

E3 TOTAL- BODY ELLIPTICAL CROSS-TRAINER

ASSEMBLY INSTRUCTIONS

M051-00K102-0008 REV B



CORPORATE HEADQUARTERS

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ChinaEnquiry@lifefitness.com
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All Other Asia Pacific countries & distributor business Asia Pacific*

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ChinaEnquiry@lifefitness.com
Operating Hours: 9.00h-18.00h

*Also check www.lifefitness.com for local representation or distributor/dealer

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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.



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.

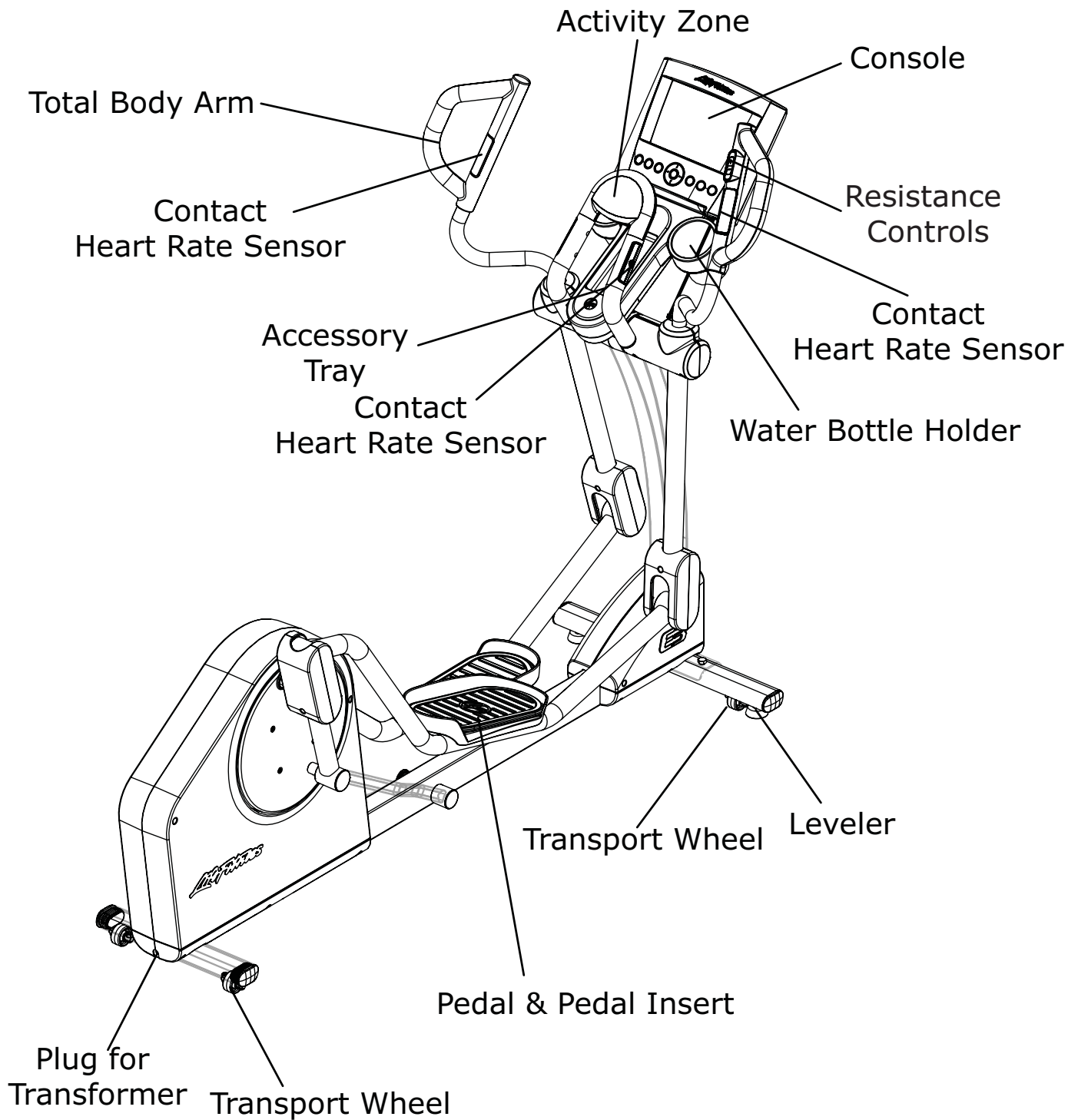
- Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the power cord as a handle.
- Do not run the power cord on the floor under or along side of the cross-trainer.
- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, 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 FUTURE REFERENCE.

2 E3 TOTAL-BODY ELLIPTICAL CROSS-TRAINER OVERVIEW

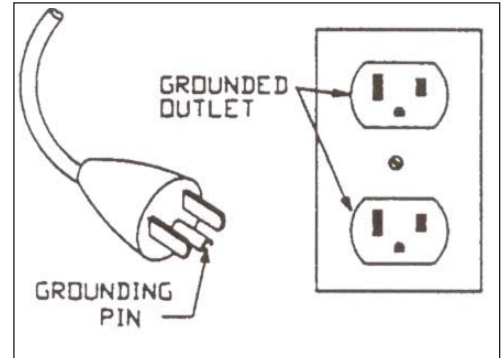


3 INITIAL SETUP

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

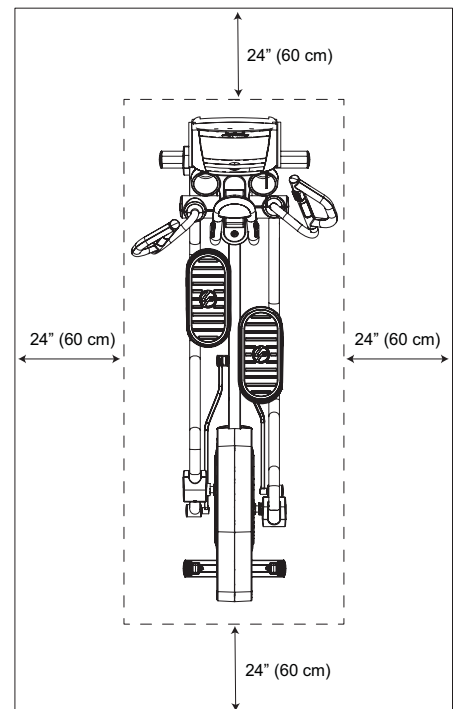
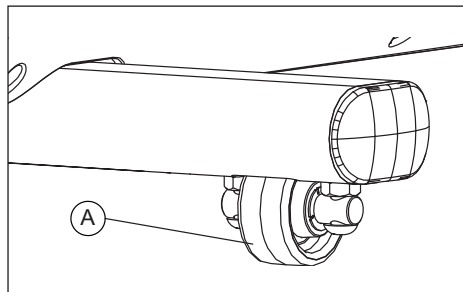
Note: This Total Body Elliptical Cross-Trainer is speed independent. Resistance can be adjusted by means other than speed.

