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Life Fitness CMS Training Documentation

If.sow.100

Submitted to:
Life Fitness

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Concepts & Terminology

The Thirdwave Content Management System (CMS) is a robust tool that allows organizations to maintain content of their website easily and effectively. The CMS is a web-based tool that allows authorized users of different roles to manage certain aspects of the site.

ROLES

Site Managers

These users interactively work with the CMS to author the content of the site. Site managers can be broken down further into logical groups that manage specific sections of the site.

Site Designers

These users interactively work with the CMS to author layouts and manage more of the graphical content. These users also work in close conjunction with the site programmers to implement display templates and navigation methods.

Site Programmers

These users typically install and maintain the technical infrastructure of the CMS and ensure its stability and performance. These users interactively work with the CMS to setup content that involves programmatic functions like a product database or event calendar. These users also work with site designers to implement display templates and navigation methods.

FUNDAMENTAL TERMS

Page

A page is simply one viewable screen of the site. Pages are hierarchical in nature in that a page may have one or more sub-pages. The arrangement and structure of pages in this manner comprise the sitemap of the site.

Content

Content is the logical grouping of subject matter on a page. A page will typically have one or more content elements. Typically, content is text but can take the form of a movie, a contact form, a list of files, etc.

Alias

Each page in the site is given a unique alias that identifies that page. This alias is used in site URLs: www.yourcompany.com/content.cfm/products. In this case, "products" is the alias.

Display Template

The layout of how a page within a site is governed by the display template. These display templates govern areas of the page which the site content should be displayed and what areas should be standard elements. An example of a standard element is a logo at the top of the page which links back to the site's homepage. The arrangement of this logo is locked down and cannot be modified by site managers since it is a permanent part of the display template. The display template is custom programmed by the site programmers based on the direction and instruction of the site designers.



during the initial implementation. Typically, once these display templates are set, they change little over the life of the site. A site can optionally have a set of display templates that can accommodate different layouts (i.e. a two-column layout vs. a three column layout). Site managers can choose which display template is used per page but generally the display template is set to "default".

Site

The Life Fitness site is broken into three broad sections, Home Products, Commercial Products, and Commercial. In the CMS, all three sections are managed through the same interface and pages and content can be freely moved and shared among them. The three sections, however, each has a unique display template, search collection, and URL.

Locale

The site has locale specific versions that are targeted towards a geographical market. Each locale in turn also has an associated language. Content of this site will either be in English or in the associated language. The site visitor does not have control over this.

Master vs. Locale Record

Each page and each content element has a set of properties that correspond to its master record and to its locale record. The master record corresponds to that entity's meta-information whereas the locale record corresponds to that entity's locale-specific information. An entity will have one master record and one or more locale records. These locale records will correspond to that entity's representation within the locale-specific version of the site. Generally any information that will be publicly visible is part of the locale record. An exception to this rule is that entity's name in which there is both a master and locale record. The name of the master record is a required field and is the default name of that entity unless a locale-specific name is set. For example, the "About Us" page's master name is "About Us" and if there are no locale names set, then that is what is displayed in the site. If "Sobre Nosotros" was entered as the Spanish locale name, then that is what is displayed on the Spanish version of the site.

Active Flag

A page or content element can be active or inactive at the master level and at the locale level. The master level flag determines whether or not that entity displays at all regardless of any locale-specific behavior. If the master level active flag is set, then the locale level active flag determines if the entity is displayed. In this manner, pages can be turned on and off globally or per locale.

Default Locale Record Flag

Any locale records that are associated with the US version of the site can optionally be set to be the "default" locale record. This means when a site visitor of a localized version of the site and requests a page that has no locale specific record, then the US version of that page will be displayed to the user. In this manner, if there is no locale-purposed content, then the locale version of the site will display the US version. Likewise, if there is no locale-purposed content, and this flag is not set, then the site visitor will receive a "document not found" error.



Corporate: Typical Content Page

- A) This part of the page is the global navigation and is composed of images as well as linked fly-out menus. The structure of this navigation is governed by the structure of the site. If the structure of the site changes, then the CMS will modify the navigation as necessary. The layout of the navigation is determined by the site designers and the integration with the CMS is accomplished by the site programmers.
- B) This part of the page is the footer navigation and is modified much in the same way as the global navigation above.
- C) The title of the browser window and the label that this page is linked to in the navigation is the Page Locale Name. If the Page Locale Name is blank, then it will use the Page Name that is part of the page's master record.
- D) The URL that is used to reference the page is the page's Alias. Aliases should be unique across all pages in the CMS. When creating a page and the Alias field is blank, then the CMS will automatically generate one based on the Page Name.
- E) The page name is pulled from one of three fields much in the same manner the browser window title is. First it pulls from the Alternative Page Locale Name, then the Page Locale Name, then the Page Name.
- F) This is the main textual content of the page. The default content type of content of the site is of type text. This content contains a bulleted list. Inserting a bulleted list is accomplished by highlighting text and clicking the bulleted list toolbar button in the WYSIWYG editor.
- G) The text that is larger and in a different color than the rest of the page is formatted as `<H2>`. This is accomplished in the WYSIWYG editor by highlighting text and selecting a style from the style drop down box.
- H) The banner in the right hand column contains the page's second content element. In this case, it is HTML that is linked to an external site. In the corporate site, there are three columns in which content is placed. On the other sites, there are only two columns.



C Life Fitness : Corporate : **Brunswick** Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address <http://us.corporate.lifefitness.02.thirdwaveweb.com/content.cfm/brunswick> Go Links

A ABOUT LIFE FITNESS > PRESS ROOM > CAREERS > OUR LOCATIONS > CONTACT US >

E **Brunswick** PRINT FRIENDLY

C History
→ Our Brands
→ **Brunswick**

C The Brunswick Corporation is a Fortune 500 company, the market leader in the active recreation industry, and the parent company of Life Fitness

The Brunswick Corporation is a Fortune 500 company, the market leader in the active recreation industry, and the parent company of Life Fitness.

Brunswick Corporation is a Fortune 500 Company and the leader in bringing "Genuine Ingenuity" to everything it makes. It is a leading manufacturer and marketer of high-quality products for recreational enthusiasts. The more than 21,000 employees are part of a corporation that generated over \$4.1 billion in sales during 2003, bringing fun to customers and value to Brunswick shareholders.

Brunswick Corporation is the world leader in each of its product categories - pleasure boats, marine engines, fitness equipment, bowling equipment and billiards tables. It is also a leader in marine electronics and navigation systems. Life Fitness has aligned itself under Brunswick's competitive operating platform for maintaining industry leadership positioning. Brunswick, and similarly Life Fitness, strive to:

- ▶ Identify and deploy leading-edge technologies to distinguish its products from those of the competition and to increase operating efficiencies.
- ▶ Market and build brands with care and thoughtfulness, nurturing and bolstering already strong positions in the marketplace.
- ▶ Enhance customer responsiveness by listening to the voice of the customer and touching that customer, before, during and after the sale.

Life Fitness leverages its relationship with Brunswick to continue developing the finest and most extensive line of fitness equipment and to provide industry-leading fitness solutions. Life Fitness, in turn, passes along the many advantages of its relationship with Brunswick to its customers around the world.

