

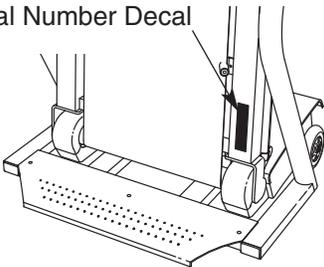
# **NordicTrack**<sup>®</sup> **APEX8000**

Model No. NTL27005.0

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

Find the serial number in the location shown below. Write the serial number in the space above for reference.

Serial Number Decal



## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:

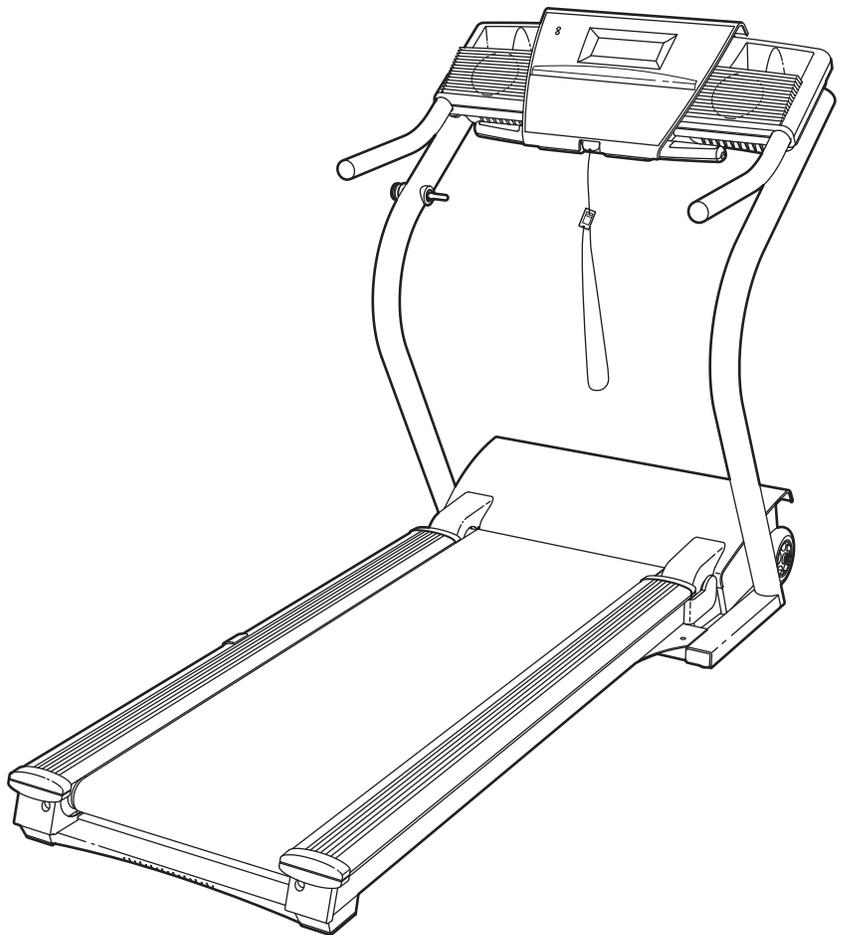
**1-888-825-2588**

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

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

## USER'S MANUAL



## CAUTION

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



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## TABLE OF CONTENTS

IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	5
ASSEMBLY .....	6
HOW TO USE THE CHEST PULSE SENSOR .....	8
OPERATION AND ADJUSTMENT .....	9
HOW TO FOLD AND MOVE THE TREADMILL .....	22
TROUBLESHOOTING .....	24
CONDITIONING GUIDELINES .....	27
PART LIST .....	30
ORDERING REPLACEMENT PARTS .....	31
LIMITED WARRANTY .....	Back Cover

Note: An EXPLODED DRAWING is attached in the center 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.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet 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. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 300 pounds.
8. Never allow more than one person on the treadmill at a time.
9. 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.*
10. When connecting the power cord (see page 9), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. To purchase a surge suppressor, see your local NordicTrack dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 24 if the treadmill is not working properly.)
15. Read, understand, and test the emergency stop procedure before using the treadmill (see OPERATION AND ADJUSTMENT).
16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. The pulse 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.
19. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord and move the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the reset/off circuit breaker.)
20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 22.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
21. Do not change the incline of the treadmill by placing objects under the treadmill.

22. When folding or moving the treadmill, make sure that the storage latch is fully closed.
23. When using iFIT programs, 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.
24. When using iFIT programs, you can manually override the speed and incline settings 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 program.
25. Always remove iFIT CDs and videos from your CD player or VCR and disconnect your MP3 player when you are not using them.

26. Inspect and properly tighten all parts of the treadmill regularly.
27. Never insert or drop any object into any opening.
28. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
29. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

**⚠ 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.

## SAVE THESE INSTRUCTIONS

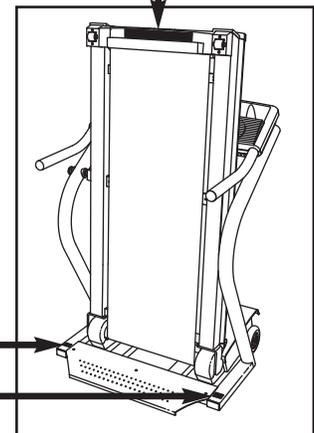
The decals shown below have been placed on the treadmill. If a decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal (see **ORDERING REPLACEMENT PARTS** on page 31). Apply the decal in the location shown.

**⚠ 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 treadmill.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.



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



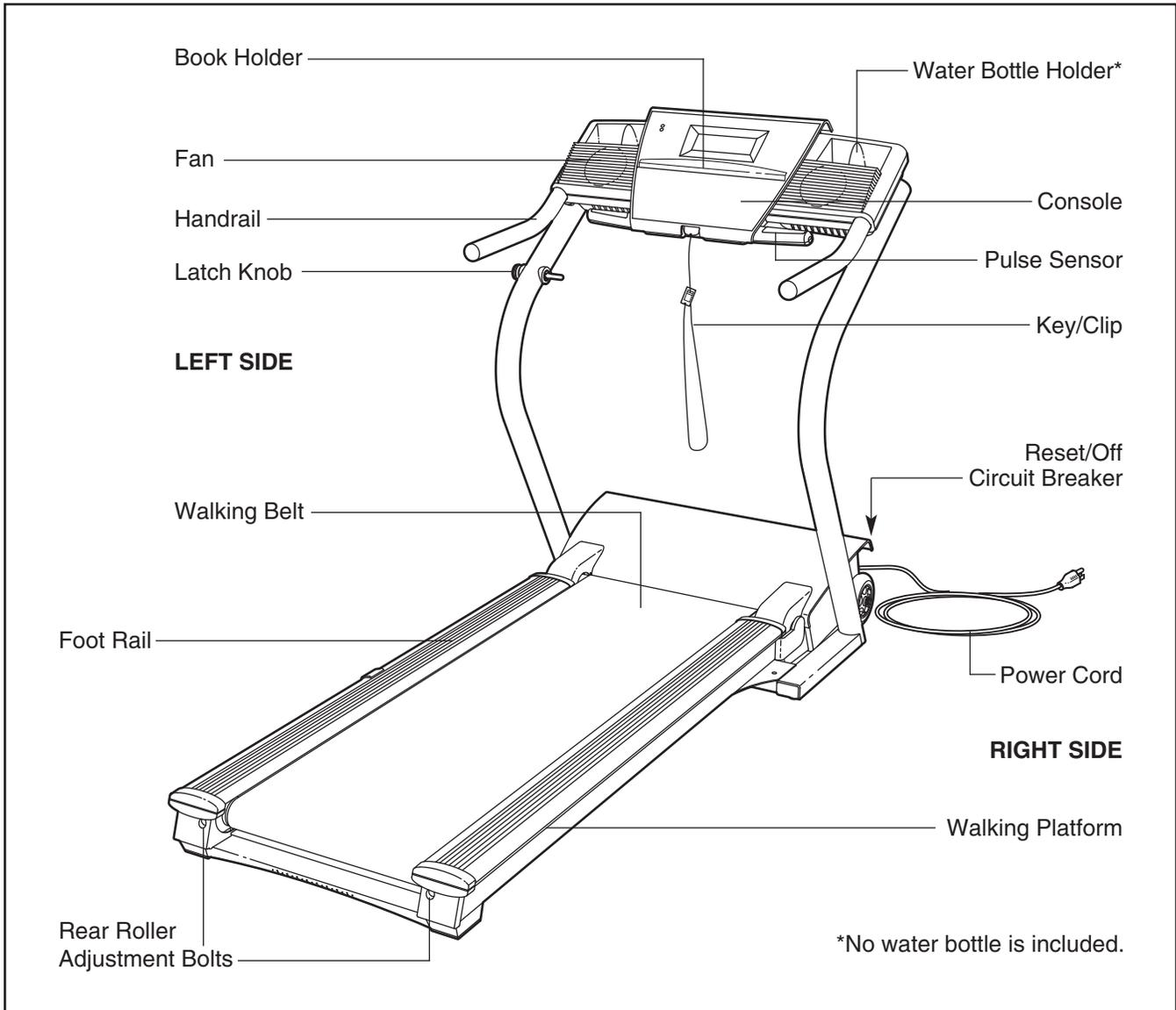
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary NordicTrack® APEX 8000 treadmill. The APEX 8000 treadmill offers an impressive array of features designed to make your workouts at home more effective and enjoyable. And when you're not exercising, the unique APEX 8000 treadmill can be folded up, requiring less than half the floor space of other treadmills.

