HOTEL FITNESS®

TR9750

USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, please see HOW TO CONTACT CUSTOMER CARE on the back cover of this manual.

⚠ CAUTION

Read all precautions and in-structions in this manual before using this equipment. Keep this manual for future reference.
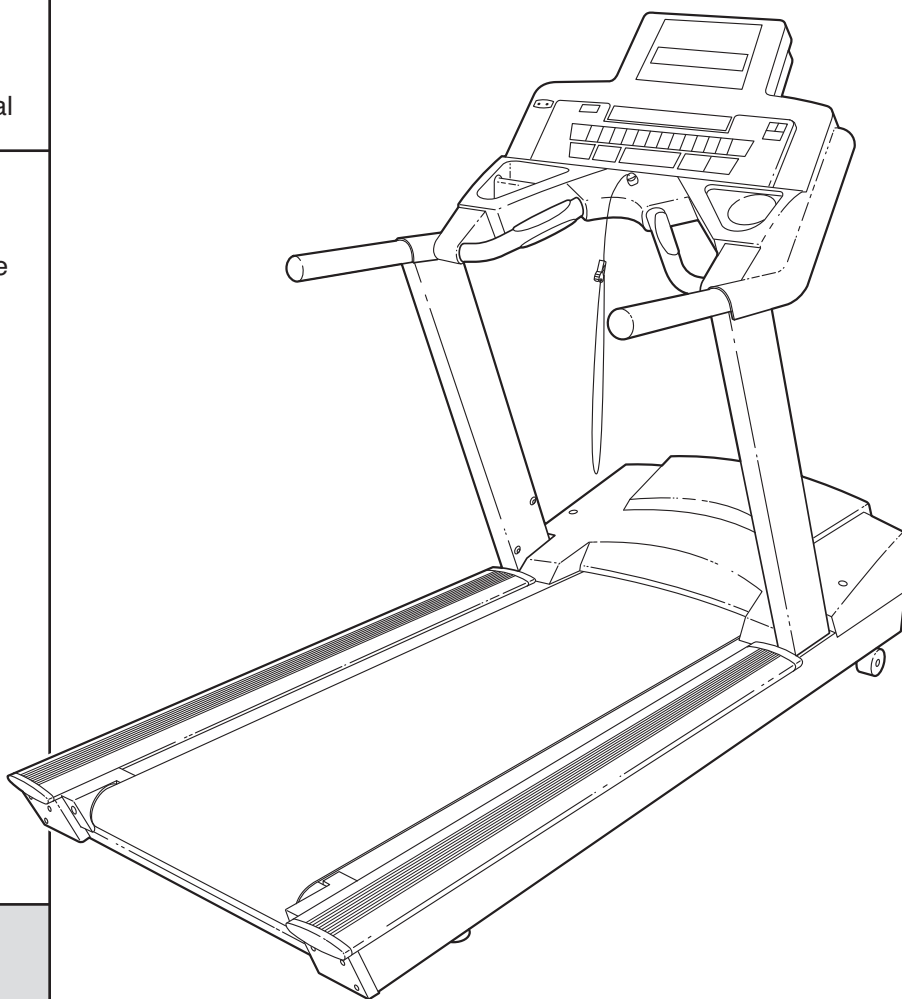
www.HotelFitness.com

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WARNING DECAL PLACEMENT

These drawings show the locations of the warning decals. **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be shown at actual size.

Underside of the Console

⚠ WARNING

Do not remove or insert this plug while the safety key is inserted in the console. Touch metal frame before removing or inserting plug. Static sensitive components may be affected.

⚠ CAUTION

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

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FREEMOTION is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. Hotel Fitness and FreeMotion Fitness assume no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

3. Use the treadmill only as described.

4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

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

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

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

8. Do not operate the treadmill until it is properly assembled (see ASSEMBLY on page 6).

9. The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.

10. Never allow more than one person on the treadmill at a time.

11. 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.

12. 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.

13. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. To purchase a surge suppressor, please see the back cover of this manual and order part number 146148, or see your local electronics store.

14. 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 slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

15. Keep the power cord and the surge suppressor away from heated surfaces.

16. 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.)

17. Read, understand, and test the emergency stop procedure before using the treadmill (see step 3 on page 11).

18. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

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

20. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

21. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the "off" position when the treadmill is not in use. (See the drawing on page 6 for the location of the reset/off circuit breaker.)

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

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

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

25. Make sure to perform all maintenance procedures outlined in this manual. Failure to do so will void the warranty and may result in damage to the treadmill.

26. Never insert or drop any object into any opening on the treadmill.

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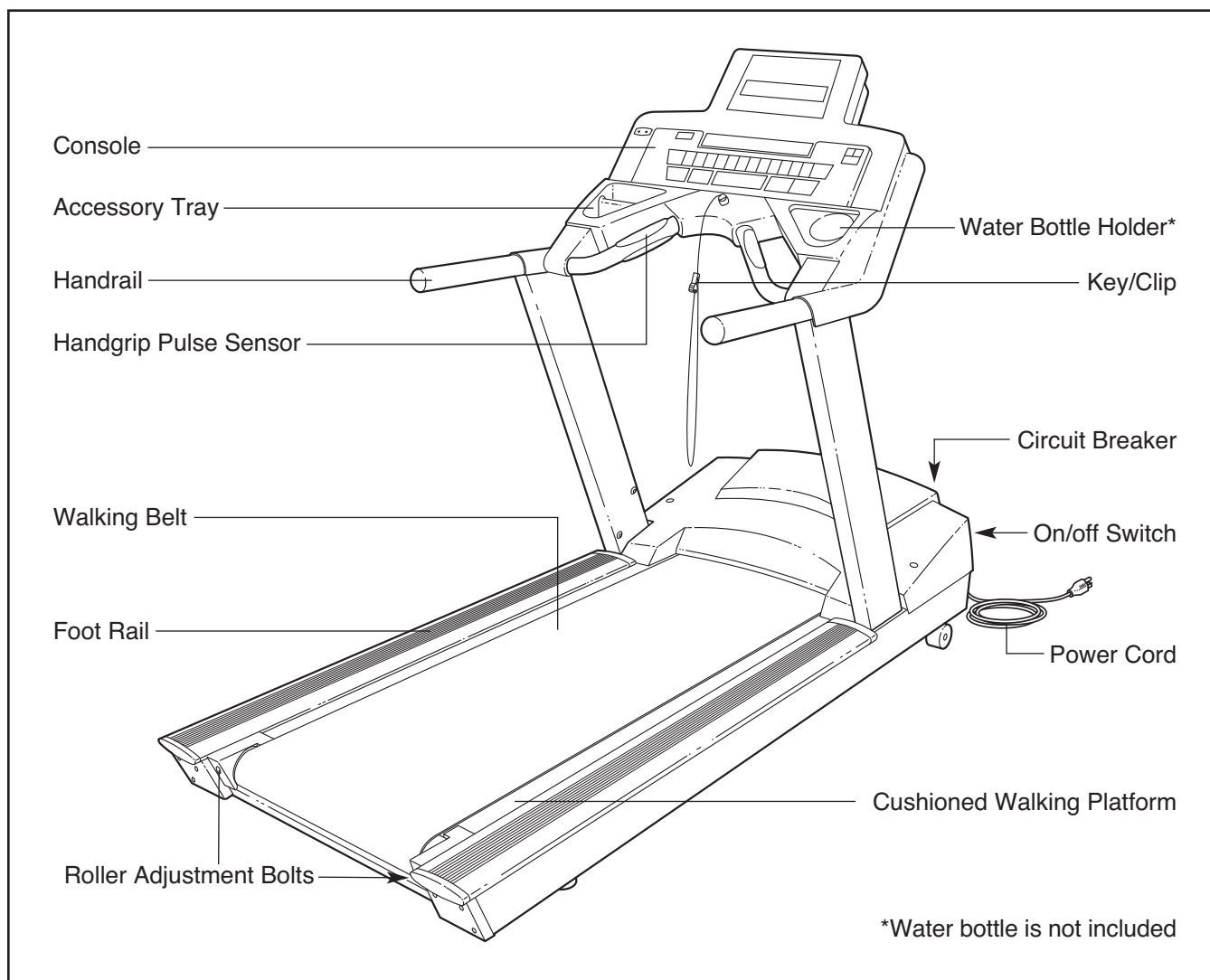
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the new HOTEL FITNESS® TR9750 treadmill. The TR9750 treadmill offers an impressive array of features designed to help you achieve your fitness goals.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

Console

Accessory Tray

Water Bottle Holder*

Handrail

Key/Clip

Handgrip Pulse Sensor

Circuit Breaker

Walking Belt

On/off Switch

Foot Rail

Power Cord

Cushioned Walking Platform

Roller Adjustment Bolts

*Water bottle is not included

ASSEMBLY

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

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.

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. Extra hardware may be included.**
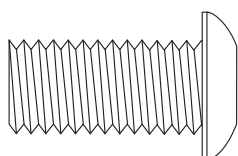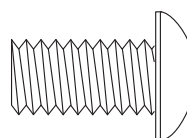
1/2" x 1" Bolt (96)–8   3/8" x 3/4" Bolt (99)–8

1. Slide the Right and Left Uprights (95, 97) onto the brackets near the front of the Frame (76). **Make sure that the Uprights are on the correct sides; the indicated holes must face inward.**

   Raise the Right Upright (95) until the lower hole in the front of the Right Upright is aligned with the upper hole in the bracket. Partially tighten a 1/2" x 1" Bolt (96) into the Right Upright and the bracket. **Do not fully tighten the Bolt yet.** The Right Upright will rest on the Bolt.

