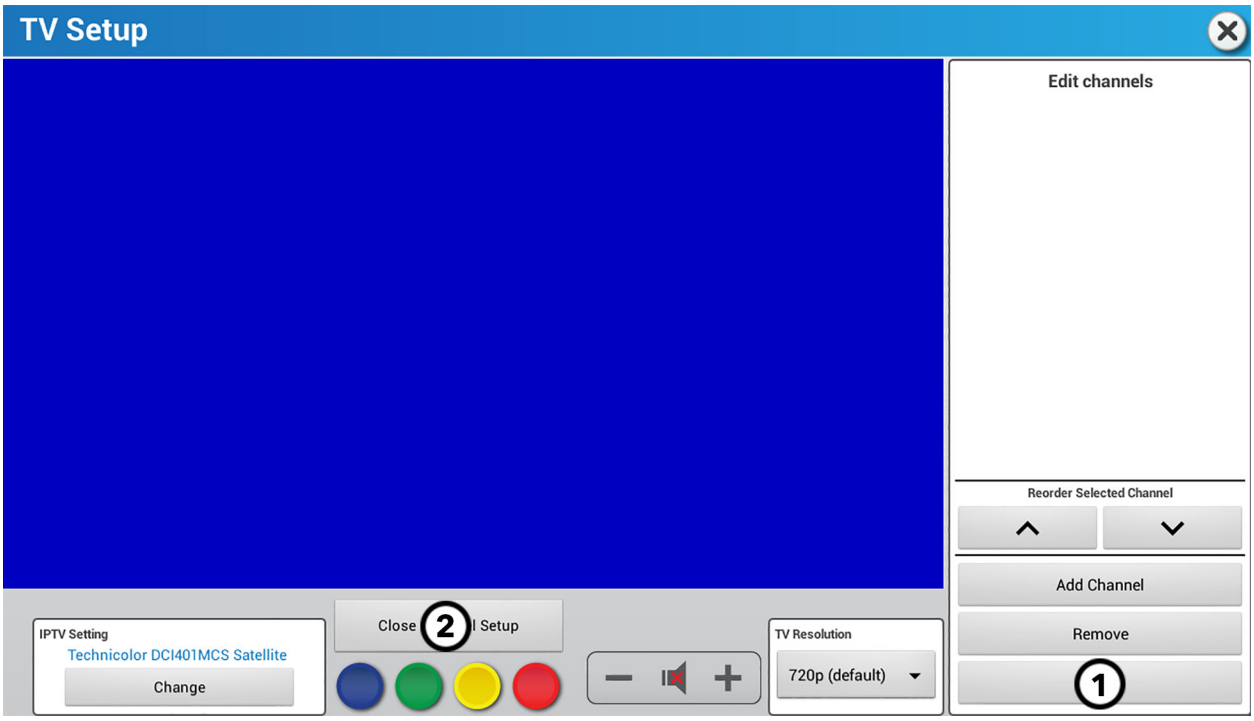
1. Press **Add Channel**.



2. Type the channel number in the **Major number*** box.



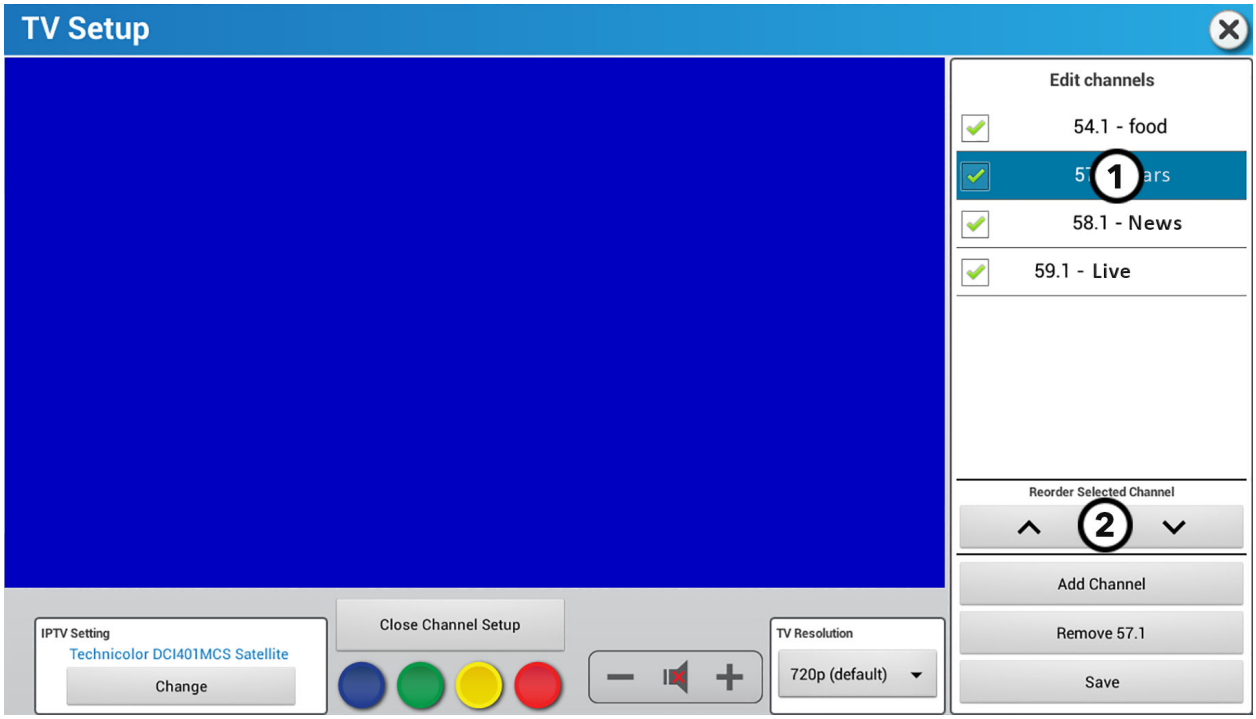
3. Type the channel sub-number or program number in the **Minor number** box.
4. Type the channel name in the **Channel name*** box.
5. Choose one of the following:
   - Press **Add + New** if you have more channels to add to your channel list.
   - Press **Add** if you have only one channel to add to your channel list.
   - Press **Cancel** if you do not want to add your channel.



1. Press **Save** when you are finished adding channels.
2. Press **Close Channel Setup** if you are finished with your channel list.

