

Treadmill - Livestrong LS8.0T

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Overview



Get the results you want whether you're in training or trying to shed a few pounds with the Livestrong LS8.0T folding treadmill. The LS8.0T is equipped with a 2.5-horsepower continuous-duty motor, powerful enough to deliver speeds of 0.5 to 12 miles per hour and an incline range of 0 to 12 percent (in 0.5-percent increments). As a result, you don't have to compromise when working out--a must when training hard. The treadmill is also extremely comfortable thanks to the MaxComfort cushioning system. The system's adjustable cushioning technology allows you to customize your workout with a softer or firmer feel. With more support for each part of your stride, you'll recover quicker between workouts.

Specifications

- Frame type: Folding
- Drive motor: 2.5 continuous-duty horsepower
- Speed range: 0.5 to 12 mph
- Incline range: 0 to 12 percent (in 0.5 percent increments)
- Running area: 20 by 55 inches
- Cushioning: MaxComfort cushioning system
- Display: Backlit LCD and 2 LED feedback windows
- Programs: 9
- Workouts: Manual, Weight Loss 1 and 2, Power Walk 1 and 2, Walk/Run 1 and 2, Incline, and [Livestrong.com](#)
- Workout tracking: Livetrack Interactive technology
- Quick speed keys: Yes
- Quick incline keys: Yes
- Heart rate: Contact grips

- Built-in speakers: Yes
- Personal fan: Yes, blower
- Capacity: 325 pounds
- Folded dimensions: 36 by 63 by 44 inches (W x H x D)
- Unfolded dimensions: 36 by 60 by 70 inches (W x H x D)
- Weight: 187 pounds
- Warranties: Lifetime on frame and motor, 2 years on parts, 1 year on labor

About Livestrong Fitness

Manufactured by Johnson Health Tech, Livestrong Fitness equipment is a proud partner of the Lance Armstrong Foundation. Livestrong offers a complete line of home fitness equipment, including treadmills, elliptical trainers, and exercise bikes, as well as Livestrong by Matrix commercial fitness equipment. With Livestrong Fitness, you can find the perfect fitness solution for any budget, goal, or lifestyle.

Pictures



Maintenance

Adjusting the Belt

https://www.youtube.com/watch?v=pGeEeJjC_xk&list=PL167DD561683352AD&index=2

<https://www.youtube.com/watch?v=iL4mS2PoYAw&list=PL167DD561683352AD&index=3>

<https://www.youtube.com/watch?v=XyPedy7HtzM>

Lubricating the Belt

<https://www.youtube.com/watch?v=eqwhy2Fbypw&list=PL167DD561683352AD&index=4>

https://www.youtube.com/watch?v=q9dl_BMOL9M

<https://www.youtube.com/watch?v=M8c1Jz4nqKQ>

Calibrating the Treadmill

<https://www.youtube.com/watch?v=e9rM1gkqXP&t=79s>

Updating the Firmware (Couldn't get this to work)

Mac OS

1. Download the "ROM.bin" file in the references section below.
2. Insert your LIVESTRONG USB flash drive, allowing a few seconds for it to be installed into your computer.
3. By using the Finder tool, locate the flash drive in the "Devices" section.
4. Open up the "LS" folder and look for a folder named "FW".
5. If "FW" does not exist, create a new folder by selecting File > New Folder, and name the folder "FW".
6. Copy the ROM.bin file to your "FW" directory.
7. That's it! Your LIVESTRONG USB flash drive now contains the new firmware needed to update your equipment.
8. Refer to your Owners Manual for instructions on how to update your equipment using the file copied to your USB drive.

Frequently Asked Questions

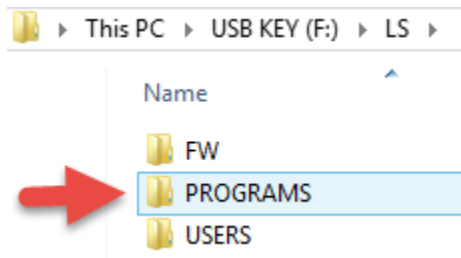
What brand of lubricant should I use on the running deck?

All LIVESTRONG® Fitness treadmills **use lubricant that is 100 percent silicon**. Important: it must be 100 percent silicon and not have other ingredients mixed in. It comes in oil or spray, but oil usually lasts longer.

