WESLO®
CROSSWALK 5.0t

USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.**

CALL TOLL-FREE:
1-888-936-4266
Mon.–Fri., 7:30 until 16:30 EST (excluding holidays)

OR E-MAIL US:
customerservice@iconcanada.ca

⚠ CAUTION

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

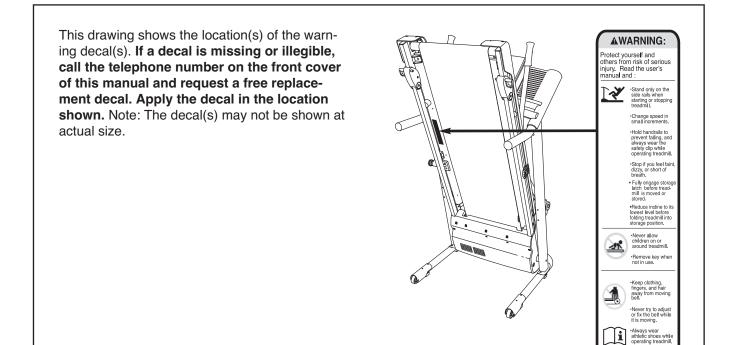**www.weslo.com**

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **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 decal(s) 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.

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

5. 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.

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 not be used by persons weighing more than 250 lbs. (113 kg).

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 11), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.

12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. To purchase a surge suppressor call the telephone number on the front cover of this manual.

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 18 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 13).

17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails or upper body arms while using the treadmill.

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

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

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and press the power switch into the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the power switch.)

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 17.) 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. Do not change the incline of the treadmill by placing objects under the treadmill.

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

25. Never drop or insert any object into any opening on the treadmill.

26. **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.

27. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

28. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
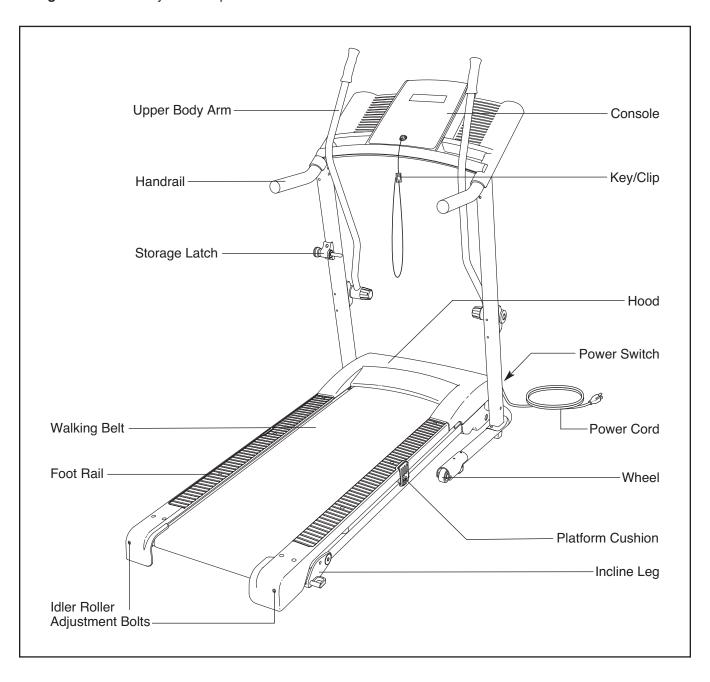
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CROSSWALK 5.0T treadmill. The CROSSWALK 5.0T treadmill offers a selection of features designed to make your workouts at home more effective. And when you're not exercising, the unique 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 read-

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

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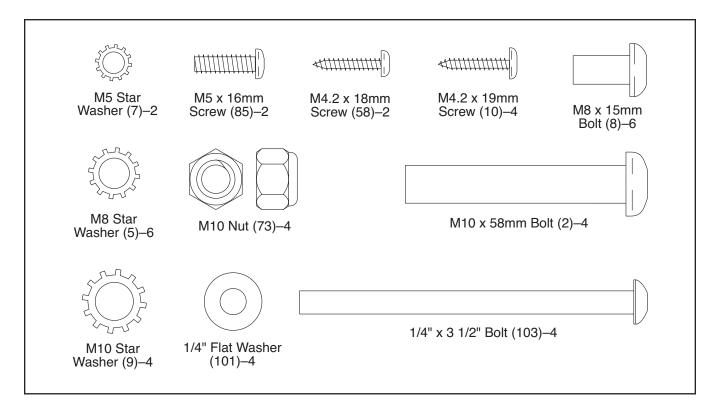
Upper Body Arm

