Pro Sports Trainer
Owner's Manual

LANDICE

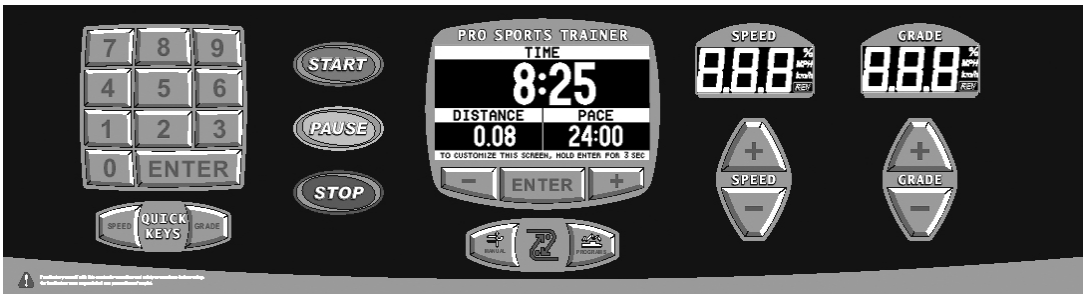
Worldwide excellence for over 40 years

PART NUMBER 7209I

PRO SPORTS 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 treadbelt to stop until it's replaced.

To start the treadmill:

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

To pause the treadmill:

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

To turn off the treadmill:

Pressing **STOP** stops the treadbelt. 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 **ENTER** 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 treadbelt 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 treadbelt.

*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 treadbelt 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 treadbelt 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.

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.

Table of Contents

Congratulations! You've made a very smart investment! Your Pro Sports 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 Pro Sports 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.

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

BEFORE YOU BEGIN
These 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.

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.

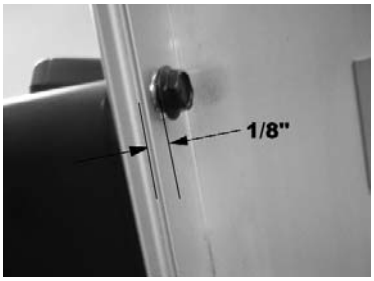
STEP 3:
Unstrap the treadmill

- 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 (For Med Rail Installation: In steps 5-8, handrails simply refer to the 4" black clamps)



- 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).

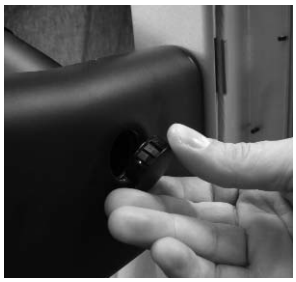
STEP 6:
Place crossbar

- 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.

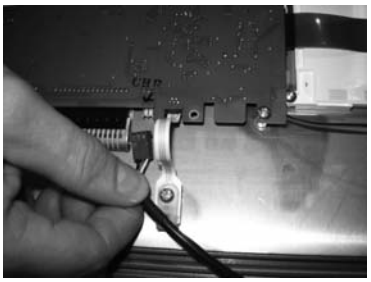
STEP 8:
Secure hand rail



- 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.**

*OPTIONAL Contact Heart Rate Assembly
Skip to Step 11 if treadmill has standard crossbar

STEP 9:
Connect contact bar

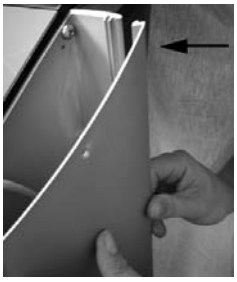


- Feed the contact heart rate harness through the access hole in the inside of the left upright (insert strain relief provided). Feed harness up into the control panel.
- Pull back the membrane and connect harness to white 3-pin connector on bottom of display board.

STEP 10:
Ground contact bar (if provided)

- Remove the nut from the screw at the end of the green ground wire.
- Attach the green ground wire to an available hole on side of the control panel and secure it with the nut.
- Put the membrane back into place.