DANGER: Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service technician 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.



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. Allow a minimum clearance of 12 inches (30.5 cm) around the product. See *Specifications* for full dimensions if needed. 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.

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.

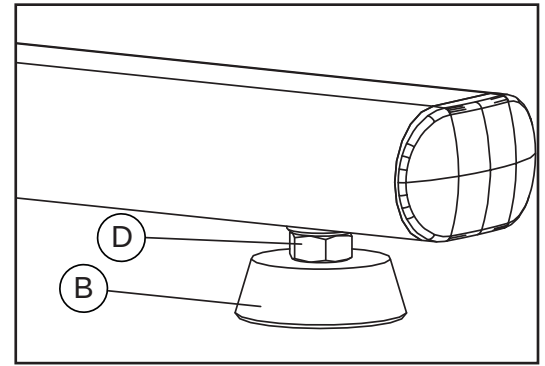
How to Stabilize the Total-Body Elliptical Cross-Trainer

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.

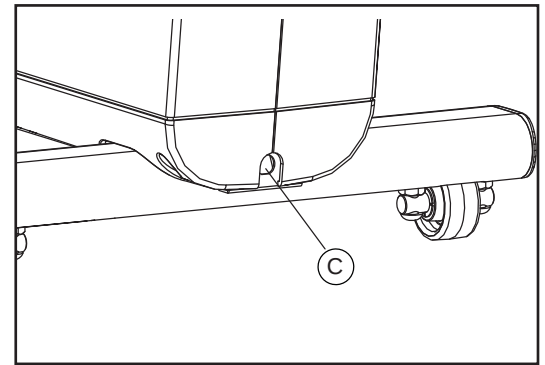
After placing the Total-Body Elliptical Cross-Trainer where it will be used, check the stability. If there is even a slight rocking motion, or the unit is not stable the levelers will need to be adjusted. Determine which leveler is not resting firmly on the floor. To adjust the levelers downward twist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

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.



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. 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.

4 SERVICE AND TECHNICAL DATA

4.1 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 preventive 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 *(United States Availability Only)*

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.

4.2 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	
Lifepulse Sensors	Clean / Inspect		
Pedals and Straps	Clean	Inspect	

4.3 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.

5 ASSEMBLY

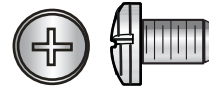
Component List and Hardware

Identify the following components after unpacking your E3 Total-Body Elliptical Cross-Trainer.

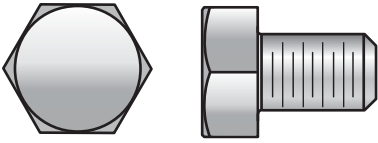
DESCRIPTION		QUANTITY
1	E3 BASE FRAME	1
2	FRONT STABILIZER	1
3	M10 X 16MM BLACK HEX HEAD BOLT	4
4	CONSOLE UPRIGHT	1
5	M10 X 70MM CLEAR ZINC HEX HEAD BOLT	4 (One bolt is preinstalled)
6	M10 X 20MM CLEAR ZINC HEX HEAD BOLT	3
7	RIGHT ROCKER ARM	1
8	LARGE FLAT WASHER	2
9	WAVE WASHER	4
10	FLAT WASHER	2
11	LEFT ROCKER ARM	1
12	MOVING ARM PIVOT COVER, FRONT	2
13	M5 X 8MM BLACK PHILLIPS SCREW	4
14	M10 X 75MM BLACK HEX HEAD BOLT	2
15	M10 BLACK HEX NUT	2
16	REAR DEADSHAFT COVER	2
17	FRONT DEADSHAFT COVER	2
18	M3.5 X 12MM BLACK ZINC PHILLIPS TRUSS HEAD SCREW	4
19	BASE SHROUD	2
20	M5 X 12MM BLACK PHILLIPS HEAD SCREW	8
21	CONSOLE BRACKET	1
22	CONSOLE (TRACK+ or GO)	1
23	M5 X 12MM BLACK PHILLIPS PAN HEAD TAPPING SCREW	4
24	CONSOLE BRACKET COVER	1
25	M3.5 X 8MM BLACK ZINC PHILLIPS HEAD SCREW	6
26	MOVING ARM PIVOT COVER, REAR	2
CONSOLE CABLES		
27	POWER TO CONSOLE (15-PIN CONNECTOR)	1
28	BASE HEART RATE CABLE (LABELED "CABLE 1")	1
29	PIGTAIL (LABELED "CABLE 1")	1
30	GROUND WIRE	1
31	COACH ZONE 13-PIN CONNECTOR	1



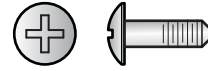
M3.5 X 8MM BLACK ZINC PHILLIPS HEAD SCREW (#25)



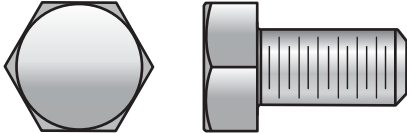
M5 X 8MM BLACK PHILLIPS SCREW (#13)



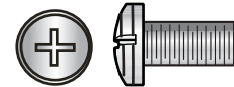
M10 X 16MM BLACK HEX HEAD BOLT (#3)



M3.5 X 12MM BLACK ZINC PHILLIPS TRUSS HEAD SCREW (#18)



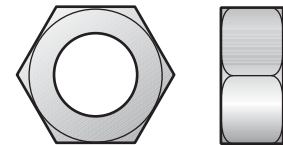
M10 X 20MM CLEAR ZINC HEX HEAD BOLT (#6)



M5 X 12MM BLACK PHILLIPS SCREW (#20)



M10 X 70MM CLEAR ZINC HEX HEAD BOLT (#5)



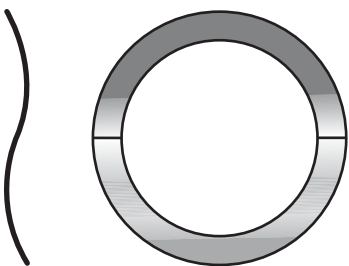
M10 BLACK HEX NUT (#15)



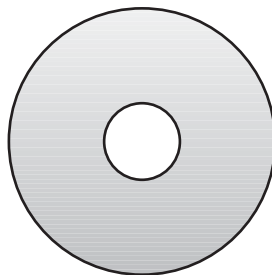
M10 X 75MM BLACK HEX HEAD BOLT (#14)



M5 X 12MM BLACK PHILLIPS PAN HEAD TAPPING SCREW (#23)



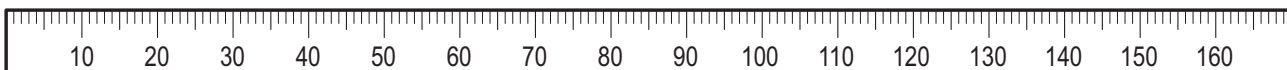
WAVE WASHER (#9)



FLAT WASHER 10MM ID (#10)



