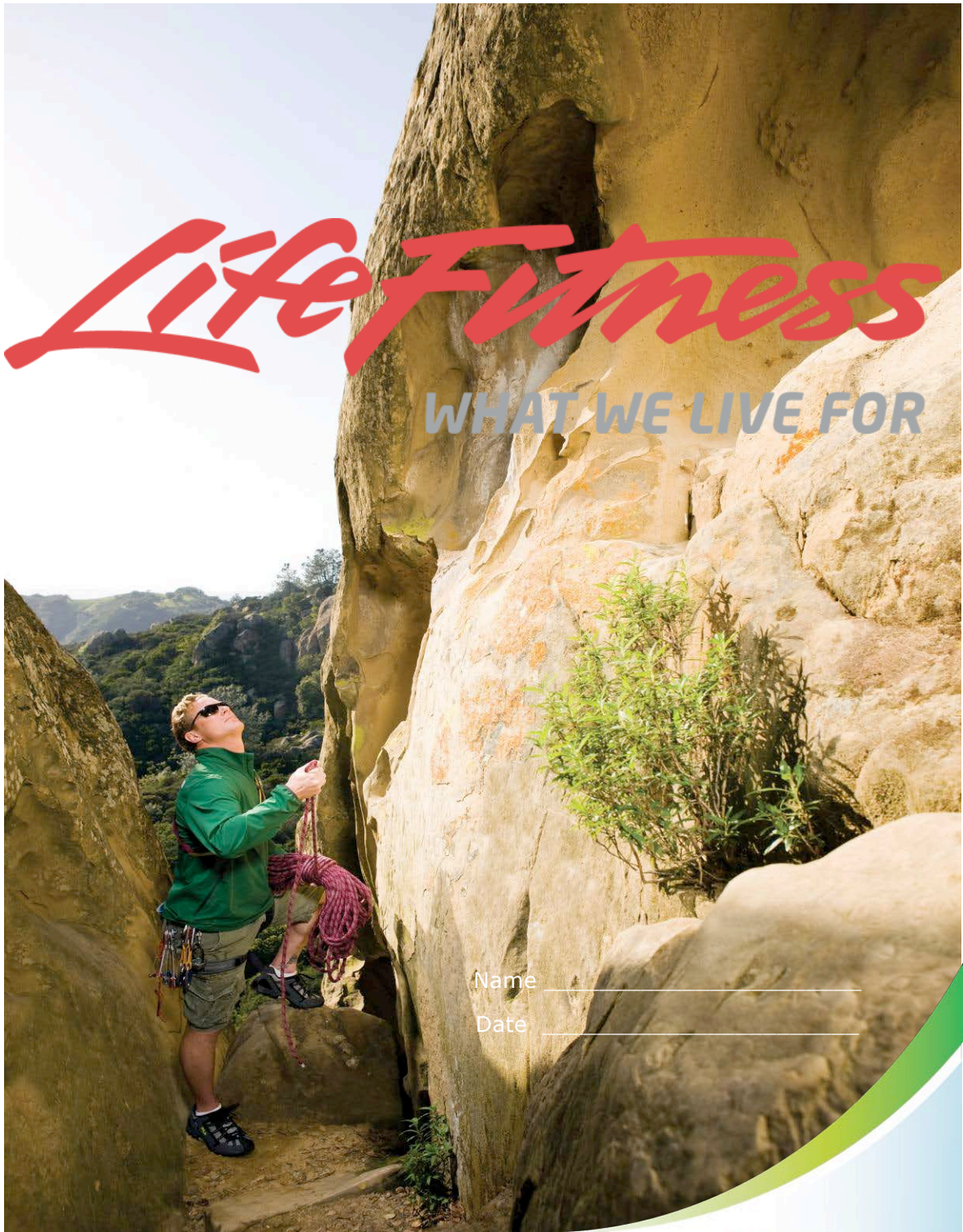


# Life Fitness

WHAT WE LIVE FOR



Name \_\_\_\_\_  
Date \_\_\_\_\_

*Life Fitness*  
WHAT WE LIVE FOR

## **Go and Track Console Training Guide**





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## PRODUCT LINE STORY

### Go and Track Consoles

Life Fitness is the most recognized name in health clubs and trusted at home by knowledgeable exercisers who want the best. Keeping in tune with today's busy pace, Life Fitness designed a sleek Track Console, adding the best in entertainment and motivation to the most durable equipment available. With streamlined efficiency in mind, Life Fitness designed the Go console; a simplified choice for those seeking the fundamentals of great workouts.



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## KEY PRODUCT ELEMENTS

### 1. Virtual Trainer website\*

- » Create workouts on the Virtual Trainer website and transfer via USB
- » Save results and track progress

### 2. Enjoyable Workout Experience

- » Integrated iPod controls and charging capability\*
- » Easy-to-use, intuitive console

### 3. Energy Saver

- » Lowers energy use by up to 90% when turned on but not in use
- » Conveniently placed button to quickly wake up console

### 4. Life Fitness Heritage

- » Reliability and testing goes into every Life Fitness product
- » Biomechanical research ensures a comfortable workout

\*Track Console Only



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## FEATURES AND BENEFITS OF THE TRACK CONSOLE

### Virtual Trainer Website

Users can create custom workouts, load your workout calendar, and track their progress to stay motivated. Registration is free at [www.virtualtrainer.lifefitness.com](http://www.virtualtrainer.lifefitness.com)

Load custom programs and transfer your workout results between the website and the Track Console through the on-console USB port or the free app available for iPhone® or iPod Touch®.

### Energy Saver

Lowers energy use by up to 90% when the unit is turned on but not in use.

### Heart Rate Monitoring

Users can monitor their heart rate through contact and wireless telemetry readings (chest strap is included with the Track Console) for more effective workouts in their target heart rate zone.

### iPod Connectivity

The iPod®/iPhone® docking station provides seamless controls for song selection and volume while charging the device.

### Motivating Variety

Users won't get bored using 14 workouts including three Classic, three Advanced, three Goal-based and five HeartSync heart rate controlled workouts.

### Family Fitness

Create up to four customized user profiles for quicker set-up, individual workout statistics and save three custom workouts per person.



