

Executive Treadmill

Owner's Manual



WARNING: Failure to observe the following operating instructions can result in serious injury!

- [1] If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product without consulting your doctor first.
- [2] If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product without supervision present. Failure to do so can result in serious injury should you fall while the treadmill is moving.
- [3] Failure to leave ample clearance around the treadmill could result in the user becoming trapped between the treadmill and a wall, resulting in burns or other serious injury from the moving treadmill.

*Allow a minimum clearance of **18 inches on each side** of the treadmill.*

*Allow a minimum clearance of **6 feet at the rear** of the treadmill.*

- [4] Never stand on the treadmill when starting the treadmill, a sudden start could cause you to lose your balance. Always stand with one foot on each side rail until the belt starts moving.
- [5] Always wear the emergency stop safety strap securely around your wrist while exercising. Failure to do so can result in severe injuries should you accidentally fall while exercising.
- [6] Test the emergency stop safety key on a regular basis by pulling on the cord and ensuring that the treadmill comes to a complete stop.
- [7] Always remove the safety key from the treadmill when you are through exercising, especially if children are present. This will prevent them from accidentally starting the treadmill.
- [8] Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the treadmill.

When using an electrical appliance, basic precautions should always be followed.

Read all instructions before using.

DANGER: Always unplug the treadmill before cleaning or removing the motor cover. To reduce the risk of electric shock in the event of an electrical storm always unplug the treadmill from the electrical outlet immediately after using.

WARNING: To reduce the risk of electric shock or injury to persons:

- [1] An appliance should never be left unattended when plugged in. Unplug from outlet when not in use.
- [2] Close supervision is necessary when this unit is used by or near children or disabled persons.
- [3] Use this treadmill only for its intended use.
- [4] Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call your selling dealer immediately for examination and repair.
- [5] Keep the power cord away from any heated surfaces. Be sure the line cord has plenty of slack and does not get pinched underneath the treadmill when it elevates and de-elevates.
- [6] Never operate the treadmill with the motor cover air openings blocked. Keep the air opening free of lint, hair, and dust.
- [7] Never drop or insert any object into any opening. Be sure no objects are near or underneath the moving treadbelt when you are using the treadmill.
- [8] Do not use outdoors.
- [9] Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- [10] Connect this appliance to a properly grounded dedicated outlet only.
- [11] To disconnect, Press the STOP button, remove the Safety Key, and unplug the unit from the wall outlet.

GROUNDING INSTRUCTIONS

This product must be grounded; if it should malfunction or breakdown grounding provides a path of least resistance for electric current to reduce risk of electric shock. This product is equipped with a cord that has an equipment grounding conductor and a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded in accordance with all local codes and ordinances.

120 VOLT TREADMILLS

Treadmills marked 120 VAC are intended for use in a nominal 120-volt circuit with a grounding plug. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

200-250 VOLT TREADMILLS

Treadmills marked 200-250 VAC are intended for use on a circuit having a nominal rating more than 120V and are factory-equipped with a specific cord and plug to permit connection to a proper electric circuit. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, qualified service personnel should make the reconnection.

NOTE: Using a Ground Fault Interrupter (GFI) or Arch Fault Circuit Interrupter (AFCI) outlet may create unusual electronic interference.

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

EXECUTIVE TREADMILL

 LANDICE

Quick User's Guide



Before you start the treadmill:

The red Safety Key must be magnetically connected to the front of the display panel. During operation, removing the Safety Key will cause the treadbelt to stop until it is replaced.



To start the treadmill:

Pressing **START** powers up the treadmill and all displays will light. The treadbelt will begin moving at 0.5 mph (0.8 km/h).



To stop the treadmill:

Pressing **STOP** will completely stop the tread belt and the center display will show your Workout Summary. To completely power down; either press the **STOP** button again or follow the onscreen instructions.



To change speed:

Push **speed** "+" key down to increase speed. Holding speed "+" key depressed for longer than 2 seconds causes the speed to increase at a faster rate.

Push **speed** "-" key down to decrease speed. Holding speed "-" key depressed for longer than 2 seconds causes the speed to decrease at a faster rate.

Pressing the speed "Go" key will bring you to the speed shortcut screen. In this screen you may skip to a different speed level very rapidly with 1 touch. Caution: the treadbelt will change speed very rapidly after a selection has been made.



GO SPEED



To change grade:

Push **grade** "+" key down to increase elevation. Release the button when the display indicates the desired elevation setting.

Push **grade** "-" key down to decrease elevation. Release the button when the display indicates the desired elevation setting.

Pressing the grade "Go" key will bring you to the Grade shortcut screen. In this screen you may skip to a different grade level very rapidly with 1 touch. Caution: the incline of the treadmill will change elevation very rapidly after a selection has been made.



GRADE GO



To return home:

Pressing the Home button below the screen will return you to the Main Menu screen at any time during your workout.



To view different display screens during you workout:

Press the arrow keys next to the Home button, or swipe left or right, at any time to choose the display screen that best suits your workout.

Advanced Touch Screen Gestures:

When viewing a Motivational Screen, swipe left or right to alternate between the available screens. Swiping down at any time will bring you to the Workout Totals Screen.

Swiping up at any time will bring you to your Default Screen, which can be set in your Client Page (Commercial Mode defaults to MENU)



Basics

Introduction.....	1
Assembly Instructions.....	2-3
Features.....	4
Getting Started.....	5

Client Mode (Residential Mode Only)

Creating a Client.....	6
Fitness Journal.....	7

Manual Mode

Overview.....	8
Motivational Screens.....	9-11
Using Numeric Key Pad.....	12

Built-in Programs

Overview.....	13
Running a Built-in Program.....	14
User Programs – Edit Mode.....	15
User Programs – Edit Mode.....	16
Heart Rate Control (HRC) Programs.....	17
User HRC Programs.....	18

Specialty Programs

Specific goal Programs.....	19
Race Mode.....	20

Fitness Tests/Protocols

Overview.....	21
Running a Fitness Test.....	22
Running a Fitness Protocol.....	23

Power Down, Workout Totals & QR Data Extraction

Overview.....	24
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System Setup

System Settings.....	25
Self-Diagnostics.....	26

Heart Rate Monitoring

My Target Heart Rate Zone.....	27-28
Heart Rate Monitors.....	29-30

Getting the Most Out of Your Workouts

Workout Tips.....	31
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Treadmill Accessories & Maintenance

.....	32-33
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Introduction

Congratulations! You've made a very smart investment! Your Executive Treadmill is a high-quality fitness tool that will give you years and years of fitness benefits. One of the great things about the Executive Treadmill is its diversity of applications. It's terrific for just starting out on a walking program or easy jog. In the case of a veteran runner, it's the exact prescription needed for precision interval training to lower your 10K time.

Regardless of the application, unpleasant weather is not an obstacle. Cold, windy, wet days will never discourage you again, nor will the heat and humidity of the summer months. If you're the type of person that likes to do two things at once, now you can watch your favorite program on TV or keep an eye on your kids and take care of your health at the same time.

Did you know that your treadmill is an excellent stair-climbing simulator? Stair climbing has become a popular exercise today. Your treadmill, when elevated, is a very good climber with more safety and comfort than a dedicated stair climber!

Your treadmill was a smart purchase, but you already knew that, so let's move on and get started.

BEFORE YOU BEGIN

Following are some things you should do before you start to exercise on your treadmill:

INSTRUCTION MANUAL

Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the treadmill.

WARRANTY INFORMATION

Fill out your warranty registration card and mail it in today. Landice backs your treadmill with a strong warranty. For the factory to respond to any problems you may have, we need your warranty information on file. Do it today.

SELECTING A LOCATION

Install your treadmill in a climate controlled room.

Allow a minimum clearance of **18 inches on each side** of the treadmill.

Allow a minimum clearance of **6 feet at the rear** of the treadmill.

Failure to leave ample clearance at the rear of the treadmill could result in the user becoming trapped between the treadmill and the wall should the user accidentally trip and fall while exercising. Be sure the line cord has plenty of slack and does not get pinched underneath the treadmill when the treadmill elevates up and down. Make sure the treadmill is plugged into a dedicated line.

Assembly Instructions

STEP 1: Unbolt treadmill from pallet



- On L7 treadmills it is necessary to remove the bolts which hold the treadmill to the pallet.
- Start by removing the top bolts.
- Lay the treadmill on the ground, and then remove the bottom bolts by placing the treadmill on your toolbox.
- With the bolts removed, the treadmill will be free to move around in the box.

STEP 2: Cut the box off the pallet



- Remove the metal strapping around the box.
- Using a razor blade knife, cut the box just above the bottom row of brass staples along all sides of the box.
- **DO NOT cut through the center of the box, as you could damage the treadmill.**
- Remove the box and discard.

STEP 3: Unstrap the treadmill



- The treadmill components are held together with plastic strapping.
- Carefully cut and remove the strapping. Remove the treadmill upright and accessory boxes from the treadmill. Lift the treadmill off the pallet.
- Carefully remove the upright side cover from the upright assembly.

STEP 4: Secure upright to frame



- Slide the upright down onto the 8-side frame bolts.
- Tighten bolts with a 7/16" extended socket.

STEP 5: Prepare to install hand rails (Med Rails: the word *handrails* refers to the 4" clamps for steps 5-8)



- The handrail mounting bolts have been threaded into the rails for shipping. Remove them.
 - Attach both handrails by first hand-starting the bolts through the upright and then using a 1/2" socket. Leave about 1/8" of slack.
- (DO NOT TIGHTEN FLUSH TO SURFACE).

STEP 6: Place crossbar



- After mounting both handrails, gently lower the curved crossbar into position between them.
- Each end of the crossbar should cover the two smaller access holes that are cut into the handrails.
- Leave contact heart rate connection harness hanging for now.

