



NTR 300 / 500 / 800
TREADMILLS

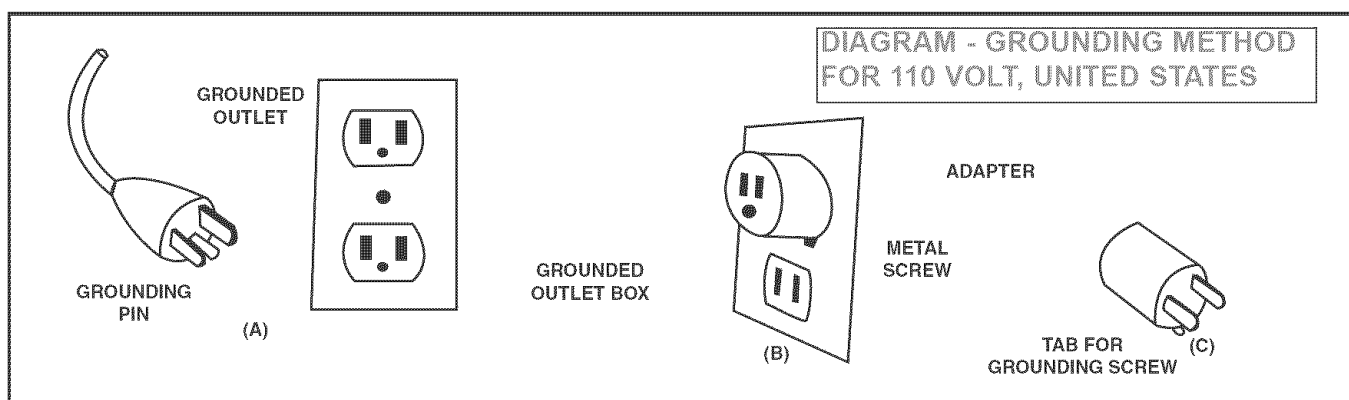
Owner's Manual

IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit carrying 15 amps (110 Volt model) or 7 amps (220 Volt model). We recommend the use of a surge protector. Position the treadmill so that the wall plug is visible and accessible. If the power cord is damaged, it must be replaced by a power cord from Nautilus. Please contact your dealer or Nautilus.

Grounding Instructions

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Treadmill mats can usually be purchased from your treadmill dealer.
3. Do not place the treadmill near water or outdoors. Don't use the machine in damp or wet conditions.
4. The minimum "clear" distance around the treadmill is 20 inches (.5 meters) on each side and 79 inches (2 meters) behind the machine.
5. Inspect the treadmill prior to each use for worn or loose components and then correct, replace or tighten prior to use. Do not use the treadmill if any area is found to be in need of service.
6. Read, understand, and test the **Emergency Stop Procedures** on Page 3 before use.
7. Read, understand and carefully follow all warnings, instructions and procedures on the treadmill and in the owner's manual before using the treadmill.
8. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that could become caught in the treadmill. Always wear running or aerobic shoes with rubber soles.
9. Always attach the safety pull pin rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console.
10. Never start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move. Always stand on the foot rails on the sides of the frame until the belt is moving. Care should be used when mounting or dismounting the treadmill.
11. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.

IMPORTANT SAFETY PRECAUTIONS

12. Keep small children away from the treadmill during operation.
13. The NTR 300 and 500 treadmills are for home use only. The NTR 800 treadmill is for home or light commercial use (light commercial applications include hotels, schools, and apartment complexes). The NTR 300 and 500 have a maximum user weight limit of 350 lbs. (159 kgs.). The NTR 800 has a maximum user weight limit of 400 lbs. (181 kgs.). **Do not exceed the maximum user weight limits.**
14. Keep the top surface of the walking belt clean.
15. Always unplug the power cord before removing the treadmill motor cover.
16. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin removed.

FITNESS SAFEGUARDS

Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart rate zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, **STOP!** Consult your physician before continuing.

EMERGENCY STOP PROCEDURES

Your treadmill is equipped with a SAFETY KEY that can protect you from serious injury. Insert the Safety key fully into the safety keyhole.

ALWAYS CLIP THE SAFETY KEY CLIP TO YOUR CLOTHING DURING YOUR WORKOUT.

Unless there is an emergency, do not remove the Safety Key when standing / walking on the walking belt while in motion.

CAUTION: IF THE SAFETY KEY IS REMOVED FROM THE TREADMILL WHILE IT IS IN USE, THE TREADMILL WILL STOP IMMEDIATELY.

This feature is meant to prevent serious harm and, when used properly, is an excellent way to protect your safety during your workout.

NORMAL STOP PROCEDURES

1. Step off belt onto the side rails.
2. Press **START/PAUSE**. The walking belt will stop.
3. Press **POWER** to turn off the treadmill.

NOTE: For an immediate stop, press POWER key, remove the safety pull pin, or press the emergency stop key.

CAUTION: THE BELT WILL STOP ABRUPTLY.

USING YOUR TREADMILL: A BEGINNER'S GUIDE

Getting Started

If you are over 45, or have had health problems, and this is your first step towards fitness, check with your physician first. Before you even get on your treadmill, stand along side it, and get used to the controls- raise and lower the speed and incline, and get a good feel for the controls. Then get on, straddling the belt with both hands on the handrails. Turn the machine on and set the speed at 1 or 2 MPH. Stand tall, look forward, and "paw" with just one foot several times. Then step onto the belt, and begin walking. After you feel comfortable, slowly increase the speed to 2 or 3 MPH. Stay at that speed for 10 minutes. Slowly bring the machine to a stop and step off.

Going Forward

Walk a mile at a steady pace, and record your time. It will probably take between 15 and 25 minutes. At 3 MPH, a mile will take about 20 minutes. After you can do this a few times fairly easily, you can gradually increase your speed and grade so you are getting a good workout that lasts 30 minutes. To begin a walking program, keep in mind that you are in no big hurry. This is for lifetime health, not overnight magic.

How Often?

- The goal- three to five times a week, for 15 to 60 minutes.
- Schedule workouts in advance; workout even when you don't want to.
- Control intensity of workout by speed and/or by incline.
- Start off with no elevation at first. As you want to increase workout intensity, begin to elevate the machine; it is very effective.

Suggested Workouts

The Quickie-

- 15 to 20 minute workout to get the most bang for the time.
- Warm up for 2 minutes at 3 MPH.
- Increase speed to 3.3 MPH then to 3.6 MPH (2 minutes each).
- Add 0.2 MPH of speed every 2 minutes until you reach a speed where you're breathing hard, but not panting. Maintain this speed for as much time as you have, slowing by 0.2 MPH increments if you get out of breath. Leave 4 minutes at the end to slow down to 3 MPH for a cool down.
- If you have a hard time reaching the breathe-hard intensity through speed increases, increase the machine's incline slightly. A small increase in incline will raise the intensity of your workout.

The Calorie Burner-

- This more intense workout helps you burn more calories.
- Warm up for 5 minutes at 2.5 or 3 MPH.
- Increase 0.2 MPH every 2 minutes until you find a challenging pace that you can maintain for 45 minutes.
- To boost your workout, walk for the duration of an hour long TV show.
- Increase the speed 0.2 MPH during every commercial break.
- Go back to your regular speed until the next break.
- This helps you increase the calorie burn during the ad and while your heart rate is elevated afterward.
- Leave 4 minutes at the end to walk at 3 MPH for cooling down.

USING YOUR TREADMILL: A BEGINNER'S GUIDE

What to Wear

All you really need are a good pair of shoes. Running shoes are not very good for walkers; choose walking shoes with a firm heel counter- the hard piece at the back of the shoe that holds the heel in place- and plenty of room for toes so they can spread out as they push off. Wear loose, comfortable clothes.

Stretching

At any level of walking, a stretching session is a good idea. Warm muscles respond better to stretches than cold ones, so walk for five or ten minutes until you're warm. Then stop for the stretches listed below- fives times, 10 or more seconds each, for each leg. Repeat at the end of the walk.

- Achilles Tendon and Calf- With both hands against a wall, place one foot behind you. Keeping the rear leg straight and its heel on the ground, lean in toward the wall. Repeat for the other leg.
- Quadriceps- Put your left hand on a wall or table for balance. Then reach your right hand behind your back and grasp your right ankle, pulling it gently towards your buttocks until you feel tension along the front of your thigh. Repeat on other side.
- Hamstring- Stand on one leg and prop the other leg parallel to the ground on a table or cabinet top. Slide both hands toward the propped-up ankle as far as they'll go. Repeat on other side.

Walking and Running Resources

If you wish to obtain more information about starting a walking or a running program, please refer to the following websites:

- Walking Websites-
 - The Walking Site- <http://www.thewalkingsite.com>. This site has some useful information for beginning walkers. The "Beginner" section has a detailed walking plan to get you started.
- Running Websites-
 - Runner's World- <http://www.runnersworld.com>. This website has many useful links that give information such as "Beginning," "Training," and "Nutrition.: This site has information for runners of all levels- from beginners to experts.
 - American Running Association- <http://www.americanrunning.org>

The above websites are just the beginning of the vast amount of fitness related information you can find on the internet.

If you don't have access to the internet, your local library will have fitness books. In addition, hiring a personal trainer can be beneficial because they are able to assemble a custom walking or running workout program for you.

Good luck in achieving your fitness goals! The best time to start is NOW!

BEGINNER'S GUIDE FOR USING YOUR HEART RATE MONITOR

How To Use Your Treadmill's Heart Rate

Touch Heart Rate (NTR 800 Only)

Touch heart rate grip enables you to monitor your pulse before, during and after your workout. Your heart rate will read out on your console's display.

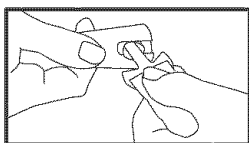
*** Persons who are new to using a treadmill should step off the walking belt onto the side rails to use the touch heart rate feature.**

How to Use the Touch Heart Rate:

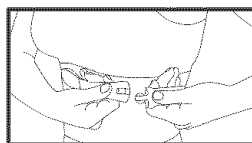
- Turn the treadmill on.
- Place each hand on a metal sensor on the grip; the right hand should be gripping the right sensor and the left hand should be gripping the left sensor.
- Be careful not to place too much pressure on the grip; this could make the pulse reading inaccurate.
- After six or seven heartbeats, your pulse will be displayed in the heart rate window.

How to Use Your Chest Strap (NTR 300, 500, 800)

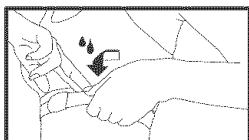
Using your chest strap, you can monitor your heart rate at any time during your workout or you can use a pre-programmed heart rate program.



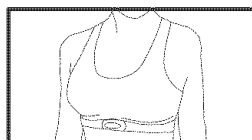
- 1.** Attach the transmitter to the elastic strap.



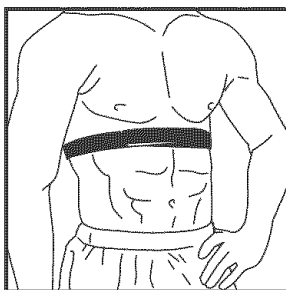
- 2.** Adjust the strap length to fit snugly and comfortably against your skin. Secure the strap around your chest, just below the chest muscles, and buckle it.



- 3.** Lift the transmitter off your chest and moisten the two grooved electrode areas on the back.



- 4.** Check that the wet electrode areas are firmly against your skin.



- The chest strap will send your heart rate to the treadmill's receiver and your pulse will be displayed within a matter of several seconds.
- If your treadmill is equipped with heart rate programs, you will find an explanation of the heart rate programs on the following pages in this user's manual.

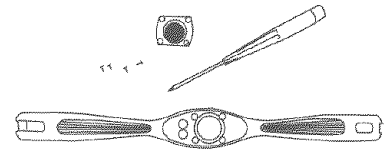
BEGINNER'S GUIDE FOR USING YOUR HEART RATE MONITOR

(If your chest transmitter requires batteries follow these instructions for replacement.)

