

# LANDICE

## L7/L8 Treadmill 90 Series Owner's Manual



Part Number: 73210-14

## Important Safety Instructions

Read all instructions before using the treadmill.

### **DANGER**

**To reduce the risk of electric shock: always unplug the treadmill from the electrical outlet immediately after using and before cleaning.**

### **WARNING**

**To reduce the risk of burns, fire, electric shock or injury to persons:**

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Close supervision is necessary when the treadmill is used by or near children or persons with disabilities.
- Use the treadmill only for its intended use as described in this manual. Do not use attachments not recommended by Landice.
- Never operate treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call your dealer or certified service provider immediately for examination and repair.
- Keep the power cord away from heated surfaces. Be sure the cord has plenty of slack and cannot be pinched under the treadmill when it elevates and de-elevates.
- Never operate the treadmill with the motor cover air openings blocked. Keep the air openings free of lint, hair, dust, or debris.
- Do not drop or insert objects into any opening on the treadmill. Be sure no objects are near or beneath the treadbelt when you are using the treadmill.
- Do not use treadmill outdoors.
- Do not operate treadmill where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, press **STOP** twice, pull the safety lanyard out, then remove plug from outlet.

### **WARNING**

#### **Failure to observe the following warning statements can result in serious injury!**

- Do not use this product without first consulting your doctor if you suffer from any illness, condition, or disability that affects your ability to run, walk or exercise.
- Do not use this product without supervision present if you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise. Failure to do so can result in serious injury should you fall while the treadbelt is moving.
- Failure to leave ample clearance around the treadmill could cause you to be trapped between the treadmill and a wall if you fall, resulting in burns or other serious injury from the moving treadbelt. **Allow a minimum clearance of 18 inches (46 cm) on each side of the treadmill. Allow a minimum clearance of 6 feet (183 cm) at the rear of the treadmill.**
- Never stand on the treadbelt when starting the treadmill. A sudden start could cause you to lose your balance. Always begin by placing your feet on the side traction strips, straddling the treadbelt, before turning the treadmill on.
- Always wear the safety lanyard clip securely on your clothing while exercising. Failure to do so can result in severe injuries should you accidentally fall while exercising.
- Test the emergency stop safety lanyard regularly by pulling on the cord and ensuring that the treadbelt comes to a complete stop when key is pulled.
- Familiarize yourself with this manual. Be sure you understand operation of the treadmill before use.
- Always follow basic safety precautions when using an electrical appliance.



**Connect treadmill to a properly grounded, dedicated electrical outlet only.**

**See the following Grounding Instructions.**



**This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harm.**

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



**Improper connection of the grounding connector can result in a risk of electric shock. Check with a qualified electrician/service technician if you are in doubt as to whether the treadmill is properly grounded. Do not modify the plug provided with the treadmill—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

### • 120-Volt Treadmills

Treadmills marked 120VAC are intended for use with a grounding plug in a nominal 120-volt circuit. Ensure the treadmill power cord is connected to an outlet having the same configuration as the plug.

**Do not plug the treadmill into a surge suppressor, GFI outlet, extension cord, or use any other adaptors with 120VAC treadmills.**

### • 200 – 250-Volt Treadmills

Treadmills marked 200-250VAC are intended for use on a circuit having a nominal rating greater than 120V and are factory-equipped with a specific power cord and plug to permit connection to a proper electrical circuit. Ensure the treadmill power cord is connected to an outlet having the same configuration as the plug. **Do not plug the treadmill into a surge suppressor, GFI outlet, extension cord, or use any other adaptors with 200 - 250VAC treadmills.**

If the treadmill must be configured for use on a different type of electrical circuit, qualified service personnel should make the proper connection.

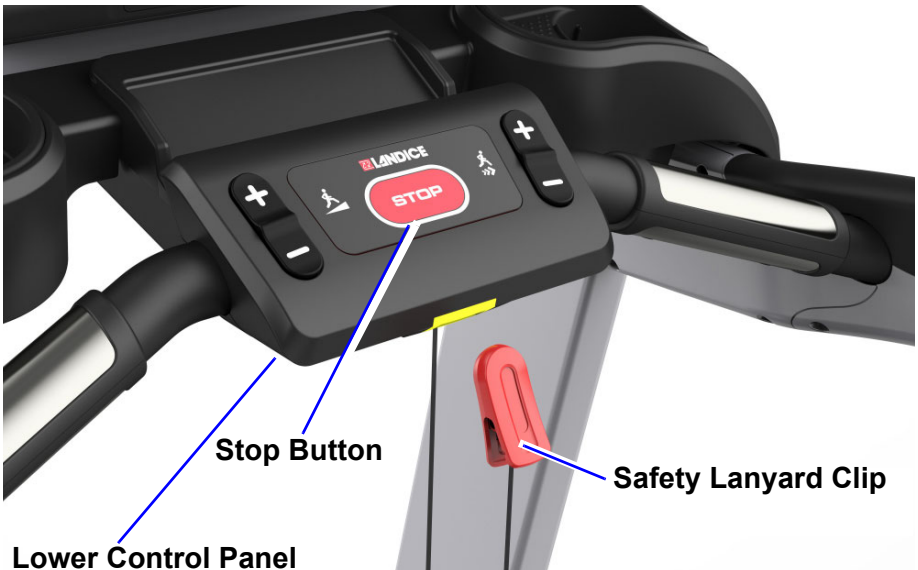
## Before you Start the Treadmill: Safety

**⚠ WARNING**

Use the heart rate values reported by the pulse grips or wireless chest strap for reference purposes only. The heart rate reported is approximate, and is not meant to replace any medical device. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

**⚠ WARNING**

The treadmill will not operate unless the yellow emergency stop Safety Lanyard Block is pushed in. During operation, pulling the safety lanyard pulls the Safety Lanyard Block out, stopping the treadmill. To help prevent injury, always clip the Safety Lanyard Clip to your clothing while using the treadmill, to stop the treadmill if you slip or fall during your workout.



### Using the Control Panel

This manual covers Landice treadmills with Pro Sport, Landice Achieve, and Landice Elite control panels. Quick start instructions for each control panel are included. For detailed instructions, read the chapter specific to your control panel:

- See “Pro Sports Treadmill Operation” on page 45
- See “Landice Achieve Treadmill Operation” on page 55
- See “Landice Elite Treadmill Operation” on page 79

### Pro Sports Treadmill Console

See page 45 for complete instructions.



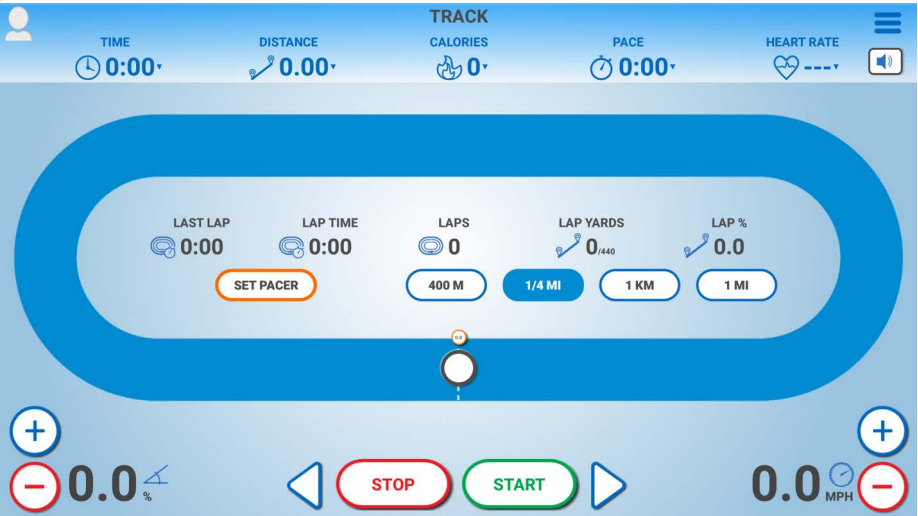
Landice Achieve Treadmill Console

See page 55 for complete instructions.



Landice Elite Treadmill Console

See page 79 for complete instructions.



A quick start guide for using the treadmill console controls is provided in the following table. Except where noted, the controls are the same for all 3 consoles.

### Treadmill Controls: Quick Start Guide

**To Start the Treadmill:** Press **START** to power up treadmill. All displays light and the treadbelt begins to move at 0.5 mph (0.8 km/hr in metric mode). To power up the Landice Elite Console: Tap the black touchscreen to awaken the console. Then press **START** to power up the treadmill.

**To Turn Off the Treadmill:** Press **STOP** once to stop the treadbelt and put the unit in pause mode. Press **STOP** twice to power down the treadmill. The treadmill will shut off and all current statistical information will be cleared.

**To Restart the Treadmill from Pause:** Press **START** to power up the treadmill from pause mode. The treadbelt will begin moving at 0.5 mph (0.8 km/hr in metric mode). If you are in a program it will restart at the paused speed.

#### **To Change Treadbelt Speed:**

Press and hold **SPEED (+)** to increase speed. Pressing for more than 2 seconds increases speed faster. Release **(+)** key when desired speed is shown on SPEED display.

Press and hold **SPEED (-)** key to slow speed. Pressing for more than 2 seconds reduces speed more quickly. Release **(-)** key when desired speed is shown on the SPEED display.

#### **To Change Treadbelt Incline:**

Press and hold **INCLINE (+)** key to increase incline. Pressing for more than 2 seconds raises incline faster. Release key when desired incline is shown on INCLINE display.

Press and hold **INCLINE (-)** key to lower incline. Pressing for more than 2 seconds lowers incline faster. Release key when desired incline is shown on INCLINE display.

#### **Menu (Landice Elite treadmills only)**

The menu icon shown above is located on the upper right side of the screen. The menu looks like three lines stacked on top of each other. Tap this icon to open the menu offering the workout screens, programs and setting options.

#### **Rotate Motivational Screens:**

Tap the left or right arrow to move between the motivational screens. The Landice Elite console also allows you to swipe left or right to view different motivational screens.

## Treadmill Controls: Quick Start Guide (Continued)

**EXPRESS KEYS (ProSports and Landice Achieve consoles):**  
**Using the EXPRESS settings causes rapid changes in speed and incline.**

Press **EXPRESS (1) INCLINE** to view the incline shortcut screen, which lets you rapidly change incline level.

Press **EXPRESS (2) SPEED** to view the speed shortcut screen, which lets you rapidly change to a different speed.

**EXPRESS CONTROLS (Landice Elite treadmills only):**  
**Using the EXPRESS settings causes rapid changes in speed and incline.**

Tap the Incline/Speed number on the console to open a pop-up window that allows selection of incline and/or speed. For residential users, each client can program and store their three favorite incline/ speed settings for one-touch response. This allows a quick increase or decrease in speed or incline.

## Switching English/Metric Display Units

The treadmill display shows English units (mph for speed, lb for weight) by default. To change to metric units (kilometers per hour for speed and kilograms for weight):

- Ensure the treadmill is plugged in and powered off.
- **Pro Sports:** press and hold **3**, **9** and **START** simultaneously while the treadmill is off, then release all. Use the **+** or **-** keys to move up and down the list and select **Toggle Units**. Then press the **START** button to select setting. Press **STOP** to save and exit.
- **Landice Achieve:** press **START** then hold **3** and **9** simultaneously during the boot-up screen, then release all. Use the **+** or **-** keys to move up and down the list and select **Toggle Units**. Then press **START** to select the setting. Press **STOP** to save and exit.
- **Landice Elite:** Tap the menu icon  (upper right corner of screen) and select **Settings**, then tap **Display Settings**. Under the **Units** section, change the measurements between English and metric as desired.

### Setting a Numeric Passcode “Lockout Mode”

The treadmills have a feature called “Lockout Mode.” This feature must be enabled to allow the end-user to select a four-digit passcode to gain access to the treadmill and prevent unauthorized persons from operating the treadmill. Please follow the steps below for your control panel to activate the passcode.

#### Pro Sports: Enabling Lockout Mode

1. While the treadmill is off press **3, 9 and START** at the same time.
2. Use the “-” to scroll down to **Toggle Lockout Mode**
3. Press **START** to turn the lockout feature on or off.
4. Press **ENTER** to enable and set up a PIN code.
5. Enter a 4-digit PIN using the keypad.
6. Confirm your PIN by re-entering the number using the keypad. Treadmill will then turn off.

\*If you forget your pin code, please use master pin 9010.

#### Landice Achieve: Enabling Lockout Mode

1. Press **START** but don't stand on the treadbelt!
2. Then press **3 and 9** at the same time during the boot-up screen.
3. Use the “-” to scroll down to **Toggle Lockout Mode**.
4. Press **START** to turn the lockout feature on or off.
5. Press **ENTER** to enable and set up a PIN code.
6. Enter a 4-digit PIN\* using the keypad.
7. Confirm your PIN by re-entering the number using the keypad. Treadmill will then turn off.

\*If you forget your PIN code, please use master pin 9010.

#### Landice Elite: Enabling Lockout Mode

Tap the hamburger menu  in the upper right corner of the screen, and select **Settings**, then tap **Equipment Setup**. Then tap **Lockout Mode** and use the up/down arrows to turn this feature on or off and to set a 4-digit PIN. When Lockout Mode is turned on, a pop-up window will appear, requiring the user to enter and then confirm a 4-digit PIN before the treadmill can be operated. If the pin is forgotten please use the master pin 9010.

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# 1. Introduction

Landice has placed over 100,000 treadmills, ellipticals and bikes in the harshest commercial environments around the world, where our fitness equipment has proven its strength and durability. Landice products are designed by a world-class development team whose innovation defines the leading edge of high-end fitness.

This manual covers several different treadmill models. Be sure you understand how to operate your treadmill's control panel before using the treadmill. Read the control panel section of this manual that applies to your treadmill, as follows:

- **Pro Sports** treadmills: See “Pro Sports Treadmill Operation” on page 45.
- **Landice Achieve** treadmills: See “Landice Achieve Treadmill Operation” on page 55.
- **Landice Elite** treadmills: See “Landice Elite Treadmill Operation” on page 79.

## 1.1. Before You Begin

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Please do the following before you start to exercise on your treadmill:

- **Register your treadmill.** Landice backs your treadmill with a strong warranty. For the factory to respond if your treadmill has a problem, we need your warranty information on file. Register online at the link below.  
<https://www.landice.com/pages/landice-product-registration-form>
- Ensure that a suitable electrical outlet is available:
  - Home Treadmills: 120VAC/15 amp dedicated circuit
  - Club Treadmills: 120VAC/15 amp dedicated circuit
- Select the proper location. The treadmill should be installed in a climate-controlled room. See “Installation” on page 25.
- Familiarize yourself with the features of the treadmill, shown in the following figures.

Figure 1-1. Treadmill Features and Controls



Table 1-1 Treadmill Features and Controls

| Item           | Description                                                                                                                                      |
|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| Control Panel  | Provides workout displays and controls. Control panels vary by model.                                                                            |
| USB Port       | Located on side of console housing. Provides a charging port for devices up to 600mA. Service use only; allows treadmill software to be updated. |
| Accessory Tray | Provides accessory storage.                                                                                                                      |
| Bottle Holder  | Holds bottles/cups.                                                                                                                              |

**Table 1-1 Treadmill Features and Controls (Continued)**

| Item                                                                                                                                                                                                                 | Description                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| Pulse Grips (2)                                                                                                                                                                                                      | Detects pulse when hands are placed on the grips, allowing treadmill to calculate and display heart rate.                                 |
| <b>Lower Control Panel Controls</b><br>The lower control panel is located between the pulse grips. This area provides easy-to-reach controls for stopping, pausing or changing speed or incline during your workout. |                                                                                                                                           |
| Speed Adjustment                                                                                                                                                                                                     | Increases/decreases treadbelt speed when pressed up/down. Performs the same function as the SPEED (+/-) keys on the control panel.        |
| <b>STOP</b> Button                                                                                                                                                                                                   | Press <b>STOP</b> once to pause the treadmill or twice to turn it off. Statistical information is cleared when treadmill is turned off.   |
| Safety Lanyard Block                                                                                                                                                                                                 | Provides the connection for the safety lanyard. The treadbelt will not move unless the safety lanyard block is pushed in.                 |
| Incline Adjustment                                                                                                                                                                                                   | Raises/lowers the front of the treadbelt when pressed up/down. Performs the same function as the INCLINE (+/-) keys on the control panel. |

## 1.2. Heart Rate Monitoring

This section provides basic concepts of heart rate monitoring so you can better understand how to use it to reach the fitness level you desire.

### 1.2.1. What is exercise intensity?

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

Your heart provides key information for determining how intensely you are working during exercise. Your heart rate (how many times your heart beats per minute) is really an efficiency

rating for your entire body. The number of times your heart beats during each minute of exercise is a measurement of the intensity of the exercise. If your heart rate is low, exercise intensity is low; if your heart rate is high, your exercise intensity is high.

### 1.2.2. What is maximum heart rate?

Maximum Heart Rate (MHR) is the maximum attainable heart rate your body can reach before total exhaustion. True maximum heart rate is measured during a fatigue or “stress” test. This test must be done in a clinical setting and is not practical or accessible for most people.

#### **WARNING**

**The use of this formula assumes no underlying heart or respiratory disease or other condition, which could be adversely affected by exercise. Consult your doctor before using this formula!**

Your maximum heart rate can be established with a high degree of accuracy using the following simple formula:

Estimated Maximum Heart Rate = 220 minus your age.

**If John is 35 years old, what is his estimated maximum heart rate?**

**John's estimated maximum heart rate is:  $220 - 35 = 185$**

185 beats per minute is the estimated maximum number of times John's heart can beat before his body would fatigue or “max out.” This number is extremely helpful because it indicates the absolute highest exercise intensity John can handle before his body wears out. The ACSM says that during exercise, John should keep his heart rate below his maximum so that he will not become exhausted and have to quit. In fact, the ACSM gives John a specific percentage range of his maximum heart rate to exercise in, known as his Target Heart Rate Zone (THRZ).

### 1.2.3. Why should I monitor exercise intensity?

Your heart is the most important muscle in your body and, like all muscles, must be exercised regularly to remain strong and efficient. According to fitness experts, exercise is more effective when you work out in a specific heart rate range or zone. This is referred to as your Target Heart Rate Zone (THRZ) and is reflected by the number of heart beats per minute. This zone can vary greatly depending on your age, fitness level and various other factors. If your heart rate is too low during exercise, your body reaps little or no benefit. This means you're not likely to see the results you want, like weight loss or increased endurance. If your heart rate is too high during exercise, you may tire too quickly, become fatigued or even run the risk of injury.

Monitoring exercise intensity helps you to stay at a level of exercise that allows you to accomplish your goals. In fact, the ACSM recommends that, in order to get the most benefit from your cardiovascular exercise, you should work within your THRZ for at least 20 to 60 minutes per workout, 3 to 5 times per week. Knowing your exercise intensity (THRZ) will allow you to work at the right level of exercise to accomplish this.

### 1.2.4. How do I determine my Target Heart Rate Zone?

Your THRZ represents the minimum and maximum number of times your heart should beat in one minute of exercise. The ACSM recommends that all individuals should work within a Target Heart Rate Zone of 60% to 85% of Maximum Heart Rate. This means that your heart rate during exercise should not fall below 60% or rise above 85% of your maximum heart rate. Let's look at John from our earlier example. John is 35 years old, so his estimated maximum heart rate is 220 minus 35, or 185 beats per minute (bpm). The ACSM recommendation is that John should exercise between 60% and 85% of 185 beats per minute to stay in his THRZ. Let's determine John's THRZ:

- John's estimated maximum heart rate: 185 bpm
- Lower target limit:  $185 \text{ (MHR)} \times 0.6 = 111 \text{ bpm}$
- Upper target limit:  $185 \text{ (MHR)} \times 0.85 = 157 \text{ bpm}$
- John's target heart rate zone: 111-157 bpm

111-157 beats per minute is the range or zone for John's heart rate during exercise in order to achieve his goals. If John is a beginning exerciser, he'll want to stay at the low end of his THRZ. If John is a more advanced exerciser, he may want to work at the higher end of his THRZ to challenge himself more. The following list shows the different intensity levels within a target heart rate zone:

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

### 1.3. Heart Rate Monitors

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#### WARNING

**Use the heart rate values reported by the pulse grips or wireless chest strap for reference purposes only. The heart rate reported is approximate, and is not meant to replace any medical device. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.**

Heart rate monitors are built into the treadmill's pulse grips, and a wireless chest strap monitor is also available on residential models.

Exercising too hard can put you at a risk for injury. A heart rate monitor reminds you of the safe and effective heart rate intensity at which you should exercise and warns you if your workouts go too far.

If you want to reach your exercise goals, it's important to stay in your THRZ during workouts. A heart rate monitor provides a reminder of the intensity and quality of each workout session.

Landice heart rate monitors are used to monitor your level of exercise intensity during workouts. Pulse meters have a high margin for error. Manual pulse measurements during exercise can result in errors as high as  $\pm 15$  beats per minute, with the risk of potential error increasing as heart rate increases.

### 1.3.1. Wireless Chest Strap Monitoring System

**Note:** The wireless chest strap is only available on residential treadmill models.

The Wireless Chest Strap transmitter works best against bare skin because sweat (salt water) is an electrical conductor. If you are having trouble getting an accurate pulse reading, try moistening the electrodes on the chest transmitter with water.

**Figure 1-2. Wireless Chest Strap Transmitter**



Center the transmitter on the chest as high under the pectoral muscles (breasts) as possible. Tighten the strap so that the belt is as tight as possible without being uncomfortable.

