

Integrity+ and Club Series+ Treadmill

INT-SL-XF-14, INT-SE4-XF-14, INT-SL-XF-13, INT-SE4-XF-13, CST-SL, CST-SE4

Owner's Manual / Assembly Instructions



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User and Service Documents Link

<https://lfn.fit/KnowledgeBase>

<https://lfn.fit/PartStore>

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 nsem afoforo aka ho wo websait so denam asem a ewo atifi ho a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

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

Plus indicium per superum situm potes invenire.

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Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

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

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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1. Getting Started

Safety Instructions

Owner of the equipment is responsible for providing the users of the equipment with all warnings and instructions.

 Read all instructions before use.

-  **CAUTION:** Any changes or modifications to this equipment could void the product warranty.
-  **CAUTION:** Risk of injury to persons – to avoid injury, use extreme caution when stepping onto or off of a moving belt. Read assembly instruction manual before using.
-  **WARNING:** Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.
-  **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
-  **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
-  **WARNING:** Do not use for stretching and do not attach straps or other devices.
-  **WARNING:** Keep batteries out of reach of children.

Some chest straps may contain a removable battery.

- Swallowing may lead to serious injury in as little as 2 hours or death, due to chemical burns and potential perforation of the esophagus.
- If you suspect your child has swallowed a battery, immediately call your local poison control for fast, expert advice.
- Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. Do not use if compartment is not secure.
- Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
- Tell others about the risk associated with button batteries and how to keep their children safe.
-  **WARNING:** Keep the area 6.5 ft. / 2 m by 3 ft. / 0.9 m behind the treadmill clear of any obstructions, including walls, furniture, and other equipment. Contact Customer Support Services for an optional longer power cord if necessary.
-  **WARNING:** Be sure the emergency stop lanyard is clipped to the user and in proper position on the treadmill before beginning any workout.
-  **WARNING:** The belt centering adjustment must be performed if the belt is not between the marks indicating the maximum allowed lateral positions. Refer to Treadmill Assembly Instructions.
-  **WARNING:** This product can expose you to chemicals including Acrylonitrile, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to <http://www.P65Warnings.ca.gov>
-  **DANGER:** To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.
- Life Fitness does not warrant nor guarantee that component parts used in the manufacture of products offered under the Life Fitness brand are latex-free. Users of these products must take all necessary precautions to prevent accidental contact that could lead to an adverse latex reaction.
- Never operate the product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Customer Support Services.
- Position the product so that the power cord plug to the wall is accessible to the user. Make sure that the power cord is not knotted or twisted and that it is not trapped under any equipment or other objects.
- If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
- Always follow the console instructions for proper operation.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never operate the product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.

- Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces, and towels away from moving parts.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Allow LCD consoles to "normalize" with respect to temperature for one hour before plugging the unit in and using.
- When the product is not in use, Life Fitness recommends unplugging the product. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord on the floor under or along the side of the treadmill.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- Never mount or dismount the treadmill while the running belt is moving. Use the handrails whenever additional stability is required. In case of an emergency, such as tripping, grasp the handrails, and place the feet on the side platforms.
- Never walk or jog backwards on the treadmill.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- In conformity with the European Union Machinery Directive 2006/42/EC, this equipment unloaded runs at sound pressure levels below 70 dB (A) at the average operating speed of 12 km/hr (commercial units) and 8 km/hr (home units). Noise emission under load is higher than without load.
- Free standing equipment shall be positioned on a flat, stable and horizontal base.
- The equipment is not suitable for high accuracy purposes.
- Read all warnings on each product prior to starting a workout.
- If warnings are missing or damaged, please contact Customer Support Services immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Life Fitness is not responsible for missing or damaged warning labels.

Consignes de Sécurité

 Veuillez lire toutes les instructions avant usage.

- ⚠ AVERTISSEMENT :** Des problèmes de santé peuvent survenir en cas d'une utilisation incorrecte ou excessive de l'équipement. Life Fitness 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.
- ⚠ ATTENTION :** Toute modification apportée à cet équipement pourrait en annuler la garantie.
- ⚠ DANGER :** Pour réduire les risques de chocs électriques ou de blessures en raison des pièces mobiles, débranchez toujours les produits avant de les nettoyer ou de procéder aux tâches d'entretien.
- ⚠ AVERTISSEMENT :** Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, il est essentiel de brancher chaque appareil sur une prise électrique correctement mise à la terre.
- ⚠ AVERTISSEMENT :** Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. Un exercice trop intensif peut entraîner des blessures graves, voire mortelles. En cas de malaise, interrompez immédiatement la séance d'entraînement.
- ⚠ AVERTISSEMENT :** Ne pas utiliser pour des étirements et ne pas y attacher des sangles ou autres dispositifs.
- ⚠ AVERTISSEMENT :** Tenir les piles hors de portée des enfants.

Certaines sangles de poitrine peuvent contenir une pile jetable.

- L'ingestion de la pile peut provoquer des blessures graves voire la mort en moins de 2 heures en raison du risque de brûlures chimiques et de perforation de l'œsophage.
- Si vous pensez que votre enfant a avalé une pile, contactez immédiatement le centre anti-poison local pour obtenir des conseils spécifiques.
- Contrôlez l'appareil et assurez-vous que le compartiment pour pile est bien fermé, par exemple que la vis ou toute autre fixation mécanique est bien serrée. Ne pas utiliser le produit si le compartiment n'est pas bien fermé.
- Éliminer les piles bouton immédiatement et de manière sûre. Les piles bouton sont une source de danger.
- Informez les tiers des risques associés aux piles bouton et de la manière dont ils doivent agir pour protéger leurs enfants.
- ⚠ AVERTISSEMENT :** Laissez un espace de 2 m sur 90 cm (6,5 pieds sur 3 pieds) autour de la machine. Ne placez pas cette dernière près de murs, meubles ou autres équipements qui pourraient en obstruer l'accès. Contactez le service à la clientèle pour obtenir un cordon plus long au besoin.
- ⚠ AVERTISSEMENT :** Avant de commencer tout exercice, il convient de s'assurer que le cordon de sécurité est bien fixé à l'utilisateur et correctement placé sur le tapis de course.
- ⚠ AVERTISSEMENT :** La surface de course doit être recentrée si elle ne se situe pas entre les marques indiquant les positions latérales maximales autorisées. Consultez les instructions d'assemblage du tapis de course.
- ⚠ ATTENTION :** Risque de blessures - pour éviter toute blessure, faire preuve d'extrême prudence pour monter sur un tapis en mouvement, ou pour en descendre. Lisez les instructions d'assemblage avant toute utilisation.
- Ne faites jamais fonctionner le produit dont la fiche ou le cordon d'alimentation sont altérés ni aucun appareil qui serait tombé, aurait été endommagé ou même partiellement plongé dans l'eau. Contactez le service à la clientèle.
- Placez l'appareil de façon à ce que l'utilisateur ait accès à la fiche du cordon d'alimentation. Assurez-vous que le cordon d'alimentation n'est pas noué ou tordu et qu'il n'est pas coincé sous un autre appareil ou sous tout autre objet.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Pour un fonctionnement correct, suivez toujours les instructions de la console.
- Cet appareil n'est pas destiné à être utilisé par des personnes ou des enfants présentant des capacités physiques, sensorielles ou mentales réduites, ou un manque d'expérience et de connaissances, sauf en cas de supervision ou d'instructions relatives à son utilisation par une personne responsable de leur sécurité.
- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- N'utilisez jamais le produit avec les ouvertures d'air bloquées. Maintenez les bouches d'aération exemptes de peluches, de cheveux ou de toute autre obstruction.
- N'introduisez jamais d'objet dans les ouvertures de cet appareil. Si un objet tombe dans l'appareil, mettez ce dernier hors tension, débranchez le cordon d'alimentation et récupérez l'objet avec précaution. Si vous ne pouvez pas l'atteindre, contactez le service d'assistance à la clientèle.
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Nous vous recommandons de n'utiliser que des récipients pourvus d'un couvercle.

- N'utilisez pas ces produits avec les pieds nus. Portez toujours des chaussures. Portez des chaussures à semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talon, à semelle en cuir, à crampons ou à pointes. Assurez-vous qu'aucun caillou ne s'est incrusté dans les semelles.
- Éloignez les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.
- Ne placez pas les mains à l'intérieur ou sous l'appareil. Ne le faites pas basculer sur le côté durant son fonctionnement.
- Cet équipement n'est pas destiné à être utilisé par les enfants. Tenez les enfants âgés de moins de 14 ans à l'écart de la machine.
- Ne laissez aucune personne gêner l'utilisateur ou le fonctionnement de l'appareil pendant l'exercice.
- Laissez les consoles LCD s'adapter à la température ambiante pendant une heure avant de brancher l'appareil et de l'utiliser.
- Life Fitness recommande de débrancher le produit quand il n'est pas utilisé. Débranchez-le systématiquement après son utilisation et avant l'ajout et le retrait de pièces. Pour débrancher l'appareil, placez l'interrupteur de marche/arrêt sur ARRÊT et ôtez la prise électrique du mur.
- Maintenez le cordon d'alimentation à l'écart des surfaces chauffées. Ne tirez pas l'appareil par son cordon et n'utilisez pas celui-ci comme une poignée. Ne faites pas passer le cordon sur le sol, sous le tapis de course, ni le long de l'appareil.
- Les barres d'appui latérales peuvent servir à améliorer la stabilité, le cas échéant, mais elles ne sont pas conçues pour être utilisées de façon continue.
- Ne montez ni ne descendez jamais du tapis de course lorsque celui-ci est en mouvement. Le cas échéant, utilisez les barres latérales pour renforcer votre stabilité. En cas d'urgence, si vous trébuchez par exemple, saisissez les barres latérales et placez les pieds sur les plates-formes latérales.
- Ne reculez jamais sur le tapis, que ce soit en marchant ou en courant.
- N'utilisez pas l'appareil en présence d'aérosols ou en cas d'administration d'oxygène. Ces substances pourraient entraîner des risques d'incendie et d'explosion.
- Le système provoque une immobilisation du tapis de course lorsqu'une séquence de touches de clavier prédéfinie est activée. Cette séquence est activée en appuyant 3 fois sur la touche **ARRÊT** puis 3 fois sur la **TOUCHE FLÉCHÉE RALENTIR**. Pour éviter un basculement accidentel de la fonctionnalité d'immobilisation, cette séquence doit être effectuée dans une période comprise entre 5 et 10 secondes.
- 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.
- 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 12 km/h (gamme commerciale) et 8 km/h (gamme domestique). L'émission de bruit sous charge est plus élevée qu'à vide.
- Les équipements autonomes doivent être placés sur une base plane, stable et horizontale.
- Lisez les avertissements sur chaque produit avant de commencer à vous entraîner.
- Si certaines étiquettes d'avertissement sont manquantes ou endommagées, contactez immédiatement le service d'assistance à la clientèle. Nous vous en fournirons de nouvelles. Les étiquettes d'avertissement sont expédiées avec les appareils et doivent être installées avant utilisation de ces derniers. Life Fitness n'est pas responsable des étiquettes manquantes ou endommagées.