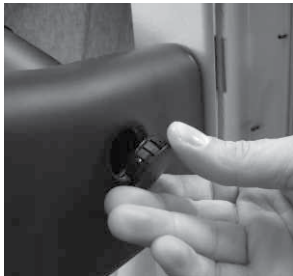
STEP 7: Secure crossbar



- Using an extended 1/2" socket, carefully guide the 2 inch bolt with lock washer into the big access hole in the side of the handrail.
- Once the bolt reaches the crossbar, tighten it.
- Repeat this step with the other handrail.

*OPTIONAL Contact Heart Rate Assembly
Skip to Step 12 if treadmill has standard crossbar

STEP 8: Secure hand rail



- Press the dome plugs into the large access holes on the side of the handrails.
- Finish tightening the handrail bolts from STEP 5.
- **Note: Med Rails go to Appendix A.**

STEP 9: Mount the POD



- Remove "POD" console from its box.
- Carefully mount it on top of the upright. **SUPPORT IT AT ALL TIMES, IT DOES NOT SECURELY REST ON TOP UNTIL IT'S BOLTED DOWN.**
- Remove the partially threaded bolts from the inside of the POD, and bolt them from the bottom up (see picture above) using a 1/2" socket.

STEP 10: Connect contact bar



- Carefully insert display membrane into the bottom edge of the POD exposing back connections
- Feed the contact heart rate harness through the access hole in the inside of the left upright (insert strain relief provided). Feed harness up into the control panel.
- Pull back the membrane and connect harness to white 3-pin connector along the bottom edge of the display board.

STEP 11: Ground the contact bar



- Temporarily back out the nearest Philips head screw in reach of the ground harness from the POD mount plate (see picture)
- Insert ground eyelet, and secure the screw to mount plate once again.
- **SOME CONTACT BARS DO NOT USE A GROUND WIRE**

STEP 12: Connect accessory harness



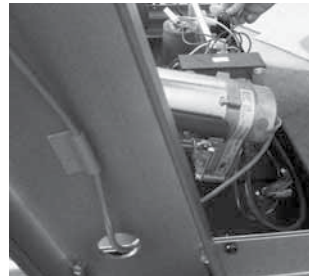
- Connect the Accessories Harness from the inside of the POD to the back of the upper board.
- Connect the safety cable harness coming from magnet stud to the black mating connector on the upper board.
- Feed the Upper harness connection on the edge of the upper board, down the side access hole in the POD and down the upright leg.

STEP 13: Position the membrane



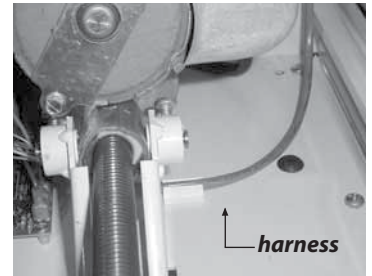
- Carefully pitch the display membrane into operational position, but **DO NOT PRESS ALL THE WAY IN**.
- Proceed with assembly until you can verify connections are correct – **THEN PRESS INTO POSITION**.

STEP 14: Route the wire harness



- Feed upper harness down the leg connecting to blue harness clips.
- **BE SURE TO LEAVE SLACK UPTOP SO YOU CAN STILL PITCH THE PANEL BACK UNHINDERED BY HARNESS LENGTH**
- Feed harness through access hole at the bottom and complete connections to components

STEP 15 Motor pan connection



- HOME/LTD TREADMILL:**
- Route the wire harness underneath the elevation motor and secure with harness restraint clip provided. Plug connector into circuit board until it snaps. **CONNECT INSULATED GROUND LEAD FROM HARNESS TO AVAILABLE PAN GROUND LEAD.**
- COMMERCIAL TREADMILL:**
- Route the wire harness behind the elevation motor and secure with harness restraint clip provided. Plug connector into circuit board until it snaps. **CONNECT INSULATED GROUND LEAD FROM HARNESS TO AVAILABLE PAN GROUND LEAD.**

STEP 16: Install upright covers



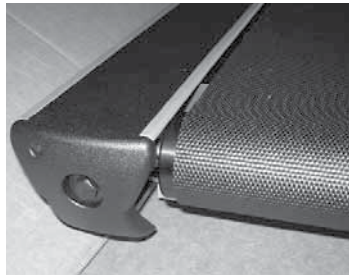
- Carefully align the upright cover to upright. Align one edge and slide all the way up and under the POD concealing the top edge.
- Once the cover is in position, press the other edge until the cover snaps in.

STEP 17: Check drive belt tension



- Check the tension on the drive belt by placing the drive belt between your thumb and forefinger and twisting.
- The proper twist is 45°. If the belt needs to be adjusted use a 7/16" socket and turn the bolt underneath the motor pan attached to the motor's hook screw.

STEP 18: Adjust the treadbelt



- The treadbelt is tracked and tensioned via the take-up screws located at the back of the treadmill.
- Check the tension of the treadbelt. At proper tension you should be able to place your hand between the belt and deck and reach the center of the treadmill. If you cannot reach the center, the belt is too tight and must be loosened. If your hand reaches past the center the belt is too loose and must be tightened.

STEP 19: Install motor cover



- Remove the black motor cover screws in the side of the frame. Place motor cover onto treadmill.
- Attach motor cover with Phillips head screws provided. Place rubber spacer between cover and frame.
- Plug treadmill into a dedicated 15A outlet. Walk on treadmill at approximately 2.5 mph for 20 to 45 minutes to properly walk in lubricant.



SELECTABLE SCREENS

At any point during your workout, the Executive Treadmill allows you to view one of its 5 motivational screens. Each of these screens help you visualize your workout in a unique way while providing statistical information for up-to-the-second updates.



USER CUSTOMIZATION (RESIDENTIAL MODE ONLY)

The Executive Treadmill stores up to five individual clients. Users can store personal information (gender, weight, target pulse, etc.) and treadmill limits (max speed and grade) to ensure efficient, safe, effective workouts every time.

AUTOMATED WORKOUT JOURNAL (RESIDENTIAL MODE ONLY)

The Executive Treadmill records all user activity over the last 8 Weeks. Clients access their journal and review previous workouts. For further analysis, they can also view a personal 8 Week Analysis Report.

UNIQUE PROGRAMMING

- 5 Built-In Programs and 5 User Programs (100% fully customizable)
- 7 Heart Rate Control Programs: 2 Built-In and 5 User
- 6 Fitness Tests/Protocols – Balke, Firefighter, ARMY, NAVY, USMC, and USAF
- Specific Goal Programs: designed around a workout's goal (distance, time, or calories)
- Race Mode: Beat your best ½ Mile, 1 Mile, 2 Mile, 5 K, or 10 K time in a head-to-head race against a virtual pacer.

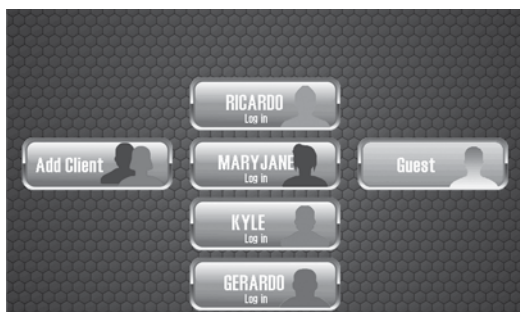
Getting Started

Make sure you have read and understand this owner's manual. Now you are ready to begin.

Start by straddling the treadmill with one foot on each traction strip. Once the treadmill begins moving you can start walking on the treadmill.

Press  the button.

After 3 seconds, the treadmill will start moving at 0.5 mph and you will be prompted to login (Commercial Mode automatically defaults to Guest)



From this page you may log in as an existing client, a guest or create a new client (see **Client Setup**).



If you select "Guest" you will be prompted to input your weight. You may enter your weight or decline. If you decline, a default weight of 150 lb (68 kg) will be used to calculate your Recommended Target Heart Rate. You will then be directed to the Menu Screen.

If you select a previously created client, you will be directed to the Menu Screen (or Default Screen see **Client Setup**)

You are now in Manual Mode, where you control the speed and elevation at your discretion.

You can access all of your treadmill's options by pressing  at any time to bring you back to the Menu Screen (Commercial Mode does not have a CLIENT icon)



Client Mode allows five different users to personalize the treadmill settings to their liking by creating clients. Once a user sets up a client, programming will automatically scale to preset restrictions during program setup. Fitness tests/protocols will remember best and last scores, and all other treadmill activity will be automatically recorded in a personal fitness journal.

To create a client:



Press the **HOME** button and press the “CLIENT” icon.

Press the “ADD CLIENT” button to create a new client.

You are now in the Client Setup Screen. Use the “A/Z+”, “A/Z-”, “Cursor”, and “Clear” keys to adjust your client’s name.

Toggle to your client’s gender by pressing the “GENDER” button. Alter your client avatar by pressing the “ICON” and “COLOR” buttons.

Press “NEXT” when you have finished.



You are now in the Client Setup Screen which allows you to:

- Set client defaults and preferences
- Reset workout statistics
- Access client journal
- Edit client name/gender/avatar
- Log out of client
- View/Reset Best and Total Workout Values

Pressing any of the client default buttons, except ‘Default Screen,’ will bring you to a numeric keypad screen where you may enter your desired value.

Press “DONE” when you have finished

The values that you select as your client defaults will be the default values for all programs to expedite setup time. However, you can adjust and/or manually override these values during setup or while running the program.

Once you have successfully created your own personal client, you will notice that the theme screen now displays your client name in the center slate. This is an indication that you are now in client mode.

Note: If you haven’t set the correct time and date on you Executive Treadmill, it’s highly recommended after creating a client that you do it now, so that all of your activity is logged accurately (see **System Settings**)

Client Mode – Fitness Journal (Residential Mode Only)

Client Mode offers a journal that monitors all client treadmill usage over the past eight weeks.

