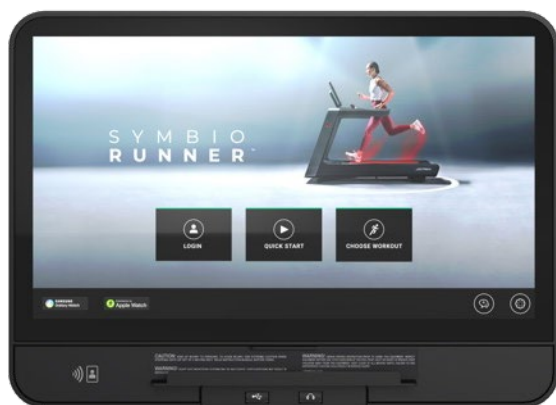


GUIDE TO CONNECTING YOUR EQUIPMENT

DISCOVER SERIES CONSOLES



SYMBIO
CONSOLE



DISCOVER SE4
CONSOLE



DISCOVER SE3 HD
CONSOLE



DISCOVER ST
CONSOLE

LifeFitness

LIFE FITNESS CARDIO

SETUP INSTRUCTIONS

The following information will help you connect Life Fitness cardio to the internet and ensure that the facility owner has access to the appropriate systems.

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BANDWIDTH REQUIREMENTS

Discover products connect via a wired ethernet or wireless connection.

For best performance, we recommend your facility have the minimum bandwidths outlined below.

SYMBIO/SE4/SE3/SE3 HD CONSOLES

MINIMUM DOWNLOAD BANDWIDTH REQUIREMENTS

SERVICES	UP TO 8 UNITS	EACH ADDITIONAL UNIT
Asset management, remote software updates, and User workout tracking	2.5 Mbps	0.25 Mbps
Above services and web browsing access	4 Mbps	0.25 Mbps
Above services and web video, e.g. YouTube	4 Mbps	0.5 Mbps
Above services and video streaming apps (Netflix)	8 Mbps	1.0 Mbps
Above services and Life Fitness On Demand classes	20 Mbps	2.5 Mbps

MINIMUM UPLOAD BANDWIDTH REQUIREMENTS

SERVICES	UP TO 20 UNITS	ADDITIONAL 20 UNITS
Asset management, remote software updates, and User workout tracking	0.5 Mbps	0.5 Mbps
Above services and web browsing access	0.5 Mbps	0.5 Mbps
Above services and web video, e.g. YouTube	0.5 Mbps	0.5 Mbps
Above services and video streaming apps (Netflix, Hulu)	0.5 Mbps	0.5 Mbps

NOTE: A dedicated internet connection is always recommended.

ST CONSOLES

MINIMUM DOWNLOAD BANDWIDTH REQUIREMENTS

SERVICES	UP TO 8 UNITS	EACH ADDITIONAL UNIT
Asset management, remote software updates, and user workout tracking	2.5 Mbps	0.25 Mbps

MINIMUM UPLOAD BANDWIDTH REQUIREMENTS

SERVICES	UP TO 20 UNITS	ADDITIONAL 20 UNITS
Asset management, remote software updates, and user workout tracking	0.5 Mbps	0.5 Mbps



This data is for general communication (no restriction).

NETWORK CONFIGURATION

All traffic initiated from our consoles is outbound (i.e. data only flows out from our consoles). If you do not block outbound traffic and the associated return traffic, then no additional configuration is needed. Otherwise, if your network restricts outbound traffic, you need to open outbound connections on these specific ports:

PORT CONFIGURATION

Protocols/Ports

TCP port 80

TCP port 443

TCP port 8883

DESTINATION URLs

The cardio machines will contact **halo.fitness*, **lfconnect.com* and **s3.amazonaws.com*. These URLs are load balanced and resolve to different IPs at different times, so please use the DNS names and not the resolved IPs.

CONTENT FILTERING

- Discover consoles do not come with content filters. If you wish to filter content, a separate content filtering solution should be implemented.
- Discover consoles are equipped with a web browser. If you wish to prevent users from browsing the internet on the device, you can disable the browser from the configuration menu. This removes the browser icon from the user interface. Other internet connected features including user log in, asset management, and software updates will continue to function when the browser is disabled.
- Discover consoles come with preset URL links. These links offer quick access to specific web pages within the web browser. Site managers can customize the destination URLs of the preset links. Additionally, the machines can be restricted to only allow access to the preset links. In this configuration, users are no longer allowed to manually enter an address into the address bar. This limits navigation to the preset links and any hyperlinks embedded in those pages.

NETWORK EQUIPMENT PLACEMENT AND POWER REQUIREMENTS

Network equipment such as modems, wired routers and switches will require power; refer to product specs for exact requirements.



WIRED NETWORK SETUP



You should follow all industry best practices, as well as all national and local building codes, when running your Ethernet cables.

We recommend an additional 12" (30.5cm) of cabling to accommodate treadmill incline.

A dedicated internet connection is always recommended.

WIRED LAN (LOCAL AREA NETWORK) REQUIREMENTS

You will need to provide DHCP addresses for all of the machines. The table below shows the recommended cable rating for each installation type.