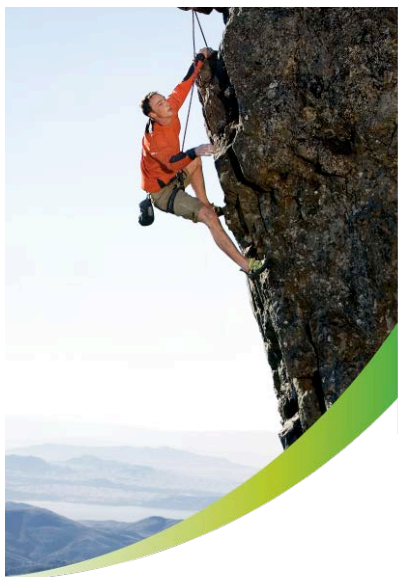
**Energy Saver**



**Virtual Trainer**



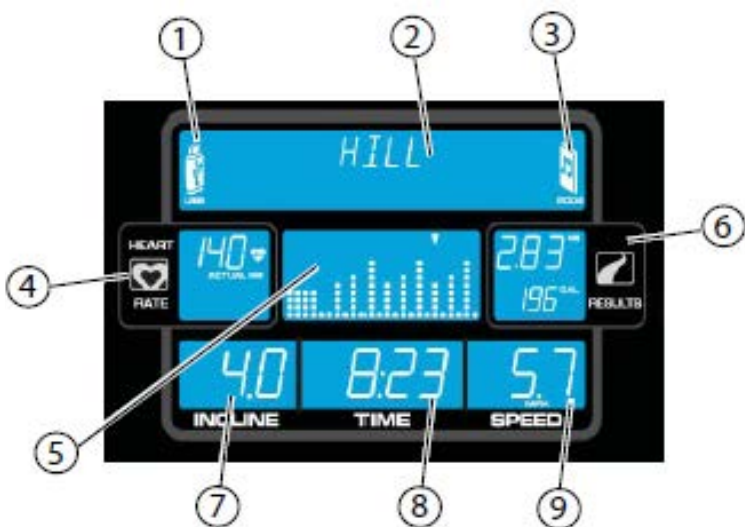




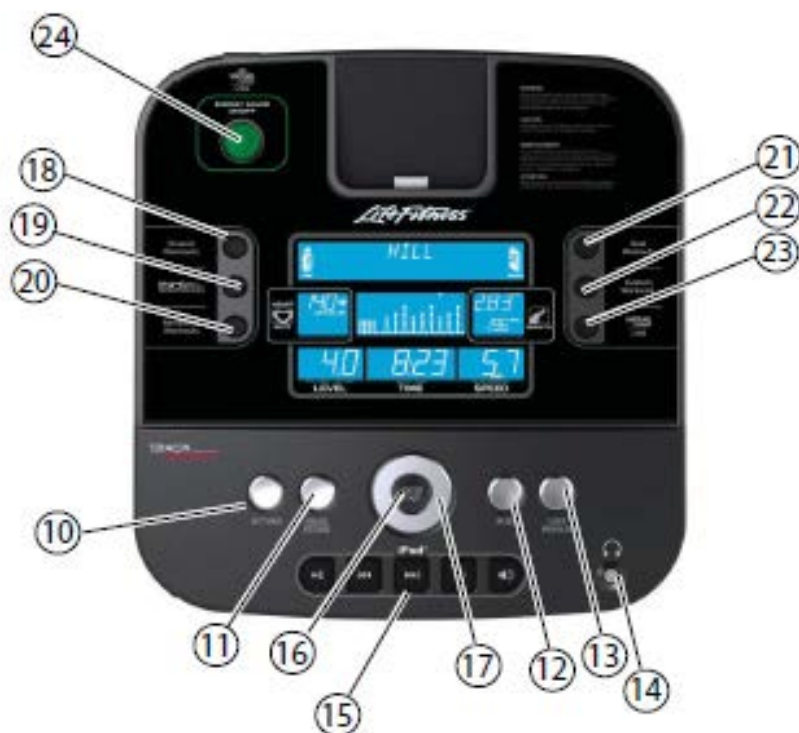
## TRACK CONSOLE OVERVIEW

### Product Features

1. USB Indicator
2. Message Center
3. iPod® Indicator
4. Heart Rate Center
5. Workouts Profile Display
6. Results Center: Distance Display and Calorie Display
7. Incline/Level Display
8. Time Display
9. Speed Display
10. Settings Button
11. Pause/Resume Button
12. Reset Button
13. User Profile Button
14. Headphone Jack
15. iPod Controls
16. Enter/Start Button
17. Navigation
18. Classic Workouts
19. HeartSync Workouts
20. Advanced Workouts
21. Goal Workouts
22. Custom Workouts
23. Virtual Trainer/USB
24. Energy Saver Button



**Track Console Display**



**Track Console**





## FEATURES AND BENEFITS OF THE GO CONSOLE

### Simple and Effective

Get on and go using one of 13 workouts including three Classic, two Advanced, three Goal-based and five HeartSync heart rate controlled workouts.

### Energy Saver

Lowers energy use by up to 90% when the unit is turned on but not in use.

### Heart Rate Monitoring

Monitor your heart rate through contact and wireless telemetry readings (chest strap is included with the Go Console) for more effective workouts in their target heart rate zone.

### Custom Profiles

Create up to two customized user profiles for quicker set-up, individual workout statistics and save one custom workout per person.



