Life Fitness PowerMill™ Climber Assembly Instructions

95PS-XX03, 95PS-XX04, 95PS-XX06

Assembly Instructions



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*Also check www.lifefitness.com for local representation or distributor/dealer

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.

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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. Getting Started

Safety Instructions

Read all instructions before use.

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

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.

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.

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.
- 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.
- 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.
- 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.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- 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.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- Never walk or jog backwards on the unit.
- 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.
- 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.

- 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**.

Consignes de Sécurité

Veuillez lire toutes les instructions avant usage.

ATTENTION : Toute modification apportée à cet équipement pourrait en annuler la garantie.

AVERTISSEMENT : Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, il est essentiel de brancher chaque appareil sur une prise électrique correctement mise à la terre.

AVERTISSEMENT : Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. Un exercice trop intensif peut entraîner des blessures graves, voire mortelles. En cas de malaise, interrompez immédiatement la séance d'entraînement.

AVERTISSEMENT : Gardez une distance d'au moins 1 m derrière et d'au moins 30 cm (3 pieds) de chaque côté de l'appareil. Ne placez pas ce dernier près de murs, meubles ou autres équipements qui pourraient en obstruer l'accès.

DANGER : Pour réduire les risques de chocs électriques ou de blessures en raison des pièces mobiles, débranchez toujours les produits avant de les nettoyer ou de procéder aux tâches d'entretien.

- Life Fitness Family of Brands ne garantit pas que les composants utilisés dans la fabrication des produits proposés dans la Life Fitness Family of Brands sont exempts de latex. Les utilisateurs de ces produits doivent prendre toutes les précautions nécessaires pour éviter un contact accidentel qui pourrait entraîner une réaction indésirable au latex.
- Life Fitness recommande de débrancher le produit quand il n'est pas utilisé. Débranchez-le systématiquement après son utilisation et avant l'ajout et le retrait de pièces.
- Ne faites jamais fonctionner le produit dont la fiche ou le cordon d'alimentation sont altérés ni aucun appareil qui serait tombé, aurait été endommagé ou même partiellement plongé dans l'eau. Contactez le service à la clientèle.
- Placez l'appareil de façon à ce que l'utilisateur ait accès à la fiche du cordon d'alimentation. Assurez-vous que le cordon d'alimentation n'est pas noué ou tordu et qu'il n'est pas coincé sous un autre appareil ou sous tout autre objet.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Pour un fonctionnement correct, suivez toujours les instructions de la console.
- Cet appareil n'est pas destiné à être utilisé par des personnes ou des enfants présentant des capacités physiques, sensorielles ou mentales réduites, ou un manque d'expérience et de connaissances, sauf en cas de supervision ou d'instructions relatives à son utilisation par une personne responsable de leur sécurité.
- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- N'utilisez jamais le produit avec les ouvertures d'air bloquées. Maintenez les bouches d'aération exemptes de peluches, de cheveux ou de toute autre obstruction.
- N'introduisez jamais d'objet dans les ouvertures de cet appareil. Si un objet tombe dans l'appareil, mettez ce dernier hors tension, débranchez le cordon d'alimentation et récupérez l'objet avec précaution. Si vous ne pouvez pas l'atteindre, contactez le service d'assistance à la clientèle.
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Nous vous recommandons de n'utiliser que des récipients pourvus d'un couvercle.
- N'utilisez pas ces produits avec les pieds nus. Portez toujours des chaussures. Portez des chaussures à semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talon, à semelle en cuir, à crampons ou à pointes. Assurez-vous qu'aucun caillou ne s'est incrusté dans les semelles.
- Cet équipement n'est pas destiné à être utilisé par les enfants. Tenez les enfants âgés de moins de 14 ans à l'écart de la machine.
- Éloignez les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.
- Ne placez pas les mains à l'intérieur ou sous l'appareil. Ne le faites pas basculer sur le côté durant son fonctionnement.
- Ne laissez aucune personne gêner l'utilisateur ou le fonctionnement de l'appareil pendant l'exercice.
- Laissez les consoles LCD s'adapter à la température ambiante pendant une heure avant de brancher l'appareil et de l'utiliser.
- Utilisez cet équipement uniquement aux fins auxquelles il est destiné et de la manière décrite dans le présent manuel. N'utilisez pas d'accessoires non recommandés par le fabricant.
- Maintenez le cordon d'alimentation à l'écart des surfaces chauffées. Ne tirez pas l'appareil par son cordon et n'utilisez pas celui-ci comme une poignée.
- Les barres d'appui latérales peuvent servir à améliorer la stabilité, le cas échéant, mais elles ne sont pas conçues pour être utilisées de façon continue.
- Ne reculez jamais sur l'appareil, que ce soit en marchant ou en courant.

- N’utilisez pas l’appareil en présence d’aérosols ou en cas d’administration d’oxygène. Ces substances pourraient entraîner des risques d’incendie et d’explosion.
- Lisez les avertissements sur chaque produit avant de commencer à vous entraîner.
- Si certaines étiquettes d’avertissement sont manquantes ou endommagées, contactez immédiatement le service d’assistance à la clientèle. Nous vous en fournirons de nouvelles. Les étiquettes d’avertissement sont expédiées avec les appareils et doivent être installées avant utilisation de ces derniers. Life Fitness Family of Brands n’est pas responsable des étiquettes manquantes ou endommagées.
- À la différence des vélos, des Cross-Trainers et des steppers traditionnels à pédale, il s’agit d’un appareil motorisé. Cet appareil motorisé permet de faire descendre les marches d’escalier à des vitesses variables et opère donc à différents niveaux simultanément. Au cours d’un entraînement classique sur cet appareil, l’utilisateur doit se concentrer afin de coordonner ses efforts sur les escaliers en mouvement. Il n’a donc pas la possibilité de voir si quelqu’un ou quelque chose s’approche par l’arrière. Cet appareil est **uniquement conçu pour être utilisé dans un environnement contrôlé**. **Le PowerMill Climber n’est pas conçu pour être utilisé à domicile et ne doit en aucun cas être utilisé dans un environnement auquel les enfants ou animaux ont accès**.

Electrical Power Requirements

The PowerMill with the Integrity and Discover consoles require an AC power supply according to the electrical configurations listed in the chart below.

NOTE: Units with Integrity consoles can be used with an optional attachable TV.

Console	Supply Voltage	Frequency	Output Voltage	Output Current
• Integrity Consoles • Discover Consoles	100 - 240 VAC	50 - 60HZ	24 VDC	5A

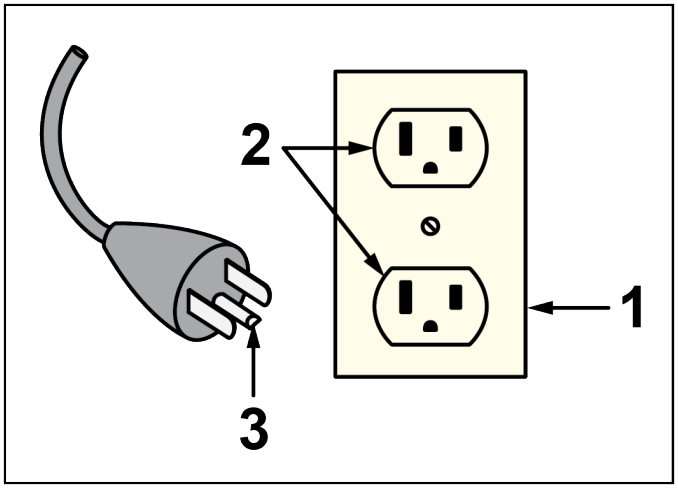
Outlet Voltage	Commercial Units Outlet & Breaker (Amps)
120 VAC	20 (no more than 1 PowerMill per breaker)
230 VAC	12 (no more than 1 PowerMill per breaker)

NOTE: Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.

Grounding Instructions

This product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides a path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances.

NOTE: A temporary adapter MUST NOT BE USED to connect this plug to a two-pole receptacle in North America. If a properly grounded, 15-amp outlet is not available, one must be installed by a qualified electrician. For use on a nominal 120-V circuit, this product has a grounding plug that looks like the one in the accompanying illustration. Make sure that the product is connected to an outlet having the same configuration as the plug.