Handrail

Storage Latch

Walking Belt

Foot Rail

Idler Roller
Adjustment Bolts

Console

Key/Clip

Hood

Power Switch

Power Cord

Wheel

Platform Cushion

Incline Leg

ASSEMBLY

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

Assembly requires the included hex keys and your own Phillips screwdriver, adjustable wrench, 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: Some small parts may have been preassembled. To avoid damaging parts, do not use power tools for assembly. Extra hardware may be included.**

M5 Star
Washer (7)–2

M5 x 16mm
Screw (85)–2

M4.2 x 18mm
Screw (58)–2

M4.2 x 19mm
Screw (10)–4

M8 x 15mm
Bolt (8)–6

M8 Star
Washer (5)–6

M10 Nut (73)–4

M10 x 58mm Bolt (2)–4

M10 Star
Washer (9)–4

1/4" Flat Washer
(101)–4

1/4" x 3 1/2" Bolt (103)–4

1. With the help of a second person, carefully tip the treadmill onto its side. Unfold the Frame (51) away from the Uprights (53, 54).

   Orient the Base (52) as shown. Attach the Base to the Left Upright (53) and the Right Upright (54) with four M10 x 58mm Bolts (2) and four M10 Nuts (73). **Start all four Nuts, and then tighten each of them**.
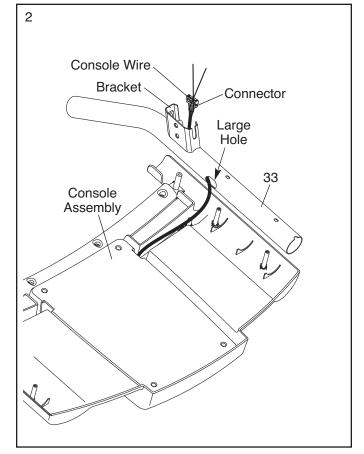
   With the help of a second person, carefully tip the treadmill so that the Base (52) is flat on the floor.

2. Set the console assembly face down on a soft surface to avoid scratching it.

   Identify the Right Handrail (33), which has a large hole in the location shown. Hold the Right Handrail near the console assembly.

   Next, insert the console wire into the large hole in the side of the Right Handrail (33). Using needlenose pliers, carefully grasp the connector and pull the console wire out of the hole near the bracket on the Right Handrail.

3. Set the Right Handrail (33) on the console assembly. **Make sure that the console wire is not pinched.** Remove the tie from the bracket on the Right Handrail. If necessary, press the Cage Nuts (110) back into place.
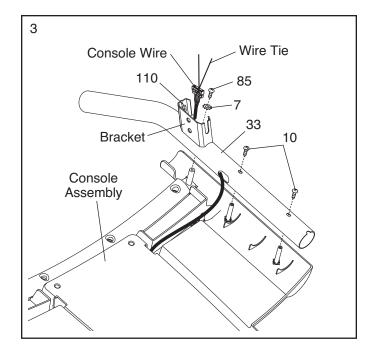
Start an M5 x 16mm Screw (85) with an M5 Star Washer (7) into the Right Handrail, and then start two M4.2 x 19mm Screws (10) into the Right Handrail. **Tighten the M5 x 16mm Screw and then tighten the two M4.2 x 19mm Screws; do not overtighten the Screws.**
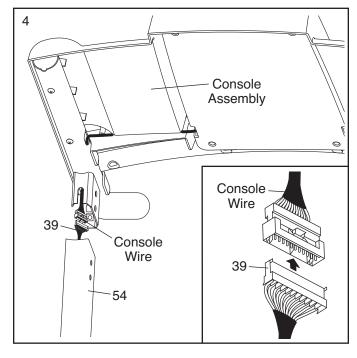
Attach the Left Handrail (not shown) to the console assembly in the same way. Note: There is no wire on the left side.

