Executive ElliptiMill
Owner's Manual

LANDICE

Worldwide Excellence For Over 40 Years

EXECUTIVE 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 enter your age:
Press **AGE** to enter your age. This will help you calculate a recommended target heart rate based on your age in the Zone Timer Screen (see *Heart Rate Monitoring*).

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

To view different display screens during your workout:
Press **NEXT/BACK** at any time to choose the display screen that best suits your workout.

Press **MENU** at any time to return to the main menu.

WARNING: Failure to observe the following operating instructions can result in serious injury!
To reduce the risk of electric shock or injury to persons:

[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.

[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.

SAVE THESE INSTRUCTIONS

Congratulations! You've made a very smart investment! Your Executive 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.

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

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.

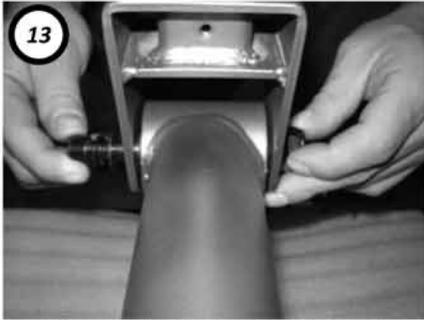**10.** Install the Stride Arms. Set in place using 2 bolts (B), lock washers (P) and flat washers (O). Tighten both bolts simultaneously.

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.
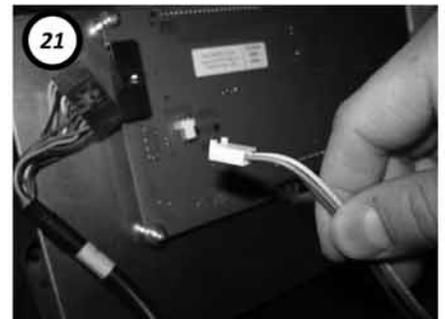
18 Install the Crank Arm Bottom Covers. Press them down until they click in place.

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 Executive ElliptiMill elliptical combines a versatile liquid crystal display (LCD) with a variety of program options to achieve your fitness goals.

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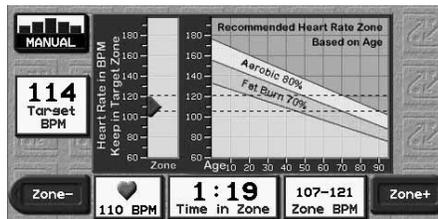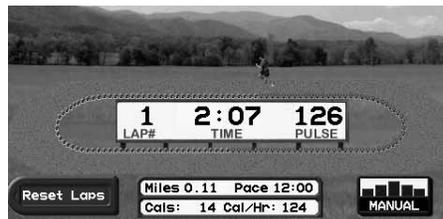

USER CUSTOMIZATION
The Executive ElliptiMill stores up to five individual clients. Users can store personal information (gender, weight, target pulse, etc…) and elliptical limits (effort) to ensure an efficient, safe, and effective workouts every time.

AUTOMATED WORKOUT CALENDAR
The Executive ElliptiMill records all user activity over the last 30 days. Clients can access their calendar and review previous workouts. For further analysis, they can also view a personal 30-Day Progress Report.
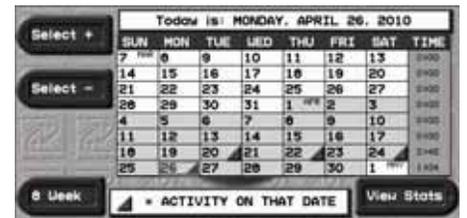
UNIQUE PROGRAMMING
- 5 Built-in Programs and 5 User Programs (100% fully customizable)
- 4 Heart Rate Control Programs: 2 Built-In and 2 User
- 6 Fitness Tests/Protocols – Balke, Firefighter ARMY, NAVY, USMC, USAF
- Specific Goal Programs: designed around a workout's goal (distance, time, or calories)
- 5 Body Specific Programs
- Race Mode: Beat your best 1/2 Mile, 1 Mile, 2 Mile, 5K, or 10K time in a head to head race against a virtual pacer.

Make sure you have 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.

The center display will show one of the three motivational road screens.

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

You can access all of your elliptical's options by pressing **MENU** at any time.

After 12 seconds, a weight prompt will appear. Adjust the weight value using the designated "+/-" keys or numeric keypad.

Note: Weight prompt can be deactivated in Setup. Also, it's bypassed if you log on as a Client.

ENTER YOUR AGE

Press **DATA INPUT** and use the numeric keypad or the center "+/-" keys to dial in your age. Entering your age will

help you select the appropriate target heart rate based on your age in the Zone Timer Screen (see Manual Mode).

Understanding the Displays

• The main color LCD screen displays different content relating to your workout that you can customize in a variety of ways. The rest of the manual will detail all of the features that you can access using this screen.
• The side blue LCD screens constantly display your Effort Level (1-20) and Speed (RPM, MPH* or Km/hr*). Use the "+/-" keys beneath these readouts to adjust the elliptical to your liking.

*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.

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

Press **NEXT** or **BACK** to rotate through the selectable motivational screens.

