



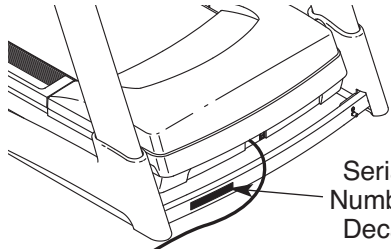
# NordicTrack<sup>®</sup>

## T17.0

Model No. NETL14710.0

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



Serial  
Number  
Decal

## USER'S MANUAL

### QUESTIONS?

If you have questions, or if there are missing parts, please contact us:

**UK**

Call: 08457 089 009

From Ireland: 053 92 36102

Website: [www.iconsupport.eu](http://www.iconsupport.eu)

E-mail: [csuk@iconeurope.com](mailto:csuk@iconeurope.com)

Write:

ICON Health & Fitness, Ltd.

c/o HI Group PLC

Express Way

Whitwood, West Yorkshire

WF10 5QJ

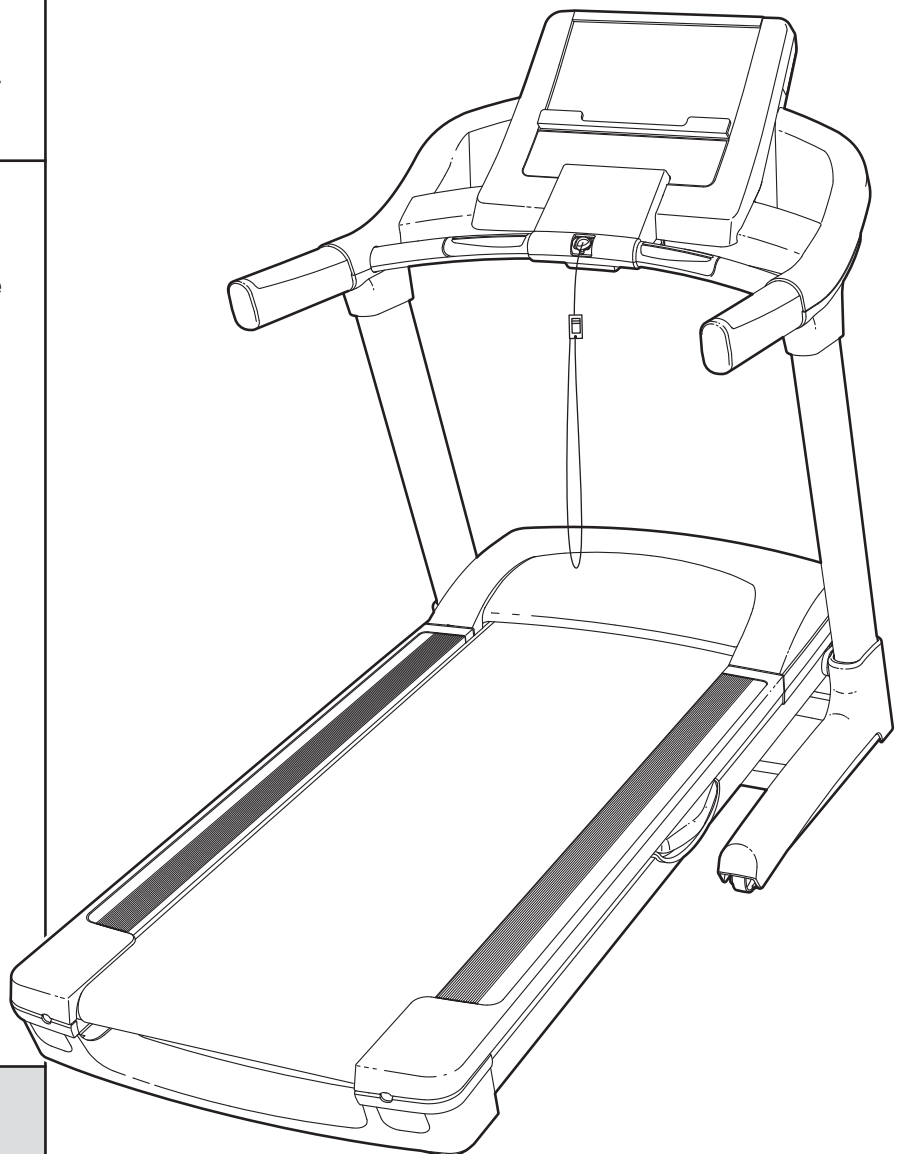
UK

**AUSTRALIA**

Call: 1-800-237-173

E-mail:

[australiacc@iconfitness.com](mailto:australiacc@iconfitness.com)



### CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

[www.iconeurope.com](http://www.iconeurope.com)

# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....2

IMPORTANT PRECAUTIONS .....3

BEFORE YOU BEGIN .....5

ASSEMBLY .....6

HOW TO USE THE CHEST PULSE SENSOR .....12

OPERATION AND ADJUSTMENT .....13

HOW TO FOLD AND MOVE THE TREADMILL .....23

TROUBLESHOOTING .....24

EXERCISE GUIDELINES .....27

PART LIST .....29





EXPLODED DRAWING .....31

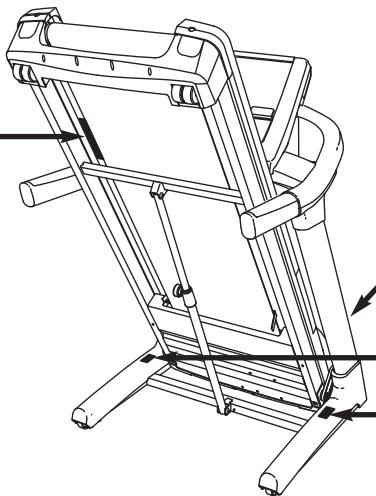
ORDERING REPLACEMENT PARTS ..... Back Cover

RECYCLING INFORMATION ..... Back Cover

## WARNING DECAL PLACEMENT

**⚠ WARNING:**  
Protect yourself and others from risk of serious injury. Read the user's manual and:

-  Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.
-  Never allow children on or around treadmill.
- Remove key when not in use.
-  Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
-  Always wear athletic shoes while operating treadmill.



This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note:** The decals may not be shown at actual size.

**⚠ CAUTION**

KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 13), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse in the power cord adapter, insert an ASTA-approved BS1362, 13-amp fuse into the fuse carrier.
12. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm<sup>2</sup>) cord that is no longer than 5 ft. (1.5 m).
13. Keep the power cord away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 24 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 15).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

19. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)
20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 23.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
21. Do not change the incline of the treadmill by placing objects under the treadmill.
22. Inspect and properly tighten all parts of the treadmill regularly.
23. Never insert or drop any object into any opening on the treadmill.
24. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
25. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

**SAVE THESE INSTRUCTIONS**

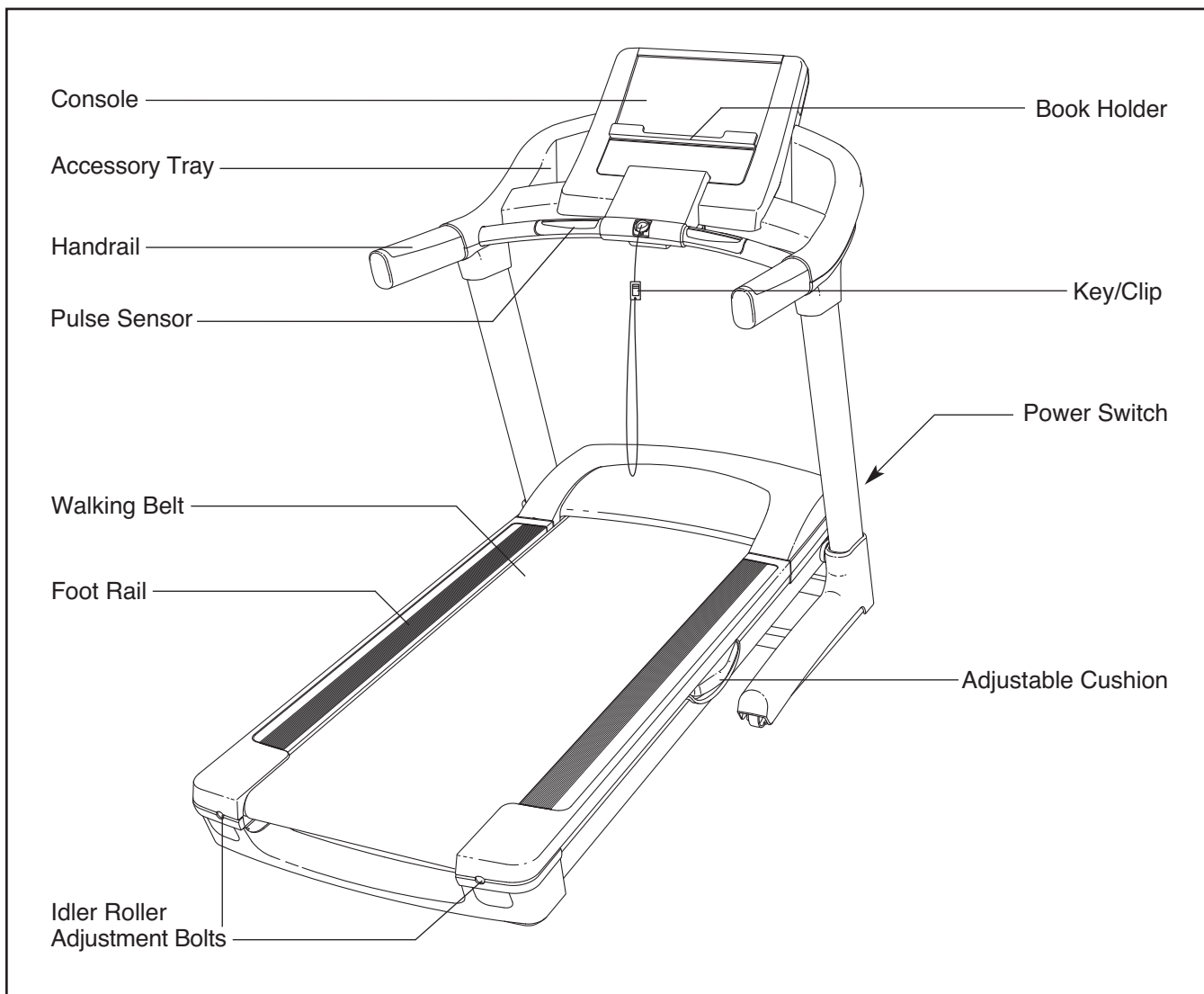
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® T17.0 treadmill. The T17.0 treadmill offers an impressive selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique treadmill can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after read-




ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please look at the drawing below and familiarize yourself with the labeled parts.

