

L I V E S T R O N G™



LS7.9T

TREADMILL OWNER'S MANUAL



Read the TREADMILL GUIDE before using this OWNER'S MANUAL.

INTRODUCTION

Congratulations and thank you for your purchase of this **LIVESTRONG™** treadmill!

Purchases of this product ensure that a minimum of \$4M will go to the Lance Armstrong Foundation and the fight against cancer.

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, a **LIVESTRONG™** treadmill can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger and healthier, faster. Because we're committed to designing fitness equipment from the inside out, we use only the highest quality components. It's a commitment we back with one of the strongest frame-to-motor warranty packages in the industry.

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

LIVESTRONG™ treadmills deliver.

LIVESTRONG™ is a registered trademark of the Lance Armstrong Foundation.

The Lance Armstrong Foundation fights for the more than 25 million people around the world living with cancer today. There can be – and should be – life after cancer for more people. They kick in at the moment of diagnosis, giving people the resources and support they need to fight cancer head-on. They find innovative ways to raise awareness, fund research and end the stigma about cancer that many survivors face. They connect people and communities to drive social change, and call for state, national and world leaders to help fight this disease. Anyone, anywhere can join the fight against cancer. Join them at LIVESTRONG.org.

ASSEMBLY



WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the treadmill could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your treadmill's serial number located near the on/off power switch and power cord and enter it in the space provided below.

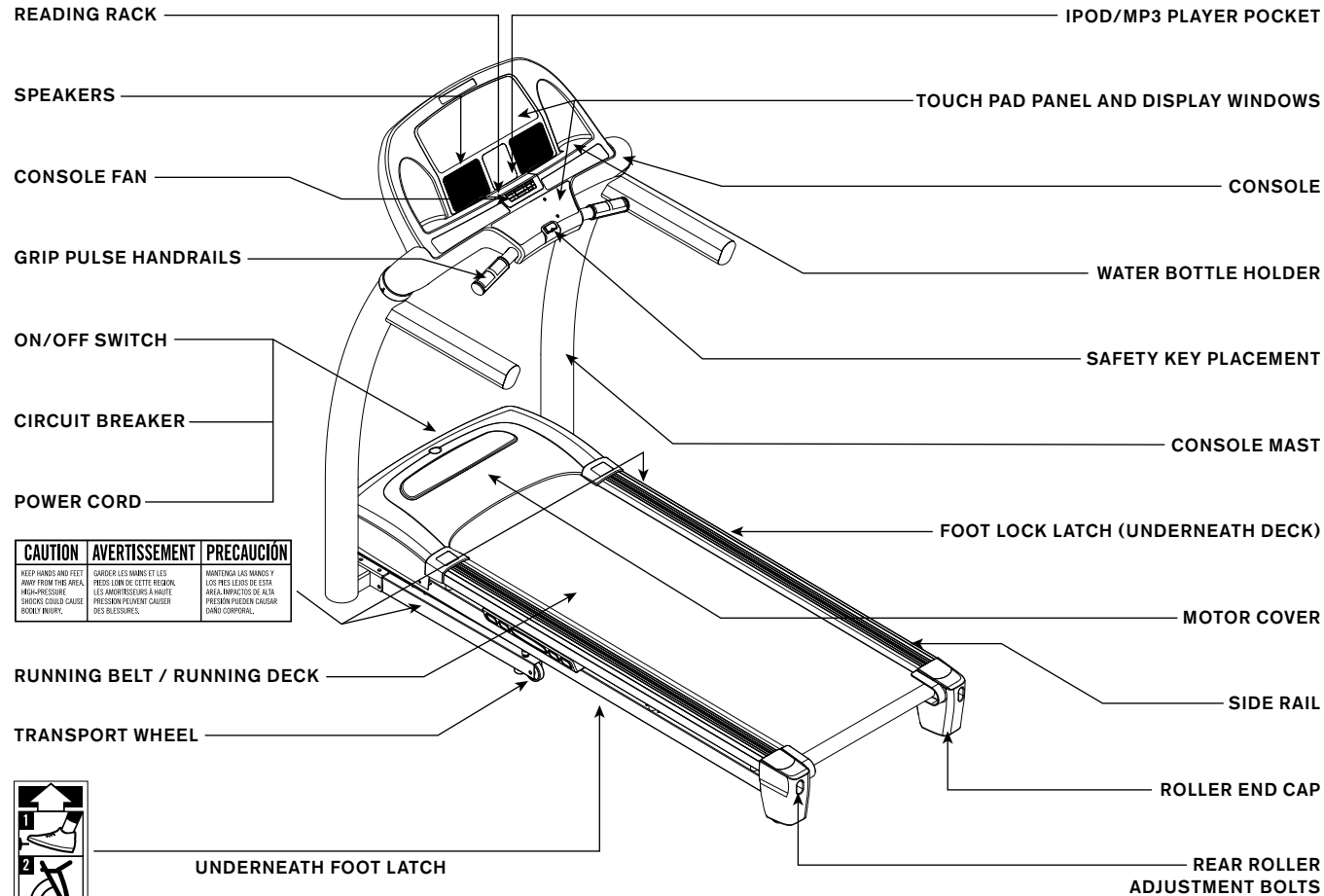
ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

