LANDICE
Worldwide Excellence For Over 40 Years

CARDIO ELLIPTIMILL

LANDICE

Quick User's Guide

To start the elliptical:

Pressing **START** powers up the elliptical and lights up the displays. The starting effort level is set to Level 1.

To pause the elliptical:

Pressing **PAUSE** will stop your workout clock, but all statistical information will be preserved. When you are ready to continue, press **START** to resume your workout.

To turn off the elliptical:

Pressing **OFF** will shut down the elliptical. All current statistical information will be cleared.

To change effort level:

Hold **EFFORT** "+" key down to increase effort level.

Hold **EFFORT** "-" key down to decrease effort level.

To view your speed in different units:

Press the **UNITS** "+/-" to select MPH, Km/hr, and Revolutions per Minute.

To view different display screens during your workout:

Press **ENTER** at any time to choose the display screen that best suits your workout.

To enter your weight:

Press **WEIGHT** to enter your weight for more accurate calorie and "running" speed calculation.

To enter your age:

Press **AGE** to enter your age. This will automatically calculate a recommended target heart rate based on your age (See *Heart Rate Monitoring*).

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 machine is in motion.

[3]   Failure to leave ample clearance around the elliptical could result in the user becoming trapped between the mechanism and a wall, resulting in serious injury.

Allow a minimum clearance of 6 inches on each side of the elliptical.
Allow a minimum clearance of 1 foot at the rear of the elliptical.

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

When using an electrical appliance, basic precautions should always be followed. Read all instructions before using.

DANGER: Always unplug the elliptical before cleaning or removing any shrouds. To reduce the risk of electric shock in the event of an electrical storm, always unplug the elliptical from the electrical outlet immediately after using.

SAVE THESE INSTRUCTIONS

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 elliptical only for its intended use as described in this manual.

[4]   Never operate this elliptical 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 heated surfaces. Be sure the line cord has plenty of slack and does not get pinched underneath the elliptical.

[6]   Never drop or insert any object into any opening. Be sure no objects are near or underneath the elliptical.

[7]   Do not use outdoors.

[8]   Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

[9]   Connect this appliance to a properly grounded dedicated outlet only.

[10]   To disconnect, press the OFF button, 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 cord having 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.

110-250 (50/60HZ) ELLIPTICALS

This elliptical is configured to operate between 110-250 (50/60hz) circuits. The internal transformer will automatically adjust to any circuit configuration within these parameters. The line cord supplied with ellipticals 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.

Ellipticals 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.

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.

Table of Contents

Congratulations! You've made a very smart investment! Your Cardio ElliptiMill elliptical is a high-quality fitness tool that will

give you years and years of fitness benefits.

One of the great things about your new ElliptiMill is that it uniquely monitors your workout intensity in "treadmill terms". Meaning, if your speed readout displays 7 mph, you are exerting the same energy as running 7 mph.

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.

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

<div style="background:gray;text-align:center">

BEFORE YOU BEGIN
These are some things you should do before you start to exercise on your elliptical:

</div>

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 elliptical.

WARRANTY INFORMATION
Fill out your warranty registration card and mail it in today. Landice backs your elliptical 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.

Landice will send you a complimentary Landice T-shirt upon receipt of your warranty registration card.

SELECTING A LOCATION
Place the elliptical in a climate-controlled room. Failure to do so may effect warranty.

Allow a minimum clearance of 6 inches on each side of the elliptical.
Allow a minimum clearance of 1 foot at the rear of the elliptical.

Failure to leave ample clearance around the elliptical could result in the user becoming trapped between the mechanism 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 elliptical. Make sure the elliptical is plugged into a dedicated line.

1

Cut straps and open box. Place upright on base frame mounts. Use the alignment pins to help you correctly set the upright down.

2

Lightly set the 4 bolts (A) with flat washers (N) by hand – you will tighten them later.

3

Mount the Side Hand Rails. Slide the side handrail into position and *lightly tighten* the rail up top with 2 button head cap screws (J).

4

Firmly tighten at the base of the Side Hand Rail with 3 bolts (E) with spring washers (Q). Go back and tighten bolts from Steps 2 and 3.

5

Feed the upright harness down the upright and catch it at the bottom of the base. You may need to jiggle/spin it to make it to the bottom.

6

Exit through access hole and clip the harness to the 2 harness clips along the frame finally connecting to the green relay board.

7

Install the control panel pod. As you place the pod on top, pull the top of the upper harness through prior to bolting it down.

8

Mount the Pod to the plate using the 4 bolts (H) with flat washers (N) from beneath – 2 at each end of the plate.

9

Install the contact handgrips. First feed the cables through, then mount the grips using the 4 bolts (G) with flat washers (N) from beneath.
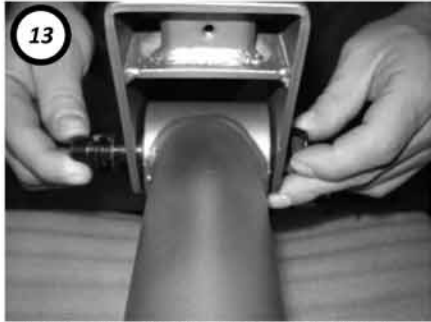
10

Install the Stride Arms. Set in place using 2 bolts (B), lock washers (P) and flat washers (O). Tighten both bolts simultaneously.

11

Install the Crank Arm Top using a socket head cap screw (C), spring washer (Q), and flat washer (R). Once set, press the finishing cap.

12

Connect each Crank Arm Bottom to the crank using 4 socket head cap screw (D).

13 Install the Foot Pedals. Use a socket head cap screw (F), spring washer (Q), flat washer (N) and nylon lock nut (M) for each pedal.

