

# HEALTHRIDER®

## H10t

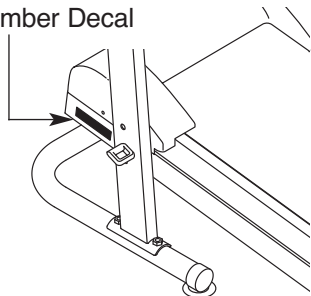
[www.healthrider.com](http://www.healthrider.com)

Model No. HRTL01209.0

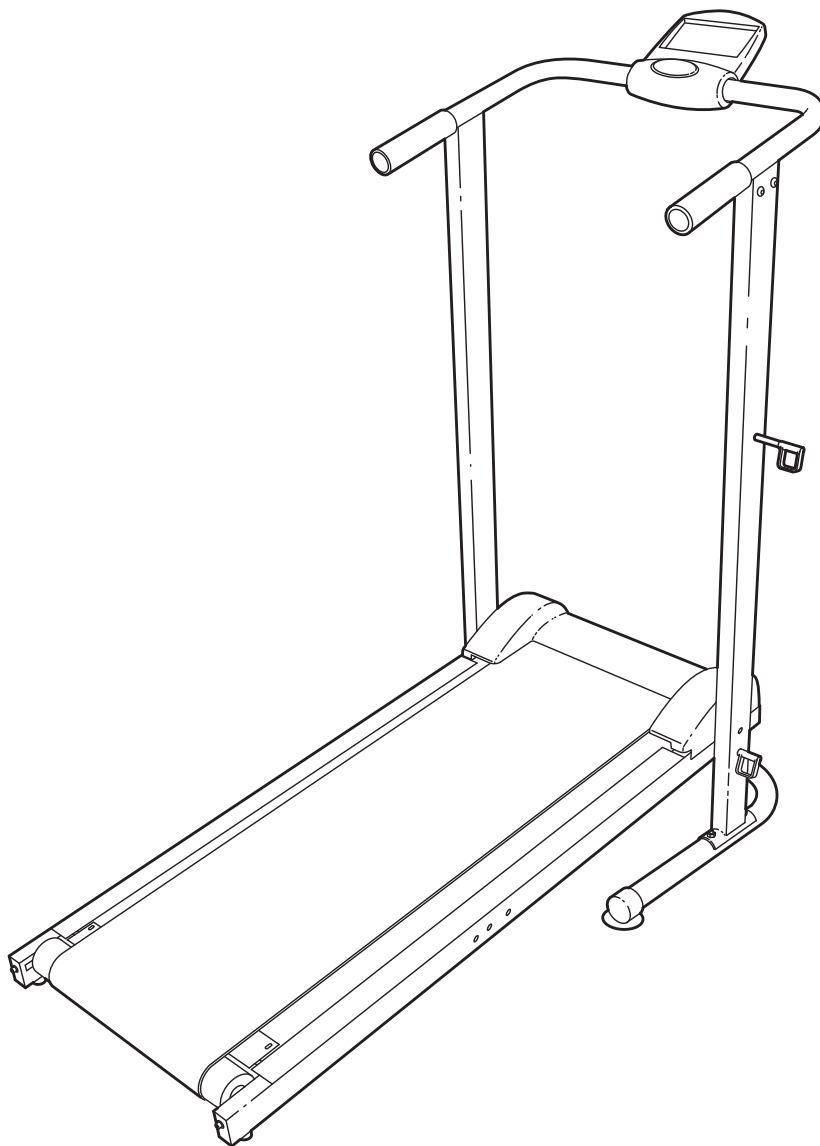
Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.

Serial Number Decal



## USER'S MANUAL



### QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

**IMPORTANT:** Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

**1-888-922-4222**

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

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

### CAUTION

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



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## IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the treadmill are adequately informed of all warnings and precautions.
2. Use the treadmill only as described. This treadmill is intended for in-home use only. Do not use the treadmill in a commercial, rental, or institutional setting.
3. 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.
4. Inspect and properly tighten all parts of the treadmill regularly.
5. The roller guards must be 1/8 inch from the rear roller (see the drawing on page 3). Adjust the roller guards, if necessary.
6. Keep children under age 12 and pets away from the treadmill at all times.
7. The treadmill should be used only by persons weighing 250 lbs. (113 kg) or less. Never allow more than one person on the treadmill at a time.
8. Wear appropriate clothing when exercising. Do not wear loose clothing that could become caught on the treadmill. Always wear athletic shoes when using the treadmill; do not use the treadmill with bare feet, wearing only stockings, or in sandals.
9. Never insert any object into any opening on the treadmill.
10. Always hold the handrails while using the treadmill.
11. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
12. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
13. 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.
14. 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.

15. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. You must be able to safely lift 25 lbs. (11 kg) to raise, lower, or move the treadmill.

16. When folding or moving the treadmill, make sure that the storage latch is holding the frame securely in the storage position.

## BEFORE YOU BEGIN

Thank you for selecting the new HEALTHRIDER® H10T treadmill. The H10T treadmill offers a selection of features designed to make your workouts at home more effective. And when you're not exercising, the 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 familiarize yourself with the parts that are labeled in the drawing below.

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.

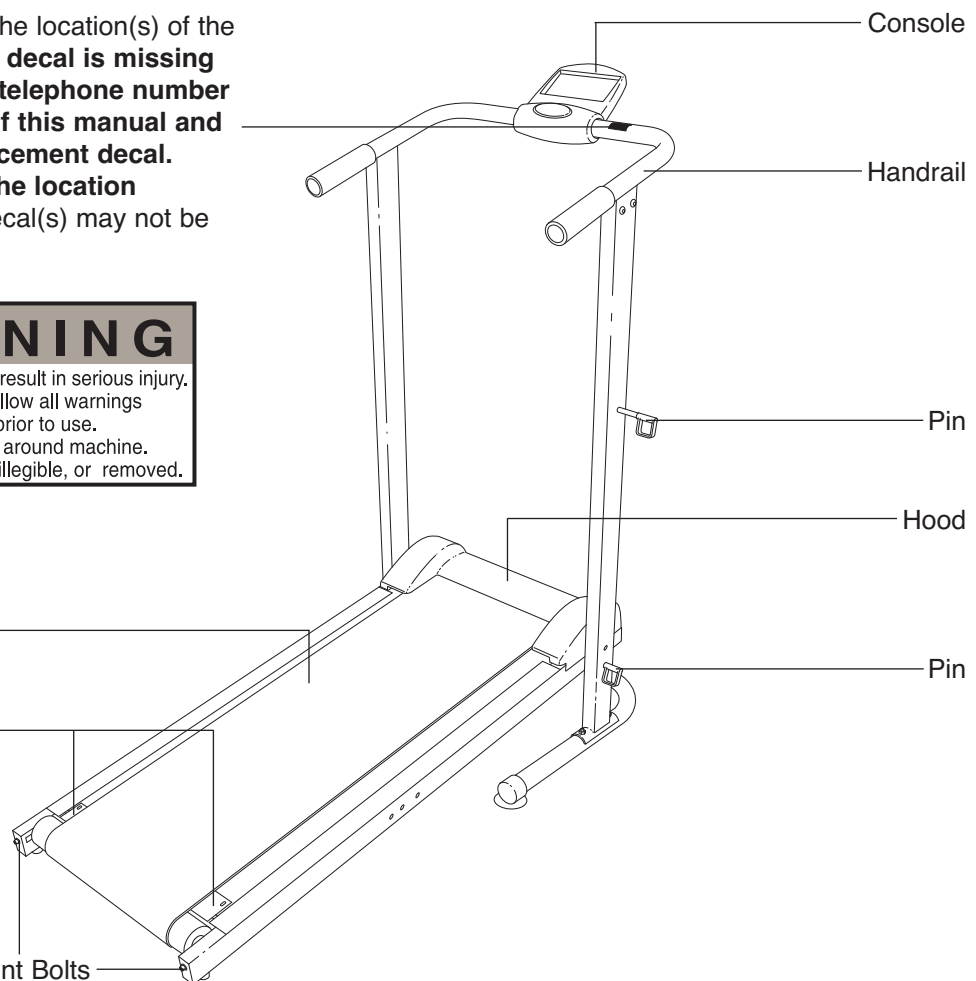
**! WARNING**

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.