STEP 11:
Snap upright cover



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

STEP 12:
Install upright end cap

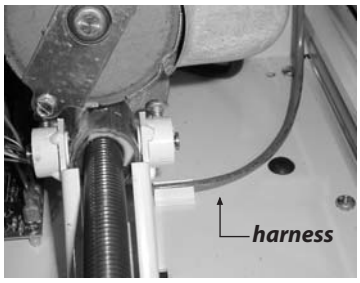
- Press the plastic end cap into the upright carefully fitting the plastic pins into the small bosses in the aluminum.
- Align the upright cover beneath the end cap and install the Phillips head screw.
- Tighten the Phillips head screw until side cover aligns with endcap

(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:

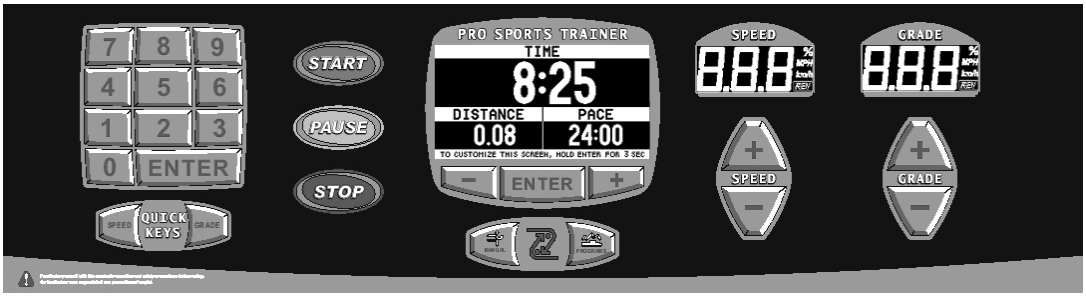
- Route the wire harness behind the elevation motor and secure with harness restraint clip provided. Plug connector into circuit board until it snaps into place.

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.



Press **START** to power up 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 **QUICK 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 **QUICK SPEED** or **QUICK 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 **QUICK SPEED**, "5", "0", **ENTER**.

Press ENTER to rotate through the selectable display screens or enter any data.

To use the built-in workout programs:
Press **PROGRAMS** at any time to display the programs selection screen. Scroll through built-in and user-defined program previews with center "+/-" keys and select the program that best suits your desired workout by pressing **ENTER**. You will now be asked to enter the program's specific parameters (Maximum Speed, Maximum Grade, Time, etc…). Use the numeric keypad and the center "+/-" keys to select the desired values and press **START** to begin the program.

To return to manually controlling the treadmill at any time:
Press the **MANUAL** button at any time and the treadmill is at your command to adjust the speed and elevation.

The Pro Sports Trainer treadmill combines a versatile liquid crystal display (LCD) with a variety of program options including multiple heart rate control programs. These features and options combine to offer an exciting and fun workout so you can reach your fitness goals.

It's about options:

MANUAL CONTROL

The Pro Sports Trainer begins a user-defined workout via the Manual mode. While in the Manual mode the treadmill is at your command. There are no time limits and no program parameters to enter. Changes in speed or elevation will only happen when you make them by pressing one of the buttons. You can get back to the Manual mode at any time by simply pressing the **MANUAL** button.

NUMERIC KEYPAD

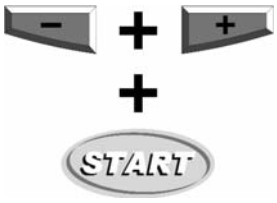
The numeric keypad feature allows you to go directly to your desired speed or elevation with the use of the Quick Keys. It is also used to enter user information and set up programs. The keypad is an excellent feature that allows you to spend less time pressing buttons and more time enjoying your workout!

5 BUILT-IN PROGRAMS

Five built-in programs to help you attain your fitness goals. These programs take you through a predetermined twenty-segment speed and elevation profile but at the same time allow you to override each segment to tailor the program to your specific needs.