14 Install the Knuckle Covers. Use 2 phillips screws (K) to secure both sets of covers.

15 Install the Base Endcaps using 4 phillips screws (I) for each.

* If installing an LVS (optional), go to those instructions now.

16 Install the Front Cover using 12 phillips screws (I) to secure it.

17 Install the Upright Mount Covers. Screw the outer and inner pieces together trapping the upright and slide them down until they click.
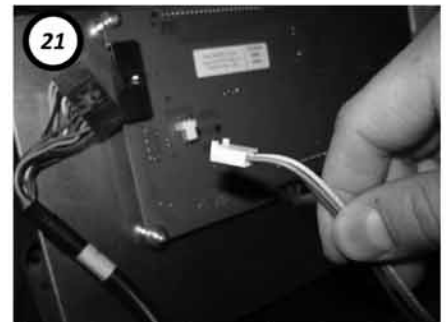
18 Install the Crank Arm Bottom Covers. Press them down until they click in place.

19 Carefully place the membrane in the control panel Pod (don't scratch plastic edges) tilting it towards you so you can make all connections.

20 Connect the 2 heart rate cables to the 2 side by side 3-pin connectors on the small PC board on the far side of the membrane.

21 Connect the upper harness from the upright to the edge connector and the accessory harness coming from the POD to the 3-pin connector.

22 **DO NOT PRY FROM FRONT**
Press membrane into set position. *If you need to free the membrane, use a long screw driver to pop it out from back using the access hole.*

23 Install the rear step with 2 phillips screws (L).

24 Check stability of unit by verifying that all leveling feet are pressing against the floor.

The Cardio ElliptiMill combines a versatile liquid crystal display (LCD) with a variety of program options including multiple heart rate control programs. These features and options combine to offer an exciting and fun workout so you can reach your fitness goals.

It's about options:

MANUAL CONTROL

The Cardio ElliptiMill begins a user-defined workout via the Manual Mode. While in the Manual Mode
the elliptical is at your command. There are no time limits and no program parameters to enter. Changes in effort level will only happen when you make them happen by pressing one of the buttons. You can get back to the Manual Mode at any time by simply pressing the **MANUAL** button.

NUMERIC KEYPAD

The keypad is an excellent feature that allows you to spend less time pressing buttons and more time enjoying your workout.

5 BUILT-IN PROGRAMS

The Cardio ElliptiMill offers five built-in programs to help you attain your fitness goals. These programs take you through a predetermined twenty-segment effort level profile but at the same time allow you to override each segment to tailor the program to your specific needs.

5 USER-DEFINED PROGRAMS

The Cardio ElliptiMill allows you to create your own custom programs as you go. Any manual changes (effort level) you make during your user-program will be saved and stored. You can also create and modify the user-program using the elliptical's Edit Mode.

3 SPECIFIC GOAL PROGRAMS

Specific Goal Programs are designed to motivate your fitness goals in a variety of different ways. Before your workout, select a Time, Distance, or Calorie goal. During your workout you will be updated with real-time statistics reflecting your progress toward your specific goal.

CLIENT MODE

The Cardio ElliptiMill display comes standard with two built-in clients. When you log on as a client you'll have access to an extra selectable screen displaying your workout averages and overall totals.

You can activate and deactivate Client Mode. With the elliptical Off: press "8", "6" and "START".

Clients' weight, maximum effort level, target heart rate and other settings are stored in the software between workouts to save you time when you use your Cardio ElliptiMill.

HEART RATE CONTROL

The Cardio ElliptiMill comes standard with contact grips and transmitter strap, which are used in conjunction with any of the 4 Heart Rate Control (HRC) programs provided. The first two standard heart rate control programs maximize workout time by directing the elliptical to automatically change effort level in order to maintain the targeted heart rate(s) for the duration of the program. Furthermore, the two User HRC programs allow you to create separate custom HRC programs. Each HRC program is broken down into 20 programmable segments for more variety in your heart rate controlled workouts.

3 FITNESS TESTS

The Cardio ElliptiMill also includes three different programs that accurately measure your fitness level. The Balke and Fire Fighter Fitness Tests use HRC to monitor your heart and how it reacts to speed and effort level changes through a specific protocol. Based on your age, gender, and cardiovascular performance, you will receive a fitness rating upon completion. On the other hand, the Army 2 Mile Fitness Test is a manually controlled 2 mile test. Based on your age, gender, and completion time, you will receive a fitness score upon completion.

SELF-DIAGNOSTICS
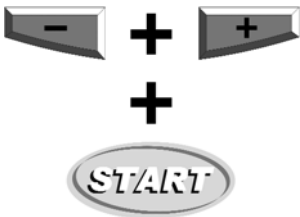
If the Cardio ElliptiMill ever malfunctions, it has the ability to seek out and self diagnose the problem, clearly displaying it in detail in the center LCD. This feature aims at minimizing elliptical down time, helping you maintain your fitness goals.

You will be prompted with self-diagnostics as soon as the elliptical detects any errors. However, you can also manually launch self-diagnostics by pressing the center "+","-", and **START** button at the same time while the elliptical is off.

ENGLISH/METRIC MODE

The Cardio ElliptiMill display comes standard in English units and can be changed to display metric units by pressing **MANUAL**, **PROGRAMS,** and **START** simultaneously while the elliptical is off. Then press OFF. Repeat the same steps to return back to English units.

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

SET YOUR STRIDE

Prior to your workout, check to see what stride setting the elliptical is currently set at. The current stride setting is the number (17, 19, 21 or 23) that is located directly behind the positional loop.

To change it, loosen the knob and t-handle. Loosen the knob until it releases allowing you to pull it back. While pulling back on the knob, slide the stride adjustment to the desired setting. Once set, tighten the knob and t-handle.