LARGE FLAT WASHER (#8)

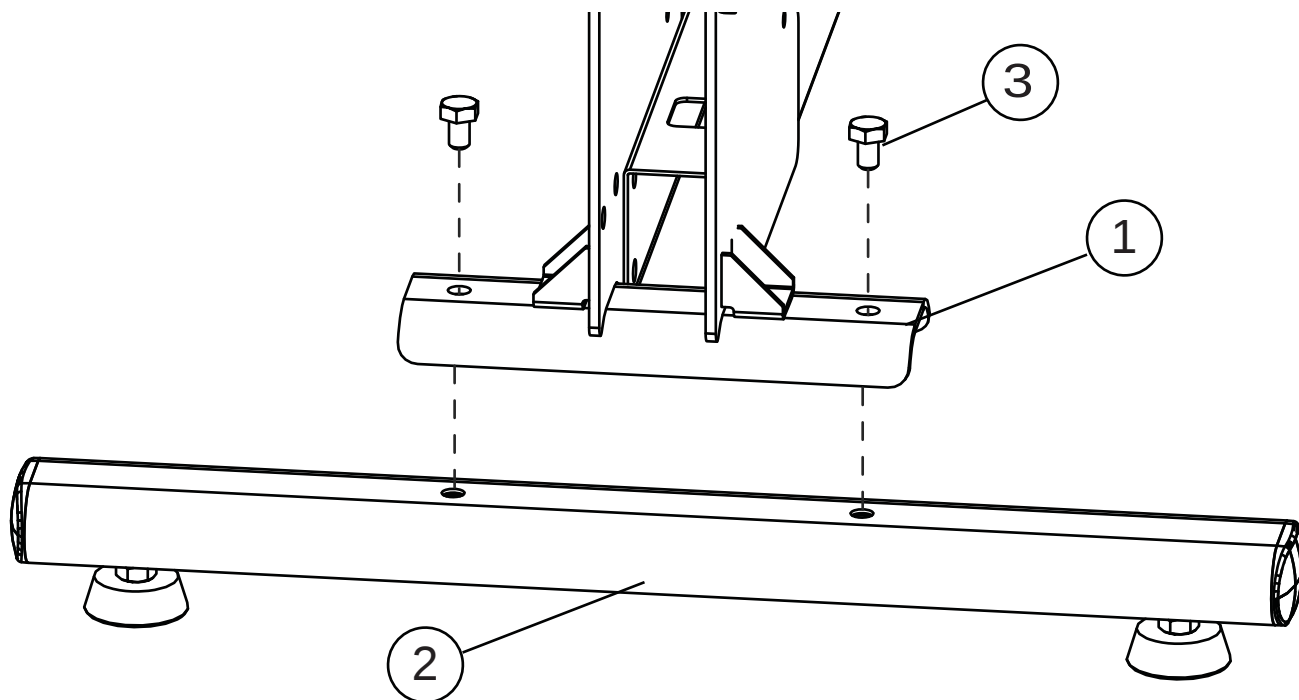


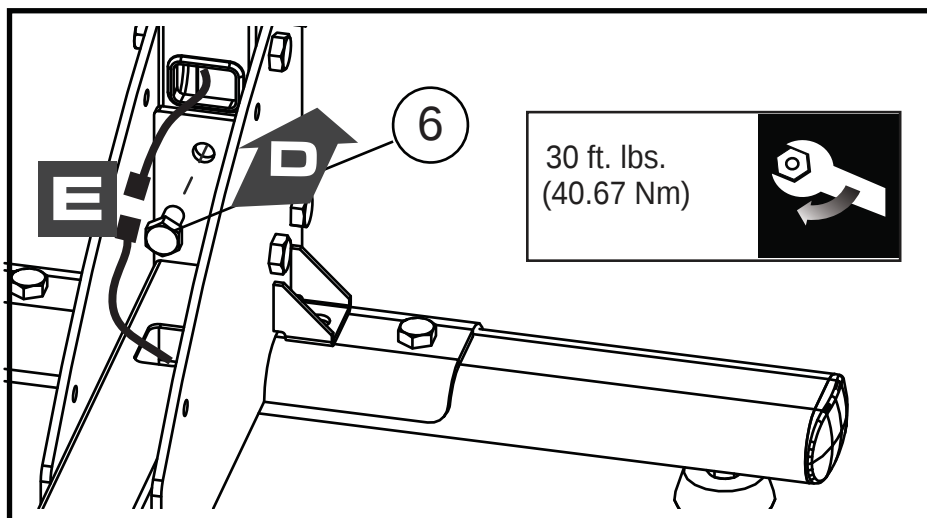
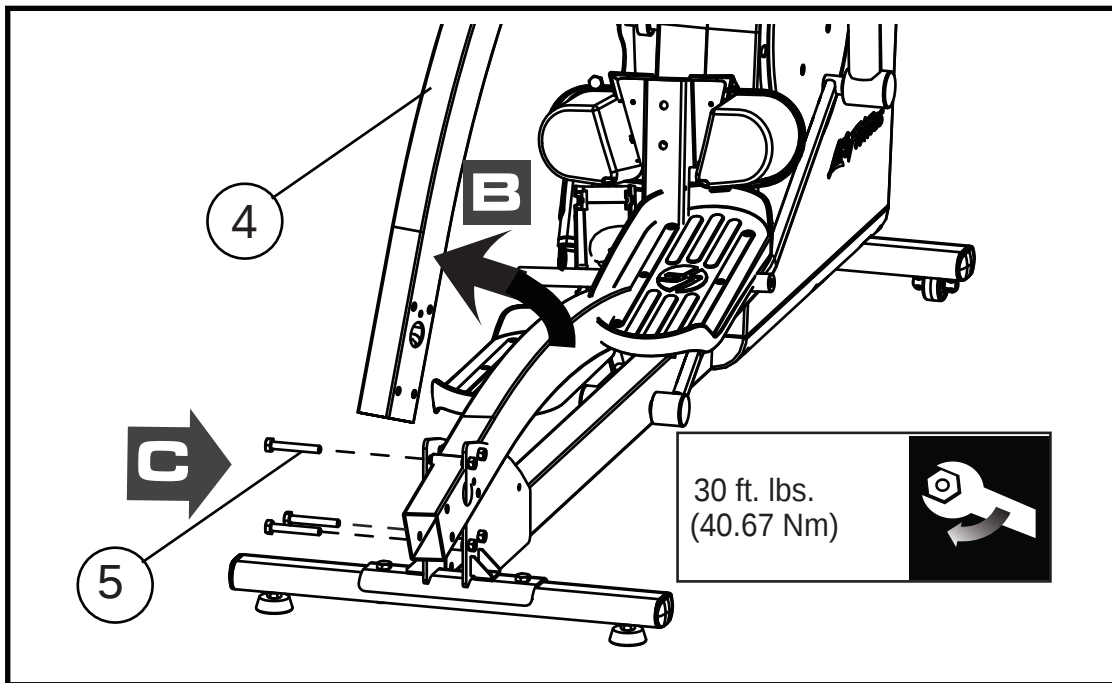
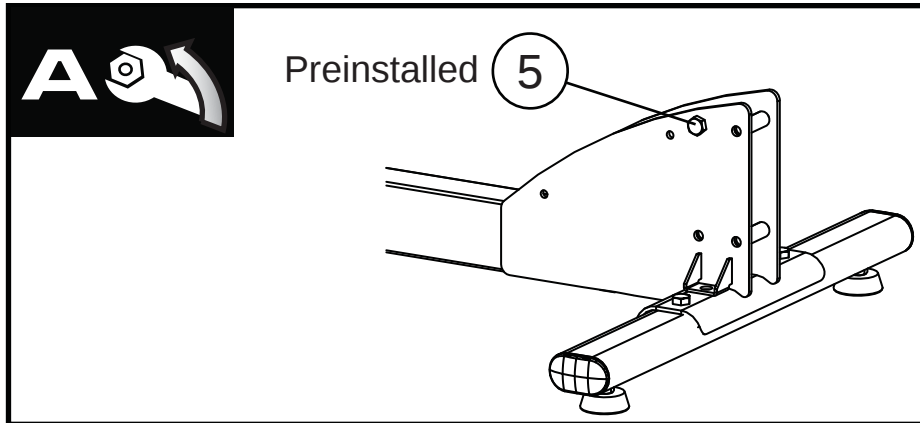
Tools Required:

- Phillips Head Screwdriver
- 17mm Socket Wrench
- 17mm Open End Wrench

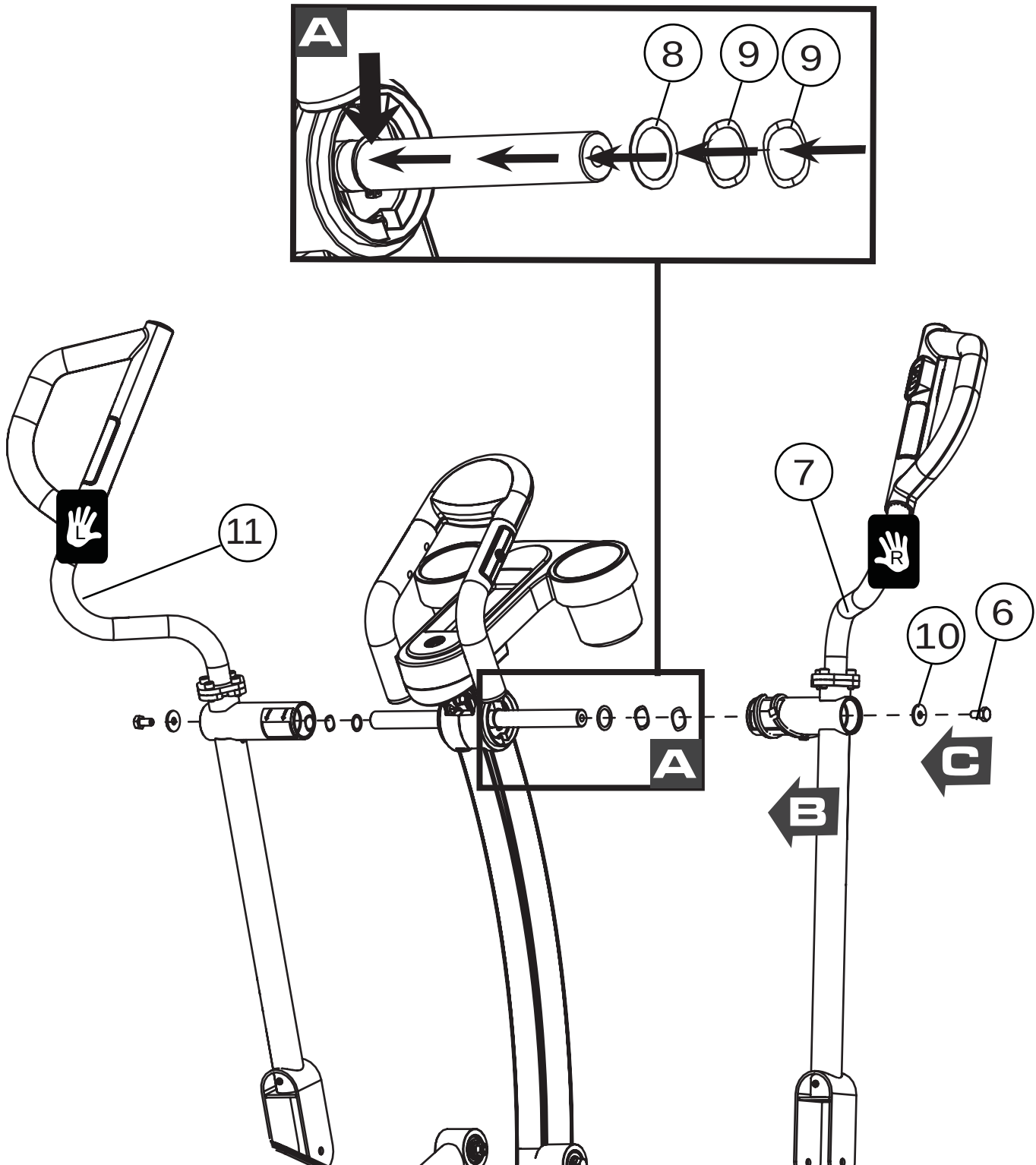
1

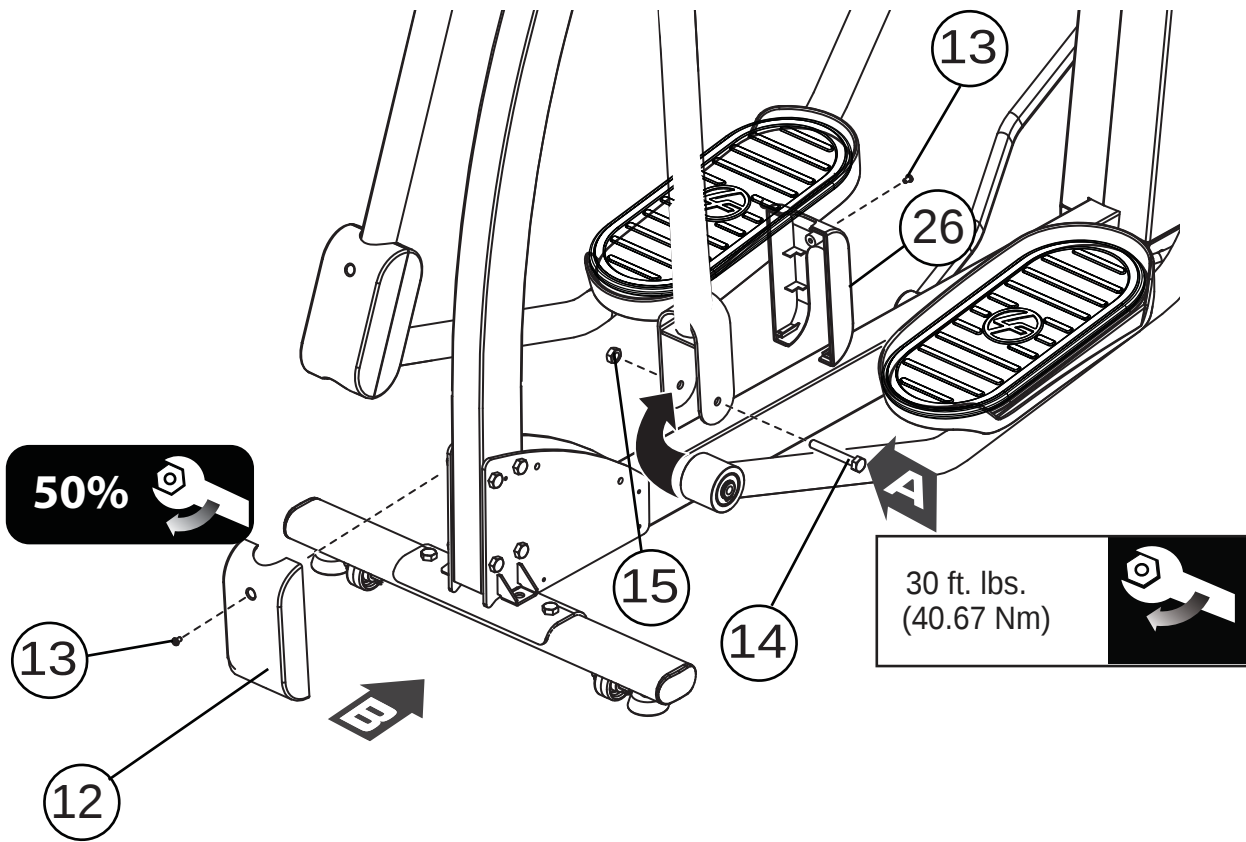
40 ft. lbs.
(54.23 Nm)





30 ft. lbs.
(40.67 Nm)





Cable Routing: Moving Rocker Arm

