

F3 TREADMILL

Owner's Manual

8972801 REV B-3



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Before using this product, it is essential to read this ENTIRE operation manual and ALL installation instructions.

This will help in setting up the equipment quickly and in instructing others on how to use it correctly and safely.

Note: *This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the operation 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:*

- Re-orient 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.



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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This Operation Manual describes the functions of the following product:

Life Fitness Treadmill Model:

F3

Thank you for purchasing a Life Fitness treadmill. 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 treadmill. We hope you achieve the product experience on your treadmill 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 Treadmill is an exercise machine that enables users to walk or run in place on a moving surface.



CAUTION:

Health-related injuries may result from incorrect or excessive use of exercise equipment. The manufacturer **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. The manufacturer also recommends consulting a fitness professional on the correct use of this product.

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



1 IMPORTANT SAFETY INSTRUCTIONS

WARNING: READ ALL INSTRUCTIONS BEFORE USING THE TREADMILL. SAVE THESE INSTRUCTIONS.

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

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: The treadmill should not be operated when folded up.

WARNING: This treadmill has immobilization software. Only activate the software immobilization when the treadmill is not in use. Refer to this Owner's Manual for instructions on immobilizing the treadmill. Keep the instructions out of the reach of children.

WARNING: Fold the treadmill into the upright and locked position BEFORE rolling it over on its side or picking it up from the floor. The base or folding frame can swing around unexpectedly if this procedure is not followed.

WARNING: Do not move the treadmill by lifting the console. Do not use the console as a handlebar during a workout.

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: Allow the running surface to come to a complete stop prior to folding it up.

WARNING: Equipment should be installed on a stable base and be properly leveled.

WARNING: Any adjustment devices that could interfere with the user's movement should not be left projecting.

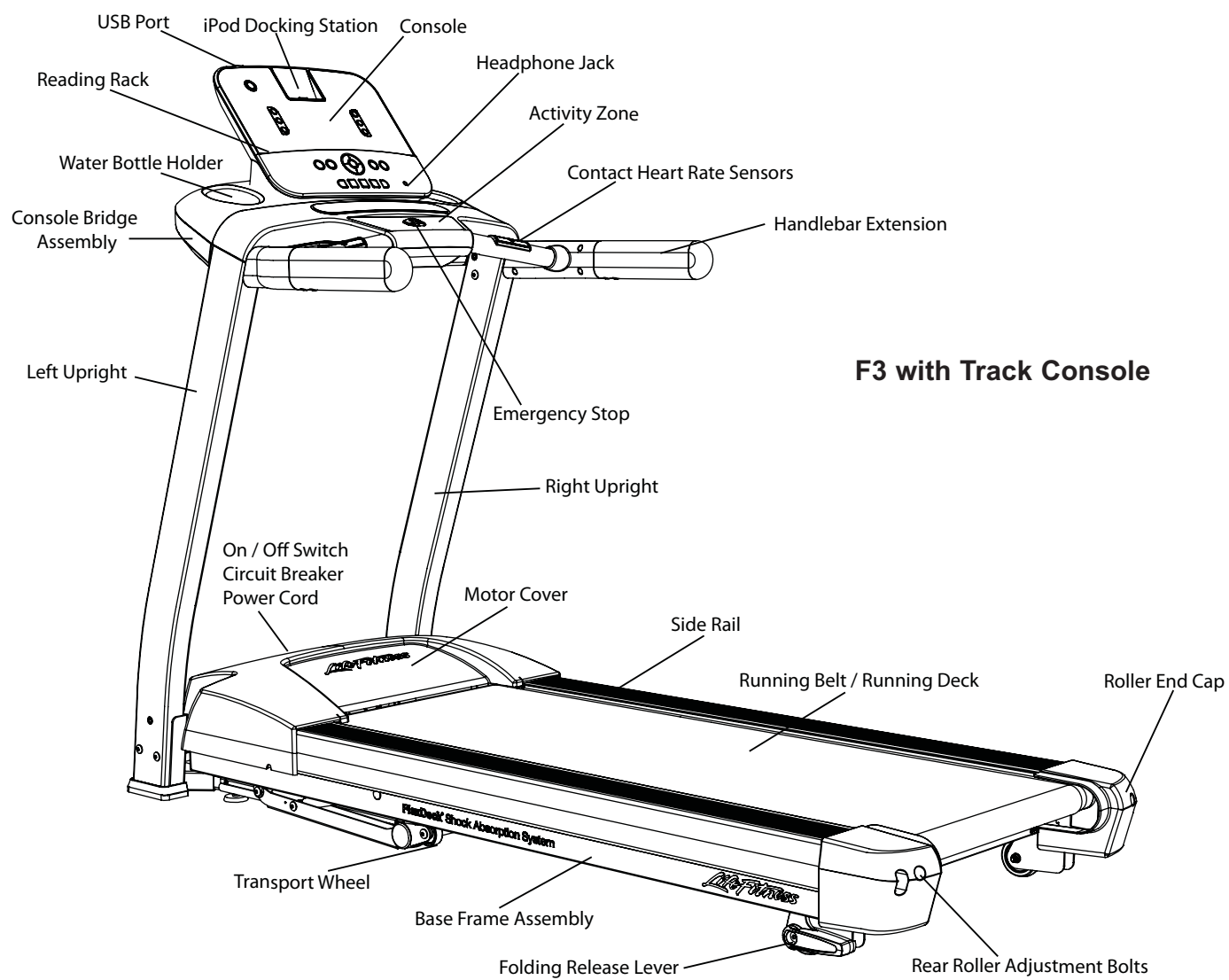
Risk of injury to persons – To avoid injury use extreme caution when stepping onto or off of a moving belt.