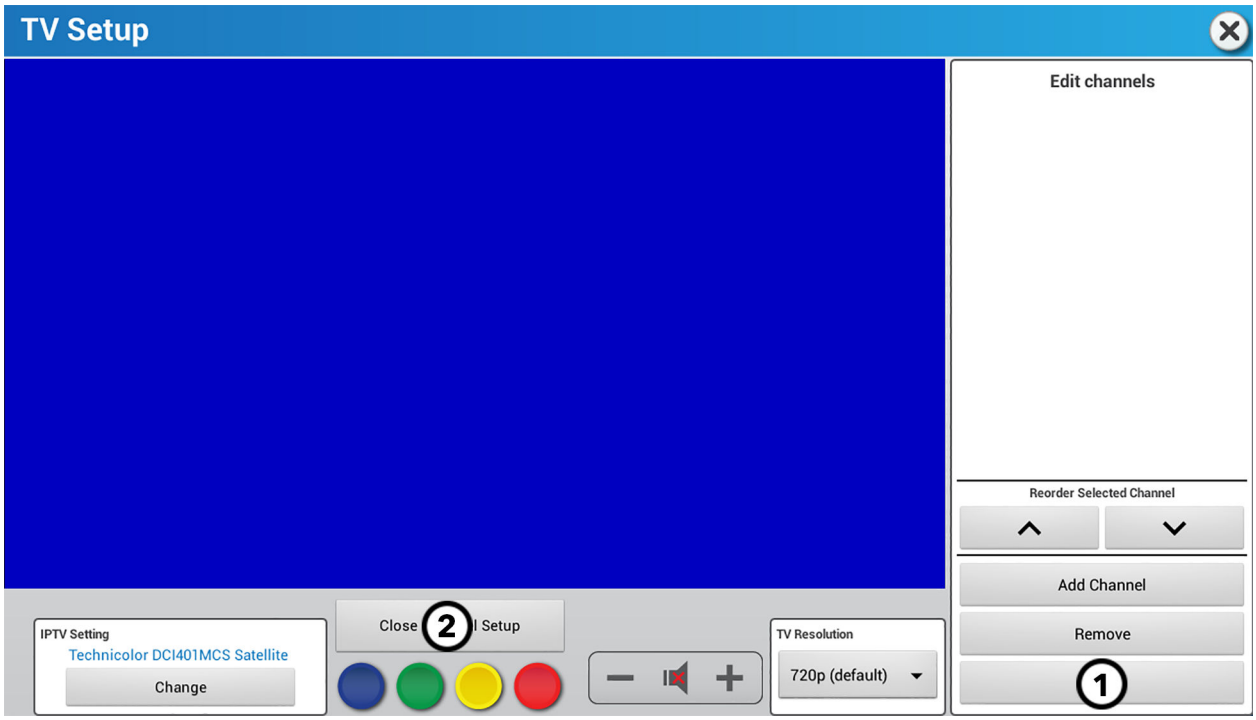
Reorder Selected Channel

1. Press on the channel you want to reorder on your channel list.



NOTE: The order of the channel list that you create will appear within the workout menu.

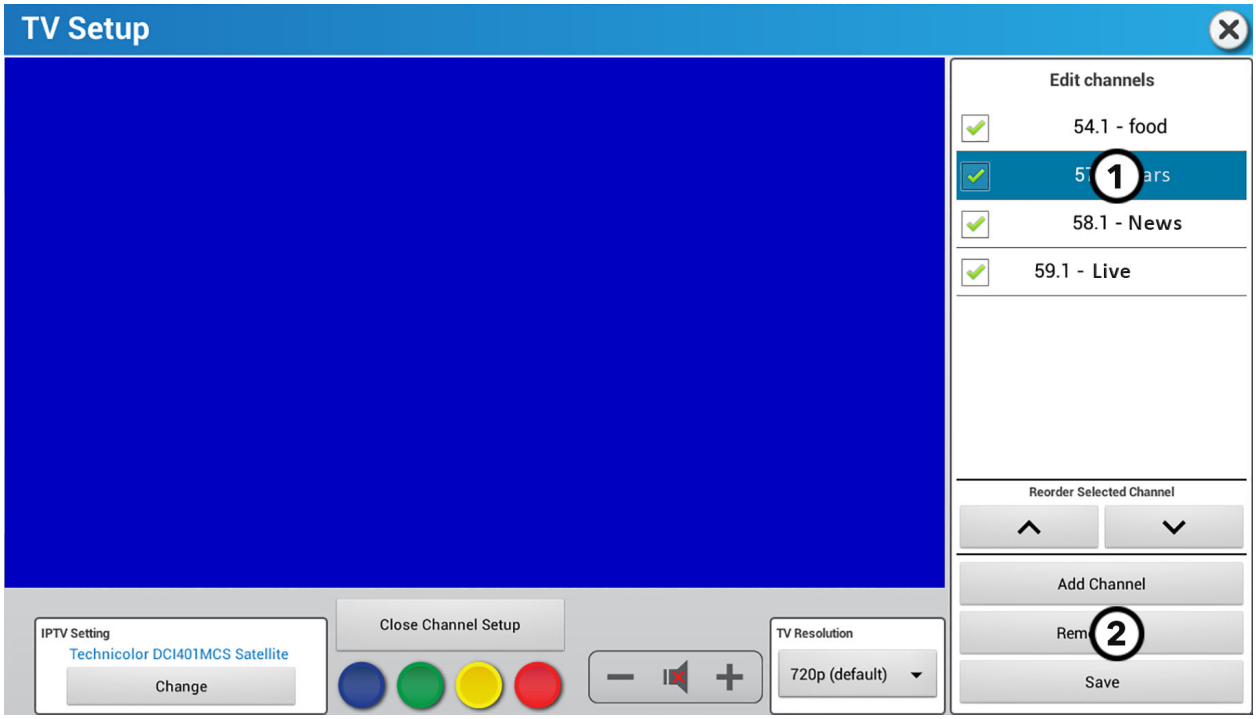
2. Press ▲ or ▼ to rearrange the channel on your channel list.



