

**Executive Trainer
Owner's Manual**



LANDICE

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PART NUMBER 72070 • REVISION 2.0



 **LANDICE L8**

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EXECUTIVE TRAINER

 LANDICE

Quick User's Guide



Before you start the treadmill:

The red **Safety Key** must be magnetically connected to the front of the display panel. During operation, removing the **Safety Key** will cause the treadmill to stop until it's replaced.



To start the treadmill:

Pressing **START** powers up the treadmill and all displays will light. The treadmill will begin moving at 0.5 mph (0.8 km/h).



To pause the treadmill:

Pressing **PAUSE** will cause the treadmill to stop, but all statistical information will be preserved. Press either **START** to resume or **SPEED** to a desired speed (see using the **QUICK KEYS**).



To turn off the treadmill:

Pressing **STOP** stops the treadmill. The treadmill will shut off and all current statistical information will be cleared.



To change speed:

Hold speed "+" key down to increase speed. Holding speed "+" key depressed for longer than 2 seconds causes the speed to increase at a faster rate.

Hold speed "-" key down to decrease speed. Holding speed "-" key depressed for longer than 2 seconds causes the speed to decrease at a faster rate.



To change grade:

Hold grade "+" key down to increase elevation. Release the button when the display indicates the desired elevation setting.

Hold grade "-" key down to decrease elevation. Release the button when the display indicates the desired elevation setting.



To view different display screens during your workout:

Press **NEXT/BACK** at any time to choose the display screen that best suits your workout.

WARNING: Failure to observe the following operating instructions can result in serious injury!

- [1] If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product without consulting your doctor first.
- [2] If you are suffering from any illness, condition, or disability which affects your ability to run, walk or exercise, do not use this product without supervision present. Failure to do so can result in serious injury should you fall while the treadmill is moving.
- [3] Failure to leave ample clearance around the treadmill could result in the user becoming trapped between the treadmill and a wall, resulting in burns or other serious injury from the moving treadmill.

*Allow a minimum clearance of **18 inches on each side** of the treadmill.*

*Allow a minimum clearance of **4 feet at the rear** of the treadmill.*

- [4] Never stand on the treadmill when starting the treadmill. A sudden start could cause you to lose your balance. Always stand with one foot on each side rail until the belt starts moving.
- [5] Always wear the emergency stop safety strap securely around your wrist while exercising. Failure to do so can result in severe injuries should you accidentally fall while exercising.
- [6] Test the emergency stop safety key on a regular basis by pulling on the cord and ensuring that the treadmill comes to a complete stop.
- [7] Always remove the safety key from the treadmill when you are through exercising, especially if children are present. This will prevent them from accidentally starting the treadmill.
- [8] Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the treadmill.

When using an electrical appliance, basic precautions should always be followed.

Read all instructions before using.

DANGER: Always unplug the treadmill before cleaning or removing the motor cover. To reduce the risk of electric shock in the event of an electrical storm, always unplug the treadmill from the electrical outlet immediately after using.

SAVE THESE INSTRUCTIONS

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

- [1] An appliance should never be left unattended when plugged in. Unplug from outlet when not in use.
- [2] Close supervision is necessary when this unit is used by or near children or disabled persons.
- [3] Use this treadmill only for its intended use as described in this manual.
- [4] Never operate this treadmill if it has a damaged cord or plug, if it is not working properly, or if it has been damaged. Call your selling dealer immediately for examination and repair.
- [5] Keep the power cord away from heated surfaces. Be sure the line cord has plenty of slack and does not get pinched underneath the treadmill when it elevates and de-elevates.
- [6] Never operate the treadmill with the motor cover air openings blocked. Keep the air openings free of lint, hair, and dust.
- [7] Never drop or insert any object into any opening. Be sure no objects are near or underneath the moving treadbelt when you are using the treadmill.
- [8] Do not use outdoors.
- [9] Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- [10] Connect this appliance to a properly grounded dedicated outlet only.
- [11] To disconnect, press the STOP button, remove the Safety Key, and unplug the unit from the wall outlet.

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 risk of electric shock. This product is equipped with a cord that has 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.

120 VOLT TREADMILLS

Treadmills marked 120 VAC are intended for use in a nominal 120-volt circuit with a grounding plug. Make sure the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

200 - 250 VOLT TREADMILLS

Treadmills 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. No adapter should be used 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.

NOTE: Using a Ground Fault Interrupter (GFI) or Arch Fault Circuit Interrupter (AFCI) outlet may create unusual electronic interference.

DANGER: Improper connection of the equipment-grounding connector 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 in the outlet, have a proper outlet installed by a qualified electrician.

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Congratulations! You've made a very smart investment! Your Executive Trainer treadmill is a high-quality fitness tool that will give you years and years of fitness benefits.

One of the great things about the Executive Trainer is its diversity of applications. It's terrific for just starting out on a walking program or easy jog. In the case of a veteran runner, it's the exact prescription needed for precision interval training to lower your 10K time.

Regardless of the application, unpleasant weather is not an obstacle. Cold, windy, wet days will never discourage you again, nor will the heat and humidity of the summer months. If you're the type of person that likes to do two things at once, now you can watch your favorite program on TV or keep an eye on your kids and take care of your health at the same time.

Did you know that your treadmill is an excellent stair-climbing simulator? Stair climbing has become a popular exercise today. Your treadmill, when elevated, is a very good climber with more safety and comfort than a dedicated stair climber!

Your treadmill was a smart purchase, but you already knew that, so let's move on and get started.

BEFORE YOU BEGIN

Following are some things you should do before you start to exercise on your treadmill:

INSTRUCTION MANUAL

Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the treadmill.

WARRANTY INFORMATION

Fill out your warranty registration card and mail it in today. Landice backs your treadmill with a strong warranty. For the factory to respond to any problems you may have, we need your warranty information on file. Do it today.

Landice will send you a complimentary Landice T-shirt upon receipt of your warranty registration card.

SELECTING A LOCATION

Install your treadmill in a climate controlled room.

Allow a minimum clearance of 18 inches on each side of the treadmill.

Allow a minimum clearance of 4 feet at the rear of the treadmill.

Failure to leave ample clearance at the rear of the treadmill could result in the user becoming trapped between the treadmill and the wall should the user accidentally trip and fall while exercising.

Be sure the line cord has plenty of slack and does not get pinched underneath the treadmill when the treadmill elevates up and down. Make sure the treadmill is plugged into a dedicated line.

Assembly Instructions

STEP 1: Unbolt treadmill from pallet



- On L7 treadmills it is necessary to remove the bolts which hold the treadmill to the pallet.
- Start by removing the top bolts.
- Lay the treadmill on the ground, and then remove the bottom bolts by placing the treadmill on your toolbox.
- With the bolts removed, the treadmill will be free to move around in the box.

STEP 2: Cut the box off the pallet



- Remove the metal strapping around the box.
- Using a razor blade knife, cut the box just above the bottom row of brass staples along all sides of the box.
- **DO NOT cut through the center of the box, as you could damage the treadmill.**
- Remove the box and discard.

STEP 3: Unstrap the treadmill



- The treadmill components are held together with plastic strapping.
- Carefully cut and remove the strapping. Remove the treadmill upright and accessory boxes from the treadmill. Lift the treadmill off the pallet.
- Carefully remove the upright side cover from the upright assembly.

STEP 4: Secure upright to frame



- Slide the upright down onto the 8-side frame bolts.
- Tighten bolts with a 7/16" extended socket.

STEP 5: Prepare to install hand rails (Med Rails: the word *handrails* refers to the 4" clamps for steps 5-8)



- The handrail mounting bolts have been threaded into the rails for shipping. Remove them.
- Attach both handrails by first hand-starting the bolts through the upright and then using a 1/2" socket. Leave about 1/8" of slack.
(DO NOT TIGHTEN FLUSH TO SURFACE).

STEP 6: Place crossbar



- After mounting both handrails, gently lower the curved crossbar into position between them.
- Each end of the crossbar should cover the two smaller access holes that are cut into the handrails.
- Leave contact heart rate connection harness hanging for now.

STEP 7: Secure crossbar



- Using an extended 1/2" socket, carefully guide the 2 inch bolt with lock washer into the big access hole in the side of the handrail.
- Once the bolt reaches the crossbar, tighten it.
- Repeat this step with the other handrail.

STEP 8: Secure hand rail



- Press the dome plugs into the large access holes on the side of the handrails.
- Finish tightening the handrail bolts from STEP 5.
- **Note: Med Rails go to Appendix A on page 30.**

STEP 9: Connect contact bar



- Feed the contact heart rate harness through the access hole in the inside of the left upright (insert strain relief provided). Feed harness up into the control panel.
- Pull back the membrane and connect harness to white 3-pin connector on side of display board.