- To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.
- Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Services.
- Position this product so the power cord plug is accessible to the user.
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle. Do not run the power cord on the floor, under or along the side of the treadmill.
- 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 a hazard.
- 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.
- 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.
- Do not use this product outdoors, near swimming pools, or in areas of high humidity.
- Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair or any obstructing material.
- 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 Services.
- Never place liquids of any type directly on the unit, except in a bottle holder or accessory tray. Lidded containers are recommended.
- When using the treadmill, wear shoes with rubber or high traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles. Do not use this product in bare feet. 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.
- Keep an open area of 6.5 feet (2 meters) by 3 feet (1 meter) behind the treadmill clear of any obstructions, including walls, furniture and other equipment.

- Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and/or using.
- Use the handrails whenever additional stability is required. In case of emergency, such as tripping, the user should grab the handrails and place his/her feet on the side platforms. The handrails may be held to enhance stability as needed, but are not for continuous use.
- Never walk or jog backwards on the treadmill.
- Immobilize the treadmill so the motors will not run when the unit is not in use. To do this, press and hold both the SPEED DOWN ARROW and the STOP key on the Activity Zone.
- Use caution when folding and unfolding the treadmill. Do not let the treadmill lower to the floor unassisted. Guide the deck to the floor by hand.
- Use this unit only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- In conformity with the European Union Machinery directive 2006/42/EC, this equipment runs at sound pressure levels below 70 dB(A) at the average operating speed of 8 km/hr.
- The universal electrical grounding symbol is:



2 LIFE FITNESS F3 TREADMILL DESIGN ILLUSTRATION



3 ASSEMBLY

For safety, and to save time and effort, read this Owner's Manual completely before installing your Life Fitness Treadmill. Place the treadmill near where it will be used before beginning the unpacking procedure.

3.1 UNPACKING

These unpacking instructions assume you have already done the following:

- Removed the top of the shipping carton.
- Removed this Owner's Manual from the top of the packaged material.

The best method for unpacking the rest of the treadmill is as follows:

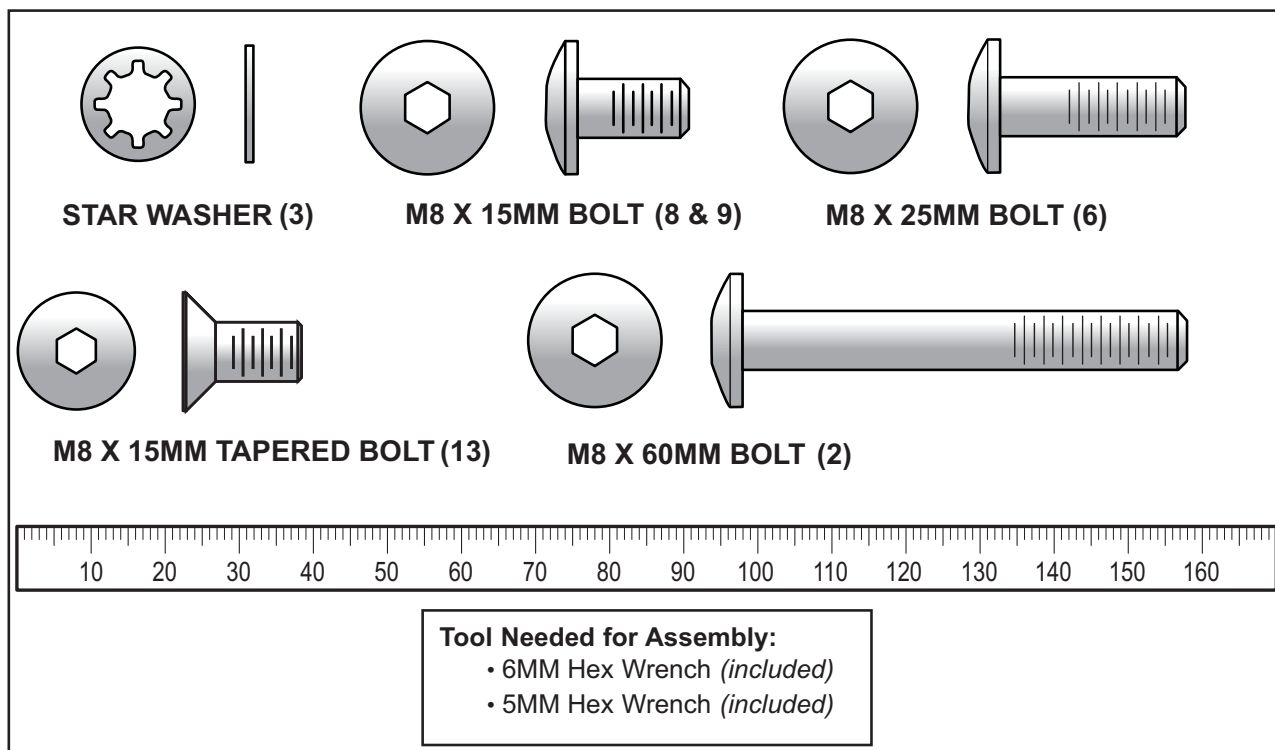
- Remove all items on top of the running belt.
- Break down the sides of the inner shipping carton.
- DO NOT remove or unlatch the strap that is positioned over the walking surface.
- Follow assembly instructions starting on page 9.

WARNING: Fold the treadmill into the upright and locked position before rolling it over on its side or picking it up from the floor. The base or folding frame can swing around unexpectedly if this procedure is not followed.