SERIAL NUMBER:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

MODEL NAME: **LIVESTRONG LS7.9T TREADMILL**

- » Refer to the SERIAL NUMBER and MODEL NAME when calling for service.
- » Be sure to enter both the SERIAL NUMBER and MODEL NAME on your warranty card.



CAUTION	AVERTISSEMENT	PRECAUCIÓN
KEEP HANDS AND FEET AWAY FROM THE AREA. HIGH-PRESSURE SHOCKS COULD CAUSE BODILY INJURY.	GARDEZ LES MAINS ET LES PIEDS LOIN DE CETTE ZONE. LES AMORTISSEURS A HAUTE PRESSION PEUVENT CAUSER DES BLESSURES.	MANTENGA LAS MANOS Y LOS PIES LEJOS DE ESTA AREA. IMPACTOS DE ALTA PRESION PUEDEN CAUSAR DAÑO CORPORAL.



TOOLS INCLUDED:

- 6 mm T-Wrench
- 5 mm L-Wrench

PARTS INCLUDED:

- 1 Console Assembly
- 2 Console Masts
- 3 Hardware Bags
- 1 Safety Key
- 1 Audio Adaptor Cable
- 1 Bottle of Silicone Lubricant (for 2 applications)

NEED HELP?

If you have questions or if there are any missing parts, contact Customer Tech Support. Contact information is located on the back panel of this manual.



PRE ASSEMBLY

UNPACKING

Place the treadmill carton on a level, flat surface. It is recommended that you place a protective covering on your floor. Take CAUTION when handling and transporting this unit. Never open box when it is on its side. Once the banding straps have been removed, do not lift or transport this unit unless it is fully assembled and in the upright folded position, with the lock latch secure. Unpack the unit where it will be used. The enclosed treadmill is equipped with high-pressure shocks and may spring open if mishandled. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill.

WARNING

DO NOT ATTEMPT TO LIFT THE TREADMILL! Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.

WARNING

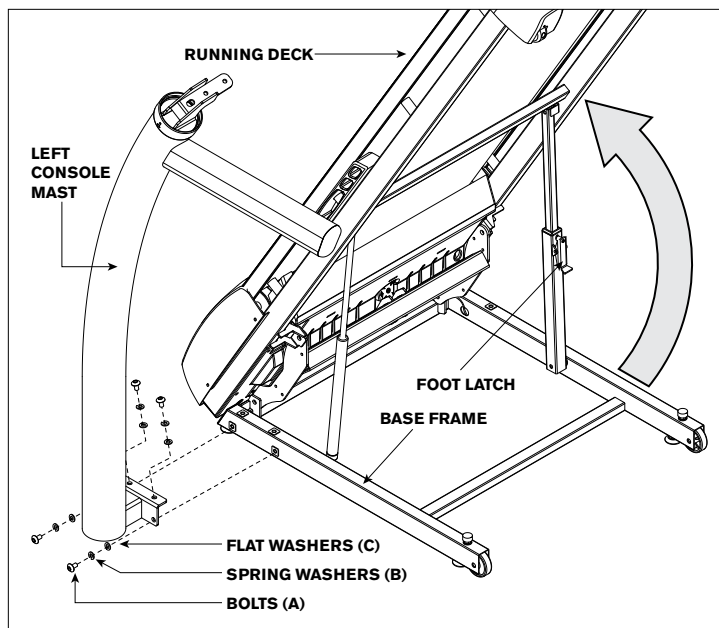
FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!