Walking Belt

Roller Guards

Rear Roller Adjustment Bolts



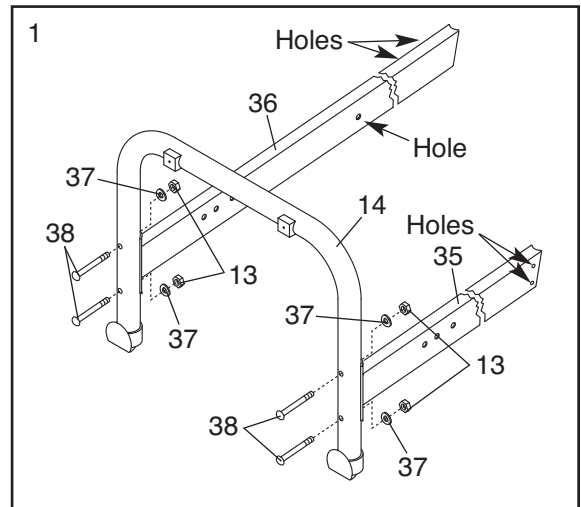
# ASSEMBLY

To hire an authorized service technician to assemble the treadmill, call 1-800-445-2480. Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. Assembly requires only the included hex key and wrench .

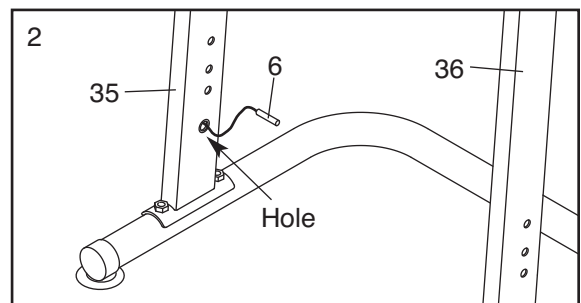
1. Identify the Right Upright (36), which has a single hole in the indicated location. Hold the Right Upright against the Base (14) as shown, and orient the Right Upright so the two indicated holes are on the side shown.

Attach the Right Upright (36) to the Base (14) with two M8 x 50mm Bolts (38), two M8 Curved Washers (37), and two M8 Nylon Nuts (13).

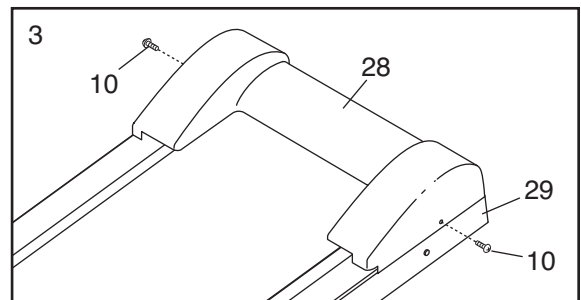
**Attach the Left Upright (35) to the Base (14) in the same way.** Make sure that the Left Upright is oriented so the two indicated holes are on the side shown.



2. Raise the Left Upright (35) and the Right Upright (36) to the position shown. Insert the Reed Switch Wire (6) into the top of the Left Upright and pull it out of the indicated hole.

