

L I V E S T R O N G[®]



LSPRO2

TREADMILL OWNER'S MANUAL



Read the TREADMILL GUIDE before using this OWNER'S MANUAL.

INTRODUCTION

Congratulations and thank you for your purchase of this **LIVESTRONG®** treadmill!

Purchases of this product ensure that a minimum of \$4M will go to the Lance Armstrong Foundation and the fight against cancer.

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, a **LIVESTRONG®** treadmill can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger and healthier, faster. Because we're committed to designing fitness equipment from the inside out, we use only the highest quality components. It's a commitment we back with one of the strongest frame-to-motor warranty packages in the industry.

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

LIVESTRONG® treadmills deliver.

LIVESTRONG® is a registered trademark of the Lance Armstrong Foundation.

The Lance Armstrong Foundation fights for the more than 25 million people around the world living with cancer today. There can be – and should be – life after cancer for more people. The Foundation's support kicks in at the moment of diagnosis, giving people the resources and support they need to fight cancer head-on. They find innovative ways to raise awareness, fund research and end the stigma about cancer that many survivors face. They connect people and communities to drive social change, and call for state, national and world leaders to help fight this disease. Anyone, anywhere can join the fight against cancer. Join them at LIVESTRONG.org.

IMPORTANT PRECAUTIONS



SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. If you have any questions after reading this manual, contact your local dealer.



DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the treadmill from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Never use the treadmill before securing the safety tether clip to your clothing.
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Do not jump on the treadmill.
- At no time should more than one person be on treadmill while in operation.
- This treadmill should not be used by persons weighing more than Max. user weight. Failure to comply will void the warranty.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Connect this exercise product to a properly grounded outlet only.

WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- At NO time should pets or children under the age of 13 be closer to the treadmill than 10 feet.
- At NO time should children under the age of 13 use the treadmill.
- Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.
- Use the treadmill only for its intended use as described in the treadmill guide and owner's manual.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Return the treadmill to a service center for examination and repair.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint, hair, and the like.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use treadmill in any location that is not temperature controlled, such as but not limited to porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not remove the console covers unless instructed by your local dealer. Service should only be done by an authorized service technician

It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.



GROUNDING INSTRUCTIONS

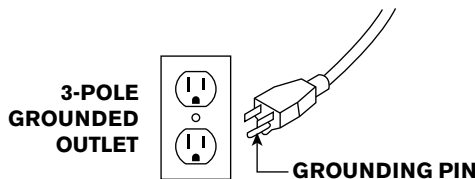
This product must be grounded. If a treadmill should malfunction or break down, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

DANGER

Improper connection of the equipment-grounding conductor 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 the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 220 Volt circuit and has a grounding plug that looks like the plug in the illustration. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This treadmill should be used with a minimum 10-amp circuit.



WARNING

Connect this exercise product to a properly grounded outlet only. Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact your local dealer for replacement or repair.

ASSEMBLY

WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the treadmill could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your treadmill's serial number and model name located on a white barcode sticker near the on/off power switch and power cord and enter them in the space provided below.

ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

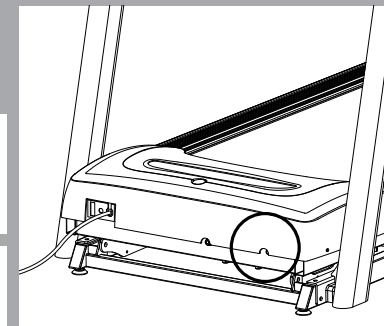
SERIAL NUMBER:

TM

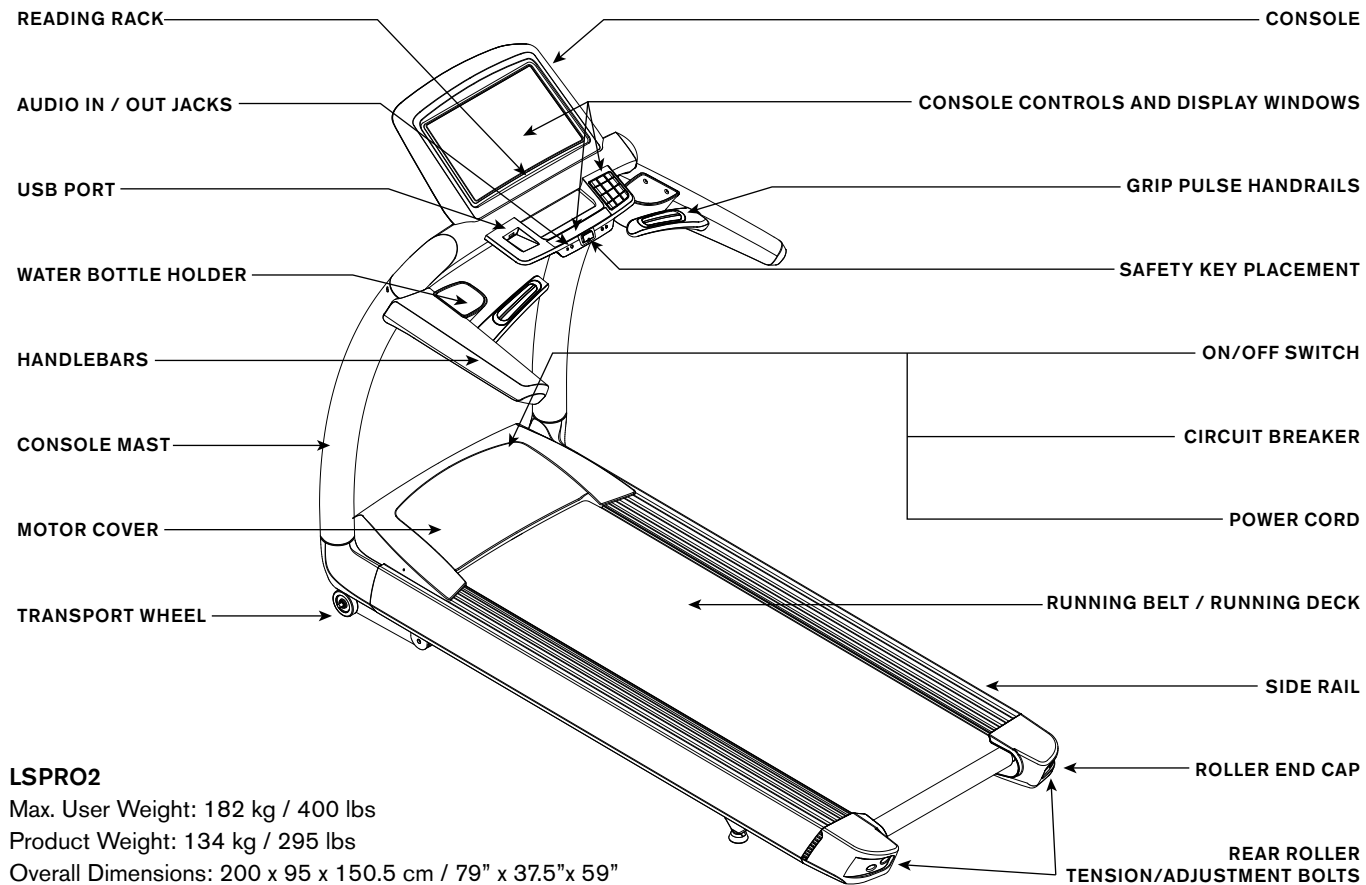
MODEL NAME: **LIVESTRONG**

TREADMILL

SERIAL NUMBER LOCATION



» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.



