

LS9.9E ELLIPTICAL SERVICE MANUAL



TABLE OF CONTENTS

CHAPTER 1: SERIAL NUMBER LOCATION

CHAPTER 2: USING THE CONSOLE AND PROGRAM DESCRIPTION

- 2.1 Console Description
- 2.2 Program Information
- 2.3 Using A CD / MP3 Player
- 2.4 Demo Mode

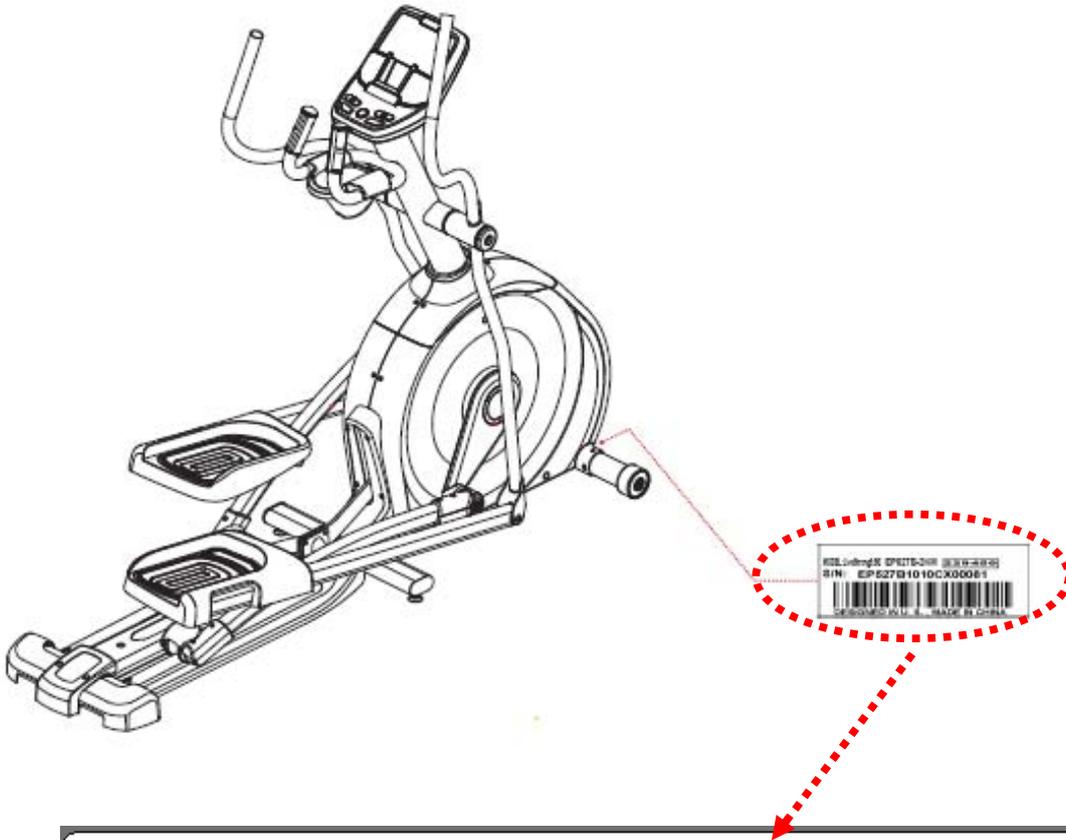
CHAPTER 3: ENGINEERING MODE

- 3.1 Engineering Mode
- 3.2 Engineering Mode Overview

CHAPTER 4: ERROR CODE

CHAPTER1:Serial Number Location

1.1 Serial Number Location



MODEL: LiveStrong9.9E EP527B-2KM **229450**

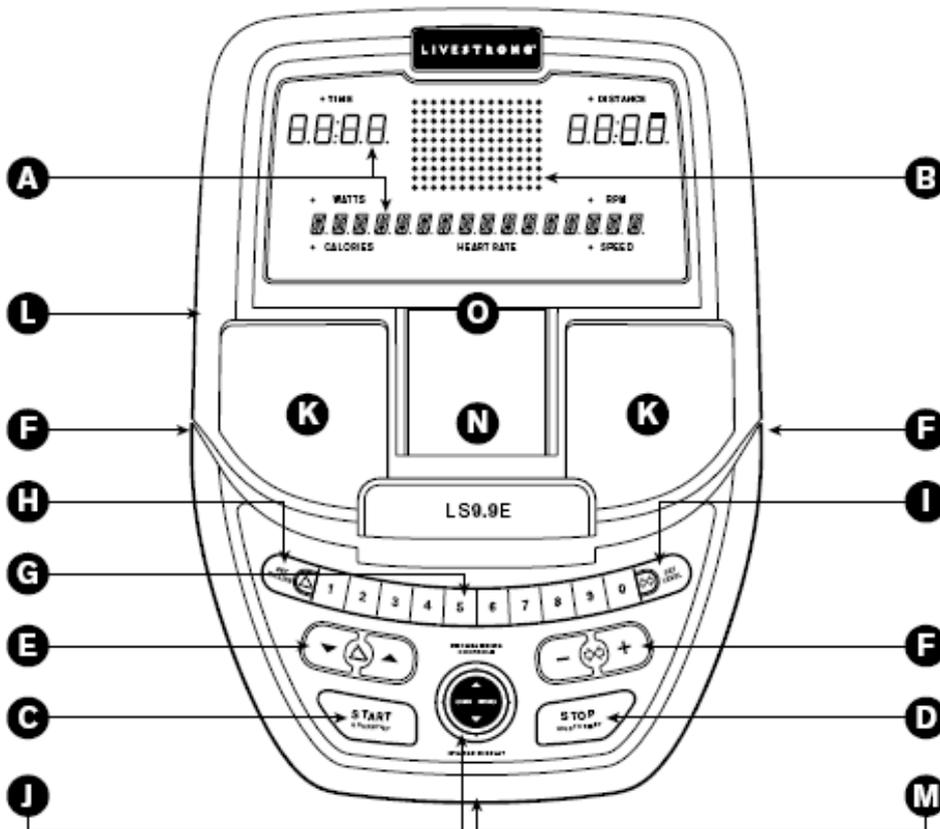
S/N: EP527B1010CX00081



DESIGNED IN U. S. , MADE IN CHINA

CHAPTER 2: Using the Console and Program Description

2.1 Console Description



LS9.9E CONSOLE OPERATION

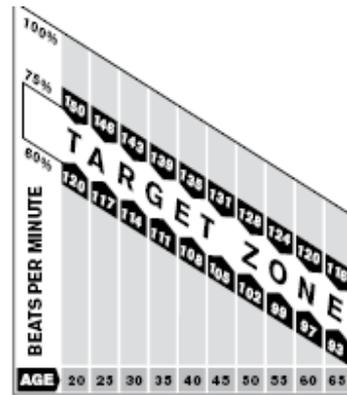
Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) LED DISPLAY WINDOWS:** time, distance, watts, RPM, calories, heart rate and speed. Incline and resistance levels are displayed when their levels are changed.
- B) LED DOT MATRIX WINDOW:** displays workout profile.
- C) START:** press to begin exercising, starts your workout, or resume exercising after pause.
- D) STOP:** press to pause/end your workout. Hold for 3 seconds to reset the console.
- E) INCLINE ▲ / ▼ :** used to adjust incline level.
- F) RESISTANCE + / - :** used to adjust resistance level.
- G) QUICK KEYS:** used to reach desired incline or resistance level more quickly. Press quick key number then SET INCLINE or SET LEVEL.
- H) SET INCLINE:** press to set incline after pressing a QUICK KEY number. (0%–100%, increments of 5%)
- I) SET RESISTANCE:** press to set resistance level after pressing a QUICK KEY number. (20 levels, increments of 1)
- J) PROGRAMMING BUTTON:** used to select program, level and time, and other options. Press to change display feedback during workout. ENTER is used to confirm a selection. BACK is used to move back in program setup.
- K) SPEAKERS:** music plays through speakers when your CD / MP3 player is connected to the console.
- L) AUDIO IN JACK:** plug your CD / MP3 player into the console using the included audio adaptor cable.
- M) AUDIO OUT / HEADPHONE JACK:** plug your headphones into this jack to listen to your music through the headphones. Note: when headphones are plugged into the headphone jack the sound will no longer come out through the speakers.
- N) MP3 PLAYER POCKET:** used to store your MP3 player.
- O) READING RACK:** holds reading material.