To view the Fitness Journal:

8 Week Analysis	SUN	MON	TUE	WED	THU	FRI	SAT	Week Total
Balance	1 Dec	2	3	4	5	6	7	0:45
Firefighter	8	9	10	11	12	13	14	0:22
Activity on that date	15	16	17	18	19	20	21	0:19
Today	22	23	24	25	26	27	28	0:18
Back	29	30	31	1-Jan	2	3	4	0:35
	5	6	7	8	9	10	11	0:42
	12	13	14	15	16	17	18	0:19
	19	20	21	22	23	24		0:23

After logging on as a client, from the Menu Screen press CLIENT JOURNAL. You are now in your personal Fitness Calendar Screen.

The red triangle means that you worked out on your Executive Treadmill on that particular day.

Today's date will be highlighted with a red frame on the bottom row of calendar

Note: If the current day at the top of the screen is incorrect, see System Setup to adjust to the correct date



Press any day to view it in more detail. You can now see your workout statistics for that particular day.

You can move from day to day in this detailed view by pressing the “PREVIOUS DAY” and “NEXT DAY” buttons.

Press “BACK TO JOURNAL” to return to the Fitness Calendar



To see your 8 week Fitness Analysis, press the “8 WEEK ANALYSIS” button.

The 8 Week Fitness Analysis summarizes all of your treadmill activity over the last 8 weeks.

Press “BACK TO JOURNAL” to return to your fitness calendar.

You may also access both Fitness Tests – Balke and Firefighter – from this screen. Your last Fitness Tests Scores will be displayed by the shortcut buttons.

Press the “BACK” button in the lower left corner to return to the Client Setup Screen.

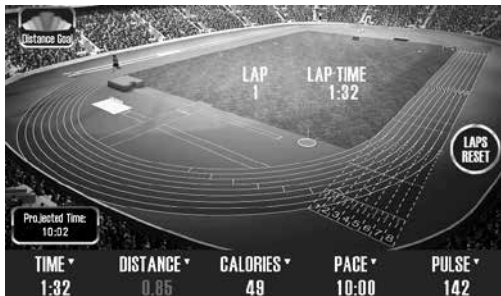
Upon start up, the treadmill defaults to Manual Mode. In Manual Mode, you and only you can change the speed and elevation as well as view one of the 5 motivational screens.

You can switch between motivational screens by swiping left or right on the screen or by pressing the left or right arrows below the screen.



Road

- Displayed Statistics: customizable variable statistics bar
- Selectable Scenery: City, Beach, Canyon, Lake, Mountain



Track

- Displayed Statistics: Lap Count, Lap Timer, Last 2 Laps variable statistics bar
- ¼ Mile Track: a virtual runner displays progress around a ¼ mile track



Landmark Challenge

- Displayed Statistics: Altimeter, Climbing Rate, variable statistics bar
- Climbing Progress: the landmark will ‘fill’ in color to display progress
- Selectable Landmark: Press the “LANDMARK” button to scroll through 6 different famous landmarks of varying height
- Reset: Press the “RESET” button to reset your accumulated altitude
- Trips to Top



Heart Rate Control

- Displayed Statistics: Time in Heart Rate Zone, Heart Rate, Target Heart Rate, Heart Rate Zone, Average Heart Rate, Age vs. Recommended Heart Rate Zone Graph, customizable variable statistics bar
- Heart Rate Zone Shift: Press the “MAX” or “MIN” buttons to alter your heart rate zone
- Screen Flip: Switch to a detailed view of your heart rate zone

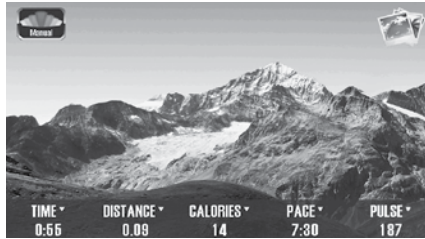


Statistics

- Displayed Statistics: Time, Distance, Calories, Calories per Hour, Mets, Average Pulse, Current Pulse, Heart Rate Zone Timer, Lap Count, Time of Day, Pace
- Best Workout Button – view your current workout compared to your best (Guest/Commercial Mode replaced by Workout Summary)
- Reset Stats – resets Cals, Altimeter, Miles, Time, Lap, and Zone Timer

Motivational Screens

Road Screen



The Road Screen is equipped with 5 different sceneries. Pressing the Photo Icon in the upper right corner will rotate you through the available sceneries: Beach, Canyon, Lake, Mountain and City. These brand new endless panoramic images will continue to change as you progress through your workout.



All motivational screens, except for the statistics screen, now feature a blue ribbon along the bottom. This is the Variable Statistics Bar. With this bar, you may customize which statistics you view during your workout. Five statistics may be shown at once, with an option of 14 different statistics and a 'No Stat' option.

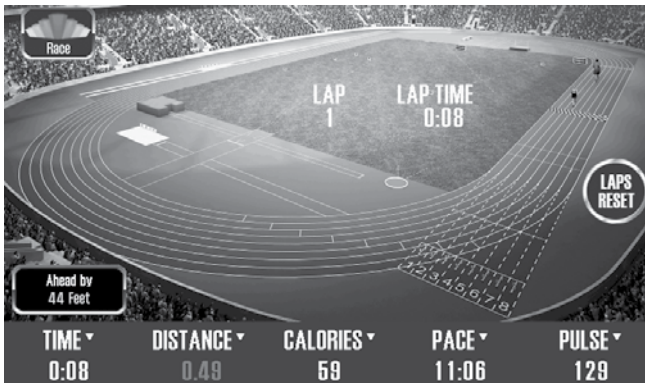
Time	Lap Time	Clock	Zone Timer	Altitude
Distance	Laps	Calories	Avg. Pulse	Climb Rate
Calories/Hr	Pace	Mets	Pulse	No Stat

To change a statistic, press its location on the Variable Statistics Bar. The 15 options listed above will appear and pressing one will replace the old statistic with your new one. Your new statistic will now appear on the Variable Statistics Bar. If you accidentally select a statistic, you can quick-collapse the pop-up menu by pressing away from statistics bar, or wait 5 seconds for it to collapse automatically.

The Mode Button is featured in the top left corner of the screen. The text in the button will indicate which program you are currently running or, if you are in manual mode, it will display 'Manual.' Pressing this button will bring you directly to the Programs Screen.



Track Screen



The Executive Trainer also features the track screen, in which your runner goes around a quarter-mile track. In the track screen, the Lap and Lap Time statistics are always displayed on the field in the center of the track. The previous two lap times will also be displayed, so that you can compare your current and past times. The track also features a checkered line which denotes the start/finish line for your runner.

On the right side of the screen there is a 'LAPS RESET' button. If you press this button, your lap count will return to 1 and the time for the current lap will return to zero. Your runner will begin at the checkered line on the right side of the screen. Your previous lap times will remain.



Landmark Challenge



The Landmark Challenge features 6 famous landmarks for you to climb. In the landmark challenge screen, the Climbing Rate and Altitude statistics are always displayed. Climbing Rate will be displayed in feet per minute or meters per minute, depending on the units you have chosen in your Settings. This screen will also display your Trips to the Top of your landmark. The landmark will start shadowed, and as you climb, the landmark will slowly come into view.

Pressing the 'LANDMARK' Button will rotate the landmark that you climb. Available Landmarks include:

Landmark	Height in Feet	Height in Meters
Statue of Liberty	305	93
Washington Monument	555	169
Seattle Space Needle	605	185
Eiffel Tower	1063	324
Empire State Building	1472	449
Freedom Tower	1776	541

Pressing the 'RESET' button will return your Trips to Top and Altimeter counters to zero, and the landmark will return to being fully shadowed.

If your grade is zero, you will not climb the landmark. The following message will be displayed in the center of your screen: Increase grade to climb. Simply press the '+' Button to increase your grade and you will begin to climb the monument.



Heart Rate Control



The Heart Rate Control Screen is also featured in the Executive Trainer. The slate at the top of the screen displays your current heart rate, in beats per minute, and whether you are In Zone or Out of Zone. Along the right side of the screen are displayed the Zone Timer and Average Heart Rate statistics.

The 'HEART RATE PROGRAMS' button in the upper right corner is a shortcut that will bring you directly to the Heart Rate Control Programs Menu. The 'RECOMMENDED HEART RATE ZONE' button in the lower right corner will bring you to a numeric keypad for you to input your age. With your age, your maximum, minimum, and target pulse will be altered and displayed. You can individually and manually change your maximum, minimum, and target pulse using the buttons on the left side of the screen.

In the center of the screen is an Age vs. Recommended Heart Rate Graph. This graph will help you to get the most out of your workout. The graph is split to show where percentage of your max heart rate you should be working at depending on your age and your exercise level. Pressing the blue page swap button on the upper right of the graph will bring you to a simpler screen which will display only your max, min, and target heart rate. In both screens, your current heart rate will be depicted by a red heart.

Statistics



The final motivational screen is the Statistics Screen. On the left are displayed your work outputs: Calories Burned, Calories per Hour, and Mets. On the right are your heart rate statistics: Current Heart Rate, Average Heart Rate, and your Heart Rate Zone and your In-Zone Time. In the center are your main statistics: Distance, Time, and Pace. In the upper left is the Time of Day and in the upper right is the Lap Count.

In the upper right corner of the screen is a shortcut to your Workout Progress Screen. In the lower right corner of the screen is a 'STATS RESET' button. Pressing this button will turn your calories, distance, time, and zone timer stats to zero. Your lap counter will return to one.

The Executive Treadmill has an on-screen number pad that will appear every time a numeric value needs to be entered, which serves multiple functions to make the treadmill easier to control. It can be used to enter user settings and configure programs.

Whenever you are prompted with a numeric entry, the numeric keypad will appear. If there are multiple numeric prompts displayed at once, the active numeric entry will be the non-frosted prompt. The numeric keypad will only modify the line that is non-frosted. To activate another line, either press the “ENTER” button or simply press on it and it will defrost.