NOTE: During each assembly step, ensure that ALL nuts and bolts are in place and partially threaded in before completely tightening any ONE bolt.

NOTE: A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.

ASSEMBLY STEP 1

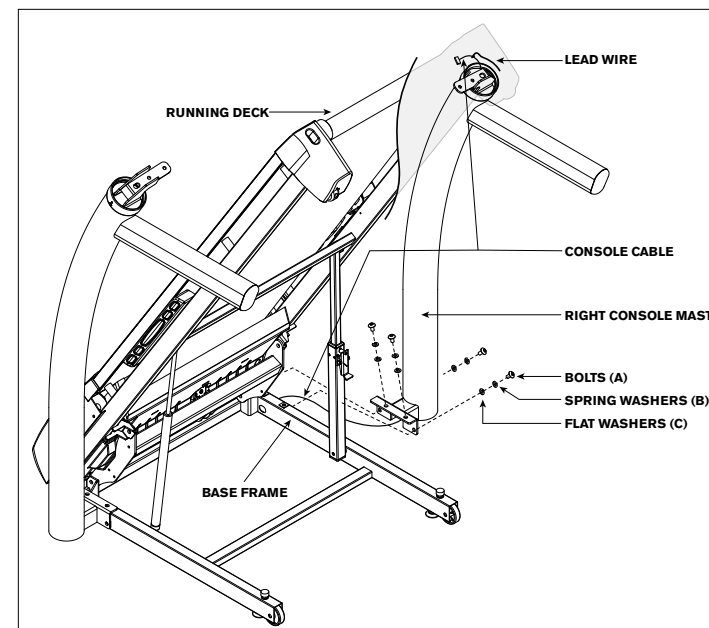
HARDWARE BAG 1 CONTENTS :



- A Cut the yellow banding straps and lift the **RUNNING DECK** upward until the **FOOT LATCH** locks. Remove all contents from underneath the running deck.
- B Open **HARDWARE BAG 1**.
- C With the **RUNNING DECK** in the raised position, attach the **LEFT CONSOLE MAST** to the **BASE FRAME** using 4 **BOLTS (A)**, 4 **SPRING WASHERS (B)** and 4 **FLAT WASHERS (C)**.

ASSEMBLY STEP 2

HARDWARE BAG 2 CONTENTS :



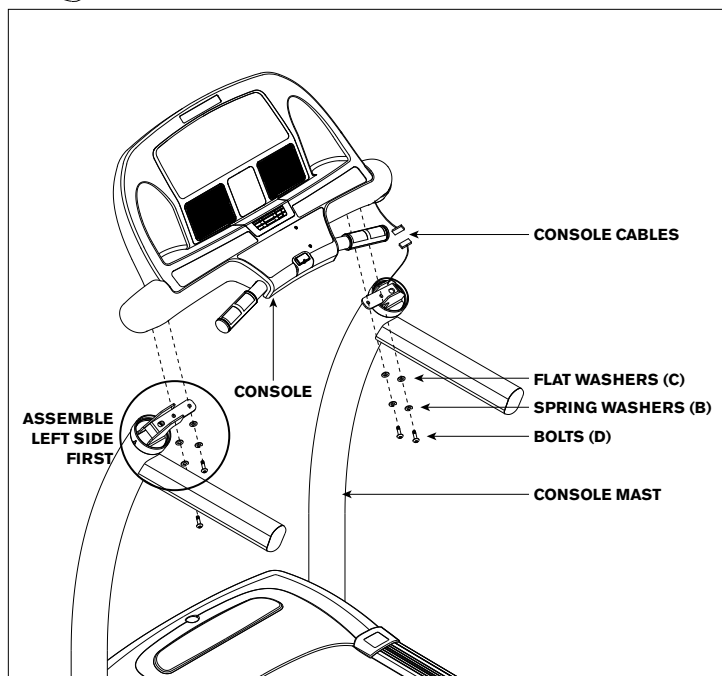
- A Open **HARDWARE BAG 2**.
- B Pull **LEAD WIRE** through **RIGHT CONSOLE MAST**. After pulling the lead wire through the mast, the top of the **CONSOLE CABLE** should be located at the top of the mast. Detach and discard the lead wire.
- C With the **RUNNING DECK** in the raised position, attach the **RIGHT CONSOLE MAST** to the **BASE FRAME** using 4 **BOLTS (A)**, 4 **SPRING WASHERS (B)** and 4 **FLAT WASHERS (C)**.

