Life Fitness Arc Trainer

INA-LSE4-XF-13, INA-TSE4-XF-13, INA-CS-TSE4, INA-CS-TBSL

Assembly Instructions



1023157-0001 REV AB

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1. Getting Started

Safety Instructions

Read all instructions before use.

Please take special note of the following safety instructions and important points prior to choosing a location and beginning assembly of the product.

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.

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: Do not use for stretching and do not attach straps or other devices.

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: 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

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.
- Keep all body parts, loose clothing, shoelaces, and towels away from moving parts.
- 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.
- Do not stand or sit on the rear plastic covers of the product.
- 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.
- 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.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

Testing Parameters

Displayed power (Wattage) and speed (Strides Per Minute), were found to meet class A accuracy when compared with measured power and speed, with adjustable braking positioned in its maximum position, at the following accuracy test points:

- 25 W, 37 SPM
- 50 W, 52 SPM
- 100 W, 72 SPM
- 150 W, 86 SPM
- 175 W, 92 SPM
- 200 W, 97 SPM

Consignes de Sécurité

Veuillez lire toutes les instructions avant usage.

Prêtez une attention toute particulière aux instructions de sécurité ci-dessous avant de choisir un emplacement et de commencer à assembler votre produit.

AVERTISSEMENT : Une utilisation incorrecte ou excessive de l'appareil peut entraîner des blessures. Life Fitness Family of Brands Recommande VIVEMENT aux utilisateurs de passer un examen médical complet avant d'entamer un programme d'entraînement, et tout particulièrement dans les cas suivants : antécédents familiaux d'hypertension (pression sanguine trop élevée) ou de pathologies cardiaques, utilisateurs de 45 ans ou plus, tabagisme, hypercholestérolémie (taux de cholestérol sanguin trop élevé), obésité, absence d'exercice physique depuis un an ou plus. Si, pendant l'usage de l'appareil, l'utilisateur éprouve un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit s'arrêter immédiatement.

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 : Ne pas utiliser pour des étirements et ne pas y attacher des sangles ou autres dispositifs.

AVERTISSEMENT : Tenir les piles hors de portée des enfants.

Certaines sangles de poitrine peuvent contenir une pile jetable.

- L'ingestion de la pile peut provoquer des blessures graves voire la mort en moins de 2 heures en raison du risque de brûlures chimiques et de perforation de l'œsophage.
- Si vous pensez que votre enfant a avalé une pile, contactez immédiatement le centre anti-poison local pour obtenir des conseils spécifiques.
- Contrôlez l'appareil et assurez-vous que le compartiment pour pile est bien fermé, par exemple que la vis ou toute autre fixation mécanique est bien serrée. Ne pas utiliser le produit si le compartiment n'est pas bien fermé.
- Éliminer les piles bouton immédiatement et de manière sûre. Les piles bouton sont une source de danger.
- Informez les tiers des risques associés aux piles bouton et de la manière dont ils doivent agir pour protéger leurs enfants.

AVERTISSEMENT : Veillez à laisser un dégagement d'au moins 60 cm (23,6 pieds) derrière l'appareil et d'au moins 30 cm (12 pieds) sur les côtés.

AVERTISSEMENT : L'appareil n'est pas équipé d'une option roue libre. Par conséquent, il ne peut être arrêté instantanément.

AVERTISSEMENT : Pièces mobiles et risque de chute.

- Afin d'éviter des blessures sérieuses, attendez l'arrêt complet des repose-pieds avant de descendre de l'appareil.
- Les pièces mobiles ne peuvent pas être arrêtées immédiatement, l'unité n'est pas équipée d'une roue libre.

AVERTISSEMENT : 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

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.
- Éloignez votre corps ainsi que les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.
- La puissance nécessaire à chaque utilisateur pour effectuer un exercice peut différer de la puissance mécanique affichée sur l'appareil.
- Montez et descendez avec précaution du produit. Avant de monter, placez le repose-pieds situé de votre côté en position basse, en vous aidant des bras mobiles. Utilisez les poignées fixes lorsque vous avez besoin de renforcer votre équilibre. Pendant les exercices, tenez les bras mobiles.
- Ne montez jamais à l'envers sur le produit.

- Ne vous mettez pas debout ni assis sur les caches en plastique situés à l'arrière de l'appareil.
- 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.
- 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.
- 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.
- 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.
- L'appareil utilisé de manière autonome doit être installé sur une surface stable et plane.
- 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.

CONSERVEZ PRÉCIEUSEMENT CES INSTRUCTIONS POUR CONSULTATION ULTÉRIEURE.

Paramètres de test

La puissance affichée (puissance) et la vitesse (foulées par minute), se sont avérées répondre à la précision de la classe A par rapport à la puissance et la vitesse mesurées, avec le freinage réglable placé en position maximale, au niveau des points d'essai de précision suivants :

- 25 W, 37 SPM
- 50 W, 52 SPM
- 100 W, 72 SPM
- 150 W, 86 SPM
- 175 W, 92 SPM
- 200 W, 97 SPM

Setup

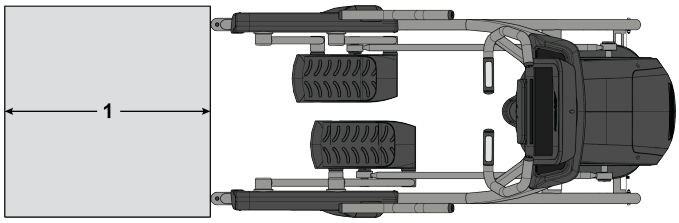
Read the entire manual before setting up the unit.

Choosing and Preparing Site

Before assembling the unit, verify the chosen site meets the following criteria:

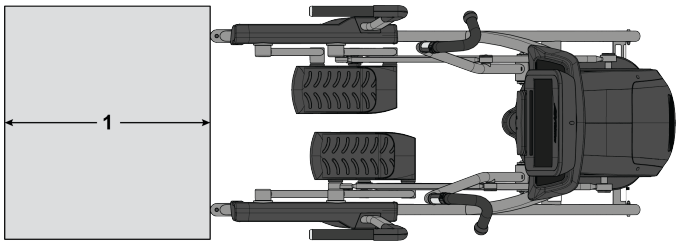
- Area is well lit and well ventilated.
- Surface is structurally sound and properly leveled.
- Free area for access to unit and emergency dismount. Minimum clearance is 23.6 inches (0.6 meters).
- Adjacent units may share the free area.

Free Area - Lower Body



1	23.6", 0.6m

Free Area - Total Body



1	23.6", 0.6m

It is the responsibility of the facility owner/owner of the equipment to ensure that there is appropriate clearance around each machine to allow for safe use and passage.

In compliance with the ADA (American Disabilities Act) there must be clear floor space of at least 30 by 48 inches and be served by an accessible route for at least one of each type of exercise equipment. If the clear space is enclosed on three sides (e.g., by walls or the equipment itself), the clear space must be 36 by 48 inches.

All other machines must have a clear floor space of 23" for all access point on the machine.

The dimensions stated in the assembly instructions of this manual include the maximum foot print (in use) dimensions.

Minimum clearance of 12" (30 cm) between units for proper wireless heart rate signal operation.

Electrical Power Requirements (Applicable for Units Using External Power Supply)

- Units that are equipped with the Integrity SL console are self powered.
- Units with Integrity SL console can be used with an optional attachable TV. Use of an attachable TV requires an external power supply.
- Units with Discover consoles require a 24 VDC power supply.

WARNING: Use only the supplied power brick and line cord. Do not use any modification to connect to a 2-prong outlet. Product must be connected to a properly rated 3-prong outlet.

Console	Supply Voltage	Frequency	Output Voltage	Output Current
Integrity SL / Discover Consoles	95 - 264 VAC	47 - 63 Hz	24 VDC	5 A

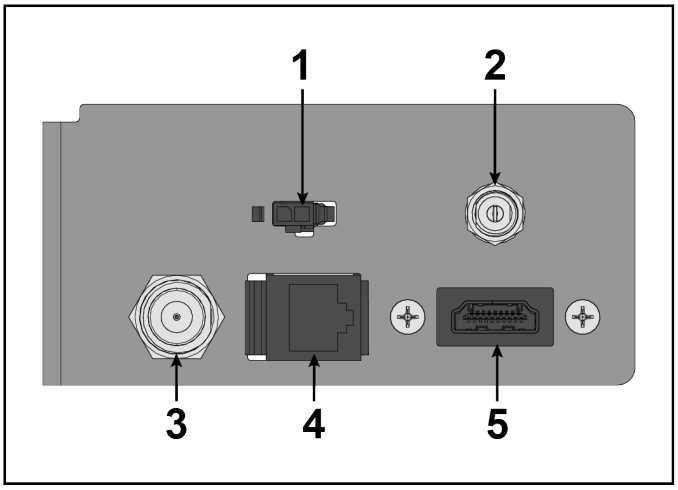
Outlet Voltage	Commercial Units Outlet & Breaker (Amps)	Consumer / Home Units Outlet & Breaker (Amps)
120 VAC	20 (no more than 10 units per breaker)	15 (no more than 8 units per breaker)
230 VAC	12 (no more than 10 units per breaker)	12 (no more than 8 units per breaker)

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.

NOTE: Make sure the power brick cord is securely connected to the base unit. A loose connection may result in the unit not receiving external power.

Install External Power Supply

1. Plug in the power to the external power connector on the front end of the unit.
2. Tighten the connector to the unit until its securely in place.
3. Plug the cord into an AC outlet.



	Description	Qty
1	IR Cable Connector	1
2	External Power for Console Connector	1
3	Coax Cable Connector	1
4	Ethernet Cable Connector	1
5	HDMI Cable Connector	1

NOTE: If the console does not light up, contact Customer Support Service. Use only the power supply provided in order to ensure against unsafe operation.

NOTE: CSAFE connections must be made at the console only.

CAUTION: Connectors should easily fit into the receptacles. Forcing a connection may lead to damage to the barrel connector and/or receptacle and may void product warranty. If the power supply barrel doesn't fit easily into the receptacle then the wrong power supply is being used.

Check for Console Power - Integrity SL

The Integrity SL console is powered by a rechargeable 6-volt battery. Check the battery by pressing the **Go / Green Arrow** button. The console should beep and light up. If a prompt doesn't appear, mount the unit and begin pedaling. The console should light up and programming a workout should be possible. Pedal for 10 - 20 minutes at 50 rpm or faster during a workout for optimum battery charging. The pedal action during workouts keeps the battery charged. Optional external power supply can be used. If the unit is externally powered, battery maintenance is automatic and pedaling is not required. Use only the power supply provided by *Life Fitness* to insure against unsafe operation.

Cable TV Hook Up

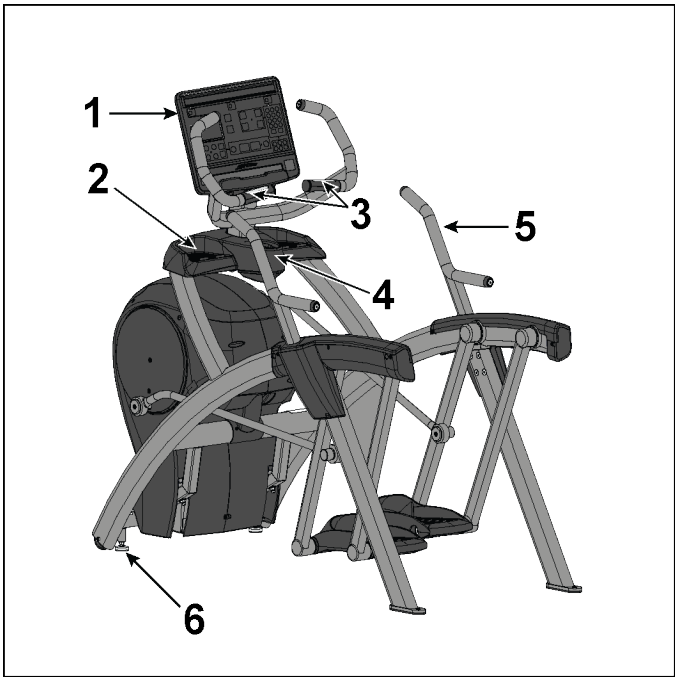
The console can receive both analog and digital signals. *LIFE FITNESS* is not responsible for the installation of CATV service or components required for the delivery of CATV service. An external TV signal input via a 75-ohm coaxial cable must be present before TV setup can occur.

Note to the CATV Installer: This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building as close to the point of cable entry as practical.

2. Product Overview

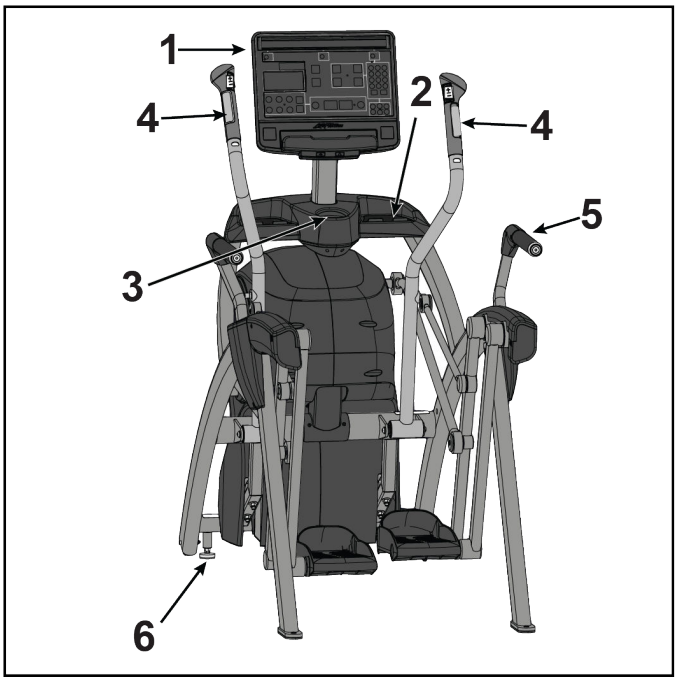
Product Features

Lower Body



Item	Description
1	Console
2	Accessory Trays
3	Contact Heart Rate Sensors
4	Cup Holder
5	Side Handles
6	Leg Levelers

Total Body



Item	Description
1	Console
2	Accessory Trays
3	Cup Holder
4	Contact Heart Rate Sensors
5	Side Handles
6	Leg Levelers

Mounting and Dismounting the Arc Trainer

To mount, step one foot at a time atop each of the foot plates. If necessary, stabilize your body by grasping the frame, the stationary handles (if available), or the moving handles (if available). Be aware that the pedals will begin to move as soon as you put weight on them. The pedals are large enough to accommodate different foot positions, however the most common position is with the user's toes forward underneath the plastic toe cup.

To begin exercise, push down and back into the pedals. Since the Arc Trainer pedals travel back and forth along an arc (not in a circle or ellipse), there is no 'forward' or 'backward' motion.

To dismount, slowly bring the pedals to a stop. Grasp the stationary handles or part of the frame to assist in stepping off the foot plate, back and away from the machine. When stepping back, ensure that you are beyond and behind the path of motion of the foot plates. Never stand inside of the machine's footprint, unless standing atop the foot plates.

How to Use the Arc Trainer

Once standing on the foot plates, begin exercise by pushing down and back on the foot plates. The user has several options for hand placement, not all of which are available on each Arc Trainer variant: 1. Stationary handles along the side of the frame, 2. Stationary handles around the console, 3. Moving handles, or 4. Not holding anything. These different postures have an influence on the muscles that are utilized and thus, the calories burned during the exercise. Always be aware of the position of the moving handles, especially if you are not actively grasping them. These handles move in synchrony with the pedals, so pull on the handle as you are pushing down and back with your foot. Speed on the Arc Trainer is measured in cadence as steps per minute. The most common cadences during use are 100-160 steps per minute, although users performing high intensity intervals may routinely exceed this range.

3. Assembly

Packing and Shipping Options

ATTENTION: This product has two packaging and shipping options: Single box or multiple boxes.

Both options have the console weldment mounted in a horizontal position for shipping.

For single box options, The console, console weldment, and cables are fully assembled. Follow the full assembly procedure but skip the console assembly steps.

Assembly Procedure - Lower Body

Two people will be required for this procedure.

TIP: Read and understand all instructions thoroughly before assembling this unit. Check all items carefully. If there is damage, see the Customer Service section of this manual for proper procedure to return, replace, or reorder parts.

The words "left" and "right" denote the user's orientation.

Verify you have received the correct package

1. Read box label to verify the model number and voltage (optional) match what was ordered.
2. Verify paint color matches what was ordered.

