



new balance

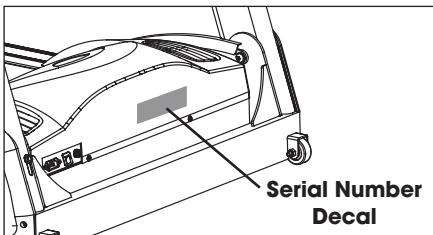
1200/1400 Treadmills



Serial No: _____

Date of Purchase: _____

Write the serial number in the
space above for reference.



**For Service or Parts call:
1-800-497-5831**

OWNER'S MANUAL

.....

*FOR MAXIMUM EFFECTIVENESS
AND SAFETY, PLEASE READ THIS
OWNER'S MANUAL BEFORE USING YOUR
NEW BALANCE 1200/1400 TREADMILL.*

TABLE OF CONTENTS

Important Safety Instructions	2
Introduction/Customer Service Information	3
Unit Warning Labels/Specifications & Parts	4-5
Assembly/Setup Instructions	6-10
Folding and Moving Your Treadmill for Storage	11-12
Taking Care of Your Treadmill	13-14
Electronics Operating Instructions for Your Treadmill	15
Quick Reference Guide	16-17
Display Functions & Program Functions - 1200	18-19
Display Functions & Program Functions - 1400	20-21
Using The Pulse Function	22
Exercise Guidelines	23
Knowing the Basics	23
A Complete Exercise Program	23-24
Aerobic Exercise: How Much? How Often?	24
When to Exercise	24
Measuring Your Heart Rate	24-25
Clothing	25
Tips to Keep You Going	25
Heart Rate Target Zone Chart	26
Warm Up & Cool Down Stretches	27-28
Troubleshooting Guide	29
Workout Progress Charts	30-31
Parts List	32
Exploded View	Inside Back Cover

New Balance Fitness Equipment

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IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this equipment.

CAUTION:

Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

- 1)** Before starting this or any other exercise program, consult your physician, who can assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments.
- 2)** Monitor your heart rate while you exercise and keep your estimated pulse rate within your target heart rate zone. Follow the instructions on pages 24 and 25 in this manual regarding heart rate monitoring and how to determine your appropriate target heart rate zone. When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.
- 3)** Warm up before any exercise program by doing 5-10 minutes of aerobic activity, followed by stretching.
- 4)** Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
- 5)** Wear comfortable shoes made of good support with rubberized sole.
- 6)** Breathe naturally, never holding your breath during an exercise.
- 7)** Avoid over training. You should be able to carry on a conversation while exercising.
- 8)** After an exercise session, cool down with slow walking and stretching.
- 9)** This equipment should not be used by or near children.
- 10)** Handicapped or disabled people must have medical approval before using this equipment and should be under close supervision when using any exercise equipment.
- 11)** If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.
- 12)** Use this equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 13)** Only one person at a time should use this equipment.
- 14)** Do not put hands, feet, or any foreign objects on or near this equipment when in use by others.
- 15)** Always use this equipment on a level surface.
- 16)** Never operate the equipment if the equipment is not functioning properly.
- 17)** Start exercise slowly and gradually increase the amount of resistance.
- 18)** If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercise at once and consult a physician immediately.
- 19)** Use caution not to pinch fingers or hands in moving parts when using the equipment.
- 20)** Risk of electrical shock. This equipment is to be used only indoors and in a dry location.

KEEP THESE INSTRUCTIONS

INTRODUCTION

CONGRATULATIONS ON PURCHASING YOUR NEW BALANCE TREADMILL

With this product in your home, you have everything you need to start your own workout program to tone and firm the major muscle groups of your lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is toning, health maintenance, or more energy for daily activities.

Proper exercise, including a low fat diet, strength training and aerobic exercise, tones and conditions the muscles we use every day to stand, walk, lift and turn. It can actually transform our body composition by reducing body fat and increasing the proportion of lean muscle in our bodies. Using the treadmill will help in reducing body fat and increasing cardiovascular endurance.

Be sure to read through this Owner's Manual carefully.

It is the authoritative source of information about your New Balance Treadmill.

Retain this manual for future reference.

COMMENTS OR QUESTIONS

Dear Customer,

Congratulations on your purchase of the New Balance Treadmill.

We're sure that you will be completely satisfied with the product and we invite your comments so that we can hear about your success.

Please write or call our Customer Service Specialists at the address or phone number listed below, or contact us on our web site or email us with any comments or questions you may have.

**NEW BALANCE 1200/1400 Treadmill
Customer Service Department
1400 Raff Road SW, Canton OH 44750-0001**

1-800-292-5009, Monday through Friday
8:30am to 8:00pm, Eastern Standard Time

***Please do not call the above number for Parts.
See Ordering Missing or Defective Parts section
to the right.***

Email: customersupport@newbalancefitness.com
www.newbalancefitness.com

All details depicted in this Owner's Manual, and of the product itself, are subject to change without notice.

ORDERING MISSING OR DEFECTIVE PARTS

**When ordering parts, please contact our
Parts Department, toll free at 1-800-497-5831,
Monday through Friday, 8:30am to 8:00pm, EST.**

**IMPORTANT: You must have your serial number
and this manual ready when calling for parts.**

Serial #: _____

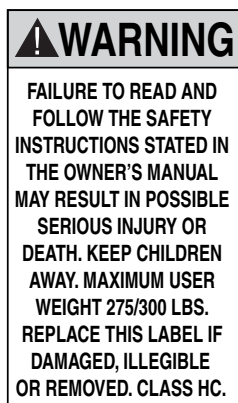
Please also provide the following information:

- 1)** Name, Mailing Address and Telephone Number
- 2)** Date of Purchase
- 3)** Where Product was Purchased
(Name of Retail Store, City)
- 4)** Model Number (NBT1200-2/NBT1400-2)
- 5)** Part Order Number and Description

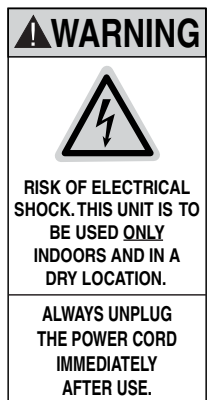
UNIT WARNING LABELS/SPECIFICATIONS & PARTS

Important: See below for placement of the following warning labels on your unit.

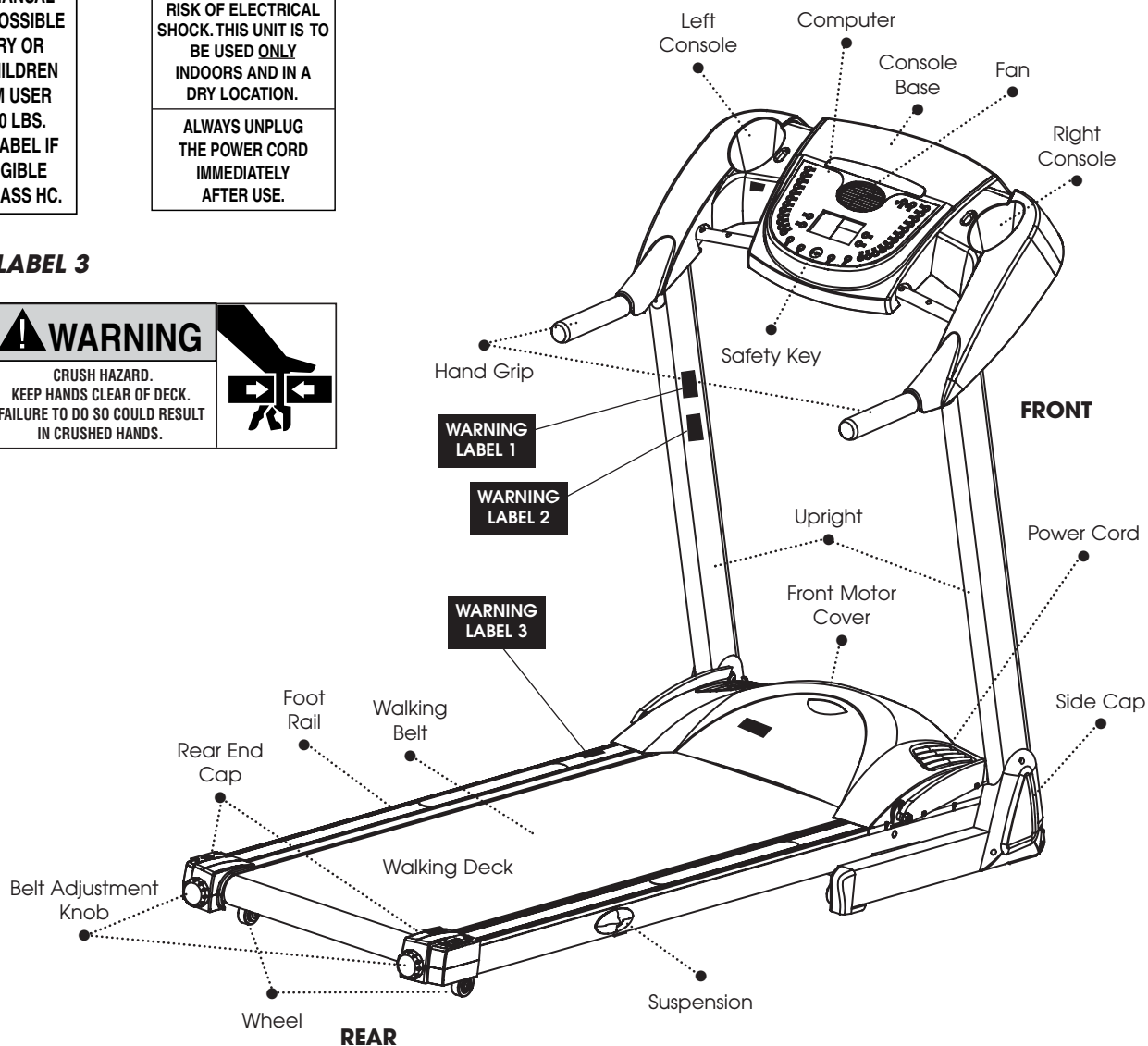
WARNING LABEL 1



WARNING LABEL 2



WARNING LABEL 3



New Balance 1200/1400 Specifications:

Approximate:

Length: 76 3/4"

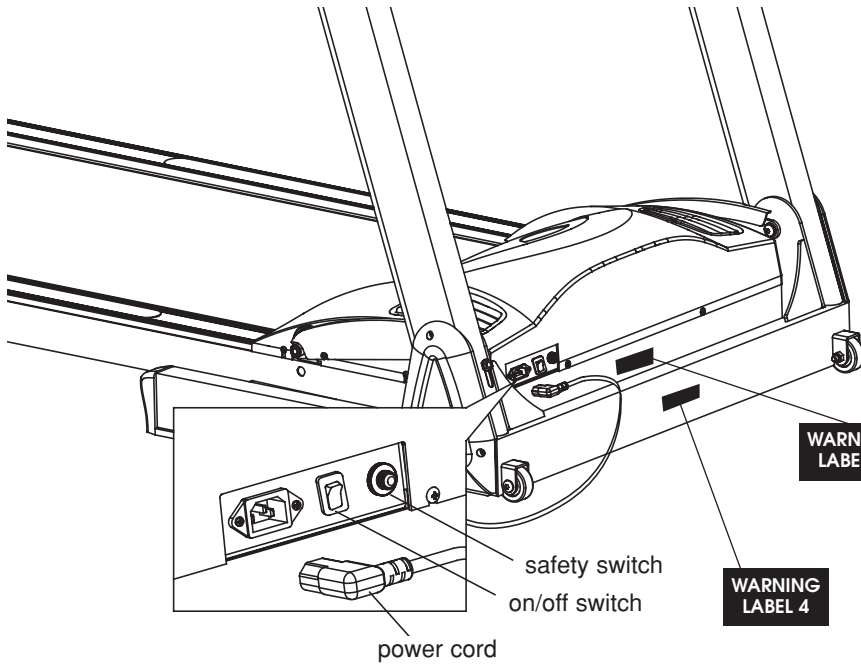
Width: 34 3/4"

Height: 53 3/4"

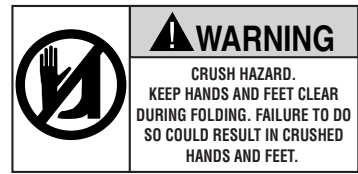
Product Weight: 230 lbs.

Maximum User Weight: 1200 - 275 lbs.

1400 - 300 lbs.



