

ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness Ltd. office, or write:

ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG

Tel: Country Code:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (HETL40730)
- The NAME OF THE PRODUCT (HealthRider® SoftTrac 275P treadmill)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual)
- The KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the PART LIST on page 27 and the EXPLODED DRAWING attached in the centre of this manual)

HealthRider is a registered trademark of ICON Health & Fitness, Inc.

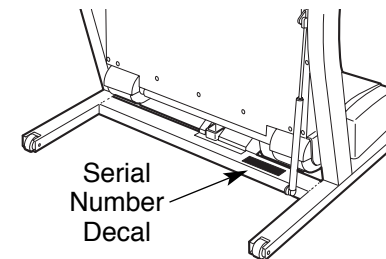
HEALTHRIDER® Soft Trac 275 P

Class H Fitness Product

Model No. HETL40730

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

Please call:

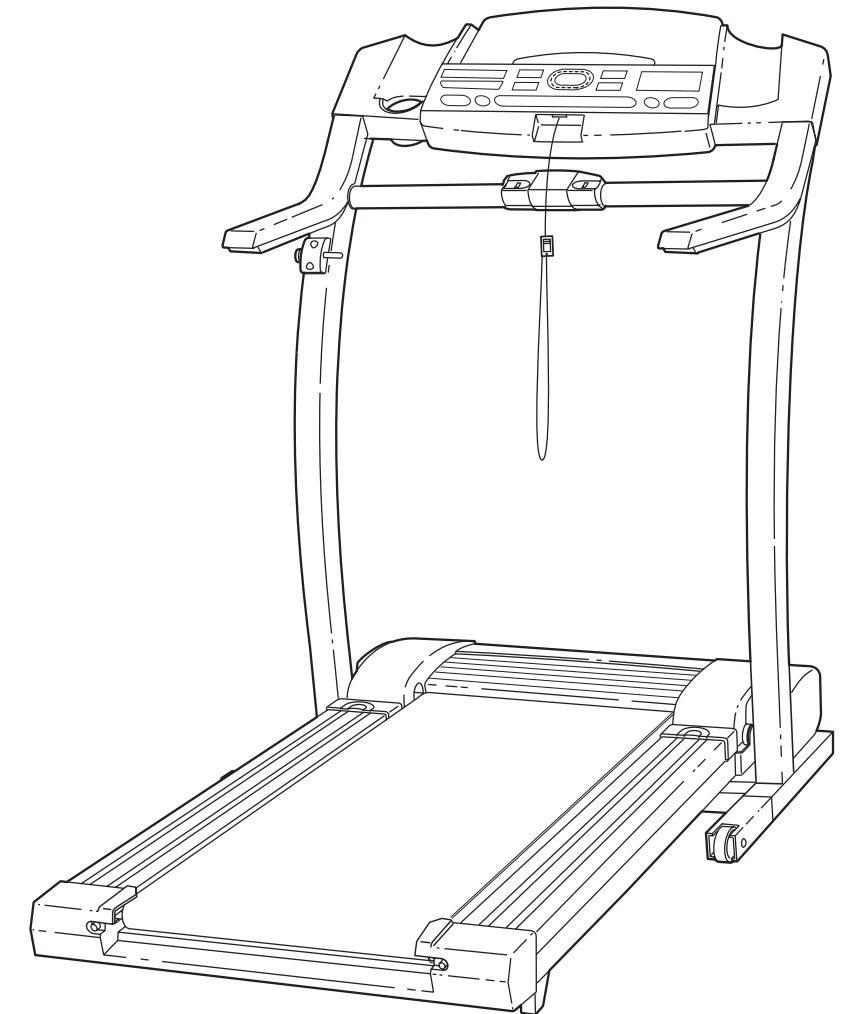
08457 089 009

Or write:
ICON Health & Fitness Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds
LS11 8JG

CAUTION

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

USER'S MANUAL



Visit our website at

www.iconeurope.com

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Note: An EXPLODED DRAWING is attached in the centre of this manual.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) 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.
4. When choosing a location for the treadmill, make sure that the location and position permit access to an electrical plug.
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 not be used by persons weighing more than 113 kg (250 lbs.).
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 9), plug the power cord into an earthed circuit. When replacing the fuse, on ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used. No other appliance should be on the same circuit.

PART LIST—Model No. HETL40730

R0603A

To locate the parts listed below, see the EXPLODED DRAWING attached in the centre of this manual.

No.	Qty.	Description	No.	Qty.	Description	No.	Qty.	Description
1	1	Motor Belt	47	15	Plastic Fastener	96	1	Incline Motor Shield
2	1	Pulley/Flywheel/Fan	48	1	Shield	97	2	Base Pad
3	4	Motor Nut	49	2	Belt Guide	98	1	12" Audio Wire
4*	1	Motor/Pulley/ Flywheel/Fan	50	1	Book Holder	99	2	Upright Grommet
			51	1	Front Belly Pan	100	1	Allen Wrench
5	1	Incline Motor Bolt	52	1	Power Supply	101	19	Screw
6	1	Plastic Incline Motor Spacer	53	4	Cable Tie Clamp	102	1	Edge Trim
			54	4	Cable Tie	103	2	Extension Leg
7	1	Incline Motor	55	1	Walking Belt	104	2	Upright Endcap
8	1	Stop Bracket	56	1	20" Wire Harness	105	1	Shock
9	1	Small Nut	57	1	Rear Roller	106**	2	Extension Leg Assembly
10	3	Star Washer	58	1	Belly Pan Spacer			
11	4	Thick Base Pad	59	2	Rear Foot	107	2	Pulse Bar Bolt
12	1	Frame	60	4	Rear Foot Screw	108	2	Pulse Bar Washer
13	1	Latch Assembly	61	1	Ground Wire	109	1	Pulse Bar
14	1	Splitter	62	5	Ground Wire Screw	110	1	Right Handgrip
15	8	Incline Motor Nut	63	1	Belly Pan	111	1	Audio Wire Nut
16	4	Hood Screw	64	1	Rear Endcap	112	1	European Power Cord
17	4	Plastic Stand-off	65	2	Rear Roller Adj. Bolt	113	1	Rubber Ring
18	1	Hood Bracket (short)	66	1	Motor	114	2	Interface Bracket
19	1	Hood Bracket (long)	67	1	Latch Decal	115	1	Filter
20	2	Warning Decal	68	4	Platform Screw	116	1	Console Base Bottom
21	1	Reed Switch	69	6	Electronics Screw	117	2	Upright Endcap
22	1	Reed Switch Clip	70	1	Latch Catch	118	1	Chest Pulse Sensor
23	1	Motor/Controller Wire	71	1	Walking Platform	119	21	Hood Bracket Screw/ Incline Shield Screw
24	1	Controller	72	5	8" Cable Tie			
25	1	Electronics Bracket	73	1	Jack	120	1	Rear Foot Spacer
26	1	Circuit Breaker	74	1	Motor Tension Bolt	121	1	Chest Pulse Strap
27	1	Receptacle	75	2	Foot Rail Insert	122	1	Left Handgrip
28	1	Grounding Nut	76	14	Short Screw	123	2	Static Decal
29	1	On/Off Switch	77	1	Console	124	1	Hand Pulse Wire
30	1	Ground Wire	78	1	Choke	125	1	Choke Bracket
31	1	Incline Leg	79	4	Long Screw	#	1	8" White Wire, 2F
32	2	Frame Pivot Bolt	80	1	10' iFIT.com Wire	#	1	14" White Wire, 2F
33	2	Frame Pivot Spacer	81	4	Motor Bushing	#	1	8" Blue Wire, 2F
34	1	Upright Wire Harness	82	1	Upright	#	1	4" Blue Wire, 2F
35	1	Front Roller Adj. Bolt	83	2	Incline Leg Pivot Bolt	#	1	4" Black Wire, M/F
36	4	Roller Adj. Washer	84	1	Motor Mount Isolator	#	1	4" Black Wire, 2F
37	2	Motor Tension Nut/ Front Roller Nut	85	2	Handrail Extension	#	1	4" Green Wire, F/Ring
			86	2	Wheel Bolt	#	1	8" Green Wire, F/Ring
38	4	Motor Bolt	87	1	Console Base	#	1	8" Green Wire, 2 Ring
39	2	Cap Screw	88	1	Motor Tension Washer	#	1	14" Blue Wire, 2F
40	1	Left Foot Rail Cap	89	10	Console/Latch Screw	#	1	4" White Wire, M/F
41	2	Foot Rail	90	1	Key/Clip	#	1	4" Red Wire, M/F
42	1	Front Roller/Pulley	91	1	Incline Motor Plate	#	1	User's Manual
43	1	Magnet	92	1	Right Foot Rail Cap			
44	2	Platform Centre Screw	93	1	Motor Tension Bushing			
45	2	Isolator	94	1	Motor Hood			
46	4	Isolator Screw	95	2	Front Wheel			

* Includes all parts in the box
These parts are not illustrated

CONDITIONING GUIDELINES

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

The pulse sensors are not a medical devices. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensors are intended only as exercise aids in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. 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 heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to

burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help 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, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

12. If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

13. Keep the power cord away from heated surfaces.

14. Never move the walking belt whilst 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 BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)

15. Never start the treadmill whilst you are standing on the walking belt. Always hold the handrails whilst using the treadmill.

