LifeFitness

ON DEMAND +

GETTING STARTED GUIDE

ELEVATING THE CARDIO EXPERIENCE WITH FREE CONTENT.

Life Fitness™ On Demand+ provides customers with complimentary access to library of on-demand workout experiences. Access to this large content library is available on connected Discover SE4 HD consoles.

FREQUENTLY ASKED QUESTIONS

LifeFitness
ON DEMAND+

1. What is Life Fitness™ On Demand+?
Life Fitness On Demand+ is a complimentary content solution that gives customers access to on-demand classes including instructor-led fitness classes and interactive terrains.

2. What consoles include the Life Fitness On Demand+ library of content?
Life Fitness On Demand+ is available on connected Discover SE4 HD consoles with the latest software update.

3. What types of equipment have on-demand classes?
Life Fitness On Demand+ is available across our entire premium line of Discover SE4 HD consoles on treadmills, ellipticals, upright bikes, recumbent bikes, and Arc Trainers.

4. How do I enable the different libraries?
The Life Fitness On Demand+ libraries can be enabled via the System Options menu on each console.

Discover SE4 HD consoles are shipped from the Life Fitness factory with Life Fitness On Demand+ disabled by default. As a result, operators must choose to opt-in to allow exercisers to experience this complimentary offering.

Please refer to the Systems Options below for step-by-step instruction on how to activate Life Fitness On Demand+.

5. How do I connect my Discover SE4 HD console to the internet?
Please see the "Life Fitness On Demand+ Getting Started Guide" for further details on connectivity requirements. At minimum, Life Fitness On Demand+ requires 2.5 to 5 Mbps of bandwidth per unit for optimal screen resolutions.

6. What happens if my internet connection is not strong or reliable?
Life Fitness On Demand+ requires a strong and reliable internet connection for optimal streaming. We recommend a minimum of 2.5 Mbps of internet bandwidth per unit. The video may lag or blur in a low bandwidth environment.

7. What languages are the classes filmed in?
Classes are available in English, German, Spanish, French, Russian, and Japanese.

8. What makes Life Fitness On Demand + better than other offerings?
As of July 2022, LFOD+ offers a larger complimentary library included on console than Matrix and Technogym.

9. How often are classes updated?
Life Fitness On Demand+ comes with library of complimentary courses. The On-Demand workouts include feed.fm music which is refreshed with each workout to keep classes fresh and relevant, so no two workout experiences are exactly the same. At this time there are no plans to add additional courses, but we will continue to evaluate in order to make sure we have the best workout experiences available.

10. What kind of music is available for the classes?
Classes include music from the most popular artists in the following genres: Rock, Pop, Hiphop, and Electronic. Exercisers can change stations throughout their workout, to find the right music to keep them motivated.

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 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 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.
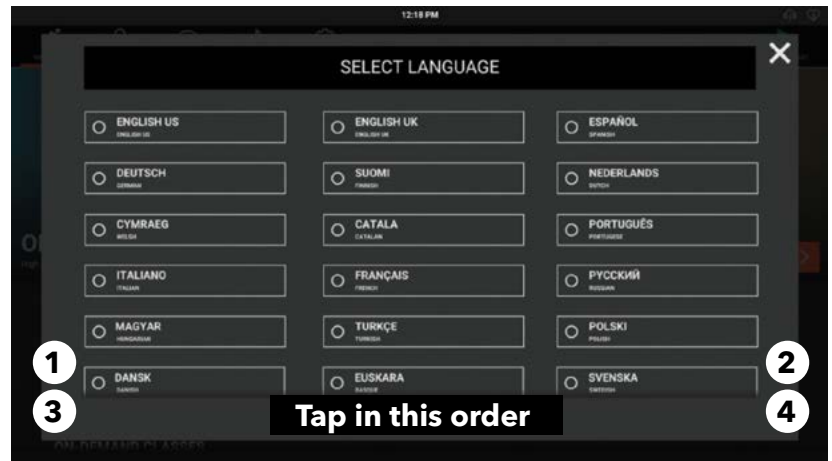
Enable Via Console

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 On-Demand Workouts switch and click to turn on. Under Streaming Lifescape Courses, click to enable Interactive Terrains. We also recommend you enable "Nightly Reboot" to improve processing speed of the console.
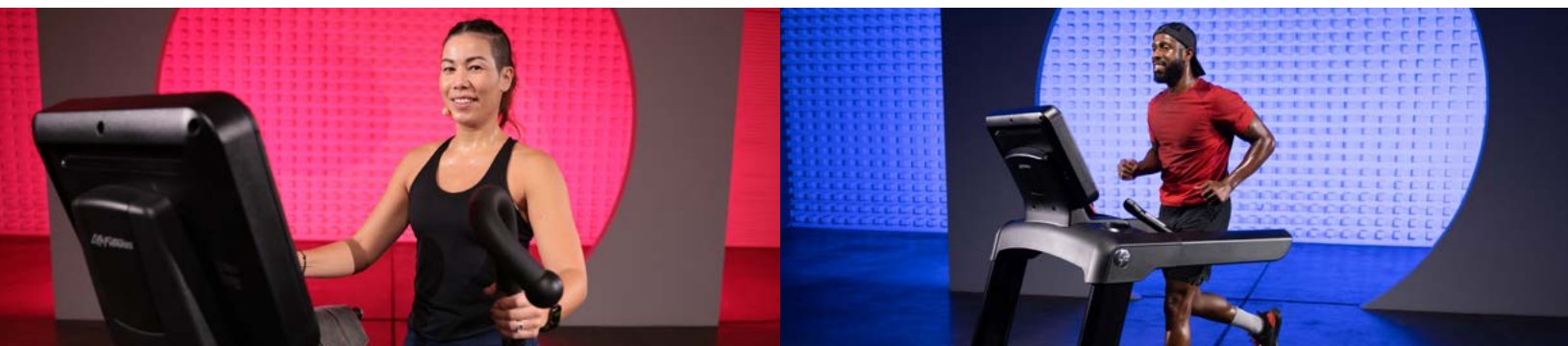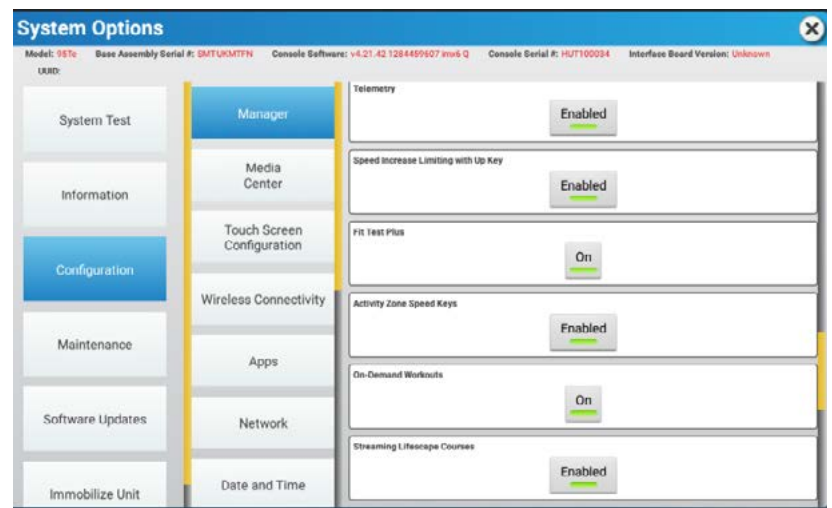
Need help? For general support in the United States: (833)-682-0392 or digitalsupport@lifefitness.com