Item	Description
1	Grounded Outlet Box
2	Grounded Outlet
3	Grounding Pin

DANGER: A risk of electrical shock may result from improper connection of the equipment grounding conductor. Check with a qualified electrician if in doubt as to proper grounding technique. DO NOT modify the plug provided with the product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Any modification to the electrical plug will result in a voided warranty.

Immobilization Method - Integrity X / C

The purpose of immobilizing the PowerMill is to prevent unauthorized use. The system causes immobilization of the PowerMill when a pre-defined hard key sequence has been activated.

To prevent false toggling of the Immobilized feature, this sequence must be done in a 5-10 second period.

1. Press the **STOP** key 3 times.
2. Press the **SPEED DOWN** arrow key 3 times.

Immobilization Method - SL Console - PowerMill

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

1. Enter Manager's Configuration:
   - Press the **LEVEL UP / DOWN** arrow keys in the following sequence: **UP**, **DOWN**, **UP**, **DOWN**.
   - Press **STOP**.

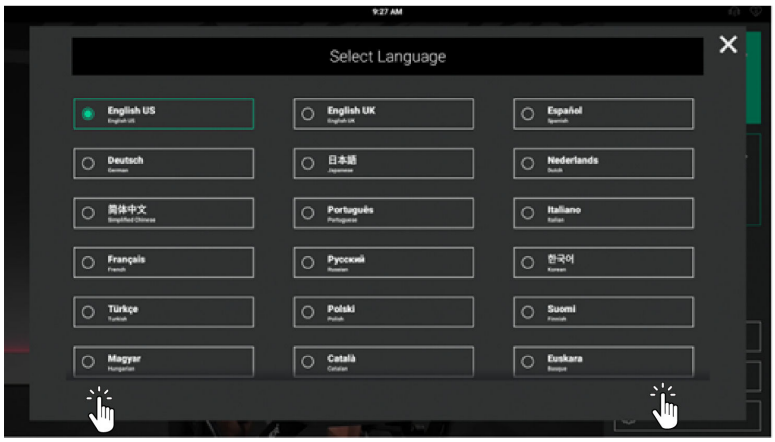


2. Scroll to **Immobilization** and press **ENTER**.
3. Display `IMMOBILIZE:XXX` where XXX is ON or OFF. Scroll through ON and OFF using the **LEVEL UP/DOWN** arrow keys.
4. Select ON or OFF and press **ENTER**.
5. Press **STOP** to exit.

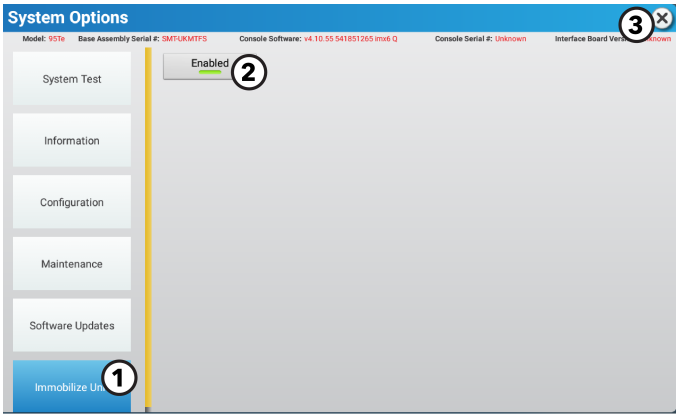
Immobilization Method - Discover SE3 / SE3 HD / ST

The purpose of immobilizing the unit is to prevent unauthorized use. The system causes immobilization of the unit 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**.



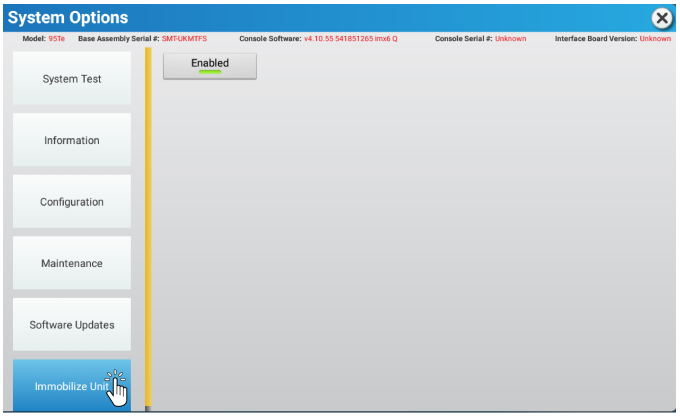
3. Tap the **Immobilize Unit** icon. **Enabled** will be displayed.



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.



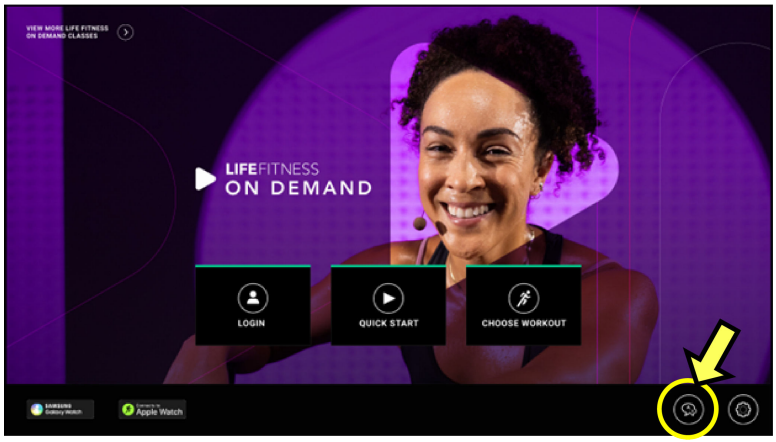


NOTE: Discover SE3HD console shown.

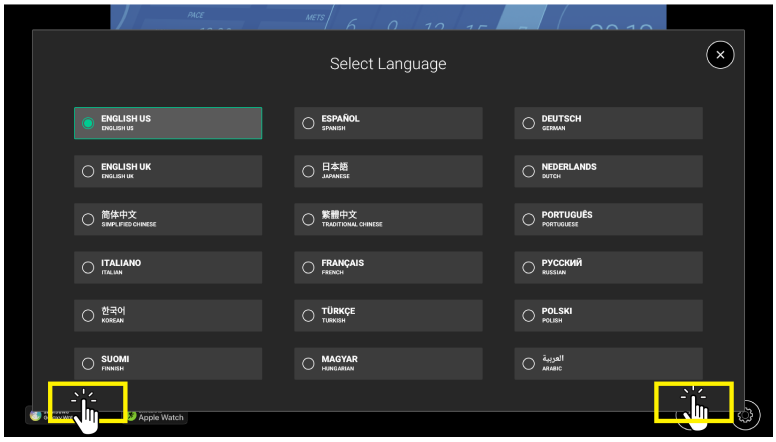
Immobilization Method - Discover SE4 Console

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

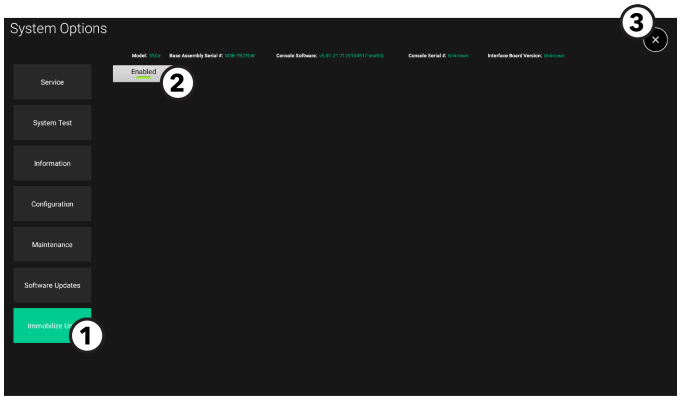
1. Tap the **LANGUAGE** icon on the **ATTRACT SCREEN** to access the **SELECT LANGUAGE** screen. (Language Icon position may vary on consoles.)



