

E1, E3, E5 TOTAL-BODY ELLIPTICAL CROSS-TRAINER

OWNER'S MANUAL

M051-00K102-0000 REV A



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Operating Hours: 9.00h-18.00h

FCC Warning - Possible Radio / Television Interference

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

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

Class HB (Home): Domestic use. Class B is not suitable for therapeutic purposes.



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

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user-serviceable parts.

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1 IMPORTANT SAFETY INSTRUCTIONS



CAUTION:

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



WARNING:

Read all instructions before using this product.



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:

The E5 Total-Body Elliptical Cross-trainer must be connected to a properly grounded outlet.



DANGER:

To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or attempting any maintenance activity.



The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.

- Before using this product, it is essential to read the ENTIRE operation manual and ALL instructions. The cross-trainer is intended for use solely in the manner described in this manual.
- Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
- Position the product so that the power cord plug to the wall is accessible to the user. Make sure that the power cord is not knotted or twisted and that it is not trapped under any equipment or other objects.
- If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid hazard.
- 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 and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Never insert objects into any openings in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Support Services.
- Never place liquids of any type directly on the unit, except in an accessory tray. Containers with lids are recommended.
- Do not use the exercise cross-trainer outdoors, near swimming pools or in areas of high humidity.
- Keep all loose clothing, shoelaces, and towels away from the cross-trainer pedals.
- Keep the area around the cross-trainer clear of any obstructions, including walls and furniture. Make sure there are 2 feet (0.6 meters) on each side of the cross-trainer.
- Use caution when mounting or dismounting the cross-trainer.
- Never operate a Life Fitness product if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.

- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the power cord as a handle.
- Do not run the power cord on the floor under or along side of the cross-trainer.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the cross-trainer in bare feet.
- Do not tip the cross-trainer on its side during operation.
- Keep hands and feet away from all moving parts.
- To ensure proper functioning of this product, do not install attachments or accessories that are not provided or recommended by Life Fitness.
- Use this product in a well-ventilated area.
- Use this product on a solid, level surface.
- Make sure that all components are fastened securely.
- 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.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Contact Life Fitness Customer Support Services.
- Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and/or using.
- Do not allow other people to interfere in any way with the user or equipment during a workout.
- Read all warnings on the product prior to starting a workout.



CAUTION: Health-related injuries may result from incorrect or excessive use of exercise equipment. LIFE FITNESS STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE.

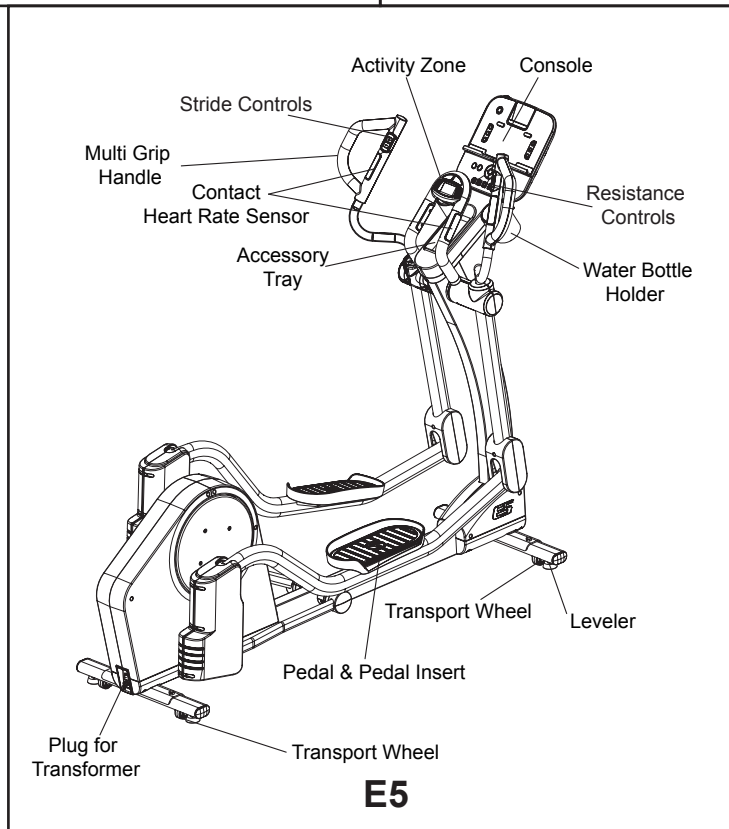
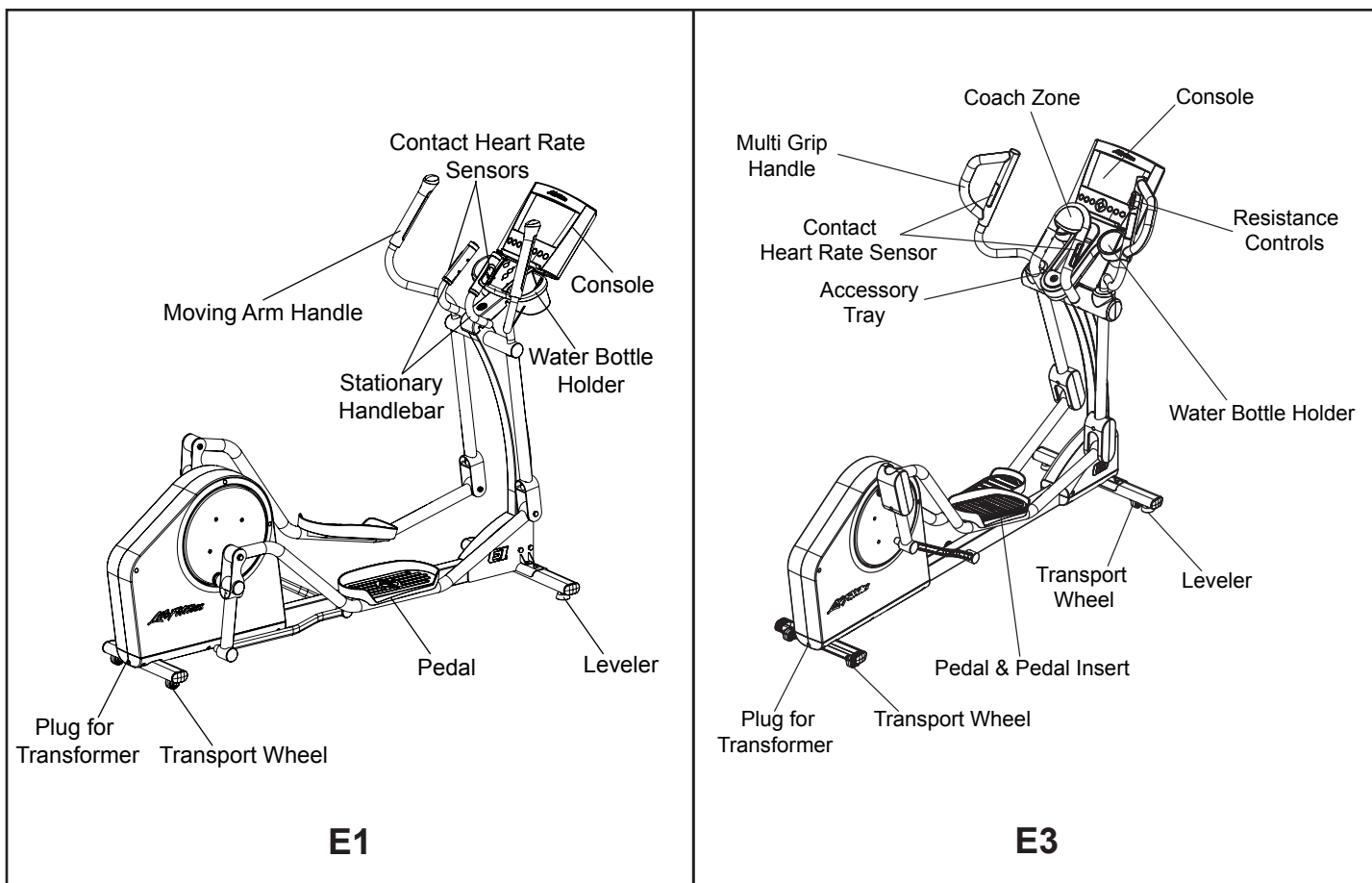
This Operation Manual describes the functions of the following product:

Life Fitness Total-Body Elliptical Cross-Trainer® Models:
E1, E3, E5

Thank you for purchasing a Life Fitness Total-Body Elliptical Cross-Trainer. Before using this product please read this user manual in its entirety to ensure that you have the knowledge to safely and properly operate all of the features on your cross-trainer. We hope you achieve the product experience on your cross-trainer that you expect, but if you do have any service issues please go to the How to Obtain Product Service section which will provide information on obtaining domestic and international product service. See Specifications in this manual for product specific features.