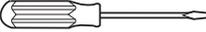
**For your benefit, read this manual carefully before using the treadmill.** If you have questions after read-

ing this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number of the treadmill is NTL27005.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



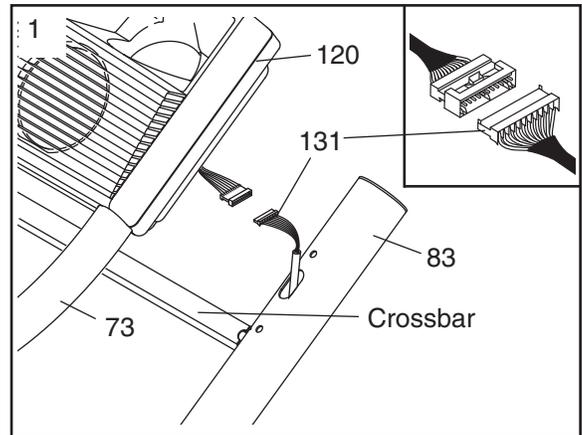
# ASSEMBLY

**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials, unless otherwise instructed. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench**  **and your own flat-bladed screwdriver**  **, wire cutters**  **and adjustable wrench**  .

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 treadmill 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 or foot pads, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

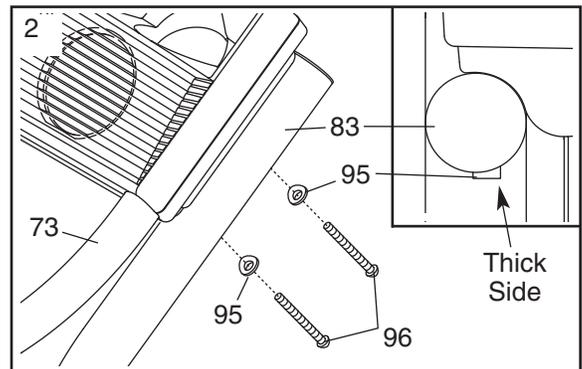
1. With the help of a second person, carefully raise both Uprights (83) to a vertical position. Remove any packaging from the crossbar.

Remove the elastic holding the Upright Wire Harness (131) in the right Upright (83). Have a second person hold the Handrails (73) near the Uprights. Connect the Upright Wire Harness to the wires extending from the Console Base (120). **The connectors should slide together easily and snap into place. If they do not, turn one connector and try again.** Insert the connectors and the Upright Wire Harness into the hole in the right Upright. Then, set the Handrails on the Uprights, being careful not to pinch the wires.



2. Insert two 4 1/2" Bolts (96) with Handrail Spacers (95) into the right Upright (83). Next, lift the right Handrail (73) slightly and align the Handrail Bolts with the holes in the Handrail. Thread the Handrail Bolts into the Handrail. **Do not tighten the Handrail Bolts yet. Be careful not to pinch the wires.**

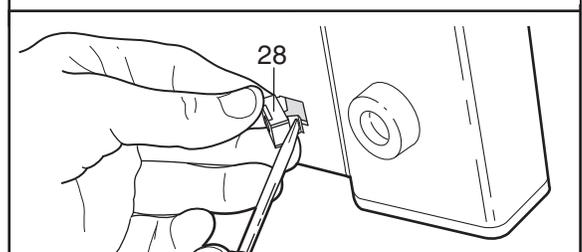
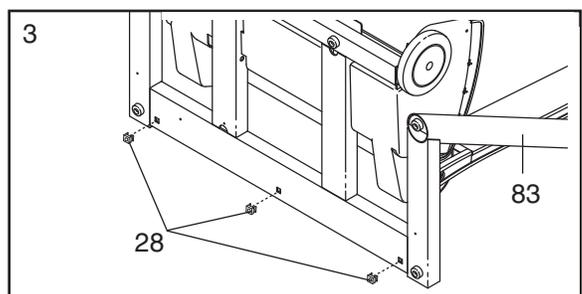
Attach the left Handrail (not shown) in the same way. Make sure that the Handrail Spacers (95) are flush against the Uprights (83), with the thick sides facing the center of the treadmill, as shown in the inset drawing. Then, **tighten all four Handrail Bolts (96).**



3. With the help of a second person, carefully tip both Uprights (83) to the floor.

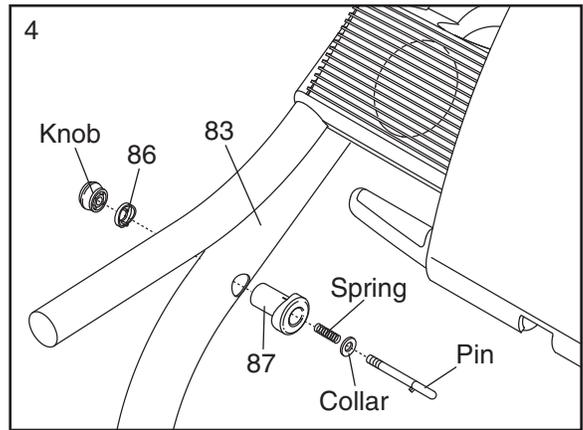
Insert the three Cage Nuts (28) into the three indicated holes in the treadmill.

To insert each Cage Nut (28), first hook one side of the Cage Nut into a hole and then use a flat-bladed screwdriver to press the other side into the hole, as shown.



4. With the help of a second person, carefully raise the Upright (83) to a vertical position. Press the Knob Sleeve (87) into the right side of the left Upright, and press the Latch Knob Spacer (86) into the other side of the left Upright.

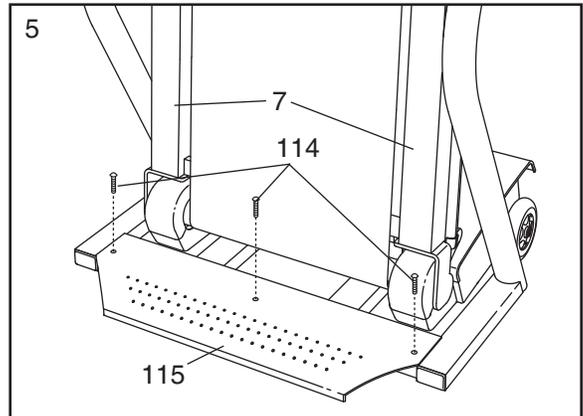
Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (If there are two collars, make sure that there is one on each side of the spring.) Next, insert the pin into the Knob Sleeve (87) and the left Upright (83). Then, tighten the knob back onto the pin.



5. With the help of a second person, raise the Frame (7) to the storage position and make sure that the latch pin is engaged as described on page 22.

Position the Base Plate (115) on the treadmill as shown. Attach the Base Plate with the three 2" Bolt (114). Note: It may be helpful if a second person tips the treadmill slightly as you tighten the Base Plate Screws.

Carefully lower the Frame (7) to the floor as described on page 23.