A

Rocker Arm Assembly out of box



B

Assemble moving rocker arm.



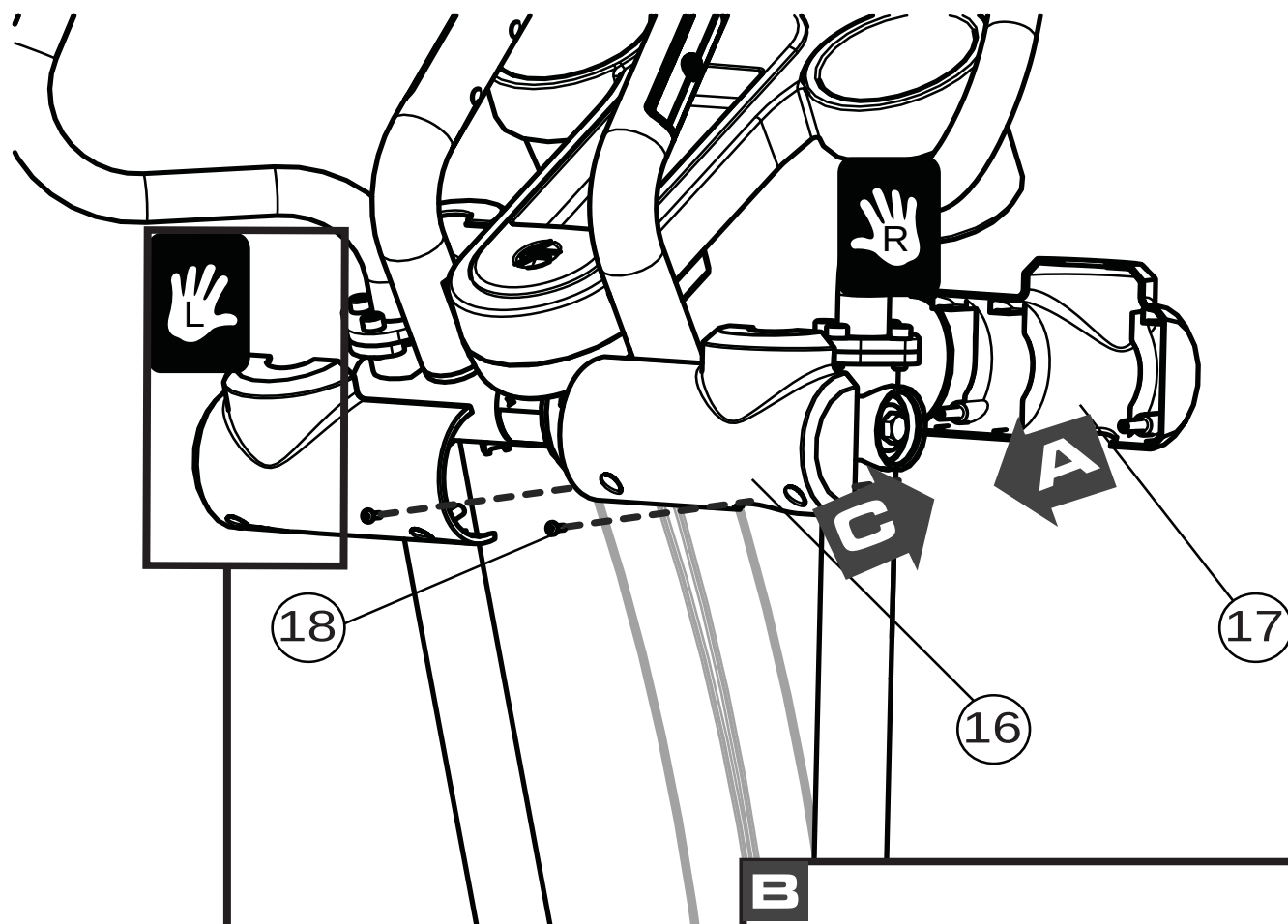
C

Follow arrow on label for direction of cable routing.

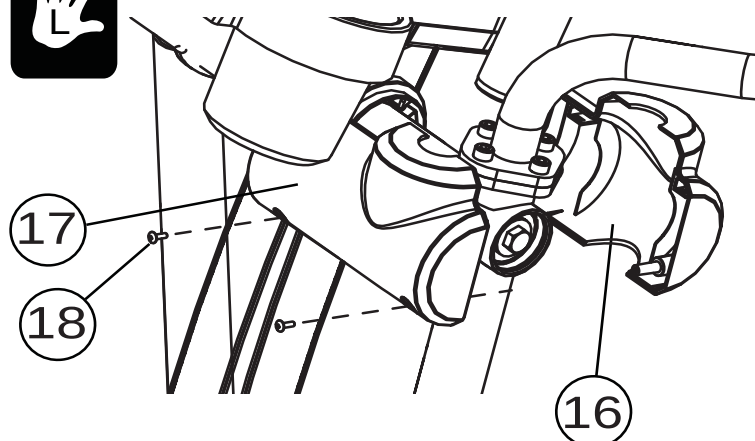
**D**

Plug in connectors.



