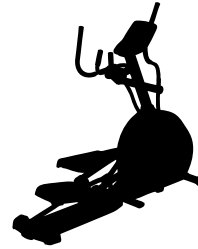


L I V E S T R O N G [™]



LS7.9E



LS9.9E



LS12.9E

ELLIPTICAL OWNER'S MANUAL



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

INTRODUCTION

Congratulations and thank you for your purchase of this **LIVESTRONG™** elliptical!

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™** elliptical 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™ ellipticals 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. They kick 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.

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 elliptical could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the elliptical, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your elliptical's serial number located on the front stabilizer tube and enter it in the space provided below. Also locate the model name which is next to the serial number.

ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:

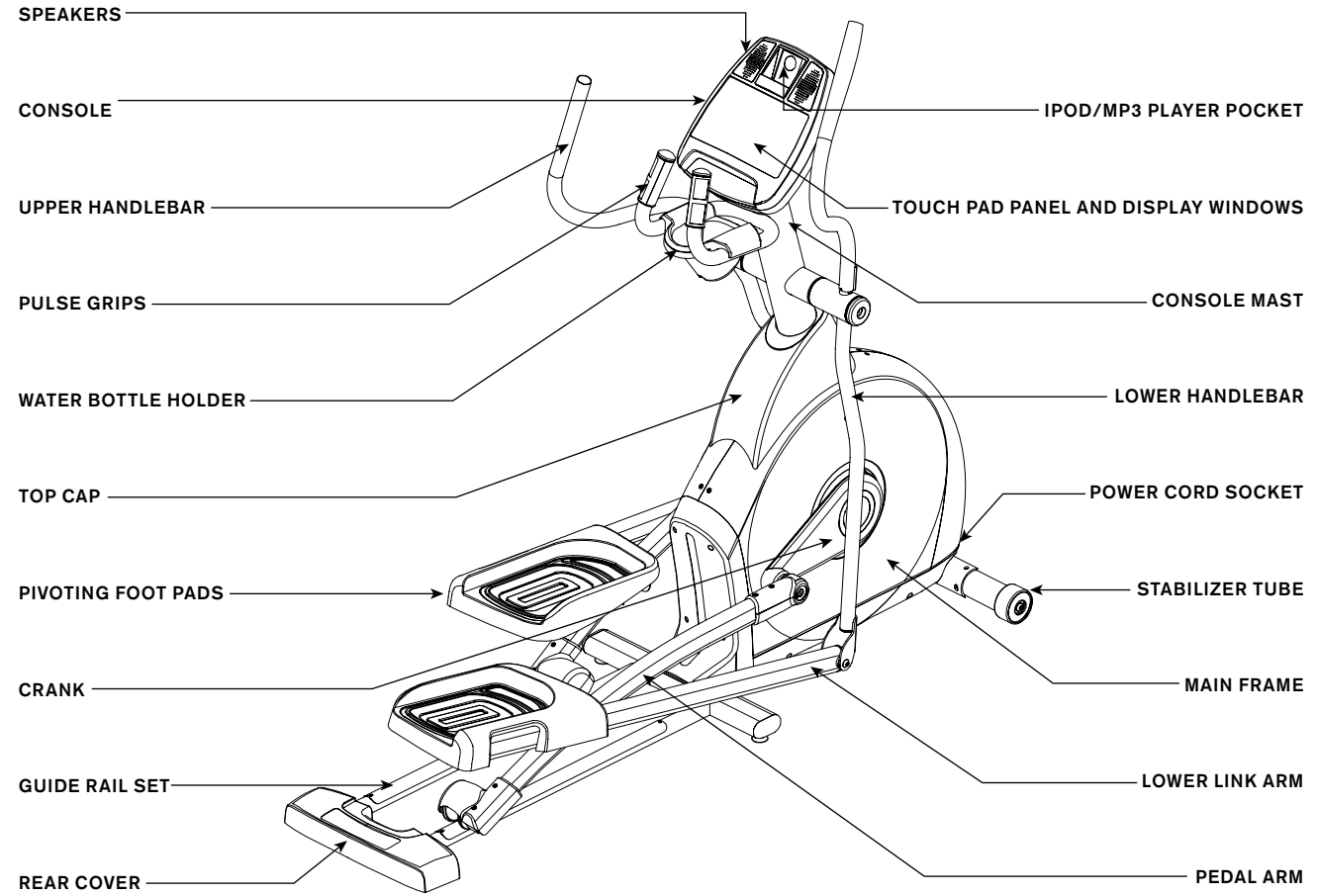
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MODEL NAME: **LIVESTRONG**