3.2 COMPONENT LIST & HARDWARE

Identify the following components after unpacking your treadmill:

1. Left Upright Qty: 1	8. M8 X 15MM Bolt (Black) Qty: 4
2. M8 X 60MM Bolt Qty: 6	9. M8 X 15MM Bolt (Silver) Qty: 2
3. Star Washers Qty: 15	10. 6MM Hex Head Wrench Qty: 1
4. Right Upright Qty: 1	5MM Hex Head Wrench Qty: 1
5. Console Bridge Qty: 1	11. Power Cord (120V) Qty: 1
6. M8 X 25MM Bolt Qty: 3	12. Emergency Stop Lanyard Qty: 1
7. Handlebar Extensions Qty: 2	13. M8 X 15MM Tapered Bolt (Silver) . . Qty: 6

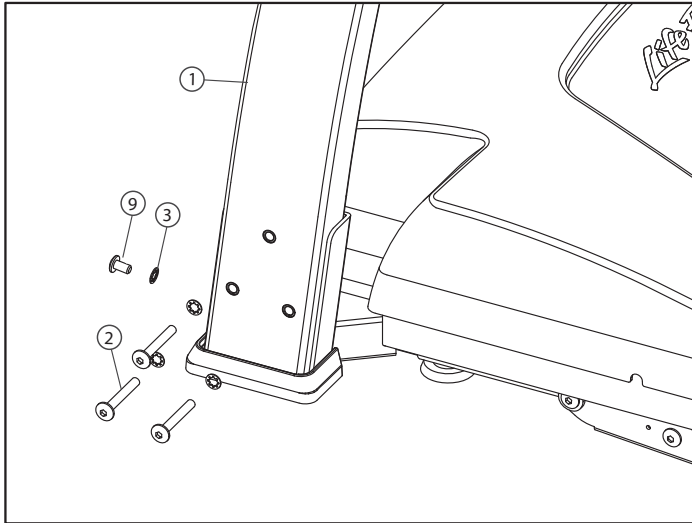


3.3 INSTALLING UPRIGHTS

Locate the LEFT UPRIGHT (1). The upright is marked “L”. Position the LEFT UPRIGHT near inside of the left bracket.

- a) Connect the two electrical connectors at the bottom of the upright.
- b) Set the upright in position while feeding the cable into the upright.
- c) Install all hardware and finger tighten at this time. Secure the LEFT UPRIGHT to the left bracket by using three M8 X 60MM SILVER BOLTS (2) and three STAR WASHERS (3). Secure the front of the upright by installing one M8 X 15MM SILVER BOLT (9) and one STAR WASHER (3).

CAUTION: Do not pinch the wire when attaching the left upright to the left upright bracket. Carefully feed any excess wire into the upright tube. Connectors must be inside the upright tube after installation.



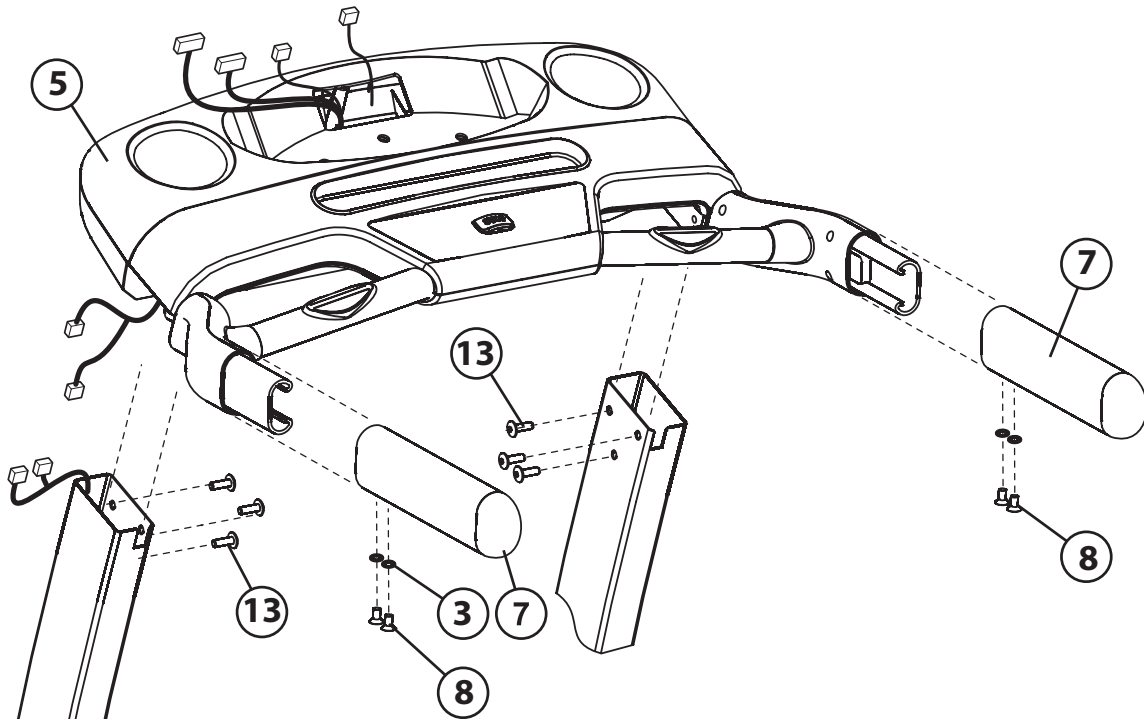
Locate the RIGHT UPRIGHT (4). The upright is marked “R”. Position the RIGHT UPRIGHT near the inside of the right bracket. Install all hardware and finger tighten at this time. Secure the RIGHT UPRIGHT to the right bracket by using three M8 X 60MM SILVER BOLTS (2) and three STAR WASHERS (3). Secure the front of the upright by installing one M8 X 15MM SILVER BOLT (9) and one STAR WASHER (3).

Position the console bridge (5) near the top of the uprights. Attach the wire connectors leading from the left upright and the console bridge. Be sure the connectors are fully seated together. Feed any excess wire into the hollow inside the left upright.

