Track Connect Console

with enhanced Bluetooth

Owner's Manual



1019189-0001 REV AA

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User and Service Documents Link

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

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

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

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

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

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

Дополнительная информация доступна в интернете по ссылке, указанной выше.

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

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

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

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

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

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

Πρόσθετες πληροφορίες είναι διαθέσιμες ονλάιν χρησιμοποιώντας το σύνδεσμο παραπάνω.

.מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל

További információ elérhető online, a fenti hivatkozás segítségével.

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

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതല് വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

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

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

FCC Compliance Information

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

Avant d'utiliser ce produit, il est indispensable de lire ce manuel d'utilisation dans son INTÉGRALITÉ, ainsi que TOUTES les instructions d'installations. Ce manuel explique comment installer l'équipement et comment l'utiliser correctement et sans danger.

FCC Warning - Possible Radio / Television Interference

Contain:

FCC ID: XRH-NPE-109; IC: 11922A-NPE109

Class B

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 instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and 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.

CAUTION: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

ATTENTION : tout changement ou toute modification de ce matériel peut annuler la garantie du produit.

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

FCC RF Exposure Statement

The device shall be used in such a manner that the potential for human contact normal operation is minimized. This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body. This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

Canada ISED Compliance Statement

CAN ICES-3 (B)/NMB-3(B)

This device complies with Industry Canada's license-exempt RSSs. Operation is subject to the following two conditions:

- This device may not cause interference; and
- This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- L'appareil ne doit pas produire de brouillage, et
- L'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

Under Industry Canada regulations, when operated in 5150 to 5250 MHz frequency range, this device is restricted to indoor use to reduce the potential for harmful interference with co-channel Mobile Satellite Systems. Users are advised that high power radars are allocated as primary users (i.e. priority users) of the bands 5250-5350 MHz and 5650-5850MHz and that these radars could cause interference and/or damage to LE-LAN devices.

Canada RF Exposure Statement

The device shall be used in such a manner that the potential for human contact normal operation is minimized. This equipment complies with RSS-102 radiation exposure limits. This equipment should be installed and

operated with a minimum distance of 20 cm between the radiator and your body. This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

ANATEL Compliance Information - Brazil

This equipment incorporates the product approved by ANATEL under the number ANATEL:00054-21-13575.

This equipment is not entitled to protection against harmful interference and may not cause interference in duly authorized systems.

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1. Safety

Safety Mode

Safety mode is an option on treadmills. When turned on, inactivity after 1 minute, 30 seconds in any mode will lock the keyboard. To return to the last screen, press **ENTER**. When in safety mode, treadmills will be immobilized. The default is Safety Mode On. Safety Mode can be turned off in the settings menu. See the Settings section for instructions.

Safety Instructions



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

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.

Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. This product is intended for use solely in the manner described in this manual.

Always follow the console instructions for proper operation.

This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.

Do not allow children under 14 years of age unattended access to the machine.

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 this product outdoors, near swimming pools or in areas of high humidity.

Keep all loose clothing, shoelaces, and towels away from moving parts.

Place on a stable, flat surface in a horizontal position during use for maximum stability.

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 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.

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.

Keep all loose clothing, shoelaces, and towels away from moving parts.

Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.

The product should never be left unattended when plugged in. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts.

Never operate the product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.

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.

Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and using.

In conformity with the European Union Machinery Directive 2006/42/EC, this equipment unloaded runs at sound pressure levels below 70 dB (A) at the average operating speed of 8 km/hr. Noise emission under load is higher than without load.

Consignes de Sécurité

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 : 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 : 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 l'exercice.

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.

REMARQUE : 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.

Avant d'utiliser ce produit, il est impératif de lire ce manuel d'utilisation en ENTIER, ainsi que TOUTES les instructions. Ce produit est conçu pour être utilisé uniquement de la manière décrite dans ce manuel.

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.

Ne laissez pas les enfants de moins de 14 ans accéder sans surveillance à la machine.

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 bouchon.

N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.

Éloignez les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.

Avant d'utiliser l'appareil, placez-le sur une surface stable et plane, en position horizontale.

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 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.

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.

Éloignez les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.

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.

Ne laissez jamais l'appareil sans surveillance lorsqu'il est branché. Débranchez-le systématiquement après son utilisation, et avant l'ajout et le retrait de pièces.

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.

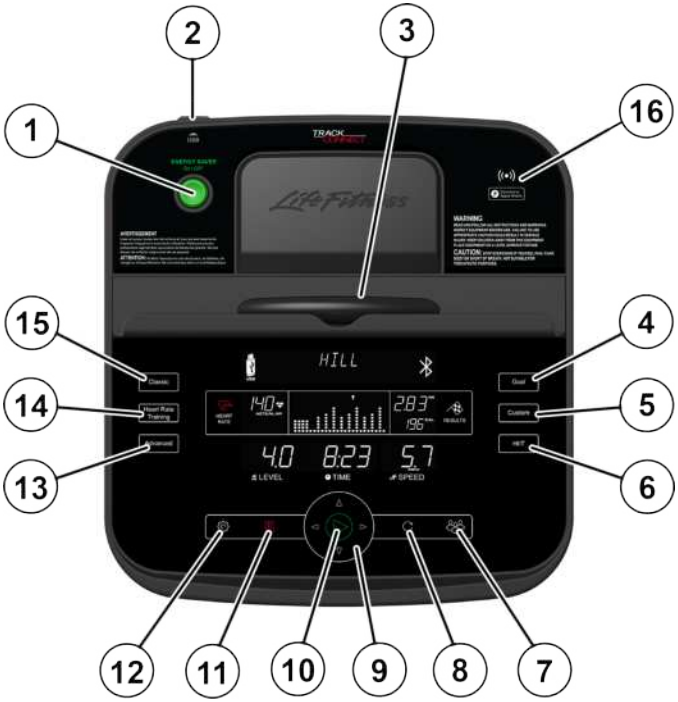
Ne faites jamais fonctionner le produit dont la fiche ou le cordon d'alimentation sont altérés ni aucun appareil qui serait tombé, aurait été endommagé ou même partiellement plongé dans l'eau. Contactez le service à la clientèle.