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



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



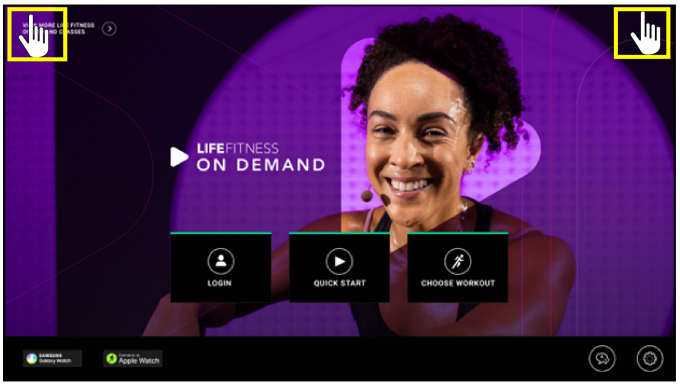
Item	Description
1	Immobilize Unit icon
2	Enabled icon
3	Exit icon

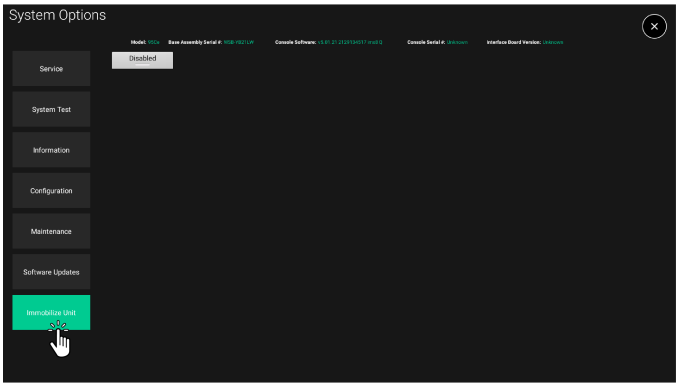
4. Tap the exit icon **X** to exit **System Options**.
5. Unit will reboot.

6. `UNIT IMMOBILIZED BY MANAGER` message appears on screen.



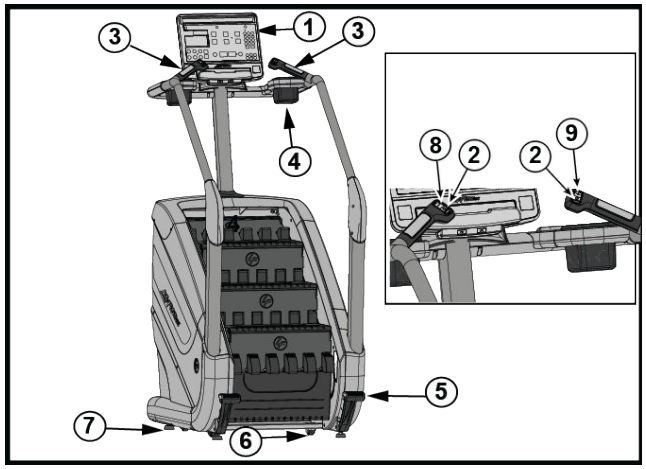
7. Tap the upper part of the **ATTRACT SCREEN** in the following sequence: **Upper-Left**, **Upper-Right**, **Upper-Left**, and **Upper-Right** to enter **SYSTEM OPTIONS.**
8. Tap the **Immobilize Unit** icon to disable.





2. Product Overview

Product Features

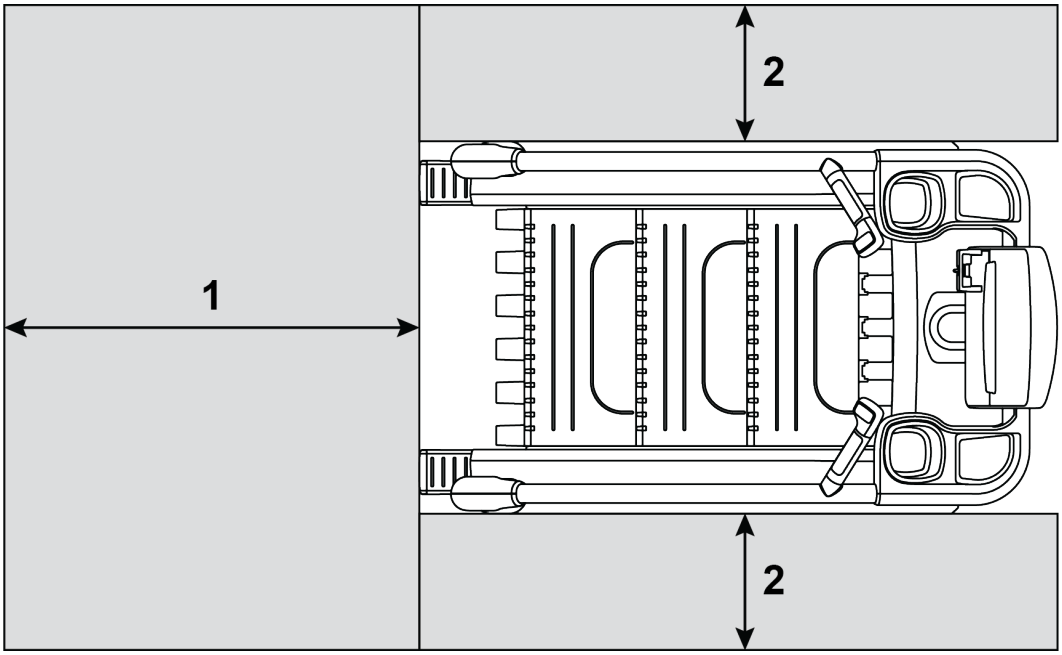


Item	Description	Qty.
1	Console	1
2	Stop Keypads	2
3	Contact Heart Rate Sensors	2
4	Cup Holder	2
5	Step Assist	2
6	Wheel	2
7	Leg Leveler	2
8	Decrease Speed Keypad	1
9	Increase Speed Keypad	1

Where to Place Unit

Following all *Safety Instructions*, move the unit to the location in which it will be used. See *Specifications* for the dimensions of the footprint. The location must have a minimum ceiling height of 9 ft. (2.7 m). Allow at least 3 ft. (1 m) behind the unit and 1 ft. (0.3 m) on each side. Grasp the handlebars and use the step assists to mount the unit. To dismount; stop the unit, grasp the handlebars, and use the step assists to back off the machine.

Free area



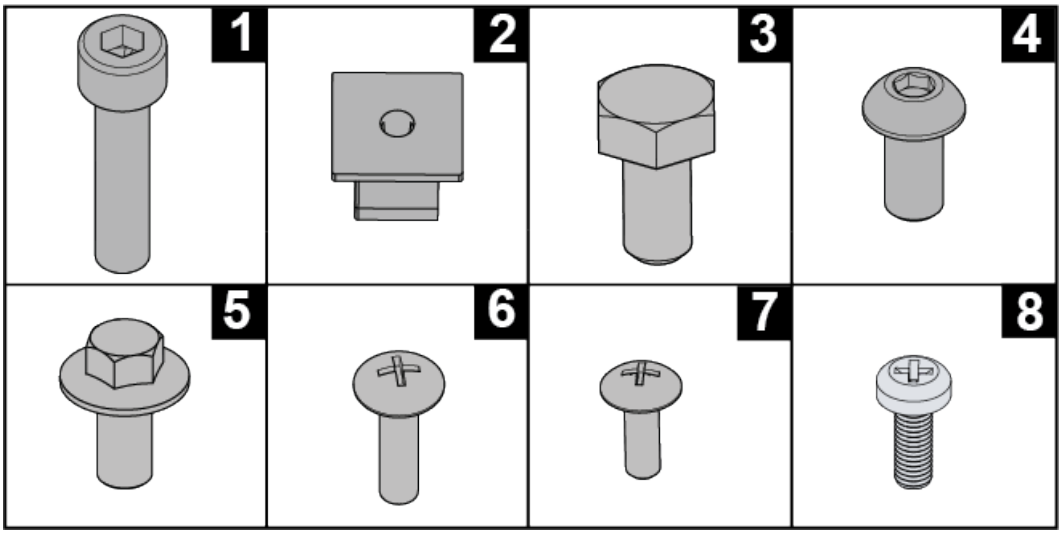
1	3 ft. (1 m)
2	1 ft. (0.3m)

How to Stabilize Unit

After placing the unit in position, check the unit's stability by attempting to rock it. Any slight rocking indicates that the unit must be leveled. There are four stabilizing feet on the unit. Check the front and back stabilizing feet to determine which foot does not rest fully on the floor. Rotate the foot counterclockwise to lower it. Recheck the stability and adjust again as needed until the unit is stable and no longer rocks. Lock the adjustment into position by tightening the jam nut against the stabilizer bar with an open end 17mm wrench.

