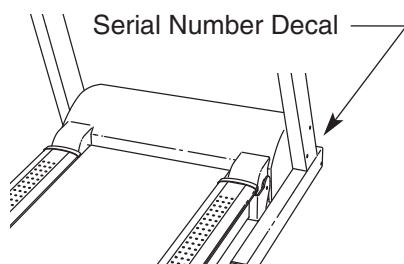


# **NordicTrack**<sup>®</sup> *S1900*

**Model No.** NTL18905.0

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

Write the serial number in the space above for future reference.



## 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

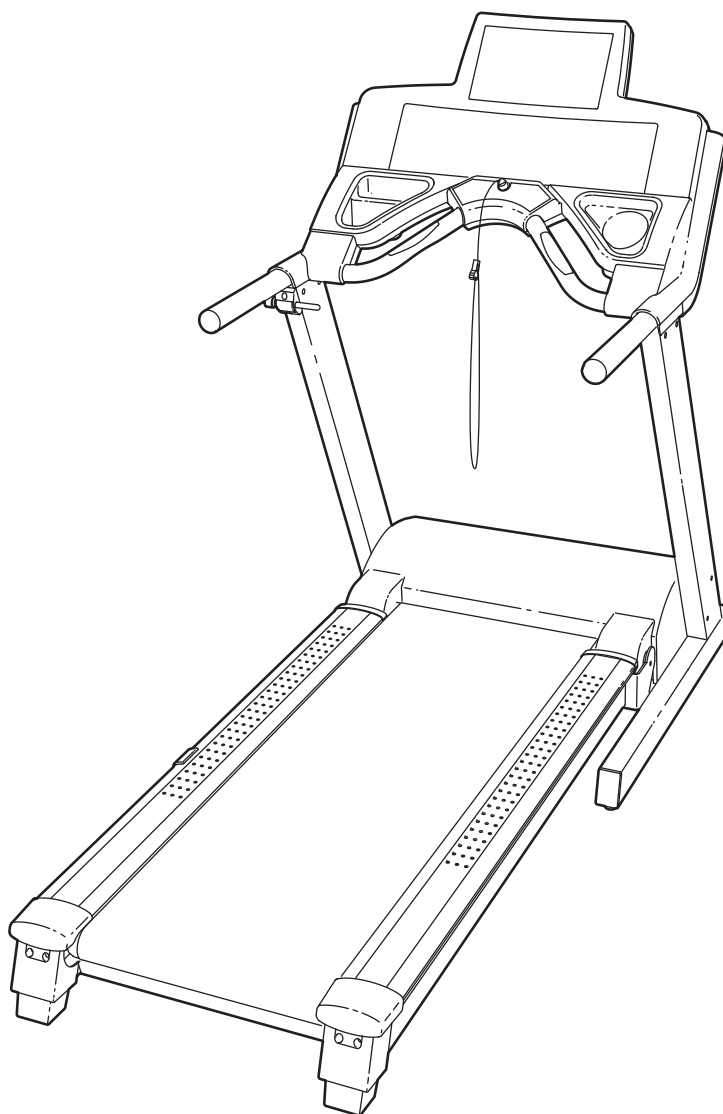
**ON THE WEB:**

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

## **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.nordictrack.com](http://www.nordictrack.com)**

new products, prizes,  
fitness tips, and much more!



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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 in this manual.
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 oxygen is 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 350 pounds. Never allow more than one person on the treadmill at a time.
8. 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.*
9. When connecting the power cord (see page 10), 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.
10. Use only a single-outlet surge suppressor that meets all of the specifications described on page 10. 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.
11. 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.
12. Keep the power cord and the surge suppressor away from heated surfaces.
13. 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 if the treadmill is not working properly.)
14. Read, understand, and test the emergency stop procedure before using the treadmill (see TREADMILL OPERATION on page 10).
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while 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 an exercise aid in determining heart rate trends in general.
18. 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 circuit breaker.)
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY and HOW TO FOLD AND MOVE THE TREADMILL.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
20. When folding or moving the treadmill, make sure that the latch pin is fully inserted into the catch.

21. 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.

22. 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.

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

24. Inspect and properly tighten all parts of the treadmill every three months.

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

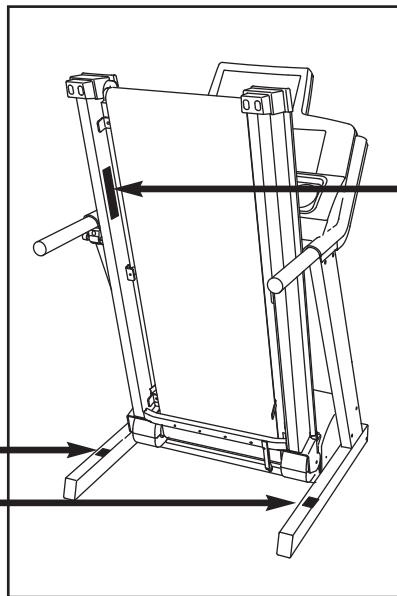
26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

27. The treadmill is intended for in-home use only. Do not use the 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 if it is not legible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.




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



- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.



- Never allow children on or around treadmill.
- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

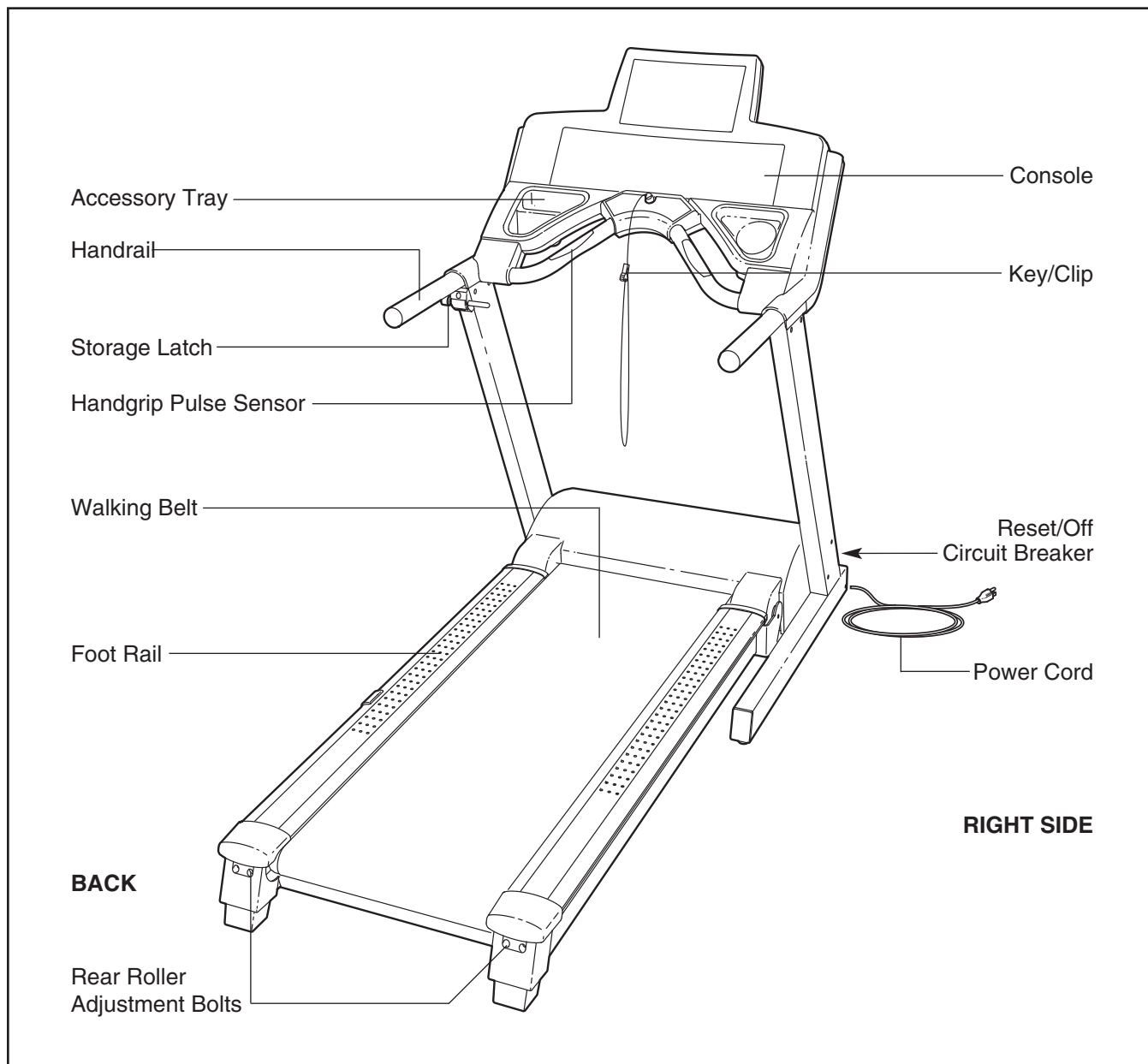
# BEFORE YOU BEGIN

Thank you for purchasing the NordicTrack™ S1900 treadmill. The S1900 treadmill offers an impressive array of features designed to help you achieve your fitness goals in the convenience of your home. And when you're not exercising, the treadmill can be folded away, taking less than half the floor space of conventional 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 NTL18905.0. 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.



