



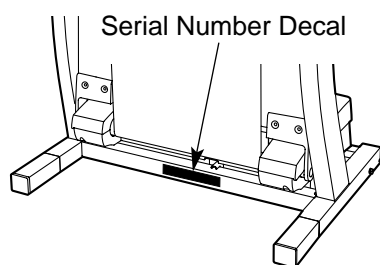
# T90

Patent Pending

Model No. HRTL13910

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

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



## QUESTIONS?

If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge.

**CUSTOMER HOT LINE:**

**1-800-999-3756**

Mon.–Fri., 6 a.m.–6 p.m. MST

## CAUTION

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

## USER'S MANUAL



Visit our website at

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

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



**T90**

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Note: An EXPLODED DRAWING is attached in the center of this manual.

# IMPORTANT PRECAUTIONS

**⚠️ WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

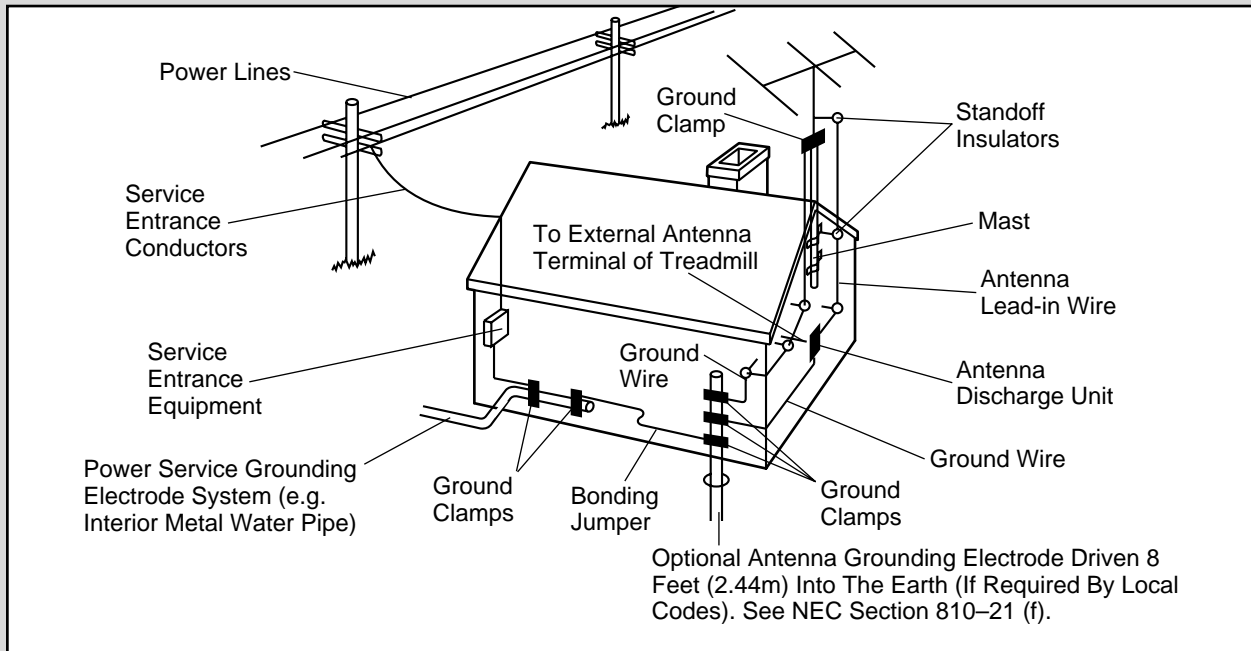
1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described in this manual.
3. Place the treadmill on a level surface, with at least eight feet of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the treadmill at all times.
7. The treadmill should not be used by persons weighing more than 250 pounds.
8. Never allow more than one person on the treadmill at a time.
9. Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
10. When connecting the power cord (see page 9), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
11. Use only a single-outlet surge suppressor that meets all of the specifications described on page 9. To purchase a surge suppressor, see your local HealthRider dealer or call 1-800-806-3651 and order part number 146148.
12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed or stop unexpectedly, which may result in a fall and serious injury.
13. Keep the power cord and the surge suppressor away from heated surfaces.
14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See **BEFORE YOU BEGIN** on page 6 if the treadmill is not working properly.)
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. To protect the treadmill and TV during lightning storms, unplug the power cord from the wall outlet and disconnect the antenna or cable system. This will prevent damage due to lightning and power line surges.
17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
18. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
19. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 6 for the location of the on/off switch.)
20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See **ASSEMBLY** on page 7, and **HOW TO FOLD AND MOVE THE TREADMILL** on page 25.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

21. Do not change the incline of the treadmill by placing objects under the treadmill.
22. When folding or moving the treadmill, make sure that the storage latch is fully closed.
23. When using iFIT.com CDs and videos, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.
24. When using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next “chirp” is heard, the speed and/or incline will change to the next settings of the CD or video program.
25. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.
26. Inspect and properly tighten all parts of the treadmill regularly.
27. Never insert or drop any object into any opening.
28. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
29. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.
30. If an outside antenna or cable system is connected, be sure that the antenna or cable system is grounded to provide some protection against voltage surges and built-up static charges. Section 810 of the National

Electrical Code, ANSI/NFPA No. 70-1984, provides information with respect to proper grounding of the mast and supporting structure, grounding of the lead-in wire to an antenna discharge unit, size of grounding conductors, location of antenna discharge unit, connection to grounding electrodes, and requirements for the grounding electrode.

31. An outside antenna system should not be located in the vicinity of overhead power lines or other electric light or power circuits, or where it can fall into such power lines or circuits. When installing an outside antenna system, extreme care should be taken to keep from touching such power lines or circuits, as contact with them might be fatal.
32. To reduce the risk of electric shock, do not remove the cover or back of the TV. There are no user serviceable parts inside. Refer servicing to qualified service personnel.
33. Upon completion of any service or repairs to the treadmill or TV, ask the service technician to perform safety checks to determine that the unit is in proper operating condition (refer to the drawing on page 6).
  - Use No. 10 AWG (5.3mm<sup>2</sup>) copper, No. 8 AWG (8.4mm<sup>2</sup>) aluminum, No. 17 AWG (1.0mm<sup>2</sup>) copper-clad steel or bronze wire, or larger as a ground wire.
  - Secure antenna lead-in and ground wires to house with stand-off insulators spaced from 4 to 6 feet (1.22 to 1.83m) apart.
  - Mount antenna discharge unit as close as possible to where the lead-in enters the house.
  - Use a jumper wire not smaller than No. 6 AWG (13.3mm<sup>2</sup>) copper, or the equivalent when a separate antenna-grounding electrode is used. See NEC Section 810-21 (j).

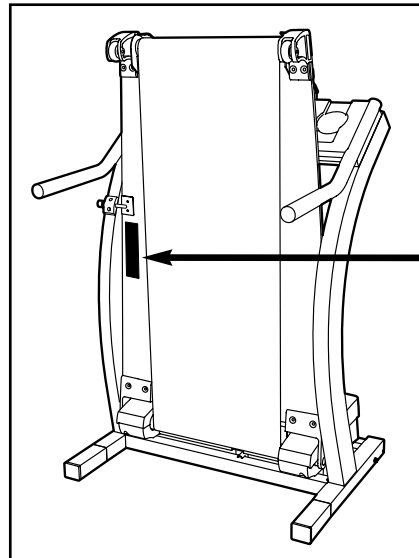
Note to CATV system installer: This reminder is provided to call the CATV system installer’s attention to Article 820-40 of the NEC that provides guidelines for proper grounding and, in particular, specifies that the cable ground shall be connected to the grounding system of the building, as close to the point of cable entry as practical.



**⚠️ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## SAVE THESE INSTRUCTIONS

The decal shown at the right has been placed on your treadmill. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.



Note: This decal is shown at the right is 49% of actual size.

Injury. Read the user's manual and:



- Stand only on the side rails when starting or stopping treadmill.

- Change speed in small increments.

- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.

- Stop if you feel faint, dizzy, or short of breath.

- Fully engage storage latch before treadmill is moved or stored.

- Reduce incline to its lowest level before folding treadmill into storage position.



- Never allow children on or around treadmill.

- Remove key when not in use.



- Keep clothing, fingers, and hair away from moving belt.

- Never try to adjust or fix the belt while it is moving.

- Always wear athletic shoes while operating treadmill.