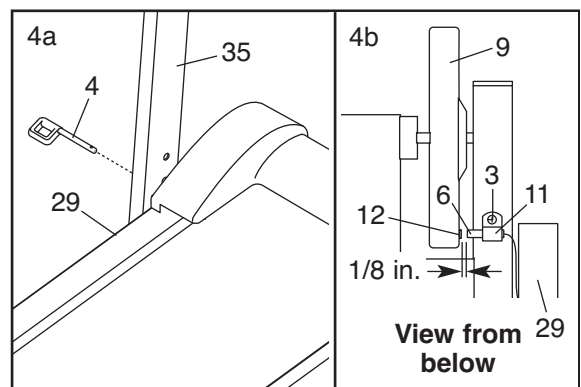


3. Attach the Hood (28) to the front of the Frame (29) with two M5 x 10mm Bolts (10).



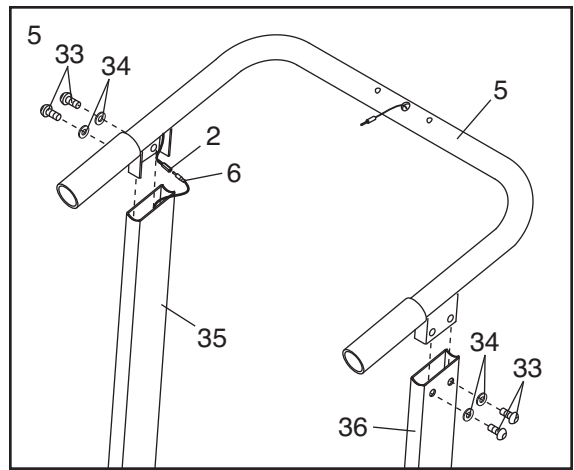
4. **See drawing 4a.** Hold the front of the Frame (29) between the Left Upright (35) and the Right Upright (not shown). Align the holes near the front of the Frame with one of the three sets of adjustment holes in the Uprights. Insert a Pin (4) into each Upright and each side of the Frame. **Make sure that the Pins are fully inserted at the same height.**

Look under the Frame (29) near the Left Upright (35). **See drawing 4b.** Locate the Reed Switch Clip (11) attached to the underside of the Frame. Insert the Reed Switch (6) into the Clip as shown. Next, locate the Magnet (12) on the left Flywheel (9). Turn the Flywheel until the Magnet is aligned with the Reed Switch. **Move the Reed Switch so that there is a 1/8 in. (3 mm) gap between the Reed Switch and the Magnet.** Then, tighten the M4 x 12mm Screw (3) in the Clip.

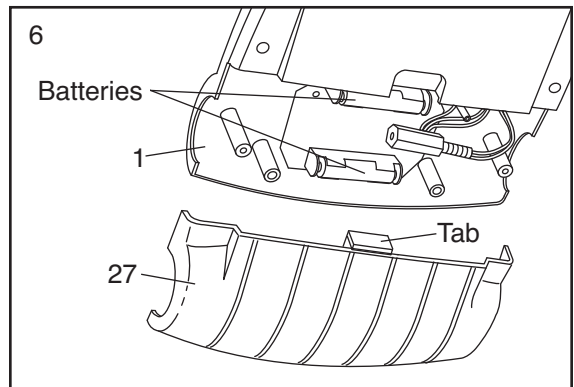


5. Hold the Handrail (5) near the Left and Right Uprights (35, 36). Connect the Handrail Wire (2) to the Reed Switch Wire (6). Insert the Wires down into the Left Upright.

Attach the Handrail (5) to the Uprights (35, 36) with four M8 x 15mm Bolts (33) and four M8 Washers (34). **Be careful not to pinch the Wires (2, 6).**

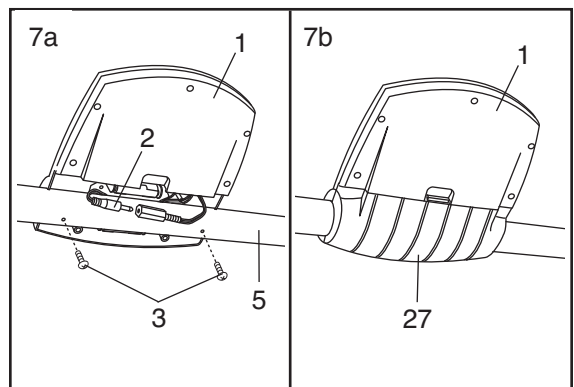


6. The Console (1) requires two “AAA” batteries (not included). Alkaline batteries are recommended. Press the indicated tab on the Battery Cover (27) and remove the Battery Cover. Insert two batteries into the two battery clips; **make sure that the negative (-) ends of the batteries are touching the springs in the battery clips.**



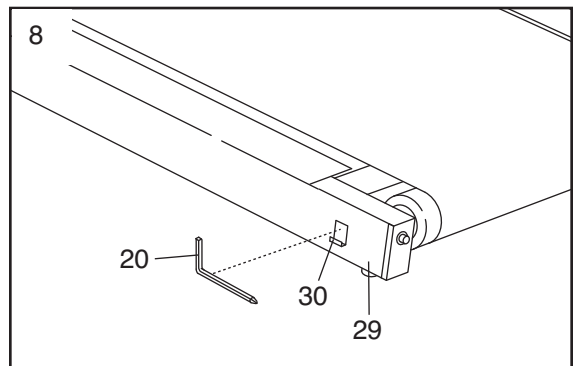
7. **See drawing 7a.** Hold the Console (1) near the Handrail (5). Connect the wire on the Console to the Handrail Wire (2). Attach the Console to the Handrail with two M4 x 12mm Screws (3). **Be careful not to pinch the wires.**

**See drawing 7b.** Press the Battery Cover (27) back onto the Console (1).



8. Remove the paper backing from the Adhesive Clip (30). Press the Adhesive Clip onto the left side of the Frame (29) in the indicated location. Press the Hex Key (20) into the Adhesive Clip.

