NordicTrack® C 3000

With Universal Dock for iPod®

Serial Number Decal

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us at the numbers or addresses listed below:

Call: 08457 089 009
Outside UK: 0 (44) 113 3877133

Fax: 0 (44) 113 3877125

E-mail: csuk@iconeurope.com

Write:
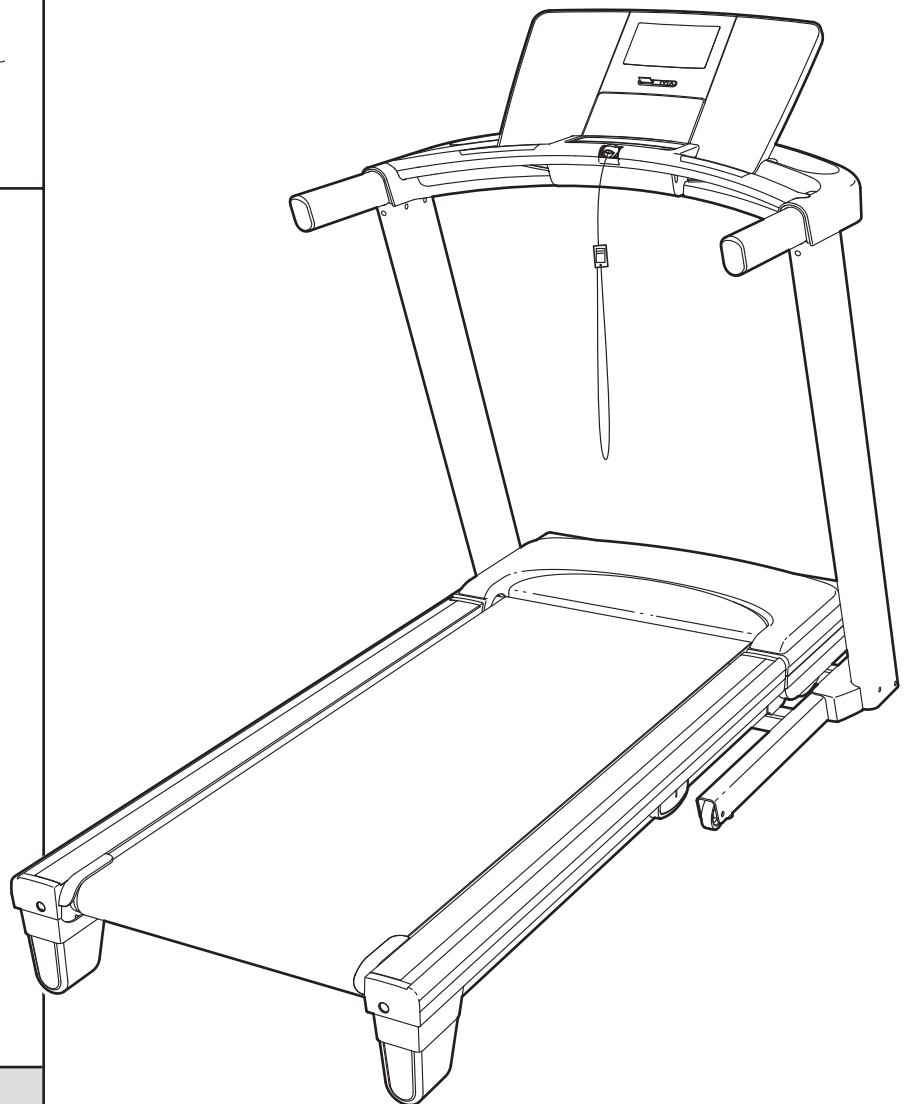**ICON Health & Fitness, Ltd.**
Unit 4
Revie Road Industrial Estate
Revie Road, Beeston
Leeds, LS11 8JG,
UK

⚠ CAUTION

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

Made for iPod

Visit our website at
www.iconeurope.com

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **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.
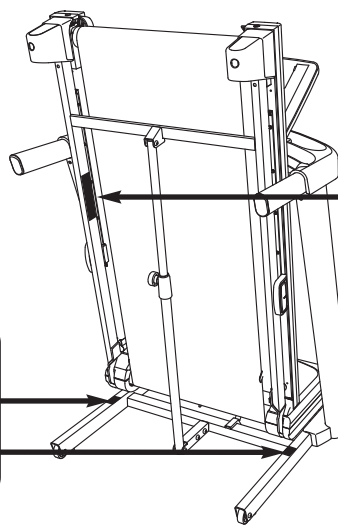
⚠WARNING:

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 tread-mill 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.
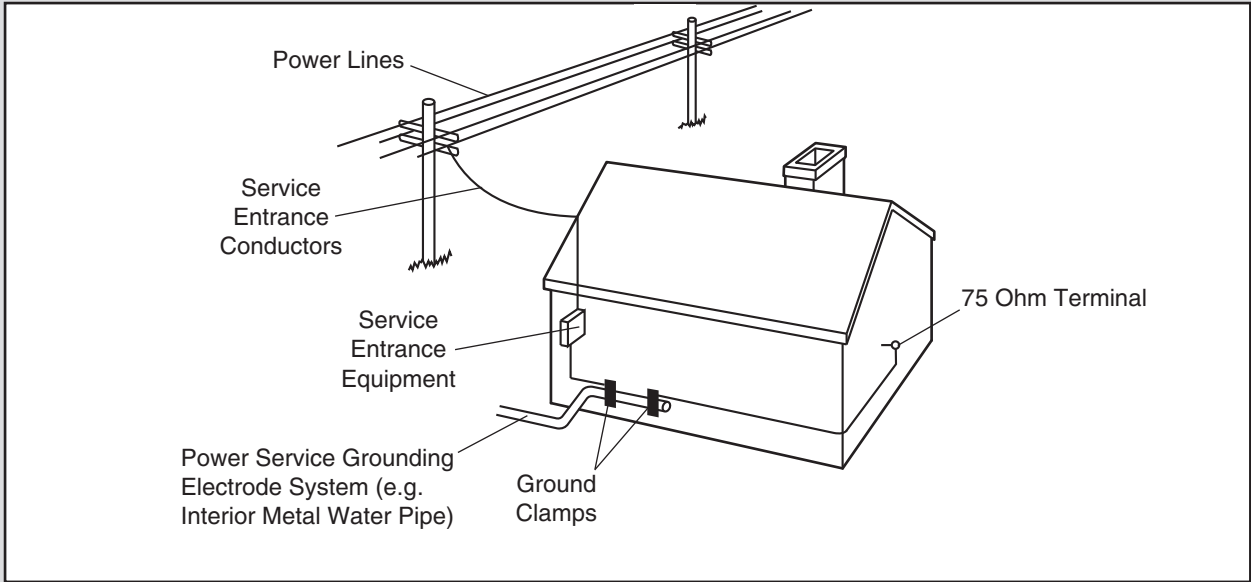- Always wear athletic shoes while operating treadmill.

NordicTrack is a registered trademark of ICON IP, Inc.
iPod is a trademark of Apple Computer, Inc., registered in the U.S. and other countries

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 any exercise program, consult your physician. This is especially important for persons over the age of 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. 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.

5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

7. Keep children under the age of 12 and pets away from the treadmill at all times.

8. The treadmill should be used only by persons weighing 319 lbs. (145 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 14), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.

12. If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 1.5 m.

13. Keep the power cord and the surge suppressor 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 29 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 16).

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 switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 6 for the location of the circuit breaker.)

20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 7, and HOW TO FOLD AND MOVE THE TREADMILL on page 27.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

21. When folding or moving the treadmill, make sure that the frame is held securely in the storage position.

22. Never insert any object into any opening on the treadmill.

23. Inspect and properly tighten all parts of the treadmill regularly.

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. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

26. To reduce the risk of electric shock, do not remove the cover or the back of the television. There are no user serviceable parts inside. Refer servicing to qualified service personnel.

27. To protect the treadmill and TV during lightning storms, unplug the power cord from the wall outlet and disconnect the cable system. This will prevent damage due to lightning and power line surges.

28. Upon completion of any service or repairs to the treadmill or the television, ask the service technician to perform safety checks to confirm that the unit is in proper operating condition.

Note to CATV system installer: See Local Codes for grounding requirements.

Power Lines

Service
Entrance
Conductors

Service
Entrance
Equipment

75 Ohm Terminal

Power Service Grounding
Electrode System (e.g.
Interior Metal Water Pipe)

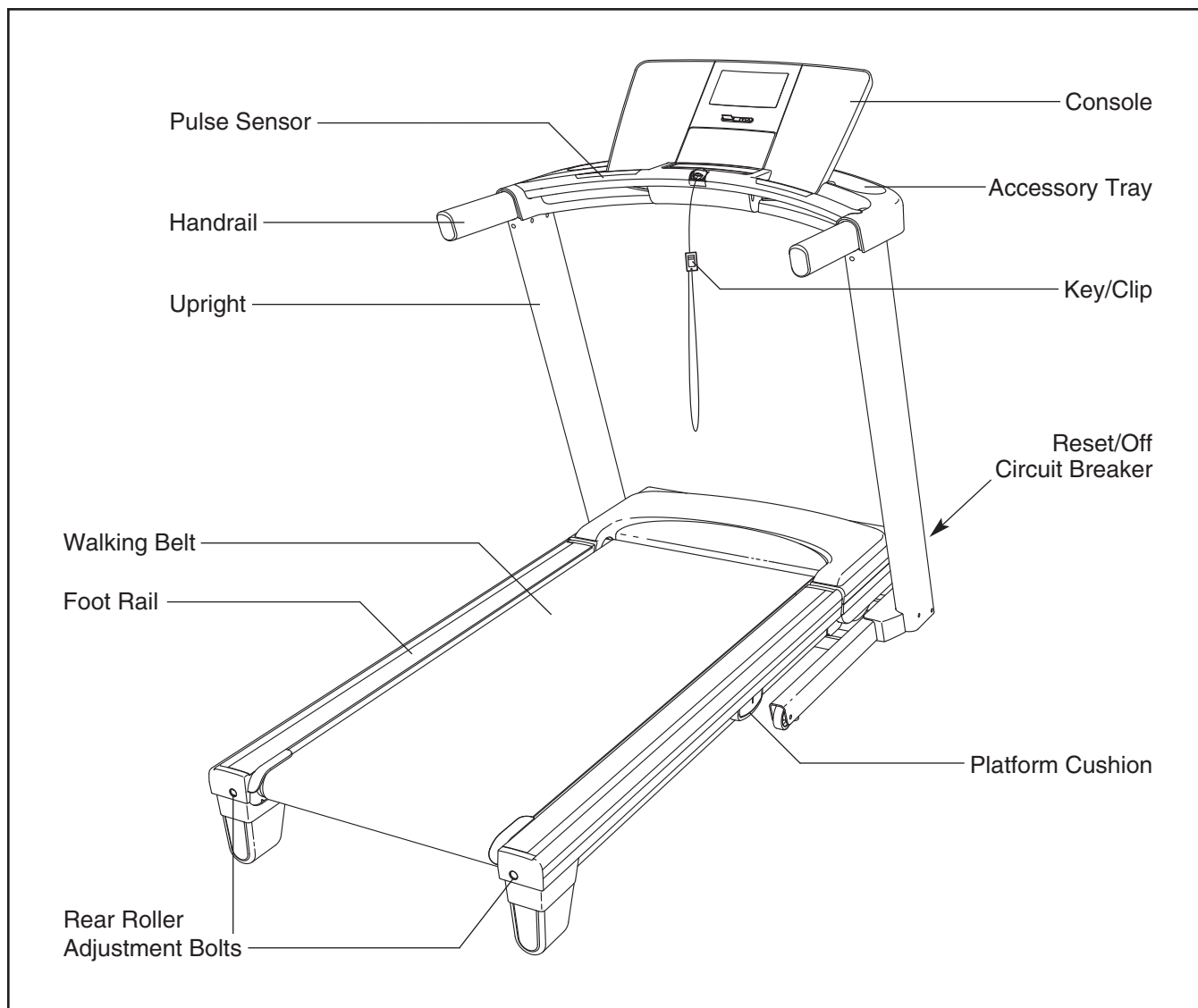Ground
Clamps

SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® C 3000 treadmill with Universal Dock for iPod®. The C 3000 treadmill offers a selection of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique C 3000 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 familiarize yourself with the parts that are labeled in the drawing below.

