

Important Safety Instructions

Important Safety Instructions Read all instructions before using the Elliptical.

Note: This product is intended for both Commercial and Home use.

DANGER To reduce the risk of electric shock: always unplug the elliptical from the electrical outlet immediately after using and before cleaning.

WARNING Risk of personal injury. Keep children under the age of 13 away from the machine.

WARNING To reduce the risk of burns, fire, electric shock or injury to persons:

- An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Close supervision is necessary when the elliptical is used by or near children or persons with disabilities.
- Use the elliptical only for its intended use as described in this manual. Do not use attachments not recommended by Landice.
- Never operate elliptical if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call your dealer or certified service provider immediately for examination and repair.
- Keep the power cord away from heated surfaces. Be sure the cord has plenty of slack and cannot be pinched under the elliptical.
- Do not carry the appliance by the power cord or use the power cord as a handle.
- Never drop or insert objects into any opening on the elliptical. Be sure no objects are near or beneath the elliptical.
- Never operate the product with the air openings blocked. Keep the air openings free of lint, hair and the like.
- Do not operate outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.

SAVE THESE INSTRUCTIONS

Important Safety Instructions

WARNING Failure to observe the following warning statements can result in serious injury!

- Do not use this product without first consulting your doctor if you suffer from any illness, condition, or disability that affects your ability to run, walk or exercise.

- Do not use this product without supervision present if you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise. Failure to do so can result in serious injury should you fall while the elliptical is in motion.
- Failure to leave ample clearance around the elliptical could cause you to be trapped between the mechanism and a wall, resulting in serious injury. Allow a minimum clearance of 6 inches (15.5 cm) on each side of the elliptical. Allow a minimum clearance of 1 foot (30.5 cm) at the rear of the elliptical.
- Familiarize yourself with this manual. Be sure you understand the operation of the elliptical before use.
- Always follow basic safety precautions when using an electrical appliance.

WARNING

Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

AVERTISSEMENT

Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. L'exercice excessif peut entraîner des blessures graves ou la mort. Si vous vous sentez faible, arrêtez de vous entraîner immédiatement.

WARNING

This product contains chemicals known to the state of California to cause cancer and birth defects or other reproductive harm.

AVERTISSEMENT

Ce produit contient des produits chimiques reconnus par l'état de Californie comme pouvant causer le cancer, des anomalies congénitales ou d'autres troubles de la reproduction.

SAVE THESE INSTRUCTIONS

Grounding Instructions

Grounding Instructions This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment grounding conductor and a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded in accordance with all local codes and ordinances.

110-250 (50/60Hz) Ellipticals

This elliptical is configured to operate between 110-250 VAC (50/ 60 Hz) circuits. The internal transformer will automatically adjust to any circuit configuration within these parameters. This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug

illustrated in the figure below. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product nor should a means for grounding be added to the product.

Ellipticals marked 200-250 VAC are intended for use on a circuit having a nominal rating more than 120V and are factory equipped with a specific cord and plug to permit connection to a proper electric circuit. Make sure the product is connected to an outlet having the same configuration as the plug. Do not use an adapter with this product. If the product must be reconnected for use on a different type of electric circuit, qualified service personnel should make the reconnection.

DANGER Improper connection of the equipment-grounding conductor can result in a risk of electric shock.

Check with a qualified electrician/service technician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

GROUNDING OUTLETS

GROUNDING PIN

Elliptical Quick Start Guide

Elliptical Quick Start Guide Using the Control Panel

Cardio Console See page 33 for complete instructions.

Landice Achieve Console See page 47 for complete instructions.

Elliptical Quick Start Guide

A quick start guide for using the elliptical console controls is provided in the following table.

Switching English/Metric Display Units

The display shows English units (mph for speed, lb for weight) by default. To change to metric units (kilometers per hour for speed and kilograms for weight):

- Ensure the elliptical is plugged in and powered off.
- Cardio: Press and hold 3, 9 and START simultaneously while the elliptical is off, then release all. Use the + or – keys to move up and down the list and select Toggle Units. Then press the START button to select setting. Press STOP to save and exit.
- Landice Achieve: Press START then hold 3 and 9 simultaneously during the boot-up screen, then release all. Use the + or – keys to move up and down the list and select Toggle Units, then press START to select the setting. Press STOP to save and exit.

Repeat the same steps to return the display to English units if desired.

Elliptical Controls: Quick Start Guide

To start the elliptical: Press START to power up elliptical. All displays light and the starting effort level is set to Level 1.

To turn off the elliptical: Press STOP once to pause the elliptical. Press STOP twice to power down the elliptical. The elliptical will shut off and all current statistical information will be cleared.

To view your speed in different units: Press the SPEED (+ / -) to select MPH, Km/hr. or Revolutions per Minute.

To change effort level: Press and hold EFFORT (+) key to increase effort. Pressing for more than 2 seconds raises effort faster. Release key when desired effort is shown on EFFORT display.

Press and hold EFFORT (-) key to reduce effort. Pressing for more than 2 seconds reduces effort faster. Release key when desired effort is shown in the EFFORT display.

To view different screens during workout: Use the arrow keys at any time to choose the display screen that best suits your workout.

1. Introduction

Landice has placed over 100,000 treadmills, ellipticals and bikes in the harshest commercial environments around the world, where our fitness equipment has proven its strength and durability. Landice products are designed by a world-class development team whose innovation defines the leading edge of high-end fitness.

1.1.

Before You Begin

Please do the following before you start to exercise on your elliptical:

- Familiarize yourself with this manual. Look it over carefully.

Be sure you understand the control panel operation before using the elliptical.

- Register your elliptical. Landice backs your elliptical with a strong warranty. For the factory to respond if your elliptical has a problem, we need your warranty information on file.

Register online at the link below.

- Ensure that a suitable electrical outlet is available:

Standard: 120VAC/15 amp dedicated circuit
Optional: 220VAC/15 amp dedicated circuit

- Select the proper location. The elliptical should be installed in a climate-controlled room. See "Installation" on page 21.

- Familiarize yourself with the features of the elliptical, shown in the following figures.

Introduction

Figure 1-1. Features and Controls

Effort Adjust

Speed Adjust

Pulse Grip

Bottle Holder & Accessory Tray

Control Panel

(Cardio) Reading Rack

USB Port (Cardio)

USB Port (Landice Achieve)

Table 1-1 Features and Controls

Item Description

Control Panel Provides workout displays and controls.

USB Port Provides a charging port for devices up to 600mA and also allows Landice Service Provider to update software.

Reading Rack Holds reading material (Cardio only).

Introduction

1.2.

Heart Rate Monitoring

This section provides basic concepts of heart rate monitoring so you can better understand how to use it to reach the fitness level you desire.

1.2.1. What is exercise intensity?

Exercise intensity is simply a measure of how hard you are working at a given time during exercise. The ACSM, the world's leading medical and scientific authority on sports medicine and fitness, recommends that every individual involved in an exercise program know how hard his/her body is working during exercise.

Your heart provides key information for determining how intensely you are working during exercise. Your heart rate (how many times your heart beats per minute) is really an efficiency rating for your entire body. The number of times your heart beats during each minute of exercise is a measurement of the intensity of the exercise. If your heart rate is low, exercise intensity is low; if your heart rate is high, your exercise intensity is high.

1.2.2. What is maximum heart rate?

Maximum Heart Rate (MHR) is the maximum attainable heart rate your body can reach before total exhaustion. True maximum heart rate is measured during a fatigue or "stress" test. This test must be done in a clinical setting and is not practical or accessible for most people.

Accessory Tray Provides accessory storage.

Pulse Grips (2) Detects pulse when hands are placed on the grips. allowing elliptical to calculate and display heart rate.

Bottle Holder (2) Hold bottles/cups.

Table 1-1 Features and Controls (Continued)

Item Description

Introduction

Your maximum heart rate can be established with a high degree of accuracy using the following simple formula:

Estimated Maximum Heart Rate = 220 minus your age.

If John is 35 years old. what is his estimated maximum heart rate?

