GO Console

Owner's Manual

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bulunmaktadır

FCC Compliance Information

Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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1. Safety

Safety Mode

Safety mode is an option on treadmills and cross-trainers. When turned on, inactivity after 1 minute, 30 seconds (treadmills) or 1 minute (cross-trainers) in any mode will lock the keyboard. To return to the last screen, press **ENTER**. When in safety mode, cross-trainers will set resistance to level 20, making it difficult to move the pedals, and treadmills will be immobilized. The default is Safety Mode On. Safety Mode can be turned off in the settings menu. See the *Settings section* for instructions.

Safety Instructions

⚠️ **WARNING:** Keep batteries out of reach of children. Some chest straps may contain a removable battery.
- Swallowing may lead to serious injury in as little as 2 hours or death, due to chemical burns and potential perforation of the esophagus.
- If you suspect your child has swallowed a battery, immediately call your local poison control for fast, expert advice.
- Examine devices and make sure the battery compartment is correctly secured, e.g. that the screw or other mechanical fastener is tightened. Do not use if compartment is not secure.
- Dispose of used button batteries immediately and safely. Flat batteries can still be dangerous.
- Tell others about the risk associated with button batteries and how to keep their children safe.

⚠️ **WARNING:** Health-related injuries may result from incorrect or excessive use of exercise equipment. Life Fitness STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

⚠️ **WARNING:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

⚠️ **WARNING:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.

👉 **NOTE:** Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced.

Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The is intended for use solely in the manner described in this manual.

Always follow the console instructions for proper operation.

This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.

Do not allow children under 14 years of age unattended access to the machine.

Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.

Do not use this product outdoors, near swimming pools or in areas of high humidity.

Keep all loose clothing, shoelaces, and towels away from moving parts.

Use caution when mounting or dismounting the product. Before mounting, use the moving arms to bring the foot plate nearest to you to the lowest position. Use the stationary handlebars whenever additional stability is required. While exercising, hold onto the moving arms.

Never operate the product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Customer Support Services.

Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.

Do not reach into, or underneath, the unit or tip it on its side during operation.

Keep all loose clothing, shoelaces, and towels away from moving parts.

Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.

The product should never be left unattended when plugged in. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts.

Never operate the product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.

Never operate the product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Customer Support Services.

Allow LCD consoles to "normalize" with respect to temperature for one hour before plugging the unit in and using.

In conformity with the European Union Machinery Directive 2006/42/EC, this equipment unloaded runs at sound pressure levels below 70 dB (A) at the average operating speed of 8 km/hr. Noise emission under load is higher than without load.

Consignes de Sécurité

⚠️ **Avertissement :** Tenir les piles hors de portée des enfants. Certaines sangles de poitrine peuvent contenir une pile jetable.
- L'ingestion de la pile peut provoquer des blessures graves voire la mort en moins de 2 heures en raison du risque de brûlures chimiques et de perforation de l'œsophage.
- Si vous pensez que votre enfant a avalé une pile, contactez immédiatement le centre anti-poison local pour obtenir des conseils spécifiques.
- Contrôlez l'appareil et assurez-vous que le compartiment pour pile est bien fermé, par exemple que la vis ou toute autre fixation mécanique est bien serrée. Ne pas utiliser le produit si le compartiment n'est pas bien fermé.
- Éliminer les piles bouton immédiatement et de manière sûre. Les piles bouton sont une source de danger.
- Informez les tiers des risques associés aux piles bouton et de la manière dont ils doivent agir pour protéger leurs enfants.

⚠️ **Avertissement :** Une utilisation incorrecte ou excessive de l'appareil peut entraîner des blessures. Life Fitness Recommande VIVEMENT aux utilisateurs de passer un examen médical complet avant d'entamer un programme d'entraînement, et tout particulièrement dans les cas suivants : antécédents familiaux d'hypertension (pression sanguine trop élevée) ou de pathologies cardiaques, utilisateurs de 45 ans ou plus, tabagisme, hypercholestérolémie (taux de cholestérol sanguin trop élevé), obésité, absence d'exercice physique depuis un an ou plus. Si, pendant l'usage de l'appareil, l'utilisateur éprouve un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit s'arrêter immédiatement.

⚠️ **Avertissement :** Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. Un exercice trop intensif peut entraîner des blessures graves, voire mortelles. Si vous ressentez une sensation de malaise, arrêtez immédiatement l'exercice.

⚠️ **Avertissement :** Pour réduire les risques de brûlures, d'incendies, de chocs électriques ou de blessures, il est essentiel de brancher chaque appareil sur une prise électrique correctement mise à la terre.

👉 **Remarque :** Pour assurer la sécurité du matériel, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil avant d'avoir réparé ou remplacé les pièces défectueuses.

Il est très important de lire le présent manuel de l'utilisateur dans son INTÉGRALITÉ ainsi que TOUTES les instructions avant d'utiliser ce produit. Le est conçu pour être utilisé uniquement de la manière décrite dans ce manuel.

Suivez toujours les instructions s'affichant sur la console.

Cet appareil n'est pas destiné à être utilisé par des personnes ou des enfants présentant des capacités physiques, sensorielles ou mentales réduites, ou un manque d'expérience et de connaissances, sauf en cas de supervision ou d'instructions relatives à son utilisation par une personne responsable de leur sécurité.

Ne laissez pas les enfants âgés de moins de 14 ans sans surveillance accéder à la machine.

Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Nous vous recommandons de n'utiliser que des récipients pourvus d'un bouchon.

N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.

Éloignez les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.

Montez et descendez avec précaution du produit. Avant de monter, placez le repose-pied situé de votre côté en position basse, en vous aidant des bras mobiles. Utilisez les poignées fixes lorsque vous avez besoin de renforcer votre équilibre. Pendant les exercices, tenez les bras mobiles.

Ne faites jamais fonctionner le produit dont la fiche ou le cordon d'alimentation sont altérés, ni aucun appareil qui serait tombé, aurait été endommagé ou même partiellement plongé dans l'eau. Contactez le Service clients.

N'utilisez pas ce produit pieds nus. Portez toujours des chaussures. Portez des chaussures avec semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talon, à semelle en cuir, à crampons ou à pointes. Vérifiez qu'aucun gravier n'est coincé dans vos semelles.

Ne placez pas les mains à l'intérieur ou sous l'appareil ; ne le faites pas basculer sur le côté durant son fonctionnement.

Éloignez les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.

Utilisez cet équipement uniquement aux fins auxquelles il est destiné et de la manière décrite dans le présent manuel. N'utilisez pas d'accessoires non recommandés par le fabricant.

Ne laissez jamais l'appareil sans surveillance lorsqu'il est branché. Débranchez-le systématiquement après son utilisation, et avant l'ajout et le retrait de pièces.

Ne jamais utiliser le produit en ayant les ouvertures d'air bloquées. Le système d'aération doit être propre et ne contenir aucun résidu de tissus, cheveux ou autres matériaux.

Ne faites jamais fonctionner le produit dont la fiche ou le cordon d'alimentation sont altérés, ni aucun appareil qui serait tombé, aurait été endommagé ou même partiellement plongé dans l'eau. Contactez le Service clients.

