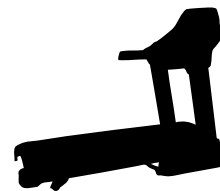


**L I V E S T R O N G**  
BY **JOHNSON**



**LS10.0T**



**LS13.0T**

# TREADMILL OWNER'S MANUAL



Read the TREADMILL GUIDE before using this OWNER'S MANUAL.

# INTRODUCTION

Congratulations and thank you for your purchase of this **LIVESTRONG** treadmill!

Purchases of this product ensure that a minimum of \$4M will go to the Lance Armstrong Foundation and the fight against cancer.

Whether your goal is to win races or simply enjoy a fuller, healthier lifestyle, a **LIVESTRONG** treadmill can help you attain it – adding club-quality performance to your at-home workouts, with the ergonomics and innovative features you need to get stronger and healthier, faster. Because we're committed to designing fitness equipment from the inside out, we use only the highest quality components. It's a commitment we back with one of the strongest frame-to-motor warranty packages in the industry.

You want exercise equipment that offers the most comfort, the best reliability and the highest quality in its class.

**LIVESTRONG** treadmills deliver.

The Lance Armstrong Foundation fights for the more than 25 million people around the world living with cancer today. There can be – and should be – life after cancer for more people. The Foundation's support kicks in at the moment of diagnosis, giving people the resources and support they need to fight cancer head-on. They find innovative ways to raise awareness, fund research and end the stigma about cancer that many survivors face. They connect people and communities to drive social change, and call for state, national and world leaders to help fight this disease. Anyone, anywhere can join the fight against cancer. Join them at **LIVESTRONG.org**.

# IMPORTANT PRECAUTIONS



## SAVE THESE INSTRUCTIONS

When using an electrical product, basic precautions should always be followed, including the following: Read all instructions before using this treadmill. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions. If you have any questions after reading this guide, contact your local dealer for more information.

This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.



## **DANGER**

### **TO REDUCE THE RISK OF ELECTRICAL SHOCK:**

Always unplug the treadmill from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking off parts.

## **WARNING**

### **TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:**

- Never use the treadmill before securing the safety tether clip to your clothing.
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the treadmill.
- Always wear athletic shoes while using this equipment.
- Do not jump on the treadmill.
- At no time should more than one person be on treadmill while in operation.
- This treadmill should not be used by persons weighing more than specified in the OWNER'S MANUAL WARRANTY SECTION. Failure to comply will void the warranty.
- When lowering the treadmill deck, wait until rear feet are firmly on the floor before stepping on the deck.
- Disconnect all power before servicing or moving the equipment. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents. (See MAINTENANCE)
- The treadmill should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Connect this exercise product to a properly grounded outlet only.

## **WARNING**

### **TO REDUCE THE RISK OF BURNS, FIRE, ELECTRICAL SHOCK OR INJURY TO PERSONS:**

- At NO time should pets or children under the age of 13 be closer to the treadmill than 10 feet.
- At NO time should children under the age of 13 use the treadmill.
- Children over the age of 13 or disabled persons should not use the treadmill without adult supervision.
- Use the treadmill only for its intended use as described in the treadmill guide and owner's manual.
- Do not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Never operate the treadmill if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the treadmill with the air opening blocked. Keep the air opening clean, free of lint, hair, and the like.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) products are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use treadmill in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.
- This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, school or institutional setting. Failure to comply will void the warranty.
- Do not remove the console covers unless instructed by your local dealer. Service should only be done by an authorized service technician.
- Disconnect the safety key to prevent uncontrolled usage of third parties.
- The equipment shall be installed on a stable base.
- Lubricate and centering the running belt regularly with instruction given.
- While exercising, run within the logo printed on belt to prevent possible injury.

It is essential that your treadmill is used only indoors, in a climate controlled room. If your treadmill has been exposed to colder temperatures or high moisture climates, it is strongly recommended that the treadmill is warmed up to room temperature before first time use. Failure to do so may cause premature electronic failure.





## GROUNDING INSTRUCTIONS

This product must be grounded. If a treadmill should malfunction or breakdown, grounding provides a path of least resistance for electrical current to reduce the risk of electrical shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with local codes and ordinances.

## DANGER

Improper connection of the equipment-grounding conductor 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 the outlet, have a proper outlet installed by a qualified electrician.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

This product must be used on a dedicated circuit. To determine if you are on a dedicated circuit, shut off the power to that circuit and observe if any other devices lose power. If so, move devices to a different circuit. Note: There are usually multiple outlets on one circuit. This treadmill should be used with a minimum 20-amp circuit.

## WARNING

Connect this exercise product to a properly grounded outlet only.

Never operate product with a damaged cord or plug even if it is working properly. Never operate any product if it appears damaged, or has been immersed in water. Contact your local dealer for replacement or repair.



# ASSEMBLY

## WARNING

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the treadmill could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the treadmill, the assembly instructions must be reviewed and corrective actions should be taken.

Before proceeding, find your treadmill's serial number located on a white barcode sticker on the base frame as shown in this image.

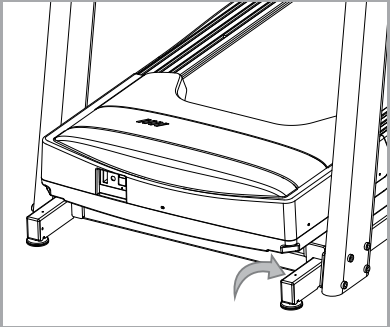
ENTER YOUR SERIAL NUMBER AND MODEL NAME IN THE BOXES BELOW:

SERIAL NUMBER:  

TM

MODEL NAME: **LIVESTRONG****TREADMILL**

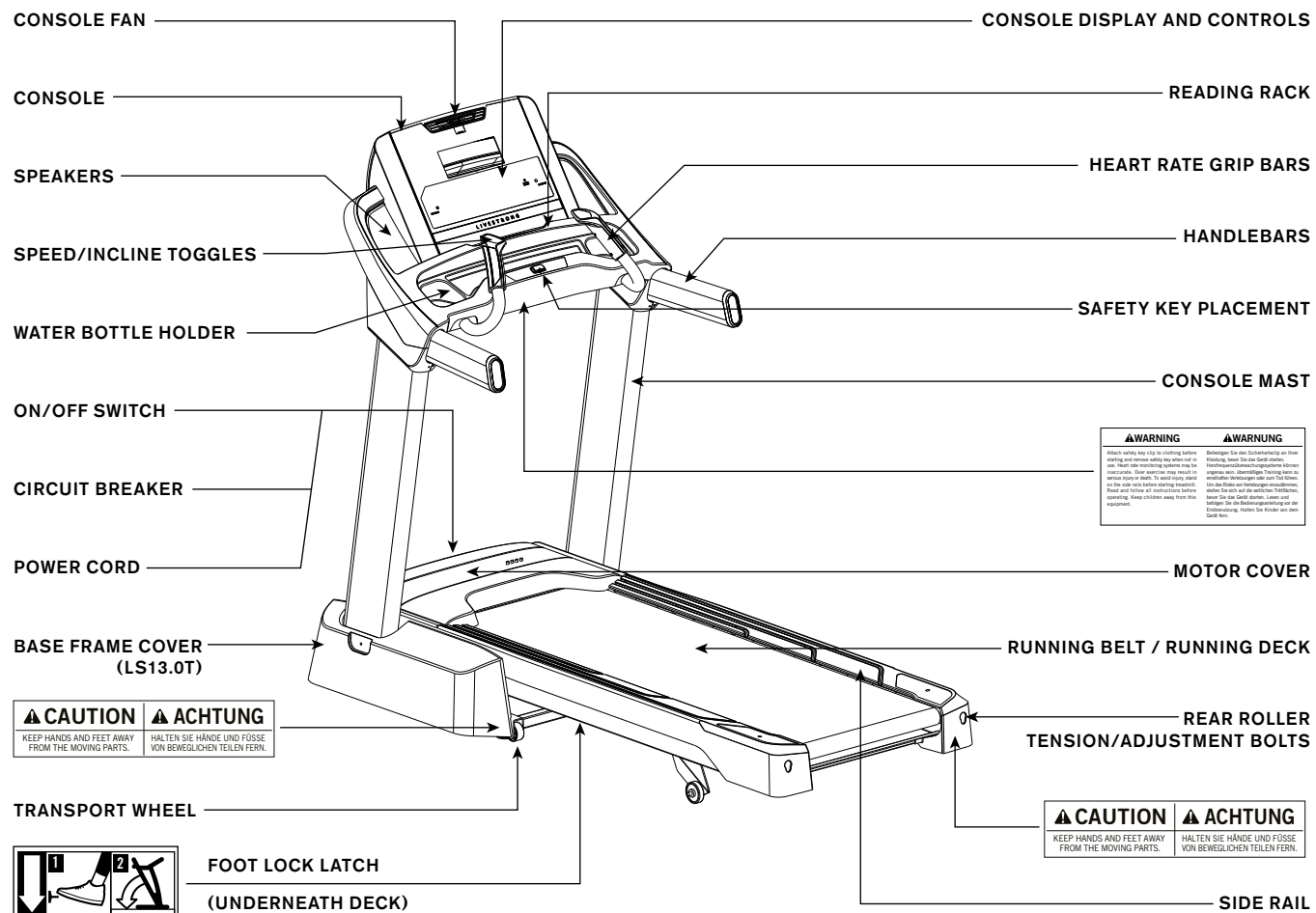
SERIAL NUMBER LOCATION



» Refer to the SERIAL NUMBER and MODEL NAME when calling for service.



ALL  
MODELS



## TOOLS REQUIRED:

- ☐ 6 mm T-Wrench (included)
- ☐ 5 mm L-Wrench (included)
- ☐ Screwdriver (not included)

## PARTS INCLUDED:

- ☐ 2 Console Masts
- ☐ 1 Console Assembly
- ☐ 2 Sets Console Mast Covers
- ☐ 2 Heart Rate Grip Bars
- ☐ 2 Base Frame Covers (LS13.0T)
- ☐ 1 Hardware Kit
- ☐ 1 Safety Key
- ☐ 1 Power Cord
- ☐ 1 USB Cover
- ☐ 1 Rubber Pad For Media Players
- ☐ 1 Audio Adapter Cable
- ☐ 1 Bottle of Silicone Lubricant (for 2 applications)



## NEED HELP?

If you have questions or if there are any missing parts, contact your local dealer.

# PRE ASSEMBLY

## UNPACKING

Place the treadmill carton on a level flat surface. It is recommended that you place a protective covering on your floor. Take **CAUTION** when handling and transporting this unit. Never open box when it is on its side. Once the banding straps have been removed, do not lift or transport this unit unless it is fully assembled and in the upright folded position, with the lock latch secure. Unpack and assemble the unit where it will be used. The enclosed treadmill is equipped with high-pressure shocks and may spring open if mishandled. Never grab hold of any portion of the incline frame and attempt to lift or move the treadmill.



## WARNING

**DO NOT ATTEMPT TO LIFT THE TREADMILL!** Do not move or lift treadmill from packaging until specified to do so in the assembly instructions. You may remove the plastic wrap from console masts.



## WARNING

**FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN INJURY!**

**NOTE:** During each assembly step, ensure that **ALL** nuts and bolts are in place and partially threaded in before completely tightening any **ONE** bolt.

**NOTE:** A light application of grease may aid in the installation of hardware. Any grease, such as lithium bike grease is recommended.