Motivational Screens

- Displayed Statistics:
  Time, Distance, Heart Rate, Calories
- Scrolling Statistics:
  Calories per hour, Altitude Climbed, Climbing Rate,
  And Zone Timer, and Pace
- Selectable Road Screen: Canyon, Mountain, Island, City.
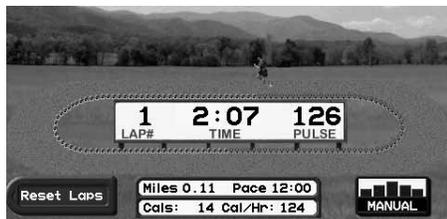
- Displayed Statistics:
  Time, Lap Counter, Distance, Pace, Pulse, Calories, and Calories per hour
- ¼ Mile Track:
  A virtual runner displays progress around a ¼ mile track

- Displayed Statistics:
  Altimeter, Climbing Rate, Trips to Top
- Climbing Progress:
  A virtual runner displays climbing progress up a famous landmark
- Selectable Landmark:
  Press the designated "LANDMARK" key to scroll though different famous landmarks of various heights
- Reset:
  Press the designated "RESET" key to reset your accumulated altitude
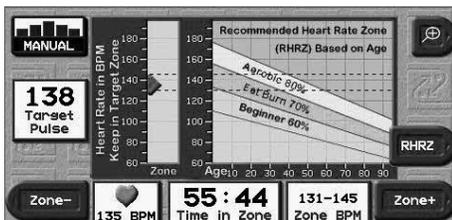
- Displayed Statistics:
  Time in Heart Rate Zone, Heart Rate, Target Heart Rate and Age vs. Zone Graph
- Heart Zone Shift:
  Press the designated "ZONE –" and "ZONE +" to decrease and increase your heart rate zone.
- RHRZ (Recommended Heart Rate Zone):
  Press the RHRZ key to display your recommended heart rate zone base on your age.

- Displayed Statistics:
  Time, Distance, Calories, Calories per hour, Pace, Heart Rate, Time in Zone, Accumulated Altitude and Climb Rate
- Selectable Statistics:
  Press the designated statistic keys to view a featured statistic or "ALL" to view them all at once.

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


Whenever you are prompted with a numeric entry, you have the option of using the designated "+/-" keys or the numeric keypad. If there are multiple numeric prompts displayed at once, look for the red triangle. The numeric keypad will only modify the line that has the red triangle. To activate another line, simply press **ENTER** or use the designated "+/-" keys to activate another prompt.

When to use the numeric keypad:

- In program setups you will be asked different information based on that particular program's parameters. This information can be dialed in using the "+/-" keys, or the numeric keypad.

- In the 5 Built-in Programs, the keypad can be used to enter the program's maximum time and effort.

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

- In the 5 User Programs, the keypad can be used to enter the program's maximum time. It can also be used to set the speed and elevation for each individual segment. This will be explained in more detail under the USER PROGRAM section of this manual.

- In the Heart Rate Control (HRC) Programs, the keypad can be used to enter the program's maximum effort, target heart rate, and program time.

- In the User Heart Rate Control Programs, the keypad can be used to enter the program's maximum speed, program time, and the target heart rate for each individual segment. This will be explained in more detail under the HEART RATE sections of this manual.

- In the Fitness Tests/Protocols, the keypad can be used to enter your age and gender.

- In Data Input, the keypad can be used to enter age and weight.

Programs have been added to the Executive 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. When choosing a program you select a maximum effort and a time from 10 to 99 minutes. Once set, the elliptical will not go above the maximum number 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.
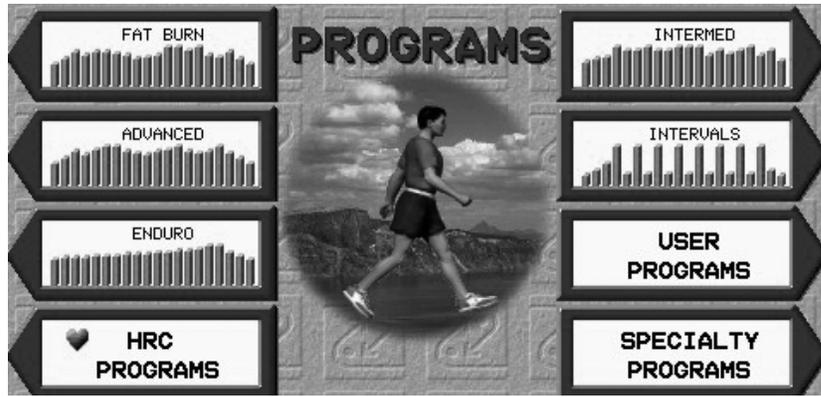
The following figures represent the 5 Built-in Programs in the Executive ElliptiMill.