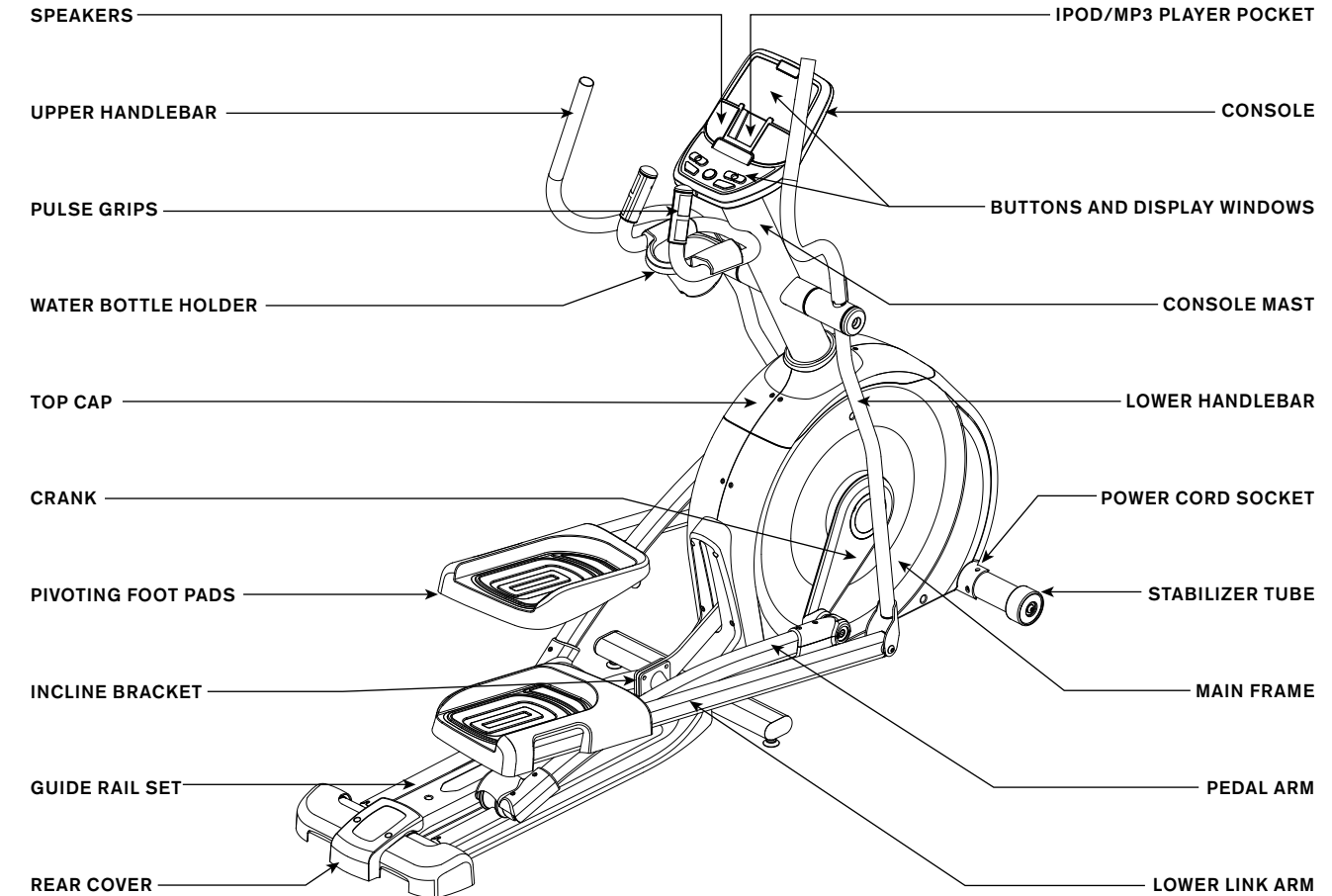
ELLIPTICAL



LS7.9E

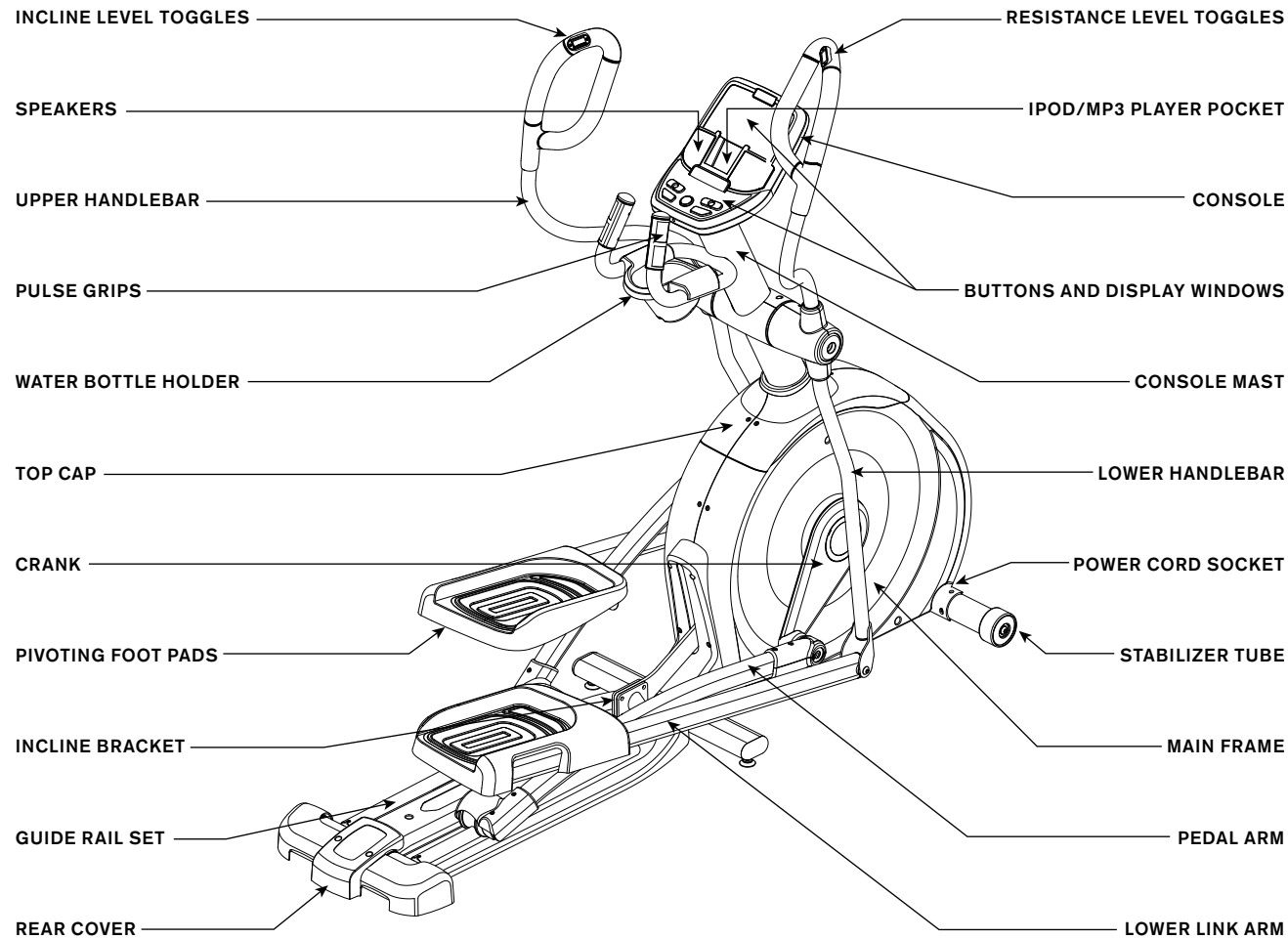


LS9.9E





LS12.9E



TOOLS INCLUDED:

- Screwdriver
- 8 mm L-Wrench
- 6 mm L-Wrench
- 5 mm L-Wrench
- 13/15 mm Flat Wrench

PARTS INCLUDED:

- 1 Stabilizer Tube
- 1 Guide Rail Set
- 2 Pedal Arms
- 2 Lower Handlebars
- 2 Upper Handlebars
- 2 Lower Link Arms With Footpads
- 1 Top Cap (2 pieces)
- 1 Console Mast
- 1 Console Mast Boot
- 1 Console
- 2 Handlebar Caps
- 1 Water Bottle Holder
- 1 Rear Cover (LS9.9E, LS12.9E only)
- 2 Sets Handlebar Covers (LS12.9E only)
- 2 Aero Hand Grips (LS12.9E only)
- 1 Audio Adapter Cable
- 1 Power Cord
- 9 Hardware Bags (LS12.9E) or...
- 7 Hardware Bags (LS7.9E, LS9.9E)

PRE ASSEMBLY

UNPACKING

Unpack the product where you will be using it. Place the elliptical carton on a level flat surface. It is recommended that you place a protective covering on your floor. Never open box when it is on its side.

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.

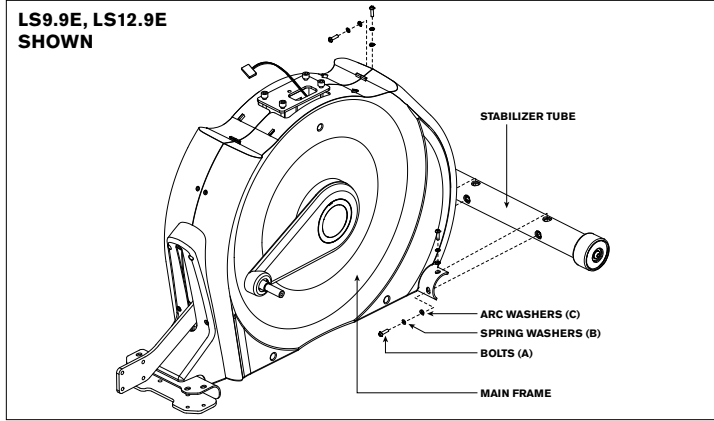
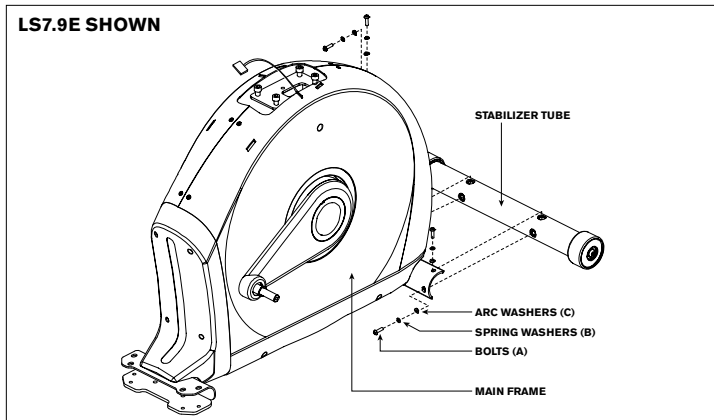


ALL MODELS

ASSEMBLY STEP 1



ALL MODELS



HARDWARE BAG 1 CONTENTS :

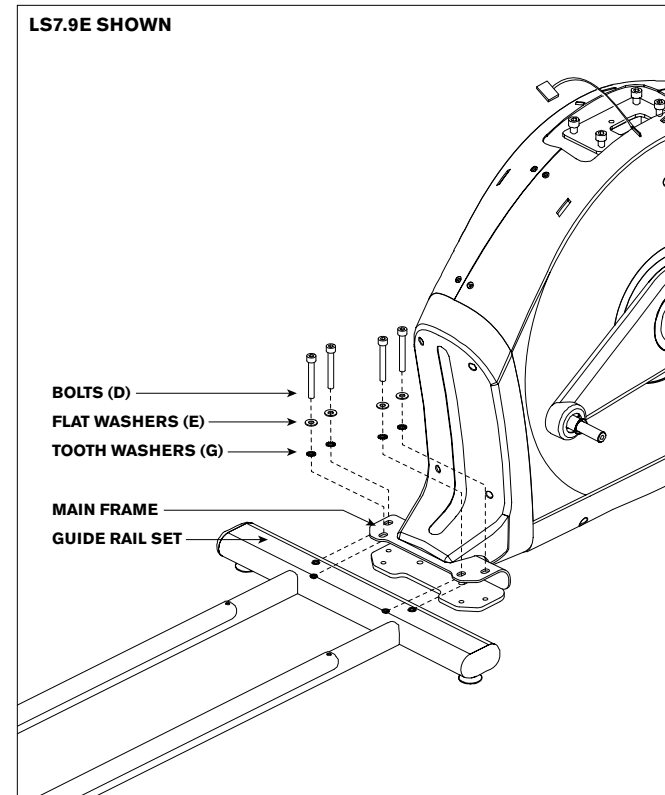


- A Open **HARDWARE BAG 1**.
- B Attach the **STABILIZER TUBE** to the **MAIN FRAME** using 4 **BOLTS (A)**, 4 **SPRING WASHERS (B)** and 4 **ARC WASHERS (C)**.

