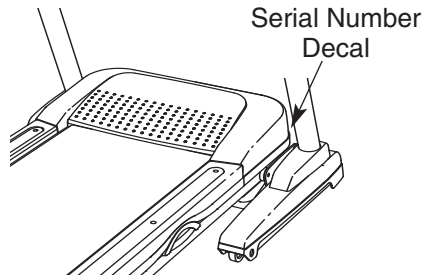# IMAGE®17.5 S

Model No. IMTL49606.0
Serial No. _____

Serial Number
Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.
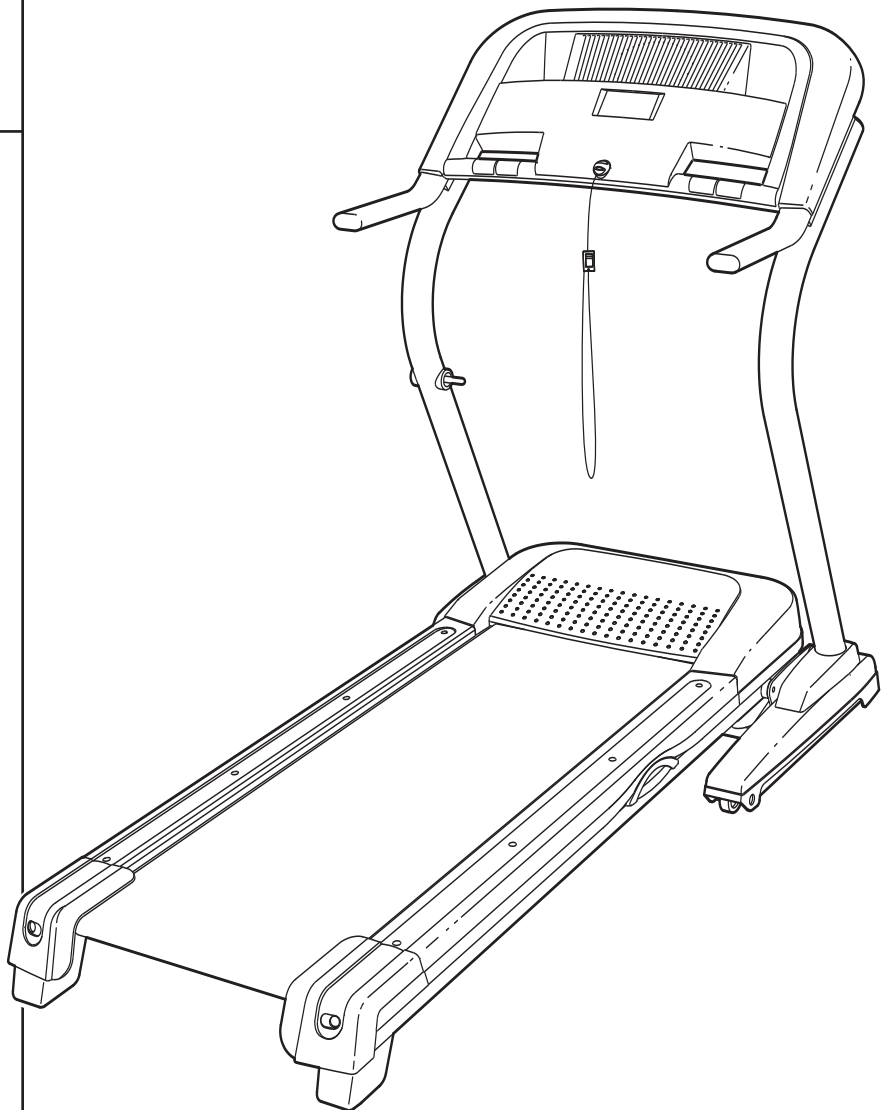
CALL TOLL-FREE:

1-800-753-4645
Mon.–Fri. 6 a.m.–6 p.m. MST
Sat. 8 a.m.–5 p.m. MST

ON THE WEB:
www.iconservice.com

⚠ CAUTION

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

Visit our website at

www.imagefitness.com
new products, prizes,
fitness tips, and much more!

IMAGE®17.5 S

TABLE OF CONTENTS

Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual.

IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

2. Use the treadmill only as described.

3. Place the treadmill on a level surface, with at least eight feet of clearance behind it and two feet 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.

4. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

5. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

6. Keep children under the age of 12 and pets away from the treadmill at all times.

7. The treadmill should be used only by persons weighing 275 pounds or less.

8. Never allow more than one person on the treadmill at a time.

9. 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.*

10. 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.

11. 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 IMAGE 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.

12. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.

13. Keep the power cord and the surge suppressor away from heated surfaces.

14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 21 if the treadmill is not working properly.)

15. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).

16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

18. 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.

19. 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.
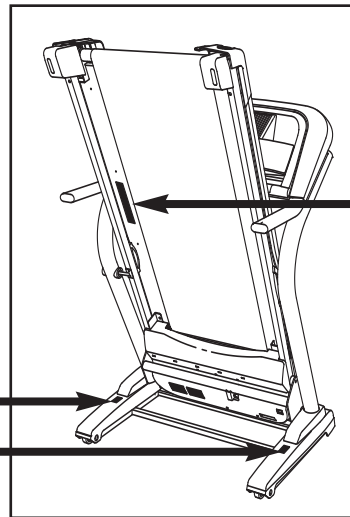
20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 20.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.

21. When folding or moving the treadmill, make sure that the storage latch is fully closed.

22. Inspect and properly tighten all parts of the treadmill regularly.

23. Never insert any object into any opening.

24. **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.

25. This treadmill is intended for in-home use only. Do not use this treadmill in a 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 toll-free 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.

⚠ **CAUTION**

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

⚠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.

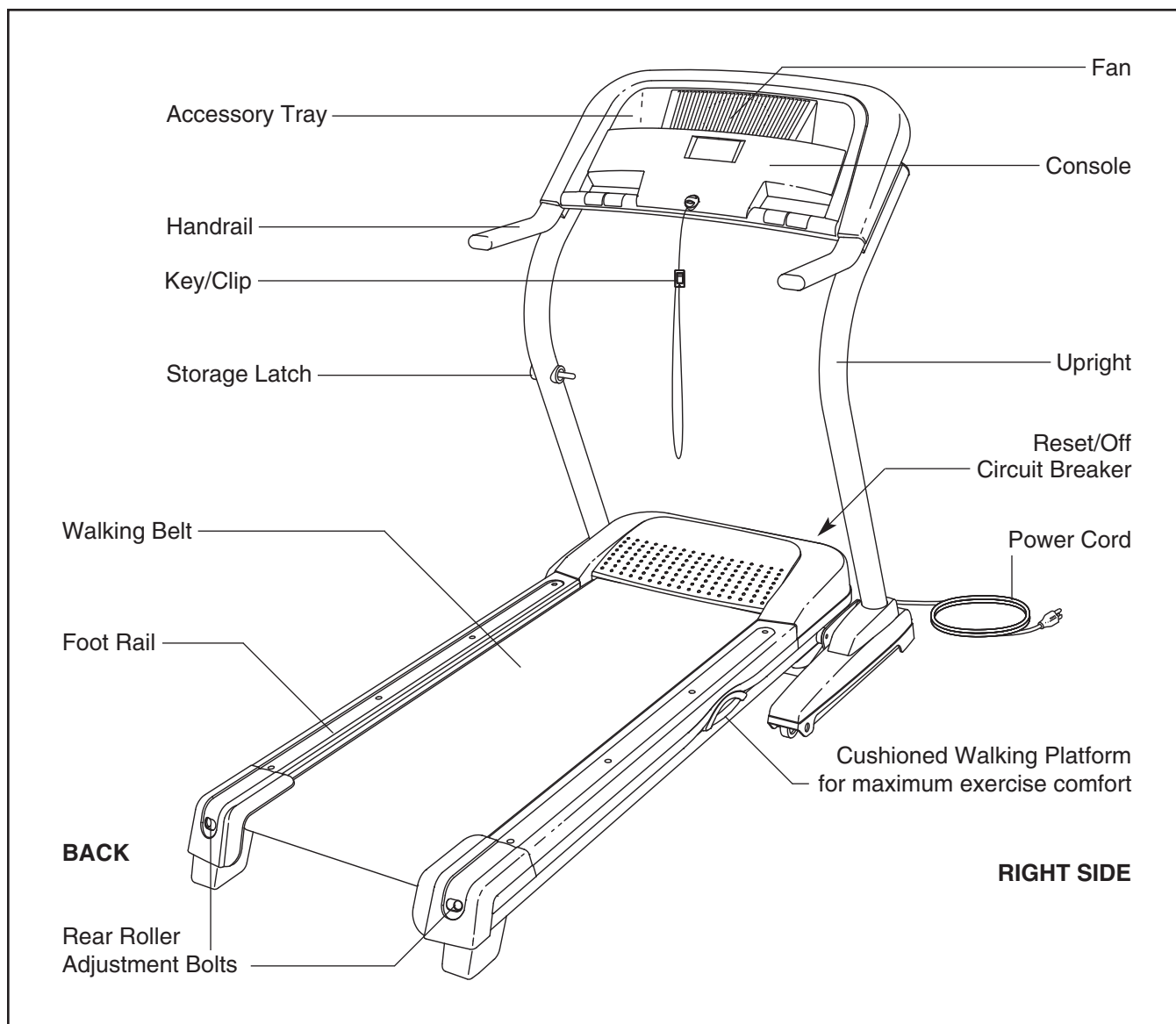• Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Thank you for selecting the new IMAGE® 17.5 S treadmill. The 17.5 S treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience of your home. And when you're not exercising, the 17.5 S 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 manual. To help us assist you, note the product model number and serial number before calling. The model number of the treadmill is IMTL49606.0. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