50%

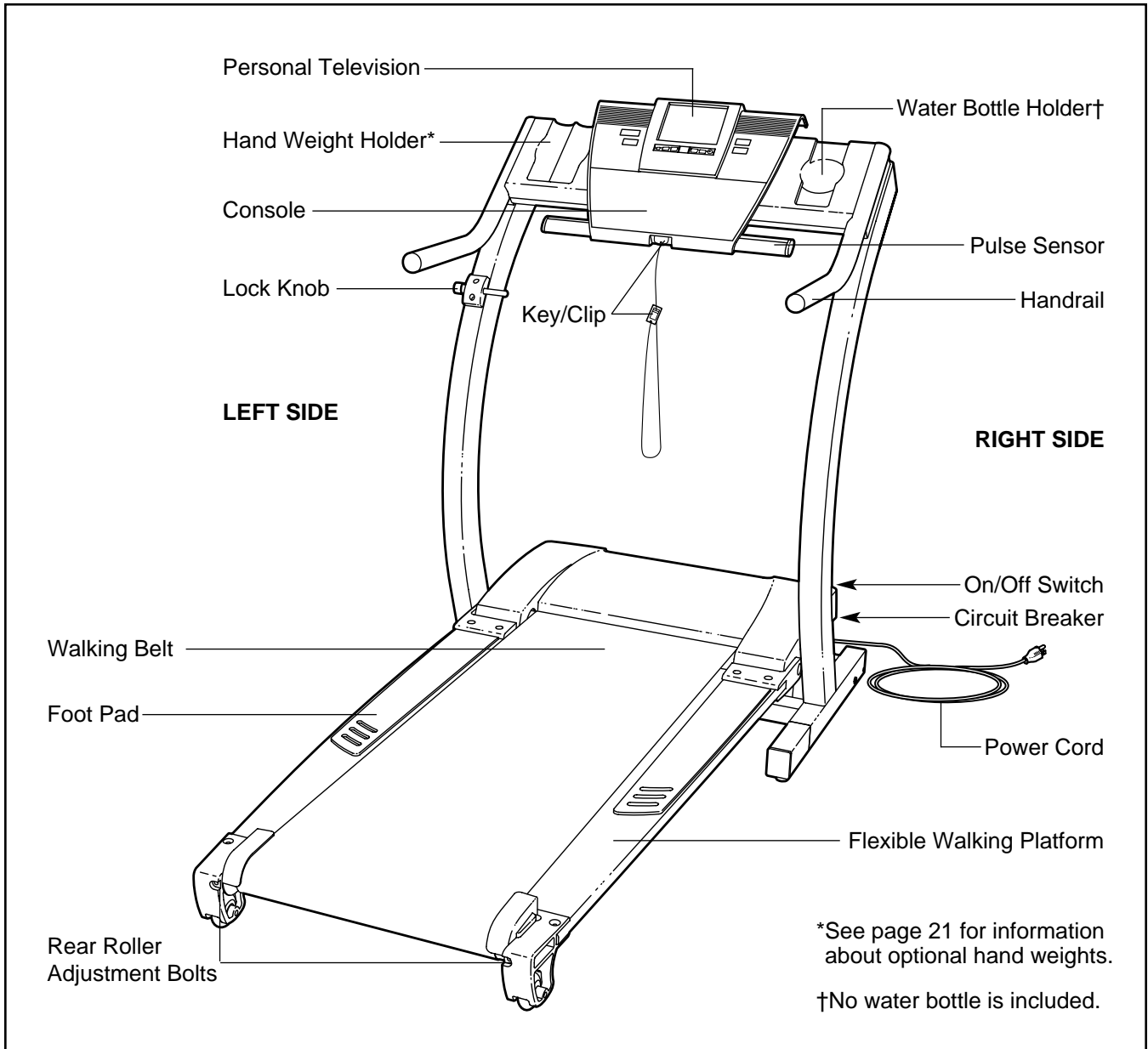
# BEFORE YOU BEGIN

Congratulations for purchasing the HealthRider® T90 treadmill. The T90 offers an impressive array of features to help you achieve your fitness goals in the convenience of your home. And when you're not exercising, the unique T90 can be folded up, requiring less than half the floor space of other treadmills.

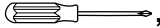


**For your benefit, read this manual carefully before using the treadmill.** If you have questions after reading the manual, please call our Customer Service

Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is HRTL13910. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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



# ASSEMBLY

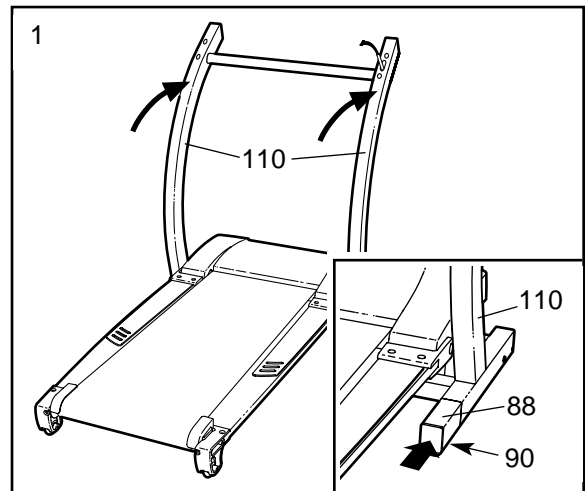
**Assembly requires two people.** Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench and a phillips screwdriver** , **an adjustable wrench** , and **wire cutters** .

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

1. With the help of a second person, carefully raise the Uprights (110) to the position shown.

Refer to the inset drawing. Insert one of the Extension Legs (88) into the treadmill as shown. Make sure that the Extension Leg is turned so the Thick Base Pad (90) is on the bottom. Note: It may be helpful to tip the Uprights (110) forward as you insert the Extension Leg.

Insert the other Extension Leg (not shown) in the same way.

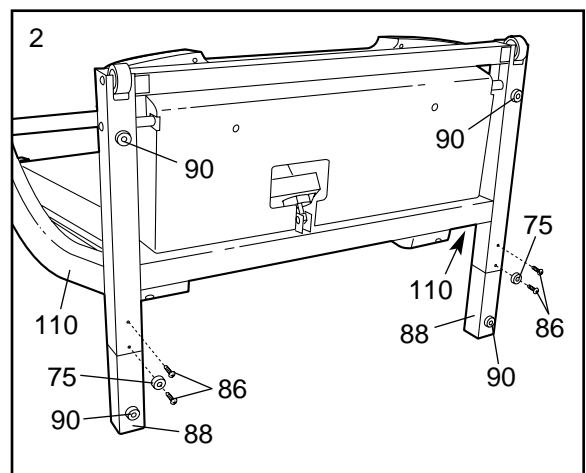


2. With the help of a second person, carefully tip the Uprights (110) down as shown. **Make sure that the Extension Legs (88) remain in the Uprights.**

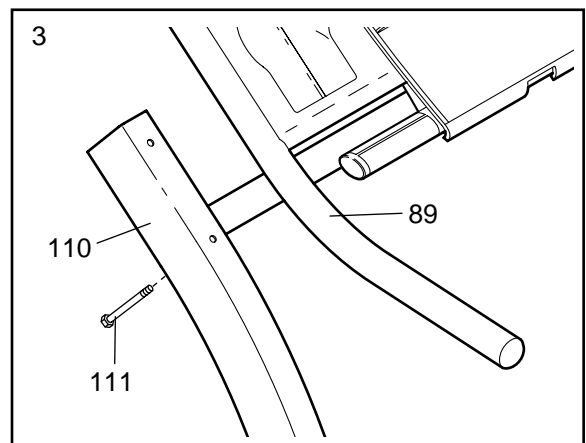
Attach each Extension Leg (88) with two Base Screws (86) and a Base Pad (75) as shown.

With the help of a second person, carefully tip the Uprights (110) back to the vertical position.

Note: One replacement Thick Base Pad (90) may be included. If a Thick Base Pad needs to be replaced, use the replacement Thick Base Pad.



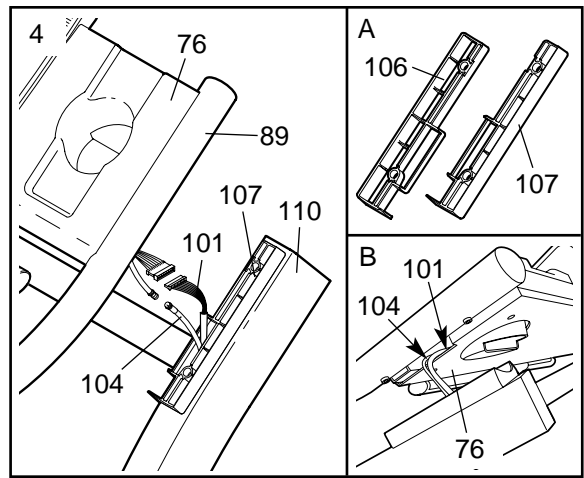
3. It may be helpful to set the Handrails (89) on the Uprights (110) and loosely thread a Handrail Bolt (111) into the left Upright and the left Handrail as shown. Tip the Handrails, if necessary, to thread in the Bolt. Have another person support the Handrails as you complete the remaining steps.



- Pull the Upright Wire Harness (101) and the TV Cable (104) up through the Right Handrail Spacer (107) (refer to drawing A to distinguish the Right Handrail Spacer from the Left Handrail Spacer [106]). Place the Right Handrail Spacer on the right Upright (110).

Connect the Upright Wire Harness (101) and the TV Cable (104) to the two wires extending from the Console Base (76). Insert the connectors, the Upright Wire Harness, and the TV Cable into the hole in the Console Base (refer to inset drawing B).

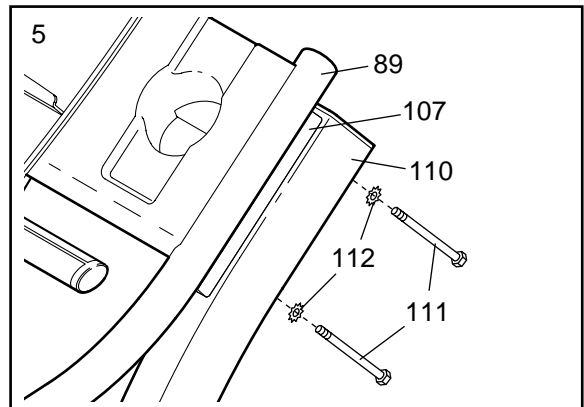
Set the Handrail (89) on the Right Handrail Spacer (107), being careful not to pinch the Upright Wire Harness (101) and the TV Cable (104).



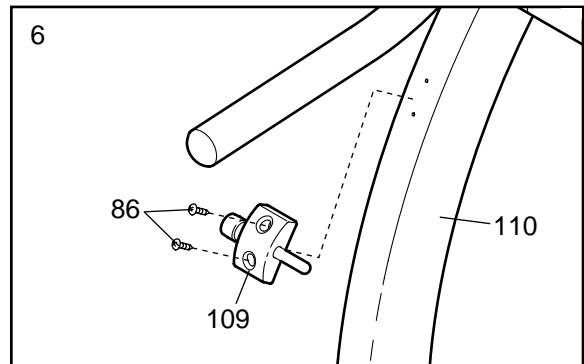
- Insert two Handrail Bolts (111) with Handrail Washers (112) into the right Upright (110) and the Right Handrail Spacer (107). Lift the right Handrail (89) slightly and align the Bolts with the holes in the Handrail. Loosely thread the Bolts into the Handrail. **Do not tighten the Bolts yet.**

Refer to step 3. Remove the Handrail Bolt (111) from the left Upright (110) and the left Handrail (89).

Place the Left Handrail Spacer (106, not shown) on the left Upright (110, not shown). Attach the left Handrail (89) as described above. **Tighten all four Handrail Bolts (111).**

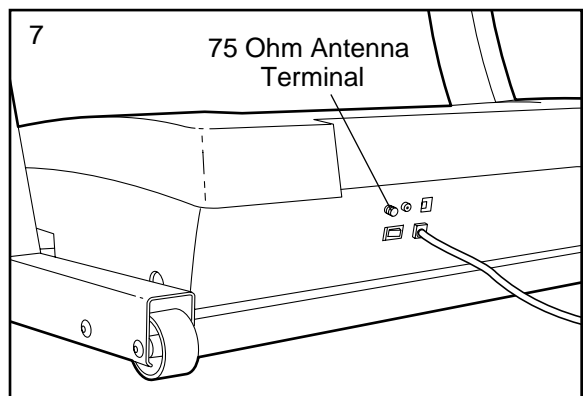


- Attach the Latch Assembly (109) to the left Upright (110) with two Latch Screws (86).



- Note the location of the 75 ohm antenna terminal on the treadmill. For the television to operate properly, an antenna, a CATV cable, or a VCR must be connected to the 75 ohm antenna terminal.**

**If you are using an antenna**, it must be properly connected and adjusted for optimal reception. Refer to ANTENNA CONNECTIONS on page 22 to properly connect an antenna. **If you are using a CATV cable**, refer to CATV CABLE CONNECTION on page 22 to properly connect the cable. **If you are using a VCR**, refer to HOW TO CONNECT A VCR on page 24 to properly connect the VCR. **The VCR must be turned on, a videocassette must be properly inserted, and the VCR must be playing. Refer to your VCR user's manual for operating instructions.**



- Make sure that all parts are tightened before you use the treadmill.** Keep the included allen wrench in a secure place. The allen wrench is used to adjust the walking belt (see page 27). To protect the floor or carpet from damage, place a mat under the treadmill.



