

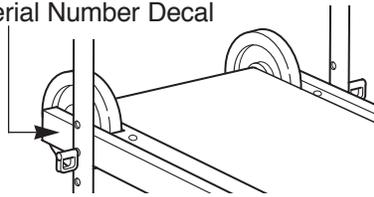
kathy ireland™

# Walking Treadmill

Model No. WLTL23180

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

Serial Number Decal



## QUESTIONS?

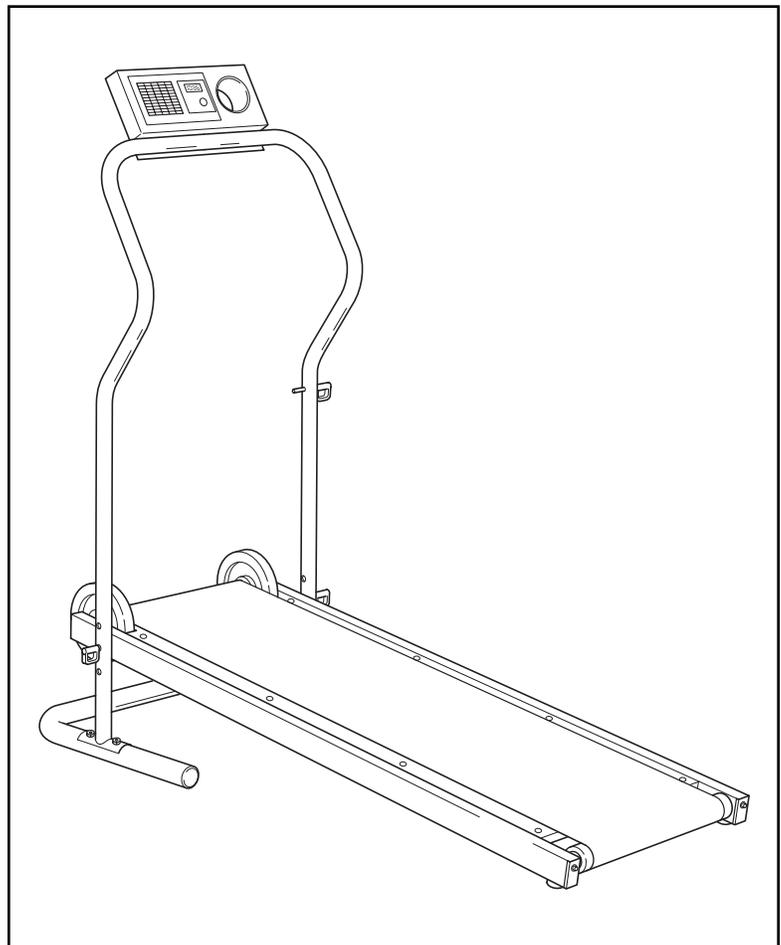
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

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 to you.

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

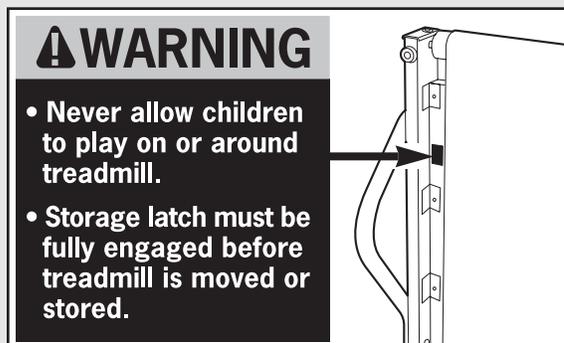
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## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using 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. This treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental or institutional setting.
3. Place the treadmill on a level surface, with eight feet of clearance behind it. Place a mat under the treadmill to protect the floor.
4. Inspect and tighten all parts of the treadmill regularly; replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the treadmill at all times.
6. The treadmill should not be used by persons weighing more than 250 lbs. Never allow more than one person on the treadmill at a time.
7. Wear appropriate clothing when exercising. Do not wear loose clothing that could become caught in the treadmill.
8. Always wear athletic shoes when using the treadmill; do not use the treadmill with bare feet, wearing only stockings or in sandals.
9. Do not use the treadmill if it is not working properly.
10. Do not place hands or feet under the treadmill while it is in use.
11. Always hold the handrail when mounting, dismounting, or exercising on the treadmill.
12. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
13. Use the treadmill only as described in this manual.
14. The decal shown below has been placed on the treadmill. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.