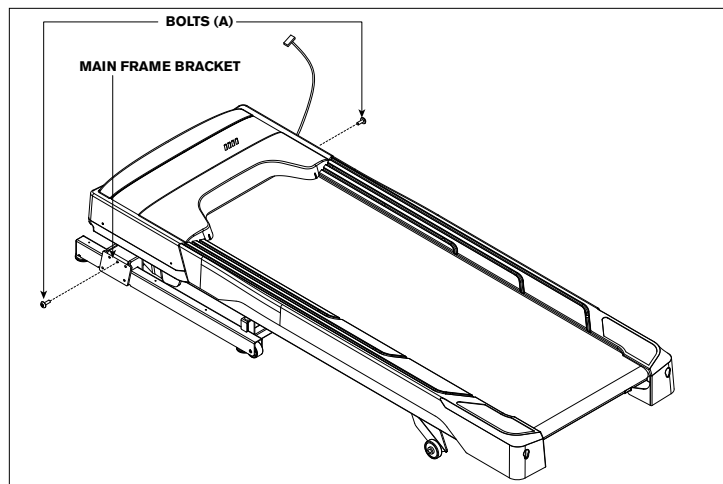
ALL  
MODELS

## ASSEMBLY STEP 1

### HARDWARE FOR STEP 1 :

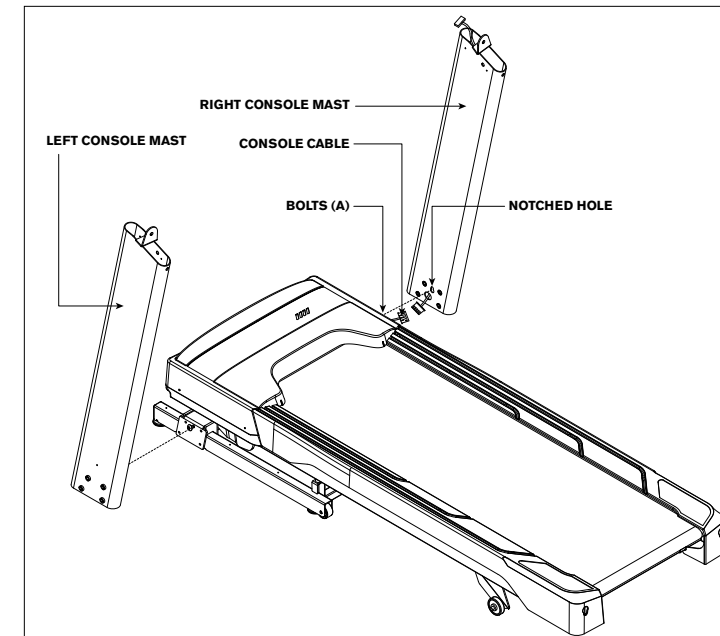


**BOLT (A)**  
9 mm  
Qty: 2



- A Cut the yellow banding straps and lift the running deck upward to remove all contents from underneath the running deck.
- B Open **HARDWARE FOR STEP 1**.
- C Insert 2 **BOLTS (A)** into **MAIN FRAME BRACKETS**.

## ASSEMBLY STEP 1 (continued)



- A Connect the **CONSOLE CABLES** at **RIGHT CONSOLE MAST** and carefully tuck wires to **CONSOLE MAST** to avoid damage.
- B Align the **CONSOLE MAST** so that **BOLT (A)** sits in the **NOTCHED HOLE** in the bottom of the **CONSOLE MAST**.
- C Repeat STEP B on other side.

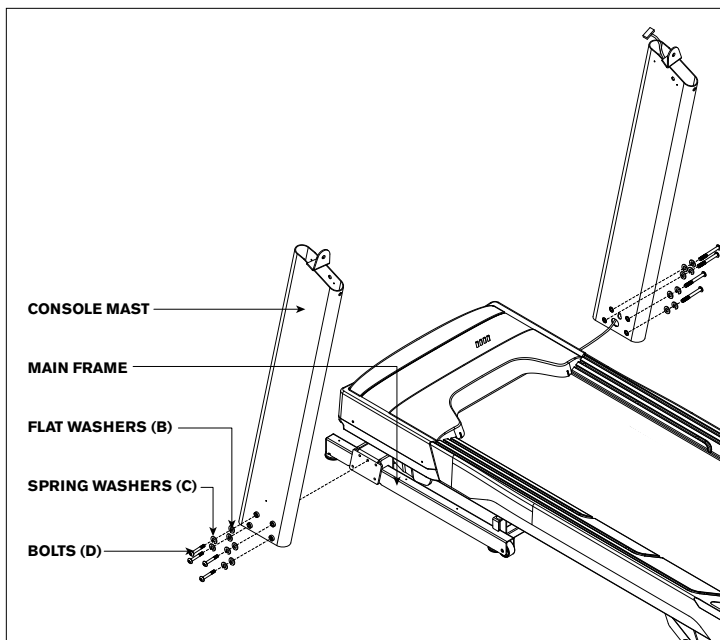
**NOTE:** Be careful not to pinch the console cable while attaching the right console mast.



ALL  
MODELS

## ASSEMBLY STEP 2

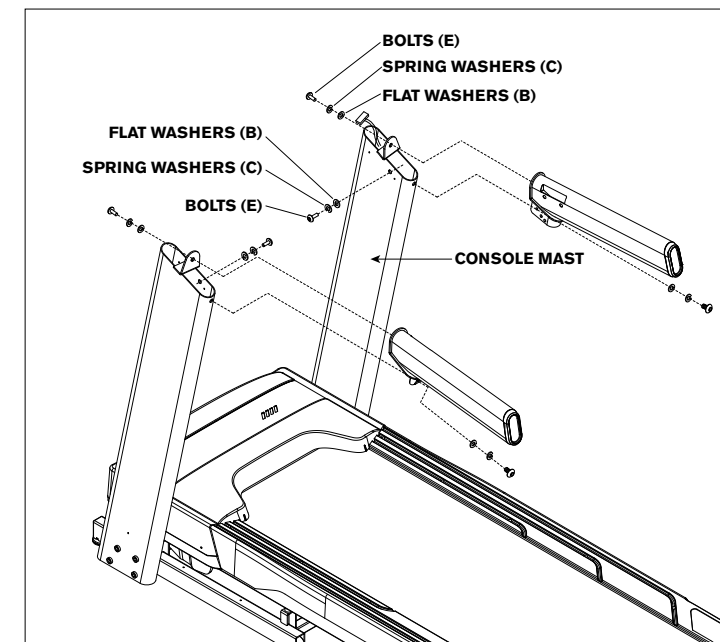
### HARDWARE FOR STEP 2 :



- Open **HARDWARE FOR STEP 2**.
- Attach **LEFT CONSOLE MAST** to **MAIN FRAME BRACKET** using 4 **FLAT WASHERS (B)**, 4 **SPRING WASHERS (C)** and 4 **BOLTS (D)**.
- Repeat on other side.

## ASSEMBLY STEP 3

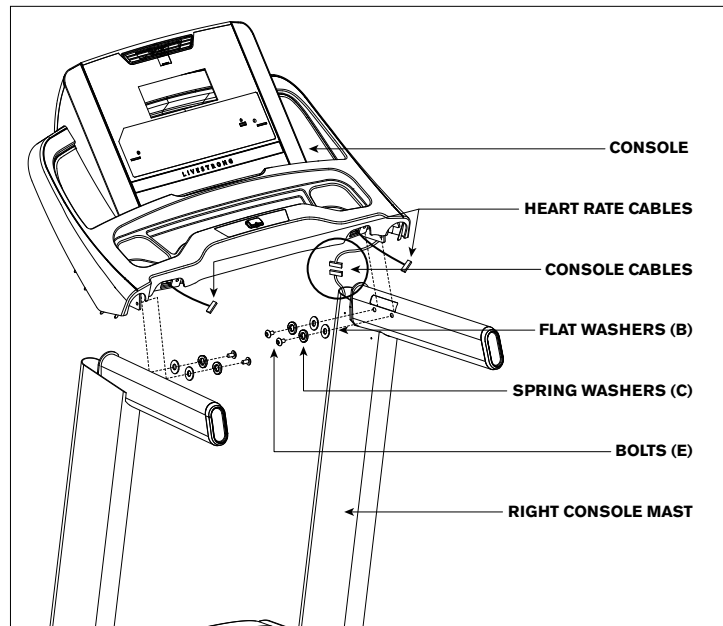
### HARDWARE FOR STEP 3 :



- Open **HARDWARE FOR STEP 3**.
- Gently connect **RIGHT HANDLEBAR** to **RIGHT CONSOLE MASTS** using 3 **FLAT WASHERS (B)**, 3 **SPRING WASHERS (C)** and 3 **BOLTS (E)**.
- Repeat on other side.

## ASSEMBLY STEP 4

### HARDWARE FOR STEP 4 :



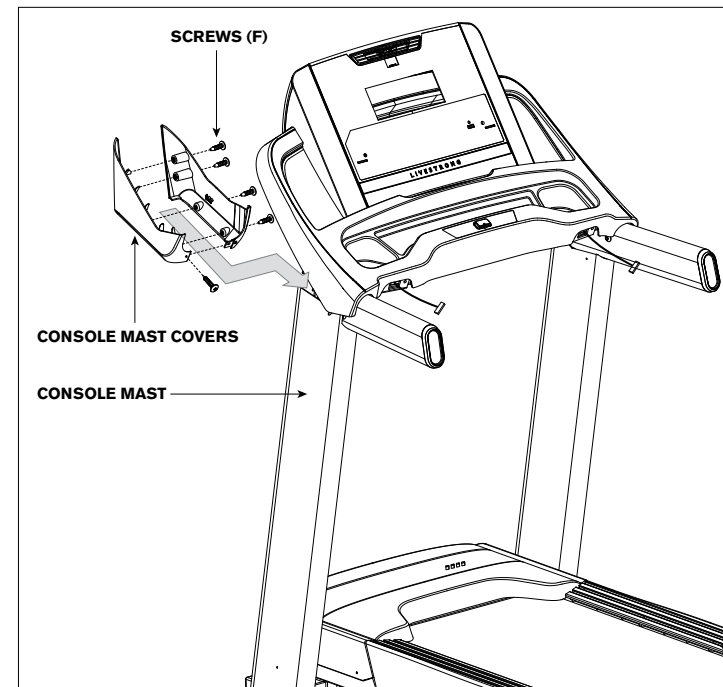
- A Open **HARDWARE FOR STEP 4**.
- B Gently place **CONSOLE** on top of **CONSOLE MASTS**.

**NOTE:** Be careful not to pinch the console cables while attaching the console.

- C Connect the **CONSOLE CABLES** and tuck them inside the right **CONSOLE MAST**. Do not connect the **HEART RATE CABLES** until STEP 5.
- D Connect the **CONSOLE** to the right **CONSOLE MAST** using 2 **BOLTS (E)**, 2 **SPRING WASHERS (C)** and 2 **FLAT WASHERS (B)**.
- E Repeat STEP D on other side.