4. With the help of a second person, hold the console assembly near the Right Upright (54).

Connect the Wire Harness (39) to the console wire. **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 YOU DO NOT CONNECT THE CONNECTORS PROPERLY, THE CONSOLE MAY BECOME DAMAGED WHEN YOU TURN ON THE POWER.** If there is a wire tie on the Wire Harness, remove the wire tie. Insert the connectors and the excess wire downward into the Right Upright (54).
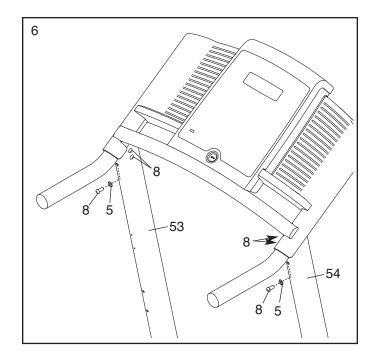

5. Set the console assembly on the Uprights (53, 54). **Make sure that no wires are pinched.** Start four M8 x 15mm Bolts (8) with four M8 Star Washers (5) into the Uprights as shown. **Do not tighten the Bolts yet.**
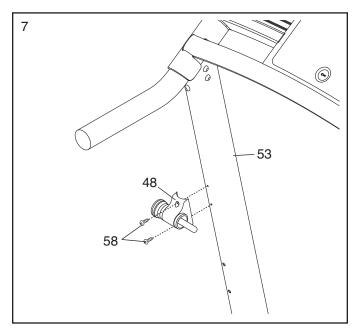
6. Start an M8 x 15mm Bolt (8) with an M8 Star Washer (5) into each Upright (53, 54). **Then, firmly tighten all six M8 x 15mm Bolts (8).**
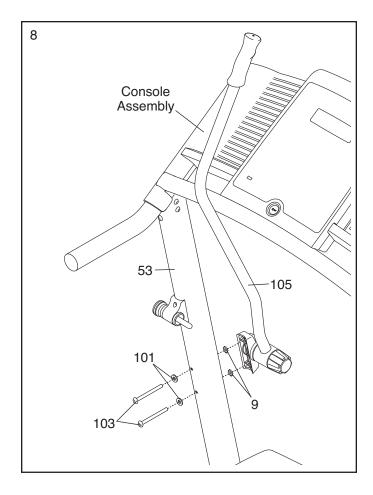

7. Attach the Latch Housing (48) to the Left Upright (53) with two M4.2 x 18mm Screws (58); **start both Screws, and then tighten both of them.**

8. Attach the Left Upper Body Arm (105) to the Left Upright (53) with two 1/4" x 3 1/2" Bolts (103), two 1/4" Flat Washers (101), and two M10 Star Washers (9). **Make sure that the Left Upper Body Arm is on the side of the console assembly shown.**

   Attach the Right Upper Body Arm (not shown) in the same way.

9. **Make sure that all parts are properly tightened before you use the treadmill.** Keep the included hex keys in a secure place. One of the hex keys is used to adjust the walking belt (see page 19). 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 cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

⚠ DANGER: Improper connection of the equipment-grounding conductor increases the risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the product is properly grounded. Do not modify the plug—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.
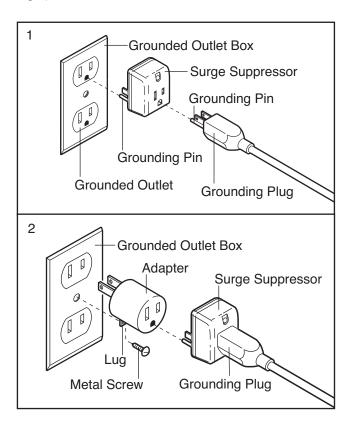
Your treadmill, like other electronic equipment, can be damaged by sudden voltage changes in your home's power. **To decrease the risk of damaging your treadmill, always use a surge suppressor with your treadmill (see drawing 1 at the right). To purchase a surge suppressor, see precaution 12 on page 3.**

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 damage the control system of the treadmill (see precaution 13 on page 3).

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's power cord has 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 accor-**

dance with all local codes and ordinances. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**
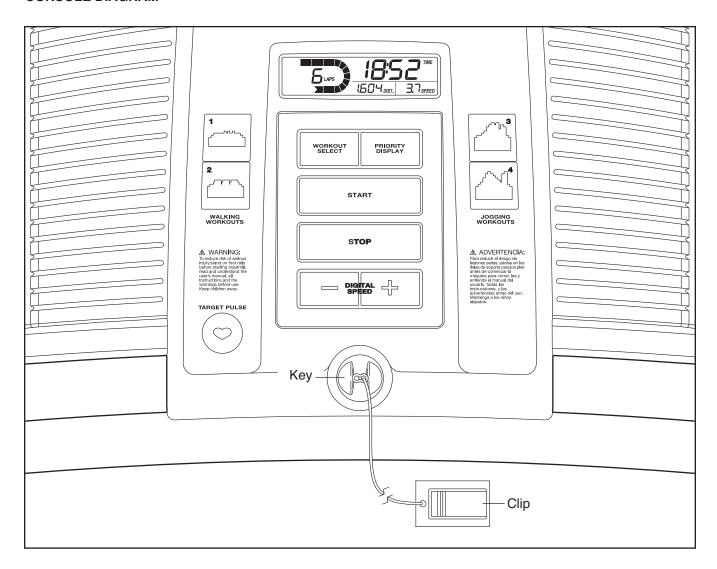
This product is for use on a nominal 120-volt circuit (see drawing 1). A temporary adapter may be used to connect the surge suppressor to a 2-pole receptacle if a properly grounded outlet is not available (see drawing 2).