### 1.3.2. Contact Heart Rate Monitoring System

The Contact Heart Rate Monitoring System is designed for use at walking speeds. A natural running motion involves using your arms to maintain balance. Because the Contact Heart Rate Monitoring System requires your arms to remain stationary, we recommend using the pulse grips at speeds of less than approximately 4 mph (6.4 km/h) or the fastest speed at which you are comfortable walking.

The Contact Heart Rate Monitoring System can be used in place of the wireless chest strap to perform any of the following functions:

- Monitor your Time in Zone
- Heart Rate Control (HRC) program adjustment
- Help you maintain your Target Pulse

#### **To use the Contact Heart Rate Monitoring System:**

1. Switch to any screen that shows Pulse.

2. Grab the pulse grip portion of the center rail. When you place your hands on the grips the display flashes. The pulse will “beat” briefly and then display your heart rate. Your heart rate will be continuously monitored while your hands remain on the grips.

The HRC programs make speed and elevation adjustments to maintain your target heart rate while your hands remain on the grips. If you remove your hands the HRC programs will not change speed or elevation until you place your hands on the grips. These programs are available on the Landice Achieve and Landice Elite models.

**Note:** If you are wearing the wireless chest strap, the heart rate from the pulse grips overrides the wireless signal from the chest strap while your hands are on the pulse grips. When you release the grips, the treadmill uses the wireless chest strap signal for pulse calculation.

### 1.3.3. Bluetooth Heart Rate (Landice Elite console only)

**Note:** Before trying to connect, make sure you are wearing the Bluetooth device so it transmits a Bluetooth signal.

To connect a Bluetooth device with the Landice Elite console, tap the hamburger menu .

Select **Settings**, then tap the **Bluetooth Setup** option at the top of the page. Then, tap **Connect** in the Bluetooth Heart Rate box.

**Note:** Only one Bluetooth connection attempt can be made per minute. Some transmitters may not work with the Landice Elite console. Landice includes an analog Heart Rate Transmitter with the treadmill.

## 1.4. Treadmill Program Capabilities

---

The treadmills have the following program capabilities:

- **Built-in Programs:** You enter the program’s maximum time, speed and incline.

- **Pro Sports:** See page 48.
- **Landice Achieve:** See page 61.
- **Landice Elite:** See page 89.
- **User-Defined Programs:** A User-Defined Program looks and runs exactly like a Built-In Program. The primary difference between Built-In and User-Defined Programs is customization. User-Defined Programs allow you to manually edit individual segments.
  - **Pro Sports:** See page 51.
  - **Landice Achieve:** See page 64.
  - **Landice Elite:** See page 92.
- **Specific Goal Programs:** The numeric keypad is used to enter Time Goal, Distance Goal, and Calorie Goal.
  - **Pro Sports:** See page 53.
  - **Landice Achieve:** See page 67.
  - **Landice Elite:** See page 96.
- **Heart Rate Control (HRC) Programs:** The heart rate program will automatically vary the speed and incline based upon your target heart rate. This target training maximizes your workout performance while minimizing your workout time.
  - **Pro Sports:** Not available
  - **Landice Achieve:** See page 68.
  - **Landice Elite:** See page 93.
- **User-Defined Heart Rate Control programs:** The User-Defined Heart Rate programs are designed to allow you to set the target heart rate for up to 20 program segments.
  - **Pro Sports:** Not available
  - **Landice Achieve:** See page 70.
  - **Landice Elite:** See page 94.
- **Fitness Tests:** The Fitness Tests will measure your fitness level based on your age, gender, and performance. Your Fitness level is calculated using different protocols.
  - **Pro Sports:** Not available
  - **Landice Achieve,** See “Fitness Tests” on page 71.

- **Landice Elite:** See “Fitness Tests” on page 99.

### 1.4.1. Additional Landice Elite Program Categories

- **Race Programs** offer the choice of five different distances, and the user picks the race time and pacer speed. The user manually controls the speed to keep up or surpass the pacer. See “Race Programs” on page 96.
- **HIIT Programs:** 20-minute and 30-minute HIIT programs are available. See “HIIT Programs” on page 98.
- **HIIT User Program:** The HIIT user program is built like the HIIT 20 and HIIT 30 programs but allows the user to change the total program time. See “HIIT Programs” on page 98.
- **Virtual Runs:** There are five virtual run programs that offer different scenery and adjust speed and incline throughout the program.

## 2. Installation

### 2.1. Tools Needed

---

- Socket set with 3/8" socket, 1/2" socket, and 9/16" socket
- Open end wrenches 14mm and 19mm, or adjustable open end wrench
- Hex wrenches: 4mm, 5mm, 6mm
- Cross-tip screwdriver
- Razor blade knife

### 2.2. Unpacking

---

Unpacking and installation of the treadmill should be done by a qualified technician. The packaged treadmills are very heavy and weigh as follows:

- L7 models: 360 lb, packaged
- L8 models: 435 lb, packaged



**To avoid injury, use caution when moving and lifting the treadmill during unpacking and assembly.**

**Note: Move the shipping crate/pallet to location of final assembly. Allow 3-5 feet working space to safely remove box and pallet.**

1. Remove strapping from box and pallet. Use caution, straps may be under tension.
2. Using a razor knife carefully cut the box just above the staple line on all four sides shown in Figure 2-1. Remove box and discard.
3. The treadmill and final assembly components including 90 Series Hardware kit for both models are held together with strapping. Remove these straps using caution as they may be under tension.

4. Carefully lift and remove upright tower and assembly component boxes from treadmill base. Place these items safely aside for assembly. (See “Assembly” on page 27.)
5. Position yourself at end of treadmill running surface and using both hands carefully lift and slide treadmill off the pallet to left or right. Repeat process at opposite (heavy end). Remove pallet and discard.

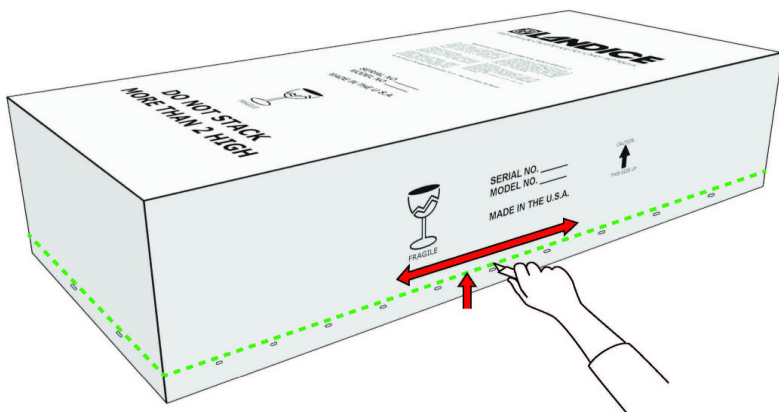
### CAUTION

**Be careful! Straps are under tension.**

### CAUTION

**To avoid damaging the treadmill, DO NOT cut through the center of the box.**

**Figure 2-1. Cut Line**



## 2.3. Assembly

**⚠ WARNING**

Failure to leave ample clearance at the rear of the treadmill could result in the user becoming trapped between the treadmill and the wall should the user accidentally trip and fall while exercising.

Locate the plastic bag that contains the Owner's Manual and the 90 Series Hardware Kit.

• **90 Series Hardware Kit contains:**

- Handrail screws: 12x, M8x15 socket head cap screws
- Upright securing bolts: 1/4-20x1" bolts-6x
- 1/4-1" fender washer 2x
- Console screws: 4x, M6x70 button head socket head screws
- Cup holder screws: 6x, M6x16 button head socket head screws

### 2.3.1. Base Assembly Instructions

Position the base where the treadmill is to be located:

- Allow a minimum clearance of 18 inches (46 cm) on each side of the treadmill.
- Allow a minimum clearance of 6 feet (183 cm) at the rear of the treadmill.

**Note:** Do not remove the wire tie protruding from Upright Center Hole on upright. You will need this to guide the upper wire harness down through the upright in "Accessory Tray Installation" on page 33.

Attaching Hardware is provided in the hardware kit.

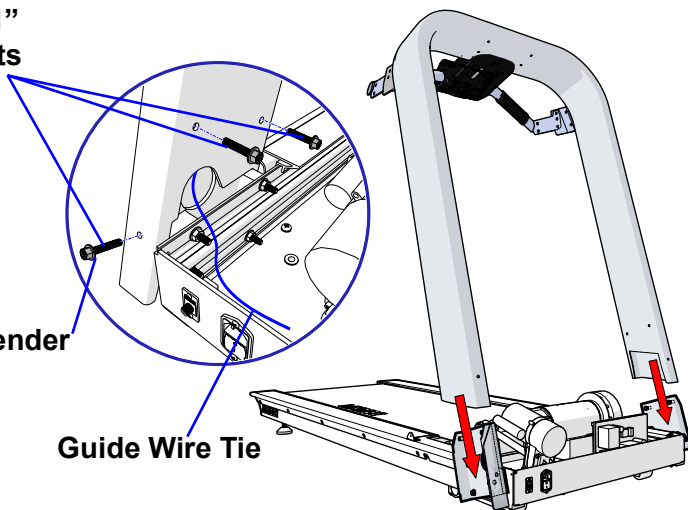
1. Slide the upright down over both brackets (Figure 2-2). Upright legs may require slight compression to properly fit between the upright brackets. Secure each side using three 1/4-20x1" bolts per side. Install two inside bolts first, then the outside bolt with 1/4x1" fender washer (Figure 2-2). Tighten all securely. The right side is shown in the detail. Attaching Hardware is provided in the hardware kit.

**Figure 2-2. Upright Installation**

**1/4-20x1"  
(3x) Bolts**

**1/4-1" Fender  
Washer**

**Guide Wire Tie**

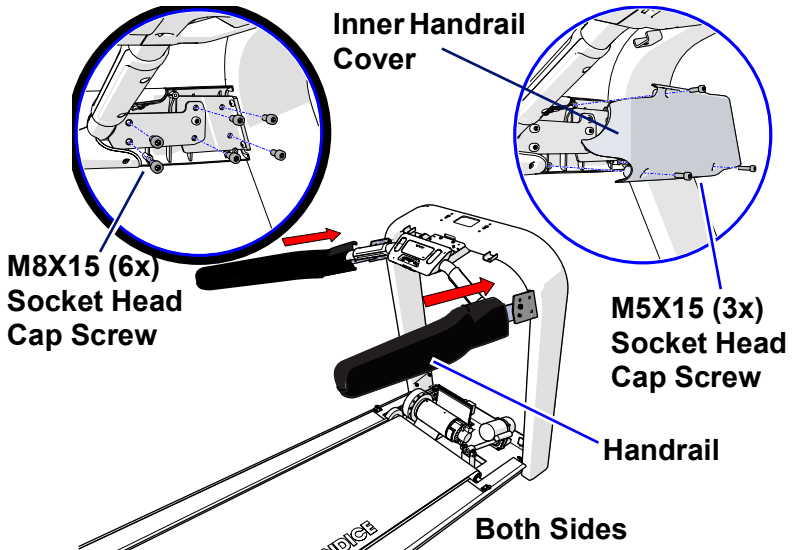


2. Proceed to either "Handrail Installation" below or 2.3.3 "Optional Medical Rail Installation" as appropriate for your treadmill.

### **2.3.2. Handrail Installation**

1. Using a 4mm hex wrench, remove (3) M5X15 screws from each inner handrail cover. Slide the handrail onto the bracket found on the upright and secure with (6) M8x15 socket head cap screws found in the 90 Series Hardware Kit. Repeat on other side. (Figure 2-3).

Figure 2-3. Handrail Installation



2. Install the inner handrail covers on both sides with (3) M5x15 socket head cap screws using the 4mm hex wrench.

### 2.3.3. Optional Medical Rail Installation

**Optional Medical Rail Hardware:** The medical rail hardware is attached to the medical rail: (2x) 5/16" bolts and (2x) 5/16" lock washers (Figure 2-6).

Tools needed:

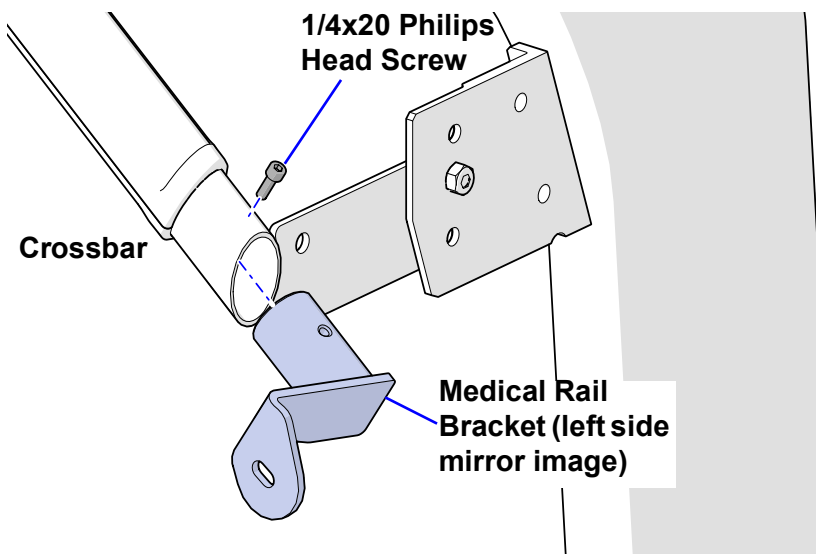
- 4mm Allen Wrench
- 6mm Allen Wrench
- ½" Socket Wrench
- Cross Tip Screwdriver

Parts provided:

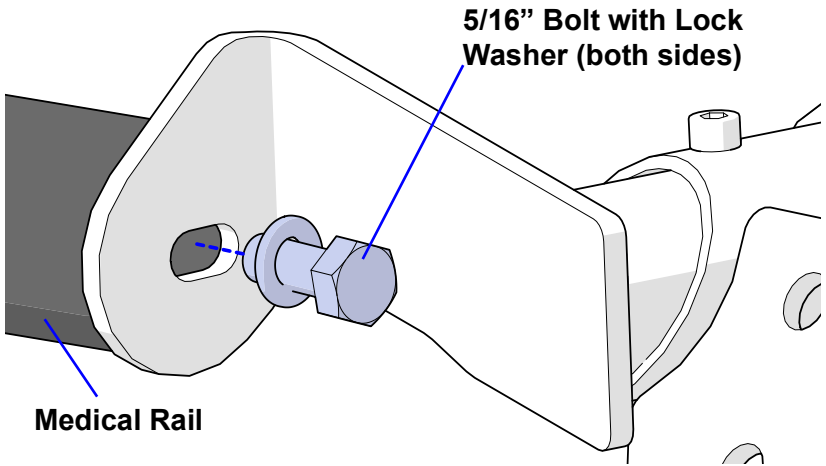
- 2-Medical Rails (Left and Right)
- 2 Medical Rail Brackets located inside medical rail cover box
- 2 Medical rail covers: left and right
- 12 Medical rail cover screws, M8x16, found in the 90 Series Hardware Kit

- 2- 5/16" bolts to attach Medical Rail to Medical Rail Bracket (Figure 2-5) with 2-5/16" lock washers - found in Medical Rail
  - 4-4x20 self-tapping screws (Figure 2-6) to mount Medical Rail to Frame - found in frame
1. Locate both Medical Rail Brackets (Figure 2-4), insert them into both ends of the Crossbar and secure them in place using 1/4x20 hex head screws and 7/16" socket to Crossbar.

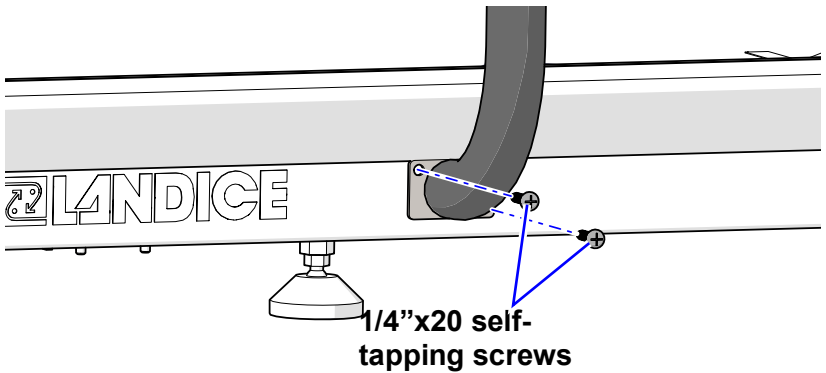
**Figure 2-4. Medical Rail Bracket Installation**



2. Attach Medical Rail to Medical Rail Bracket (Figure 2-5) using 5/16" Hex Bolt with lock washer and 1/2" wrench.

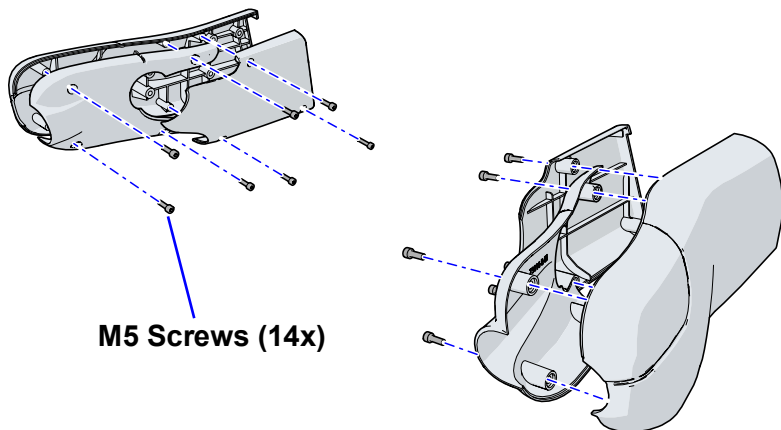
**Figure 2-5. Medical Rail Bolt**

3. Attach Medical Rail to Frame (Figure 2-6) using 1/4x20 self-tapping screws with long cross tip screwdriver.

**Figure 2-6. Medical Rail to Frame Attachment Points**

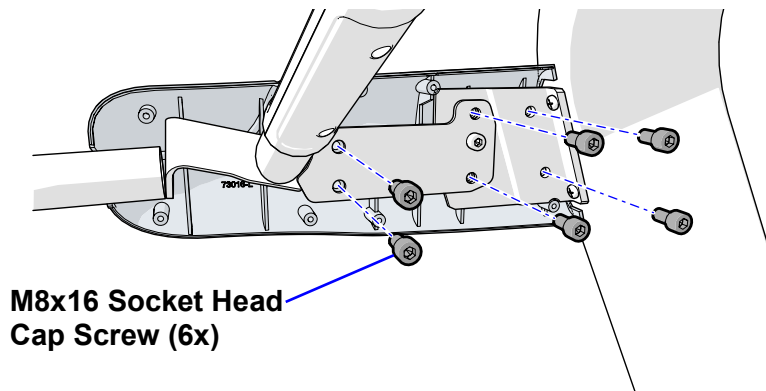
4. Separate the Covers as shown below (Figure 2-7).

**Figure 2-7. Medical Rail Covers**



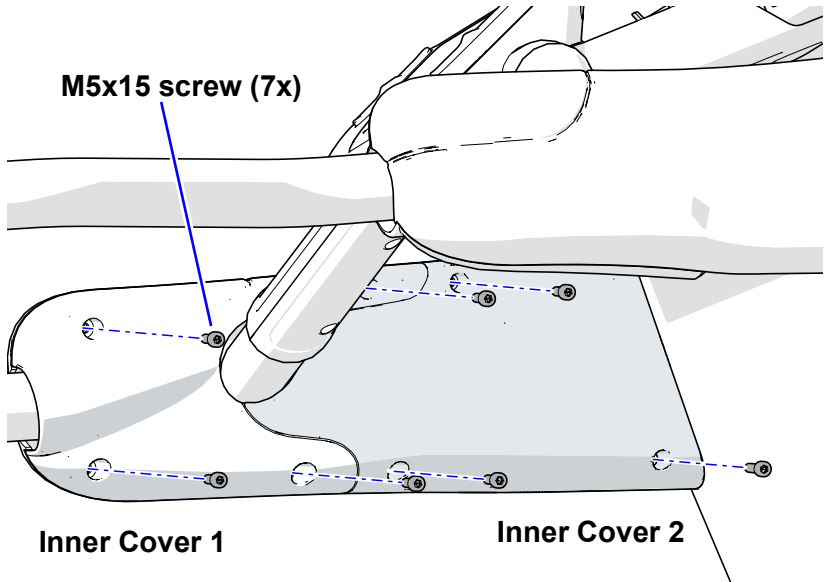
5. Remove (7) M5 socket head cap screws holding each medical rail cover assembly together. Separate each set of covers for installation, attaching hardware will be reused. (Figure 2-8).

**Figure 2-8. Outer Cover Mounting Points**



6. Begin with left outside cover installation by inserting the (6) M8x16 Socket Head Cap Screws (found in 90 series hardware kit) through the upright mounting bracket into the outside cover corresponding threaded holes. Be certain to start all (6) screws by hand prior to tightening. Repeat steps for right outside cover installation.

