

Sport Series 3000i-4000i

infiniti

Owners Manual

For safe use and product knowledge, please
completely read this Product OWNERS MANUAL.

Owners Manual

Important Safety Precautions

When using exercise equipment, basic precautions should always be followed, including:

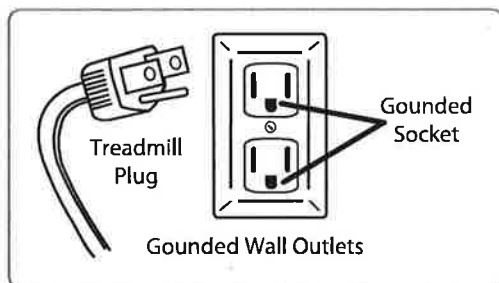
- Never drop or insert any object into any opening.
- Never operate this treadmill if it has been damaged or even partially submersed in water.
- To reduce the risk of electric shock, unplug the treadmill from the wall outlet when not in use, before performing any maintenance, or before moving the treadmill.
- Do not use outdoors.
- Do not lean against or climb on the treadmill. Doing so may result in the treadmill tipping and falling and could result in serious personal injury.
- Do not hang or place items on the treadmill. Doing so could result in shifting the weight balance of the treadmill causing it to tip over or fall causing serious personal injury.
- Do not operate with the side rails removed.
- Keep the treadmill on a solid surface, with the side rails and front a minimum of two feet from any walls or furniture. Make sure that the area behind the treadmill remains completely clear during use. A minimum of 1.5m of clearance is required for safety reasons.
- Do not operate where aerosol spray products are being used or where oxygen is being administered.
- Never place the power cord under carpeting or place any object on top of the cord, this may pinch or damage the cord causing fire damage or personal injury.
- Use this exercise product for its intended use as described in this Owner's Manual.
- Do not leave your treadmill running while not in use.

Children and Pets

- Keep children off your treadmill at all times.
- When in use children and pets should be kept at least 3m away.

Grounding Instructions

- Never use extension cords between the treadmill and the wall outlet.
- This product has a grounding plug similar to the illustration below. Never remove or otherwise bypass the electrical ground terminal.



Danger: Improper connection of the equipment grounding conductor can result in the risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit in the outlet, have the proper outlet installed by a qualified electrician.

Other Safety Tips

- Always consult a physician before beginning this or any exercise program.
- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing or jewelry that might catch on any part of the treadmill.
- This treadmill is equipped with a safety key. If the key is removed from the display, the treadmill will immediately stop. Always clip the cord that is attached to the safety key to a part of your clothing so the key will be pulled from the display, stopping the treadmill, in case of an emergency.

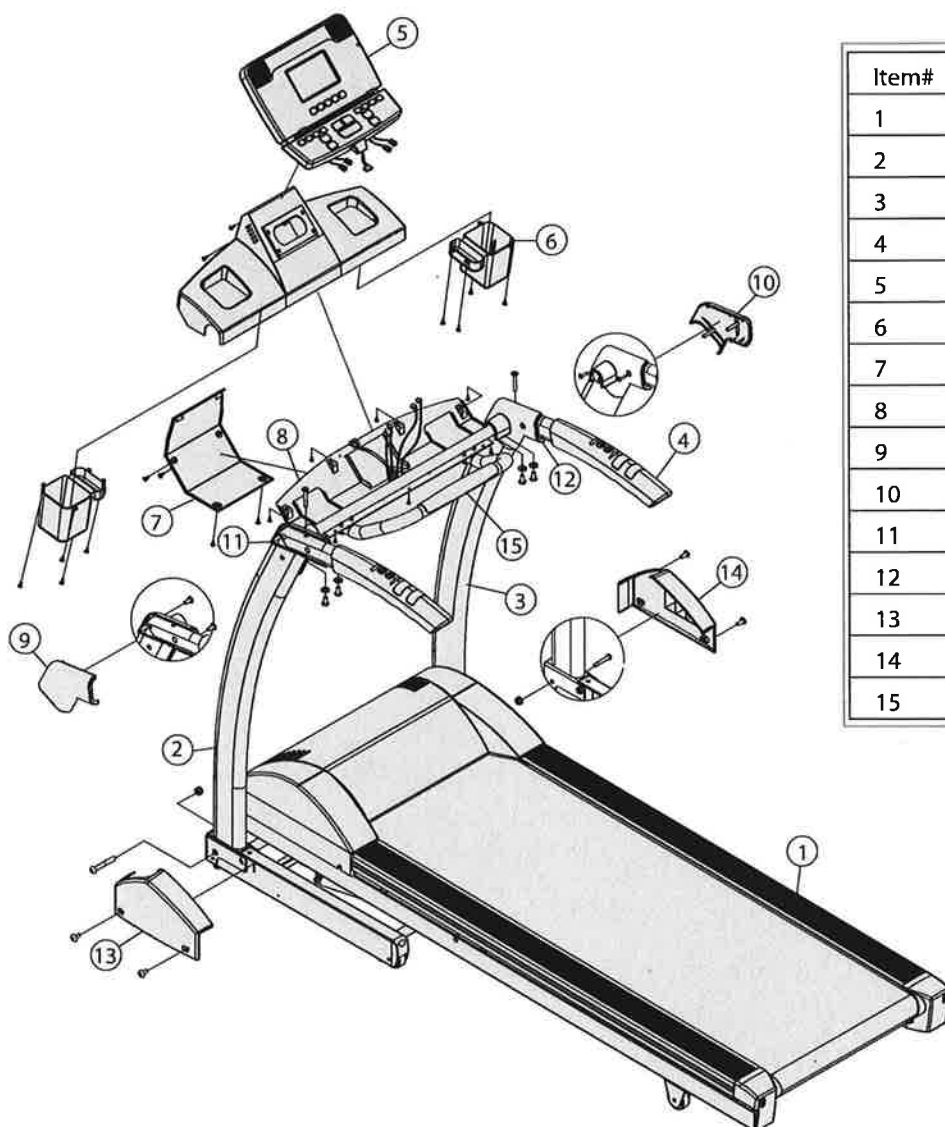
Note: Read all instructions and save for future use.

Assembly

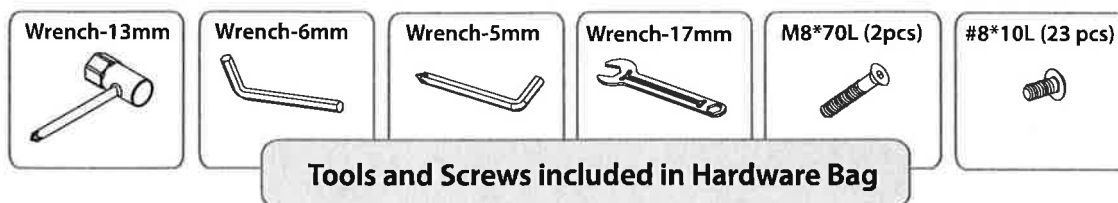
We strive to make our equipment easy to assemble and start using. Parts that can be pre-assembled are always assembled and tested on the production line.

Prior to starting the assembly process take all of the parts out of the box, remove plastic bags and lay them out on the floor to become familiar with the components.

Since your treadmill is a heavy piece of equipment it is recommended that you use two people during assembly and follow these assembly instructions to reduce any problems that could occur.

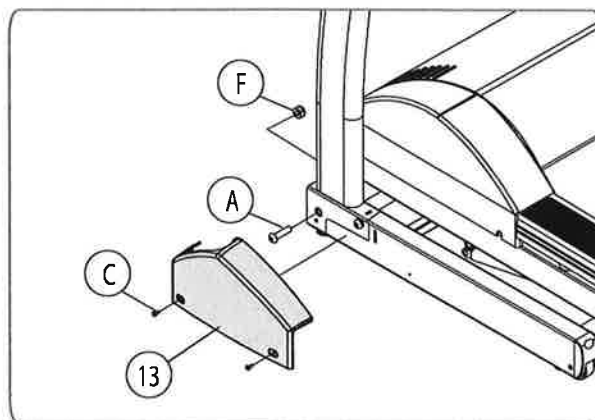
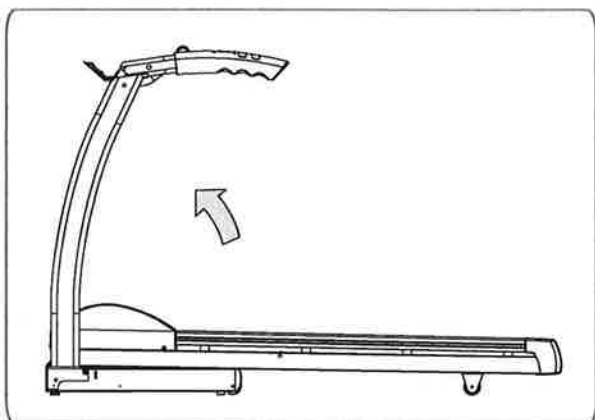


Item#	description
1	Main Frame
2	Left handrail post
3	Right handrail post
4	Handrail
5	Console
6	Accessory Tray
7	Back cover
8	Console Bracket
9	Left handrail cover-outer
10	Right handrail cover-outer
11	Left handrail cover-inner
12	Right handrail cover-inner
13	Base cover-Left
14	Base cover-Right
15	Safety bar cover



Step 1: Handlebar Support Post Assembly

- A. Remove the screw (A) and nut (F) that are pre-assembled on the frame from each side of the base using the 6 mm Allen wrench and 17 mm open end wrench provided in your tool kit. These two screws will prevent the handlebars from rotating up into their upright position.
- B. Stand the support posts and handlebars up into their operating position and re-attach the screw (A) and nut (F) removed in step 1. Tighten securely.