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

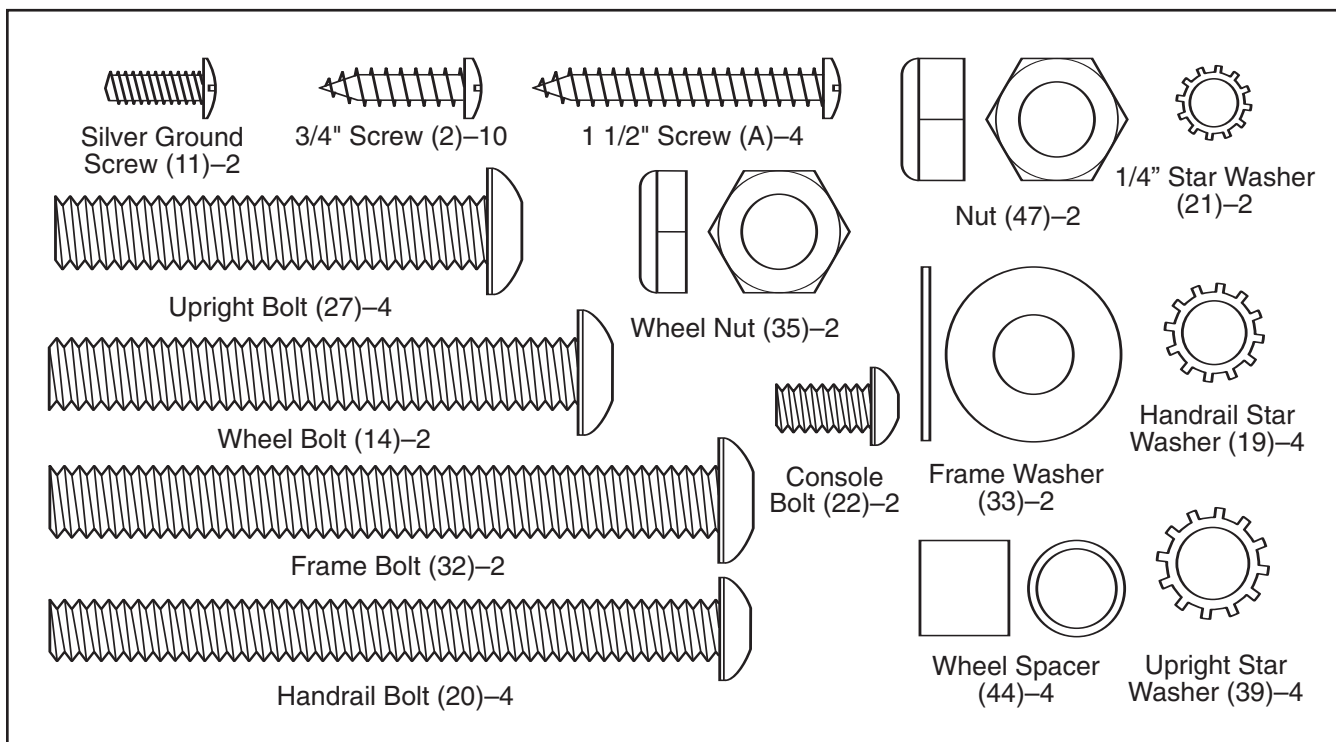Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

Fan

Accessory Tray

Console

Handrail

Key/Clip

Upright

Storage Latch

Reset/Off
Circuit Breaker

Walking Belt

Power Cord

Foot Rail

Cushioned Walking Platform
for maximum exercise comfort

BACK

RIGHT SIDE

Rear Roller
Adjustment Bolts

ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call toll-free 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** , **and needlenose pliers** .
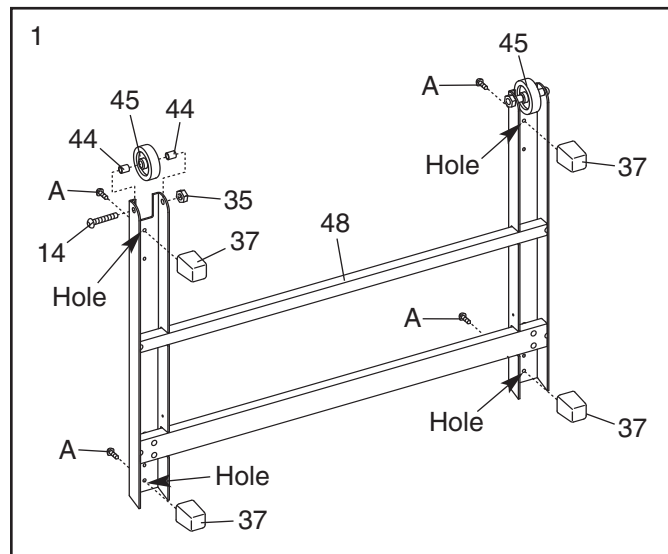
To identify assembly hardware, see the drawings below. The number in parentheses below each drawing is the key number of the part, from the PART LIST in the center of the manual. The number following the parentheses is the quantity used in assembly. **To avoid damaging plastic parts, do not use power tools for assembly.**

Silver Ground Screw (11)–2

3/4" Screw (2)–10

1 1/2" Screw (A)–4

Nut (47)–2

1/4" Star Washer (21)–2

Upright Bolt (27)–4

Wheel Nut (35)–2

Wheel Bolt (14)–2

Console Bolt (22)–2

Frame Washer (33)–2

Handrail Star Washer (19)–4

Frame Bolt (32)–2

Handrail Bolt (20)–4

Wheel Spacer (44)–4

Upright Star Washer (39)–4

1. Attach a Wheel (45) to one side of the Base (48) with a Wheel Bolt (14), two Wheel Spacers (44), and a Wheel Nut (35) as shown. **Do not over-tighten the Wheel Nut; the Wheel should turn freely.**

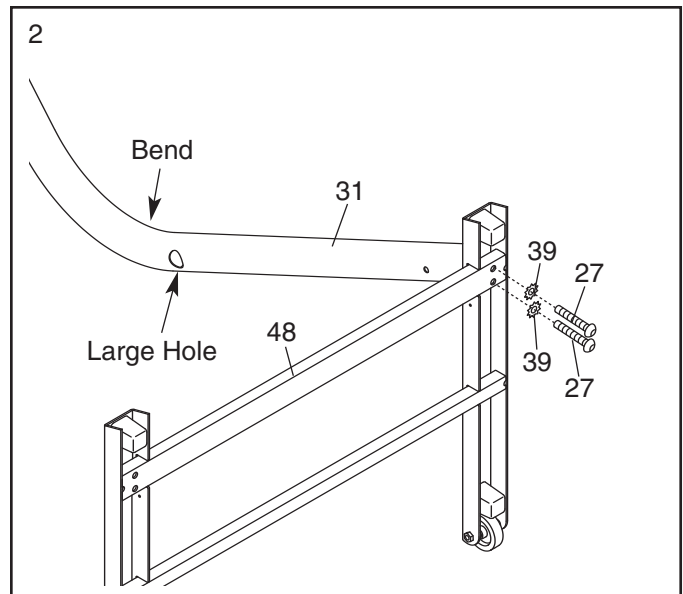   **Attach the other Wheel (45) to the other side of the Base (48) in the same way.**

