

# ***95T Treadmill Base***

OPERATION MANUAL



*LifeFitness*

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

It describes equipment setup and instructs members on how to use it correctly and safely.

Avant d'utiliser ce produit, il est indispensable de lire ce manuel d'utilisation dans son INTÉGRALITÉ, ainsi que TOUTES les instructions d'installations.

Ce manuel explique comment installer l'équipement et comment l'utiliser correctement et sans danger.

FCC Warning - Possible Radio / Television Interference

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

Class SB (Studio): Professional and / or commercial use.

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

**MISE EN GARDE :** tout changement ou toute modification de ce matériel peut annuler la garantie du produit.

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 products:

Life Fitness Treadmills:

**95T**

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.



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, or is over the age of 45, or 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.



Des problèmes de santé peuvent être causés par une utilisation incorrecte ou excessive de l'équipement. Life Fitness recommande **FORTEMENT** de consulter un médecin pour subir un examen médical complet avant de commencer tout programme d'exercice, et tout particulièrement si l'utilisateur a des antécédents familiaux d'hypertension ou de troubles cardiaques, s'il a plus de 45 ans, s'il fume, s'il a du cholestérol, s'il est obèse ou n'a pas fait d'exercice régulièrement depuis un an.

Si, pendant l'utilisation de l'appareil, l'utilisateur ressent un malaise, des vertiges, des douleurs ou des difficultés à respirer, il doit s'arrêter immédiatement.

# 1 GETTING STARTED

## 1.1 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the treadmill.

- **DANGER:** Risk of injury to persons—To avoid injury, stand on the siderails before starting treadmill.
- **DANGER:** To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or attempting any maintenance activity.
- **DANGER:** 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:** Keep the area six feet (two meters) by three feet (one meter) behind the treadmill clear of any obstructions, including walls, furniture, and other equipment.
- **WARNING:** Be sure the emergency stop lanyard is clipped to the user and in proper position on the treadmill before beginning any workout.
- 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 Support Services.
- 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 along the side of the treadmill. Refer to Section 1.2 for proper power cord routing.
- 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.

### LOCATION

- Position this product so that the power cord plug is accessible to the user.
- Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair, or any obstructing material.
- 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.
- Close supervision is necessary when used near children, invalids or disabled persons.
- Do not use this product outdoors, near swimming pools or in areas of high humidity.
- Use this appliance only for its intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.

## OPERATION

- Always follow the console instructions for proper operation.
- Never insert objects into any opening 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.
- Do not reach into, or underneath, the unit or tip it on its side during operation.
- Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
- Do not use this product in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- Keep all loose clothing, shoelaces, and towels away from moving parts.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- Never mount or dismount the treadmill while the running belt is moving. Use the handrails whenever additional stability is required. In case of an emergency, such as tripping, grasp the handrails, and place the feet on the side platforms.
- Never walk or jog backwards on the treadmill.
- The system issues immobilization of the treadmill when a pre-defined hard key sequence has been activated by the club manager. This sequence is currently defined as 3 STOP key presses followed by 3 SPEED DOWN ARROW key presses. To prevent false toggling of the Immobilized feature, this sequence should be limited to a pre-defined time period (i.e. sequence must be done in a 5-10 second period). Sequence should also enforce that only PRESSED events are used (i.e. if HELD or RELEASED are detected during the sequence then, the sequence is rejected). Once the Workout Logic sees this event, it toggles the Immobilization configuration item, saves it in the registry, and then issues an ImmobilizationStatus event to the system.

**SAVE THESE INSTRUCTIONS  
FOR FUTURE REFERENCE.**

# 1 DÉMARRAGE

## 1.1 CONSIGNES DE SÉCURITÉ IMPORTANTES

Lire toutes les instructions avant d'utiliser le tapis roulant.

- **DANGER:** Risque de blessures - Afin d'éviter tout risque de blessure, se tenir debout sur les rails latéraux avant de démarrer l'appareil.
- **DANGER:** Pour réduire les risques de décharge électrique, toujours débrancher cet appareil Life Fitness avant le nettoyage ou toute mesure d'entretien.
- **DANGER:** Pour réduire les risques de brûlures, d'incendies, de décharges électriques ou de blessures, chaque appareil doit absolument être branché sur une prise électrique correctement mise à la terre.
- **AVERTISSEMENT:** Conserver une zone de 2 m sur 1 m libre de toute obstruction derrière le tapis roulant (aucun mur, meuble ou autre appareil).
- **AVERTISSEMENT:** S'assurer que la dragonne d'arrêt d'urgence est attachée à l'utilisateur et fixée adéquatement au tapis roulant avant de commencer un exercice.
- Pour débrancher, mettre l'appareil hors tension au niveau de l'interrupteur d'alimentation, puis retirer la fiche de la prise électrique.
- Ne jamais faire fonctionner un produit Life Fitness dont la fiche ou le cordon d'alimentation est endommagé, ni aucun appareil qui serait tombé ou aurait été endommagé ou même partiellement plongé dans l'eau. Appeler le service clientèle de Life Fitness.
- Tenir le cordon d'alimentation à l'écart de toute surface chauffée. Ne pas tirer l'appareil par le cordon d'alimentation; ne pas utiliser le cordon comme poignée. Ne pas faire passer le cordon sur le sol, sous le tapis roulant, ni le long de l'appareil. Se reporter à la section 1.2 pour la disposition adéquate du cordon d'alimentation.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.

