LANDICE

Cardio Treadmill

Owner's Manual
Part Number 72117

IMPORTANT SAFETY INSTRUCTIONS

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

[1]   Do not use this product without consulting your doctor first if you are suffering from any illness, condition, or disability which affects your abiility to run, walk or exercise.

[2]   Do not use this product without supervision present if you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise. 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 treadbelt.

   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 treadbelt when starting the treadmill. A sudden start could cause you to lose your balance. Always begin by placing your feet on the side traction strips, straddling the treadbelt, before turning the treadmill on.

[5]   Always wear the emergency stop safety key 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 treadbelt 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]   Familiarize yourself with this manual. 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.

SAVE THESE INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

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

[1]   This treadmill 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 as described in this manual.

[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 or certified service provider immediately for examination and repair.

[5]   Keep the power cord away from 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 openings 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 treadmill to a properly grounded, dedicated outlet only.

[11]   When done using, press **STOP** twice, remove the Safety Key, and unplug the unit from the wall outlet.

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce risk of electric shock. This product is equipped with a power cord that has a 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 power cord and plug to permit connection to a proper electrical 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 electrical 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/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.

CARDIO TREADMILL
Quick User's Guide
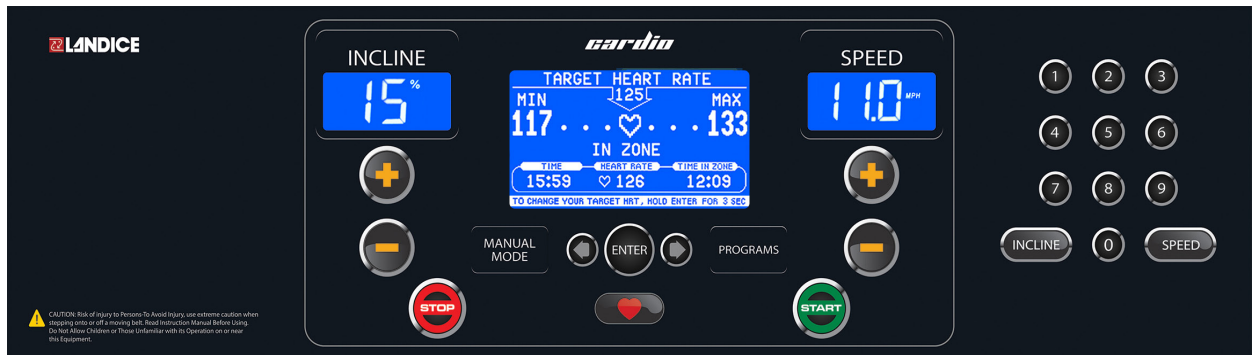
Before you start the treadmill:
The Red Safety Key must be magnetically connected to the front of the display panel. During operation, removing the SAFETY KEY will cause the treadmill to stop until it's replaced.

To start the treadmill:
Press **START** to power up treadmill. All displays will light and the treadbelt will begin to move at 0.5 mph (0.8 km/h in metric mode).

To turn off the treadmill:
Pressing **STOP** twice stops the treadbelt from moving. The treadmill will shut off and all current statistical information will be cleared.

To change speed:
Hold **SPEED "+"** key down to increase speed. Depressing speed "+" key for longer than 2 seconds causes the speed to increase at a faster rate. Release the button when display indicates desired speed.

Hold **SPEED "-"** key down to decrease speed. Depressing speed "-" key for longer than 2 seconds causes the speed to decrease at a faster rate. Release the button when display indicates desired speed.

To change incline:
Hold **INCLINE "+"** key down to increase elevation. Depressing incline "+" key for longer than 2 seconds causes the incline to increase at a faster rate. Release the button when display indicates desired incline.

Hold **INCLINE "-"** key down to decrease elevation. Depressing incline "-" key for longer than 2 seconds causes the incline to decrease at a faster rate. Release the button when display indicates desired incline.

To view different display screens during your workout:
Press **ENTER** or **ARROWS** at any time to choose the display screen that best suits your workout.

Table of Contents

Introduction

Congratulations! You've made a very smart investment! Your Cardio Treadmill is a high-quality fitness tool that will give you years of fitness benefits. One advantage of the Cardio 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. If you're the type of person that likes to do two things at once, you can watch your favorite program on TV or listen to music and take care of your health at the same time.

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
Complete your registration at www.landice.com/support/product registration. 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.

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 power 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.

CHOOSE YOUR UNIT OF MEASURE: ENGLISH / METRIC
The Cardio Treadmill display comes standard in English units and can be changed to Metric units by pressing **MANUAL MODE, PROGRAMS** and **START** simultaneously while the treadmill is off. Then press **STOP**. Repeat the steps to return to English units.

Assembly Instructions

STEP 1: Unbolt treadmill from pallet	STEP 2: Cut the box off the pallet	STEP 3: Unstrap the treadmill

STEP 1:
- For L7 treadmills, the 1/2" bolts that hold the treadmill to the pallet must be removed.
- Remove the 2 top center bolts.
- With treadmill still upright,brace something sturdy (tool box) between the 2 bottom bolts.
- Lower the box onto the brace leaving access to the lower bolts. Remove lower bolts.
- Once removed, remove brace.
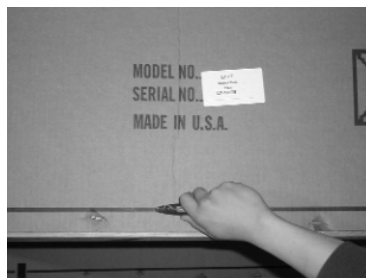
STEP 2:
- Remove the metal strapping.
- Using a razor knife, cut the box just above the bottom row of brass staples along all sides of the box. Follow line on box.
- **DO NOT cut through the center of the box, as you could damage the treadmill.**
- Remove the box and discard.

STEP 3:
- The components are held together with plastic strapping.
- Carefully cut and remove the strapping. Remove the treadmill upright and accessory boxes. Lift the treadmill off the pallet.
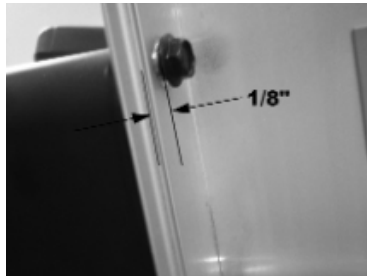- Carefully remove the upright side cover from the upright assembly.

Assembly Instructions

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: Install hand rails (Med Rails: See Appendix A)

- Remove the handrail mounting bolts that have been threaded into the rails for shipping.
- 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 for now.
(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.
- For optional contact heart rate bar, leave 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 outer side access hole.
- Once the bolt reaches the crossbar, tighten it.
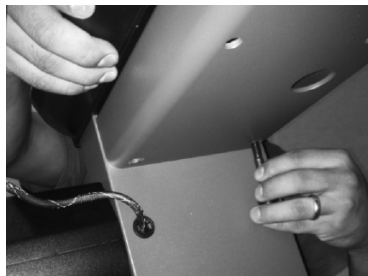- Repeat this step with the other handrail.

---

*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 outside of the handrails.
- Finish tightening the handrail bolts from STEP 5.

- **NOTE**: Med Rails see Appendix A.

STEP 9:
Mount the POD

- Remove "POD" assembly from its box.
- Carefully place it on top of the uprights and cross bracket. SUPPORT IT AT ALL TIMES. IT IS NOT SECURE UNTIL IT IS BOLTED DOWN.
- Remove the partially threaded bolts from the inside of the POD and bolt them from the bottom up using a ½" socket.