16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

17. The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

18. Never leave the treadmill unattended whilst it is running. Always remove the key, unplug the power cord and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)

19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 22.) You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.

20. Do not change the incline of the treadmill by placing objects under the treadmill.

⚠️ 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. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

21. When folding or moving the treadmill, make sure that the storage latch is fully closed.

22. When using iFIT.com CDs and videos, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.

23. When using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.

24. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.

25. Inspect and tighten all parts of the treadmill regularly.

26. Never insert or drop any object into any opening.

27. **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 authorised service representative. Servicing other than the procedures in this manual should be performed by an authorised service representative only.

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

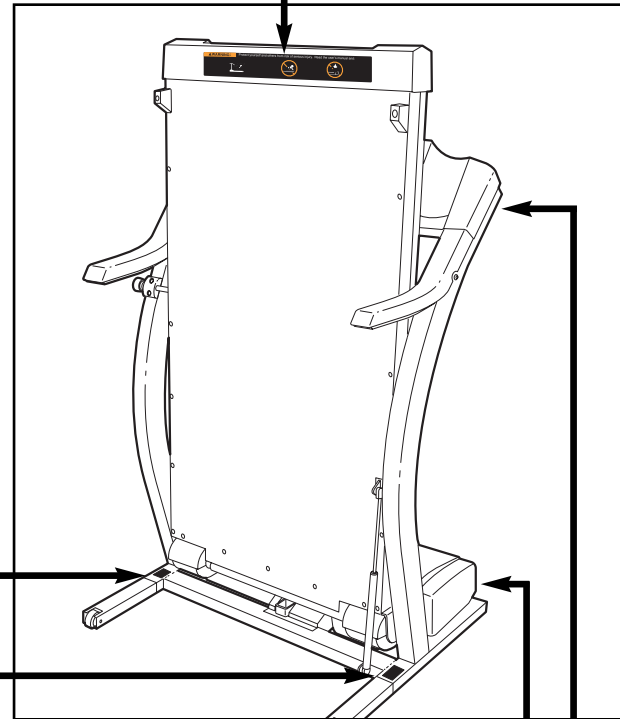
SAVE THESE INSTRUCTIONS

The decals shown below have been placed on your treadmill. If a decal is missing or illegible, please call our Customer Service Department to order a free replacement decal (see the front cover of this manual). Apply the decal in the location shown.

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

- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to lowest level before folding treadmill into storage position.
- Stand only on 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.
- 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.

Note: This decal is shown at 38% of actual size.



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

⚠ WARNING Do not remove or insert this plug while the key is inserted in the console. Static sensitive components may be affected.

⚠ WARNUNG Dieser Stecker darf nicht entfernt oder eingesteckt werden während der Schlüssel im Computer eingesteckt ist. Statik empfindliche Komponente könnten beeinflusst werden.

⚠ ATTENZIONE Non rimuovere o inserire questa presa mentre la chiave è inserita nella consolle. I componenti statico-sensibili potrebbero essere compromessi.

⚠ AVERTISSEMENT Ne retirez pas ou n'insérez pas la prise si la clé est insérée dans la console. Certaines des pièces électroniques peuvent être sensibles à la statique.

⚠ ADVERTENCIA No quite o inserte este enchufe mientras que la llave esté insertada en la consola. Componentes sensibles a la estática pueden ser afectadas.

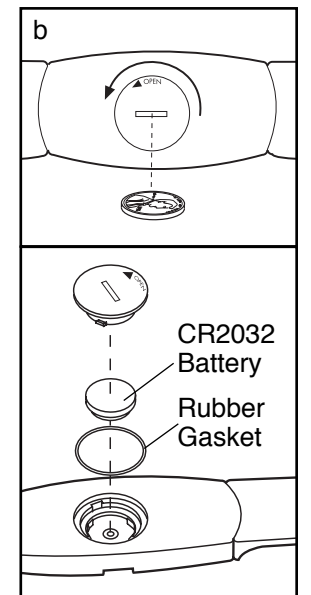
Note: This decal is shown at 20% of actual size.

PROBLEM: The chest pulse sensor does not function properly

SOLUTION: a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 8.

b. If the chest pulse sensor still does not function properly, the battery should be changed. To replace the battery, 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. Remove the cover.

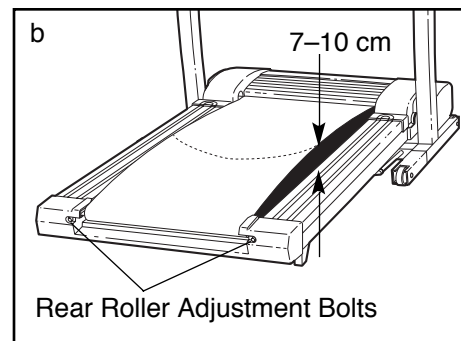
Next, remove the old battery from the sensor unit. Insert a new **CR 2032 battery**, making sure that the writing is on top. In addition, make sure that the rubber gasket is in place in the sensor unit. Replace the battery cover and turn it to the closed position.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

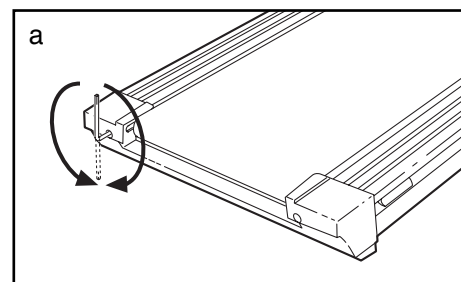
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 7 to 10 cm (3 to 4 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



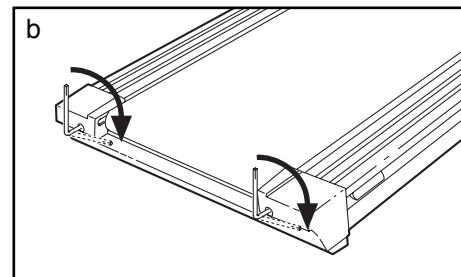
c. If the walking belt still slows when walked on, please call our Customer Service Department.

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

SOLUTION: a. If the walking belt is off-centre, first remove the key and **UNPLUG THE POWER CORD**. If the walking belt has shifted to the left, use the allen wrench 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. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centred.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 7–10 cm (3 to 4 in.) off the walking platform. Be careful to keep the walking belt centred. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



PROBLEM: The incline of the treadmill does not change correctly or does not change when iFIT CDs and videos are played

SOLUTION: a. With the key in the console, press one of the Incline buttons. **Whilst 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.

