FitnessQuest®

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.
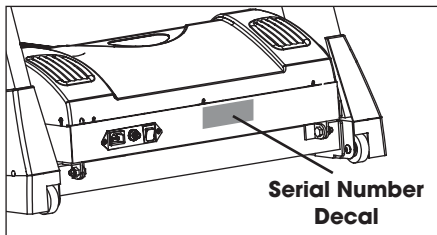(You may wish to staple it into this manual.)

new balance®

1600/1800 Treadmills

OWNER'S MANUAL

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FOR MAXIMUM EFFECTIVENESS AND SAFETY, PLEASE READ THIS OWNER'S MANUAL BEFORE USING YOUR NEW BALANCE 1600/1800 TREADMILL.

1600/1800 EXPLODED VIEW
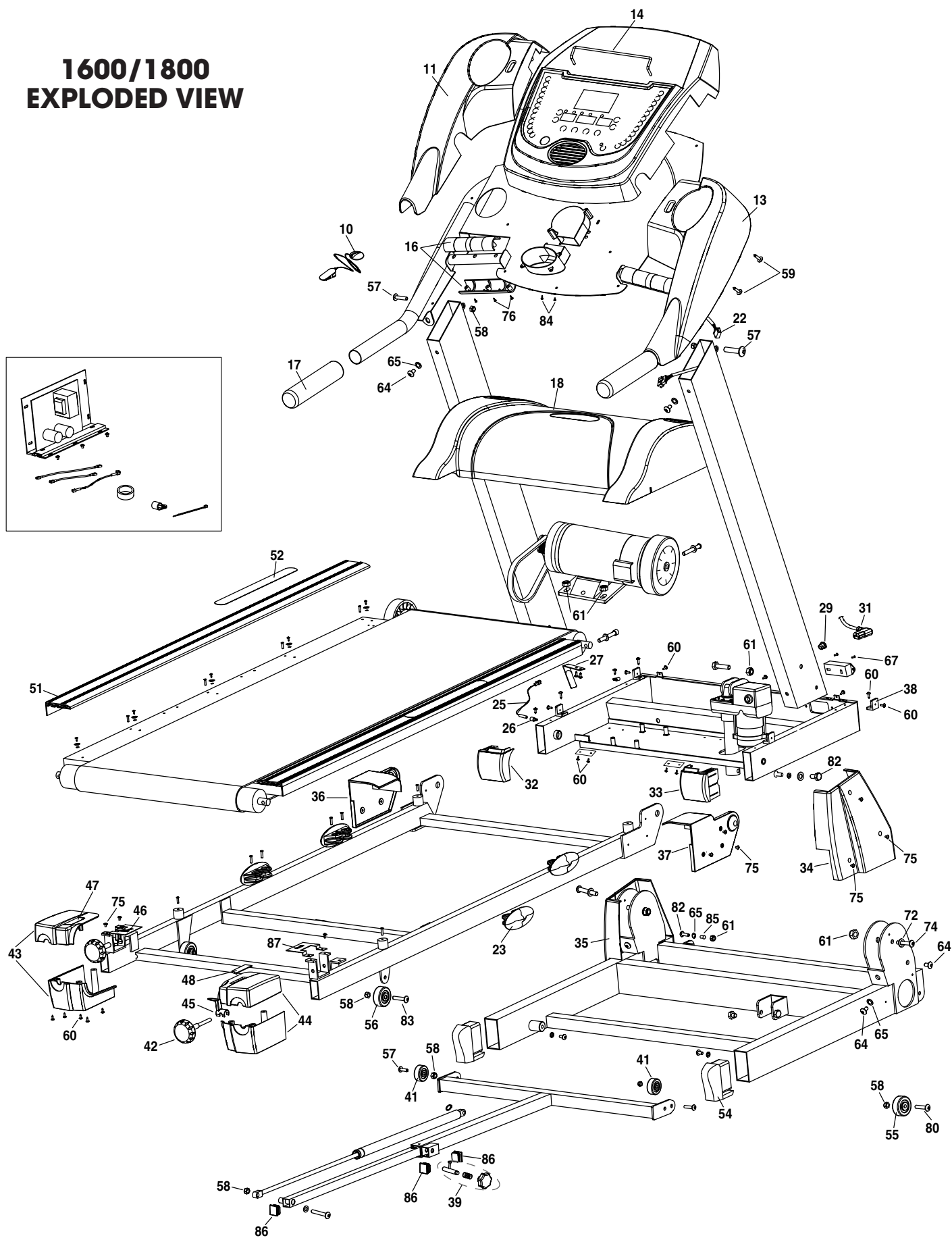
1600/1800 PARTS LIST/EXPLODED VIEW

ITEM #	PART NAME	PART #	QTY.	ITEM #	PART NAME	PART #	QTY.
10	SAFETY KEY	TM-01	1	56	50mm WHEEL - RUBBER	TM-26	2
11	LEFT CONSOLE	T1600-05	1	57	M8 x 35mm ALLEN BOLT	TM-27	4
		T1800-08	1	58	M8 NYLON NUT	TM-28	9
13	RIGHT CONSOLE	TM-03	1	59	M4 x 16mm PHILLIPS SCREW	TM-29	29
14	BOOK RACK	TM-04	1	60	M4 x 12mm PHILLIPS SCREW	TM-30	31
16	TOP & BOTTOM PULSE SENSOR W/WIRE	TM-06	2	61	M10 NYLON NUT	TM-31	9
17	HAND GRIP	TM-07	2	64	M8 x 20mm ALLEN BOLT	TM-35	8
18	FRONT MOTOR COVER (1600)	T1600-02	1	65	M8 WASHER	TM-36	11
18	FRONT MOTOR COVER (1800)	T1800-02	1	67	M3 x 10mm PHILLIPS SCREW	TM-42	2
22	HANDLEBAR WIRE	TM-09	1	70	M10 WASHER	TM-44	3
23	SHOCK ABSORBER	T1618-24	2	72	M10 STAR WASHER	TM-43	2
25	SPEED SENSOR WIRE	T1618-11	1	74	M10 x 63mm ALLEN BOLT	T1618-34	2
26	SPEED SENSOR WIRE HOLDER	TM-25	1	75	M4 x 6mm PHILLIPS SCREW	TM-34	16
27	BELT GUIDE	T1618-12	2	76	M3.5 x 16mm SCREW	T1618-35	6
29	WIRE COVER	TM-24	1	56	50mm WHEEL - RUBBER	TM-26	2
31	POWER CORD	TM-12	1	80	M8 x 45mm ALLEN BOLT	TM-45	2
32	LEFT FRAME END CAP	T1618-16	1	83	M8 x 40mm ALLEN BOLT	TM-40	2
33	RIGHT FRAME END CAP	T1618-17	1	84	M5 x 20mm PHILLIPS SCREW	TM-48	2
34	RIGHT SIDE CAP	T1618-14	1	85	16 x 10.5 x 5.9 BUSHING	TM-38	2
35	LEFT SIDE CAP	T1618-15	1	86	END CAP 22*22	TM-16	3
36	LEFT REAR FRAME SIDE CAP	T1618-18	1	87	RIGHT SIGHT INDEX	TM-23	1
37	RIGHT REAR FRAME SIDE CAP	T1618-19	1		LUBE & WALK KIT	NBTLW05	1
38	MOTOR COVER BRACKET	TM-10	4		DECALS (1600)	T1600-03	1
39	LOCKING KNOB ASSEMBLY	TM-15	1		BOX TOP	T1618-29	1
41	35mm WHEEL - PLASTIC	T1618-23	2		FASTENER PACK	T1618-36	1
42	BELT ADJUSTMENT KNOB	TM-17	2		OWNERS MANUAL	T1618-37	1
43	TOP & BOTTOM LEFT REAR END CAP	T1618-22	1		DECALS (1800)	T1800-03	1
44	TOP & BOTTOM RIGHT REAR END CAP	T1618-27	1		CHEST STRAP (1800)	T1800-07	1
45	INDICATOR	T1618-21	2		BOX BOTTOM	TM-22	1
46	LEFT SIGHT INDEX	TM-20	2				
47	LEFT CLEAR CAP	TM-18	1				
48	RIGHT CLEAR CAP	TM-19	1				
51	FOOT RAIL	T1618-26	2				
52	NON SKID	TM-21	2				
54	END CAP	TM-14	2				
55	60mm WHEEL - RUBBER	TM-13	2				

TABLE OF CONTENTS

3/30/06

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this equipment.

– THIS EQUIPMENT IS FOR CONSUMER USAGE ONLY –

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) **Inspect the equipment.** Before **EACH** use, a complete visual inspection, and test of the features and functions of the assembled equipment is required. **Do not use equipment if** you detect any incorrect, worn or loose components. **NEVER** operate the equipment if the equipment is not functioning properly.

5) Do not wear loose or dangling clothing while using the equipment. Wear comfortable clothes that allow freedom of movement.

6) Wear comfortable shoes made of good support with rubberized sole.

7) Breathe naturally, never holding your breath during an exercise.

8) Avoid over training. You should be able to carry on a conversation while exercising.

9) After an exercise session, cool down with slow walking and stretching.

10) This equipment should not be used by or near children.

11) Handicapped or disabled people must have medical approval before using this equipment and should be under close supervision when using any exercise equipment.

12) If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.

13) Use this equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

14) Only one person at a time should use this equipment.

15) Do not put hands, feet, or any foreign objects on or near this equipment when in use by others.

16) Always use this equipment on a level surface.

17) **Care should be taken** when mounting or dismounting the equipment. **Do not stand** on the Walking Belt while starting the Treadmill. Straddle the Belt and stand on the plastic Foot Rails.

