

WEIDER[®] BLACK

130 XTB

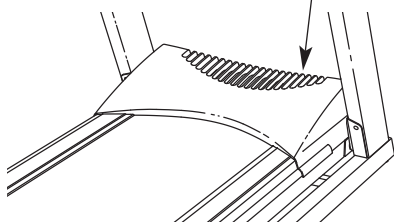
www.weider.com

Model No. WBTL13608.0

Serial No. _____

Write the serial number in the space above for future reference.

Serial Number Decal



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE;** please contact Customer Care.

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

1-877-992-5999

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.weiderservice.com

⚠ CAUTION

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

USER'S MANUAL

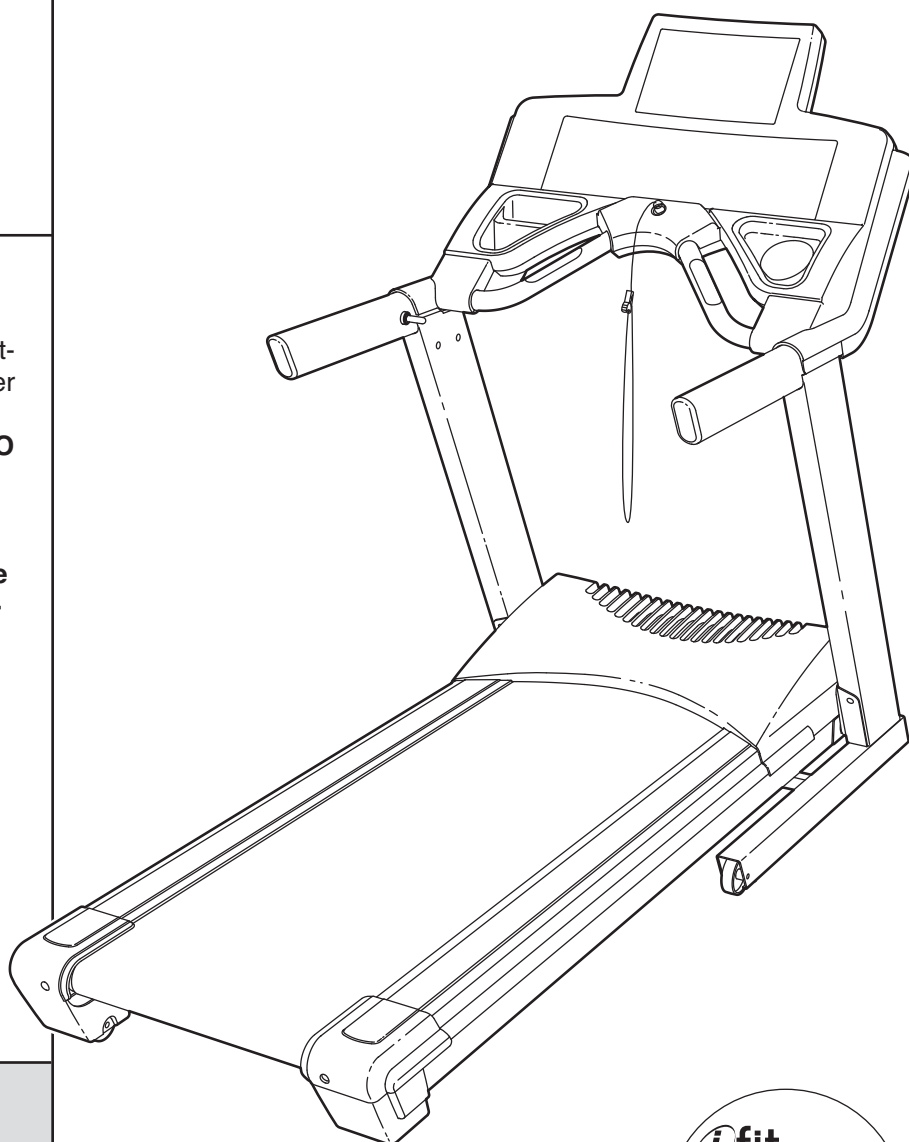


TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
ASSEMBLY	6
TREADMILL OPERATION	11
HOW TO FOLD AND MOVE THE TREADMILL	23
TROUBLESHOOTING	25
EXERCISE GUIDELINES	27
PART LIST	30
EXPLODED DRAWING	32
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

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, two feet on each side, and six inches in front. 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 oxygen is 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 350 pounds. Never allow more than one person on the treadmill at a time.
8. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
9. When connecting the power cord (see page 11), 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.
10. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. To purchase a surge suppressor, see your local WEIDER dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
11. 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, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
12. Keep the power cord and the surge suppressor away from heated surfaces.
13. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 25 if the treadmill is not working properly.)
14. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 12).
15. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
16. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
17. 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.
18. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move the reset/off circuit breaker to the "off" position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)
19. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 23.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.
20. When folding or moving the treadmill, make sure that the storage latch is fully closed.

21. Inspect and properly tighten all parts of the treadmill every three months.

22. Never drop or insert any object into any opening.

23. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures de-

scribed 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.

24. The treadmill is intended for in-home use only. Do not use the treadmill in any commercial, rental, or institutional setting.

! 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 decals shown here have been placed on the treadmill. If a decal is missing, or if it is not legible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.

! WARNING:

Protect yourself and others from risk of serious 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.

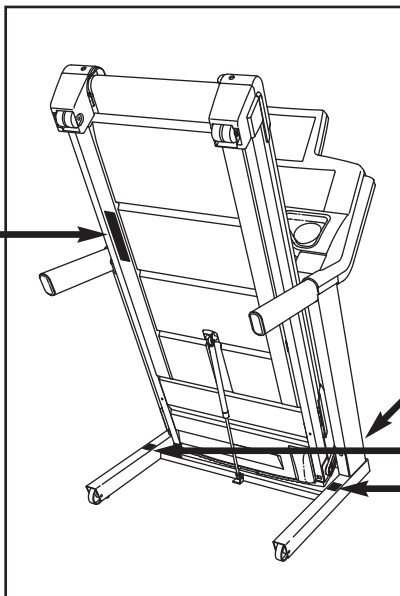
- Remove key when not in use.



- 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.



! CAUTION

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



BEFORE YOU BEGIN

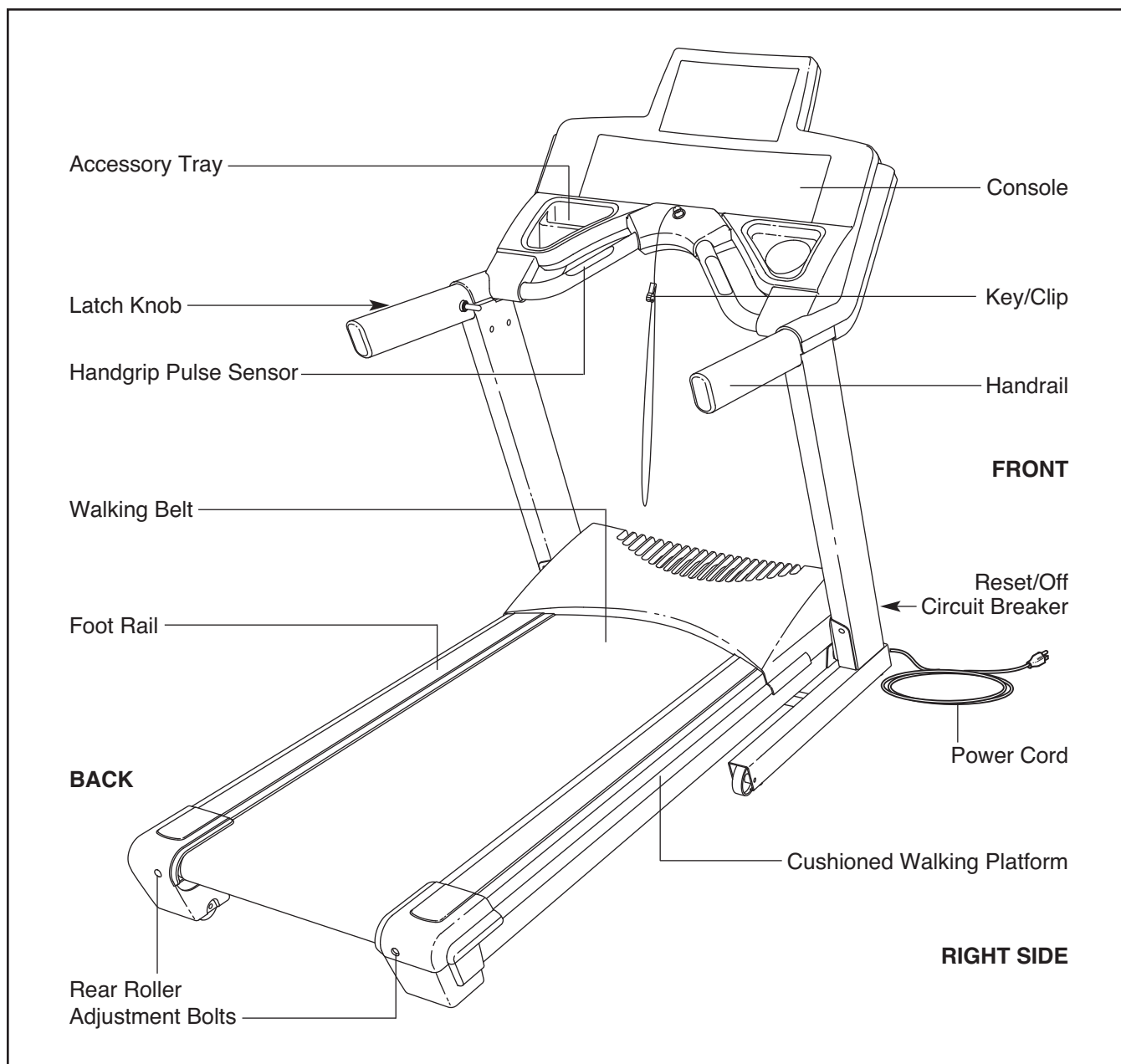
Congratulations for purchasing the WEIDER® BLACK 130 XTB treadmill. The 130 XTB treadmill offers an impressive array of features to help you achieve your fitness goals in the convenience of your home. From the advanced console to the cushioned walking platform, the treadmill is designed to make each workout more effective and enjoyable. And when you're not exercising, the treadmill can be folded away, taking less than half the floor space of conventional treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after read-

ing this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

To avoid a registration fee for any service needed under warranty, you must register the treadmill at www.weiderservice.com/registration.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