   Repeat this step with the Left Upright (97).
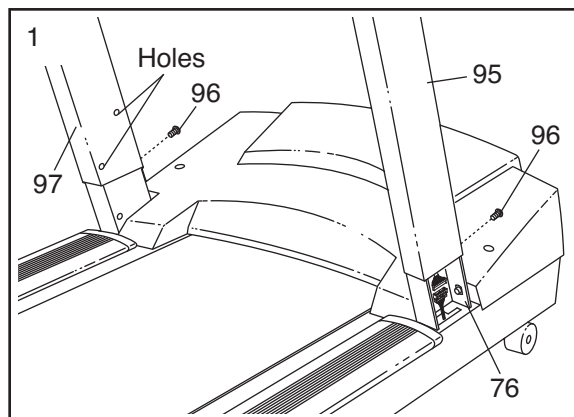
2. Have a second person hold the Handrail (91) near the Uprights (95, 97). Feed the Upright Wire Harness (100) in the Handrail downward into the Right Upright, and pull the end of the Upright Wire Harness out of the lower end of the Right Upright. If there is a wire tie on the end of the Upright Wire Harness, remove it. Then, set the Handrail on the Uprights.

   Partially tighten eight 3/8" x 3/4" Bolts (99) into the Uprights (95, 97) and the Handrail (91). **Do not fully tighten the Bolts yet. Be careful to avoid pinching the Upright Wire Harness (100).**

   Note: The Water Bottle Holder (85) and the Accessory Tray (86) are replaceable. If these parts become dislodged, simply press them back into place.
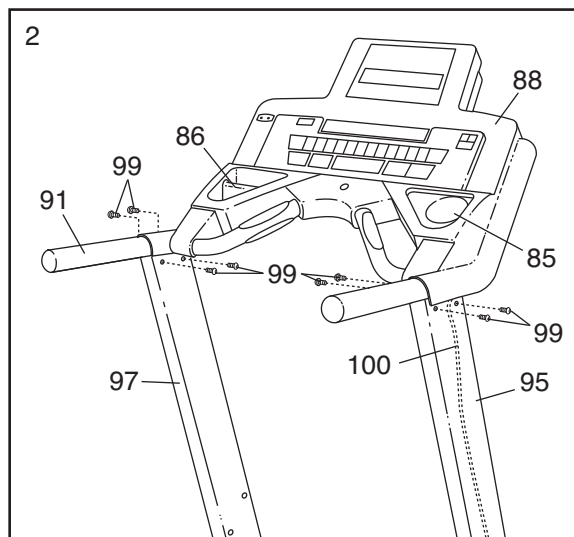
3. Connect the Upright Wire Harness (100) to the Power Wire Harness (57). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

    Next, insert the connectors down into the hole in the Frame (76), and push all the excess wire harness up into the Right Upright (95). **Make sure that the Wire Harnesses remain fully connected.**
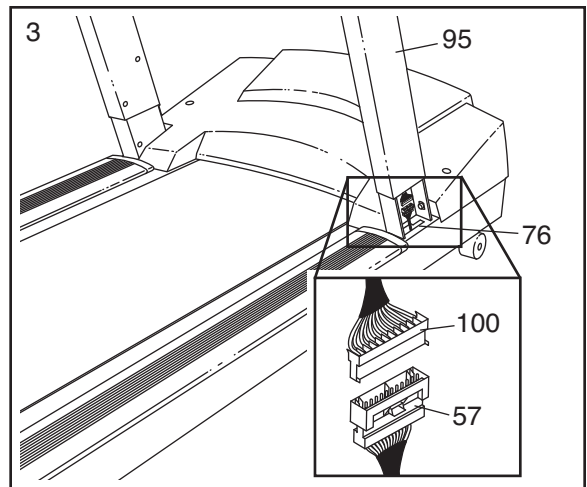
4. **Be careful to avoid pinching your hands or the Wire Harnesses (not shown) during this step.**

    While a second person holds the Uprights (95, 97), remove the two 1/2" x 1" Bolts (96) used in step 1. Next, slide the Uprights fully onto the brackets on the Frame (not shown). Attach each Upright with four 1/2" x 1" Bolts (96) as shown. **Firmly tighten all eight 1/2" x 1" Bolts.**

    Firmly tighten the eight 3/8" x 3/4" Bolts (99).
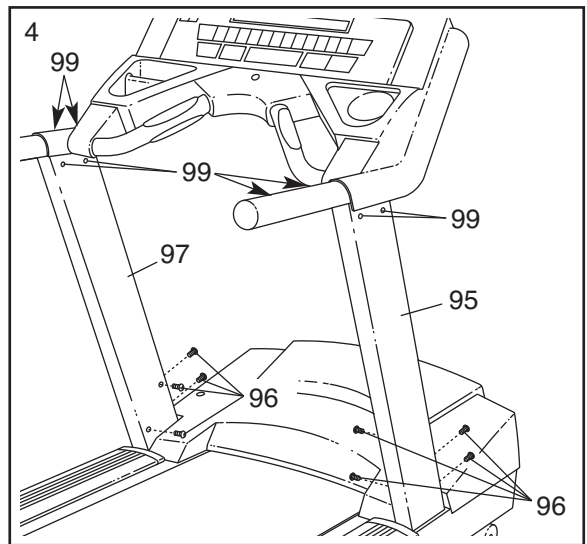
5. Plug the indicated end of the Power Cord (48) fully into the treadmill as shown.
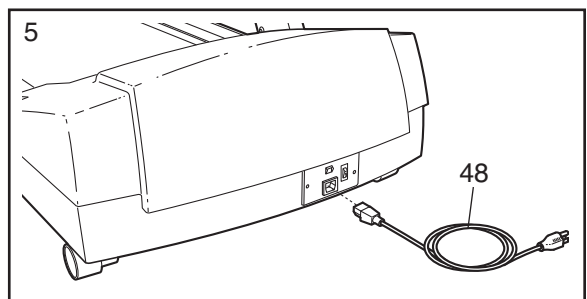
6. After the treadmill is moved to the location where it will be used (see HOW TO MOVE THE TREADMILL on page 19), make sure that both Rear Feet (5) and both Wheels (not shown) rest firmly on your floor. If the treadmill rocks slightly on your floor, loosen the 3/4" Jam Nut (113) above the right Rear Foot. Turn the right Rear Foot clockwise or counterclockwise until the rocking motion is eliminated. Then, retighten the Jam Nut.
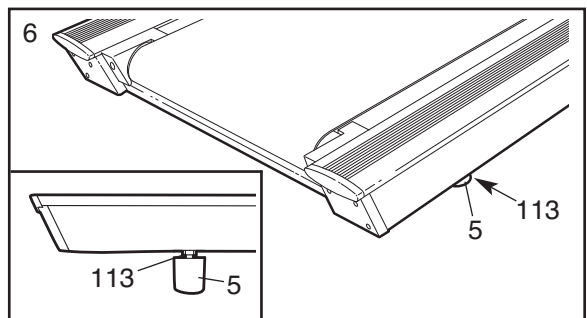
7. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys for adjustment purposes. To protect the floor or carpet from damage, place a mat under the treadmill.

7

HOW TO USE THE CHEST PULSE SENSOR

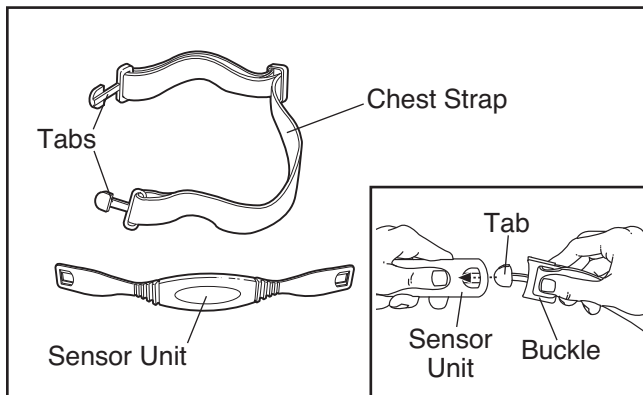**HOW TO PUT ON THE CHEST PULSE SENSOR**

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.
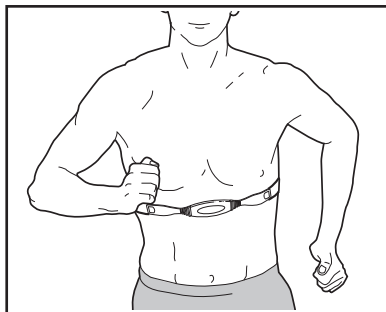
Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Then, return the sensor unit to a position against your 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 chest pulse sensor 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° F (50° C) or below 14° F (-10° C).

• Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.

• Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

CHEST PULSE SENSOR TROUBLESHOOTING

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

• Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.

• Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, 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 (pvcs), tachycardia bursts, and arrhythmia.

• The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the treadmill.

• The CR2032 battery in the chest pulse sensor may need to be replaced (see page 24).

OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

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

⚠ 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.
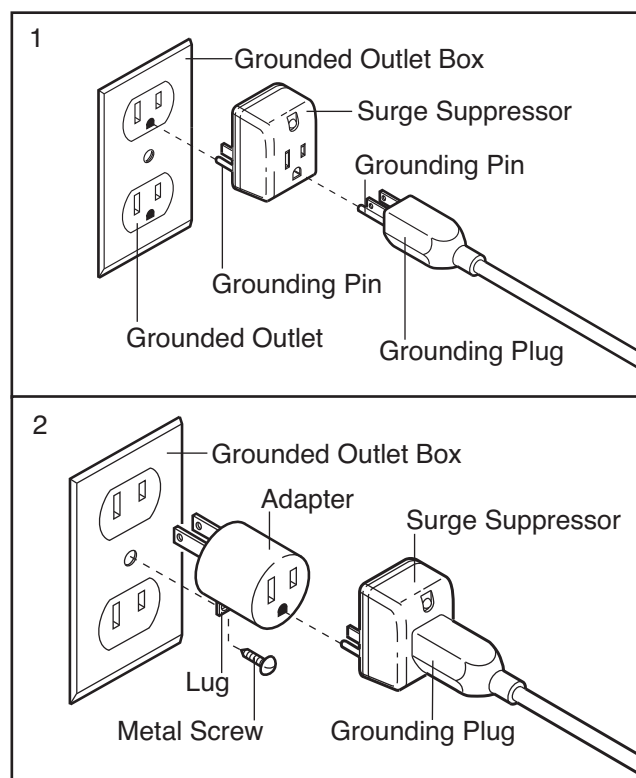
HOW TO PLUG IN THE POWER CORD

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, please see the back 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 slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

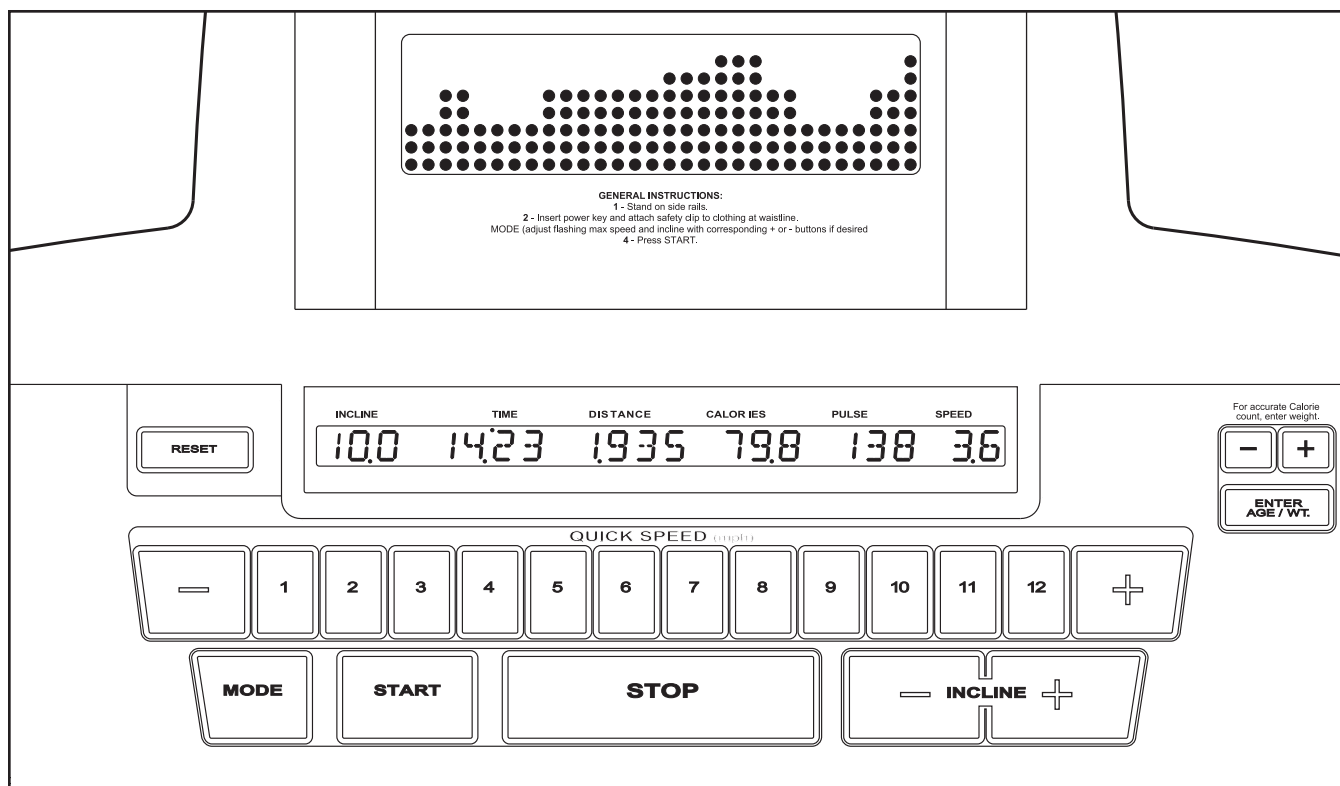**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord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

1. Grounded Outlet Box — Surge Suppressor — Grounding Pin — Grounding Pin — Grounded Outlet — Grounding Plug

2. Grounded Outlet Box — Adapter — Surge Suppressor — Lug — Metal Screw — Grounding Plug

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.**

INCLINE	TIME	DISTANCE	CALORIES	PULSE	SPEED

RESET

10.0   14:23   19.35   79.8   138   3.6

For accurate Calorie count, enter weight.

– +

ENTER AGE / WT.

QUICK SPEED (mph)

— 1 2 3 4 5 6 7 8 9 10 11 12 +

MODE   START   STOP   — INCLINE +

FEATURES OF THE CONSOLE

The 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 provide continuous exercise feedback. The console will also display your heart rate when you use the handgrip pulse sensor or the chest pulse sensor.

The console also offers six preset workouts. Each workout automatically controls the speed and incline of the treadmill to give you an effective exercise session.

In addition, the console offers three pulse-driven workouts that adjust the speed and incline of the treadmill to keep your heart rate near target levels during your workouts, and a unique fitness test workout that measures your relative fitness level.

To get started, see page 11. **To use the manual mode,** see page 12. **To use a preset workout,** see page 14. **To use a pulse-driven workout,** see page 15. **To use the fitness test workout,** see page 17. **To use the information mode,** see page 18. **To use the sound system,** see page 18.

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

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 18. Note: For simplicity, all instructions in this section refer to miles.

IMPORTANT: The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the on/off switch to the "on" position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 18 to turn off the demo mode.

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

- Do not stand on the walking belt when turning on the power.

- Always wear the clip (see the drawing at the right) while operating the treadmill.

- Adjust the speed in small increments to avoid sudden jumps in speed.

- The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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

- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

GETTING STARTED

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

1. **Plug in the power cord.**

   See HOW TO PLUG IN THE POWER CORD on page 9.

2. **Move the on/off switch to the "on" position.**

   Locate the on/off switch on the treadmill near the power cord. Move the on/off switch to the "on" position.

On Position
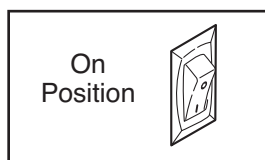
3. **Insert the key into the console.**

   Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing at the right), and slide the clip


Key   Clip

Key
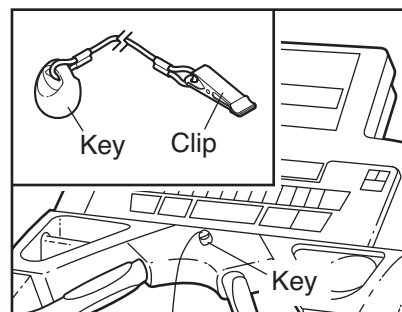
securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

   Insert the key into the console again. After a moment, various displays and indicators on the console will light.

4. **Enter your weight.**

   Although you can use the console without entering your weight, the console will more accurately count the calories that you burn if you enter your weight. To enter your weight, first press the Enter Age/Wt button. The words ENTER WEIGHT and the current weight setting will appear in the main display.

ENTER WEIGHT 180
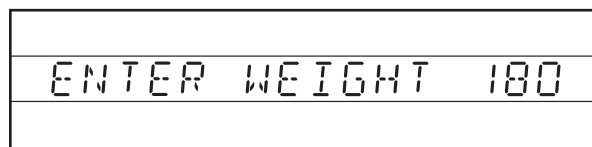
   Next, press the increase and decrease buttons above the Enter Age/Wt. button to enter your weight. To enter your weight quickly, hold the buttons down.
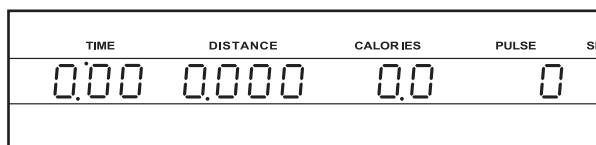
HOW TO USE THE MANUAL MODE

1. Insert the key into the console.

See GETTING STARTED on page 11.

2. Select the manual mode.

When you insert the key, the manual mode will be selected. If you have selected a workout, press the Mode button repeatedly until the main display appears as shown below.

TIME	DISTANCE	CALORIES	PULSE	SP
0:00	0.000	0.0	0	

3. Press the Start button or the Speed increase button to start the walking belt.

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

As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. To change the speed quickly, press the Quick Speed buttons. The speed range is 0.5 mph to 12 mph. Note: After you press the buttons, it may take a moment for the treadmill to reach the selected speed setting.
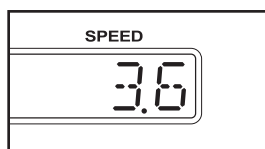
To stop the walking belt, press the Stop button. The time will begin to flash in the main display. Note: If the walking belt is stopped and no console buttons are pressed for five minutes, the console will enter a time out mode and the words PUSH ANY BUTTON TO START A NEW PROGRAM will begin to scroll across the main display.