STEP 10:
Connect contact bar
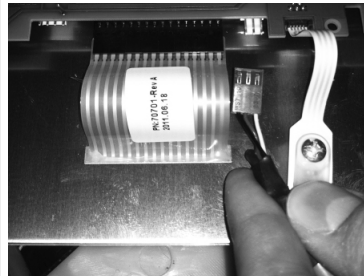
- Carefully insert control panel into the bottom edge of the POD exposing back connections.
- Feed the contact heart rate harness through the access hole on the inside of the left upright (insert strain relief provided). Feed harness up into the control panel.
- Pull back the control panel and connect harness to white 3-pin connector along the bottom edge on the back of the control panel.
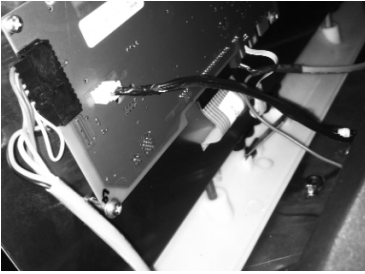
STEP 11: Ground the contact bar

- Loosen the Philips head screw nearest the ground harness from the POD mount plate.
- Insert ground eyelet and secure the screw to mount plate.
- SOME CONTACT BARS DO NOT USE A GROUND WIRE

STEP 12:
Connect the harness

- Connect the harness from the inside of the POD to the back of the upper board.

STEP 13:
Route the wire harness

- Feed upper harness down the upright leg making sure to attach using the blue harness clips.
- **NOTE:** Leave slack in the harness to not stress/pull it when control panel is pressed into position.
- Feed harness through access hole at the bottom.

STEP 14:
Position the control panel

- Align the control panel into operational position but DO NOT PRESS ALL THE WAY IN.
- Proceed with assembly until you can verify that connections are correct - THEN PRESS INTO POSITION.

STEP 15
Motor pan connection
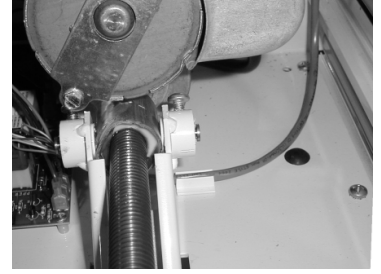
HOME/LTD TREADMILL:
- Route wire harness *underneath* the elevation motor. Secure with harness restraint clip provided. Plug connector into lower circuit board until it snaps. **CONNECT INSULATED GROUND LEAD FROM HARNESS TO AVAILABLE PAN GROUND LEAD.**

CLUB TREADMILL:
- Route wire harness *behind* the elevation motor. 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 leg. 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 nut underneath the motor pan attached to the motor tension screw.

STEP 18:
Adjust the treadbelt
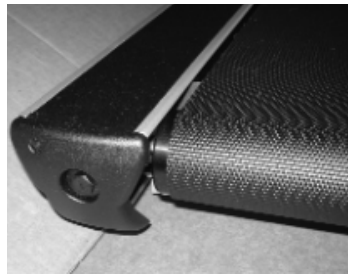
- The treadbelt is tracked and tensioned via the take-up screws located at the back of the treadmill.
- Check the tension of the treadbelt. At proper tension you should be able to place your hand between the belt and deck and reach the center of the treadmill. If you cannot reach the center, the belt 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

- The black Phillips head motor cover screws and spacers were installed prior to shipping; remove them.
- Position motor cover in place and put the rubber spacer between cover and frame. Using motor cover screws, install cover into place.
- Plug treadmill into a dedicated 15 amp outlet. Start treadmill and walk at 2.5 mph for 20 to 45 minutes to properly "walk in" lubrication.

3

Assembly Instructions

Appendix A: Medrail Installation

STEP 1	STEP 2	STEP 3	STEP 4

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

Fit the side rail to the bottom rail clamp.

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

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

Speakers, Fan, Accessories Keypad

Accessories Keypad

SPEAKERS: Speakers will only operate when unit is on.
To use the speakers, connect to the 3.5 mm head phone jack plug (compatible with any audio source with a standard headphone jack). 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.

Basic Control Panel Operations
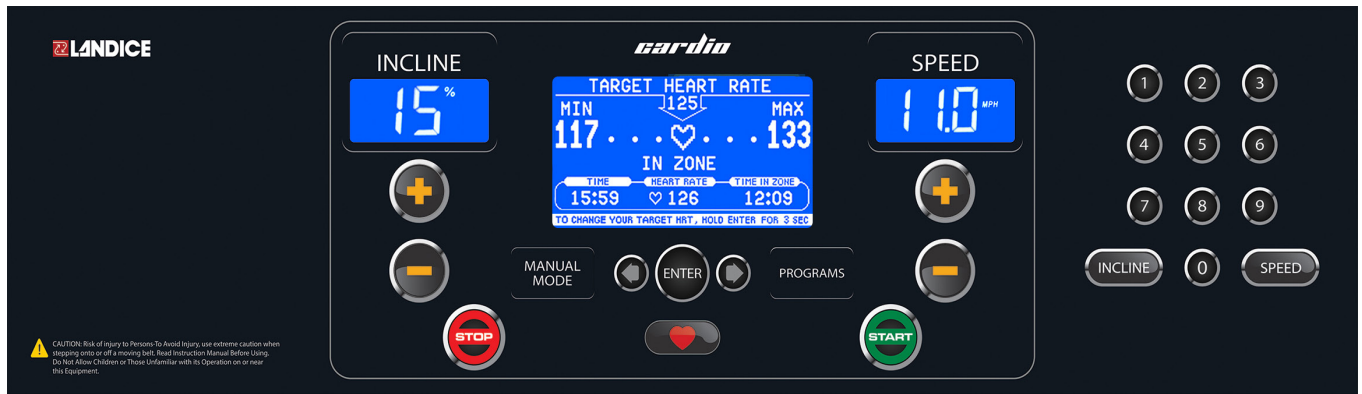
Press **START** to power up treadmill. All the displays will light and the treadbelt will begin moving at 0.5 mph (0.8 km/hr in metric mode).

Press **STOP** twice to turn off the treadmill and once to pause. The statistical information will be cleared once the unit is turned off.

Press **SPEED** or **INCLINE** to achieve instant speed or incline change. Enter the desired value using the numeric keypad or the center arrow keys. *Example*: for 5.0 mph, press **SPEED**, **"5", "0", ENTER.**

Press **ENTER** to scroll through the display screens or after any data input.

To use the Built-in and User-Defined workout programs:
Press **PROGRAMS** at any time to display the programs selection screen. Scroll through built-in and user-defined program previews with center arrow keys and select the program that best suits your desired workout by pressing **ENTER.** You will be prompted to enter the program's specific parameters (Maximum Speed, Incline, Time, etc.). Use the numeric keypad or the center arrow keys to select the desired values. Press **START** to begin the program.

To use the Heart Rate Controlled programs:
Press **HRC** at any time. Choose either a built-in or user-defined heart rate program. Heart Rate Control programs automatically adjust speed and incline in order to maintain a constant heart rate.

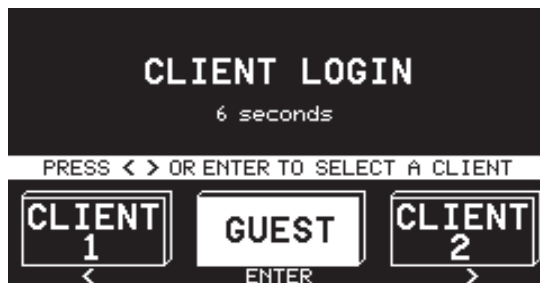*To manually control the speed and incline of the treadmill*:
Press **MANUAL MODE** and adjust the speed and incline to desired values.

Make sure you have read and understand this owner's manual. Now you are ready to begin.
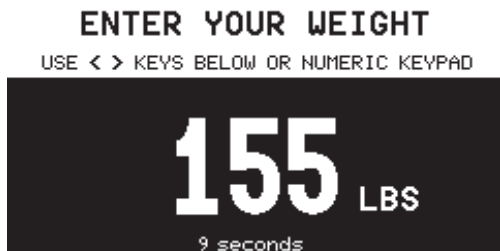
Start by straddling the treadbelt with one foot on each traction strip.