Laissez les consoles LCD s'adapter à la température ambiante pendant une heure avant de brancher l'appareil et de l'utiliser.

Conformément à la directive Machines 2006/42/EC de l'Union européenne, à vide, cet équipement fonctionne à des niveaux de pression acoustique inférieurs à 70 dB(A) à une vitesse de fonctionnement moyenne de 8 km/h. Les émissions sonores sont plus importantes lorsque l'appareil est chargé.

2. Overview

Console
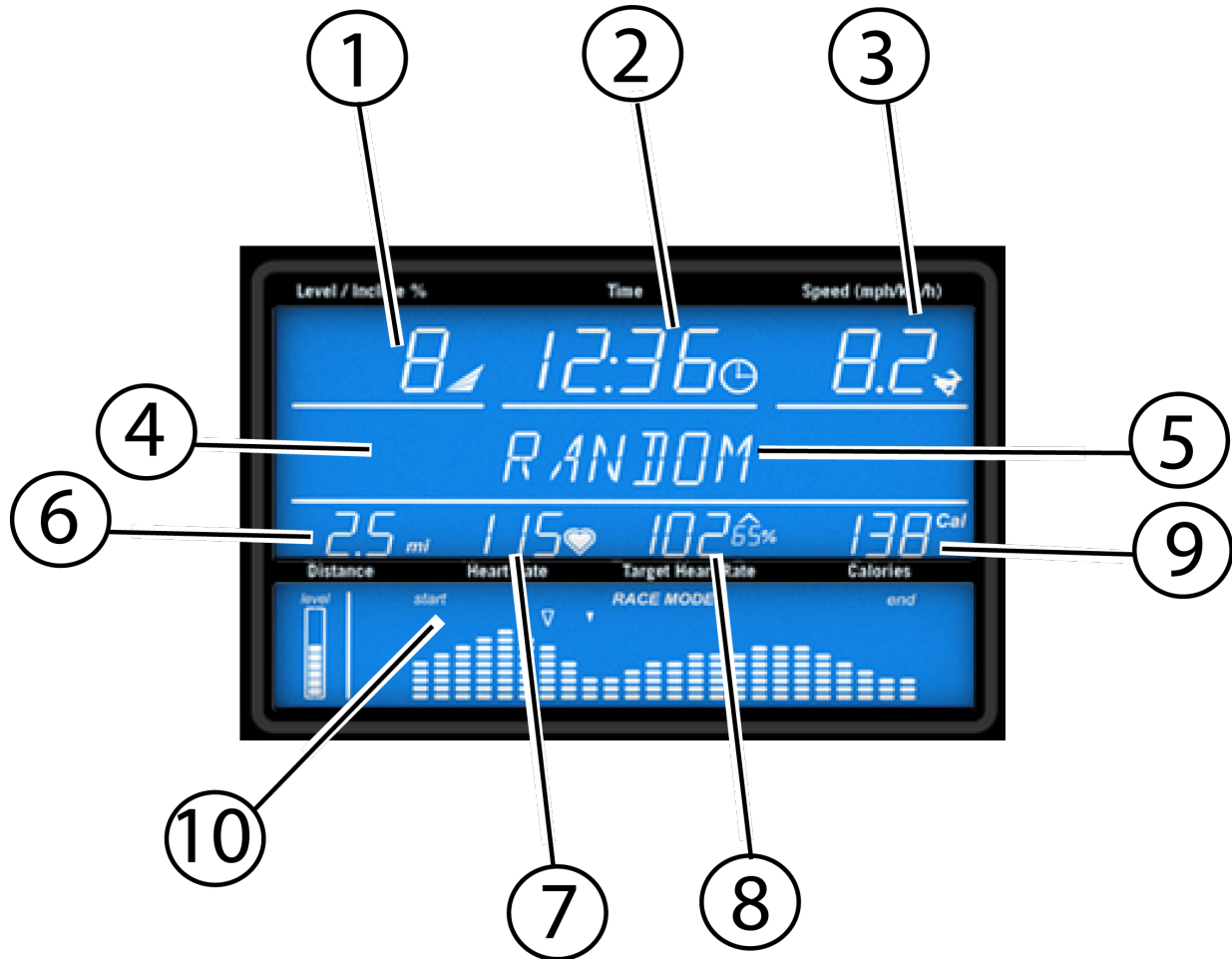
1. Level / Incline %: There are two types of displays for Bikes and Cross-Trainers.
   - Resistance: Number is adjustable only by the user.
   - Difficulty: Number is shown during **RANDOM, HILL, EZ INCLINE**, and **SPORTS TRAINING** modes.

   There are two types of displays for Treadmills.
   - Incline: Number is adjustable only by the user.
   - Difficulty: Number is shown during **RANDOM, HILL, EZ INCLINE**, and **SPORTS TRAINING** modes.

   To change the level during a workout, the underscore beneath the top row of workout feedback needs to be positioned under **LEVEL**. If the underscore is not under **LEVEL**, it can be moved by pressing left or right on the navigation button. Adjust the level by pressing up or down on the navigation button.

   ### Level values

Level difficulty	Resistance (Bikes & Cross-Trainers)	Incline (Treadmills)
1	1-9	0.0 - 1.0 Note: Adjusts in 0.1% increments
2	1-10	0.0 - 2.0 Note: Adjusts in 0.15% increments
3	2-10	0.0 - 3.0 Note: Adjusts in 0.3% increments

Level difficulty	Resistance (Bikes & Cross-Trainers)	Incline (Treadmills)
4	2-11	0.0 - 4.0 Note: Adjusts in 0.5% increments
5	3-12	0.5 - 4.5 Note: Adjusts in 0.5% increments
6	3-12	1.0 - 5.0 Note: Adjusts in 0.5% increments
7	4-12	1.5 - 5.5 Note: Adjusts in 0.5% increments
8	4-13	2.0 - 6.0 Note: Adjusts in 0.5% increments
9	5-13	2.5 - 6.5 Note: Adjusts in 0.5% increments
10	5-14	3.0 - 7.0 Note: Adjusts in 0.5% increments
11	6-14	3.5 - 7.5 Note: Adjusts in 0.5% increments
12	6-15	4.0 - 8.0 Note: Adjusts in 0.5% increments
13	7-15	4.5 - 8.5 Note: Adjusts in 0.5% increments
14	7-16	5.0 - 9.0 Note: Adjusts in 0.5% increments
15	8-16	5.5 - 9.5 Note: Adjusts in 0.5% increments
16	8-17	6.0 - 10.0 Note: Adjusts in 0.5% increments
17	9-17	6.5 - 10.5 Note: Adjusts in 0.5% increments
18	10-18	7.0 - 11.0 Note: Adjusts in 0.5% increments
19	11-19	7.5 - 11.5 Note: Adjusts in 0.5% increments
20	12-20	8.0 - 12.0 Note: Adjusts in 0.5% increments

2. Time: During a workout, the display will show the time remaining. Time can be changed to show the elapsed time in the *Settings Menu*.
The time can be changed at any time during the workout by highlighting the time window with the underscore pressing left or right on the navigation button, and then modifying the time by pressing up or down on the navigation button. The clock icon minute hand will move in 15 minute increments.