Start by standing on the rear step and stepping onto each foot pedal.

Press the (**START**) button. The displays will power up and the effort level will default to Level 1.

MANUAL MODE

Upon startup the elliptical enters Manual Mode. In this mode, you control all of the elliptical functions. Any changes in effort level will be a direct result of you touching the control panel.
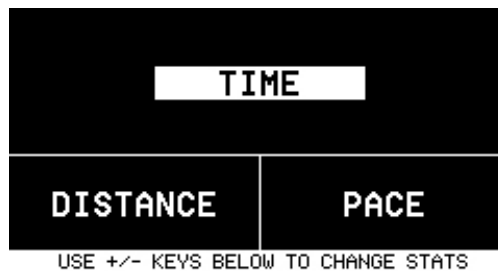
ENTER YOUR WEIGHT

Press [AGE **DATA INPUT** WEIGHT] and use the numeric keypad or the center "+/-" keys to dial in your weight.

Entering your weight is crucial for Calorie and "running" speed calculations.

ENTER YOUR AGE

Press [AGE **DATA INPUT** WEIGHT] and use the numeric keypad or the center "+/-" keys to dial in your age.

Entering your age will generate an age based weight loss target pulse (see **Heart Rate Monitoring**).

```
         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 Big 3 Stat Screen can be customized to your liking. Hold ENTER for 3 seconds to access the edit screen. Use the center "+/-" keys to toggle through all the statistical options and press ENTER to confirm your selection.

Note: Only Clients' will have their custom Big 3 Stat Screen layouts stored permanently. Guest Mode resets to Time, Distance, Pace every time you turn on the elliptical.

In the Manual mode you can change the speed and elevation at any time as well as select from one of the four (five in Client Mode) multifunction display screens.
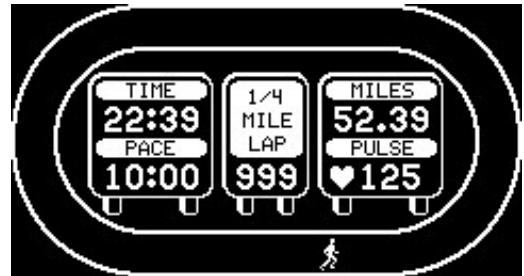
Selectable display

ENTER allows you to choose the screen that best suits your workout. TIP: Press and hold either ("+/-") to initiate scan mode.

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

BIG 3 STAT SCREEN

TIME 22:39 | 1/4 MILE LAP | MILES 52.39
PACE 10:00 | 999 | PULSE ♥125

TRACK SCREEN

CALORIES 2500 | TIME **99:59** | IN ZONE 15:59
CAL/HR 1000 | DISTANCE **47.09** MILES | PULSE ♥125
METS 12.39 | **10:00** PACE | LAP 180
TO RESET STATS HOLD ENTER

STAT SCREEN
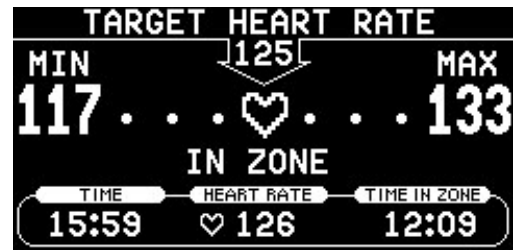
TARGET HEART RATE
MIN 125 MAX
117 . . . ♡ . . . **133**
IN ZONE
TIME 15:59 | HEART RATE ♡ 126 | TIME IN ZONE 12:09
TO CHANGE YOUR TARGET HRT, HOLD ENTER FOR 2 SEC

HEART RATE STATUS SCREEN

FEATURE	Description
EFFORT	20 levels, select using EFFORT "+/-"keys
SPEED*	Displayed in MPH, Km/Hr or Revolutions per Minute, select using UNITS "+/-"
TIME	Time logged on elliptical displayed as "Minutes: Seconds"
DISTANCE*	Miles logged on elliptical (kilometers when in metric)
PACE*	Time to complete 1 mile (1 kilometer when in metric)
CALORIES	Total calories burned, based on user's weight
CALS/HR	Rate in calories/hour, based on user's weight
METS**	Current MET level, based on user weight / effort level / speed
LAP (PROGRESS)*	1/4-mile (400 meter in metric) track in manual mode
LAP (COUNTER)*	Number of laps completed
PULSE	Current heart rate
TIME IN ZONE	Time spent in target zone (zone is 16 beats wide)
"IN ZONE"	User is in the target zone (within 8 beats of the target pulse)
"OUT OF ZONE"	User is outside the target zone (greater than 8 beats from target pulse)
"ABOVE MAX"	User is above the Maximum allowable heart rate in zone
MAX	Maximum allowable heart rate to remain in zone
TARGET PULSE	The target pulse (user defined in Zone Screen)
MIN	Minimum allowable heart rate to remain in zone
"BELOW MIN"	User is below the Minimum allowable heart

You can return to the Manual Mode at any time by pressing the [MANUAL] button.

* Speed and distance are calculated using an advanced metabolic running equivalent algorithm. Your pedal speed and effort level will yield a "running" speed with the equivalent energy consuming intensity.

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

The Cardio ElliptiMill is equipped with a numeric keypad, which serves multiple functions to make the elliptical easier to control. It can be used to change effort level, enter user settings, and configure programs.

ENTERING USER WEIGHT

Press the Weight key to bring up the prompt that allows you to dial in your weight. This is important because this value helps calculate accurate calorie and MET values.

PROGRAM CONFIGURATION

In program setups you will be asked different information based on that particular program's parameters. After you enter each value using the keypad, press **ENTER**, or wait 3 seconds to advance to the next screen.

In the 5 Built-in programs, the keypad is used to enter the program's maximum time, maximum effort level.

In the Specific Goal Programs, the keypad is used to enter a variety of different information: Time Goal, Distance Goal, Calorie Goal.

In the 5 User programs, the keypad is used to enter the program's maximum time. It can also be used to set the effort level 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 is used to enter the program's maximum effort level, target heart rate, and program time.

In the User Heart Rate Control programs, the keypad is used to enter the total 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 3 fitness tests, the keypad is used to enter your age.

Programs have been added to the Cardio ElliptiMill 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 effort level profile. When choosing a program you select a maximum effort level and a time from 10 to 99 minutes. Once set, the elliptical will not go above the maximum effort level unless you manually override it. 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 descriptions:

FAT BURN
The overall goal of this program is to elevate your heart rate, maintain the elevated heart rate for most of the workout, then gradually bring your heart rate down via the last three cool down segments.

INTERMEDIATE