Laissez les consoles LCD s'adapter à la température ambiante pendant une heure avant de brancher l'appareil et de l'utiliser.

Conformément à la directive Machines 2006/42/EC de l'Union européenne, à vide, cet équipement sans charge fonctionne à des niveaux de pression acoustique inférieurs à 70 dB(A) à une vitesse de fonctionnement moyenne de 8 km/h. L'émission sonore sous charge est plus élevée que sans charge.

2. Overview

Console



1. ENERGY SAVER ON / OFF:

   The Energy Saver mode is used to minimize the power being used while the equipment is not in use. The unit will automatically go into Energy Saver mode five minutes after ending a workout. Press the **ENERGY SAVER** button to either "wake up" the console or put it into the Energy Saver mode. Energy Saver can be turned off in the Settings Menu. An indicator LED will flash while in Energy Saver mode.

2. USB Port:

   The USB port is used for charging or software updates.

3. Entertainment holder:

   Use the entertainment holder to hold magazines, tablets, E-readers, etc.

4. Goal:

   Press this button to select CALORIE , DISTANCE , and TARGET HEART RATE workouts.

5. Custom:

   Press this button to select **CUSTOM 1**, **CUSTOM 2**, or **CUSTOM 3** workouts.

6. HIIT:

   Press this button to select HIIT workout.

7. User Profiles button:

   Press this button once to select one of four personalized profiles to log into. Once programmed, the user profiles setting saves workout data for four primary users. Holding this button for three seconds will enter the User Profiles editing mode. See Section 5.4, How to Use the User Profiles.

8. Stop / Reset button:

   Press this button to clear incorrect data, such as weight or age, when programming a workout. Pressing this button consecutively two times during a workout ends your workout and returns you to the **SELECT WORKOUT** screen.

9. Navigation button:

   This button provides simple forward, back, up, and down software navigation as well as level and time adjustments. While creating a workout, use the left / right arrows to scroll through workout setup options, and then use the up / down arrows to adjust the values. During a workout, use the left / right arrows to change level and use the up / down arrows to adjust the time.

10. Enter / Start button:

    This button can be pressed at any time during initialization to begin a quick-start ,30 minute, manual workout. During workout setup, this button is used as a selection key when choosing program parameters.

11. Pause / Resume button:

    Press this button once to pause a workout for five minutes. Press again to resume a workout. If the paused workout is not resumed within five minutes, the console deletes the workout in progress and goes into Energy Saver mode.

12. Settings button:

    Press this button once to enter the Settings Menu of the console. In the Settings Menu, you can set preferences for the console display. See Section 5.6, How to Use the Settings Menu.

13. Advanced:

    Press this button to select FIT TEST, SPORTS TRAINING, MARATHON MODE (T5 and Run CX only), or EZ INCLINE / RESISTANCE workouts.

14. Heart Rate Training:

    Press this button to select FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL, HEART RATE MARATHON (T5 and Run CX only), or EXTREME HEART RATE workouts.

15. Classic:

    Press this button to select MANUAL, RANDOM, or HILL workouts.

16. Apple Watch:

    Connect your Apple Watch to the console for workout tracking and real-time data share via Apple GymKit.

Display



1. USB:

   NOTE: The USB port is used for charging or software updates.

   The USB icon displays whenever a USB device is plugged into the console.

2. Message center:

   The message center provides instructional information from the moment the first key is pressed. The message center will coach you through workout settings, including selecting a workout and entering time, level, and other specific information. Also, certain workout feedback like `PACE` and `METS` will display if they are turned on in the Settings Menu.

3. Bluetooth:

   The Bluetooth icon displays when a compatible device is connected.

   Download the Life Fitness Connect application on your smart device, locate and press **Settings**, enable **PROXIMITY LOGIN**, and touch your smart device to the upper, right-hand corner of the console. Follow the directions on your smart device to complete the pairing.

4. HEART RATE:

   The heart rate display calculates your actual heart rate in contractions or beats per minute during a workout. You must be holding on to the contact heart rate electrodes or wearing a heart rate telemetry chest strap for the heart rate display to function. See Section 2.1, The Heart Rate Telemetry Chest Strap. Life Fitness recommends wearing the chest strap for the most accurate heart rate reading. If you are experiencing problems with your heart rate reading please read Section 2.2, Contact Heart Rate for recommendations on improving the contact heart rate reading.

5. Workout profile:

   The workout profile graphically displays the intensity of a workout with columns of various heights. During the workout, your current intensity level is signified by an arrow located above the appropriate column. During a heart rate workout, the workout profile acts like a graph of your heart rate. Each of the nine rows of the profile will represent your actual heart rate as a percentage of your heart rate maximum. Therefore, by the end of the workout, you will see your heart rate ranges throughout the workout.

   Heart Rate Range

Column	Maximum Heart Rate Percentage Range
1	<30%
2	30%-39%
3	40%-49%
4	50%-59%
5	60%-69%
6	70%-79%
7	80%-89%
8	90%-99%
9	100%

   NOTE: The percent in the table represents your actual heart rate as a percent of your heart rate maximum. The heart rate maximum is 206.9 - (.67 × your age). For example: A 40 year old's heart rate maximum would be 206.9 - (.67 x 40) = 180. During their workout at the first interval, their actual heart was 100. Therefore 100/180 = .56 or 56%, and the profile would display the user at row four for the first interval of the workout.