3. Speed (mph/kp/h):
   👉 **NOTE:** Miles Per Hour (MPH) can be changed to Kilometers Per Hour (KPH) in the *Settings Menu*.

   Bikes/Cross-Trainers speed range:
   • 0.5 MPH and higher with 0.1 MPH increments
   Treadmills (F3) speed range:

- 0.5 MPH to 10.0 MPH with 0.1 mph increments

Treadmills (T3) speed range:

- 0.5 MPH to 12.0 mph with 0.1 MPH increments

4. Setup Steps icon (**1, 2, 3, 4, 5**)

5. Message center: The message center will help you with the settings in a workout, including selecting a workout and entering time, level, and other workout specific information like Total Body Mode (X8 Cross-Trainer only). The message center will show certain workout feedback like PACE and METS if they are turned on in the *Settings Menu*.

6. Distance:

☞ **NOTE:** Miles can be changed to kilometers in the *Settings Menu*.

The distance formula tries to replicate distance as if the exercise were being conducted outdoors. The distance formula will not always be consistent with other products.

7. Heart Rate: The heart rate display calculates your actual heart rate in contractions or beats per minute during a workout. You must hold the contact electrodes or wear a heart rate telemetry chest strap for the heart rate display to function (see *The Polar® Telemetry Heart Rate Chest Strap* section of this document for more information). Life Fitness recommends wearing the chest strap for the most accurate heart rate reading. If you are experiencing problems with your heart rate reading, please see the *Troubleshooting - Heart Rate Scanner* section of this document for recommendations on improving the heart rate reading.

8. Target Heart Rate: Target heart rate is a percentage of your maximum heart rate. The goal is to target a range that enables one's heart and lungs to receive the most benefit from a workout. The console calculates the target heart rate by taking the maximum heart rate and multiplying that number by an intensity level. Maximum heart rate = 206.9 - (.67 × user's age). Life Fitness intensity levels are 65% for weight loss and fat burning and 80% for improving cardiovascular endurance. The display will toggle between the 65% and 80% intensity levels. An arrow pointing up or down will illuminate to show when your actual heart rate is above or below the target heart rate.

9. Calories: The console calculates an average caloric burn based on a Life Fitness proprietary calorie equation.

10. Workout profile: The workout profile graphically displays the intensity of a workout with columns of various heights. During the workout, your current intensity level is signified by an arrow located above the appropriate column. During a heart rate workout, the workout profile acts like a graph of the user's heart rate. Each of the nine rows of the profile will represent your actual heart rate as a percentage of the heart rate maximum. At the end of the workout, you will see your heart rate ranges throughout the workout.

Heart Rate Range

Column	Maximum Heart Rate Percentage Range
1	<30%
2	30%-39%
3	40%-49%
4	50%-59%
5	60%-69%
6	70%-79%
7	80%-89%
8	90%-99%
9	100%

Workout Profile Indicator Arrow
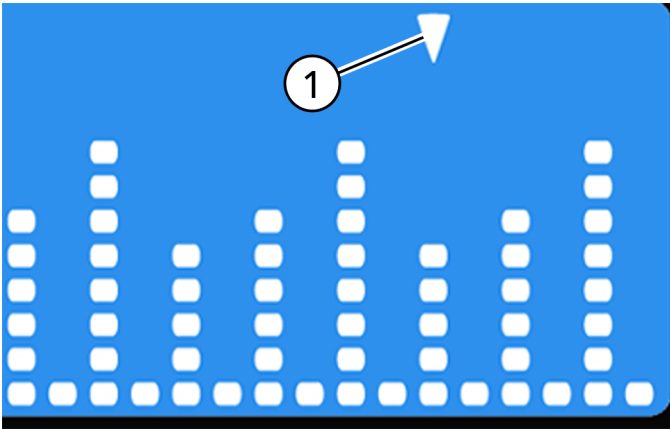
The arrow (1) located above the columns in the workout profile shows your position in the workout. The position is represented by the time entered during workout setup divided by the number of columns. During **RACE MODE**, the arrow splits into two separate arrows -a filled in arrow and an outline of an arrow, which simulates you and the pacer.

Level Meter
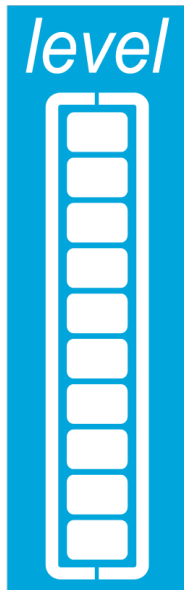
Level Range	Incline Range (Treadmills Only)
1-2	0.0-1.0%
3-4	1.1-2.0%
5-6	2.1-3.0%
7-8	3.1-4.0%
9-10	4.1-5.0%
11-12	5.1-6.4%
13-14	6.5-7.5%
15-16	7.6-9.0%
17-18	9.1-10.5%
19-20	10.6-12.0%

The higher the fill of the meter, the more difficult the workout.

Heart Rate Zone Training®

👉 **NOTE:** Consulting a fitness trainer is recommended for defining specific fitness goals and designing a workout program.

Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results. That is the idea behind the Life Fitness Heart Rate Zone Training® approach to exercise. Zone Training identifies an exerciser's ideal heart rate range -or zone- for burning fat or increasing cardiovascular fitness. The zone is a percentage of the theoretical maximum, and its value depends on the workout. The maximal heart rate formula is defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription", 8th Edition, 2009. Heart Rate maximum equals to 206.9 minus the total of 0.67 multiplied by a person's age (206.9 - (0.67 × age). Reference the chart below for theoretical maximum heart rates and target heart rates.

This products feature these exclusive workouts designed to take full advantage of the benefits of Heart Rate Zone Training® exercise:
• FAT BURN
• CARDIO

- HR HILL
- HR INTERVAL
- EXTREME HR

These workout programs measure heart rate. Wear the telemetry heart rate chest strap or grip the contact heart rate sensors to enable the computer to monitor the heart rate during a workout. The computer automatically adjusts the incline or level to maintain the target heart rate based on the actual heart rate.

Age	Theoretical Maximum Heart Rate	65% (Moderate Burn)	80% (Vigorous Burn)
10	200	130	160
20	194	126	155
30	187	121	149
40	180	117	144
50	173	113	139
60	167	108	133
70	160	104	128
80	153	100	123
90	147	95	117
99	141	91	112

Wear the optional Polar® telemetry heart rate chest strap, or grip the Lifepulse™ sensors, to enable the on-board computer to monitor the heart rate during a workout. The computer automatically adjusts the incline level to maintain the target heart rate based on the actual heart rate.

Heart Rate Sensors

👉 **NOTE:** The heart rate sensors may be less or more accurate with different individuals.

When using heart rate sensors, make certain to grasp the sensors firmly and keep hands steady. If your heart rate seems substantially higher or lower than expected, remove your hands from the sensors the until heart rate disappears from the heart rate display. Dry your hands, and grasp the sensors again until your heart rate seems accurate. If this does not work, you may need to slow the machine to get an accurate reading. On treadmills, Life Fitness recommends -for safety and accurate heart rate readings- that you stand on the siderails when attempting to monitor your heart rate with the sensors.