STEP 10: Ground contact bar



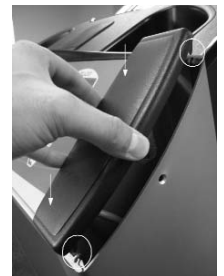
- Remove the nut attached to the screw on the contact heart rate harness green grounding wire.
- Feed the screw anchored to the eyelet to an accessible through hole on the side of the control panel and reattach the nut.
- Put the membrane back into place.
- **SOME CONTACT BARS DO NOT INCLUDE A GROUND WIRE**

STEP 11: Snap upright covers into place



- Carefully align the upright cover to upright. Working from top to bottom, snap the upright cover into place.

STEP 12: Install upright end cap



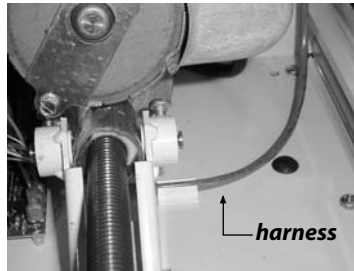
- Press the plastic end cap into the upright carefully fitting the plastic pins into the small bosses in the aluminum.
- Align the upright cover beneath the end cap and install the Phillips head screw.
- Tighten the Phillips head screw until side cover aligns with endcap (*Do not over-tighten*).

STEP 13: Check drive belt tension



- Check the tension on the drive belt by placing the drive belt between your thumb and forefinger and twisting.
- The proper twist is 45°. If the belt needs to be adjusted use a 7/16" socket and turn the bolt underneath the motor pan attached to the motor's hook screw.

STEP 14: Route the wire harness



- HOME TREADMILL:**
- Route the wire harness underneath the elevation motor and secure with harness restraint clip provided. Plug connector into circuit board until it snaps into place.
- COMMERCIAL TREADMILL:**
- Route the wire harness behind the elevation motor and secure with harness restraint clip provided. Plug connector into circuit board until it snaps into place.

STEP 15 Adjust the treadbelt



- The treadbelt is tracked and tensioned via the take-up screws located at the back of the treadmill.
- Check the tension of the treadbelt. At proper tension you should be able to place your hand between the belt and deck and reach the center of the treadmill. If you cannot reach the center, the belt is too tight and must be loosened. If your hand reaches past the center the belt is too loose and must be tightened.

STEP 16: Install motor cover



- Remove the black motor cover screws in the side of the frame. Place motor cover onto treadmill.
- Attach motor cover with Phillips head screws provided. Place rubber spacer between cover and frame.
- Plug treadmill into a dedicated 15A outlet. Walk on treadmill at approximately 2.5 mph for 20 to 45 minutes to properly walk in lubricant.

Basic Control Panel Operations



Press **START** to power up the treadmill. All the displays will light and the treadbelt will begin moving at 0.5 mph (0.8 km/hr in metric mode).



Press **PAUSE** to place the treadmill in pause mode. The treadbelt will stop, but all statistical information will be preserved. Press either **START** to resume at 0.5 mph or **SPEED** to a desired speed. When in programs, resuming from the pause mode will return the treadmill to the last actual speed and position in the program.

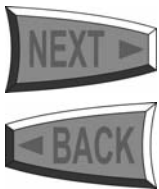


Press **STOP** to stop the treadbelt from moving. The displays will shut off the treadmill and all current statistical information will be cleared.



Press **SPEED** or **GRADE** to achieve instant speed or grade change.

Enter the desired value using the numeric keypad or the center “+/-” keys. Example: for 5.0 mph, press **SPEED**, “5”, “0”, **ENTER**.



Press **NEXT** or **BACK** to rotate through the selectable motivational screens. In program setups, use them to navigate in and out of screens.



Press **Menu** at any time to return to the main menu.



To run a program:

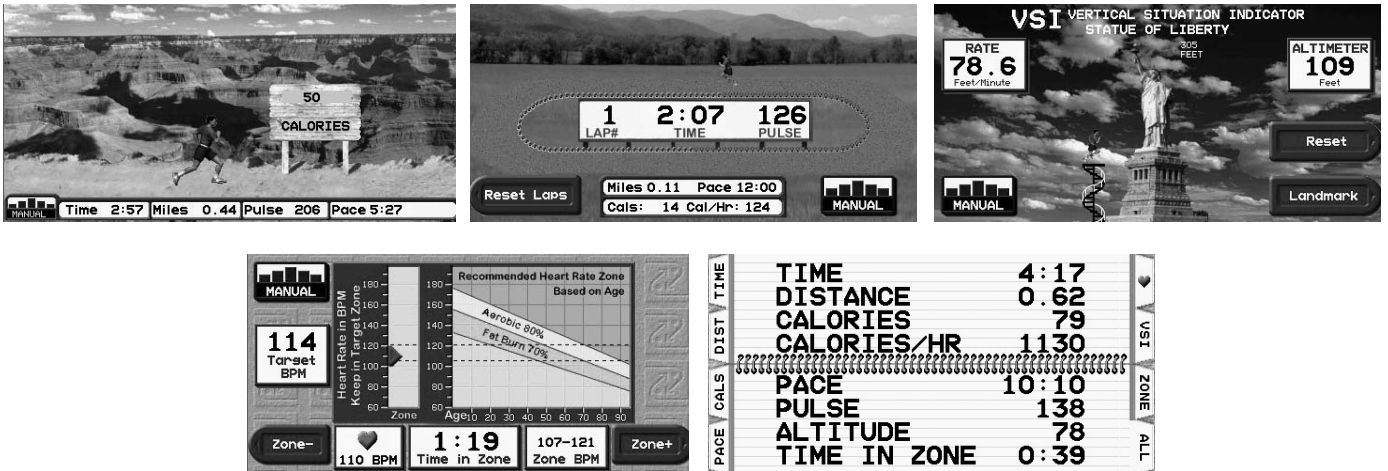
1. Press the **Menu** button
2. Select **PROGRAMS** to view available programs
3. Choose a program that best suits your desired workout
4. Configure the program setup using the designated keys and the numeric keypad
5. Press **START** to begin



The Executive Trainer treadmill combines a versatile liquid crystal display (LCD) with a variety of program options to achieve your fitness goals.

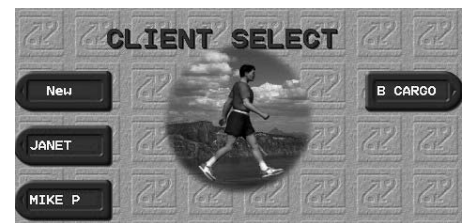
SELECTABLE SCREENS

At any point during your workout, the Executive Trainer allows you to view one of its 5 motivational screens. Each of these screens help you visualize your workout in a unique way while providing statistical information for up-to-the-second updates.



USER CUSTOMIZATION

The Executive Trainer stores up to five individual clients. Users can store personal information (gender, weight, target pulse, etc...) and treadmill limits (max speed and grade) to ensure efficient, safe, and effective workouts every time.



AUTOMATED WORKOUT CALENDAR

The Executive Trainer records all user activity over the last 8 Weeks. Clients can access their calendar and review previous workouts. For further analysis, they can also view a personal 8 Week Progress Report.



UNIQUE PROGRAMMING

- 5 Built-in programs and 5 User Programs (100% fully customizable)
- 4 Heart Rate Control Programs: 2 Built-In and 4 User
- 6 Fitness Tests/Protocols – Balke, Firefighter ARMY, NAVY, USMC, and USAF
- Specific Goal Programs: designed around a workout's goal (distance, time, or calories)
- Race Mode: Beat your best ½ Mile, 1 Mile, 2 Mile, 5K, or 10K time in a head to head race against a virtual pacer.



Getting Started


Make sure you have read and understand this owner's manual. Now you are ready to begin.



Start by straddling the treadbelt with one foot on each traction strip. Once the treadbelt begins moving you can start walking on the treadbelt.

Press the  button.

After three seconds the treadbelt will start moving at 0.5 mph and the center display one of your 5 motivational screens, the Road Screen.



Press the designated  to view any of the five selectable road screens.


Press  or  to view any of the other motivational screens.

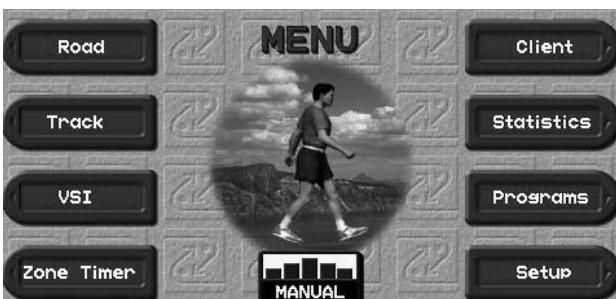
You are now in Manual Mode, where you control the speed and elevation at your discretion.

