

# GOLD'S GYM<sup>®</sup>

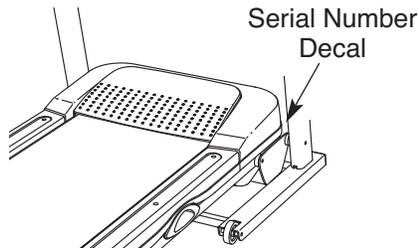
# TRAINER 550

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

Model No. GGTL04607.2

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

Write the serial number in the space above for reference.



## USER'S MANUAL

### QUESTIONS?

If you have questions, or if parts are damaged or missing, **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:

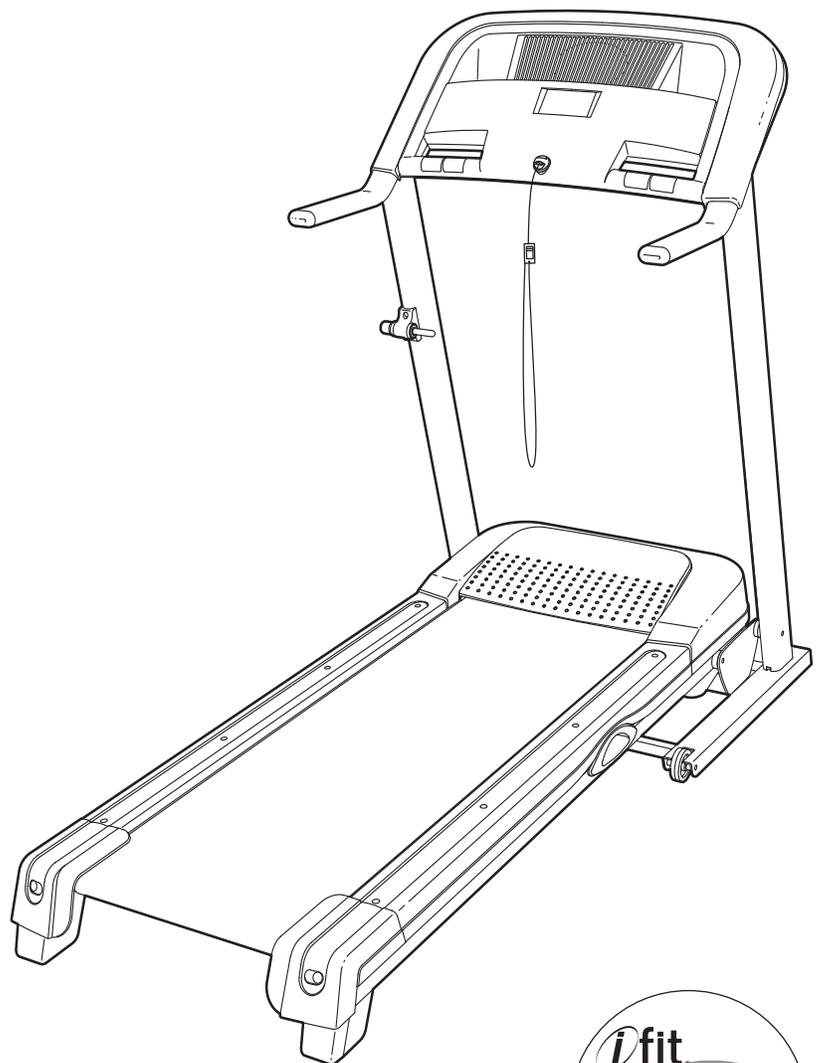
**1-877-776-4777**

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

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



### CAUTION

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



# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....2

IMPORTANT PRECAUTIONS .....3

BEFORE YOU BEGIN .....5

ASSEMBLY .....6

OPERATION AND ADJUSTMENT .....12

HOW TO FOLD AND MOVE THE TREADMILL .....21

TROUBLESHOOTING .....23

EXERCISE GUIDELINES .....25

PART LIST .....27

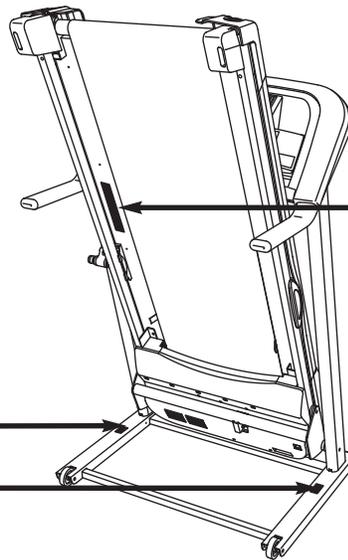
EXPLODED DRAWING .....28

ORDERING REPLACEMENT PARTS .....Back Cover

LIMITED WARRANTY .....Back Cover

## WARNING DECAL PLACEMENT

This drawing shows the locations of the warning decals. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decals may not be 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.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. 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.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under age 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 275 lbs. (125 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. 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.*
11. When connecting the power cord (see page 12), 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.
12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 12. To purchase a surge suppressor, see your local GOLD'S GYM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
13. 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 slow, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. 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 23 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 14).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.
20. 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.

21. 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 21.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
22. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.
23. Inspect and properly tighten all parts of the treadmill regularly.
24. Never insert any object into any opening on the treadmill.
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

**SAVE THESE INSTRUCTIONS**

# BEFORE YOU BEGIN

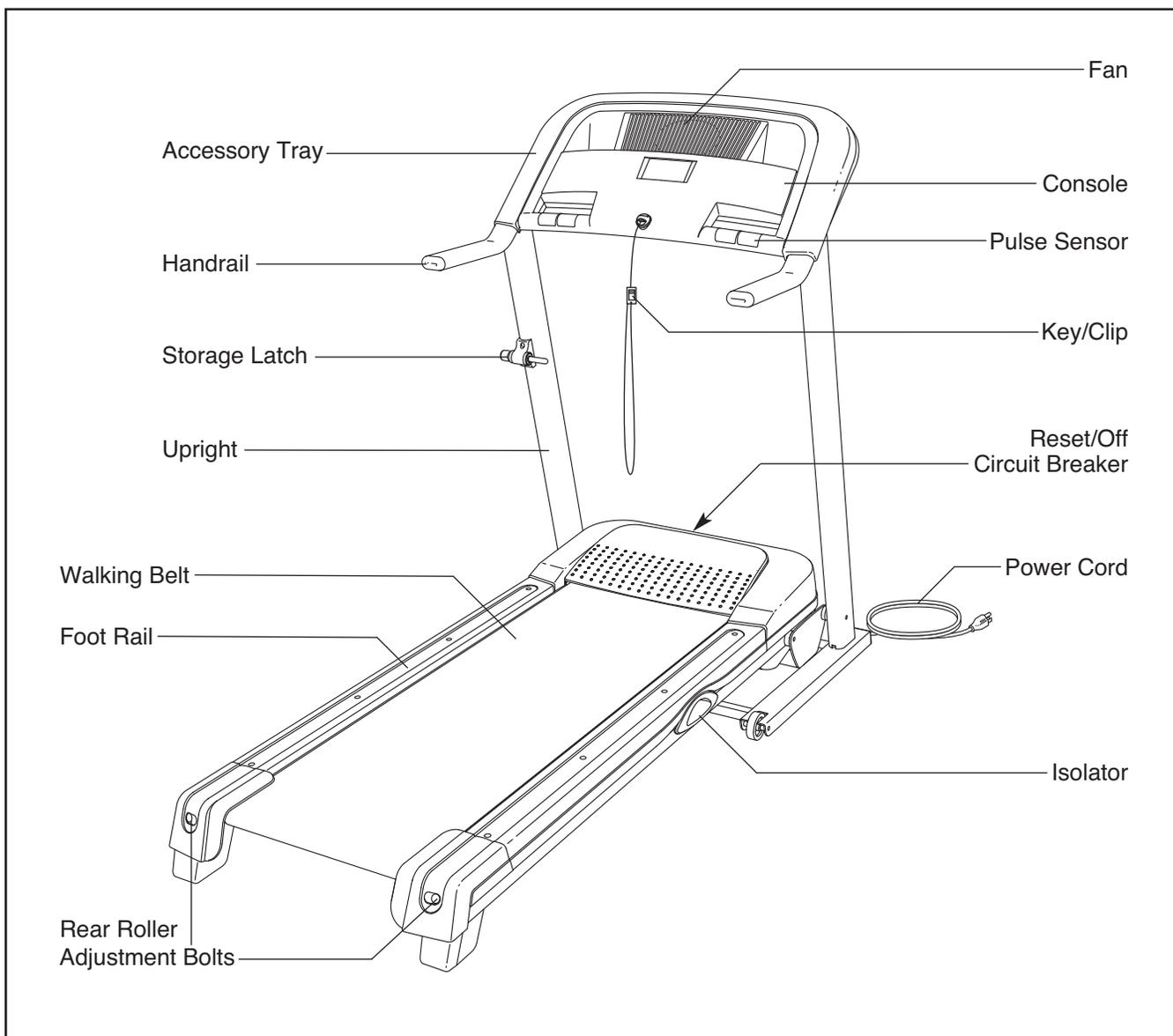
Thank you for selecting the new GOLD'S GYM® TRAINER 550 treadmill. The TRAINER 550 treadmill offers a selection of features designed to make your workouts at home more effective. And when you're not exercising, the unique TRAINER 550 treadmill can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after reading this manual, please see the front cover of this man-

ual. 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.