GO KEYS

The “GO” keys next to the SPEED and GRADE buttons allow you to instantly go to a target speed or elevation without having to hold down the Speed/Grade “+/-” keys. “To use “GO” function, press the “GO” button next to Speed (if you want to change you speed) or next to the Grade (if you want to change your grade) and then choose the desired value. After selecting the desired value, you will have 3 seconds to cancel your selection. You may skip the countdown and go directly to your desired speed or elevation by pressing “GO” on the touch screen.



PROGRAM CONFIGURATION

In program setup you will be asked different information based on that particular program’s parameters. This information will be entered using the numeric keypad.

- In the 5 Built-In Programs, the keypad can be used to enter the program’s maximum time, speed, and elevation.
 - The Interval program also asks for the minimum speed and elevation.
- In the Specific Goal Programs, the keypad can be used to enter a variety of different information.
 - Time Goal: time
 - Distance Goal: distance
 - Calorie Goal: calories
- In the 5 User Programs, the keypad can be used to set the speed, elevation and time for each individual segment. This will be explained in more detail under the USER PROGRAM section of this manual.
- In the Heart Rate Control (HRC) Programs, the keypad can be used to enter the program’s maximum speed, maximum elevation, target heart rate, and program time.
- In the User Heart Rate Control Programs, the keypad can be used to enter the program’s maximum speed, maximum elevation, program time, and the target heart rate for each individual segment. This will be explained in more detail under the Heart Rate sections of this manual.
- In the fitness tests/protocols, the keypad can be used to enter your age.

Built-In Programs

Programs have been added to the Executive Treadmill so you can add some variety to your workouts. You can choose from one of 5 built-in programs, which will run you through a pre-selected speed and elevation curve. When choosing a program you select a maximum speed, maximum elevation and a time from 10 to 99 minutes.

Once set, the treadmill will not go above the maximum number unless you manually override it. Any time you override a program's value, the change you make only impacts current segment. The following segment will defer back to the original program profile. Each program is divided into 20 segments of equal time, beginning with 3 warm-up segments and ending with 2 cool-down segments. For example, a 40 minute program will contain 20 two-minute segments.



The following figures represent the 5 built-in programs in the Executive Trainer.

FAT BURN

The Fat Burn Program features two elevation peaks matched to an inverse speed curve. The overall goal of this program is to elevate your heart rate, maintain the elevated heart rate for most of the workout, and then gradually bring your heart rate down via the last three cool down segments.

INTERMEDIATE

The Intermediate Program features five elevation peaks matched to a challenging speed curve. The overall goal of this program is to vary your heart rate by elevating and lowering it several times, providing you with a challenging cardiovascular workout.

ADVANCED

The Advanced Program features high elevations combined with top speeds for an all-out workout. The overall goal of this program is to raise your heart rate with both speed and elevation for an advanced cardiovascular workout.

INTERVAL

The Interval Program features high speeds and elevations alternating with low speeds and elevations. The overall goal of this program is to vary your workout load, taking you from peak level to recovery eight times throughout your workout.

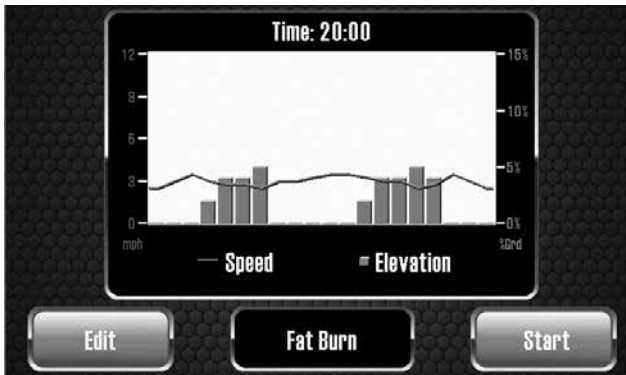
ENDURANCE

The Endurance Program features a max speed run, paired with max elevation. The overall goal of this program is to raise your heart rate with both speed and elevation for the ultimate cardiovascular workout.

From the Menu screen, select PROGRAMS to view all programming options.



Once you select the built-in program that best suits your needs, you will be prompted with a Program Preview Screen.



The program preview is a graphical representation of the program you have selected which displays:

- Maximum Speed and Elevation
- Minimum Speed and Elevation
- Program Time

You have the option to START if you are happy with the program's parameters or EDIT them to your liking.



This screen allows you to customize the program's parameters. Use the numeric keypad to adjust the Program Time, Maximum Speed, and Maximum Elevation.

Each program is divided into 20 equal segments. For example, a 40 minute program will contain 20 two minute segments.

Once you are content with your modifications, you have the option to START or PREVIEW your changes in the Program Preview before starting.

As soon as you start the program, the Program Progress Screen becomes available as one of the selectable displays. You can swipe left or right or press the arrow keys to view the other motivational screens.



Features:

- Progress Flood
- Total Time Remaining
- Segment Time Remaining
- Designated "Exit Program" key

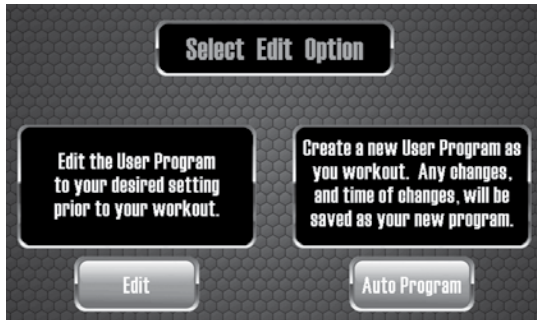
Once the program is complete or you choose to prematurely terminate it by pressing the featured "Exit Program" button, the treadmill will automatically default back into Manual Mode.

User Programs – Edit Mode

The Executive Treadmill has storage capacity for five User Programs, which you can create and change. The treadmill will remember these programs even if you unplug it from the wall.

A User Program looks and runs exactly the same as a Built-In Program. The primary difference between Built-In Programs and User Programs is customization. Unlike the Built-In Programs, User Programs allow you to manually edit individual segments.

To edit a User Program:



Press Home • Programs • User Programs • Select User Program • Edit

You will be prompted with the option to EDIT or AUTO PROGRAM.

Select EDIT to enter EDIT MODE.

When you first enter EDIT MODE, you default to a detailed view of the 1st segment of the User Program.

Using the numeric keypad, you can modify the 1st segment's time, speed, and elevation.



Press NEXT SEGMENT to view the 2nd segment in detail.

To view other segments, use the “NEXT/PREVIOUS SEGMENT” buttons to navigate through the entire 3-segment program.

When you finish modifying your User Program, press SAVE to preview you modified program.



EXAMPLE:

If you want to modify your user program to be more than 3 segments (up to 20), follow these steps. To make a 3 segment user program 4 segments:

1. After modifying segments 1, 2, and 3 to your liking, click the “ADD SEGMENT” button.
2. The fourth segment will have a time of 1 minute, and the total time will increase by 1 minute. You can then go ahead and modify that segment's time, speed, and elevation



EXAMPLE:

If you want to modify your program to be less than the number of segments you have increased it to (perhaps you would like your 13 segment program to only be 7), follow these steps:

1. Go to the segment that you would like to be the final segment (in the case of this example, segment 7).
2. Press the “END HERE” button. This will delete all segments that occur after the segment you are currently viewing (segment 7).

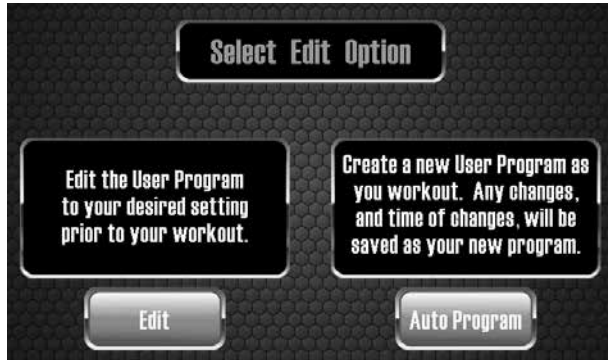
When you have completed editing your User Program, press the SAVE button to view the Program Preview with the updated changes that you have made.

If you are content with your changes, press START to begin the User Program. Your newly modified User Program will be permanently stored in Executive Treadmill's memory even if the treadmill is unplugged.

The Executive Treadmill comes equipped with Auto Program. It is a unique feature that allows you to write a User Program as you workout. All manual changes to speed and grade including the time of those changes will be stored as the new User Program.

Note: Running Auto Program will erase the existing User Program and write a new one from scratch.

To run Auto Program:



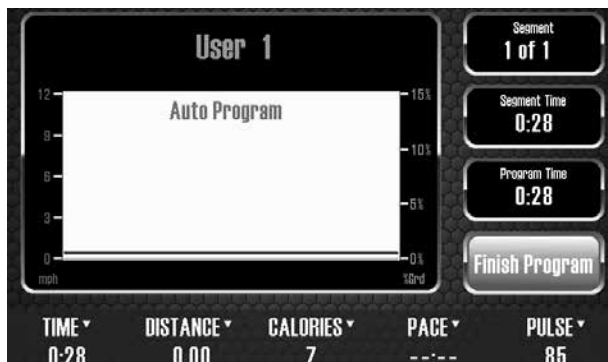
Press Home Programs • User Programs • Select User Program • Edit

You will be prompted with the option to EDIT or AUTO PROGRAM.

Select **AUTO PROGRAM** to begin Auto Program.



As soon as you begin Auto Program, you'll notice that it reads **NEW SEGMENT**. This is an indication that you are creating a new segment, the 1st segment, in this case. During the first 10 seconds, you can adjust the speed and grade setting for this segment.



After 10 seconds, the segments settings will lock in and the banner will change to **AUTO PROGRAM**. This is an indication that any future speed or grade changes will trigger the creation of a new segment.