Pulse Sensor

Handrail

Upright

Walking Belt

Foot Rail

Rear Roller
Adjustment Bolts

Console

Accessory Tray

Key/Clip

Reset/Off
Circuit Breaker

Platform Cushion

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, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill 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.

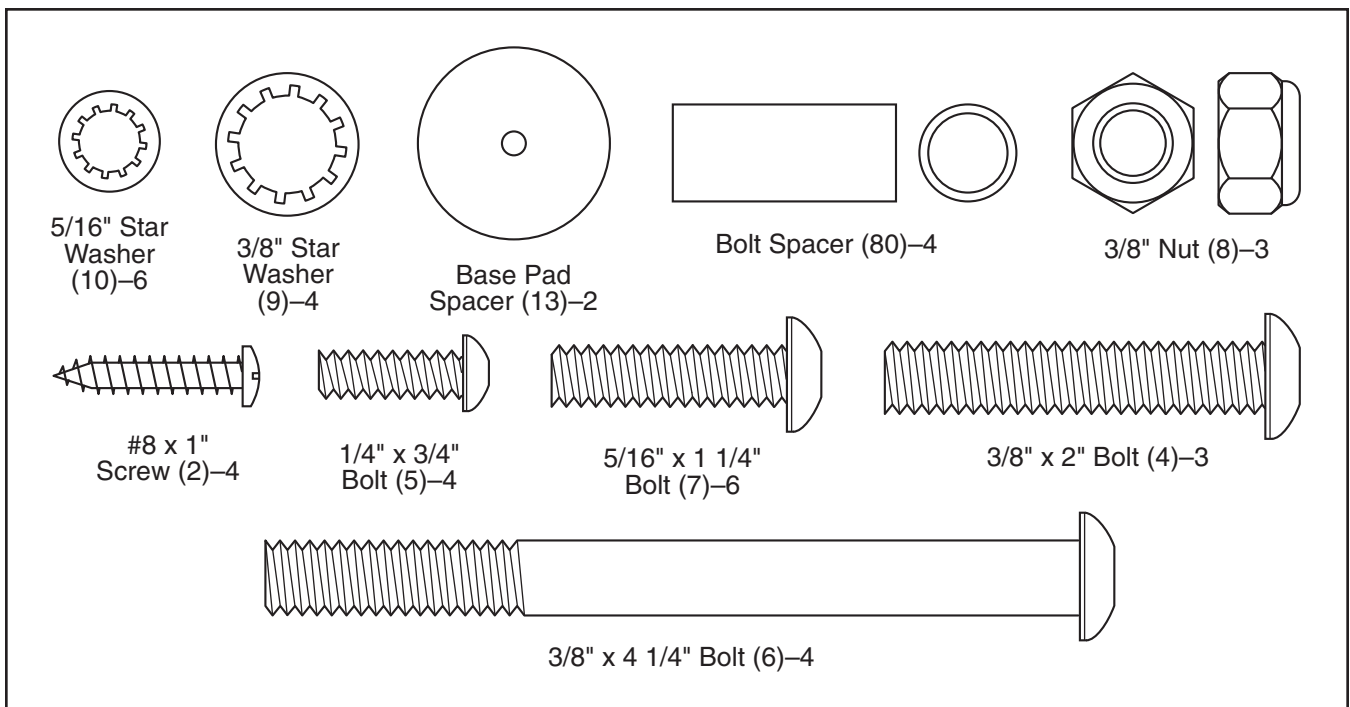**Assembly requires the included hex keys ⬩ and your own Phillips screwdriver**⬩ , **adjustable wrench** ⬩ , **rubber mallet** ⬩ , **and scissors** ⬩ .

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: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**

5/16" Star Washer (10)–6

3/8" Star Washer (9)–4

Base Pad Spacer (13)–2

Bolt Spacer (80)–4

3/8" Nut (8)–3

#8 x 1" Screw (2)–4

1/4" x 3/4" Bolt (5)–4

5/16" x 1 1/4" Bolt (7)–6

3/8" x 2" Bolt (4)–3

3/8" x 4 1/4" Bolt (6)–4

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

    Remove the 3/8" Nut (8), the 3/8" x 2" Bolt (4), and the shipping bracket (A) from the Base (83). **Repeat this step on the other side of the treadmill.** Discard the shipping brackets; the Nuts and Bolts will be used in steps 3 and 6.
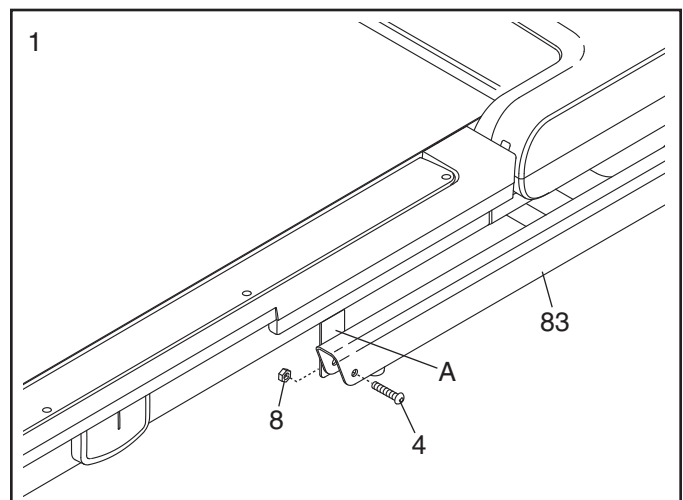
2. **Make sure that the power cord is unplugged.**

   With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (56) so that the treadmill is more stable; **do not fully fold the Frame yet.**

   Cut the tie securing the Upright Wire (38) to the Base (83). Locate the tie in the indicated hole in the Base, and use the tie to pull the Upright Wire out of the hole.

   Attach a Base Pad (81) to the Base (83) in the location shown with a Base Pad Spacer (13) and a #8 x 1" Screw (2). Then, attach another Base Pad (81) with only a #8 x 1" Screw (2).
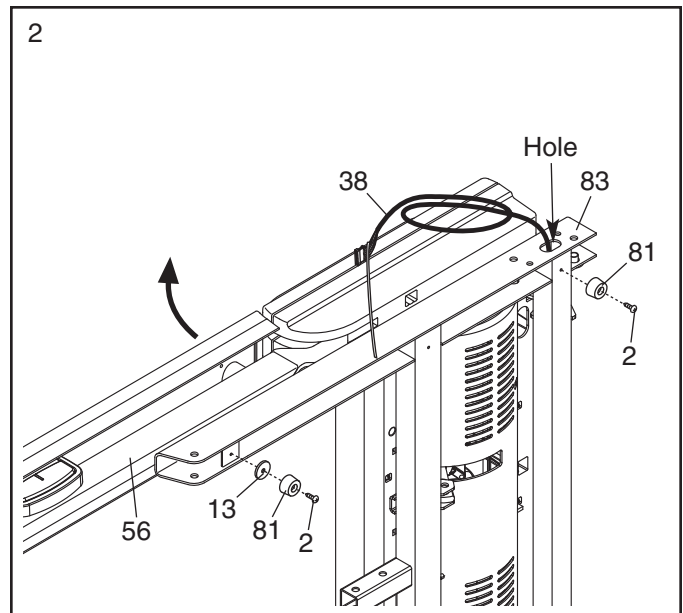
3. Attach a Wheel (84) with the 3/8" x 2" Bolt (4) and the 3/8" Nut (8) that you removed in step 1. **Do not overtighten the Nut; the Wheel must turn freely.**
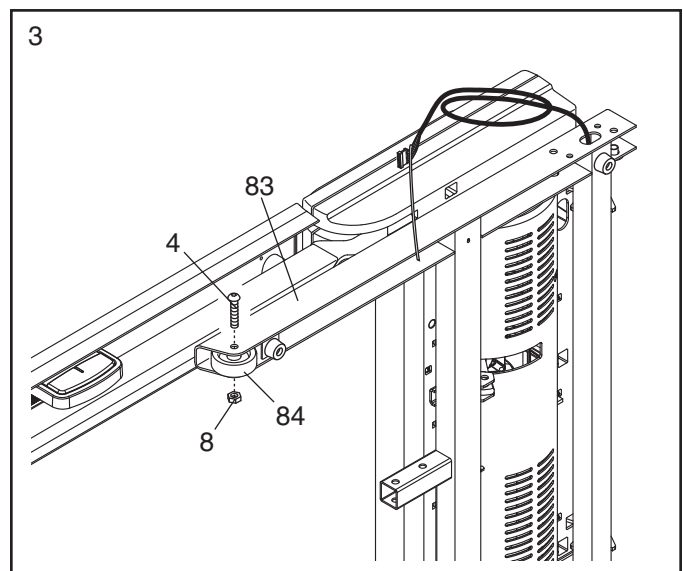
4. Identify the Right Upright (78) and the Right Upright Spacer (79), which are marked with stickers. Insert the Upright Wire (38) through the Right Upright Spacer as shown.

   See the inset drawing. Tie the wire tie in the Right Upright (78) securely around the end of the Upright Wire (38). With the help of a second person, hold the Right Upright near the Base (83). Then, pull the other end of the wire tie until the Upright Wire is routed completely through the Right Upright.
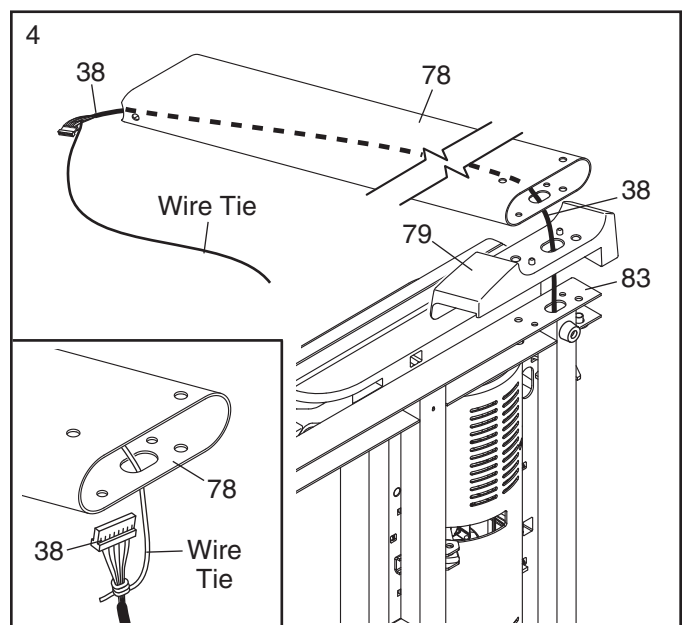
5. Set the Right Upright Spacer (79) on the Base (83). **Be careful not to pinch the Upright Wire (38).** With the help of a second person, hold a Bolt Spacer (80) inside the lower end of the Right Upright (78). Insert a 3/8" x 4 1/4" Bolt (6) with a 3/8" Star Washer (9) into the Right Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (80), 3/8" x 4 1/4" Bolt (6), and 3/8" Star Washer (9).** Then, set the Right Upright in the Right Upright Spacer.

Tighten the 3/8" x 4 1/4" Bolts (6) with your fingers; **do not fully tighten the Bolts yet.**

6. With the help of a second person, carefully tip the treadmill onto its right side. Partially fold the Frame (56) so the treadmill is more stable; **do not fully fold the Frame yet.**

Attach a Base Pad (81) to the Base (83) in the location shown with a #8 x 1" Screw (2) and a Base Pad Spacer (13). Then, attach another Base Pad (81) with only a #8 x 1" Screw (2).

Attach a Wheel (84) with the 3/8" x 2" Bolt (4) and the 3/8" Nut (8) that you removed in step 1. **Do not overtighten the Nut; the Wheel must turn freely.**
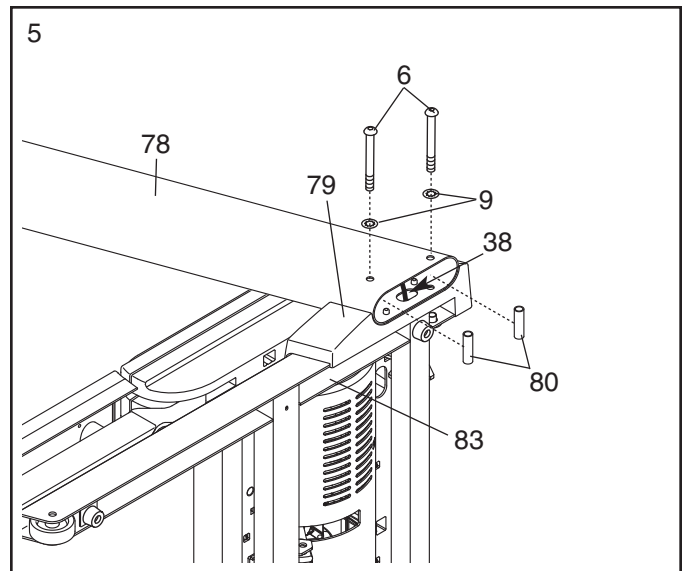

7. Insert the Upright AV Cable (116) through the hole in the Base (83), through the Left Upright Spacer (76), and up through the Left Upright (74).