John's estimated maximum heart rate is: $220 - 35 = 185$

185 beats per minute is the estimated maximum number of times John's heart can beat before his body would fatigue or "max out." This number is extremely helpful because it indicates the absolute highest exercise intensity John can handle before his body wears out. The ACSM says that during exercise. John should keep his heart rate below his maximum so that he will not become exhausted and have to quit. In fact. the ACSM gives John a specific percentage range of his maximum heart rate to exercise in. known as his Target Heart Rate Zone (THRZ).

1.2.3. Why should I monitor exercise intensity?

Your heart is the most important muscle in your body and. like all muscles. must be exercised regularly to remain strong and efficient. According to fitness experts. exercise is more effective when you work out in a specific heart rate range or zone. This

WARNING The use of this formula assumes no underlying heart or respiratory disease or other condition. which could be adversely affected by exercise. Consult your doctor before using this chart!

AVERTISSEMENT L'utilisation de cet équipement implique l'absence de maladie cardiaque ou respiratoire ou autre problème de santé susceptible d'être affecté par l'exercice physique.

Consultez votre médecin avant d'utiliser cet équipement !

Introduction

Monitoring exercise intensity helps you to stay at a level of exercise that allows you to accomplish your goals. In fact. the ACSM recommends that. in order to get the most benefit from your cardiovascular exercise. you should work within your THRZ for at least 20 to 60 minutes per workout. 3 to 5 times per week. Knowing your exercise intensity (THRZ) will allow you to work at the right level of exercise to accomplish this.

1.2.4. How do I determine my Target Heart Rate Zone?

Your THRZ represents the minimum and maximum number of times your heart should beat in one minute of exercise. The ACSM recommends that all individuals should work within a Target Heart Rate Zone of 60% to 85% of Maximum Heart Rate. This means that your heart rate during exercise should not fall below 60% or rise above 85% of your maximum heart rate. Let's look at John from our earlier example. John is 35 years old, so his estimated maximum heart rate is 220 minus 35, or 185 beats per minute (bpm). The ACSM recommendation is that John should exercise between 60% and 85% of 185 beats per minute to stay in his THRZ. Let's determine John's THRZ:

- John's estimated maximum heart rate: 185 bpm
- Lower target limit: $185 \text{ (MHR)} \times 0.6 = 111 \text{ bpm}$
- Upper target limit: $185 \text{ (MHR)} \times 0.85 = 157 \text{ bpm}$
- John's target heart rate zone: 111-157 bpm

111-157 beats per minute is the range or zone for John's heart rate during exercise in order to achieve his goals. If John is a beginning exerciser, he'll want to stay at the low end of his

Introduction

THRZ. If John is a more advanced exerciser, he may want to work at the higher end of his THRZ to challenge himself more.

The following list shows the different intensity levels within a target heart rate zone:

- Beginner: 60% of MHR
- Weight Loss: 75% of MHR
- Aerobic: 85% of MHR

1.3.

Heart Rate Monitors

Heart rate monitors are built into the elliptical's pulse grips, and a wireless chest strap monitor is also available on residential models.

Exercising too hard can put you at a risk for injury. A heart rate monitor reminds you of the safe and effective heart rate intensity at which you should exercise and warns you if your workouts go too far.

If you want to reach your exercise goals, it's important to stay in your THRZ during workouts. A heart rate monitor provides a reminder of the intensity and quality of each workout session.

Landice heart rate monitors are used to monitor your level of exercise intensity during workouts. Pulse meters have a high margin for error. Manual pulse measurements during exercise can result in errors as high as ± 15 beats per minute, with the risk of potential error increasing as heart rate increases.

1.3.1. Wireless Chest Strap Monitoring System

Note: The wireless chest strap is only available on residential elliptical models.

The Wireless Chest Strap transmitter works best against bare skin because sweat (salt water) is an electrical conductor. If you are having trouble getting an accurate pulse reading, try moistening the electrodes on the chest transmitter with water.

Introduction

Figure 1-2. Wireless Chest Strap Transmitter

Center the transmitter on the chest as high under the pectoral muscles (breasts) as possible. Tighten the strap so that the belt is as tight as possible without being uncomfortable.

1.3.2. Contact Heart Rate Monitoring System

The Contact Heart Rate Monitoring System is designed for slower speeds because the Contact Heart Rate Monitoring System requires your arms to remain stationary. We recommend using the pulse grips at speeds less than 4 mph (6.4 km/h).

The Contact Heart Rate Monitoring System can be used in place of the wireless chest strap to perform any of the following functions:

- Monitor your Time in Zone
- Heart Rate Control (HRC) program adjustment
- Help you maintain your Target Pulse

To use the Contact Heart Rate Monitoring System:

Switch to any screen that shows Pulse.

Grab the hand grips. When you place your hands on the grips the display flashes. The pulse will "beat" briefly and then display your heart rate. Your heart rate will be continuously monitored while your hands remain on the grips.

The HRC programs make effort level adjustments to maintain your target heart rate while your hands remain on the grips. If you remove your hands the HRC programs will not change the effort level until you place your hands on the grips.

Introduction

Note: If you are wearing the wireless chest strap, the heart rate from the pulse grips overrides the wireless signal from the chest strap while your hands are on the pulse grips. When you release the grips, the elliptical uses the wireless chest strap signal for pulse calculation.

1.4.

Elliptical Program Capabilities

The elliptical has the following capabilities:

- Built-in Programs: You enter the program's maximum time and effort.

Cardio: See page 38. Landice Achieve: See page 52

- Specific Goal Programs: The numeric keypad is used to enter Time Goal, Distance Goal, and Calorie Goal.

Cardio: See page 43. Landice Achieve: See page 57

- Heart Rate Control (HRC) Programs: The heart rate program will automatically vary the effort based upon your target heart rate. This target training maximizes your workout performance while minimizing your workout time.

Cardio: See page 44. Landice Achieve: See page 58

- User-Defined Programs: A User-Defined Program looks and runs exactly like a Built-In Program. The primary difference between Built-In and User-Defined Programs is customization. User-Defined Programs allow you to manually edit individual segments.

Cardio: See page 45. Landice Achieve: See page 55

- Fitness Tests: The Fitness Tests will measure your fitness level based on your age, gender, and performance. Your Fitness level is calculated using different protocols. See "Fitness Testing" on page 63.

2. Installation

2.1.

Tools Required

Hardware kit contains most of the tools required to complete elliptical installation. The following is a list of what is included and what is required:

Included:

- Cross tip screw driver, #6 Allen key wrench (combination)
- #5 Allen Key Wrench
- #8 Allen Key Wrench
- #10 Allen Key Wrench

Required:

- 3/8 Drive Socket Wrench
- 3/8 Drive Socket Extension (3" long)
- 3/8 Drive 10MM Standard Socket
- 3/8 Drive 13MM Standard Socket
- 3/8 Drive 16MM Standard Socket

- 3/8 Drive 19MM Standard Socket
- 19MM Open End Combination Wrench
- Soft Face Mallet
- Utility Razor Knife

2.2.

Unpacking

Unpacking and installation of the elliptical should be done by a qualified technician. The packaged elliptical is very heavy and weighs 530 lbs. packaged.

WARNING To avoid injury, use caution when moving and lifting the elliptical during unpacking and assembly.

CAUTION To avoid damaging the elliptical. DO NOT cut through the center of the box.

Installation

Note: Move the shipping crate/pallet to location of final assembly. Allow 3-5 feet working space to safely remove box and pallet.

2.3.

Assembly

While lowering upright onto elliptical frame alignment pins, be sure to route the harness guide wire (found in the right leg tube) out through the lower access hole on frame.

Figure 2-1. Installing Upright onto Frame Mounts

Loosely attach upright mounting hardware consisting of (8) M10x40 hex head bolts, (8) M10 flat washers and (8) M10 spring lock washers.

WARNING

Failure to leave ample clearance around the elliptical could result in the user becoming trapped between the elliptical and the wall resulting in serious injury.

WARNING Do not plug elliptical into a surge suppressor or GFI outlet.

