F3 TREADMILL

ASSEMBLY & USER MANUAL



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Before using this product, it is essential to read this
ENTIRE operation manual and ALL installation instructions.

This will help in setting up the equipment quickly
and in instructing others on how to use it correctly and safely.

FCC Warning - Possible Radio / Television Interference

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

Re-orient or relocate the receiving antenna.

Increase the separation between the equipment and the receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

Class HB (Home): Domestic use. Not suitable for therapeutic purposes.



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

Any service other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user-serviceable parts.

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This Operation Manual describes the functions of the following product:

Life Fitness Treadmill Model:

F3

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

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



CAUTION:

Health-related injuries may result from incorrect or excessive use of exercise equipment. The manufacturer 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. The manufacturer also recommends consulting a fitness professional on the correct use of this product.

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

1 Important Safety Instructions

WARNING: READ ALL INSTRUCTIONS BEFORE USING THE TREADMILL. SAVE THESE INSTRUCTIONS.

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

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

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

WARNING: Fold the treadmill into the upright and locked position BEFORE rolling it over on its side or picking it up from the floor. The base or folding frame can swing around unexpectedly if this procedure is not followed.

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

- Risk of injury to persons – To avoid injury stand on the side rails before starting the treadmill.
- To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
- Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Service.
- Position this product so the power cord plug is accessible to the user.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord on the floor, under or along the side of the treadmill.
- If the electrical supply cord is damaged it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.

- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Always follow the console instructions for proper operation.
- Close supervision is necessary when used by, or near, children or disabled persons.
- Do not use this product outdoors, near swimming pools, or in areas of high humidity.
- Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- Never insert objects into any openings in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Service.
- Never place liquids of any type directly on the unit, except in a bottle holder or accessory tray. Lidded containers are recommended.
- When using the treadmill, wear shoes with rubber or high traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles. Do not use this product in bare feet. Keep all loose clothing, shoelaces and towels away from moving parts.
- Do not reach into or underneath the unit, or tip it on its side during operation.
- Keep an open area of six feet (2 meters) by three feet (1 meter) behind the treadmill clear of any obstructions, including walls, furniture and other equipment.
- Use the handrails whenever additional stability is required. In case of emergency, such as tripping, the user should grab the handrails and place his/her feet on the side platforms. The handrails may be held to enhance stability as needed, but are not for continuous use.
- Never walk or jog backwards on the treadmill.

- Immobilize the treadmill so the motors will not run when the unit is not in use. To do this, press and hold both the DOWN ARROW and the ENTER key on the console.
- Activate the software lockout when not in use. Refer to Console Owner's Manual for the lockout instructions. Store instructions out of the reach of children.
- Use caution when folding and unfolding the treadmill. Do not let the treadmill lower to the floor unassisted. Guide the deck to the floor by hand.
- Use this unit only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

Heart Rate Hand Pulse Sensors

The heart rate hand pulse sensors found on your Life Fitness F3 product provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application. If you purchased the advanced console, use the Polar heart rate chest strap that was included with your product for more accurate readings.

To improve heart rate accuracy when using the heart rate hand pulse sensors, follow the guidelines below.

- Remove hands from heart rate hand pulse sensors and wait for heart rate display to disappear. Grasp sensors again.
- Make sure hands are fully contacting the sensors.
- Dry hands periodically during use.
- Limit movement. Life Fitness recommends the heart rate hand pulse sensors on treadmills be used when standing on side rails.
- Clean heart rate hand pulse sensors per recommended maintenance in user manual.

2 ASSEMBLY

For safety, and to save time and effort, read these setup instructions and the Operation Manual completely before installing your Life Fitness Treadmill. Place the treadmill near where it will be used before beginning the unpacking procedure.

2.1 UNPACKING

These unpacking instructions assume you have already done the following:

- Removed the top of the shipping carton.
- Removed the styrofoam packing material.
- Removed these assembly instructions from the bridge assembly carton.

The best method for unpacking the rest of the treadmill is as follows:

- Remove the bridge assembly carton from the base unit.
- Break down the sides of the inner shipping carton.
- Remove the treadmill uprights from the shipping carton.
- Assemble the treadmill. Once assembly is complete:
    - Fold the treadmill upward until it locks in its upright position.
    - Roll the treadmill off the shipping carton and to the location where it will be used.