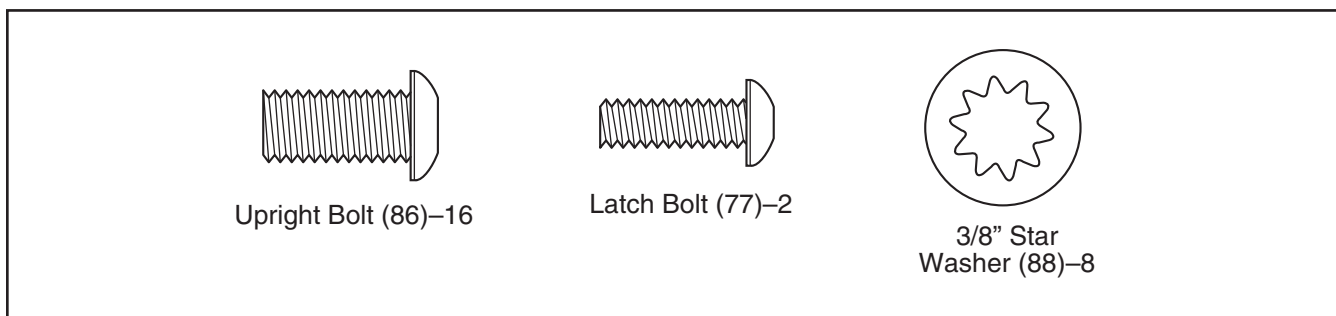
# ASSEMBLY

**Assembly requires three persons.** Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.**

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

**Assembly requires the included allen wrench**  **and your own phillips screwdriver**  .

For help identifying assembly hardware, see the drawings below. **Note: If a part is not found in the part bags, check to see if the part has been preattached.**

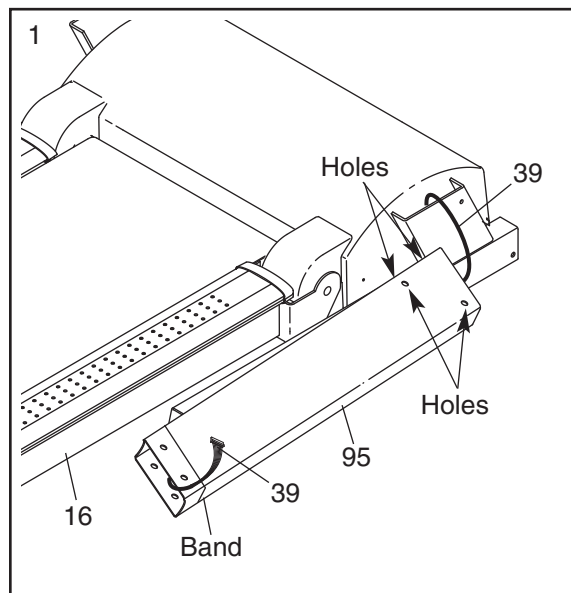


**IMPORTANT: Do not extend the Frame (16) past the vertical position before the console base is assembled or you may damage the gas spring.**

1. Identify the Right Upright (95), which has holes in the indicated locations.

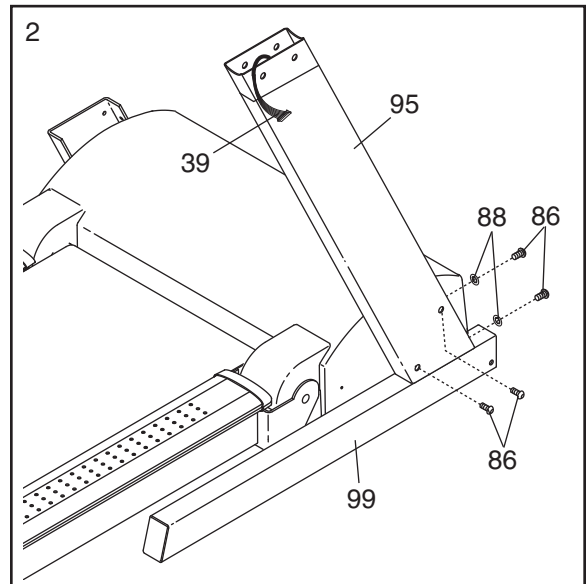
Set the Right Upright (95) near the Frame (16) as shown. Insert the Wire Harness (39) into the lower end of the Right Upright and out of the top.

Place an elastic band around the Wire Harness (39) and the Right Upright (95) to keep the Wire Harness from falling into the Right Upright. Leave the elastic band on until step 3 is completed.

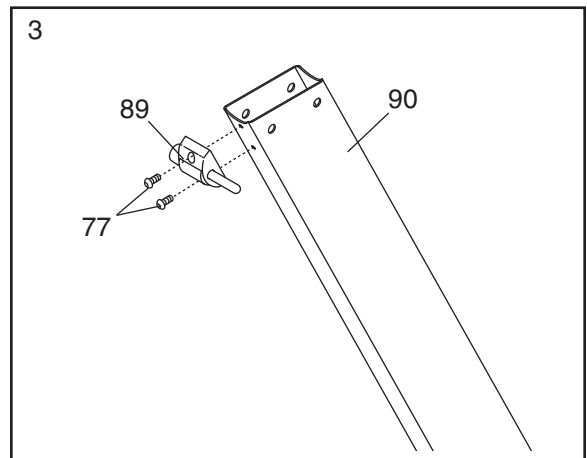


- Slide the Right Upright (95) onto the bracket on the Base (99); **be careful not to pinch the Wire Harness (39)**. Finger tighten four Upright Bolts (86) with two 3/8" Star Washers (88) into the Right Upright and the bracket. **Do not tighten the Upright Bolts yet.**

Repeat this step with the Left Upright (not shown). Note: There is not a wire harness on the left side.

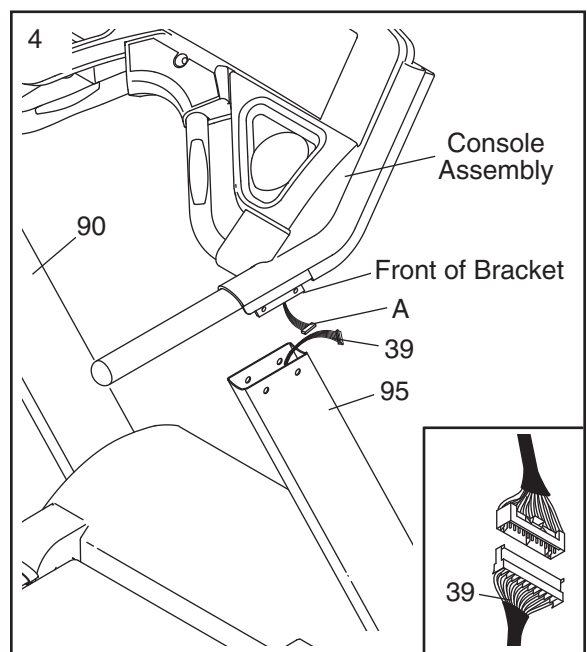


- Attach the Latch Housing (89) to the Left Upright (90) with two Latch Bolts (77). **Do not overtighten the Latch Bolts.**



- Remove the elastic band securing the Wire Harness (39). Have two persons hold the console assembly near the Left Upright (90) and the Right Upright (95). Connect the Wire Harness (A) to the console wire. **Make sure to connect the connectors properly (see the inset drawing); the connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

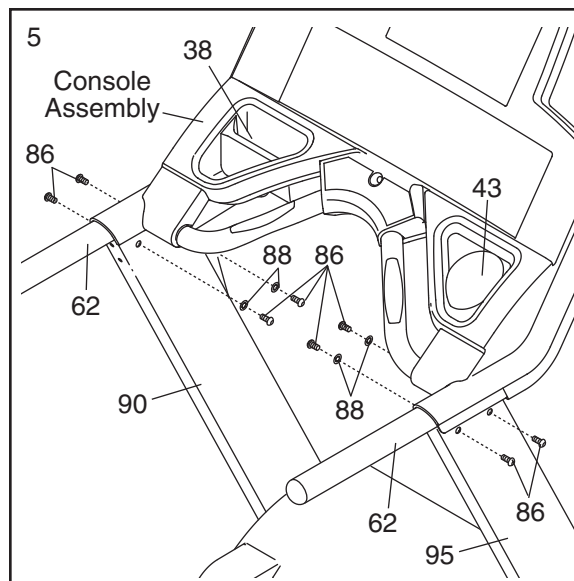
Insert the Wire Harnesses (A, 39) into the Right Upright (95). Next, insert the front ends of the brackets on the console assembly into the Right Upright and the Left Upright (90). Then, insert the back ends of the brackets into the Uprights. **Make sure that the Wire Harnesses are not pinched.**



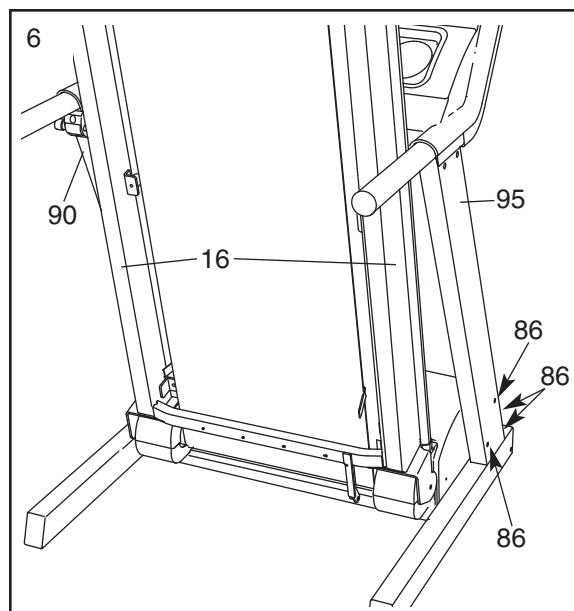


5. While pressing down on the Handrails (62), attach the console assembly to the Uprights (90, 95) with eight Upright Bolts (86) and four 3/8" Star Washers (88). **Start all eight Upright Bolts before tightening any of them.**

Note: The Left Accessory Tray (38) and the Right Accessory Tray (43) are replaceable. If these parts become dislodged from the console assembly, simply press them back in.



6. Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 27). Center the Frame (16) between the Uprights (90, 95). Then, tighten the Upright Bolts (86) in the lower ends of the Uprights.



