

FRENCH FITNESS

FF-E500

FRENCH FITNESS E500 ELLIPTICAL

ASSEMBLY MANUAL



FEATURES

- Large Frame Material: 2.5mm oval tube
- Display: LED
- Displays: Watts, Cal, RPM, Mi/KM, Time, Heart Rate
- Mode: Combination of automatic mode and automatic mode
- Main Control: 1-20 stage EMS self-powered bidirectional transmission. The flywheel adopts a strong magnet to accurately adjust the adsorption resistance
- Step-Up Height: 10"
- Stride Length: 20"
- Resistance Levels: 20
- Programs: 3 Programs plus Manual
- Displays: Watts, Cal, Rpm, Mi/Km, Time, Heart Rate
- Heart rate hand grips
- Power Systems: Self-generating system
- Large padded armrest and pedal design
- Power Requirements: Self-Powered, Cordless. It uses an Alternator and Battery for Power
- California Residents see Prop 65 WARNINGS

TECH SPECS

- Machine Weight: 319.6lbs (145kg)
- Workout Area: 86.5"L x 29.87"W
- Length: 86" (86.5" long when in use)
- Width (Total at Widest Point of Arms) 29.87"W
- Width (Base Frame Only): 24.5"
- Height: 64.37"H
- Dimensions: 86"L (86.5" long when in use) x 29.87"W x 64.37"H
- Crate Dimensions: 87.4"L x 25.1"W x 48.6"H (L:2220mm, W:640mm, H:1235mm)

WARRANTY

10 Years Parts, 1 Year Labor (Commercial)

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GETTING STARTED

Safety Instructions

Read all instructions before use.

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

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: Ensure that there is at least 1 ft. (0.3 m) of clearance in front of the Cross-Trainer and at least 2 ft. (0.6m) on the side.

Warning: The Cross-Trainer is not equipped with a free-wheeling feature. Therefore, the product cannot be stopped immediately.

Danger: To reduce the risk of electrical shock or injury from moving parts, always unplug product before cleaning or attempting any maintenance activity.

- 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.
- The product should never be left unattended when plugged in. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Free standing equipment shall be installed on a stable and leveled surface.
- Do not stand or sit on the rear plastic covers of the Cross-Trainer.
- Do not stand on center tube of the Cross-Trainer.
- The individual human power required to perform an exercise may be different than the mechanical power displayed on the Cross-Trainer.
- Never face backward while using the Cross-Trainer.
- Use caution when mounting or dismounting the Cross-Trainer. Before mounting, use the moving arms to bring the pedal nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto

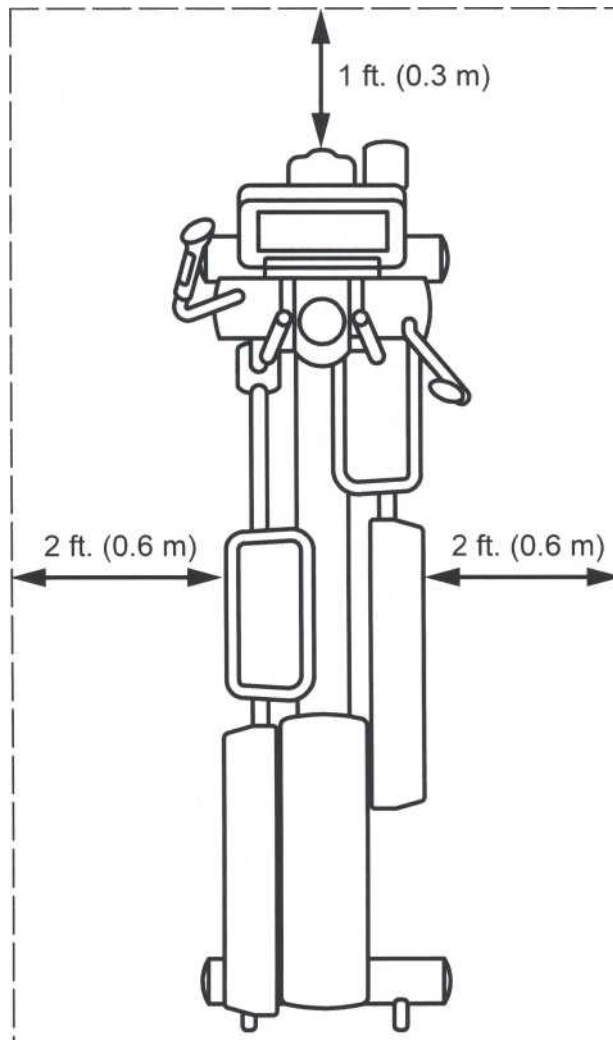
the moving arms.