WARNING: Fold the treadmill into the upright and locked position before rolling it over on its side or picking it up from the floor. The base or folding frame can swing around unexpectedly if this procedure is not followed.

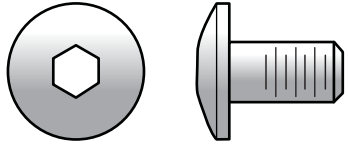
2.2 Component List

Identify the following components after unpacking your treadmill:

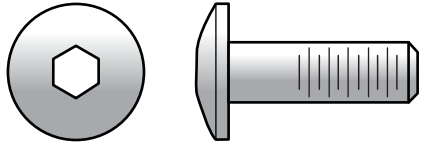
1. **Left Upright** . . . . . Qty: 1
2. **M8 x 60mm Bolt** . . . . . Qty: 6
3. **Star Washers** . . . . . Qty: 21
4. **Right Upright** . . . . . Qty: 1
5. **Console Bridge** . . . . . Qty: 1
6. **M8 x 25mm Bolt** . . . . . Qty: 3
7. **Handlebar Extensions** . . . . . Qty: 2
8. **M8 x 15mm Bolt (Black)** . . . . . Qty: 4
9. **M8 x 15mm Bolt (Zinc)** . . . . . Qty: 8
10. **6mm Hex Head Wrench** . . . . . Qty: 1
11. **Power Cord** . . . . . 120V Qty: 1
    . . . . . 230V Qty: 3
12. **Emergency Stop Lanyard** . . . . . Qty: 1



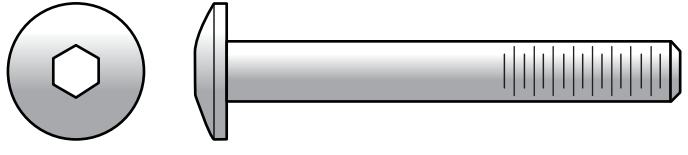
STAR WASHER



M8 X 15MM BOLT



M8 X 25MM BOLT



M8 X 60MM BOLT

2.3 Installing Uprights and Handlebars

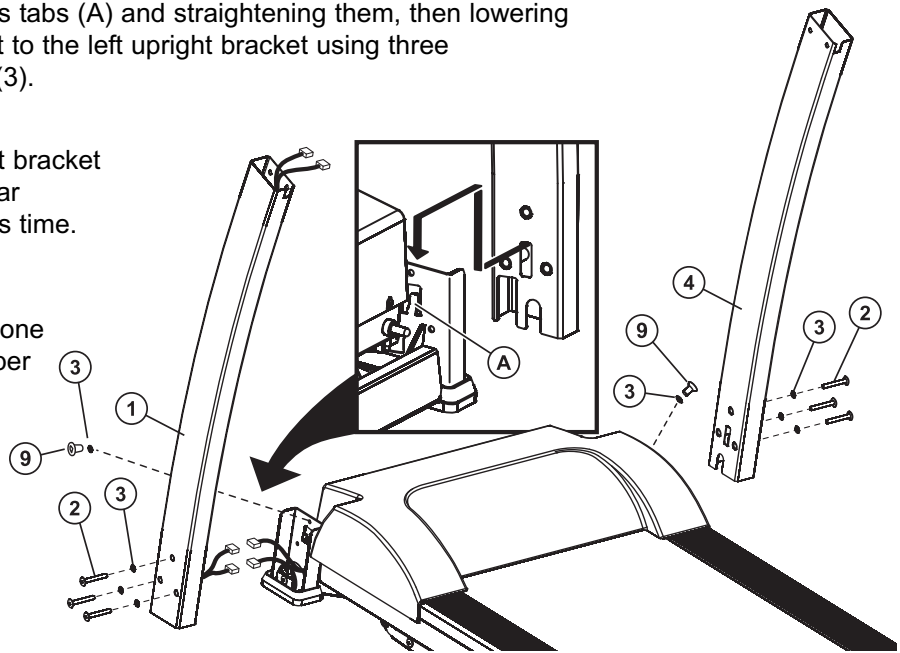
Locate the left upright (1). Position the left upright near the left upright bracket and attach the wire connectors that lead from the bottom of the left upright and the left upright bracket. Be sure the connectors are fully seated together. Feed any excess wire into the hollow inside the left upright.

