

GUIDE TO CONNECTING YOUR EQUIPMENT

INTEGRITY SERIES WITH INTEGRITY SL CONSOLES



INTEGRITY SL
CONSOLE

LifeFitness

LIFE FITNESS CARDIO

SETUP INSTRUCTIONS

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

Please follow every step during setup.

STEP



Understanding your
wireless needs

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Wireless
network setup

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Install your
equipment

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STEP 1 UNDERSTANDING YOUR WIRELESS NEEDS

SCHEDULE A WIRELESS SITE SURVEY TO DETERMINE IT INFRASTRUCTURE

Owner has the option to request a wireless site survey with their Life Fitness sales representative. This service helps confirm that the necessary IT infrastructure and components are in place.



STEP

2

WIRELESS NETWORK SETUP

BANDWIDTH REQUIREMENTS

The table below shows the recommended bandwidth based on application.



INTEGRITY SL CONSOLE

DOWNLOAD

NUMBER OF UNITS	BANDWIDTH REQUIRED
Up to 16 Integrity Products	4 Mbps
17+ Integrity Products	4 Mbps + 0.25 Mbps for each additional product

UPLOAD

NUMBER OF UNITS	BANDWIDTH REQUIRED
20 Integrity Products	512 Kbps
21+ Integrity Products	512 Kbps + 512 Kbps per additional 20 products

STEP

2

WIRELESS NETWORK SETUP

WIRELESS LAN REQUIREMENTS

ACCESS POINTS

- We recommend a maximum ratio of 20 Integrity Series products per wireless access point. Exceeding this ratio introduces the potential of dropped workouts and connection issues.
- The Integrity SL Console requires a connection to a wireless network with SSID of LFWireless. If you purchase your access point from Life Fitness (ACCESS-POINT-01), the access point will by default have this SSID installed. If you are using your own access points, refer to the manual on how to create an SSID. Contact Life Fitness Customer Service at 1.800.351.3737 or your Life Fitness representative before setting up this network to receive the required password for this SSID.
- When connecting Integrity Series products to wireless access points, refer to the recommended number of units and bandwidth per unit in this document.
- Commercial grade access points that meet the following minimum requirements:
 - Wireless-N Access Point (802.11n) with 2x2 MIMO
 - Band: 2.4 / 5 GHz Protocol: IEEE 802.11 n
 - Security: WPA2-PSK
 - Mounting: wall or ceiling mountable (e.g. Meraki MR32 or Ruckus R500)

NOTE: A dedicated internet connection is recommended. You will need to allow traffic outbound without any filtering or blocking on your internet connection.

STEP

2

WIRELESS NETWORK SETUP

WIRELESS LAN REQUIREMENTS

ACCESS POINTS (CONTINUED)

The Integrity SL console comes pre-programmed with the LFWireless SSID and password configured. If you add the below SSID and password to your access point, your equipment will automatically connect to LFWireless. Scan the QR Code below to login to your Facility Connect account to automatically receive the password for LFWireless or call 1.88.351.3737

SSID Name: LFWireless

Password: Go to <https://facility.lifefitness.com/web/LFWireless> or call 1.88.351.3737

Authentication Method: WPA2-Personal

If you are using your own access point(s), follow the instructions below to override and configure your custom access point credentials within the Integrity SL console.

1. Insert a blank/empty USB stick into a computer
2. Create a new text file using a text editor (i.e. Notepad)
3. In the first line enter your custom SSID (network name)
4. In the second line enter the password for your network
5. Save the file as wifi_config.txt
6. Insert the USB drive into (each) SL console
7. Press the SPEED UP/DOWN arrow keys in the following sequence: UP, DOWN, UP, DOWN and STOP
8. Scroll through the system options using UP/DOWN arrow keys until "SW Update" is the option displayed
9. Press Enter
10. Press Enter on 0: Start

Wait for message "SSIDxxxxxxxxx(SSID Name) added"

CABLING RECOMMENDATION

- CAT 5e or CAT 6 cabling can be used to connect your wireless access points to your wired network. We recommend using CAT 6 cable for this purpose.

NOTE: A dedicated internet connection is recommended. You will need to allow traffic outbound without any filtering or blocking on your internet connection.

WIRELESS NETWORK SETUP

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.

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.