Press the **START** button. The power-up screen will appear and after 3 seconds the treadbelt will start moving at 0.5 mph (0.8 km/h in metric mode).

CLIENT LOGIN
6 seconds

PRESS < > OR ENTER TO SELECT A CLIENT

CLIENT 1   GUEST   CLIENT 2
<   ENTER   >

This is the Client Login Screen. Press **ENTER** to select Guest or use the center arrow keys to select Client 1 or 2. This will be explained in more detail under the CLIENT LOGIN section of the manual.

If this is a commercial unit, Client Login may be disabled. To enable/disable: With the treadmill **off**, press **"8", "6"** and **START** simultaneously**.**

LANDICE
Worldwide Excellence for Over 40 Years

CARDIO

ENTER YOUR WEIGHT
USE < > KEYS BELOW OR NUMERIC KEYPAD

155 LBS

9 seconds

NOTE: Entering your weight helps to accurately calculate calories burned during a workout.

Once you have entered your weight, press **ENTER** or wait 3 seconds and the opening motivational screen will appear.

TIME
8:25
DISTANCE   PACE
0.08   **24:00**
TO CUSTOMIZE THIS SCREEN, HOLD ENTER FOR 3 SEC

TIME
DISTANCE   PACE
USE < > KEYS BELOW TO CHANGE STATS
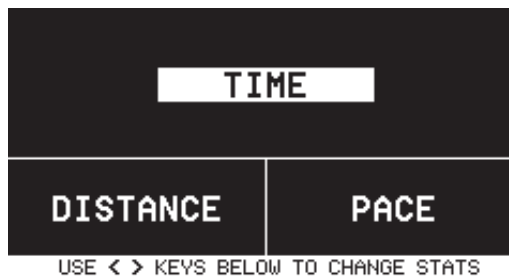
The Personalized Statistic Screen can be customized. Hold **ENTER** for 3 seconds to access the edit screen. Use the center arrow keys to toggle through all the statistical options and press **ENTER** to confirm your selections.

NOTE: Only Clients will have their custom Personalized Statistic Screen layouts stored permanently. Guest Mode resets to Time, Distance and Pace each time you turn on the treadmill.

ENTER allows you to toggle between these screens at any point during your workout.

Motivational Screens

PERSONALIZED STAT SCREEN
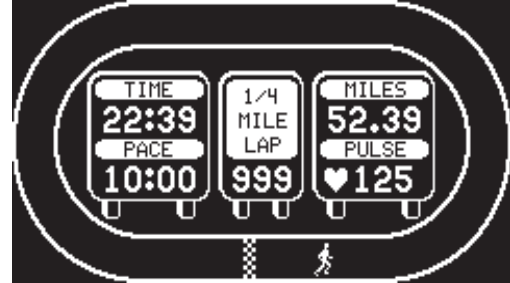
TRACK SCREEN

STATISTICS SCREEN

HEART RATE STATUS SCREEN

TIP: Press and hold either "**< / >**" to initiate scan mode.

Display features

FEATURE	DESCRIPTION
TIME	Time logged on treadmill displayed as "Minutes: Seconds"
DISTANCE	Miles logged on treadmill (kilometers when in metric)
PACE	Time to complete 1 mile (1 kilometer when in metric)
CALORIES	Total calories burned, which is based on user weight
CALS/HR	Rate in calories/hour, which is based on user weight
LAP (PROGRESS)	1/4-mile (400 meter in metric) track and Lap Indicator
LAP (COUNTER)	Number of laps completed
PULSE	Current heart rate
TIME IN ZONE	Time spent in zone (zone is plus or minus 8 beats from target heart rate)
IN ZONE	User is in zone (within 8 beats of the target heart rate)
OUT OF ZONE	User is outside zone (greater than 8 beats from target heart rate)
ABOVE MAX	User is above the maximum allowable heart rate
MAX	Maximum allowable heart rate to remain in zone
TARGET HR	Target heart rate (user defined in Heart Rate Status screen)
MIN	Minimum allowable heart rate to remain in zone
BELOW MIN	User is below minimum allowable heart rate in zone
TOTAL TIME	The total time of the user's workout
METS*	Current MET level, based on user weight / incline / speed

*One MET is defined as the energy consumed at rest by the average adult.

Client Login

The Cardio Treadmill is equipped with CLIENT LOGIN. Client Login allows 2 different users to separately log their cumulative statistics from workout to workout. Client statistics (total miles, hours, calories, weight, average miles per hour and calories per hour) are stored. (For residential only).


TO LOG ON AS A CLIENT:
Upon start up you will be prompted with the Client Login screen. Use the center arrow keys to select Client 1 or 2.

After selecting a client, press **ENTER** or **"< / >"** to toggle through the motivational displays until you reach your Client Statistics screen.

TO CHANGE CLIENT WEIGHT:
From the Client Statistics screen, adjust your weight, at any time, using the Numeric Keypad.

TO RESET CLIENT TOTALS:
From the Client Statistics screen, hold **ENTER** until you hear an audible beep. Your statistics reset to " 0 ".

TO ACTIVATE/DEACTIVATE CLIENT LOGIN:
With the treadmill off, press **"8", "6"** and **START** at the same time**.**

QR Data

The Cardiio Treadmill will allow users to extract statistics using a QR bar code. Simply use a QR Reader App from a smart phone or tablet to retrieve the information in three different formats. The QR bar code extraction is one of the displays in the motivational screen rotation and can be activated if **STOP** is pressed once.

SHARE WITH FRIENDS
QR code translates to "I completed 3.44 miles on my Landice treadmill in a time of 1:05:11 and burned 541 calories." Some QR reader Apps allow this message to be emailed or posted to Social Media websites like Facebook and Twitter.

EXPORT DATA
Provides workout totals for Time, Distance, Laps, Calories, Altitude, HR Zone, Zone Timer and Average Heart Rate.

POSTS TO RUNKEEPER
RunKeeper is a fitness-tracking application with more than 23 million users. This QR code will directly push the time, distance, calories and average pulse to a customer's RunKeeper account, once account is created.

All Cardio treadmills are equipped with a Numeric Keypad which serves multiple functions to make the treadmill easier to control. It can be used to change speed and incline, enter user settings and configure programs.

ENTERING USER WEIGHT

When the treadmill is first started in a commercial or guest mode, you are asked for your weight in pounds (kilograms in metric). When prompted by the display, enter the desired value using the Numeric Keypad. Upon entry completion, press **ENTER** or wait 3 seconds to advance to the first of the motivational screens.

QUICK SPEED / QUICK INCLINE

The quick SPEED and INCLINE buttons, in conjunction with the numeric keypad, allow you to go directly to a target speed or incline without having to hold down the "+ / -" keys. Press **SPEED** or **INCLINE,** then enter the desired value using the Numeric Keypad. When entry is complete, press **ENTER** or wait 3 seconds for the treadmill to adjust to the new settings.

PROGRAM MODE

Based on each individual program parameter, you will be prompted to enter varied information. Using the Numeric Keypad, enter each requested value then press **ENTER** or wait 3 seconds to be advanced to the next screen.

• 5 Built-in programs: The Numeric Keypad is used to enter the program's maximum time, speed and incline.

• 5 User Programs: The Numeric Keypad can be used to set the time, speed and incline for each individual segment. This will be explained in more detail under the USER PROGRAM section of this manual.

• 3 Specific Goal Programs: The Numeric Keypad is used to enter a variety of different information. (Time Goal, Distance Goal, Calorie Goal).

• 4 Heart Rate Control (HRC) Programs: The Numeric Keypad is used to enter the program's maximum speed, target heart rate and program time.

• User-Defined Heart Rate Control programs: The Numeric Keypad is used to enter the program's maximum speed, 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.