   Attach the four Base Pads (37) to the Base (48) with four 1 1/2" Screws (A); **make sure that the screws are in the indicated holes in the Base.**
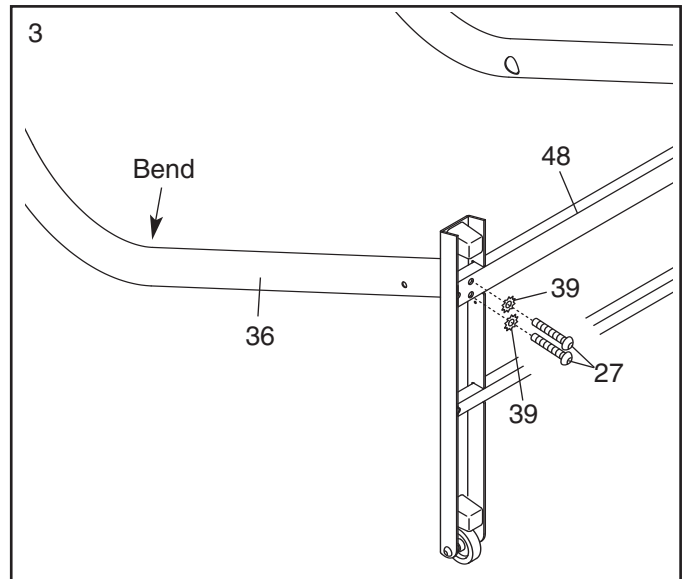
2. Have a second person orient the Base (48) as shown.

   Identify the Left Upright (31), which has a large hole near the bend as shown.

   Orient the Left Upright (31) as shown, and attach it to the Base (48) with two Upright Bolts (27) and two Upright Star Washers (39); **do not tighten the Upright Bolts yet.**
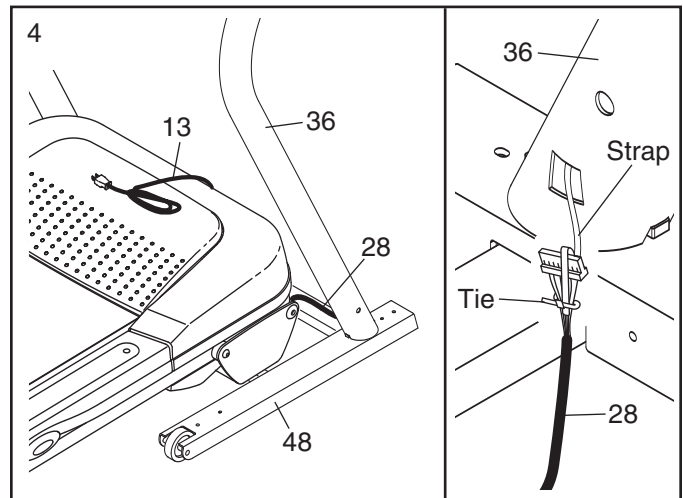

3. Orient the Right Upright (36) as shown, and attach it to the Base (48) with two Upright Bolts (27) and two Upright Star Washers (39); **do not tighten the Upright Bolts yet.**

4. Set the Base (48) near the front of the treadmill, with the Power Cord (13) on the Hood (1) as shown.

   Cut the small tie (not shown) holding the Upright Wire (28) in a bundle.

   Wrap the strap around the Upright Wire (28) and secure the strap using the included plastic tie. Then, pull the opposite end of the strap until the end of the Upright Wire is pulled through the Right Upright (36).
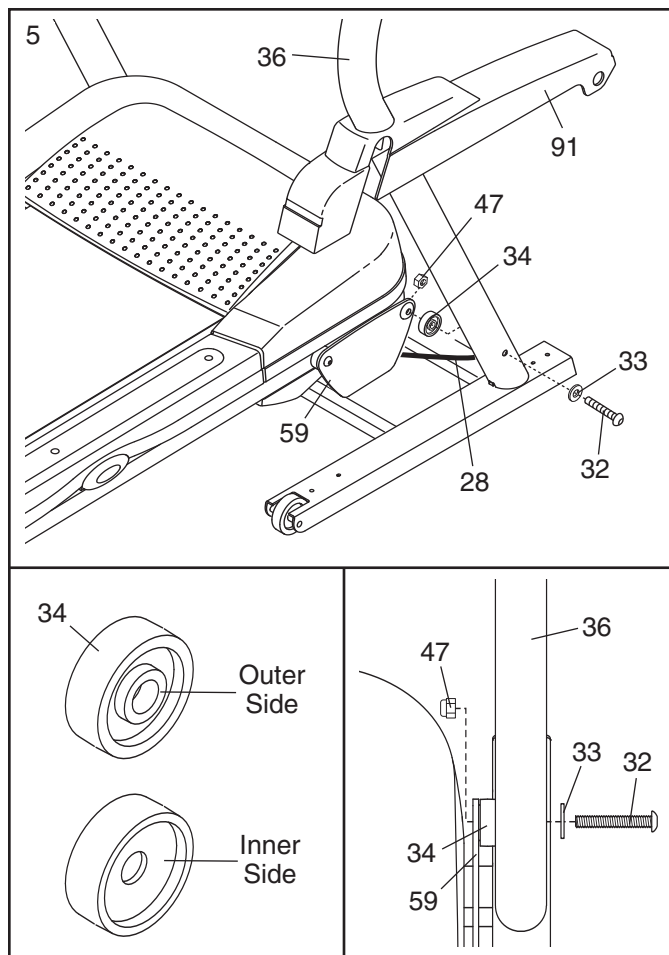
5. See the left inset drawing. Identify the two Frame Spacers (34). Open the included packet of grease, and apply grease to both sides of both Frame Spacers. Then, identify the outer side of each Frame Spacer.

   Next, hold a 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 Frame Bolt (32), a Frame Washer (33), and a Nut (47); **do not tighten the Frame Bolt yet.**

   Then, identify the Right Base Cover (91). Slide the Right Base Cover onto the Right Upright (36) and turn it to the position shown.

   Pull gently on the upper end of the Upright Wire (28) to remove any excess slack.
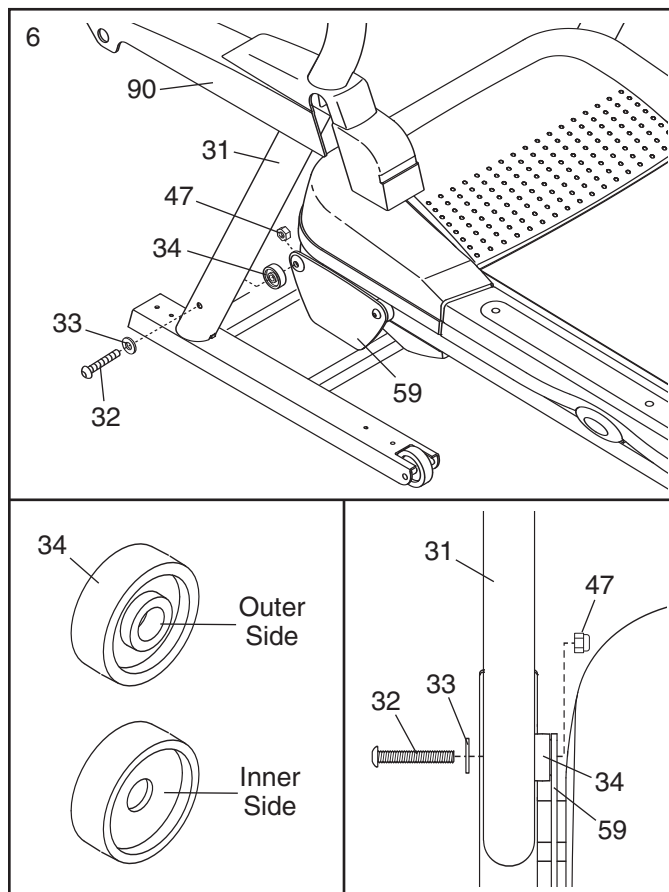
   Cut the plastic tie and remove the strap from the Upright Wire (28).