WARNING LABEL 4



WARNING LABEL 5

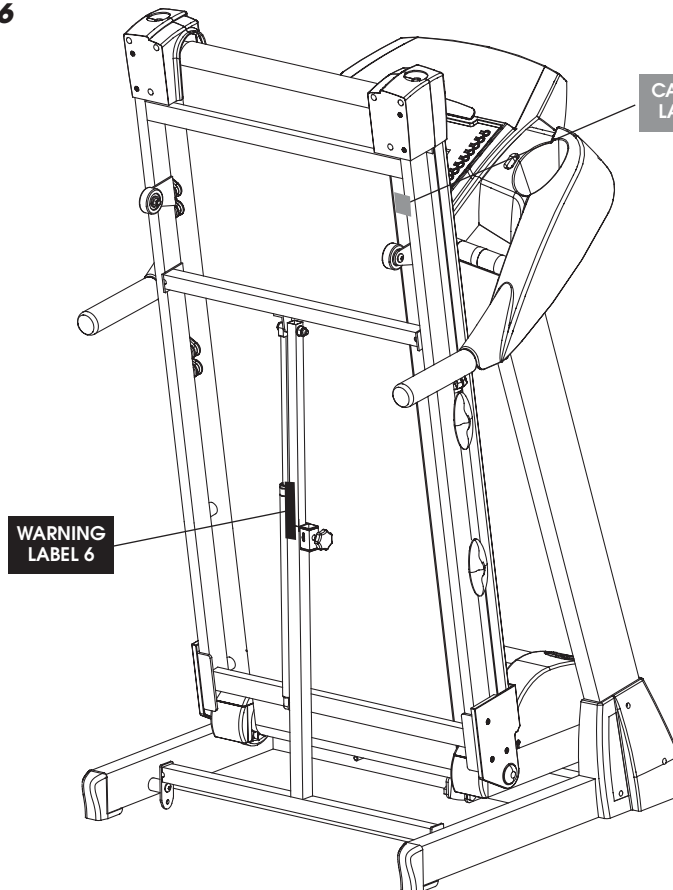


WARNING LABEL 6

! WARNING

After folding the deck, push and turn the knob clockwise on the latch to lock the deck into place. Failure to lock the deck into place may cause the deck to fall suddenly resulting in serious injury.

Before lowering the deck from its folded position, turn the knob counter clockwise and pull the knob on the latch to unlock and release the deck. Slowly lower the deck to the floor and keep your hands and feet clear to avoid crushing or other serious injury.



CAUTION LABEL 1

CAUTION LABEL 1

CAUTION

BEFORE FOLDING THE TREADMILL, PRESS STOP TO DECREASE INCLINE LEVEL TO "0 LEVEL". FAILURE TO DO SO MAY RESULT IN SERIOUS DAMAGE TO TREADMILL AND VOID WARRANTY.

ASSEMBLY/SETUP INSTRUCTIONS

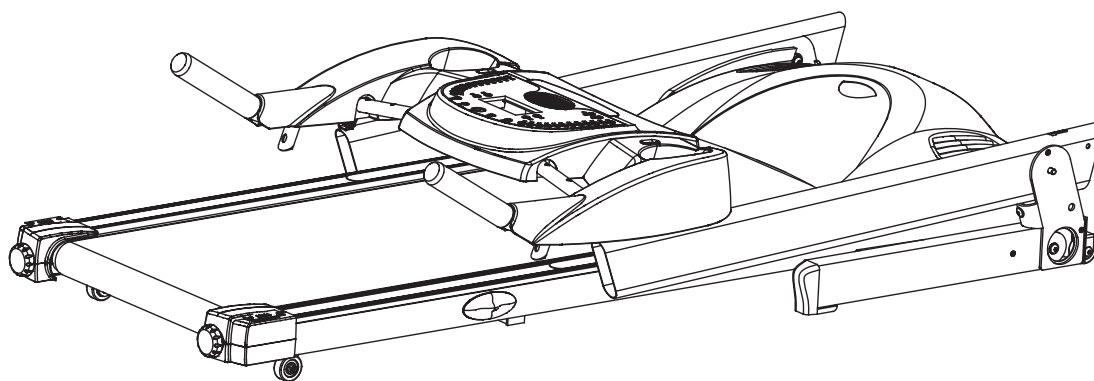
! WARNING

- DO NOT MOVE TREADMILL OUT OF THE BOX UNTIL UNIT IS ASSEMBLED.
- COLLAPSE BOX BOTTOM AND LAY SIDES DOWN BEFORE ASSEMBLY.
- WHEN MOVING ASSEMBLED TREADMILL OUT OF THE BOX, MOVE IT OUT OF THE BOX ON ITS WHEELS WHILE THE DECK IS IN THE FOLDED AND LOCKED POSITION.

FAILURE TO FOLLOW THIS PROCEDURE MAY RESULT IN SERIOUS INJURY.

*For Maximum Effectiveness and Safety,
Please Read This Owner's Manual
Before Assembling or Using Your
New Balance 1200/1400 Treadmill.*

NOTE: All location references, such as front, rear, left or right, made in these instructions are from the user position – on the Treadmill facing the Console.

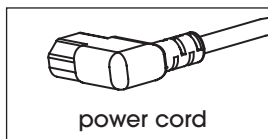


Parts Box

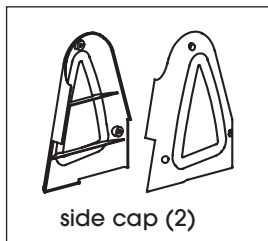
Tools Required: (included)

Allen Wrench

Multi Hex Tool with
Phillips Screwdriver



power cord



side cap (2)

Fastener Pack



M8 x 20mm allen bolt (6)



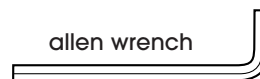
M8 washer (2)



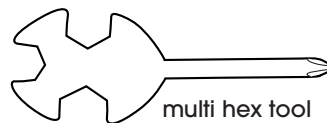
M8 curved washer (4)



M4 x 6mm phillips screw (6)



allen wrench



multi hex tool
with phillips
screwdriver



safety key

Note: We recommend setting up the unit in the area where it will be used.
Remove Box Top. Collapse Box Bottom and leave unit in box to assemble.

STEP 1 - Upright Assembly

- Stand on Walking Belt and grip the uprights and slowly raise them into the assembled position. Secure the right side with (2) M8 x 20mm Allen Bolts (1) M8 Washer and (1) M8 Curved Washer at the bottom of the right Upright as shown in Figure 1. Repeat on other side.
- Use the Allen Wrench provided to tighten.

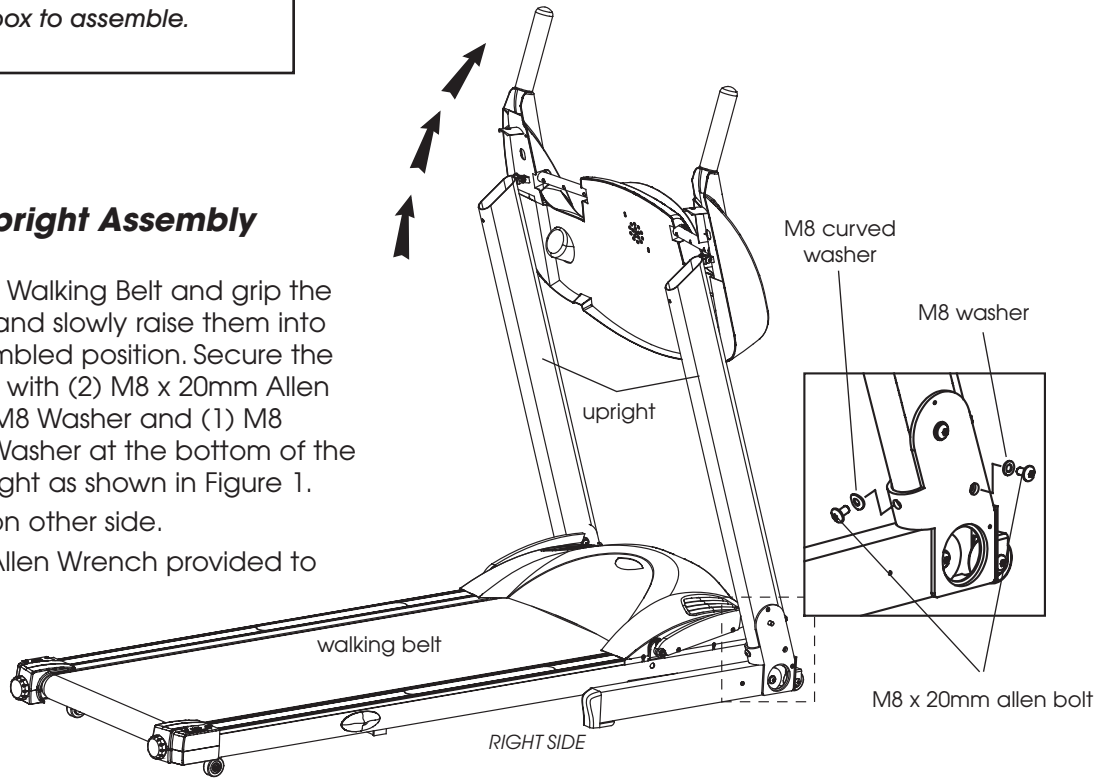


Figure 1 - Install Uprights

STEP 2 - Console Base Assembly

Note: To assure Console Base Assembly does not fall, hold onto Hand Grips while assembling.

- While standing on the Walking Belt put the Console Base Assembly in the user position by pivoting it carefully down making sure the wires are connected on the right side. See Figure 2a.

Note: During assembly, DO NOT PINCH WIRES when the Console is folded down and secured to the Upright.

- Attach the Console Base Assembly to the Uprights by using an M8 x 20mm Allen Bolt and M8 Curved Washer.

Repeat on other side.

Tighten with Allen Wrench provided. See Figure 2b.

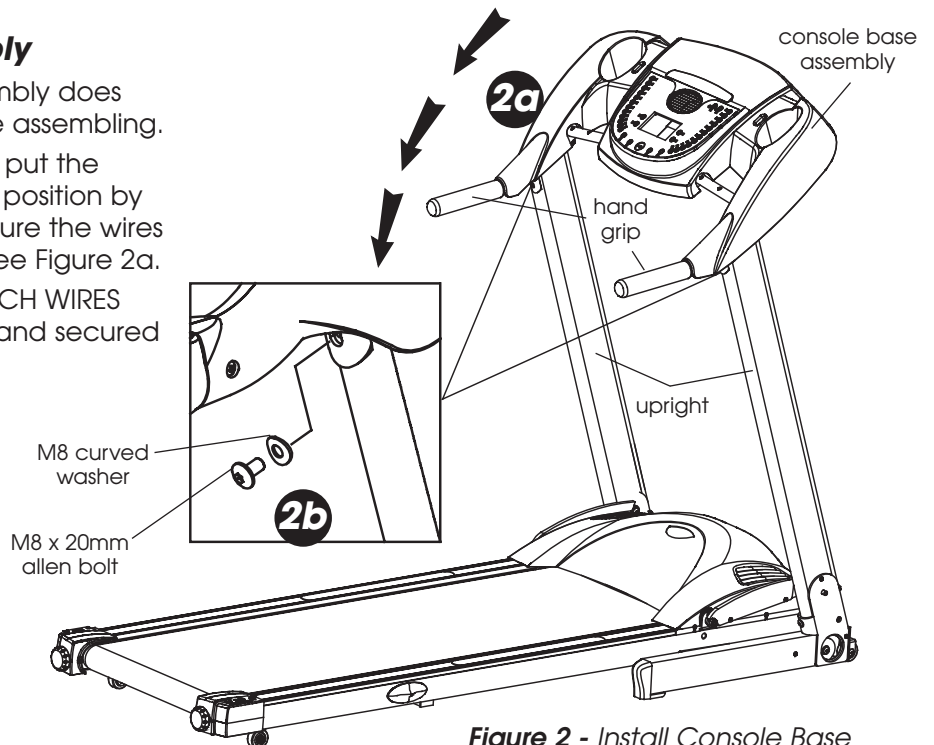


Figure 2 - Install Console Base

STEP 3 - Side Cap Assembly

- a) Attach Side Cap with (3) M4 x 6mm Phillips Screws at the bottom of the Upright. Repeat on other side.
- b) Use the Multi Hex Tool with Phillips Screwdriver provided to tighten.