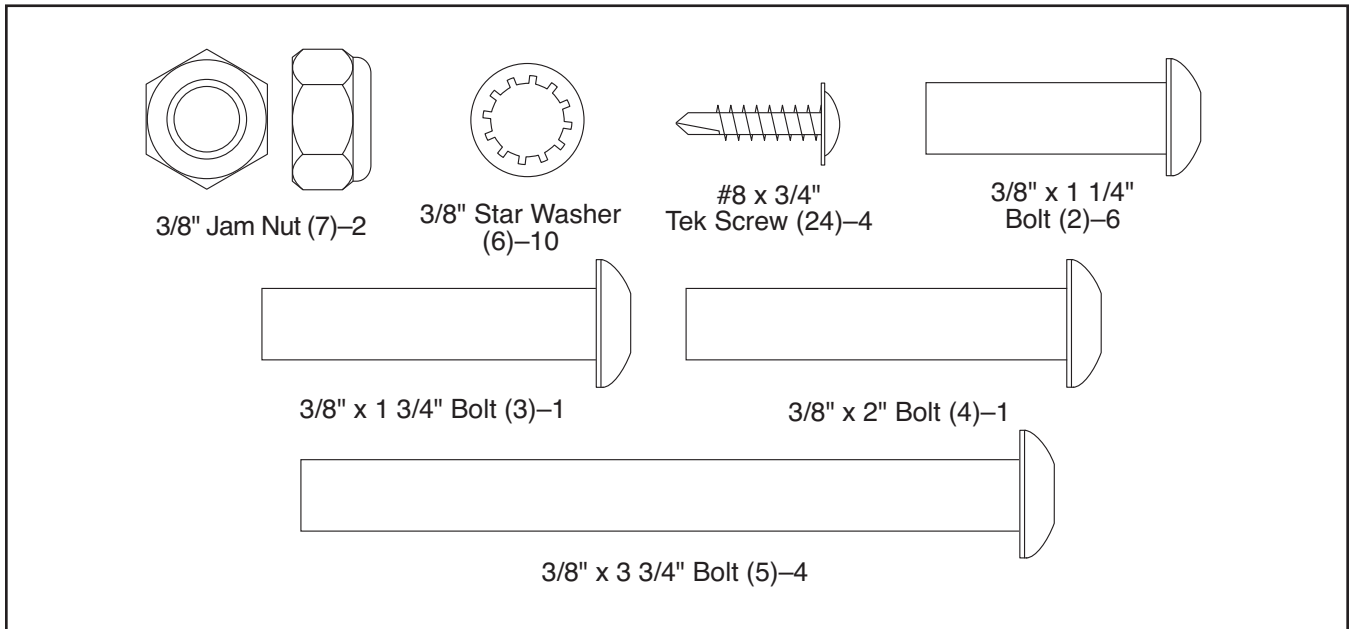


# ASSEMBLY

**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, some lubricant may be transferred to the top of the walking belt or the shipping carton. This is normal and does not affect performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

**Assembly requires the included hex keys  and your own Phillips screwdriver  and adjustable wrench .**

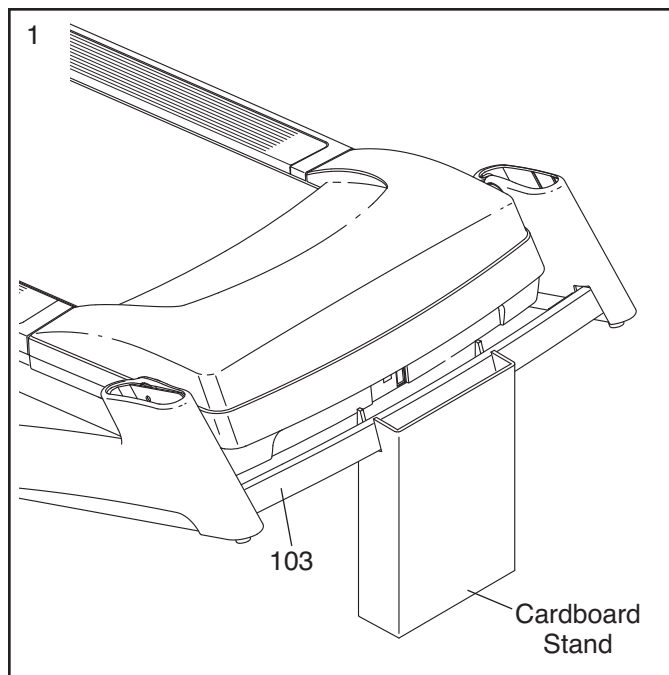
Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. To avoid damaging parts, do not use power tools for assembly. Extra hardware may be included.**



1. **Make sure that the power cord is unplugged.**

With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (103) into the cutout in the cardboard stand as shown. **Have the second person hold the treadmill until assembly step 3 to prevent it from moving forward or backward.**

**⚠ WARNING:** Serious injury may occur if the treadmill moves forward or backward and falls off the cardboard stand. A second person must hold the treadmill until assembly step 3 to prevent the treadmill from moving, tipping, or falling.



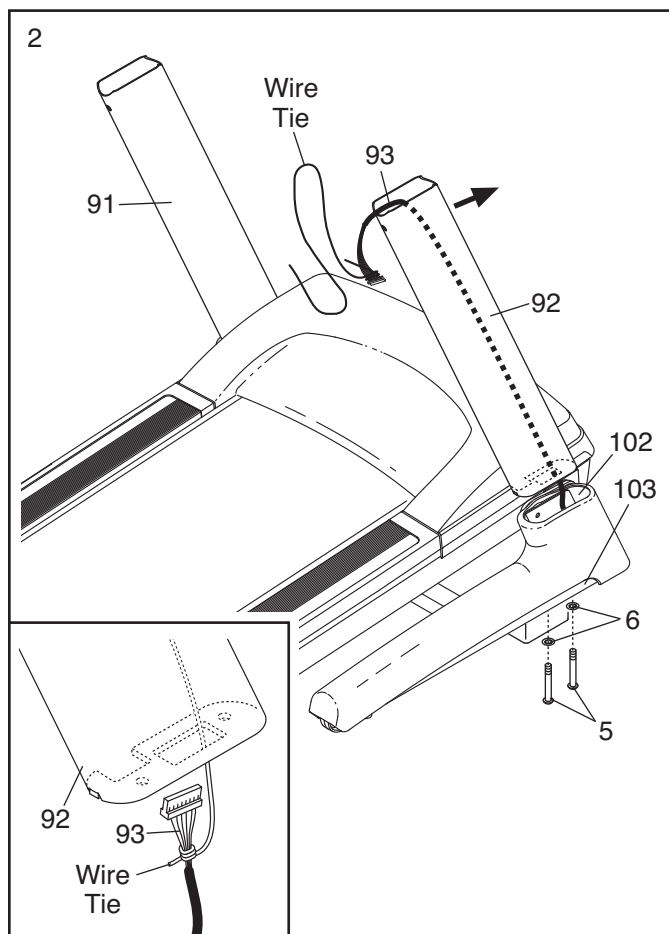
2. Identify the Right Upright (92), which is marked with a "Right" sticker.

Have a second person hold the Right Upright (92) near the Right Base Cover (102). **See the inset drawing.** Tie the wire tie in the lower end of the Right Upright securely around the end of the Upright Wire (93). Then, pull the other end of the wire tie in the top of the Right Upright until the Upright Wire is routed completely through the Right Upright.

Gently pull up on the Upright Wire (93) as you set the Right Upright (92) on the Base (103) inside the Right Base Cover (102). **Be careful not to pinch the Upright Wire.**

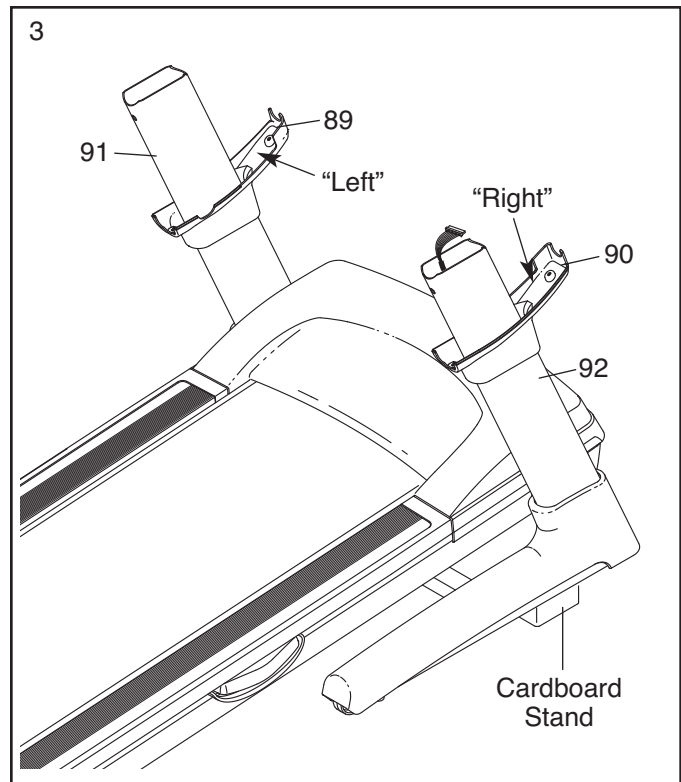
Attach the Right Upright (92) to the Base (103) with two 3/8" x 3 3/4" Bolts (5) and two 3/8" Star Washers (6). Note: It may be necessary to tip the top of the Right Upright forward slightly as you thread the Bolts into it. **Do not tighten the Bolts yet.**

**Attach the Left Upright (91) in the same way.** Note: There are no wires on the left side.



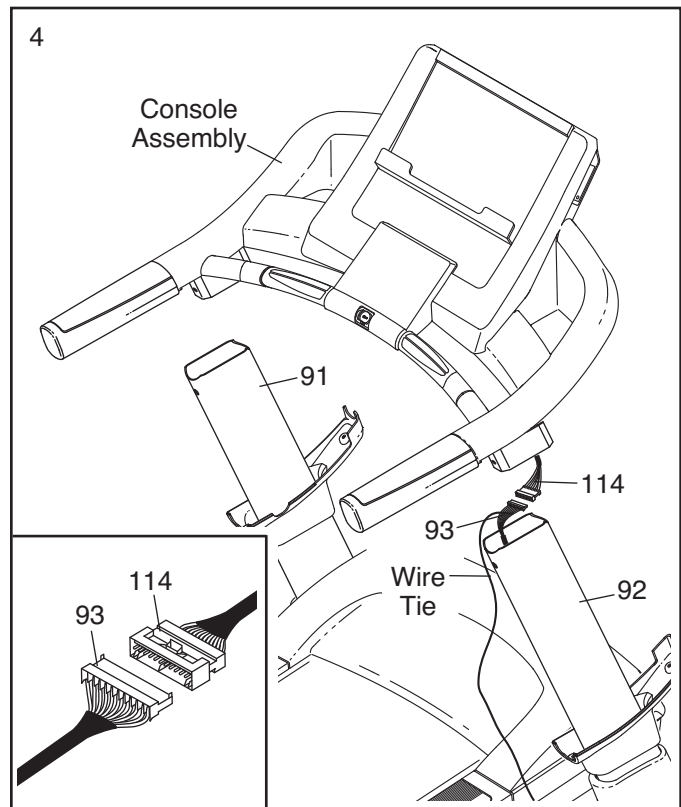
3. With the help of a second person, lower the treadmill off the cardboard stand. The stand will be used again in assembly step 9.