The temporary adapter should be used only until a properly grounded outlet (see 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. The adapter 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 of the treadmill can be changed with the touch of a button. As you exercise, the displays will provide continuous exercise feedback. You can even measure your heart rate using the thumb pulse sensor.

The console also offers four preset workouts. Each workout automatically controls the speed of the treadmill as it guides you through an effective exercise session.
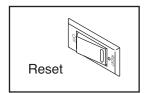
To turn on the power, see page 13. **To use the manual mode,** see page 13. **To use a preset workout**, see page 15.

IMPORTANT: If there is a sheet of 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 the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 19).

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, you may damage the console displays or other electrical components.

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

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 12), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency, 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.**
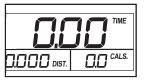
HOW TO USE THE MANUAL MODE

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

   See HOW TO TURN ON THE POWER above.

2. **Select the manual mode.**

   When the key is inserted, the manual mode will be selected. If you have selected a preset workout, reselect

the manual mode by pressing the Workout Select button repeatedly until only zeros appear in the displays.

3. **Start the walking belt.**

   To start the walking belt, press the Start button or the Digital 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 Digital Speed increase and decrease buttons. Each time you press one of the buttons, the speed setting will change by 0.1 mph; if you hold down the button, the speed setting will change by 0.5 mph. Note: After you press the buttons, it may take a moment for the walking belt to reach 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 or the Speed increase button.

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

   The track—The track represents a distance of 1/4 mile (400 meters). As you walk or run on the treadmill, the indicators around the track will

   appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession. The center of the track will show the number of laps that you have completed.

The lower left display—As you exercise, the lower left display can show the elapsed time and the distance that you have walked or run. Note: When a preset workout is selected, the lower left corner of the display will show the time remaining in the workout instead of the elapsed time.

The lower right display—The lower right display can show the speed of the walking belt and the approximate number of calories that you have burned. The display can also show your heart rate when you use the thumb pulse sensor.

The priority display—The upper display is the priority display. The priority display can show the elapsed time, the distance that you have walked or run, the speed of the walking belt, or the approximate number of calories you have burned. Press the Priority Display button repeatedly until the priority display shows the information that you are most interested in viewing. Note: While information is shown in the priority display, the same information will not be shown in the lower left or right display.

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

Note: The console can display speed and distance in either miles or kilometers. To see which unit of measure-

ment is selected, hold down the Stop button, insert the key into the console, and then release the Stop button. An M for metric kilometers or an E for English miles will appear in the priority display. Press the Digital Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it.

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

To measure your heart rate, **stand on the foot rails** and place your thumb on the pulse sensor (see the drawing on page 12). **Do not press too hard, or the circulation in your thumb will be restricted and your pulse may not be detected.** When your pulse is detected, a heart-shaped indicator in the lower right display will 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, hold your thumb on the pulse sensor for at least 15 seconds.**

If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb for a few seconds, and then reposition your thumb on the pulse sensor. Remember to stand still while measuring your heart rate.

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

Step onto the foot rails, press the Stop button, remove the key from the console, and put it in a secure place. When you are finished using the treadmill, press the power switch into 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 PRESET WORKOUT

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

    See HOW TO TURN ON THE POWER on page 13.

2. **Select one of the four preset workouts.**

    To select a preset workout, press the Workout Select button repeatedly; "P- 1," "P- 2," "P- 3," or "P- 4" will appear in the priority display for a few seconds to show which workout is selected. The maximum speed of the workout and the duration of the workout will also appear in the display for a few seconds.

    Each workout consists of 30 one-minute segments. One speed setting is programmed for each segment. Note: The same speed setting may be programmed for consecutive segments. The profiles on the console show how the speed of the walking belt will change during the workouts.

3. **Start the walking belt.**

    Press the Start button or the Digital Speed increase button to start the workout. When you press the button, the treadmill will automatically adjust to the speed setting that is programmed for the first segment. Hold the handrails and begin walking.