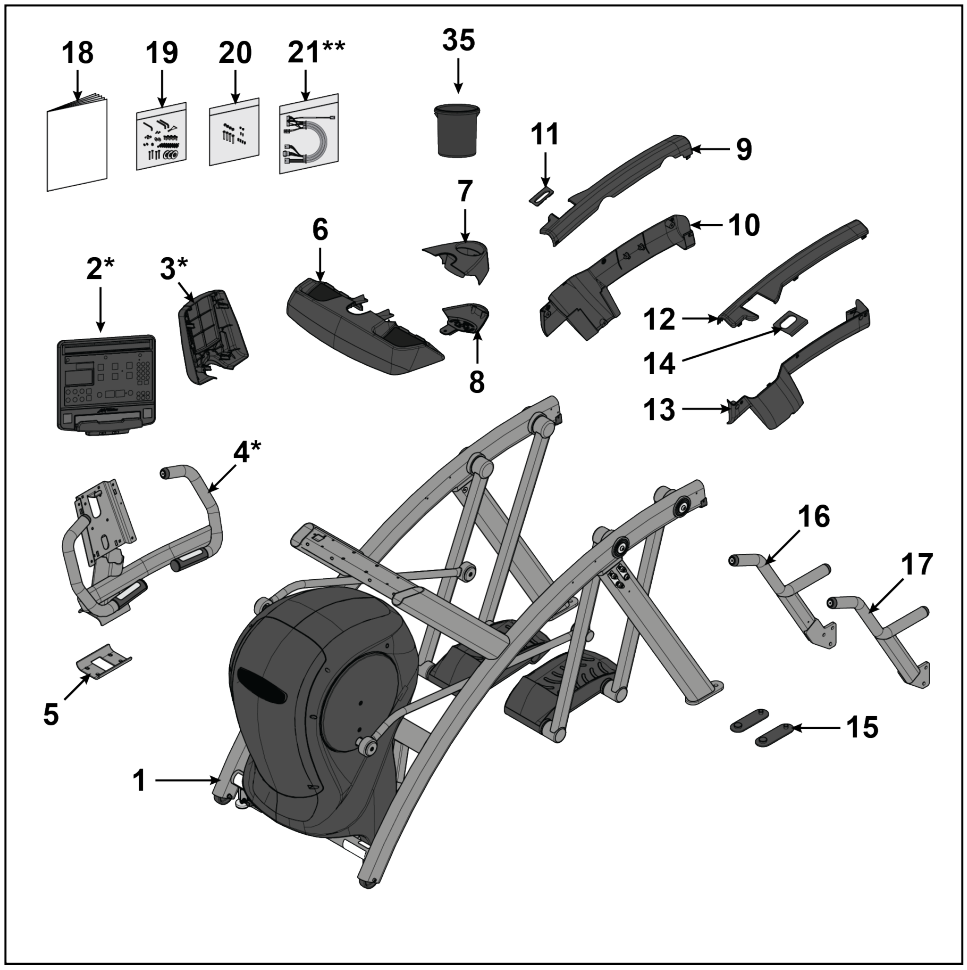
Verify Parts List Shown Below

Components

Item	Description	Quantity
1	Base Assembly	1
2*	Console Assembly	1
3*	Cover, Console Back	1
4*	Weldment, Console	1
5	Bracket, Lower	1
6	Base, Accessory Tray	1
7	Cover, Top, Accessory Tray	1
8	Cover, Bottom, Accessory Tray	1
9	Cover, Rear, Top, Right	1
10	Cover, Rear, Lower, Right	1
11	Gasket, Rear, Right	1
12	Cover, Rear, Top, Left	1
13	Cover, Rear, Lower, Left	1
14	Gasket, Rear, Left	1
15	Foot Pad	2
16	Side Handle, Right	1
17	Side Handle, Left	1
18	Assembly Instructions	1
19	Hardware Pack 1	1
20	Hardware Pack 2	1
21**	Wire Harness	1
35	Cup Holder	1

NOTE: *Console assembled in Single Box Option.

NOTE: **Cabling varies depending on base and console and assembled in Single Box Option.

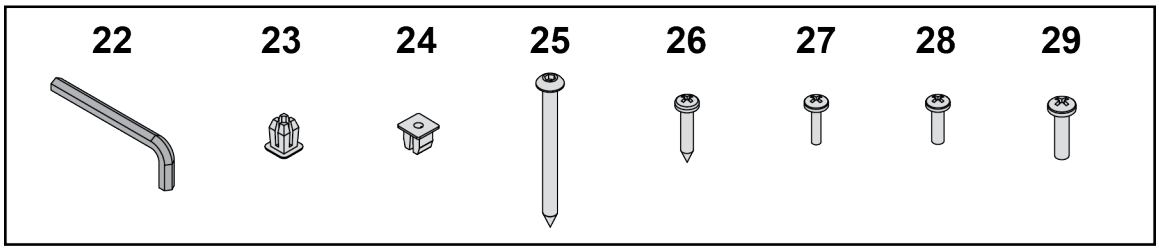


Hardware

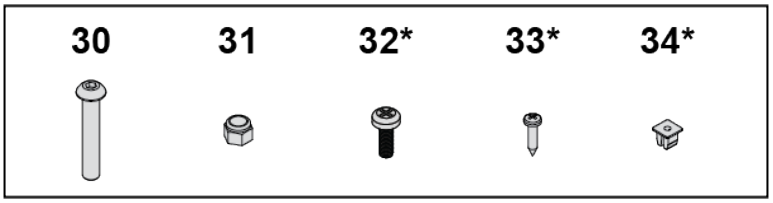
Item	Description	Quantity
22	7/32" Allen Wrench	1
23	Grommet, Nylon, Long	1
24	Grommet, Nylon, Short	7
25	Screw, Pan Head Phillips, Tap 10-12 x 2"	4
26	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	7
27	Screw, Pan Head Phillips, 6 x .50"	2
28	Screw, Pan Head Phillips, 8-16 x .50"	3
29	Screw, Pan Head Phillips, 10-24 x .75"	11
30	Screw, Socket Head, .375-16 x 2.5"	4
31	Locknut, .375-16 Nylon	4
32*	Screw, Pan Head Phillips, M5 x 0.8 x 14	5
33*	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	2
34*	Grommet, Nylon, Short	2

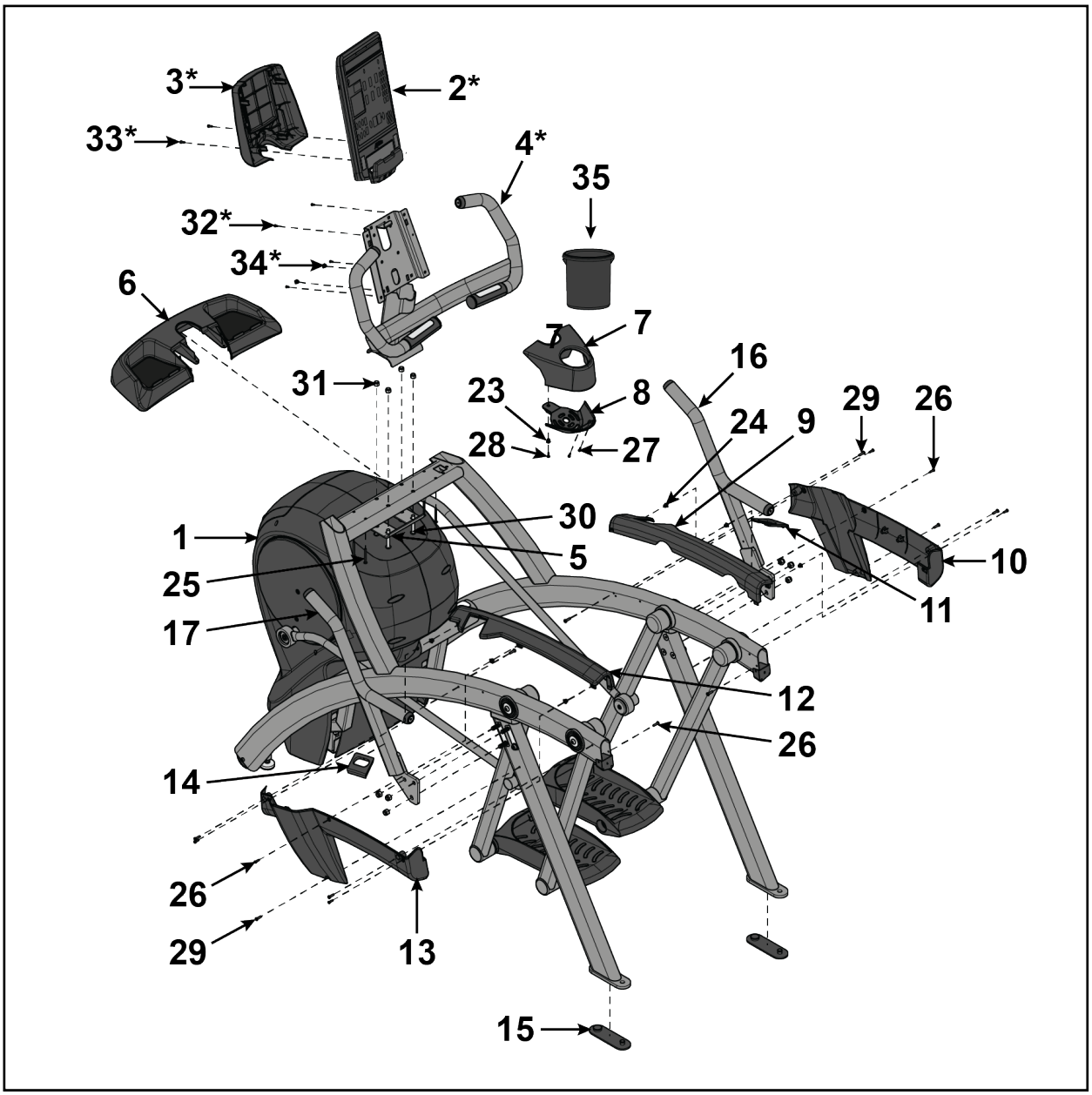
NOTE: *Console assembled in Single Box Option.

Hardware Pack 1



Hardware Pack 2





Tools Required

- Phillips screwdriver
- Stubby Phillips screwdriver
- 6 mm Allen wrench
- 7 mm Allen wrench
- 7/32″ Allen wrench
- 17 mm open end wrench
- 1/2″ open end wrench
- 9/16″ open end wrench

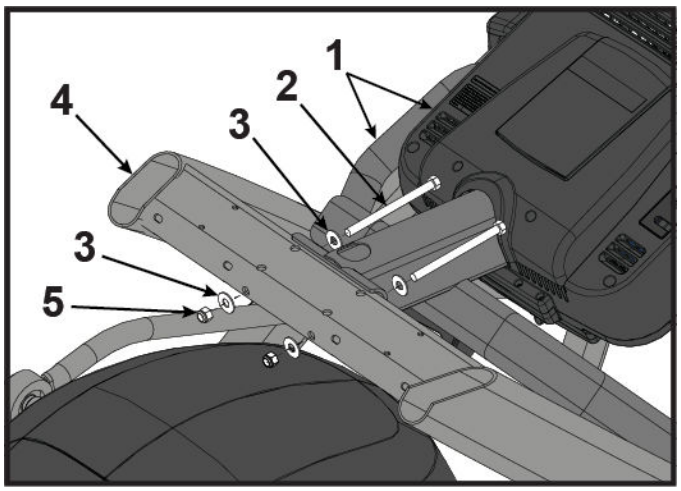
Lift and Move Unit

1. Remove lag bolts and shipping supports. Keep package material on linkage arms at this time. This will protect the paint from scratching during assembly.
2. Grasp each rear support leg firmly and lift with one person on each side.
3. Lift the lower rear support legs so the front transport wheels are able to roll on floor.

   Use proper lifting methods.
4. Move unit to intended location.
5. Lower rear support legs.

Install Console Weldment

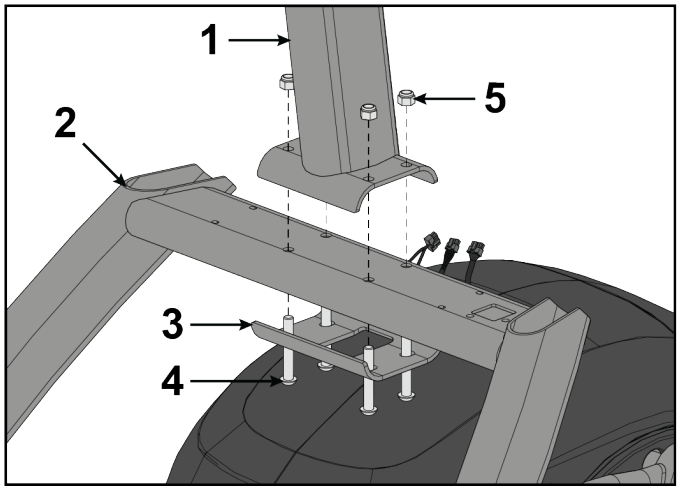
1. Remove the locknuts and washers from the bolts securing the console weldment to the frame using two 9/16″ open-end wrenches.



Item	Description	Qty
1	Console assembly	1
2	Bolts	2
3	Washers	2
4	Frame	1
5	Locknuts	2

NOTE: Single box option with console pre-assembled shown.

2. While holding the console weldment, remove the two bolts and washers from the frame. Discard the bolts, washers, and locknuts, these are only used for shipping.
3. Place console weldment into position on frame.



Item	Description	Qty
1	Weldment, Console	1
2	Frame	1
3	Bracket, Lower	1
4	Screw, Socket Head, .375-16 x 2.5"	4
5	Locknut, 375-16 Nylon	4

4. Insert (from underneath) four bolts and lower bracket into frame and console weldment.
5. Thread four locknuts onto bolts by hand.
6. Tighten four bolts and locknuts with a 7/32″ Allen wrench and a 9/16″ open-end wrench.

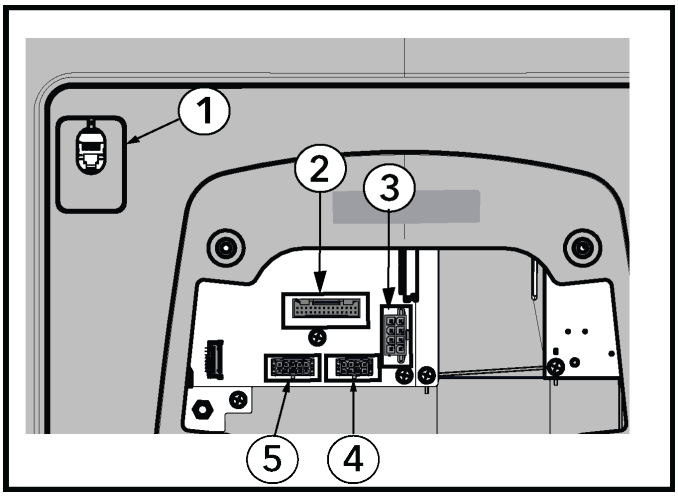
Note for Single Box Option

Skip console steps and continue assembly at Install Accessory Tray Base step.

Base to Console Cable Connections

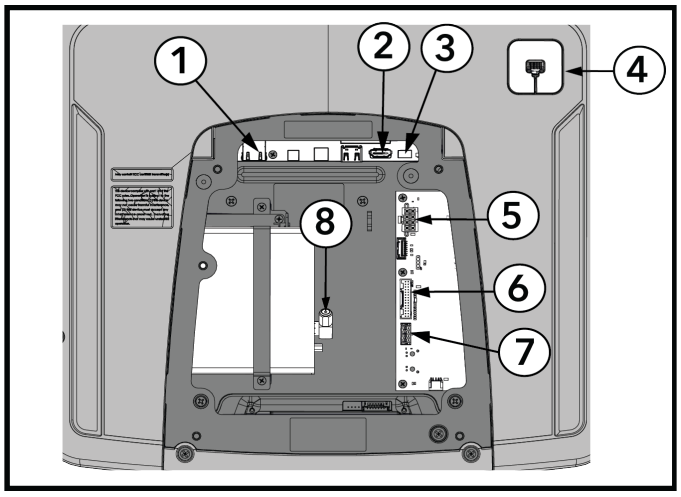
Plug the console cables into the console.