Identify the Right Upright Sleeve (90) and the Left Upright Sleeve (89); the Upright Sleeves are labeled "Right" and "Left." Slide the Right Upright Sleeve onto the Right Upright (92) and the Left Upright Sleeve onto the Left Upright (91).



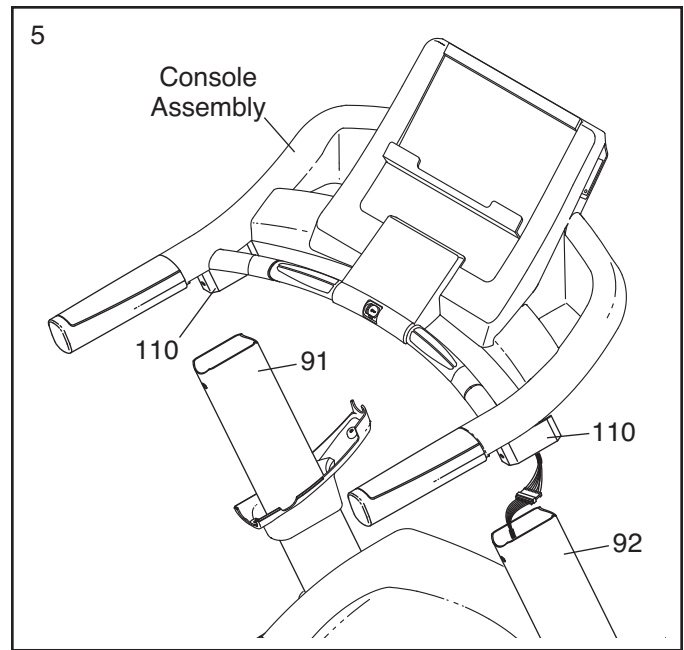
4. Have a second person hold the console assembly near the Uprights (91, 92).

Connect the Upright Wire (93) to the Console Wire (114). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** Remove the wire tie from the Upright Wire. Insert the connectors downward into the Right Upright (92).



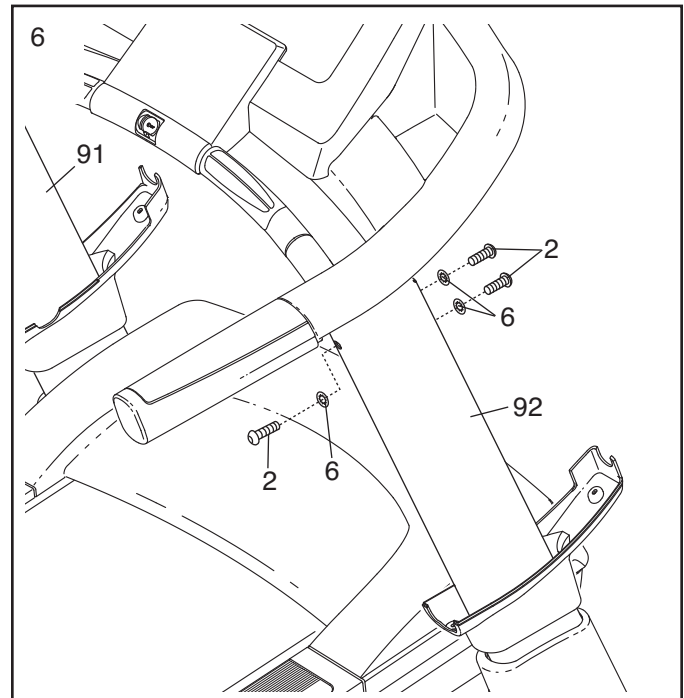


5. Next, insert the brackets on the Handrail (110) into the Uprights (91, 92). **Make sure that no wires are pinched.**



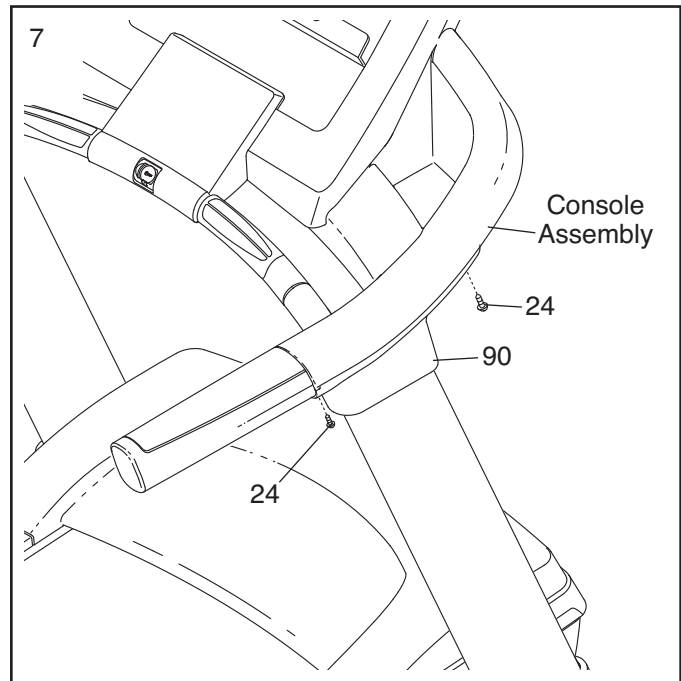
6. Partially tighten three 3/8" x 1 1/4" Bolts (2) with three 3/8" Star Washers (6) into the Right Upright (92); **do not fully tighten the Bolts yet.**

**Repeat this step with the Left Upright (91).**  
Then, firmly tighten all six 3/8" x 1 1/4" Bolts (2).



7. Slide the Right Upright Sleeve (90) upward against the console assembly. Attach the Right Upright Sleeve with two #8 x 3/4" Tek Screws (24).

**Attach the Left Upright Sleeve (not shown) to the console assembly in the same way.**



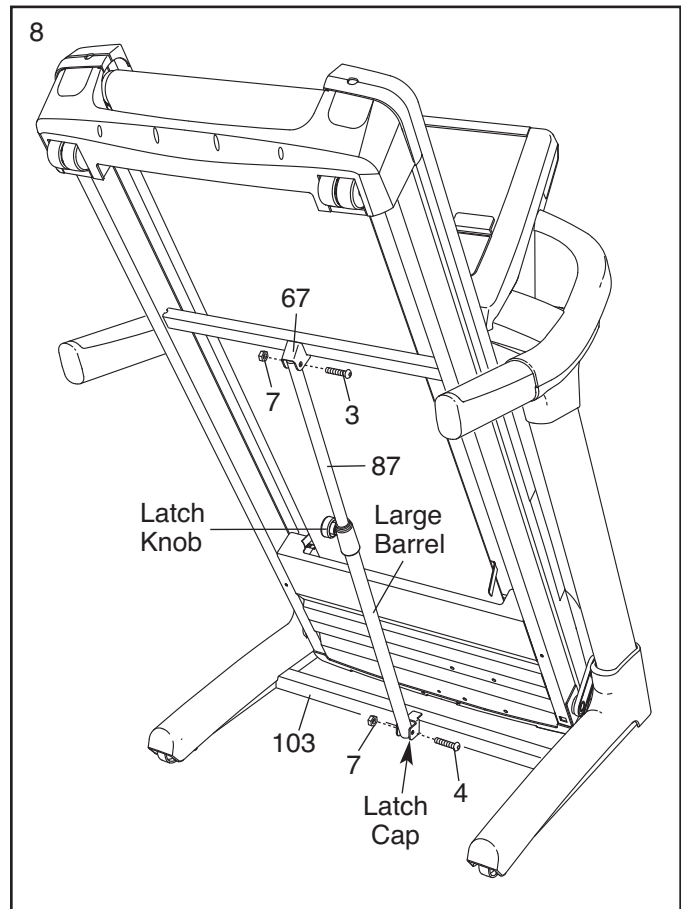
8. Raise the Frame (67) to the position shown. **Have a second person hold the Frame until this step is completed.**

Orient the Storage Latch (87) so that the large barrel and the latch knob are in the positions shown.

Remove the tie from the upper end of the Storage Latch (87). Attach the upper end of the Storage Latch to the bracket on the Frame (67) with a 3/8" x 1 3/4" Bolt (3) and a 3/8" Jam Nut (7).

Remove the tie from the lower end of the Storage Latch (87). Keep the holes in the latch cap aligned with the holes in the Storage Latch. **Make sure to keep the latch cap inside the Storage Latch.** Attach the Storage Latch to the bracket on the Base (103) with a 3/8" x 2" Bolt (4) and a 3/8" Jam Nut (7). Note: It may be necessary to move the Frame back and forth to align the Storage Latch with the bracket.

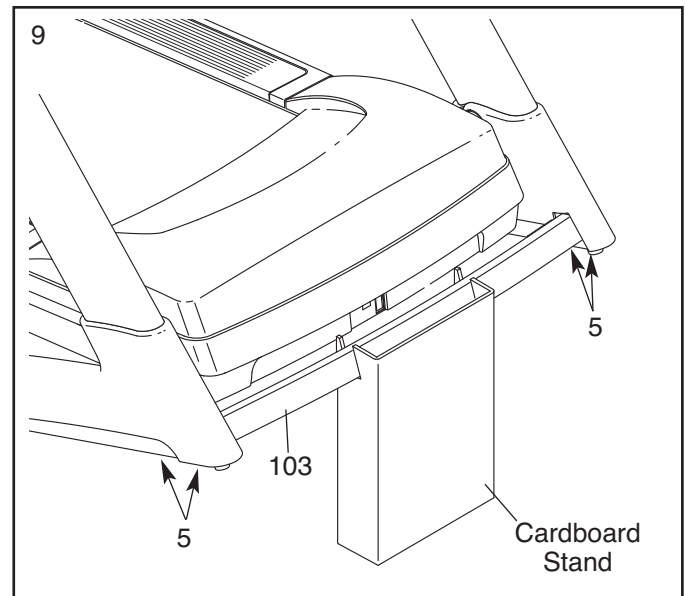
Lower the Frame (67) (see HOW TO LOWER THE TREADMILL FOR USE on page 23).



9. With the help of a second person, raise the front of the treadmill and insert the crossbar on the Base (103) into the cutout in the cardboard stand as shown. **Have the second person hold the treadmill to prevent it from moving forward or backward.**

Firmly tighten the four 3/8" x 3 3/4" Bolts (5).

With the help of the second person, lower the treadmill off the cardboard stand.