You can create up to 20 segments each up to 99 minutes long. Whenever you want to create a new segment, just change the speed and/or grade to the desired settings. The **NEW SEGMENT** banner will indicate that you are creating a new segment.

To finish the Auto Program press the “Finish Program” button at any time. The User Program will now be saved exactly as you ran it during Auto Program.

Heart Rate Control (HRC) Programs

The Executive Treadmill is equipped with both a Contact Heart Rate and a Wireless Heart Rate (transmitter strap) sensor. HRC programs require the use of one of them.

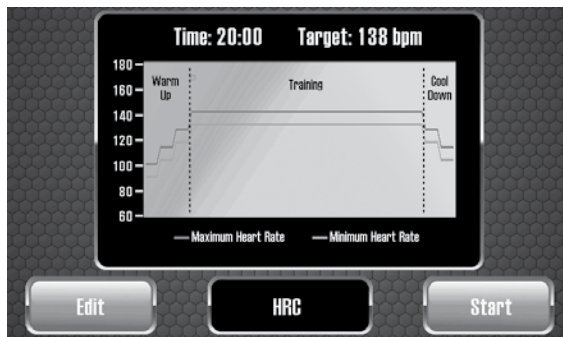
The Executive Treadmill has the ability not only to display your heart rate, but also to automatically vary the speed and elevation based upon your heart rate via Heart Rate Control (HRC) programs. HRC training allows you to maximize your workout performance while minimizing your workout time.

Segment	Stage	% of Target Heart Rate	
		HRC	Interval HRC
1	Warm Up	70	70
2	Warm Up	80	80
3	Warm Up	90	90
4-18	Training	100	Alternating 80 & 100
19	Cool Down	90	90
20	Cool Down	80	80

There are 2 different 20 segment heart rate control programs:

- HRC keeps the user’s heart rate at the target heart rate for the duration of the workout.
- Interval HRC targets different heart rates. It alternates between the target and 80% of the target.

To run an HRC Program:



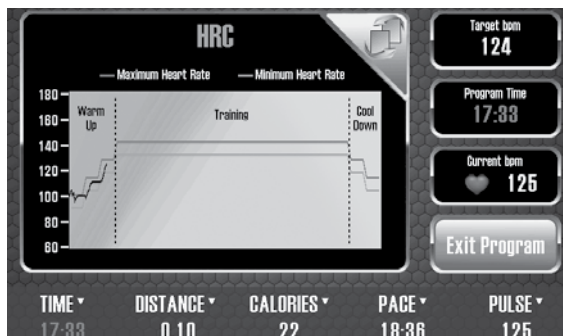
Press HOME • PROGRAMS • HRC PROGRAMS to display the HRC Programs Selection Screen; select Heart Rate Control or Interval Heart Rate Control.

If the default HRC Program displayed in the program preview suits your needs, press **START** to begin. If you would like to modify it, press **EDIT** instead.



This screen allows you to customize the program’s parameters. Use the numeric keypad to adjust the Program Time (20 minute minimum), Maximum Speed, Maximum Elevation, and Target Pulse.

Once you are content with your modifications, press **START** to begin or **PREVIEW** to view the Program Preview with the updated changes you have made.



As soon as you start the program, the Program Progress Screen becomes available as one of the motivational screens. You can swipe left or right to view the other motivational screens. You can press the screen flip button to view your heart rate zone.

The Program Progress Screen displays program time and heart rate. Your heart rate (black line) will slowly graph itself during the program, attempting to stay between the Max Heart Rate (red line) and the Min Heart Rate (blue line).

Once the program is complete or you choose to prematurely terminate it by selecting the “Exit Program” button, the treadmill will automatically default back into Manual Mode.

A User HRC Program looks and runs exactly the same as a Built-In Program. The primary difference between Built-In Programs and User HRC Programs is customization. Unlike the Built-In Programs, User HRC Programs allows you to manually edit individual segments.

To Edit a User HRC Program:



Press **Home** • **Programs** • **HRC PROGRAMS** • **USER HRC PROGRAM**

After selecting the User program you want to edit, press **EDIT** to enter **EDIT MODE**.

In this screen, you can adjust the program's maximum speed and change elevation. To adjust the length of your program and target heart rate, press the **EDIT PROFILE** button.



From this screen, you will see a detailed view of the 1st segment of the User HRC Program.

Using the numeric keypad, you can modify the 1st segment's time and target heart rate.

Press **NEXT SEGMENT** to view the 2nd segment in detail.



To view other segments, use the designated "NEXT/PREVIOUS SEGMENT" keys to navigate through the entire 20 segment program.

If you want to shorten the program to less than 20 segments, press **END HERE** at your desired last segment. You can always add more segments in the future by going to the last segment and pressing **ADD SEGMENT**.

If you are content with your changes, press **START** to begin the User HRC Program. Your newly modified User HRC Program will be permanently stored in Executive Treadmill's memory even if the treadmill is unplugged.

Specific Goal Programs

These specialty programs have been designed to monitor and achieve a specific goal you may have every time you get on your Executive Treadmill. Whether you want to go for a 3-mile run, burn 1,000 calories, or simply exercise for 15 minutes, the goal progress will be updated automatically as you progress through your workout. During these programs you will retain full manual control.

Using Specific Goal Programs:



Press **HOME • PROGRAMS • GOAL PROGRAMS** to view the Specific Goal Setup Screen. Press the “DISTANCE” button to cycle between Goal options. With each press, the button title will cycle between the options: DISTANCE, TIME, CALORIES.

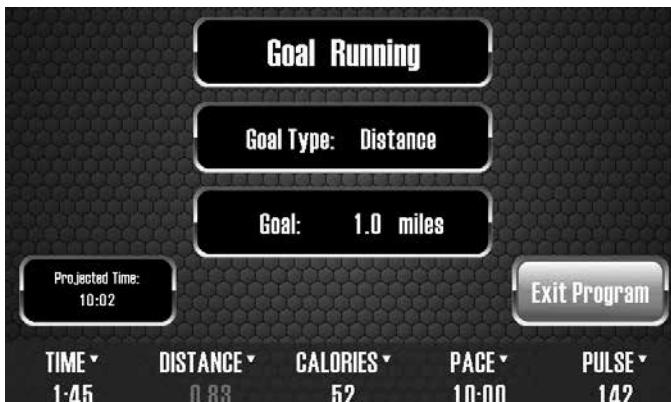
After selecting your goal, define its parameter using the numeric keypad:

- Time: 10-99 minutes
- Distance: 0.1-99.9 miles
- Calories: 10-9999 Calories



Press Start to begin.

As soon as you begin, you’ll be taken to the Track Screen. You will see a new “Projection” statistic on the bottom left. Also, your goal statistic will be a down-counting red value which is always available in the variable statistics bar on bottom of the screen.



Once the program is complete, or you choose to prematurely terminate it by selecting the designated “Exit Program” Button, the treadmill will automatically default back in to Manual Mode.

Race Mode is a unique feature exclusive to the Landice Executive Treadmill. Race is a manually controlled, distance based program that monitors your progress versus a virtual pacer. There are five different preset race distances: ½ Mile, 1 Mile, 2 Miles, 5 K, and 10 K.

To run a Race:



Press **HOME • PROGRAMS • RACE PROGRAMS** to enter the Race Setup screen.

Press the button to select your desired distance: With each press, the button title will cycle between the distances of the race: ½ Mile, 1 Mile, 2 Miles, 5 K, and 10 K.

After selecting your distance, use the numeric keypad to dial in your pacer's time to complete the distance.

Notice that your personal best and previous times for this distance are posted beneath the distance button.

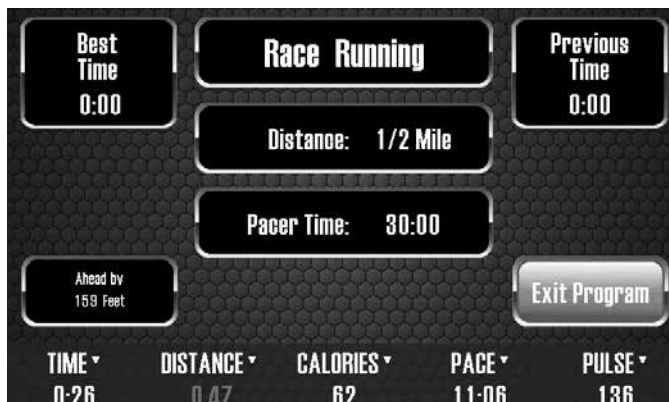


Press **START** to begin the race.

As soon as you begin, you will default to the Track. During the Race, the Track Screen will display both you and the pacer (the pacer is always the opposite gender).

A new Distance Behind/Ahead statistic will appear for the duration of the race on the bottom left of screen.

The pacer will finish the race distance exactly at the time you selected in setup. Since you are in manual speed control throughout the race, you control your own finish time.



In addition to being able to view any of the original 5 motivational screens in Race Mode, you will also be able to view a Race Mode screen that displays what type of goal, pacer time, your previous and best times, and the “EXIT PROGRAM” button.



The Executive Treadmill includes 2 fitness tests and 4 fitness protocols. Based on your specific age, gender, and performance they calculate your fitness level. The Balke and the Firefighter Tests are heart rate controlled.

- **Balke Fitness Test (HRC: must use Accutrack or Wireless Chest Strap)**

- Test Parameters**

- o Maximum Speed: 4.4 mph (5 mph with an L9), controlled by treadmill
 - o Maximum Grade: 15% (12% with an L9), controlled by treadmill
 - o Maximum Heart Rate: 90% of Maximum Heart Rate (see Heart Rate Monitoring)

- Description**

- o This is a heart rate controlled, walking pace, variable incline fitness test. The test increases in difficulty in an effort to raise your heart rate to a target. Upon reaching your target heart rate, the test will terminate and calculate a fitness assessment based on your performance (VO2 Max Score).