    At the end of each segment, a series of tones will sound. If a different speed setting is programmed for the next segment, the speed setting will flash in the display to alert you and the treadmill will automatically adjust to the new speed setting. The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop.

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

    To stop the workout temporarily, press the Stop button. The time will begin to flash in the display. To restart the workout, press the Start button or the Digital Speed increase button. The walking belt will begin to move at 1 mph. When the next segment begins, the treadmill will automatically adjust to the speed setting programmed for the next segment.

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

    See step 4 on pages 13 and 14.

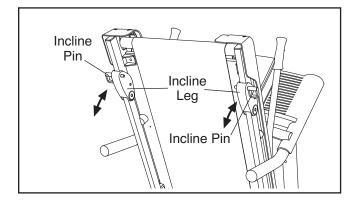5. **Measure your heart rate if desired.**

    See step 5 on page 14.

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

    See step 6 on page 14.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, you can change the incline of the treadmill. There are two incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see page 17).
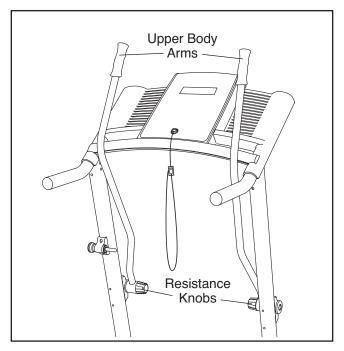

To change the incline, first remove the incline pin from one of the incline legs. Adjust the incline leg to the desired position, and then fully reinsert the incline pin. Adjust the other incline leg in the same way. **CAUTION: Before using the treadmill, make sure that both incline legs are at the same height and that both incline pins are fully inserted into the incline legs.**

After you have adjusted the incline legs, lower the treadmill (see page 17).

HOW TO USE THE UPPER BODY ARMS

As you walk on the treadmill, you can hold the handrails or use the upper body arms. To exercise your arms, shoulders, and back for a total body workout, move the upper body arms forward and back as you walk on the treadmill.

To vary the intensity of your upper body exercise, the resistance of the upper body arms can be adjusted. To increase the resistance, turn the resistance knobs clockwise; to decrease the resistance, turn the knobs counterclockwise.
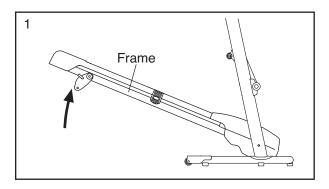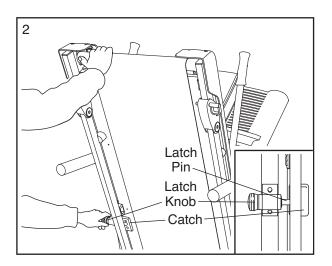
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL

Remove the key and 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 below. **CAUTION: Do not hold the frame by the plastic foot rails. Bend your legs and keep your back straight.** Raise the frame about halfway to the vertical position.

2. Hold the treadmill firmly with your right hand as shown. Pull the latch knob to the left and hold it. Raise the frame until the catch is past the latch pin. Then, slowly release the latch knob; **make sure that the catch is resting against the latch pin.**
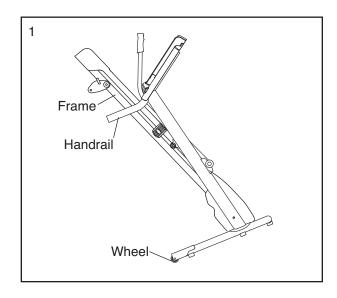

To protect the floor or carpet, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, fold it as described at the left. **CAUTION: Make sure that the catch is resting against the latch pin. Moving the treadmill may require two people.**

1. Hold the frame and one of the handrails, and place one foot against a wheel.

2. Pull back on the handrail until the treadmill will roll on the wheels, and carefully move it to the desired location. **CAUTION: Do not move the treadmill without tipping it back, do not pull on the frame, and do not move the treadmill over an uneven surface.**

3. Place one foot against a wheel, and carefully lower the treadmill.
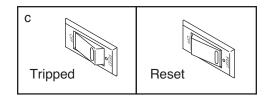
HOW TO LOWER THE TREADMILL FOR USE

1. **See drawing 2.** Hold the upper end of the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Next, lower the frame until it is past the latch pin. Then, release the latch knob.