## ASSEMBLY STEP 5

### HARDWARE FOR STEP 5 :

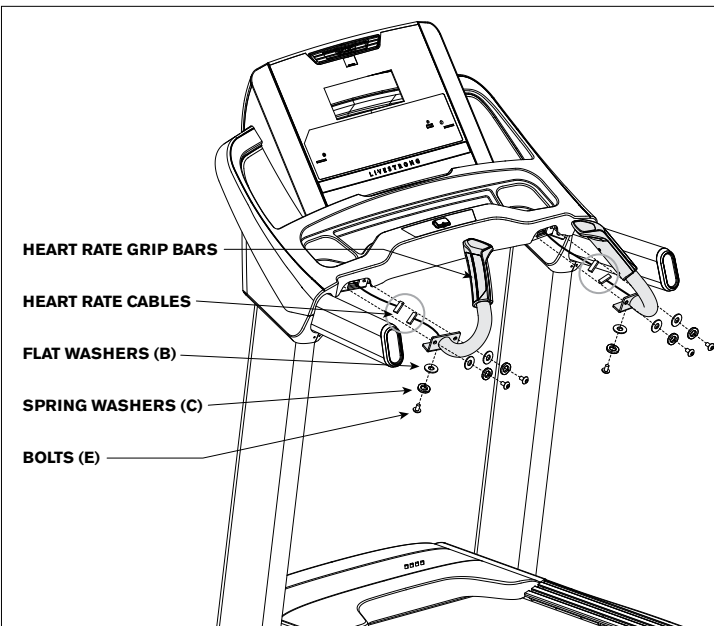


- A Open **HARDWARE FOR STEP 5**.
- B Slide both **CONSOLE MAST COVERS** under the console around console mast.
- C Attach **CONSOLE MAST COVERS** using 4 **SCREWS (F)** from the inside and 1 **SCREW (F)** from the front.
- D Repeat on other side.



## ASSEMBLY STEP 6

### HARDWARE FOR STEP 6 :



- Open **HARDWARE FOR STEP 6**.
- Connect the **HEART RATE CABLES** and carefully tuck them inside the **CONSOLE**.

**NOTE:** Be careful not to pinch the heart rate cables while attaching the heart rate grip bars.

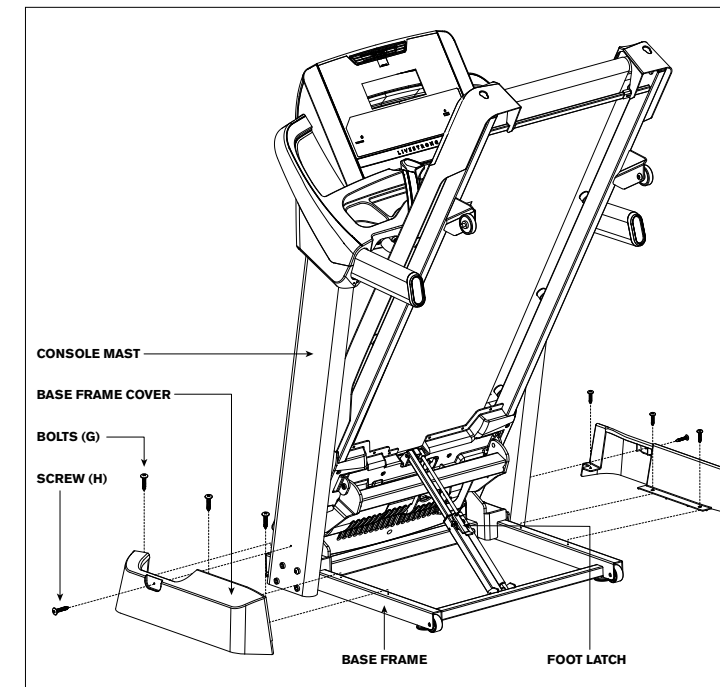
- Attach **HEART RATE BAR** to the **CONSOLE** using 2 **BOLTS (E)**, from the front and 1 **BOLT (E)** from below.
- Repeat on other side.

### LS10.0T ASSEMBLY COMPLETE!

Before the first use, lubricate the treadmill deck by following the instructions in the **MAINTENANCE** section in the **TREADMILL GUIDE**.

## LS13.0T ASSEMBLY STEP 7

### HARDWARE FOR STEP 7 :



\*This step is for LS13.0T models only.

- Fold the deck into the upright position until the foot latch engages.
- Open **HARDWARE FOR STEP 7**.
- Attach **BASE FRAME COVER** to **CONSOLE MAST** using 1 **SCREW (H)** from the side.
- Attach **BASE FRAME COVER** to **BASE FRAME** using 3 **BOLTS (G)** from above.
- Repeat on other side.
- While holding the deck with both hands, press the foot latch with your foot to lower the deck to the ground.



ALL  
MODELS





## ASSEMBLY **STEP 8**

LS13.0T  
SHOWN



### **LS13.0T**

#### **ASSEMBLY COMPLETE!**

Before the first use, lubricate the treadmill deck by following the instructions in the MAINTENANCE section in the TREADMILL GUIDE.

### **LS 10.0T**

Max. User Weight: 148 kg / 325 lbs.

Product Weight: 104 kg / 229 lbs

Overall Dimension: 159 x 159 x 90 cm / 63"x63"x36"

Folding Dimension: 102 x 159 x 173 cm / 40"x63"x62"

### **LS 13.0T**

Max. User Weight: 159 kg / 350 lbs.

Product Weight: 118 kg / 260 lbs

Overall Dimension: 182 x 159 x 90 cm / 72"x62"x36"

Folding Dimension: 115 x 159 x 173 cm / 45"x 63"x62"

# TREADMILL OPERATION

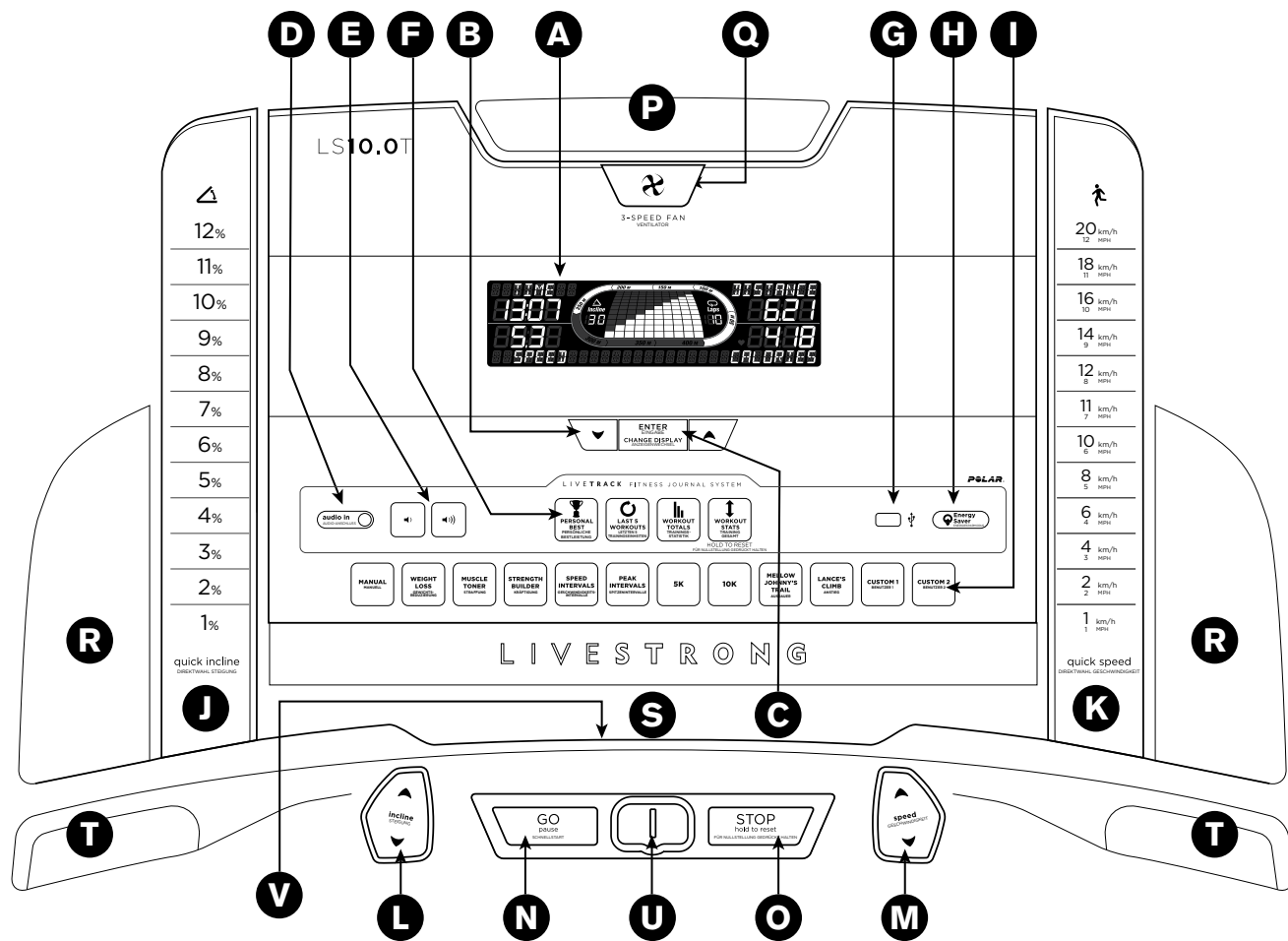


This section explains how to use your treadmill's console and programming. The BASIC OPERATION section in the TREADMILL GUIDE has instructions for the following:

- **LOCATION OF THE TREADMILL**
- **USING THE SAFETY KEY**
- **FOLDING THE TREADMILL**
- **MOVING THE TREADMILL**
- **LEVELING THE TREADMILL**
- **TENSIONING THE RUNNING BELT**
- **CENTERING THE RUNNING BELT**
- **USING THE HEART RATE FUNCTION**



LS10.0T



## LS10.0T 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) LCD DISPLAY WINDOW:** time, distance, speed, calories, incline, laps, and heart rate.
- B) PROGRAMMING ▼ ▲ KEYS:** Used to cycle through programs and LIVETRACK workout statistics.
- C) ENTER / CHANGE DISPLAY:** used to confirm selection or change screen view.
- D) AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.
- E) VOLUME:** used to adjust volume up or down.
- F) LIVETRACK FITNESS JOURNAL SYSTEM:** see page 29 for more information.
- G) USB PORT:** insert USB stick for any software updates.
- H) ENERGY SAVER LIGHT:** indicates if machine is in Energy Saver mode.
- I) PROGRAM KEYS:** press to select workout.
- J) INCLINE QUICK KEYS:** used to reach desired incline quickly.
- K) SPEED QUICK KEYS:** used to reach desired speed quickly.
- L) INCLINE ▼ ▲ KEYS:** used to adjust incline level.
- M) SPEED ▼ ▲ KEYS:** used to adjust speed level.
- N) GO / PAUSE:** used to start workout, pause workout, and restart after pause.
- O) STOP / HOLD TO RESET:** used to stop machine and also will reset machine when held down.
- P) FAN:** personal workout fan
- Q) FAN KEY:** press to turn fan on and off.
- R) SPEAKERS:** plays music through speakers when connected to your media player.
- S) READING RACK:** holds reading material.
- T) STORAGE POCKETS:** holds personal items, i.e. water bottle, brought with you.
- U) SAFETY KEY:** enables treadmill when safety key is inserted.
- V) RUBBER PAD:** place rubber pad above reading rack to help secure your media player.