CAUTION: Do not pinch the wire when attaching the left upright to the left upright bracket.

Put the uprights in their brackets by first inserting them at an angle tilting away from the treadmill, then fitting their upper rectangular slots over the bracket's tabs (A) and straightening them, then lowering them fully into position. Secure the left upright to the left upright bracket using three M8 x 60mm bolts (2) and three star washers (3).
Leave the bolts finger-tight at this time.

Secure the right upright (4) to the right upright bracket using three M8 x 60mm bolts (2) and three star washers (3). Leave the bolts finger-tight at this time.

For (-0202) version only:
Secure the front of both uprights by installing one M8 x 15mm bolt (9) and one star washer (3) per side. Leave the bolts finger-tight at this time.

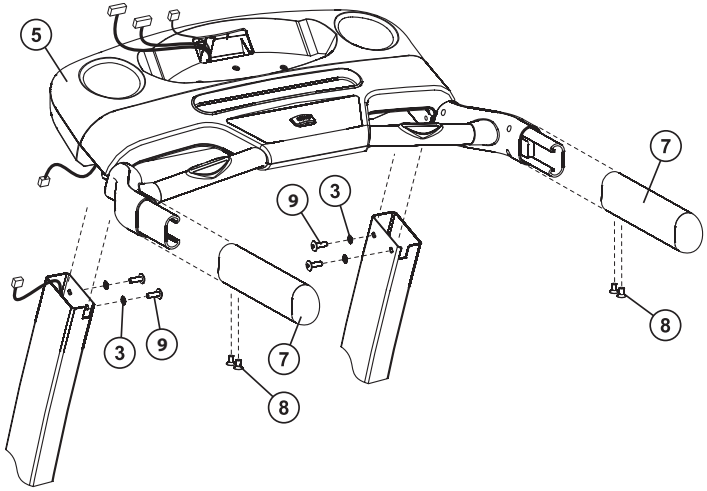


Position the console bridge (5) near the top of the uprights. Attach the wire connectors leading from the left upright and the console bridge. Be sure the connectors are fully seated together. Feed any excess wire into the hollow inside the left upright.

CAUTION: Do not pinch the wire when attaching the left upright to the console bridge.

Attach the console bridge to the uprights using six M8 x 15mm zinc bolts (9) and six star washers (3), three for each upright. Leave the bolts finger-tight at this time.

Attach one handlebar extension (7) on each side of the console bridge, using two black M8 x 15mm (8) bolts and two star washers (3) each.



2.4 Installing the Console

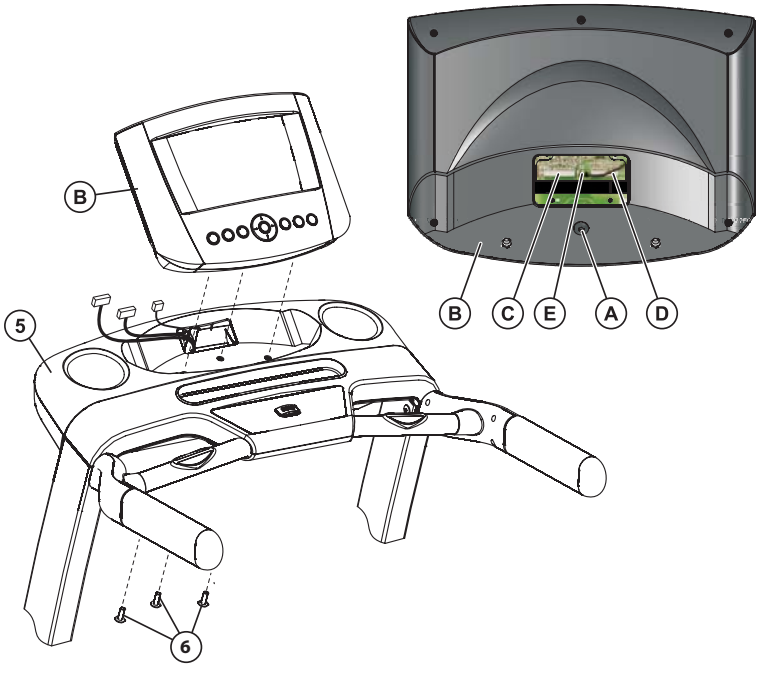
Remove the pre-installed bolt (A) from the back of the main console (B). Position the main console near the top of the console bridge and attach the connectors leading from the console bridge to the corresponding tabs on the back of the main console. The wires are color wrapped to match colored tabs on the main console circuit board. The main console harness (C) wrapped in a green sleeve corresponds with the green tab on the console circuit board. The Activity Zone harness (D) wrapped in a yellow sleeve corresponds with the yellow tab on the console circuit board. The grounding wire (E) is the small green and yellow wire that inserts onto either of the two metal circuit board receptacles.