Integrity SL Console



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

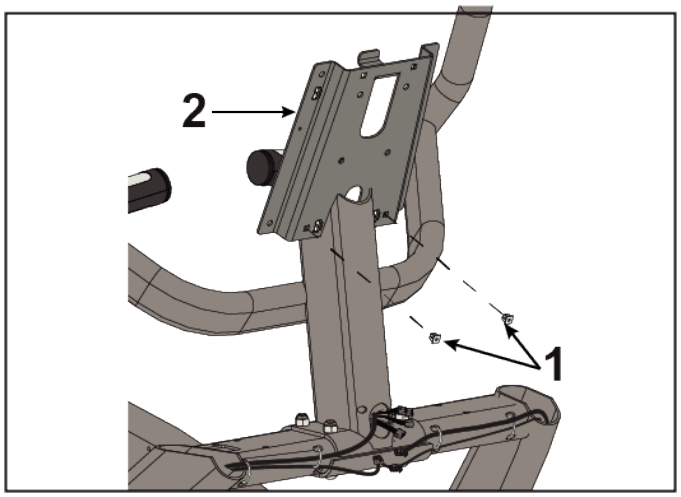
Discover SE4 Console



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 Console Back Cover - Integrity SL

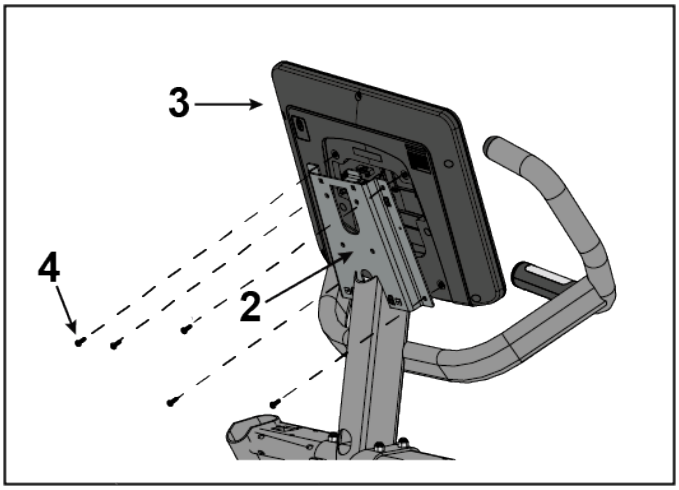
1. Insert grommets into console weldment.

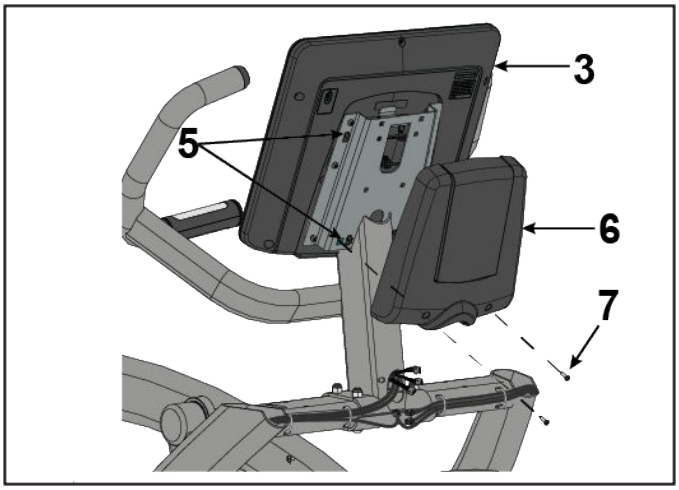


2. Attach console. Press back cover into spring tab holes of console weldment. Secure back cover to console weldment.

NOTE: Do not pinch cables while lowering the console.

Integrity SL

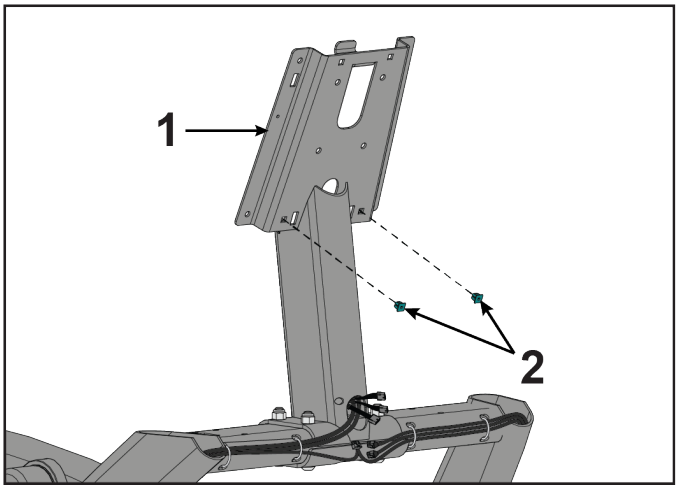




Item	Description	Qty
1	Grommets	2
2	Console Weldment	1
3	Console	1
4	M5 X 14 Phillips Pan Head Screw	5
	1.5 Nm (1.1 ft. lbs.)	
5	Spring Tab Holes	4
6	Cover, Console Back	1
7	M4.2 X 19 Phillips Pan Head Screw	2
	1.5 Nm (1.1 ft. lbs.)	

Attach Console and Console Back Cover - Discover SE4 (16" or 24")

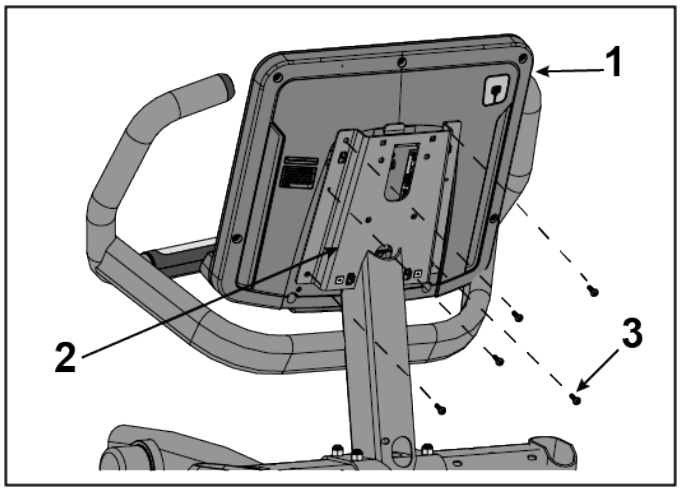
1. Insert grommets into console weldment.

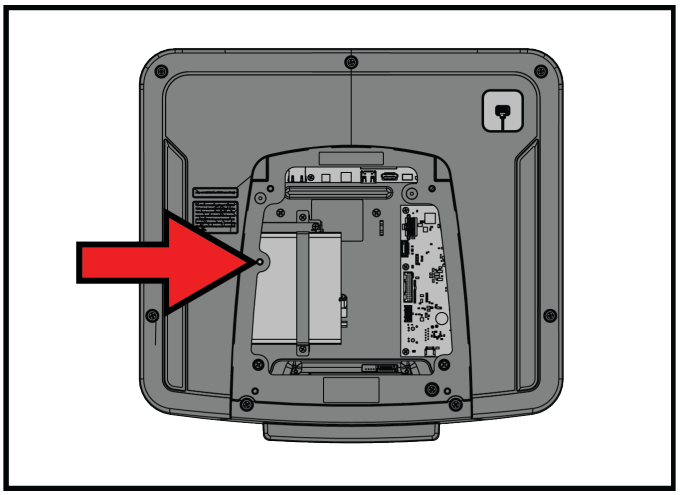


Item	Description	Qty
1	Weldment, Console	1
2	Grommet, Nylon, Short	2

2. Place console into position on console weldment.

   NOTE: Do not pinch cables while lowering the console.

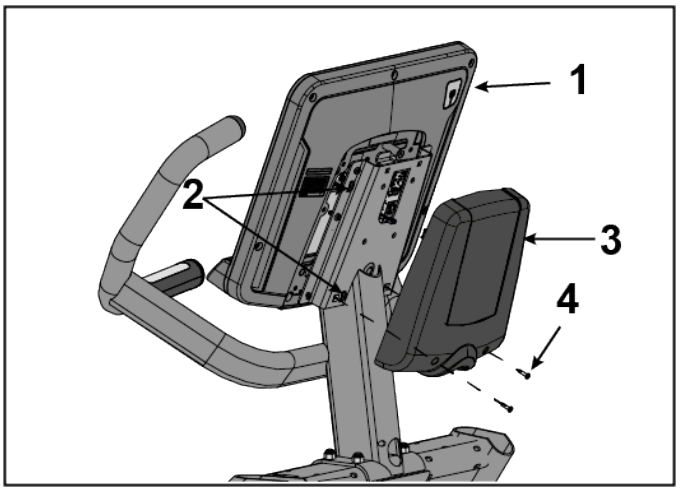




NOTE: Do not install the screw in the location shown (next to arrow) if the Discover SE4 console has a Set Top Box Sync (STB) receiver! The screw will hit the STB receiver inside of the console.

Item	Description	Qty
1	Console Assembly	1
2	Weldment, Console	1
3	Screw, Pan Head Phillips, M5 x 0.8 x 14	5
	1.5 Nm (1.1 ft. lbs.)	

3. Press back cover into spring tab holes of console weldment.



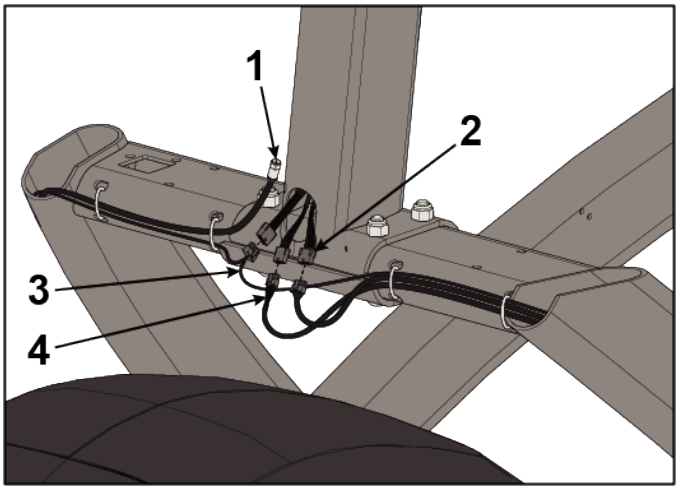
Item	Description	Qty
1	Console Assembly	1
2	Spring Tab Holes	4
3	Cover, Console Back	1
4	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	2
	1.5 Nm (1.1 ft. lbs.)	

4. Install screws securing back cover to console assembly using a Phillips Screwdriver.

Install Console Cables to Base (Basic Cabling) - SL Only

This procedure applies to the Basic Cabling option.

1. Plug upper display cable into lower display cable.



Item	Description	Qty
1	Cable, Coax *(previously routed to console)*	1
2	Cable, Console to Base Power	1
3	Cable, Heart Rate and Keypad Switches	1
4	Cable, Base Signal	1

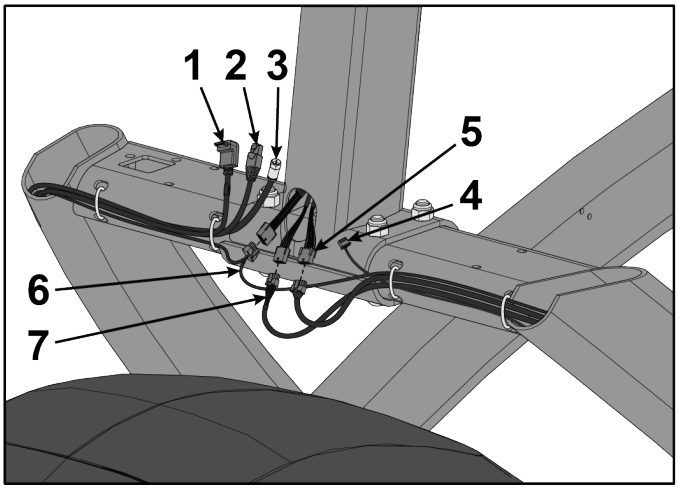
2. Plug upper heart rate cable into lower heart rate cable.
3. Plug console power cable connectors into each other.

   NOTE: Console power cables must be connected last.

Install Console Cables to Base (Advanced Cabling) - SE4 Only

This procedure applies to the Advanced Cabling option.

1. Plug upper display cable into lower display cable.



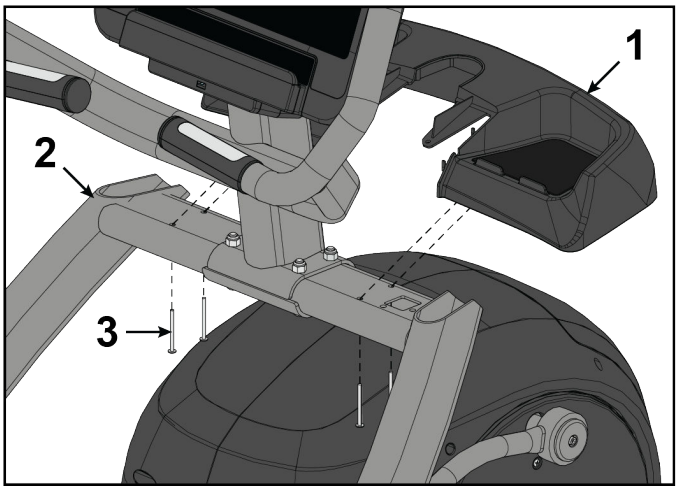
Item	Description	Qty
1	Cable, HDMI *(previously routed to console)*	1
2	Cable, Ethernet *(previously routed to console)*	1
3	Cable, Coax *(previously routed to console)*	1
4	Cable, IR *(previously routed to console)*	1
5	Cable, Console to Base Power	1
6	Cable, Heart Rate and Keypad Switches	1
7	Cable, Base Signal	1

2. Plug upper heart rate cable into lower heart rate cable.
3. Plug console power cable connectors into each other.

   NOTE: Console power cables must be connected last.

Install Accessory Tray Base

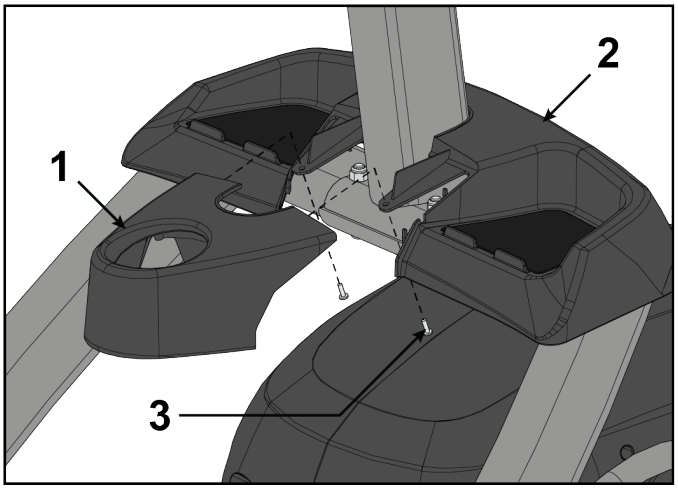
Install screws securing accessory tray base to frame using a Phillips screwdriver.



Item	Description	Qty
1	Accessory Tray Base	1
2	Frame	1
3	Screw, Pan Head Phillips, Tap 10-12 x 2"	4

Install Accessory Tray Top

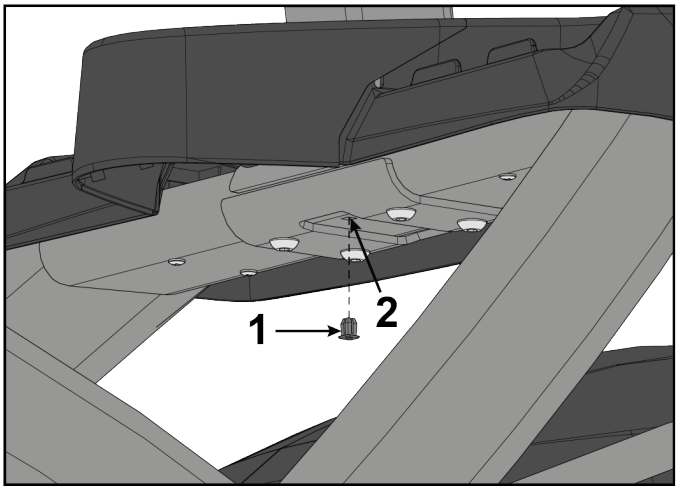
Install screws securing accessory tray top to accessory tray base using a stubby Phillips screwdriver.