3. Assembly

Hardware and Required Tools



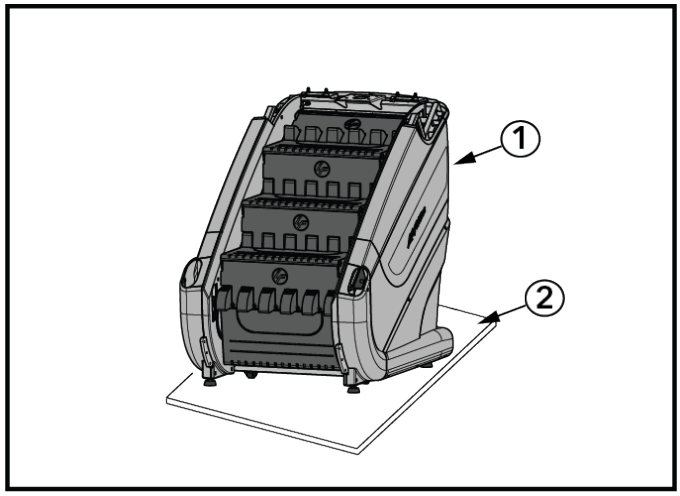
Hardware

Item	Description	Qty.
1	M8 X 35mm Socket head cap screw	10
2	Grommet	3
3	M10 X 20mm Hex head cap screw	4
4	M8 X 16mm Button head cap screw	8
5	M8 X 18mm Hex washer head screw	4
6	M4 X 16mm Phillips pan head screw	7
7	M4 X 12mm Phillips pan head screw	25
8	M5 X 14mm Phillips pan head screw (Discover or Integrity Console)	5

Required Tools:

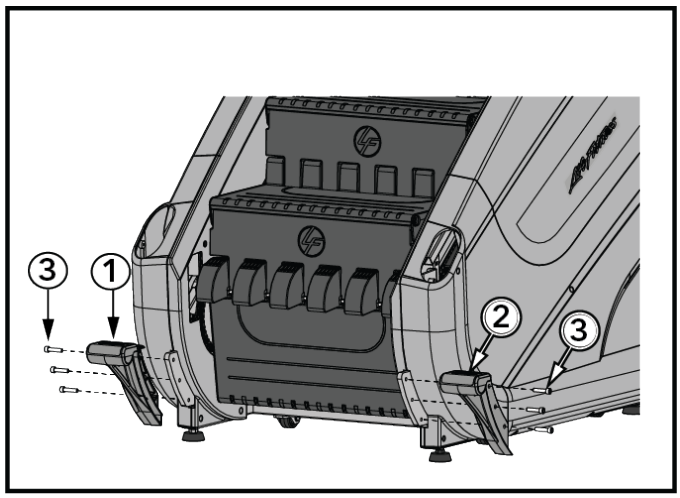
- 5mm Allen Wrench
- 6mm Allen Wrench
- Phillips Screwdriver
- 10mm Socket Wrench
- 17mm Socket Wrench with extension
- 17mm Open End Wrench (for levelers only)
- Ratchet

Remove Base from Base Pad



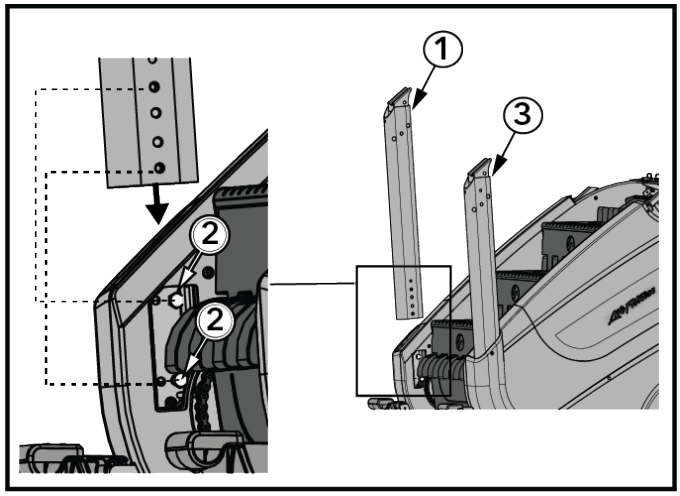
Item	Description	Qty.
1	PowerMill Base	1
2	Base Pad	1

Install Step Assists



Item	Description	Qty.
1	Step Assist, Left	1
2	Step Assist, Right	1
3	M8 X 35mm Socket Head Cap Screw	6
	18-20 ft. lbs. (24.4-27.1 Nm)	

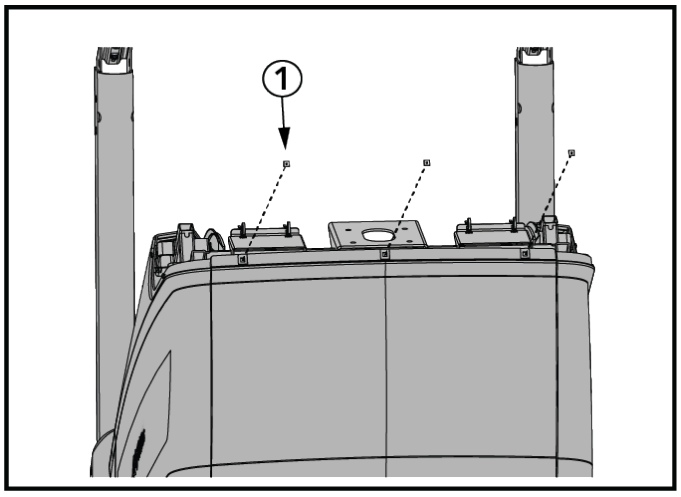
Install Left and Right Rear Uprights



Item	Description	Qty.
1	Rear Upright, Left	1
2	M10 X 20m Hex Head Cap Screw	4
3	Rear Upright, Right	1
	28-32 ft. lbs. (38-43.3 Nm)	

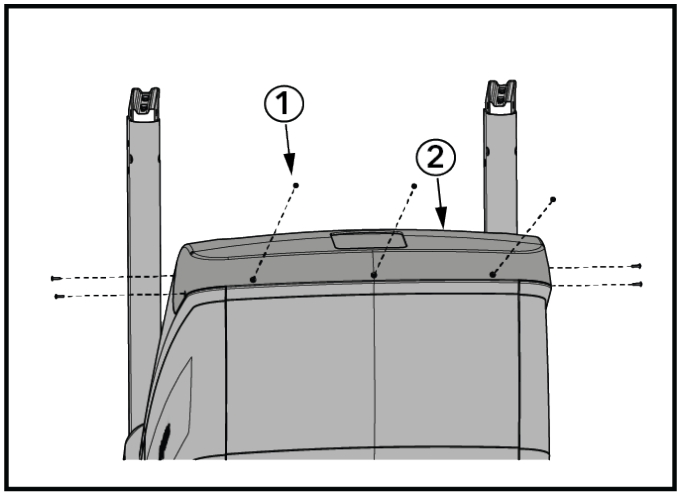
Secure Top Cover to Base

1. Install plastic grommets into the front panel shroud.



Item	Description	Qty.
1	Plastic Grommet	3

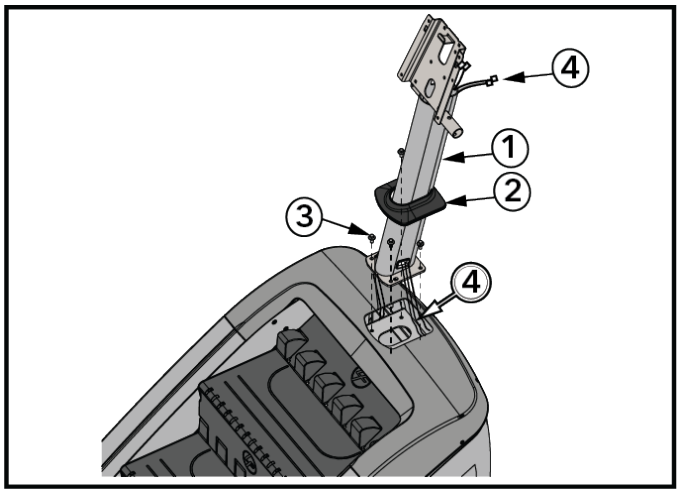
2. Secure top cover to base with screws.