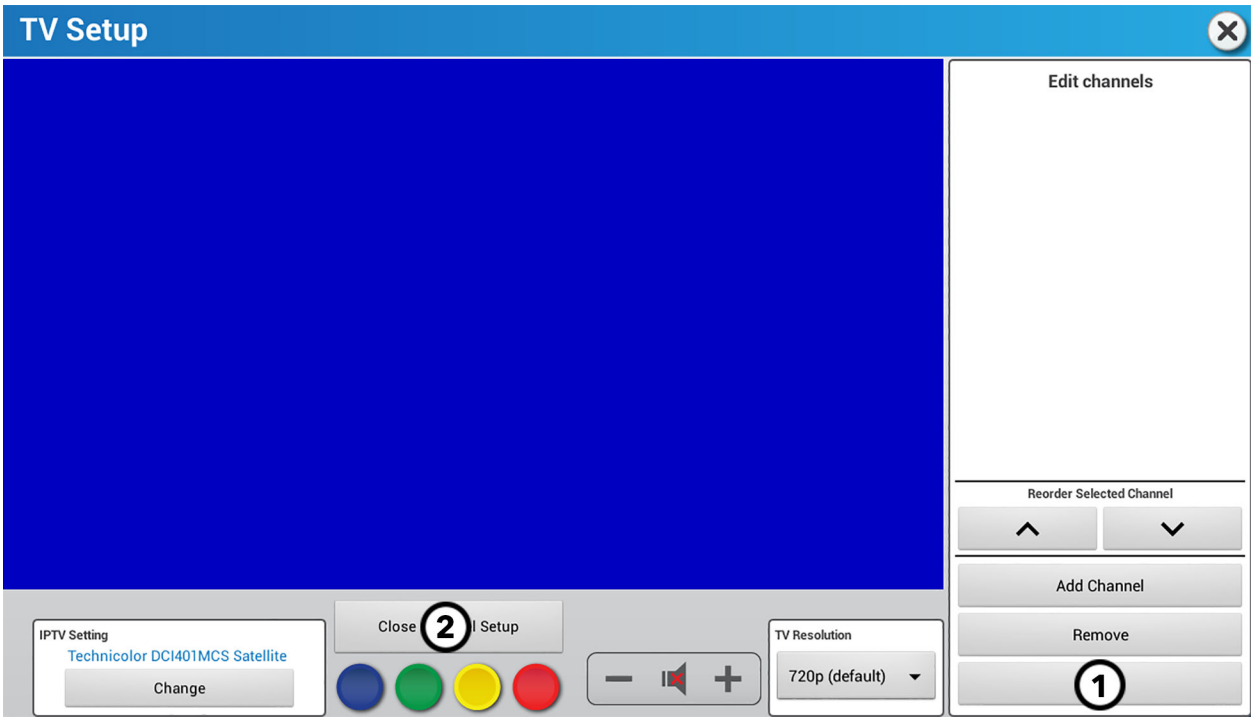
1. Press **Save** when you are finished reordering your channels.
2. Press **Close Channel Setup** if you are finished with your channel list.

Remove

1. Press on the channel you want to remove from your channel list.



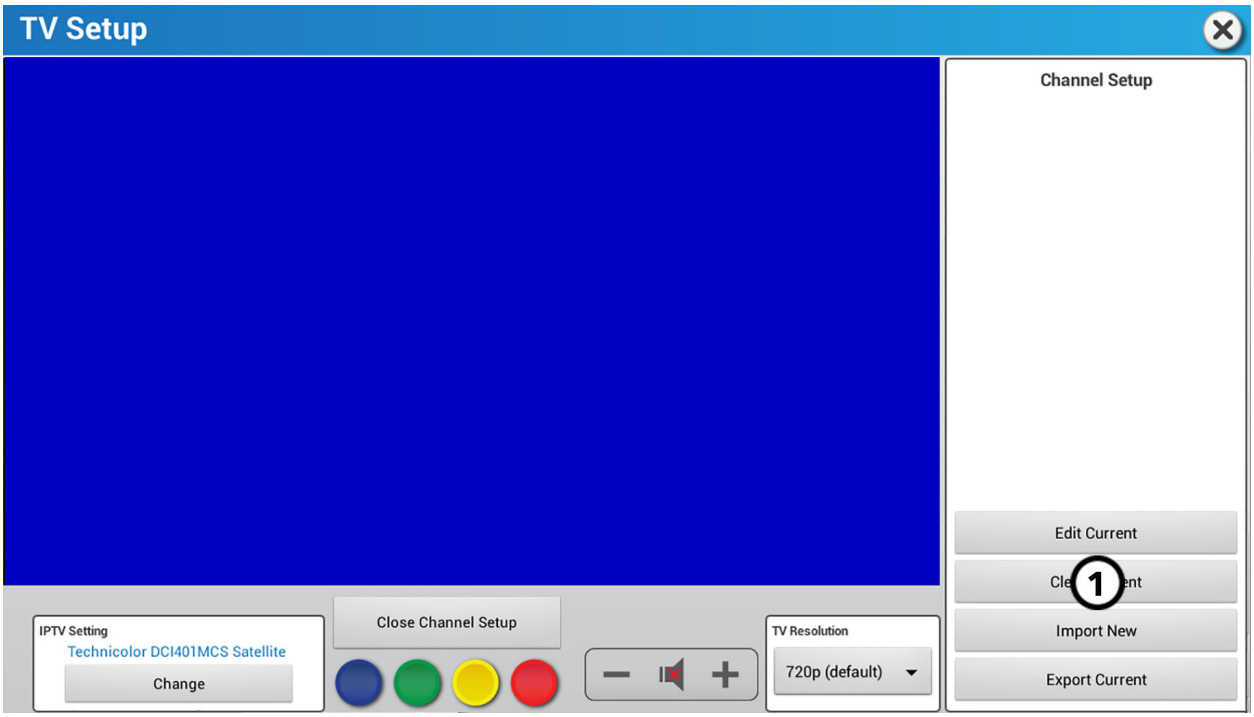
2. Press **Remove**.



1. Press **Save** when you are finished removing channels.
2. Press **Close Channel Setup** if you are finished with your channel list.

Clear Current

Press **Clear Current** to delete an existing list of channels, and create a new list of channels.

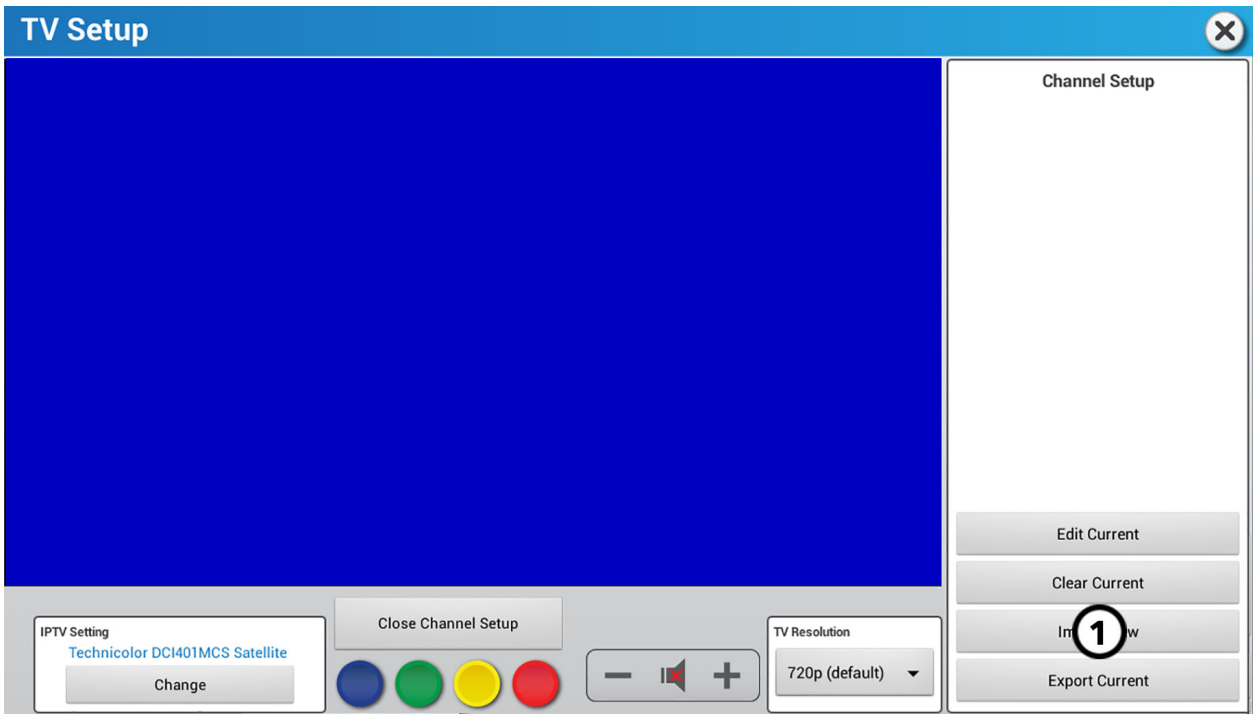


Import New

The Import New feature requires a channel list on a different unit and a USB flash drive. You will use the Export Current feature on another unit before using the Import New feature.

