Integrity SL Console

Owner's Manual

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www.lifefitness.com • 1016310-0001 AB • 2021

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

Contain:

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

FCC ID: PANCL8821CUV2; IC: 6225A-CL8821CUV2

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 not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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

FCC RF Exposure Statement

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

Canada ISED Compliance Statement

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

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

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

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

Canada RF Exposure Statement

The device shall be used in such a manner that the potential for human contact normal operation is minimized. This equipment complies with RSS-102 radiation exposure limits. This equipment should be installed and operated with a minimum distance of 20 cm between the radiator and your body. This device and its antenna(s) must not be co-located or operating in conjunction with any other antenna or transmitter.

1. Getting Started

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 Family of Brands 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.

⚠️ **WARNING:** This product can expose you to chemicals including Acrylonitrile, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to http://www.P65Warnings.ca.gov

- When the product is not in use, Life Fitness recommends unplugging the product. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle.
- 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 (commercial units) and 8 km/hr (home units). 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.

⚠️ **WARNING:** This product can expose you to chemicals including Di-2-ethylhexyl-phthalate, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to http://www.P65Warnings.ca.gov

- 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.

⚠️ **WARNING:** This product can expose you to chemicals including Acrylonitrile, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to http://www.P65Warnings.ca.gov

- 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.

WARNING: This product can expose you to chemicals including Acrylonitrile, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to http://www.P65Warnings.ca.gov

- 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.

POWERMILL™ CLIMBER

WARNING: Keep a distance of at least 3 ft. (1 m) behind and 1 ft. (0.3 m) on each side of the unit clear of any obstructions, including walls, furniture, and other equipment.

- Never walk or jog backwards on the PowerMill Climber.
- Unlike bikes, cross-trainers, or the traditional paddle stairclimbers, this is a motorized product. This motorized product causes stair steps to descend at variable rates and therefore operates on different planes simultaneously. While operating the product during a typical workout, the user is forced to fully concentrate on coordinating his or her efforts on the moving stairs. Therefore, the user cannot see if anyone or any thing approaches from the rear. For these reasons this unit is **designed for use only in a controlled setting**. **The PowerMill Climber is not designed for use in the home and should not be used in an environment where children or animals might have access**.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

2. Overview

Console Overview - Treadmill

1	LED display	Displays *Calories*, *Distance*, *Incline*, *Time Remaining / Time Elapsed*, *Speed, Pace / Heart Rate*
2	**QUICK INCLINE** keys and **INCLINE UP** and **INCLINE DOWN** arrow keys	Press one of these three keys during a workout to have the treadmill deck incline at the preset value. The preset values are: 3%, 9%, and 15%. Use the Up and Down arrow keys to increase / decrease incline.
3	Profile window	The profile of the currently selected workout is shown. Volume changes and speed change count down is also displayed.
4	**WORKOUT SELECTION** keys and **UP** and **DOWN** arrow keys	Select one of the workout categories: Manual, Interval, Heart Rate, Hill, Goal +, Fit Test. Use the Up and Down arrow keys to scroll through workouts within the categories.
5	Bluetooth	Pair Bluetooth audio devices and wireless heart rate straps.

6	**GO**	Press to automatically begin a Quick Start workout. Press to resume a Paused workout.
7	**STOP**	Press once during a workout to Pause the workout. Press while in Pause to Stop the workout.
8	**COOL DOWN**	Press to activate cool down mode in a workout.
9	Mobile Device Pairing	Pair your mobile device to the console via Bluetooth proximity or NFC for log-in and workout tracking to the Life Fitness Connect app.
10	Reading Rack / Tablet Holder	Place traditional reading material as well as mobile devices and tablets in this built-in holder.
11	USB port	A covered USB port used for charging devices and updating software.
12	Audio jack	A covered 3.5mm headphone jack used for wired audio headsets.
13	Apple Watch	Connect your Apple Watch to the console for workout tracking and real-time data share via Apple GymKit.
14	Media controls	Integrated TV controls: power, channel up / down, volume up/ down, closed caption (CC). These buttons also control volume and channel on a MyE device.
15	Numeric keypad	• Use for workout setup and precise resistance changes. • **Enter:** Press **Enter** to confirm selection when prompted. • **Enter Weight:** Enter weight at any time during the workout for more accurate calorie data.
16	**QUICK SPEED** keys and **SPEED UP** and **SPEED DOWN** arrow keys	Press one of these three keys during a workout to have the treadmill belt move at the preset value. The preset values are: • 3 mph / 5 kph • 5 mph / 8 kph • 7 mph / 11 kph Use the Up and Down arrow keys to increase / decrease speed. **NOTE:** Additional confirmation step for these speed keys can be turned on in Manger's Configuration.
17	**TIME UP** and **TIME DOWN** arrow keys	Use the Up and Down arrow keys to increase / decrease workout / cool down time.
18	Toggle buttons	Use for toggling between metrics.