**Energy Saver**



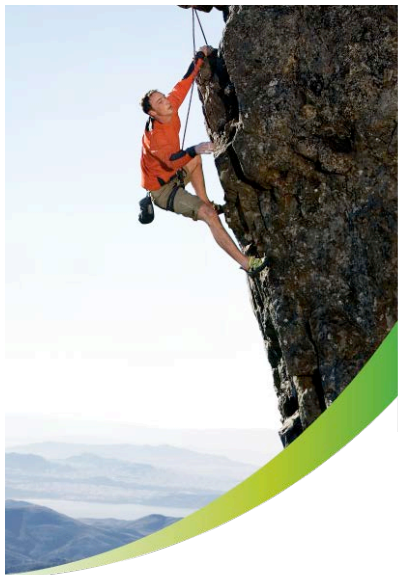
**Heart Rate Monitoring**



**Customized Profiles**



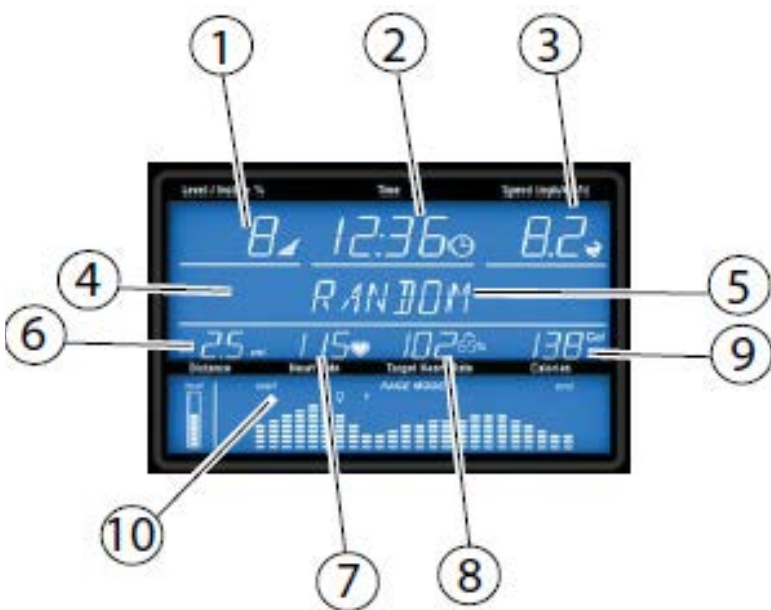




## GO CONSOLE OVERVIEW

### Product Features

1. Level Display
2. Time Display
3. Speed Display
4. Setup Step Icon (1, 2, 3, 4, 5)
5. Message Center
6. Distance Display
7. Heart Rate Display
8. Target Heart Rate Display
9. Calorie Display
10. Workout Profile Display
11. Settings Button
12. User Profile Button
13. Pause/Resume Button
14. Navigation Buttons
15. Reset Button
16. Race Mode Button
17. Goal Workout Button
18. Energy Saver Button



**Go Console Display**



**Go Console**





## Value Satisfaction Selling

As a Life Fitness retailer, you are among the elite who get to represent the best known, best built fitness equipment on the market today. And to help you be your best and deliver the highest level of satisfaction to your Clients every day we developed the **Value Satisfaction Selling Principles**.

You understand that **Benefits** add **value** – whereas **Features** add **cost**. The price of an item will ALWAYS be expensive or “too high” in the Client’s mind if they don’t understand everything that product will do for them. As they learn about the benefits of the Track and Go Consoles, they will start to see the **value**, and are more likely to buy.

Simply listing several features of the product may confuse and overwhelm your customer. Instead, give them **Benefit Statements**, and show them what is in it for them.

An example of a **Benefit Statement** could be:

**This treadmill has...** iPod Connectivity

**This means...** you can listen to your favorite music while working out

**Because...** there are iPod controls right on the console.

Using the **Features**, **Benefits** and **Advantages** below you can create several other benefit statements to help you sell the F1 Smart Treadmill.

Go Console This has...	That means...	Because...
Life Fitness Heritage	you know you are getting the best possible workout experience for a lifetime of use.	it is made by the #1 brand in fitness equipment in health clubs worldwide.
Easy to Use Console	you get the fundamentals of a great workout	it has workout variety, heart rate monitoring and on-console workout feedback.
Energy Saver	you will save money on your energy bill	lowers the energy consumption by up to 90% when the equipment is on but not in use.
HeartSync Workouts	you get a safer and more effective workout	the resistance is automatically adjusted to keep you in your target zone.
Family Fitness	you get a quicker set-up and individualized statistics.	you can create up to 2 user profiles and save 1 custom workout each.

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## Track Console

This has...	That means...	Because...
<b>Life Fitness Heritage</b>	you know you are getting the best possible workout experience for a lifetime of use.	it is made by the #1 brand in fitness equipment in health clubs worldwide.
<b>Virtual Trainer</b>	you will stay motivated through a greater workout variety	you can create unlimited workouts online
	it will help you reach your goals faster	you can track your progress online
	you can tailor your workouts to your goals	it allows you to get recommended workout programs from training experts
	you will enjoy your overall fitness experience	you can share your workouts and results with "buddies" and through Facebook
<b>USB Connectivity</b>	you have access to unlimited workout variety	it allows you to save workouts from the Virtual Trainer website and transfer them to your equipment through a USB stick.
	it will help you stay on track	you can save your workout results on a USB stick and transfer them to the Virtual Trainer website where you can track your progress.
<b>Energy Saver</b>	you will save money on your energy bill	lowers energy consumption by up to 90% when the equipment is on but not in use.
<b>HeartSync Workouts</b>	you get a safer and more effective workout	the resistance is automatically adjusted to keep you in your target zone.
<b>iPod Compatibility</b>	you can easily control your music volume and track selection while working out	iPod controls on the console
	you never have to worry about charging your iPod before you work out	docking station on the console also charges your iPod/iPhone through the 30-pin connector
<b>Family Fitness</b>	you get a quicker set-up and individualized statistics.	you can create up to 4 user profiles and save 3 custom workouts each.

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# NEW

## TRACK CONSOLE

### IN TUNE WITH TODAY'S BUSY PACE

Life Fitness is the most recognized name in health clubs and trusted at home by knowledgeable exercisers who want the best.

The sleekly designed Track Console adds the best in entertainment and motivation to the most durable equipment available.

#### USB CONNECTIVITY

Transfer workout data to and from the Virtual Trainer website through the USB port

#### ENERGY SAVER

Lowers energy use significantly when the unit is turned on but not in use

#### HEART SYNC

Heart rate monitoring and five heart rate controlled workouts through wireless chest strap or convenient hand sensors



#### ENTERTAINING AND MOTIVATIONAL

The iPod®/iPhone® docking station provides seamless controls for song selection and volume while charging the device



#### VIRTUAL TRAINER WEBSITE

Load unlimited custom programs and transfer your workout results between the website and console via the USB port or the free app available for your iPhone® or iPod touch®

[www.VirtualTrainer.LifeFitness.com](http://www.VirtualTrainer.LifeFitness.com)

#### FAMILY FITNESS

Create up to four customized user profiles for quicker set-up, individual workout statistics and save three custom workouts per person

## GO CONSOLE

### STREAMLINED EFFICIENCY

The Go Console is a simplified choice for those seeking the fundamentals of great workouts.

