L I V E S T R O N G ®

LS**8.0**T

TREADMILL OWNER'S MANUAL

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

INTRODUCTION

Congratulations and thank you for your purchase of this LIVE**STRONG**® 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 LIVE**STRONG**® 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.

LIVE**STRONG**® treadmills deliver.

LIVE**STRONG**® 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 LIVE**STRONG**.org.

IMPORTANT PRECAUTIONS

⚠️

SAVE THESE INSTRUCTIONS

Read the TREADMILL GUIDE before using the OWNER'S MANUAL. When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact your local dealer.

⚠ DANGER

TO REDUCE THE RISK OF ELECTRICAL SHOCK:

Always unplug the treadmill from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

⚠WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- Never use the treadmill before securing the safety tether clip to your clothing.
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Do not jump on the treadmill.
- At no time should more than one person be on treadmill while in operation.
- This treadmill should not be used by persons weighing more than Max. user weight. Failure to comply will void the warranty.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The treadmill 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.
- Connect this exercise product to a properly grounded outlet only.

4

⚠ WARNING

TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:

- At NO time should pets or children under the age of 13 be closer to the treadmill than 10 feet.
- At NO time should children under the age of 13 use the treadmill.
- Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.
- Use the treadmill only for its intended use as described in the treadmill guide and owner's manual.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water. Return the treadmill to a service center for examination and repair.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint, hair, and the like.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use treadmill in any location that is not temperature controlled, such as but not limited to porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not remove the console covers unless instructed by your local dealer. Service should only be done by an authorized service technician.

It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.

5

GROUNDING INSTRUCTIONS

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

⚠ DANGER

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

This product is for use on a nominal 220 Volt circuit and has a grounding plug that looks like the plug in the illustration. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This treadmill should be used with a minimum 15-amp circuit.

⚠ WARNING

3-POLE GROUNDED OUTLET

GROUNDING PIN
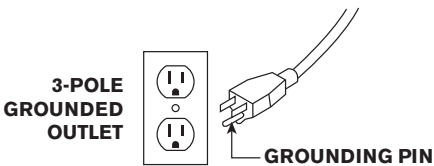
Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact your local dealer for replacement or repair.

6

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 on a white barcode sticker near the on/off power switch and power cord and enter it in the space provided below.
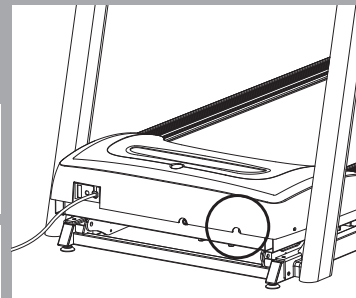
ENTER YOUR SERIAL NUMBER IN THE BOX BELOW:

SERIAL NUMBER LOCATION

SERIAL NUMBER:

TM

MODEL NAME: **LIVESTRONG LS8.0T TREADMILL**

» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.

READING RACK

SPEAKERS

CONSOLE FAN

GRIP PULSE HANDRAILS

ON/OFF SWITCH

CIRCUIT BREAKER

POWER CORD

RUNNING BELT / RUNNING DECK

TRANSPORT WHEEL

IPOD/MP3 PLAYER POCKET

TOUCH PAD PANEL AND DISPLAY WINDOWS

CONSOLE

WATER BOTTLE HOLDER

SAFETY KEY PLACEMENT

CONSOLE MAST

FOOT LOCK LATCH (UNDERNEATH DECK)

MOTOR COVER

SIDE RAIL

ROLLER END CAP

REAR ROLLER
TENSION/ADJUSTMENT BOLTS

LS 8.0T
Max. User Weight: 147.5 kg / 325 lbs
Product Weight: 85 kg / 187 lbs
Overall Dimensions: 178 x 91.5 x 152.5 cm / 70" x 36" x 60"

8

TOOLS INCLUDED:

- ☐ 6 mm T-Wrench
- ☐ 5 mm L-Wrench

PARTS INCLUDED:

