

HAMMER[®]STRENGTH[®]

**HAMMER
STRENGTH[®]**

HD Air Bike

Owner's Manual

PT-AB



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User and Service Documents Link

<https://lifefitness9512.zendesk.com/hc/en-us>

<https://www.lftechsupport.com/web/document-library/documents>

Additional information is available online using the links above.

تتوفر معلومات إضافية على الإنترنت باستخدام الرابط أعلاه.

点击上面的链接可在线获取更多信息。

Flere oplysninger er tilgængelige online gennem linket ovenfor.

Bijkomende informatie is online beschikbaar via bovenstaande link.

Vous trouverez plus d'informations en ligne à l'aide du lien ci-dessus.

Zusätzliche Informationen finden Sie online über den oben angegebenen Link.

Ulteriori informazioni sono disponibili online utilizzando il link sopra riportato.

追加情報は上記リンクを使用してオンラインで利用可能です。

상기 링크를 통해 온라인에서 추가 정보를 볼 수 있습니다.

Informações adicionais estão disponíveis on-line, através do link acima.

Дополнительная информация доступна в интернете по ссылке, указанной выше.

Mediante el enlace anterior podrá acceder a información adicional en línea.

Ytterligare information finns online genom att använda länken ovan.

İnternet üzerinden daha fazla bilgi edinmek için yukarıdaki bağlantıyı kullanabilirsiniz.

هناك معلومات إضافية متاحة على الإنترنت باستخدام الرابط أعلاه.

Informazio osagarria eskuragarri dago goiko estekaren bidez.

Допълнителна информация можете да намерите онлайн, като използвате връзката по-горе.

Mitjançant l'enllaç anterior podreu accedir a informació addicional en línia.

使用上面的連結線上提供額外資訊。

Dodatne informacije možete pronaći na internetu sljedeći vezu iznad.

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Lisätietoja on saatavissa verkosta käyttämällä yllä olevaa linkkiä.

Wubetumi anya nsem afororo aka ho wo websait so denam asem a ewa atifi ho a wubemia so so.

Πρόσθετες πληροφορίες είναι διαθέσιμες online χρησιμοποιώντας το σύνδεσμο παραπάνω.

מידע נוסף אפשר לקבל באינטרנט באמצעות הקישור לעיל.

További információ elérhető online, a fenti hivatkozás segítségével.

Viðbótarupplýsingar eru fáanlegar á netinu með því að smella á tengilinn hér fyrir ofan.

Plus indicium per superum situm potes invenire.

മുകളിലുള്ള ലിങ്ക് ഉപയോഗിച്ച് ഓൺലൈനിൽ കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണ്.

Ytterligere informasjon er tilgjengelig på nettet via linken ovenfor.

Dodatkowe informacje są dostępne online pod powyższym odnośnikiem.

Informações adicionais estão disponíveis online a usar o link acima.

Informații suplimentare sunt disponibile online, utilizând link-ul de mai sus.

Dodatne informacije dostupne su na mreži putem gornjeg linka.

Ďalšie informácie sú dostupné online na vyššie uvedenom odkaze.

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FCC Compliance Information

Before using this product, it is essential to read this ENTIRE operation manual and ALL assembly instructions. It describes equipment setup and instructs members on how to use it correctly and safely.

Avant d'utiliser ce produit, il est indispensable de lire ce manuel d'utilisation dans son INTÉGRALITÉ, ainsi que TOUTES les instructions d'installations. Ce manuel explique comment installer l'équipement et comment l'utiliser correctement et sans danger.

FCC Warning - Possible Radio / Television Interference

EN ISO 20957 Class S: Professional and / or commercial use.

NOTE: This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at his own expense.



CAUTION: Any changes or modifications to this equipment could void the product warranty.



ATTENTION : tout changement ou toute modification de ce matériel peut annuler la garantie du produit.

EU Declaration of Conformity

Electronic components satisfy the EMC directive 2014/30/EU, LVD directive 2014/35/EU, GPS directive 2001/95/EC, ROHS directive 2015/863/EU, and EN 60335-1:2012/A14:2019.

The Declaration of Conformity can be viewed at <http://www.lifefitness.com>.



Any service, other than cleaning or user maintenance, must be performed by an authorized service representative.

1. Safety

Safety Instructions



Read all instructions before use.



CAUTION: Any changes or modifications to this equipment could void the product warranty.