Be sure the connectors are fully seated together. Feed any excess wire into the console bridge.

Attach the main console to the console bridge using three M8 x 25mm ZINC BOLTS (6). Tighten the bolts securely.

CAUTION: Do not pinch the wires when attaching the main console to the console bridge.

Securely tighten all the bolts that were left finger-tight.



2.5 Attaching the Power Cord

Insert the female plug of your treadmill's power cord into the male outlet next to your treadmill's power switch.

NOTE: F3 treadmills shipped in the USA and Canada are supplied with a North American line cord. 230V F3 treadmills shipped outside North America are supplied with three line cords: a UK line cord, a continental line cord, and an Australian line cord. Attach the cord suited to your area.

2.6 Calibration

Before using your treadmill please follow the calibration instructions below. Please stand to the side of your treadmill during calibration.

1. Turn treadmill on, or if on press the RESET key.
2. The console will display "PLEASE WAIT" or "WAIT".
3. When "PLEASE WAIT" or "WAIT" disappears and the screen is blank press and hold the PAUSE key until "DIAGNOSTICS" appears.
4. Use the arrow keys to scroll through the diagnostics menu to "CALIBRATION" or "CALIB".
5. Press enter to select "CALIBRATION" or "CALIB".
6. Press the START key located on the lower control pad to begin calibration.
7. Your treadmill will now automatically cycle through a series of tests including speed and incline adjustments in order to complete calibration.
8. When successfully completed the console will display "PASS"

   ***If there was an error during calibration the console will display "FAIL".

   ***If a failure occurred press STOP twice and restart the process at Step 1.

   ***If failure occurs again take note of the error number display and contact Life Fitness customer support at 1-800-351-3737 (U.S.A. and Canada).
9. Upon successful completion press the RESET key three times to exit calibration mode.

3 Setup

Electrical Power Requirements

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

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

Electrical Grounding Requirements

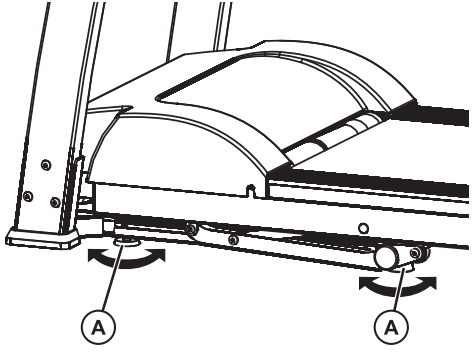
This Life Fitness product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides the path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which 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. A temporary adapter must not be used to connect this plug to a two-pole receptacle in North America. If a properly grounded, correct amperage outlet is not available, a qualified electrician must install one.

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

Turning the Unit On

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

How To Stabilize The Life Fitness Treadmill



After placing the unit where it will be used, check its stability. If there is even a slight rocking motion or the unit is not stable, determine which stabilizing leg is not resting on the floor. To adjust, turn the STABILIZING LEG (A) until the rocking motion ceases and both stabilizing legs rest firmly on the floor.

NOTE: If excessive vibration occurs during use, adjust the height of the levelers closer to the uprights. Do not adjust the height of the levelers further from the uprights.

NOTE: It is extremely important that the stabilizing leg be correctly adjusted for proper operation.

Checking the Belt

After the treadmill has been installed and stabilized, the belt must be checked to confirm proper tracking. First, ensure the power cord is plugged into a suitable outlet, as described in the *Electrical Requirements* section. Then turn the treadmill on. Stand on the side rails of the treadmill and straddle the belt. To start the belt, press the START/ENTER key, then press the SPEED UP ARROW key until the treadmill reaches 4.0 MPH. If the striding belt appears off-center, see the instructions on the *How to Center the Striding Belt* page in the *Service and Technical Data* section.