Founded in 1845 to make billiard tables, Brunswick is at the forefront of many of the categories in the recreation industry including billiards, bowling, marine propulsion, pleasure boating, and exercise equipment. The company's leading brands include:

- ▶ Mercury and Mariner outboard engines
- ▶ Mercury Mercruiser sterndrives and inboard engines
- ▶ Teignbridge propellers
- ▶ MotoTron electronic controls
- ▶ Northstar marine electronics
- ▶ IDS dealer management systems
- ▶ Sea Ray, Bayliner, Maxum, Hatteras, Meridian and Sealine pleasure boats
- ▶ Baja high-performance boats
- ▶ Boston Whaler and Trophy offshore fishing boats
- ▶ Princecraft fishing, deck and pontoon boats
- ▶ Land 'N' Sea parts and accessories distribution
- ▶ Life Fitness, Hammer Strength, Life Fitness Sport, and ParaBody fitness equipment
- ▶ Brunswick bowling centers, equipment and consumer products
- ▶ Brunswick billiards tables
- ▶ Valley-Dynamo pool, table hockey and football tables

H BRUNSWICK
GENUINE INGENUITY
LIFE FITNESS IS A
BRUNSWICK COMPANY
LEARN MORE >

F

BACK TO TOP

Life Fitness Sites Corporate Site Search Enter Search Term

B SITE MAP | CONTACT US | PRIVACY POLICY
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SCREEN 1

ADMIN : Master View - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address <http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/index.cfm?MVEid=1&mvcid=611> Go Links »

Life Fitness

Master View
[Admin Menu](#) | [Master View](#)

United States

- ☒ Life Fitness Home Products
- ☒ Commercial Products
- ☒ Corporate Site
 - ☒ Corporate Site
 - ☒ About Life Fitness
 - ☒ History
 - ☒ Our Brands
 - ☒ Brunswick
 - ☒ Press Room
 - ☒ Careers
 - ☒ Our Locations
 - ☒ Contact Us
 - ☒ Footer
 - ☒ Banner Repository
 - ☒ Style Guide
 - ☒ Site Tools

[Add New Page](#)

Master Details

Page	Brunswick [611]	Preview Edit Delete Add Sub Page
Type	Content	
Status	Yes	
Active	Yes	
Override URL		
Alias	brunswick	
Created	Created by erika on 14-Aug-04 06:55 PM	
Last Updated	No information	
Last Saved Live	Saved to Production by thomas on 14-Sep-04 07:16 PM	

Local Details

Page Name	Brunswick (using same as Master)
Active	Yes

Content [Sub Pages](#) [Save to Production](#) [Permissions](#)

Banner	Add	Center	Add	Right	Add
[none]		<div><div><div>Text</div><div>Brunswick [350] Edit Delete</div><div>Brunswick The Brunswick Corporation is a Fortune 500 company, the market leader in the active recreation industry, and the parent company of Life Fitness. The Brunswick Corporation is a Fortune 500 company,...</div></div></div>		<div><div><div>Repeated Content</div><div>Brunswick Banner [1446] Edit Delete</div></div></div>	

If you are experiencing any problems with the Content Manager, you may contact Thirdwave, LLC., at (312) 329-1960.



SCREEN 2

ADMIN : Page Details - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/CategoryModify.cfm?cid=%23%22Q\N%0A&lid=%21%23P%20%20%0A&PageAction=Edit Go Links

Life Fitness

Page Details
[Admin Menu](#) | [Master View](#) | Page Details

Page Details (Master)

* Page Name	Brunswick
Alias	brunswick
* Page Type	Content
* Template Type	Default
Active	<input checked="" type="checkbox"/>
Show In Navigation	<input checked="" type="checkbox"/>
Allow Printer Friendly?	<input checked="" type="checkbox"/>
Allow Back to Top Link?	<input checked="" type="checkbox"/>
Parent Page	About Life Fitness
Override URL	

Localized Details (United States)

Page Locale Name	
leave blank to use master	
Alternative Page Locale Name	
Active	<input checked="" type="checkbox"/>
Default Record?	<input checked="" type="checkbox"/>
Override URL	
Meta Keywords	
Meta Description	

Images

Off Image		Browse...
On Image		Browse...
Highlight Image		Browse...
Header Image		Browse...
Title Image		Browse...
Representative Image		Browse...

Apply

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SCREEN 3

ADMIN : Content Detail - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/ContentModify.cfm?cold=%23%23AH0%0A8PageAction=Edit&lid=%21%23P%20%20%0A Go Links

Life Fitness

Content Detail

[Admin Menu](#) | [Master View](#) | Content Detail

Page Details	
Page Name	Brunswick
Alias	brunswick
Active	Yes

Content Element Details (Master)	
* Title	Brunswick
* Type	Text
* Page	Brunswick
Active	<input checked="" type="checkbox"/>
Indexed	<input checked="" type="checkbox"/>

Localized Details (United States)	
Title	Brunswick
leave blank to use master	
Title Type	Hidden
Active	<input checked="" type="checkbox"/>
Default Record?	<input checked="" type="checkbox"/>
Abstract	

Text	
	<div><div>Normal</div><div><p>The Brunswick Corporation is a Fortune 500 company, the market leader in the active recreation industry, and the parent company of Life Fitness</p><p>The Brunswick Corporation is a Fortune 500 company, the market leader in the active recreation industry, and the parent company of Life Fitness.</p><p>Brunswick Corporation is a Fortune 500 Company and the leader in bringing "Genuine Ingenuity" to everything it makes. It is a leading manufacturer and marketer of high-quality products for recreational enthusiasts. The more than 21,000 employees are part of a corporation that generated over \$4.1 billion in sales during 2003, bringing fun to customers and value to Brunswick shareholders.</p><p>Brunswick Corporation is the world leader in each of its product categories - pleasure boats, marine engines, fitness equipment, bowling equipment and billiards tables. It is also a leader in marine electronics and navigation systems. Life Fitness has aligned itself under Brunswick's competitive operating platform for maintaining industry leadership positioning. Brunswick, and similarly Life Fitness, strive to:</p><p>Identify and deploy leading-edge technologies to distinguish its products from those of the competition and to increase operating</p></div></div>

Notes	
New Note	

Apply

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Home/Consumer Products: Typical Content Page

- A) This part of the page is the banner area of the home site display template. These banners occupy the left column of the available two columns. Typically these banners are created by the site designers and form a bank of banners that admin users can place throughout the site.
- B) This page is the landing page of the “Fitness Advisor” section of the site. As such, the link to this page is in the global navigation. The image (both the regular and hover state) that comprises this link is editable through the CMS as indicated on the Page Details form.
- C) The title of the browser window and the label that this page is linked to in the navigation is the Page Locale Name. If the Page Locale Name is blank, then it will use the Page Name that is part of the page’s master record.
- D) The URL that is used to reference the page is the page’s Alias. Aliases should be unique across all pages in the CMS. When creating a page and the Alias field is blank, then the CMS will automatically generate one based on the Page Name.
- E) The page name is pulled from one of three fields much in the same manner the browser window title is. First it pulls from the Alternative Page Locale Name, then the Page Locale Name, then the Page Name.
- F) This page actually comprises of four content elements: one image element and three textual elements. Note how the first element’s Content Type is set to Image and the form to modify it includes a field to upload an image.
- G) The second element is of type Text and the edit form of which includes a WYSIWYG area where admin users can perform limited operations like bold, italicize, etc.
- H) The third element is also of type Text.
- I) The fourth element is also of type Text.