LSPRO2

Max. User Weight: 182 kg / 400 lbs

Product Weight: 134 kg / 295 lbs

Overall Dimensions: 200 x 95 x 150.5 cm / 79" x 37.5" x 59"

TOOLS INCLUDED:

- 5 mm T-Wrench
- 8 mm T-Wrench

PARTS INCLUDED:

- 1 Console Assembly
- 2 Handlebars
- 2 Console Masts
- 1 Hardware Kit
- 1 Safety Key
- 1 USB Cover
- 1 Audio Adapter Cable
- 1 Power Cord
- 2 Main Frame Boots
- 2 End Caps
- 1 Passport Player
- 1 Heart Rate Chest Strap



NEED HELP?

If you have questions or if there are any missing parts, contact your local dealer. Contact information is located on the back panel of this manual.

PRE ASSEMBLY

UNPACKING

Place the treadmill carton on a level flat surface. It is recommended that you place a protective covering on your floor. Take **CAUTION** when handling and transporting this unit. Once the banding straps have been removed, do not transport this unit unless it is fully assembled. Unpack and assemble the unit where it will be used. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill. Lift the treadmill from the roller end caps area while a second person removes the parts packed under the treadmill.



WARNING

DO NOT ATTEMPT TO LIFT THE TREADMILL! Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.



WARNING

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

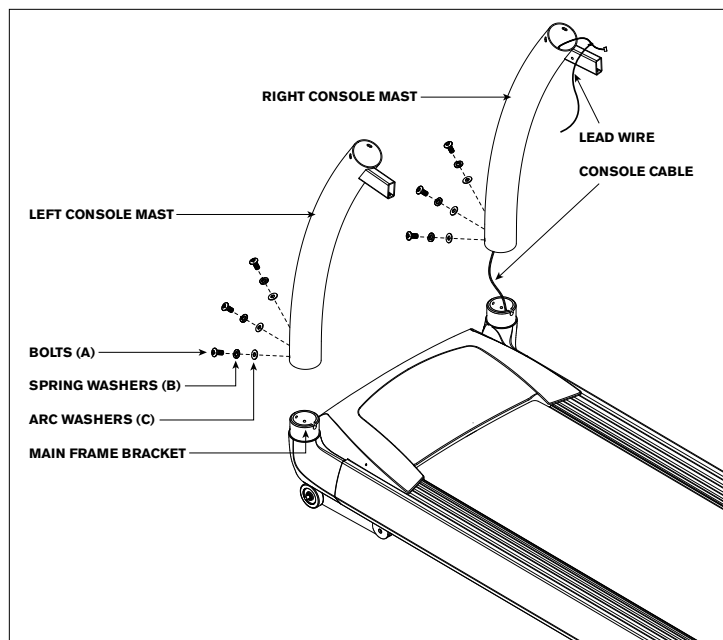
NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.



LSPRO2 ASSEMBLY STEP 1

HARDWARE FOR STEP 1 :



- A Open **HARDWARE FOR STEP 1**.
- B Pull **LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the **LEAD WIRE** through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard **LEAD WIRE**.

NOTE: Do not pinch console cable when placing the mast onto the main frame bracket.

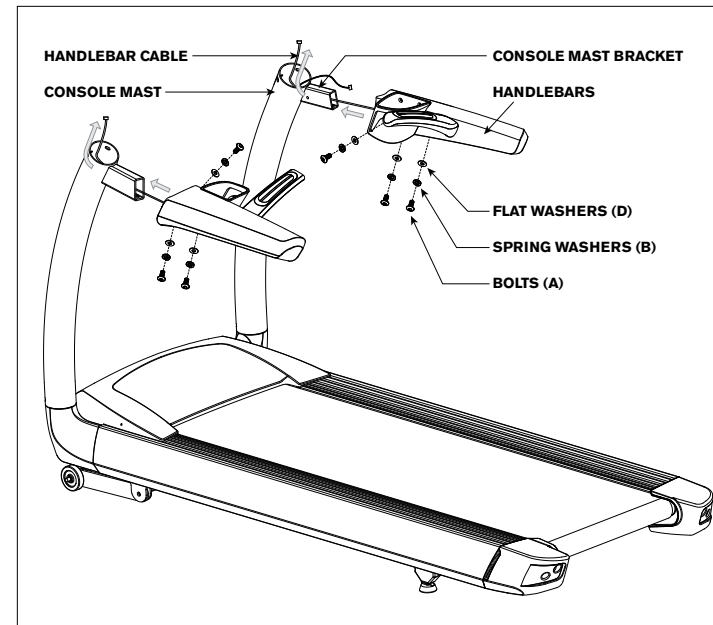
- C Place **RIGHT CONSOLE MAST** over **MAIN FRAME BRACKET**.
- D Attach **CONSOLE MAST** to **MAIN FRAME BRACKET** using 3 **BOLTS (A)**, 3 **SPRING WASHERS (B)** and 3 **ARC WASHERS (C)**.

NOTE: Do not tighten bolts until step 3 is complete.

- E Repeat steps C–D on other side.

LSPRO2 ASSEMBLY STEP 2

HARDWARE FOR STEP 2 :

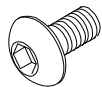


- A Open **HARDWARE FOR STEP 2**.
- B Feed **HANDLEBAR CABLE** through **CONSOLE MAST BRACKET** and out through the top of **CONSOLE MAST**.
- C Slide **HANDLEBAR** onto **CONSOLE MAST BRACKET** and attach using 3 **BOLTS (A)**, 3 **SPRING WASHERS (B)** and 3 **FLAT WASHERS (D)**.
- D Repeat on other side.

NOTE: Be careful not to pinch any wires while attaching the handlebars.