Raising and Lowering the Deck

The treadmill's deck can be folded up when not in use. To do so, make sure that the incline is set to 0%, then simply grab the deck and lift it until it snaps into place.

To lower the deck again, squeeze the release handle (A) and slowly lower it to the ground. Make sure the deck is completely lowered before using the treadmill.

NOTE: When raising and lowering the deck, take care not to get hands or skin caught in the treadmill's pinch points (C).

Power Switch

Located on the front panel at the base of the treadmill, the ON/OFF switch has two positions - "I" (one) for ON and "0" (zero) for OFF.

Moving the Treadmill

Turn the treadmill off and disconnect its power cord, then raise its deck.

NOTE: If adjustments were made to the front levelers during setup, make sure to tighten the levelers snug against the base frame before moving.

The treadmill may now be moved on its front platform wheels by pushing and pulling on its handrails. Do not attempt to move the treadmill by pushing or pulling on the deck or deck support tubing.

Immobilizing The Treadmill

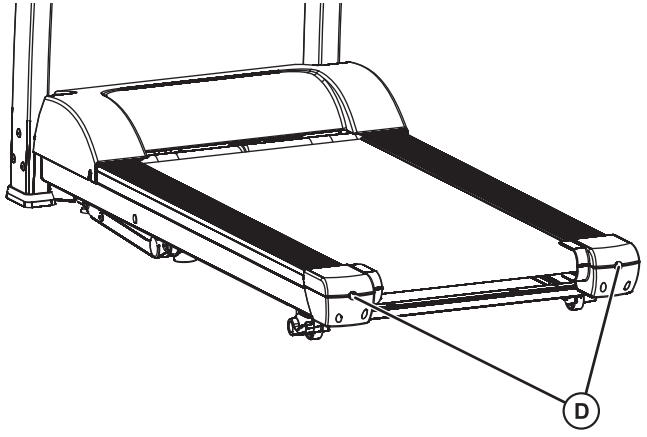
When it is necessary to immobilize the treadmill, press and hold both the DOWN ARROW and the ENTER keys on the console.

Centering The Belt

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

Stand on the siderails of the treadmill and straddle the belt. Press the START key and increase the speed to 4.0-mph (6.4 kph) using the SPEED UP ARROW key.

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



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

Repeat adjustments until the striding belt appears centered. The belt should be centered on the roller with an equal distance on both sides from belt to roller. Allow the machine to continue running for several minutes to observe if the tracking remains stabilized.

NOTE: Do not exceed one full turn of the adjusting screws in either direction. If, after one full turn, the belt does not track properly, contact Customer Support Services. The phone numbers are listed in the beginning of this manual.

4 FEATURES

READING RACK

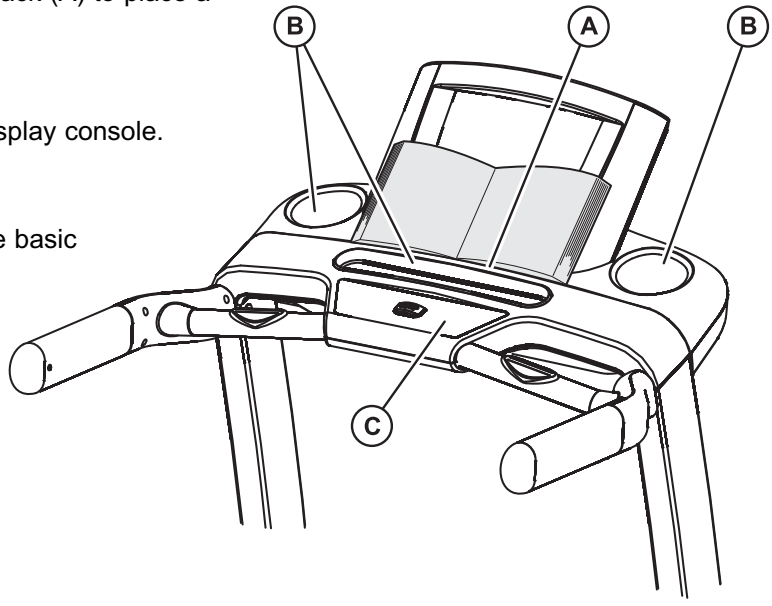
The display console design includes a built-in reading rack (A) to place a book or magazine.