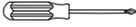
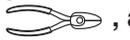
**To avoid a registration fee for any service needed under warranty, you must register the treadmill at [www.workoutwarehouse.com/registration](http://www.workoutwarehouse.com/registration).**

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

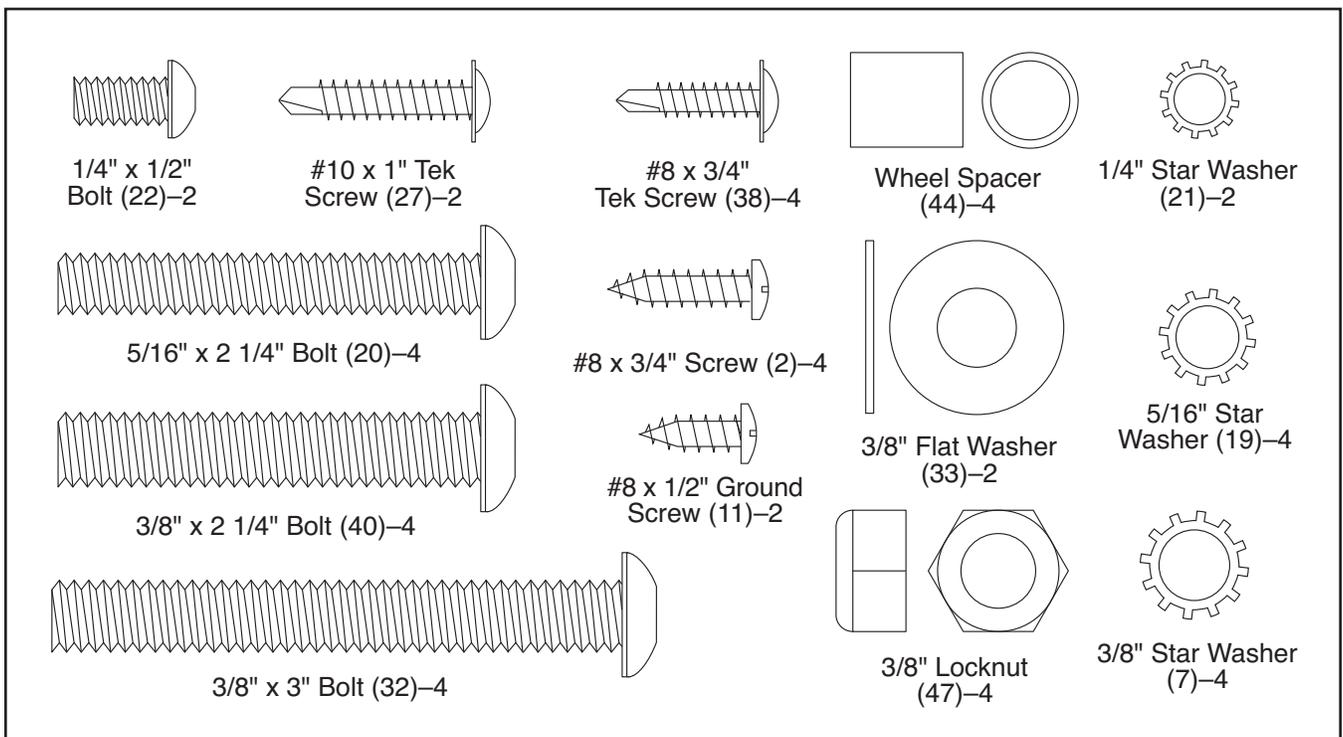


# ASSEMBLY

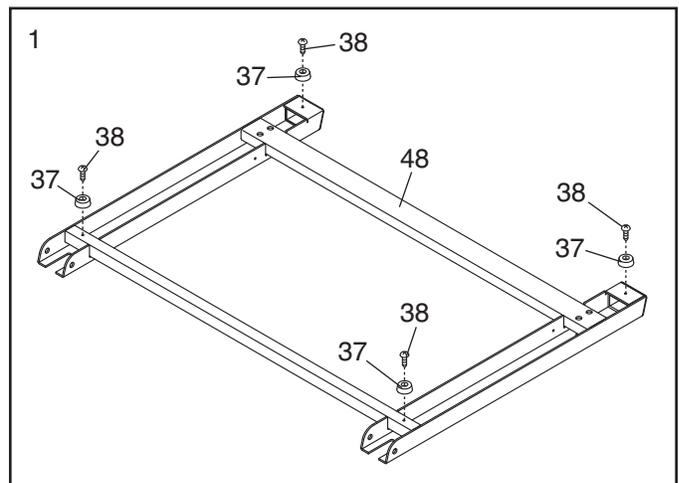
To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480. Assembly requires two persons. Set the treadmill in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed. Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, lubricant may be transferred to the top of the walking belt or to the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, wipe it off with a soft cloth and mild, non-abrasive cleaner.

Assembly requires the included hex keys  and your own Phillips screwdriver , rubber mallet , adjustable wrench , wire cutters , and needlenose pliers .

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. To avoid damaging plastic parts, do not use power tools for assembly. Extra hardware may be included.**



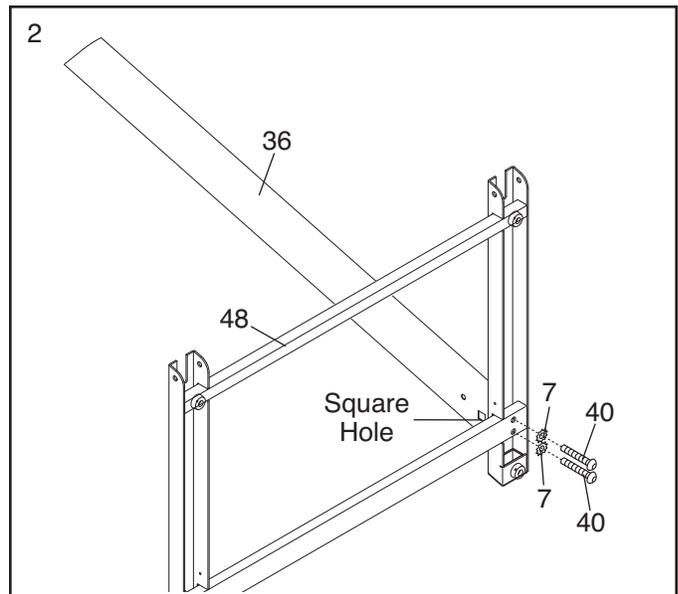
1. Orient the Base (48) as shown. Attach the four Base Pads (37) to the Base with four #8 x 3/4" Tek Screws (38).



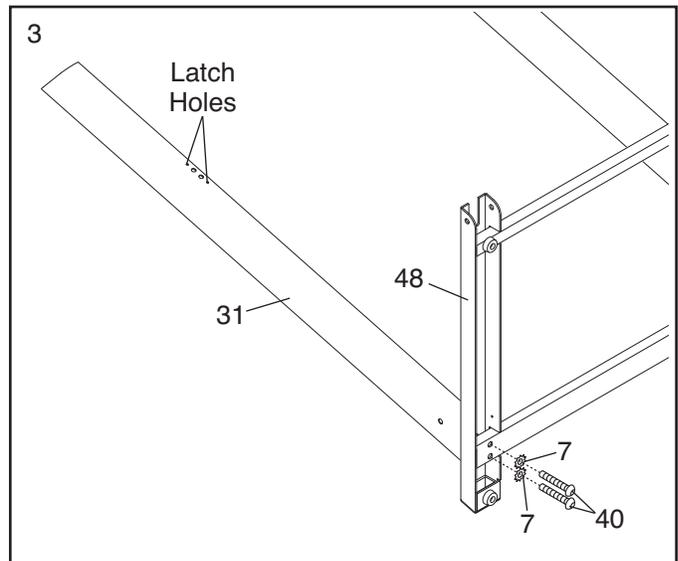
2. Orient the Base (48) as shown.

Identify the Right Upright (36), which has a square hole near the lower end.

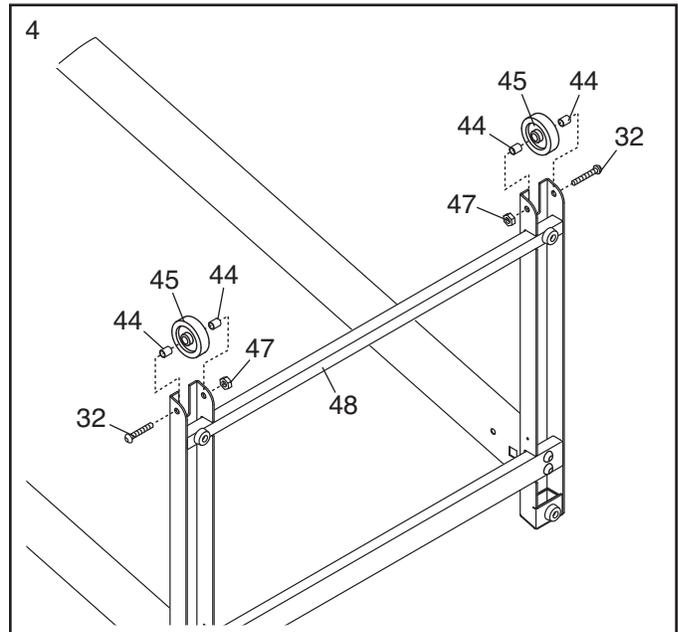
Orient the Right Upright (36) as shown, and attach it to the Base (48) with two 3/8" x 2 1/4" Bolts (40) and two 3/8" Star Washers (7); **do not fully tighten the Bolts yet.**



3. Orient the Left Upright (31) as shown, and attach it to the Base (48) with two 3/8" x 2 1/4" Bolts (40) and two 3/8" Star Washers (7); **do not fully tighten the Bolts yet.**



4. Attach a Wheel (45) to each side of the Base (48) with a 3/8" x 3" Bolt (32), two Wheel Spacers (44), and a 3/8" Locknut (47) as shown. **Do not overtighten the Bolts; the Wheels should turn freely.**

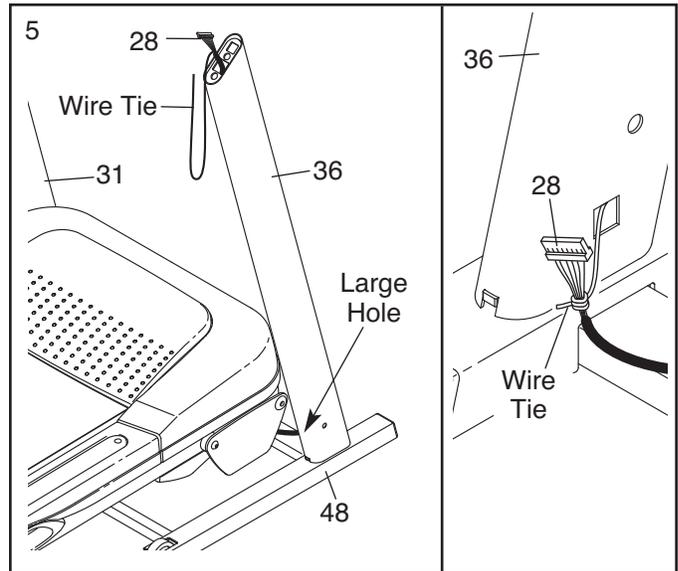


5. Raise the Uprights (31, 36) so that the Base (48) is flat on the floor and positioned as shown.

Cut the tie holding the Upright Wire (28) in a bundle.