Optional Polar® Telemetry Heart Rate Chest Strap

The console is equipped with a wireless heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals from the user to the console. The electrodes are inside the chest strap (A) that the user wears during the workout. The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with bare skin. However it functions properly through a thin layer of wet clothing. The electrodes are two grooved surfaces on the underside of the strap, and must remain wet to accurately transmit the electrical impulses of the heart back to the receiver.

To use, first moisten the electrodes. Then, secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing. Electrodes must be wet to work properly. If it becomes necessary to re-moisten, grasp the center of the strap, pull it away from your chest to expose the electrodes, and moisten. See diagram below for correct positioning of the strap.
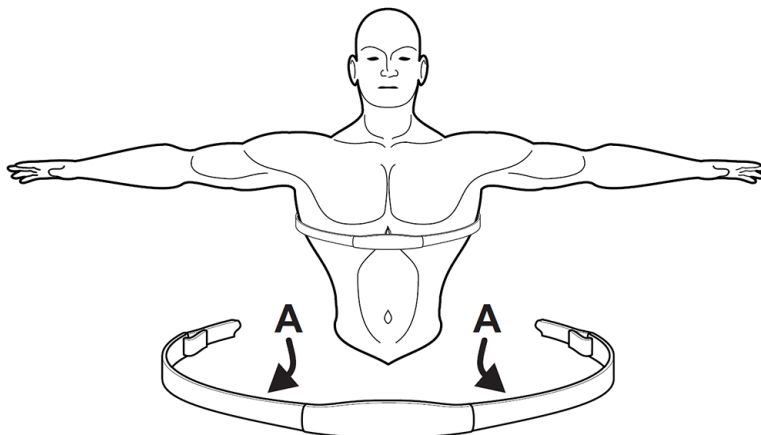
The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with bare skin. However, it functions properly through a thin layer of wet clothing. If it becomes necessary to re-moisten the Polar telemetry heart rate chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and re-moisten them.

☞ **NOTE:** Using the wireless heart rate telemetry chest strap will provide more accurate heart rate readings than the hand pulse sensors.

3. Exercise and Product Information

Console Operation

1. **SETTINGS:** Press this button once to enter the Settings Menu of the console. In the Settings Menu, you can set preferences for the console display. See the *Settings section* of this document for details and instructions.
2. **USER PROFILES:** Press this button once to select one of two user profiles. Once programmed, the system saves workout data for two primary users. Hold this button for three seconds to enter the User Profiles editing mode. See the *User Profiles section* of this document for details and instructions.
3. **PAUSE / RESUME:**
    👉 **NOTE:** When the Energy Saver mode is active, the machine will shut down after 5 minutes of non-use, regardless of pause status.

    Press once to pause the workout for five minutes, and press again to resume workouts. If the paused workout is not resumed within five minutes, the console deletes the workout in progress, and goes into energy saver mode. The pause time can be modified in the user settings menu. See the *Settings section* of this document for details and instructions.
4. **Navigation button:** Navigate the screen by pressing up, down, left, or right on the button. The button also controls the level, time, and speed (treadmill only) during workouts. While setting up a workout, press left or right on the navigation button to scroll through the workout setup options, and then press up or down on the navigation button to adjust the values. During a workout, press left or right on the navigation button to scroll between options like level and time, and then press up or down on the navigation button to adjust those values.

5. ENTER / START: Press the button at any time during initialization to begin a quick start 30 minute manual workout. During workout setup, this button is used as a selection key when choosing parameters. Press this button to select parameters within workout program.

6. RESET: Press this button to clear incorrect data (example: weight or age) when programming a workout . Pressing **RESET** two times immediately stops a workout, and returns to the workout selection screen.

7. RACE MODE: Press this button once during a **MANUAL, RANDOM, HILL, EZ INCLINE,** or **SPORTS TRAINING** workout to turn on **RACE MODE**. This mode allows you to race against a customized, simulated pace. Press this button again while in **RACE MODE** to turn it off. See the *Race Mode section* of this document for details.

8. GOAL WORKOUTS: Press this button once to enter the goal workouts selection screen. There are three goal workouts: **CALORIE** goal, **TARGET HEART RATE** goal, and **DISTANCE** goal. These goals function like a manual workout, where you control the speed and incline/level. The workout ends when the goal defined during the workout setup is reached.

9. ENERGY SAVER ON/OFF: The energy saver mode is used to minimize the power being used while the equipment is not in use. The unit will automatically go into energy saver mode five minutes after ending a workout. Press the **ENERGY SAVER** button to either "wake up" the console or put it into the energy saver mode. Energy saver can be turned off in the settings menu. An indicator LED will flash while in Energy Saver Mode.

Settings

1. Press the **SETTINGS** button at the **SELECT WORKOUT** screen. Upon entering the settings menu, the screen will display SETTINGS MENU .

2. Press left or right on the navigation button to scroll through the settings options.

3. Press up or down on the navigation button to adjust the settings.

4. Press the **ENTER** button or press left or right on the navigation button to save modifications and move to the next option.

5. Press the **RESET** button to exit the settings menu.

The settings and selection options are listed below.

UNITS	Selection options are English and Metric.
BEEPS	Selection options are On and Off.
WIRELESS HR = ON	This option is for the telemetry heart rate strap. Selection options are On and Off.
TIMER	Selection options are Up or Down.
METS = OFF	Selection options are On and Off.
PACE = OFF (treadmill)	Selection options are On and Off.
RPM = OFF (bike and cross-trainer only)	Selection options are On and Off.
CONTRAST	Selection options are: 1-99.
Brightness	Selection options are 1-10.
SAFETY MODE (treadmill)	Selection options are On and Off.
Statistics	Press the **ENTER** button to select. Choose **TOTAL HOURS** for the total number of hours that the product was used in a workout, or choose **TOTAL MILES** for the number of miles that the product was used in a workout.
Software version	Press the **ENTER** button to select. Press up or down on the navigation button to see the console software version, the console software part number, and the console software build date.
Floor Model	This option disables the Power Save feature. Selection options are On or Off. The default is Off (Power Save On).
Belt Lube Timer (treadmill only)	This option tracks the total hours of all workout and cool down time since the last belt lubrication. When the timer reaches 75 hours, it triggers a reminder message during every workout. Press and hold the Down arrow key on the navigation button for five seconds to reset the timer.

User Profile

There are two custom workout slots in the Go Console -one for each user profile. Each profile allows you to create settings and workout information, thereby quickly choosing a workout without having to enter workout information. To log into your profile, press the **USER PROFILE** button, navigate to the desired profile, and press **ENTER**. If a profile has been created, then the message center will display LOGGED IN . However, if a profile has not been defined then the message center will display UNDEFINED .