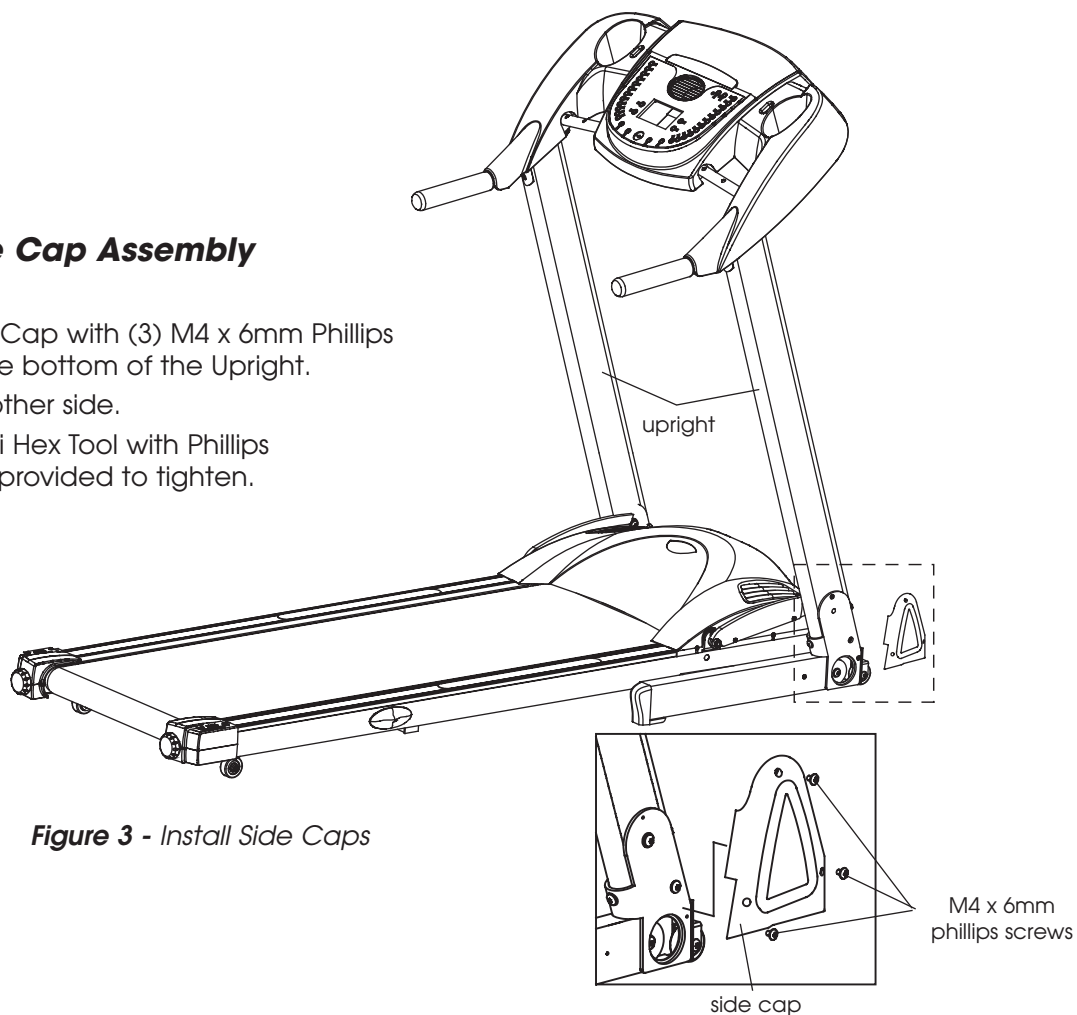


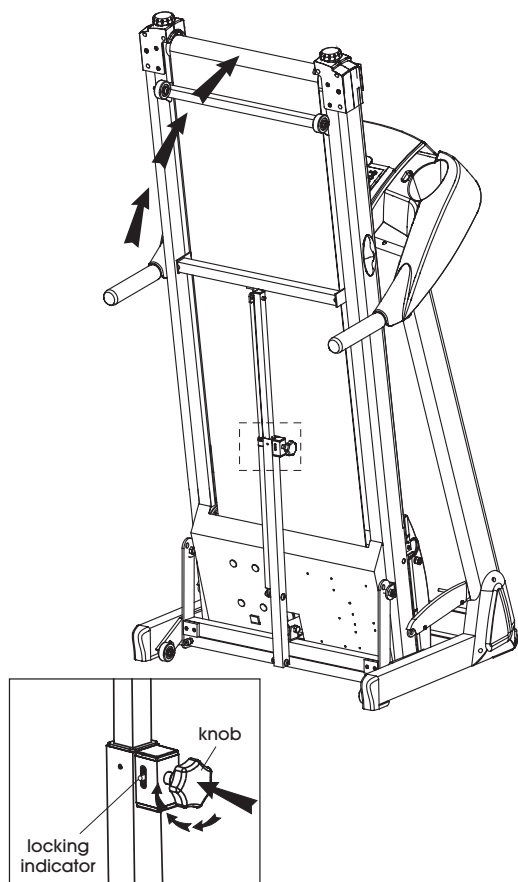
Figure 3 - Install Side Caps

Assembly is now complete.

IMPORTANT:

Follow the "Setting Up Treadmill for Use" instructions on the next two pages to move the treadmill off the shipping carton so you may begin your workout.

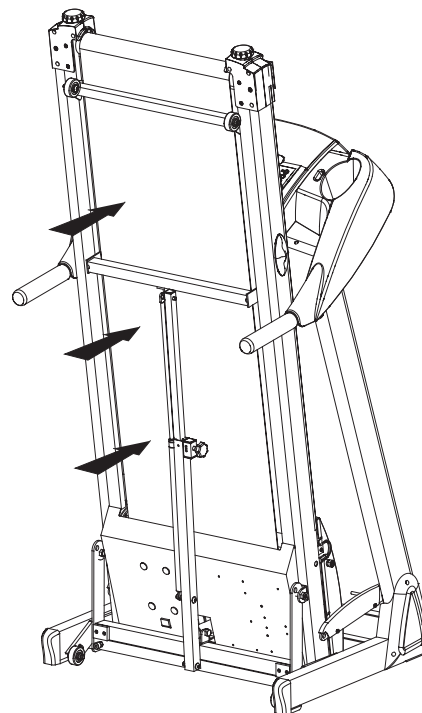
SETTING UP TREADMILL FOR USE



STEP 1 - Folding the Treadmill to allow removal of the shipping box.

After assembly is complete, you must fold and move the Treadmill to remove the box.

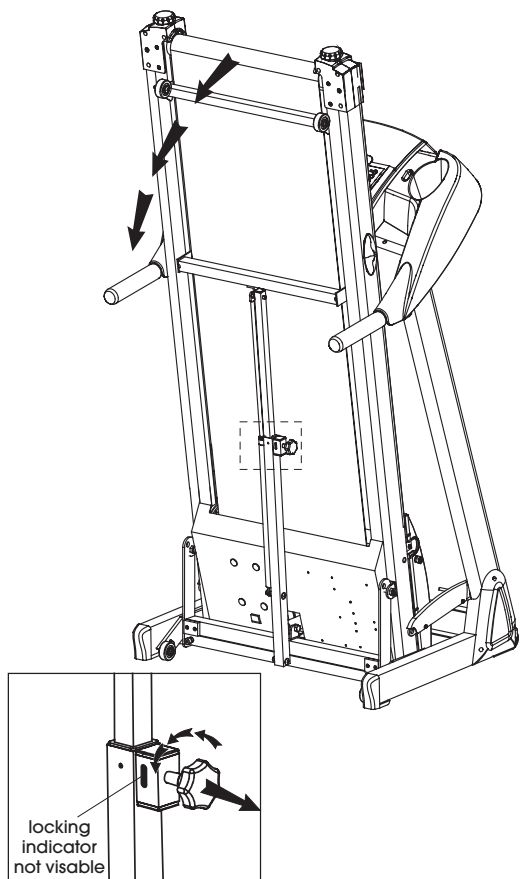
To fold the Treadmill, raise the Deck. Secure the Deck in the upright position by pushing the Knob in while rotating it clockwise until the Locking Indicator is fully visible.



STEP 2 - Moving the Treadmill (in folded position)

Hold the Hand Grips to move the Treadmill forward or backward off of the box. The Treadmill comes with Wheels for easy portability.

DO NOT TIP the Treadmill.



STEP 3 - Lowering the Walking Deck

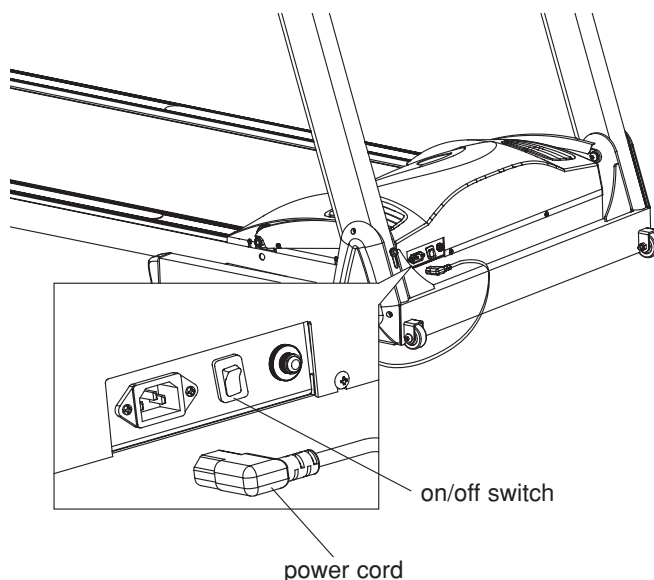
Once the Treadmill is in the desired place, lower the Deck by pushing in and turn the Knob counter-clockwise until the Locking Indicator is not visible and the Deck is released.

NOTICE: This Treadmill has a built-in safety feature to help the Deck lower slowly when unfolding. Please make sure there are no children or other things under the Deck when you lower it.

⚠ CAUTION

TO REDUCE THE RISK OF DAMAGING ELECTRICAL PARTS TO YOUR TREADMILL, WE STRONGLY RECOMMEND THAT YOU PLUG YOUR TREADMILL INTO A DEDICATED 20 AMP OUTLET, WITHOUT THE USE OF AN ADDITIONAL EXTENSION CORD. PLEASE NOTE THAT THIS TREADMILL IS NOT COMPATIBLE WITH GFCI-EQUIPPED OUTLETS.

IF YOUR TREADMILL HAS BEEN EXPOSED TO COLDER TEMPERATURES, WE RECOMMEND THAT THE TREADMILL IS WARMED UP TO ROOM TEMPERATURE BEFORE FIRST TIME USE. FAILURE TO DO SO MAY CAUSE ELECTRONIC FAILURE.



STEP 4 - Power Cord Assembly

Attach Power Cord to Front Motor Cover and plug unit cord into a dedicated outlet.

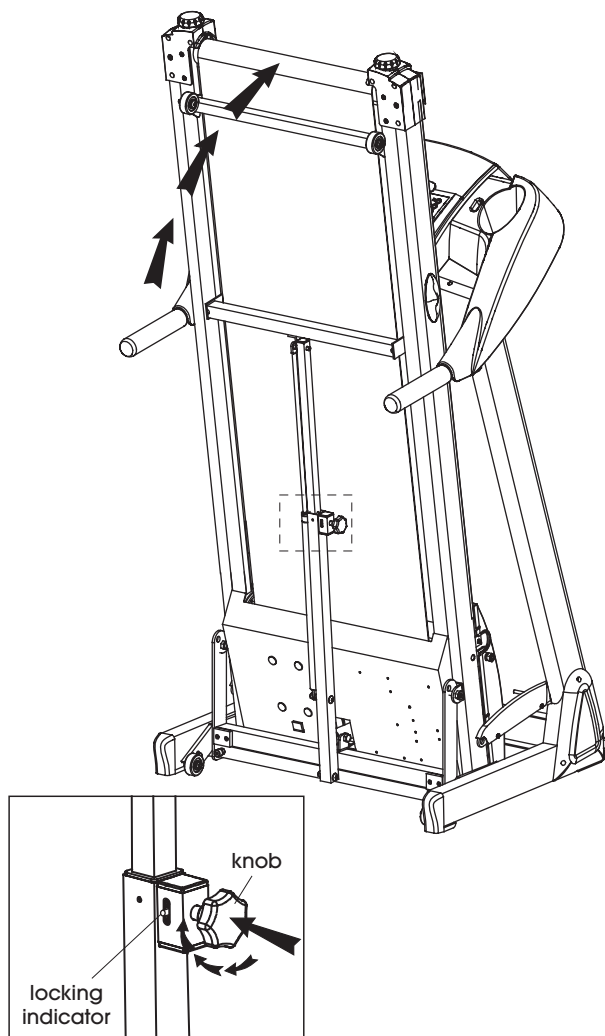
STEP 5 - Turning On the Treadmill

Turn the ON/OFF switch to the ON position.