The screenshot shows the Life Fitness Fitness Advisor website in a Microsoft Internet Explorer browser window. The browser's address bar displays the URL: <http://us.home.lifefitness.02.thirdwaveweb.com/content.cfm?fitnessadvisor>. The website's navigation bar includes links for ONLINE CARDIO STORE, WHERE TO BUY, WARRANTY REGISTRATION, and CONTACT US. Below this, a menu bar features the Life Fitness logo and links for WHY LIFE FITNESS, CARDIO, STRENGTH, FITNESS ADVISOR (highlighted with box B), and SUPPORT. A breadcrumb trail indicates the user is in the Fitness Advisor section. A sidebar on the left contains links to the Article Database and Fitness Glossary (box A), a newsletter sign-up section, and a 'SAY WHAT?' section. The main content area features a banner with a woman's face and the text 'Your list of questions just got shorter' (box F). Below the banner, a paragraph explains the purpose of the Fitness Advisor, mentioning 'fitness articles' and 'definitions of terms' (box G). A section titled 'About Life Fitness Academy' (box H) describes the organization's mission and the Scientific and Medical Advisory Board (SMAB). A final section, 'The Life Fitness Academy offers:' (box I), lists services such as continuing education, research grants, and equipment training workshops. The footer contains a search bar, a list of site links, and copyright information for 2004 Life Fitness.



SCREEN 1

ADMIN : Master View - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address <http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/index.cfm?MVEid=18mvid=487> Go Links

Life Fitness

Master View
[Admin Menu](#) | [Master View](#)

United States Search

☒ **Life Fitness Home Products**
☐ Cardio and Strength Fitness Equipment for Home
☐ Why Life Fitness
☐ Cardio
☐ Strength
☒ **Fitness Advisor**
☐ Article Database
☐ Ask the Fitness Expert
☐ Fitness Glossary
☐ Support
☐ Quick Navigation
☐ Sidebar - Banner
☐ Footer
☐ Banner Repository
☐ Site Tools
☐ Other
☐ Commercial Products
☐ Corporate Site

[Add New Page](#)

Master Details

Page	Fitness Advisor [487]	Preview Edit Delete Add Sub Page
Type	Content	
Status	Yes	
Active	Yes	
Override URL		
Alias	fitnessadvisor	
Created	Created by erika on 14-Aug-04 06:52 PM	
Last Updated	Modified by erika on 13-Sep-04 10:22 AM	
Last Saved Live	Saved to Production by erika on 13-Sep-04 10:41 AM	

Local Details

Page Name	Fitness Advisor (using same as Master)
Active	Yes

Content [Sub Pages](#) [Save to Production](#) [Permissions](#)

Banner [Add](#)

☒ Repeated Content
Why Life Fitness [1022] [Edit](#) [Delete](#)

☒ Repeated Content
Newsletter Sign-Up [1024] [Edit](#) [Delete](#)

☒ Repeated Content
Fitness Glossary [1025] [Edit](#) [Delete](#)

Center [Add](#)

☒ Image
Fitness advisor image [525] [Edit](#) [Delete](#)

☒ Text
fitness advisor opening paragraph [524] [Edit](#) [Delete](#)

Life Fitness Academy Fitness Advisor
We've compiled several sections of information to make it easy for you to expand your knowledge about a variety of fitness-related topics, as well as get the most out of your equipment and your workouts...

☒ Text
Fitness Advisor [332] [Edit](#) [Delete](#)

About Life Fitness Academy
Created in 1993, the Life Fitness Academy supports research and education in exercise science and fitness. The Life Fitness Academy consists of a Scientific and Medical Advisory Board (SMAB) and a Training...

☒ Bullet List
The Life Fitness Academy offers [526] [Edit](#) [Delete](#)

The Life Fitness Academy offers:
Continuing education sessions for fitness professionals
Research grants to graduate students and post-doctorate faculty members
Equipment training workshops for fitness facility staff or members
Information...

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SCREEN 2

ADMIN : Page Details - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/CategoryModify.cfm?cid=%23%221%3CH%0A&lid=%21%23P%20%20%0A&PageAction=Edit Go Links

Life Fitness

Page Details
[Admin Menu](#) | [Master View](#) | Page Details

Page Details (Master)

* Page Name	Fitness Advisor
* Alias	fitnessadvisor
* Page Type	Content
* Template Type	Default
Active	<input checked="" type="checkbox"/>
Show In Navigation	<input checked="" type="checkbox"/>
Allow Printer Friendly?	<input type="checkbox"/>
Allow Back to Top Link?	<input type="checkbox"/>
Parent Page	Life Fitness Home Products
Override URL	

Localized Details (United States)

Page Locale Name	
leave blank to use master	
Alternative Page Locale Name	
Active	<input checked="" type="checkbox"/>
Default Record?	<input checked="" type="checkbox"/>
Override URL	
Meta Keywords	
Meta Description	

Images

Off Image	FITNESS ADVISOR	Browse...
Delete?	<input type="checkbox"/>	
On Image		Browse...
Highlight Image	FITNESS ADVISOR	Browse...
Delete?	<input type="checkbox"/>	
Header Image		Browse...
Title Image		Browse...
Representative Image		Browse...

Apply

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SCREEN 3

ADMIN : Content Detail - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/ContentModify.cfm?cold=%23%22%21T3%0A&PageAction=Edit&ld=%21%23P%20%20%0A Go Links

Life Fitness

Content Detail

[Admin Menu](#) | [Master View](#) | Content Detail

Page Details	
Page Name	Fitness Advisor
Alias	fitnessadvisor
Active	Yes

Content Element Details (Master)	
* Title	Fitness advisor image
* Type	Image
* Page	Fitness Advisor
Active	<input checked="" type="checkbox"/>

Localized Details (United States)	
Title	leave blank to use master
Title Type	Hidden
Active	<input checked="" type="checkbox"/>
Default Record?	<input checked="" type="checkbox"/>
Abstract	
Link URL	
Image	
Delete?	<input type="checkbox"/>

Notes	
New Note	

Apply

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SCREEN 4

ADMIN : Content Detail - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/ContentModify.cfm?coid=%23%22%21TK%0A&PageAction=Edit&id=%21%23P%20%20%0A Go Links

Life Fitness

Content Detail
[Admin Menu](#) | [Master View](#) | Content Detail

Page Details

Page Name	Fitness Advisor
Alias	fitnessadvisor
Active	Yes

Content Element Details (Master)

* Title	fitness advisor opening paragraph
* Type	Text
* Page	Fitness Advisor
Active	<input checked="" type="checkbox"/>
Indexed	<input checked="" type="checkbox"/>

Localized Details (United States)

Title	Life Fitness Academy Fitness Advisor
leave blank to use master	
Title Type	Hidden
Active	<input checked="" type="checkbox"/>
Default Record?	<input checked="" type="checkbox"/>
Abstract	
Text	<div><div>Normal</div><div>We've compiled several sections of information to make it easy for you to expand your knowledge about a variety of fitness-related topics, as well as get the most out of your equipment and your workouts. You can find fitness articles, or find the definitions of terms that can assist you in the use of your equipment and understanding the benefits of your exercise program.</div></div>

Notes

New Note

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Commercial Products: Typical Content Page

- A) The content of this page is mostly text but includes one graphical element, a dotted bar. Based on an admin user's access rights, the manipulation of that dotted bar is allowed or not allowed. Typical content editor will have access to the textual elements but not the graphical ones. This is handled through the HTML Template content element type.