LSPRO2 ASSEMBLY STEP 3

HARDWARE FOR STEP 3 :



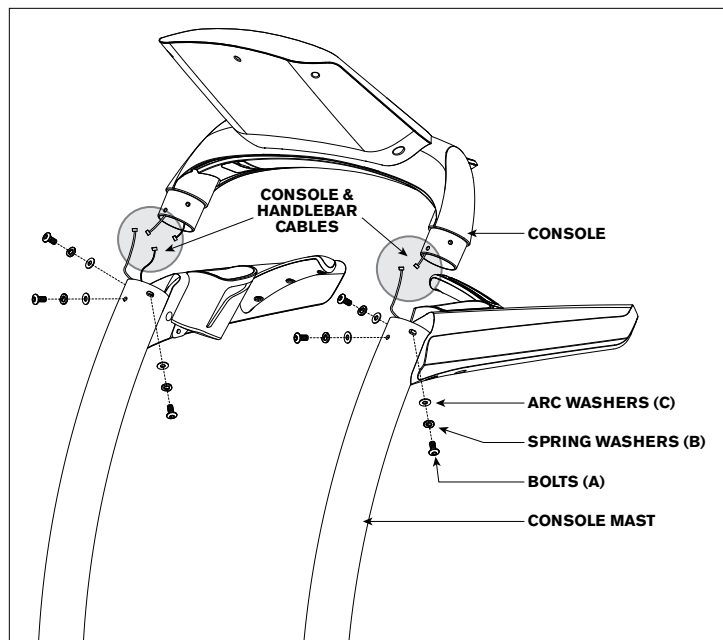
BOLT (A)
20 mm
Qty: 6



SPRING WASHER (B)
8.2 mm
Qty: 6



ARC WASHER (C)
8.4 mm
Qty: 6



- A Open **HARDWARE FOR STEP 3**.
- B Gently hold the **CONSOLE** above of the **CONSOLE MASTS**.
- C Connect the **CONSOLE & HANDLEBAR CABLES**, carefully tucking wires in masts to avoid damage.
- D Attach each side of the **CONSOLE** using 3 **BOLTS (A)**, 3 **SPRING WASHERS (B)** and 3 **ARC WASHERS (C)**.
- E Rotate the **CONSOLE MASTS** until the spacing between the handlebars and the deck are the same. Tighten **BOLTS** from step 1 and then step 3.

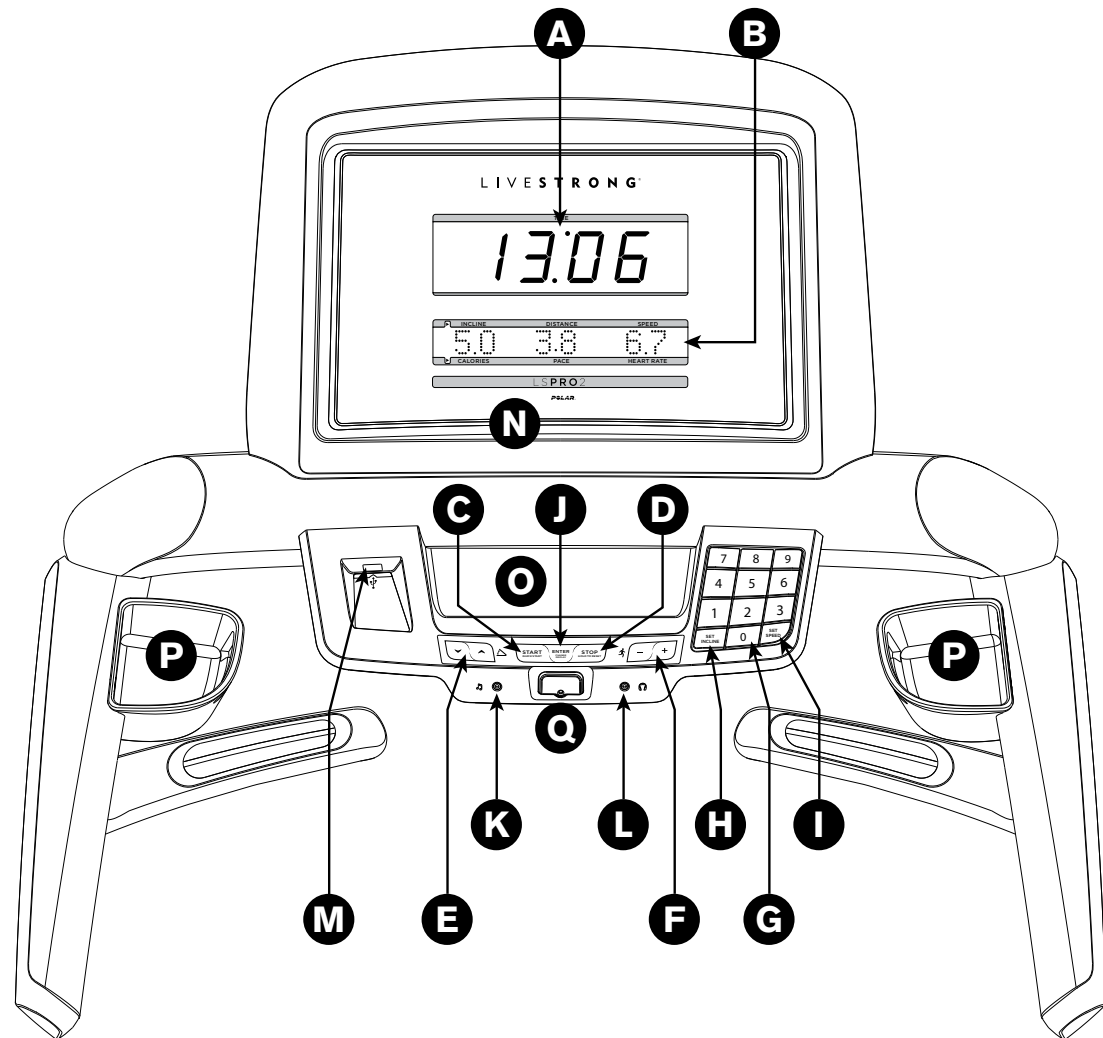
ASSEMBLY COMPLETE!

TREADMILL OPERATION

This section explains how to use your treadmill's console and programming. The BASIC OPERATION section in the TREADMILL GUIDE has instructions for the following:

- LOCATION OF THE TREADMILL
- USING THE SAFETY KEY
- MOVING THE TREADMILL
- LEVELING THE TREADMILL
- TENSIONING THE RUNNING BELT
- CENTERING THE RUNNING BELT
- USING THE HEART RATE FUNCTION



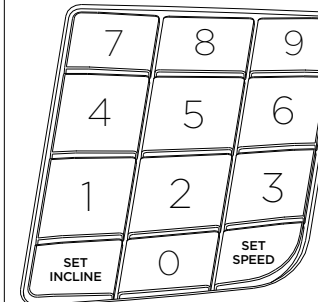


CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) LARGE LED DISPLAY WINDOW:** displays workout time.
- B) ALPHANUMERIC DISPLAY WINDOW:** displays incline, distance, speed, calories, pace, workout profile and heart rate.
- C) START:** press to begin exercising, start your workout, or resume exercising after pause.
- D) STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- E) INCLINE \wedge \vee KEYS:** used to adjust incline in small increments (0.5% Increments).
- F) SPEED + - KEYS:** used to adjust speed in small increments (0.1 MPH or 0.1KM/H increments).
- G) QUICK ADJUST KEYPAD:** used to reach desired speed or incline more quickly.
- H) SET INCLINE KEY:** used to change incline to level entered into keypad.
- I) SET SPEED KEY:** used to change speed to level entered into keypad.
- J) ENTER / CHANGE DISPLAY KEY:** Press to confirm programming selections during workout setup. Press to change display feedback during workout.
- K) AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.
- L) AUDIO OUT / HEADPHONE JACK:** plug your headphones into this jack to listen to your music through the headphones.
- M) USB PORT:** insert USB stick here to update software.
- N) READING RACK:** holds reading material.
- O) MEDIA PLAYER HOLDER:** holds your media player.
- P) WATER BOTTLE POCKETS:** holds personal workout equipment.
- Q) SAFETY KEY POSITION:** enables treadmill when safety key is inserted.