Chest Strap Transmitter Battery Replacement

The battery in your chest strap can be replaced with a 3 Volt DC Lithium cell battery.

1. Remove the four screws from the battery door located on the rear of the transmitter.
2. Remove the battery door and the clear plastic battery cover.
3. Using a small, flat bladed screwdriver, gently pry the battery from the battery DS housing.
Replace with a 3 Volt DC Lithium cell battery.
4. When reinstalling the battery, be sure that the battery is placed into the housing with the positive "+" side up. Replace the clear plastic battery cover insuring that all three tabs are secured down beside the battery. Replace the battery door and screws.



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Exercise and Health

It is not a secret that lack of exercise is increasingly becoming a major health issue. Obesity is on the rise, and being overweight can contribute to an increased risk in heart attack, diabetes, high blood pressure and other life threatening illnesses.

Most people do not get enough activity during the day to make up for the time they spend at their desks, driving their cars or sitting in front of their televisions. We have learned that exercising is not simply something we must do to look good and have a great body. Exercise is a requirement for health, and overall wellness, not to mention it can help you feel great!

The good news is that we are seeing more and more research that indicates we don't have to work out intensely to see the benefits. Sure, it is great if you can workout for 30-40 minutes at a time, five days a week. But it is not essential. Shorter bouts of exercise can have a great effect (especially if you are just starting out), and a little bit of exercise at a time is much better than none at all.

And what is really exciting is that research indicates that whether you are young or old, people who workout at light to moderate intensities may have an easier time sticking to their exercise programs than those people who work out harder and more often.

So, you do not need to be an athlete or a fitness "die-hard" to benefit from exercise ... you just need to get started, work out at levels that are comfortable and enjoyable to you and stick with it!

Your New Home Fitness Program

There are many great reasons why home exercise equipment has increased in popularity over the years, but topping the list is convenience. For any fitness program to be successful, it must be something you will stick to on a regular basis. With home exercise equipment, you can roll out of bed, put on a pair of sweats and start working out while the coffee is brewing. No getting in the car and having to drive to the health club. No standing in line waiting for the equipment to become available.

And there is the comfort and safety factor. Who wants to walk or run outside when it is dark or is raining? Or try to ride a bike in the middle of heavy traffic? With your home exercise equipment, you can exercise in the comfort and security of your air-conditioned home.

Privacy and cleanliness are also important. Now you can exercise without feeling rushed or that anyone is looking at you (which is great if you are embarrassed about carrying around a few extra pounds). No more sharing sweaty equipment, or wondering if you will catch athlete's foot in the health club shower.

The biggest advantage, however, may simply be the time factor. With work schedules ever-changing and busy family obligations, a home gym offers the benefit of being able to work out when it is most convenient for you. No classes to time your schedule around, or peak times to

avoid. This is especially convenient if you have children at home.

It couldn't be easier!

Steps to Getting Started

Once you have made the commitment to start exercising at home, here are some suggestions that may help you stay motivated.

The first step is the most difficult. Any new habit is difficult to establish at first, but it can be done. Be patient, and plan to start slow and easy. Less is more when you are first starting out ... don't overdo it!

Get a physical exam. If you have been inactive for several years or new to an exercise program, be sure to ask your doctor before beginning any exercise program. Especially if you are over 30, have health problems or have a history of heart disease in your family.

Plan for your home fitness center. Set aside an area or a room in your house or apartment that is exclusively for fitness, and make sure that it is as comfortable as possible, so you'll enjoy using it. If you like music, watching television or looking outside while exercising, make sure these things are accessible. Remember, if you don't enjoy the space you are exercising in, you won't be motivated to continue your program.

Find an exercise buddy. Research has shown that starting an exercise program with someone can increase your chances of sticking to it. If you have a buddy that is also starting a program, you can encourage, motivate and challenge each other.

Make fitness a part of your schedule. Include it in your daily planner just as you would any other appointment. Plan ahead for the week so that you can be sure to fit it in. Even if you are pressed for time one day, a little exercise is better than none at all. Do what you can to fit it in, even if you have less time than you hoped for.

Use positive affirmations. Affirmations will help you program your subconscious to accept new beliefs. Saying to yourself a couple of times a day, "I am living a healthier lifestyle by exercising several times per week at home," can help you stay on track.

Set goals. Setting goals can be helpful in keeping you motivated, but remember to keep them realistic. Short-term and long-term goals can make this easier. How many days do you want to exercise this week? How many workouts would you like to have done in 90 days or a year?

Components of Fitness

Over the past 25 years, many people have focused on walking, running, cycling, swimming and other types of aerobic activity as their only means of exercise.

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However, we have learned that two other components of fitness are just as important. These other two components are muscle strength and flexibility. So in addition to having a strong heart and lungs, we also need to be able to pick up a full bag of groceries and tie our shoes without having to sit down.

When developing your home fitness program, it is only appropriate that you develop all three components in order to achieve balanced overall fitness. Let's take a look at all three components:

Cardiovascular fitness is training the heart and lungs to be stronger and deliver more oxygen throughout your body with less effort. It can help reduce the risk of heart disease, and help you manage your weight. It is the cornerstone of fitness, and can be achieved in many ways such as walking or running on the treadmill or outdoors, climbing stairs, cycling, or swimming in the pool or ocean.

For many years, it was suggested that moderate level cardiovascular activity (activities that make you sweat and breathe and a moderate pace) should be done 3 – 4 days a week for 15 – 45 minutes at a time. It is now recommended that you attempt to do some cardiovascular activity EVERY day, if possible.

The good news is that the cardiovascular activity does not need to be moderately intensive everyday, nor does it need to be sustained for 15 – 45 minutes at a time.

So while it is ideal to challenge your heart and lungs by doing something like a strong power walk every other day for 15 – 45 minutes, it is more important to make sure you do at least a little bit of cardiovascular activity every day, even if you don't do it for very long or very intensely.

For example, you might try using your treadmill for a scheduled, moderate level workout for 20 – 30 minutes on Monday, Wednesday, Friday and Sunday (see the intensity monitoring section for further details on how hard to workout). On the other days, you might try going for a leisurely stroll 10 minutes in the morning and in the evening (or whenever you can fit it in).

Whatever you do, just make sure you get your body moving, and your heart and lungs pumping for some period of time every day.

Muscular Strength is training your muscles to remain strong using resistance such as dumbbells, elastic tubing or your body weight. In the past decade, we have learned that building or maintaining muscular strength is extremely important for a balanced fitness program. And it is especially important as we get older.

We have learned through a variety of studies that those individuals who just train aerobically (without strength training) do maintain their cardiovascular endurance over the years, but they generally lose lean muscle mass as they get older. However, those individuals who combine strength training and cardiovascular training can maintain their lean body mass as they get older. What this means is that if you just do cardiovascular activity, your body will naturally

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lose muscle mass as you get older, and that means that you will actually get “fatter” as you age, unless you incorporate strength training.

We have also learned that consistent strength training helps maintain bone and muscle mass as we get older. For women, strength training (along with cardiovascular training) may also protect against post-menopausal bone loss and osteoporosis in their later years.

And strength training is not complicated. It is recommended that you do 8 – 12 repetitions of 8 – 10 major muscle groups at least 2 days a week. However, you don’t have to do all these exercises at once. You can break them up into shorter workouts throughout the day. For example, you can do just upper body exercises in the morning, and your lower body exercises in the evening. Or, you can alternate strength exercises with cardiovascular exercise (often known as circuit training) by switching back and forth every couple of minutes.

The best part is you don’t need complicated equipment or fancy machines. You can do everything you need to do with a simple pair of dumbbells. You can use elastic tubing, or simply do body weight exercises such as push-ups or lunges.

Flexibility is being able to bend, reach, twist and turn with comfort and ease as we perform daily tasks, play or exercise. It is perhaps the most ignored component of fitness, but certainly the easiest one to incorporate into our daily lives because it can be done anywhere and almost at any time.

To maintain your flexibility, you simply need to stretch. This could be as simple as reaching for your toes, or reaching overhead when you wake up in the morning. You can even incorporate stretching into your strength training workouts by stretching the muscles you have used immediately after you have completed your exercise set.

Like cardiovascular training, it is recommended that you stretch every day. However, you do not need to create a formalized program. You can simply make sure that you stretch your major muscle groups throughout the day. Make sure you include your thighs, calves, hamstrings, back, chest, neck and shoulders.

Do what feels good, but also remember to mix it up. Don’t just do traditional “reach and hold” stretches. Also, try gently moving through a range of motion that is comfortable to you. For example, you don’t have to stretch your neck simply by pulling on your head with your hand. You can also just rotate the neck slowly around and look side to side.

Nutrition

Of course, every good health and fitness program will also include a good nutrition component. Good nutrition is likely the most important factor in maintaining ideal body weight and managing weight loss.

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There are a variety of schools of thought regarding which nutrition program, diet or eating plan is best. While we do not promote or endorse any particular one, here are some things to consider that will help you get on the road to a healthy diet:

Understand Caloric Balance. How many Calories you intake, and how many Calories you burn off will determine whether you will gain or lose weight day to day. It is impossible to achieve weight loss without some sort of “Caloric deficit” that can be obtained through cutting Calories, or burning off more than you take in. The wisest approach is to do a little of both – cutting Calories and exercising. It is the only proven long-term weight management program that is successful. You should ensure that you are consuming at least 1,200 Calories per day total. A total weight loss of no more than 2 lbs. per week is recommended for long-term weight management.

Eat a variety of foods. Regardless of your eating plan, you should be sure to include a variety of foods in your diet, maximizing your intake of fruits and vegetables whenever possible. Colorful meals and snacks that are divided amongst the 4 food groups will ensure that you obtain the nutrients needed for your body to function at optimal levels. Any diet that focuses on just one food group source or processed foods can be unhealthy in the long run, and should be avoided. Don’t focus too much on any particular meal or snack, but rather on your overall intake of a variety of different foods during any given day.

Drink water. Our bodies are made up of over 70% water, and most of us don’t drink enough. Carry water with you everywhere you go, and drink as often as you can. This helps the body function at optimum levels, and can significantly help with weight management.

Eat more often and be mindful of your portions. Research has shown that it can be helpful to eat smaller meals more often versus 3 larger meals a day if you are looking to promote healthy weight maintenance or weight loss. And we have discovered that many portions we eat are much larger than necessary, and can be laden with Calories. So, try snacking more and not eating so many large meals, and share your snacks or food with others (or break your portions in half) to help manage your Caloric intake.

Monitoring Your Intensity

When you are doing cardiovascular workouts, it is important that you work at the appropriate intensities when you are first starting out. It is also important that you workout at a variety of intensities after you have built a fitness base.

Research in recent years has indicated that one of the best ways to monitor your cardiovascular intensity is to pay close attention to how you are feeling when you workout. Most individuals can do a very good job of choosing the correct intensities if they simply categorize how they feel into one of four intensity “zones.”

These zones could be described the following ways:

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Zone	Description	Your Heart Rate	Approximate Percentage of Maximum Heart Rate
1	Easy Warm-up Cool-down	Insert the heart rate you get when you are working in Zone 1	50% - 65%
2	Challenging, but comfortable Steady endurance pace	Insert the heart rate you get when you are working in Zone 2	65% - 75%
3	Challenging, and uncomfortable Race pace	Insert the heart rate you get when you are working in Zone 3	75% - 85%
4	Breathless Not maximum, but winded Can't keep the pace for very long	Insert the heart rate you get when you are working in Zone 4	85% - 90%

When you are first starting out, you should exclusively work in the Zone 1 and Zone 2 intensities. After a few weeks, you can occasionally incorporate Zone 3 and Zone 4 intensities for short periods of time. Remember, when you begin to incorporate Zone 3 and Zone 4 intensities, you will find that you will likely have to drop down to Zone 1 intensities shortly thereafter as brief recovery periods.