# OPERATION AND ADJUSTMENT

## THE PERFORMANT LUBE™ WALKING BELT

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

## HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

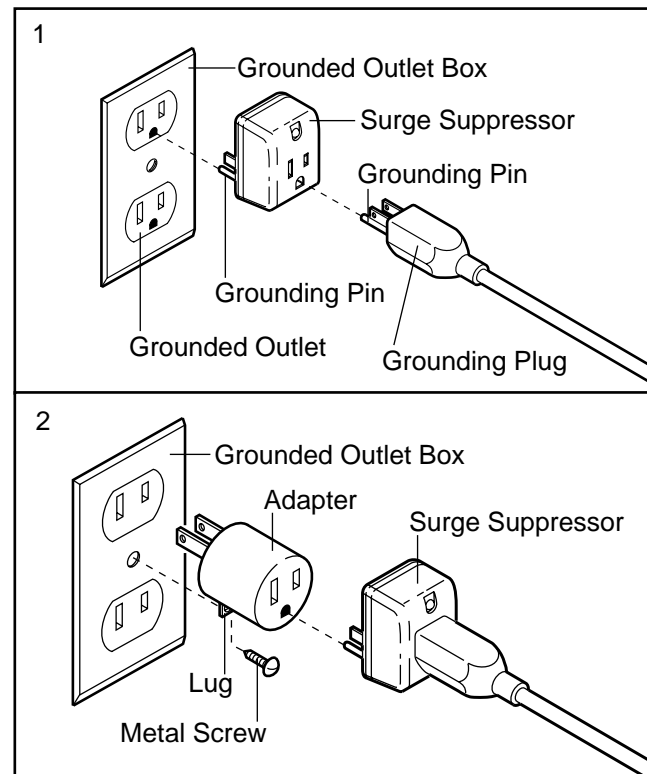
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local HealthRider dealer or call 1-800-806-3651 and order part number 146148.

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

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

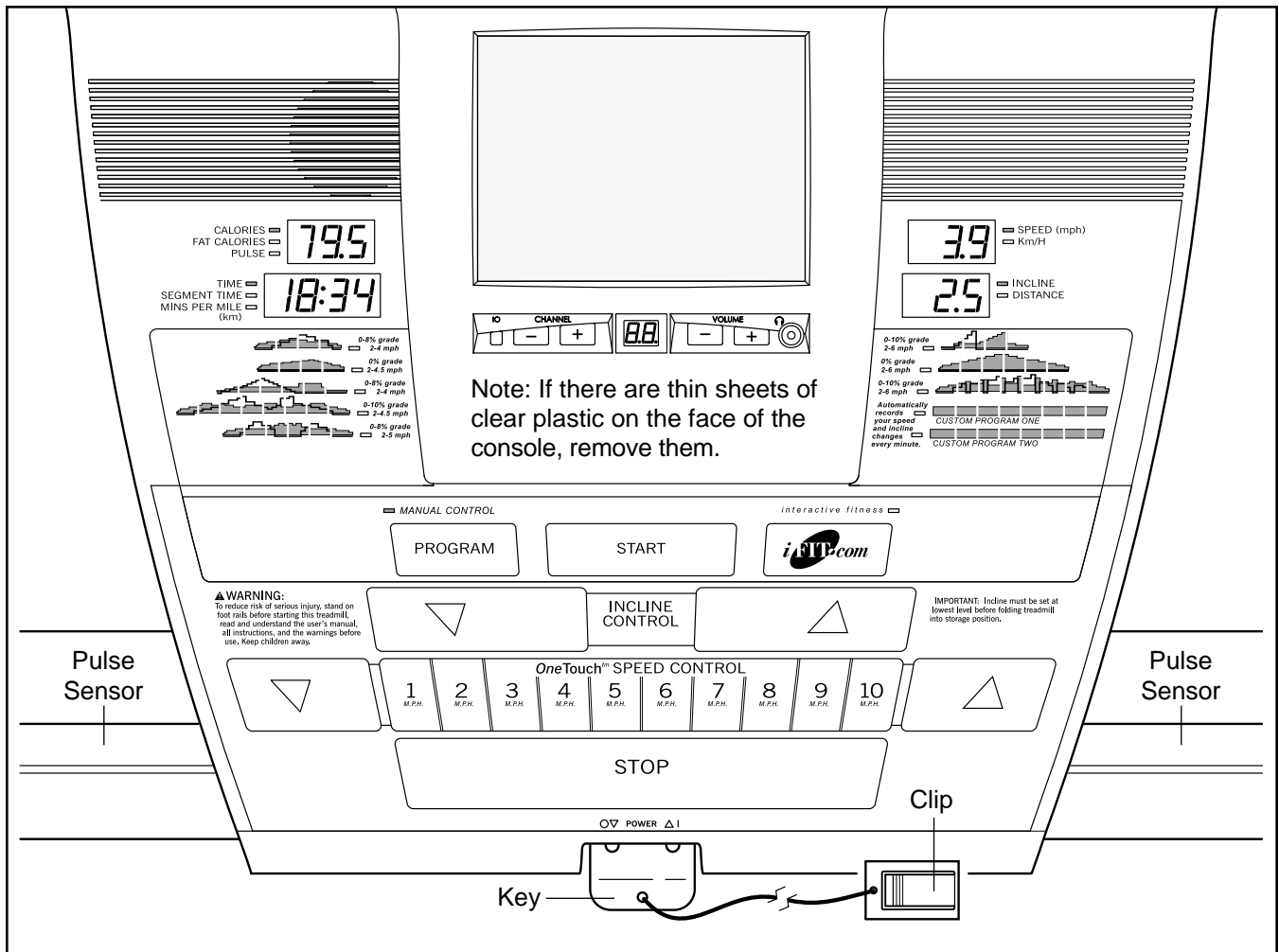
an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped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

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



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

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



## FEATURES OF THE CONSOLE

The advanced console offers an impressive array of features to help you get the most from your exercise. When the console is in the manual mode, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

Eight preset workout programs are also offered. Each program automatically controls the speed and incline of the treadmill to give you an effective workout. You can even create your own custom workout programs and store them in memory for future use.

Whether you select the manual mode or use a workout program, the personal television will allow you to watch the program of your choice while you get in shape.

The console also features new iFIT.com interactive technology. iFIT.com technology is like having a personal trainer right in your home. Using the included audio cable, you can connect the treadmill to your home stereo, portable stereo, or computer and play

special iFIT.com CD programs (iFIT.com CDs are available separately). iFIT.com CD programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the treadmill to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor—the hottest new trend at health clubs.

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

To purchase iFIT.com CDs or videocassettes, call toll-free 1-800-735-0768. For information about an optional chest pulse sensor or other accessories, see page 21.

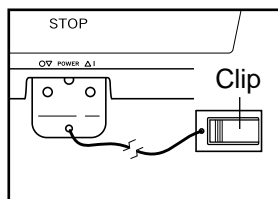
**⚠ CAUTION:** Before operating the console, read the following precautions.

- Do not stand on the walking belt when turning on the power.
- Always wear the clip (see the drawing below) while operating the treadmill.
- Adjust the speed in small increments to avoid sudden jumps in speed.
- The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
- To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.

## GETTING STARTED

### 1 Attach the clip to the waistband of your clothes.

Stand on the foot pads of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothes. Next, insert the key into the console. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip as needed.** Then, remove the key from the console.

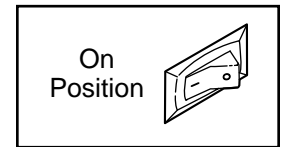


### 2 Plug in the power cord.

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

### 3 Move the on/off switch to the on position.

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



### 4 Insert the key fully into the console.

Stand on the foot pads of the treadmill. Make sure that the clip is securely attached to the waistband of your clothes. Next, insert the key into the console. After a moment, the displays and various indicators on the console will light.

To use the manual mode of the console, follow the steps beginning on page 12. To use a preset program, see page 13. To create and use a custom program, see pages 14 and 15. To use an iFIT.com CD or video program, see page 18. To use an iFIT.com program directly from our Web site, see page 20.

To operate the personal television, follow the instructions beginning on page 22. **IMPORTANT: For the television to operate properly, an antenna, a CATV cable, or a VCR must be connected to the 75 ohm antenna terminal on the treadmill.**

If you are using an antenna, it must be properly connected and adjusted. See ANTENNA CONNECTIONS on page 22 to properly connect an antenna. If you are using a CATV cable, see CATV CABLE CONNECTION on page 22 to connect the cable. If you are using a VCR, see HOW TO CONNECT A VCR on page 24 to properly connect the VCR.

Note: During the first few minutes that you use the treadmill, inspect the alignment of the walking belt, and align the walking belt if necessary (see page 27).

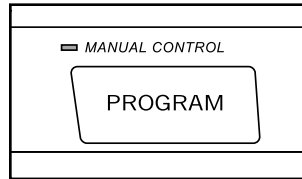
## HOW TO USE THE MANUAL MODE

### 1 Insert the key fully into the console.

See GETTING STARTED on page 11.

### 2 Select the manual mode.

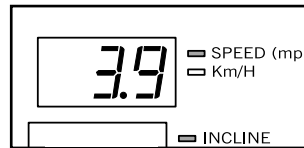
When the key is inserted, the manual mode will be selected and the Manual Control indicator will light. If the iFIT.com mode or a program has been selected, press the Program button repeatedly to select the manual mode.



### 3 Press the Start button or the Speed $\Delta$ button to start the walking belt.

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

As you exercise, change the speed of the walking belt as desired by pressing the Speed  $\Delta$  and  $\nabla$  buttons. Each time a

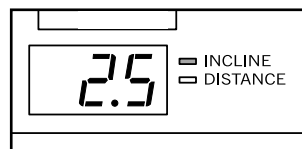


button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press the OneTouch Speed buttons. The speed range is 0.5 mph to 10 mph. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected speed setting.

To stop the walking belt, press the Stop button. The Time/Pace display will begin to flash. To restart the walking belt, press the Start button or the Speed  $\Delta$  button.

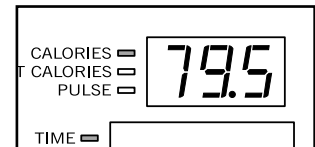
### 4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline  $\Delta$  and  $\nabla$  buttons. Each time a button is pressed, the incline will change by 0.5%. The incline range is 0% to 10%. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.



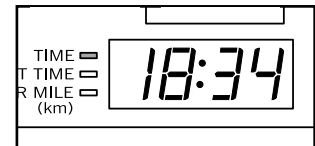
### 5 Follow your progress with the four displays.