Creating Your Own Programs

Using a USB drive formatted FAT32:

- create a folder structure as follows: Main folder called LS, with 3 sub-folders underneath named: FW, PROGRAMS and USERS:



- we will place our exercise XML files in the PROGRAMS folder

Sample Exercise Program

```

<?xml version="1.0" encoding="utf-8"?>
<program>
  <models>
    <1>LS13_0T</1>
    <2>LS10_0T</2>
    <3>LS8_0T</3>
    <4>LSPRO1</4>
    <5>LSPRO2</5>
    <6>LS13_0T_C1</6>
  </models>
  <package>FUSION</package>
  <psn>000001</psn>
  <name>7MIN/KM -- TEST</name>
  <version>H101S101</version>
  <levelamount>1</levelamount>
  <segamount>18</segamount>
  <parameters>
    <parameter>
      <id>1</id>
      <name>time</name>
    </parameter>
    <parameter>
      <id>2</id>
      <name>incline</name>
    </parameter>
    <parameter>
      <id>3</id>
      <name>speed</name>
    </parameter>
    <parameter>
      <id>4</id>
      <name>resistance</name>
    </parameter>
    <parameter>
      <id>5</id>
      <name>message</name>
    </parameter>
    <parameter>
      <id>6</id>
      <name>repeat</name>
    </parameter>
  </parameters>
  <levels>
    <!-- Level 1 -->
    <level>
      <t>25</t>

      <!-- Warm Up - 30s, 0 incline, 2.5 km/h -->
      <e><1>30</1><2>0</2><3>25</3><6>0</6></e>

      <!-- Run Event - 30s, incline 1, 5.3 km/h -->
      <e><1>30</1><2>1</2><3>53</3><6>1</6></e>

      <!-- Run Event - 30s, incline 2, 5.3 km/h -->
      <e><1>30</1><2>2</2><3>53</3><6>1</6></e>

      <!-- Run Event - 30s, incline 3, 5.3 km/h -->
      <e><1>30</1><2>3</2><3>53</3><6>1</6></e>

      <!-- Cool down - 30s, 0 incline, 2.5 km/h -->
      <e><1>30</1><2>0</2><3>25</3><6>0</6></e>
    </level>
  </levels>
</program>

```

We are interested in the XML under levels. You can define multiple difficulty levels.

| Tag | |
|-----|---|
| <t> | total time of the run in minutes |
| <e> | event |
| <1> | time in seconds for the event |
| <2> | incline |
| <3> | speed in mph or km/h depending on your configuration (53 = 5.3) |
| <6> | 0 = warm up/cool down, 1 = run (event repeats to fill time) |

Other observations:

- Fails to function properly if <6> has no values set to 1
- Anything you specify with a Repeat value of 1 will repeat (in the defined order) to get to the desired time specified in <t>.
- Comments between level and events cause the time not to get passed along

Plug your USB key in, your Livestrong treadmill and you will given the option to import the new routine.

Distance Info

| Km/hour | Miles/hour | Min/km |
|---------|------------|--------|
| 7.5 | 4.66 | 8 |
| 8.6 | 5.34 | 7 |
| 10 | 6.21 | 6 |
| 12 | 7.46 | 5 |
| 13.4 | 8.33 | 4:30 |

| Miles/hour | Km/h | Min/km |
|------------|------|--------|
| 2 | 3.2 | - |
| 3 | 4.8 | 12:30 |
| 4 | 6.4 | 9:24 |
| 5 | 8.1 | 7:25 |
| 6 | 9.7 | 6:11 |
| 7 | 11.3 | 5:19 |
| 8 | 12.9 | 4:39 |
| 9 | 14.5 | 4:08 |

5.5 min/km - 6.4mph 10.3kph - 5k=29:07

6.0 min/km - 6.21mph 10kph - 5k=30:00

6.5 min/km - 5.72mph 9.2kph - 5k=32:36

7.0 min/km - 5.34mph 8.6kph - 5k=34:53

<https://www.depocus.com/swim-bike-run/pace-conversion-chart>

References

| Reference | URL |
|--|---|
| User Manual | ls80t.pdf |
| Treadmill Guide | Treadmill Guide - READ FIRST!.pdf |
| Service Manual | d304d12a548daabee4da4d4ea7e44df3.pdf |
| Parts Diagram | LS8.0T-C1 Exploded Diagram.pdf |
| Parts List | parts-list-ls80t.csv |
| Software Update | https://web.archive.org/web/20150706155558/http://www.livestrongfitness.com/support/software-update |
| LS8.0T Treadmill (TM641 TM652) ROM v102 09 | ROM.bin |
| Service How-To Videos | https://www.youtube.com/playlist?list=PL167DD561683352AD |
| TRAINING PLANS BY PETER PARK | https://web.archive.org/web/20150706224828/http://www.livestrongfitness.com:80/content/fitness-fusion-workouts |
| FITNESS FUSION | fusion-info.pdf |
| Download of Fitness Fusion Treadmill programs | treadmill_fusion.zip |
| How to create your own workout in .prg (XML) format for Livestrong treadmill | https://www.joe0.com/2014/09/06/how-to-create-your-own-workout-in-prg-xml-format-for-livestrong-treadmill/ |