3. Workouts

Workouts List

Treadmill	Cross-Trainer	Bikes	PowerMill	Arc Trainer
Quick Start	Quick Start	Quick Start	Quick Start	Quick Start
Manual Time Goal	**Manual** Time Goal	**Manual** Time Goal	**Manual** Time Goal	**Manual** Time Goal
Hill • Rolling Hill • Interval Hill • Kilimanjaro • Random Hill	**Hill** • Rolling Hill • Interval Hill • Kilimanjaro • Random Hill	**Hill** • Rolling Hill • Interval Hill • Kilimanjaro • Random Hill	**Hill** • Rolling Hill • Interval Hill • Kilimanjaro • Random Hill	**Hill** • Glute Camp • Strength Burst • Total Leg
Interval • High Intensity (HIIT) • Endurance	**Power** • Constant Power (Manual) • Adaptive Power (Manual)	**Power** • Constant Power (Manual) • Adaptive Power (Manual)	**Power** • High Intensity (HIIT) • Endurance	**Power** • Constant Power (Manual) • Adaptive Power (Manual)
HR Training • Vigorous HR • Moderate HR • Custom HR	**HR Training** • Vigorous HR • Moderate HR • Custom HR	**HR Training** • Vigorous HR • Moderate HR • Custom HR	**HR Training** • Vigorous HR • Moderate HR • Custom HR	**HR Training** • Vigorous HR • Moderate HR • Custom HR
Goal+ • Distance Goal • Calories Goal • Climb Goal	**Goal+** • Distance Goal • Calories Goal • High Intensity (HIIT) • Endurance • Reverse Training	**Goal+** • Distance Goal • Calories Goal • High Intensity (HIIT) • Endurance	**Goal+** • Elevation Goal • Calories Goal • Climb Goal	**Goal+** • Distance Goal • Calories Goal • High Intensity (HIIT) • Endurance
Fit Test • LF Fit Test • U.S. Navy Fit Test • U.S. Army Fit Test • U.S. Marine Fit Test • U.S. Air Force Fit Test • WFI Submax Protocol • Physical Efficiency Battery • IPPT Fit Test	**Fit Test** • LF Fit Test • U.S. Navy Fit Test	**Fit Test** • LF Fit Test • U.S. Navy Fit Test	**Fit Test** • LF Fit Test • WFI Submax Protocol • CPAT	**Fit Test** • LF Fit Test

Workout Descriptions

NOTE: Available workout categories and workouts vary depending on base type. See Workouts List.

Quick Start
Manual workout that skips workout setup and goes straight to workout.

Manual	
Time Goal	Manual workout that only has a requirement to end at a specific time duration.

Hill	
Rolling Hill	Moderate intensity repeating hill workout.
Kilimanjaro	High intensity repeating hill workout.
Random Hill	A new workout every time. Incline will increase and decrease in random patterns.
Interval Hill	Interval workout with hills increasing in intensity.
Glute Camp	Progressive resistance and incline to target hip extensors.
Strength Burst	Brief high intensity intervals to develop strength.
Total Leg	Alternating resistance and incline intervals to change targeted muscles.

Interval / Power	
High Intensity (HIIT)	High intensity interval workout using 2 levels / 2 speeds. Ratio: 1:3 (30 seconds active: 90 seconds recovery). Enter a speed that would be difficult to run for more than one minute. Enter a recovery jogging or walking speed. This workout is intended to improve your maximum speed capabilities and VO2 max.
Endurance Intensity (LIIT)	Moderate intensity interval workout using 2 levels / 2 speeds. Ratio: 3:1 (180 seconds active: 60 seconds recovery). Enter a speed that would be difficult to run for a 5k. Enter a recovery jogging speed. This workout is intended to improve your endurance at 5k and longer runs.
Constant Power (Manual)	Power will remain constant across speeds. Ideal workout to maintain constant intensity.
Adaptive Power (Manual)	Power will increase even more with high speeds. Good for interval training.