6. RESULTS:

   Distance

   - Distance is shown in miles or kilometers. The distance formula attempts to replicate miles as if the exercise were being conducted outdoors. The distance formula will not always be consistent with other products or other manufacturer's products. Distance can be converted to kilometers in the Settings Menu. See Section 5.6, How to Use the Settings Menu.

   Calorie

   - A calorie is a unit used to measure energy. A calorie represents the amount of energy obtained from food. One calorie is approximately enough energy to increase the temperature of one gram of water by one degree Celsius. The console calculates an average caloric burn based on a proprietary calorie equation. This formula may not match other manufacturer's machines or other machines.

7. LEVEL / INCLINE%:

There are two types of displays for Bikes and Cross-Trainers.

- Resistance: You adjust this number between 1-20. The number you select represents the machine's actual brake resistance.
- Difficulty: You adjust this number between 1-20. The number you select represents a range of brake resistance levels and is only available during `RANDOM`, `HILL`, `EZ INCLINE`, and `SPORTS TRAINING` modes. For example, if you select a difficulty level of 10, it corresponds to a range of actual brake resistance levels of 5-14.

There are two types of displays for Treadmills.

- Incline: You adjust this number between 0 - 12% (F3), 0 - 15% (T3), and 0.8 - 15% (T5 and Run CX). This value can be adjusted in 0.5% increments.
- Difficulty: This mode is only used during `RANDOM`, `HILL`, `EZ INCLINE`, and `SPORTS TRAINING`. The number you select represents a range of inclines. For example, if you select a difficulty level of 10, it corresponds to a range of incline percentages between 3.0 - 7.0 (F3 and T3) and 3.8% - 7.5% (T5 and Run CX).

Difficulty values

Difficulty Level	Resistance (Bikes & Cross-Trainers)	Incline (Treadmills)	Incline (T5 and Run CX only)
1	1-9	0.0% - 1.0%	0.8% - 3.8%
2	1-10	0.0% - 2.0%	0.8% - 4.5%
3	2-10	0.0% - 3.0%	0.8% - 4.5%
4	2-11	0.0% - 4.0%	1.5% - 4.5%
5	3-12	0.5% - 4.5%	1.5% - 5.3%
6	3-12	1.0% - 5.0%	2.3% - 5.3%
7	4-12	1.5% - 5.5%	2.3% - 6.0%
8	4-13	2.0% - 6.0%	3.0% - 6.0%
9	5-13	2.5% - 6.5%	3.0% - 6.8%
10	5-14	3.0% - 7.0%	3.8% - 7.5%
11	6-14	3.5% - 7.5%	4.5% - 7.5%
12	6-15	4.0% - 8.0%	4.5% - 8.3%
13	7-15	4.5% - 8.5%	5.3% - 9.0%
14	7-16	5.0% - 9.0%	6.0% - 9.8%
15	8-16	5.5% - 9.5%	6.8% - 10.5%
16	8-17	6.0% - 10.0%	7.5% - 12.0%
17	9-17	6.5% - 10.5%	8.3% - 12.8%
18	10-18	7.0% - 11.0%	9.0% - 13.5%
19	11-19	7.5% - 11.5%	9.8% - 14.3%
20	12-20	8.0% - 12.0%	10.5% - 15.0%

8. TIME:

   The time window displays the total workout time set by you during workout setup, which is a range from 1-99 minutes depending on the program. During a workout, the time display will show time remaining, and count down. Time can be changed to count up in the Settings Menu and the time display will show time elapsed. See Section 5.6, How to Use the Settings Menu. The time set can be changed at any time during the workout by using the Up / Down arrows.

9. SPEED:

   Speed is displayed in Miles Per Hour (MPH) or Kilometers Per Hour (KPH). The formula tries to replicate MPH or KPH as if the exercise were being conducted outdoors. The speed range for MPH is 0.5 mph to 12.0 mph, and is adjustable in increments of 0.1 mph. Speed can be converted to kilometers per hour in the Settings Menu. See Section 5.6, How to Use the Settings menu.

Life Fitness Connect

Life Fitness Connect is a unique application that allows you to track your workouts anytime, anywhere, and also gives you access to some of the same workout information that you create on other *Life Fitness* products in health clubs, hotels, and recreation centers. Take advantage of these features and maximize your workout time. Download the Life Fitness Connect application for your Apple devices and Android devices today. Simply connect to your product, begin your favorite workout, and track your progress.

Apple GymKit

1. Ensure proximity log in is enabled on your device. In watch workout settings turn off **Power Saving Mode** and turn on **Detect Gym Equipment**.
2. Place your Apple Watch at the top right-hand corner of the console where it reads `Connect to Apple Watch`. The watch face must be facing the console to connect and **connected** in message center. Bluetooth icon displays when device connected.

Apple GymKit is only available on consoles with Apple GymKit hardware and cannot be updated onto older consoles via software updates.

Heart Rate Zone Training®

NOTE: Consulting a fitness trainer is recommended for defining specific fitness goals and designing a workout program.

Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results. That is the idea behind the Life Fitness Heart Rate Zone Training® approach to exercise. Zone Training identifies an exerciser's ideal heart rate range -or zone- for burning fat or increasing cardiovascular fitness. The zone is a percentage of the theoretical maximum, and its value depends on the workout. The maximal heart rate formula is defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription", 8th Edition, 2009. Heart Rate maximum equals to 206.9 minus the total of 0.67 multiplied by a person's age (206.9 - (0.67 × age). Reference the chart below for theoretical maximum heart rates and target heart rates.

This products feature these exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training® exercise:

- FAT BURN
- CARDIO
- HR HILL
- HR INTERVAL
- EXTREME HR

These workout programs measure heart rate. Wear the telemetry heart rate chest strap or grip the contact heart rate sensors to enable the computer to monitor the heart rate during a workout. The computer automatically adjusts the incline or level to maintain the target heart rate based on the actual heart rate.