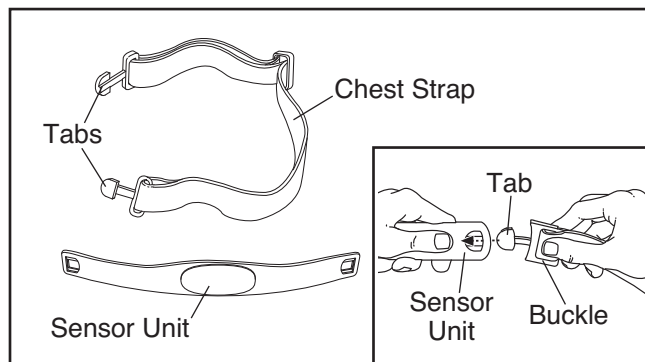


10. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys in a secure place; one of the hex keys is used to adjust the walking belt (see pages 25 and 26). **To protect the floor or carpet from damage, place a mat under the treadmill. Extra hardware may be included.**

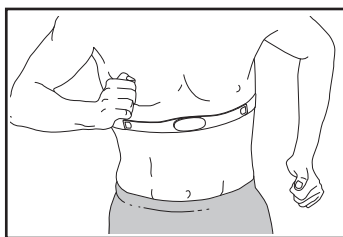
# HOW TO USE THE CHEST PULSE SENSOR

## HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit. Insert the tab on one end of the chest strap into the hole in one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.



Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse



sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

## CARE AND MAINTENANCE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the chest pulse sensor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it

may remain activated longer than necessary, draining the battery prematurely.

- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

## TROUBLESHOOTING

The instructions on the following pages explain how the chest pulse sensor is used with the console. If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, rewet the electrode areas.
- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.

# OPERATION AND ADJUSTMENT

## THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

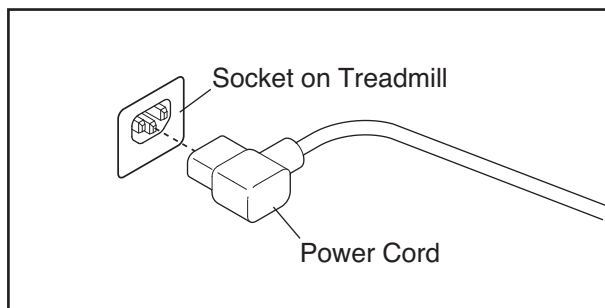
## HOW TO PLUG IN THE POWER CORD

**This product must be earthed.** If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

**⚠ DANGER:** Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

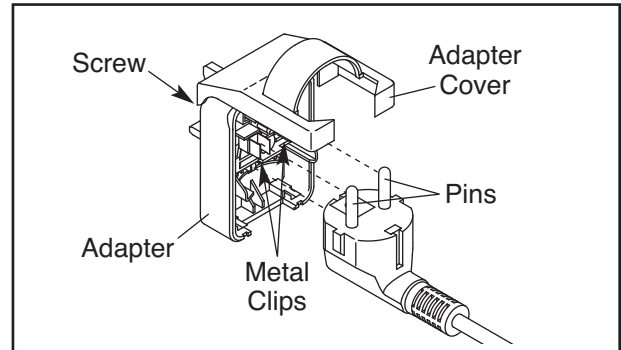
Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord into the socket on the treadmill.

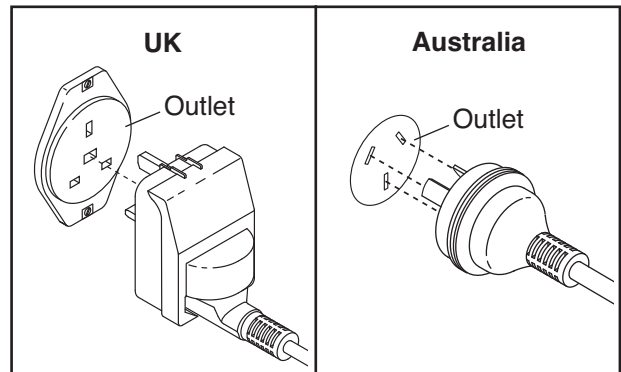


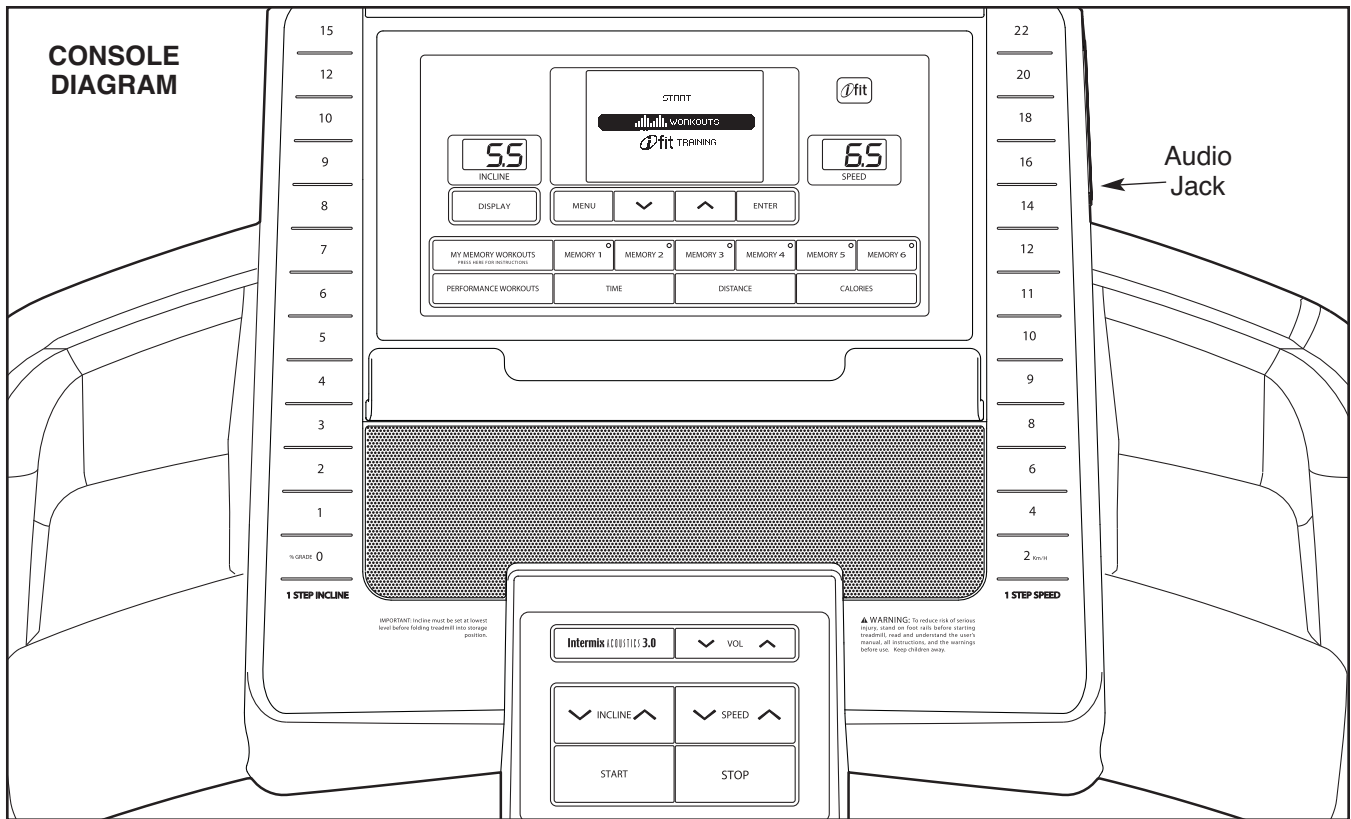
2. If you are plugging in the power cord in Australia, go to step 3.

If you are plugging in the power cord in the UK, first press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **IMPORTANT: Make sure that the screw is tightened into the adapter cover.** Then, go to step 3.



3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.





## FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor (see page 12 for information on the chest pulse sensor).

In addition, the console features twenty-eight performance workouts—fourteen time workouts, six distance workouts, and eight calorie workouts. Each performance workout automatically controls the speed and incline of the treadmill as it guides you through an effective exercise session. You can even create your own workouts and save them for future use.

The console also features an iFit training mode that enables the treadmill to communicate with your wireless network through an optional iFit Live module. With the iFit training mode, you can download personalized

workouts, create your own workouts, track your workout results, and access many other features. **To purchase an iFit Live module at any time, go to [www.iFit.com](http://www.iFit.com) or call the telephone number on the front cover of this manual.**

You can even listen to your favorite workout music or audio books with the console's stereo sound system.

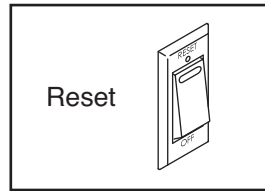
**To turn on the power, see page 15. To use the manual mode, see page 15. To use a performance workout, see page 17. To create and use a my memory workout, see pages 19 and 20. To use the iFit training mode, see page 21. To use the information mode, see page 21. To use the stereo sound system, see page 22.**

**IMPORTANT: If there is a sheet of plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 26).**

## HOW TO TURN ON THE POWER

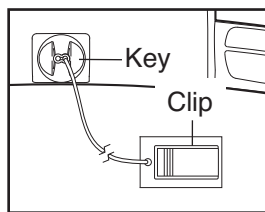
**IMPORTANT:** If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see page 13). Next, locate the power switch on the treadmill frame near the power cord. Make sure that the power switch is in the reset position.



**IMPORTANT:** The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and press the power switch into the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 21 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key, and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light.



**IMPORTANT:** In an emergency, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

Note: The console can display speed and distance in either kilometers or miles. To find which unit of measurement is selected, see THE INFORMATION MODE on page 21. **For simplicity, all instructions in this manual refer to kilometers.**

## HOW TO USE THE MANUAL MODE

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER at the left.

### 2. Select the manual mode.

Each time the key is inserted, the main menu will appear. To select the manual mode, use the increase and decrease buttons next to the Enter button and highlight START. Press the Enter button. If you have selected a workout or the iFit training mode, press the Menu button to return to the main menu.



### 3. Start the walking belt and adjust the speed.

To start the walking belt, press the Start button, the Speed increase button, or one of the numbered 1 Step Speed buttons.

If you press the Start button or the Speed increase button, the walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 Km/H; if you hold down the button, the speed setting will change in increments of 0.5 Km/H.

If you press one of the numbered 1 Step Speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered 1 Step Speed buttons.



#### 4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase or decrease button, or one of the 1 Step Incline buttons. Each time you press one of the buttons, the incline will gradually change until it reaches the selected incline setting.

#### 5. Select a display mode and monitor your progress with the display.

The console offers several display modes. The display mode that you select will determine which workout information is shown. To select the desired display mode, repeatedly press the Display button or the increase and decrease buttons next to the Enter button.

As you walk or run on the treadmill, the center display can show the following workout information:

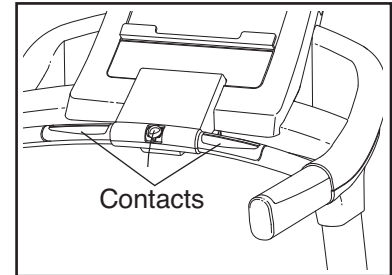
- The incline level of the treadmill.
- The speed of the walking belt.
- The distance that you have walked or run.
- The elapsed time.
- Your pace in minutes per kilometer.
- The approximate number of calories you have burned.
- Your heart rate (see step 6 on this page).

Regardless of which display mode you select, the speed and incline settings will appear in the speed and incline displays.

#### 6. Measure your heart rate if desired.

**Note: If you use the handgrip pulse sensor and the chest pulse sensor at the same time, the console will not display your heart rate accurately.** For information on the chest pulse sensor, see page 12.