LS10.0T

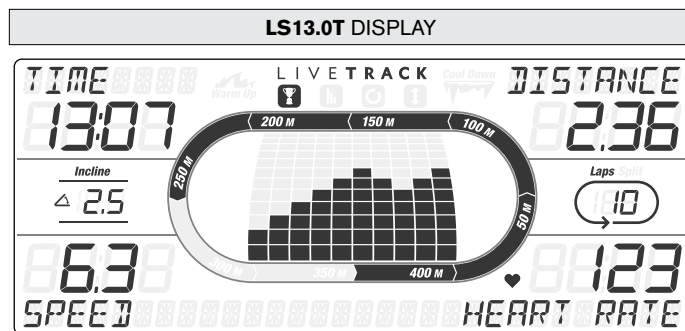
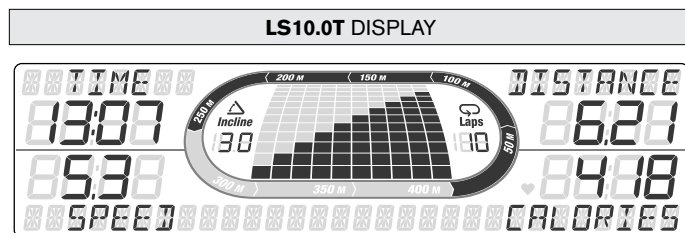


Note: There is a thin protective sheet of clear plastic on the overlay of the console that should be removed before use.

- A) **LCD DISPLAY WINDOW:** time, incline, distance, incline, speed, laps, calories, and heart rate.
- B) **CHANGE DISPLAY:** press to change display feedback during workout.
- C) **PROGRAMMING ▼ ▲ KEYS:** Used to cycle through programs and LIVETRACK workout statistics.
- D) **ENTER:** used to confirm a selection.
- E) **SPLIT:** shows split for last lap of workout.
- F) **AUDIO IN JACK:** plug your media player into the console using the included audio adaptor cable.
- G) **VOLUME:** used to adjust volume up or down.
- H) **LIVETRACK FITNESS JOURNAL SYSTEM:** see page 29 for more information.
- I) **USB PORT:** insert USB stick for any software updates.
- J) **ENERGY SAVER LIGHT:** indicates if machine is in Energy Saver mode.
- K) **PROGRAM KEYS:** press to select workout.
- L) **INCLINE QUICK KEYS:** used to reach desired incline quickly.
- M) **SPEED QUICK KEYS:** used to reach desired speed quickly.
- N) **INCLINE ▼ ▲ KEYS:** used to adjust incline level.
- O) **SPEED ▼ ▲ KEYS:** used to adjust speed level.
- P) **GO / PAUSE:** used to start workout, pause workout, and restart after pause.
- Q) **STOP / HOLD TO RESET:** used to stop machine and also will reset machine when held down.
- R) **FAN:** personal workout fan
- S) **FAN KEY:** press to turn fan on and off.
- T) **SPEAKERS:** plays music through speakers when connected to your media player.
- U) **READING RACK:** holds reading material.
- V) **STORAGE POCKETS:** holds personal items, i.e. water bottle, brought with you.
- W) **SAFETY KEY:** enables treadmill when safety key is inserted.
- X) **RUBBER PAD:** place rubber pad above reading rack to help secure your media player.



LS10.0T  
LS13.0T



## LS13.0T ADDITIONAL FEATURES

- **WARM UP:** Lights up during warm up period of program.
- **COOL DOWN:** Lights up during cool down period of program.
- **SPLIT:** Shows recorded time for an interval or selected segment of time.

## LS10.0T & LS13.0T DISPLAY WINDOWS

- **TIME:** Shown as minutes : seconds. View the time remaining or the time elapsed in your workout.
- **DISTANCE:** Shown as miles. Indicates distance traveled or distance remaining during your workout.
- **SPEED:** Shown as KPH / MPH. Indicates how fast the belt is moving.
- **CALORIES:** Total calories burned during your workout.
- **HEART RATE (HR):** Shown as BPM (beats per minute). Used to monitor your heart rate (displayed when contact is made with both pulse grips).
- **INCLINE:** Shown as percent. Indicates the incline level of the running surface.
- **TRACK:** Follows progress around a simulated track. Segments light up with every 50 meters completed.
- **LAPS:** Shows how many 400 meter (1/4 mile) laps have been completed.
- **LIVETRACK:** When LIVETRACK is activated, the LIVETRACK information is displayed. See page 29.

## GETTING STARTED

- 1) Check to make sure no objects are placed on the belt that will hinder the movement of the treadmill.
- 2) Plug in the power cord and turn the treadmill ON.
- 3) Stand on the side rails of the treadmill.
- 4) Attach the safety key clip to part of your clothing making sure that it is secure and will not become detached during operation.
- 5) Insert the safety key into the safety keyhole in the console.
- 6) Select User 1, User 2, or Guest using ▼▲ and press ENTER.
- 7) You have two options to start your workout:

### A) QUICK START UP

Simply press the GO key to begin working out.  
Time, distance, and calories will all count up from zero. OR...

### B) SELECT A PROGRAM

- 8) Press desired PROGRAM BUTTON to select workout.
- 9) Set workout time using ▼▲ and press ENTER.
- 10) Set workout level using ▼▲ and press ENTER.
- 11) Press GO to begin workout.  
NOTE: You can adjust the speed and incline during your workout.

## FINISHING YOUR WORKOUT

When your workout is complete, the console will display "workout complete" and beep. Your workout information will stay displayed on the console for 30 seconds and then reset.

## TO RESET THE CONSOLE

Hold STOP key for 3 seconds.

## TO CLEAR CURRENT SELECTION

To clear the current program selection or screen, hold the stop button for 3 seconds.

## SPLIT FEATURE (LS13.0T ONLY)

The display window track simulates running on a 1/4-mile athletic track. Each track segment represents 50 meters. Each segment will flash until you complete the specific distance and then turn solid.

To use the split function:

- 1) Press the SPLIT button during your workout.
- 2) The display will show your Time, Distance, Pace, and Calorie information from the start of your workout until the button was pressed. The information will stay on the screen for five seconds.
- 3) Press the SPLIT button again to see your workout statistics from your first split to your second split.
- 4) The split function will track up to 19 splits.
- 5) At the end of your workout, your splits will cycle through showing your workout statistics for each split.



LS10.0T  
LS13.0T



LS10.0T  
LS13.0T

## LS10.0T & LS13.0T PROGRAM INFORMATION

- 1) MANUAL:** Adjust your speed and incline manually during your workout.
- 2) WEIGHT LOSS:** Promotes weight loss by increasing and decreasing the speed and incline, while keeping you in your fat burning zone. Speed and Incline changes, segments repeat every 30 seconds.

WEIGHT LOSS - SPEED AND INCLINE CHANGES													
Segment		Warm Up		1	2	3	4	5	6	7	8	Cool Down	
Time		4:00 MIN		Each segment is 30 seconds								4:00 MIN	
Level 1	Incline	0.0	0.5	1.5	1.5	1.0	0.5	0.5	0.5	1.0	1.5	0.5	0.0
	Speed(British)	1.0	1.5	2.0	2.5	3.0	3.5	4.0	3.5	3.0	2.5	2.3	1.5
	Speed(Metric)	1.6	2.4	3.2	4.0	4.8	5.6	6.4	5.6	4.8	4.0	3.6	2.4
Level 2	Incline	0.0	0.5	1.5	1.5	1.0	0.5	1.0	0.5	1.0	1.5	0.5	0.0
	Speed(British)	1.3	1.9	2.5	3.0	3.5	4.0	4.5	4.0	3.5	3.0	2.6	1.8
	Speed(Metric)	2.0	3.0	4.0	4.8	5.6	6.4	7.2	6.4	5.6	4.8	4.1	2.8
Level 3	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed(British)	1.5	2.3	3.0	3.5	4.0	4.5	5.0	4.5	4.0	3.5	3.0	2.0
	Speed(Metric)	2.4	3.6	4.8	5.6	6.4	7.2	8.0	7.2	6.4	5.6	4.8	3.2
Level 4	Incline	0.5	1.0	2.0	2.0	1.5	1.0	1.0	1.0	1.5	2.0	1.0	0.5
	Speed(British)	1.8	2.6	3.5	4.0	4.5	5.0	5.5	5.0	4.5	4.0	3.4	2.3
	Speed(Metric)	2.8	4.1	5.6	6.4	7.2	8.0	8.8	8.0	7.2	6.4	5.4	3.6
Level 5	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed(British)	2.0	3.0	4.0	4.5	5.0	5.5	6.0	5.5	5.0	4.5	3.8	2.5
	Speed(Metric)	3.2	4.8	6.4	7.2	8.0	8.8	9.6	8.8	8.0	7.2	6.0	4.0
Level 6	Incline	1.0	1.5	2.5	2.5	2.0	1.5	1.5	1.5	2.0	2.5	1.5	1.0
	Speed(British)	2.3	3.4	4.5	5.0	5.5	6.0	6.5	6.0	5.5	5.0	4.1	2.8
	Speed(Metric)	3.6	5.4	7.2	8.0	8.8	9.6	10.4	9.6	8.8	8.0	6.5	4.4
Level 7	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed(British)	2.5	3.8	5.0	5.5	6.0	6.5	7.0	6.5	6.0	5.5	4.5	3.0
	Speed(Metric)	4.0	6.0	8.0	8.8	9.6	10.4	11.2	10.4	9.6	8.8	7.2	4.8
Level 8	Incline	1.5	2.0	3.0	3.0	2.5	2.0	2.0	2.0	2.5	3.0	2.0	1.5
	Speed(British)	2.8	4.1	5.5	6.0	6.5	7.0	7.5	7.0	6.5	6.0	4.9	3.3
	Speed(Metric)	4.4	6.5	8.8	9.6	10.4	11.2	12.0	11.2	10.4	9.6	7.8	5.2
Level 9	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed(British)	3.0	4.5	6.0	6.5	7.0	7.5	8.0	7.5	7.0	6.5	5.3	3.5
	Speed(Metric)	4.8	7.2	9.6	10.4	11.2	12.0	12.8	12.0	11.2	10.4	8.4	5.6
Level 10	Incline	2.0	2.5	3.5	3.5	3.0	2.5	2.5	2.5	3.0	3.5	2.5	2.0
	Speed(British)	3.3	4.9	6.5	7.0	7.5	8.0	8.5	8.0	7.5	7.0	5.6	3.8
	Speed(Metric)	5.2	7.8	10.4	11.2	12.0	12.8	13.6	12.8	12.0	11.2	8.9	6.0



LS10.0T  
LS13.0T

- 3) MUSCLE TONER:** Tones muscles by adjusting incline gradually while keeping you in your fat burning zone. Segments change every 30 seconds. Time based goal with 10 difficulty levels to choose from.

MUSCLE TONER - INCLINE ONLY																				
Segments	Warm Up				Program Segments - Repeat												Cool Down			
Time	4:00 <small>MIN</small>				Each segment is 30 seconds												4:00 <small>MIN</small>			
Level 1	0	0	0	1	1	1	2	2	1	1	2	2	1	1	2	2	1	0	0	0
Level 2	0	0	1	2	1	2	2	3	1	2	2	3	1	2	2	3	2	1	0	0
Level 3	0	1	1	2	2	2	3	3	2	2	3	3	2	2	3	3	2	1	1	0
Level 4	1	1	1	2	2	3	3	4	2	3	3	4	2	3	3	4	2	1	1	1
Level 5	2	2	2	2	3	3	4	4	3	3	4	4	3	3	4	4	2	2	2	2
Level 6	2	2	2	3	3	4	4	5	3	4	4	5	3	4	4	5	3	2	2	2
Level 7	3	3	3	3	5	5	6	6	5	5	6	6	5	5	6	6	3	3	3	3
Level 8	3	3	3	4	6	6	7	7	6	6	7	7	6	6	7	7	4	3	3	3
Level 9	3	3	4	4	7	7	8	9	7	7	8	10	7	7	10	10	4	4	3	3
Level 10	3	4	4	5	8	10	10	10	8	8	11	11	8	8	12	12	5	4	4	3

- 4) STRENGTH BUILDER:** Time segments vary from 30 to 90 segments long to challenge your stamina and strength. Time based goal with 10 difficulty levels to choose from.