#### ENERGY SAVER

Dramatically lowers energy consumption when the unit is turned on but not in use

#### HANDS ON OR OFF

Contact hand sensors and wireless telemetry for convenient heart rate monitoring and heart rate controlled workouts



#### MOTIVATING VARIETY

13 workouts including three Classic, two Advanced, three Goal-based and five HeartSync heart rate controlled workouts

#### DUAL FITNESS

Create two customized user profiles for quicker set-up and save one custom workout per profile



KEY

● STANDARD

— UNAVAILABLE

## CONSOLE SPECIFICATIONS



DISPLAY		TRACK	GO
Blue and white custom etched LCD		●	●
Instructional message center		●	●
LCD display size		4x6" 10cm x 15cm	4x6" 10cm x 15cm
WORKOUT PROGRAMS			
Number of workouts		14	13
Classic workouts (Manual, Random, Hill)		●	●
Advanced workouts			
EZ Resistance		●	●
Sport Training		●	●
Fit Test		●	—
HeartSync™ heart rate controlled workouts (Fat Burn, Cardio, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™)		●	●
Goal workouts (Calories, Distance, Target Heart Rate)		●	●
Custom workouts per user profile		3	1
WORKOUT FEEDBACK		TRACK	GO
Level/Incline		●	●
Time		●	●
Speed	mph, km/h	●	●
	rpm (bike/cross-trainer only)	●	●
	pace (treadmill only)	●	●
Distance		●	●
Heart rate		●	●
Target heart rate		●	●
Calories		●	●
METs		●	●
Animated symbols		●	●
Warranties: 3-year on electrical and mechanical parts;* 1-year on labor (warranties outside the U.S. may vary.)		●	●

\*3V Batteries excluded

SPECIAL FEATURES	TRACK	GO
Quick Start	●	●
Race mode	—	●
Cool Down mode	●	●
Warm Up mode	●	●
User profiles	4	2
Virtual Trainer accessibility: at <a href="http://www.virtualtrainer.lifefitness.com">www.virtualtrainer.lifefitness.com</a>		
Unlimited Customization	●	—
Workout Tracking	●	—
USB Connectivity	●	—
Virtual Trainer App (Download from the iTunes® App Store)	●	—
iPod® compatibility:		
iPhone® (4, 3GS, 3G), iPod touch® (4th, 3rd, 2nd, 1st generations), iPod classic®, iPod with video, iPod nano® (6th, 5th, 4th, 3rd generations)	●	—
Charging through 30-pin connector	●	—
Integrated Controls (play/pause/track changes/volume)	●	—
Energy Saver	●	●



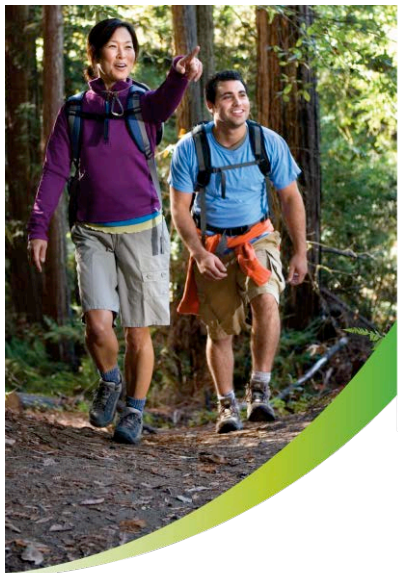
X5 Elliptical Cross-Trainer  
with Track Console

[www.lifefitness.com](http://www.lifefitness.com)

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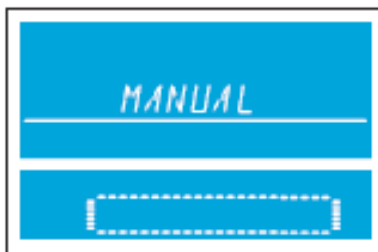
## WORKOUTS ON TRACK AND GO CONSOLES

### Quick Start

Is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout program. Begin a QUICK START workout by pressing the ENTER key at the SELECT WORKOUT screen. After ENTER is pressed, a constant-level workout begins. The intensity level does not change automatically. You must change it using

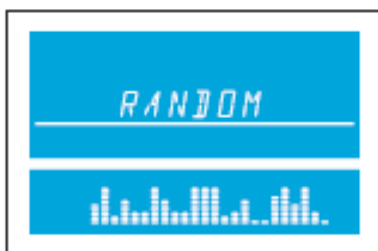
### Manual

The MANUAL workout is a simple workout that has no pre-defined intensity levels. The MANUAL workout starts the user at level 1 resistance level for bikes and cross-trainers and at 0.5 MPH and 0% incline for treadmills. The user is in complete control of level or speed/incline settings.



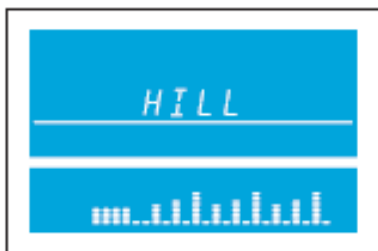
### Random

In this workout, the console creates a terrain of different hills and valleys. Over 1 million different patterns are possible. RANDOM uses resistance or incline adjustments to create hills/valleys. Speed is controlled by the user.



### Hill

The Life Fitness patented HILL workout is an interval training workout. Intervals are periods of intense aerobic exercise. The workout profile window displays the levels of the intervals, which together have the appearance of hills and valleys. Resistance (bikes and cross-trainers) and Incline (treadmills) adjustments are used to simulate the hills/valleys, speed is controlled by the user.



### Fat Burn

The user must wear a chest strap for this workout to adequately operate. This program only uses resistance or incline adjustments to increase and decrease heart rate. FAT BURN maintains the user at 65% of the user's theoretical maximum heart rate. The console continuously monitors and displays the heart rate, adjusting the intensity level of the product to reach and maintain a target heart rate range. The intensity will not change as long as the user is between 60%-72% of their target heart rate.

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## WORKOUTS ON TRACK AND GO CONSOLES

### Cardio

The user must wear a chest strap for this workout to adequately operate. This program only uses resistance or incline adjustments to increase and decrease heart rate. CARDIO maintains the user at 80% of the user's theoretical maximum heart rate. The console continuously monitors and displays the heart rate, adjusting the intensity level of the product to reach and maintain the target heart rate range. The intensity will not change as long as the user is between 72%-85% of their target heart rate.

### Heart Rate Hill Workout

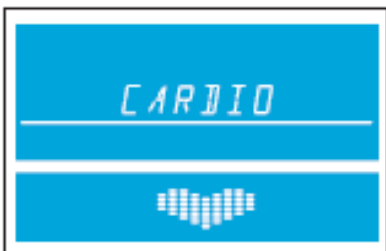
The user must wear a chest strap for this workout to adequately operate. This program only uses resistance or incline adjustments to increase and decrease heart rate. HEART RATE HILL has a series of three hills and three valleys where the duration of the hills and valleys is determined by the user's heart rate.