Before using the handgrip pulse sensor, remove the sheets of plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails and hold the contacts—avoid moving your hands.** When your pulse is detected, several dashes will appear and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

#### 7. When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, press the power switch into the off position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**



## HOW TO USE A PERFORMANCE WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2. Select a performance workout.

If you have selected the manual mode, a workout, or the iFit training mode, press the Menu button to return to the main menu.

To select a performance workout, use the increase and decrease buttons next to the Enter button and highlight WORKOUTS. Press the Enter button. Then, highlight PERFORMANCE and press the Enter button. Next, highlight the desired workout category and press the Enter button. You can also press the Time button, Distance button, or Calories button.

Then, select the desired workout. The display will show the name, the duration, the maximum speed setting, the maximum incline setting, and a profile of the speed settings of the workout. Note: When a distance workout is selected, the duration of the workout will not appear in the display.

### 3. Start the workout.

Press the Enter button to start the workout. A moment after you press the button, the treadmill will

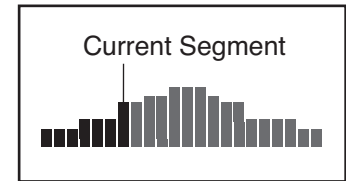
automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

Each performance workout is divided into segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and/or incline setting may be programmed for consecutive segments.

During the workout, the profile will show your progress. Press the Display button repeatedly to view the profile. The

flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound. If a new speed and/or incline setting is programmed for the next segment, the treadmill will automatically adjust to the new speed and incline settings.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.



**Note: The calorie goal for each calorie workout is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of the treadmill during the workout, the number of calories you burn will be affected.**

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start but-

ton or the Speed increase button. The walking belt will begin to move at 2 Km/H. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

**4. Select a display mode and monitor your progress with the display.**

See step 5 on page 16.

**5. Measure your heart rate if desired.**

See step 6 on page 16.

**6. When you are finished exercising, remove the key from the console.**

See step 7 on page 16.

## HOW TO CREATE A MY MEMORY WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2. Select a my memory workout.

To select a my memory workout, use the increase and decrease buttons next to the Enter button and highlight WORKOUTS. Press the Enter button. Then, highlight MEMORY and press the Enter button. You can also press the Memory buttons.

Use the increase and decrease buttons to select the desired workout. When you select a workout, the display will show the name, the duration, the maximum speed setting, the maximum incline setting, and a profile of the speed settings of the workout.

**If the my memory workout has already been defined, the display will show a profile with segments of different heights. See HOW TO USE A MY MEMORY WORKOUT on page 20.**

Each my memory workout is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment.

### 3. Start the walking belt and program the desired speed and incline settings.

Press the Enter button to start the workout. A moment after you press the button, the walking belt will begin to move. Hold the handrails and begin walking.

To program a speed setting and an incline setting for the first one-minute segment of the workout, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons.

When the first segment ends, a series of tones will sound and the current speed and incline settings will be saved in memory.

Program a speed setting and an incline setting for the second segment as described above. Continue programming speed and incline settings for up to 40 segments.

When you are finished with your workout, press the Stop button twice. The my memory workout will then be saved in memory.

### 4. Select a display mode and monitor your progress with the display.

See step 5 on page 16.

### 5. Measure your heart rate if desired.

See step 6 on page 16.

### 6. When you are finished exercising, remove the key from the console.

See step 7 on page 16.

## HOW TO USE A MY MEMORY WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 15.

### 2. Select a my memory workout.

To select a my memory workout, use the increase and decrease buttons next to the Enter button and highlight WORKOUTS. Press the Enter button. Then, highlight MEMORY and press the Enter button. You can also press the Memory buttons.

Use the increase and decrease buttons to select the desired workout. When you select a workout, the display will show the name, the duration, the maximum speed setting, the maximum incline setting, and a profile of the speed settings of the workout.

**Note: If the display shows flat profile, see HOW TO CREATE A MY MEMORY WORKOUT on page 19.**

Each my memory workout is divided into one-minute segments. One speed setting and one incline setting are programmed for each segment.

### 3. Start the walking belt.

Press the Enter button to start the workout. A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings that you programmed previously. Hold the handrails and begin walking.

During the workout, the profile will show your progress. Press the Display button repeatedly to view the profile. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment.

At the end of the first one-minute segment of the workout, a series of tones will sound. If a different

speed and/or incline setting is programmed for the second segment, the speed and/or incline setting will appear in the display for a moment to alert you and the treadmill will automatically adjust to the speed and incline settings for the second segment.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If desired, you can redefine the workout while using it. **To change the speed or incline setting for the current segment**, simply press the Speed or Incline buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the workout**, first wait until the workout ends. Then, press the Start button and program speed and incline settings for as many additional segments as desired; my memory workouts can have up to 40 segments. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the workout**, press the Stop button twice when you want the workout to end.

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 2 Km/H. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

### 4. Select a display mode and monitor your progress with the display.

See step 5 on page 16.

### 5. Measure your heart rate if desired.

See step 6 on page 16.

### 6. When you are finished exercising, remove the key from the console.

See step 7 on page 16.

## HOW TO USE THE IFIT TRAINING MODE

The optional iFit Live module allows your treadmill to communicate with your wireless network and unlocks exciting new features. For example, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **To purchase an iFit Live module at any time, go to [www.iFit.com](http://www.iFit.com) or call the telephone number on the front cover of this manual.** You must have an iFit Live module to use the iFit training mode.

To use the iFit training mode, use the increase and decrease buttons next to the Enter button and highlight IFIT TRAINING. Press the Enter button.

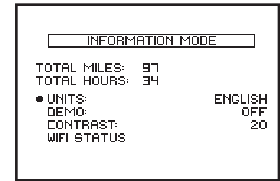
For more information on the iFit Live mode, go to [www.iFit.com](http://www.iFit.com). Note: To use an iFit Live module, you must have access to a computer with an internet connection and a USB port. You must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported). You will also need an iFit.com membership.

## THE INFORMATION MODE

The console features an information mode that keeps track of the total distance that the walking belt has moved and the total number of hours that the treadmill has been used. The information mode also allows you to select kilometers or miles to measure distance, and to turn on and turn off the display demo mode. You can also adjust the contrast level of the display and view the status of the optional iFit Live module.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:

The display will show the total number of miles that the walking belt has moved and the total number of hours the treadmill has been used.



The display will show the selected unit of measurement. To change the unit of measurement, press the Speed increase button. To view distance in kilometers, select METRIC. To view distance in miles, select ENGLISH.

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, press the power switch into the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, the word "ON" will appear in display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

The display will also show the contrast level of the display. Press the Incline increase and decrease buttons to adjust the contrast.

The display will show whether an accessory is plugged into the console. If the iFit Live module is plugged in, the display will show the words WIFI STATUS. If a USB device is plugged in, the display will show the words USB STATUS. If nothing is plugged in, the display will show the words NO MODULE DETECTED.

To exit the information mode, remove the key from the console.

## HOW TO USE THE STEREO SOUND SYSTEM

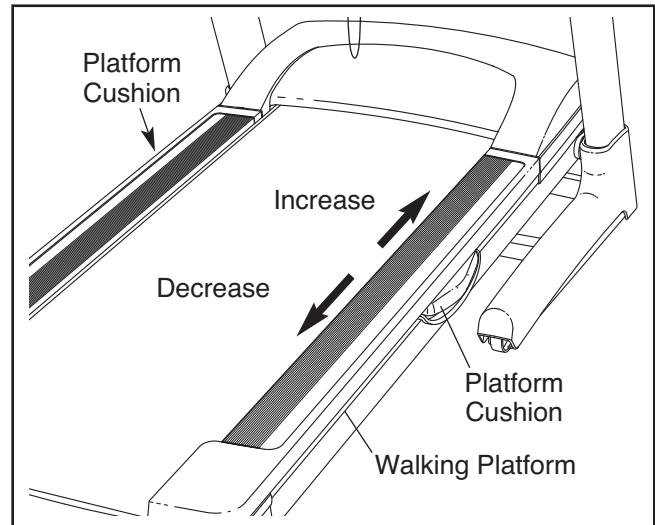
To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console. Locate the audio wire and plug it into the audio jack on the side of the console. Then, plug the other end into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Then, adjust the volume on your personal audio player or press the Vol increase and decrease buttons on the console.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

## HOW TO ADJUST THE CUSHIONING SYSTEM

**Remove the key from the console and unplug the power cord.** The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the platform cushions toward the front of the treadmill. To decrease the firmness, slide the platform cushions toward the back of the treadmill. **Note: Make sure that both cushions are set at the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**

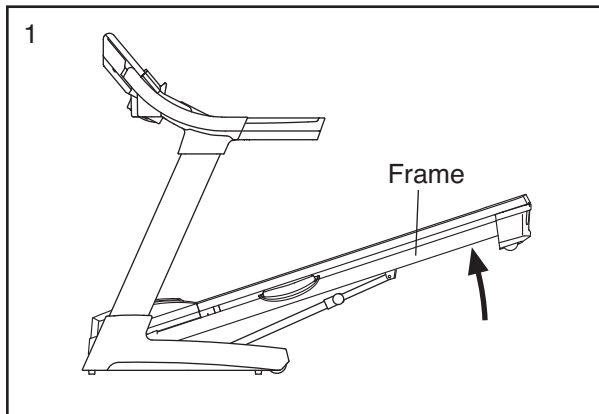


# HOW TO FOLD AND MOVE THE TREADMILL

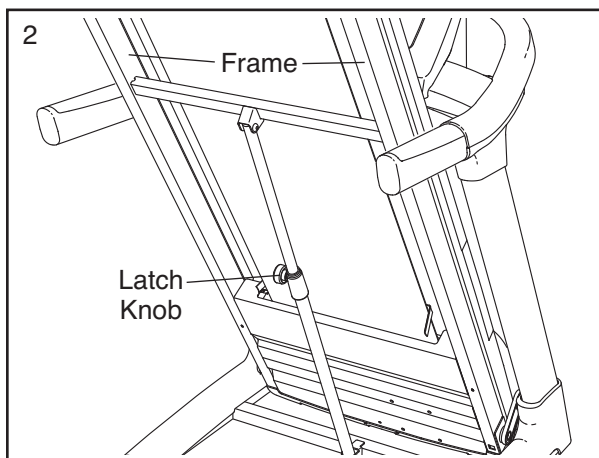
## HOW TO FOLD THE TREADMILL

To avoid damaging the treadmill, adjust the incline to the lowest position before you fold the treadmill. Then, remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow below. **CAUTION:** Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.