NOTE: Be careful not to pinch any wires while assembling the right console mast.

ASSEMBLY STEP 3



HARDWARE BAG 3 CONTENTS :



- A Disengage the **DECK LOCK LATCH** with your foot to lower the **RUNNING DECK**.
- B Open **HARDWARE BAG 3**.
- C Gently place the **CONSOLE** on top of the **CONSOLE MASTS**. Attach the **LEFT SIDE** first using 2 **BOLTS (D)**, 2 **SPRING WASHERS (B)** and 2 **FLAT WASHERS (C)**.
- D Connect the **CONSOLE CABLES**, carefully tucking wires in masts to avoid damage.
- E Attach the **RIGHT SIDE** of the **CONSOLE** using 2 **BOLTS (D)**, 2 **SPRING WASHERS (B)** and 2 **FLAT WASHERS (C)**.

NOTE: Be careful not to pinch any wires while assembling the masts.

- F Before the first use, lubricate the treadmill deck by following the instructions in the **MAINTENANCE** section in the **TREADMILL GUIDE**.

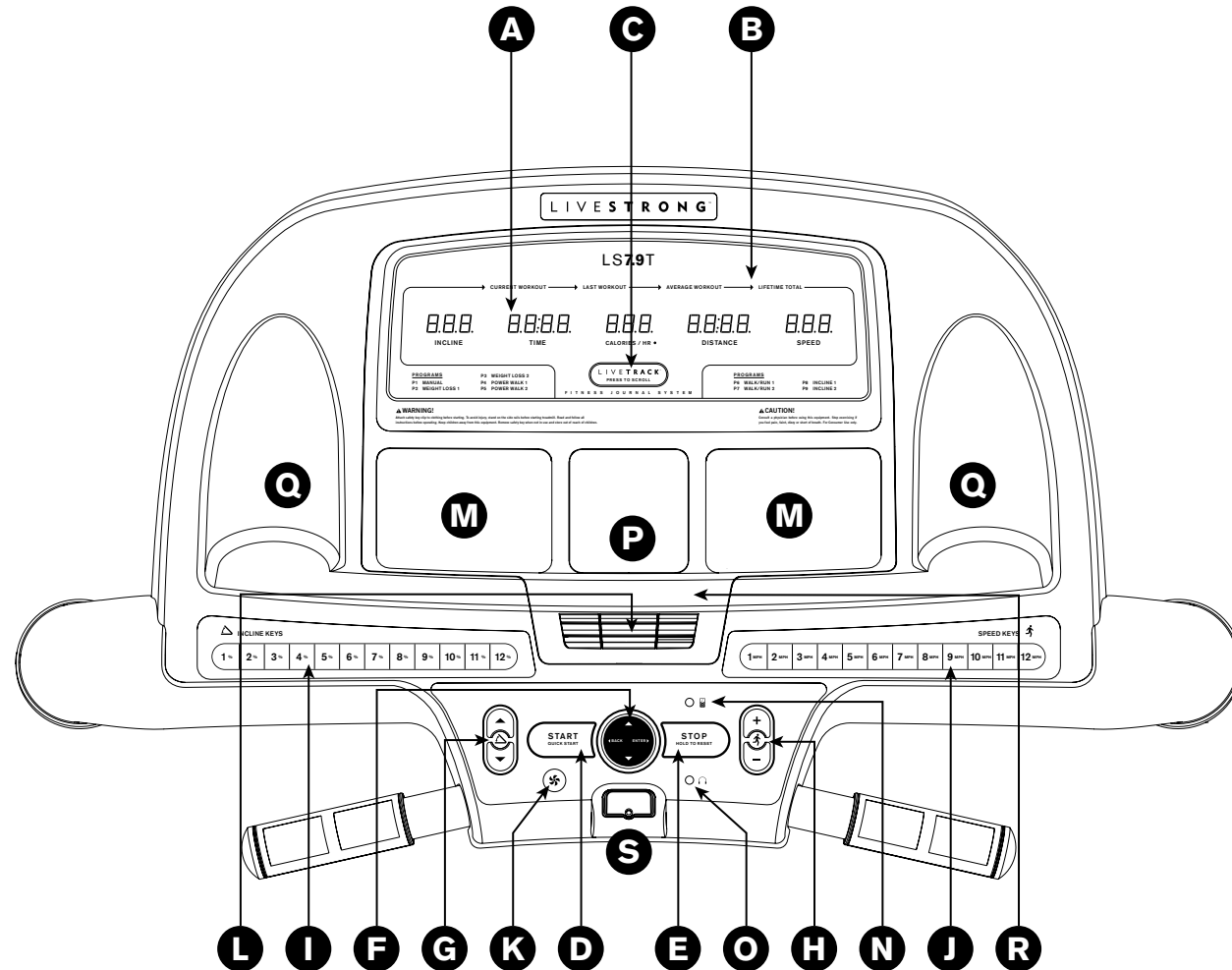
YOU ARE FINISHED!