After 12 seconds, a weight prompt will appear. Adjust the weight value using the designated “+/-” keys, or numeric keypad



Note: Weight prompt can be deactivated in Setup. Also, it's bypassed if you log on as a Client.

You can access all of your treadmill's options by pressing  at any time.



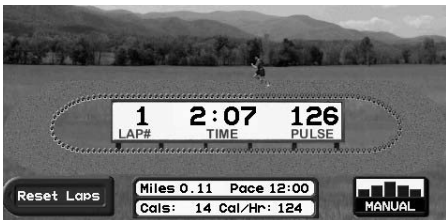
Upon start up, the treadmill defaults to Manual Mode. In Manual Mode, you and only you can change the speed and elevation as well as view one of the 5 motivational screens.

Press **NEXT** or **BACK** to rotate through the selectable motivational screens.

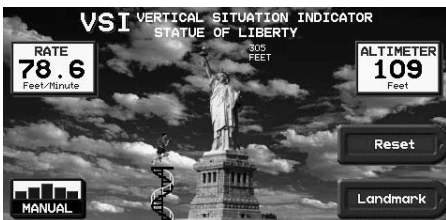
Motivational Screens



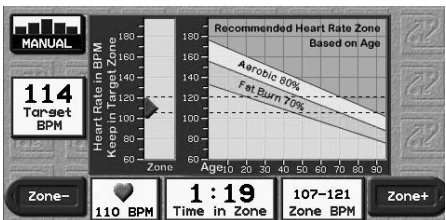
- Displayed Statistics:
Time, Distance, Heart Rate, Calories
- Scrolling Statistics:
Calories per hour, Altitude Climbed, Climbing Rate, Zone Timer, Pace
- Selectable Scenery (Canyon, Mountain, Island, City, Lake)



- Displayed Statistics:
Time, Lap Counter, Distance, Pace, Pulse, Calories, and Calories per hour
- ¼ Mile Track:
A virtual runner displays progress around a ¼ mile track



- Displayed Statistics:
Altimeter and Climbing Rate
- Climbing Progress:
A virtual runner displays climbing progress up a famous landmark
- Selectable Landmark:
Press the designated “LANDMARK” key to scroll through different famous landmarks of various heights
- Reset: Press the designated “RESET” key to reset your accumulated altitude
- Trips to top

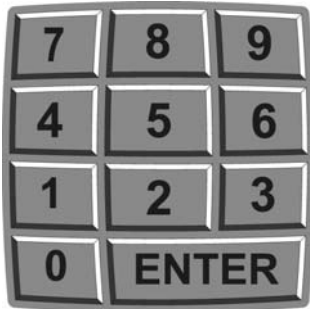


- Displayed Statistics:
Time in Heart Rate Zone, Heart Rate, Target Heart Rate and Age vs. Zone Graph, Target Heart Rate, and Heart Rate Zone
- Heart Zone Shift:
Press the designated “ZONE -” and “ZONE +” to decrease and increase your heart rate zone
- Zoom Screen:
Detailed view of user’s heart rate zone

TIME	4:17
DISTANCE	0.62
CALORIES	79
CALORIES/HR	1130
PACE	10:10
PULSE	138
ALTITUDE	78
TIME IN ZONE	0:39

- Displayed Statistics:
Time, Distance, Calories, METS, Calories per hour, Pace, Heart Rate, Time in Zone, Accumulated Altitude and Climb Rate
- Selectable Statistics:
Press the designated statistic keys to view a featured statistic or “All” to view all at once.

The Executive Trainer is equipped with a numeric keypad, which serves multiple functions to make the treadmill easier to control. It can be used to change speed and elevation, enter user settings, and configure programs.



Whenever you are prompted with a numeric entry, you have the option of using the designated “+/-” keys or the numeric keypad. If there are multiple numeric prompts displayed at once, look for the red triangle. The numeric keypad will only modify the line that has the red triangle. To activate another line, simply press ENTER or use the designated “+/-” keys to activate another prompt.



When to use the numeric keypad:

QUICK KEYS

The **SPEED** and **GRADE** buttons below the keypad allow you to go directly to a target speed or elevation without having to hold down the Speed/Grade “+/-” keys. Simply press **SPEED** or **GRADE**, then enter the desired value using the keypad.

PROGRAM CONFIGURATION

In program setup you will be asked different information based on that particular program’s parameters. This information can be dialed in using the “+/-” keys, or the numeric keypad.

- In the 5 Built-in programs, the keypad can be used to enter the program’s maximum time, speed, and elevation.
- In the Specific Goal Programs, the keypad can be used to enter a variety of different information. Time Goal: Time, Distance Goal: Distance, Calorie Goal: Calories.
- In the 5 User programs, the keypad can be used to set the speed, elevation and time for each individual segment. This will be explained in more detail under the **USER PROGRAM** section of this manual.
- In the Heart Rate Control (HRC) programs, the keypad can be used to enter the program’s maximum speed, target heart rate, and program time.
- In the User Heart Rate Control programs, the keypad can be used to enter the program’s maximum speed, program time, and the target heart rate for each individual segment. This will be explained in more detail under the **HEART RATE** sections of this manual.
- In the fitness tests/protocols, the keypad can be used to enter your age.

Programs have been added to the Executive Trainer so you can add some variety to your workouts. You can choose from one of 5 built-in programs, which will run you through a pre-selected speed and elevation curve. When choosing a program you select a maximum speed, maximum elevation and a time from 10 to 99 minutes. Once set, the treadmill will not go above the maximum number unless you manually override it. Each program is divided into 20 segments of equal time, beginning with 3 warm-up segments and ending with 2 cool-down segments. For example, a 40-minute program will contain 20 two-minute segments.



The following figures represent the 5 built-in programs in the Executive Trainer.

FAT BURN

The Fat Burn program features two elevation peaks matched to an inverse speed curve. The overall goal of this program is to elevate your heart rate, maintain the elevated heart rate for most of the workout, then gradually bring your heart rate down via the last three cool down segments.

INTERMEDIATE

The Intermediate program features five elevation peaks matched to a challenging speed curve. The overall goal of this program is to vary your heart rate by elevating and lowering it several times, providing you with a challenging cardiovascular workout.

ADVANCED

The Advanced program features high elevations combined with top speeds for an all-out workout. The overall goal of this program is to raise your heart rate with both speed and elevation for an advanced cardiovascular workout.

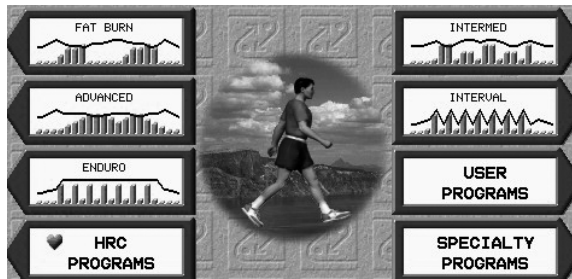
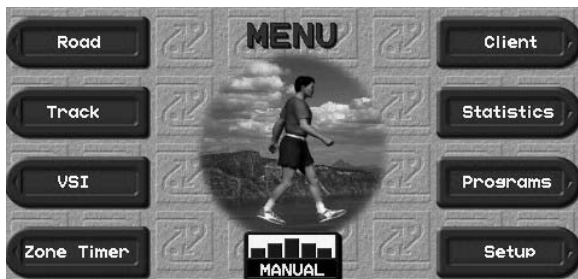
INTERVALS

The Intervals program features high speeds and elevations alternating with low speeds and elevations. The overall goal of this program is to vary your workout load, taking you from peak level to recovery eight times throughout your workout.

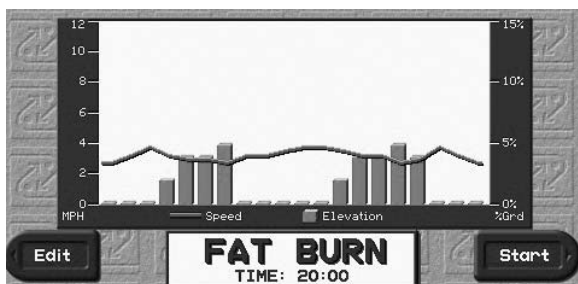
ENDURO

The Enduro program features a max speed run, mated with max elevation. The overall goal of this program is to raise your heart rate with both speed and elevation for the ultimate cardiovascular workout.

From the Menu screen, select **PROGRAMS** to view all programming options.