2. Raise the frame until the latch knob locks in the storage position. **CAUTION:** Make sure that the latch knob locks.

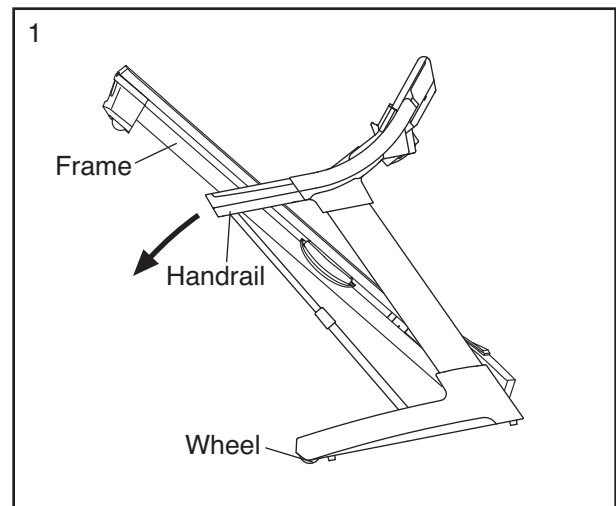


To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

## HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION:** Make sure that the latch knob is locked in the storage position. Moving the treadmill may require two people.

1. Hold the frame and one of the handrails, and place one foot against a wheel.



2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION:** Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.
3. Place one foot against a wheel, and carefully lower the treadmill.

## HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill frame with your right hand. Pull the latch knob to the left; if necessary, push the frame forward slightly. Pivot the frame downward a few inches, and release the latch knob.
2. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION:** Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.

# TROUBLESHOOTING

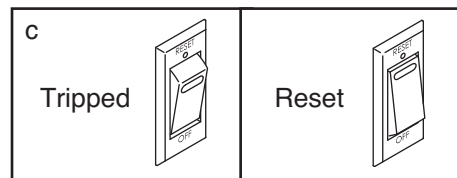
Most treadmill problems can be solved by following the steps below. Find the problem that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

## PROBLEM: The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a properly earthed outlet (see page 13). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm<sup>2</sup>) cord that is no longer than 5 ft. (1.5 m).

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the power switch located on the treadmill frame near the power cord. If the switch protrudes as shown, the power switch has tripped. To reset the switch, wait for five minutes and then press the switch into the reset position.



## PROBLEM: The power turns off during use

**SOLUTION:** a. Check the power switch (see the drawing above). If the power switch has tripped, wait for five minutes and then press the switch into the reset position.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

d. If the treadmill still will not run, please see the front cover of this manual.

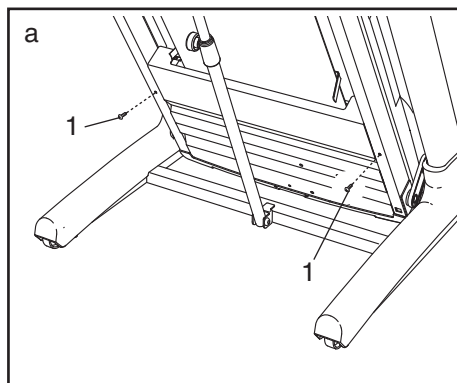
## PROBLEM: The console displays remain lit when you remove the key from the console

**SOLUTION:** a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 21 to turn off the demo mode.

## PROBLEM: The displays of the console do not function properly

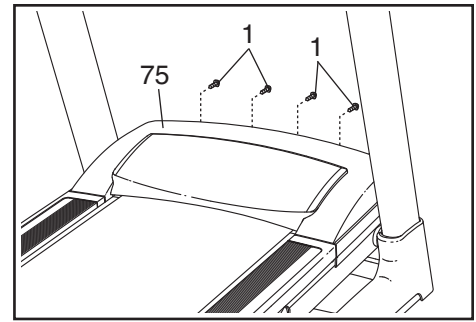
**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Then, place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL on page 23).

Next, remove the two indicated #8 x 3/4" Screws (1).



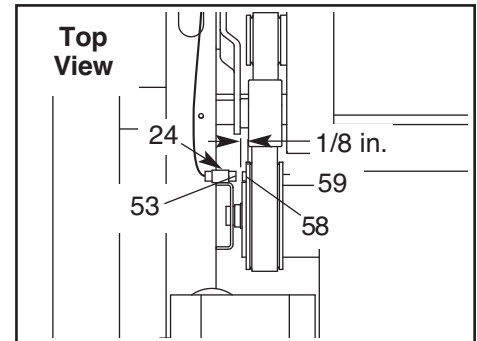


Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 23). Remove the four indicated #8 x 3/4" Screws (1), and remove the Motor Hood (75).



Next, locate the Reed Switch (53) and the Magnet (58) on the left side of the Pulley (59). Turn the Pulley until the Magnet is aligned with the Reed Switch.

**Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the indicated #8 x 3/4" Tek Screw (24), move the Reed Switch slightly, and then retighten the Tek Screw. Then, reattach the Motor Hood (not shown) with the six #8 x 3/4" Screws (not shown), and run the treadmill for a few minutes to check for a correct speed reading.



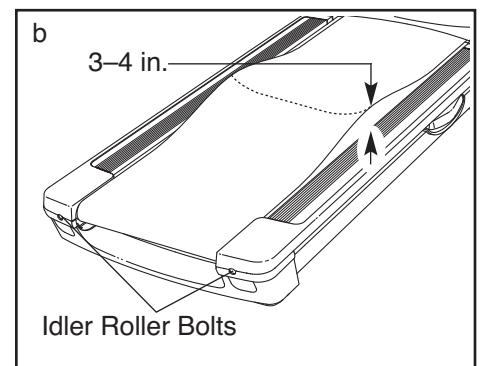
**PROBLEM: The incline of the treadmill does not change correctly**

**SOLUTION:** a. Hold down the Stop button and the Speed increase button, insert the key into the console, and then release the Stop button and the Speed increase button. Press the Stop button and then press the Incline increase or decrease button. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system. If the incline does not calibrate, press the Stop button again, and then press the Incline increase or decrease button again. When the incline is calibrated, remove the key from the console.

**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm<sup>2</sup>) cord that is no longer than 5 ft. (1.5 m).

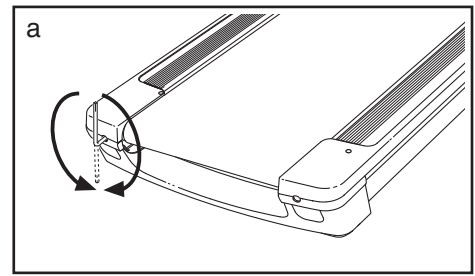
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



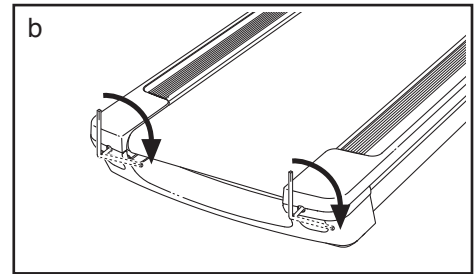
c. If the walking belt still slows when walked on, please see the front cover of this manual.

**PROBLEM: The walking belt is off-center or slips when walked on**

**SOLUTION:** a. If the walking belt is off-center, remove the key and **UNPLUG THE POWER CORD**. If the walking belt has shifted to the left, use the hex key to turn the left idler roller bolt clockwise 1/2 of a turn; if the walking belt has shifted to the right, turn the left idler roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both idler roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



**PROBLEM: The console display has lines running through it**

**SOLUTION:** a. If lines appear in the console display, see THE INFORMATION MODE on page 21 and adjust the contrast level of the display.

# EXERCISE GUIDELINES

**⚠ WARNING:** Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

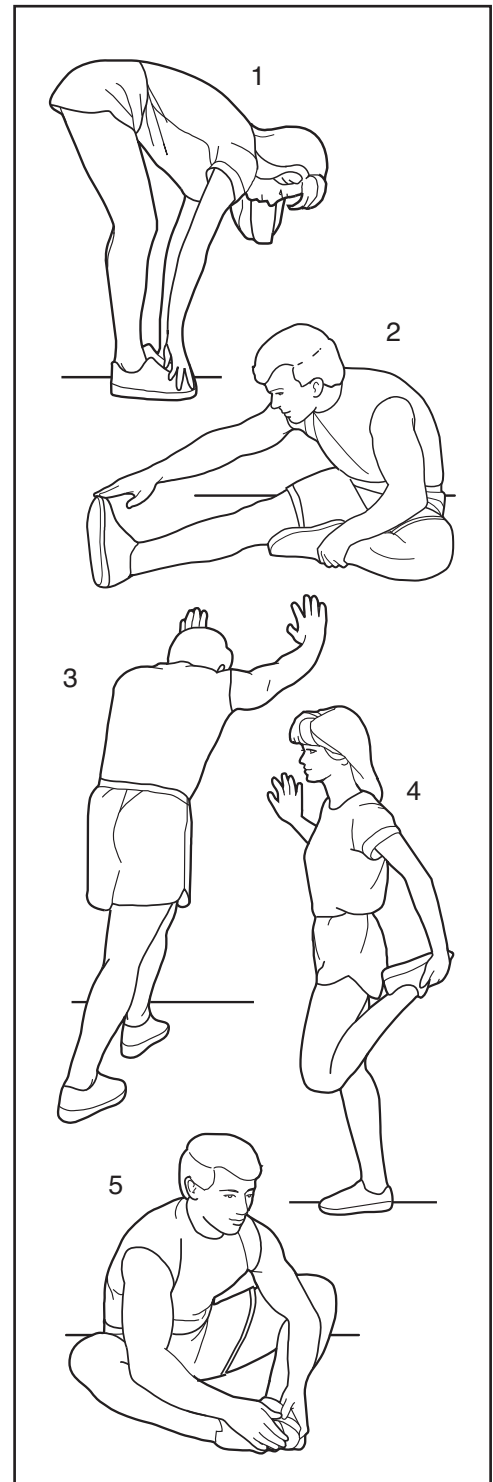
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