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.
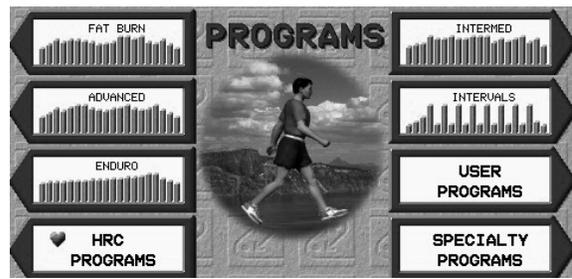
INTERVALS
The overall goal of this program is to vary your workout load, taking you from peak level to recovery eight times throughout your workout.
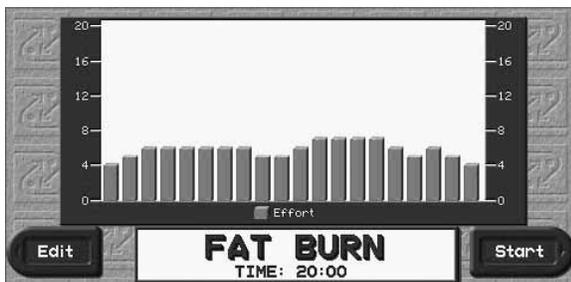
ENDURO
The overall goal of this program is to increase intensity toward a peak without recovery until the cooldown.

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

Once you select the Built-in Program that best suits your need, you will be prompted with a Program Preview screen.


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

This screen allows you to customize the program's parameters. Use the designated "+/-" keys or the numeric keypad to adjust the Program Time and Maximum Effort.

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

As soon as you start the program, the Program Progress Screen becomes available as one of the selectable displays. You can press **NEXT** or **BACK** to view the other motivational screens.
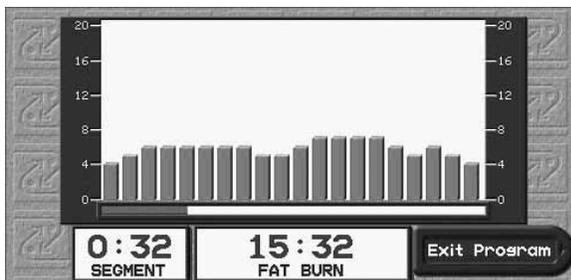
Features:
• Progress Bar
• Total Time Remaining
• Current Segment /Total Segments
• Segment Time Remaining
• Designated "Exit Program" key

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

The Executive ElliptiMill has storage capacity for five User Programs, which you can create and change. The elliptical will remember these programs even if you unplug it from the wall. The five User Programs will be pre-loaded as 20-minute, 3-segment program.

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

To Edit a User Program:

Press MENU -> PROGRAM -> USER PROGRAMS -> USER 1 -> EDIT

You will be prompted with the option to EDIT or AUTO PROGRAM. Select EDIT to enter EDIT MODE.
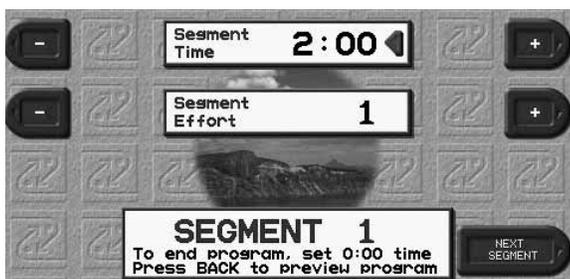
When you first enter EDIT MODE, you default to a detailed view of the 1st segment of the User Program.

Using the designated "+/-" keys of the numeric keypad, you can modify the 1st segment's length and effort.

Press **NEXT SEGMENT** to view the 2nd segment in detail.
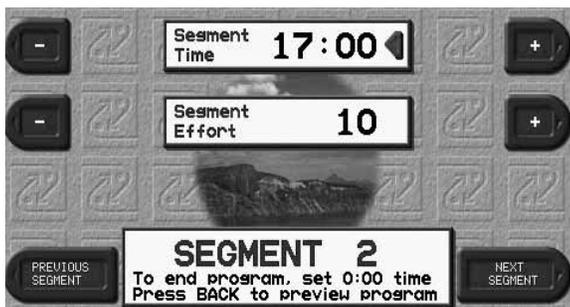
To view other segments, use the designated "NEXT/PREVIOUS SEGMENT" keys to navigate through the entire program.

When you finish modifying your User Program, press **BACK** to preview your modified program.
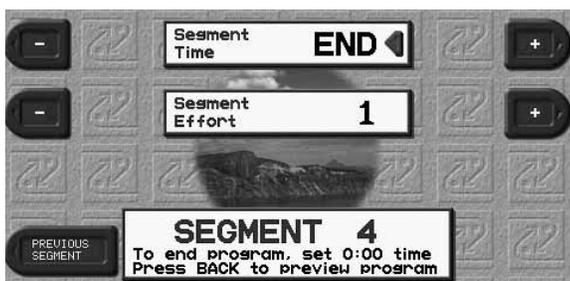
EXAMPLE:
If you want to modify your user program to be more than a 3-segment program (4-20), follow these steps.
To make a 4 Segment User Program:
1. After modifying segments 1, 2, and 3 to your liking, advance to Segment 4.
2. Now that you are in Segment 4, set a Segment Time. Notice that "END" has disappeared and the "NEXT SEGMENT" key has appeared.
3. Press BACK to preview your 4-Segment User Program and press START to begin.