For variety, you can spend a little bit of time in each of the four Zones during one workout, and then spend your time in just one Zone during the next workout.

Prenatal woman should always remain at Zone 1 and Zone 2 intensities, and anyone unaware of their current medical condition should also avoid Zone 3 and Zone 4 without prior clearance from their doctor.

These Zones can be translated into target heart rate numbers if your home fitness product has a grip or telemetric heart rate counter. Research has shown the best way to do this is not to establish heart rate numbers based upon age, but rather based upon how you feel.

The following chart will allow you to log your heart rate numbers based upon how you feel when working out. Simply log the heart rate numbers you find when you feel you are working at each of the specific intensities.

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ZONE	DESCRIPTION
1	Easy Warm-up Cool-down
2	Challenging, but comfortable Steady endurance pace
3	Challenging, and slightly uncomfortable Race pace Borderline out of breath
4	Breathless Not maximum, but winded Can't keep the pace for very long

As you get in better shape, the heart rate number you obtain for each zone will get higher and higher, which means your heart is able to handle higher intensities. Or you may find that your numbers don't change, but you are able to stay in Zone 3 and Zone 4 longer than you used to.

Don't get too attached to any specific number or target heart rate. If you train properly, you will notice numbers that used to be difficult have now become easier. You will also notice that if you are sick or over-tired, you may find that numbers that usually feel fairly easy are one day much harder, and it is a good sign to take a break. If you notice that numbers that are usually very challenging are one day fairly easy, then it is a good time to push yourself.

Listening to your body, and using your heart rate numbers (when available) will enable you to keep track of your intensity and see your progress as you train.

Beating the dropout odds

The Surgeon General's Report on Physical Activity and Health summarizes a few main points:

1. Regular physical activity offers substantial improvements in health and well-being for a majority of Americans.
2. If you exercise regularly, you'll reduce your risk of heart attack, cancer, diabetes, high blood pressure, osteoporosis and even the common cold.
3. Regular exercise, regardless of the intensity, can help you control stress, sleep problems and depression.

The benefits of exercise and activity are AMAZING! And yet, only 22 percent of Americans engage in exercise for 20 minutes a day. And even among individuals who begin exercise programs, the dropout rate is about 50 percent.

So, how do you beat these odds? The answer appears to be in how you start and maintain your exercise program as well as how you create a habit of exercise.

Why are you starting an exercise program? For most individuals, it is to lose weight and look better, which are great reasons. However, since changes in your body shape and size can be gradual, and won't happen overnight, it is important to focus on other benefits so that you will remain motivated.

Thrive on the energy that exercise gives you. Watch your health risks scores go down. Pay attention to how much easier everyday activity is. Notice how much better you are sleeping. These kind of additional benefits will continue to keep you motivated if you make them just as important to you as weight loss.

Additionally, try not to view exercise as punishment. Look at it as an investment in your health. If you don't feel motivated to workout one day, think of something that is appealing to you that is active, and change your workout. Try not to let your workout become routine or mundane, and always remember that some exercise is better than none at all. So, if you feel you are not motivated to continue, stop your workout early, or skip a day. It just might be the thing you need to get you excited about your next workout.

Possibly the most important thing is to keep progressing your exercise program slowly. Big increases in time or intensity can set you up for injury, and cause you to drop out. Unless you are a world-class athlete, there is no reason to workout at world-class levels. Remember to give yourself some days off and get proper rest.

Finally, try to anticipate lapses. If you are traveling, or your schedule is becoming busier, and you are fearful you may get off track, try planning ahead. For example, book a hotel that has a workout facility or change up your workout so that you keep your interest high and your boredom low. The bottom line is you must be creative and innovative to keep up your fitness program. With some imagination and planning, it is easy to do.

Exercise is one of life's joys. It energizes you, helps you look and feel better and puts you on the road to better health. Your home fitness equipment and gym is worth its weight in gold. Congratulations on making the choice to get started!

Suggested Reading:

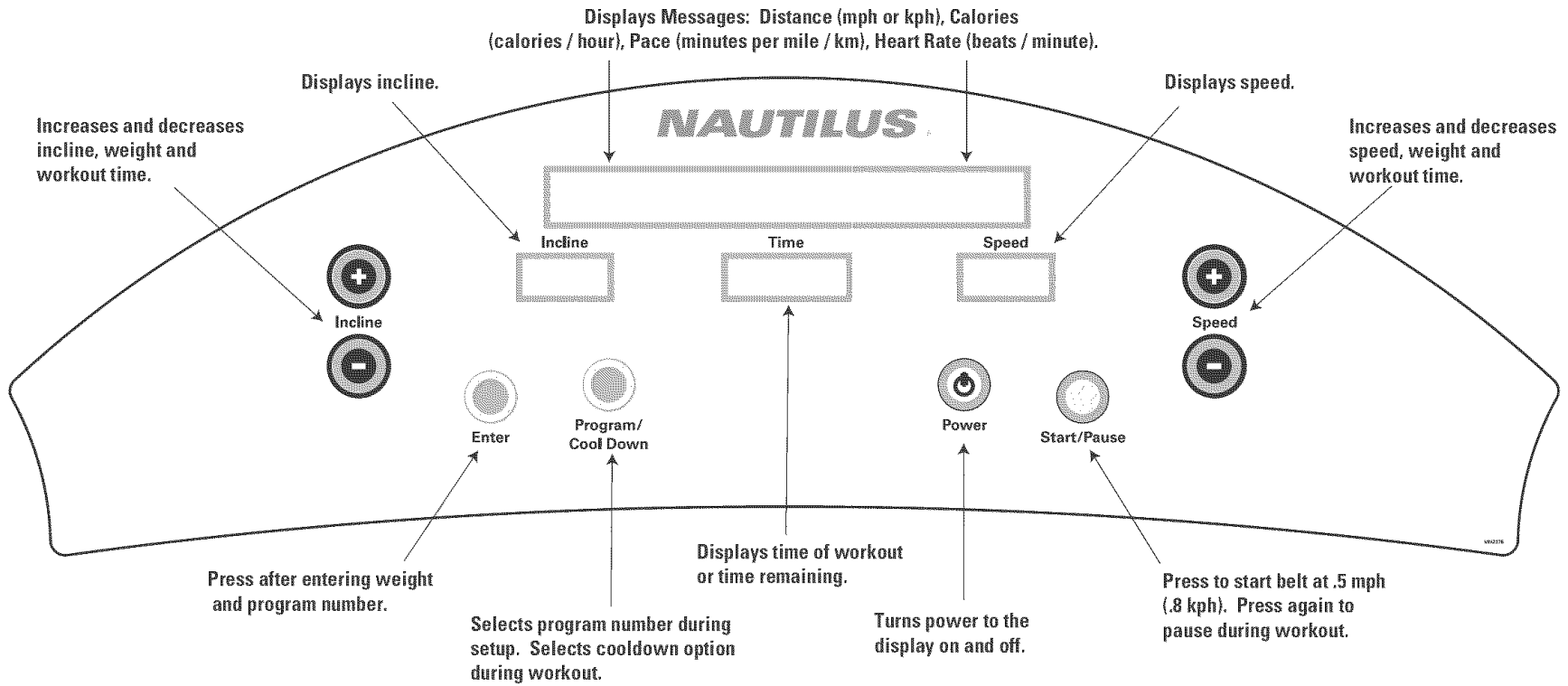
The Complete Home Fitness Handbook by Edmund Burke, Human Kinetics Publisher.

Full Body Flexibility by Jay Blahnik, Human Kinetics Publisher.

Building Strength and Stamina by Wayne Wescott, PhD, Human Kinetics Publisher.

Cross-Training for Dummies by Tony Ryan and Martica Heaner, For Dummies Publisher.

NTR 300 CONSOLE



NTR 300 OPERATION GUIDE

BEFORE STARTING

Straddle the belt and stand on the side rails. Do not stand on the walking belt while starting or stopping the treadmill. Insert the safety pull pin and attach the safety pull rope to your clothes. If you are a new user, stay at a slow speed and hold on to the handrails until you become comfortable.

QUICK START

1. Press POWER.
2. Adjust weight using "+" or "-" keys.
3. Press START/PAUSE. Time counts up. The walking belt begins to move at minimum speed.
4. Adjust speed and incline using "+" or "-" keys.

TO STOP

1. Step off belt onto the side rails.
2. Press START/PAUSE. Walking belt will stop.
3. Press POWER to turn off the treadmill.

NOTE: For an immediate stop, press POWER, pull out the safety pull pin, or press the Emergency Stop key.
CAUTION: THE BELT WILL STOP ABRUPTLY.

PROGRAM 1 – MANUAL MODE

1. Press POWER.
2. Adjust weight using "+" or "-" keys. Press ENTER.
3. Select Program 1 (P1) using PROGRAM key or "+" or "-" keys. Press ENTER.
4. Adjust workout time (0-90 minutes) using "+" or "-" keys.
5. Press START/PAUSE. The time counts down and the walking belt begins to move at minimum speed. If you chose zero as your workout time, then the time counts up and the workout will continue until you choose to stop (use TO STOP procedure above) or a maximum of 90 minutes.
6. Adjust SPEED and INCLINE using the "+" or "-" keys.
7. At the end of the workout, the walking belt stops and incline returns to zero. The display shows total calories and distance for the workout.
8. Press POWER to turn off the treadmill or allow the treadmill to shut off automatically after 1 minute.

PROGRAMS 2-8 – PRESET PROGRAMS

1. Press POWER.
2. Adjust weight using "+" or "-" keys. Press ENTER.
3. Select Program 2, 3, 4, 5, 6, 7, or 8 (P2-P8) using the PROGRAM or "+" or "-" keys. Press ENTER.
4. Adjust workout time (10-90 minutes) using "+" or "-" keys.
5. Press START/PAUSE. Time counts down and the walking belt begins to move at minimum speed.
6. Adjust speed using the SPEED "+" or "-" keys.
7. These programs change the elevation automatically (see "Incline for Programs 2-8" chart).
8. Each Program is divided into 21 segments. The display gives a visual and an audible warning before each segment change. You may temporarily override the incline of any segment by using the INCLINE "+" or "-" keys. The override lasts until the next segment change.
9. At the end of the workout, the walking belt stops and incline returns to zero. The display shows total calories and distance for the workout.
10. Press POWER to turn off the treadmill or allow the treadmill to shut off automatically after 1 minute.

NTR 300 OPERATION GUIDE

INCLINE FOR PROGRAMS 2-8

		WORKOUT SEGMENT																				
#	Title	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
P2	Easy Walk	0	0	1	1	0	0	1	1	2	2	1	1	0	0	1	1	3	3	3	0	0
P3	Medium Walk	0	0	3	3	0	0	3	3	4	4	3	3	0	0	3	3	5	5	5	0	0
P4	Advanced Walk	0	0	4	4	5	5	6	6	4	4	3	3	0	0	5	5	7	7	7	0	0
P5	Easy Run	0	0	0	0	1	1	1	1	3	3	3	3	2	2	2	2	0	0	0	0	0
P6	Medium Run	0	0	0	0	4	4	4	4	2	2	2	2	5	5	5	5	0	0	0	0	0
P7	Advanced Run	0	0	0	0	5	5	5	5	3	3	3	3	6	6	6	6	0	0	0	0	0
P8	Fat Burn	0	0	0	10	10	10	0	0	0	10	10	10	0	0	0	10	10	10	0	0	0

PROGRAMS 9-10 – HEART RATE PROGRAMS (Heart Rate Chest Strap must be worn)

1. Press POWER.
2. Adjust weight using "+" or "-" keys. Press ENTER.
3. Select Program 9 or 10 (P9-P10) using the PROGRAM or "+" or "-" keys. Press ENTER.
4. Adjust age using "+" or "-" keys. Press ENTER.
5. Adjust suggested target heart rate if desired using "+" or "-" keys.
6. Adjust workout time (10-90 minutes) using the "+" or "-" keys.
7. Press START/PAUSE. Time begins to count up and the walking belt begins to move at minimum speed.
8. The program starts in a WARM UP mode. Adjust the speed using SPEED "+" or "-" keys to slowly increase your heart rate. Incline is set to a precalculated value based on the target heart rate entered. You may adjust the target heart rate at any time using the INCLINE "+" or "-" keys.
9. When your heart rate is within 10 beats/minute of the target heart rate, the program enters the HEART RATE MODE. Time begins to count down from the workout time you selected. The program then automatically adjusts the incline to keep your heart rate within 3 beats/minute of the target heart rate. You may adjust the speed at any time. Note: If your heart rate is too high above the target heart rate and the incline is at zero, the treadmill prompts you to reduce speed. If your heart rate is 20 or more beats/minute above your target heart rate, the treadmill exits the heart rate program.
10. At the end of the workout, the walking belt stops. The display shows total calories and distance for the workout.
11. Press POWER to turn off the treadmill or allow the treadmill to shut off automatically after 1 minute.