# PART LIST—Model No. NETL14710.0

R0810A

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

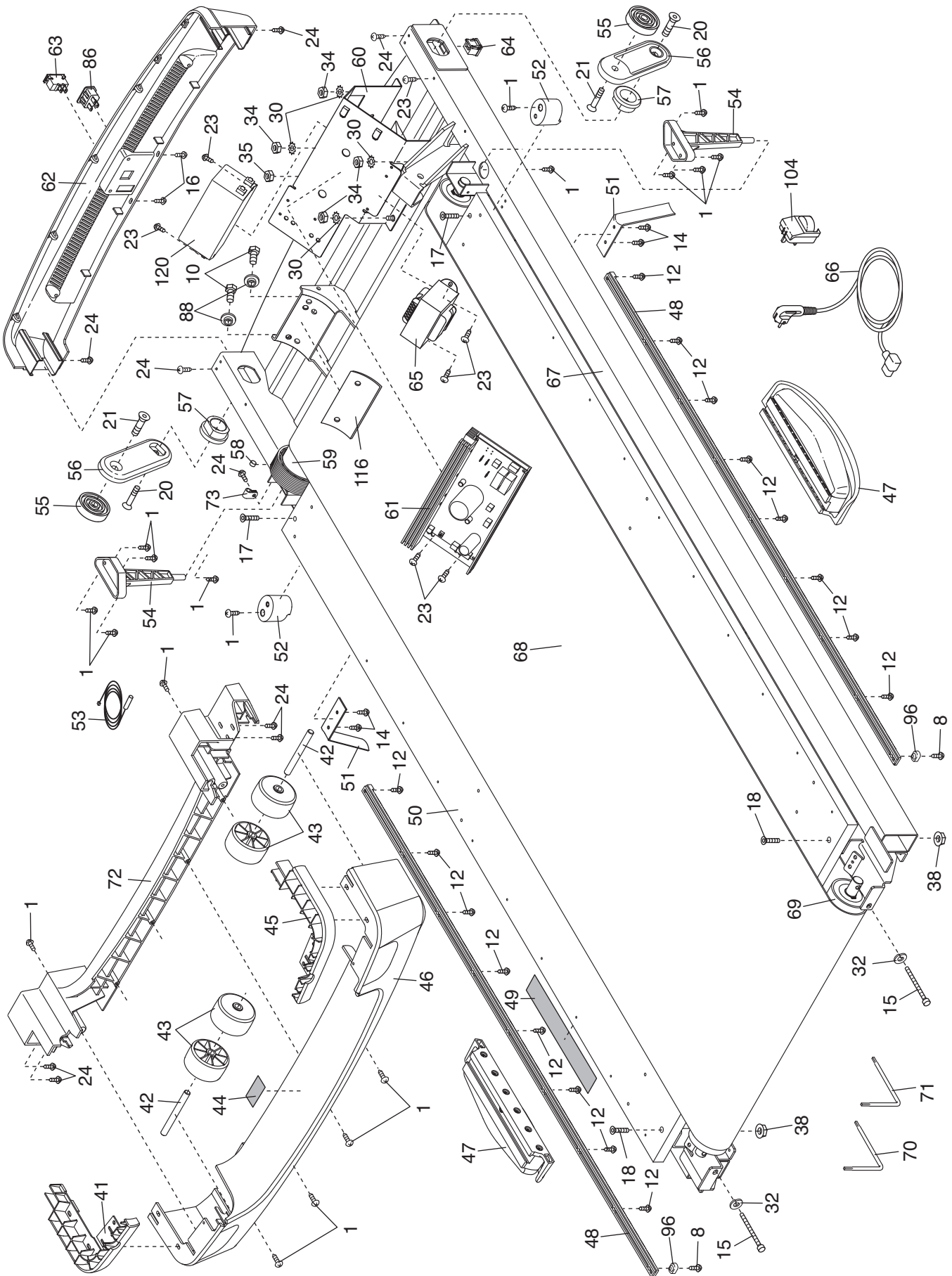
Key No.	Qty.	Description	Key No.	Qty.	Description
1	54	#8 x 3/4" Screw	51	2	Belt Guide
2	6	3/8" x 1 1/4" Bolt	52	2	Isolator
3	1	3/8" x 1 3/4" Bolt	53	1	Reed Switch
4	1	3/8" x 2" Bolt	54	2	Hood Mount
5	4	3/8" x 3 3/4" Bolt	55	2	Lift Arm Spacer
6	10	3/8" Star Washer	56	2	Lift Arm
7	8	3/8" Jam Nut	57	2	Incline Rod Spacer
8	2	#8 x 1" Screw	58	1	Magnet
9	2	#8 x 1/2" Screw	59	1	Drive Roller/Pulley
10	2	Drive Motor Bolt	60	1	Electronics Bracket
11	1	3/8" x 1 3/4" Hex Head Bolt	61	1	Controller
12	16	#8 x 3/4" Flat Head Screw	62	1	Front Cap
13	1	3/8" x 2" Hex Head Bolt	63	1	Power Switch
14	4	#8 Belt Guide Screw	64	2	Upright Wire Grommet
15	2	1/4" x 2 1/2" Bolt	65	1	Transformer
16	16	#8 x 1/2" Screw	66	1	Power Cord
17	2	1/4" x 1 1/4" Bolt	67	1	Frame
18	2	5/16" x 1 1/4" Bolt	68	1	Walking Belt
19	12	#12 x 1" Screw	69	1	Idler Roller
20	2	3/8" x 3/4" Bolt	70	1	Hex Key
21	2	3/8" x 1 3/4" Bolt	71	1	5/32" Hex Key
22	2	3/8" x 2 3/8" Bolt	72	1	Rear Foot Insert
23	9	#8 x 1/2" Washer Head Screw	73	1	Reed Switch Clamp
24	15	#8 x 3/4" Tek Screw	74	1	Incline Sensor Wire
25	4	#8 x 1" Screw	75	1	Motor Hood
26	8	#8 x 3/4" Pan Head Tek Screw	76	1	Incline Rod
27	1	Console	77	1	Incline Motor
28	4	#8 Star Washer	78	1	Incline Motor Wire
29	4	#8 x 1" Tek Screw	79	1	Stop Bracket
30	4	1/4" Star Washer	80	1	Stop Bracket Spacer
31	1	Right Pulse Grip	81	1	Drive Motor Belt
32	2	1/4" Split Washer	82	1	Drive Motor
33	4	Base Pad Spacer	83	1	Left Rail Cover
34	4	1/4" Locknut	84	1	Left Foot Rail
35	1	#8 Locknut	85	1	Right Rail Cover
36	1	Access Door	86	1	Receptacle
37	4	Hood Clip	87	1	Storage Latch
38	2	5/16" Flange Nut	88	2	Motor Bushing
39	1	Left Pulse Grip	89	1	Left Upright Sleeve
40	4	Handrail Cover Fastener	90	1	Right Upright Sleeve
41	1	Left Foot Insert	91	1	Left Upright
42	2	Rear Wheel Axle	92	1	Right Upright
43	4	Rear Wheel	93	1	Upright Wire
44	4	Caution Decal	94	1	Key/Clip
45	1	Right Foot Insert	95	1	Right Foot Rail
46	1	Rear Foot	96	2	Cushion Stop
47	2	Platform Cushion	97	6	Releasable Tie
48	2	Cushion Track	98	2	Tie Clamp
49	1	Warning Decal	99	9	Plastic Tie
50	1	Walking Platform	100	1	Left Base Cover

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Wheel	112	2	Console Clamp
102	1	Right Base Cover	113	1	Speaker Cover
103	1	Base	114	1	Console Wire
104	1	Power Cord Adapter	115	1	Module Housing
105	4	Base Pad	116	1	Motor Isolator
106	1	Console Base	117	1	Audio Wire
107	2	Console Ground Wire	118	1	Chest Pulse Sensor
108	1	Console Plate	119	1	Chest Pulse Strap
109	2	Handrail Cap	120	1	Filter
110	1	Handrail	*	–	User's Manual
111	2	Handrail Grip			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