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



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



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



WARNING: Do not use for stretching and do not attach straps or other devices.



WARNING: Allow a distance of 16 in. (41 cm) between the widest part of the bike and other objects on either side. Provide at least 3 ft. (0.9 m) between the front or rear of the bike to any other objects and 2 ft. (0.6 m) in the direction the equipment is accessed from.



WARNING: Keep batteries out of reach of children.

Some chest straps may contain a removable battery.

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



WARNING: Batteries may not be exploited to fire or get into contact with other metal objects. If you don't use the equipment for a longer period of time, remove batteries to avoid any damage by leaking or corroding batteries. If battery is depleted, insert new batteries into the equipment. If battery has leaked, remove all residue immediately. Avoid contact with eyes and if you come in contact with residue, wash thoroughly.



WARNING: If rechargeable batteries are in use, they must be removed from the equipment for recharging. The charged battery must deliver 1.5 V output.



WARNING: Never use batteries other than D-Cell (LR-20) batteries. Do not use different battery types or depleted and new batteries together.



WARNING: Always insert batteries with correct polarity.



WARNING: Do not attempt to recharge non rechargeable batteries.



WARNING: Never short circuit battery connection terminals.



WARNING: Children shall not play with the training equipment.



WARNING: Cleaning and user maintenance shall not be made by children without supervision.

- Always follow the console instructions for proper operation.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Never operate the product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.

- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces, and towels away from moving parts.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and using.
- The product should never be left unattended when plugged in. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts.
- Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
- Free standing equipment shall be installed on a stable and leveled surface.
- Do not stand or sit on plastic shrouds.
- Use caution when mounting or dismounting the bike. Use the stationary handlebar whenever additional stability is required.
- Read all warnings on each product prior to starting a workout.
- If warnings are missing or damaged, please contact Customer Support Services immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Life Fitness Family of Brands is not responsible for missing or damaged warning labels.

Consignes de Sécurité



Veuillez lire toutes les instructions avant usage.



ATTENTION : Toute modification apportée à cet équipement pourrait en annuler la garantie.



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



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



AVERTISSEMENT : Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. Un exercice trop intensif peut entraîner des blessures graves, voire mortelles. En cas de malaise, interrompez immédiatement l'exercice.



AVERTISSEMENT : Ne pas utiliser pour des étirements et ne pas y attacher des sangles ou autres dispositifs.



AVERTISSEMENT : Tenir les piles hors de portée des enfants.

Certaines sangles de poitrine peuvent contenir une pile jetable.

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



AVERTISSEMENT : Laissez une distance de 41 cm entre la partie la plus large du vélo et les objets se trouvant de part et d'autre. Laissez un dégagement d'au moins 90 cm entre l'avant ou l'arrière du vélo et les objets alentour, et d'au moins 60 cm dans la direction qui permet d'accéder à l'appareil.



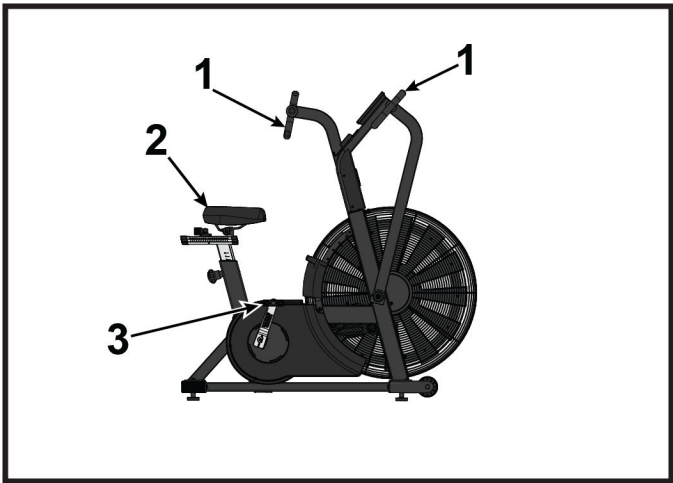
DANGER : Pour réduire les risques de chocs électriques ou de blessures en raison des pièces mobiles, débranchez toujours les produits avant de les nettoyer ou de procéder aux tâches d'entretien.

