GETTING STARTED GUIDE

Life Fitness™ On Demand classes are motivational, instructor-guided programs available exclusively on Discover SE3 HD premium consoles with an internet connection. The video library is available at no additional cost to exercisers or facility operators. Classes are available for treadmills, ellipticals, Arc trainers, upright bikes, recumbent bikes, and PowerMill climbers.

All you need is an internet connection and the latest software.

Internet Bandwidth

Life Fitness On Demand™ classes require a strong internet connection for optimal user experience. We recommend at least 2.5 Mbps per machine. To increase your facility's bandwidth, please contact your internet provider.

Internet bandwidth, otherwise known as your network connection speed, is measured in Megabits per second (Mbps). To find out what your facility bandwidth is, we recommend free online websites like **speedtest.net** or **fast.com**. Simply open one of these websites on a device with a browser that is connected to your wired internet or Wi-Fi network. The website will show you a measure of your connection speed in Mbps, then compare it to the charts below.

Minimum Download Bandwidth Requirements

SERVICES	UP TO 8 UNITS	EACH ADDL. 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, e.g. 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 8 UNITS	EACH ADDL. UNIT
All services	0.5 Mbps	0.5 Mbps

If your facility has low bandwidth we recommend that you enable Life Fitness on Demand™ only on a select number of units.

Use the chart to the right as a guide.

How Many Units Work With Your Bandwidth?

Bandwidth (in Mbps)	Maximum Units
20	8
40	16
60	24
80	32
100	40
120	48
140	56
160	64
180	72
200	80
220	88
240	96
260	104
280	112
300	120

Activation

All Discover SE3 HD consoles ship from the factory with the capability to access Life Fitness On Demand™. We give operators the freedom to enable the unlimited library in one of two ways.

1. Enable Via Halo (Recommended)

Registering your equipment on Halo.Fitness gives you access to a full suite of management features including usage statistics, equipment customization, service notifications for open issues, and easy access to the Parts Store.

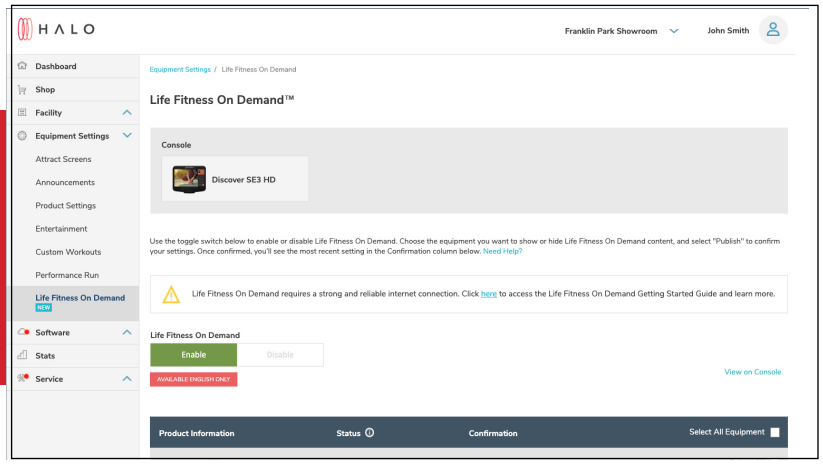
Follow these steps to set up a new Halo Fitness Cloud account:

- Go to www.Halo.Fitness
- Click “Sign Up Now”
- Enter facility manager credentials
- Enter the details of the facility
- Continue facility set up by completing available options such as adding connected equipment and other managers to the facility

To add a facility to an existing Halo Fitness Cloud account:

- Click on the Facility tab
- Click on the “New Facility” link
- Enter the details of the facility
- Continue facility set up by completing the available options

On your Halo account, click the “Life Fitness On Demand” tab to enable Life Fitness On Demand™ across your entire facility, or select specific units from the checklist.



To add Life Fitness cardio equipment to your Halo Account:

Find the base serial number from a connected unit. The base serial number for Discover consoles is located on a sticker near the bottom of the machine or in the System Options menu. Once you add one connected unit to the Halo Fitness Cloud it should pull all other units that are connected to the same network.