- 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. We are not responsible for missing or damaged warning labels.

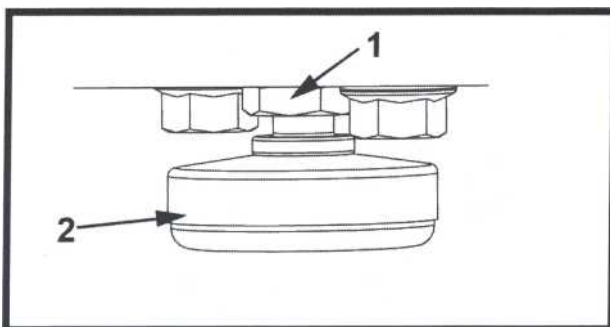
Where to Place and How to Stabilize the Cross-Trainer

Read the entire manual before setting up the cross-trainer. After following all Safety Instructions, move the unit to the location where it will be used. Allow 1 ft. (0.3 m) of clearance in front of the cross-trainer and at least 2 ft. (0.6 m) on the side. It should be easy to mount the cross-trainer from the side.

Free area



After placing the unit in position, check the unit's stability by attempting to rock it from side to side. Any slight rocking indicates that the unit must be leveled. Determine which foot is not resting completely on the floor. Loosen the jam nut with an open-end M17 wrench and rotate the stabilizing foot to lower it. Verify that the unit is stable. Repeat the adjustment as necessary until the unit no longer rocks. Lock the adjustment by tightening the jam nut against the stabilizing bar.



	Description
1	Jam Nut
2	Stabilizing Leg

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

This unit is self powered or can be used with an optional external power supply. Use of an attachable TV requires an external 12V power supply. Use of a Discover Console requires a 24V power supply.

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

Console	Supply Voltage	Frequency	Output Voltage	Output Current
Integrity X / Integrity C	95 - 264 VAC	47 - 63 Hz	12 VDC	3 A
Integrity X / Integrity C with Attachable TV	95 - 264 VAC	47 - 63 Hz	12VDC	5 A
Discover SE3 HD / ST	95 - 264 VAC	47 - 63 Hz	24 VDC	5A

Warning: DO NOT USE A 24VDC POWER SUPPLY WITH INTEGRITY CONSOLES!

Outlet Voltage	Commercial Units Outlet & Breaker (Amps)	Consumer / Home Units Outlet & Breaker (Amps)
120 VAC	20 (no more than 10 cross-trainers per breaker for Integrity; 5 cross-trainers per breaker for Discover)	15 (no more than 8 cross-trainers per breaker for Integrity; 4 cross-trainers per breaker for Discover)
230 VAC	12 (no more than 10 cross-trainers per breaker for Integrity; 5 cross-trainers per breaker for Discover)	12 (no more than 8 cross-trainers per breaker for Integrity; 4 cross-trainers per breaker for Discover)

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

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

Check for Console Power

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

Power Assist Option / External Power Supply

The cross-trainer's optional Power Assist feature makes it possible for the console to be powered by an external electrical source. This eliminates the need to pedal at a minimum speed to supply constant power to the console. With this option, users who use the cross-trainer for rehabilitative exercise may pedal at a rate below the minimum without losing console power.

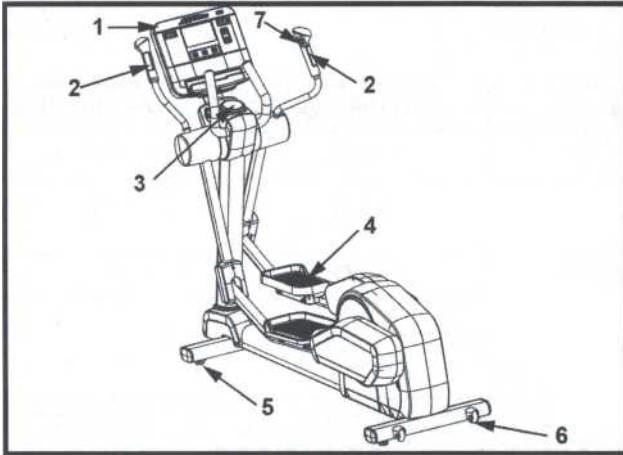
Plug the power to the external power connector on the front end of the cross-trainer. Plug the cord into an AC outlet. Use only the external power supply provided by Life Fitness in order to insure against unsafe operation.

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

The Power Assist feature option requires an optional kit. Contact Life Fitness Customer Support Services to order the kit.