HR Training	
Vigorous HR	Resistance / Incline will adjust to achieve 80% of max HR.
Moderate HR	Resistance / Incline will adjust to achieve 65% of max HR.
Custom HR	Choose a target HR and resistance / incline will adjust.

Goals+	
Distance Goal	Workout that only has a requirement to end at specific distance traveled.
Calories Goal	Workout that only has a requirement to end at specific calories burned.
Climb Goal	Workout that only has a requirement to end at a specific elevation climbed.
Reverse Training	Program will prompt when to go forward and reverse.

Fit Tests	
Life Fitness Fit Test	A 5-minute submaximal test to predict VO2 max. Estimates cardiovascular fitness and can be used to monitor improvements in endurance every 4 - 6 weeks. See Life Fitness Fit Test for more information.
U.S. Navy Physical Readiness Test (PRT)	A 5-minute distance goal test based on the time needed to complete the required distance and is used by the U.S. Navy and Naval academies to measure aerobic capacity.
U.S. Army Physical Fitness Test (PFT)	A 5-minute physical performance test used to assess muscular endurance and cardio respiratory fitness.
U.S. Marines Physical Fitness Test (PFT)	A physical performance test used to assess muscular endurance and cardio respiratory fitness.
U.S. Air Force Fitness Test	A physical performance test used to assess muscular endurance and cardio respiratory fitness.
WFI Submax Protocol	A graded submax assessment used to predict a fire fighter's aerobic capacity. This test automatically increases speed and incline (treadmill only) 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 mode.
Physical Efficiency Battery (PEB)	U.S. Federal Law Enforcement, U.S. Federal Bureau of Investigation, and other federal organizations use for the hiring and maintenance of federal jobs.
Individual Physical Proficiency Test (IPPT)	The 2.4 kilometer portion of a standard physical fitness test utilized by the Singaporean Armed Forces, Police Force and Civil Defense Force.
Candidate Physical Ability Test	This is used to predict the ability to perform basic fire fighting tasks developed by the International Association of Fire Fighters. The test starts out with a 20-second warm up period at a set stepping rate of 50 steps per minute followed by the 3-minute test at a set stepping rate of 60 steps per minute.

Life Fitness Fit 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 (HRmax).

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
Arc 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

Within each suggested range, use these additional guidelines:

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

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.
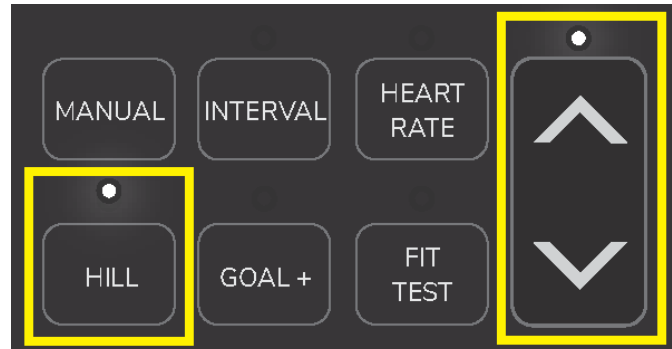
Workout Setup - Treadmill

Manual Workouts (Tread)
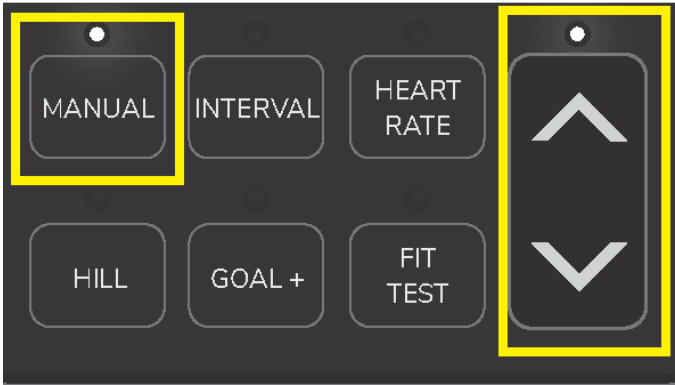
1. Press the **Manual** workout selection key.
2. Use the **Workout Selection Up and Down Arrow Keys** to scroll until **Time** is shown.
3. Press **Enter**.