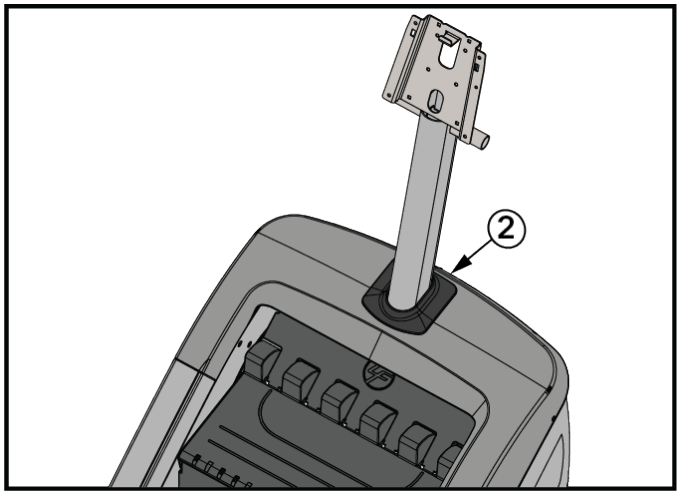


Item	Description	Qty.
1	M4 X 16mm Phillips Pan Head Screw	7
2	Top Cover	1
	**10 - 12 in. lbs. (1.1 - 1.3 Nm)**	

Install Console Support Weldment

1. Place top cap gasket on console support weldment.
2. Route cables up through console support weldment.
3. Secure console support weldment to base.
4. Slide top cap gasket down the console support weldment so it rests flat against the top cover.

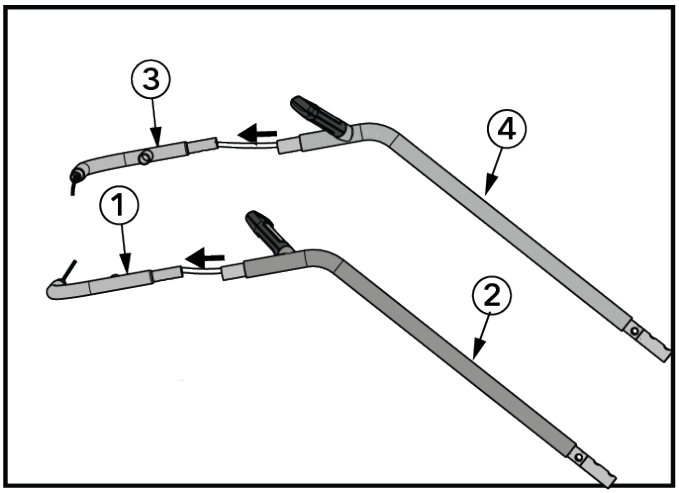




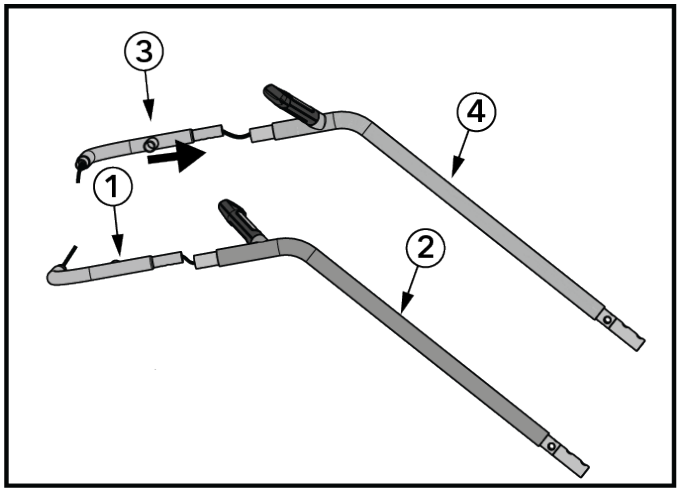
Item	Description	Qty.
1	Console Support Weldment	1
2	Top Cap Gasket	1
3	M8 X 18 Hex Washer Head Screw	4
4	Cables	
	**18-20 ft. lbs. (24.4-27.1 Nm)**	

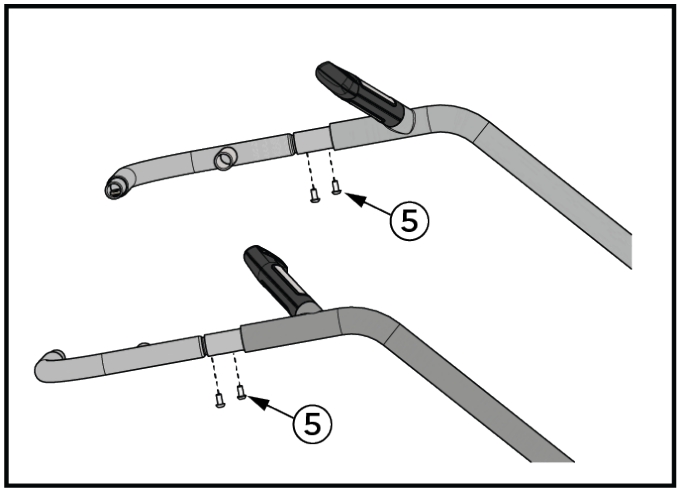
Install Handlebars

1. Feed cable through the front and rear handlebars.



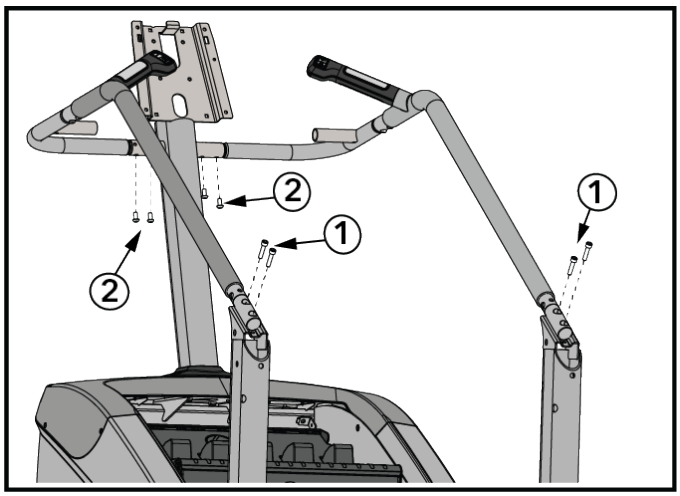
2. Join the left and right rear handlebars to left and right "L" tubes (front handlebars). Secure using screws.





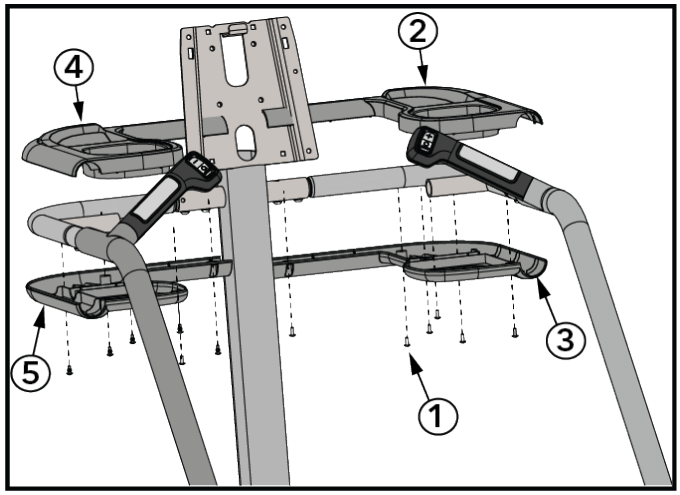
Item	Description	Qty.
1	"L" Tube (Front Handlebar), Left	1
2	Handlebar (Rear), Left	1
3	"L" Tube (Front Handlebar), Right	1
4	Handlebar (Rear), Right	1
5	M8 X 16mm Button Head Cap Screw	4
	16 - 18 ft. lbs (21.7 - 24.4 Nm)	