CABLE TYPE:

INSTALLATION TYPE	AVAILABLE OPTIONS	RECOMMENDATION
Wired or Open IPTV	CAT 5e, CAT 6 or CAT 7	CAT 6
Pro:Idiom over IP or STB Sync	Shielded twisted pair CAT 6 or CAT 7	Shielded twisted pair CAT 6 or CAT 7

NOTE:

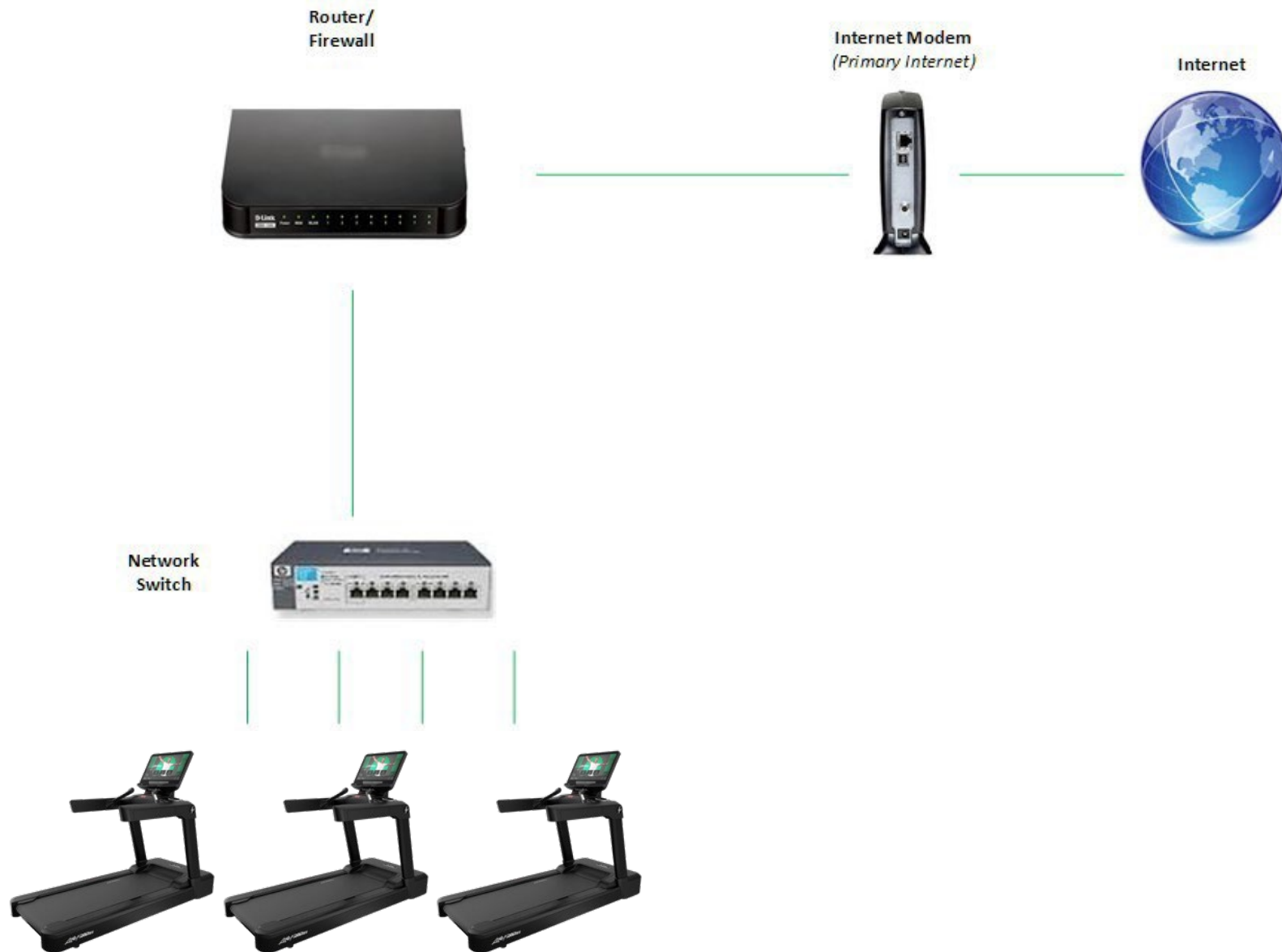
You will need a switch capable of aggregating all of the individual Ethernet runs (see table below for speeds).

NUMBER OF MACHINES	RECOMMENDATION
1-7	8-port 10/100/1000
8-23	24-port 10/100/1000
24-47	48-port 10/100/1000

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WIRED NETWORK DIAGRAM



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WIRELESS NETWORK SETUP

WIRELESS LAN (LOCAL AREA NETWORK) REQUIREMENTS

Be sure to configure the desired SSID (service set identifier or wireless network) and security settings on your access points before attempting to associate the cardio equipment.

Speak with your network security specialist to determine the best security options for your Network. At this time, the machines support all commonly used encryption and authentication protocols including: WEP, WPA, and WPA2-PSK (pre-shared key) with either TKIP, or AES encryption. Additionally, the consoles support some enterprise authentication including EAP-TLS, EAP-TTLS, and EAP-PEAP.

It is recommended that you design your wireless network to achieve an RSSI (received signal strength) value of -65 dBm or better, and an SNR (signal to noise ratio) of 20 dB or better. It is recommended that the ISP provides 1Gbps.

CONNECT TO A WIRELESS NETWORK

To scan for available wireless networks follow the below steps:

1. Enter System Options Menu (please see page 17 for access instructions)
2. Tap on "Configuration" on the left > "Wireless Connectivity"
3. Enable
4. Tap on "Scan"
5. Choose your network

A dedicated internet connection is always recommended.



RECOMMENDED ACCESS POINT REQUIREMENTS

It is recommended that you install commercial grade access points that meet the following requirements:

- Wireless-AC Access Point (802.11ac) with 2x2 MIMO
- Band: Dual band 2.4/5 GHz capable
- Protocol: IEEE 802.11ac
- Security: WPA2-PSK
- Mounting: wall or ceiling mountable

It is recommended that the machines connect to the access points on the 5GHz band.

A site survey through your IT partner is recommended to verify the number of access points required based on each unique facility layout and model of the access points. General guidelines below:

SYMBIO, DISCOVER SE4: One access point for every 15 units.
DISCOVER ST, SE3, SE3 HD: One access point for every 8 units.