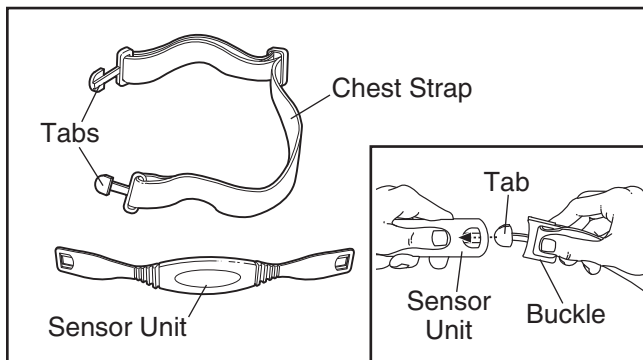
7. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrenches in a secure place; the large allen wrench is used to adjust the walking belt (see page 30). To protect the floor or carpet, place a mat under the treadmill.



# HOW TO USE THE CHEST PULSE SENSOR

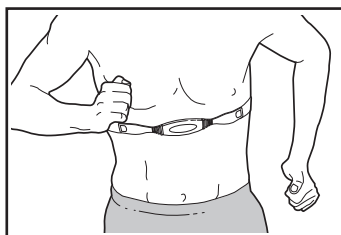
## HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components—the chest strap and the sensor unit.



Insert the tab on one end of the chest strap into the hole in one end of the sensor unit, as shown in the inset drawing above. 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, rewet the electrode areas.
- As you walk or run on the treadmill, position yourself near the center of the walking belt. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.
- The CR2032 battery may need to be replaced (see page 31).

# TREADMILL OPERATION

## 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.

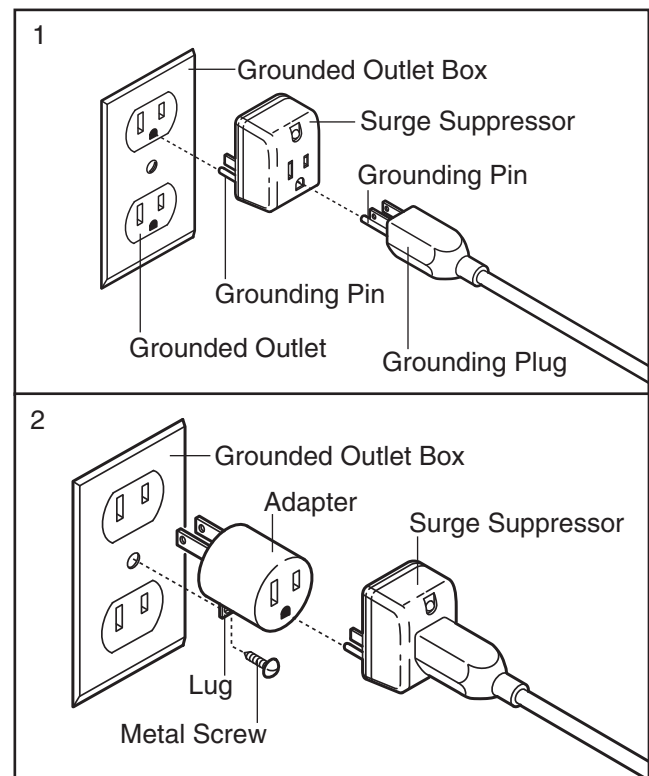
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility 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-

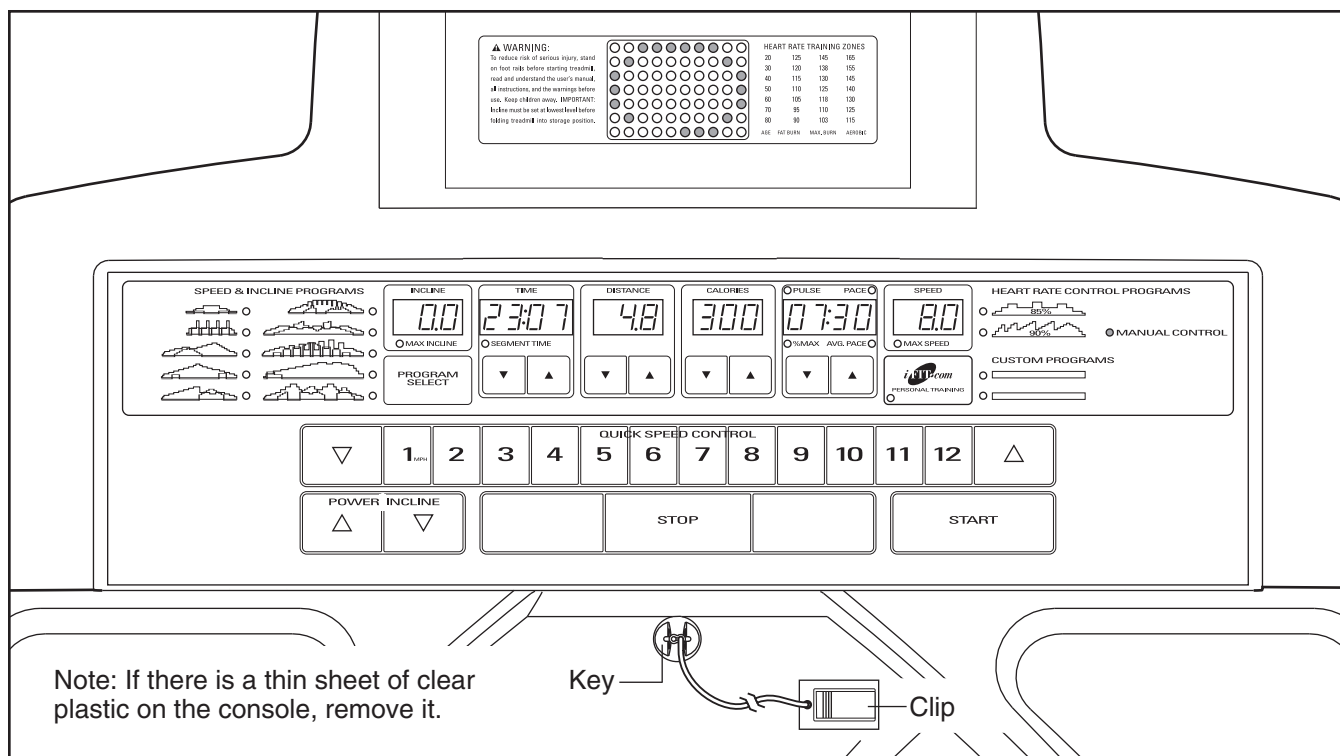
tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. 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, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display instant exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor.

In addition, the console offers ten preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. Two heart rate programs are also offered. Each program automatically adjusts the speed and incline of the treadmill to keep your heart rate within a target range while you exercise. The console even allows you to create your own programs and save them in memory for future use.

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 home

stereo, portable stereo, computer, or VCR and play special iFIT.com CD and 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, call the toll-free telephone number on the front cover of this manual.**

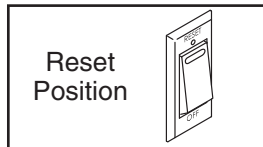
With the treadmill connected to your computer, you can also go to our Web site at [www.iFIT.com](http://www.iFIT.com) and access programs directly from the internet. Additional options are soon to be available. **See [www.iFIT.com](http://www.iFIT.com) for more information.**

**To use the manual mode of the console**, follow the steps beginning on page 12. **To use a preset program**, see page 15. **To create and use a custom program**, see pages 17 and 18. **To use a heart rate program**, see page 19. **To use an iFIT.com CD or video program**, see page 23. **To use an iFIT.com program directly from our Web site**, see page 25.

## HOW TO TURN ON THE POWER

**1** Plug in the power cord (see page 10).

**2** Locate the reset/off circuit breaker near the power cord. Make sure that the breaker is in the reset position.



**3** Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 11), 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. **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.**

## 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 and the Manual Control indicator will light. If a program has been selected, press the Program Select button repeatedly to reselect the manual mode.

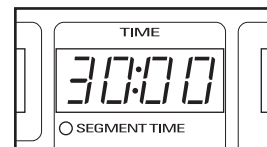


**3** Set a workout goal if desired.

If you do not wish to set a workout goal, go to step 4.

To set a time, distance, calorie, or pace goal for your workout, press the increase and decrease buttons below the Time, Distance, Calories, or Pulse/Pace display. To set a goal quickly, hold down the increase and decrease buttons. To set a speed goal, press the Speed buttons. **You can set up to two goals for each workout.**

For example, if you plan to exercise for 30 minutes, press the increase and decrease buttons below the Time display until the display shows a goal of "30:00."



If you also plan to run two miles during your workout, press the increase and decrease buttons below the Distance display until the display shows a goal of "2.00."

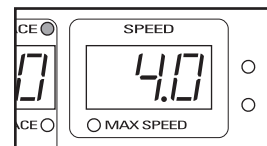


When you set either one goal or two goals, the console will display the length of time you will exercise, the distance that you will walk or run, the approximate number of calories you will burn, your pace, and a speed setting. If desired, adjust any of the values. Note that the last two values that you change will become your workout goals.

**4** Press the Start button to start the walking belt.

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

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



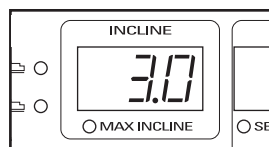
Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press one of the twelve Quick Speed buttons. **Note: The console can display speed and distance in either miles or kilometers (see THE SPEED DISPLAY on page 13). For simplicity, all instructions in this section refer to miles.**

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

Note: The first time the treadmill is used, observe the alignment of the walking belt, and align the walking belt if necessary (see page 30).

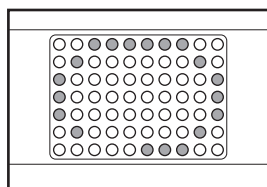
## 5 Change the incline of the treadmill as desired.