To restart the walking belt, press the Start button or the Speed increase button and then adjust the speed as desired.

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 you press a button, the incline will change by 0.5 percent. The incline range is 0 percent to 15 percent. Note: After you press the buttons, it may take a moment for the treadmill to reach the selected incline setting.
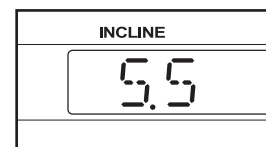
5. Follow your progress with the matrix and the main display.

The matrix—When the manual mode is selected, the matrix will display a graph that represents the distance you have walked or run and the vertical distance you have climbed. Each column represents a distance of 0.1 mile; each indicator in the column represents a vertical distance of 25 feet.
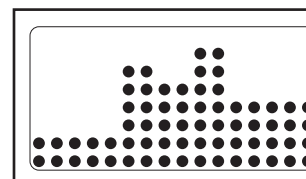
The main display—The main display will show the following information:

Incline—The left end of the main display will show the incline level of the treadmill.
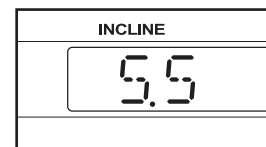
Pace/Time—When the manual mode is selected, this section of the main display will show the elapsed time. When a preset workout or a pulse-driven workout is selected, the display will show the time remaining in the workout and the time remaining in the current segment of the workout. The display will change from one number to the other every seven seconds. During the fitness test workout, the display will show the elapsed time and the time remaining in the current segment of the workout. Note: Any time that the speed setting changes, the display will show your current pace (in minutes per mile) for seven seconds.
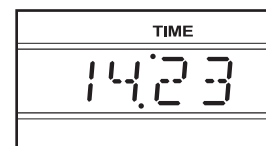
Distance—The center section of the main display will show the distance that you have walked or run.

DISTANCE

0.923
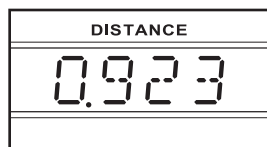
Calories—This section of the main display will show the approximate number of calories you have burned.

CALORIES

79.8
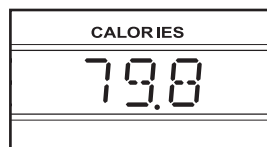
Pulse/% Max—When you are using the handgrip pulse sensor or the chest pulse sensor, this section of the main display will show your heart rate. Note: When a pulse-driven workout is selected, the display will show your heart rate and the corresponding percentage of your age-predicted maximum heart rate. (See step 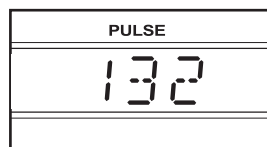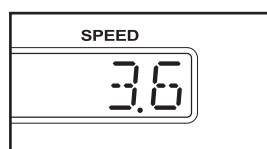5 on page 16 for an explanation of your age-predicted maximum heart rate.) The display will change from one number to the other every seven seconds.

PULSE

132

Speed—The right end of the main display will show the speed of the walking belt.

SPEED

3.6

To reset the displayed time, distance, and calories at any time, press the Reset button.

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

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. See page 8 for information on the chest pulse sensor.

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 measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts—**avoid moving your hands.** When your pulse is detected, the words ACQUIRING PULSE will appear in the main display and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for at least 15 seconds.**
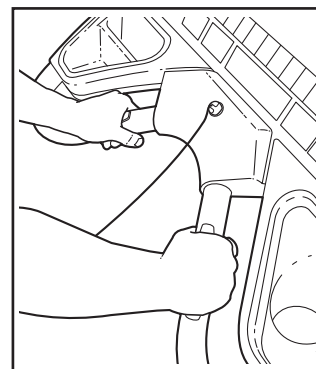
7. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button, remove the key from the console, and put it in a secure place.

When you are finished using the treadmill, switch the on/off switch to the "off" position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical components may wear prematurely.**

HOW TO USE A PRESET PROGRAM

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

   See GETTING STARTED on page 11.

2. **Select one of the six preset workouts.**

   When the key is inserted, the manual mode will automatically be selected. To select one of the six preset workouts, press the Mode button repeatedly until the words Cardio Walk 1, Cardio Walk 2, Endurance 1, Endurance 2, Finish Line 1, or Finish Line 2 appear in the main display. Note: Cardio Walk 1 is a low-intensity walking workout; Cardio Walk 2 is a low-intensity running workout; Endurance 1 is a medium-intensity walking workout; Endurance 2 is a medium-intensity running workout; Finish Line 1 is a high-intensity walking workout; and Finish Line 2 is a high-intensity running workout.
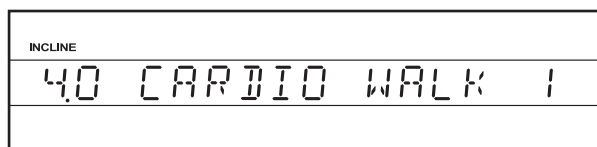
   When a preset workout is selected, the maximum incline setting for the workout will flash at the left end of the main display and the maximum speed setting will flash at the right end of the main display. After three seconds, the name of the selected workout and the total workout time will scroll across the main display.

   When a preset workout is selected, the matrix will show a graph representing the speed settings for the workout.
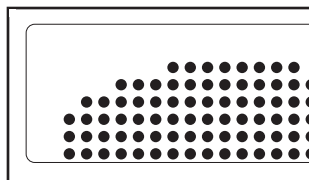

3. **Press the Start button to start the workout.**

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

   Each workout is divided into segments. The main display will show both the time remaining in the workout and the time remaining in the current segment of the workout. One speed setting and one incline setting are programmed for each segment. Note: The same speed and/or incline settings may be programmed for consecutive segments.

   During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed and/or incline setting is programmed for the next segment, the speed and/or incline setting will flash in the display to alert you. The treadmill will then automatically adjust to the speed and/or incline setting for the next segment.
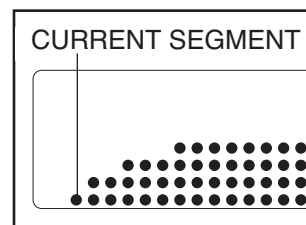
   The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

   Note: If all the indicators in the current segment column are lit, the speed settings may move downward so that only the highest indicators in the columns appear in the matrix.

   If the speed and/or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed and Incline buttons; **however, when the current segment of the workout ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

   To stop the workout at any time, press the Stop button. The time will begin to flash in the main display. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4. **Follow your progress with the main display.**

   See step 5 on page 12.

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

   See step 6 on page 13.

6. **When the workout ends, remove the key from the console.**

   See step 7 on page 13.

HOW TO USE A PULSE-DRIVEN PROGRAM

Pulse-driven workouts automatically control the speed and incline of the treadmill to keep your heart rate near a target level while you exercise.

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

    You must wear the chest pulse sensor to use a pulse-driven workout. See the instructions on page 8.

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

    See GETTING STARTED on page 11.

3. **Select one of the three pulse-driven workouts.**

    When the key is inserted, the manual mode will be selected. To select one of the three pulse-driven workouts, press the Mode button repeatedly until the words Cardio Walk Pulse, Endurance Pulse, or Manual Pulse appear in the main display. Note: The Cardio Walk Pulse workout will keep your heart rate near 65 percent of your age-predicted maximum heart rate (see step 5 on page 16 for an explanation of your age-predicted maximum heart rate). The Endurance Pulse workout will keep your heart rate near 80 percent of your age-predicted maximum heart rate. The Manual Pulse workout will keep your heart rate near a percentage that you select.
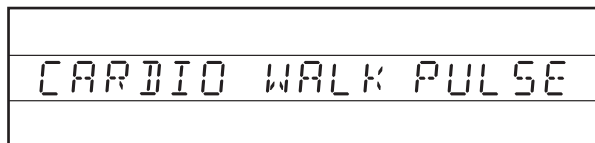
When a pulse-driven workout is selected, the name of the selected workout and the total workout time will scroll across the main display. The words ENTER AGE and the current age setting will then be shown (see step 4 below).

During pulse-driven workouts, the matrix will show a moving graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear in the graphic.
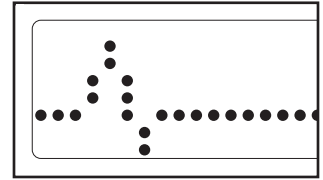
4. **Enter your age.**

    You must enter your age to use a pulse-driven workout. To enter your age, press the increase and decrease buttons above the Enter Age/Wt. button. The buttons can be held down to enter your age quickly. The age range is 20 to 80 years. When your age is shown, press the Enter Age/Wt. button.
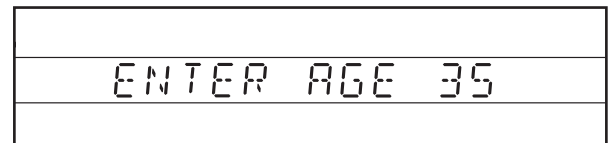
    If you have selected the Cardio Walk Pulse workout or the Endurance Pulse workout, go to step 6. If you have selected the Manual Pulse workout, go to step 5.