**Calories/Pulse display**—This display shows the approximate numbers of calories and fat calories you have burned



(see FAT BURNING on page 29 for an explanation of fat calories). The display will change from one number to the other every few seconds, as shown by the indicators beside the display. When you use the handgrip pulse sensor (see step 6 on page 12) or the optional chest pulse sensor (see page 21), the display will also show your heart rate.

**Time/Pace display**—When the manual mode or the iFIT.com mode is selected, this display will show the elapsed

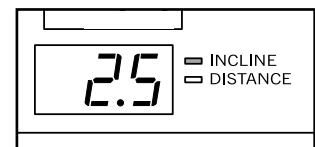


time and your current pace (pace is measured in minutes per mile). When a program is selected, the display will show the time remaining in the program, the time remaining in the current segment of the program, and your current pace. The display will change from one number to the next every few seconds, as shown by the indicators beside the display.

**Speed display**—This display shows the speed of the walking belt. Note: If the Speed indicator beside the display is lit, the speed and distance will be displayed in miles. If the Km/H indicator is lit, speed and distance will be displayed in kilometers. To change the unit of measurement, refer to THE INFORMATION MODE/ DEMO MODE on page 21. **Note: For simplicity, all instructions in this manual refer to miles.**



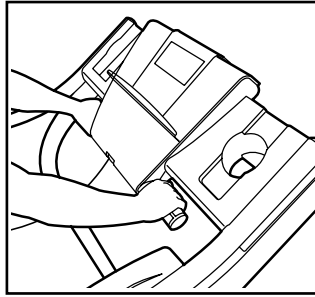
**Incline/Distance display**—This display shows the incline level of the treadmill and the distance that you have walked or run. The display will change from one number to the other every few seconds, as shown by the indicators beside the display.



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

## 6 Measure your heart rate, if desired.

To measure your heart rate, **stand on the foot pads** and place your hands on the metal contacts on the handrail. Your palms must be resting on the contacts closest to you, and your fingers must be touching the other contacts—**avoid moving your hands**. When your pulse is detected, the Pulse indicator will light, two or three dashes (— —) will appear in the Calories/Pulse display, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**



## 7 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails, press the Stop button, and adjust the incline of the treadmill to the lowest level. **The incline must be at the lowest level when the treadmill is raised to the storage position or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 21 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

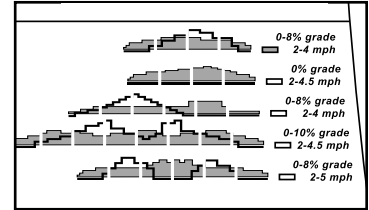
## HOW TO USE A PRESET PROGRAM

### 1 Insert the key fully into the console.

See GETTING STARTED on page 11.

### 2 Select one of the eight preset programs.

When the key is inserted, the manual mode will be selected. To select one of the preset programs, press the Program button



repeatedly until one of the eight program indicator lights. When a preset program is selected, the Time/Pace display will show how long the program will last. In addition, the Speed display and the Incline/Distance display will flash the maximum speed setting and the maximum incline setting for the program for six seconds.

The profiles below the displays show how the speed and incline of the treadmill will change during the preset programs. The numbers beside the profiles show the speed and incline ranges for the programs. For example, the upper left profile shows that the speed and incline of the treadmill will gradually increase during the first half of that program, and then decrease during the last half. The speed range for the program is 2 to 4 mph, and the incline range is 0 to 8%.

### 3 Press the Start button or the Speed $\Delta$ button to start the program.

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

Each program is divided into several time segments of different lengths. One speed setting and one incline setting are programmed for each segment. (The same speed setting and/or incline setting may be programmed for one or more consecutive segments.) When only three seconds remain in the first segment of the program, a series of tones will sound and the Speed display and/or the Incline/Distance display will flash to alert you that the speed and/or the incline of the treadmill is about to change. When the segment is completed, the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until the Time/Pace display shows that no time remains in the program. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons on the console. **Note: If you manually override the speed or incline setting for the current segment, when the segment ends the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program temporarily, press the Stop button. The Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed  $\Delta$  button. To end the program, press the Stop button, remove the key, and then reinsert the key.

#### **4 Follow your progress with the four displays.**

See step 5 on page 12.

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

See step 6 on page 13.

#### **6 When the program has ended, remove the key.**

Step onto the foot rails and make sure that the incline of the treadmill is at the lowest level. **The incline must be at the lowest level when the treadmill is raised to the storage position.** Next, remove the key from the console and put it in a secure place. **Note: If the displays and indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 21 and turn off the demo mode.**

When you are finished using the treadmill, move the on/off switch near the power cord to the off position and unplug the power cord.

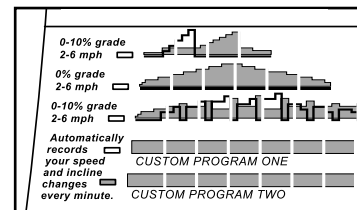
## HOW TO CREATE A CUSTOM PROGRAM

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

See GETTING STARTED on page 11.

### **2 Select one of the custom programs.**

When the key is inserted, the manual mode will be selected. To select one of the custom programs, press the Program button repeatedly until the Custom Program One or Custom Program Two indicator lights.



### **3 Press the Start button or the Speed $\Delta$ button and program the desired speed and incline settings.**

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

Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. To program a speed setting and an incline setting for the first segment, simply adjust the speed and incline of the treadmill to the desired levels with the Speed and Incline buttons. During the last three segments of the first segment, a series of tones will sound and the Speed display and the Incline/Distance display will flash. When the first segment is completed, the current speed setting and the current incline setting will be saved in memory. Program a speed setting and an incline setting for the second segment as described above.

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

#### **4 Follow your progress with the four displays.**

See step 5 on page 12.

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

See step 6 on page 13.

#### **6 When the program has ended, remove the key.**

See step 6 on page 14.

### HOW TO USE A CUSTOM PROGRAM

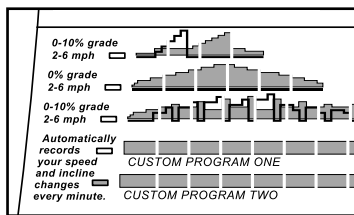
#### **1 Insert the key fully into the console.**

See GETTING STARTED on page 11.

#### **2 Select one of the custom programs.**

When the key is inserted, the manual mode will be selected. To select one of the custom programs, press the Program button repeatedly until the Custom Program One or Custom Program Two indicator lights.

When a custom program is selected, the Time/Pace display will show how long the program will last. In addition, the Speed display and the Incline/Distance display will flash the maximum speed setting and the maximum incline setting for the program for six seconds.



#### **3 Press the Start button or the Speed $\Delta$ button to start the program.**

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

Each program is divided into several one-minute segments. One speed setting and one incline set-

ting are programmed for each segment. When only three seconds remain in the first segment of the program, a series of tones will sound and the Speed display and the Incline/Distance display will flash to alert you that the speed and/or the incline of the treadmill is about to change. When the segment is completed, the treadmill will automatically adjust to the speed and incline settings for the second segment.

The program will continue in this way until the Time/Pace display shows that no time remains in the program. The walking belt will then slow to a stop.

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

To stop the program temporarily, press the Stop button. All displays will pause and the Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed  $\Delta$  button. To end the program, press the Stop button, remove the key, and then reinsert the key.

#### **4 Follow your progress with the four displays.**

See step 5 on page 12.

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

See step 6 on page 13.

#### **6 When the program has ended, remove the key.**

See step 6 on page 14.

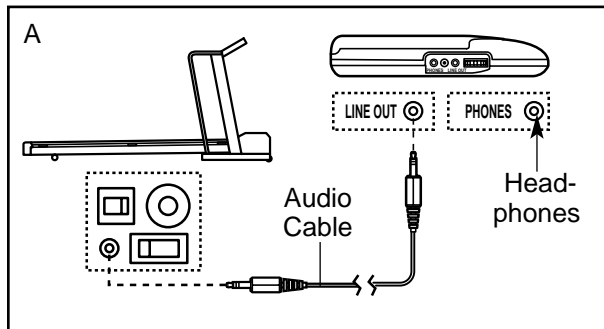
## HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER

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

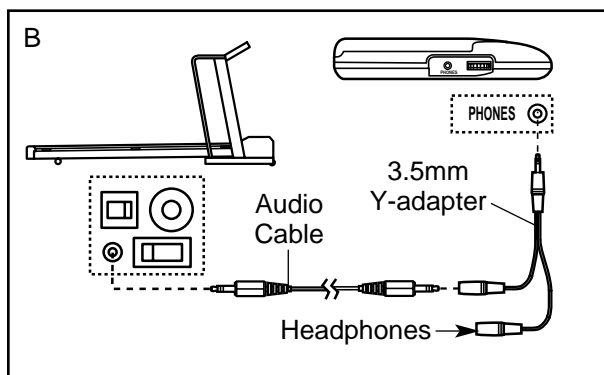
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

**Note:** If your CD player has separate **LINE OUT** and **PHONES** jacks, see instruction A below. If your CD player has only one jack, see instruction B.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your CD player. Plug your headphones into the **PHONES** jack.



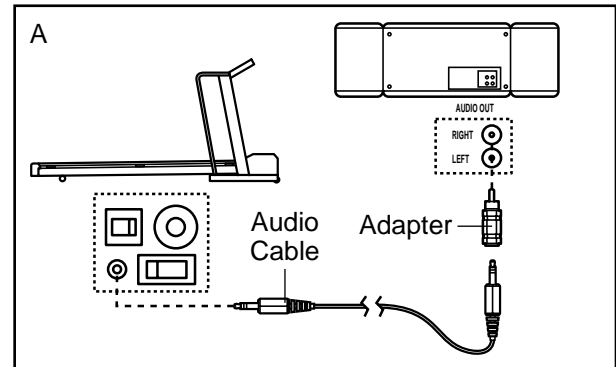
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a 3.5mm Y-adaptor (available at electronics stores). Plug the Y-adaptor into the **PHONES** jack on your CD player. Plug your headphones into the other side of the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



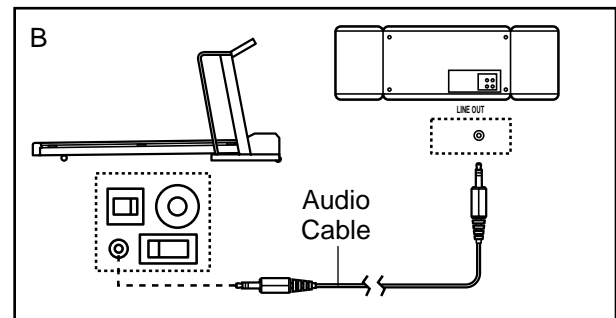
## HOW TO CONNECT YOUR PORTABLE STEREO

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

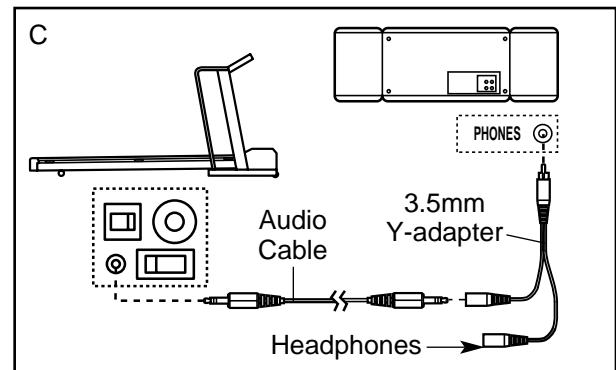
- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **AUDIO OUT** jack on your stereo.