### ENDROIT

- Placer ce produit de manière à ce que l'utilisateur puisse accéder à la fiche du cordon d'alimentation.
- Ne jamais faire fonctionner d'appareil Life Fitness dont les orifices d'aération seraient bloqués. Les garder exempts de peluches, de cheveux ou de toute obstruction.
- Ne pas utiliser ce produit dans des salles où des vaporisateurs aérosols sont employés ou bien où de l'oxygène est administré. Ces substances créent des risques de combustion et d'explosion.
- Une surveillance étroite est nécessaire si l'appareil est utilisé près d'enfants ou de personnes invalides ou handicapées.
- Ne pas utiliser ce produit à l'extérieur, près d'une piscine ou dans des endroits très humides.
- Cet appareil ne doit être employé que pour l'usage auquel il est destiné, conformément aux directives du manuel. Ne pas utiliser d'accessoires qui ne sont pas recommandés par le fabricant.
- Les instructions de la console doivent toujours être suivies pour obtenir un fonctionnement correct.
- Ne jamais rien insérer dans les ouvertures de cet appareil. Si un objet tombe à l'intérieur de l'appareil, couper l'alimentation électrique, débrancher le cordon de la prise et le récupérer avec précaution. S'il est impossible de l'atteindre, communiquer avec le service à la clientèle de Life Fitness.
- Ne pas placer les mains sous l'appareil ou dans l'appareil, et ne pas le renverser sur le côté pendant le fonctionnement.
- Ne pas utiliser cet appareil pieds nus. Toujours porter des chaussures. Porter des chaussures avec des semelles en caoutchouc ou offrant une très bonne adhérence. Ne pas utiliser de chaussures à talons, à semelles en cuir ou munies de crampons. S'assurer qu'aucun caillou n'est incrusté dans les semelles.



## **FONCTIONNEMENT**

- Ne jamais placer aucun liquide directement sur l'appareil, sauf dans le plateau pour accessoires ou un support prévu à cet effet. Il est recommandé d'utiliser des contenants munis de couvercles.
- Éloigner les vêtements lâches, les lacets et les serviettes des pièces en mouvement.
- Les rampes latérales peuvent servir à rétablir son équilibre, mais ne sont pas destinées à un usage continu.
- Ne jamais monter sur le tapis de course et ne jamais en descendre pendant qu'il tourne. Utiliser les rampes latérales afin de ne pas perdre l'équilibre. En cas d'urgence, par exemple, en cas de trébuchement ou de faux pas, saisir les barres latérales et placer les pieds sur les plates-formes latérales.
- Ne jamais marcher ni courir à reculons sur le tapis roulant.
- Quand il est nécessaire d'immobiliser le tapis roulant, retourner à l'écran de bienvenue. (Appuyer deux fois sur la touche STOP ramène immédiatement l'appareil à l'écran de bienvenue.) Tenir brièvement la touche SPEED DOWN (ralentir), la relâcher et appuyer sur la touche PAUSE. (La touche VITESSE VERS LE BAS est la flèche pointant vers le bas à l'extrême droite du groupe de flèches sur le panneau de commande.) L'écran du tapis roulant affiche alors «Appareil immobilisé par le gestionnaire» Il ne peut alors plus fonctionner, Le moteur principal, et la la pente. Le tapis roulant restera immobilisé, même s'il est réinitialisé, mis hors tension, puis remis sous tension, etc. Le mode de fonctionnement normal ne peut être rétabli qu'au moyen de la même séquence de touches : tenir brièvement la touche VITESSE VERS LE BAS enfoncée, la relâcher et appuyer sur la touche PAUSE. Le tapis roulant reviendra à l'écran de bienvenue.