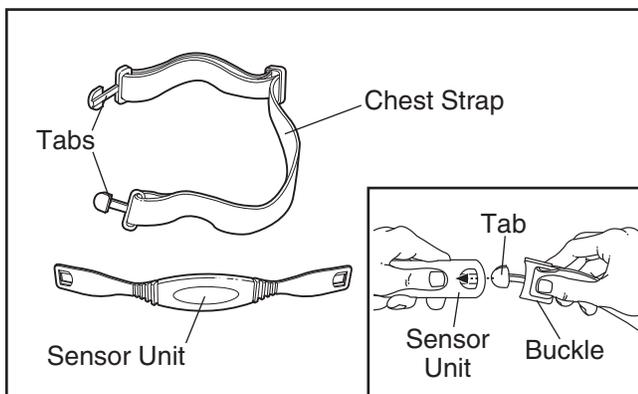


6. **Make sure that all parts are properly tightened before you use the treadmill. Place a mat beneath the treadmill to protect the floor.** For your benefit, familiarize yourself with the TROUBLESHOOTING information on pages 24 to 26.

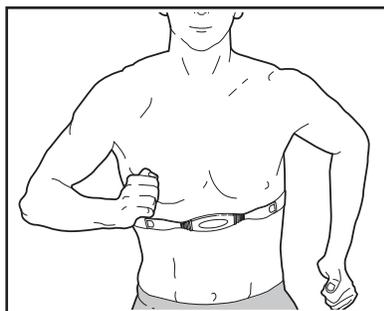
# HOW TO USE THE CHEST PULSE SENSOR

## 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 122° Fahrenheit (50° Celsius) or below 14° Fahrenheit (-10° Celsius).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

## CHEST PULSE SENSOR TROUBLESHOOTING

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

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 26).

# OPERATION AND ADJUSTMENT

## THE PRE-LUBRICATED WALKING BELT

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

## HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding 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 grounded. 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.

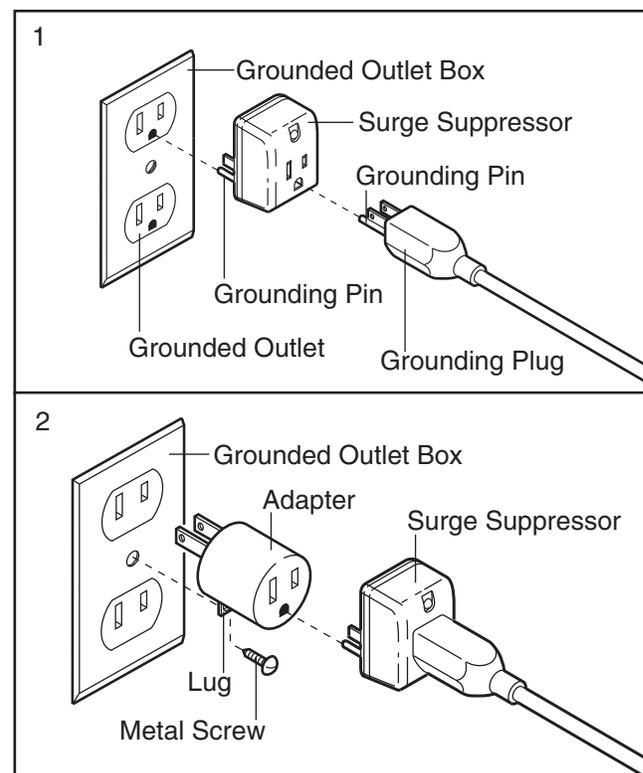
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local NordicTrack dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of elec-

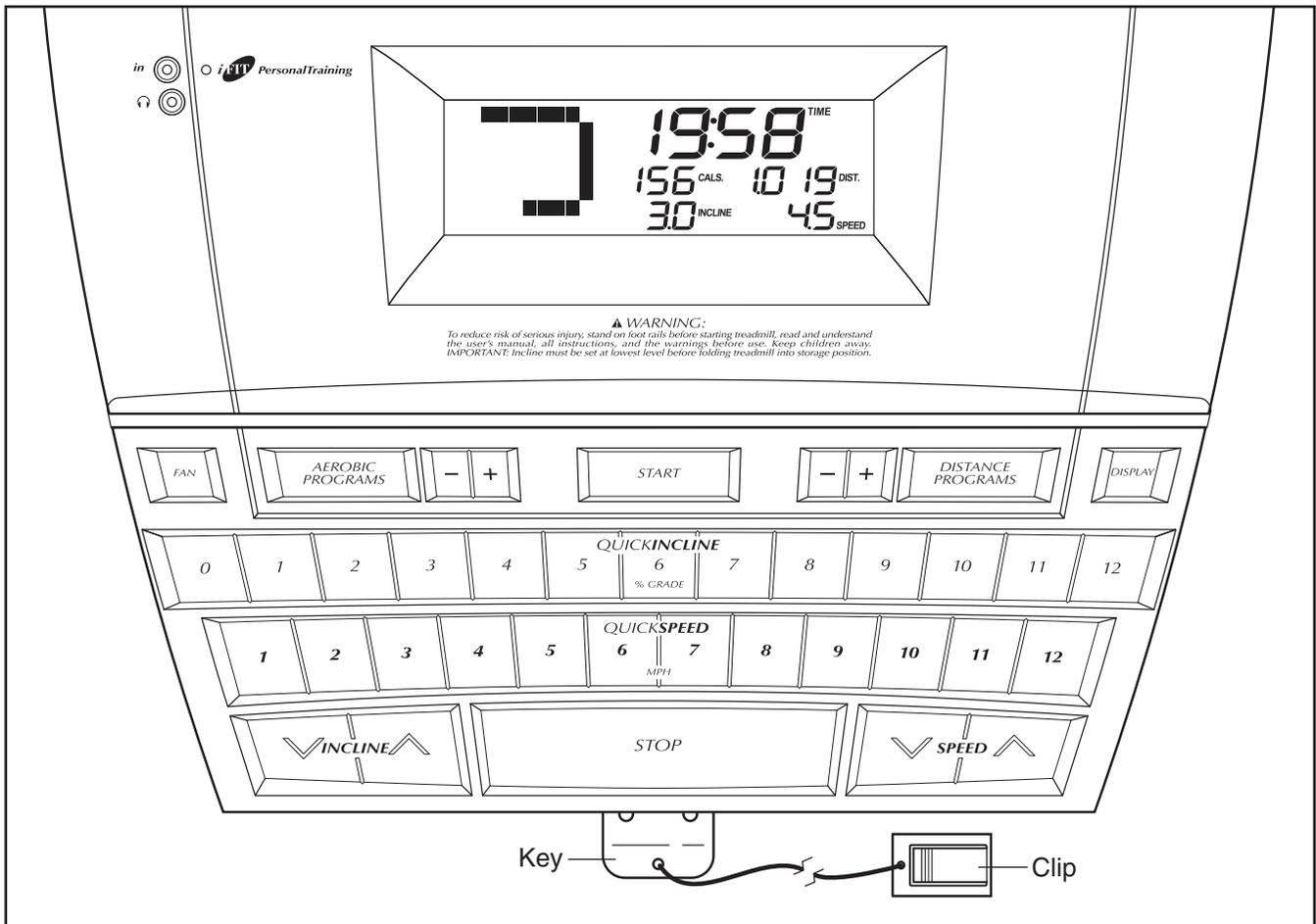
tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**



## FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective. When the manual mode of the console is selected, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the hand-grip pulse sensor or the chest pulse sensor.

In addition, the console features 26 preset programs. Each preset program automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

The console also offers four distance programs—5K, 10K, half marathon, and marathon—that count down from 5,000 meters, 10,000 meters, 13.10 miles, or 26.20 miles while you complete an endurance run.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using the included audio

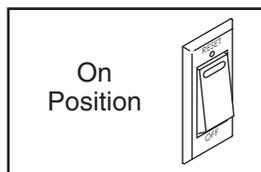
cable, you can connect the treadmill to your portable stereo, home stereo, computer, or VCR and play special iFIT.com MP3, CD, and video programs (iFIT.com MP3 programs, CDs, and videocassettes are available separately). Each iFIT.com program automatically controls the speed and incline of the treadmill as a personal trainer guides you through every step of your workout; high-energy music provides added motivation. **To download iFIT.com MP3 programs, go to [www.iFIT.com](http://www.iFIT.com). To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

With the treadmill connected to your computer, you can also go to [www.iFIT.com](http://www.iFIT.com) and access iFIT.com programs directly from our Web site. **See [www.iFIT.com](http://www.iFIT.com) for more information.**

**To use the manual mode of the console**, follow the steps beginning on page 11. **To use a preset program**, see page 13. **To use a distance program**, see page 15. **To use an iFIT.com MP3, CD, or video program**, see page 18. **To use an iFIT.com program directly from our Web site**, see page 20.