Once you select the built-in program that best suits your need, you will be prompted with a Program Preview screen.



The program preview is a graphical representation of the program you have selected which displays:

- Maximum Speed and Elevation
- Minimum Speed and Elevation
- Program Time

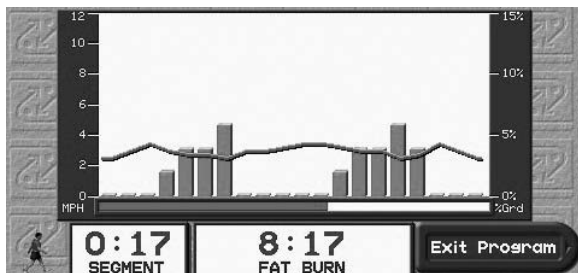
You have the option to **START** if you are happy with the program's parameters or **EDIT** them to your liking.



This screen allows you to customize the program's parameters. Use the designated "+/-" keys or the numeric keypad to adjust the Program Time, Maximum Speed, and Maximum Elevation.

Once you are content with your modifications, you have the option to **START** or **PREVIEW** your changes in the Program Preview before starting.

As soon as you start the program, the Program Progress Screen becomes available as one of the selectable displays. You can press **NEXT** or **BACK** to view the other motivational screens.



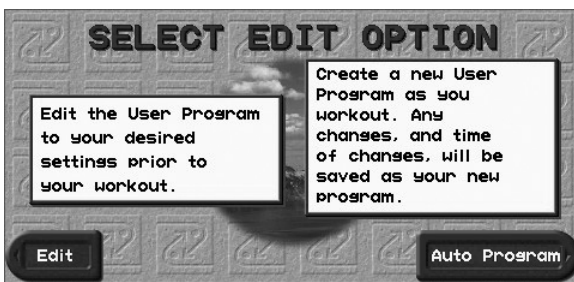
- Features:
- Progress Bar
 - Total Time Remaining
 - Segment Time Remaining
 - Designated "Exit Program" key

Once the program is complete or you choose to prematurely terminate it by selecting the featured "Exit Program" key, the treadmill will automatically default back into Manual Mode.

The Executive Trainer has storage capacity for five User Programs, which you can create and change. The treadmill will remember these programs even if you unplug it from the wall.

A User Program looks and runs exactly the same as a Built-In Program. The primary difference between Built-In Programs and User Programs is customization. Unlike the Built-in Programs, User Programs allow you to manually edit individual segments.

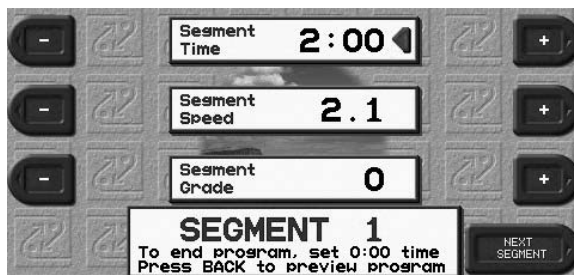
To Edit a User Program:



Press **Menu** -> **Programs** -> **USER PROGRAMS** -> **USER 1** -> **EDIT**

You will be prompted with the option to **EDIT** or **AUTO PROGRAM**.

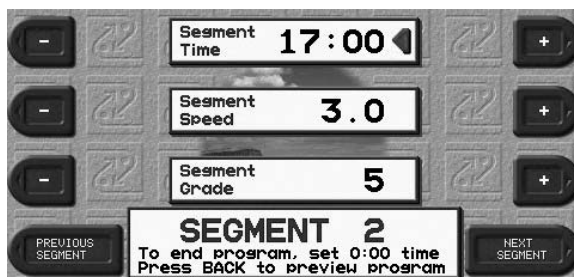
Select **EDIT** to enter **EDIT MODE**.



When you first enter **EDIT MODE**, you default to a detailed view of the 1st segment of the User Program.

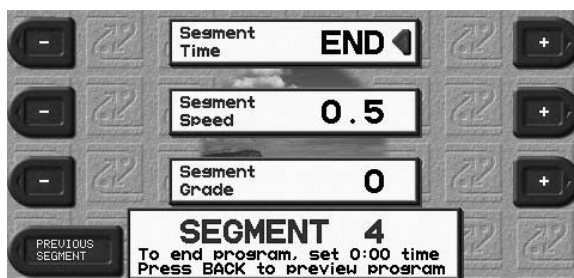
Using the designated “+/-” keys or the numeric keypad, you can modify the 1st segment’s length, speed, and grade.

Press **NEXT SEGMENT** to view the 2nd segment in detail.



To view other segments, use the designated “**NEXT/PREVIOUS SEGMENT**” keys to navigate through the entire 3-segment program.

When you finish modifying your User Program, press **BACK** to preview your modified program.



EXAMPLE:

If you want to modify your user program to be more than 3 segments (up to 20), follow these steps.

To make a 3 Segment User Program 4 segments:

1. After modifying segments 1, 2, and 3 to your liking, advance to Segment 4.
2. Notice that the time is set to **END**. This is an indication that this segment is inactive because the time has been set to 0:00.
3. To activate the segment, simply set a time along with a desired speed and grade for that segment.

When you have completed editing your User Program, press **BACK** to view the Program Preview with the updated changes that you have made.

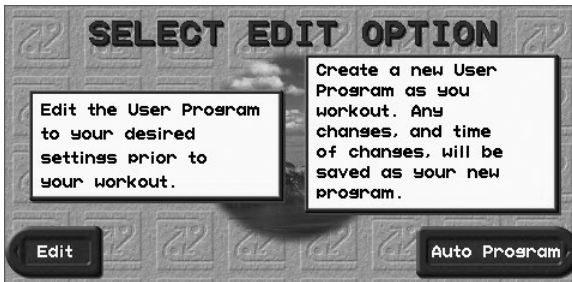
If you are content with your changes, press **START** to begin the User Program. Your newly modified User Program will be permanently stored in Executive Trainer’s memory even if the treadmill is unplugged.

User Programs - Auto Program

The Executive Trainer comes equipped with Auto Program. It is a unique feature that allows you to write a User Program as you workout. All manual changes to speed and grade including the time of those changes will be stored as the new User Program.

Note: Running Auto program will erase existing User Program and write a new one from scratch.

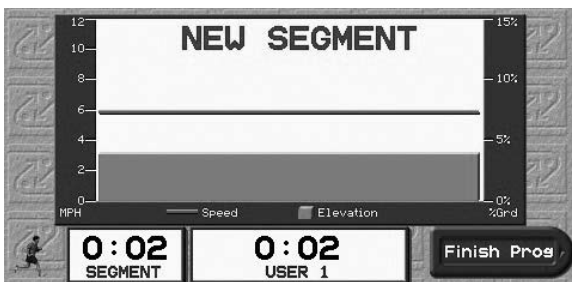
To run Auto Program:



Press Menu -> Programs -> USER PROGRAMS -> USER 1 -> EDIT

You are now prompted with the option to EDIT or AUTO PROGRAM.

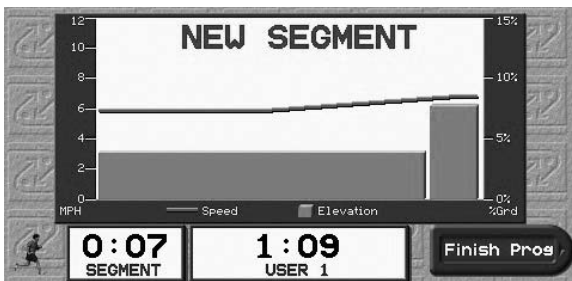
Select AUTO PROGRAM to begin Auto Program.



As soon as you begin Auto Program, you'll notice that it reads NEW SEGMENT. This is an indication that you are creating a new segment, the 1st segment. During the first 10 seconds, you can adjust the speed and grade settings for this segment.



After 10 seconds, the segment settings will lock in and the banner will change to AUTO PROGRAM. This is an indication that any future speed or grade changes will trigger the creation of a new segment.



You can create up to 20 segments each up to 99 minutes long. Whenever you want to create a new segment, just change the speed and/or grade to the desired settings. The NEW SEGMENT banner will indicate that you are creating a new segment.

To finish the Auto Program press the designated Finish Prog key at any time. The User Program will now be saved exactly as you ran it during Auto Program.

HRC (Heart Rate Control) Programs

The Executive Trainer is equipped with both Contact Heart Rate and Wireless Heart Rate (transmitter strap). Heart Rate Control programs require the use of one of them.