Make sure that the walking belt is properly tightened (see SYMPTOM 2 and SYMPTOM 3 on page 8).

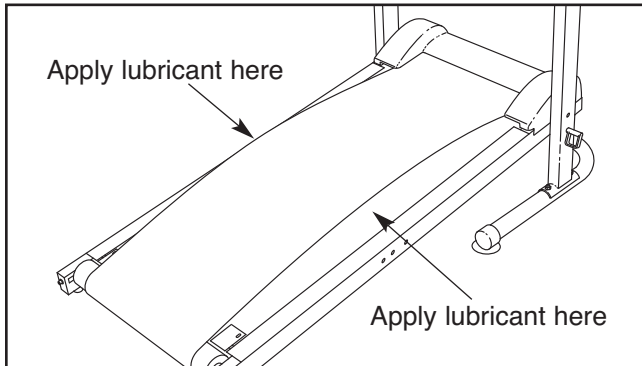


9. **Make sure that all parts are properly tightened before you use the treadmill.** To protect the floor or carpet, place a mat under the treadmill. Note: If a part is not in the hardware kit, check to see if it is preattached to one of the parts to be assembled. Extra hardware may be included.

# TREADMILL OPERATION

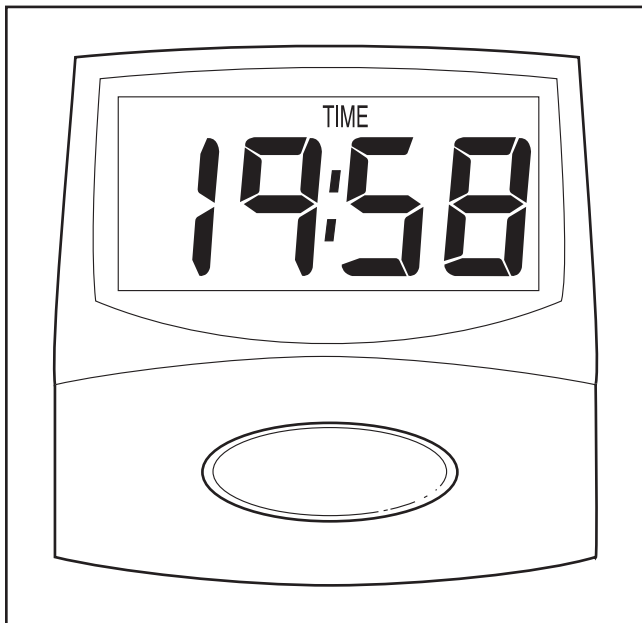
## LUBRICATING THE WALKING PLATFORM

**Before the treadmill is used, the walking platform should be lubricated.** Open the included lubricant packet. Reach under one side of the walking belt as far as you can, and apply half of the lubricant to the walking platform. Then, reach under the other side of the walking belt and apply the remaining lubricant. **After you have applied the lubricant, walk on the treadmill for a few minutes to spread the lubricant.**



## STEP-BY-STEP CONSOLE OPERATION

Before the console can be operated, batteries must be installed (see assembly step 6 on page 5). If there is a thin sheet of plastic on the console, remove the plastic.



The console features six modes:

**Speed**—This mode displays your speed, in miles per hour.

**Distance**—This mode displays the number of miles you have walked.

**Time**—This mode displays the elapsed time.

**Odometer**—This mode displays the distance that the walking belt has moved since the batteries were changed.

**Calorie**—This mode displays the approximate number of calories you have burned.

**Scan**—This mode displays the Speed, Distance, Time, Odometer, and Calorie modes.

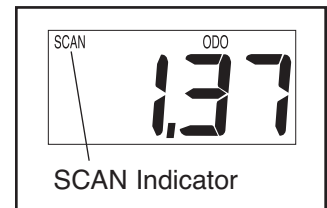
Follow the steps below to operate the console.

### 1. Turn on the console.

To turn on the console, press the console button or begin walking. Note: If batteries were just installed, the console will already be on.