PORT 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:

Protocols/Ports

TCP/UDP port 80

TCP/UDP port 443

TCP/UDP port 1883

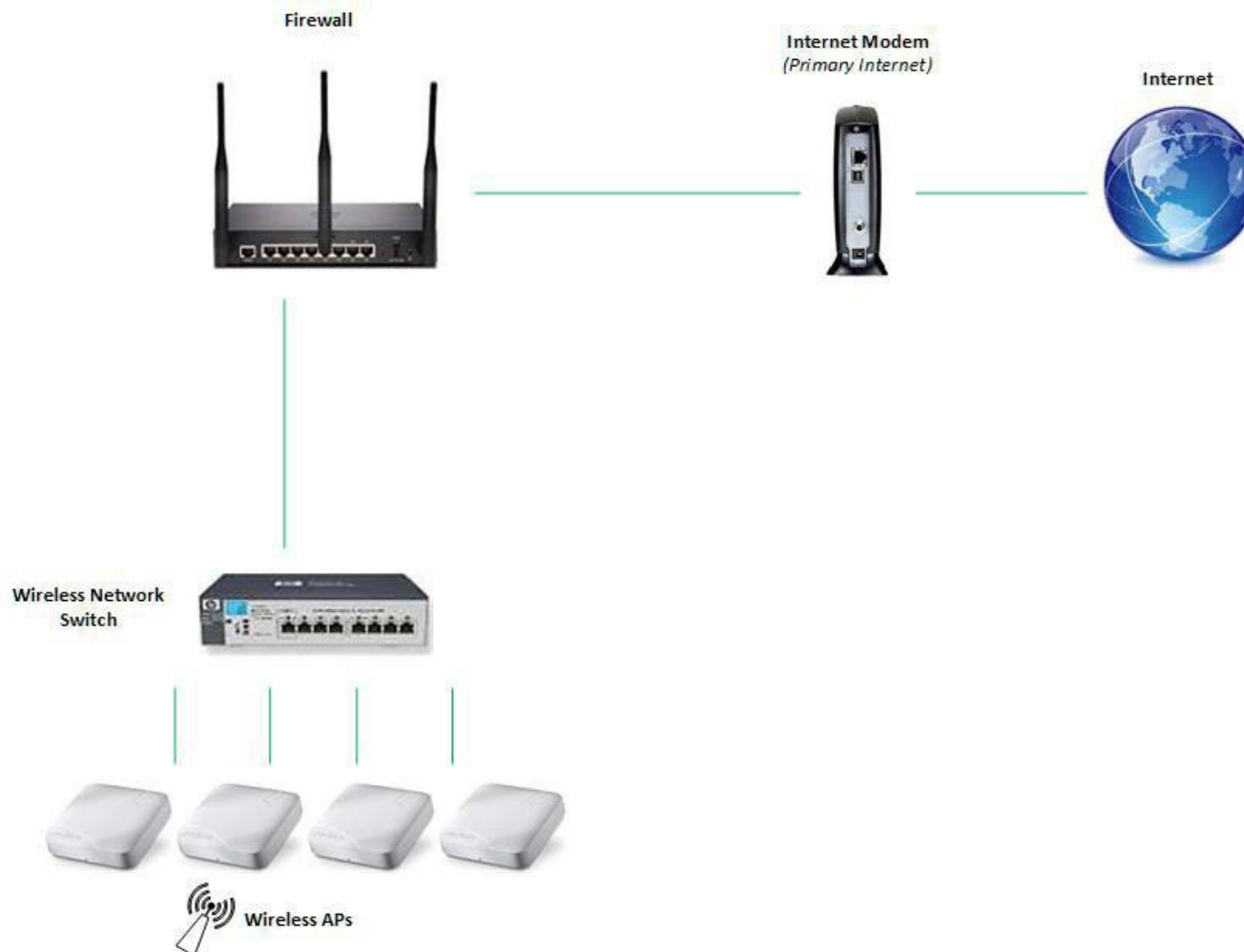
TCP/UDP 8883

UDP port 1194

DESTINATION URLs

The cardio machines will contact *.halo.fitness.com and *.s3.amazonaws.com.