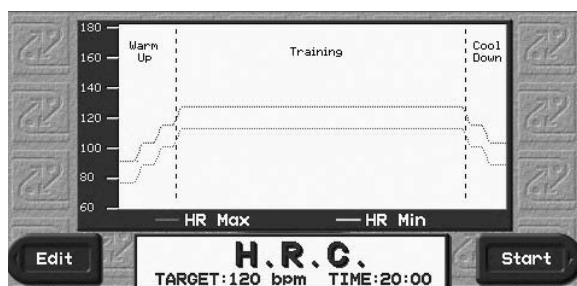
The Executive Trainer has the ability not only to display your heart rate, but also to automatically vary the speed and elevation based upon your heart rate via its Heart Rate Control (HRC) programs. HRC training allows you to maximize your workout performance while minimizing your workout time.

There are 2 different 20-segment heart rate control programs: HRC and Interval HRC

Segment	Stage	% of Target Heart Rate	
		HRC	Interval HRC
1	Warm up	70	70
2	Warm up	80	80
3	Warm up	90	90
4-18	Training	100	Alternating 100 & 80
19	Cool Down	90	90
20	Cool Down	80	80

- HRC keeps the user's heart rate at the target heart rate for the duration of the workout.
- Interval HRC targets different heart rates. It alternates between the target and 80% of the target.

To Run an HRC program:



Press **MENU**->**Programs**->**HRC PROGRAMS** to display the HRC Programs Selection Screen. Select HRC or Interval HRC.

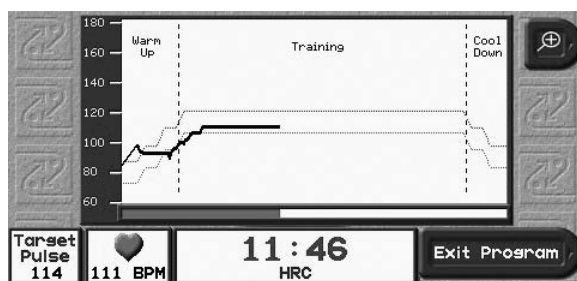
If the default HRC Program displayed in the program preview suits your needs, press **START** to begin. If you would like to modify it, press **EDIT** instead.




This screen allows you to customize the program's parameters. Use the designated "+/-" keys or the numeric keypad to adjust the Program Time, Maximum Speed, Maximum Grade and Target Pulse.

Press **GRADE** key to toggle between Max Speed and Grade.

Once you are content with your modifications, press **START** to begin or **BACK** to view the Program Preview with the updated changes you have made.



As soon as you start the program, the Program Progress Screen becomes available as one of the motivational screens. You can press **NEXT** or **BACK** to view the other motivational screens. Also, you can press the designated  key to view your heart rate zone.

The Program Progress Screen displays program time and heart rate. Your heart rate (black line) will slowly graph itself during the program attempting to stay between the Max Heart Rate (red dashed line) and the Min Heart Rate (green dashed line).

Once the program is complete or you choose to prematurely terminate it by selecting the designated "**Exit Program**" key, the treadmill will automatically default back into Manual Mode.

The Executive Trainer has storage capacity for five User HRC Programs, which you can create and change. The treadmill will remember these programs even if you unplug it from the wall.

A User HRC Program looks and runs exactly the same as a Built-In Program. The primary difference between Built-In Programs and User HRC Programs is customization. Unlike the Built-in Programs, User HRC Programs allow you to manually edit individual segments.

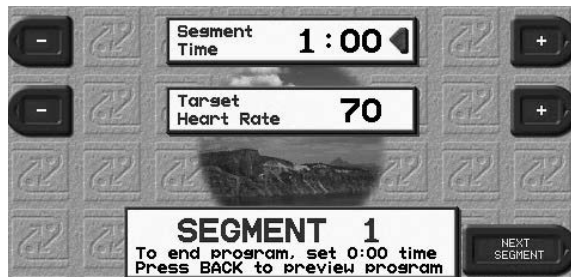
To Edit a User HRC Program:



Press **Menu** -> **Programs** -> **HRC PROGRAMS**

After selecting the User Program you want to edit, press **EDIT** to enter **EDIT MODE**.

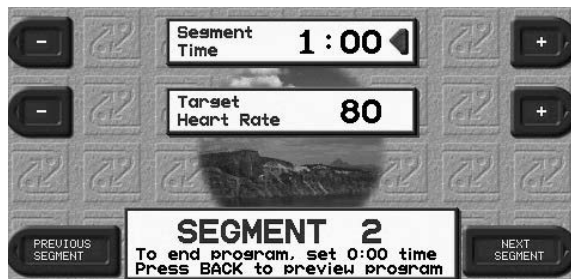
In this screen, you can adjust the program's maximum speed and grade. To adjust the length of your program and target heart rate press the **EDIT PROFILE** key.



From this screen, you will see a detailed view of the 1st segment of the User HRC Program.

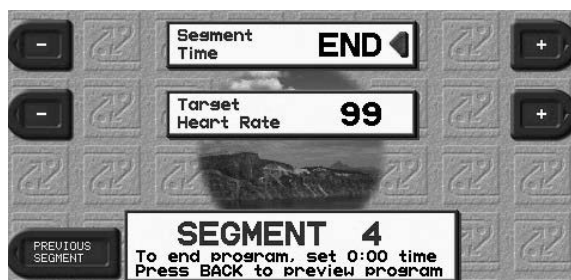
Using the designated "+/-" keys or the numeric keypad, you can modify the 1st segment's time and target heart rate.

Press **NEXT SEGMENT** to view the 2nd segment in detail.



To view other segments, use the designated "NEXT/PREVIOUS SEGMENT" keys to navigate through the entire 3-segment program.

When you finish modifying your User Program, press **BACK** to preview your modified program.



EXAMPLE:

If you want to modify your user program to be more than 3 segments (up to 20), follow these steps.

To make a 3 Segment User Program 4 segments:

1. After modifying segments 1, 2, and 3 to your liking, advance to Segment 4.
2. Notice that the time is set to END. This is an indication that this segment is inactive because the time has been set to 0:00.
3. To activate the segment, simply set a time along with a desired speed and grade for that segment.

When you have completed editing your User HRC Program, press **BACK** to view the Program Preview with the updated changes that you have made.

If you are content with your changes, press **START** to begin the User HRC Program. Your newly modified User HRC Program will be permanently stored in Executive Trainer's memory even if the treadmill is unplugged.

Specific Goal Programs

These specialty programs have been designed to monitor and achieve a specific goal you may have every time you get on your Executive Trainer. Whether you want to go for a 3-mile run, burn 1,000 calories, or simply exercise for 15 minutes, the goal progress will be updated automatically as you progress through your workout. During these programs you will retain full manual control.

Using Specific Goal Programs:



Press **Menu** -> **Programs** -> **Specialty Programs**-> **Specific Goal** to view the Specific Goal Setup Screen. Use the top designated “+/-” keys to select your workout’s goal: TIME, DISTANCE, or CALORIES.

After selecting your goal, define its parameter using the bottom designated “+/-” keys or the numeric keypad:

Time: 10-99 Minutes
Distance: 0.1-99.9 Miles
Calories: 10-9999 Calories



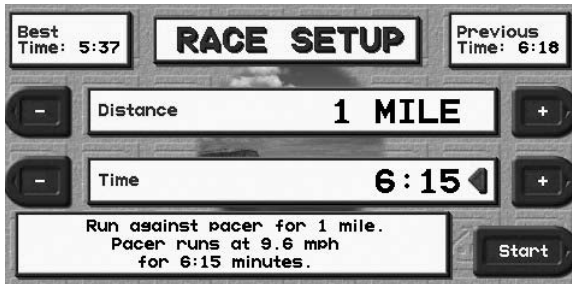
Press **Start** to begin.

As soon as you begin, you’ll notice that goal progress will be displayed in the different motivational screens. The goal statistic displayed in red font will update instantaneously any speed/grade changes you make and count down to zero until you reach your goal.

Once the program is complete, or you choose to prematurely terminate it by selecting the designated “**Exit Program**” key, the treadmill will automatically default back into Manual Mode.

Race mode is a unique feature exclusive to the Landice Executive Trainer. Race is a manually controlled distance based program that monitors your progress versus a virtual pacer. The virtual pacer can be your previous/best-recorded time or manually dialed in during set up. There are five different preset race distances: ½ Mile, 1 Mile, 2 Mile, 5 K, and 10 K.

To run a Race:



Press **Menu** -> **Programs** -> **Specialty Programs**-> **Race** to enter the Race Setup screen.

Use the designated “+/-” keys to select your desired distance: ½ Mile, 1 Mile, 2 Mile, 5K, or 10K.

After selecting your distance, use the designated “+/-” keys or the numeric keypad to dial in your pacer’s speed.