18) Start exercise slowly and gradually increase the amount of resistance.

19) If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercise at once and consult a physician immediately.

20) Use caution not to pinch fingers or hands in moving parts when using the equipment.

21) Risk of electrical shock. This equipment is to be used <u>only</u> indoors and in a dry location.

22) Have plenty of clearance behind and in front of your Treadmill. It is important to keep children, pets, furniture and other objects out of the way when using your Treadmill. You should have a minimum of 4 feet of clearance both in front of and behind your Treadmill and a minimum of 2 feet of clearance on both sides of the Treadmill.

KEEP THESE INSTRUCTIONS

ADDITIONAL WORKOUT PROGRESS CHARTS

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

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
Waist
Abdomen
Hips
Thighs (L/R)
Calves (L/R)

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

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 1600/1800 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 Replacement 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 REPLACEMENT 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.
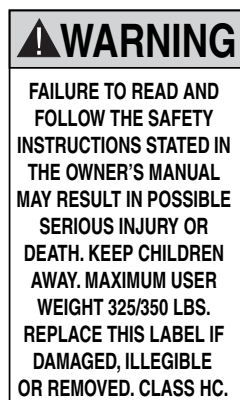
Serial #: _____

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)
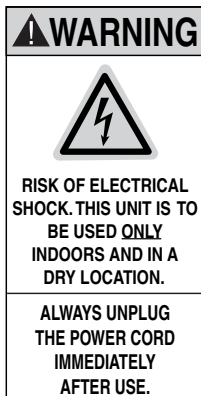4) Model Number (NBT1600-2/NBT1800-2)
5) Part Order Number and Description

Important: *See below for placement of the following warning/caution labels on your Treadmill.*
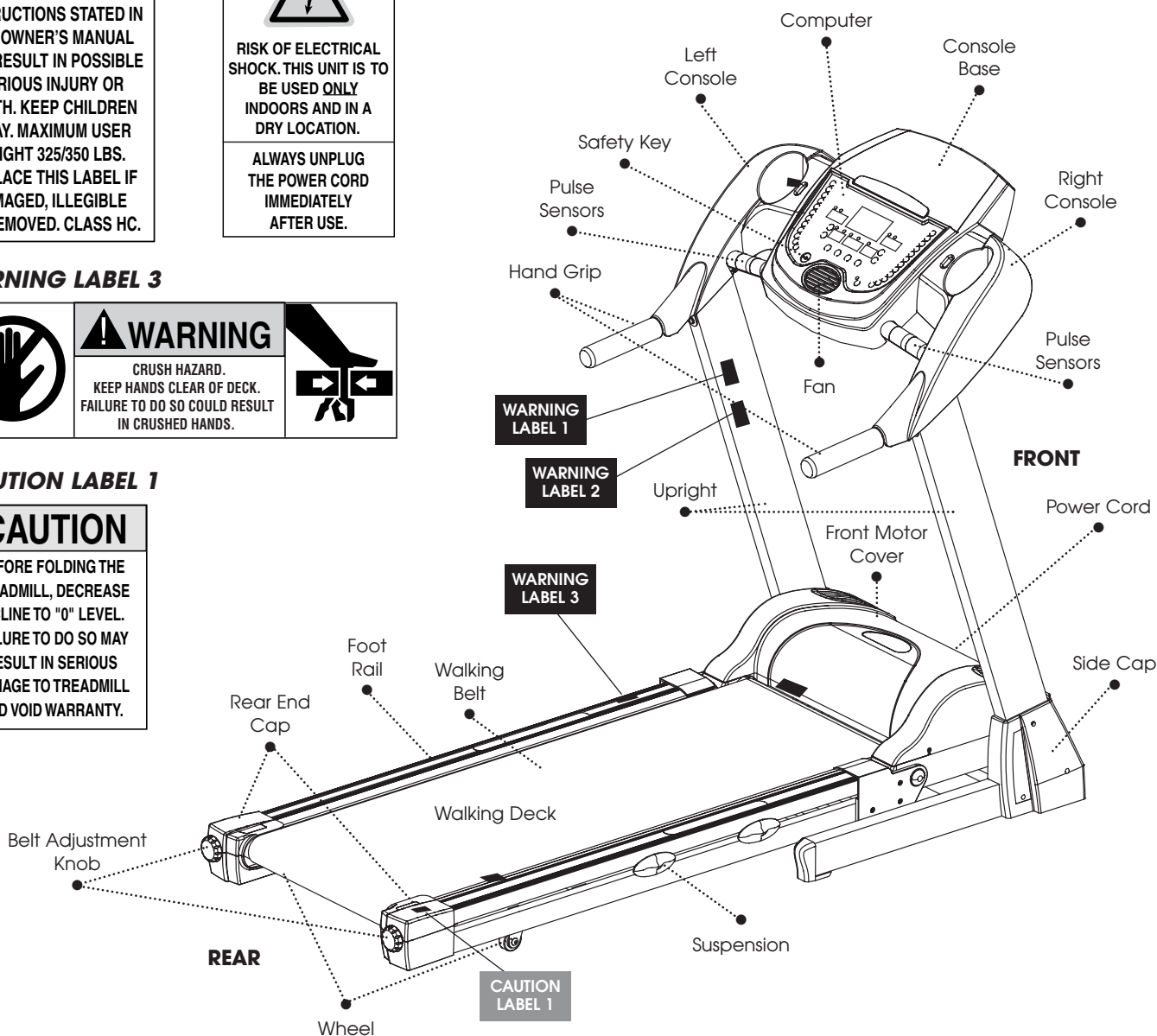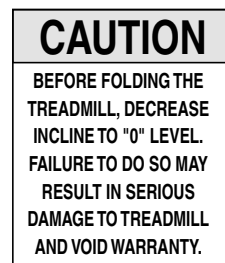
WARNING LABEL 1

⚠️ **WARNING**

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH. KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 325/350 LBS. REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. CLASS HC.

WARNING LABEL 2

⚠️ **WARNING**

RISK OF ELECTRICAL SHOCK. THIS UNIT IS TO BE USED <u>ONLY</u> INDOORS AND IN A DRY LOCATION.

ALWAYS UNPLUG THE POWER CORD IMMEDIATELY AFTER USE.

WARNING LABEL 3

⚠️ **WARNING**

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

CAUTION LABEL 1

CAUTION

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

Computer
Left Console
Console Base
Safety Key
Pulse Sensors
Right Console
Hand Grip
Pulse Sensors
Fan
WARNING LABEL 1
WARNING LABEL 2
FRONT
Upright
Power Cord
WARNING LABEL 3
Front Motor Cover
Foot Rail
Walking Belt
Side Cap
Rear End Cap
Belt Adjustment Knob
Walking Deck
REAR
Suspension
CAUTION LABEL 1
Wheel

New Balance 1600/1800 Specifications:

Approximate:

Length: 75″ **Width:** 35 3/4″ **Height:** 54 1/2″
Product Weight: 254 lbs.
Maximum User Weight: 1600 - 325 lbs.   1800 - 350 lbs.

TROUBLESHOOTING GUIDE

PROBLEM	CAUSE	CORRECTION
Treadmill will not start	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	1. Plug into three prong grounded outlet 2. Turn on the Main Power, on/off button 3. Put Safety Key on Console where indicated 4. Reset home breaker 5. Reset Treadmill Circuit Breaker (see below)
Treadmill Speed Not Correct	1. Treadmill starts at 0.5 calibrated in miles – 0.8 calibrated in Kilometers	1. With Monitor powered off, press & hold the Select button for 4 sec. to adjust reading
Treadmill Speed Surges	1. Walking Belt slipping 2. Lubricate Walking Belt 3. Motor Controller not set properly	1. Tighten Walking Belt (see page 13) 2. Lubricate Belt and Deck (see page 14) 3. Call 800-497-5831 for service
Treadmill Belt will not move - ERR 1 on screen	1. Lost speed input signal	1. Call 800-497-5831 for service
Incline will not operate - ERR 3 on screen	1. Lost incline signal	1. Remove and replace Safety Key and Treadmill will recalibrate
Treadmill Belt Slipping	1. Walking Belt loose 2. Deck needs lubrication	1. Tighten Walking Belt (see page 13) 2. Lubricate Belt and Deck (see page 14)
Treadmill Noisy	1. Loose hardware 2. Motor straining 3. Clicking sound - Roller knocking	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	1. Too much hand movement 2. Palms too wet 3. Gripping hand grips too tight 4. Wearing rings	1. Stand on Side Rails to get accurate pulse reading **-OR-** Must have two hands on grips 2. Dry palms 3. Grip using moderate pressure 4. Remove all rings
Inaccurate heart rate strap	1. Electrical interference	1. Keep at least six feet away from Televisions, Computers and Fluorescent Lights

⚠ CAUTION

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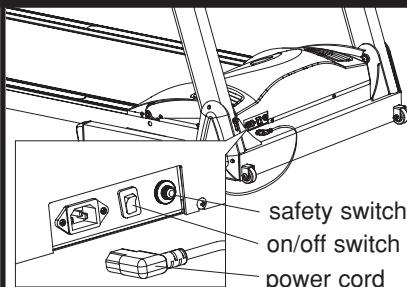
The Treadmill will shut off when the electricity load is above it's capacity (example: power surge or storm). To restart the Treadmill, please follow the procedure below:

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.