**CONSERVER CES INSTRUCTIONS POUR LE  
CONSULTER À L'AVENIR.**

## 1.2 SETUP

Read the Operation Manual before setting up the Life Fitness Treadmill. Place the treadmill where it will be used before beginning the setup procedure.

### ELECTRICAL POWER REQUIREMENTS

The Life Fitness Treadmill requires a dedicated\* line according to the electrical configurations listed in the chart below.

\* One individual branch circuit for each treadmill per NEC article 210-21 (b) (1) and 210-23 (or other appropriate, country specific electrical compliance guidelines). The hot, neutral and ground wires must each be routed independently (not looped or tied to other circuits.)".

**NOTE:** Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.

Supply Voltage (VAC)	Frequency (Hz)	Rated Current (Amps)
100	50 / 60	18
120	50 / 60	18
200	50 / 60	9
220	50 / 60	9
230	50 / 60	9
240+	50 / 60	9

### GROUNDING INSTRUCTIONS

This Life Fitness product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides a 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, 20-amp outlet is not available, one must be installed by a qualified electrician. Models drawing 16 amps or more must be installed on a dedicated line.**

**IL EST ABSOLUMENT INTERDIT d'employer un adaptateur temporaire pour brancher cette fiche sur une prise bipolaire en Amérique du Nord. Si aucune prise de 20 A correctement mise à la terre n'est disponible, en faire installer une par un électricien qualifié. Les modèles utilisant 16 A ou plus doivent être branchés sur un circuit spécialisé.**

**DANGER:** A risk of electrical shock may result from improper connection of the equipment-grounding conductor. Check with a qualified electrician if in doubt as to proper grounding technique. **DO NOT** modify the plug provided with the product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Any modification to the electrical plug will result in a voided warranty.

**DANGER:** Un branchement incorrect du conducteur de mise à la terre peut entraîner des risques de décharge électrique. Consulter un électricien si des doutes subsistent quant à la technique de mise à la terre. **NE PAS MODIFIER** la fiche fournie avec l'appareil. Si elle ne s'adapte pas à une prise, faire installer une prise correcte par un électricien qualifié. Toute modification à la fiche annule la garantie.

## HOW TO POSITION AND STABILIZE THE LIFE FITNESS TREADMILL

Following all safety instructions in Section 1.1, move the treadmill to the location in which it will be used. See Section 3, titled *Specifications*, for the dimensions of the product footprint (assembled dimensions.) Allow a distance of eight inches, or 21 centimeters, between the treadmill and other units on either side. Allow a distance of six feet, or two meters, from the rear of the treadmill to any object or surface.

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, loosen the JAM NUT (A), and turn the STABILIZING LEG (B) until the rocking motion ceases, and both stabilizing legs rest firmly on the floor. Retighten the JAM NUT.

**NOTE:** It is extremely important that the stabilizing leg be correctly adjusted for proper operation. An unbalanced unit may cause striding belt misalignment. A bubble level is recommended to ensure proper leveling.

### POWER SWITCH

Located on the front panel at the base of the treadmill, the ON/OFF switch has two positions: "1" (one) for ON and "0" (zero) for OFF.

### CENTERING THE BELT

After installing and levelling the treadmill, check the belt to ensure that it is tracking properly. First, plug the power cord into an appropriate outlet. See *Electrical Power Requirements* at the beginning of this section for details. Then, turn the treadmill ON.

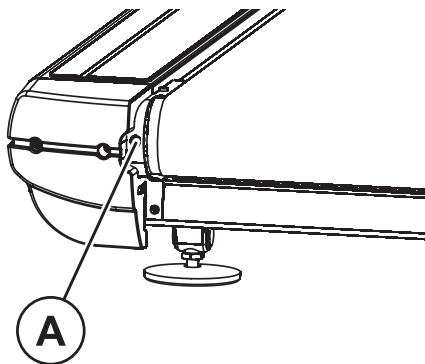
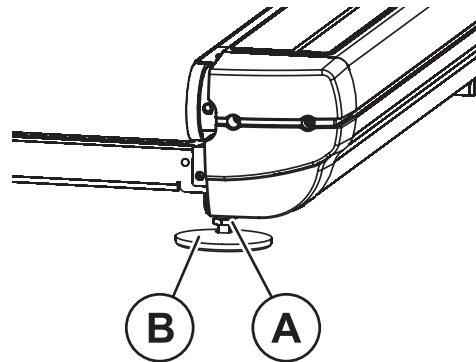
Have one person stand on the platforms on either side of the treadmill frame. Do not stand on the belt at this time. Press the QUICK START key, and increase the speed to 4.0 miles per hour (MPH), or 6.4 kilometers per hour (KPH), using the SPEED UP arrow.