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 overall goal of this program is to raise your heart rate with high effort levels for an advanced cardiovascular workout.

INTERVALS
The overall goal of this program is to vary your workout load, taking you from peak level to recovery eight times throughout your workout.

ENDURO
The overall goal of this program is to increase intensity toward a peak without recovery until the cooldown.

⊞ EFFORT

PROGRAM 1   FAT BURN
MAX EFFORT: L 7   PROG TIME: 20:00

SELECT PROGRAM

Press **PROGRAMS** at any time to display the programs selection screen. Scroll through the program previews with center "+/-"keys and select the program that best suits your desired workout by pressing **NEXT**. The display will now ask you to enter the program parameters.

ENTER MAX EFFORT
USE +/- KEYS BELOW OR NUMERIC KEYPAD

L 7

SELECT PROGRAM MAXIMUM EFFORT LEVEL

The display will prompt you to set a Max Effort using the keypad or center "+/-"keys. This will scale the effort level curve so that the maximum effort equals your selection. Select your maximum effort level and press **ENTER**, or wait three 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 keypad or center "+/-"keys. You can enter a time between 10-99 minutes. This will scale the 20 segments of the program equally throughout your selected time.
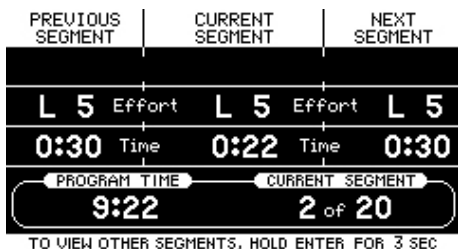Select your time and press **ENTER**, or wait three seconds.

Press the (**START**) button to begin.

If you wanted to run the Advanced Program with a program time of 25:00 minutes, a maximum effort level of 16, you would…

1. Press the [⛰ PROGRAMS] button.

2. Press center "+" key 2 times and then ENTER.
3. When asked to enter Max Effort, press "1", "6", ENTER on the keypad.
4. When asked to enter Program Time, press "2", "5", ENTER on the keypad.

5. Press the (**START**) button to begin.

NOTE: All numeric entries can also be entered or modified by adjusting the entry value with the center "+/-" keys.

As soon as you begin, the Program Progress Detail Screen becomes available. Whenever you enter this screen, your current segment speed, grade and remaining time will be displayed in the center. To view all the other segments hold **ENTER** for 3 seconds. Use the center "+/-" keys to move left or right. To exit back out, press **ENTER**.

PREVIOUS   CURRENT   NEXT
SEGMENT   SEGMENT   SEGMENT

L 5 Effort   L 5 Effort   L 5
0:30 Time   0:22 Time   0:30
⟨ PROGRAM TIME ⟩   ⟨ CURRENT SEGMENT ⟩
9:22   2 of 20
TO VIEW OTHER SEGMENTS, HOLD ENTER FOR 3 SEC

Push **ENTER** at any time to view any of the other display screens during your program, including the Program Profile Screen which displays a comprehensive program overview. When you are in a display screen other than the Program Progress Detail Screen during a segment change, the display will temporarily show the Program Progress Detail Screen then bring you right back to the screen you were in. During a segment change, effort window will flash but only if there is a change.

NOTE: All numeric entries can also be entered or modified by adjusting the entry value with the center "+/-" keys.

The Cardio ElliptiMill has storage capacity for five User Program Profiles, which you can create and change. The elliptical will remember these programs even if you unplug it from the wall. Edit Mode allows you to edit the effort and time for each of the 20 program segments **without actually exercising on the elliptical**.

Follow these steps to edit the User Program using Edit Mode:

SELECT PROGRAM
Press **PROGRAMS** at any time to display the programs selection screen. Scroll through the program previews with the center "+/-" keys and select one of the five User Programs by pressing **ENTER**.

USER PROGRAM PREVIEW
Notice that the User Program Preview Screen not only shows you the program overview, but the total program time as well.
Press **ENTER**, or wait three seconds.

The screen will read, **"PRESS START TO BEGIN OR ENTER TO EDIT"**, Press **ENTER** to enter **EDIT MODE.**
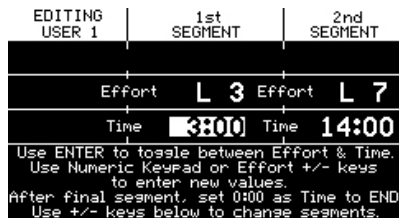
EDIT THE SEGMENTS
When you first enter Edit Mode, you will be in control of time for segment 1 (noted by the white banner behind the digits). You can use the numeric keypad to change that value. Press **ENTER** to toggle between effort and time values for that segment.

MOVING FROM SEGMENT TO SEGMENT
Use the center "+/-" keys to move from segment to segment.
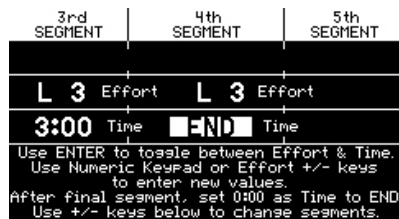
CREATING A PROGRAM WITH LESS THAN 20 SEGMENTS
Once you've created your last segment, go to the following segment and set time to "0". The time will now read END. This means that your User Program will end with the completion of the previous segment.

EXITING EDIT MODE
Once you have completed editing your User Program, you can start your User Program by simply pressing **START** at any time. 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 Program even if you unplug the elliptical.

If you wanted to create a 2-segment User Program with a Level 1 Effort Level for 30 seconds and then Level 7 Effort Level for 10 minutes you would…

1. **Press the PROGRAM button.**
2. **Press center "+" 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 effort level press "1", ENTER.**
6. **To move to the 2nd segment press center "+" key.**
7. **To edit 2nd segment's time press "1", "0", "0", "0". ENTER.**
8. **To edit the 2nd segment effort level press "7", ENTER.**
9. **To move to the 3rd segment press center "+" key.**
10. **To make the 2nd segment your last segment press "0" ENTER so time value reads END.**
11. **Press START to start the program.**

Whenever you run one of your User Programs and adjust effort during your workout, the changes you make will be stored as the new User Program.