QUICK ADJUST KEYPAD (G)

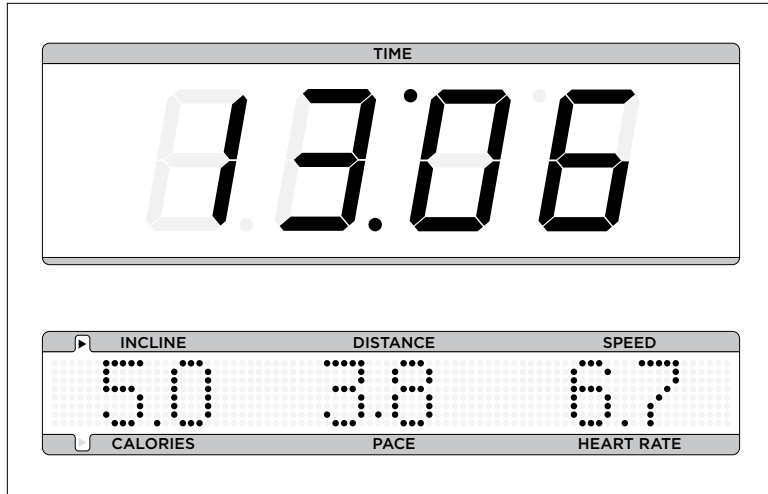


Quickly access any speed or incline level by typing the number and pressing SET SPEED (I) or SET INCLINE (H) keys.

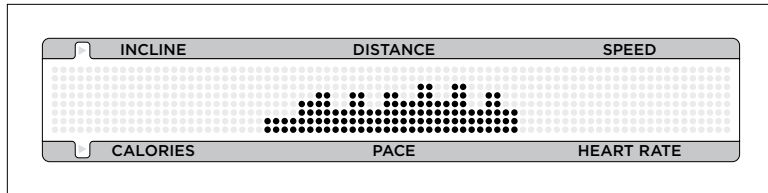
Examples:

- To change the speed to 6.5 MPH or KM/H, press 6-5-SET SPEED.
- To change the incline to 10%, press 1-0-0-SET INCLINE. (NOTE: If there is no decimal point, you still must enter 0).





WORKOUT PROFILE: Shows the incline level of selected workout.



The dot matrix will show the incline profile as you progress through a program.

DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface.
- **DISTANCE:** Shown as miles or kilometres. Indicates distance traveled or distance remaining during your workout.
- **SPEED:** Shown as MPH or KM/H. Indicates how fast your walking or running surface is moving.
- **CALORIES:** Total calories burned or calories remaining to burn during your workout.
- **PACE:** Indicates how many minutes it takes to complete a mile or kilometre while running or walking at your current speed. For example: If at your current speed it will take you 10 minutes to complete a mile or kilometre, the treadmill will display '10.0' as your pace.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).

GETTING STARTED

- 1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON.
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.
- 5) Insert the safety key into the safety keyhole in the console.
- 6) You have two options to start your workout:

A) QUICK START

Simply press the START key to begin working out. Time, distance, and calories will all count up from zero. OR...

B) SELECT A PROGRAM

- 1) Select USER 1, USER 2 or GUEST using ▲▼ or +/- and press ENTER to confirm.
- 2) Select a program using ▲▼ or +/- and press ENTER to confirm.
- 3) Complete the program setup using ▲▼ or +/- and press ENTER to confirm.
- 4) When setup is complete, press START to begin your workout.

DATE AND CLOCK SETUP

- 1) Enter Setup mode: Press and hold the 1 and 2 buttons for 3 seconds.
- 2) Use the ▲▼ KEYS to change settings and press ENTER to confirm.
- 3) Settings include: Month, day, year, hour, minute, and am/pm.
- 4) Review settings: You can review your settings at any time while in setup mode. Press ENTER to scroll through settings.
- 5) Exit setup mode: To confirm the date and time, press and hold ENTER for 3 seconds.
- 6) To reset: simply re-enter setup mode and adjust date and time to the correct setting.

TO CLEAR SELECTION/RESET THE CONSOLE

Hold STOP key for 3 seconds.

FINISHING YOUR WORKOUT

When your workout is complete, the display will flash "WORKOUT COMPLETE" and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.



PROGRAM INFORMATION

P1) MANUAL: Adjust your speed and incline manually during your workout.

P2) SPEED INTERVALS: Improves your strength, speed and endurance by increasing and decreasing the speed throughout your workout to involve your heart and other muscles. Speed changes and segments repeat 90 seconds and 30 seconds.

British

Segment	Warm Up		1	2	Cool Down	
	4:00 MIN				90 SEC	30 SEC
Level 1	1.0	1.5	2.0	4.0	1.5	1.0
Level 2	1.0	1.5	2.0	4.5	1.5	1.0
Level 3	1.3	1.9	2.5	5.0	1.9	1.3
Level 4	1.3	1.9	2.5	5.5	1.9	1.3
Level 5	1.5	2.3	3.0	6.0	2.3	1.5
Level 6	1.5	2.3	3.0	6.5	2.3	1.5
Level 7	1.8	2.6	3.5	7.0	2.6	1.8
Level 8	1.8	2.6	3.5	7.5	2.6	1.8
Level 9	2.0	3.0	4.0	8.0	3.0	2.0
Level 10	2.0	3.0	4.0	8.5	3.0	2.0

Metric

Segment	Warm Up		1	2	Cool Down	
	4:00 min				90 sec	30 sec
Level 1	1.6	2.4	3.2	6.4	2.4	1.6
Level 2	1.6	2.4	3.2	7.2	2.4	1.6
Level 3	2.0	3.0	4.0	8.0	3.0	2.0
Level 4	2.0	3.0	4.0	8.8	3.0	2.0
Level 5	2.4	3.6	4.8	9.6	3.6	2.4
Level 6	2.4	3.6	4.8	10.4	3.6	2.4
Level 7	2.8	4.1	5.6	11.2	4.1	2.8
Level 8	2.8	4.1	5.6	12.0	4.1	2.8
Level 9	3.2	4.8	6.4	12.8	4.8	3.2
Level 10	3.2	4.8	6.4	13.6	4.8	3.2

P3) PEAK INTERVALS: Improves your strength, speed and endurance by increasing and decreasing the speed and incline throughout your workout to involve your heart and other muscles. Speed and Incline changes, segments repeat 90 seconds and 30 seconds.