5 USER-DEFINED PROGRAMS

Create your own custom programs as you go. Any manual changes (speed or elevation) you make during your user-program will be saved and stored. You can also create and modify the user-program using the treadmill's Edit Mode. In the Edit Mode the treadbelt will stop to allow you to modify the program profiles.



SELF-DIAGNOSTICS

If the Pro Sports Trainer ever malfunctions, it has the ability to seek out and self diagnose the problem, clearly displaying it in detail in the center LCD. This feature aims at minimizing treadmill down time, helping you maintain your fitness goals.

You will be prompted with self-diagnostics as soon as the treadmill detects any errors. However, you can also manually launch self-diagnostics by pressing the center "+", "-", and **START** button at the same time while the treadmill is off.

ENGLISH/METRIC MODE

The Pro Sports Trainer display comes standard in English units and can be changed to display metric units by pressing the **MANUAL**, **PROGRAMS**, and **START** buttons simultaneously while the treadmill is off. Then press **STOP**. Repeat the same steps to return back to English units.

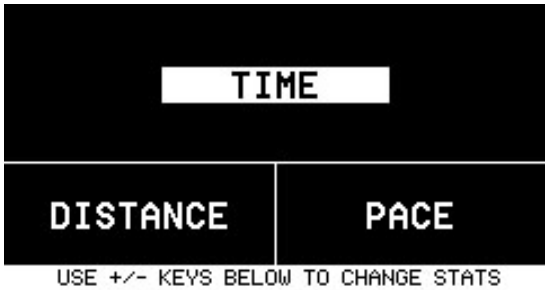
Make sure you have read and understood this owner's manual. Now you are ready to begin.

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 START button. The power-up screen will appear and after three seconds the treadmill belt will start moving at 0.5 mph.

Note: Entering your weight helps to accurately calculate calories burned during workout.

Once you have entered your weight, press ENTER or wait three seconds to default into the opening screen: Big 3 Stat Screen.



The Big 3 Stat Screen can be customized to your liking. Hold **ENTER** for 3 seconds to access the edit screen. Use the center "+/-" keys to toggle through all the statistical options and press **ENTER** to confirm you selection.

Upon exiting the weight input screen the treadmill enters the Manual mode. In this mode you control all treadmill functions. Any changes in speed or elevation will be a direct result of you touching the control panel.

In the Manual mode you can change the speed and elevation at any time as well as select from one of the three multifunction display screens.

Selectable display

allows you to toggle between these screens at any point during your workout.

BIG 3 STAT SCREEN

TRACK SCREEN

STAT SCREEN

TIP: Press and hold either ("+/-") to initiate scan mode.

Display features

FEATURE	**Description**
TIME	Time logged on treadmill displayed as "Minutes: Seconds"
DISTANCE	Miles logged on treadmill (kilometers when in metric)
PACE	Time to complete 1 mile (1 kilometer when in metric)
CALORIES	Total calories burned, which is based on user's weight
CALS/HR	Rate in calories/hour, which is based on user's weight
LAP (PROGRESS)	1/4-mile (400 meter in metric) track and Lap Indicator in STAT SCREEN
LAP (COUNTER)	Number of laps completed
PULSE	Current heart rate
METS*	Current MET level, based on user weight / grade / speed

*One MET is defined as the energy consumed at rest by the average adult.

You can return to the Manual Mode at any time by pressing the 

button.

The Pro Sports 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.

ENTERING USER WEIGHT

When the treadmill is first started, you are asked for your weight in pounds (kilograms in metric). When prompted by the display, simply enter the desired value using the keypad. Upon entry completion, you can press either **ENTER**, or wait 3 seconds to advance to the opening screen (Big 3 Stat Screen).