STRENGTH BUILDER - INCLINE ONLY																			
Segment	Warm Up												Cool Down						
	4:00 MIN												4:00 MIN						
Level 1	1	1	1	1	2	2	2	2	1	2	2	1	2	2	1	2	2	1	1
Level 2	1	1	1	2	3	2	3	2	2	3	2	2	3	2	2	3	2	1	1
Level 3	1	1	1	2	4	3	4	2	3	4	2	3	4	2	3	4	2	1	1
Level 4	1	1	1	2	5	4	5	3	4	5	3	4	5	3	4	5	2	1	1
Level 5	1	2	2	2	5	5	5	4	5	5	4	5	5	4	5	5	2	2	1
Level 6	1	2	2	3	6	5	6	5	5	6	5	5	6	5	5	6	3	2	1
Level 7	1	2	2	3	7	6	7	5	6	7	5	6	7	5	6	7	3	2	1
Level 8	1	1	1	2	9	8	9	8	8	9	8	8	9	8	8	9	2	1	1
Level 9	2	2	2	3	11	10	11	9	10	11	9	10	11	9	10	11	2	1	1
Level 10	2	3	4	5	12	12	12	11	12	12	11	12	12	11	12	12	3	2	1

**5) SPEED INTERVALS:** Improves your strength, speed and endurance by increasing and decreasing the speed throughout your workout to involve your heart and other muscles. Speed changes and segments repeat 90 seconds and 30 seconds.

SPEED INTERVALS - SPEED ONLY							
Segment		Warm Up		1	2	Cool Down	
Time		4:00 MIN		90 SEC	30 SEC	4:00 MIN	
Level 1	Speed(British)	1.0	1.5	2.0	4.0	1.5	1.0
	Speed(Metric)	1.6	2.4	3.2	6.4	2.4	1.6
Level 2	Speed(British)	1.0	1.5	2.0	4.5	1.5	1.0
	Speed(Metric)	1.6	2.4	3.2	7.2	2.4	1.6
Level 3	Speed(British)	1.3	1.9	2.5	5.0	1.9	1.3
	Speed(Metric)	2.0	3.0	4.0	8.0	3.0	2.0
Level 4	Speed(British)	1.3	1.9	2.5	5.5	1.9	1.3
	Speed(Metric)	2.0	3.0	4.0	8.8	3.0	2.0
Level 5	Speed(British)	1.5	2.3	3.0	6.0	2.3	1.5
	Speed(Metric)	2.4	3.6	4.8	9.6	3.6	2.4
Level 6	Speed(British)	1.5	2.3	3.0	6.5	2.3	1.5
	Speed(Metric)	2.4	3.6	4.8	10.4	3.6	2.4
Level 7	Speed(British)	1.8	2.6	3.5	7.0	2.6	1.8
	Speed(Metric)	2.8	4.1	5.6	11.2	4.1	2.8
Level 8	Speed(British)	1.8	2.6	3.5	7.5	2.6	1.8
	Speed(Metric)	2.8	4.1	5.6	12.0	4.1	2.8
Level 9	Speed(British)	2.0	3.0	4.0	8.0	3.0	2.0
	Speed(Metric)	3.2	4.8	6.4	12.8	4.8	3.2
Level 10	Speed(British)	2.0	3.0	4.0	8.5	3.0	2.0
	Speed(Metric)	3.2	4.8	6.4	13.6	4.8	3.2

**6) PEAK INTERVALS:** Improves your strength, speed and endurance by increasing and decreasing the speed and incline throughout your workout to involve your heart and other muscles. Speed and Incline changes, segments repeat 90 seconds and 30 seconds.

PEAK INTERVALS -SPEED AND INCLINE CHANGES							
Segment		Warm Up		1	2	Cool Down	
Time		4:00 MIN		90 SEC	30 SEC	4:00 MIN	
Level 1	Incline	1.0	1.5	0.5	1.5	1.5	0.0
	Speed(British)	1.0	1.5	2.0	4.0	1.5	1.0
	Speed(Metric)	1.6	2.4	3.2	6.4	2.4	1.6
Level 2	Incline	1.5	2.5	3.0	6.5	2.5	1.5
	Speed(British)	1.0	1.5	2.0	4.5	1.5	1.0
	Speed(Metric)	1.6	2.4	3.2	7.2	2.4	1.6
Level 3	Incline	2.0	3.0	4.0	7.5	3.0	2.0
	Speed(British)	1.3	1.9	2.5	5.0	1.9	1.3
	Speed(Metric)	2.0	3.0	4.0	8.0	3.0	2.0
Level 4	Incline	2.0	3.0	4.0	8.0	3.0	2.0
	Speed(British)	1.3	1.9	2.5	5.5	1.9	1.3
	Speed(Metric)	2.0	3.0	4.0	8.8	3.0	2.0
Level 5	Incline	2.5	3.5	4.5	8.5	3.5	2.5
	Speed(British)	1.5	2.3	3.0	6.0	2.3	1.5
	Speed(Metric)	2.4	3.6	4.8	9.6	3.6	2.4
Level 6	Incline	2.5	3.5	4.5	9.0	3.5	2.5
	Speed(British)	1.5	2.3	3.0	6.5	2.3	1.5
	Speed(Metric)	2.4	3.6	4.8	10.4	3.6	2.4
Level 7	Incline	2.5	4.0	5.5	9.5	4.0	3.0
	Speed(British)	1.8	2.6	3.5	7.0	2.6	1.8
	Speed(Metric)	2.8	4.1	5.6	11.2	4.1	2.8
Level 8	Incline	3.0	4.0	5.5	9.5	4.0	3.0
	Speed(British)	1.8	2.6	3.5	7.5	2.6	1.8
	Speed(Metric)	2.8	4.1	5.6	12.0	4.1	2.8
Level 9	Incline	3.0	4.5	6.0	10.0	5.0	3.0
	Speed(British)	2.0	3.0	4.0	8.0	3.0	2.0
	Speed(Metric)	3.2	4.8	6.4	12.8	4.8	3.2
Level 10	Incline	3.0	4.5	6.0	10.0	5.0	3.0
	Speed(British)	2.0	3.0	4.0	8.5	3.0	2.0
	Speed(Metric)	3.2	4.8	6.4	13.6	4.8	3.2





ALL  
MODELS

## LS10.0T & LS13.0T PROGRAM INFORMATION

**7-8) 5K/10K:** Programs that allow you to set and work toward a distance goal. Treadmill automatically adjusts incline to simulate running on an actual course. Incline changes and all segments are 0.16 Km.

5K / 10K - INCLINE ONLY																				
Segment	Warm Up		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Cool Down		
Incline	4:00 <small>MIN</small>		Each segment is 0.16 KM																4:00 <small>MIN</small>	
Level 1	0.0	0.5	1.0	3.0	1.0	3.0	2.0	3.0	2.0	3.5	2.0	3.0	2.0	3.0	1.0	3.0	1.0	0.5	0.0	
Level 2	0.0	0.5	1.0	3.0	2.0	3.0	2.0	3.0	2.5	3.5	2.5	3.0	2.0	3.0	2.0	3.0	1.0	0.5	0.0	
Level 3	0.5	1.0	1.5	3.5	1.5	3.5	2.5	3.5	2.5	4.0	2.5	3.5	2.5	3.5	1.5	3.5	1.5	1.0	0.5	
Level 4	0.5	1.0	1.5	3.5	2.5	3.5	2.5	3.5	3.0	4.0	3.0	3.5	2.5	3.5	2.5	3.5	1.5	1.0	0.5	
Level 5	1.0	1.5	2.0	4.0	2.0	4.0	3.0	4.0	3.0	4.5	3.0	4.0	3.0	4.0	2.0	4.0	2.0	1.5	1.0	
Level 6	1.0	1.5	2.0	4.0	3.0	4.0	3.0	4.0	3.5	4.5	3.5	4.0	3.0	4.0	3.0	4.0	2.0	1.5	1.0	
Level 7	1.5	2.0	2.5	4.5	2.5	4.5	3.5	4.5	3.5	5.0	3.5	4.5	3.5	4.5	2.5	4.5	2.5	2.0	1.5	
Level 8	1.5	2.0	2.5	4.5	3.5	4.5	3.5	4.5	4.0	5.0	4.0	4.5	3.5	4.5	3.5	4.5	2.5	2.0	1.5	
Level 9	2.0	2.5	3.0	5.0	3.0	5.0	4.0	5.0	4.0	5.5	4.0	5.0	4.0	5.0	3.0	5.0	3.0	2.5	2.0	
Level 10	2.0	2.5	3.0	5.0	4.0	5.0	4.0	5.0	4.5	5.5	4.5	5.0	4.0	5.0	4.0	5.0	3.0	2.5	2.0	

**9) MELLOW JOHNNY'S TRAIL:** Simulates climbing mountains by increasing and decreasing the incline. Time-based goal with 10 difficulty levels to choose from.

MELLOW JOHNNY'S TRAIL - INCLINE CHANGES																		
Segment	Warm Up				Program Segments - Repeat												Cool Down	
Seconds	4:00 MIN				30	60	60	30	30	60	30	60	30	30	60	30	4:00 MIN	
Level 1	1	1	1	1	3	1	1	3	3	1	3	1	1	3	3	1	1	1
Level 2	1	1	1	2	3	1	1	3	3	1	3	1	1	3	3	1	2	1
Level 3	1	1	1	2	4	2	2	4	4	2	4	2	2	4	4	2	2	1
Level 4	1	1	1	3	4	2	2	4	4	2	4	2	2	4	4	2	3	1
Level 5	1	2	3	3	5	3	3	5	5	3	5	3	3	5	5	3	3	2
Level 6	1	2	3	4	5	3	3	5	5	3	5	3	3	5	5	3	4	3
Level 7	1	2	3	4	6	4	4	6	6	4	6	4	4	6	6	4	4	3
Level 8	1	2	3	5	6	4	4	6	6	4	6	4	4	6	6	4	5	3
Level 9	2	2	3	5	7	5	5	7	7	5	7	5	5	7	7	5	5	3
Level 10	2	2	4	6	7	5	5	7	7	5	7	5	5	7	7	5	6	4

**10) LANCE'S CLIMB:** This high-intensity ascending cardio program gives you a solid and varied workout with 10 different challenge levels.