Follow these steps to run a User Program:

SELECT PROGRAM
Press **PROGRAMS** at any time to display the programs selection screen. Scroll through the program previews with the center "+/-" keys and select one of the five User Programs by pressing **ENTER.**

USER PROGRAM PREVIEW
Notice that the User Program Preview Screen not only shows you the program overview but the total program time as well.
Press **ENTER**, or wait three seconds.

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

Press the **START** button.

As soon as you begin, the Program Progress Detail Screen becomes available. The Effort Level value of your current segment are displayed in the center and side screens. If you want to change the current Effort Level of your current segment adjust it to your liking by pressing the effort "+/-" keys. Next time you run this program the segment you have modified will be stored to these new settings.
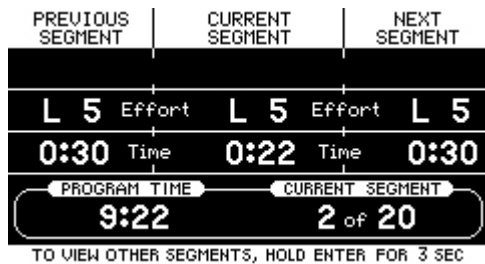
Note: You cannot add segments in Learn Mode, only adjust the existing segments.

These specialty programs have been designed to monitor and achieve a specific goal you may have every time you get on your Cardio ElliptiMill. 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 stats. During these programs you will retain full manual control.

Using Specific Goal Programs

SELECT PROGRAM
Press **PROGRAMS** at any time to display the programs selection screen. Scroll through the program previews with the center "+/-" keys and select one of the three Goal Programs by pressing **ENTER.**

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 keypad or "+/-" center keys. You can enter a time between 10-99 minutes. Select your time and press **ENTER**, or wait three seconds.

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 keypad or "+/-" center keys. You can enter a distance between 0.1-99.9 miles (km in metric). Select your distance and press **ENTER**, or wait three seconds.

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 keypad or "+/-" center keys. You can enter a calorie goal between 10-9,999 calories. Select your calories and press **ENTER**, or wait three seconds.

Press the **START** button.

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 remaining until completion, and other statistics. If you are in the Distance or Calorie Goal programs, 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 the [PROGRAMS] button.

2. Press center "-" key 2 times and then ENTER.
3. When asked to enter CALORIE GOAL, press "6", "5", "0", ENTER on the keypad.

4. Press **START** to begin.

Heart Rate Control programs require the use of the contact grips or wireless chest strap (see Heart Rate Monitors). The Cardio ElliptiMill has the ability not only to display your heart rate, but also to automatically vary the effort level based upon your heart rate via its Heart Rate Control (HRC) programs. Target training allows you to maximize your workout performance while minimizing your workout time.

Program Protocols: HRC vs. Interval HRC

- HRC Program maintains the user's heart rate at the target throughout the duration 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

Whether you are in a Heart Rate Controlled Program or in Manual Mode, the Cardio ElliptiMill allows you to accurately monitor your heart rate via its Heart Rate Status Screen. To access it, press **ENTER** to scroll through the selectable displays in the center LCD.

Heart Rate Status Screen:
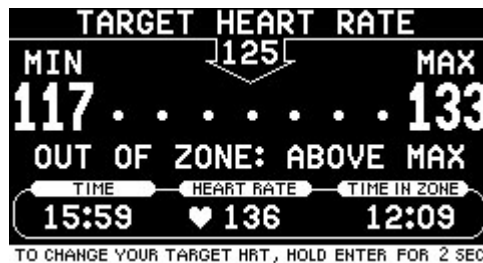
Features:
HEARTRATE STATUS
TIME IN TARGET ZONE
TOTAL TIME
MINIMUM, MAXIMUM, WARMUP, TARGET, AND COOL DOWN PULSE
ANIMATED ZONE HEART AND ZONE LIMITS
ADJUSTABLE TARGET PULSE

NOTE: You can change the Target Heart Rate of any segment by holding ENTER for 3 seconds.

Follow these steps to run an HRC program:

SELECT PROGRAM
To select an HRC program press the HRC button. Scroll through the program previews with center "+/-" keys and select HRC or INTERVAL HRC by pressing **ENTER**.

SELECT PROGRAM MAXIMUM EFFORT LEVEL
The display will prompt you to set a Max Speed using the keypad or center "+/-" keys. Select your speed and press **ENTER** or wait three seconds.

SELECT TARGET PULSE
The display will prompt you to enter your Target Pulse using the keypad or center "+/-" keys. This will set the target pulse and the elliptical will vary the speed and elevation in an effort to reach this heart rate.
Select your target pulse and press **ENTER** or wait three seconds.

SELECT PROGRAM TIME
The display will prompt you to set a Program Time using the keypad or "+/-" center 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 three seconds.

Press the (**START**) button.

If you wanted to work out with the HRC program with a target pulse of 140, for 30:00 minutes, but you realize into the program that your Warm Up Pulse (98 bpm) is too difficult and want to lower it to 88 bpm, you would…

1. Press the [HRC] button.
2. NEXT to select the Heart Rate Control Program.
3. When asked to enter Target Pulse, press "1","4","0", ENTER on the keypad.
4. When asked to enter TIME, press "3","0", ENTER on the keypad.
5. Press (**START**) to begin.
6. Hold ENTER for 3 seconds.
7. Press center "-" key ten times so that the Warm Up Pulse lowers to 88 in the Heart Rate Status Screen.

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

The User Heart Rate Control (HRC) program is designed to allow you to set the target heart rate for each of the 20 program segments during or before your workout. To customize a User HRC Program during your workout, adjust your Target Heart Rate using the center "+/-" keys in the Heart Rate Status Screen. Any Target Heart Rate changes you make during your workout will be saved in that User HRC Program.