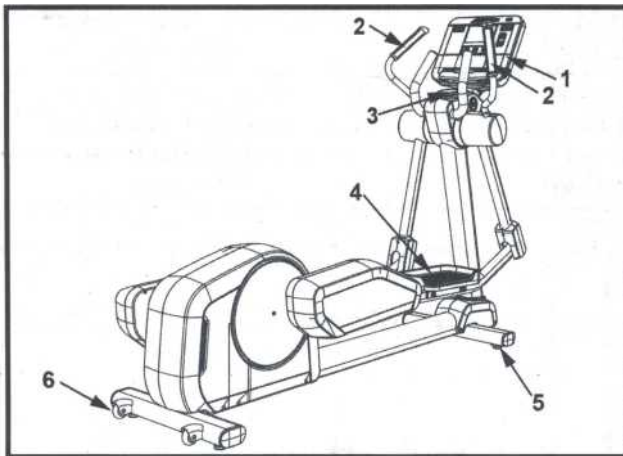
PRODUCT OVERVIEW

INXDX, Club Series +



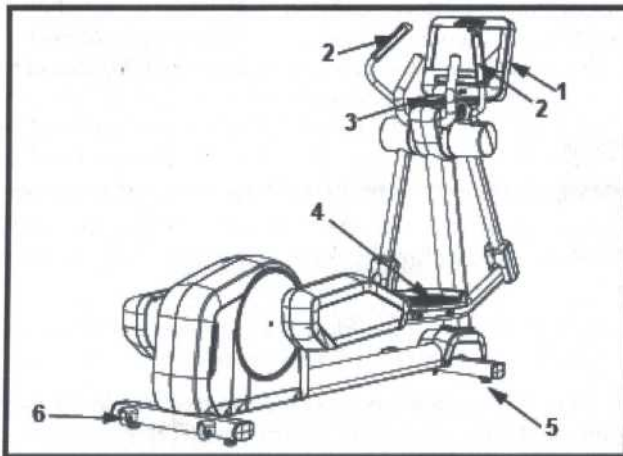
item	Description
1	Console
2	Contact Heart Rate Sensors
3	Cup Holder
4	Pedal
5	Leg Leveler
6	Transport Wheels
7	Resistance Level Up / Down Controls

INXSX, INXSC



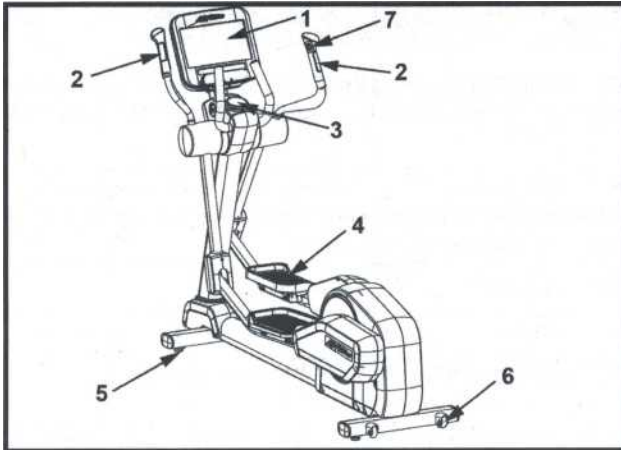
Item	Description
1	Console
2	Contact Heart Rate Sensors
3	Cup Holder
4	Pedal
5	Leg Leveler
6	Transport Wheels

INXSSE, INXST



Item	Description
1	Console
2	Contact Heart Rate Sensors
3	Cup Holder
4	Pedal
5	Leg Leveler
6	Transport Wheels

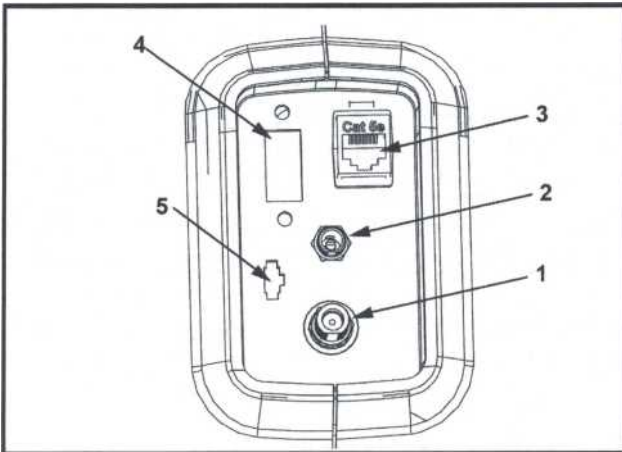
INXDSE, INXDST



Item	Description
1	Console
2	Contact Heart Rate Sensors
3	Cup Holder
4	Pedal
5	Leg Leveler
6	Transport Wheels
7	Resistance Level Up / Down Controls

Connections

The following connection receptacle is located at the front of the cross-trainer.