LS7.9E ASSEMBLY STEP 2



LS7.9E

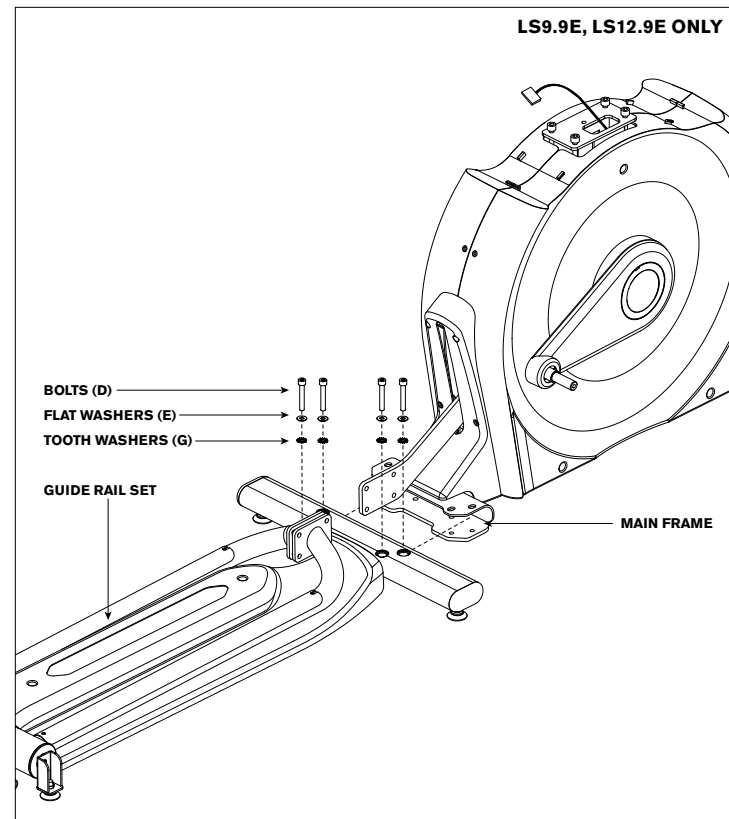


HARDWARE BAG 2 CONTENTS :



- * This step is for LS7.9E only.
- A Open **HARDWARE BAG 2**.
- B Align **GUIDE RAIL SET** with **MAIN FRAME** as shown.
- C Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)** and 4 **TOOTH WASHERS (G)**.

LS9.9E, LS12.9E ASSEMBLY STEP 2



HARDWARE BAG 2 CONTENTS (For Steps A–B):



* This step is for LS9.9E, LS12.9E models only.

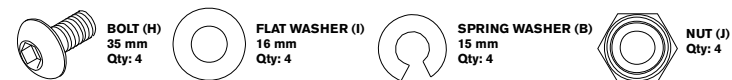
* LS7.9E models skip to STEP 3.

A Open **HARDWARE BAG 2**.

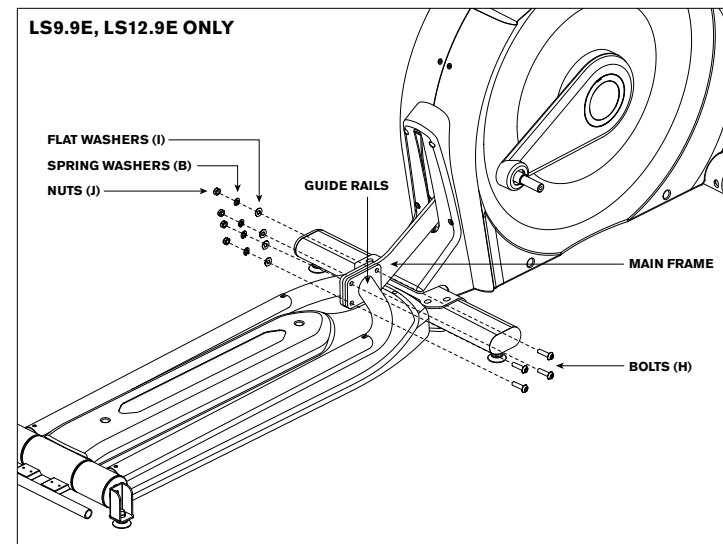
B Attach the **GUIDE RAIL SET** to the **MAIN FRAME** using 4 **BOLTS (D)**, 4 **FLAT WASHERS (E)** and 4 **TOOTH WASHERS (G)**.

LS9.9E, LS12.9E ASSEMBLY STEP 2

HARDWARE BAG 2 CONTENTS (For Step C):

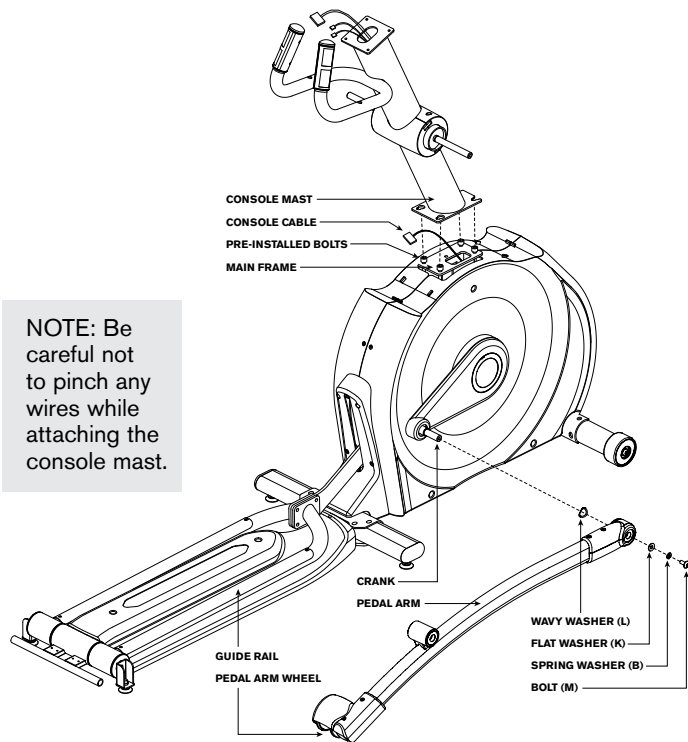


C Attach the **GUIDE RAILS** to the **MAIN FRAME** using 4 **BOLTS (H)**, 4 **FLAT WASHERS (I)**, 4 **SPRING WASHERS (B)** and 4 **NUTS (J)**.



ASSEMBLY STEP 3

LS9.9E, LS12.9E SHOWN



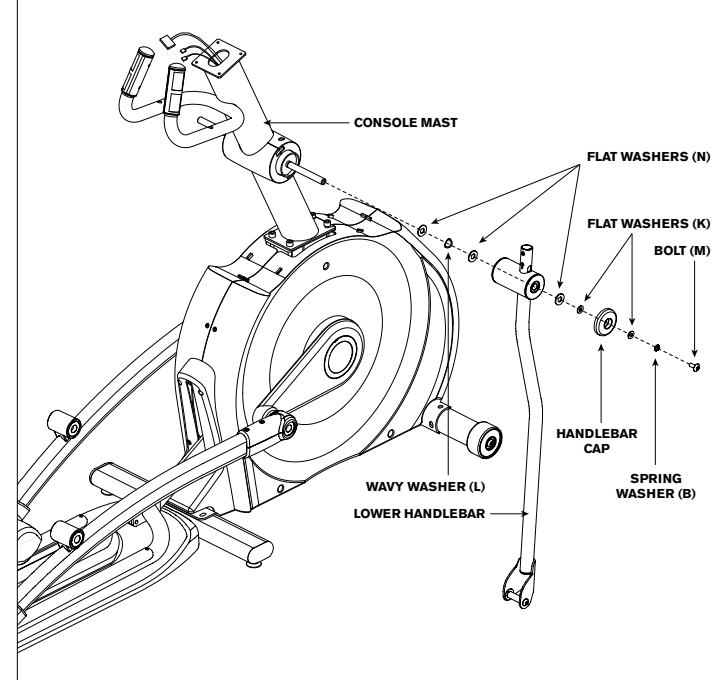
HARDWARE BAG 3 CONTENTS :



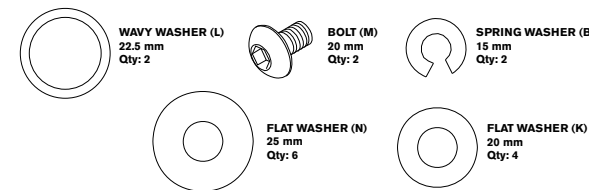
- Open **HARDWARE BAG 3**.
- Carefully pull the **CONSOLE CABLE** through the **CONSOLE MAST** using the twist tie located inside the **CONSOLE MAST**.
- Gently slide the **CONSOLE MAST** onto the **MAIN FRAME** and attach **CONSOLE MAST** to **MAIN FRAME** using **PRE-INSTALLED BOLTS**.
- Slide **WAVY WASHER (L)** over **CRANK** followed by **PEDAL ARM** as shown. Rest **PEDAL ARM WHEEL** on **GUIDE RAIL**.
- Attach the **PEDAL ARM** to the **CRANK** using 1 **FLAT WASHER (K)**, 1 **SPRING WASHER (B)** and 1 **BOLT (M)**.
- Repeat steps D–E on the opposite side of the elliptical.