Attach the console bridge to the uprights using six M8 x 15mm Tapered Bolts (13), three for each upright. Leave the bolts finger-tight at this time.

CAUTION: Do not pinch the wire when attaching the left upright to the console bridge.

Attach one handlebar extension (7) on each side of the console bridge, using two black M8 x 15mm (8) Bolts and two Star Washers (3) on each side.



3.4 INSTALLING THE CONSOLE

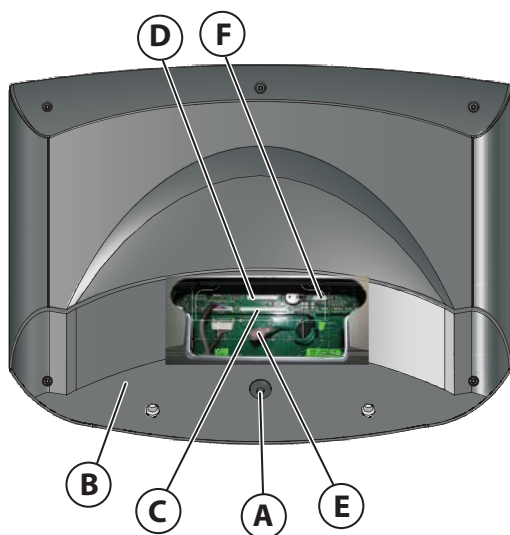
Remove the pre-installed bolt (A) from the back of the main console (B). Position the main console near the top of the console bridge and attach the connectors leading from the console bridge to the corresponding tabs on the back of the main console. The main console harness (C) is the largest connector. The Activity Zone harness (D) is the mid-size connector. The grounding wire (E) is the small green and yellow wire that inserts onto any of the three metal circuit board receptacles on the Go Console or to the connector leading from the back of the Track Console. The safety switch connector (F) is the 5-Pin connector. Be sure the connectors are fully seated together. Feed any excess wire into the console bridge.

Attach the main console to the console bridge using three M8 x 25mm BOLTS (6) and three STAR WASHERS (3). Tighten the bolts securely.

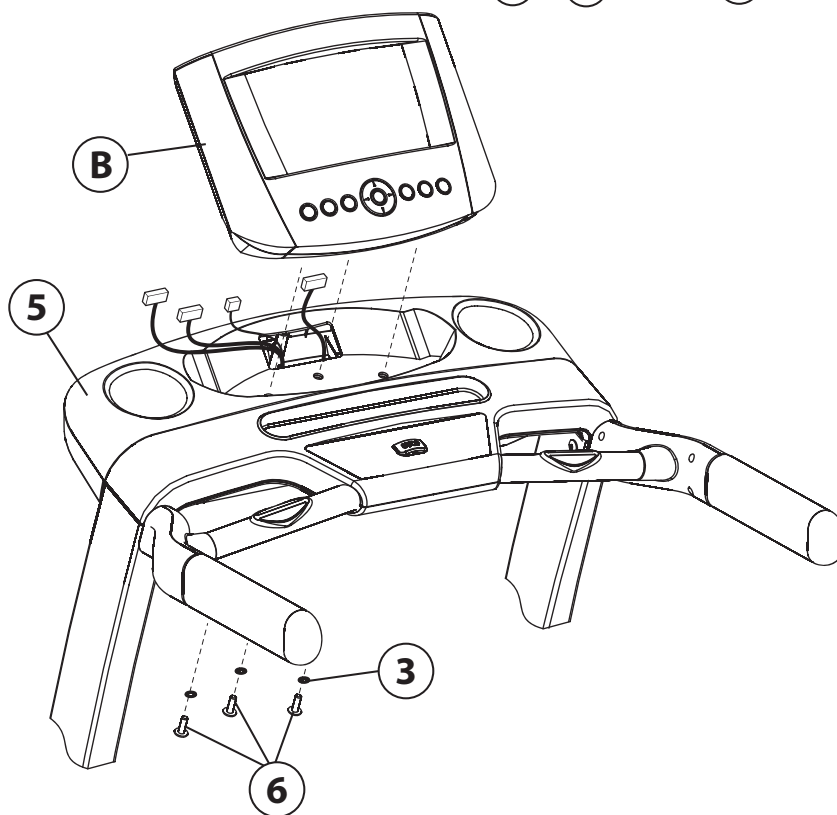
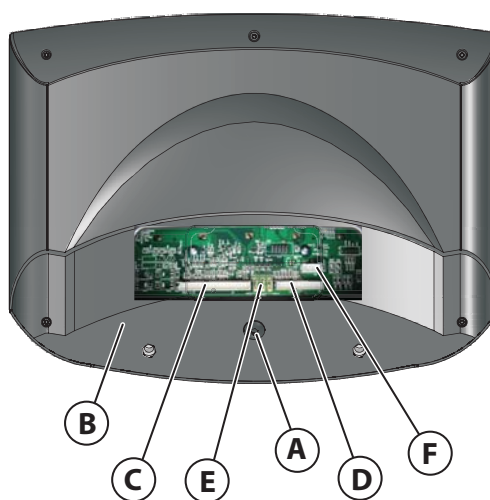
CAUTION: Do not pinch the wires when attaching the main console to the console bridge.

Securely tighten all the bolts that were left finger-tight.

Track Console Connection



Go Console Connection



3.5 ATTACHING THE POWER CORD

Insert the female plug of your treadmill's power cord into the male outlet next to your treadmill's power switch.

Note: *F3 treadmills shipped in the USA and Canada are supplied with a North American line cord. Attach the cord suited to your area.*

3.6 CALIBRATION

Before using your treadmill please follow the calibration instructions below. Please stand to the side of your treadmill during calibration.