If the striding belt moves to the right while it is running, have a second person turn the right tension bolt a quarter-turn clockwise, and then turn the left tension bolt (A) a quarter-turn counter-clockwise. See the illustration below. This action sets the striding belt tracking back to center of the roller.

If the striding belt moves to the left, turn the left tension bolt a quarter-turn clockwise and then turn the right tension bolt a quarter-turn counter-clockwise to start the striding belt tracking back to center of roller.

Repeat these adjustments until the striding belt appears centered. Allow the belt to continue running for several minutes to be sure that the tracking is 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. The phone numbers are listed in Section 2.7, titled *How to Obtain Product Service*.



## **STRIDE SENSOR AUTO-SHUTOFF SYSTEM**

The Stride Sensor auto-shutoff system detects whether a user is on the belt/deck. If the user leaves the belt/deck during a workout, the system is triggered and the following message is displayed, "User not detected on belt - press "OK" to continue workout." If the user presses "OK" during this message the workout will continue without interruption. If the user does not press "OK" another message will be displayed, "User not detected on belt; RESUME WORKOUT / EXIT WORKOUT". At this point power to the belt will shut off as the treadmill enters Pause mode. If the user presses RESUME WORKOUT during the second message the workout will be resumed. If the user does not press RESUME WORKOUT, the treadmill will continue in Pause mode and eventually end the workout. This feature can be disabled in the Manager's Configuration.

## **CABLE TV HOOK-UP**

### ***Note to the CATV Installer:***

*This reminder is provided to call the CATV system installer's attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building as close to the point of cable entry as practical.*

**NOTE:** The TV aspect of the 15" LCD Console (95 Te) can only receive an analog signal. Digital cable must be externally converted to an analog signal. Life Fitness is not responsible for the installation of CATV service or components required for the delivery of CATV service. An external TV signal input via 75-ohm coaxial cable must be present before TV setup can occur.