- Pour un fonctionnement correct, suivez toujours les instructions de la console.
- Cet appareil n'est pas destiné à être utilisé par des personnes ou des enfants présentant des capacités physiques, sensorielles ou mentales réduites, ou un manque d'expérience et de connaissances, sauf en cas de supervision ou d'instructions relatives à son utilisation par une personne responsable de leur sécurité.
- N'utilisez pas ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- N'utilisez jamais le produit avec les ouvertures d'air bloquées. Maintenez les bouches d'aération exemptes de peluches, de cheveux ou de toute autre obstruction.
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Nous vous recommandons de n'utiliser que des récipients pourvus d'un bouchon.
- N'utilisez pas ces produits avec les pieds nus. Portez toujours des chaussures. Portez des chaussures à semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talon, à semelle en cuir, à crampons ou à pointes. Assurez-vous qu'aucun caillou ne s'est incrusté dans les semelles.
- Éloignez les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.
- Ne placez pas les mains à l'intérieur ou sous l'appareil. Ne le faites pas basculer sur le côté durant son fonctionnement.
- Cet équipement n'est pas destiné à être utilisé par les enfants. Tenez les enfants âgés de moins de 14 ans à l'écart de la machine.
- Ne laissez aucune personne gêner l'utilisateur ou le fonctionnement de l'appareil pendant l'exercice.
- Laissez les consoles LCD s'adapter à la température ambiante pendant une heure avant de brancher l'appareil et de l'utiliser.

- Ne laissez jamais l'appareil sans surveillance lorsqu'il est branché. Débranchez-le systématiquement après son utilisation, et avant l'ajout et le retrait de pièces.
- Utilisez cet équipement uniquement aux fins auxquelles il est destiné et de la manière décrite dans le présent manuel. N'utilisez pas d'accessoires non recommandés par le fabricant.
- L'appareil utilisé de manière autonome doit être installé sur une surface stable et plane.
- Ne vous mettez pas debout ni assis sur les caches en plastique.
- Montez et descendez avec précaution du vélo. Utilisez le guidon fixe lorsque vous avez besoin de renforcer votre équilibre.
- Lisez les avertissements sur chaque produit avant de commencer à vous entraîner.
- Si certaines étiquettes d'avertissement sont manquantes ou endommagées, contactez immédiatement le service d'assistance à la clientèle. Nous vous en fournirons de nouvelles. Les étiquettes d'avertissement sont expédiées avec les appareils et doivent être installées avant utilisation de ces derniers. Life Fitness Family of Brands n'est pas responsable des étiquettes manquantes ou endommagées.

Biomechanical Positioning

The user shall be positioned by grasping grips of moving arms, feet on pedals, and sitting on seat.



Item	Description	Qty
1	Moving arm grips	2
2	Seat	1
3	Pedal	2

This product is designed to exercise the major muscle groups in the upper and lower body.

 **WARNING:** Injuries to health may result from incorrect or excessive training.

Disposing of Batteries

Batteries may not:

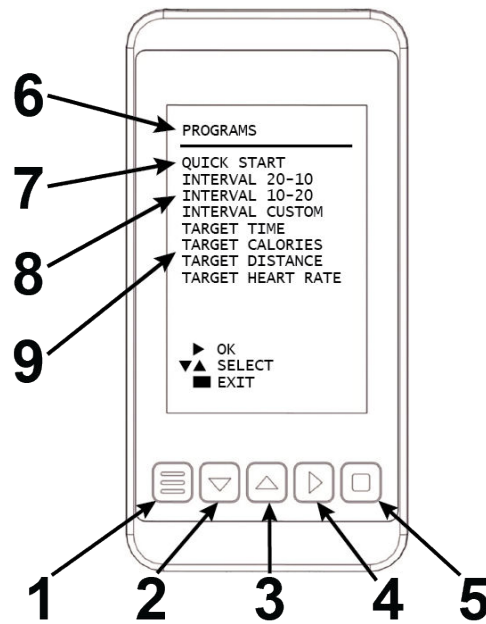
- Come into contact with fire.
- Come into contact with coins or other metallic objects.

Products or batteries labeled with this symbol may not be disposed of along with normal household refuse. For proper disposal, please find out about the applicable laws or guidelines on disposing of electrical devices and batteries in your local area and adhere to them.