- ☐ 2 Console Masts
- ☐ 2 Console Mast Boots
- ☐ 1 Console Assembly
- ☐ 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 your local dealer. 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.
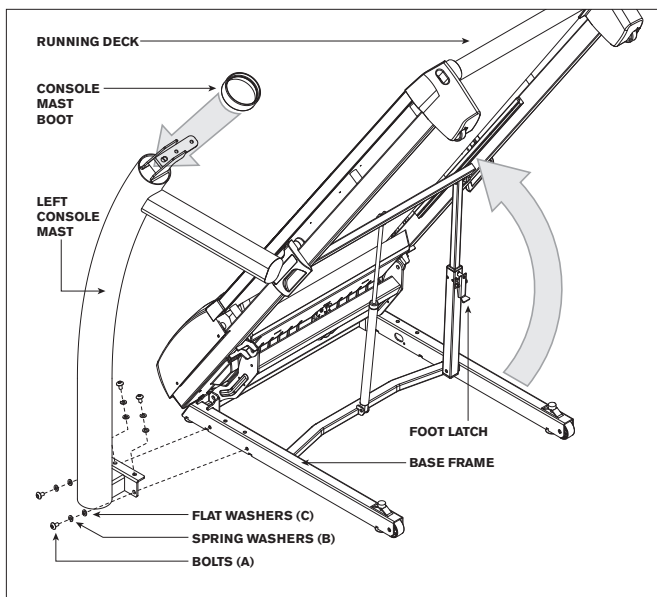
9

ASSEMBLY **STEP 1**

HARDWARE BAG 1 CONTENTS :

BOLT (A)
20 mm
Qty: 4

SPRING WASHER (B)
15 mm
Qty: 4

FLAT WASHER (C)
15 mm
Qty: 4

RUNNING DECK

CONSOLE
MAST
BOOT

LEFT
CONSOLE
MAST

FOOT LATCH

BASE FRAME

FLAT WASHERS (C)

SPRING WASHERS (B)

BOLTS (A)

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)**.

D   Slide **CONSOLE MAST BOOT** over top of
LEFT CONSOLE MAST.
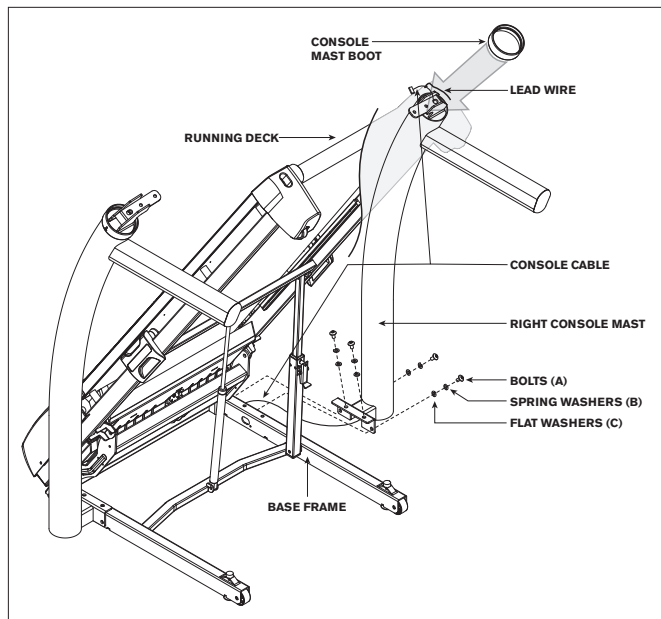
10

ASSEMBLY **STEP 2**

HARDWARE BAG 2 CONTENTS :

BOLT (A)
20 mm
Qty: 4

SPRING WASHER (B)
15 mm
Qty: 4

FLAT WASHER (C)
15 mm
Qty: 4

CONSOLE
MAST BOOT

LEAD WIRE

RUNNING DECK

CONSOLE CABLE

RIGHT CONSOLE MAST

BOLTS (A)
SPRING WASHERS (B)
FLAT WASHERS (C)

BASE FRAME

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)**.

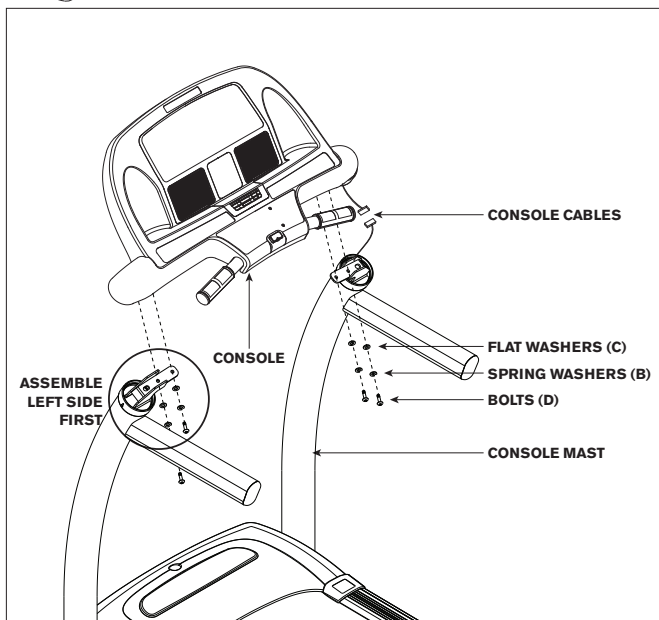D Slide **CONSOLE MAST BOOT** over top of **RIGHT CONSOLE MAST**.