### Heart Rate Interval

The user must wear a chest strap for this workout to adequately operate. This program only uses resistance (*bikes and cross-trainers*) or incline (*treadmills*) adjustments to increase and decrease heart rate. This program alternates between a hill that brings the target heart rate up to 80% of the user's heart rate max and a valley that brings the target heart rate down to 65% of the user's heart rate max.

### Extreme Heart Rate

The user must wear a chest strap for this workout to adequately operate. This program only uses resistance or incline adjustments to increase and decrease heart rate. This program alternates between two target heart rates of 85% and 65% of the user's max heart rate alternating as quickly as possible. The effect is similar to that of performing sprints. During the workout once either of the two target heart rates is reached, it is held for 20 seconds and then the intensity changes to meet the other target heart rate.







## WORKOUTS ON TRACK AND GO CONSOLES

### Fit Test\*

The FIT TEST workout estimates cardiovascular fitness and can be used to monitor improvements in endurance every four to six weeks. The user must grasp the hand sensors (if equipped) when prompted, or wear a Polar telemetry heart rate chest strap as the test score calculation is based on a heart rate reading. The Fit Test is considered to be a submax VO<sub>2</sub> (volume of oxygen) test. It gauges how well the heart supplies oxygenated blood to the exercising muscles and how efficiently those muscles receive oxygen from the blood. Physicians and exercise physiologists generally regard this test as a good measure of aerobic capacity. Please note that the estimated VO<sub>2</sub> max scores achieved will be 10 percent to 15 percent lower on stationary exercise bikes than those achieved on other Life Fitness cardiovascular equipment. Stationary cycling has a higher rate of isolated muscle fatigue of the quadriceps when compared to walking/running on a treadmill, climbing on a stairclimber, or utilizing a bike. This higher rate of fatigue corresponds to lower levels of estimated VO<sub>2</sub> max scores.

Suggested Exertion Levels:

	<b>Inactive</b>	<b>Active</b>	<b>Very Active</b>
<b>Treadmills</b>	2 – 3 mph	3 – 4 mph	3.5 – 4.5 mph
	3.2 – 4.8 kph	4.8 – 6.4 kph	5.6 – 7.2 kph
<b>Cross-trainers</b>	L 2-4 Men L 1-2 Women	L 3-10 Men L 2-5 Women	L 7-15 Men L 3-10 Women
	L 4-6 Men L 2-4 Women	L 5-10 Men L 3-7 Women	L 8-14 Men L 6-10 Women

Note: Treadmill will incline to 5% after a one minute warm-up.

\*Track Console Only

### Sports Training

SPORTS TRAINING is a workout that simulates working out outdoors by using a baseline value to simulate a flat surface. The program then simulates moving uphill with values above the baseline and downhill with values below the baseline. The adjustments above and below the baseline are resistance or incline changes. Speed is controlled by the user.

### EZ Incline/Resistance

EZ INCLINE program consists of one hill. The user determines the elevation of the peak during the workout setup. The peak is reached after 75% of the workout time is complete. Afterward the resistance or incline gradually returns to level 1 or 0% respectively.

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## WORKOUTS ON TRACK AND GO CONSOLES

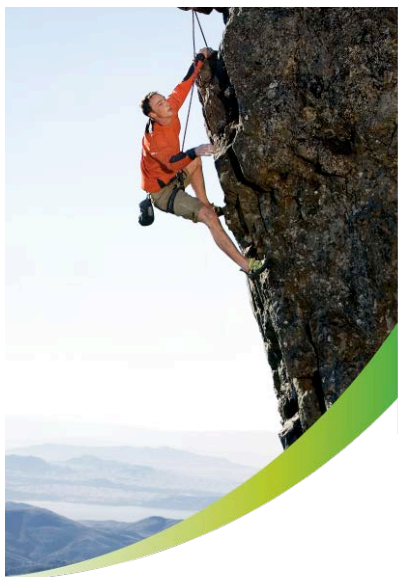
### Goal Workouts

Set these workouts up by first selecting a specific goal and entering your goal. Continue to set up the rest of the information similar to any of the previously mentioned workouts.

- » **The Calorie Goal** workout allows the user to select a calorie goal to achieve during the workout. During the workout, the calorie window will display the initial goal set by the user and then count down to zero.
- » **The Distance Goal** workout allows the user to select a distance goal to achieve during the workout. During the workout the distance goal will be shown inside a track in the workout profile window.
- » **The Target Heart Rate Goal** workout allows the user to select a target heart rate to achieve and maintain throughout the duration of the workout. The exercise equipment will keep the user at that target heart rate throughout the workout.







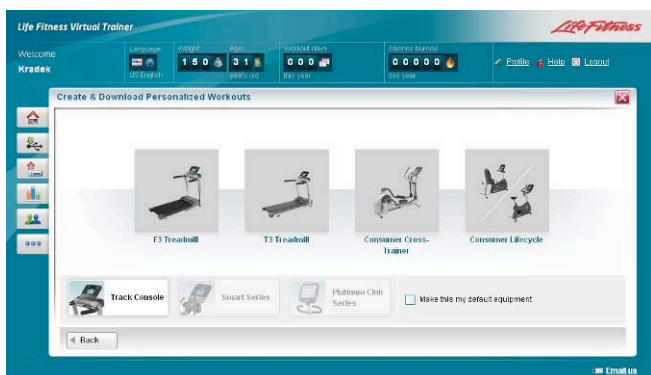
## LIFE FITNESS VIRTUAL TRAINER WEBSITE

### ENHANCE YOUR EXERCISE EXPERIENCE

The Life Fitness® Virtual Trainer Website, a free online tool, is the ultimate fitness experience. The Virtual Trainer is a state-of-the-art online service designed to set goals, create workouts, and track progress. The Web site's interactive, online program harnesses the data exercisers store on a USB device through the integrated USB port on console. Designed to link exercisers and equipment, the Virtual Trainer Web site organizes and stores a user's workout data making it simple to view and track progress from a computer, as well as create personalized workouts.