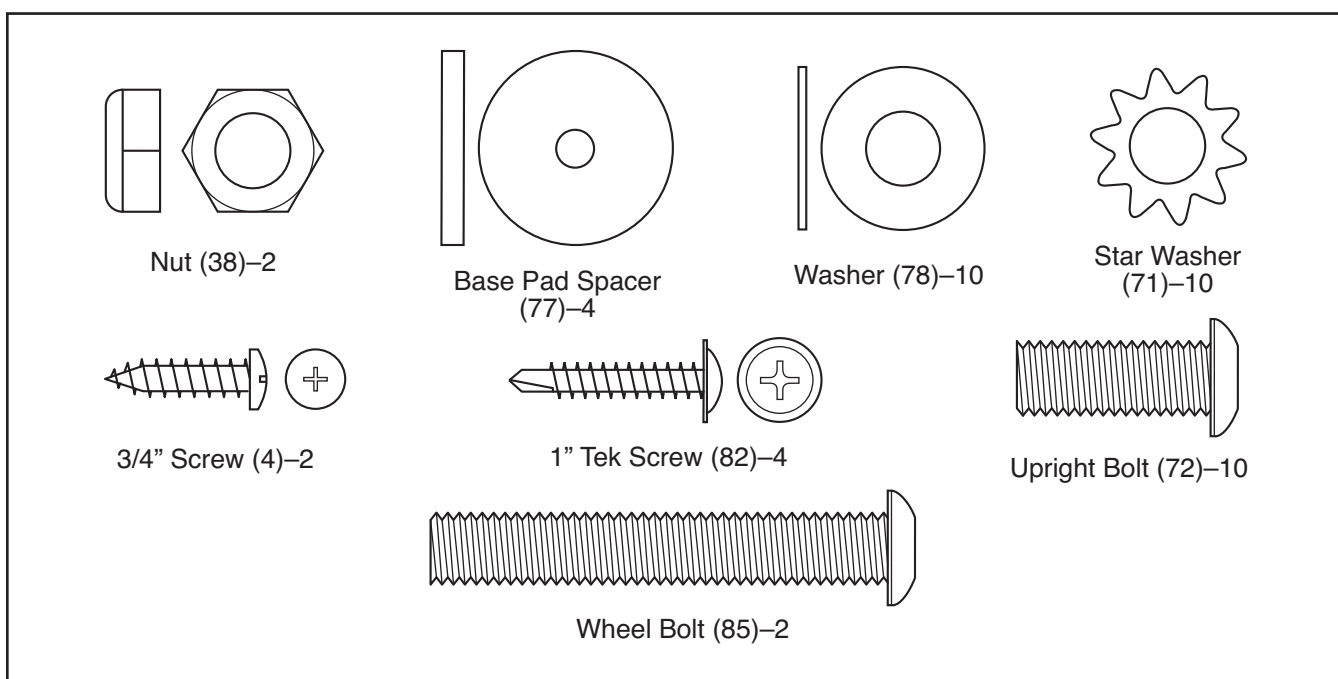
ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480.

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included allen wrench  **and your own phillips screwdriver** .

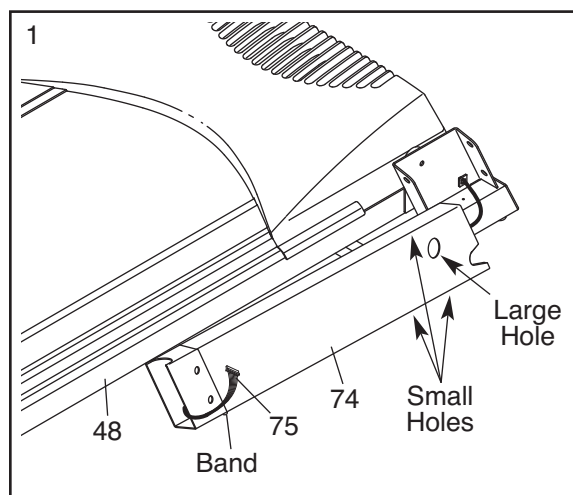
For help identifying assembly hardware, see the drawings below. **Note: If a part is not found in the part bags, check to see if the part has been preattached. To avoid damaging plastic parts, do not use power tools for assembly.**



1. Identify the Right Upright (74), which has holes in the indicated locations.

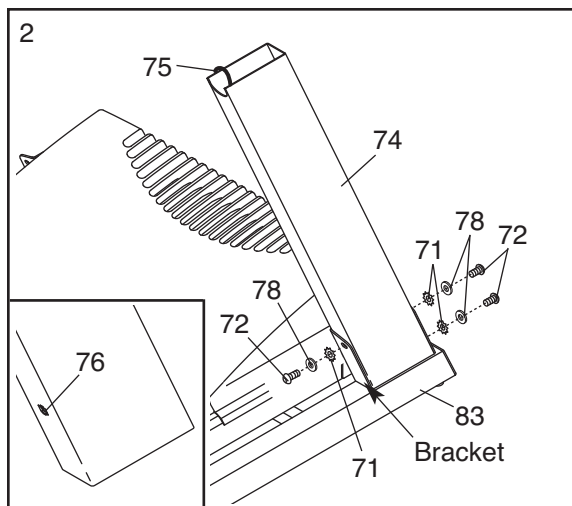
Set the Right Upright (74) near the Frame (48) as shown. Insert the Upright Wire Harness (75) into the lower end of the Right Upright and out of the top.

Place an elastic band around the Upright Wire Harness (75) and the Right Upright (74) to keep the Upright Wire Harness from falling into the Right Upright. Leave the elastic band on until step 8 is completed.



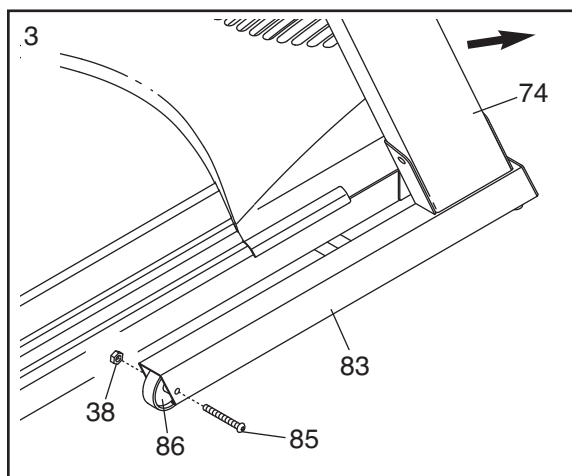
2. Insert the Right Upright (74) into the indicated bracket on the Base (83); **be careful not to dislodge the Cage Nuts (76) from the Right Upright (see the inset drawing).** In addition, **be careful not to pinch the Upright Wire Harness (75).** Finger tighten three Upright Bolts (72) with three Washers (78) and three Star Washers (71) into the Right Upright and the bracket. **Do not tighten the Upright Bolts yet.**

Repeat this step with the Left Upright (not shown). Note: There is not a wire on the left side.



3. With the help of a second person, carefully tip the Right Upright (74) and the Left Upright (not shown) forward. Hold a Wheel (86) inside of the Base (83) as shown, and attach the Wheel with a Wheel Bolt (85) and a Nut (38).

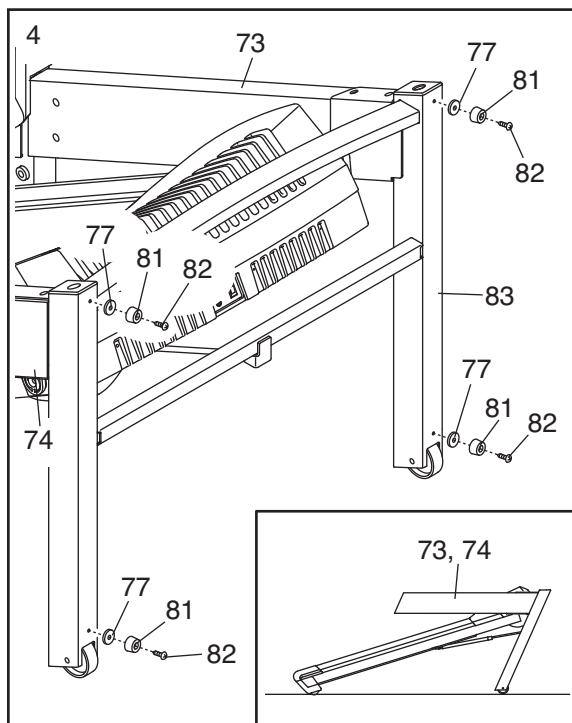
Attach the other Wheel (86) as described above. **Do not overtighten the Wheel Bolts (85); the Wheels should turn freely.**



4. With the help of a second person, carefully tip the Uprights (73, 74) down to the position shown. **Do not lower the Uprights to the floor (see the inset drawing).**

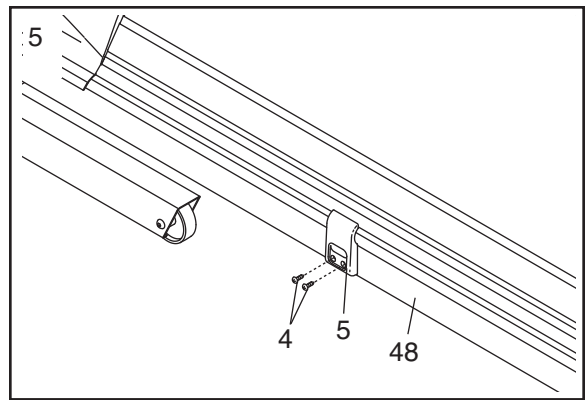
Attach the four Base Pads (81) and the four Base Pad Spacers (77) to the bottom of the Base (83) with four 1" Tek Screws (82). Note: One replacement Base Pad may be included. Use the Base Pad to replace any Base Pad that becomes worn.