TREADMILL OPERATION



This section explains how to use your treadmill's console and programming. The **BASIC OPERATION** section in the **TREADMILL GUIDE** has instructions for the following:

- **LOCATION OF THE TREADMILL**
- **USING THE SAFETY KEY**
- **FOLDING THE TREADMILL**
- **MOVING THE TREADMILL**
- **LEVELING THE TREADMILL**
- **TENSIONING THE RUNNING BELT**
- **CENTERING THE RUNNING BELT**
- **USING THE HEART RATE FUNCTION**



CONSOLE OPERATION

Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) LED DISPLAY WINDOWS:** incline, time, calories/heart rate, distance and speed.
- B) LIVETRACK™ LED INDICATORS:** indicates which LIVETRACK™ information is being displayed.
- C) LIVETRACK™ BUTTON:** used to activate and scroll through LIVETRACK™ display settings.
- D) START:** press to begin exercising, start your workout, or resume exercising after pause.
- E) STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- F) PROGRAMMING BUTTONS:** used to select program, level and time, and other options.
- G) INCLINE ▲ / ▼ KEYS:** used to adjust incline in small increments (0.5% Increments).
- H) SPEED + / - KEYS:** used to adjust speed in small increments (0.1 MPH increments).
- I) INCLINE QUICK KEYS:** used to reach desired incline more quickly.
- J) SPEED QUICK KEYS:** used to reach desired speed more quickly.
- K) FAN KEY:** press to turn fan on and off.
- L) FAN:** personal workout fan.
- M) SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- N) AUDIO IN JACK:** plug your CD / MP3 player into the console using the included audio adaptor cable.
- O) AUDIO OUT / HEADPHONE JACK:** plug your headphones into this jack to listen to your music through the headphones.
Note: when headphones are plugged into the headphone jack the sound will no longer come out through the speakers.
- P) MP3 PLAYER POCKET:** used to store your MP3 player.
- Q) WATER BOTTLE POCKETS:** holds personal workout equipment.
- R) READING RACK:** holds reading material.
- S) SAFETY KEY POSITION:** enables treadmill when safety key is inserted.





DISPLAY WINDOWS

- **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface.
- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **CALORIES:** Total calories burned.
- **HEART RATE:** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **DISTANCE:** Shown as miles. Indicates distance traveled.
- **SPEED:** Shown as MPH. Indicates how fast your walking or running surface is moving.



GETTING STARTED

- 1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON.
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.
- 5) Insert the safety key into the safety keyhole in the console.
- 6) You have two options to start your workout:

A) QUICK START UP

Simply press the START key to begin working out. Time, distance, and calories will all count up from zero. OR...

B) SELECT A WORKOUT

- 1) Select a WORKOUT using the ▲ / ▼ keys. Press ENTER to confirm.
- 2) Select a TIME using the ▲ / ▼ keys or use the default time. Once a time has been chosen, press START.

FINISHING YOUR WORKOUT

When your workout is complete, the console will beep. Your workout information will stay displayed on the console for 30-45 seconds and then reset.

CLEAR CURRENT SELECTION

To clear the current workout selection or screen, hold the stop button for 3-5 seconds.