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.
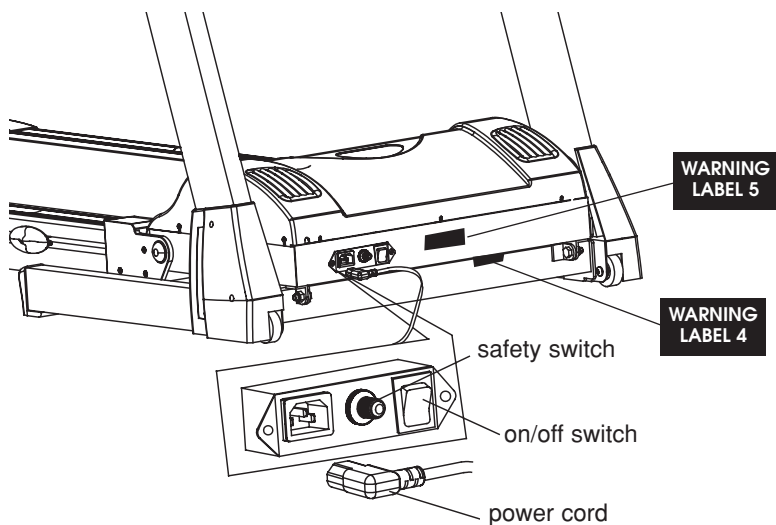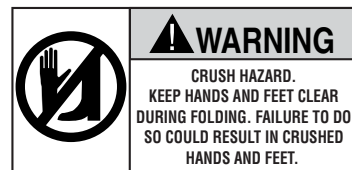
Hold for 20 to 30 seconds and release.

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.
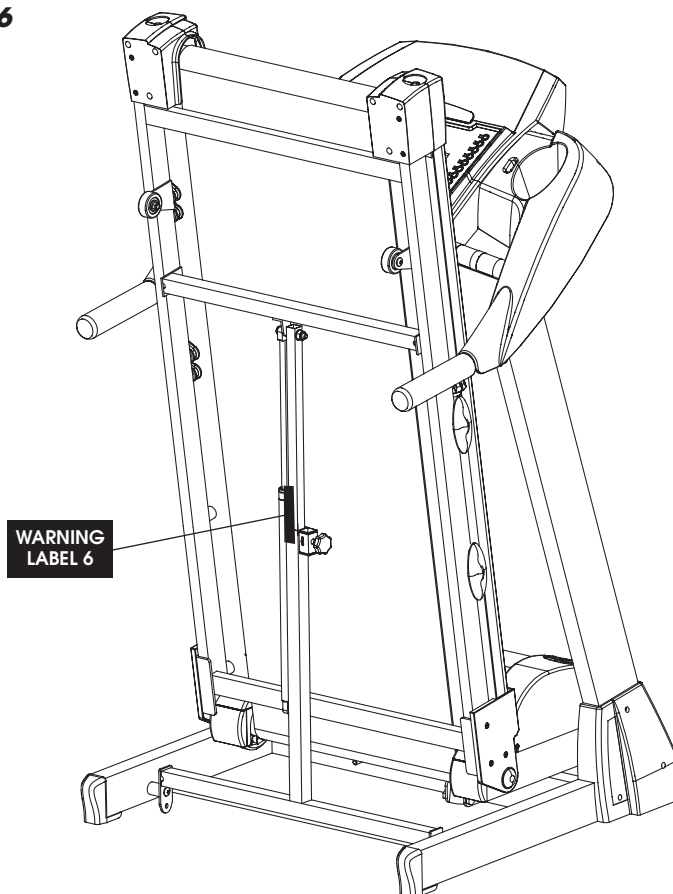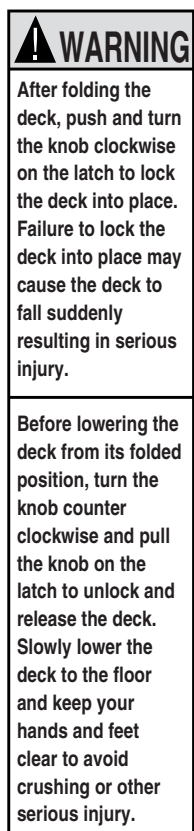
safety switch

on/off switch

power cord

⚠ WARNING

CRUSH HAZARD.
KEEP HANDS AND FEET CLEAR
DURING FOLDING. FAILURE TO DO
SO COULD RESULT IN CRUSHED
HANDS AND FEET.

WARNING LABEL 5

⚠WARNING

ALWAYS UNPLUG THE
POWER CORD IMMEDIATELY
AFTER USE.

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.

WARNING LABEL 6

5

⚠ 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 1600/1800 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.
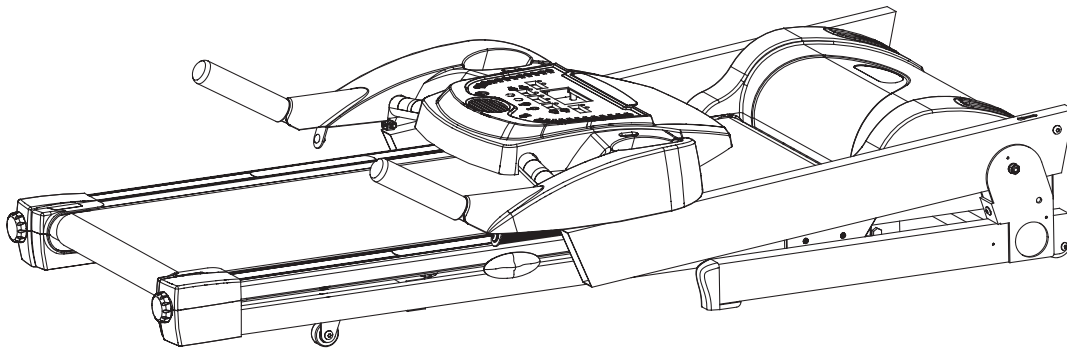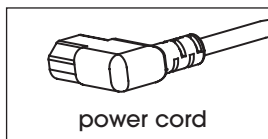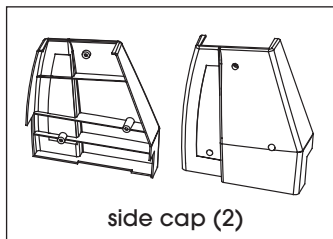
Parts Box

Tools Required: (included)

Allen Wrench

Multi Hex Tool with Phillips Screwdriver

power cord
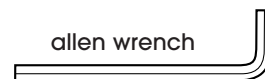
side cap (2)

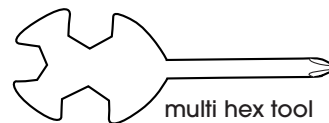### Fastener Pack

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

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.
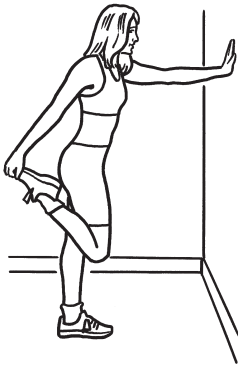
1. Quadriceps Stretch

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.
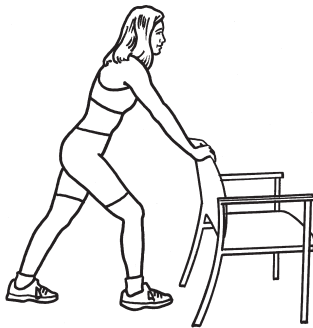
2. Calf and Achilles Stretch

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.