6. 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 Frame Bolt (32), a Frame Washer (33), and a Nut (47); **do not tighten the Frame Bolt yet.**

   Identify the Left Base Cover (90). Slide the Left Base Cover onto the Left Upright (31) and turn it to the position shown.
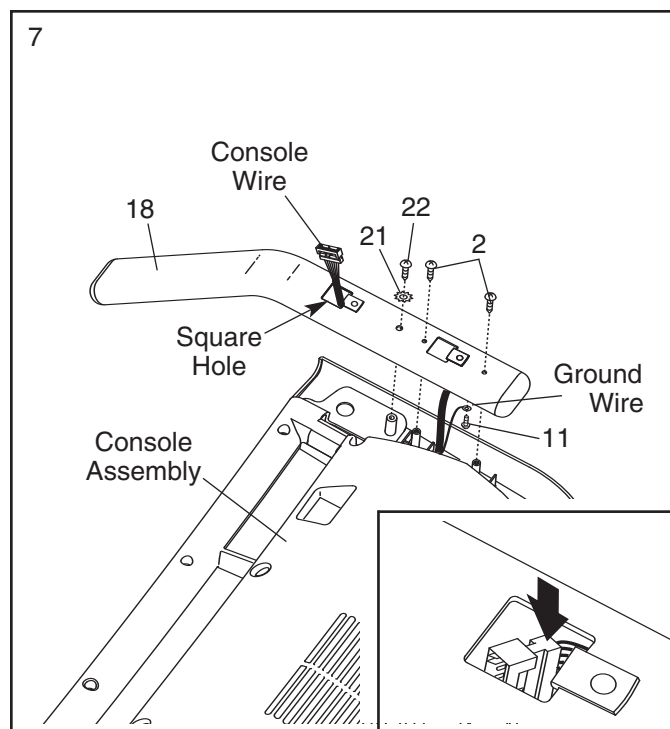
7. Set the console assembly face down on a soft surface to avoid scratching it. Hold a Handrail (18) near the console assembly.

   Next, insert the console wire into the hole in the bottom of the Handrail (18) and out of the indicated square hole. If necessary, grip the connector with needlenose pliers **only in the area indicated by the arrow** (see the inset drawing.) Then, attach the ground wire to the Handrail with a Silver Ground Screw (11).
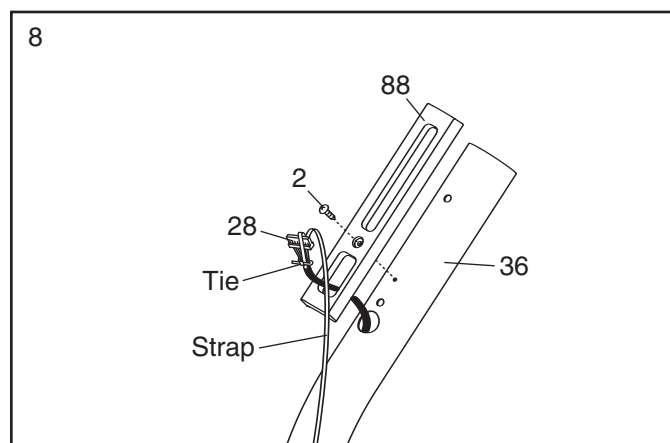
   Next, set the Handrail (18) on the console assembly. **Make sure that no wires are pinched.** Finger tighten a Console Bolt (22) with a 1/4" Star Washer (21) into the Handrail, and then start two 3/4" Screws (2) into the Handrail. **Tighten the Console Bolt and then the two Screws; do not overtighten the Screws.**

   Attach the other Handrail (not shown) to the console assembly in the same way. Note: There are no wires on the other side.
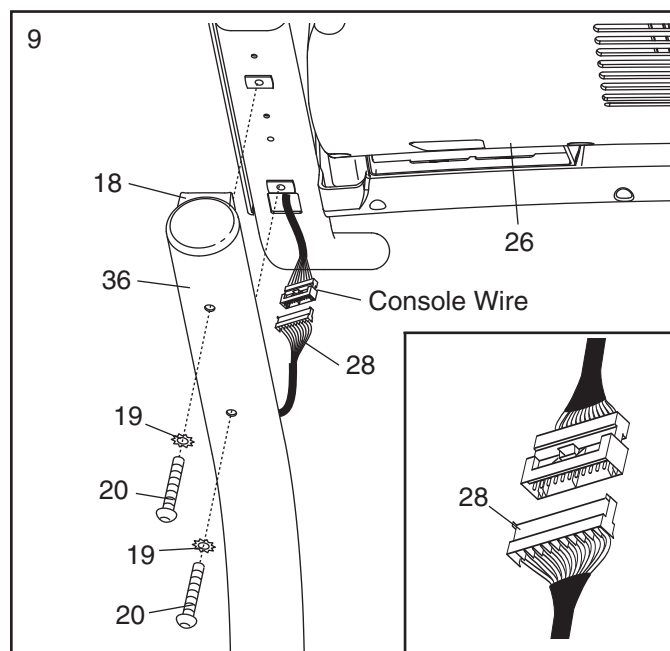

8. Insert the Upright Wire (28) through a Handrail Spacer (88) as shown. Attach the Handrail Spacer to the Right Upright (36) with a 3/4" Screw (2). Remove the stap and tie from the Upright Wire.

   Attach the other Handrail Spacer (not shown) to the Left Upright (not shown) as described above. Note: There is not a wire on the left side.

9. While another person holds the Console Base (26) near the right Handrail (18), connect the console wire to the Upright Wire (28) as shown in the inset drawing. **Important: If the connectors are oriented correctly, they will slide together easily and snap into place. If the connectors are not oriented correctly, the console may be damaged when the power is turned on.** Insert the connectors into the Right Upright (36).
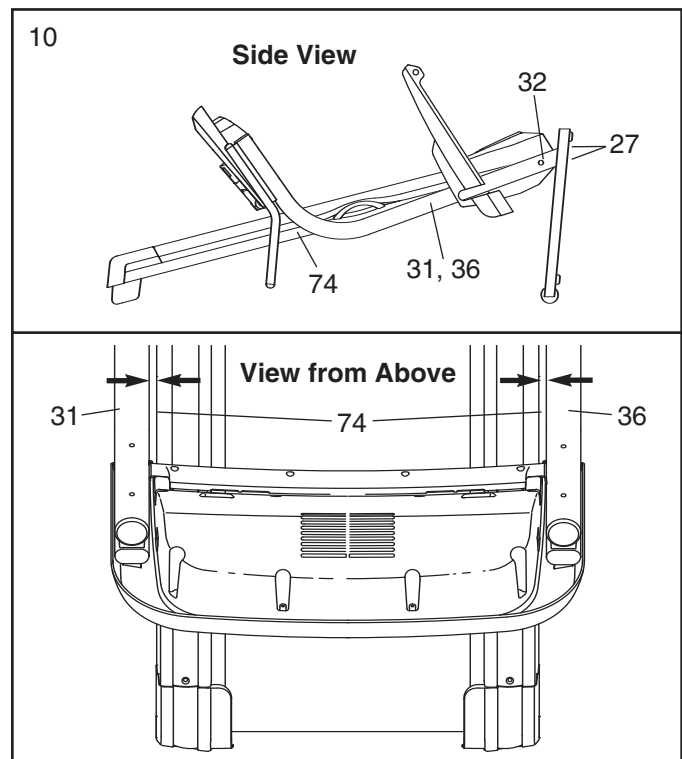
   Attach the Console Base (26) to the Right Upright (36) and the Left Upright (not shown) with four Handrail Bolts (20) and four Handrail Star Washers (19) (only one side is shown). **Start all four Handrail Bolts before tightening any of them.**

10. Lower the Uprights (31, 36).

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

    Firmly tighten the Upright Bolts (27) and the Frame Bolts (32) on each side of the treadmill. **Do not overtighten the Frame Bolts.**

11. Raise the Uprights (31, 36).

    Rotate the Left and Right Base Covers (90, 91) 180°. Slide the Base Covers over the Base (48). If necessary, pull out on the sides of the Base Covers to fit them over the Wheel Bolts (14).