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your stereo.



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

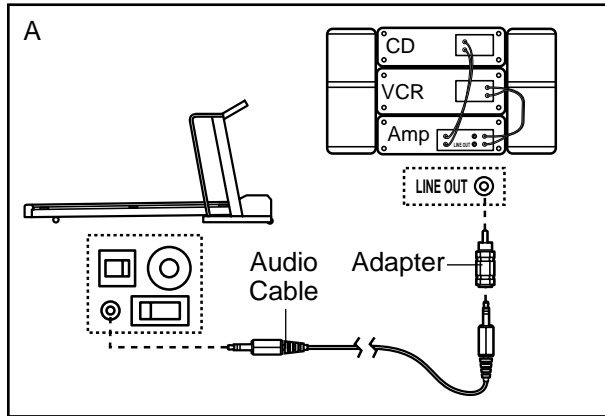




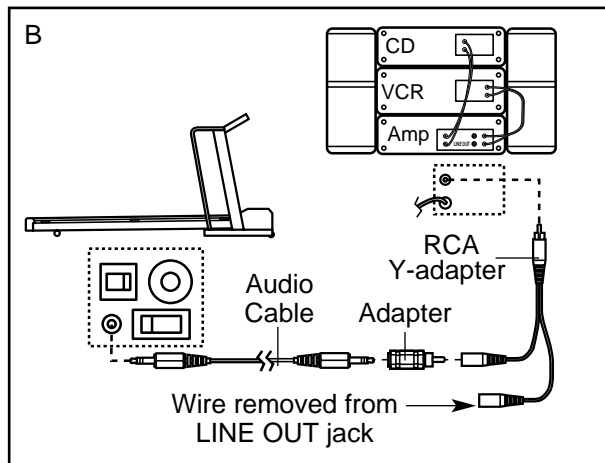
## HOW TO CONNECT YOUR HOME STEREO

**Note:** If your stereo has an unused **LINE OUT** jack, see instruction **A** below. If the **LINE OUT** jack is being used, see instruction **B**.

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



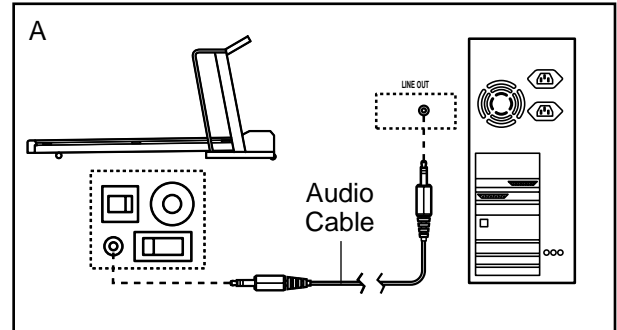
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an **RCA Y-adapter** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE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



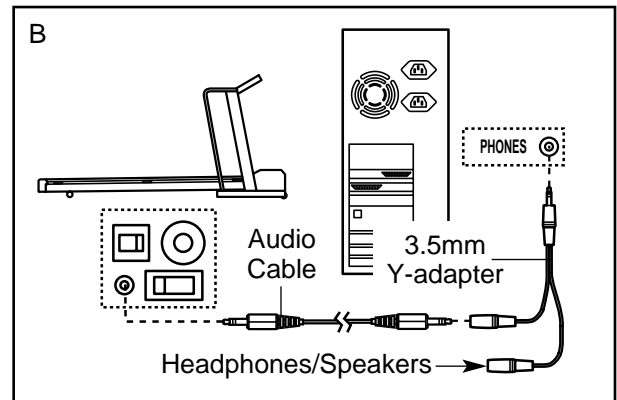
## HOW TO CONNECT YOUR COMPUTER

**Note:** If your computer has a **3.5mm LINE OUT** jack, see instruction **A**. If your computer has only a **PHONES** jack, see instruction **B**.

- A. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the **LINE OUT** jack on your computer.



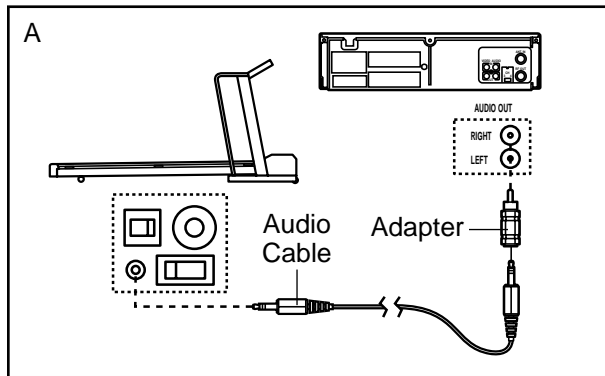
- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into a **3.5mm Y-adapter** (available at electronics stores). Plug the **Y-adapter** into the **PHONES** jack on your computer. Plug your headphones or speakers into the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



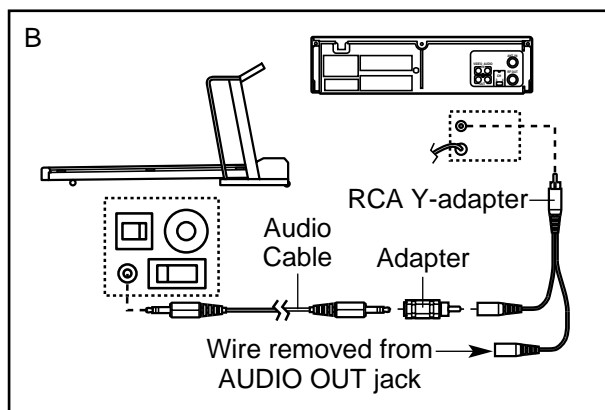
## HOW TO CONNECT YOUR VCR

**Note:** If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see **HOW TO CONNECT YOUR HOME STEREO** on page 17.

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



- B. Plug one end of the audio cable into the jack on the front of the treadmill near the power cord. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the RCA Y-adapter. Plug the RCA Y-adapter into the AUDIO OUT jack on your VCR.



## HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the treadmill must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See **HOW TO CONNECT THE TREADMILL TO YOUR CD PLAYER, VCR, OR COMPUTER** on pages 16 to 18. **Note: To purchase iFIT.com CDs or videocassettes, call toll-free 1-800-735-0768.**

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

### 1 Insert the key fully into the console.

See **GETTING STARTED** on page 11.

### 2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use an iFIT.com CD or video program, press the iFIT.com button or press the Program button repeatedly until the Interactive Fitness indicator lights.



### 3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

### 4 Press the PLAY button on your CD player or VCR.

A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the Time/Pace display is flashing, press the Start button or the Speed  $\Delta$  button on the console. The treadmill will not respond to a CD or video program when the Time/Pace display is flashing.

During the CD or video program, an electronic "chirping" sound will alert you when the speed and/or the incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or the incline may change before the personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time with the Speed or Incline buttons on the console. However, **when the next “chirp” is heard, the speed and/or the incline will change to the next settings for the CD or video program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed  $\Delta$  button. After a moment, the walking belt will begin to move at 1 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings for the CD or video program.**

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

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

- **Make sure that the iFIT.com indicator is lit and that the Time/Pace display is not flashing. If the Time/Pace display is flashing, press the Start button or the Speed + button on the console.**
- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

- **Make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**
- **If you are using your portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**
- **See the bottom of page 27.**

**5 Follow your progress with the four displays.**

See step 5 on page 12.

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

See step 6 on page 13.

**7 When the program is completed, remove the key.**

See step 6 on page 14.

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

## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

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

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 17. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

Follow the steps below to use a program from our Web site.

### 1 Insert the key fully into the console.

See GETTING STARTED on page 11.

### 2 Select the iFIT.com mode.

When the key is inserted, the manual mode will be selected. To use a program from our Web site, press the iFIT.com button or press the Program button repeatedly until the Interactive Fitness indicator lights.



### 3 Go to your computer and start an internet connection.

### 4 Start your web browser, if necessary, and go to our Web site at [www.iFIT.com](http://www.iFIT.com).

### 5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

### 6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

### 7 Return to the treadmill and stand on the foot pads. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic “chirping” sound will alert you when the speed and/or the incline of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time with the Speed or Incline buttons on the console. **However, when the next “chirp” is heard, the speed and/or the incline will change to the next settings for the program.**

To stop the walking belt at any time, press the Stop button on the console. The Time/Pace display will begin to flash. To restart the program, press the Start button or the Speed  $\Delta$  button. After a moment, the walking belt will begin to move at 1 mph. **When the next “chirp” is heard, the speed and incline will change to the next settings for the program.**

When the program is completed, the walking belt will stop and the Time/Pace display will begin to flash. Note: To use another program, press the Stop button and go to step 5.

**Note: If the speed or incline of the treadmill does not change when a “chirp” is heard, make sure that the iFIT.com indicator is lit and that the Time/Pace display is not flashing. In addition, make sure that the audio cable is properly connected, that it is fully plugged in, and that it is not wrapped around a power cord.**

### 8 Follow your progress with the four displays.

See step 5 on page 12.

### 9 Measure your heart rate, if desired.

See step 6 on page 13.

### 10 When the program has ended, remove the key.

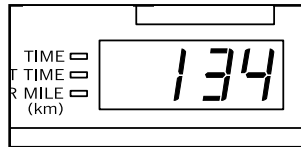
See step 6 on page 14.

## THE INFORMATION MODE/DEMO MODE

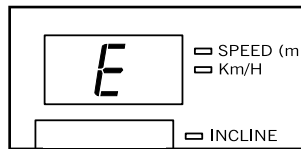
The console features an information mode that keeps track of the total number of hours that the treadmill has been operated and the total number of miles that the walking belt has moved. The information mode also allows you to switch the console from miles per hour to kilometers per hour. In addition,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

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

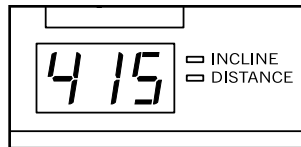
The Time/Pace display will show the total number of hours that the treadmill has been used.