**⚠ 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 this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

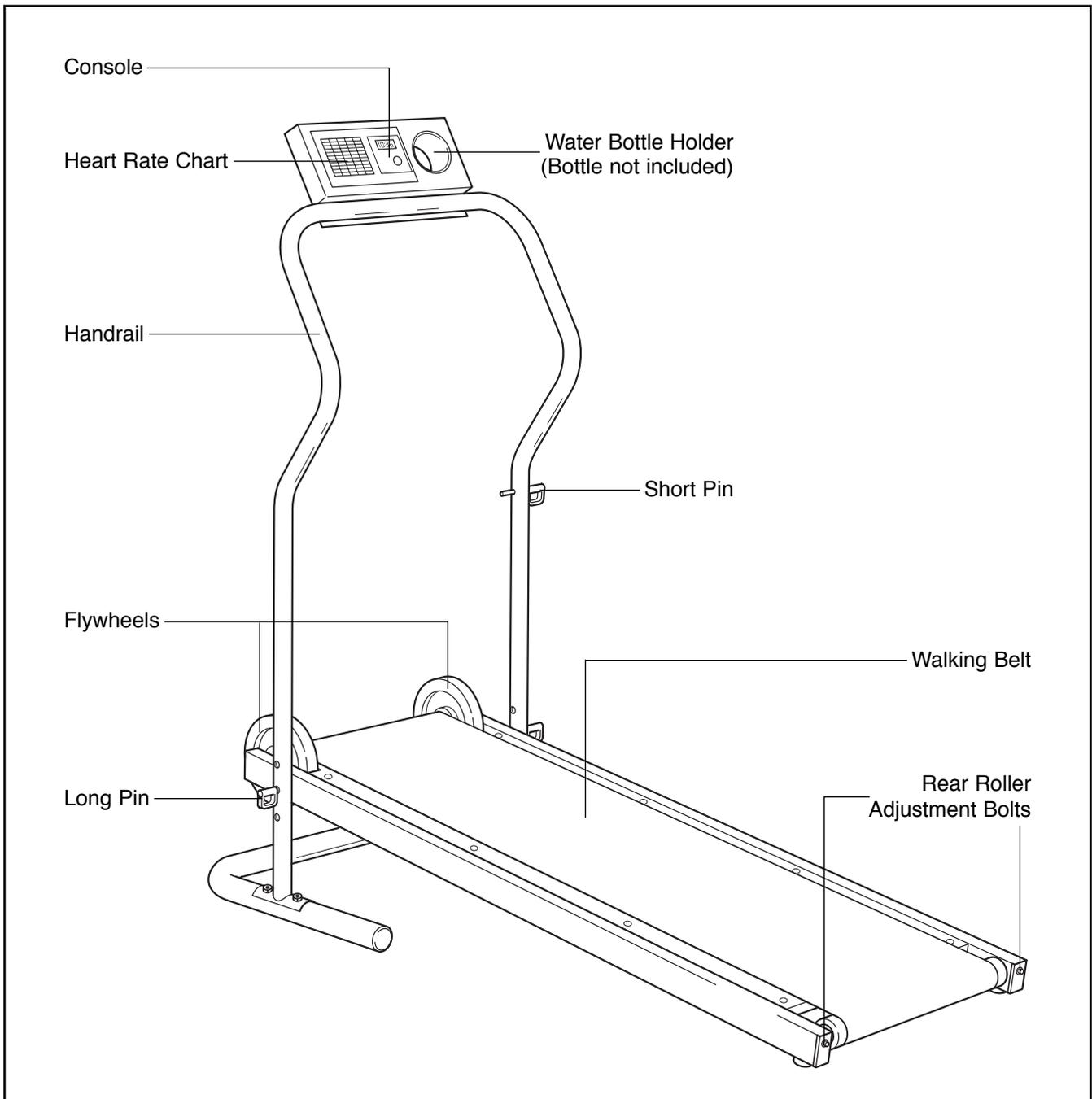
# BEFORE YOU BEGIN

Thank you for selecting the KATHY IRELAND WALKING TREADMILL. The natural motion and versatility of treadmills have made them the most popular way to get effective cardiovascular exercise. And the KATHY IRELAND WALKING TREADMILL can be folded up when not in use, requiring less than half the space of other treadmills.