This treadmill is compatible with most major chest strap brands, including brands that employ coded chest strap technology. Consult your dealer for additional information and for ordering information.

NTR 300 OPERATION GUIDE

HEART RATE CONDITIONING USING THE HEART RATE PROGRAMS

Here's a simple way to get into heart rate conditioning.
What is your primary exercise goal?

- Weight Loss/Weight Control? Use the FAT BURN PROGRAM.
- Cardiovascular Fitness? Use the CARDIO PROGRAM.

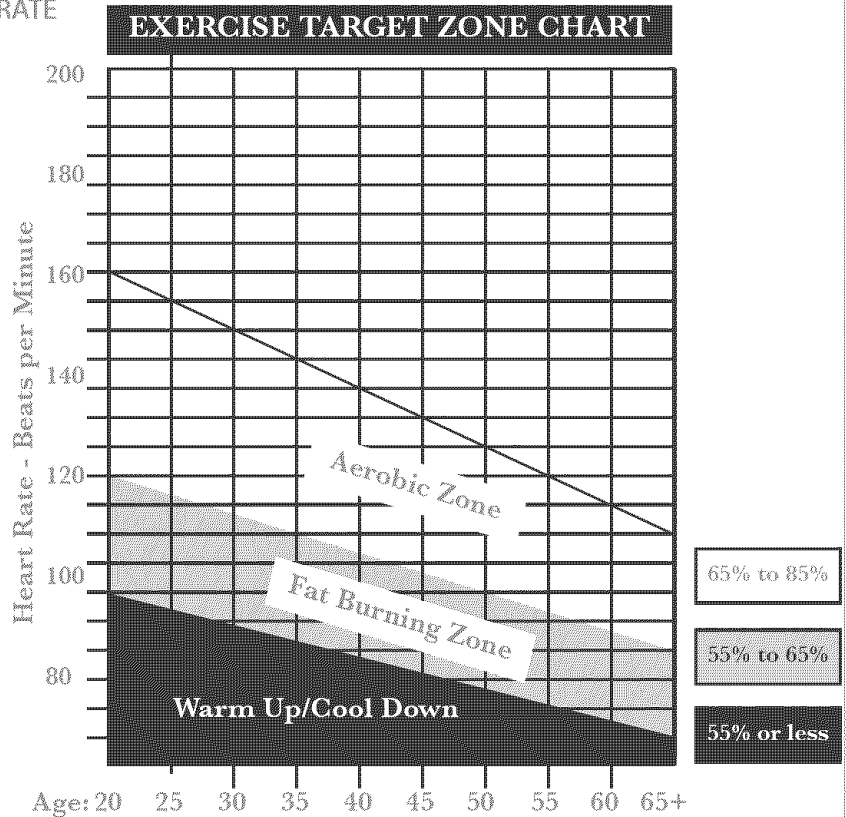
The FAT BURN PROGRAM (P 9) is for those whose primary fitness goal is weight loss or fat reduction. The target heart rate is computed as:

$$(220 - \text{age}) \times 65\%$$

We recommend this program for a first time user.

The CARDIO PROGRAM (P 10) is for those whose primary goal is to improve their aerobic fitness level and to improve sports performance. The target heart rate is computed as:

$$(220 - \text{age}) \times 80\%$$



PROGRAM 11 - 12 - CUSTOM PROGRAMS

1. Press POWER.
2. Adjust weight using "+" or "-" keys. Press ENTER.
3. Select Program 11 or 12 (P11 or P12) using PROGRAM or "+" or "-" keys. Press ENTER.
4. Adjust workout time (0-90 minutes) using "+" or "-" keys.
5. Press START/PAUSE. The walking belts begins to move at minimum speed.
6. Set speed and incline for the first segment using SPEED "+" or "-" keys and INCLINE "+" or "-" keys.
7. At the end of one minute, the program moves to the second segment. Set the speed and incline for the second segment in the same way. Continue for all 21 segments. Each segment is one minute long. If you chose zero for the workout time, time counts up and the program continually repeats until you choose to end the workout or until you reach 90 minutes.
8. If you set a workout time, the time counts down and the program continually repeats until you reach the end of your workout time. If you choose a workout time of less than 21 minutes, then only the number of segments up to that workout time are included in your workout.
9. You may end your workout at any time by following TO STOP section above.

The treadmill remembers the settings you made to the 21 segments for the next time you run this program. While in use, you may change the speed and incline for any segment. The treadmill remembers this change for the next time you run this program.

NTR 300 OPERATION GUIDE

COOL DOWN

You may use the COOL DOWN mode at any time during your workout. When you press the COOL DOWN key, the treadmill exits the program you are in, the incline returns to zero, and the speed remains the same. Press the ENTER key and the display shows calories, calories per hour, distance, and pace. Press ENTER to display the statistics again.

If you were in a program where you set the workout time, time continues to count down. At the end of the workout time, the walking belt stops. Press POWER to turn off the treadmill, or allow the treadmill to shut off automatically after one minute.

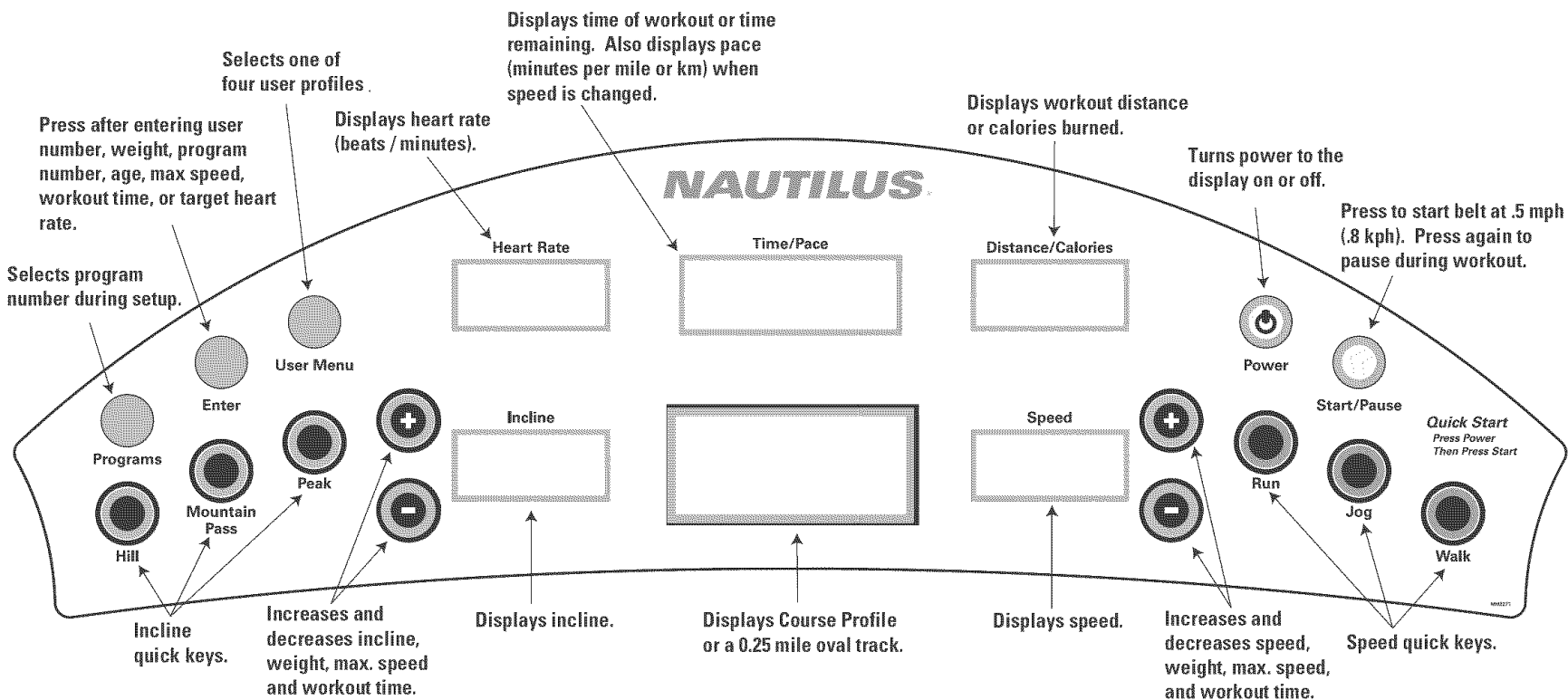
PAUSE MODE

You may pause your workout for up to 5 minutes at any time during your workout. The PAUSE MODE works in manual mode and in any program. To pause, step off the walking belt and onto the side rails. Press START/PAUSE. The walking belt stops. While in the PAUSE MODE, the display shows a counter for the 5 minute pause.

You may resume your workout where you left off by standing on the side rails and pressing START/PAUSE at any time during the 5 minute pause.

CAUTION: STAND ON THE SIDE RAILS. WALKING BELT STARTS MOVING AT THE SAME SPEED AS WHEN YOU STOPPED THE BELT.

During the 5 minute pause, you may end the workout by pressing POWER. If you do not press POWER, the treadmill shuts off automatically at the end of the 5 minute pause.



NTR 500 / 800 CONSOLE

NTR 500 / 800 OPERATION GUIDE

BEFORE STARTING

Straddle the belt and stand on the side rails. Do not stand on the walking belt while starting or stopping the treadmill. Insert the safety pull pin and attach the safety pull rope to your clothes. If you are a new user, stay at a slow speed and hold on to the handrails until you become comfortable.

QUICK START

1. Press POWER.
2. Adjust weight using "+" or "-" keys.
3. Press START/PAUSE. Time counts up. The belt begins to move at minimum speed.
4. Adjust speed and incline using "+" or "-" keys.

TO STOP

1. Step off belt onto the side rails.
2. Press START/PAUSE. Walking belt stops. Display enters the PAUSE mode.
3. Press POWER to turn off the treadmill.

NOTE: For an immediate stop, press POWER or pull out the safety pull pin or press the Emergency Stop key.
CAUTION: THE BELT WILL STOP ABRUPTLY.

PROGRAM 1 – MANUAL MODE

1. Press POWER.
2. Adjust weight using "+" or "-" keys. Press ENTER.
3. Select Program 1 (P1) using PROGRAM key or "+" or "-" keys. Press ENTER.
4. Adjust workout time (10-99 minutes) using "+" or "-" keys. Press ENTER.
5. Press START/PAUSE. The time counts down and the walking belt begins to move at minimum speed. A dot begins flashing at the start of the quarter mile over track.
6. Adjust SPEED and INCLINE using the "+" or "-" keys.
7. At the end of the workout, the treadmill continues at the last speed. The display shows results: total workout time, average heart rate, average speed, total distance and average incline. Elevation Gain and Total Treadmill Odometer scrolls across Dot Matrix Display.
8. Press START/PAUSE to stop the walking belt.
9. Press POWER to turn off the treadmill,
OR
Stand on side rails and press START/PAUSE to resume your workout. The treadmill begins to move at the last speed, time counts up starting with the total workout time, and statistics will continue to accumulate.