ASSEMBLY STEP 4

LS12.9E SHOWN



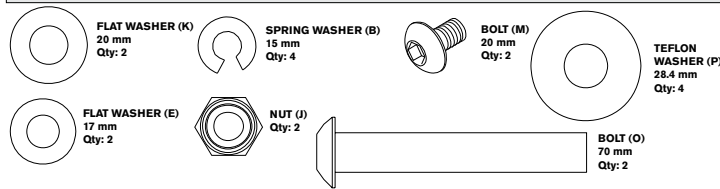
HARDWARE BAG 4 CONTENTS :



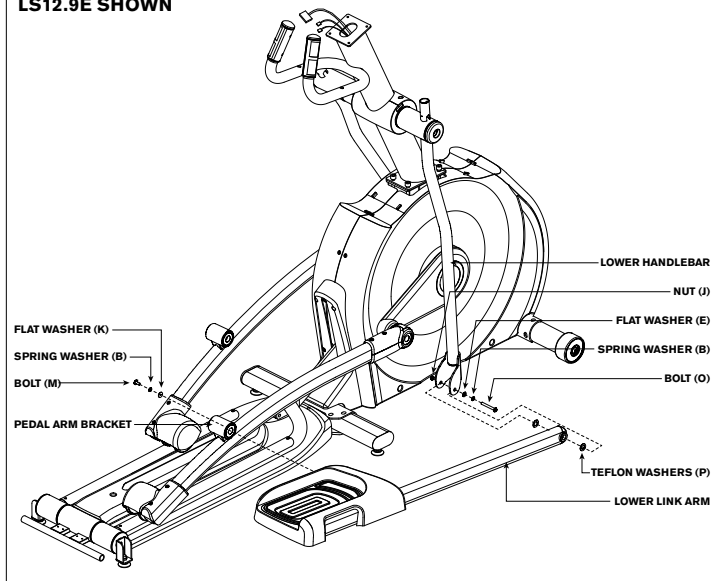
- Open **HARDWARE BAG 4**.
- Slide 1 **FLAT WASHER (N)**, 1 **WAVY WASHER (L)** and another **FLAT WASHER (N)** onto the **CONSOLE MAST**.
- Slide **LOWER HANDLEBAR** onto **CONSOLE MAST** and attach using 1 **FLAT WASHER (N)**, 1 **FLAT WASHER (K)**, 1 **HANDLEBAR CAP**, 1 **FLAT WASHER (K)**, 1 **SPRING WASHER (B)** and 1 **BOLT (M)**.
- Repeat steps B–C on the opposite side of the elliptical.

ASSEMBLY STEP 5

HARDWARE BAG 5 CONTENTS :



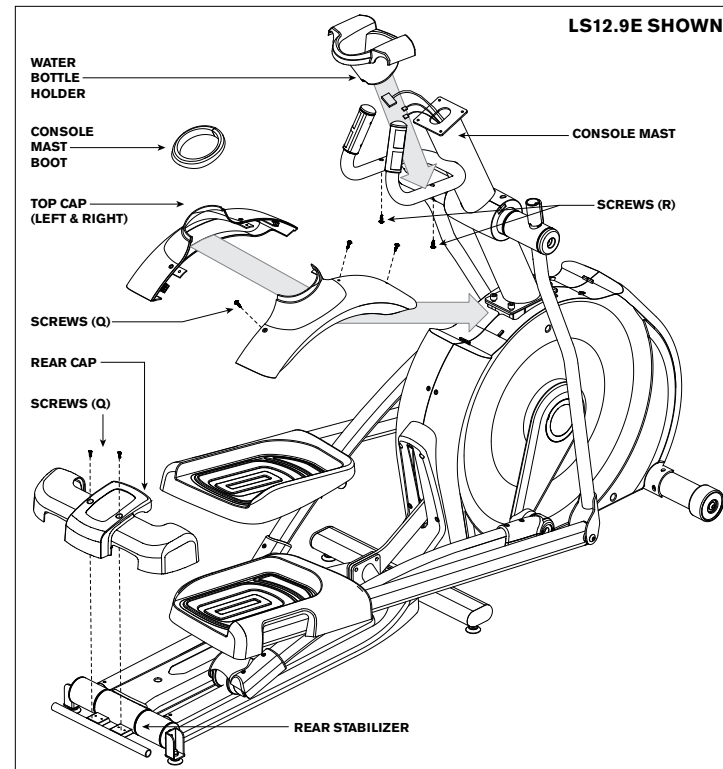
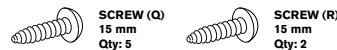
LS12.9E SHOWN



- A Open **HARDWARE BAG 5**.
- B Slide **LOWER LINK ARM** onto **PEDAL ARM BRACKET**.
- C Attach **LOWER LINK ARM** to **PEDAL ARM** using 1 **FLAT WASHER (K)**, 1 **SPRING WASHER (B)** and 1 **BOLT (M)**.
- D Align opposite end of **LOWER LINK ARM** with bracket on bottom of **LOWER HANDLEBAR**. **NOTE:** Be sure to remove the zip tie on the **LINK ARM**.
- E Place **TEFLON WASHERS (P)** on both sides of the **LOWER LINK ARM**. While holding **TEFLON WASHERS (P)** slide **LOWER LINK ARM** into bottom end of **LOWER HANDLEBAR**.
- F Secure the joint with 1 **FLAT WASHER (E)**, 1 **SPRING WASHER (B)**, 1 **BOLT (O)** and secure with 1 **NUT (J)**.
- G Repeat steps B–F on the opposite side of the elliptical.

LS9.9E, LS12.9E ASSEMBLY STEP 6

HARDWARE BAG 6 CONTENTS :

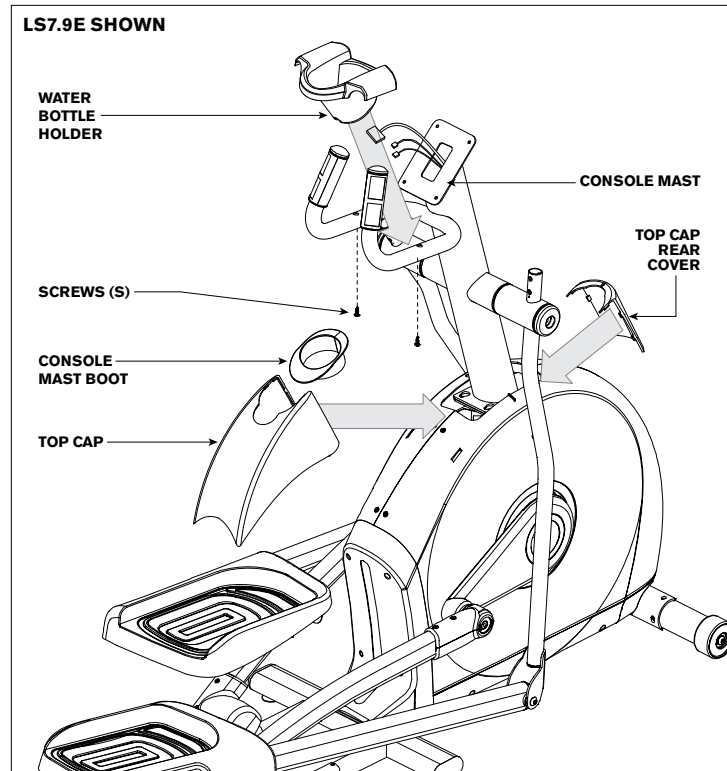


- * This step is for LS9.9E, LS12.9E models only.
- * LS7.9E skip to next page.

- A Open **HARDWARE BAG 6**.
- B Slide **RIGHT TOP CAP** over **CONSOLE MAST** and attach using 3 **SCREWS (Q)**.
- C Slide **CONSOLE MAST BOOT** around **CONSOLE MAST** and insert into **TOP CAP**.
- D Slide **WATER BOTTLE HOLDER** over **CONSOLE MAST** and attach using 2 **SCREWS (R)**.
- E Slide **REAR CAP** over **REAR STABILIZER** and attach using 2 **SCREWS (Q)**.

NOTE: Be careful not to pinch any wires while tightening screws.