Upright

Alignment Pin

Access Hole

Installation

Figure 2-2. Installing Upright Mounting Hardware

Slide flat rubber 2.5" O-ring gasket found in hardware kit onto fixed handrail.

Figure 2-3. O-ring Gaskets

Attach side hand rails onto upright mounting points. hand tighten upper hardware consisting of (4) M8x20 button head cap screws. (4) M8 spring washers. and (4) M8 flat washers. Repeat step with opposite side.

M10x40 Hex Head Bolt

M10 Spring Washer

M10 Flat Washer

Fixed Handrail

O-ring Gasket

Installation

Figure 2-4. Attaching Side Rails

Secure lower portion of side hand rail with (3) M10x75 hex head bolts. (3) M11 flat washers and (3) M10 spring washers. Firmly tighten hardware. Repeat step with opposite side. Return to steps 2 and 3. firmly tighten hardware.

Figure 2-5. Securing Lower Side Hand Rail

Slide O-ring gaskets down onto side shroud plastics. O-ring is used to conceal gaps between handrail and surrounding plastic shrouds.

M8x20 Button Head Cap Screw

M8 Flat Washer

M8 Split Washer

Side Hand Rail

Side Hand Rail

M11 Flat Washer

M10 Spring Washer

M10x75 Hex Head Bolt

O-ring Gasket

Installation

Attach male end of console power harness to harness guide wire (found in right upright leg tube). Carefully route harness out through access hole at bottom of the frame.

Figure 2-6. Routing Console Power Harness

Route harness along base frame perimeter. locking in place with attached harness clips. Connect to green power supply board.

Figure 2-7. Connecting Harness

Clip

Transformer Power

Upper Harness

Upper Harness Connector

Brake Resistance Motor Power

Installation

Install cup holder assembly over upright mounting plate.

Ensure main harness is routed to center of console access hole. Secure with (6) M5x15 Phillips cross head screws to underside of mounting plate.

Figure 2-8. Installing Cup Holder Assembly

10. Attach contact heart rate bar assembly to bottom of upright mounting plate. Feed wires up through mounting plate. care should be taken to ensure wires are not pinched between mounting plate and CHR bar once installed. Secure with (4) M8x55 Black Hex Head Bolts. (4) M8 Black Spring/Lock Washers. and (4) M8 Black Flat Washers.

Figure 2-9. Attaching Contact Heart Rate Bar Assembly

Cup Holder Assembly

M5x15 Phillips Cross Head Screw

Contact Heart Rate Bar Assembly

M8 Flat Washer

M8 Spring/Lock Washer

M8x55 Hex Head Bolt Black

Installation

11. Connect main console harness to keyed connector routed through upright assembly. Connect keyed contact heart rate harness to wires from console. Route wires away from both raised surfaces on mounting plate.

Figure 2-10. Connecting Console Harness

12. Attach console to upright mounting plate: hold console securely in place with one hand and attach to underside of mounting plate using (2) M6x60 black hex head bolts. black flat and spring washers (rear) and (2) M6x55 zinc hex head bolts. zinc flat and spring washers (front).

Figure 2-11. Attaching Console

Stud

Heart Rate Harness

Stud Receptacle In Mounting Plate

Main Console Harness

Console Assembly

M6 Split Washer

M6 Flat Washer

M6x60 Hex Head Screw (black oxide. rear)

M6x55 Hex Head Screw (zinc coated. front)

Installation

13. Install left and right vertical stride arms using (4) M12x30 Hex Bolts. (4) M12 spring washers. and (4) M12 flat washers. Tighten bolts simultaneously until fully secured.

Figure 2-12. Installing Stride Arms

14. Connect lower crank arm (labeled L and R) onto crank bearing assembly. Attach with (4) M8x15 socket head cap screws. leave hardware loose.

Figure 2-13. Connecting Lower Crank Arm

15. Install upper crank arm into vertical arm mounting stud with (1) M10x20 socket head cap screw and (1) M10.5 flat

Left Stride Arm Right Stride Arm

M12 Flat Washer

M12 Split Washer

M12x30 Hex Head Bolt

Crank Arm

Crank

M8x15 Socket Head Cap Screw

Installation

Figure 2-14. Installing Upper Crank Arm

16. Attach foot pedal tubes to bottom of vertical stride arm with (1) M10x85 socket head cap screw. M10 flat washer and M10 nylon lock nut. Firmly tighten hardware. Repeat step with opposite side.

Figure 2-15. Attaching Foot Pedal Tubes

Crank Arm (L)

Crank Arm (R)

M10 Flat Washer M10 Split Washer

Finish Cap

M10x20 Socket Head Cap Screw

Foot Pedal

M10 Nylon Lock Nut

M10 Flat Washer

M10x85 Socket Head Cap Screw

Roller

Installation

17. Install lower crank arm bearing cover. Firmly press cover downward over tube until locked in place. Repeat step with opposite side.

Figure 2-16. Installing Arm Covers

18. Install vertical stride arm/pedal arm covers with (2) M5x15 cross head screws. Repeat step with opposite side.

Figure 2-17. Stride Arm Knuckle Covers

Covers

Detent

Boss

M5x15 Screws

Knuckle Cover

Installation

19. Install base end cap covers with (4) Phillips sheet metal screws (ST4 2*16). Repeat step with opposite side.

Figure 2-18. Installing Base End Cap Covers

20. Install front cover using (12) Phillips Sheet Metal Screws (ST4 2*16).

Figure 2-19. Installing Front Cover

Base End Cap Covers

Phillips Sheet Metal Screws (ST4 2*16)

Phillips Sheet Metal Screws (ST4 2*16) Front Cover

Installation

21. Slide Upright plastic mounting covers down on top of shroud/front cover. Adjust covers to ensure they are flush with surrounding surfaces.

Figure 2-20. Installing Upright Mounting Covers

22. Install rear step with (2) M6x25 cross head machine screws.

23. Verify stability of equipment. adjust leveling feet as required using a 19MM open end wrench.

Figure 2-21. Leveling Feet

24. Plug the elliptical power cord into a dedicated power outlet.

Ensure that the power cord has plenty of slack and will not be pinched beneath the elliptical.

Threaded Insert

19 mm Jam Nut

Leveling Foot Decrease Height Increase Height

3. Operation: Cardio Control Panel

3.1.

Cardio Control Panel

Table 3-1 Cardio Control Panel Functions

Function Description

EFFORT Displays the effort setting of the elliptical.

SPEED To view your speed in different units: Press **SPEED +/-** to select MPH, Km/hr, or Revolutions per Minute.

START Press **START** to power up elliptical. All displays light and the starting effort level is set to Level 1. The **START** button will also take the elliptical out of pause mode.

STOP Press **STOP** once to pause the elliptical or twice to turn it off.

Statistical information is cleared when the elliptical is turned off.

MANUAL The Manual Mode has no limits or parameters to enter.

Changes in effort level will only happen by pressing the buttons.

PROGRAMS To use the built-in and user-defined workout programs: Press the button under **PROGRAMS** at any time to display the programs selection screen. Use arrow to scroll through the program. Press **ENTER** to select the desired program.

When prompted, enter the program's specific parameters (Effort, Time) using the arrow keys.

Press **START** to begin the program.

Operation: Cardio Control Panel

HEART RATE PROGRAMS

To use the Heart Rate Controlled programs, press the button under HEART RATE PROGRAMS at any time. Choose either a built-in or user-defined heart rate program. Heart Rate Control programs automatically adjust the effort in order to maintain a heart rate.

PLUS KEY Press and hold to increase effort or to switch between units of measurement. Pressing for longer than 2 seconds causes the effort to increase at a faster rate. Release the key when the display shows desired effort.

MINUS KEY Press and hold to decrease effort or to switch between units of measurement. Pressing for longer than 2 seconds causes the effort to decrease at a faster rate. Release the key when the display indicates desired effort.

ARROW KEYS The arrows are used to set values, select programs or display screens.

EXPRESS 1 This key, in conjunction with the numeric keypad, allow you to directly enter a target effort without using the +/- keys.

