

Integrity X

Integrity INTSX, INTDX, INCSX, INCDX, INRSX, INRDX, INXSX, INXDX, INPMDX, INATLSX, INATTSX, & Club Series +

Owner's Manual



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User and Service Documents Link

Operation Manuals and other Product Information available at
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FCC Compliance Information

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

FCC Warning - Possible Radio / Television Interference

EN ISO 20957 Class S: Professional and / or commercial use.

 **NOTE:** This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.

EN ISO 20957 Class H: Home use.

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

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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

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

Bikes:

For EN ISO 20957-5: 2016 Class SA accuracy testing, power at the crankshaft was measured by connecting the training equipment to a dynamometer. The crank was rotated and torque measured per EN ISO 20957-5: 2016 Class SA operating test conditions. Accuracy of the resulting watts displayed on the console and actual watts measured by dynamometer were found to be within the tolerance of EN ISO 20957-5: 2016 Class SA (+/- 5 Watts up to 50 Watts and +/- 10% over 50 Watts).

Arc Trainers and Cross-Trainers:

For EN ISO 20957-9: 2016 Class SA accuracy testing, power at the crankshaft was measured by connecting the training equipment to a dynamometer. The crank was rotated and torque measured per EN ISO 20957-9: 2016 Class SA operating test conditions. Accuracy of the resulting watts displayed on the console and actual watts measured by dynamometer were found to be within the tolerance of EN ISO 20957-9: 2016 Class SA (+/- 5 Watts up to 50 Watts and +/- 10% over 50 Watts).

Manual Information

This Owner's Manual describes the functions of the following products:

- **Integrity Series Cross-Trainer**
- **Integrity Series Treadmill**
- **Integrity Series Recumbent Lifecycle® Exercise Bike**
- **Integrity Series Upright Lifecycle® Exercise Bike**
- **Life Fitness Arc Trainer**
- **Life Fitness PowerMill**

See [Specifications](#) in this manual for product specific features.

Statements of Purpose:

- The Life Fitness Treadmill is an exercise machine that enables users to walk or run, in place, indoors on a moving surface.
- The Life Fitness Cross-Trainer is an exercise machine that combines low-impact elliptical pedaling with push / pull arm motion to provide an efficient, effective total body workout indoors.
- The Life Fitness Lifecycle™ Exercise Bike is a machine that simulates the movements of riding a bicycle indoors at various speeds and levels of resistance.
- The Life Fitness Arc Trainer is an exercise machine that combines low-impact elliptical pedaling with push / pull arm motion to provide an efficient, effective total body workout indoors.
- The Life Fitness PowerMill Climber is a commercial exercise machine that enables users to scale a revolving staircase at a wide variety of speeds.

1. Safety

Safety Instructions

Read all instructions before using Life Fitness products.

All Products

 **WARNING:** Health-related injuries may result from incorrect or excessive use of exercise equipment. It is **STRONGLY** recommended 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 well immediately.

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

 **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:** 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.

 **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.
- 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.
- 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.

Treadmill

 **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:** 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.

- 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. 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.
- 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.
- 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. Noise emission under load is higher than without load.

Arc Trainer

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

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

- Do not stand or sit on the rear plastic covers of the Arc Trainer.
- The individual human power required to perform an exercise may be different than the mechanical power displayed on the Arc Trainer.
- Use caution when mounting or dismounting the Arc 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.
- Never face backward while using the Arc Trainer.

Cross-Trainer

 **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.

- 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.
- 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.
- Never face backward while using the Cross-Trainer.

Lifecycle Exercise Bikes

 **WARNING:** Allow a distance of 16 in. (41 cm) between the widest part of the bike and other objects on either side. Provide at least 3 ft. (0.9 m) between the front or rear of the bike to any other objects and 2 ft. (0.6 m) in the direction the equipment is accessed from.

- Do not stand or sit on plastic shrouds.
- Use caution when mounting or dismounting the bike. Use the stationary handlebar whenever additional stability is required.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

Immobilization Method

The purpose of immobilizing the treadmill is to prevent unauthorized use. The system causes immobilization of the treadmill when a pre-defined hard key sequence has been activated.

To prevent false toggling of the Immobilized feature, this sequence must be done in a 5-10 second period.

1. Press the **STOP** key 3 times.
2. Press the **SPEED DOWN** arrow key 3 times.

2. Overview

Console

Treadmill shown



1. **Touch screen display** Press to select, set up, monitor, and save workouts.

2. **Go** Press to automatically begin a Quick Start workout.

3. **Pause** Press to pause a workout.

 **NOTE:** *Club Series + only:* The unit will enter Energy Saving Mode after 5 minutes of inactivity, with a warning at 4:45 that energy saving is about to start. To wake the console, step on the treadmill or push the green “Go” button. When successful, a beep will be heard and the LCD screen will show the Life Fitness logo. The unit will take approximately 25 seconds to allow you to start a workout.

4. **Stop** Press to stop a workout.

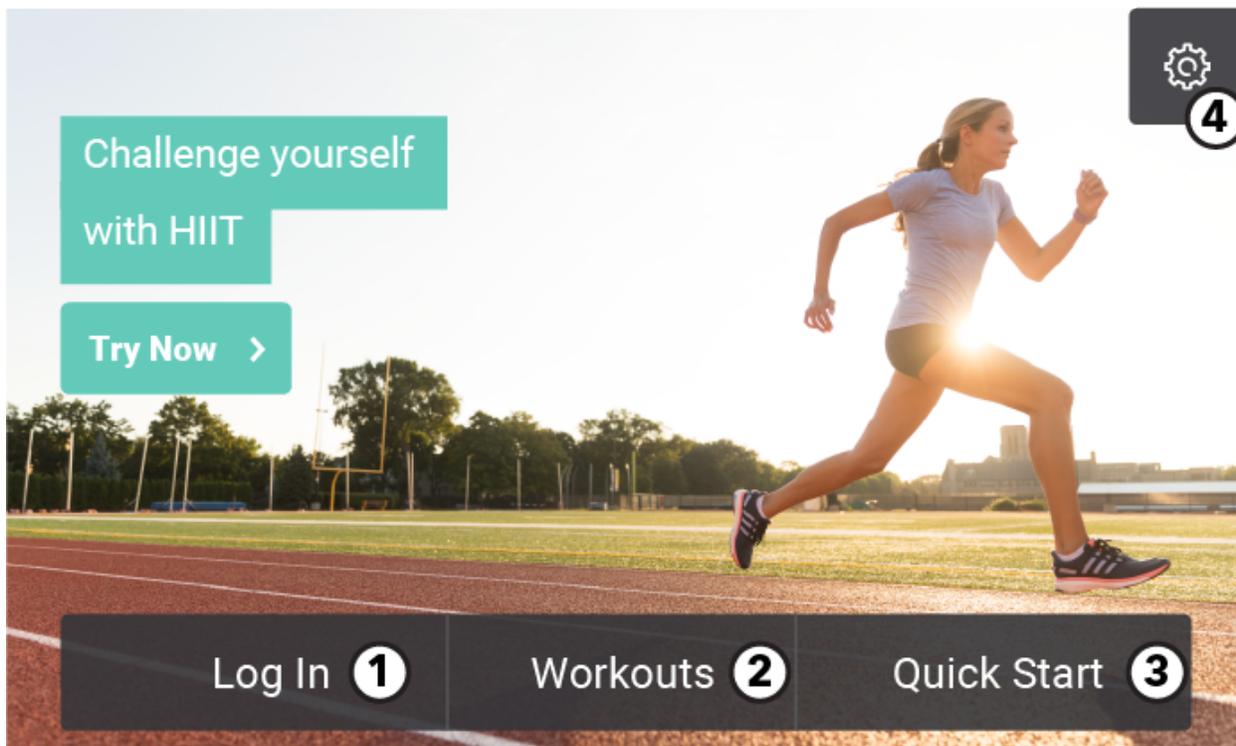
5. **Incline Display / Speed Display (not available on PowerMill)** Displays current incline or speed (bikes only).

6. **Speed Display / Resistance Display** Displays current speed or resistance (bikes and Arc Trainer only).

7. **▲ or ▼** Use to increase / decrease speed and incline (treadmills only) or resistance.

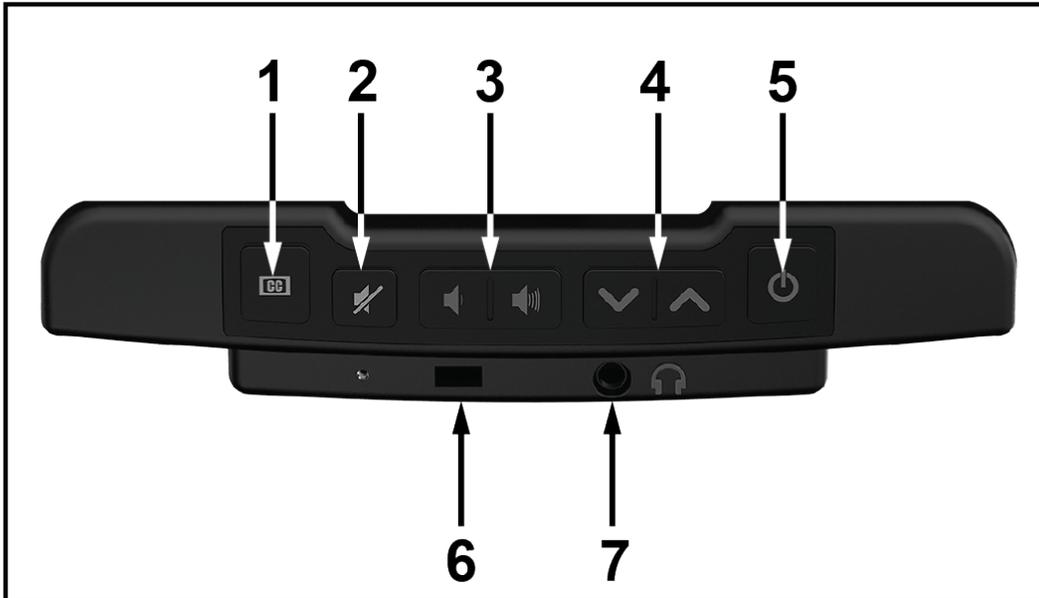
- 8. **Reading Rack / Tablet Holder** Place reading material as well as mobile devices and tablets in this built-in holder.
- 9. **USB Port** Charge USB devices.