LS7.9E ASSEMBLY STEP 7



HARDWARE BAG 7 CONTENTS :

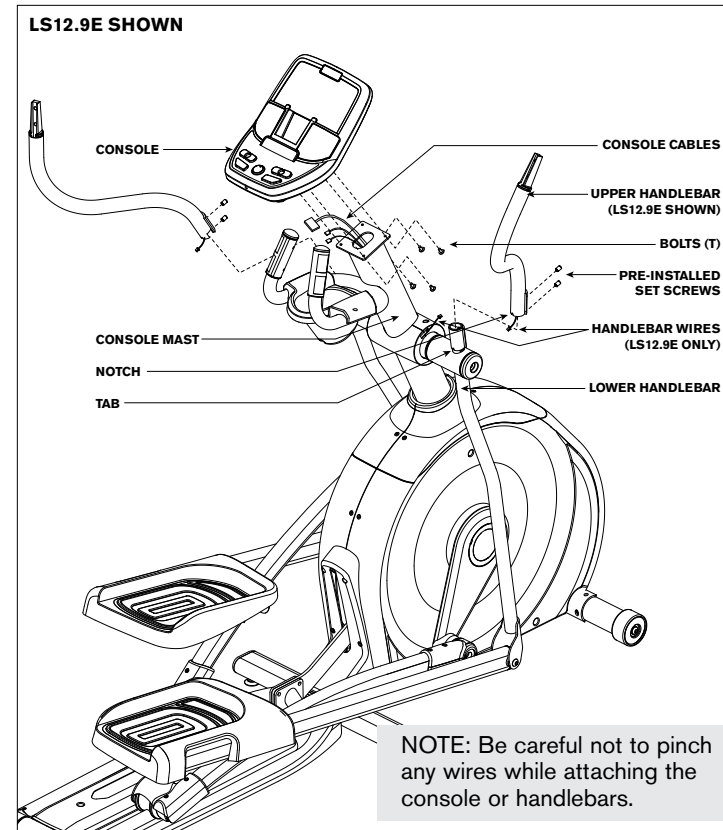


- * This step is for LS7.9E only.
- * LS9.9E, LS12.9E models skip to next page.

- A Open **HARDWARE BAG 7**.
- B Slide **TOP CAP** and **TOP CAP REAR COVER** over **CONSOLE MAST** and snap into place.
- C Insert **CONSOLE MAST BOOT** over **TOP CAP** and snap into place.
- D Slide **WATER BOTTLE HOLDER** over **CONSOLE MAST** and attach using 2 **SCREWS (S)**.

NOTE: Be careful not to pinch any wires while tightening screws.

ASSEMBLY STEP 8



HARDWARE BAG 8 CONTENTS :



- A Open **HARDWARE BAG 8**.
- B Attach the **CONSOLE CABLES** to the **CONSOLE**.
- C Carefully tuck the **CONSOLE CABLES** into the **CONSOLE MAST** before attaching the **CONSOLE**. Attach **CONSOLE** to **CONSOLE MAST** using 4 **BOLTS (T)**.
- D Slide **UPPER HANDLEBARS** onto **LOWER HANDLEBARS** and align **NOTCH** with **TAB** making sure handlebars are joined together completely. Secure **UPPER HANDLEBARS** to **LOWER HANDLEBARS** using **PRE-ATTACHED SET SCREWS**.
- E **LS12.9E ONLY:** Connect the **HANDLEBAR WIRES** from the **UPPER HANDLEBAR** to the wires from the **CONSOLE MAST**.
- F Repeat step D-E on other side.

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

LS7.9E, LS9.9E ASSEMBLY COMPLETE!



LS7.9E

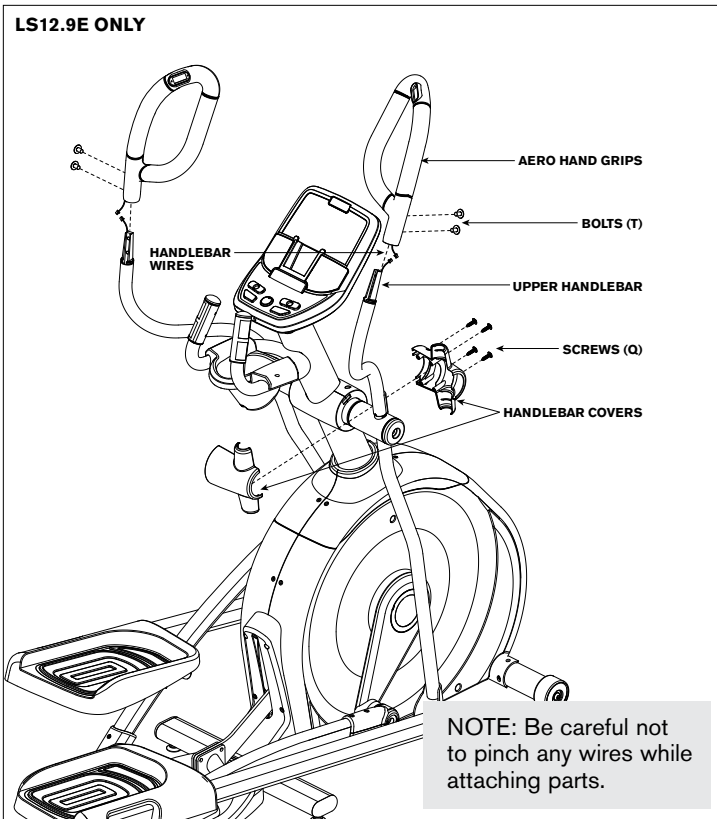


ALL MODELS

LS12.9E ASSEMBLY STEP 9



LS9.9E
LS12.9E



HARDWARE BAG 9 CONTENTS :



BOLT (T)
15 mm
Qty: 4



SCREW (Q)
15 mm
Qty: 8

* This step is for LS12.9E only.

- A Open **HARDWARE BAG 9**.
- B Connect the **HANDLEBAR WIRES** from the right **AERO HAND GRIP** to the wires from the **UPPER HANDLEBAR**. Attach **AERO HAND GRIP** to the **UPPER HANDLEBAR** using 2 **BOLTS (T)**.

NOTE: Be careful not to pinch any wires.

- C Repeat on other side.
- D Snap right **HANDLEBAR COVERS** over handlebars and attach using 4 **SCREWS (Q)**.
- E Repeat on other side.

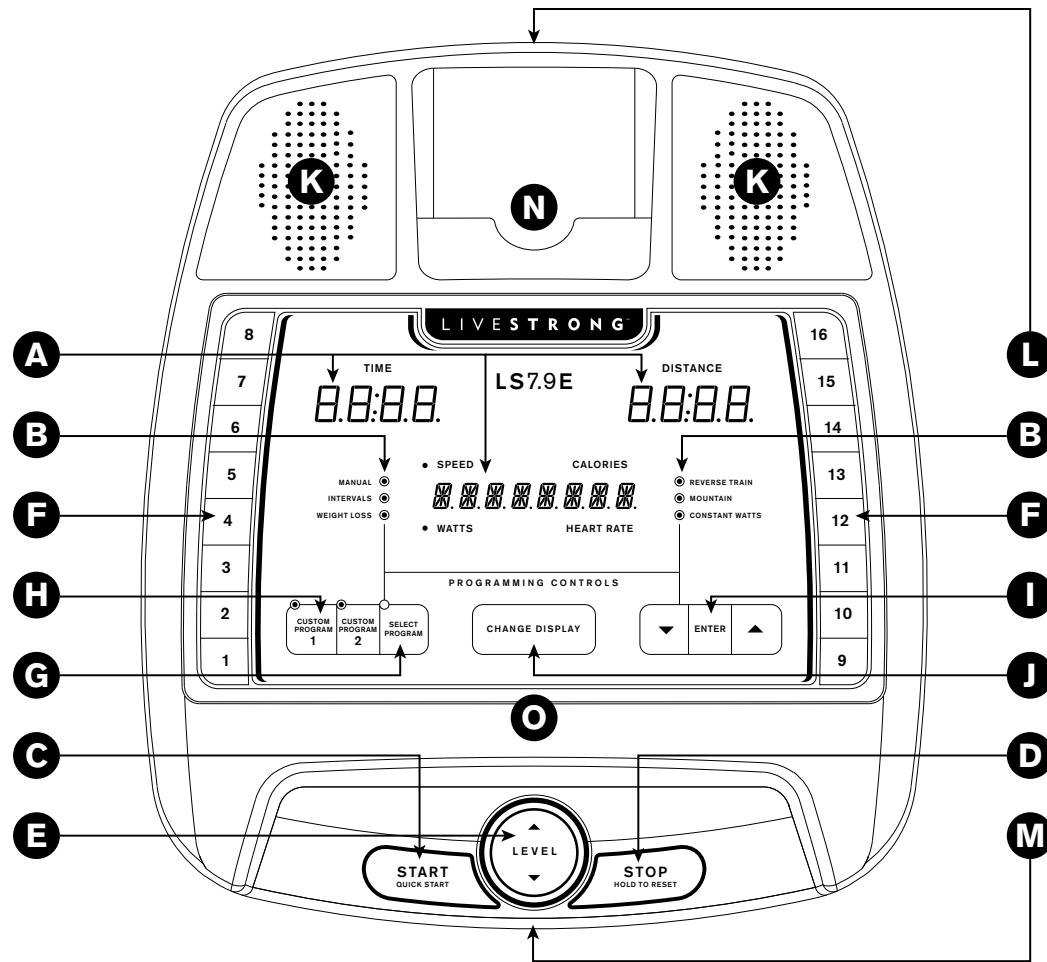
LS12.9E ASSEMBLY COMPLETE!