Statement of Purpose: The Life Fitness Total-Body Elliptical Cross-Trainer is an exercise machine that combines low-impact elliptical pedaling, where resistance is independent of speed, with push/pull arm motion to provide an efficient, effective total-body workout.

2 E1, E3, E5 TOTAL-BODY ELLIPTICAL CROSS-TRAINER OVERVIEW



3 INITIAL SETUP

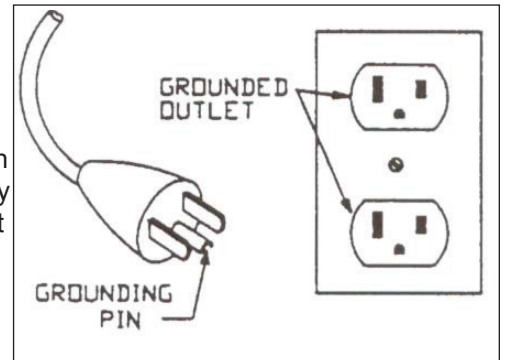
Read the entire User Manual before setting up the Total-Body Elliptical Cross-Trainer.

Note: This Total Body Elliptical Cross-Trainer is speed independent. Resistance can be adjusted by means other than speed.

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service-man if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product - if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

GROUNDING INSTRUCTIONS (E5 ONLY)

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



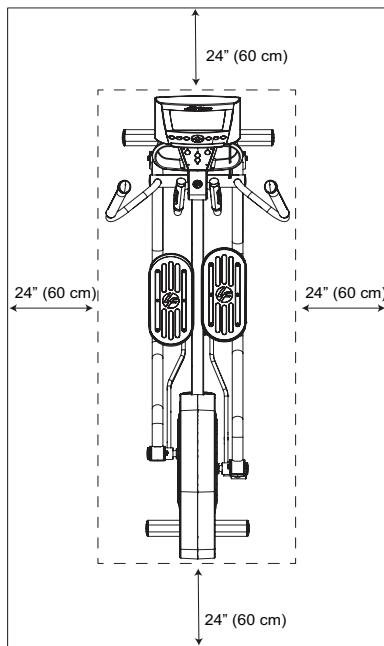
ELECTRICAL POWER REQUIREMENTS (E5 ONLY)

Most Life Fitness Cross-Trainers are intended for use on a normal 120 volt circuit in the United States and Canada. Below is a table that provides the current rating for this product based on supply voltage. Make sure that the cross-trainer model supports the proper line voltage for the installation location before plugging into the outlet. Line voltage is noted on the product's serial label.

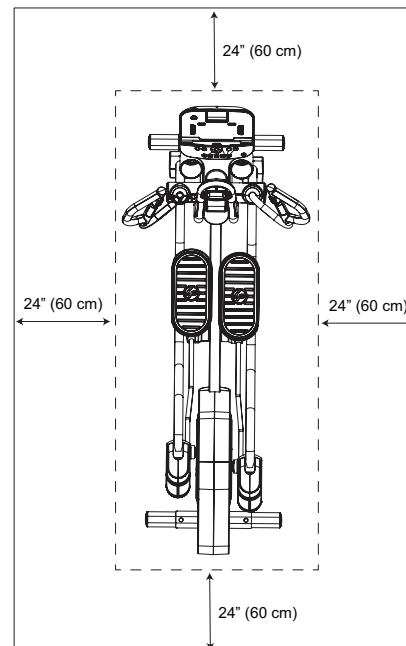
Supply Voltage (VAC)	Frequency (Hz)	Maximum Current (Amps)
120	50 / 60	2.5
230	50 / 60	1.1

WHERE TO PLACE THE TOTAL-BODY ELLIPTICAL CROSS-TRAINER

After following all safety instructions move the Total-Body Elliptical Cross-Trainer to the place where it will be used. See picture below for recommended clearance around product. See specifications for full dimensions if needed.



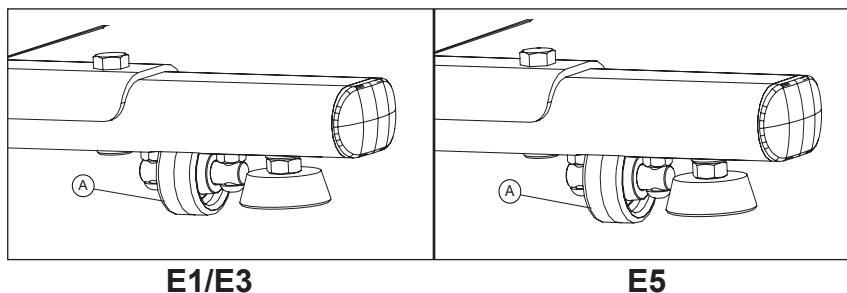
E1/E3



E5

The Total-Body Elliptical Cross-Trainer is equipped with front and rear wheels so that it is simple to push or pull the Total-Body Elliptical Cross-Trainer to its final destination. To use the wheels make sure that the levelers are twisted up far enough so that all wheels (A) can engage with the floor.

Once the Total-Body Elliptical Cross-Trainer is properly positioned, allow enough space in the front of the Total-Body Elliptical Cross-Trainer for the movement of the pedal levers. Also be sure to allow space on the side so that it is easy to mount the Total-Body Elliptical Cross-Trainer from the side.



CAUTION: Make certain you have plenty of room for the swing of the moving arms. **E5 ONLY:** Test the Total-Body Elliptical Cross-Trainer at all stride lengths before finalizing its location.

CAUTION: Place Total-Body Elliptical Cross-Trainer in a dry place. Do not place in highly humid areas, like near swimming pools, as rust and corrosion may occur.

HOW TO STABILIZE THE TOTAL-BODY ELLIPTICAL CROSS-TRAINER

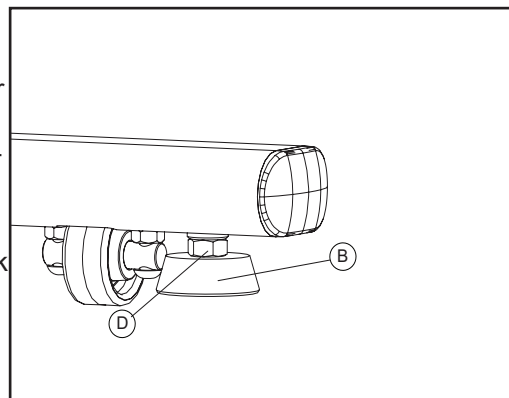
Once the cross-trainer is positioned in the room lower the levelers (B) on the front stabilizer to contact the floor. All four wheels must be completely off the floor. The levelers will keep the cross-trainer fixed to the floor while using it.