Import a channel list from a different unit:

1. Locate another unit with a current channel list.
2. Insert a USB flash drive into that unit's USB port.
3. Perform an Export Current on the that unit.
4. Remove the USB flash drive from that unit.
5. Install the USB flash drive on your unit.
6. Press **Import New**.



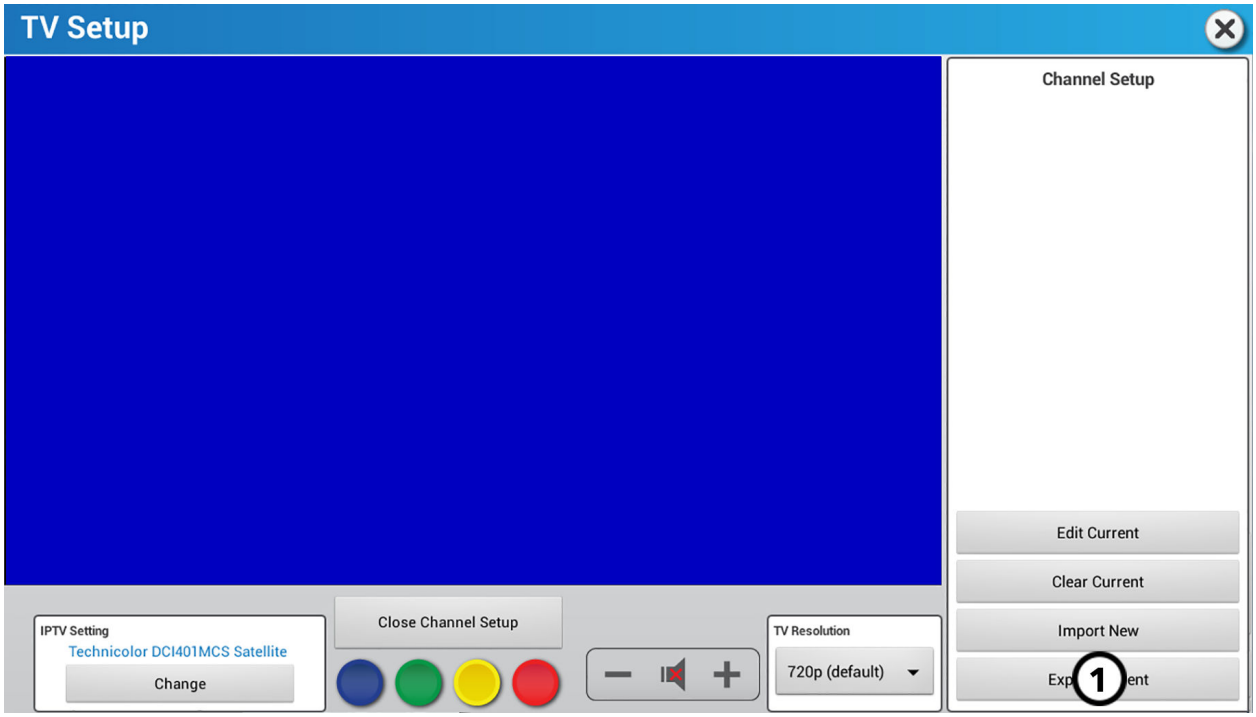
7. Verify that your unit has imported the channel list from the other unit.

Export Current

The Export Current feature is used when you want to save your current channel list on multiple machines. You will use the Import New feature after using the Export Current feature.

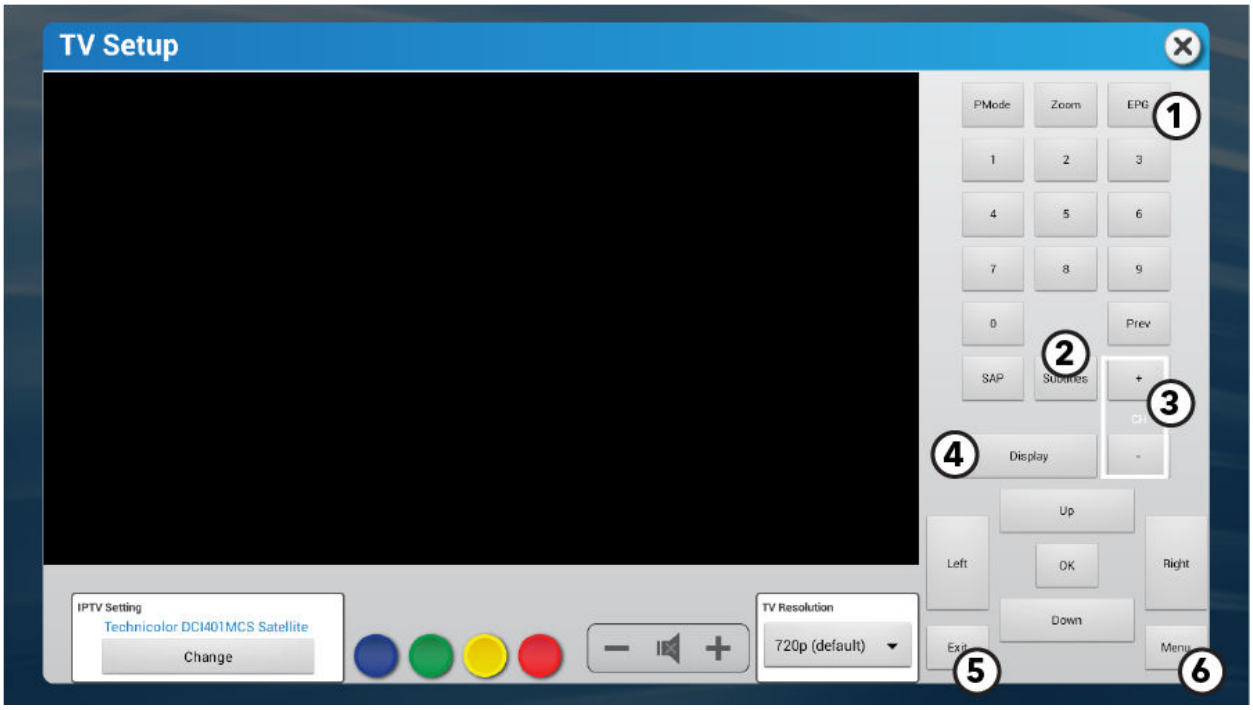
To export a unit's current channel list:

1. Insert a USB flash drive into the front USB port of a unit with a current channel list.
2. Press **Export Current**.



See Import New for directions about importing your channel list on the USB flash drive to other machines.