• 3 Fitness Tests: The numeric keypad is used to enter your age and gender.

Built-in Programs

You can choose from 5 Built-in Programs, which will differ in the speeds and inclines. Each program lets the user select a maximum speed, incline and time, from 10 to 99 minutes. (Intervals Program requires a minimum speed and incline). Once set, the treadmill will not go above the maximum number unless manually overriden. 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.

Built-in Programs Graphics
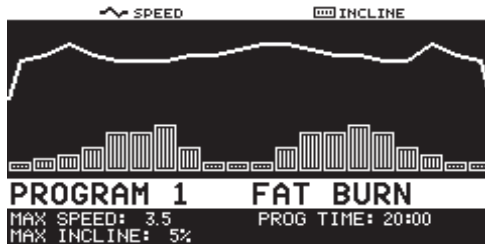
FAT BURN
This program features two elevation peaks along with gradual changes in speed. The overall goal of this program is to raise your heart rate, maintain the raised heart rate for most of the workout, then gradually bring your heart rate down during the last two cool down segments.
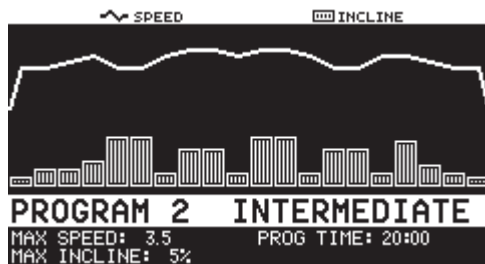
INTERMEDIATE
This program features five elevation peaks matched to changes in speed. The overall goal of this program is to vary your heart rate by elevating and lowering it several times, providing a challenging cardiovascular workout.
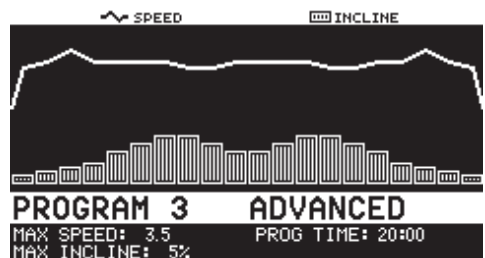
ADVANCED
This program features high elevations combined with top speeds. The overall goal of this program is to raise your heart rate with both speed and elevation for an advanced cardiovascular workout.

INTERVALS
This program features both high speeds and elevations alternating with low speeds and elevations. The overall goal of this program is to vary your workout taking you from peak level to recovery eight times throughout the workout.
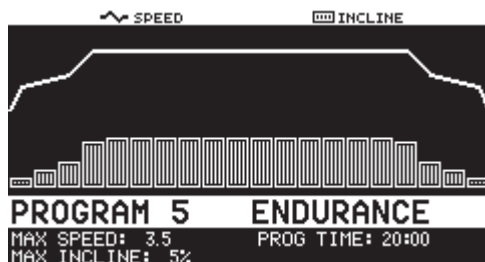
ENDURANCE
This program features a maximum speed with maximum elevation. The overall goal of this program is to raise your heart rate with both speed and elevation for the ultimate cardiovascular workout.

SELECT PROGRAM

Press **PROGRAMS** at any time during a workout to display the Programs selection screen. To scroll through the programs, either continue to press the Programs button or the center Arrow Keys. To select a program, press **ENTER** while program is displayed. (For available programs refer to page 10). You will be prompted to enter the following program parameters: Maximum Speed, Incline, and Program Time. **NOTE:** The INTERVALS Program will prompt for Minimum Speed and Incline.

ENTER MAX SPEED
USE < > KEYS BELOW OR NUMERIC KEYPAD

3.5 MPH

SELECT MAXIMUM SPEED

Entering the Maximum Speed will *scale the speed curve* to the maximum speed entered. Using the Numeric Keypad or center Arrow Keys, select your maximum speed and press **ENTER** or wait 3 seconds.

ENTER MAX INCLINE
USE < > KEYS BELOW OR NUMERIC KEYPAD

5%

SELECT MAXIMUM INCLINE

Entering the Maximum Incline will *scale the elevation curve* to the maximum incline entered. Using the Numeric Keypad or center Arrow Keys, select your maximum incline and press **ENTER** or wait 3 seconds.

ENTER TIME GOAL
USE < > KEYS BELOW OR NUMERIC KEYPAD

20:00

SELECT PROGRAM TIME

Set the Program Time for the total length of time you want the program to run. Time should be minimum 10 minutes and maximum 99 minutes. Using the Numeric Keypad or center Arrow Keys, select your program time and press **ENTER** or wait 3 seconds.

Press **START** to begin your workout.

The Program Progress Detail screen displays your current segment speed, incline and remaining time. To view all the other segments hold **ENTER** for 3 seconds. Use the center Arrow Keys to move left or right. To exit, press **ENTER.**

Press **ENTER or Arrow Keys** at any time to view any of the other motivational screens during your program, including the Program Profile screen which displays a comprehensive program overview. When you are in a motivational screen, other than the Program Progress Detail screen during a segment change, the display will temporarily show the Program Progress Detail screen then return to the original screen. During a segment change, the speed and/or incline window will flash but only if there is a change in either of them.

To run the Advanced Program with a program time of 25:00 minutes, a maximum speed of 4.5 mph and a maximum incline of 6%, you would:

1. Press **PROGRAMS** 3 times or the **PROGRAMS** button once and the **RIGHT ARROW** key 2 times, then **ENTER**.
2. When asked to enter Max Speed, press "**4**", "**5**", **ENTER** on the keypad.
3. When asked to enter Max Incline, press "**6**", **ENTER** on the keypad.
4. When asked to enter Program Time, press "**2**", "**5**", **ENTER** on the keypad.
5. Press **START** to begin.

PREVIOUS SEGMENT	CURRENT SEGMENT	NEXT SEGMENT
2.5 Speed	3.0 Speed	3.5
0% Incline	1% Incline	1%
1:00 Time	0:55 Time	1:00

PROGRAM TIME	CURRENT SEGMENT
18:55	2 of 20

TO VIEW OTHER SEGMENTS, HOLD ENTER FOR 3 SEC

User Program Edit Mode

The Cardio Treadmill can store up to 5 individual, modifiable User-Defined Program Profiles. These programs will be retained even if the unit is unplugged.

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


PROGRAMS

SELECT A PROGRAM
Press **PROGRAMS** at any time during a workout to display the Programs Selection Screen. To scroll through the programs, either continue to press the Programs button or the center Arrow Keys. To select a program, press **ENTER** while program is displayed. (For available programs refer to page 10).

USER PROGRAM PREVIEW
The User Program Preview Screen displays the program overview and the total program time.

Press **ENTER** or wait 3 seconds. A prompt will appear to "PRESS START TO BEGIN OR ENTER TO EDIT". Press **ENTER** to access "EDIT MODE".
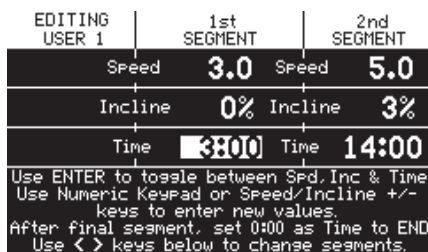
EDIT THE SEGMENTS
The EDIT MODE requires a time for segment 1 (area highlighted in white). Use the Numeric Keypad to change the value and press **ENTER.** Pressing ENTER will toggle between speed, incline and time values for that segment. Continue to program subsequent segments by using the Arrow Keys to move from segment to segment.
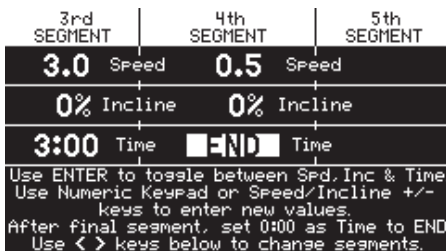
CREATING A PROGRAM WITH LESS THAN 20 SEGMENTS
If you do not want a program to have the full 20 segments, once you are satisfied with your last segment, create an additional segment with '0' in the time field. The time will read END. Your User-Defined Program will end upon completion of the previous segment.