ACCESS POINT CONFIGURATION

Preconfigured Meraki access points purchased through Life Fitness are recommended for easy setup.

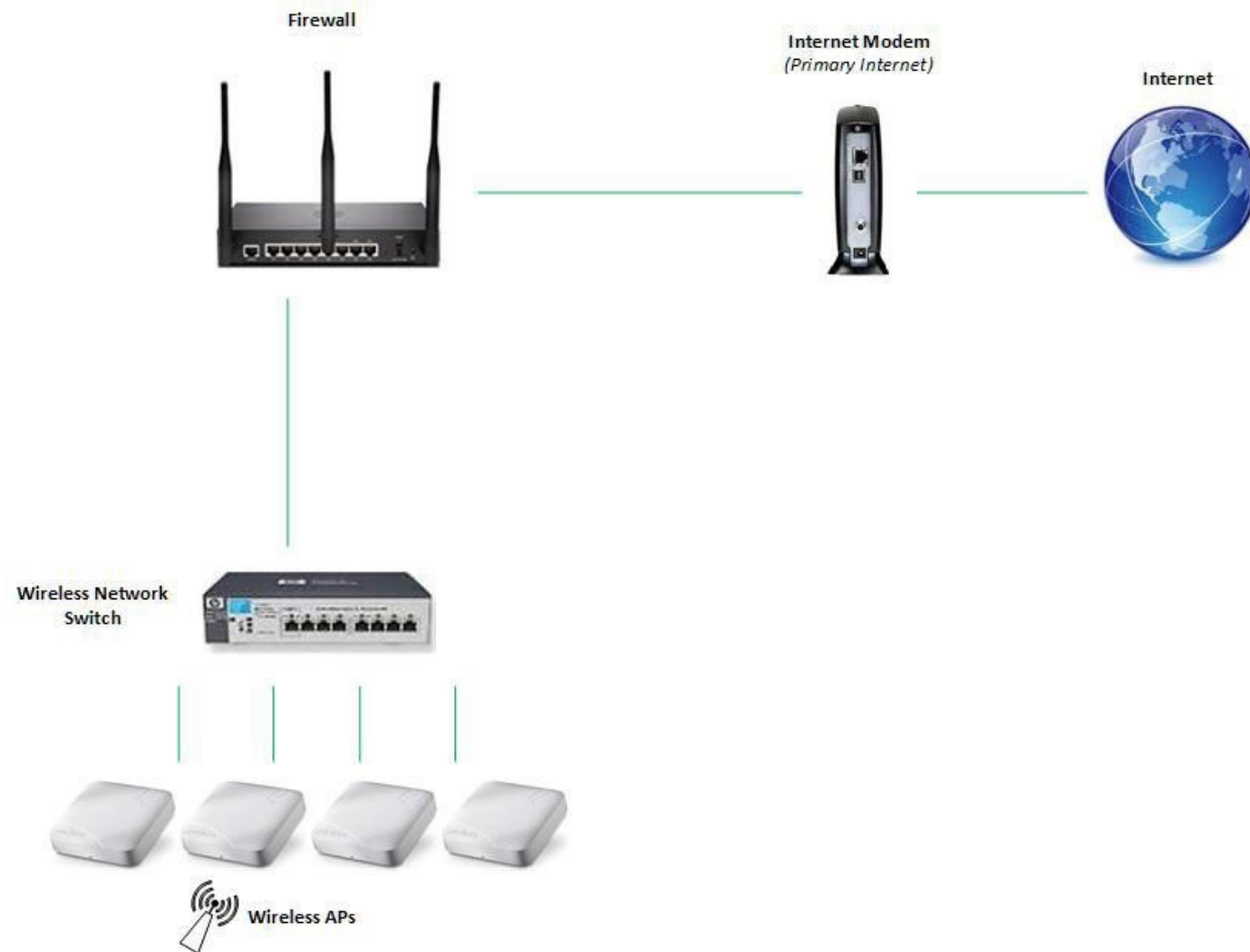
No firewall changes are required for most networks. If you block outbound connections please see [Meraki Firewall Rules](#) for additional configuration information. For all other access points check with your IT Partner for the correct configuration.

NETWORK EQUIPMENT PLACEMENT AND POWER REQUIREMENTS

Each access point will need power via PoE (Power over Ethernet) or additional optional power adapter. Refer to recommended manufacturer power requirements for further information. A site survey through your IT partner is recommended to ensure proper placement of your access points.