## HOW TO TURN ON THE POWER

Plug in the power cord (see page 9). Next, locate the on/off switch on the treadmill frame near the power cord. Make sure that the switch is in the “on” position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 10), and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the matrix and the display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic. To prevent damage to the walking platform, always wear clean shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 25).

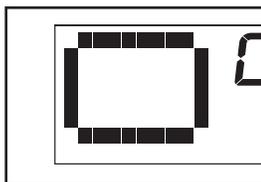
## HOW TO USE THE MANUAL MODE

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

### 2 Select the manual mode.

When the key is inserted, the manual mode will be selected. If a program or the iFIT.com mode has been selected, reselect the manual mode by removing the key and then reinserting it.



### 3 Start the walking belt.

To start the walking belt, press the Start button or the Speed increase button.

If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 1

mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease 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.

Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

To stop the walking belt, press the Stop button. To restart the walking belt, press the Start button or the Speed increase button.

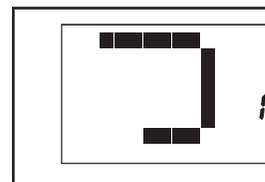
### 4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline will change by 0.5%. To change the incline setting quickly, press the Quick Incline buttons.

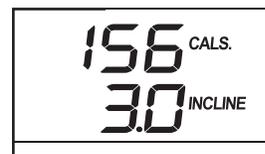
Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

### 5 Follow your progress with the matrix and the display.

When the manual mode or the iFIT.com mode is selected, the matrix will show a 1/4-mile (400-meter) track. As you walk or run on the treadmill, the segments of the track will appear in succession until the entire track appears. The track will then disappear and the segments will again begin to appear in succession.

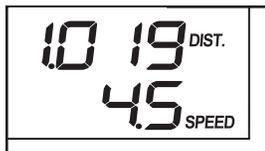


The lower left corner of the display will show the approximate number of calories you have burned and the incline level of the treadmill.



When you use the handgrip pulse sensor or the chest pulse sensor, the lower left corner of the display will also show your heart rate.

The lower right corner of the display will show the distance that you have walked or run, the elapsed time, the speed of the walking belt, and your pace (in minutes per mile).



The center of the display is the priority display. Press the Display button repeatedly until the priority display shows the information that you are most interested in viewing. Note: While information is displayed in the priority display, the same information will not be displayed in the lower left or right corner of the display.



Note: The console can display speed and distance in either miles or kilometers. A "Km/H" will appear in the priority display when the console is displaying speed and distance in kilometers. To change the unit of measurement, see THE INFORMATION MODE/DEMO MODE on page 21. **Note: For simplicity, all instructions in this section refer to miles.**

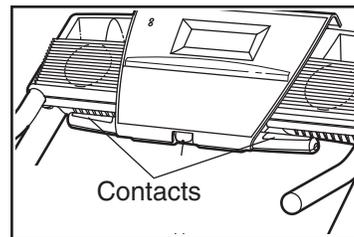
To reset the display, press the Stop button, remove the key, and then reinsert the key.

## 6 Measure your heart rate if desired.

To use the chest pulse sensor, see page 9. To use the handgrip pulse sensor, see the instructions below. Note: If you use the chest pulse sensor and the handgrip pulse sensor at the same time, the console will not display your heart rate accurately.

To use the handgrip pulse sensor, first remove the sheets of clear plastic from the metal contacts. In

addition, make sure that your hands are clean. Next, **stand on the foot rails** and hold the metal contacts—



**avoid moving your hands.** When your pulse is detected, the heart symbol in the lower left corner of the display will appear, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

## 7 Turn on the fans if desired.

To turn on the fans, press the Fan button. To turn on the fans at high speed, press the button a second time. To turn off the fans, press the button a third time. Note: If the fans are on when the walking belt is stopped, the fans will automatically turn off after a few minutes.

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

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains 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, switch the on/off switch to the "off" position and unplug the power cord.**

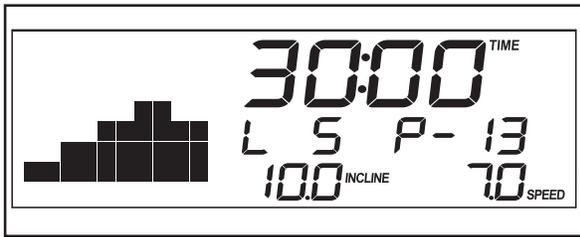
## HOW TO USE A PRESET PROGRAM

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

### 2 Select one of the preset programs.

To select a preset program, press the Aerobic Programs button repeatedly until the number of the desired preset program ("P1" through "P26") appears in the lower right corner of the display.



When a preset program is selected, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display for a few seconds. The display will also show the program time and the intensity level ("L1" through "L10") of the program. A profile of the speed settings of the program will scroll across the matrix.

### 3 Adjust the intensity level of the program if desired.

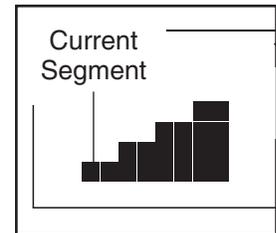
There are ten intensity levels for each preset program. If desired, press the increase or decrease button next to the Aerobic Programs button to change the intensity level of the program. If you change the intensity level, the new maximum speed setting of the program and the new maximum incline setting of the program will flash in the display for a few seconds. In addition, the profile in the matrix will change to show the new speed settings of the program.

### 4 Press the Start button or the Speed increase button to start the program.

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

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

The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next several segments will be shown in the 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 and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

When the first segment is completed, *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. Note: If all seven of the indicators in the Current Segment column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If the speed and/or incline settings of the program are too high or too low, you can change the intensity level of the program at any time by pressing the increase or decrease button next to the Aerobic Programs button.

To stop the program at any time, press the Stop button. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

**5 Follow your progress with the matrix and the display.**

See step 5 on page 11.

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

See step 6 on page 12.

**7 Turn on the fans if desired.**

See step 7 on page 12.

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

When the program ends, **make sure that the incline of the treadmill is at the lowest setting.** Next, remove the key from the console and put it in a safe place. **Note: If the display remains 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, switch the on/off switch to the “off” position and unplug the power cord.**

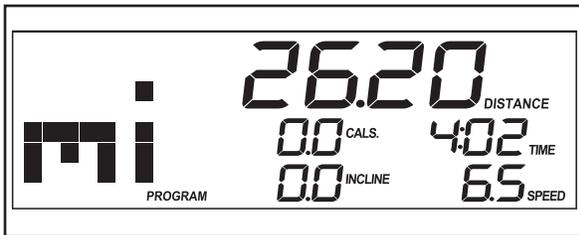
## HOW TO USE A DISTANCE PROGRAM

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 11.

### 2 Select a distance program.

To select a distance program, press the Distance Programs button repeatedly until 5000, 10.00, 13.10, or 26.20 appears in the priority display, and the letters “m,” “km,” or “mi” appear in the matrix.



When a distance program is selected, the maximum speed setting of the program will flash in the display for a few seconds.

### 3 Press the Start button to start the program.

A moment after the button is pressed, the walking belt will begin to move at 3 mph. Hold the handrails and begin walking.

Near the end of the first minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 5 mph.

Near the end of the second minute of the program, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 6.5 mph.

Note: To change the speed of the walking belt or the incline of the treadmill at any time during the program, press the Speed or Incline buttons.

The priority display will show the number of meters or miles still to be run. When you have almost reached the distance goal, the lower right corner of the display will flash and a series of tones will sound.

To stop the program at any time, press the Stop button. To restart the program, press the Start button. The walking belt will begin to move at 1 mph. Adjust the speed of the walking belt as desired by pressing the Speed increase or decrease button or one of the twelve numbered Speed buttons.

When you have completed a distance program, your total time will flash in the lower left corner of the display and “cool dn” (cool down) will scroll across the priority display. If the speed of the walking belt is greater than 5 mph, the walking belt will then slow to 5 mph for one minute. After one minute, the walking belt will slow to 4 mph for 2 minutes. The walking belt will then slow to 3 mph for 2 minutes. The walking belt will then slow to a stop.

### 4 Follow your progress with the matrix and the display.

See step 5 on page 11.

### 5 Measure your heart rate if desired.

See step 6 on page 12.

### 6 Turn on the fans if desired.

See step 7 on page 12.