HEART RATE TARGET ZONE
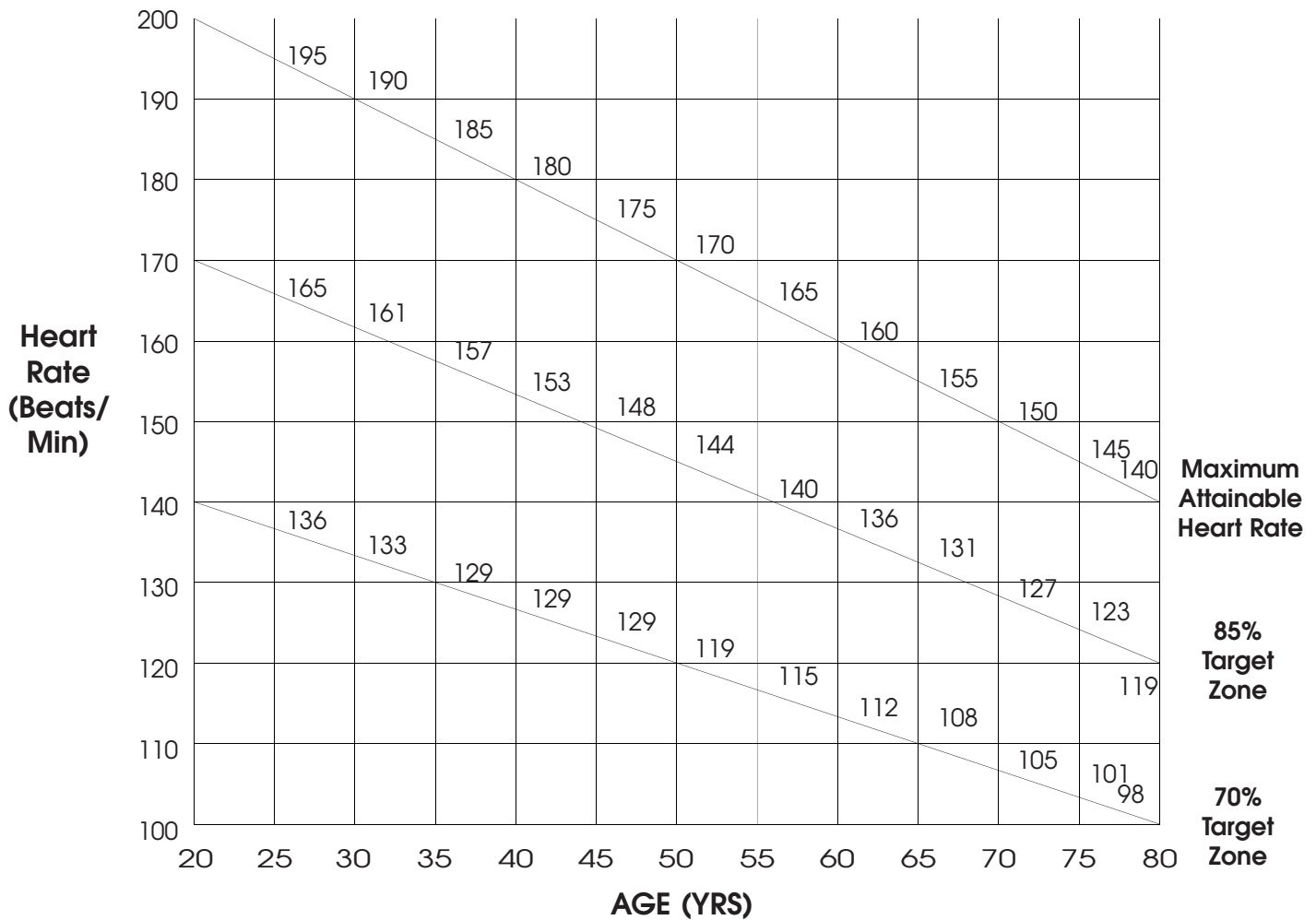# FOR CARDIOVASCULAR FITNESS

TABLE 1

Chart: Heart Rate (Beats/Min) vs. Age (Yrs)

Maximum Attainable Heart Rate line values: 195, 190, 185, 180, 175, 170, 165, 160, 155, 150, 145, 140

85% Target Zone line values: 165, 161, 157, 153, 148, 144, 140, 136, 131, 127, 123, 119

70% Target Zone line values: 136, 133, 129, 129, 129, 119, 115, 112, 108, 105, 101, 98

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

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

a) 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.

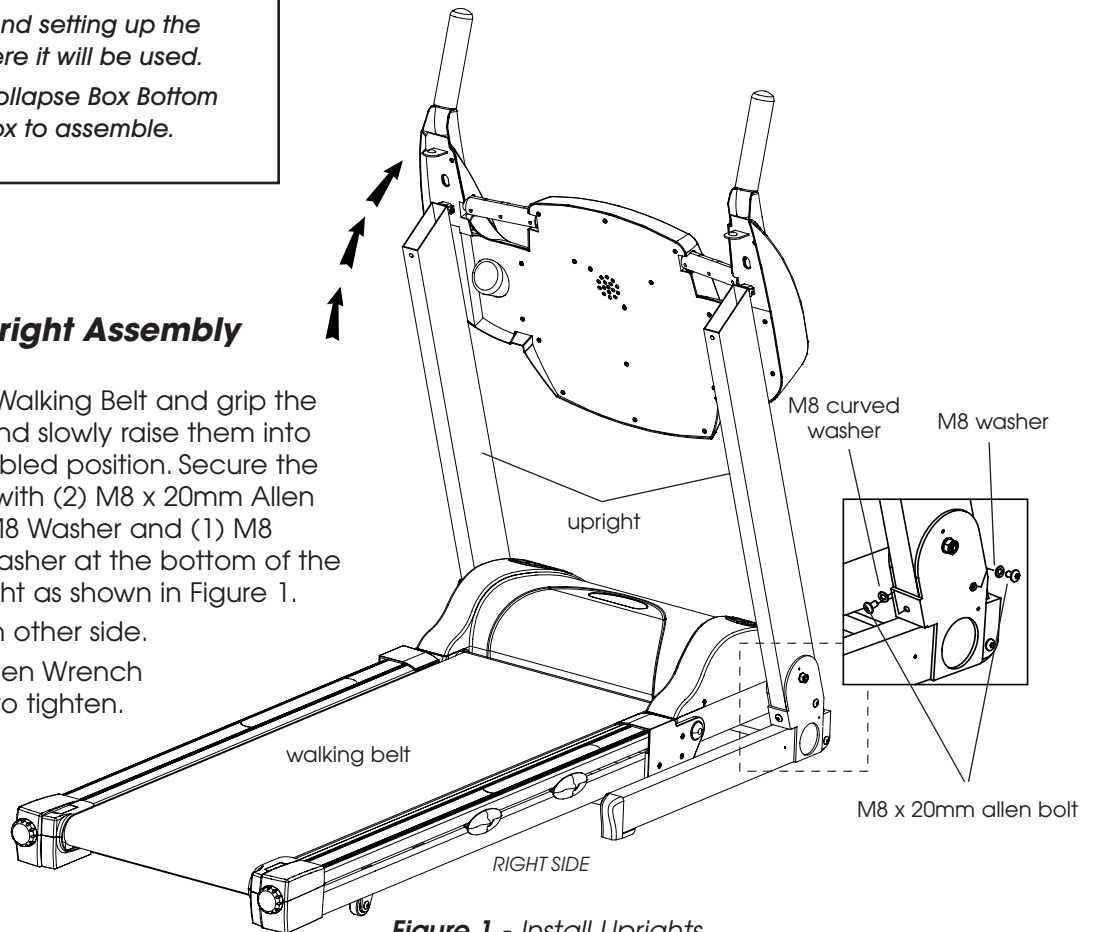Repeat on other side.

b) Use the Allen Wrench provided to tighten.

M8 curved washer

M8 washer

upright

walking belt

RIGHT SIDE

M8 x 20mm allen bolt

Figure 1 - *Install Uprights*

STEP 2 - Console Base Assembly

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

a) Make sure the wires are connected on the right side. See Figure 2a.

b) While standing on the Walking Belt put the Console Base Assembly in the user position by pivoting it carefully down. See Figure 2b.

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

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

Repeat on other side.

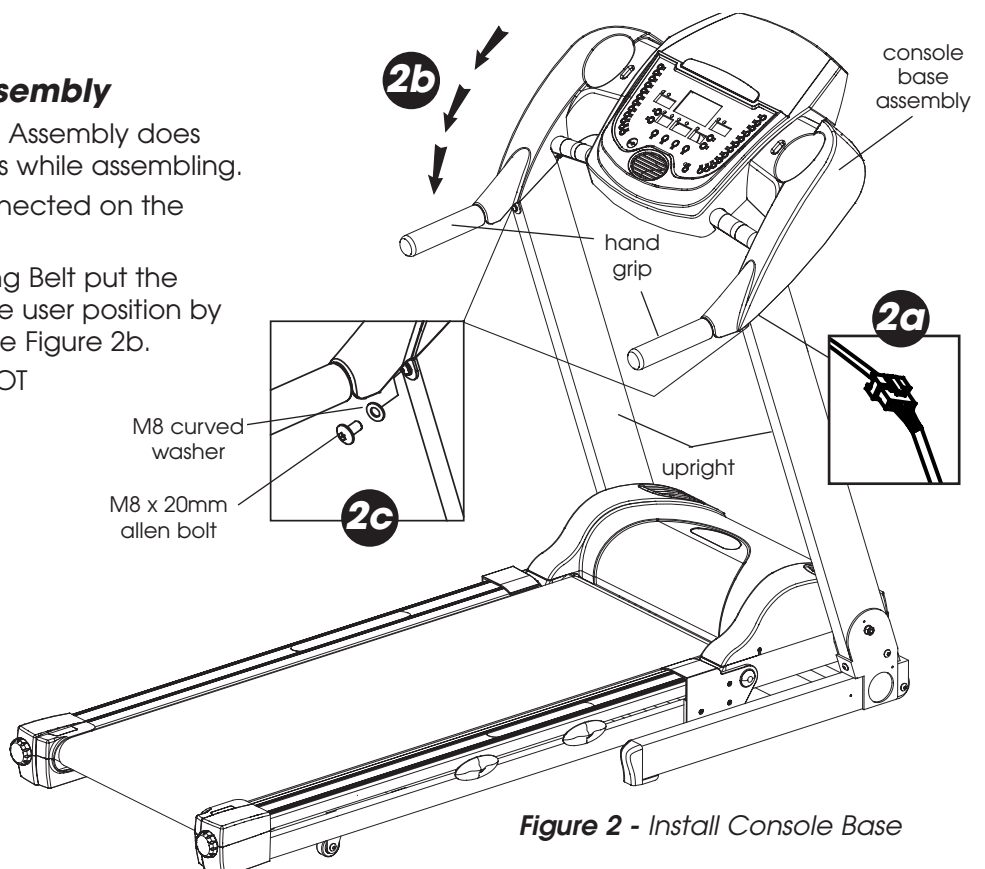Tighten with Allen Wrench provided. See Figure 2c.