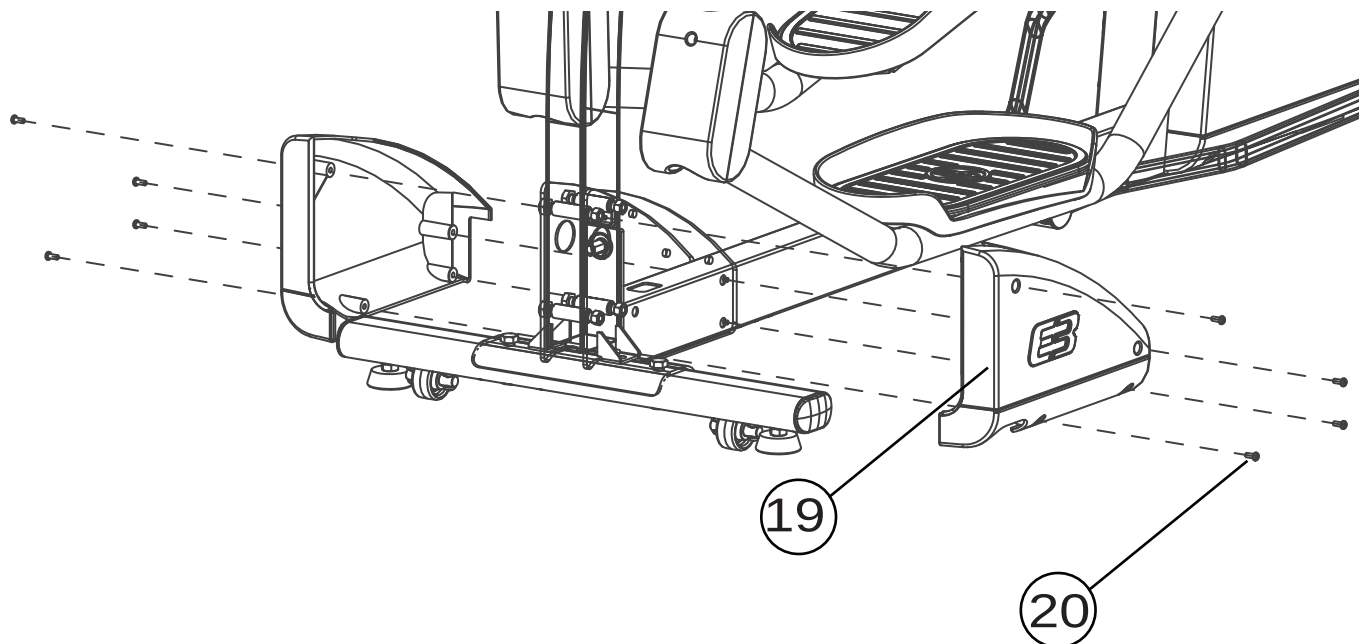
**B**

Make sure cables do not interfere with the boss when assembling.