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

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

Heart Rate Sensors

NOTE: The heart rate sensors may be less or more accurate with different individuals.



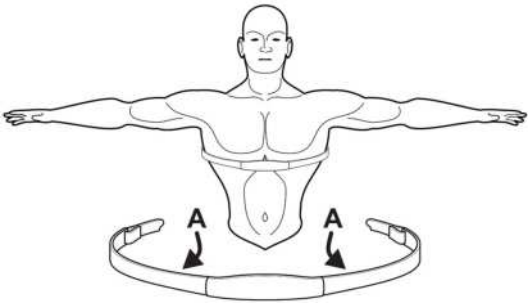
When using heart rate sensors, make certain to grasp the sensors firmly and keep hands steady. If your heart rate seems substantially higher or lower than expected, remove your hands from the sensors the until heart rate disappears from the heart rate display. Dry your hands, and grasp the sensors again until your heart rate seems accurate. If this does not work, you may need to slow the machine to get an accurate reading. On treadmills, Life

Fitness recommends -for safety and accurate heart rate readings- that you stand on the siderails when attempting to monitor your heart rate with the sensors.

Optional Polar Telemetry Heart Rate Chest Strap®

The console is equipped with a wireless heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals from the user to the console. The electrodes are inside the chest strap (A) that the user wears during the workout. The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with bare skin. However it functions properly through a thin layer of wet clothing. The electrodes are two grooved surfaces on the underside of the strap, and must remain wet to accurately transmit the electrical impulses of the heart back to the receiver.

To use, first moisten the electrodes. Then, secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing. Electrodes must be wet to work properly. If it becomes necessary to re-moisten, grasp the center of the strap, pull it away from your chest to expose the electrodes, and moisten. See diagram below for correct positioning of the strap.



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

NOTE: Using the wireless heart rate telemetry chest strap will provide more accurate heart rate readings than the hand pulse sensors.

3. Exercise and Product Information

Workouts

The Track Connect console has 15 specially designed, pre-programmed workouts (T5 and Run CX treadmills have 17) that have been developed by Life Fitness.

Each workout has a different goal. Read the workout descriptions carefully so that you can develop a workout routine that focuses on reaching your specific goals. The workout descriptions on the following pages all have subheadings labeled:

- Beginner workout -designed for users who are just starting a fitness routine. Beginner workouts have limited gradual intensity adjustments.
- Experienced workout -designed for users seeking a more challenging workout. These users should have a stronger fitness base.
- Advanced workout -designed for athletes who are training for cardiovascular endurance and special events.

Different workouts have different setup steps. This section provides details on the steps themselves. The main screen of the console is known as the **SELECT WORKOUT** screen. When the **SELECT WORKOUT** screen appears on the console, use the **Classic** button, **Heart Rate Training** button, **Advanced** button, **Goal** button, **Custom** button, or **HIIT** button to scroll through all of the workout choices. Select a workout by pressing .

Throughout the workout setup process, the up / down arrows can be used to adjust the value that is selected and the left / right arrows can be used to scroll back and forth between different steps. In order to advance to the next step, either press the right arrow or press . After entering the last step, press  to begin the workout.

Quick Start

Quick start is the fastest way to begin exercising, and it bypasses the steps needed when selecting a specific workout program. Begin a quick start workout by pressing  at the **SELECT WORKOUT** screen. A constant-level workout begins after pressing . The intensity level does not change automatically. You must change intensity levels by using the arrows on the navigation button.

Classic

Press the **Classic** button to select MANUAL, RANDOM, or HILL workouts.

MANUAL

Beginner workout

The manual workout is a simple workout that has no predefined intensity levels. The manual workout starts at 0.5 MPH and 0% incline. You are in control of level or speed /incline settings.

This workout was designed for users that do not have much experience working out on a product and like to have control of the level and speed/incline settings.

This workout can be started by using the **CLASSIC** button to scroll to the **MANUAL** workout profile, and pressing .

RANDOM

Experienced workout

In this workout, the console creates a terrain of different hills and valleys. Over 1 million different patterns are possible. The Random workout uses incline adjustments to create hills/valleys. You control the speed.

This workout was designed to provide you with an unlimited workout variety. The goal of this workout is to prevent workout boredom and improve motivation.

This workout can be started by using the **CLASSIC** button to scroll to the **RANDOM** workout profile, and pressing .

HILL
Experienced workout

The patented hill workout is an interval training workout. Intervals are periods of intense aerobic exercise. The workout profile window displays the levels of the intervals, which have the appearance of hills and valleys. Incline adjustments are used to simulate the hills and valleys. You control the speed .

The hill workout has two main phases between the warm-up and cool down.

- Plateau: Intensity is slightly increased, and is kept steady to bring the heart rate to the low end of the target zone.
- Interval Training: A series of increasingly steeper hills, alternating with valleys, or periods of recovery. Your heart rate should rise to the high end of the target zone during this segment.

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

This workout can be started by using the **CLASSIC** button to scroll to the **HILL** workout profile, and pressing .

Heart Rate Training

Press the **Heart Rate Training** button to select FAT BURN, CARDIO, HEART RATE HILL, HEART RATE INTERVAL, HEART RATE MARATHON (T5 and Run CX only), or EXTREME HEART RATE workouts.

FAT BURN
Beginner workout

NOTE: You must wear a chest strap for this workout to adequately operate.

This program only uses incline adjustments to increase and decrease heart rate. Fat Burn maintains your heart rate at 65% of your theoretical heart rate maximum. The console continuously monitors and displays the heart rate, adjusting the intensity level of the product to reach and maintain a target heart rate range. The intensity will not change as long as your heart rate is between 60%-72% of your target heart rate.