Set-Up

Read the entire manual before setting up the treadmill. Place the treadmill where it will be used before beginning the setup procedure.

Electrical Power Requirements

The treadmill requires a dedicated* line with isolated neutral according to the electrical configurations listed in the chart below.

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

Console	Supply Voltage	Frequency	Output Voltage	Output Current
Integrity SL	95 - 264 VAC	47 - 63 Hz	24 VDC	2.5 A
Discover SE4	95 - 264 VAC	47 - 63 Hz	24 VDC	3.75 A

Supply Voltage	Frequency (Hz)	Commercial Units Outlet & Breaker (Amps)	Consumer / Home Units Outlet & Breaker (Amps)
100 / 120	50 / 60	20	15
200 / 220 / 230 / 240	50 / 60	10	10

***Commercial Units Only:** One individual branch circuit for each treadmill per NEC article 210-21 (b) (1) and 210-22 (or other appropriate, country specific electrical compliance guidelines). The hot and neutral wires must each be routed independently (not looped or tied to other circuits).

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

Grounding Instructions

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

⚠ **WARNING:** A temporary adapter MUST NOT BE USED to connect this plug to a two-pole receptacle in North America. If a properly grounded, 20-amp outlet is not available, one must be installed by a qualified electrician. Models drawing 16 amps or more must be installed on a dedicated line. (Commercial Units Only).

⚠ **AVERTISSEMENT :** Si vous êtes aux États-Unis, n'utilisez PAS d'adaptateur temporaire pour raccorder la fiche à un adaptateur bipolaire. Si aucune prise de 20 A correctement mise à la terre n'est disponible, il convient d'en faire installer une par un électricien qualifié. Les modèles utilisant 16 A ou plus doivent être installés sur des lignes qui leur sont réservées. (Gamme commerciale uniquement).

⚠ **WARNING:** A temporary adapter MUST NOT BE USED to connect this plug to a two-pole receptacle in North America. If a properly grounded, 15-amp outlet is not available, one must be installed by a qualified electrician. (Consumer Units Only).

⚠ **AVERTISSEMENT :** Si vous êtes aux États-Unis, n'utilisez PAS d'adaptateur temporaire pour raccorder la fiche à un adaptateur bipolaire. Si aucune prise de 15 A correctement mise à la terre n'est disponible, il convient d'en faire installer une par un électricien qualifié. (Gamme grand public uniquement).

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

⚠ **DANGER :** Un branchement incorrect du conducteur de mise à la terre de l'équipement peut entraîner des risques de décharges électriques. Consultez un électricien si des doutes subsistent quant à la technique de mise à la terre. NE MODIFIEZ PAS la fiche fournie avec l'appareil. Si cette dernière n'entre pas dans la prise, faites effectuer l'installation par un technicien qualifié. Toute modification de la fiche entraînerait une annulation de la garantie.

How to Position and Stabilize the Unit

Follow all safety instructions. Move the treadmill to the location in which it will be used.

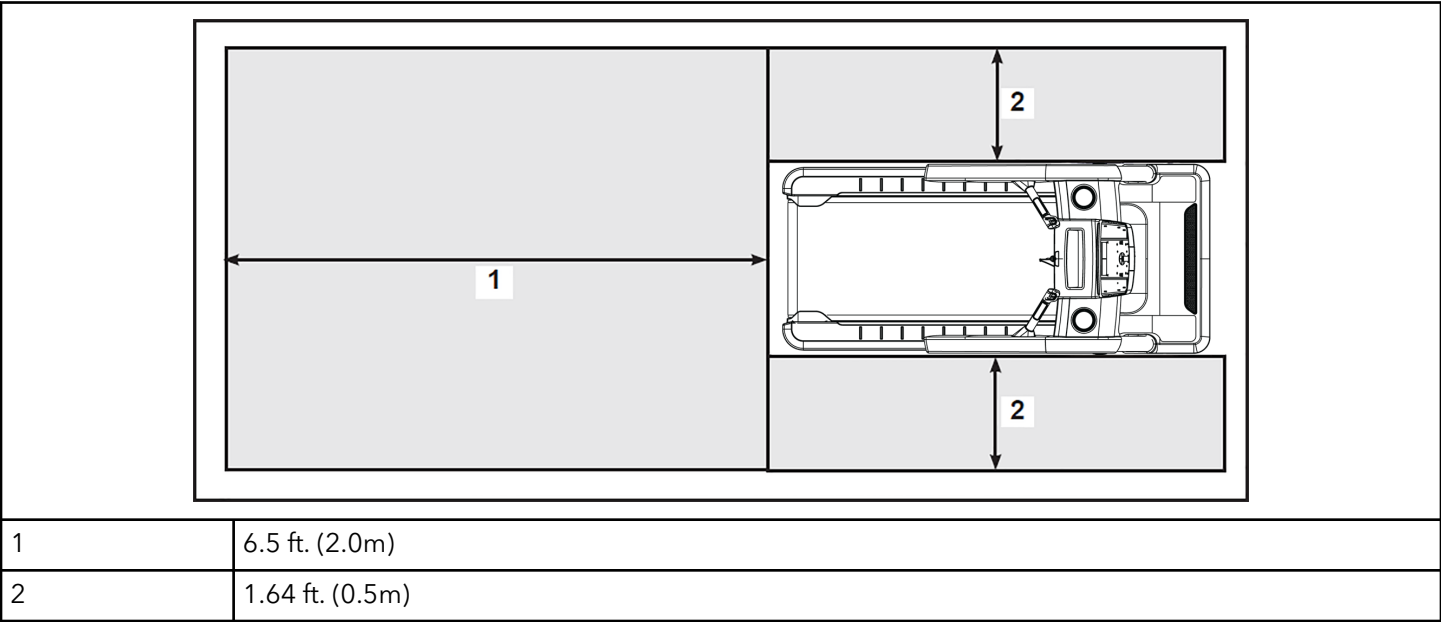
NOTE: See [How to Adjust and Tension the Striding Belt](#) to center the striding belt.

Safety Clearances

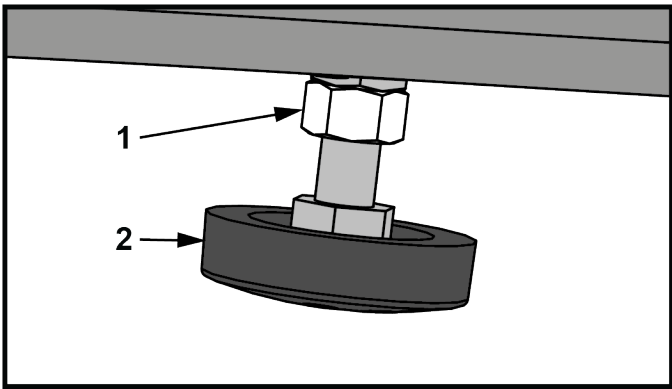
The following information is supplied as regional reference data regarding safety clearances around the exterior of the treadmill.

- **EU:** The European EN ISO 20957 Safety Standard requires a 6.5 ft. (2 m) minimum from the rear of the treadmill to any object or surface and at least as wide as the treadmill.
- **U.S. and other regions:** The ASTM International (ASTM) F2115 - 12 Standard recommends the minimum dimensions to be 1.64 ft. (0.5 m) on each side of the treadmill and 6.5 ft. (2 m) behind the rearward most portion of the usable moving surface or 6.5 ft. (2 m) behind the furthest rearward obstruction to emergency egress from the treadmill.

Free area



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, loosen the Jam Nut, and turn the Stabilizing Leg until the rocking motion ceases, and both stabilizing legs rest firmly on the floor. Retighten the Jam Nut.



Item	Description
1	Jam Nut
2	Stabilizing Leg

NOTE: It is extremely important that the stabilizing leg be correctly adjusted for proper operation. An unbalanced unit may cause striding belt misalignment. A bubble level is recommended to ensure proper leveling.

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.

Turning the Unit On

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

Stride Sensor Auto-Shutoff System

The Stride Sensor auto-shutoff system detects whether a user is on the belt/deck. If the user leaves the belt/deck during a workout, the system is triggered and the following message is displayed, `User not detected on belt - press "OK" to continue workout`. If the user presses **OK** during this message the workout will continue without interruption. If the user does not press **OK** another message will be displayed, `User not detected on belt; RESUME WORKOUT / EXIT WORKOUT`. At this point power to the belt will shut off as the treadmill enters Pause mode. If the user presses **RESUME WORKOUT** during the second message the workout will be resumed. If the user does not press **RESUME WORKOUT**, the treadmill will continue in Pause mode and eventually end the workout. This feature can be disabled in the Manager's Configuration.

Immobilization Method - SL Console - Treadmill

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

1. Enter Manager's Configuration:

- Press the **SPEED UP / DOWN** arrow keys in the following sequence: **UP, DOWN, UP, DOWN**.
- Press **STOP**.



2. Scroll to **Immobilization** and press **ENTER**.

3. Display **IMMOBILIZE : XXX** where XXX is ON or OFF. Scroll through ON and OFF using the **SPEED UP/DOWN** arrow keys.

4. Select ON or OFF and press **ENTER**.

5. Press **STOP** to exit.

Immobilization Method - Discover Consoles

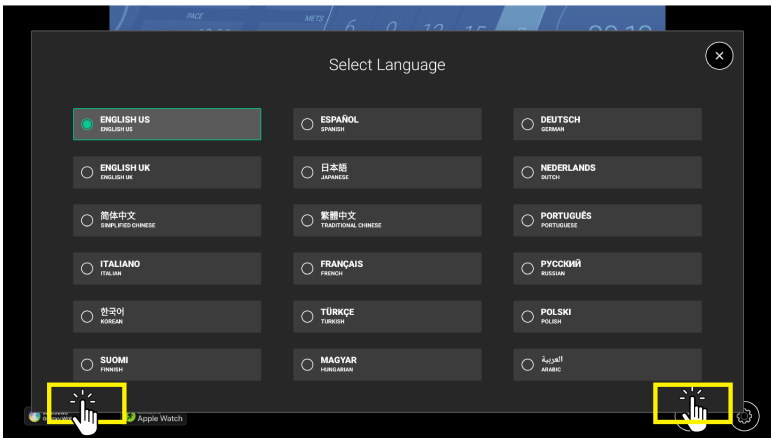
The purpose of immobilizing the unit is to prevent unauthorized use. The system causes immobilization of the unit when activated.