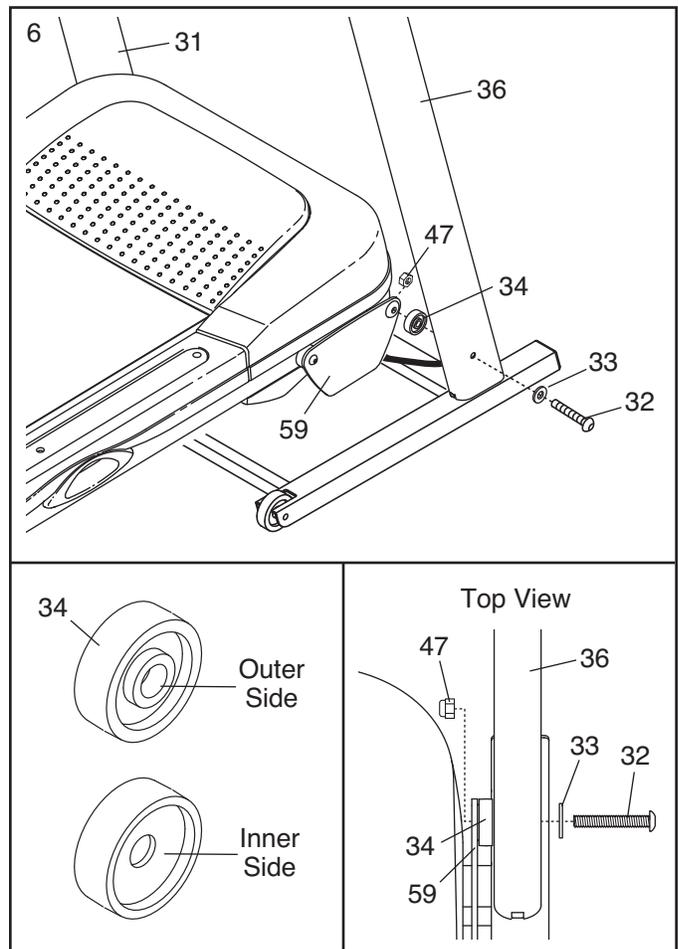
**See the far right drawing.** Wrap the wire tie in the Right Upright (36) around the end of the Upright Wire (28). Then, pull the other end of the wire tie until the Wire Harness is extending from the upper end of the Right Upright.

**Make sure that the end of the Upright Wire (28) does not fall into the Right Upright (36).**



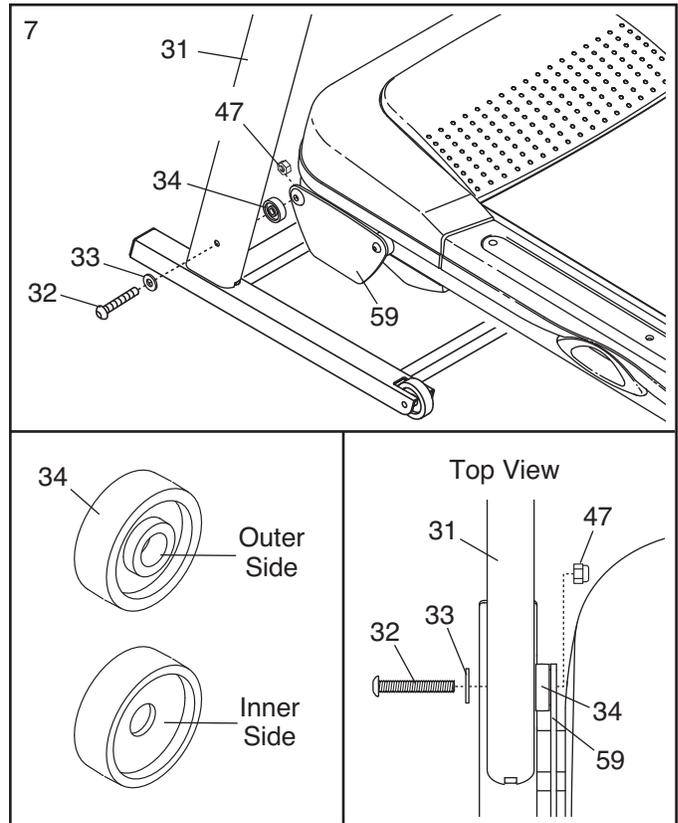
6. **See the left inset drawing.** Identify the two Frame Spacers (34). Open the included packet of grease, and apply grease to both sides of both Frame Spacers. Then, identify the outer side of each Frame Spacer.

Hold the Frame Spacer (34) between the Right Upright (36) and the Lift Frame (59), with the **outer side of the Frame Spacer facing the Right Upright**. Attach the Right Upright to the Lift Frame with a 3/8" x 3" Bolt (32), a 3/8" Flat Washer (33), and a 3/8" Locknut (47); **do not fully tighten the Bolt yet.**



7. **See the left inset drawing.** Identify the outer side of the remaining Frame Spacer (34).

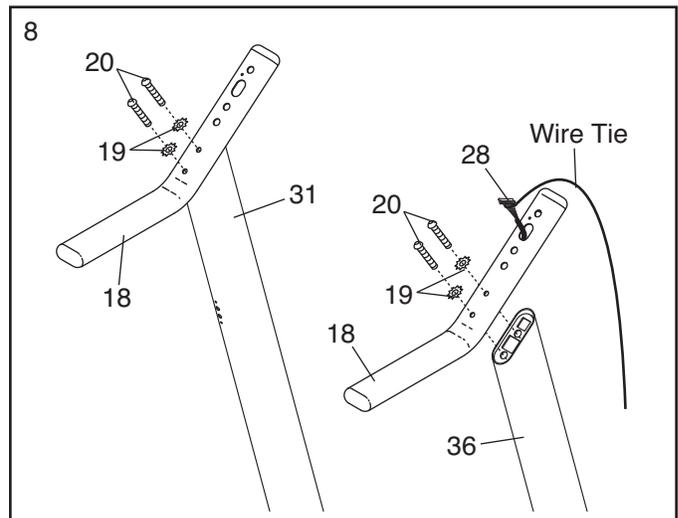
Hold the Frame Spacer (34) between the Left Upright (31) and the Lift Frame (59), with the **outer side of the Frame Spacer facing the Left Upright**. Attach the Left Upright to the Lift Frame with a 3/8" x 3" Bolt (32), a 3/8" Flat Washer (33), and a 3/8" Locknut (47); **do not fully tighten the Bolt yet.**



8. Route the Upright Wire (28) through one of the Handrails (18) as shown. If necessary, use needlenose pliers to help pull out the Upright Wire. Remove the wire tie from the Upright Wire.

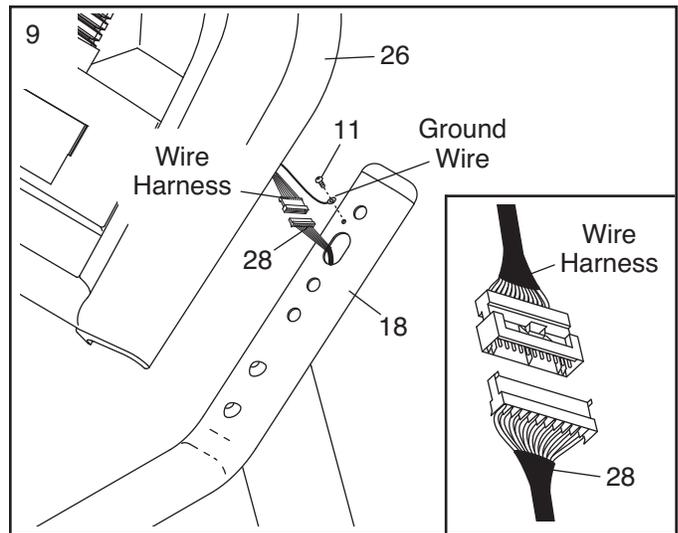
Attach the Handrail (18) to the Right Upright (36) with two 5/16" x 2 1/4" Bolts (20) and two 5/16" Star Washers (19). **Be careful not to pinch the Upright Wire (28).**

Attach the other Handrail (18) to the Left Upright (31) with two 5/16" x 2 1/4" Bolts (20) and two 5/16" Star Washers (19).



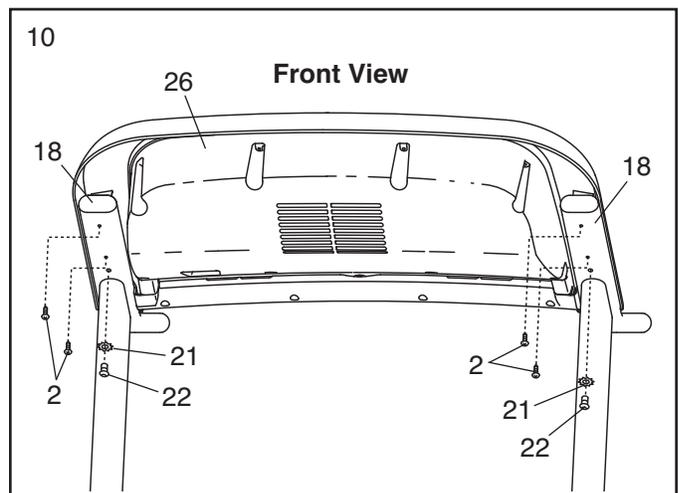
9. While another person holds the Console Base (26) near the right Handrail (18), attach the ground wire on the Console Base to the right Handrail with a #8 x 1/2" Ground Screw (11).