With the help of a second person, carefully tip the treadmill down so the four Base Pads (81) are resting on the floor and the Uprights (73, 74) are in a vertical position.



5. Attach the Catch (5) to the left side of the Frame (48) with two 3/4" Screws (4).

With the help of a second person, raise the Frame (48) to a vertical position. **Be careful not to raise the Frame past the vertical position. Have the other person hold the Frame until step 7 is completed.**

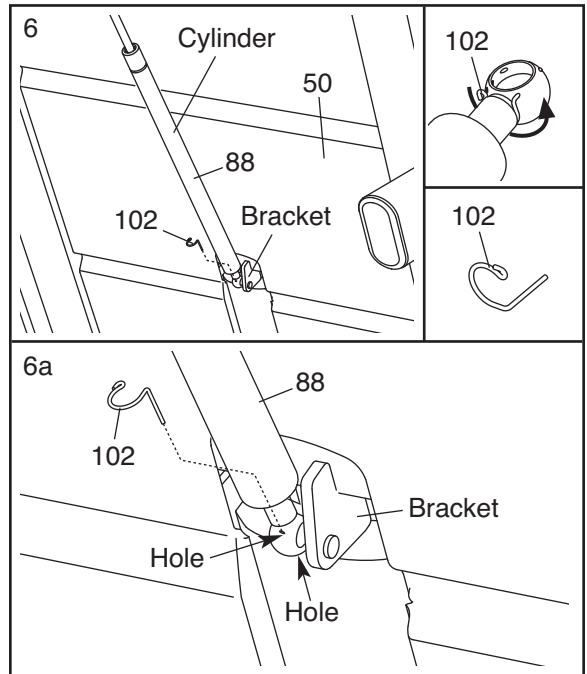


6. Hold the cylinder end of the Shock (88) near the bracket in the center of the Belly Pan (50).

See the two small inset drawings. Using your fingernail or the end of a screwdriver, press on the end of the Shock Pin (102) to loosen it from the Shock (88). Next, rotate the Shock Pin and pull it out of the Shock. **Be careful to avoid losing the Shock Pin.**

Orient the Shock (88) so it is in the position shown. Press the end of the Shock onto the ball on the bracket.

See drawing 6a. Insert the Shock Pin (102) into the two indicated small holes in the end of the Shock (88). Then, rotate the Shock Pin until it clips onto the Shock. Note: Extra Shock Pins are included.

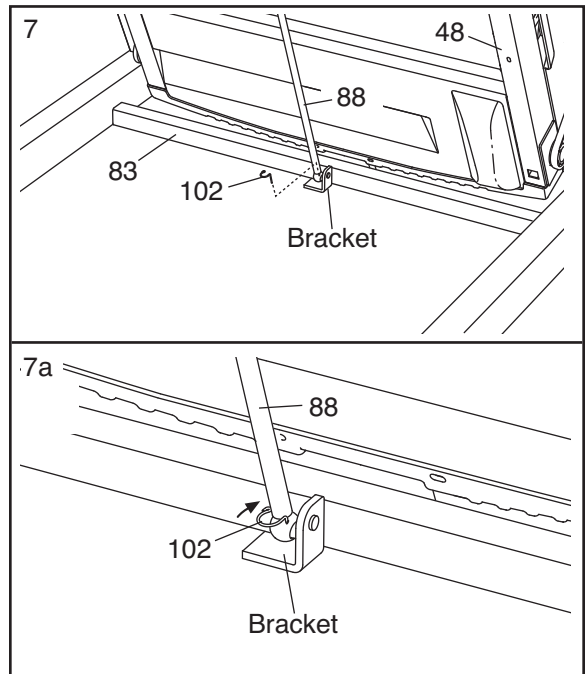


7. Remove the Shock Pin (102) from the lower end of the Shock (88).

Next, press the lower end of the Shock (88) onto the ball on the bracket on the Base (83). If necessary, pivot the Frame (48) slightly and rotate the Shock to align the end of the Shock with the ball on the bracket.

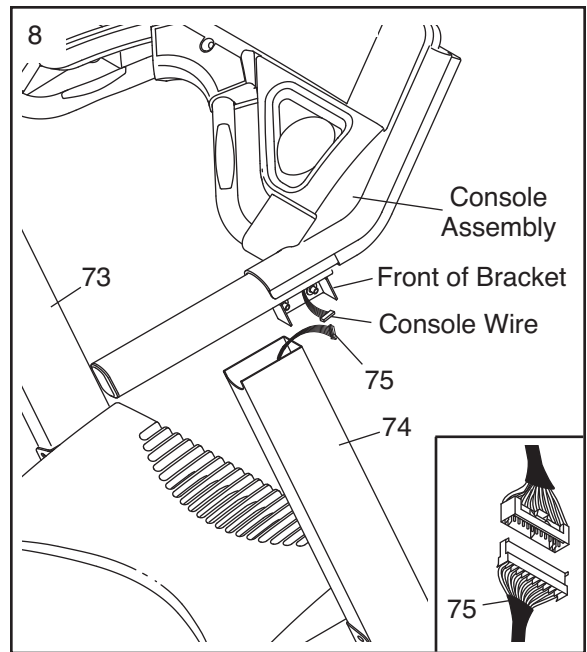
See drawing 7a. Insert the end of the Shock Pin (102) into two of the small holes in the end of the Shock (88). Then, rotate the Shock Pin until it clips onto the Shock.

With the help of a second person, lower the Frame (48) to the floor.



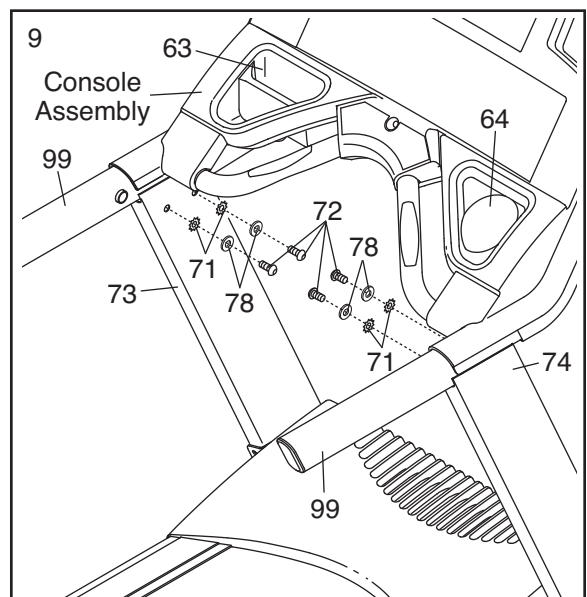
8. Remove the elastic band holding the Upright Wire Harness (75). Have two people hold the console assembly near the Left Upright (73) and the Right Upright (74). Connect the Upright Wire Harness to the console wire. **Make sure to connect the connectors properly (see the inset drawing); the connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and try again to connect them. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**

Insert the Upright Wire Harness (75) and the console wire into the Right Upright (74). Next, insert the front ends of the brackets on the console assembly into the Right Upright and the Left Upright (73). **Be careful not to pinch the wires.**

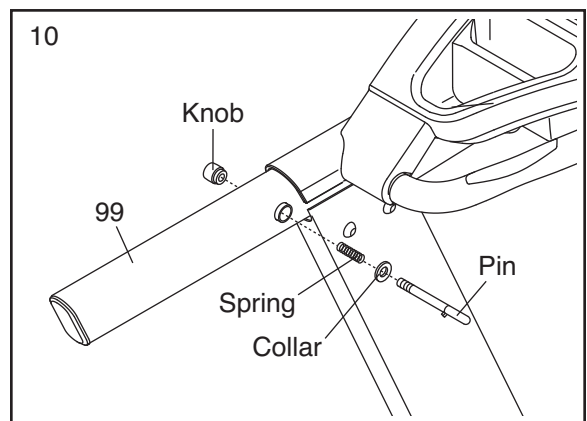


9. While pressing down on the Handrails (99), attach the console assembly to the Uprights (73, 74) with four Upright Bolts (72), four Washers (78), and four Star Washers (71). **Start all four Upright Bolts before tightening them.**

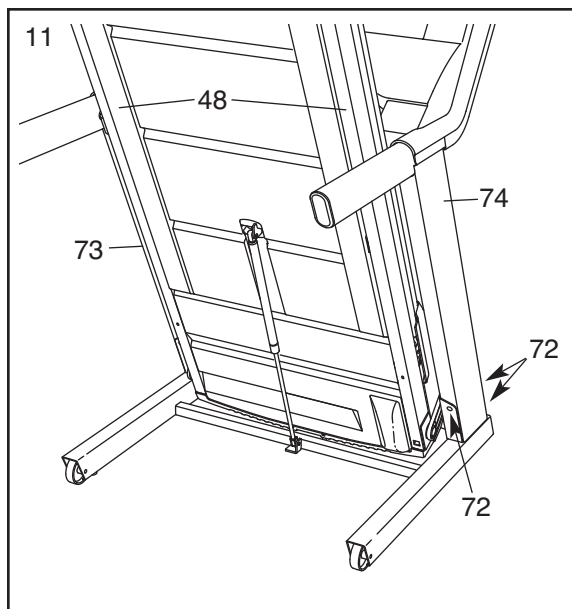
Note: The Left Accessory Tray (63) and the Right Accessory Tray (64) are replaceable. If these parts become dislodged from the console assembly, simply press them back in.



10. Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (Note: If there are two collars, place one on each side of the spring.) Next, insert the pin into the hole in the side of the Handrail (99). Then, tighten the knob back onto the pin.



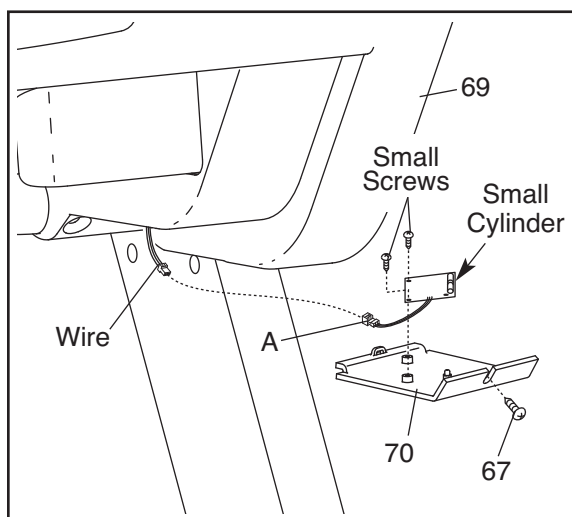
11. Place the treadmill in the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 23). Center the Frame (48) between the Uprights (73, 74). Tighten the Upright Bolts (72) in the lower ends of the Uprights (73, 74).



12. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included allen wrench in a secure place; the allen wrench is used to adjust the walking belt (see page 26). To protect the floor or carpet, place a mat under the treadmill.

If you purchase the optional chest pulse sensor (see page 22), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Make sure that the power cord is unplugged.** Remove the indicated Console Back Screw (67) and the Access Door (70) from the left side of the Console Back (69).
2. Connect the wire on the receiver (A) to the indicated wire extending from the Console Back (69). **Hold the receiver so the small cylinder is oriented as shown.** Attach the receiver to the plastic posts on the Access Door (70) with the two included small screws.
3. **Make sure that no wires are pinched.** Reattach the Access Door (70) with the Console Back Screw (67). The other wires included with the receiver may be discarded.



TREADMILL OPERATION

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with 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.

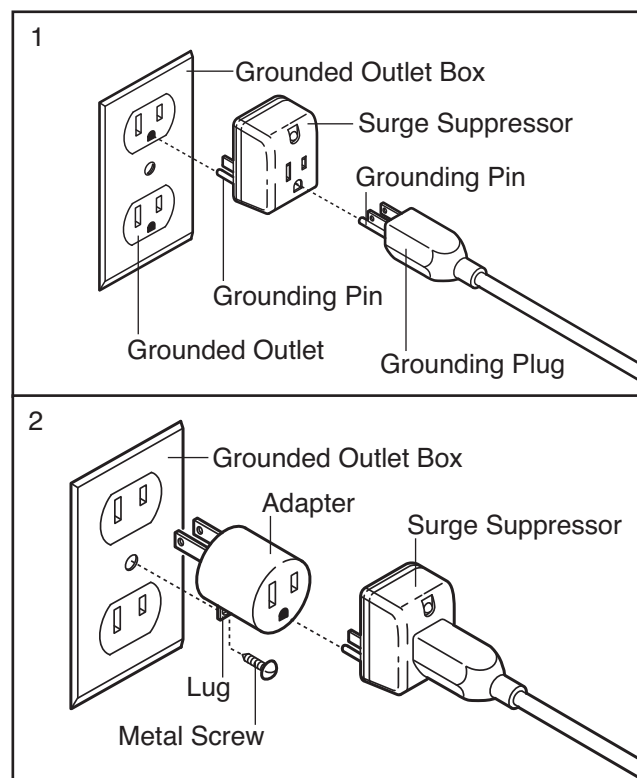
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility 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 WEIDER dealer or call the toll-free telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

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

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of elec-

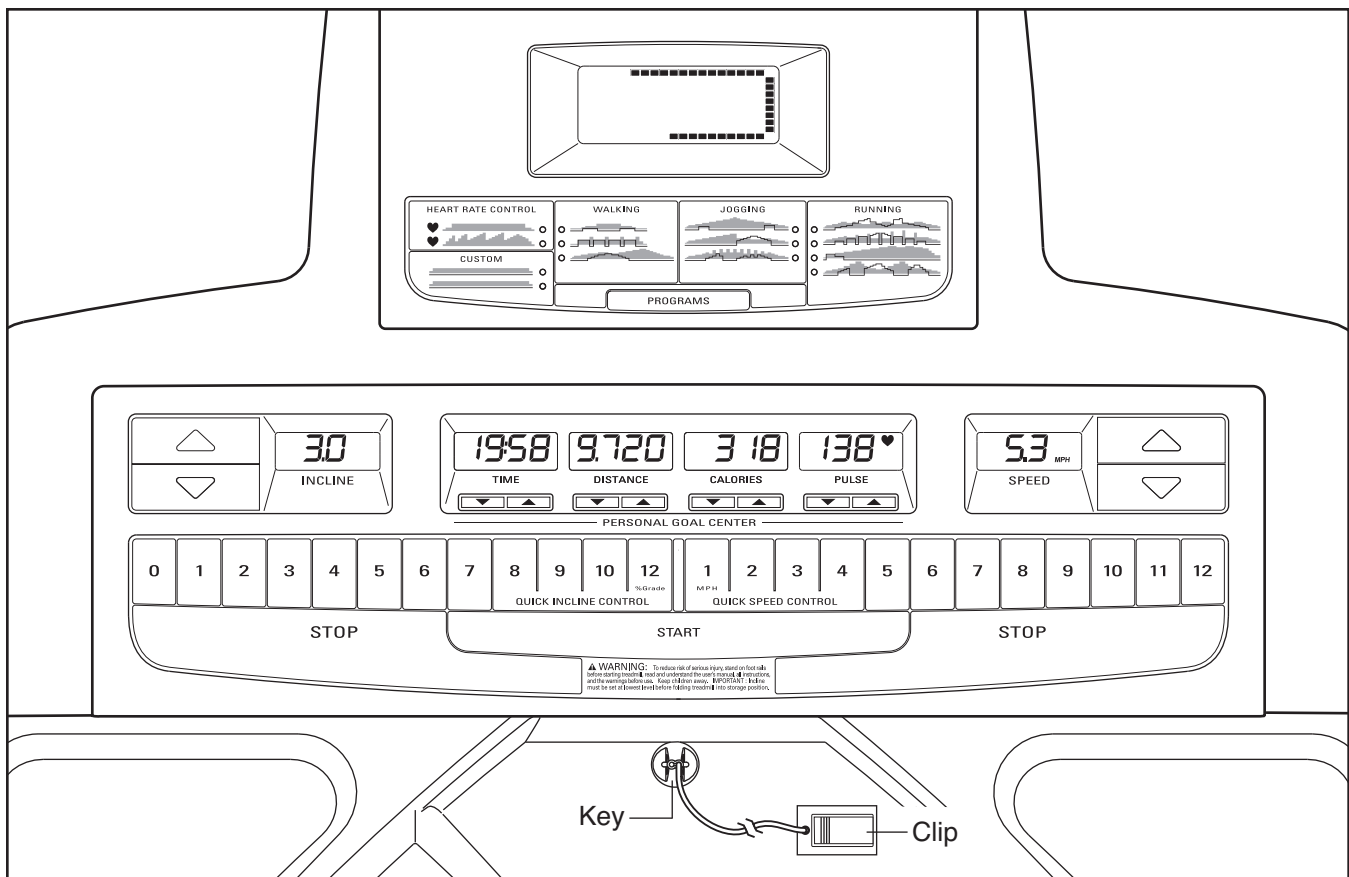
tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. 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 treadmill console offers an impressive array of features designed to make your workouts more effective.

When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display instant exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 22).

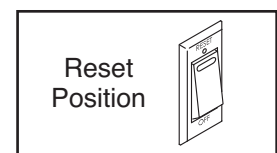
In addition, the console offers ten preset programs. Each program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. Two heart rate programs are also offered. Each program automatically adjusts the speed and incline of the treadmill to keep your heart rate within a target range while you exercise. The console even allows you to create your own programs and save them in memory for future use. Note: The heart rate programs require the use of the optional chest pulse sensor.

To use the manual mode of the console, follow the steps beginning on page 13. **To use a preset program**, see page 16. **To create and use a custom program**, see pages 18 and 19. **To use a heart rate program**, see page 20.

HOW TO TURN ON THE POWER

Note: If there is a sheet of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, always wear clean shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 26).

Plug in the power cord (see page 11). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the reset position.



Stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above), and slide the clip onto the waistband of your clothes. Next, insert the key into the console. After a moment, the displays and various indicators will light. **Important:** In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

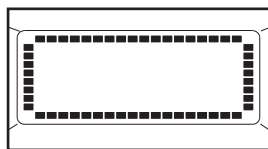
HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select the manual mode.

When the key is inserted, the manual mode will be selected and a track will appear in the matrix. If a program has been selected, remove the key and reinsert it to select the manual mode.

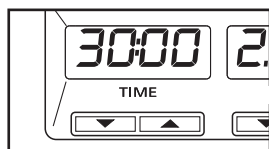


3 Set a workout goal if desired.

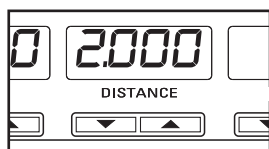
If you do not plan to set a workout goal, go to step 4.

To set a time, distance, or calorie goal for your workout, press the increase and decrease buttons below the Time, Distance, or Calories display. To set a speed goal, press the Speed buttons. To set a goal quickly, hold down the increase and decrease buttons. **You can set up to two goals for each workout.**

For example, if you plan to exercise for 30 minutes, press the increase and decrease buttons below the Time display until the display shows a goal of "30:00."