**Figure 2-9. Inner Covers Installation**

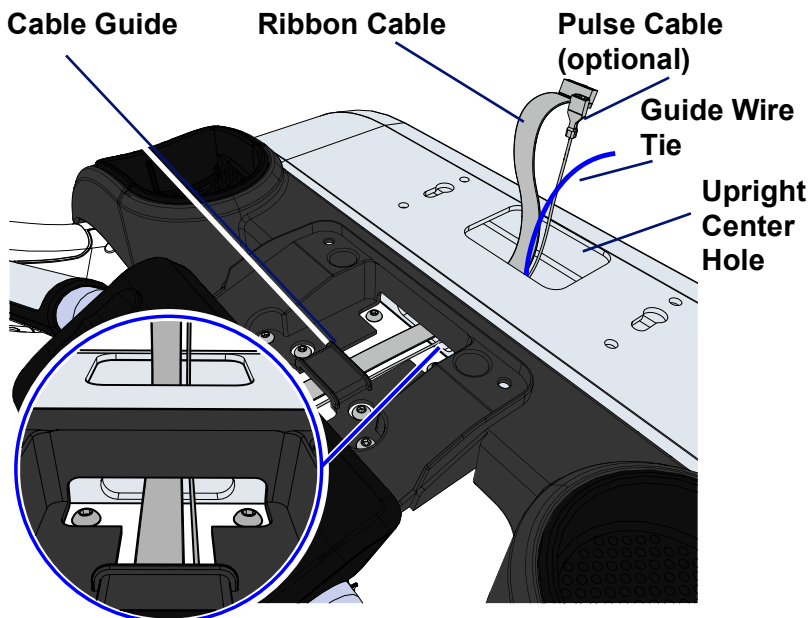


7. Attach inner left Cover 1 using (4) M5 socket head cap screws removed during Medical Rail Cover disassembly. (Figure 2-9).
8. Attach inner left Cover 2 using (3) M5 socket head cap screws removed during Medical Rail Cover disassembly. (Figure 2-9).
9. Repeat steps 6, 7 and 8 to attach right side outer and inner covers.

#### **2.3.4. Accessory Tray Installation**

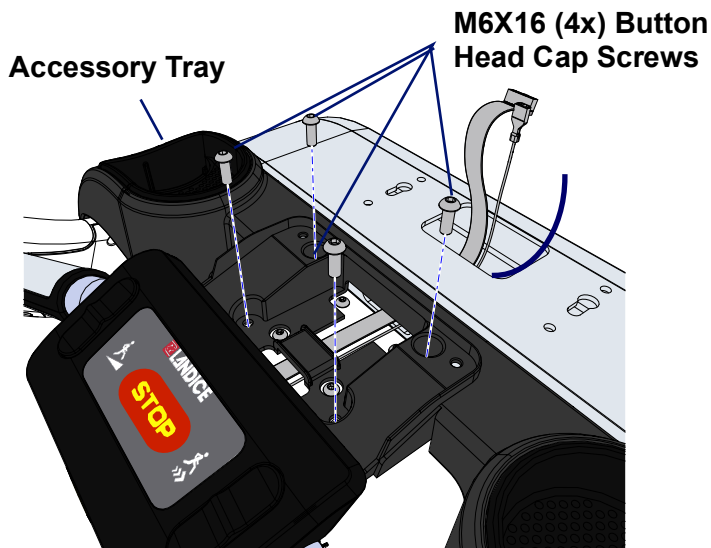
1. Locate the Ribbon Cable and Pulse Cable (optional) coming from the Lower Control Panel. Feed them through the cable guide in the accessory tray and up through the hole in the center of the upright (Figure 2-10).

**Figure 2-10. Lower Control Panel Cables**



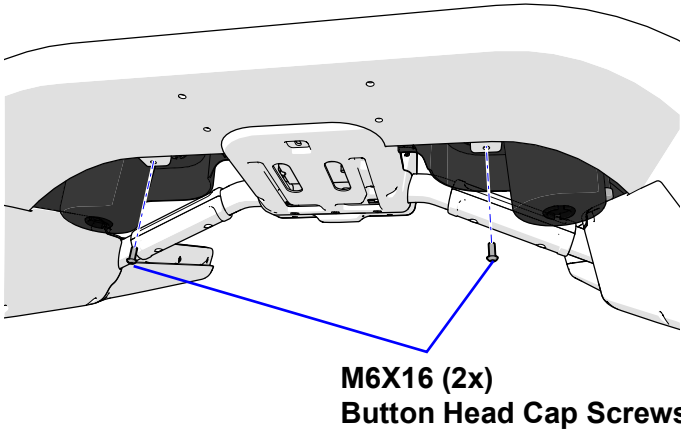
2. Place the accessory tray over the handrails and secure from the top with (4) M6x16 screws found in the hardware kit, using 5mm hex wrench.

**Figure 2-11. Accessory Tray Installation - Upper Screws**



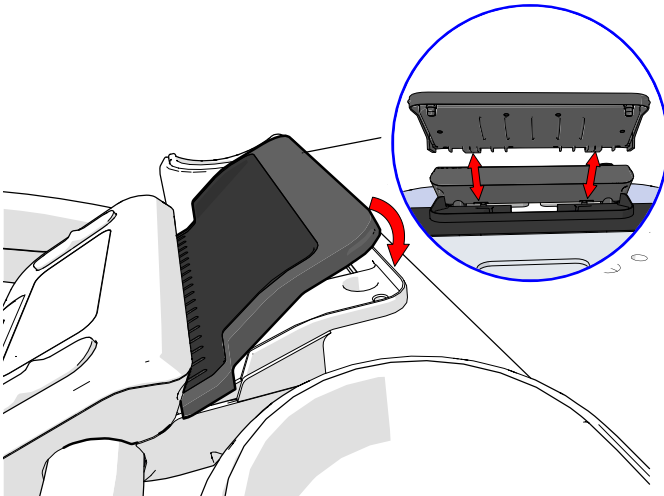
3. Use the 5mm hex wrench to attach the accessory tray from below with (2) M6x16 button head cap screws from the hardware kit. (Figure 2-12). **Tip:** Start both screws before tightening.

**Figure 2-12. Accessory Tray Installation - Lower Screws**



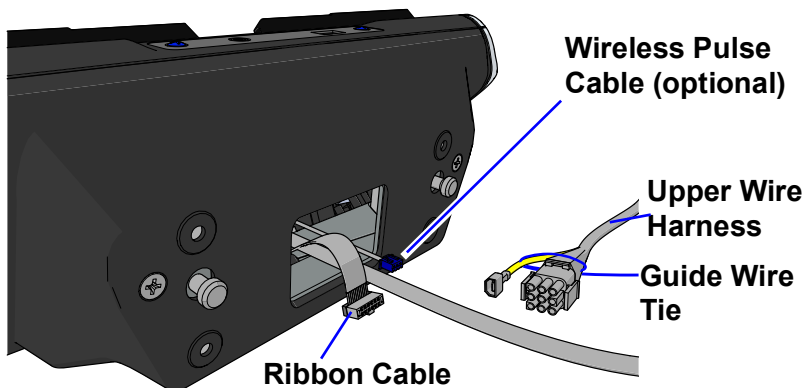
4. Engage the tray tabs in the notches of the accessory tray. Rotate the Accessory Tray as shown to snap the posts into their receivers. (Figure 2-13).

**Figure 2-13. Accessory Tray Tabs**



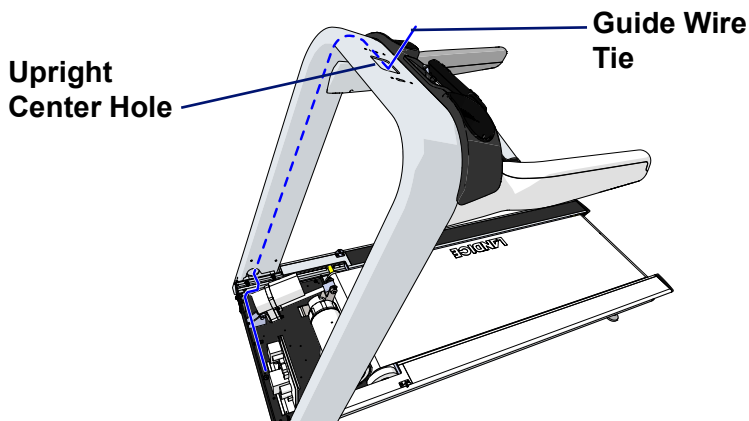
5. Remove Display Console from box. There are (3) cables coming from the bottom of the Console: the long Upper Wire Harness, the flat ribbon cable, and the optional wireless pulse cable. (Figure 2-14).

**Figure 2-14. Display Console Cables**



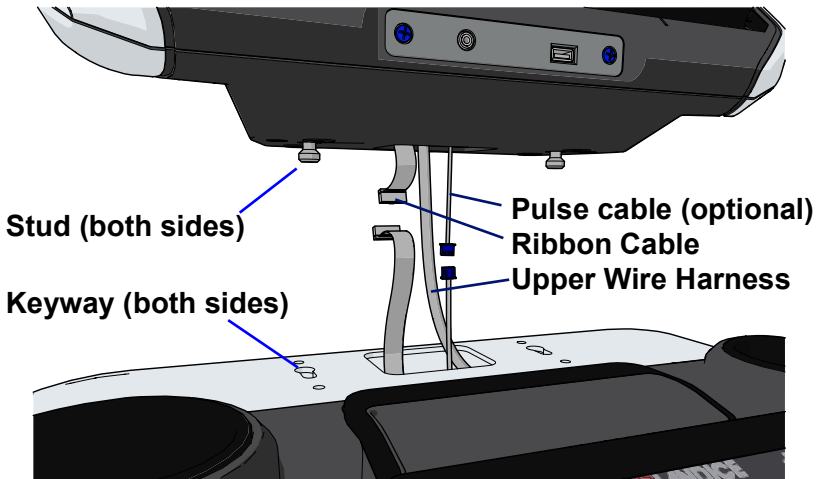
6. Find the wire tie coming from the Upright Center Hole. Wrap the wire tie around the Upper Wire Harness (see Figure 2-14) and feed the connectors into the Upright Center Hole. Pull the wire tie from the lower access hole to guide the Upper Wire Harness through the upright and out of the lower access hole (Figure 2-15) into the motor pan.

**Figure 2-15. Upper Wire Harness Routing Path**



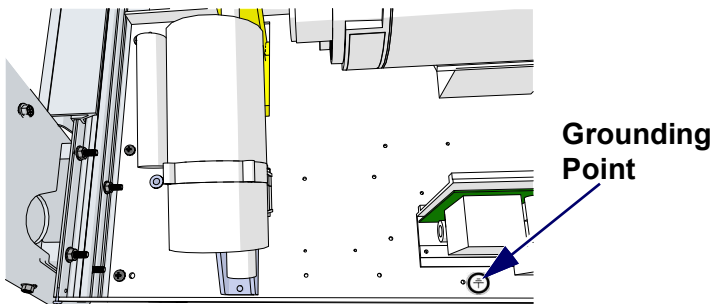
7. Connect the ribbon cable and the pulse cable (optional) from the upright center hole to the corresponding cables from the Display Console (Figure 2-16).
8. Ensure cables are not crimped or caught between console and upright, then engage the studs on the console in their keyways in the upright then pull forward to lock the Display Console in place. (Figure 2-16).

**Figure 2-16. Console Assembly Installation**

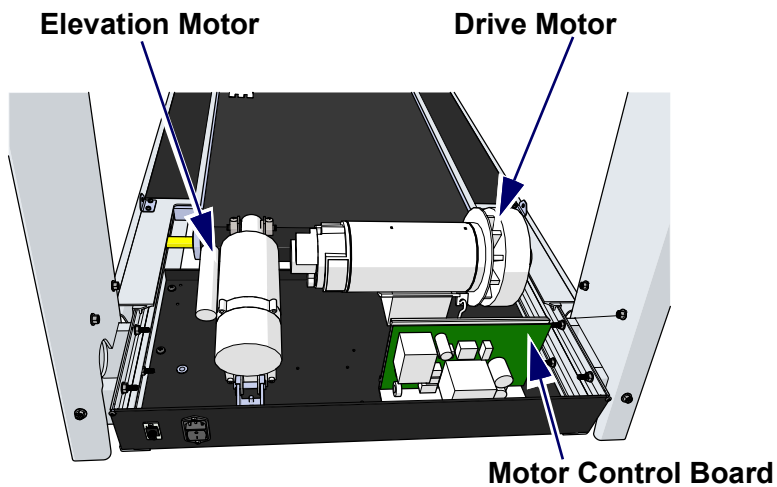


9. Remove power cord from motor pan and plug into receptacle at front of treadmill.
10. Run the Upper Wire Harness behind the Elevation Motor (opposite screw end, Figure 2-18) and connect it to the Motor Control Board.
11. Push ground wire from upper harness to the grounding cable wire coming from the motor pan.

**Figure 2-17. Base Grounding Point**



**Figure 2-18. Motor Wiring Connections**



12. Using (4) M6x70 button head cap screws from the 90 Series Hardware Kit and a 5mm hex wrench, secure Display Console assembly to upright. (Figure 2-19).

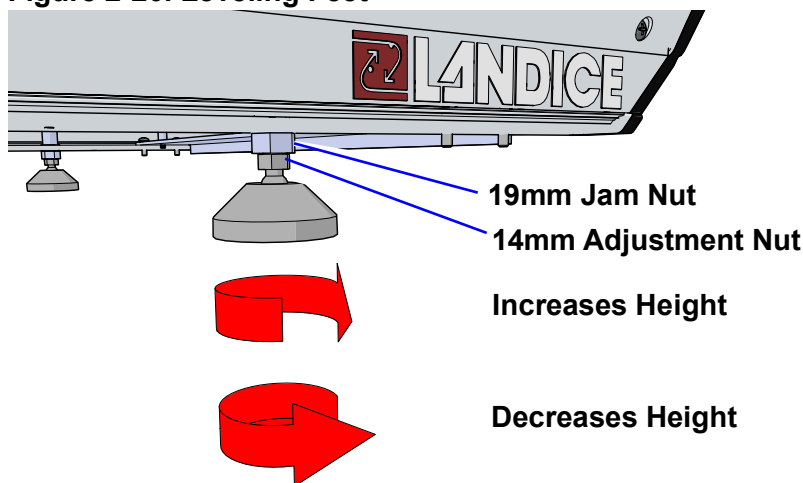
**Figure 2-19. Console Assembly Bolts**



### 2.3.5. Leveling Feet

1. Confirm that all treadmill feet are touching the ground. If necessary, loosen the 19mm and 14mm nuts using open end or adjustable wrench, until foot touches the floor. (Figure 2-20).

**Figure 2-20. Leveling Feet**



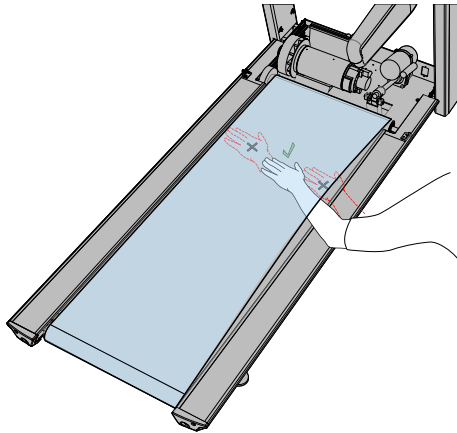
2. Place a level across the rear of the machine and stand in the middle of the running surface, facing the rear of the treadmill. Check if the bubble is centered on the level.
  - If the bubble goes to the right (while standing on treadmill), adjust the left rear foot. Loosen the 19mm nut by turning it clockwise and rest it against the 14mm nut. Turn the 14mm nut clockwise to raise the foot. Stop adjusting the foot when the bubble is centered on the level.
  - If the bubble goes to the left (while standing on treadmill), adjust the right rear foot. Loosen the 19mm nut by turning it clockwise and rest it against the 14mm nut. Turn the 14mm nut clockwise to raise the foot. Stop adjusting the foot when the bubble is centered on the level.
3. Confirm that the bubble is centered on the level.

4. Lock each leveling foot into place by threading the 19mm nut until it touches the bottom of the frame. Turn the 19mm nut counterclockwise and 14mm nut clockwise using an open end wrench to lock each foot into place.

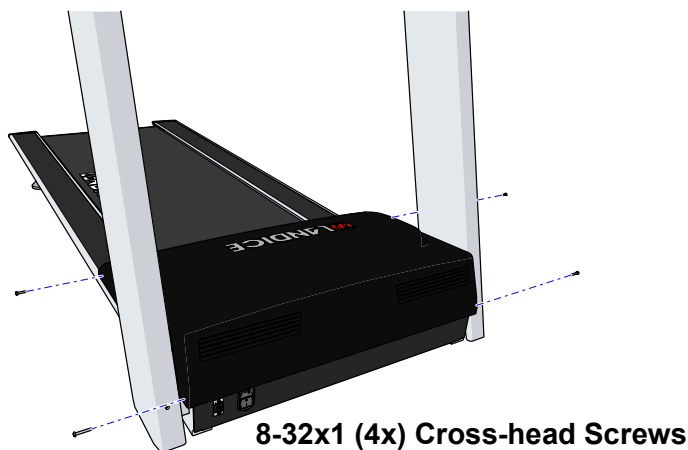
### 2.3.6. Treadbelt Tensioning

1. Before checking treadbelt tension, make sure treadmill is level. (See “Leveling Feet” on page 40.) At proper tension you should be able to place your hand between the belt and deck and reach the center of the treadmill (Figure 2-21).
  - If you cannot reach the center, the belt is too tight.
  - If your hand reaches past the center, the belt is too loose.

**Figure 2-21. Treadbelt Tension Check**



**Figure 2-22. Motor Cover Screw Locations**



2. To install the motor cover, remove (4) 8-32x1 cross head screws from the frame (Figure 2-21). Tilt motor cover between uprights and place over motor pan. Using the cross head screws you just removed from the frame, install the motor cover.

**⚠ WARNING**

**Do not plug treadmill into a surge suppressor or GFI outlet.**

3. Plug the treadmill power cord into a dedicated power outlet. Ensure that the power cord has plenty of slack and will not be pinched beneath the treadmill as the treadmill elevates up and down.
4. Turn on the power switch located next to the power cord and make sure the safety lanyard block is pushed in. Start the treadmill and increase speed to 2 mph. Check that the treadbelt is tracked (centered) and not moving off to one side. If belt is going toward one side, follow tracking instructions in step 9. If belt is tracked (centered) correctly, proceed to walk on the treadmill at 2 mph. If belt feels like it is slipping under your feet, follow tension instructions in step 8.
5. When belt tension and tracking are both correct, move to the next step.

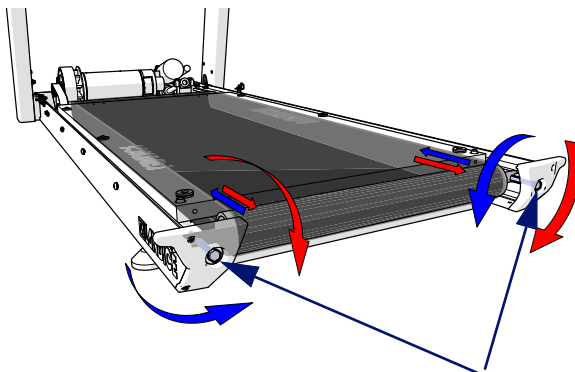
6. Start treadmill and walk at 2 mph for 20 minutes, walking from front to back over the entire surface, to properly “walk in” the lubrication.
7. As you walk, test the treadmill by adjusting speed and incline. Ensure all displays light.
8. The treadbelt is tracked (centered) and tensioned by the take-up screws located at the back of the treadmill (Figure 2-23). If the treadbelt is too loose (slipping as you walk), turn both screws clockwise by 1/4 turn to tighten using the 9/16” socket.



**DO NOT OVER-TIGHTEN the belt. The rollers and motor can be damaged.**

9. If the treadbelt does not track straight, adjust speed to 3 mph and tighten the screw on the side to which the belt is pulling by 1/4 turn. Allow time for belt to adjust, approximately 2-3 minutes. Adjust by 1/4 turn as necessary to achieve proper tracking. If more than 3/4 turn is necessary, loosen the opposite side by 1/4 turn.
10. Recheck tension and tracking to confirm the adjustments.

**Figure 2-23. Treadbelt Tensioning Take-up Screws**



**Treadbelt Take-up Screws (2x)**

11. After confirming proper treadmill operation, turn the treadmill off by pressing **STOP** twice.
12. Your treadmill is now ready for use.