LANCE'S CLIMB - INCLINE ONLY																			
Segment	Warm Up			Program Segments - Repeat														Cool Down	
Seconds	4:00 MIN			30	60	60	30	30	60	30	60	60	30	30	60	30	60	4:00 MIN	
Level 1	1	1	2	3	5	5	6	6	6	6	6	6	6	7	7	7	7	3	2
Level 2	1	1	2	4	5	6	6	6	6	6	6	6	7	7	7	8	8	4	2
Level 3	1	1	1	1	6	6	6	7	8	8	8	8	7	8	8	7	8	1	1
Level 4	1	1	1	1	6	6	6	6	7	8	8	8	9	9	9	9	9	1	1
Level 5	1	1	1	2	5	6	6	6	7	8	9	9	9	9	9	10	10	1	2
Level 6	2	2	2	3	5	6	6	6	7	8	9	9	10	10	10	10	10	2	1
Level 7	2	3	3	4	6	6	6	6	7	7	8	9	9	10	11	11	11	2	2
Level 8	2	3	4	4	6	6	6	7	7	8	8	9	9	10	11	11	11	3	2
Level 9	2	4	4	5	7	7	7	8	8	9	9	9	9	10	11	12	12	3	2
Level 10	3	4	5	6	7	7	8	8	9	9	9	9	10	11	11	12	12	4	2

**11) THE TOUR (LS13.0T ONLY):** Get the ultimate cardio workout as you gradually build to a high pace and elevation with 10 challenge levels. Time-based goal.

THE TOUR - INCLINE ONLY																			
Segment	Warm Up				Program Segments - Repeat												Cool Down		
Seconds	4:00 MIN				60	60	60	60	60	60	60	60	60	60	60	60	4:00 MIN		
Level 1	1	1	1	1	3	3	3	3	4	4	4	4	4	3	3	3	2	2	1
Level 2	1	1	2	2	4	4	4	4	5	5	5	5	5	4	4	4	2	2	1
Level 3	1	1	2	2	4	4	4	6	6	6	6	6	6	6	6	4	2	2	1
Level 4	1	1	3	3	5	5	6	6	7	8	8	8	7	6	6	5	2	2	1
Level 5	2	2	2	2	6	6	7	7	8	8	8	8	8	7	7	6	3	3	2
Level 6	2	2	3	3	6	6	8	8	8	9	9	9	8	8	8	6	3	3	2
Level 7	3	3	3	3	7	7	8	8	9	9	9	9	8	8	7	7	3	3	3
Level 8	3	3	3	3	8	8	9	9	9	10	10	10	9	9	9	8	3	3	3
Level 9	3	3	3	3	8	8	9	9	10	11	12	10	9	9	8	8	3	3	3
Level 10	3	3	3	3	9	9	10	10	11	12	12	12	10	10	9	9	3	3	3



ALL  
MODELS





LS13.0T

**12) MAX CARDIO (LS13.0T ONLY):** Keep burning fat long after your workout with high- and low-intensity intervals that keep the heart rate up while improving endurance and conditioning.

MAX CARDIO - INCLINE ONLY																
Segment	Warm Up				Program Segments - Repeat								Cool Down			
Seconds	4:00 MIN				90	30	90	30	90	30	90	30	4:00 MIN			
Level 1	1	1	1	1	2	3	3	4	4	5	6	6	2	2	1	1
Level 2	1	1	1	1	1	2	1	2	1	4	1	4	2	2	1	1
Level 3	1	1	2	2	1	3	1	3	1	4	1	4	2	2	1	1
Level 4	1	1	2	2	2	4	2	4	2	5	2	5	2	2	1	1
Level 5	1	1	3	3	3	6	3	6	3	6	3	6	3	3	2	2
Level 6	2	2	2	2	4	7	4	7	4	8	4	8	3	3	2	2
Level 7	2	2	3	3	5	8	5	8	6	9	6	9	3	3	3	3
Level 8	3	3	3	3	6	9	6	9	6	9	6	9	3	3	3	3
Level 9	3	3	3	3	6	9	6	9	7	10	7	10	3	3	3	3
Level 10	3	3	3	3	8	10	8	10	8	11	8	11	3	3	3	3

## CUSTOM PROGRAM INFORMATION

Lets you create and reuse a perfect workout for you with specific speed, incline and time combination. The ultimate in personal programming. Time-based goal.

- 1) Press the CUSTOM program button and press ENTER.
- 2) Set the workout time using the ▼▲ and press ENTER.
- 3) Use ▼▲ to set the speed for each segment. Press ENTER to confirm the speed setting for each segment of the workout.
- 4) Use ▼▲ to set the incline for each segment. Press ENTER to confirm the incline setting for each segment of the workout.
- 5) Press GO to begin workout.

## DATE AND CLOCK SETUP

- 1) Enter setup mode: Press and hold 1 & 2 SPEED QUICK KEYS for 3-5 seconds.
- 2) Use ▼▲ to change settings and press ENTER to confirm settings.
- 3) Settings include: MONTH, DAY, YEAR, HOUR, MINUTE, and AM/PM.
- 4) Review settings: You can review your settings at any time while in setup mode. Use the ENTER button to scroll through settings.
- 5) Exit setup mode: To confirm the DATE and TIME, press and hold ENTER for 3 seconds.
- 6) To reset simply reenter setup mode and adjust DATE and TIME to the correct setting.



ALL  
MODELS



## LIVETRACK FITNESS JOURNAL SYSTEM

The integrated LIVETRACK software allows you to track your fitness progress over time without the need for paper journals or logs. With LIVETRACK, you can easily compare your current workout to your last, average or lifetime workout totals. With quick access to feedback like duration of workout or calories burned during previous workouts, you'll be able to see the progress you've made.

### SETUP

To activate LIVETRACK fitness journal system a user **MUST** be chosen before the program begins. To select a USER 1 or 2, use ▼ ▲ and press **ENTER** to confirm. All workout data will accumulate only for the user that is chosen. NOTE: If no user is selected data will not be tracked.

### ACCUMULATED DATA

Once LIVETRACK is activated, you can scroll through your accumulated data in multiple formats by pressing the LIVETRACK buttons. A workout is saved when: the program ends, the console is paused and not resumed within 5 minutes, or the STOP button is held to reset the console.

- 1) **PERSONAL BEST:** allows user to scroll through and view 5 personal bests for all previous workouts. They are:
  - Best Mile – fastest time in which the user has completed a mile
  - Best 5K – fastest time in which the user has completed a 5K
  - Longest Workout – (time)
  - Longest Workout – (distance)
  - Calories Burned – most calories user has burned in one workout
- 2) **LAST 5 WORKOUTS:** allows you to view data from your previous 5 workouts. The following data from these 5 workouts can be scrolled through and viewed by pressing the **WORKOUT STATS** key:
  - Time – total time of selected workout
  - Distance – total distance of selected workout
  - Calories – total calories burned during selected workout
  - Pace – average pace during selected workout
- Elevation Gain (feet/meter) – total elevation climbed, in feet/meter, during selected workout
- 3) **WORKOUT TOTALS:** allows you to view the total accumulated workout data. Pressing the **WORKOUT TOTALS** key will allow you to scroll through the following totals:
  - Total Workouts
  - Total Distance
  - Total Calories
  - Total Time
  - Elevation Gain – total elevation climbed in feet/meter

### RESET

Reset all recorded information for User 1 or User 2 by selecting the user and then holding down the **WORKOUT STATS/HOLD TO RESET** key for 10 seconds. NOTE: This step is permanent and will delete ALL previously accumulated data for the chosen user.

## USING YOUR MEDIA PLAYER



- 1) Connect the included AUDIO ADAPTOR CABLE to the AUDIO IN JACK on the left of the console and the headphone jack on your media player.
- 2) Use your media player buttons to adjust song settings.
- 3) Remove the AUDIO ADAPTOR CABLE when not in use.

## ENERGY SAVER (STANDBY MODE)

This machine has an energy saver mode. The display will automatically enter standby mode (energy saver mode) after 15 minutes of inactivity after paused. Almost all power for the machine will be off except for some circuits that are needed to detect a key press, indicating the console should “wake up”. This feature can be turned off by entering the engineering menu.

To enter the engineering menu, press and hold the incline ▲ and speed ▼ buttons for 3-5 seconds. Use incline ▲ and speed ▼ to navigate through the menu to ENG3. Press ENTER to select. Use incline ▲ and speed ▼ to select ENERGY SAVER ON or OFF. Press and hold STOP for 3-5 seconds to exit ENG3. Press and hold STOP again for 3-5 seconds to exit the engineering menu.





# LIMITED HOME-USE WARRANTY

## WEIGHT CAPACITY

**LS10.0T = 325 lbs (148 kilograms)**

**LS13.0T = 350 lbs (159 kilograms)**

## FRAME

Warranty on the frame against defects in workmanship and materials for the period specified on the warranty policy from the date of original purchase, so long as the device remains in the possession of the original owner. (The frame is defined as the welded metal base of the unit and does not include any parts that can be removed.)

## DRIVE MOTOR/ELEVATION MOTOR

Warranty on the drive/elevation motors against defects in workmanship and materials for the period specified on the warranty policy from the date of original purchase, so long as the device remains in the possession of the original owner. Labor or installation of motor is not covered under the motor warranty.

## ELECTRONICS & PARTS

Warranty on the electronic components, finish and all original parts for the period specified on the warranty policy from the date of original purchase, so long as the device remains in the possession of the original owner.

## LABOR

Warranty shall cover the labor cost for the repair of the device for the period specified on the warranty policy from the date of the original purchase, so long as the device remains in the possession of the original owner.

NOTE: For further information on the warranty period, please refer to the warranty policy that comes with the equipment.

## EXCLUSIONS AND LIMITATIONS

Who IS covered:

- The original owner and is not transferable.

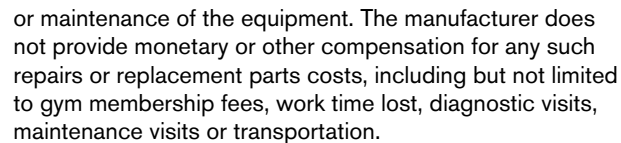
What IS covered:

- Repair or replacement of a defective motor, electronic component, or defective part and is the sole remedy of the warranty.

What IS NOT covered:

- Normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the equipment as sold.
- Damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic, neglect, theft, vandalism, fire, flood, wind, lightning, freezing, or other natural disasters of any kind, power reduction, fluctuation or failure from whatever cause, unusual atmospheric conditions, collision, introduction of foreign objects into the covered unit, or modifications that are unauthorized or not recommended by the manufacturer.
- Incidental or consequential damages. The manufacturer is not responsible or liable for indirect, special or consequential damages, economic loss, loss of property, or profits, loss of enjoyment or use, or other consequential damages of whatsoever nature in connection with the purchase, use, repair





- Equipment used for commercial purposes or any use other than a single family or Household, unless endorsed by the manufacturer for coverage.
- Equipment owned or operated outside the US and Canada.
- Delivery, assembly, installation, setup for original or replacement units or labor or other costs associated with removal or replacement of the covered unit.
- Any attempt to repair this equipment creates a risk of injury. The manufacturer is not responsible or liable for any damage, loss or liability arising from any personal injury incurred during the course of, or as a result of any repair or attempted repair of your fitness equipment by other than an authorized service technician. All repairs attempted by you on your fitness equipment are undertaken AT YOUR OWN RISK and the manufacturer shall have no liability for any injury to the person or property arising from such repairs.
- If you are out of the manufacturer's warranty but have an extended warranty, refer to your extended warranty contract for contact information regarding requests for extended warranty service or repair.

- In-home service is available within 240 km/150 miles of the nearest authorized Service Provider (Mileage beyond 240 km/150 miles from an authorized service center is the responsibility of the consumer).