**FRONT VIEW**

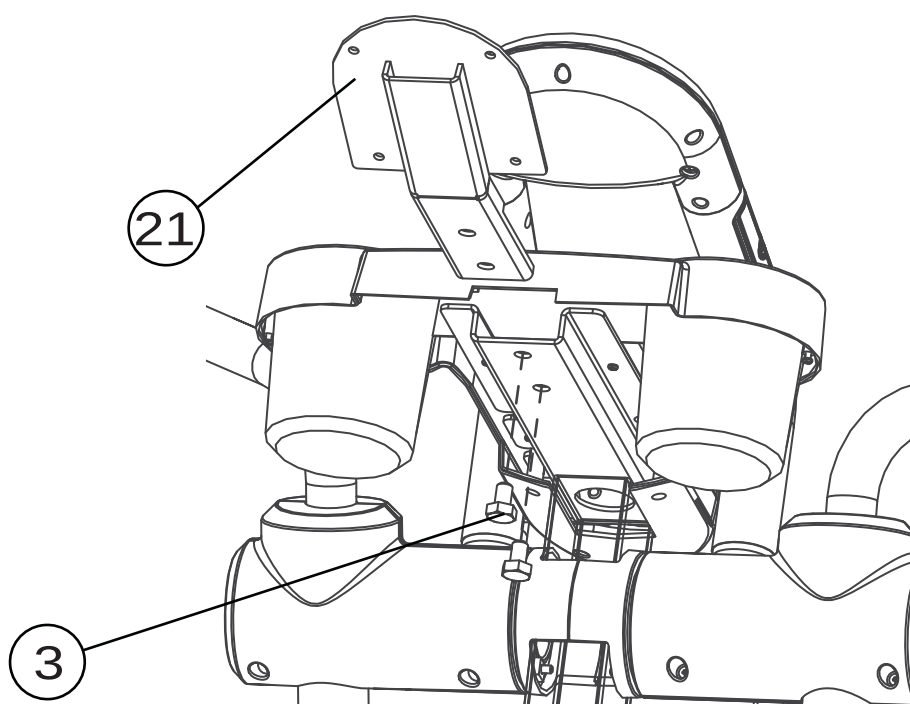
7

50%

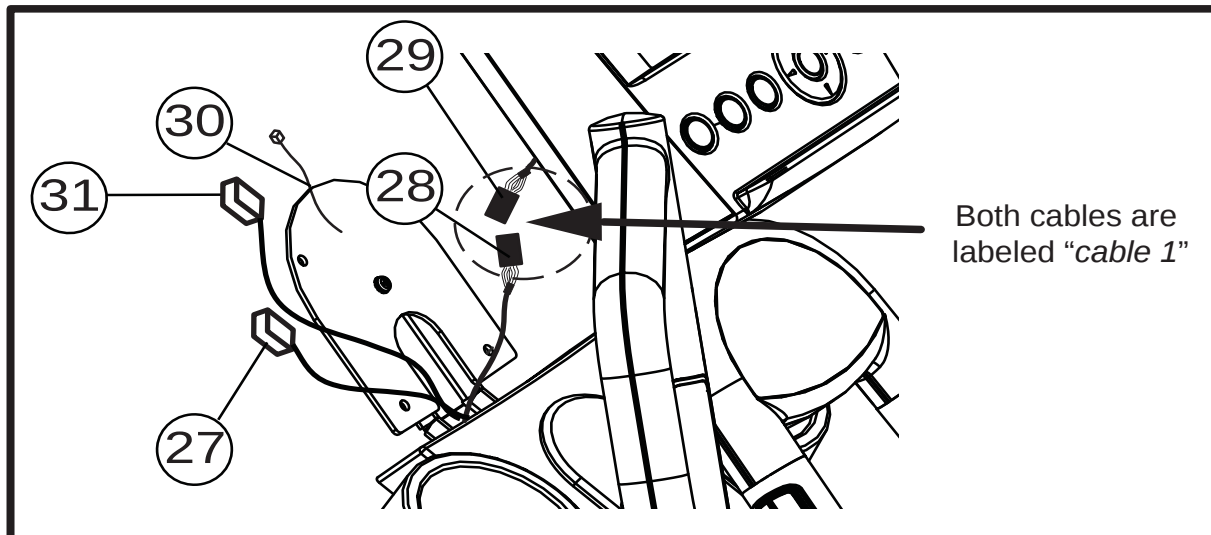
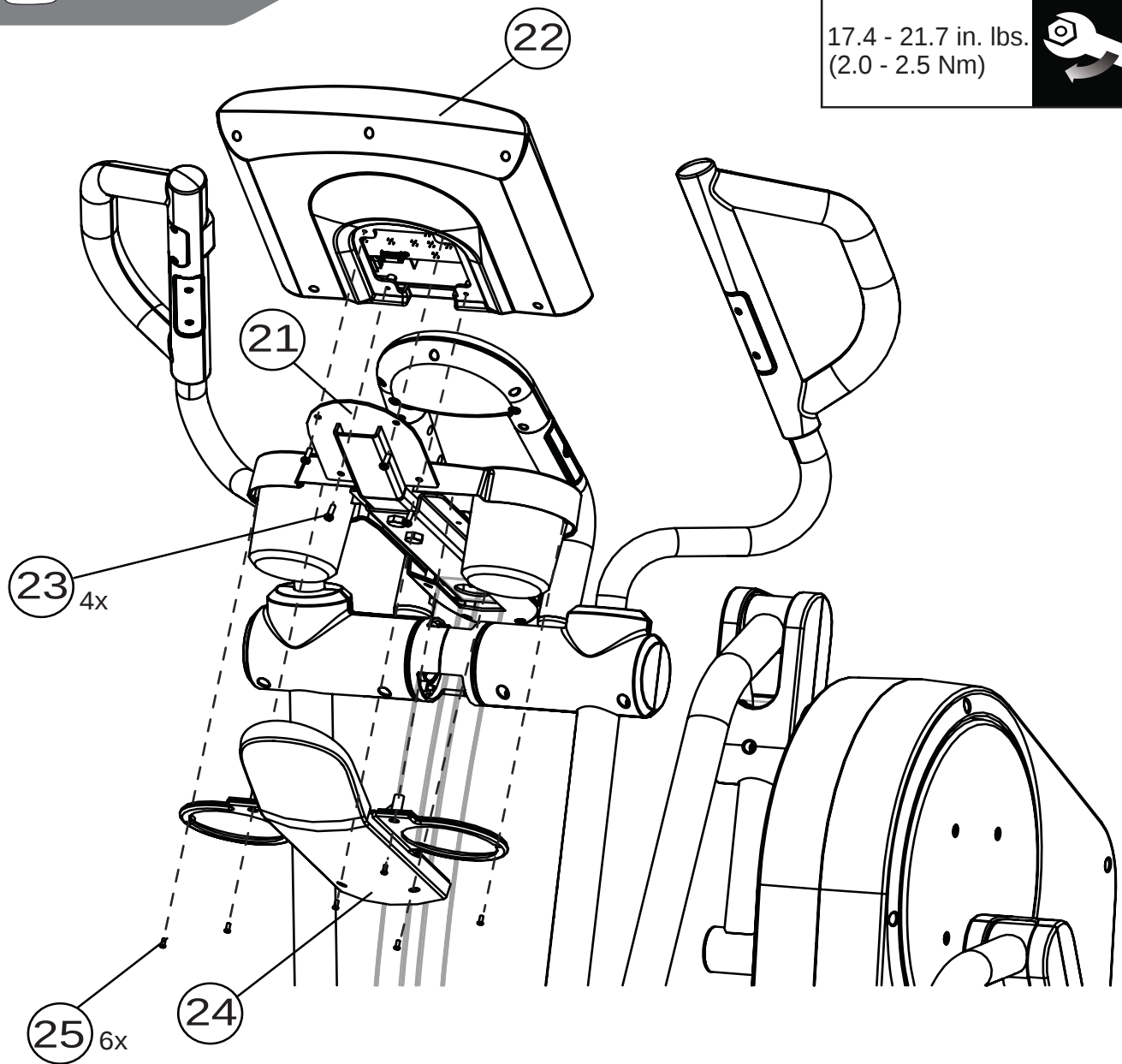


8

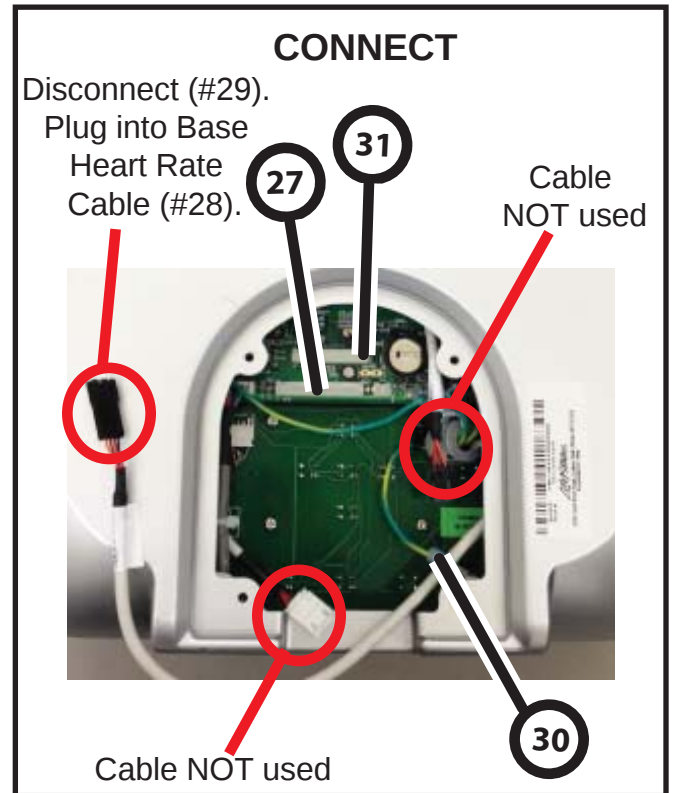
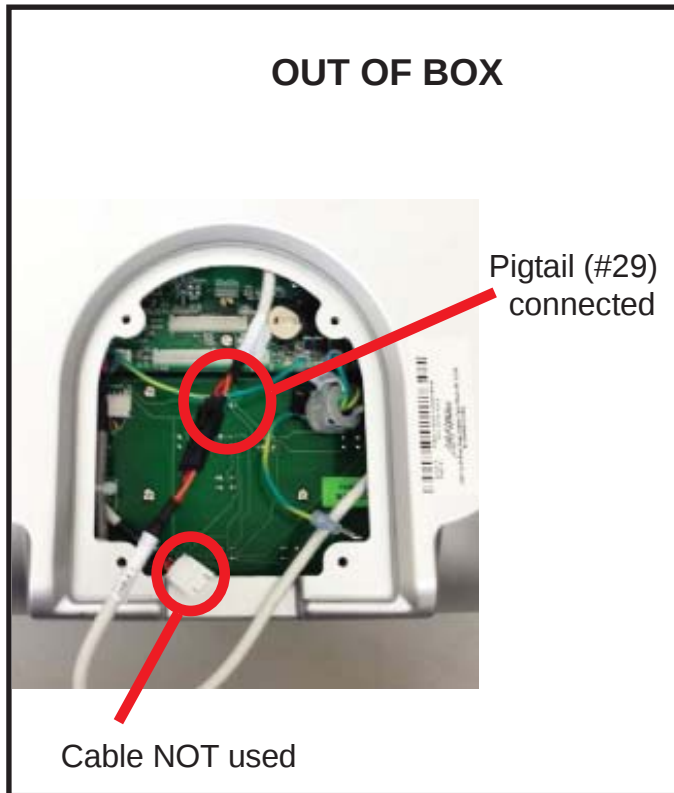
40 ft. lbs.
(54.23 Nm)