## 3. Pro Sports Treadmill Operation

### 3.1. Pro Sports Control Panel



Table 3-1 Pro Sports Control Panel Functions

| Function           | Description                                                                                                                                                                                                              |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>INCLINE</b>     | Displays the incline of the treadmill in percent (%).                                                                                                                                                                    |
| <b>SPEED</b>       | Displays the current speed of the treadbelt in MPH (km/hr in metric mode).                                                                                                                                               |
| <b>START</b>       | Powers up the treadmill. All displays light and the treadbelt begins moving at 0.5 mph (0.8 km/hr in metric mode). The <b>START</b> button will also take the treadmill out of pause mode and resume treadbelt movement. |
| <b>STOP</b>        | Press <b>STOP</b> once to pause the treadmill or twice to turn it off. Statistical information is cleared when the treadmill is turned off.                                                                              |
| <b>MANUAL MODE</b> | To manually control the speed and incline of the treadmill, press the button below the word <b>MANUAL</b>                                                                                                                |

Table 3-1 Pro Sports Control Panel Functions (Continued)

| Function                                                                                                                   | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>PROGRAMS</b>                                                                                                            | To use the built-in and user-defined workout programs: Press the button below the word PROGRAMS at any time to display the programs selection screen. Use arrow to scroll through the built-in and user-defined program previews and select the desired program by pressing <b>ENTER</b> . You are then prompted to enter the program's specific parameters (Maximum Speed, Incline, Time, etc.). Use the numeric keypad or the arrow to select the desired values. Press <b>START</b> to begin the program |
| <b>PLUS KEY</b>                                                                                                            | Press and hold the <b>(+)</b> to increase incline or speed. Pressing for longer than 2 seconds causes the incline or speed to increase at a faster rate. Release the key when the display shows desired incline or speed.                                                                                                                                                                                                                                                                                   |
| <b>MINUS KEY</b>                                                                                                           | Press and hold to the <b>(-)</b> to decrease incline or speed. Pressing for longer than 2 seconds causes the incline or speed to decrease at a faster rate. Release the key when the display indicates desired incline or speed.                                                                                                                                                                                                                                                                            |
| <b>ARROW KEYS</b>                                                                                                          | The buttons below the left and right arrows move between display sections or to set values.                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>EXPRESS 1</b><br><b>EXPRESS 2</b>                                                                                       | <b>EXPRESS 1</b> controls the Incline and <b>EXPRESS 2</b> controls the Speed. In conjunction with the numeric keypad this allows you to directly enter a target speed or incline without using the <b>(+/-)</b> keys. Press <b>EXPRESS 1</b> for Incline or <b>EXPRESS 2</b> for Speed, then enter the desired value using the numeric keypad. Wait 3 seconds for the treadmill to adjust to the new settings.                                                                                             |
| The numeric keypad is used to change speed and incline with the Express keys, enter user settings, and configure programs. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

### 3.2. Display Features

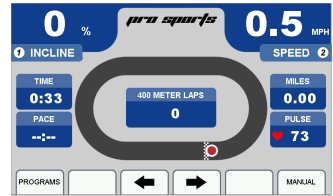
The screens at right are the options available for displaying workout information. Table 3-2 provides information about the available options.

To toggle between these screens during your workout, use the arrow keys.

To customize the information displayed on the Personalized Stats screen, select “Customize Display” to edit the screen. Use the arrows to toggle through the options and press **ENTER** to confirm your selections.



**Personalized Stats**



**Track Screen**



**Statistics Screen**

**Table 3-2 Display Features**

| Feature                                                       | Description                                              |
|---------------------------------------------------------------|----------------------------------------------------------|
| <b>TIME</b>                                                   | Time logged on treadmill displayed as “Minutes: Seconds” |
| <b>DISTANCE</b>                                               | Miles logged on treadmill (kilometers when in metric)    |
| <b>PACE</b>                                                   | Time to complete 1 mile (1 kilometer when in metric)     |
| <b>CALORIES</b>                                               | Total calories burned, based on user weight              |
| <b>CALS/HR</b>                                                | Rate in calories/hour, based on user weight              |
| <b>LAP (PROGRESS)</b>                                         | 1/4-mile (400 meter in metric) track and Lap Indicator   |
| <b>LAP (COUNTER)</b>                                          | Number of laps completed                                 |
| <b>PULSE</b>                                                  | Current heart rate                                       |
| <b>METS*</b>                                                  | Current MET level, based on user weight/incline/speed    |
| *One MET is the energy consumed at rest by the average adult. |                                                          |

### 3.3. Using the Pro Sports Treadmill

---

1. Make sure you have read and understand this owner's manual before beginning.
2. Plug the treadmill power cord into its outlet.
3. Straddle the treadbelt with one foot on each traction strip.
4. Press **START**. The power-up screen is displayed
5. After 3 seconds the treadbelt starts moving at 0.5 mph (0.8 km/h in metric mode).
6. Enter your weight using the numeric keypad and then press **ENTER** or wait 3 seconds to advance to the first of the motivational screens.
7. The treadmill is now ready to use. You can vary the speed or incline as desired by using the SPEED (+/-) and INCLINE (+/-) keys.

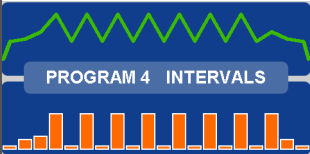
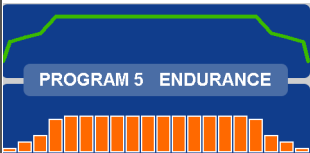
### 3.4. Using the Built-in Programs

---

#### 3.4.1. Description

You can choose from 5 Built-in Programs. Each program lets you select a maximum speed, incline and time, from 10 to 99 minutes. (Intervals Program requires a minimum speed and incline). When set, the treadmill will not go above the maximum number unless manually overridden. Each program has 20 segments of equal time, beginning with 3 warm-up segments and ending with 2 cool-down segments. For example, a 40-minute program contains 20 two-minute segments.

Table 3-3 Pro Sports Built-In Programs

| Screen                                                                             | Program Description                                                                                                                                                                                                                                                         |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <b>FAT BURN:</b> This program features two elevation peaks along with gradual changes in speed. The overall goal is to raise heart rate, maintain the raised heart rate for most of the workout, then gradually bring heart rate down during the last 2 cool down segments. |
|    | <b>INTERMEDIATE:</b> This program features 5 elevation peaks matched to changes in speed. The overall goal is to vary heart rate by elevating and lowering it several times, providing a challenging cardiovascular workout.                                                |
|    | <b>ADVANCED:</b> This program features high elevations combined with top speeds. The overall goal is to raise heart rate using speed and elevation for an advanced cardiovascular workout.                                                                                  |
|    | <b>INTERVALS:</b> This program features high speeds and elevations alternating with low speeds and elevations. The overall goal is to vary your workout, taking you from peak level to recovery 8 times throughout the workout.                                             |
|  | <b>ENDURANCE:</b> This program features a maximum speed with maximum elevation. The overall goal is to raise heart rate with speed and elevation for the ultimate cardiovascular workout.                                                                                   |

### 3.4.2. Running a Built-In Program

1. Start a workout as outlined in “Using the Built-in Programs” on page 48.
2. Press **PROGRAMS** to display the Programs selection screen.
3. Select a built-in program by using the arrow keys or press the **PROGRAMS** button to scroll through the list, then press **ENTER**. You are prompted to enter the following program parameters:
  - **Maximum Speed:** This scales the speed curve to the maximum speed entered.
  - **Maximum Incline:** This scales the elevation curve to the maximum incline entered.
  - **Program Time:** Sets the total length of time you want the program to run.
  - **Minimum Speed/Incline:** INTERVALS Program only.
4. Enter the Maximum Speed using the numeric keypad or the arrow to select a value, then press **ENTER** or wait 3 seconds.
5. Enter the Maximum Incline using the numeric keypad or the arrow to select a value, then press **ENTER** or wait 3 seconds.
6. Enter Program Time using the numeric keypad or the arrow, then press **ENTER** or wait 3 seconds. The time should be at least 10 minutes and not more than 99 minutes.
7. Press **START** to begin your workout. The Program Progress Detail screen displays your current segment speed, incline and remaining time.
8. To view all the other segments, press and hold **ENTER** for 3 seconds. Use the arrow keys to move left or right. To exit, press **ENTER**.
9. Press **ENTER** or arrow keys at any time to view any of the other motivational screens during your program, including the Program Profile screen to see a program overview. When viewing a motivational screen other than the

Program Progress Detail screen during a segment change, the display temporarily shows the Program Progress Detail screen then returns to the original screen. During a segment change, the speed and/or incline window will flash if there is a change in either.

### 3.5. Pro Sports User Programs

Landice Pro Sports treadmills can store up to 5 individual, modifiable user-defined program profiles.

A user-defined program looks and runs exactly like a built-in program, but it can be customized to suit the user. Unlike the built-in programs, user-defined programs allow editing of individual segments as well as the number of segments.

1. Press **PROGRAMS** to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or the arrow keys. When USER PROGRAM PREVIEW is shown, press **ENTER**. The User Program Preview Screen displays the program overview and total program time.
3. Press **ENTER** or wait 3 seconds. The screen displays PRESS START TO BEGIN OR ENTER TO EDIT.
4. Press **ENTER**. EDIT MODE requires a time for segment 1 (area in BOLD).

| EDITING USER PROG 1                                                                                                                                                                                                                                   | SEGMENT 1   | SEGMENT 2         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-------------------|
| SPEED                                                                                                                                                                                                                                                 | <b>3.0</b>  | SPEED <b>5.0</b>  |
| INCLINE                                                                                                                                                                                                                                               | <b>0</b>    | INCLINE <b>3</b>  |
| TIME                                                                                                                                                                                                                                                  | <b>3:00</b> | TIME <b>14:00</b> |
| Use SWITCH FOCUS to toggle between Speed, Incline & Time.<br>Use Numeric Keypad or Speed/Incline + / - keys to enter new values.<br>Use PREVIOUS/NEXT keys below to change segments.<br>After desired final segment, set 0:00 as Time to END program. |             |                   |

**Note:** Press **SWITCH FOCUS** to toggle between speed, incline and time values for the current segment. To change segments, press **NEXT SEGMENT** or **PREVIOUS SEGMENT**. You can change segments in either the forward or reverse direction.

5. Use the numeric keypad to change the value and press **SWITCH FOCUS**. Continue to another segment by pressing the next or previous segment keys.
6. If you want a program to have less than 20 segments, create the last segment with 0 in the time field. The time reads END. The program ends when it reaches this segment.
7. When you finish editing your User-Defined Program, you can begin your program by pressing **START** or **DONE**.

**Note:** If you attempt to advance the cursor past the 20th segment, you are prompted with **PRESS START TO BEGIN OR EDIT TO SET UP**. You can also exit Edit Mode by pressing **MANUAL MODE** or **PROGRAMS** at any time.

### 3.5.1. Learn Mode

When you run a User-Defined Program and the speed or incline is adjusted, the treadmill saves the last change to the current segment.

**Note:** Learn Mode allows you to adjust existing segments in your user program, but you cannot add segments to it in Learn Mode.

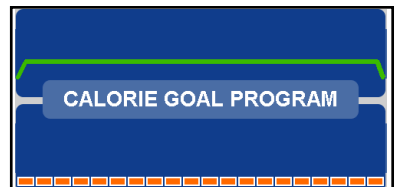
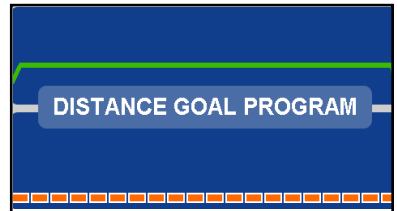
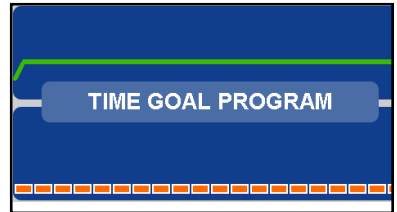
1. Start a workout, then press **PROGRAMS** to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or use the arrow keys. When the **USER PROGRAM PREVIEW** you desire is shown, press **ENTER**.
3. Press **START** to begin your program. When you begin, the Program Progress Detail screen is displayed. The speed and incline values of your current segment are displayed in the center. To change the speed or incline of your current segment, press the **SPEED (+/-)** or **INCLINE (+/-)** keys. The modified segment is stored with these new settings for the next time you run this program.

### 3.6. Specific Goal Programs

The Pro Sports Treadmill provides Specific Goal programs. Whether you want to go for a 3-mile run, burn 1,000 calories, or simply exercise for 15 minutes, the Goal Progress screen accurately assesses your progress with a variety of statistics. During these programs you retain full manual control.

1. Start a workout as outlined in “Running a Built-In Program” on page 50.
2. Press the arrow button under Programs to display the Programs selection screen and select the goal program that you want to run:

- For TIME GOAL PROGRAM, set a Program Time Goal using the numeric keypad or the arrow keys. Enter a time from 10 to 99 minutes, then press **ENTER** or wait 3 seconds.
- For DISTANCE GOAL PROGRAM, set a Program Distance Goal using the numeric keypad or arrow keys. Enter a distance from 0.1 to 99.9 miles (km in metric), then press **ENTER** or wait 3 seconds.
- For CALORIE GOAL PROGRAM, set a Program Calorie Goal using the numeric keypad or arrow keys. Enter a calorie goal from 10 to 9,999 calories, then press **ENTER** or wait 3 seconds.



3. Press **START** to begin.

The Goal Progress screen shows your Specific Goal (Time, Distance or Calorie), counting down (noted by a negative sign).

4. Press the arrows at any time to view any of the other screens during your program.

## 4. Landice Achieve Treadmill Operation

### 4.1. Landice Achieve Control Panel

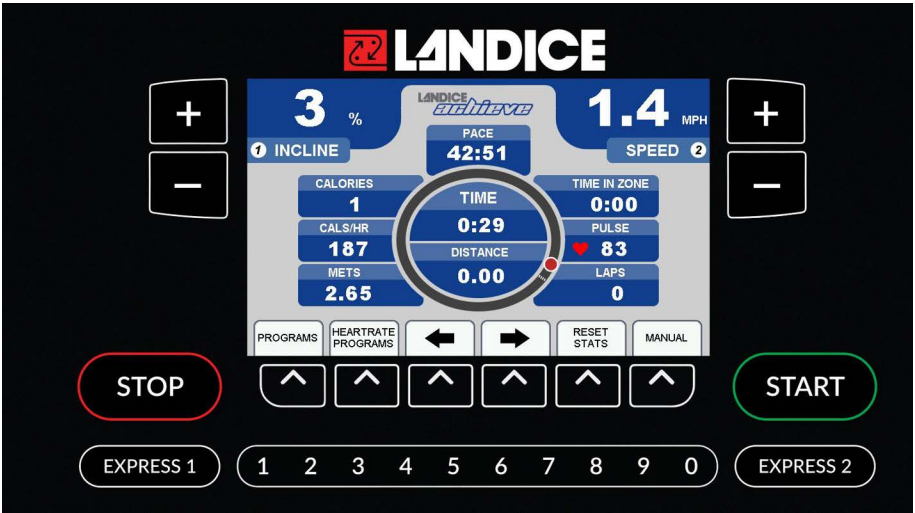


Table 4-1 Landice Achieve Control Panel Functions

| Function           | Description                                                                                                                                                                                                              |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>INCLINE</b>     | Displays the incline of the treadmill in percent (%).                                                                                                                                                                    |
| <b>SPEED</b>       | Displays the current speed of the treadbelt in MPH (km/hr in metric mode).                                                                                                                                               |
| <b>START</b>       | Powers up the treadmill. All displays light and the treadbelt begins moving at 0.5 mph (0.8 km/hr in metric mode). The <b>START</b> button will also take the treadmill out of pause mode and resume treadbelt movement. |
| <b>STOP</b>        | Press <b>STOP</b> once to pause the treadmill or twice to turn it off. The statistical information is cleared when the treadmill is turned off.                                                                          |
| <b>MANUAL MODE</b> | To manually control the speed and incline of the treadmill, press the button below the word MANUAL.                                                                                                                      |

Table 4-1 Landice Achieve Control Panel Functions (Continued)

| Function                  | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|---------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>PROGRAMS</b>           | To use the built-in and user-defined workout programs: Press the button below the word PROGRAMS at any time to display the programs selection screen. Use arrow to scroll through the built-in and user-defined program previews and select the desired program by pressing <b>ENTER</b> . You are then prompted to enter the program's specific parameters (Maximum Speed, Incline, Time, etc.). Use the numeric keypad or the arrow to select the desired values. Press <b>START</b> to begin the program. |
| <b>HEARTRATE PROGRAMS</b> | To use the Heart Rate Controlled programs: Press the button below HEARTRATE PROGRAMS at any time. Choose either a built-in or user-defined heart rate program. Heart Rate Control programs automatically adjust speed and incline in order to maintain a constant heart rate.                                                                                                                                                                                                                                |
| <b>PLUS KEY</b>           | Press and hold the <b>(+)</b> to increase incline or speed. Pressing for longer than 2 seconds causes the incline or speed to increase at a faster rate. Release the key when the display shows desired incline or speed.                                                                                                                                                                                                                                                                                    |
| <b>MINUS KEY</b>          | Press and hold to the <b>(-)</b> to decrease incline or speed. Pressing for longer than 2 seconds causes the incline or speed to decrease at a faster rate. Release the key when the display indicates desired incline or speed.                                                                                                                                                                                                                                                                             |
| <b>ARROW KEYS</b>         | The buttons below the left and right arrows move between display sections or to set values.                                                                                                                                                                                                                                                                                                                                                                                                                  |

Table 4-1 Landice Achieve Control Panel Functions (Continued)

| Function                                                                                                                   | Description                                                                                                                                                                                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>EXPRESS 1</b><br><b>EXPRESS 2</b>                                                                                       | <b>EXPRESS 1</b> controls the Incline and <b>EXPRESS 2</b> controls the Speed. In conjunction with the numeric keypad this allows you to directly enter a target speed or incline without using the (+/-) keys. Press <b>EXPRESS 1</b> for Incline or <b>EXPRESS 2</b> for Speed, then enter the desired value using the numeric keypad. Wait 3 seconds for the treadmill to adjust to the new settings. |
| The numeric keypad is used to change speed and incline with the EXPRESS keys, enter user settings, and configure programs. |                                                                                                                                                                                                                                                                                                                                                                                                          |
|                                           |                                                                                                                                                                                                                                                                                                                                                                                                          |

## 4.2. Display Features

The screens at right are the options available for displaying workout information. Table 4-2 provides information about the available options.

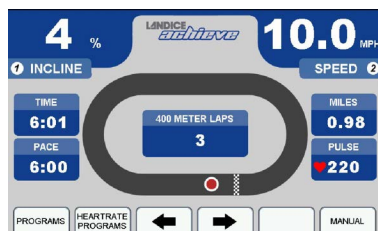
To toggle between these screens during your workout, use the arrow keys.

To customize the information displayed on the Personalized Stats screen, select “Customize Display” to edit the screen. Use the arrows to toggle through the options and press **ENTER** to confirm your selections.

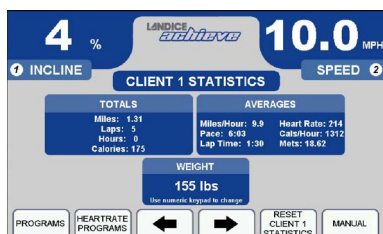
To modify the sprint and recovery speed and incline values on the HIIT Screen, press and hold the button below the item you would like to edit for 5 seconds. A pop-up window will appear. Use the arrow keys or numeric keypad to select your desired number.



**Personalized Stats**



**Track Screen**



**Statistics Screen**



**Heart Rate Screen**



**HIIT Screen**

Table 4-2 Display Features

| Feature                                                       | Description                                                                            |
|---------------------------------------------------------------|----------------------------------------------------------------------------------------|
| <b>TIME</b>                                                   | Time logged on treadmill, displayed as Minutes:Seconds                                 |
| <b>DISTANCE</b>                                               | Miles logged on treadmill (kilometers when in metric)                                  |
| <b>PACE</b>                                                   | Time to complete 1 mile (1 kilometer when in metric)                                   |
| <b>CALORIES</b>                                               | Total calories burned, based on entered user weight                                    |
| <b>CALS/HR</b>                                                | Approximate calories used per hour, based on user weight                               |
| <b>LAP</b><br>(Progress)                                      | 1/4-mile (400 meter in metric) track and Lap Indicator                                 |
| <b>LAP</b><br>(Counter)                                       | Number of laps completed                                                               |
| <b>PULSE</b>                                                  | Current heart rate                                                                     |
| <b>TIME IN ZONE</b>                                           | Time spent in zone. The zone is $\pm 8$ beats from target heart rate.                  |
| <b>IN ZONE</b>                                                | User's heart rate is within 8 beats of the target heart rate                           |
| <b>OUT OF ZONE</b>                                            | User's heart rate is outside zone (more than 8 beats above or below target heart rate) |
| <b>ABOVE MAX</b>                                              | User's heart rate is above the maximum desirable heart rate                            |
| <b>MAX</b>                                                    | Maximum allowable heart rate to remain in zone                                         |
| <b>TARGET HR</b>                                              | Target heart rate (user-defined in Heart Rate Status screen)                           |
| <b>MIN</b>                                                    | Minimum allowable heart rate to remain in zone                                         |
| <b>BELOW MIN</b>                                              | User is below minimum allowable heart rate in zone                                     |
| <b>TOTAL TIME</b>                                             | The total time of the user's workout                                                   |
| <b>METS*</b>                                                  | Current MET level, based on user weight / incline / speed                              |
| *One MET is the energy consumed at rest by the average adult. |                                                                                        |

### 4.3. Using the Landice Achieve Treadmill

**Note: Client Profiles are available on residential treadmills only.**

The treadmill can be used immediately as the Guest user or as a default Client. The treadmill's CLIENT LOGIN feature allows 4 different users to separately log cumulative statistics from workout to workout. On residential models, client statistics (total miles, hours, calories, weight, laps, and average HR, Mets, pace, lap time, miles per hour and calories per hour) are stored.

Personalized Statistic and HIIT screens are permanently stored for each client. If you are logged in as a Guest, screens reset to default values.

1. Make sure you have read and understand this owner's manual before beginning.
2. Plug the treadmill power cord into its outlet.
3. Straddle the treadbelt with one foot on each traction strip.
4. Press **START**. The power-up screen is displayed.
5. After 3 seconds the treadbelt starts moving at 0.5 mph (0.8 km/h). The CLIENT LOGIN screen is displayed. Client login is only available on residential models.
6. Use the designated button below the arrows to select a Client. If a Client is not selected the user will then be registered as a GUEST.
7. **To enter client weight or reset totals:** From Client Statistics screen, enter weight by using the numeric keypad or select the **Reset Client Statistics** button to zero out your information.
8. Enter your weight using the numeric keypad or arrows. Press **ENTER** or wait 3 seconds to advance to the first of the motivational screens.