2. **See drawing 1 at the left.** Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: Do not hold the frame by the plastic foot rails, and do not drop the frame. Bend your legs and keep your back straight.**

TROUBLESHOOTING

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

PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets and may not be compatible with AFCI-equipped outlets.**

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

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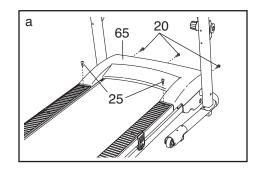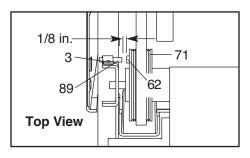

PROBLEM: The power turns off during use

SOLUTION: a. Check the power switch (see the drawing above). If the switch has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged 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 three indicated M4.2 x 19mm Washer Head Screws (20) and two M5.5 x 25mm Screws (25). Then, carefully remove the Hood (65).
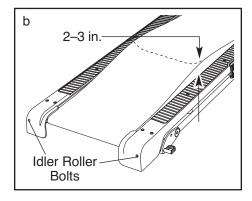

Locate the Reed Switch (89) and the Magnet (62) on the left side of the Pulley (71). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the M4.2 x 13mm Tek Screw (3), move the 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 11.

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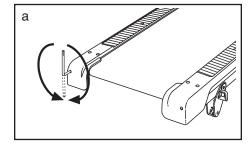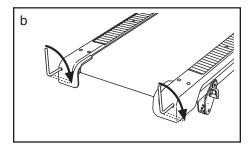
    c. If the walking belt still slows when walked on, see the front cover of this manual.

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

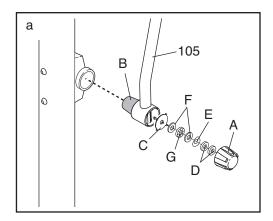**SOLUTION:** a. **If the walking belt has shifted to the left,** first remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn the left idler roller bolt clockwise 1/2 of a turn. Be careful not to overtighten the walking belt. **If the walking belt has shifted to the right,** turn the left idler roller bolt counterclockwise 1/2 of a turn. 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 idler 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 upper body arms squeak during use

SOLUTION: a. (Note: Correcting this problem requires a small amount of white marine grease, available at hardware stores.) Turn the Resistance Knob (A) counterclockwise and remove it. Next, remove the Resistance Cone (B) and the Left Upper Body Arm (105), along with the Resistance Plate (C), Washers (D), Spring Washer (E), Thrust Washers (F), and Thrust Bearing (G). (Note: If the Resistance Plate [C] comes out of the Resistance Cone [B], press it back in.) Apply a **thin layer** of white marine grease to the outer surface of the Resistance Cone (B). Then, reattach all parts in the order shown at the right.
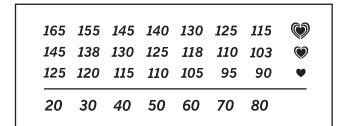
EXERCISE GUIDELINES

⚠ WARNING: **Before beginning 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.
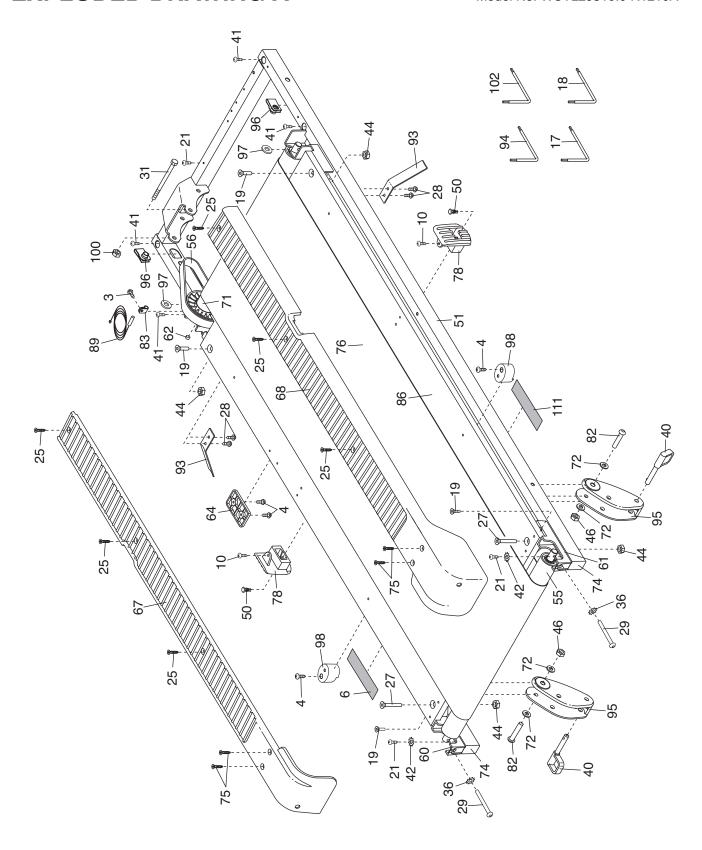
PART LIST