British

Segment	Time	Warm Up		1	2	Cool Down	
		4:00 MIN				90 SEC	30 SEC
Level 1	Speed	1.0	1.5	2.0	4.0	1.5	1.0
	Incline	1.0	1.5	0.5	1.5	1.5	0.0
Level 2	Speed	1.0	1.5	2.0	4.5	1.5	1.0
	Incline	1.5	2.5	3.0	6.5	2.5	1.5
Level 3	Speed	1.3	1.9	2.5	5.0	1.9	1.3
	Incline	2.0	3.0	4.0	7.5	3.0	2.0
Level 4	Speed	1.3	1.9	2.5	5.5	1.9	1.3
	Incline	2.0	3.0	4.0	8.0	3.0	2.0
Level 5	Speed	1.5	2.3	3.0	6.0	2.3	1.5
	Incline	2.5	3.5	4.5	8.5	3.5	2.5
Level 6	Speed	1.5	2.3	3.0	6.5	2.3	1.5
	Incline	2.5	3.5	4.5	9.0	3.5	2.5
Level 7	Speed	1.8	2.6	3.5	7.0	2.6	1.8
	Incline	2.5	4.0	5.5	9.5	4.0	3.0
Level 8	Speed	1.8	2.6	3.5	7.5	2.6	1.8
	Incline	3.0	4.0	5.5	9.5	4.0	3.0
Level 9	Speed	2.0	3.0	4.0	8.0	3.0	2.0
	Incline	3.0	4.5	6.0	10.0	5.0	3.0
Level 10	Speed	2.0	3.0	4.0	8.5	3.0	2.0
	Incline	3.0	4.5	6.0	10.0	5.0	3.0

Metric

Segment	Time	Warm Up		1	2	Cool Down	
		4:00 MIN				90 SEC	30 SEC
Level 1	Speed	1.6	2.4	3.2	6.4	2.4	1.6
	Incline	1.0	1.5	0.5	1.5	1.5	0.0
Level 2	Speed	1.6	2.4	3.2	7.2	2.4	1.6
	Incline	1.5	2.5	3.0	6.5	2.5	1.5
Level 3	Speed	2.0	3.0	4.0	8.0	3.0	2.0
	Incline	2.0	3.0	4.0	7.5	3.0	2.0
Level 4	Speed	2.0	3.0	4.0	8.8	3.0	2.0
	Incline	2.0	3.0	4.0	8.0	3.0	2.0
Level 5	Speed	2.4	3.6	4.8	9.6	3.6	2.4
	Incline	2.5	3.5	4.5	8.5	3.5	2.5
Level 6	Speed	2.4	3.6	4.8	10.4	3.6	2.4
	Incline	2.5	3.5	4.5	9.0	3.5	2.5
Level 7	Speed	2.8	4.1	5.6	11.2	4.1	2.8
	Incline	2.5	4.0	5.5	9.5	4.0	3.0
Level 8	Speed	2.8	4.1	5.6	12.0	4.1	2.8
	Incline	3.0	4.0	5.5	9.5	4.0	3.0
Level 9	Speed	3.2	4.8	6.4	12.8	4.8	3.2
	Incline	3.0	4.5	6.0	10.0	5.0	3.0
Level 10	Speed	3.2	4.8	6.4	13.6	4.8	3.2
	Incline	3.0	4.5	6.0	10.0	5.0	3.0

P4) WEIGHT LOSS: Promotes weight loss by increasing and decreasing the speed and incline, while keeping you in your fat burning zone. Speed and Incline changes, segments repeat every 30 seconds.

British

Segment	Warm Up	1	2	3	4	5	6	7	8	Cool Down			
Time	4:00 MIN	Each segment is 30 seconds								4:00 MIN			
Level 1	Incline	0.0	0.5	1.5	1.5	1.0	0.5	0.5	0.5	1.0	1.5	0.5	0.0
	Speed	1.0	1.5	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5	2.3	1.5
Level 2	Incline	0.0	0.5	1.5	1.5	1.0	0.5	1.0	0.5	1.0	1.5	0.5	0.0
	Speed	1.3	1.9	2.5	3.0	3.5	4.0	4.5	4.0	3.5	3.0	2.6	1.8
Level 3	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	1.5	2.3	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5	3.0	2.0
Level 4	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	1.8	2.6	3.5	4.0	4.5	5.0	5.5	5.0	4.5	4.0	3.4	2.3
Level 5	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	2.0	3.0	4.0	4.5	5.0	5.5	6.0	5.5	5.0	4.5	3.8	2.5
Level 6	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	2.3	3.4	4.5	5.0	5.5	6.0	6.5	6.0	5.5	5.0	4.1	2.8
Level 7	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	2.5	3.8	5.0	5.5	6.0	6.5	7.0	6.5	6.0	5.5	4.5	3.0
Level 8	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	2.8	4.1	5.5	6.0	6.5	7.0	7.5	7.0	6.5	6.0	4.9	3.3
Level 9	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	3.0	4.5	6.0	6.5	7.0	7.5	8.0	7.5	7.0	6.5	5.3	3.5
Level 10	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	3.3	4.9	6.5	7.0	7.5	8.0	8.5	8.0	7.5	7.0	5.6	3.8

Metric

Segment	Warm Up	1	2	3	4	5	6	7	8	Cool Down			
Time	4:00 MIN	Each segment is 30 seconds								4:00 MIN			
Level 1	Incline	0.0	0.5	1.5	1.5	1.0	0.5	0.5	0.5	1.0	1.5	0.5	0.0
	Speed	1.6	2.4	3.2	4.0	4.8	5.6	6.4	5.6	4.8	4.0	3.6	2.4
Level 2	Incline	0.0	0.5	1.5	1.5	1.0	0.5	1.0	0.5	1.0	1.5	0.5	0.0
	Speed	2.0	3.0	4.0	4.8	5.6	6.4	7.2	6.4	5.6	4.8	4.1	2.8
Level 3	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	2.4	3.6	4.8	5.6	6.4	7.2	8.0	7.2	6.4	5.6	4.8	3.2
Level 4	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed	2.8	4.1	5.6	6.4	7.2	8.0	8.8	8.0	7.2	6.4	5.4	3.6
Level 5	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	3.2	4.8	6.4	7.2	8.0	8.8	9.6	8.8	8.0	7.2	6.0	4.0
Level 6	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed	3.6	5.4	7.2	8.0	8.8	9.6	10.4	9.6	8.8	8.0	6.5	4.4
Level 7	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	4.0	6.0	8.0	8.8	9.6	10.4	11.2	10.4	9.6	8.8	7.2	4.8
Level 8	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed	4.4	6.5	8.8	9.6	10.4	11.2	12.0	11.2	10.4	9.6	7.8	5.2
Level 9	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	4.8	7.2	9.6	10.4	11.2	12.0	12.8	12.0	11.2	10.4	8.4	5.6
Level 10	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed	5.2	7.8	10.4	11.2	12.0	12.8	13.6	12.8	12.0	11.2	8.9	6.0

P5) ROLLING HILLS: Simulates running up and down hills to improve stamina, muscle tone, and promote weight loss. Speed changes and segments repeat every 30 seconds.