# EXPLODED DRAWING A—Model No. NETL14710.0

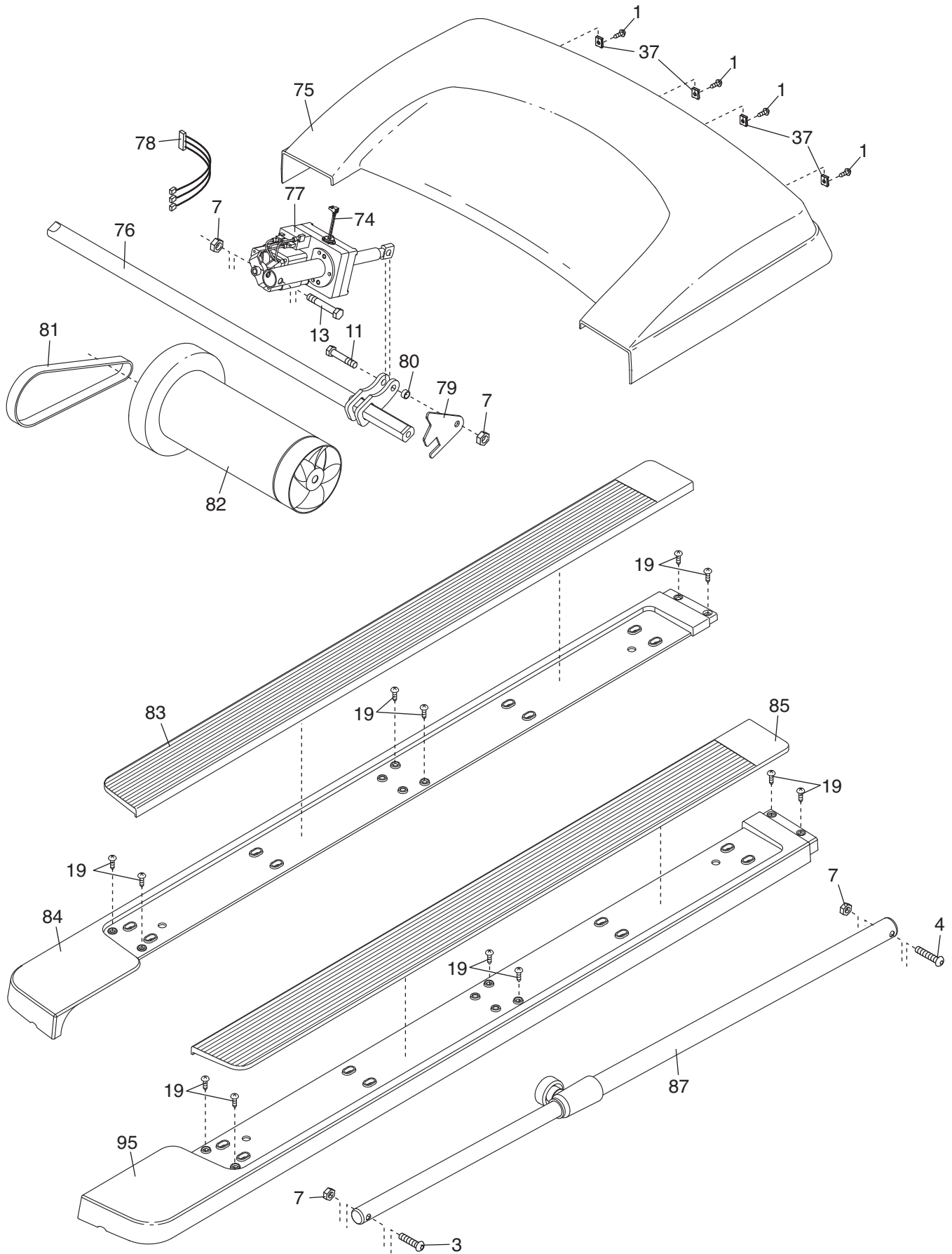
R0810A





# EXPLODED DRAWING B—Model No. NETL14710.0

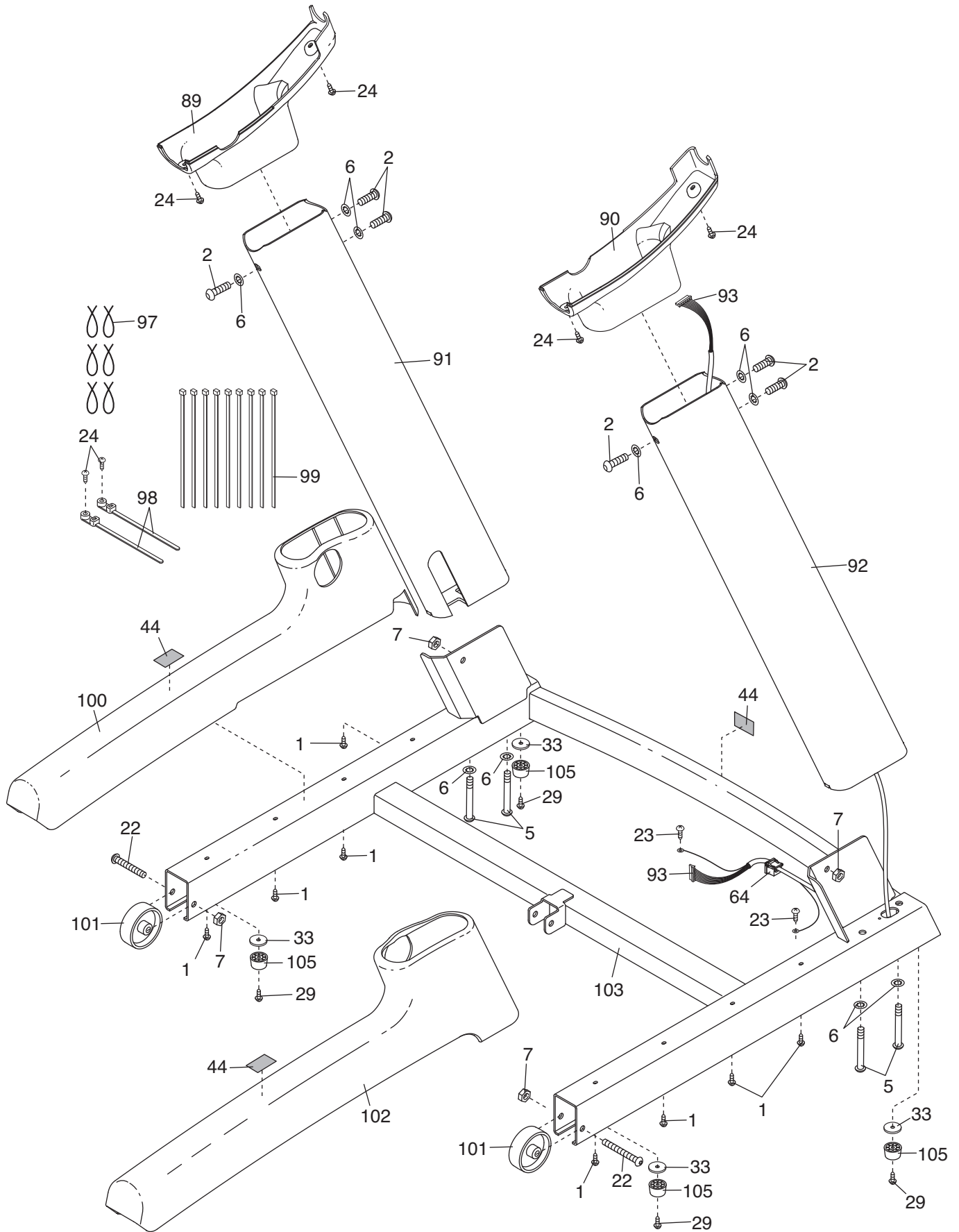
R0810A





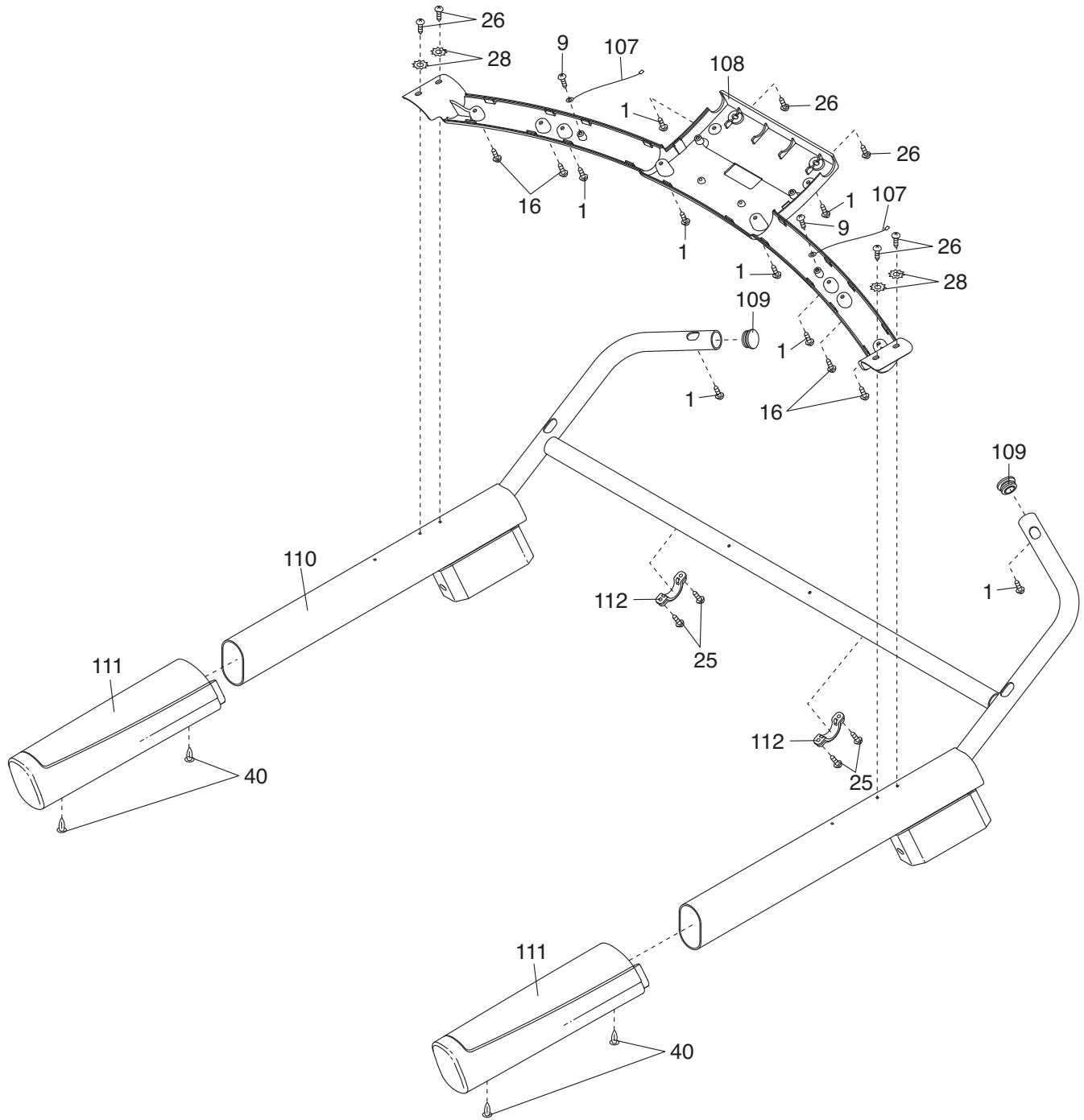
# EXPLODED DRAWING C—Model No. NETL14710.0

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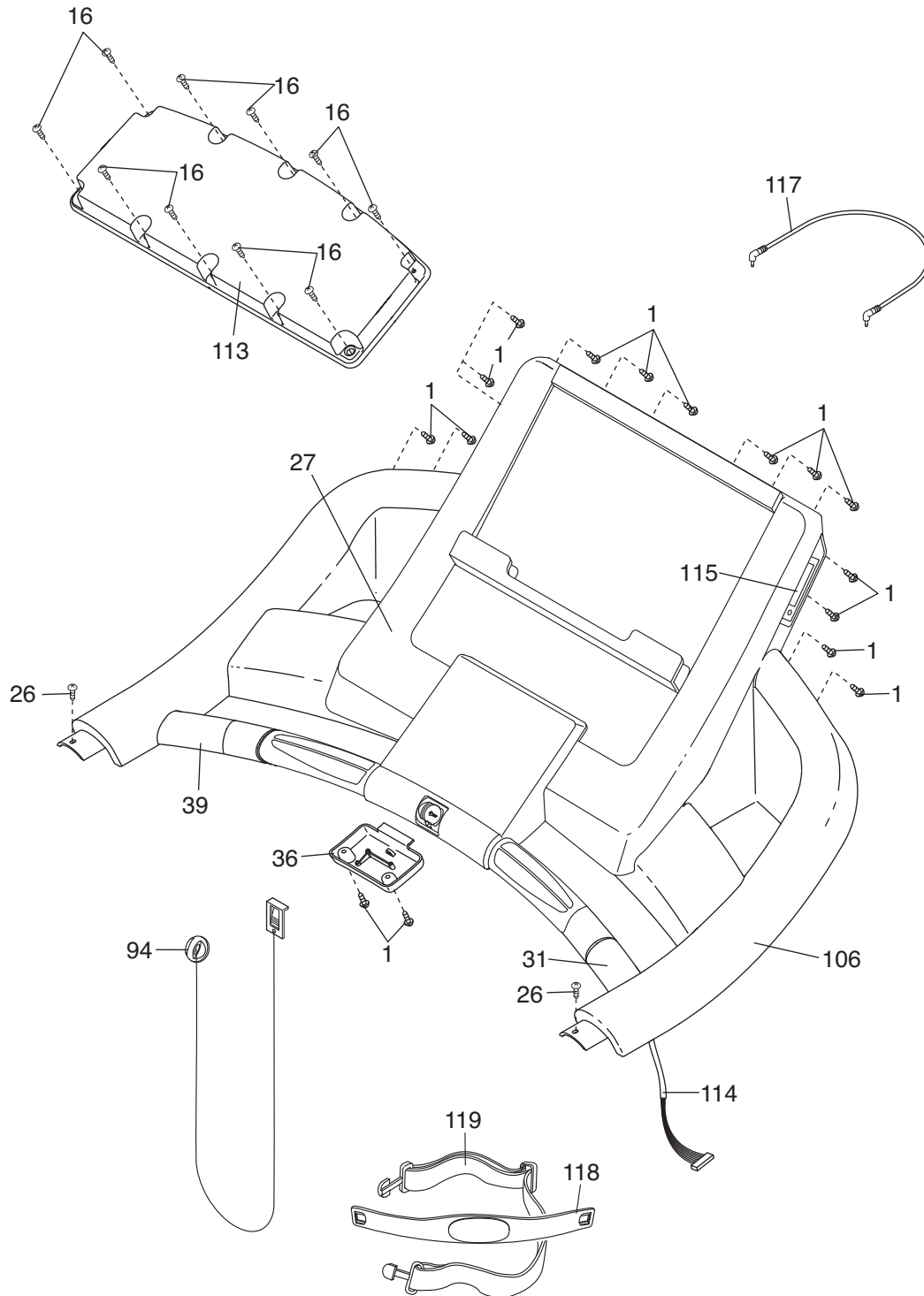
# EXPLODED DRAWING D—Model No. NETL14710.0

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# EXPLODED DRAWING E—Model No. NETL14710.0

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## ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

- the model number and the serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

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## RECYCLING INFORMATION

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.**

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