ELLIPTICAL OPERATION



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

- LOCATION OF THE ELLIPTICAL
- POWER/GROUNDING INSTRUCTIONS
- FOOT POSITIONING
- MOVING THE ELLIPTICAL
- LEVELING THE ELLIPTICAL
- POWER/MANUAL INCLINE OPERATION
- USING THE HEART RATE FUNCTION

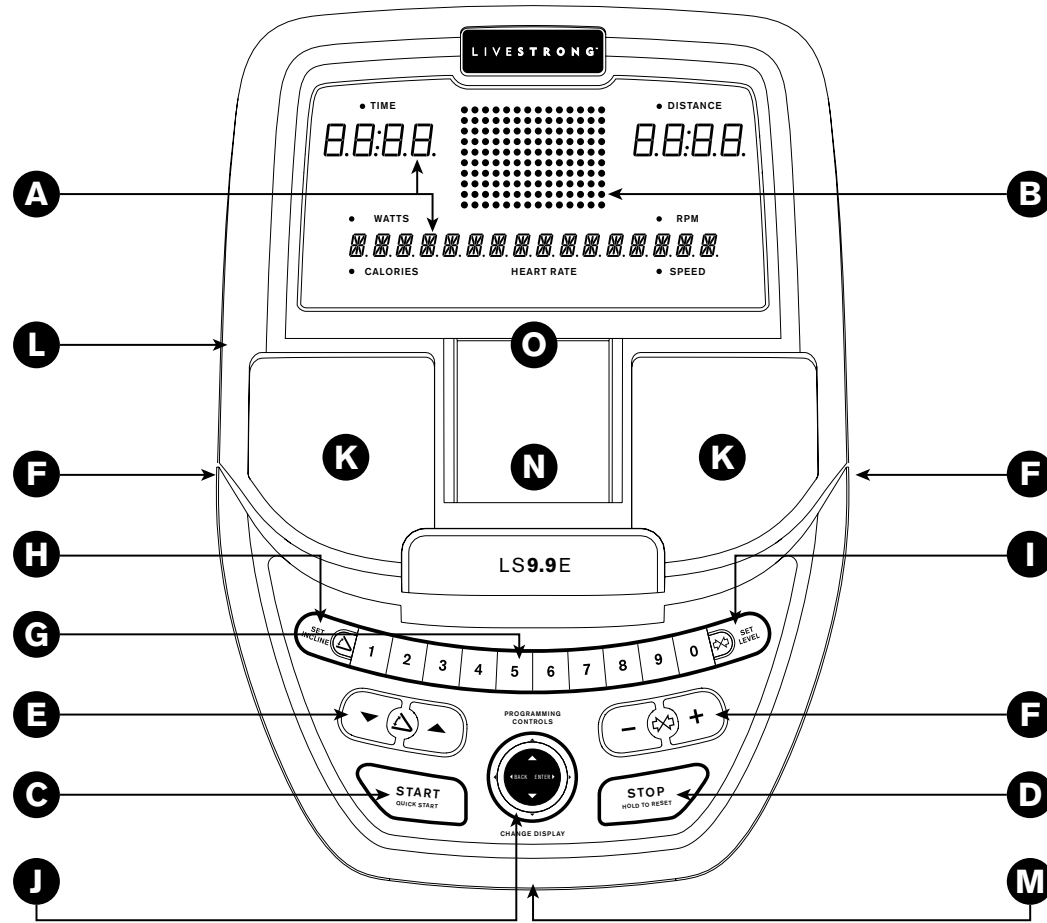


LS7.9E CONSOLE OPERATION

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

- A) LED DISPLAY WINDOWS:** time, distance, speed, calories, watts and heart rate. Resistance level is displayed when level is changed.
- B) PROGRAM LED INDICATORS:** indicates what program is selected.
- C) START:** press to begin exercising, starts your workout, or resume exercising after pause.
- D) STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- E) LEVEL ▲ / ▼ :** used to adjust resistance level.
- F) QUICK KEYS:** used to reach desired resistance level more quickly.
- G) SELECT PROGRAM:** press to select your desired program.
- H) CUSTOM 1 & 2:** press to select your custom 1 or 2 program. LED will illuminate.
- I) ENTER & ▲ / ▼ :** used to confirm and adjust program settings.
- J) CHANGE DISPLAY:** press to change display feedback during workout.
- K) SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- L) AUDIO IN JACK:** plug your CD / MP3 player into the console using the included audio adaptor cable.
- M) AUDIO OUT / HEADPHONE JACK:** plug your headphones into this jack to listen to your music through the headphones. Note: when headphones are plugged into the headphone jack the sound will no longer come out through the speakers.
- N) MP3 PLAYER POCKET:** used to store your MP3 player.
- O) READING RACK:** holds reading material.

* Maximum user's body weight = 135 kg / 300 lbs



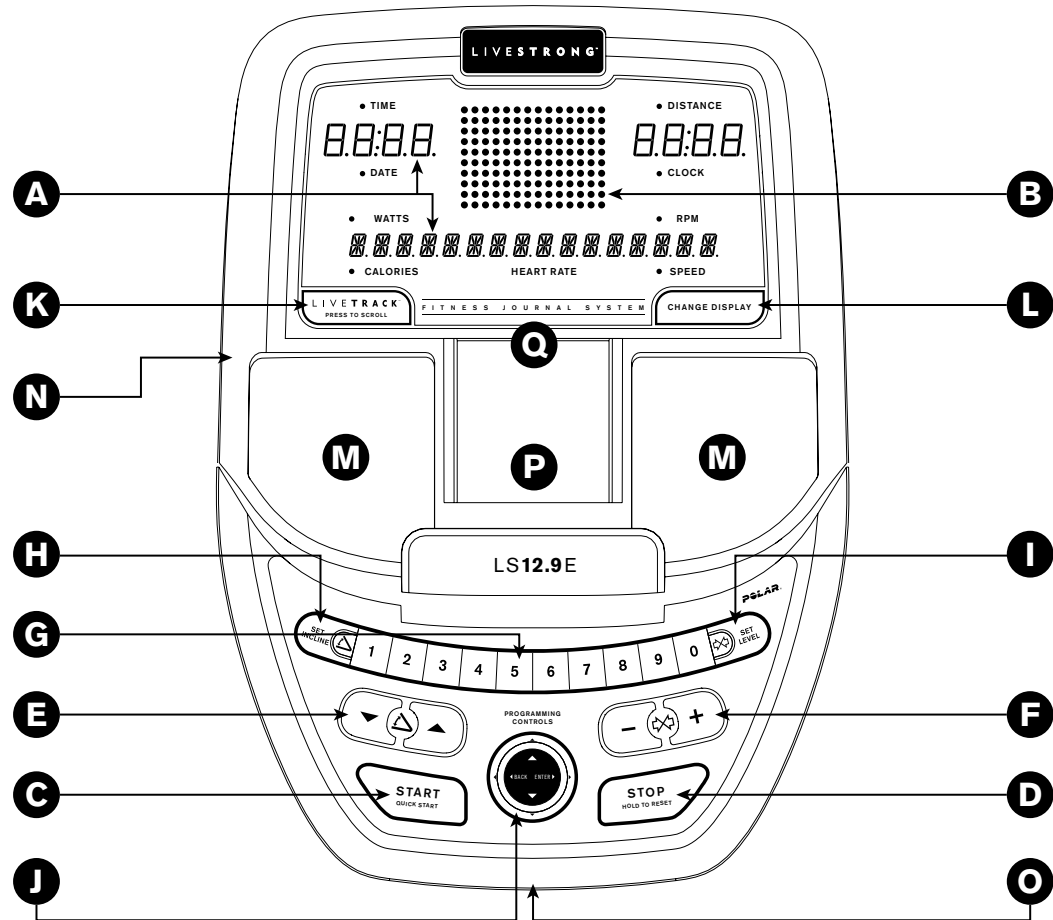
LS9.9E CONSOLE OPERATION

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

- A) LED DISPLAY WINDOWS:** time, distance, watts, RPM, calories, heart rate and speed. Incline and resistance levels are displayed when their levels are changed.
- B) LED DOT MATRIX WINDOW:** displays workout profile.
- C) START:** press to begin exercising, starts 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 ▲ / ▼ :** used to adjust incline level.
- F) RESISTANCE + / - :** used to adjust resistance level.
- G) QUICK KEYS:** used to reach desired incline or resistance level more quickly. Press quick key number then SET INCLINE or SET LEVEL.
- H) SET INCLINE:** press to set incline after pressing a QUICK KEY number. (0%–100%, increments of 5%)
- I) SET RESISTANCE:** press to set resistance level after pressing a QUICK KEY number. (20 levels, increments of 1)
- J) PROGRAMMING BUTTON:** used to select program, level and time, and other options. Press to change display feedback during workout. **ENTER** is used to confirm a selection. **BACK** is used to move back in program setup.
- K) SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- L) AUDIO IN JACK:** plug your CD / MP3 player into the console using the included audio adaptor cable.
- M) AUDIO OUT / HEADPHONE JACK:** plug your headphones into this jack to listen to your music through the headphones. Note: when headphones are plugged into the headphone jack the sound will no longer come out through the speakers.
- N) MP3 PLAYER POCKET:** used to store your MP3 player.
- O) READING RACK:** holds reading material.