Set the Left Upright Spacer (76) on the Base (83). With the help of a second person, hold a Bolt Spacer (80) inside the lower end of the Left Upright (74). Insert a 3/8" x 4 1/4" Bolt (6) with a 3/8" Star Washer (9) into the Left Upright and the Bolt Spacer. **Repeat this step with a second Bolt Spacer (80), 3/8" x 4 1/4" Bolt (6), and 3/8" Star Washer (9).** Then, set the Left Upright in the Left Upright Spacer.
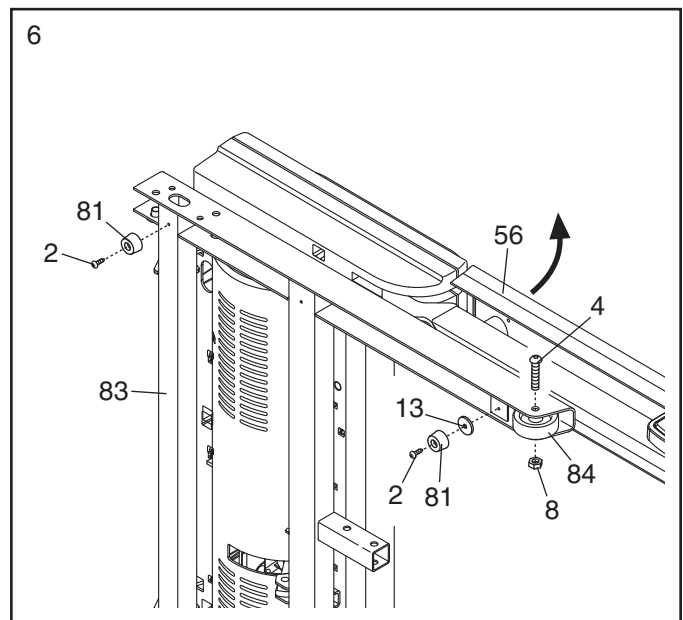
Tighten the 3/8" x 4 1/4" Bolts (6) with your fingers; **do not fully tighten the Bolts yet.**

With the help of a second person, tip the treadmill so that the Base (83) is flat on the floor.
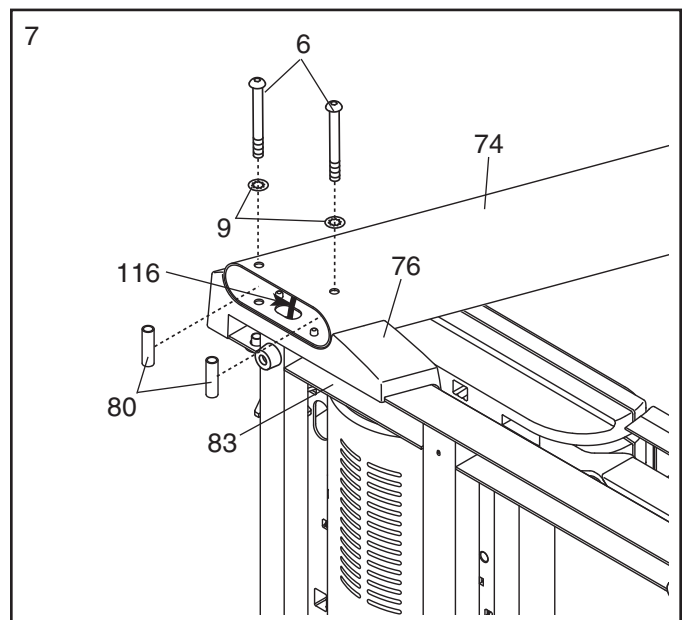
8. With the help of a second person, hold the handrail assembly near the Right Upright (78) and the Left Upright (74). Connect the Upright Wire (38) to the console wire. **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

Connect the Upright AV Cable (116) in the Left Upright (74) to the 30" AV Cable (118).

Remove the wire tie from the Upright Wire (38).
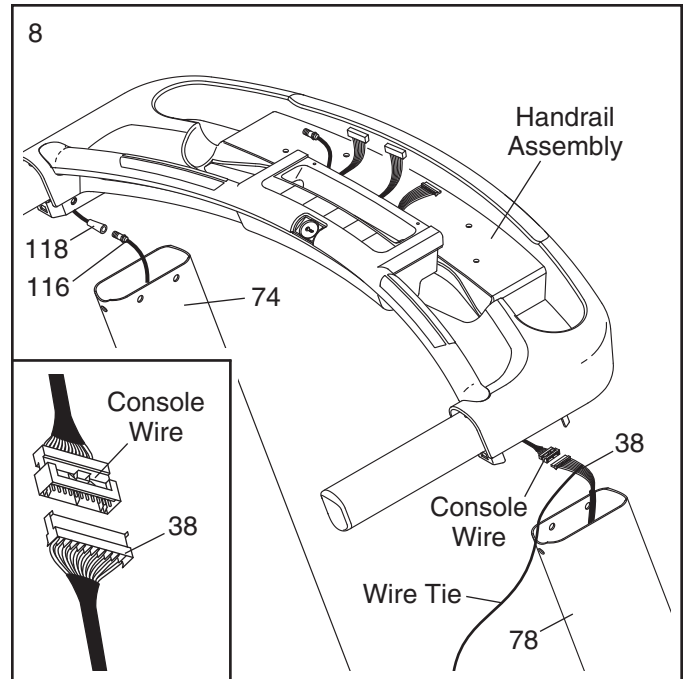
9. Set the handrail assembly on the Uprights (74, 78). **Be careful not to pinch any wires.**

Attach the handrail assembly to the Uprights (74, 78) with six 5/16" x 1 1/4" Bolts (7) and six 5/16" Star Washers (10) as shown.

See assembly steps 5 and 7. Firmly tighten the 3/8" x 4 1/4" Bolts (6).
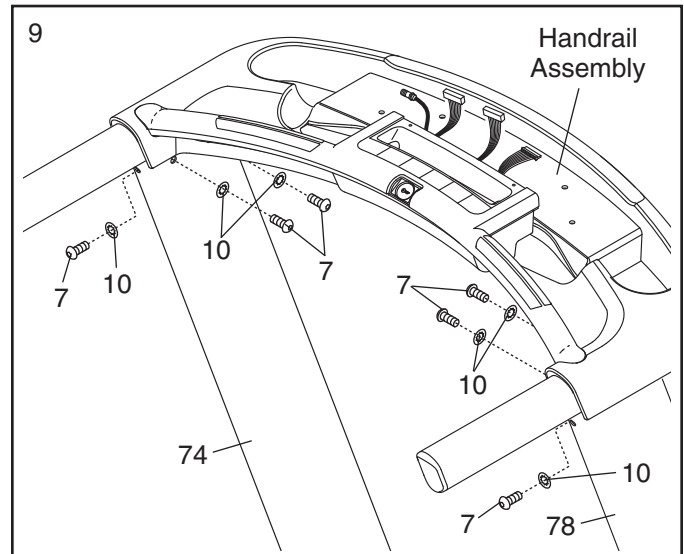
10. With the help of a second person, hold the console assembly near the handrail assembly. Connect the five wires from the console assembly to the five wires from the handrail assembly. **See the inset drawing in step 8. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**
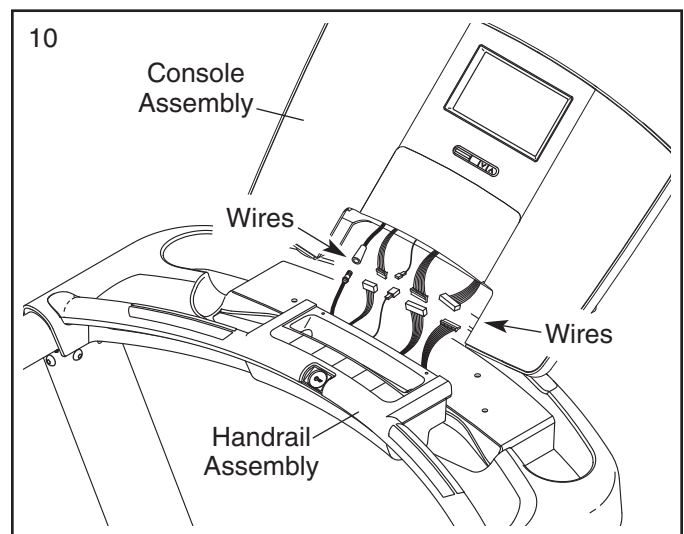
11. Insert the wires from the console assembly into the handrail assembly.

    Attach the console assembly to the handrail assembly with four 1/4" x 3/4" Bolts (5). **Be careful not to pinch the wires.**

11

Console Assembly

Handrail Assembly

Wires   5

5
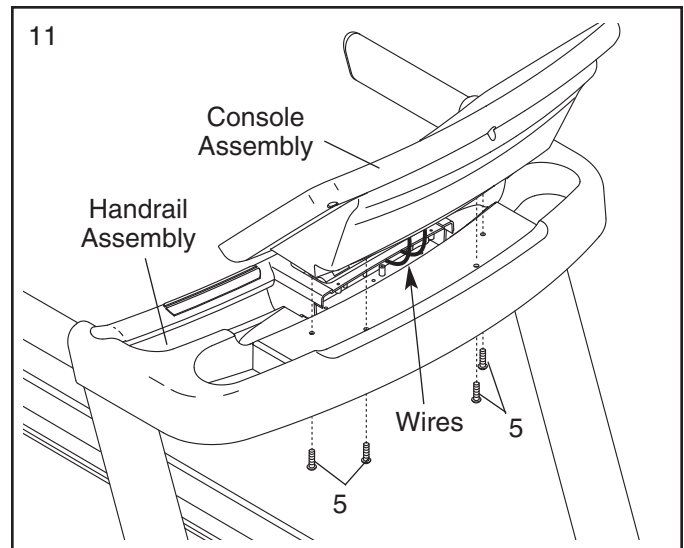
12. Identify the Storage Latch (53). Remove the tie from the end of the tube. Make sure that the sleeve has been slid over the indicated hole and that the Latch Knob (54) is locked into the hole. **Pull on the sleeve to make sure that it is locked into place.**

12

54

Hole

Tube

Sleeve

53
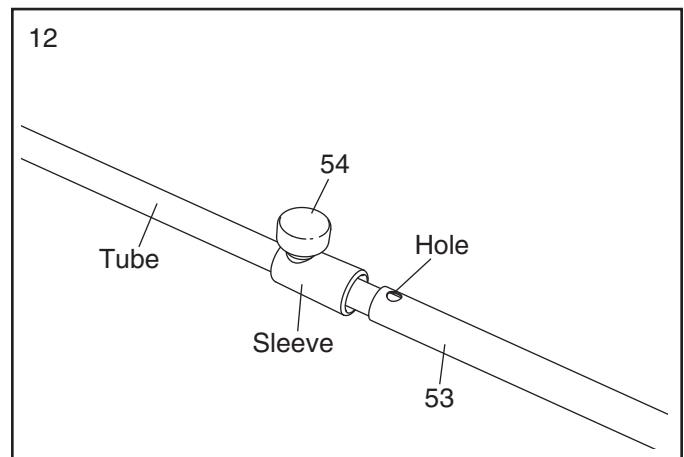
13. Raise the Frame (56) to the position shown. **Have a second person hold the Frame until this step is completed.**

    Orient the Storage Latch (53) so that the large barrel and the Latch Knob (54) are in the positions shown. Attach the Latch Bracket (14) and Storage Latch (53) to the Base (83) with two 3/8" x 2" Bolts (4) and two 3/8" Nuts (8).

    Attach the upper end of the Storage Latch (53) to the bracket on the Frame (56) with a 3/8" x 2" Bolt (4) and a 3/8" Nut (8). Note: It may be necessary to move the Frame back and forth to align the Storage Latch with the bracket.