5. Enter a target heart rate setting.

After you have entered your age, the words ENTER PERCENT and the current target heart rate setting for the workout will be shown in the main display. The target heart rate setting represents a percentage of your age-predicted maximum heart rate. Your age-predicted maximum heart rate is 220 minus your age. For example, if you are 30 years old, your age-predicted maximum heart rate is 190 beats per minute (220 – 30 = 190). If you are 30 years old, a target heart rate setting of 50 is equal to 95 beats per minute (50 percent of 190 is 95).

```
┌─────────────────────────────────────┐
│                                      │
│   ENTER PERCENT  50                  │
│                                      │
└─────────────────────────────────────┘
```
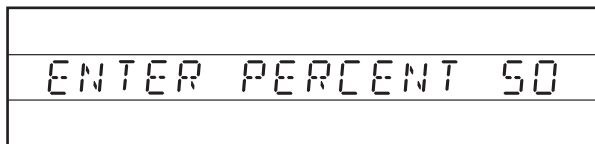
If desired, you can change the target heart rate setting by pressing the increase and decrease buttons above the Enter Age/Wt. button. The buttons can be held down to change the target heart rate setting quickly. The target heart rate setting can be from 50 percent to 85 percent of your age-predicted maximum heart rate.

6. Press the Start button to start the workout.

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

Each pulse-driven workout is divided into one-minute segments. The main display will show both the time remaining in the workout and the time remaining in the current segment of the workout. One target heart rate setting is programmed for each segment. (During the Manual Pulse workout, the same target heart rate setting will be programmed for all segments.)

When only three seconds remain in the first segment of the workout, a series of tones will sound and then the speed and/or incline of the treadmill will change, if needed, to bring your heart rate closer to the target heart rate setting for the next segment. The speed and/or incline setting will flash in the main display to alert you before the speed and/or incline changes. The workout will continue until no time remains in the workout. The walking belt will then slow to a stop.

If the speed and incline setting for the current segment is too high or too low, you can adjust the setting with the Speed or Incline buttons. However, if you decrease the speed, the incline will automatically increase; if you increase the speed, the incline will decrease. If you increase the incline, the speed will decrease; if you decrease the incline, the speed will increase. The treadmill will always attempt to keep your heart rate near the target heart rate setting for the current segment. Note: When the incline reaches the lowest setting, the speed cannot be increased any further. When the incline reaches the highest setting, the speed cannot be decreased any further.

If your pulse is not detected during the workout, the letters PLS will flash in the main display and the speed and incline of the treadmill may automatically decrease until your pulse is detected. If this occurs, see the instructions on page 8.

To stop the workout at any time, press the Stop button. Pulse-driven workouts should not be stopped temporarily and then restarted. To use a pulse-driven workout again, reselect the workout and start it at the beginning.

7. Follow your progress with the main display.

See step 5 on page 12.

8. When the workout ends, remove the key from the console.

See step 7 on page 13.

HOW TO USE THE FITNESS TEST PROGRAM

The fitness test workout measures your relative fitness level. For the best results, the workout should be used at a time when your energy level is high; the workout should not be used if you have already exercised during the day.

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

   You must wear a chest pulse sensor to use a fitness test workout. See the instructions on page 8.
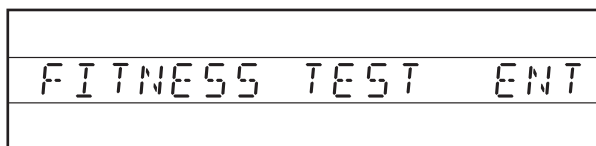
2. **Insert the key into the console.**

   See GETTING STARTED on page 11.

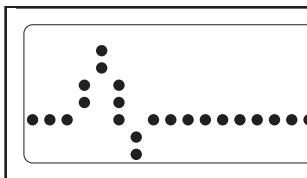3. **Select the fitness test workout.**

   When the key is inserted, the manual mode will be selected. To select the fitness test workout, press the Mode button repeatedly until the words FITNESS TEST appear in the main display.

   ```
   ┌─────────────────────────────────────┐
   │                                     │
   │  FITNESS TEST   ENT                 │
   │                                     │
   └─────────────────────────────────────┘
   ```

   When the fitness test workout is selected, the words FITNESS TEST will scroll across the main display. The words ENTER AGE and the current age setting will then be shown (see step 4 below).

   During the fitness test workout, the matrix will show a moving graphic that represents your heart rate. Each time a heartbeat is detected, an additional peak will appear in the graphic.
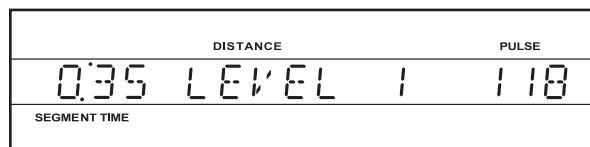
4. **Enter your age.**

   Your must enter your age to use the fitness test workout. To enter your age, see step 4 on page 15.

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

   When you press the button, the main display will show the words LEVEL 1, indicating that the first four-minute level of the fitness test workout has begun. The incline of the treadmill will automatically adjust to 3 percent and the walking belt will begin to move at 1.5 mph. Hold the handrails and begin walking.

   ```
   ┌─────────────────────────────────────┐
   │        DISTANCE          PULSE      │
   │  0.35 LEVEL  1     118              │
   │  SEGMENT TIME                       │
   └─────────────────────────────────────┘
   ```
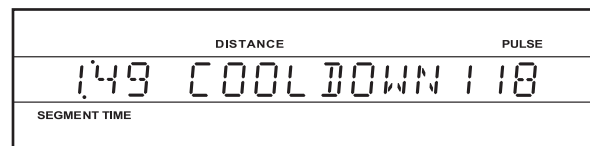
   The fitness test workout is divided into seven, four-minute levels. One speed setting and one incline setting are programmed for each level.
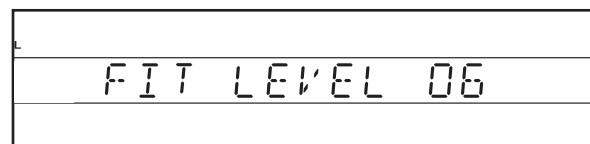
   At the end of each minute of the workout, a tone will sound; when the first four-minute level ends, a tone will sound and the main display will show the words LEVEL 2, indicating that the second four-minute level has begun. The incline will then change to 4 percent and the speed of the walking belt will increase to 2.5 mph.

   At the beginning of each four-minute level, the speed and/or incline of the treadmill will automatically increase. The fitness test workout will continue in this way until your heart rate reaches 70 percent of your age-predicted maximum heart rate and the current four-minute level ends. The fitness test workout will then end, regardless of how many levels remain.

   When the fitness test workout ends, the words COOL DOWN will be shown in the main display and a two-minute cool-down period will begin. The speed and incline will then decrease.

   ```
   ┌─────────────────────────────────────┐
   │        DISTANCE          PULSE      │
   │  1.49 COOLDOWN 118                  │
   │  SEGMENT TIME                       │
   └─────────────────────────────────────┘
   ```

   When the cool-down period ends, the walking belt will slow to a stop and your fitness level will be shown in the main display. There are ten fitness levels; fitness level 10 is the highest.

   ```
   ┌─────────────────────────────────────┐
   │ L                                   │
   │    FIT LEVEL 06                     │
   │                                     │
   └─────────────────────────────────────┘
   ```

Note: The Speed and Incline buttons will not function while the fitness test workout is selected. If your pulse is not detected during the workout, the letters PLS will flash in the main display. If your pulse is not detected at the end of any four-minute level, the fitness test workout will end and the main display will show a fitness level of 00.

The fitness test workout cannot be stopped temporarily and then restarted. However, the workout can be stopped at any time with the Stop button. The main display will then show an estimated fitness level.

**6. When the workout ends, remove the key from the console.**

See step 7 on page 13.

THE INFORMATION MODE

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

To select the information mode, hold down the Stop button while inserting the key into the console. When you select the information mode, the main display will show the following information:

The left side of the main display will show the total number of hours that the treadmill has been used.
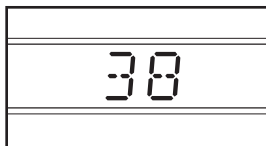
The center of the main display will show the total distance that the walking belt has moved.
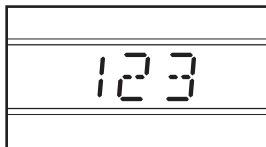
The right side of the main display will show an E for English miles or an M for metric kilometers. Press the Speed increase button to change the unit of measurement if desired.

The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the on/off switch to the "on" position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a "D" will appear in the main display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.
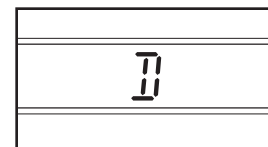
To exit the information mode, remove the key from the console.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system, you must connect your MP3 player, CD player, or other personal audio player to the console through the audio jack and connect headphones to the console.

To use the audio jack, locate the audio wire and plug it into the audio jack labeled IN. Then plug the audio wire into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully plugged in.**

You must use headphones for the sound system to function. Plug the headphones into the audio jack labeled OUT.

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Adjust the volume on your personal audio player.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface and not on the console.