The goal of the Fat Burn workout is to efficiently burn fat by eliminating over-training and under-training and also maximizing the aerobic benefits of exercise by using the body's fat storage for energy.

This workout can be started by using the **Heart Rate Training** button to scroll to the **FAT BURN** workout profile, and pressing .

CARDIO
Experienced workout

NOTE: You must wear a chest strap for this workout to adequately operate.

This program only uses incline adjustments to increase and decrease heart rate. Cardio maintains your heart rate at 80% of your theoretical heart rate maximum. The console continuously monitors and displays the heart rate, adjusting the intensity level of the product to reach and maintain the target heart rate range. The intensity will not change as long as your heart rate is between 72%-85% of your target heart rate.

The goal of the cardio workout is to place a heavier workload on the heart muscle to emphasize cardiovascular endurance.

This workout can be started by using the **Heart Rate Training** button to scroll to the **CARDIO** workout profile, and pressing .

HEART RATE HILL
Experienced workout

NOTE: You must wear a chest strap for this workout to adequately operate.

This program only uses incline adjustments to increase and decrease heart rate. Heart rate hill has a series of three hills and three valleys where the duration of the hills and valleys is determined by your heart rate. After the warm-up, the intensity of the workout increases until your heart rate reaches 70% of your heart rate maximum; this is the first hill. Once your heart rate reaches 70% of your heart rate maximum, the program will hold the intensity level for one minute.

When the hill is completed, the program reduces the intensity and target heart rate goal to 65% of you heart rate maximum to simulate a valley or recovery period. Once your heart rate drops to 65% of your heart rate maximum, the program will keep your heart rate at 65% for one minute. Next, the program will increase intensity

until your heart rate reaches 75% of your heart rate maximum; this is the second hill followed by a valley, with the target heart rate of 65%.

Finally, the third hill increases intensity until your heart rate reaches 80% of your heart rate maximum. 80% is then held for one minute followed by the final valley that will keep your heart rate at 65%. At the end of the duration of hills and valleys, the workout enters a cool down phase. If you do not reach a heart rate goal after five minutes, the message center displays a prompt to increase or decrease speed depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until you reach the current goal.

The design intent of the Heart Rate Hill workout was to develop a program that adapts to your fitness level. As you becomes more physically fit, you will encounter additional hills and valleys in the same workout duration. This happens because the program sees that your heart rate is recovering more quickly during valleys.

This workout can be started by using the **Heart Rate Training** button to scroll to the **HEART RATE HILL** workout profile, and pressing .

HEART RATE INTERVAL
Experienced workout

NOTE: You must wear a chest strap for this workout to adequately operate.

This program only uses resistance incline adjustments to increase and decrease your heart rate. This program alternates between a hill that brings your target heart rate up to 80% of your heart rate maximum , and a valley that brings your target heart rate down to 65% of your heart rate maximum. After the warm-up, the intensity of the workout increases until your heart rate reaches 80% of your heart rate maximum; this is the first hill. Once you reach a target heart rate of 80%, the program will hold the intensity level for 3 minutes. When the hill is completed, the program creates a valley, which reduces the intensity until a target heart rate of 65% is reached. This sequence continues for all three hills and valleys. At the end of the duration of hills and valleys, the workout enters a cool-down phase. If you do not reach a heart rate goal after five minutes, the message center displays a prompt to increase or decrease speed, depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until you reach the current goal.

The design intent of the Heart Rate Interval workout was to develop a program that adapts to your fitness level *and* is more challenging than the Heart Rate Hill workout. As you become more fit, you will encounter additional hills and valleys in the same workout duration. This is because your heart rate is recovering more quickly during valleys.

This workout can be started by using the **Heart Rate Training** button to scroll to the **HEART RATE INTERVAL** workout profile, and pressing .

HEART RATE MARATHON (T5 and Run CX only)
Advanced workout

NOTE:

You must wear a chest strap for this workout to adequately operate.

This program only uses incline adjustments to increase and decrease heart rate. In Heart Rate Marathon, you define the heart rate that you wish to maintain. The console continuously monitors and displays your heart rate, adjusting the intensity level of the product to reach and maintain a target heart rate range. There is no time limit on this workout.

The goal of the Heart Rate Marathon workout is to maintain a target heart rate for an extended workout.

This workout can be started by using the **Heart Rate Training** button to scroll to the **HEART RATE MARATHON** workout profile, and pressing .

EXTREME HEART RATE
Advanced workout

NOTE:

You must wear a chest strap for this workout to adequately operate.

This program uses only incline adjustments to increase and decrease heart rate. This program alternates between two target heart rates of 85% and 65% of your heart rate maximum by alternating as quickly as possible. The effect is similar to performing sprints. During the workout, once either of the two target heart rates is reached, it is held for 20 seconds and then the intensity changes to meet the other target heart rate.

The design of this workout is sports specific. This workout challenges you with short bursts of resistance. The goal of this workout is to help you break through fitness improvement plateaus.

This workout can be started by using the **Heart Rate Training** button to scroll to the **EXTREME HEART RATE** workout profile, and pressing .

Advanced

Press the **Advanced** button to select FIT TEST, SPORTS TRAINING, MARATHON MODE (T5 and Run CX only), or EZ INCLINE / RESISTANCE workouts.

FIT TEST
Beginner workout, advanced workout, and experienced workout

The Fit Test workout estimates cardiovascular fitness and can be used to monitor improvements in endurance every four to six weeks. You must grasp the hand sensors (if equipped) when prompted or wear a Polar telemetry heart rate chest strap because the calculation of the test score is based on a heart rate reading. The Fit Test is considered to be a submax VO2 (volume of oxygen) test. A VO2 test gauges how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood. Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity. Please note that the estimated VO2 max scores achieved will be 10% to 15% lower on stationary exercise bikes than those achieved on other Life Fitness cardiovascular equipment. Stationary cycling has a higher rate of isolated muscle fatigue of the quadriceps when compared to walking/running on a treadmill, climbing on a stair climber, or utilizing a bike. The higher rate of fatigue corresponds to lower levels of estimated VO2 max scores.

