

Pro Sports Trainer
Owner's Manual



PRO SPORTS TRAINER

LANDICE

Quick User's Guide



To start the elliptical:

Pressing **START** powers up the elliptical and lights up the displays. The starting effort level is set to Level 1.



To pause the elliptical:

Pressing **PAUSE** will stop your workout clock, but all statistical information will be preserved. When you are ready to continue, press **START** to resume your workout.



To turn off the elliptical:

Pressing **OFF** will shut down the elliptical. All current statistical information will be cleared.



To change effort level:

Hold **EFFORT** "+" key down to increase effort level.

Hold **EFFORT** "-" key down to decrease effort level.



To view your speed in different units:

Press the **UNITS** "+/-" to select MPH, Km/hr, and Revolutions per Minute.



To view different display screens during your workout:

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



To enter your weight:

Press **WEIGHT** to enter your weight for more accurate calorie and "running" speed calculation.



To enter your age:

Press **AGE** to enter your age. This will automatically calculate a recommended target heart rate based on your age (See *Heart Rate Monitoring*).

WARNING: Failure to observe the following operating instructions can result in serious injury!
To reduce the risk of electric shock or injury to persons:

- [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 machine is in motion.
- [3] Failure to leave ample clearance around the elliptical could result in the user becoming trapped between the mechanism and a wall, resulting in serious injury. Allow a minimum clearance of 6 inches on each side of the elliptical. Allow a minimum clearance of 1 foot at the rear of the elliptical.
- [4] Be sure to familiarize yourself with this manual. Look it over carefully. Be sure you understand the control panel operation before using the elliptical.

When using an electrical appliance, basic precautions should always be followed. Read all instructions before using.

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

- [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 elliptical only for its intended use as described in this manual.
- [4] Never operate this elliptical 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 elliptical.
- [6] Never drop or insert any object into any opening. Be sure no objects are near or underneath the elliptical.
- [7] Do not use outdoors.
- [8] Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- [9] Connect this appliance to a properly grounded dedicated outlet only.
- [10] To disconnect, press the OFF button, 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 having an equipment grounding conductor and a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded in accordance with all local codes and ordinances.

110-250 (50/60HZ) ELLIPTICALS

This elliptical is configured to operate between 110-250 (50/60hz) circuits. The internal transformer will automatically adjust to any circuit configuration within these parameters. The line cord supplied with ellipticals 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.

Ellipticals marked 200-250 VAC are intended for use on a circuit having a nominal rating more than 120V and are factory equipped with a specific cord and plug to permit connection to a proper electric circuit. Make sure the product is connected to an outlet having the same configuration as the plug. 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.

Basics

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

One of the great things about your new ElliptiMill is that it uniquely monitors your workout intensity in "elliptical terms". Meaning, if your speed readout displays 7 mph, you are exerting the same energy as running 7 mph.

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 ElliptiMill 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 elliptical:

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 elliptical.

WARRANTY INFORMATION

Fill out your warranty registration card and mail it in today. Landice backs your elliptical 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

Place the elliptical in a climate-controlled room.
Failure to do so may effect warranty.

Allow a minimum clearance of 6 inches on each side of the elliptical.
Allow a minimum clearance of 1 foot at the rear of the elliptical.

Failure to leave ample clearance around the elliptical could result in the user becoming trapped between the mechanism 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 elliptical. Make sure the elliptical is plugged into a dedicated line.



1
Cut straps and open box. Place upright on base frame mounts. Use the alignment pins to help you correctly set the upright down.



2
Lightly set the 4 bolts (A) with flat washers (N) by hand – you will tighten them later.



3
Mount the Side Hand Rails. Slide the side handrail into position and *lightly tighten* the rail up top with 2 button head cap screws (J).