HOW TO MOVE THE TREADMILL

Note: It may be helpful to leave the treadmill at an in-cline while moving it. **Before moving the treadmill, make sure that the power cord is unplugged from the wall outlet.**

Due to the size and weight of the treadmill, moving it requires two persons. While one person lifts the indi-cated end, firmly hold the handrails and tip the treadmill forward until it rolls on the front wheels. Carefully move the treadmill to the desired location and then lower it. **CAUTION: To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over uneven surfaces.**

Lift Here

Handrails

Wheels
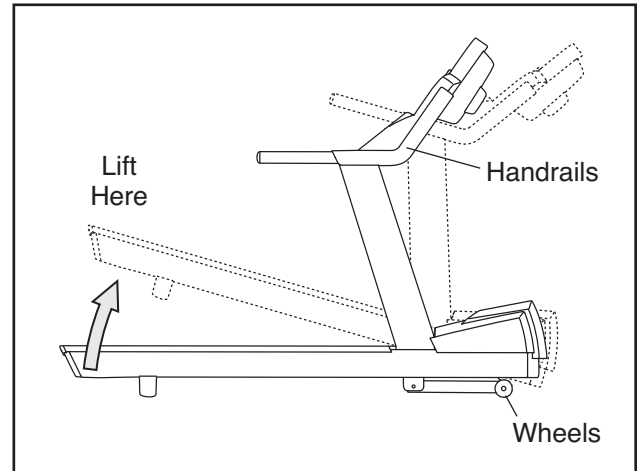
PREVENTIVE MAINTENANCE

Regular maintenance is necessary for optimal performance and long life of the treadmill. Please read and follow all instructions below. **If the treadmill is not maintained as described, components may wear excessively, the treadmill may be damaged, and the warranty will be voided. If you have questions about maintenance, please see the back cover of this manual. CAUTION: Make sure to remove the key and unplug the power cord before performing any maintenance procedures.**

WEEKLY MAINTENANCE

1. **Unplug the power cord.** Inspect and properly tighten all external parts of the treadmill.

2. Apply a mild multi-purpose cleaner to a 100% cotton cloth and remove any dust and grime from the handrails, uprights, foot rails, frame, and motor hood. In addition, wipe the walking platform along the sides of the walking belt. **Do not wipe under the walking belt.** Apply a small amount of mild multi-purpose cleaner to a 100% cotton cloth and wipe the console and the screens. **Do not spray cleaner directly onto the treadmill or use ammonia or acid-based cleaners.**

3. Make sure that the walking belt is centered and properly tightened. If it is centered and runs smoothly, do not make any adjustments. If the walking belt needs to be adjusted, see page 25.

MONTHLY MAINTENANCE

1. **Remove the key and unplug the power cord.** Remove the 1/4" x 1" Screws (2) attaching the Motor Hood (1), and lift off the Motor Hood.
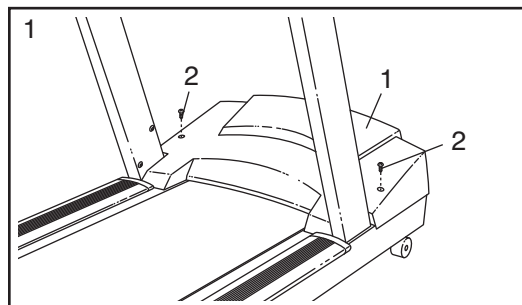
2. Using a hand-held vacuum, clean the area under the Motor Hood (not shown). **Be careful to avoid touching any components.** Check the Motor Belt (20) for wear and cracks. If the Motor Belt needs to be replaced, please see the back cover of this manual.
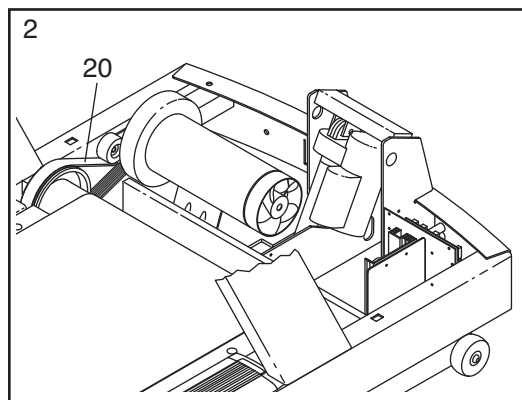
3. Plug in the power cord and insert the key into the console. Press the START button. **Be careful to avoid injury; keep your hands away from moving parts and make sure that your clothes cannot become caught in moving parts.** While the walking belt is moving, check the incline trainer for unusual noises or odors. If any of these problems exists, please see the back cover of this manual. **Remove the key and unplug the power cord.** Reattach the Motor Hood (1) with the 1/4" x 1" Screws (2).

TURNING THE WALKING PLATFORM

Both sides of the walking platform are designed to be used as walking surfaces. If the surface becomes damaged, or if there is any wood showing through the coating, the walking platform can be turned over. The walking platform typically needs to be turned over after approximately 6,000 to 7,500 miles (10,000 to 12,000 kilometers). Follow the instructions below to turn over the walking platform.

1. **Remove the key and unplug the power cord.** Remove the two 1/4" x 1" Screws (2) and lift off the Motor Hood (1). Next, remove the two 3/8" x 2 1/2" Bolts (82), the two 1/4" x 1 1/4" Bolts (80), and the Right and Left Roller Guards (81, 83).

2. Next, remove the six 3/4" x 1 1/4" Bolts (6). Lift the Idler Roller (79) and slide it out of the Walking Belt (71). Lift the Walking Platform (70) a few inches, slide it out of the Walking Belt, turn it over, and then slide it back into the Walking Belt. Insert the Idler Roller back into the Walking Belt.
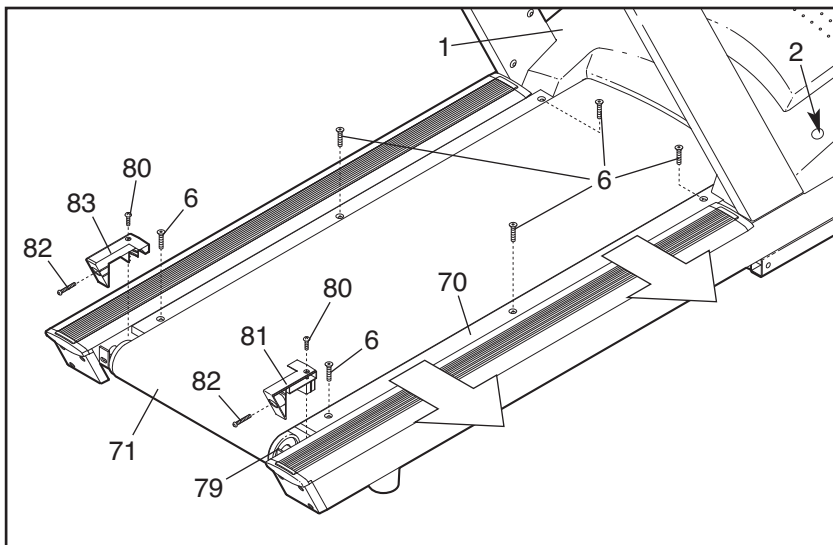
3. **See the drawing above.** Reattach the six 3/4" x 1 1/4" Bolts (6). Reattach the Right and Left Roller Guards (81, 83) with the two 1/4" x 1 1/4" Bolts (80). Insert the 3/8" x 2 1/2" Bolts (82) into the Roller Guards and thread them into the Idler Roller (79). Reattach the Motor Hood (1) with the two 1/4" x 1" Screws (2).

4. Next, the Walking Belt (71) will need to be adjusted to the proper tension. Using chalk, make two marks exactly 50 in. (1.25 m) apart on the Walking Belt as shown in the drawing. Then, tighten both 3/8" x 2 1/2" Bolts (82) until the two chalk marks move apart an additional 3/16 to 1/4 in. (5 to 6 mm). Make sure to keep the Walking Belt centered.

21
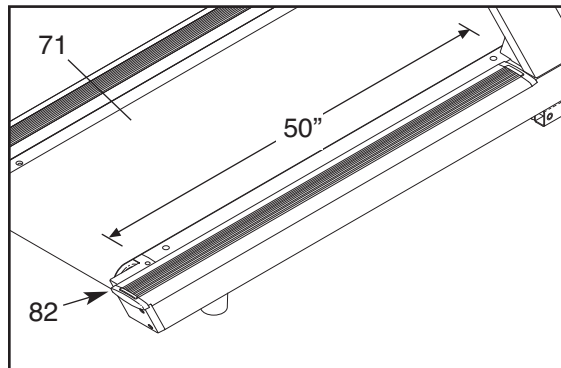
REPLACING THE WALKING BELT

When the walking belt becomes worn, it should be replaced. The walking belt will need to be replaced after every 12,000 to 15,000 miles (19,000 to 24,000 kilometers). Please see the back cover of this manual to order a new walking belt.

REPLACING THE WALKING PLATFORM

When both sides of the walking platform become worn, the walking platform should be replaced. The walking platform will need to be replaced after every 12,000 to 15,000 miles (19,000 to 24,000 kilometers). Please see the back cover of this manual to order a new walking platform. Follow the instructions on page 21 to replace the walking platform.

HOW TO LUBRICATE THE WALKING BELT

When the treadmill is used regularly, lubricate the walking belt every six months. If additional lubricant is needed, see the back cover of this manual.

To lubricate the walking belt, **remove the key from the console and unplug the power cord.** Pull the left and right edges of the walking belt toward the idler roller, until the seam of the walking belt is above the idler roller. **Avoid pinching your fingers.**

Open one tube of belt lubricant. Lift the right edge of the walking belt. Apply one half of the lubricant to the walking platform in a zigzag pattern as shown. Apply the lubricant as close to the center of the walking platform as possible, but **leave an unlubricated strip about 2 in. (5 cm) wide beneath the right edge of the walking belt.** Lift the left edge of the walking belt and apply the other half of the lubricant in the same way. Then, firmly rub the top of the walking belt to transfer the lubricant from the walking platform to the walking belt.
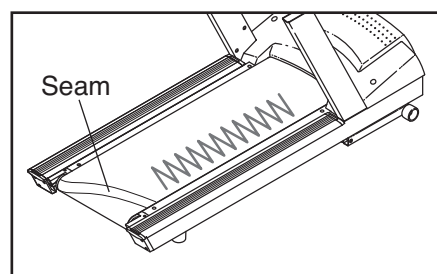
Pull the edges of the walking belt toward the idler roller, until the seam of the walking belt is above the drive roller. Repeat the steps above with a second tube of lubricant.