	Description
1	Coaxial Connection
2	Power Input
3	CAT5e Network / Ethernet
4	HDMI Connection
5	IR Connection

How to Use the Cross-Trainer

Place feet anywhere on the pedals that feel comfortable. Many users put their toes 1-2" from the front edge of the pedals and 0.5-1" from the inside edge of the pedals. However, the pedals are large enough to allow a range of foot positions depending on preference. Using a combination of upper body strength with the moving handles and lower body strength at the feet, begin to rotate the pedals in a forward motion like walking. The cross-trainer can be used in a slow motion like walking or a faster motion like jogging and running. A typical usage speed is 50 - 60 revolutions of the pedals per minute. The user can concentrate more or less force on the moving handles to vary the degree of upper and lower body recruitment. The stationary bullhorn handles can also be used instead of the moving handles, to focus the effort on the lower body only. For added variation, the cross-trainer can be used in a backwards motion.

Mounting and Dismounting the Cross-Trainer

Before mounting, use the moving arms to bring the pedal nearest you to its lowest position. Grasp the stationary handles and carefully step on the pedals. To dismount, rotate the pedals so the pedal you are stepping off is in the lowest position. Step off the pedals while still holding the stationary handles. Then let go of the handles.

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.

Note: Pour assurer la securite du materiel, il convient de l'inspecter regulierement afin de deceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil avant d'avoir repare ou remplace les pieces defectueuses. Pretez une attention particuliere aux pieces sujettes a usure, tel que decrit 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.
 - Clean the top surface of the pedals regularly.
 - Clean the housing and moving arms thoroughly on a regular basis.
- Note:** When cleaning the exterior of the unit, a non-abrasive cleaner and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment.

Approved and Compatible Cleaners

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

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

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

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

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

Preventive Maintenance Schedule

Item	Weekly	Monthly	Biannually
Console Overlays	Clean		Inspect
Bottle Holders /Accessory Trays	Clean	Inspect	
Console Mounting Bolts Hardware			Inspect Inspect
Frame	Clean		Inspect
Plastic Covers	Clean	Inspect	
Lifepulse Sensors	Clean / Inspect		
Leg Levelers Pedals		Inspect/Adjust Inspect	

Troubleshooting the Polar* Heart Rate Chest Strap

Heart rate reading is erratic or absent entirely

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

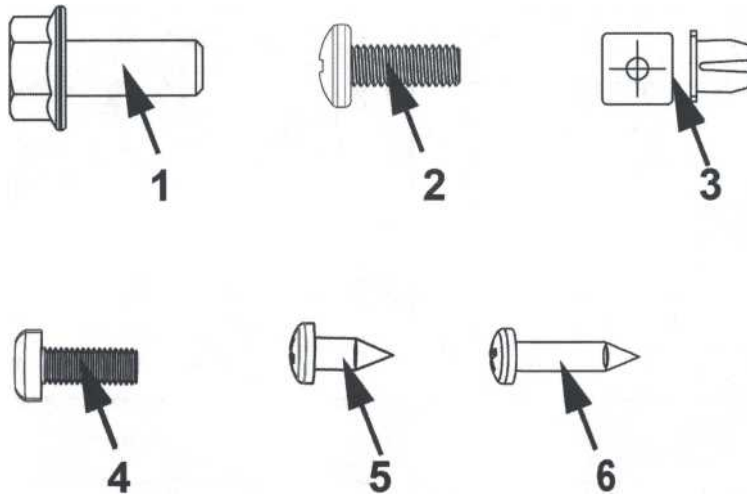
Abnormally elevated heart rate readings

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

ASSEMBLY

Hardware and Required Tools

Hardware

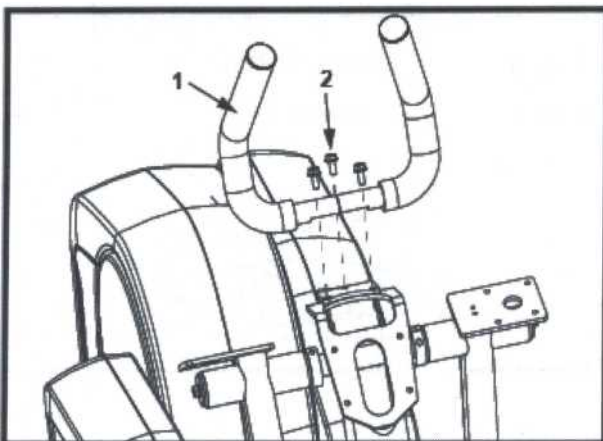



1	M8 X 20 FLANGE HEX HEAD CAP SCREW
2	M6 X 16 PHILLIPS PAN HEAD SCREW
3	GROMMET
4	M5 X 14 PHILLIPS PAN HEAD SCREW
5	M4.2 X 10 PHILLIPS PAN HEAD SCREW
6	M4.2 X 19 PHILLIPS PAN HEAD SCREW