QUICK SPEED / QUICK GRADE

The **QUICK SPEED** and **QUICK 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. Press **QUICK SPEED** or **QUICK GRADE**, then enter the desired value using the keypad. Upon entry completion, press either **ENTER**, or wait three seconds to allow the treadmill to adjust to the new settings.

PROGRAM CONFIGURATION

In program setups you will be asked different information based on that particular program's parameters. After you enter each value using the keypad, press **ENTER**, or wait three seconds to advance to the next screen.

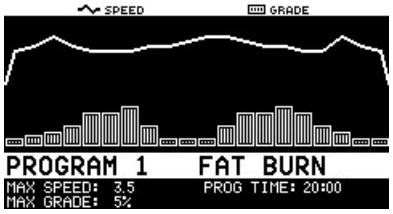
- 5 Built-in programs: the keypad is used to enter the program's maximum time, speed, and elevation.

- 5 User Programs: It 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.

Programs have been added to the Pro Sports 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 (Intervals Program also requires a minimum speed). 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.

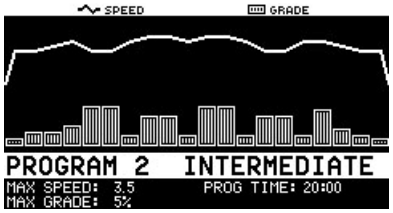
The following figures represent the 5 Built-in programs in the Pro Sports Trainer.

Built-in programs graphics display



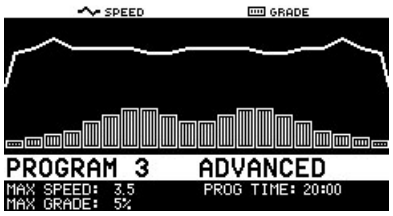
FAT BURN

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 two cool down segments.



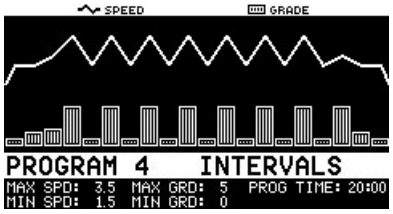
INTERMEDIATE

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.



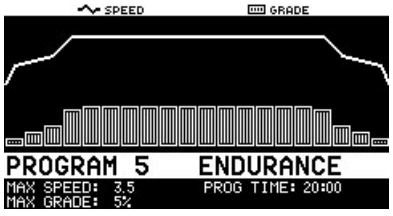
ADVANCED

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.

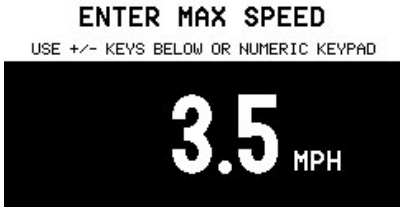


ENDURANCE

The Endurance 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.

SELECT PROGRAM

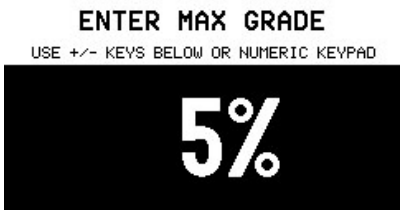
Press **PROGRAMS** at any time to display the programs selection screen. Scroll through the program previews with center "+/-" keys and select the program that best suits your desired workout by pressing **ENTER**. The display will now ask you to enter the program parameters.



SELECT PROGRAM MAXIMUM SPEED

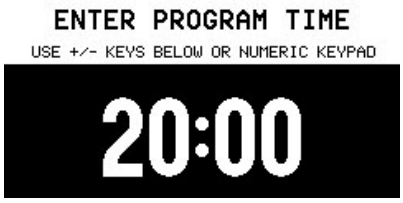
The display will prompt you to set a Max Speed using the keypad or center "+/-" keys. This will scale the speed curve so that the maximum speed equals your selected Max Speed. Select your speed and press **ENTER**, or wait three seconds.