- **Firefighter (Gerkin) Fitness Test (HRC: must use Wireless Chest Strap)**

- Test Parameters**

- o Maximum Speed: 7 mph
 - o Maximum Grade: 15% (12% with an L9), controlled by treadmill
 - o Maximum Heart Rate: 85% of Maximum Heart Rate (see Heart Rate Monitoring)

- Description**

- o This is a heart rate controlled variable speed and incline fitness test. The test increased in difficulty in an effort to raise your heart rate to a target. Upon reaching your target heart rate, the test will terminate and calculate a fitness level based on your performance (VO2 Max Score).

What is VO2 Max?

A person's fitness level can be measured by the amount of oxygen his or her body can consume while exercising at maximum capacity. VO2 Max is a measurement of the maximum amount of oxygen in milliliters an individual can use in one minute per kilogram of body weight. For years, only fitness trainers and doctors had access to this intricate fitness calculation. Fortunately, the Executive Treadmill not only takes care of all the complex VO2 Max calculations, but also gives you a simple evaluation anyone can understand.

Scores may vary due to different line voltages, component tolerances, and individual's affinity towards each test's parameters. For a more accurate VO2 Max calculation, take the average of the two scores (Balke and Firefighter Fitness Test).

Fitness Protocols

- Navy 1 ½-Mile Test
- Army 2-Mile Test
- Air Force 1 ½-Mile Test
- Marine Core 3-Mile Test

Test Parameters

- Maximum Speed: At user's discretion
- Maximum Grade: Deactivated and set at 0%
- Maximum Heart Rate: Not part of the test

Description

- These are manually controlled, flat ground, complete-as-fast-as-you-can runs. Upon completion you will receive an assessment score (0-100) or superlative.

To take a Fitness Test:



Press **HOME • PROGRAMS • FITNESS TESTS**. In the Fitness Tests screens, you can select one of the 2 fitness tests that the Executive Treadmill has to offer. Remember, both of these tests are heart rate controlled.

Upon selecting the fitness test of your choice, you will continue to the fitness test set up screen. Use the numeric keypad to adjust your age and the male/female button to select your gender.

Note: Before pressing start, you will be prompted with the heart rate that the fitness test will target in red font at the top. This heart rate calculation is derived from statistical heart rate capacity averages (see **Heart Rate Monitoring**). If you are uncomfortable with the target heart rate displayed or feel discomfort at any point during the fitness test, stop the test

Press **START** to begin the test.

You must hold onto the contact heart rate crossbar or wear your heart rate transmitter strap during the entire test. If the treadmill loses a heart rate signal for more that 30 seconds, the test will be invalidated and terminated.

The HRC fitness tests are fully automated and will increase in difficulty from segment to segment until the user achieves the target heart rate (Balke – 80% of Max HR; Firefighter – 85% of Max HR). Once you reach the target pulse, a countdown will begin to ensure that your pulse has indeed stabilized at the target. Any keystrokes during the test other than **BACK**, **MENU**, or **NEXT** will invalidate and terminate the test.

Balke Fitness Test:

Upon completion, you will receive a VO2 Max score and fitness assessment based on your performance versus your demographics.

Men

AGE	<20	20-29	30-39	40-49	50-59	60-69	>69	RATING
VO ₂ Max	>65	>62	>58	>54	>52	>50	>48	SUPERIOR
	57-65	54-62	50-58	46-54	44-52	42-50	40-48	EXCELLENT
	47-56	44-53	40-49	37-45	35-43	31-41	30-39	GOOD
	37-46	35-43	32-39	28-36	26-34	24-31	22-29	AVERAGE
	<37	<35	<32	<28	<26	<24	<22	LOW

Women

AGE	<20	20-29	30-39	40-49	50-59	60-69	>69	RATING
VO ₂ Max	>62	>58	>54	>51	>47	>44	>42	SUPERIOR
	54-62	50-58	46-54	43-51	39-47	36-44	34-42	EXCELLENT
	42-53	39-49	35-45	31-42	29-38	25-35	23-33	GOOD
	34-41	32-38	29-34	25-31	22-28	19-24	15-22	AVERAGE
	<34	<32	<29	<25	<22	<19	<15	LOW

Firefighter Fitness Test

Upon completion, you will receive a VO2 Max score and fitness assessment based on your performance versus the general population.

MEN / WOMEN

VO ₂ Max	RATING
>59	SUPERIOR
50-58	EXCELLENT
40-49	GOOD
32-39	AVERAGE
<32	LOW

Running a Fitness Protocol

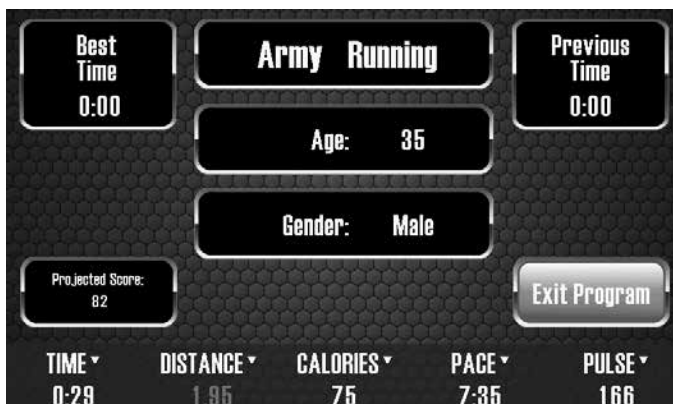
Press HOME • PROGRAMS • FITNESS TESTS. In the Fitness Tests menu, you can select one of the 4 fitness protocols that the Executive Treadmill has to offer. These tests are not heart rate controlled.



Upon selecting the fitness protocol of your choice, you will be prompted to the fitness test set up screen. Use the numeric keypad to adjust your age and the male/female button to select your gender.

Note: If you feel discomfort at any point during the fitness test, stop the test

Press **START** to begin the test.



During the protocol, you will retain manual speed control. On the Army Running Motivational Screen, you'll notice a box in the bottom left corner stating your 'Projected Score.' The Projected score is the score you would receive if you were to complete the rest of the protocol at your current pace.

Upon completion, you will receive a fitness assessment based on your performance versus your demographics (0-100).

The Navy Test uses a verbal assessment.

When pressing the Stop button, your treadmill will not power off immediately. The treadbelt, however, will stop moving, and the speed display to the right will flash 0.5 mph. You will be directed to your Workout Totals Screen. This screen displays your workout totals from the current day and your best workout totals (only in Client Mode)



You have the option to return to your workout or to finish powering off your Executive Trainer. To finish powering off the treadmill, press the 'POWER OFF NOW' button at the center bottom of the screen.



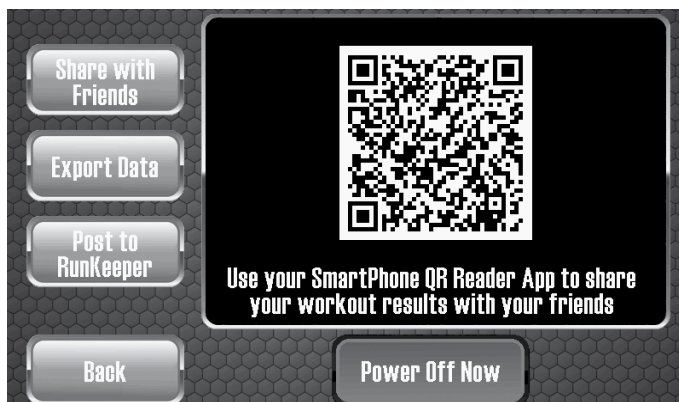
Your Executive trainer will automatically shut off after 5 minutes of inactivity, as shown by the countdown timer in the bottom left corner.

You may access the Workout Totals Screen at anytime during your workout by going to the Statistics Motivational Screen and pressing the 'BEST WORKOUT' button (called WORKOUT SUMMARY in Commercial or Guest Mode). You can also get to the screen using the advanced gesture shortcut: swiping top to bottom on the main center display at any point. This screen will show you your current workout totals in time, distance, and calories, and will give you an evaluation of your workout (evaluation/records only in Client Mode). This evaluation will let you know how much more you have to work out in order to beat your best workout total. If you have already beaten your workout total, a message will read: "Congratulations! New Record!" This screen will appear automatically anytime you break a record. Swiping up on this screen will return you to your previous screen.

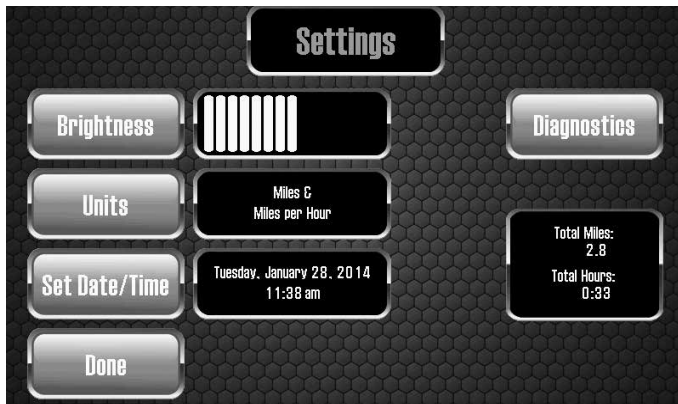
QR Data Extraction (available only in Residential Model)



After pressing the STOP button on your Executive Trainer, you will be directed to your Workout Totals screen. In addition to being able to turn off your treadmill or continue your workout, you have the option to share your workout data in three different ways using QR codes. By using your Smart Phone QR Reader, you have the ability to share your workout results with your friends, to export all of your workout statistics, and/or post your workout results to RunKeeper.com.