9. The treadmill is now ready to use. You can vary the speed or incline, if desired, by using the SPEED (+/–) and INCLINE (+/–) keys or EXPRESS 1 and EXPRESS 2 keys.

## 4.4. Using the Built-in Programs

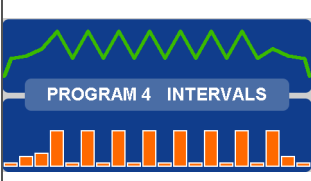
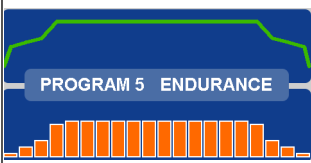
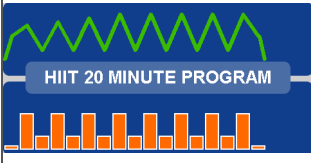
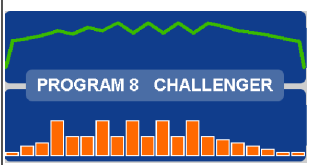
### 4.4.1. Description

The 10 Built-in Programs differ in speed and incline. Each lets you select a maximum speed, incline, and time (10 to 99 minutes). (Intervals Program requires a minimum speed and incline and the HIIT programs have a fixed time.) The treadmill will not go above the maximum number unless manually overridden. Each program has 20 segments of equal time, beginning with 3 warm-up segments and ending with 2 cool-down segments. For example, a 40-minute program contains 20 2-minute segments.

**Table 4-3 Landice Achieve Built-In Programs**

| Screen                                                                             | Program Description                                                                                                                                                                                                                                                         |
|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <b>FAT BURN:</b> This program features two elevation peaks along with gradual changes in speed. The overall goal is to raise heart rate, maintain the raised heart rate for most of the workout, then gradually bring heart rate down during the last 2 cool down segments. |
|  | <b>INTERMEDIATE:</b> This program features 5 elevation peaks matched to changes in speed. The overall goal is to vary heart rate by elevating and lowering it several times, providing a challenging cardiovascular workout.                                                |
|  | <b>ADVANCED:</b> This program features high elevations combined with top speeds. The overall goal is to raise heart rate using speed and elevation for an advanced cardiovascular workout.                                                                                  |

Table 4-3 Landice Achieve Built-In Programs (Continued)

| Screen                                                                             | Program Description                                                                                                                                                                                                                                                                                                                                                                             |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <b>INTERVALS:</b> This program features high speeds and elevations alternating with low speeds and elevations. The overall goal is to vary your workout, taking you from peak level to recovery 8 times throughout the workout.                                                                                                                                                                 |
|    | <b>ENDURANCE:</b> This program features a maximum speed with maximum elevation. The overall goal is to raise heart rate with speed and elevation for the ultimate cardiovascular workout.                                                                                                                                                                                                       |
|    | <b>HIIT20 and HIIT30:</b> These programs feature 8 sprint phases alternated with 7 recovery segments. Please note the maximum speed for the sprint phases will differ between the two programs due to the length of the sprint segment. The overall goal of these programs is to provide a combination of very high-intensity bursts of cardio exercise followed by longer periods of recovery. |
|    |                                                                                                                                                                                                                                                                                                                                                                                                 |
|   | <b>SUMMIT:</b> This program allows the user to input their maximum speed and elevation. The goal is to gradually work your way up to maximum speed and elevation with a steady decline.                                                                                                                                                                                                         |
|  | <b>HILLS:</b> This program features a maximum speed and elevation with four series of hills. The goal is to increase your cardiovascular while using incline and speed.                                                                                                                                                                                                                         |
|  | <b>CHALLENGER:</b> This program is designed to increase your cardiovascular by reaching maximum incline and speed several times throughout the program. Maximum speed and elevation are set by the user during program set-up.                                                                                                                                                                  |

#### 4.4.2. Running a Built-In Program

1. Start a workout as outlined in “Using the Landice Achieve Treadmill” on page 60.
2. Press **PROGRAMS** to display the Programs selection screen.
3. Select a built-in program by using the arrow to scroll through the list, then press **ENTER**. You are prompted to enter the following program parameters:
  - **Maximum Speed:** This scales the speed curve to the maximum speed entered.
  - **Maximum Incline:** This scales the elevation curve to the maximum incline entered.
  - **Program Time:** Sets the total length of time you want the program to run. HIIT Programs have a fixed time.
  - **Minimum Speed/Incline:** INTERVALS and HIIT programs only.
4. Enter the Maximum Speed using the numeric keypad or the arrow to select a value, then press **ENTER** or wait 3 seconds.
5. Enter the Maximum Incline using the numeric keypad or the arrow to select a value, then press **ENTER** or wait 3 seconds.
6. Enter Program Time using the numeric keypad or the arrow keys, then press **ENTER** or wait 3 seconds. The time should be at least 10 minutes and not more than 99 minutes.
7. Press **START** to begin your workout. The Program Progress Detail screen displays your current segment speed, incline and remaining time.
8. To view other segments, select the “View Other Segments” button. Use the arrow keys to move left or right. To exit, press **DONE**.
9. Press the buttons below the arrow keys at any time to view any of the other motivational screens during your program, including the Program Profile screen to see a program overview. When viewing a motivational screen other than

the Program Progress Detail screen during a segment change, the display temporarily shows the Program Progress Detail screen then returns to the original screen. During a segment change, the speed and/or incline will flash if there is a change in either.

### 4.5. Landice Achieve User Programs

Landice Achieve treadmills can store up to 6 individual, modifiable user-defined program profiles.

A user-defined program looks and runs exactly like a built-in program, but it can be customized to suit the user. Unlike the built-in programs, user-defined programs allow editing of individual segments as well as the number of segments.

1. Press the button below PROGRAMS to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or use the arrow keys. When USER PROGRAM PREVIEW is shown, press **ENTER**.
3. Press **ENTER** or wait 3 seconds. The screen displays PRESS START TO BEGIN OR EDIT TO SET UP.
4. Press **EDIT**. EDIT MODE requires a time for segment 1 (area in bold).

| EDITING USER PROG 1                                                                                                            | SEGMENT 1   | SEGMENT 2         |
|--------------------------------------------------------------------------------------------------------------------------------|-------------|-------------------|
| SPEED                                                                                                                          | <b>3.0</b>  | SPEED <b>5.0</b>  |
| INCLINE                                                                                                                        | <b>0</b>    | INCLINE <b>3</b>  |
| TIME                                                                                                                           | <b>3:00</b> | TIME <b>14:00</b> |
| Use SWITCH FOCUS to toggle between Speed, Incline & Time.<br>Use Numeric Keypad or Speed/Incline +/- keys to enter new values. |             |                   |
| Use PREVIOUS/NEXT keys below to change segments.<br>After desired final segment, set 0:00 as Time to END program.              |             |                   |

**Note:** Press **SWITCH FOCUS** to toggle between speed, incline and time values for the current segment. To change segments, press **NEXT SEGMENT** or **PREVIOUS SEGMENT**. You can change segments in either the forward or reverse direction.

5. Use the numeric keypad to change the value and press **SWITCH FOCUS**. Continue to another segment by pressing the next or previous segment keys.

6. If you want a program to have less than 20 segments, create the last segment with 0 in the time field. The time reads END. The program ends when it reaches this segment.
7. When you finish editing your User-Defined Program, you can begin your program by pressing **START** or **DONE**.

**Note:** If you attempt to advance the cursor past the 20th segment, you are prompted with **PRESS START TO BEGIN OR EDIT TO SET UP**. You can also exit Edit Mode by pressing **MANUAL MODE** or **PROGRAMS** at any time.

### 4.5.1. Learn Mode

When you run a User-Defined Program and the speed or incline is adjusted, the treadmill saves the last change to the current segment.

**Note:** Learn Mode allows you to adjust existing segments in your user program, but you cannot add segments to it in Learn Mode.

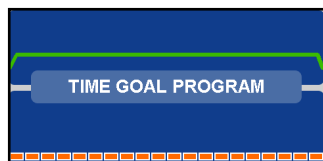
1. Start a workout, then press **PROGRAMS** to display the Programs selection screen.
2. Scroll through the program options by pressing **PROGRAMS** or use the arrow keys. When the USER PROGRAM PREVIEW you desire is shown, press **ENTER**.
3. Press **START** to begin your program. When you begin, the Program Progress Detail screen is displayed. The speed and incline values of your current segment are displayed in the center. To change the speed or incline of your current segment, press the **SPEED (+/-)** or **INCLINE (+/-)** keys. The modified segment is stored with these new settings for the next time you run this program.

## 4.6. Specific Goal Programs

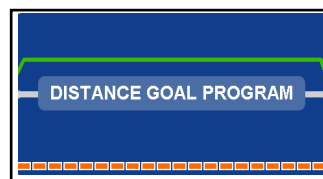
The Landice Achieve Treadmill provides Specific Goal programs. Whether you want to go for a 3-mile run, burn 1,000 calories, or simply exercise for 15 minutes, the Goal Progress screen accurately assesses your progress with a variety of statistics. During these programs you retain full manual control.

1. Start a workout as outlined in “Using the Landice Achieve Treadmill” on page 60.
2. Press the arrow button under Programs to display the Programs selection screen and select the goal program that you want to run:

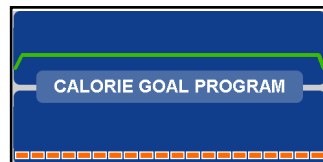
- For TIME GOAL PROGRAM, set a Program Time Goal using the numeric keypad or the arrow keys. Enter a time from 10 to 99 minutes, then press **ENTER** or wait 3 seconds.



- For DISTANCE GOAL PROGRAM, set a Program Distance Goal using the numeric keypad or arrow keys. Enter a distance from 0.1 to 99.9 miles (km in metric), then press **ENTER** or wait 3 seconds.



- For CALORIE GOAL PROGRAM, set a Program Calorie Goal using the numeric keypad or arrow keys. Enter a calorie goal from 10 to 9,999 calories, then press **ENTER** or wait 3 seconds.



3. Press **START** to begin.  
The Goal Progress screen shows your Specific Goal (Time, Distance or Calorie), counting down (noted by a negative sign).
4. Press the arrows at any time to view any of the other screens during your program.

4.7. Heart Rate Control Programs

Landice Achieve treadmills offer Heart Rate Control (HRC) programs that display your heart rate and automatically vary treadmill speed and elevation. HRC training allows you to maximize your workout performance while minimizing your workout time.

You must use the Pulse Grips or the Wireless Chest Strap (residential models only) to detect your heart rate during the HRC programs.

There are 2 different 20-segment HRC programs:

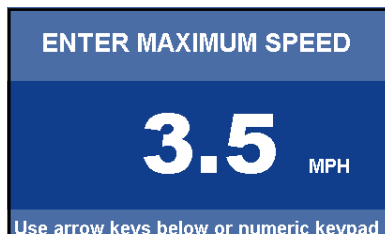
- **HRC** varies treadmill speed and elevation to keep your heart rate near the target heart rate for the entire workout.
- **Interval HRC** targets different heart rates. It alternates between the target and 80% of the target.

Table 4-4 Heart Rate Control Programs

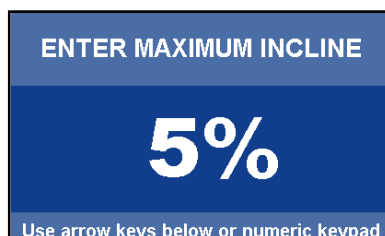
| Segment | Stage     | % of Target Heart Rate |                      |
|---------|-----------|------------------------|----------------------|
|         |           | HRC                    | Interval HRC         |
| 1       | Warm Up   | 70                     | 70                   |
| 2       | Warm Up   | 80                     | 80                   |
| 3       | Warm Up   | 90                     | 90                   |
| 4-18    | Training  | 100                    | Alternating 80 & 100 |
| 19      | Cool Down | 90                     | 90                   |
| 20      | Cool Down | 80                     | 80                   |

### 4.7.1. Built-in HRC Programs

1. If using a Landice Achieve treadmill, press the **HEARTRATE PROGRAMS** key. Press **ENTER** while the HR Control program is displayed.
2. Using the numeric keypad or arrow keys, select your maximum speed. Press **ENTER** or wait 3 seconds.



3. Use the numeric keypad or arrow keys to select your maximum incline. Press **ENTER** or wait 3 seconds.



4. Use the numeric keypad or arrow keys to enter your target pulse. The treadmill will vary the speed and elevation in an effort to make you reach this heart rate. Press **ENTER** or wait 3 seconds.



5. The display prompts you to set a Program Time using the numeric keypad or center arrow. For HRC, enter a time between 20-99 minutes. This will scale the 20 segments of the program equally throughout your selected time. Press **ENTER** or wait 3 seconds.
6. Press **START** to begin.

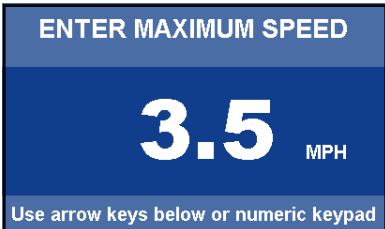
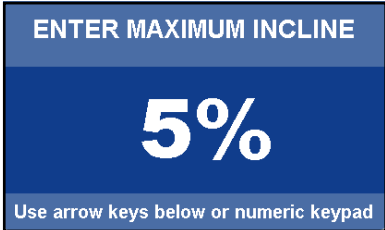


### 4.7.2. User-Defined Heart Rate Programs

The User-Defined Heart Rate Monitoring (HRC) programs are designed to allow you to set the target heart rate for up to 20 program segments.

To customize a User-Defined HRC Program during your workout, adjust your Target Heart Rate in the Heart Rate Status screen by selecting **Change TRG HRT** button. Any Target Heart Rate changes you make during your workout will be saved in that User-Defined HRC Program.

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

1. To select an HR program to edit, press **HEARTRATE PROGRAMS**. To scroll through the programs, either continue pressing **HEARTRATE PROGRAMS** or use the arrow keys. Select a User-Defined HRC Program to edit by pressing **ENTER**.
2. Select your maximum speed using the numeric keypad or arrow keys and press **ENTER**, or wait 3 seconds.
3. Enter the maximum incline using the numeric keypad or arrow keys. Press **ENTER** or wait 3 seconds.
4. The display prompts **PRESS START TO BEGIN OR EDIT TO SET UP**. Press **START** to run the program or press **EDIT** to enter editing mode and make changes if desired.
5. To change segments, press **PREVIOUS** or **NEXT SEGMENT** buttons. You can change segments in either the forward or reverse direction.

6. The first display in EDIT MODE requires you to change the time for segment 1 (area in bold). Use the keypad to change the segment time length and press SWITCH FOCUS to change the target heart rate.
7. If you want a program to have fewer than 20 segments, create the last segment with 0 in the time field and press **DONE**. The time reads END. The program ends when it reaches this segment.
8. Use the SWITCH FOCUS button to toggle between Target Heart Rate and Time values within a segment. Continue to program subsequent segments by using the Previous and Next Segment buttons to move from segment to segment.
9. When you finish editing your User-Defined HRC Program, do one of the following:
  - Press **DONE** to save the program or **START** to begin.
  - Exit Edit Mode by pressing **MANUAL**, **HRC**, or **PROGRAMS** at any time. Any edits you made in Edit Mode are permanently saved in that User-Defined HRC Program.
10. If you attempt to advance the cursor past the 20th segment, you are prompted with PRESS START TO BEGIN OR EDIT TO SET UP.

**Note:** To adjust the program's target heart rate during your workout, from the Heart Rate Status screen, select the **CHANGE TRG HRT** button.

#### 4.8. Fitness Tests

---

Landice Achieve treadmills have built-in tests that measure fitness level based on your age, gender, and performance.

A person's fitness level can be measured by the amount of oxygen their body can consume while exercising at maximum capacity. The maximum amount of oxygen (in milliliters) an individual can use in one minute per kilogram of body weight is referred to as  $VO_2$  Max.

When you perform a fitness test described in this section, the treadmill calculates approximate  $\text{VO}_2$  Max and provides a fitness evaluation.

**Note:** Scores may vary due to line voltages, component tolerances, and individual capabilities. For a more accurate  $\text{VO}_2$  Max calculation, take the average of the Balke and Firefighter Fitness Test scores.

### 4.8.1. Army 2 Mile Fitness Test

This test consists of a manually controlled, flat ground, complete as fast as you can 2-mile run. Upon completion the treadmill provides an assessment score of 0 to 100.

#### Test Parameters

- Maximum Speed: Controlled by the user
- Maximum Incline: Set to 0%

To run the test:

1. Press **PROGRAMS** to view the programs selection screen on the Landice Achieve. To scroll through the programs, either continue to press **PROGRAMS** or use the arrow keys.
2. Select the Army 2 Mile Fitness Test by pressing **ENTER**.
3. Enter your age (10 to 99) using the keypad or the arrow keys, then press **ENTER** or wait 3 seconds.
4. Enter your gender using the center arrow to toggle to MALE or FEMALE. Press **ENTER** or wait 3 seconds.
5. Press **START** to begin.
6. Complete the 2-mile run as quickly as possible by manually controlling your speed (incline is disabled for this test). To stop the test at any time, press **STOP, MANUAL, HR PROGRAMS** or **PROGRAMS**.

When you begin, the Goal Progress screen shows your Specific Goal (Army 2 Mile Run), Time Remaining, Projected Score and other statistics. The Distance counts down (noted by negative sign).

When the test is complete, a US Army assessment rating between 0-100 is displayed, based on your time, age and gender.

**Table 4-5 U.S. Army Fitness Assessment Ratings**

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

#### 4.8.2. Balke Fitness Test

**Note:** You must use the pulse grips or chest strap (residential models only) for this test.

This is a walking pace, variable incline fitness test. The test increases in difficulty to raise your heart rate. Upon reaching your Target Heart Rate, the test ends and the treadmill calculates your fitness assessment. Parameters cannot be modified. Your age determines the test's target heart rate and the scaling of the fitness assessment.

Test Parameters:

- Maximum Speed: 4.4 mph
- Maximum Incline: 15%
- Maximum Heart Rate: 80% of Maximum Heart Rate (See Heart Rate Monitoring sections).

To run the test:

1. Press **HEARTRATE PROGRAMS** to view the HRC programs selection screen. To scroll through the programs, either continue to press **HEARTRATE PROGRAMS** or use the arrow keys. Select the Balke Fitness Test by pressing **ENTER**.

2. Use the keypad or arrow to enter your age (10 to 99), then press **ENTER** or wait 3 seconds.
3. Enter your gender using the center arrow to toggle to MALE or FEMALE. Press **ENTER** or wait 3 seconds.

**Note:** The calculated target heart rate displayed before you start the test is derived from statistical heart rate capacity averages. (See “Heart Rate Monitoring” on page 17.) If you are uncomfortable with the target heart rate displayed or feel discomfort during the fitness test, stop the test.

**Note:** You must hold onto the pulse grips or wear the wireless chest strap for the entire test. If the treadmill loses the heart rate signal for more than 30 seconds the test is terminated.

4. Press **START** to begin the test.

This automated test increases in difficulty from segment to segment until you reach the target heart rate. When you reach the target heart rate a 30-second countdown follows and ends the test. If Speed or Incline buttons are engaged it will end the program.

When you begin, the Heart Rate Status screen shows your Target Pulse, Time, Heart Rate Status and Time in Zone.

Upon completion the treadmill displays your VO<sub>2</sub> Max score and fitness assessment based on your performance. Use the tables below to interpret your score based on your age and gender.

**Table 4-6 Men: VO<sub>2</sub> Max**

| Age   |       |       |       |       |       |       | Rating    |
|-------|-------|-------|-------|-------|-------|-------|-----------|
| <20   | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | >69   |           |
| >65   | >62   | >58   | >54   | >52   | >50   | >48   | Superior  |
| 57-65 | 54-62 | 50-58 | 46-54 | 44-52 | 42-50 | 40-48 | Excellent |
| 47-56 | 44-53 | 40-49 | 37-45 | 35-43 | 32-41 | 30-39 | Good      |
| 37-46 | 35-43 | 32-39 | 28-36 | 26-34 | 24-31 | 22-29 | Average   |
| <37   | <35   | <32   | <28   | <26   | <24   | <22   | Low       |

**Table 4-7 Women: VO<sub>2</sub> Max**

| Age   |       |       |       |       |       |       | Rating    |
|-------|-------|-------|-------|-------|-------|-------|-----------|
| <20   | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | >69   |           |
| >62   | >58   | >54   | >51   | >47   | >44   | >42   | Superior  |
| 54-62 | 50-58 | 46-54 | 43-51 | 39-47 | 36-44 | 34-42 | Excellent |
| 42-53 | 39-38 | 35-45 | 32-42 | 29-38 | 25-35 | 23-33 | Good      |
| 34-41 | 32-38 | 29-34 | 25-31 | 22-28 | 19-24 | 15-22 | Average   |
| <34   | <352  | <29   | <25   | <22   | <19   | <15   | Low       |

### 4.9. Firefighter (Gerkin) Fitness Test

---

This test requires the Wireless Chest Strap. It is a heart rate controlled, variable speed and incline fitness test. The test increases in difficulty to raise your heart rate. When you reach your target heart rate, the test ends and the treadmill calculates a fitness level based on your performance. Your age determines the test's target heart rate and the scaling of the fitness assessment.