ASSEMBLY AND SETUP ARE NOW COMPLETE.

IMPORTANT:
Please read this owner's manual before beginning your workout for important instructions on how to use your Treadmill.

FOLDING AND MOVING YOUR TREADMILL FOR STORAGE



TO FOLD THE TREADMILL

You may fold the Treadmill into the upright position for storage.

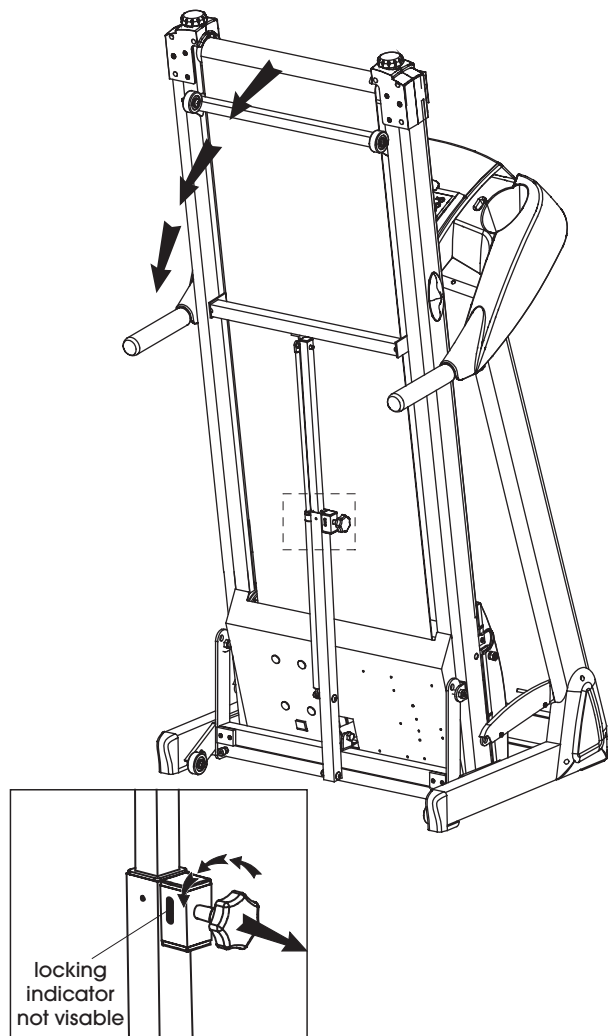
CAUTION

BEFORE FOLDING THE TREADMILL, PRESS STOP TO DECREASE INCLINE LEVEL TO "0 LEVEL". FAILURE TO DO SO MAY RESULT IN SERIOUS DAMAGE TO TREADMILL AND VOID WARRANTY.

NOTE: Make sure the Treadmill's elevation is at the lowest position before folding the Deck. If the elevation is not at the lowest position, it would cause damage to the mechanism.

TURN OFF AND UNPLUG FIRST!

To fold the Treadmill, raise the Deck. Secure the Deck in the upright position by pushing the Knob in while rotating it clockwise until the Locking Indicator is fully visible.



WARNING

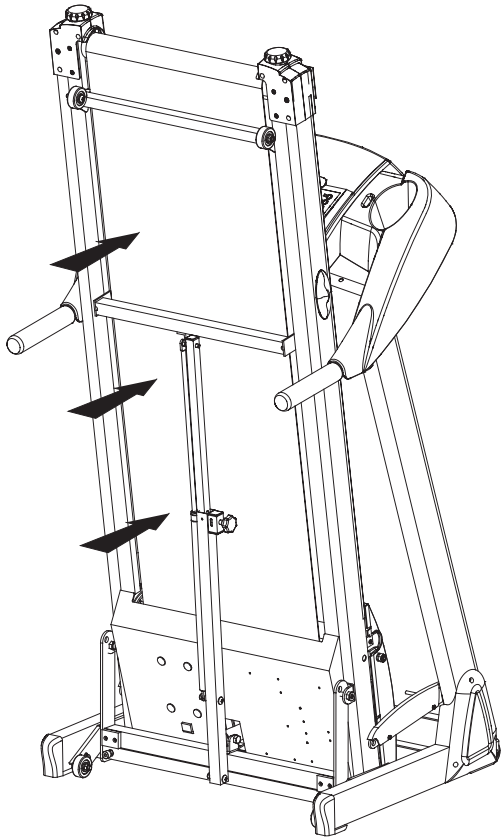
CRUSH HAZARD.
KEEP HANDS CLEAR OF DECK.
FAILURE TO DO SO COULD RESULT
IN CRUSHED HANDS.



TO LOWER THE TREADMILL

To lower the Deck, push in and turn the Knob counter-clockwise until the Locking Indicator is not visible and the Deck is released.

NOTICE: This Treadmill has a built-in safety feature to help the Deck lower slowly when unfolding. Please make sure there are no children or other things under the Deck when you lower it.



***TO MOVE THE TREADMILL
(in folded position)***

Always make sure the Treadmill is turned off and unplugged first!

Hold the Hand Grips to move the Treadmill forward or backward. The Treadmill comes with Wheels for easy portability.

DO NOT TIP the Treadmill.

TAKING CARE OF YOUR TREADMILL

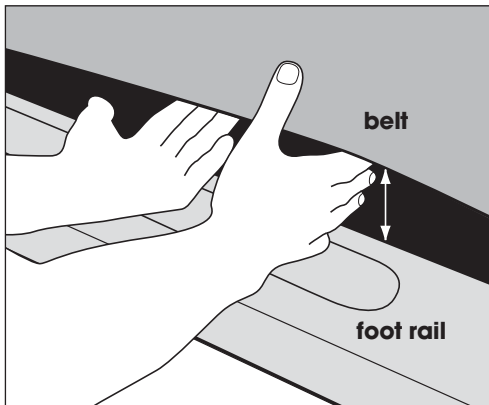
Note: The Treadmill **MUST** be placed on a level surface only. If the Treadmill is not level, the belt will continuously slip to the low side of the Treadmill.

CAUTION: DO NOT USE Treadmill if it is not on a level surface.

WALKING BELT TENSION

Walking Belts tend to stretch slightly with use. The Walking Belt may occasionally need to be tightened. If the Walking Belt is too loose, you may find the Belt stops or hesitates while running or walking. However, it is very important not to over-tighten the Walking Belt as it will damage the Motor, Rollers, and Electrical Components.

When properly tensioned, you should be able to lift the side of the Belt about 2-3 inches, or you should be able to fit three fingers under the edge of the Belt. This should be done on either side of the Belt in the center of the Deck.



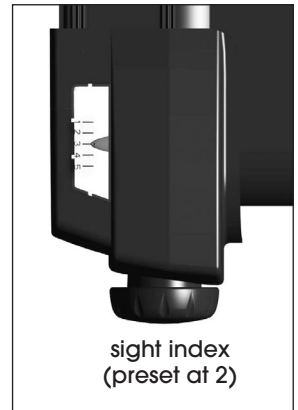
To tighten the Belt, with the Treadmill off, turn the **Left Knob** at the end of the Treadmill **one full turn clockwise**, and then turn the **Right Knob one full turn clockwise**. Turn on the Treadmill and check the tension. If it needs additional tension, continue to tighten one turn at a time until the Belt is no longer slipping.

Be sure to adjust both sides equally to insure correct Belt alignment.

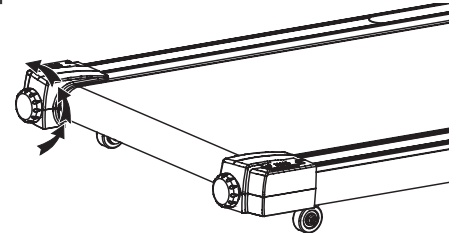
WALKING BELT CENTERING

The Walking Belt may occasionally need to be centered. Your Treadmill has sight indexes that aid in keeping the Walking Belt centered.

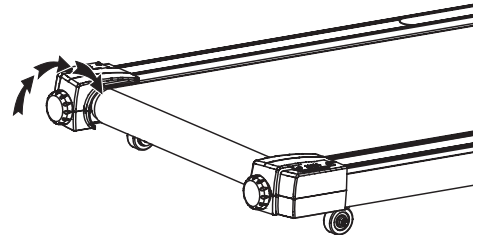
First, be sure the Belt is tensioned properly. Then, run the Treadmill at 4 mph. It is easiest to use only the left Adjustment Knob in making Walking Belt centering adjustments.



If the Walking Belt has moved to the right, turn the Left Adjustment Knob a quarter turn to the left. Let the Treadmill run about 30 seconds, and if the Belt does not move, repeat.



If the Walking Belt has moved to the left, turn the Left Adjustment Knob a quarter turn to the right. Let the Treadmill run about 30 seconds, and if the Belt does not move, repeat.



WARNING: Always turn off and unplug the Treadmill from the electrical outlet before cleaning, lubricating, or servicing the Treadmill.

CLEANING

Keeping the Treadmill clean will prolong the life of the Treadmill and improve performance.

Regularly dust the unit, especially the exposed part of the Deck between the Belt and the Side Rails.

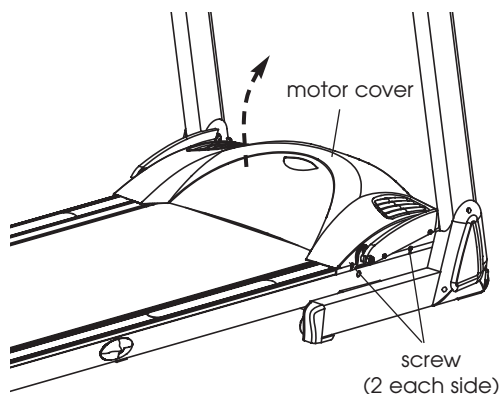
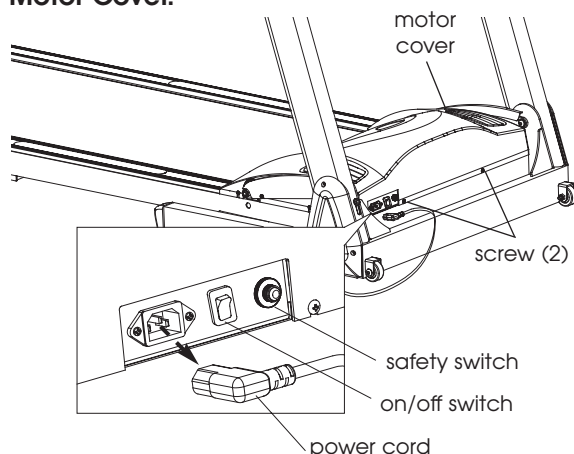
For best performance, we recommend your Treadmill be placed on a Treadmill Mat. A Treadmill Mat will help to keep dust debris away from your Treadmill's electrical components.

Clean the top of the Belt with a damp cloth. Be careful to keep liquid away from inside the frame or underneath the Belt.

At least once a year remove the Motor Cover and vacuum under the Motor Cover.

To remove the cover: After turning off and unplugging the Treadmill, loosen the screws (you do not have to remove the screws) on each side (2) and in the back (2) of the Motor Cover and carefully lift the cover off. Be careful, especially around the wiring on the lower board.

WARNING: Always turn off and unplug the Treadmill from the electrical outlet before removing the Motor Cover.



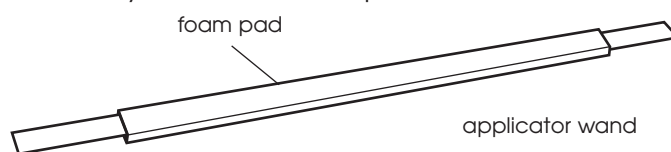
WALKING BELT AND DECK LUBRICATION

Your Treadmill Belt has been lubricated at the factory, but periodic lubrication will extend the life of your Treadmill Belt, Board, and Electrical Components. We recommend the following lubrication schedule based on weekly usage:

5+ hours per week	Monthly
3 - 5 hours per week	Every three months
0 - 3 hours per week	Every six months

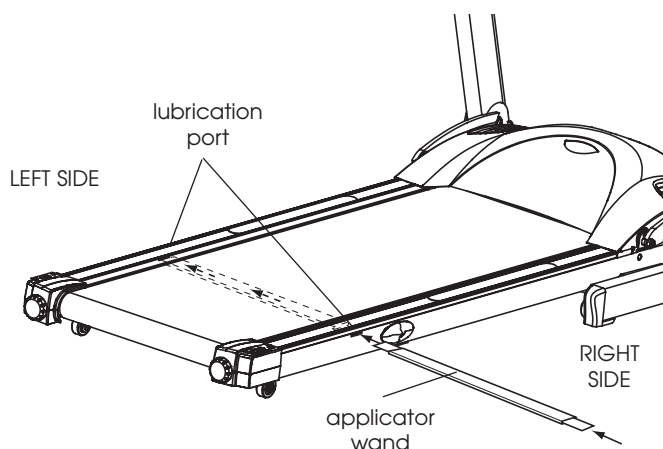
LUBRICATION APPLICATION

1. Put a liberal quantity of lubricant onto foam side of the Applicator Wand. Apply lubricant evenly across the foam pad.