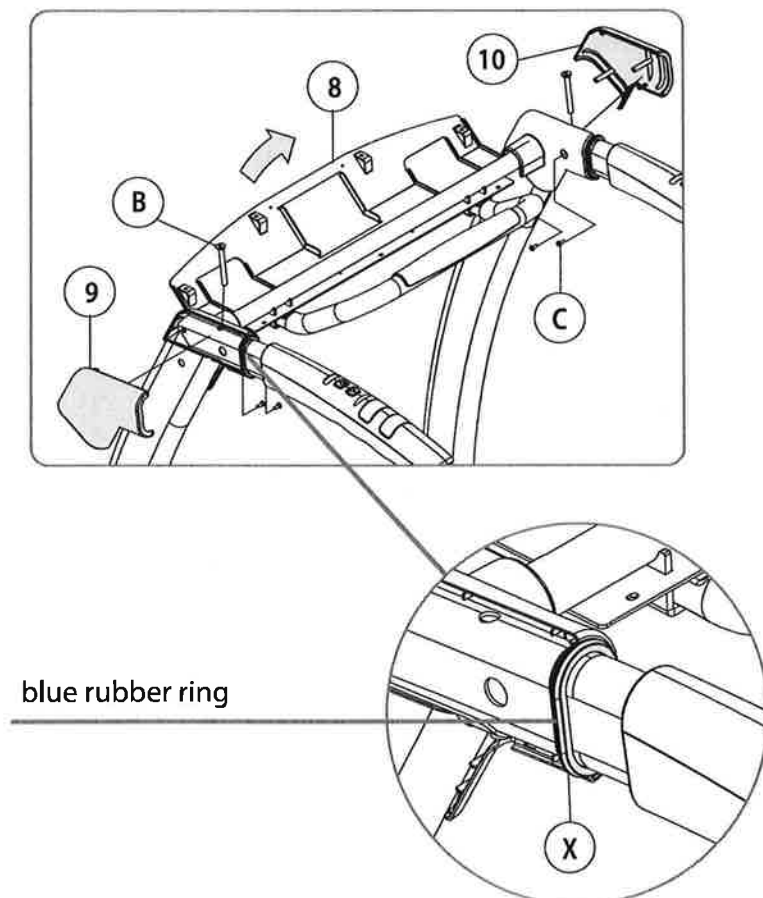
- C. Attach the left (13) and right (14) base covers using Phillips screwdriver and 2 machine screws on each side. The 4 base cover attaching screws are located in the hardware bag.

Step 2: Handlebar Assembly

- A. Rotate the handlebars down so they are positioned on top of the handlebar posts. Secure the right and left handlebars to the support post using the 2 M8 x70L screws (B) provided in the hardware bag.

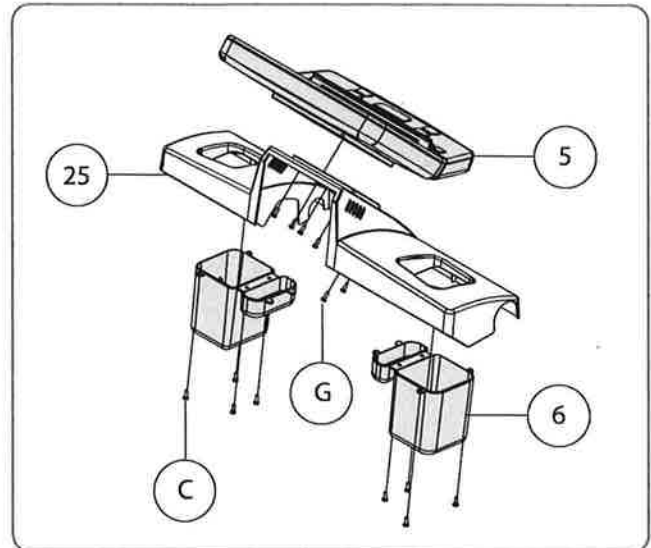
Note: Make sure that the wires on both sides are not pinched in-between the handlebars and the handlebar post.

- B. Rotate the console bracket (8) up in the back until it reaches its normal operating position. This will cause the console support tube to rotate in the frame.
- C. Place the left outside handlebar cover (9) next to the inside handlebar cover (pre-attached). Position the (pre-attached) blue rubber ring (X) to fit between these handlebar covers allowing the plastic ridge to sit in the groove of the blue rubber ring. Secure these three parts together using the self-tapping screws (C). Repeat this process on the other side with the right outside handlebar cover (10).



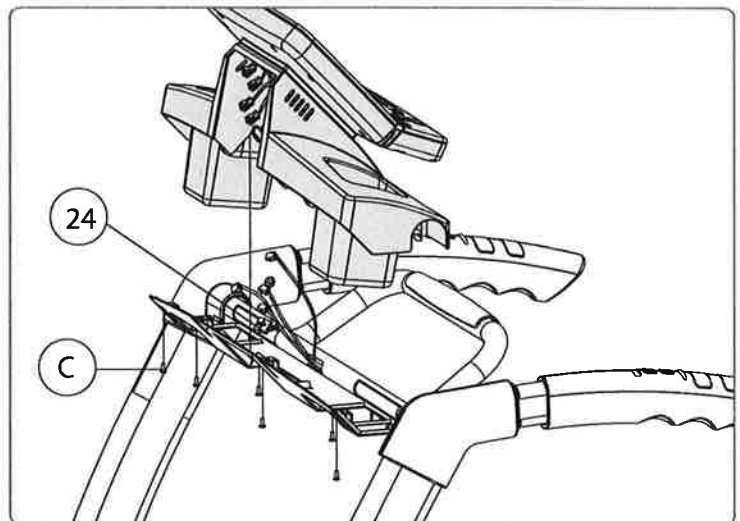
Step 3: Assemble Console Components

- A. Attach the blue accessory trays (6) to the bottom of the console housing using 8 self tapping screws (c).
- B. Attach the console (5) to the console housing using 6 screws (G). These screws are pre-installed on the back of the console and need to be removed first and then reinstalled with the console in place.



Step 4: Attach Console Assembly

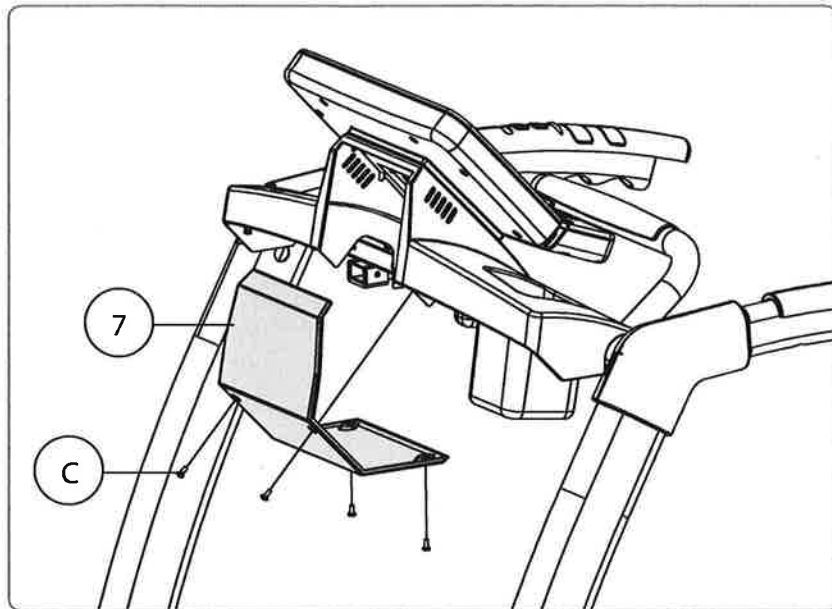
- A. Place the console assembly onto the console support bracket and attach the assembly using the 7 screws (C). Be sure not to pinch wire harnesses during this step.
- B. Connect all wire harnesses including:
 - i. Main Harness: 5-pin and 7-pin
 - ii. Hand Pulse harness: 2-pin
 - iii. Speed Control Harness: 3-pin (the wire colors need to be matched.)
 - iv. Incline Control Harness: 3-pin (the wire colors need to be matched)
- C. Tuck extra wiring harness into the opening behind the console.



Note: Be careful to properly connect all wiring connectors with their correct corresponding wiring harness. Pay attention not to bend any pins and make sure the connectors click in place.