Notice that your personal best and previous times for this distance are posted at the top the setup screen.

Press **START** to begin the race.



As soon as you begin, you will default to the Road Screen. During the Race, the Road Screen will display both you and the pacer (the pacer is always the opposite gender).

The pacer will finish the race distance exactly at the time you selected in setup. Since you are in manual speed control throughout the race, you control your own finish time.

Your runner will always remain centered in the Road Screen. If the pacer is to the right of you, he/she is winning. If the pacer is to the left of you, you are winning.

The statistics at the bottom also display the up-to-the-second distance between both runners.



The Track Screen also displays both of your positions on the track and updates the distance ahead/behind statistic.

The Executive Trainer includes 2 fitness tests and 4 fitness protocols. Based on your specific age, gender, and performance they calculate your fitness level. The Balke and the Firefighter Fitness Tests are heart rate controlled.

- **Balke Fitness Test (HRC: must use Accutrack or Wireless Chest Strap)**

Test Parameters

- Maximum Speed: 4.4 mph (5 mph with an L9), controlled by treadmill
- Maximum Grade: 15% (12% with an L9), controlled by treadmill
- Maximum Heart Rate: 80% of Maximum Heart Rate (see **Heart Rate Monitoring**)

Description

- It's a heart rate controlled, walking pace, variable incline fitness test. The test increases in difficulty in an effort to raise your heart rate to a target. Upon reaching your target heart rate, the test will terminate and calculate a fitness assessment based on your performance (VO₂ Max Score).

- **Firefighter (Gerkin) Fitness Test (HRC: must use Wireless Chest Strap)**

Test Parameters

- Maximum Speed: 7 mph,
- Maximum Grade: 15% (12% with an L9), controlled by treadmill
- Maximum Heart Rate: 85% of Maximum Heart Rate (see **Heart Rate Monitoring**)

Description

- It's a heart rate controlled, variable speed and incline fitness test. The test increases in difficulty in an effort to raise your heart rate to a target. Upon reaching your target heart rate, the test will terminate and calculate a fitness level based on your performance (VO₂ Max Score).

What is VO₂ Max?

A person's fitness level can be measured by the amount of oxygen his or her body can consume while exercising at maximum capacity. VO₂ Max is a measurement of the maximum amount of oxygen in milliliters an individual can use in one minute per kilogram of body weight. For years, only fitness trainers and doctors had access to this intricate fitness calculation. Fortunately, the Executive Trainer not only takes care of all the complex VO₂ Max calculations, but also gives you a simple evaluation anyone can understand.

Scores may vary due to different line voltages, component tolerances, and individual's affinity towards each test's parameters. For a more accurate VO₂ Max calculation, take the average of the two scores (Balke and Firefighter Fitness Test).

- Fitness Protocols:

NAVY 1½-Mile Test, Army 2-Mile Test, Air Force 1½-Mile Test, Marine Core 3-Mile Test

Test Parameters

- Maximum Speed: At user's discretion
- Maximum Grade: Deactivated and set at 0%
- Maximum Heart Rate: Not part of test

Description

- These are manually controlled, flat ground, complete as fast as you can run. Upon completion you will receive an assessment score (0-100) or superlative.

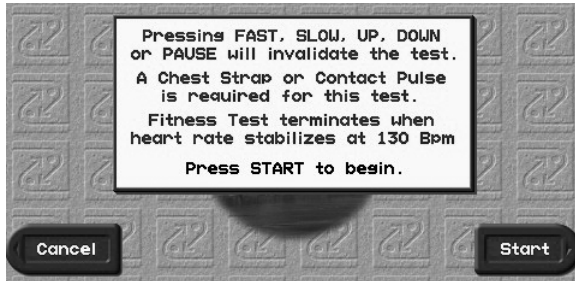
Taking a Fitness Test

To take a Fitness Test:



From the Menu Screen, select **Programs -> Specialty Programs**. In the Specialty Programs screen, you can select one of the 2 fitness tests that the Executive Trainer has to offer. Remember, both of these tests are heart rate controlled.

Upon selecting the fitness test of your choice, you will advance to the fitness test set up screen. Use the designated “+/-” keys or the numeric keypad to adjust your age and gender. Press **Continue**.



Note: Before pressing start, you will be prompted with the heart rate that the fitness test will target. This heart rate calculation is derived from statistical heart rate capacity averages (see **Heart Rate Monitoring**). If you are uncomfortable with the target heart rate displayed or feel discomfort at any point during the fitness test, stop the test

Press **START** to begin the test.

You must hold on to the contact heart rate crossbar or wear your heart rate transmitter strap during the entire test. If the treadmill loses a heart rate signal for more than 30 seconds, the test will be invalidated and terminated.

The HRC fitness tests are fully automated and will increase in difficulty from segment to segment until the user achieves the target heart rate (Balke - 80% of Max HR; Firefighter – 85% of Max HR). Once you reach the target pulse, a countdown will begin to ensure that your pulse has indeed stabilized at the target. Any keystrokes during the test other than **BACK**, **MENU**, or **NEXT** will invalidate and terminate the test.

Balke Fitness Test:

Upon completion, you will receive a VO₂ Max score and fitness assessment based on your performance versus your demographics.

Men

AGE	<20	20-29	30-39	40-49	50-59	60-69	>69	RATING
VO ₂ Max	>65	>62	>58	>54	>52	>50	>48	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
	<37	<35	<32	<28	<26	<24	<22	LOW

Women

AGE	<20	20-29	30-39	40-49	50-59	60-69	>69	RATING
VO ₂ Max	>62	>58	>54	>51	>47	>44	>42	SUPERIOR
	54-62	50-58	46-54	43-51	39-47	36-44	34-42	EXCELLENT
	42-53	39-49	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
	<34	<32	<29	<25	<22	<19	<15	LOW

Firefighter Fitness Test:

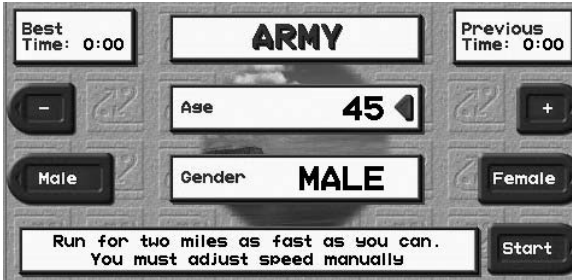
Upon completion, you will receive a VO₂ Max score and fitness assessment based on your performance versus the general population.

Men/ Women

VO ₂ Max	RATING
>59	SUPERIOR
50-58	EXCELLENT
40-49	GOOD
32-39	AVERAGE
<32	LOW

To take a Fitness Protocol:

From the Menu Screen, select **Programs** -> **Specialty Programs**. In the Specialty Programs screen, you can select one of the 4 fitness protocols that the Executive Trainer has to offer. These tests are not heart rate controlled.



Upon selecting the fitness protocol of your choice, you will be prompted to the fitness test set up screen. Use the designated “+/-” keys or the numeric keypad to adjust your age and gender.

Note: If you feel discomfort at any point during the fitness test, stop the test

Press **START** to begin the test.



During the protocol, you will retain manual speed control. You'll also notice that the Road and Track screens have an added statistic, projected score. Projected score is the score you would receive if you were to complete the rest of the protocol at your current pace.

Upon completion, you will receive a fitness assessment based on your performance versus your demographics (0-100). The Navy Test uses a verbal assessment.



Client Mode allows five different users to personalize the treadmill settings to their liking. Once a user sets up a client, programming will automatically scale to preset restrictions. Fitness tests/protocols will remember best and last scores, and all other treadmill activity will be automatically recorded in a personal fitness calendar.

To create a client:



Press **MENU** and select the designated “**Client**” key. You are now in the Client Select Screen. Press the designated “**New**” key to create a new client.

Note: This will also be your Login Page after you have created your client.



You are now in the Name Edit Screen. Use the designated “**A/Z+**”, “**A/Z-**”, “**Cursor**”, and “**Clear**” keys to adjust your client’s name.

Toggle to your client’s gender by using the designated bottom “**Gender**” key.

Press **Return** when you have finished.



You are now in the Client Setup Screen. This screen allows you to delete the user, reset your stats, and select the system’s units (miles vs. kilometers). You can also access the Name Edit, System Menu, Fitness Profile Screen and select Scenery for the Road Screen.

Press **Profile** to enter the Fitness Profile Screen.



Use the designated “**+/-**” keys or the numeric keypad to adjust your Weight, Target Pulse, Maximum Speed, and Maximum Elevation.

The values that you select as your Fitness Profile will be the default values for all programs to expedite setup time. However, you can adjust and/or manually override these values during setup or while running the program.