- All returns must be pre-authorized by the manufacturer.
- The manufacturer's obligation under this warranty is limited to replacing or repairing, at the manufacturer's option, the same or comparable model.
- The manufacturer may request defective components be returned to the manufacturer upon completion of warranty service using a prepaid return shipping label. If you have been advised to return parts and did not receive a label, please contact Customer Tech Support.
- Replacement units, parts and electronic components reconditioned to as-new condition by the manufacturer or its vendors may sometimes be supplied as warranty replacement and constitute fulfillment of warranty terms.
- This warranty gives you specific legal rights, and your rights may vary from state to state.

[illegible]

## LS10.0T PARTS LIST

NO.	DESCRIPTION
1	CONSOLE MAST SET;L;TM407C;
2	CONSOLE MAST SET;R;TM407C;
3	MOTOR SET;TM406C;
4	MOTOR COVER SET;TM406-1US
5	SIDE RAIL;L;TM406C
6	SIDE RAIL;R;TM406C
7	CONSOLE SET;TM406C;
AB1	FRAME SET;PAINTING;MM330;TM380
AB2	ELEVATION RACK SET;PANTING;MM330;TM381
AB3	ROLLER SET;PANTING;MM330;TM381
AK1	BASE SET;PAINTING;MM330;TM381
AN3	HR HANDLEBAR CONNECTION PLATE; RIGHT ;PA
AN4	HR HANDLEBAR CONNECTION PLATE; LEFT; PAI
AR1	ROLLER SET;FRONT;TEXTURE;TM136
AR2	ROLLER SET;REAR;TM59
B07	FIXING PLATE;MOTORCOVER;U;PAINTING;MM330
B31	MOTOR CONTROL BOARD FIX PLATE; SPC;TM148
B32	AIR SHOCK SET;QDY800N;TM371
B33	DECK;SILICON;B07A608X1216X25T;TM331-1
B35	SUPT BLOCK;B;PAINTING;BL;DM368;PA6;TM381
B36	ELASTOMER
B37	ELASTOMER;RUNNING DECK;Φ30X37X26;TM41
B39	SIDE RAIL FIXING WASHER;TM08-141F;
B46	SUPPORT PLATE;COVER;B;PAINTING;MM330
B47	SCREW;BH;Φ4X12L;TC;PH;BZN;POT

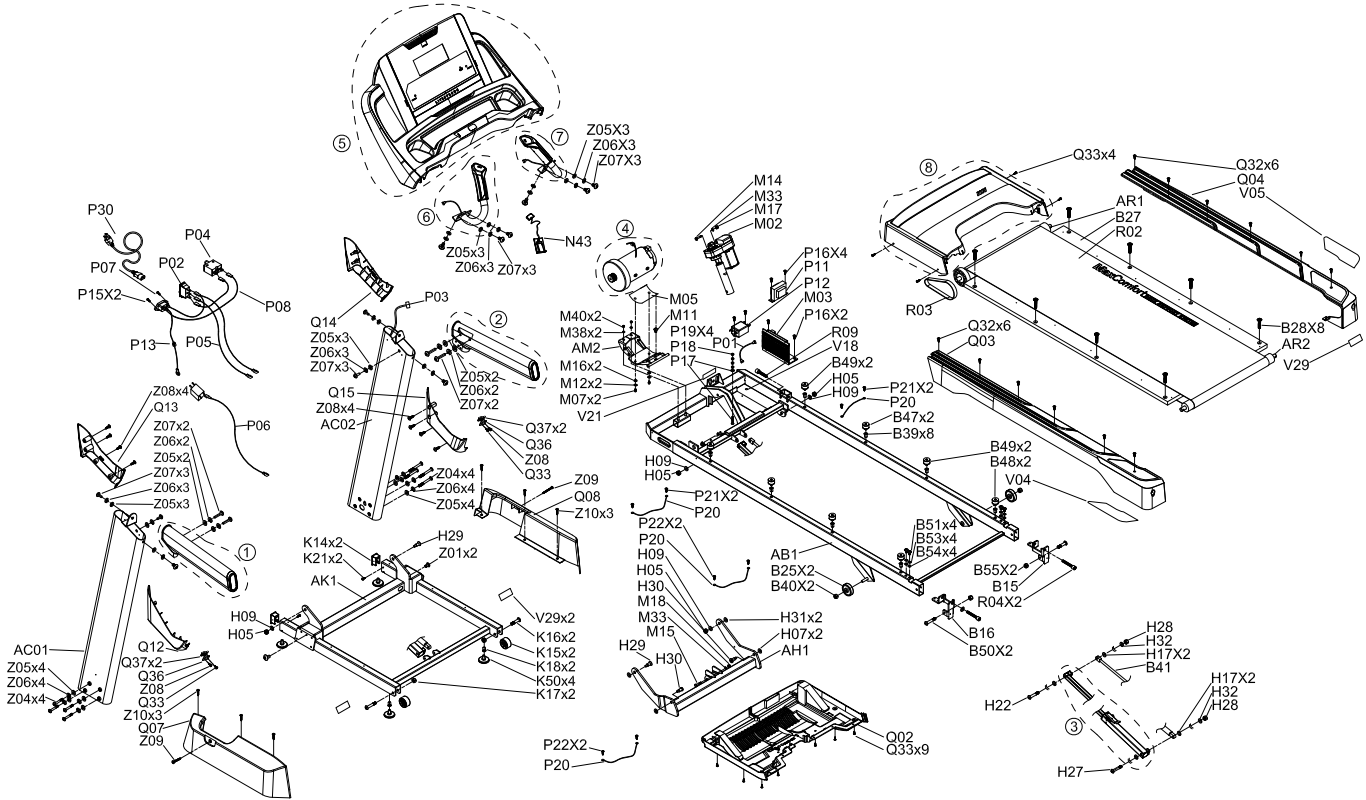
NO.	DESCRIPTION
B50	MOTOR FIX PLATE;PAINTING;TM284;
B51	ELASTOMER BLACK 90
B52	SCREW;FH;M8X1.25PX35L;HS;BZN;BP
B53	NUT;NLK;M8X1.25P;BZN;
B54	SCREW;SH;M8X1.25PX30L;HS;BZN;
B56	WASHER;FLT;Φ8.2XΦ14.0X1.5T;BAN;
B58	SCREW;FH;Φ5X15L;SM;PH;BAN;POT
B61	WASHER;SPL;Φ8.2XΦ13.5X2.0T;BZN;
B72	WASHER;FLT;Φ10.5XΦ20.0X1.0T;TFN;
B73	NUT;NLK;M6X1.0P;ZN;
B74	WASHER;FLT;Φ6.5XΦ19.0X2.0T;BZN;
B75	SCREW;M8X1.25PX8.5L-D10X23L;HS;SS41;BZ
B76	SNAP RING;EXTERNAL C-SHAPED;S-10;
B77	SLEEVE;Φ22.2X1.0TX22L;TM27
B78	WASHER;FLT;Φ10.2XΦ19.0X2.0T;CHM;
B79	FRAME TRANSPORT WHEEL; NYLON+30% GRAY;TM
B80	SCREW;M6X1.0PX10.5L-D10X12.5L;HS;BZN;
B81	WASHER;FLT;Φ8.2XΦ16.0X2.0T;BZN;
H37	RUBBER STOPPER;AC003;TM16
K16	FRONT LEVELER
K18	SCREW;FH;M8X1.25PX45L-8L;HS;P-T
K19	SCREW;M8X1.25PX12L-6L;BZN;P-T
K20	SCREW;BH;M8X1.25PX15L;HS;BZN;
K21	BRAKE LOCATION SET;TM332
K22	FRONT CARRIAGE ROLLER; NYLON PA6;Φ46XΦ10

NO.	DESCRIPTION
K23	SCREW;BH;M10X1.5PX50L;HS;ZN;
K24	WASHER;FLT;Φ10.5XΦ18.0X1.5T;SPHC ;
K25	LOCATION HOOK;PAINTING;YS910
K26	SCREW;FH;M4X0.7PX40L-10L;MT;35K;BAN;P-T
K27	SPRING;EXT;Φ2.0XΦ16.0X50.0LX12N;
K28	REAR CARRIAGE ROLLER; NYLON+30%G;TM369
M02	MOTOR;AC ELEVATION;220V;80MM;225;10PIN;J
M03	MOTOR CONTROLLER;2-2.75HP;220V;12V;MLH09
M06	SCREW;SH;5/16"18UNCX16L;HS;BP
M07	MOTOR ELASTOMER PAD;RUBBER;TM16
M08	NUT;NLK;M8X1.25P;BZN;
M09	WASHER;FLT;Φ8.3XΦ16.0X1.3T;BZN;
M10	SCREW;HH;3/8-16UNC-47L-14L ;HE;BZN;P-
M12	NUT;NLK;3/8"-16UNC;BAN;
M13	WASHER;FLT;Φ10.5XΦ20.0X2.0T;BZN;
M14	SCREW;HH;3/8-16UNCX60L-18L ;HE;P-T
M22	SCREW;BH;M4X0.7PX10L;PH;BAN;
M23	NUT;HX;M6X1.0P;SS41;BZN;
M24	BOLT; BH; M4X12
M25	WASHER;SPL;Φ8.2XΦ15.4X2.0T;
M26	SCREW;SH;M8X1.25PX20.0L;HS;BP
M28	SCREW;HH;M6X1.0PX30L;HE;
M30	WASHER;FLT;Φ8XΦ16X1.4T;
N16	CONSOLE MAST JACKET; YELLOW RUBBER; PMS1
N43	SAFETY KEY;ASSEMBLY;TM637

N43	Safety Key;assembly;TM637
P01	WIRE;MCB PWR;550L;16AWG;WHITE;LOCKING
P04	SWITCH POWER LARGE
P05	BREAKER;CURRENT;10A 250V;TM18
P07	CONSOLE WIRE;2450L(25430101-08+SM-8Y)
P08	WIRE;BS CON;BLACK;250LOCK2 60L;
P09	PWR SOCKET SET;CE;100,1050,60;TM27-P11D
P11	TIE STRAP ADHESIVE; NYLON66;HC-101;W
P13	SCREW;FH;M3X0.5PX10L;PH;ZN;
P16	CABLE TIE;NYLON;
P17	SCREW;BH;M5X0.8PX30L;CT;PH;NKL;GREEN E
P18	WASHER;TOOTH;Φ5.3XΦ10.0X0.6T;BAN;
P19	NUT;HX;M5X0.8P;SS41;NKL;
P21	POWER FACEPLATE; SL/GY;TM37
P22	CONDUIT-FLEX;KSS NO.CR-11SPX900L
P23	GROUND WIRE;650(Φ5.2 0TYPE TERMINAL+Φ8.3
P24	KSS FIX IPLEMENT;HC-2;PD02HC2
P25	SCREW;TRH;Φ4X10L;SM;CST;WZN;FLT;F-T
P29	SCREW;BH;M5X0.8PX12L;PH;BZN;
P30	SCREW;TRH;Φ4X10L;TC;PH;NKL;POT
P31	WIRE;CONNECT;TM639-1US;
Q02	LOWER MOTOR COVER; D;PP;BL;TM145-Q02
Q03	COVER;CONSOLE MAST;R;PANTING;DM328;TM381
Q04	COVER;CONSOLE MAST;L;PANTING;DM328;TM381
Q06	REAR ROLLER COVER;L;ABS;DM328;TM381
Q07	REAR ROLLER COVER;R;ABS;DM328;TM381