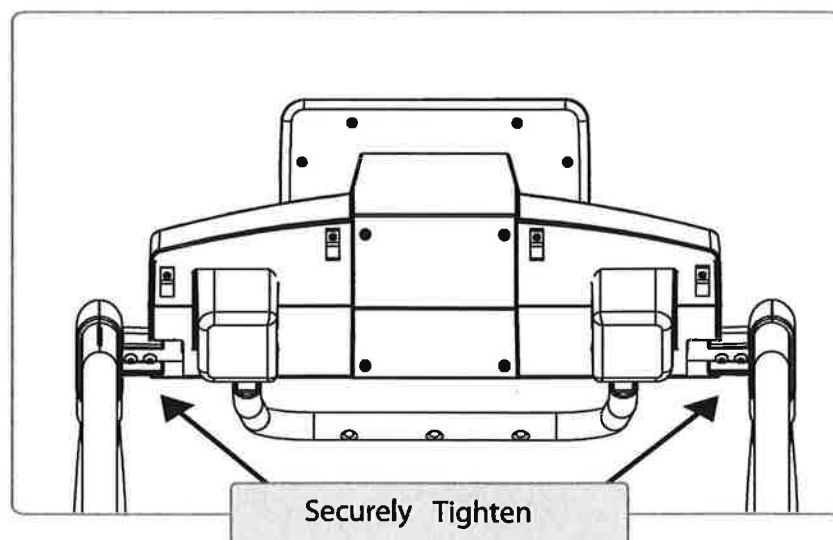
Step 5: Attach the Back Cover Plate

- A. Align the back console cover (7) over the back of the console and attach using the 4 screws (c). Note: Be sure to align the tabs at the top of the back cover so the plate fits flush to the back of the console assembly.



Step 6: Lock Console Angle

- A. Using the 5 mm Allen wrench tighten the 2 Allen head bolts located at each end of the console support tube as shown in the figure below.



Display Console

Console Buttons

The TR3000i and TR4000i come with our innovative Intelli-key feature that will prompt you through console operations by using intelligent lights on the buttons that automatically flash when they need to be pressed to continue operations.

Quickstart: Press the START button to begin a Manual workout without having to set any individual information.

When the program begins your workout time will start counting up from 00:00 and you can manually adjust the incline or speed as you exercise.

Pause: If you need to temporarily stop your workout, press the START button to PAUSE. To RESTART the workout, press the START button. After 5 minutes the console will reset.

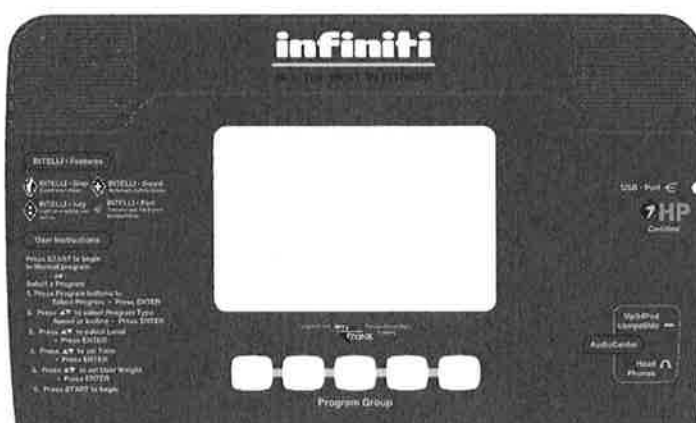
Reset: To reset the console, press the STOP button for 3 seconds.

Enter: The ENTER button is used to Select each piece of information needed during program setup including Program, Workout Level, Workout Time, and Your Weight, which is used to more accurately calculate calories burned.

Arrows and Handlebar Control Buttons: The up and down buttons for speed and incline are used to modify the value of each selection during the program set up process and to adjust the speed or incline during use. If you are using a preset program you can use these buttons to adjust the profile of the program, making the program easier or more difficult to complete. For instance, in an incline program, you can raise the incline level across the entire program by pressing the incline up button.

Program Buttons: The TR3000 and TR4000 both have Program Group buttons. These are designed to help you easily add variety to your exercise program while staying consistent with your exercise goals. To quickly select a specific program that matches your workout objective use one of the program buttons. These 5 buttons group the programs into Heart Rate Training, Healthy Living, Sports Training, Weight Loss and Custom User Programs. Depending on which button you select, there are multiple programs in each. To look at the next program within each group just press the Program Group button again to scroll to the next option.

Quick Select Buttons: The TR3000 and TR4000 come with 4 quick select buttons for speed and 4 quick select buttons for incline. These buttons allow you to quickly jump directly to the desired speed or incline rather than requiring that you scroll to get to the value.



Display Console Overview

TR3000i / TR4000i



Alpha Numeric Window: The TR3000i and TR4000i come with a 16 character alpha window that is used to show the program name.

Workout Feedback: The TR3000i and TR4000i display window will simultaneously display the following workout information:

Time: The workout time elapsed or the workout time remaining

Incline: The level of belt incline ranging from 0-15

Speed: The speed you are traveling in Km Per Hour

Calories: Estimated calories burned since the beginning of the workout

Distance: Total distance traveled in miles or kilometers since the beginning of the workout

Step Count: If you participate in a daily or weekly step program you can use the Step Count window to follow the number of steps that you have taken in your workout. Remember that 10,000 steps per day is recommended by the Centers for Disease Control (CDC)

Pulse: Your measured heart rate using the hand pulse sensors located on the handlebars

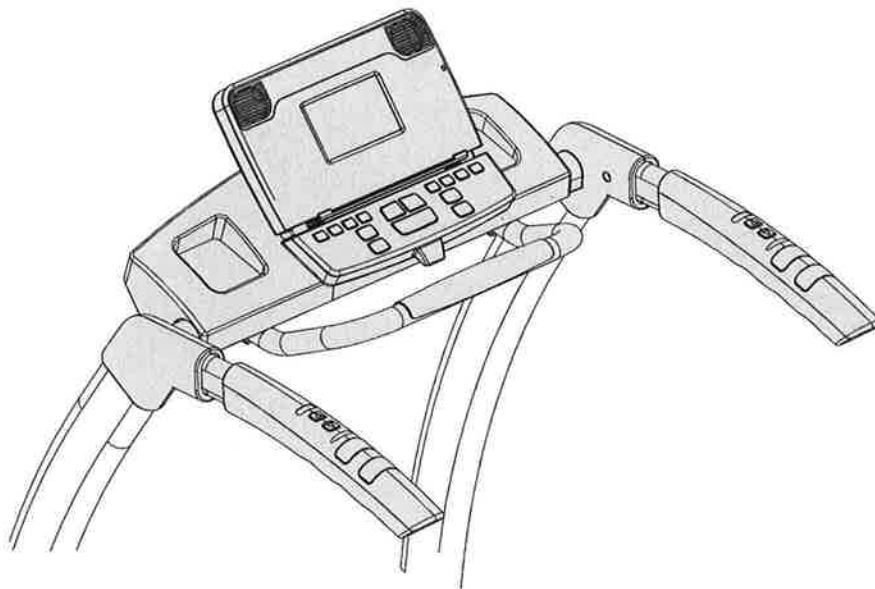
Misc. Display Information: The TR3000i and the TR4000i will also show the following information. This information will be used by the treadmill as part of the USB feature to save your workout information on the date and time of your workout, and also used to more accurately calculate calories.

Date: The date is presented as the year / month / day below the program matrix

Time: The time of day is shown in the bottom center window when the console is not in use.

Name/Sex/Height/Weight/Age: Used with your Interactive Health Partner Account. When you insert your LifeSpan USB storage device the console will read your name, sex, height, weight and age. Your name will appear in the alpha display at the top and your gender, height, weight and age will appear below the program matrix.

Reading Your Heart Rate



Contact Heart Rate Sensors are built into the stationary hand grips of the treadmill to monitor your heart rate during exercise. To use, grasp the sensors with a comfortable grip, with the palms of your hands placed over the sensors. If the sensors are having difficulty picking up your heart rate you may consider using aloe or a moisturizer on your hands or you can warm up as you exercise to increase the moisture in your hands. Dry hands do not transfer your pulse as effectively as moist hands.

Special Features

Audio Package : Included are audio in and audio out jacks to use with MP3 players or other audio devices with standard input jacks and also an output jack to use headphones.

Do not squeeze tightly as this can cause your blood pressure to rise. It will take a few seconds for the console to calculate your heart rate accurately.

USB Port: The TR3000i and TR4000i includes a USB port that works with the Interactive Health Partner online health management system. Simply insert your USB storage device into the console, after loading your profile from the IHP system onto the storage device. The USB will read your personal information and then save your workout data every 20 seconds onto storage device. Information saved includes your heart rate, workout start time and finish time, distance travelled, calories burned, steps taken and watts. This information can then be uploaded into your account, summarized over time and used to compare your results with the goals you set in your personal IHP account.

Remember that to use the My Zone Heart Rate Control Programs you will need to use a chest strap or keep your hands on the sensors.

Program Overview

The advance console used on the TR3000 and TR4000 includes programs grouped into each of the following 5 areas: Sports Training, Healthy Living, Weight Management, Heart Rate Control and User Defined Programs. For each of these program groups you can choose to run this program as a Speed Control program or an Incline Control program. After selecting the program, if you select Speed Control then the speed will change throughout the workout following the profile of that specific program. If you choose Incline after selecting the program, the incline will change throughout the workout following the profile of that specific program. This is true for all program types except for the Custom User Programs which allow you to preselect both the Speed and Incline of the program.

Sports Training

Long Slow Distance: (40 minutes default)

Long Slow Distance is a great workout for everyone! Beginners can ease into their exercise program with this workout, being sure to do this workout at least a minimum of once a week to maximize overall cardiovascular endurance development. Long Slow Distance workouts are also great for experienced exercisers to do on days following a harder, higher intensity workout.



Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	4	4	4	4	4	4	4	4	4	4	4	4	2	2	1	1
L2	1	1	3	3	5	5	5	5	5	5	5	5	5	5	5	5	3	3	1	1
L3	1	1	4	4	6	6	6	6	6	6	6	6	6	6	6	6	4	4	1	1

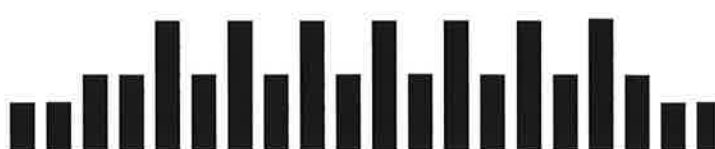
Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	1.6	3.2	3.2	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	3.2	3.2	1.6	1.6
L2	3.2	3.2	4.8	4.8	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	4.8	4.8	3.2	3.2
L3	4.8	4.8	5.6	5.6	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	5.6	5.6	4.8	4.8

MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	3	3	3	3	3	3	3	3	3	3	3	3	2	2	1	1
L2	2	2	3	3	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	3	3	2	2
L3	3	3	3.5	3.5	5	5	5	5	5	5	5	5	5	5	5	5	3.5	3.5	3	3

Short Interval: (20 minute default)

Short Intervals are ideal for beginning exercisers that want to start gaining the benefits of interval workouts but aren't quite ready for a harder and longer intensity interval workout. Short Intervals are also ideal for experienced exercisers to develop their speed and anaerobic fitness. Short Interval workouts are fun to do after you have had a few days exercising for a longer duration at a slower pace. Remember, it is important to vary your exercise intensity and exercise durations to maximize your overall fitness development so be sure to include some interval workouts in your exercise program at least once or twice a week.



Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2	1	1
L2	2	2	3	3	5	3	5	3	5	3	5	3	5	3	5	3	5	3	2	2
L3	2	2	3	3	6	3	6	3	6	3	6	3	6	3	6	3	6	3	2	2

Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	1.6	3.2	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	1.6	1.6
L2	3.2	3.2	4.8	4.8	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	4.8	3.2	3.2
L3	4.8	4.8	6.4	6.4	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	6.4	4.8	4.8

MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	1	1
L2	2	2	3	3	4.5	2	4.5	2	4.5	2	4.5	2	4.5	2	4.5	2	4.5	3	2	2
L3	3	3	4	4	5	3	5	3	5	3	5	3	5	3	5	3	5	4	3	3

Program Overview

Moderate Interval: (30 minute default)

As you begin to exercise on a regular basis and feel your fitness improving you will be ready to begin doing "Moderate Intensity Interval" workouts. You should begin with an intensity that is easy and then progress to an exercise intensity that is challenging but not too difficult. Remember in this workout you alternate between an easy recovery interval followed by a higher intensity interval. You should feel comfortable to push yourself as you do this workout as you are never too far away from an easier recovery interval. This workout will improve your overall aerobic endurance while also maximizing your anaerobic fitness development.



Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	1	1
L2	3	3	4	4	5	3	5	3	5	3	5	3	5	3	5	3	5	4	3	3
L3	3	3	4	4	6	4	6	4	6	4	6	4	6	4	6	4	6	5	4	4

Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	3.2	3.2	4.8	4.8	5.6	3.2	5.6	3.2	5.6	3.2	5.6	7.2	4.8	7.2	4.8	7.2	5.6	4.8	4.8	3.2
L2	4.8	4.8	5.9	5.9	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	7.2	4.8	5.9	5.9	4.8	4.8
L3	5.9	5.9	8.0	8.0	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	5.9	5.9

MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	2	2	3	3	3.5	2	3.5	2	3.5	2	3.5	4.5	3	4.5	3	4.5	3.5	3	3	2
L2	3	3	3.7	3.7	4.5	3	4.5	3	4.5	3	4.5	3	4.5	3	4.5	3	3.7	3.7	3	3
L3	3.7	3.7	5	5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	5	3.7	3.7

Long Interval: (40 minute default)

Long Interval workouts are great to maximize calorie burn and improve your anaerobic fitness, your ability to exercise harder, at a higher intensity level. As in the Moderate Interval workouts, remember you have a recovery period after each higher intensity interval so you can comfortably push yourself to exercise at a progressively higher level.



Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	3	3	1	3	3	1	3	3	1	3	3	1	3	3	2	1
L2	2	2	3	3	4	4	2	4	4	2	4	4	2	4	4	2	4	4	3	2
L3	3	3	4	4	5	5	2	5	5	2	5	5	2	5	5	2	5	5	4	3

Speed

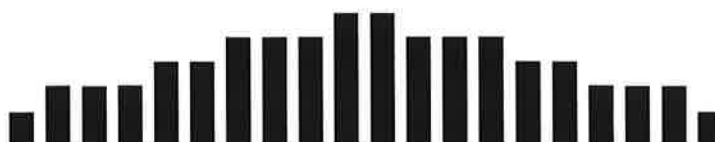
Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	1.6	3.2	3.2	4.8	4.8	3.2	3.2	4.8	4.8	3.2	3.2	4.8	4.8	3.2	3.2	4.8	4.8	3.2	1.6
L2	3.2	3.2	4.8	4.8	7.2	7.2	3.2	3.2	7.2	7.2	3.2	3.2	7.2	7.2	3.2	3.2	4.8	4.8	3.2	3.2
L3	4.8	4.8	6.4	6.4	8.0	8.0	4.8	4.8	8.0	8.0	4.8	4.8	8.0	8.0	4.8	4.8	6.4	6.4	4.8	4.8

MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	3	3	2	2	3	3	2	2	3	3	2	2	3	3	2	1
L2	2	2	3	3	4.5	4.5	2	2	4.5	4.5	2	2	4.5	4.5	2	2	3	3	2	2
L3	3	3	4	4	5	5	3	3	5	5	3	3	5	5	3	3	4	4	3	3

Program Overview

Negative Interval-1: (30 minute default)

The Negative Interval 1 workout will provide you with all the benefits of the steady pace workout but push you to slowly obtain a progressively higher steady state exercise intensity and then allow you to slowly decrease the exercise intensity. As you improve your overall health and fitness you can slowly and of course always comfortably push yourself to a higher peak in your overall exercise intensity in this workout. .



Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	2	3	3	4	4	4	5	5	5	6	6	5	5	5	4	4	4	3	3	2
L2	1	2	2	2	3	3	4	4	4	5	5	4	4	4	3	3	2	2	2	1
L3	1	1	1	2	2	2	3	3	3	4	4	3	3	3	2	2	2	1	1	1

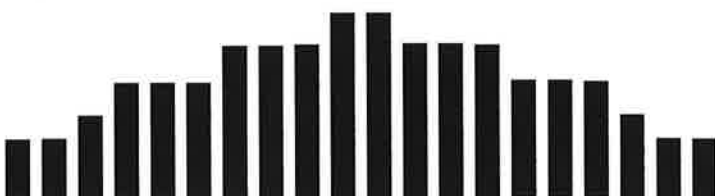
Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	1.6	2.4	3.2	3.2	4.0	4.8	4.8	5.6	6.4	6.4	5.6	4.8	4.8	4.0	3.2	3.2	2.4	1.6	1.6
L2	3.2	3.2	4.0	4.8	4.8	5.6	6.4	6.4	7.2	8.0	8.0	7.2	6.4	6.4	5.6	4.8	4.8	4.0	3.2	3.2
L3	4.8	4.8	5.6	5.9	5.9	7.2	8.0	8.0	8.8	9.6	9.6	8.8	8.0	8.0	7.2	5.9	5.9	5.6	4.8	4.8

MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	1.5	2	2	2.5	3	3	3.5	4	4	3.5	3	3	2.5	2	2	1.5	1	1
L2	2	2	2.5	3	3	3.5	4	4	4.5	5	5	4.5	4	4	3.5	3	3	2.5	2	2
L3	3	3	3.5	3.7	3.7	4.5	5	5	5.5	6	6	5.5	5	5	4.5	3.7	3.7	3.5	3	3

Negative Interval-2: (30 minute default)

The Negative Interval 2 workout has been designed to provide your body with a workout that begins with a slight increase in exercise intensity, then continues the workout at a set intensity, and ends with a progressive decrease in exercise intensity. A workout with an increase and decrease in exercise intensity at the beginning and end of the workout will most ideally develop your overall aerobic cardiovascular endurance. A workout that decreases in intensity is also ideal for maximizing calorie burn, but most ideally when done for a longer duration, such as 40 or 50 minutes.



Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	2	2	2	3	3	3	4	4	4	5	5	4	4	4	3	3	3	2	2	2
L2	2	2	3	4	4	4	5	5	5	6	6	5	5	5	4	4	4	3	2	2
L3	3	3	4	5	5	5	6	6	6	7	7	6	6	6	5	5	5	4	3	3

Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	2.4	3.2	3.2	4.0	4.8	4.8	4.8	5.6	6.4	6.4	6.4	5.6	4.8	4.8	4.0	3.2	3.2	2.4	1.6
L2	3.2	4.0	4.8	4.8	5.6	7.2	7.2	7.2	7.5	8.0	8.0	8.0	7.5	7.2	7.2	5.6	4.8	4.8	4.0	3.2
L3	4.8	5.6	7.2	7.2	7.5	8.0	8.0	8.0	8.8	9.6	9.6	9.6	8.8	8.0	8.0	7.5	7.2	7.2	5.6	4.8

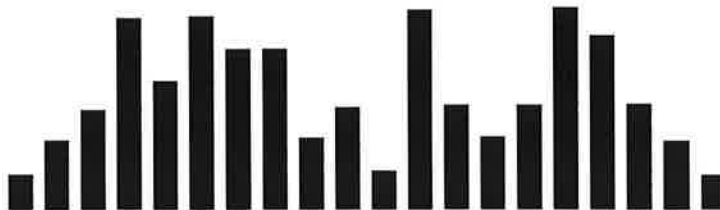
MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1.5	2	2	2.5	3	3	3	3.5	4	4	4	3.5	3	3	2.5	2	2	1.5	1
L2	2	2.5	3	3	3.5	4.5	4.5	4.5	4.7	5	5	5	4.7	4.5	4.5	3.5	3	3	2.5	2
L3	3	3.5	4.5	4.5	4.7	5	5	5	5.5	6	6	6	5.5	5	5	4.7	4.5	4.5	3.5	3

Program Overview

Fartlek: (30 mintue default)

Varying your exercise intensity with a constantly changing interval workout that starts out at an easy pace and then increases to a moderate or higher intensity pace will

add some great variety into your workouts, make your workouts go by faster than you ever imagined while providing your body and mind with great fitness benefits. Constantly varying intensities in a workout have been found in brain research to have great benefits on improving overall brain fitness. Increasing your exercise intensity at constantly changing intervals and then dropping that intensity to just a slightly lower level, and then returning to the higher level has great anaerobic cardiovascular fitness development on the body.



Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	2	3	4	2	3	4	4	2	1	3	1	4	3	2	1	3	2	1	1
L2	1	2	3	6	4	6	5	5	2	3	1	6	3	2	3	6	5	3	2	1
L3	2	4	2	6	3	6	4	4	5	2	6	3	6	2	6	2	5	4	6	1

Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	2.4	4.0	4.3	4.0	4.8	4.3	7.2	4.0	2.4	4.8	2.4	7.2	5.6	4.3	2.4	4.8	4.0	2.4	1.6
L2	1.6	4.0	5.6	8.0	4.0	8.0	3.5	3.2	4.8	7.2	8.0	8.0	5.6	3.2	6.4	7.2	8.0	5.6	4.8	3.2
L3	3.2	3.2	4.0	7.5	6.4	7.2	9.6	7.2	9.6	8.8	9.6	7.2	7.5	6.4	5.6	4.8	5.6	8.0	4.0	3.2

MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1.5	2.5	2.7	2.5	3	2.7	4.5	2.5	1.5	3	1.5	4.5	3.5	2.7	1.5	3	2.5	1.5	1
L2	1	2.5	3.5	5	2.5	5	2.2	2	3	4.5	5	5	3.5	2	4	4.5	5	3.5	3	2
L3	2	2	2.5	4.7	4	4.5	6	4.5	6	5.5	6	4.5	4.7	4	3.5	3	3.5	5	2.5	2

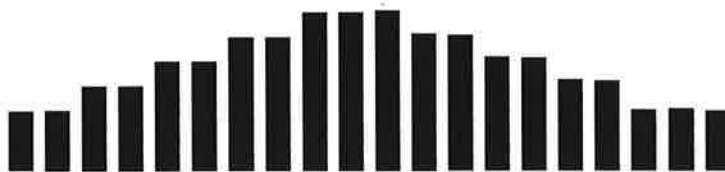
Healthy Living

Uphill Climb : (30 mintue default)

Gradually increase the intensity of your exercise with this fun Uphill Climb workout. The goal of the Uphill Climb workout is to stimulate your body to improve your overall

cardiovascular fitness, while also maximizing muscle cell development in working muscles.

The LifeSpan Uphill Climb workout has been designed to start out at a very slow and gradually increase to a peak intensity then gradually decrease in intensity back down. You will maximize calorie burn during the peak levels of this workout while allowing your body to exercise longer and still benefit from the higher intensity as you slow down towards the end and return to your starting level.



Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	3	3	4	4	5	5	5	4	4	3	3	2	2	1	1	1
L2	2	2	3	3	4	4	5	5	6	6	6	5	5	4	4	3	3	2	2	2
L3	1	3	4	4	5	5	6	6	7	7	7	6	6	5	5	4	4	3	3	2

Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	2.4	3.2	4.0	4.8	5.6	6.4	7.2	8.0	8.0	8.0	7.2	6.4	5.6	4.8	4.0	3.2	2.4	1.6	1.6
L2	3.2	4.0	4.8	5.6	6.4	7.2	8.0	8.8	9.6	9.6	9.6	8.8	8.0	7.2	6.4	5.6	4.8	4.0	3.2	3.2
L3	4.8	5.6	6.4	7.2	8.0	8.8	9.6	9.6	10.4	10.4	10.4	9.6	9.6	8.8	8.0	7.2	6.4	5.6	4.8	3.2

MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1.5	2	2.5	3	3.5	4	4.5	5	5	5	4.5	4	3.5	3	2.5	2	1.5	1	1
L2	2	2.5	3	3.5	4	4.5	5	5.5	6	6	6	5.5	5	4.5	4	3.5	3	2.5	2	2
L3	3	3.5	4	4.5	5	5.5	6	6	6.5	6.5	6.5	6	6	5.5	5	4.5	4	3.5	3	2

Program Overview

Pyramid Climb: (30 mintue default)

Gradual increases in intensity during your workouts are ideal to stimulate your body to improve overall cardiovascular fitness, while also maximizing muscle cell development in working muscles. The Pyramid Climb workout has been designed to start out at a very slow, comfortable pace and gradually increase to a peak intensity then gradually decrease in intensity back down to your starting level. You will maximize overall calorie burn during the peak intensity levels of this workout while allowing your body to exercise for a longer duration and still benefit from the higher intensity workout as you gradually slow down in this workout and return to your starting level.



Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	1	2	2	2	3	3	3	4	4	4	3	3	3	2	2	2	1	1
L2	2	2	2	3	3	3	4	4	4	5	5	5	4	4	4	3	3	3	2	2
L3	3	3	3	4	4	4	5	5	5	6	6	6	5	5	5	4	4	4	3	3

Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	1.6	2.4	3.2	3.2	4.0	4.8	4.8	5.6	6.4	6.4	6.4	5.6	4.8	4.8	4.0	3.2	3.2	2.4	1.6
L2	3.2	3.2	4.0	4.8	4.8	5.6	6.4	6.4	7.2	8.0	8.0	8.0	7.2	6.4	6.4	5.6	4.8	4.8	4.0	3.2
L3	3.2	4.8	5.6	6.4	6.4	7.2	8.0	8.0	8.8	9.6	9.6	9.6	8.8	8.0	8.0	7.2	6.4	6.4	5.6	3.2

MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	1.5	2	2	2.5	3	3	3.5	4	4	4	3.5	3	3	2.5	2	2	1.5	1
L2	2	2	2.5	3	3	3.5	4	4	4.5	5	5	5	4.5	4	4	3.5	3	3	2.5	2
L3	2	3	3.5	4	4	4.5	5	5	5.5	6	6	6	5.5	5	5	4.5	4	4	3.5	2

Plateau Climb: (40 mintue default)

A Plateau Climb workout will provide you with all the benefits of the other steady state workouts, but push you to maintain a higher steady state intensity exercise level. As you improve your overall health and fitness you can slowly and of course always comfortably push yourself to higher overall exercise intensity for longer periods of time. Remember, if you simply get on your treadmill and go at the same pace, for the same amount of time every day when you workout, your body will only improve to the level of the workouts you are currently pushing yourself to do. In order to improve your overall health and fitness, you need to always "change" your workouts so you don't do the same workout within one week, while at the same time slowly increase your overall exercise intensity while also increasing your overall exercise time.



Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	1	1
L2	1	1	2	3	4	4	4	4	4	4	4	4	4	4	4	4	3	2	1	1
L3	2	2	3	4	5	5	5	5	5	5	5	5	5	5	4	3	2	2	1	1

Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	2.4	3.2	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	3.2	2.4	1.6
L2	2.4	2.4	3.2	4.0	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	4.0	3.2	2.4	1.6
L3	3.2	3.2	4.8	6.4	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	6.4	4.8	3.2	1.6

MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1.5	2	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2	1.5	1
L2	1.5	1.5	2	2.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	2.5	2	1.5	1
L3	2	2	3	4	5	5	5	5	5	5	5	5	5	5	5	5	4	3	2	1

Program Overview

Ladder : (30 mintue default)

One of the greatest benefits of exercise are the direct benefits exercise has on the heart and cardiovascular system.

The Heart Health Ladder has been specifically designed to provide your heart and cardiovascular system with a series of progressively harder exercise intensity's that will improve your overall aerobic endurance, while also stimulating your anaerobic endurance. Remember as you go through this workout that it may be challenging for a few minutes, but each progression has been carefully timed to also provide recovery intervals after the highest intensity interval, so you can feel good as you exercise and comfortably push yourself to improve your cardiovascular fitness.



Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	3	4	2	3	4	2	3	4	2	3	4	2	3	4	3	2	1
L2	2	2	3	4	5	3	4	5	3	4	5	3	4	5	3	4	5	4	3	2
L3	2	3	4	5	6	4	5	6	4	5	6	4	5	6	4	5	6	5	4	3

Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	2.4	3.2	4.8	6.4	4.0	4.8	6.4	4.0	4.8	6.4	4.0	4.8	6.4	4.0	4.8	6.4	5.6	3.2	1.6
L2	3.2	4.0	4.8	5.6	8.0	5.6	6.4	8.0	5.6	6.4	8.0	5.6	6.4	8.0	5.6	6.4	8.0	5.6	4.8	3.2
L3	3.2	4.8	6.4	8.0	9.6	6.4	8.0	9.6	6.4	8.0	9.6	6.4	8.0	9.6	6.4	8.0	9.6	8.0	6.4	4.8

MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1.5	2	3	4	2.5	3	4	2.5	3	4	2.5	3	4	2.5	3	4	3.5	2	1
L2	2	2.5	3	3.5	5	3.5	4	5	3.5	4	5	3.5	4	5	3.5	4	5	3.5	3	2
L3	2	3	4	5	6	4	5	6	4	5	6	4	5	6	4	5	6	5	4	3

Uphill Interval : (20 mintue default)

Uphill interval workouts are unique in that they provide your body with the benefits of an interval workout, with the added benefit of

gradually increasing the overall intensity of the maximum level intervals throughout the workout. In this workout you should begin at a level that is comfortable, and then you will gradually increase the intensity during each maximum interval, pushing yourself to a slightly higher intensity each time knowing that you have a recovery interval as soon as you complete the maximum intensity interval. During this workout you will also maximize overall calorie burn during each of your higher intensity intervals, while at the same time working on improving your overall anaerobic fitness.



Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	1
L2	2	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2	2	2
L3	2	3	5	3	5	3	5	3	5	3	5	3	5	3	5	3	5	3	3	2

Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	4.8	3.2	3.2	1.6
L2	3.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	7.2	3.2	3.2	3.2
L3	3.2	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	8.0	4.8	4.8	4.8

MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	3	2	2	1
L2	2	2	4.5	2	4.5	2	4.5	2	4.5	2	4.5	2	4.5	2	4.5	2	4.5	2	2	2
L3	2	3	5	3	5	3	5	3	5	3	5	3	5	3	5	3	5	3	3	3

Weight Management

Steady Pace: (20 mintue default)

Improve your fitness while also stimulating your body to burn more fat with this workout.

Steady Pace workouts are great for helping you establish an improved overall endurance base.

Most "Steady Pace" workouts focus on maintaining one set workload level throughout the entire workout. As you begin the Steady Pace workout your intensity level will start out at a very slow pace, then increase to a moderate pace for the duration of your workout. Your goal is to be sure you are exercising within a low moderate intensity to a high moderate intensity during the workout.

Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	1
L2	2	2	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	2	2
L3	2	3	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	3	2

Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	3.2	4.0	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.0	3.2
L2	4.8	5.6	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	5.6	4.8
L3	3.2	5.6	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	8.0	5.6	3.2
MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	2	2.5	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2.5	2
L2	3	3.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	3.5	3
L3	2	3.5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	3.5	2

Long Slow Distance: (40 mintue default)

Long Slow Distance is a great workout for everyone! Beginners can ease into their exercise program with this workout, being sure to do this workout at least a minimum of once a week to maximize cardiovascular endurance development. This is also great for experienced exercisers to do on days following a harder, higher intensity workout.

Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	1
L2	2	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	2
L3	2	3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	3	2

Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	1.6	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	4.0	1.6	1.6
L2	3.2	3.2	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	3.2	3.2
L3	3.2	4.8	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	4.8	3.2
MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	2.5	1	1
L2	2	2	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	2	2
L3	2	3	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	3	2

Cardio Run: (20 mintue default)

Cardio Run is a steady pace workout but at a higher intensity than the "Long Slow Distance" workout. Cardio Run is a more intermediate or advanced workout, designed to motivate you to achieve a more challenging steady pace and maintain that pace for the full duration of the workout. Cardio Run is a great workout if you are training for a special event.

Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	1	1
L2	2	2	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	2	2
L3	3	4	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	4	3

Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	2.4	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	5.6	4.0	2.4
L2	3.2	4.0	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	7.2	5.6	4.0
L3	14.8	7.2	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	8.8	5.6	4.0	2.4
MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5	2.5	1.5
L2	2	2.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	4.5	3.5	2.5
L3	3	4.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	5.5	3.5	2.5	1.5

Short Interval: (20 minute default)

Short Interval workouts have been found in research studies to be ideal for those striving to increase their weight loss, and improve

their overall cardiovascular fitness. Varying your exercise intensity during a workout from a moderately slow level to a high intensity for a set period of time and repeating that progression for a complete workout will maximize the total number of calories burned during a workout. A second benefit is the individual will not be forced to maintain a high intensity exercise level throughout the entire workout. The short interval recovery periods allows the body to more successfully exercise at a higher intensity than might otherwise be comfortable for the individual for a complete workout duration.



Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	2	3	4	2	4	2	4	2	4	2	4	2	4	2	4	2	4	3	2
L2	2	3	4	5	3	5	3	5	3	5	3	5	3	5	3	5	3	5	4	3
L3	2	3	5	6	4	6	4	6	4	6	4	6	4	6	4	6	4	6	5	3

Speed

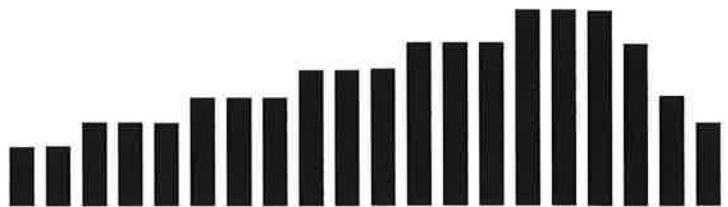
Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	3.2	5.6	4.8	4.0	4.8	4.0	4.8	4.0	4.8	4.0	4.8	4.0	4.8	4.0	4.8	4.0	4.8	5.6	3.2
L2	3.2	4.8	7.2	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	5.6	8.0	7.2	4.8
L3	3.2	4.8	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	7.2	9.6	5.6	3.2

MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	2	3.5	3	2.5	3	2.5	3	2.5	3	2.5	3	2.5	3	2.5	3	2.5	3	3.5	2
L2	2	3	4.5	5	3.5	5	3.5	5	3.5	5	3.5	5	3.5	5	3.5	5	3.5	5	4.5	3
L3	2	3	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	4.5	6	3.5	2

Uphill Walk: (30 minute default)

The Uphill Walk gradually increases the intensity of your exercise peaking at a high intensity. The goal of the Uphill Walk workout is to stimulate your body to improve your overall cardiovascular fitness, while also

maximizing muscle cell development in working muscles. The Uphill Walk workout has been designed to start out at a slow, comfortable pace and gradually increase to a peak intensity then with a quick decrease in intensity back down to a recovery level. You will maximize overall calorie burn during the peak intensity levels of this workout while allowing your body to exercise for a longer duration.



Incline

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	5	3	2
L2	2	2	3	3	3	4	4	4	5	5	5	6	6	6	7	7	7	6	4	3
L3	2	2	3	3	4	4	4	5	5	5	6	6	6	7	7	7	6	5	4	3

Speed

Km/h	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1.6	1.6	2.4	2.4	2.4	2.4	3.2	3.2	3.2	4.0	4.0	4.0	4.8	4.8	4.8	5.6	5.6	4.8	3.2	1.6
L2	3.2	3.2	5.6	5.6	5.6	6.4	6.4	6.4	7.2	7.2	7.2	8.0	8.0	8.0	8.8	8.8	8.8	6.4	4.8	3.2
L3	4.8	4.8	6.4	6.4	6.4	7.2	7.2	7.2	8.0	8.0	8.0	8.8	8.8	8.8	9.6	9.6	9.6	8.0	6.4	4.8

MPH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
L1	1	1	1.5	1.5	1.5	1.5	2	2	2	2.5	2.5	2.5	3	3	3	3.5	3.5	3	2	1
L2	2	2	3.5	3.5	3.5	4	4	4	4.5	4.5	4.5	5	5	5	5.5	5.5	5.5	4	3	2
L3	3	3	4	4	4	4.5	4.5	4.5	5	5	5	5.5	5.5	5.5	6	6	6	5	4	3

Custom User Set-up Programs

There are two user programs that provide you with the ability to establish customized program profiles specific to your workout requirements. For each user set-up program, first set the workout time then set weight then the speed and incline for each segment in the program profile by pressing either the up and down arrows for speed and incline or using the quick select buttons. After obtaining your desired selection press enter to move to the next column in the program profile. This program will now be saved for you each time you select it and press the "start" button.

My Zone Heart Rate Control Programs

The treadmill comes with two types of heart rate control programs: Constant and Interval. Within each of these you can select either a "Speed" control option or an "Incline" control option.

There is a 3 minute warm up for this program prior to the treadmill taking control of the speed or incline.

Note: To use the Heart Rate Control programs the treadmill needs to receive your heart rate throughout the entire workout either through using the grip pulse pads or a chest strap heart rate transmitter.