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

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

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

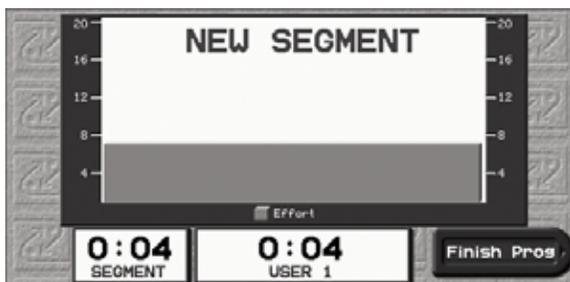Note: Running Auto program will erase existing User Program and write a new one from scratch.
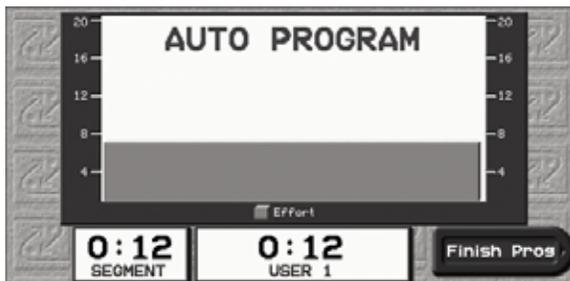
To run Auto Program:
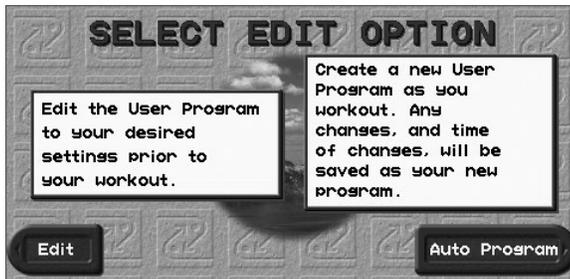
Press **Menu** -> **Programs** ->**USER PROGRAMS -> USER 1 -> EDIT**

You are now prompted with the option to EDIT or AUTO PROGRAM.

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

As soon as you begin Auto Program, you'll notice that it reads NEW SEGMENT. This is an indication that you are creating a new segment, the 1st segment. During the first 10 seconds, you can adjust the effort level settings for this segment.

After 10 seconds, the segment settings will lock in and the banner will change to AUTO PROGRAM. This is an indication that any future effort level changes will trigger the creation of a new segment.
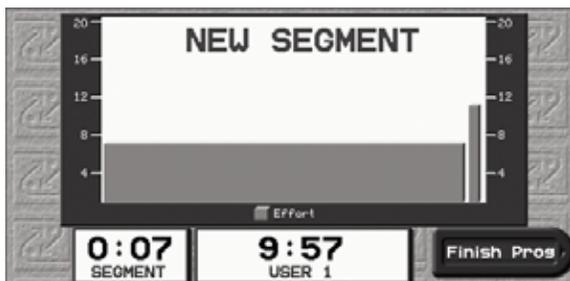
You can create up to 20 segments each up to 99 minutes long. Whenever you want to create a new segment, just change the effort level to the desired settings. The NEW SEGMENT banner will indicate that you are creating a new segment.

To finish the Auto Program press the designated Finish Prog key at any time. The User Program will now be saved exactly as you ran it during Auto Program.

The Executive ElliptiMill has storage capacity for four User HRC Programs, which you can create and change. The elliptical will remember these programs even if you unplug it from the wall.

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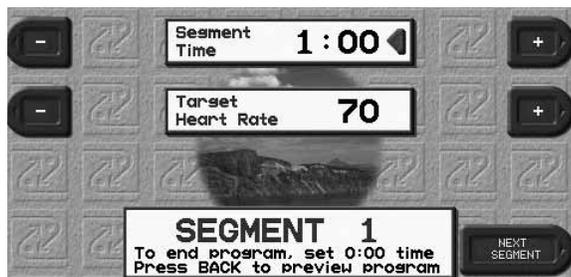
To Edit a User HRC Program:

Press **Menu** -> **Programs** -> **HRC PROGRAMS**

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

In this screen, you can adjust the program's effort level. To adjust the length of your program and target heart rate press the **EDIT PROFILE** key.

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

Using the designated "+/-" keys or the numeric keypad, you can modify the 1st segment's time and target heart rate.

Press **NEXT SEGMENT** to view the 2nd segment in detail.
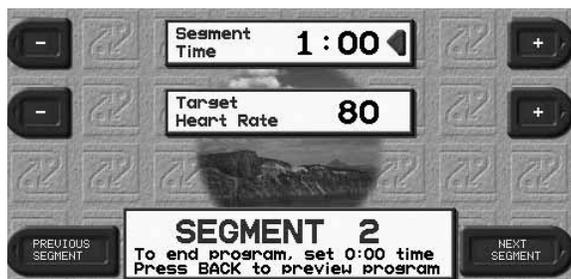
To view other segments, use the designated "NEXT/PREVIOUS SEGMENT" keys to navigate through the entire 3-segment program.

When you finish modifying your User Program, press **BACK** to preview your modified program.
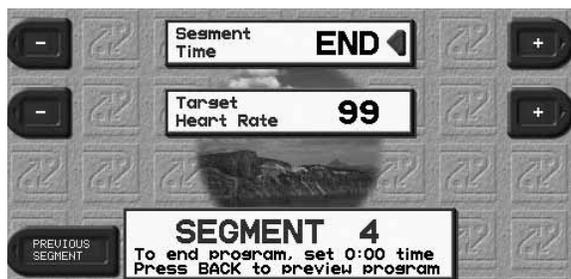
EXAMPLE:
If you want to modify your user program to be more than 3 segments (up to 20), follow these steps.