**For your benefit, read this manual carefully before using the KATHY IRELAND WALKING TREADMILL.** If you have other questions, 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 WLT23180. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual to find the location of the decal).

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

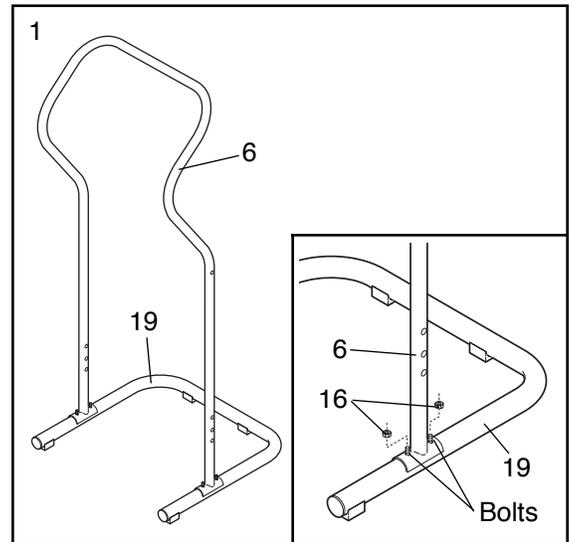


# ASSEMBLY

The help of a second person is recommended for assembly. 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 a phillips screwdriver**  **and two adjustable wrenches**  **(not included).**

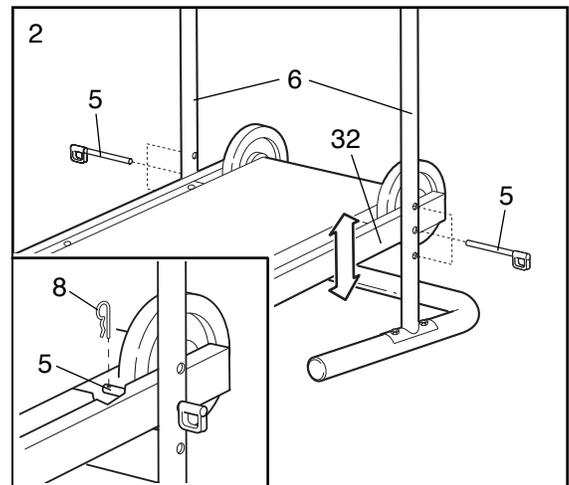
1. Slide the Handrail (6) onto the four welded bolts in the Base (19) as shown.

Refer to the inset drawing. Attach the Handrail (6) to the Base (19) with the four Handrail Nuts (16).



2. Lift the front of the Frame (32) and align the holes near the front of the Frame with one of the three sets of holes in the Handrail (6). Insert a Long Pin (5) into each side of the Handrail and the Frame. **Make sure that both Long Pins are at the same level.**

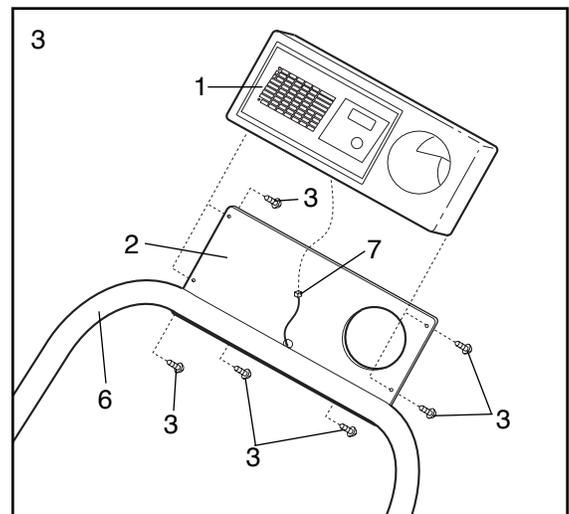
Refer to the inset drawing. Insert a Cotter Pin (8) into the hole in each Long Pin (5). **Make sure that the Cotter Pins are fully inserted into the holes.**



3. Attach the Console Plate (2) to the Handrail (6) with two of the six Console Screws (3). Feed the Reed Switch Wire (7) up through the hole in the Console Plate.