ACCESSORY TRAYS

Accessory trays (B) are located on either side of the display console.

ACTIVITY ZONE

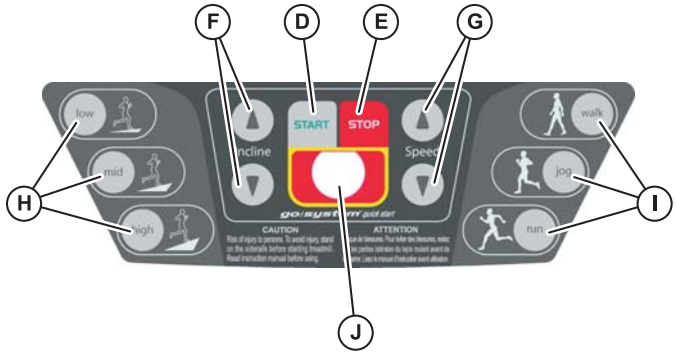
The Go System Activity Zone (C) offers control over the basic operations of the treadmill, using the buttons described on the next page.



D. **Start**: Causes the belt to begin moving at 0.5 mph and 0% elevation.

E. **Stop**: Causes the belt to slow to a gradual stop. One push pauses the workout, two pushes display workout information, and three pushes reset the workout.

F. **Incline Arrows:** Change the belt's incline gradually, increasing (UP ARROW) or decreasing (DOWN ARROW) the incline by 0.5% each time the user presses an arrow.



G. **Speed Arrows:** Change the belt's speed gradually, increasing (UP ARROW) or decreasing (DOWN ARROW) the speed by 0.1 mph each time the user presses an arrow.

H. **Low/Med/High:** Changes the belt's incline immediately to a preset value. Initially these buttons are set to change the incline to 1.5% (Low), 3% (Mid) and 5% (High). However, the user can set these buttons to new values by first changing the belt's incline to the desired new value, then holding down the button the new value will be assigned to until the treadmill beeps. Note that the smallest value must always be assigned to the Low key and the highest value to the High key.

I. **Walk/Jog/Run:** Changes the belt's speed immediately to a preset value. Initially these buttons are set to change the speed to 3 mph (Walk), 5 mph (Jog) and 7 mph (Run). However, the user can set these buttons to new values by first changing the belt's speed to the desired new value, then holding down the button the new value will be assigned to until the treadmill beeps. The smallest value must always be assigned to the Walk key and the highest value to the Run key.

J. **E-Stop Magnet:** This circular magnet connects to the E-Stop Lanyard, which must be clipped to the user's clothing when the treadmill is in use. Pulling the lanyard so that it comes free of the magnet will stop the treadmill's striding belt. This serves as a safety feature, stopping the belt should the user stumble or fall. Replace the magnet to reset the system.

Hand Pulse Sensor System

The hand pulse sensors (K) are the built-in heart rate monitoring system on the treadmill. During a workout, grasp the sensors that are set into the handlebars. For an accurate reading, use a comfortable grip. The console displays the heart rate after 15 to 20 seconds.



5 Service And Technical Data

5.1 Troubleshooting

1. Why do I hear a rubbing noise from the belt?

   a. The belt could be off-centered. Please see the section entitled *How to Adjust and Tension the Striding Belt*.

2. The console display looks strange or has an error message and is not functioning.

   a. Unplug the unit to reset the console and then plug it back in. Do this multiple times if the console error message still appears. If the problem still exists please contact Customer Service.

3. My treadmill keeps going into a mode where the message center displays "Press Enter to Unlock".

   a. Your treadmill is in safety mode and this lock feature is to protect someone from accidentally pressing a button they are not suppose to and starting the treadmill. You can go into the Settings Menu to disable this feature or extend the length of the time it takes for this feature to turn on. Please refer to the console User Manual for more on this feature.

4. There is a lot of noise coming from the motor area.

   a. First make sure that the motor cover is properly installed and screwed down. If there continues to be noise please contact Customer Service.