Home Screen



- 1. **Log In** Press to log in to your LFconnect account.
- 2. **Workouts** Select a pre-programmed workout.
- 3. **Quick Start** Press to immediately begin a workout.
- 4. **Options** Press to access the Options menu.

Optional Entertainment Rack



1	Closed Caption	Press to enable Closed Caption.
2	Mute	Press to turn off sound.
3	Volume Up / Down keys	Use these keys to adjust volume.
4	Channel Up / Down keys	Use these keys to change channels.
5	Power	Press to turn the TV on.
6	USB Port	Charge USB devices.
7	Headphone Jack	Plug in headphones to listen to TV and entertainment options.

The Lifepulse™ System

The patented Lifepulse system sensors (B) are the built-in heart rate monitoring system on this product. For the most accurate reading possible, during a workout:

- Grasp the sensors firmly.
- Hold each sensors at the midpoint.
- Keep hands steady and in place.

Treadmill



The console displays the heart rate within 10 to 40 seconds after the user grasps the sensors. The following factors may affect a Lifepulse reading:

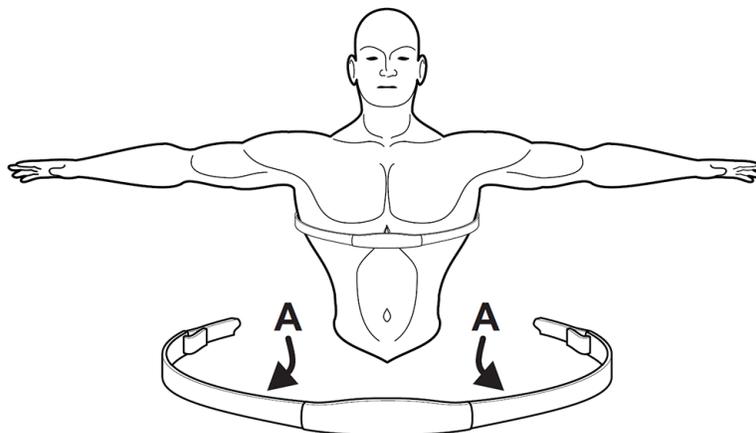
- incorrect hand placement on the sensors
- upper body activity, lotion or dirt on hands
- excessive or insufficient pressure when gripping the sensors

 **NOTE:** Do not attempt to grasp the sensors on a treadmill at speeds above 4.5 MPH or 7.2 KPH. For these speeds, the use of a Polar telemetry heart rate chest strap is recommended. 

Optional Polar® Telemetry Heart Rate Chest Strap

The Polar telemetry heart rate monitoring system transfers heart rate signals to the console when electrodes are pressed against the skin. These electrodes are attached to a Polar telemetry heart rate chest strap that the user wears during the workout. The Polar telemetry heart rate chest strap is optional. Contact [Life Fitness Customer Support Services](#) to order.

See diagram for correct positioning of the Polar telemetry heart rate chest strap. The electrodes (A), which are the two grooved surfaces on the underside of the strap, must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moisten the electrodes. Then, secure the Polar telemetry heart rate chest strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.

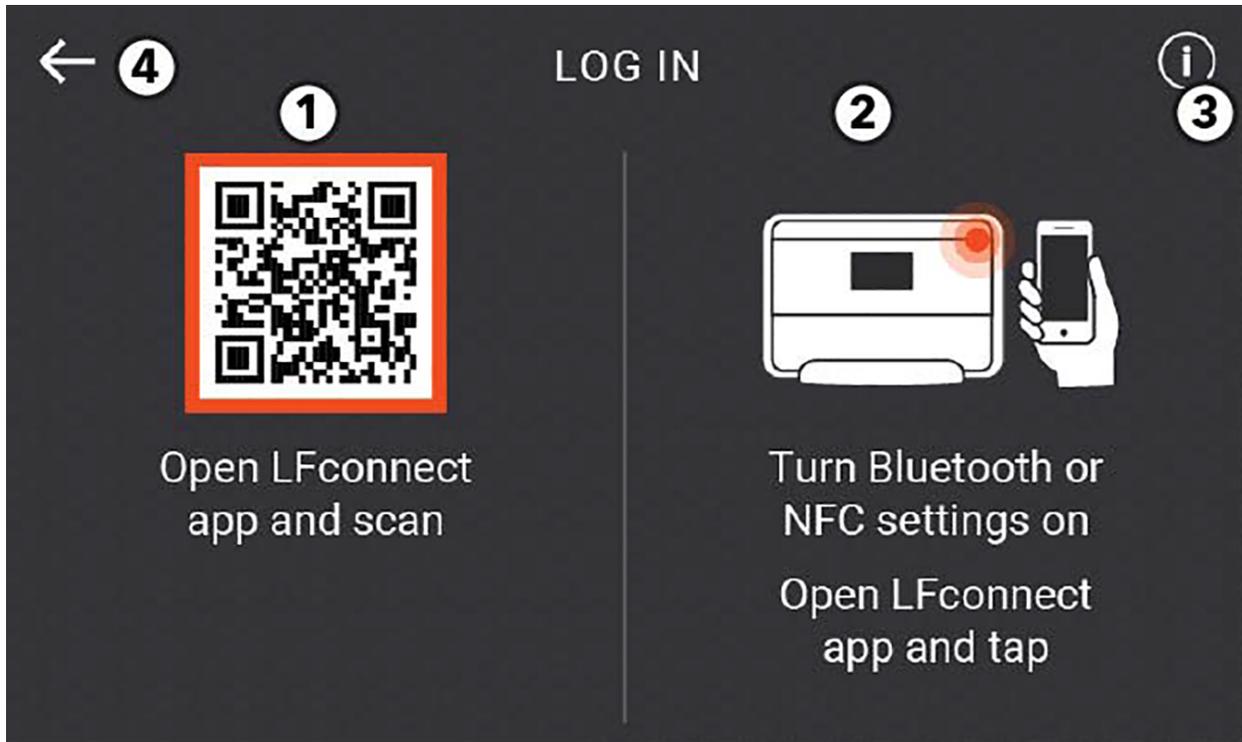


The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with bare skin. However, it functions properly through a thin layer of wet clothing. If it becomes necessary to re-moisten the Polar telemetry heart rate chest strap electrodes, grasp the center of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

-  **NOTE:** If the Lifepulse system sensors are grasped while the chest strap is worn, and if the signals from the sensors are valid, the on-board computer uses these sensor signals for calculating the heart rate instead of those transmitted by the Polar telemetry heart rate chest strap.
-  **NOTE:** During the setup of a heart rate zone training workout, the user will be required to enter a start-up speed. If a Polar telemetry heart rate chest strap is not detected, the maximum allowable speed is 4.5 MPH / 7.2 KPH. If a Polar telemetry heart rate chest strap is detected, users can workout at the maximum allowed speed.