Press **Menu** when you have correctly adjusted all the values.

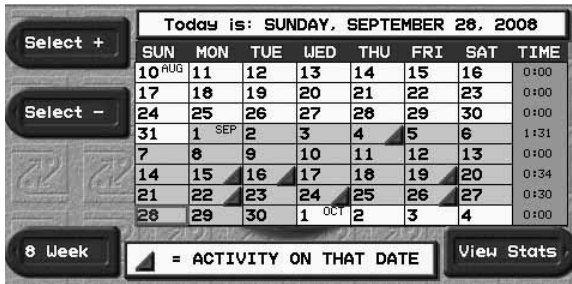
You have successfully created your own personal client. Notice that the Menu Screen now displays your client name across the top. This is an indication that you are in Client Mode.

Whenever you turn on the machine, it will default to manual default settings. To log on as your client, in the Menu Screen select the designated “**Client**” key and select your designated client.

Note: If you haven’t set the correct time and date on your Executive Trainer, it’s highly recommended after creating a client that you do it now, so that all of your activity is logged accurately (*see System Settings*).

Client Mode offers a fitness calendar that monitors all client treadmill usage over the past eight weeks.

To view the Fitness Calendar:



After logging on as a client, from the Menu Screen press the designated “**Calendar**” key. You are now in your personal Fitness Calendar Screen.

- The red triangle means that you worked out on your Executive Trainer on that particular day.
- Today’s date is listed at the top of the screen and highlighted in the calendar in bigger/bold font.



Note: If the current day at the top of the screen is incorrect, see System Setup to adjust to the correct date.

Use the designated “**Select +**” and “**Select -**” to move the red square from day to day.

Move the red square over any date that you want to view in detail.



Press the designated “**View Stats**” key.

You can now see your workout in detail for that particular day.

You can move from day to day in this detailed view by pressing the designated “**Previous Day**” and “**Next Day**” keys.

Press **Back to Calendar** to return to the fitness calendar.



To see your 8 Week Fitness Analysis, press the designated “**8 Week**” key.

The 8 Week Fitness Analysis summarizes all of your treadmill activity over the last 8 weeks.

Press **Back to Calendar** to return to your fitness calendar.

You can enter the system settings at any time from the Menu Screen by pressing **Setup**.



In the Setup Screen, you can toggle between Miles and Kilometers by pressing the designated “Units” key.

You can also disable or enable the automatic Weight Prompt by pressing the designated “Prompt” key

Press the designated “System” key to view the System Menu Screen.



In the System Menu, you have access to Brightness Setup, Time/Date Setup, and Diagnostics.

To set the Time and Date, select the designated “Set Date” key.



In the Time Setup Screen, use any of the necessary designated keys to correctly set the time and date.

Once set, the Executive Trainer will maintain the current time and date even when you turn it off.

However, unplugging the treadmill *will* deactivate the internal clock/calendar. Next time you reconnect your treadmill, your clock and calendar will reset back to the time and date before you unplugged it.

Press the designated **RETURN** key to return to the system menu.

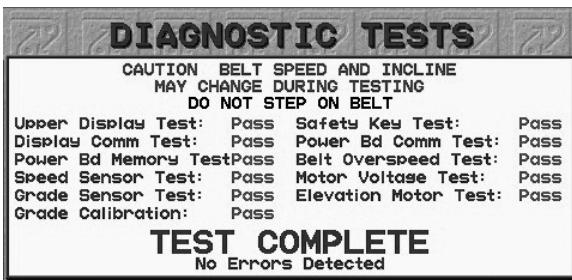
The Executive Trainer is equipped with onboard self-diagnostics. If the treadmill experiences any errors during operation, the treadmill will display the error message and the option to further investigate by commencing the treadmill's self-diagnostics software.



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



The treadmill will now systematically test all of the individual components of the treadmill. During some of its tests, it will prompt you with simple “Yes or No” questions to assist with the diagnosis.



Once the Self-Diagnostics has completed all of the tests, it will read one of the two messages along the bottom: “No Errors Detected”, or “Error Detected, Contact Service Provider.” For more information contact your selling dealer.

Note: You can also manually initiate the self-diagnostics. From the Menu Screen press **Setup -> System -> Diagnostics**.

The Executive Trainer treadmill comes standard with a wireless heart rate monitoring device and a contact heart rate cross-bar (see **AccuTrack Heart Rate Monitoring System**) to give you feedback on how your body is affected by your workout. We will take a look at a few basic concepts of heart rate monitoring so you can better understand how it all works and how to maximize its use to allow you to reach the fitness level you desire.

What is exercise intensity?

Exercise intensity is simply a measure of how hard you are working at a given time during exercise. The American College of Sports Medicine (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.

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. Fortunately, your maximum heart rate can be established with a high degree of accuracy using the following simple formula:

Estimated Maximum Heart Rate

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

	220
	-35
John's Estimated Maximum Heart Rate =	185

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!!!

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 tells us 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).



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 is referred to as your Target Heart Rate Zone (THRZ) and is reflected by the number of beats per minute your heart pumps. This zone can vary greatly depending on your age, fitness level and various other factors. If your heart rate is too low during exercise, your body reaps little or no benefit. This means you're not likely to see the results you want, like weight loss or increased endurance. If your heart rate is too high during exercise, you may tire too quickly and become frustrated, or even run the risk of injury. In this case, you're likely to quit exercising because it's simply too difficult.

Monitoring exercise intensity helps you to stay at a level of exercise that allows you to accomplish your goals.

In fact, the American College of Sports Medicine recommends that, in order to get the most benefit from your cardiovascular exercise, you should work within your Target Heart Rate Zone for at least 20 to 60 minutes per workout, 3 to 5 times per week. Knowing your exercise intensity (heart rate) will allow you to work at the right level of exercise to accomplish this.

How do I determine my Target Heart Rate Zone (THRZ)?

Your Target Heart Rate Zone represents the minimum and maximum number of times your heart should beat in one minute of exercise. The American College of Sports Medicine (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 says that John should exercise between 60% and 85% of 185 beats per minute to stay in his THRZ. Let's determine John's THRZ:

$$\begin{aligned} \text{John's Estimated Maximum Heart Rate} &= 185 \text{ bpm} \\ \text{Lower Target Limit } 185 \text{ bpm (mhr)} \times 0.6 &= 111 \text{ bpm} \\ \text{Upper Target Limit } 185 \text{ bpm (mhr)} \times 0.85 &= 157 \text{ bpm} \\ \text{John's Target Heart Rate Zone} &= 111 - 157 \text{ bpm} \end{aligned}$$

111-157 beats per minute is the range or zone John will want to keep his heart rate in 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 THRZ. If John is a more advanced exerciser, he may want to work at the higher end of his THRZ to challenge himself more.

Different Intensity Levels within a Target Heart Rate Zone

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

What is a heart monitor?

A monitor consists of two parts: a transmitter and a receiver. The Executive Trainer comes equipped with 2 transmitter options (the wireless chest strap or the contact heart rate bar). Each time your heart beats, the electrodes detect the beat and send the information to the receiver on the treadmill. Your current heart rate (bpm) is visible on the treadmill's display.

Heart rate monitors and motivation

KEEP YOU SAFE

Exercising too hard can put you at 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 when your workouts go too far.

KEEP YOU IN YOUR ZONE

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

SAVE YOU TIME

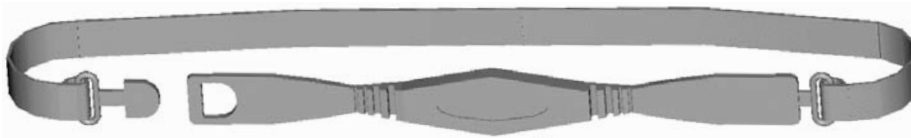
Our heart rate monitor is wireless and easy to use, so you can view valuable heart rate information at any time during exercise without interrupting or stopping your workout.

GIVE YOU ACCURATE FEEDBACK

Our heart rate monitor is more accurate so you know exactly what your level of exercise intensity is during workouts. Pulseometers have a high margin for error. Manual pulse measurements during exercise can result in errors as high as plus or minus 15 beats per minute, with the risk of potential error increasing as heart rate increases.

The Executive Trainer includes two separate heart rate monitoring systems: The wireless heart rate chest strap transmitter and the AccuTrack Contact Heart Rate.

Wireless Heart Rate Chest Strap Transmitter (shown below)



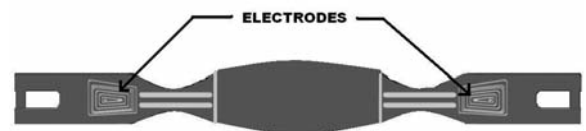
To use the Wireless Chest Strap follow these steps:

Secure the Chest Strap

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.