If you also plan to run two miles during your workout, press the increase and decrease buttons below the Distance display until the display shows a goal of "2.000."

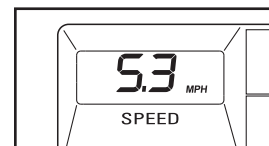


When you set either one goal or two goals, the console will display the length of time you will exercise, the distance that you will walk or run, the approximate number of calories you will burn, and a speed setting. If desired, adjust any of the values. Note: The last two values that you change will become your workout goals.

4 Press the Start button to start the walking belt.

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

As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons.

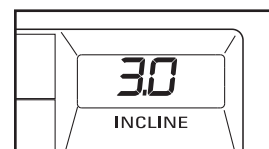


Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph. To change the speed setting quickly, press one of the twelve Quick Speed buttons. **Note: The console can display speed and distance in either miles or kilometers (see THE SPEED DISPLAY on page 14).** For simplicity, all instructions in this section refer to miles.

To stop the walking belt, press either of the Stop buttons. The Time display will begin to flash. To restart the walking belt, press the Start button or the Speed increase button.

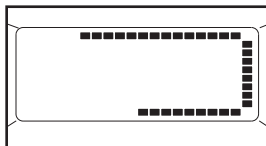
5 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline will change by 0.5%. To change the incline setting quickly, press one of the twelve Quick Incline buttons. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

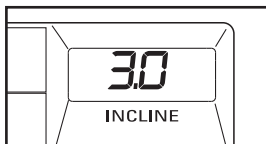


6 Follow your progress with the matrix and the displays.

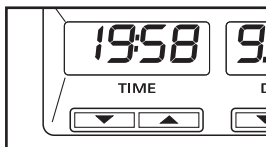
The matrix—When the manual mode is selected, the matrix will show a track that represents 1/4 mile. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



The Incline display—This display will show the incline level of the treadmill.



The Time display—If no goals were set, this display will show the elapsed time. If a goal was set, the display will show the time remaining in your workout. Note: When a program is selected (except for the first heart rate program), the display will show the time remaining in the program.



The Distance display—If no goals were set, this display will show the distance that you have walked or run. If a goal was set, the display will show the distance still to be walked or run during your workout. Note: When a preset program or a custom program is selected, the display will show the distance still to be walked or run during the program.

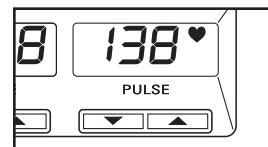


The Calories display—If no goals were set, this display will show the approximate number of calories you have burned. If a goal was

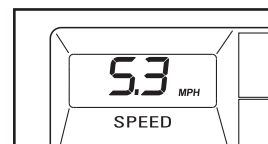


set, the display will show the number of calories still to be burned during your workout. Note: When a preset program or a custom program is selected, the display will show the number of calories still to be burned during the program.

The Pulse display—The display will show your heart rate when you use the handgrip pulse sensor (see step 7 on page 15) or the optional chest pulse sensor.



The Speed display—This display will show the speed of the walking belt.



Note: The console can display speed and distance in either miles or kilometers. To determine which unit of measurement is selected, hold down either of the Stop buttons while inserting the key into the console. An “E” for English miles or an “M” for metric kilometers will appear in the Calories display. Press the Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it.



To reset the displays, press either of the Stop buttons, remove the key, and then reinsert the key.

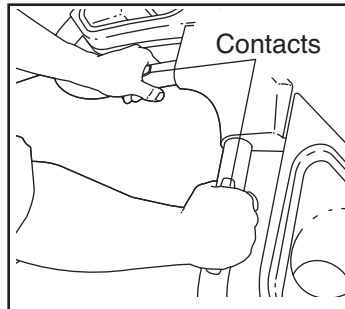
If a workout goal was set, the walking belt will automatically slow to a stop when the goal is reached. If two workout goals were set, the walking belt will stop when both goals are reached.

7 Measure your heart rate if desired.

You can measure your heart rate using either the handgrip pulse sensor or the optional chest pulse sensor. Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To use the handgrip pulse sensor, first make sure

that your hands are clean. Next, **stand on the foot rails** and hold the handgrip pulse sensor; your palms should be resting on the upper contacts, and your fingertips should be touching the lower contacts. **Avoid moving your hands.** When



your pulse is detected, two dashes (— —) will appear in the 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.**

8 When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting or you may damage the treadmill when you fold it to the storage position.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely.** Note: If the displays and various indicators on the console remain lit after the key is removed, the console is in the “demo” mode. See page 22 to turn off the demo mode.

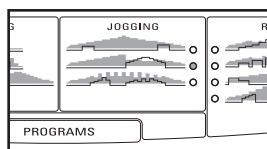
HOW TO USE A PRESET PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

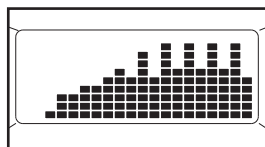
2 Select a preset program.

To select a preset program, press the Programs button repeatedly until one of the walking, jogging, or running indicators below the matrix lights.



When a preset program is selected, the Incline display will show the maximum incline setting of the program and the Speed display will show the maximum speed setting. The Time display will show how long the program will last. The Distance display will show how far you will walk or run. The Calories display will show the approximate number of calories you will burn during your workout.

The matrix will show the first eighteen speed settings of the program. Note: The ten profiles below the matrix show how the speed and incline of the treadmill will change during the programs.



3 Adjust the program settings if desired.

If you do not plan to change any program settings, go to step 4.

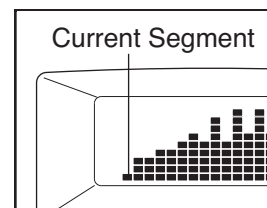
To change the time, distance, or calorie settings for the program, press the increase and decrease buttons below the Time, Distance, or Calories display. To change the maximum speed setting, press the Speed increase and decrease buttons. To change a setting quickly, hold down the increase and decrease buttons. **Note: If you change one or more program settings, other settings will change accordingly. For example, if you change the maximum speed setting, the distance, and calorie settings will change accordingly.**

4 Press the Start button to start the program.

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

Each program is divided into several time segments of equal length. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment is shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next seventeen segments are shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the Speed display and/or the Incline display will flash to alert you. When the first segment ends, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all of the indicators in the Current Segment column are lit after the speed settings have moved to the left, *the speed settings will move downward* so that only the highest indicators appear in the matrix. If some of the indicators in the Current Segment column are not lit when the speed settings move to the left again, the speed settings will move back up.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the program, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will light or darken in the Current Segment column. (If any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may light or darken in those columns as well.)

Note: When the next segment begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

To stop the program temporarily, press either of the Stop buttons. The Time display will begin to flash. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

5 Follow your progress with the matrix and the displays.

See step 6 on page 14.

6 Measure your heart rate if desired.

See step 7 on page 15.

7 When you are finished exercising, remove the key from the console.

See step 8 on page 15.

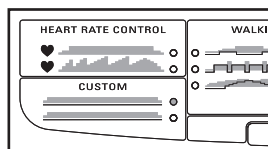
HOW TO CREATE A CUSTOM PROGRAM

1 Insert the key into the console.

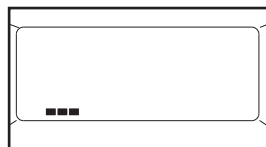
See HOW TO TURN ON THE POWER on page 12.

2 Select one of the custom programs.

To select a custom program, press the Program button repeatedly until one of the two Custom Program indicators lights.



Note: If the custom program has not yet been defined, only three columns of indicators will appear in the matrix. If more than three columns of indicators appear, see HOW TO USE A CUSTOM PROGRAM on page 19.

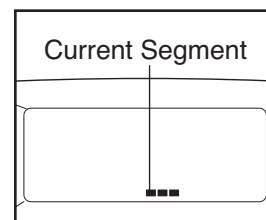


3 Press the Start button and program the desired speed and incline settings.

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

See the matrix. Each custom program is divided into one-minute segments. One speed setting and one incline setting can be programmed for each segment. The speed setting for the first segment

is shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) To program a speed setting and an incline setting for the first segment, simply



adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline increase and decrease buttons. Every few times a Speed button is pressed, an additional indicator will light or darken in the Current Segment column.

When the first segment of the program ends, a series of tones will sound and the current speed setting and the current incline setting will be saved in memory. *The three columns of indicators will then move one column to the left*, and the speed setting for the second segment will be shown in the flashing Current Segment column. 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 either of the Stop buttons twice. The speed and incline settings that you have programmed and the number of segments that you have programmed will then be saved in memory.

4 When you are finished exercising, remove the key from the console.

See step 8 on page 15.

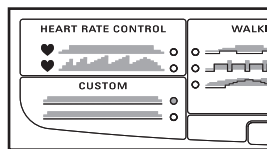
HOW TO USE A CUSTOM PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 12.

2 Select one of the custom programs.

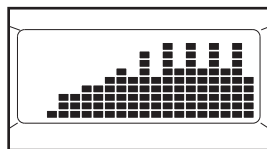
To select a custom program, press the Program button repeatedly until one of the two Custom Program indicators lights.



When a custom program is selected, the Incline display will show the maximum incline setting of the program and the Speed display will show the maximum speed setting. The Time display will show how long the program will last.

The matrix will show the first eighteen speed settings of the program.

Note: If only three columns of indicators appear in the matrix, see HOW TO CREATE A CUSTOM PROGRAM on page 18.



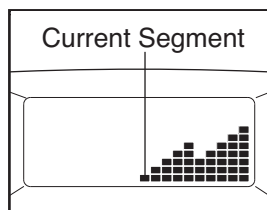
3 Adjust the program settings if desired.

See step 3 on page 16.

4 Press the Start button to start the program.

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

Each custom program is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. (The same speed setting and/or incline setting may be programmed for two or more consecutive segments.) The speed setting for the first segment is shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the next several segments are shown in the columns to the right.