    Lower the Frame (56) (see HOW TO LOWER THE TREADMILL FOR USE on page 28).

13   56

8   4

53

54

Large Barrel

14   83

8

4
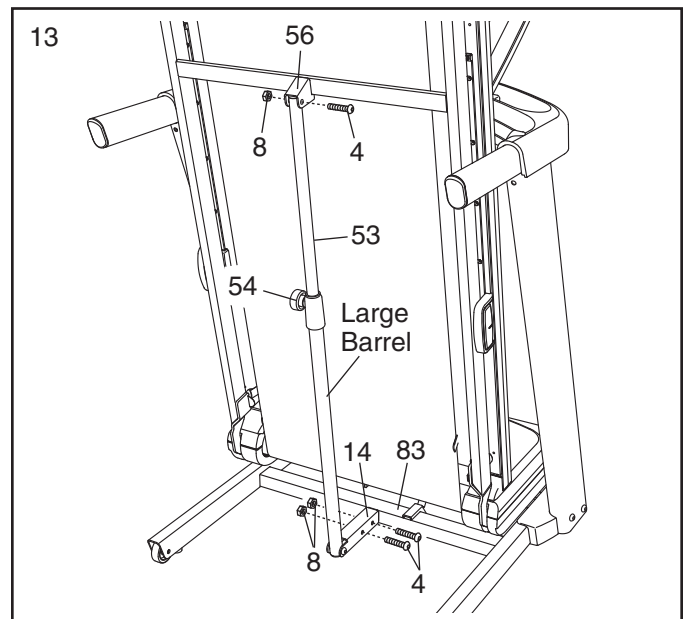
14. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see pages 30 and 31).

Before operating the television, you must connect a 75 ohm CATV cable to the 75 ohm terminal on the treadmill, a VCR or DVD player to the audio/video input jack, or a personal audio/video player to the audio/video jack on the console. Note: Use a CATV cable to connect to an external source such as a cable box, analog cable, satellite TV box, or VCR. No CATV cable is included.

HOW TO CONNECT A 75 OHM CATV CABLE

1. Connect a 75 ohm CATV cable to the 75 ohm terminal on the treadmill frame near the uprights.

75 Ohm CATV Cable

75 Ohm Terminal
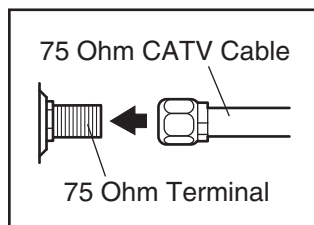
HOW TO CONNECT AN EXTERNAL SOURCE USING A CATV CABLE

1. Connect one end of a 75 ohm CATV cable to the 75 ohm output jack on your external source.

2. Plug in the power cord of your external source. See your external source's user's manual for proper grounding instructions.

3. Connect the 75 ohm CATV cable to the 75 ohm terminal on the treadmill frame near the uprights.

HOW TO CONNECT A DVD PLAYER OR VCR USING THE AUDIO/VIDEO INPUT JACK

1. Connect one end of an RCA component audio/video cable to your DVD player or VCR.

2. Plug in the power cord of your DVD player or VCR. See your DVD player or VCR user's manual for proper grounding instructions.

3. Connect the RCA component audio/video cable to the audio/video input jack on the back of the console.

HOW TO CONNECT A PERSONAL AUDIO/VIDEO PLAYER DIRECTLY TO THE CONSOLE

See HOW TO USE THE STEREO SOUND SYSTEM on page 24.

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 (see the drawing below). 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.
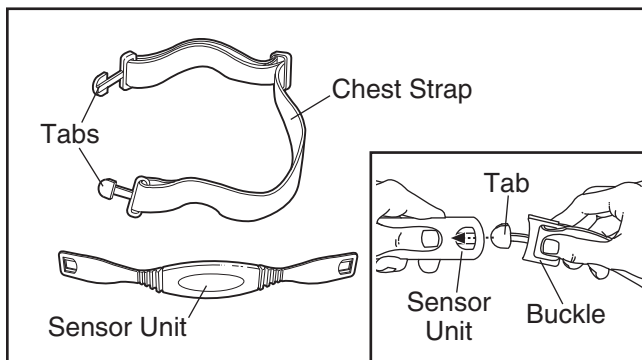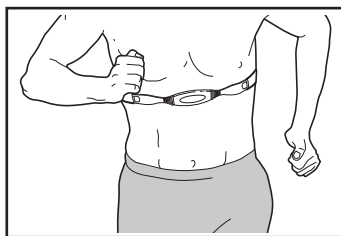

Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Next, 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.

CHEST PULSE SENSOR 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 heart rate monitor 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 120° F (50° C) or below 15° 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.

CHEST PULSE SENSOR 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 (pvcs), 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.

- The CR2032 battery may need to be replaced (see page 32).

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.**

See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.
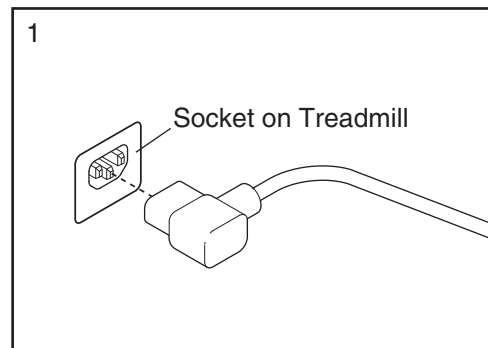
See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **IMPORTANT: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**
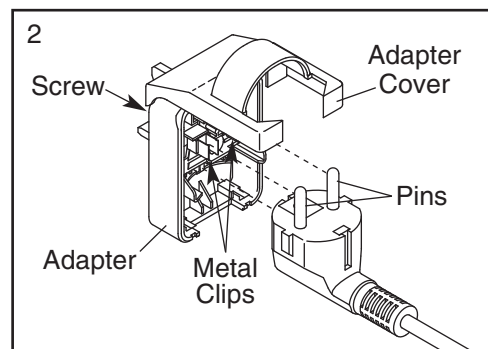
See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **IMPORTANT: The treadmill is not compatible with RCD-equipped outlets.**
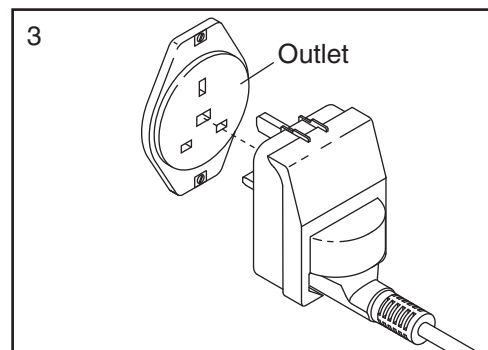
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM
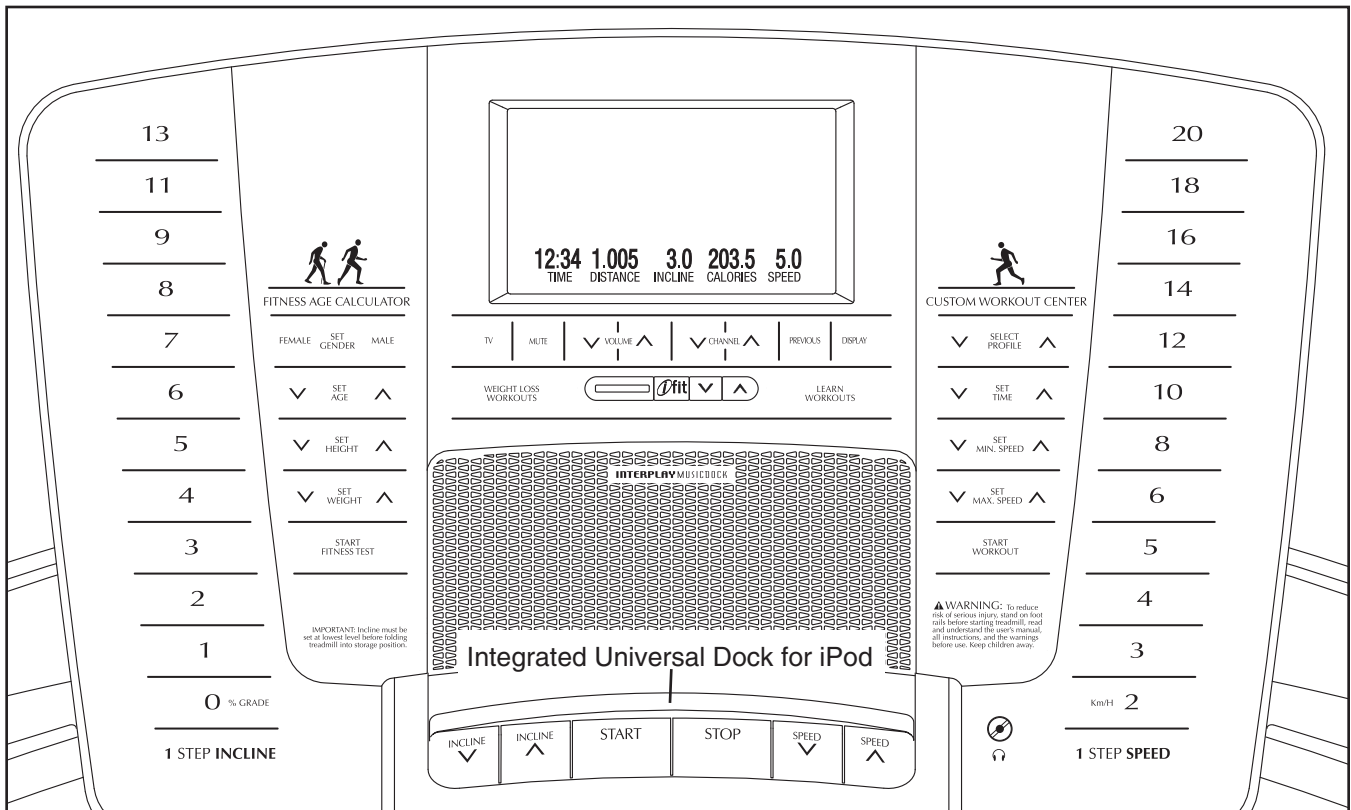
FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable. When the manual mode of the console is selected, 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.

In addition, the console features twenty-four weight loss workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective workout. You can also create your own custom workouts. You can even take a fitness test that measures your fitness age.

The console also features the new iFIT Interactive Workout system. The iFIT system enables the console to accept iFIT Interactive Workout Cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout, or train for a long-distance run with the Marathon workout. iFIT workouts automatically control the treadmill while the voice of a personal

trainer coaches you and motivates you through every step of your workout. One iFIT card is included. Additional iFIT cards are available separately. **To purchase iFIT cards at any time, call the telephone number on the front cover of this manual.**

Whether you select the manual mode or a program, you can enjoy the shows of your choice on the personal television while you get in shape. You can even listen to your favorite workout music or audio books with the console's premium stereo sound system. This product has been designed specifically to work with iPod and has been certified by the developer to meet Apple performance standards.

To turn on the power, follow the steps beginning on page 16. **To use the manual mode,** see page 16. **To use a weight loss workout,** see page 18. **To create and use a learn workout,** see pages 19 and 20. **To use the custom workout center,** see page 21. **To use the fitness age calculator,** see page 22. **To use an iFIT card,** see page 23. **To use the personal television,** see page 24. **To use the stereo sound system,** see page 24. **To use the information mode,** see page 25.

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, the console display or other electrical components may become damaged.

Plug in the power cord (see page 14). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the "reset" position.

Reset Position
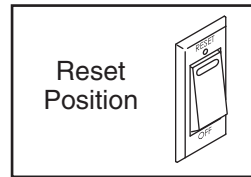
Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing at the right), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After several seconds, the display will light. **IMPORTANT: In an emergency situation, 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.**

Key

Clip

IMPORTANT: If there is a sheet of clear 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 31).

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 25. **For simplicity, all instructions in this manual refer to kilometers.**
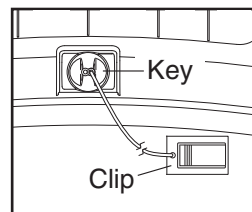
HOW TO USE THE MANUAL MODE

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 manual mode will be selected. If you have selected a workout, press the Learn Workouts button repeatedly until only zeros appear in the display. Note: Make sure that an iFIT card is not inserted into the iFIT slot.

