

## FAQ'S LIFE FITNESS CARDIO EQUIPMENT

- **How can the City afford to buy all of this new equipment?** The City takes their investments seriously and we maintained our old equipment in great order for 8 years. We have been saving and planning for many years to be able to replace and update our equipment when the time came. The City has a very good Capital Improvement Plan that they are constantly discussing, planning for, and implementing
- **Will books show up on the console?** It has that function, but we are currently researching
- **When headphones are plugged into the console, how do you adjust the volume?** You have to be on one of the views that NEEDS sound to be able to see the volunteer control tabs at bottom (videos, internet, course, mobile device should all have this pop up there already; if you are in the basic work out mode, you may not see it on some of the equipment until you toggle back to one of the previously mentioned screens).
- **Which devices can be plugged into the console?** Universal android devices and iphone 4 (see counter to check out an iphone 5 connector)
- **What is the bluetooth icon for?** You can connect your mobile device directly to the console if you have bluetooth enabled. At this time, only android works in this functionality; but it is coming for iphone in a future upgrade.
- **How can I get help creating an account and learning about LF Connect** We will be having regularly scheduled workshops and trainings to learn about this feature that will be posted; alternatively, ask a staff member and they can help you at the counter get set up
- **Why do we not have crosstrainers with an incline feature?**
  - ✓ Our CT foot pedal paths are influenced by the motion paths, velocities, and foot articulation of natural walking/running motions (so incline should be occurring naturally in the elevation changes of a particular workout).
  - ✓ Our CTs aim to promote an upright body position and upper/lower body balance to keep the body's center of mass in line with the support base (hip, knee, ankle) to maximize efficiency and stability and minimize stress
  - ✓ Machines with ellipses that increase in angle tend to increase flexion of the hip and often limit hip extension. This tends to move the body's center of mass forward and out of line with the support base. Exercises may compensate for this shift by leaning forward with the upper body.
  - ✓ Machines with ellipses that increase in angle often tend to force the foot into dorsiflexion and limit the ankle's range of motion.
- **Can you change workouts midstream if don't like it or want to try something else without logging out or starting all over?** Yes, you can change workouts, switch to courses, change courses, etc... DON'T hit the the pause or stop button and DON'T stop. Simply click whatever you want to change to (i.e. courses or workouts and select a different workout). Your total workout time/stats will continue to be logged (including the amounts from your beginning workout selection) but at least you will stay logged in.
- **Why does it log me out when I stop/end workout?** This is a safety/security feature. The console needs to have a way of knowing that you are done so that you don't accidentally stay logged in and somebody else gets in and starts working out under your login/features. If you don't hit stop, the console WILL log you out automatically shortly after.
- **Why am I having trouble playing my playlist from my iphone or ipod?** Only iphones with the 30prong plug can be streamed directly into console (unless you get the adapter at front counter for the iphone 5). You can still

always login to LF Connect using your QR code/app from iphone 5 (you just can't play your playlists). If having issues streaming or hearing what it is streaming from mobile device try this:

- ✓ **Make sure use proper sequence:** connect your plug in and then navigate to the mobile device and select your playlist songs (sometimes if you have already started the workout or a course and then plug in ipod/iphone it won't work)
- ✓ **Make sure your headphones are plugged into the console and not your mobile device**
- ✓ **Double check your settings on your phone** (when properly connected, you should be able to select songs on your mobile device and navigate through it OR the console). Make sure that your repeat button or shuffle button are selected properly; also if songs end, check to see if you got to the end of your playlist if "shuffle" isn't selected
- **Why can't I access the internet or video streaming on the console?** Our equipment is connected to an internet gateway via wi-fi. Just like your devices at home or at work, sometimes internet connections or server problems will cause delays or outages. Contact a staff member if you are experiencing any problems.
- **Why can't I tune in to the television screens from my equipment? Follow these steps to troubleshoot:**
  - ✓ **The screen is small so sometimes you can't see the Audio # you are looking for on the screen to select.** Scroll farther until you find the one you need.
  - ✓ **Make sure your headphones are plugged into the console and not your mobile device**