Discover SE4 console is shown as a reference in the images. The steps apply for Discover SE3HD / ST / SE4.

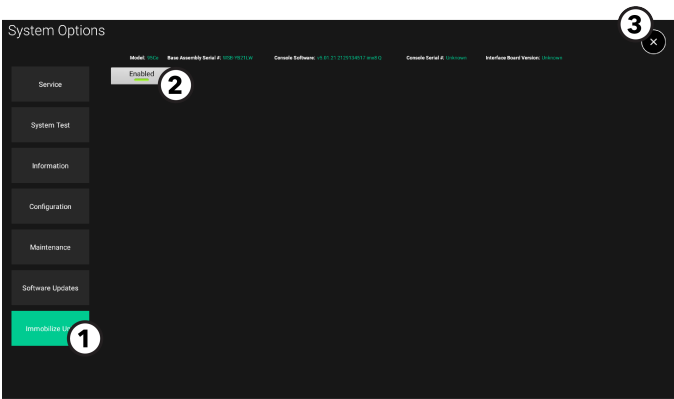
- 1. Tap the **LANGUAGE** icon on the **ATTRACT SCREEN** to access the **SELECT LANGUAGE** screen. (Language Icon position may vary on consoles.)



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



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



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

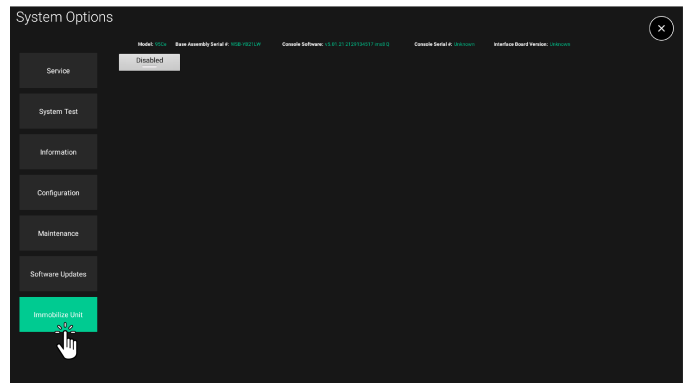
- 4. Tap the exit icon **X** to exit **System Options**.
- 5. Unit will reboot.

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



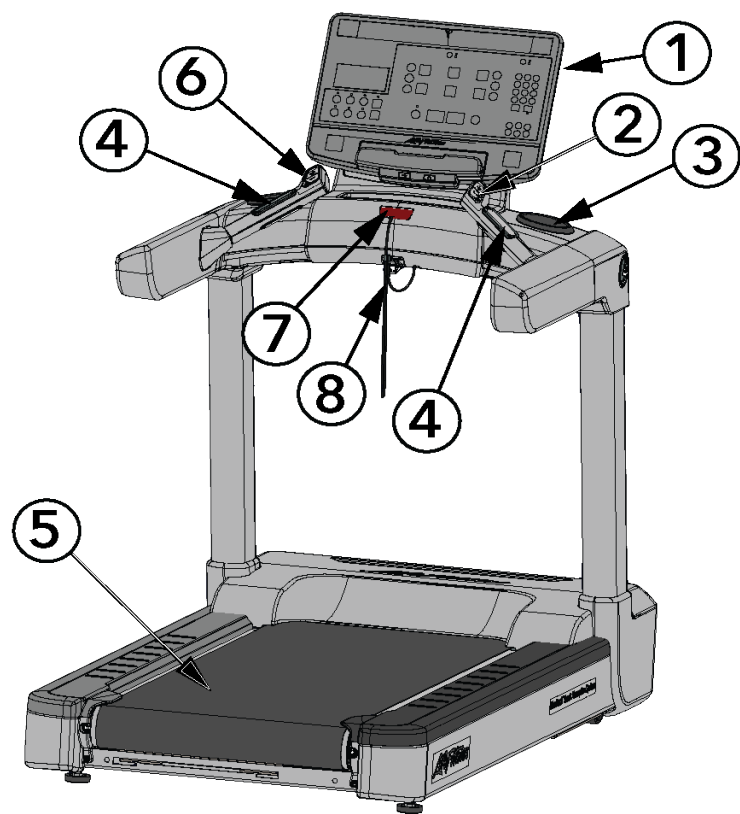
7. Tap the upper part of the **ATTRACT SCREEN** in the following sequence: **Upper-Left**, **Upper-Right**, **Upper-Left**, and **Upper-Right** to enter **SYSTEM OPTIONS**.

8. Tap the **Immobilize Unit** icon to disable.



2. Product Overview

Product Features



NOTE: Integrity SL Console is shown as a reference in this image.

Item	Description	Qty.
1	Console	1
2	Speed Up/Down Arrows	1
3	Cup Holder	2
4	Contact Heart Rate Sensors	2
5	Walking Belt	1
6	Incline Up/Down Arrows	1
7	Emergency Stop Magnet	1
8	Emergency Stop Lanyard	1

Mounting and Dismounting the Unit

Use the handrails to enhance stability when mounting or dismounting the unit. Never mount or dismount the unit while the running belt is moving. Use the STOP button on the console to end a workout and stop the running belt. Use the Emergency Stop System to stop the belt immediately.

User Position

The width of the moving walking/running surface is 22 in. / 55 cm. Users must keep their feet within this width while in motion. If standing on the stationary side rails, a user should ensure that his/her feet are completely on the non-moving portion. Never step partially on the moving surface and partially on the non-moving surface simultaneously.

- Users can adjust their fore-aft position on the moving belt as desired for reach to the console and handles, clearance for arm swing and attachment of the safety stop pull cord. Do not step on the rear roller.
- It is recommended that the user run within the length of the side handrails to allow usage of the side arms to dismount the belt if needed.

Using and Testing the Emergency Stop System

The treadmill is equipped with an Emergency Stop System. The system consists of a rectangular stop magnet (located on the upper bridge plastic) attached to a safety stop pull cord.

Before starting a workout, attach the lanyard on the safety stop pull cord to an item of the user's clothing. During a workout, pull the cord to remove the magnet from the bridge. This will immediately stop the treadmill belt.

NOTE: Test the safety stop pull cord by attaching the lanyard to a user's item of clothing during operation of the treadmill. While the treadmill is on and the console display is active, remove the safety stop pull cord / magnet from the bridge. A message will be displayed on the console similar to "Replace the emergency stop switch". With the safety stop pull cord removed no keys shall function on the treadmill. Place the safety stop pull cord back in place. The treadmill will reset and will be ready for operation.

3. Assembly Procedure

Unpacking and Disposal of Packaging

Carefully unpack the fitness equipment as described in the assembly manual and inspect all components for damage. Make sure to remove all packaging materials before assembling and using the product. Keep small parts and plastic materials out of reach of children to prevent suffocation and injury hazards.

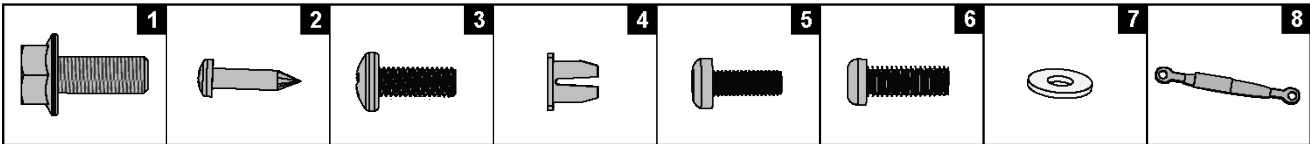
All packaging materials used for this product are designed to be recyclable or reusable. Please dispose of packaging materials responsibly and in accordance with local, regional, and national regulations. Separate materials such as cardboard, paper, plastics, and protective foams and place them in the appropriate recycling or waste collection streams.

Do not dispose of packaging materials with household waste unless permitted by local regulations. In regions where applicable, follow specific environmental directives (such as recycling, extended producer responsibility, or waste electrical and electronic equipment requirements) to minimize environmental impact.

By properly recycling or disposing of packaging materials, you help conserve resources and support environmental sustainability. See the following [Cardio and Strength Product Install Packaging Removal and Disposal Knowledge Base](#) article for additional information.



Hardware and Required Tools

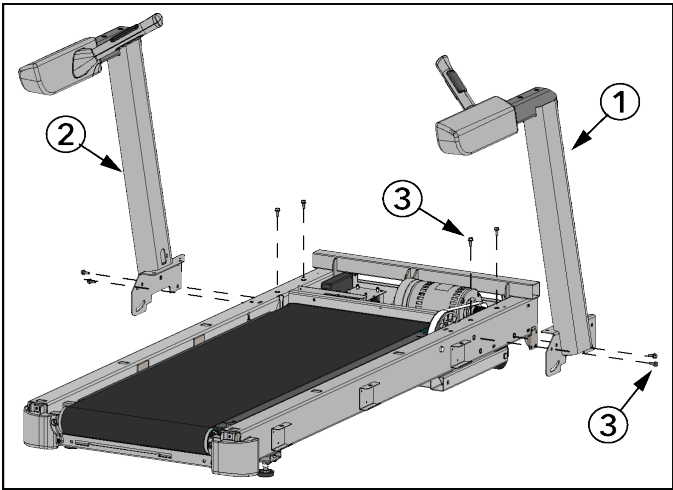


Item	Description	Qty
1	M8 X 20 FLANGE HEX HEAD CAP SCREW	16
2	M4.2 X 19 PHILLIPS PAN HEAD SCREW	14
3	M6 X 16 PHILLIPS PAN HEAD SCREW	15
4	GROMMET	14
5	M5 X 14 PHILLIPS PAN HEAD SCREW	
	(for Integrity Console)	5
	(for Discover Console)	6
6	M5 X 16 PHILLIPS PAN HEAD SCREW	4
7	WASHERS	6
8	GROUNDING BRAID CABLE	2

Required Tools:

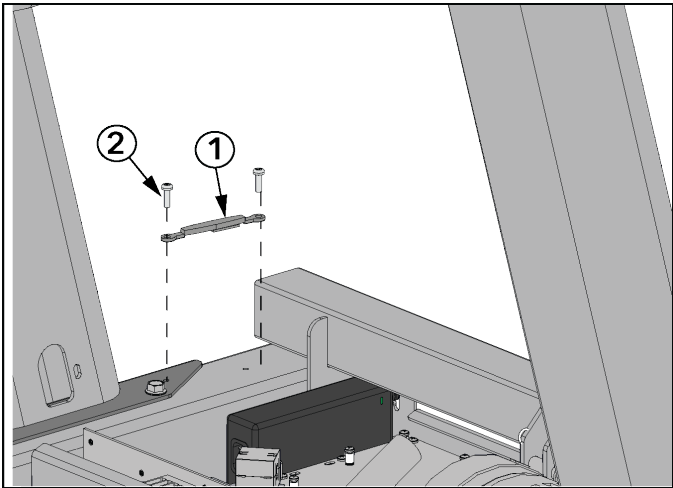
- 13 mm socket
- Phillips screwdriver

Attach Uprights



Item	Description	Qty.
1	Right Upright Assembly	1
2	Left Upright Assembly	1
3	M8 X 20 Flange Hex Head Cap Screw	8
	17.5 Nm (12.9 ft. lbs.)	