1. Turn treadmill on, or if on press the RESET key.
2. The console will display "PLEASE WAIT" or "WAIT".
3. When "PLEASE WAIT" or "WAIT" disappears and the screen is blank press and hold the PAUSE key until "DIAGNOSTICS" appears.
4. Use the arrow keys to scroll through the diagnostics menu to "CALIBRATION" or "CALIB".
5. Press enter to select "CALIBRATION" or "CALIB".
6. Press the START key located on the activity zone to begin calibration.
7. Your treadmill will now automatically cycle through a series of tests including speed and incline adjustments in order to complete calibration.
8. When successfully completed the console will display "PASS".
***If there was an error during calibration the console will display "FAIL".
***If a failure occurred press STOP twice and restart the process at Step 1.
***If failure occurs again take note of the error number display and contact Life Fitness Customer Support Services at 1-800-351-3737 (U.S.A. and Canada).
9. Upon successful completion press the RESET key three times to exit calibration mode.

4 SETUP

ELECTRICAL POWER REQUIREMENTS

Most Life Fitness Treadmills 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 treadmill 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	12
230	50 / 60	10

ELECTRICAL GROUNDING REQUIREMENTS

This Life Fitness product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides the path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances. A temporary adapter must not be used to connect this plug to a two-pole receptacle in North America. If a properly grounded, correct amperage outlet is not available, a qualified electrician must install one.

DANGER: A risk of electrical shock may result from improper connection of the equipment's grounding conductor. Check with a qualified electrician if you are unsure about proper grounding techniques. Do not modify the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician.

TURNING THE UNIT ON

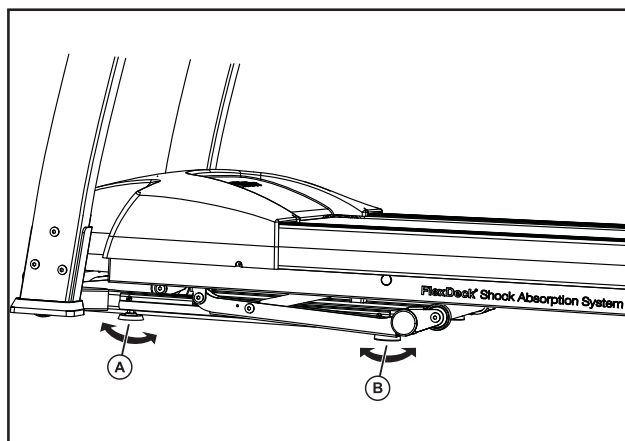
To turn the treadmill on, locate the ON/OFF power switch at the front of the treadmill near the power cord and turn it ON.

HOW TO STABILIZE THE LIFE FITNESS TREADMILL

After placing the unit where it will be used, check its stability. If there is even a slight rocking motion or the unit is not stable, determine which stabilizing leg is not resting on the floor. To adjust, turn the STABILIZING LEG (A) or (B) until the rocking motion ceases and both stabilizing legs rest firmly on the floor.

Note: If excessive vibration occurs during use, adjust the height of the levelers (A) closer to the uprights. Do not adjust the height of the levelers (B) further from the uprights.

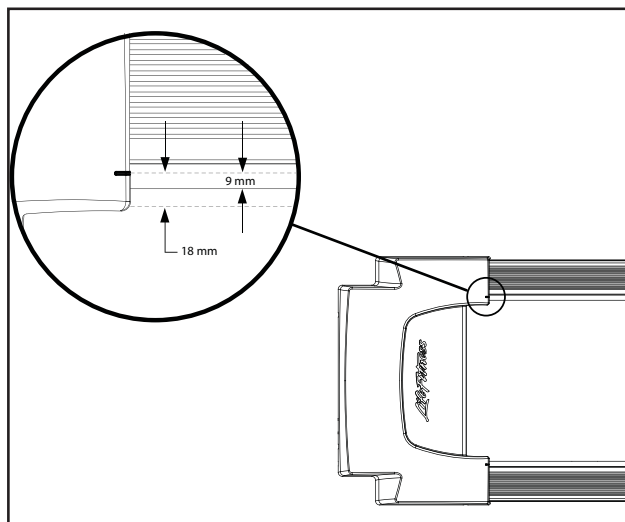
Note: It is extremely important that the stabilizing leg be correctly adjusted for proper operation.



CHECKING THE BELT

After the treadmill has been installed and stabilized, the belt must be checked to confirm proper tracking. First, ensure the power cord is plugged into a suitable outlet, as described in the above *Electrical Requirements* section. Then turn the treadmill on. Stand on the side rails of the treadmill and straddle the belt. To start the belt, press the WALK key, then press the SPEED UP arrow key until the treadmill reaches 4.0 mph/ 6.4 kph. If the striding belt appears off-center, see the instructions in *Tracking (Centering) An Existing Or New Striding Belt (Section 6.3)*.

Note: Normal belt operating position is for the belt to be located within the belt travel position indicators on the motor cover (see illustration to the right). If the belt is not in this position, see Section 6.3



FOLDING AND UNFOLDING THE TREADMILL

The treadmill's deck can be folded up when not in use. To do so, make sure that the incline is set to 0%, then simply grab the deck and lift it until it locks into place. To lower the deck again, push the running surface in with one hand and pull the release handle to slowly lower it to the ground. Make sure the deck is completely lowered before using the treadmill.

POWER SWITCH

Located on the front panel at the base of the treadmill, the ON/OFF switch has two positions - "I" (one) for ON and "0" (zero) for OFF.

MOVING THE TREADMILL

Turn the treadmill off and disconnect its power cord, then raise its deck.

Note: *If adjustments were made to the front levelers during setup, make sure to tighten the levelers snug against the base frame before moving.*

The treadmill may now be moved on its front platform wheels by pushing and pulling on its handrails. Do not attempt to move the treadmill by pushing or pulling on the deck or deck support tubing.