3. Secure the left and right handlebar assemblies to the console support weldment and rear uprights.



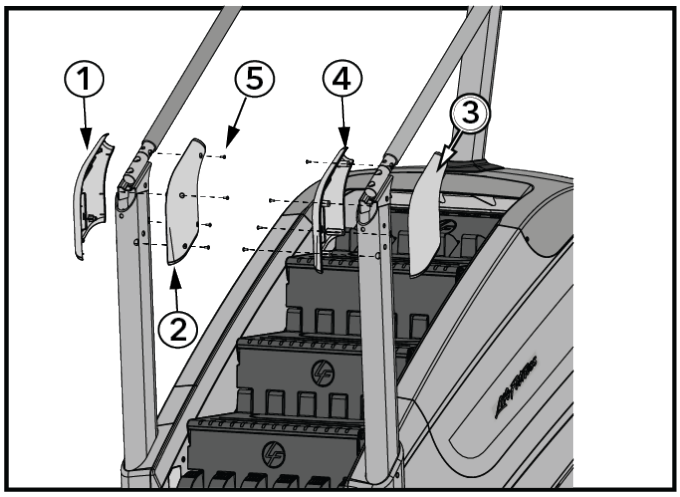
Item	Description	Qty.
1	M8 X 35mm Socket Head Cap Screw	4
	18 - 20 ft. lbs. (24.4 - 27.1 Nm)	
2	M8 X 16mm Button Head Cap Screw	4
	16 - 18 ft. lbs. (21.7 -24.4 Nm)	

Install Accessory Trays



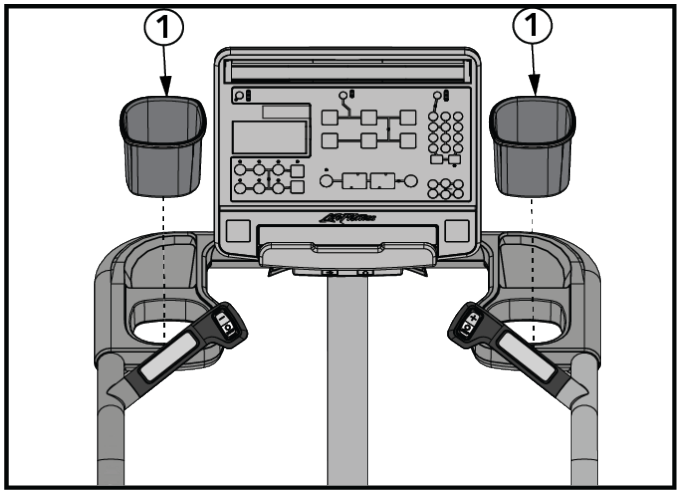
Item	Description	Qty.
1	M4 X12mm Phillips Pan Head Screw	12
2	Accessory Tray, Top Right	1
3	Accessory Tray, Bottom Right	1
4	Accessory Tray, Top Left	1
5	Accessory Tray, Bottom Left	1
	10 -12 in. lbs. (1.1 - 1.3 Nm)	

Attach Handlebar Covers



Item	Description	Qty.
1	Rear Handlebar Cover, Outer Left	1
2	Rear Handlebar Cover, Inner Left	1
3	Rear Handlebar Cover, Outer Right	1
4	Rear Handlebar Cover, Inner Right	1
5	M4 X 12mm Phillips Pan Head Screw	8
	10 -12 in. lbs. (1.1- 1.3 Nm)	

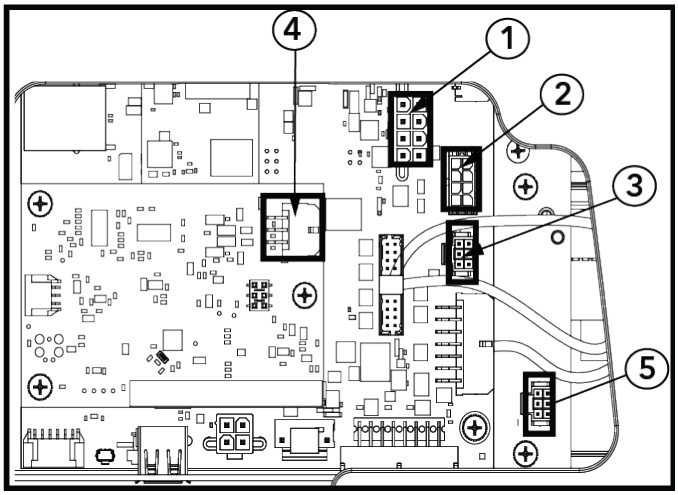
Install Cup Holders



Item	Description	Qty.
1	Cup Holders	2

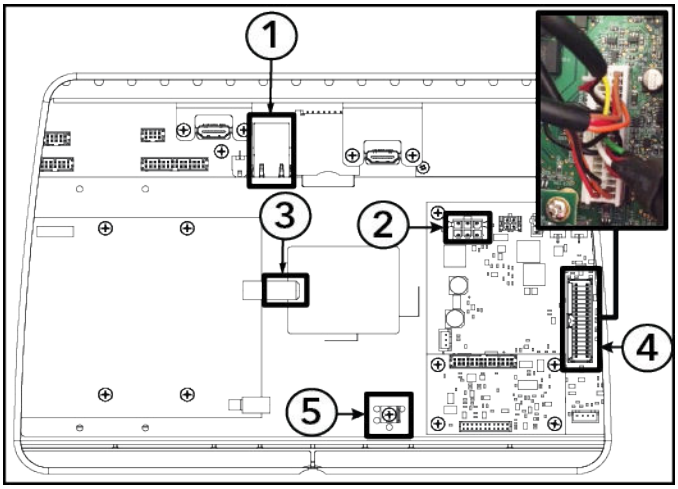
Base to Console Cable Connections

Integrity X/C



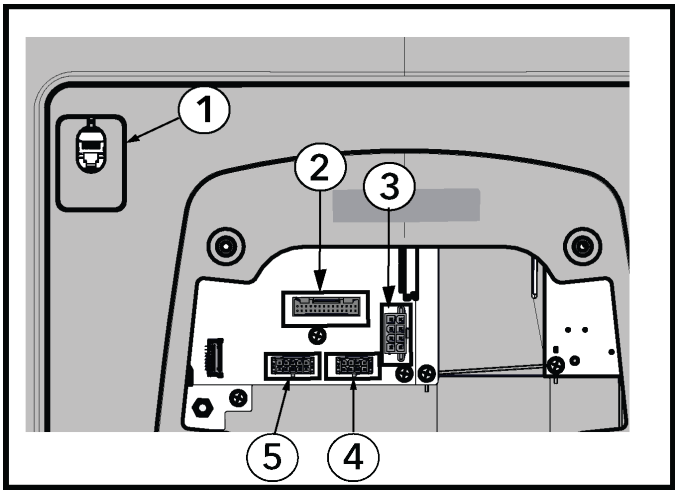
Item	Description	Qty
1	Console to Base Power	1
2	Base Signal	1
3	Left Handlebar Keypad Switch	1
4	Lifepulse	1
5	Right Handlebar Keypad Switch	1

Discover SE3 / SE3HD / ST



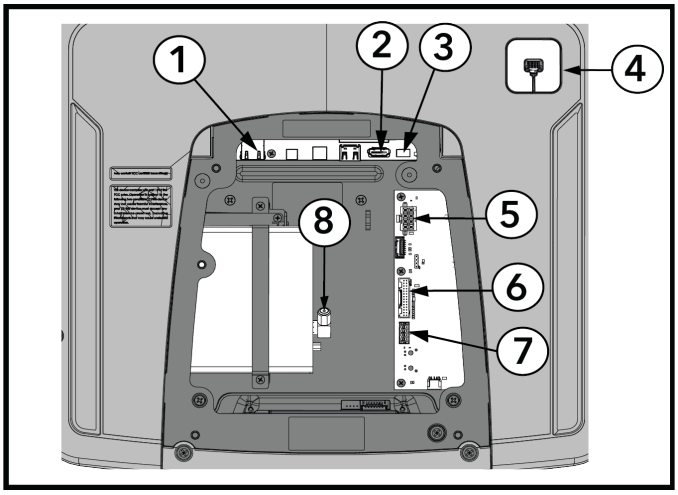
Item	Description	Qty.
1	CAT5e Ethernet	1
2	24V DC	1
3	Coax, RG6, Base	1
4	PCB	1
5	Ground Wire	1