SIX-MONTH PREVENTIVE MAINTENANCE RECORD

Photocopy this form and use it to record the preventive maintenance performed on the treadmill. Each copy of the form can be used for six months (26 weeks). When maintenance is performed, write the date in the appropriate spaces. **Make sure to perform each maintenance procedure as described on pages 20 to 22. If the procedures are not performed as described, components may wear excessively, the treadmill may be damaged, and the warranty will be voided.**

	Weekly Maintenance			Monthly Maintenance		
	Inspect and tighten all external parts of the treadmill.	Clean the treadmill.	Check the walking belt for proper tension and alignment.	Remove the motor hood and vacuum the motor compartment.	Check the motor belt for cracks and other wear.	Check the motor for arcing; check for noises or odors.
Week 1	/ /	/ /	/ /			
Week 2	/ /	/ /	/ /			
Week 3	/ /	/ /	/ /			
Week 4	/ /	/ /	/ /	/ /	/ /	/ /
Week 5	/ /	/ /	/ /			
Week 6	/ /	/ /	/ /			
Week 7	/ /	/ /	/ /			
Week 8	/ /	/ /	/ /	/ /	/ /	/ /
Week 9	/ /	/ /	/ /			
Week 10	/ /	/ /	/ /			
Week 11	/ /	/ /	/ /			
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Week 13	/ /	/ /	/ /	/ /	/ /	/ /
Week 14	/ /	/ /	/ /			
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Week 22	/ /	/ /	/ /			
Week 23	/ /	/ /	/ /			
Week 24	/ /	/ /	/ /			
Week 25	/ /	/ /	/ /			
Week 26	/ /	/ /	/ /	/ /	/ /	/ /

Walking Platform Turned/Replaced	/ /	/ /	Walking Belt Replaced	/ /

TROUBLESHOOTING

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

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is fully plugged into the treadmill. In addition, 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 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 circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill frame near the power cord. The switch must be in the "on" position.
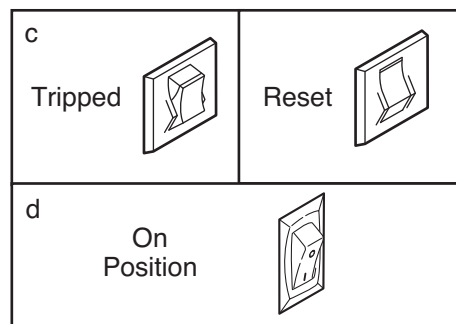
PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

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

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

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

PROBLEM: The chest pulse sensor does not function properly

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

b. If the chest pulse sensor still does not function properly, the battery should be replaced. 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. Then, 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. Then, reattach the battery cover and turn it to the closed position.
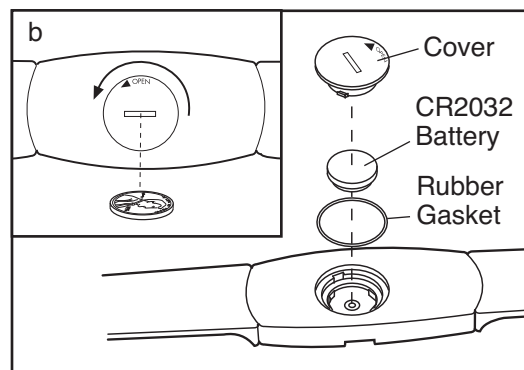
PROBLEM: The walking belt is off-center

SOLUTION: a. **If the walking belt has shifted to the left: Remove the key and unplug the power cord.** Using the included hex key, turn each idler roller bolt 1/4 of a turn in the direction shown. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and use the treadmill for a few minutes. Repeat until the walking belt is centered.
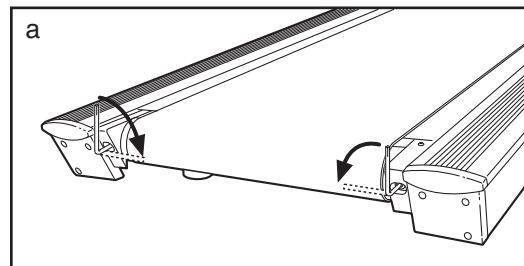
b. **If the walking belt has shifted to the right: Remove the key and unplug the power cord.** Using the included hex key, turn each idler roller bolt 1/4 of a turn in the direction shown. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and use the treadmill for a few minutes. Repeat until the walking belt is centered.
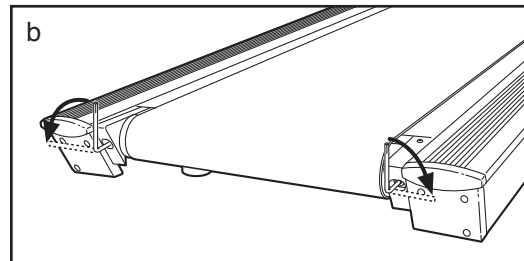
c. **If the walking belt slips when walked on: Remove the key and unplug the power cord.** Using the included hex key, turn both idler roller bolts clockwise 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 1 to 2 in. (3 to 5 cm) off the walking platform. The center of the walking belt should just touch the walking platform. Make sure to keep the walking belt centered. Then, plug in the power cord, insert the key, and use the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
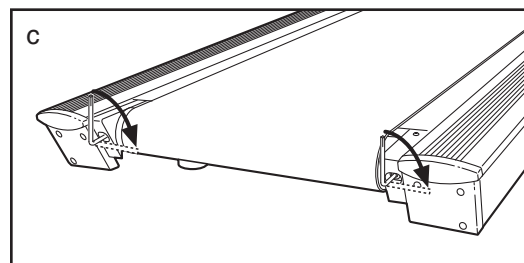
PROBLEM: The walking belt slows when walked on

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

b. If the walking belt is overtightened, performance may decrease and the walking belt may be damaged. If the walking belt is properly tightened, you should be able to lift each edge of the walking belt 1 to 2 in. (3 to 5 cm) off the walking platform. **If adjustments need to be made, first remove the key and unplug the power cord.** Using the included hex key, turn both idler roller bolts counterclockwise 1/4 of a turn. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and use the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
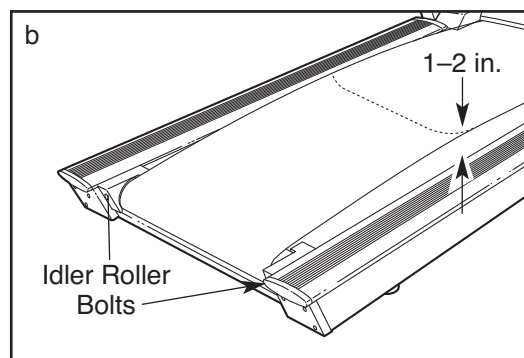
1–2 in.

Idler Roller Bolts

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

PROBLEM: The displays of the console do not function properly

a. **Remove the key and unplug the power cord.**
Remove the 1/4" x 1" Screws (2) attaching the Motor Hood (1), and lift off the Motor Hood.
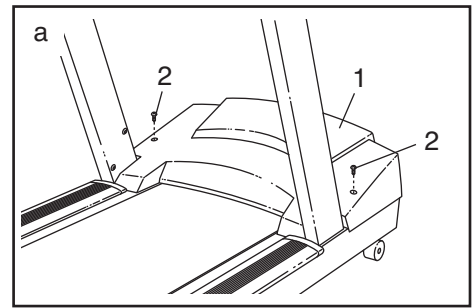
Locate the Reed Switch (34) and the Magnet (16) on the left side of the Pulley (73). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 1/2" Screw (123), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown). Then, run on the treadmill for a few minutes to check for a correct speed reading.
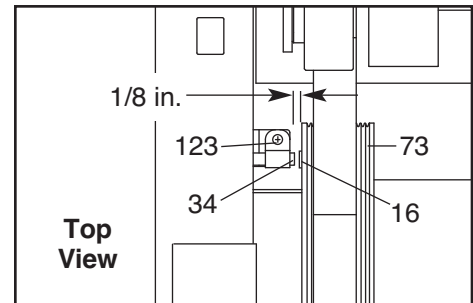
PROBLEM: The console displays remain lit when you remove the key from the console

SOLUTION: a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 18 to turn off the demo mode.

EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

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

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. HF-TR9750.0

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Motor Hood	51	1	Circuit Breaker
2	2	1/4" x 1" Screw	52	4	Motor Bushing
3	12	#10 x 1/2" Screw	53	8	3/8" Flat Washer
4	2	Hood Mounting Clip	54	1	5/16" Jam Nut
5	2	Rear Foot	55	4	5/16" x 1 1/2" Bolt
6	6	3/4" x 1 1/4" Bolt	56	1	Pulley Washer
7	6	Isolator	57	1	Power Wire Harness
8	2	Motor Bolt	58	1	Pulse Plate Wire
9	8	3/8" Lock Nut	59	4	Plastic Standoff
10	1	Foot Rail, Left	60	1	Accessory Tray Foam, Long
11	2	Foot Rail Inset	61	1	Incline Motor
12	4	Pulse Sensor Base	62	1	Pulse Receiver
13	1	Left Front Cap	63	1	Water Bottle Holder Foam
14	1	3/8" x 3" Bolt	64	2	3/8" x 1" Bolt
15	4	1/4" x 1/2" Bolt	65	2	Wheel
16	3	Magnet	66	2	1/2" x 3" Bolt
17	3	Tie Block	67	2	1/2" Lock Nut
18	1	Outlet Cover	68	4	Mounting Clip
19	1	Outlet Back	69	1	Incline Leg
20	1	Motor Belt	70	1	Walking Platform
21	1	5/16" x 1 1/2" Bolt	71	1	Walking Belt
22	1	Chest Pulse Strap	72	1	Right Front Cap
23	6	#8 Star Washer	73	1	Drive Roller/Pulley
24	2	Frame Insert	74	18	#8 x 3/4" Screw
25	1	Idler Pulley	75	1	Right Foot Rail
26	1	3/8" x 1 3/4" Bolt	76	1	Frame
27	2	1/4" Lock Washer	77	6	Small Insert
28	2	#8 Nut	78	6	#10 x 3/4" Screw
29	1	Static Decal	79	1	Idler Roller
30	1	Idler Arm Spring	80	2	1/4" x 1 1/4" Bolt
31	4	5/16" Lock Nut	81	1	Roller Guard, Right
32	1	Idler Arm	82	2	3/8" x 2 1/2" Bolt
33	1	Reed Switch Clamp	83	1	Roller Guard, Left
34	1	Reed Switch	84	1	Left Rear Cap
35	1	Console Ground Wire	85	1	Water Bottle Holder Insert
36	1	Power Board Harness	86	1	Accessory Tray Insert
37	1	Accessory Tray Foam	87	1	Key/Clip
38	1	Wiring Plate	88	1	Console Assembly
39	1	Power Board Bracket	89	1	Jack
40	1	Motor	90	2	Handrail Cap
41	1	Motor Isolator	91	1	Handrail
42	1	3/8" Jam Nut	92	16	#8 x 1/2" Console Screw
43	2	3/8" x 2 1/2" Bolt	93	4	#8 x 1 3/8" Screw
44	4	#6 x 1" Screw	94	6	Releasable Tie
45	1	6" Filter Wire	95	1	Right Upright
46	2	Hood Bracket, Front	96	8	1/2" x 1" Bolt
47	1	On/Off Switch	97	1	Left Upright
48	1	Power Cord	98	4	Pulse Sensor
49	1	Power Cord Outlet	99	8	3/8" x 3/4" Bolt
50	2	Wheel Spacer	100	1	Upright Wire Harness

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Controller Wire	120	2	Hood Bracket, Back
102	1	7/32" Hex Key	121	1	Incline Motor Spacer
103	1	5/16" Hex Key	122	1	Chest Pulse Sensor
104	1	Power Board	123	11	#8 x 1/2" Screw
105	2	1/4" 3/4" Bolt	124	1	Transformer
106	1	Motor Bracket	125	1	15' Wire
107	12	Cable Tie	126	2	Caution Decal
108	2	Belt Guide	*	–	20" Wire Harness, 3 Wire
109	1	Controller Bracket	*	–	4" Green Wire F/Ring, 14Ga
110	1	Right Rear Cap	*	–	4" Black Wire, 2F
111	1	Controller	*	–	8" Green Wire, F/Ring
112	2	Clip	*	–	8" Blue Wire, M/F
113	2	3/4" Jam Nut	*	–	10" Blue Wire, M/F
114	1	Left Foam Grip	*	–	6" White Wire, 2F
115	2	#8 Star Washer	*	–	8" Red Wire, M/F
116	1	Audio Wire	*	–	6" Black Wire, M/F
117	1	Right Foam Grip	*	–	Wire w/Resistor
118	2	1/2" Nylon Washer	*	–	User's Manual
119	2	#8 x 3/4" Ground Screw			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, please see the back cover of this manual. *These parts are not illustrated.

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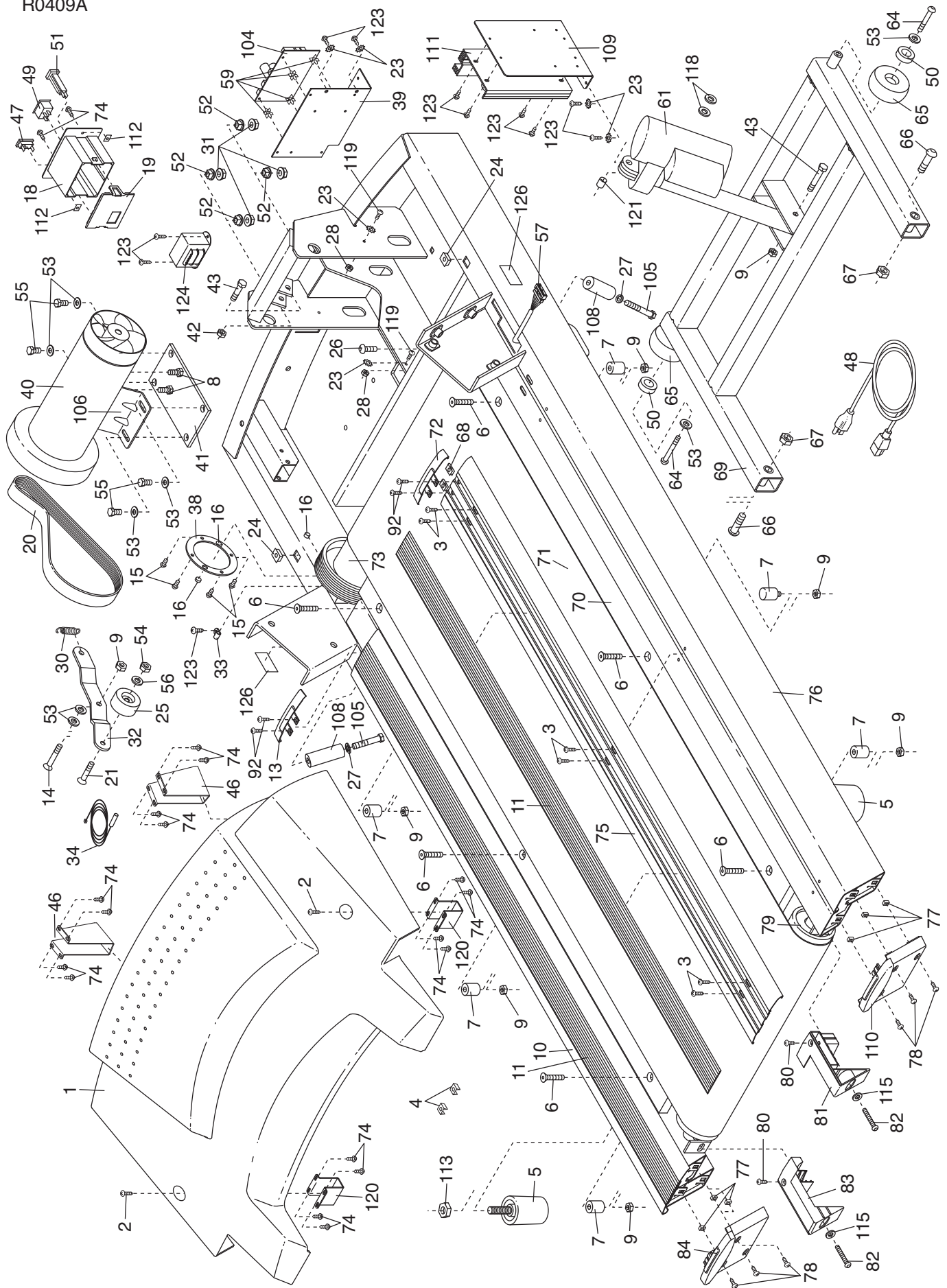
HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at the phone number, email address, or postal address listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

Call toll-free: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MT

Email: fmfvmcustomerservice@freemotionfitness.com

Write: FreeMotion Fitness, 1500 S. 1000 W., Logan, UT 84321-9813

This product is proudly designed and produced by FreeMotion Fitness, a subsidiary of ICON Health & Fitness, Inc.

LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

WARRANTY PERIODS AND COVERAGE

Residential	Light Commercial
Frame: 7 years	Frame: 7 years
Motor: 3 years	Motor: 3 years
Parts: 2 years	Parts: 2 years
Labor: 1 year	Labor: 1 year

Light commercial use is defined as a non-dues-paying institutional setting to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not intended to be used in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations. Use of this product in such facilities will void this warranty.

CONDITIONS AND LIMITATIONS
This warranty applies only to the original owner and is non-transferable. The labor warranty applies only to products sold in the US. The following will void the warranty on this product:
1. Any misuse, abuse, or improper service.
2. Users who weigh more than 350 lbs. (159 kg).
3. Damage caused by moving the product or improper storage including moving or storing the product on its side.
4. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
5. Damage caused by improper wiring or insufficient electrical current.

This warranty shall not apply to the following:
1. Cosmetic items including grips, seats, decals, and labels.
2. Pick-up, delivery, or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED
FreeMotion Fitness warranty service may be obtained by contacting Customer Care. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

Hotel Fitness and FreeMotion Fitness are not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or cost of removal or installation; or other consequential damages. Some states do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights, and you may have other rights that vary from state to state.

HOW TO CONTACT CUSTOMER CARE
See HOW TO CONTACT CUSTOMER CARE at the top of this page.