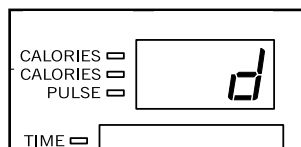
An E, for English miles, or an M, for metric kilometers, will appear in the Speed/Pace display. Press the Speed  $\Delta$  button to change the unit of measurement.



The Incline/Distance display will show the total number of miles that the walking belt has moved.



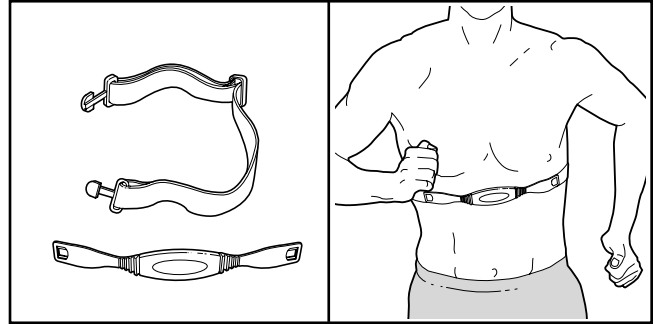
**IMPORTANT: The Calories/Pulse display should be blank.** If a “d” appears in the display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the displays and indicators on the console will automatically light in a preset sequence, although the buttons on the console will not operate. **If a “d” appears in the Calories/Pulse display when the information mode is selected, press the Speed  $\nabla$  button so the Calories/Pulse display is blank.**



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

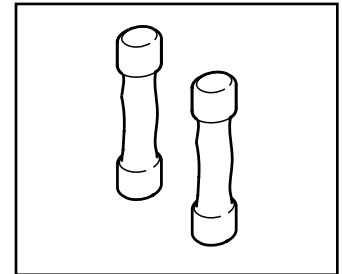
## THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor adds even more features to the console. The chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call toll-free 1-800-734-2377.**



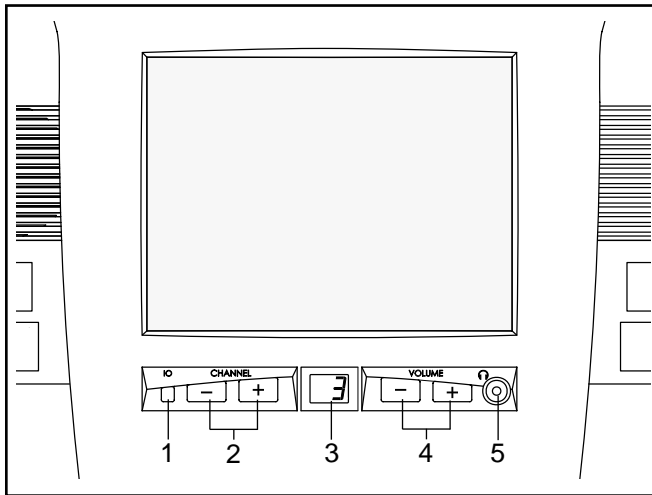
## OPTIONAL HAND WEIGHTS

Optional hand weights let you exercise your upper body while you walk on the treadmill. The hand weights fit into convenient holders in the console. **To purchase hand weights, call toll-free 1-800-772-0257.**



**WARNING:** Using hand weights and not holding the handrails may compromise your ability to maintain your balance. Hand weights should be used only by experienced users.

## DIAGRAM OF THE TELEVISION

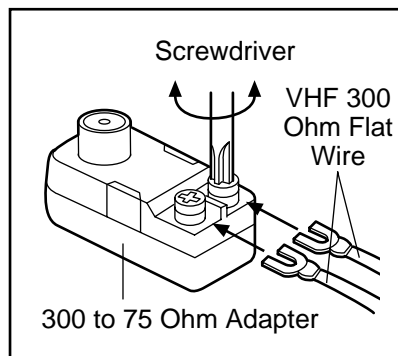


1. Power button
2. Channel + and – buttons
3. Channel display
4. Volume + and – buttons
5. Earphone/Headphone jack

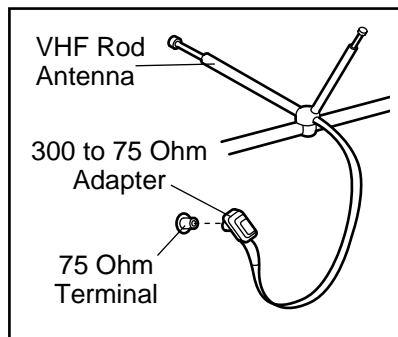
## ANTENNA CONNECTIONS

### Indoor Antenna

1. Place the VHF antenna in the desired location. Connect the 300 ohm flat wire to the screws on the 300 ohm to 75 ohm adapter.

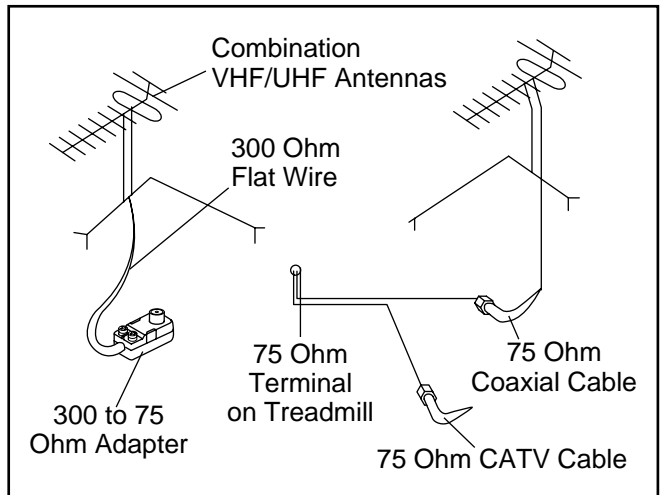


2. Connect the 300 to 75 ohm adapter to the 75 ohm antenna terminal on the treadmill. (See assembly drawing 7 on page 8 to find the location of the terminal.)



### Outdoor Antenna

Outdoor antennas are subject to weathering that can reduce signal quality. Inspect the antenna and lead-in wiring before connecting the antenna. Any service center can explain the various outdoor antennas available.



### 300 Ohm Flat Wire

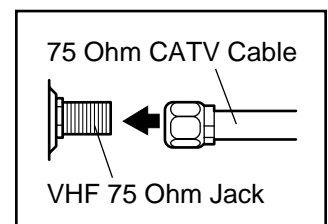
1. See the drawing above. Connect the 300 ohm flat wire to the 300 ohm to 75 ohm adapter.
2. Push the end of the 300 ohm to 75 ohm adapter into the 75 ohm antenna terminal on the treadmill. (See assembly drawing 7 on page 8 to find the location of the terminal.)

### 75 Ohm Coaxial Cable

See the drawing above. Connect the 75 ohm coaxial cable directly to the 75 ohm antenna terminal on the treadmill. (See assembly drawing 7 on page 8 to find the location of the terminal.)

### CATV CABLE CONNECTION

1. Remove the VHF 300 to 75 ohm adapter or the VHF cable from the antenna terminal on the treadmill. (See assembly drawing 7 on page 8 to find the location of the terminal.)
2. Connect the CATV cable (75 ohm coaxial cable) to the 75 ohm antenna terminal on the treadmill.



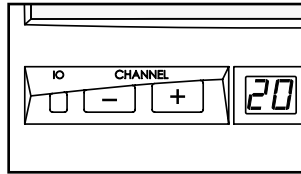
## BASIC TELEVISION OPERATION

### 1 Insert the key fully into the console.

See GETTING STARTED on page 11.

### 2 Press the Power button below the television to turn on the television.

When the button is pressed, the channel display will light and show the most recently selected channel.



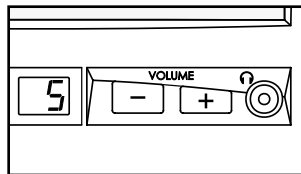
### 3 Press the Channel buttons to select the desired channel.

To change the channel, press the Channel buttons. Note: The television is equipped with a channel memorizing function that allows you to step up or down from the current channel to the next channel set into memory. Before channels can be selected in this way, they must be set into the television's memory. See HOW TO MEMORIZE CHANNELS at the right.

### 4 Press the Volume buttons to adjust the volume.

When the Volume buttons are pressed, the selected volume level will appear in the channel display for a few seconds.

There are 11 volume levels (0 through 10). Note: To use earphones or headphones (not included), plug them into the jack below the console.



### 5 When you are finished using the television, press the Power button below the television.

When the button is pressed, the channel display will darken.

### 6 When you are finished using the treadmill, remove the key.

Remove the key from the console and put it in a secure place. Next, move the on/off switch near the power cord to the off position and unplug the power cord.

## HOW TO MEMORIZE CHANNELS

Follow the steps below to set channels into the television's memory.

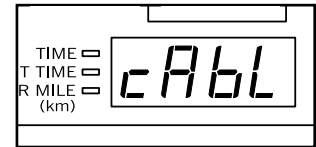
### 1 Press the Stop button while inserting the key fully into the console.

The console will turn on and the information mode/demo mode will be selected. (See THE INFORMATION MODE/DEMO MODE on page 21.)

### 2 Press the Stop button and set the television for a cable connection or an antenna connection.

When the button is pressed, the letters cAbL (cable) or Air will appear in the Time/Pace display. If you have connected

a CATV cable to the treadmill, cAbL should be selected. If you have connected an antenna, Air should be selected. Press the Power button below the television to change the setting, if necessary.



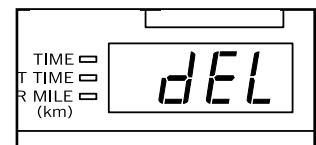
### 3 Press the Channel + button to scan and memorize channels.

When the button is pressed, the television will begin scanning all of the channels available in your area. When no broadcast signal is detected on a channel, the channel will be skipped. When a signal is detected, the channel will be stored in memory, a tone will sound, and the next channel will be selected. This process will be repeated until the highest channel is reached. A series of tones will then sound.

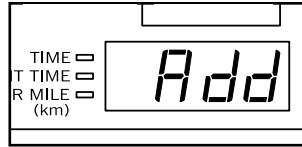
### 4 Press the Stop button and erase or add channels.

After all valid channels available in your area have been set into memory, you can erase unwanted channels or manually add channels.

To erase a channel, first press the Channel buttons until the unwanted channel appears in the channel display. The letters dEL (delete) will appear in the Time/Pace display. Press the Power button below the television to delete the channel.



To add a channel, first press the Channel buttons until the desired channel appears in the channel display.



The word Add will appear in the Time/Pace display. Press the Power button below the television to add the channel.

Repeat this procedure to delete or add as many channels as desired.

## **5** Remove the key from the console.

When the key is removed, the information mode/demo mode will be exited.