Integrity SL



Item	Description
1	CSAFE
2	Base Switches, Lifepulse
3	Base Power
4	Base Com
5	TV *(optional)*

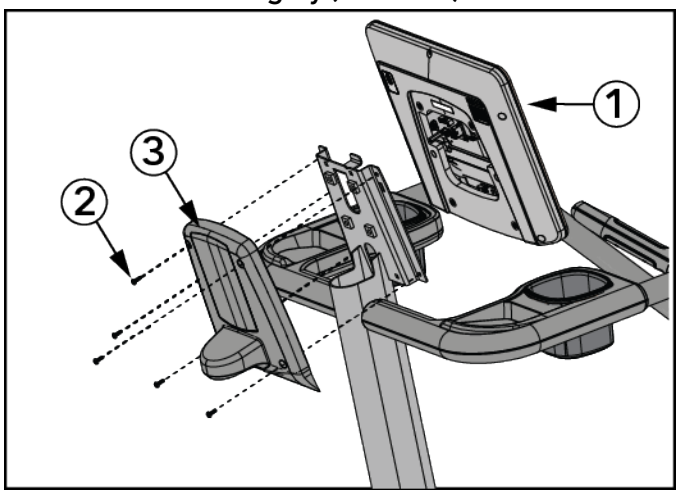
Discover SE4



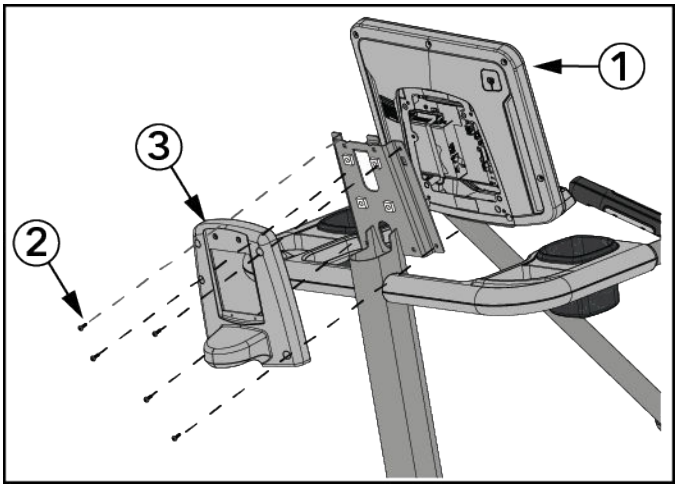
Item	Description
1	Ethernet
2	STB HDMI
3	STB IR
4	CSAFE
5	Base Power
6	Base Signal (Lifepulse, Base Switches)
7	Base Comm
8	RF Coax

Attach Console and Rear Console Shroud Assembly

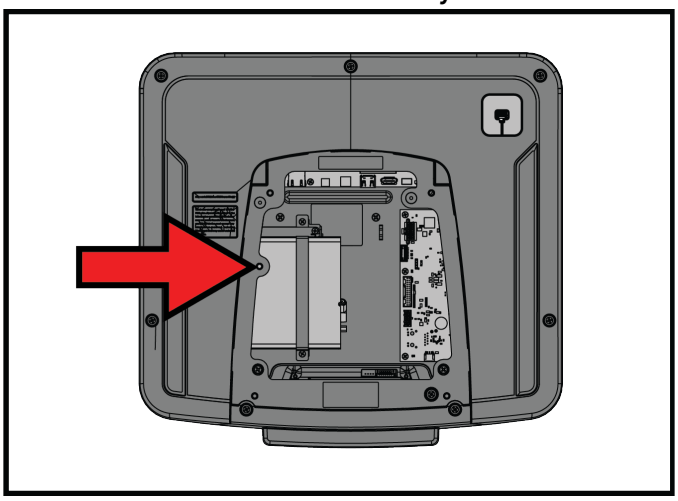
Integrity (SL / X / C)



Discover (SE4 / SE3HD / ST / SE3)



Discover SE4 Only

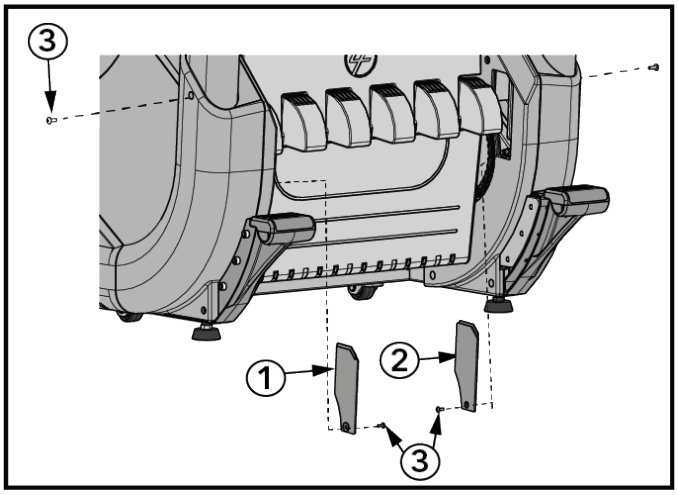


NOTE: Do not install the screw in the location shown (next to arrow) if the Discover SE4 console has a Set Top Box Sync (STB) receiver! The screw will hit the STB receiver inside of the console.

Item	Description	Qty.
1	Console	1
2	M5 X 14 Phillips Pan Head Screw	5
3	Rear Console Shroud Assembly	1
	**14 - 16 in. lbs. (1.5 - 1.8 Nm)**	

Attach Access Panels

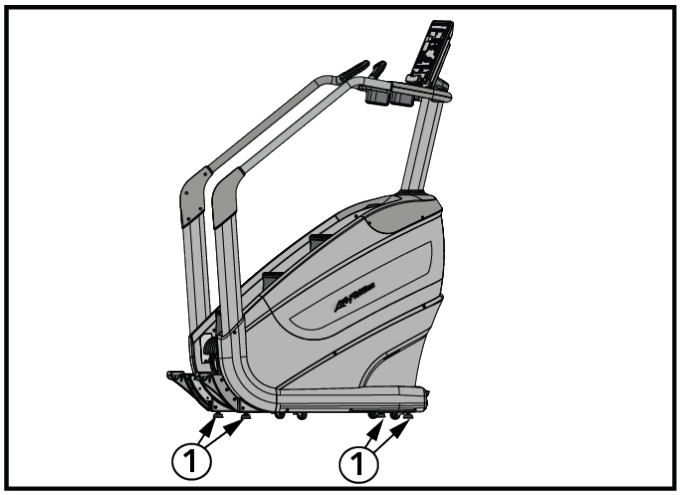
Attach access panels to inner panels.



Item	Description	Qty.
1	Access Panel, Left	1
2	Access Panel, Right	1
3	M4 X 12mm Phillips Pan Head Screw	4
	10 - 12 in. lbs. (1.1 - 1.3 Nm)	

Tighten Hardware and Verify Leg Leveler Position

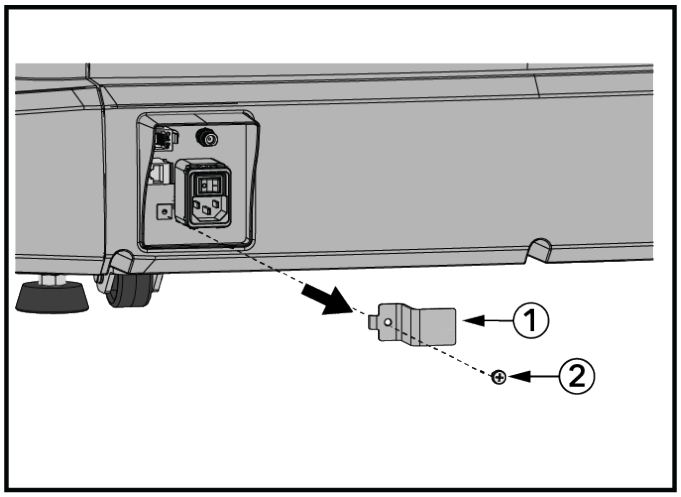
Tighten all hardware and make sure all leg levelers are down.