Legacy Pro:Idiom

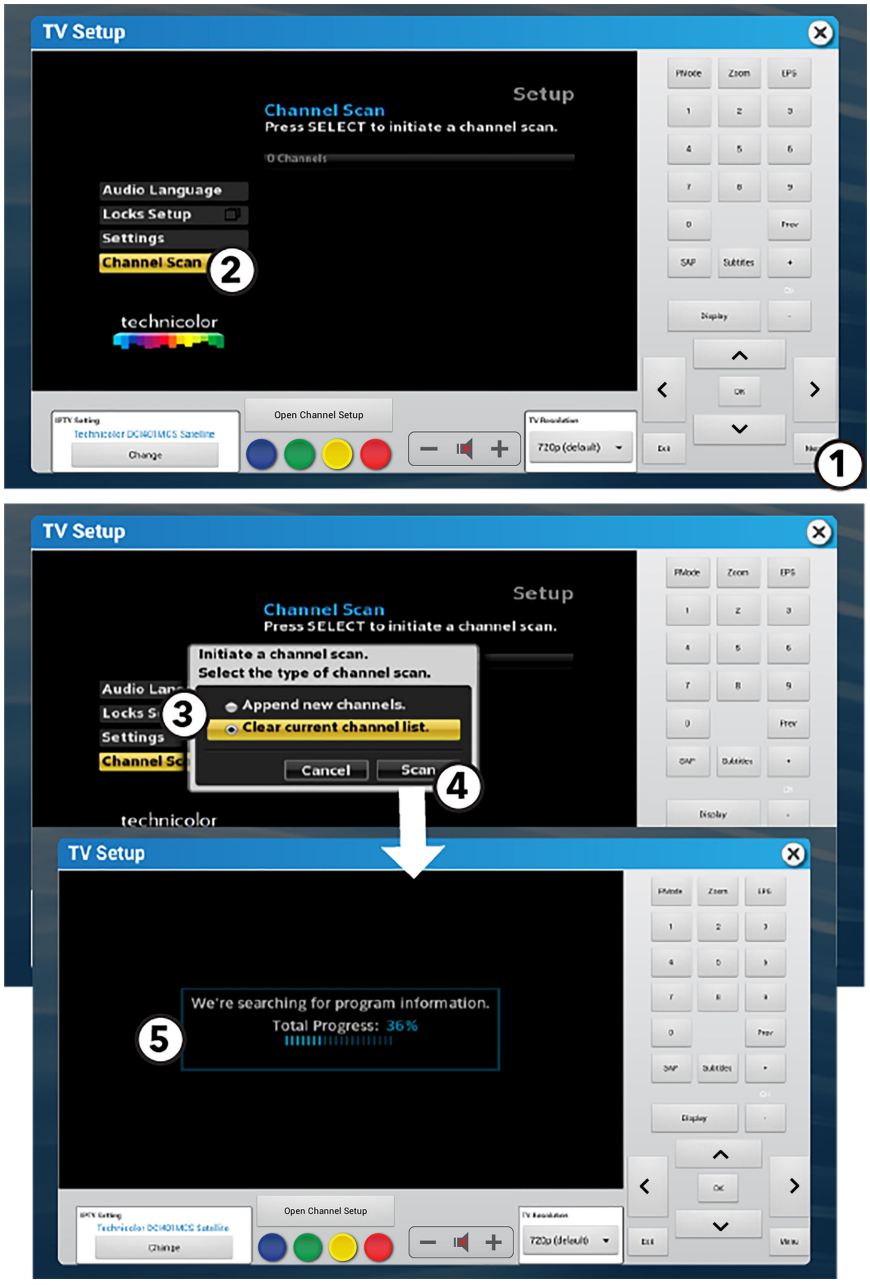


To access the **Pro:Idiom TV Setup** menu, use tuner type **STB IPTV**.

1. **EPG**
   Press to access the Electronic Program Guide (EPG).
2. **Subtitles**
   Press to turn Subtitles On / Off.
3. **Channel keys**
   Use to move channels up (**+**) or down (**-**).
4. **Display**
   Current channel information is shown.
5. **Exit**
   Press to exit the **TV Setup** menu.
6. **Menu**
   Access Tuner Setup menu options:
   - Tuner Setup
   - Video
   - Channel
   - V Chip

For the IPTV Setting, the default should be set to Technicolor DCI401MCS satellite receiver. If control of the Pro:Idiom solution is not working, please make sure this setting is correct.