2. Operation

Console Overview



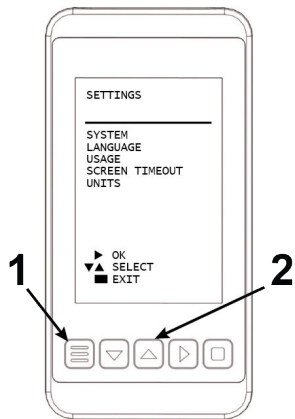
ITEM	DATA READOUTS / BUTTONS	DESCRIPTION
1	Menu / Back Button	Menu / Back button.
2	Down Arrow	Push to move cursor down in the menus.
3	Up Arrow	Push to move cursor up in the menus.
4	Right Arrow	Confirmation button.
5	Square Button	Push to pause and stop workout.
6	Training Programs	Overview
7	Quick Start	The Quick Start mode allows training without entering additional data.
8	Interval Training Custom Interval Training	Training mode for predefined or custom time oriented interval training. Interval 20 - 10: 20 seconds pedal and 10 seconds recovery (10 Rounds) Interval 10 - 20: 10 seconds pedal and 20 seconds recovery (10 Rounds) Interval custom: User defined number of rounds, pedaling and recovery duration.
9	Target	Train according to user defined workout targets. • Distance • Time • Calories • Heart Rate

Turn the Bike ON or OFF

Turn the console on by pedaling or moving the handles.
The bike will automatically shut off when no longer in use.

Settings Menu Access

- 1. Turn the console on by pedaling or moving the handles.
- 2. Press the **MENU** button on the console to access the **PROGRAMS** screen.
- 3. Press the **MENU** button and the **UP ARROW** button simultaneously for 3 seconds to enter the **SETTINGS** menu.



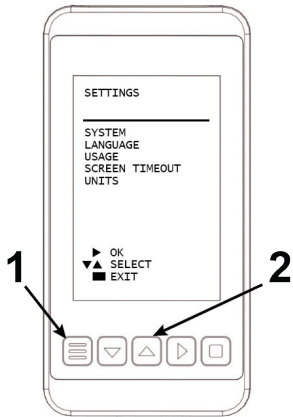
Item	Description	Qty
1	MENU	1
2	UP ARROW	1

SETTINGS	DESCRIPTION
System	Displays firmware information, firmware update, touch sensitivity, LED backlight, and elevation settings (See Set Elevation for Products Location).
Language	Language selection: • English • Spanish • German • Italian • French • Dutch • Portuguese
Usage	Displays total time, total distance in Kilometers and Miles, and battery voltage.
Screen Timeout	Set the duration until the console stays on after the flywheel stops spinning. • 30 seconds • 1 minute • 2 minutes
Units	Select KM or MI for display units.

Set Elevation for Products Location

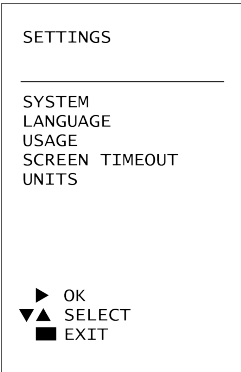
Perform this procedure to display the correct resistance levels. The resistance is based on air densities at different elevations. This is required when installing the unit, replacing the console, or if the unit has been moved to a different elevation.

- 1. Turn the console on by pedaling or moving the handles.
- 2. Press the **MENU** button on the console to access the **PROGRAMS** screen.
- 3. Press the **MENU** button and the **UP ARROW** button simultaneously for 3 seconds to enter the **SETTINGS** menu.

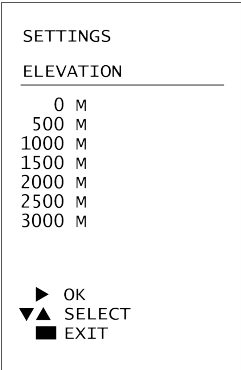


Item	Description	Qty
1	MENU	1
2	UP ARROW	1

- 4. Press the **DOWN ARROW** button to navigate to **SYSTEM** menu.



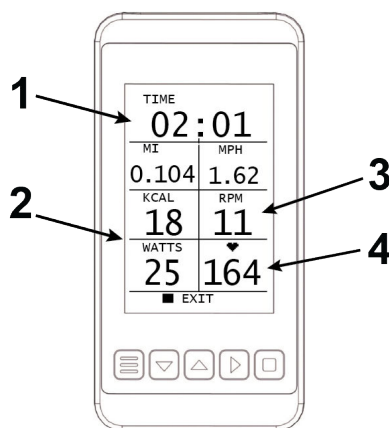
- 5. Press the **OK ARROW** to select.
- 6. Press the **DOWN ARROW** button to navigate to **ELEVATION** menu.



- 7. Select elevation value closest to current location of the bike.
- 8. Press the **OK ARROW** to select.
- 9. Press **EXIT** to exit settings.