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

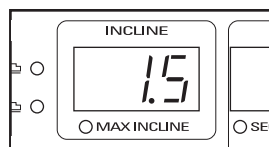


## 6 Follow your progress with the matrix and the displays.

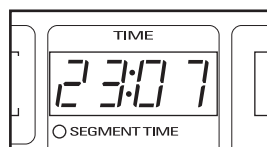
**The matrix**—When the manual mode or the iFIT.com mode is selected, the matrix will show a track that represents 1/4 mile. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



**The Incline display**—This display will show the incline level of the treadmill.

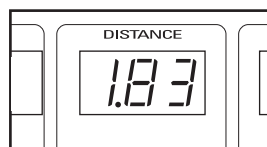


**The Time display**—If no goals were set, this display will show the elapsed time. If a goal was set, the display will show the time remaining in your workout. Note: When a program is selected, the display will show the time remaining in the program and the time remaining in the current segment of the program.



### The Distance

**display**—If no goals were set, this display will show the distance that you have walked or run. If a goal was set, the display will show the distance still to be walked or run during your workout. Note: When a program is selected, the display will show the distance still to be walked or run during the program.

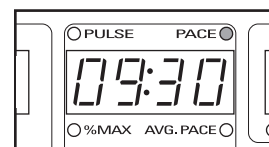


**The Calories display**—If no goals were set, this display will show the approximate number of calories you have burned. If a goal was set, the display will show the number of calories still to be burned during your workout. Note: When a program is selected, the display will show the number of calories still to be burned during the program.



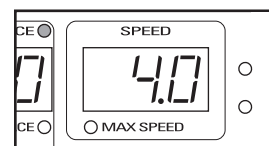
### The Pulse/Pace

**display**—This display will show your current pace, in minutes per mile, and your average pace. The display will alternate between one value and the other every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor (see step 7 on page 14) or the chest pulse sensor (see page 9). When a heart rate program is selected, the display will also show your heart rate as a percentage of your estimated maximum heart rate.

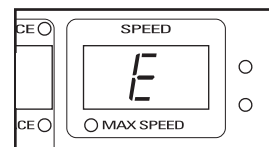


### The Speed display

This display will show the speed of the walking belt.



Note: The console can display speed and distance in either miles or kilometers. To determine which unit of measurement is selected, hold down the Stop button while inserting the key into the console. An “E” for English miles or an “M” for metric kilometers will appear in the Speed display. Press the Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it.



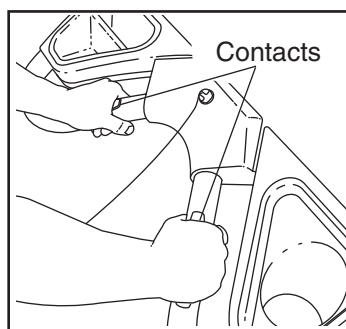
To reset the displays, press the Stop button, remove the key, and then reinsert the key.

If a workout goal was set, the walking belt will automatically slow to a stop when the goal is reached. If two workout goals were set, the walking belt will stop when both goals are reached.



## 7 Measure your heart rate if desired.

Note: If you use the handgrip pulse sensor and the chest pulse sensor at the same time, the console will not display your heart rate accurately. Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To use the handgrip pulse sensor, **stand on the foot rails** and place your hands on the metal contacts on the handgrip pulse sensor. Your palms should be resting on the upper contacts, and your fingertips should be touching the lower contacts. **Avoid moving your hands.** When your pulse is

detected, two dashes (— —) will appear in the Pulse/Pace display, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

## 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 displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 26 and turn off the demo mode.**

When you are finished using the treadmill, move the reset/off circuit breaker to the off position and unplug the power cord.

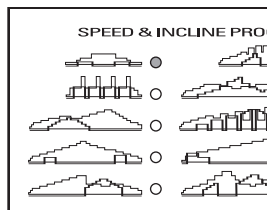
## HOW TO USE A PRESET PROGRAM

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

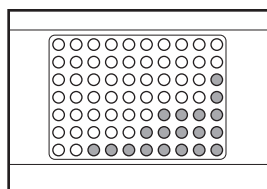
### 2 Select a preset program.

To select a preset program, press the Program Select button repeatedly until one of the ten indicators on the left side of the console lights.



When a preset program is selected, the Incline display will show the maximum incline setting of the program and the Speed display will show the maximum speed setting. The Time display will show how long the program will last.

The matrix will show the first eight speed settings of the program. Note: The ten profiles on the left side of the console show how the speed and incline of the treadmill will change during the programs.



### 3 Adjust the program settings if desired.

If you do not wish to change any program settings, go to step 4.

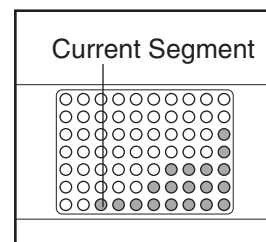
To change the time, distance, calorie, or pace settings for the program, press the increase and decrease buttons below the Time, Distance, Calories, or Pulse/Pace display. To change the maximum speed setting, press the Speed increase and decrease buttons. To change a setting quickly, hold down the increase and decrease buttons. **Note: If you change one or more program settings, other settings will change accordingly. For example, if you change the maximum speed setting, the distance, calorie, and pace settings will change accordingly.**

### 4 Press the Start 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 time segments of equal length. (The Time display will show both the time remaining in the program and the time remaining in the current segment of the program.) One speed setting and one incline setting are programmed for each segment. (The same speed setting and/or incline setting may be programmed for two or more consecutive segments.)

The speed setting for the first segment is 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 seven segments are 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 display and/or the Distance display will flash to alert you. When the first segment ends, *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 of the indicators in the Current Segment column are lit after the speed settings have moved to the left, *the speed settings will move downward* so that only the highest indicators appear in the matrix. If some of the indicators in the Current Segment column are not lit when the speed settings move to the left again, the speed settings will move back up.



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 or incline setting is too high or too low at any time during the program, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button 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 override the speed or incline setting, when the next segment begins, 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 display will begin to flash. 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 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 displays.**

See step 6 on page 13.

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

See step 7 on page 14.

## **7 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 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 26 and turn off the demo mode.**

When you are finished using the treadmill, move the reset/off circuit breaker to the off position and unplug the power cord.

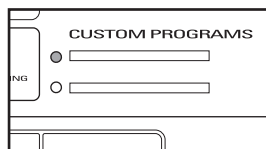
## HOW TO CREATE A CUSTOM PROGRAM

### 1 Insert the key into the console.

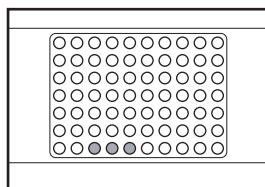
See HOW TO TURN ON THE POWER on page 12.

### 2 Select one of the custom programs.

To select a custom program, press the Program Select button repeatedly until one of the two Custom Program indicators lights.



**Note: If the custom program has not yet been defined, only three columns of indicators will be lit in the matrix. If more than three columns of indicators are lit, see HOW TO USE A CUSTOM PROGRAM on page 18.**

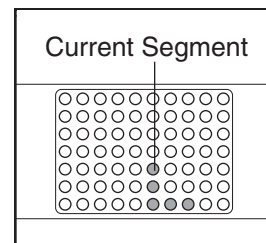


### 3 Press the Start button and program the desired speed and incline settings.

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

See the matrix. Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment

is shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons. Every few times a Speed button is pressed, an additional indicator will light or darken in the Current Segment column.



When the first segment of the program ends, a series of tones will sound and the current speed setting and the current incline setting will be saved in memory. *The three columns of indicators will then move one column to the left*, and the speed setting for the second segment will be shown in the flashing Current Segment column. Program a speed setting and an incline setting for the second segment as described above.

Continue programming speed and incline settings for as many segments as desired; custom programs can have up to forty segments. When you are finished with your workout, press the Stop button twice. The speed and incline settings that you have programmed and the number of segments that you have programmed will then be saved in memory.

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

See step 8 on page 14.

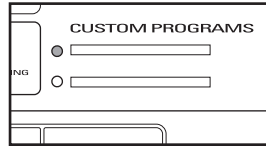
## HOW TO USE A CUSTOM PROGRAM

### 1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

### 2 Select one of the custom programs.

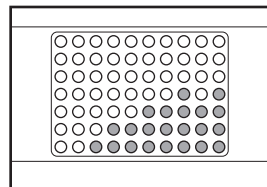
To select a custom program, press the Program Select button repeatedly until one of the two Custom Program indicators lights.



When a custom program is selected, the Incline display will show the maximum incline setting of the program and the Speed display will show the maximum speed setting. The Time display will show how long the program will last.

The matrix will show the first eight speed settings of the program.

**Note: If only three columns of indicators are lit in the matrix, see HOW TO CREATE A CUSTOM PROGRAM on page 17.**



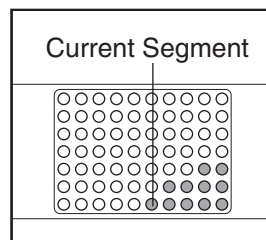
### 3 Adjust the program settings if desired.

See step 3 on page 15.

### 4 Press the Start 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 custom program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. (The same speed setting and/or incline setting may be programmed for two or more consecutive segments.) The speed setting for the first segment is 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 seven segments are 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, a series of tones will sound, and the Speed display and the Distance display will flash. When the first segment ends, *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 second speed and incline settings that you programmed.

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 desired, you can redefine to the program while using it. **To change the speed or incline setting for the current segment**, simply press the Speed or Incline buttons. When the current segment ends, the new setting will be saved in memory. **To increase the length of the program**, first wait until the program is completed. Then, press the Start button and program speed and incline settings for as many additional segments as desired. When you have added as many segments as desired, press the Stop button twice. **To decrease the length of the program**, press the Stop button twice at any time before the program is completed.

To stop the program temporarily, press the Stop button. The Time display will begin to flash. 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 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 displays.

See step 6 on page 13.

### 6 Measure your heart rate if desired.

See step 7 on page 14.

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

See step 7 on page 16.

## HOW TO USE A HEART RATE PROGRAM

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

Follow the steps below to use a heart rate program.