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

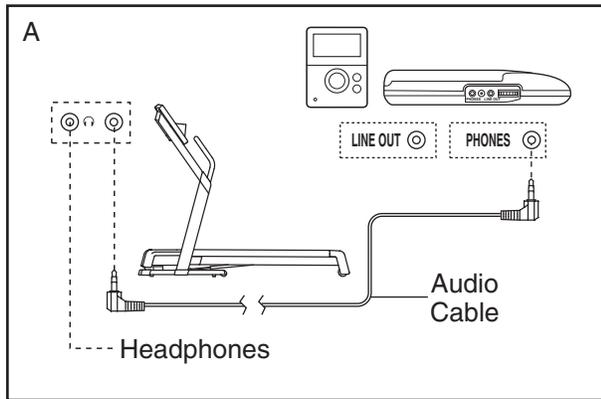
See step 8 on page 14.

## HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS

To use iFIT.com MP3 or CD programs, the treadmill must be connected to your MP3 player, CD player, portable stereo, home stereo, or computer. See pages 16 and 17 for connecting instructions. To use iFIT.com programs directly from our Web site, the treadmill must be connected to your computer. See page 17 for connecting instructions. To use iFIT.com video programs, the treadmill must be connected to your VCR. See page 18 for connecting instructions.

## HOW TO CONNECT YOUR MP3 PLAYER OR CD PLAYER

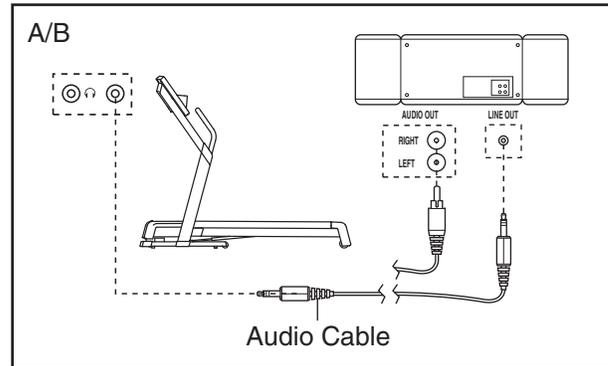
- A. Plug one end of the included 3.5 mm to 3.5 mm stereo audio cable into the input jack on the console. Plug the other end of the cable into a jack on your MP3 player or CD player. Plug your headphones into the headphone jack on the console.



## HOW TO CONNECT YOUR PORTABLE STEREO

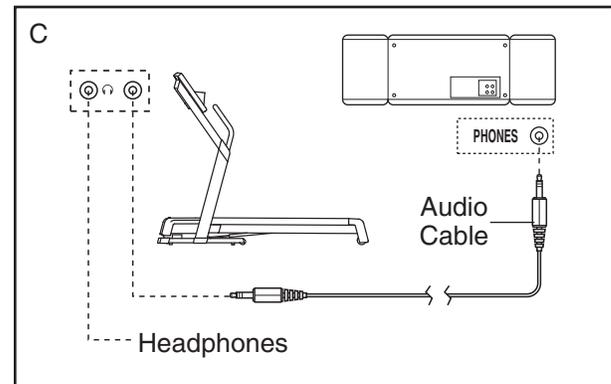
**Note:** If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5 mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

- A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



- B. See the drawing above. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

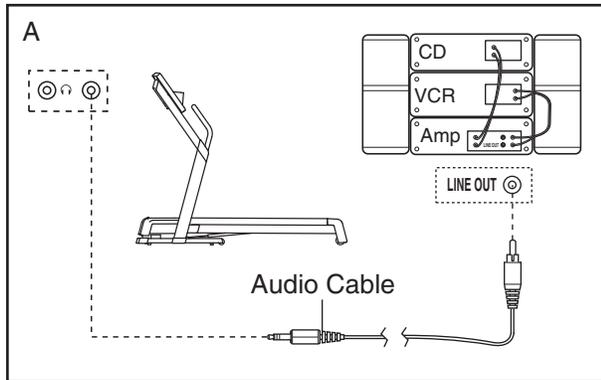
- C. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the headphone jack on the console.



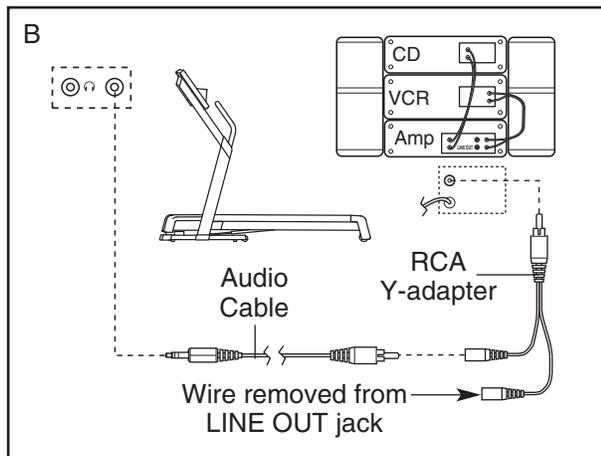
## HOW TO CONNECT YOUR HOME STEREO

**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 a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

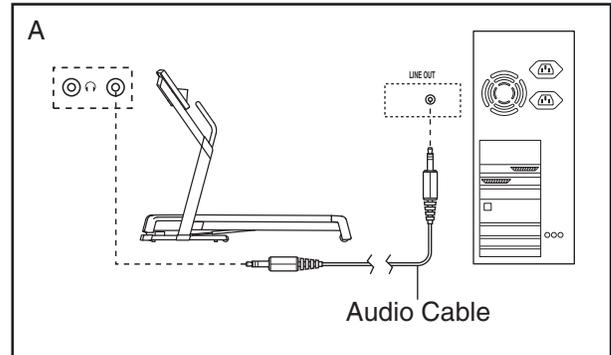


- B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo. Note: While the Y-adapter is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



## HOW TO CONNECT YOUR COMPUTER

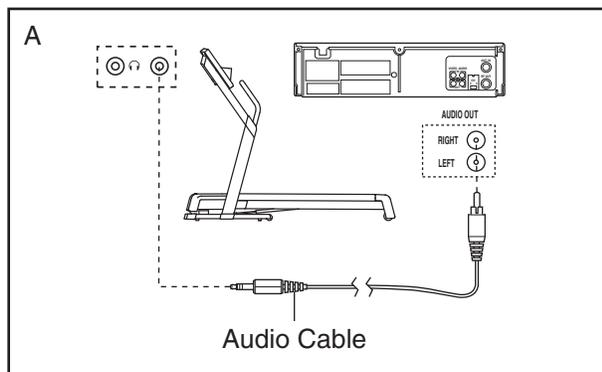
- A. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your computer. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



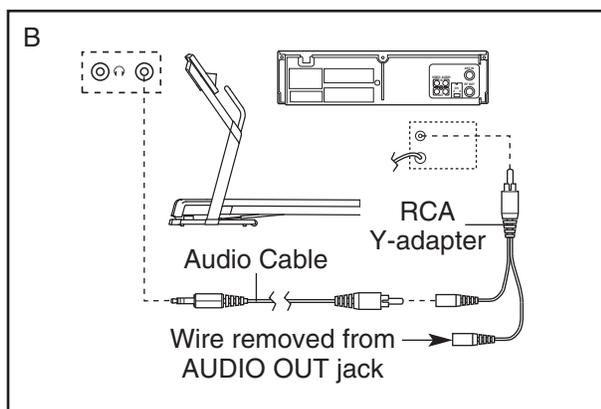
## HOW TO CONNECT YOUR VCR

**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 a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



- B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (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-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



## HOW TO USE AN iFIT.COM MP3, CD, OR VIDEO PROGRAM

To use an iFIT.com MP3, CD, or video program, the treadmill must be connected to your MP3 player, CD player, or VCR. See **HOW TO CONNECT THE TREADMILL TO USE iFIT.COM PROGRAMS** on pages 16 to 18. **To download iFIT.com MP3 programs, go to [www.iFIT.com](http://www.iFIT.com). To purchase iFIT.com CDs or videocassettes, call the toll-free telephone number on the front cover of this manual.**

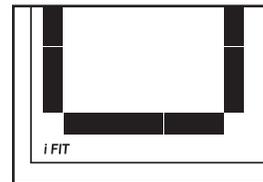
Follow the steps below to use an iFIT.com MP3, CD, or video program.