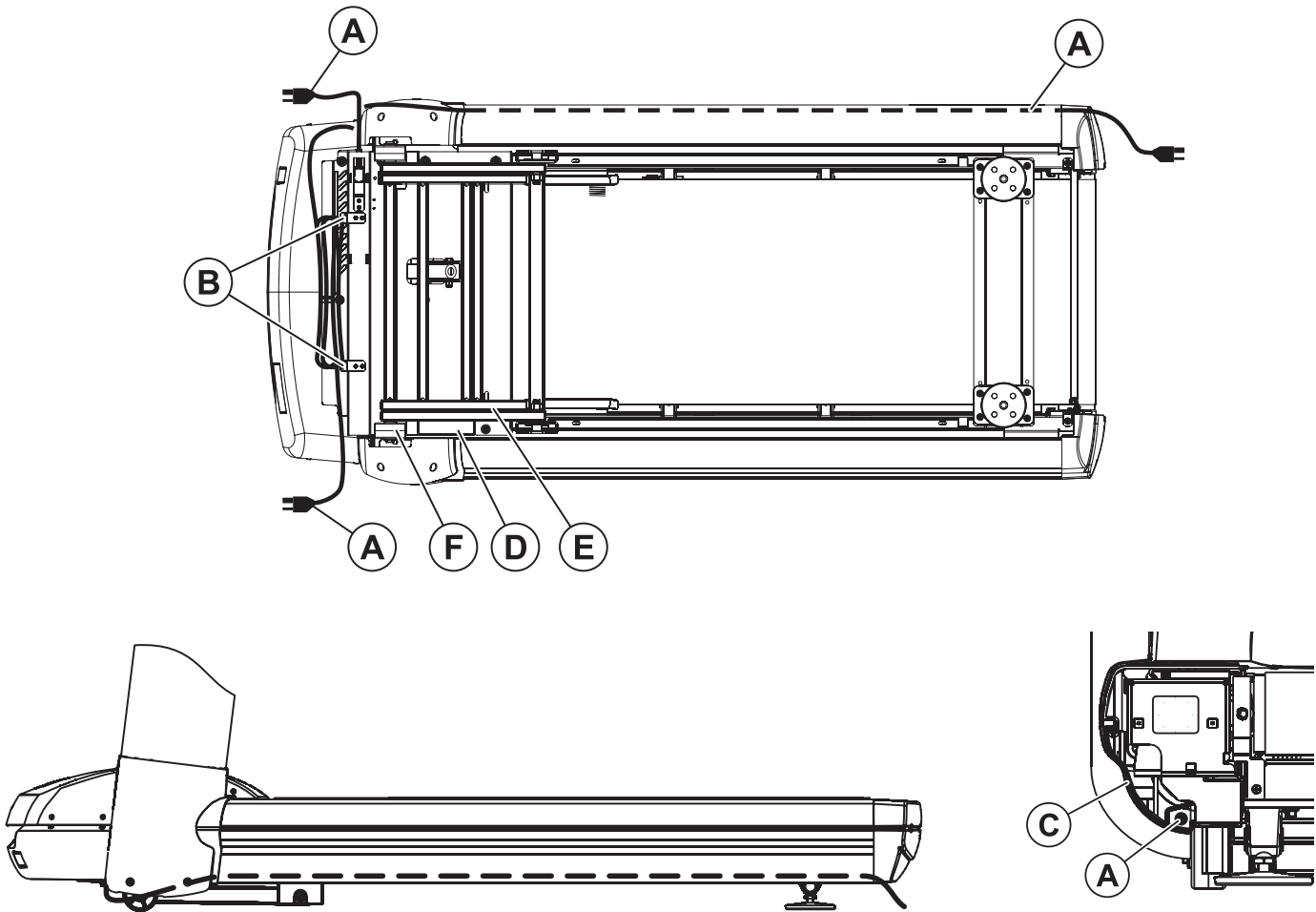
## POWER CORD ROUTING

**WARNING:** Make sure the power cord is unplugged before attempting to route it around or through the treadmill.

The POWER CORD (A) can be run to the user-front left or right sides. Excess POWER CORD can be bundled and tied to the pre-installed CLIPS (B) located under the front of the treadmill.

The POWER CORD (A) can be run to the rear of the treadmill through the LEFT SIDERAIL (C). The POWER CORD should run under the LEFT UPRIGHT COVER and into the internal channel of the LEFT SIDERAIL as shown.

**NOTE:** To accommodate treadmill incline, at least two feet (24") of POWER CORD is required between the outlet and the last power cord CLIP (B) for outlets in front of the treadmill.



**WARNING:** Make sure that there is a 6-foot clearance behind the treadmill. Contact Life Fitness Customer Service for an optional longer power cord if necessary.

**DANGER:** Insure that the power cord (A) does not contact the striding belt or get pinched between the frame (D), lift arm (E) or under the wheels (F); failure to follow this warning may result in serious injury.

**AVERTISSEMENT:** S'assurer que le cordon d'alimentation n'entre pas en contact avec le tapis et ne soit pas pincé entre le cadre, le bras de levage ou la roue. Le non-respect de cet avertissement peut provoquer de graves blessures.

# 2 SERVICE AND TECHNICAL DATA

## 2.1 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. Commercial Life Fitness Treadmills are among the most popular of aerobic trainers, regularly standing up to marathon use - 18 hours a day, seven days a week - in health clubs, colleges and military facilities the world over.

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

**REMARQUE :** pour conserver un matériel sûr, il convient de l'inspecter régulièrement afin de déceler tout signe d'usure ou d'endommagement. N'utilisez pas l'appareil tant que les pièces défectueuses n'ont pas été réparées ou remplacées. Portez une attention toute particulière aux pièces qui s'usent, comme indiqué ci-dessous.

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

- Clean the display console and all exterior surfaces regularly with mild soap and water or a mild household cleaner. Use only a soft cotton cloth. Apply cleaner to the cotton cloth and 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 equipment surfaces.\*
- Check operation of the emergency stop system once a week.
- Check the operation of the stop button and stop magnet once a week.
- Inspect and vacuum the area directly surrounding and under the unit regularly.
- Vacuum around the striding belt regularly to keep debris from accumulating.
- Inspect exterior parts regularly for wear, particularly the striding belt, deck and line cord.
- Check to make sure the unit is properly leveled.
- Check the position (centering) of the striding belt.

The optimum operating position of the striding belt is from 0.75 inches (19.05 mm) to 1.25 inches (31.75 mm) from either side of the frame. If the striding belt travels beyond this position, see Section 2.5, titled *How to Adjust and Tension the Striding Belt*, or contact Life Fitness Customer Support Services, for proper alignment instructions, 1-800-351-3737 (USA).

**\*NOTE:** When cleaning the exterior of the unit, a non-abrasive cleaner and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment; use non-abrasive cleaner on a soft cloth and then wipe the unit. Contact Life Fitness Customer Support Services for more details (See Section 2.7 titled, *How to Obtain Product Service*).

## 2.2 PREVENTIVE MAINTENANCE SCHEDULE

Follow the schedule below to ensure proper operation of the product.