**Note:** You must wear the chest pulse sensor to use a heart rate program. While using the chest pulse sensor, do not use the handgrip pulse sensor.

### 1 Put on the chest pulse sensor.

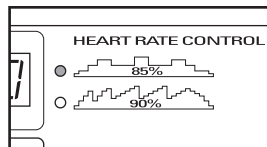
See page 9.

### 2 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

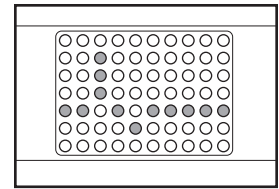
### 3 Select a heart rate program.

To select a heart rate program, press the Program Select button repeatedly until one of the two heart rate program indicators lights.



The two profiles on the right side of the console show how the target heart rate will change during the programs. During heart rate program 1, your heart rate will reach approximately 85% of your *estimated maximum heart rate*; during heart rate program 2, your heart rate will reach approximately 90% of your *estimated maximum heart rate*. Note: Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute ( $220 - 30 = 190$ ).

During heart rate programs, the matrix will show a graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear.

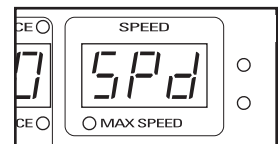


### 4 Enter your age and a maximum speed setting.

When a heart rate program is selected, the word "AGE" and the current age setting will flash in the Calories display. If you have already entered your age, simply press the Start button (the program will not start when the button is pressed). If you have not entered your age, press the increase and decrease buttons below the Calories display to enter your age, and then press the Start button (the program will not start when the button is pressed).



After you have entered your age, the letters "SPd" and the maximum speed setting of the program will flash in the Speed display. If desired, press the increase and decrease buttons below the Speed display to adjust the maximum speed setting.



### 5 Press the Start 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 heart rate program is divided into 30 one-minute segments. One target heart rate is programmed for each segment.

During each segment, the console will regularly compare your heart rate to the current target heart rate. If your heart rate is too far below or above the target heart rate, the speed of the treadmill will

automatically increase or decrease to bring your heart rate closer to the target heart rate. If the speed reaches the maximum speed setting of the program (see step 4 on page 19) and your heart rate is still too far below the current target heart rate, the incline of the treadmill will also increase to bring your heart rate closer to the target heart rate.

During the last three seconds of each segment, a series of tones will sound and the Speed display and the Incline display will flash.

The program will continue until no time remains. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the current target heart rate, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate.

If your pulse is not detected during the program, the letters “PLS” will flash in the Pulse/Pace display, and the speed and incline of the treadmill may automatically decrease until your pulse is detected. If this occurs, see CHEST PULSE SENSOR TROUBLESHOOTING on page 9.

To stop the program temporarily, press the Stop button. The Time display will begin to flash. 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 console compares your heart rate to the current target heart rate, the speed and/or incline of the treadmill may then automatically change.

## **6 Follow your progress with the displays.**

See step 6 on page 13.

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

See step 7 on page 16.

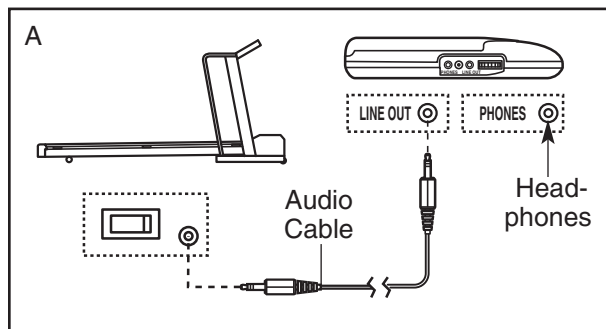
## HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

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 21 and 22 for connecting instructions. To use **iFIT.com videocassettes**, the treadmill must be connected to your VCR. See page 23 for connecting instructions. To use **iFIT.com programs directly from our Web site**, the treadmill must be connected to your home computer. See page 22 for connecting instructions.

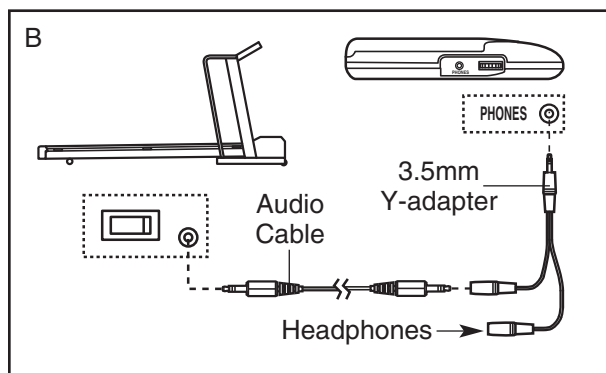
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

**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.



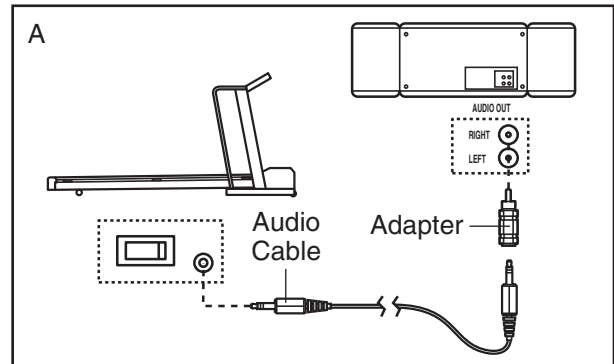
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the Y-adapter.



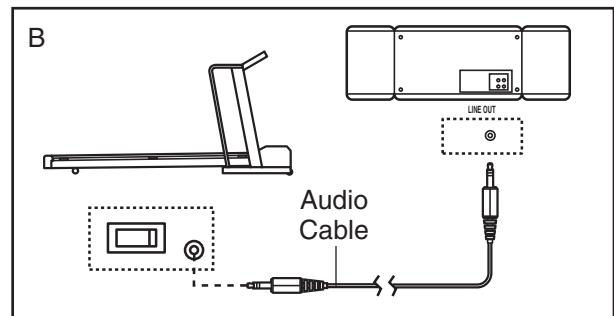
## HOW TO CONNECT YOUR PORTABLE STEREO

**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.

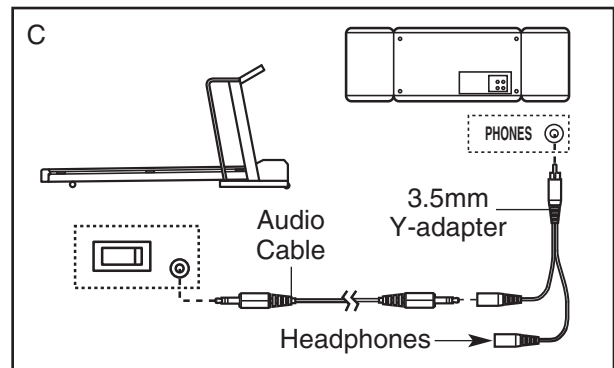
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **AUDIO OUT** jack on your stereo.



- 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.



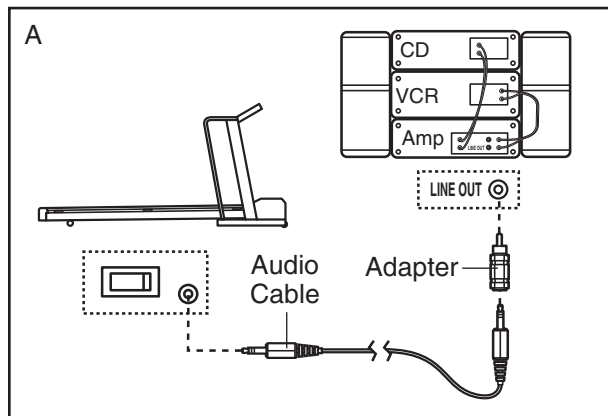
- C. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the Y-adapter.



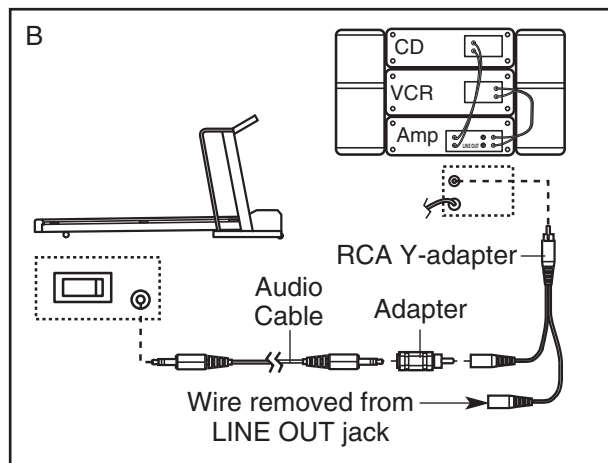
## HOW TO CONNECT YOUR HOME STEREO

**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 included adapter. Plug the adapter into the **LINE OUT** jack on your stereo.



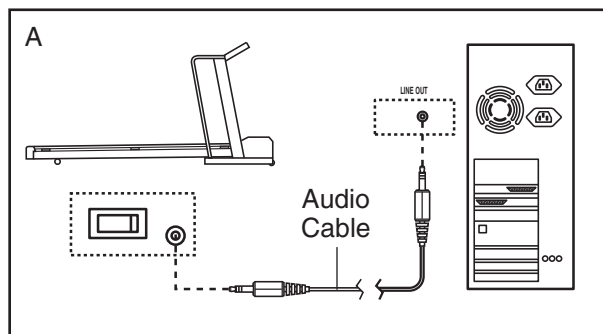
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE 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.



