Livestrong elliptical ls13.0e manual

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Livestrong elliptical trainers are a lesser-known brand of home crosstrainers. While Livestrong is a brand endorsed by Lance Armstrong, what most people don't know is that they are manufactured by a heavyweight in the business - Johnson Health. This is the same name behind commercial brands like Matrix and Vision. Unlike Matrix and Vision crosstrainers however, the prices on Livestrong machines are very reasonable. There are currently 3 different models starting from $799 up to $1299 What are some of the unique benefits to these crosstrainers? Well, all Livestrong ellipticals are 6-Star Certified. This is a unique certification that Johnson came up with that tells you these ellipticals are built to certain ergonomic standards. So for example, the footpedals are placed closer together to minimize the strain on your hips. The armbars are the proper length to the footpedals to encourage a more natural running motion. And the user is placed at a more upright angle on these machines - which helps balance and posture. Another thing people like with the 10.0 and the 13.0 models is that you get a free USB device that you plug in to the console. This device records your workout information. You can then upload it to the Livestrong website and compare it to past workouts, set new goals and track your progress. You can also download new workouts to your crosstrainer from Lance Armstrong's personal conditioning coach. Another unique feature on the Livestrong 13.0 elliptical is the MaxTone Archpedal. These pedals are similar to the toning running shoes that are so popular today. They keep your lower body muscles constantly activated which helps to tone your glutes and leg muscles. All Livestrong crosstrainers also come with long 20" strides. Most people prefer a longer stride since it helps to more fully engage more lower body muscles (and gives you a more effective workout). Another thing you get with these trainers is some form of incline (manual or power). Incline changes the slope of the elliptical motion and engages different muscle groups. Which elliptical is best for you? This really depends on your budget, preferences and goals. The higher end models (10.0 and 13.0) have a bit more substance and weight to them (along with the USB port and longer warranty protection). So they'd be a good choice for more frequent exercisers or multiple families. However if you're on a strict budget, you'll probably be very happy with the starter Livestrong 8.0 model. Where To Buy At A Discount: You can buy Livestrong elliptical trainers direct from the Manufacturer. You can save on store markup and watch videos of how they work before you buy. Plus, as of this writing, they are offering Free Shipping and inside delivery - which is often an extra charge with other online sellers. Click Here to Save on Livestrong Ellipticals Livestrong Elliptical Reviews: Livestrong LS13.0e Price: $ 1299.99Stride Length: 20”Incline? YesResistance Levels: 20iPod Dock? NoUser Weight Capacity: 350 lbs Highlights:With a Maxtone Archpedal, the Livestrong LS13.0e elliptical offers something completely different. Similar to popular toning shoes, the curved pedal keeps lower body muscles constantly engaged, helping to tone your glutes.The 13.0 crosstrainer also comes 6 star certified – which means it was built to be more ergonomically correct with closer foot pedals and a more upright design. You also get 20 levels of power incline to help work your lower body and a Free USB device to track your workout progress and download new workouts from the Livestrong site. Click Here For More on the Livestrong LS13.0 Elliptical Trainer Livestrong LS10.0e Price: $ 999.99Stride Length: 20”Incline? YesResistance Levels: 20iPod Dock? YesUser Weight Capacity: 325 lbs Highlights:Built with closer foot pedals, a more upright design, the Livestrong LS10.0e Elliptical trainer is more ergonomically correct and will give you a more comfortable elliptical workout. The power incline changes the slope of your elliptical pathway with the touch of a button – great for crosstraining.And with the Free USB device included you can track your workouts, compare them and even download new workouts to your machine from Lance Armstrong’s conditioning coach.Click Here For More on the Livestrong LS10.0E Elliptical Trainer Livestrong LS8.0e Price: $ 799.99Stride Length: 20”Incline? YesResistance Levels: 16iPod Dock? NoUser Weight Capacity: 300 lbs Highlights:The Livestrong LS8.0e elliptical is the most affordable of the Livestrong models. It comes with