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and the Speed display and the Incline display will flash. When the first segment ends, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the second speed and incline settings that you programmed.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If desired, you can redefine the program while using it. **To change the speed or incline setting for the current segment**, simply press the Speed or Incline increase and decrease buttons. When the current segment ends, 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 either of the Stop buttons twice. **To decrease the length of the program**, press either of the Stop buttons twice at any time before the program is completed.

To stop the program temporarily, press either of the Stop buttons. The Time display will begin to flash. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 1 mph. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

5 Follow your progress with the matrix and the displays.

See step 6 on page 14.

6 Measure your heart rate if desired.

See step 7 on page 15.

7 When you are finished exercising, remove the key from the console.

See step 8 on page 15.

HOW TO USE A HEART RATE PROGRAM

! CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the heart rate programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

Follow the steps below to use a heart rate program.

Note: You must wear the optional chest pulse sensor (see page 22) to use a heart rate program.

1 Put on the optional chest pulse sensor.

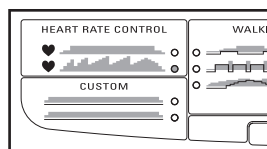
See the instructions included with the optional chest pulse sensor.

2 Insert the key into the console.

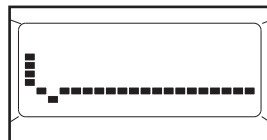
See HOW TO TURN ON THE POWER on page 12.

3 Select a heart rate program.

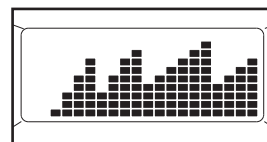
To select a heart rate program, press the Programs button repeatedly until one of the two heart rate program indicators lights.



If the first heart rate program is selected, a pulse symbol will scroll across the matrix.

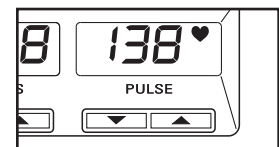


If the second heart rate program is selected, the first eighteen target heart rate settings of the program will appear in the matrix.



4 Enter a target heart rate setting.

If the first heart rate program is selected, the target heart rate setting for the entire program will flash in the display. If desired, press the Pulse increase and decrease buttons to change the target heart rate setting (see **EXERCISE INTENSITY** on page 27).



If the second heart rate program is selected, the maximum target heart rate setting of the program will flash in the display. If desired, press the Pulse increase and decrease buttons to change the maximum target heart rate setting (see **EXERCISE INTENSITY** on page 27). Note: If the maximum target heart rate setting is changed, the intensity level of the entire program will change.

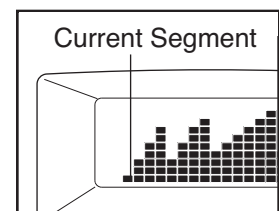
5 Press the Start button or the Speed increase button to start the program.

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

The first heart rate program is divided into 40 one-minute segments. The same target heart rate setting is programmed for all segments. (For a shorter workout, simply stop the program before it ends.) The second heart rate program is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

If the second heart rate program is selected, the target heart rate setting for the first segment will be shown in the flashing Current Segment column of the matrix. The target heart rate settings

for the next several segments will be shown in the columns to the right. When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound.



When the first segment ends, *all target heart rate settings will move one column to the left*. The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

During both heart rate programs, the console will regularly compare your heart rate to the target heart rate setting for the current segment. If your heart rate is too far below or above the target heart rate setting, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline increase or decrease buttons. However, when the console compares your heart rate to the target heart rate setting, the speed of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

If your pulse is not detected during the program, the letter "P" will flash in the Pulse display and the speed of the treadmill may automatically decrease. If this occurs, see the instructions included with the optional chest pulse sensor.

To stop the program at any time, press either of the Stop buttons. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

6 Follow your progress with the matrix and the displays.

See step 6 on page 14.

7 When you are finished exercising, remove the key from the console.

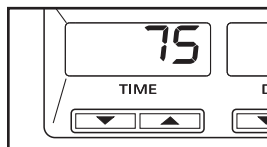
See step 7 on page 17.

THE INFORMATION MODE/DEMO MODE

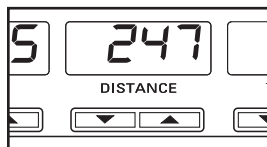
The console features an information mode that keeps track of the total number of hours that the treadmill has been used and the total number of miles that the walking belt has moved. The information mode also allows you to select miles or kilometers as the unit of measurement for speed and distance. In addition, the information mode allows you to turn on and turn off the demo mode.

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

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



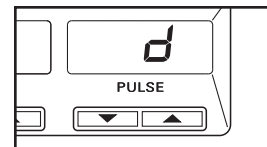
The Distance display will show the total number of miles or kilometers that the walking belt has moved.



An "E" for English miles or an "M" for metric kilometers will appear in the Calories display. Press the Speed increase button to change the unit of measurement if desired.



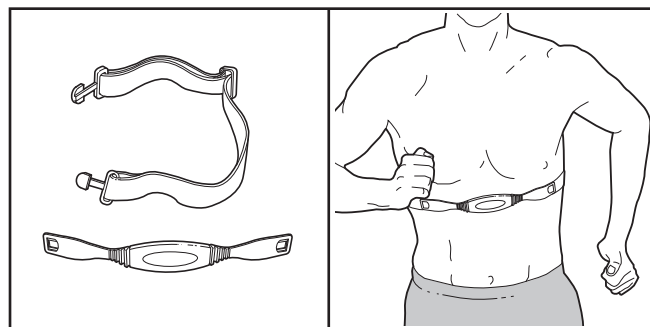
IMPORTANT: The Pulse display should be blank. If a "d" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, 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 Pulse display when the information mode is selected, press the Speed decrease button so the display is blank.**



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

THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor provides hands-free operation as it continuously monitors your heart rate. **To purchase the optional chest pulse sensor, call the toll-free telephone number on the front cover of this manual.**



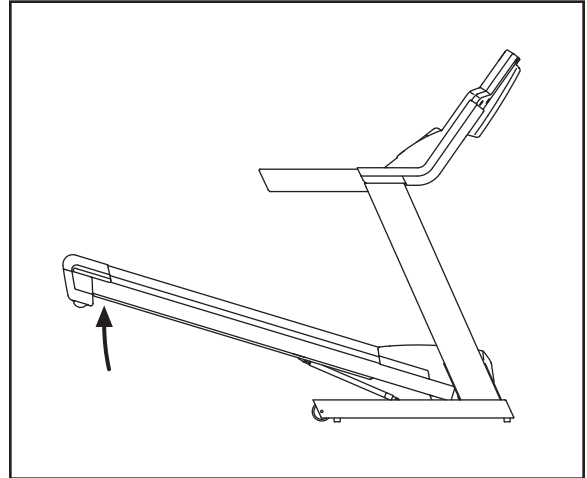
HOW TO FOLD AND MOVE THE TREADMILL

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. Next, unplug the power cord.

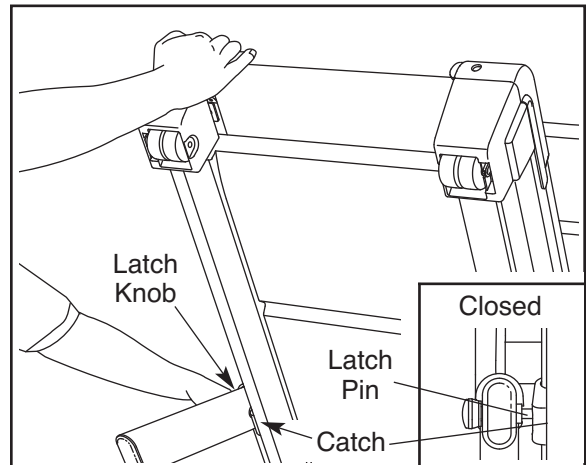
CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

1. Hold the end of the treadmill near the location indicated by the arrow at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame 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 latch knob to the left and hold it. Raise the treadmill until the catch is aligned with the latch pin. Slowly release the latch knob. **Make sure that the latch pin is fully inserted into the catch.**

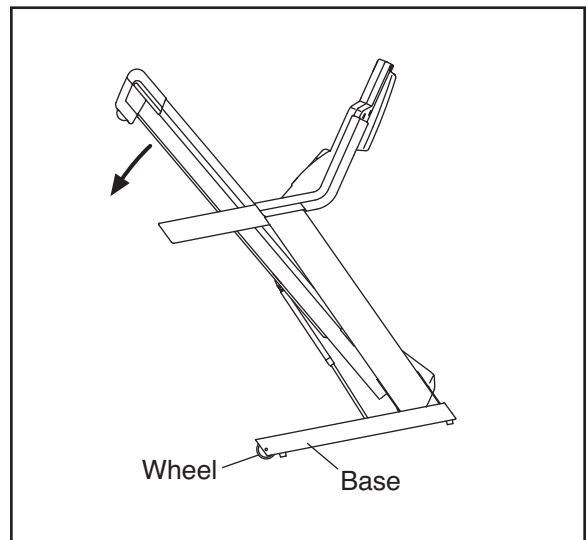
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



HOW TO MOVE THE TREADMILL

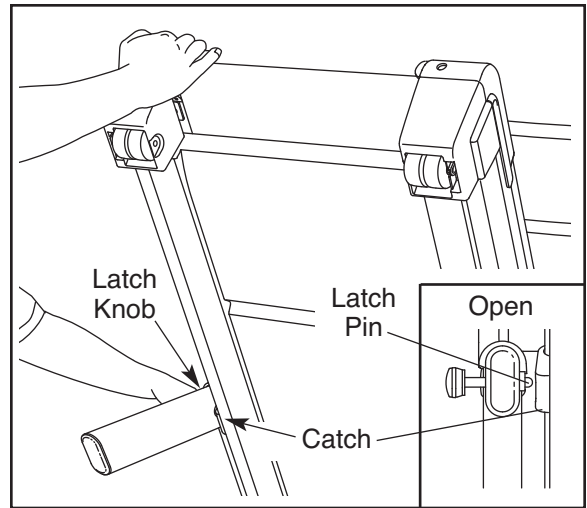
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the catch.**

1. Hold the treadmill and place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls on the wheels. Carefully move the treadmill to the desired location. **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 against one of the wheels, and carefully lower the treadmill until the base is in the storage position.