12. Attach the ground wire on the Upright Wire (28) to the indicated hole in the Base (48) with a Silver Ground Screw (11).
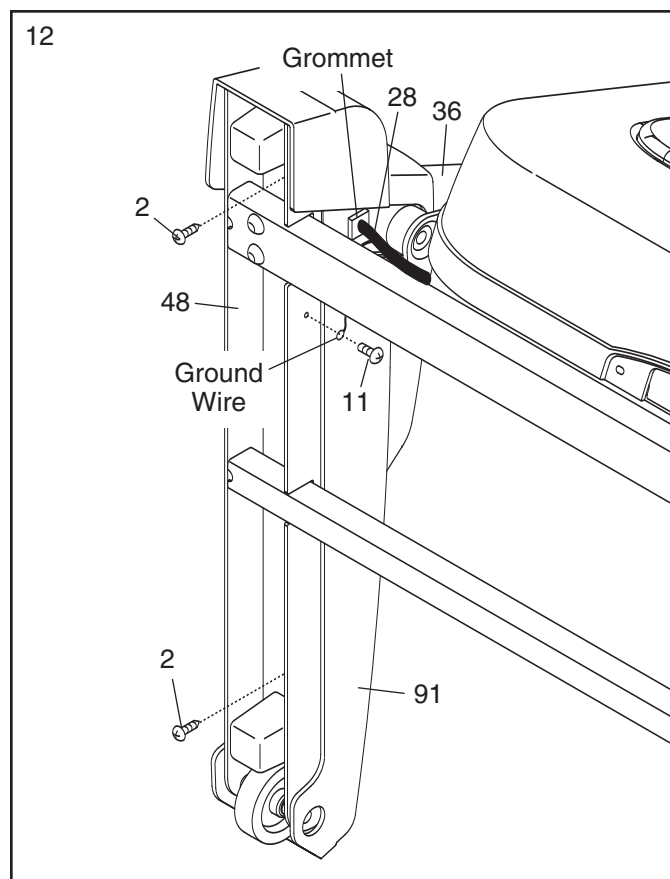
Then, press the indicated grommet into the Right Upright (36).

Attach the Right Base Cover (91) to the Base (48) with two 3/4" Screws (2). **Attach the Left Base Cover (not shown) in the same way.**

Raise the Uprights (31, 36) to a vertical position.

13. Press the Latch Sleeve (30) into the Left Upright (31).

Remove the knob from the pin. Make sure that the collar and the spring are on the pin. Insert the pin into the Latch Sleeve (30) and the Left Upright (31). Press the Latch Insert (89) into the other side of the Left Upright, and then tighten the knob back onto the pin.

Remove the plastic packaging from the bottom of the Belly Pan.

14. **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 22). To protect the floor or carpet, place a mat under the treadmill.

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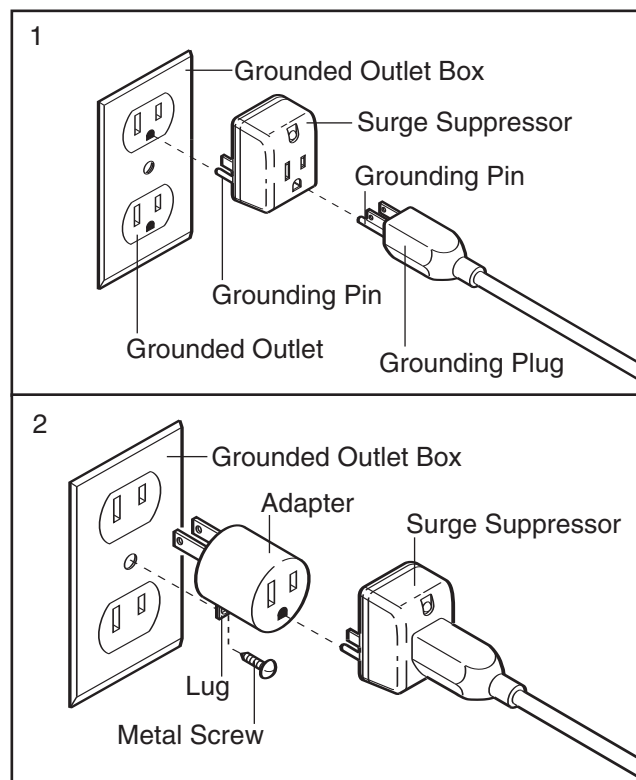
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility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

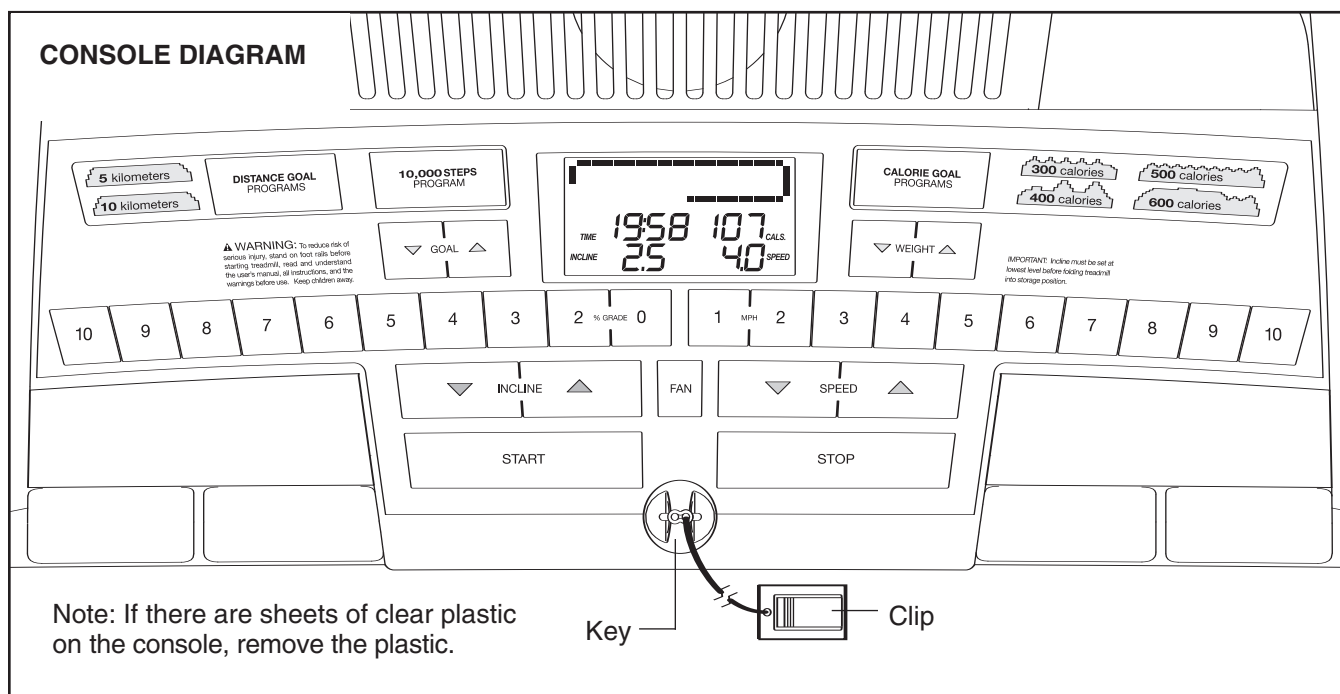**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

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

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

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

CONSOLE DIAGRAM

| 5 kilometers | DISTANCE GOAL | 10,000 STEPS |
| 10 kilometers | PROGRAMS | PROGRAM |

⚠ WARNING: To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away.