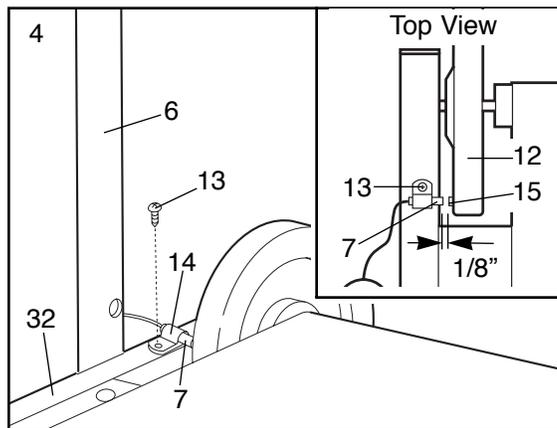
Hold the Console (1) near the Console Plate (2). Plug the Reed Switch Wire (7) into the back of the Console. Attach the Console to the Console Plate with four Console Screws (3). **Be careful not to pinch the Reed Switch Wire.**

After you have attached the Console (1), insert any slack in the Reed Switch Wire (7) into the Handrail (6).

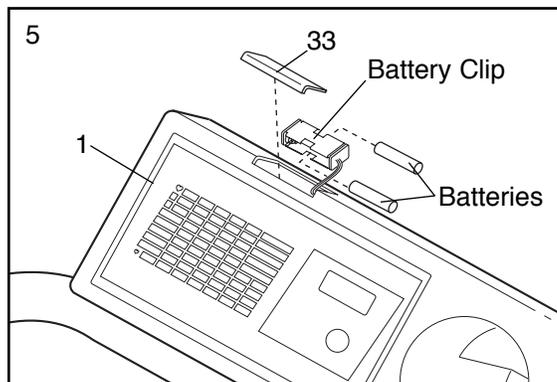


4. Insert the Reed Switch (7) into the Reed Switch Clip (14). Attach the Reed Switch Clip to the Frame (32) with the Clip Screw (13). Next, carefully pull any slack in the Reed Switch Wire out of the left Handrail (6).

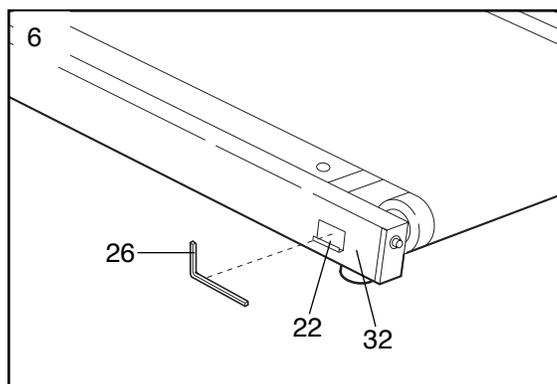
Refer to the inset drawing. Locate the Magnet (15) on the left Flywheel (12). Turn the Flywheel until the Magnet is aligned with the Reed Switch (7). **Make sure that there is a 1/8" gap between the Magnet and the Reed Switch.** If necessary, loosen the Clip Screw (13) and move the Reed Switch slightly. Retighten the Clip Screw.



5. The Console (1) requires two "AA" batteries (not included). Alkaline batteries are recommended. Open the Battery Cover (33) by sliding it upward. Insert two batteries into the battery clip, **making sure that the negative (-) ends of the batteries are touching the springs in the battery clip.** Insert the battery clip back into the Console and slide the Battery Cover (33) back into place.



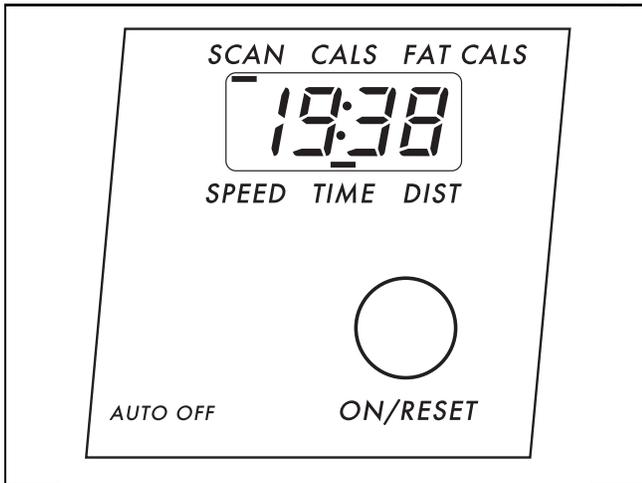
6. Remove the backing from the Adhesive Clip (22). Press the Adhesive Clip onto the Frame (32) in the indicated location. Press the Allen Wrench (26) into the Adhesive Clip.