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

11

ASSEMBLY **STEP 3**

HARDWARE BAG 3 CONTENTS :

BOLT (D)
45 mm
Qty: 4

SPRING WASHER (B)
15 mm
Qty: 4

FLAT WASHER (C)
15 mm
Qty: 4

CONSOLE CABLES

FLAT WASHERS (C)

CONSOLE

SPRING WASHERS (B)

ASSEMBLE
LEFT SIDE
FIRST

BOLTS (D)

CONSOLE MAST

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.

ASSEMBLY COMPLETE!

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**

LIVESTRONG

LS8.0T

LIVETRACK
FITNESS JOURNAL

TIME

LAST 5 WORKOUTS
SEPT 5 2010
6:35

• INCLINE
• CALORIES

DISTANCE

• SPEED
• HEART RATE

PERSONAL BEST | LAST 5 WORKOUTS | WORKOUT STATS | WORKOUT TOTALS

PROGRAM 1 MANUAL | PROGRAM 2 WEIGHT LOSS 1 | PROGRAM 3 WEIGHT LOSS 2 | PROGRAM A POWER WALK 1 | PROGRAM B POWER WALK 2 | PROGRAM A SOLUTION 1 | PROGRAM B SOLUTION 2 | PROGRAM B INCLINE

INCLINE KEYS

| 1 % | 2 % | 3 % | 4 % | 5 % | 6 % | 7 % | 8 % | 9 % | 10 % | 11 % | 12 % |

SPEED KEYS

| 1 | 2 | 3 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 |

START
QUICK START

STOP
HOLD TO RESET

POLAR

A B C
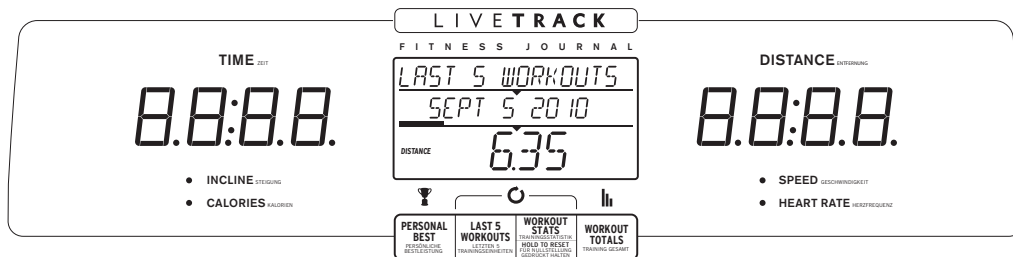S O R O S
N I F G M D E L H P J T
K Q

14

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**: time, distance, calories, heart rate, speed and incline.

B) **LIVETRACK LCD**: displays LIVETRACK fitness journal information.

C) **LIVETRACK CONTROLS**: used to adjust 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 BUTTON**: 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 or 0.1KM/H increments).

I) **INCLINE QUICK KEYS**: used to reach desired incline more quickly.

J) **SPEED QUICK KEYS**: used to reach desired speed more quickly.

K) **SAFETY KEY POSITION**: enables treadmill when safety key is inserted.

L) **CHANGE DISPLAY**: press to change display feedback during workout.

M) **FAN KEY**: press to turn fan on and off.

N) **FAN**: personal workout fan.

O) **SPEAKERS**: music plays through speakers when your CD / MP3 player is connected to the console.

P) **AUDIO IN JACK**: plug your CD / MP3 player into the console using the included audio adaptor cable.

Q) **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.

R) **MP3 PLAYER POCKET**: used to store your MP3 player.

S) **WATER BOTTLE POCKETS**: holds personal workout equipment.

T) **READING RACK**: holds reading material.

TIME ZEIT

8.8:8.8.