### 1 Insert the key into the console.

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

### 2 Select the iFIT.com mode.

To select the iFIT.com mode, press the Aerobic Programs button repeatedly until a track and the letters "iFIT" appear in the matrix.



### 3 Press the Play button on your CD player or VCR.

**Note:** 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.

A moment after the Play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. **Note:** If the time is flashing in the display, press the Start button or the Speed increase button on the console. The treadmill will not respond to an MP3, CD, or video program while the time is flashing in the display.

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. In some instances, the speed and/or incline may change before your personal trainer describes the change.**

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. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1 mph. **When the next “chirp” is heard, the speed and/or incline will change to the next settings of the program.**

When the program is completed, the walking belt will stop. Note: To use another MP3, CD, or video program, press the Stop button or remove the key and go to step 1 on page 18.

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

- **Make sure that the letters “iFIT” appear in the matrix and that the time is not flashing in the display. If the time is flashing, press the Start button or the Speed increase button on the console.**

- **Adjust the volume of your MP3 player, 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.**

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

**4** Follow your progress with the matrix and the display.

See step 5 on page 11.

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

See step 6 on page 12.

**6** Turn on the fans if desired.

See step 7 on page 12.

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

See step 8 on page 14.

**CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR and disconnect your MP3 player when you are not using them.**

## HOW TO USE AN iFIT.COM PROGRAM DIRECTLY FROM OUR WEB SITE

Our Web site at [www.iFIT.com](http://www.iFIT.com) allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See [www.iFIT.com](http://www.iFIT.com) for details.

To use a program 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 is 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.

See step 2 on page 18.

### **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](http://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. To restart the walking belt, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1 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. Note: To use another program, press the Stop button and go to step 5.

**Note: If the speed and/or incline of the treadmill does not change when a “chirp” is heard, make sure that the letters “iFIT” appear in the matrix and that the time is not flashing in the display. In addition, make sure that the audio cable is properly connected.**

### **8** Follow your progress with the matrix and the display.

See step 5 on page 11.

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

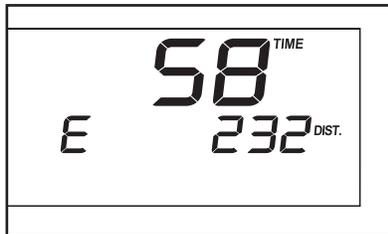
See step 8 on page 14.

## THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of treadmill usage information. The information mode also allows you to select miles or kilometers as the unit of measurement for speed and distance and to turn on and turn off the demo mode.

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

The priority display will show the total number of hours that the treadmill has been operated. The lower right corner of the display will show the total number of miles (or kilometers) that the walking belt has moved. In addition, an "E" for English miles or an "M" for metric kilometers will appear in the lower left corner of the display. Press the Speed increase button to change the unit of measurement if desired.



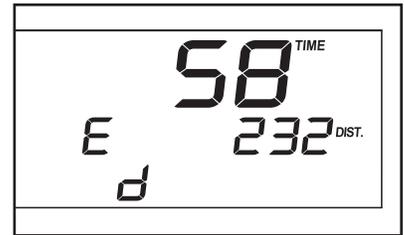
**IMPORTANT:** If a "d" appears in the lower left corner of the display, the console is in the "demo" mode.

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 indicators in the display will automatically appear in a preset sequence. The buttons on the console will not operate.

**If a "d" appears when the information mode is selected, press the Speed decrease button so the "d" disappears.**

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

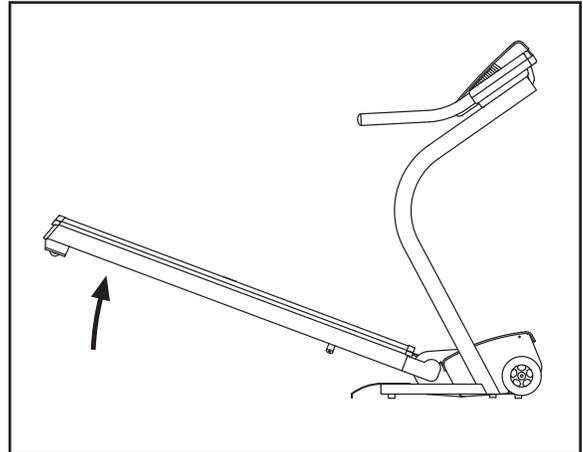


# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

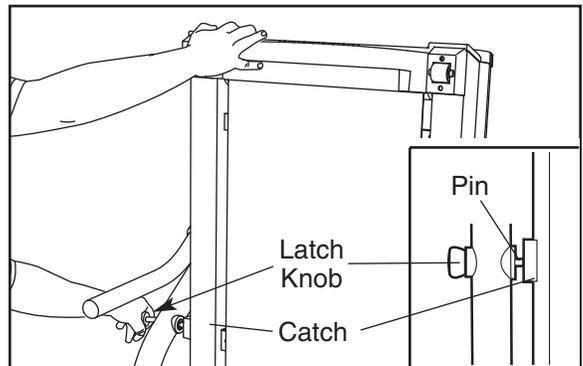
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may become permanently damaged. Remove the key and unplug the power cord. **CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the location shown by the arrow at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the frame, lift with your legs rather than your back.** Raise the frame 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 lock knob to the left and hold it. Raise the frame until the pin on the lock knob is aligned with the hole in the catch. Insert the pin into the catch. **Make sure that the pin is fully inserted into the catch.**

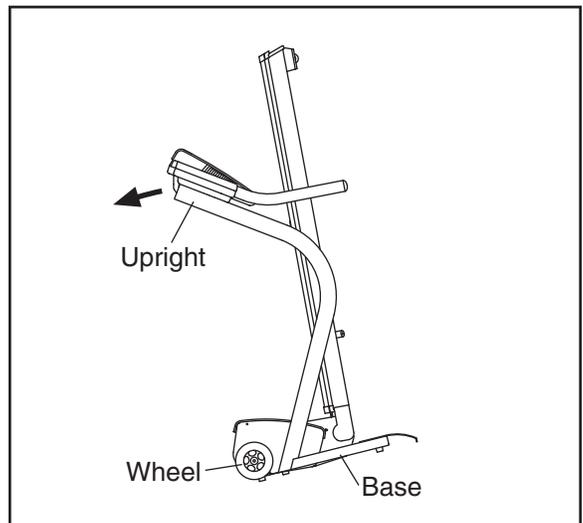
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

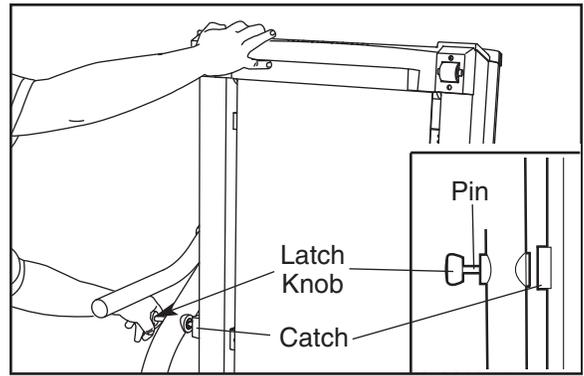
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the pin on the lock knob is fully inserted into the catch.**

1. Hold the top of the upright and place one foot against a wheel.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**
3. Place one foot against a wheel, and carefully lower the treadmill until it is resting in the storage position.

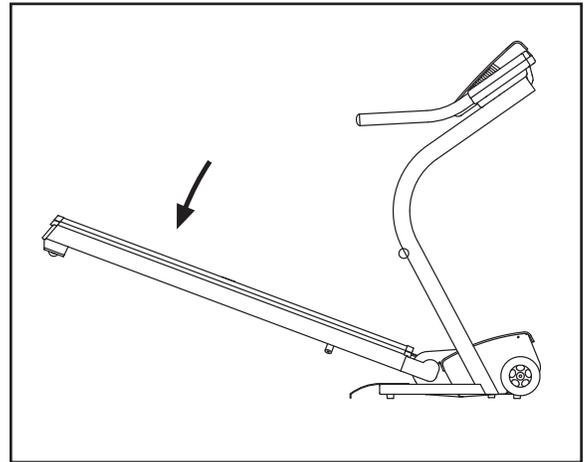


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the lock knob to the left and hold it. Pivot the frame down until it is past the pin on the lock knob. Note: You may need to push the handrail to the side slightly.