CAUTION: STAND ON THE SIDE RAILS. WALKING BELT STARTS MOVING AT THE SAME SPEED AS WHEN YOU STOPPED THE BELT.

The treadmill will be in Manual Mode and you may adjust speed and incline as above.

10. End your workout by following the "TO STOP" section.

SPEED / INCLINE QUICK KEYS (MANUAL MODE ONLY)

1. Press POWER. Adjust weight using "+" or "-" keys.
2. Press START/PAUSE. Select one of the six quick keys to begin workout.
3. "Walk" factory default is 2.5 mph. Valid walking speeds are 0.5 mph to 5.0 mph.
4. "Jog" factory default is 4.5 mph. Valid jogging speeds are 3.5 mph to 7.0 mph.
5. "Run" factory default is 6.0 mph. Valid running speeds are 5.0 mph to maximum treadmill speed.
6. "Hill" factory default is 2%. Valid Hill inclines are 0 to 5% incline.
7. "Mountain Pass" factory default is 5%. Valid Mountain Pass inclines are 3% to 8% incline.
8. "Peak" factory default is 7%. Valid Peak inclines are 5% to maximum treadmill incline.

NTR 500 / 800 OPERATION GUIDE

PROGRAM 2-6 – PRESET PROGRAMS

1. Press POWER.
2. Adjust weight using "+" or "-" keys. Press ENTER.
3. Select Program 2, 3, 4, 5, or 6 (P2-P6) using the PROGRAM or "+" or "-" keys. Press ENTER.
4. Set maximum speed using the "+" or "-" keys. Press ENTER. Each program segment is based on a percentage of the maximum speed you select.
5. Adjust workout time (10-99 minutes) using "+" or "-" keys. Press ENTER.
6. Press START/PAUSE. Time counts down and the treadmill begins at the speed and elevation of segment one.
7. Each Program is divided into 21 segments. The display gives a visual and an audible warning before each segment change.
(Hint: You can temporarily override the incline of any segment by using the INCLINE "+" or "-" keys. The override lasts until the next segment change.)
8. At the end of the workout, the treadmill continues at the last speed. The display shows results: total workout time, average heart rate, average speed, total distance and average incline. Elevation Gain and Total Treadmill Odometer scrolls across Dot Matrix Display.
9. Press START/PAUSE to stop the walking belt.
10. Press POWER to turn off the treadmill,

OR

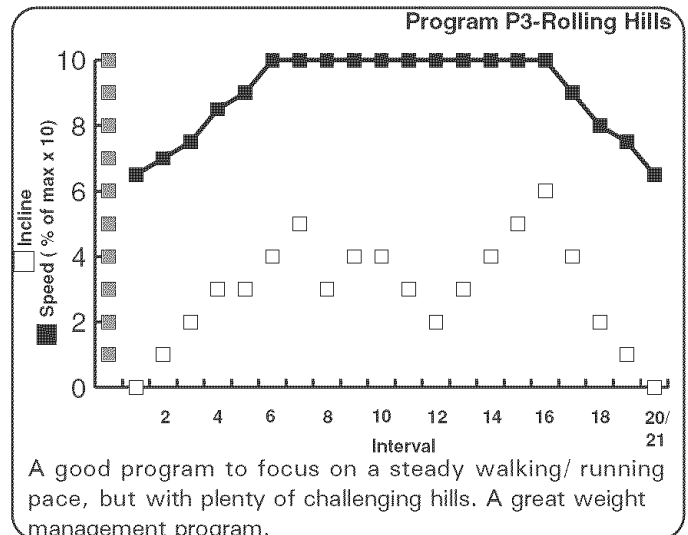
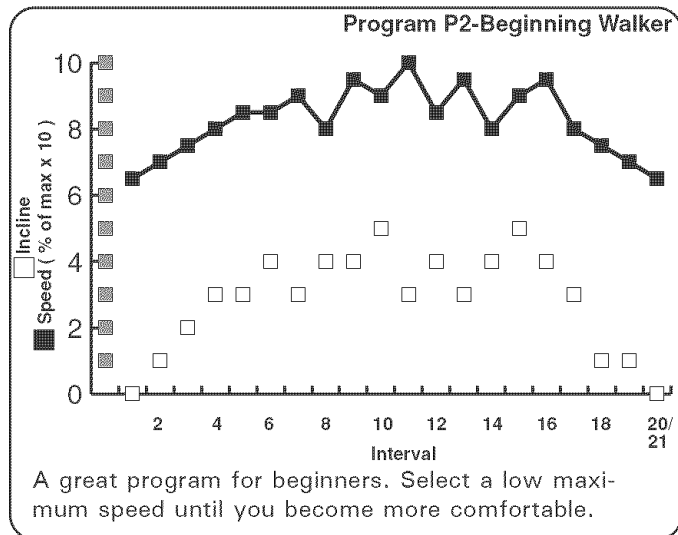
Stand on side rails and press START/PAUSE to resume your workout. The treadmill begins to move at the last speed, time counts up starting with the total workout time, and statistics will continue to accumulate.

CAUTION: STAND ON THE SIDE RAILS. WALKING BELT STARTS MOVING AT THE SAME SPEED AS WHEN YOU STOPPED THE BELT.

The treadmill will be in Manual Mode and you may adjust speed and incline as above.

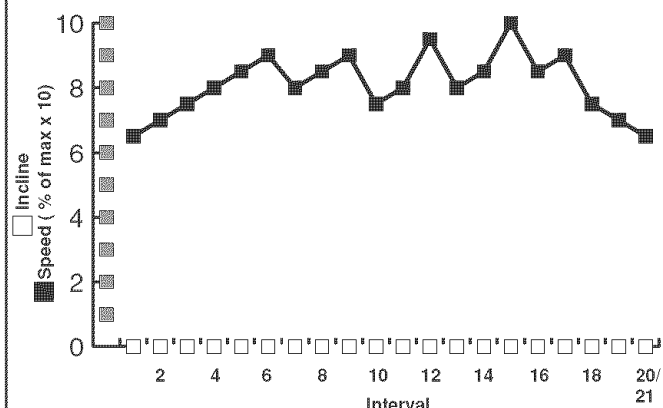
11. End your workout by following the "TO STOP" section.

PRESET PROGRAMS



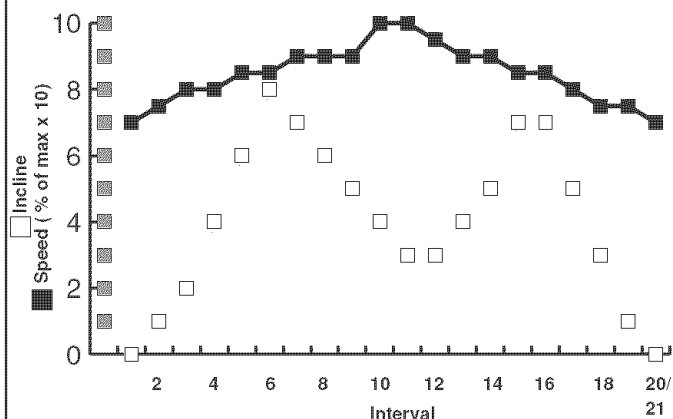
NTR 500 / 800 OPERATION GUIDE

Program P4-Interval Speed



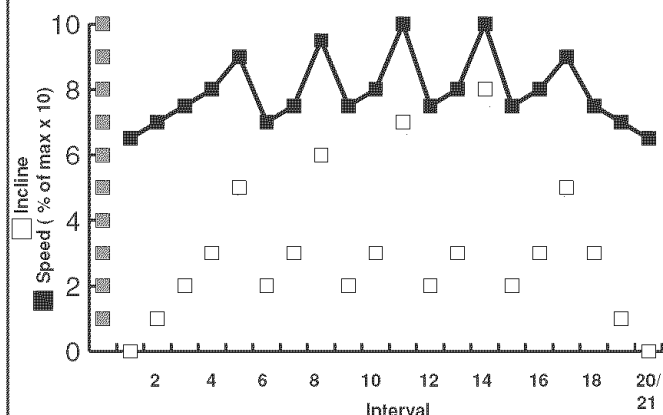
Incline on this program remains flat with lots of changes in speed. This is a great program for faster joggers and runners.

Program P5-Hill Intervals



A serious thigh burner with two steep hills and a gradual speed increase. Great for hikers.

Program P6-Hill Repeats



An advanced program in which you run up each of the four, progressively larger hills. A perfect program for athletes or serious fitness enthusiasts.

**Charts are in % and mph
To convert:**

mph	kph
1.0	1.6
2.0	3.2
3.0	4.8
4.0	6.4
5.0	8.0
6.0	9.6
7.0	11.2
8.0	12.8
9.0	14.4
10.0	16.0
11.0	17.6
12.0	19.2

PROGRAMS 7-8 – HEART RATE PROGRAMS (HEART RATE CHEST STRAP MUST BE WORN)

1. Press POWER.
2. Adjust weight using "+" or "-" keys. Press ENTER.
3. Select Program 7 or 8 (P7-P8) using the PROGRAM or "+" or "-" keys. Press ENTER.
4. Adjust age using "+" or "-" keys. Press ENTER.
5. Adjust suggested target heart rate if desired using "+" or "-" keys. Press ENTER.
6. Press START/PAUSE. Time begins to count up and the walking belt begins to move at minimum speed.
Elevation is set to a precalculated value based on the target heart rate entered.
7. Adjust the speed using the SPEED (+ or -) key.
 - If your heart rate is 26 beats per minute (bpm) or more below the target, there is no additional adjustment in incline. This allows for a warm-up period. Raise the speed to increase your heart rate.
 - If your actual heart rate is 3 to 25 bpm below the target, the incline increases.
 - If your heart rate is within 2 bpm of the target, there is no adjustment in incline.
 - If your heart rate is 3 or more bpm above the target, the incline decreases. If the incline reaches the minimum and your heart rate is still above the target, a "decrease speed" message scrolls across the display.
8. You may adjust the target heart rate at any time during the workout using the INCLINE "+" or "-" keys.
9. End your workout by following the "TO STOP" section.

NTR 500 / 800 OPERATION GUIDE

HEART RATE CONDITIONING USING THE HEART RATE PROGRAMS

Here's a simple way to get into heart rate conditioning.
What is your primary exercise goal?

WEIGHT LOSS PROGRAM – Use Program 7 (P7)

CARDIOVASCULAR PROGRAM – Use Program 8 (P8)

WEIGHT LOSS PROGRAM (P7)

This is for those whose primary fitness goal is weight loss or fat reduction. The target heart rate is computed as:

$$(220 - \text{age}) \times 65\%$$

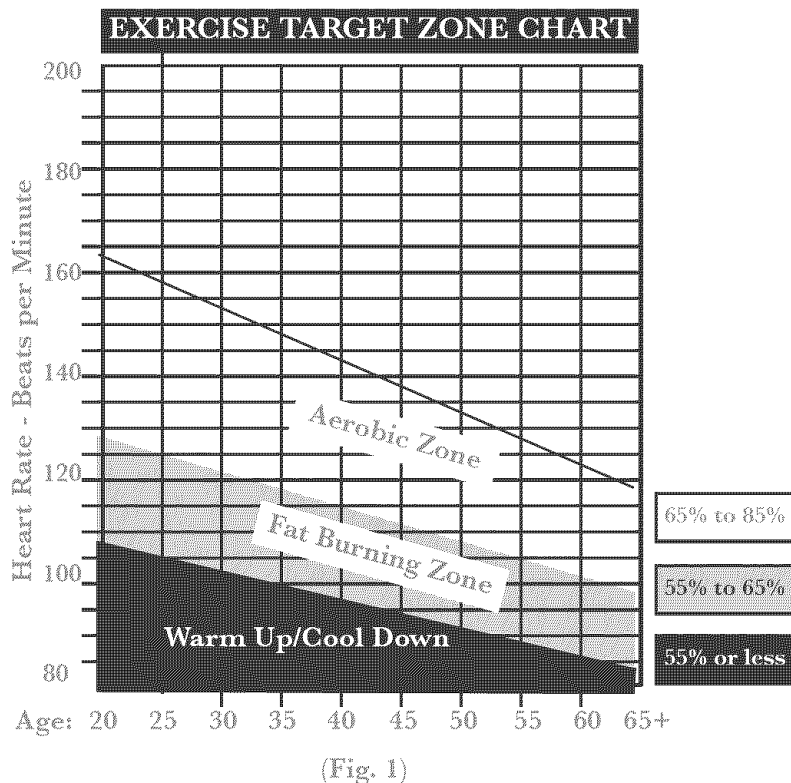
For example, for a 45-year old person, $(220 - 45) \times 65\% =$ target heart rate of 114 beats per minute. We recommend this program for a first time user. If the workout is too strenuous, lower the target heart rate by pressing INCLINE “-” key. See Exercise Target Zone Chart (Fig.1) for more information.