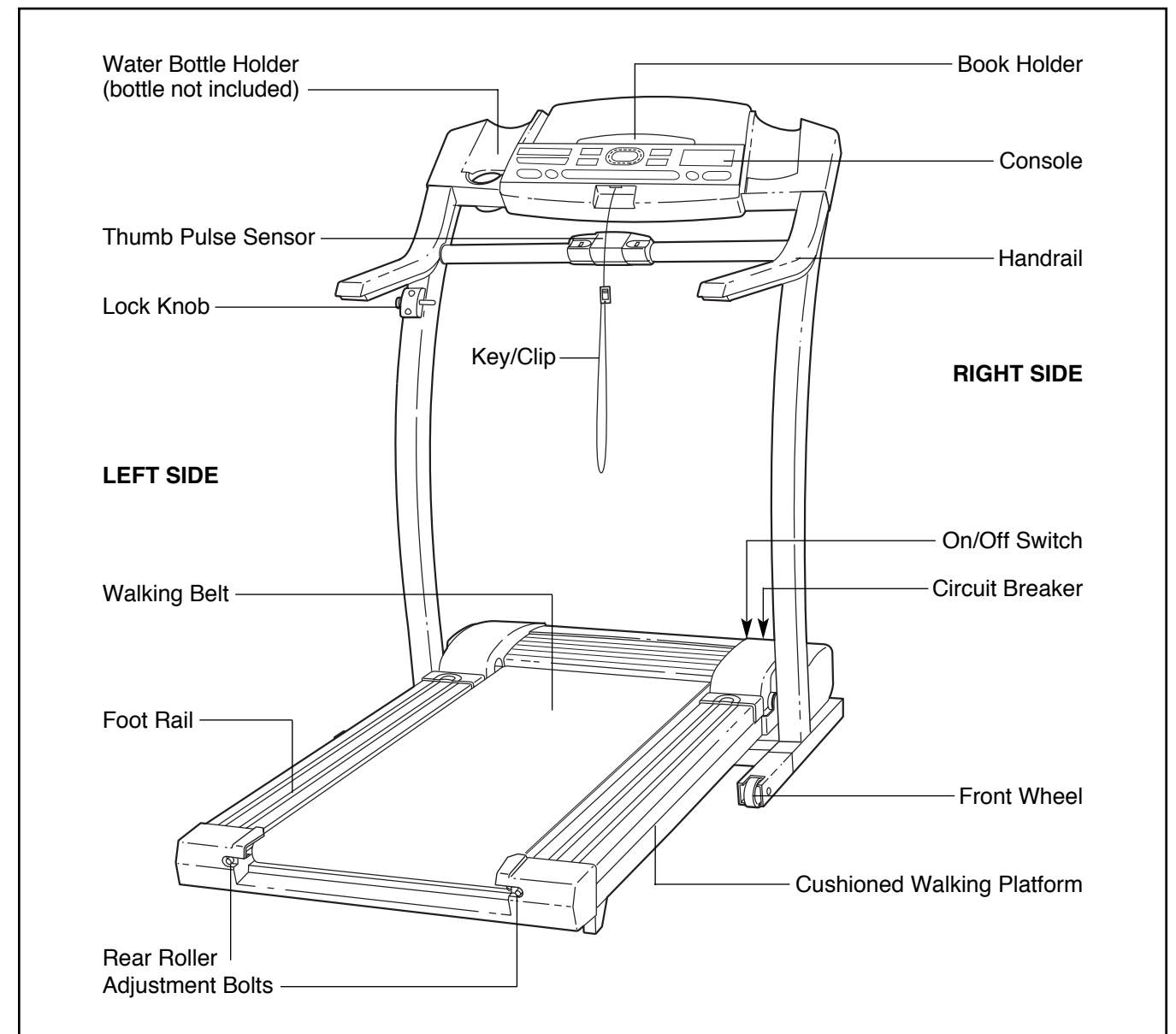
BEFORE YOU BEGIN

Thank you for selecting the revolutionary HealthRider® SoftTrac 275P treadmill. The SoftTrac 275P treadmill combines advanced technology with innovative design to help you get the most from your exercise program in the convenience and privacy of your home. And when you're not exercising, the unique SoftTrac 275P treadmill can be folded up, requiring less than half the floor space of other treadmills.

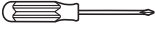

ing this manual, please call our Customer Service Department at 08457 089 009. To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is HETL40730. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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

ing this manual, please review the drawing below and familiarise yourself with the parts that are labelled.



ASSEMBLY

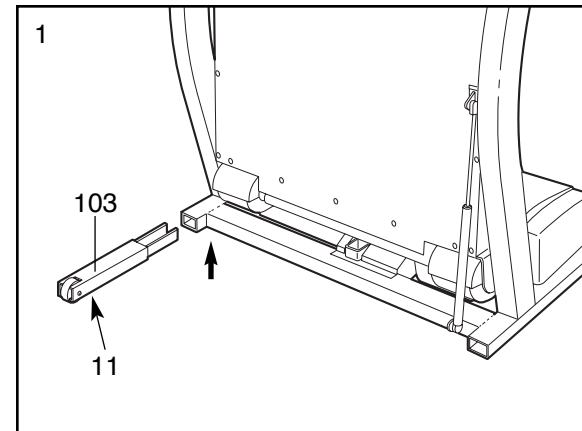
Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires your own Phillips screwdriver**  **and rubber mallet** .

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.

1. With the help of a second person, carefully raise the treadmill to the position shown at the right.

Whilst a second person tips the treadmill to one side slightly and holds it, insert one of the Extension Legs (103) into the treadmill as shown. Make sure that the Extension Leg is turned so the Thick Base Pad (11) is on the bottom.

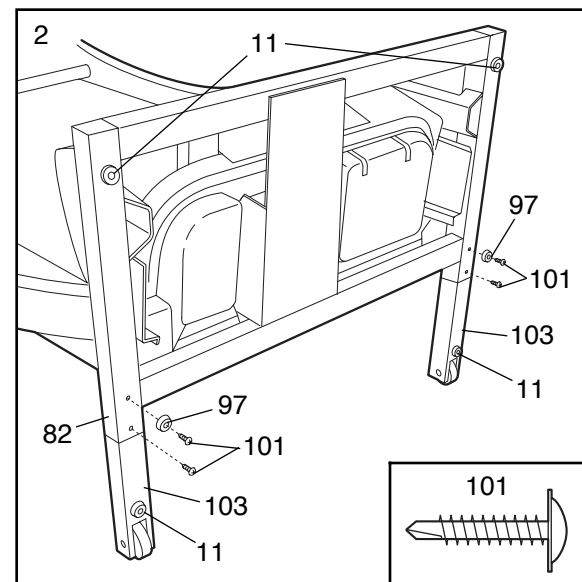
Next, tip the treadmill to the other side and insert the other Extension Leg (not shown) in the same way. Lower the side of the treadmill so that both Extension Legs (103) are resting flat on the floor.



2. With the help of a second person, carefully lower the treadmill frame and then tip the Uprights (82) down as shown. **Make sure that the Extension Legs (103) remain in the Uprights.**

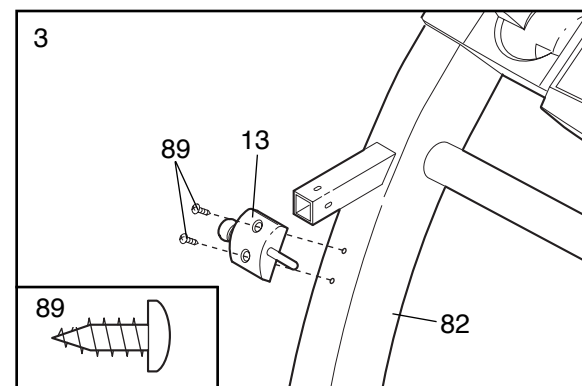
Attach each Extension Leg (103) with two Screws (101) and a Base Pad (97) as shown.

Note: One replacement Base Pad (97) and Spacer (not shown) may be included. If a Base Pad becomes worn and needs to be replaced, use the replacement Base Pad. If a Thick Base Pad (11) needs to be replaced, use the replacement Base Pad with the Spacer.



3. With the help of a second person, carefully tip the Uprights (82) back to the vertical position.

Attach the Latch Assembly (13) to the left Upright (82) with two Latch Screws (89).



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 call our Customer Service Department.

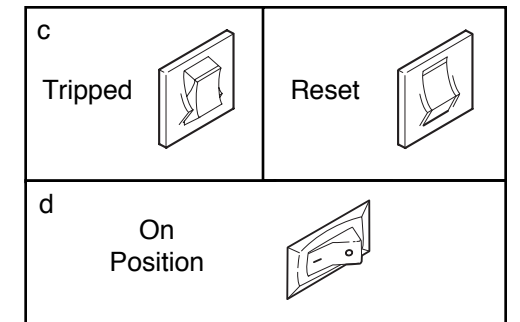
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet. (See HOW TO PLUG IN THE POWER CORD on page 9.) If an extension cord is needed, use only a 3-conductor, 1 mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

b. Make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill 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.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the on position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see c. 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.

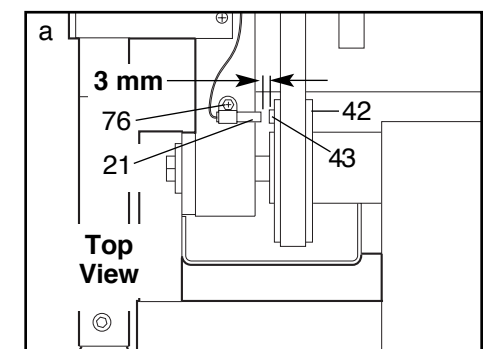
c. Remove the key from the console. Reinsert the key fully into the console.

d. Make sure that the on/off switch is in the on position.

e. If the treadmill still will not run, please call our Customer Service Department.