2b

console base assembly

hand grip

2a

M8 curved washer

M8 x 20mm allen bolt

2c

upright

Figure 2 - *Install Console Base*

7

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.
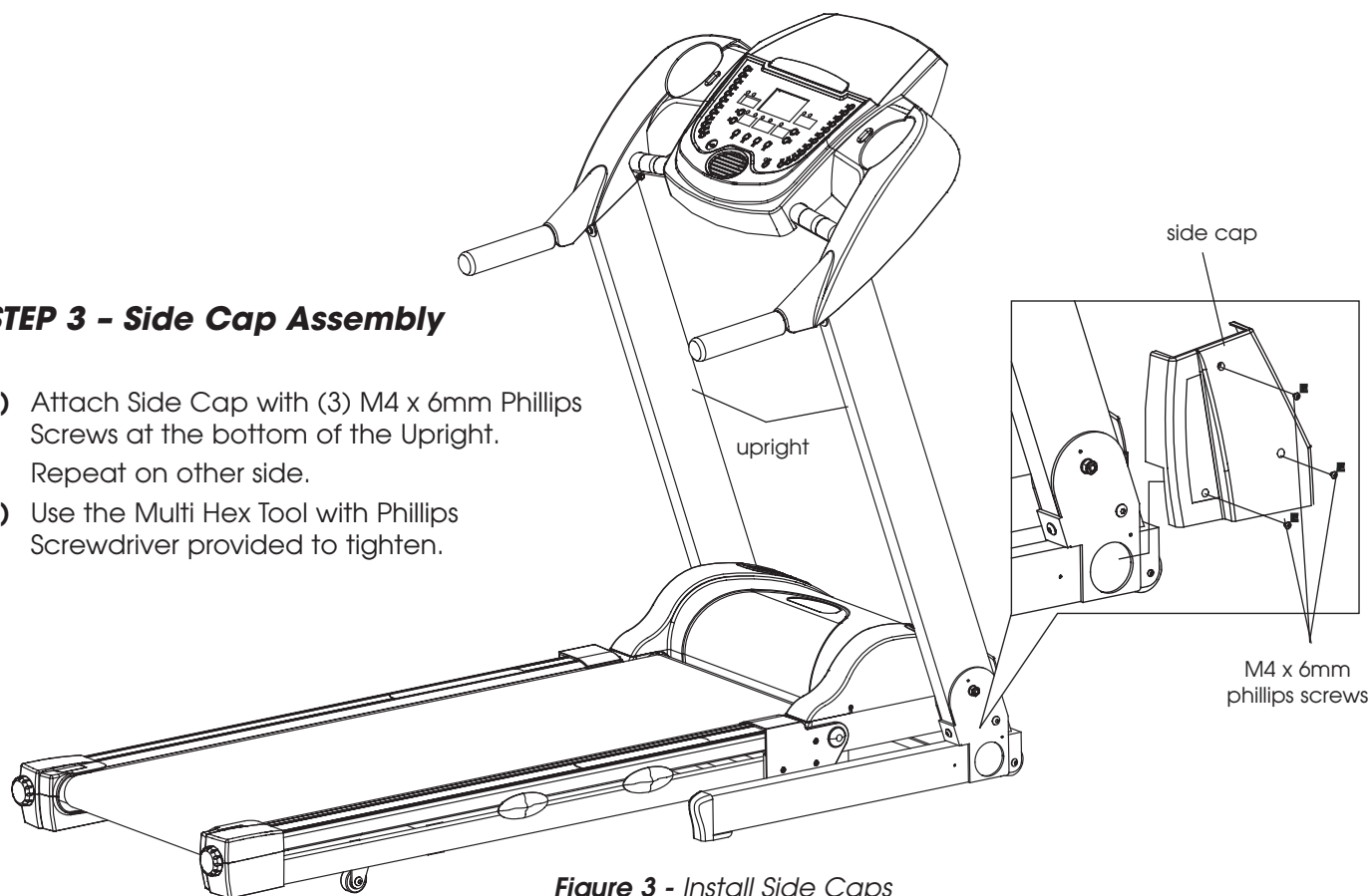
side cap

upright

M4 x 6mm phillips screws

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.

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!

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 to 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 - age) x 70%. Thus, the target heart rate for a 40 year-old would be 126. In this example for this
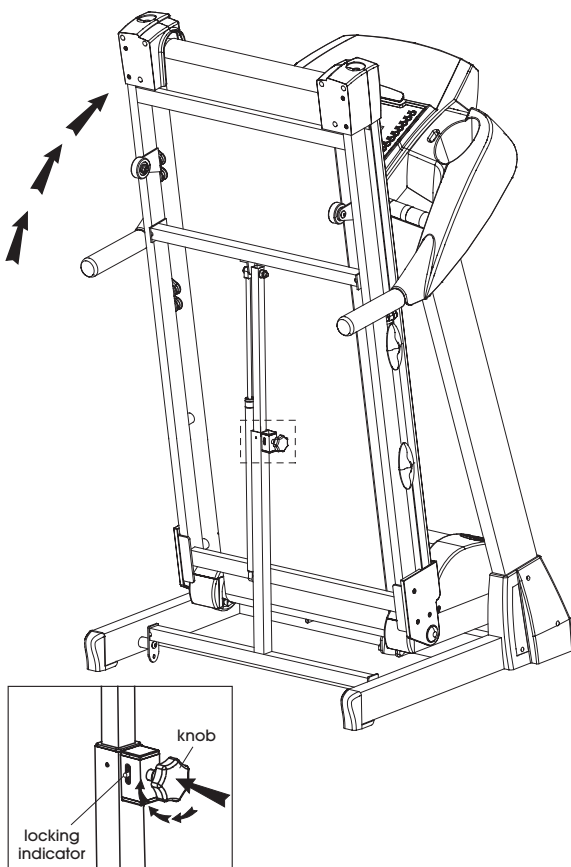
STEP 1 – Folding the Treadmill to allow removal of the shipping box.

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.
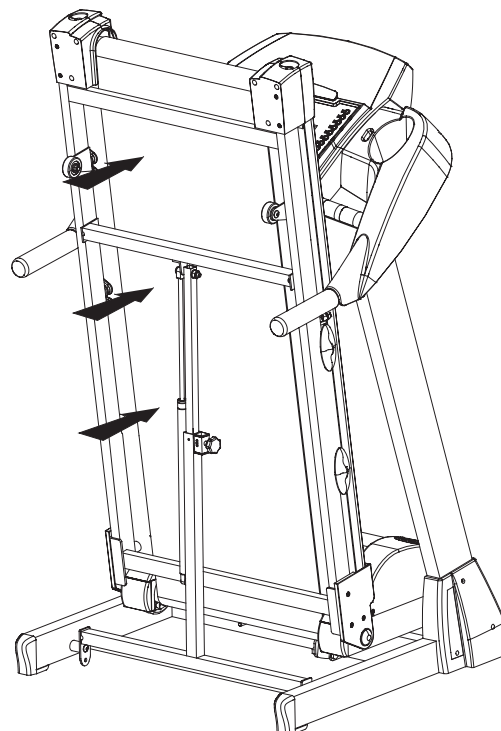
STEP 2 – Moving the Treadmill (in folded position)

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.

knob

locking indicator

locking
indicator
not visable
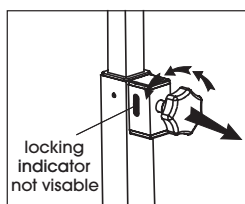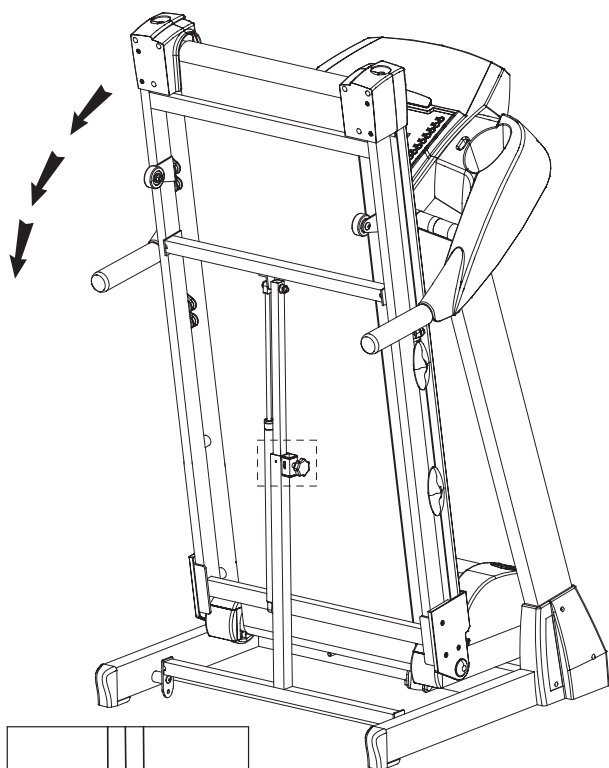
STEP 3 – Lowering the Walking Deck

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.

safety switch

on/off switch
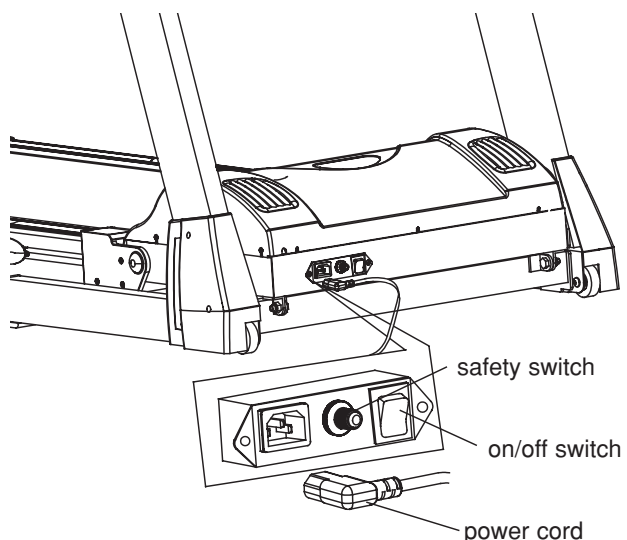
power cord

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 your owner's manual before beginning your workout for important instructions on how to use your Treadmill.

10

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

17. **User Program 2:** Same as User Program 1.

18. **User Program 3:** Same as User Program 1.