<i>ITEM</i>	<i>WEEKLY</i>	<i>MONTHLY</i>	<i>QUARTERLY</i>	<i>BI-ANNUAL</i>	<i>ANNUAL</i>
<b>DISPLAY CONSOLE / ACTIVITY ZONE ASSEMBLY</b>					
<i>Hardware</i>			<i>Inspect</i>		
<i>Console and Activity Zone Overlay</i>	<i>Clean</i>			<i>Inspect</i>	
<i>iPod Connector/Cable</i>	<i>Clean/Inspect</i>				
<i>USB Port</i>	<i>Inspect</i>				
<i>Accessory Cups</i>	<i>Clean</i>				<i>Inspect</i>
<i>Emergency Switch/Magnet</i>	<i>Clean/Inspect</i>				
<b>HANDLEBAR ASSEMBLY</b>					
<i>Hardware</i>				<i>Inspect</i>	
<i>ErgoTM Front Handlebar</i>	<i>Clean</i>			<i>Inspect</i>	
<i>Side Hand Rails</i>	<i>Clean</i>			<i>Inspect</i>	
<i>Lifepulse Sensors</i>	<i>Clean/Inspect</i>				
<b>FRAME ASSEMBLY</b>					
<i>Hardware</i>				<i>Inspect</i>	
<i>Motor Cover</i>	<i>Clean</i>				
<i>Motor Electronic Compartment</i>		<i>Vacuum Clean</i>		<i>Inspect</i>	
<i>Drive Belt</i>				<i>Inspect</i>	
<i>Leg Levelers</i>		<i>Inspect/Adjust</i>			
<i>Front Roller</i>				<i>Inspect</i>	
<i>Rear Roller</i>				<i>Inspect</i>	
<i>Side Step Area</i>	<i>Clean</i>		<i>Inspect</i>		
<b>GENERAL</b>					
<i>Machine Level</i>	<i>*Inspect</i>				
<i>Striding Belt Centered</i>	<i>Inspect</i>				
<i>Frame, Toe Guards, Endcaps</i>		<i>Visual Inspect</i>			

*\*Use leveler to inspect*

## 2.3 TROUBLESHOOTING THE TREADMILL

Malfunction	Probable Cause	Corrective Action
No Power	On/Off switch.	Turn the switch to the ON position.
	Insufficient power source.	Plug treadmill into a dedicated 20 amp circuit. Refer to the Operations Manual.  Using a voltmeter, verify power at outlet. If no power exists, reset circuit breaker at panel.
	Damaged line cord.	Replace line cord. Contact Life Fitness Customer Support Services*.
	Line cord improperly seated in socket.	Inspect power connection at wall outlet and at machine for proper contact.

\* See Section 2.7, *How to Obtain Product Service*, for contact information.



## TROUBLESHOOTING THE TREADMILL (CONTINUED)

Malfunction	Probable Cause	Corrective Action
Striding Belt slips off-center	Uneven floor surface.	Check levelers and level treadmill.  Check striding belt & re-tension as necessary. Refer to Section 2.5 "How to Adjust and Tension the Striding Belt."
Maximum speed is reduced	User is pushing striding belt. This occurs when the runner is running faster than the striding belt will travel, with the result of the striding belt being pushed with the runner's feet.	Instruct users not to push striding belt in either direction.
	User is stalling striding belt. This will occur with heavier users at lower striding belt speeds. The striding belt will "stall" if the user is traveling slower than the striding belt speed.	
	Striding belt/deck malfunction. The deck laminate worn through or the underside of striding belt glazed over (hard, glossy).	Replace belt and deck.
	Insufficient power source.	Plug treadmill into a dedicated 20 amp circuit.
Rubbing sound from underneath machine	Foreign objects may be stuck underneath the machine.	Inspect underneath striding belt and machine. Remove any debris or objects that may cause interference with the treadmill.  Plug treadmill into a dedicated 20 amp circuit.
Display does not illuminate when machine is powered on	Insufficient power source.	Check all electrical connections for proper attachment.
	Loose 10 pin connection at display console or DSP Motor Control Board. to wire.	Contact Life Fitness Customer Support Services*.
	Loose 28 pin connector at display console.	Contact Life Fitness Customer Support Services*.
	10 pin to 10 pin under console bridge.	Contact Life Fitness Customer Support Services*.

\* See Section 2.7, *How to Obtain Product Service*, for contact information.

## TROUBLESHOOTING THE TREADMILL (CONTINUED)

Malfunction	Probable Cause	Corrective Action
Unit resets randomly or pauses	Insufficient power source.	Plug treadmill into a dedicated 20 amp circuit. (U.S. only)
	Damaged ground prong on line cord.	Replace line cord.
	Line cord improperly seated in electrical outlet.	Inspect power connection at electrical outlet and at machine for proper contact.
	Emergency stop magnet not engaged.	Re-engage the emergency stop magnet.
	Activity Zone membrane switch	Contact Life Fitness Customer Support Services*
	Pinched main wire harness.	Contact Life Fitness Customer Support Services*.
	Open ground path.	Contact Life Fitness Customer Support Services*.
	Inspect Stride Sensor system.	Contact Life Fitness Customer Support Services*.