[www.virtualtrainer.lifefitness.com](http://www.virtualtrainer.lifefitness.com)

### Create and Share Workouts



### Point and Click Customization



### Schedule Workouts



### Track Workout Progress



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Please flip to page





## VIRTUAL TRAINER APP

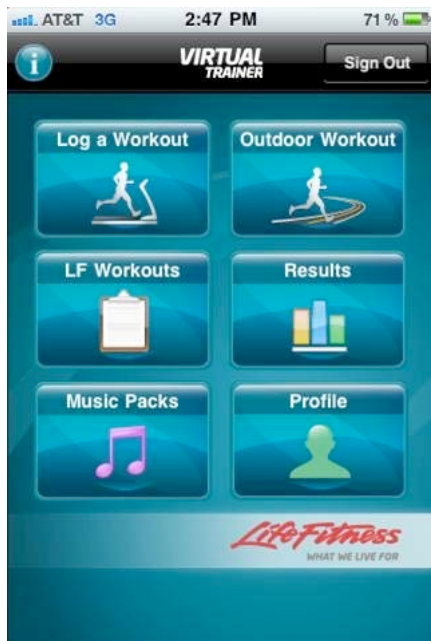
### App Compatibility

The Life Fitness Virtual Trainer website is compatible with the Virtual Trainer App. The App is an enhancement to the Virtual Trainer website and allows users to manually record cardio and strength workouts, wirelessly send workout results to the Virtual Trainer website and view workout results.

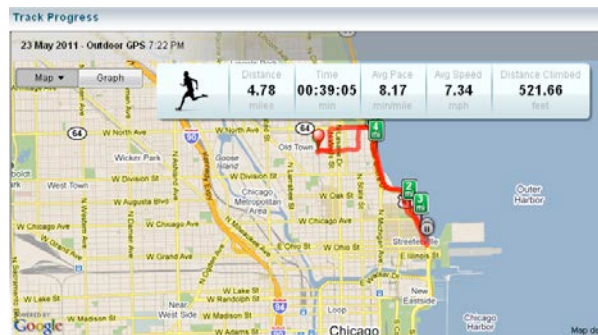


### Virtual Trainer App Features

There are a number of features that a user can utilize at no cost. These features include manually recording cardio and strength workouts, wirelessly sending workout results to the Virtual Trainer website and viewing workout results. A user will also be able to purchase recommended programs from Life Fitness, GPS to track and/or save outdoor workouts and Music Packs.



**Virtual Trainer App  
Homepage**



**Map Outdoor Workouts**

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## VIRTUAL TRAINER WEB SITE WALK THROUGH\*

### Registration

Individuals can create their own account by going to [www.virtualtrainer.lifefitness.com](http://www.virtualtrainer.lifefitness.com)

- » Complete all sections with red asterisk
- » Under "My Share Information," if exercisers want buddies to be able to send programs and workouts, as well as allow buddies to view their progress and search their profile, they must check the appropriate boxes (see picture below).

**Registration: Enter your login details**

Nickname \*    
   
Nickname should be minimum 4 characters

User ID / Email \*    
This will be your login username

Password \*    
Password text should be minimum 4 characters

Re-type Password \*

First Name

Last Name

Age \*    
Used to calculate your theoretical maximum heart rate

Preferred Language \* **US English**

**My Shared Information \***

☒ Share my nickname

☐ Share my full name

☐ Allow my buddy to send me programs and worko...

☐ Allow buddies to search my profile

☐ Allow buddies and/or facility to view my progress

☒ I have read and agree to the [Terms of Use and Privacy Policy](#), and to receive important communications from Life Fitness electronically

☐ I would like to receive email notifications from Life Fitness periodically (optional).   
You can turn this option on / off at any time from your User Profile.

[Click here to view the Terms of Use and Privacy Policy](#)

**Registration: Select the facility that you visit**

Country	Facility	Branch
Australia		
Europe		
France		
Germany		
Italy		
Japan		
South Korea		
Spain		
USA		
UK		

☒ I am a home exerciser

- » Next members can register as a home exerciser (see picture on left).
- » Once they register, they will get an email from Virtual Trainer. In order to complete registration, they must activate their account from this email (see below).

**Life Fitness Virtual Trainer**

Hi,

Congratulations you have taken your first step on your Life Fitness Virtual Trainer journey. In order to complete your registration and confirm this registration initiated by you, please click on the following link to activate your account.

[vt.lifefitness.com?activate](http://vt.lifefitness.com?activate)

Please find your account login details below:

Username : [life@fitness.deborah@gmail.com](mailto:life@fitness.deborah@gmail.com)

Password : 1ATSU

Please click here to activate your account [vt.lifefitness.com?activate](http://vt.lifefitness.com?activate)

Then login and get started using the username and password detailed above.

If you need any help while using the site just click on your Virtual Trainer for help.

Enjoy your Workout.

Life Fitness Virtual Trainer  
<http://vt.lifefitness.com/>

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### Did You Know?

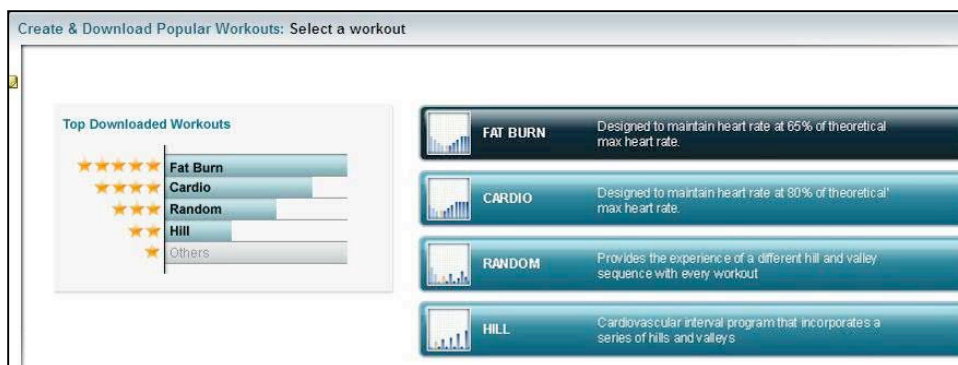
Workouts **created on the Virtual Trainer Web Site** will be shown as the name you give the program.

## CREATE AND DOWNLOAD WORKOUTS



### Download Popular Workouts

Downloading Popular Workouts is the quickest way to get a workout via the Virtual Trainer Web Site. When entering this section, the most downloaded workouts from the site are displayed as a quick alternative to creating a personalized workout.