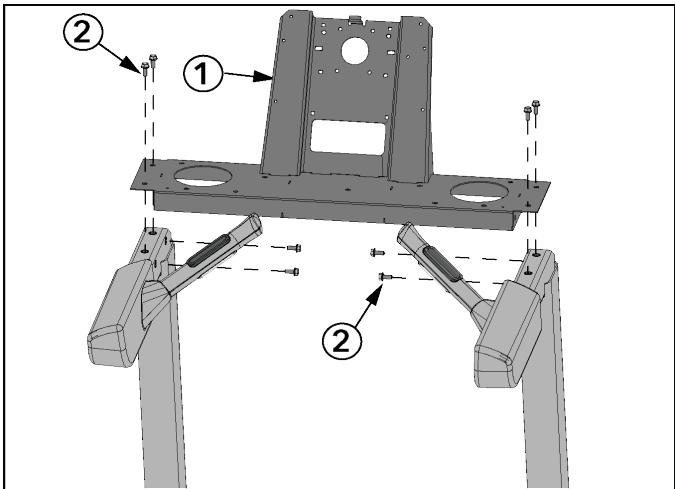
Secure Grounding Braid Cable to Base Frame



Item	Description	Qty.
1	Grounding Braid Cable	1
2	M5 X 16 Phillips Pan Head Screw	2
	4 Nm (3 ft. lbs.)	

Attach Bridge Weldment to Uprights

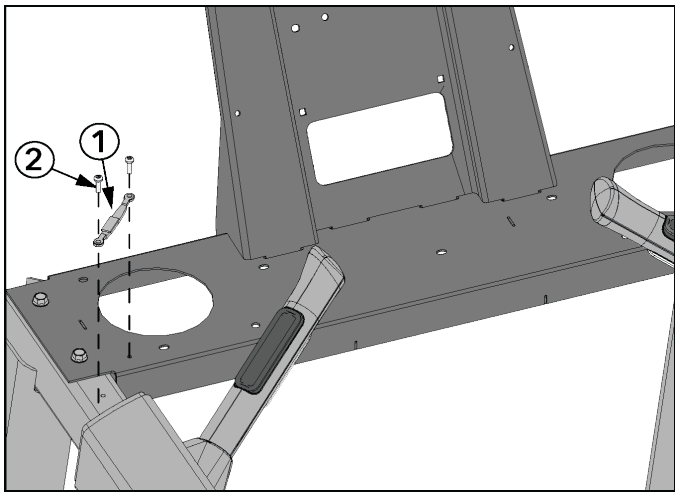
1. Attach bridge weldment to uprights.



Item	Description	Qty
1	Bridge Weldment	1
2	M8 X 20 Flange Hex Head Cap Screw	8

2. Torque SIDE screws to 17.5 Nm (12.9 ft. lbs.)
3. Torque TOP screws to 17.5 Nm (12.9 ft. lbs.)

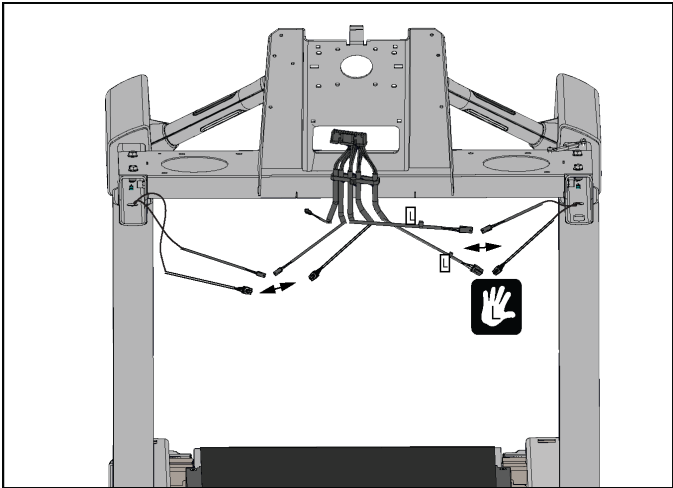
Secure Grounding Braid Cable to Uprights



Item	Description	Qty.
1	Grounding Braid Cable	1
2	M5 X 16 Phillips Pan Head Screw	2
	4 Nm (3 ft. lbs.)	

Connect Cables

Connect Heart Rate Cables and Keypad Cables.

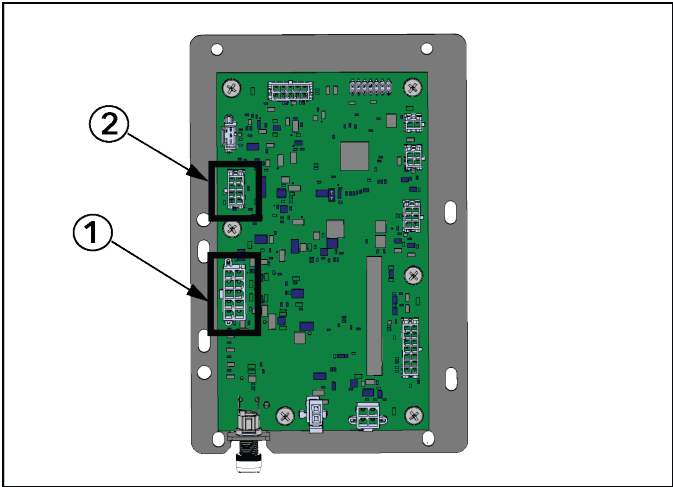
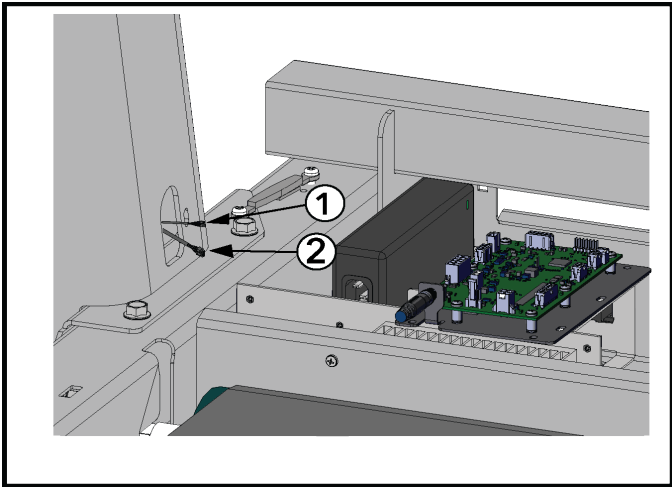


Connect Base Cables

Connect cables from left upright to the SIB.

NOTE: Prior to handling electronics or cables, the installer should touch the metal frame of the unit to discharge static build up. This reduces the risk of damaging control electronics due to electrostatic discharge.

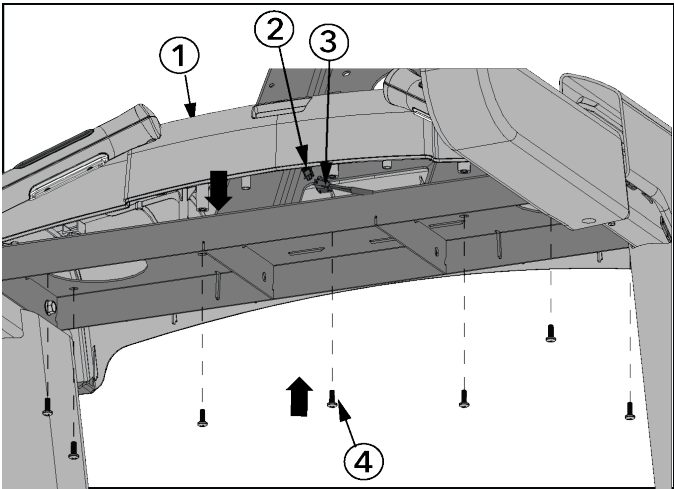
NOTE: Connect coax that is run through the uprights to the end of the coax that runs in front of the treadmill frame.



Item	Description	Qty.
1	Cable, Console Power	1
2	Cable, Console to Base Signal	1

Connect E-Stop and Attach Upper Bridge Plastic

1. Make E-Stop connection prior to securing upper bridge plastic onto the bridge weldment.



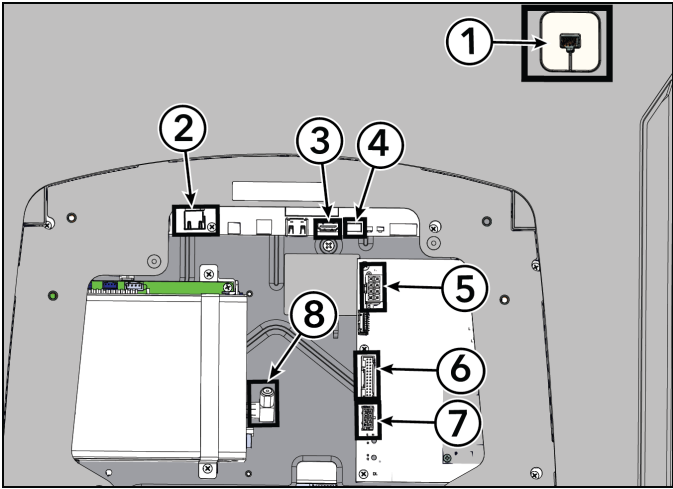
Item	Description	Qty
1	Top Bridge Plastic	1
2	E-Stop Connector on E-Switch	1
3	E-Stop Connector (on base interface cable)	1
4	M6 X 16 Phillips Pan Head Screw	7
	4 Nm (3 ft. lbs.)	