WIRELESS NETWORK SETUP



STEP

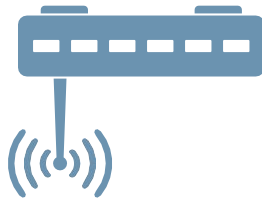
3

INSTALL YOUR EQUIPMENT

GOOD COVERAGE

CEILING INSTALLATION

FACE OF
AP

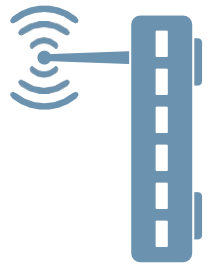


COVERAGE CONE



WALL INSTALLATION

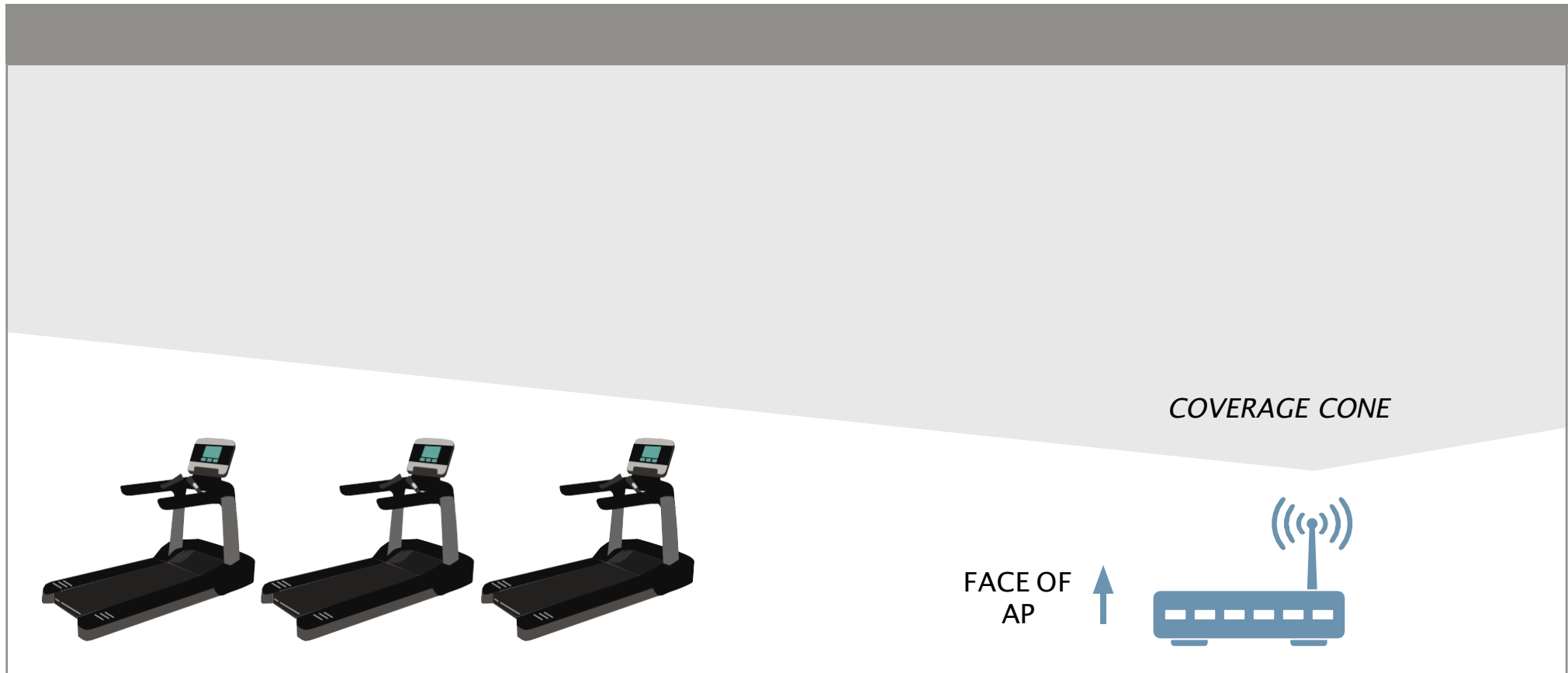
FACE OF
AP



COVERAGE CONE



BAD COVERAGE



FREQUENTLY ASKED QUESTIONS

Who installs the wireless network?

A. If you purchase your access point(s) from Life Fitness, a Life Fitness technician will install the access points. Otherwise, your IT provider of choice can install.

Is there a way to decrease the recommended access points?

A. No. We recommend a maximum ratio of 20 Integrity Series products per wireless access point. Exceeding the recommended ratio introduces the potential of dropped workouts and connection issues.

Do all cardio units push out data to the service at once?

A. No. Usage information is pushed at the end of every workout. Error related information is pushed when an error is encountered.

What ports need to be opened?

A. All traffic is initiated outbound. If you do not block inbound traffic and the associated return traffic, then no additional configuration is needed. Otherwise, for Integrity Series products you will need to allow the following:

Protocols/Ports:

TCP Ports 80, 443, 1883 and 8883. UDP port 1194

Destination URLs:

The cardio machines will contact the following domain: *.halo.fitness.com and *.s3.amazonaws.com.

The URL is load balanced and may resolve to different IPs at different times, so please use the DNS names and not the resolved IP.

Whitelisting of additional Protocols/Ports may be required for certain WAP brands. Verify what ports need to be opened with your IT partner.

CHECKLIST

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

TASK TO BE COMPLETED	COMPLETED
Power run for network equipment?	<input type="checkbox"/>
Internet circuit installed?	<input type="checkbox"/>
Access Points set up and installed?	<input type="checkbox"/>
Appropriate ports open on facility firewall?	<input type="checkbox"/>
Network meets bandwidth requirements?	<input type="checkbox"/>
Equipment Installed?	<input type="checkbox"/>
Facility Connect account set up?	<input type="checkbox"/>
Network validated?	<input type="checkbox"/>
All product appearing on Halo.Fitness properly?	<input type="checkbox"/>

For questions pertaining to your Life Fitness equipment please call 1.800.351.3737