EXITING EDIT MODE
Once you have completed editing your User-Defined Program, you can begin your program by pressing **START**. If you attempt to advance the cursor past the 20th segment, you will be prompted with "PRESS START TO BEGIN OR ENTER TO EDIT". You can also exit Edit Mode by pressing **Manual Mode** or **Programs** at any time.

To create a 2-segment User-Defined Program where you first walk at 2 MPH at 1% incline for 30 seconds and then run at 5.5 MPH at 7% incline for 10 minutes you would:

1. Press the **PROGRAMS** button.
2. Press **RIGHT ARROW** key 5 times and then **ENTER**.
3. Press **ENTER** to enter EDIT MODE.
4. To edit the 1st segment's time press **"3", "0", ENTER.**
5. To edit the 1st segment's speed, press **"2", "0", ENTER.**
6. To edit the 1st segment's incline press **"1", ENTER.**
7. To move to the 2nd segment press **RIGHT ARROW** key.
8. To edit 2nd segment's time press **"1", "0", "0", "0",ENTER**.
9. To edit the 2nd segment's speed press **"5", "5", ENTER**.
10. To edit the 2nd segment's incline press **"7", ENTER.**
11. To move to the 3rd segment press **RIGHT ARROW** key.
12. To make the 2nd segment your last segment press **"0", ENTER** so time value reads END.
13. Press **START** to begin the program.

When you run a User-Defined Program, if the speed or incline is adjusted, it will save the change to the current segment.

NOTE: You cannot add segments in Learn Mode, only adjust the existing segments.

PROGRAMS

SELECT A PROGRAM
Press **PROGRAMS** at any time to display the Programs Selection screen. To scroll through the programs, either continue to press the Programs button or the center Arrow Keys. To select a program, press **ENTER** while program is displayed.(For available programs refer to page 10).

~ SPEED   INCLINE

USER PROGRAM 1
PROG TIME: 20:00

USER PROGRAM PREVIEW
The User Program Preview screen displays the program overview and total program time.

Press **ENTER** or wait 3 seconds.

The screen will read "PRESS START TO BEGIN OR ENTER TO EDIT".

Press **START** to begin your program.

As soon as you begin, the Program Progress Detail screen becomes available. The speed and incline values of your current segment are displayed in the center. To change the speed or incline of your current segment, press the **SPEED** or **INCLINE** "+/-" keys. The segment you have modified will be stored, with these new settings, the next time you run this program.

PREVIOUS SEGMENT	CURRENT SEGMENT	NEXT SEGMENT
2.5 Speed	3.0 Speed	3.5
0% Incline	1% Incline	1%
1:00 Time	0:55 Time	1:00

PROGRAM TIME   CURRENT SEGMENT
18:55   2 of 20

TO VIEW OTHER SEGMENTS, HOLD ENTER FOR 3 SEC

Specific Goal Programs

Specific Goal programs have been designed to monitor and achieve specific goals. Whether you want to go for a 3-mile run, burn 1,000 calories, or simply exercise for 15 minutes the Goal Progress screen will accurately assess your progress with a variety of statistics. During these programs you retain full manual control.

Using Specific Goal Programs

PROGRAMS

SELECT PROGRAM
Press **PROGRAMS** at any time to display the programs selection screen. To scroll through the programs, either continue to press the Programs button or the center Arrow Keys. To select a program, press **ENTER** while program is displayed. (For available programs refer to page 10)

ENTER TIME GOAL
USE < > KEYS BELOW OR NUMERIC KEYPAD
20:00

TIME GOAL PROGRAM:
The display will prompt you to set a Program Time Goal using the numeric keypad or the center arrow keys. You can enter a time between 10-99 minutes. Select your time and press **ENTER** or wait 3 seconds. Press **START** to begin your program.

ENTER DISTANCE GOAL
USE < > KEYS BELOW OR NUMERIC KEYPAD
1.0 MILES

DISTANCE GOAL PROGRAM:
The display will prompt you to set a Program Distance Goal using the numeric keypad or center arrow keys. You can enter a distance between 0.1-99.9 miles (km in metric). Select your distance and press **ENTER** or wait 3 seconds. Press **START** to begin your program.

ENTER CALORIE GOAL
USE < > KEYS BELOW OR NUMERIC KEYPAD
200

CALORIE GOAL PROGRAM:
The display will prompt you to set a Program Calorie Goal using the numeric keypad or center arrow keys. You can enter a calorie goal between 10-9,999 calories. Select your calories and press **ENTER** or wait 3 seconds. Press **START** to begin your program.
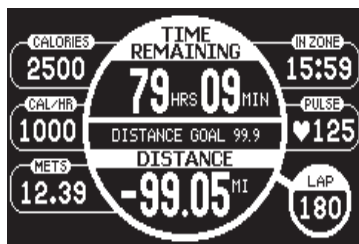
CALORIES 2500 **TIME REMAINING** 79 HRS 09 MIN **IN ZONE** 15:59 **CAL/HR** 1000 **DISTANCE GOAL 99.9** **PULSE** ♥125 **METS** 12.39 **DISTANCE** -99.05 MI **LAP** 180

As soon as you begin, the Goal Progress screen becomes available. This screen shows your Specific Goal (Time, Distance or Calorie).Your goal statistic will be counting down (noted by a negative sign).

Push **ENTER** at any time to view any of the other display screens during your program.

If you wanted to burn 650 calories in the Calorie Goal program you would:

1. Press **PROGRAMS**.
2. Press center **LEFT ARROW KEY** 2 times and then **ENTER.**
3. When asked to enter CALORIE GOAL, press **"6", "5", "0", ENTER**.
4. Press **START** to begin.

Heart Rate Monitoring

In this section 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 maximum heart rate 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 maximum heart rate can be established with a high degree of accuracy using the following simple formula:

Estimated Maximum Heart Rate = 220 minus your age.

If John is 35 years old, what is his estimated maximum heart rate?

	220
	-35
John's Estimated Maximum Heart Rate =	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 indicates 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)

Heart Rate Monitoring

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 or zone. This is referred to as your Target Heart Rate Zone (THRZ) and is reflected by the number of heart beats per minute. 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, become fatigued or even run the risk of injury.

Monitoring exercise intensity helps you to stay at a level of exercise that allows you to accomplish your goals. In fact, the ACSM 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 (THRZ) 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 Target Heart Rate Zone of 60% to 85% of Maximum Heart Rate. This means that your heart rate during exercise should not fall below 60% or rise above 85% of your maximum heart rate. Let's look at John from our earlier example. John is 35 years old, so his estimated maximum heart rate is 220 minus 35, or 185 beats per minute (bpm). The ACSM recommendation is 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(MHR) X 0.6	111 bpm
Upper Target Limit:	185(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 rate transmitter?

A heart rate transmitter, working in conjunction with the receiver in the treadmill, calculates your pulse. It detects your pulse through two small electrodes that touch your skin and transmit the signal to a receiver in the treadmill. Some heart transmitters are built onto treadmills (metallic grips), while others work wirelessly (chest strap).
(Wireless chest strap is only available on residential models).

Heart Rate Monitors

The Cardio Treadmill offers two separate heart rate monitoring systems: The wireless heart rate chest strap transmitter (residential product only) and the Contact Heart Rate Monitoring System.

Heart rate transmitters

KEEPS YOU SAFE
Exercising too hard can put you at risk for injury. A heart rate transmitter reminds you of the safe and effective heart rate intensity at which you should exercise and warns you when your workouts are too strenuous.