To create a user profile:

1. Press the **USER PROFILES** button.
2. Press the navigate button, and choose either **PROFILE 1** or **PROFILE 2**.
3. Press and hold the **USER PROFILES** button to enter editing mode. EDIT PROFILE will display on the message center if successful.
4. Select an editing option by pressing left or right on the navigation button.
5. Adjust the editing option by pressing up or down on the navigation button (except in **CHANGE NAME** or **CUSTOM WORKOUT**.
6. Press **ENTER** or press left or right on the navigation button to save modifications and move to the next option, or press **RESET** to select the default value.

After displaying the message EDIT PROFILE , the message center will display MY PROFILE SETUP . Press **ENTER** when MY PROFILE SETUP is displayed to edit the following options:

Change name	Press **ENTER**, and message center will display PROFILE with a blinking P . Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds, then the message center will display PRESS ENTER TO SAVE .
WEIGHT	Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds, then the message center will display PRESS ENTER TO SAVE . Selection options are 75 lbs (34 kg) to the maximum of the product.
AGE	Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds, then the message center will display PRESS ENTER TO SAVE . Selection options are 10-99 years.
LEVEL	Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds, then the message center will display PRESS ENTER TO SAVE . Selection options are 1-20.
WALK SPEED (treadmills)	Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds, then the message center will display PRESS ENTER TO SAVE . Selection options are 0.5-10 mph or 0.8-16 km/hr (F3) and 0.5-12 mph or 0.8-19 km/hr (T3).
JOG SPEED (treadmills)	Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds, then the message center will display PRESS ENTER TO SAVE . Selection options are 0.5-10 mph or 0.8-16 km/hr (F3) and 0.5-12 mph or 0.8-19 km/hr (T3).
RUN SPEED (treadmills)	Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds, then the message center will display PRESS ENTER TO SAVE . Selection options are 0.5-10 mph or 0.8-16 km/hr (F3) and 0.5-12 mph or 0.8-19 km/hr (T3).
DEFAULT SPEED (treadmills)	Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds, then the message center will display PRESS ENTER TO SAVE . Selection options are 0.5-10 mph or 0.8-16 km/hr (F3) and 0.5-12 mph or 0.8-19 km/hr (T3).
LOW INCLINE (treadmills)	Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds,

	then the message center will display PRESS ENTER TO SAVE. Selection options are 0-12% (F3) and 0-15% (T3).
MID INCLINE (treadmills)	Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds, then the message center will display PRESS ENTER TO SAVE. Selection options are 0-12% (F3) and 0-15% (T3).
HIGH INCLINE (treadmills)	Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds, then the message center will display PRESS ENTER TO SAVE. Selection options are 0-12% (F3) and 0-15% (T3).
DISTANCE GOAL	Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds, then the message center will display PRESS ENTER TO SAVE. Selection options are 0.1 – 99.9 miles or 1.6 – 161 km.
TIME GOAL	Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds, then the message center will display PRESS ENTER TO SAVE. Selection options are 05:00 to 99:00.
WARM UP TIME	Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds, then the message center will display PRESS ENTER TO SAVE. Selection options are 01:00 to 99:00.
COOL DOWN TIME	Press up or down on the navigation button to change the characters. Press left or right on the navigation button to move back and forth between characters, and press the **RESET** button to erase characters. When finished, press **ENTER**. If there is inactivity for more than 10 seconds, then the message center will display PRESS ENTER TO SAVE. Selection options are 01:00 to 99:00.
CUSTOM WORKOUT	See the *Custom Workout section* of this document for instructions.

Race Mode

This function can only be used during a **MANUAL**, **RANDOM**, **HILL**, **EZ INCLINE**, or **SPORTS TRAINING** workouts. Race mode is a function that allows you to race against a simulated speed that is determined when **RACE MODE** is pressed. You are represented by a filled-in arrow above the workout profile and the pacer will be symbolized by the outline of the arrow. Race mode can be activated during a workout by pressing the **RACE MODE** button on the console; the race mode symbol will illuminate if successful. During race mode, the workout profile column will blink to indicate where you are in the profile. A prompt will appear in the message display to enter a desired speed. The speed you enter will be the pacer's speed during the race. Speed can be changed using the navigation button. Once a race speed is entered, the pacer and your arrows will begin at the first column, and race across the workout profile. If the workout time is adjusted during the race, the pacer's settings are reconfigured and the race will start again from the first column.

Workout Selection

The Go Console has 13 specially designed pre-programmed workouts that have been developed by Life Fitness. Each workout has a different goal. Read the workout descriptions carefully so that you can develop a workout routine that focuses on reaching your specific goals.

The following workout descriptions have the following labeled headers:
• Beginner -designed for new users or users starting a new workout routine.
• Experienced -designed for users seeking a more challenging workout.
• Advanced -designed for athletes who are training for cardiovascular endurance and special events.

Select Workout Screen

When the SELECT WORKOUT screen appears on the console, press either up or down or left or right on the navigation button to scroll through the workout choices, and select a workout by pressing **ENTER**. To begin a **QUICK START** workout, press **ENTER** when the SELECT WORKOUT screen appears. After **ENTER** is pressed, a constant-level workout begins. The intensity level does not change automatically. You must change it using the navigation button.

Setup Workout screen

Setup workout will appear on the screen depending on how many steps are needed to setup a workout. The current step the user is on will blink to show where you are in the setup process. Throughout the workout setup process, press up or down on the navigation button to adjust the value that is selected and press left or right on the navigation button to scroll back and forth between different steps. In order to advance to the next step, either press right or **ENTER**. After entering the last step, press **ENTER** to begin the workout.

Manual

Manual Workout -Beginner
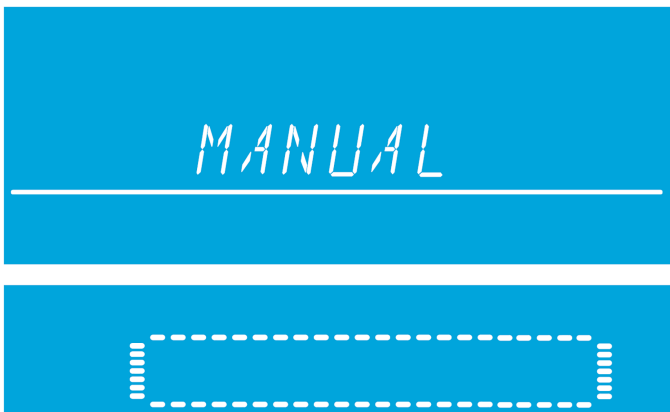
The manual workout is a simple workout that has no predefined intensity levels. The manual workout starts at level 1 resistance for bikes and cross-trainers and at 0.5 MPH and 0% incline for treadmills. You are in control of levels or speed/incline settings.

This workout was designed for users that do not have much experience on the product and like to have control of the level and speed/incline settings.

This workout can be started by using the navigation button to scroll to the **MANUAL** workout profile and pressing **ENTER**.

Editing a Manual Workout

After setting a workout time, the following will occur if a manual workout is selected.
The message center will display SET SPEED + INCL (for treadmills) or SET RESISTANCE (bikes and cross-trainers) for approximately three seconds. Next the message center will display INTERVAL 1. Perform the following steps after these messages appear on the display.