Connect the wire harness on the Console Base (26) to the Upright Wire (28). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**



10. Insert the wires into the Console Base (26) as you set the Console Base on the Handrails. **Be careful not to pinch the wires.** Next, thread two 1/4" x 1/2" Bolts (22) with 1/4" Star Washers (21) into the Handrails and the Console Base; **do not tighten the Bolts yet.**

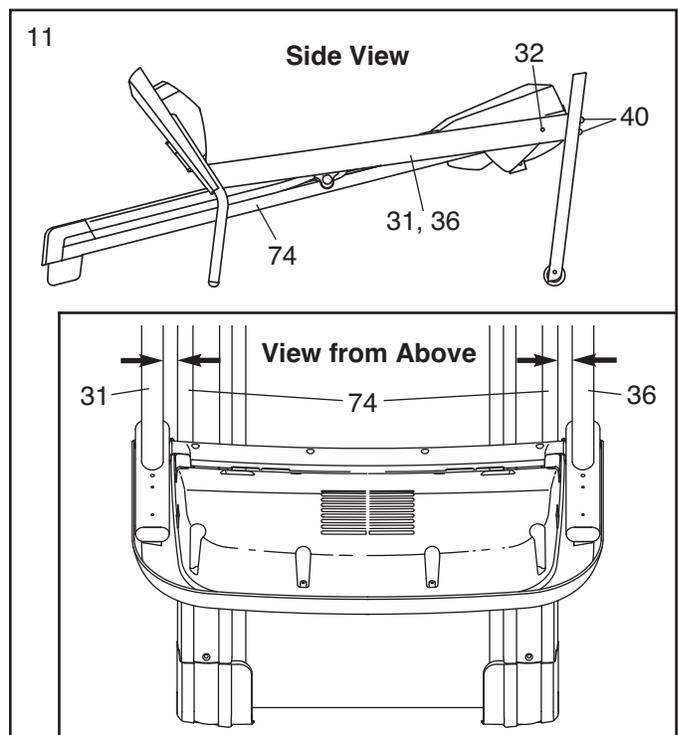
Attach the Console Base (26) to the Handrails (18) with four #8 x 3/4" Screws (2). **Then, tighten the two 1/4" x 1/2" Bolts (22).**



11. Lower the Uprights (31, 36).

**See the inset drawing.** Position the Uprights (31, 36) so that the Frame (74) is centered between the Uprights.

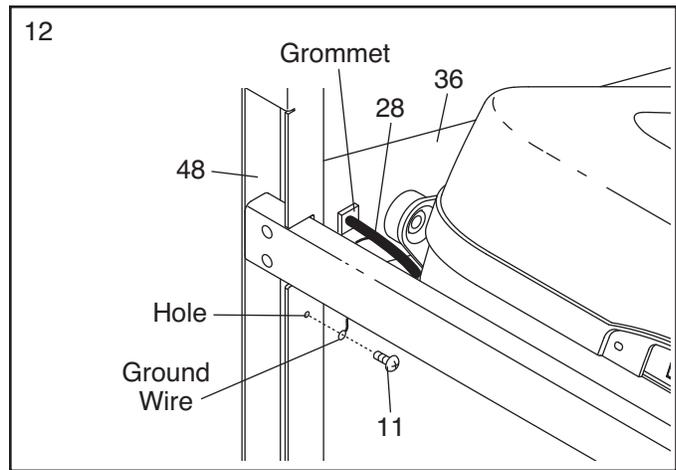
Firmly tighten the 3/8" x 3" Bolts (32) and then tighten the 3/8" x 2 1/4" Bolts (40) on each side of the treadmill. **Do not overtighten the 3/8" x 3" Bolts.**



- Attach the ground wire on the Upright Wire (28) to the indicated hole in the Base (48) with a #8 x 1/2" Ground Screw (11).

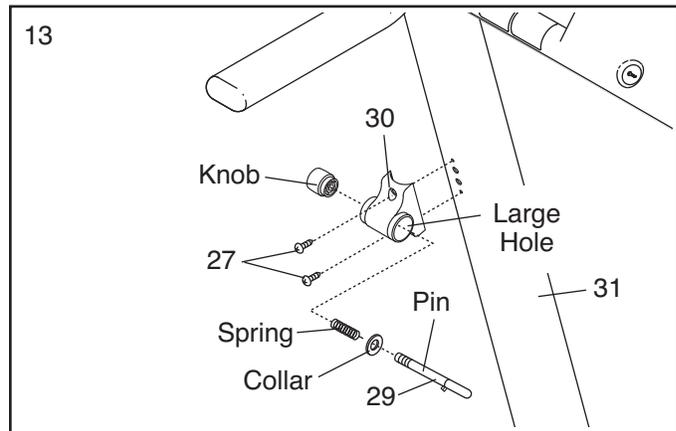
Press the indicated grommet into the Right Upright (36).

Raise the Uprights (31, 36).



- Attach the Latch Housing (30) to the Left Upright (31) with two #10 x 1" Tek Screws (27). **Make sure that the large hole in the Latch Housing is on the side shown. Do not overtighten the Tek Screws.**

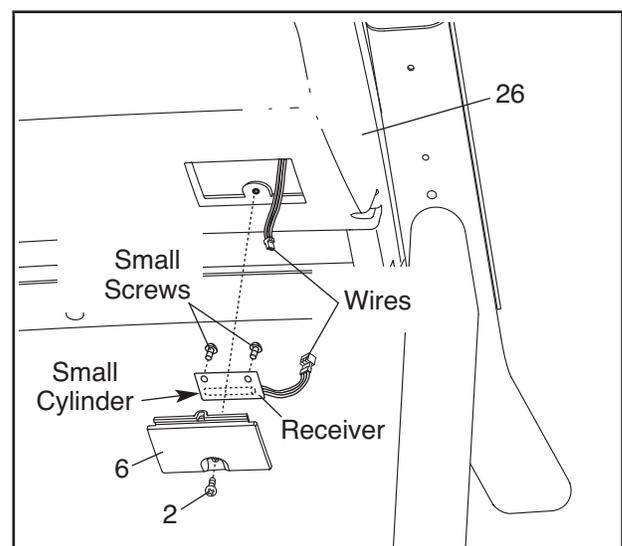
Locate the Latch Pin Assembly (29). Remove the knob from the pin. Make sure that the collar and the spring are on the pin as shown. Insert the pin into the Latch Housing (30), and tighten the knob onto the pin.



- Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 24). To protect the floor or carpet, place a mat under the treadmill.

**If you purchase the optional chest pulse sensor (see page 20), follow the steps below to install the receiver included with the chest pulse sensor.**

- Make sure that the power cord is unplugged.** Remove the indicated #8 x 3/4" Screw (2) and the Access Door (6) from the Console Base (26).
- Connect the wire on the receiver to the indicated wire extending from the Console Base (26). **Hold the receiver so that the small cylinder is oriented as shown and is facing the Console Base.** Attach the receiver to the plastic posts on the Access Door (6) with the two included small screws.
- Make sure that no wires are pinched.** Reattach the Access Door (6) with the #8 x 3/4" Screw (2). Discard the other wires included with the receiver.



# OPERATION AND ADJUSTMENT

## 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.

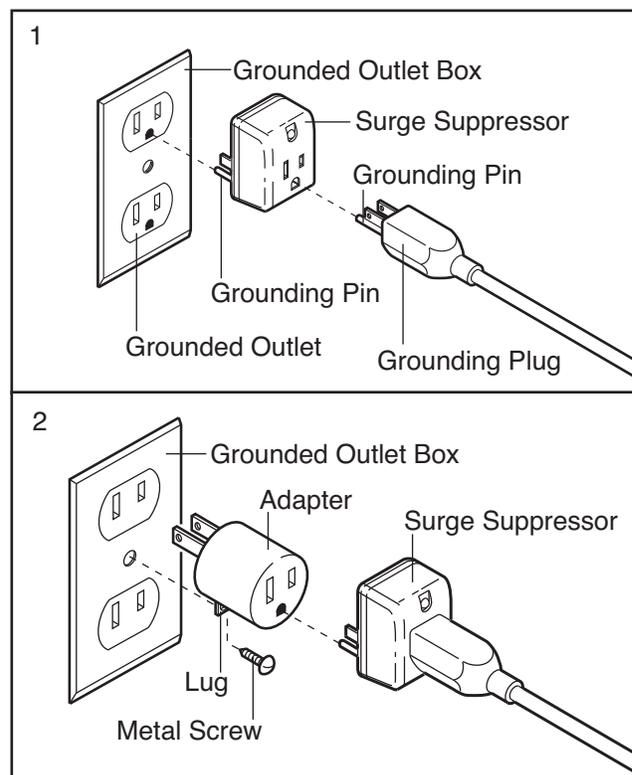
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility 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 GOLD'S GYM dealer or call the 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.**

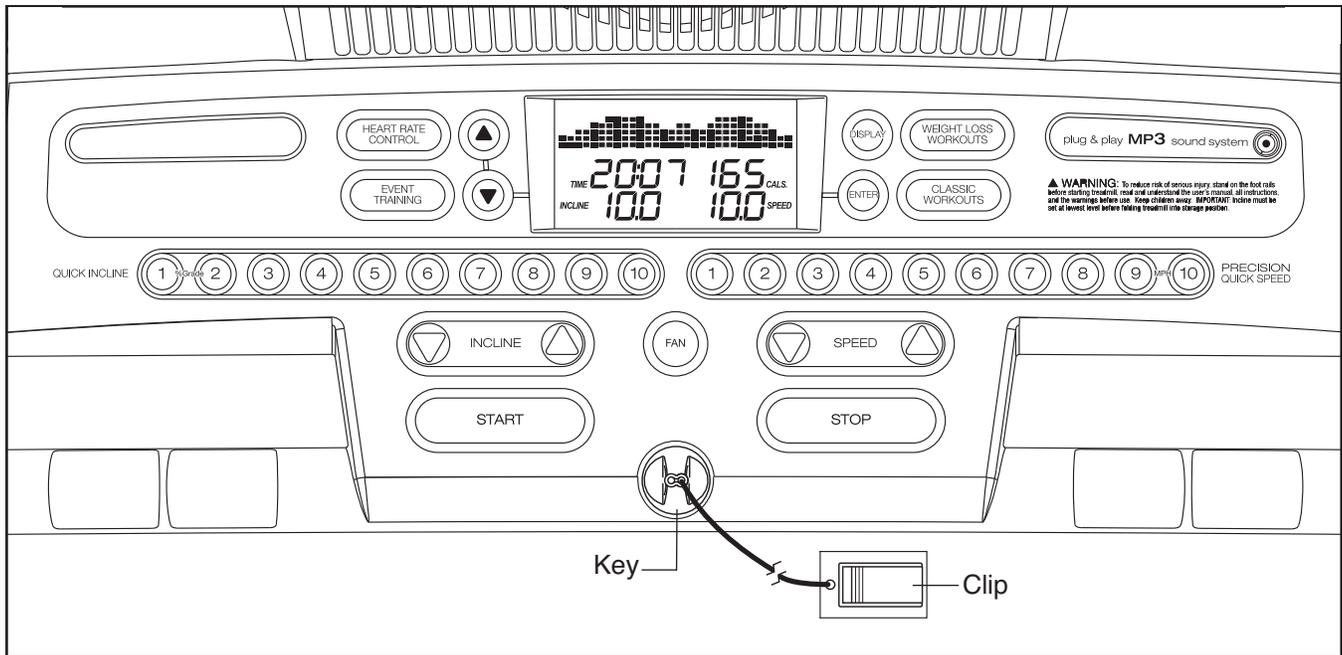
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if 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.**

## CONSOLE DIAGRAM



### FEATURES OF THE CONSOLE

The treadmill console offers a selection 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 continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor or the optional chest pulse sensor (see page 20 for information on the optional chest pulse sensor).