CAUTION: Do not use the Total-Body Elliptical Cross-Trainer without the levelers touching the floor.

After placing the Total-Body Elliptical Cross-Trainer where it will be used, check the stability. If there is even a slight rocking motion, or the unit is not stable the levelers will need to be adjusted. Determine which leveler is not resting firmly on the floor. To adjust the levelers downward twist the rubber portion of the leg counterclockwise. To adjust the levelers upward twist the rubber portion of the leg clockwise.

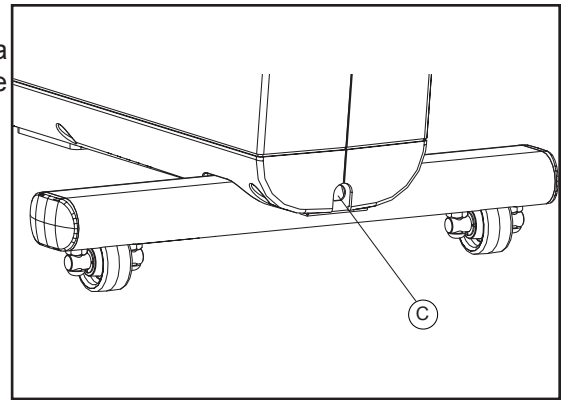
After adjusting the levelers, tighten the jam nuts (D) against the stabilizer to lock the levelers in place.

Note: After the Cross-Trainer is level, be sure to tighten the nut on the leveler against the stabilizer tube. If this is not tightened, noise will occur.



POWERING UP THE TOTAL-BODY ELLIPTICAL CROSS-TRAINER (E1 & E3 ONLY)

Your Life Fitness Total-Body Elliptical Cross-Trainer may come with either a U.S. power supply or one of several international power supplies. Insert the appropriate power adapter jack into the connector (C) on the back of the Total-Body Elliptical Cross-Trainer. Then Insert the plug into the wall outlet. Make sure the cord is placed so it doesn't bind and will not be walked on. Then check that the console lights up. If not, recheck the plug and the wall connections and make sure the wall outlet has power.



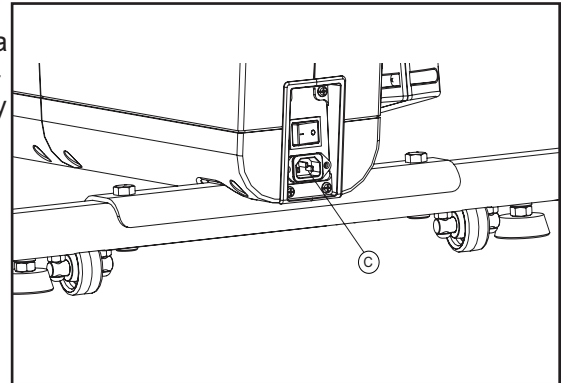
E1/E3

POWERING UP THE TOTAL-BODY ELLIPTICAL CROSS-TRAINER (E5 ONLY)

Your Life Fitness Total-Body Elliptical Cross-Trainer may come with either a U.S. line cord or one of several international line cords. Insert the appropriate power adapter jack into the connector (C) on the back of the Total-Body Elliptical Cross-Trainer. Then insert the plug into the wall outlet. Make sure the cord is placed so it doesn't bind and will not be walked on. Turn the power switch to ON. Once the unit is turned on, the cross-trainer's stride length will auto-calibrate. Wait one minute to allow for the calibration to complete.

Then check that both the main LCD display and Activity Zone LCD light up. If not, recheck the plug and wall connections. Make sure the wall outlet has power. If still not working properly, check the connections made in **E5 Assembly**

Instructions.



E5

MOUNTING THE MACHINE

When mounting the machine it is recommended that the pedal closest to you is in its lowest position. This can be done by pushing the arms to rotate the pedal until it is centered to the side of you at its lowest position. (**E5 ONLY:** It is also recommended that the stride length be set to 18 in. (46 cm.). The pedal is in its lowest position at 18 in. (46 cm)). If you are standing to the left side of the machine, when facing the console, place your left foot on the pedal closest to you and then swing your right leg over the right pedal. Use the stationary handlebar to stabilize yourself.

DISMOUNTING THE MACHINE

Bring the machine to a stop. It is recommended to put the pedal in it's lowest position on the side of the unit you will be dismounting. If dismounting the machine on the left side, when facing the console, step off with the right leg first followed by the left leg. Use the stationary handlebar for stabilization.

STRIDE LENGTH FOR DIFFERENT USERS (E5 ONLY)

The E5 has seven different stride lengths from 18-24 in. (46 -61 cm.). Users may utilize any of the stride lengths. Research has shown that shorter users may prefer a shorter stride length while taller users may prefer a longer stride length.

4 MAIN FEATURES

4.1 CONTACT HEART RATE

The E1 includes hand pulse sensors on the stationary handlebar that are a built-in heart rate monitoring system. E3 and E5 have hand pulse sensors on a stationary handlebar and moving handles. During a workout grasp the hand pulse sensors to monitor your heart rate. We recommend using the heart rate chest strap provided with your console during workouts and using the hand pulse sensors to only occasionally monitor your heart rate when not using the chest strap. In addition, to utilize heart rate controlled workouts the chest strap must be used. For the most accurate reading, use a comfortable grip. The console will show a heart rate reading after 15 to 20 seconds.

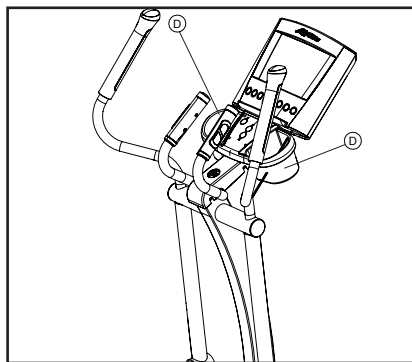
Hand pulse sensors can work differently with different body types. With some individuals it can be very difficult to extract a heart rate reading. Follow the below tips to improve the heart rate reading.

- Remove your hands from the heart rate sensors and wait for the heart rate display to clear. Grasp sensors again.
- Make sure hands are fully contacting the sensors.
- Dry hands periodically during use.
- Limit movement.
- Clean hand pulse sensors.

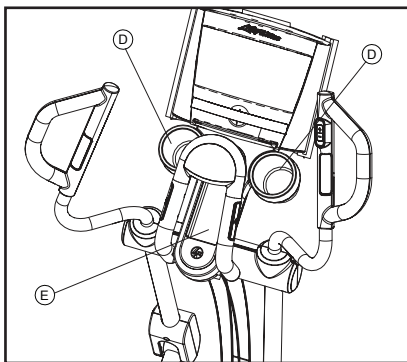
Note: The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.

4.2 ACCESSORIES

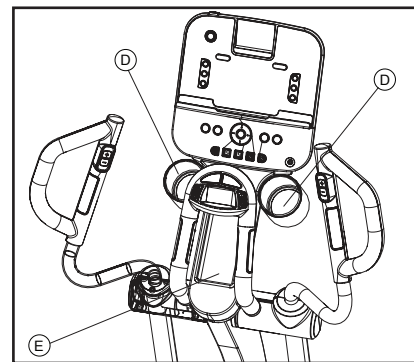
The E1, E3, and E5 come standard with two water bottle holders (D) and one accessory tray (E). **E5 ONLY:** Accessory tray and water bottle holders are easily removable and safe to place on the top shelf of a standard consumer dishwasher.