Required Tools:

- 13mm Socket
- Phillips Screw Driver, #2

Attach Bullhorn

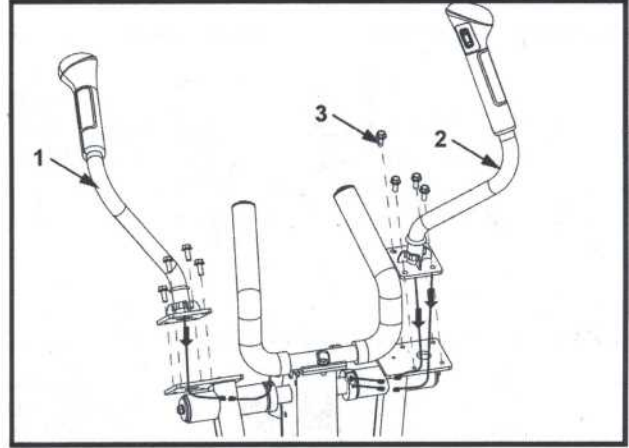
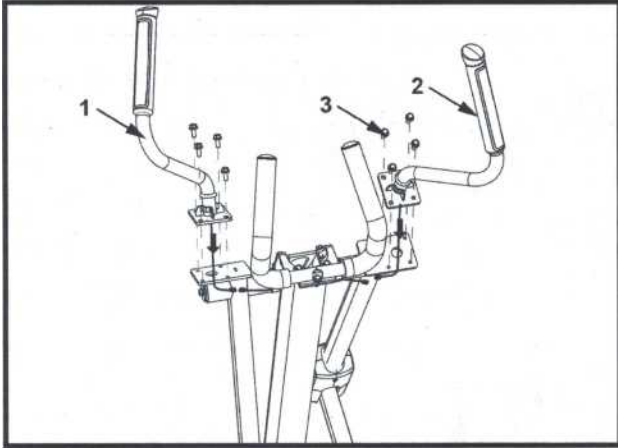



	Description	Qty
1	Bullhorn	1
2	M8 X 20 Flange Head Cap Screw	3
	27 Nm (19.91 ft. lbs.)	

Attach Moving Handles

INXSX, INXSC, INXSE, INXST

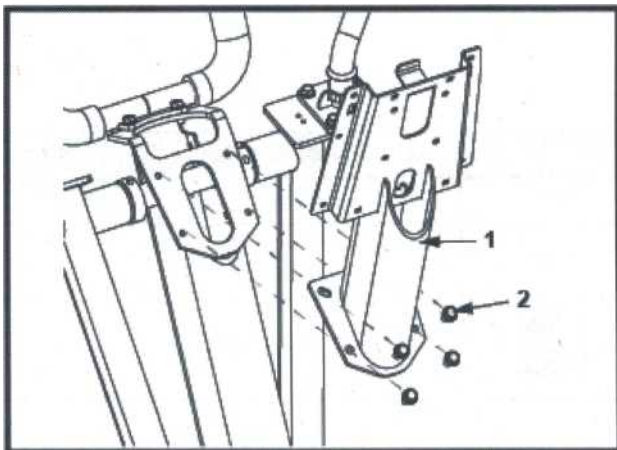
Run Heart Rate Cable down through the opening and Run Heart Rate Cable and Keypad Cable down through make the opening and make connections.




	Description	Qty.
1	Handlebar, Left	1
2	Handlebar, Right	1
3	M8 X 20 Flange Head Cap Screw	8
	27 Nm (19.91 ft. lbs.)	