- **Share with Friends:** Generates a written summary of your workout which can easily be shared with friends via social networks, email, etc...
- **Export Data:** Extracts and consolidates all of your workout statistics into a comma delimited format making it easier to import into spread sheet programs
- **Post To RunKeeper:** automatically posts your workout totals to your RunKeeper Account. If you do not have a RunKeeper account, you will be prompted to set one up the first time you try to post your workout. From that point on, you will not be asked to log in again and the information will post as soon as you scan with your QR Reader.



You can enter the system settings at any time from the Menu Screen by pressing the “SETTINGS” button.

In the Setup Screen, you have access to 4 alterable settings:

- Brightness
- Units
- Date
- Diagnostics

To alter the brightness, simply press the “BRIGHTNESS” button. The bar will fill to the right, representing an increase in screen brightness. If the “BRIGHTNESS” button is pressed after the screen reaches maximum brightness, the brightness level will drop to its lowest setting.

To alter the units of the machine, press the “UNITS” button. The units will switch between Miles & Miles per Hour and Kilometers & Kilometers per Hour.

This screen also displays the total miles and hours that the treadmill has been used.



To alter the time and date, press the “SET DATE/TIME” button. This will direct you to another screen where you may change the date and time.

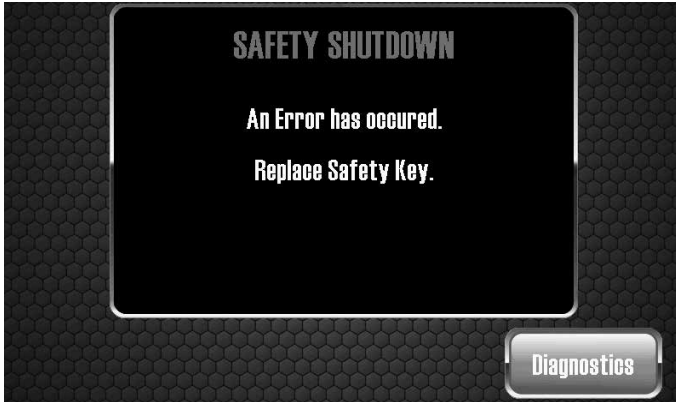
In the Time Setup Screen, use any of the necessary designated keys to correctly set the time and date.

Once set, the Executive Treadmill will maintain the current time and date even when you turn it off.

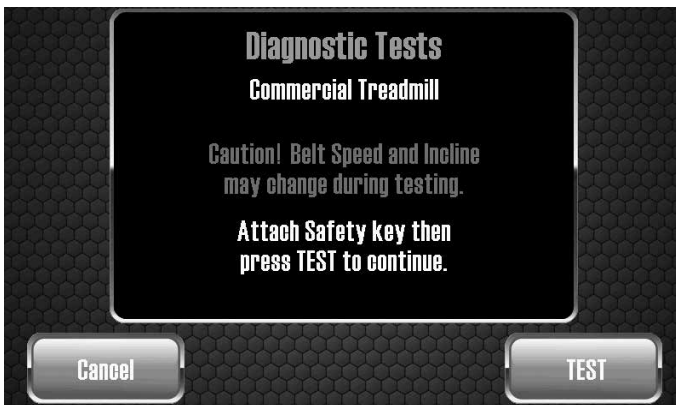
Unplugging the treadmill, however, **will** deactivate the internal clock/calendar. Next time you reconnect your treadmill, your clock and calendar will reset back to the time and date before you unplugged it.

Press the “SAVE” button to return to the system menu.

The Executive Treadmill is equipped with onboard self-diagnostics. If the treadmill experiences any errors during operation, the treadmill will display the error message and the option to further investigate by commencing the treadmill's self diagnostics software.



When you choose the option to enter diagnostics you will be prompted with a warning screen. After reading it, straddle the treadmill by stepping on the traction strips on the sides of the running surface and press "TEST" to continue.



The treadmill will now systematically test all of the individual components of the treadmill. During some of its test, it will prompt you with simple "Yes or No" questions to assist with the diagnosis.



Once the Self-Diagnostics has completed all of the tests, it will read one of the two messages along the bottom: "No Errors Detected," or "Error Detected, Contact Service Provider." For more information, contact your selling dealer.

Note: You can also manually initiate the self-diagnostics from the Menu Screen by press SETTINGS > DIAGNOSTICS

Heart Rate Monitoring

The Executive Treadmill comes standard with a wireless heart rate monitoring device and a contact heart rate crossbar (see **AccuTrack Heart Rate Monitoring System**) to give you feedback on how your body is affected by your workout. We will take a look at a few basic concepts of heart rate monitoring so you can better understand how it all works and how to maximize its use to allow you to reach the fitness level you desire.

What is exercise intensity?

Exercise intensity is simply a measure of how hard you are working at a given time during exercise. The American College of Sports Medicine (ACSM), the world's leading medical and scientific authority on sports medicine and fitness, recommends that every individual involved in an exercise program know how hard his/her body is working during exercise.

Your heart provides key information for determining how intensely you are working during exercise. Your heart rate (how many times your heart beats per minute) is really an efficiency rating for your entire body. The number of times your heart beats during each minute of exercise is a measurement of the intensity of the exercise. If your heart rate is low, exercise intensity is low; if your heart rate is high, your exercise intensity is high.

What is maximum heart rate?

Maximum Heart Rate (MHR) is the maximum attainable heart rate your body can reach before total exhaustion. True MHR is measured during a fatigue or "stress" test. This test must be done in a clinical setting and is not practical or accessible for most people. Fortunately, your MHR can be established with a high degree of accuracy using the following simple formula:

If John is 35 years old, what is his estimated Maximum Heart Rate?

John's estimated MHR =

220
- 35
185

WARNING: the use of this formula assumes no underlying heart or respiratory disease or other condition, which could be adversely affected by exercise. Consult your doctor before using this chart!!!

185 beats per minute is the estimated maximum number of times John's heart can beat before his body would fatigue or "max out." This number is extremely helpful because it tells us the absolute highest exercise intensity John can handle before his body wears out. The ACSM says that during exercise, John should keep his heart rate below his maximum so that he will not become exhausted and have to quit. In fact, the ACSM gives John a specific percentage range of his maximum heart rate to exercise in, known as his Target Heart Rate Zone (THRZ).

Why should I monitor exercise intensity?

Your heart is the most important muscle in your body and, like all muscles, must be exercised regularly to remain strong and efficient. According to fitness experts, exercise is more effective when you work out in a specific heart rate range. This is referred to as your Target Heart Rate Zone (THRZ) and is reflected by the number of beats per minute your heart pumps. This zone can vary greatly depending on your age, fitness level, and various other factors. If your heart rate is too low during exercise, your body reaps little or no benefit. This means you're not likely to see the results you want, like weight loss or increased endurance. If your heart rate is too high during exercise, you may tire too quickly and become frustrated, or even run the risk of injury. In this case, you're likely to quit exercising because it's simply too difficult.

Monitoring exercise intensity helps you to stay at a level of exercise that allows you to accomplish your goals. In fact, the American College of Sports Medicine recommends that, in order to get the most benefit from your cardiovascular exercise, you should work within your THRZ for at least 20 to 60 minutes per workout, 3 to 5 times per week. Knowing your exercise intensity (heart rate) will allow you to work at the right level of exercise to accomplish this.

How do I determine my Target Heart Rate Zone?

Your THRZ represents the minimum and maximum number of times your heart should beat in one minute of exercise. The ACSM recommends that all individuals should work within a THRZ of 60% to 85% of the maximum heart rate. This means that your heart rate during the exercise should not fall below 60% or rise above 85% of your MHR. Let's look at John from our earlier example. John is 35 years old, so his estimated MHR is 220 minus 35, or 185 beats per minute (bpm). The ACSM says that John should exercise between 60% and 85% of 185 beats per minute to stay in his THRZ; let's determine John's THRZ:

John's Estimated Maximum Heart Rate	=	185 bpm
Lower Target Limit 185 bpm (MHR) x 0.6	=	111 bpm
Upper Target Limit 185 bpm (MHR) x 0.85	=	157 bpm
John's Target Heart Rate Zone	=	111-157 bpm

111-157 beats per minute is the range or zone John will want to keep his heart rate in during exercise in order to achieve his goals. If John is a beginning exerciser, he'll want to stay at the low end of his THRZ. If John is a more advanced exerciser, he may want to work at the higher end of his THRZ to challenge himself more.

Different Intensity levels within a target Heart Rate Zone:

Beginner:	60% of MHR
Weight Loss:	75% of MHR
Aerobic:	85% of MHR

What is a heart monitor?

A monitor consists of two parts: a transmitter and a receiver. The Executive Treadmill comes equipped with 2 transmitter options - the wireless chest strap or the contact heart rate bar. Each time you heart beats the electrodes detect the beat and send the information to the receiver on the treadmill. Your current heart rate (bpm) is visible on the treadmill's display.

Heart rate monitors and motivation

KEEP YOU SAFE

Exercising too hard can put you at a risk for injury. A heart rate monitor reminds you of the safe and effective heart rate intensity at which you should exercise and warns you when your workouts go too far.

KEEP YOU IN YOUR ZONE

If you want to reach your exercise goals, it's important to stay in your THRZ during workouts. A heart rate monitor is your constant reminder of the intensity and quality of each workout session.

SAVE YOU TIME

Our heart rate monitor is wireless and easy to use, so you can view valuable heart rate information at any time during exercise without interrupting or stopping your workout.

GIVE YOU ACCURATE FEEDBACK

Our heart rate monitor is more accurate so you know exactly what your level of exercise intensity is during workouts. Pulse meters have a high margin for error. Manual pulse measurements during exercise can result in errors as high as plus minus 15 beats per minute, with the risk of potential error increasing as heart rate increases.

The Executive Treadmill includes two separate heart rate monitoring systems: The wireless heart chest strap transmitter and the AccuTrack Contact Heart Rate.