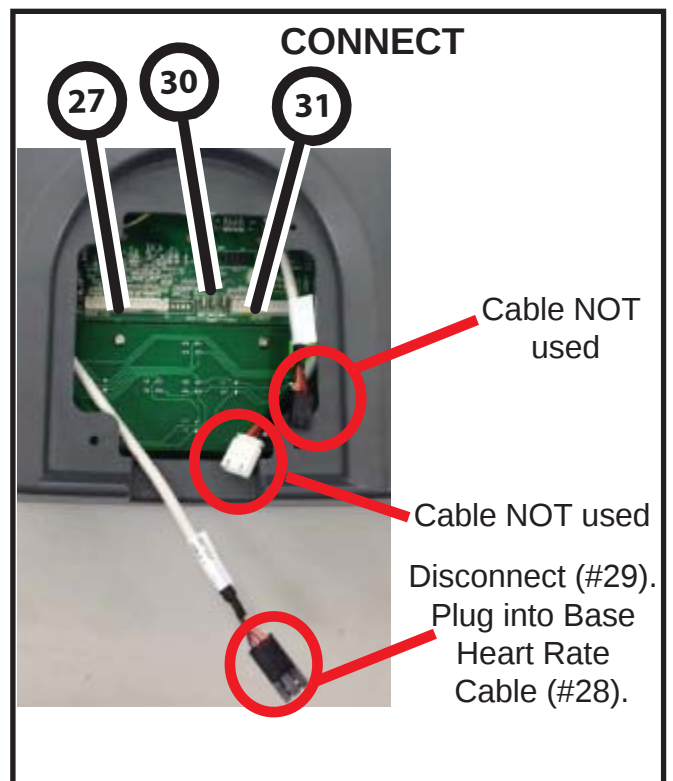
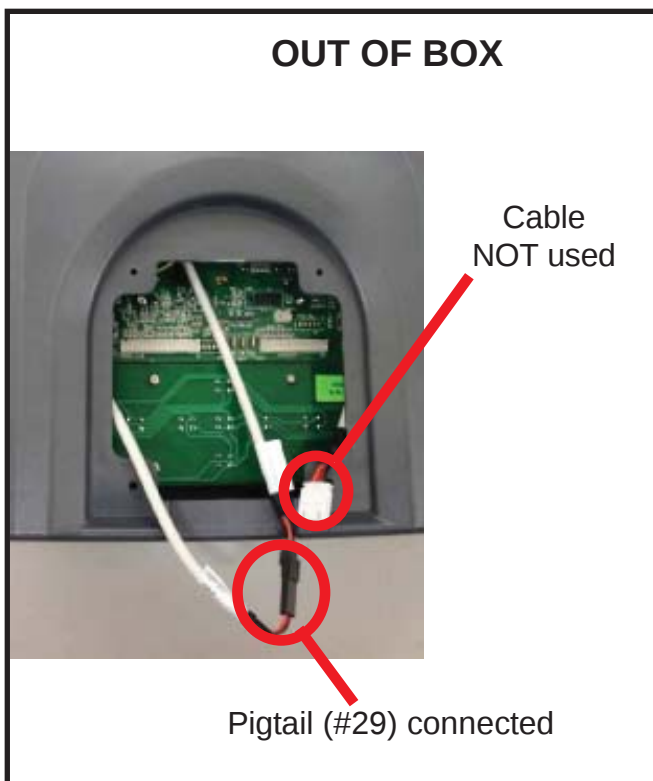
17.4 - 21.7 in. lbs.
(2.0 - 2.5 Nm)

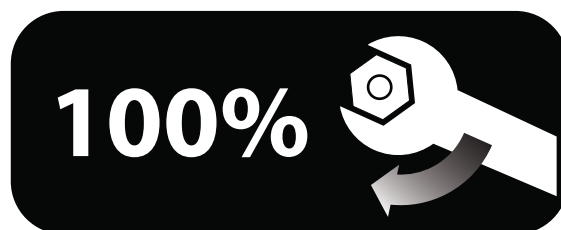


TRACK+ CONSOLE



GO CONSOLE





MAKE SURE ALL HARDWARE IS TIGHT

Controleer of alle bevestigingen goed vast zitten

Vérifier que toute la visserie est serrée

Sicherstellen, dass alle Befestigungsteile festgezogen sind

Asegúrese de que todas las piezas estén firmes

УБЕДИТЕСЬ, ЧТО ВСЕ КРЕПЕЖНЫЕ ИЗДЕЛИЯ ЗАТЯНУТЫ

ماكحإب ؤتببشم تادعملا عيمج نأ نم دكأت



6 SPECIFICATIONS

6.1 LIFE FITNESS E3 TOTAL-BODY ELLIPTICAL CROSS-TRAINER

Designed Use	Home
Max User Weight	400 lbs. / 181 kg
Resistance System	Eddy Current
Stride Length	20 in (51 cm) (Fixed Stride)
User Controls	Coach Zone
Contact Heart Rate	On bull horns & moving handles
Accessories	2 water bottle holders & 1 accessory tray
Power Supply	120 Volt (U.S.), 220 Volt (Europe), 240+ Volt (Australia)

Assembled Dimensions	E3
Length	81.7 in. / 208 cm
Width	34.1 in. / 87 cm
Height	61.1 in. / 155 cm
Weight	222 lbs. / 101 kilograms
Shipped Dimensions	
Length	81 in. / 206 cm
Width	20 in. / 51 cm
Height	32 in. / 81 cm
Weight	253 lbs. / 115 kg

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