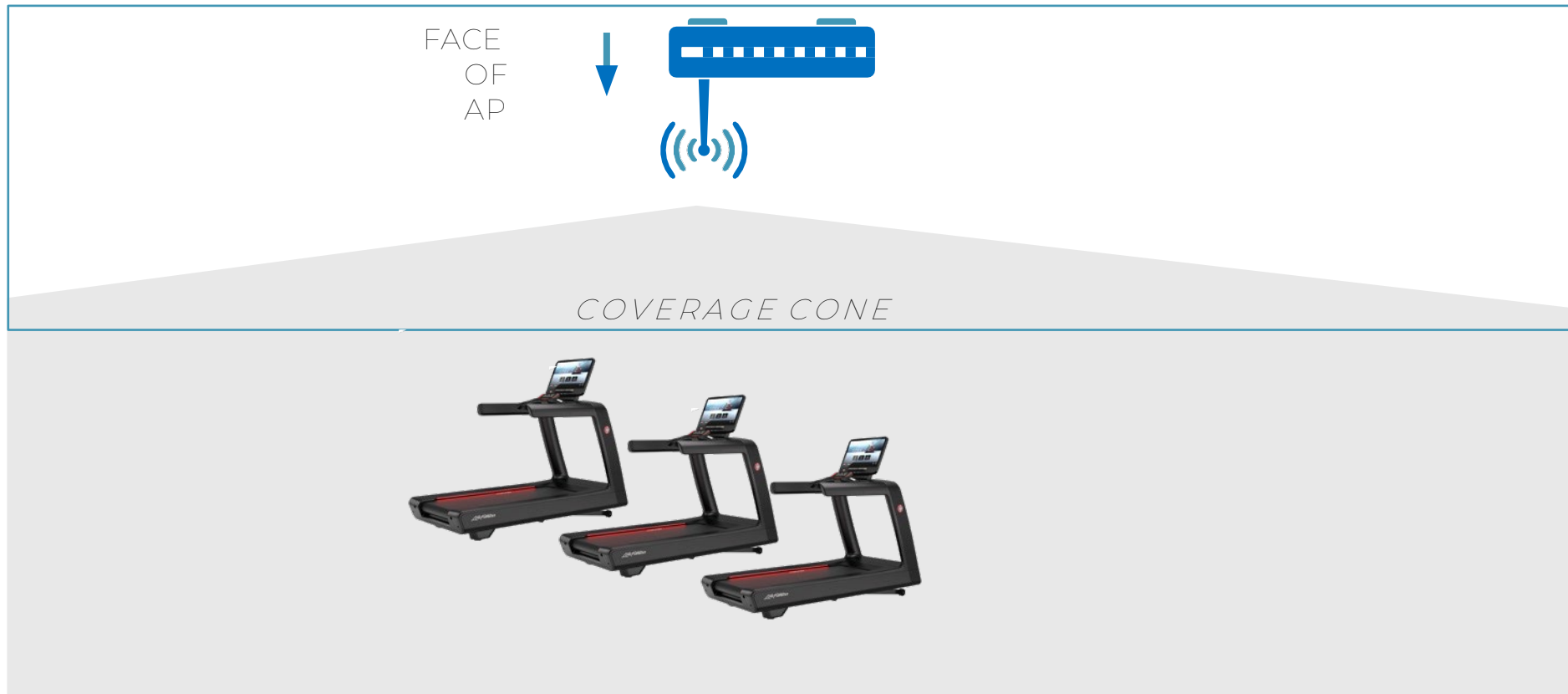
WIRELESS NETWORK DIAGRAM



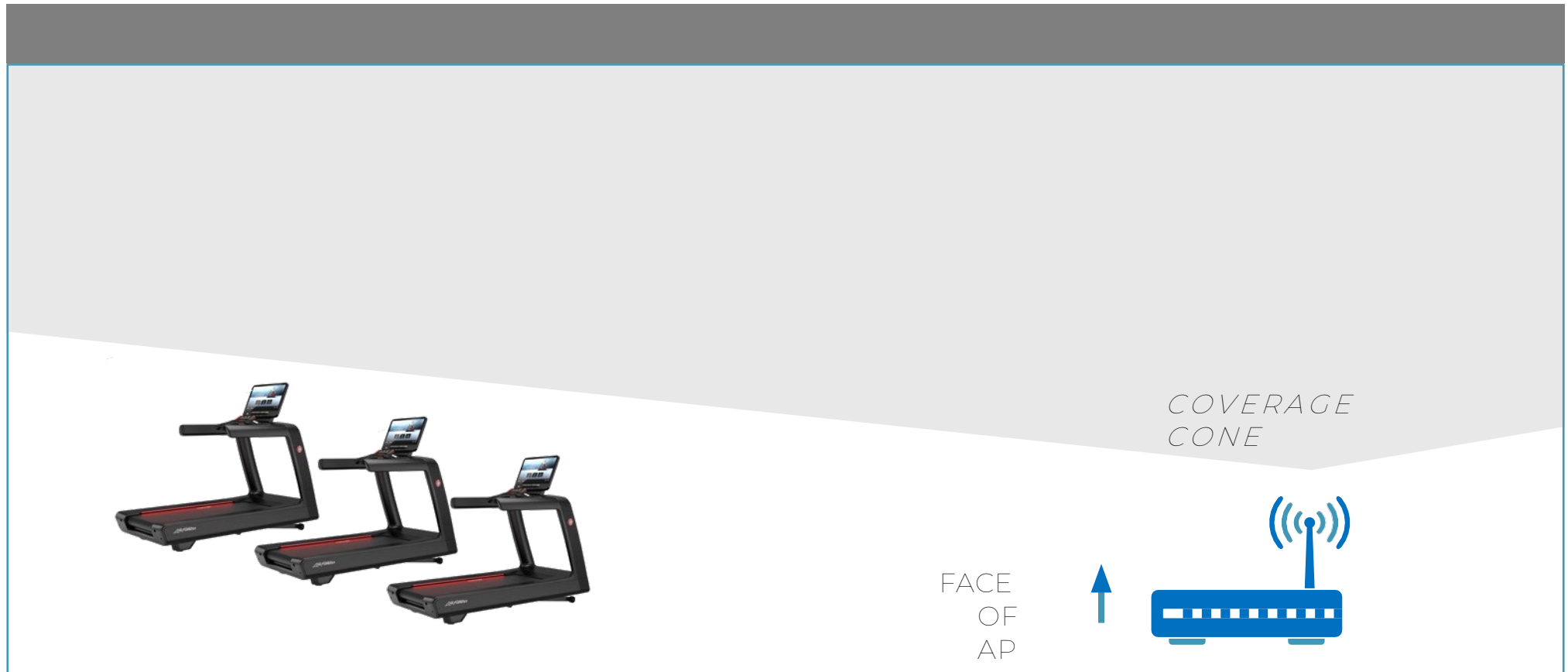
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WIRELESS NETWORK SETUP (GOOD COVERAGE)

CEILING INSTALLATION



WIRELESS NETWORK SETUP (BAD COVERAGE)



TV REQUIREMENTS

Life Fitness has multiple solutions for providing video content to your users. Below are the options we currently offer with our products.