5. My contact heart rate sensors are not reading my heart rate correctly.
    a. If the heart rate reading is erratic or missing, do the following:
        i. Dry the hands if necessary to prevent slipping.
        ii. Apply hands to all four sensors; two in each hand.
        iii. Grasp the sensors firmly.
        iv. Apply constant pressure around the sensors.
6. My belt is tracking off to the left or right.
    a. Please see the section entitled *How to Adjust and Tension the Striding Belt*.
7. The belt seems to slip when I run on it.
    a. You will need to tighten the belt to the rear roller. Please see the section entitled *How to Adjust and Tension the Striding Belt*.
8. My treadmill will not lock when I fold it up.
    a. Make sure the treadmill is at 0% incline before folding it up. If it is not at 0%, it will not lock.
9. My treadmill will not unfold.
    a. Make sure you pull the release lever located on the top left side of the deck. If this problem persists please contact Customer Service.

10. My treadmill will not turn on.

a. Make sure the treadmill's power cord is connected to the treadmill at one end and is plugged into a power outlet at the other. Also, make sure the power switch is pushed to ON. The power switch is located on the front of the treadmill right below the motor cover.

11. The handrails on my treadmill wobble.

a. Make sure to tighten all the bolts that are on the uprights and handlebars.

12. My treadmill shakes a lot when I run on it.

a. Turn off the treadmill and make sure all assembly hardware is tightened. If shaking still occurs, adjust the levelers under the frame until the shaking ceases.

13. The following messages appear on the display console: ***PUT BACK MAG*** or ***REPLACE SWITCH***.

a. These messages are displayed if the E-Stop Key is not in place on the activity zone. Make sure that the E-Stop Key is properly placed on the activity zone.

b. These messages may display the first time the treadmill is turned on after initial customer assembly of the treadmill, if a cable was not properly connected. Check that all **three** cables are properly connected to the console.

5.2 Preventative Maintenance Tips

The Life Fitness F3 Treadmill is backed by the engineering excellence and reliability of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today.

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

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

- Clean the display console and all exterior surfaces regularly with mild soap and water or a mild household cleaner. DO NOT use paper towels, ammonia or acid based cleaners.

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

- Check operation of the Emergency Stop System once a week.
- Check the operation of the Stop key once a week.
- Inspect and vacuum the area under the unit regularly.
- Vacuum around the striding belt regularly to keep debris from accumulating.
- Inspect the exterior parts regularly for wear, particularly the striding belt and deck.
- Check the position (centering) of the striding belt.

The optimum operating position of the striding belt is from 0.5" (12mm) to 1" (25mm) from either side of the frame. If the striding belt travels beyond this position, see *How to Adjust and Tension the Striding Belt* or contact Life Fitness Customer Support Services for proper alignment instructions.

5.3 How To Adjust And Tension The Striding Belt On The Life Fitness Treadmill

Do not move the treadmill or place hands under the treadmill while it is plugged into an electrical outlet!

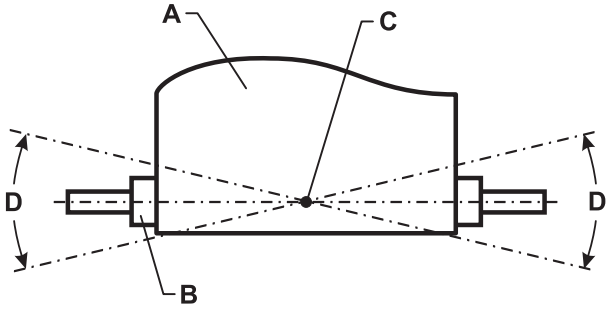
Tool Required: 6mm Hex Key Wrench

The Belt Tensioning Bolts

The Life Fitness treadmill has access holes in the rear roller guards, which allow access to the tensioning bolts. These tensioning bolts make it possible to adjust tracking and centering of the striding belt (A) without removing the guards.

NOTE: It is extremely important that the treadmill be correctly leveled prior to any tracking adjustments. An unstable unit may cause striding belt misalignment. See *How To Stabilize the Life Fitness Treadmill* in the "Set Up" section prior to attempting any rear roller adjustments.

Before proceeding, it is helpful to visualize the REAR ROLLER (B) pivot point (C). Each adjustment made to one side of the ROLLER must be met with an equal and opposite adjustment (D) to the other side of the ROLLER to maintain an ideal belt tension at the pivot point.