To make a 3 Segment User Program 4 segments:
1. After modifying segments 1, 2, and 3 to your liking, advance to Segment 4.
2. Notice that the time is set to END. This is an indication that this segment is inactive because the time has been set to 0:00.
3. To activate the segment, simply set a time along with a desired target heart rate for that segment.

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

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

The Executive ElliptiMill is equipped with both Contact Heart Rate and Wireless Heart Rate (transmitter strap). Heart Rate Control programs require the use one of them.

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

There are 2 different 20-segment heart rate control programs: HRC and Interval HRC

|		% 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

• HRC keeps the user's heart rate at the target heart rate for the duration of the workout.

• Interval HRC targets different heart rates. It alternates between the target and 80% of the target.
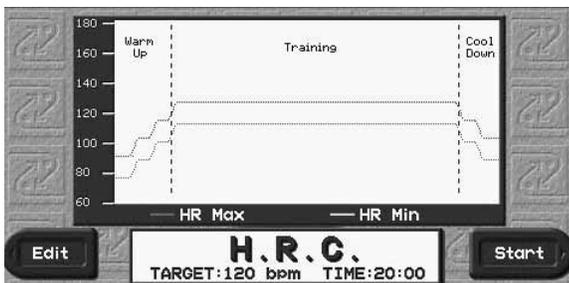

To Run an HRC program:

Press **MENU**->**Programs**->**HRC PROGRAMS** to display the HRC Programs Selection Screen. Select HRC or Interval HRC.

If the default HRC Program displayed in the program preview suits your needs, press **START** to begin. If you would like to modify it, press **EDIT** instead.
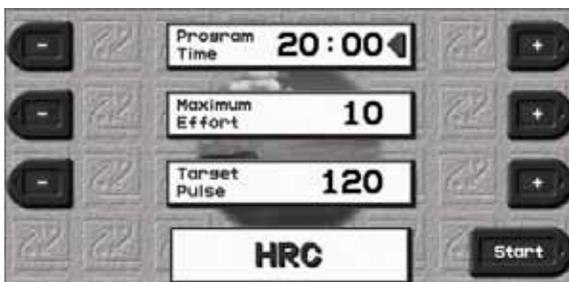
This screen allows you to customize the program's parameters. Use the designated "+/-" keys or the numeric keypad to adjust the Program Time, Maximum Effort, and Target Pulse.

Once you are content with your modifications, press **START** to begin or **PREVIEW** to view the updated changes you have made.
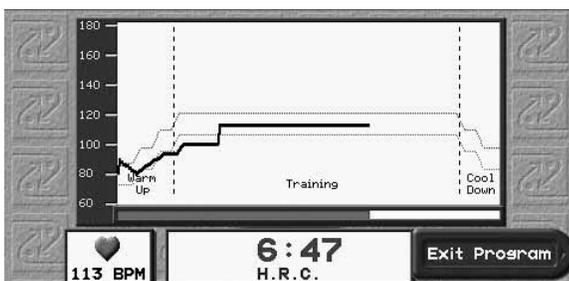
As soon as you start the program, the Program Progress Screen becomes available as one of the motivational screens. You can press **NEXT** or **BACK** to view the other motivational screens.

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

Once the program is complete or you choose to prematurely terminate it by selecting the designated "Exit Program" key, the elliptical will automatically default back into Manual Mode.

These specialty programs are designed to target different areas of your body by prompting you to change pedal direction, foot position, and hand location through out the program. The Executive ElliptiMill's color LCD screen will clearly guide you through each custom segment like your own personal trainer.

To run a body specific program:

Press **MENU** -> **PROGRAMS** -> **SPECIALTY PROGRAMS** -> **BODY SPECIFIC**

Select one of the five programs that targets the area of your body you would like to focus your workout around.
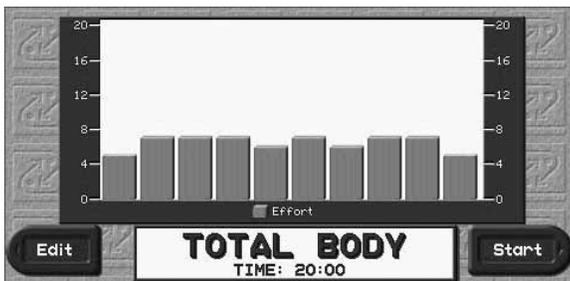
You have to option to **START** if you are happy with the program's parameters or **EDIT** them to your liking.

You can edit the program's time and maximum effort level.
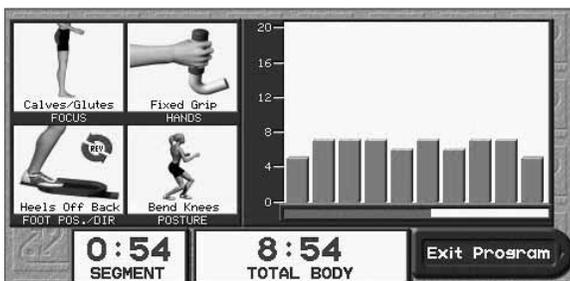
As soon as you begin the program, you will see a special program progress screen.