The goal of the Fit Test workout is to elevate your hear rate to a level that is between 60% - 85% of your theoretical heart rate maximum.

This workout can be started by using the **Advanced** button to scroll to the **FIT TEST** workout profile, and pressing .

Suggested Exertion Levels

	Inactive	Active	Very Active
Treadmills	2 - 3 mph (3.2 - 4.8 kph)	3 - 4 mph (4.8 - 6.4 kph)	3.5 - 4.5 mph (5.6 - 7.2 kph)
Cross-Trainers	Level 2 - 4 for men. Level 1 - 2 for women.	Level 3 - 10 for men. Level 2 - 5 for women.	Level 7 - 15 for men. Level 3 - 10 for women.
Lifecycle Exercise Bikes	Level 4 - 6 for men. Level 2 - 4 for women.	Level 5 - 10 for men. Level 3 - 7 for women.	Level 8 - 14 for men. Level 6 - 10 for women.

NOTE: Only treadmills: The workout duration will be five minutes total with a one minute warm-up at 0% incline followed by four additional minutes at a 5% incline. Immediately afterward, the console will take the your heart rate reading, calculate a fitness score, and display the score in the message center.

After the five minute Fit Test is completed, a Fit Test score and rating will be displayed. Within each suggested range, use these additional guidelines:

Lower Half of Range	Upper Half of Range
Higher age	Lower age
Lower weight	Higher weight (in cases of excessive weight, use lower half of range)
Shorter	Taller

The computer will not accept:

- heart rates less than 52 beats per minute or greater than 200 beats per minute
- body weights less than 75 pounds (34 kg) or greater than 400 pounds (181 kg)
- ages below 10 years or over 99 years
- data input that exceeds human potential

It is important for you to take the Fit Test under similar circumstances each time. Your heart rate is dependent on many factors, including:

- amount of sleep from the previous night (at least seven hours is recommended)
- time of day
- time you last ate (testing two to four hours after the last meal is recommended)
- time when you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (testing approximately four hours afterword is recommended)
- time since you last exercised (testing approximately six hours afterword is recommended)

For the most accurate Fit Test results, you should perform the Fit Test on three consecutive days, and average the three scores. To receive a proper Fit Test score, the training must be done within a heart rate zone that is 60% to 85% of your theoretical heart rate maximum (HRmax).

Fit Test results are listed in the following tables.

Relative Fitness Classification for Men

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

Relative Fitness Classification for Women

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

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

SPORTS TRAINING

Experienced workout

This program simulates exercising outdoors by using a baseline value to simulate a flat surface. The program then simulates moving uphill with values above the baseline and downhill with values below the baseline. The adjustments above and below the baseline are incline changes. You control the Speed.

The goal of this workout is to simulate outdoor training.

This workout can be started by using the **ADVANCED** button to scroll to the **SPORTS TRAINING** workout profile, and pressing .

MARATHON MODE (T5 and Run CX only)

Beginner workout, advanced workout, and experienced workout

This workout has no pre-defined intensity levels or time limit. The Marathon Mode workout operates like a Manual workout with no time limit, starting at 0.5 MPH and 0% incline. You have complete control of the level or speed / incline settings.

This workout was designed for users that do not want a maximum time limit imposed on their workout.

This workout can be started by using the **ADVANCED** button to scroll to the **MARATHON MODE** workout profile, and pressing .

EZ INCLINE / RESISTANCE

Experienced workout

This program consists of one hill. You determines the elevation of the peak during the workout setup. The peak is reached after 75% of the workout time is complete. Afterward, the incline gradually returns to level 1 or 0% respectively.

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

This workout can be started by using the **ADVANCED** button to scroll to the **EZ INCLINE / RESISTANCE** workout profile, and pressing .

Goal

Beginner workout, advanced workout, and experienced workout

CALORIE

You select a calorie goal to achieve during the workout. During the workout, the calorie window will display the initial goal that you set, and then count down to zero.

NOTE: Calorie goal workouts are limited to a maximum of 99 minutes.

DISTANCE

You select a distance goal to achieve during the workout. During the workout, the distance goal will be shown inside a track in the workout profile window.

NOTE: Distance goal workouts are limited to a maximum of 99 minutes.

TARGET HR

You select a target heart rate to achieve and maintain throughout the duration of the workout. The exercise equipment will keep you at that target heart rate throughout the workout.

Create these workouts by, first, selecting a specific goal and entering your goal. Continue to setup the rest of the information similar to any of the other workouts.

These workouts can be started by pressing the **GOAL** button to scroll between three workout choices using either the up / down arrows or left / right arrows on the navigation button. The three workout choices are: **CALORIE** goal, **DISTANCE** goal, and **TARGET HEART RATE** goal. Select any of these three workouts by pressing  when the desired workout is on the screen. These workouts function like a manual workout, where you controls the speed and incline / level. The workout ends when the defined goal is reached.

Custom

There are four user profile settings on the Track Connect console. Each profile allows a user to save their personal data for a faster workout setup. There are three custom workouts per user profile on the Track Connect console. If that profile has been created, then the message center will display `LOGGED IN`. However, if that profile account has not been defined, then the message center will display `UNDEFINED`. When logged into one of the four user profiles, the custom workouts can be accessed by pressing the **Custom** button on the console.

Editing a Manual Workout

1. Press , and select one of the four profiles.

2. Press and hold  to enter editing mode.
3. Scroll to the option **CUSTOM WORKOUT**.
4. Press  to create the workout.
1. Upon pressing , the message center will display `WORKOUT = MANUAL`.
5. Press the up / down arrows on the navigation button to scroll between **MANUAL** and **HEART RATE** workout.