### 2. Track your progress with the six modes.

When the console is turned on, the Scan mode will be selected and the SCAN indicator will appear. The console will display the Speed, Distance, Time, Odometer, and Calorie modes, for about six seconds each, in a repeating cycle.



To select only the Speed, Distance, Time, Odometer, or Calorie mode, press the console button until only the SPEED, DIST, TIME, ODO, or CAL indicator appears in the display. Make sure that the SCAN indicator does not appear.

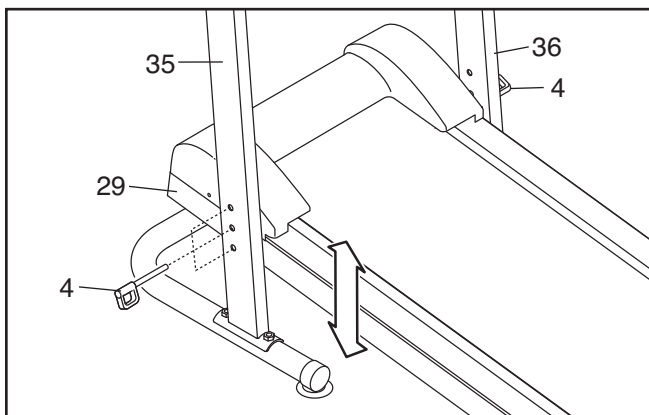
To reset all modes (except for the odometer mode), press the console button for about three seconds.

### 3. Turn off the console.

To turn off the console, simply wait for a few minutes. If the walking belt is not moved and the console button is not pressed for a few minutes, **the console will turn off automatically.**

## INCLINE ADJUSTMENT

The incline of the treadmill can be adjusted to any of three positions. Hold the front of the Frame (29), and remove the two Pins (4). Raise or lower the Frame, align the holes in the Frame with one of the sets of holes in the Uprights (35, 36), and then re-insert the Pins. **Make sure both Pins are fully inserted at the same height.**

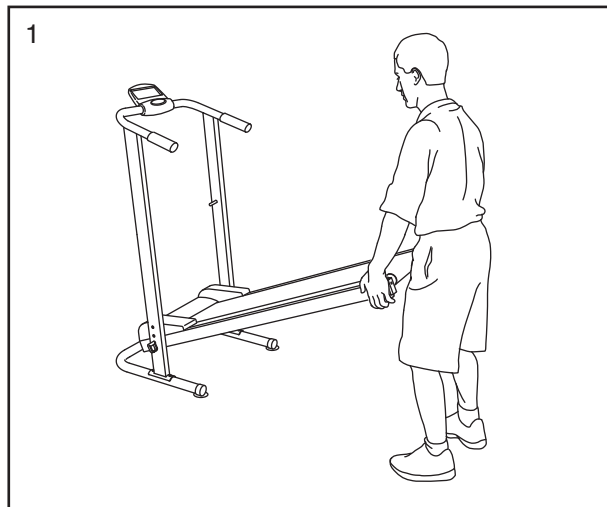


**CAUTION:** Make sure both Pins (4) are fully inserted at the same height.

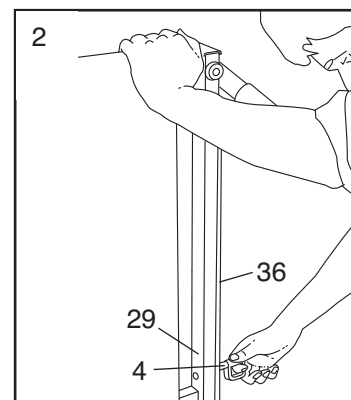
## FOLDING THE TREADMILL FOR STORAGE

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

1. Hold the treadmill with your hands in the locations shown below. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back. Raise the treadmill to the vertical position.**



2. Hold the treadmill securely with your left hand as shown. Insert a Pin (4) into the hole in the right side of the Right Upright (36) and into the Frame (29) as far as it will go.