3. Operation

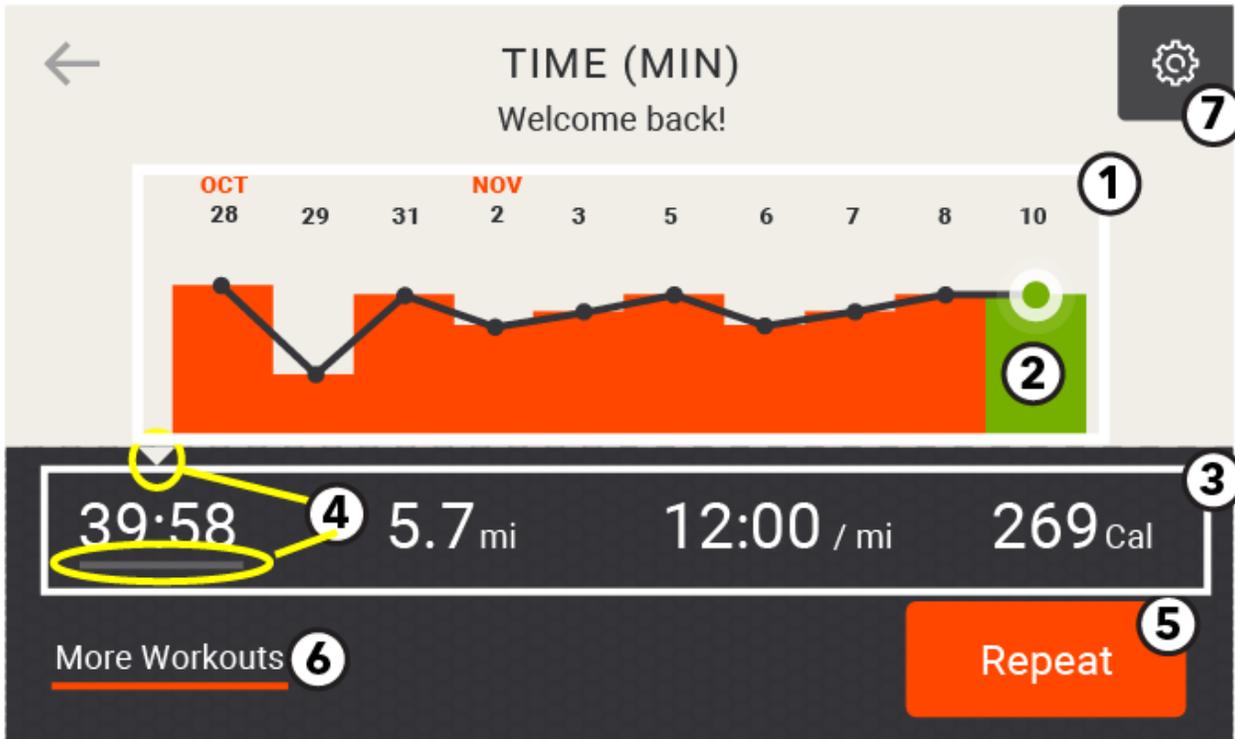
Log In



Log in to the console to track and save workouts to the LFconnect app.

- 1. QR Code**
 - Open the LFconnect application on your smart device.
 - Scan the QR Code with a smart device.
 - 2. NFC / Bluetooth**
 - On an Apple® device, enable Bluetooth, open the LFconnect application, and turn on the Bluetooth proximity login feature.
 - On an Android® device, enable NFC, and open the LFconnect app.
-  **NOTE:** Follow the prompts on the LFconnect application: Touch the phone to the upper, right-hand corner of the console to automatically connect.
- 3. Information** Press to get information about the LFconnect application.
 - 4. Back Arrow** Press to return to home screen.

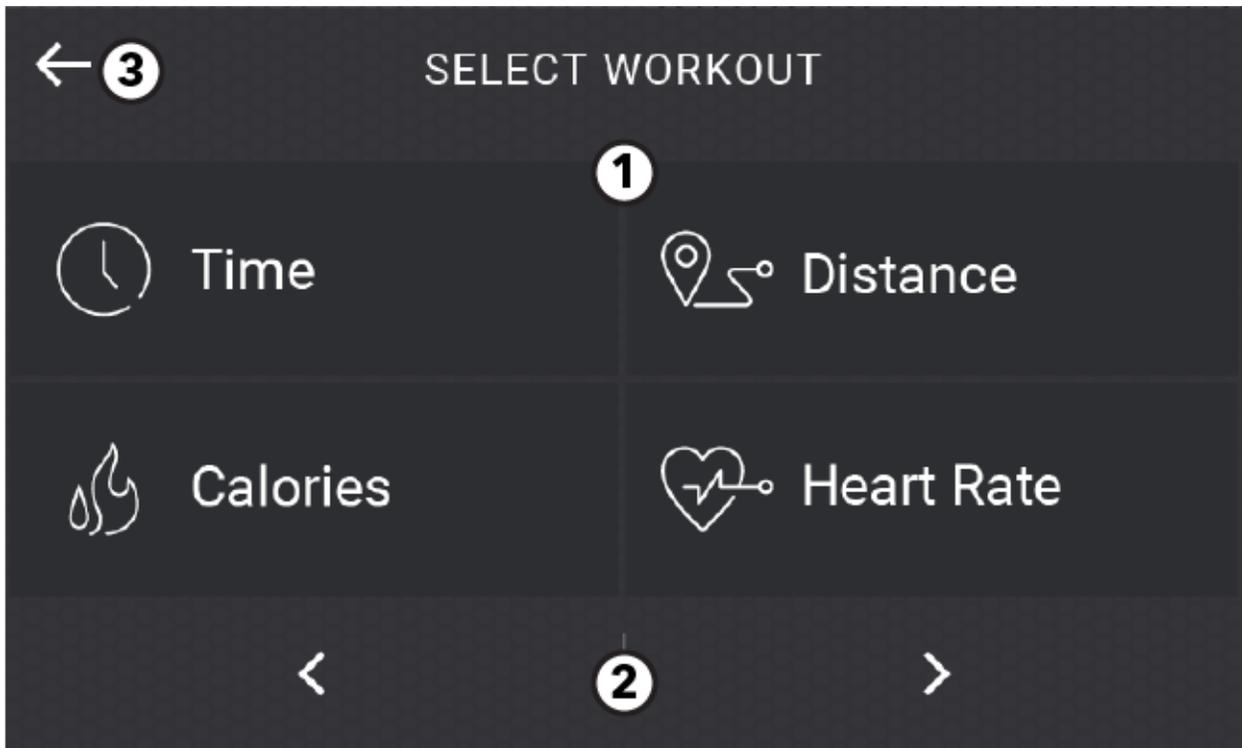
Welcome Screen



- 1. Workout Data** Previous 10 saved workout dates and results are shown.
- 2. Current Workout Result** The pulsing green dot indicates current workout results.
- 3. Workout Metric** Tap a specific workout metric to view the history of that metric on the graph.
- 4. Triangle and Underline Indicators** The triangle and underline indicate the selected workout metric.
- 5. Repeat** Repeat a previous workout.
- 6. More Workouts** Press to access the **Select Workout** menu.
- 7. Options Menu** Press to access the Options menu.

Workouts

Select Workout



1. Workout Options

Select from the following workouts:

- **Time** Set a time goal for a workout.
- **Calories** Set a number of calories to burn during a workout.
- **Distance** Set a distance goal for a workout.
- **Heart Rate** Set a target heart rate to maintain during a workout.

2. ◀and▶

Press to scroll through these additional workouts:

👉 **NOTE:** The following workouts are not available on all units.

- **Random** Adapt to incline levels that randomly change during a workout.
- **Hill** Incline level gradually increases during the first half of the workout and then gradually decreases during the second half.
- **Manual** Control the incline level or speed manually during a workout.
- **Rolling Hills** Choose the intensity of a series of up and down incline levels.
- **Speed Interval (treadmill only)** Choose between manual and automatic options. The manual option allows you to select between three speeds set by you during workout setup. The automatic option allows you to preselect two speed levels and interval durations that the machine automatically changes during a workout.
- **WFI Submax Protocol (treadmill only)** A graded submax assessment is used to predict a fire fighter's aerobic capacity. This test automatically increases speed and incline until a target heart rate is reached. This assessment replaces the Gerkin

assessment. Once the target heart rate has been exceeded for 15 seconds, the program goes into a cool down for 3 minutes at 3 mph at a 0% grade.

- **Life Fitness Fit Test** A 5-minute VO2 sub-max evaluation designed to determine cardiovascular fitness level.
- **Resistance Interval (Arc Trainer, bikes, and cross-trainer only)** Choose between manual and automatic options. The manual option allows you to select between three resistance levels set by you during workout setup. The automatic option allows you to preselect two resistance intervals and interval durations that the machine automatically changes during a workout.
- **Reverse (cross-trainer only)** Alternate between 5 minutes of forward motion with 2 minutes of reverse motion.
- **METS (bikes only)** Target a rate of effort equal to a certain number of METs.
- **Watts (Arc Trainer and bikes only)** Target a rate of effort equal to a certain number of watts.

3. Exit

Exit the Workout Selection screen and return to the Home screen.

Workout Options

 **NOTE:** The following workouts are not available on all units.

Workout Type	User Input
Time	Three preset values or manual input
	Incline level
	Weight
Distance	Three preset values or manual input
	Incline level
	Weight
Calories	Three preset values or manual input
	Weight
	Level
Heart Rate	Age
	Target Heart Rate
	Time (three preset values or manual input)
	Level
	Weight

Workout Type	User Input
Random	Time (three preset values or manual input)
	Level
	Weight
Rolling Hills	Time (three preset values or manual input)
	Level
	Weight
Hill	Time (three preset values or manual input)
	Level
	Weight
Manual	Time (three preset values or manual input)
	Level
	Weight
Speed Interval (treadmill only)	Time (three preset values or manual input)
	Manual (set resistance with quick keys)
	Automatic (set two resistance intervals and two time intervals)
WFI Submax Interval (treadmill only)	Age
	Height
	Weight
Resistance Interval (bikes and cross-trainers only)	Time (three preset values or manual input)
	Manual (set resistance with quick keys)
	Automatic (set two resistance intervals and two time intervals)
Reverse (cross-trainer only)	Time (three preset values or manual input)
	Resistance
	Weight
METs (bikes only)	Time
	Weight
	METs
Watts (bikes only)	Time
	Weight
	Watts
Life Fitness Fit Tests	Weight
	Age
	Gender
	Resistance

Workout Type	User Input
Navy PRT	Elevation (two options)
	Weight
	Age
	Gender
	Speed (treadmill only)
Climb	Height
	Calories
	Time

Fitness Test

- The Life Fitness Fit Test estimates cardiovascular activity and can be used to monitor improvements in endurance every 4 - 6 weeks.
- The Fit Test is considered to be a submax VO₂ (volume or oxygen) test and gauges how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood.
- Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity.
- Workout duration is 5 minutes total.
- Take the Fit Test under similar circumstances each time. For the most accurate Fit Test results, you should perform the Fit Test on three consecutive days and average the three scores.
- To receive a proper Fit Test score, the work done must be within a training heart rate zone that is 60% to 85% of the theoretical maximum heart rate (HR_{max}).