Item	Description	Qty.
1	Accessory Tray Top	1
2	Accessory Tray Base	1
3	Screw, Pan Head Phillips, 8-16 x .50"	2

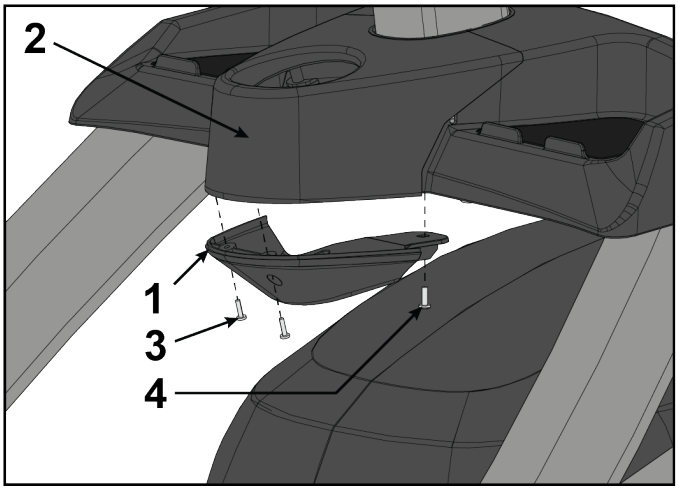
Install Accessory Tray Bottom

1. Install the grommet to the frame.



Item	Description	Qty.
1	Grommet, Nylon, Long	1
2	Frame	1

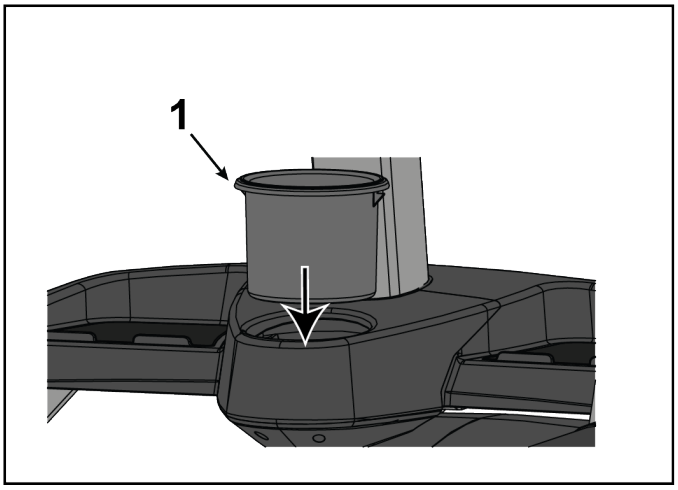
2. Install screws securing the accessory tray bottom to the accessory tray top using a Phillips screwdriver.
3. Install screw securing the accessory tray bottom to the frame using a Phillips screwdriver.



Item	Description	Qty.
1	Accessory Tray Bottom	1
2	Accessory Tray Top	1
3	Screw, Pan Head Phillips, 6 x .50"	2
4	Screw, Pan Head Phillips, 8-16 x .50"	1

Install Cup Holder

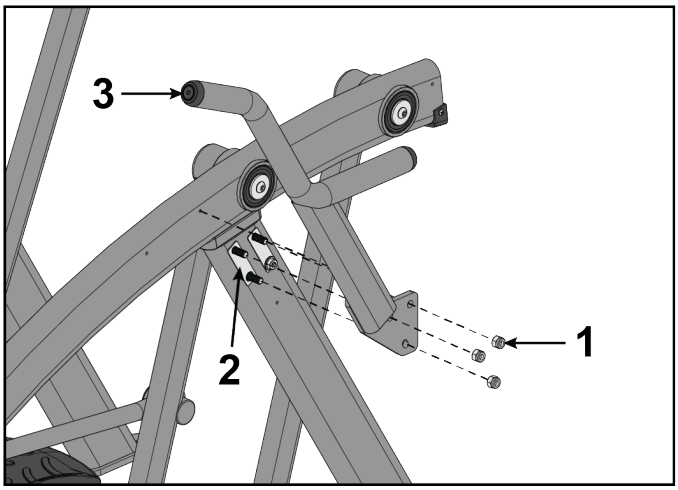
Install cup holder into accessory tray. Rotate cup counterclockwise to lock.



Item	Description	Qty
1	Cup Holder	1

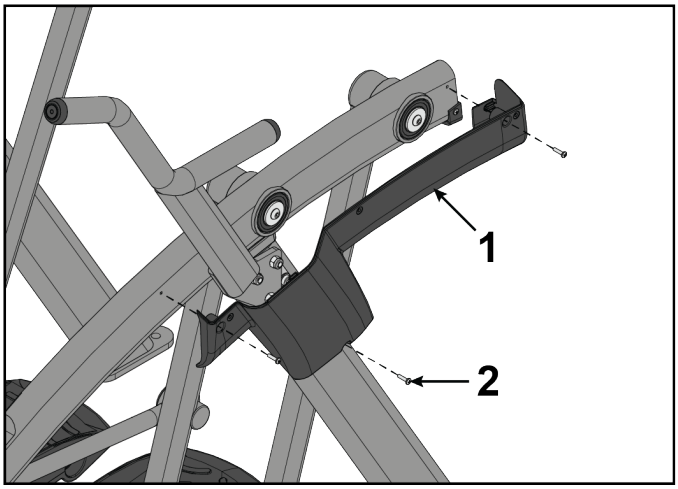
Install Side Handles

1. Remove three locknuts from left support leg using 17mm open-end wrench and 6mm Allen wrench. Keep the two spacers in place.



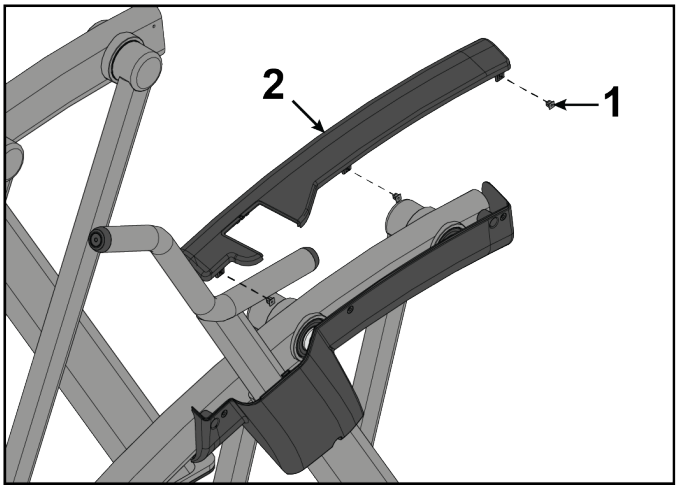
Item	Description	Qty
1	Locknut, M10 x 1.50	3
2	Spacer	2
3	Side Handle, Left	1

2. Install the left side handle and three locknuts using 17mm open-end wrench and 6mm Allen wrench. Ensure upper roll pin enters hole in frame.
3. Install screws securing left lower rear cover to frame using a Phillips screwdriver.



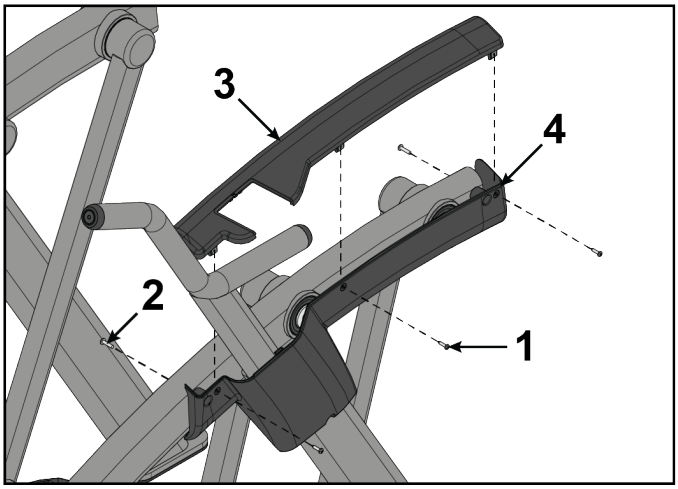
Item	Description	Qty
1	Cover, Rear, Lower, Left	1
2	Screw, Pan Head Phillips, 10-24 x .75"	3

4. Install grommets to left top rear cover.



Item	Description	Qty
1	Grommet, Nylon, Short	3
2	Cover, Rear, Top, Left	1

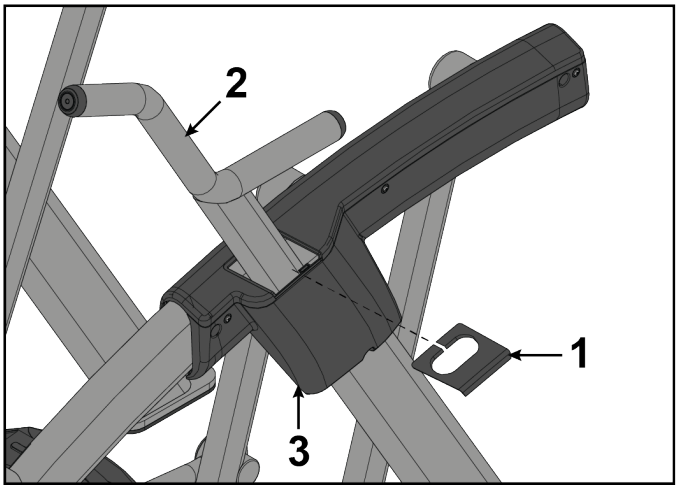
5. Install screws into grommets securing left lower rear cover to left top rear cover using a Phillips screwdriver.



Item	Description	Qty
1	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	3
2	Screw, Pan Head Phillips, 10-24 x .75"	2
3	Cover, Rear, Top, Left	1
4	Cover, Rear, Lower, Left	1

6. Install screws securing left top rear cover to frame using a Phillips screwdriver.

7. Open gasket and install around left side handle. Press gasket down onto left lower rear cover.

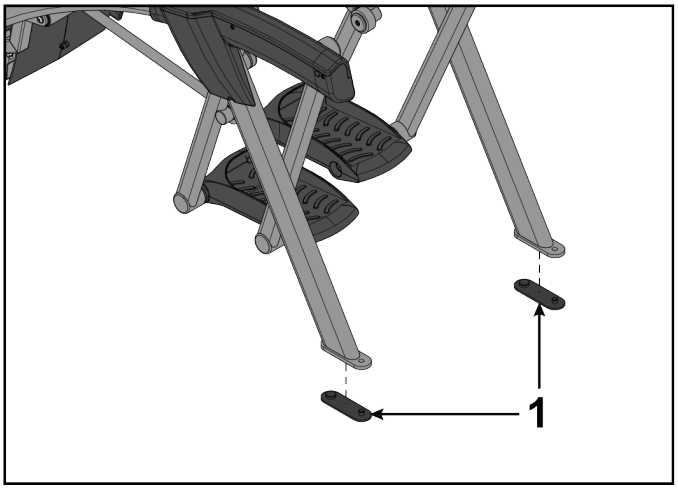


Item	Description	Qty
1	Gasket	1
2	Side Handle, Left	1
3	Cover, Rear, Lower, Left	1

8. Repeat steps 1 through 7 for the right side.

Install Foot Pads

Have one person lift the unit while a second person places a foot pad under each of the two back feet.



Item	Description	Qty
1	Foot Pads	2

NOTE: Foot pads need to be installed to prevent rocking.

Visually Inspect Unit

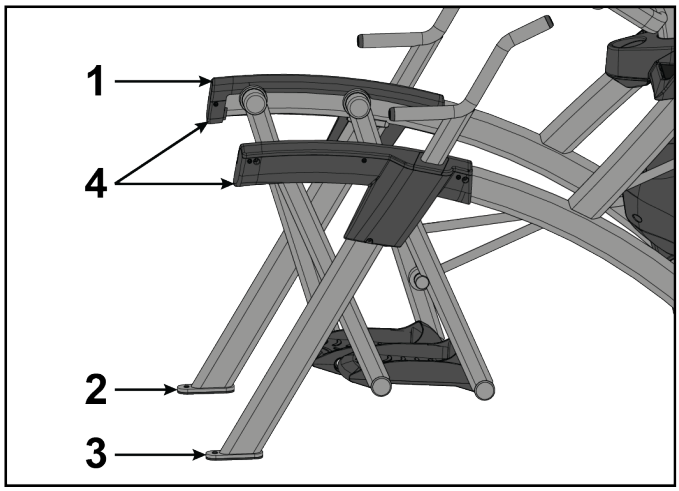
1. Remove any packing material from unit.
2. Examine the unit to ensure that the assembly is correct and complete.

Level Unit

This procedure will level the unit by evenly adjusting the weight on the rear feet. Leveling the unit will eliminate rocking during use.

NOTE: References to left and right are from the users perspective during use.

1. Verify foot plates are completely stopped.
2. Grasp one of the rear covers and slowly lift the rear foot off the floor. Lower rear foot to the floor.



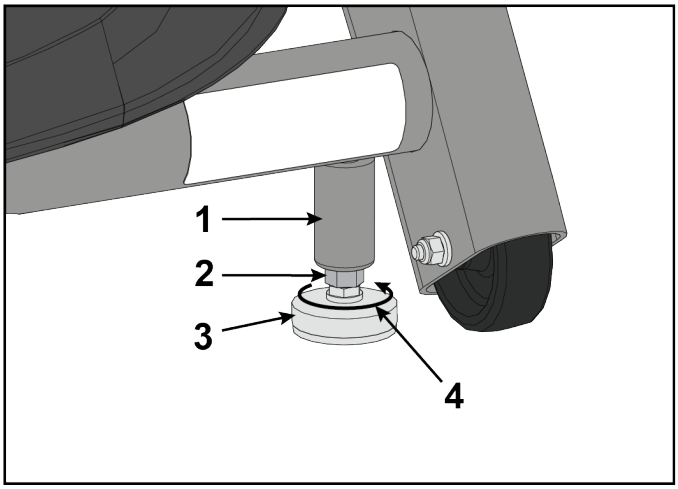
Item	Description	Qty.
1	Rear Cover	2
2	Left Rear Foot	1
3	Right Rear Foot	1
4	*Lift Here*	

3. Grasp the other rear cover and slowly lift the rear foot off the floor. Lower rear foot to the floor.

   Make note of either rear foot lifting off the floor easier than the other.

   If both rear feet lift off the floor evenly, secure both leveling foot jam nuts against the frame post using a 9/16" open-end wrench. Unit is leveled.

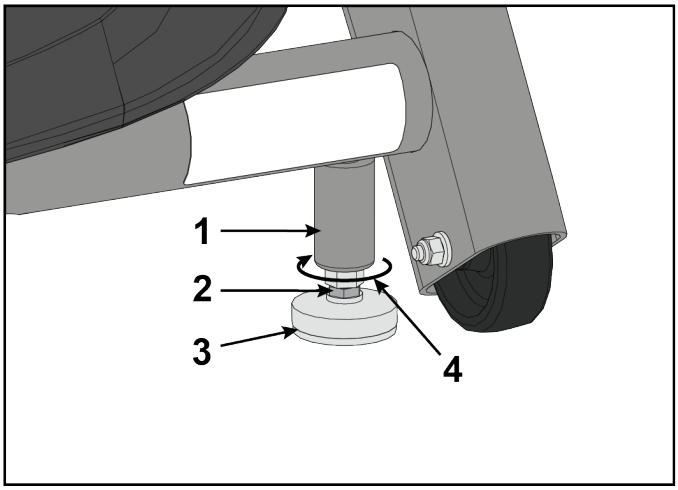
Left leveling foot shown



Item	Description	Qty.
1	Frame Post	1
2	Jam Nut	1
3	Leveling Foot	1
4	*Turn Counter-Clockwise to Secure*	

4. Adjust the weight of the rear feet using a 1/2" open-end wrench.
   - If the **left** rear foot lifts up easier, Adjust the **right** leveling foot nut down.
   - If the **right** rear foot lifts up easier, Adjust the **left** leveling foot nut down.

Left leveling foot shown



Item	Description	Qty.
1	Frame Post	1
2	Leveling Foot Nut	1
3	Leveling Foot	1
4	*Turn Clockwise to Adjust Leveling Foot Down*	

5. Test the unit again for uneven weight on the rear feet. Adjust leveling foot nuts until each rear foot lifts with even force.
6. Secure both jam nuts using a 9/16" open-end wrench. Unit is leveled.

Assembly Procedure - Total Body

Two people will be required for this procedure.

TIP: Read and understand all instructions thoroughly before assembling this unit. Check all items carefully. If there is damage, see the Customer Service section of this manual for proper procedure to return, replace, or reorder parts.

The words "left" and "right" denote the user's orientation.

Verify you have received the correct package

1. Read box label to verify the model number and voltage (optional) match what was ordered.
2. Verify paint color matches what was ordered.