Workout	User Input	
Time Goal	• **Time**	Enter a range from 1-60 minutes on the **Numeric Keypad** or use the **Time Up and Down Arrow Keys** or **Speed Up and Down Arrow Keys**. Default is 30 minutes. Press **Enter**.
	• **Weight**	Enter a range from 75-400 lbs. (34-180 kg) on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 165 lbs. (75 kg). Press **Enter**.

During the workout, users can adjust:

- **Speed** (in 0.1 mph / 0.1 kph increments) using the **Numeric Keypad**, **Speed Up and Down Arrow Keys** or **Quick Speed Keys**.
- **Incline** (in 0.5% increments) using the **Incline Up and Down Arrow Keys** or **Quick Incline Keys**.
- **Time** in one minute increments using the **Time Up and Down Arrow Keys** or **Numeric Keypad**.
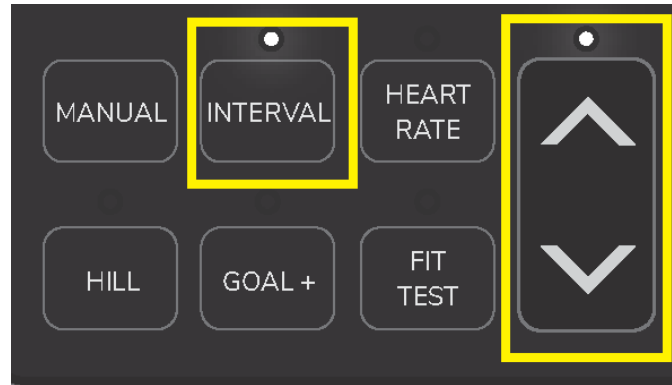
Hill Workouts (Tread)

1. Press the **Hill** workout selection key.
2. Use the **Workout Selection Up and Down Arrow Keys** to scroll until desired workout is shown.
3. Press **Enter**.

Workout	User Input	
• Rolling Hill • Interval Hill • Kilimanjaro • Random Hill	• **Intensity Level**	Enter an intensity level range from 1-15 on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 1. Press **Enter** **NOTE:** Profile preview window will display the maximum incline that correlates to the intensity level to aid with selection.
	• **Time**	Enter a range from 1-60 minutes on the **Numeric Keypad** or use the **Time Up and Down Arrow Keys** or **Speed Up and Down Arrow Keys**. Default is 30 minutes. Press **Enter**.
	• **Weight**	Enter a range from 75-400 lbs. (34-180 kg) on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 165 lbs. (75 kg). Press **Enter**.

During the workout, users can adjust:

- **Speed** (in 0.1 mph / 0.1 kph increments) using the **Numeric Keypad**, **Speed Up and Down Arrow Keys** or **Quick Speed Keys**.
- **Incline** (in 0.5% increments) using the **Incline Up and Down Arrow Keys** or **Quick Incline Keys**.
- **Time** in one minute increments using the **Time Up and Down Arrow Keys** or **Numeric Keypad**.
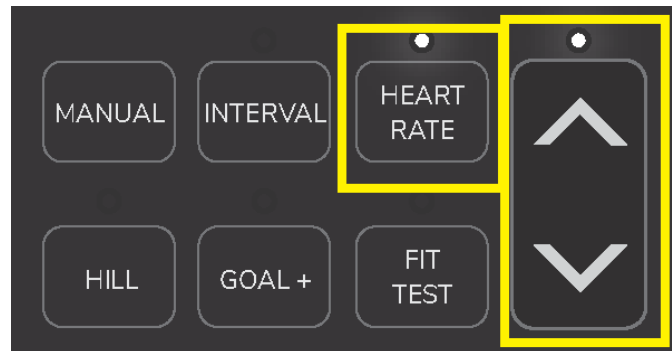
Interval Workouts (Tread)

1. Press the **Interval** workout selection key.
2. Use the **Workout Selection Up and Down Arrow Keys** to scroll until desired workout is shown.
3. Press **Enter**.

Workouts	User Input	
• **High Intensity (HIIT)** • **Endurance**	• **Intervals**	Enter a range from 4-15 on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 8. Press **Enter**.
	• **Speed (Active)**	Enter a range from 0.6-14 mph (0.9-23 kph) on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Press **Enter**.
	• **Speed (Recovery)**	Enter a recovery speed range on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Press **Enter**.
	• **Weight**	Enter a range from 75-400 lbs. (34-180 kg) on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 165 lbs. (75 kg). Press **Enter**.
	Message is displayed: *Warning: Speed will increase automatically during this program. Press Enter to accept.* Press **Enter**.	