7. **Make sure that all parts are tightened before you use the treadmill.** To protect the floor or carpet, place a mat under the treadmill.

# TREADMILL OPERATION

## DIAGRAM OF THE CONSOLE



## STEP-BY-STEP CONSOLE OPERATION

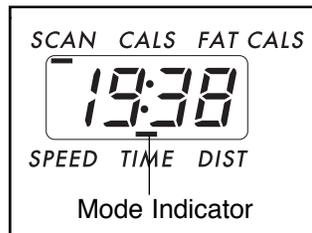
Before the console can be operated, two “AA” batteries must be installed (see assembly step 5 on page 5). Follow the steps below to operate the console.

### 1 Turn on the power

To turn on the power, press the on/reset button or simply begin walking. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for use. Note: If batteries were just installed, the power will already be on.

### 2 Follow your progress with the five modes

When the power is turned on, the console will automatically scan through five modes. A flashing mode indicator will show which mode is currently displayed. The modes are described below.



- Speed—This mode shows your speed, in miles per hour.
- Time—This mode shows the elapsed time.
- Distance (DIST)—This mode shows the total number of miles you have walked.

- Fat Calories (FAT CALS)—This mode shows the approximate number of fat calories you have burned. (See BURNING FAT on page 9.)
- Calories (CALC)—This mode shows the approximate number of calories you have burned.

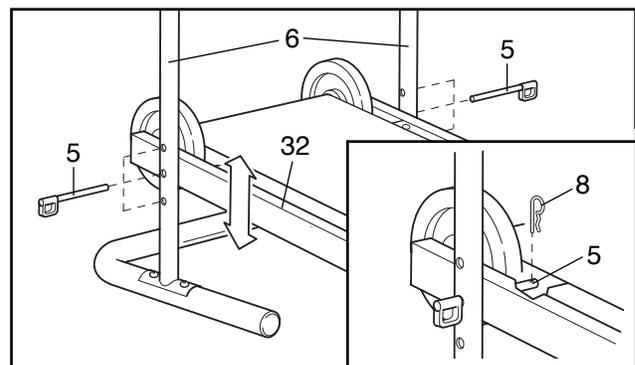
If desired, the display can be reset by pressing the on/reset button.

### 3 Turn off the power

To turn off the power, simply wait for about four minutes. If the walking belt is not moved and the console button is not pressed for four minutes, the power will turn off automatically.

## HOW TO ADJUST THE INCLINE OF THE TREADMILL

The incline of the treadmill can be changed by raising or lowering the Frame (32). Hold the front of the Frame and remove the Long Pins (5). Raise or lower



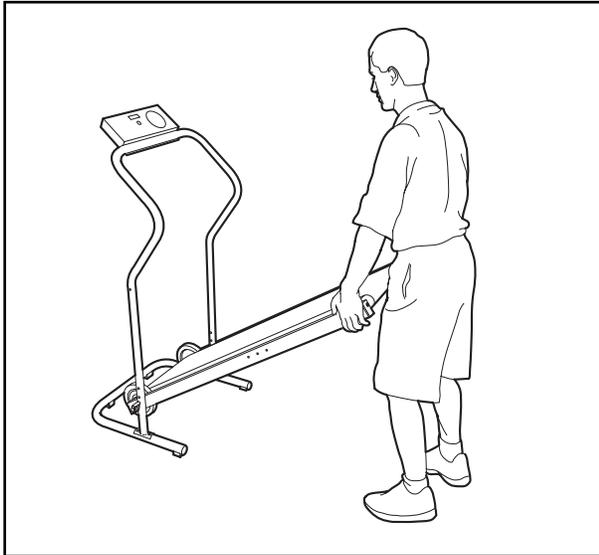
the Frame, align the holes in the Frame with one of the three sets of holes in the Handrail (6), and reinsert the Long Pins. **Make sure both Long Pins are at the same level.** Refer to the inset drawing. Insert a Cotter Pin (8) into the hole in each Long Pin. **Make sure that the Long Pins are fully inserted into the holes.**

**CAUTION:** If the Cotter Pins (8) are not inserted into the Long Pins (5) as shown, the Long Pins may slip out, resulting in injury to the user.