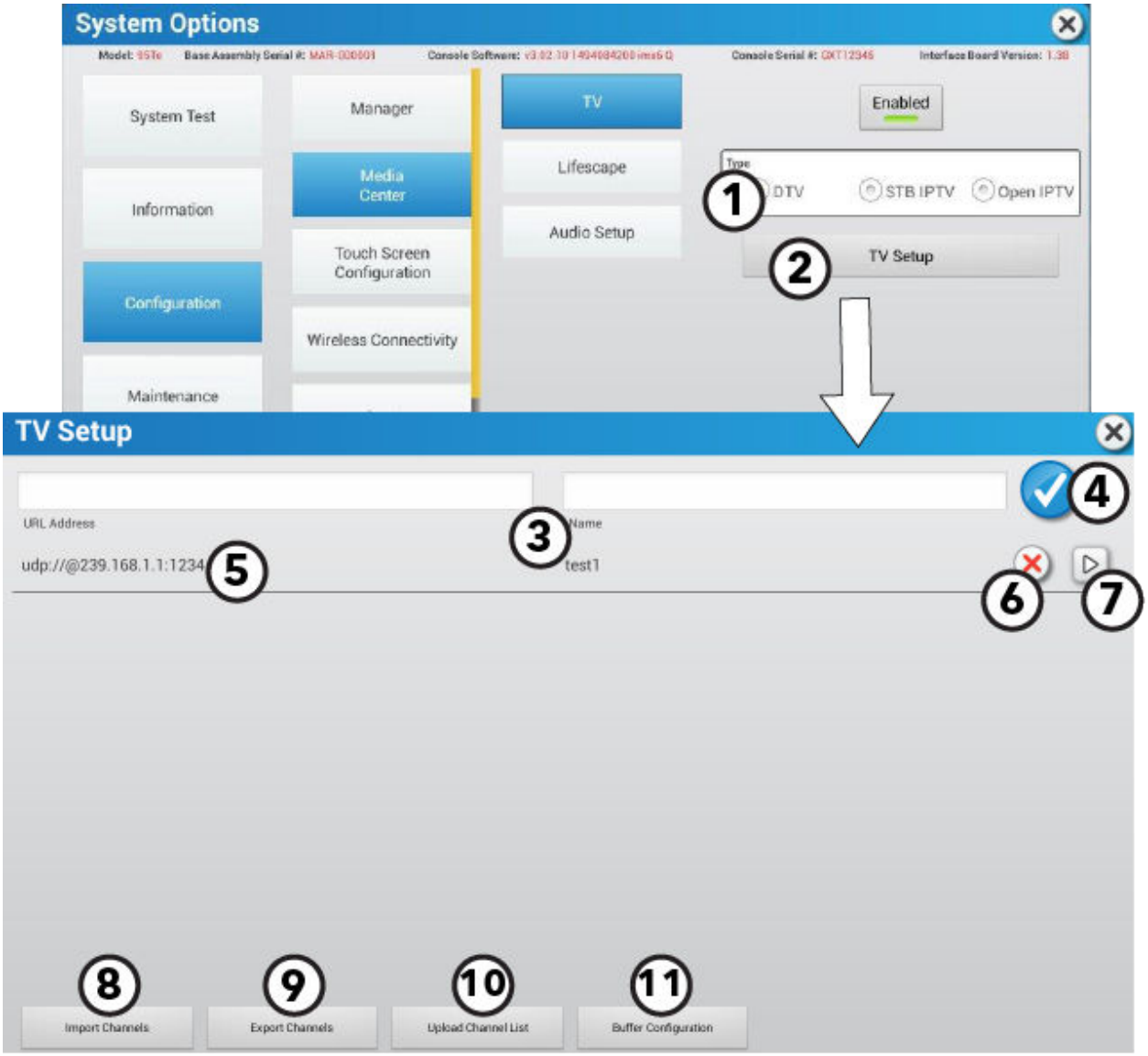
Channel Scan



These commands are sent to the corresponding Set-Top Boxes. The Set-Top-Boxes determine the actions. See the Set-Top-Box manufacturer's documentation for detailed functionality descriptions.

1. **Menu**
   Press to access **TV Setup** menu.
2. **Channel Scan**
   Use ▲ and ▼ to scroll to the **Channel Scan** option. Press **Ok** to enter the selection.
3. **Initiate a channel scan**
   Choose **Clear Current Channel List**.
4. **Scan**
   Press to begin channel scan.
5. **Progress Screen**
   Displays scan progress.

Open IPTV



Open IPTV allows custom channel creation.

1. **Tuner Type**
   The Open IPTV tuner type only shows when the console is configured for Open IPTV.
2. **TV Setup**
   Press to access the Open IPTV **TV Setup** menu.
3. **Custom Channel**
   - Input URL address - Enter each UDP address assigned to each channel.

     NOTE: The format should use udp://@(IP Address: Port)
   - Create channel name
4. Press the checkmark to save the channel to the channel list.
5. **Channel Table**
   URL address and channel name populate in a channel table.
6. Press the **X** to delete the selected channel.
7. **Preview Channel**
   Press ▶ to open a separate window to preview the selected channel.
8. **Import Channels**
   Import channel list from an inserted USB stick.

9. **Export Channels**

   Export channel list to an inserted USB stick.

10. **Upload Channel List**

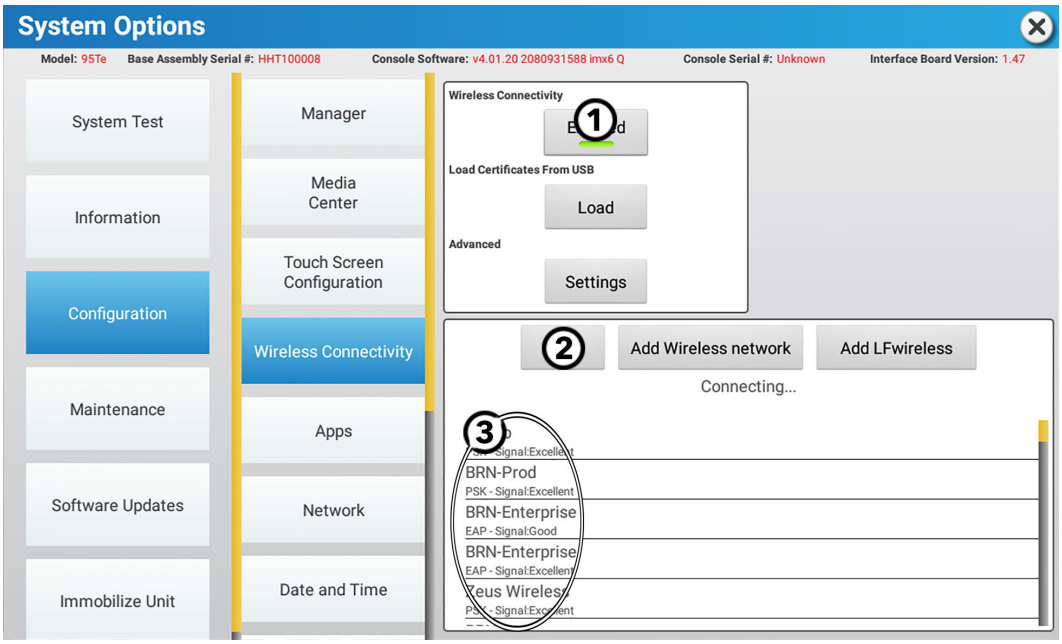
    Uploads your channel list to Halo Fitness Cloud (if connected) and instantly to all units in the facility if units are connected to the internet.

11. **Buffer Configuration**

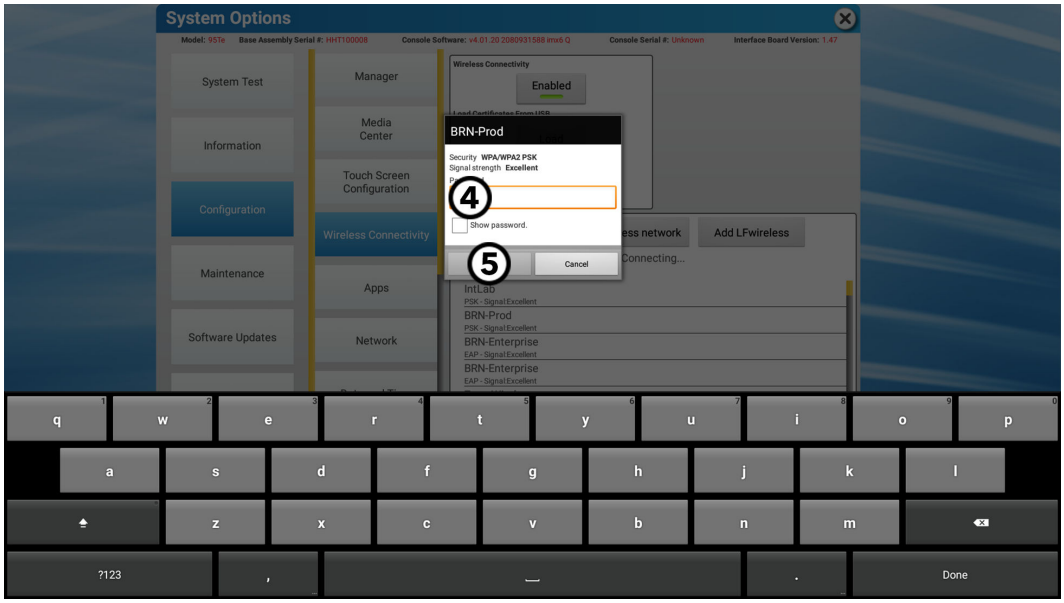
    Change the amount of buffered data to optimize video streaming.