* Maximum user's body weight = 147 kg / 325 lbs





LS12.9E CONSOLE OPERATION

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

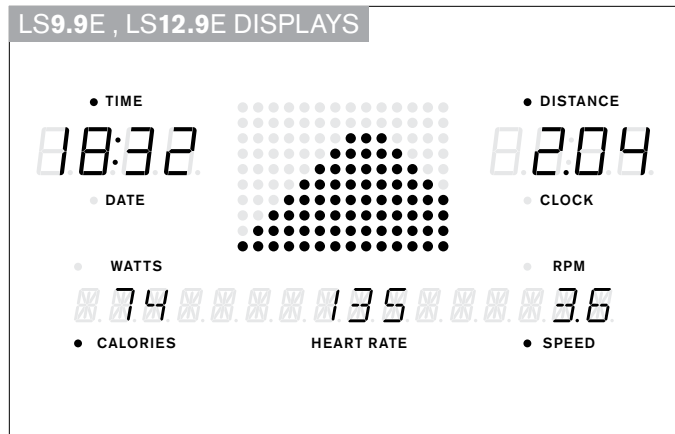
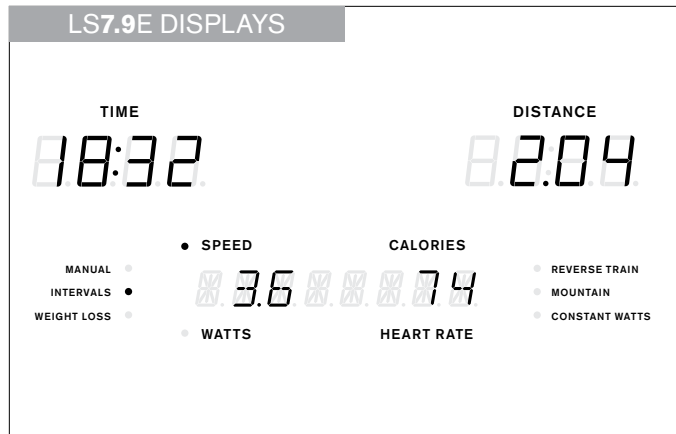
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- B) LED DOT MATRIX WINDOW:** displays workout profile.
- C) START:** press to begin exercising, starts your workout, or resume exercising after pause.
- D) STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
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- H) SET INCLINE:** press to set incline after pressing a QUICK KEY number. (0%–100%, increments of 5%)
- I) SET RESISTANCE:** press to set resistance level after pressing a QUICK KEY number. (20 levels, increments of 1)
- J) PROGRAMMING BUTTON:** used to select program, level and time, and other options. Press to change display feedback during workout. **ENTER** is used to confirm a selection. **BACK** is used to move back in program setup.
- K) LIVETRACK™ BUTTON:** press to activate/deactivate LIVETRACK™ Fitness Journal System.
- L) CHANGE DISPLAY:** press to change display feedback during workout.
- M) SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- N) AUDIO IN JACK:** plug your CD / MP3 player into the console using the included audio adaptor cable.
- O) AUDIO OUT / HEADPHONE JACK:** plug your headphones into this jack to listen to your music through the headphones. Note: when headphones are plugged into the headphone jack the sound will no longer come out through the speakers.
- P) MP3 PLAYER POCKET:** used to store your MP3 player.
- Q) READING RACK:** holds reading material.

* Maximum user's body weight = 160 kg / 350 lbs





ALL MODELS



DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as miles. Indicates distance traveled or distance remaining during your workout.
- **SPEED:** Shown as MPH. Indicates how fast the foot pads are moving.
- **CALORIES:** Total calories burned or calories remaining left to burn during your workout.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **LEVEL:** Shows the current level of resistance. Will be displayed in the alphanumeric window.
- **INCLINE (LS9.9E, LS12.9E ONLY):** Shown as percent. Indicates the incline level of the power ramp. Will be displayed in the alphanumeric window.
- **WATTS:** Displays current user power output.
- **RPM:** Displays current Rotations Per Minute.
- **DATE/CLOCK:** LS12.9E only.

LS7.9E GETTING STARTED

- 1) Check to make sure no objects are nearby that will hinder the movement of the elliptical.
- 2) Plug in the power cord and turn the elliptical ON. (Switch is located at the bottom-front of the elliptical.)
- 3) You have the following options to start your workout:

A) QUICK START UP

Simply press START to begin working out. The time will count up from 0:00, the resistance level will default to level 1.

B) SELECT A PROGRAM

- 1) Select a program using the SELECT PROGRAM key. Press ENTER to confirm.
- 2) Adjust the time using the ▲ / ▼ keys.
- 3) Press START or ENTER to begin workout.

TO CLEAR SELECTION/RESET THE CONSOLE

Hold STOP key for 3 seconds.

FINISHING YOUR WORKOUT

When your workout is complete, the monitor display will flash "FINISHED" and beep. Your workout information will stay displayed on the console for 30-45 seconds and then reset.



LS7.9E



LS9.9E GETTING STARTED

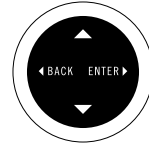
- 1) Check to make sure no objects are nearby that will hinder the movement of the elliptical.
- 2) Plug in the power cord and turn the elliptical ON. (Switch is located at the bottom-front of the elliptical.)
- 3) You have the following options to start your workout:

A) QUICK START UP

Simply press START to begin working out. Time will count up from 0:00. The resistance level will default to level 1. Incline will default to 0%.

B) SELECT A PROGRAM

- 1) Select a program using ▲ / ▼ and press ENTER on the PROGRAMMING BUTTON.
- 2) Select a level using ▲ / ▼ and press ENTER.
- 3) Set time using ▲ / ▼ and press ENTER.
- 4) Press START or ENTER to begin the program. NOTE: if you press START before pressing ENTER, the program will begin and counts up from 0:00 for the Manual (P1) and Constant Watts (P4) programs, and count down from 30:00 for all other programs. The level defaults to 1.



Programming Button

TO CLEAR SELECTION/RESET THE CONSOLE

Hold STOP key for 3 seconds.

FINISHING YOUR WORKOUT

When your workout is complete, the monitor display will flash "FINISHED" and beep. Your workout information will stay displayed on the console for 30-45 seconds and then reset.



LS12.9E GETTING STARTED

- 1) Check to make sure no objects are nearby that will hinder the movement of the elliptical.
- 2) Plug in the power cord and turn the elliptical ON. (Switch is located at the bottom-front of the elliptical.)
- 3) You have the following options to start your workout:

A) QUICK START UP

Simply press START to begin working out. Time will count up from 0:00. The resistance level will default to level 1. Incline will default to 0%.

B) SELECT A USER

Use the PROGRAMMING BUTTON to select USER 1, USER 2 or GUEST and press ENTER.

C) SELECT A PROGRAM

- 1) Select a program using ▲ / ▼ and press ENTER on the PROGRAMMING BUTTON.
- 2) Select a level using ▲ / ▼ and press ENTER.
- 3) Set time using ▲ / ▼ and press ENTER.
- 4) Press START or ENTER to begin the program. NOTE: if you press START before pressing ENTER, the program will begin and counts up from 0:00 for the Manual (P1) and Constant Watts (P4) programs, and count down from 30:00 for all other programs. The level defaults to 1.



Programming Button

TO CLEAR SELECTION/RESET THE CONSOLE

Hold STOP key for 3 seconds.

FINISHING YOUR WORKOUT

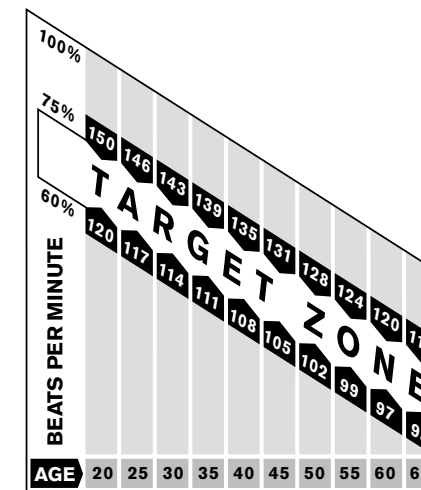
When your workout is complete, the monitor display will flash "FINISHED" and beep. Your workout information will stay displayed on the console for 30-45 seconds and then reset.