To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

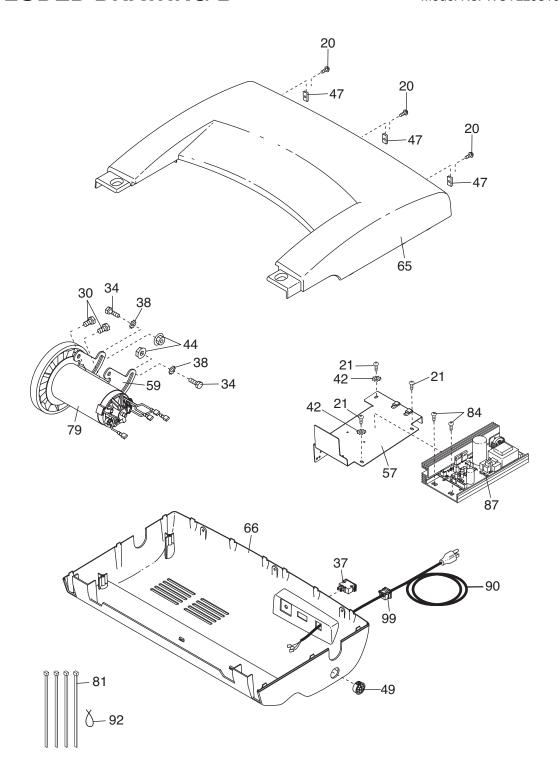| Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	M10 x 110mm Bolt	51	1	Frame
2	4	M10 x 58mm Bolt	52	1	Base
3	2	M4.2 x 13mm Tek Screw	53	1	Left Upright
4	9	M4.2 x 16mm Screw	54	1	Right Upright
5	6	M8 Star Washer	55	1	Idler Roller
6	1	Warning Decal	56	1	Motor Belt
7	2	M5 Star Washer	57	1	Electronics Bracket
8	6	M8 x 15mm Bolt	58	2	M4.2 x 18mm Screw
9	6	M10 Star Washer	59	1	Motor Bracket
10	10	M4.2 x 19mm Screw	60	1	Left Idler Roller Bracket
11	2	Frame Spacer	61	1	Right Idler Roller Bracket
12	1	Console Base	62	1	Magnet
13	4	M6 x 58mm Bolt	63	6	Base Pad
14	2	M10 Flat Washer	64	1	Catch
15	1	Key/Clip	65	1	Hood
16	2	M10 Nut	66	1	Belly Pan
17	1	6 mm Hex Key	67	1	Left Foot Rail
18	1	4 mm Hex Key	68	1	Right Foot Rail
19	4	M8 x 30mm Bolt	69	4	Wheel Spacer
20	3	M4.2 x 19mm Washer Head Screw	70	2	Wheel
21	6	M4.2 x 13mm Screw	71	1	Drive Roller/Pulley
22	1	Left Handrail	72	4	M8 Flat Washer
23	1	Upright Grommet	73	4	M10 Nut
24	1	Latch Pin Assembly	74	2	Frame Endcap
25	6	M5.5 x 25mm Screw	75	4	M5.5 x 30mm Screw
26	6	M4.2 x 19mm Tek Screw	76	1	Walking Belt
27	2	M8 x 35mm Bolt	77	4	Handrail Endcap
28	4	M4.2 x 13mm Guide Screw	78	2	Platform Cushion
29	2	M6 x 70mm Bolt	79	1	Drive Motor
30	2	1/4" Motor Bolt	80	3	Wire Tie
31	1	M8 x 102mm Bolt	81	4	8" Tie
32	4	M6 Flat Washer	82	2	M8 x 52mm Bolt
33	1	Right Handrail	83	1	Reed Switch Clip
34	2	M8 x 20mm Bolt	84	2	M4 x 10mm Screw
35	2	M10 x 65mm Bolt	85	2	M5 x 16mm Screw
36	2	M6 Star Washer	86	1	Walking Platform
37	1	Power Switch	87	1	Controller
38	2	Motor Star Washer	88	1	Console Crossbar
39	1	Wire Harness	89	1	Reed Switch
40	2	Incline Pin	90	1	Power Cord
41	4	M4.2 x 13mm Washer Head Screw	91	1	Console
42	4	Electronics Star Washer	92	1	Releasable Tie
43	4	M6 Nut	93	2	Belt Guide
44	6	Motor Tension Nut/Platform Nut	94	1	5 mm Hex Key
45	2	Wheel Housing	95	2	Incline Leg
46	2	M8 Nut	96	2	U-nut
47	3	Hood Clip	97	2	Drive Roller Washer
48	1	Latch Housing	98	2	Rear Cushion
49	1	Belly Pan Grommet	99	1	Power Cord Grommet
50	2	Cushion Fastener	100	1	M8 Nut