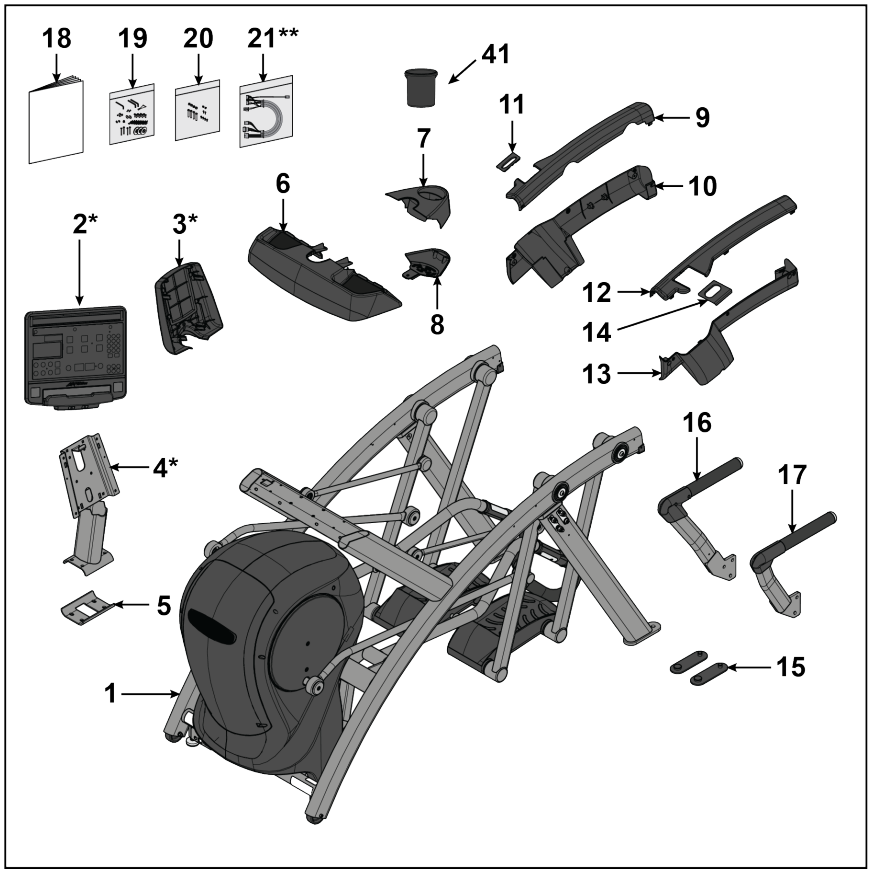
Verify Parts List Shown Below

Components

Item	Description	Quantity
1	Base Assembly	1
2*	Console Assembly	1
3*	Cover, Console Back	1
4*	Weldment, Console	1
5	Bracket, Lower	1
6	Base, Accessory Tray	1
7	Cover, Top, Accessory Tray	1
8	Cover, Bottom, Accessory Tray	1
9	Cover, Rear, Top, Right	1
10	Cover, Rear, Lower, Right	1
11	Gasket, Rear, Right	1
12	Cover, Rear, Top, Left	1
13	Cover, Rear, Lower, Left	1
14	Gasket, Rear, Left	1
15	Foot Pad	2
16	Side Handle, Right	1
17	Side Handle, Left	1
18	Assembly Instructions	1
19	Hardware Pack 1	1
20	Hardware Pack 2	1
21**	Wire Harness	1
41	Cup Holder	1

NOTE: *Console assembled in Single Box Option.

NOTE: **Cabling varies depending on base and console and assembled in Single Box Option.

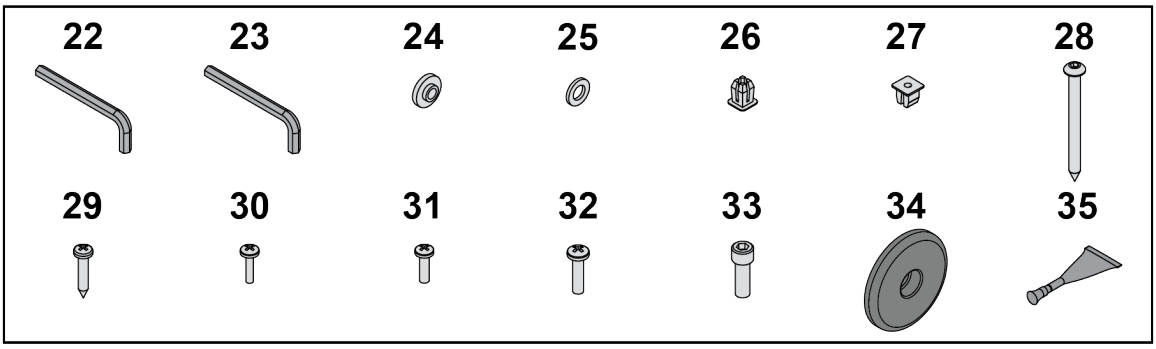


Hardware

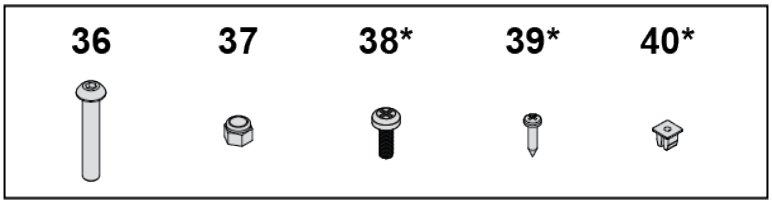
Item	Description	Quantity
22	3/16" Allen Wrench	1
23	7/32" Allen Wrench	2
24	Flange Spacer	2
25	Washer, Flat, .281 ID x .500 OD x .062"	2
26	Grommet, Nylon, Long	1
27	Grommet, Nylon, Short	7
28	Screw, Pan Head Phillips, Tap 10-12 x 2"	4
29	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	7
30	Screw, Pan Head Phillips, 6 x .50"	2
31	Screw, Pan Head Phillips, 8-16 x .50"	3
32	Screw, Pan Head Phillips, 10-24 x .75"	11
33	Screw, Socket Head, .250-20 UNC-3A SS	2
34	Linkage Rod Cap 2.00 OD (1 extra)	3
35	Loctite #242	1
36	Screw, Socket Head, .375-16 x 2.5"	4
37	Locknut, .375-16 Nylon	4
38*	Screw, Pan Head Phillips, M5 x 0.8 x 14	5
39*	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	2
40*	Grommet, Nylon, Short	2

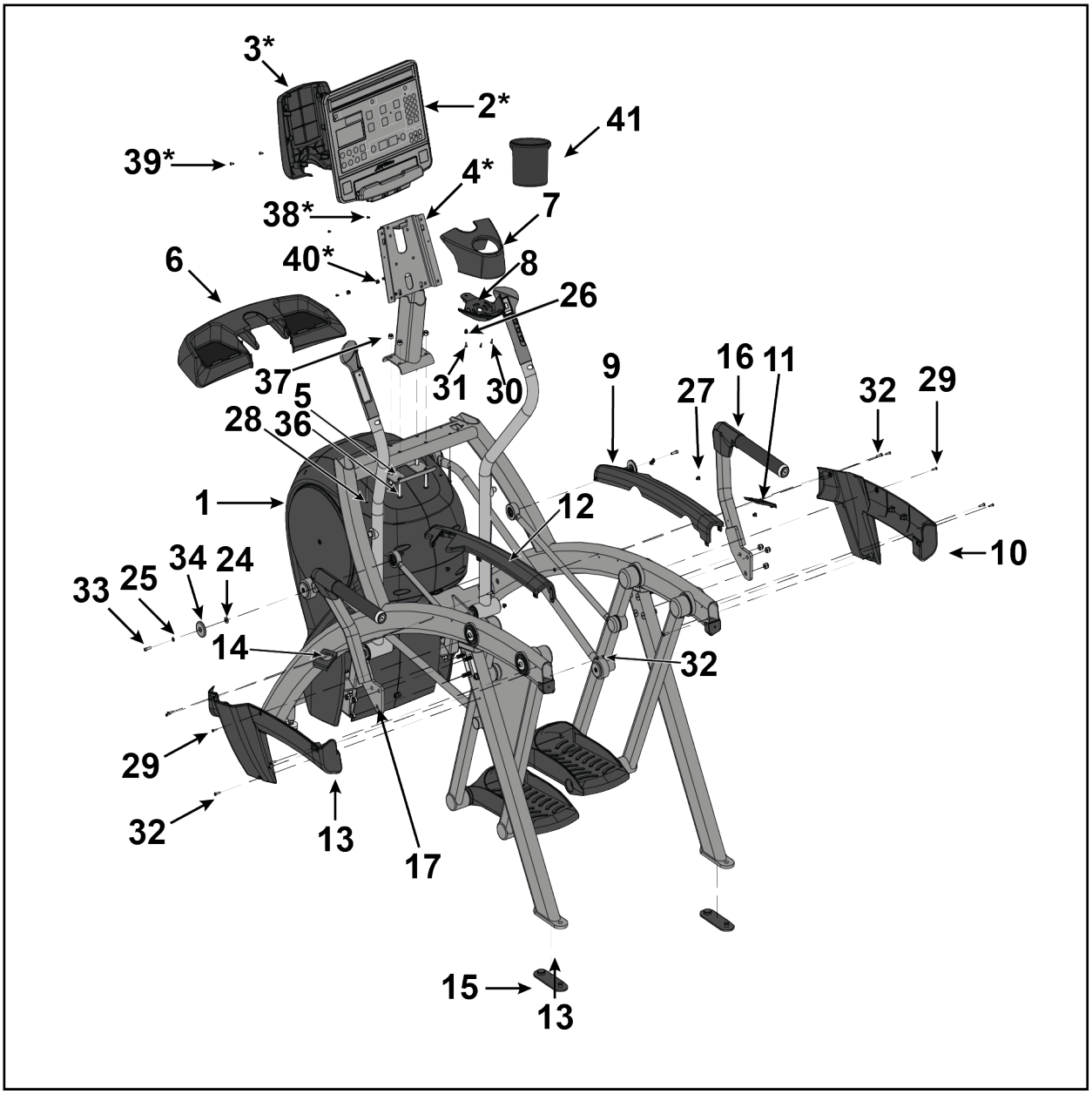
NOTE: *Console assembled in Single Box Option.

Hardware Pack 1



Hardware Pack 2





Tools Required

- Phillips screwdriver
- Stubby Phillips screwdriver
- 6 mm Allen wrench
- 7 mm Allen wrench
- 3/16″ Allen wrench
- 7/32″ Allen wrench (2)
- 17 mm open end wrench
- 1/2″ open end wrench
- 9/16″ open end wrench

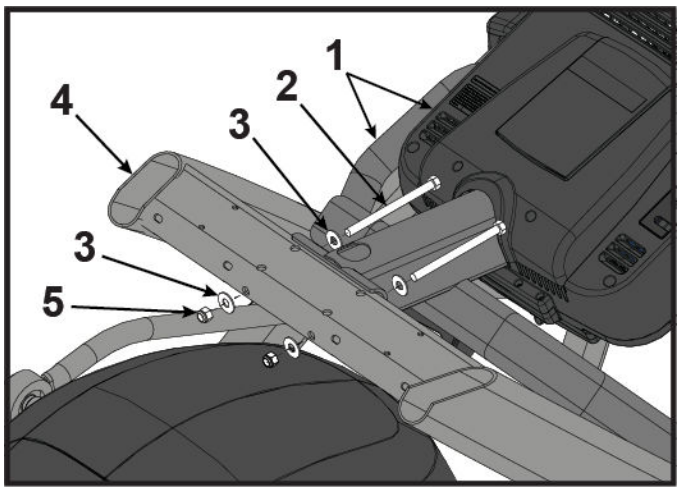
Lift and Move Unit

1. Remove lag bolts and shipping supports. Keep package material on linkage arms at this time. This will protect the paint from scratching during assembly.
2. Grasp each rear support leg firmly and lift with one person on each side.
3. Lift the lower rear support legs so the front transport wheels are able to roll on floor.

   Use proper lifting methods.
4. Move unit to intended location.
5. Lower rear support legs.

Install Console Weldment

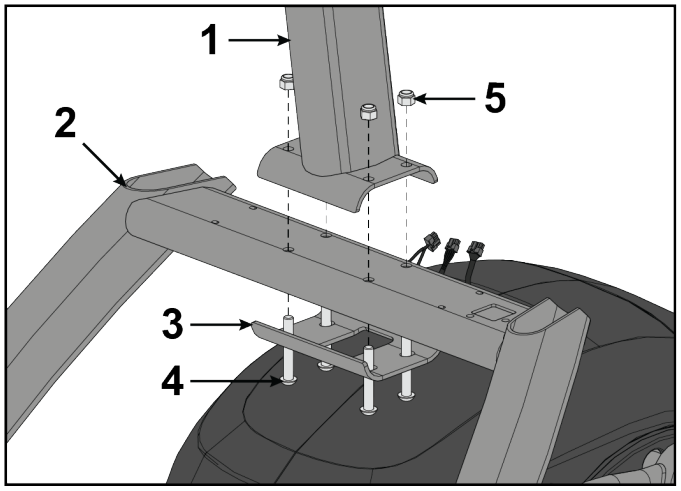
1. Remove the locknuts and washers from the bolts securing the console weldment to the frame using two 9/16″ open-end wrenches.



Item	Description	Qty
1	Console assembly	1
2	Bolts	2
3	Washers	2
4	Frame	1
5	Locknuts	2

NOTE: Single box option with console pre-assembled shown.

2. While holding the console weldment, remove the two bolts and washers from the frame. Discard the bolts, washers, and locknuts, these are only used for shipping.
3. Place console weldment into position on frame.



Item	Description	Qty
1	Weldment, Console	1
2	Frame	1
3	Bracket, Lower	1
4	Screw, Socket Head, .375-16 x 2.5"	4
5	Locknut, 375-16 Nylon	4

4. Insert (from underneath) four bolts and lower bracket into frame and console weldment.
5. Thread four locknuts onto bolts by hand.
6. Tighten four bolts and locknuts with a 7/32″ Allen wrench and a 9/16″ open-end wrench.

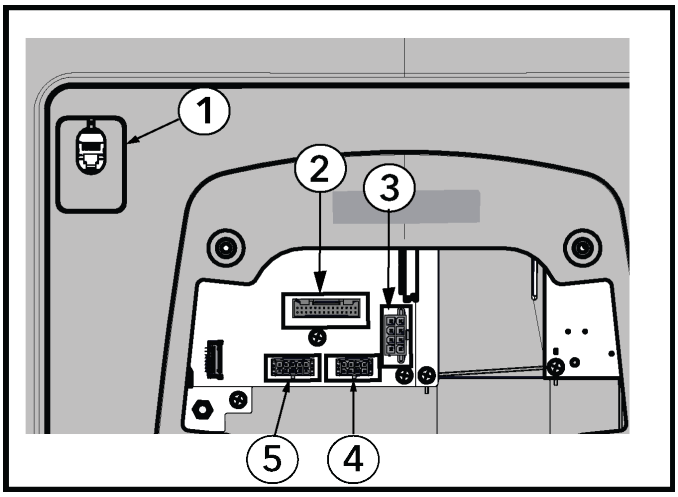
Note for Single Box Option

Skip console steps and continue assembly at Install Accessory Tray Base step.

Base to Console Cable Connections

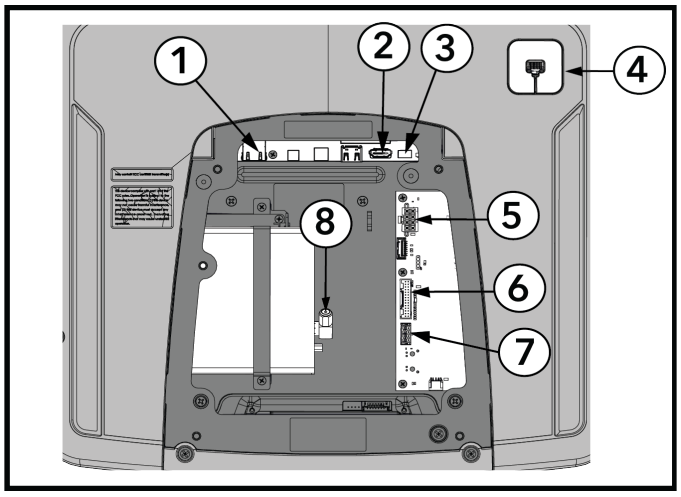
Plug the console cables into the console.

Integrity SL Console



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

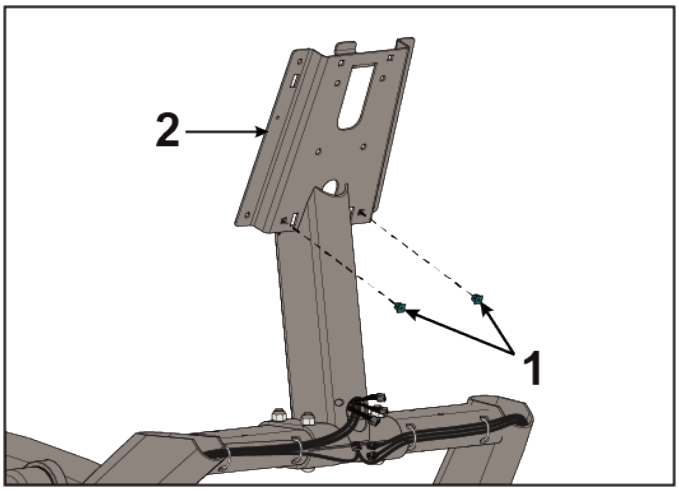
Discover SE4 Console



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 Console Back Cover - Integrity SL

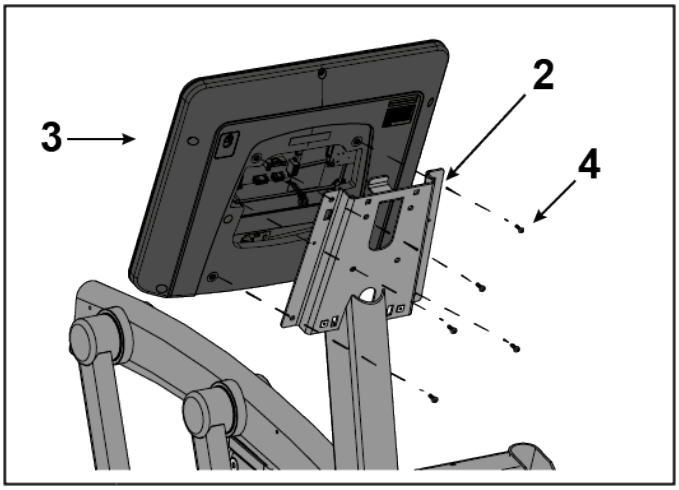
1. Insert grommets into console weldment.