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 next to the Start button. Each time you press a button, the speed setting will change by 0.1 Km/H; if you hold down a 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 increase in 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 and decrease buttons or one of the numbered 1 Step Incline buttons. Each time one of the buttons is pressed, the incline will gradually increase until it reaches the selected incline setting.

5. **Select a display mode and follow your progress with the exercise information on the screen.**

The console offers three display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

As you walk or run on the treadmill, the screen can display the following exercise information:

• When the manual mode is selected, the screen can show a track that represents 400 meters (1/4 mile). As you walk or run on the treadmill, segments of the track will appear in succession until the entire track appears. The track will then disappear and the segments will again begin to appear in succession. Note: The screen has a tuner mode, an RCA mode, and an MP4 mode. The track can be displayed only while the MP4 mode is selected. To view the track, press the TV button repeatedly until the word MP4 appears on the screen for a few seconds.

• The elapsed time. Note: When a workout is selected, the screen will show the time remaining in the workout instead of the elapsed time.

• The approximate number of calories you have burned.

• The speed of the walking belt.

• The incline level of the treadmill. Note: The incline level of the treadmill will be displayed only when you press the Incline buttons.

• The distance that you have walked or run.

• Your heart rate. Note: Your heart rate will be displayed only when you use the handgrip pulse sensor.

To reset the console, press the Stop button, remove the key, and then reinsert the key.

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

You can measure your heart rate using either the handgrip pulse sensor or the chest pulse sensor (see page 13 for information about the chest pulse sensor). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

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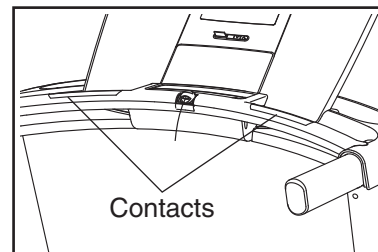
Contacts

To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands**. When your pulse is detected, 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, switch the reset/off circuit breaker to the "off" position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**
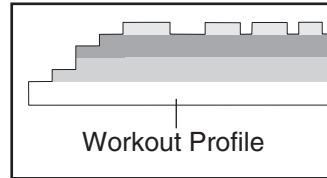
HOW TO USE A WEIGHT LOSS WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 16.

2. **Select a weight loss workout.**

   To select a weight loss workout, press the Weight Loss Workouts button repeatedly. When a weight loss workout is se-

   Workout Profile

   lected, the workout number will appear on the screen. The screen will also show the workout time, the maximum speed and incline settings of the workout, and a profile of the speed settings of the workout.

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

3. **Press the Start button to start the workout.**

   A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

   When the first segment of the workout ends, a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the new speed setting and/or incline setting will appear on the screen to alert you and the arrow below the workout profile will then move one position to the right. The treadmill will automatically adjust to the speed

and incline settings programmed for the second segment. Note: The screen has a tuner mode, an RCA mode, and an MP4 mode. The workout profile can be displayed only while the MP4 mode or the RCA mode is selected. To view the workout profile, press the TV button repeatedly until the word RCA or the word MP4 appears on the screen for a few seconds.

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

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. **Note: 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 button 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 follow your progress with the exercise information on the screen.**

   See step 5 on page 17.

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

   See step 6 on page 17.

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

   See step 7 on page 17.

HOW TO CREATE A LEARN WORKOUT

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 16.

2. **Select one of the four learn workouts.**

   To select a learn workout, press the Learn Workouts button repeatedly. When a learn workout is selected, the workout number will appear on the screen. The screen will also show the workout time, the maximum speed and incline settings of the workout, and a profile of the speed settings of the workout.

   Workout Profile

3. **Press the Start button and program the desired speed and incline settings.**

   A moment after you press the Start button, the walking belt will begin to move. Hold the handrails and begin walking.

   Each learn workout is divided into several one-minute segments. One speed setting and one incline setting can be programmed for each segment. To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons.

   When the first segment of the workout ends, a series of tones will sound and the current speed setting and the current incline setting 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 until the workout ends.

4. **Select a display mode and follow your progress with the exercise information on the screen.**

   See step 5 on page 17.

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

   See step 6 on page 17.

6. **When you are finished exercising, remove the key from the console.**
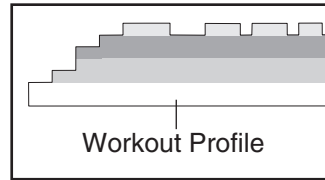
   See step 7 on page 17.

HOW TO USE A LEARN WORKOUT

1. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER on page 16.

2. **Select one of the four learn workouts.**

    To select a learn workout, press the Learn Workouts button repeatedly. When a learn workout is selected, the workout
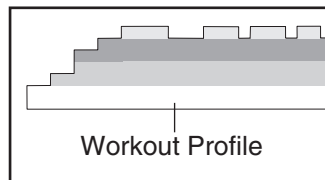
    Workout Profile

    number will appear on the screen. The screen will also show the workout time, the maximum speed and incline settings of the workout, and a profile of the speed settings of the workout.

3. **Press the Start button to start the workout.**

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

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

The learn workout will function in the same way as a weight loss workout (see step 3 on page 18).

If desired, you can redesign the workout while using it. **To change the speed setting or the 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 stop the workout temporarily, 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 programmed for the next segment.

4. **Select a display mode and follow your progress with the exercise information on the screen.**

    See step 5 on page 17.

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

    See step 6 on page 17.

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

    See step 7 on page 17.

HOW TO USE THE CUSTOM WORKOUT CENTER

1. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER on page 16.

2. **Select the Custom Workout Center.**

   To use a Custom Workout Center, press the Select Profile increase button.

    Select a profile of the speed settings of the workout, the workout time, the minimum workout speed, and the maximum workout speed by repeatedly pressing the increase and decrease buttons for each selection. Press the Start Workout button after each selection. Note: Pressing the Start Workout button at this time will not start the custom workout. If you do not press the Start Workout button, the screen will advance to the next selection in a few seconds.

    Each custom workout is divided into several segments. One speed setting and one incline setting are programmed for each segment.

3. **Press the Start Workout button again to start the workout.**

    A moment after you press the Start Workout button, the walking belt will begin to move. Hold the handrails and begin walking.

    When the first segment of the workout ends, a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the new speed setting and/or incline setting will appear on the screen to alert you. The arrow below the workout profile will then move one position to the right, and the tread-
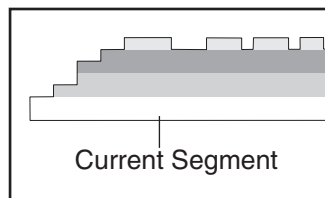
Current Segment

mill will automatically adjust to the speed and incline settings programmed for the second segment. Note: The screen has a tuner mode, an RCA mode, and an MP4 mode. The workout profile can be displayed only while the MP4 mode or the RCA mode is selected. To view the workout profile, press the TV button repeatedly until the word RCA or the word MP4 appears on the screen for a few seconds.

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 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 button 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 follow your progress with the exercise information on the screen.**

    See step 5 on page 17.

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

    See step 6 on page 17.

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

    See step 7 on page 17.

HOW TO USE THE FITNESS AGE CALCULATOR

The Fitness Age Calculator measures your approximate fitness age. Your fitness age is the average age of someone at your fitness level.

For the most accurate results, use the Fitness Age Calculator when you are not feeling tired, when you have not eaten for at least two hours, and when you have not exercised for at least 24 hours. Follow the steps below to use the fitness test.

1. **Put on the chest pulse sensor.**

    You must grip the handgrip pulse sensor or wear the chest pulse sensor to use the Fitness Age Calculator. **For the most accurate results, wear the chest pulse sensor.** See page 13 for more information on the chest pulse sensor.

2. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER on page 16.

3. **Select the Fitness Age Calculator.**

    To select the Fitness Age Calculator, press either of the Set Gender buttons.

    When the Fitness Age Calculator is selected, the word FEMALE or MALE will appear on the screen. Press the Male button or the Female button to select your gender, and then press the Start Fitness Test button. Note: Pressing the Start Fitness Test button at this time will not start the Fitness Age Calculator. If you do not press the Start Fitness Test button, the screen will advance to the next selection in a few seconds.

Select your age, height, and weight by repeatedly pressing the increase and decrease buttons for each selection. Press the Start Fitness Test button after each selection.

4. **Press the Start Fitness Test button again to start the fitness test.**

    A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the fitness test. Begin walking on the treadmill. Note: For the most accurate results, do not hold the handrails during the Fitness Age Calculator.

    During the fitness test, the speed and incline of the treadmill will periodically change. The speed setting or the incline setting will appear on the screen to alert you before each change. **IMPORTANT: The Speed and Incline buttons will not function during the fitness test. If you press the Stop button, the fitness test will end.**

    The fitness test is designed to last for nine minutes. When the fitness test ends, the walking belt will slow to a stop and your fitness age will appear on the screen.

5. **Select a display mode and follow your progress with the exercise information on the screen.**

    See step 5 on page 17.

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

    See step 7 on page 17.

HOW TO USE AN IFIT CARD

1. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER on page
    16.

2. **Insert an iFIT card and select a workout.**

    To use an iFIT workout, insert an iFIT card into the
    iFIT slot; make sure that the iFIT card is oriented
    so the metal contacts are face-down and are in-
    serted into the iFIT slot.

    Next, select an iFIT workout by pressing the iFIT
    increase or decrease button. When an iFIT work-
    out is selected, the display will show the workout
    number, the workout time, the maximum incline
    setting, and the maximum speed setting of the
    workout.

    iFIT Slot

    iFIT Card
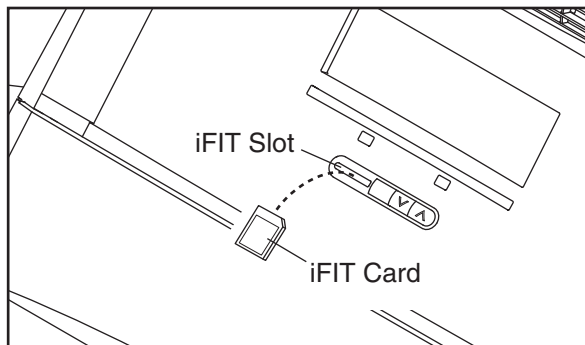
    Each iFIT workout is divided into several one-
    minute segments. One speed setting and one in-
    cline setting are programmed for each segment.
    Note: The same speed setting and/or incline set-
    ting may be programmed for consecutive seg-
    ments.

3. **Press the Start button to start the workout.**

    A moment after you press the button, the treadmill
    will automatically adjust to the first speed and in-
    cline settings of the workout. Hold the handrails
    and begin walking.

4. **Select a display mode and follow your progress
    with the exercise information on the screen.**

    During the workout, the voice of a personal trainer
    will guide you through the workout.

    If the speed or incline setting for the current seg-
    ment is too high or too low, you can override the
    setting by pressing the Speed or Incline buttons;
    **however, when the next segment 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. 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.

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

    See step 7 on page 17.

    **CAUTION: Always remove iFIT cards from the
    iFIT slot when you are not using them.**

HOW TO OPERATE THE PERSONAL TELEVISION

IMPORTANT: Before operating the television, you must connect a 75 ohm CATV cable or a VCR to the 75 ohm terminal on the treadmill, a VCR or DVD player to the three audio/video RCA jacks, or a personal audio/video player to the audio/video jack below the television on the console. See page 12.

Follow the steps below to operate the television.

1. **Insert the key into the console.**

    See HOW TO TURN ON THE POWER on page 16.

2. **Press the TV button to select a television source.**

    When you insert the key, the television will automatically turn on. Select a television source by pressing the TV button repeatedly.

    If you have connected a 75 ohm CATV cable or a VCR to the 75 ohm terminal on the treadmill, select the tuner source. If you have plugged a DVD player or VCR into the three audio/video RCA jacks, select the RCA source. If you have plugged a personal audio/video player into the audio/video jack below the television on the console, select the MP4 source.

3. **Press the Channel buttons to select the desired channel.**

    When you turn on the television, the screen will show the last channel that was selected. To select a different channel, press the Channel buttons. The selected channel number will appear on the screen for a few seconds. To return to the last channel selected, press the Previous button. Note: The television is equipped with a channel memorizing function that allows you to go directly from the current channel to the next channel saved in memory. Before channels can be selected in this way, they must be saved in the television's memory. See THE INFORMATION MODE on page 25.

4. **Press the Volume buttons to adjust the volume.**

    When you press either Volume button, the volume level indicator will appear on the screen for a few

seconds. To turn on or turn off the sound, press the Mute button.