• **INCLINE** STEIGUNG
• **CALORIES** KALORIEN

LIVETRACK
FITNESS JOURNAL

LAST 5 WORKOUTS
SEPT 5 2010
DISTANCE
6.35

PERSONAL BEST PERSÖNLICHE BESTLEISTUNG	LAST 5 WORKOUTS LETZTEN 5 TRAININGSEINHEITEN	WORKOUT STATS TRAININGSSTATISTIK HOLD TO RESET FÜR NULLSTELLUNG GEDRÜCKT HALTEN	WORKOUT TOTALS TRAINING GESAMT

DISTANCE ENTFERNUNG

8.8:8.8.

• **SPEED** GESCHWINDIGKEIT
• **HEART RATE** HERZFREQUENZ

DISPLAY WINDOWS

• **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.

• **DISTANCE:** Shown as miles or kilometres. Indicates distance traveled.

• **INCLINE:** Shown as percent. Indicates the incline of your walking or running surface.

• **SPEED:** Shown as MPH or KM/H. Indicates how fast your walking or running surface is moving.

• **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).

• **LIVETRACK LCD DISPLAY:** When LIVETRACK is activated, the LIVETRACK information is displayed in this window. Use the four buttons underneath the display to change display information. More information is on page 20.

16

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 PROGRAM

1) Use the PROGRAMMING BUTTON to select USER 1, USER 2 or GUEST and press ENTER.

2) Use the PROGRAMMING BUTTON, ARROW KEYS or NUMBER KEYS until you reach your desired program and press ENTER to confirm.

3) Use the PROGRAMMING BUTTON or ARROW KEYS to complete the program setup by pressing UP and DOWN and ENTER to confirm.

4) When setup is complete, press START to begin your workout.

FINISHING YOUR WORKOUT

When your workout is complete, the console will display "WORKOUT COMPLETE" and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

DATE AND CLOCK SETUP

1) Enter Setup mode: Press and hold the 1 and 2 buttons for 3 seconds.

2) Use the ARROW KEYS to change settings and press ENTER to confirm.

3) Settings include: Month, day, year, hour, minute, and am/pm.

4) Review settings: You can review your settings at any time while in setup mode. Press ENTER to scroll through settings.

5) Exit setup mode: To confirm the date and time, press and hold ENTER for 3 seconds.

6) To reset: simply re-enter setup mode and adjust date and time to the correct setting.

TO RESET THE CONSOLE

Hold STOP key for 3 seconds.

17

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: Adjust your speed and incline manually during your workout.

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)

British

		WARM_UP		1	2	3	4	5	6	7	8		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	Segments are repeated until selected time is reached	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

Metric

		Warm-up		1	2	3	4	5	6	7	8		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	Segments are repeated until selected time is reached	1.0	0.5
	Speed	2.4	3.6	4.8	5.6	6.4	7.2	8.0	7.2	6.4	5.6		4.8	3.2
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	3.6	5.4	7.2	8.0	8.8	9.6	10.4	9.6	8.8	8.0		6.5	4.4

(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)

British

MPH	Warm-up		1	2	3	4	5	6	7	8		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	Segments are repeated until selected time is reached	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

Metric

KM/H	Warm-up		1	2	3	4	5	6	7	8		Cool-down	
Power walk 1	1.6	2.4	3.2	4.0	4.8	5.6	6.4	5.6	4.8	4.0	Segments are repeated until selected time is reached	3.6	2.4
Power walk 2	2.4	3.6	4.8	5.6	6.4	7.2	8.0	7.2	6.4	5.6		4.8	3.2

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

18

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)

British

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

Metric

KM/H	Warm-up	1	2	3	4	Segments are repeated until selected time is reached	Cool-down	
Walk/Run 1	2.0	3.0	4.0	8.8	4.0	8.8	3.0	2.0
Walk/Run 2	2.4	3.6	4.8	10.4	4.8	10.4	3.6	2.4

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

P8) INCLINE: Simulates climbing and descending a mountain by automatically varying incline.

Incline 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	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

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

LIVETRACK FITNESS JOURNAL SYSTEM

Congratulations! 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 exclusive LIVETRACK fitness journal system, you've taken an important step towards achieving your fitness goals.
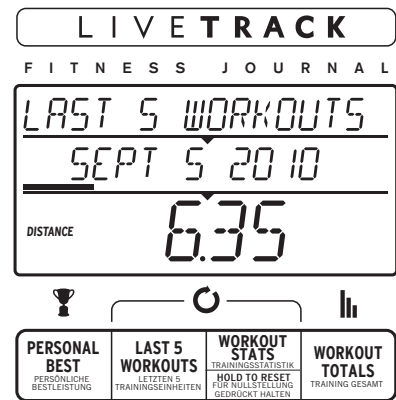
LIVETRACK is an innovative new software program, integrated into your treadmill console, that will allow you to track your fitness progress over time, without the need for paper journals or logs. LIVETRACK allows you to easily compare your current workout to your personal bests or your last five workouts. With quick access to feedback like duration of workout, distance traveled, calories burned or your overall pace, you'll be able to quickly and easily see the progress you've made. You can also track your workout totals. By following your total number of workouts, distance, and calories, you'll be able to see just how far you have come. Read further to see how LIVETRACK can help motivate you to enhance your performance.