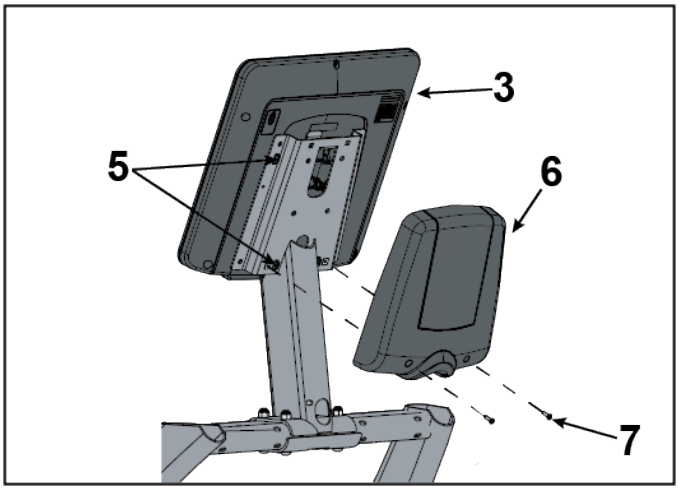


2. Attach console. Press back cover into spring tab holes of console weldment. Secure back cover to console weldment.

NOTE: Do not pinch cables while lowering the console.

Integrity SL

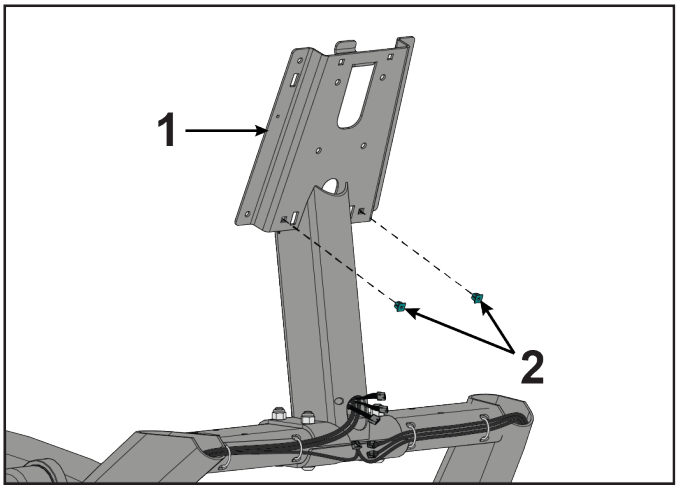




Item	Description	Qty
1	Grommets	2
2	Console Weldment	1
3	Console	1
4	M5 X 14 Phillips Pan Head Screw	5
	**1.5 Nm (1.1 ft. lbs.)**	
5	Spring Tab Holes	4
6	Cover, Console Back	1
7	M4.2 X 19 Phillips Pan Head Screw	2
	**1.5 Nm (1.1 ft. lbs.)**	

Attach Console and Console Back Cover - Discover SE4 (16" or 24")

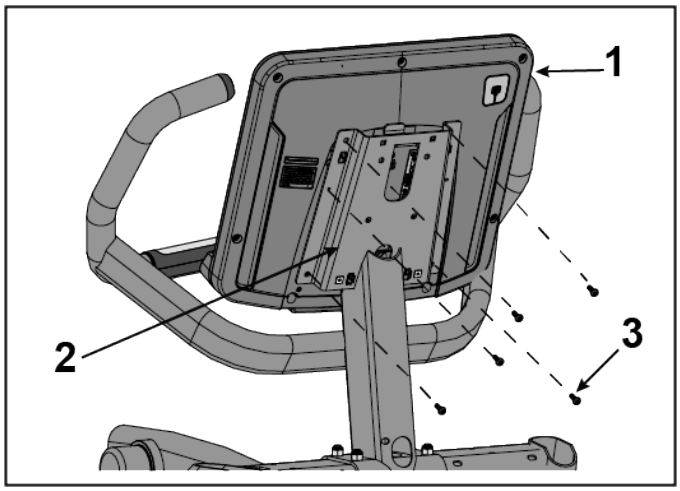
1. Insert grommets into console weldment.

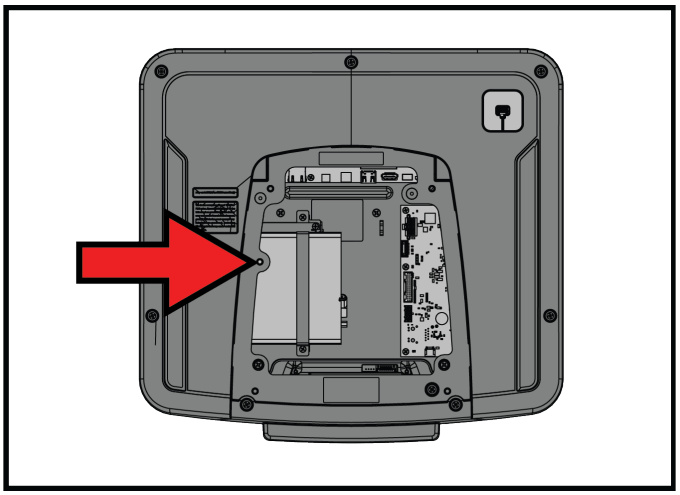


Item	Description	Qty
1	Weldment, Console	1
2	Grommet, Nylon, Short	2

2. Place console into position on console weldment.

   NOTE: Do not pinch cables while lowering the console.

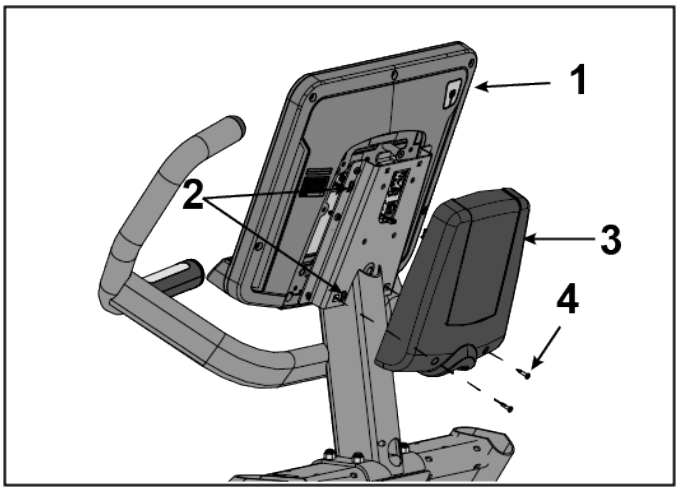




NOTE: Do not install the screw in the location shown (next to arrow) if the Discover SE4 console has a Set Top Box Sync (STB) receiver! The screw will hit the STB receiver inside of the console.

Item	Description	Qty
1	Console Assembly	1
2	Weldment, Console	1
3	Screw, Pan Head Phillips, M5 x 0.8 x 14	5
	**1.5 Nm (1.1 ft. lbs.)**	

3. Press back cover into spring tab holes of console weldment.



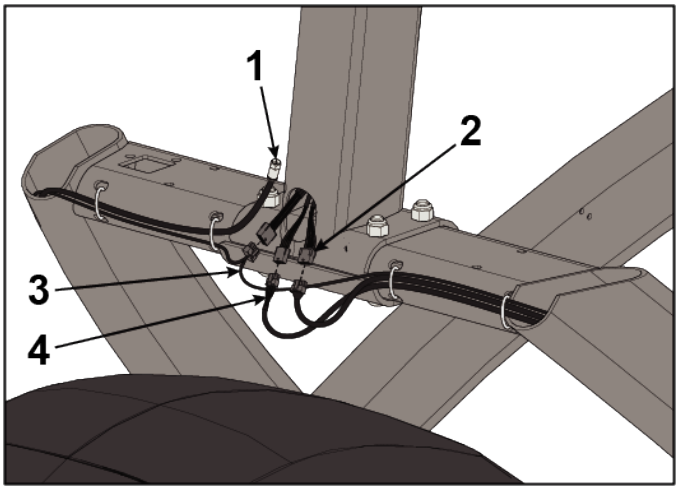
Item	Description	Qty
1	Console Assembly	1
2	Spring Tab Holes	4
3	Cover, Console Back	1
4	Screw, Pan Head Phillips, M4.2 x 0.7 x 19	2
	1.5 Nm (1.1 ft. lbs.)	

4. Install screws securing back cover to console assembly using a Phillips Screwdriver.

Install Console Cables to Base (Basic Cabling) - SL Only

This procedure applies to the Basic Cabling option.

1. Plug upper display cable into lower display cable.



Item	Description	Qty
1	Cable, Coax *(previously routed to console)*	1
2	Cable, Console to Base Power	1
3	Cable, Heart Rate and Keypad Switches	1
4	Cable, Base Signal	1

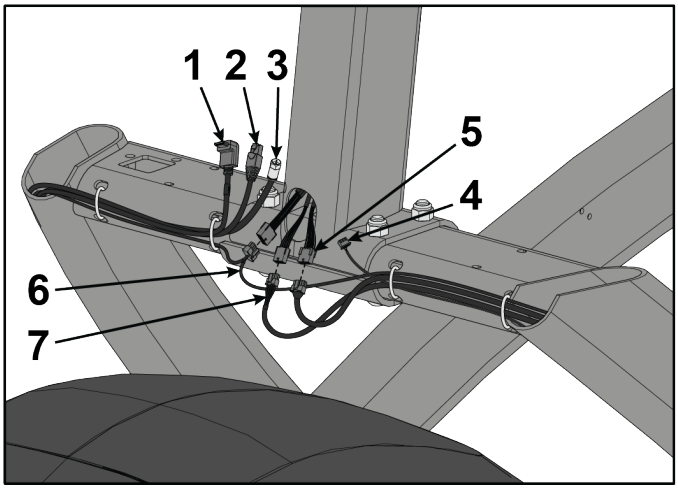
2. Plug upper heart rate cable into lower heart rate cable.
3. Plug console power cable connectors into each other.

   NOTE: Console power cables must be connected last.

Install Console Cables to Base (Advanced Cabling) - SE4 Only

This procedure applies to the Advanced Cabling option.

1. Plug upper display cable into lower display cable.



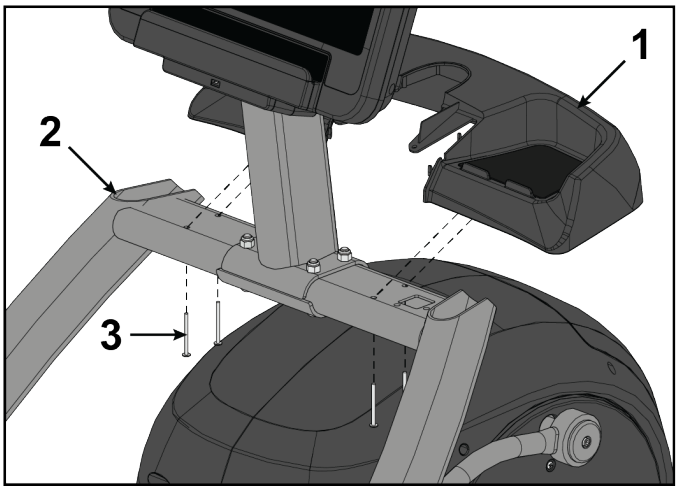
Item	Description	Qty
1	Cable, HDMI *(previously routed to console)*	1
2	Cable, Ethernet *(previously routed to console)*	1
3	Cable, Coax *(previously routed to console)*	1
4	Cable, IR *(previously routed to console)*	1
5	Cable, Console to Base Power	1
6	Cable, Heart Rate and Keypad Switches	1
7	Cable, Base Signal	1

2. Plug upper heart rate cable into lower heart rate cable.
3. Plug console power cable connectors into each other.

   NOTE: Console power cables must be connected last.

Install Accessory Tray Base

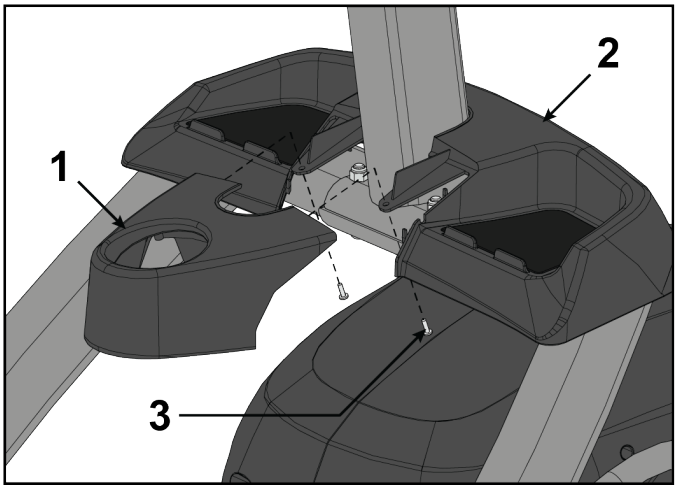
Install screws securing accessory tray base to frame using a Phillips screwdriver.



Item	Description	Qty
1	Accessory Tray Base	1
2	Frame	1
3	Screw, Pan Head Phillips, Tap 10-12 x 2"	4

Install Accessory Tray Top

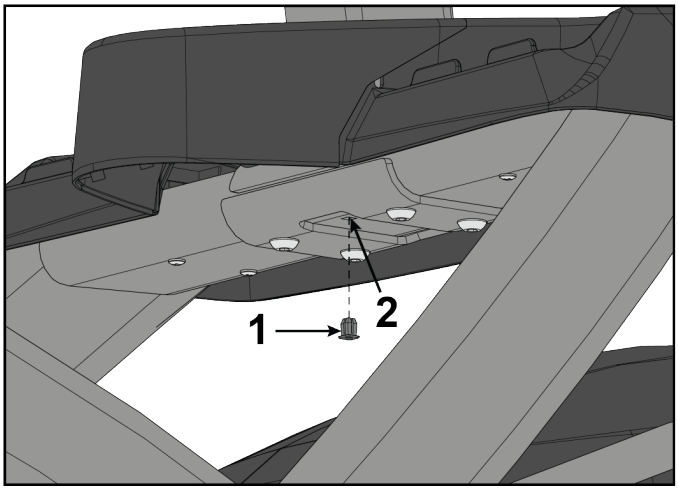
Install screws securing accessory tray top to accessory tray base using a stubby Phillips screwdriver.



Item	Description	Qty.
1	Accessory Tray Top	1
2	Accessory Tray Base	1
3	Screw, Pan Head Phillips, 8-16 x .50"	2

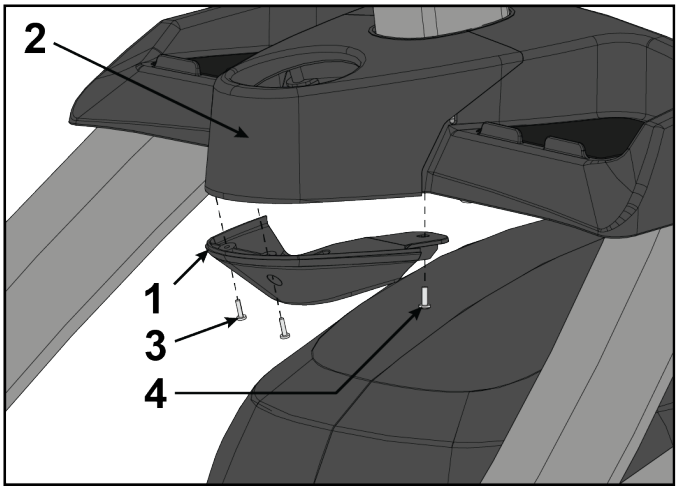
Install Accessory Tray Bottom

1. Install the grommet to the frame.



Item	Description	Qty.
1	Grommet, Nylon, Long	1
2	Frame	1

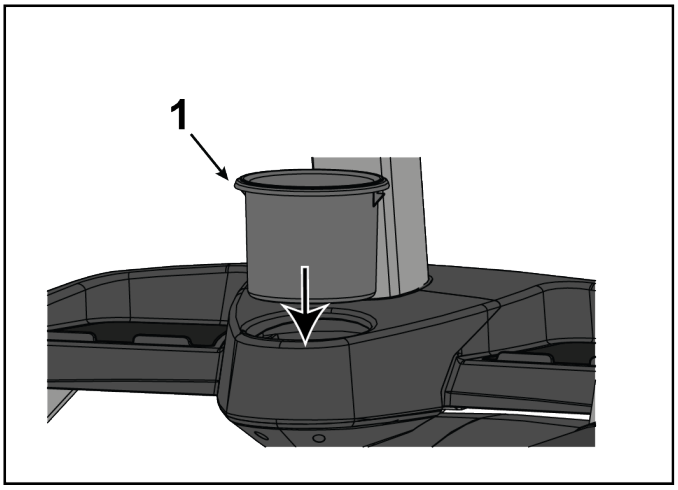
2. Install screws securing the accessory tray bottom to the accessory tray top using a Phillips screwdriver.
3. Install screw securing the accessory tray bottom to the frame using a Phillips screwdriver.