Press EXPRESS 1, then enter the desired value using the numeric keypad. Then press ENTER or wait 3 seconds for the elliptical to adjust to the new settings.

EXPRESS 2 Select MPH, Km/hr, or Revolutions per Minute by pressing EXPRESS 2.

The numeric keypad is used to change effort with the EXPRESS 1 input key, enter user settings, and configure programs.

Table 3-1 Cardio Control Panel Functions (Continued)

Function Description

Operation: Cardio Control Panel

3.2.

Display Features

The screens on the right are the options available for displaying workout information. Table 3-2 provides information about the available options.

To toggle between these screens during your workout, press the arrow keys.

To customize the information displayed on the Personalized Stats screen, press the button under CUSTOMIZE DISPLAY to edit. Use the arrows to toggle through the options and press ENTER to confirm your selections.

Note: The custom Personalized Statistic layout is permanently stored for each client.

Guest Mode resets to Time, Distance and Pace each time you turn on the elliptical.

Personalized Stats

Statistics Screen

Track Screen



Heart Rate Screen

Operation: Cardio Control Panel

Table 3-2 Display Features

FEATURE DESCRIPTION

EFFORT 20 levels. select using EFFORT +/- keys

SPEED* Displayed in MPH. Km/Hr or Revolutions per Minute. select using SPEED +/- keys.

TIME Time logged on elliptical displayed as "Minutes: Seconds"

DISTANCE* Miles logged on elliptical (kilometers when in metric)

CALORIES Total calories burned based on user weight

CAL/HR Rate in calories/hour based on user weight

PACE* Time to complete 1 mile (1 kilometer when in metric)

METS Current MET level. based on user weight / effort level/ speed. One MET is defined as the energy consumed at rest by the average adult.

LAP (PROGRESS) A 1/4 mile (400 meter in metric) lap counter.

LAP (COUNTER) Number of laps completed.

PULSE Displays current heart rate.

TIME IN ZONE Time spent in target zone. The zone is ± 8 beats from target heart rate.

IN ZONE User's heart rate is within 8 beats of the target heart rate.

OUT OF ZONE User's heart rate is outside zone (more than 8 beats above or below target heart rate).

ABOVE MAX User's heart rate is above the maximum desirable heart rate.

MAX Maximum allowable heart rate to remain in zone

TARGET HR Target heart rate (user-defined in Heart Rate Status screen)

Operation: Cardio Control Panel

3.3.

Using the Cardio Elliptical

Note: Client Mode is on residential models only.

The Elliptical can be used immediately as the Guest user or as a default Client. The CLIENT LOGIN feature allows 4 different users to separately log cumulative statistics from workout to workout. On residential models, client statistics (total miles, hours, calories, weight, average miles per hour and calories per hour) are stored.

The Custom Personalized Statistic screen is permanently stored for each Client along with workout statistics.

To activate/deactivate Client Mode: With the elliptical off, press 3. 9 and START at the same time to view Hidden Menus.

Use the + or – keys to move up or down the list. Choose Toggle Client Mode and press START button to select setting.

3.3.1. Using the Elliptical

Make sure you have read and understand this owner’s manual before beginning.

Plug the elliptical power cord into its outlet.

Press START. The power-up screen is displayed.

MIN Minimum allowable heart rate to remain in zone

BELOW MIN User is below minimum allowable heart rate in zone

TIME The total time of the user’s workout

+ Speed and distance are calculated using an advanced metabolic running equivalent algorithm. Your pedal speed and effort level will yield a “running” speed with the equivalent energy consuming intensity.

Table 3-2 Display Features (Continued)

FEATURE DESCRIPTION

Operation: Cardio Control Panel

The CLIENT LOGIN screen is displayed. Client login is only available on residential models.

Use the designated button below the arrows to select a Client. If a Client is not selected the user will then be registered as a GUEST.

To enter client weight or reset totals: From Client Statistics screen, enter weight by using the numeric keypad or select the Reset Client Statistics button to zero out your information.

Press ENTER or wait 3 seconds to advance to the first of the motivational screens.

The elliptical is now ready to use. You can vary the speed reading or effort, if desired, by using the SPEED (+/-) and EFFORT (+/-) keys or EXPRESS 1 and EXPRESS 2 keys.

3.4.

Using the Built-in Programs

3.4.1. Description

The Built-in Programs differ in effort. Each lets you select a maximum effort and a time (10 to 99 minutes). (Intervals Programs require a minimum effort.) The elliptical will not go above the



maximum number unless manually overridden. Each program has 20 segments of equal time, beginning with 3 warm-up segments and ending with 2 cool-down segments.

For example, a 40-minute program contains 20 2-minute segments.

Operation: Cardio Control Panel

Table 3-3 Cardio Built-In Programs

Screen Program Description

FAT BURN: This program features two peaks along with gradual changes in effort. The overall goal is to raise heart rate, maintain the raised heart rate for most of the workout, then gradually bring heart rate down during the last 3 cool down segments.

INTERMEDIATE: The overall goal of this program is to vary your heart rate by increasing and lowering the effort several times, providing you with a challenging cardiovascular workout.

ADVANCED: The overall goal of this program is to raise your heart rate with high effort levels for an advanced cardiovascular workout.

INTERVALS: The overall goal is to vary your workout load, taking you from peak level to recovery 8 times throughout the workout.

ENDURO: This program features a maximum effort. The overall goal is to increase intensity toward a peak without recovery until the cooldown.

Operation: Cardio Control Panel

3.4.2. Running a Built-In Program

Start a workout as outlined in "Using the Cardio Elliptical" on page 37.

Press **PROGRAMS** to display the Programs selection screen.

Select a built-in program by using the arrow to scroll through the list, then press **ENTER**. You are prompted to enter the following program parameters:

Maximum Effort: This scales the effort curve to the maximum effort entered. **Program Time:** Sets the total length of time you want the program to run. **Minimum Effort:** INTERVALS only.

Enter the Maximum Effort using the numeric keypad or the arrow to select a value, then press **ENTER** or wait 3 seconds.

Enter Program Time using the numeric keypad or the arrow keys, then press **ENTER** or wait 3 seconds. The time should be at least 10 minutes and not more than 99 minutes.

Press **START** to begin your workout. The Program Progress Detail screen displays your current segment effort and remaining time.

To view other segments, select the View Other Segments button. Use the "look back and/or look forward" keys to move left or right. To exit, press **DONE**.

Press the buttons below the arrow keys at any time to view any of the other motivational screens during your program overview. When viewing a motivational screen other than the Program Progress Detail screen during a segment change, the display temporarily shows the Program Progress Detail Screen then returns to the original screen.

During a segment change, the effort window will flash if there is a change in either.

Operation: Cardio Control Panel

3.5.

User Programs

Cardio ellipticals can store up to 5 individual, modifiable user defined program profiles.

A user-defined program looks and runs exactly like a built-in program, but it can be customized to suit the user. Unlike the built-in programs, user-defined programs allow editing of individual segments as well as the number of segments.

3.5.1. User Program

Press the button below PROGRAMS to display the Programs selection screen.

Scroll through the program options by pressing PROGRAMS or use the arrow keys. When USER PROGRAM PREVIEW is shown, press ENTER.

Press ENTER or wait 3 seconds. The screen displays PRESS START TO BEGIN OR EDIT TO SET UP.

Press EDIT. EDIT MODE requires a time for segment 1 (area in bold).

Note: Press SWITCH FOCUS to toggle between effort and time values for the current segment. To change segments, press NEXT SEGMENT or PREVIOUS SEGMENT. You can change segments in either the forward or reverse direction.

Use the numeric keypad to change the value and press SWITCH FOCUS. Continue to another segment by pressing the next or previous segment keys.

If you want a program to have less than 20 segments, create the last segment with 0 in the time field. The time reads END. The program ends when it reaches this segment.

Operation: Cardio Control Panel

When you finish editing your User-Defined Program, you can begin your program by pressing START or DONE.