19. **Weight Loss Heart Rate Program:** The user must wear the Heart Rate Chest Strap to use this program. After the program is confirmed, using the arrow keys, the user enters his/her age. Note that Age is blinking in the Time window. Target Heart Rate (THR) is computed at 65% of maximum (220 - AGE) and appears in the Heart Rate window. THR can be changed at this time using the Elevation keys. Press START and the Treadmill Belt starts at 0.5mph, and the user controls the Speed. After a 3-1/2 minute warm-up, the Incline begins to adjust at a rate of 1% every 30 seconds until the Target Heart Rate Zone is reached (THR +- 5BPM). If the THR zone is exceeded, the Incline declines at a rate of 1% every 30 seconds until the Heart Rate is in the THR zone.

20. **Cardio Heart Rate Program:** The user must wear the Heart Rate Chest Strap to use this program. After the program is confirmed, using the arrow keys, the user enters his/her age. Note that Age is blinking in the Time window. Target Heart Rate (THR) is computed at 80% of maximum (220 - AGE) and appears in the Heart Rate window. THR can be changed at this time using the Elevation keys. Press START and the Treadmill Belt starts at 0.5mph, and the user controls the speed. After a 3-1/2 minute warm-up, the Incline begins to adjust at a rate of 1% every 30 seconds until the Target Heart Rate Zone is reached (THR +- 5BPM). If the THR zone is exceeded, the Incline declines at a rate of 1% every 30 seconds until the Heart Rate is in the THR zone.

- -

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.

| 1600 | USING THE PULSE FUNCTION | 1800 |

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.

Pulse Sensors

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.

knob

locking indicator
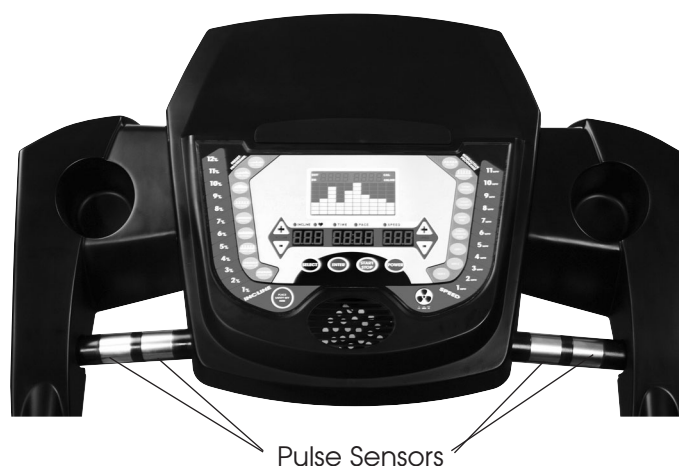
locking indicator not visable
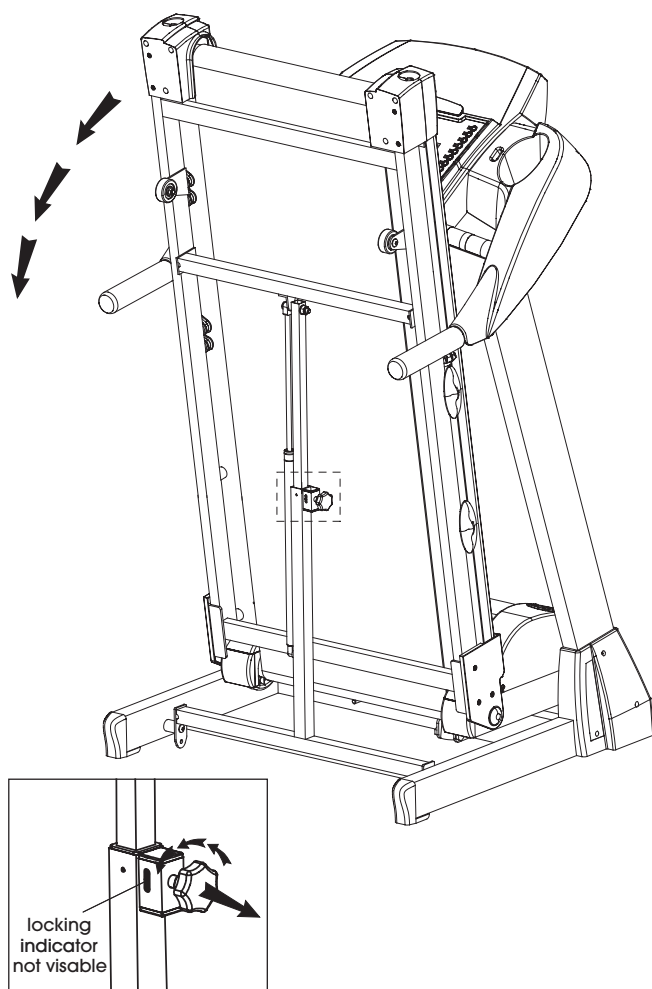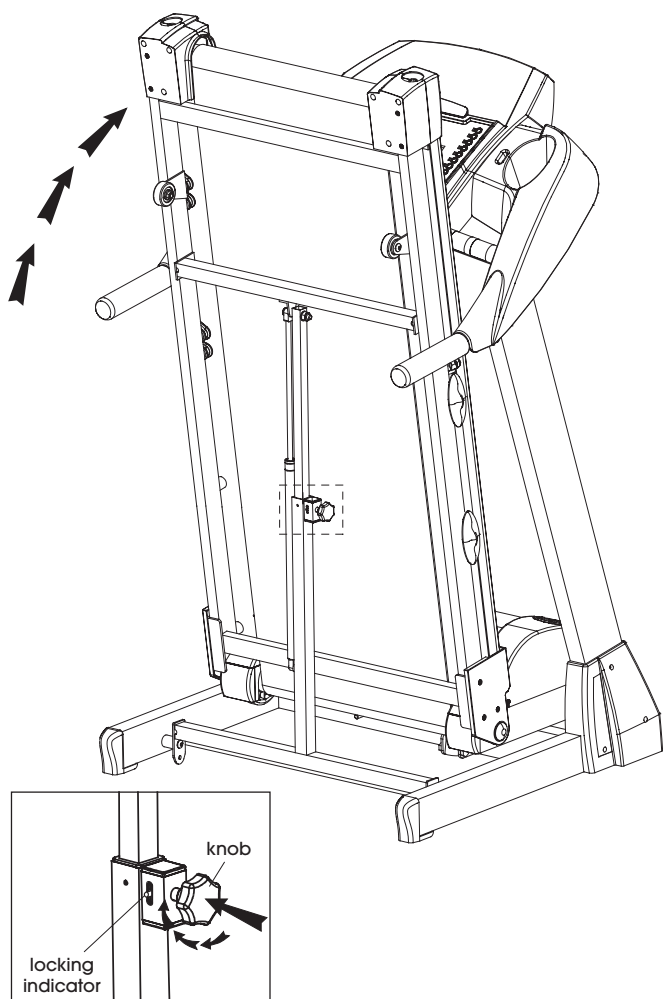
TO FOLD THE TREADMILL

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

CAUTION

BEFORE FOLDING THE TREADMILL, DECREASE INCLINE 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. Press the Incline ∇ Key until Incline is at "0" level. 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 that nothing is under the Deck, especially children or pets, when you lower it.
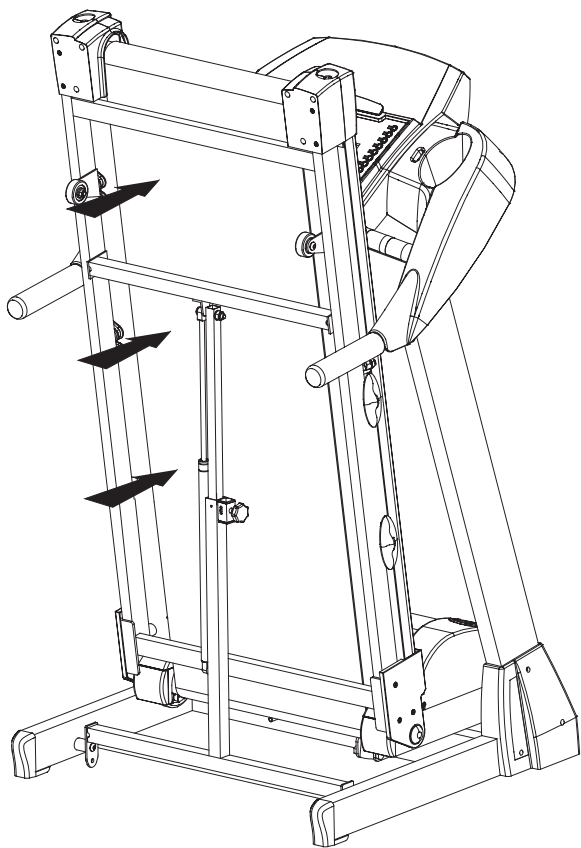
TO MOVE THE TREADMILL
(in folded position)

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.

ON/OFF SWITCH: Turn on the ON/OFF switch located on the front of the Treadmill. The switch will light up if there is power to the Treadmill.

PRESS POWER: This turns the Computer power on. The Treadmill Belt will not start unless POWER is pressed first. WT will appear in the dot matrix and the previous user weight will appear in the Calories window. Enter weight of user using the Speed or Incline arrows. Press ENTER to confirm weight.

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 18 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, one-minute segments. The program repeats the ten, one-minute 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. **Cardio Burn:** This is an interval elevation program that alternates between 3% and 8%. The user controls the speed.

8. **Walking Interval:** This is an interval speed program that has alternating rest and work intervals. The defaults are 2.5mph and 3.0mph. When a lower interval is changed, all the lower, or rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The user controls the incline.

9. **Jogging Interval:** This is an interval speed program that has alternating rest and work intervals. The defaults are 5.0mph and 6.0mph. When a lower interval is changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The user controls the incline.

10. **Hill Interval:** This is an interval elevation program that has alternating rest and work intervals. The defaults are 0% and 3%. When a lower interval is changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The default speed is 2.0mph. The speed is controlled by the user.