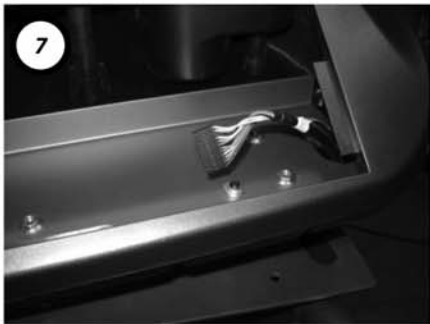
4
Firmly tighten at the base of the Side Hand Rail with 3 bolts (E) with spring washers (Q). Go back and tighten bolts from Steps 2 and 3.



5
Feed the upright harness down the upright and catch it at the bottom of the base. You may need to jiggle/spin it to make it to the bottom.



6
Exit through access hole and clip the harness to the 2 harness clips along the frame finally connecting to the green relay board.



7
Install the control panel pod. As you place the pod on top, pull the top of the upper harness through prior to bolting it down.



8
Mount the Pod to the plate using the 4 bolts (H) with flat washers (N) from beneath – 2 at each end of the plate.



9
Install the contact handgrips. First feed the cables through, then mount the grips using the 4 bolts (G) with flat washers (N) from beneath.



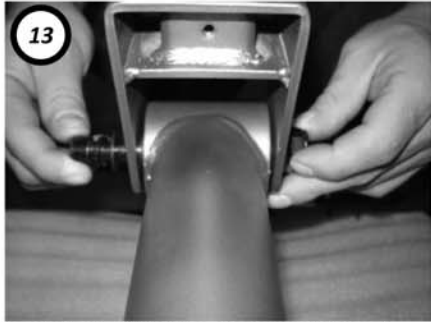
10
Install the Stride Arms. Set in place using 2 bolts (B), lock washers (P) and flat washers (O). Tighten both bolts simultaneously.



11
Install the Crank Arm Top using a socket head cap screw (C), spring washer (Q), and flat washer (R). Once set, press the finishing cap.



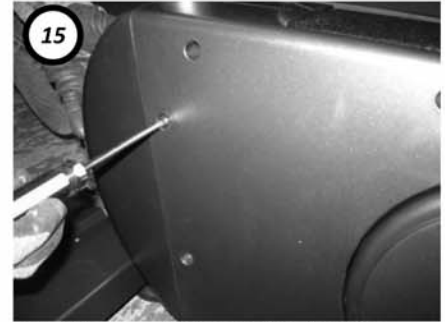
12
Connect each Crank Arm Bottom to the crank using 4 socket head cap screw (D).



13 Install the Foot Pedals. Use a socket head cap screw (F), spring washer (Q), flat washer (N) and nylon lock nut (M) for each pedal.



14 Install the Knuckle Covers. Use 2 phillips screws (K) to secure both sets of covers.



15 Install the Base Endcaps using 4 phillips screws (I) for each.

* If installing an LVS (optional), go to those instructions now.



16 Install the Front Cover using 12 phillips screws (I) to secure it.



17 Install the Upright Mount Covers. Screw the outer and inner pieces together trapping the upright and slide them down until they click.



18 Install the Crank Arm Bottom Covers. Press them down until they click in place.



19 Carefully place the membrane in the control panel Pod (don't scratch plastic edges) tilting it towards you so you can make all connections.



20 Connect the 2 heart rate cables to the 2 side by side 3-pin connectors on the small PC board on the far side of the membrane.



21 Connect the upper harness from the upright to the edge connector and the accessory harness coming from the POD to the 3-pin connector.



22 **DO NOT PRY FROM FRONT**
Press membrane into set position. *If you need to free the membrane, use a long screw driver to pop it out from back using the access hole.*



23 Install the rear step with 2 phillips screws (L).



24 Check stability of unit by verifying that all leveling feet are pressing against the floor.

The Pro Sports Trainer ElliptiMill 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 elliptical is at your command. There are no time limits and no program parameters to enter. Changes in effort level will only happen when you make them happen 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 keypad is an excellent feature that allows you to spend less time pressing buttons and more time enjoying your workout.