## LOWERING THE TREADMILL FOR USE

1. Hold the treadmill securely with your left hand as shown in drawing 2 above. Pull out the Pin (4). Pivot the treadmill down a few inches and re-insert the Pin.
2. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

# MAINTENANCE AND TROUBLESHOOTING

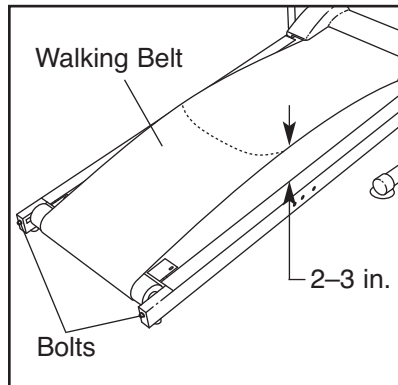
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

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

- a. Replace the batteries in the console (see assembly step 6 on page 5).
- b. Make sure that the reed switch is properly adjusted (see assembly step 4 on page 4).
- c. Make sure that the handrail wire is plugged fully into the wire on the console (see assembly step 7 on page 5).
- d. The console, like most electronics, is susceptible to static electricity build-up caused by certain types of clothing or by the operation of the treadmill. If the display is blank or gives incorrect readings, apply an anti-static spray to the handrail. Anti-static spray is available where laundry supplies are sold.

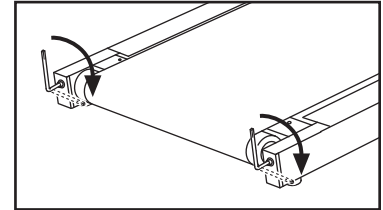
## 2. SYMPTOM: THE WALKING BELT DOES NOT MOVE SMOOTHLY

- a. If the walking belt is overtightened, performance may be reduced and the walking belt may be permanently damaged. Using the hex key, turn both rear roller adjustment bolts counterclockwise 1/4 of a turn. When the tension of the walking belt is correct, you should be able to lift each side of the walking belt 2 to 3 in. (5 to 7 cm). Walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened. Be careful to keep the walking belt centered.



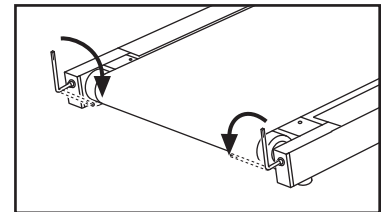
## 3. SYMPTOM: THE WALKING BELT SLIPS OR IS OFF-CENTER

- a. If the walking belt slips when walked on, use the hex key to turn both rear roller adjustment bolts clockwise,



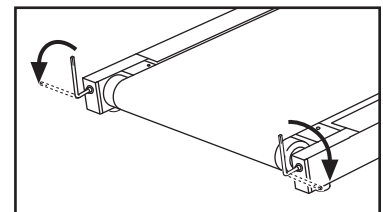
1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 in. (5 to 7 cm). Walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened. Be careful to keep the walking belt centered.

- b. If the walking belt has shifted to the left side, use the hex key to turn the left adjustment bolt clockwise, and



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

- c. If the walking belt has shifted to the right side, use the hex key to turn the left adjustment bolt counterclockwise,



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



# EXERCISE GUIDELINES

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

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	♥
<hr/>							
20	30	40	50	60	70	80	

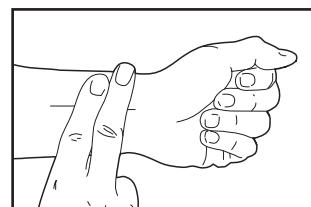
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown.



Take a six-second heart-beat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.