KEEPS YOU IN YOUR ZONE
If you want to reach your exercise goals, it's important to stay in your target heart rate zone during workouts. A heart rate transmitter is your constant reminder of the intensity and quality of each workout session.

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

WIRELESS HEART RATE CHEST STRAP TRANSMITTER (shown below)
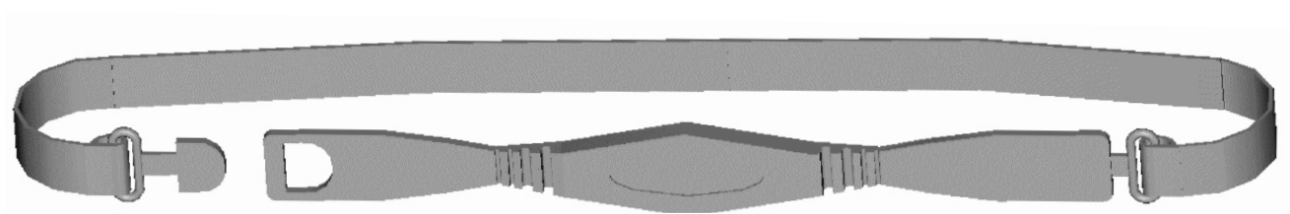
To use the Wireless Chest Strap follow these steps:

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.

APPLY CARDIO GEL TO THE ELECTRODES
A tube of Landice Cardio Gel was shipped with your treadmill. Pull the belt away from your chest and apply a small dab of gel to each electrode. This will ensure a strong electrical contact between the transmitter and your chest.
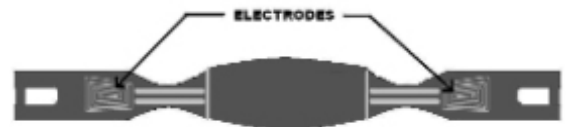
The Heart Rate Transmitter works best against bare skin. Since sweat (saltwater) is an electrical conductor, the transmitter will work over a T-shirt if the shirt is wet with sweat. If you are having trouble getting an accurate pulse reading, try wearing the belt against bare skin.

CARE AND MAINTENANCE
The transmitter activates when the electrodes have a proper contact. 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 as they can cause permanent damage to the electrodes. Do not bend or stretch the electrode strips, especially when storing the transmitter.

Contact Heart Rate Monitor

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

• Monitor your Time in Zone
• Control most HRC programs
• Helps you maintain your Target Heart Rate

```
TARGET HEART RATE
MIN        ⌐125⌐        MAX
117 · · · ♡ · · · 133
         IN ZONE
┌──TIME──┬─HEART RATE─┬─TIME IN ZONE─┐
│ 15:59  │  ♡ 126     │   12:09      │
└────────┴────────────┴──────────────┘
TO CHANGE YOUR TARGET HRT, HOLD ENTER FOR 2 SEC
```

To use the Contact Heart Rate Grips:

1. Press **ENTER** to switch to a screen that displays Pulse.
2. Grab on to the pulse grip portion of the center handrail.
3. As soon as you put your hands on the grips a heart graphic will beat on the display. This indicates that the system has been activated.
4. The heart graphic 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 Contact Heart Rate system will override the wireless signal while your hands are on the bar. Once you release the bar, the treadmill then defaults back to the wireless chest strap signal.**

NOTE: **You do not have to be viewing the Heart Rate Status screen for the Contact Heart Rate system or wireless chest strap to function.**

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 contact heart rate grips. If you remove your hands the HRC programs will not make any speed or elevation changes until you place your hands on the CHR grips again.

The CHR 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 4 mph (6.4 km/h) or the fastest speed at which you are comfortable walking.

Heart Rate Monitoring Programs

The Cardio Treadmill will display your heart rate and automatically vary the speed and incline based upon your heart rate via its Heart Rate Control (HRC) programs. This target training maximizes your workout performance while minimizing your workout time.

All Heart Rate Control programs require the use of either the hand held Contact Heart Rate or the Wireless Heart Rate chest strap.

Program Protocols: HRC vs. Interval HRC

- HRC Program maintains the user's heart rate at the target throughout all of the training segments.
- Interval HRC Program alternates between the target and 80% of target, giving the user an opportunity to exercise at different intensity levels.

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

When you are in a Heart Rate Controlled Program or in Manual Mode the Cardio Treadmill accurately monitors your heart rate and displays it in the Heart Rate Status screen. Press **ENTER** to scroll through the various displays.

Heart Rate Status Screen:

Features:

    HEARTRATE STATUS
    TIME IN TARGET ZONE
    TOTAL TIME
    MINIMUM, MAXIMUM, WARMUP, TARGET AND COOL DOWN PULSE
    ANIMATED ZONE HEART AND ZONE LIMITS
    ADJUSTABLE TARGET PULSE

NOTE: **You can change the Target Heart Rate of any segment by holding ENTER for 2 seconds.**

Running a Heart Rate Program

ENTER MAX SPEED
USE < > KEYS BELOW OR NUMERIC KEYPAD

3.5 MPH

SELECT HEART RATE CONTROL PROGRAMS
To select HEART RATE CONTROL programs press the HRC button. To scroll through the programs, either continue to press the HRC button or the center Arrow Keys. To select a program, press **ENTER** while program is displayed.

SELECT MAXIMUM SPEED
The display will prompt you to set a Max Speed using the Numeric Keypad or center Arrow Keys. Select your maximum speed and press **ENTER** or wait 3 seconds.

ENTER MAX INCLINE
USE < > KEYS BELOW OR NUMERIC KEYPAD

5%

SELECT MAXIMUM INCLINE
The display will prompt you to set a Max Incline using the Numeric Keypad or center Arrow Keys. Select your maximum incline and press **ENTER** or wait 3 seconds.

ENTER TARGET PULSE
USE < > KEYS BELOW OR NUMERIC KEYPAD

125

SELECT TARGET PULSE
The display will prompt you to set your Target Pulse using the numeric keypad or center arrow keys. This will set the target pulse and the treadmill will vary the speed and elevation in an effort to reach this heart rate. Select your target pulse and press **ENTER** or wait 3 seconds.

ENTER PROGRAM TIME
USE < > KEYS BELOW OR NUMERIC KEYPAD

20:00

SELECT PROGRAM TIME
The display will prompt you to set a Program Time using the numeric keypad or center arrow keys. For HRC, you can enter a time between 20-99 minutes. This will scale the 20 segments of the program equally throughout your selected time. Select your time and press **ENTER** or wait 3 seconds.

Press **START** to begin the program.

Remember, you can adjust the program's target heart rate in the middle of your workout in the Heart Rate Status screen by holding the ENTER key for 2 seconds.

To work out using the HRC program with a maximum speed of 4 mph, a maximum incline of 5% and a target pulse of 140 for 30:00 minutes:

1. Press the **HRC** button.
2. Press **ENTER** to select the Heart Rate Control Program.
3. To enter Max Speed, press **"4", "0", ENTER**.
4. To enter Max Incline press **"5", ENTER**.
5. To enter Target Pulse, press **"1", "4", "0", ENTER**.
6. To enter TIME, press **"3", "0", "0", "0" ENTER**.
7. Press **START** to begin.

NOTE: While running the program you find the Warm Up Pulse (98 bpm) is too difficult and you want to lower it to 88 bpm you would: Hold **ENTER** key for 3 seconds until the Target Heart Rate input screen appears. Use the numeric keypad to set to 88 bpm.

Running User-Defined Heart Rate Monitoring Programs

The User-Defined Heart Rate Monitoring (HRC) programs are designed to allow you to set the target heart rate for up to 20 program segments.

To customize a User-Defined HRC Program during your workout, adjust your Target Heart Rate using the center arrow keys in the Heart Rate Status screen. Any Target Heart Rate changes you make during your workout will be saved in that User-Defined HRC Program.