PROGRAM INFORMATION

NOTE: Adjusting the speed and/or incline during your workout will affect the program intensity resulting in the speed and incline changing accordingly for each program segment.

P1) MANUAL: Allows 'on the fly' manual speed and incline changes.

P2-P3) WEIGHT LOSS 1 & 2: Challenges with various combinations of hills and valleys (incline & speed levels).

Weight loss 1 & 2 workout segments (all segments last 30 seconds)

MPH		Warm-up		1	2	3	4	5	6	7	8	Segments are repeated until selected time is reached	Cool-down		
Weight Loss 1	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0			1.0	0.5
	Speed	1.5	2.3	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5			3.0	2.0
Weight Loss 2	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5			1.5	1.0
	Speed	2.3	3.4	4.5	5.0	5.5	6.0	6.5	6.0	5.5	5.0		4.1	2.8	

(Warm-up and cool-down last 4:00 minutes each and are included in workout times)

P4-P5) POWER WALK 1 & 2: Motivates with different combinations of speed.

Power walk 1 & 2 workout segments (all segments last 30 seconds)

MPH	Warm-up		1	2	3	4	5	6	7	8	Segments are repeated until selected time is reached	Cool-down		
Power walk 1	1.0	1.5	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5			2.3	1.5
Power walk 2	1.5	2.3	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5			3.0	2.0

(Warm-up and cool-down last 4:00 minutes each and are included in workout times)

P6-P7) WALK/RUN 1 & 2: Walk and run a series of alternating speed levels.

Walk/Run 1 & 2 workout segments (valley segments last 90 seconds, peak segments last 30 seconds)

MPH	Warm-up		1	2	3	4	Segments are repeated until selected time is reached	Cool-down		
Walk/Run 1	1.3	1.9	2.5	5.5	2.5	5.5			1.9	1.3
Walk/Run 2	1.5	2.3	3.0	6.5	3.0	6.5			2.3	1.5

(Warm-up and cool-down last 4:00 minutes each and are included in workout times)

P8-P9) INCLINE 1 & 2: Simulates climbing and descending a mountain by automatically varying incline.

Incline 1 & 2 workout segments (all segments last 30 seconds)

	Warm-up		1	2	3	4	5	6	7	8	9	10	Segments are repeated until selected time is reached	Cool-down		
Incline 1	0.0	1.5	2.5	3.0	3.5	4.0	4.5	4.5	4.0	3.5	3.0	2.5			1.5	0.0
Incline 2	0.0	1.5	4.0	4.5	5.0	5.5	6.0	6.0	5.5	5.0	4.5	4.0			1.5	0.0

(Warm-up and cool-down last 4:00 minutes each and are included in workout times)

LIVETRACK™ FITNESS JOURNAL SYSTEM



Research shows that those who journal their fitness routines or workouts, on average, achieve greater success than those who do not. Because your new treadmill is equipped with the LIVETRACK™ Fitness Journal System, you've taken an important step towards achieving your fitness goals. Congratulations!

LIVETRACK™ is an innovative new software, integrated into your treadmill console, that will allow you to track your fitness progress over time, without the need for paper journals or logs. LIVETRACK™ allows you to easily compare your current workout to your last, average or lifetime workout totals. With quick access to feedback like time of workout or calories burned during previous workouts, you'll be able to quickly and easily see the progress you've made. Read further to learn about how LIVETRACK™ can help motivate you to enhance your performance.

SETUP

To activate LIVETRACK™ for the first time, simply press and hold the **LIVETRACK™ BUTTON** for 5 seconds. From this point on, your information will be automatically saved.

NOTE: There is no need to perform this step again unless resuming operation after being deactivated.

DEACTIVATE

To temporarily stop LIVETRACK™ from accumulating data, press and hold the **LIVETRACK™ BUTTON** for 5 seconds. To resume, repeat SETUP instructions.

RESET

To reset accumulated data, press and hold the **LIVETRACK™ BUTTON** for 10 seconds. NOTE: This step is permanent and will delete ALL previously accumulated data.



ACCUMULATED DATA

Once LIVETRACK™ is activated, you can scroll through your accumulated data in multiple formats by pressing the LIVETRACK™ button. A workout is saved when: the program ends, the console is paused and not resumed after 10 minutes, or the STOP button is held to reset the console.