Wireless Connectivity

NOTE: If your equipment is connected to the internet with an Ethernet cable, please see the Ethernet section in the Configuration Menu.



1. Press **Enable/Disable** to activate or deactivate wireless abilities.
2. Press **Scan** to scan for wireless networks in your area.
3. Find and select your wireless router by pressing on the screen.



4. Enter your wireless router's password.
5. Press **Confirm** to establish a connection to your wireless router.

Internet Requirements

Minimum download bandwidth requirements for 1-16 units:

- 2.5 mbps
- +0.25 mbps for more than 16 units.

Minimum upload bandwidth requirements for 1-20 units:

- 0.5 mbps
- +0.25 mbps for more than 20 units.

Wired Local Area Network (LAN) requirements:

You will need to provide the DHCP addresses for all of your units if your units are wired to the internet using an Ethernet cable. You will need a switch capable of aggregating the individual Ethernet cables.

1-7 units

- 8-port 10/100/1000

8-23 units

- 24-port 10/100/1000

24-47 units

- 48-port 10/100/1000

Wireless Local Area Network (LAN) requirements:

- Dual band 2.4/5 GHz wireless router
- WPA2-PSK wireless router security
- Equipment must be mounted to the ceiling or wall. Do not place your wireless routers on the floor.

7. Maintenance and Troubleshooting

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.

The following preventive maintenance tips will keep the product operating at peak performance:

- Locate the product in a cool, dry place.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see Approved and Compatible Cleaners) and a microfiber cloth.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.

Approved and Compatible Cleaners

Two preferred cleaners have been approved by reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient for gym staff to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: customersupport@lifefitness.com).

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

Troubleshooting

Malfunction	Probable Cause	Corrective Action
No Power.	ON / OFF switch is not in proper position.	Turn the switch to the ON position.
	Power source is insufficient.	Plug treadmill into a dedicated 20 amp circuit. Using a voltmeter, verify power at outlet. If no power exists, reset circuit breaker at panel.
	Line cord is damaged.	Replace line cord. Contact Customer Support Services.
	Line cord is improperly seated in socket.	Inspect power connection at wall outlet and at machine for proper contact.
	NOTE: International Platinum Club Series Treadmills (PCST) only: You may be in "Energy Saving Mode".	Treadmill will go into Energy Saving Mode after 5 minutes of inactivity. To wake up the console, step on the treadmill belt. The treadmill will automatically wake up and the console will light up. Waking up the treadmill takes approximately 50 seconds after stepping onto the belt.
	NOTE: International Platinum Club Series Units only (PCSC, PCSR, PCSX): You may be in "Energy Saving Mode".	Unit will go into Energy Saving Mode after 5 minutes of inactivity. To wake up the console, pedal until you hear a beep. The unit will automatically wake up and the console will light up. Waking up the unit takes approximately 50 seconds after beginning to pedal.
Treadmill striding belt slips off-center.	Floor surface is uneven.	Check levelers and level treadmill. Check striding belt and re-tension as necessary. Refer to Assembly Instructions.
Maximum treadmill speed is reduced.	User is pushing striding belt. This occurs when the runner is running faster than the striding belt will travel, with the result of the striding belt being pushed with the runner's feet.	Instruct users not to push striding belt in either direction.
	User is stalling striding belt. This will occur with heavier users at lower striding belt speeds. The striding belt will "stall" if the user is traveling slower than the striding belt speed.	
	Striding belt/deck malfunctions. The deck laminate is worn through or the underside of striding belt is glazed over (hard, glossy).	Replace belt and deck. Contact Customer Support Services.
	Power source is insufficient.	Plug treadmill into a dedicated 20 amp circuit.
Rubbing sound comes from underneath treadmill.	Foreign objects may be stuck underneath the machine.	Inspect underneath striding belt and machine. Remove any debris or objects that may cause interference with the treadmill.
Display does not illuminate when machine is powered on.	Loose connection at display console or motor control board.	Check all electrical connections for proper attachment. Contact Customer Support Services.

Troubleshooting - Heart Rate Reading

Malfunction	Probable Cause	Corrective Action
Heart rate reading is initially detected and functioning normally but then is lost.	Use of personal electronic devices, such as cell phones and portable MP3 players, causes external noise interference.	Remove the source of noise or reposition the exercise equipment.
	Equipment is in close proximity to other sources of noise such as audio/video equipment, fans, two way radios, and high voltage/ high current power lines.	
Heart rate readings are abnormally elevated.	Television sets and/or antennas, cell phones, computers, cars, high voltage power lines, motor driven exercise equipment , and another heart rate transmitter within 3 ft. (0.9 m) generate electromagnetic interference.	Move the product a few inches away from the probable cause, or move the probable cause a few inches away from the product, until the heart rate readings are accurate.
Heart rate reading is erratic or absent entirely.	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes (see Optional Polar Telemetry Heart Rate Chest Strap).
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin (see Optional Polar Telemetry Heart Rate Chest Strap).
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 ft. (0.9 m) of the heart rate receiver.	Make sure the chest strap transmitter is within 3 ft. (0.9 m) of the heart rate receiver.
	Polar telemetry heart rate chest strap battery is depleted.	Contact *Life Fitness* Customer Support Services for instructions on how to have the Polar telemetry heart rate chest strap replaced.
	Polar telemetry heart rate chest strap did not lock in with the heart rate receiver.	Make sure the Polar telemetry heart rate chest strap is properly attached to the user's chest and move closer to the heart rate receiver inside the console. Wait up to 10 seconds for the heart rate to display on the console. The overall range of the heart rate strap is approximately 3 ft. (0.9 m) after it communicates with the receiver. The strap must be 1.5 - 2 ft. (0.5 - 0.6 m) away from the receiver in order to start communicating. When the display shows a heart rate value stay within 3 ft. (0.9 m). Notes: **1.** Ensure proper adherence of the Polar telemetry heart rate chest strap to user's chest. **2.** Ensure proper conductivity between the electrodes and user's chest. **3.** If needed, use the Polar watch to verify chest strap's operation.