## **HOW TO CONNECT A VCR**

Follow the steps below to connect your VCR (not included) to the treadmill. A CATV cable (75 ohm coaxial cable) at least nine feet long is required.

1. Connect one end of the CATV cable to the video output jack on your VCR.
2. Plug in the power cord of your VCR. See your VCR user's manual for proper grounding instructions.
3. Connect the CATV cable to the 75 ohm antenna terminal on the treadmill. (See assembly drawing 7 on page 8 to find the location of the terminal.)

To operate the television with your VCR, refer to BASIC TELEVISION OPERATION on page 23. **Make sure that channel 3 or 4 is selected.**

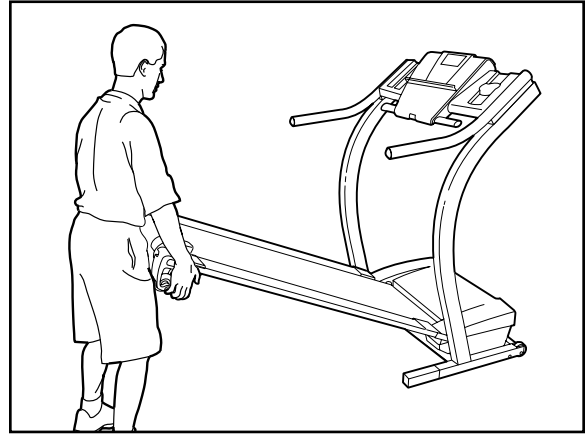


# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

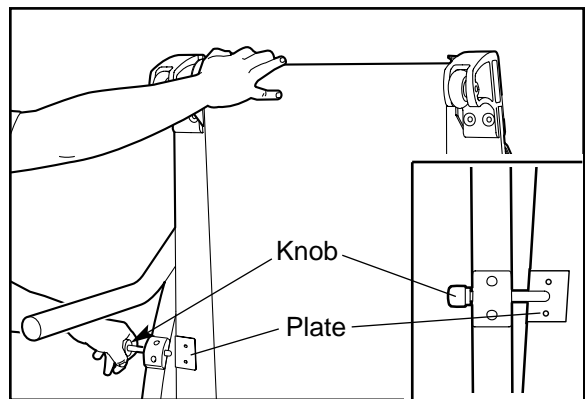
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Remove the key and unplug the power cord. **CAUTION: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the lock knob to the left and hold it. Raise the treadmill until the lock pin is aligned with the catch plate. **Make sure that the pin is resting on the plate as shown.**

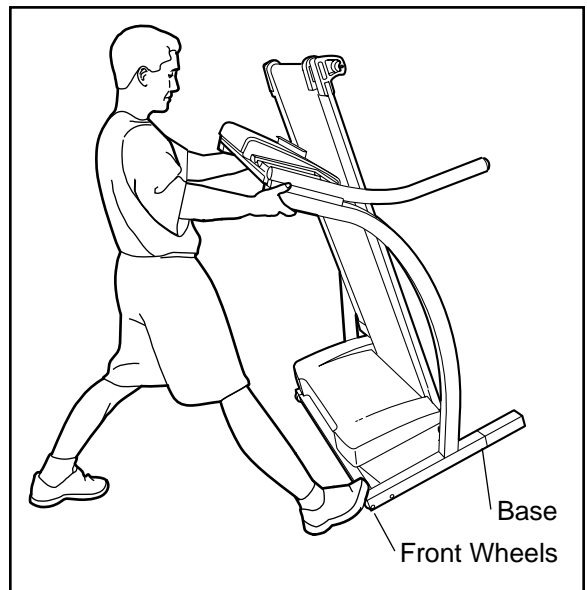
**To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.**



## HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the pin is resting on the plate.**

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



## HOW TO LOWER THE TREADMILL FOR USE

1. Refer to drawing 2 above. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the lock knob to the left and hold it. Pivot the treadmill down until the frame is past the pin on the lock knob.
2. Refer to drawing 1 above. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. Do not drop the treadmill. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

# TROUBLE-SHOOTING

Most treadmill problems can be solved by following the instructions below. If further assistance is needed, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

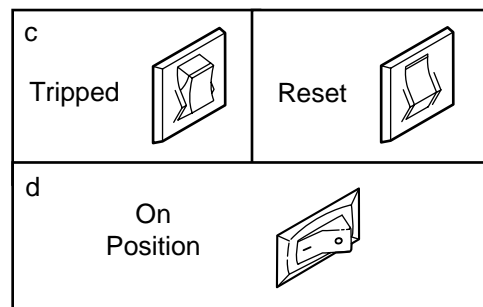
## PROBLEM: The power does not turn on

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

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

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

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the on position.



## PROBLEM: The power turns off during use

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

b. Make sure that the power cord is plugged in.

c. Unplug the power cord, wait for five minutes, and then plug the power cord back in.

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

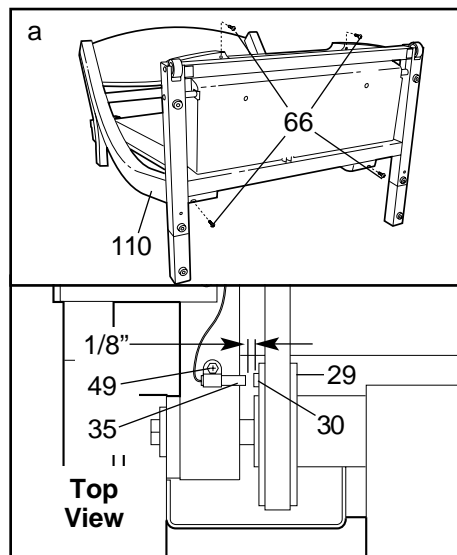
e. Make sure that the on/off switch is in the on position.

f. If the treadmill still will not run, please call our Customer Service Department, toll-free.

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

**SOLUTION:** a. Remove the key from the console and **unplug the power cord**. Carefully tip the treadmill down as shown in drawing a. Remove the Screws (66) from the hood. Raise the Uprights (110) and carefully remove the hood.

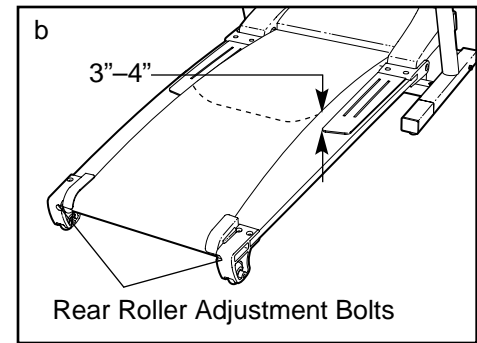
Locate the Reed Switch (35) and the Magnet (30) on the left side of the Pulley (29). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8"**. If necessary, loosen the Screw (49) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



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

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 8.

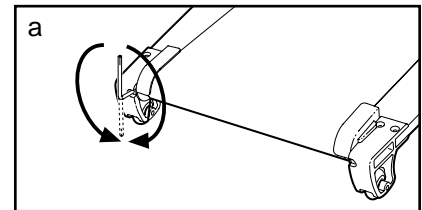
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened,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



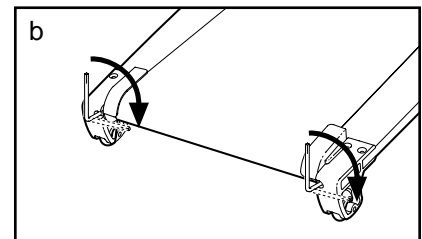
- c. If the walking belt still slows when walked on, please call our Customer Service Department, toll-free.

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

**SOLUTION:** a. **If the walking belt has shifted to the left**, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller bolt clockwise 1/2 of a turn. Be careful not to overtighten the walking belt. **If the walking belt has shifted to the right**, turn the left rear roller bolt counterclockwise 1/2 of a turn. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



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



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

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

**PROBLEM: Television reception is poor**

**SOLUTION:** a. For the television to operate properly, good reception is necessary. If you are using an antenna, make sure that it is properly connected and adjusted for optimal reception. (See ANTENNA CONNECTIONS on page 22.)

b. Check for the problems listed below and follow the applicable instructions.

- Ignition (black spots or horizontal streaks that appear or a picture that flutters or drifts)—Usually this is caused by interference from automobile ignition systems, neon lamps, electric drifts, or other electric appliances. Try changing the position of the treadmill or other electric appliances to correct the problem.
- Ghosts—Ghosts are caused by the television signal following two paths—one is the direct path and the other is reflected from tall buildings, hills, or other objects. Change the direction or position of the antenna to improve reception.
- Snow—If the treadmill is located in the fringe area of a television station where the signal is weak, the picture may be marred by the appearance of small dots. If the signal is weak, it may be necessary to install an external antenna to improve the picture.

Note: If one of these symptoms appears when the cable from a CATV company is connected, the symptom may be caused by the local company broadcast.

# CONDITIONING GUIDELINES

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

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

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

To measure your heart rate during exercise, use the handgrip pulse sensor or the optional chest pulse sensor (see page 21). If your heart rate is too high or too low, adjust the speed and incline of the treadmill.

## Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for en-

ergy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

## Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

Each workout should include the following three parts:

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

**Training Zone Exercise**—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**A Cool-down**—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. HRTL13910