CARDIO PROGRAM (P8)

This is for those whose primary goal is to improve their aerobic fitness level and to improve sports performance. The target heart rate is computed as:

$$(220 - \text{age}) \times 80\%$$

For example, for a 45-year-old person, $(220 - 45) \times 80\% =$ target heart rate of 140 beats per minute.



This treadmill is compatible with most major chest strap brands, including brands that employ coded chest strap technology. Consult your dealer for additional information and for ordering information.

USER PROFILES 1-4

Your treadmill is equipped with four user profiles which offer the following benefits to a user:

- **Quicker entry into programs.** Each user profile stores previously entered values. User weight is always remembered. In the preset programs, the treadmill remembers preferred maximum speed and workout time. In a heart rate program, the treadmill remembers the user's age.
- **Storage of cumulative workout data.** Many users are interested in their fitness progress. For each user profile, the treadmill will display the following cumulative values: Total distance, elevation gain, calories burned, and workout time.
- **Storage of quick key values.** Your treadmill is equipped with quick speed and incline keys as described in the Manual Mode (P1) section. Quick keys may be used in Manual Mode (P1) only. Your user profile remembers your Walk, Jog, and Run speed settings and your Hill, Mountain Pass, and Peak incline settings.
- **Storage of 3 custom programs.** Each user profile contains Custom Programs U1, U2, and U3. These custom programs remember your preferred speed and incline settings for 21 intervals. Each user (1, 2, 3, and 4) may store up to three unique programs in their profile.

USING PROFILES 1-4

1. Press POWER.
2. Press USER MENU key to select user 1, 2, 3, or 4. Press the key once for user 1, twice for user 2, etc.
3. Adjust weight using "+" or "-" keys. Press ENTER.
4. Select any program using the PROGRAM or "+" or "-" keys.
5. At this point, the manual program, preset programs, and heart rate programs work as described earlier.
6. The next time you use a user profile, the treadmill remembers previously entered values such as weight, preferred maximum speed, workout time and user age (heart rate programs). You may change the above values by using the "+" or "-" keys. However, if you wish to confirm the current values, you may press START/PAUSE after selecting your desired program.

NTR 500 / 800 OPERATION GUIDE

7. To view workout and user data, press START/PAUSE during your workout. The dot matrix scrolls the following information:

- Workout elevation gain (how many feet or meters you have climbed during your workout based on your incline settings)
- Total treadmill odometer (cumulative treadmill miles or kilometers)
- Total user elevation gain (in feet or meters)
- Total user distance traveled (in miles or kilometers)
- Total user calories burned
- Total user workout time (in hours and minutes)

8. End your workout as described in the "TO STOP" section.

Each user profile may be reset to factory default settings. Press the USER MENU key to select the user profile you wish to reset. To reset a user profile, press and hold the USER MENU key for 5 seconds (while the Dot Matrix is scrolling "ENTER WEIGHT"). When the user profile has been reset, you will hear an audible confirmation. Please note that if a user profile is reset, all cumulative data is reset and workout preferences are restored to factory default values.

Please note that Manual mode, Preset Programs 2-6, and Heart Rate Programs 7-8 may all be used as directed with out logging into a user profile. However, Custom Programs U1-U3 may not be accessed unless a user is logged into a user profile.

PROGRAMS U1, U2, and U3 – CUSTOM PROGRAMS

You must be logged into a user profile (see above) to use a custom program. Each custom program allows the user to design their own program with their choice of speed and incline for each of 21 intervals.

TO PREPROGRAM THE CUSTOM PROGRAMS:

1. Press POWER.
2. Press USER MENU key to select desired user profile number (1, 2, 3, or 4).
3. Adjust weight using "+" or "-" keys. Press ENTER.
4. Select Program U1, U2, or U3 using PROGRAM or "+" or "-" keys. Press ENTER.
5. Set speed and incline for the first segment using SPEED "+" or "-" keys and INCLINE "+" or "-" keys. Press ENTER.
6. Set speed and incline for the second segment in the same way. Press ENTER. Continue this process for each of the remaining segments (there are 21 segments total).
7. Press START / PAUSE to save the program. To immediately use this program, see step 5 in the "To use your preprogrammed custom program" section below.

TO USE YOUR PREPROGRAMMED CUSTOM PROGRAMS:

1. Press POWER.
2. Press USER MENU key to select desired user profile number (1, 2, 3, or 4).
3. Adjust weight using "+" or "-" keys. Press ENTER.
4. Select desired program (U1, U2, or U3) using the PROGRAM or "+" or "-" keys. Press ENTER.
5. Adjust workout time (10-99 minutes) using "+" or "-" keys.
6. Press START / PAUSE. Time counts down and the treadmill begins at the speed and elevation of segment one.
7. The workout time you choose is evenly divided among the 21 segments. The display gives a visual and an audible warning before each segment change.
8. At the end of the workout, the treadmill continues at the last speed and incline. The display gives a visual shows results: total workout time, average heart rate, average speed, total distance, average incline, and elevation gain.
9. Press START/PAUSE to stop the walking belt.
10. Press POWER to turn off the treadmill,
OR

Stand on side rails and press START/PAUSE to resume your workout. The treadmill begins to move at the last speed, time counts up starting with the total workout time, and statistics continue to accumulate.

CAUTION: STAND ON THE SIDE RAILS. WALKING BELT STARTS MOVING AT THE SAME SPEED AS WHEN YOU STOPPED THE BELT.

The treadmill will be in Manual Mode and you may adjust speed and incline as above.

11. End your workout by following the "TO STOP" section.

NTR 500 / 800 OPERATION GUIDE

The treadmill remembers the settings you made to the 21 segments for the next time you run this user program.

You may revise your custom program by:

1. Repeating the steps to preprogram a custom program.
or
2. Changing the speed and incline for each segment while using a custom program.

PAUSE MODE

You may pause your workout for up to five minutes at any time during your workout. The PAUSE MODE works in manual mode and in any program or user profile. To pause, step off the walking belt and onto the side rails. Press START/PAUSE. The walking belt stops.

If you are not logged into a user profile, the display shows total workout time, average heart rate, average speed, total distance, average incline, workout elevation gain, and total treadmill odometer.

If you are logged into a user profile, the display shows the above listed statistics, plus the following cumulative user 1, 2, 3, or 4 cumulative statistics: user elevation gain, user distance, user calories, and user workout time.

You may resume your workout where you left off by standing on the side rails and pressing START/PAUSE at any time.

CAUTION: STAND ON THE SIDE RAILS. WALKING BELT WILL START MOVING AT THE SAME SPEED AS WHEN YOU STOPPED THE BELT.

If you wait more than five minutes, the treadmill shuts off automatically. During the pause, you may end the workout by pressing POWER.

DOT MATRIX SCROLLING MESSAGES

The Dot Matrix on your treadmill scrolls several messages designed to provide feedback on your workout progress.

Scrolling messages are as follows:

TARGET HEART RATE REACHED

This message is shown only in the Heart Rate Control Programs (P7-P8). The first time during your workout that your actual heart rate is within 6 beats of the target heart rate you set, "TARGET HRT REACHED" scrolls across the Dot Matrix.

HALFWAY POINT

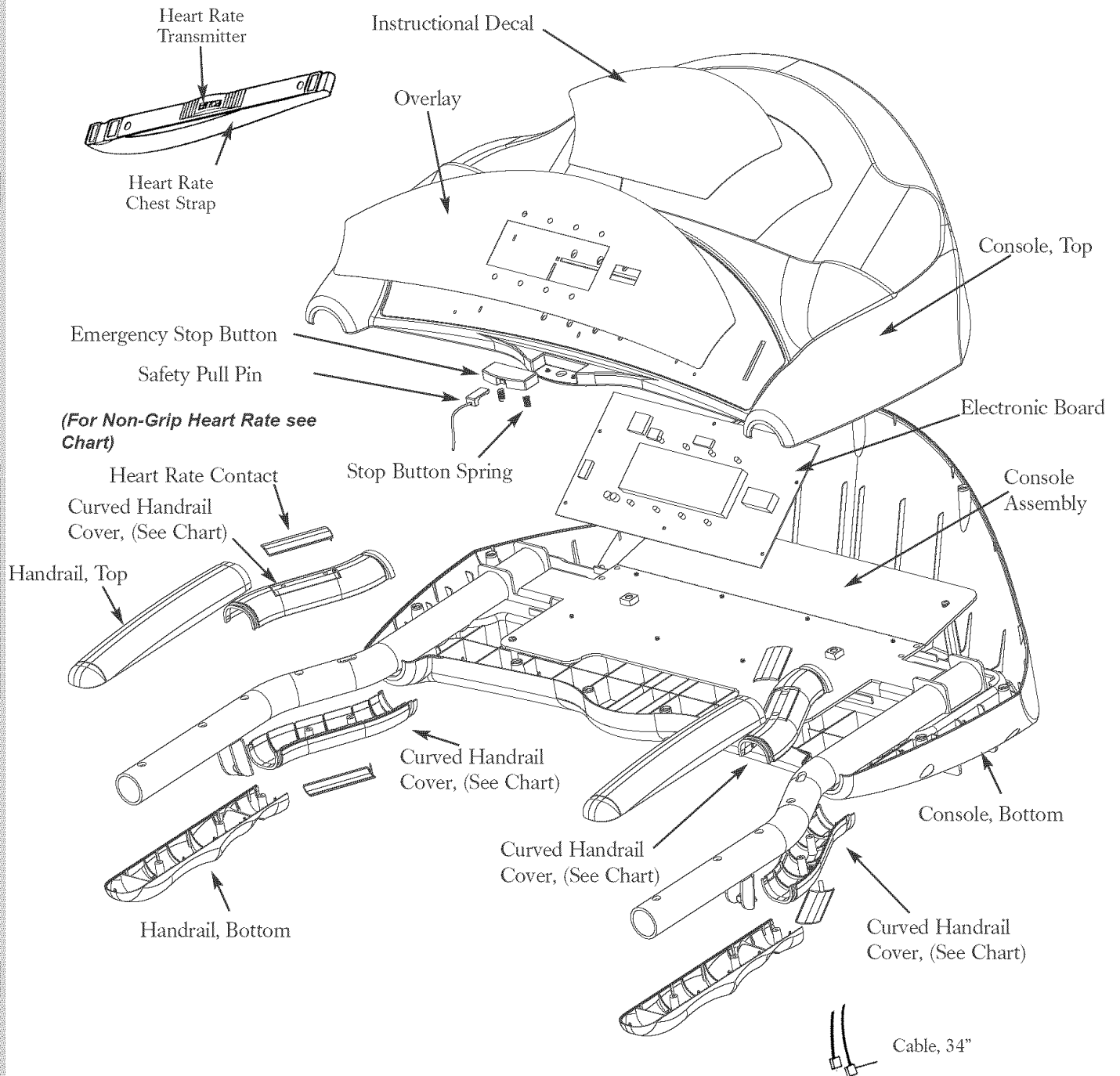
When you have reached the halfway point in the workout (based on workout time you have set), "HALFWAY POINT" scrolls across the Dot Matrix.