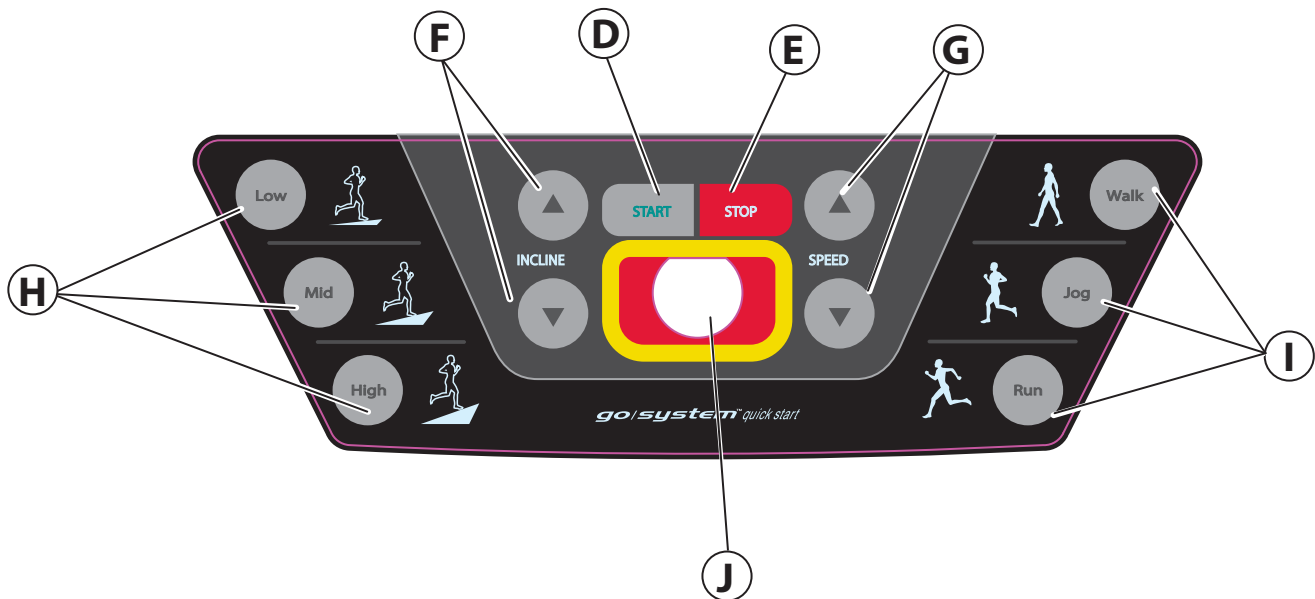
IMMOBILIZING THE TREADMILL

When it is necessary to immobilize the treadmill, press and hold both the SPEED DOWN ARROW and the STOP keys on the activity zone. Use the same key sequence to mobilize the treadmill.

5 ACTIVITY ZONE AND HEART RATE SENSOR OVERVIEW

ACTIVITY ZONE

The Go System Activity Zone (C) offers control over the basic operations of the treadmill, using the buttons described below.



- D. Start:** Causes the belt to begin moving at 0.5 mph and 0% elevation.
- E. Stop:** Causes the belt to slow to a gradual stop. One push pauses the workout, two pushes display workout information, and three pushes reset the workout.
- F. Incline Arrows:** Change the belt's incline gradually, increasing (UP ARROW) or decreasing (DOWN ARROW) the incline by 0.5% each time the user presses an arrow.
- G. Speed Arrows:** Change the belt's speed gradually, increasing (UP ARROW) or decreasing (DOWN ARROW) the speed by 0.1 mph each time the user presses an arrow.
- H. Low/Med/High:** Changes the belt's incline immediately to a preset value. Initially these buttons are set to change the incline to 1.5% (Low), 3% (Mid) and 5% (High). However, the user can set these buttons to new values by first changing the belt's incline to the desired new value, then holding down the button the new value will be assigned to until the treadmill beeps.
- I. Walk/Jog/Run:** Changes the belt's speed immediately to a preset value. Initially these buttons are set to change the speed to 2 mph (Walk), 4 mph (Jog) and 6 mph (Run). However, the user can set these buttons to new values by first changing the belt's speed to the desired new value, then holding down the button the new value will be assigned to until the treadmill beeps.
- J. E-Stop Magnet:** This circular magnet connects to the E-Stop Lanyard, which must be clipped to the user's clothing when the treadmill is in use. Pulling the lanyard so that it comes free of the magnet will stop the treadmill's striding belt. This serves as a safety feature, stopping the belt should the user stumble or fall. Replacing the magnet will show the Workout Summary data.

Note: Removing the E-Stop Magnet stops the walking belt and incline motor, but all parts are still electrically energized. In case of electrically caused errors, remove the power cord from the electrical outlet.

HAND PULSE SENSOR SYSTEM

The hand pulse sensors (K) are the built-in heart rate monitoring system on the treadmill. During a workout, grasp the sensors that are set into the handlebars. For an accurate reading, use a comfortable grip. The console displays the heart rate after 15 to 20 seconds.