a six-star certified ergonomic design for a more comfortable ride (i.e. closer foot pedals, a more upright design, lower step on height, etc.)You also get a 5 position manual incline to help train different lower body muscle groups and a 23 lb flywheel to make your elliptical ride much smoother. A built in console fan will keep you cool and 9 built- in workouts add some challenge.Click Here For More on the Livestrong 8.0E Elliptical Trainer More Livestrong Elliptical Reviews: Livestrong LS8.0e EllipticalReview the Livestrong 8.0 crosstrainer to see what you get, how it works and how to save! Livestrong LS10.0e EllipticalReview the Livestrong 10.0 crosstrainer to see what you get, how it works and how to save! Livestrong LS13.0e EllipticalReview the Livestrong elliptical 13.0 model to see what you get, how it works and how to save! Return Home Do you have a review or tip about your Livestrong elliptical? Leave it below! Manufacturer: Livestrong Category of Device: Elliptical Trainer Document: LS8.0E Owner's Manual, File Type: PDF Count of Pages: 124 Download LS8.0E Manual (124 pages) Livestrong LS8.0E page 1: Livestrong LS8.0E page 2: Livestrong LS8.0E page 3: Livestrong LS8.0E page 4: Livestrong LS8.0E page 5: Livestrong LS8.0E page 6: Livestrong LS8.0E page 7: Livestrong LS8.0E page 8: Livestrong LS8.0E 69 LS130.0E FONCTIONNEMENT DE LA CONSOLE DU MODÈLE LS13.0E Remarque : Avant d’utiliser la console, il faut enlever la fine pellicule protectrice en plastique qui la recouvre. A) FENÊTRES D’AFFICHAGE À DEL : Affichage de la durée et la distance en cours d’exercice. B) AFFICHEUR ACL LIVETRACK ™ : Affiche les… Livestrong LS8.0E 9 WARNING CONSULT A PHYSICIAN PRIOR TO USING ANY EXERCISE EQUIPMENT. POSSIBILITY OF SERIOUS INJURY IF EQUIPMENT IS USED IMPROPERLY. READ INSTRUCTION MANUAL BEFORE USING. KEEP CHILDREN OFF AND AWAY FROM THIS EQUIPMENT. FOR CONSUMER USE ONLY. AVERTISSEMENT CONSULTER UN MÉDECIN AVANT D’UTILISER CET ÉQUIPEMENT. POSSIBI… Livestrong LS8.0E 42 LIVESTRONG® est une marque de commerce déposée de la Lance Armstrong Foundation. La Lance Armstrong Foundation lutte pour plus de 25 millions de gens dans le monde entier qui vivent aujourd’hui avec le cancer. Il devrait y avoir, et il y a la vie après le cancer pour plus de gens. La fondation est présente auprès d’eux dès qu’… Livestrong LS8.0E 35 NEW FEATURES INCLUDE • Track your workouts on LIVESTRONG.COM • Reach your goals faster with exclusive Lance-endorsed training plans • Stay fresh and motivated with new LIVESTRONG ® Fitness cardio programs GETTING STARTED – FORMATTING THE USB STICK 1) Insert the provided LIVESTRONG.COM USB stick into your console’s USB port. 2) Wait u… Livestrong LS8.0E 60 PORTE-BIDON MONTANT DE CONSOLE GAINE DE MONTANT DE CONSOLE COUVERCLE SUPÉRIEUR (PARTIES GAUCHE ET DROITE) VIS (Z) VIS (AA) COUVERCLE ARRIÈRE VIS (Z) STABILISATEUR ARRIÈRE VIS (Z) 15 mm Quantité : 5 VIS (AA) 20 mm Quantité : 2 CONTENU DU SACHET DE VISSERIE 7 : ÉTAPE 7 DE L’ASSEMBLAGE : LS10.0E, LS13.0E * Cette étape ne concerne que les mod… Livestrong LS8.0E 102 TORNILLOS (CC) BASTÓN SUPERIOR EMPUÑADURAS DE POSICIONES MÚLTIPLES CUBIERTAS DEL BASTÓN TORNILLOS (DD) * Este paso es sólo para el modelo LS13.0E. A Abra la BOLSA DE TORNILLERÍA 9. B Fije la EMPUÑADURA DE POSICIONES MÚLTIPLES al BASTÓN SUPERIOR con 2 TORNILLOS (CC). NOTA: Tenga cuidado de no pellizcar ningún cable. C Repita e… Livestrong LS8.0E 76 MISE EN MÉMOIRE DES DONNÉES D’ENTRAÎNEMENT SUR LA CLÉ USB À PARTIR DE VOTRE APPAREIL D’EXERCICES 1) Enlever le capuchon de la clé USB et insérer la clé USB dans le port de la console. 2) Choisir « SAVE WORKOUT » (METTRE EN MÉMOIRE L’ENTRAÎNEMENT) à l’aide des touches + / – de la touche de programmation. Appuyer sur la touche… Livestrong LS8.0E LS13.0ELS10.0ELS8.0E ELLIPTICAL OWNER’S MANUAL MANUEL DU PROPRIÉTAIRE DE L’EXERCISEUR ELLIPTIQUE MANUAL DEL PROPIETARIO DE LA MÁQUINA ELÍPTICA Read the ELLIPTICAL GUIDE before using this OWNER’S MANUAL. Lire le GUIDE D’UTILISATION DE L’EXERCISEUR ELLIPTIQUE avant de se servir du présent MANUEL DU PROPRIÉTAIRE. Lea la GUÍA DEL USUARIO DE LA M… 84 PARA REDUCIR EL RIESGO DE QUEMADURAS, INCENDIOS, DESCARGA ELÉCTRICA O LESIONES: • Si siente cualquier tipo de dolor que incluya, pero que no necesariamente se limite a, molestias en el pecho, nausea, mareos o falta de aliento, deje de hacer ejercicio de inmediato y consulte a su médico antes de continuar. • Al hacer ejercicio … Livestrong LS8.0E User Manual Livestrong LS8.0E User Guide Livestrong LS8.0E PDF Manual Livestrong LS8.0E Owner's Manuals Additional Information:

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