PROBLEM: The speed display on the console does not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the screws from the hood and carefully remove the hood. Locate the Reed Switch (21) and the Magnet (43) on the left side of the Pulley (42). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.)**. If necessary, loosen the Short Screw (76) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

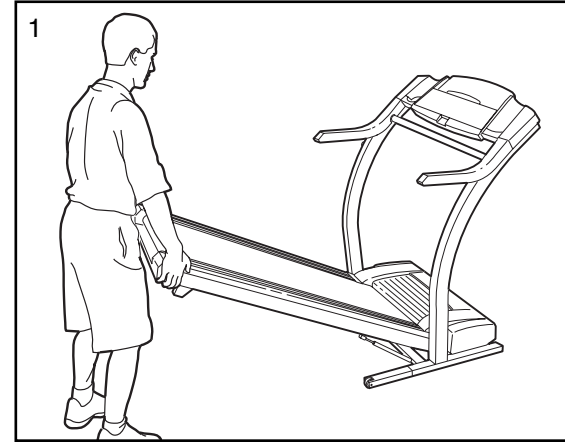


HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

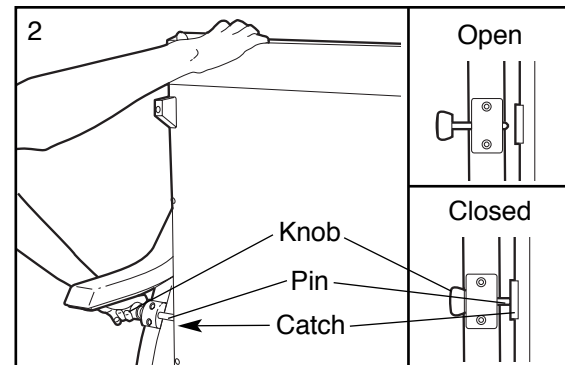
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. **CAUTION: You must be able to safely lift 20 kg (45 lbs.) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the latch pin is aligned with the hole in the catch. Insert the latch pin into the catch. **Make sure that the latch pin is fully inserted into the catch.**

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 30°C (85°F).



HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the catch.**

1. Hold the handrails as shown and place one foot against a wheel.
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 whilst moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.

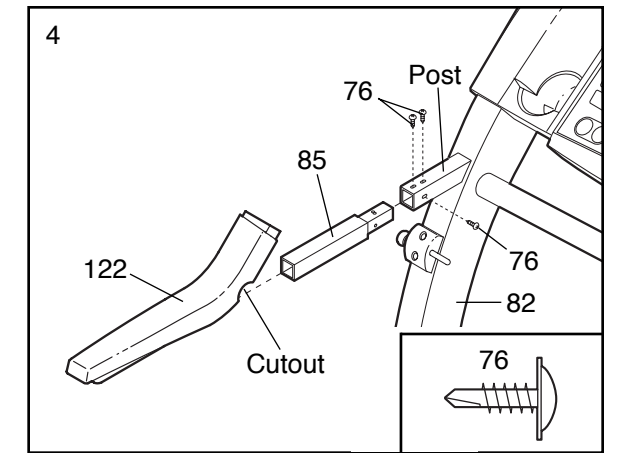


HOW TO LOWER THE TREADMILL FOR USE

1. See drawing 2 above. Hold the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the pin. Slowly release the latch knob.
2. See drawing 1. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **Do not drop the treadmill frame to the floor. CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

4. Insert a Handrail Extension (85) into the post on the left Upright (82). If necessary, tap the Handrail Extension with a rubber mallet to fully insert it. Align the holes in the Handrail Extension with the holes in the post. Next, attach the Handrail Extension by tightening **three** Short Screws (76) into the indicated holes. Note that the hole in the left side of the post is not used. **Note: If there is only one hole in the top of the post, tighten the third Short Screw into the hole in the left side of the post.**

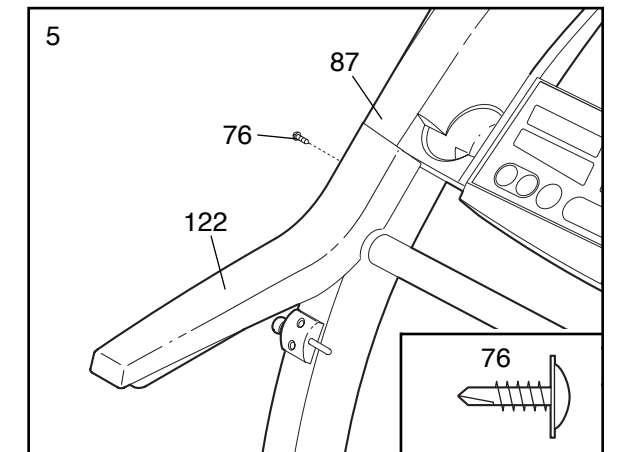
Identify the Left Handgrip (122), which has a **large** cutout in the right side. Slide the Left Handgrip as far as possible onto the Handrail Extension (85). It may be helpful to apply soapy water to the Handrail Extension.



5. Make sure that the front edge of the Left Handgrip (122) is under the Console Base (87) as shown. Tighten a Short Screw (76) into the side of the Left Handgrip as shown.

Attach the other Handrail Extension (not shown) and the Right Handgrip (not shown) as described in step 4 and this step.

Note: When assembly is completed, there may be extra screws left over.

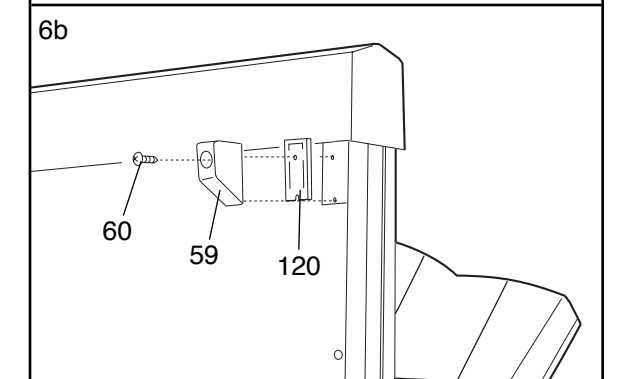
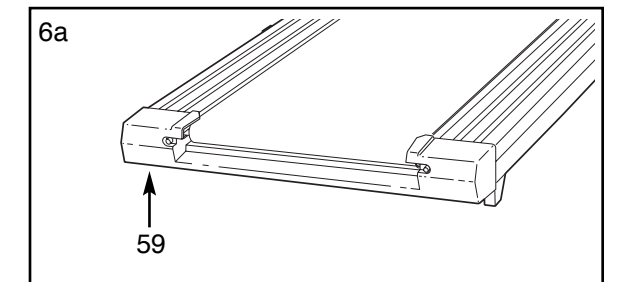


6. See drawing 6a. Locate the **left** Rear Foot (59) on the treadmill. If the left Rear Foot touches the floor, go to step 7. If there is a space between the left Rear Foot and the floor, follow the instructions below.

Hold the treadmill firmly with both hands, and raise the treadmill to the storage position as described on page 22.

See drawing 6b. Using a phillips screwdriver, remove the Rear Foot Screw (60), the **right** Rear Foot (59), and the Rear Foot Spacer (120) from the treadmill. Reattach the right Rear Foot without the Rear Foot Spacer. Hold the treadmill with both hands, and lower the treadmill as described on page 22.

Carefully lower the treadmill. If there is still a space between the left Rear Foot (not shown) and the floor, raise the treadmill and remove the left Rear Foot. Snap the Rear Foot Spacer (120) onto the left Rear Foot and reattach the left Rear Foot and the Rear Foot Spacer. Then, carefully lower the treadmill.

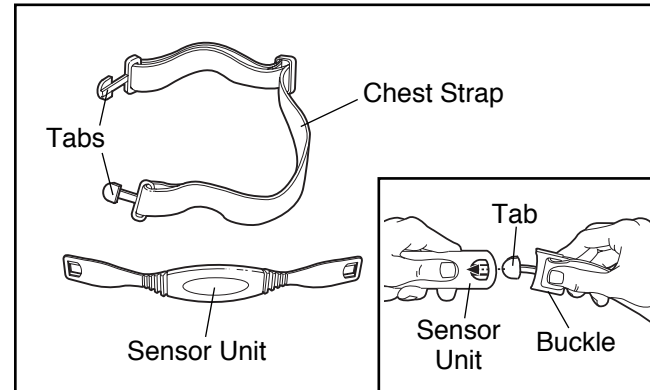


7. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 24). To protect the floor or carpet from damage, place a mat under the treadmill.

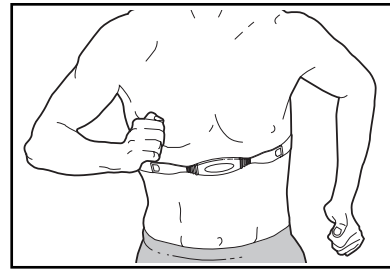
HOW TO USE THE CHEST PULSE SENSOR

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 one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.



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



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

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

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 50° C (122° F) or below -10° C (14° F).
- 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.

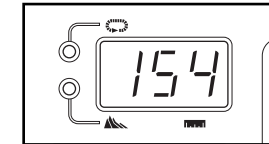
- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- As you walk or run on the treadmill, position yourself near the centre of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 25).