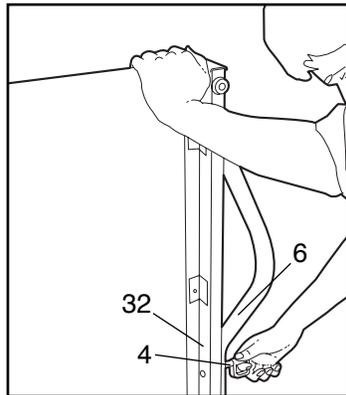
## HOW TO FOLD THE TREADMILL FOR STORAGE

When the treadmill is not in use, it can be folded for compact storage. **Caution: You must be able to safely lift 25 pounds (11 kg) in order to raise, lower, or move the treadmill.**

1. Hold the treadmill with your hands in the locations shown below. **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 to the vertical position.

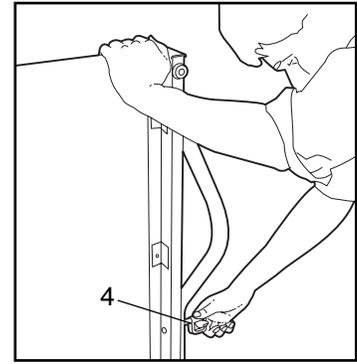


2. Move your left hand to the position shown and hold the treadmill firmly. Using your right hand, insert the Short Pin (4) through the Handrail (6) and the Frame (32) as far as it will go.

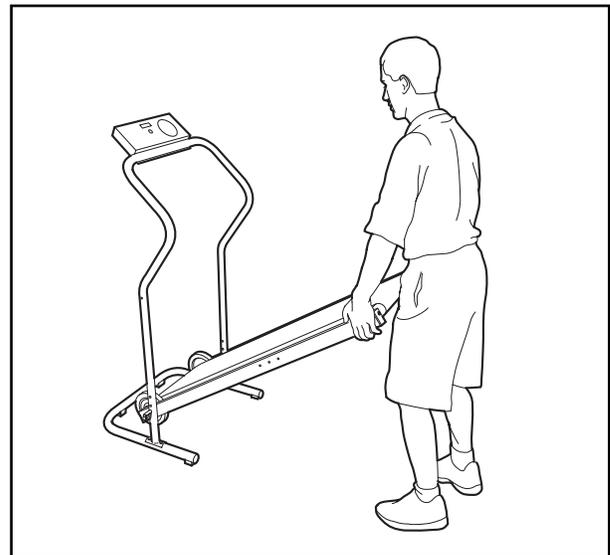


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your left hand as shown. Using your right hand, pull out the Short Pin (4). Pivot the treadmill down a few inches and re-insert the Short Pin.



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



# MAINTENANCE AND TROUBLE-SHOOTING

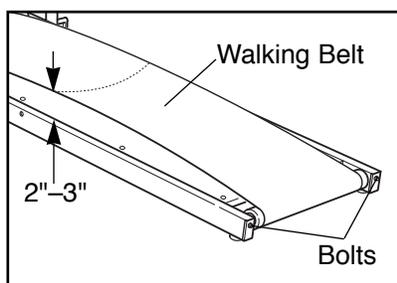
Most problems can be solved by following the simple steps below. If further assistance is needed, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

## 1. SYMPTOM: THE CONSOLE DOES NOT FUNCTION PROPERLY

- a. Replace the two "AA" batteries in the console (see assembly step 5 on page 5). In addition, make sure the reed switch wire is plugged into the back of the console (see step 3 on page 5).
- b. The console, like most electronics, is susceptible to static electricity build-up, caused by certain types of clothing or by the operation of the treadmill. If the console blanks out or gives incorrect readings, apply an anti-static spray to the handrail. Anti-static spray is available where laundry supplies are sold.

## 2. SYMPTOM: THE WALKING BELT DOES NOT MOVE SMOOTHLY

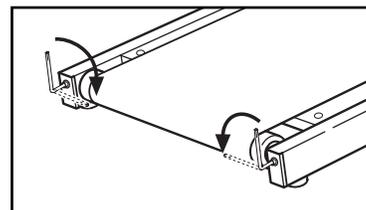
- a. If the walking belt is overtightened, performance may be reduced and the walking belt may be permanently damaged.



Using the allen wrench, turn both rear roller adjustment bolts counterclockwise 1/4 of a turn. When the tension of the walking belt is correct, you should be able to lift each side of the walking belt 2 to 3 inches. Walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened. Be careful to keep the walking belt centered.