The user must grasp the hand sensors when prompted, or wear a Polar telemetry heart rate chest strap as the test score calculation is based on a heart rate reading.

 **NOTE:** The workout will be terminated if a heart rate is not detected after 2.5 minutes.

Your heart rate is dependent on many factors, including:

- amount of sleep the previous night (at least 7 hours is recommended)
- time of day
- time you last ate (2 - 4 hours after the last meal is recommended)
- time since you last drank a liquid containing caffeine or alcohol, or smoked a cigarette (at least 4 hours is recommended)
- time since you last exercised (at least 6 hours is recommended)

Suggested exertion levels should be used as a guideline for setting up the Fit Test program. The goal is to elevate the user's heart rate to a level that is between 60%-85% of their theoretical maximum heart rate.

	Inactive	Active	Very Active
Treadmill	2 - 3 mph (3.2 - 4.8 kph)	3 - 4 mph (4.8 - 6.4 kph)	3.5 - 4.5 mph (5.6 - 7.2 kph)
Cross-Trainer	L 2-4 men L 1-2 women	L 3-10 men L 2-5 women	L 7-15 men L 3-10 women
Lifecycle Exercise Bikes	L 4-6 men L 2-4 women	L 5-10 men L 3-7 women	L 8-14 men L 6-10 women
PowerMill Climber	L1 - L4	L3 - L7	L6 - L11
FlexStrider	L6 - L10	L8 - L10	L10 - L14

Within each suggested range, use these additional guidelines:

Lower Half of Range	Upper Half of Range
higher age	lower age

Lower Half of Range	Upper Half of Range
lower weight	higher weight (in cases of excessive weight, use lower half of range)
shorter	taller

After the 5-minute FIT TEST is completed, a FIT TEST score and rating will be displayed.

Please note that the estimated VO2 max scores achieved will be 10-15% lower on stationary exercise bikes than those achieved on other Life Fitness cardiovascular equipment. Stationary cycling has a higher rate of isolated muscle fatigue of the quadriceps when compared to walking / running on a treadmill or utilizing a bike. This higher rate of fatigue corresponds to lower levels of estimated VO2 max scores.

Relative Fitness Classification for MEN

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

Relative Fitness Classification for WOMEN

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

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

Heart Rate Goals Workouts

Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results. Zone Training identifies an exerciser's ideal heart rate range, or zone, for burning fat or increasing cardiovascular fitness. The zone is a percentage of the theoretical maximum (HRmax), and its value depends on the workout. The maximal heart rate formula is defined by the American College of Sports Medicine's Guidelines for Exercise Testing and Prescription, 8th Edition, 2010. HRmax equals to 206.9 minus the total of 0.67 multiplied by a person's age.

$$\text{HR Max} = 206.9 - (0.67 * \text{age})$$

Theoretical Maximum Heart Rates and Target Heart Rates

Reference the chart below for Theoretical Maximum Heart Rates and Target Heart Rates. Listed as BPM (Beats per Minute).

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

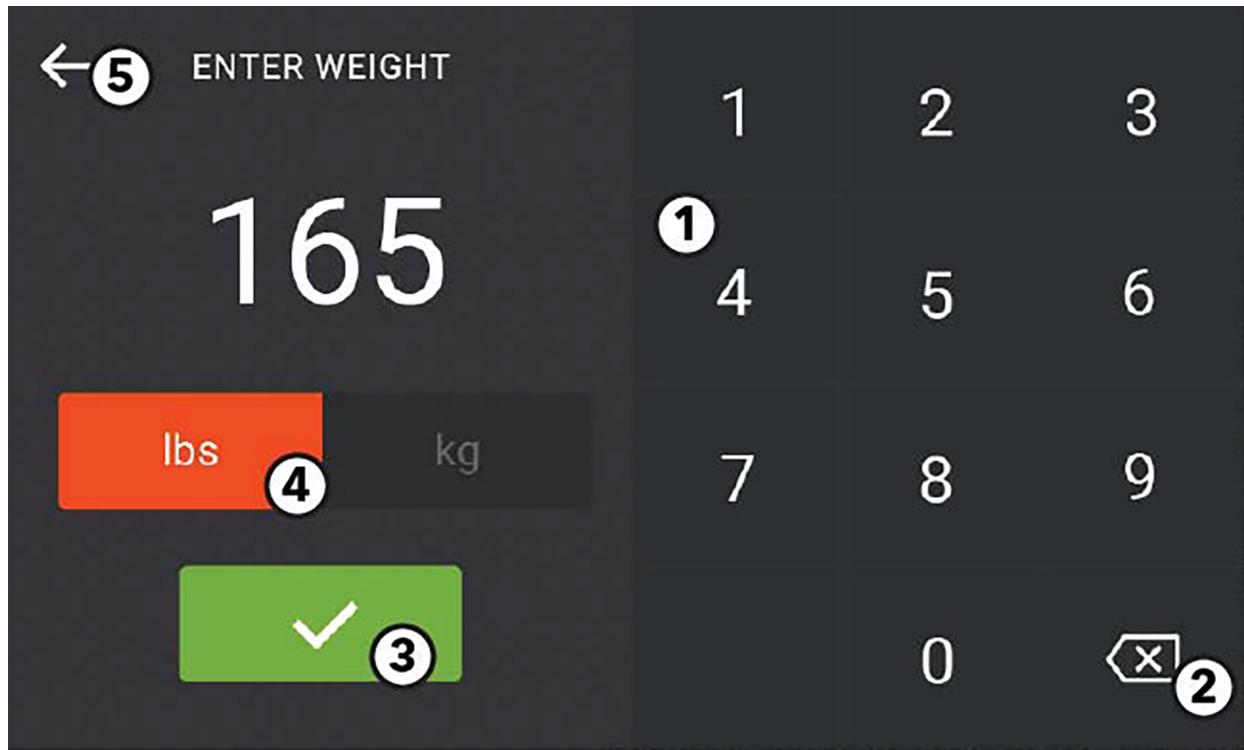
Wear the optional Polar® telemetry heart rate chest strap, or grip the Lifepulse™ sensors, to enable the on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the incline level (Treadmills only) to maintain the target heart rate based on the actual heart rate.

Quick Start

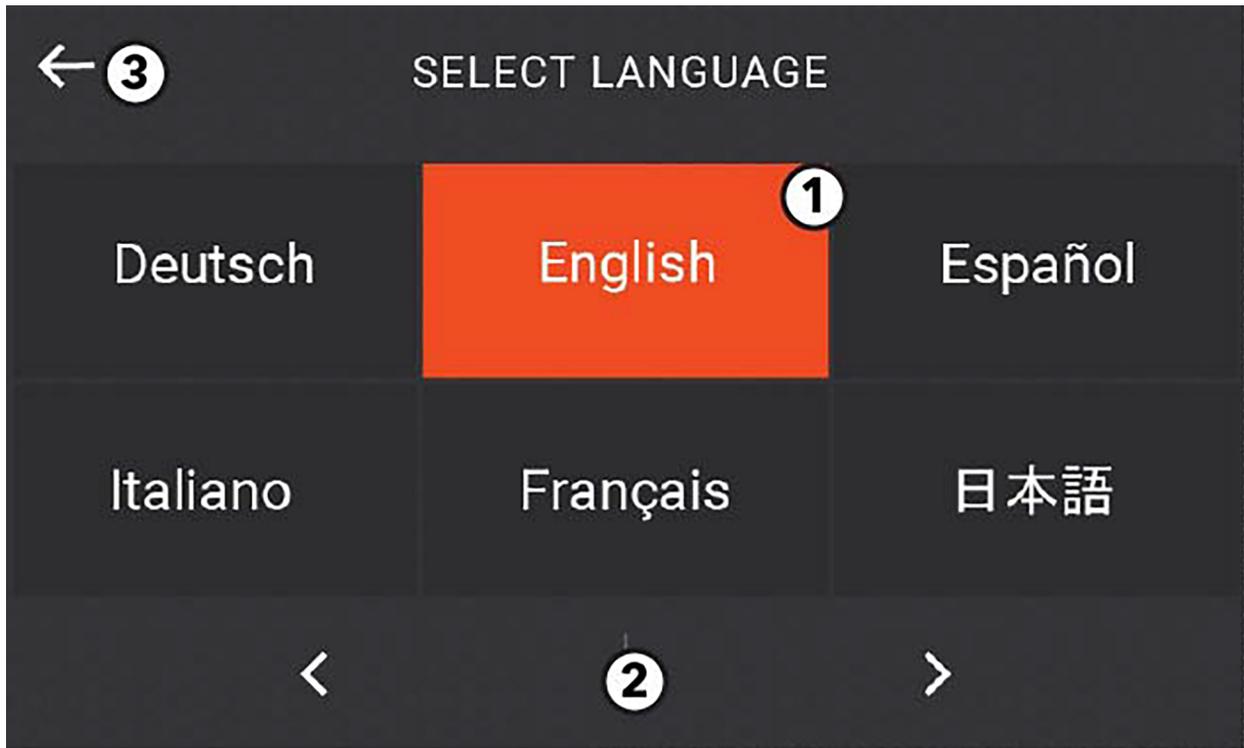
1. Press **GO** for a Quick Start workout.
2. Enter your weight using the **UP** and **DOWN** arrow keys on the right side of the console.