THE INFORMATION MODE/DEMO MODE

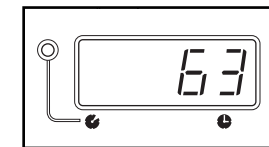
The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometres per hour. In addition, the information mode allows you to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button whilst inserting the key into the console. When the information mode is selected, the following information will be shown:

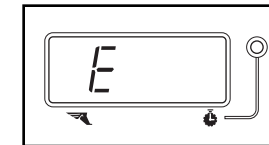
The Distance/Laps/Incline display will show the total number of miles that the walking belt has moved.



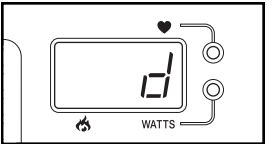
The Time/Segment Time display will show the total number of hours the treadmill has been used.



An "E" for english miles or an "M" for metric kilometres will appear in the Speed/Min-Mile display. Press the Speed Δ button to change the unit of measurement.



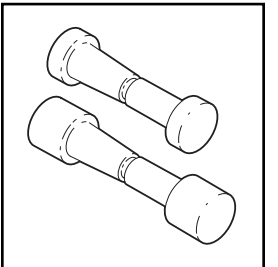
IMPORTANT: The Calories/Watts/Pulse display should be blank. If a "d" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a "d" appears in the Calories/Watts/Pulse display when the information mode is selected, press the Speed ▽ button so the Calories/Watts/Pulse display is blank.**



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

OPTIONAL HAND WEIGHTS

Optional hand weights let you include upper-body exercise in your workouts. The hand weights fit into convenience holders in the console. **To purchase the optional hand weights, call the Customer Service Department (see the back cover of this manual).**



HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our new Web site at www.iFIT.com allows you to access a selection of programs that interactively control your treadmill to help you achieve your specific exercise goals.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 17. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

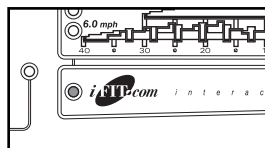
Follow the steps below to use a program from our Web site.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected and the manual indicator will light. To use a program from our Web site, press the Mode button repeatedly until the iFIT.com indicator lights.



3 Go to your computer and start an internet connection.

4 Start your web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Segment Time display will begin to flash. To restart the program, press the Start button or the Speed Δ button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop and the Time/Segment Time display will begin to flash. Note: To use another program, press the Stop button and go to step 5.

Note: If the speed or incline of the treadmill does not change when a “chirp” is heard, make sure that the iFIT.com indicator is lit and that the Time/Segment Time display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.

8 Follow your progress with the LED track and the displays.

See step 6 on page 11.

9 Use the thumb pulse sensor if desired.

See step 7 on page 12.

10 When the program has ended, remove the key from the console.

See step 7 on page 14.

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a 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.**

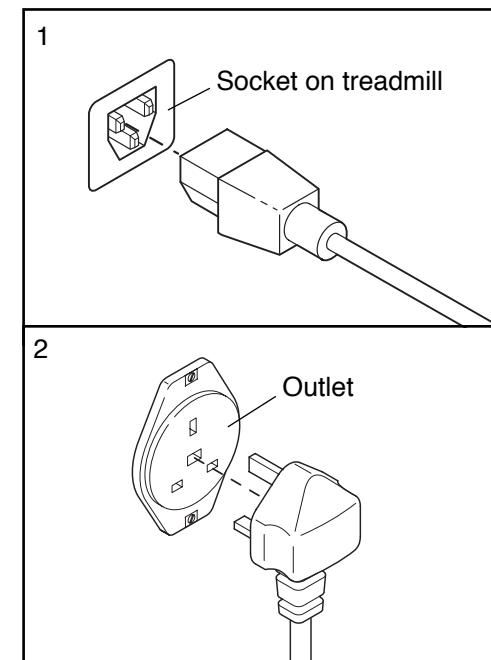
HOW TO PLUG IN THE POWER CORD

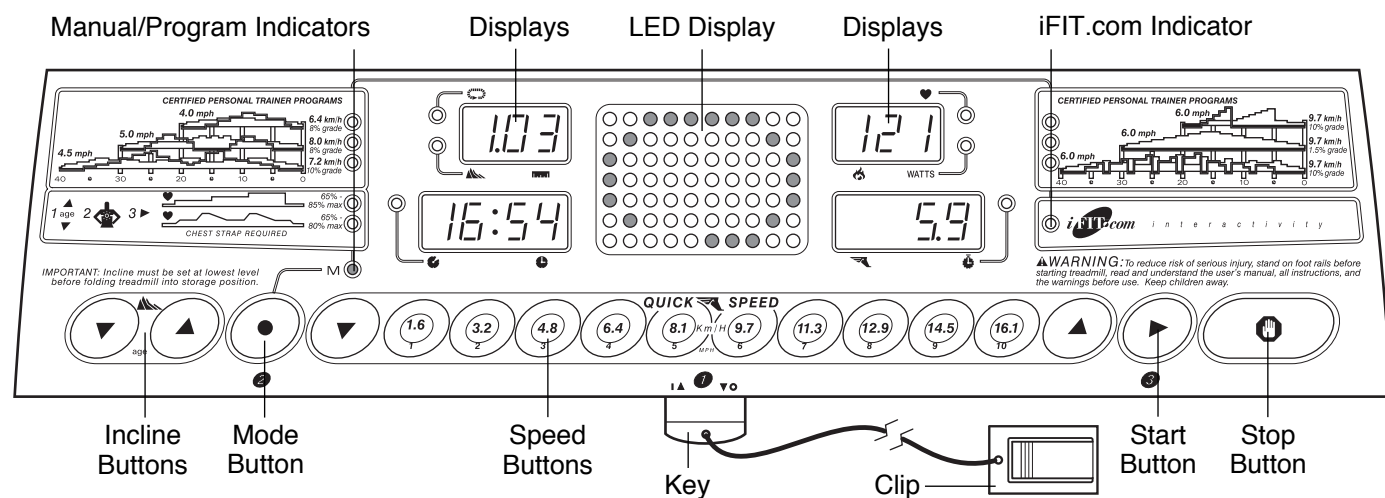
This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-earthing conductor and a earthing plug.

Two power cords are included. Select the one that will fit your outlet. See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill. See drawing 2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. Note: In Italy, an adapter (not included) must be used between the power cord and the outlet. Important: The treadmill is not compatible with GFCI-equipped outlets.

Use only a power cord type H05VV-F with a conductor of at least 1mm², with a country recognised plug and an appliance coupler.

⚠ 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.





CAUTION: Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing above) whilst operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

FEATURES OF THE CONSOLE

Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

The advanced console offers an impressive array of features to help you get the most from your exercise. When the console is in the manual mode, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in thumb pulse sensor or the chest pulse sensor.

Six certified personal trainer programs are also offered. Each program automatically controls the speed and incline of the treadmill to give you an effective workout. In addition, the console features two pulse programs that control the speed and incline of the treadmill to keep your heart rate within a preset range during your workouts.

The console also features advanced iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD or video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs or videocassettes, visit our Web site at www.iFIT.com.**

With the treadmill connected to your computer, you can also go to our new Web site at www.iFIT.com and access programs directly from the internet. **Visit www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 11. **To use a personal trainer program**, see page 13. **To use a pulse program**, see page 14. **To use an iFIT.com CD or video program**, see page 18. **To use an iFIT.com program directly from our Web site**, see page 20.

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Segment Time display will begin to flash. To restart the program, press the Start button or the Speed Δ button. After a moment, the walking belt will begin to move at 1.0 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings of the CD or video program.** The program can also be stopped by pressing the Stop button on your CD player or VCR.

When the CD or video program is completed, the walking belt will stop and the Time/Segment Time display will begin to flash. Note: To use another CD or video program, press the Stop button or remove the key and go to step 1 on page 18.

Note: If the speed or incline of the treadmill does not change when a “chirp” is heard:

- Make sure that the iFIT.com indicator is lit and that the Time/Segment Time display is not flashing. If the Time/Segment Time display is flashing, press the Start button or the Speed Δ button on the console.

- Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.
- Make sure that the audio cable is properly connected and fully plugged in, and that it is not wrapped around a power cord.
- If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

5 Follow your progress with the LED track and the displays.

See step 6 on page 11.

6 Use the thumb pulse sensor if desired.

See step 7 on page 12.

7 When the program has ended, remove the key from the console.

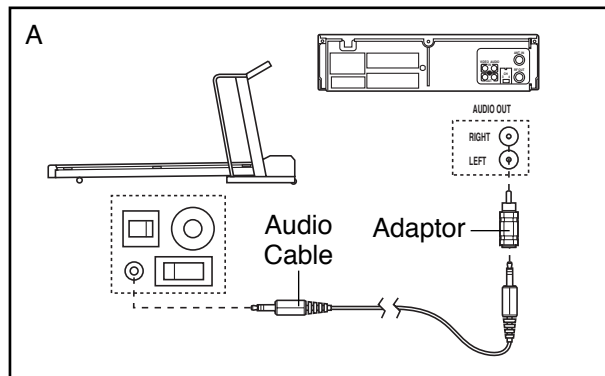
See step 7 on page 14.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player or VCR when you are finished using them.