If you want to edit your User-Defined HRC Program before your workout, follow these steps:

SELECT HRC PROGRAM
To select an HRC program to edit, press the **HRC** button. To scroll through the programs, either continue to press the HRC button or the center Arrow Keys. Select one of the 2 User-Defined HRC Programs to edit by pressing **ENTER**.
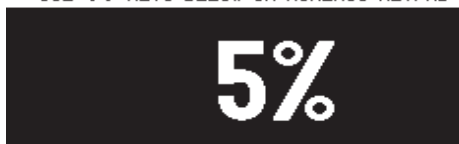
SELECT MAXIMUM SPEED
The display will prompt you to set a Max Speed using the numeric keypad or center arrow keys. Select your speed and press **ENTER** or wait 3 seconds.
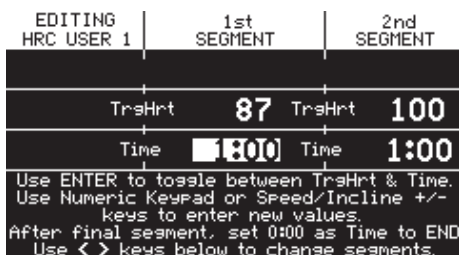
SET MAXIMUM INCLINE
The display will prompt you to set a Max Incline using the numeric keypad or center arrow keys. Select your incline and press **ENTER** or wait 3 seconds.

The display will read, "PRESS START TO BEGIN OR ENTER TO EDIT". Press **START** to run the program displayed in the program preview or **ENTER** to begin Edit Mode and make changes.

EDIT THE SEGMENTS
The first display in EDIT MODE requires a change of the time for segment 1 (area with white background). Use the Numeric Keypad to change the value and press **ENTER.** Pressing ENTER will toggle between Target Heart Rate and time values for that segment. Continue to program subsequent segments by using the center arrow keys to move from segment to segment.
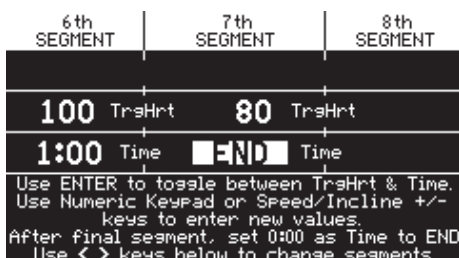
CREATING A PROGRAM WITH LESS THAN 20 SEGMENTS
If you do not want a program to have the full 20 segments, once you are satisfied with your last segment, create an additional segment with "0" in the Time field. The time will read END. Your User-Defined HRC Program will end upon the completion of the previous segment.

EXITING EDIT MODE
Once you have completed editing your User-Defined HRC Program, you can start the program by pressing **START**. If you attempt to advance the cursor past the 20th segment, you will be prompted with "PRESS START TO BEGIN OR ENTER TO EDIT" screen.

You can also exit Edit Mode by pressing **Manual Mode**, **HRC**, **or Programs** at any time. Any changes you make during Edit Mode are permanently saved in that User-Defined HRC Program.

Fitness Tests Overview

The Cardio Treadmill has three Fitness Tests that will measure your fitness level based on your age, gender, and performance. Your fitness level is calculated using three different protocols: Army 2 Mile, Balke or Firefighter.
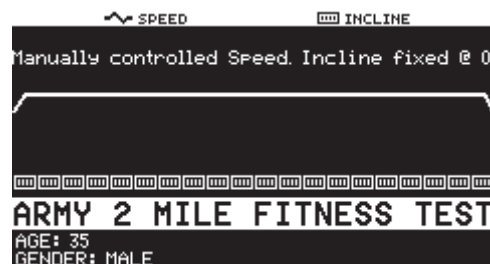
The Army 2 Mile Fitness Test:

Description
A manually controlled, flat ground, complete as fast as you can two-mile run. Upon completion you will receive a U.S. Army assessment score (0-100).

Test Parameters
• Maximum Speed: Controlled by the user
• Maximum Incline: Set to 0%
• Maximum Heart Rate: Not part of test

Balke Fitness Test (must use CHR or Wireless Chest Strap):

Description
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 (VO$_2$ Max Score). Parameters cannot be modified.

Test Parameters
• Maximum Speed: 4.4 mph
• Maximum Incline: 15%
• Maximum Heart Rate: 80% of Maximum Heart Rate
  (See *Heart Rate Monitoring* sections).

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

Description
A heart rate controlled, variable speed and 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 level based on your performance (VO$_2$ Max Score). Maximum Incline parameter cannot be modified.

Test Parameters
• Maximum Speed: 7 mph
• Maximum Incline: 15%
• Maximum Heart Rate: 85% of Maximum Heart Rate (See *Heart Rate Monitoring* sections).

What is VO$_2$ 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. VO$_2$ 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. The Cardio Treadmill takes care of the complex VO$_2$ Max calculations, and gives you simple evaluations.

NOTE: **Scores may vary due to different line voltages, component tolerances, and individual's affinity towards each test's parameters. For a more accurate VO$_2$ Max calculation take the average of the Balke and Firefighter Fitness Test scores.**

SELECT PROGRAM

Press **PROGRAMS** to display the programs selection screen. To scroll through the programs, either continue to press the Programs button or the center Arrow Keys. Select the Army 2 Mile Fitness Test by pressing **ENTER**. The display will prompt you to enter your age and gender. The scaling of the fitness score is affected by these entries.
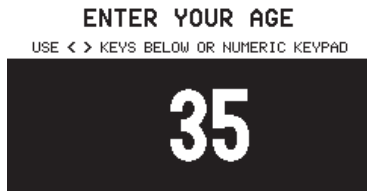
ENTER YOUR AGE

Using the Numeric Keypad or Arrows Keys, enter your age from 10-99 and press ENTER or wait 3 seconds.

ENTER YOUR GENDER

Using the center Arrows Keys, toggle between MALE and FEMALE to select your gender. Once your gender is displayed on the center display, press **ENTER** or wait 3 seconds.

Press **START** to begin the program.

Complete the 2-mile run as fast as possible by manually controlling your speed (incline has been disabled). Pressing Stop, Manual, HRC or Programs during the test will terminate the test.

As soon as you begin, the Goal Progress screen becomes available. This screen shows your Specific Goal (Army 2 Mile Run), Time Remaining, Projected Score and other statistics. The Distance statistic will count down (noted by negative sign).

Upon completion you will receive a US Army assessment rating between 0-100 based on your time, age and gender.

Score	Rating
85-100	Excellent
70-84	Good
32-69	Average
17-31	Fair
0-16	Low

A 25 year old a female wants to take the Army 2 Mile Fitness Test:

1. Press **PROGRAMS**.
2. Press center **LEFT ARROW KEY** one time then press **ENTER**.
3. When asked to enter YOUR AGE, press **"2", "5", ENTER**.
4. When asked to enter YOUR GENDER, press center **RIGHT ARROW KEY** once to display FEMALE and press **ENTER**.
5. Press **START** to begin.

Balke Fitness Test

SELECT PROGRAM
Press the **HRC** button at any time to display the HRC programs selection screen. To scroll through the programs, either continue to press the HRC button or the center Arrow Keys. Select the Balke Fitness Test by pressing **ENTER**.

ENTER YOUR AGE
USE < > KEYS BELOW OR NUMERIC KEYPAD
35

ENTER YOUR AGE
Using the numeric keypad or center arrow keys enter your age from 10-99 and press **ENTER** or wait 3 seconds. Your age determines the test's target pulse and the scaling of the fitness assessment.

ENTER YOUR GENDER
USE < > KEYS BELOW
MALE ♂

ENTER YOUR GENDER
Using the center Arrow Keys, toggle between MALE and FEMALE to select your gender. Once your gender is displayed press **ENTER** or wait 3 seconds.