During the workout, users can adjust:

- **Speed** (in 0.1 mph / 0.1 kph increments) using the **Numeric Keypad**, **Speed Up and Down Arrow Keys** or **Quick Speed Keys**.

  NOTE: Speed will always default back to the original active and recovery speed at the programmed time.
- **Incline** (in 0.5% increments) using the **Incline Up and Down Arrow Keys** or **Quick Incline Keys**.
- **Time** in one minute increments using the **Time Up and Down Arrow Keys** or **Numeric Keypad**.

Heart Rate Workouts (Tread)

1. Press the **Heart Rate** workout selection key.
2. Use the **Workout Selection Up and Down Arrow Keys** to scroll until desired workout is shown.
3. Press **Enter**.

Workout	User Input	
• **Vigorous**	• **Time**	Enter a range from 1-60 minutes on the **Numeric Keypad** or use the **Time Up and Down Arrow Keys** or **Speed Up and Down Arrow Keys**. Default is 30 minutes. Press **Enter**.
	• **Weight**	Enter a range from 75-400 lbs. (34-180 kg) on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 165 lbs. (75 kg). Press **Enter**.
	• **Age**	Enter age on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Age range is 10-99. Default is 40. Press **Enter**.
	• **Speed (Start)**	Enter a speed range from 2-4.5 mph (3.2-7.2 kph) on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 2 mph (3.2 kph). Press **Enter**.
	• **Heart Rate**	Enter a maximum heart rate value range from 80-190 BPM on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 144 BPM. Press **Enter**.
• **Moderate**	• **Time**	Enter a range from 1-60 minutes on the **Numeric Keypad** or use the **Time Up and Down Arrow Keys** or **Speed Up and Down Arrow Keys**. Default is 30 minutes. Press **Enter**.
	• **Weight**	Enter a range from 75-400 lbs. (34-180 kg) on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 165 lbs. (75 kg). Press **Enter**.
	• **Age**	Enter age on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Age range is 10-99. Default is 40. Press **Enter**.
	• **Speed (Start)**	Enter a speed range from 2-4.5 mph (3.2-7.2 kph) on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 2 mph (3.2 kph). Press **Enter**.
	• **Heart Rate**	Enter a maximum heart rate value range from 80-190 BPM on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 117 BPM. Press **Enter**.

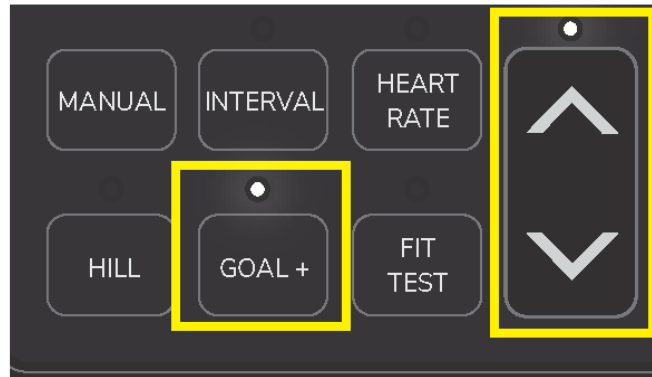| Workout	User Input	
• Custom	• Time	Enter a range from 1-60 minutes on the **Numeric Keypad** or use the **Time Up and Down Arrow Keys** or **Speed Up and Down Arrow Keys**. Default is 30 minutes. Press **Enter**.
	• Weight	Enter a range from 75-400 lbs. (34-180 kg) on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 165 lbs. (75 kg). Press **Enter**.
	• Age	Enter age on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Age range is 10-99. Default is 40. Press **Enter**.
	• Speed (Start)	Enter a speed range from 2-4.5 mph (3.2-7.2 kph) on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 2 mph (3.2 kph). Press **Enter**.
	• Heart Rate	Enter a maximum heart rate value range from 80-190 BPM on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 120 BPM. Press **Enter**.

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.

Goals + Workouts (Tread)

1. Press the **Goal +** workout selection key.
2. Use the **Workout Selection Up and Down Arrow Keys** to scroll until desired workout is shown.
3. Press **Enter**.