The console features four classic workouts and two heart rate control workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

In addition, the console offers two event training workouts—the 5K workout counts down from 5 kilometers as you complete a 5-kilometer run, and the 10K workout counts down from 10 kilometers.

The console also features four weight loss workouts. Each workout controls the speed and incline of the treadmill to help you burn unwanted pounds.

Whether you select the manual mode or a workout, you can listen to your favorite workout music or audio books with the console's premium stereo sound system.

**To turn on the power**, see page 14. **To use the manual mode**, see page 14. **To use a heart rate workout**, see page 16. **To use an event training workout**, see page 17. **To use a weight loss workout**, see page 18. **To use a classic workout**, see page 19. **To use the information mode**, see page 20. **To use the stereo sound system**, see page 20.

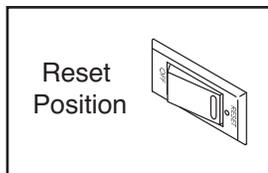
**IMPORTANT: If there are sheets of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, wear clean athletic shoes while using the treadmill. The first time you use the treadmill, observe the alignment of the walking belt, and center the walking belt if necessary (see page 24).**

Note: The console can display speed and distance in either miles or kilometers. To find out which unit of measurement is selected or to change the unit of measurement, see THE INFORMATION MODE on page 20. Note: For simplicity, all instructions in this section refer to miles.

## HOW TO TURN ON THE POWER

**IMPORTANT:** If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 12). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.



**IMPORTANT:** The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays light as soon as you plug in the power cord and switch the circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays remain lit, see THE INFORMATION MODE on page 20 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 13) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays 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.

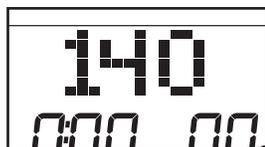
## HOW TO USE THE MANUAL MODE

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

See HOW TO TURN ON THE POWER above.

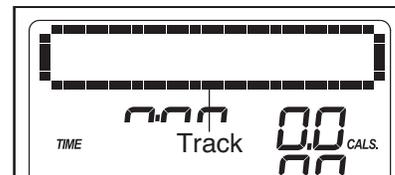
### 2. Enter your weight if desired.

For the most accurate calorie count, enter your weight into the console by repeatedly pressing the increase and decrease buttons next to the display. Note: Once you have entered your weight, your weight will be saved in memory.



### 3. Select the manual mode.

When the key is inserted, the manual mode will be selected. If you have selected a workout, press any of the workout buttons repeatedly until a track appears in the display.



### 4. Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the numbered Precision Quick Speed buttons.

If you press the Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph.



If you press one of the numbered speed buttons, the walking belt will gradually change speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

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

To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered Quick Incline buttons. Each time you press the Incline increase or decrease button, the incline will change by 0.5%. If you press one of the numbered Quick Incline buttons, the treadmill will adjust to the selected incline setting. Note: After you press the buttons, it may take a moment for the treadmill to reach the selected incline setting.



## 6. Follow your progress with the display.

When the manual mode is selected, the upper part of the display will show a



track that represents 1/4 mile (400 meters). As you walk or run, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

The left side of the display will show the elapsed time, the distance that you have walked or run, and the incline level of the treadmill. Press the Display button repeatedly to view the desired workout information. Note: When a heart rate, weight loss, or classic workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



The right side of the display will show the approximate number of calories you have burned, the speed of the walking belt, and your pace in minutes per mile. The right side of the display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor. Press the Display button repeatedly to view the desired workout information.



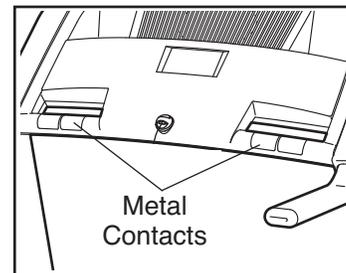
To reset the display, press the Stop button, remove the key, and then reinsert the key.

## 7. Measure your heart rate if desired.

**Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart**

**rate accurately.** For information on the optional chest pulse sensor, see page 20.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts—**avoid moving your hands**. When your pulse is detected, the heart symbol in the display will begin to flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for at least 15 seconds.**

## 8. Turn on the fan if desired.

The fan features high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

## 9. 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.**

## HOW TO USE A HEART RATE WORKOUT

**! 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 workouts. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

### 1. Put on the optional chest pulse sensor.

For best results, you should wear the optional chest pulse sensor to use a heart rate workout. See page 20 for information on the optional chest pulse sensor.

### 2. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 14.

### 3. Select one of the heart rate workouts.

To select one of the two heart rate workouts, press the Heart Rate Control button repeatedly until the desired workout appears in the display.

As each heart rate workout is selected, the maximum incline setting and the duration of the workout will flash in the display for a few seconds. A profile of the target heart rate settings of the workout will scroll across the display.

### 4. Enter your maximum target heart rate if desired.

Press the Enter button. Then press the increase and decrease buttons next to the display to change your maximum target heart rate (**see EXERCISE INTENSITY on page 25**). Note: If you change the maximum target heart rate setting, the intensity level of the entire workout will change.

### 5. Press the Start button to start the workout.

A moment after you press the Start button, the treadmill will automatically adjust to the first target heart rate setting for the workout. Hold the handrails and begin walking.

Each workout is divided into one-minute segments. One target heart rate setting is programmed for

each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

During each segment of the workout, the console will compare your heart rate to the target heart rate setting for that segment. If your heart rate is too far below or above the target heart rate setting, the speed and/or incline will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the speed and/or incline of the treadmill is about to change, the speed and/or incline setting will flash in the display to alert you.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed and/or incline settings are too high or too low, you can change the intensity level of the workout at any time by pressing the Speed and Incline buttons; **however, when the console compares your heart rate to the target heart rate for the current segment, the speed and/or incline of the treadmill may change to bring your heart rate closer to the target heart rate setting.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph; **however, when the console compares your heart rate to the target heart rate setting for the current segment, the speed and/or incline of the treadmill may change to bring your heart rate closer to the target heart rate setting.**

### 6. Follow your progress with the display.

See step 6 on page 15.

### 7. Measure your heart rate if desired.

See step 7 on page 15.

### 8. Turn on the fan if desired.

See step 8 on page 15.

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

See step 9 on page 15.

## HOW TO USE AN EVENT TRAINING WORKOUT

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

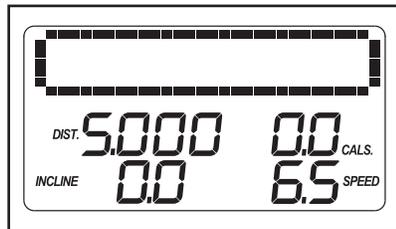
See HOW TO TURN ON THE POWER on page 14.

### 2. Enter your weight if desired.

Press the Enter button. See step 2 on page 14.

### 3. Select an event training workout.

To select an event training workout, press the Event Training button once or twice until a distance



goal of 5.000 or 10.00 kilometers appears in the left side of the display. When an event training workout is selected, the maximum speed setting of the workout will flash in the right side of the display for a few seconds and the maximum incline setting of the workout will appear in the left side of the display.

### 4. Press the Start button to start the workout.

A moment after you press the Start button, the walking belt will begin to move at 3 mph. Hold the handrails and begin walking.

After a few minutes, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 4 mph.

After a few more minutes, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 5 mph.

After another minute, the speed setting will flash in the display and a series of tones will sound. The

speed of the walking belt will then increase to 6.5 mph.

Note: To change the speed of the walking belt or the incline of the treadmill at any time during the workout, press the Speed or Incline buttons.

Every few seconds the left side of the display will show the number of kilometers still to be run.

To stop the workout at any time, press the Stop button. The time will begin to flash in the display. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph. Adjust the speed of the walking belt as desired by pressing the Speed increase or decrease button or one of the numbered Speed buttons.

When you have completed a 5-kilometer run or a 10-kilometer run, your total time and the word “cool” (meaning cool down) will appear in the left side of the display. If the speed of the walking belt was greater than 5 mph when you completed your run, the walking belt will then slow to 5 mph for one minute. After one minute, the walking belt will slow to 4 mph for a few minutes. The walking belt will then slow to 3 mph for a few minutes. The walking belt will then slow to a stop.

### 5. Follow your progress with the display.

See step 6 on page 15.

### 6. Measure your heart rate if desired.

See step 7 on page 15.

### 7. Turn on the fan if desired.

See step 8 on page 15.

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

See step 9 on page 15.

## HOW TO USE A WEIGHT LOSS WORKOUT

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

See HOW TO TURN ON THE POWER on page 14.

### 2. Enter your weight.

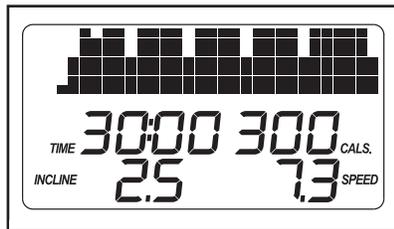
Press the Enter button. See step 2 on page 14.

**Note: Always enter your weight before using a weight loss workout; the speed and incline settings of the workout will depend on the weight setting you enter.**

### 3. Select a weight loss workout.

To select a weight loss workout, press the Weight Loss Workouts button repeatedly. As each weight

loss workout is selected, the approximate number of calories to be burned, the maximum speed setting, the maximum incline setting, and the duration of the workout will flash in the display for a few seconds. A profile of the speed settings of the workout will scroll across the display.