6 SERVICE AND TECHNICAL DATA

6.1 TROUBLESHOOTING

Problem	Cause / Solution
The treadmill console does not turn on when the ON/OFF switch is turned on.	You may be in "Energy Saver Mode". Press the "Energy Saver" button to see if console turns on.
	Check to see if the treadmill is plugged in and if the ON/OFF switch is on. If the ON/OFF switch is on, verify that the treadmill power cord is not damaged and the wall outlet is functioning (tripped breaker in house).
	If the ON/OFF switch is on verify that all the customer assembly connections are working properly. Unplug and re-plug each connection to verify. Look to see if any of the cables were pinched during assembly.
I am having problems bolting the parts together when assembling the unit.	1. Do not tighten the screws until the uprights, console and handrails are all installed. 2. Check the screw threads for any damage. 3. Tighten the hardware after all components are installed.
The treadmill shakes a lot when I run on it.	1. Turn the treadmill OFF. Make sure all assembly hardware is tightened. 2. If shaking still occurs, adjust the levelers under the stationary frame until the shaking decreases. See <i>How to Stabilize the Life Fitness Treadmill</i>.
The contact heart rate sensors are not reading my heart rate correctly.	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. Life Fitness recommends that the user stand on the side rails when attempting to monitor heart rate with contact sensors.
	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 the sensors firmly. 4. Apply constant pressure to the sensors.
The running belt is tracking to the left or right.	See <i>How to Adjust and Tension the Striding Belt</i> .
The belt seems to slip when I run on it.	You may need to tighten the walking belt. See <i>How to Adjust and Tension the Striding Belt</i> .
The treadmill will not lock when I fold it up.	The treadmill must be at 0% incline before folding it up. If the incline is not at 0% the treadmill will not lock.
The treadmill will not unfold.	Make sure that you pull the release lever located on the top left side of the deck. You may need to push up on the folded part of the treadmill while pulling the lever to help release the locking pin.
"REPLACE SWITCH" or "EMERGENCY STOP REPLACE KEY" is displayed on the console.	These messages are displayed if the Emergency Stop key is not in place on the Activity Zone. 1. Place the key back in position. 2. If the key is in position, verify that the safety switch connector was properly attached to the console. See Section 3.4 <i>Installing the Console</i>.

Problem	Cause / Solution
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.
The wireless heart rate is not working.	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. Refer to <i>Heart Rate Telemetry Strap</i> for details. 3. There is electrical interference from electrical appliances with the telemetry heart rate strap from fluorescent lights, kitchen appliances, etc. Move the treadmill to a different location or move electrical appliances away from the treadmill. 4. The battery in the Heart Rate Telemetry Strap needs to be replaced. The battery is a CR2032 (3V).
A heart rate reading is initially detected and functioning normally but then is lost.	Use of personal electronic devices, such as cell phones and portable mp3 players, causes external noise interference. Equipment is in close proximity to other sources of noise such as audio/video equipment, fans, two way radios, and high voltage/high current power line Remove the source of noise or reposition the exercise equipment.
"OFF" is displayed in the incline window.	This message relates to a problem with the Incline system. If the incline has been repeatedly moved up and down in a manual program, the lift motor may have activated a thermal protection device. Simply let the treadmill sit for 30 minutes and cycle power. Recalibrate the treadmill following the instructions in Section 3.6 <i>Calibration</i>.
"Immobilized" is displayed in window.	The treadmill has been immobilized through software. Press the SPEED DOWN ARROW and STOP on the Activity Zone to exit this state.
iPod is not recognized. Note: Applies to Track Console only.	This is displayed if your version of the iPod Player is not supported by the treadmill. It may also be displayed if the connector on the treadmill 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 treadmill 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 treadmill 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).

6.2 PREVENTIVE MAINTENANCE TIPS

The Life Fitness Treadmill 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 preventive maintenance tips will keep the Life Fitness treadmill operating at peak performance:

IMPORTANT: Turn the treadmill 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.
	Check the operation of the Emergency Stop System.
	Check the operation of the Stop Key.
	Check the position (centering) of the walking belt.
Monthly	Vacuum around and under the walking belt. It is normal for there to be some black dust behind the unit from the walking belt.
	Clean the display console and all exterior surfaces with mild soap, water and a soft cotton cloth or use a Life Fitness approved cleaner. Note: <i>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.</i>
	Inspect the exterior parts for wear and check that user assembly bolts are still tight.
Yearly	You will receive a message 'LUBRICATE WALKING BELT' on the console that reminds you to re-lubricate the belt after a fixed number of usage hours. The procedure to lubricate the walking belt is listed below.

Lubricating the Walking Belt

1. Turn the treadmill off with the ON / OFF switch and then unplug the power cord from the outlet.
2. Loosen the rear roller adjustment bolts approximately 10 full turns. Be sure to note how many turns you have rotated the screws since this is how many turns you will tighten them at the end of this procedure.
3. Using the Silicon lubricant approved by Life Fitness, apply one half of the bottle to the surface of the deck between the belt and the deck. Try to apply the majority of the lubricant to the center of the deck.
4. Visually make sure the walking belt is centered on the deck and then tighten the rear roller adjustment bolts the same number of turns as when you loosened them.
5. Plug the treadmill in and turn on the ON / OFF switch.
6. Run the treadmill at 3 mph / 5 kph and check that the belt runs centered. If not, follow the instructions in *How to Adjust and Tension the Striding Belt*.
7. Reset the LUBRICATE WALKING BELT message on the console. To reset the message enter the Settings Menu. Scroll to the Message: HOURS SINCE BELT LUBRICATION = XXXX. Press and hold the DOWN arrow key for 10 seconds to reset the lubrication timer..

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 cotton cloth only. Apply the cleaner to the cotton cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces

6.3 HOW TO ADJUST AND TENSION THE STRIDING BELT ON THE LIFE FITNESS TREADMILL

Do not move the treadmill or place hands under the treadmill while it is plugged into an electrical outlet!

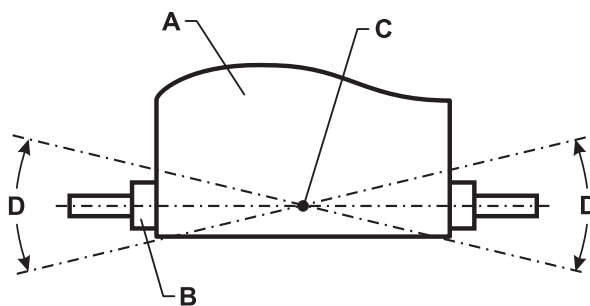
Tool Required: 6mm Hex Key Wrench

THE BELT TENSIONING BOLTS

The Life Fitness treadmill has access holes in the rear roller guards, which allow access to the tensioning bolts. These tensioning bolts make it possible to adjust tracking and centering of the striding belt (A) without removing the guards.