Workout	User Input	
Distance Goal	• **Distance**	Enter a range from 0.5-30 miles (0.8-48 km) on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 3 miles (4.8 km). Press **Enter**.
	• **Weight**	Enter a range from 75-400 lbs. (34-180 kg) on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 165 lbs. (75 kg). Press **Enter**.
Calories Goal	• **Calorie**	Enter a range from 50-1,500 calories on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 300. Press **Enter**.
	• **Weight**	Enter a range from 75-400 lbs. (34-180 kg) on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 165 lbs. (75 kg). Press **Enter**.
Climb Goal	• **Height**	Enter a range from 50-5,000 feet on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 1000 feet. Press **Enter**.
	• **Weight**	Enter a range from 75-400 lbs. (34-180 kg) on the **Numeric Keypad** or use the **Speed Up and Down Arrow Keys**. Default is 165 lbs. (75 kg). Press **Enter**.

During the workout, users can adjust:

• **Speed** (in 0.1 mph / 0.1 kph increments) using the **Numeric Keypad**, **Speed Up and Down Arrow Keys** or **Quick Speed Keys**.
• **Incline** (in 0.5% increments) using the **Incline Up and Down Arrow Keys** or **Quick Incline Keys**.
• **Time** in one minute increments using the **Time Up and Down Arrow Keys** or **Numeric Keypad**.

Cool Down Mode
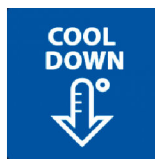
Press **Cool Down** to activate cool down mode in a workout.

Users can pause the cool down mode by pressing **Stop** once.

Users can end the cool down mode by pressing **Stop** twice.

Treadmill

Workout Duration (Non-Heart Rate Workouts)	Cool Down Duration
Less than 5 minutes	1 minute
Less than or equal to 15 minutes	3 minutes
Greater than 15 minutes	5 minutes

NOTE: Users can adjust the duration of cool down mode by using the **Time Up and Down Arrow Keys**. Cool down cannot be increased above 10 minutes.

Heart Rate Workout Duration with valid Heart Rate*	Cool Down Duration
Less than 1 minute	1 minute
Less than 10 minutes	Workout duration
Greater than 10 minutes	10 minutes

NOTE: * If the user's heart rate is not longer being detected, and the workout is switched to a Manual workout before Cool Down mode, use the non-heart rate workout durations.

NOTE: If the user presses **Cool Down** during the Cool Down mode, the speed will decrease by 10% and the duration will be decremented by 1 minute, if there is at least 1 minute left in Cool Down mode. If there is less than 1 minute left, the time will not decrease but the speed will continue to be decreased by 10% with each press until 0.5 mph (0.8 kph) is reached.

If Speed at the end of the workout is	Cool Down Initial Speed
Greater than or equal to 8.0 mph (12.8 kph)	4 mph (6.4 kph)
Less than 8.0 mph (12.8 kph)	Speed decreases by half

NOTE: Speed will automatically decrease 10% every 30 seconds for the duration of the cool down mode. Once 0.5 mph (0.8 kph) is reached, the speed will not be decreased further.

NOTE: Speed and incline can be manually adjusted by the user via **Speed Up and Down Arrow Keys**, **Incline Up and Down Arrow Keys** and **Numeric Keypad** (for speed).

Non-Treads

Workout Duration	Cool Down Duration
Less than 5 minutes	1 minute
Less than or equal to 15 minutes	3 minutes
Greater than 15 minutes	5 minutes

NOTE: Users can adjust the duration of cool down mode by using the **Time Up and Down Arrow Keys**. Cool down cannot be increased above 10 minutes.

- Resistance level will be reduced in half for non heart rate workouts.

- For Heart Rate, Watts, or Mets workouts, software will find the resistance level that is closest to the final Watts and use that resistance level reduced by half.
- After every elapsed minute in Cool Down mode, the resistance will be reduced in half until Level 1 is reached. Once Level 1 is reached, it stays at Level 1.

NOTE: If the user presses **Cool Down** during the Cool Down mode, the resistance will decrease by half and the duration will be decremented by 1 minute, if there is at least 1 minute left in Cool Down mode. If there is less than 1 minute left, the time will not decrease but the resistance will continue to be decreased by half with each press until Level 1 is reached.

5. 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 - Heart Rate Reading

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.	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). Notes: 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.

8. Warranty

What is Covered

This Life Fitness Family of Brands 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: 4.75 VDC to 10 VDC; maximum current of 85 mA. 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

	2 years	1 Year	6 Months
Integrity SL Console	Electrical and Mechanical Parts	Labor	Overlay, Headphone Jack, and USB Port