COOL DOWN ZONE

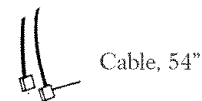
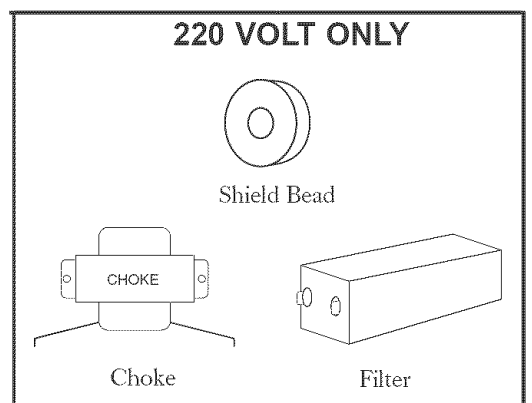
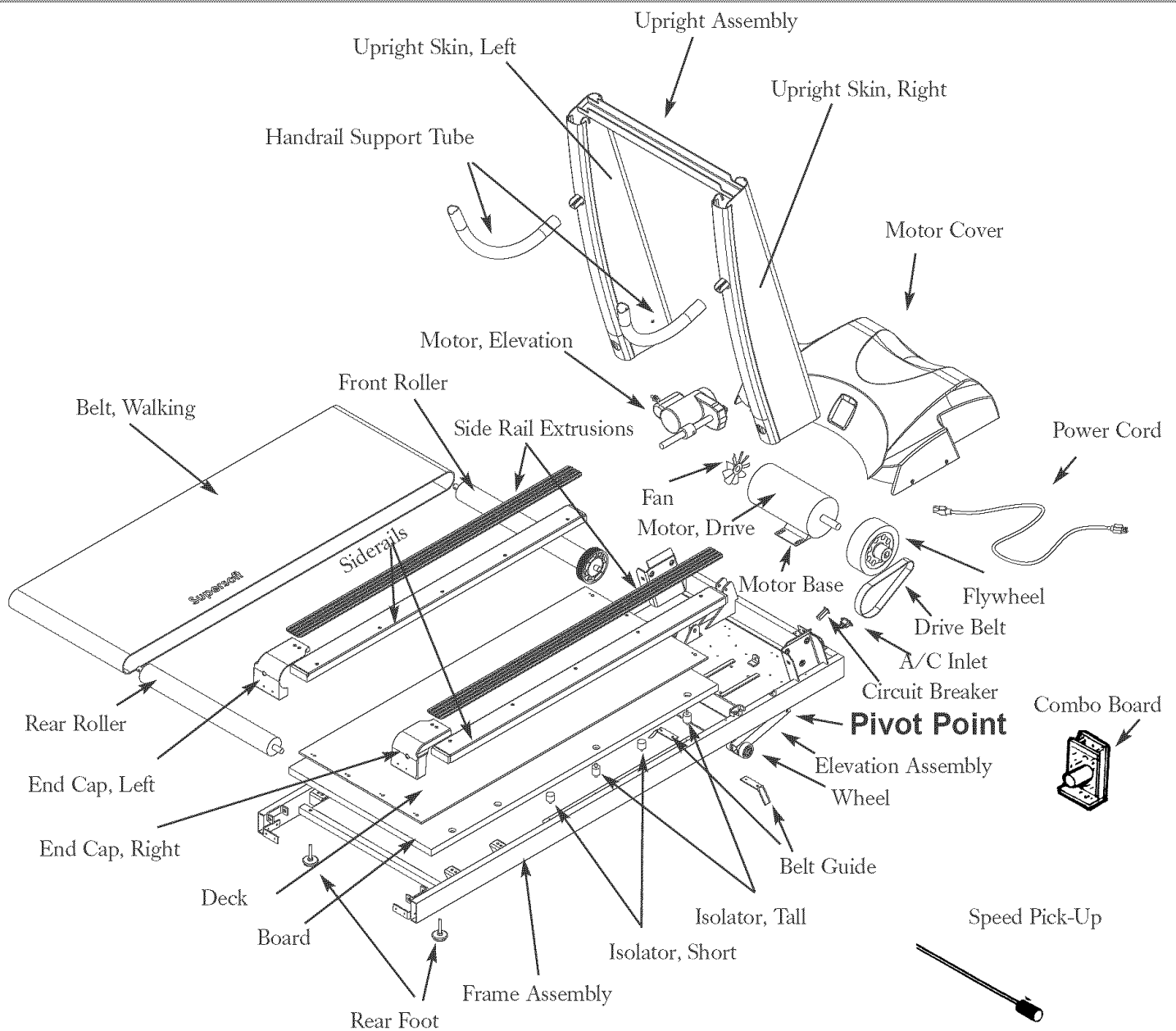
When there are only four segments remaining in one of the preset or user programs, "COOL DOWN ZONE" scrolls across the Dot Matrix. In Manual Mode (P1), this message is shown when there is only 10% of your workout time remaining (only if you have preset a workout time).

The "cool down zone" is preprogrammed into the preset programs. This cool down helps lower your heart rate and your workout intensity. However, please note that it is up to you to set your own cool down segments (segments 18-21) when programming a user program (U1-U3). A cool down is an important step in insuring a safe and productive workout and should not be overlooked.

EXPLODED VIEW



EXPLODED VIEW



PARTS LIST (110 VOLT)

COMMON ASSEMBLY PARTS

Part #	Description
HH2445	A/C Inlet
LL2002	Belt Guide
KK2496	Board
QQ2234	Cable, 58"
QQ2233	Cable, 34"
372112	Console Assembly
KK2795	Console Bottom
QQ2216	Combo Board
HH2065	Circuit Breaker
KK2596	Deck
442124	Elevation Assembly
KK2495	Emergency Stop Button
KK2790	End Cap, Left
KK2791	End Cap, Right
KK2786	End Cap Cover, Left
KK2787	End Cap Cover, Right
442153	Frame Assembly
KK2448	Handrail, Bottom
442115	Handrail Support
KK2447	Handrail, Top

Part #	Description
QQ2198	Heart Rate Chest Strap
QQ2005	Heart Rate Transmitter
MM2220	Isolator, Short
MM2219	Isolator, Tall
KK2803	Motor Cover
KK2511	Motor, Elevation
HH2189	Power Cord
KK2493	Pull Pin
HH2191	Rear Foot
KK2572	Roller, Front
KK2573	Roller, Rear
KK2736	Side Rail
KK2735	Side Rail Extrusion
QQ1513	Speed Pick Up
HH2407	Stop Button Spring
442152	Upright Assembly
KK2664	Upright Extrusion
442244	Upright Skin, Left
442245	Upright Skin, Right
MM2037	Wheel

PARTS BY MODEL

	300	500	800
Belt, Drive	KK2134	KK2134	KK2247
Belt, Walking	KK2575	KK2414	KK2414
Console, Top	KK2617	KK2804	KK2804
Curved Handrail, Bottom Left	KK2452	KK2452	-----
Curved Handrail, Bottom Right	KK2454	KK2454	-----
Curved Handrail, Top Left	KK2451	KK2451	-----
Curved Handrail, Top Right	KK2453	KK2453	-----
Curved Heart Rate Cover	-----	-----	KK2449
Curved Heart Rate Cover with Tab	-----	-----	KK2450
Fan, 6"	-----	-----	KK6136
Flywheel	-----	-----	PP3010
Electronic Board	QQ2199	QQ2260	QQ2260
Heart Rate Contact	-----	-----	LL2156
Instruction Decal	MM2274	MM2275	MM2275
Motor, Drive	KK2678	KK2678	KK2552
Motor Base	LL2206	LL2206	-----
Overlay	MM2276	MM2271	MM2271

PARTS LIST (220 VOLT)

COMMON ASSEMBLY PARTS

Part #	Description
HH2445	A/C Inlet
LL2002	Belt Guide
KK2247	Belt, Drive
KK2496	Board
QQ2234	Cable, 58"
QQ2233	Cable, 34"
QQ2169	Choke
372112	Console Assembly
KK2795	Console Bottom
QQ2204	Combo Board
HH2002	Circuit Breaker
KK2596	Deck
442124	Elevation Assembly
KK2495	Emergency Stop Button
KK2790	End Cap, Left
KK2791	End Cap, Right
KK2786	End Cap Cover, Left
KK2787	End Cap Cover, Right
QQ2168	Filter
PP3010	Flywheel
442153	Frame Assembly
KK2448	Handrail, Bottom

Part #	Description
442115	Handrail Support
KK2447	Handrail, Top
QQ2198	Heart Rate Chest Strap
QQ2005	Heart Rate Transmitter
MM2220	Isolator, Short
MM2219	Isolator, Tall
KK2803	Motor Cover
KK2225	Motor, Elevation
KK2493	Pull Pin
HH2191	Rear Foot
KK2572	Roller, Front
KK2573	Roller, Rear
HH2109	Shield Bead
KK2736	Side Rail
KK2735	Side Rail Extrusion
QQ1513	Speed Pick Up
HH2407	Stop Button Spring
442152	Upright Assembly
KK2664	Upright Extrusion
442244	Upright Skin, Left
442245	Upright Skin, Right
MM2037	Wheel

PARTS BY MODEL

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Belt, Walking	KK2575	KK2414	KK2414
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Curved Heart Rate Cover	-----	-----	KK2449
Curved Heart Rate Cover with Tab	-----	-----	KK2450
Fan, 6'	-----	-----	KK6136
Electronic Board	QQ2199	QQ2260	QQ2260
Heart Rate Contact	-----	-----	LL2156
Instruction Decal	MM2274	MM2275	MM2275
Motor Base	LL2206	LL2206	-----
Motor, Drive	KK2523	KK2523	KK2553
Overlay	MM2276	MM2271	MM2271

POWER CORD

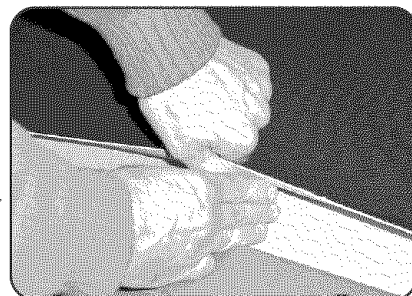
Australian Cord	HH2135
British Cord	HH2132
European Cord	HH2133
Israeli Cord	HH2134

TAKING CARE OF YOUR TREADMILL

Just like changing the oil in your car or replacing a filter in your home's heating and cooling system, a little preventive maintenance will insure your treadmill will operate smoothly and quietly for years to come.

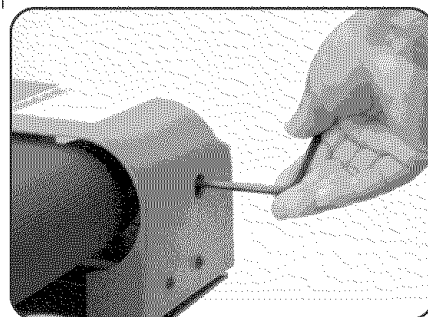
WALKING BELT TENSION

As walking belts tend to stretch slightly with use, the walking belt may occasionally need to be tightened. If the walking belt is too loose, you may find the belt stops while running or walking, while the motor continues to run. **DO NOT OVERTIGHTEN THE BELT.** This will cause reduced motor performance and can cause roller damage. When properly tensioned, you should be able to lift the side of the belt about 2-3 inches (5-7 centimeters). A quick test for belt tension: you should be able to fit three fingers under the edge of the belt.



To tighten belt:

Use the hex key provided with the treadmill (or a 3/16 inch hex wrench). Place the hex key in the hole in left end cap and into the socket of the adjustment screw. Turn key one full turn clockwise. Then place hex key in hole in right end cap and turn key one full turn clockwise. Check the tension of the belt. Continue back and forth until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment.