This content element type has two components, the template itself and text tokens. The delineation between what is editable is governed by the placement of these tokens. The template is initially developed by the site designers and is composed of HTML, imagery, etc. Within this template, they mark where editable textual content is placed by inserting tokens `[[text1]]`, `[[text2]]`, and so on. The CMS then displays the appropriate number of text editing areas to the admin user.

In this case there are two tokens, one for the text above the dotted one and one for the text below it. Note that on edit screen 3, the content type drop down box is set to HTML Template and note the arrangement of tokens in the template editing area. On a typical content editor's screen, the template editing area would be read only.

- B) To ensure that content is displayed in the manner that the site designer's set forth, there are a set number of title styles that admin users can choose from. In this case the name of this content element is set to display in the Header (h1) style. When this content is displayed on the site, then the name is rendered in the manner of this style. The styles that are available are set by site designers and the site programmers. Also note that this set of title types is constant per CMS, but the way in which these styles are rendered can be different from site to site. For example, the Header (h1) style may display differently on the home site as it does on the commercial site.
- C) The title of the browser window and the label that this page is linked to in the navigation is the Page Locale Name. If the Page Locale Name is blank, then it will use the Page Name that is part of the page's master record.
- D) The URL that is used to reference the page is the page's Alias. Aliases should be unique across all pages in the CMS. When creating a page and the Alias field is blank, then the CMS will automatically generate one based on the Page Name.
- E) The page name is pulled from one of three fields much in the same manner the browser window title is. First it pulls from the Alternative Page Locale Name, then the Page Locale Name, then the Page Name.
- F) This is the textual content that is located above the bar and corresponds to the token `[[text1]]`.



- G) This is the textual content that is located below the bar and corresponds to the token `[[text2]]`. Note that this content contains a bulleted list. Inserting a bulleted list is accomplished by highlighting text and clicking the bulleted list toolbar button in the WYSIWYG editor.
- H) This is the bar that only admin users with sufficient access can modify. More generally these users will be able to modify the underlying HTML of the template and place tokens.



The screenshot shows the 'Customer Support' page of the Life Fitness Commercial website. The browser is Microsoft Internet Explorer. The page has a navigation bar with links: WHY LIFE FITNESS, PRODUCTS, SOLUTIONS, LIFE FITNESS ACADEMY, and SUPPORT. A sidebar on the left lists various services, with 'Customer Support' highlighted. The main content area is titled 'Customer Support' and contains a sub-header 'If there is ever a question, we have the answers'. Below this is a paragraph about the service team's expertise. A section titled 'Our Customer Support Services team features:' lists several bullet points: 'More than 300 Certified Field Service Technicians in the U.S.', 'More than 35 U.S. Customer Support Specialists available by phone', 'The Life Fitness Global Diagnostics Service Center', 'Efficient product installations, Preventive Maintenance visits, and timely repairs', and 'Genuine Life Fitness replacement parts'. A disclaimer at the bottom states that services vary worldwide. Callout letters A through H are placed around the page: A points to the 'Customer Support' title, B points to the sub-header, C points to the 'Customer Support' link in the sidebar, D points to the address bar, E points to the 'Customer Support' title, F points to the first paragraph, G points to the list of features, and H points to the disclaimer.

Life Fitness : Commercial Customer Support - Microsoft Internet Explorer provided by Thirdwave, LLC

Address: http://us.commercial.lifefitness.02.thirdwaveweb.com/content.cfm/customersupport

Markets We Serve | NEWS AND EVENTS | CONTACT US

Life Fitness | WHY LIFE FITNESS | PRODUCTS | SOLUTIONS | LIFE FITNESS ACADEMY | SUPPORT

You are in : Solution | Customer Support

Facility Layouts
Entertainment and Connectivity
Financing
Certified Pre-Owned
Marketing Tools
Training
Customer Support

Customer Support

If there is ever a question, we have the answers

We're always ready to deliver prompt service and expertise to optimize your equipment's performance. When you have a question, it only takes one call. We have a network of professionals comprised of generalists and specialists well versed on all aspects of our products. We also offer Preventive and Comprehensive Maintenance packages to ensure your equipment operates smoothly. When you invest in us, we invest in you.

Our Customer Support Services team features:

- More than 300 Certified Field Service Technicians in the U.S.
- More than 35 U.S. Customer Support Specialists available by phone
- The Life Fitness Global Diagnostics Service Center
- Efficient product installations, Preventive Maintenance visits, and timely repairs
- Genuine Life Fitness replacement parts

*Our Customer Support Services vary worldwide. Check with your local Life Fitness representative for a complete list of services.

Life Fitness Sites | Commercial Product | Search | Enter Search Term | Go

SITE MAP | NEWSLETTERS | CONTACT US | PRIVACY POLICY
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SCREEN 1

ADMIN : Master View - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/index.cfm?MVEid=1&mvcid=568 Go Links

Life Fitness

Master View
[Admin Menu](#) | [Master View](#)

United States

- ☒ Life Fitness Home Products
 - ☒ **Commercial Products**
 - ☒ Commercial Home
 - ☒ Why Life Fitness
 - ☒ Products
 - ☒ **Solution**
 - ☒ Facility Layouts
 - ☒ Entertainment and Connectivity
 - ☒ Financing
 - ☒ Certified Pre-Owned
 - ☒ Marketing Tools
 - ☒ Training
 - ☒ **Customer Support**
 - ☒ Life Fitness Academy
 - ☒ Support
 - ☒ Quick Navigation
 - ☒ Side - Banners
 - ☒ Footer
 - ☒ Banner Repository
 - ☒ Site Tools
 - ☒ Corporate Site

[Add New Page](#)

Master Details

Page	Customer Support [568]	Preview Edit Delete Add Sub Page
Type	Content	
Status	Yes	
Active	Yes	
Override URL		
Alias	customersupport	
Created	Created by erika on 14-Aug-04 06:54 PM	
Last Updated	No information	
Last Saved Live	No information	

Local Details

Page Name	Customer Support (using same as Master)
Active	Yes

Content [Sub Pages](#) [Save to Production](#) [Permissions](#)

Banner Add	Center Add
[none]	<div><div>HTML Template</div><div>Customer Support Services [1547] Edit Delete</div><div>If there is ever a question, we have the answers We're always ready to deliver prompt service and expertise to optimize your equipment's performance. When you have a question, it only takes one call. We have a network of professionals comprised of generalists...</div></div>

If you are experiencing any problems with the Content Manager, you may contact Thirdwave, LLC, at (312) 329-1960.



SCREEN 2

ADMIN : Page Details - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/CategoryModify.cfm?cid=%23%22%21D6%0A&lid=%21%23P%20%20%0A&PageAction=Edit Go Links

Life Fitness

Page Details
[Admin Menu](#) | [Master View](#) | Page Details

Page Details (Master)

* Page Name	Customer Support
Alias	customersupport
* Page Type	Content
* Template Type	Default
Active	<input checked="" type="checkbox"/>
Show In Navigation	<input checked="" type="checkbox"/>
Allow Printer Friendly?	<input checked="" type="checkbox"/>
Allow Back to Top Link?	<input checked="" type="checkbox"/>
Parent Page	Solution
Override URL	

Localized Details (United States)

Page Locale Name	
leave blank to use master	
Alternative Page Locale Name	
Active	<input checked="" type="checkbox"/>
Default Record?	<input checked="" type="checkbox"/>
Override URL	
Meta Keywords	
Meta Description	

Images

Off Image		Browse...
On Image		Browse...
Highlight Image		Browse...
Header Image		Browse...
Title Image		Browse...
Representative Image		Browse...