1. Select the speed and incline (treadmills) or the resistance (bikes and cross-trainers) in the appropriate windows, and then press **ENTER** to move to **INTERVAL 2**.

2. 👉 **NOTE:** This sequence will continue until all 24 intervals are set.

   Repeat *Step 1* until the message center displays WORKOUT SAVED. Use the navigation button to move back and forth between intervals.

When each interval is set and saved, its corresponding visual representation of either incline or resistance is depicted in the workout profile. By the end of setup, you will see your custom workout profile.

Random

Random workout -Experienced

In this workout, the console creates a terrain of different hills and valleys. Over 1 million different patterns are possible. Random uses resistance or incline adjustments to create hills/valleys. Speed is controlled by you.

This workout was designed to provide you with unlimited workout variety. The goal of this workout is to prevent workout boredom and improve motivation.

This workout can be started by using the navigation button to scroll to the **RANDOM** workout profile and pressing **ENTER**.

Hill

Hill workout -Experienced

The *patented* hill workout is an interval training workout. Intervals are periods of intense aerobic exercise. The workout profile window displays the levels of the intervals, which together have the appearance of hills and valleys. Resistance (bikes and cross-trainers) and Incline (treadmills) adjustments are used to simulate the hills/valleys. You control the speed.

The hill workout has two main phases in between the warm-up and cool down:
• Plateau -slightly increases the intensity and keeps it steady to bring the heart rate to the lower end of the target zone.
• Interval Training -a series of increasingly steeper hills, alternating with valleys or periods of recovery. The heart rate should rise to the higher end of the target zone during this segment.

The computerized interval training workout has been scientifically demonstrated to promote greater cardio-respiratory improvement than steady-pace training. The goal of this workout is to improve cardiovascular endurance and break through fitness plateaus.

This workout can be started by using the navigation button to scroll to the HILL workout profile and pressing **ENTER**.

EZ Incline

EZ Incline workout -Beginner
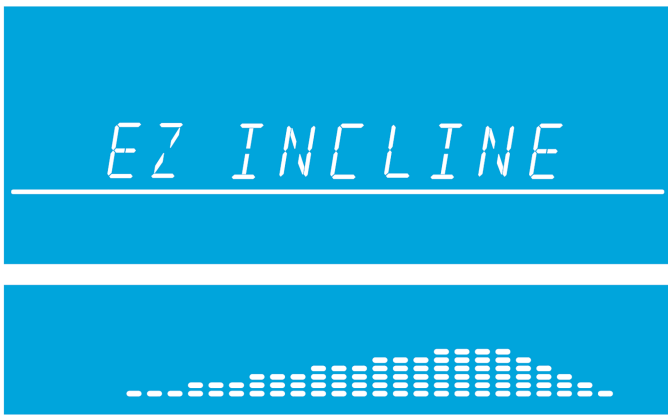
EZ incline consists of one hill. You determine the elevation of the peak during the workout setup. The peak is reached after 75% of the workout time is completed. Afterward, the resistance or incline gradually returns to level 1 or 0% respectively.

In this workout, the gradual changes in elevation are extremely subtle, which lowers the perceived exertion. This cardiovascular workout is effective, efficient, and enjoyable at the same time. The main goal of the workout is to improve cardiovascular endurance without the stress of a rigorous workout.

This workout can be started by using the navigation button to scroll to the **EZ INCLINE** workout profile and pressing **ENTER**.

Sports Training

Sports Training workout -Experienced

Sports training is a workout that simulates being outdoors by using a baseline value to simulate a flat surface. The program then simulates moving uphill with values above the baseline and downhill with values below the baseline. The adjustments above and below the baseline are resistance or incline changes. You control the speed.

The goal of this workout is to simulate outdoor training.

This workout can be started by using the navigation button to scroll to the **SPORTS TRAINING** workout profile and pressing **ENTER**.

Fat Burn

Fat Burn workout -Beginner

You must wear a chest strap for this workout to adequately operate. This program only uses resistance or incline adjustments to increase and decrease heart rate. Fat burn maintains your heart rate at 65% of your theoretical heart rate maximum. The console continuously monitors and displays the heart rate, adjusting the intensity level of the product to reach and maintain a target heart rate range. The intensity will not change as long as your heart rate is between 60%-72% of the target heart rate.

The goal of the fat burn workout is to efficiently burn fat by eliminating over-training and under-training and also maximizing the aerobic benefits of exercise by using the body's fat stores for energy.

This workout can be started by using the navigation button to scroll to the **FAT BURN** workout profile and pressing **ENTER**.

Cardio

Cardio workout -Experienced

You must wear a chest strap for this workout to adequately operate. This program only uses resistance or incline adjustments to increase and decrease heart rate. Cardio maintains your heart rate at 80% of the theoretical maximum heart rate. The console continuously monitors and displays the heart rate, adjusting the intensity level to reach and maintain the target heart rate range. The intensity will not change as long as your heart rate is between 72%-85% of the target heart rate.

The goal this workout is to place a heavier workload on the heart muscle to emphasize cardiovascular endurance.

This workout can be started by using the navigation button to scroll to the **CARDIO** workout profile and pressing **ENTER**.

HR Hill

Heart Rate Hill workout -Experienced

You must wear a chest strap for this workout to adequately operate. This program only uses resistance or incline adjustments to increase and decrease heart rate. HR hill has a series of three hills and three valleys where the duration of the hills and valleys is determined by your heart rate. After the warm-up, the intensity of the workout increases until your heart rate reaches 70% of the maximum heart rate; this is the first hill. Once you reach 70% of your maximum heart rate, the program will hold the intensity level for one minute. When the hill is completed, the program reduces the intensity and target heart rate goal to 65% of your maximum heart rate to simulate a valley or recovery period. Once your heart rate drops to 65% of your maximum heart rate, the program will keep your heart rate at 65% for one minute. Next, the program will increase intensity until your heart reaches 75% of your maximum heart rate; this is the second hill, followed by a valley with the target heart rate of 65%. Finally, the third hill increases intensity until you reach 80% of your maximum heart rate. Your heart rate is held at 80% for one minute, followed by the final valley that decreases your heart rate to 65%. At the end of the duration of hills and valleys, the workout enters a cool-down phase. If you do not reach a heart rate goal after five minutes, the message center displays a prompt to increase or decrease speed (for treadmills) or resistance (for bikes and cross-trainers), depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until you reach the current goal.

The design intent of the HR hill workout was to develop a program that adapts to your fitness level. As you become more fit, you will encounter additional hills and valleys in the same workout duration. This happens because your heart rate will be recovering more quickly during valleys.

This workout can be started by using the navigation button to scroll to the **HR HILL** workout profile and pressing **ENTER**.