British

Segment	Warm Up	1	2	3	4	5	6	7	8	Cool Down		
Time	4:00 MIN	Each segment is 30 seconds								4:00 MIN		
Level 1	1.0	1.5	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5	2.3	1.5
Level 2	1.3	1.9	2.5	3.0	3.5	4.0	4.5	4.0	3.5	3.0	2.6	1.8
Level 3	1.5	2.3	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5	3.0	2.0
Level 4	1.8	2.6	3.5	4.0	4.5	5.0	5.5	5.0	4.5	4.0	3.4	2.3
Level 5	2.0	3.0	4.0	4.5	5.0	5.5	6.0	5.5	5.0	4.5	3.8	2.5
Level 6	2.3	3.4	4.5	5.0	5.5	6.0	6.5	6.0	5.5	5.0	4.1	2.8
Level 7	2.5	3.8	5.0	5.5	6.0	6.5	7.0	6.5	6.0	5.5	4.5	3.0
Level 8	2.8	4.1	5.5	6.0	6.5	7.0	7.5	7.0	6.5	6.0	4.9	3.3
Level 9	3.0	4.5	6.0	6.5	7.0	7.5	8.0	7.5	7.0	6.5	5.3	3.5
Level 10	3.3	4.9	6.5	7.0	7.5	8.0	8.5	8.0	7.5	7.0	5.6	3.8

Metric

Segment	Warm Up	1	2	3	4	5	6	7	8	Cool Down		
Time	4:00 MIN	Each segment is 30 seconds								4:00 MIN		
Level 1	1.6	2.4	3.2	4.0	4.8	5.6	6.4	5.6	4.8	4.0	3.6	2.4
Level 2	2.0	3.0	4.0	4.8	5.6	6.4	7.2	6.4	5.6	4.8	4.2	2.8
Level 3	2.4	3.6	4.8	5.6	6.4	7.2	8.0	7.2	6.4	5.6	4.8	3.2
Level 4	2.8	4.1	5.6	6.4	7.2	8.0	8.8	8.0	7.2	6.4	5.4	3.6
Level 5	3.2	4.8	6.4	7.2	8.0	8.8	9.6	8.8	8.0	7.2	6.0	4.0
Level 6	3.6	5.4	7.2	8.0	8.8	9.6	10.4	9.6	8.8	8.0	6.5	4.4
Level 7	4.0	6.0	8.0	8.8	9.6	10.4	11.2	10.4	9.6	8.8	7.2	4.8
Level 8	4.4	6.5	8.8	9.6	10.4	11.2	12.0	11.2	10.4	9.6	7.8	5.2
Level 9	4.8	7.2	9.6	10.4	11.2	12.0	12.8	12.0	11.2	10.4	8.4	5.6
Level 10	5.2	7.8	10.4	11.2	12.0	12.8	13.6	12.8	12.0	11.2	8.9	6.0



P6) FOOT HILLS: Simulates a hill ascent and descent. This program helps tone muscle and improve cardiovascular ability. Incline changes and segments repeat every 30 seconds.

Segment	Warm Up			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Cool Down		
Time	4:00 MIN			Each segment is 30 seconds															4:00 MIN		
Level 1	0.0	0.5	0.0	0.5	1.0	3.0	1.0	3.0	2.0	3.0	2.0	3.5	2.0	3.0	2.0	3.0	1.0	3.0	1.0	0.5	0.0
Level 2	0.0	0.5	0.0	0.5	1.0	3.0	2.0	3.0	2.0	3.0	2.5	3.5	2.5	3.0	2.0	3.0	2.0	3.0	1.0	0.5	0.0
Level 3	0.5	1.0	0.5	1.0	1.5	3.5	1.5	3.5	2.5	3.5	2.5	4.0	2.5	3.5	2.5	3.5	1.5	3.5	1.5	1.0	0.5
Level 4	0.5	1.0	0.5	1.0	1.5	3.5	2.5	3.5	2.5	3.5	3.0	4.0	3.0	3.5	2.5	3.5	2.5	3.5	1.5	1.0	0.5
Level 5	1.0	1.5	1.0	1.5	2.0	4.0	2.0	4.0	3.0	4.0	3.0	4.5	3.0	4.0	3.0	4.0	2.0	4.0	2.0	1.5	1.0
Level 6	1.0	1.5	1.0	1.5	2.0	4.0	3.0	4.0	3.0	4.0	3.5	4.5	3.5	4.0	3.0	4.0	3.0	4.0	2.0	1.5	1.0
Level 7	1.5	2.0	1.5	2.0	2.5	4.5	2.5	4.5	3.5	4.5	3.5	5.0	3.5	4.5	3.5	4.5	2.5	4.5	2.5	2.0	1.5
Level 8	1.5	2.0	1.5	2.0	2.5	4.5	3.5	4.5	3.5	4.5	4.0	5.0	4.0	4.5	3.5	4.5	3.5	4.5	2.5	2.0	1.5
Level 9	2.0	2.5	2.0	2.5	3.0	5.0	3.0	5.0	4.0	5.0	4.0	5.5	4.0	5.0	4.0	5.0	3.0	5.0	3.0	2.5	2.0
Level 10	2.0	2.5	2.0	2.5	3.0	5.0	4.0	5.0	4.0	5.0	4.5	5.5	4.5	5.0	4.0	5.0	4.0	5.0	3.0	2.5	2.0

P7) MOUNTAIN CLIMB: A more-intense version of FOOT HILLS. Simulates a mountain ascent and descent. This program helps tone muscle and improve cardiovascular ability. Incline changes and segments repeat every 30 seconds.

Segment	Warm Up		1	2	3	4	5	6	7	8	9	10	Cool Down	
Time	4:00 MIN		Each segment is 30 seconds										4:00 MIN	
Level 1	0.0	0.0	1.0	1.5	2.0	2.5	3.0	3.0	2.5	2.0	1.5	1.0	0.0	0.0
Level 2	0.0	0.0	1.5	2.0	2.5	3.0	3.5	3.5	3.0	2.5	2.0	1.5	0.0	0.0
Level 3	0.0	1.0	2.0	2.5	3.0	3.5	4.0	4.0	3.5	3.0	2.5	2.0	1.0	0.0
Level 4	0.0	1.5	2.5	3.0	3.5	4.0	4.5	4.5	4.0	3.5	3.0	2.5	1.5	0.0
Level 5	0.0	1.5	3.0	3.5	4.0	4.5	5.0	5.0	4.5	4.0	3.5	3.0	1.5	0.0
Level 6	0.0	1.5	3.5	4.0	4.5	5.0	5.5	5.5	5.0	4.5	4.0	3.5	1.5	0.0
Level 7	0.0	1.5	4.0	4.5	5.0	5.5	6.0	6.0	5.5	5.0	4.5	4.0	1.5	0.0
Level 8	0.0	2.0	4.5	5.0	5.5	6.0	6.5	6.5	6.0	5.5	5.0	4.5	2.0	0.0
Level 9	0.0	2.0	5.0	5.5	6.0	6.5	7.0	7.0	6.5	6.0	5.5	5.0	2.0	0.0
Level 10	0.0	2.0	5.5	6.0	6.5	7.0	7.5	7.5	7.0	6.5	6.0	5.5	2.0	0.0

P8-9) 5K/10K: Programs that allow you to set and work toward a distance goal. Treadmill automatically adjusts incline to simulate running on an actual course. Incline changes and all segments are 0.16 Km.