11. **Mountain Interval:** This is an interval elevation program that has alternating rest and work intervals. The defaults are 1% and 7%. When a lower interval is changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The default speed is 2.0mph. The speed is controlled by the user.

12. **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.

13. **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 Belt starts and the user controls the Speed and Incline. The calorie goal will count down in the Calories window.

14. **Target Time:** This program counts down the time goal that the user sets before exercising. After confirming the program, the user enters the time goal using the Speed or Incline arrow keys. Increments are 1 minute. Press ENTER to confirm the time goal, press START, the Treadmill Belt starts and the user controls the Speed and Incline. The time goal will count down in the Time window.

15. **Target Elevation Gain:** This program counts down the Elevation Gain goal that the user sets before exercising. After confirming the program, the user enters the Elevation Gain goal using the Speed or Incline arrow keys. Increments are 10 feet. Press ENTER to confirm the Elevation Gain goal, press START, the Treadmill Belt starts and the user controls the Speed and Incline. The Elevation Gain goal will count down in the Elevation Gain window.

16. **User Program 1:** 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.

21

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.

PACE: Shows minutes per mile.

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 12 x 10 dot matrix reflects Incline on the Elevation Programs (Programs 1-4, 7, 10-11) and Speed on the Speed Programs (Programs 5-6, 8-9) and the User Programs. On Programs 12-15 and in the Manual Mode, the dot matrix displays a 1/4 mile running track. On the Heart Rate programs, a beating heart is displayed.

CALORIES: Displays Calories consumed. The Calorie Calculation is based on a 150 pound person.

CALORIES/HR: During your workout, press Select to show the Calories you could burn per hour.

ELEVATION GAIN: To display Elevation in feet, the user has climbed during the current workout, press SELECT and the value will display for three seconds.

PROGRAM FUNCTION

MANUAL — PROGRAM 4 FAT BURN — PROGRAM 8 WALKING INTERVAL — PROGRAM 12 TARGET DISTANCE — PROGRAM 16 USER 1 — PROGRAM 20 CARDIO HEART RATE

PROGRAM 1 HILL WALK — PROGRAM 5 WALKING — PROGRAM 9 JOGGING INTERVAL — PROGRAM 13 TARGET CALORIES — PROGRAM 17 USER 2

PROGRAM 2 MOUNTAIN PASS — PROGRAM 6 JOGGING — PROGRAM 10 HILL INTERVAL — PROGRAM 14 TARGET TIME — PROGRAM 18 USER 3

PROGRAM 3 PIKES PEAK — PROGRAM 7 CARDIO BURN — PROGRAM 11 MOUNTAIN INTERVAL — PROGRAM 15 TARGET ELEVATION GAIN — PROGRAM 19 WEIGHT LOSS HEART RATE
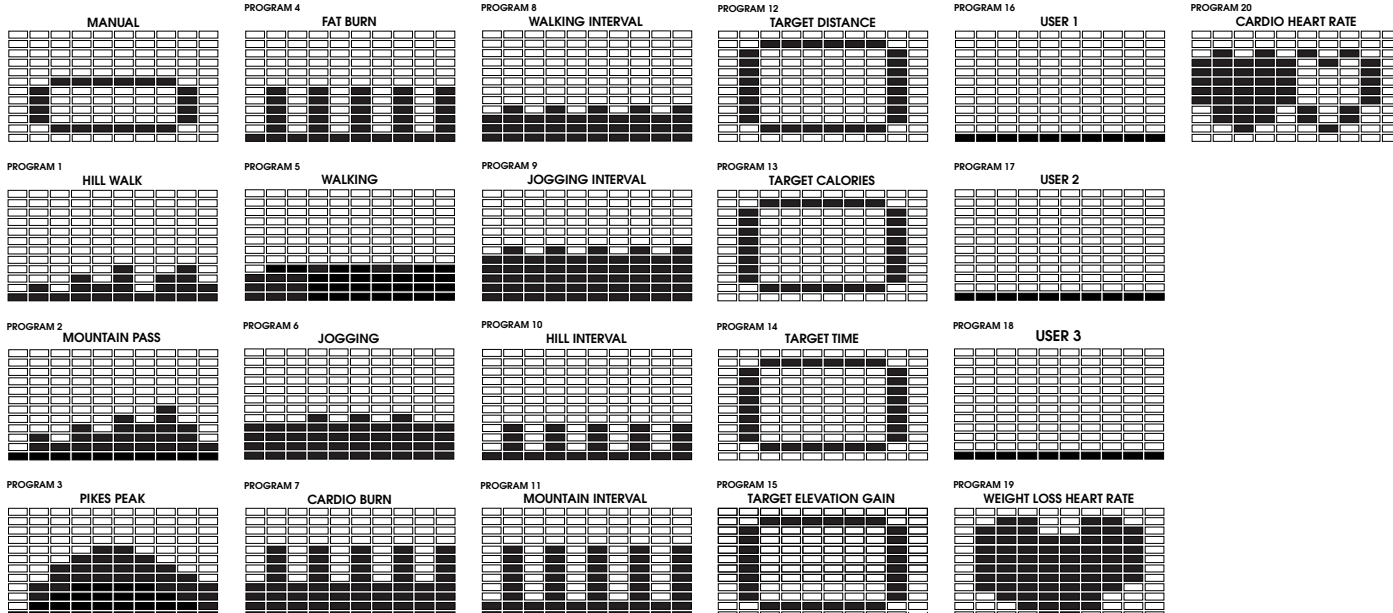
TAKING CARE OF YOUR TREADMILL

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

Have plenty of clearance behind and in front of your Treadmill. It is important to keep children, pets, furniture and other objects out of the way when using your Treadmill. You should have a minimum of 4 feet of clearance both in front of and behind your Treadmill and a minimum of 2 feet of clearance on both sides of the Treadmill.

Worn or damaged components should be replaced immediately. Do not use the Treadmill if it is not working properly. Only manufactured-supplied or approved components shall be used to maintain and repair the Treadmill. It is the sole responsibility of the user/owner to ensure that regular mainte-nance is performed.

WALKING BELT TENSION

Walking Belts tend to stretch slightly with use. The Walking Belt may occasionally need to be tight-ened. 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.

belt

foot rail
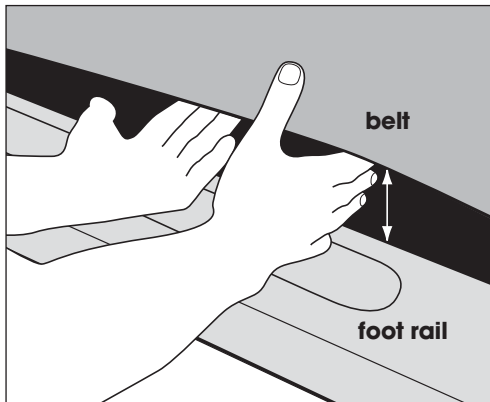
To tighten the Belt, with the Treadmill off, turn the **Left Knob** at the end of the Treadmill **one full turn clockwise**, and then turn the **Right Knob one full**

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.

sight index
(preset at 2)

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.
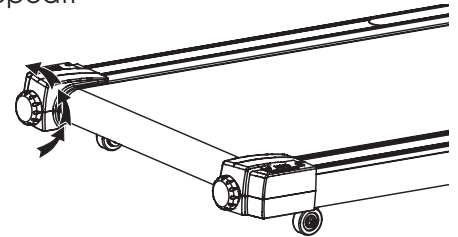
If the Walking Belt has moved to the left, turn the Left Adjustment Knob a quarter turn to the right. Let the Treadmill run about 30 seconds, and if the Belt does not move, repeat.
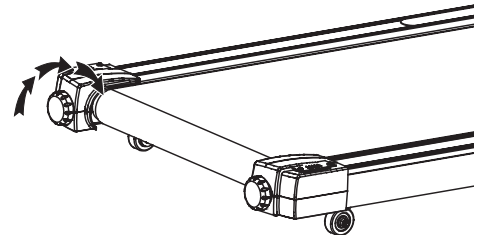
WARNING: Always turn off and unplug the Treadmill from the electrical outlet before cleaning, lubricating, or servicing the Treadmill.

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 front (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.

motor cover

safety switch

screw (3)

screw (2 each side)

on/off switch

power cord
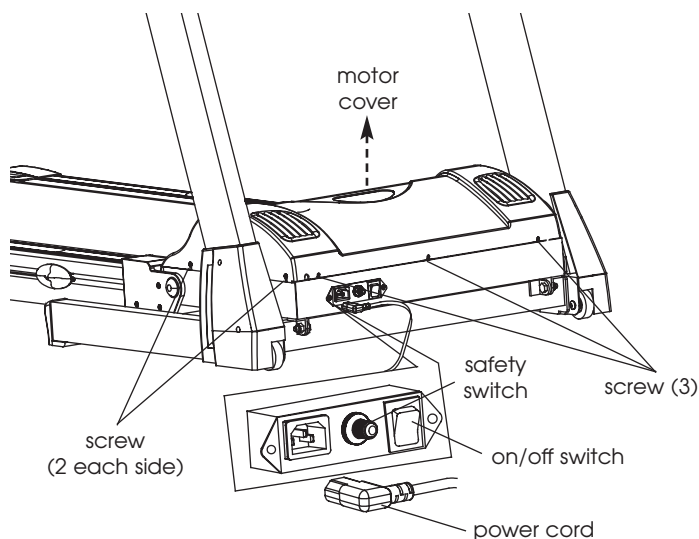
WALKING BELT AND DECK LUBRICATION

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.

foam pad
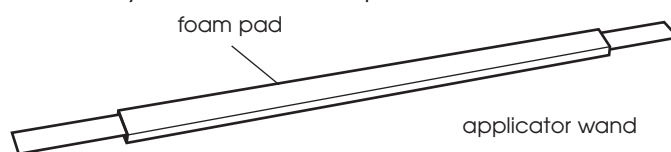
applicator wand

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.

lubrication port

LEFT SIDE

applicator wand

RIGHT SIDE
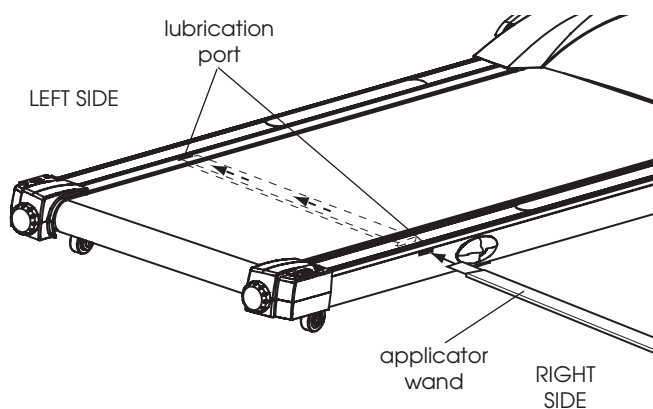
3. Start the Treadmill Belt and set the speed at 1.0 mph. Let the Belt run for about 45 seconds in order to spread the lubrication on the underneath side of the Belt.