Apply

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SCREEN 3

ADMIN : Content Detail - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/ContentModify.cfm?coid=%24%23%21H%20%20%20%0A&PageAction=Edit&Id=%21%23P%20%20%20%0A

Life Fitness

Content Detail
[Admin Menu](#) | [Master View](#) | Content Detail

Page Details

Page Name	Customer Support
Alias	customersupport
Active	Yes

Content Element Details (Master)

* Title	Customer Support Services
* Type	HTML Template
* Page	Customer Support
Active	<input checked="" type="checkbox"/>
Indexed	<input checked="" type="checkbox"/>

Localized Details (United States)

Title	If there is ever a question, we have the answers
leave blank to use master	
Title Type	Header 1 (h1)
Active	<input checked="" type="checkbox"/>
Default Record?	<input checked="" type="checkbox"/>
Abstract	

HTML Template
Use [[text1]], [[text2]], etc. as the tokens.

Styles Normal

[[text1]]

[[text2]]

Text block 1

Normal

We're always ready to deliver prompt service and expertise to optimize your equipment's performance. When you have a question, it only takes one call. We have a network of professionals comprised of generalists and specialists well versed on all aspects of our products. We also offer Preventive and Comprehensive Maintenance packages to ensure your equipment operates smoothly. When you invest in us, we invest in you.

Text block 2

Bulleted List

Our Customer Support Services team features:

- More than 300 Certified Field Service Technicians in the U.S.
- More than 35 U.S. Customer Support Specialists available by phone
- The Life Fitness Global Diagnostics Service Center
- Efficient product installations, Preventive Maintenance visits, and timely repairs
- Genuine Life Fitness replacement parts

*Our Customer Support Services vary worldwide. Check with your local Life Fitness representative for a complete list of services.

Notes

New Note

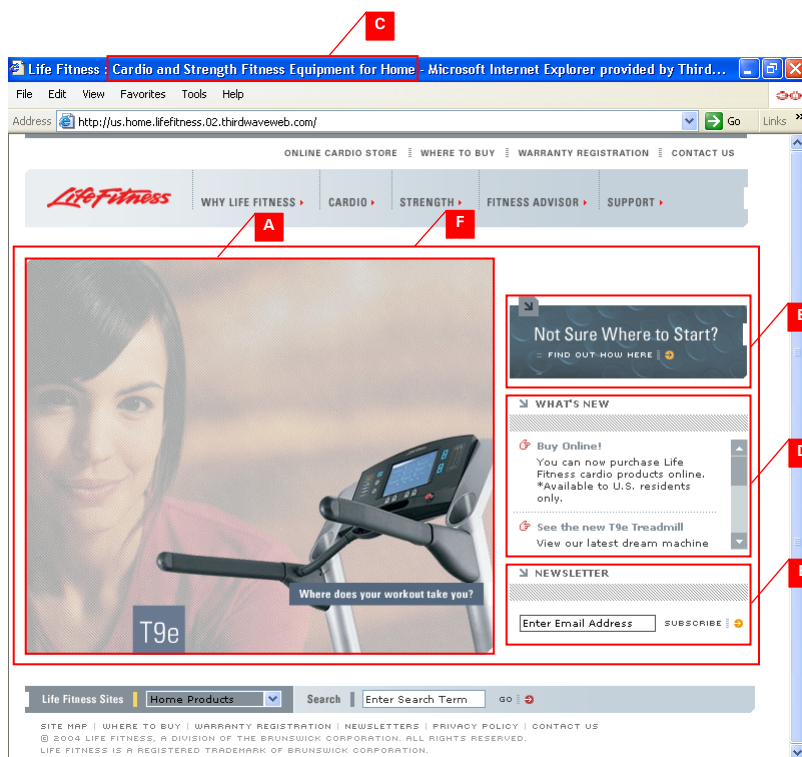
Apply

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Typical Homepage

- A) The whole left part of the home page is comprised of large flash movie. In the CMS, this content element is of type Flash, and admin users are able to modify the flash movie as well as specify an image/URL to take its place if a visitor's browser does not support flash.
- B) The banner on this page is an HTML content element that directs visitors elsewhere on the site.
- C) The title of the browser window and the label that this page is linked to in the navigation is the Page Locale Name. If the Page Locale Name is blank, then it will use the Page Name that is part of the page's master record.
- D) The scrolling news section is also an HTML content element. The HTML content element allows script to be executed within it and in this case, the site programmers developed a script to retrieve news items from another part of the site.
- E) The last element is also an HTML content element which contains a form that allows site visitors to subscribe to an email newsletter. This element also includes a script developed by the site programmers.
- F) Due to the nature of the home page's design, this page uses the Full Width display template rather than the more commonly used Default display template.





SCREEN 1

ADMIN : Master View - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/index.cfm?MVEid=1&mvcid=452

Life Fitness

Master View
[Admin Menu](#) | Master View

United States [Switch Locale](#) [Search](#)

☒ Life Fitness Home Products
☒ Cardio and Strength Fitness Equipment for Home
☒ What's New
☒ Why Life Fitness
☒ Cardio
☒ Strength
☒ Fitness Advisor
☒ Support
☒ Quick Navigation
☒ Sidebar - Banner
☒ Footer
☒ Banner Repository
☒ Site Tools
☒ Other
☒ Commercial Products
☒ Corporate Site

[Add New Page](#)

Master Details

Page	Cardio and Strength Fitness Equipment for Home [452]	Preview Edit Delete Add Sub Page
Type	Content	
Status	Yes	
Active	Yes	
Override URL		
Alias	lifefitnesscardioandstrengthfitnessequipmentforhome	
Created	Created by erika on 14-Aug-04 06:50 PM	
Last Updated	Modified by thomas on 02-Sep-04 12:29 PM	
Last Saved Live	Saved to Production by erika on 13-Sep-04 10:08 AM	

Local Details

Page Name	Cardio and Strength Fitness Equipment for Home (using same as Master)
Active	Yes

Content [Sub Pages](#) [Save to Production](#) [Permissions](#)

Content	Sub Pages	Save to Production	Permissions
Banner Add			
Flash			
Home Flash [725] ▲▼ Edit Delete			
Center Add			
HTML			
Home Where to Start? [726] ▲▼ Edit Delete			
HTML			
Home What's New [727] ▲▼ Edit Delete			
WHAT'S NEW #REQUEST.SimpleEncrypt(801) #&id=#REQUEST.SimpleEncrypt (APPLICATION.LocaleID)# "frameBorder=0 width=236 height=110">			
HTML			
Home Newsletter Subscribe Form [728] ▲▼ Edit Delete			
NEWSLETTER function submitSubscribe() { theurl="/content.cfm/newslettersignup?email="+ document.forms["newsletter"].elements ["email"].value; /document.forms ["newsletter"].elements["email"].value...			