Segment	Warm Up		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Cool Down	
Distance	4:00 MIN		Each segment is 0.16 KM															4:00 MIN	
Level 1	0.0	0.5	1.0	3.0	1.0	3.0	2.0	3.0	2.0	3.5	2.0	3.0	2.0	3.0	1.0	3.0	1.0	0.5	0.0
Level 2	0.0	0.5	1.0	3.0	2.0	3.0	2.0	3.0	2.5	3.5	2.5	3.0	2.0	3.0	2.0	3.0	1.0	0.5	0.0
Level 3	0.5	1.0	1.5	3.5	1.5	3.5	2.5	3.5	2.5	4.0	2.5	3.5	2.5	3.5	1.5	3.5	1.5	1.0	0.5
Level 4	0.5	1.0	1.5	3.5	2.5	3.5	2.5	3.5	3.0	4.0	3.0	3.5	2.5	3.5	2.5	3.5	1.5	1.0	0.5
Level 5	1.0	1.5	2.0	4.0	2.0	4.0	3.0	4.0	3.0	4.5	3.0	4.0	3.0	4.0	2.0	4.0	2.0	1.5	1.0
Level 6	1.0	1.5	2.0	4.0	3.0	4.0	3.0	4.0	3.5	4.5	3.5	4.0	3.0	4.0	3.0	4.0	2.0	1.5	1.0
Level 7	1.5	2.0	2.5	4.5	2.5	4.5	3.5	4.5	3.5	5.0	3.5	4.5	3.5	4.5	2.5	4.5	2.5	2.0	1.5
Level 8	1.5	2.0	2.5	4.5	3.5	4.5	3.5	4.5	4.0	5.0	4.0	4.5	3.5	4.5	3.5	4.5	2.5	2.0	1.5
Level 9	2.0	2.5	3.0	5.0	3.0	5.0	4.0	5.0	4.0	5.5	4.0	5.0	4.0	5.0	3.0	5.0	3.0	2.5	2.0
Level 10	2.0	2.5	3.0	5.0	4.0	5.0	4.0	5.0	4.5	5.5	4.5	5.0	4.0	5.0	4.0	5.0	3.0	2.5	2.0





P10) PACER: Trains you to run at a steady "race pace". Enter in the distance plus the time limit, and the program calculates a steady pace.

HEART RATE TRAINING

The first step in knowing the right intensity for your training is to find out your maximum heart rate (max HR = 220 – your age). The age-based method provides an average statistical prediction of your max HR and is a good method for the majority of people, especially those new to heart rate training. The most precise and accurate way of determining your individual max HR is to have it clinically tested by a cardiologist or exercise physiologist through the use of a maximal stress test. If you are over the age of 40, overweight, have been sedentary for several years, or have a history of heart disease in your family, clinical testing is recommended. This chart gives examples of the heart rate range for a 30 year old exercising at 5 different heart rate zones. For example, a 30-year-old's max HR is $220 - 30 = 190$ bpm and 90% max HR is $190 \times 0.9 = 171$ bpm.

Target Heart Rate Zone	Workout Duration	Example THR Zone (age 30)	Your THR Zone	Recommended For
VERY HARD 90 – 100%	< 5 MIN	171 – 190 BPM		Fit persons and for athletic training
HARD 80 – 90%	2 – 10 MIN	152 – 171 BPM		Shorter workouts
MODERATE 70 – 80%	10 – 40 MIN	133 – 152 BPM		Moderately long workouts
LIGHT 60 – 70%	40 – 80 MIN	114 – 133 BPM		Longer and frequently repeated shorter exercises
VERY LIGHT 50 – 60%	20 – 40 MIN	104 – 114 BPM		Weight management and active recovery

P11) THR ZONE: Automatically adjusts incline to maintain your Target Heart Rate. Perfect for simulating the intensity of your favorite sport or everyday activity. Time-based goal.

- 1) Select THR Zone program and press ENTER.
- 2) Select TIME using   and press ENTER.
- 3) The HEART RATE window will flash showing the default target heart rate of 80 beats per minute. Select your target heart rate (from this chart) using   and press START to begin program.



PROGRAM INFORMATION

P12) HR INTERVALS: Automatically adjusts peak and valley incline levels within your desired heart rate. Perfect for providing an intense workout with recovery bursts. Time-based goal.

- 1) Set WORK interval time using or the KEYPAD and press ENTER.
- 2) Set WORK interval target heart rate using or the KEYPAD and press ENTER.
- 3) Set REST interval time using or the KEYPAD and press ENTER.
- 4) Set REST interval target heart rate using or the KEYPAD and press ENTER.
- 5) Set TOTAL WORKOUT TIME using or the KEYPAD and press START to begin program.

	WARM UP	WORK INTERVAL	REST INTERVAL	COOL DOWN	
TIME	4:00	The work interval and rest interval segment times are preset by the user and are repeated until the cool down.		2:00	2:00
INCLINE %	0% Or user selects	THR set by user for the work and rest intervals. Incline changes per definition.		50% Current incline	0%

P13) AUSTIN: As you begin your training, the Austin segment encompasses short and gradual incline adjustments so you can ease into the long miles or kilometres comfortably. Segments are repeated until selected time is reached.

		Segment:	Warm up	1	2	3	4	5	6	7	8	9	10	11	12	Cool Down		
Level 1	DEFAULT TIME: 20 MIN	Minutes:	2	2	1	1	1	1	1	1	1	1	1	1	1	2	2	
		Incline:	0	1	4	5	4	5	5	4	5	6	6	4	6	6	1	0
Level 2	DEFAULT TIME: 25 MIN	Minutes:	2	2	1	1	1	1	1	1	1	1	1	1	1	1	2	2
		Incline:	1	1	2	3	4	5	5	6	2	3	4	5	6	6	1	1
Level 3	DEFAULT TIME: 35 MIN	Incline:	2	2	1	1	1	1	1	1	1	1	1	1	1	1	2	2
		Incline:	1	2	6	6	6	3	3	6	6	6	3	6	6	6	2	1
Level 4	DEFAULT TIME: 20 MIN	Minutes:	2	2	1	1	1	1	1	1	1	1	1	1	1	1	2	2
		Incline:	1	2	3	4	4	5	5	6	3	4	4	5	5	6	2	1
Level 5	DEFAULT TIME: 25 MIN	Minutes:	2	2	1	1	1	1	1	1	1	1	1	1	1	1	2	2
		Incline:	1	2	3	5	3	5	3	5	3	5	3	5	3	5	2	1
Level 6	DEFAULT TIME: 35 MIN	Minutes:	2	2	1	1	1	1	1	1	1	1	1	1	1	1	2	2
		Incline:	1	2	3	3	3	3	3	3	4	4	4	4	4	4	2	1
Level 7	DEFAULT TIME: 40 MIN	Minutes:	2	2	1	2	1	2	1	2	1	2	1	2	1	2	2	2
		Incline:	1	2	3	3	3	3	3	3	4	4	4	4	4	4	2	1
Level 8	DEFAULT TIME: 45 MIN	Minutes:	2	2	1	2	2	2	1	2	2	2	2	2	2	2	2	2
		Incline:	1	2	3	3	3	3	3	3	4	4	4	4	4	4	2	1

P14) SPRING CLASSIC: Designed specifically for tempo-based workouts to get your body ready for training at faster speeds. Segments are repeated until selected time is reached.