Constant Heart Rate Control: The "Constant" program lets you select a single heart rate that you want to maintain throughout your workout and the treadmill will maintain this heart rate for you by either adjusting the speed or the incline. After selecting the Constant Heart Rate program the next selection option will be Incline Mode or Speed Mode. Select which mode you prefer and the treadmill will adjust the speed or incline every 10 seconds to keep you at your selected heart rate level. For instance, if you select the incline mode there will be a 3 minute warm up and then the incline will start to adjust each 10 seconds obtain and maintain your target heart rate. You choose the speed that you want the belt to run and the treadmill will control the incline.

Typically for Weight Loss set the target heart rate at 65% of your predicted maximum heart rate and for Cardio Training set the target at 80% of your predicted maximum. Refer to the Heart Rate Training section of this manual to determine your optimal training zones based on your age and exercise objectives.

Interval Heart Rate Control: The "Interval" program is designed to help you increase your aerobic endurance and improve heart rate recovery. This program lets you select a LOW or recovery target heart rate and a HIGH target. After a 3 minute warm-up the console will adjust the speed or incline, which ever you select, every 10 seconds to maintain your LOW target to 2 minutes. Then the console will adjust the speed or incline to raise your heart rate to the HIGH target that you selected and once again keep it at this level for 2 minutes and then repeat the process until the end of the workout. It is recommended that you set the workout time to 20 minutes or higher to use this program effectively.

Operating Your Display Console

Setting the Date and Time:

To set the date and time of day in your console follow these steps:

1. **Press any of the quick speed buttons for 3 seconds to initiate the date and time set up mode.**
2. **Press the UP / DOWN buttons to set the correct YEAR. Press Enter**
3. **Press the UP / DOWN buttons to select the correct MONTH. Press Enter**
4. **Press the UP / DOWN buttons to select the correct DAY. Press ENTER**
5. **Press the UP / DOWN buttons to set the HOUR. Press ENTER**
6. **Press the UP / DOWN buttons to set the MINUTES. Press ENTER**

Starting in Manual

The quickest way to get started is to press the START button. Pressing the START button will select the Manual program and the TIME will start counting up from 00:00. You can also press ENTER to select the Manual program. Using the ENTER button will allow you to set a specific workout TIME, and set your WEIGHT for more accurate calorie calculation.

Starting a Preset Program

1. **Select Program** - Use the Program buttons to select your desired Exercise Program. Each program button has multiple programs that you can scroll through. Each time you press the program button you will move to the next program option. Once you find the desired program press enter.
2. **Select Program Mode** - with each program selection you can choose to run the program in the Incline Mode or the Speed Mode. Use the UP / Down arrows to make the selection then Press Enter.
3. **Set Program Level** - There are 3 levels of intensity with each preset program. Use the UP / Down arrows to make the selection then Press Enter.
4. **Set Time** - Set the program TIME of your workout using the UP / DOWN arrow keys. Press Enter.
5. **Set Weight** - Set your WEIGHT in the console for more accurate calorie calculation using the UP / DOWN arrow keys. Press Enter
6. **Press the START button to begin your workout.**

Custom User Set-up Programs

User programs need to be set-up before they can be used. To set up a user program:

1. **Select USER1 or USER2 Programs** - Use the Up / Down arrow keys to select the USER1 or USER2 programs. Press Enter.
2. **Set Time** - Set the program TIME of your workout using the UP / DOWN arrow keys. Press Enter.
3. **Set Weight** - Set your WEIGHT in the console for more accurate calorie calculation using the UP / DOWN arrow keys. Press Enter
4. **Set Level** - Select the level for each segment in the exercise program. Press Enter and repeat until all 20 segments are complete.
5. **START** - press the START button.

Once the program has been set up, simply scroll to the USER1 or USER2 program and press START.

Operating Your Display Console (continued)

Using Heart Rate Control Programs

The constant Heart Rate Control program requires that you set a heart rate that the display console will maintain throughout the workout and the Interval requires that you set a LOW and a HIGH heart rate.

HRC – Constant:

1. **Select HRC1** - Use the Up / Down arrow keys to select the HRC1 program. Press the Enter button to select.
2. **Select Program Mode** - select either the Incline Control Mode of the Speed Control Mode using the UP / DOWN arrow keys. Press Enter.
3. **Set Time** - Set the program TIME using the UP / DOWN arrow keys. Press Enter. Remember that the program will include 3 minutes of warm up
4. **Set Weight** – enter your weight using the UP / Down arrow keys. Press Enter
5. **Set Age**- enter your age using the UP / DOWN arrow keys. Press Enter
6. **Set Target Heart Rate** - set your target heart rate using the UP / DOWN arrow keys. Press Enter
7. Press the **START** button to begin your workout.

HRC – Interval:

1. **Select HRC2** - Use the Up / Down arrow keys to select the HRC 2 program. Press the Enter button to select.
2. **Select Program Mode** - select either the Incline Control Mode of the Speed Control Mode using the UP / DOWN arrow keys. Press Enter.
3. **Set Time** - Set the program TIME using the UP / DOWN arrow keys. Press Enter. Remember that the program will include 3 minutes of warm up
4. **Set Weight** – enter your weight using the UP / Down arrow keys. Press Enter
5. **Set Age**- enter your age using the UP / DOWN arrow keys. Press Enter
6. **Set HIGH Target Heart Rate** - Set your HIGH Interval training rate using the UP / DOWN arrow keys. Press Enter.
7. **Set LOW Target Heart Rate** - Set your LOW Interval training rate using the UP / DOWN arrow keys. Press Enter.
8. Press the **START** button to begin your workout.

Operations

While exercising you can change the Speed and Incline Level by pressing the UP / DOWN buttons. To pause your exercise program press the START button and to reset your program, press the STOP button for 3 seconds.

Innovative Features

Intelli-Guard - This treadmill is equipped with the Intelli-Guard safety feature. This feature senses when you stop walking on the treadmill and for safety purposes it automatically pauses the treadmill to avoid accidental falls and resulting injury. The Intelli-Guard feature is triggered when the treadmill senses that you are no longer walking or running on the treadmill.

Caution: The Intelli-Guard feature will automatically be disengaged when the treadmill is operated at speeds under 2.4Km /1.5 mph or at an incline level over 5. If the speed or incline is within these parameters the step icon will flash. When the icon flashes, the treadmill will not auto-pause

Caution: At 20 seconds the console will beep once per second for 5 seconds and then automatically pause the treadmill. These beeps are a notice that the treadmill belt is about to stop. If for some reason you are still on the treadmill when this occurs move your feet to the side rails and prepare for the belt to stop. The Intelli-Guard feature does not replace the use of your safety key or using proper precaution in stopping the treadmill when it is not in use.

Intelli-Step – The treadmill comes with the Intelli-Step counting feature. This feature senses the resistance on the running belt each time your foot strikes. There are several factors that will effect the accuracy of this feature including your walking style, your weight, and your usage characteristics. For example, the Intelli-Step feature will have a more difficult time picking up the steps of a light user and especially a light user walking at an incline. The higher the incline the more difficult it is for the feature to recognize steps. This may also be the case at lower speeds. In summary, the Intelli-Step is a great feature for users interested in maintaining a step count walking or running program, but it is dependant on many variables for accuracy and the accuracy of the count will depend on your individual characteristics as well as variables related to the treadmills usage.

1. Be certain that your treadmill is sitting level and stable. There are adjustment feet at the front corners of the base frame to help level the treadmill. If the treadmill is not level the running belt will move toward the lowest side of the treadmill. It is also recommended that you locate your treadmill in a pleasant area that gives you something to look at while working out, such as a window or television. Maintaining an exercise program with a treadmill located in a poorly lit basement is more difficult than when your treadmill is located in an active and pleasant location.
2. Make sure that your treadmill is plugged into a properly grounded outlet as described in the grounding section of this document.
3. Turn the On/Off switch located on the front right side base frame to the On position.
4. Insert the magnetic safety key into the round area centered at the bottom of your display. If the safety key is not inserted properly the screen will say "Safety Key".

MAINTENANCE

Never start the treadmill whilst standing on the running belt. This will strain the motor and cause unnecessary wear. Always start with feet on the siderails.

LUBRICATION

⚠ WARNING Warranty void if treadmills are not maintained with silicone correctly!

Regular silicone lubrication is essential for continued operation of the treadmill. This vital routine maintenance procedure will prevent premature wear of the running belt, running deck, and drive motor system. The silicone is used to prevent friction between the belt and deck. This will greatly reduce the load on the motor and keep it in the safe operating zone.

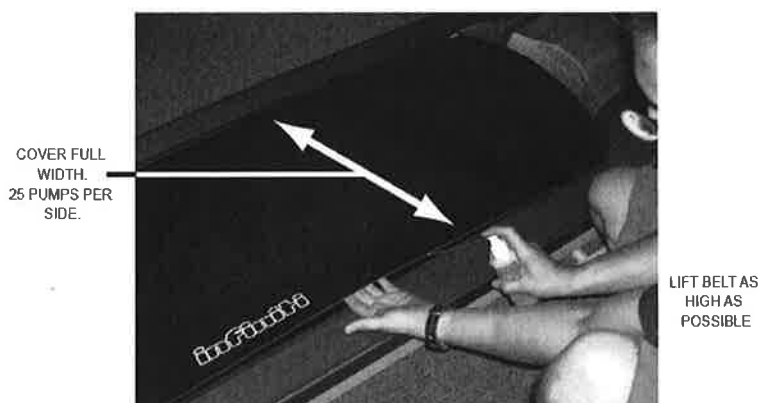
The recommended schedule for lubrication is every 40 hours of treadmill use or every month, whichever comes first. If the treadmill has not been used for over 3 months, lubricate it before use and resume the schedule from that date. The treadmill should be lubricated before first use.