## 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—Model No. HRTL01209.0

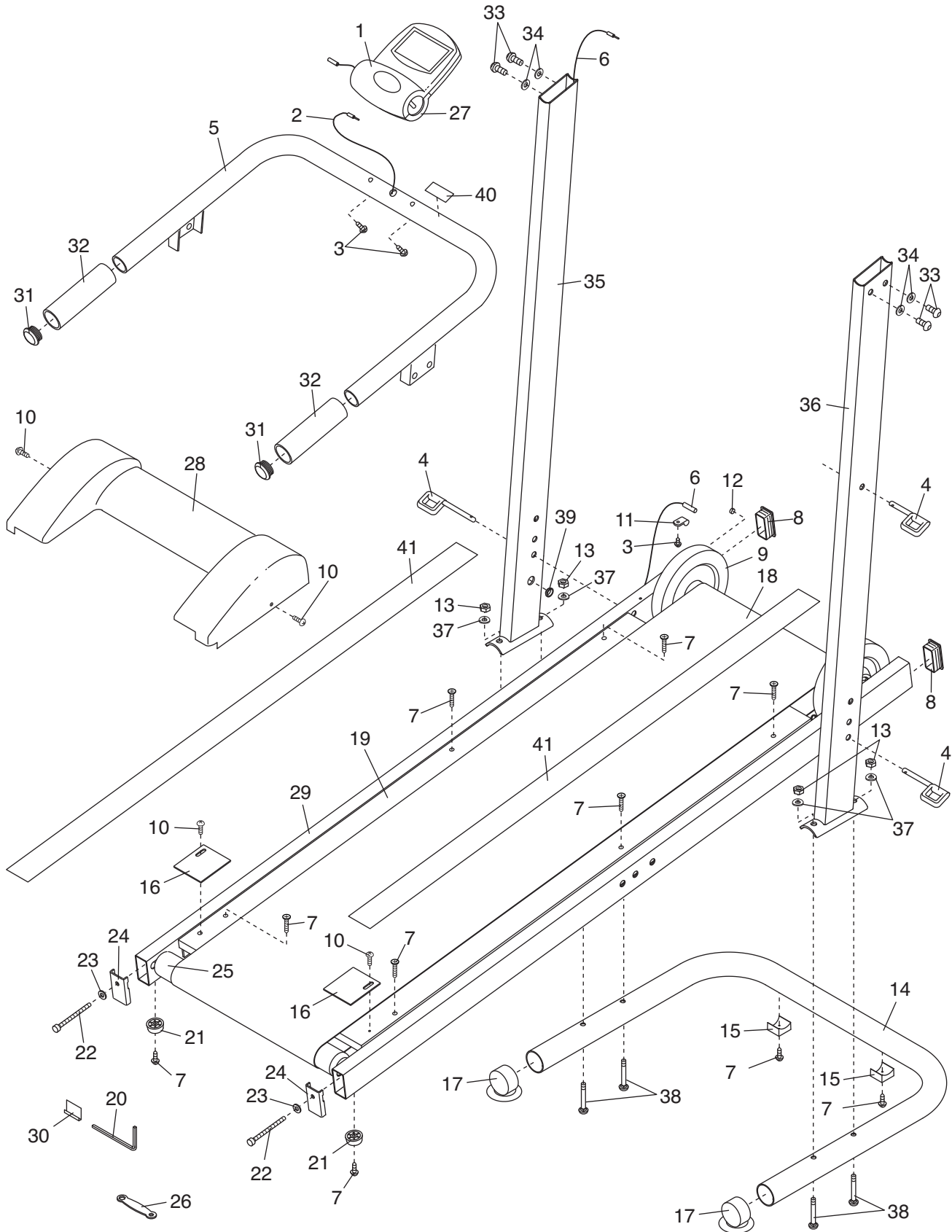
R1209A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Console	23	2	Rear Roller Washer
2	1	Handrail Wire	24	2	Frame Plate
3	3	M4 x 12mm Screw	25	1	Rear Roller
4	3	Pin	26	1	Wrench
5	1	Handrail	27	1	Battery Cover
6	1	Reed Switch/Wire	28	1	Hood
7	10	M5 x 20mm Bolt	29	1	Frame
8	2	Frame Cap	30	1	Adhesive Clip
9	1	Front Roller/Flywheel	31	2	Handrail Cap
10	4	M5 x 10mm Bolt	32	2	Handrail Foam Grip
11	1	Reed Switch Clip	33	4	M8 x 15mm Bolt
12	1	Magnet	34	4	M8 Washer
13	4	M8 Nylon Nut	35	1	Left Upright
14	1	Base	36	1	Right Upright
15	2	Base Pad	37	4	M8 Curved Washer
16	2	Roller Guard	38	4	M8 x 50mm Bolt
17	2	Base Cap	39	1	Grommet
18	1	Walking Belt	40	1	Warning Decal
19	1	Walking Platform	41	2	Platform Cover
20	1	Hex Key	*	—	Lubricant Packet
21	2	Frame Foot	*	—	User's Manual
22	2	Rear Roller Adjustment Bolt			

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.

# EXPLODED DRAWING—Model No. HRTL01209.0

R1209A



# 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

**IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to [www.healthriderservice.com/registration](http://www.healthriderservice.com/registration).**

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

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