Workout Screen Overview

The workout screens consist of 4 - 8 multiple tiles which provide various metrics during your workout.



ITEM	DATA	DESCRIPTION
1	Workout time	Indicates the accumulated workout time.
2	Tiles	Tiles provide specific metrics. See below for an overview of the available metrics.
3	RPM	The value indicates the Rotations Per Minute of the pedals.
4	Heart rate	The value indicates the current BPM.

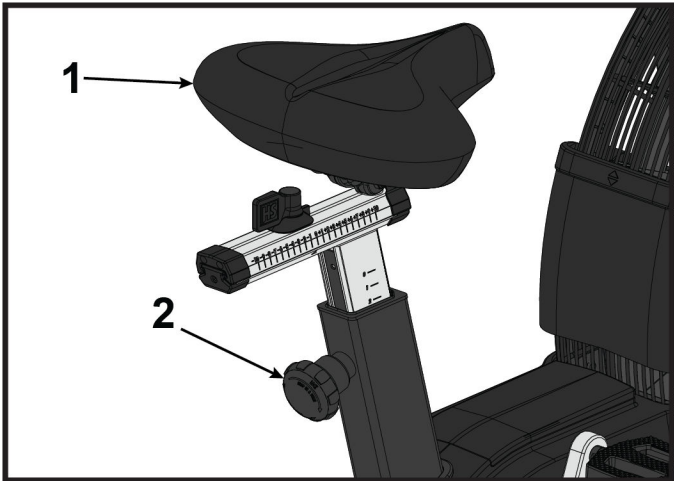
Training Mode Tiles

TILE NAME	DESCRIPTION
RPM	Rotations per Minute
Watt	Current Power
kCal	Calorie Consumption
Meters	Distance cycled
BPM	Heart Rate (beats per minute)
Watt Max	Maximum Power
RPM Avg	Average Rotations Per Minute
RPM Max	Maximum Rotations Per Minute
BPM Avg	Average Beats Per Minute
BPM Max	Maximum Beats Per Minute
Speed	Speed in KPH or MPH

How to Adjust Seat

A properly adjusted seat is important in any bike-oriented exercise activity. If the seat is too close, excessive strain will be placed on the knees and quadriceps muscles. If the seat is too far, the resulting reaching action will irritate the feet, ankles, hips and knees.

- 1. Sit on the seat and place the balls of the feet on the pedals.
An optimal position allows movement through the bottom of the stroke without locking the knees, shifting in the seat or forcefully extending the hips. The knees should have a slight bend at the point of fullest leg extension.
- 2. To adjust seat height, loosen seat adjustment knob, hold seat, then raise or lower.

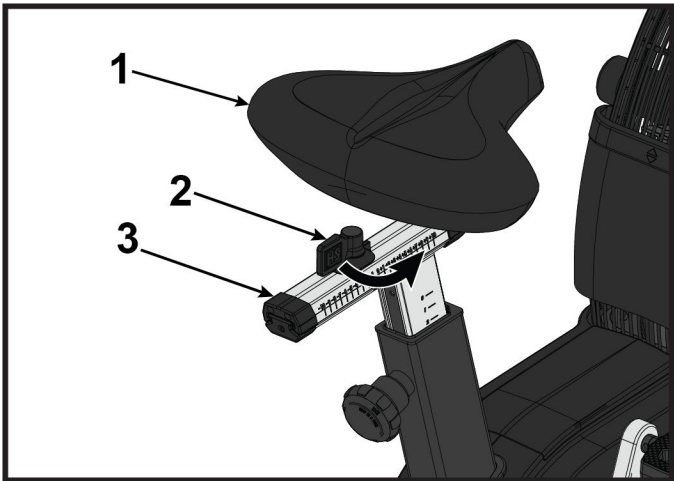


Item	Description	Qty
1	Seat	1
2	Seat adjustment knob	1



CAUTION: Do not attempt to adjust the seat while pedaling the bike or sitting on the seat. Doing so may cause injury or result in an uncomfortable workout.

- 3. Tighten seat adjustment knob.
- 4. To adjust seat horizontally, unlock horizontal adjust lever by rotating counter clockwise.