NO.	DESCRIPTION
Q09	BOARD;MOTOR DOWN CAP;BL;TM380
Q13	CLIP; STANDARD; FE; ZNC
Q19	SCREW;BH;Φ4X15L;TC;PH;BAN;POT
Q22	SCREW;TRH;Φ4X15L;SM;PH;BAN;POT
R02	RUNNING BELT;425C;TM406C;
R03	BELT;POLY-V;210-J8;
R04	SCREW;SH;M8X1.25PX90L;HS;ZN;
R05	NUT;NLK;M8X1.25P;BZN;
R07	WASHER;FLT;Φ8.3XΦ16.0X1.3T;BZN;
R08	SCREW;SH;M8X1.25PX25L;HS;BZN;
R09	SCREW;SH;M8X1.25PX55L;HS;BAN;
R10	MAGNET; 10X3T
Z05	WASHER;ARC;Φ8.2XΦ16.0X1.0T;65MN;BZN
Z06	WASHER;ARC;Φ8.2XΦ18.0X1.5T;
Z07	WASHER;SPL;Φ8.2XΦ15.4X2.0T;
Z08	SCREW;BH;M8X1.25PX20L;HS;BZN;
Z09	SCREW;BH;Φ4X20L;SM;PH;POT
Z10	SCREW;BH;M8X1.25PX15L;HS;BZN;

# LS13.0T EXPLODED VIEW





**LS13.0T PARTS LIST**

NO.	DESCRIPTION
1	CONSOLE MAST SET;L;TM407C;
2	CONSOLE MAST SET;R;TM407C;
3	MOTOR SET;TM407C;
4	COVER;MOTOR;SET;SA;TM407-1US
5	SIDE RAIL;R;TM407C
6	SIDE RAIL;L;TM407C
7	CONSOLE SET;SA;TM407C;
AB1	Frame Set;Painting;MM330;TM381
AB2	Elevation Rack Set;Panting;MM330;TM381
AB3	Roller Set;Panting;MM330;TM381
AK1	Base Set;Painting;MM330;TM381
AN3	HR Handlebar Connection Plate; Right ;Pa
AN4	HR Handlebar Connection Plate; Left; Pai
AR1	Roller Set;Front;Texture;TM136
AR2	ROLLER SET;REAR;TM59
B07	DECK;SILICON;1340X608X25T;TM381
B08	MOTOR CONTROL BOARD FIX PLATE; SPC;TM148
B18	AIR SHOCK SET;QDY800N;TM371
B35	SUPT BLOCK;B;PAINTING;BL;DM368;PA6;TM381
B36	ELASTOMER
B37	ELASTOMER;RUNNING DECK;Φ30X37X26;TM41
B39	Side Rail Fixing Washer;TM08-141F;
B46	SUPPORT PLATE;COVER;B;PAINTING;MM330
B47	SCREW;BH;Φ4X12L;TC;PH;BZN;POT
B50	MOTOR FIX PLATE;PAINTING;TM284;

NO.	DESCRIPTION
B51	ELASTOMER BLACK 90
B52	SCREW;FH;M8X1.25PX35L;HS;BZN;BP
B53	NUT;NLK;M8X1.25P;BZN;
B54	SCREW;SH;M8X1.25PX30L;HS;BZN;
B56	WASHER;FLT;Φ8.2XΦ14.0X1.5T;BAN;
B58	SCREW;FH;Φ5X15L;SM;PH;BAN;POT
B61	WASHER;SPL;Φ8.2XΦ13.5X2.0T;BZN;
B72	WASHER;FLT;Φ10.5XΦ20.0X1.0T;TFN;
B73	NUT;NLK;M6X1.0P;ZN;
B74	WASHER;FLT;Φ6.5XΦ19.0X2.0T;BZN;
B75	SCREW;M8X1.25PX8.5L-D10X23L;HS;SS41;BZ
B76	SNAP RING;EXTERNAL C-SHAPED;S-10;
B77	SLEEVE;Φ22.2X1.0TX22L;TM27
B78	WASHER;FLT;Φ10.2XΦ19.0X2.0T;CHM;
B79	FRAME TRANSPORT WHEEL; NYLON+30% GRAY;TM
B80	SCREW;M6X1.0PX10.5L-D10X12.5L;HS;BZN;
B81	WASHER;FLT;Φ8.2XΦ16.0X2.0T;BZN;
H37	RUBBER STOPPER;AC003;TM16
K16	FRONT LEVELER
K18	SCREW;FH;M8X1.25PX45L-8L;HS;P-T
K19	SCREW;M8X1.25PX12L-6L;BZN;P-T
K20	SCREW;BH;M8X1.25PX15L;HS;BZN;
K21	BRAKE LOCATION SET;TM332
K22	FRONT CARRIAGE ROLLER; NYLON PA6;Φ46XΦ10
K23	SCREW;BH;M10X1.5PX50L;HS;ZN;

NO.	DESCRIPTION
K24	WASHER;FLT;Φ10.5XΦ18.0X1.5T;SPHC ;
K25	LOCATION HOOK;PAINTING;YS910
K26	SCREW;FH;M4X0.7PX40L-10L;MT;35K;BAN;P-T
K27	SPRING;EXT;Φ2.0XΦ16.0X50.0LX12N;
K28	REAR CARRIAGE ROLLER; NYLON+30%G;TM369
M02	MOTOR;AC ELEVATION;220V;80MM;225;10PIN;J
M03	MOTOR CONTROLLER;3.0HP;220V;MLH0914
M06	SCREW;SH;5/16"18UNCX16L;HS;BP
M07	MOTOR ELASTOMER PAD;RUBBER;TM16
M08	NUT;NLK;M8X1.25P;BZN;
M09	WASHER;FLT;Φ8.3XΦ16.0X1.3T;BZN;
M10	SCREW;HH;3/8-16UNCX50L-14L;HE;G8.8;P-
M12	NUT;NLK;3/8"-16UNC;BAN;
M13	WASHER;FLT;Φ10.5XΦ20.0X2.0T;BZN;
M14	SCREW;HH;3/8-16UNCX60L-18L ;HE;P-T
M22	SCREW;BH;M4X0.7PX10L;PH;BAN;
M23	NUT;HX;M6X1.0P;SS41;BZN;
M24	BOLT; BH; M4X12
M25	WASHER;SPL;Φ8.2XΦ15.4X2.0T;
M28	SCREW;HH;M6X1.0PX30L;HE;
M30	WASHER;FLT;Φ8XΦ16X1.4T;
N16	CONSOLE MAST JACKET; YELLOW RUBBER; PMS1
N43	SAFETY KEY;ASSEMBLY;TM637
P01	WIRE;CTRL BOARD PWR;BLACK;550;14AWG;250
P04	SWITCH POWER LARGE

NO.	DESCRIPTION
P05	BREAKER;CURRENT;10A 250V;TM18
P07	CONSOLE WIRE;2450L(25430101-08+SM-8Y)
P08	BS CONNECTING WIRE
P09	PWR SOCKET SET;CE;100,1050,60;TM27-P11D
P13	SCREW;FH;M3X0.5PX10L;PH;ZN;
P17	SCREW;BH;M5X0.8PX25L;CT;PH;NKL;
P18	WASHER;TOOTH;Φ5.3XΦ10.0X0.6T;BAN;
P19	NUT;HX;M5X0.8P;SS41;NKL;
P21	POWER FACEPLATE; SL/GY;TM37
P22	CONDUIT-FLEX;KSS NO.CR-11SPX900L
P23	GROUND WIRE;650(Φ5.2 0TYPE TERMINAL+Φ8.3
P24	KSS FIX IPLEMENT;HC-2;PD02HC2
P25	SCREW;TRH;Φ4X10L;SM;CST;WZN;FLT;F-T
P29	SCREW;BH;M5X0.8PX12L;PH;BZN;
P30	SCREW;TRH;Φ4X10L;TC;PH;NKL;POT
P31	WIRE;CONNECT;TM639-1US;
Q02	LOWER MOTOR COVER; D;PP;BL;TM145-Q02
Q03	COVER;CONSOLE MAST;R;PANTING;DM328;TM381
Q04	COVER;CONSOLE MAST;L;PANTING;DM328;TM381
Q06	REAR ROLLER COVER;L;ABS;DM328;TM381
Q07	REAR ROLLER COVER;R;ABS;DM328;TM381
Q09	BOARD;MOTOR DOWN CAP;BL;TM380
Q13	CLIP; STANDARD; FE; ZNC
Q19	SCREW;BH;Φ4X15L;SM;PH;BZN;POT
Q22	SCREW;TRH;Φ4X15L;SM;PH;BAN;POT

NO.	DESCRIPTION
R02	RUNNING BELT;425C;TM407C;
R03	BELT;POLY-V;210-J8;
R04	SCREW;SH;M8X1.25PX90L;HS;ZN;
R05	NUT;NLK;M8X1.25P;BZN;
R07	WASHER;FLT;Φ8.3XΦ16.0X1.3T;BZN;
R08	SCREW;SH;M8X1.25PX25L;HS;BZN;
R09	SCREW;SH;M8X1.25PX55L;HS;BAN;
R10	MAGNET; 10X3T
Z05	WASHER;ARC;Φ8.2XΦ16.0X1.0T;65MN;BZN
Z06	WASHER;ARC;Φ8.2XΦ18.0X1.5T;
Z07	WASHER;SPL;Φ8.2XΦ15.4X2.0T;
Z08	SCREW;BH;M8X1.25PX20L;HS;BZN;
Z09	SCREW;BH;Φ4X20L;SM;PH;POT
Z10	SCREW;BH;M8X1.25PX15L;HS;BZN;

#### D: Entsorgungshinweis

LIVESTRONG Fitness - Produkte sind recyclebar. Führen Sie das Gerät am Ende der Nutzungsdauer einer sachgerechten Entsorgung zu (örtliche Sammelstelle).

#### GB: Waste Disposal

LIVESTRONG Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

#### F: Remarque relative à la gestion des déchets

LIVESTRONG Fitness sont recyclables. A la fin de sa durée d'utilisation, remettez l'appareil à un centre de gestion de déchets correct (collecte locale).

#### NL: Verwijderingsaanwijzing

LIVESTRONG Fitness producten zijn recycleerbaar. Breng het apparaat aan het einde van de gebruiksduur naar een op recycling gespecialiseerd bedrijf (plaatselijk verzamelpunt).

#### E: Informaciones para la evacuación

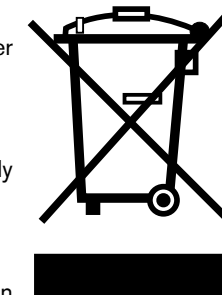
LIVESTRONG Fitness son reciclables. Cuando se termina la vida útil de un aparato o una máquina, entréguelos a una empresa local de eliminación de residuos para su reciclaje.

#### I: Indicazione sullo smaltimento

LIVESTRONG Fitness sono riciclabili. Quando l'apparecchio non servirà più, portatelo in un apposito punto di raccolta della Vostra città (Punti di raccolta comunali).

#### PL: Wskazówka dotycząca usuwania odpadów.

Produkty firmy LIVESTRONG Fitness podlegają recyklingowi. Pod koniec okresu użytkowania proszę oddać urządzenie do właściwego punktu usuwania odpadów (lokalny punkt zbiorczy).





# L I V E S T R O N G

BY **JOHNSON**

LS10.0T & LS13.0T Owner's Manual 0601'12 Rev. 1.1 © 2012 Livestrong