Item	Description	Qty.
1	Accessory Tray Bottom	1
2	Accessory Tray Top	1
3	Screw, Pan Head Phillips, 6 x .50"	2
4	Screw, Pan Head Phillips, 8-16 x .50"	1

Install Cup Holder

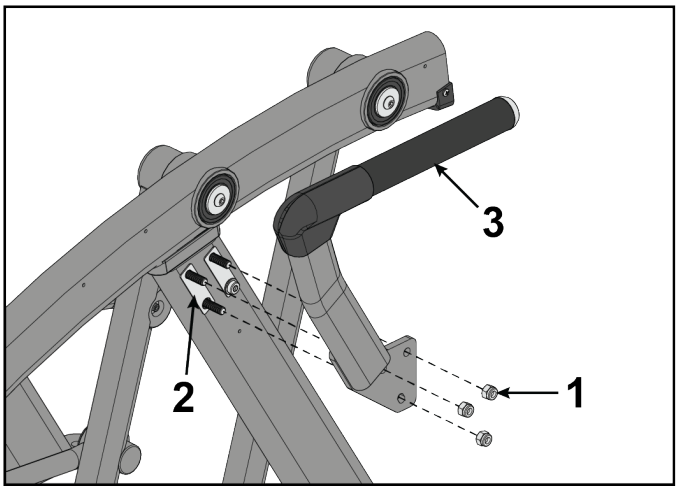
Install cup holder into accessory tray. Rotate cup counterclockwise to lock.



Item	Description	Qty
1	Cup Holder	1

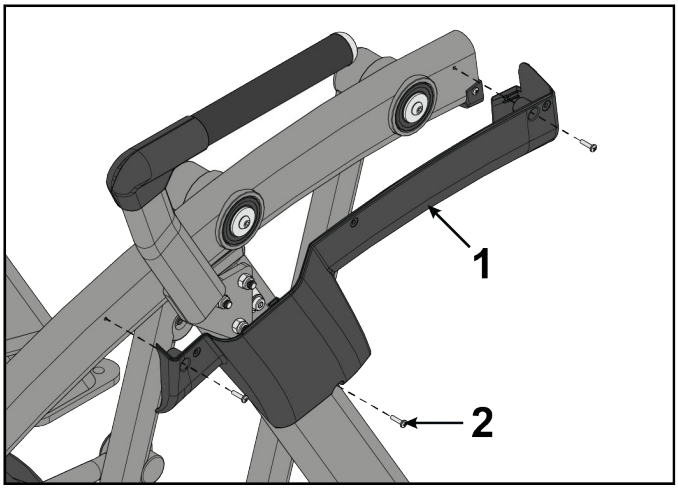
Install Side Handles

1. Remove three locknuts from left support leg using 17mm open-end wrench and 6mm Allen wrench. Keep the two spacers in place.



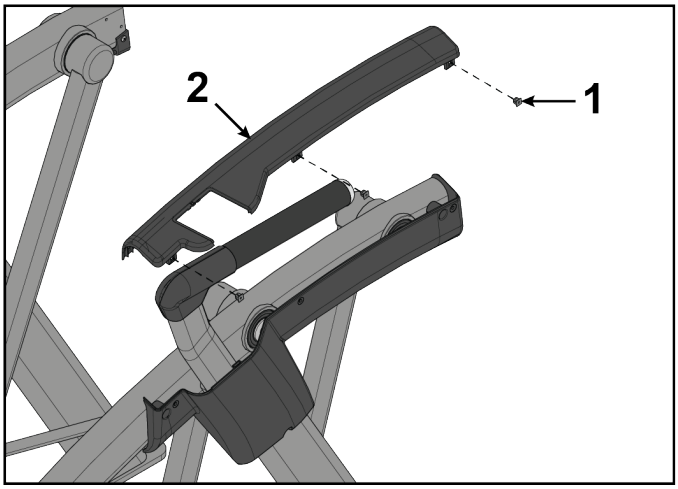
Item	Description	Qty
1	Locknut, M10 x 1.50	3
	**28 Nm (250 in. lbs.)**	
2	Spacer	2
3	Side Handle, Left	1

2. Install the left side handle and three locknuts using 17mm open-end wrench and 6mm Allen wrench. Ensure upper roll pin enters hole in frame.
3. Install screws securing left lower rear cover to frame using a Phillips screwdriver.



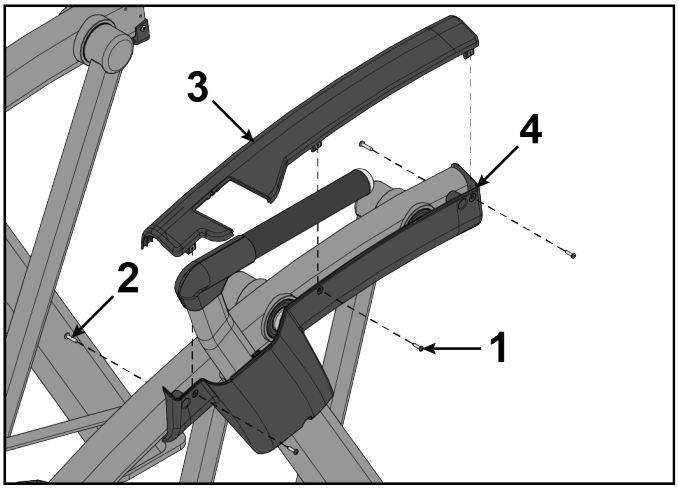
Item	Description	Qty
1	Cover, Rear, Lower, Left	1
2	Screw, Pan Head Phillips, 10-24 x .75"	3

4. Install grommets to left top rear cover.



Item	Description	Qty
1	Grommet, Nylon, Short	3
2	Cover, Rear, Top, Left	1

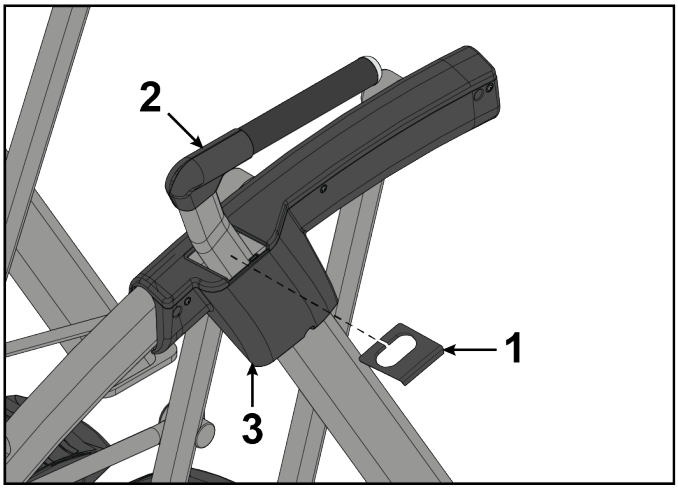
5. Install screws into grommets securing left lower rear cover to left top rear cover using a Phillips screwdriver.



Item	Description	Qty
1	Screw, M4.2 x 0.7 x 19	3
2	Screw, Pan Head Phillips, 10-24 x .75"	2
3	Cover, Rear, Top, Left	1
4	Cover, Rear, Lower, Left	1

6. Install screws securing left top rear cover to frame using a Phillips screwdriver.

7. Open gasket and install around left side handle. Press gasket down onto left lower rear cover.

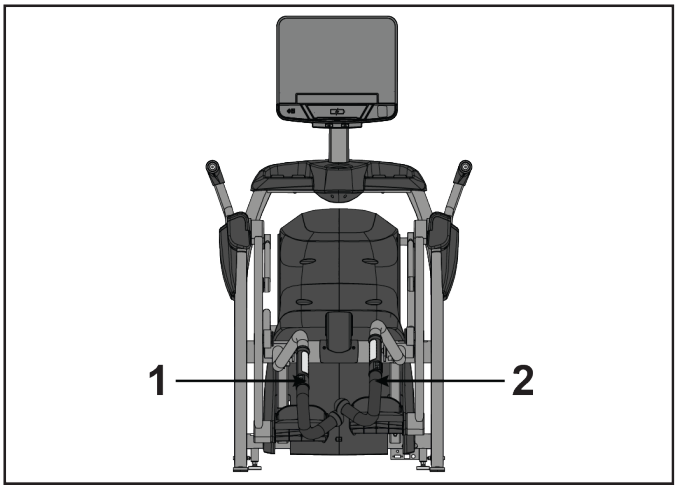


Item	Description	Qty
1	Gasket	1
2	Side Handle, Left	1
3	Cover, Rear, Lower, Left	1

8. Repeat steps 1 through 7 for the right side.

Remove Left and Right Handle Assembly

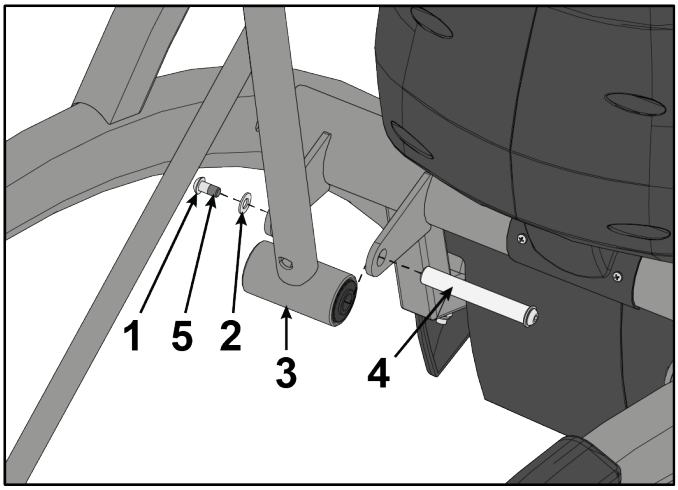
The left and right handle assemblies are shipped in rotated positions. The handle assemblies must be removed and rotated 180 degrees for proper setup and assembly.



NOTE: Handle Assemblies shown in picture have hook handle grips. Handle assemblies with straight handle grips follow the same procedure.

Item	Description	Qty
1	Left Handle Assembly	1
2	Right Handle Assembly	1

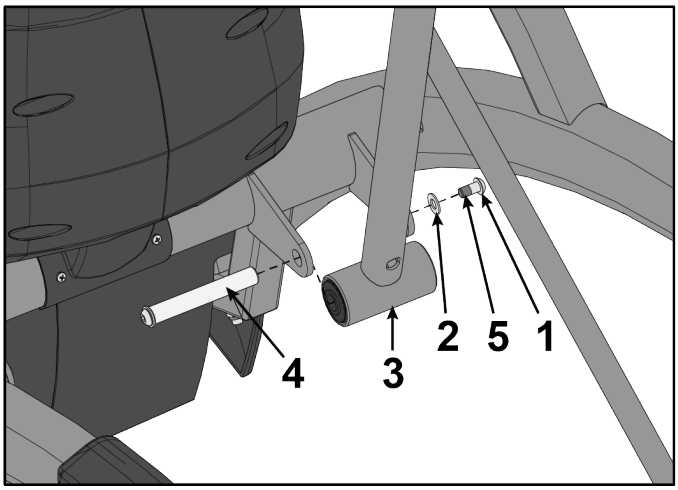
1. Remove a screw and washer from the left handle assembly using two 7/32" Allen wrenches.



Item	Description	Qty
1	Screw	1
2	Washer	1
3	Handle Assembly, Left	1
4	Pivot Pin Assembly	1
5	Loctite #242	1

2. Slide pivot pin assembly out and remove left handle assembly.
3. Rotate left handle assembly 180 degrees.
4. Apply Loctite to threads inside the pivot pin and screw.
5. Place left handle assembly in position and slide pivot pin assembly back in place.
6. Install the screw and washer to the left handle assembly using two 7/32" Allen wrenches.

7. Remove a screw and washer from the right handle assembly using two 7/32" Allen wrenches.



Item	Description	Qty
1	Screw	1
2	Washer	1
3	Handle Assembly, Right	1
4	Pivot Pin Assembly	1
5	Loctite #242	1

8. Slide pivot pin assembly out and remove right handle assembly.

9. Rotate right handle assembly 180 degrees.

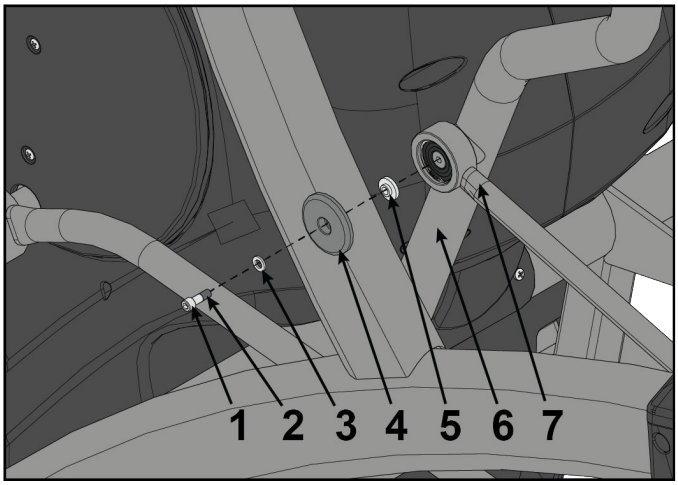
10. Apply Loctite to threads inside the pivot pin and screw.

11. Place right handle assembly in position and slide pivot pin assembly back in place.

12. Install the screw and washer to the right handle assembly using two 7/32" Allen wrenches.

Install Left Linkage Rod

1. Pivot left handle assembly up and slide left linkage rod onto left arm.



Item	Description	Qty
1	Screw, Socket Head, .250-20 UNC-3A SS	1
	10.2 Nm (90 in. lbs. minimum)	
2	Loctite #242	1
3	Washer, Flat, .281 ID x .500 OD x .062"	1
4	Linkage Rod Cap 2.00 OD	1
5	Flange Spacer	1
6	Left Arm	1
7	Left Linkage Rod	1

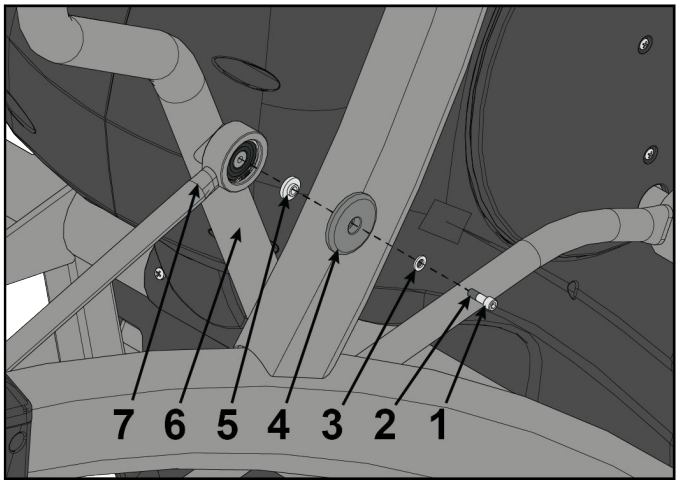
2. Place a drop of Loctite onto the screw.