▽ GOAL △

TIME *19:58* *1:07* CALS.
INCLINE *2.5* *4.0* SPEED

| CALORIE GOAL | 300 calories | 500 calories |
| PROGRAMS | 400 calories | 600 calories |

▽ WEIGHT △

IMPORTANT: Incline must be set at lowest level before folding treadmill into storage position.

10 9 8 7 6 5 4 3 2 % GRADE 0 1 MPH 2 3 4 5 6 7 8 9 10

▽ INCLINE △   FAN   ▽ SPEED △

START   STOP

Note: If there are sheets of clear plastic on the console, remove the plastic.

Key —   — Clip

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.

Distance Goal Programs

In addition, the console offers two distance programs— the 5K program counts down from 5 kilometers as you complete a 5-kilometer run, and the 10K program counts down from 10 kilometers.

Step Program

Walking is one of the most popular exercises world- wide. Walking does not require advanced conditioning or special skills, yet it produces numerous benefits, such as increased calorie burning, a slimmer waist, toned muscles, enhanced energy and stamina, lower blood pressure, and reduced stress.

To track your walking exercise, the console features a new step program that counts the number of steps that you take during each workout. In addition, the console offers a step program that allows you to enter the num- ber of steps that you plan to walk, and counts down the steps as you exercise.

More reliable than conventional pedometers, the tread- mill's step program is highly accurate with most users.
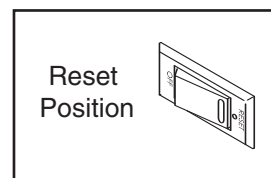
Calorie Goal Programs

The console also features four calorie goal programs. Each program controls the speed and incline of the treadmill to help you burn unwanted pounds.

To use the manual mode of the console, follow the steps beginning on page 14. **To use a distance pro- gram**, see page 16. **To use a step program**, see page 17. **To use a calorie goal program**, see page 18.

HOW TO TURN ON THE POWER

Plug in the power cord (see page 12). 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.

Reset Position

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing above), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console; after a moment, the display 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.**

Note: To prevent damage to the walking platform, always wear clean shoes while using the treadmill.

HOW TO USE THE MANUAL MODE

1 Insert the key into the console.
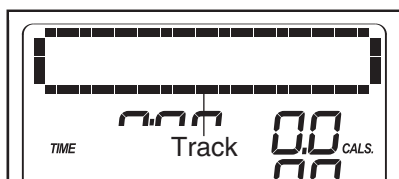
See HOW TO TURN ON THE POWER on page 13.

2 Enter your weight if desired.

For the most accurate calorie count, enter your weight into the console by pressing the Weight increase and decrease buttons repeatedly. 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 program, press the Calorie Goal Programs button 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 speed buttons.

If the Start button or the Speed increase button is pressed, 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 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.

If one of the numbered speed buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting. **Note: The console can display speed and distance in either miles or kilometers (see THE INFORMATION MODE/DEMO MODE on page 19). For simplicity, all instructions in this section refer to miles.**

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.

Note: The first time you use the treadmill, periodically inspect the alignment of the walking belt, and center it if necessary (see page 22).

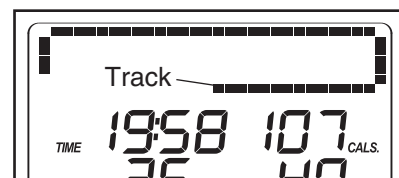**5 Change the incline of the treadmill as desired.**

To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the numbered incline buttons. Each time the Incline increase or decrease button is pressed, the incline will change by 0.5%. If one of the numbered incline buttons is pressed, the treadmill will adjust to the selected incline setting. Note: After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.
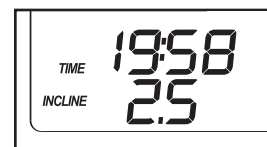
6 Follow your progress with the display.

When the manual mode is selected, the upper part of the display will show a track that represents 1/4 mile. 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. Note: When a calorie goal program is selected, the display will show the time remaining in the program 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.
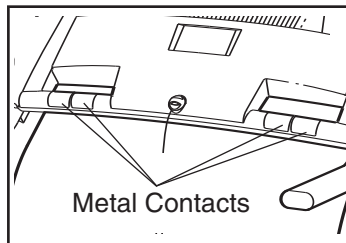
Note: For the treadmill to count your steps accurately, correct walking form is important. As you walk, try to maintain a steady pace, a uniform stride length, and a consistent position on the treadmill. Lighter users may also find it helpful to reduce the incline of the treadmill or to increase the speed of the walking belt. **IMPORTANT: Always exercise at a pace that is comfortable for you.**

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

7 Measure your heart rate if desired.

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.

Metal Contacts

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.

To turn on the fan at low speed, press the Fan button; the word "Low" will appear in the display. To turn on the fan at high speed, press the button a second time; the word "High" will appear in the display. To turn off the fan, press the button a third time; the word "Off" will appear in the display. Note: If the fan is left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

9 When you are finished exercising, remove the key.

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 when the treadmill is folded to the storage position, or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 19 and turn off the demo mode.**

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord.
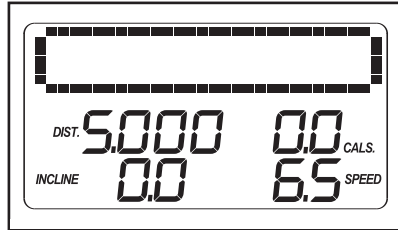
HOW TO USE A DISTANCE PROGRAM

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

See HOW TO TURN ON THE POWER on page 13.

2 **Select a distance program.**

To select a distance program, press the Distance Goal Programs button once or twice until a distance goal of 5.000 or 10.00 (kilometers) appears in the left side of the display. When a distance program is selected, the maximum speed setting of the program will flash in the right side of the display for a few seconds and the maximum incline setting of the program will appear in the left side of the display.

```
DIST. 5.000      0.0 CALS.
INCLINE 0.0      6.5 SPEED
```

3 **Press the Start button to start the program.**

A moment after the button is pressed, the walking belt will begin to move at 3 mph. Hold the handrails and begin walking.

Near the end of the second minute of the program, 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.

Near the end of the third minute of the program, 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.

Near the end of the fourth minute of the program, 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 program, press the Speed or Incline buttons.

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

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, 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 2 minutes. The walking belt will then slow to 3 mph for 2 minutes. The walking belt will then slow to a stop.

4 **Follow your progress with the display.**

See step 6 on pages 14 and 15.

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

See step 7 on page 15.

6 **Turn on the fan if desired.**

See step 8 on page 15.

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

See step 9 on page 15.

HOW TO USE A STEP PROGRAM

1 Insert the key into the console.
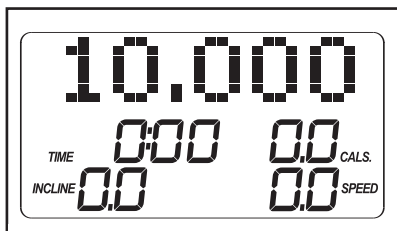
See HOW TO TURN ON THE POWER on page 13.

2 Select a step program.

To select a step program, press the 10,000 Steps Program button or the Goal increase button; if you press the 10,000 Steps Program button, a goal of 10,000 steps will appear in the upper display. Note: If the walking belt is moving when the 10,000 Steps Program button is pressed, the walking belt will slow to a stop.

Depending on your fitness level, you may desire to walk fewer than or more than 10,000 steps. To change the goal, press the Goal increase and decrease buttons. Each time a button is pressed, the goal will change by 500 steps. Note: The goal can be changed either before or after the program is started.

Note: To find an appropriate starting goal, walk on the treadmill with the manual mode selected (see page 14), and note the number of steps that you walk during your workout. Then, round that number up to the nearest 500 steps. This can be a starting goal. As your fitness level improves, you can increase the goal by 500 steps every few weeks. **IMPORTANT: Always exercise at an intensity level and for a length of time that is comfortable for you.**

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

A moment after the button is pressed, the walking belt will begin to move at 2 mph. Hold the handrails and begin walking.

As you exercise, adjust the speed and incline of the treadmill as desired by pressing the Speed and Incline buttons.

During the program, the upper display will show the number of steps still to be taken. When only ten steps remain, the upper left of the display will flash and a tone will sound repeatedly until you reach the goal. The walking belt will then slow to a stop.

To stop the program temporarily, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 mph. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the display.