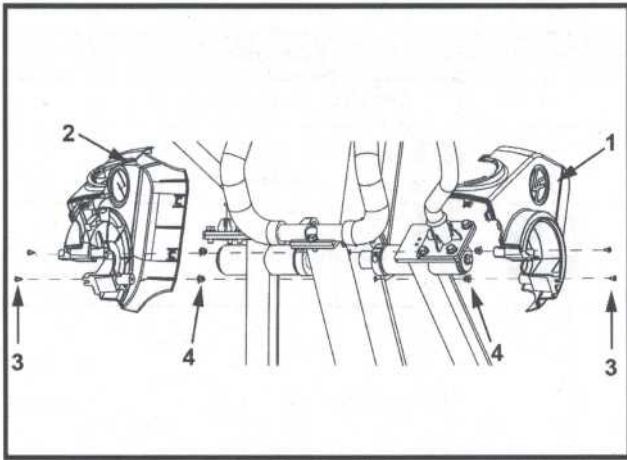
Attach Console Support Weldment

Caution: Remove any protective covering / tape from the monocolumn and console support weldment prior to attaching to base! Failure to remove the protective covering can cause improper grounding!




	Description	Qty
1	Console Support Weldment	1
2	M8 X 20 Flange Head Cap Screw	4
	27 Nm (19.91 ft. lbs.)	

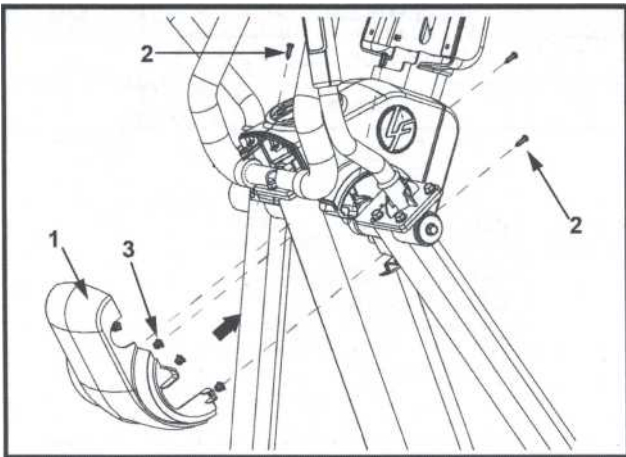
Attach Upper Right and Left Shrouds




Note: Check for proper clip engagement after installing the upper shrouds.

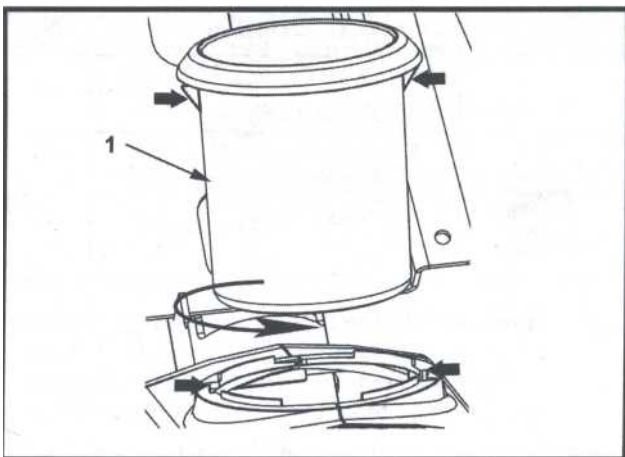
	Description	Qty.
1	Shroud: Upper, Right	1
2	Shroud: Upper, Left	1
3	M4.2X 10 Phillips Pan Head Screw	4
4	Grommet	4
	1.5 Nm (13.3 in. lbs.)	

Attach Middle Shroud



	Description	Qty.
1	Shroud: Middle	1
2	M4.2X 19 Phillips Pan Head Screw	4
3	Grommet	4
	1.1 Nm (9.7 in. lbs.)	

Insert Cup Holder

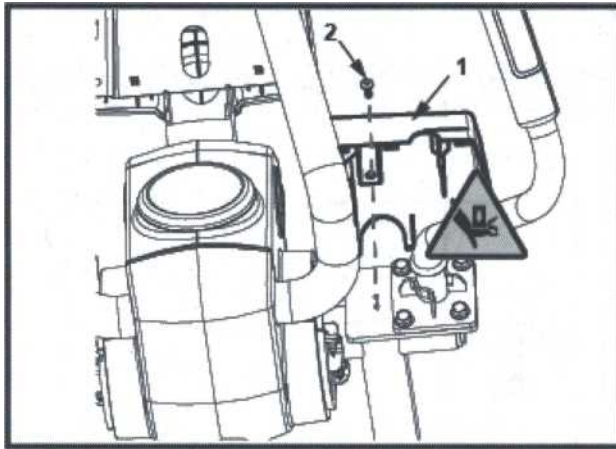



Hgp Note: Align cup ribs with shroud openings. Rotate cup counterclockwise to lock.