### 4. Press the Start button to start the workout.

A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

Each workout is divided into 30 or 40 one-minute segments. 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 consecutive segments.

During the workout, the profile will show your progress. The flashing segment of



the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed or incline setting is programmed for the next segment, the speed or incline setting will flash in the display to alert you.

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

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for that segment.

The workout will continue in this way until the last segment of the workout ends. The walking belt will then slow to a stop. **IMPORTANT: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the speed or incline of treadmill during the workout, the number of calories you burn will be affected.**

### 5. Follow your progress with the display.

See step 6 on page 15.

### 6. Measure your heart rate if desired.

See step 7 on page 15.

### 7. Turn on the fan if desired.

See step 8 on page 15.

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

See step 9 on page 15.

## HOW TO USE A CLASSIC WORKOUT

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

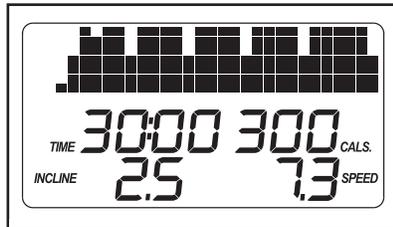
See HOW TO TURN ON THE POWER on page 14.

### 2. Enter your weight if desired.

Press the Enter button. See step 2 on page 14.

### 3. Select one of the classic workouts.

To select one of the four classic workouts, press the Classic Workouts button repeatedly until the desired workout appears in the display.



As each classic workout is selected, the maximum speed setting, the maximum incline setting, and the duration of the workout will flash in the display for a few seconds. A profile of the speed settings of the workout will scroll across the display.

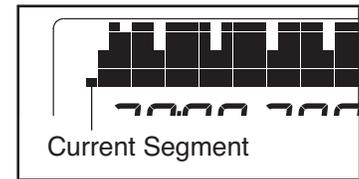
### 4. Press the Start button to start the workout.

A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings for the workout. Hold the handrails and begin walking.

Each workout is divided into one-minute segments. 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 consecutive segments.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed

setting for the current segment. At the end of each segment, a series of tones will sound and the new speed and incline settings will flash in the display to alert you.



The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

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

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for that segment.

### 5. Follow your progress with the display.

See step 6 on page 15.

### 6. Measure your heart rate if desired.

See step 7 on page 15.

### 7. Turn on the fan if desired.

See step 8 on page 15.

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

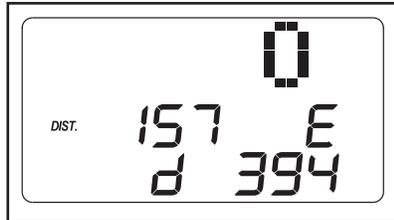
See step 9 on page 15.

## THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information. The information mode also allows you to select miles or kilometers as the unit of measurement and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:

The center of the display will show the number of hours that the treadmill has been operated. The lower right corner of the display will show the total number of miles or kilometers that the walking belt has moved. In addition, an “E” for English miles or an “M” for metric kilometers will appear in the right side of the display. To change the unit of measurement, press the Speed increase button.



The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a “d” will appear in the display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

Note: If you press the Display button while in the information mode, the display may appear very dim, very dark, or blank. If this happens, press the Display button repeatedly until the display looks right.

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

## HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo speakers, you must connect your MP3 player, CD player, or other personal audio player to the console through the audio jack.

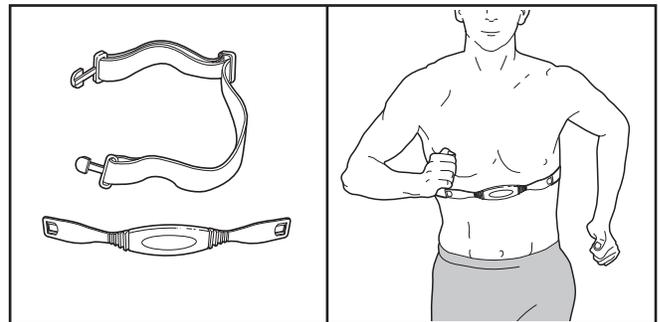
To use the audio jack, locate the included audio wire and plug it into the audio jack. Then, plug the audio wire into a jack on your MP3 player, CD player, or other personal audio player. **Make sure that the audio wire is fully inserted.**

Next, press the Play button on your MP3 player, CD player, or other personal audio player. Adjust the volume on your personal audio player.

If you are using a personal CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.

## THE OPTIONAL CHEST PULSE SENSOR

An optional chest pulse sensor offers hands-free operation as it tracks your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**

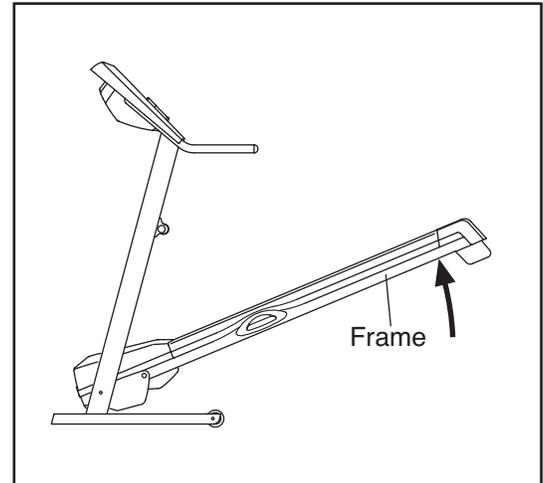


# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

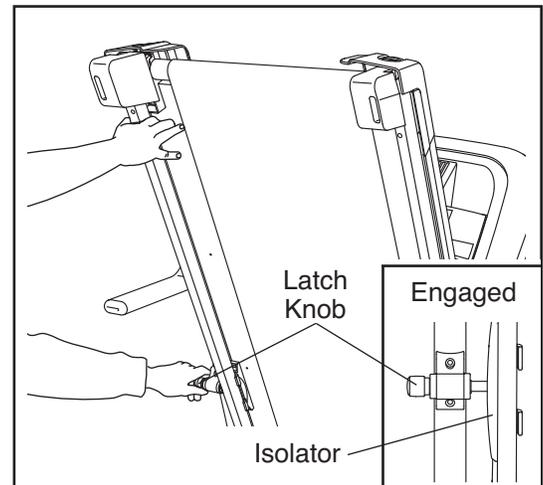
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Next, unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure you 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 frame until the hole in the isolator is aligned with the latch pin, and then slowly release the latch knob. **Make sure that the latch pin is fully inserted into the center of the isolator.**

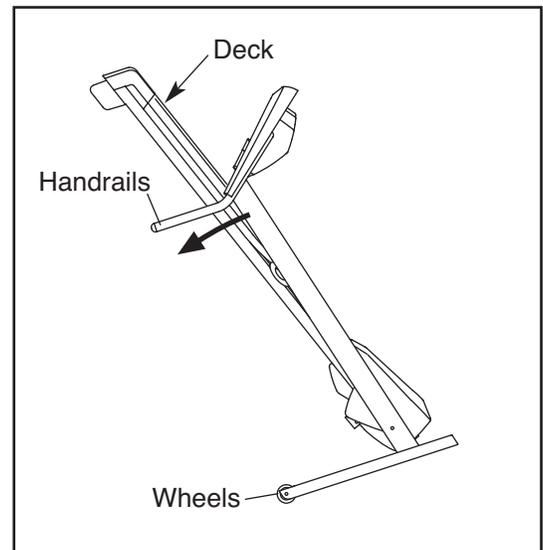
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



## HOW TO MOVE THE TREADMILL

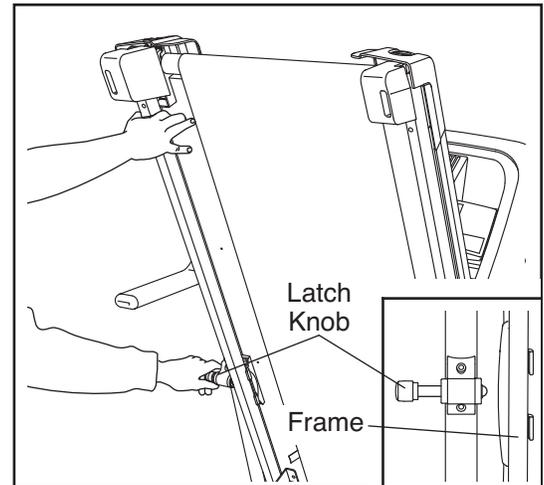
Before moving the treadmill, convert it to the storage position as described above. **Make sure that the latch pin is fully inserted into the isolator.**

1. Hold one of the handrails and place your other hand on the deck. Place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely 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 move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

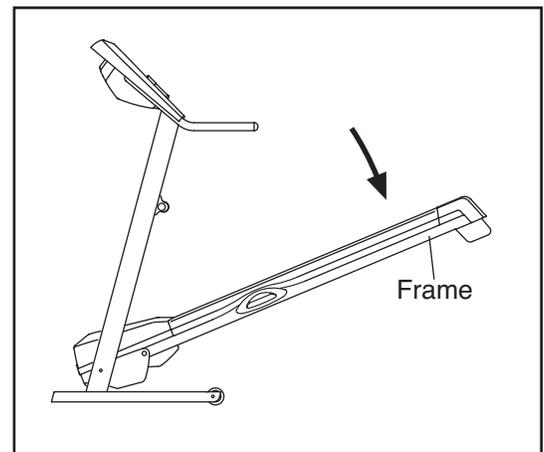


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin.



2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails; do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



# TROUBLESHOOTING

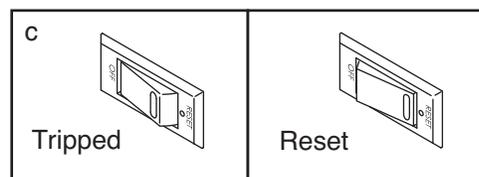
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

**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 12). Use only a single-outlet surge suppressor that meets all of the specifications described on page 12. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

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

c. Check the reset/off circuit breaker located on the treadmill 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 circuit breaker located on the treadmill frame near the power cord (see the drawing 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. Reinsert the key into the console.