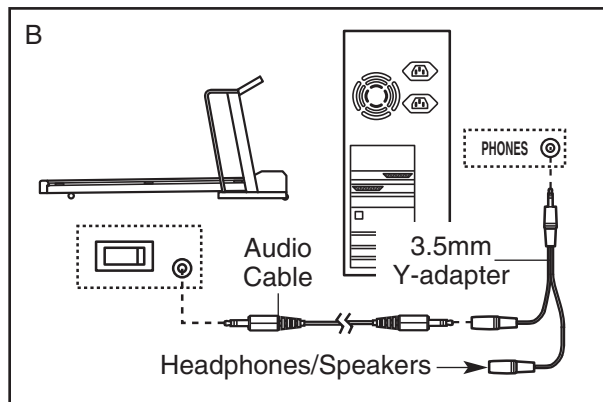
## HOW TO CONNECT YOUR COMPUTER

**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 a **3.5mm Y-adapter** (available at electronics stores). Plug the Y-adapter into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.

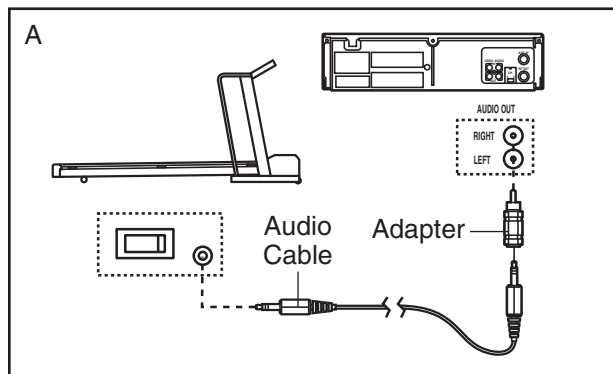




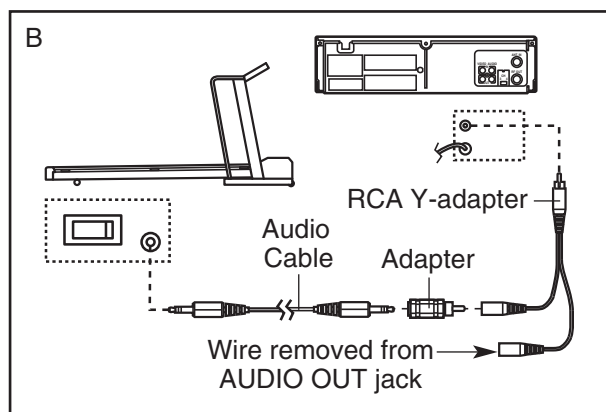
## HOW TO CONNECT YOUR VCR

**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 22.

- 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 included adapter. Plug the adapter 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 included adapter. Plug the adapter 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 CD OR VIDEO PROGRAM

To use an iFIT.com CD or video program, 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 pages 21 to 23. **Note:** To purchase iFIT.com CDs or iFIT.com videocassettes, call the toll-free telephone number on the front cover of this manual.

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 12.

### 2 Select the iFIT.com mode.

To use an iFIT.com CD or video program, press the iFIT.com button. The indicator on the button will light.



### 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 display is flashing, press the Start button or the Speed increase button on the console. The treadmill will not respond to a CD or video program while the 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.**

If the speed or incline settings are too high or too low, you can manually override the settings 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 display will begin to flash. 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 incline will change to the next settings of the CD or video program.**

When the CD or video program is completed, the walking belt will stop and the 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 23.

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

- **Make sure that the indicator on the iFIT.com button is lit and that the Time display is not flashing. If the Time display is flashing, press the Start button or the Speed increase 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, that it is 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 matrix and the displays.

See step 6 on page 13.

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

See step 7 on page 14.

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

See step 7 on page 16.

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

## HOW TO USE A PROGRAM DIRECTLY FROM OUR WEB SITE

Our Web site at [www.iFIT.com](http://www.iFIT.com) allows you to access iFIT.com programs directly from the internet. To use a program from our Web site, the treadmill must be connected to your computer. See HOW TO CONNECT YOUR COMPUTER on page 22. 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 12.

### 2 Select the iFIT.com mode.

To use an iFIT.com program directly from our Web site, press the iFIT.com button. The indicator on the button will light.



### 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 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 display will begin to flash. 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 incline will change to the next settings of the program.**

When the program ends, the walking belt will stop and the 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 indicator on the iFIT.com button is lit and that the 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 matrix and the displays.

See step 6 on page 13.

### 9 Measure your heart rate if desired.

See step 7 on page 14.

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

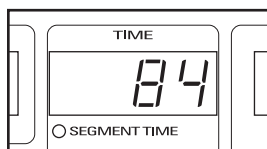
See step 7 on page 16.

## THE INFORMATION MODE/DEMO MODE

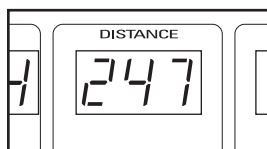
The console features an information mode that keeps track of the total number of hours that the treadmill has been used and the total number of miles that the walking belt has moved. The information mode also allows you to select miles or kilometers as the unit of measurement for speed and distance. 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 while inserting the key into the console. When the information mode is selected, the following information will be shown:

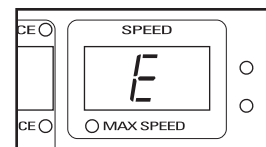
The Time display will show the total number of hours the treadmill has been used.



The Distance display will show the total number of miles (or kilometers) that the walking belt has moved.

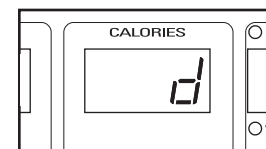


An "E" for English miles or an "M" for metric kilometers will appear in the Speed display. Press the Speed increase button to change the unit of measurement.



### IMPORTANT: The Calories 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 display when the information mode is selected, press the Speed – button so the display is blank.**



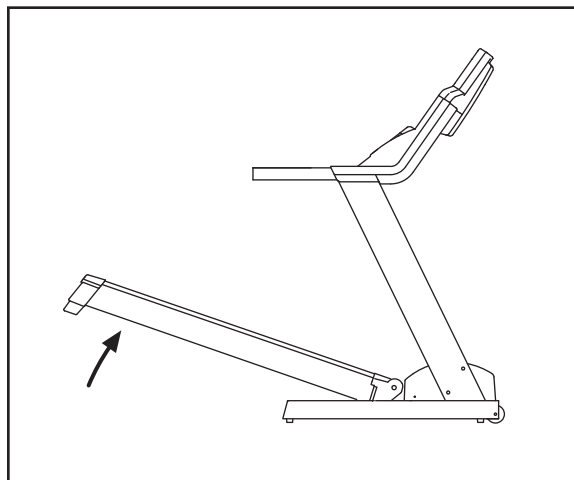
To exit the information mode, remove the key from the console.

# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

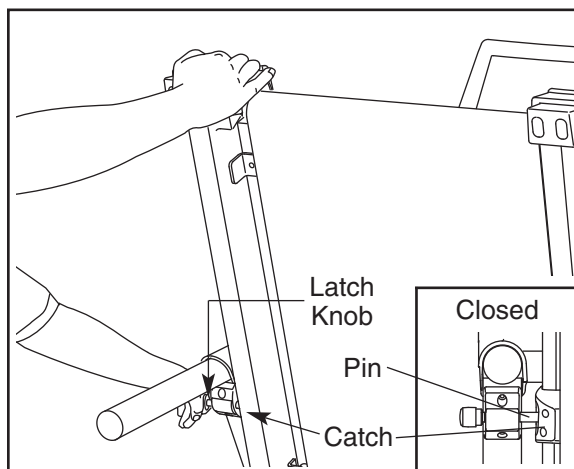
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may become permanently damaged. Next, unplug the power cord. **CAUTION:** You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

1. Hold the end of the treadmill near the location indicated by the arrow at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the frame, make sure to 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 latch knob to the left and hold it. Raise the frame until the catch is aligned with the latch pin. Slowly release the latch knob. **Make sure that the latch pin is fully inserted into the catch.**

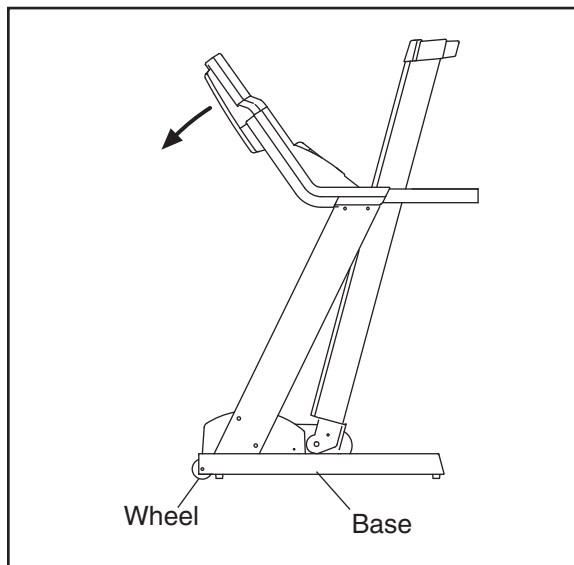
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

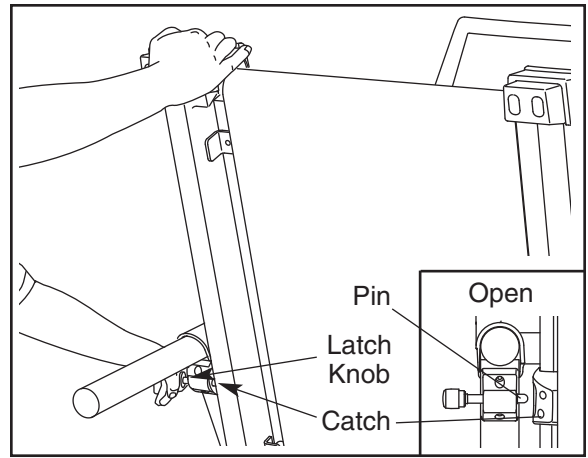
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the catch.**

1. Hold the treadmill and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **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 one of the wheels, and carefully lower the treadmill until the base is resting in the storage position.