Item	Description	Qty
1	Seat	1
2	Horizontal adjust lever (shown in locked position)	1
3	Horizontal seat rail	1

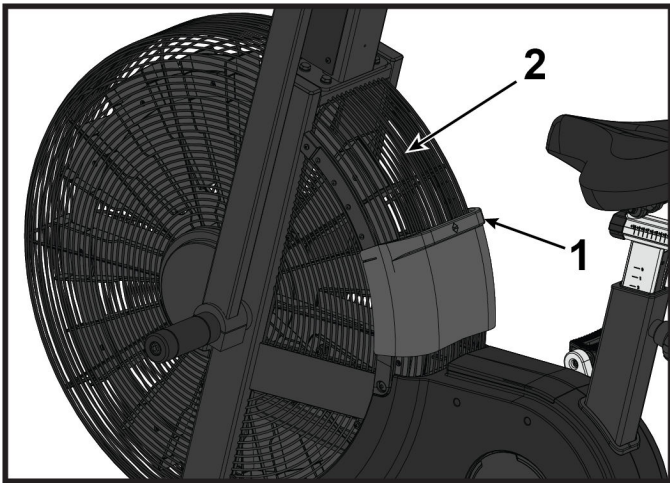
- 5. Adjust seat forward or backwards as needed.
The knee of your forward-facing leg should be positioned directly above the center of the pedal. If this does not correspond to your bike’s setting, align the horizontal saddle adjustment to the front or rear in order to attain this seat position.
- 6. Lock horizontal adjust lever by rotating clockwise.

How to Adjust AirGuard

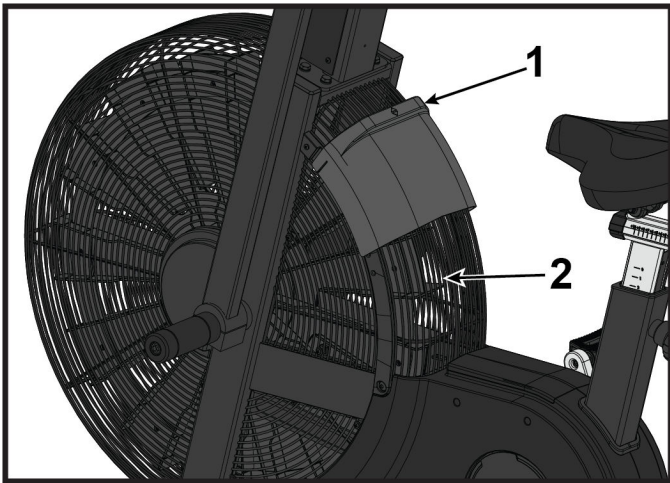
The fan offers cooling to the rider and the AirGuard adjusts the amount of airflow. Adjust air flow as needed.

To adjust airflow, grab AirGuard handle and adjust up or down. AirGuard can be adjusted to six locations.

AirGuard in lower position



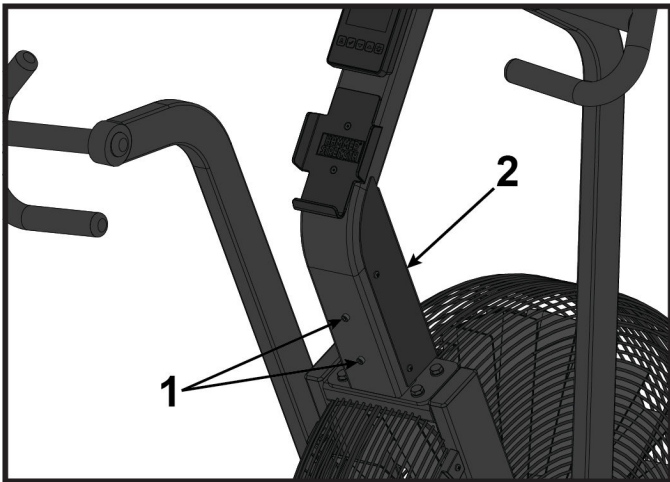
AirGuard in upper position



Item	Description	Qty
1	AirGuard handle	1
2	Fan	1

Water Bottle Holder (optional)

A standard bicycle water bottle holder can be installed on the mounting bolts on console upright. Water bottle holders are not available through Hammer Strength.