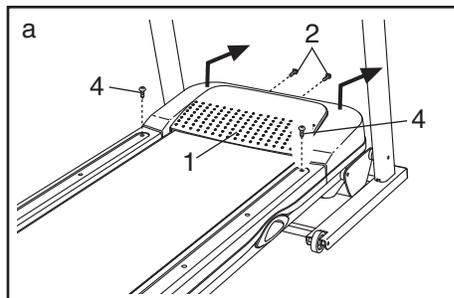
d. If the treadmill still will not run, see the front cover of this manual.

**PROBLEM: The console displays remain lit when you remove the key from the console**

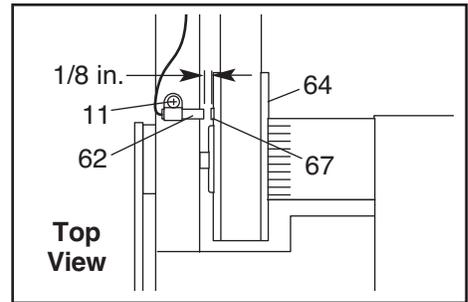
**SOLUTION:** a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 20 to turn off the demo mode.

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

**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Remove the two #12 x 1 1/4" Screws (4) and the two #8 x 3/4" Screws (2) and carefully remove the Hood (1).



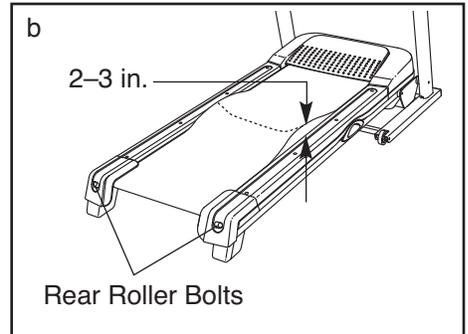
Locate the Reed Switch (62) and the Magnet (67) on the left side of the Pulley (64). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 1/2" Ground Screw (11), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), 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 12.

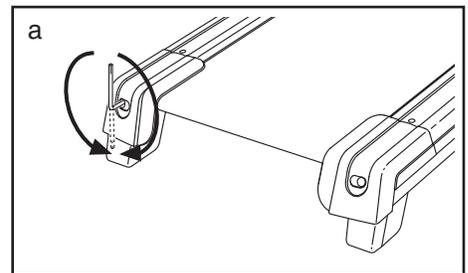
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) 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.



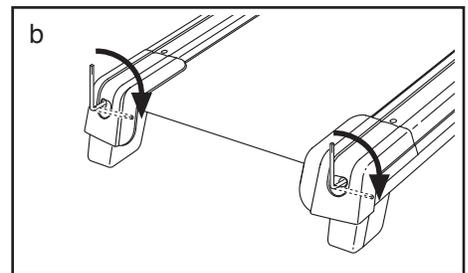
c. If the walking belt still slows when walked on, please see the front cover of this manual.

**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 hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left 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 hex key, 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 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



**PROBLEM: The incline of the treadmill does not change correctly**

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

# EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors 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.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise 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 near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

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

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to 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 of regular exercise, you may complete up to five workouts each week, if desired. Remember, 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

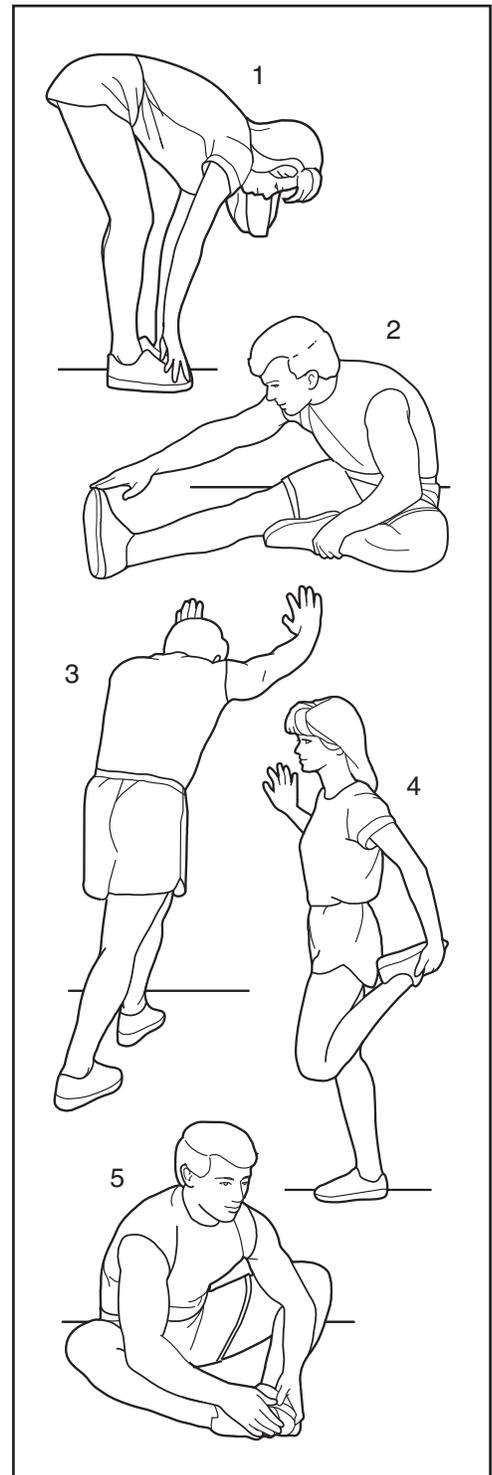
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



# PART LIST—Model No. GGTL04607.2

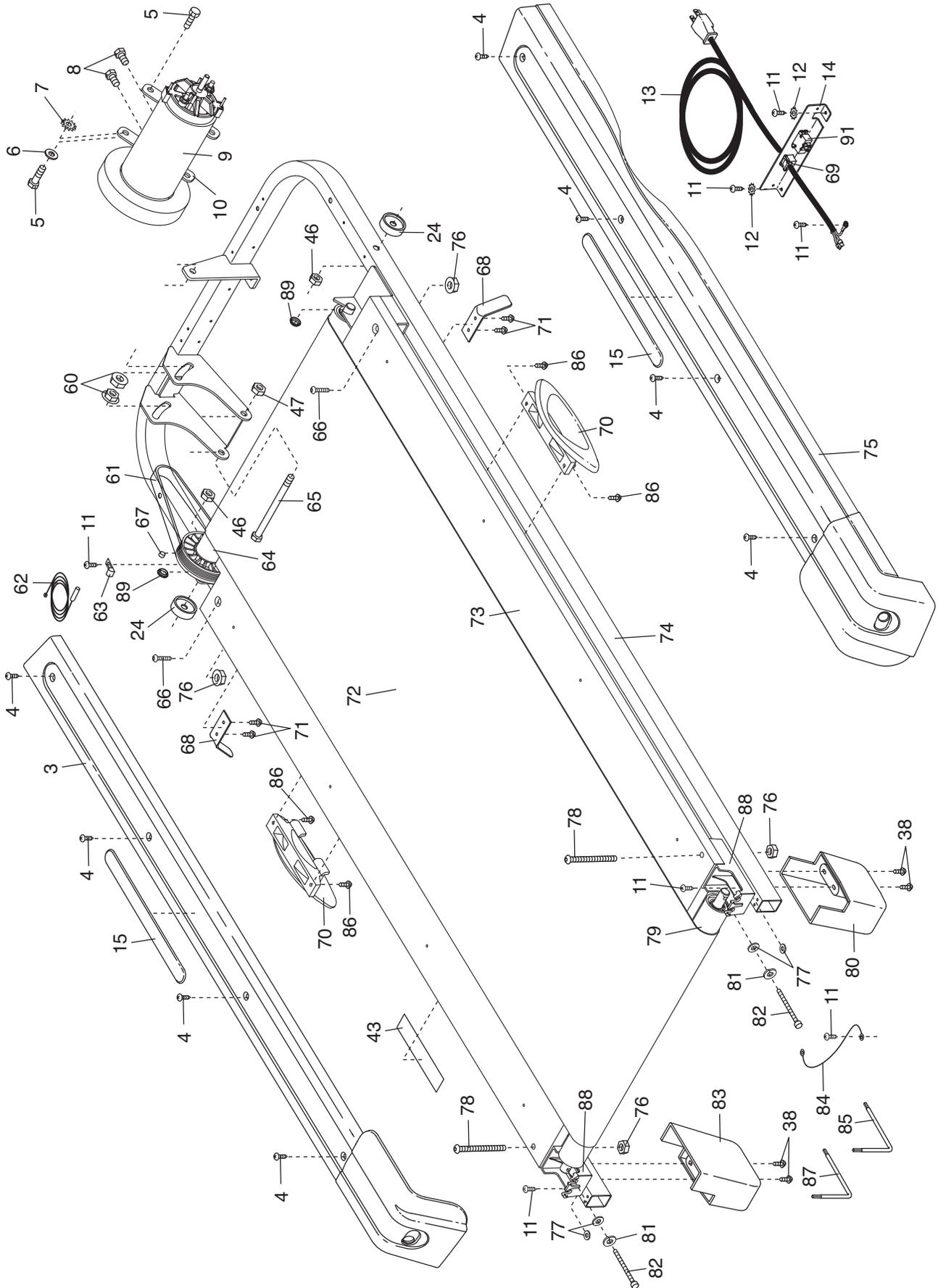
R0109A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Hood	52	4	#8 x 1/2" Cover Screw
2	22	#8 x 3/4" Screw	53	2	3/8" x 2" Bolt
3	1	Left Foot Rail	54	1	Hood Cover
4	8	#12 x 1 1/4" Screw	55	1	Lift Motor
5	2	3/8" x 3/4" Bolt	56	1	Stop Bracket
6	1	Access Door	57	1	3/8" x 1 3/4" Bolt
7	5	3/8" Star Washer	58	1	3/8" x 1 1/4" Bolt
8	2	1/4" Motor Bolt	59	1	Lift Frame
9	1	Drive Motor	60	2	3/8" Flange Nut
10	1	Motor Bracket	61	1	Motor Belt
11	8	#8 x 1/2" Ground Screw	62	1	Reed Switch
12	2	#8 Star Washer	63	1	Clip
13	1	Power Cord	64	1	Front Roller/ Pulley
14	1	Power Cord Bracket	65	1	3/8" x 4" Bolt
15	2	Foot Rail Decal	66	2	5/16" x 1 1/4" Bolt
16	1	Console Fan	67	1	Magnet
17	4	Handrail Cap	68	2	Belt Guide
18	2	Handrail	69	1	Power Cord Grommet
19	4	5/16" Star Washer	70	2	Isolator
20	4	5/16" x 2 1/4" Bolt	71	4	Belt Guide Screw
21	2	1/4" Star Washer	72	1	Walking Belt
22	2	1/4" x 1/2" Bolt	73	1	Walking Platform
23	1	Key/Clip	74	1	Frame
24	2	Frame Pivot Spacer	75	1	Right Foot Rail
25	1	Console	76	4	5/16" Flange Nut
26	1	Console Base	77	4	1/4" Flat Washer
27	2	#10 x 1" Tek Screw	78	2	5/16" x 3 1/2" Bolt
28	1	Upright Wire	79	1	Rear Roller
29	1	Latch Pin Assembly	80	1	Right Rear Foot
30	1	Latch Housing	81	2	1/4" Lock Washer
31	1	Left Upright	82	2	Rear Roller Bolt
32	4	3/8" x 3" Bolt	83	1	Left Rear Foot
33	4	3/8" Flat Washer	84	1	Ground Wire
34	2	Frame Spacer	85	1	Hex Key
35	2	Base Cap	86	4	#8 x 3/4" Isolator Screw
36	1	Right Upright	87	1	5/32" Hex Key
37	4	Base Pad	88	2	Rear Roller Bracket
38	13	#8 x 3/4" Tek Screw	89	2	Roller Bushing
39	1	Audio Wire	90	1	Releasable Tie
40	4	3/8" x 2 1/4" Bolt	91	1	Reset/Off Circuit Breaker
41	2	Caution Decal	92	10	Wire Tie
42	1	Console Support Bracket	93	4	U-nut
43	1	Warning Decal	94	1	Controller Ground Wire
44	4	Wheel Spacer	*	—	4" Black Wire, M/F
45	2	Wheel	*	—	4" Red Wire, M/F
46	4	3/8" Jam Nut	*	—	8" Blue Wire, 2F
47	5	3/8" Locknut	*	—	10" White Wire, M/F
48	1	Base	*	—	User's Manual
49	3	Clamp			
50	1	Belly Pan			
51	1	Controller			