E1



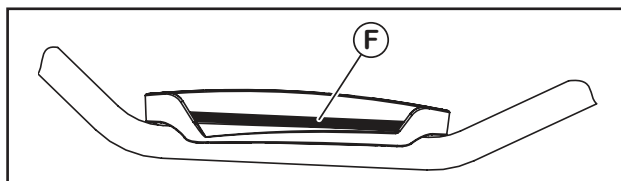
E3



E5

4.3 CUSHIONED PEDAL (E3 & E5 ONLY)

The E3 and E5 come equipped with a cushioned pedal insert (F) for increased comfort during workouts.



5 COACHZONE™ (E3 ONLY)

5.1 COACHZONE™ OVERVIEW

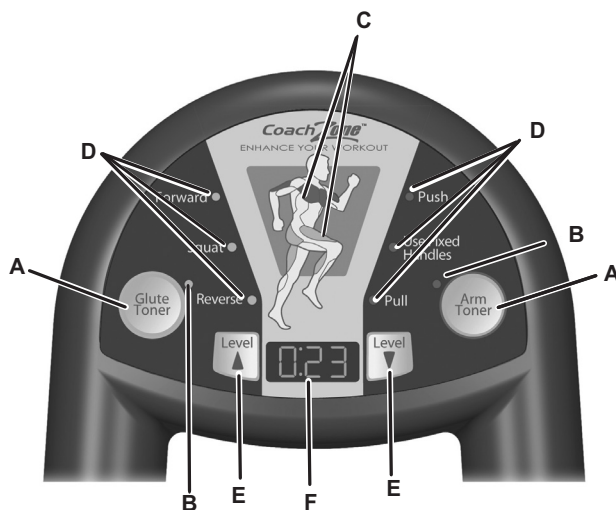
The CoachZone™ is designed to provide extra workout variety and motivation through additional instruction and feedback. The ArmToner and GluteToner workout enhancements help users target specific muscle groups and break the workout into manageable increments. The appropriate muscle groups that you should be using will illuminate when you perform specific movements. The UP/DOWN level arrow keys are a convenient way for users to change difficulty levels.

USING THE COACHZONE™

- Select a workout from the main console display.
- Begin workout.
- At any point during a workout, choose a CoachZone workout enhancement: ArmToner or GluteToner.
- Following the coaching instructions displayed on the LEDs.

5.2 COACHZONE™ DESCRIPTIONS

This section lists and describes the functions for the keys and LEDs on the CoachZone.



- A. **WORKOUT ENHANCEMENT SELECTION KEYS:**
Select the ArmToner or GluteToner to concentrate on specific upper body or lower body muscles.
- B. **SELECTION INDICATOR LEDs:**
A light next to the selected workout enhancement will illuminate.
- C. **MUSCLE INDICATOR LEDs:**
The Muscle Indicator LEDs show you which muscles should be utilized while performing specific movements. The biceps, chest, triceps, quad, calf, hamstring, and/or glutes will illuminate depending on your selection.
- D. **COACH INDICATOR LEDs:**
The Coach Indicator LEDs prompt you to focus on one or more of the following movements: forward, squat, reverse, push, use fixed handles, or pull.
- E. **UP/DOWN LEVEL KEYS:**
Press the UP/DOWN Level Arrow Keys to increase or decrease either the resistance or difficulty level.
- F. **TIMER**
The amber LED timer displays a count down of time remaining for workout intervals (ranging from 15-60 seconds).

Note: The CoachZone timer acts independently of the console timer.

5.3 ARMTONER™

The ArmToner selection utilizes a pre-programmed series of prompts and intervals focused on upper-body muscles.

ACTIVATE ARMTONER

Press the ArmToner key during any workout to activate the selection.

PAUSE ARMTONER

Press the ArmToner key once while using the ArmToner selection. PAU will display on the CoachZone Timer. Press the ArmToner key again to resume. The CoachZone automatically shuts off if the ArmToner key isn't pressed within 5 minutes.

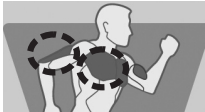
STOP ARMTONER

Press and hold the ArmToner key while using the ArmToner selection. The timer and coaching will cease. The CoachZone automatically shuts down after 5 minutes of non-use.

DISPLAY CHANGES

The following blue coach indicator LEDs will activate and prompt you to focus on certain upper body movements: push, pull, and use fixed handles. The corresponding blue muscle indicator LEDs will illuminate to display the muscles utilized. See the ArmToner Coach and Muscle Indicator Chart below for additional information.

ARMTONER™ COACH AND MUSCLE INDICATOR CHART

Coach Indicator	Muscle Indicator
Push	Chest; Triceps 
Pull	Bicep 
Use Fixed Handles	Upper body gets a rest 

Note: Upper body motions will always work in conjunction with lower body movements.

5.4 GLUTE TONER™

The GluteToner selection utilizes a pre-programmed series of prompts and intervals focused on lower body muscles and glutes.

ACTIVATE GLUTE TONER

Press the GluteToner key during any workout to activate the selection.

PAUSE GLUTE TONER

Press the GluteToner key once while using the GluteToner selection. PAU will display on the CoachZone Timer. Press the GluteToner key again to resume.

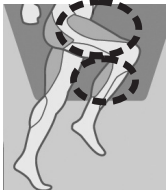
STOP GLUTE TONER

Press and hold the GluteToner key while using the GluteToner selection. The timer and coaching will cease. The CoachZone automatically shuts down after 5 minutes of non-use.

DISPLAY CHANGES

The following amber coach indicator LEDs will activate and prompt you to focus on certain lower body movements: forward, reverse, and squat. The corresponding amber muscle indicator LEDs will illuminate to display the muscles utilized. See the GluteToner Coach and Muscle Indicator Chart below for additional information.

GLUTE TONER™ COACH AND MUSCLE INDICATOR CHART

Coach Indicator	Muscle Indicator
Forward	Hamstring; Glute 
Reverse	Quad; Calf 
Squat	Glute; Quad; Hamstring 

Note: The squat motion should only be done while pedaling in reverse and holding the fixed or stationary handles.

5.5 TIMER

The amber LED timer breaks workouts into manageable increments by displaying a count down of the time remaining on specific movements. When the timer reaches zero, the Coach LEDs will change. Slow your movement to a complete stop, and begin the next interval.

5.6 RESISTANCE LEVEL & INTENSITY LEVEL

KEY PRESS

The Resistance Level UP/DOWN Arrow Keys only function after a user selects and begins a workout using the E3 main console. The UP/DOWN Level Arrow Keys control the brake resistance level (1-20) during a Quick Start or Manual workout. The UP/DOWN Level Arrow Keys control the overall difficulty level (1-20 with corresponding ranges) during the following workouts: Random, Hill, EZ Incline, and Sports Training.

MAIN CONSOLE DISPLAY CHANGES

The digital reading for the actual resistance or difficulty level changes on the main console display when a user presses the UP/DOWN Level Arrow Keys on the CoachZone.