Troubleshooting - Life Fitness On Demand+

Malfunction	Probable Cause	Corrective Action
On-Demand Workouts / Streaming Interactive Terrains library is not displaying.	On-Demand Workouts / Streaming Interactive Terrains has not been activated.	Activate On-Demand Workouts / Streaming Interactive Terrains via Manager's Configuration or on Halo.Fitness.
	Equipment is not connected to the internet.	Check network connectivity in Manager's Configuration. Use network speed test on console to verify that your facility has 2.5 Mbps of bandwidth per unit.
On-Demand Workouts / Streaming Interactive Terrains videos are lagging or choppy.	Insufficient internet bandwidth.	Disable On-Demand Workouts / Streaming Interactive Terrains on select number of units to reduce bandwidth strain. Refer to Minimum Download Bandwidth Requirements for specifications.
	Unit requires reboot.	Restart the unit. For optimal functioning, enable Nightly Reboots in Manager's Configuration.
Poor audio quality.	Weak wired headphone connection.	If using wired headphones, ensure proper connectivity within headphone jack. Small adjustments in jack placement should produce crisp and clear audio.
	Bluetooth pairing malfunction.	Unpair and repair Bluetooth headphones with the console. Follow the prompts on screen.

8. Specifications

Console Specifications

Console Screen Type:	LCD surface capacitive touch screen
Discover SE3 HD LCD Touch Screen Size:	21" diagonal (*Treadmill*) 16" diagonal (*Bikes, Cross-Trainer, FlexStrider, PowerMill, Arc Trainer*)
LCD Touch Screen Power Requirement:	20.5 -25.5 VDC @ 3.5 A
Ports:	Type RJ45, interchangeable Network ready connection and Fitness Entertainment port (*power compliant with FitLinxx CSAFE specification dated August 4, 2004: 4.75VDC to 10VDC; maximum current of 85mA*).
Headphone Jack:	3.5mm Stereo
Ambient Temperature Range (*Operating*)	10C - 40c (*nominal 25C*)
Temperature Range (*Storage / Shipping*)	-20C - 60C (*key limiting item: LCD Touch Screen*)
Humidity Range (*Operating*)	5% - 85% RH (*nominal 40% RH, non-condensing*)
Heart Rate Monitoring Systems:	Patented Lifepulse™ digital contact heart rate and Polar® telemetry-compatible heart rate monitoring system
Speed Range (*Treadmill*):	Commercial units: 0.5 - 14.0 mph / 0.8 - 23 kph Home units: 0.5 - 12.0 mph / 0.8 - 19 kph)
Speed Range (*PowerMill*):	20 - 160 spm
Incline Levels (*Treadmill*):	15
Levels (*Arc Trainer*):	100 (0 - 99) (*controls both incline and resistance*)
Resistance Levels: (*Bikes, Cross-Trainer, FlexStrider & PowerMill*):	26 (0 - 25) (*adjustable for bikes; speed independent for cross-trainer and FlexStrider; speed dependent for PowerMill*)
USB Device Charging:	Can be used in combination with Apple 30-pin, Apple Lightning and Android micro USB cables to charge compatible devices.
Broadcast Receiver Capabilities:	NTSC/ATSC or PAL/DVB-T/DVB-T2 or NTSC/ISDB-T (*three separate tuners*). NTSC/ISDB-T support Japan and Brazil versions of the ISDB standard including B-CAS. Additionally supports PAL-M and PAL-N (unique PAL encoding for Argentina, Brazil, Paraguay, and Uruguay where no digital broadcasting is available).
Cable / Satellite Receiver Capabilities:	QAM-B or DVB-C/DVB-S/DVB-S2 QAM-B includes Pro:Idiom decryption capabilities.

Console Dimensions

	Physical Dimensions				Shipping Dimensions			
	Depth	**Width**	**Height**	**Weight**	**Depth**	**Width**	**Height**	**Weight**
Discover SE3 HD Console (*Treadmill*)	4.43 in. (112.5 mm)	20.75 in. (527 mm)	16.62 in. (422.2 mm)	16.6 lbs. (7.53 kg)	6.77 in. (172 mm)	25.59 in. (650 mm)	18.98 in. (482 mm)	21.6 lbs. (9.80 kg)
Discover SE3 HD Console (*Bikes, Cross-Trainer, FlexStrider, PowerMill, & Arc Trainer*)	4.32 in. (109.7 mm)	16.54 in. (420 mm)	15.36 in. (390.1 mm)	11.4 lbs. (5.17 kg)	7.28 in. (185 mm)	21.1 in. (536 mm)	18.11 in. (460 mm)	15.5 lbs. (7.03 kg)

9. Copyrights and Trademarks

List of Copyrights and Trademarks

Life Fitness

Life Fitness®, All Rights Reserved. Life Fitness is a registered trademark.

Discover™, FitPower™, Heart Rate+™, LFconnect™, Lifepulse™, Lifescape™, MaxBlox™, PowerMill™, SureStepSystem™, Swipe™ and Workout Landscape™ are trademarks of Life Fitness.

Other

FitLinxx™ is a trademark of ActiveLinxx.

Bluetooth® is a registered trademark owned by Bluetooth SIG, Inc.

Polar® is a registered trademark of Polar Electro, Inc.

iPad®, iPhone®, iPod®, and Apple Watch® are registered trademarks of Apple Inc.

Android™ is a trademark of Google Inc. PM-038-13. (3.14)

Gym Wipes® is a registered trademark of The 2XL Corporation.

PureGreen 24™ is a trademark of Pure Green.

Samsung Galaxy Watch® Samsung, Galaxy S and Shop Samsung are all trademarks of Samsung Electronics Co., Ltd.

10. Warranty

What is Covered

This Life Fitness Family of Brands commercial exercise equipment product is warranted to be free of all defects in material and workmanship.

Who is Covered

The original purchaser or any person receiving the product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

How Long It is Covered

All coverage is provided by specific Product according to the guidelines listed in Warranty Information.

Who Pays Transportation and Insurance For Service

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness Family of Brands, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

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.

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 Operation Manual ("Manual").

One type RJ45 interchangeable Network ready and Fitness Entertainment port is supplied with the Product. This port complies with the FitLinxx CSAFE specification dated August 4, 2004 stating: 4.75 VDC to 10 VDC; maximum current of 85 mA. Any Product damage caused by a load exceeding this FitLinxx CSAFE specification is not covered by warranty.

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. use, operate and maintain the Product as specified in the Manual; notify the place of purchase 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.

How to Get Parts and Service

Refer to the Corporate Headquarters section of this manual for your local service contact information. Reference your name, address and the serial number of your Product (consoles and frames may have different 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 assume 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 or 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.

Changes in Warranty Not Authorized

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

Effects of State Laws

This warranty gives you specific legal rights, and you may have other rights which vary from state to state and country by country.

Terms of Warranty Coverage

Please use the link below to access component warranty terms:

http://lifefitness.com/warranties