NOTE: Align the bridge plastic to the foam arms before securing the bridge plastic to the bridge! Make sure there is a consistent gap across the two sides of the machine.

2. Secure upper bridge plastic to the bridge weldment with seven screws.

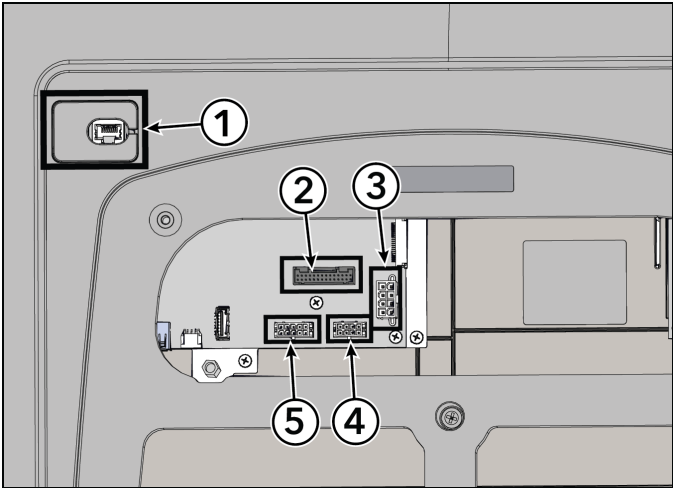
Base to Console Cable Connections

Discover SE4



Item	Description
1	CSAFE
2	Ethernet
3	HDMI
4	IR
5	Base Power
6	Base Interface Cable (Base Switches, ESS, Lifepulse)
7	Base Com
8	Coax

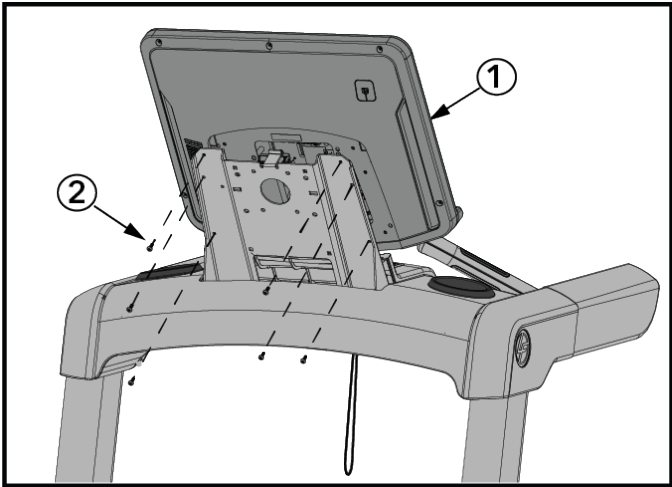
Integrity SL



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

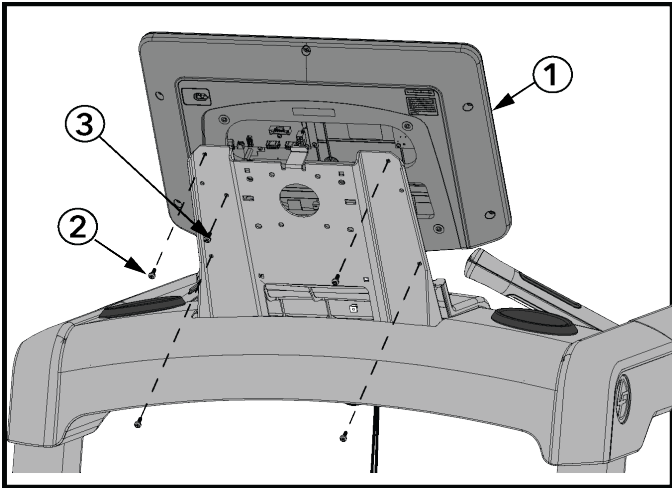
Attach Console

Discover SE4 (16" or 24")



Item	Description	Qty.
1	Console	1
2	M5 X 14 Phillips Pan Head Screw	6
	1.9 Nm (1.4 ft. lbs.)	

Integrity SL

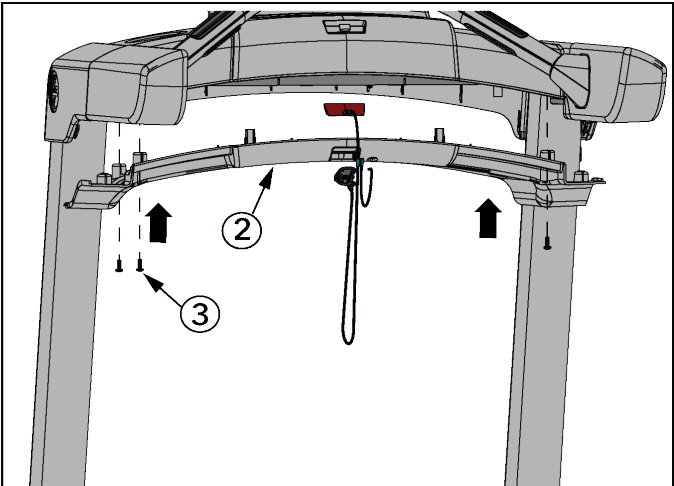
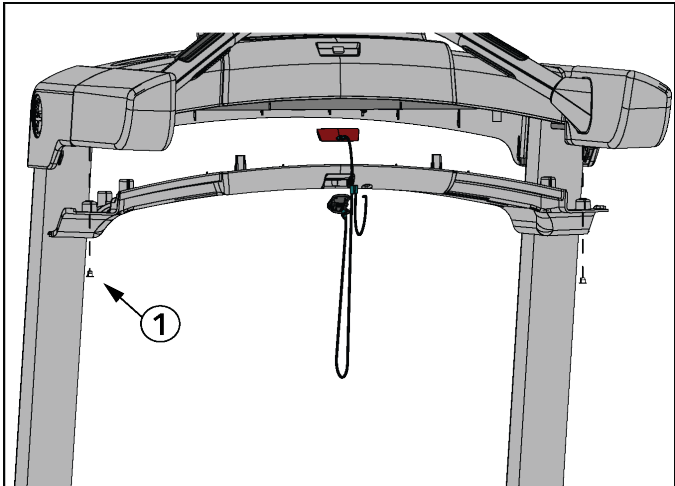


Item	Description	Qty.
1	Console	1
2	M5 X 14 Phillips Pan Head Screw	5
3	Ground Screw	(see Note)
	1.9 Nm (1.4 ft. lbs.)	

NOTE: The Ground Screw is one of the M5 X 14 Phillips Pan Head Screws accounted for in the row above.

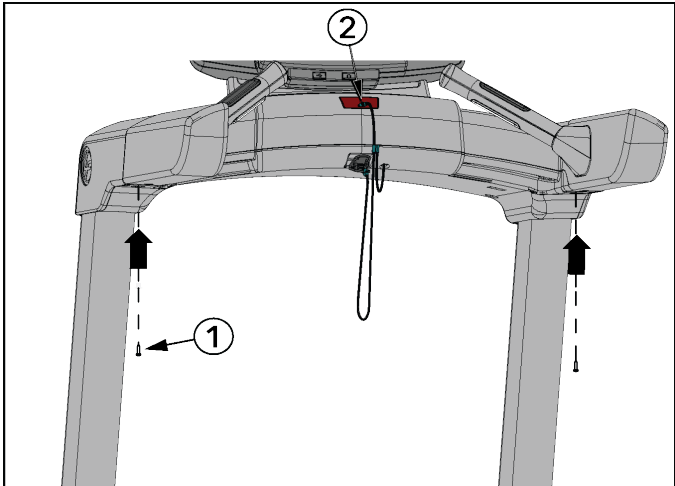
Attach Lower Plastics to Bridge

- 1. Install grommets.
- 2. Attach lower bridge plastics to upper bridge plastics.



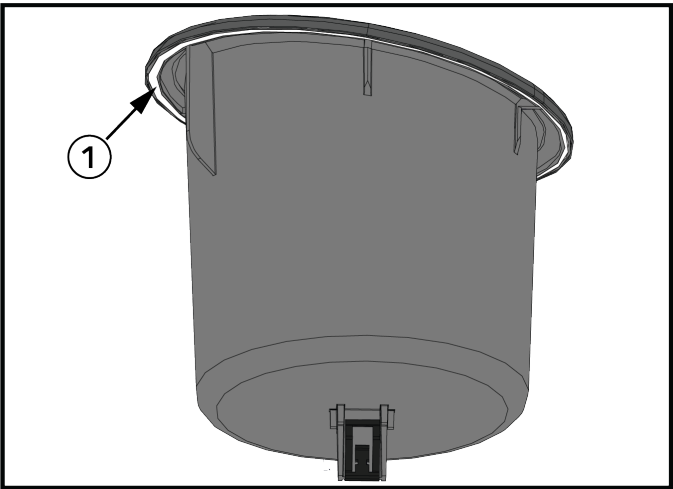
Item	Description	Qty
1	Grommet	2
2	Bridge Plastics, Lower	1
3	M6 X 16 Phillips Pan Head Screw	4
	4 Nm (3 ft. lbs.)	

- 3. Secure lower bridge plastics to user arms. Attach emergency stop magnet.



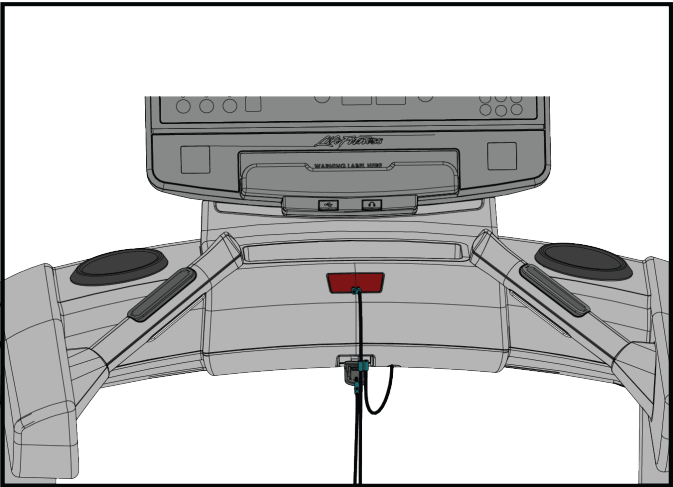
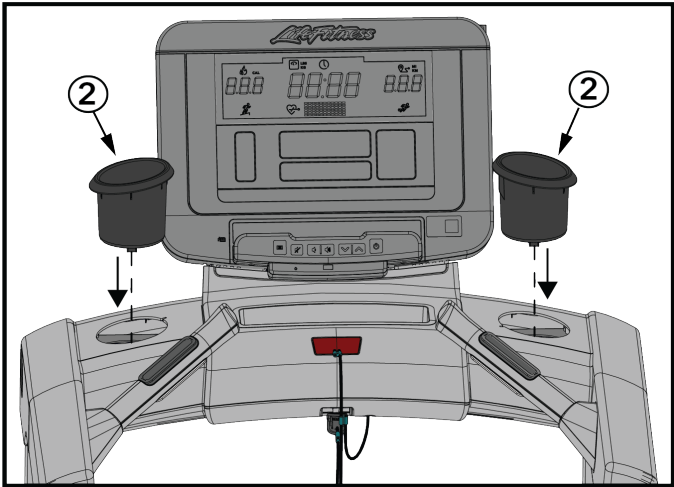
Item	Description	Qty
1	M4.2 X 19 Phillips Pan Head Screw	2
2	Emergency Stop Switch Magnet	1
	1.5 Nm (1.1 ft. lbs.)	