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SCREEN 2

ADMIN : Page Details - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/CategoryModify.cfm?cid=%23%221HM%0A&lid=%21%23P%20%20%0A&PageAction=Edit Go Links

Life Fitness

Page Details
[Admin Menu](#) | [Master View](#) | Page Details

Page Details (Master)

* Page Name	Cardio and Strength Fitness Equipment for Hc
Alias	lifefitnesscardioandstrengthfitnessequipment
* Page Type	Content
* Template Type	Full Width
Active	<input checked="" type="checkbox"/>
Show In Navigation	<input checked="" type="checkbox"/>
Allow Printer Friendly?	<input type="checkbox"/>
Allow Back to Top Link?	<input type="checkbox"/>
Parent Page	Life Fitness Home Products
Override URL	

Localized Details (United States)

Page Locale Name	
leave blank to use master	
Alternative Page Locale Name	
Active	<input checked="" type="checkbox"/>
Default Record?	<input checked="" type="checkbox"/>
Override URL	
Meta Keywords	elliptical Trainer, elliptical machine, elliptical cross trainer, elliptical exercise machine, elliptical trainer review, life fitness elliptical trainer, elliptical trainer review, elliptical trainer, elliptical
Meta Description	Life Fitness and Parabody home gyms are made by Life Fitness is the #1 name in health clubs worldwide. Maker of Life Fitness home gyms, Parabody home gyms, and a variety of strength training

Images

Off Image		Browse...
On Image		Browse...
Highlight Image		Browse...
Header Image		Browse...
Title Image		Browse...
Representative Image		Browse...

Apply

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Home/Consumer Products: Typical Product Detail Page

- A) This area of the page is governed by the Product Description content element type. This element type collects the various product information that is stored in the CMS and displays it within this layout. When this content element is set, the admin user does not specify any product information. The content element itself merely displays data and is simply dropped in by the admin user.

The actual product information is set at the page level. Note that this page is set to be of Page Type of Product. When a page is set to this type, the CMS displays additional fields as indicated on edit screen 2.

- B) This area of the page is similar to the above element in that there is no product information specified and is an element simply dropped in. This content element is of type Product Comparison Chart which collects product information from across this product's family and displays in this tabular format.
- C) The title of the browser window and the label that this page is linked to in the navigation is the Page Locale Name. If the Page Locale Name is blank, then it will use the Page Name that is part of the page's master record.
- D) The scrolling news section is also an HTML content element. The HTML content element allows script to be executed within it and in this case, the site programmers developed a script to retrieve news items from another part of the site.
- E) The last element is also an HTML content element which contains a form that allows site visitors to subscribe to an email newsletter.
- F) The MSRP disclaimer that is on this page is of type Repeated Content. The text of this disclaimer is stored and modified in one place and is repeated on the several dozen pages that this disclaimer is placed.
- G) This label corresponds to the field Product Long Name that is set at the Page level.
- H) This text corresponds to the field Product Description that is set at the Page level.
- I) This series of bullet points are set in the fields under Key Features. Admin users are able to set one or more of these bullet points in the CMS.
- J) The file that is linked to the "PDF Brochure" button is uploaded through this field in the CMS.
- K) This image corresponds to the field Product Thumbnail Image. This image is automatically linked to the enlarged version that is uploaded in the Views part of the form.



- L) This series of images is uploaded in the Views part of this form. The order in which they are uploaded determine the order in which they are displayed on this page.
- M) *The link to an overview of the programs that are available for this product is set at the product family level, not at the product level.
- N) The technical specifications of this product are set on this form.
- O) *The actual set of technical specifications and is set at the product family level. Products of the same product family thus share the same set of technical specification. For example, an admin user can create the "Number of workouts" technical specification (along with its domain) at the product family level. Any product that is part of that product family will subsequently have that technical specification. An admin user can then specify the value that that product possesses for that technical specification at the page level.



Life Fitness : T9e - Microsoft Internet Explorer provided by Thirdwave, LLC

Address: http://us.home.lifefitness.dev03.newermedia.com/content.cfm/t9e

ONLINE CARDIO STORE WHERE TO BUY WARRANTY REGISTRATION CONTACT US

Life Fitness WHY LIFE FITNESS CARDIO STRENGTH FITNESS ADVISOR SUPPORT

You are in : Cardio | Treadmills | Life Fitness Cardio | T9e

Treadmills
Elliptical Cross-Trainers
Exercise Bikes
Stair Climbers

T9e

T9e Treadmill

Nothing compares to the gentle cushioning, multiple terrain options, and refined luxury of the T9e Treadmill. As the ultimate home version of our high-end commercial model, this fully-loaded dream machine delivers the kind of workout experience once reserved for world-class athletes and health club patrons.

KEY FEATURES

- LCD entertainment touch screen with built-in receiver
- FlexDeck® shock absorption system
- LifePulse™ digital heart rate monitoring system

US MSRP \$6,999*

PRINT FRIENDLY PDF BROCHURE FIND A STORE

Product Highlights

- CONSOLE
- ENLARGE
- PROGRAMS

Specifications

KEY | Standard | Optional | Unavailable

Click to view another model →

	T3	T3i	T5	T5i	T9e	T9i
Heart Rate Monitoring						
LifePulse™ Digital Heart Rate Monitoring with DSP (Digital Signal Processing)	-	-	-	-	•	•
Polar Telemetry (wireless chest strap included)	-	•	-	•	•	•
Workouts						
Number of Workouts	7	12	7	12	16	16
Classic Workouts: Hill, Random, Manual	•	•	•	•	•	•
Heart Rate Zone Training™ Workouts: Cardio, Fat Burn, Heart Rate Hill™, Heart Rate Interval™, Extreme Heart Rate™	-	•	-	•	•	•
Sport Training™ Workouts: Sport Training, 5K Sport Training, 10K Sport Training	•	•	•	•	•	•
Technical Specifications						
Power Requirements: All major voltage config's.	•	•	•	•	•	•
Maximum User Weight	301 lbs (135 kg)	300 lbs (135 kg)	400 lbs (180 kg)	400 lbs (180 kg)	400 lbs (180 kg)	400 lbs (180 kg)
Length	72.5" (184 cm)	72.5" (184 cm)	76.5" (194 cm)	76.5" (194 cm)	83" (211 cm)	83" (211 cm)
Width	32.25" (82 cm)	32.25" (82 cm)	32.25" (82 cm)	32.25" (82 cm)	37" (94 cm)	37" (94 cm)
Height	55.5" (141 cm)	55.5" (141 cm)	55.5" (141 cm)	55.5" (141 cm)	63.5" (161 cm)	63.5" (161 cm)
Unit Weight	221 lbs (100 kg)	220 lbs (100 kg)	256 lbs (116 kg)	255 lbs (116 kg)	431 lbs (196 kg)	431 lbs (196 kg)

*Manufacturer's Suggested Retail Price (MSRP) for U.S. only. Life Fitness sells its products through a global network of authorized specialty fitness dealers, retailers and distributors. Each retail dealer is responsible for setting its own selling price, which may differ from the price suggested above depending upon freight, taxes, and other local market conditions. International prices may be influenced by freight costs, taxes, customs, and import duties. For specific pricing, please visit or contact your nearest Life Fitness retailer.