In addition to total program and segment time remaining, the body specific program progress screen will also display the correct pedal direction, foot position, body posture, hand location and focus zone for that specific segment.
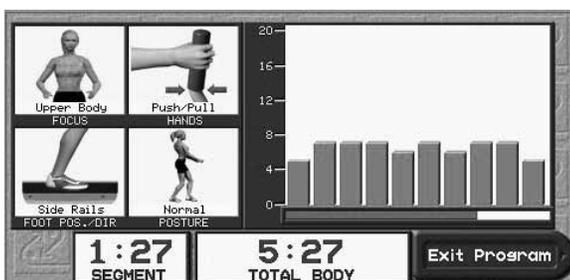
During segment changes, these four screens will change to a different set of screens depending on the workout you have selected.

Note: You can take your time setting yourself to the correct position between segments. The program clock will automatically halt if you stop pedaling, so you won't cheat your total workout time.

Once the program is complete or you choose to prematurely terminate it by selecting the designated "Exit Program" key, the elliptical will automatically default back into Manual Mode.

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

Using Specific Goal Programs:

Press **MENU** -> **PROGRAMS** -> **SPECIALTY PROGRAMS**-> **SPECIFIC GOAL** to view the Specific Goal Setup Screen. Use the top designated "+/-" keys to select your workout's goal: TIME, DISTANCE, or CALORIES.

After selecting your goal, define its parameter using the bottom designated "+/-" keys or the numeric keypad:

Time: 10-99 Minutes
Distance: 0.1-99.9 Miles
Calories: 10-9999 Calories
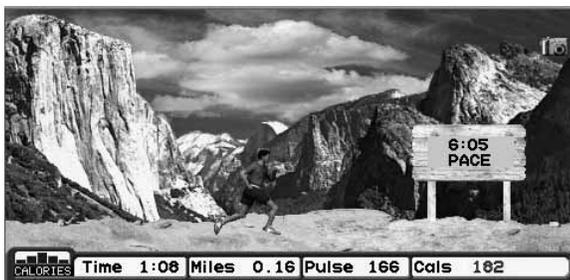
Press **START** to begin.

As soon as you begin, you'll notice that goal progress will be displayed in the different motivational screens. The goal statistic will be displayed in a red font and updated instantaneously with any speed/effort changes you make and count down to zero until you reach your goal.

Once the program is complete or you choose to prematurely terminate it by selecting the designated "Exit Program" key, the elliptical will automatically default back into Manual Mode.

Race mode is a unique feature exclusive to the Landice Executive ElliptiMill. Race is a manually controlled distance based program that monitors your progress versus a virtual pacer. The virtual pacer can be your previous/best-recorded time or manually dialed in during set up. There are five different preset race distances: ½ Mile, 1 Mile, 2 Mile, 5 K, and 10 K.

Race Mode comes 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.

To run a Race:

Press **MENU** -> **PROGRAMS** -> **SPECIALTY PROGRAMS**-> **RACE** to enter the Race Setup screen.

Use the designated "+/-" keys to select your desired distance: ½ Mile, 1 Mile, 2 Mile, 5K, 10.

After selecting your distance, use the designated "+/-" keys or the numeric keypad to dial in your pacer's speed.

Notice that your personal best and previous times for this distance are posted at the top of the setup screen.

Press **START** to begin the race.

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

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

Your runner will always remain in the center. If the pacer is to the right of you, he/she is winning. If the pacer is to the left of you, you are winning.

The statistics at the bottom also display the up-to-the-second distance between both two runners.

NOTE: The Effort Level control is disabled during race mode. It will automatically increase/decrease based on pedal speed keeping you at an optimal RPM.

The Track Screen also displays Race Mode.

The Executive ElliptiMill includes 2 fitness tests and 4 fitness protocols. Based on your specific age, gender, and performance they calculate your fitness level. The Balke and the Firefighter 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 Executive 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:

NAVY 1½-Mile Test, Army 2-Mile Test, Air Force 2-Mile Test, Marine Corps. 3-Mile Test

Description
• These are hands free, complete as fast as you 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) or superlative.

To take a Fitness Test:

From the Menu Screen, select **PROGRAMS** -> **SPECIALTY PROGRAMS**. In the Specialty Programs screen, you can select one of the 2 fitness tests that the Executive ElliptiMill has to offer. Remember, both of these tests are heart rate controlled.

Upon selecting the fitness test of your choice, you will be prompted to the fitness test Setup Screen. Use the designated "+/-" keys or the numeric keypad to adjust your age and gender. Press **CONTINUE**.

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 at any point during the fitness test, stop the test

Press **START** to begin the test.

You must hold onto the contact grips 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.

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

Balke Fitness Test:

Upon completion, you will receive a 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**
	>65	>62	>58	>54	>52	>50	>48	SUPERIOR
	57-65	54-62	50-58	46-54	44-52	42-50	40-48	EXCELLENT
VO$_2$ Max	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**
	>62	>58	>54	>51	>47	>44	>42	SUPERIOR
	54-62	50-58	46-54	43-51	39-47	36-44	34-42	EXCELLENT
VO$_2$ Max	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

Firefighter Fitness Test:

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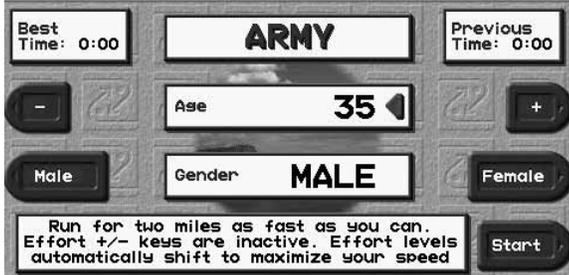
Men/ Women

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

To take a Fitness Protocol:

From the Menu Screen, select Programs -> Specialty Programs. In the Specialty Programs screen, you can select one of the 4 fitness protocols that the Executive ElliptiMill has to offer. These tests are **not** heart rate controlled.