Note: If you attempt to advance the cursor past the 20th segment, you are prompted with PRESS START TO BEGIN OR EDIT TO SET UP. You can also exit Edit Mode by pressing MANUAL MODE or PROGRAMS at any time.

3.5.2. Learn Mode

When you run a User-Defined Program and the effort is adjusted, the elliptical saves the last change to the current segment.

Note: Learn Mode allows you to adjust existing segments in your user program, but you cannot add segments to it in Learn Mode.

Start a workout, then press PROGRAMS to display the Programs selection screen.

Scroll through the program options by pressing PROGRAMS or use the arrow keys. When the USER PROGRAM PREVIEW you desire is shown, press ENTER.

Press START to begin your program. When you begin, the Program Progress Detail screen is displayed. The effort and time values of your current segment are displayed in the center. To change the effort of your current segment, press the EFFORT (+/-) keys. The modified segment is stored with these new settings for the next time you run this program.

Operation: Cardio Control Panel

3.6.

Specific Goal Programs

The Cardio Elliptical provides Specific Goal programs. Whether you want to go for 3 miles, burn 1,000 calories, or simply exercise for 15 minutes, the Goal Progress screen accurately assesses your progress with a variety of statistics. During these programs you retain full manual control.

Start a workout as outlined in "Using the Cardio Elliptical" on page 37.

Press PROGRAMS to display the Programs selection screen and select the goal program you desire.

For TIME GOAL PROGRAM, set a Program Time Goal using the numeric keypad or the arrow keys. Enter a time from 10 to 99 minutes, then press ENTER or wait 3 seconds. For DISTANCE GOAL PROGRAM, set a Program Distance Goal using the numeric keypad or arrow keys.

Enter a distance from 0.1 to 99.9 miles (km in metric), then press ENTER or wait 3 seconds. For CALORIE GOAL PROGRAM, set a Program Calorie Goal using the numeric keypad or arrow keys.

Enter a calorie goal from 10 to 9,999 calories, then press ENTER or wait 3 seconds.

Press START to begin.

The Goal Progress screen shows your Specific Goal (Time, Distance or Calorie), counting down (noted by a negative sign).

Press the arrow keys at any time to view any of the other screens during your program.

Operation: Cardio Control Panel

3.7.

Heart Rate Control Programs

Landice Cardio ellipticals offer Heart Rate Control (HRC) programs that display your heart rate and automatically vary elliptical effort. HRC training allows you to maximize your workout performance while minimizing your workout time.

You must use the Pulse Grips or the Wireless Chest Strap (residential models only) to detect your heart rate during the HRC programs.

There are 2 different 20-segment HRC programs:

- HRC varies elliptical effort to keep your heart rate near the target heart rate for the entire workout.
- Interval HRC targets different heart rates. It alternates between the target and 80% of the target.

3.7.1. Built-in HRC Programs

Press the button under HEART RATE PROGRAMS to scroll through the program previews or use the arrow keys.

Select HRC or INTERVAL HRC by pressing ENTER.

Table 3-4 Heart Rate Control Programs

Segment Stage

% of Target Heart Rate

HRC Interval HRC

Warm Up

Warm Up

Warm Up

4-18 Training Alternating 80 & 100

Cool Down

Cool Down

Operation: Cardio Control Panel

Using the numeric keypad or arrow keys, select your maximum effort level. Press ENTER or wait 3 seconds.

Use the numeric keypad or arrow keys to enter your target pulse. The elliptical will vary the effort to make you reach this heart rate. Press ENTER or wait 3 seconds.

The display prompts you to set a Program Time using the numeric keypad or center arrow. For HRC, enter a time between 20-99 minutes.

This will scale the 20 segments of the program equally throughout your selected time. Press ENTER or wait 3 seconds.

Press START to begin.

3.7.2. User-Defined Heart Rate Programs

The User-Defined Heart Rate Monitoring (HRC) programs are designed to allow you to set the target heart rate for up to 20 program segments.

To customize a User-Defined HRC Program during your workout, adjust your Target Heart Rate in the Heart Rate Status screen by selecting Change TRG HRT button. Any Target Heart Rate changes you make during your workout will be saved in that User-Defined HRC Program.

If you want to edit your User-Defined HRC Program before your workout, follow these steps:

To select a user HRC program to edit, press the button under HEART RATE PROGRAMS. To scroll through the programs, either continue pressing HEART RATE PROGRAMS or use the arrow keys. Select a User-Defined HEART RATE Program to edit by pressing ENTER.

Operation: Cardio Control Panel

Select your maximum effort using the numeric keypad or arrow keys and press ENTER, or wait 3 seconds.

The display prompts PRESS START TO BEGIN OR ENTER TO EDIT. Press START to begin the program or press EDIT to enter editing mode and make changes if desired.

To change segments, press PREVIOUS or NEXT SEGMENT buttons. You can change segments in either the forward or reverse direction.

The first display in EDIT MODE requires you to change the time for segment 1 (area in bold).

Use the keypad to change the segment time length and press SWITCH FOCUS to change the target heart rate.

If you want a program to have fewer than 20 segments, create the last segment with 0 in the time field and press DONE. The time reads END. The program ends when it reaches this segment.

Use the SWITCH FOCUS button to toggle between Target Heart Rate and Time values within a segment. Continue to program subsequent segments by using the arrow keys to move from segment to segment.

When you finish editing your User-Defined HRC Program, press DONE to save the program or START to begin.

If you attempt to advance the cursor past the 20th segment, you are prompted with PRESS START TO BEGIN OR EDIT TO SET UP.

Note: To adjust the program's target heart rate during your workout, from the Heart Rate Status screen, select the CHANGE TRG HRT button.

4. Operation: Landice Achieve Control Panel

4.1.

Landice Achieve Control Panel

Table 4-1 Landice Achieve Control Panel Functions

Function Description

EFFORT Displays the effort setting of the elliptical.

SPEED To view your speed in different units: Press **SPEED +/-** to select MPH, Km/hr, or Revolutions per Minute.

START Press **START** to power up elliptical. All displays light and the starting effort level is set to Level 1. The **START** button will also take the elliptical out of pause mode.

STOP Press **STOP** once to pause the elliptical or twice to turn it off. The statistical information is cleared when the elliptical is turned off.

MANUAL MODE To manually control the effort of the elliptical, press the button below the word **MANUAL**.

Operation: Landice Achieve Control Panel

PROGRAMS To use the built-in and user-defined workout programs: Press the button below the word **PROGRAMS** at any time to display the programs selection screen. Use arrow to scroll through the built-in and user-defined program previews and select the desired program by pressing **ENTER**. You are then prompted to enter the program's specific parameters (Maximum Effort, Time, etc.). Use the numeric keypad or the arrow to select the desired values.

Press **START** to begin the program.

HEARTRATE PROGRAMS To use the Heart Rate Controlled programs: Press the button below **HEARTRATE PROGRAMS** at any time. Choose either a built-in or user-defined heart rate program. Heart Rate Control programs automatically adjust effort in order to maintain a constant heart rate.

PLUS KEY Press and hold the (+) to increase effort or change the speed readout. Pressing for longer than 2 seconds causes the effort to increase at a faster rate. Release the key when the display shows desired effort or speed readout.

MINUS KEY Press and hold to the (-) to decrease effort or change the speed readout. Pressing for longer than 2 seconds causes the effort to decrease at a faster rate. Release the key when the display indicates desired effort or speed readout.

ARROW KEYS The buttons below the left and right arrows move between display sections or to set values.

EXPRESS 1 This key, in conjunction with the numeric keypad, allow you to directly enter a target effort without using the +/- keys.

Press **EXPRESS 1**, then enter the desired value using the numeric keypad. Then press **ENTER** or wait 3 seconds for the elliptical to adjust to the new settings.

EXPRESS 2 Select MPH, Km/hr, or Revolutions per Minute by pressing **EXPRESS 2**.



The numeric keypad is used to change effort with the EXPRESS 1 input key. enter user settings. and configure programs.

Table 4-1 Landice Achieve Control Panel Functions (Continued)

Function Description

Operation: Landice Achieve Control Panel

4.2.