4. Remove the protective backing of the adhesive on the lip of the cup holder.



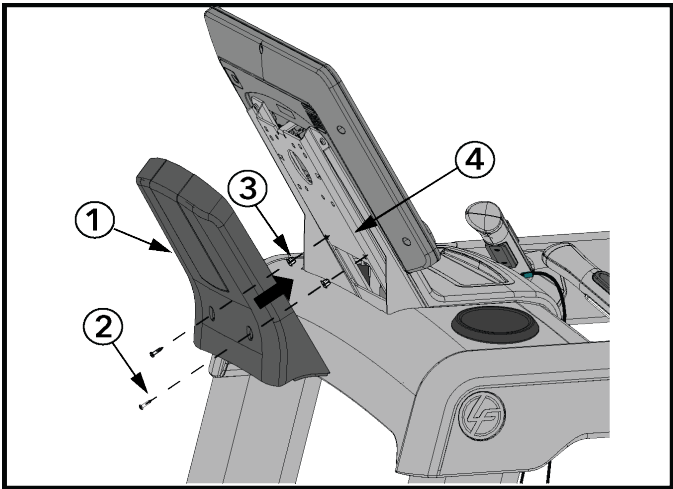
Item	Description	Qty
1	Adhesive Backer	2

5. Insert cup holders. Press downward on the cup holders until the cup holders lock into position. Adhere cup holders to the upper bridge plastic.



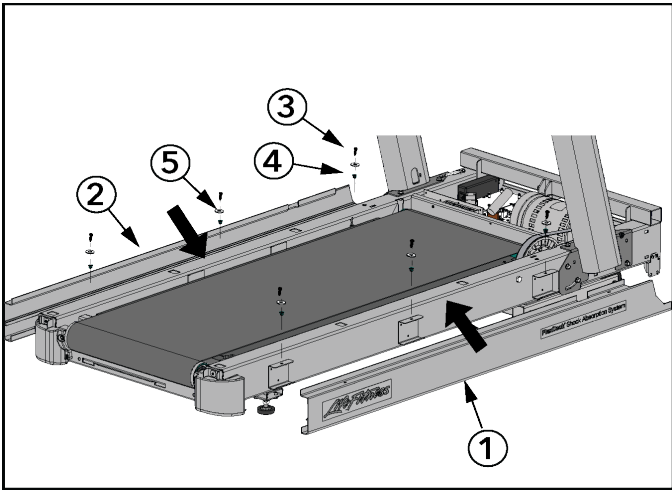
Item	Description	Qty
2	Cup Holders	2

Attach Rear Console Shroud Assembly



Item	Description	Qty.
1	Rear Cover	1
2	M4.2 X 19 Phillips Pan Head Screw	2
3	Grommet	2
4	Console Mounting Bracket	1
	1.5 Nm (1.1 ft. lbs.)	

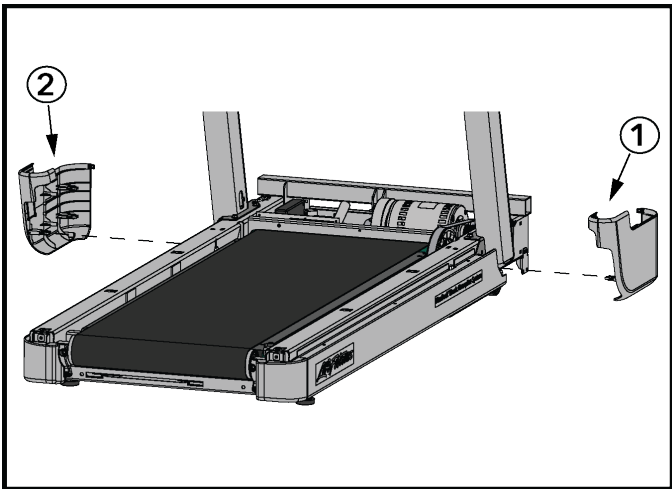
Attach Side Shrouds



Item	Description	Qty.
1	Side Shroud, Right	1
2	Side Shroud, Left	1
3	M4.2 X 19 Phillips Pan Head Screw	6
4	Grommet	6
5	Washers	6
	1.5 Nm (1.1 ft. lbs.)	

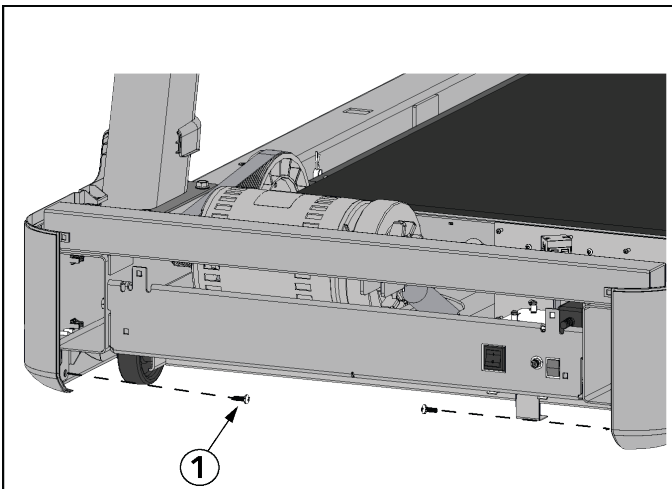
Attach Motor Side Shrouds

Snap the motor side shrouds to the base frame.



Item	Description	Qty.
1	Motor Side Shroud, Right	1
2	Motor Side Shroud, Left	1

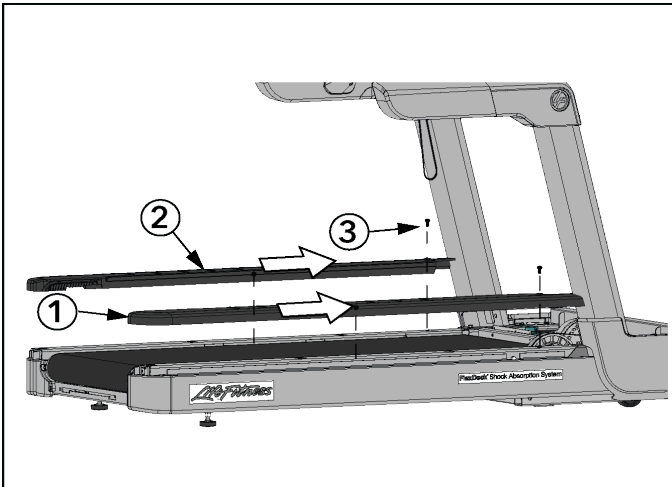
Insert and tighten the screws into the motor side shrouds.



Item	Description	Qty.
1	M6 X 16 Screw	2
	4 Nm (3 ft. lbs.)	

Attach Anti-Slip Rails

Push the anti-slip rail forward to lock into place. Secure with the screw.

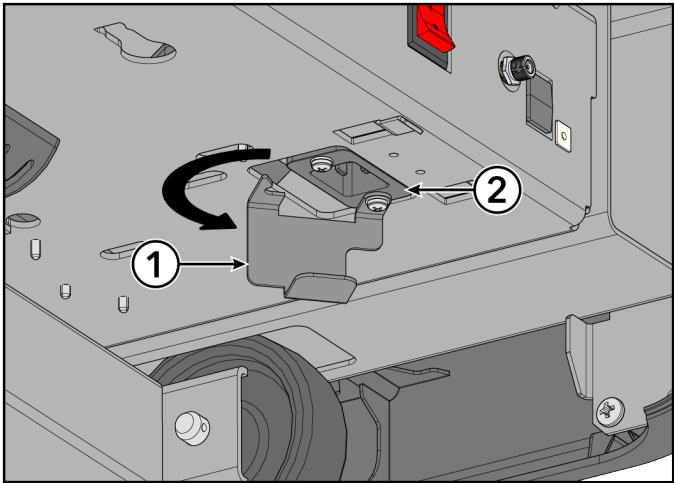


Item	Description	Qty.
1	Anti-Slip Rail, Right	1
2	Anti-Slip Rail, Left	1
3	M6 X 16 Phillips Pan Head Screw	2
	4 Nm (3 ft. lbs.)	

Attach Power Cord

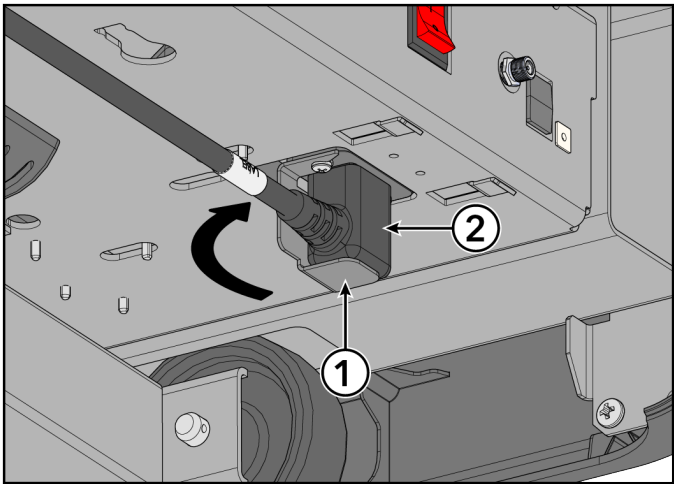
Follow these steps if the power cord is not already installed:

1. Rotate power cord retainer bracket out of the way of receptacle on base frame assembly.



Item	Description	Qty.
1	Power Cord Retainer Bracket	1
2	Receptacle	1

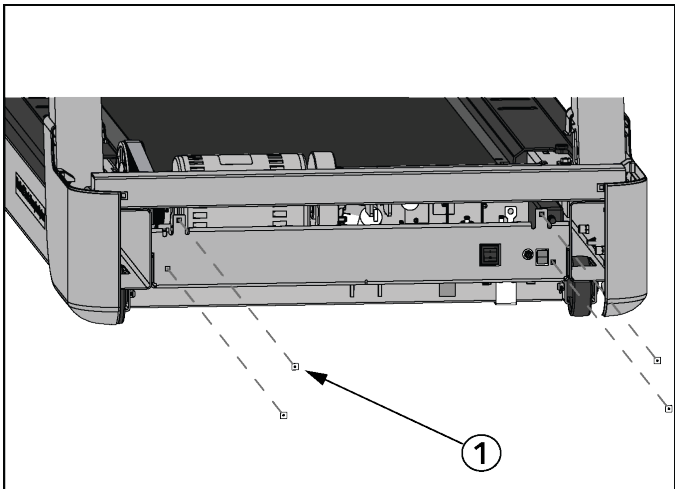
2. Insert power cord into receptacle.
3. Rotate power cord retainer bracket back until it clicks into position.