SETUP
To activate LIVETRACK fitness journal system a user MUST be chosen before the program begins. To select a USER 1 or 2, use the **ARROW KEYS** and press **ENTER** to confirm. All workout data will accumulate only for the user that is chosen. NOTE: If no user is selected data will not be tracked.

RESET
Reset all recorded information for User 1 or User 2 by selecting the user and then holding down the **WORKOUT STATS/HOLD TO RESET** key for 10 seconds. NOTE: This step is permanent and will delete ALL previously accumulated data for the chosen user.

20

LIVE**TRACK**

F I T N E S S   J O U R N A L

LAST 5 WORKOUTS
SEPT 5 2010

DISTANCE
6.35

PERSONAL BEST	LAST 5 WORKOUTS	WORKOUT STATS	WORKOUT TOTALS
PERSÖNLICHE BESTLEISTUNG	LETZTEN 5 TRAININGSEINHEITEN	TRAININGSSTATISTIK **HOLD TO RESET** FÜR NULLSTELLUNG GEDRÜCKT HALTEN	TRAINING GESAMT

ACCUMULATED DATA

With the LIVETRACK fitness journal system, you can scroll through your accumulated data in multiple formats by pressing the LIVETRACK buttons. A workout is saved when: the program ends, the console is paused and not resumed within 10 minutes, or the STOP button is held to reset the console.

1) **PERSONAL BEST:** allows user to scroll through and view 5 personal bests for all previous workouts. They are:
   • Best Mile – fastest time in which the user has run a mile
   • Best 5K – fastest time in which the user has run a 5K
   • Longest Workout – (time)
   • Longest Workout – (distance)
   • Calories Burned – most calories user has burned in one workout

2) **LAST 5 WORKOUTS:** allows you to view data from your previous 5 workouts. The following data from these 5 workouts can be scrolled through and viewed by pressing the **WORKOUT STATS** key:
   • Time – total time of selected workout
   • Distance – total distance of selected workout
   • Calories – total calories burned during selected workout
   • Pace (average) – average pace during selected workout
   • Elevation Gain (feet) – total elevation climbed, in feet, during selected workout

3) **WORKOUT TOTALS:** allows you to view the total accumulated workout data. Pressing the **WORKOUT TOTAL** key will allow you to scroll through the following totals:
   • Total Workouts
   • Total Distance
   • Total Calories
   • Total Time
   • Elevation Gain – total elevation climbed in feet

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.

D: Entsorgungshinweis

LIVESTRONG Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

GB: Waste Disposal

LIVESTRONG Fitness products are recyclable. At the end if its useful life please dispose of this article correctly and safely (local refuse sites).

F: Remarque relative à la gestion des dèchets

LIVESTRONG Fitness sont recyclables. A la fin sa durrèe d`utilisation, remettez l´appareil à un centre de gestion de dèchets correct (collecte locale).

NL: Verwijderingsaanwijzing

LIVESTRONG Fitness producten zijn recycleerbaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

**E: Informaciones para la evacuaciòn**

LIVESTRONG Fitness son riciclables. Cuando se termina la vida ùtil de un aparato o una màquina, entrèguelos an una impresa local de eleiminaciòn de residuos para su reciclaje.

I: Indicazione sullo smaltimento

LIVESTRONG Fitness sono reciclabill. Quando l`apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunall).

PL: Wskazòwka dotyczàca usuwania odpadòw.

Producty firmy LIVESTRONG Fitness podlegajà recyklingowi. Pod koniec okresu o`ywalnoÈcl pros`z oddac urzàdzenie do wlaÈciwego punkto usuwania odpadòw (lokalny punkt zbiorczy).
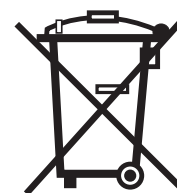
LIVESTRONG

LS8.0T TREADMILL Owner's Manual 0916'11 Rev. 1.2 © 2011 Livestrong