Item	Description	Qty
1	Mounting bolt	2
2	Console upright	1

3. Service and Technical Data

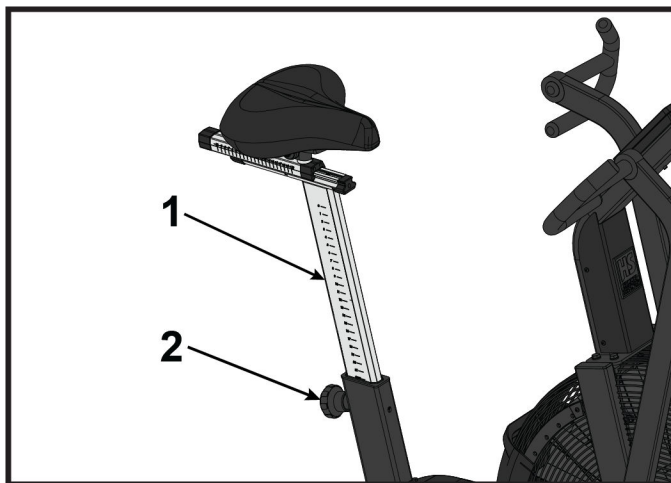
Preventive Maintenance Schedule

Item	Weekly	Monthly	Biannually
Console Overlays	Clean		Inspect
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Hardware			Inspect
Frame	Clean		Inspect
Seat adjustment	Clean and Lubricate every two weeks		
Seat Post	Clean	Lubricate	Inspect
Plastic Covers	Clean	Inspect	
Leg Levelers	Inspect / Adjust		
Pedals / Straps	Clean	Inspect	

Clean and Lubricate Seat Adjustments

Perform this task every two weeks.

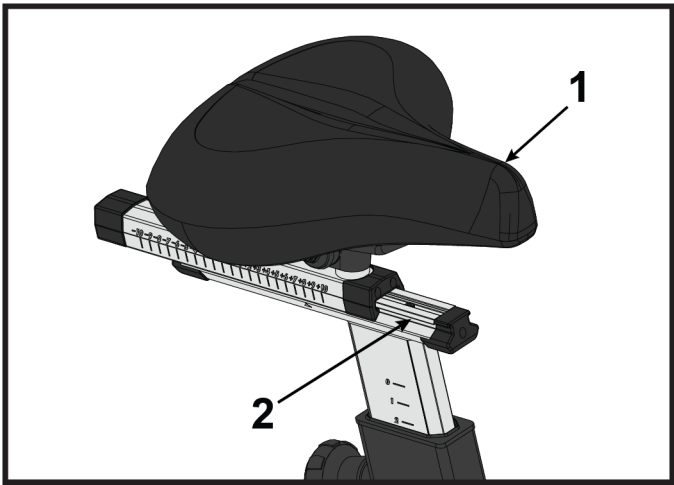
1. Loosen seat post adjustment knob and raise seat to highest position.



Item	Description	Qty
1	Seat post	1
2	Seat post adjustment knob	1

2. Clean the entire seat post with a mild cleaner and soft cloth.
3. Return seat post to lower position.

4. Clean the seat with a mild cleaner and soft cloth.



Item	Description	Qty
1	Seat	1
2	Seat adjustment rail	1

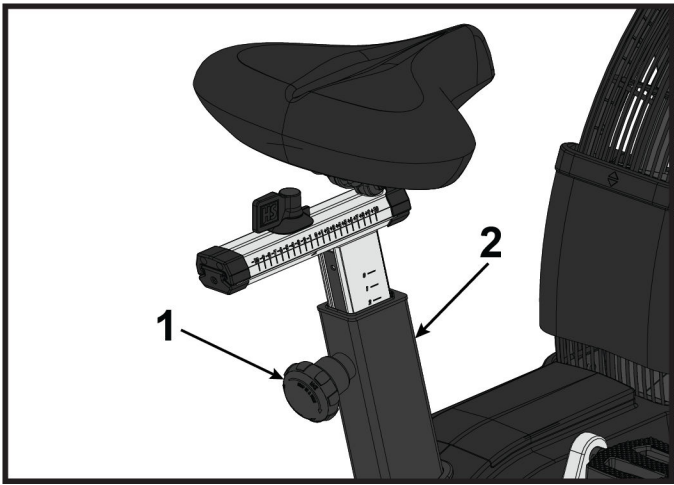
5. Clean seat adjustment rail with a mild cleaner and soft cloth.

6. Lubricate seat adjustment rail with a small amount of lithium grease.

Lubricate Seat Post Adjustment Knob

Perform this task every month.

1. Unscrew seat post adjustment knob from seat tube on frame.



Item	Description	Qty
1	Lubricate seat adjustment knob here	1
2	Seat tube on frame	1

2. Lubricate threads of seat post adjustment knob with lithium grease.

Preventive Maintenance Tips

NOTE: Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.