WARNING: ONLY INFINITI SILICONE MAY BE USED. Many silicones available in the market contain additives that are destructive to treadmill running belts!

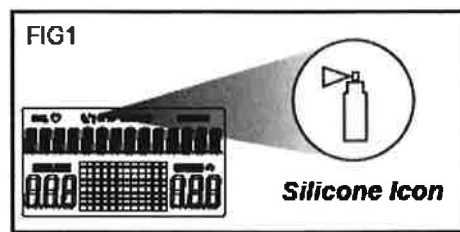
Infiniti silicone may be purchased from Infiniti Fitness or your local dealer. If you are unsure about the lubrication procedure, contact your local dealer or Infiniti Fitness for advice.

MAINTENANCE

Lift Running belt Halfway along as high as possible. Insert straw from silicone bottle so it reaches the middle of the belt area. Start pumping whilst withdrawing straw towards the edge. 25 PUMPS are required on each side. Repeat the procedure on the opposite side. Make sure the entire width is covered, concentrating on footfall area. Do not worry about the length. This will be covered when the silicone is walked in. If you having trouble lifting the edge of the mat, use a screwdriver or blunt instrument to lever it out. Once treadmill has been lubricated, start treadmill and walk silicone in for 1 minute.



The silicone icon shown below will display every 100 hours of use, regardless of whether the treadmill has been lubricated or not. It is simply a background reminder to ensure the owner does not forget this essential maintenance. Remember however, the periodic maintenance schedule is every 40 hours or once per month. The icon will turn off after 5 minutes, or press "SPEED DOWN" and "START" buttons simultaneously until icon disappears.

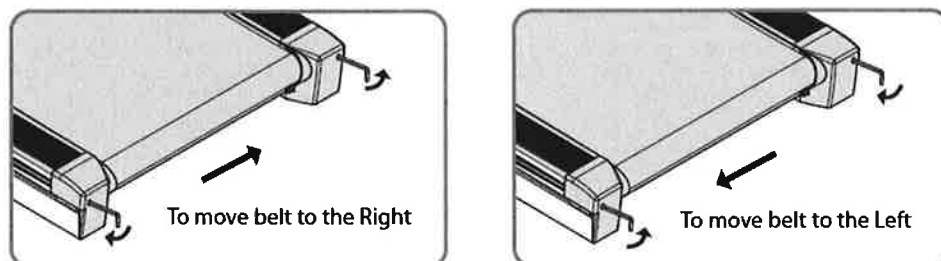


BELT ALIGNMENT AND TENSIONING.

ALIGNMENT

There are many reasons the belt will become misaligned. Firstly, the treadmill must be on an even surface. Holding one handrail only will also cause the belt to travel in the opposite direction. Running style will also cause belt to travel. Most people tend to favour left or right with their body. This will cause the belt to travel in either of these directions. The belt will usually be slightly off centre. This is normal. Adjust the belt when you can see it is clearly over to one side, or it is difficult to access the deck for lubrication. Follow this procedure to adjust belt.

1. Start the treadmill and run at 4kph. Allow the treadmill to run without you on it for about a minute so it can find its natural centre.
2. If the treadmill is over to the left, plug the allen key into the left tension bolt and tighten clockwise a quarter turn. Give the treadmill a minute or so to react to adjustment. If the belt has not moved far enough, tighten another quarter turn. Follow procedure until belt is running central. Loosening the right tension bolt a quarter turn has the same effect as tightening the left. If making a few adjustments, try to keep the balance between loosening and tightening so as not to overtighten or slacken running belt.



If you find that the belt comes out of alignment easily when you start using it, the belt is most likely too loose. A loose belt will slip across the rollers easily to the side your body favours. If this is the case, please follow belt tensioning procedure below after aligning belt.

TENSIONING.

Over the first period of use, the running belt will stretch, causing slippage. If you feel the running belt slipping, or "grabbing", it means the belt needs tightening. Make sure treadmill is stopped and follow this procedure.

1. Make sure treadmill is stopped. Insert allen key into tension bolt through hole on left rear end cap and tighten one full clockwise turn.
2. Repeat on right side tightening one full clockwise turn. When tightening running belt, always tighten both sides equally so as not to misalign belt.
3. Start treadmill and test for slippage. If slipping occurs, stop treadmill and repeat procedure again. It is highly unlikely more than 2 or 3 turns will be required. Do not over tighten belt.

CLEANING

To keep your treadmill in good condition, it is a good idea to clean it periodically. If the treadmill receives any perspiration, use a damp cloth with a mild cleaning agent to clean after a workout. This will help avoid any corrosion on the paintwork.

Every six months or so, unplug the treadmill from the mains, and remove the motor cover by loosening the screws on each side. With a vacuum cleaner, gently remove any dust or hair that has built up, being careful not to hit any of the components with any force. Under no circumstances use any cloth or any kind of moisture during this process. After vacuuming, secure motor cover with screws.

The cleaning icon shown below will display every 150 hours. This is also just a background reminder to keep your treadmill clean. To turn cleaning icon off, simultaneously hold down "SPEED DOWN" and "START" buttons until icon disappears.



Moving and Storage

The treadmill comes with a folding feature that reduces the amount of storage space required when your treadmill is not in use and makes the treadmill easier to move.

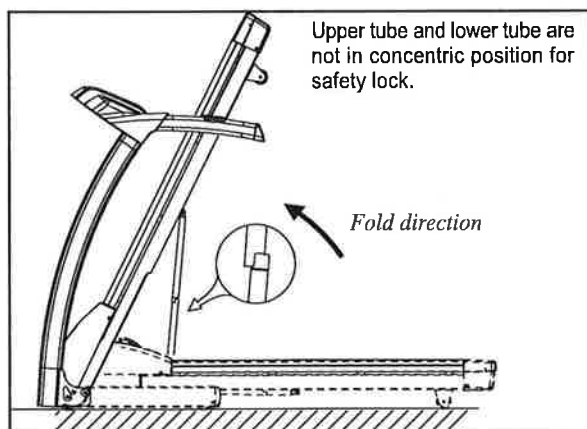
Folding the Treadmill

1. Make sure that the On/Off switch is turned Off and the power cord is removed from the wall.
2. Make sure that nothing is on or near your treadmill which might spill, be knocked over or prevent the treadmill from completely folding.
3. (a.) Place both hands under the support bar that is located directly under the back of the running belt on your treadmill to make sure that you have a solid lifting point.

(b.) Lift the treadmill all of the way forward and make sure that the hydraulic lift is properly locked in place.

Caution: When lifting, use proper safety precautions and lifting techniques. Bend your knees and elbows, keep your back straight and pull up evenly with both arms.

- (c.) Ensure that the locking mechanism is secure by gently pulling back on the treadmill and make sure that it doesn't move. When doing this, be careful to be securely positioned in case the treadmill lock has not engaged.



Caution:

- Do not fold the treadmill by lifting on the running belt or rear roller. These parts do not lock in place and are difficult to grip when folding - personal injury or damage to the treadmill could result.
- Do not lean against the treadmill once it is folded or place items on it that could cause it to become unstable or fall over. This could result in serious personal injury.
- Do not connect the power cord when the treadmill is folded or try to operate the treadmill in the folded position.

Troubleshooting

The treadmill is designed and manufactured to be reliable and easy to use. However, if you have a problem, these troubleshooting steps may help you find the cause.

- | | |
|-----------|--|
| Problem: | The console is erratic or not lighting up |
| Solution: | Check to make sure that the treadmill is properly plugged in, turn the power switch off and back on again and make sure the safety key is in place. If the problem persists contact LifeSpan Customer Service. |
| Problem: | The belt does not stay in the center of the treadmill when in use. |
| Solution: | First check to make sure that the treadmill is level, then refer to the instructions in this manual on how to tension and adjust the belt. |
| Problem: | The treadmill motor seems strained or E1 comes up after several minutes of use. |
| Solution: | The lubricating silicone that is applied to the deck and belt is wearing down and the belt needs to be lubricated with silicone spray. |
| Problem: | The treadmill belt slips during use. |
| Solution: | The belt may need to be tensioned after a period of use. Refer to the Belt Tensioning and Adjustment Section of this manual. |
| Problem: | Speed does not match quick keys. Treadmill Starts at 1 and goes to 16. |
| Solution: | The treadmill is set up in Metric Mode. |
| Problem: | Heart Rate is erratic or not picking up. |
| Solution: | Make sure your hands are moist (Aloe Vera helps). Make sure all connectors at the back of the console are properly connected and no wires are damaged.
If wearing a chest strap make sure the batteries are good and that the electrodes are moist and position properly on your chest. |
| Problem: | Treadmill automatically pauses during workout. |
| Solution: | Treadmill is not picking up Step Count. Go into Engineering Mode to turn Intelli Guard off. |
| Problem: | Silicon icon lights up on console. |
| Solution: | Lubricate the running belt with 100% pure silicone. Then simultaneously press and hold the Speed and Start buttons until the light turns off. |