\* See Section 2.7, *How to Obtain Product Service*, for contact information.

## 2.4 TROUBLESHOOTING THE LIFE PULSE SYSTEM SENSORS

If the heart rate reading is erratic or missing, do the following:

- Dry the hands if necessary to prevent slipping.
- Apply hands to all four sensors, located at the front and back of the hand grips.
- Grasp the sensors firmly.
- Apply constant pressure around the sensors.

## 2.5 HOW TO ADJUST AND TENSION THE STRIDING BELT

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

### THE BELT TENSIONING BOLTS

A 5/16-inch hex key wrench is required for this task. 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 the 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 the topic titled "How To Stabilize the Life Fitness Treadmill" in the Section 1.3, titled *Set Up*, 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) A STRIDING BELT

Two people are needed to perform this procedure.

1. Locate the two access holes to the belt tensioning bolts on each of the rear roller guards.
2. One person stands on the side rails of the treadmill and straddles the belt. This person presses the MANUAL workout and sets the belt speed to 2.5 MPH (4.0 KPH).
3. If the striding belt has moved to the right, the second person turns the right tension bolt a quarter-turn clockwise and then turns the left tension bolt a quarter-turn counter-clockwise to make the striding belt track back to the center of the roller.  
  
If the striding belt has moved to the left, turn the left tension bolt a quarter-turn clockwise and then turn the right tension bolt a quarter-turn counter-clockwise to make the striding belt track back to the center of the roller.
4. Repeat the adjustments until the striding belt appears centered. Allow the machine to continue running for several minutes at 4.0 MPH. (6.4 KPH) 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. The phone numbers are listed in Section 2.7, titled *How to Obtain Product Service*.

### TENSIONING AN EXISTING STRIDING BELT

- 1 Enter the Manual workout and operate the treadmill for five minutes at 5.0 MPH (8.0 KPH).

**NOTE:** DO NOT RUN OR WALK ON BELT.

- 2 Reduce the speed to 2.0 MPH (3.2 KPH). Walk on the treadmill. Tightly grip the handrails and apply force with feet on the striding belt near the motor cover against the moving belt direction. If the belt slips, continue to Step 3. If it does not slip, the tension is correct.
- 3 Using the STOP key, stop the treadmill. Turn the belt tensioning bolts a quarter-turn clockwise for each side.
- 4 Repeat STEPS 2 and 3 until the belt no longer slips. Do not exceed one full turn (four quarter turns) per side when adjusting the belt tensioning bolts.
- 5 Enter the MANUAL workout and operate the treadmill at 2.0 MPH (3.2 KPH) check to insure proper tracking (See Section 2.5, titled *How to Adjust and Tension the Striding Belt*). If the striding belt drifts to the left or right see the topic titled *Tracking (Centering) an Existing or New Striding Belt*.

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.

## 2.6 PROACTIVE BELT WEAR NOTIFICATION

The treadmill proactively notifies the facility manager about belt wear through diagnostics. An indicator icon is displayed on the treadmill console (if manager-enabled) when a belt check is required. This indicator icon is located in the lower left corner of the welcome screen.

- Automatic belt check reminder at 30,000 miles (48,000 km)
- Notification based on "Cannot Attain Target Speed" errors for specific user weights/speeds: (The actual error message is "UNABLE TO ATTAIN TARGET SPEED")

### **To CHECK FOR NOTIFICATIONS:**

To enter Belt/Deck Information, access the "System Options" menu as instructed in section 5.1 in the Console User Manual. Select INFORMATION and then select BELT/DECK INFORMATION. If a notification has been triggered, the notification message "PLEASE CHECK BELT/DECK FOR SIGNS OF EXCESSIVE WEAR" will appear. If no notifications exist, the BELT/DECK INFORMATION area will display belt/deck information.