To use earphones or headphones (not included), plug them into the headphone jack near the key on the console.

HOW TO USE THE STEREO SOUND SYSTEM

This product has been designed specifically to work with iPod and has been certified by the developer to meet Apple performance standards. To play music or audio books through the console's stereo speakers, you must connect your own iPod, MP4 player, MP3 player, CD player, or other personal audio/video player to the console through the audio/video jack or through the Integrated Universal Dock for iPod.

To use the audio/video jack, locate the audio wire and plug it into the audio/video jack near the speakers. Then, plug the audio wire into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio/video wire is fully inserted.** To use an MP4 player, you need an audio/video cable. To purchase an audio/video cable, see your local electronics store.

To use the Integrated Universal Dock for iPod, you need an iFIT Universal iPod Connector. Plug one end into the Integrated Universal Dock for iPod near the speakers and the other end into your iPod. **Make sure that the iFIT Universal iPod Connector is fully plugged in.** To purchase an iFIT Universal iPod Connector, please call the telephone number on the front cover of this manual.

Next, press the TV button repeatedly until the word MP4 appears on your screen. Press the Play button on your iPod, MP4 player, MP3 Player, CD player, or other personal audio/video player. Adjust the volume on your personal audio/video player or press the Volume increase and decrease buttons on the console.

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

THE INFORMATION MODE

The console features an information mode that allows you to view treadmill usage information and select a system of measurement for the console. The information mode also allows you to adjust the settings of the television and to save channels into the television's memory.

Follow the steps below to use the information mode.

1. **Hold down the Stop button while inserting the key into the console.**

   When you select the information mode, the lower part of the screen will show the total number of hours that the treadmill has been used (Time) and the total number of kilometers or miles that the walking belt has moved (Distance).

   In addition, the center of the display will show the word "Metric" for metric kilometers or the word "English" for English miles. Press the Speed increase button to change the unit of measurement if desired.

2. **Press the Stop button and adjust the brightness, contrast, color, sharpness, and/or hue of the television.**

   When you press the Stop button, the brightness level indicator will appear on the television screen. Press the Volume buttons to adjust the brightness setting if desired.

   Next, press the Channel buttons until the contrast, color, sharpness, or hue level indicator appears.

Adjust the settings, if desired, by pressing the Volume buttons.

3. **Press the Stop button again and add or delete channels.**

   To add or delete a channel, first press the Channel buttons until the desired channel number appears on the screen. Then, press the Volume increase button to add the channel, or the Volume decrease button to delete the channel. Continue this process until you have added all desired channels and deleted all unwanted channels.

4. **Press the Stop button again and select a signal source.**

   In order to view channels, you must select the correct signal source. Press the channel increase button to select the PAL BG, PAL I, PAL DK, PAL DK CHINA, SECAM L, or SECAM LL source; try all six sources, if necessary, to find the optimal source. Note: If you are in France, first try one of the SECAM sources. If you are in the United Kingdom, first try the PAL I source. If you are in any other country, first try the PAL BG source. If the picture from the first signal source is not clear, try the other five sources.

5. **When you are finished using the information mode, remove the key.**

   To exit the information mode at any time, remove the key from 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, step off the treadmill and 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.**

Platform Cushion

Increase

Decrease

Platform Cushion

Walking Platform
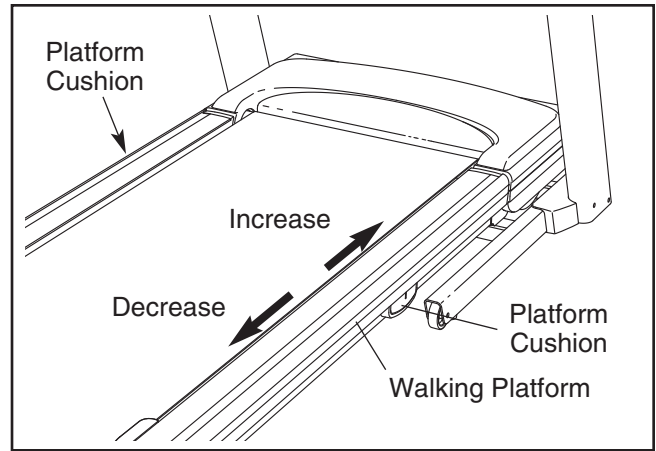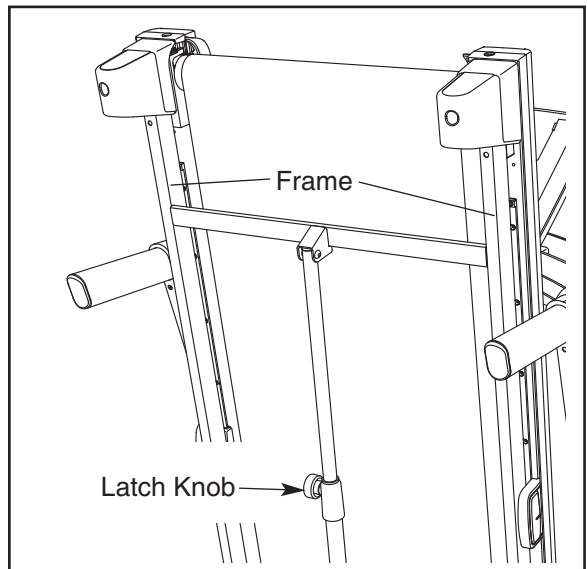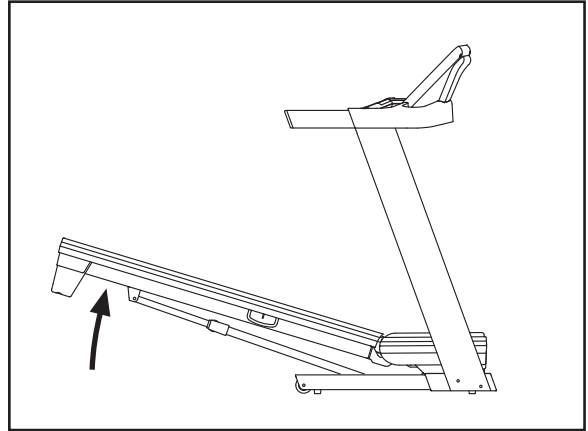
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. 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 at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame.** Raise the frame about halfway to the vertical position.

2. Raise the frame until the latch knob locks into the storage position. **Make sure that the latch knob is locked in the storage position.**

   To protect the floor or carpet from damage, 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).
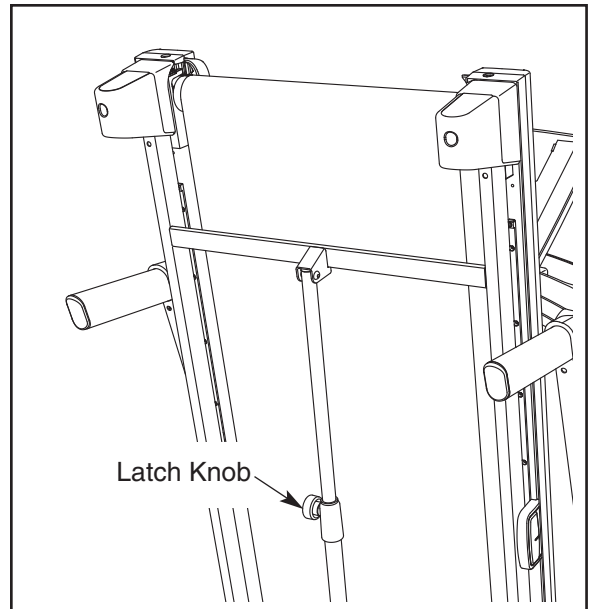

Frame

Latch Knob

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch knob is locked in the storage position.**

1. Hold a handrail and the frame and place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.

Frame

Handrail

Wheels   Base

27
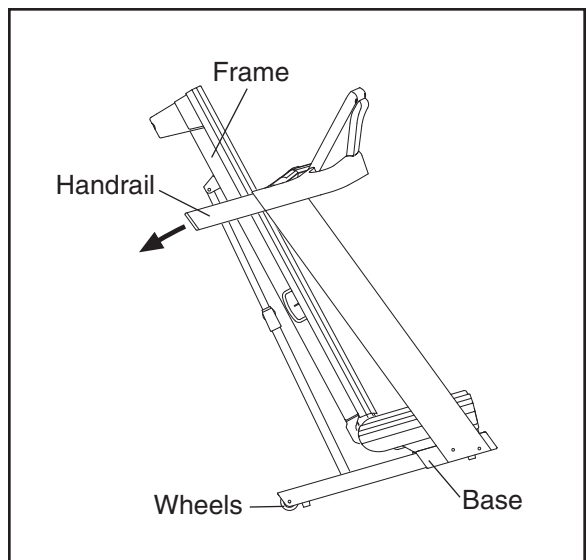
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it (it may be necessary to push the frame forward as you pull the knob to the left). Pivot the frame downward and release the latch knob.

Latch Knob

2. Hold the metal frame firmly with both hands and lower it to the floor. **CAUTION: Do not grip only the plastic foot rails or drop the frame to the floor. Bend your legs and keep your back straight.**
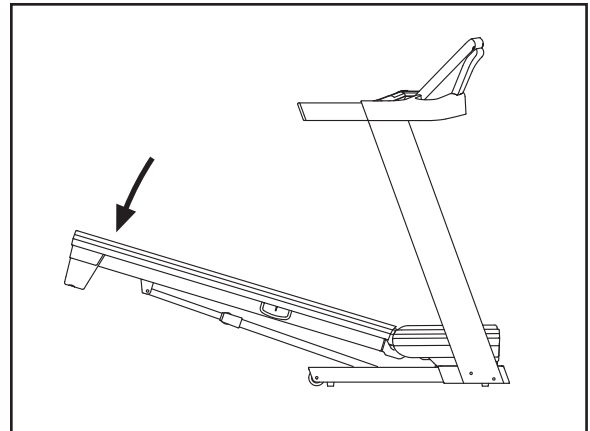
TROUBLESHOOTING

**Most treadmill problems can be solved by following the steps below. Find the symptom 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 14.) If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.). **IMPORTANT: The treadmill is not compatible with RCD-equipped outlets.**

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

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.
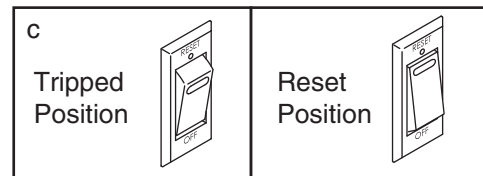
PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

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 displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, carefully tip the Uprights (74, 78) down. There may be two #8 x 2" Screws (105) in the bottom of the Belly Pan (73); if there are, remove them. Note: A Phillips screwdriver with a shaft at least 5 in. (13 cm) long is required.
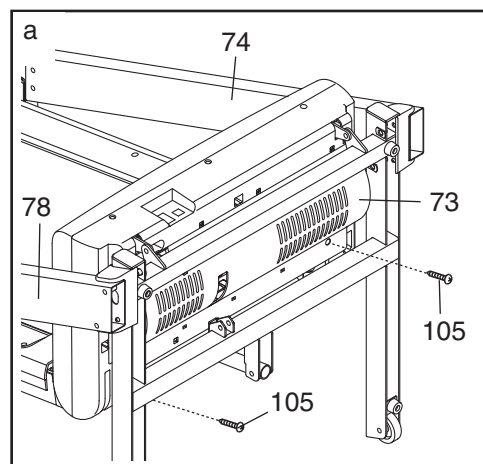
Remove the three #8 x 3/4" Screws (12) and carefully pivot the Hood (61) off.
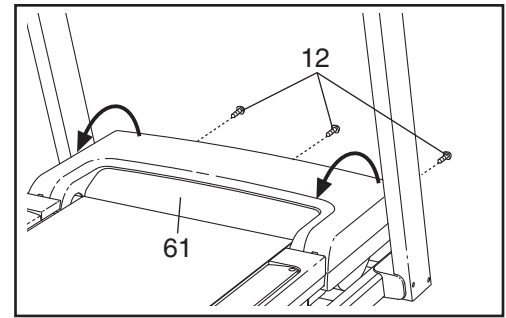
Locate the Reed Switch (71) and the Magnet (50) on the left side of the Pulley (51). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the R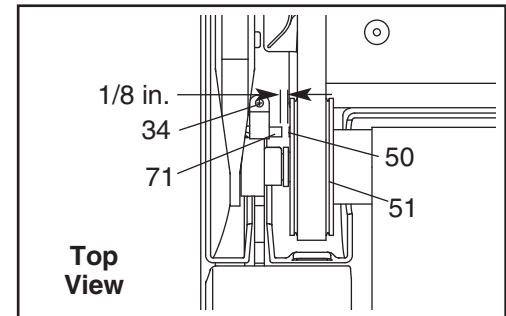eed Switch is about 1/8 in. (3 mm).** If necessary, loosen the Reed Switch Screw (34), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading.