Apply Cardio Gel to the Electrodes

A tube of Landice Cardio Gel was shipped with your Executive Trainer treadmill. Pull the belt away from your chest and apply a small dab to each electrode. This will ensure a strong electrical contact between the transmitter and your chest.



The Heart Rate Transmitter works best against bare skin. Since sweat (saltwater) is an electrical conductor, the transmitter will work over a T-shirt if the shirt is wet with sweat. If you are having trouble getting an accurate pulse reading, try wearing the belt against bare skin.

CARE AND MAINTENANCE

The transmitter activates when the belt is properly wetted. In order to conserve battery life, wipe the electrodes dry when not in use. Clean monthly with mild soap and water and wipe dry. Do not use abrasives in cleaning, as they can cause permanent damage to the electrodes. Do not bend or stretch the electrode strips, especially when storing the belt transmitter.

The AccuTrack 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
- Control HRC programs
- Help you maintain your Target Pulse

1. Use the NEXT button to switch to any screen that shows Pulse (see above).
2. Grab on to the pulse grips.
3. As soon as you put your hands on the grips the pulse will flash. This indicates that the system has been activated.
4. Pulse will “beat” briefly and then display your heart rate. Your heart rate will be continuously monitored while your hands remain on the grips.

NOTE: If you are wearing the wireless chest strap, the AccuTrack system will override the wireless signal while your hands are on the bar. Once you release the AccuTrack bar, the treadmill will then default back to the wireless chest strap signal.

The HRC programs will continue to make speed and elevation adjustments to keep you at your target heart rate while your hands remain on the grips. If you remove your hands the HRC programs will not make any speed or elevation changes until you place your hands on the grips again.

The AccuTrack system is designed to be used at walking speeds. A natural running motion involves using your arms to maintain balance. Since contact heart rate systems require your arms to remain stationary, we recommend using the system only at speeds of less than approximately 4 mph (6.4 km/h) or the fastest speed at which you are comfortable walking.

GETTING THE MOST OUT OF YOUR WORKOUTS

Should you walk or run?

This depends on several things such as body weight, fitness goals, and what you like to do. Walking is the safest, most compatible form of exercise for most people. If you're just starting out, are new to exercise, or participate in aerobic activities less than three times per week, we recommend that you walk. On the other hand, if you're an experienced runner, stick with your program — use your treadmill the way you want.

Here are some considerations to keep in mind:

- [1] If you're interested in weight control, walking can burn as many calories as a moderate running pace. To get a very small increase in caloric expenditure, you have to run fast and, for most people, the extra effort isn't worth it.
- [2] Your chance of losing weight successfully is far greater with walking. Walking increases your daily caloric expenditure, raises your metabolism and is easier to stick with than running.
- [3] Heavy users should always walk until they've shed some extra pounds and are closer to their desired body weight. Extra weight means extra stress on joints and muscles, which in turn means residual muscle soreness.
- [4] If you're concerned about getting a “tough” workout and don't think walking is adequate, try walking up a hill! You can get just as much cardiovascular intensity (heart rate and breathing response) from walking as you can from running. Don't fool yourself with preconceived notions about walking — you can sweat just as much by walking as by running.

Take it easy! Walk. Lose weight in comfort. Avoid being sore and discouraged. After you've reached your target weight, reevaluate. If you like walking and want to stick with it, terrific. On the other hand, if some running is appealing, try it out and see what it's like. Just remember that walking will get you fit and keep you fit.

FREQUENCY OF EXERCISE

Walkers: Walk 3-6 times a week; 20-60 minutes per day.

Runners: Run 3-5 times a week; 20-60 minutes per day.

DURATION OF EXERCISE

Walkers: Walk every day.

Runners: Run three to five times per week.

DURING YOUR WORKOUT

- Stay in the middle portion of the treadmill.
- Monitor your breathing. Can you carry on a normal conversation or are you out of breath? If you use the heart rate method of monitoring intensity, are you within the heart rate zone?
- Change the speed and incline as needed to stay within the breathing and heart rate criteria.

AFTER YOUR WORKOUT

- Drink a large glass of water (you'll recover faster).
- Congratulate yourself for completing the workout.
- Do some light stretching exercises.
- Record that you completed the workout on your calendar.

KEEPING TRACK OF PROGRESS

- Keep a calendar that shows scheduled and actual workouts.
- Record every workout you complete.
- Compare planned with actual workouts completed. Aim for 90% completion. If you're averaging less than 90%, reevaluate your schedule and examine why you're missing 10% of your workouts (and the extra benefits from those missing workouts).

CALORIE COMPUTATIONS

- Calories and calories/hour are calculated using the formulas developed by the ACSM. There are two different equations. One is for walking and one for running. The ACSM uses the walking equation for speeds less than or equal to 3.7 mph. The running equations are used for speeds in excess of 3.8 mph.
- The computations are based on a 150-pound person, which is a close enough estimate for most people. If you wish the equations to be more precise, you may enter your weight into the treadmill (see *Getting Started*).

DANGER: Lethal voltages and moving parts capable of causing serious injury are exposed when the drive housing cover is removed. Under no circumstances should the motor cover be removed except by a Landice factory-authorized technician.

TRACKING

The treadbelt is tracked by means of the two 9/16" hex head bolts at the back end of the treadmill. Tightening (clockwise) the adjustment bolt on the side of the machine that the belt has moved towards and loosening the bolt on the opposite side an equal amount, will cause the belt to move towards the center. Adjustments should be made with the treadmill running and in 1/4-turn increments. Allow at least 30 seconds for the belt to stabilize between each adjustment. Run the belt at high speed (6-8 mph). To insure proper belt tracking and alignment, the treadmill must be placed on a stable and level surface.

A yellow warning label will show at the rear of the treadmill when the treadbelt is not tracked correctly (L8 and L9 only).

TREADBELT TENSIONING (pre-set from factory, but may need adjustment during installation)

Need for tension is indicated by uneven belt speed and may be sensed by sudden stopping of the treadbelt when your foot comes down on the belt. To check belt tension, run treadmill at 1 mph. Then, walk on machine. If belt does not feel like it is slipping/hesitating, then belt is tensioned correctly. If belt slips/hesitates, then it is not fully tensioned. The same hex head bolts used for tracking also tension the treadbelt. To tighten the treadbelt, turn both bolts clockwise exactly the same amount a 1/4-turn at a time. Failure to turn them equally will affect belt tracking. **DO NOT OVER-TIGHTEN.** Continue checking for treadbelt slipping. Once treadbelt is fully tensioned, speed up treadmill to 5 mph. Then, while jogging lightly, check for any sudden slipping/hesitating of the treadbelt. Repeat treadbelt tensioning instructions if required.

MOTOR DRIVE BELT TENSIONING (pre-set from factory)

The drive belt is tensioned by a nut located under the motor pan. This nut is screwed to a hook, which is attached to the motor bracket. By turning the nut clockwise, you will tighten the nut pulling down the motor bracket, which will tighten the drive belt. **DO NOT OVER-TIGHTEN.** If you over-tighten this belt you will snap the motor shaft. To measure the tension, twist the drive belt between the motor and the drive roller. The ideal tension will allow you to twist the drive belt 45°. If you can twist the belt past 45°, it is too loose. If you cannot twist the belt to at least 45°, it is too tight.

WARNING: Moving parts can cause serious damage.

Be sure to unplug treadmill before placing hands underneath the treadbelt!!!

TREADMILL LUBRICATION & CLEANING

It is recommended that you vacuum around and underneath the treadmill on a monthly basis. Your treadmill will last longer and look better if you wipe the sweat off the unit after each workout.

Lubrication is not required on residential treadmills. In institutional settings Landice recommends lubricating the underside of the treadbelt with Landice SlipCoat on a monthly basis (see SLIPCOAT APPLICATION INSTRUCTIONS sheet in Lubrication Kit Box).

MOTOR BRUSHES

Motor brushes should be checked every six months on institutional treadmills and after six years on home units.

Service Check-List

- Tension and track treadbelt
- Lubricate belt and vacuum treadmill
- Check drive belt tension
- Check motor brushes

STEP 1



Insert the side rail into the upper rail clamp and tighten the bolt using a 1/2" socket. *(Do not over-tighten.)*

STEP 2



Fit the side rail to the bottom rail clamp.

STEP 3



Use a soft mallet to firmly set the rails inside the clamp.

STEP 4



Use a 3/16" allen wrench to tighten the rail clamp bolts. *(Return to Step 9 in Assembly Instructions).*