Item	Description	Qty.
1	Power Cord Retainer Bracket	1
2	Power Cord	1

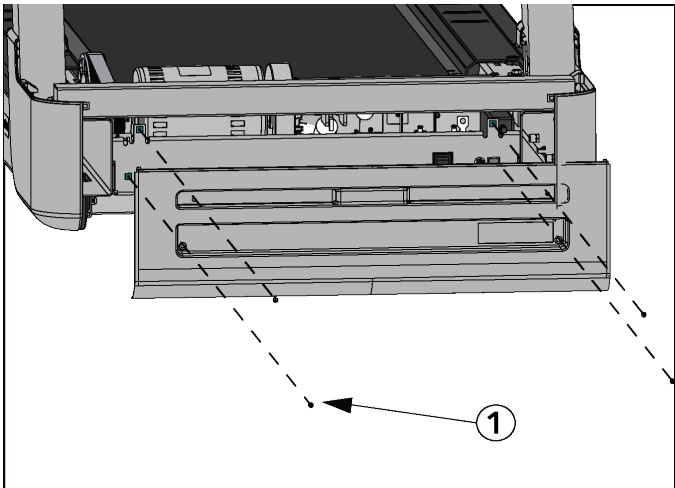
Attach Front Shroud

1. Insert the grommets into the base frame.



Item	Description	Qty
1	Grommet	4

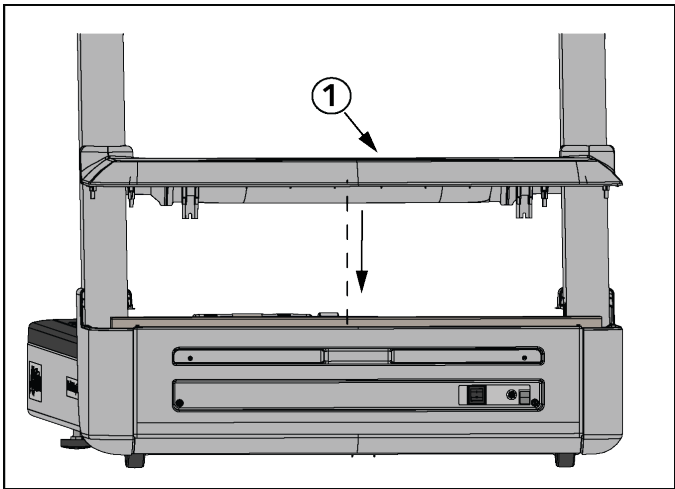
2. Loosely secure the **top** two screws to the frame. **Tightly** secure the **bottom** two screws to the base frame.



Item	Description	Qty
1	M4.2 X 19 Phillips Pan Head Screw	4
	1.5 Nm (1.1 ft. lbs.)	

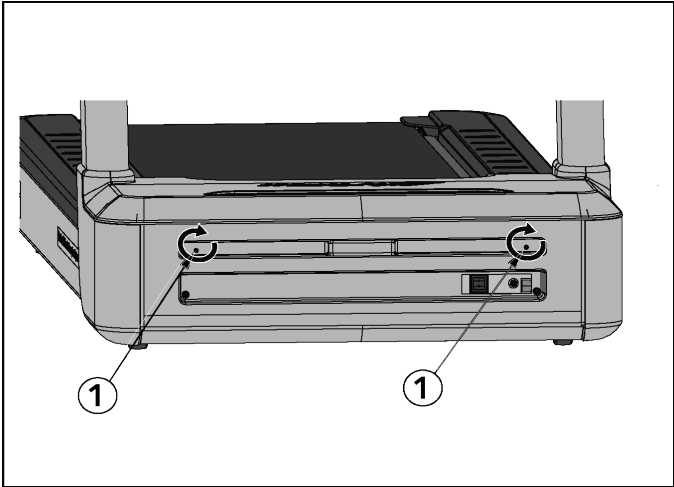
Attach Motor Cover

1. Snap the Tinnerman clips on the motor cover into place.



Item	Description	Qty
1	Motor Cover	1

2. Securely tighten the two top screws of the front shroud.



Item	Description	Qty
1	Screw	2
	1.5 Nm (1.1 ft. lbs.)	

Test Unit For Proper Operation

4. Specifications

Product Specifications

Designed Use	Heavy / Commercial EN ISO 20957 Class S Models: INT-SL-XF-14, INT-SE4-XF-14, INT-SL-XF-13, INT-SE4-XF-13
	Home EN ISO 20957 Class H Models: Club Series+ (CST-SL, CST-SE4)
Maximum User Weight	400 lbs. / 181 kg
Speed Range	0.5 - 14.0 MPH (0.8 - 23 KPH) in 0.1 increments Models: INT-SL-XF-14, INT-SE4-XF-14, INT-SL-XF-13, INT-SE4-XF-13
	0.5 - 12.0 MPH (0.8 - 19 KPH) in 0.1 increments Models: CST-SL, CST-SE4
Elevation Range	0% - 15%
Drive Train	AC motor with variable speed controller
Motor Type	AC Induction
Motor Size	4-HP AC Continuous Duty (8-HP Peak Duty) Motor.
Power Requirements	See Electrical Requirements for requirements outside the U.S.
	Dedicated 120 volt, 20 amp (U.S.) Models: INT-SL-XF-14, INT-SE4-XF-14, INT-SL-XF-13, INT-SE4-XF-13
	120 volt, 15 amp (U.S.) Models: CST-SL, CST-SE4
Rollers	3.5" (9 cm) diameter, precision-crowned, front and back
Striding Belt	60" Length x 22" Width (152 cm Length x 55 cm Width)
Waxing System	Lubricant-infused Striding Belt
Deck Type	3/4" medium density reversible fiberboard
Shock Absorption System	Patented FlexDeck® Shock Absorption System with Lifesprings™
Side Handrail	24" (61 cm) flared
Stop Systems	- Red magnetic lanyard emergency stop system - Stride Sensor (not available on all models)
Heart Rate Monitoring Systems	Patented Lifepulse™ digital contact heart rate and Polar® telemetry compatible heart rate monitoring system
CATV (1)	F-type connector

	Physical Dimensions (without console)
Length	82.25 in. / 209 cm
Width	36.25 in. / 92 cm
Height	56 in. / 142 cm
Step-Up Height	8 in. / 20.3 cm
Weight	428 lbs. / 194 kg

5. Service and Technical Data

Preventive Maintenance Tips

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.

REMARQUE : Pour assurer la sécurité du matériel, il convient de l'inspecter régulièrement afin de détecter 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 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.
- Check operation of the emergency stop system once a week.
- Inspect and vacuum the area directly surrounding and under the unit regularly.
- Vacuum around the striding belt regularly to keep debris from accumulating.
- Inspect exterior parts regularly for wear, particularly the striding belt, deck and line cord.
- Check to make sure the unit is properly leveled.
- Check the position (centering) of the striding belt.

NOTE: Normal belt operating position is for the belt to be located within the belt travel indicators on the rear roller guards. Refer to *Tracking (Centering) A Striding Belt* or contact Customer Support Services for proper alignment instructions.

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@lifelitness.com).

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

Preventive Maintenance Schedule

Item	Weekly	Monthly	Biannually
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Console Overlays	Clean		Inspect
Drive Belt			Inspect
Emergency Stop Magnet	Clean / Inspect		
Ergo™ Front Handlebar	Clean		Inspect
Frame	Clean		Inspect

Item	Weekly	Monthly	Biannually
Front and Rear Rollers			Inspect
Hardware			Inspect
Leg Levelers		Inspect / Adjust	
Lifepulse Sensors	Clean / Inspect		
Motor Cover	Clean	Vacuum / Clean	
Motor Electronic Compartment			Inspect
Plastic Covers	Clean	Inspect	
Side Hand Rails	Clean		Inspect
Side Step Area	Clean	Inspect	
Striding Belt Centered	Inspect		

Troubleshooting the Treadmill

No power

Probable Cause	Corrective Action
ON / OFF switch is not in proper position.	Turn the switch to the ON position.
Power source is insufficient.	Plug treadmill into an appropriate circuit. Refer to Grounding Instructions. NOTE: In North America use a dedicated 20 amp circuit for Commercial Units or a 15 amp circuit for Consumer Units. Using a voltmeter, verify power at outlet. If no power exists, reset circuit breaker at panel.
Line cord is damaged.	Replace line cord. Contact Life Fitness Customer Support.
Line cord is improperly seated in socket.	Inspect power connections at wall outlet and at machine for proper contact.

Striding belt slips off- center.

Probable Cause	Corrective Action
Floor surface is uneven.	Check levelers and level treadmill. Check striding belt & re-tension as necessary. Refer to <i>How to Adjust and Tension the Striding Belt</i> .

Maximum speed is reduced.

Probable Cause	Corrective Action
User is pushing striding belt. This occurs when the runner is running faster than the striding belt will travel, with the result of the striding belt being pushed with the runner's feet.	Instruct users not to push striding belt in either direction.
User is stalling striding belt. This occurs with heavier users at lower striding belt speeds. The striding belt will "stall" if the user is traveling slower than the striding belt.	
Striding belt/deck malfunctions. The deck laminate is worn through or the underside of striding belt is glazed over (hard, glossy).	Replace belt and deck.