Display Features

The screens on the right are the options available for displaying workout information. Table 4-2 provides information about the available options.

To toggle between these screens during your workout. press the arrow keys.

To customize the information displayed on the Personalized Stats screen. press the button under CUSTOMIZE DISPLAY to edit. Use the arrows to toggle through the options and press ENTER to confirm your selections.

To modify the HIIT sprint and recovery effort values on the HIIT Screen. press and hold the button below the item you would like to edit for 5 seconds. A pop up window will appear. Use the arrow keys or numeric keypad to select your desired number.

Note: The custom Personalized Statistic and HIIT Screen layouts are permanently stored for each client. Guest Mode resets to Time.

Distance and Pace each time you turn on the elliptical.

Personalized Stats

Statistics Screen

Track Screen

Heart Rate Screen

HIIT Screen

Operation: Landice Achieve Control Panel

Table 4-2 Display Features

FEATURE DESCRIPTION

EFFORT 20 levels. select using EFFORT +/- keys

SPEED* Displayed in MPH. Km/Hr or Revolutions per Minute. select using SPEED +/- keys.

TIME Time logged on elliptical displayed as "Minutes: Seconds"

DISTANCE* Miles logged on elliptical (kilometers when in metric)

CALORIES Total calories burned based on user weight



CAL/HR Rate in calories/hour based on user weight

PACE* Time to complete 1 mile (1 kilometer when in metric)

METS Current MET level. based on user weight / effort level/ speed. One MET is defined as the energy consumed at rest by the average adult.

LAP (PROGRESS) A 1/4 mile (400 meter in metric) lap counter.

LAP (COUNTER) Number of laps completed.

PULSE Displays current heart rate.

TIME IN ZONE Time spent in target zone. The zone is ± 8 beats from target heart rate.

IN ZONE User's heart rate is within 8 beats of the target heart rate.

OUT OF ZONE User's heart rate is outside zone (more than 8 beats above or below target heart rate).

ABOVE MAX User's heart rate is above the maximum desirable heart rate.

MAX Maximum allowable heart rate to remain in zone

TARGET HR Target heart rate (user-defined in Heart Rate Status screen)

Operation: Landice Achieve Control Panel

4.3.

Using the Landice Achieve Elliptical

Note: Client Profiles are available on residential ellipticals only.

The elliptical can be used immediately as the Guest user or as a default Client. The elliptical's CLIENT LOGIN feature allows 4 different users to separately log cumulative statistics from workout to workout. On residential models. client statistics (total miles. hours. calories. weight. laps. and average HR. Mets. pace. lap time. miles per hour and calories per hour) are stored.

Personalized Statistic and HIIT screens are permanently stored for each client. If you are logged in as a Guest. screens reset to default values.

Make sure you have read and understand this owner's manual before beginning.

Plug the elliptical power cord into its outlet.

Press START. The power-up screen is displayed.

The CLIENT LOGIN screen is displayed. Client login is only available on residential models.

Use the designated button below the arrows to select a Client. If a Client is not selected the user will then be registered as a GUEST.

MIN Minimum allowable heart rate to remain in zone

BELOW MIN User is below minimum allowable heart rate in zone

TIME The total time of the user's workout

+ Speed and distance are calculated using an advanced metabolic running equivalent algorithm. Your pedal speed and effort level will yield a "running" speed with the equivalent energy consuming intensity.

Table 4-2 Display Features (Continued)

FEATURE DESCRIPTION

Operation: Landice Achieve Control Panel

To enter client weight or reset totals: From Client Statistics screen. enter weight by using the numeric keypad or select the Reset Client Statistics button to zero out your information.

Enter your weight using the numeric keypad or arrows.

Press ENTER or wait 3 seconds to advance to the first of the motivational screens.

The elliptical is now ready to use. You can vary the speed readout or effort. if desired. by using the SPEED (+/-) and effort (+/-) keys or EXPRESS 1 and EXPRESS 2 keys.

4.4.

Using the Built-in Programs

4.4.1. Description

The Built-in Programs differ in effort. Each lets you select a maximum effort and time (10 to 99 minutes). (Intervals Program requires a minimum speed and effort and the HIIT programs have a fixed time.) The elliptical will not go above the maximum number unless manually overridden. Each program has 20 segments of equal time. beginning with 3 warm-up segments and ending with 2 cool-down segments. For example. a 40 minute program contains 20 2-minute segments.

Table 4-3 Landice Achieve Built-In Programs

Screen Program Description

FAT BURN: This program features two peaks along with gradual changes in effort. The overall goal is to raise heart rate. maintain the raised heart rate for most of the workout. then gradually bring heart rate down during the last 3 cool down segments.

INTERMEDIATE: The overall goal of this program is to vary your heart rate by increasing and lowering the effort several times. providing you with a challenging cardiovascular workout.

Operation: Landice Achieve Control Panel

ADVANCED: The overall goal of this program is to raise your heart rate with high effort levels for an advanced cardiovascular workout.

INTERVALS: The overall goal is to vary your workout load. taking you from peak level to recovery 8 times throughout the workout.



ENDURO: This program features a maximum effort. The overall goal is to increase intensity toward a peak without recovery until the cooldown.

SUMMIT: This program allows the user to input their maximum effort. The goal is to gradually work your way up to maximum effort with a steady decline.

HILLS: This program features a maximum effort with four series of hills. The goal is to increase your cardiovascular while using effort.

CHALLENGER: This program is designed to increase your cardiovascular by reaching maximum effort several times throughout the program.

Maximum effort is set by the user during program set-up.

HIIT20 and HIIT30: These programs feature 8 sprint phases alternated with 7 recovery segments. Please note the maximum effort for the sprint phases will differ between the two programs due to the length of the sprint segment.

The overall goal of these programs is to provide a combination of very high-intensity bursts of cardio exercise followed by longer periods of recovery.

Table 4-3 Landice Achieve Built-In Programs (Continued)

Screen Program Description

Operation: Landice Achieve Control Panel

4.4.2. Running a Built-In Program

Start a workout as outlined in “Using the Landice Achieve Elliptical” on page 51.

Press PROGRAMS to display the Programs selection screen.

Select a built-in program by using the arrow buttons to scroll through the list. then press ENTER. You are prompted to enter the following program parameters:

Maximum Effort: This scales the effort curve to the maximum effort entered. Program Time: Sets the total length of time you want the program to run. HIIT Programs have a fixed time. Minimum Effort: INTERVALS and HIIT programs only.

Enter the Maximum Effort using the numeric keypad or the arrows to select a value. then press ENTER or wait 3 seconds.

Enter Program Time using the numeric keypad or the arrow keys. then press ENTER or wait 3 seconds. The time should be at least 10 minutes and not more than 99 minutes.

Press START to begin your workout. The Program Progress Detail screen displays your current segment effort and remaining time.

To view other segments. select the “View Other Segments” button. Use the “look back and/or look forward” keys to move left or right. To exit. press DONE.

Press the buttons below the arrow keys at any time to view any of the other motivational screens during your program. including the Program Profile screen to see a program overview. When viewing a motivational screen other than the Program Progress Detail screen during a segment change. the display temporarily shows the Program Progress Detail screen then returns to the original screen.

During a segment change. the effort will flash if there is a change in either.

Operation: Landice Achieve Control Panel

4.5.

Landice Achieve User Programs

Landice Achieve ellipticals can store up to 6 individual. modifiable user-defined program profiles.

A user-defined program looks and runs exactly like a built-in program. but it can be customized to suit the user. Unlike the built-in programs. user-defined programs allow editing of individual segments as well as the number of segments.

Press the button below PROGRAMS to display the Programs selection screen.

Scroll through the program options by pressing PROGRAMS or use the arrow keys. When USER PROGRAM PREVIEW is shown. press ENTER.

Press ENTER or wait 3 seconds. The screen displays PRESS START TO BEGIN OR EDIT TO SET UP.

Press EDIT. EDIT MODE requires a time for segment 1 (area in bold).