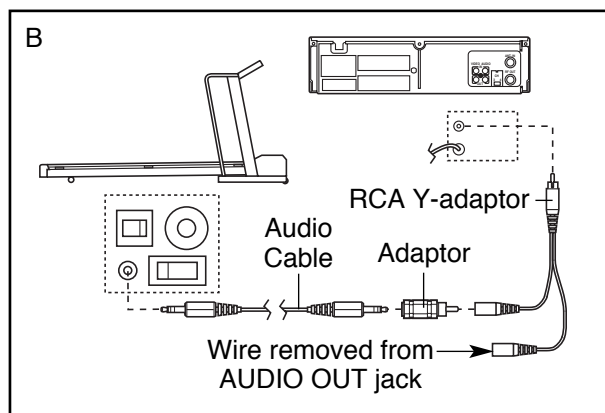
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 17.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into the AUDIO OUT jack on your VCR.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the AUDIO OUT jack on your VCR.



HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER on page 16. **Note:** To purchase iFIT.com CDs and videocassettes, go to www.iFIT.com.

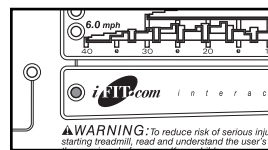
Follow the steps below to use an iFIT.com CD or video program.

- 1** Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

- 2** Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected and the manual indicator will light. To use iFIT.com CDs or videocassettes, press the Mode button repeatedly until the iFIT.com indicator lights.



- 3** Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

- 4** Press the PLAY button on your CD player or VCR.

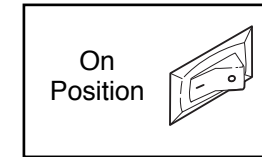
A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the Time/Segment Time display is flashing, press the Start button or the Speed Δ button on the console. The treadmill will not respond to a CD or video program when the Time/Segment Time display is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

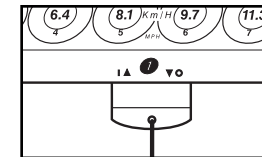
HOW TO TURN ON THE POWER

- 1** Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 9).

- 2** Locate the on/off switch on the treadmill near the power cord. Move the on/off switch to the on position.



- 3** Stand on the foot rails of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the displays and various indicators will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.**



HOW TO USE THE MANUAL MODE

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

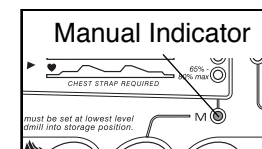
See HOW TO TURN ON THE POWER above.

- 2** Put on the chest pulse sensor if desired.

See HOW TO USE THE CHEST PULSE SENSOR on page 8.

- 3** Select the manual mode.

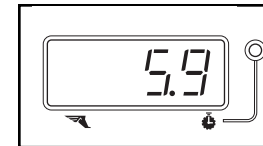
When the key is inserted, the manual mode will be selected and the manual indicator will light. If a program has been selected, press the Mode button repeatedly to select the manual mode.



- 4** Press the Start button or the Speed Δ button to start the walking belt.

A moment after the button is pressed, the walking belt will begin to move at 1 mph. Hold the handrails and begin walking.

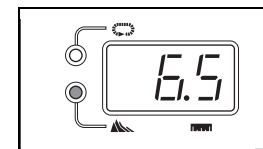
As you exercise, change the speed of the walking belt as desired by pressing the Speed Δ and ∇ buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press the Quick Speed buttons. The speed range is 0.5 mph to 10 mph.



To stop the walking belt, press the Stop button. The Time/Segment Time display will begin to flash. To restart the walking belt, press the Start button or the Speed Δ button.

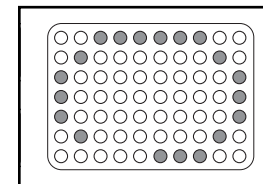
- 5** Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline buttons. Each time a button is pressed, the incline will change by 0.5%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

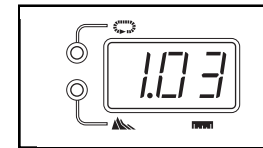


- 6** Follow your progress with the LED track and the displays.

The LED Track—When the manual mode or the iFIT.com mode is selected, the LED display will show an LED track representing 1/4 mile. As you exercise, the indicators around the track will light in sequence until you have completed 1/4 mile. A new lap will then begin.



Distance/Laps/Incline display—This display shows the distance that you have walked and the number of 1/4-mile laps you have completed. The display will alternate between one number and the other every seven seconds. The upper indicator will light when the number of laps is shown. In addition, each time the Incline buttons are pressed, the display will show the current incline setting for several seconds.

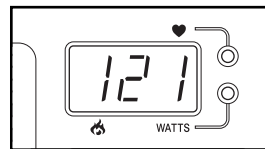


Time/Segment Time display—When the manual mode or the iFIT.com mode is selected, this display will show the elapsed time.

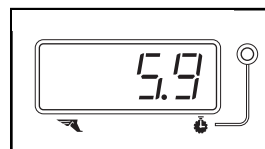


When a personal trainer program or a pulse program is selected, the display will show both the time remaining in the program and the time remaining in the current segment of the program. The display will alternate between one number and the other every seven seconds. The left indicator will light when the segment time is shown.

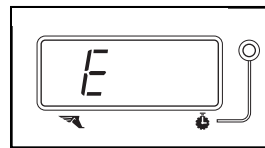
Calories/Watts/Pulse display—This display shows the approximate number of calories you have burned and your current power output in watts. (The console estimates watts by multiplying the number of calories you are burning per minute by an efficiency factor of 25%.) Every seven seconds, the display will change from one number to the other. The lower indicator will light when watts are shown. This display will also show your heart rate when the chest pulse sensor is worn or the thumb pulse sensor is used.



Speed/Min-Mile display—This display shows the speed of the walking belt and your current pace (pace is measured in minutes per mile). Every seven seconds, the display will change from one number to the other. The right indicator will light when your pace is shown.



Note: The console can display speed and distance in either miles or kilometres. To find which unit of measurement is selected, hold down the Stop button whilst inserting the key into the console. An “E” for English miles or an “M” for metric kilometres will appear in the display. Press the Speed Δ button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it. **Note: For simplicity, all instructions in this manual refer to miles.**

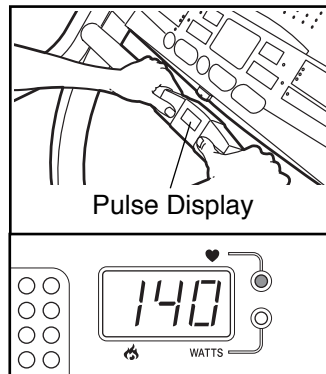


To reset the displays, press the Stop button, remove the key, and then reinsert the key.

7 Use the thumb pulse sensor if desired.

When you are not using the chest pulse sensor, you can check your heart rate using the thumb pulse sensor. Before using the thumb pulse sensor, make sure that your hands are clean.

To measure your heart rate, stand on the foot rails and place **both thumbs** on the pulse sensor as shown. **Do not press too hard, or the circulation in your thumbs will be restricted and your heart rate will not be detected.** After a few seconds, one or two dashes will appear in the Calories/Watts/Pulse display and then your heart rate will be shown. Hold your thumbs on the sensor for another 15 seconds for the most accurate reading. If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumbs off the sensor and allow the display to reset. Then, place your thumbs on the sensor as described above.



Try the thumb pulse sensor several times until you become familiar with it. Remember to stand still whilst using the thumb pulse sensor.

8 When you are finished, remove the key.

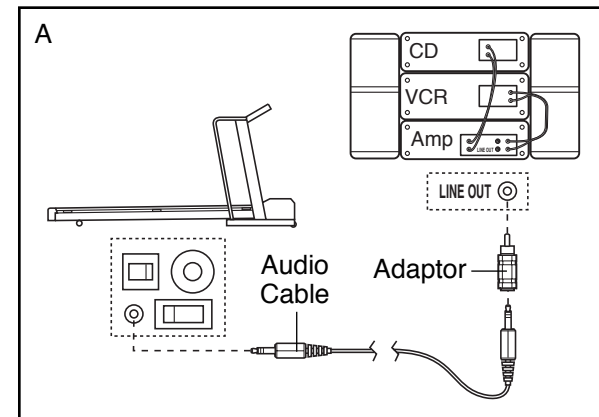
Step onto the foot rails, press the stop button, and **adjust the incline of the treadmill to the lowest setting.** Next, remove the key from the console. Keep the key in a secure place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 21 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

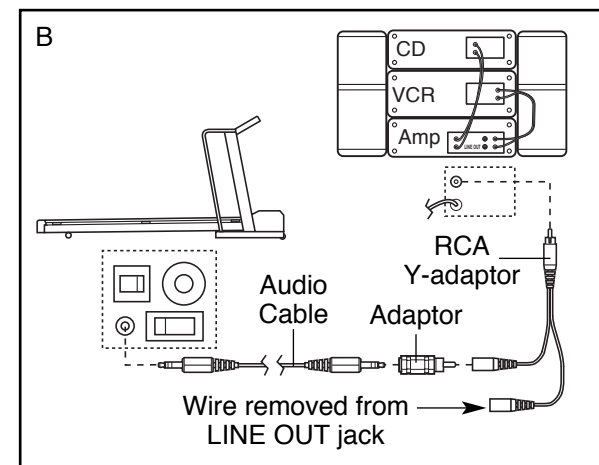
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into the LINE OUT jack on your stereo.