5 BUILT-IN PROGRAMS

The Pro Sports Trainer offers five built-in programs to help you attain your fitness goals. These programs take you through a predetermined twenty-segment effort level profile but at the same time allow you to override each segment to tailor the program to your specific needs.



5 USER-DEFINED PROGRAMS

The Pro Sports Trainer allows you to create your own custom programs as you go. Any manual changes (effort level) you make during your user-program will be saved and stored. You can also create and modify the user-program using the elliptical's Edit Mode.



ENGLISH/METRIC MODE

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


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

SET YOUR STRIDE

Prior to your workout, check to see what stride setting the elliptical is currently set at. The current stride setting is the number (17, 19, 21 or 23) that is located directly behind the positional loop.

To change it, loosen the knob and t-handle. Loosen the knob until it releases allowing you to pull it back. While pulling back on the knob, slide the stride adjustment to the desired setting. Once set, tighten the knob and t-handle.

Start by standing on the rear step and stepping onto each foot pedal.

Press the  button. The displays will power up and the effort level will default to Level 1.

MANUAL MODE


Upon startup the elliptical enters Manual Mode. In this mode, you control all of the elliptical functions. Any changes in effort level will be a direct result of you touching the control panel.

ENTER YOUR WEIGHT

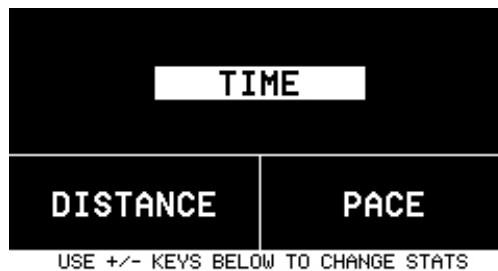
Press  and use the numeric keypad or the center “+/-” keys to dial in your weight.

Entering your weight is crucial for Calorie and “running” speed calculations.

ENTER YOUR AGE

Press  and use the numeric keypad or the center “+/-” keys to dial in your age.

Entering your age will generate an age based weight loss target pulse (see *Heart Rate Monitoring*).



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 your selection.

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

Selectable display

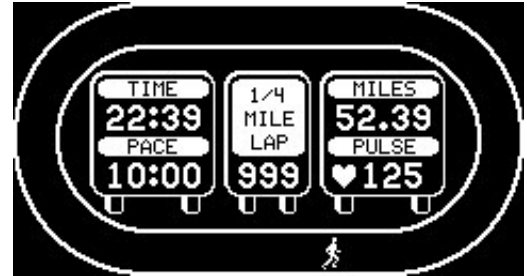


allows you to choose the screen that best suits your workout. TIP: Press and hold either (“+/-”) to initiate scan mode.



TO CUSTOMIZE THIS SCREEN, HOLD ENTER FOR 3 SEC

BIG 3 STAT SCREEN



TRACK SCREEN



TO RESET STATS HOLD ENTER

STAT SCREEN

FEATURE	Description
EFFORT	20 levels, select using EFFORT “+/-”keys
SPEED*	Displayed in MPH, Km/Hr or Revolutions per Minute, select using UNITS “+/-”
TIME	Time logged on elliptical displayed as “Minutes: Seconds”
DISTANCE*	Miles logged on elliptical (kilometers when in metric)
PACE*	Time to complete 1 mile (1 kilometer when in metric)
CALORIES	Total calories burned, based on user’s weight
CALS/HR	Rate in calories/hour, based on user’s weight
METS**	Current MET level, based on user weight / effort level / speed
LAP (PROGRESS)*	1/4-mile (400 meter in metric) track in manual mode
LAP (COUNTER)*	Number of laps completed
PULSE	Current heart rate

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



button.

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

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

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 effort level profile. When choosing a program you select a maximum effort level and a time from 10 to 99 minutes. Once set, the elliptical will not go above the maximum effort level 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.

Built-In Programs descriptions:

FAT BURN

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

INTERVALS

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 overall goal of this program is to increase intensity toward a peak without recovery until the cooldown.