### Download Personalized Workouts

Users who wish to create their own personalized workout by viewing all the programs available on the console can do so by clicking on the "Download Personalized Workouts" section of the web site. This section allows users to understand all the programs available on their piece of equipment from the comfort of their computer.

Users will have to choose their piece of equipment to create personalized workouts. Workouts are equipment-specific, so the created workout will only work on that piece of equipment.

## Starting Your Workout on the Console from USB Device

1. Plug in USB device. USB will be auto-detected.
2. Press the Virtual Trainer/USB button to scroll through available workouts
3. Press Enter to select a workout

## Starting Your Workout on the Console from the Virtual Trainer App

1. Log into the Life Fitness Virtual Trainer app on your Apple device. Plug the device into the iPod dock at the top of the console
2. Press the Virtual Trainer/USB button to scroll through workouts saved in your Workout Library
3. Press Enter to select a workout

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## SAVE WORKOUT RESULTS

### Saving workout data onto USB:

1. Insert the USB stick within 5 minutes of the workout ending and "Workout Summary" displayed on the console.
2. The console will direct you to press the "USB" button to save the data.
3. The console will confirm once the data is saved

### Saving workout data through the Life Fitness Virtual Trainer App:

1. Ensure that you are logged into the app and your iPhone or iPod Touch is firmly seated in the iPod dock at the top of the console.
2. The console will direct you to press the "Virtual Trainer/USB" button to save the data. You must do this within 5 minutes of the workout ending and "Workout Summary" displayed on the console.
3. The console will confirm once the data is saved. The app will confirm that the data has been sent to the website.

**Note:** If you press ENTER or RESET prior to saving the data, the data will be lost.

## UPLOAD RESULTS

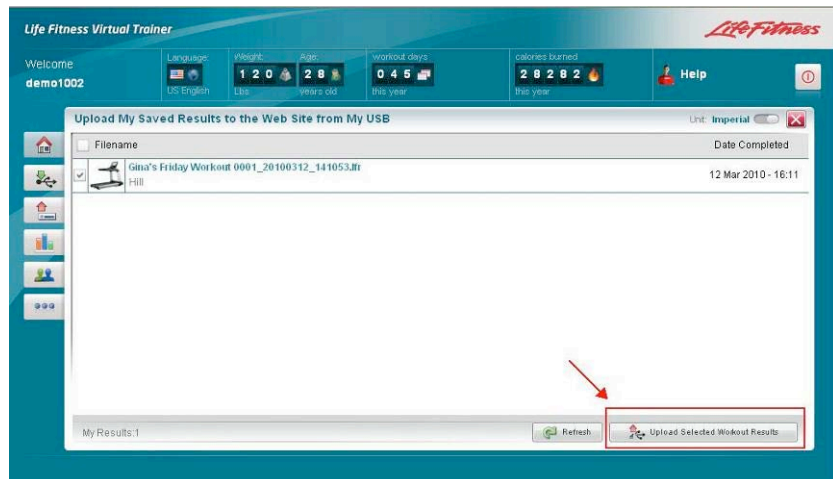
Workouts that are created on the console and/or workout results that exercisers have saved after their workout can be uploaded or transferred to the Virtual Trainer Web Site.

- » Simply plug your USB device into your computer and hover over the "Upload Results" button on the home page and select "USB Upload."
- » Once this page opens, you will be prompted to select your USB drive, this will allow the website to read all of the saved workouts (that have not yet been uploaded to the site) on your USB.
- » Select the workouts you wish to upload and click "Upload Selected Workout Results" and your results will be populated in the "Track Progress" section of the website and taken off of the USB.



### Did You Know?

Users can view the details of the workouts on their USB, before they upload by clicking the "View Detail" button (visible when you click the details button).



### Upload Workout Results via USB



### Manual Upload of Other Cardiovascular Exercise

- » Exercisers also have the ability to manually enter workout results for other cardiovascular activities, such as other Life Fitness Cardio Equipment or an outdoor run.

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## Manual Upload of Strength Training

- » Exercisers have the ability to manually enter strength training workout results by clicking on the strength tab under Manual Upload and Tracking.
- » Simply click on "Add Workout Results" button, date performed and enter the workout name; for example, squat. Once the name of exercise is created, it will be saved and listed under the drop down box for future use.
- » Enter your repetitions and weight for your first set.
- » Next click on "Add New Set" and enter the repetitions and amount of weight for each set. A maximum of five sets can be entered and saved.
- » Press "Save and Continue" tab to continue to add new workouts, repetitions and sets until the full workout has been entered.

**Life Fitness Virtual Trainer**

Welcome Deborah

Language: US English | Weight: 128 lbs | Age: 37 years old | Workout days: 047 this year | Calories burned: 12503 this year | Help

**Manual Entry**

View your strength workout: All

Date Performed: 14 Jun 2010

Workout Name: Leg Press

Description: Leg Press, Squat - Pile, Leg Extension, Seated Leg Curl, Romanian Deadlift

Set 1 of 1: 0 rep, 0 lbs (1 - 2200 lbs)

Buttons: Add new Set, Save & Clear, Save & Continue

Date Performed	Workout Name	Set 1	Set 2	Set 3	Set 4	Set 5	Total weight
1 Jun 2010	Leg Press	12 rep / 360 lbs	12 rep / 360 lbs	12 rep / 360 lbs			12960 lbs
2 Jun 2010	Squat - Pile	15 rep / 60 lbs	12 rep / 60 lbs	12 rep / 60 lbs			2340 lbs

- » In addition, an exerciser can view their progress of a particular exercise, such as biceps curl, over time, by using the filter drop down. This benefits exercisers by keeping them motivating to continue with their program and providing real time accountability.

**Life Fitness Virtual Trainer**

Welcome Michaelangelo!