   Press  to select.

   a. You will be asked to **SELECT WORKOUT TIME**. The workout is constructed into 24 intervals, each lasting the duration of 1/24th of the workout time entered. For example, if you set a workout for 24 minutes, each of the 24 intervals will be one minute. Create your workout time.

After setting a workout time, the message center will display `SET SPEED + INCL` for approximately three seconds. Next, the message center will display `INTERVAL 1`. You will select the incline, and press  to move to **INTERVAL 2**. You will continue this process for all 24 intervals, and repeat these steps when creating the speed for each interval. Use the left / right arrows on the navigation button to move back and forth between intervals. The message center will then display `WORKOUT SAVED`. When each interval is set and saved, its corresponding visual representation of incline is depicted in the workout profile. At the end of setup, you will see your custom workout profile.

Editing a Heart Rate Workout

After setting a workout time, the following will occur if a manual workout is selected. The message center will display `SET TARGET HR` for approximately three seconds. Next, the message center will display `INTERVAL 1`. You will select the target heart rate, and press  to move to `INTERVAL 2`. You will continue this process for all 24 intervals, and repeat these steps when creating the speed for each interval. Use the left / right arrows on the navigation button to move back and forth between intervals. The message center will then display `WORKOUT SAVED`. When each interval is set and saved, its corresponding visual representation of incline is depicted in the workout profile. At the end of setup, you will see your custom workout profile.

The percent in the table represents your actual heart rate as a percent of your heart rate maximum. The heart rate max is 206.9 - (.67 × your age). For example, a 40 year old's heart rate maximum would be 206.9 -0.67 × 40) = 180. At the first interval of their workout, their actual heart was 100. Therefore 100/180 = .56 or 56%, and the profile would display the user at row 4 for the first interval of the workout. See the table below for your percentage.

Row	Target Heart Rate Percent Range
1	20% - 29%
2	30% - 39%
3	30% - 39%
4	50% - 59%
5	60% - 69%
6	70% - 79%
7	80% - 89%
8	90% - 99%
9	100%

HIIT

This workout begins with a warm-up, and is followed by a series of sprint and recovery sessions. You have ability to adjust both resistance and recovery sessions along with ratio of sprint.

This workout was designed for users that want an anaerobic interval program designed to improve their performance.

This workout can be started by pressing the **HIIT** button.

User Profiles

There are four user profile settings on the Track Connect console. Each profile allows a user to save their personal data for a faster workout setup. If that profile has been created, then the message center will display `LOGGED IN`. However, if that profile account has not been defined, then the message center will display `UNDEFINED`.

Create a user profile.

1. Press , and scroll to one of the profile names.
2. Press and hold  for three seconds to enter editing mode.
   The message center will display `EDIT PROFILE`.
3. Scroll through the editing options using the left / right arrows on the navigation button.
4. Adjust the editing options using the up / down arrows on the navigation button (except in `CHANGE NAME` and `CUSTOM WORKOUT`).
5. Press  or the left / right arrows on the navigation button to save modifications and move to the next option.
6. Press  to change to the default values.

The message center will display `EDIT PROFILE`, then move into the profile setup menu. Use the left / right arrows on the navigation button to move through the menu. Pressing  will move you to the next item.

After displaying the message `EDIT PROFILE`, the message center will display `PROFILE`. Press **ENTER** when `MY PROFILE SETUP` Is displayed to edit the following options:

Name change

Press , and message center will display `PROFILE` with a blinking `P`. Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the  button to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`.

WEIGHT = XXX

Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press  to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`. Selection options are 75 lbs (34 kg) to the maximum of the product.

AGE = XX

Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the

 button to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`. Selection options are 10-99 years.

LEVEL = XX

Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the  button to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`. Selection options are 1-20.

WALK SPEED = XX.X (only treadmills)

Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the  button to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`. Selection options are 0.5-10 mph or 0.8-16 km/hr (F3) and 0.5-12 mph or 0.8-19 km/hr (T3 and T5).

JOG SPEED = XX.X (only treadmills)

Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the  button to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`. Selection options are 0.5-10 mph or 0.8-16 km/hr (F3) and 0.5-12 mph or 0.8-19 km/hr (T3 and T5).

RUN SPEED = XX.X (only treadmills)

Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the  button to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`. Selection options are 0.5-10 mph or 0.8-16 km/hr (F3) and 0.5-12 mph or 0.8-19 km/hr (T3 and T5).

DEF SPEED = XX.X

Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the  button to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`. Selection options are 0.5-10 mph or 0.8-16 km/hr (F3) and 0.5-12 mph or 0.8-19 km/hr (T3 and T5).

LOW INC = XX.X

Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the  button to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`. Selection options are 0-12% (F3) and 0-15% (T3 and T5).

MID INC = XX.X

Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the  button to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`. Selection options are 0-12% (F3) and 0-15% (T3 and T5).

HIGH INC = XX.X Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the  button to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`. Selection options are 0-12% (F3) and 0-15% (T3 and T5).

DIST GOAL = XX.X Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the  button to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`. Selection options are 0.1 – 99.9 miles or 1.6 – 161 km.

TIME GOAL = XX:XX Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the  button to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`. Selection options are 05:00 to 99:00.

WARM UP = XX:XX Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the  button to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`. Selection options are 01:00 to 99:00.

COOL DOWN = XX:XX Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the  button to erase characters. When finished, press . If there is inactivity for more than 10 seconds, then the message center will display `PRESS ENTER TO SAVE`. Selection options are 01:00 to 99:00.

CUSTOM WORKOUT See the Custom of this document for instructions.