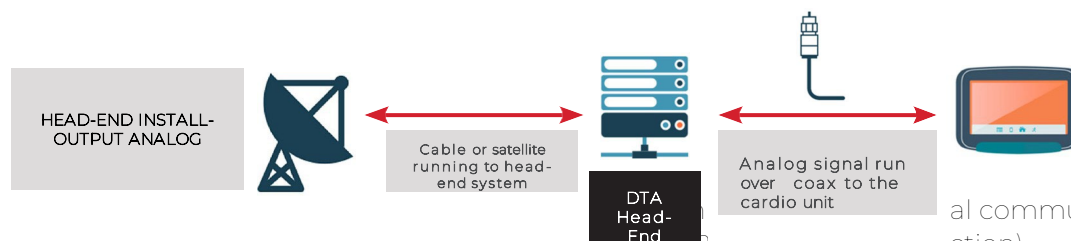
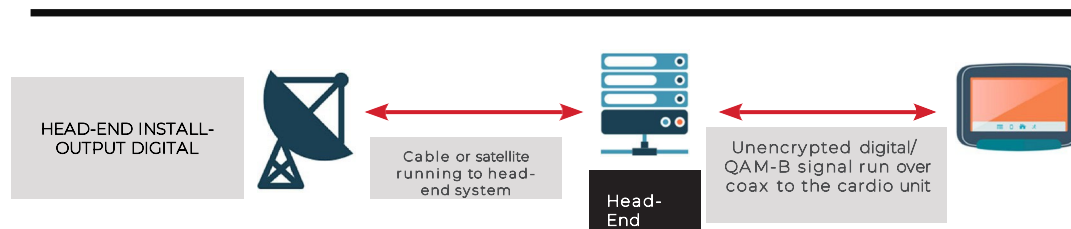
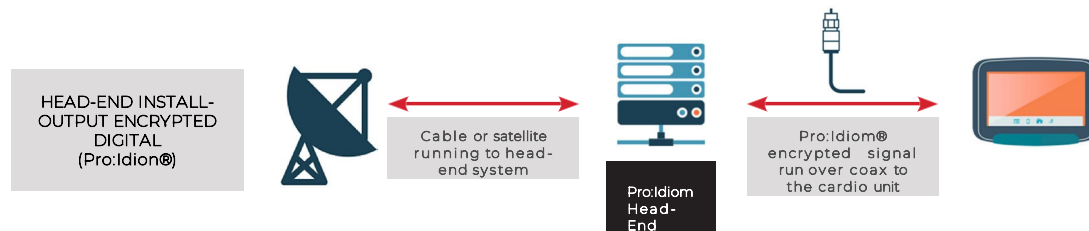
Note: Please complete the Life Fitness TV form and have TV infrastructure and TV signal ready before install of your Life Fitness cardio equipment.

PRO:IDIOM OVER RF TUNER

For Symbio, Discover SE4 and SE3 HD

Pro:Idiom over coax, ATSC, NTSC, QAM-B (MPEG2 and MPEG4)

- Cabling required from customer: Coax (including any patch cables from wall to cardio units)
- The TV signal can be distributed to the machines using taps or splitters provided the signal level arriving at each unit's TV tuner is 70 dBuV +/-15dB. This is equivalent to +10 dBmV +/- 15dB.
- These levels are acceptable for both analog and digital TV signals.
- Have your TV system provider verify the signal level arriving at each machine.



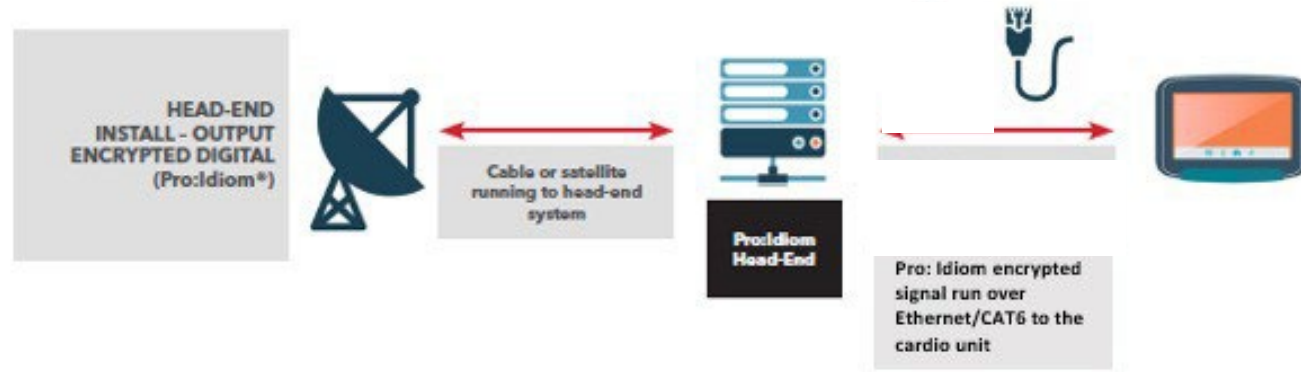
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TV REQUIREMENTS