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

SELECT PROGRAM
To select an HRC program to edit press the HRC button. Scroll through the program previews with the center "+/-" keys and select one of the 2 User HRC Programs to edit by pressing **ENTER**.

ENTER MAX EFFORT
USE +/- KEYS BELOW OR NUMERIC KEYPAD

L 7

SELECT PROGRAM MAXIMUM EFFORT LEVEL
The display will prompt you to set a Max Effort using the keypad or center "+/-" keys. Select your effort and press **ENTER**, or wait three seconds.

PRESS START TO BEGIN OR ENTER TO EDIT

The screen will read, "PRESS START TO BEGIN OR ENTER TO EDIT". Press START to run the program displayed in the program preview or **ENTER** to enter Edit Mode and make changes.
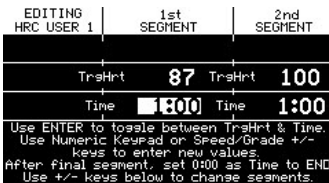
EDIT MODE
When you first enter Edit Mode, you will be in control of the Time for Segment 1 (it's noted by the white banner behind the digits). You can use the numeric keypad to change that value. Press **ENTER** to toggle between Target Heart Rate and Time values of that segment.

MOVING FROM SEGMENT TO SEGMENT
Use the center "+/-" keys to move from segment to segment.
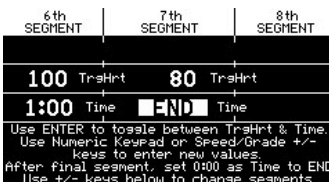
CREATING A PROGRAM WITH LESS THAN 20 SEGMENTS
Once you've created your last segment, go to the following segment and set time to "0". The time will now read END. This means that your User HRC Program will end with the completion of the previous segment.

EXITING EDIT MODE
Once you have completed editing your User HRC Program, you can start your User HRC Program by pressing **START** at any time. 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 HRC Program even if you unplug the elliptical.

The Cardio ElliptiMill includes 2 fitness tests and 1 fitness protocol. Based on your specific age, gender, and performance they calculate your fitness level. The Balke and the Firefighter Fitness Tests are heart rate controlled.
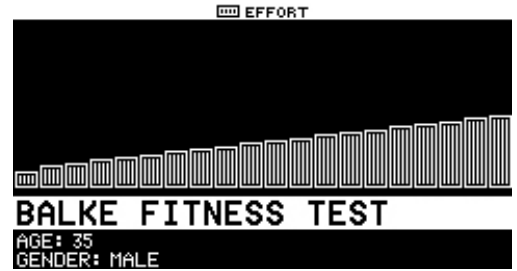
Balke Fitness Test (HRC: must use AccuTrack or Wireless Chest Strap)

Test Parameters
• Maximum Speed: 55 RPM
• Maximum Heart Rate: 80% of Maximum Heart Rate (see *Heart Rate Monitoring*)

Description
• It's a heart rate controlled, walking pace, variable effort 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).

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

Test Parameters
• Maximum Speed: 60 RPM
• Maximum Heart Rate: 85% of Maximum Heart Rate (see *Heart Rate Monitoring*)

Description
• It's a heart rate controlled, variable speed and effort 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).

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. Fortunately, the Cardio ElliptiMill not only takes care of all the complex VO$_2$ 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 VO$_2$ Max calculation, take the average of the two scores (Balke and Firefighter Fitness Test).

Fitness Protocols:

Army 2-Mile Fitness Test

Description
These are hands free, complete as fast as you can fitness assessment runs. Fitness Protocols come equipped with Automatic Transmission software.
As you pedal faster to increase your speed, the elliptical will automatically increase the effort level yielding a faster "running" (MPH) speed. Vice versa, when you slow down, the elliptical will automatically decrease effort level yielding a slower "running" (MPH) speed. Upon completion you will receive an assessment score (0-100).

If you want to take the Army 2 Mile Fitness Test, follow these steps:

SELECT PROGRAM
Press **PROGRAMS** at any time to display the programs selection screen. Scroll through the program previews with the center "+/-" keys and select the Army 2 Mile Fitness Test by pressing **ENTER**. The display will now ask you to enter your age.

ENTER YOUR AGE
USE +/- KEYS BELOW OR NUMERIC KEYPAD

35

ENTER YOUR AGE
Using the keypad or center "+/-" keys, select your age from 10-99 and press **ENTER**, or wait three seconds. This affects the scaling of the fitness score since it references the user's demographics.

ENTER YOUR GENDER
USE +/- KEYS BELOW

MALE ♂

ENTER YOUR GENDER
Using the center "+" key, toggle between MALE and FEMALE to select your gender. Once your gender is displayed on the center display, press **ENTER**, or wait three seconds. This affects the scaling of the fitness score since it references the user's demographics.

Press the **START** button.

Complete the 2-mile run as fast as possible by increasing your pedaling speed. Hitting Pause, Stop, Manual, HRC, or Programs during the test will invalidate and terminate the test.

As soon as you begin, the Goal Progress screen becomes available. This screen shows your Specific Goal (2 Miles), time remaining until completion, Projected Score and other statistics. The distance statistic is counting down (noted by negative sign).

As you pedal faster to increase your speed, the elliptical will automatically increase the effort level yielding a faster "running" (MPH) speed. Vice versa, when you slow down, the elliptical will automatically decrease effort level yielding a slower "running" (MPH) speed.

Upon completion, you will receive a score 0-100 and fitness assessment based on your time and demographics.

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

If you were 25 years old, a female, and wanted to take the Army 2 Mile Fitness Test, you would…

1. Press the [PROGRAMS] button.

2. Press center "-" key 1 time and then ENTER.
3. When asked to enter YOUR AGE, press "2", "5", ENTER on the keypad.
4. When asked to enter YOUR GENDER, press center "+" key once and press ENTER.

5. Press **START** to begin.

If you want to take the Balke Fitness Test, follow these steps:

SELECT PROGRAM