Options

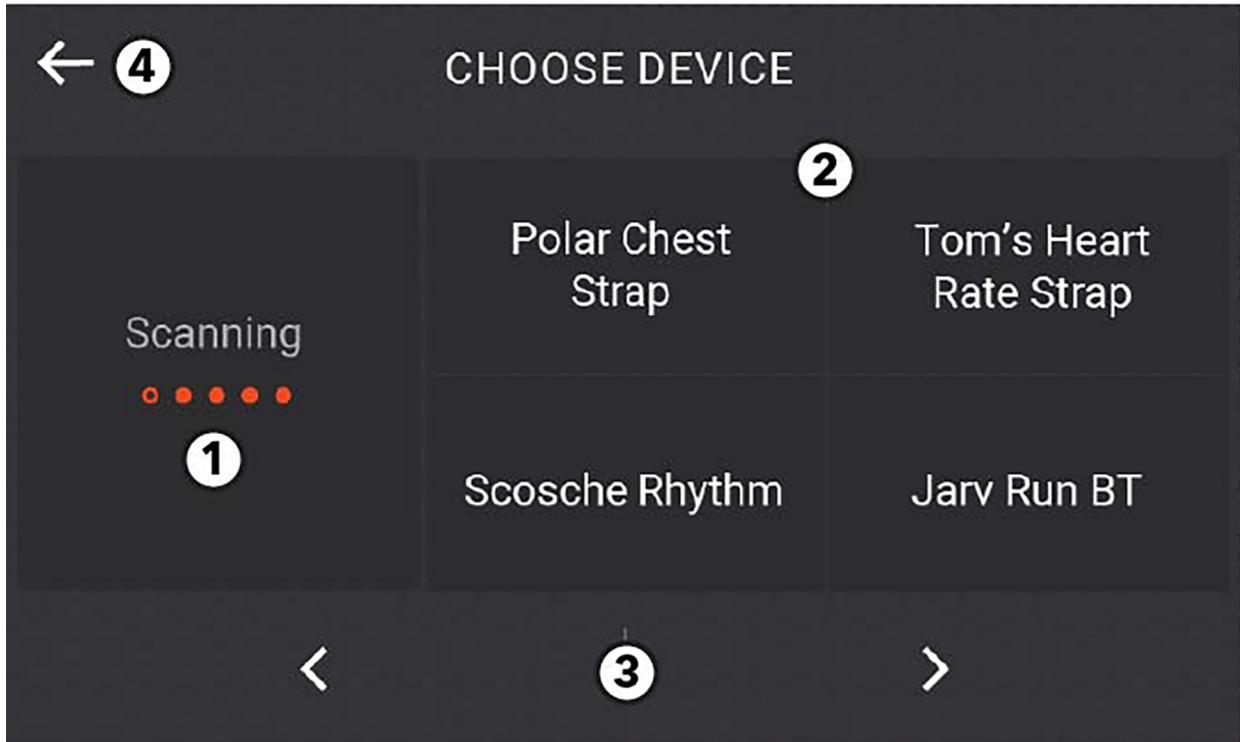
Enter Weight



1. Numeric KeypadPress on the numbers to add the user's weight.
2. DeletePress to delete an incorrect data entry.
3. AcceptPress to accept the weight value. The updated value will show on the **Edit Weight** button on the Options Menu.
4. Unit of measurementPress either pounds (lbs) or kilograms (kg).
5. ExitPress to exit the **ENTER WEIGHT** screen.



1. Press on a language to use during a workout.
 **NOTE:** The default language can be changed by the manager.
2. Press on the ◀ and ▶ to scroll through additional language options.
3. Press the left arrow to exit the **SELECT LANGUAGE** menu and return to the options menu



- 1. Scanning** The console scans for available bluetooth devices. Once the scan is complete, a **Rescan** button replaces the **Scanning** message.
- 2. Device Selection** The user can tap on any item at any time during the scan.
- 3. ◀ and ▶** Press to scroll through additional devices.
- 4. Exit** Press to exit the **CHOOSE DEVICE** screen and return to the home screen.

Workout Mode



- 1. Miniature Graph**
 - The graph displays upcoming changes in difficulty.
 - Press on the graph to display the graph in full-screen mode.
- 2. Goal Progress Ring** The orange ring shows the user's progress towards a selected goal.
- 3. Miniature Goal** The orange ring shows the user's progress towards a selected goal in smaller units.
- 4. Progress Dots** Each dot is a progress indicator. When the progress ring covers the dot, the next dot illuminates orange and begins blinking.
- 5. Center Metric**
 - Displays the current value of the primary workout goal.
 - Press on the value to edit the main goal.

 **NOTE:** For more information, please see [Workout Metrics](#).
- 6. Target Goal** Displays the target goal.
- 7. Bottom Left Metric**
 - Displays current value of the secondary workout goal.
 - Press on the value to display current workout values.

 **NOTE:** For more information, please see [Workout Metrics](#).
- 8. Bottom Right Metric**
 - Displays the current value of the workout goal.
 - Press on the value to display current workout values.

 **NOTE:** For more information, please see [Workout Metrics](#).

Heart Rate Monitor



Shows the user's current heart rate from one of the following devices:

- Contact sensors on the machine
- Polar telemetry heart rate strap
- Bluetooth heart rate device

Workout Metrics

Workout Types	Center Metric	Bottom Left Metric	Bottom Right Metric
Time	Time	Calories	Distance
Distance	Distance	Calories	Time Elapsed
Calories	Calories	Distance	Time Elapsed
Heart Rate	Heart Rate	Calories	Distance
Random	Time	Calories	Distance
Manual	Time	Calories	Distance
Hill	Time	Calories	Distance
Rolling Hills	Time	Calories	Distance
Speed Interval (manual)	Time/Speed	Calories	Distance
Speed Interval (automatic)	Time	Calories	Distance
LF Fit Test	Time	Calories	Distance
Resistance Interval	Time	Calories	Distance
Reverse	Time	Calories	Distance
METs	Time	Calories	Distance
Watts	Time	Calories	Distance
Climb	Height	Calories	Time Elapsed

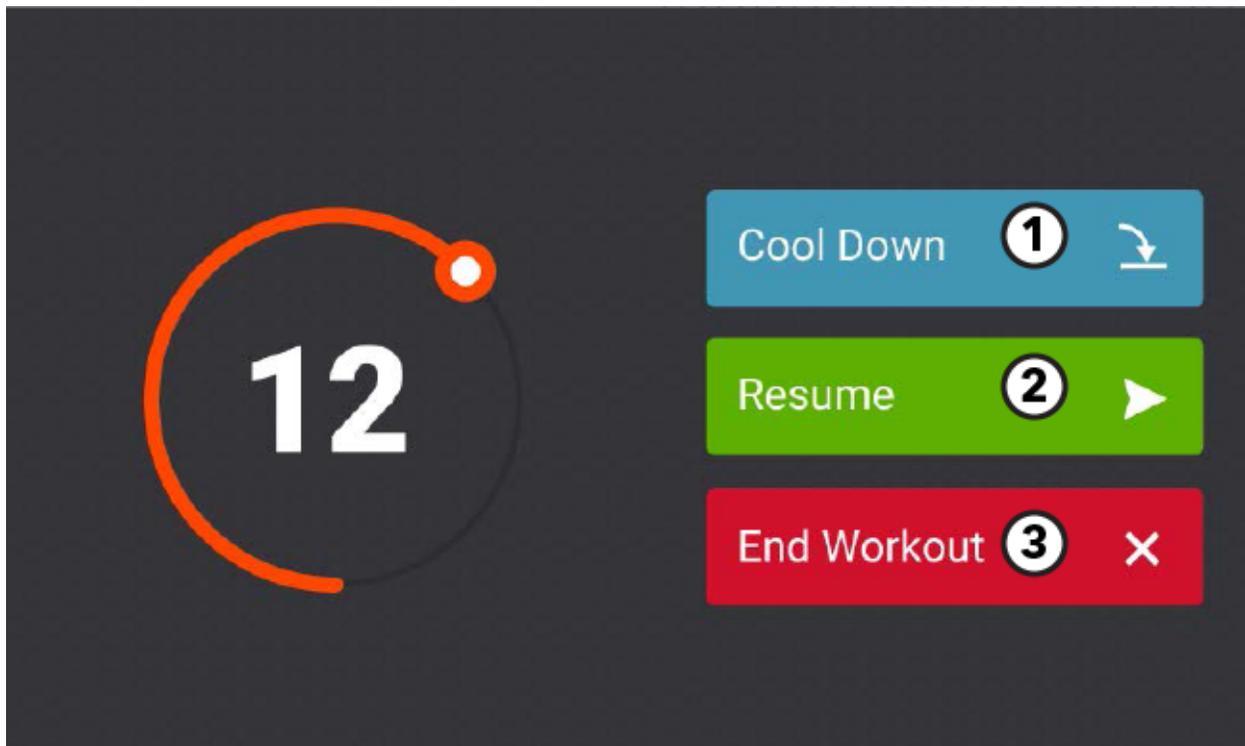
Edit Goal



1. Press on the center metric to edit the current goal.
2. Press - to decrease the value of the goal.
3. Press + to increase the value of the goal.