Segment	Warm Up							1	2	3	4	5	6	Cool Down	
Level 1	Seconds	60	60	30	30	30	30	60	120	120	120	120	120	4:00 MIN	
35:00	Incline	2.0	2.0	3.0	3.0	3.0	3.0	3.0	4.0	2.0	4.0	3.0	4.0	3.0	2.0

Segment	Warm Up							1	2	3	4	5	6	7	8	9	10	11	Cool Down		
Level 2	Seconds	60	60	30	30	30	30	60	60	60	120	120	60	60	60	60	60	120	60	4:00 MIN	
35:00	Incline	2.0	2.0	3.0	3.0	3.0	4.0	2.0	2.0	3.0	5.0	3.0	6.0	1.0	2.0	5.0	5.0	2.0	2.0	2.0	

Segment	Warm Up							1	2	3	4	5	6	7	8	9	10	11	12	Cool Down		
Level 3	Seconds	60	60	30	30	30	30	60	60	120	60	60	120	60	60	120	60	60	120	60	4:00 MIN	
35:00	Incline	2.0	2.0	3.0	3.0	3.0	3.0	1.0	2.0	5.0	1.0	2.0	6.0	2.0	3.0	6.0	2.0	3.0	7.0	3.0	2.0	

Segment	Warm Up							1	2	3	4	5	6	7	8	9	10	11	12	13	14	Cool Down		
Level 4	Seconds	60	60	30	30	30	30	120	120	120	60	60	60	120	60	60	60	60	60	60	60	60	4:00 MIN	
35:00	Incline	2.0	2.0	3.0	3.0	3.0	3.0	5.0	6.0	6.0	1.0	4.0	4.0	3.0	4.0	7.0	2.0	5.0	1.0	6.0	1.0	6.0	1.0	

Segment	Warm Up							1	2	3	4	5	6	7	8	9	10	11	Cool Down		
Level 5	Seconds	60	60	30	30	30	30	60	60	60	120	120	60	60	60	60	120	60	120	4:00 MIN	
50:00	Incline	2.0	2.0	3.0	3.0	3.0	3.0	2.0	2.0	3.0	5.0	3.0	6.0	1.0	2.0	5.0	5.0	2.0	2.0	2.0	

Segment	Warm Up							1	2	3	4	5	6	7	8	9	10	11	12	Cool Down	
Level 6	Seconds	60	60	30	30	30	30	60	60	120	60	60	120	60	60	120	60	60	120	4:00 MIN	
55:00	Incline	2.0	2.0	3.0	3.0	3.0	3.0	1.0	2.0	5.0	1.0	2.0	6.0	2.0	3.0	6.0	2.0	3.0	7.0	3.0	2.0

Segment	Warm Up							1	2	3	4	5	6	7	8	9	10	11	12	13	14	Cool Down	
Level 7	Seconds	60	60	30	30	30	30	120	120	120	60	60	60	120	60	60	60	60	60	60	60	4:00 MIN	
60:00	Incline	2.0	2.0	3.0	3.0	4.0	4.0	5.0	6.0	7.0	1.0	4.0	4.0	3.0	4.0	7.0	2.0	5.0	1.0	6.0	1.0	1.0	



PROGRAM INFORMATION

P15-P16) CUSTOM 1 AND 2: Lets you create and reuse a perfect workout for you with specific speed, incline and time combination. The ultimate in personal programming. Time-based goal.

- 1) Select CUSTOM 1 or 2 using ▲▼ and press ENTER.
- 2) Select WEIGHT using ▲▼ and press ENTER.
- 3) Select TIME using ▲▼ and press ENTER.
- 4) Select SPEED for segments 1 through 15 using ▲▼ and press ENTER to set each segment.
- 5) Select INCLINE for segments 1 through 15 using ▲▼ and press ENTER to set each segment.
- 6) Press START to begin exercising. At this time, your program has been successfully saved into memory and can be used for future workouts.

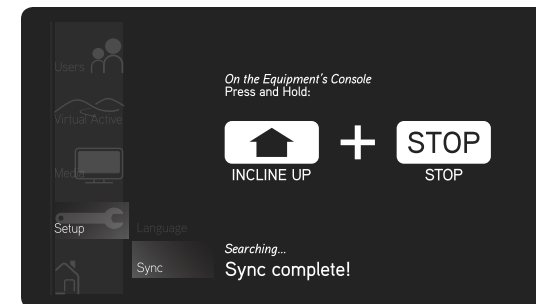
NOTES:

- While using your saved program, you are able to adjust the speed or incline, but any changes will not be saved.
- To reset the memory, press and hold ENTER for 5 seconds.

SYNCING TREADMILL WITH PASSPORT™

- 1) Use the arrow keys on the Passport remote to scroll to the setup icon and press select.
- 2) Follow the on-screen prompt to press and hold the incline up and stop buttons on the console.
- 3) The message displayed on-screen will notify you if the sync was a success or failure.

NOTE: See Passport Owner's Manual for more information.



USING YOUR CD / MP3 PLAYER

- 1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the bottom left of the console and the headphone jack on your CD / MP3 player.
- 2) Use your CD / MP3 player buttons to adjust song settings.
- 3) Remove the AUDIO ADAPTOR CABLE when not in use.
- 4) Plug your headphones into the AUDIO OUT JACK at the bottom right of the console.

D: Entsorgungshinweis

LIVESTRONG Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB: Waste Disposal

LIVESTRONG Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

F: Remarque relative à la gestion des déchets

LIVESTRONG Fitness sont recyclables. A la fin sa durée d'utilisation, remettez l'appareil à un centre de gestion de déchets correct (collecte locale).

NL: Verwijderingsaanwijzing

LIVESTRONG Fitness producten zijn recyclebaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

E: Informaciones para la evacuación

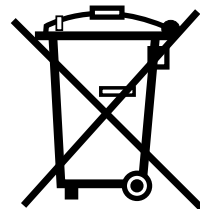
LIVESTRONG Fitness son reciclables. Cuando se termina la vida útil de un aparato o una máquina, entréguelos a una empresa local de eliminación de residuos para su reciclaje.

I: Indicazione sullo smaltimento

LIVESTRONG Fitness sono riciclabili. Quando l'apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunali).

PL: Wskazówka dotycząca usuwania odpadów.

Produkty firmy LIVESTRONG Fitness podlegają recyklingowi. Pod koniec okresu użytkowania proszę oddać urządzenie do właściwego punktu usuwania odpadów (lokalny punkt zbiorczy).



L I V E S T R O N G

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