\*These parts are not illustrated.  
Specifications are subject to change without notice.

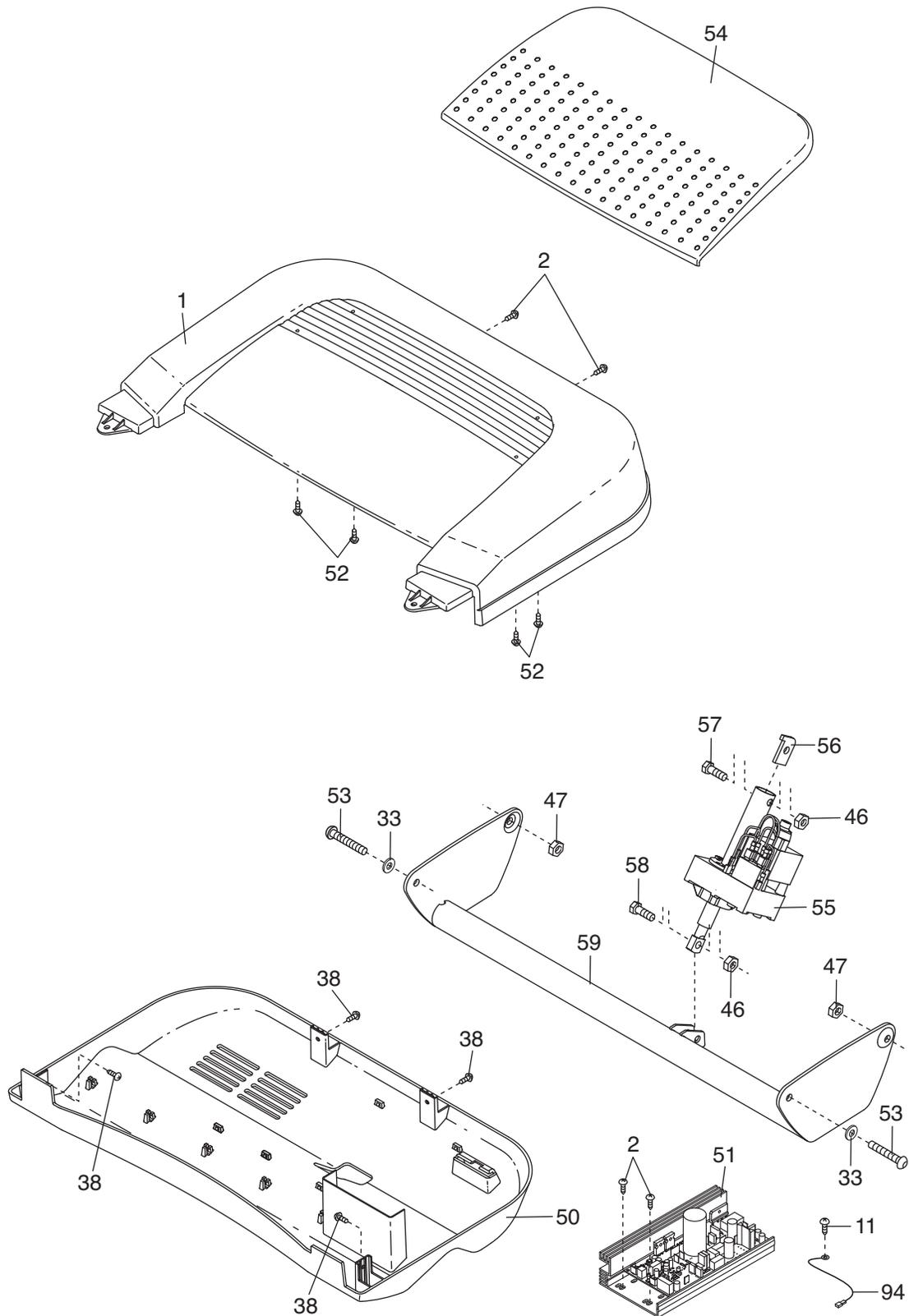
# EXPLODED DRAWING A—Model No. GGTL04607.2

R0109A



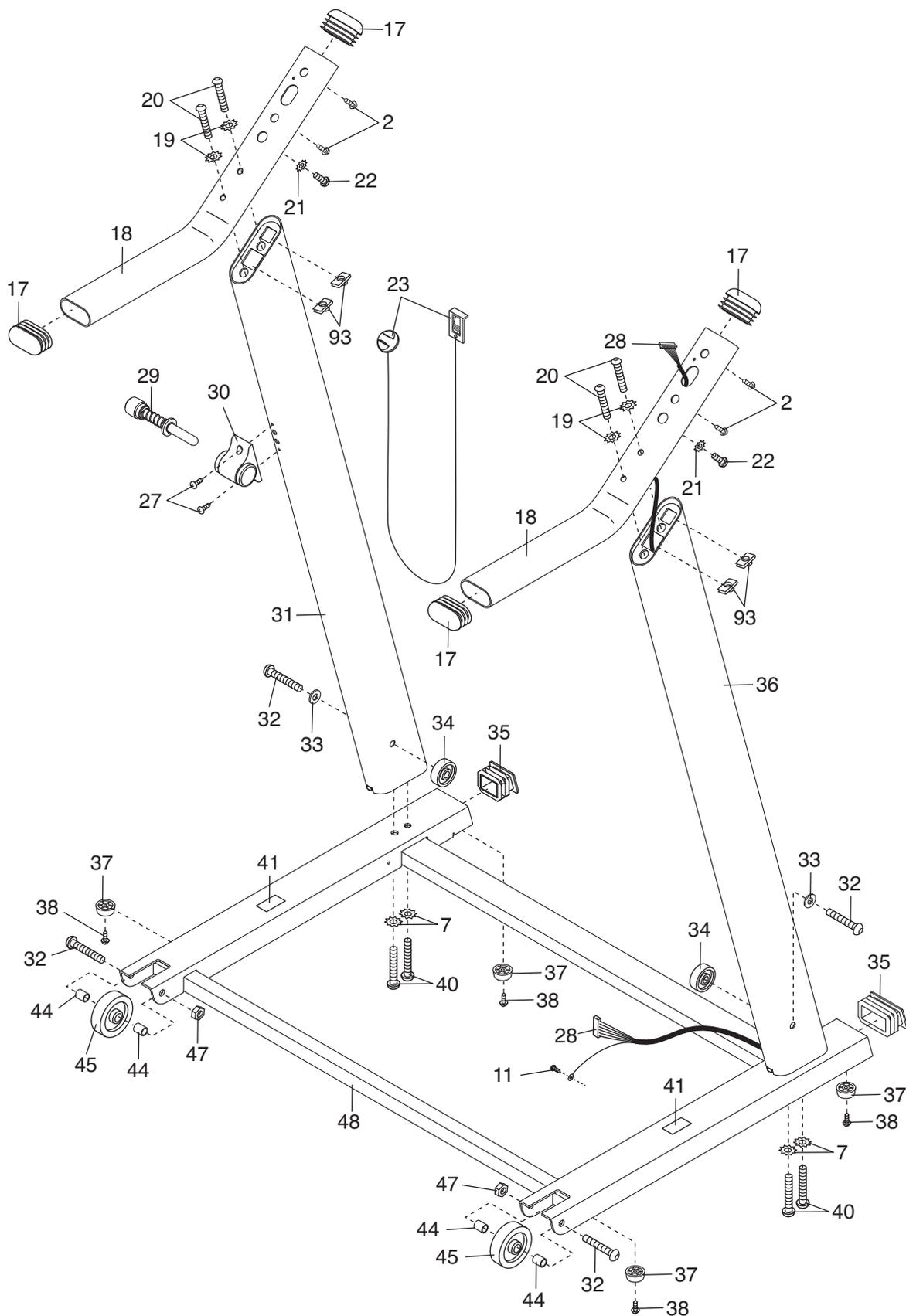
# EXPLODED DRAWING B—Model No. GGTL04607.2

R0109A



# EXPLODED DRAWING C—Model No. GGTL04607.2

R0109A





---

## 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 and the EXPLODED DRAWING near the end 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 drive motor is warranted for ten (10) years from the date of purchase. Parts and labor are warranted for 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 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**