PRO:IDIOM OVER IP

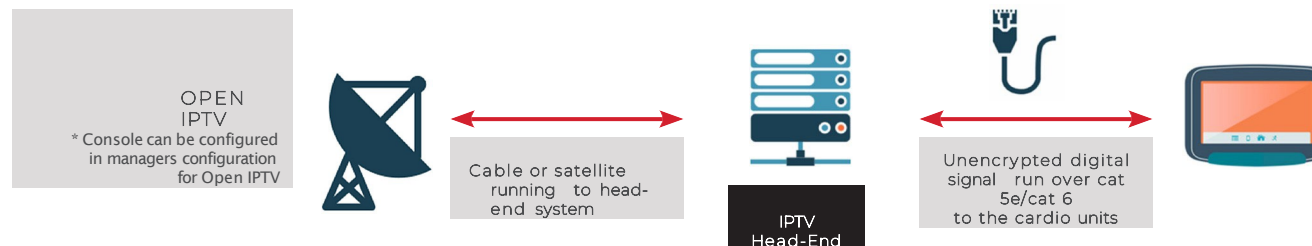
For Symbio and Discover SE4 only

- Cabling required from customer: Ethernet (including any patch cables from wall to cardio units)
- Channels are IP addresses or URLs
- Works regardless of tuner configuration inside of the console – software setting
- Reference IPTV Requirements document for full details



For Discover SE3HD, SE3 and ST

- Cabling required from customer: Ethernet (including any patch cables from wall to cardio units)
- Channels are IP addresses or URLs
- Works regardless of tuner configuration inside of the console – software setting
- Reference IPTV Requirements document for full details



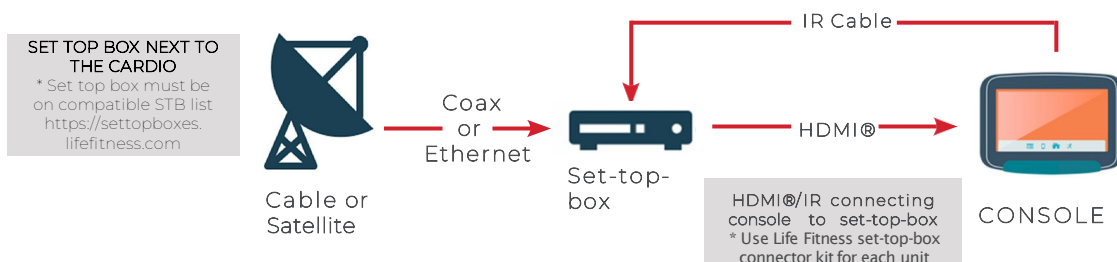
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TV REQUIREMENTS

SET-TOP BOX CONNECTOR KIT

For Symbio, Discover SE4, SE3 HD, SE3 and ST

- Cabling required from customer: Coax (including any patch cables from wall to set-top boxes)
- Set-top boxes must output HDMI
- Coax output not supported
- Connector kits contain varying lengths of HDMI and IR cables
- Works regardless of tuner configuration inside of the console



Kits for Elevation Bases (Intended to be run externally)	
T-STB-HDMI-IR-KIT	Treadmill Kit
X-STB-HDMI-IR-KIT	Elliptical Kit
C-STB-HDMI-IR-KIT	Upright Bike Kit
R-STB-HDMI-IR-KIT	Recumbent Bike Kit
F-STB-HDMI-IR-KIT	Flex Strider Kit

Kits for Integrity Bases	
None (Pre0Routed)	Treadmill Kit
INT-STB-HDMI-IR-KIT	Elliptical Kit
INT-STB-HDMI-IR-KIT	Upright Bike Kit
INT-STB-HDMI-IR-KIT	Recumbent Bike Kit
INT-STB-HDMI-IR-KIT	Arc Trainer Kit

Life Fitness Bases (Intended to be run externally)	
P-STB-HDMI-IR-KIT	PowerMill Kit
Cybex R Series	
Not currently supported	

TV REQUIREMENTS

SET-TOP BOX SYNC

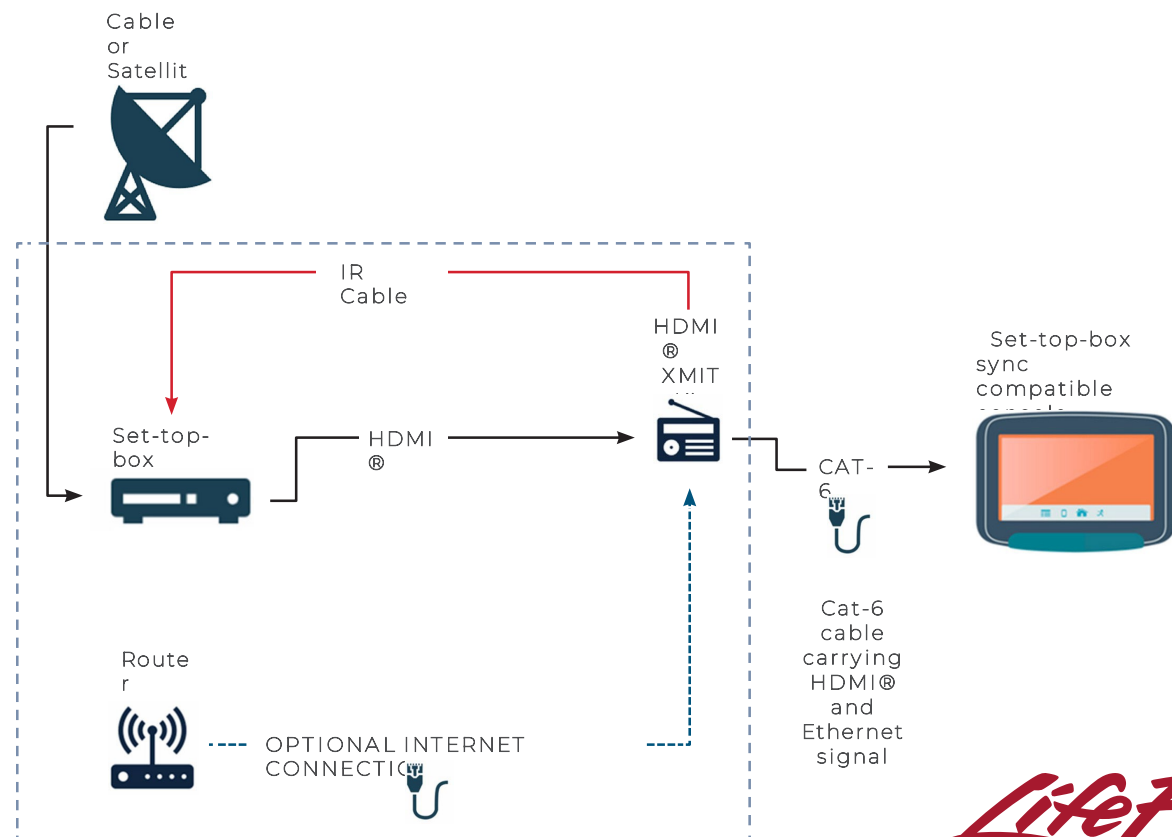
For Symbio, Discover SE4, SE3 HD, SE3 and ST