Settings

1. Press the  button at the `SELECT WORKOUT` screen. Upon entering the settings menu, the screen will display `SETTINGS MENU`.
2. Press left or right on the navigation button to scroll through the settings options.
3. Press up or down on the navigation button to adjust the settings.
4. Press the **ENTER** button or press left or right on the navigation button to save modifications and move to the next option.
5. Press the **RESET** button to exit the settings menu.

The settings and selection options are listed below.

UNITS Selection options are English and Metric.

BEEPS Selection options are On and Off.

TIME This option is for your workout times. Selection options are up and down.

METS = OFF	Selection options are On and Off.
PACE = OFF (only treadmills)	Selection options are On and Off.
RPM = OFF (only bikes and cross-trainers)	Selection options are On and Off.
CONTRAST = XX	Selection options are: 1-99.
BRIGHTNESS = X	Selection options are 1-10.
WIRELESS HR = ON	Turns the telemetry heart receiver on and off . Selection options are On and Off.
Statistics	Press the  button to select. Choose `TOTAL HOURS` for the total number of hours that the product was used in a workout, or choose `TOTAL MILES` for the number of miles that the product was used in a workout.
Safety Mode = ON	Selection options are On and Off.
Software version	Press the  button to select. Press up or down on the navigation button to see the console software version, the console software part number, and the console software build date.
Floor Model	This option disables the Power Save feature. Selection options are On or Off. The default is Off (Power Save On).
Belt Lube Timer (treadmill only)	This option tracks the total hours of all workout and cool down time since the last belt lubrication. When the timer reaches 75 hours, it triggers a reminder message during every workout. Press and hold the down arrow key on the navigation button for five seconds to reset the timer.
Bluetooth	The Bluetooth option turns on or off the Bluetooth radio and BLE broadcast. Selection options are On or Off. Default is On.
Language Feature	The language option will toggle between languages that are embedded into the console Selection options are English, Spanish, German, Russian, and French.

4. Service and Technical Data

Knowledge Base

See Knowledge Base for more detailed information.

Approved and Compatible Cleaners

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

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

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

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

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

Preventive Maintenance 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.

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 Approved and Compatible Cleaners) and a microfiber cloth.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Clean the housing and moving parts on a regular basis.

Troubleshooting

No power.	Check to see that the power cord is fully plugged into the back of the product and into the wall socket.
	You may be in Energy Saver Mode. Press the Energy Saver button to see if the console turns on.
	Verify that all customer assembly connections are working properly. Unplug and re-plug each connection to verify. Look to see if any cables were pinched during assembly.
Console display looks strange or has an error message	Unplug or turn the unit Off to reset the console and then turn On or plug the console back in. Repeat multiple times if the console error message still appears. If the problem persists, contact Corporate Headquarters.
Console turns off when not in use.	The unit will go into Energy Saver mode after five minutes of inactivity.

Wireless heart rate is not working.	Potential reasons for the wireless heart rate not to work properly include: • The wireless heart rate is turned off in the Settings Menu. • There is poor contact between the telemetry heart rate strap and the skin. • There is electrical interference from electrical appliances with the telemetry heart rate strap from fluorescent lights, kitchen appliances, etc. Move the product to a different location or move electrical appliances away from the product. • The battery in the Heart Rate Telemetry Strap needs to be replaced.
Heart rate reading is initially detected and functioning normally, but then is lost.	Use of personal electronic devices cause external noise interference. Equipment is in close proximity to other sources of interference such as audio / video equipment, fans, two way radios, and high voltage/ high current power line. Remove the source of interference or reposition the exercise equipment.
Contact heart rate sensors are not reading my heart rate correctly.	Be sure to grasp the sensors firmly and keep hands still. If heart rate seems substantially higher or lower than expected, remove hands from sensors until heart rate disappears.

NOTE: The hand sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.

5. Customer Service

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 *Life Fitness* Customer Support Services via the Web at: *www.lifefitness.com*, or call the nearest *Life Fitness* Customer Support Services group.

6. Specifications

Specifications

- Number of Workouts: 15 (T5 and Run CX have 17 pre-programmed workouts)
- User Profiles: 4
- Interactive Heart Rate Programming: Yes
- Heart Rate Telemetry: Yes
- Contact Heart Rate: Yes
- Levels: 20
- Message Center: Yes - 16 character
- Display Type: Custom-etched LCD VA Glass
- Energy Saver: Yes
- Warranty: 3 years for parts. 1 year for labor and batteries.
- Life Fitness Connect: Yes
- Device Connectivity: Apple GymKit

Shipped Dimensions	Track Connect Console (Treadmills)	Track Connect Console (T5 and Run CX Only)	Track Connect Console (Bikes and Cross-Trainers)
Length	17.78 in. / 45.2 cm.	23 in. / 58.4 cm	17 in / 43.2 cm
Width	17.25 in. / 43.8 cm.	19.5 in. / 49.5 cm.	15.5 in / 39.4 cm
Height	6.25 in. / 15.9 cm.	6.25 in. / 15.9 cm	4.75 in / 12.1 cm
Weight	6.98 lbs. / 3.17 kg.	6.84 lbs. / 3.1 kg.	5.95 lbs / 2.70 kg

7. Warranty

What is Covered

This *Track Connect* 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 is it Covered

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

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

Who Pays Shipping and 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 Operation 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 Family of Brands representative.

What You Must Do

Retain proof of purchase; use, operate and maintain the Product as specified in the Manual; notify Customer Support Services 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.

OPERATION 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 https://lifefitness.com/home/support/product-registration. Our receipt assures that your name, address and date of purchase are on file as a registered owner of the Product. 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 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 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. Warranty coverages and terms may differ outside the United States. Please contact the Life Fitness office servicing your country (contact information found at the front of this manual) or visit the applicable local Life Fitness website to receive the specific warranty information for your country.

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.

Warranty Information

Model	3 Years	1 Year
Track Connect Console	Electrical and Mechanical Parts	Labor