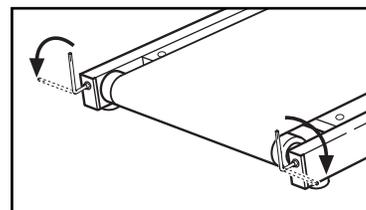
## 3. SYMPTOM: THE WALKING BELT SLIPS OR IS OFF-CENTER

- a. **If the walking belt has shifted to the left side,** use the allen wrench to turn the left rear roller adjustment bolt clockwise,



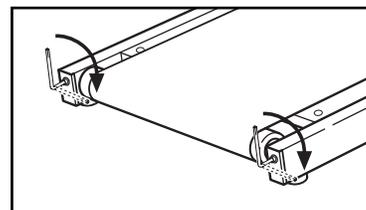
and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Walk on the treadmill for a few minutes. Repeat until the walking belt is centered.

- b. **If the walking belt has shifted to the right side,** use the allen wrench to turn the left rear roller adjustment bolt counterclockwise,



and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Walk on the treadmill for a few minutes. Repeat until the walking belt is centered.

- c. **If the walking belt slips when walked on,** use the allen wrench to turn both rear roller adjustment 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 2 to 3 inches. Walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened. Be careful to keep the walking belt centered.

# CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

**⚠ 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.

## WHY EXERCISE?

Exercise has proven essential for good health and well-being. Participation in a well-rounded exercise program helps to develop a stronger and more efficient heart, improved respiratory function, increased stamina, better weight management, increased ability to handle stress and greater self-esteem.

## 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.

BPM	HEART RATE TRAINING ZONES						
♥ 165							Aerobic
□ 145	155						Max Fat Burn
□ 125	138	145					Fat Burn
	120	130	140				
		115	125	130			
			110	118	125		
				105	110	115	
					95	103	
♥						90	
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age at 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 are your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

## Burning Fat

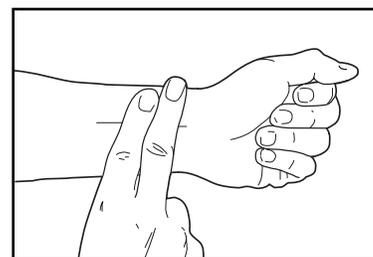
To burn fat effectively, you must exercise at the proper intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is between the lower two numbers in your training zone as you exercise.

## 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 effective aerobic exercise, adjust the intensity of your exercise until your heart rate is near the higher number in your training zone.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.



## WORKOUT GUIDELINES

A proper workout includes the following three important parts:

**A warm-up**, consisting of five to ten minutes of stretching and light exercise. This will increase your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, including 20 to 30 minutes of exercise with your heart rate in your training zone.

**A cool-down**, consisting of five to ten minutes of stretching. Stretching after exercise is effective for increasing flexibility, and helps to offset problems caused when you stop exercising suddenly.

**EXERCISE FREQUENCY**

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

Instead of waiting for a convenient time to exercise, plan a specific time. The morning hours work well for many, and the self-discipline required to rise early and exercise increases productivity throughout the day. For others, exercising before dinner helps them to relax. Whatever time you choose, be consistent. The key to success is to make exercise a regular and enjoyable part of your everyday life.

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**PART LIST—Model No. WLTL23180**