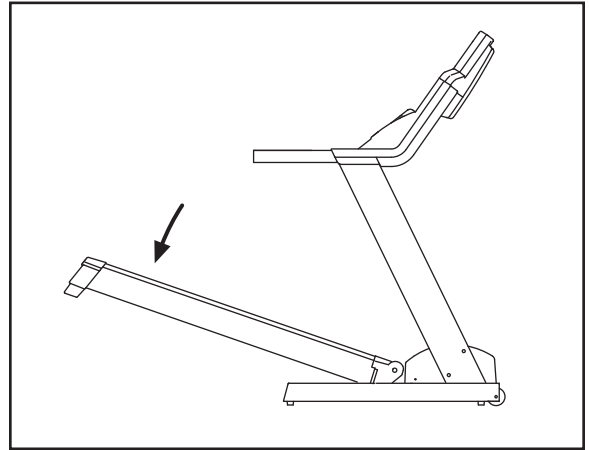


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin. Then, slowly release the latch knob.



2. Hold the frame firmly with both hands, and lower it to the floor. **To decrease the possibility of injury, bend your legs and keep your back straight.**



# TROUBLESHOOTING

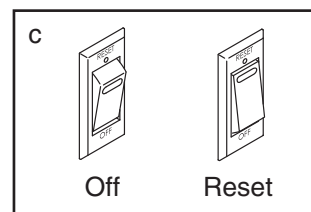
Most treadmill problems can be solved by following the instructions in this section. Find any symptoms that apply, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

**PROBLEM:** The power does not turn on

**SOLUTION:** a. Make sure that the power cord is plugged into a 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. Make sure that the key is inserted into the console.

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



**PROBLEM:** The power turns off during use

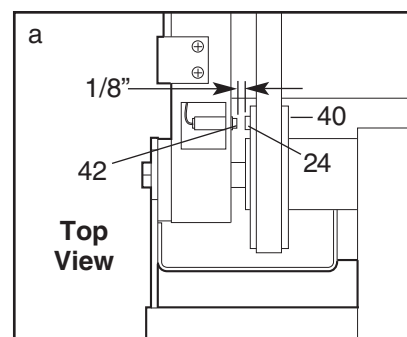
**SOLUTION:** a. Check the reset/off circuit breaker (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

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 and then reinsert it.

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

**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Next, remove the screws from the hood (not shown) and carefully remove the hood. Locate the Reed Switch (42) and the Magnet (24) on the left side of the Pulley (40). 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, use a slotted screwdriver to move the Reed Switch slightly. Then, reattach the hood, making sure that the Screws are inserted into the same holes from which they were removed. Run the treadmill for a few minutes to check for a correct speed reading.

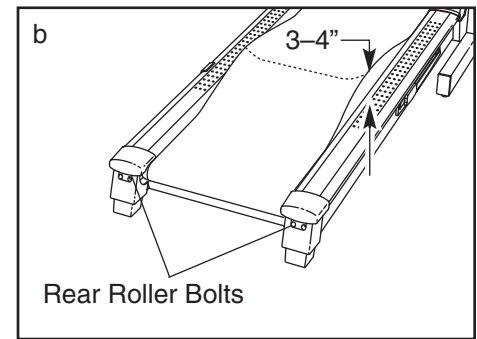




**PROBLEM: The walking belt slows when walked on**

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

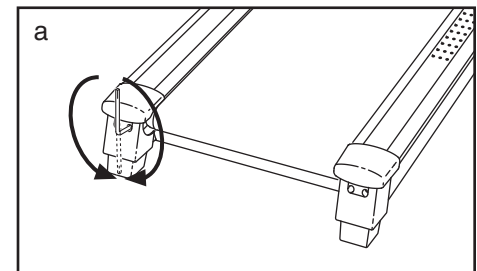
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the included allen wrench, turn both rear roller bolts counterclockwise 1/4 of a turn. When the walking belt is properly tightened, 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.



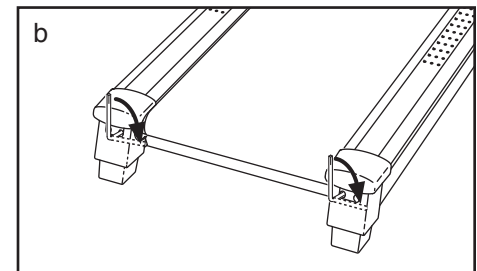
- c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

**SOLUTION:** a. If the walking belt is off-center, 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.



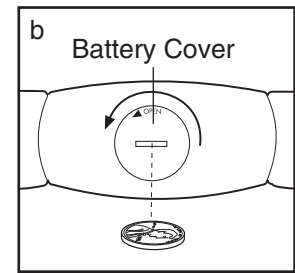
- b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller bolts clockwise 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the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



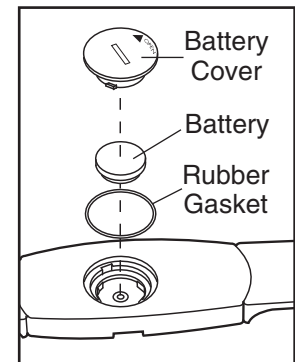
**PROBLEM: The chest pulse sensor does not function properly**

**SOLUTION:** a. If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 9.

- 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.



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.



# EXERCISE 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 an exercise aid 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 highest 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 or incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed or 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 or 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

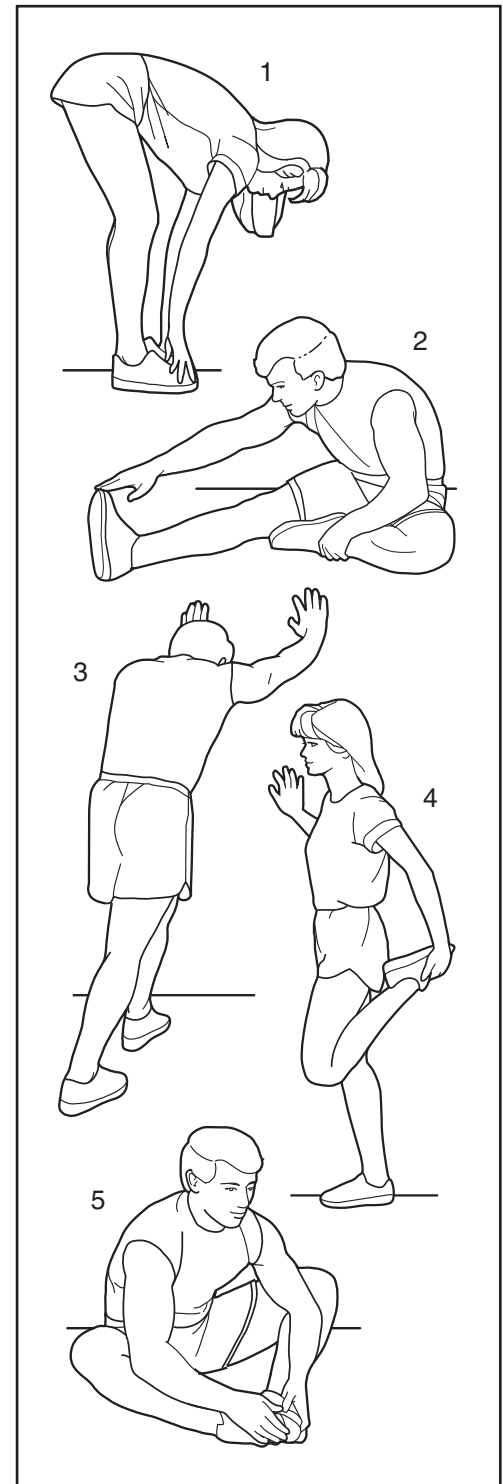
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



# PART LIST—Model No. NTL18905.0

R0106B

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

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Cover	48	2	Motor Bolt
2	29	3/4" Screw	49	1	Jack
3	1	Left Foot Rail	50	1	Filter Wire
4	2	Isolator	51	1	Controller Plate
5	1	Audio Cable	52	2	Small Star Washer
6	1	Front Left Endcap	53	1	Lift Motor Bolt, Top
7	1	Front Right Endcap	54	8	Electronic Screw
8	1	Access Door	55	1	Right Foam Grip
9	1	Key Clip	56	1	Controller
10	9	1/2" Screw	57	1	Power Cord Assembly
11	1	Latch Warning Decal	58	1	Pulse Receiver
12	5	Platform Screw/Idler Pulley Screw	59	1	Transformer
13	1	Catch	60	1	Chest Pulse Sensor
14	1	Walking Belt	61	1	Chest Pulse Strap
15	1	Walking Platform	62	1	Handrail
16	1	Frame	63	5	Hood Screw
17	2	Belt Guide	64	4	Pulse Sensor
18	1	Left Endcap	65	1	Hood
19	1	Rear Roller	66	16	Motor Belly Pan Screw
20	2	Wheel Endcap	67	1	Motor Belly Pan
21	16	Screw	68	1	Left Foam Grip
22	1	Console Matrix	69	4	Frame Belly Pan Screw
23	1	Front Roller Assembly	70	1	Allen Wrench
24	1	Magnet	71	4	Pulse Sensor Base
25	9	Nut	72	1	Right Endcap
26	1	Frame Pivot Bushing	73	2	Rear Foot
27	2	Frame Pivot Spacer	74	2	Rear Roller Bolt
28	4	Frame Pivot Washer	75	2	Rear Roller Star Washer
29	2	Frame Pivot Bolt	76	4	Platform Nut
30	1	Idler Pulley Nut	77	2	Latch Bolt
31	2	Idler Arm Washer	78	4	Lift Frame Washer
32	1	Idler Pulley	79	1	5/32" Allen Wrench
33	2	Isolator Bolt	80	1	Console Base
34	1	Idler Arm Bolt	81	1	Console
35	1	Idler Arm Bushing	82	2	Static Decal
36	1	Idler Arm	83	19	Console Back Screw
37	1	Idler Arm Spring	84	1	Latch Pin Assembly
38	1	Left Accessory Tray	85	1	Console Back
39	1	Wire Harness	86	16	Upright Bolt
40	1	Motor Belt	87	4	Pulse Sensor Plate
41	1	Drive Motor	88	8	3/8" Star Washer
42	1	Reed Switch	89	4	Console Frame Screw
43	1	Right Accessory Tray	90	1	Left Upright
44	1	Reed Switch Clip	91	2	Lift Pivot Bolt
45	4	Hood Bracket	92	2	Wheel Bolt
46	1	Ground Wire	93	2	Front Wheel
47	1	Lift Frame	94	1	Shock