5.7 COACHZONE™ SETTINGS

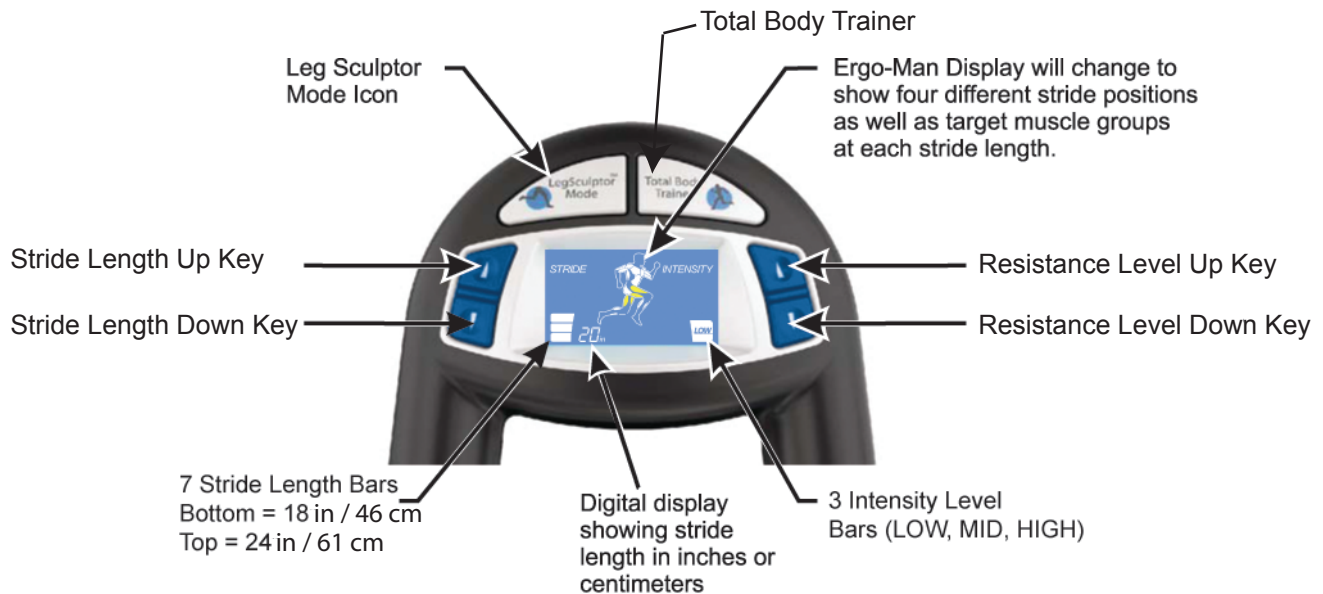
AUDIO ADJUSTMENT INSTRUCTIONS

A beeping sound occurs whenever the timer reaches zero or a new program is selected. The user can turn off the beeping sound by pressing and holding the GluteToner key for seven seconds. A beep will sound to confirm the change in settings.

Note: Settings can only be changed when the CoachZone is idle. They cannot be changed while using a workout enhancement.

6 ACTIVITY ZONE (E5 ONLY)

The E5 Activity Zone places the most used keys and display attributes closer to the user so that it is more convenient to make adjustments during a workout. Think of the Activity Zone as cruise control settings on your car steering wheel. The controls are placed in a location that is easily reachable to make driving safer and more convenient or in this case to make exercise safer and more convenient. The Activity Zone includes Level Up/Down keys, Stride Length Up/Down keys, Leg Sculptor Mode, and Total Body Trainer Mode.



6.1 STRIDE LENGTH FUNCTIONALITY

KEY PRESS

The Stride Length Up/Down keys can be pressed any time the machine is on. The Stride Length Up/Down keys are used to adjust the length of the stride from 18-24 in. (46-61 cm). The stride length can be adjusted in one inch increments so there are seven total adjustments (18 in / 46 cm, 19 in / 48 cm, 20 in / 51 cm, 21 in / 53 cm, 22 in / 56 cm, 23 in / 58 cm, 24 in / 61 cm).

Note: One key press is needed for each stride adjustment. Do not press and hold.



DISPLAY CHANGES

When the stride is adjusted the Activity Zone display is changed in three separate areas. The first display change is digital stride length. This is where the numeric value for stride is displayed such as 18 inches. The second display change for stride length is the graphical bars located on the right side of the display. The bottom bar represents a stride length of 18 in. (46 cm.) while the top bar represents a stride length of 24 in. (61 cm.). The third display change for stride length is the ergo-person. When the stride is adjusted the ergo-person's leg position change at certain stride ranges and the target muscle groups at that stride length blink. While all lower body muscles are engaged during exercise, specific stride length ranges better target specific muscle groups. At the shorter stride lengths of 18-19 in. (46-48 cm.) the targeted muscle groups are the calf and quadriceps. At the mid stride lengths of 20-22 in. (51-56 cm.) the targeted muscle groups are the quadriceps and hamstrings. At the longest stride lengths, 23-24 in. (58-61 cm.), the hamstrings and the gluteus are the targeted muscle groups.

Note: The display will not change when pedaling forward or reverse. When pedaling forward the calf and quadriceps muscles are more active and when pedaling in reverse the hamstring and gluteus muscles are more active.



6.2 RESISTANCE LEVEL & INTENSITY LEVEL FUNCTIONALITY

KEY PRESS

The Resistance Level Up/Down keys will ONLY function after a workout has been selected and started on the main console. The level keys control the actual brake resistance level (1-20) during a QUICK START or MANUAL workout and an overall difficulty level (1-20 with corresponding ranges for each level) when in the RANDOM, HILL, EZ INCLINE, and SPORTS TRAINING programs.



UPPER CONSOLE DISPLAY CHANGES

When the Level Up/Down keys are pressed, the digital reading for actual resistance level or difficulty level, depending on which program is selected, changes on the main console.

ACTIVITY ZONE DISPLAY CHANGES

The Activity Zone has a separate and different level reading than the main console. The intensity level is displayed on the Activity Zone and provides three readings that show a general intensity level of LOW, MID, or HIGH. The intent of this display is to provide you with a gauge to show your current workout intensity level.



6.3 TOTAL BODY TRAINER

The Total Body Trainer workout makes the most of the cross-trainer's total body workout capabilities by leading the user through a varied workout that exercises all major muscle groups.

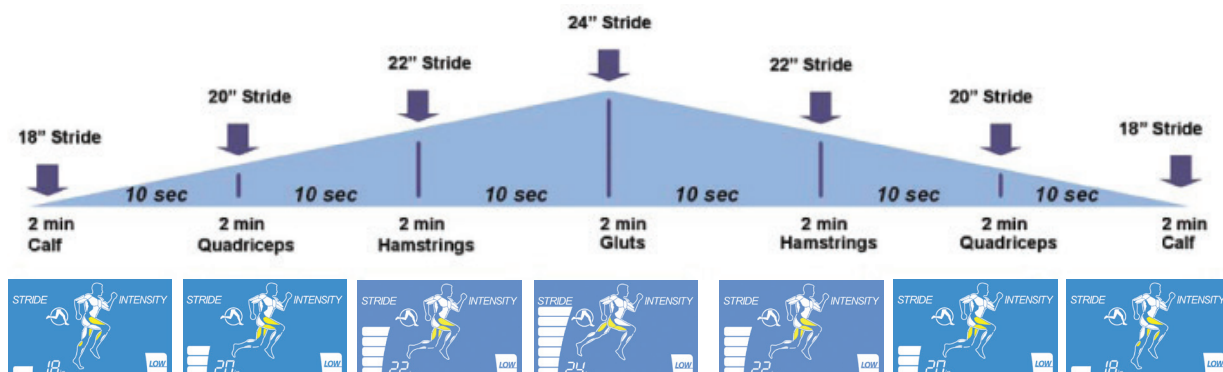
For an upper-body workout that works all the muscles in the arms, the console directs the user to push and pull the handlebar arms at various times. The console will also vary the workout between the total body and the lower-body only workouts. The lower-body only workout allows the user to rest his or her hands on the stationary handlebar. The forward and reverse motions in a lower-body workout alternate allowing you to maximize the workout and use all leg muscles during a single exercise session.

Note: The Total Body Trainer workout is activated by pressing the Total Body Key on the Activity Zone after you have started a HILL, RANDOM, MANUAL, EZ INCLINE, or SPORTS TRAINING program on the main console. The Total Body Trainer workout cannot be started until the main console program has completed the Warm-Up phase. Follow the prompts on the main console display. Pressing the Total Body key again will deactivate the Total Body program but continue the original workout program started on the main console. The Total Body mode is exited automatically when the main console program enters the Cool Down phase.