2. Insert the Applicator Wand into the lubrication port on the right hand side of the Treadmill, under the Walking Belt with the lubricated side of the Applicator Wand up, against the Belt. Slide it completely across the Walking Deck into the lubrication port on the left side of the Treadmill.

NOTE: Make sure the Applicator Wand is securely in the left side lubrication port.



3. Start the Treadmill Belt and set the speed at 1.0 mph. Let the Belt run for about 45 seconds in order to spread the lubrication on the underneath side of the belt.
4. Place Applicator Wand in plastic sleeve to retain moisture.

Electronics Operating Instructions For Your Treadmill



SAFETY TIPS:

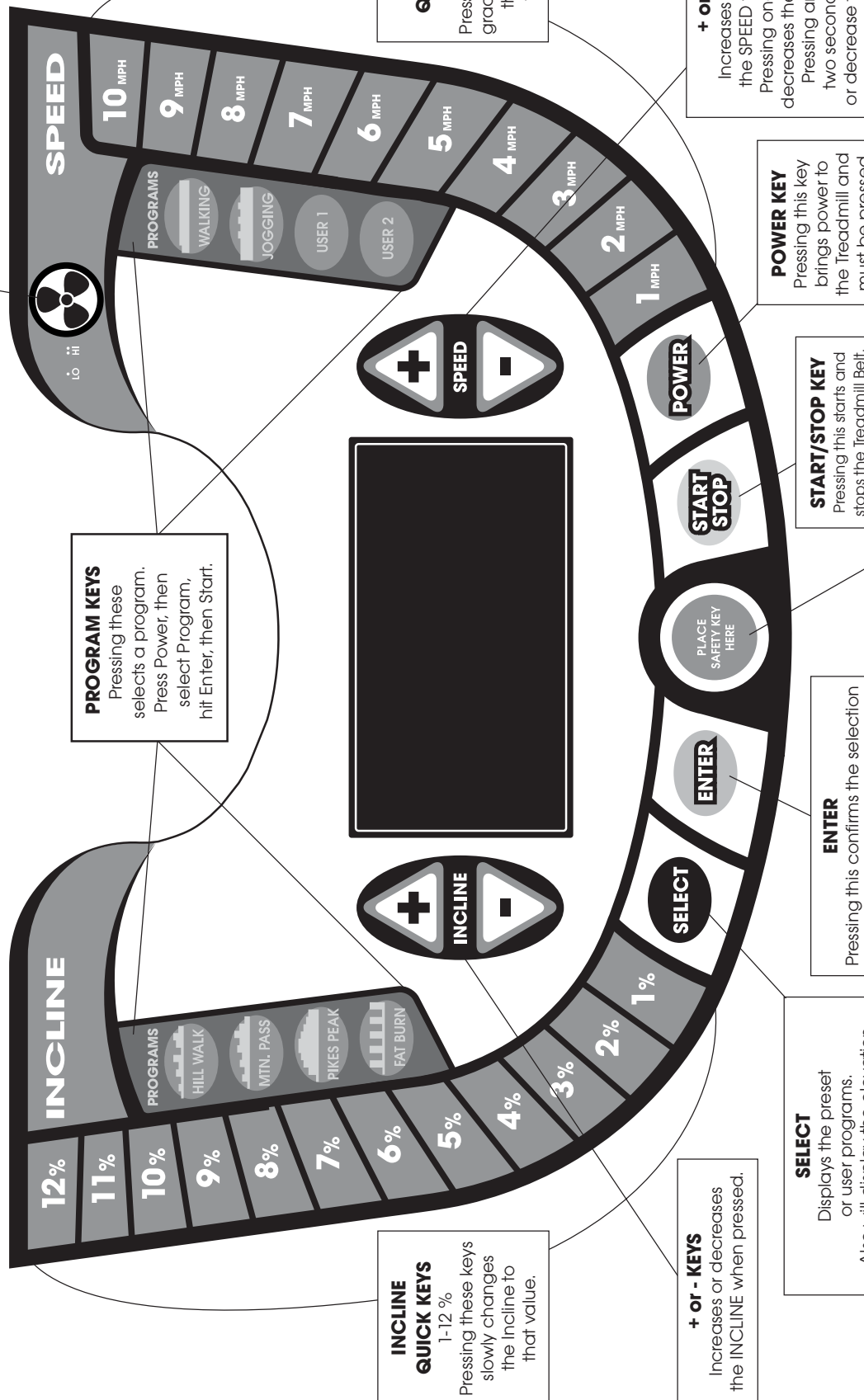
- Attach the Safety Key to the Computer (the Treadmill will not operate without the Safety Key). Clip the other end of the Safety Key to your clothing before exercising to ensure the Treadmill will stop if the user accidentally walks off the Treadmill.
- If the user falls off the Treadmill, the Safety Key will come off the Computer and the Treadmill will stop at once to avoid further injury.
- Do not stand on the Walking Belt while starting the Treadmill. Straddle the Belt and stand on the plastic Foot Rails.
- The Treadmill will start at 0.5mph after a 3,2,1 countdown. If you are a new user, stay at a slow speed and hold onto the Hand Grips until you become comfortable.

QUICK GUIDE

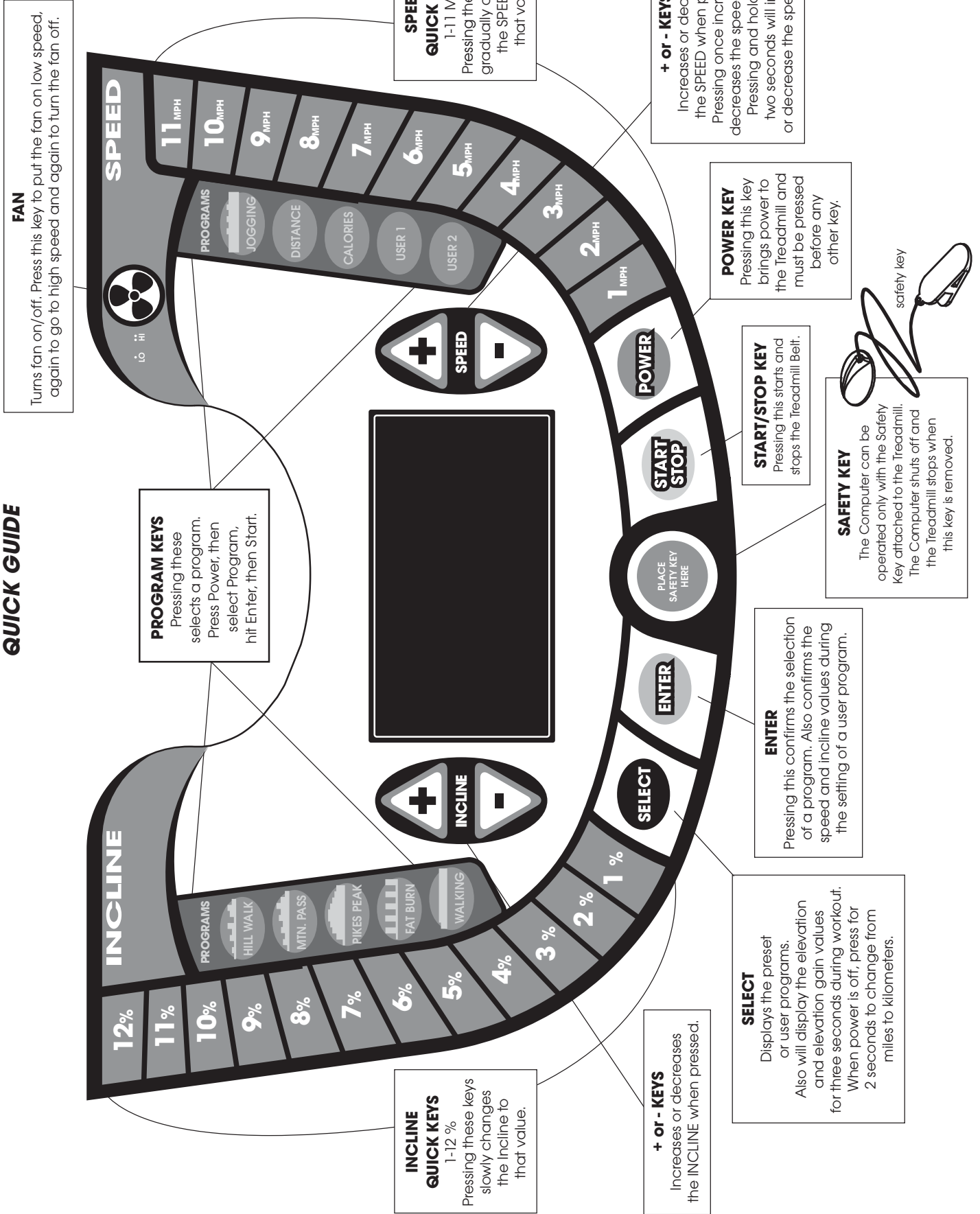
1200

FAN

Turns fan on/off. Press this key to put the fan on low speed, again to go to high speed and again to turn the fan off.



QUICK GUIDE

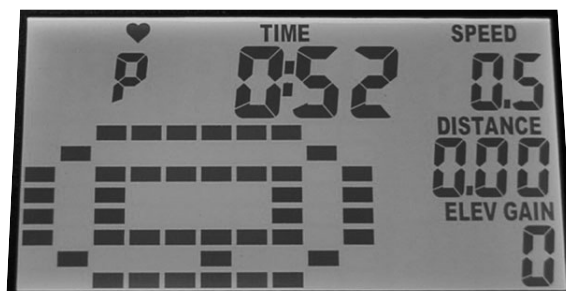


DISPLAY FUNCTION

Please read carefully before using the Treadmill.

INCLINE/PULSE: Displays pulse rate except when elevation is changed or SELECT key is pressed. To get a pulse rate, place both of your hands on the Pulse Grip Bars. It is recommended to straddle the Walking Belt to get an accurate reading. If you are walking or jogging, it is difficult for the Computer to accurately read your pulse rate. (See page 22 for more details.)

TIME: Shows workout Time. Time begins at 00:00 and counts up. The maximum time is 99:99. When the Safety Key is first attached to the Computer, this display shows the accumulated Distance (odometer) for one second.



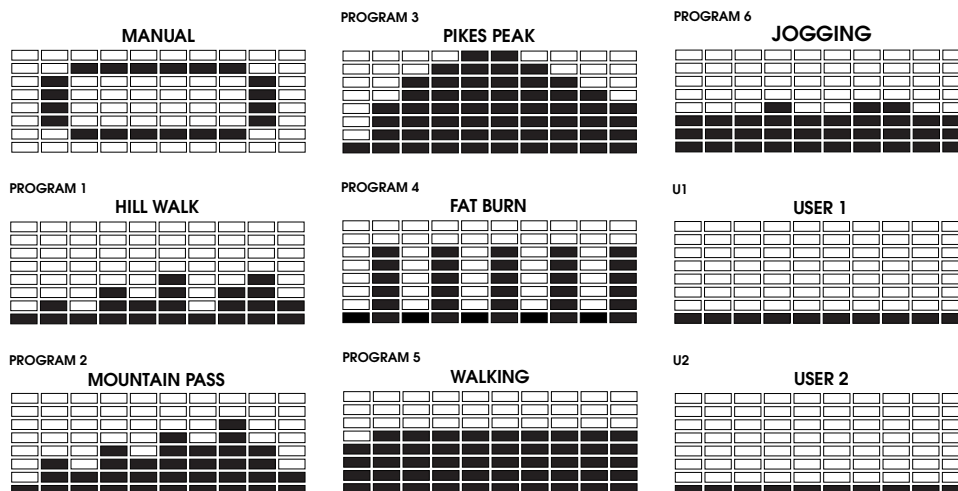
SPEED: Displays the Speed the Treadmill Belt is moving.