2. Hold the treadmill firmly with both hands, and lower the frame to the floor. **Do not drop the frame to the floor. CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**



# TROUBLESHOOTING

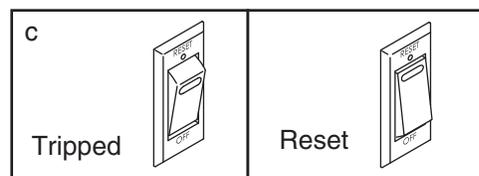
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, see the front cover of this manual.

## PROBLEM: The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 9). Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. Important: The treadmill is not compatible with GFCI-equipped outlets.

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

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



## PROBLEM: The power turns off during use

**SOLUTION:** a. Check the 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. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

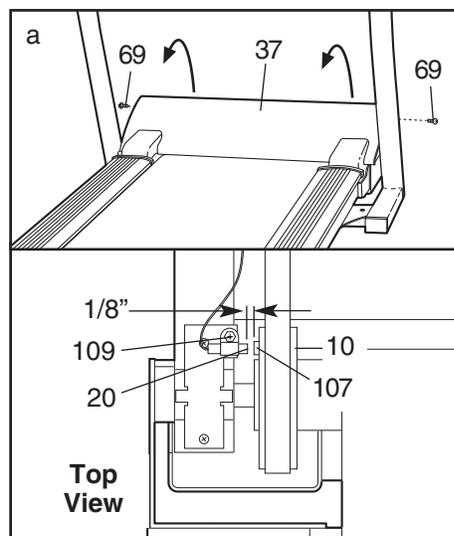
c. Remove the key from the console. Reinsert the key fully into the console.

d. Make sure that the reset/off circuit breaker is in the reset position.

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

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

**SOLUTION:** a. Remove the key from the console and **unplug the power cord**. Remove the indicated Screws (69) from the Hood (37). Carefully rotate and lift the Hood.

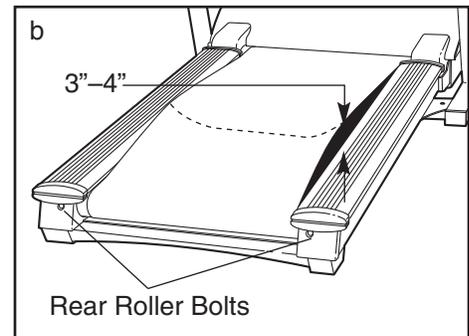


Locate the Reed Switch (20) and the Magnet (107) on the left side of the Pulley (10). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (109), move the Reed Switch slightly, and then retighten the Screw. Then, reattach the hood, and run the treadmill for a few minutes to check for a correct speed reading.

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

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9.

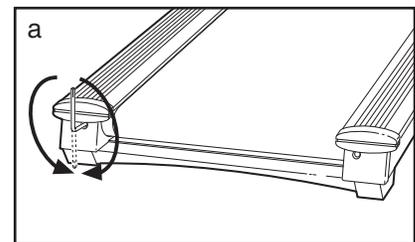
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should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



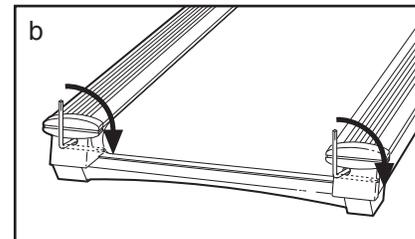
- c. If the walking belt still slows when walked on, see the front cover of this manual.

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

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



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



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

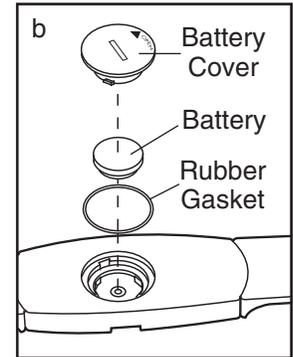
**SOLUTION:** a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key**. After a few seconds, re-insert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the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

**PROBLEM: The chest pulse sensor does not function properly**

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



# 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 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.

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.

HEART RATE TRAINING ZONES							
AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	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.

## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

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

### 3. Calf/Achilles Stretch

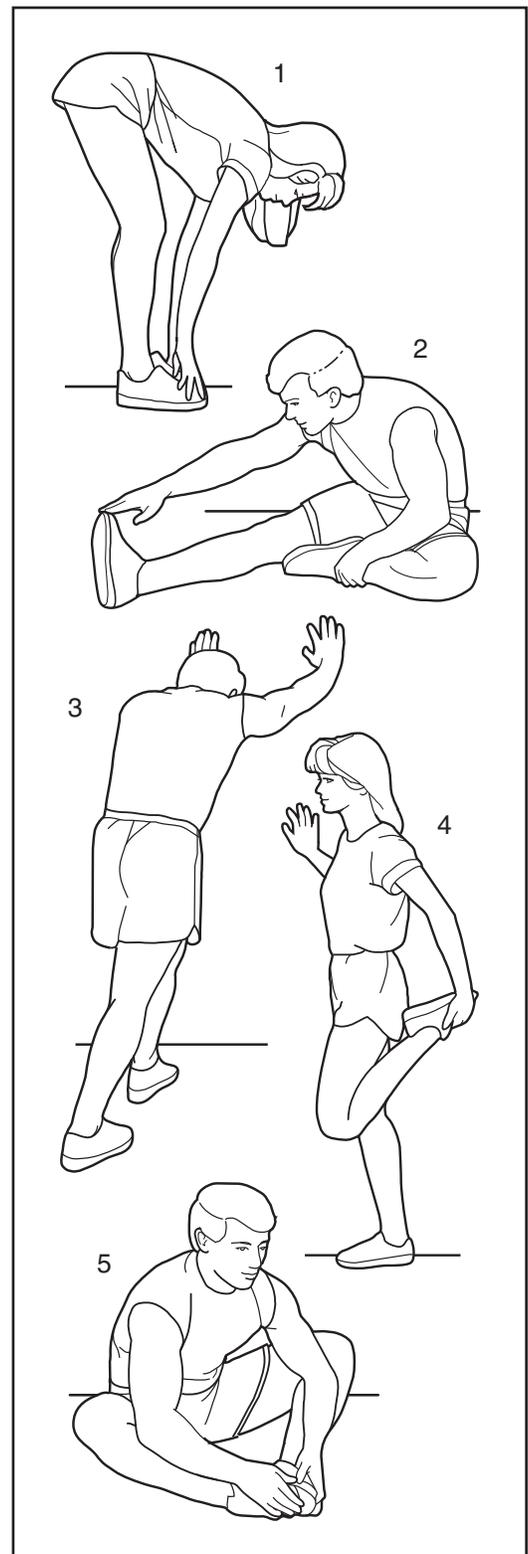
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

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

### 5. Inner Thigh Stretch

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



# NOTES

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# PART LIST—Model No. NTL27005.0