- Cabling required from customer: Ethernet and HDMI (including any patch cables from wall to cardio units)
- Set-top boxes must output HDMI
- Coax output not supported
- SITESURVEY-IPTV-01 must be included on the order for Life Fitness to connect the transmitter kits to the set-top boxes, otherwise it is the customer's responsibility
- One Life Fitness transmitter kit required per cardio unit, which will require power
- Reference Set Top Box Sync Requirements document for full details

TRANSMITTER KITS

Symbio, SE4: SE4-IPTV-TXKIT-02

SE3 HD, SE3 , ST: IPTV-TXKIT-02



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FACILITY CONNECT

Registering equipment on [Facility Connect](#) gives facilities access to a centralized suite of equipment management features including: Life Fitness™ On Demand+ workouts, usage statistics, equipment customization, and customer service contact

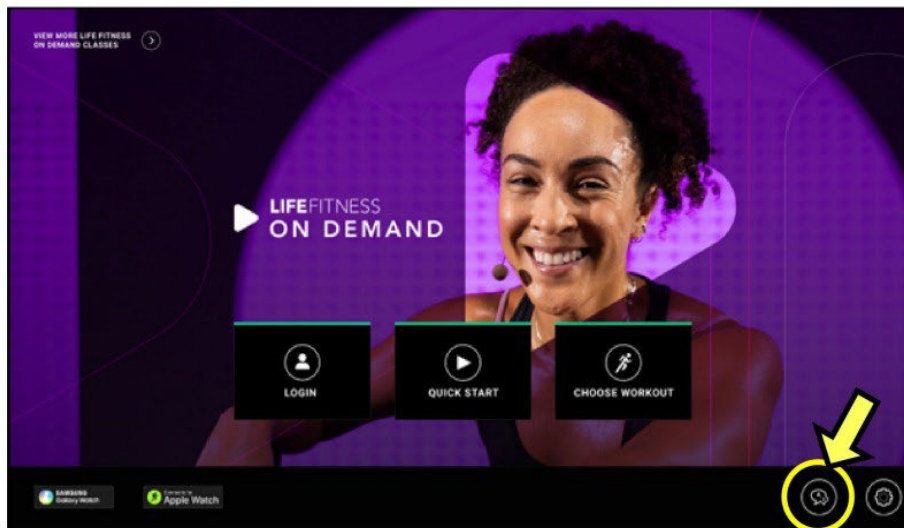
To learn more about Facility Connect, download the [Facility Connect Features and Overview Guide](#).



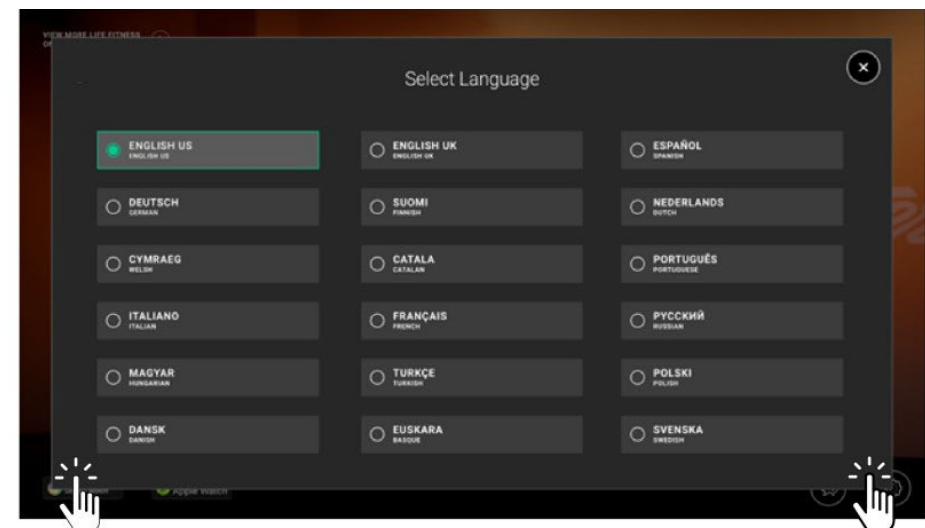
SYSTEM OPTIONS MENU, NETWORK VALIDATION & MAC ADDRESSES

The System Options menu lets you control various settings and view important information about your product. Additional settings for your connected equipment are available on Halo.Fitness. To enter the System Options menu follow the below steps:

1. Select the **Language** icon from the Attract Screen to access the **Select Language** Screen.



2. Tap the bottom part of the **Select Language** screen in the following sequence: Lower-Left, Lower-Right, Lower-Left.



This data is **NOTE:** Make sure you tap INSIDE the black square!
(no restriction).