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 **NEXT**. The display will now ask you to enter the program parameters.

ENTER MAX EFFORT

USE +/- KEYS BELOW OR NUMERIC KEYPAD

L 7

SELECT PROGRAM MAXIMUM EFFORT LEVEL

The display will prompt you to set a Max Effort using the keypad or center “+/-”keys. This will scale the effort level curve so that the maximum effort equals your selection. Select your maximum effort level and press **ENTER**, or wait three seconds.

ENTER PROGRAM TIME

USE +/- KEYS BELOW OR NUMERIC KEYPAD

20:00



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.

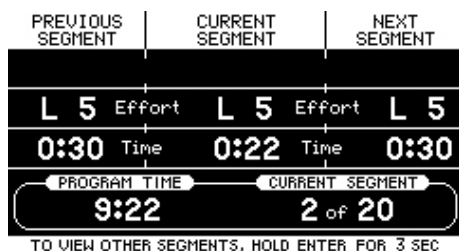
Press the  button to begin.

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 effort level of 16, you would...

1. Press the  button.
2. Press center “+” key 2 times and then **ENTER**.
3. When asked to enter Max Effort, press “1”, “6”, **ENTER** on the keypad.
4. When asked to enter Program Time, press “2”, “5”, **ENTER** on the keypad.
5. Press the  button to begin.

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



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, effort window will flash but only if there is a change.

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 elliptical will remember these programs even if you unplug it from the wall. Edit Mode allows you to edit the effort and time for each of the 20 program segments **without actually exercising on the elliptical**.

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



SELECT PROGRAM

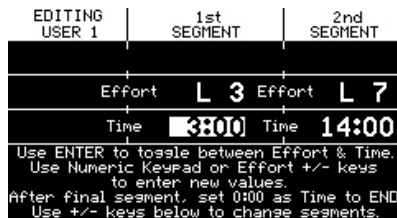
Press **PROGRAMS** at any time to display the programs selection screen. Scroll through the program previews with the center “+/-” keys and select one of the five User Programs by pressing **ENTER**.



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.

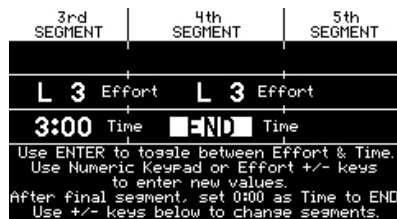
The screen will read, “**PRESS START TO BEGIN OR ENTER TO EDIT**”, Press **ENTER** to enter **EDIT MODE**.



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 effort 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 elliptical.

If you wanted to create a 2-segment User Program with a Level 1 Effort Level for 30 seconds and then Level 7 Effort Level 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 effort level press “1”, **ENTER**.
6. To move to the 2nd segment press center “+” key.
7. To edit 2nd segment’s time press “1”, “0”, “0”, “0”. **ENTER**.
8. To edit the 2nd segment effort level press “7”, **ENTER**.
9. To move to the 3rd segment press center “+” key.
10. To make the 2nd segment your last segment press “0” **ENTER** so time value reads **END**.
11. Press **START** to start the program.

Whenever you run one of your User Programs and adjust effort 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  button.

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

PREVIOUS SEGMENT	CURRENT SEGMENT	NEXT SEGMENT
L 5 Effort	L 5 Effort	L 5
0:30 Time	0:22 Time	0:30
PROGRAM TIME		CURRENT SEGMENT
9:22		2 of 20

TO VIEW OTHER SEGMENTS, HOLD ENTER FOR 3 SEC

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

Every ElliptiMill comes standard with speakers and fan.



SPEAKERS:

To use the speakers, connect to one of 2 available inputs: 3.5 mm head phone plug (compatible with any audio source with a standard headphone jack) and the iPod® docking connector.

Speakers only operate when the ElliptiMill is ON. Once you connect your personal player, you'll be able to turn on/off and adjust the different levels by pressing the "+/-" keys to the right of the fan vent.