R0102A

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

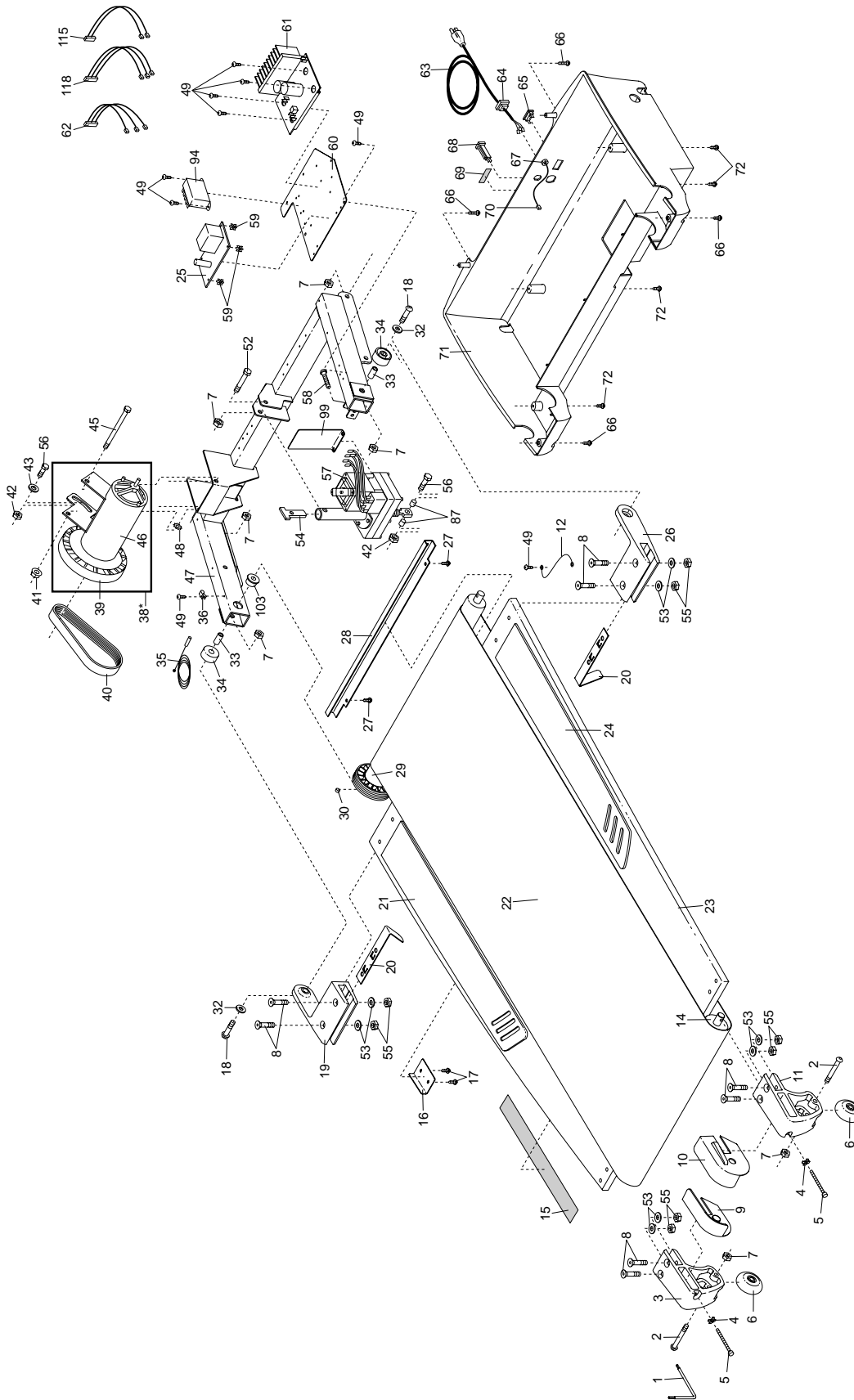
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Allen Wrench	52	1	Incline Motor Bolt (Top)
2	2	Wheel Bolt	53	8	Endcap Washer
3	1	Rear Endcap (Left)	54	1	Incline Motor Stop
4	2	Roller Adj. Washer	55	8	Endcap Nut
5	2	Rear Roller Adj. Washer	56	1	Incline Motor Bolt (Bottom)
6	2	Rear Wheel	57	1	Incline Motor
7	8	Front Wheel Nut/Frame Pivot Nut	58	1	Front Roller Bolt
8	8	Endcap Screw	59	4	Plastic Stand-off
9	1	Roller Guard (Left)	60	1	Electronic Plate
10	1	Roller Guard (Right)	61	1	Controller
11	1	Rear Endcap (Right)	62	1	Motor Controller Wire
12	1	Roller Ground Wire	63	1	Power Cord
13	1	Filter Wire	64	1	Power Cord Grommet
14	1	Rear Roller	65	1	On/Off Switch
15	1	Warning Decal	66	2	Belly Pan Screw (Long)
16	1	Latch Plate	67	1	Audio Wire Nut
17	2	Latch Plate Screw	68	1	Circuit Breaker
18	2	Frame Pivot Bolt	69	2	Static Decal
19	1	Front Endcap (Left)	70	1	12" Audio Wire
20	2	Belt Guide	71	1	Belly Pan
21	1	Foot Grip (Left)	72	4	3/4" Screw
22	1	Walking Belt	73**	1	Chest Pulse Sensor
23	1	Walking Deck	74**	1	Chest Pulse Strap
24	1	Foot Grip (Right)	75	3	Base Pad
25	1	Power Board	76	1	Console Base
26	1	Front Endcap (Right)	77	1	Book Holder
27	2	Support Bracket Screw	78	1	Console
28	1	Support Bracket	79	2	Handrail Endcap
29	1	Front Roller/Pulley	80	2	Pulse Grip
30	1	Magnet	81	4	Pulse Grip Screw
31	8	Console Screw (Long)	82	4	Console Screw (Short)
32	2	Washer	83	1	Console Back
33	2	Frame Pivot Bushing	84*	2	Extension Leg Assembly
34	2	Frame Pivot Spacer	85	2	Extension Leg Endcap
35	1	Reed Switch	86	12	Base Screw/Latch Screw
36	1	Reed Switch Clip	87	2	Incline Motor Spacer
37	1	iFIT.com Wire	88	2	Extension Leg
38*	1	Motor Assembly	89	1	Handrail
39	1	Flywheel/Pulley	90	4	Thick Base Pad
40	1	Motor Belt	91	1	Motor Hood
41	1	Motor Pivot Nut	92	1	8" Wire Tie
42	3	Motor Tension Nut/Lift Frame Nut	93	2	Cable Tie Clamp
43	1	Motor Tension Washer	94	1	Transformer
44**	2	Optional Weights	95	1	Releasable Tie
45	1	Motor Pivot Bolt	96	2	Lift Pivot Bolt
46	1	Motor	97	2	Front Wheel Bolt
47	1	Lift Frame	98	2	Front Wheel
48	1	Motor Star Washer	99	1	Incline Motor Guard
49	10	Screw	100	1	Upright Grommet
50	1	Jack	101	1	Upright Wire Harness
51	1	Key/Clip	102**	2	Hand Weight

Key No.	Qty.	Description	Key No.	Qty.	Description
103	1	Lift Frame Bushing	118	1	Transformer Wire (3 Wire)
104	1	TV Cable	#	1	12" Green Wire, 2 Ring
105	2	Upright Endcap	#	1	12" Green Wire, F/Ring
106	1	Left Handrail Spacer	#	1	8" Green Wire, M/Ring
107	1	Right Handrail Spacer	#	1	14" Blue Wire, 2F
108	4	Handrail Washer	#	1	4" Blue Wire, M/F
109	1	Latch Assembly	#	1	8" White Wire, M/F
110	1	Upright	#	1	4" Black Wire, 2F
111	4	Handrail Bolt	#	1	User's Manual
112	1	TV Cable (Short)			
113	1	Television			
114	4	U-nuts			
115	1	Transformer Wire (2 Wire)			
116	1	Upright Ground Wire			
117	1	Console Ground Wire			

\* Includes all parts shown in box  
\*\*For information about the optional chest pulse sensor and hand weights, see page 21  
# These parts are not illustrated

# EXPLODED DRAWING—Model No. HRTL13910

R0102A

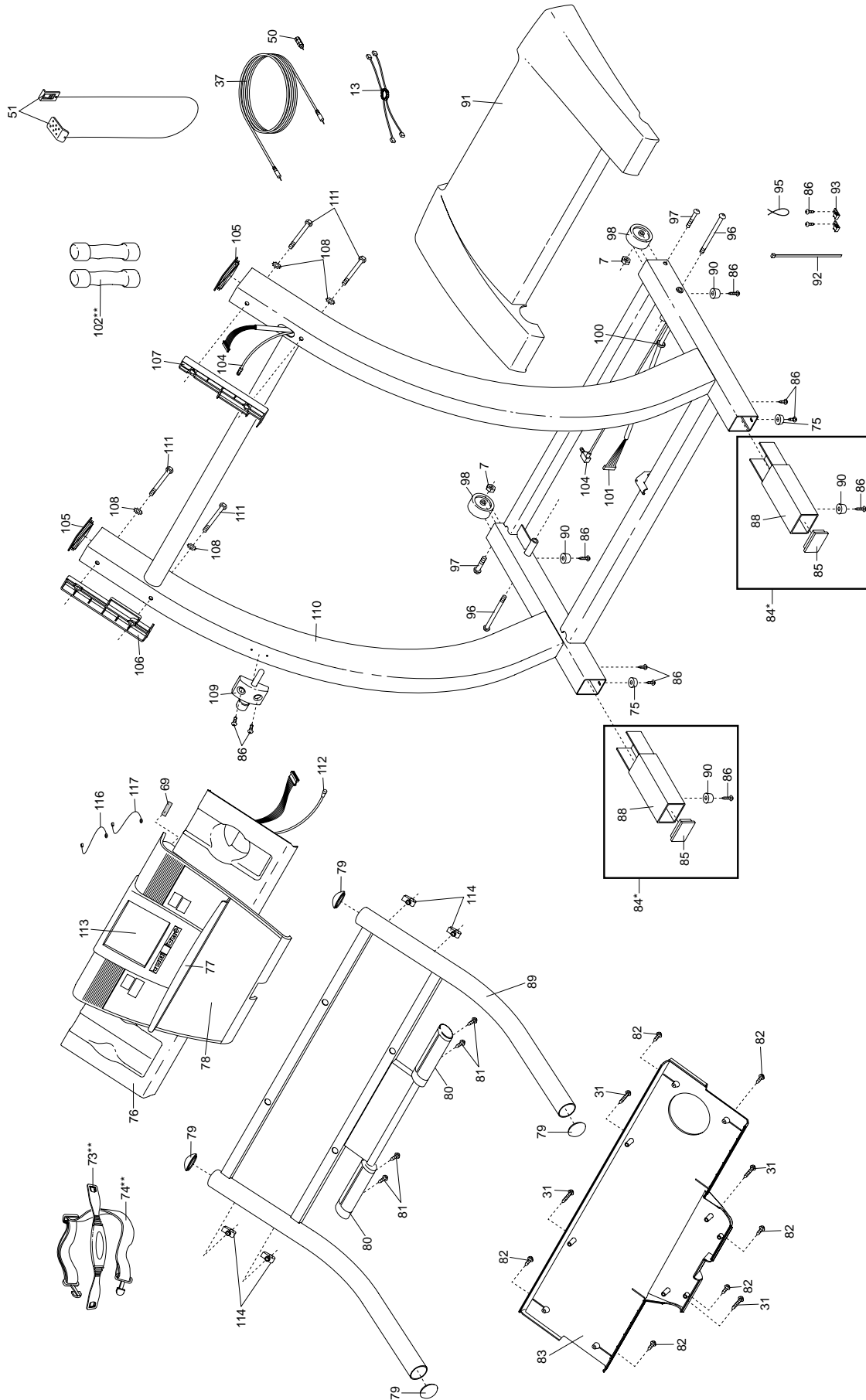


To identify the parts shown on this exploded drawing, refer to the PART LIST on pages 30 and 31 of the USER'S MANUAL.



# EXPLODED DRAWING—Model No. HRTL13910

R0102A



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# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (HRTL13910)
- The NAME of the product (HealthRider® T90 treadmill)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on pages 30 and 31).

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

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