Note: Intervals Program also asks for a minimum speed and grade.



SELECT PROGRAM MAXIMUM ELEVATION

The display will prompt you to set a Max Grade using the keypad or center "+/-" keys. This will scale the elevation curve so that the maximum elevation equals your selected Max Grade. Select your elevation and press **ENTER**, or wait three seconds.



SELECT PROGRAM TIME

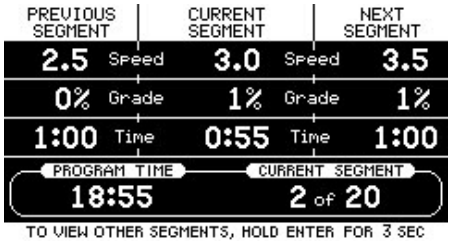
The display will prompt you to set a Program Time using the keypad or center "+/-" keys. You can enter a time between 10-99 minutes. This will scale the 20 segments of the program equally throughout your selected time. Select your time and press **ENTER**, or wait three seconds.

Press the START button to begin.

As soon as you begin, the Program Progress Detail Screen becomes available. Whenever you enter this screen, your current segment speed, grade and remaining time will be displayed in the center. To view all the other segments hold **ENTER** for 3 seconds. Use the center "+/-" keys to move left or right. To exit back out, press **ENTER**.

If you wanted to run the Advanced Program with a program time of 25:00 minutes, a maximum speed of 4.5mph, and a maximum elevation of 6%, you would…

1. Press the PROGRAMS button.
2. Press center "+" key 2 times and then ENTER.
3. When asked to enter Max Speed, press "4", "5", ENTER on the keypad.
4. When asked to enter Max Grade, press "6", ENTER on the keypad.
5. When asked to enter Program Time, press "2", "5", ENTER on the keypad.
6. Press the START button to begin.



Push **ENTER** at any time to view any of the other display screens during your program, including the Program Profile Screen which displays a comprehensive program overview. When you are in a display screen other than the Program Progress Detail Screen during a segment change, the display will temporarily show the Program Progress Detail Screen then bring you right back to the screen you were in. During a segment change, the speed and/or elevation windows will flash but only if there is a change in either of them.

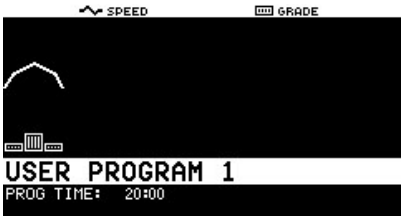
NOTE: All numeric entries can also be entered or modified by adjusting the entry value with the center "+/-" keys.

The Pro Sports Trainer has storage capacity for five User Program Profiles, which you can create and change. The treadmill will remember these programs even if you unplug it from the wall. Edit Mode allows you to edit the speed, elevation and time for each of the 20 program segments **without actually exercising on the treadmill**.

Follow these steps to edit the User Program using Edit Mode:

SELECT PROGRAM

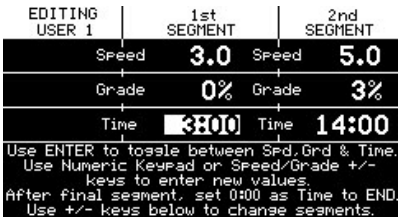
Press **PROGRAMS** at any time to display the programs selection screen. Scroll through the program previews with the center "+/-" keys and select one of the five User Programs by pressing ENTER.



USER PROGRAM PREVIEW

Notice that the User Program Preview Screen not only shows you the program overview, but the total program time as well.
Press **ENTER**, or wait three seconds.