Probable Cause	Corrective Action
Power source is insufficient.	Plug treadmill into an appropriate circuit. Refer to Grounding Instructions. NOTE: In North America use a dedicated 20 amp circuit for Commercial Units or a 15 amp circuit for Consumer Units.

Rubbing sound comes from underneath machine.

Probable Cause	Corrective Action
Foreign objects may be stuck underneath the machine.	Power down the unit and disconnect AC power. Inspect underneath striding belt and machine. Remove any debris or objects that may cause interference with the treadmill.

Display does not illuminate when machine is powered on.

Probable Cause	Corrective Action
- No power. - Loose connection(s). - Incorrect console or power supply.	Check all electrical connections for proper attachment. - AC outlet and line cord - Line cord at treadmill - Power switch - All console connections - All lower electronics connections Contact Life Fitness Customer Support.

Unit resets randomly or pauses.

Probable Cause	Corrective Action
Power source is insufficient.	Plug treadmill into an appropriate circuit. Refer to Grounding Instructions. NOTE: In North America use a dedicated 20 amp circuit for Commercial Units or a 15 amp circuit for Consumer Units.
Damaged ground prong is on line cord.	Replace line cord.
Line cord improperly seated in electrical outlet.	Inspect power connection at electrical outlet and at machine for proper contact.
Emergency stop magnet is not engaged.	Re-engage the emergency stop magnet.
Towel or other item may be making contact with stop switch while user is running.	Move all possible obstructions off display console and handlebar.
Stop switch is activated with very light pressure or returns slowly after being pressed.	Contact Life Fitness Customer Support.
Stop switch cable is not making proper contact.	
Main wire harness is pinched.	
Ground path is open.	

Troubleshooting the Polar® Heart Rate Chest Strap

Heart rate reading is erratic or absent entirely

Probable Cause	Corrective Action
Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
Belt transmitter not properly set up.	Setup of the belt transmitter is accomplished by initially bringing it within 1 foot / 30.5 cm of the receiver. The receiver is in the console. After the heart rate is displayed on the console the range is extended to 3 feet / 91.4 cm.
Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.

Abnormally elevated heart rate readings

Probable Cause	Corrective Action
Electromagnetic interference from: • Television sets and / or antennas • Cell phones • Computers • Cars • High voltage power lines • Motor driven exercise equipment	Move the exercise equipment a few inches away from the probable cause, or move the probable cause a few inches away from the exercise equipment, until the heart rate readings are accurate.

Mobility Wheel (optional)

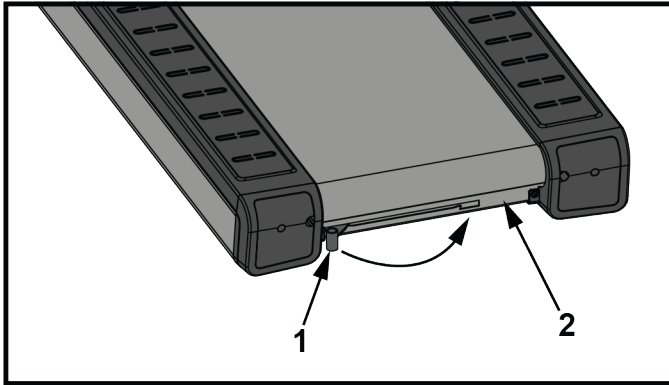
A mobility wheel lever is located at the rear end of the unit. This lever will engage a wheel and elevate the rear end of the unit. The treadmill can then be easily moved for cleaning or servicing.

⚠ WARNING: Shock and electrocution hazard.

- Unplug unit and let sit 10 minutes before cleaning or performing maintenance.
- Electrical charge can remain in unit after unplugging.
- Keep water and liquids away from electrical parts.

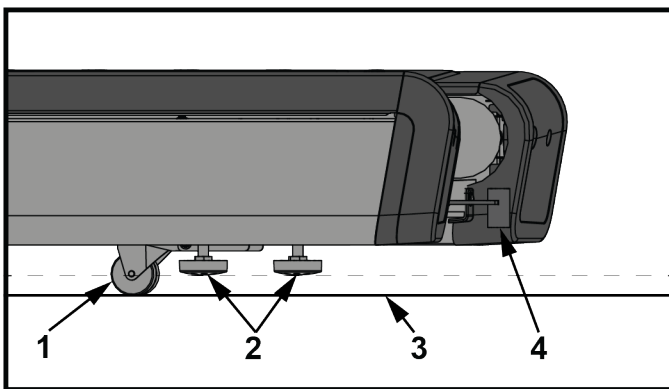
Engage Mobility Wheel

1. Unplug power cord from power outlet.
2. Grasp the mobility wheel lever and slide to the right and lift up to lock in place.



Item	Description	Qty.
1	Mobility wheel lever	1
2	Frame	1

The mobility wheel will lower and raise the rear feet off the floor.



Item	Description	Qty.
1	Mobility wheel	1
2	Rear feet	2
3	Floor	1
4	Mobility wheel lever	1

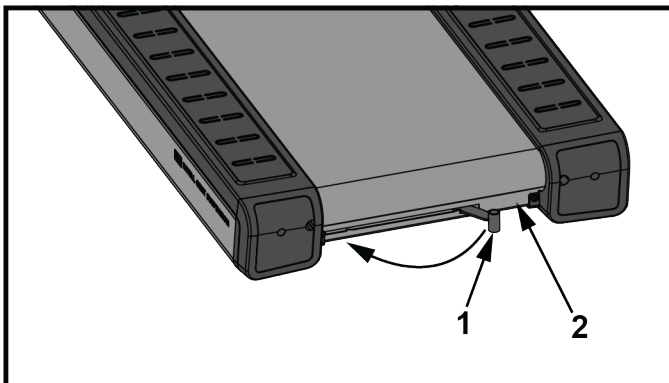
3. Move treadmill as needed.

Disengage Mobility Wheel

⚠ WARNING: Trip and fall hazard.

To avoid injury, make sure mobility wheel lever is not engaged prior to use.

1. Grasp the mobility wheel lever and slide to the right, push down, and slide to the left.



Item	Description	Qty.
1	Mobility wheel lever	1
2	Frame	1

2. Plug the power cord into the power outlet.

How To's

Knowledge Base

See <https://lfn.fit/KnowledgeBase> for more detailed information.

How to Adjust and Tension the Striding Belt

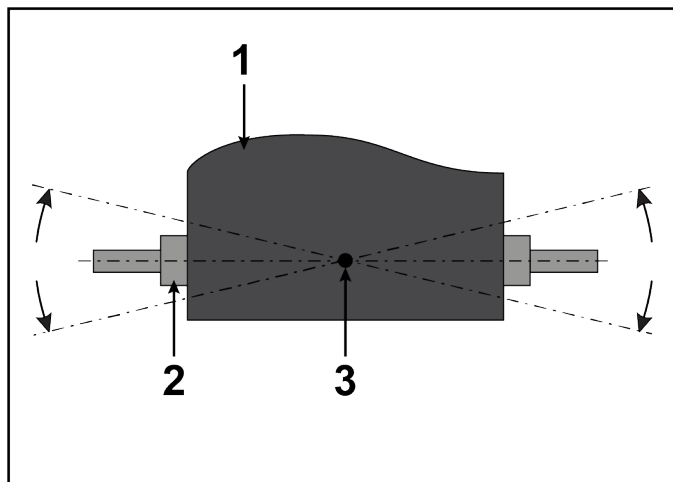
Do not move the treadmill or place hands under the treadmill while it is plugged into an electrical outlet!

Belt Tensioning Bolts

An 8 mm Allen wrench is required for this task. The treadmill has access holes in the rear roller guards which allow access to the tensioning bolts. These tensioning bolts make it possible to adjust the tracking and centering of the striding belt 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 Treadmill* prior to attempting any rear roller adjustments.

Before proceeding, it is helpful to visualize the pivot point of the rear roller. Each adjustment made to one side of the roller must be met with an equal and opposite adjustment to the other side of the roller to maintain an ideal belt tension at the pivot point.



Item	Description	Qty.
1	Belt	1
2	Rear Roller	1
3	Pivot Point of Rear Roller	1

Tracking (Centering) a Striding Belt

Two people are needed to perform this procedure.

1. Locate the two access holes to the belt tensioning bolts on each of the rear roller guards.
2. One person stands on the side rails of the treadmill and straddles the belt. This person presses GO and sets the belt speed to 2.5 MPH (4.0 KPH).
3. If the striding belt has moved to the right, the second person turns the right tension bolt a quarter-turn clockwise and then turns the left tension bolt a quarter-turn counter-clockwise to make the striding belt track back to the center of the roller. If the striding belt has moved 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 make the striding belt track back to the center of the roller.

NOTE: If the striding belt has moved as far as to the edge of the roller (either right or left side), it must be re-centered per the above procedure.

4. Repeat the adjustments until the striding belt appears centered. Allow the machine to continue running for several minutes at 4.0 MPH. (6.4 KPH) 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 Life Fitness Customer Support. Do not overtighten the tensioning bolts while making belt adjustments. Overtightening of bolts may over stretch and damage the striding belt or roller.

Tensioning an Existing Striding Belt

1. Press GO and operate the treadmill for five minutes at 5.0 MPH (8.0 KPH).

NOTE: Do not run or walk on belt!

2. Reduce the speed to 2.0 MPH (3.2 KPH). Walk on the treadmill. Tightly grip the handrails and apply force with feet on the striding belt near the motor cover against the moving belt direction. If the belt slips, continue to Step 3. If it does not slip, the tension is correct.
3. Using the STOP key, stop the treadmill. Turn the belt tensioning bolts a quarter-turn clockwise for each side.
4. Repeat STEPS 2 and 3 until the belt no longer slips. Do not exceed one full turn (four quarter turns) per side when adjusting the belt tensioning bolts.
5. Press GO, operate the treadmill at 2.0 MPH (3.2 KPH) and check to insure proper tracking (see [Tracking \(Centering\) A Striding Belt](#)).

Do not overtighten the tensioning bolts while making belt adjustments. Overtightening 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.

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 back of the unit near the toe guard.
3. Contact Customer Support at <http://www.lifefitness.com>.

6. Warranty

Warranty Information

Please use the link below or scan QR code to access warranty information:

<http://lifelitness.com/warranties>



7. Release Notes

Updates to Manual

March 24, 2026 (Rev AF)

Topic	Changes
Attach Power Cord	Updated: Show new power cord retainer bracket.
Warranty	Updated: Changed to current warranty format with QR code
Cover Page	Added: Owner's Manual
Unpacking and Disposal of Packaging	Added: New topic added to Assembly chapter.



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