See step 6 on pages 14 and 15.

5 Measure your heart rate if desired.

See step 7 on page 15.

6 Turn on the fan if desired.

See step 8 on page 15.

7 When the program is completed, remove the key from the console.

See step 9 on page 15.

HOW TO USE A CALORIE GOAL PROGRAM

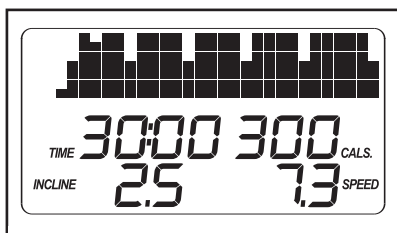**1** **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 13.

2 **Enter your weight.**

See step 2 on page 14. **Note: Always enter your weight before using a calorie goal program; the speed and incline settings of the program will depend on the weight setting you enter.**

3 **Select a calorie goal program.**

To select a calorie goal program, press the Calorie Goal Programs button repeatedly. As each calorie goal program is selected, the maximum speed setting of the program and the maximum incline setting of the program will flash in the display for a few seconds and the display will show how long the program will last. A profile of the speed settings of the program will scroll across the display.

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 30 or 40 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed and/or incline setting may be programmed for two or more consecutive segments.

The speed setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The incline settings are not shown in the matrix.) The speed settings for the following 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. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

When the first segment is completed, *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 seven of the indicators in the Current Segment column are lit, the speed settings may move downward so that only the highest indicators appear in the matrix.

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 and Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column. **Important: When the current segment of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. 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 next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for that segment.

The program will continue in this way until the last segment of the program 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 program. 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 program, the number of calories you burn will be affected.**

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

See step 6 on pages 14 and 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 the program is completed, 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 upper display will show the total number of **thousands** of steps taken by all users of the treadmill. For example, the number 316 would indicate 316,000 steps taken.

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.

IMPORTANT: If a "d" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when the 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 indicators in the display will automatically appear in a preset sequence; the buttons on the console will not operate. **If a "d" appears when the information mode is selected, press the Speed decrease button so the "d" disappears.**

Note: If you press the Calorie Goal Programs button while in the information mode, the display may appear very dim, very dark, or blank. If this happens, press the Calorie Goal Programs button repeatedly until the display looks right.
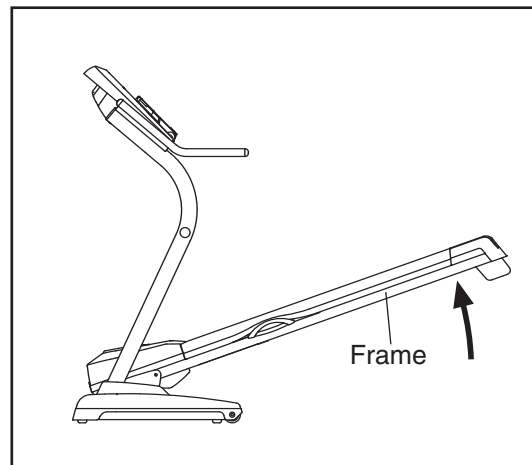
To exit the information mode, remove the key from the console.

HOW TO FOLD AND MOVE THE TREADMILL
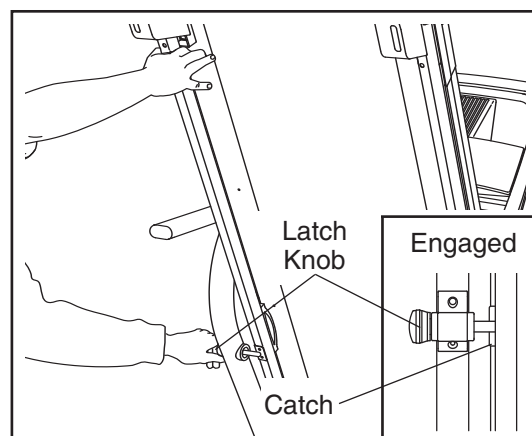
HOW TO FOLD THE TREADMILL FOR STORAGE

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 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. To raise the frame, bend your legs, keep your back straight, and lift with your legs.** 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 catch passes the pin on the latch knob, and then slowly release the latch knob. **Make sure that the pin is resting securely against the catch.**
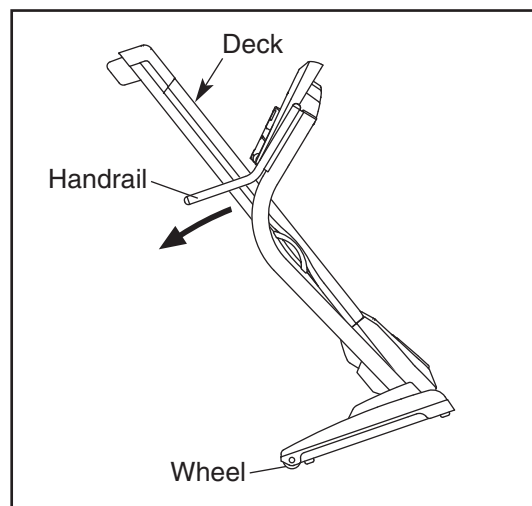
   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert it to the storage position as described above. **Make sure that the pin on the latch knob is resting securely against the catch.**

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 upper end of the treadmill with your left hand. Pull the latch knob to the left and hold it. Pivot the frame downward and then release the latch knob.

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.**
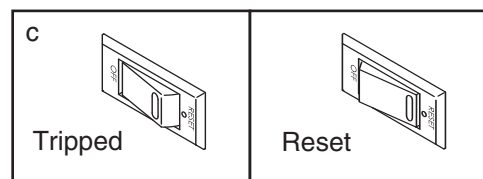
TROUBLESHOOTING

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.

Tripped   Reset

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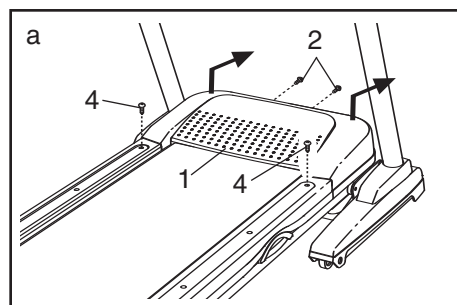
b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

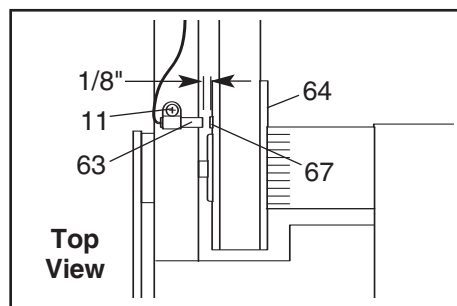c. Remove the key from the console. Reinsert the key into the console.

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

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 Foot Rail Screws (4) and the two 3/4" Hood Screws (2) and carefully remove the Hood (1).
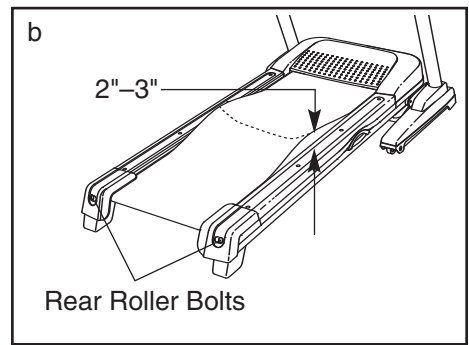

Locate the Reed Switch (63) and the Magnet (67) on the left side of the Pulley (64). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Screw (11), move the Reed Switch slightly, and 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

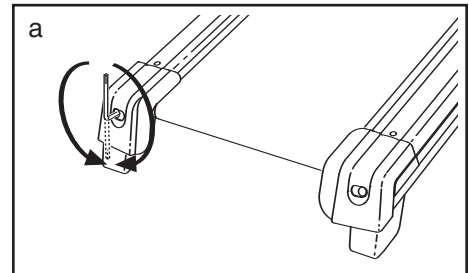**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 12.