VALIDATION OF NETWORK STATUS AND OPEN PORTS

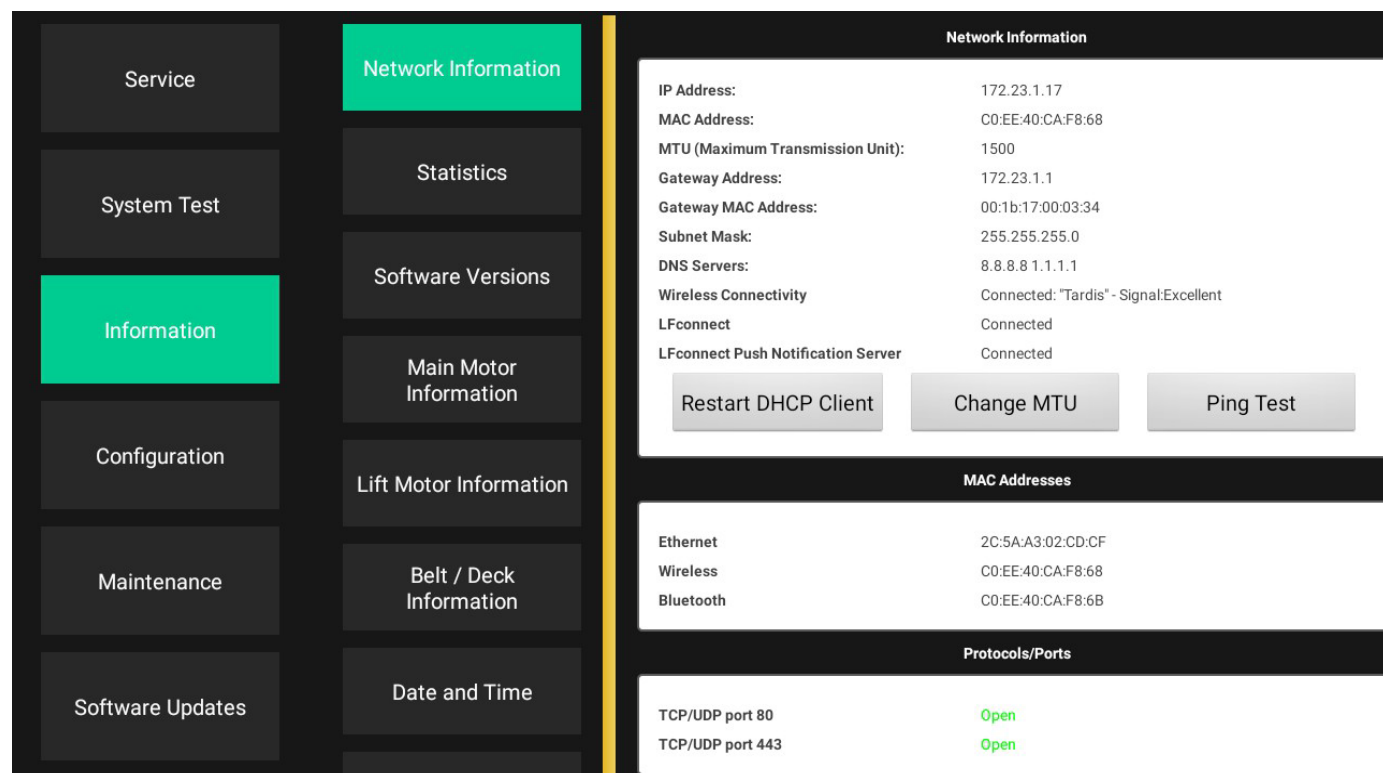
To view the status of your network connection and ensure the necessary ports are open take the following steps:

1. Enter System Options Menu
2. Tap “Information” on the left > Tap “Network Information”
3. The screen will display network status at the top of the screen and port status at the bottom of the screen

MAC ADDRESSES

Your IT staff may need the MAC address of the Discover console to configure access control lists. The following steps outline the process to retrieve the MAC address of the console.

1. Enter the System Options menu
2. Tap “Information” on the left > Tap “Network Information”
3. The screen shows the MAC address for the wired Ethernet adapter, the wireless 2.4 GHz adapter and wireless 5 GHz adapter



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CHECKLIST

Please make sure the facility owner completes the following checklist **prior to the fitness equipment installation**

TASK TO BE COMPLETED BY THE FACILITY PRIOR TO FITNESS EQUIPMENT INSTALLATION	COMPLETE D
Internet network setup	<input type="checkbox"/>
Ethernet run to each unit (If wired network)	<input type="checkbox"/>
Access points setup and installed (If wireless network)	<input type="checkbox"/>
Network meets appropriate bandwidth to support product features and number of installed units	<input type="checkbox"/>
Network speed tested	<input type="checkbox"/>
Network outbound traffic (and associated return traffic) allowed for specified ports, protocols and destination domains	<input type="checkbox"/>
MAC addresses of units whitelisted (If necessary)	<input type="checkbox"/>
Facility Connect account set up	<input type="checkbox"/>
Adequate internet bandwidth for desired on-demand features. Note that Life Fitness On Demand requires a recommended 2.5 Mbps per unit.	<input type="checkbox"/>

QUESTIONS & TROUBLESHOOTING

If you have questions or are experiencing any issues with the internet connectivity of your Life Fitness equipment please contact Customer Service and have the following information available:

- Cardio equipment base serial number(s)
- Console software version
- Type of network connection, wired or wireless

Customer Service
800.351.3737
customersupport@lifefitness.com

Life Fitness On Demand+ specific questions
833.682.0392
digitalsupport@lifefitness.com

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