REMARQUE : Pour assurer la sécurité du matériel, il convient de l'inspecter régulièrement afin de détecter tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil avant d'avoir réparé ou remplacé les pièces défectueuses. Portez une attention toute particulière aux pièces qui s'usent, comme indiqué ci-dessous.

The following preventive maintenance tips will keep the product operating at peak performance:

- Locate the product in a cool, dry place.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see Approved and Compatible Cleaners) and a microfiber cloth.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.
- Clean the top surface of the pedals regularly.

NOTE: When cleaning the exterior of the unit, a non-abrasive cleaner and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment.

Approved and Compatible Cleaners

Two preferred cleaners have been approved by reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient for gym staff to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: customersupport@lifelife.com).

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

Troubleshooting the Polar Heart Rate Chest Strap®

Heart rate reading is erratic or absent entirely

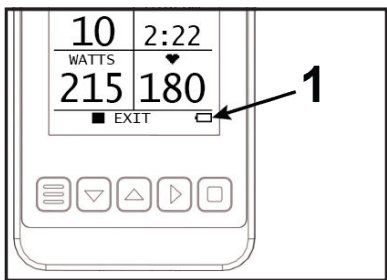
Probable Cause	Corrective Action
Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
Belt transmitter not properly set up.	Setup of the belt transmitter is accomplished by initially bringing it within 1 foot of the receiver. The receiver is in the console. After the heart rate is displayed on the console the range is extended to 3 feet.
	This LCD console only supports an Analog signal.
Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.

Abnormally elevated heart rate readings

Probable Cause	Corrective Action
Electromagnetic interference from television sets and/or antennas.	Move the exercise equipment a few inches away from the probable cause, or move the probable cause a few inches away from the exercise equipment, until the heart rate readings are accurate.
Electromagnetic interference from cell phones.	
Electromagnetic interference from computers.	
Electromagnetic interference from cars.	
Electromagnetic interference from high voltage power lines.	
Electromagnetic interference from motor driven exercise equipment.	

Low Battery Signal

When the battery charge is low, an icon will appear in the lower right corner of the screen. Replace batteries.



Item	Description	Qty
1	Low battery icon	1

How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the top right of the front stabilizer.
3. Contact Customer Support Services at <http://www.lifefitness.com>.

4. Warranty

What is Covered

This Life Fitness Family of Brands commercial exercise equipment product is warranted to be free of all defects in material and workmanship.

Who is Covered

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

How Long It is Covered

All coverage is provided by specific Product according to the guidelines listed in Warranty Information.

Who Pays Transportation and Insurance For Service

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness Family of Brands, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

What We Will Do To Correct Covered Defects

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

What is Not Covered

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

One type RJ45 interchangeable Network ready and Fitness Entertainment port is supplied with the Product. This port complies with the FitLinxx CSAFE specification dated August 4, 2004 stating: 4.75 VDC to 10 VDC; maximum current of 85 mA. Any Product damage caused by a load exceeding this FitLinxx CSAFE specification is not covered by warranty.

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

What You Must Do

Retain proof of purchase. use, operate and maintain the Product as specified in the Manual; notify the place of purchase of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair. *Life Fitness* reserves the right to decide whether or not a product is to be returned for repair.

How to Get Parts and Service

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

Exclusive Warranty

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assume for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

Changes in Warranty Not Authorized

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

Effects of State Laws

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

Warranty Information

3 years	1 Year	6 months
Electrical and Mechanical Parts	Console	Wear items

Warranties outside the U.S. may vary.

5. Specifications

Specifications

Designed Use	EN ISO 20957-1, EN ISO 20957-5, Product Class S A, (0 - 80 RPM / 40 - 350 Watt)
Maximum User Weight	350 lbs. / 159 kg
Drive Type	Belt
Power Requirements	Battery power console. Two D cell batteries.
Heart Rate	Wireless heart rate using an Analog signal.

	Physical Dimensions	Shipped Dimensions
Length	55 in. / 140 cm (with seat at highest and farthest back position)	53.1 in. / 135 cm
Width	28.5 in. / 72.5 cm	14.7 in. / 37.5cm
Height	54.5 in. / 138.4 cm	34.6 in. / 88 cm
Weight	166 lbs. / 75.5 kg	184.7 lbs. / 83.8 kg