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 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.
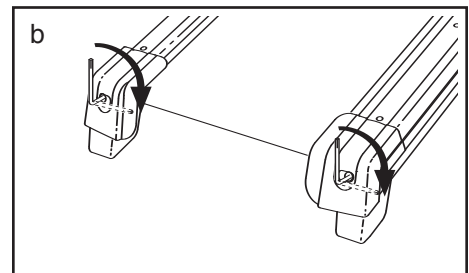

c. If the walking belt still slows when walked on, please see the front cover of this manual.

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 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 inches 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: No exercise information appears in the console display when the power is turned on and the key is inserted in the console.

SOLUTION: a. Remove the key from the console. Press the Stop button while reinserting the key into the console. Then, press the Calorie Goal Programs button. Exercise information should now appear in the console display.

b. If there is still no text in the console display, please see the front cover of this manual.

CONDITIONING GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

Aerobic Exercise

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

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

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

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

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.
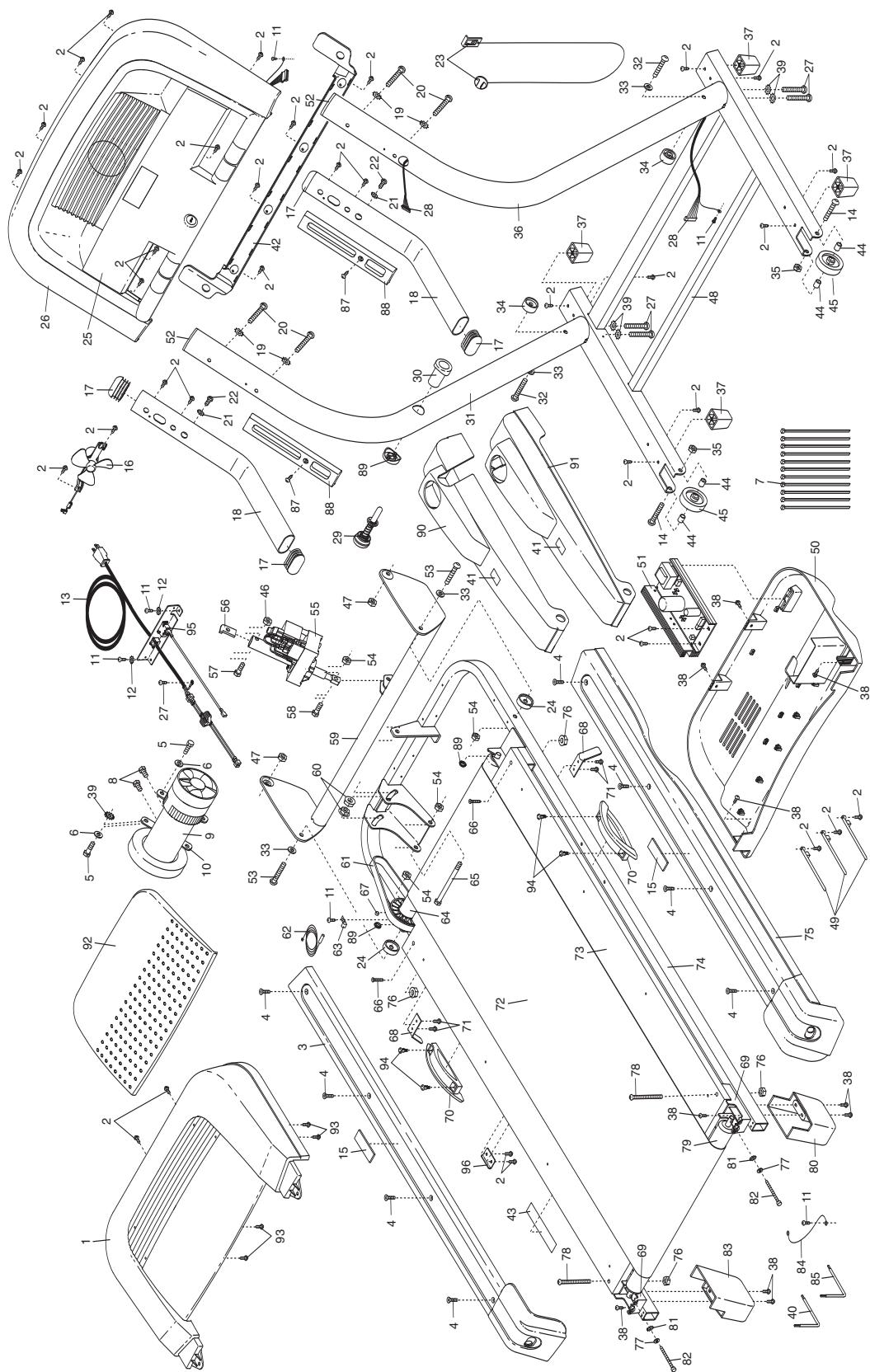
PART LIST—Model No. IMTL49606.0

Key No.	Qty.	Description
1	1	Hood
2	34	3/4" Screw
3	1	Left Foot Rail
4	8	Foot Rail Screw
5	2	Motor Tension Bolt
6	2	Motor Tension Washer
7	11	Wire Tie
8	2	Motor Bolt
9	1	Drive Motor
10	1	Motor Bracket
11	6	Sliver Ground Screw
12	2	Power Bracket Star Washer
13	1	Power Cord Assembly
14	2	Wheel Bolt
15	2	Foot Rail Decal
16	1	Console Fan Assembly
17	4	Handrail Endcap
18	2	Handrail
19	4	Handrail Star Washer
20	4	Handrail Bolt
21	2	1/4" Star Washer
22	2	Console Bolt
23	1	Key/Clip
24	2	Frame Pivot Spacer
25	1	Console
26	1	Console Base
27	4	Upright Bolt
28	1	Upright Wire
29	1	Latch Pin Assembly
30	1	Latch Sleeve
31	1	Left Upright
32	2	Frame Bolt
33	4	Frame Washer
34	2	Frame Spacer
35	2	Wheel Nut
36	1	Right Upright
37	4	Base Pad
38	14	3/4" Tek Screw
39	5	Upright Star Washer
40	1	5/32" Hex Key
41	2	Caution Decal
42	1	Console Support Bracket
43	1	Warning Decal
44	4	Wheel Spacer
45	2	Wheel
46	3	Incline Motor Nut, Top
47	4	Nut
48	1	Base
49	3	Plastic Tie
50	1	Belly Pan
51	1	Controller
52	2	Upright Endcap
53	2	Lift Frame Bolt
54	6	3/8" Nut
55	1	Lift Motor
56	1	Stop Bracket
57	1	Incline Motor Bolt, Top
58	1	Incline Motor Bolt, Bottom
59	1	Lift Frame
60	2	Motor Tension Nut
61	1	Motor Belt
62	1	Reed Switch
63	1	Clip
64	1	Front Roller/Pulley
65	1	Motor Pivot Bolt
66	2	Platform Bolt, Front
67	1	Magnet
68	2	Belt Guide
69	2	Rear Roller Bracket
70	2	Isolator
71	4	Belt Guide Screw
72	1	Walking Belt
73	1	Walking Platform
74	1	Frame
75	1	Right Foot Rail
76	4	Platform Nut
77	6	Rear Roller Washer
78	6	Platform Bolt, Rear
79	1	Rear Roller
80	1	Right Rear Foot
81	4	Rear Roller Star Washer
82	2	Rear Roller Bolt
83	1	Left Rear Foot
84	1	Ground Wire
85	1	Hex Key
86	2	Roller Bushing
87	2	Handrail Spacer Screw
88	2	Handrail Spacer
89	1	Latch Insert
90	1	Left Base Cover
91	1	Right Base Cover
92	1	Hood Cover
93	4	Hood Cover Screw
94	4	Isolator Fastener
95	1	Reset/Off Circuit Breaker
96	1	Catch
#	1	4" Black Wire, M/F
#	1	8" Green Wire, F/R
#	1	8" Blue Wire, 2F
#	1	4" Red Wire, M/F
#	1	User's Manual

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

HOW TO ORDER 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:

• the MODEL NUMBER of the product (IMTL49606.0)

• the NAME of the product (IMAGE 17.5 S treadmill)

• the SERIAL NUMBER of the product (see the front cover of this manual)

• the KEY NUMBER AND DESCRIPTION OF THE PART(S) (see the EXPLODED DRAWING and PART LIST attached in the center of this manual)