Tracking (Centering) An Existing Or New Striding Belt

1. Locate the two access holes to the belt tensioning bolts on each of the rear roller guards.
2. Stand on the sides of the treadmill and straddle the belt. Enter the MANUAL Workout and set the belt speed to run at 4.0 mph (6,4 kph).
3. If the striding belt has moved to the right, turn the right tension bolt 1/4 turn clockwise with the provided 6mm hex key wrench, and then turn the left tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller.
4. If the striding belt has moved to the left, turn the left tension bolt 1/4 turn clockwise and then turn the right tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller. Repeat adjustments until the striding belt appears centered. Allow the machine to continue running for several minutes to observe if tracking remains stabilized.

NOTE: Do not exceed one full turn of the adjusting screws in either direction. If after one full turn the belt does not track properly, contact Customer Support Services.

Tensioning An Existing Striding Belt

Under normal usage, the treadmill striding belt may stretch slightly. If the belt starts to slip during use, take the steps listed below to correct the tension.

1. Using the STOP key, stop the treadmill.
2. Turn the belt tensioning bolts clockwise a quarter-turn per side to tension the belt. Do not exceed one full turn (four quarter-turns per side).
3. Set the treadmill at 2.0-mph (3,2 kph) and get on to make sure the belt no longer slips. Also, check the striding belt's tracking. If the striding belt drifts to the left or right see *Tracking (Centering) an Existing or New Striding Belt*.

NOTE: Do not over-tighten the tensioning bolts while making belt adjustments. Over-tightening of bolts may over stretch and damage the striding belt or roller bearings. Do not exceed one full turn of either bolt in either direction.

5.4 How To Obtain Product Service

1. Verify the symptom and review the operating instructions.
2. Locate and document the serial numbers of the base and the console. The base's serial number is located on front of the treadmill near the power switch and the console serial number is located on the back surface of the console.
3. Contact the nearest Life Fitness Customer Support Services Group (*see front pages of this manual for contact information*).

6 SPECIFICATIONS

LIFE FITNESS F3 TREADMILL SPECIFICATIONS

Designed use:	Home
Maximum user weight:	350 pounds / 159 kilograms
Speed range:	0.5 - 10.0 mph in 0.1 increments
Elevation range:	0%-12% (in 0.5% increments)
Motor:	3 HP continuous duty DC
Rollers:	Front: 2.6" (67mm) precision crowned
	Back: 2.0" (50mm) precision crowned
Belt:	55" Length x 20" Width
	(147cm Length x 50cm Width), multi-ply
Deck:	Flex Deck cushioning, not reversible
Handrails:	Ergo Crossbar with side handrails.
Accessory tray:	Standard, designed into system
Warranty:	10 years motor, 5 years parts,
	3 years console, 1 year labor, and
	lifetime on frame and springs

Physical Dimensions:	**Unfolded**	**Folded**
Length:	78 inches / 198 centimeters	34.5 inches / 87.5 centimeters
Width:	34.5 inches / 87.5 centimeters	34.5 inches / 87.5 centimeters
Height:	58.5 inches / 148.5 centimeters	75 inches / 190.5 centimeters
Weight:	264 pounds / 119.75 kilograms	
Shipping Dimensions:		
Carton Length:	86.25 inches / 219 centimeters	
Carton Width:	33 inches / 84 centimeters	
Carton Height:	14 inches / 35.5 centimeters	
Total Weight:	291 pounds / 132 kilograms	

7 WARRANTY INFORMATION

WHAT IS COVERED:

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

WHO IS COVERED:

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

HOW LONG IS IT COVERED:

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

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

WHO PAYS SHIPPING & INSURANCE FOR SERVICE:

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

WHAT WE WILL DO TO CORRECT COVERED DEFECTS:

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

WHAT IS NOT COVERED:

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

WHAT YOU MUST DO:

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

USER MANUAL:

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

PRODUCT REGISTRATION:

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

HOW TO GET PARTS & SERVICE:

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

EXCLUSIVE WARRANTY:

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

CHANGES IN WARRANTY NOT AUTHORIZED:

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

EFFECT OF U.S. STATE LAWS:

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

MODEL	LIFETIME	10 YEARS	5 YEARS	3 YEARS	1 YEAR
F3	Frame & Lifesprings	Motor	Electrical Parts & Mechanical Parts	Console Parts	Labor



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

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

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