<b>Key No.</b>	<b>Qty.</b>	<b>Description</b>	<b>Key No.</b>	<b>Qty.</b>	<b>Description</b>
95	1	Right Upright	111	1	Frame Spacer
96	1	Right Foot Rail	112	2	Foot Rail Cover Base
97	4	Base Pad	113	2	Platform Screw, Center
98	4	Base Pad Screw	114	1	Pulse Plate Wire
99	1	Base	115	1	Console Frame Ground Wire
100	2	Base Endcap	116	2	Pulse Receiver Screw
101	2	Caution Decal	117	2	Cable Tie
102	1	Lift Motor Bolt, Bottom	118	2	Shock Clip
103	1	Incline Motor	119	1	Console Ground Wire
104	1	Stop Bracket	#	1	8" Black Wire, 2 Ring
105	1	Releasable Tie	#	1	8" Blue Wire, 2 F
106	3	Tie Holder	#	1	User's Manual
107	1	Plastic Tie			
108	1	Upright Wire Harness			
109	2	Handrail Endcap			
110	4	Pulse Sensor Screw			

#These parts are not illustrated  
Specifications are subject to change without notice.

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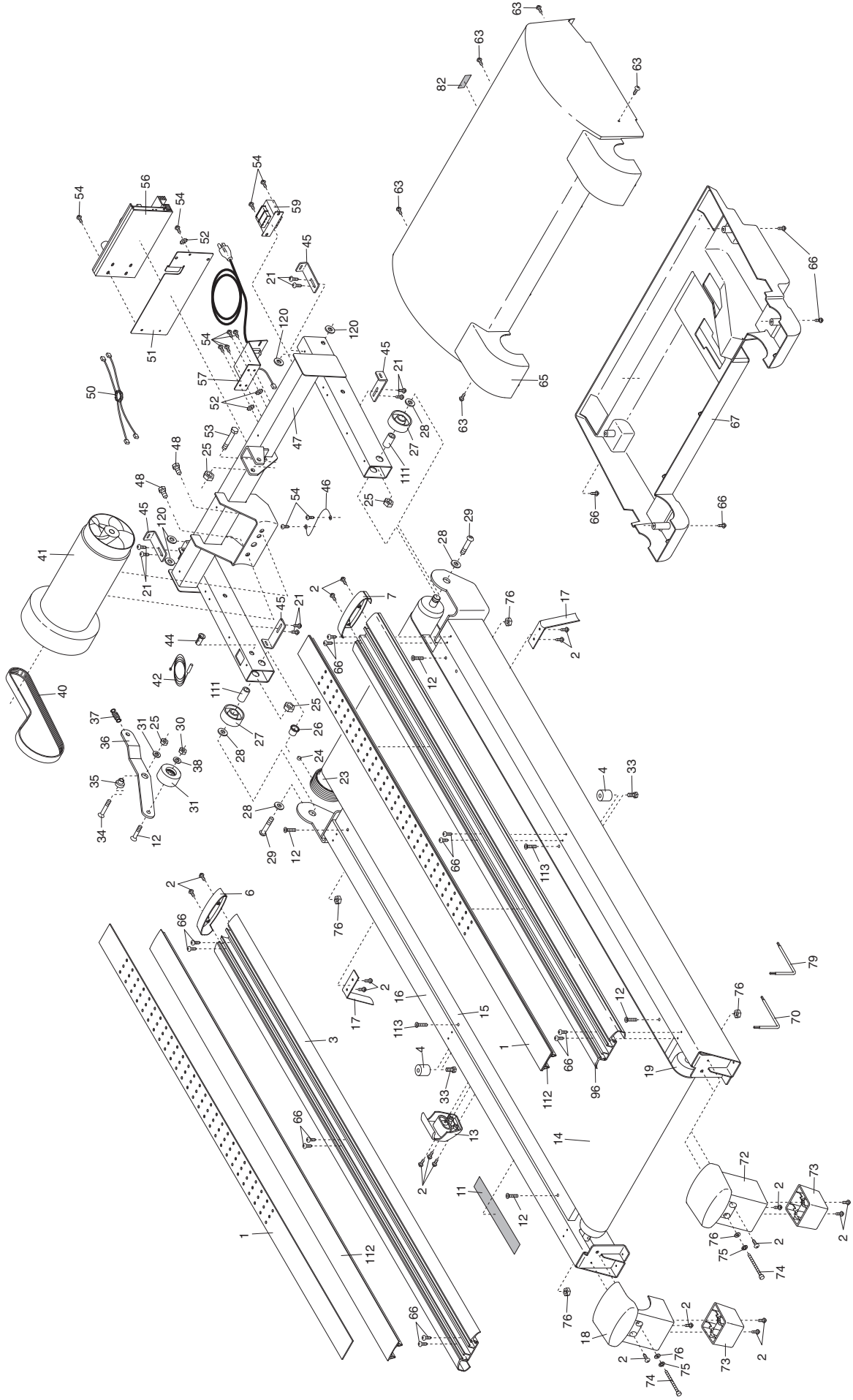
## ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. When ordering parts, please be prepared to provide the following information:

- the MODEL NUMBER of the product (NTL18905.0)
- the NAME of the product (NordicTrack S1900 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 34 and 35 and the EXPLODED DRAWING attached in the center of this manual)

# EXPLODED DRAWING—Model No. NTL18905.0

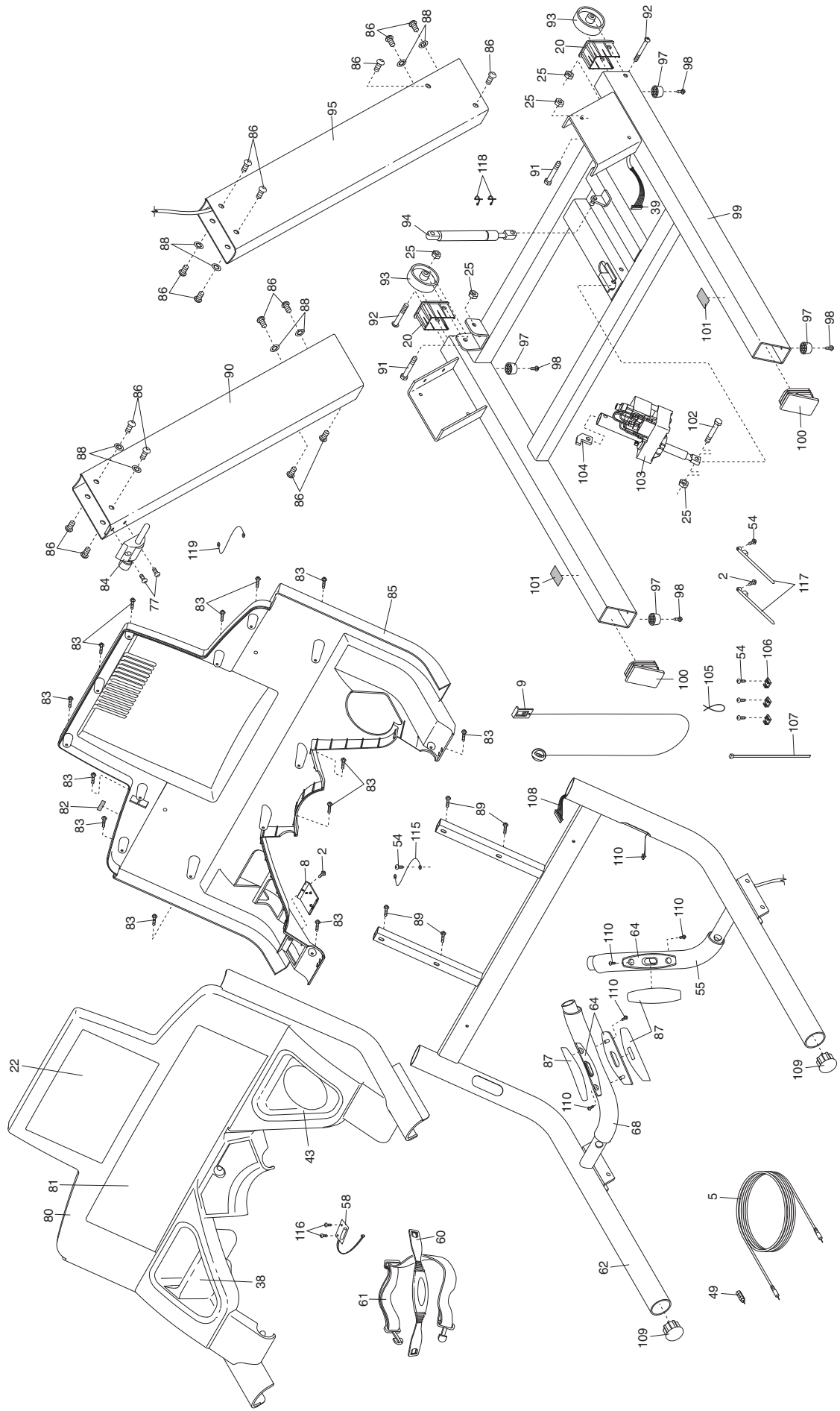
R0106B





# EXPLODED DRAWING—Model No. NTL18905.0

R0106B



# LIMITED WARRANTY

**WHAT IS COVERED**—The entire NordicTrack® S1900 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.

**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**