Press the HRC button at any time to display the HRC programs selection screen. Scroll through the program previews with center "+/-" keys and select the Balke Fitness Test by pressing **ENTER**. The display will now ask you to enter your age.

ENTER YOUR AGE

Using the keypad or center "+/-" keys, select your age from 10-99 and press **ENTER**, or wait three seconds. This determines the test's target pulse and the scaling of the fitness assessment since it references the user's demographics.

ENTER YOUR GENDER

Using the center "+" key, toggle between MALE and FEMALE to select your gender. Once your gender is displayed on the center display, press **ENTER**, or wait three seconds. This affects the scaling of the fitness score since it references the user's demographics.

Note: Before pressing start, you will be prompted with the heart rate that the fitness test will target. 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 during the fitness test, stop the test.

Press the **START** button.

You must hold on to the contact heart rate crossbar or wear your heart rate transmitter strap during the entire test. If the elliptical loses a heart rate signal for more than 30 seconds, the test will be invalidated and 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 (80% of maximum heart rate). Once you reach the target pulse, a 30 second countdown will follow and end the test. Any keystrokes during the test besides **ENTER** will invalidate and 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 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

If you were 25 years old, a female, and wanted to take the Balke Fitness Test, you would…

1. Press the HRC button.

2. Press center "-" key 1 time and then ENTER.

3. When asked to enter YOUR AGE, press "2", "5", ENTER on the keypad.

4. When asked to enter YOUR GENDER, press center "+" key once and press ENTER.

5. Press **START** to begin.

EXAMPLE

If you want to take the Firefighter Fitness Test, follow these steps:

SELECT PROGRAM

Press **PROGRAMS** at any time to display the programs selection screen. Scroll through the program previews with center "+/-" keys and select the Firefighter Fitness Test by pressing **ENTER**. The display will now ask you to enter your age.

ENTER YOUR AGE

USE +/- KEYS BELOW OR NUMERIC KEYPAD

35

ENTER YOUR AGE

Using the keypad or center "+/-" keys, select your age from 10-99 and press **ENTER**, or wait three seconds. This determines the test's target pulse.

ENTER YOUR GENDER

USE +/- KEYS BELOW

MALE ♂

ENTER YOUR GENDER

Using the center "+" key, toggle between MALE and FEMALE to select your gender. Once your gender is displayed on the center display, press **ENTER**, or wait three seconds.

Note: Before pressing start, you will be prompted with the heart rate that the fitness test will target. 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 during the fitness test, stop the test.

Press the (**START**) button.

You must wear the heart rate transmitter strap during the entire test. If the elliptical loses a heart rate signal for more than 30 seconds, the test will be invalidated and 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 (85% of maximum heart rate). Once you reach the target pulse, a 30 second countdown will follow and end the test. Any keystrokes during the test besides **ENTER** will invalidate and 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.

VO$_2$ Max	RATING
>59	SUPERIOR
50-58	EXCELLENT
40-49	GOOD
32-39	AVERAGE
<32	LOW

If you were 25 years old, a female, and wanted to take the Firefighter Fitness Test, you would…

1. **Press the** [HRC] **button.**

EXAMPLE

2. **Press center "-" key 1 time and then ENTER.**
3. **When asked to enter YOUR AGE, press "2", "5", ENTER on the keypad.**
4. **When asked to enter YOUR GENDER, press center "+" key once and press ENTER.**

5. **Press** (**START**) **to begin.**

Upon completion, you will receive a VO$_2$ Max score and fitness assessment based on your performance versus the general population.

The Cardio ElliptiMill comes equipped with Client Mode. Client Mode allows 2 different users to separately log all of their cumulative statistics from workout to workout. Additionally, all of your client information and preferences (weight, target heart rate, and max effort level) are also stored to save you time.

CLIENT LOGIN
6 seconds

PRESS THE +/- KEYS BELOW TO SELECT A MODE

CLIENT
1   GUEST   CLIENT
2
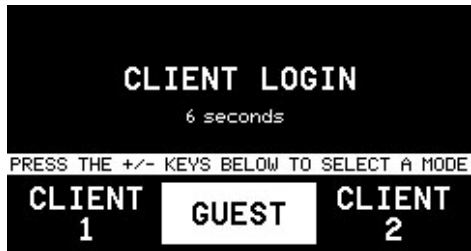
TO LOG ON AS A CLIENT:
Upon start up you'll be prompted with the Client Login Screen. Use the center "+/-" keys to toggle between Client 1 or 2 and press **ENTER** to make your selection.

CLIENT 1 STATISTICS

TOTALS   WEIGHT

MILES:928990   155 LBS
HOURS:952000
CALORIES:999999   USE KEYPAD TO CHANGE WEIGHT

AVERAGES
12.5 MILES/HOUR   1225 CALORIES/HOUR

TO RESET CLIENT 1 STATISTICS, HOLD ENTER FOR 3 SEC

After selecting a client, press **ENTER** to toggle through the standard selectable displays until you reach your Client Statistics Screen.

TO CHANGE CLIENT WEIGHT:
From the Client Statistics Screen, press the keypad at any time to adjust your Client Weight.

TO RESET CLIENT TOTALS:
From the Client Statistics Screen, hold **ENTER** until you hear an audible beep and see your statistics reset.

TO ACTIVATE/DEACTIVATE CLIENT MODE:
With the elliptical off, press "8", "6", **START**.

Every ElliptiMill comes standard with speakers and fan.

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 ElliptiMill 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.

The Cardio ElliptiMill is equipped with onboard self-diagnostics. If the elliptical experiences any errors during operation, the elliptical will display the error message. You will have the option to further investigate by commencing the elliptical's self-diagnostics software (see picture below).