Language: US (EN) | Weight: 110 kilograms | Age: 50 years old | Workout days: 016 this month | Calories: 12824

**Manual Upload and Tracking**

View your Strength Workouts: All

Date Performed: 10 Jan 2010

Workout Name: Beginner Bicep Curl

Set 1: 5 rep / 15 kg

Set 2: 7 rep / 21 kg

Set 3: 8 rep / 25 kg

Total Weight: 61 kg

Buttons: Add Workout Results

Date Performed	Workout Name	Set 1	Set 2	Set 3	Set 4	Set 5	Total Weight
10 Jan 2010	Beginner Bicep Curl	5 rep / 15 kg	7 rep / 21 kg	8 rep / 25 kg			61 kg
10 Jan 2010	Intermediate Chest Press	8 rep / 18 kg	7 rep / 25 kg	8 rep / 20 kg	6 rep / 12 kg	5 rep / 15 kg	105 kg

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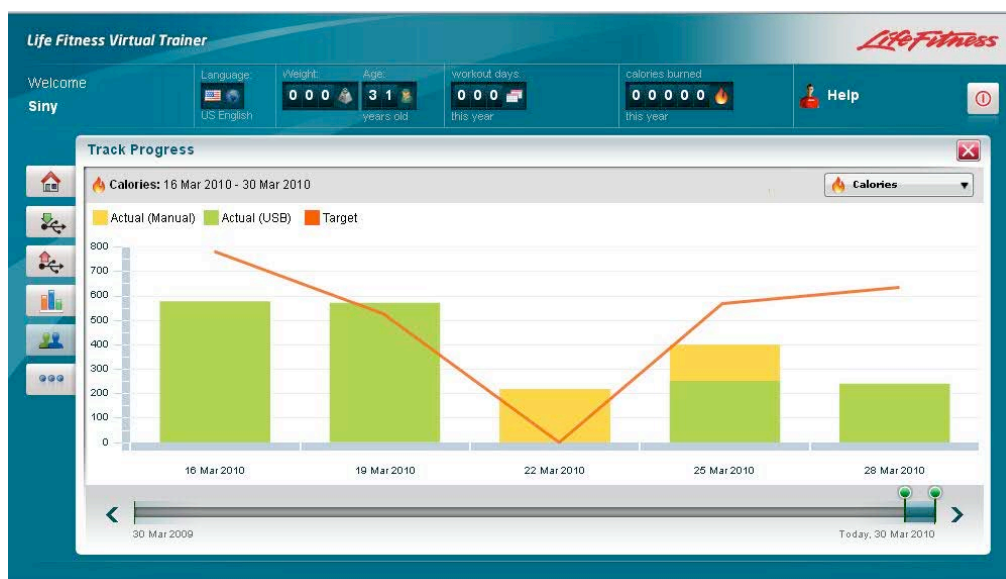
## TRACK PROGRESS

- » Users can track uploaded workout results and manually entered cardio online at the Virtual Trainer Web Site by clicking the "Track Progress" button on the home page.
- » View an interactive graph detailing your progress.
- » When viewing your progress, exercisers can choose the date range they wish to view (minimum 1 week, maximum 1 year), by adjusting the scroll bar at the bottom of the page.
- » Exercisers can define the parameter they wish to view in the graph, such as Calories, Distance, Time, Avg. Heart Rate, and Avg. Speed.
- » The green bars represent actual USB workout results
- » The yellow bars represent actual manual input workout results
- » The orange line represents target for specific goals.
- » To view specific details of a particular day, click on the yellow or green bar.



### Did You Know?

When you hover your mouse over each green "actual" results bar your full workout results for that day are displayed.



Track Progress Screen

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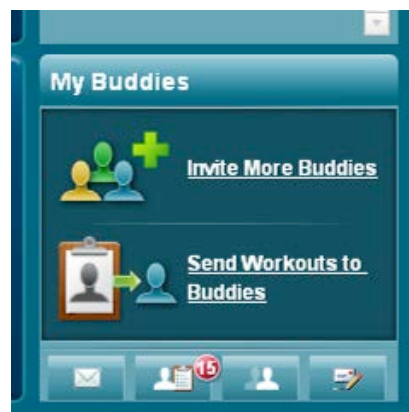


## Get a Buddy Program

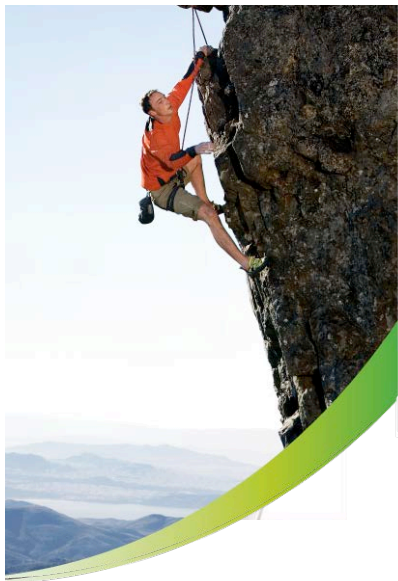
Invite your personal trainer, friends or co-workers to be your workout buddy. The email template shown below is all filled out for you. All you have to do is enter an email address to your future workout buddy. If they have not yet registered on the Virtual Trainer Web Site, they will be provided the link in the email to get registered.

- » Once your buddy accepts your invitation you will be able to:
  - \*Share and send workouts and programs
  - \*View buddies performance
  - \*View list of buddy workouts and programs
  - Save workout to the workout library and/or save to USB device.

**\*Note: Individuals must check certain boxes in their profile in order for some of the above features to be accessible.**







## VIRTUAL TRAINER WEB SITE FAQs

**Q: Is there a fee to use the Life Fitness Virtual Trainer Web Site?**

**A:** The Life Fitness Virtual Trainer Web site is free for all users to view. In order to access the full functionality, users must download results from their Life Fitness F1 SMART treadmill.

**Q: Is there technical support for exercisers that have questions regarding how to use the Life Fitness Virtual Trainer Web Site?**

**A:** Yes, users that have questions on the web site functionality can click the “help” button at the top of each page which provides step-by-step instructions on how to use the site. Also, there is a forum available in the “More” section for users to post comments/questions regarding the web site, which will be answered with in 24 hours of the post.

**Q: Is the Virtual Trainer Web Site available in multiple languages?**

**A:** Yes, the Virtual Trainer is available in 11 different languages. To access the preferred language, select the country flag located on the landing page. The languages are English, British English, Dutch, Italian, Spanish, German, Russian, Japanese, French, Simplified Chinese, and Brazilian Portuguese. Further languages will be introduced at a later date.







## SALES AND MARKETING TOOLS

To help you promote the new consoles in your store there are a variety of marketing materials available.

- **New Consumer Products Brochure**
- **3-Sided Floor Display**
- **On-Console Wrap**
- **Consoles Sell Sheets**
- **Top Reasons to Buy**
- **Promotional Video DVD**



**New Consumer Products Brochure**



**In-Store Console Sell Sheet**



**Sales Training Sell Sheet**



**In-Store Three Sided POP Display**



**Console Shroud**

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