BACK TO TOP

Life Fitness Sites | Home Products | Search | Enter Search Term

SITE MAP | WHERE TO BUY | WARRANTY REGISTRATION | NEWSLETTERS | PRIVACY POLICY | CONTACT US
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SCREEN 1

ADMIN : Master View - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address http://center.lifefitness.dev03.newermedia.com/common/admin/MasterView/index.cfm?MVEid=1&mvId=647

Search Web Mail My Yahoo! Games Personals LAUNCH Sign In

Life Fitness

Master View
[Admin Menu](#) | Master View

United States

Life Fitness Home Products

- Home
- Why Life Fitness
- Cardio
 - Treadmills
 - Life Fitness Cardio
 - T3 Series
 - T5 Series
 - T7 Series
 - T9 Series
 - T9i
 - T9e
 - Life Fitness Sport Cardio
 - Elliptical Cross-Trainers
 - Exercise Bikes
 - Stair Climbers
 - Strength
 - Fitness Advisor
 - Support
 - Quick Navigation
 - Sidebar - Banner
 - Footer
 - Banner Repository
 - Site Tools
 - Other
 - Commercial Home
 - Corporate

[Add New Page](#)

Master Details

Page T9e [647] [Preview](#) [Edit](#) [Delete](#) [Add Sub Page](#)

Type Product

Status Yes

Active Yes

Override URL

Alias t9e

Created Created by thomas on 15-Aug-04 05:41 PM

Last Updated Modified by thomas on 05-Oct-04 01:24 PM

Last Saved Live No information

Local Details

Page Name T9e (using same as Master)

Active Yes

Content **Sub Pages** **Save to Production** **Permissions**

Banner [Add](#) **Center** [Add](#)

[none]

[Product Detail](#)
T9e Product Details [464] [Edit](#) [Delete](#) **A**

[Product Comparison Chart](#)
T9e Comparison Chart [606] [Edit](#) [Delete](#) **B**

[Repeated Content](#)
MSRP Disclaimer [555] [Edit](#) [Delete](#) **F**

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SCREEN 2

ADMIN : Page Details - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address http://center.life-fitness.dev03.newermedia.com/common/admin/MasterView/CategoryModify.cfm?cid=%23%22QLH%0A&id=%21%23P%20%20%0A&PageAction=Edit Go Links

Search Web Mail My Yahoo! Games Personals LAUNCH Sign In

Life Fitness

Page Details
[Admin Menu](#) | [Master View](#) | Page Details

Page Details (Master)

* Page Name **E**

Alias

* Page Type **D**

Template Type

Active ☒

Show In Navigation ☒

Allow Printer Friendly? ☒

Allow Back to Top Link? ☒

Parent Page

Console Type

Color Code

Localized Details (United States)

Page Locale Name

leave blank to use master

Alternative Page Locale Name

Active ☒

Default Record? ☒

Override URL

Meta Keywords

Meta Description

Product Price

Call to Action URL

Positioning Sentence

Images

Off Image

On Image

Highlight Image

Header Image

Title Image

Representative Image

Product Details

☐ Dutch ☒ English ☐ French

☐ German ☐ Italian ☐ Japanese

☐ Portuguese ☐ Simplified Chinese ☐ Spanish

Product Long Name **G**

Positioning Sentence


Product Description **H**

Call to Action URL (Deprecated)

Video URL

Brochure File **J**

Delete? ☐

Product Thumbnail Image  **K**

Delete? ☐

Key Features



SCREEN 2: continued

Delete?

Key Features

Text

LCD entertainment touch screen with built-in receiver

FlexDeck® shock absorption system

LifePulse™ digital heart rate monitoring system

Remove?

☐

☐

☐

Update Key Features

Product Reviews

Source

Review Text

Update Product Reviews


Views

Name

Console

File

Main:




Browse...

Thumbnail:

Browse...

Enlarge

Main:



Browse...

Thumbnail:

Browse...

Thumbnail:

Browse...

Thumbnail:

Browse...

Update Views

Attributes

Name

Heart Rate Monitoring

LifePulse (TM) Digital Heart Rate Monitoring with DSP (Digital Signal Processing)

Polar Telemetry (wireless chest strap included)

Workouts

Number of Workouts

Classic Workouts: Hill, Random, Manual

Heart Rate Zone Training+™ (TM) Workouts: Cardio, Fat Burn, Heart Rate Hill(TM), Heart Rate Interval(TM), Extreme Heart Rate™

Sport Training(TM) Workouts: Sport Training, 5K Sport Training, 10K Sport Training

Technical Specifications

Power Requirements: All major voltage config's.

Maximum User Weight

Length

Width

Height

Unit Weight

Type

Standard

Standard

16

Standard

Standard

Standard

Standard

Standard

400 lbs (180 kg)

83" (211 cm)

37" (94 cm)

63.5" (161 cm)

431 lbs (233 kg)

Apply

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SCREEN 3

ADMIN : Content Detail - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address <http://center.lifefitness.dev03.newermedia.com/common/admin/MasterView/ContentModify.cfm?cold=%23%221DK%0A&PageAction=Edit&ld=%21%23P%20%20%0A> Go Links

Search Web Mail My Yahoo! Games Personals LAUNCH Sign In

Life Fitness

Content Detail

[Admin Menu](#) | [Master View](#) | Content Detail

Page Details	
Page Name	T9e
Alias	t9e
Active	Yes

Content Element Details (Master)	
* Title	T9e Product Details
* Type	Product Detail
* Page	T9e
Active	<input checked="" type="checkbox"/>

Localized Details (United States)	
Title	leave blank to use master
Title Type	Hidden
Active	<input checked="" type="checkbox"/>
Default Record?	<input checked="" type="checkbox"/>
Abstract	

Notes	
New Note	

Apply

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ADMIN : Content Detail - Microsoft Internet Explorer provided by Thirdwave, LLC
File Edit View Favorites Tools Help

Address http://center.lifefitness.dev03.newermedia.com/common/admin/MasterView/ContentModify.cfm?cold=%23%22Q%5C%0A8&PageAction=Edit&lId=%21%23P%20%20%< Go Links >

Y! Search Web Mail My Yahoo! Games Personals LAUNCH Sign In

LifeFitness

Content Detail

[Admin Menu](#) | [Master View](#) | [Content Detail](#)

Page Details

Page Name	T9e
Alias	t9e
Active	Yes

Content Element Details (Master)

* Title	T9e Comparison Chart
* Type	Product Comparison Chart ▼
* Page	T9e ▼
* Active	<input checked="" type="checkbox"/>
* Show which products?	Product Family ▼

Localized Details (United States)

Title	
leave blank to use master	
Title Type	Hidden ▼
Active	<input checked="" type="checkbox"/>
Default Record?	<input checked="" type="checkbox"/>
Abstract	

Notes

New Note	
----------	--

Apply

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Typical Article Page

- A) This part of the page is the article-specific navigation that is placed at the bottom of each article. It links the visitor to the next article, back to the article list, and to the printer-friendly version of the article. The system treats this page as an article since the page is set to Article much in the same way a product page is of type Product.
- B) The actual content of the article is setup like any other textual content on the site. It is of type Text. This page only has one content element.
- C) The title of the browser window and the label that this page is linked to in the navigation is the Page Locale Name. If the Page Locale Name is blank, then it will use the Page Name that is part of the page's master record.
- D) The URL that is used to reference the page is the page's Alias. Aliases should be unique across all pages in the CMS. When creating a page and the Alias field is blank, then the CMS will automatically generate one based on the Page Name.
- E) The page name is pulled from one of three fields much in the same manner the browser window title is. First it pulls from the Alternative Page Locale Name, then the Page Locale Name, then the Page Name.