6.4 LEG SCULPTOR MODE FUNCTIONALITY

Leg Sculptor is a mode designed to work all lower body leg muscle groups by automatically adjusting the stride length. The Leg Sculptor Mode key is located on the upper-left portion of the Activity Zone. Press the Leg Sculptor mode key once to activate the mode. Press twice to deactivate the mode. The Leg Sculptor mode can be overlaid on any workout. It automatically adjusts the stride every two minutes by two inches. In this mode you will not be able to make manual stride length adjustments using the Stride Length Up/Down keys.

Note: If you do not pedal or press a key for 30 seconds, the Leg Sculptor mode will automatically deactivate.



KEY PRESS

The Leg Sculptor Mode key is used to turn the mode on or off. It can be pressed at any time, although it is recommended to use the Leg Sculptor mode after a workout has been selected. See the Leg Sculptor Mode section for more detailed information.



Note: If you stop pedaling for 30 seconds, the Leg Sculptor mode will be deactivated.

DISPLAY CHANGES

After the Leg Sculptor Mode is activated the Activity Zone display will show an icon of the lower body. When the mode is deactivated the icon will disappear.

7 ACTIVITY ZONE SETTINGS MENU (E5 ONLY)

The Activity Zone settings menu contains setup options to customize the use of your machine. The setup options include: Contrast (CO), Units (Un), Language (LA), Audio (AU), and Duty Cycle (STRIDE). Since the display does not have any messaging capability, the abbreviations CO, Un, LA, AU, and STRIDE (on left) and INTENSITY (on right) are used in the digital stride display area.

7.1 NAVIGATING THE SETTINGS MENU

ENTERING THE SETTINGS MENU

To enter the settings menu make sure the Activity Zone is illuminated, but a workout is NOT in progress. Press and hold the Leg Sculptor and Stride Down keys for three plus seconds. The display will beep consecutively three times and display the text "settings" in the lower left corner.

ADJUSTING SETTINGS MENU OPTIONS

To make adjustments to the settings menu options use the Stride Length Up/Down keys.

SCROLLING THROUGH SETTINGS MENU OPTIONS

Press the Leg Sculptor key to accept a setting or value and move to the next settings menu option.

AUTO-ENTER FEATURE

Auto-enter is always active in the settings menu. Auto-enter will automatically save and scroll to the next settings menu option after 20 seconds without a key press.

STRIDE LIMITATION-OVER ACTUATED

"Stride" blinks on console until off time has been fulfilled.

EXITING THE SETTINGS MENU

Press the Leg Sculptor key to scroll through all the menu options. Press the Leg Sculptor key on the final settings menu option, Language (LA), to exit the Settings Menu. In addition, if there is no key press after 20 seconds in the Language (LA) option, the Settings Menu will be exited.

Leg Sculptor Key

Used to save changes and scroll to the next setting option.

Press Leg Sculptor key on the final menu option to exit the Settings Menu.

Stride Up Key

Used to increase values or settings in the settings menu.

Stride Down Key

Used to decrease values or settings in the settings menu.

Press and hold the Leg Sculptor key for 3+ seconds then press the Stride Down key to enter the Settings Menu.



7.2 SETTINGS MENU OPTIONS

AUDIO

The audio option allows you to turn the audio or beeps on or off for the Leg Sculptor key, Stride Down key, and Stride Up key. To turn the audio off for the Total Body Trainer key, Level Up key, and Level Down key you must turn the audio or beeps off on the main console. This is because the Total Body Trainer, Level Up, and Level Down key cause the main console to beep and not the Activity Zone. If you want to turn all sound on/off make sure to turn the audio on/off on the main console and E5 Activity Zone display. See the main console User Manual for steps on turning audio on/off on the main console. Follow the below instructions to turn audio on/off for the Leg Sculptor key, Stride Down key, and Stride Up key.

Note: Use Steps 1-4 for Go Console only. Audio is set on console for Track+.

AUDIO ADJUSTMENT INSTRUCTIONS

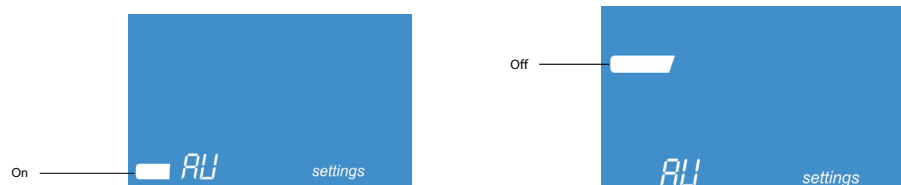
Step 1. Press and hold the Leg Sculptor and Stride Down keys for three plus seconds.

Step 2. The first option to appear should be Audio (AU).

To adjust the audio from ON to OFF or vice versa press the Stride Length Up or Down key. The bottom stride length level bar represents Audio ON and the top stride length level bar represents Audio OFF.

Step 3. To select the desired adjustments press the Leg Sculptor key once. This will save any changes you have made to audio and advance you to the next settings menu option.

Step 4. To exit the settings menu continue to press the Leg Sculptor key to scroll through all menu options. Upon pressing the Leg Sculptor key on the final menu option the settings menu will be exited.



CONTRAST

Contrast is the difference between the appearance of the on and off graphics of the LCD display. If the illuminated graphics are difficult to see or read the contrast can be adjusted in the settings menu. There are three contrast adjustments, LOW, MID, & HIGH. Follow the below instructions to adjust contrast.

CONTRAST ADJUSTMENT INSTRUCTIONS

Step 1. Press and hold the Leg Sculptor and the Stride Down keys for three plus seconds.

Step 2. The first option to appear should be Audio (AU). To scroll to Contrast press the Leg Sculptor key once. Contrast (CO) should be displayed.

Step 3. The bars located to the left display the current contrast setting. If you would like to modify the contrast press the stride up or down key to adjust from the LOW, MID, and HIGH settings. The appearance of the display will slightly change with each adjustment.

Step 4. To select the desired adjustments press the Leg Sculptor key once. This will save any changes you have made to contrast and advance you to the next settings menu option.

Step 5. To exit the settings menu continue to press the Leg Sculptor key to scroll through all menu options. Upon pressing the Leg Sculptor key on the final menu option the settings menu will be exited.



UNITS

The unit option allows you to change the stride length units from inches to centimeters or vice versa. Follow the below instructions to adjust units.

Note: Use Steps 1-4 for Go Console only. Unit Adjustment is set on console for Track+.

UNIT ADJUSTMENT INSTRUCTIONS

Step 1. Press and hold the Leg Sculptor Key and Stride Down keys for three plus seconds.

Step 2. The first option to appear should be Au (Audio). To scroll to units press the Leg Sculptor key two times. Units (Un) should be displayed.

Step 3. To adjust the units from inches to centimeters or vice versa press the Stride Length Up or Down key. The display will toggle between “in” and “cm.”

Step 4. To select the desired adjustments press the Leg Sculptor key once. This will save any changes you have made to units and advance you to the next settings menu option.

Step 5. To exit the settings menu continue to press the Leg Sculptor key to scroll through all menu options. Upon pressing the Leg Sculptor key on the final menu option the settings menu will be exited.



LANGUAGE

The language option allows you to change the text for INTENSITY and STRIDE to the same translated terms in the German language. Follow the below instructions to adjust the language.

Note: Use Steps 1-4 for Go Console only. Language is set on console for Track+.

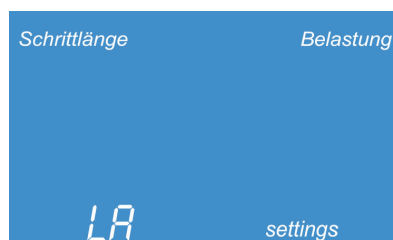
LANGUAGE ADJUSTMENT INSTRUCTIONS

Step 1. Press and hold the Leg Sculptor and Stride Down keys for three plus seconds.