#### Test Parameters

- Maximum Speed: 7 mph
- Maximum Incline: 15% (cannot be modified)
- Maximum Heart Rate: 85% of Maximum Heart Rate (See Heart Rate Monitoring sections).

To run the test:

1. On the Landice Achieve, press **HEARTRATE PROGRAMS** to view the HRC programs. To access this program on the Landice Achieve, press **PROGRAMS** then **FITNESS TESTS**.
2. Scroll through the programs using the arrow keys or by continuing to press **HEARTRATE PROGRAMS**.
3. Press **ENTER** to select the Firefighter Fitness Test.
4. When prompted, use the keypad or arrow keys to enter your age (10 to 99), then press **ENTER** or wait 3 seconds.
5. Enter your gender by using the arrow keys to toggle between MALE and FEMALE. Press **ENTER** or wait 3 seconds.

**Note:** The calculated target heart rate is displayed before you start the test. This heart rate is derived from statistical heart rate capacity averages (see Heart Rate Monitoring Section) If you are uncomfortable with the target heart rate displayed or feel discomfort during the fitness test, stop the test.

6. Press **START** to begin.

**Note:** You must wear the wireless chest strap or hold onto the contact heart rate bars during the entire test. If the treadmill loses the heart rate signal for more than 30 seconds the test is terminated.

This test increases in difficulty until you reach the target heart rate, then a 30-second countdown follows and ends the test.

To end the program at any time press **STOP**.

Upon completion the treadmill displays a  $\text{VO}_2$  Max score and fitness assessment based on your performance compared to the general population.

**Table 4-8 Firefighter Fitness Test Score**

| VO2 Max | Rating    |
|---------|-----------|
| >59     | Superior  |
| 50-58   | Excellent |
| 40-49   | Good      |
| 32-39   | Average   |
| <32     | Low       |



## 5. Landice Elite Treadmill Operation

### 5.1. Landice Elite Control Panel

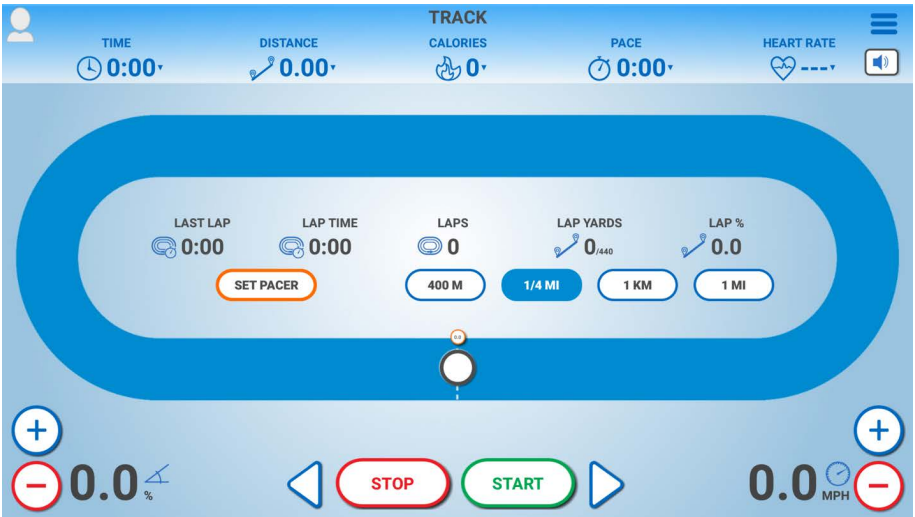


Table 5-1 Landice Elite Control Panel Functions

| Function         | Description                                                                                                                                                                                                               |
|------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>INCLINE</b>   | Displays the incline of the treadmill in the lower left corner, in percent (%).                                                                                                                                           |
| <b>SPEED</b>     | Displays the current speed of the treadbelt in the lower right corner, in MPH (km/hr in metric mode).                                                                                                                     |
| <b>START</b>     | Powers up the treadmill. The treadbelt begins moving at 0.5 mph (0.8 km/hr in metric mode). The <b>START</b> button will also take the treadmill out of pause mode and resume treadbelt movement.                         |
| <b>STOP</b>      | Press <b>STOP</b> once to pause the treadmill or twice to turn it off. The statistical information is cleared when the treadmill is turned off.                                                                           |
| <b>PLUS KEYS</b> | Press and hold the <b>(+)</b> to increase incline or speed. Pressing for longer than 2 seconds causes the incline or speed to increase at a faster rate. Release the key when the display shows desired incline or speed. |

**Table 5-1 Landice Elite Control Panel Functions (Continued)**

| Function                                       | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MINUS KEYS</b>                              | Press and hold the <b>(-)</b> to decrease incline or speed. Pressing for longer than 2 seconds causes the incline or speed to decrease at a faster rate. Release the key when the display indicates desired incline or speed.                                                                                                                                                                                                                                                                                                               |
| <b>ARROW KEYS</b>                              | The left and right arrows move between motivational screens.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>EXPRESS SPEED</b><br><b>EXPRESS INCLINE</b> | <b>The EXPRESS SPEED AND EXPRESS INCLINE</b> keys, in conjunction with the numeric keypad, allow you to directly enter a target speed or incline without using the <b>(+/-)</b> keys. Tap the <b>SPEED</b> or <b>INCLINE</b> number on the display, and a pop-up window will open, allowing you to enter the desired value using the numeric keypad. Then tap <b>GO</b> or wait 3 seconds for the treadmill to adjust to the new settings. There are three custom buttons that allow the user to preset their favorite speeds and inclines. |

## 5.2. Motivational Screens

The Landice Elite treadmill has motivational screens that enhance your workout with interactive screens. Swipe the touchscreen left or right to switch screens or use the arrow buttons.

All motivational screens, except the Statistics screen, have a customizable Statistics Bar along the top. This allows each user to choose their favorite statistics to view during a workout.

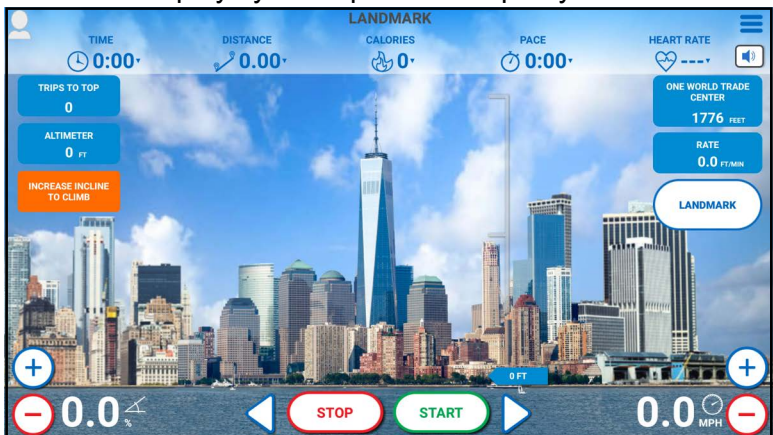
To change a statistic, tap the downward facing arrow next to the statistic you are looking to change. In the pop-up window that opens, tap the statistic you wish to include on the Statistics Bar.

### 5.2.1. Track Screen

The track screen (shown on page 79) shows your runner on a track. The screen offers four track length options that you can select by tapping the desired distance. Your speed will be displayed on the track as a large white circle. There is an option to set a pacer speed to provide visual assistance to help achieve your desired goal.

### 5.2.2. Landmark Challenge Screen

The Landmark Challenge screen features famous landmarks for you to climb. Climbing Rate and Altitude statistics are displayed. Climbing Rate is displayed in feet per minute or meters per minute, depending on units chosen in Settings. This screen also displays your Trips to the Top of your landmark.



Tapping the **LANDMARK** key rotates the landmark that you climb. Available Landmarks include:

**Table 5-2 Landmark Screen Options**

| Landmark               | Height in Feet | Height in Meters |
|------------------------|----------------|------------------|
| Statue of Liberty      | 305            | 93               |
| Washington Monument    | 555            | 169              |
| Seattle Space Needle   | 605            | 185              |
| Eiffel Tower           | 1063           | 324              |
| Empire State Building  | 1472           | 449              |
| One World Trade Center | 1776           | 541              |

You must set an incline to use this screen. If incline is zero, the message “Increase incline to climb” appears on screen.

**5.2.3. Heart Rate Control Screen**

The Heart Rate Control screen displays your current heart rate, in beats per minute, and whether you are In Zone or Out of Zone. Zone Timer and Average Heart Rate statistics also appear on the screen.



To set a target heart rate tap **Target BPM** and a pop-up keypad will appear.

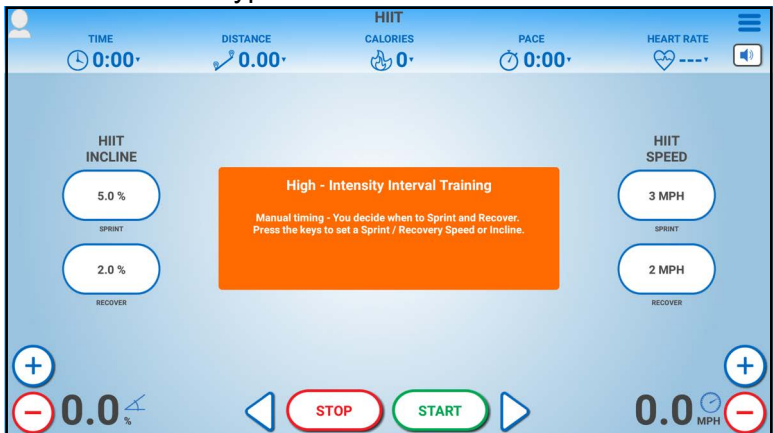
### 5.2.4. Statistics Screen

This motivational screen displays all workout statistics on one screen. In the center is a blue circle with a moving white dot: this represents your progress on a 1/4 mile track.



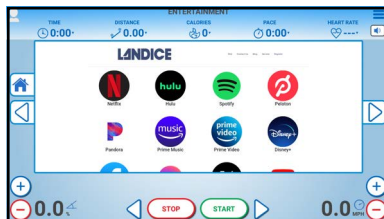
### 5.2.5. HIIT Screen

The HIIT (High Intensity Interval Training) screen provides a one-touch option for sprint and recover for speed and incline. To modify the sprint/recovery speed and incline values on the HIIT Screen, press and hold the button below the item you would like to edit for 5 seconds. A pop-up window will appear. Use the numeric keypad to select the desired number.



### 5.2.6. Entertainment Screen

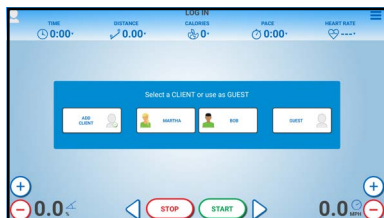
All available entertainment apps are accessible from the Entertainment screen. To open these apps Wi-Fi is required. Some may require a membership.



## 5.3. Basic Operation

### 5.3.1. Getting Started

1. Read and understand this chapter before you begin.
2. Straddle the treadbelt with one foot on each traction strip.
3. From the log in screen, you must log in as a client, guest, or create a new client. See “Creating a Client (Residential Only)” on page 85.



4. If you select Guest you are prompted to enter your weight so the treadmill can calculate your calorie statistics.
5. Press **START**. After 3 seconds, the treadbelt starts moving at 0.5 mph.

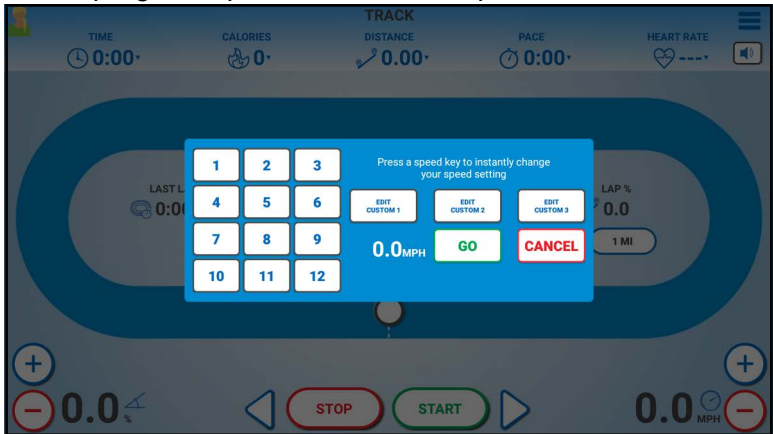
If you select a previously created client, you will be directed to the Default Screen. The treadmill is now in Manual Mode, where you control the speed and incline.

Tap the Menu icon (three lines in upper right corner) at any time to view the screen, program, and setting options.

**Note: Commercial models do not offer Clients.**

### 5.3.2. Express Controls

The Express controls let you quickly change to a target speed or incline without using the (+/–) keys. To use, tap the speed or incline number on the screen, and then choose the desired value in the pop-up window. Then tap **GO** or **Cancel**. There are three custom buttons in the Express pop-up window that allow users to program up to three favorite speeds and inclines.



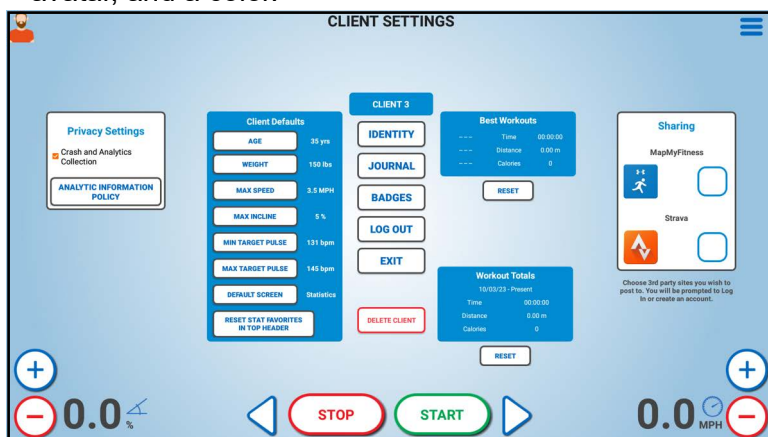
### 5.3.3. Creating a Client (Residential Only)

Client Mode allows up to 5 different users to set up personalized settings and store workout statistics. When a user sets up a client, programming automatically scales to preset restrictions during program setup. All treadmill activity is recorded in a personal fitness journal.

To create a client:

1. From the Log in screen tap **Add Client**.
2. At the Client Settings screen, you can begin entering your Client Defaults by tapping the white boxes.

- Next, tap **Identity** to enter a name, gender, select an avatar, and a color.



- Tap the white boxes below Client Defaults to modify the data under each category to meet your fitness needs.
- Workout data can be pushed to the third-party apps listed under the Sharing box. If you wish to activate this setting, tap the box located next to the desired app and complete the connection process. These apps require a membership to use.

The values you selected as your client defaults will be the default values for all programs to reduce setup time. However, you can adjust and/or manually override these values during setup or while treadmill is in use.

When you have successfully created your own personal client, you will see your avatar in the upper left corner.

**Note:** If you have not set the correct time and date, it is highly recommended after creating a client that you do it now, so that all of your activity is logged accurately. See “Settings” on page 105.

- Press **EXIT** when you have finished.

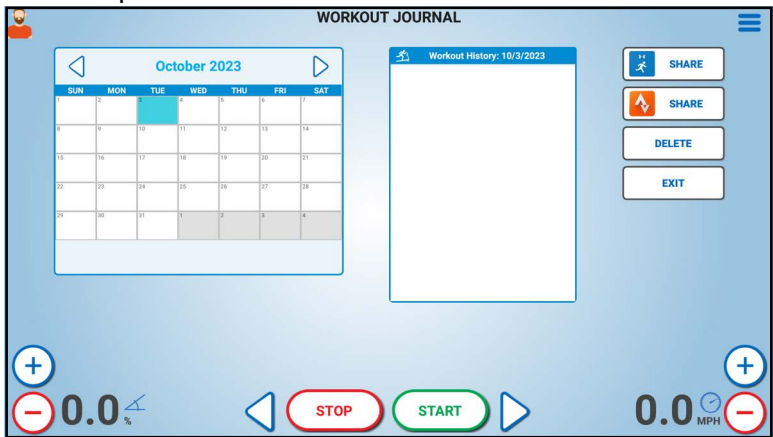
### 5.3.4. Client Mode: Workout Journal (Residential only)

**Note:** Client Mode features are available on the residential Landice Elite treadmill models only.

Client Mode offers a journal that records all client treadmill usage for several months.

To view the Workout Journal:

1. After logging on as a client, from the Menu Screen tap **CLIENT** icon on the upper left corner of the screen and then tap **JOURNAL**.



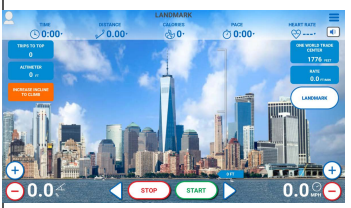
2. Press any day to view detailed workout statistics. If desired, workout statistics can be pushed to third-party apps, shown on the right side of the Workout Journal screen. You must have an account set up with these companies and link your user login information to push data.
3. If you wish to delete a workout, select the date and the workout you wish to delete under the Workout History section. Then tap the **Delete** button on the right side of the screen.
4. To leave the Workout Journal, tap the **Exit** button on the right side of the screen.

## 5.4. Manual Mode

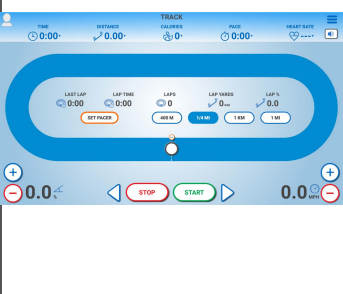
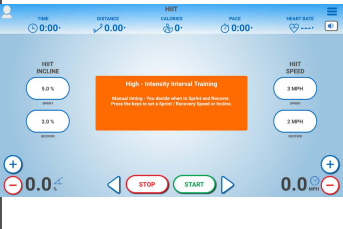
Upon startup, the treadmill defaults to Manual Mode. In Manual Mode, you and only you can change the speed and incline as well as view several motivational screens.

You can switch between motivational screens by swiping left or right on the screen or by pressing the left or right arrows.

**Table 5-3 Landice Elite Treadmill Motivational Screens**

| Screen                                                                             | Description                                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p>Statistics</p> <ul style="list-style-type: none"><li>• Displayed Statistics: Time, Distance, Calories, Calories per Hour, Mets, Average Pulse, Current Pulse, Heart Rate Zone Timer, Lap Count, Time of Day, Pace</li></ul>                                                                                                                                                     |
|    | <p>Landmark</p> <ul style="list-style-type: none"><li>• Displayed Statistics: Altimeter, Climbing Rate, variable statistics bar</li><li>• Climbing Progress: progress flag will rise and show the number of feet climbed through the workout.</li><li>• Selectable Landmark: Press <b>LANDMARK</b> key to scroll through 6 different famous landmarks of varying height.</li></ul> |
|  | <p>Zone Timer</p> <ul style="list-style-type: none"><li>• Displayed Statistics: Time in Heart Rate Zone, Heart Rate, Target Heart Rate, Heart Rate Zone, Average Heart Rate, customizable variable statistics bar</li><li>• Heart Rate Zone: Tap <b>Target BPM</b> to adjust the target heart rate zone.</li></ul>                                                                 |

**Table 5-3 Landice Elite Treadmill Motivational Screens**

| Screen                                                                            | Description                                                                                                                                                                                                                                                                                                                                                                           |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|   | <p><b>Track</b></p> <ul style="list-style-type: none"> <li>Displayed Statistics: Lap Count, Lap Timer, Lap Times, variable statistics bar</li> <li>Set Pacer: offers the ability to set a visual indicator to help achieve a pace goal: a virtual runner displays progress around a ¼ mile track.</li> <li>Track: track size can be set for 400m, 1/4 mile, 1km or 1 mile.</li> </ul> |
|   | <p><b>Progress</b></p> <ul style="list-style-type: none"> <li>Displayed Statistics: customizable statistics bar</li> <li>Progress: graph shows speed and incline changes in manual mode or for programs.</li> </ul>                                                                                                                                                                   |
|  | <p><b>HIIT</b></p> <ul style="list-style-type: none"> <li>Displayed Statistics: customizable statistics bar</li> <li>HIIT Speed: set personalized sprint and recover speeds</li> <li>HIIT Incline: set personalized sprint and recover inclines.</li> </ul>                                                                                                                           |

## 5.5. Using the Built-in Programs

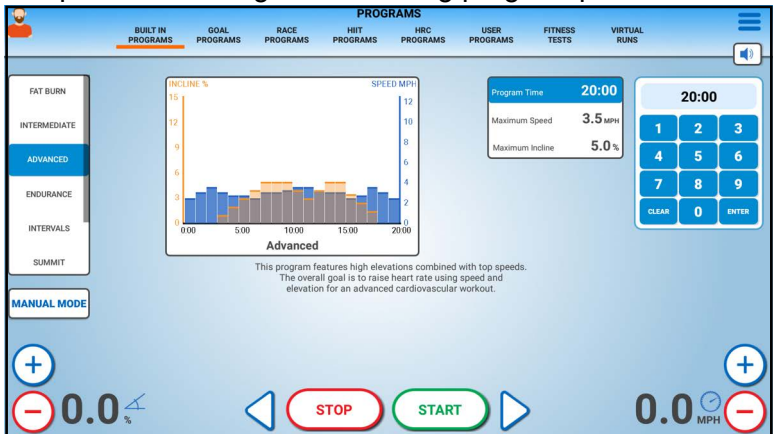
### 5.5.1. Description

The Built-in Programs differ in speed and incline. Each lets you select a maximum speed, incline, and time (10 to 99 minutes). (Intervals Program requires a minimum speed and incline). The treadmill will not go above the maximum number unless manually overridden. Each program has 20 segments of equal time, beginning with a warm-up and ending with a cool-down. For example, a 40-minute program contains 20 2-minute segments.