	Description	Qty.
1	Cup Holder	1

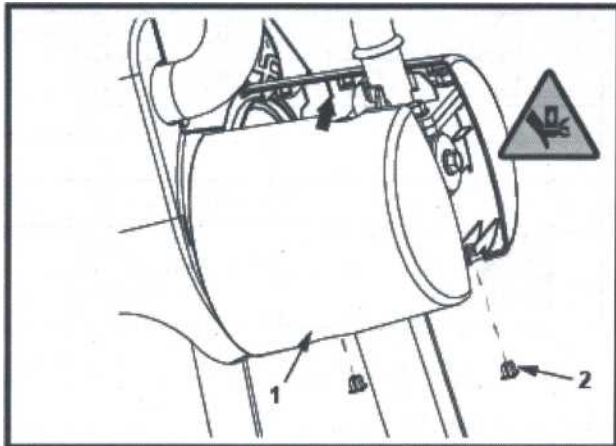
Attach Deadshaft Covers

1. Secure rear deadshaft cover to rocker arm using one screw.



	Description	Qty
1	Deadshaft Cover, Rear	2
2	M6 X 16 Phillips Pan Head Screw	2
	1.5 Nm (13.3 in. lbs.)	

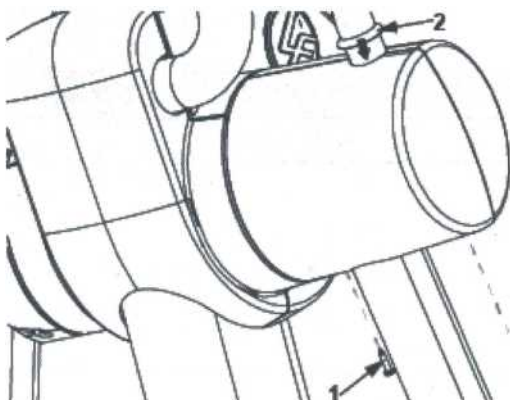
2. Add grommets to rear deadshaft cover. Interlock the front deadshaft cover into the rear deadshaft cover.




	Description	Qty
1	Deadshaft Cover, Front	2
2	Grommet	4

3. Secure the front deadshaft cover to the rear deadshaft cover using two screws and two grommets.

4. Position the gasket on top of the covers.

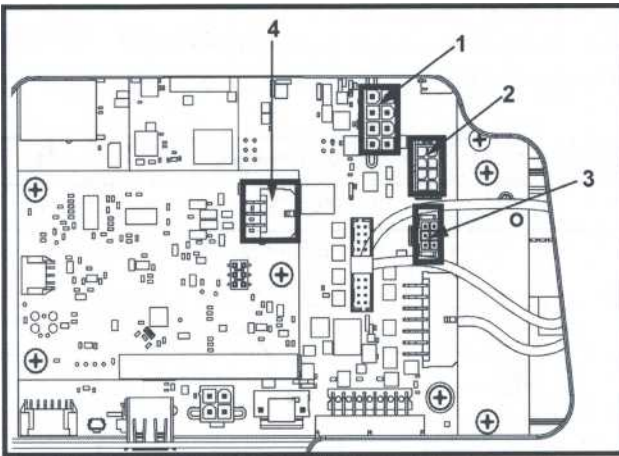


	Description	Qty
1	M4.2X 19 Phillips Pan Head Screw	4
2	Gasket (<i>already attached</i>)	2
	1.1 Nm (9.7 in. lbs.)	

Note: Repeat the procedure reversing front and rear deadshaft covers for the remaining rocker arm.

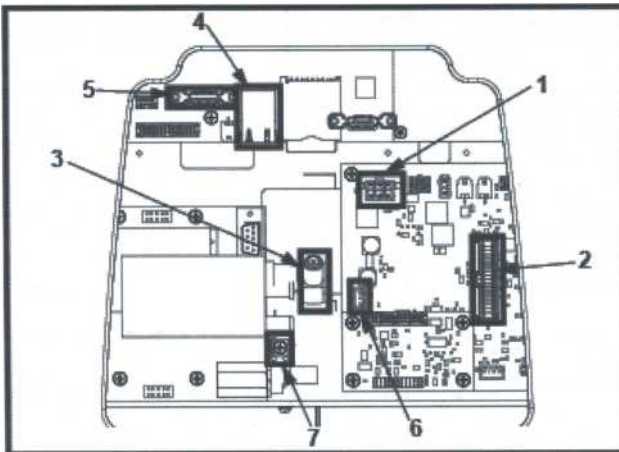
The front cover used on the first rocker arm becomes the rear cover on the remaining rocker arm.