Note: Press SWITCH FOCUS to toggle between effort and time values for the current segment. To change segments. press NEXT SEGMENT or PREVIOUS SEGMENT. You can change segments in either the forward or reverse direction.

Use the numeric keypad to change the value and press SWITCH FOCUS. Continue to another segment by pressing the next or previous segment keys.

If you want a program to have less than 20 segments. create the last segment with 0 in the time field. The time reads END. The program ends when it reaches this segment.

When you finish editing your User-Defined Program. you can begin your program by pressing START or DONE.

Operation: Landice Achieve Control Panel

Note: If you attempt to advance the cursor past the 20th segment. you are prompted with PRESS START TO BEGIN OR EDIT TO SET UP.

4.5.1. Learn Mode

When you run a User-Defined Program and the effort is adjusted. the elliptical saves the last change to the current segment.

Note: Learn Mode allows you to adjust existing segments in your user program. but you cannot add segments to it in Learn Mode.

Start a workout. then press PROGRAMS to display the Programs selection screen.

Scroll through the program options by pressing PROGRAMS or use the arrow keys. When the USER PROGRAM PREVIEW you desire is shown. press ENTER.

Press START to begin your program. When you begin. the Program Progress Detail screen is displayed. The effort values of your current segment are displayed in the center.

To change the effort of your current segment. press the EFFORT (+/-) keys. The modified segment is stored with these new settings for the next time you run this program.

Operation: Landice Achieve Control Panel

4.6.

Specific Goal Programs

The Landice Achieve Elliptical provides Specific Goal programs. Whether you want to go for a 3-mile run. burn 1. 00 calories. or simply exercise for 15 minutes. the Goal Progress screen accurately assesses your progress with a variety of statistics. During these programs you retain full manual control.

Start a workout as outlined in "Using the Landice Achieve Elliptical" on page 51.

Press the arrow button under Programs to display the Programs selection screen and select the goal program that you want to run:

For TIME GOAL PROGRAM. set a Program Time Goal using the numeric keypad or the arrow keys. Enter a time from 10 to 99 minutes. then press ENTER or wait 3 seconds. For DISTANCE GOAL PROGRAM. set a Program Distance Goal using the numeric keypad or arrow keys. Enter a distance from 0.1 to 99.9 miles (km in metric). then press ENTER or wait 3 seconds. For CALORIE GOAL PROGRAM. set a Program Calorie Goal using the numeric keypad or arrow keys. Enter a calorie goal from 10 to 9. 99 calories. then press ENTER or wait 3 seconds.

Press START to begin.

The Goal Progress screen shows your Specific Goal (Time. Distance or Calorie). counting down (noted by a negative sign).

Press the arrows at any time to view any of the other screens during your program.

Operation: Landice Achieve Control Panel

4.7.

Heart Rate Control Programs

Landice Achieve ellipticals offer Heart Rate Control (HRC) programs that display your heart rate and automatically vary elliptical effort. HRC training allows you to maximize your workout performance while minimizing your workout time.

You must use the Pulse Grips or the Wireless Chest Strap (residential models only) to detect your heart rate during the HRC programs.

There are 2 different 20-segment HRC programs:

- HRC varies elliptical effort to keep your heart rate near the target heart rate for the entire workout.
- Interval HRC targets different heart rates. It alternates between the target and 80% of the target.

Table 4-4 Heart Rate Control Programs

Segment Stage

% of Target Heart Rate

HRC Interval HRC

Warm Up

Warm Up

Warm Up

4-18 Training Alternating 80 & 100

Cool Down

Cool Down

Operation: Landice Achieve Control Panel

4.7.1. Built-in HRC Programs

If using a Landice Achieve elliptical, press the button under HEART RATE PROGRAMS. Press ENTER while the HR Control program is displayed.

Use the numeric keypad or arrow keys to select your maximum effort. Press ENTER or wait 3 seconds.

Use the numeric keypad or arrow keys to enter your target pulse. The elliptical will vary the effort to help you reach this heart rate.

Press ENTER or wait 3 seconds.

The display prompts you to set a Program Time using the numeric keypad or center arrow. For HRC, enter a time between 20-99 minutes. This will scale the 20 segments of the program equally throughout your selected time. Press ENTER or wait 3 seconds.

Press START to begin.

Operation: Landice Achieve Control Panel



4.7.2. User-Defined Heart Rate Programs

The User-Defined Heart Rate Monitoring (HRC) programs are designed to allow you to set the target heart rate for up to 20 program segments.

To customize a User-Defined HRC Program during your workout, adjust your Target Heart Rate in the Heart Rate Status screen by selecting Change TRG HRT button. Any Target Heart Rate changes you make during your workout will be saved in that User-Defined HRC Program.

If you want to edit your User-Defined HRC Program before your workout, follow these steps:

To select a user HRC program to edit, press the button under HEART RATE PROGRAMS. To scroll through the programs, either continue pressing HEART RATE PROGRAMS or use the arrow keys. Select a User-Defined HEART RATE Program to edit by pressing ENTER.

Select your maximum effort using the numeric keypad or arrow keys and press ENTER, or wait 3 seconds.

The display prompts PRESS START TO BEGIN OR EDIT TO SET UP. Press START to run the program or press EDIT to enter editing mode and make changes if desired.

To change segments, press PREVIOUS or NEXT SEGMENT buttons. You can change segments in either the forward or reverse direction.

The first display in EDIT MODE requires you to change the time for segment 1 (area in bold).

Use the keypad to change the segment time length and press SWITCH FOCUS to change the target heart rate.

Operation: Landice Achieve Control Panel

If you want a program to have fewer than 20 segments, create the last segment with 0 in the time field and press DONE. The time reads END. The program ends when it reaches this segment.

Use the SWITCH FOCUS button to toggle between Target Heart Rate and Time values within a segment. Continue to program subsequent segments by using the Previous and Next Segment buttons to move from segment to segment.

When you finish editing your User-Defined HRC Program, press DONE to save the program or START to begin.

If you attempt to advance the cursor past the 20th segment, you are prompted with PRESS START TO BEGIN OR EDIT TO SET UP.

Note: To adjust the program's target heart rate during your workout, from the Heart Rate Status screen, select the CHANGE TRG HRT button.

Note: See page 85 for Instructions on the Fitness Tests.

5. Fitness Testing

5.1.

Introduction

The Cardio and Landice Achieve Elliptical have built-in tests that measure fitness level based on your age, gender, and performance. Two different fitness test protocols are available.

A person's fitness level can be measured by the amount of oxygen their body can consume while exercising at maximum capacity. The maximum amount of oxygen (in milliliters) an individual can use in one minute per kilogram of body weight is referred to as VO2 Max.

When you perform one of the fitness tests described in this section, the elliptical calculates approximate VO2 Max and provides a fitness evaluation.

Note: Scores may vary due to line voltages, component tolerances, and individual capabilities. For a more accurate VO2 Max calculation, take the average of the Balke and Firefighter Fitness Test scores.

5.2.

Army 2 Mile Fitness Test

This is a hands-free, complete as fast as you can fitness assessment run. Fitness Protocols come equipped with Automatic Transmission software. As you pedal faster to increase your speed, the elliptical automatically increases the effort level, yielding a faster "running" (MPH) speed. Vice versa, when you slow down, the elliptical automatically decreases effort level, yielding a slower "running" (MPH) speed. Upon completion you will receive an assessment score (0-100).

To run the test:

Press the button under PROGRAMS to view the programs selection screen. To scroll through the programs, either continue to press PROGRAMS or use the arrow keys.

Select the Army 2 Mile Fitness Test by pressing ENTER.

Enter your age (10 to 99) using the keypad or the arrow keys, then press ENTER or wait 3 seconds.

Fitness Testing

Enter your gender using the center arrow to toggle to MALE or FEMALE. Press ENTER or wait 3 seconds.

Press START to begin.

Complete the 2-mile run as quickly as possible by increasing your pedaling speed. To stop the test at any time, press PAUSE, STOP, MANUAL, HEART RATE PROGRAMS or PROGRAMS.