The screen will read, **"PRESS START TO BEGIN OR ENTER TO EDIT"**,
Press **ENTER** to enter **EDIT MODE.**

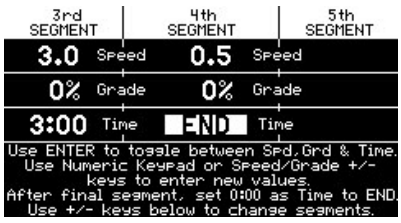


EDIT THE SEGMENTS

When you first enter Edit Mode, you will be in control of time for segment 1 (noted by the white banner behind the digits). You can use the numeric keypad to change that value. Press **ENTER** to toggle between speed, grade and time values for that segment.

MOVING FROM SEGMENT TO SEGMENT

Use the center "+/-" keys to move from segment to segment.



CREATING A PROGRAM WITH LESS THAN 20 SEGMENTS

Once you've created your last segment, go to the following segment and set time to "0". The time will now read END. This means that your User Program will end with the completion of the previous segment.

EXITING EDIT MODE

Once you have completed editing your User Program, you can start your User Program by simply pressing **START** at any time. If you attempt to advance the cursor past the 20th segment, you will be prompted with "**PRESS START TO BEGIN OR ENTER TO EDIT**" screen. You can also exit Edit Mode by pressing Manual Mode, HRC, or Programs at any time. Any changes you make during Edit Mode are permanently saved in that User Program even if you unplug the treadmill.

If you wanted to create a 2-segment User Program where you first walked at 2MPH at 1% Grade for 30 seconds and then ran at 5.5MPH at 7% Grade for 10 minutes you would…

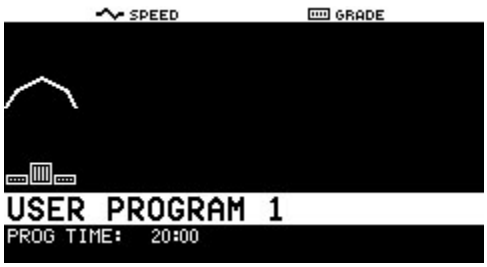
1. **Press the PROGRAM button.**
2. **Press center "+" key 5 times and then ENTER.**
3. **Press ENTER to enter EDIT MODE.**
4. **To edit the 1st segment's time press "3", "0", ENTER.**
5. **To edit the 1st segment's speed, press "2", "0", ENTER.**
6. **To edit the 1st segment's grade press "1", ENTER.**
7. **To move to the 2nd segment press center "+" key.**
8. **To edit 2nd segment's time press "1", "0", "0", "0". ENTER.**
9. **To edit the 2nd segment speed press "5", "5", ENTER.**
10. **To edit the 2nd segment grade press "7", ENTER.**
11. **To move to the 3rd segment press center "+" key.**
12. **To make the 2nd segment your last segment press "0" ENTER so time value reads END.**
13. **Press START to start the program.**

Whenever you run one of your User Programs and adjust speed or elevation during your workout, the changes you make will be stored as the new User Program.

Follow these steps to run a User Program:

SELECT PROGRAM

Press **PROGRAMS** at any time to display the programs selection screen. Scroll through the program previews with the center "+/-" keys and select one of the five User Programs by pressing **ENTER.**



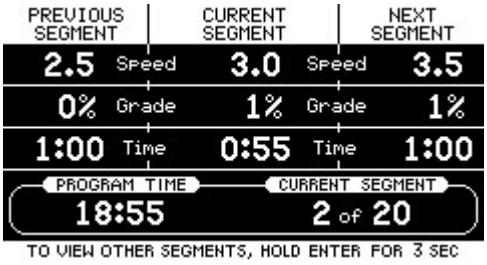
USER PROGRAM PREVIEW

Notice that the User Program Preview Screen not only shows you the program overview but the total program time as well.
Press **ENTER**, or wait three seconds.

The screen will read **"PRESS START TO BEGIN OR ENTER TO EDIT".**

Press the START button.

As soon as you begin, the Program Progress Detail Screen becomes available. The speed and grade values of your current segment are displayed in the center and side screens. If you want to change the current speed or grade of your current segment adjust it to your liking by pressing speed or grade "+/-" keys. Next time you run this program the segment you have modified will be stored to these new settings.