HR Interval

Heart Rate Interval workout -Experienced

You must wear a chest strap for this workout to adequately operate. This program only uses resistance (bikes and cross-trainers) or incline (treadmills) adjustments to increase and decrease your heart rate. This program alternates between a hill that brings your target heart rate up to 80% of your heart rate maximum , and a valley that brings your target heart rate down to 65% of your heart rate maximum. After the warm-up, the intensity of the workout increases until your heart rate reaches 80% of your heart rate maximum; this is the first hill. Once you reach a target heart rate of 80%, the program will hold the intensity level for 3 minutes. When the hill is completed, the program creates a valley, which reduces the intensity until a target heart rate of 65% is reached. This sequence continues for all three hills and valleys. At the end of the duration of hills and valleys, the workout enters a cool-down phase. If you do not reach a heart rate goal

after five minutes, the message center displays a prompt to increase or decrease speed (for treadmills) or resistance (for bikes and cross-trainers), depending on whether the workout is in a hill or valley phase. The program does not proceed to a new heart rate goal until you reach the current goal.

The design intent of the HR Interval workout was to develop a program that adapts to your fitness level *and* is more challenging than the HR hill workout. As you become more fit, you will encounter additional hills and valleys in the same workout duration. This is because your heart rate is recovering more quickly during valleys.

This workout can be started by using the navigation button to scroll to the HR INTERVAL workout profile and pressing **ENTER**.

Extreme HR

Extreme Heart Rate workout -Advanced

You must wear a chest strap for this workout to adequately operate. This program uses only resistance (for bikes and cross-trainers) or incline adjustments (treadmills) to increase and decrease heart rate. This program alternates between two target heart rates of 85% and 65% of your heart rate maximum by alternating as quickly as possible. The effect is similar to performing sprints. During the workout, once either of the two target heart rates is reached, it is held for 20 seconds and then the intensity changes to meet the other target heart rate.

The design of this workout is sports specific. This workout challenges you with short bursts of resistance. The goal of this workout is to help you break through fitness improvement plateaus.

This workout can be started by using the navigation button to scroll to the **EXTREME HR** workout profile and pressing **ENTER**.

Custom Workout

There are two custom workout slots in the Go Console -one for each user profile.

To create a custom workout:

1. Press the **USER PROFILES** button.
2. Press the navigate button, and choose either **PROFILE 1** or **PROFILE 2**.
3. Press and hold the **USER PROFILES** button to enter editing mode.
4. Scroll to the option **CUSTOM WORKOUT**.
5. Press **ENTER** to edit the workout. Upon pressing **ENTER**, the message center will display **WORKOUT = MANUAL**.
6. Press the navigation button, and choose **MANUAL** or **HEART RATE**.
7. Set a workout time when **SELECT WORKOUT TIME** appears on the screen. The workout is constructed into 24 intervals, each lasting the duration of 1/24th of the workout time entered. For example, if you set a workout for 24 minutes, each of the 24 intervals will be 1 minute.

After a user has created a custom workout and has logged into one of the two user profiles, the **CUSTOM WORKOUT** option will appear after **EXTREME HR** in the workouts list. To select your custom workout, press **ENTER** when **CUSTOM WORKOUT** appears in the workout choices.

Editing a Custom Workout

Reenter the user profile menu, and scroll to the **CUSTOM WORKOUT** option to edit a custom workout.

1. Press and hold the **USER PROFILES** button to enter editing mode.
2. Select your custom workout, and press **ENTER** to view **INTERVAL 1** and its previously defined settings.
3. 👉 **NOTE:** This sequence will continue until all 24 intervals are set, and then the message center will display **WORKOUT SAVED**.

   Use the navigation button to modify the current settings or press **ENTER** to move to **INTERVAL 2**.

Editing a Heart Rate Custom Workout

If a heart rate workout is selected, the message center will display **SET TARGET HR** for approximately three seconds after setting a workout time. Next, the message center will display **INTERVAL 1**.

1. Enter you desired target heart rate in the appropriate window, and then press **ENTER** to move to **INTERVAL 2**.
2. 👉 **NOTE:** This sequence will continue until all 24 intervals are set.

   Repeat *Step 1* until the message center displays **WORKOUT SAVED**. Use the navigation button to move back and forth between intervals.

When each interval is set and saved, its corresponding visual representation of either incline or resistance is depicted in the workout profile. By the end of setup, you will see your custom workout profile. Use the table below to assist your custom workout.

👉 **NOTE:** The percent in the table represents your actual heart rate as a percent of their heart rate maximum. The heart rate maximum is 206.9 - (.67 x your age). For example, a 40 year old's heart rate maximum would be 206.9 -0.67 x 40) = 180. During their workout at the first interval their actual heart was 100. Therefore 100/180 = .56 or 56%, and the profile would display the user at row 4 for the first interval of the workout.

Row	Target Heart Rate Percent Range
1	<30%
2	30 - 39%
3	40 - 49%
4	50 - 59%
5	60 - 69%
6	70 - 79%
7	80 - 89%
8	90 - 99%
9	100%

4. Service and Technical Data

Lubricating the Walking Belt

1. 👉 **NOTE:** The following procedure is for only treadmills.

   Turn the treadmill off with the ON / OFF switch, and then unplug the power cord from the outlet.

2. Loosen the rear roller adjustment bolts approximately 10 full turns. Be sure to note how many turns you have rotated the screws since this is how many turns you will tighten them at the end of this procedure.

3. Using the silicon lubricant approved by Life Fitness, apply one half of the bottle to the surface of the deck between the belt and the deck. Try to apply the majority of the lubricant to the center of the deck.

4. Visually make sure the walking belt is centered on the deck, and then tighten the rear roller adjustment bolts the same number of turns as when you loosened them.

5. Plug the treadmill in, and turn on the ON / OFF switch.

6. Operate the treadmill at 3 mph (5 km/ph), and check that the belt runs centered. If not, see the base model's Owner's Manual or *Contact Life FitnessCustomer Support Services.*.

7. Reset the **LUBRICATE WALKING BELT** message on the console. Please see Belt Lube Timer in the *Settings section* of this document.

Preventive Maintenance Tips

The following preventive maintenance tips will keep your console operating at peak performance:
- Place the product in a cool, dry place.
- Keep the console free of fingerprints and salt build-up caused by sweat.
- Use a 100% cotton cloth. Lightly moisten the cloth with water and a mild liquid cleaning product to clean the exercise equipment. Other fabrics -including paper towels- may scratch the surface. Do not use ammonia or acid-based cleaners. Use cleaners approved by Life Fitness. See the *Cleaners* section for details.
- Long fingernails may damage or scratch the surface of your console; use the pad of your finger to press the buttons on the console.
- Clean the housing on a regular basis.

Cleaners

Two preferred cleaners have been approved by Life Fitness reliability experts are PureGreen24™ and Gym Wipes™. Both cleaners will safely and effectively remove dirt, grime, and sweat from equipment. PureGreen24™ and the antibacterial formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen24™ is available in a convenient spray. Apply the spray to a microfiber cloth, and wipe the equipment. Use PureGreen24™ on the equipment for at least two minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes™ are large, durable, pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes™ on the equipment for at least two minutes for general disinfection purposes.

Contact *Life Fitness Customer Support Services* to order these cleaners.

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use only a soft cotton cloth. Apply the cleaner to the cotton cloth before cleaning. *Do not* use ammonia or acid based cleaners. *Do not* use abrasive cleaners. *Do not* use paper towels. *Do not* apply cleaners directly to the equipment surfaces.