PROBLEM: The incline of the treadmill does not change correctly

SOLUTION: a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

PROBLEM: The walking belt slows when walked on

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

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 rear 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 2 to 3 in. (5 to 7 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.
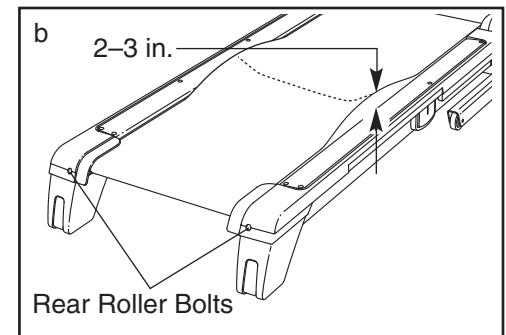
c. If the walking belt still slows when walked on, see the front cover of this manual.

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

SOLUTION: a. **If the walking belt is off-center,** first 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 rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.
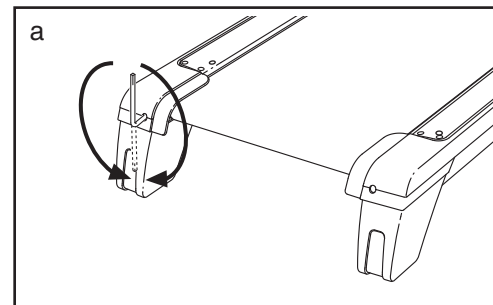
b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off 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.
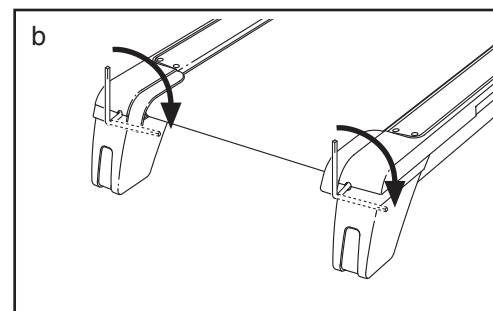
PROBLEM: Television reception is poor

SOLUTION: a. Check for the problems listed below and follow the applicable instructions.

- Ignition (black spots or horizontal streaks that appear or a picture that flutters or drifts)—Usually this is caused by interference from automobile ignition systems, neon lamps, electric drifts, or other electric appliances. Try changing the position of other electric appliances to correct the problem. Make sure that the treadmill is plugged into its own electrical circuit.

- Ghosts—Ghosts are caused by the television signal following two paths—one is the direct path and the other is reflected from tall buildings, hills, or other objects.

- Blue Screen—If the cable channel signal is weak, the picture may be of poor quality or a blue screen may appear.

  Note: If one of these symptoms appears, the symptom may be caused by the local cable company signal reception. Contact the local cable company.

  b. Make sure the console is receiving the correct signal source. See THE INFORMATION MODE on page 25.

PROBLEM: The chest pulse sensor does not function properly

SOLUTION: a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLE-SHOOTING on page 13.

b. If the chest pulse sensor still does not function properly, the battery should be changed. To replace the battery, first locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, and turn the cover counterclockwise to the "open" position. Then, remove the cover.
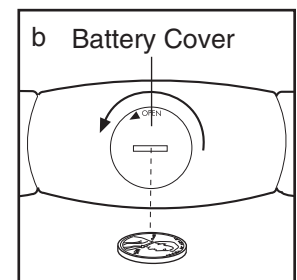
b   Battery Cover

Next, remove the old battery from the sensor unit, and insert a new CR 2032 battery, **with the battery oriented so the writing is on top.** Make sure that the rubber gasket is in place in the sensor unit. Then, reinsert the battery cover and turn it to the closed position.

Battery Cover

Battery

Rubber Gasket
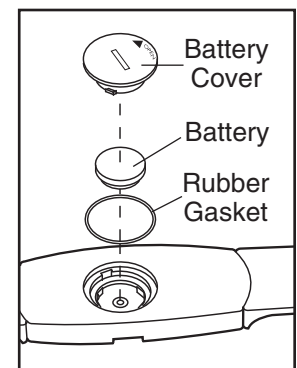
EXERCISE GUIDELINES

⚠ WARNING: **Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 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*	❤
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.

PART LIST—Model No. NETL16807.0 R0108A

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	27	#8 x 1/2" Screw	51	1	Front Roller/Pulley
2	4	#8 x 1" Screw	52	1	15 1/2" Wire Tie
3	1	Hex Key	53	1	Storage Latch
4	6	3/8" x 2" Bolt	54	1	Latch Knob
5	4	1/4" x 3/4" Bolt	55	1	Right Foot Rail
6	4	3/8" x 4 1/4" Bolt	56	1	Frame
7	6	5/16" x 1 1/4" Bolt	57	2	Rear Roller Bracket
8	9	3/8" Nut	58	1	Rear Roller
9	4	3/8" Star Washer	59	1	Left Rear Foot
10	6	5/16" Star Washer	60	1	Right Rear Foot
11	5	#8 x 3/4" Tek Screw	61	1	Hood
12	9	#8 x 3/4" Screw	62	1	Drive Belt
13	2	Base Pad Spacer	63	1	Motor Isolator
14	1	Latch Bracket	64	1	Motor
15	4	#8 Star Washer	65	1	Lift Frame
16	14	#8 x 3/4" Screw	66	2	Wire Tie
17	2	1/4" x 1" Bolt	67	1	Controller Ground Wire
18	2	5/16" x 4 1/4" Bolt	68	1	Power Cord
19	2	3/8" x 1 1/4" Bolt	69	1	Power Cord Adapter
20	2	Rear Roller Bolt	70	1	Controller
21	1	3/8" x 1 3/4" Bolt	71	1	Reed Switch
22	1	3/8" x 1 1/2" Bolt	72	1	Reed Switch Clip
23	2	3/8" x 1" Bolt	73	1	Belly Pan
24	15	1/2" Ground Screw	74	1	Left Upright
25	10	#12 x 1" Screw	75	1	Incline Motor
26	2	Motor Bolt	76	1	Left Upright Spacer
27	2	Cushion Stop	77	1	Hood Cowling
28	1	Reset/Off Circuit Breaker	78	1	Right Upright
29	4	Belt Guide Screw	79	1	Right Upright Spacer
30	6	1/4" Flat Washer	80	4	Bolt Spacer
31	2	1/4" Lock Washer	81	4	Base Pad
32	2	AV Input Screws	82	2	Caution Decal
33	2	5/16" Cage Nut	83	1	Base
34	5	#8 x 3/4" Foot/Reed Switch Screw	84	2	Wheel
35	1	Audio/Video Wire	85	2	Releasable Tie
36	2	5/16" Flange Nut	86	9	8" Tie
37	3	Hood Clip	87	1	Access Door
38	1	Upright Wire	88	4	"U"-nut
39	1	Lift Frame Ground Wire	89	1	Console
40	2	Front Isolator	90	1	Tray
41	1	Left Foot Rail	91	1	Console Back
42	1	Warning Decal	92	3	Plastic Tie
43	2	Walking Platform Cushion	93	1	Console Base
44	1	Walking Platform	94	1	Pulse Bar Top
45	1	Walking Belt	95	1	Pulse Bar Bottom
46	2	Belt Guide	96	1	Handrail
47	2	Cushion Track	97	2	Front Handrail Endcap
48	2	Frame Spacer	98	2	Rear Handrail Endcap
49	2	Front Roller Spacer	99	1	Left Handrail Trim
50	1	Magnet	100	1	Key/Clip

Key No.	Qty.	Description	Key No.	Qty.	Description
101	2	Pulse Bar Ground Wire	122	1	Chest Pulse Receiver
102	1	Latch Endcap	123	2	Receiver Screw
103	1	iFIT Card Kit	124	1	PAL Connector
104	1	Lift Motor Spacer	125	1	AV Input
105	2	#8 x 2" Screw	126	2	Rear Roller Plate
106	1	Right Handrail Trim	127	1	Incline Motor Wire
107	1	Rear Roller Ground Wire	128	1	Static Warning Decal
108	2	Foot Rail Cover	129	1	3/8" Cable Star Washer
109	1	Electronics Bracket	130	1	3/8" Lift Motor Nut, Top
110	1	Transformer	*	–	8" Blue Wire, 2F
111	1	Filter	*	–	4" Ground Wire, w/Decal
112	1	#8 x 3/4" Ground Bolt	*	–	4" Black Wire, M/F
113	1	#8 Nut	*	–	8" White Wire, 2F
114	2	Motor Bushing	*	–	10" Blue Wire, M/F
115	1	Receptacle	*	–	4" Red Wire, M/F
116	1	Upright AV Cable	*	–	4" Black Wire, 2F
117	2	Cable Nut	*	–	User's Manual
118	1	30" AV Cable			
119	1	30" Wire Harness			
120	1	Chest Pulse Strap			
121	1	Chest Pulse Sensor			