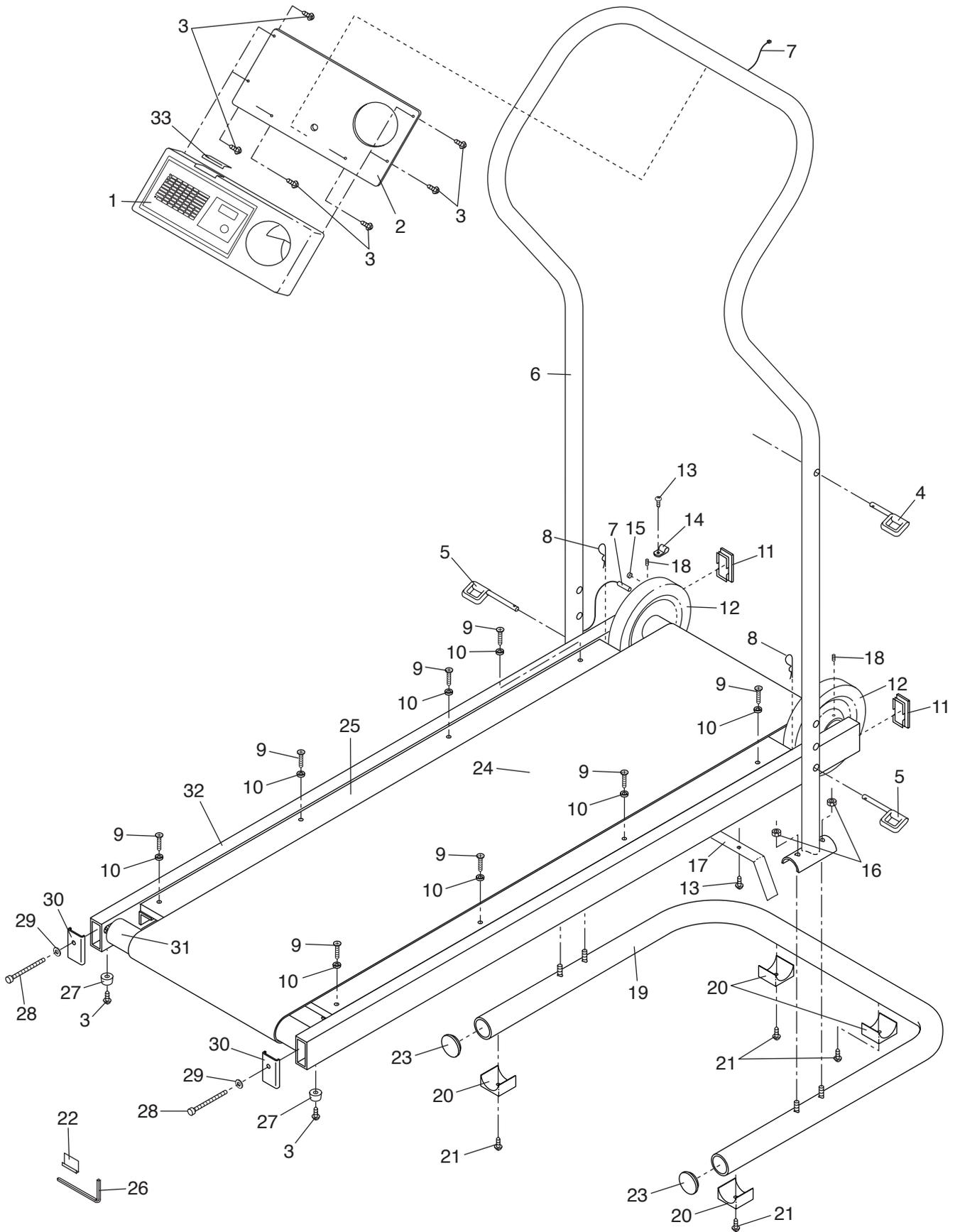
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	18	2	Flywheel Screw
2	1	Console Plate	19	1	Base
3	8	Console Screw	20	4	Base Pad
4	1	Short Pin	21	4	Base Pad Screw
5	2	Long Pin	22	1	Adhesive Clip
6	1	Handrail	23	2	Base Endcap
7	1	Reed Switch w/Wire	24	1	Walking Belt
8	2	Cotter Pin	25	1	Walking Platform
9	8	Walking Platform Screw	26	1	Allen Wrench
10	8	Platform Grommet	27	2	Frame Pad
11	2	Frame Endcap	28	2	Rear Roller Adjustment Bolt
12	1	Front Roller w/Flywheels	29	2	Rear Roller Washer
13	4	Clip Screw/Belt Guide Screw	30	2	Frame Plate
14	1	Reed Switch Clip	31	1	Rear Roller
15	1	Magnet	32	1	Frame
16	4	Handrail Nut	33	1	Battery Cover
17	1	Belt Guide	#	1	User's Manual

“#” Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. WLTL23180

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## ORDERING REPLACEMENT PARTS

To order replacement parts, simply 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). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER of the product. (WLTL23180)
- The NAME of the product. (KATHY IRELAND WALKING TREADMILL)
- The SERIAL NUMBER of the product. (See the front cover of this manual.)
- The KEY NUMBER and DESCRIPTION of the part(s) needed. (See page 10 of this manual.)

If possible, place the treadmill near your telephone for easy reference when calling.

### 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 at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns 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, to products used for commercial or rental purposes, or to 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**