When you begin, the Goal Progress screen shows your Specific Goal (Army 2 Mile Run), Time Remaining, Projected Score and other statistics. The Distance counts down (noted by negative sign).

When the test is complete, a US Army assessment rating between 0-100 is displayed, based on your time, age and gender.

5.3.

Balke Fitness Test

Note: You must hold onto the pulse grips or wear the wireless chest strap for the entire test. If the elliptical loses the heart rate signal for more than 30 seconds the test is terminated.

This is a heart rate controlled, walking pace, variable effort fitness test. The test increases in difficulty to raise your heart rate. Upon reaching your Target Heart Rate, the test ends and the elliptical calculates your fitness assessment. Parameters

Table 5-1 U.S. Army Fitness Assessment Ratings

Score Rating

85-100 Excellent

70-84 Good

32-69 Average

17-31 Fair

0-16 Low

Fitness Testing

Test Parameters:

Maximum Speed: 55 rpm Maximum Heart Rate: 80% of Maximum Heart Rate (See Heart Rate Monitoring sections).

To run the test:

Press HEART RATE PROGRAMS to view the HRC programs selection screen. To scroll through the programs, either continue to press HEART RATE PROGRAMS or use the arrow keys. Select the Balke Fitness Test by pressing ENTER.

Use the keypad or arrow to enter your age (10 to 99), then press ENTER or wait 3 seconds.

Enter your gender using the center arrow to toggle to MALE or FEMALE. Press ENTER or wait 3 seconds.

Note: The calculated target heart rate displayed before you start the test is derived from statistical heart rate capacity averages. (See "Heart Rate Monitoring" on page 15.) If you are uncomfortable with the target heart rate displayed or feel discomfort during the fitness test, stop the test.

Press START to begin the test.

This automated test increases in difficulty from segment to segment until you reach the target heart rate. When you reach the target heart rate a 30-second countdown follows and ends the test. Any key presses during the test (other than ENTER) will end the test.

When you begin, the Heart Rate Status screen shows your Target Pulse, Time, Heart Rate Status and Time in Zone.

Upon completion the elliptical displays your VO2 Max score and fitness assessment based on your performance. Use the tables below to interpret your score based on your age and gender.

Fitness Testing

5.4.

Firefighter (Gerkin) Fitness Test

Note: You must wear the wireless chest strap or hold onto the grips during the entire test. If the elliptical loses the heart rate signal for more than 30 seconds the test is terminated.

This test requires the Wireless Chest Strap. It is a heart rate controlled test with variable effort. The test increases in difficulty to raise your heart rate. When you reach your target heart rate, the test ends and the elliptical calculates a fitness level based on your performance. Your age determines the

Table 5-2 Men: VO2 Max

Rating

20-29 30-39 40-49 50-59 60-69

Superior

57-65 54-62 50-58 46-54 44-52 42-50 40-48 Excellent

47-56 44-53 40-49 37-45 35-43 32-41 30-39 Good

37-46 35-43 32-39 28-36 26-34 24-31 22-29 Average

Table 5-3 Women: VO2 Max

Rating

20-29 30-39 40-49 50-59 60-69

Superior

54-62 50-58 46-54 43-51 39-47 36-44 34-42 Excellent

42-53 39-38 35-45 32-42 29-38 25-35 23-33 Good

34-41 32-38 29-34 25-31 22-28 19-24 15-22 Average

<352 Low

Fitness Testing

Test Parameters

Maximum Speed: 60 rpm Maximum Heart Rate: 85% of Maximum Heart Rate (See Heart Rate Monitoring sections).



To run the test:

Press HEART RATE PROGRAMS to view the HRC programs screen.

Scroll through the programs using the arrow keys or by continuing to press HEART RATE PROGRAMS.

Press ENTER to select the Firefighter Fitness Test.

When prompted, use the keypad or arrow keys to enter your age (10 to 99), then press ENTER or wait 3 seconds.

Enter your gender by using the arrow keys to toggle between MALE and FEMALE. Press ENTER or wait 3 seconds.

Note: The calculated target heart rate is displayed before you start the test. This heart rate is derived from statistical heart rate capacity averages (see Heart Rate Monitoring Section) If you are uncomfortable with the target heart rate displayed or feel discomfort during the fitness test, stop the test.

Press START to begin.

Note: This test increases in difficulty until you reach the target heart rate, then a 30-second countdown follows and ends the test.

To stop the test at any time, press any key other than ENTER.

Upon completion the elliptical displays a VO2 Max score and fitness assessment based on your performance compared to the general population.

6. Maintenance and Troubleshooting

6.1.

Cleaning

It is recommended to clean the console and screen after each workout.

General: Vacuum around and under the elliptical at least once a month. Wipe any sweat from the elliptical after each workout.

Console and Display Screen: Wipe exposed console surfaces with a microfiber cloth, dampened with a mixture of 3 parts water to 1 part Simple Green cleaner. www.simplegreen.com

Touch Screen Cleaning

Turn your fitness equipment off.

IMPORTANT: Avoid getting any cleaning liquids in the console or other parts. Spray/dampen a microfiber cloth with the cleaner and be sure to wring out any excess liquid prior to cleaning the screen.

Wipe the surface of the monitor gently in small circles, and then allow it to dry.

Wireless Chest Strap: The transmitter activates when the belt is moist. To conserve battery life, wipe the electrodes dry after each use. Clean monthly with mild soap and water and wipe dry.

CAUTION Do not use abrasive cloths, such as rags or paper towels. They can spread lint and/or damage the screen.

CAUTION Avoid cleaning products that may cause discoloration, such as rubbing alcohol, bleach or ammonia-based cleaners.

CAUTION To avoid damaging the electrodes, do not use abrasives to clean the chest strap. Do not bend or stretch the electrode strips, especially when storing the chest strap.

Maintenance and Troubleshooting

6.2.

Self-Diagnostics

The Elliptical is equipped with onboard self diagnostics. If the elliptical experiences any errors during operation, it will display an error message.

You can run self diagnostics to get further information on the error by pressing ENTER.

To manually enter self-diagnostics mode, with the elliptical off, press the CENTER ARROWS and START at the same time.

When you choose the option to enter diagnostics you will be prompted with a warning screen. After reading it, straddle the elliptical by stepping on the traction strips on the sides of the running surface and press ENTER.

The elliptical will systematically test all of the individual components of the elliptical. During some of the tests, you will be prompted with simple "Yes or No" questions to assist with the diagnosis. Answer the questions using the LEFT ARROW for NO and the RIGHT ARROW for YES when prompted.

When Self-Diagnostics has completed all tests, the screen displays one of two messages along the bottom: NO ERRORS DETECTED, or ERROR DETECTED, CONTACT SERVICE PROVIDER. Contact your Dealer or go to www.landice.com and click on Service Locator to find a provider in your area.

Maintenance and Troubleshooting

6.3.

Hidden Menus

The Hidden Menus provide access to control the settings listed below. To view the Hidden Menus for the Cardio, press 3, 9 and START at the same time while the control panel is off.

For Landice Achieve, press START then hold 3 and 9 simultaneously during the boot up screen, then release all.

Use the + or - keys to move up and down the list. Then press the START button to select setting. Press STOP to save and exit the Hidden Menus section.

- Error Logs: Records the number of times a specific error code occurs.
- NV Init - Boot: Manufacturer's use ONLY
- Diagnostics: Provide technicians the ability to test buttons and calibrate. Press and hold STOP to exit diagnostic mode.
- Reprogram Firmware: Manufacturer's use ONLY
- Self-Diagnostics: Runs an automatic test of specific components to assist service technicians with diagnostics.
- Toggle Lockout Mode: Enables or disables use of a code to operate the elliptical. When Lockout Mode is enabled it provides the ability to set a personalized four-digit code to use the elliptical. If the code is forgotten, 9010 will grant access.
- Toggle Units: Allows the measurement of units to switch between English and Metric.
- Toggle Beeper: Enables or disables the ability to control the beeping sound.
- Toggle Client Mode: Provides the ability to show four Clients on the home screen. This feature is for residential use only.

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.