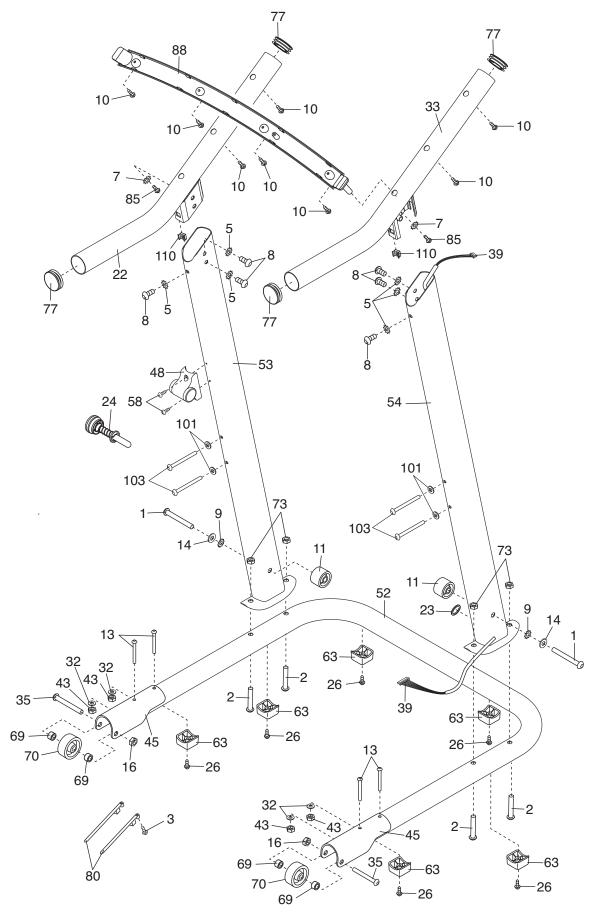| Key No.	Qty.	Description	Key No.	Qty.	Description
101	4	1/4" Flat Washer	107	2	Handgrip
102	1	Hex Key	108	2	Resistance Assembly
103	4	1/4" x 3 1/2" Bolt	109	2	Upper Body Arm Insert
104	2	#10 x 3/4" Screw	110	2	Cage Nut
105	1	Left Upper Body Arm	111	1	French Latch Decal
106	1	Right Upper Body Arm	*	–	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.
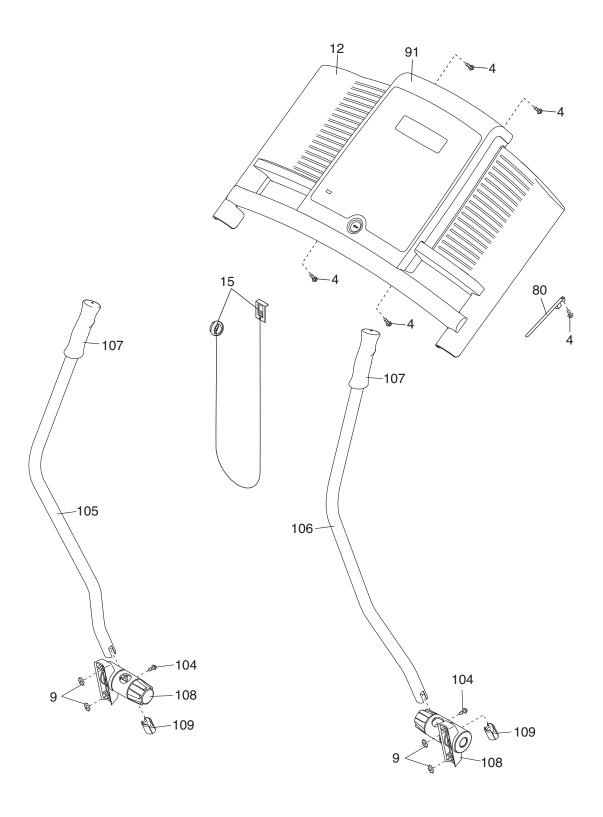
ORDERING REPLACEMENT PARTS

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 of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. 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. 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 provinces 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 provinces 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 province to province.

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