Step 2. The first option to appear should be Au (Audio). To scroll to units press the Leg Sculptor key three times. Language (LA) should be displayed.

Step 3. To adjust the language from English to German or vice versa press the Stride Length Up or Down key. The display will toggle between the English and German text.

Step 4. To select the desired adjustments press the Leg Sculptor key once. This will save any changes you have made to language and exit the settings menu.



DUTY CYCLE

The duty cycle is programmed into the unit to prevent the stride actuators from overheating due to overuse of the product. The duty cycle is defaulted to OFF, but can be turned on through the Settings Menu. For every second the motor is running, there will need to be 8 seconds of off time to meet the actuator duty cycle. This feature can be enabled to prevent repeated overuse of actuator.

On the E5 cross-trainer there are 6 increments to the stride length and each increment takes 6 seconds of travel time. Since the activity zone controls the stride motors, it can maintain the motor duty cycle to reduce over actuation.

The activity zone powers up with the maximum actuation time, entered in settings (45 seconds default), which is the time the motor is allowed to run before it needs to be shut off to cool down. For every second the motor is active this timer is decreased by one. For every 8 seconds (default) the motor is off, this timer is increased by one up to the maximum actuation time (45 seconds default).

Every time the stride keys are pressed the activity zone will check the actuation timer to verify there is enough time to move to the next increment (6 seconds). If there is enough time the motor is activated. If there is not enough time the activity zone will ignore the key press and flash STRIDE. STRIDE will blink until the OFF timer has been fulfilled. Key presses will continue to be ignored and STRIDE will continue to flash until there is time to move one increment. If the motor is running to a position and the opposite direction key is pressed, the timer is again checked to verify there is enough time. If the new position has not been passed, the motor will continue to the new position and less time will be required from the actuation timer.

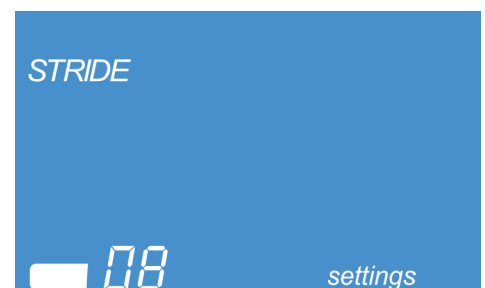
STRIDE MAX LIMITATION

Step 1. Press and hold the Leg Sculptor and Stride Down keys for three plus seconds. To scroll through Stride Max Limitation, press the Leg Sculptor key four times. The default mode is shown as -- or 0.



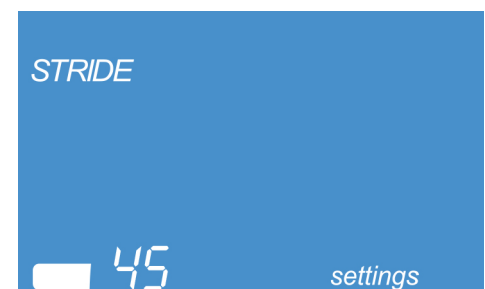
Default (Off)

Step 2. To adjust the on time, press the Stride Length Up or Down key. The on time is defaulted at 0 or off. The on time can be adjusted between 0-8 seconds.



8 Seconds On

Step 3. To select the desired adjustments for the off time, press the Leg Sculptor Up or Down key. The off time can be set after the on time is selected. You can select between 45-60 seconds.



45 Seconds Off

8 SERVICE AND PRODUCT MAINTENANCE

8.1 TROUBLESHOOTING

PROBLEM	CAUSE / SOLUTION
<i>No power.</i>	Check to see that the power cord is fully plugged into the back of the Total-Body Elliptical Cross-Trainer and into the wall. Make sure the power cord is fully seated into the back of the Total-Body Elliptical Cross-Trainer.
	You may be in "Energy Saver Mode". Press the "Energy Saver" button to see if the console turns on.
	Verify that all customer assembly connections are working properly. Unplug and re-plug each connection to verify. Look to see if any cables were pinched during assembly.
<i>Total Body Arms feel loose.</i>	Remove the moving arm pivot covers and check to make certain the bolt holding the total body arm in place is fully tightened. If the total body arms still feel loose, you may want to disassemble the total body arms and make sure all of the proper hardware from the assembly instructions was used.
<i>Noise is coming from pedals.</i>	Some noise from the pedals is normal. It will vary depending on the weight of the user. Check assembly hardware beneath pedal to make certain it is tight.
<i>Hear noise as speed increases</i>	It is normal for any mechanical device to become louder as speed increases.
<i>Start-Up resistance seems very difficult.</i>	Your product may be in 'Safety Mode.' Refer to the console manual on how to turn off this setting.
	Turn the unit off and then on again.
<i>Can't feel a resistance change at the beginning levels.</i>	The resistance curve of the Total-Body Elliptical Cross-Trainer is designed so that you can feel a greater difference in resistance at higher levels.
<i>Wireless heart rate is not working.</i>	Potential reasons for the wireless heart rate not to work properly include: 1. The wireless heart rate is turned OFF in the Settings Menu. Enter the Settings Menu and verify that WIRELESS HR is turned ON. 2. There is poor contact between the telemetry heart rate strap and the skin. 3. There is electrical interference from electrical appliances with the telemetry heart rate strap from fluorescent lights, kitchen appliances, etc. Move the Total-Body Elliptical Cross-Trainer to a different location or move electrical appliances away from the Total-Body Elliptical Cross-Trainer. 4. The battery in the Heart Rate Telemetry Strap needs to be replaced. The battery is a CR2032 (3V).
<i>Creaking sound is coming from the stabilizers.</i>	It is very important that the nut on the leveler is tightened against the stabilizer tube after the product is leveled. Ensure that this nut is tight.
<i>"OFF" is displayed in the LEVEL window on the console.</i>	Turn the unit off and then on again.
	If power cycling the product did not work, there is a problem with the resistance system. Contact Customer Support Services for assistance.

<i>The contact heart rate sensors are not reading my heart rate correctly.</i>	Be sure to grasp the sensors firmly and keep hands still. If heart rate seems substantially higher or lower than expected, remove hands from sensors until heart rate disappears.
	Tips for contact heart rate: 1. Dry hands to prevent slipping on the sensors. 2. Apply hands to all four sensors (two in each hand). 3. Grasp sensors firmly. 4. Apply constant pressure to the sensors. 5. May need to wait longer for heart rate to display. Note: The heart rate hand pulse sensors provide an approximate heart rate value. The sensors are not medical devices and should not be used in any type of medical application.
<i>“STRIDE” is blinking (E5)</i>	Your Duty Cycle is on, which prevents Over Actuation. Refer to Section 7.2, page 22 for more information on how to Turn Off.
<i>Activity Zone keeps turning OFF. (E5)</i>	The Activity Zone will enter Energy Saver Mode at the same time as the console.
<i>CoachZone keeps turning off. (E3)</i>	The CoachZone is preset to turn the lights off after 5 minutes of inactivity in order to save power.
<i>Stride length adjustment is not working. (E5)</i>	Turn off the cross-trainer's power. Turn the power back on after 30 seconds and try the stride adjustment again. Note: Duty Cycle may prevent Stride Adjustment. Refer to Section 6.1, page 16 for information on how to change.
<i>Stride length automatically changes. (E5)</i>	Check to see if the Leg Sculptor mode is turned on. The Leg Sculptor icon is illuminated when on. The Leg Sculptor automatically adjusts the stride every 2 minutes during a workout. To turn the Leg Sculptor OFF, press the Leg Sculptor key.
<i>Stride adjustment seems loud. (E5)</i>	Some noise from the stride adjustment is normal. The sound of the motors will vary depending on the load.
<i>Stride length feels long on one side. (E5)</i>	Turn the unit off. Turn the unit back on after 30 seconds. Try the unit again.
<i>Stride changes when exiting Energy Saver Mode. (E5)</i>	When the E5 wakes up from Energy Saver Mode, the stride length adjusts to the home position.
<i>Activity Zone displays E5. (E5)</i>	One of the keys on the Activity Zone is stuck in a pressed in position. Check to see if you can dislodge the Leg Sculptor, Stride Up, or Stride Down key. Once the key is dislodged, the “E5” will disappear.
<i>Activity Zone display settings won't work. (E5)</i>	You have accessed the Settings Menu. To exit the Settings Menu press the Leg Sculptor key until the Settings Menu has been exited.
<i>Activity Zone displays strange information in the digital display. (E5)</i>	You may have accessed the Settings Menu or Diagnostics Menu. Press the Leg Sculptor continuously until the menu is exited.
<i>Errors displayed in the Activity Zone. (E5)</i>	Turn the unit off and turn back on again to reset the Activity Zone.
<i>iPod is not recognized. Note: Applies to Track+ Console only.</i>	This is displayed if your version of the iPod Player is not supported by the cross-trainer. It may also be displayed if the connector on the cross-trainer or iPod is damaged.