**NOTE:** Notifications are automatically cleared once they have been displayed.

## 2.7 HOW TO OBTAIN PRODUCT SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit, which is located on a plate near the power switch.
3. Contact the nearest Life Fitness Customer Support Services group:

For Product Service within  
the United States and Canada:

Telephone: (+1) 847.451.0036  
FAX: (+1) 847.288.3702  
Toll-free telephone: 800.351.3737

For Product Service Internationally:

*Life Fitness Europe GmbH*  
Telephone: (+49) 089.317.751.66  
FAX: (+49) 089.317.751.38

*Life Fitness (UK) LTD*  
Telephone: (+44) 1353.665.507  
FAX: (+44) 1353.666.719

*Life Fitness Atlantic BV (Europe, Middle East & Africa  
except local Life Fitness offices)*

*Life Fitness Benelux*  
Telephone: (+31) 180.646.666  
FAX: (+31) 180.646.699

*Life Fitness Italia S.R.L.*  
Telephone: 800.438.836  
FAX: (+39) 0457.238.197

*Life Fitness Austria Vertriebs GmbH*  
Telephone: (+43) 1615.7198  
FAX: (+43) 1615.7198.

*Life Fitness Asia Pacific Ltd (Asia & Australia, except  
local Life Fitness offices)*

Telephone: (+852) 2891.6677  
FAX: (+852) 2575.6001

*Life Fitness Latin America  
and Caribbean*  
Telephone: (+1) 847.288.3964  
FAX: (+1) 847.288.3886

*Life Fitness do Brazil*  
Telephone (+55) 11.4193.8282  
FAX: (+55) 11.4193.8283

*Life Fitness Japan*  
Telephone: (+81) 3.3359.4309  
FAX: (+81) 3.3359.4307

*Life Fitness Iberia (Spain)*  
Telephone : (+34) 93.672.4660  
FAX : (+34) 93.672.4670

# 3 SPECIFICATIONS

## 3.1 LIFE FITNESS 95T TREADMILL BASE SPECIFICATIONS

Designed use:	Heavy/Commercial
Maximum user weight:	400 pounds / 181 kilograms
Speed range:	0.5 - 14.0 MPH (0.8 - 23 KPH) in 0.1 increments
Elevation range:	0%-15% (in 0.1% increments)
Drive train:	AC motor with MagnaDrive™ motor controller
Motor type:	Variable Speed AC
Motor size:	4.0 HP continuous duty
Power requirements:	Dedicated 120 volt, 20 amp (U.S.). See Electrical Requirements for requirements outside the United States.
Rollers:	3.5 inch (9 centimeter) diameter, precision-crowned, front and back
Striding Belt:	60" Length x 22" Width (152 cm Length x 55 cm Width)
Waxing system:	Lubricant-Infused Striding Belt
Deck type:	3/4" medium density reversible fiberboard
Shock Absorption System:	Patented FlexDeck® Shock Absorption System with Lifesprings™
Ergo™ Front Handrail:	Ergonomically shaped, overmolded elastomeric grips
Side handrails:	26" x 5" (66 cm x 12.7) long, flared, cantilevered, overmolded elastomeric grips
Stop systems:	Red and Yellow magnetic lanyard emergency stop system, Stride Sensor, and Session Stop Push Switch raised and prominently positioned
Heart rate monitoring systems:	Patented Lifepulse™ digital contact heart rate and Polar® telemetry compatible heart rate monitoring system
Ports (1):	Type RJ45 Network ready connection
CATV (1):	F-type connector

### PHYSICAL DIMENSIONS:

	Base Only	Console Only - 95Ti	Console Only - 95Te
Length:	83 inches / 211 centimeters	Length: 25.5 inches / 64.7 centimeters	Length: 25.5 inches / 64.7 centimeters
Width:	37 inches / 94 centimeters	Width: 3.75 inches / 9.5 centimeters	Width: 3.75 inches / 9.5 centimeters
Height:	56.5 inches / 144 centimeters	Height: 15.25 inches / 38.7 centimeters	Height: 15.25 inches / 38.7 centimeters
Weight:	453 pounds / 204 kilograms	Weight: 10 pounds / 4.5 kilograms	Weight: 14.2 pounds / 6.4 kilograms
Step-Up Height:	9.5 inches / 24.1 centimeters		

### SHIPPING DIMENSIONS:

	Base Only	Console Only - 95 Ti	Console Only - 95 Te
Length:	86.5 inches / 220 centimeters	Length: 18.5 inches / 46.9 centimeters	Length: 18.5 inches / 46.9 centimeters
Width:	43.5 inches / 110 centimeters	Width: 7.25 inches / 18.4 centimeters	Width: 7.25 inches / 18.4 centimeters
Height:	23.5 inches / 60 centimeters	Height: 29.25 inches / 74.3 centimeters	Height: 29.25 inches / 74.3 centimeters
Weight:	510 pounds / 231 kilograms	Weight: 12.2 pounds / 5.5 kilograms	Weight: 14.2 pounds / 6.4 kilograms



M051-00K65-A001