The screenshot shows a Microsoft Internet Explorer browser window displaying the Life Fitness website. The address bar shows the URL: <http://us.home.lifefitness.02.thirdwaveweb.com/content.cfm?takingyourworkoutoutside>. The website header includes navigation links: ONLINE CARDIO STORE, WHERE TO BUY, WARRANTY REGISTRATION, and CONTACT US. Below the header is a Life Fitness logo and a menu with links: WHY LIFE FITNESS, CARDIO, STRENGTH, FITNESS ADVISOR (selected), and SUPPORT. The main content area shows the breadcrumb trail: You are in : Fitness Advisor | Article Database | [Taking Your Workout Outside](#). The article title "Taking Your Workout Outside" is prominently displayed. The article text discusses outdoor cardio activities, including running, swimming, and participating in sports. At the bottom of the article, there are navigation links: BACK TO LIST OF ARTICLES, NEXT ARTICLE, and PRINT FRIENDLY. The footer contains a search bar, a site map, and copyright information: © 2004 LIFE FITNESS, A DIVISION OF THE BRUNSWICK CORPORATION. ALL RIGHTS RESERVED. LIFE FITNESS IS A REGISTERED TRADEMARK OF BRUNSWICK CORPORATION.

Callout boxes are labeled as follows:

- A**: Points to the "PRINT FRIENDLY" link.
- B**: Points to the article text area.
- C**: Points to the "Taking Your Workout Outside" article title.
- D**: Points to the address bar.
- E**: Points to the breadcrumb trail.

ADMIN : Master View - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/index.cfm?MVEid=18&mvId=703

Y! Search Web Mail My Yahoo! Games Personals LAUNCH Sign In

Life Fitness

Master View
Admin Menu | Master View

United States Switch Locale Search

Life Fitness Home Products

- Cardio and Strength Fitness Equipment for Home
- Life Fitness Cardio
- Strength
- Fitness Advisor
- Article Database
 - Cardiovascular Exercise
 - Beating Heart Smart - Getting Key Results From Your Workout
 - Overcome Exercise Plateaus and Boredom with Cross Training
 - Taking Your Workout Outside
 - What is the Best Cardiovascular Exercise?
 - Interval Training
 - Calorie Burners: Activities That Turn Up the Heat
 - Monitoring Exercise Intensity Using Heart Rate
 - A Walk a Day
 - Cross-Training for Fun and Fitness
 - Strength Training
 - Exercise Program Design
 - Lifestyle Management
 - Weight Management
 - Health Conditions
 - General Exercise
 - Ask the Fitness Expert
 - Fitness Glossary
 - Support
 - Quick Navigation
 - Sidebar - Banner
 - Footer
 - Banner Repository
 - Site Tools
 - Other
 - Commercial Products
 - Corporate Site

Master Details

Page	Taking Your Workout Outside [703]	Preview Edit delete Add Sub Page
Type	Article	
Status	Yes	
Active	Yes	
Override URL		
Alias	takingyourworkoutoutside	
Created	Created by thomas on 17-Aug-04 12:32 PM	
Last Updated	No information	
Last Saved Live	No information	

Local Details

Page Name	Taking Your Workout Outside (using same as Master)
Active	Yes

Content Manager

Content	Sub Pages	Save to Production	Permissions
Banner	[none]	Add	
Center	Text	Add	
Taking Your Workout Outside [394]			
Taking Your Workout Outside To help keep you going, many health clubs provide televisions, radios and even the Internet for use while running on a treadmill or pedaling on a Lifecycle exercise bike. When weather permits, taking...			

Add New Page

SCREEN 2

SCREEN 3

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SCREEN 2

ADMIN : Page Details - Microsoft Internet Explorer provided by Thirdwave, LLC

File Edit View Favorites Tools Help

Address <http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/CategoryModify.cfm?cid=%23%22A%5CL%0A&lid=%21%23P%20%20%0A&PageAction=Edit> Go Links

Search Web Search Mail My Yahoo! Games Personals LAUNCH Sign In

Life Fitness

Page Details

[Admin Menu](#) | [Master View](#) | Page Details

Page Details (Master)	
* Page Name	Taking Your Workout Outside
Alias	takingyourworkoutoutside
* Page Type	Article
* Template Type	Default
Active	<input checked="" type="checkbox"/>
Allow Printer Friendly?	<input checked="" type="checkbox"/>
Allow Back to Top Link?	<input checked="" type="checkbox"/>
Parent Page	Cardiovascular Exercise
Override URL	
Author Name	
Press Release Date	
Article Source	Life Fitness Academy

Localized Details (United States)	
Page Locale Name	
leave blank to use master	
Alternative Page Locale Name	
Active	<input checked="" type="checkbox"/>
Default Record?	<input checked="" type="checkbox"/>
Override URL	
Meta Keywords	
Meta Description	

Images	
Off Image	<input type="text"/> Browse...
On Image	<input type="text"/> Browse...
Highlight Image	<input type="text"/> Browse...
Header Image	<input type="text"/> Browse...
Title Image	<input type="text"/> Browse...
Representative Image	<input type="text"/> Browse...

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SCREEN 3

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File Edit View Favorites Tools Help

Address <http://center.lifefitness.02.thirdwaveweb.com/common/admin/MasterView/ContentModify.cfm?coid=%23%23A%3C%0A&PageAction=Edit&id=%21%23P%20%20%0A> Go Links

Search Web Mail My Yahoo! Games Personals LAUNCH Sign In

Life Fitness

Content Detail

[Admin Menu](#) | [Master View](#) | Content Detail

Page Details	
Page Name	Taking Your Workout Outside
Alias	takingyourworkoutoutside
Active	Yes

Content Element Details (Master)	
Title	Taking Your Workout Outside
Type	Text
Page	Taking Your Workout Outside
Active	<input checked="" type="checkbox"/>
Indexed	<input checked="" type="checkbox"/>

Localized Details (United States)	
Title	Taking Your Workout Outside
leave blank to use master	
Title Type	Hidden
Active	<input checked="" type="checkbox"/>
Default Record?	<input checked="" type="checkbox"/>
Abstract	
Text	<div><div>Normal</div><div>To help keep you going, many health clubs provide televisions, radios and even the Internet for use while running on a treadmill or pedaling on a Lifecycle exercise bike. When weather permits, taking your cardio routine to the great outdoors can provide more variety and help prevent boredom. The scenery and break in routine may help you exercise longer and harder. You do not need to live in the mountains of Colorado or on a beach in California to enjoy outdoor activities - there are tons of terrific cardiovascular options available anywhere.</div><div>If you are an avid stationary bike user at the gym, pull your bike out of the garage (put air in the tires if necessary) and find a local bike trail. Dedicated bike trails are great because they are closed to cars and enable you to go far distances in a scenic environment. For an even greater endurance test on your bike, head to a forest preserve trail that is slightly hilly. The hills will challenge you and provide an effective interval workout. You can also do out and backs - bike for a certain distance, note your time and try to improve that time on the way back. No matter what type of bike workout you choose, be sure to wear a helmet and follow the path rules.</div><div>Another great cardio exercise is running. The bike paths also are great places to run, as they are safe from traffic, often lined with water fountains, and, if they are hilly, can help build power and speed. To spice up your outdoor runs, find a moderately steep hill with consistent footing and run up it at a steady pace then jog down, rest and repeat. Another twist on your outdoor running routine is to do tempo runs in which you mix minutes of running at a steady pace with seconds of sprinting. Outdoor walking or hiking is another option for an enjoyable outdoor workout.</div><div>Normal / HTML</div></div>

Notes	
New Note	

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B