Pause Workout

Pressing the pause button on the console will open the pause screen.



1. **Cool Down:** Press to enter cool down mode.
2. **Resume:** Press to continue the workout.
3. **End Workout:** Press to end the current workout and view the workout summary.

Cool Down

Pressing the **Cool Down** button on the console screen will open the cool down screen.



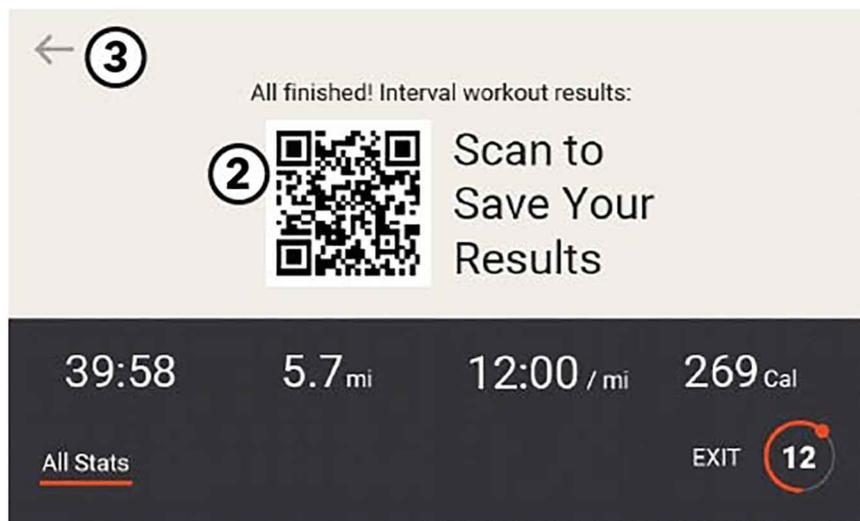
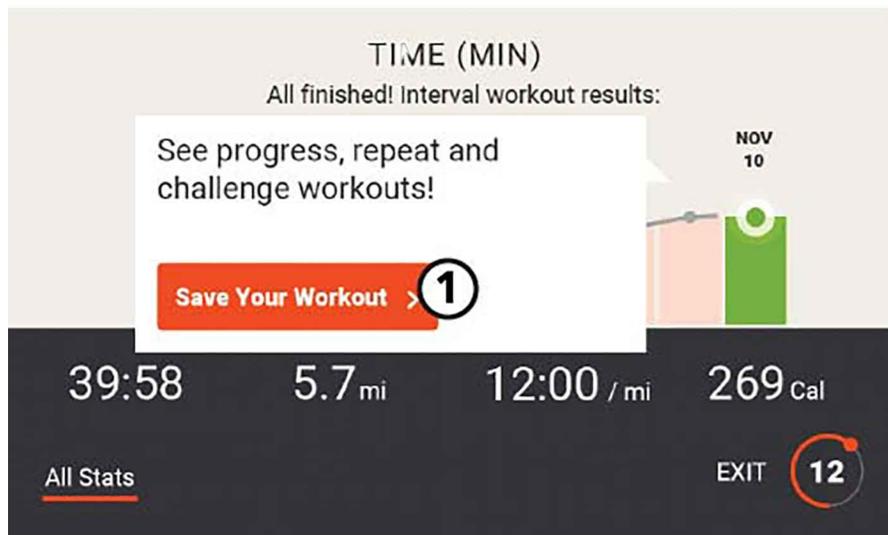
The display shows the amount of time needed for cool down mode. The timer will count down to 0:00.

1. Press on the timer to edit the cool down time.
2. Press - to decrease the cool down time.
3. Press + to increase the cool down time.
4. Press **X** to exit the cool down mode.



1. Press on any of the workout metrics to view the user's workout history on a graph.
2. Press **All Stats** to view the **WORKOUT STATISTICS** screen.
3. **NOTE:** Workout results are displayed for 30 seconds. The orange dot and tail spin every second, counting down from 30 until it reaches 0.
Press on the timer to stop the countdown and close the workout summary screen.
4. Press on the left arrow to exit the **WORKOUT STATISTICS** screen, and return to the workout summary screen.

Workout Summary - Not Logged In



To save a workout, download the LF Connect application to a smart device.

1. Press **Save Your Workout** to open the QR code screen.
Download the LF Connect application to a smart device before starting [Step 2](#).
2. Open the LF Connect application, and scan the QR code with the application.
3. Press the left arrow to return to the previous screen.

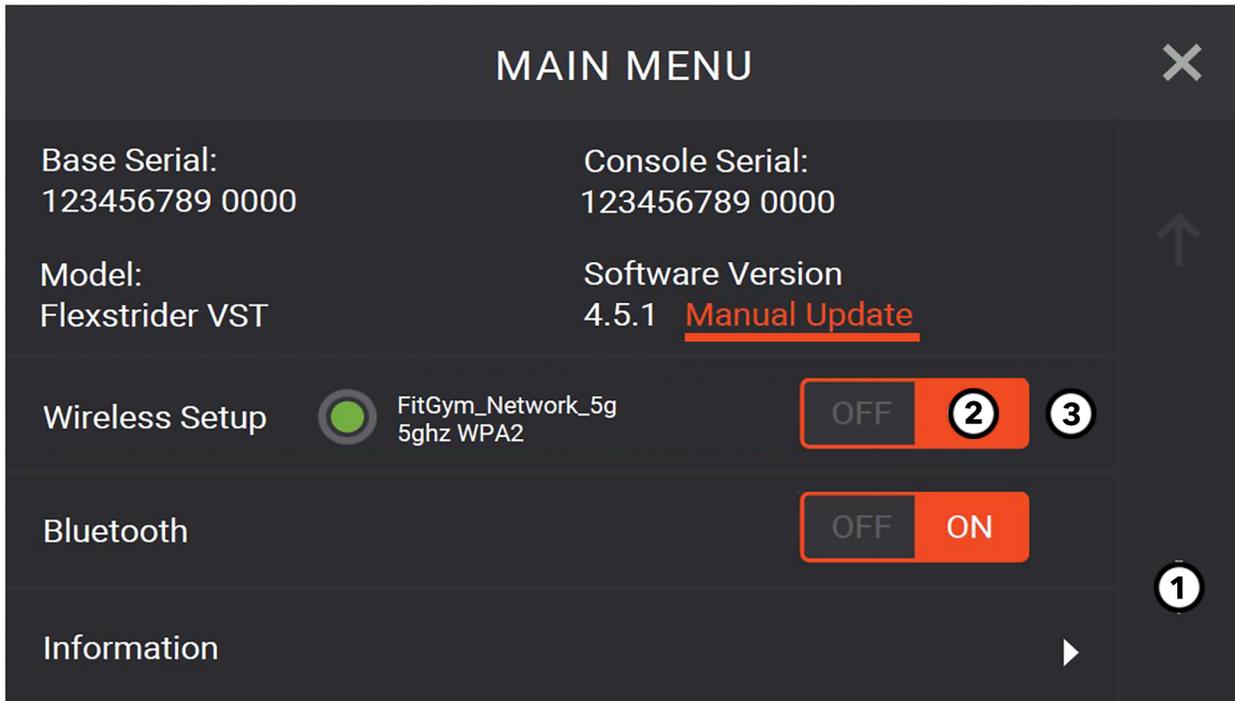
Manager Configurations



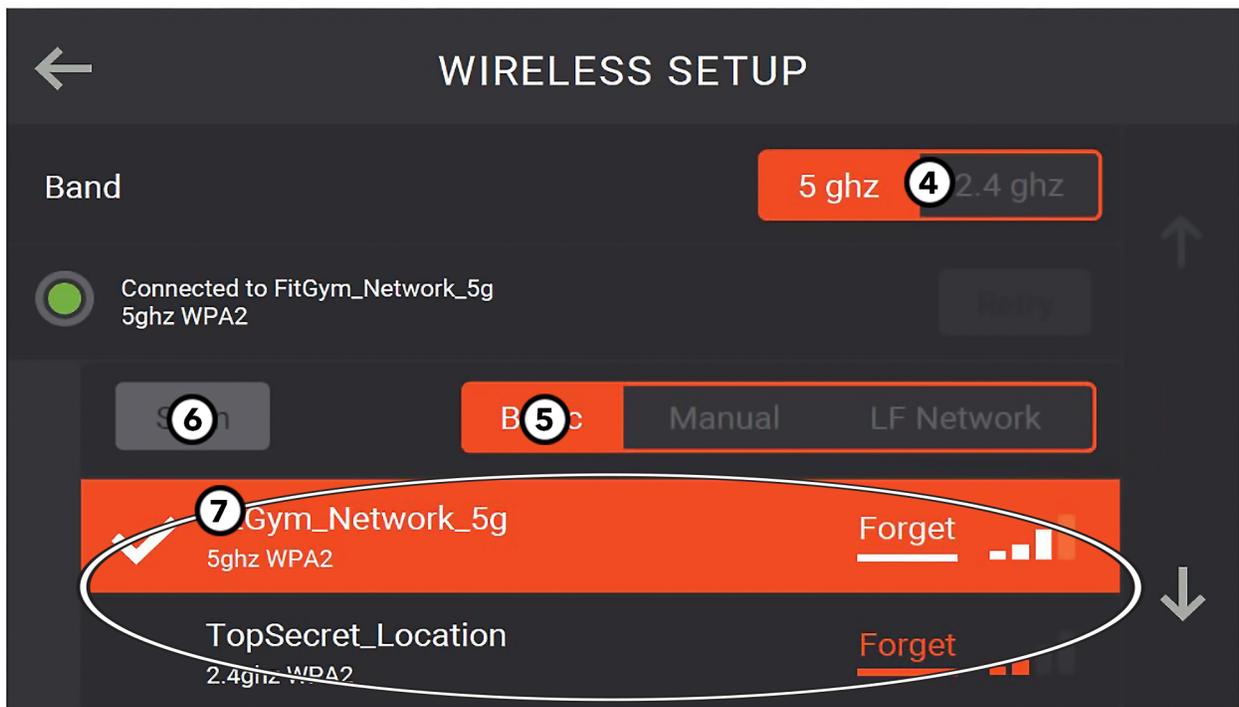
Press the following key sequence to access the **MAIN MENU**:

1. Navigate to the **SELECT WORKOUT** screen. See [Home Screen](#) for help.
2. Press ▲, ▼, ▲, ▼ on the speed/resistance button.
3. Press the pause button.

Wireless Setup

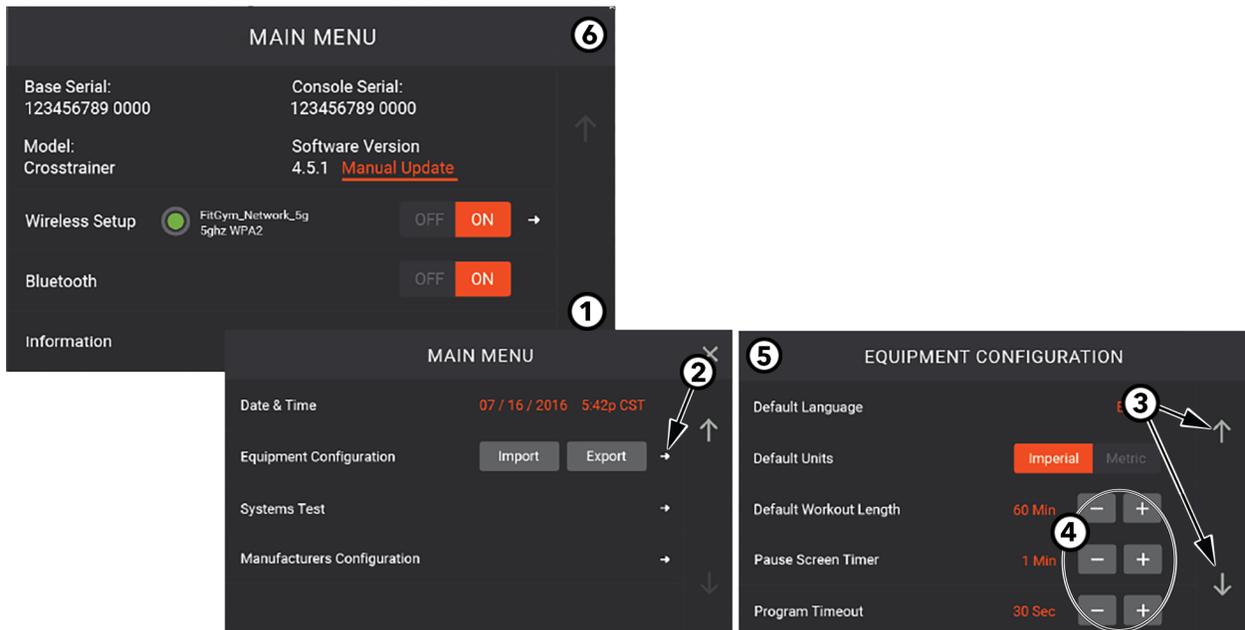


1. Press the down arrow, and locate **Wireless Setup**.
2. Press **ON** on the **Wireless Setup** option.
3. Press the white arrow to access additional features within the **Wireless Setup** option.



4. Select the wireless router's bandwidth.
5. Press **Basic**.
6. Press **Scan**.
7. Choose a wireless option.
Enter the wireless router's password when prompted.

Equipment Configuration



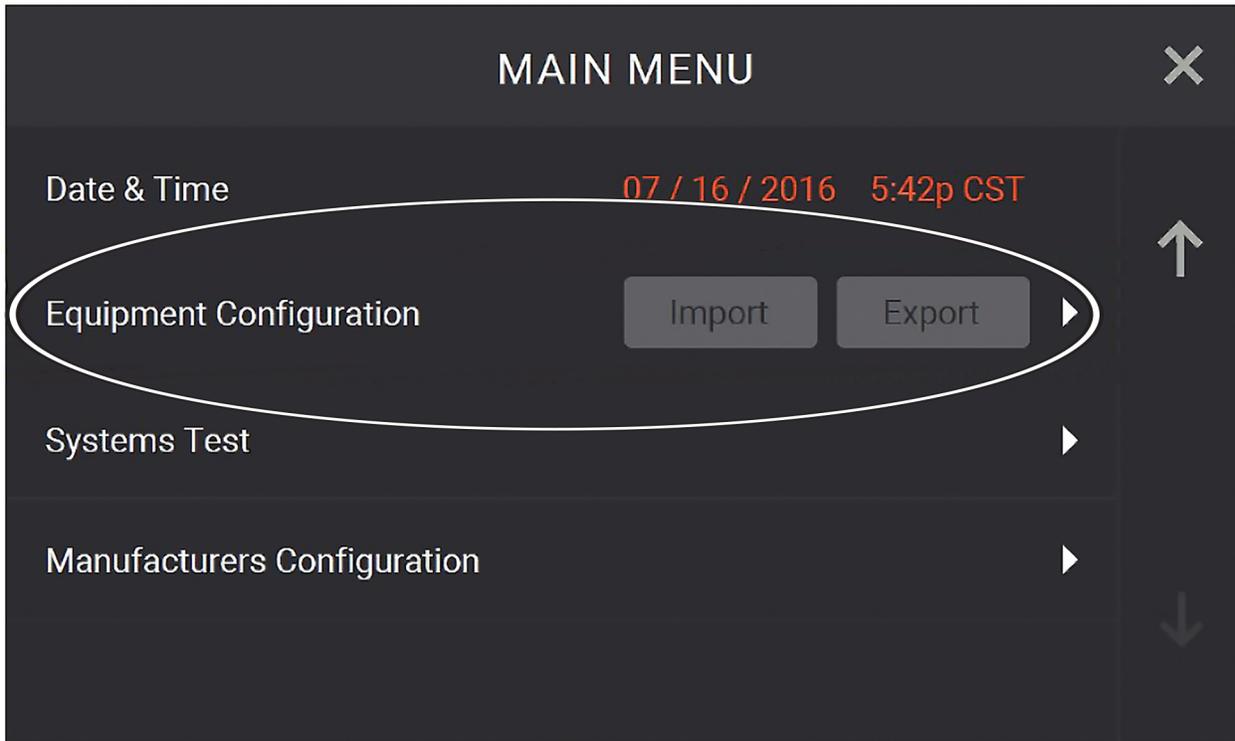
In the **MAIN MENU**, the manager can:

- View unit information
- Update software through the USB
- Adjust settings

1. Press the down arrow until **Equipment Configuration** appears.

2. Press the white arrow to enter the **EQUIPMENT CONFIGURATION** window.
3. Press the up arrow or down arrow to find desired configurations.
4. Press the - or +, or **ON** or **OFF** to adjust the following settings:
 - Default Language (English)
 - Default Unit of Measure (Imperial)
 - Default Volume (11)
 - Pause Screen Timer (60 seconds)
 - Program Timeout (30 seconds)
 - Workout Duration Configuration (Basic)
 - Max Workout Duration (60 minutes)
 - Marathon Mode (Off for commercial units; On for home units)
 - Max Speed (Treadmill only) (14 mph for INTDX and INTSX. 12 mph for Club Series +)
 - Min Speed (0.5 mph) (Treadmill only)
 - Max Incline (15%) (Treadmill only)
 - Display Inactivity Dimmer (On)
 - System Sounds (On)
 - Telemetry (On)
 - Fit Test Plus (On)
 - Screen Brightness (70%)
 - Enable Log In (On)
 - Auto Shutoff (Off)
 - Inactivity Timer (On)
 - Bluetooth (On)
 - Accept Touchscreen Calibration
 - Restore Default Settings
5. Press the left arrow to exit the **EQUIPMENT CONFIGURATION** window.
6. Press the **X** to exit the **MAIN MENU**.

Import and Export Equipment Configurations



The import and export feature located in the equipment configuration section of the main menu allows the user to copy settings from one unit and paste them in another unit.

1. Locate the **Equipment Configuration** option.
2. Insert a flash drive into the USB port.
3. Press **Export**.
4. Remove the flash drive after the console reboots.
5. Insert the flash drive into a different unit.
6. Access the [Manager Configurations](#) menu on the different unit.
7. Locate the **Equipment Configuration** option.
8. Press **Import**.
9. Remove the flash drive after the console reboots.