Upon selecting the fitness protocol of your choice, you will be prompted to the fitness test Setup Screen. Use the designated "+/-" keys or the numeric keypad to adjust your age and gender.

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

Press **START** to begin the test.
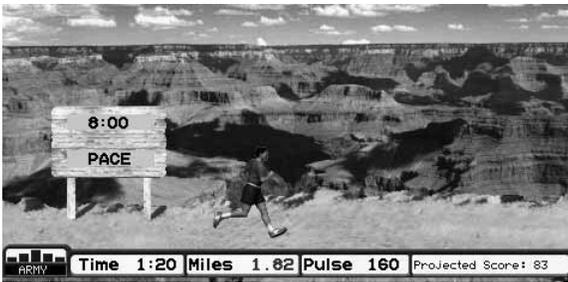
During the protocol, effort will be deactivated, but you will retain manual speed control. The elliptical will automatically shift effort level based on speed. As you pedal faster, effort will automatically increase yielding a faster "running" speed. You'll also notice that the Road and Track Screens have an added statistic, Projected Score. Projected Score is the score you would receive if you were to complete the rest of the protocol at your current pace.

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

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

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

	VO_2 Max	RATING
	>59	SUPERIOR
Air Force	50-58	EXCELLENT
2 Mile Test	40-49	GOOD
	32-39	AVERAGE
	<32	LOW

|	VO_2 Max	RATING
	>59	SUPERIOR
Marine Corp.	50-58	EXCELLENT
3 Mile Test	40-49	GOOD
	32-39	AVERAGE
	<32	LOW

Client mode allows five different users to personalize the elliptical settings to their liking. Once a user sets up a client, programming will automatically scale to his preset restrictions. Fitness Tests/Protocols will remember the user's best and a last recorded scores and all other elliptical activity will automatically recorded in a personal fitness calendar.

To create a client:

Press **MENU** and select the designated "Client" key. You are now in the Client Select Screen. Press the designated "New" key to create a new client.

Note: This will also be your Login Page after you have created your client.
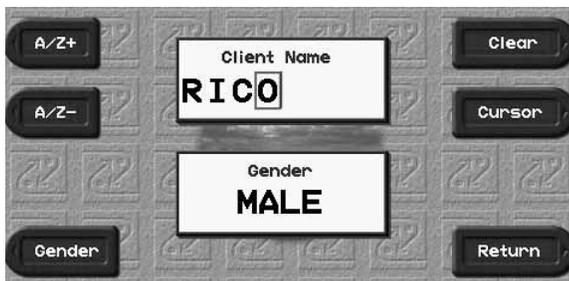
You are now in the Name Edit Screen. Use the designated "A/Z+", "A/Z-", "Cursor", and "Clear" keys to adjust your client's name.

Toggle your client's gender by using the designated bottom "Gender" key.

Press **RETURN** when you have finished.

You are now in the Client Setup Screen. This screen allows you to delete the user, reset your stats, and select the system's units (miles vs. kilometers). You can also access the Edit Name, System Menu, and your Fitness Profile Screen.

Press **PROFILE** to enter the Fitness Profile Screen.

Use the designated "+/-" keys or the numeric keypad to adjust your Weight, Target Pulse and Maximum Effort.

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

Press **MENU** when you have correctly adjusted all the values.

You have successfully created your own personal client. Notice that the Menu Screen now displays your client name across the top. This is an indication that you are in Client Mode.

Whenever you turn on the machine, it will default to manual default settings. To log on as your client, in the Menu Screen select the designated "Client" key and select your designated client.

Note: If you haven't set the correct time and date on your Executive ElliptiMill, it's highly recommendedthat you do so now, so that all of your activity is logged accurately (***see System Setup***).

Client Mode offers a Fitness Calendar that monitors all client elliptical usage over the past eight weeks.

To view the Fitness Calendar:
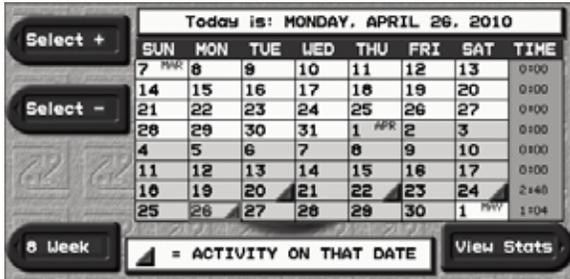
After logging on as a client, from the Menu Screen press the designated "Calendar" key. You are now in your personal Fitness Calendar Screen.