DISTANCE: Displays the Distance, in miles or kilometers, the Treadmill Belt has gone on the current workout.

DOT MATRIX: The 8 x 10 dot matrix reflects Incline on the Elevation Programs (Programs 1-4) and Speed on the Speed Programs (Programs 5-6) and the User Programs. In the Manual Mode, the dot matrix displays a 1/4 mile running track. Manual Mode shown above.

CALORIES/ELEVATION GAIN: Displays Calories consumed. To display Elevation, in feet, the user has climbed during the current workout, press SELECT and the value will display for three seconds. The Calorie Calculation is based on a 150 pound person.

PROGRAM FUNCTION



Odometer: An Odometer showing accumulated distance will appear in the Time window for one second when the Safety Key is placed on the Computer.

Time-Out: If the Treadmill is turned on, and the Belt is not moving, the Computer will shut-off after five minutes.

Re-Start: If the Treadmill is stopped during use, when the START button is pressed again, the Treadmill will ramp-up the speed to where it was stopped. If the Treadmill is stopped for 5 minutes or more, POWER is lost and the Treadmill will have to be re-started.

MANUAL MODE: If you elect to operate the Treadmill in Manual Mode, press START. The Treadmill will start at 0.5mph after a 3,2,1 countdown.

PROGRAM MODE: After pressing POWER, press the desired program using the program Quick Keys or press SELECT to choose one of the programs.

Note: The program layout appears in the dot matrix display. Press ENTER to verify the selection.

Press START to begin the program. All programs have ten segments. The program will repeat after the ten segments until the user presses STOP. An explanation of the programs follow:

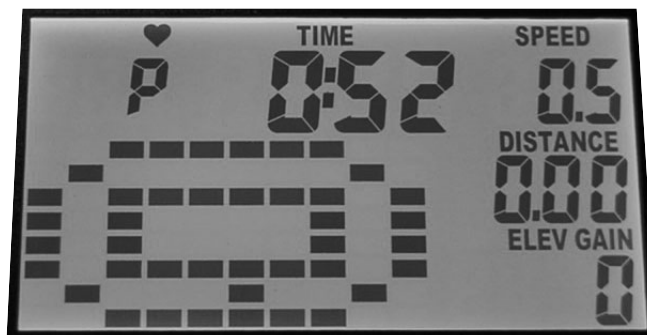
1. **Hill Walk:** This is an elevation program that goes from 0% to 3% grade. The speed is controlled by the user and the Treadmill will start at 0.5mph. Each minute, the elevation changes.
2. **Mountain Pass:** This is an elevation program that goes from 0% to 5% grade. The speed is controlled by the user.
3. **Pikes Peak:** This is a challenging elevation program that goes from 0% to 7% grade. The speed is controlled by the user.
4. **Fat Burn:** This is an interval elevation program where the elevation alternates between 0% and 5%. The user controls the speed.
5. **Walking:** This is a speed program that varies between 2.5mph and 3.3mph. This is an excellent program for intermediate walkers. The user controls the elevation.
6. **Jogging:** This is a speed program that varies the speed between 4.0mph and 4.8mph. This is a good program for beginner joggers and very fast walkers. The user controls the elevation.
7. **User Programs:** After selecting one of the user programs, press ENTER to confirm. Press ENTER again and adjust the Speed and Incline for segment one and press ENTER. Continue to adjust the speed and incline for each segment and press ENTER. Press START to begin the workout. If a speed or incline value is changed during usage, the Computer will store the value of the speed and incline at the end of each segment and will retain these values.

Please read carefully before using the Treadmill.

DISPLAYS

INCLINE/PULSE: Displays pulse rate except when elevation is changed or SELECT key is pressed. To get a pulse rate, place both of your hands on the Pulse Grip Bars. It is recommended to straddle the Walking Belt to get an accurate reading. If you are walking or jogging, it is difficult for the Computer to accurately read your pulse rate. (See page 22 for more details.)

TIME: Shows workout Time. Time begins at 00:00 and counts up. The maximum time is 99:99. When the Safety Key is first attached to the Computer, this display shows the accumulated distance (odometer) for one second.

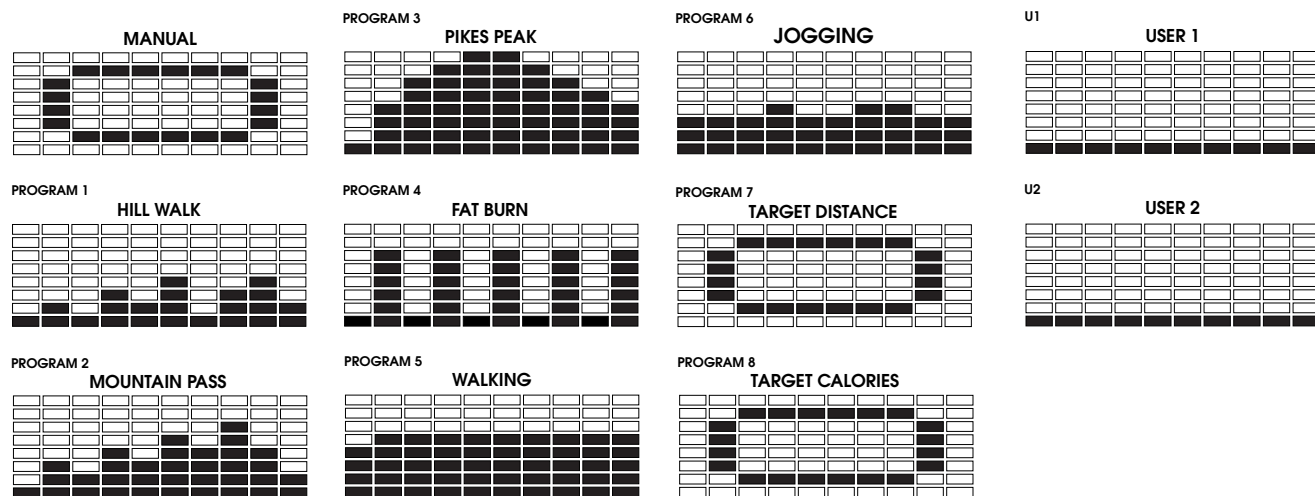


SPEED: Displays the Speed the Treadmill Belt is moving.

DISTANCE: Displays the Distance, in miles or kilometers, the Treadmill Belt has gone on the current workout.

DOT MATRIX: The 8 x 10 dot matrix reflects Incline on the Elevation Programs (Programs 1-4) and Speed on the Speed Programs (Programs 5-6) and the User Programs. In the Manual Mode, the dot matrix displays a 1/4 mile running track. Manual Mode shown above.

CALORIES/ELEVATION GAIN: Displays Calories consumed. To display Elevation, in feet, the user has climbed during the current workout, press SELECT and the value will display for three seconds. The Calorie Calculation is based on a 150 pound person.



Odometer: An Odometer showing accumulated distance will appear in the Time window for one second when the Safety Key is placed on the Computer.

Time-Out: If the Treadmill is turned on, and the Belt is not moving, the Computer will shut-off after five minutes.

Re-Start: If the Treadmill is stopped during use, when the START button is pressed again, the Treadmill will ramp-up the speed to where it was stopped. If the Treadmill is stopped for 5 minutes or more, POWER is lost and the Treadmill will have to be re-started.

MANUAL MODE: If you elect to operate the Treadmill in Manual Mode, press START. The Treadmill will start at 0.5mph after a 3,2,1 countdown.

PROGRAM MODE: After pressing POWER, press the desired program using the program Quick Keys or press SELECT to choose one of the programs.

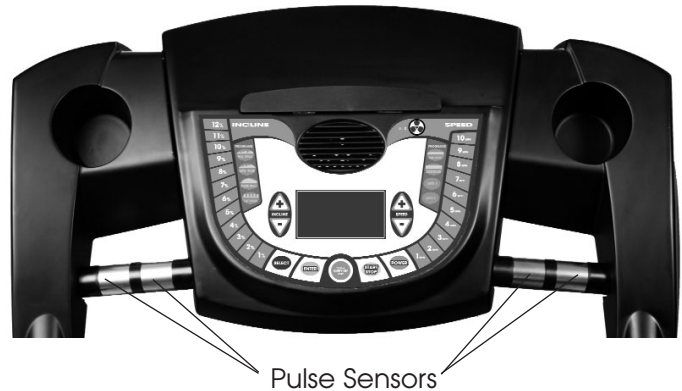
Note: The program layout appears in the dot matrix display. Press ENTER to verify the selection.

Press START to begin the program. All programs have ten segments. The program will repeat after the ten segments until the user presses STOP. An explanation of the programs follow:

1. **Hill Walk:** This is an elevation program that goes from 0% to 3% grade. The speed is controlled by the user and the Treadmill will start at 0.5mph. Each minute, the elevation changes.
2. **Mountain Pass:** This is an elevation program that goes from 0% to 5% grade. The speed is controlled by the user.
3. **Pikes Peak:** This is a challenging elevation program that goes from 0% to 7% grade. The speed is controlled by the user.
4. **Fat Burn:** This is an interval elevation program where the elevation alternates between 0% and 5%. The user controls the speed.
5. **Walking:** This is a speed program that varies between 2.5mph and 3.3mph. This is an excellent program for intermediate walkers. The user controls the elevation.
6. **Jogging:** This is a speed program that varies the speed between 4.0mph and 4.8mph. This is a good program for beginner joggers and very fast walkers. The user controls the elevation.
7. **Target Distance:** This program counts down the distance goal that the user sets before exercising. After confirming the program, the user enters the distance goal using the speed or incline arrow keys. Increments are 0.5 miles. Press ENTER to confirm the distance goal, press START, the Treadmill Belt starts and the user controls the speed and incline. The distance will count down in the distance window.
8. **Target Calories:** This program counts down the calorie goal that the user sets before exercising. After confirming the program, the user enters the calorie goal using the Speed or Incline arrow keys. Increments are 10 calories. Press ENTER to confirm the calorie goal, press START, the Treadmill starts and the user controls the speed and incline. The calorie goal will count down in the Calories window.
9. **User Programs:** After selecting one of the user programs, press ENTER to confirm. Press ENTER again and adjust the Speed and Incline for segment one and press ENTER. Continue to adjust the speed and incline for each segment and press ENTER. Press START to begin the workout. If a speed or incline value is changed during usage, the Computer will store the value of the speed and incline at the end of each segment and will retain these values.

The Pulse Window on your Computer works in conjunction with the Pulse Sensors found on the Console. When you are ready to read your pulse:

1. Place **both** hands firmly on the Pulse Sensors. For the most accurate reading, it is important to use **both** hands.
2. Look at your Pulse Window. The "P" will begin to blink.
3. Your estimated heart rate will appear in the window approximately 6 seconds after you grasp the Pulse Sensors.
4. Refer to the Target Heart Rate Zone Chart found on page 26 of this manual. For additional information about the importance of working within certain heart rate ranges, see pages 24 - 25 – *Measuring Your Heart Rate*.
5. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.



When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

EXERCISE GUIDELINES

IMPORTANT

Please review this section before you begin exercising.

IMPORTANT:

If you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommend a graded exercise test.

If you are just beginning your exercise program, your target heart rate range should be roughly at 60% of your maximum heart rate. As you become more conditioned (or if you are already in good cardiovascular shape) you can increase your target heart rate to 70%-85% of your maximum heart rate. Remember, your target heart rate is only a guide.

You should also consult your physician if you have the following:

- High blood pressure
- High cholesterol
- Asthma
- Heart trouble
- Family history of early stroke or heart attack deaths
- Frequent dizzy spells
- Extreme breathlessness after mild exertion
- Arthritis or other bone problems
- Severe muscular, ligament or tendon problems
- Other known or suspected disease
- If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.
- Pregnant
- Balance impairment
- Taking medications that affect heart rate

KNOWING THE BASICS

Physical fitness is most easily understood by examining its components, or "parts".

There is widespread agreement that these five components comprise the basics of physical training:

CARDIORESPIRATORY ENDURANCE – the ability to deliver oxygen and nutrients to tissues, and to remove wastes, over sustained periods of time. Using your Treadmill will improve this.

MUSCULAR STRENGTH – the ability of a muscle to exert force for a brief period of time. Upper-body strength, for example, can be measured by various weight-lifting exercises.