*These parts are not illustrated.
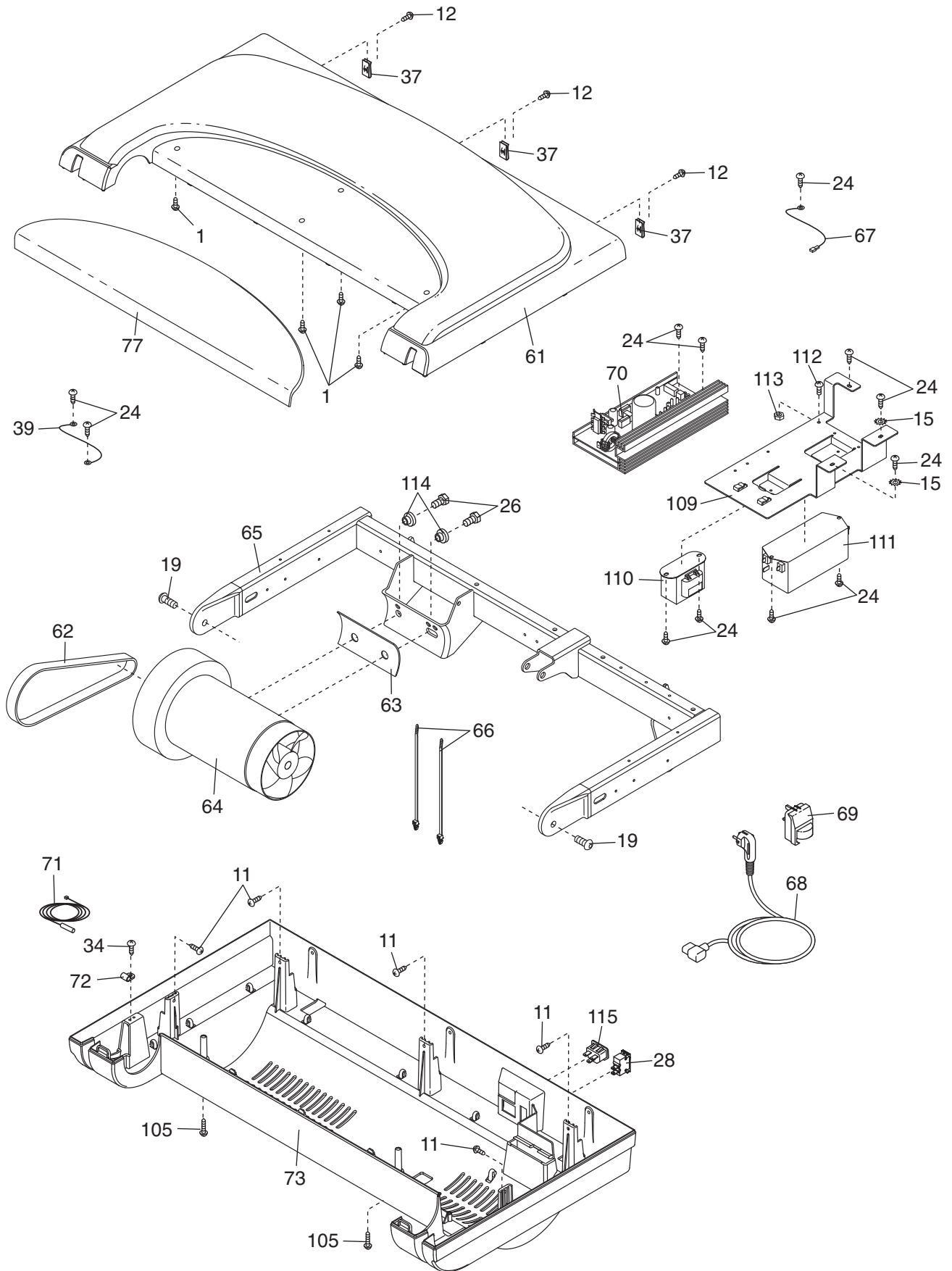Specifications are subject to change without notice.
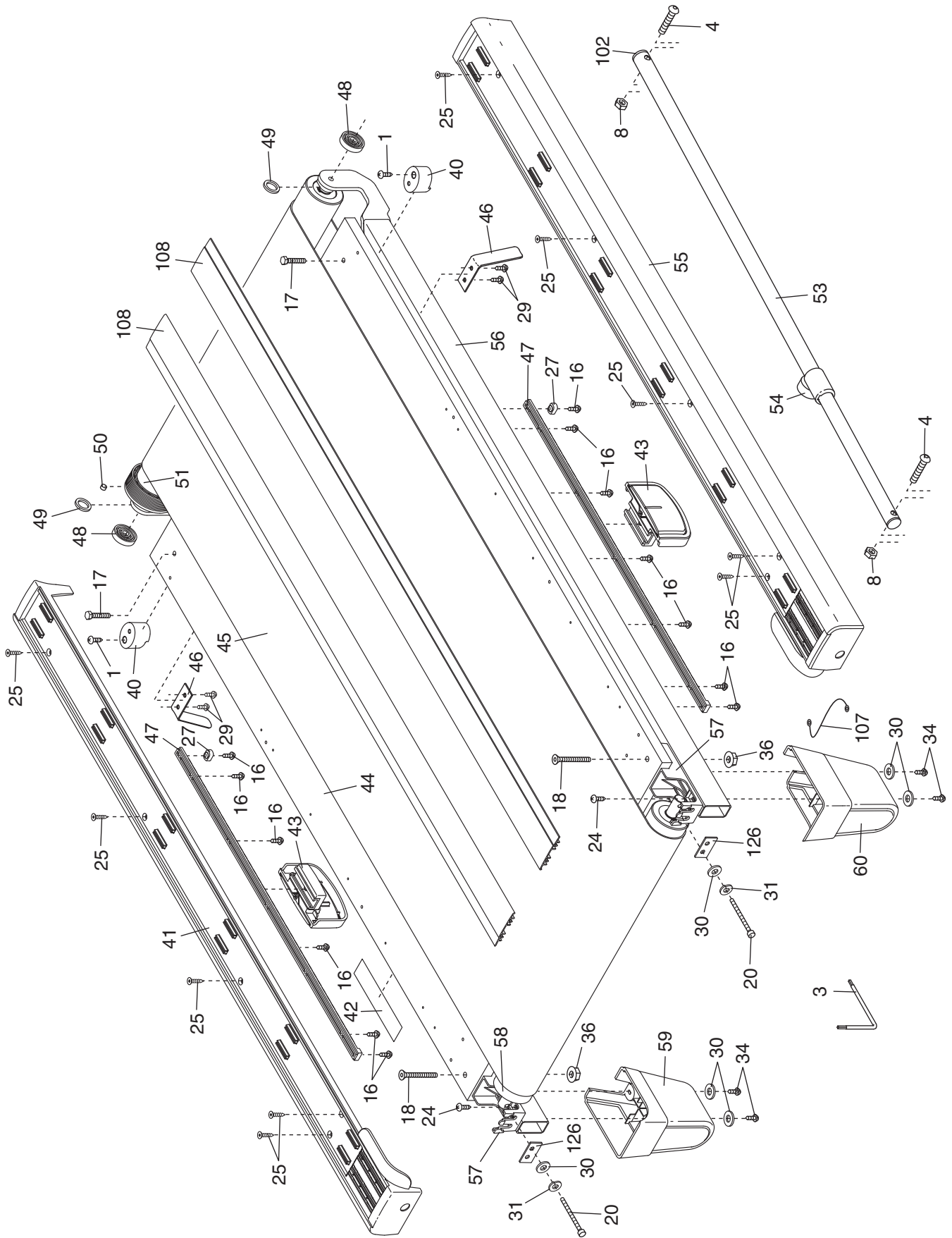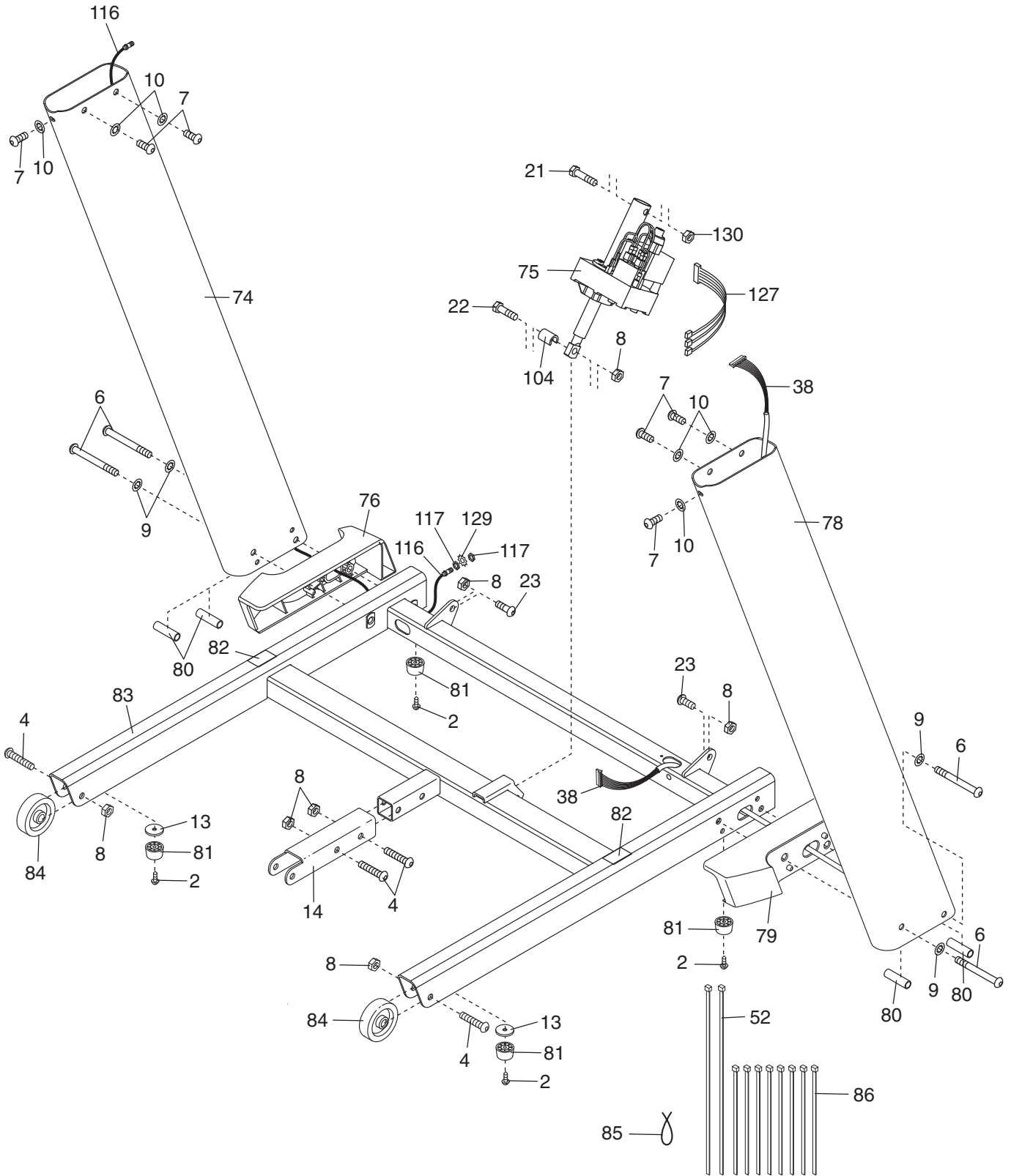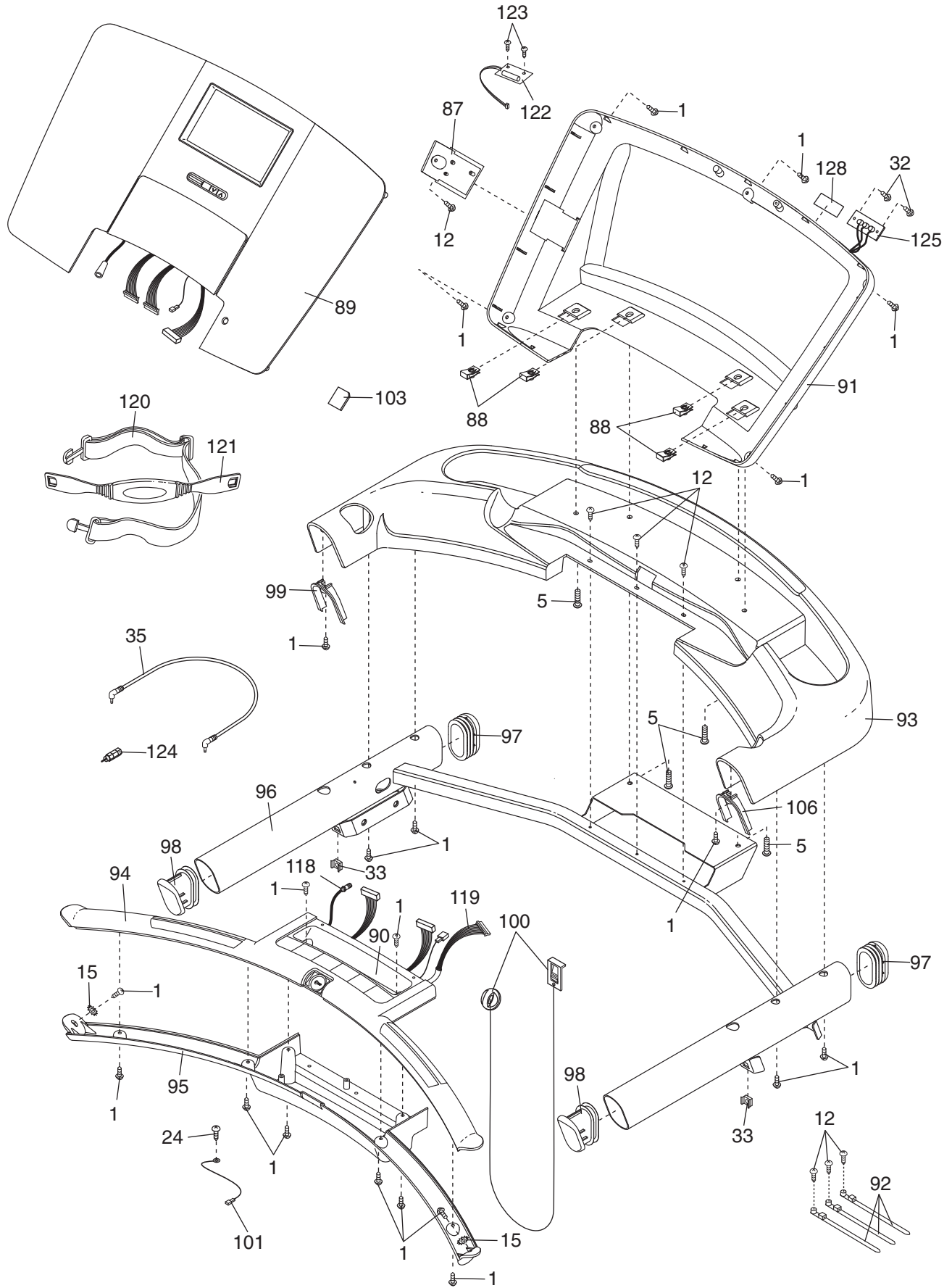
ORDERING REPLACEMENT PARTS

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

• the model number and 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)

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.