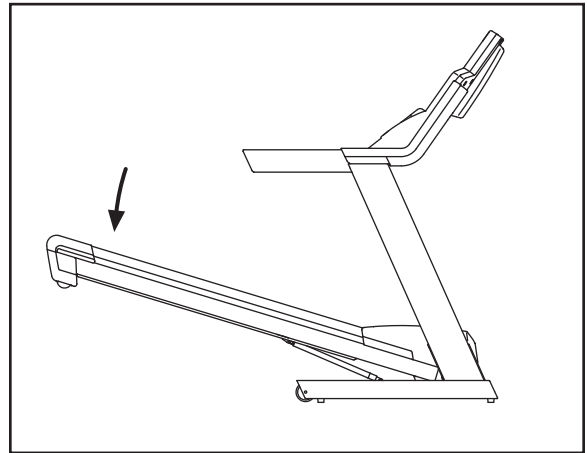


HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the latch pin. Slowly release the latch knob.



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



TROUBLESHOOTING

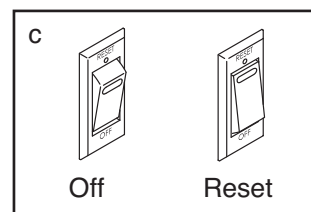
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

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 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. Important: The treadmill is not compatible with GFCI-equipped outlets.

b. Make sure that the key is inserted into the console.

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



PROBLEM: The power turns off during use

SOLUTION: a. Check the reset/off circuit breaker (see drawing c above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

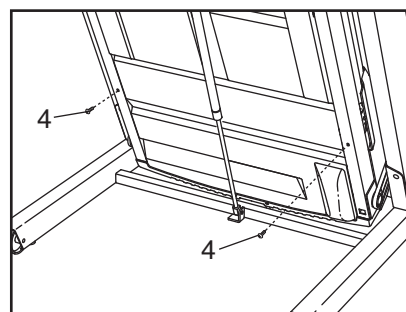
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console and then reinsert it.

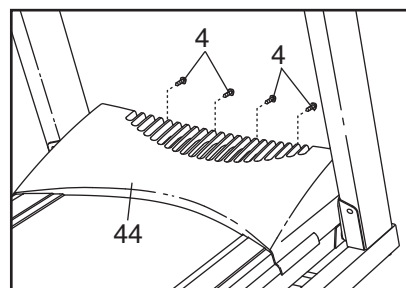
PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD**. Place the treadmill in the storage position (see HOW TO FOLD AND MOVE THE TREADMILL on page 23).

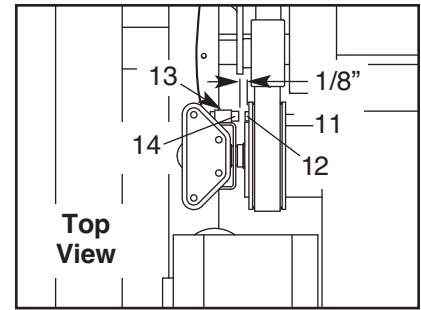
Next, remove the two indicated 3/4" Screws (4).



Lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 24). Remove the four indicated 3/4" Screws (4), and remove the Hood (44).



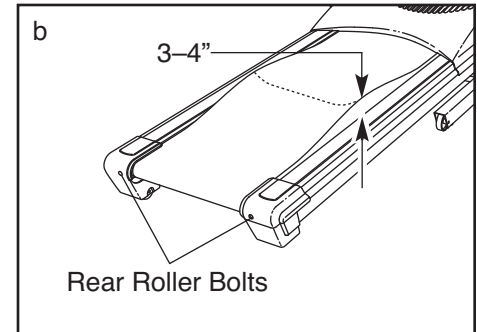
Next, locate the Reed Switch (14) and the Magnet (12) on the left side of the Pulley (11). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the indicated 1/2" Screw (13), move the Reed Switch slightly, and then retighten the Screw. Reattach 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 11.

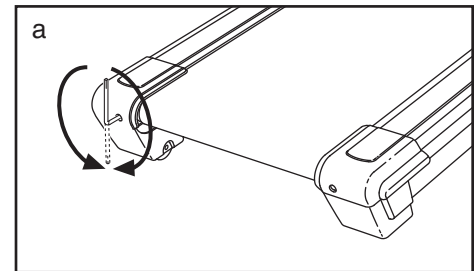
- b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the included allen wrench, turn both rear roller adjustment bolts counterclockwise 1/4 of a turn. When the walking belt is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



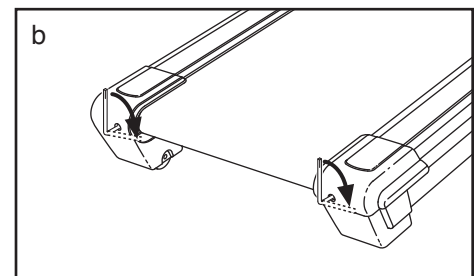
- c. If the walking belt still slows when walked on, please see the front cover of this manual.

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

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the allen wrench to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, 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 edge of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



EXERCISE 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 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.

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.

HEART RATE TRAINING ZONES							
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.

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 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 speed or incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed or 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 or 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.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

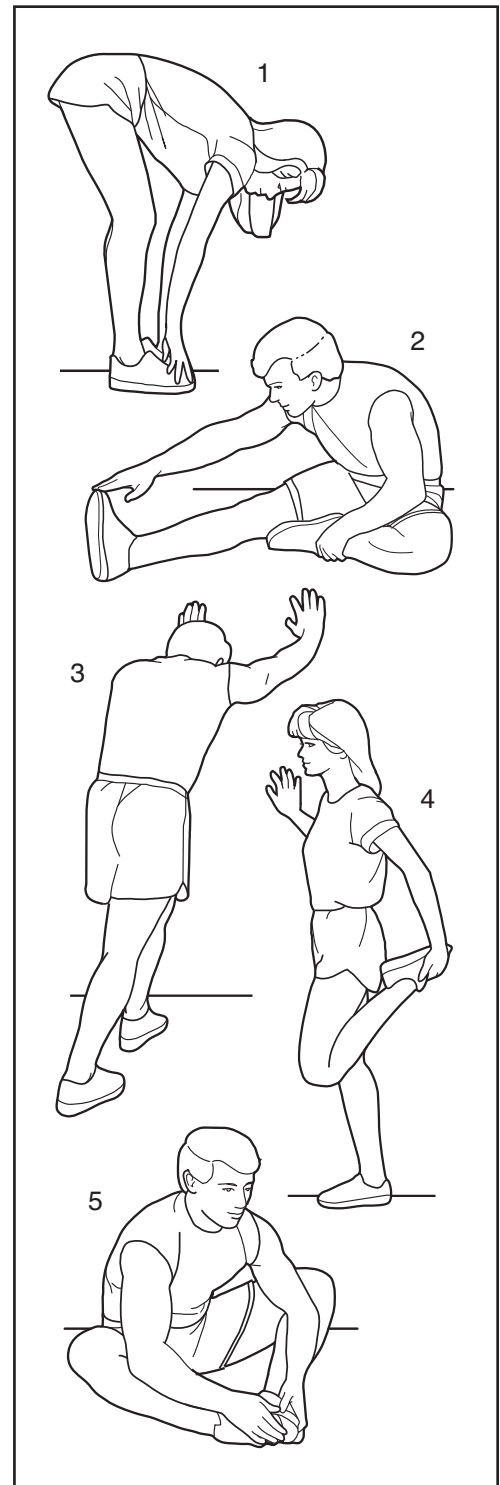
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

PART LIST—Model No. WBTL13608.0

R0908A

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

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Cover	50	1	Belly Pan
2	2	Foot Rail	51	1	Right Rear Foot
3	2	Platform Cushion	52	4	Rear Wheel
4	39	3/4" Screw	53	2	Rear Wheel Bolt
5	1	Catch	54	1	Right Rear Endcap
6	1	Walking Platform	55	2	Rear Roller Lock Washer
7	2	Belt Guide	56	2	Rear Roller Adj. Bolt
8	4	Belt Guide Screw	57	1	Allen Wrench
9	2	Front Isolator	58	1	Left Rear Foot
10	2	Platform Bolt, Front	59	1	Left Rear Endcap
11	1	Front Roller/Pulley	60	1	Rear Roller
12	1	Magnet	61	2	Platform Nut
13	6	1/2" Screw	62	2	Platform Bolt, Rear
14	1	Reed Switch Clip	63	1	Accessory Tray, Left
15	2	Incline Rod Bushing	64	1	Accessory Tray, Right
16	2	Lift Arm	65	1	Console Base
17	2	Lift Pivot Bolt	66	1	Console
18	2	Hood Mount	67	15	Console Back Screw
19	2	Lift Arm Spacer	68	1	Static Decal
20	1	Reed Switch	69	1	Console Back
21	1	Idler Wheel Nut	70	1	Access Door
22	1	Idler Wheel	71	10	Star Washer
23	1	Idler Wheel Bolt	72	10	Upright Bolt
24	1	Idler Arm Bolt	73	1	Left Upright
25	1	Idler Arm Spacer	74	1	Right Upright
26	1	Idler Arm	75	1	Upright Wire Harness
27	1	Idler Arm Spring	76	6	Cage Nut
28	1	Motor Belt	77	4	Base Pad Spacer
29	1	Idler Arm Washer	78	10	Washer
30	2	Lift Pivot Bolt	79	2	Endcap Screw
31	1	Drive Motor	80	2	Base Endcap
32	2	Motor Bolt	81	4	Base Pad
33	4	Electronic Bracket Nut	82	4	1" Tek Screw
34	1	Electronic Bracket	83	1	Base
35	1	Front Endcap	84	1	Wire Clamp
36	1	Controller	85	2	Wheel Bolt
37	1	Incline Rod	86	2	Wheel
38	9	Nut	87	3	Caution Decal
39	1	Lift Motor	88	1	Shock
40	1	Lift Motor Bolt, Top	89	1	Key/Clip
41	2	Lift Motor Spacer	90	1	Console Matrix
42	2	15 1/2" Wire Tie	91	2	Releasable Tie
43	1	Power Cord	92	2	Tie Clamp
44	1	Hood	93	10	Plastic Tie
45	4	Hood Clip	94	2	Handrail Endcap
46	2	Grommet	95	4	Pulse Grip Screw
47	1	Walking Belt	96	4	Pulse Sensor
48	1	Frame	97	1	Left Foam Grip
49	10	Belly Pan Clip	98	4	Pulse Plate