FAN:

Fan will only operate when the unit is ON. You'll be able to turn on/off and adjust the different levels by pressing the "+/-" keys to the left of the fan vent.

Note: The accessories keypad has a small power LED (light) on the bottom left corner. This is a diagnostic light which will remain lit as an indicator that the accessories are being adequately powered.

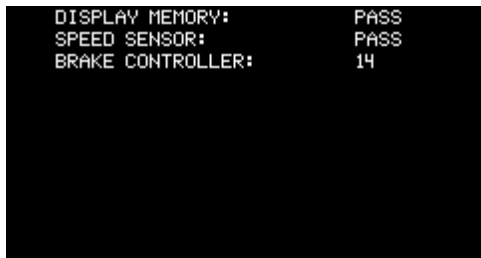
The Pro Sports Trainer is equipped with onboard self-diagnostics. If the elliptical experiences any errors during operation, the elliptical will display the error message. You will have the option to further investigate by commencing the elliptical's self-diagnostics software (see picture below).



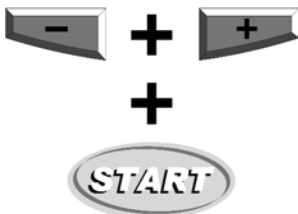
When you choose the option to enter diagnostics you will be prompted with a warning screen (shown below). After reading it, straddle the elliptical by stepping on the traction strips on the sides of the running surface and press **ENTER**.



The elliptical will now systematically test all of the individual components of the elliptical. 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.



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 elliptical is off.

Heart Rate Monitoring

The Pro Sports Trainer elliptical comes standard with a wireless heart rate monitoring device and contact heart rate grips (see Heart Rate Monitors) 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 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 (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 (ACSM) 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?

Your Target Heart Rate Zone 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:	$185(\text{MHR}) \times 0.6$	111 bpm
Upper Target Limit:	$185(\text{MHR}) \times 0.85$	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 monitor consists of two parts: a transmitter and a receiver. Each time your heart beats, the electrodes detect the beat and send the information to the receiver on the elliptical. Your current heart rate (bpm) is visible on the elliptical's display.

Every ElliptiMill comes with AccuTrack Contact Heart Rate Grips that can be used in place of the wireless chest strap.

CONTACT GRIPS (shown on right)

To use the Contact Grips follow these steps:

Grab the contact grips.

The center display will start flashing to communicate that the system is active and acquiring a signal.

After about 5-10 seconds, your heart rate will be displayed and remain displayed as long as you hold on to the grips.

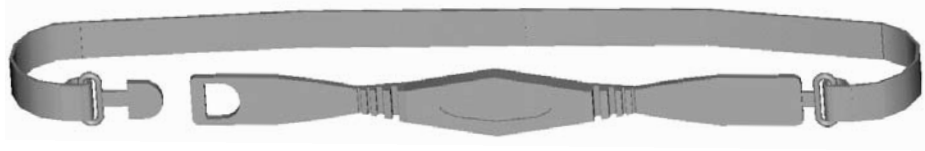
Once you release them, the display will automatically revert to the statistic displayed prior to grabbing the grips.

Note: If you are wearing the wireless chest strap, the AccuTrack Contact Heart Rate Grips will override the wireless signal while your hands are on the grips. Once you release the grips, the elliptical will default back to the wireless signal.

The contact grips are designed to reliably operate up to approximately 70 RPM. Higher speeds can cause the user's hands to shift and hinder the heart rate signal acquisition. For the most reliable results, use the wireless chest strap.



WIRELESS HEART RATE CHEST STRAP TRANSMITTER (shown below)



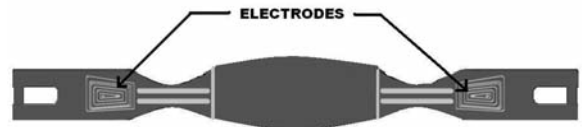
To use the Wireless Chest Strap follow these steps:

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 ElliptiMill. 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.



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