R1005B

To locate the parts listed below, refer to the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Insert	53	1	Power Cord
2	1	Left Foot Rail	54	1	Power Cord Grommet
3	1	Pivot Spacer	55	4	Fan Screw
4	1	Left Foot Rail Endcap	56	1	Belly Pan Bracket
5	4	Endcap Screw	57	2	Rear Wheel Spacer
6	2	Rear Platform Screw	58	6	Wheel Block Screw
7	1	Frame	59	1	Right Wheel Block, Bottom
8	1	Walking Belt	60	2	Rear Wheel
9	1	Walking Platform	61	1	Right Wheel Block, Top
10	1	Front Roller/Pulley	62	3	Roller Adj. Washer
11	1	Motor Belt	63	2	Rear Roller Adj. Bolt
12	1	Drive Motor	64	1	Front Roller Adj. Bolt
13	2	Roller Bushing, Bottom	65	1	Rear Endcap
14	2	Roller Bushing, Top	66	1	Rear Endcap
15	2	Bushing Plate	67	1	Left Wheel Block, Top
16	8	Bushing Plate Screw/Isolator Screw	68	1	Rear Roller
17	1	Lift Frame	69	24	Screw
18	1	Reed Switch Clip	70	1	Latch Catch
19	4	Platform Screw	71	6	Console Screw
20	1	Reed Switch/Sensor Wire	72	1	Front Roller Nut
21	1	Transformer	73	1	Handrail
22	1	Idler Tension Bolt	74	2	Handrail Cap
23	1	Idler Pulley Bolt	75	1	Hand Grip Pulse
24	1	Tension Washer	76	2	Walking Board Bracket
25	1	Idler Arm Bearing	77	4	U-nut
26	1	Idler Arm	78	1	Right Foot Rail Endcap
27	2	Idler Arm Washer	79	6	1" Screw
28	3	Cage Nut	80	1	Console
29	1	Pulley Bushing	81	1	Book Holder
30	1	Idler Pulley	82	1	Key/Clip
31	2	Hood Clips	83	1	Upright/Base
32	1	Idler Spring	84	1	Right Fan Housing
33	1	Transformer Bracket	85	2	Console Fan
34	1	Left Fan Housing	86	1	Lock Knob Spacer
35	1	Filter Wire	87	1	Lock Knob Sleeve
36	6	Electronics Screw	88	1	Console Base, Bottom
37	1	Motor Hood	89	1	Left Cup Holder
38	2	Motor Bolt	90	1	Right Cup Holder
39	2	Motor Bolt Star Washer	91	1	Lock Pin Assembly
40	4	Lift Motor Nut/Idler Nut	92	2	Handrail Spacer
41	1	Lift Motor Bolt	93	2	Upright Endcap, Round
42	1	Lift Motor Bracket	94	4	Handrail Bushing
43	1	Lift Motor	95	4	Handrail Washer
44	1	Lift Motor Bolt, Bottom	96	4	4 1/2" Bolt
45	4	Isolator	97	1	Left Wheel Block, Bottom
46	1	Electronics Bracket	98	1	Audio Cable
47	1	Controller	99	1	Chest Pulse Strap
48	10	Belly Pan Screw	100	1	Latch Warning Decal
49	4	Belly Pan Screw, Long	101	1	Chest Pulse Sensor
50	1	Belly Pan	102	1	Shock
51	1	Static Warning Decal	103	2	Front Wheel Bolt
52	1	Reset/Off Circuit Breaker	104	2	Front Wheel Bushing

Key No.	Qty.	Description	Key No.	Qty.	Description
105	2	Front Wheel	128	5	Hood Mount, Large
106	2	Front Wheel Spacer	129	2	Hood Mount
107	1	Magnet	130	1	Ground Wire
108	6	Base Pad	131	1	Upright Wire Harness
109	15	Base Pad Screw/Misc. Screw	132	8	Platform Bracket Screw
110	2	Pinch Decal	133	2	Belt Guide
111	2	Upright Endcap	134	1	Lift/Roller Ground Wire
112	2	Belt Guide Bracket	135	1	Hole Plug
113	1	Wire Track	136	4	Belt Guide Screw
114	3	2" Bolt	137	4	Bushing Plate Screw
115	1	Base Plate	138	2	Wheel Washer
116	4	Base Plate Bumper	139	4	#8 Star Washer
117	1	Chest Purse Receiver	140	2	1/4" Star Washer
118	3	Catch Screw	141	5	Wire Track Screw
119	6	Deck Rail Washer	142	2	Platform Pad
120	1	Console Base, Top	#	1	6" Blue Wire, 2F
121	1	Releaseable Tie	#	1	4" Red Wire, M/F
122	1	Allen Wrench	#	1	4" Black Wire, M/F
123	4	Cable Tie Clamp	#	1	4" Green Wire, M/Ring
124	4	8" Cable Tie	#	1	User's Manual
125	1	Split Pivot Spacer			
126	20	3/4" Tek Screw			
127	1	Right Foot Rail			

# These parts are not illustrated

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## ORDERING REPLACEMENT PARTS

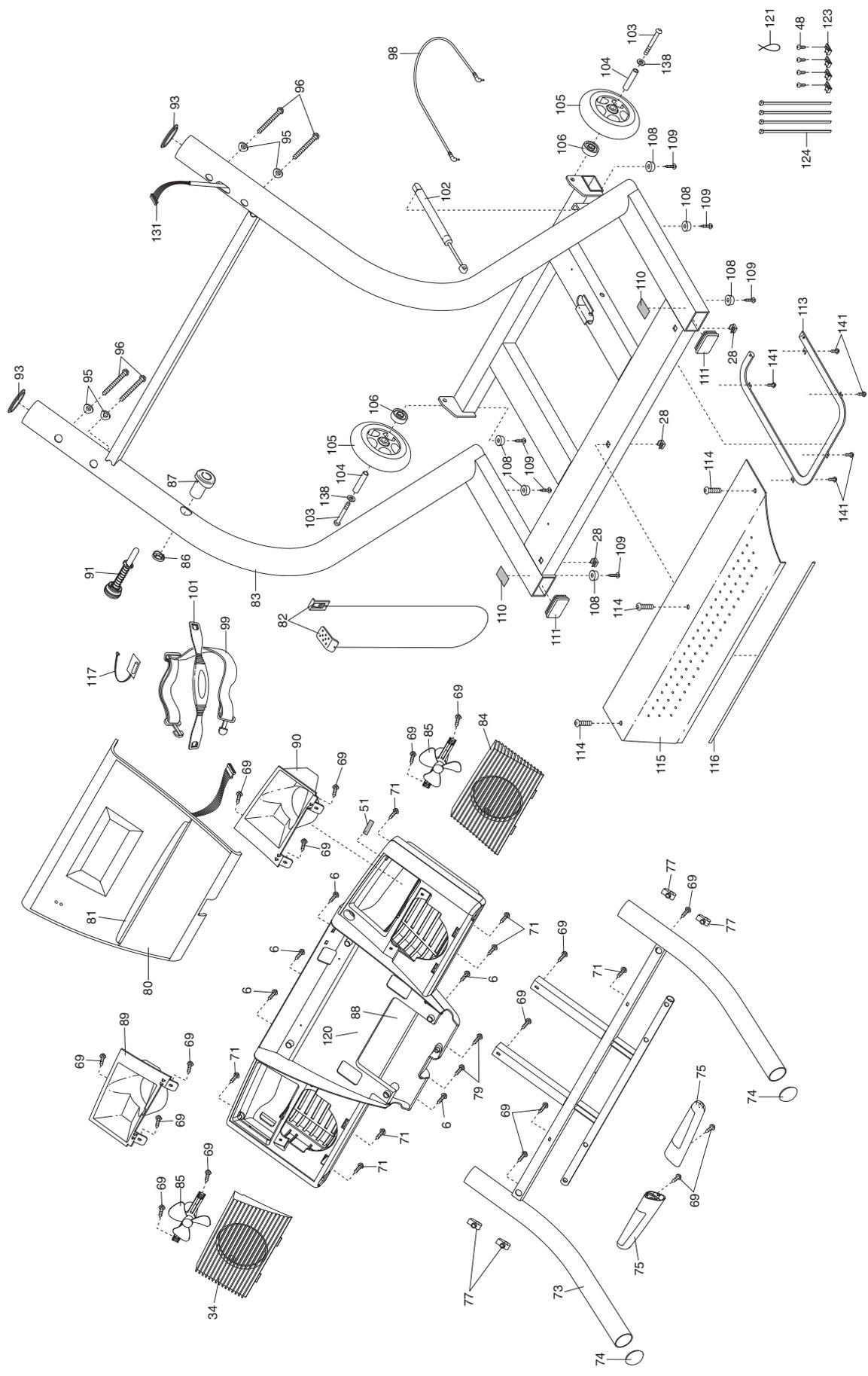
To order replacement parts, call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- the MODEL NUMBER OF THE PRODUCT (NTL27005.0)
- the NAME OF THE PRODUCT (NordicTrack APEX 8000 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 pages 30 and 31 and the EXPLODED DRAWING attached in the center of this manual)



# EXPLODED DRAWING—Model No. NTL27005.0

R1005B



## LIMITED WARRANTY

**WHAT IS COVERED**—The entire NordicTrack APEX 8000 treadmill (“Product”) is warranted to be free of all defects in material and workmanship.

**WHO IS COVERED**—The original purchaser or any person receiving the Product as a gift from the original purchaser.

**HOW LONG IS IT COVERED**—ICON Health & Fitness, Inc. (“ICON”), warrants the drive motor for life. Parts and labor are warranted for one year from the date of purchase.

**WHAT WE DO TO CORRECT COVERED DEFECTS**—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

**WHAT IS NOT COVERED**—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User’s Manual (“Manual”). This warranty does not extend to products used for commercial or rental purposes or to products used as store display modules.

**WHAT YOU MUST DO**—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

**USER’S MANUAL**—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

**HOW TO GET PARTS AND SERVICE**—Simply call our Customer Service Department at 1-888-825-2588 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty.

This warranty gives you specific legal rights and you may have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**