- **FAT BURN:** This program features two elevation peaks along with gradual changes in speed. The overall goal is to raise heart rate, maintain the raised heart rate for most of the workout, then gradually bring heart rate down during the last 2 cool down segments.
- **INTERMEDIATE:** This program features 5 elevation peaks matched to changes in speed. The overall goal is to vary heart rate by elevating and lowering it several times, providing a challenging cardiovascular workout.
- **ADVANCED:** This program features high elevations combined with top speeds. The overall goal is to raise heart rate using speed and elevation for an advanced cardiovascular workout.
- **INTERVALS:** This program features high speeds and elevations alternating with low speeds and elevations. The overall goal is to vary your workout, taking you from peak level to recovery 8 times throughout the workout.
- **ENDURANCE:** This program features a maximum speed with maximum elevation. The overall goal is to raise heart rate with speed and elevation for the ultimate cardiovascular workout.
- **SUMMIT:** The user sets maximum speed and elevation during program setup. The goal is to gradually work your way up to maximum speed and elevation followed by a steady decline.
- **HILLS:** This program features a maximum speed and elevation with four series of hills. The goal is to increase cardiovascular effort using incline and speed.
- **CHALLENGER:** This program is designed to increase your cardiovascular by reaching maximum incline and speed several times throughout the program. The user sets maximum speed and elevation during program setup.

### 5.5.2. Running Built-In Programs

1. Tap the hamburger menu  on the upper right corner, then select **PROGRAMS** to view all programming options.
2. Select a category for a list of program options that you want to use. The program preview displays a graphical representation of the program you selected, including:
  - Maximum speed and incline
  - Minimum speed and incline (only available for interval programs)
  - Program Time
3. Tap a program parameter to change it if desired. When the selected item turns blue, use the numeric keypad to adjust the Program Time, Maximum Speed, or Maximum Incline.
4. Tap **START** to begin after setting program parameters.



When you start the program, the treadbelt starts moving and the Program Progress Screen offers an overview of the selected program. You can swipe left or right or press the arrow to view the other motivational screens.

To end the program before it completes, tap the **STOP** button twice.

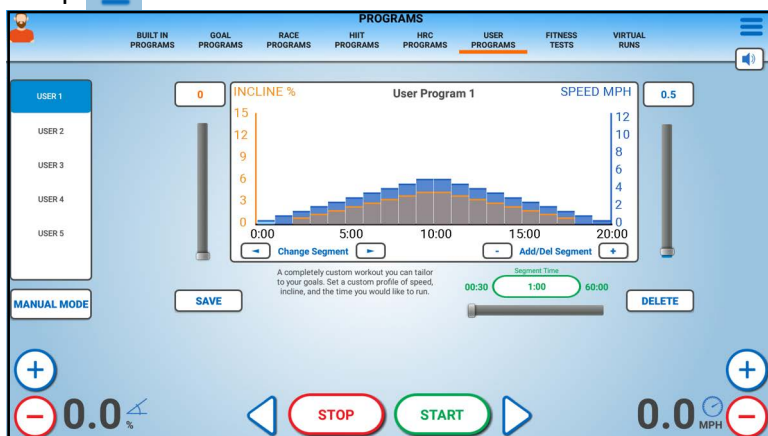
## 5.6. Landice Elite Treadmill User Programs

The Landice Elite Treadmill has User Programs, which you can create and change. The treadmill remembers these programs even when it is unplugged.

A User Program looks and runs exactly like a Built-In Program. Unlike the Built-In Programs, User Programs allow you to customize individual segments.

### 5.6.1. Editing a User Program

1. Tap  • **PROGRAMS • USER PROGRAMS.**



2. Select a User Program to edit. The details of the User Program are displayed.
3. Use the speed, incline and time slider bars to change the parameters of the segment. Tapping the number next to a sliding bar opens a numeric keypad if you prefer to type the desired change.
4. Tap the left or right arrows by Change Segment to move through all of the program segments.
5. Repeat Step 3 to adjust each program segment as desired.
6. To change the number of segments in the user program, tap the plus or minus icons next to Add/Del Segment.
7. When you finish modifying your User Program, tap **SAVE**.

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

### 5.7. Heart Rate Control Programs

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Landice Elite treadmills offer Heart Rate Control (HRC) programs that display your heart rate and automatically vary treadmill speed and incline. HRC training allows you to maximize your workout performance while minimizing your workout time.

You must use a Wireless Heart Rate Chest Strap (residential models only) for HRC programs.

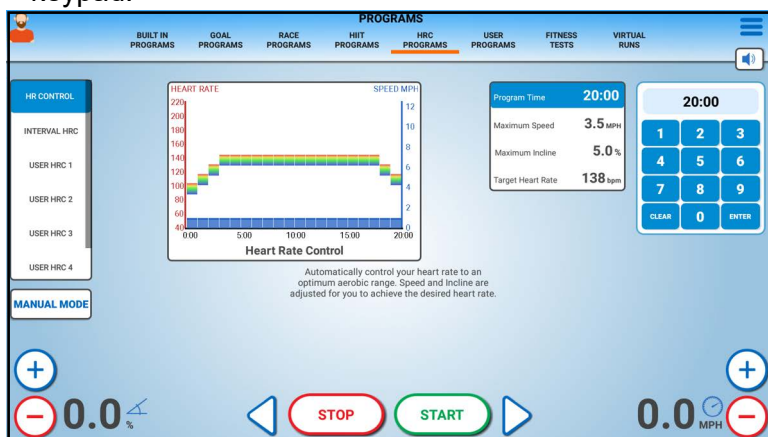
There are 2 different 20-segment HRC programs:

- **HRC** varies treadmill speed and incline to keep your heart rate near the target heart rate for the entire workout.
- **Interval HRC** targets different heart rates. It alternates between the target and 80% of the target.

#### 5.7.1. Built-in HRC Programs

1. Tap  • **PROGRAMS** • **HRC PROGRAMS** to display the HRC Programs.
2. If the default HRC Program displayed in the program preview suits your needs, tap **START** to begin. Otherwise, tap **Program Time**, **Maximum Speed**, **Maximum Incline**

and/or **Target Heart Rate** to make changes using the keypad.



3. When finished modifying, tap **START** to begin.
4. After you start the program, you can swipe left or right to view the other motivational screens if desired.

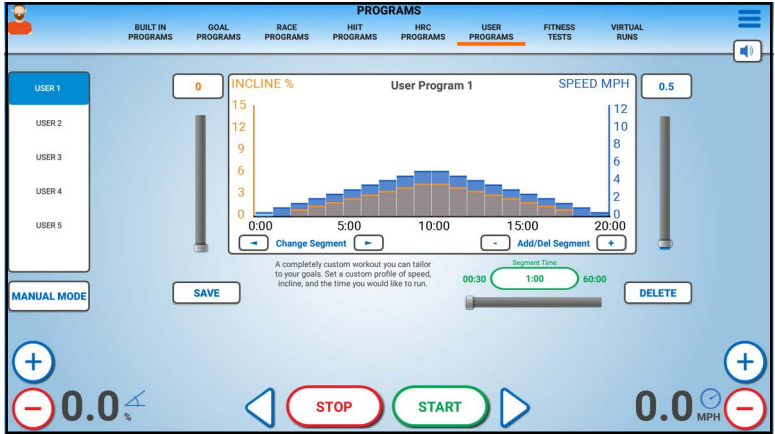
## 5.7.2. User-Defined HRC Programs

Unlike the Built-In Programs, User HRC Programs allow you to manually edit individual segments. A user-defined HRC Program looks and runs exactly like a Built-In Program.

To edit a User HRC Program:

1. Tap  • **PROGRAMS** • **HRC PROGRAMS**.
2. Select the user HRC program you wish to edit located on the right side of the screen. When the program is selected the program details will be displayed.
3. Use the Heart Rate and time slider bars to change the parameters of the segment. Tapping the number next to a sliding bar opens a numeric keypad if you prefer to type the desired change.
4. Tap the left or right arrows by Change Segment to move through all of the program segments.

- Repeat Step 3 to adjust each program segment as desired.



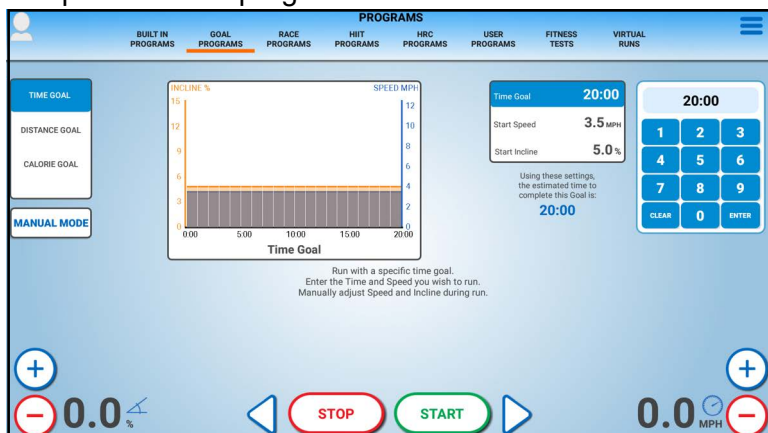
- To change the number of segments in the user HRC program, tap the plus or minus icons next to Add/Del Segment.
- After all of the segment changes are made, set the Maximum Speed and Maximum Incline values. Do this by tapping each item and using the numeric keypad to enter the desired number.
- When you finish modifying your User HRC Program, tap **SAVE**.
- If you are content with your changes, press **START** to begin the User HRC Program. Your newly modified program will be permanently stored in the Landice Elite Treadmill's memory even if the treadmill is unplugged.

## 5.8. Specific Goal Programs

The Landice Elite Treadmill provides Specific Goal programs. Whether you want to go for a 3-mile run, burn 1,000 calories, or simply exercise for 15 minutes, the Goal Progress screen accurately assesses your progress with a variety of statistics. During these programs you retain full manual control.

### 5.8.1. Using Specific Goal Programs

1. Tap  • **PROGRAMS • GOAL PROGRAMS** to view the Specific Goal Setup Screen.
2. Tap the desired program on the left side of the screen.



3. After selecting your goal, define its parameter by tapping **Time**, **Distance** or **Calorie** (depending on the program chosen), **Speed** and **Incline** to highlight the field in blue. Then use the numeric keypad to modify the program settings:
  - Time: 10-99 minutes
  - Distance: 0.1-99.9 miles
  - Calories: 10-9999 Calories
4. Tap **START** to begin.

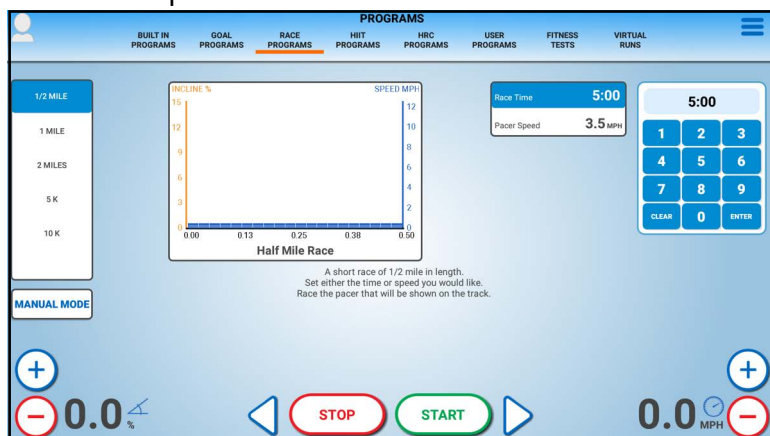
### 5.8.2. Race Programs

Race Mode is a unique feature that allows you to manually control a distance-based program that monitors your progress

versus a virtual pacer. Preset race distances available are: ½ Mile, 1 Mile, 2 Miles, 5 K, and 10 K.

To run a Race:

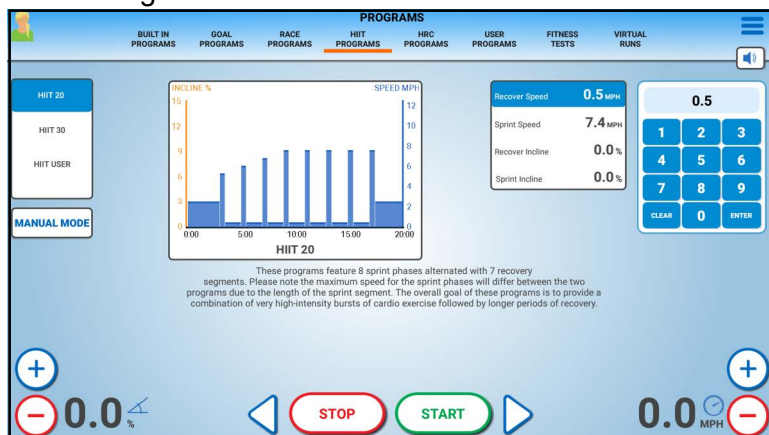
1. Tap  • **PROGRAMS** • **RACE PROGRAMS** to view the Race Setup screen.



2. Select desired distance at the left side of the screen: ½ Mile, 1 Mile, 2 Miles, 5 K, or 10 K.
3. After selecting your distance, use the numeric keypad to enter Race Time and Pacer Speed.
4. Press **START** to begin the race. When you begin, the Track Screen is displayed. During the Race, the Track Screen displays you and the pacer (the pacer is always the smaller of the two circles).
5. The pacer will finish the race distance at the set time because it maintains a consistent speed throughout the program. The pacer may finish before you.

## 5.9. HIIT Programs

1. Tap  • **PROGRAMS** • **HIIT PROGRAMS** to display the HIIT Programs.



2. Select the desired HIIT program on the left side of the screen: **HIIT 20**, **HIIT 30**, or **HIIT USER**.
3. If the default HIIT Program displayed suits your needs, tap **START** to begin. To change the program if desired, tap **Recover Speed**, **Sprint Speed**, **Recover Incline**, and/or **Sprint Incline** to make changes using the keypad.
4. When finished modifying, tap **START** to begin. The Program Progress Screen will display the program. You can swipe left or right to view the other motivational screens.

## 5.10. Virtual Run Programs

1. Tap  • **PROGRAMS** • **Virtual Run** to display the Virtual Programs.
2. Select the desired virtual program on the left side of the screen: **Kodiak Island**, **London England**, **Makapu'u Lighthouse**, **Highbanks Metro Park**, or **Grand Canyon**.
3. If the default Virtual Program displayed suits your needs, touch **START** to begin. Otherwise, touch **Program Time**, **Maximum Speed**, and/or **Maximum Incline** to make changes using the keypad.

4. When finished modifying, touch **START** to begin. When you start the program, the Virtual Run video will be displayed.

### 5.11. Fitness Tests

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#### 5.11.1. Introduction

Landice Elite treadmills have built-in tests that measure fitness level based on your age, gender, and performance.

A person's fitness level can be measured by the amount of oxygen their body can consume while exercising at maximum capacity. The maximum amount of oxygen (in milliliters) an individual can use in one minute per kilogram of body weight is referred to as  $VO_2$  Max.

When you perform a fitness test, the treadmill calculates approximate  $VO_2$  Max and provides a fitness evaluation.

**Note: Scores may vary due to line voltages, component tolerances, and individual capabilities. For a more accurate  $VO_2$  Max calculation, take the average of the Balke and Firefighter Fitness Test scores.**

#### 5.11.2. Balke Fitness Test

**Note: You must use the pulse grips or chest strap (residential models only) for this test.**

This is a walking pace, variable incline fitness test that increases in difficulty to raise your heart rate. The test ends when you reach your Target Heart Rate and the treadmill calculates your fitness assessment. Parameters cannot be modified. Your age determines the test's target heart rate and the scaling of the fitness assessment.

Test Parameters:

- Maximum Speed: 4.4 mph
- Maximum Incline: 15%
- Maximum Heart Rate: 80% of Maximum Heart Rate (See Heart Rate Monitoring sections).

**Note:** The calculated target heart rate displayed before you start the test is derived from statistical heart rate capacity averages. (See “Heart Rate Monitoring” on page 17.) If you are uncomfortable with the target heart rate displayed or feel discomfort during the fitness test, stop the test.

**Note:** You must hold onto the pulse grips or wear the wireless chest strap for the entire test. If the treadmill loses the heart rate signal for more than 30 seconds the test is terminated.

Upon completion the treadmill displays your VO<sub>2</sub> Max score and fitness assessment based on your performance. Use the tables below to interpret your score based on your age and gender.

**Table 5-4 Men: VO<sub>2</sub> Max**

| Age   |       |       |       |       |       |       | Rating    |
|-------|-------|-------|-------|-------|-------|-------|-----------|
| <20   | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | >69   |           |
| >65   | >62   | >58   | >54   | >52   | >50   | >48   | Superior  |
| 57-65 | 54-62 | 50-58 | 46-54 | 44-52 | 42-50 | 40-48 | Excellent |
| 47-56 | 44-53 | 40-49 | 37-45 | 35-43 | 32-41 | 30-39 | Good      |
| 37-46 | 35-43 | 32-39 | 28-36 | 26-34 | 24-31 | 22-29 | Average   |
| <37   | <35   | <32   | <28   | <26   | <24   | <22   | Low       |

**Table 5-5 Women: VO<sub>2</sub> Max**

| Age   |       |       |       |       |       |       | Rating    |
|-------|-------|-------|-------|-------|-------|-------|-----------|
| <20   | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | >69   |           |
| >62   | >58   | >54   | >51   | >47   | >44   | >42   | Superior  |
| 54-62 | 50-58 | 46-54 | 43-51 | 39-47 | 36-44 | 34-42 | Excellent |

**Table 5-5 Women: VO<sub>2</sub> Max**

| Age   |       |       |       |       |       |       | Rating  |
|-------|-------|-------|-------|-------|-------|-------|---------|
| <20   | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | >69   |         |
| 42-53 | 39-38 | 35-45 | 32-42 | 29-38 | 25-35 | 23-33 | Good    |
| 34-41 | 32-38 | 29-34 | 25-31 | 22-28 | 19-24 | 15-22 | Average |
| <34   | <35   | <29   | <25   | <22   | <19   | <15   | Low     |

**5.11.3. Firefighter (Gerkin) Fitness Test**

This test requires the Wireless Chest Strap. It is a heart rate controlled, variable speed and incline fitness test. The test increases in difficulty to raise your heart rate. When you reach your target heart rate, the test ends and the treadmill calculates a fitness level based on your performance. Your age determines the test's target heart rate and the scaling of the fitness assessment.

**Test Parameters**

- Maximum Speed: 7 mph
- Maximum Incline: 15% (cannot be modified)
- Maximum Heart Rate: 85% of Maximum Heart Rate (See Heart Rate Monitoring sections).

**Note:** The calculated target heart rate is displayed before you start the test. This heart rate is derived from statistical heart rate capacity averages (see Heart Rate Monitoring Section) If you are uncomfortable with the target heart rate displayed or feel discomfort during the fitness test, stop the test.

**Note:** You must wear the wireless chest strap or hold onto the contact heart rate bars during the entire test. If the treadmill loses the heart rate signal for more than 30 seconds the test is terminated.

This test increases in difficulty until you reach the target heart rate, then a 30-second countdown follows and ends the test.

To end the program at any time press **STOP**.

Upon completion the treadmill displays a  $\text{VO}_2$  Max score and fitness assessment based on your performance compared to the general population.

**Table 5-6 Firefighter Fitness Test Score**

| VO2 Max | Rating    |
|---------|-----------|
| >59     | Superior  |
| 50-58   | Excellent |
| 40-49   | Good      |
| 32-39   | Average   |
| <32     | Low       |

#### 5.11.4. Army 2 Mile Fitness Test

This test consists of a manually controlled, flat ground, complete as fast as you can 2-mile run. Upon completion the treadmill provides an assessment score of 0 to 100.

##### Test Parameters

- Maximum Speed: Controlled by the user
- Maximum Incline: Set to 0%

When the test is complete, a US Army assessment rating between 0-100 is displayed, based on your time, age and gender.

**Table 5-7 U.S. Army Fitness Assessment Ratings**

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

### 5.11.5. Other Military Fitness Tests

The following fitness protocols require the user to manually control the speed without incline. The goal is to complete the program as fast as you can. These fitness protocols are not heart rate controlled. Upon completion you will receive an assessment score (0-100).

- Navy Fitness Protocol: 1½-Mile Test
- Army Fitness Protocol: 2-Mile Test
- Air Force Fitness Protocol: 1½-Mile Test
- Marine Corps Fitness Protocol: 3-Mile Test

### 5.11.6. Running a Fitness Test

To run one of the fitness tests, do the following:

1. Tap  • **PROGRAMS • FITNESS TESTS** to display the fitness programs.
2. Select the desired fitness test on the left side of the screen: **Army, Navy, Air Force, Marines, Firefighter, or Balke**
3. Enter your Age and Gender then tap **START** to begin.