WALKING BELT CENTERING

The walking belt may occasionally need to be centered.

First be certain that belt is tensioned properly (see above).

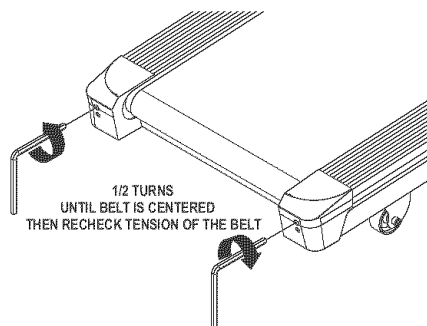
Run the treadmill at about 3.5 mph (6 kph).

Place the hex key through the hole in the left end cap and into the socket of the adjustment screw.

If belt has moved to the right:

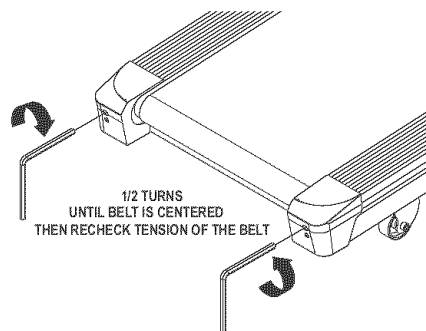
Turn the right adjustment screw 1/2 turn clockwise, then turn the left adjustment screw 1/2 turn counterclockwise.

If belt does not move, repeat until belt is centered.



If the belt has moved to the left:

Turn the right adjustment screw 1/2 turn counterclockwise, then turn the left adjustment screw 1/2 turn clockwise. If belt does not move, repeat until belt is centered.



Then recheck tension of the belt (see above).

TAKING CARE OF YOUR TREADMILL

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING, LUBRICATING, OR SERVICING THE UNIT.

CLEANING

General cleaning of the treadmill will prolong the life of the treadmill and improve performance.

Keep the unit clean by dusting regularly. Be sure to dust the exposed part of the deck on either side of the walking belt and also the side rails.

For best performance, we recommend your treadmill be placed on a treadmill mat. Along with reducing noise, a treadmill mat will help to keep dust debris away from your treadmill's critical components.

Clean the top of the belt with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or underneath the belt.

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE REMOVING THE MOTOR COVER.

At least once a year remove the motor cover and vacuum under the motor cover.

WALKING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated deck and belt system. The deck and belt friction may affect the function and life of your treadmill; we recommend periodic lubrication. We also recommend a periodic inspection of the deck surface under the walking belt. If the deck appears worn, contact our service department at (800) 499-4322, fax (903) 877-3099, or e-mail service.tyler@nautilus.com.

Use the following timetable as a guide to lubricate the deck:

- | | |
|---------------------------------------|--------------------|
| • Light user (less than 3 hours/week) | annually |
| • Medium user (3-5 hours/week) | every six months |
| • Heavy user (more than 5 hours/week) | every three months |

We recommend that you use the following:

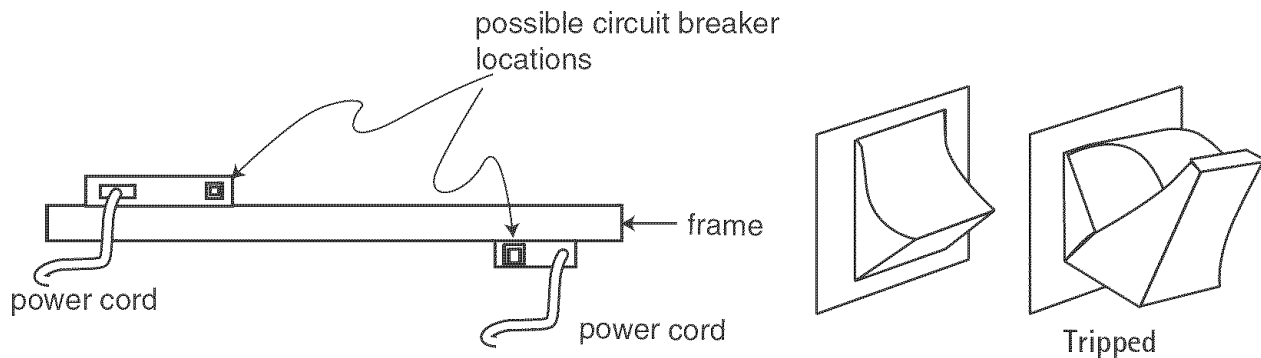
- Lube-N-Walk™ Treadmill Lubrication Kit, available from JAD Fitness, Inc. [(800) 877-3486 or www.jadfitness.com] or your local specialty fitness dealer
- NAPA 8300 Silicone Spray, available at most NAPA Auto Parts stores

TROUBLESHOOTING GUIDE

PROBLEM	CAUSE	CORRECTION
Treadmill will not start	<ol style="list-style-type: none"> 1. Not plugged in. 2. Safety pull pin not inserted. 3. Treadmill circuit breaker tripped. 	<ol style="list-style-type: none"> 1. Plug into three prong grounded outlet. 2. Insert safety pull pin. 3. Reset circuit breaker
Elevation not accurate	<ol style="list-style-type: none"> 1. Out of calibration. 	<ol style="list-style-type: none"> 1. Recalibrate unit (See Calibration Instructions).
Speed not accurate	<ol style="list-style-type: none"> 1. Out of calibration. 2. Set in wrong units (kilometers or miles) 	<ol style="list-style-type: none"> 1. Recalibrate unit (See Calibration Instructions) 2. Change units (See Calibration Instructions)
Walking belt slips	<ol style="list-style-type: none"> 1. Walking belt loose. 	<ol style="list-style-type: none"> 1. Adjust walking belt tension (See "Taking Care of Your Treadmill")
Walking belt not centered	<ol style="list-style-type: none"> 1. Walking belt tension not centered across the rear roller. 	<ol style="list-style-type: none"> 1. Adjust walking belt tension (See "Taking Care of Your Treadmill")
Heart rate not displayed (using chest strap)	<ol style="list-style-type: none"> 1. Transmitter not making good contact with skin. 2. Electromagnetic interference. 	<ol style="list-style-type: none"> 1. Moisten skin contact area on the chest strap, or turn chest strap upside down. 2. Turn off any television, microwave, or computer within 6 feet (2 meters) of treadmill
Treadmill squeaks	<ol style="list-style-type: none"> 1. Pivot points need lubrication. 	<ol style="list-style-type: none"> 1. Lubricate pivot points. (See Exploded View)

LOCATING THE CIRCUIT BREAKER ON YOUR TREADMILL

The breaker is near the front of the treadmill and near the power cord.



CALIBRATION PROCEDURE

NTR 300

WARNING: DURING THE ENTIRE CALIBRATION PROCESS, STAND ON THE SIDE RAILS ONLY.
DO NOT STAND ON THE TREADMILL WALKING BELT.
TREADMILL MUST BE TURNED OFF BEFORE CALIBRATION.

1. Turn off treadmill and remove safety pull pin.
2. Press and hold INCLINE "+" KEY and INCLINE "-" KEY.
3. Insert safety pull pin. Release keys.
4. Press START/PAUSE key to change from English units to metric units. An "E" in the time window indicates English units, an "N" indicates metric.
5. Press ENTER.
6. Press START/PAUSE. Incline calibrates, then speed.
7. When successfully completed, display shows CALIBRATION PASSED.
8. Press POWER. Your treadmill is ready for use.

NTR 500 / 800

WARNING: DURING THE ENTIRE CALIBRATION PROCESS, STAND ON THE SIDE RAILS ONLY.
DO NOT STAND ON THE TREADMILL WALKING BELT.
TREADMILL MUST BE TURNED OFF BEFORE CALIBRATION.

1. Press EMERGENCY STOP key and hold.
2. While pressing the EMERGENCY STOP key, press INCLINE "+" and INCLINE "-" keys and hold.
3. Release EMERGENCY STOP key. You will hear a beep. If not, repeat the above steps.
4. Release the INCLINE "+" and INCLINE "-" keys.
5. Press START/PAUSE key to change from English units to metric. An "E" indicates English units, an "N" indicates metric units.
6. Press ENTER key.
7. Press START/PAUSE. Incline calibrates, then speed.
8. When calibration is successfully completed, display shows "CAL PASS".
9. Press POWER. Your treadmill is ready for use.

WARRANTY

All Nautilus exercise products are warranted to the retail purchaser to be free from defects in materials and workmanship. Warranty coverage is valid to the original purchaser only and proof of purchase will be required. Any product sold or placed in an application not recommended by Nautilus will void any warranty coverage set forth by Nautilus warranty policies and procedures.

Time Period

Residential Use (All Models):

30 years on frame and drive motor. Parts are covered for 3 years. Electronics are covered for 3 years. Labor is covered for two years from date of original purchase.

Institutional Use (NTR 800 Only):

15 years on frame. 3 years on drive motor. 1 year on all other parts and electronics. Labor is covered for one year from date of original purchase.

This warranty does not cover:

1. Any component on original equipment which carries a separate consumer warranty of the parts supplier.
2. This warranty excludes wear items that need to be replaced due to normal wear and tear.
3. The Nautilus institutional warranty is limited to light-commercial settings such as hotels, schools, apartments or hospitals. This product is not warranted for health club use.
4. Any damage, failure or loss caused by accident, misuse, neglect, abuse, improper assembly, improper maintenance, or failure to follow instructions or warnings in Owner's Manual.
5. Use of products in a manner or environment for which they were not designed.

Limitations

The foregoing warranties are in lieu of and exclude all other warranties not expressly set forth herein, whether express or implied by operation of law or otherwise, including, but not limited to, warranties of merchantability or fitness for a particular purpose. Nautilus shall in no event be liable for incidental or consequential losses, damages or expenses in connection with its exercise products. Nautilus's liability hereunder is expressly limited to the replacement of goods not complying with this warranty or, at Nautilus's election, to the repayment of an amount of the purchase price of the exercise product in question. Some states do not permit the exclusion or limitation of implied warranties or incidental or consequential damages, so the preceding limitations and exclusions may not apply to you.

Procedures

Warranty service will be performed by Nautilus or an authorized Nautilus Fitness Dealer. The original purchaser must provide proof of purchase. Service calls and/or transportation to and from the Authorized Nautilus Dealer is the responsibility of the purchaser.

1. Nautilus will have the option to repair or replace any exercise product(s), which require warranty service.
2. Nautilus will replace any equipment frame that is structurally defective with a new frame or replace the unit with a unit of equal value. Nautilus is not responsible for labor charges in replacing defective frames.
3. In the event a product cannot be repaired, Nautilus will apply a limited credit reimbursement toward another Nautilus exercise product of equal or greater value.
4. Nautilus is not responsible for dealer labor charges for component changeovers completed after the labor-related warranty period(s) stated herein.
5. If you elect to repair an exercise product or part yourself, using the services of someone other than an Authorized Nautilus Dealer, or use a replacement part not supplied by Nautilus, Nautilus shall not be liable for any cost, damage, failure or loss caused by the use of such unauthorized service or parts.
6. See your Authorized Nautilus Dealer for service or write to:

Technical Services Department
Nautilus
12032 HWY 155 N.
Tyler TX 75708

Service 800-499-4322
Sales 888-471-0014

EXERCISE LOG SHEET

[illegible]

Logging each workout can be a great way to track your fitness goals and help to stay motivated!

BE SURE TO MAKE COPIES BEFORE USING.

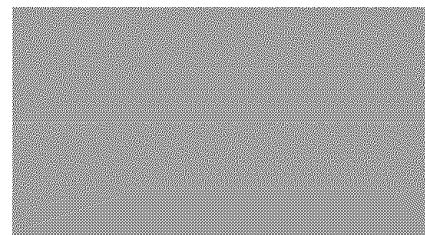
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NOTES



NAUTILUS

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