3. Install the screw, washer, linkage rod cap, and flange spacer using a 3/16" Allen wrench.

4. Tighten screw to a minimum of 90 in-lbs.

Install Right Linkage Rod

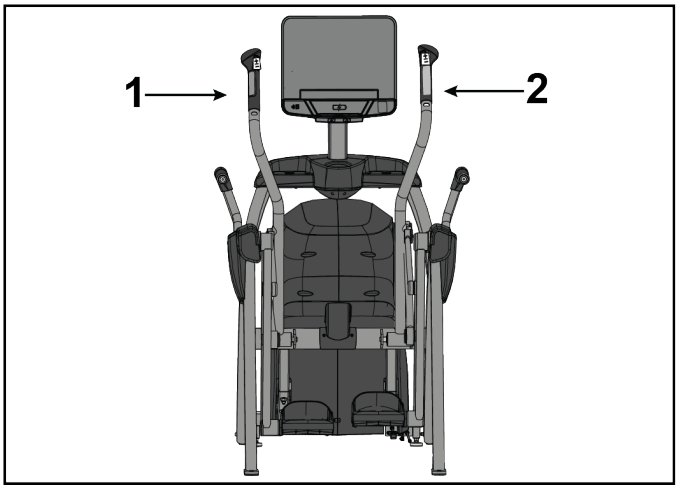
1. Pivot right handle assembly up and slide right linkage rod onto right arm.



Item	Description	Qty
1	Screw, Socket Head, .250-20 UNC-3A SS	1
	10.2 Nm (90 in. lbs. minimum)	
2	Loctite #242	1
3	Washer, Flat, .281 ID x .500 OD x .062"	1
4	Linkage Rod Cap 2.00 OD	1
5	Flange Spacer	1
6	Right Arm	1
7	Right Linkage Rod	1

2. Place a drop of Loctite onto the screw.
3. Install the screw, washer, linkage rod cap, and flange spacer using a 3/16" Allen wrench.
4. Tighten screw to a minimum of 90 in-lbs.

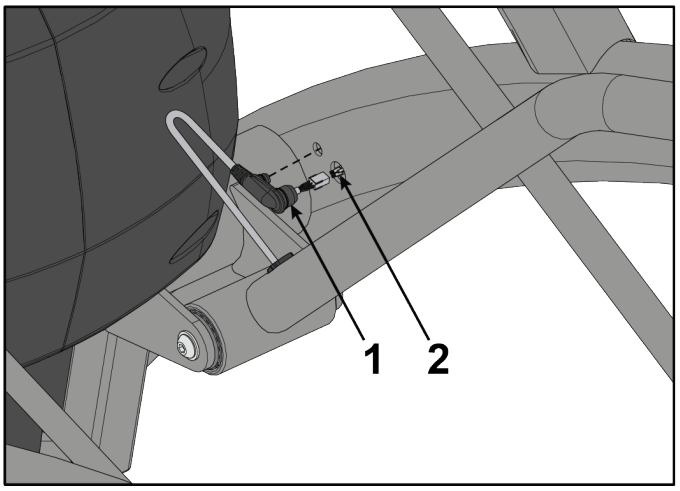
   Verify handle assemblies are now installed in the correct position.



Item	Description	Qty
1	Left Handle Assembly	1
2	Right Handle Assembly	1

Install Contact Heart Rate Cable

1. Connect handle heart rate cable to frame heart rate cable.



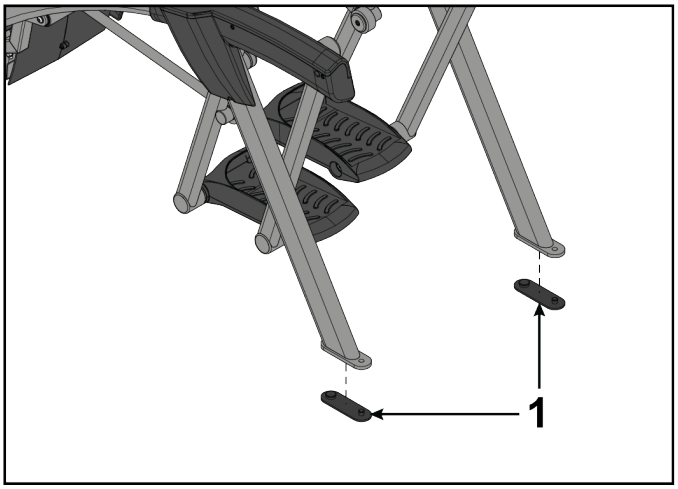
Item	Description	Qty.
1	Heart Rate Cable, Handle	1
2	Heart Rate Cable, Frame	1

2. Press ends of handle heart rate cable into frame.

3. Repeat steps to install heart rate cable on opposite handle.

Install Foot Pads

Have one person lift the unit while a second person places a foot pad under each of the two back feet.



Item	Description	Qty
1	Foot Pads	2

NOTE: Foot pads need to be installed to prevent rocking.

Visually Inspect Unit

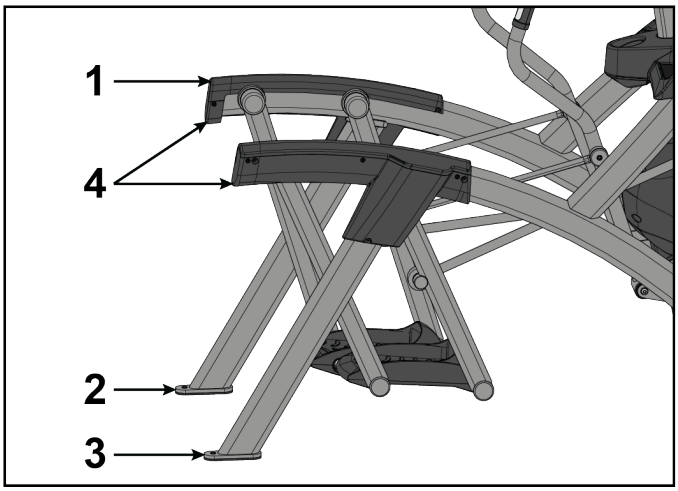
1. Remove any packing material from unit.
2. Examine the unit to ensure that the assembly is correct and complete.

Level Unit

This procedure will level the unit by evenly adjusting the weight on the rear feet. Leveling the unit will eliminate rocking during use.

NOTE: References to left and right are from the users perspective during use.

1. Verify foot plates are completely stopped.
2. Grasp one of the rear covers and slowly lift the rear foot off the floor. Lower rear foot to the floor.



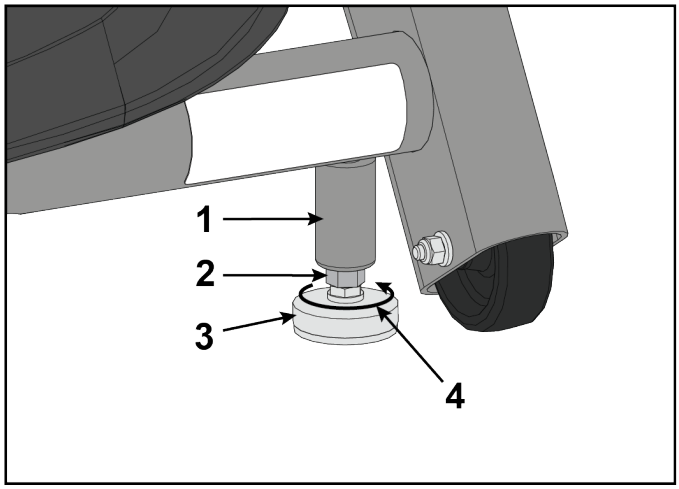
Item	Description	Qty.
1	Rear Cover	2
2	Left Rear Foot	1
3	Right Rear Foot	1
4	*Lift Here*	

3. Grasp the other rear cover and slowly lift the rear foot off the floor. Lower rear foot to the floor.

   Make note of either rear foot lifting off the floor easier than the other.

   If both rear feet lift off the floor evenly, secure both leveling foot jam nuts against the frame post using a 9/16" open-end wrench. Unit is leveled.

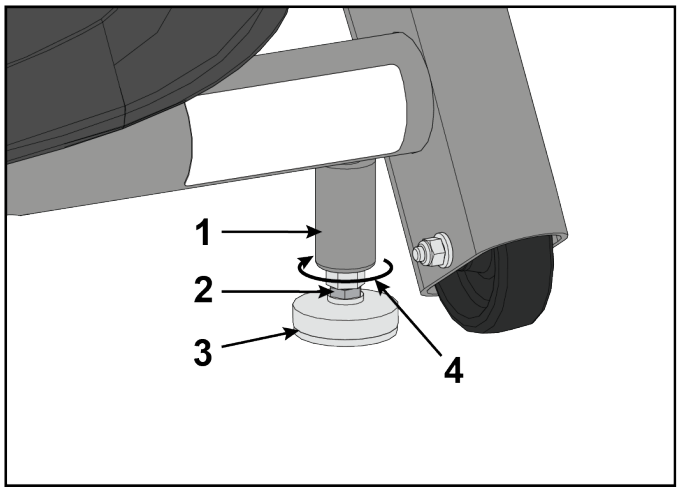
   Left leveling foot shown



Item	Description	Qty.
1	Frame Post	1
2	Jam Nut	1
3	Leveling Foot	1
4	*Turn Counter-Clockwise to Secure*	

4. Adjust the weight of the rear feet using a 1/2" open-end wrench.
   - If the **left** rear foot lifts up easier, Adjust the **right** leveling foot nut down.
   - If the **right** rear foot lifts up easier, Adjust the **left** leveling foot nut down.

   Left leveling foot shown



Item	Description	Qty.
1	Frame Post	1
2	Leveling Foot Nut	1
3	Leveling Foot	1
4	*Turn Clockwise to Adjust Leveling Foot Down*	

5. Test the unit again for uneven weight on the rear feet. Adjust leveling foot nuts until each rear foot lifts with even force.
6. Secure both jam nuts using a 9/16" open-end wrench. Unit is leveled.

4. Specifications

Specifications

Lower Body Arc Trainer

Classification	EN ISO 20957 Class S (Studio) INA-LSE4-XF-13
Accuracy	A
Assembled Length	76.25” (194 cm)
Assembled Width	36.28” (92 cm)
Assembled Height	62.5” (159 cm)
Product Weight	412 lbs. (187 kg.)
Shipping Weight	520 lbs. (236 kg)
Shipped Dimensions (Length x Width x Height)	79.5" x 31.75" x 48.25" (202 cm x 80.64 cm x 122.55 cm)
Incline Levels	0-20
Resistance Levels	1-100
Stride Length	24” (61 cm) fixed length
Resistance Range	0 to 900 watts.
Maximum User Weight	400 lbs. (180 kg).
Power Rating	100 - 240 VAC~, 50/60 Hz, 2.5A/3.0A, 1-phase.

Total Body Arc Trainer

Classification	EN ISO 20957 Class S (Studio) INA-TSE4-XF-13
	EN ISO 20957 Class H (Home) INA-CS-TBSL, INA-CS-TSE4
Accuracy	A
Assembled Length	76.25” (194 cm)
Assembled Width	36.28” (92 cm)
Assembled Height	62.5” (159 cm)
Product Weight	412 lbs. (187 kg.)
Shipping Weight	520 lbs. (236 kg.)
Shipped Dimensions (Length x Width x Height)	79.5" x 31.75" x 48.25" (202 cm x 80.64 cm x 122.55 cm)
Incline Levels	0-20
Resistance Levels	1-100
Stride Length	24” (61 cm) fixed length
Resistance Range	0 to 900 watts.
Maximum User Weight	400 lbs. (180 kg).
Power Rating	100 - 240 VAC~, 50/60 Hz, 2.5A/3.0A, 1-phase.

5. Service and Technical Data

Preventive Maintenance Tips

LIFE FITNESS products are backed by the engineering excellence and reliability of *LIFE FITNESS* and are one of the most rugged and trouble-free pieces of exercise equipment on the market today.

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

NOTE: Pour assurer la sécurité du matériel, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil avant d'avoir réparé ou remplacé les pièces défectueuses. Portez une attention toute particulière aux pièces qui s'usent, comme indiqué ci-dessous.

The following preventive maintenance tips will keep the *LIFE FITNESS* 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 *LIFE FITNESS* 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.
- Clean the top surface of the foot plates regularly.
- Clean the housing and moving arms thoroughly on a regular basis.

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.

Maintenance Schedule

Item	Weekly	Monthly	Annually
Console Overlays	Clean		Inspect
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Drive Belts			Inspect
Hardware			Inspect
Frames	Clean		Inspect
Plastic Covers	Clean	Inspect	Inspect
Lifepulse Sensors	Clean / Inspect		
Foot Plates	Clean	Inspect	
Leg Levelers		Inspect / Adjust	

Troubleshooting the Polar® Heart Rate Chest Strap

Heart rate reading is erratic or absent entirely

Probable Cause	Corrective Action
Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
Belt transmitter not properly set up.	Setup of the belt transmitter is accomplished by initially bringing it with in 1 foot of the receiver. The receiver is in the console. After the heart rate is displayed on the console the range is extended to 3 feet.
Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.

Abnormally elevated heart rate readings

Probable Cause	Corrective Action
Electromagnetic interference from television sets and/or antennas.	Move the exercise equipment a few inches away from the probable cause, or move the probable cause a few inches away from the exercise equipment, until the heart rate readings are accurate.
Electromagnetic interference from cell phones.	
Electromagnetic interference from computers.	
Electromagnetic interference from cars.	
Electromagnetic interference from high voltage power lines.	
Electromagnetic interference from motor driven exercise equipment.	

Troubleshooting the Lifepulse™ System Sensors

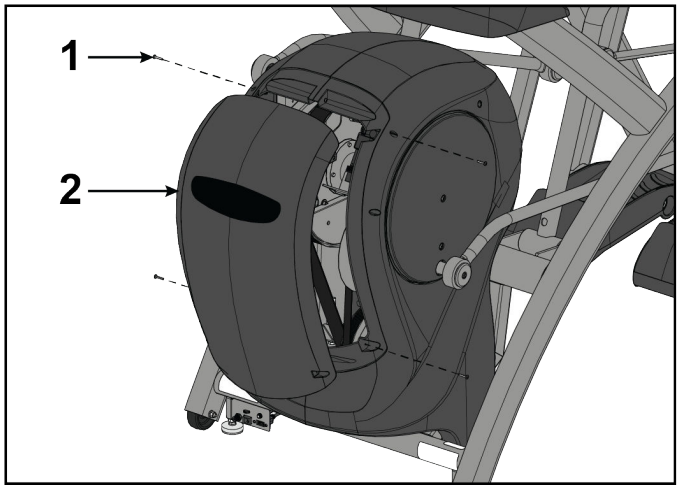
If the heart rate reading is erratic or missing, do the following:

- Dry the hands if necessary to prevent slipping.
- Apply hands to all eight sensors on user arms or bullhorns.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors.

Drive Belts

Remove Front Access Cover

1. Remove screws securing front access cover using a Phillips screwdriver.



	Description	Qty.
1	Screw	4
2	Front Access Cover	1

2. Remove access cover.

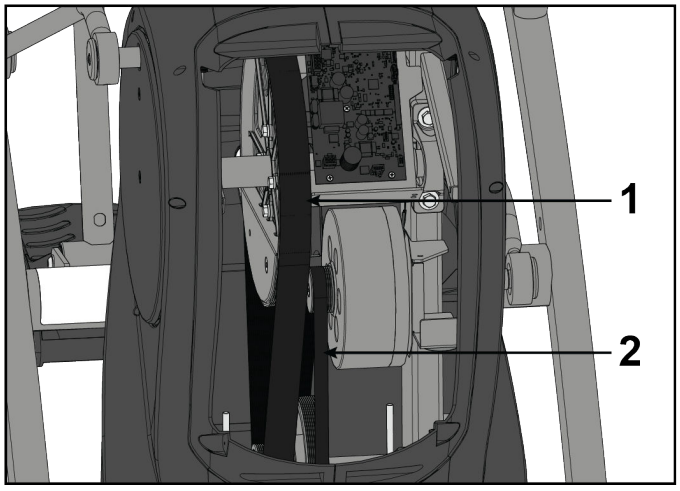
WARNING: Burn hazard.

Do not touch flywheel until cool.

Inspect Drive Belts

There are two drive belts that may become loose, worn or cracked.

Unless the belts have been removed and not replaced properly, it is unlikely the belts will come loose or need to be re-tensioned.



Item	Description	Qty.
1	Primary Drive Belt	1
2	Secondary Drive Belt	1

If a belt has cracks or appears worn, it must be replaced immediately by a qualified service technician.

Primary Belt

The wider of the two belts. It has grooves that keep it aligned on the large upper pulley.

Secondary Belt

The narrower of the two belts. It has grooves that keep it aligned on the flywheel's drive pulley.

Install Access Cover

CAUTION: Do not over tighten screws.

1. Replace and tighten the two upper screws using a Phillips screwdriver.
2. Replace and tighten the two lower screws using a Phillips screwdriver.

3. Test unit for proper operation.

How To's

Knowledge Base

See Knowledge Base for more detailed information.

How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the front of the unit. Write down the software version if possible.
3. Contact Customer Support Services at http://www.lifefitness.com.

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