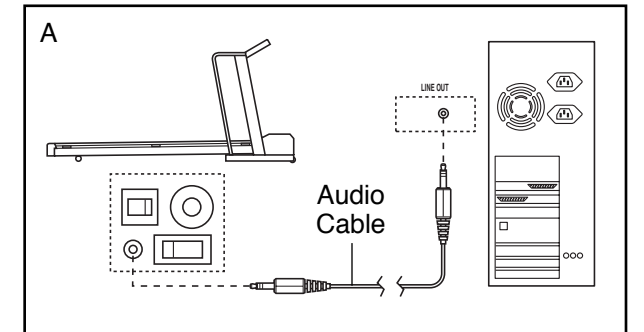
B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the LINE OUT jack on your stereo.



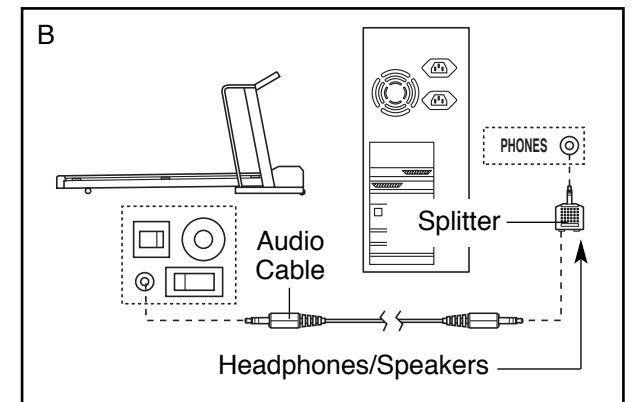
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the LINE OUT jack on your computer.



B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the splitter.



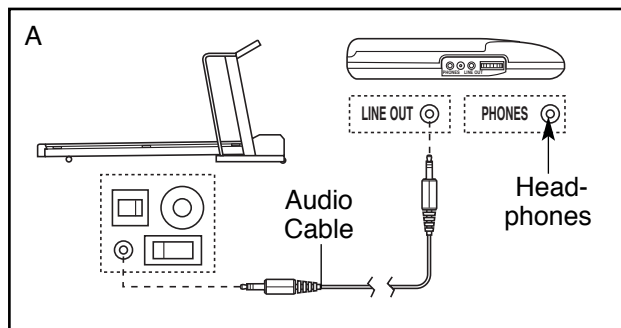
HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

To use **iFIT.com CDs**, the treadmill must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 16 and 17 for connecting instructions. To use **iFIT.com videocassettes**, the treadmill must be connected to your VCR. See page 18 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 17 for connecting instructions.

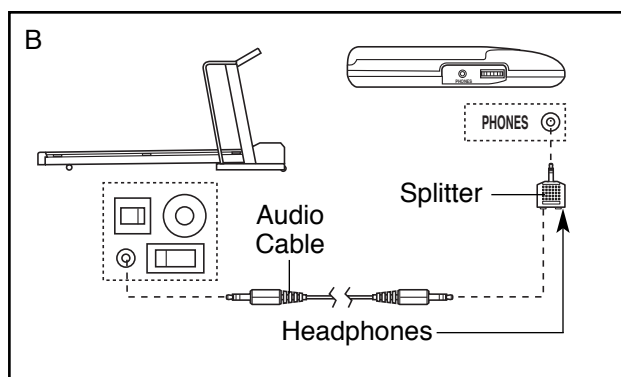
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



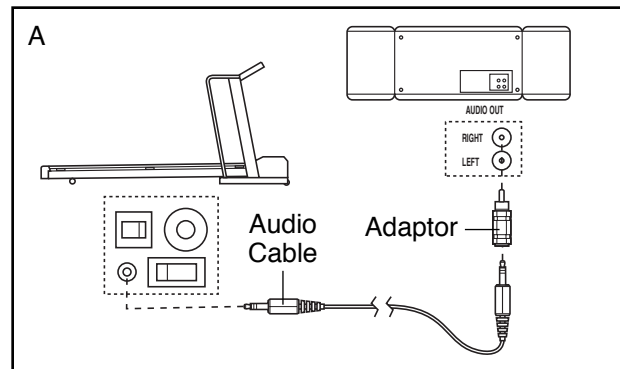
B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the splitter.



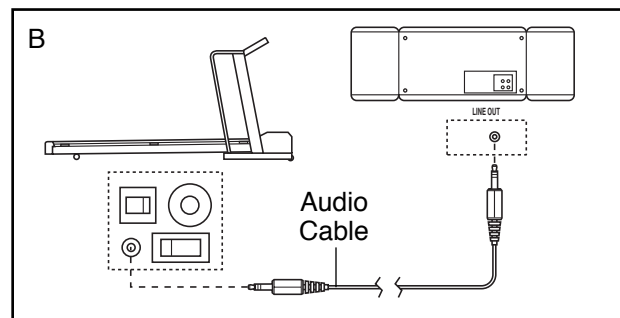
HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a **3.5mm LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

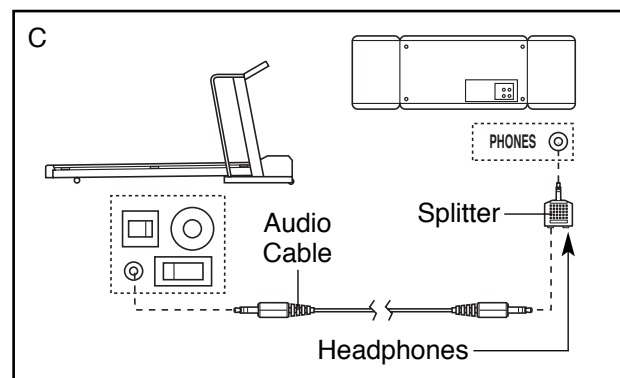
A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the adaptor. Plug the adaptor into an **AUDIO OUT** jack on your stereo.



B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your stereo.



C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the splitter. Plug the splitter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the splitter.



HOW TO USE PERSONAL TRAINER PROGRAMS

1 Insert the key fully into the console.

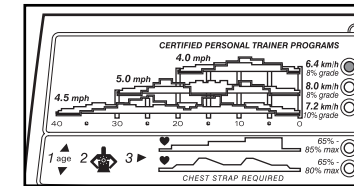
See **HOW TO TURN ON THE POWER** on page 11.

2 Put on the chest pulse sensor if desired.

See **HOW TO USE THE CHEST PULSE SENSOR** on page 8.

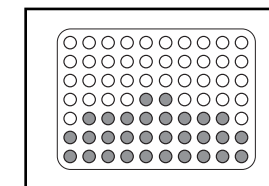
3 Select one of the six personal trainer programs.

When the key is inserted, the manual mode will be selected and the manual indicator will light. To select one of the personal trainer programs, press the Mode button repeatedly until one of the six personal trainer program indicators lights.



The profiles on the console show how the speed and incline of the treadmill will change during the programs. The numbers beside the profiles show the maximum speed and incline settings for the programs. For example, the upper left profile shows that the treadmill will reach a maximum speed of 4 mph and a maximum incline of 8% during the first program.

The LED display will show a simplified profile of the program you have selected. The Time/Segment Time display will show how long the program will last.

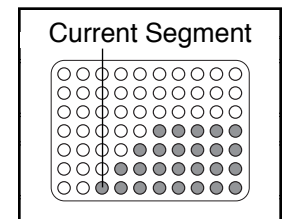


4 Press the Start button or the Speed Δ button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings for the program. Hold the handrails and begin walking.

Each program is divided into several time segments of different lengths. The Time/Segment Time display will show both the time remaining in the program and the time remaining in the current segment. One speed setting and one incline set-

ting are programmed for each segment. The speed setting for the first segment will be shown in the flashing Current Segment column of the LED display. (The incline settings are not shown in the LED display.) The speed settings for the next seven segments will be shown in the seven columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and all speed settings will move one column to the left. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and no time remains in the Time/Segment Time display. The walking belt will then slow to a stop.