MUSCULAR ENDURANCE – the ability of a muscle, or a group of muscles, to sustain repeated contractions or to continue applying force against a fixed object. Push ups are often used to test endurance of arm and shoulder muscles.

FLEXIBILITY – the ability to move joints and use muscles through their full range of motion. The sit-and-reach test is a good measure of flexibility of the lower back and backs of the upper legs.

BODY COMPOSITION – often considered a component of fitness. It refers to the makeup of the body in terms of lean mass (muscle, bone, vital tissue and organs) and fat mass. An optimal ratio of fat to lean mass is an indication of fitness, and the right types of exercises will help you decrease body fat and increase or maintain muscle mass. To help track your progress we have provided Workout Progress Chart on page 30.

A COMPLETE EXERCISE PROGRAM

How often, how long and how hard you exercise, and what kinds of exercises you do should be determined by what you are trying to accomplish. Your goals, your present fitness level, age, health, skills, interest and convenience are among the factors you should consider. For example, an athlete training for high-level competition would follow a different program than a person whose goals are good health and the ability to meet work and recreational needs.

Your exercise program should include something from each of the four basic fitness components

described previously. Each workout should begin with a warm up and end with a cool down. As a general rule, space your workouts throughout the week and avoid consecutive days of hard exercise.

Here are the amounts of activity necessary for the average healthy person to maintain a minimum level of overall fitness. Included are some of the popular exercises for each category.

WARM UP – 5-10 minutes of exercise such as walking, slow jogging, knee lifts, arm circles or trunk rotations. Low intensity movements that simulate movements to be used in the activity can also be included in the warm up.

MUSCULAR STRENGTH – a minimum of two, 20 minute sessions per week that include exercises for all the major muscle groups. Lifting weights is the most effective way to increase strength.

MUSCULAR ENDURANCE – at least three, 30 minute sessions each week that include exercises such as calisthenics, push ups, sit ups, pull ups, and weight training for all the major muscle groups.

CARDIORESPIRATORY ENDURANCE – at least three, 20 minute workouts of continuous aerobic exercise each week. Working out on your Treadmill is a good way to obtain this aerobic activity. Other popular aerobic conditioning activities include brisk walking, jogging, swimming, cycling, rope jumping, rowing, cross-country skiing, and some continuous action games like racquetball and handball.

FLEXIBILITY – 10-12 minutes of daily stretching exercises performed slowly, without a bouncing motion. This can be included after a warm up or during a cool down. Refer to pages 27 and 28 for a list of total body stretches.

COOL DOWN – a minimum of 5-10 minutes of slow walking or lower intensity elliptical exercise, combined with stretching.

AEROBIC EXERCISE: HOW MUCH? HOW OFTEN?

Experts recommend that you do some form of aerobic exercise at least three times a week for a minimum of 20 continuous minutes. Of course, if that is too much, start with a shorter time span and gradually build up to the minimum. Then gradually progress until you are able to work aerobically for 20-40 minutes. If you want to lose weight, you may want to do your aerobic workout five times a week.

It is important to exercise at an intensity vigorous enough to cause your heart rate and breathing to increase. How hard you should exercise depends on

a certain degree on your age, and is determined by measuring your heart rate in beats per minute. Refer to the "Measuring Your Heart Rate" section below and on the following page for more information on how to determine and measure your heart rate.

You can do different types of aerobic activities, say walking one day, and use your Treadmill the next. Make sure you choose an activity that can be done regularly, and is enjoyable for you. The important thing to remember is not to skip too many days between workouts or fitness benefits will be lost. If you must lose a few days, gradually work back into your routine.

WHEN TO EXERCISE

The hour just before the evening meal is a popular time for exercise. The late afternoon workout provides a welcome change of pace at the end of the work day and helps dissolve the day's worries and tensions.

Another popular time to work out is early morning, before the work day begins. Advocates of the early start say it makes them more alert and energetic on the job.

Among the factors you should consider in developing your workout schedule are personal preference, job and family responsibilities, availability of exercise facilities and weather. It's important to schedule your workouts for a time when there is little chance that you will have to cancel or interrupt them because of other demands on your time.

You should not exercise strenuously during extremely hot, humid weather or within two hours after eating. Heat and/or digestion both make heavy demands on the circulatory system, and in combination with exercise can be an over-taxing double load.

MEASURING YOUR HEART RATE (see chart on page 26)

Heart rate is widely accepted as a good method for measuring intensity during running, swimming, cycling, and other aerobic activities. Exercise that doesn't raise your heart rate to a certain level and keep it there for 20 minutes won't contribute significantly to cardiovascular fitness.

The heart rate you should maintain is called your Target Heart Rate. There are several ways of arriving at this figure. One of the simplest is: maximum heart rate $(220 - \text{age}) \times 70\%$. Thus, the target heart rate for a 40 year-old would be 126. In this example for this

40 year old to get a cardiovascular effect the individual would need to keep their heart rate at or above 126 beats per minute to get a cardiovascular effect. **Note:** Although 70% was used in this example, the heart rate range needed to achieve results falls between 60% and 85% of your maximum heart rate.

If you are just beginning your exercise program, your target heart rate range should be roughly at 60% of your maximum heart rate. As you become more conditioned (or if you are already in good cardiovascular shape) you can increase your target heart rate to 70%-85% of your maximum heart rate. Remember, your target heart rate is only a guide.

When checking heart rate during a workout, take your pulse within five seconds after interrupting exercise because it starts to go down once you stop moving. Count pulse for 10 seconds and multiply by six to get the per-minute rate.

Remember, your New Balance Treadmill also comes with pulse sensors located on the Console.

When used properly, the unit pulse sensors can help you to determine your estimated heart rate. To do so:

1. Push the start button on your Computer.
2. Gently grab **both** metal pulse sensors on **both** handlebars. Wait 6 seconds.
3. Your estimated heart rate range will be displayed on screen. Check the chart on the following page to see if you are within your range according to your age.

When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

By using the chart on the next page you can see where your heart rate falls in the minimum and maximum target zones.

The above are guidelines, people with any medical limitations should discuss this formula with their physician.

CLOTHING

All exercise clothing should be loose-fitting to permit freedom of movement, and should make the wearer feel comfortable and self-assured.

Never wear rubberized or plastic clothing, such garments interfere with the evaporation of perspiration and can cause body temperature to rise to dangerous levels.

We recommend wearing a workout shoe with a rubberized sole unless instructed otherwise.

TIPS TO KEEP YOU GOING

1. Adopt a specific plan and write it down.
2. Keep setting realistic goals as you go along, and remind yourself of them often.
3. Keep a log to record your progress and make sure to keep it up-to-date. See page 30.
4. Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
5. Upgrade your fitness program as you progress. Your Treadmill provides different workout programs to keep your workouts challenging.
6. Enlist the support and company of your family and friends.
7. Update others on your successes.
8. Avoid injuries by pacing yourself and including a warm up and cool down period as part of every workout. See page 24.
9. Reward yourself periodically for a job well done!

HEART RATE TARGET ZONE FOR CARDIOVASCULAR FITNESS

TABLE 1

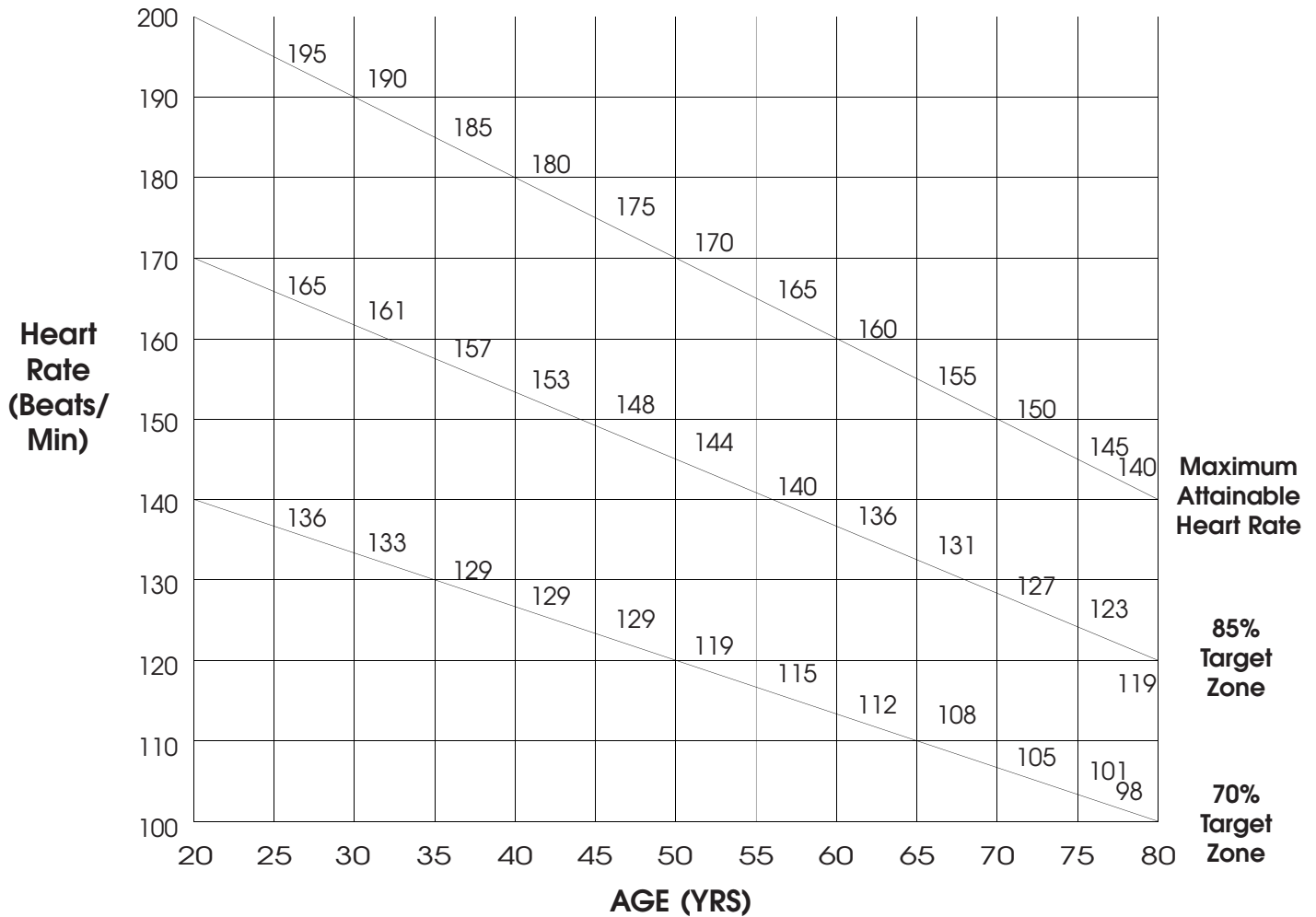
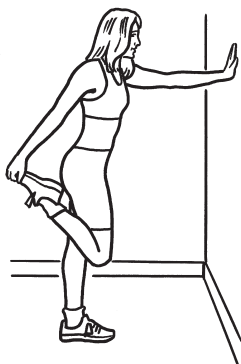


TABLE 2

Exercise Week	Warm Up Period	THR% Minutes	Cool Down Period	Total Time	Sessions Per Wk.	Total Time Per Wk.
1 & 2	5 min	60-65% -8	5 min	17 min	3	51 min
3 & 4	5 min	65-70% -10	5 min	20 min	3	60 min
5 & 6	5 min	70-75% -15	5 min	25 min	3	75 min
7 & 8	5 min	70-80% -20	5 min	30 min	3	90 min
9 & 10	5 min	70-85% -25	5 min	35 min	3	105 min
11 & 12	5 min	70-85% -25	5 min	35 min	3	105 min

WARM UP & COOL DOWN STRETCHES

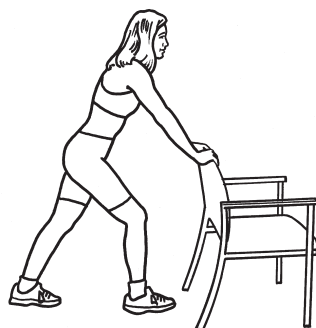
Stretches can help improve flexibility and relieve the tightness in muscles that results from repetitive sport movements that require a limited range of motion. 10 to 12 minutes of daily stretching is recommended. This can be done when warming up or cooling down. When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



1. Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. (Do not let the lifted knee swing outward.)

Hold the stretch for 20 to 30 seconds. Repeat for the other leg.