4. Place Applicator Wand in plastic sleeve to retain moisture.

ON/OFF SWITCH: Turn on the ON/OFF switch located on the front of the Treadmill. The switch will light up if there is power to the Treadmill.

PRESS POWER: This turns the Computer power on. The Treadmill Belt will not start unless POWER is pressed first. WT will appear in the dot matrix and the previous user weight will appear in the Calories window. Enter weight of user using the Speed or Incline arrows. Press ENTER to confirm weight.

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 18 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, one-minute segments. The program repeats the ten, one-minute 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. **Cardio Burn:** This is an interval elevation program that alternates between 3% and 8%. The user controls the speed.
8. **Walking Interval:** This is an interval speed program that has alternating rest and work intervals. The defaults are 2.5mph and 3.0mph. When a lower interval is changed, all the lower, or rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The user controls the incline.
9. **Jogging Interval:** This is an interval speed program that has alternating rest and work intervals. The defaults are 5.0mph and 6.0mph. When a lower interval is changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The user controls the incline.

10. **Hill Interval:** This is an interval elevation program that has alternating rest and work intervals. The defaults are 0% and 3%. When a lower interval is changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The default speed is 2.0mph. The speed is controlled by the user.
11. **Mountain Interval:** This is an interval elevation program that has alternating rest and work intervals. The defaults are 1% and 7%. When a lower interval is changed, all the rest intervals go to this value. When the higher, or work interval is changed, all the work intervals go to this value. The default speed is 2.0mph. The speed is controlled by the user.
12. **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.
13. **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.
14. **Target Time:** This program counts down the time goal that the user sets before exercising. After confirming the program, the user enters the time goal using the Speed or Incline arrow keys. Increments are 1 minute. Press ENTER to confirm the time goal, press START, the Treadmill starts and the user controls the Speed and Incline. The time goal will count down in the Time window.
15. **Target Elevation Gain:** This program counts down the elevation gain goal that the user sets before exercising. After confirming the program, the user enters the elevation gain goal using the Speed or Incline arrow keys. Increments are 10 feet. Press ENTER to confirm the elevation gain goal, press START, the Treadmill starts and the user controls the Speed and Incline. The elevation gain goal will count down in the Elevation Gain window.
16. **User Programs 1-3:** 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.

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.

PACE: Shows minutes per mile.

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, 7, 10-11) and Speed on the Speed Programs (Programs 5-6, 8-9) and the User Programs. On Programs 12-15 and in the Manual Mode, the dot matrix displays a 1/4 mile running track.

CALORIES: Displays Calories consumed. The Calorie Calculation is based on a 150 pound person.

CALORIES/HR: During your workout, press Select to show the Calories you could burn per hour.

ELEVATION GAIN: To display Elevation in feet, the user has climbed during the current workout, press SELECT and the value will display for three seconds.

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.

Electronics Operating Instructions For Your Treadmill

SAFETY TIPS:

- Practice mounting and dismounting your Treadmill before beginning your workout.

- 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 REFERENCE GUIDE

SPEED QUICK KEYS
1-11 MPH
Pressing these keys slowly changes the SPEED to that value.

+ OR - KEYS
Increases or decreases the SPEED when pressed. Pressing once increases or decreases the speed 0.1 mph. Pressing and holding for two seconds will increase or decrease the speed faster.

PROGRAM KEYS
Pressing these selects a program. Press Power, then select Program, hit Enter, then Start.

Shows **speed** during your workout

Shows **minutes per mile** during your workout

Shows **time** during your workout

Shows **pulse** during your workout

Tells level of **incline** when Select is pushed during your workout

PROGRAM KEYS
Pressing these selects a program. Press Power, then select Program, hit Enter, then Start.

FAN
Turns fan on/off. Press once - low again - medium again - high again - off

POWER
Pressing this key brings power to the Treadmill and must be pressed before any other key.

START/STOP
Pressing this starts and stops the Treadmill Belt.

ENTER
Pressing this confirms the selection of a program. Also confirms the speed and incline values during the setting of a user program.

SELECT
Displays the preset or user programs. Also will display the elevation and elevation gain values for three seconds during workout. When power is off, press for 2 seconds to change from miles to kilometers.

SAFETY KEY
The Computer can be operated only with the Safety Key attached to the Treadmill. The Computer shuts off and the Treadmill stops when this key is removed.

INCLINE QUICK KEYS
1-12%
Pressing these keys slowly changes the Incline to that value.

+ OR - KEYS
Increases or decreases the INCLINE when pressed.

SHOWS SPEED
SHOWS TIME & PACE
SHOWS PULSE & INCLINE LEVEL

SPEED
PACE
TIME
INCLINE

SPEED
INCLINE

PROGRAMS

HILL INT.
MOUNTAIN INT.
TARGET DISTANCE
TARGET CALORIES
TARGET TIME
TARGET ELEVATION GAIN
USER 1
USER 2
USER 3

11 MPH
10 MPH
9 MPH
8 MPH
7 MPH
6 MPH
5 MPH
4 MPH
3 MPH
2 MPH
1 MPH

PROGRAMS

HILL WALK
MTN. PASS
PIKES PEAK
FAT BURN
WALKING
JOGGING
CARDIO BURN
WALKING INT.
JOGGING INT.

12%
11%
10%
9%
8%
7%
6%
5%
4%
3%
2%
1% INCLINE

PLACE SAFETY KEY HERE

LO HI

POWER
START STOP
ENTER
SELECT

QUICK REFERENCE GUIDE

1800

PROGRAM KEYS
Pressing these selects a program. Press Power, then select Program, hit Enter, then Start.

SPEED QUICK KEYS
1-11 MPH Pressing these keys slowly changes the SPEED to that value.

CAL/HR
During your workout pressing Select will show the Calories you could burn per hour.

+ OR - KEYS
Increases or decreases the SPEED when pressed. Pressing once increases or decreases the speed 0.1 mph. Pressing and holding for two seconds will increase or decrease the speed faster.

FAN
Turns fan on/off. Press once - low again - medium again - high again - off

POWER
Pressing this key brings power to the Treadmill and must be pressed before any other key.

START/STOP
Pressing this starts and stops the Treadmill Belt.

ENTER
Pressing this confirms the selection of a program. Also confirms the speed and incline values during the setting of a user program.

SELECT
Displays the preset or user programs. Also will display the elevation and elevation gain values for three seconds during workout. When power is off, press for 2 seconds to change from miles to kilometers.

SAFETY KEY
The Computer can be operated only with the Safety Key attached to the Treadmill. The Computer shuts off and the Treadmill stops when this key is removed.

+ OR - KEYS
Increases or decreases the INCLINE when pressed.

ELEVATION GAIN
Shows elevation gain during workout when Select is pushed.

INCLINE QUICK KEYS
1-12% Pressing these keys slowly changes the Incline to that value.

PROGRAM KEYS
Pressing these selects a program. Press Power, then select Program, hit Enter, then Start.

Shows **pulse** during your workout

Tells level of **incline** when Select is pushed during your workout

Shows **distance**

Shows **time** during your workout

Shows **minutes per mile** during your workout

Shows **speed** during your workout

Shows **calories burned**

PROGRAMS

MOUNTAIN INT.
TARGET DISTANCE
TARGET CALORIES
TARGET TIME
TARGET ELEVATION GAIN
USER 1
USER 2
USER 3
WEIGHT LOSS
CARDIO

CAL / HR
CAL
SPEED
PACE
TIME
INCLINE

SHOWS SPEED
SHOWS TIME & PACE
SHOWS PULSE & INCLINE LEVEL

DST
EG

SPEED
+
SPEED
-

INCLINE
+
-

POWER
START STOP
ENTER
SELECT

PLACE SAFETY KEY HERE

12 MPH
11 MPH
10 MPH
9 MPH
8 MPH
7 MPH
6 MPH
5 MPH
4 MPH
3 MPH
2 MPH
1 MPH

SPEED

LO MED HI

PROGRAMS
HILL WALK
MTN. PASS
PIKES PEAK
FAT BURN
WALKING
JOGGING
CARDIO BURN
WALKING INT.
JOGGING INT.
HILL INT.

12%
11%
10%
9%
8%
7%
6%
5%
4%
3%
2%
1%

INCLINE

17