4. Maintenance and Troubleshooting

 **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.

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.

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.

Troubleshooting - Treadmills

Problem	Probable Cause	Possible Solutions
No Power.	Power source is insufficient.	Using a voltmeter, verify power at outlet. If no power exists, reset circuit breaker at panel.
	Line cord is damaged.	Replace line cord. Contact Customer Support Services.
	Line cord is improperly seated in socket.	Inspect power connection at wall outlet and at machine for proper contact.
	Club Series Units Only: You may be in "Energy Saving Mode".	The unit will enter Energy Saving Mode after 5 minutes of inactivity, with a warning at 4:45 that energy saving is about to start. To wake the console, step on the treadmill or push the green "Go" button. When successful, a beep will be heard. The unit will take approximately 25 seconds to allow you to start a workout.
Display does not illuminate when machine is powered on.	Loose connection at display console or motor control board.	Check all electrical connections for proper attachment. Contact Customer Support Services.
Treadmill striding belt slips off-center.	Floor surface is uneven.	Check levelers and level treadmill. Check striding belt & re-tension as necessary. Refer to Integrity Treadmill Assembly Instructions.

Problem	Probable Cause	Possible Solutions
Maximum treadmill speed is reduced.	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 will occur with heavier users at lower striding belt speeds. The striding belt will "stall" if the user is traveling slower than the striding belt speed.	
	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. Contact Customer Support Services.
	Power source is insufficient.	Power source is insufficient.
Rubbing sound comes from underneath treadmill.	Foreign objects may be stuck underneath the machine.	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.	Loose connection at display console or motor control board.	Check all electrical connections for proper attachment. Contact Customer Support Services.

Troubleshooting - Heart Rate

Heart rate reading is initially detected and functioning normally but then is lost.

Probable Cause	Possible Solutions
Use of personal electronic devices, such as cell phones and portable MP3 players, causes external noise interference.	Remove the source of noise or reposition the exercise equipment.
Equipment is in close proximity to other sources of noise such as audio/video equipment, fans, two way radios, and high voltage/ high current power lines.	

Heart rate readings are abnormally elevated.

Probable Cause	Possible Solutions
Television sets and/or antennas, cell phones, computers, cars, high voltage power lines, motor driven exercise equipment, and another heart rate transmitter within 3 ft. (0.9 m) generate electromagnetic interference.	Move the product a few inches away from the probable cause, or move the probable cause a few inches away from the product, until the heart rate readings are accurate.

Heart rate reading is erratic or absent entirely.

Probable Cause	Possible Solutions
Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes (see The Optional Polar® Telemetry Heart Rate Chest Strap).
Belt transmitter electrodes are not laying fl at against the skin.	Ensure the belt transmitter electrodes are laying fl at against the skin (see The Optional Polar® Telemetry Heart Rate Chest Strap).
Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
Belt transmitter is not within 3 ft. (0.9 m) of the heart rate receiver.	Make sure the chest strap transmitter is within 3 ft. (0.9 m) of the heart rate receiver.
Polar® telemetry heart rate chest strap battery is depleted.	Contact Life Fitness Customer Support Services for instructions on how to have the Polar® telemetry heart rate chest strap replaced.
Polar® telemetry heart rate chest strap did not lock in with the heart rate receiver.	<p>Make sure the Polar® telemetry heart rate chest strap is properly attached to the user's chest and move closer to the heart rate receiver inside the console. Wait up to 10 seconds for the heart rate to display on the console. The overall range of the heart rate strap is approximately 3 ft. (0.9 m) after it communicates with the receiver. The strap must be 1.5 - 2 ft. (0.5 - 0.6 m) away from the receiver in order to start communicating. When the display shows a heart rate value stay within 3 ft. (0.9 m).</p> <p>Notes:</p> <ol style="list-style-type: none"> 1. Ensure proper adherence of the Polar telemetry heart rate chest strap to user's chest. 2. Ensure proper conductivity between the electrodes and user's chest. 3. If needed, use the Polar watch to verify chest strap's operation.

5. Specifications

Specifications

Display	7" LED display
Ambient Temperature Range: (Operating)	0°C to +40°C@ 90% RH (non-condensing)
Storage and Shipping Temperature Range	-40°C to 75°C
Heart Rate Monitoring Systems	Patented Lifepulse™ digital contact heart rate and Polar® telemetry-compatible heart rate monitoring system
Mobile Device Compatibility	Bluetooth proximity, NFC
USB Device Charging	Can be used in combination with Apple 30-pin, Apple Lightning and Android micro-USB cables to charge compatible devices

Workouts

INTSX, INTDX & Club Series + Treadmills	Quick Start, Time Goal, Distance Goal, Calories Goal, Heart Rate Goal, Random, Manual, Hill, Rolling Hills, Speed Interval, Incline Interval, Life Fitness Fit Test, WFI Submax Protocol, Navy PRT
INCSX, INCDX & Club Series + Upright Lifecycle Exercise Bikes	Quick Start, Time Goal, Distance Goal, Calories Goal, Heart Rate Goal, Random, Manual, Hill, Rolling Hills, Resistance Interval, Life Fitness Fit Test, METs Goal, Watts Goal, Navy PRT
INRSX, INRDX & Club Series + Recumbent Lifecycle Exercise Bikes	Quick Start, Time Goal, Distance Goal, Calories Goal, Heart Rate Goal, Random, Manual, Hill, Rolling Hills, Resistance Interval, Life Fitness Fit Test, METs Goal, Watts Goal, Navy PRT
INXSX, INXDX & Club Series + Cross-Trainers	Quick Start, Time Goal, Distance Goal, Calories Goal, Heart Rate Goal, Random, Manual, Hill, Rolling Hills, Resistance Interval, Reverse, Life Fitness Fit Test, Navy PRT
INPMDX PowerMill	Quick Start, HIIT, Interval, Challenge, Time, Climb, Calories, Heart Rate, Hill, Speed Interval, Manual, Rolling Hill.
INATLSX, INATTSX Arc Trainer	Adaptive Power, Constant Power, Heart Rate, Time, Distance, Calorie, Hill, Rolling Hill, Random, Quick Start

	Physical Dimensions				Shipping Dimensions			
	Depth	Width	Height	Weight	Depth	Width	Height	Weight
Integrity X Console	3.8 in. (96 mm)	20 in. (497 mm)	15 in. (390 mm)	6.75 lbs. (3.1 kg)	6.5 in. (165 mm)	24 in. (613 mm)	18 in. (463 mm)	10.8 lbs. (4.9 kg)

6. Warranty

What is Covered

This LIFE FITNESS commercial exercise equipment product is warranted to be free of all defects in material and workmanship.

Who is Covered

The original purchaser or any person receiving the product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

How long it is covered

All coverage is provided by specific Product according to the guidelines listed in Warranty Information.

Who Pays Transportation and Insurance For Service

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

What We Will Do To Correct Covered Defects

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

What is Not Covered

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual ("Manual").

One type RJ45 interchangeable Network ready and Fitness Entertainment port is supplied with the Product. This port complies with the FitLinxx CSAFE specification dated August 4, 2004 stating: 4.75VDC to 10VDC; maximum current of 85mA. Any Product damage caused by a load exceeding this FitLinxx CSAFE specification is not covered by warranty.

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness representative.

What You Must Do

Retain proof of purchase. use, operate and maintain the Product as specified in the Manual; notify the place of purchase of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. Life Fitness reserves the right to decide whether or not a product is to be returned for repair.

How to Get Parts and Service

Refer to the Corporate Headquarters section of this manual for your local service contact information. Reference your name, address and the serial number of your Product (consoles and frames may have different serial numbers). They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

Exclusive Warranty

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranty coverages and terms may differ outside the United States. Please contact the Life Fitness office servicing your country (contact information

found at the front of this manual) or visit the applicable local Life Fitness website to receive the specific warranty information for your country.

Changes in Warranty Not Authorized

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

Effects of State Laws

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

Warranty Information

	Lifetime	10 years	7 years	3 years	2 years	1 Year	6 Months
Commercial Console					Electrical and Mechanical Parts	Labor	Overlay, Headphone Jack, and USB Port
Consumer Console (Home Use)				Electrical and Mechanical Parts		Labor	Overlay, Headphone Jack, and USB Port
Treadmill (95T, INTSX, INTDX)			Frame, Lifespring™ Shock Absorbers, and Motor		Electrical Components	Mechanical Components and Labor	
Treadmill Club Series +	Motor and Frame	Electrical and Mechanical Parts				Labor	
Cross-Trainer (Club Series +)				Electrical and Mechanical Parts		Labor	
Cross-Trainer (INXDX, INXSX)					Electrical and Mechanical Parts	Labor	
Recumbent Bike (Club Series +)				Electrical and Mechanical Parts		Labor	
Recumbent Bike (INRDX, INRSX)					Electrical and Mechanical Parts	Labor	
Upright Bike (Club Series +)				Electrical and Mechanical Parts		Labor	
Upright Bike (INCDX, INCSX)					Electrical and Mechanical Parts	Labor	
PowerMill (95PS)					Electrical and Mechanical Parts	Labor	

	Lifetime	10 years	7 years	3 years	2 years	1 Year	6 Months
Arc Trainer					Electrical and Mechanical Parts	Labor	

Warranties outside the U.S. may vary.