* Maximum user's body weight – 147 kg / 325 lbs

2.2 Program Information

- 1) **MANUAL:** Allows 'on the fly' manual resistance changes. Time-based goal.
- 2) **INTERVALS:** Walk or run a series of alternating resistance levels. Time-based goals with 10 difficulty levels to choose from.
- 3) **WEIGHT LOSS:** Challenges with various combinations of hills and valleys (resistance). Time-based goal with 12 difficulty levels to choose from.
- 4) **CONSTANT WATTS:**
 - Select Constant Watts program using \blacktriangle / \blacktriangledown and press ENTER on the PROGRAMMING BUTTON.
 - Set time using \blacktriangle / \blacktriangledown and press ENTER.
 - Select desired watts using \blacktriangle / \blacktriangledown and press ENTER.
 - Press START or ENTER to begin the program.
- 5) **LS12.9E ONLY: THR ZONE:**
 - Select THR Zone program using \blacktriangle / \blacktriangledown and press ENTER on the PROGRAMMING BUTTON.
 - Select time using \blacktriangle / \blacktriangledown and press ENTER.
 - The heart rate window will flash showing the default target heart rate of 80 beats per minute.
 - Select your target heart rate from the chart above using \blacktriangle / \blacktriangledown and press START. The target heart rate is selected in multiples of 5 beats.
- 6) **LS9.9E ONLY: RANDOM:** Provides even more workout variety by mixing up your resistance intervals (resistance levels). Time-based goal with 7 difficulty levels to choose from.



In this program, the large LED dot matrix window displays your heart rate during exercise. The middle row represents your target heart rate (THR) and the other rows equal +/-2 heart beats. If you are working out beneath your THR, the LEDs below the middle row will illuminate. If you are over, the LEDs above the middle row will illuminate. Your current heart rate is represented by the flashing column and the window will refresh every 5 seconds.

NOTES: There is a 4-minute warm-up built into this program at level 1 resistance. After 4 minutes the resistance will automatically adjust to bring your heart rate within 5 beats of the target number you selected at the beginning of the program. If there is no heart rate detected, the unit will not change resistance levels up or down. If your heart rate is 25 beats over your target zone the program will shut down.

LS9.9E, LS12.9E PROGRAM INFORMATION

- 6) **REVERSE TRAIN:** Program cues you to pedal forward (F) and backwards (R) for an exciting and challenging workout (resistance levels). Time-based goal with 14 difficulty levels to choose from.
- 7-8) **INCLINE 1 & 2:** Takes your strength and endurance to the next level of fitness with intense combinations of resistance and incline. Time based goal with 10 difficulty levels to choose from. **NOTE:** All elevations are listed as a percent of total elevation.
- 9-10) **CUSTOM 1 & 2:**
 - 1) Select CUSTOM 1 or 2 using \blacktriangle / \blacktriangledown and press ENTER on the PROGRAMMING BUTTON.
 - 2) Use the \blacktriangle / \blacktriangledown keys to select time. Press ENTER to confirm.
 - 3) Set each resistance/incline profile by using \blacktriangle / \blacktriangledown and press ENTER. Repeat for all 15 resistance/incline profiles. **NOTE:** You may go back to the previous segment by pressing BACK on the PROGRAMMING BUTTON.
 - 4) Press START to begin.

2.3 Using your CD/MP3 Player

- 1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the top of the console and the headphone jack on your CD / MP3 player.
- 2) Use your CD / MP3 player buttons to adjust song settings.
- 3) Remove the AUDIO ADAPTOR CABLE when not in use.
- 4) If you don't want to use the SPEAKERS, you can plug your headphones into the AUDIO OUT JACK at the bottom of the console.

2.4 Demo Mode

Power on the machine and no rpm and don't press keys. 5 minutes later the console will enter into DEMO MODE. The LED will display in turns. (Figure A)



(Figure A)

CHAPTER 3: ENGINEERING MODE

3.1 Engineering Mode

- 1) To enter Engineering Mode, press & hold the resistance UP and DOWN keys (Figure B) at the same time for 3-5 seconds until Engineering Menu appears on the display.
- 2) Use the INCLINE and RESISTANCE UP and DOWN keys to select a parameter.
- 3) Press ENTER to enter a parameter setting.
- 4) Use the INCLINE and RESISTANCE UP and DOWN keys to change the parameter.
- 5) Press and hold the STOP key to exit Engineering Mode and return to normal operation.



(Figure B)

3.2 Engineering Mode Overview

MODE	Function	Description
ENG 0	Display Test	Start Key - LED on Stop Key - LED off Any Other Key - Will show on the display window. Hold the STOP key for 3 seconds to return to the Engineering Menu.
ENG 1	Hardware Test	Resistance up-ECB counter up in resistance window Resistance down-ECB counter down in resistance window Heart signal in-display the heart value in heart window RPM signal in-display the PRM value in RPM window Hold "STOP" 3 sec back to Engineering Mode
ENG 2	Switch Function	Use the INCLINE or RESISTANCE UP and DOWN keys to switch DEMO MODE off or on. Use the START key to select unit (1=KM, 0=Mile).
ENG 3	Information	Accumulated Time and Distance Press and hold the START key for 5 seconds to clear all data.
ENG 4	Incline test	Press ENTER – save the ADC value Press INCLINE or UP and DOWN – change the incline value.

CHAPTER 4: ERROR CODE

There are no ERROR CODE define in this model.