Wireless Heart Rate Chest Strap Transmitter (shown below)



To use the Wireless Chest Strap follow these steps:

1. Secure the Chest Strap

Center the transmitter on the chest as high under the pectoral muscles (breasts) as possible. Tighten the strap so that the belt is as tight as possible without being uncomfortable.

2. Apply Cardio Gel to the Electrodes

A tube of Landice Cardio Gel was shipped with your Executive Treadmill. Pull the belt away from your chest and apply a small dab onto each electrode. This will ensure a strong electrical contact between the transmitter and your chest.

The Heart Rate Transmitter works best against bare skin. Since sweat (saltwater) is an electrical conductor, the transmitter will work over a T-shirt if the shirt is wet with sweat. If you are having trouble getting an accurate pulse reading, try wearing the belt against bare skin.

CARE AND MAINTENANCE

The transmitter activates when the belt is properly moistened. In order to conserve battery life, wipe the electrodes dry when not in use. Clean monthly with mild soap and water and wipe dry. Do not use abrasives in cleaning, as they can cause permanent damage to the electrodes. Do not bend or stretch the electrode strips, especially when storing the belt transmitter.

The AccuTrack Contact Heart Rate Monitoring System™ can be used in place of the wireless chest strap to perform any of the following functions:

- Monitor your Time in Zone
- Control HRC Programs
- Help you maintain your Target Pulse

TO USE THE ACCUTRACK:

1. Switch to any screen that shows Pulse.
2. Grab onto the pulse grips.
3. As soon as you put your hands on the grips the pulse will flash. This indicates that the system has been activated.
4. Pulse will “beat” briefly and then display your heart rate. Your heart rate will be continuously monitored while your hands remain on the grips.

NOTE: If you are wearing the wireless chest strap, the AccuTrack system will override the wireless signal while your hands are on the bar. Once you release the AccuTrack bar, the treadmill will then default back to the wireless chest strap signal.

The HRC programs will continue to make speed and elevation adjustments to keep you at your target heart rate while your hands remain on the grips. If you remove your hands the HRC programs will not make any speed or elevation changes until you place your hands on the grips again.

The AccuTrack system is designed to be used at walking speeds. A natural running motion involves using your arms to maintain balance. Since contact heart rate systems require your arms to remain stationary, we recommend using the system only at speeds of less than approximately 4 mph (6.4 km/h) or the fastest speed at which you are comfortable walking.

GETTING THE MOST OUT OF YOUR WORKOUTS

Should you walk or run?

This depends on several things such as body weight, fitness goals, and what you like to do. Walking is the safest, most compatible form of exercise for most people. If you’re just starting out, are new to exercise, or participate in aerobic activities less than three times per week, we recommend that you walk. On the other hand, if you’re an experienced runner, stick with your program – use your treadmill the way you want.

Here are some considerations to keep in mind:

- [1] If you’re interested in weight control, walking can burn as many calories as a moderate running pace. To get a very small increase in caloric expenditure, you have to run fast and, for most people, the extra effort isn’t worth it.
- [2] Your chance of losing weight successfully is far greater with walking. Walking increases your daily caloric expenditure, raises your metabolism and is easier to stick with than running.
- [3] Heavy users should always walk until they’ve shed some extra pounds and are closer to their desired body weight. Extra weight means extra stress on joints and muscles, which in turn means residual muscle soreness.
- [4] If you’re concerned about getting a “tough” workout and don’t think walking is adequate, try walking up a hill! You can get just as much cardiovascular intensity (heart rate and breathing response) from walking as you can from running. Don’t fool yourself with preconceived notions about walking – you can sweat just as much by walking as by running.

Take it easy! Walk. Lose weight in comfort. Avoid being sore and discouraged. After you’ve reached your target weight, reevaluate. If you like walking and want to stick with it, terrific! On the other hand, if some running is appealing, try it out and see what it’s like. Just remember that walking will get you fit and keep you fit.

FREQUENCY OF EXERCISE

Walkers: Walk 3-6 times a week; 20-60 minutes per day.

Runners: Run 3-5 times a week; 20-60 minutes per day.

DURING YOUR WORKOUT

- Stay in the middle portion of the treadmill.
- Monitor your breathing. Can you carry on a normal conversation or are you out of breath? If you use the heart rate method of monitoring intensity, are you within your heart rate zone?
- Change the speed and incline as needed to stay within the breathing and heart rate criteria.

AFTER YOUR WORKOUT

- Drink a large glass of water (you'll recover faster).
- Congratulate yourself for completing your workout.
- Do some light stretching exercises.
- Record that you completed the workout on your calendar.

KEEPING TRACK OF PROGRESS

- Keep a calendar that shows scheduled and actual workouts.
- Record every workout you complete.
- Compare planned with actual workouts completed. Aim for 90% completion. If you're averaging less than 90%, reevaluate your schedule and examine why you're missing 10% of your workouts (and the extra benefits from those missing workouts).

CALORIE COMPUTATIONS

- Calories and calories/hour are calculated using the formulas developed by the ACSM. There are two different equations. One is for walking and one for running. The ACSM uses the walking equation for speeds less than or equal to 3.7 mph. The running equations are used for speed in excess of 3.8 mph.
- The computations are based on a 150 lbs person, which is a close enough estimate for most people. If you wish the equations to be more precise, you may enter your weight into the treadmill (see **Getting Started**).

DANGER: Lethal voltages and moving parts capable of causing serious injury are exposed when the drive housing cover is removed. Under no circumstances should the motor cover be removed except by a Landice factory-authorized technician.

CLEANING CONSOLE AND DISPLAY

It is recommended that you clean the console and screen before and after each workout.

Wipe all exposed surfaces with a soft cloth with 30 parts of water to 1 part of SimpleGreen (R) (go to simplegreen.com for more information)

Cleaning the LCD Screen: It is recommended that you dilute 1 part 91% isopropyl alcohol solution in one part water. Be sure to follow the solvent manufacturer's precautions and direction when using any solvent.

TRACKING

The treadbelt is tracked by means of the two 9/16" hex head bolts at the back end of the treadmill. Tightening (clockwise) the adjustment bolt on the side of the machine that the belt has moved towards and loosening the bolt on the opposite side an equal amount, will cause the belt to move towards the center. Adjustments should be made with the treadmill running and in ¼-turn increments. Allow at least 30 seconds for the belt to stabilize between each adjustment. Run the belt at high speed (6-8) mph). To ensure proper belt tracking and alignment, the treadmill must be placed on a stable and level surface.

A yellow warning label will show at the rear of the treadmill when the treadbelt is not tracked correctly (L8 and L9 only).

TREADBELT TENSIONING (pre-set from factory, but may need adjustment during installation)

Need for tension is indicated by uneven belt speed and may be sensed by sudden stopping of the treadbelt when your foot comes down on the belt. To check belt tension, run treadmill at 1 mph. Then, walk on machine. If the belt does not feel like is slipping/hesitating, then the belt is tensioned correctly. If the belt slips/hesitates, then it is not fully tensioned. The same hex head bolts used for tracking also tension the treadbelt. To tighten the treadbelt, turn both bolts clockwise exactly the same amount ¼-turn at a time. Failure to turn them equally will affect belt tracking. **DO NOT OVER-TIGHTEN.** Continue checking for treadbelt slipping. Once treadbelt is fully tensioned, speed up treadmill to 5 mph. Then, while jogging lightly, check for any sudden slipping/hesitating of the treadbelt. Repeat treadbelt tensioning if required.

MOTOR DRIVE BELT TENSIONING (pre-set from factory)

The drive belt is tensioned by a nut located under the motor pan. This nut is screwed to a hook, which is attached to the motor bracket. By turning the nut clockwise, you will tighten the nut pulling down the motor bracket, which will tighten the drive belt. **DO NOT OVER-TIGHTEN.** If you over-tighten this belt you will snap the motor shaft. To measure the tension, twist the drive belt between the motor and the drive roller. The ideal tension will allow you to twist the drive belt 45°. If you can twist the belt past 45°, it is too loose. If you cannot twist the belt to at least 45°, it is too tight.

WARNING: Moving parts can cause serious damage.
Be sure to unplug treadmill before placing hands underneath the treadbelt!!!

TREADMILL LUBRICATION & CLEANING

It is recommended that you vacuum around and underneath the treadmill on a monthly basis. Your treadmill will last longer and look better if you wipe the sweat off the unit after each workout.

Lubrication is not required on residential treadmills. In institutional setting Landice recommends lubricating the underside of the treadbelt with Landice SlipCoat on a monthly basis (see SLIPCOAT APPLICATION INSTRUCTIONS sheet in Lubrication Kit Box).

MOTOR BRUSHES

Motor brushes should be checked every six months on institutional treadmills and after six years on home units.

Service Check-List

- Tension and track treadbelt
- Lubricate belt and vacuum treadmill
- Check drive belt tension
- Check motor brushes



SPEAKERS:

To use the speakers, connect to one of 2 available inputs: 3.5 mm head phone plug (compatible with any audio source with a standard headphone jack) and the iPod® docking connector. Speakers only operate when the treadmill is ON. Once you connect your personal player, you'll be able to turn on/off and adjust the different levels by pressing the "+/-" keys to the right of the fan vent.

FAN:

Fan will only operate when the unit is ON. You'll be able to turn on/off and adjust the different levels by pressing the "+/-" keys to the left of the fan vent.

Note: The accessories keypad has a small power LED (light) on the bottom left corner. This is a diagnostic light which will remain lit as an indicator that the accessories are being adequately powered.

Appendix A: Medrail Installation

STEP 1



Insert the side rail into the upper rail clamp and tighten the bolt using a 1/2" socket. (Do not over-tighten.)

STEP 2



Fit the side rail to the bottom rail clamp.

STEP 3



Use a soft mallet to firmly set the rails inside the clamp.

STEP 4



Use a 3/16" allen wrench to tighten the rail clamp bolts. (Return to Step 9 in Assembly Instructions).



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