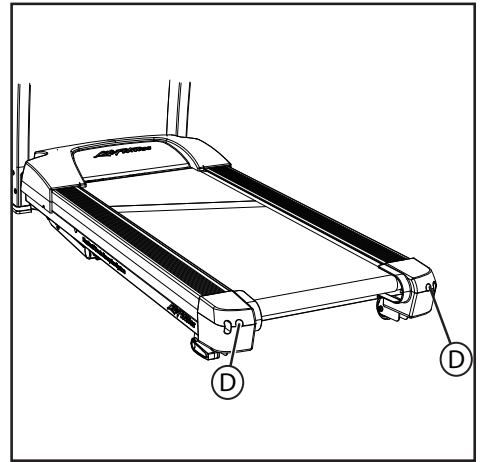
Note: It is extremely important that the treadmill be correctly leveled prior to any tracking adjustments. An unstable unit may cause striding belt misalignment. See How To Stabilize the Life Fitness Treadmill in Section 4 prior to attempting any rear roller adjustments.

Before proceeding, it is helpful to visualize the REAR ROLLER (B) pivot point (C). Each adjustment made to one side of the ROLLER must be met with an equal and opposite adjustment (D) to the other side of the ROLLER to maintain an ideal belt tension at the pivot point.



TRACKING (CENTERING) AN EXISTING OR NEW STRIDING BELT

1. Locate the two access holes to the belt tensioning bolts (D) on each of the rear roller guards.
2. Stand on the sides of the treadmill and straddle the belt. Enter the MANUAL Workout and set the belt speed to run at 4.0 mph (6,4 kph).
3. If the striding belt has moved to the right, turn the right tension bolt 1/4 turn clockwise with the provided 6mm hex key wrench, and then turn the left tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller.
4. If the striding belt has moved to the left, turn the left tension bolt 1/4 turn clockwise and then turn the right tension bolt 1/4 turn counter-clockwise to start striding belt tracking back to center of roller. Repeat adjustments until the striding belt appears centered. Allow the machine to continue running for several minutes to observe if tracking remains stabilized.



Note: Do not exceed one full turn of the adjusting screws in either direction. If after one full turn the belt does not track properly, contact Customer Support Services.

TENSIONING AN EXISTING STRIDING BELT

Under normal usage, the treadmill striding belt may stretch slightly. If the belt starts to slip during use, take the steps listed below to correct the tension.

1. Using the STOP key, stop the treadmill.
2. Turn the belt tensioning bolts clockwise a quarter-turn per side to tension the belt. Do not exceed one full turn (four quarter-turns per side).
3. Set the treadmill at 2.0-mph (3,2 kph) and get on to make sure the belt no longer slips. Also, check the striding belt's tracking. If the striding belt drifts to the left or right see *Tracking (Centering) an Existing or New Striding Belt*.

Note: Do not over-tighten the tensioning bolts while making belt adjustments. Over-tightening of bolts may over stretch and damage the striding belt or roller bearings. Do not exceed one full turn of either bolt in either direction.

6.4 USING AND TESTING THE SAFETY STOP PULL CORD

During operation of the treadmill, the lanyard on the Safety Stop Pull Cord should be attached to an item of the user's clothing.

While the treadmill is on and the console display is active, remove the Safety Stop Pull Cord from the treadmill. A message shall be displayed on the console similar to "EMERGENCY STOP - REPLACE KEY". With the Safety Stop Pull Cord removed no keys shall function on the treadmill.

Place the Safety Stop Pull Cord back in place. The treadmill will reset and will be ready for operation.

6.5 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 treadmill. The treadmill's serial number is located on the front of the treadmill near the power switch. Please also have proof of purchase information available.

7 SPECIFICATIONS

LIFE FITNESS F3 TREADMILL SPECIFICATIONS

Designed use:	Home
Maximum user weight:	350 pounds / 159 kilograms
Speed range:	0.5 - 10.0 mph in 0.1 increments
Elevation range:	0%-12% (in 0.5% increments)
Motor:	3 HP continuous duty DC
Rollers:	Front: 2.6" (67mm) precision crowned Back: 2.0" (50mm) precision crowned
Belt:	55" Length x 20" Width (147cm Length x 50cm Width), multi-ply
Deck:	Flex Deck cushioning, not reversible
Handrails:	Ergo Crossbar with side handrails.
Accessory tray:	Standard, designed into system
Warranty:	10 years motor, 5 years parts, 3 years console, 1 year labor, and lifetime on frame and springs

Physical Dimensions:	Unfolded	Folded
Length:	78 inches / 198 centimeters	34.5 inches / 87.5 centimeters
Width:	34.5 inches / 87.5 centimeters	34.5 inches / 87.5 centimeters
Height:	58.5 inches / 148.5 centimeters	75 inches / 190.5 centimeters
Weight:	264 pounds / 119.75 kilograms	

Shipping Dimensions:	
Carton Length:	86.25 inches / 219 centimeters
Carton Width:	33 inches / 84 centimeters
Carton Height:	14 inches / 35.5 centimeters
Total Weight:	291 pounds / 132 kilograms

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WARRANTY INFORMATION

Model	Limited Lifetime	10 Years	5 Years	1 Year
F3 Treadmill Base	Frame & Lifesprings	Drive Motor	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 on the following page.

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 (our receipt of the attached registration card assures registration of purchase information but is not required); 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 may 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.