START

NOTE: Before pressing START, the heart rate that the fitness test will target will be displayed. This heart rate calculation is derived from statistical heart rate capacity averages (see Heart Rate Monitoring Section) If you are uncomfortable with the target heart rate displayed or feel discomfort during the fitness test, stop the test.

Press **START** to begin the program.

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 than 30 seconds the test will be terminated.

This HRC Fitness Test is fully automated and will increase in difficulty from segment to segment until the user achieves the target heart rate for this program (80% of maximum heart rate). Once you reach the target heart rate a 30 second countdown will follow and end the test. Any keystrokes during the test besides ENTER will terminate the test.

As soon as you begin, the Heart Rate Status screen becomes available. This screen shows your Target Pulse, Time, Heart Rate Status and Time in Zone.

Upon completion you will receive a VO$_2$ Max score and fitness assessment based on your performance, versus your age and gender 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	32-41	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	32-42	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

A 25 year old a female wants to take the Balke Fitness Test:

1. Press the **HRC** button.
2. Press center **LEFT ARROW KEY** 1 time and then press **ENTER**.
3. When asked to enter YOUR AGE, press **"2", "5", ENTER**.
4. When asked to enter YOUR GENDER, press center **RIGHT ARROW KEY** once to display FEMALE and press **ENTER.**
5. Press **START** to begin.

SELECT PROGRAM

Press the **HRC** button at any time to display the HRC programs selection screen. To scroll through the programs, either continue to press the HRC button or the center Arrow Keys. Select the Firefighter Fitness Test by pressing **ENTER.**

ENTER YOUR AGE
USE < > KEYS BELOW OR NUMERIC KEYPAD

35

ENTER YOUR AGE

Using the numeric keypad or center arrow keys enter your age from 10-99 and press **ENTER** or wait 3 seconds. Your age determines the test's target pulse and the scaling of the fitness assessment.

ENTER YOUR GENDER
USE < > KEYS BELOW

MALE ♂

ENTER YOUR GENDER

Using the center Arrow Keys, toggle between MALE and FEMALE to select you gender. Once your gender is displayed on the center display, press **ENTER** or wait 3 seconds.

START

NOTE: Before pressing START, the heart rate that the fitness test will target will be displayed. This heart rate calculation is derived from statistical heart rate capacity averages (*see Heart Rate Monitoring section*). If you are uncomfortable with the target heart rate displayed or feel discomfort during the fitness test, **stop the test**.

Press **START** to begin the program.

You must wear the heart rate transmitter strap during the entire test. If the treadmill loses a heart rate signal for more than 30 seconds the test will be terminated.

This HRC Fitness Test is fully automated and will increase in difficulty from segment to segment until the user achieves the target heart rate for this program (85% of maximum heart rate). Once you reach the target heart rate a 30 second countdown will follow and end the test. Any keystrokes during the test besides ENTER will terminate the test.

As soon as you begin, the Heart Rate Status screen becomes available. This screen shows your Target Pulse, Time, Heart Rate Status and Time in Zone.

Upon completion you will receive a VO_2 Max score and fitness assessment based on your performance, versus the general population.

VO_2 Max	RATING
>59	SUPERIOR
50-58	EXCELLENT
40-49	GOOD
32-39	AVERAGE
<32	LOW

If a 25 year old female wants to take the Firefighter Fitness Test:

1. Press the **HRC** button.
2. Press center **LEFT ARROW KEY** 1 time and then **ENTER**.
3. When asked to enter YOUR AGE, press **"2", "5", ENTER**.
4. When asked to enter YOUR GENDER, press center **RIGHT ARROW KEY** once to display FEMALE and press **ENTER**.
5. Press **START** to begin.

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

TRACKING (pre-set from factory, but may need adjustment during installation)
To insure proper belt tracking and alignment, the treadmill must be placed on a stable and level surface.
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 should be made in 1/4-turn increments. Allow at least 30 seconds for the belt to stabilize between each adjustment. Run the belt at high speed (6-8 mph).

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

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 onto the belt. To check belt tension, run treadmill at 1 mph, then walk on machine. If belt does not feel like it is slipping/hesitating then belt is tensioned correctly. If belt slips/hesitates then belt 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, a 1/4-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, increase speed to 5 mph. Then, while jogging lightly, check for any sudden slipping/hesitating of the treadbelt. Repeat treadbelt tensioning instructions 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 commercial settings Landice recommends lubricating the underside of the treadbelt with Landice SlipCoat on a monthly basis.

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

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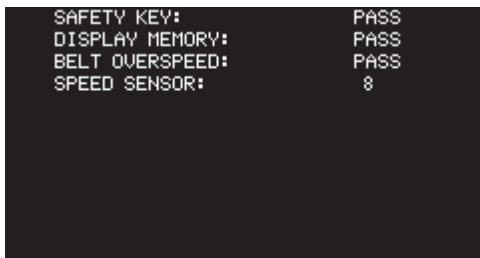• Check drive belt tension
• Check motor brushes

The Cardio Treadmill is equipped with onboard self-diagnostics. If the treadmill experiences any errors during operation, the treadmill will display the error message. You can run a self-diagnostics to get further information on the error. (See below).

```
LOSS OF SPEED SIGNAL
```
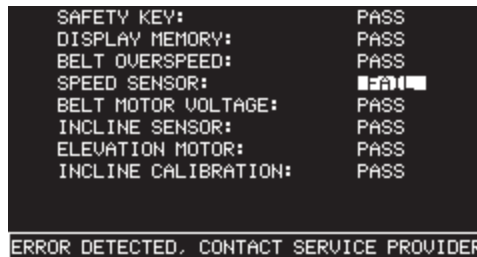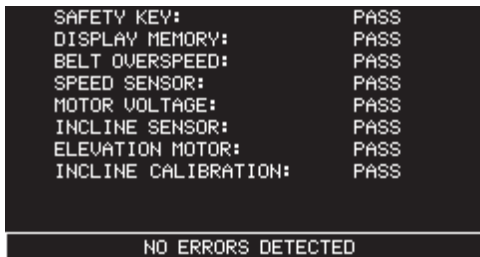
PRESS ENTER TO BEGIN DIAGNOSTICS

When you choose the option to enter diagnostics you will be prompted with a warning screen (shown below). After reading it, straddle the treadmill by stepping on the traction strips on the sides of the running surface and press **ENTER.**

```
DIAGNOSTIC TESTS
HOME TREADMILL

CAUTION!!

BELT SPEED & INCLINE MAY CHANGE
DURING TESTING.  ATTACH SAFETY KEY
THEN PRESS ENTER TO CONTINUE.
```

The treadmill will systematically test all of the individual components of the treadmill. During some of the tests, you will be prompted with simple "Yes or No" questions to assist with the diagnosis. Answer the questions using the LEFT ARROW for NO and the RIGHT ARROW for YES when prompted (see picture below).

```
SAFETY KEY:            PASS
DISPLAY MEMORY:        PASS
BELT OVERSPEED:        PASS
SPEED SENSOR:           8
```

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". Go to www.landice.com and click on Service Locator to find a provider in your area.

```
SAFETY KEY:            PASS
DISPLAY MEMORY:        PASS
BELT OVERSPEED:        PASS
SPEED SENSOR:          PASS
MOTOR VOLTAGE:         PASS
INCLINE SENSOR:        PASS
ELEVATION MOTOR:       PASS
INCLINE CALIBRATION:   PASS

NO ERRORS DETECTED
```

```
SAFETY KEY:            PASS
DISPLAY MEMORY:        PASS
BELT OVERSPEED:        PASS
SPEED SENSOR:          FAIL
BELT MOTOR VOLTAGE:    PASS
INCLINE SENSOR:        PASS
ELEVATION MOTOR:       PASS
INCLINE CALIBRATION:   PASS

ERROR DETECTED, CONTACT SERVICE PROVIDER
```

To manually enter self-diagnostics mode, with the treadmill off, press the center **arrows** and **START** at the same time.