- CURRENT WORKOUT:** The console automatically defaults to Current Workout, displaying your progress in real time.
- LAST WORKOUT:** This option allows you to view your accumulated data from your last workout. The Current Workout becomes the Last Workout once a program has ended or the console has been reset. The following information will be shown in each display window:
 - Incline – average incline of last workout
 - Time – total time of last workout
 - Calories – total calories burned during last workout
 - Distance – total distance of last workout
 - Speed – average speed of last workout
- AVERAGE WORKOUT:** This option allows you to see your average accumulated data for the last 30 workouts. The following information will be shown in each display window:
 - Incline – average incline level
 - Time – average workout time
 - Calories – average calories burned
 - Distance – average workout distance
 - Speed – average speed of workout
- LIFETIME TOTAL:** This option allows you to view the total accumulated data from your first workout to your last saved workout. The following information will be shown in each display window:
 - Incline – average incline level
 - Time – total accumulated time. Note: if time is greater than 59:59, the time will no longer display minutes and will display hours only
 - Calories – average calories burned
 - Distance – total accumulated distance
 - Speed – average speed



USING YOUR CD / MP3 PLAYER

- 1)  Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the top right of the console and the headphone jack on your CD / MP3 player.
- 2) Use your CD / MP3 player buttons to adjust song settings.
- 3) Remove the AUDIO ADAPTOR CABLE when not in use.
- 4)  If you don't want to use the SPEAKERS, you can plug your headphones into the AUDIO OUT JACK at the bottom of the console.

LIMITED HOME-USE WARRANTY





WEIGHT CAPACITY = 325 lbs (147 kilograms)

FRAME = LIFETIME

Warranty on the frame against defects in workmanship and materials for a lifetime period of the buyer from the date of purchase, so long as the device remains in the possession of the original owner. (The frame is defined as the welded metal base of the unit and does not include any parts that can be removed.)

DRIVE MOTOR/ELEVATION MOTOR = LIFETIME

Warranty on the drive/elevation motors against defects in workmanship and materials for a lifetime period of the buyer from the date of purchase, so long as the device remains in the possession of the original owner.

ELECTRONICS & PARTS = 2 YEARS

Warranty on the electronic components, finish and all original parts for a period of two years from the date of original purchase, so long as the device remains in the possession of the original owner.

LABOR = 1 YEAR

Warranty shall cover the labor cost for the repair of the device for a period of one year from the date of the original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIONS AND LIMITATIONS

Who IS covered:

- The original owner and is not transferable.

What IS covered:

- Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

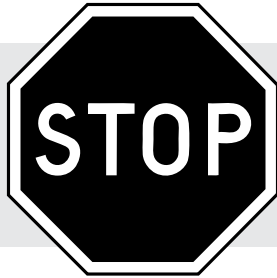
- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended.
- Incidental or consequential damages. Manufacturer is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair or maintenance of the equipment.

- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by Manufacturer for coverage.
- Equipment owned or operated outside the US and Canada.
- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. Manufacturer is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and Manufacturer shall have no liability for any injury to the person or property arising from such repairs.

SERVICE/RETURNS

- In-home service is available within 150 miles of the nearest authorized repair center (Mileage beyond 150 miles from an authorized service center is the responsibility of the consumer).
- All returns must be pre-authorized.
- Manufacturer's obligation under this warranty is limited to replacing or repairing, at Manufacturer's option, the same or comparable model at one of its authorized service centers.
- An authorized service center must receive all equipment for which a warranty claim is made. This equipment must be received with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase.
- Replacement units, parts and electronic components reconditioned to as-new condition by Manufacturer or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms.
- This warranty gives you specific legal rights, and your rights may vary from state to state.





CUSTOMER TECH SUPPORT

DO NOT RETURN TO THE RETAILER

if you have any problems during assembly or if parts are missing.

NOTE: Please read the TROUBLESHOOTING section in the TREADMILL GUIDE before contacting Customer Tech Support.

L I V E S T R O N G [™]



1-877-LIV-STNG

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www.livestrongfitness.com

MAY BE COVERED BY ONE OR MORE
PATENTS OR PATENTS PENDING

US 6273843	TW 586429
TW 494765	US 7104930
CN 03206094.7	CN 01230904.4
US 6682460	