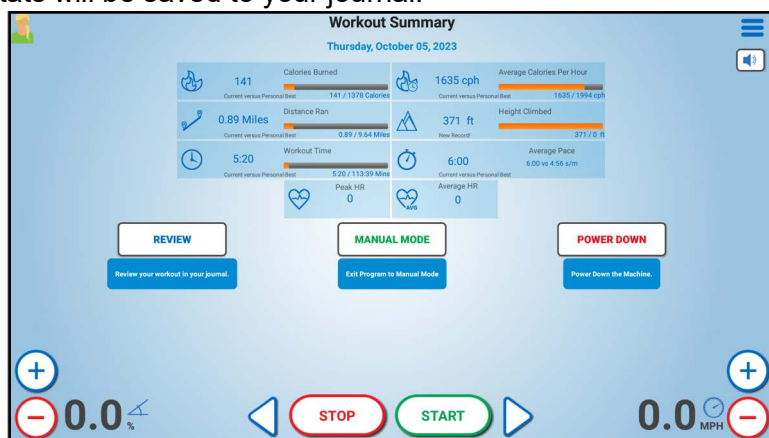
## 5.12. Powering Down the Treadmill

To stop the treadbelt, press **STOP** once to pause the treadmill, or twice to end the workout. You will be directed to the Workout Summary Screen, which displays your workout totals.

You can **Review** your workout in the journal, **Exit** program into manual mode or **Power Down** the treadmill by tapping the white buttons.

## 5.13. Workout Summary and Journal

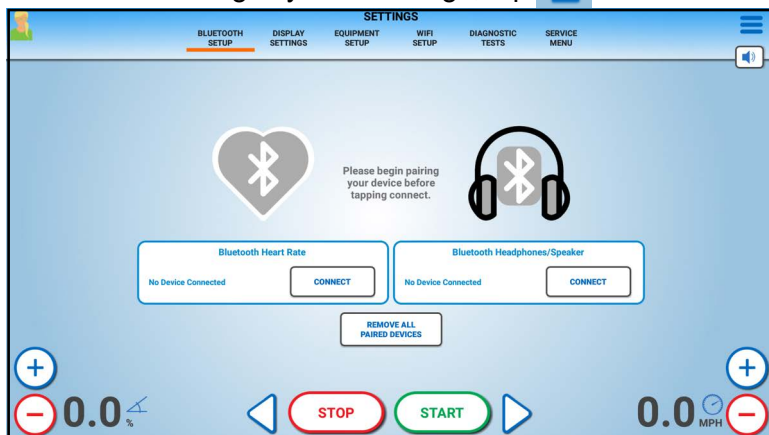
At the end of a workout, a Workout Summary with the date and overall stats is displayed. If you are logged in as a client, these stats will be saved to your journal.



## 5.14. Settings

**Note:** Only one Bluetooth connection attempt can be made per minute. Some wireless speakers, headphones, or transmitters may not work with the Landice Elite console. Landice includes an analog Heart Rate Transmitter with the treadmill.

1. To view or change system settings, tap  • **SETTINGS**.



- **Bluetooth Setup:** connect Bluetooth wireless headphones/speaker and Heart Rate Transmitters to the Landice Elite treadmill.
- **Bluetooth Heart Rate Transmitter (not included with treadmill):** To pair your Bluetooth Heart Rate Transmitter, put the Bluetooth HR device on as instructed in the device's manual, then tap the **Connect** button in the Bluetooth Heart Rate box. When your heart rate is detected, a pop-up will appear asking if you would like to connect. Tap **Yes** to connect. If the transmitter is not connecting, select **Remove all paired devices** and try again.
- **Bluetooth Headphones/Speaker (not included with treadmill):** To pair your Bluetooth speakers or headphones, put your device in pairing mode, then tap the **Connect** button in the Bluetooth Headphones/Speaker box. When the list of devices appears, select the one you wish to connect with. If the headphones or speakers are not connecting, make sure

all other devices are disconnected from this device, then select **Remove all paired devices** and try again.

- **Display Settings:** Allows adjustment of Brightness, Units of Measurement, Time/Date, and Time Zone.
  - **Brightness:** To adjust screen brightness, go to the Display Settings Mode and slide the adjuster tab left or right.
  - **Units:** To switch the units of measurement, tap the white **Units** button.
  - **Date and Time:** For accurate date and time, select the correct time zone. If needed, set the correct date and time. **The time zone defaults to Eastern Standard Time.**
- **Equipment Setup:** Allows adjustment of the Sleep Timer, Pause Timer, Cool Down Timer, and Lockout Mode.
  - **Sleep Timer:** To set the time of inactivity it takes for the screen to go into Sleep Mode, select **Sleep Timer**. Select the desired option (Off, 15 minutes, 30 minutes, 1 hour, or 4 hours) by tapping the up or down arrows.
  - **Pause Timer:** To set the pause time, tap the **Pause Time** option and use the up/down arrows to set the desired time. The pause timer can be set to Off, 5 minutes, 10 minutes, 30 minutes, or 1 hour by tapping the up or down arrows.
  - **Cool Down Timer:** To set the Cool Down Timer, tap **Cool Down Timer** and use the up/down arrows to set the desired time. The options are Off, 30 seconds, 1 minute, 2 minutes, or 5 minutes.
  - **Lockout Mode:** To prevent unwanted treadmill usage by locking the screen, tap **Lockout Mode**. Then set a code and confirm it. This enables the owner of the machine to lock the screen. To disable this feature, enter the code and select **Disable**. The master setting code is 9010, allowing the owner to unlock the screen if they forget their code.

- **Wi-Fi Setup:** With authorized Internet access, this setting allows the user to connect their Landice Elite console to the internet. Tap **Wi-Fi Setup** in the header bar. Then select your Wi-Fi name from the drop-down menu, enter your Wi-Fi password, and then tap the **Connect** button.
  - If the local Wi-Fi name is not displaying, tap the **Wi-Fi** tab. Repeat the process. Ensure that the signal strength icon is displaying adequate signal strength (3 or more bars).
  - If after multiple attempts the console will not connect to Wi-Fi, reboot the treadmill by turning off the on/off power switch. Wait about 30 seconds, then power the treadmill back on. Repeat the process above.
  - If Wi-Fi still will not connect, turn off your Wi-Fi router, wait about a minute, then plug your Wi-Fi router back in and let it reboot. After it has come back online, try to connect your console to Wi-Fi again. If the Wi-Fi signal is not picking up, it could be an external issue with the client's equipment.
- **Ethernet Connection:** Ethernet cable can be connected directly to the treadmill console for internet access (Ethernet cable not included).

### 5.14.1. Landice Elite Service Menu

This menu displays the console software version and interface, equipment usage, and enables you to perform a software update if necessary. Menu options are:

- **Software Version:** Displays the current software versions for the Console and Interface.
- **Equipment Usage:** Displays the console's remaining memory storage capacity, the Total Hours and Miles of treadmill usage, when to check Belt Lubrication, and when to check the Belt and Deck for possible replacement. When you lubricate the belt and deck, press the Lubrication Timer Reset.

**Note:** **DO NOT PRESS the Belt and Deck Timer Reset; it should be reset ONLY when the treadbelt is replaced.**

- **Service Code** (not for customer use.) Required for changing the treadmill's top speed and incline.
- **Software Web Update:** This button checks for software updates using Wi-Fi.
  - When the available updates appear, tap **Download Update**. (Be sure to download them in order) This may take a few minutes.
  - Then tap **Install Update**. A white screen will appear. Tap the **Install** button in the bottom right-hand corner.
  - After an update is installed, the options **Done** or **Open** appear in the bottom right-hand corner. Select **Done**.
  - After all updates are complete, the screen will go dark. Tap the screen to turn it back on.
  - Repeat these tasks until all the updates are installed.
- **Software USB Update:** This option is used if an update is being performed using a USB stick. Tap the **Software USB Update** button when the USB with the new software has been inserted into the console. Remove the USB stick when the update is complete.



**NEVER TAKE THE CONSOLE APART.  
DOING SO WILL VOID THE WARRANTY.  
There are no serviceable console  
components.**

## 6. Maintenance and Troubleshooting

### 6.1. Cleaning

**General:** Turn your fitness equipment off before cleaning. Vacuum around and under the treadmill at least once a month. Wipe any sweat from the treadmill after each workout.

**Console and Display Screen:** It is recommended to clean the console and screen after each workout.

For non-touchscreens, wipe exposed console surfaces with a microfiber cloth, dampened with a mixture of 3 parts water to 1 part Simple Green® cleaner. [www.simplegreen.com](http://www.simplegreen.com)

#### TOUCH SCREEN CLEANING

##### **⚠ CAUTION**

Do not use abrasive cloths, such as rags or paper towels. They can spread lint and/or damage the screen.

##### **⚠ CAUTION**

Avoid cleaning products that may cause discoloration, such as rubbing alcohol, bleach or ammonia-based cleaners.

1. Turn your fitness equipment off. When cleaning a treadmill please do not stand on the treadbelt during the cleaning process.
2. **IMPORTANT: Avoid getting any cleaning liquids in the console or other parts.** Spray/dampen a microfiber cloth with ammonia-free cleaner and be sure to remove any excess liquid prior to cleaning the screen.
3. Wipe the surface of the monitor gently in small circles, and then allow it to dry.

**Wireless Chest Strap:** The transmitter activates when the belt is moist. To conserve battery life, wipe the electrodes dry after each use. Clean monthly with mild soap and water and wipe dry.

##### **⚠ CAUTION**

To avoid damaging the electrodes, do not use abrasives to clean the chest strap. Do not bend or stretch the electrode strips, especially when storing the chest strap.

### 6.2. Maintenance

#### **WARNING**

Lethal voltages and moving parts capable of causing serious injury are exposed when the motor cover is removed. Under no circumstances should the motor cover be removed except by a Landice approved service provider.

#### 6.2.1. Slipcoat Lubricant Application Instructions

Slipcoat lubricant is 100% silicone, which is a non-toxic lubricant designed to reduce friction between treadbelt and deck. Proper and timely application of Slipcoat lubricant will help prevent premature treadbelt, drive motor and electronics failure. Landice recommends the following maintenance procedures. Following these maintenance steps and procedures will ensure the treadmill will operate efficiently for years to come.

**Residential Treadmills:** For heavier home use, over 20 hours per week, Landice recommends lubricating beneath the treadbelt every six months. For average home use, Landice recommends lubricating beneath the treadbelt once per year.

**Commercial Treadmills:** All commercial treadmills require lubrication. Lubricate commercial treadmills used less than 5 hours per day once quarterly. Lubricate treadmills used more than 5 hours per day twice quarterly.

1. With the treadmill off and unplugged from power source, verify treadbelt requires lubrication. With socket wrench positioned at twelve o'clock, loosen both 9/16" treadbelt tension bolts two full rotations counterclockwise, creating slack between belt and deck surface. Place hand, palm side up, in between belt and deck. If belt surface is dry, (no oily film) lubrication is required. If lubricant is present, skip to step 3.
2. Apply 1 ounce of Slipcoat lubricant to the center 10" of the entire deck in a zigzag pattern. Clean any spilled lubricant with rubbing alcohol on clean rag or sponge.

3. Ensure belt is centered within the deck/running surface. With socket wrench positioned at twelve o'clock, re-tension both 9/16" treadmill tension bolts two full rotations clockwise.
4. Plug the treadmill in, turn power switch on, start treadmill at 0.5 mph, gradually increase speed to 3.0 mph and verify tracking is correct. Slight adjustments may be required. Walk on treadmill for approximately 5 minutes to ensure lubricant is evenly spread throughout inner belt surface.
5. Slipcoat lubricant is used exclusively for treadbelt maintenance and should not be used on any other surface. In the event Slipcoat lubricant spills onto outer treadbelt surface or surrounding areas, clean residue using rubbing alcohol or concentrated SimpleGreen cleaner on a clean rag or sponge.

### 6.2.2. Treadbelt Tracking Adjustment

The treadbelt is designed to move to the left and to the right as it spins, to accommodate different walking patterns. The treadbelt will drift with use, but should not be adjusted simply to achieve “perfect” centering on the roller. The treadbelt needs adjustment only if it is contacting stationary components. If adjustment is necessary, please make sure the treadmill is level first. To ensure proper belt tracking and alignment, the treadmill must be placed on a stable and level surface. Use a carpenter's level to verify treadmill base is level left to right. Adjust rear feet to obtain level surface prior to any adjustments.

The treadbelt is tracked by means of two 9/16” hex head bolts at the rear of the treadmill. Tightening (clockwise) the bolt on the side of the treadmill that the belt has moved toward and loosening the bolt on the opposite side an equal amount causes the belt to move toward the center. Adjustments should be made in ¼-turn increments, with the treadmill running at 2 to 3 mph. Allow at least 30 seconds for the belt to stabilize between each adjustment.

**Note:** Think of the left roller adjustment bolt like your car steering wheel. The left bolt must be turned in the direction the belt needs to go. Then turn the right roller adjustment bolt in the opposite direction.

**Example:** If the treadbelt is too far over to the right, you need to turn the left roller adjustment bolt ¼ turn toward the left, and then turn the right roller adjustment bolt ¼ turn to the right.

### 6.2.3. Treadbelt Tensioning

The treadbelt is tensioned at the factory but may require adjustment after installation. Need for tensioning is indicated by uneven belt speed and may be felt as sudden stopping of the treadbelt when your foot comes down on the belt.

To check belt tension: run treadmill at 1 mph, then walk on it. If the belt does not feel like it is slipping or hesitating, then the belt is tensioned correctly. If the belt slips/hesitates, then it is not fully tensioned.

The same hex head bolts used for tracking also tension the treadbelt. To tighten the treadbelt, turn both bolts clockwise exactly the same amount,  $\frac{1}{4}$ -turn at a time. Failure to turn them equally will affect belt tracking. **DO NOT OVER-TIGHTEN.** Continue checking for treadbelt slipping. When treadbelt is fully tensioned, speed up treadmill to 5 mph. Then, while jogging lightly, check for any sudden slipping/hesitating of the treadbelt. Repeat treadbelt tensioning if required.

### 6.2.4. Drive Motor Belt Tensioning

#### **WARNING**

Moving parts can cause serious injury. Always unplug treadmill before placing hands inside motor housing.

#### **CAUTION**

**DO NOT OVER-TIGHTEN.** Over-tightening the drive motor belt can damage the drive motor and front roller.

**Note: THIS PROCEDURE MUST BE PERFORMED BY AN APPROVED LANDICE SERVICE PROVIDER.**

Drive belt tension is preset at the factory. If tension needs adjustment:

Loosen the 4 motor pan nuts on the drive motor bracket. Turn the tension screw clockwise to increase tension.

**Note: Proper tension is 20 Newtons which is equivalent to a 45° twist on the drive belt. Download the Easy Tension App on your smartphone or tablet. The L7 drive Belt is 220J8 and the L8 Drive Belt is 260J8.**

When proper tension is reached, tighten the 4 motor bracket nuts.

### 6.2.5. Service Checklist

- Tension and track treadbelt
- Check drive belt tension

### 6.3. Self-Diagnostics

The treadmills have self-diagnostics. If an error occurs during operation, the treadmill will display an error message. You can run self-diagnostics to get further information on the error by pressing **ENTER**.

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

The treadmill will systematically test all of the individual components of the treadmill. During some of the tests, you will be prompted with simple “Yes or No” questions to assist with the diagnosis. Answer the questions using the **LEFT ARROW** for **NO** and the **RIGHT ARROW** for **YES** when prompted.

#### DIAGNOSTIC TESTS HOME TREADMILL

##### CAUTION!!

BELT SPEED & INCLINE MAY CHANGE  
DURING TESTING. ATTACH SAFETY KEY  
THEN PRESS ENTER TO CONTINUE.

|                 |      |
|-----------------|------|
| SAFETY KEY:     | PASS |
| DISPLAY MEMORY: | PASS |
| BELT OVERSPEED: | PASS |
| SPEED SENSOR:   | 8    |

When the Self-Diagnostics has completed all of the tests, it will read one of the two messages along the bottom: “No Errors Detected”, or “Error Detected, Contact Service Provider”. Contact your Dealer or go to [www.landice.com](http://www.landice.com) and click on Service Locator to find a provider in your area.

To manually enter self-diagnostics mode, with the treadmill off, press the **CENTER ARROWS** and **START** at the same time.

|                                          |      |
|------------------------------------------|------|
| SAFETY KEY:                              | PASS |
| DISPLAY MEMORY:                          | PASS |
| BELT OVERSPEED:                          | PASS |
| SPEED SENSOR:                            | PASS |
| BELT MOTOR VOLTAGE:                      | PASS |
| INCLINE SENSOR:                          | PASS |
| ELEVATION MOTOR:                         | PASS |
| INCLINE CALIBRATION:                     | PASS |
| ERROR DETECTED, CONTACT SERVICE PROVIDER |      |
| SAFETY KEY:                              | PASS |
| DISPLAY MEMORY:                          | PASS |
| BELT OVERSPEED:                          | PASS |
| SPEED SENSOR:                            | PASS |
| MOTOR VOLTAGE:                           | PASS |
| INCLINE SENSOR:                          | PASS |
| ELEVATION MOTOR:                         | PASS |
| INCLINE CALIBRATION:                     | PASS |
| NO ERRORS DETECTED                       |      |

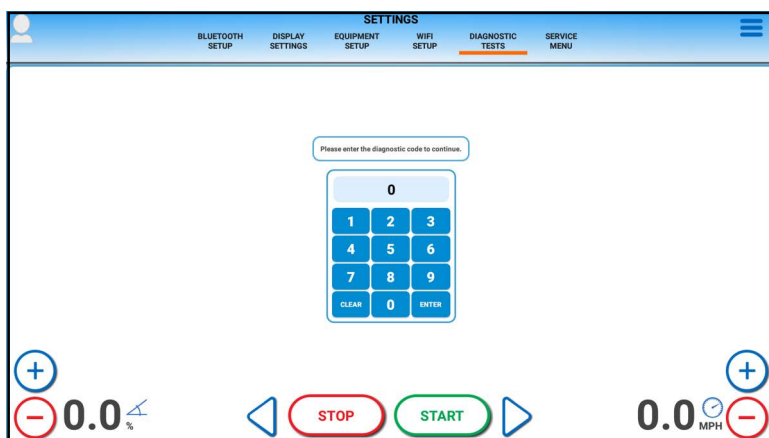
### 6.4. Self-Diagnostics (Landice Elite Treadmill Only)

**Note:** You can also manually initiate diagnostic testing from the Menu Screen by tapping **SETTINGS**, then **DIAGNOSTICS**.

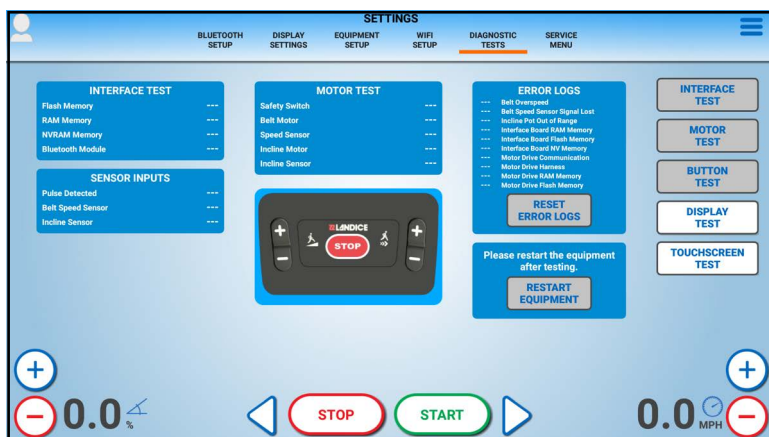
If errors occur during treadmill operation, an error message is displayed and the Diagnostics key provides the option to begin the treadmill's self-diagnostic routine.

When diagnostics are started, a warning appears. After reading it, straddle the treadmill by stepping on the traction strips on the sides of the treadbelt.

Enter diagnostic code to continue: **9010**. Tap **ENTER**. Select the test you want to run from the menu on the right side



The treadmill begins self-testing. The screen prompts you with “Yes or No” questions to assist with diagnosis.



When self-test is complete, one of the following messages is displayed:

- **No Errors Detected (PASS)**
- **Error Detected 9FAIL) Contact Service Provider**

For more information, contact your selling dealer or go to [www.landice.com](http://www.landice.com) and click Service Locator on the upper right.

### 6.5. Hidden Menu (ProSports and Landice Achieve only)

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The Hidden Menu provides access to control the settings listed below. To view the Hidden Menu:

**ProSports consoles:** while the control panel is off, press **3, 9** and **START** at the same time.

**Achieve consoles:** press **START** then hold **3** and **9** simultaneously during the boot up screen until the Hidden Menu appears, then release all.

Use the **+** or **-** keys to move up and down the list. Then press the **START** button to select setting. Press **STOP** to save and exit the Hidden Menus section.

- **Error Logs:** Records the number of times a specific error code occurs.
- **NV Init - Boot:** Manufacturer's use ONLY
- **Diagnostics:** Provide technicians the ability to test buttons and calibrate. Press and hold **STOP** to exit diagnostic mode.
- **Reprogram Firmware:** Manufacturer's use ONLY
- **Self-Diagnostics:** Runs an automatic test of specific components to assist service technicians with diagnostics.
- **Toggle Client Mode:** This feature will turn Client Mode on and off.
- **Toggle Lockout Mode:** Enables or disables use of a code to operate the treadmill. When **Lockout Mode** is enabled it provides the ability to set a personalized four-digit code to use the treadmill. If the code is forgotten, 9010 will grant access.
- **Toggle Units:** Allows switching the measurement units between English and Metric.
- **Toggle Beeper:** Enables or disables the ability to control the beeping sound.
- **Toggle User Presence:** This feature will turn off the treadmill if a user is not detected on the treadmill for 20 to 30 seconds.