Key No.	Qty.	Description
99	1	Handrail
100	1	Latch Assembly
101	1	Latch Warning Decal
102	1	Shock Pin Kit
103	1	Filter Wire
104	1	Right Foam Grip
105	1	Circuit Breaker
106	1	Incline/Controller Wire
107	1	Incline Stop Bracket
108	1	Stop Bracket Spacer
109	1	Power Cord Grommet
110	1	Power Cord Bracket
111	1	Key Plate

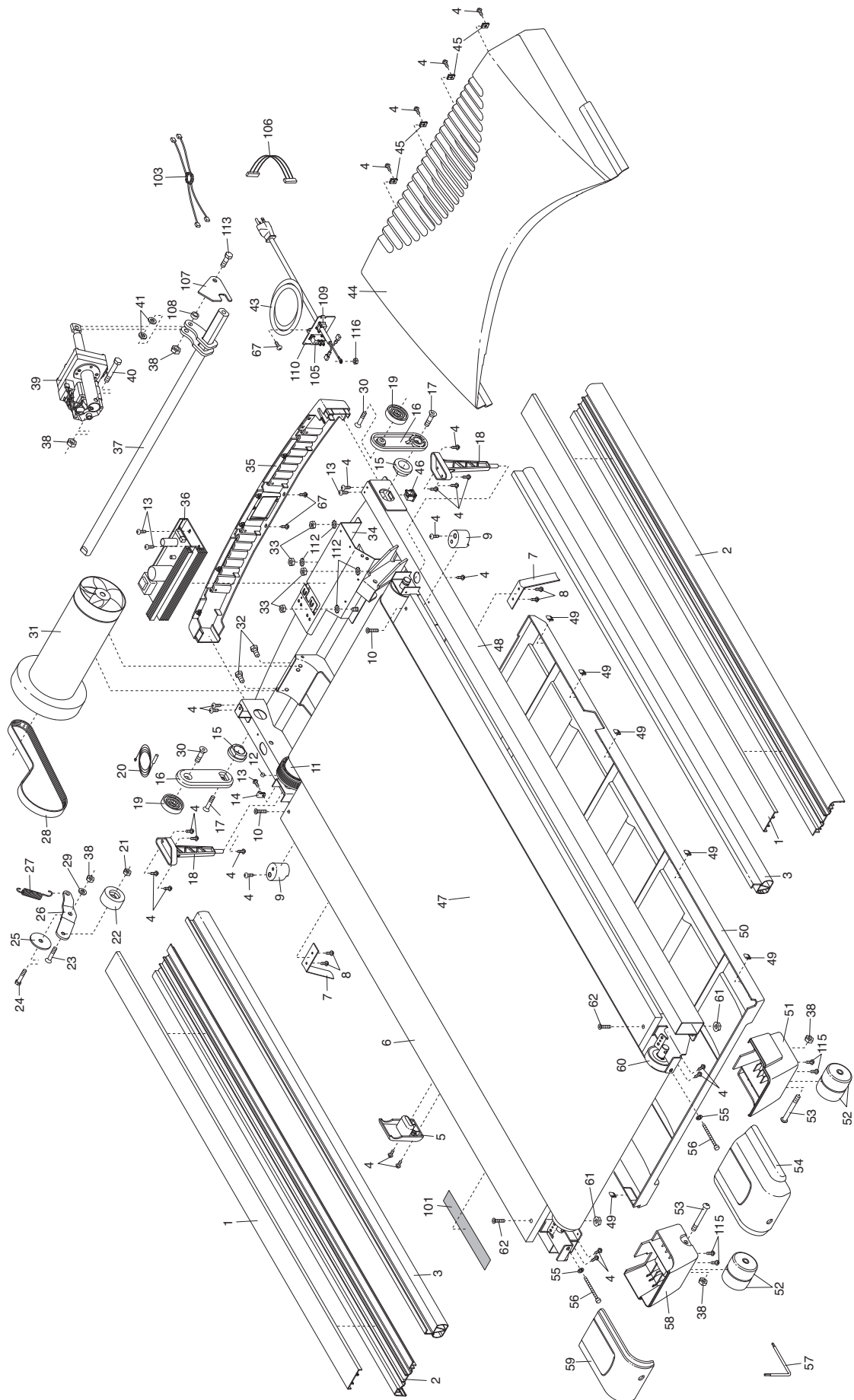
Key No.	Qty.	Description
112	4	Electronic Bracket Star Washer
113	1	Lift Motor Bolt, Bottom
114	1	Pulse Wire Harness
115	8	#8 x 3/4" Screw
116	1	Power Cord Nut
117	2	Key Plate Screw
118	1	Console Ground Wire
#	1	8" Blue Wire, 2 F
#	1	User's Manual

#These parts are not illustrated.

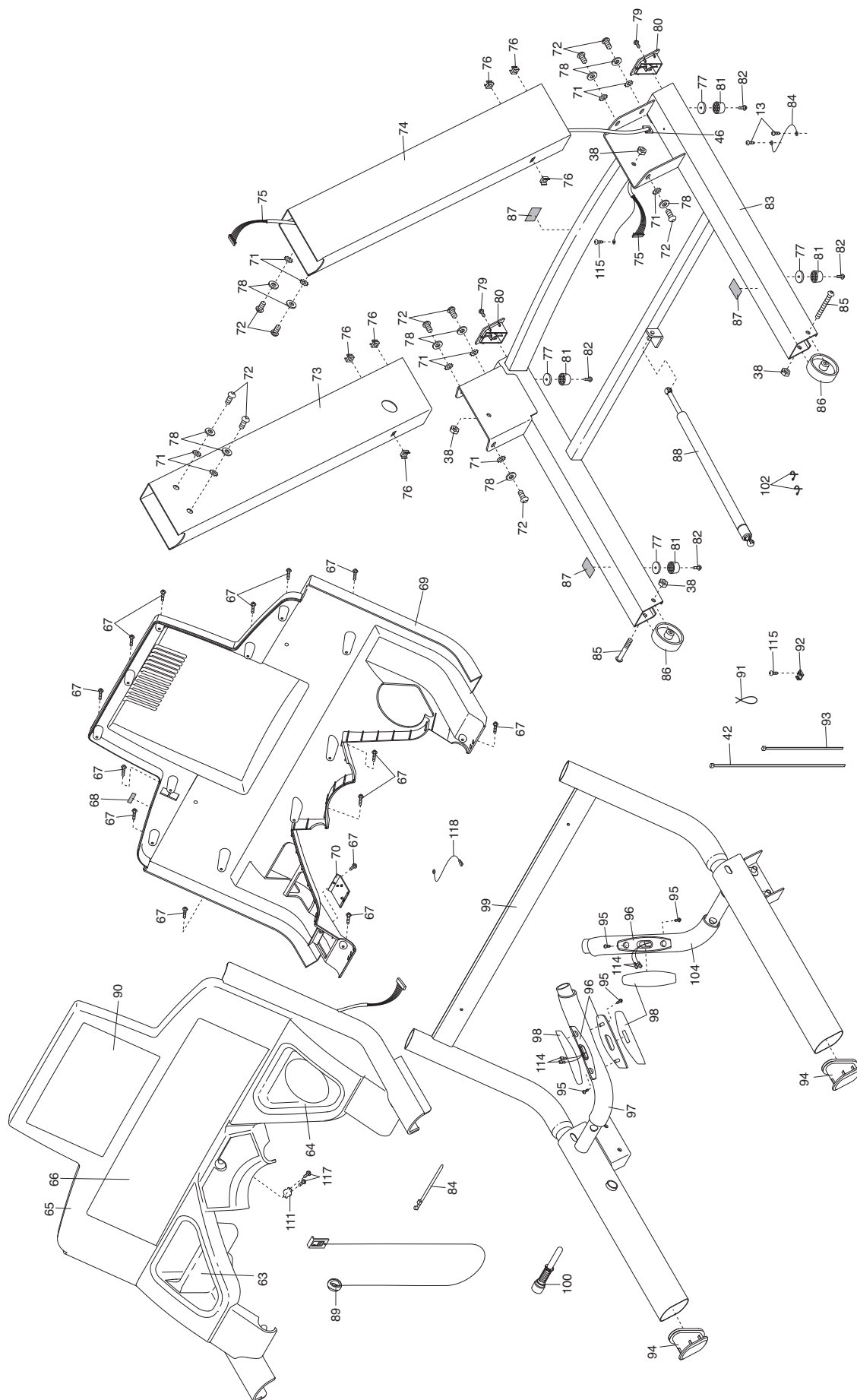
Specifications are subject to change without notice.

EXPLODED DRAWING—Model No. WBTL13608.0

R0908A



R0908A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST near the end of this manual and the EXPLODED DRAWING in the center of this manual)

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. The frame is warranted for a lifetime. The drive motor is warranted for twelve (12) years from the date of purchase. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or 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 are limited in their 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 that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813