Troubleshooting

Malfunction	Probable Cause	Corrective Action
No Power.	ON / OFF switch is not in proper position.	Turn the switch to the ON position.
	Power source is insufficient.	Plug treadmill into a dedicated circuit.
	Line cord is damaged.	Replace line cord. *Contact Life FitnessCustomer Support Services.*
	Line cord is improperly seated in socket.	Inspect power connection at wall outlet and at machine for proper contact.
	You may be in "Energy Saver Mode".	Press the "Energy Saver" button to see if the console turns on.
Treadmill striding belt slips off-center.	Floor surface is uneven.	Check levelers and level treadmill. Check striding belt and re-tension as necessary.
Maximum treadmill speed is reduced.	User is pushing striding belt. This occurs when the runner is running faster than the striding belt will travel, with the result of the striding belt being pushed with the runner's feet.	Instruct users not to push striding belt in either direction.
	User is stalling striding belt. This will occur with heavier users at lower striding belt speeds. The striding belt will "stall" if the user is traveling slower than the striding belt speed.	
	Striding belt/deck malfunctions. The deck laminate is worn through or the underside of striding belt is glazed over (hard, glossy).	Replace belt and deck. *Contact Life FitnessCustomer Support Services.*
	Power source is insufficient.	Plug treadmill into a dedicated 20 amp circuit.
Rubbing sound comes from underneath treadmill.	Foreign objects may be stuck underneath the machine.	Inspect underneath striding belt and machine. Remove any debris or objects that may cause interference with the treadmill.
Display does not illuminate when machine is powered on.	Loose connection at display console or motor control board.	Check all electrical connections for proper attachment. Contact *Contact Life FitnessCustomer Support Services.*.
MCBUS Error (Treadmill only)	Large drops in line voltage from either the wall or a bad power relay on the motor controller.	Activate the E-Stop. Unplug the unit from the wall for approximately 10 seconds to reset the system. If the problem persists, replace the motor controller.

Heart Rate Scanner

Malfunction	Probable Cause	Corrective Action
Heart rate reading is initially detected and functioning normally but then is lost.	Use of personal electronic devices, such as cell phones and portable MP3 players, causes external noise interference.	Remove the source of noise or reposition the exercise equipment.
	Equipment is in close proximity to other sources of noise such as audio/video equipment, fans, two way radios, and high voltage/ high current power lines.	
Heart rate readings are abnormally elevated.	Television sets and/or antennas, cell phones, computers, cars, high voltage power lines, motor driven exercise equipment , and another heart rate transmitter within 3 ft. (0.9 m) generate electromagnetic interference.	Move the product a few inches away from the probable cause, or move the probable cause a few inches away from the product, until the heart rate readings are accurate.
Heart rate reading is erratic or absent entirely.	Polar telemetry heart rate chest strap transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes (see The *The Polar® Telemetry Heart Rate Chest Strap*.
	Polar telemetry heart rate chest strap transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying fl at against the skin (see*The Polar® Telemetry Heart Rate Chest Strap*.
	Polar telemetry heart rate chest strap transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Polar telemetry heart rate chest strap transmitter is not within 3 ft. (0.9 m) of the heart rate receiver.	Make sure the chest strap transmitter is within 3 ft. (0.9 m) of the heart rate receiver.
	Polar telemetry heart rate chest strap battery is depleted.	Contact *Corporate Headquarters* for instructions on how to have the Polar telemetry heart rate chest strap replaced.
	Polar telemetry heart rate chest strap did not lock in with the heart rate receiver.	Make sure the Polar telemetry heart rate chest strap is properly attached to the user's chest and move closer to the heart rate receiver inside the console. Wait up to 10 seconds for the heart rate to display on the console. The overall range of the heart rate strap is approximately 3 ft. (0.9 m) after it communicates with the receiver. The strap must be 1.5 - 2 ft. (0.5 - 0.6 m) away from the receiver in order to start communicating. When the display shows a heart rate value stay within 3 ft. (0.9 m). Notes: 1. Ensure proper adherence of the Polar telemetry heart rate chest strap to user's chest. 2. Ensure proper conductivity between the electrodes and user's chest. 3. If needed, use the Polar watch to verify chest strap's operation.

How to Get Parts and Service

Refer to the Corporate Headquarters section of this manual for your local service contact information. Reference your name, address and the serial number of your Product (consoles and frames may have different serial numbers). They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

5. Specifications

Specifications

- Number of Workouts: 10
- User Profiles: 2
- Interactive Heart Rate Programming: Yes
- Heart Rate Telemetry: Yes
- Contact Heart Rate: Yes
- Goal Workouts: Yes - 3
- Race Mode: Yes
- Levels: 20
- Message Center: Yes - 16 character
- Display Type: Custom-etched LCD
- Energy Saver: Yes
- Warranty: 3 years

Shipped Dimensions	Go Console Treadmills	Go Console Cross-Trainers / Bikes
Length	18 in. / 45.7 cm.	17.5 in. / 44.5 cm
Width	18 in. / 45.7 cm.	15.5 in. / 39.4 cm.
Height	5 in. / 12.7 cm.	4.5 in. / 11.43 cm
Weight	6 lbs. / 2.72 kg.	5 lbs. / 2.27 kg.

6. Warranty

Warranty

Model	3 Year	1 Year
Go Console	Electrical & Mechanical Parts Note: Excludes 3V batteries	Labor

What is Covered

This   is warranted to be free of all defects in material and workmanship.

Who is Covered

The original purchaser or any person receiving the product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

How Long is it Covered

Residential: All electrical and mechanical components and labor are covered, after the date of purchase, as listed on the chart in this document.

Non-Residential: Warranty void (this product is intended for residential use only).

Who Pays Shipping and Insurance for Service

If the Product or any warranted part must be returned to a service facility for repairs, will pay all shipping and insurance charges during the warranty period (within the United States only). The purchaser is responsible for shipping and insurance charges after the warranty has expired.

What We Will Do To Correct Covered Defects

We will ship to you any new or rebuilt replacement part or component, or at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

What is Not Covered

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization, or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual.

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorizedLife Fitness representative.

What You Must Do

Retain proof of purchase; use, operate and maintain the Product as specified in the Manual; notify Customer Support Services of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair.

OPERATION MANUAL: It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

Product Registration

Register online at *https://lifefitness.com/home/support/product-registration*. Our receipt assures that your name, address and date of purchase are on file as a registered owner of the Product. Being a registered owner assures coverage in the event you lose your proof of purchase. Please retain your proof of purchase, such as your bill of sale or receipt.

How to Get Parts and Service

Refer to the Corporate Headquarters section of this manual for your local service contact information. Reference your name, address and the serial number of your Product (consoles and frames may have different serial numbers). They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

Exclusive Warranty

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranty coverages and terms may differ outside the United States. Please contact the Life Fitness office servicing your country (contact information found at the front of this manual) or visit the applicable local Life Fitness website to receive the specific warranty information for your country.

Changes in Warranty Not Authorized

No one is authorized to change, modify or extend the terms of this limited warranty.

Effects of State Laws

This warranty gives you specific legal rights, and you may have other rights which vary from state to state and country by country.