Item	Description	Qty.
1	Leg Leveler	4

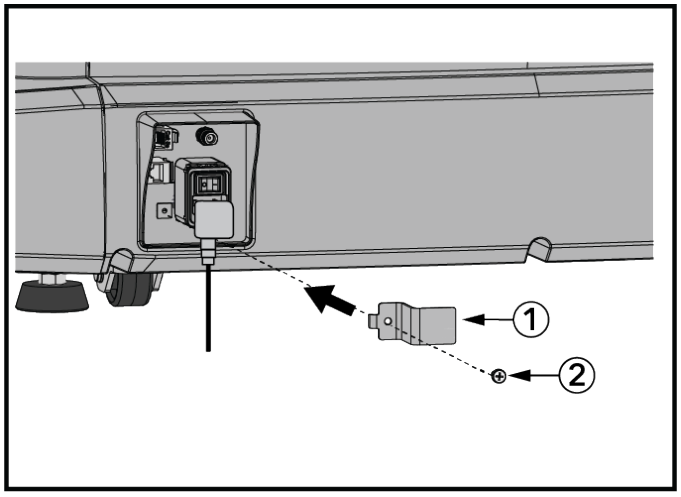
Remove Line Cord Bracket and Secure Power Cord

1. Remove line cord bracket and screw.



Item	Description	Qty.
1	Bracket, Line Cord	1
2	M4 X 12mm Phillips Pan Head Screw	1

2. Plug in power cord and reattach line cord bracket and screw.



Item	Description	Qty.
1	Bracket, Line Cord	1
2	M4 X 12mm Phillips Pan Head Screw	1
	**14 - 16 in. lbs. (1.5 - 1.8 Nm)**	

4. Service and Technical Data

Preventive Maintenance Tips

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

- Locate the product in a cool, dry place.
- Clean the top surface of the steps regularly.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see *Approved 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.

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

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).

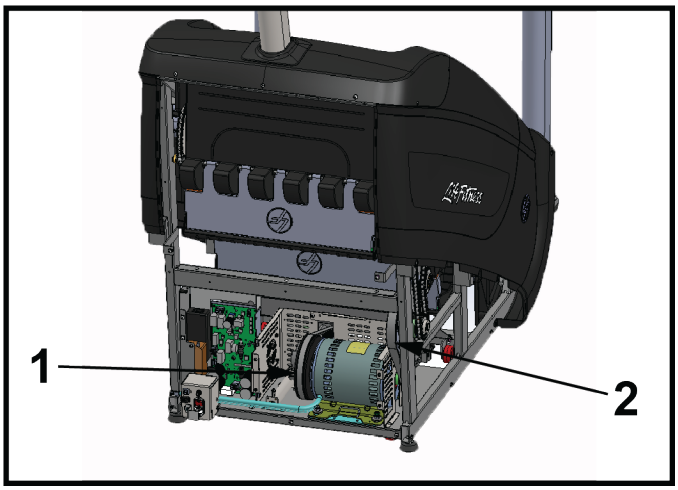
Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use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

Preventive Maintenance Schedule

Item	Weekly	Monthly	Quarterly	Biannually	Comments
Console Overlays	Clean			Inspect	
Cup Holder	Clean	Inspect			
Console Mounting Bolts				Inspect	
Frames	Clean			Inspect	
Plastic Covers	Clean	Inspect			
Lifepulse Sensors	Clean / Inspect				
Leg Levelers		Inspect / Adjust			
Side Hand Rails	Clean			Inspect	
Steps	Clean			Inspect	
TURN OFF AND UNPLUG THE POWERMILL PRIOR TO PERFORMING THE MAINTENANCE ITEMS BELOW!					
Step Chains			Inspect	Clean / Lubricate	Clean and lightly lubricate with 30w oil on a cloth.
Drive Chain			Inspect	Clean / Lubricate	Clean and lightly lubricate with 30w oil on a cloth.
Chain Sprockets			Inspect	Clean / Lubricate	Wipe off excess old grease and lightly apply lithium based grease to sprocket teeth.
Brake Belt / Drive Belt			Inspect		Check belts for wear and cracking
Bearing Tracks				Inspect / Lubricate	Wipe off excess old grease and lightly apply lithium based grease to tracks.
MCB Heat Sink				Inspect / Clean	Make sure heat sink is free of debris.
Electrical Connections				Inspect	
Front Step Shaft		Clean / Lubricate			Clean / lightly lubricate with “Breakfree” solution on cloth.
Rear Step Shaft		Clean / Lubricate			Clean / lightly lubricate with “Breakfree” solution on cloth.

Belt Inspection - Brake and Drive Belts

The PowerMill has two belts. A brake belt and a drive belt.



Item	Description	Qty
1	Brake belt	1
2	Drive belt	1

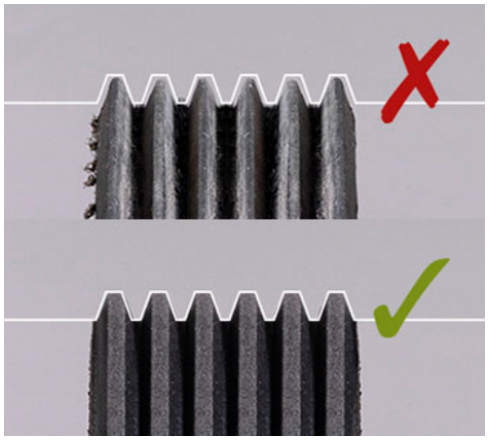
Inspect belts for cracking or wear.

Belt Cracking



If cracks appear 2 cm or less apart, then 80% of the belt life is gone and the belt should be replaced.

Belt Wear (Material Loss)



If material loss is occurring as shown above, the belt should be replaced.

NOTE: If the belt between the motor and the brake is removed for any reason, it must be replaced with a new one.

How To's

Knowledge Base

See Knowledge Base for more detailed information.

5. Specifications

Specifications

Designed Use	Heavy / Commercial EN ISO 20957 Class S
Maximum User Weight	400 lbs. / 181 kg
Ceiling Height Minimum	9 ft. / 2.7 m
Usable Step Surface Area	205 sq. in. (520.7 cm)
Power Requirements	100 - 240 volts, 50/60 Hz, 5 Amps
Resistance Levels	26 (0-25)
Heart Rate Monitoring Options	Patented Lifepulse™ digital heart rate monitoring with DSP (digital signal processing) and Polar® telemetry (optional chest strap required) SE4 only: Compatible with ANT+ and Bluetooth heart rate monitoring devices
Base Feature	SureStepSystem™, MaxBlox™ steps with anti-pinch toe protectors, dual braking system, dual step-assist, integrated reading rack, wide two-tone stairs, integrated Smartphone accessory tray, removable cup holders, four wheels for easy mobility, thumb resistance controls

Console Options	**Integrity C**	**Integrity X**	**Integrity SL**	**Discover SE3**	**Discover SE3 HD / ST**	**Discover SE4**
Display Type:	4 X 12" LED Display	7" LCD Color Touch Screen	LED or LCD*	16" LCD Surface Capacitive Touch Screen	16" HD LCD Capacitive Touch Screen	16" or 24" HD LCD Capacitive Touch Screen
Internet:	Wireless	Wireless	Wireless	Wired and wireless	Wired and wireless	Wired and wireless
Network Capabilities:	N/A	N/A	CSAFE ready	CSAFE ready	CSAFE ready	CSAFE ready

NOTE: * Integrity SL LCD version only available in some countries and has a slightly smaller screen.

	Physical Dimensions	**Shipped Dimensions - Main Box**
Length	55.92 in. / 142 cm	51.6 in. / 131 cm
Diagonal	99.5 in. / 252.73 cm	N/A
Width	32.81 in. / 83.3 cm	35 in. / 89 cm
Height	82.3 in. / 209 cm	50 in. / 127 cm
Step-Up Height	10.5 in. / 26.7 cm	N/A
Weight	(Base) 473 lbs. / 214.5 kg kg	530 lbs. / 241 kg

6. 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