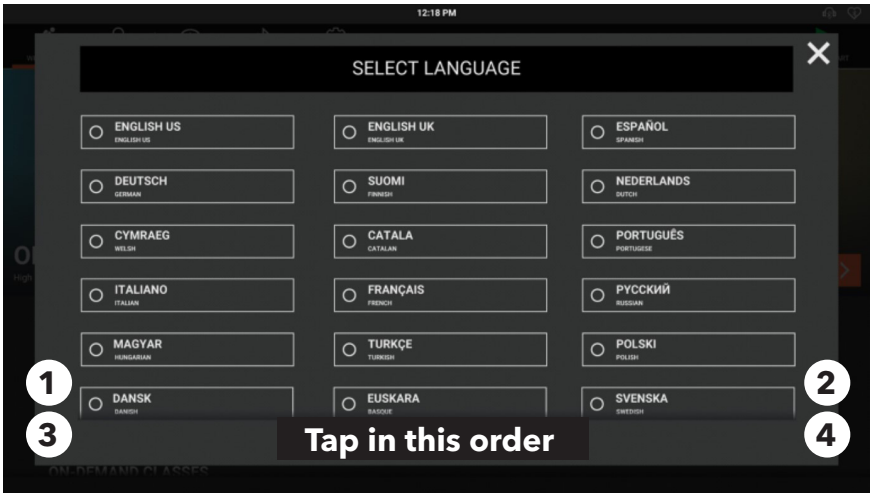
Activation

2. Enable Via Console

Life Fitness On Demand™ can be enabled on each machine via the System Options menu.

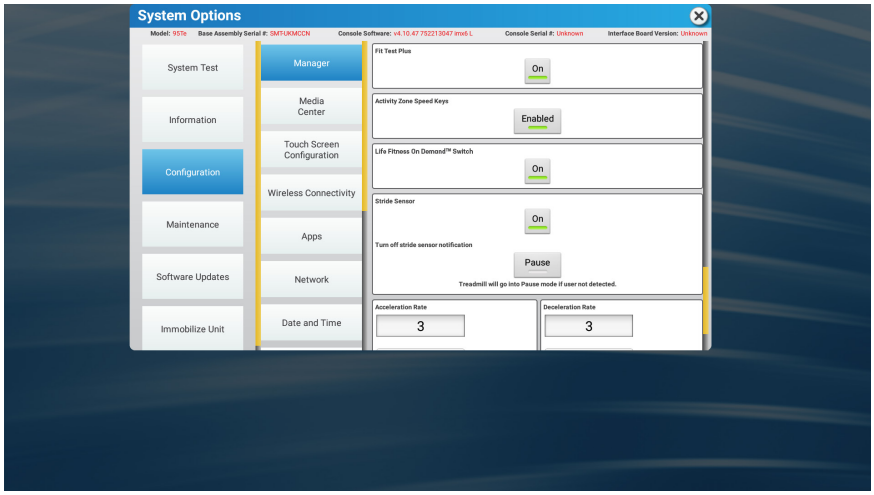
1. Access System Options

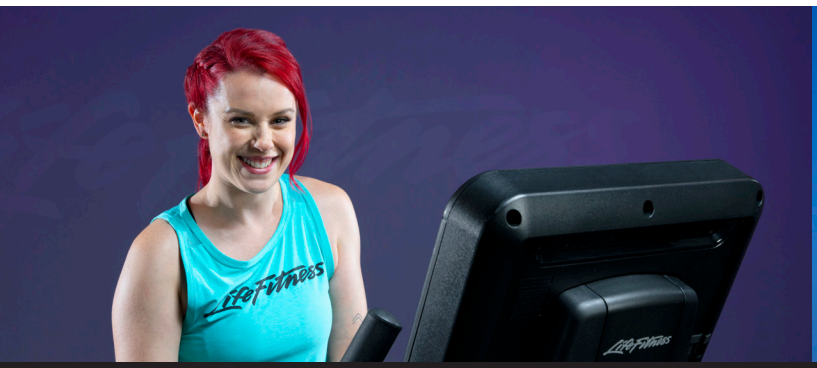
Go to the “Language” screen and tap the lower corners of the pop-up box in the sequence left-right-left-right to open System Options.



2. Go to Configuration > Manager

Scroll down to Life Fitness On Demand switch and click to turn on. We also recommend you enable “Nightly Reboot” to improve processing speed of the console.





Need help? For general support (in the United States):
(833-682-0392) or digitalsupport@lifefitness.com

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