2. Calf and Achilles Stretch

Stand approximately one arms length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



3. Overhead/Triceps Stretch

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow.

Hold for 20 to 30 seconds. Repeat for the opposite arm.



4. Back Stretch

Stand with your legs shoulder width apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go.

Hold for 20 to 30 seconds. Straighten up and repeat.



5. Standing Hamstrings Stretch

Stand with your legs hip-width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



6. Buttocks, Hips and Abdominal Stretch

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back.

Hold for 20 to 30 seconds and release. Repeat for opposite side.



7. Inner Thigh Stretch

Sit on the floor and bend your legs so that the soles of your feet are together. Place your elbows on your knees. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.

Hold for 20 to 30 seconds and release.



8. Arm Pullback

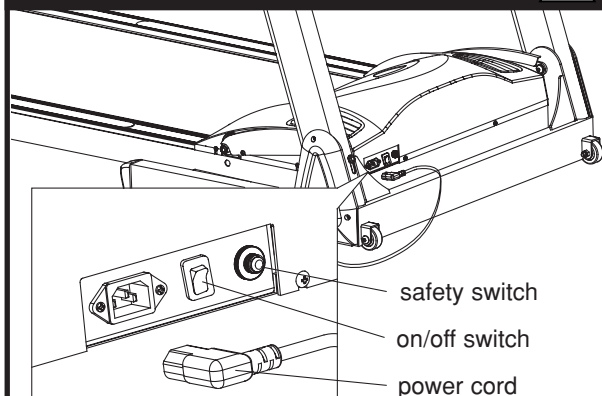
Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region.

Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.

TROUBLESHOOTING GUIDE

PROBLEM	CAUSE	CORRECTION
Treadmill will not start	<ol style="list-style-type: none"> 1. Not plugged in 2. Not turned on 3. Safety Key not on correctly 4. Circuit Breaker opened in home 5. Treadmill Circuit Breaker tripped 	<ol style="list-style-type: none"> 1. Plug into three prong grounded outlet 2. Turn the on/off button on 3. Put Safety Key on Console where indicated 4. Reset home breaker 5. Reset Treadmill Circuit Breaker (see below)
Treadmill Speed Surges	<ol style="list-style-type: none"> 1. Motor Controller not set properly 	<ol style="list-style-type: none"> 1. Call 800-497-5831 for service
Treadmill Belt will not move - ERR 1 on screen	<ol style="list-style-type: none"> 1. Lost speed input signal 	<ol style="list-style-type: none"> 1. Call 800-497-5831 for service
Incline will not operate - ERR 3 on screen	<ol style="list-style-type: none"> 1. Lost incline signal 	<ol style="list-style-type: none"> 1. Remove and replace Safety Key and Treadmill will recalibrate
Treadmill Belt Slipping	<ol style="list-style-type: none"> 1. Walking Belt loose 2. Deck needs lubrication 	<ol style="list-style-type: none"> 1. Tighten Walking Belt (see page 13) 2. Lubricate Belt and Deck (see page 14)
Treadmill Noisy	<ol style="list-style-type: none"> 1. Loose hardware 2. Motor straining 3. Clicking sound - Roller knocking 	<ol style="list-style-type: none"> 1. Tighten all visible Screws, Nuts, and Bolts 2. Check Belt tension - 3 finger test (see page 13) 3. Adjust Rear Rollers - check for tension (see page 13)
Inaccurate pulse rate	<ol style="list-style-type: none"> 1. Too much hand movement 2. Palms too wet 3. Gripping hand grips too tight 4. Wearing rings 	<ol style="list-style-type: none"> 1. Stand on Side Rails to get accurate pulse reading 2. Dry palms 3. Grip using moderate pressure 4. Remove all rings
Inaccurate heart rate strap	<ol style="list-style-type: none"> 1. Electrical interference 	<ol style="list-style-type: none"> 1. Keep at least six feet away from Televisions, Computers and Fluorescent Lights

⚠ CAUTION



The Treadmill will shut off when the electricity load is above it's capacity (example: power surge or storm). To restart the Treadmill, please follow the procedure below:

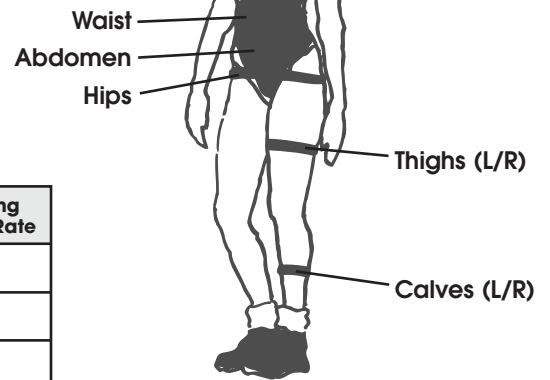
- A. Unplug the power cord from the Treadmill's socket.
- B. Push in the safety switch.
- C. Plug the power cord back into the Treadmill's socket.

NOTE: DON'T PUSH IN THE SAFETY SWITCH BEFORE UNPLUGGING THE TREADMILL'S POWER CORD.

WORKOUT PROGRESS CHARTS

Use the charts below to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done, and this data will help you to chart future fitness goals as you progress. Every two weeks, measure yourself to rechart your progress.

Measuring Sites



Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

ADDITIONAL WORKOUT PROGRESS CHARTS

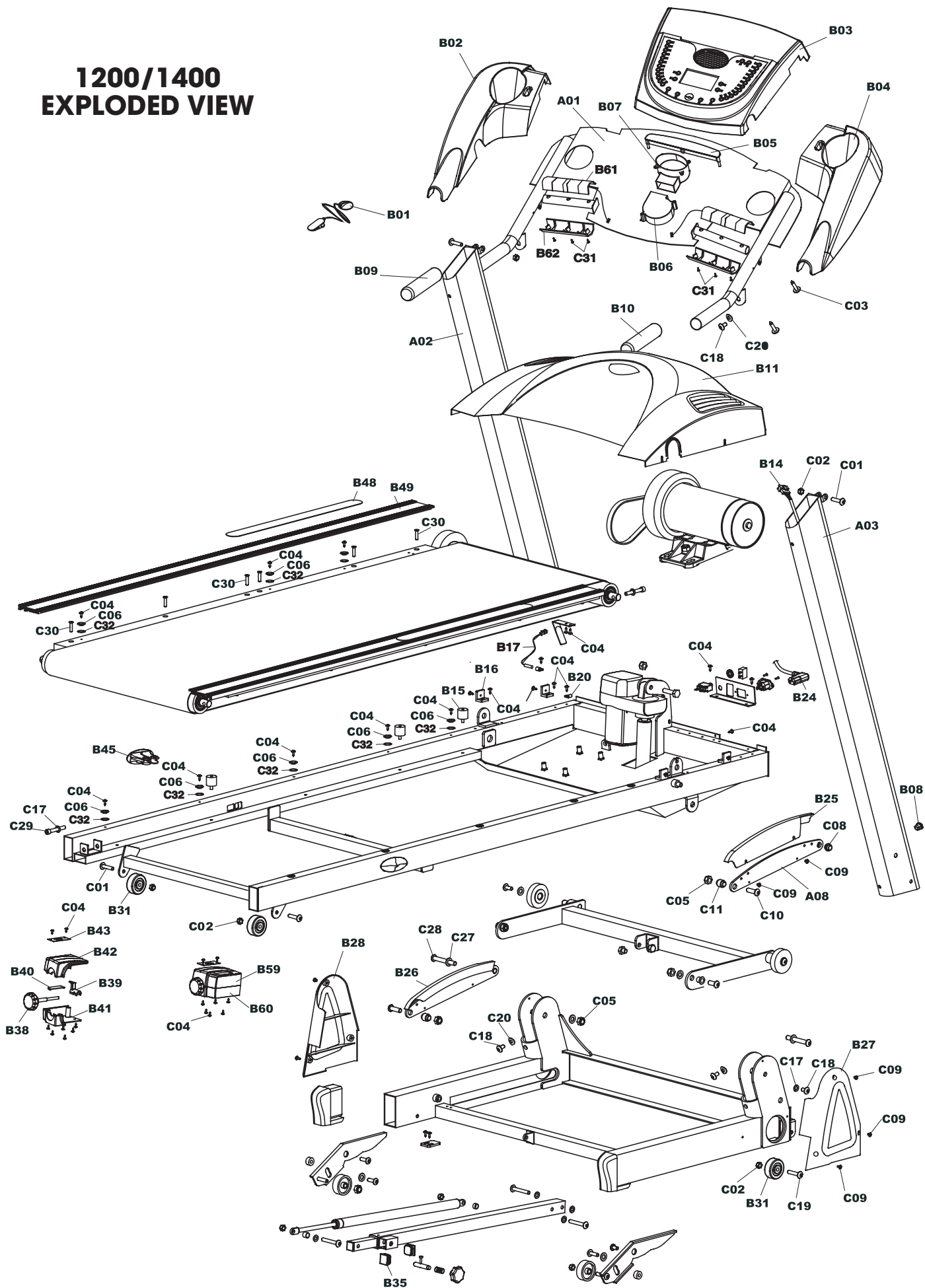
Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

PARTS LIST/EXPLODED VIEW

		REPLACEABLE			REPLACEABLE
A01	CONSOLE BASE	1	B48	NON SKID GRIP	2
A02	LEFT UPRIGHT	1	B49	FOOT RAIL	2
A03	RIGHT UPRIGHT	1	B59	RIGHT REAR END CAP (TOP)	1
A08	ARC BRACKET	2	B60	RIGHT REAR END CAP (BOTTOM)	1
B01	SAFETY KEY	1	B61	TOP PULSE SENSOR WITH WIRE	2
B02	LEFT CONSOLE	1	B62	BOTTOM PULSE SENSOR	2
B03-12	CENTER CONSOLE WITH COMPUTER (1200)	1	C01	M8 x 35mm ALLEN BOLT	4
B03-14	CENTER CONSOLE WITH COMPUTER (1400)	1	C02	M8 NYLON NUT	6
B04	RIGHT CONSOLE	1	C03	M4 x 16mm PHILLIPS SCREW	8
B05	BOOK RACK	1	C04	M4 x 12mm PHILLIPS SCREW	46
B06	FAN	1	C05	M10 NYLON NUT	4
B07	FAN TUBE	1	C06	M4 BEVELED WASHER	16
B08	WIRE COVER	1	C08	SMALL BUSHING	2
B09	LEFT HAND GRIP	1	C09	M4 x 6mm PHILLIPS SCREW	10
B10	RIGHT HAND GRIP	1	C10	M10 x 32mm ALLEN BOLT	2
B11	FRONT MOTOR COVER	1	C11	LARGE BUSHING	2
B14	LOWER WIRE	1	C17	M8 WASHER	3
B15	CUSHION	6	C18	M8 x 20mm ALLEN BOLT	6
B16	MOTOR COVER BRACKET	4	C19	M8 x 40mm ALLEN BOLT	2
B17	SPEED SENSOR WIRE	1	C20	M8 CURVED WASHER	4
B20	SPEED SENSOR WIRE HOLDER	2	C27	M10 STAR WASHER	2
B24	POWER CORD	1	C28	M10 x 70mm ALLEN BOLT	2
B25	RIGHT ARC BRACKET COVER	1	C29	M8 x 55mm ALLEN BOLT	1
B26	LEFT ARC BRACKET COVER	1	C30	M6 x 25mm FLATHEAD PHILLIPS SCREW	14
B27	RIGHT SIDE CAP	1	C31	M3.5 x 16mm PHILLIPS SCREW	6
B28	LEFT SIDE CAP	1	C32	M6 WASHER	16
B31	WHEEL - 50mm	4	C33	MULTI HEX TOOL W/PHILLIPS SCREWDRIVER	1
B35	END CAP	2	C34	ALLEN WRENCH	1
B38	BELT ADJUSTMENT KNOB	2	CFP	FASTENER PACK	1
B39	INDICATOR	2	CPB	PARTS BOX	1
B40	CLEAR CAP	2	DLP	LITERATURE PACK	1
B41	LEFT REAR END CAP (BOTTOM)	1	DBT	BOX TOP	1
B42	LEFT REAR END CAP (TOP)	1	DBB	BOX BOTTOM	1
B43	SIGHT INDEX	2	NBTLW05	Lube-N-Walk Lubrication Kit	1
B45	SUSPENSION	2			

1200/1400 EXPLODED VIEW



New Balance Fitness Equipment

Dedication to Quality

We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty Card for details.

Save your sales receipt.
(You may wish to staple it into this manual.)