• The red triangle means that you worked out on your Executive ElliptiMill on that particular day.
• Today's date is listed at the top of the screen and highlighted in the calendar in bigger/bold font.
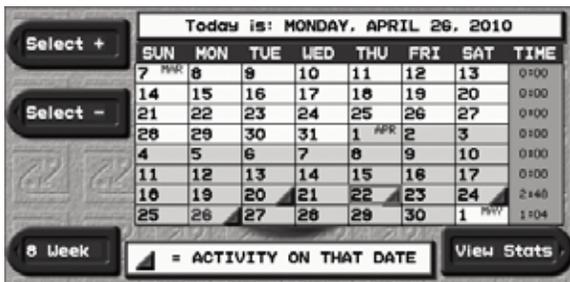
Note: If the current day at the top of the screen is incorrect, *see System Setup* to adjust to the correct date.

Use the designated "Select +" and "Select –" to move the red box from day to day.

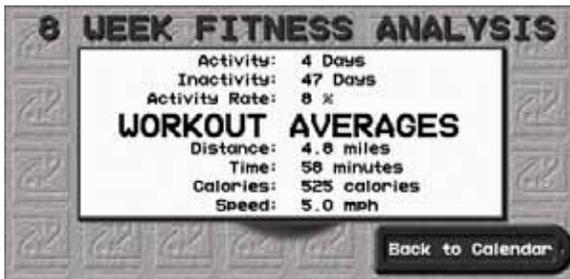Move the red box over any date that you want to view in detail.
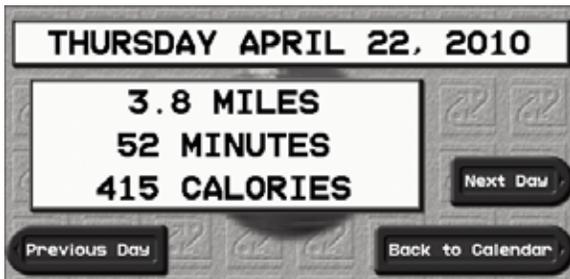
Press the designated "View Stats" key.

You can now see your workout in detail for that particular day.

You can move from day to day in this detailed view by pressing the designated "Previous Day" and "Next Day" keys.

Press **BACK TO CALENDAR** to return to the fitness calendar.

To see your 8 Week Fitness Analysis, press the designated "8 Week" key.

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

Press **BACK TO CALENDAR** to return to your fitness calendar.

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.

You can enter the system settings at any time from the Menu Screen by pressing **SETUP**.

In the Setup Screen, you can toggle between Miles and Kilometers by pressing the designated "Units" key.

Press the designated "System" key to view the System Menu Screen.

In the System Menu, you have access to Brightness Setup, Time/Date Setup, and Diagnostics.

To set the Time and Date, select the designated "Set Date" key.

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


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

However, unplugging the elliptical *will* deactivate the internal clock/calendar. Next time you reconnect your elliptical, your clock and calendar will reset back to the time and date before you unplugged it.

Press the designated **RETURN** key to return to the system menu.

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

Self-Diagnostics will 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.
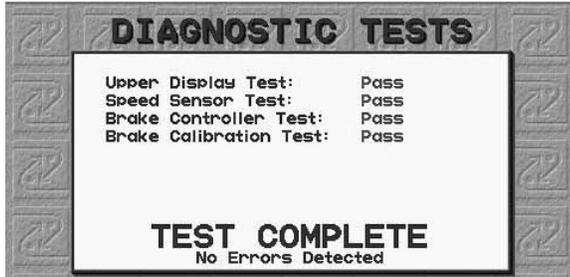
Once the Self-Diagnostics completes all of the tests, it will read one of these messages along the bottom: "No Errors Detected", or "Error Detected, Contact Service Provider".

Note: You can also manually initiate the self-diagnostics. From the Menu Screen press **SETUP** -> **SYSTEM** -> **DIAGNOSTICS**.

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

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

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

What is maximum heart rate?
Maximum Heart Rate (MHR) is the maximum attainable heart rate your body can reach before total exhaustion. True 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:

> 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 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 (THRZ)?

Your Target Heart Rate Zone represents the minimum and maximum number of times your heart should beat in one minute of exercise. The American College if Sports Medicine (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 bpm (mhr) x 0.6 =*   *111 bpm*
> *Upper Target Limit185 bpm (mhr) x 0.85 =*   *157 bpm*
> *John's Target Heart Rate Zone =*   *111 - 157 bpm*

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

Different Intensity Levels within a Target Heart Rate Zone

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

What is a heart monitor?

A monitor consists of two parts: a transmitter and a receiver. 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)
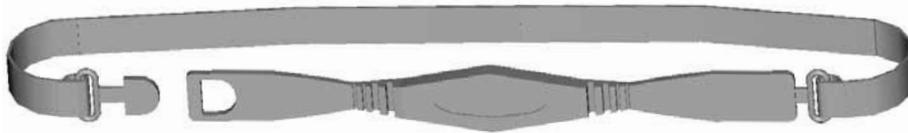
To use the Wireless Chest Strap follow these steps:

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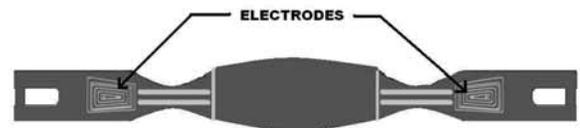
The Heart Rate Transmitter works best against bare skin. Since sweat (saltwater) is an electrical conductor, the transmitter will work over a T-shirt if the shirt is wet with sweat. If you are having trouble getting an accurate pulse reading, try wearing the belt against bare skin.

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.