LS7.9E PROGRAM INFORMATION

- 1) **MANUAL:** Allows 'on the fly' manual resistance changes. Time-based goal.
- 2) **INTERVALS:** Walk or run a series of alternating resistance levels. Time-based goals with 16 difficulty levels to choose from.
- 3) **WEIGHT LOSS:** Challenges with various combinations of hills and valleys (resistance). Time-based goal with 12 difficulty levels to choose from.
- 4) **REVERSE TRAIN:** Program cues you to pedal forward (F) and backwards (R) for an exciting and challenging workout (resistance levels). Time-based goal with 14 difficulty levels to choose from.
- 5) **MOUNTAIN:** Simulates climbing mountains by increasing and decreasing the resistance. Time-based goal with 15 difficulty levels to choose from.
- 6) **CONSTANT WATTS:**
 - 1) Select Constant Watts program using ▲ / ▼ and press ENTER on the PROGRAMMING BUTTON.
 - 2) Set time using ▲ / ▼ and press ENTER.
 - 3) Select desired watts using ▲ / ▼ and press ENTER.
 - 4) Press START or ENTER to begin the program.
- 7-8) **CUSTOM 1 & 2:**
 - 1) Press the CUSTOM PROGRAM 1 or 2 key to select a custom program. Press ENTER to confirm.
 - 2) Use the ▲ / ▼ keys to select time. Press ENTER to confirm.
 - 3) Set each resistance profile by using the ▲ / ▼ keys and press ENTER. Repeat for all 15 resistance profiles.
 - 4) Press START or ENTER to begin.

LS9.9E, LS12.9E PROGRAM INFORMATION

- 1) **MANUAL:** Allows 'on the fly' manual resistance changes. Time-based goal.
- 2) **INTERVALS:** Walk or run a series of alternating resistance levels. Time-based goals with 10 difficulty levels to choose from.
- 3) **WEIGHT LOSS:** Challenges with various combinations of hills and valleys (resistance). Time-based goal with 12 difficulty levels to choose from.
- 4) **CONSTANT WATTS:**
 - Select Constant Watts program using ▲ / ▼ and press ENTER on the PROGRAMMING BUTTON.
 - Set time using ▲ / ▼ and press ENTER.
 - Select desired watts using ▲ / ▼ and press ENTER.
 - Press START or ENTER to begin the program.
- 5) **LS9.9E ONLY: RANDOM:** Provides even more workout variety by mixing up your resistance intervals (resistance levels). Time-based goal with 7 difficulty levels to choose from.
- 5) **LS12.9E ONLY: THR ZONE:**
 - Select THR Zone program using ▲ / ▼ and press ENTER on the PROGRAMMING BUTTON.
 - Select time using ▲ / ▼ and press ENTER.
 - The heart rate window will flash showing the default target heart rate of 80 beats per minute.
 - Select your target heart rate from the chart above using ▲ / ▼ and press START. The target heart rate is selected in multiples of 5 beats.



In this program, the large LED dot matrix window displays your heart rate during exercise. The middle row represents your target heart rate (THR) and the other rows equal +/-2 heart beats. If you are working out beneath your THR, the LEDs below the middle row will illuminate. If you are over, the LEDs above the middle row will illuminate. Your current heart rate is represented by the flashing column and the window will refresh every 5 seconds.

NOTES: There is a 4-minute warm-up built into this program at level 1 resistance. After 4 minutes the resistance will automatically adjust to bring your heart rate within 5 beats of the target number you selected at the beginning of the program. If there is no heart rate detected, the unit will not change resistance levels up or down. If your heart rate is 25 beats over your target zone the program will shut down.

LS9.9E, LS12.9E PROGRAM INFORMATION

6) REVERSE TRAIN: Program cues you to pedal forward (F) and backwards (R) for an exciting and challenging workout (resistance levels). Time-based goal with 14 difficulty levels to choose from.

7-8) INCLINE 1 & 2: Takes your strength and endurance to the next level of fitness with intense combinations of resistance and incline. Time based goal with 10 difficulty levels to choose from. NOTE: All elevations are listed as a percent of total elevation.

9-10) CUSTOM 1 & 2:

- 1) Select CUSTOM 1 or 2 using ▲ / ▼ and press ENTER on the PROGRAMMING BUTTON.
- 2) Use the ▲ / ▼ keys to select time. Press ENTER to confirm.
- 3) Set each resistance/incline profile by using ▲ / ▼ and press ENTER. Repeat for all 15 resistance/incline profiles. NOTE: You may go back to the previous segment by pressing BACK on the PROGRAMMING BUTTON.
- 4) Press START to begin.

LIVETRACK™ FITNESS JOURNAL SYSTEM (LS12.9E ONLY)

Congratulations! Research shows that those who journal their fitness routines or workouts, on average, achieve greater success than those who do not. Because your new elliptical is equipped with the exclusive LIVETRACK™ Fitness Journal System, you've taken an important step towards achieving your fitness goals.

LIVETRACK™ is an innovative new software program, integrated into your elliptical console, that will allow you to track your fitness progress over time, without the need for paper journals or logs. LIVETRACK™ allows you to easily compare your current workout to your personal bests or your last five workouts. With quick access to feedback like duration of workout, distance traveled, calories burned or your overall pace, you'll be able to quickly and easily see the progress you've made. You can also track your workout totals. By following your total number of workouts, distance, and calories, you'll be able to see just how far you have come. Read further to see how LIVETRACK™ can help motivate you to enhance your performance.

SETUP

To activate LIVETRACK™ fitness journal system a user MUST be chosen before the program begins. To select a USER 1 or 2, use the PROGRAMMING BUTTON and press ENTER to confirm. All accumulated data specifically relates to the user that is chosen.

NOTE: If no user is selected and clock and date are not set, no data will be tracked.

RESET

Reset all recorded information for USER 1 or USER 2 by selecting the user and then holding down the LIVETRACK™ button for 10 seconds. NOTE: This step is permanent and will delete ALL previously accumulated data for the chosen user.

LIVETRACK™ FITNESS JOURNAL SYSTEM (LS12.9E ONLY)

ACCUMULATED DATA

Once LIVETRACK™ is activated, you can scroll through your accumulated data in multiple formats by pressing the LIVETRACK™ button. A workout is saved when: the program ends, the console is paused and not resumed within 10 minutes, or the stop button is held to reset the console.

- 1) CURRENT WORKOUT:** the console automatically defaults to current workout, displaying your progress in real time.
- 2) AVERAGE WORKOUT:** this option allows you to see your average accumulated data for the last 30 workouts. The following information will be shown in each display window:
 - Time – average workout time
 - Calories – average calories burned
 - Watts – average watts of workout
 - Distance – average workout distance
 - Speed – average speed of workout
 - RPM – average rpm of workout
- 3) LAST WORKOUT:** This option allows you to view your accumulated data from your last workout. The current workout becomes the last workout once a program has ended or the console has been reset. The following information will be shown in each display window:
 - Time – total time of last workout
 - Calories – total calories burned of last workout
 - Watts – average watts of last workout
 - Distance – total distance of last workout
 - Speed – average speed of last workout
 - RPM – average RPM of last workout
- 4) WEEKLY GOAL:** Indicates the weekly goal you set. "LEFT": indicates the time or distance you have left to complete to meet your weekly goal. TIME or DISTANCE: the total time or distance goal you selected and the time or distance you have left to complete to meet your weekly goal.
 - The "GOAL" and "LEFT" will display alternately every 3 seconds.
 - "GOAL DONE" message will appear when goal is completed.
 - If the date and clock are not set and/or a weekly goal is not set, weekly goal will display zeros.
 - The time or distance left for the weekly goal will reset at the end of each week.

- 5) WEEKLY TOTAL:** View your accumulated data from the last Sunday to the present day.
NOTE: this data is based on week to date not the previous seven days. For instance, if you have not used the machine since Sunday, the console will read zeros. The following information will be shown in each display window:
 - Time – total time of workout
 - Calories – average calories burned
 - Watts – average watts of weekly workout
 - Distance – total distance of workout
 - Speed – average speed of weekly workout
 - RPM – average RPM of weekly workoutNOTE: if the date and clock are not set, weekly total will default to the last workout data.
- 6) LIFETIME TOTAL:** This option allows you to view the total accumulated data. The following information will be shown in each display window:
 - Time – total accumulated time.
NOTE: if time is greater than 59:59, the time will no longer display minutes and will display hours only.
 - Calories – average calories burned
 - Watts – average watts
 - Distance – total accumulated distance
 - Speed – average speed
 - RPM – average RPM

WEEKLY GOAL SETUP

- 1) Select USER 1 or USER 2.
- 2) Press the LIVETRACK™ button and scroll to WEEKLY GOAL.
- 3) To enter the setup mode, press ENTER. Use +/- keys to set a TIME GOAL (leave time at 00:00 if you want to set a DISTANCE GOAL).
- 4) Press ENTER again and use the +/- keys to set a DISTANCE GOAL. If the distance is changed from 0.00, the distance will be the goal. You may only set a time or distance goal, not both.
- 5) Press ENTER again to confirm weekly goal setup.
- 6) Press the LIVETRACK™ button until you return to program setup.



LS12.9E




LS12.9E



USING YOUR CD / MP3 PLAYER



- 1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the top 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)  If you don't want to use the SPEAKERS, you can plug your headphones into the AUDIO OUT JACK at the bottom of the console.

L I V E S T R O N G [™]

LS7.9E, LS9.9E, LS12.9E Owner's Manual 082509 Rev. 1.3 © 2009 Live Strong