iPod is not charging while in Energy Saver mode. Note: Applies to Track+ Console only.	Your iPod will not charge if the cross-trainer enters Energy Saver mode. This is normal.
"Low Battery" message is displayed on the console. Note: Applies to Track+ Console only.	The console has an internal battery that keeps the real time clock functioning if the cross-trainer is unplugged. This real time clock is only needed if you use the Life Fitness "Virtual Trainer" website. You do not need to replace the battery if you do not use the website. Contact Customer Service for guidance on how to change the battery. The battery is a CR1632 (3V).
When I try to save a workout on the USB stick I receive the following message: UNABLE TO SAVE SEE MANUAL. Note: Applies to Track+ Console only.	The console may not have recognized the USB stick. Try unplugging the USB stick and plugging it back in. The USB stick may be full. The USB stick may not be compatible with the product. Try using a different USB stick.

8.2 PREVENTIVE MAINTENANCE TIPS

The Life Fitness Total Body Elliptical Cross-Trainer is backed by the engineering excellence and reliability of Life Fitness and is one of the most rugged and trouble-free pieces of exercise equipment on the market today.

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 the defective parts are required or replaced. Pay special attention to parts that are subject to wear, as outlined below.

The following preventative maintenance tips will keep the Life Fitness Total Body Elliptical Cross-Trainer operating at Peak performance:

Important: Turn the cross-trainer off and unplug prior to performing any maintenance	
Weekly	Inspect the power cord. If the cord is damaged call technical support. Make sure the cord is positioned in a location where it will not be damaged.
Monthly	Clean the top surface of the pedals
	Clean the display console and all exterior surfaces with mild soap, water and a soft cotton cloth or a Life Fitness approved cleaner. Note: Do not use paper towels, ammonia or acid based cleaners on the product. At no time should cleaner be applied directly to any part of the equipment; spray the cleaner on a soft cloth and then wipe the unit.
	Inspect the exterior parts for wear and check that user assembly bolts are still tight.

Note: Long fingernails may damage or scratch the surface of the console. Use the pad of the finger to press the keys.

LIFE FITNESS Approved Cleaners

Two preferred cleaners have been approved by Life Fitness 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 convenient spray. 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 Life Fitness Customer Support Services to order these cleaners.
Call 1-800-351-3737 or email: customersupport@lifefitness.com.

LIFE FITNESS Compatible Cleaners

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use 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.

8.3 PREVENTIVE MAINTENANCE SCHEDULE

Item	Weekly	Monthly	Bi-Annually
Console Overlay	Clean		Inspect
Bottle Holders	Clean	Inspect	
Console Mounting Bolts			Inspect
Frame	Clean		Inspect
Plastic Covers	Clean	Inspect	Inspect
Lifepulse Sensors	Clean / Inspect		
Pedals and Straps	Clean	Inspect	

8.4 HOW TO OBTAIN PRODUCT SERVICE

1. Please contact your dealer or Life Fitness Customer Service at 1-800-351-3737.
2. Verify the symptom and review the operating instructions and troubleshooting matrix.
3. Locate and document the serial number of the unit. The serial number plate is located on the rear stabilizer. Please also have proof of purchase information available.

9 SPECIFICATIONS

	E5	E3	E1
Designed Use	Home	Home	Home
Max User Weight	400 lbs / 181 kg	400 lbs / 181 kg	400 lbs / 181 kg
Resistance System	Eddy Current	Eddy Current	Eddy Current
Stride Length	18-24 in (46-61 cm) (Adjustable in one-inch increments)	20 in (51 cm) (Fixed Stride)	20 in (51 cm) (Fixed Stride)
User Controls	Activity Zone	Coach Zone	None
Contact Heart Rate	On bull horns & moving, multi-grip handles	On bull horns & moving, multi-grip handles	On bull horns only
Accessories	2 removable water bottle holders & accessory tray	2 water bottle holders & accessory tray	2 water bottle holders & accessory tray
Power Supply	120 VAC, 60 Hz, 12 Amps or 230 VAC, 50 Hz, 6.3 Amps	120 Volt (U.S.), 220 Volt (Europe), 240+ Volt (Australia)	120 Volt (U.S.), 220 Volt (Europe), 240+ Volt (Australia)

Assembled Dimensions	E5	E3	E1
Length	84.1 in / 214 cm	81.7 in / 214 cm	81.7 in / 214 cm
Width	34.1 in / 87 cm	34.1 in / 87 cm	30 in / 76.2 cm
Height	65.6 in / 167 cm	61.1 in / 155 cm	58.9 in / 150 cm
Weight	250.8 lbs / 114 kg	222 lbs / 101 kg	211 lbs / 96 kg
Shipped Dimensions			
Length	83 in / 210 cm	81 in / 207 cm	81 in / 207 cm
Width	20 in / 51 cm	20 in / 51 cm	20 in / 51 cm
Height	32 in / 81 cm	32 in / 81 cm	32 in / 81 cm
Weight	292.6 lbs / 133 kg	253 lbs / 115 kg	242 lbs / 110 kg

Operation Manuals and other Product Information available at
<https://www.lftechsupport.com/web/document-library/documents>

10 WARRANTY INFORMATION

Model	Limited Lifetime	5 Years	5 Years	1 Year
E5 Cross-Trainer Base	Frame	Resistance System	Electrical Parts & Mechanical Parts	Labor
E3 Cross-Trainer Base	Frame	Resistance System	Electrical Parts & Mechanical Parts	Labor
E1 Cross-Trainer Base	Frame	Resistance System	Electrical Parts & Mechanical Parts	Labor

WHAT IS COVERED:

This Life Fitness consumer product ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED:

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

HOW LONG IS IT COVERED:

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

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

WHO PAYS SHIPPING & INSURANCE FOR SERVICE:

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

WHAT WE WILL DO TO CORRECT COVERED DEFECTS:

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

WHAT IS NOT COVERED:

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your User Manual ("Manual"). All terms of this warranty are void if this Product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local 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.

USER MANUAL:

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

PRODUCT REGISTRATION:

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

HOW TO GET PARTS & SERVICE:

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

EXCLUSIVE WARRANTY:

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

CHANGES IN WARRANTY NOT AUTHORIZED:

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

EFFECT OF U.S. STATE LAWS:

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