```
ELLIPTIMILL
DIAGNOSTIC TESTS

PRESS ENTER TO CONTINUE
```

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

```
DISPLAY MEMORY:        PASS
SPEED SENSOR:          PASS
BRAKE CONTROLLER:      PASS
BRAKE CALIBRATION:     FAIL




ERROR DETECTED, CONTACT SERVICE PROVIDER
```

The elliptical will now systematically test all of the individual components of the elliptical. During some of its tests, it will prompt you with simple "Yes or No" questions to assist with the diagnosis. Answer the questions using the center "+/-" keys when prompted.

```
DISPLAY MEMORY:        PASS
SPEED SENSOR:          PASS
BRAKE CONTROLLER:      14
```
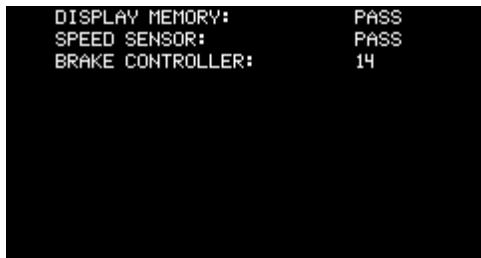
Once the Self-Diagnostics has completed all of the tests, it will read one of the two messages along the bottom: "No Errors Detected", or "Error Detected, Contact Service Provider".
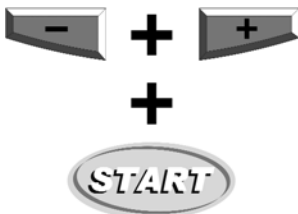
Note: You can also manually enter self-diagnostics mode by pressing the center "+", "-", and START at the same time when the elliptical is off.

The Cardio ElliptiMill elliptical comes standard with a wireless heart rate monitoring device and contact heart rate grips (see Heart Rate Monitors) 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 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 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 or zone. 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 (ACSM) recommends that, in order to get the most benefit from your cardiovascular exercise, you should work within your Target Heart Rate Zone 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 Target Heart Rate Zone 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 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(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 monitor?

A monitor consists of two parts: a transmitter and a receiver. Each time your heart beats, the electrodes detect the beat and send the information to the receiver on the elliptical. Your current heart rate (bpm) is visible on the elliptical's display.

Every ElliptiMill comes with AccuTrack Contact Heart Rate Grips that can be used in place of the wireless chest strap.

CONTACT GRIPS (shown on right)

To use the Contact Grips follow these steps:

Grab the contact grips.

The center display will start flashing to communicate that the system is active and acquiring a signal.

After about 5-10 seconds, your heart rate will be displayed and remain displayed as long as you hold on to the grips.

Once you release them, the display will automatically revert to the statistic displayed prior to grabbing the grips.

Note: If you are wearing the wireless chest strap, the AccuTrack Contact Heart Rate Grips will override the wireless signal while your hands are on the grips. Once you release the grips, the elliptical will default back to the wireless signal.

The contact grips are designed to reliably operate up to approximately 70 RPM. Higher speeds can cause the user's hands to shift and hinder the heart rate signal acquisition. For the most reliable results, use the wireless chest strap.

## 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 ElliptiMill. Pull the belt away from your chest and apply a small dab to each electrode. This will ensure a strong electrical contact between the transmitter and your chest.
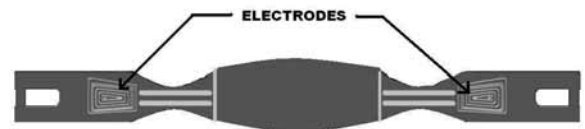
The Heart Rate Transmitter works best against bare skin. Since sweat (saltwater) is an electrical conductor, the transmitter will work over a T-shirt if the shirt is wet with sweat. If you are having trouble getting an accurate pulse reading, try wearing the belt against bare skin.

CARE AND MAINTENANCE
The transmitter activates when the belt is properly wetted. 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.