Base to Console Cable Connections - Integrity X or Integrity C



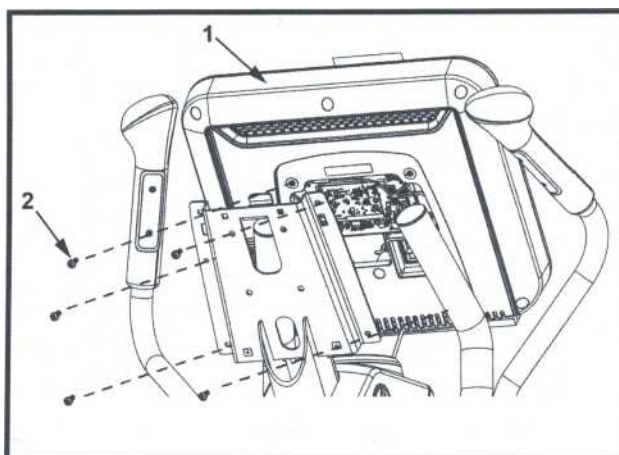
	Description
1	Console to Base Power
2	Base Signal
3	Handlebar Keypad Switches (Resistance)
4	Lifepulse

Base to Console Cable Connections - Discover SE3 HD / ST




	Description
1	External Power Cable
2	PCB to Console Cable
3	Coaxial Cable
4	CAT5e
5	HDMI (optional)
6	IR (optional)
7	Ground Wire

Attach Console

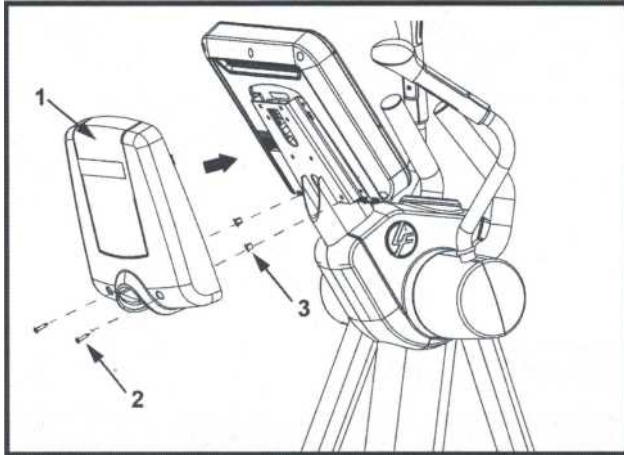



gf* Note: Use the hook on top of the console support weldment to aid in console installation.

	Description	Qty.
1	Console	1
2	M5X 14 Phillips Pan Head Screw	5
	1.9 Nm (1.4 ft. lbs.)	

Attach Rear Cover (Console)

1. Insert grommets into the two holes on the back of the console support weldment.
2. Push the clips on top of the rear cover into the corresponding slots on the console support weldment.
3. Use two screws to go through the two holes on the back of the rear cover to the corresponding two grommets on the console support weldment.



	Description	Qty
1	Rear Cover	1
2	M4.2X 19 Phillips Pan Head Screw	2
3	Grommet	2
	1.5 Nm (13.3 in. lbs.)	

SPECIFICATIONS

Specifications

Designed Use	Heavy / Commercial (INXSX, INXDX, INXSC, INXSSE, INXST, INXDSE, INXDST) EN ISO 20957 Class SA
	Home (Club Series +) EN ISO 20957 Class HA
Maximum User Weight	400 lbs./181 kg
Drive Type	Generator
Pedal Speed Range	2.5 - 14 mph (4 - 22.5 kph)
Resistance Levels	25
Power Requirements	See Electrical Power Requirements Section
Heart Rate Monitoring Systems	Patented Lifepulse™ digital contact heart rate and Polar® telemetry compatible heart rate monitoring system

	Physical Dimensions	Shipped Dimensions
Length	87.2 in./2215 mm	91.5 in./2324 mm
Width	29.7 in. / 754 mm (INXSX, INXSC, INXSSE, INXST)	35 in. / 889 mm
	28.9 in. / 734 mm (INXDX, INXDSE, INXDST, Club Series +)	
Height	62.6 in. / 1590 mm (INXSX, INXSC, INXSSE, INXST)	51.5 in. / 1308 mm
	63.9 in. / 1623 mm (INXDX, INXDSE, INXDST, Club Series +)	
Weight (<i>without console</i>)	298 lbs. / 135 kg (INXSX, INXSC, INXSSE, INXST)	400 lbs./181 kg
	301 lbs. / 136.5 kg (INXDX, INXDSE, INXDST, Club Series +)	