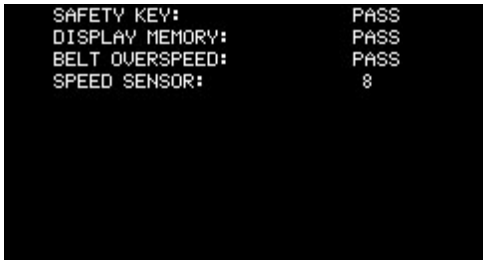


Note: You cannot add segments in Learn Mode, only adjust the existing segments.

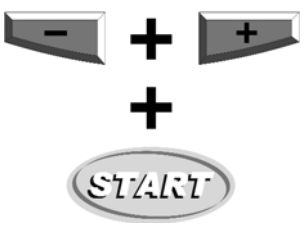
The Pro Sports Trainer is equipped with onboard self-diagnostics. If the treadmill experiences any errors during operation, the treadmill will display the error message. You will have the option to further investigate by commencing the treadmill's self-diagnostics software (see picture below).

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

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. Answer the questions using the center "+/-" keys when prompted (see picture below).



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".



Note: You can also manually enter self-diagnostics mode by pressing the center "+", "-", and START at the same time when the treadmill is off.

The Pro Sports Trainer treadmill comes standard with a wireless heart rate monitoring device 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 = 220 minus your age.

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.

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.

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 (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?

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 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:

John's Estimated Maximum Heart Rate:		185 bpm
Lower Target Limit:	185(MHR) X 0.6	111 bpm
Upper Target Limit:	185(MHR) X 0.85	157 bpm
John's Target Heart Rate Zone		111-157 bpm

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 heart monitor is a device that calculates your pulse. It detects your pulse through two small electrodes that touch your skin and transmit the signal to a receiver in the treadmill. Some heart monitors are built onto treadmills (metallic grips), while others work wirelessly (chest strap).

The Pro Sports Trainer offers two separate heart rate monitoring systems: The wireless heart rate chest strap transmitter and the AccuTrack Contact Heart Rate Monitoring System (OPTIONAL).

Heart rate monitors

KEEPS 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.

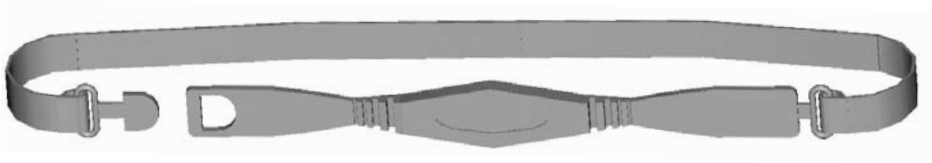
KEEPS YOU IN YOUR ZONE

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

SAVES 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.

WIRELESS HEART RATE CHEST STRAP TRANSMITTER (shown below)



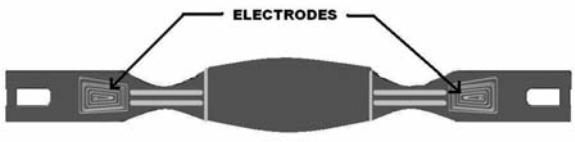
To use the Wireless Chest Strap follow these steps:

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 Pro Sports 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 **ENTER** button to switch to one of the three screens that shows Pulse.
2. Grab on to the pulse grips.
3. As soon as you put your hands on the grips a heart will beat on the display. This indicates that the system has been activated.
4. The heart 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 then default back to the wireless chest strap signal.

NOTE: You do not have to be viewing the Heart Rate Status screen for the AccuTrack system or wireless chest strap to function.

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.

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.

DURING YOUR WORKOUT

- Stay in the middle portion of the treadbelt.
- 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).
- 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 (pre-set from factory, but may need adjustment during installation)

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 should be made 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 belt 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.

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).

NOTES

NOTES

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