Note: Each time a segment ends and the speed settings move one column to the left, if all of the indicators in the Current Segment column are lit, the speed settings will move downward so that only the highest indicators in the columns will appear in the LED display. When the speed settings move to the left again and not all of the indicators in the Current Segment column are lit, the speed settings will move back up.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons on the console. Every few times one of the Speed buttons is pressed, an additional indicator will light or darken in the Current Segment column. If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well. **Note:** If you manually adjust the speed setting so that all of the indicators in the Current Segment column are lit, the speed settings in the LED display will not move downward as described above. **When the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program temporarily, press the Stop button. The Time/Segment Time display will begin to flash. To restart the program, press the Start button or the Speed Δ button. To end the program, press the Stop button, remove the key, and then reinsert the key.

5 Follow your progress with the displays.

See step 6 on page 11.

6 Use the thumb pulse sensor if desired.

See step 7 on page 12.

7 When the program has ended, remove the key from the console.

When the program has ended, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console. Keep the key in a secure place. **Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 21 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

HOW TO USE PULSE PROGRAMS

CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

1 Insert the key fully into the console.

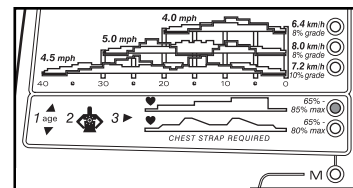
See HOW TO TURN ON THE POWER on page 11.

2 Put on the chest pulse sensor.

The chest pulse sensor must be worn when a pulse program is used. See HOW TO USE THE CHEST PULSE SENSOR on page 8. Note: A pulse program can be started without a heart rate reading; however, the speed and/or incline of the treadmill will automatically decrease if your heart rate is not detected during the program.

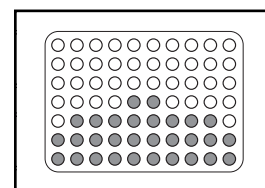
3 Select one of the pulse programs.

When the key is inserted, the manual mode will be selected and the manual indicator will light. To select one of the pulse programs, press the Mode button repeatedly until one of the two pulse program indicators lights.



The profiles on the console show how the target heart rate will change during the programs. The numbers beside the profiles show the heart rate range for the programs. For example, the first profile shows that the treadmill will keep your heart rate at 65% to 85% of your maximum heart rate during the first program. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 25 years old, your maximum heart rate is 195 beats per minute.)

The LED display will show a simplified profile of the program you have selected.



4 Enter your age.

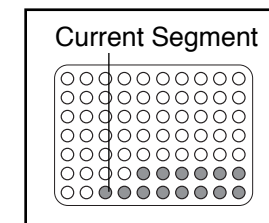
When a pulse program is selected, the letters “AGE” will appear in the Calories/Watts/Pulse display. You must enter your age to use a pulse program. If you have not entered your age, press the Incline buttons to enter your age. **Once you have entered your age, your age will be saved in memory.**



5 Press the Start button or the Speed Δ button to start the program.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

Each pulse program is divided into twenty-three, one-minute segments. One heart rate setting is programmed for each segment. The heart rate setting for the first segment will be shown in the flashing Current Segment column of the LED display. The heart rate settings for the next seven segments will be shown in the seven columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and all heart rate settings will move one column to the left. The heart rate setting for the second segment will then be shown in the flashing Current Segment column and the speed and/or incline of the treadmill will automatically change to bring your heart rate closer to the heart rate setting for the second segment.

If your heart rate is not detected during the program, the Calories/Watts/Pulse display will be blank. (See HOW TO USE THE CHEST PULSE SENSOR on page 8.) The speed and/or incline of the treadmill may also decrease until your heart rate is detected.

The program will continue until the heart rate setting for the last segment is shown in the Current Segment column and the Time/Segment Time display counts down to zero. The walking belt will then slow to a stop.

Whilst the program is in progress, minor adjustments can be made to the speed or incline of the treadmill with the Speed or Incline buttons. However, if you increase the speed, the incline will automatically decrease; if you decrease the speed, the incline will increase. If you increase the incline, the speed will decrease; if you decrease the incline, the speed will increase. The console will always attempt to keep your heart rate near the heart rate setting for the current segment. Note: When the incline reaches the lowest setting, the speed cannot be increased any further. When the incline reaches the highest setting, the speed cannot be decreased any further.

Pulse programs should not be stopped temporarily and then restarted. However, pulse programs can be stopped at any time with the Stop button. To reuse a pulse program, reselect the program and then restart it at the beginning.

6 Follow your progress with the displays.

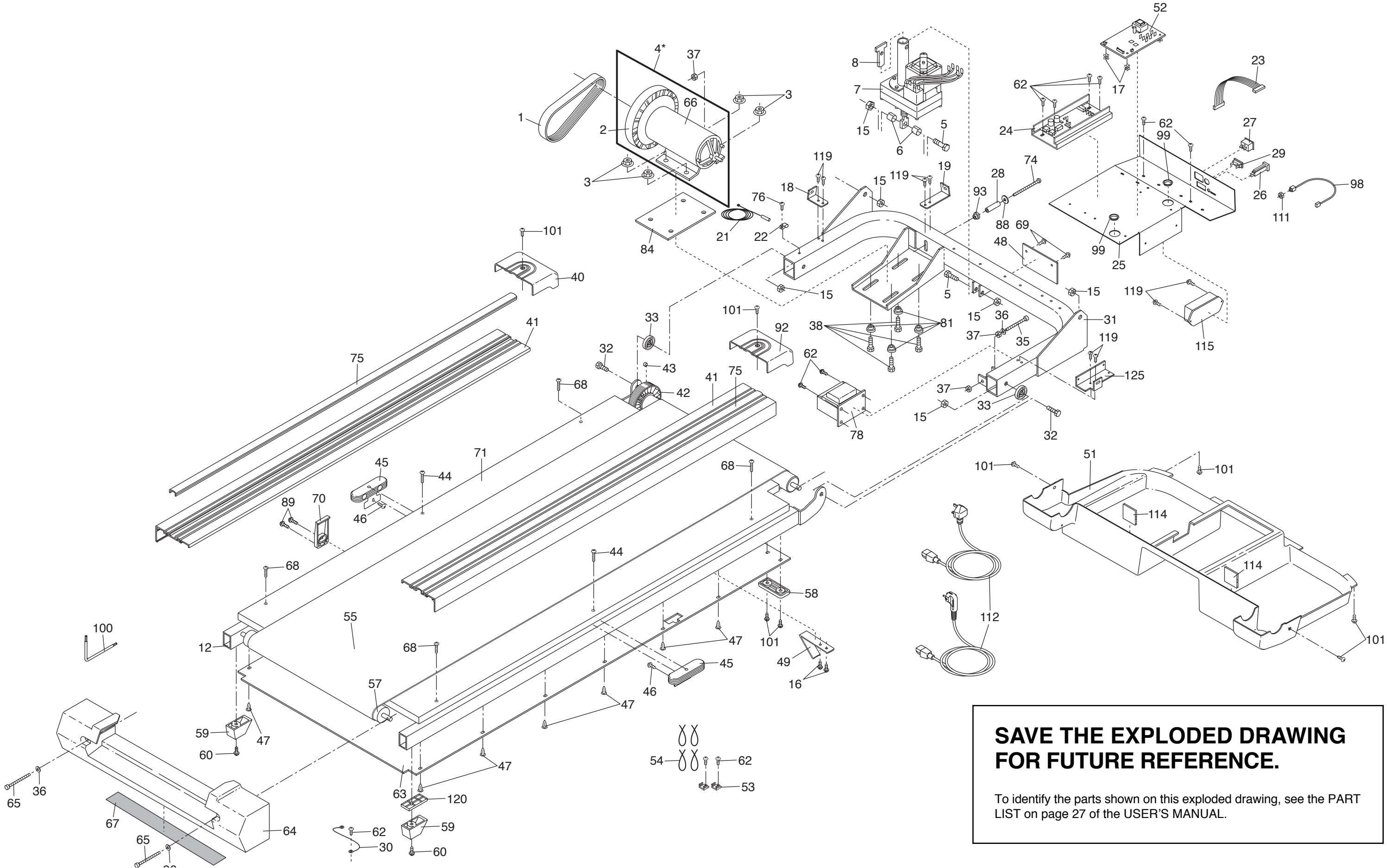
See step 6 on page 11.

7 When the program has ended, remove the key from the console.

See step 7 on page 14.

EXPLODED DRAWING—Model No. HETL40730

R0603A



SAVE THE EXPLODED DRAWING FOR FUTURE REFERENCE.

To identify the parts shown on this exploded drawing, see the PART LIST on page 27 of the USER'S MANUAL.

EXPLODED DRAWING—Model No. HETL40730

R0603A

